

Prova 1	Femin., 400m Livres					Master
26/01/2024 - 11:00						Resultados
RN A(25-29)	4:36.93	RIESENBERGER, Bruna Martins	CIRL	Funchal		22/11/2023
RN B(30-34)	4:27.23	GRILO, Ana Paula	UDCA	Inatel		25/05/2002
RN C(35-39)	4:30.30	GRILO, Ana Paula	UDCA	Palma Maiorca (ESP)		18/04/2004
RN D(40-44)	4:49.44	GOMES, Susana Clara	CNF	Mealhada		18/01/2019
RN E(45-49)	5:03.00	GRILO, Ana Paula	NDCO	Mealhada		26/01/2014
RN F(50-54)	5:16.71	GRILO, Ana Paula	NDCO	Sines		07/03/2020
RN G(55-59)	5:26.05	FERREIRA, Isabel Baptista	ADRCIMM	Sines		04/03/2023
RN H(60-64)	6:01.46	FERREIRA, Ana Maria	SAD	Tomar		29/01/2012
RN I(65-69)	6:06.65	FERREIRA, Ana Maria	SAD	Sines		04/03/2017
RN J(70-74)	6:23.87	FERREIRA, Ana Maria	SAD	Sines		07/03/2020
RN K(75-79)	7:11.81	BASTO, Luisa Bessone	SAD	Mealhada		18/01/2019
RN L(80-84)	59:00.00	,				
RN M(85-89)	59:00.00	,				

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
Master A							
1.	LOUSA, Irina Filipa		102467	Porto	5:02.03	697	9,00
	50m: 35.03 35.03	150m: 1:48.37	37.25	250m: 3:05.00	38.51	350m: 4:23.33	39.43
	100m: 1:11.12 36.09	200m: 2:26.49	38.12	300m: 3:43.90	38.90	400m: 5:02.03	38.70
2.	SANTOS, Raquel Fernandes	+0,86	111454	Clube Natacao Masters de Almada	5:12.61	629	7,00
	50m: 34.48 34.48	150m: 1:53.37	40.03	250m: 3:14.22	40.55	350m: 4:34.48	40.13
	100m: 1:13.34 38.86	200m: 2:33.67	40.30	300m: 3:54.35	40.13	400m: 5:12.61	38.13
3.	PAULINO, Bruna Elisabete	+0,79	102345	Alcobaca	5:25.96	554	6,00
	50m: 34.76 34.76	150m: 1:54.02	40.56	250m: 3:18.18	42.48	350m: 4:44.03	42.98
	100m: 1:13.46 38.70	200m: 2:35.70	41.68	300m: 4:01.05	42.87	400m: 5:25.96	41.93
4.	FERNANDES, Alexia Alves		201754	Natacao de Valongo	6:07.73	386	5,00
	50m: 39.92 39.92	150m: 2:13.07	47.72	250m: 3:48.22	47.60	350m: 5:22.04	46.82
	100m: 1:25.35 45.43	200m: 3:00.62	47.55	300m: 4:35.22	47.00	400m: 6:07.73	45.69

Master B							
1.	NEVES, Vania Soares	+0,74	12380	Viana Natacao	4:43.81	856	9,00
	50m: 30.82 30.82	150m: 1:40.53	35.45	250m: 2:53.47	36.77	350m: 4:07.31	36.98
	100m: 1:05.08 34.26	200m: 2:16.70	36.17	300m: 3:30.33	36.86	400m: 4:43.81	36.50
2.	RODRIGUES, Joana Aguiar	+0,86	15401	Porto	4:56.37	751	7,00
	50m: 33.35 33.35	150m: 1:46.05	36.98	250m: 3:01.32	37.67	350m: 4:18.21	38.39
	100m: 1:09.07 35.72	200m: 2:23.65	37.60	300m: 3:39.82	38.50	400m: 4:56.37	38.16
3.	MONTEIRO, Alexandra Sofia	+0,81	15415	AP Vila D Este 1	5:12.98	638	6,00
	50m: 33.28 33.28	150m: 1:48.32	38.30	250m: 3:08.80	40.50	350m: 4:31.65	41.65
	100m: 1:10.02 36.74	200m: 2:28.30	39.98	300m: 3:50.00	41.20	400m: 5:12.98	41.33
4.	MELO, Silvia Claudia	+0,88	15709	Porto	5:36.30	514	5,00
	50m: 37.97 37.97	150m: 1:59.74	41.41	250m: 3:24.34	42.89	350m: 4:52.29	44.35
	100m: 1:18.33 40.36	200m: 2:41.45	41.71	300m: 4:07.94	43.60	400m: 5:36.30	44.01
5.	PINHEIRO, Daniela Ferreira	+0,81	215790	Alcobaca	5:38.39	505	4,00
	50m: 36.26 36.26	150m: 2:01.73	44.26	250m: 3:29.23	43.63	350m: 4:55.78	43.33
	100m: 1:17.47 41.21	200m: 2:45.60	43.87	300m: 4:12.45	43.22	400m: 5:38.39	42.61
6.	JORDAO, Marta Isabel		15630	Famalicao	5:40.03	497	3,00
	50m: 38.53 38.53	150m: 2:03.23	43.41	250m: 3:29.65	42.90	350m: 4:57.58	44.39
	100m: 1:19.82 41.29	200m: 2:46.75	43.52	300m: 4:13.19	43.54	400m: 5:40.03	42.45
7.	CORREIA, Ana Barbara		221720	Clube Natacao da Amadora	5:57.03	430	2,00
	50m: 38.67 38.67	150m: 2:07.48	44.92	250m: 3:38.69	46.10	350m: 5:11.36	46.43
	100m: 1:22.56 43.89	200m: 2:52.59	45.11	300m: 4:24.93	46.24	400m: 5:57.03	45.67
8.	MACHADO, Sandra Marisa	+0,80	148687	Ba-Leiria	6:03.03	409	1,00
	50m: 39.42 39.42	150m: 2:11.18	45.96	250m: 3:44.31	46.83	350m: 5:17.90	46.59
	100m: 1:25.22 45.80	200m: 2:57.48	46.30	300m: 4:31.31	47.00	400m: 6:03.03	45.13

Prova 1, Femin., 400m Livres, Master B

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
9.	PEREIRA, Solange Ramalho	+0,82	101900	Ba-Leiria	6:31.46	326	-
	50m: 43.02 43.02		150m: 2:17.78	47.97 250m: 3:56.56	49.26 350m: 5:39.94	52.51	
	100m: 1:29.81 46.79		200m: 3:07.30	49.52 300m: 4:47.43	50.87 400m: 6:31.46	51.52	

Master C

1.	FRIAS, Manuela Xavier	+0,92	12330	Rio Maior	5:15.49	648	9,00
	50m: 33.97 33.97		150m: 1:50.26	39.10 250m: 3:12.56	41.46 350m: 4:35.63	41.54	
	100m: 1:11.16 37.19		200m: 2:31.10	40.84 300m: 3:54.09	41.53 400m: 5:15.49	39.86	
2.	CANTO, Anastacia Silva	+0,97	218437	Clube Natacao Masters de Almada	5:30.01	566	7,00
	50m: 34.56 34.56		150m: 1:54.71	41.24 250m: 3:19.59	42.87 350m: 4:48.10	44.25	
	100m: 1:13.47 38.91		200m: 2:36.72	42.01 300m: 4:03.85	44.26 400m: 5:30.01	41.91	
3.	ROCHA, Ana Margarida	+0,81	152921	Galitos / Bresimar	5:48.08	483	6,00
	50m: 38.54 38.54		150m: 2:02.75	42.87 250m: 3:32.86	45.63 350m: 5:04.46	45.36	
	100m: 1:19.88 41.34		200m: 2:47.23	44.48 300m: 4:19.10	46.24 400m: 5:48.08	43.62	
4.	MARQUES, Patricia Alexandra	+0,93	15143	Leixoes Sport Club	5:58.71	441	5,00
	50m: 40.28 40.28		150m: 2:09.81	45.41 250m: 3:41.88	45.60 350m: 5:13.60	45.86	
	100m: 1:24.40 44.12		200m: 2:56.28	46.47 300m: 4:27.74	45.86 400m: 5:58.71	45.11	
5.	PIRES, Rafaela Barreiros	+0,95	13418	Braga	6:06.88	412	4,00
	50m: 41.19 41.19		150m: 2:11.98	45.78 250m: 3:44.50	45.92 350m: 5:19.03	47.82	
	100m: 1:26.20 45.01		200m: 2:58.58	46.60 300m: 4:31.21	46.71 400m: 6:06.88	47.85	
6.	MOLEN, Laurelin Lucinda	+0,88	210456	CCDSerta	6:10.44	400	3,00
	50m: 42.15 42.15		150m: 2:13.67	46.42 250m: 3:47.91	47.35 350m: 5:23.46	47.90	
	100m: 1:27.25 45.10		200m: 3:00.56	46.89 300m: 4:35.56	47.65 400m: 6:10.44	46.98	
7.	REIS, Filipa Isabel	+0,86	153141	Leixoes Sport Club	6:40.06	318	2,00
	50m: 45.36 45.36		150m: 2:26.00	51.50 250m: 4:08.47	51.44 350m: 5:50.99	50.91	
	100m: 1:34.50 49.14		200m: 3:17.03	51.03 300m: 5:00.08	51.61 400m: 6:40.06	49.07	
8.	FREITAS, Ana Rita	+0,83	203951	Alcobaca	7:28.84	225	1,00
	50m: 51.58 51.58		150m: 2:42.86	56.44 250m: 4:37.80	56.46 350m: 6:32.60	57.99	
	100m: 1:46.42 54.84		200m: 3:41.34	58.48 300m: 5:34.61	56.81 400m: 7:28.84	56.24	
9.	MATSIUK, Yuliia		221179	Naval de Peniche	7:43.75	204	-
	50m: 46.94 46.94		150m: 2:40.57	58.79 250m: 4:42.45	1:00.54 350m: 6:43.66	1:00.09	
	100m: 1:41.78 54.84		200m: 3:41.91	1:01.34 300m: 5:43.57	1:01.12 400m: 7:43.75	1:00.09	

Master D

1.	LUCAS, Mariana Sa	+0,90	204193	Litoral Alentejano	5:06.67	736	9,00
	50m: 33.75 33.75		150m: 1:49.75	38.53 250m: 3:07.95	39.26 350m: 4:27.35	39.77	
	100m: 1:11.22 37.47		200m: 2:28.69	38.94 300m: 3:47.58	39.63 400m: 5:06.67	39.32	
2.	OLIVEIRA, Ana Mafalda	+0,85	23193	Natacao da Maia	5:47.06	508	7,00
	50m: 37.64 37.64		150m: 2:01.83	43.16 250m: 3:31.44	44.97 350m: 5:02.59	45.78	
	100m: 1:18.67 41.03		200m: 2:46.47	44.64 300m: 4:16.81	45.37 400m: 5:47.06	44.47	
3.	REBOCHO, M.		103405	Fluvial Portuense	5:53.89	479	6,00
	50m: 39.04 39.04		150m: 2:06.40	44.52 250m: 3:37.11	45.30 350m: 5:08.43	45.57	
	100m: 1:21.88 42.84		200m: 2:51.81	45.41 300m: 4:22.86	45.75 400m: 5:53.89	45.46	
4.	ARENAS, Lina Orrego	+0,90	211228	Porto	5:58.66	460	5,00
	50m: 40.20 40.20		150m: 2:09.96	45.48 250m: 3:42.07	46.09 350m: 5:14.23	45.92	
	100m: 1:24.48 44.28		200m: 2:55.98	46.02 300m: 4:28.31	46.24 400m: 5:58.66	44.43	
5.	GUEDES, Ana DAlte	+0,99	121739	Leixoes Sport Club	6:00.81	452	4,00
	50m: 37.62 37.62		150m: 2:05.43	45.27 250m: 3:39.05	47.11 350m: 5:15.02	47.91	
	100m: 1:20.16 42.54		200m: 2:51.94	46.51 300m: 4:27.11	48.06 400m: 6:00.81	45.79	
6.	ERVILHA, Joana Antunes	+0,76	13980	CNLeiria	6:31.56	353	3,00
	50m: 43.67 43.67		150m: 2:22.02	50.09 250m: 4:02.00	49.97 350m: 5:43.55	51.30	
	100m: 1:31.93 48.26		200m: 3:12.03	50.01 300m: 4:52.25	50.25 400m: 6:31.56	48.01	

Prova 1, Femin., 400m Livres, Master D

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
7.	CRISTOVAO, Joana Silva		203276	FC Ferreiras/AlgarExperience	6:34.51	345	2,00
	50m: 44.72 44.72	150m: 2:24.06	50.63	250m: 4:06.05 51.08	350m: 5:46.65 49.78		
	100m: 1:33.43 48.71	200m: 3:14.97	50.91	300m: 4:56.87 50.82	400m: 6:34.51 47.86		
8.	INACIO, Vanessa Mendes		215618	Rio Maior	7:16.46	255	1,00
	50m: 47.79 47.79	150m: 2:36.21	55.44	250m: 4:29.03 56.51	350m: 6:22.10 56.42		
	100m: 1:40.77 52.98	200m: 3:32.52	56.31	300m: 5:25.68 56.65	400m: 7:16.46 54.36		
9.	MALHEIROS, Carmen Silvia		148558	Litoral Alentejano	7:18.32	252	-
	50m: 50.15 50.15	150m: 2:41.13	56.19	250m: 4:33.97 55.80	350m: 6:25.94 56.15		
	100m: 1:44.94 54.79	200m: 3:38.17	57.04	300m: 5:29.79 55.82	400m: 7:18.32 52.38		

Master E

1.	COUTINHO, Gisela Barbosa	+0,85	211764	Fluvial Portuense	5:08.63	777	9,00
	50m: 34.39 34.39	150m: 1:50.14	38.62	250m: 3:08.72 39.29	350m: 4:29.21 40.69		
	100m: 1:11.52 37.13	200m: 2:29.43	39.29	300m: 3:48.52 39.80	400m: 5:08.63 39.42		
2.	BARBARA, Carla Santa	+0,82	118948	Porto	5:30.02	636	7,00
	50m: 35.53 35.53	150m: 1:56.32	41.14	250m: 3:20.84 42.43	350m: 4:47.20 43.59		
	100m: 1:15.18 39.65	200m: 2:38.41	42.09	300m: 4:03.61 42.77	400m: 5:30.02 42.82		
3.	PRIOR, Ana Filipa		105895	Laranjeiro	5:32.90	619	6,00
	50m: 37.35 37.35	150m: 2:00.78	41.89	250m: 3:25.72 42.75	350m: 4:51.25 42.87		
	100m: 1:18.89 41.54	200m: 2:42.97	42.19	300m: 4:08.38 42.66	400m: 5:32.90 41.65		
4.	SILVA, Ana Sofia		206942	Fluvial Portuense	5:49.20	537	5,00
	50m: 38.57 38.57	150m: 2:02.89	42.89	250m: 3:31.36 44.71	350m: 5:02.99 46.26		
	100m: 1:20.00 41.43	200m: 2:46.65	43.76	300m: 4:16.73 45.37	400m: 5:49.20 46.21		
5.	BARBARA, Sandra Santa	+0,77	104504	Ginásio Sto. Tirso	5:52.27	523	4,00
	50m: 38.23 38.23	150m: 2:05.53	44.90	250m: 3:36.42 45.57	350m: 5:08.17 45.68		
	100m: 1:20.63 42.40	200m: 2:50.85	45.32	300m: 4:22.49 46.07	400m: 5:52.27 44.10		
6.	PARAMIO, Maria Luz	+0,95	206727	Clube Naval de Ponta Delgada	6:01.29	484	3,00
	50m: 40.33 40.33	150m: 2:10.18	44.90	250m: 3:41.90 46.14	350m: 5:15.95 47.58		
	100m: 1:25.28 44.95	200m: 2:55.76	45.58	300m: 4:28.37 46.47	400m: 6:01.29 45.34		
7.	FUMEGA, Elsa Maria	+0,91	119665	Leixoes Sport Club	6:01.76	483	2,00
	50m: 40.05 40.05	150m: 2:09.41	45.38	250m: 3:41.96 46.34	350m: 5:16.07 47.36		
	100m: 1:24.03 43.98	200m: 2:55.62	46.21	300m: 4:28.71 46.75	400m: 6:01.76 45.69		
8.	GOMES, Ana Claudia		215283	Académica de Coimbra	6:52.28	326	1,00
	50m: 45.88 45.88	150m: 2:29.70	52.70	250m: 4:15.04 52.12	350m: 6:01.97 53.31		
	100m: 1:37.00 51.12	200m: 3:22.92	53.22	300m: 5:08.66 53.62	400m: 6:52.28 50.31		
9.	SA, Inez Correa	+0,92	215609	Lagoa Academico Clube	6:57.18	314	-
	50m: 44.19 44.19	150m: 2:26.20	51.98	250m: 4:16.73 56.28	350m: 6:06.16 53.47		
	100m: 1:34.22 50.03	200m: 3:20.45	54.25	300m: 5:12.69 55.96	400m: 6:57.18 51.02		
10.	MARTINS, Ana Maria		123246	Sporting Clube de Aveiro SCA	7:12.66	282	-
	50m: 48.82 48.82	150m: 2:39.70	56.21	250m: 4:32.05 55.96	350m: 6:23.06 55.43		
	100m: 1:43.49 54.67	200m: 3:36.09	56.39	300m: 5:27.63 55.58	400m: 7:12.66 49.60		
11.	NUNES, Marcia Silva	+0,85	122495	Lagoa Academico Clube	7:44.84	227	-
	50m: 49.34 49.34	150m: 2:39.78	57.86	250m: 4:41.53 1:01.18	350m: 6:43.82 1:01.32		
	100m: 1:41.92 52.58	200m: 3:40.35	1:00.57	300m: 5:42.50 1:00.97	400m: 7:44.84 1:01.02		
12.	COSTA, Isabel Maria	+0,93	214948	Clube Naval de Ponta Delgada	8:53.27	150	-
	50m: 53.52 53.52	150m: 3:04.61	1:08.00	250m: 5:26.73 1:10.56	350m: 7:45.33 1:08.36		
	100m: 1:56.61 1:03.09	200m: 4:16.17	1:11.56	300m: 6:36.97 1:10.24	400m: 8:53.27 1:07.94		

Prova 1, Femin., 400m Livres

Master F

1. COSTA, Maria Luisa <i>Rec Nac Esc F</i>	+0,88	119218	Fluvial Portuense	5:11.44	777	9,00
50m: 34.63 34.63	150m: 1:51.15	39.06	250m: 3:09.58	39.51	350m: 4:31.14	41.28
100m: 1:12.09 37.46	200m: 2:30.07	38.92	300m: 3:49.86	40.28	400m: 5:11.44	40.30
2. ROTHES, Ines Maria		124731	Fluvial Portuense	5:17.89	730	7,00
50m: 36.64 36.64	150m: 1:55.32	40.03	250m: 3:15.74	40.15	350m: 4:37.30	40.96
100m: 1:15.29 38.65	200m: 2:35.59	40.27	300m: 3:56.34	40.60	400m: 5:17.89	40.59
3. REGO, Susana Isabel	+0,88	215721	Leixoes Sport Club	6:14.80	446	6,00
50m: 41.93 41.93	150m: 2:14.81	47.17	250m: 3:49.41	47.67	350m: 5:25.77	48.47
100m: 1:27.64 45.71	200m: 3:01.74	46.93	300m: 4:37.30	47.89	400m: 6:14.80	49.03
4. PALHARES, Daniela Maria	+0,78	209005	Fluvial Portuense	6:16.75	439	5,00
50m: 41.54 41.54	150m: 2:15.29	47.96	250m: 3:51.52	48.07	350m: 5:29.38	48.48
100m: 1:27.33 45.79	200m: 3:03.45	48.16	300m: 4:40.90	49.38	400m: 6:16.75	47.37
5. BLANCO, Catarina Araujo	+0,99	124701	Fluvial Portuense	6:24.56	412	4,00
50m: 44.18 44.18	150m: 2:21.85	49.00	250m: 3:59.15	48.24	350m: 5:35.65	48.31
100m: 1:32.85 48.67	200m: 3:10.91	49.06	300m: 4:47.34	48.19	400m: 6:24.56	48.91
6. FERREIRA, Maria Manuela	+0,73	130114	Vitoria Sport Clube	6:37.32	374	3,00
50m: 45.60 45.60	150m: 2:23.56	49.23	250m: 4:05.20	50.69	350m: 5:48.34	51.64
100m: 1:34.33 48.73	200m: 3:14.51	50.95	300m: 4:56.70	51.50	400m: 6:37.32	48.98
7. SANTINHA, Fernanda Maria		100478	Clube Natacao Masters de Almada	6:56.32	325	2,00
50m: 47.38 47.38	150m: 2:32.17	52.57	250m: 4:17.20	52.48	350m: 6:04.08	53.21
100m: 1:39.60 52.22	200m: 3:24.72	52.55	300m: 5:10.87	53.67	400m: 6:56.32	52.24
8. BARBARA, Ana Bernardo	+0,92	116656	FC Ferreiras/AlgarExperience	7:40.78	240	1,00
50m: 45.25 45.25	150m: 2:37.22	58.07	250m: 4:38.17	1:00.62	350m: 6:38.38	1:02.36
100m: 1:39.15 53.90	200m: 3:37.55	1:00.33	300m: 5:36.02	57.85	400m: 7:40.78	1:02.40
9. SOARES, Susana Maria		26158	Natacao de Valongo	7:55.93	217	-
50m: 50.20 50.20	150m: 2:47.88	1:00.61	250m: 4:52.43	1:02.12	350m: 6:56.81	1:02.17
100m: 1:47.27 57.07	200m: 3:50.31	1:02.43	300m: 5:54.64	1:02.21	400m: 7:55.93	59.12

Master G

1. FERREIRA, Isabel Baptista <i>Rec Nac Esc G</i>	+0,86	119605	Adrcimm	5:22.20	739	9,00
50m: 36.92 36.92	150m: 1:58.93	41.14	250m: 3:20.98	40.52	350m: 4:42.22	40.83
100m: 1:17.79 40.87	200m: 2:40.46	41.53	300m: 4:01.39	40.41	400m: 5:22.20	39.98
2. PEREIRA, Patricia Diogenes	+0,89	26793	Adrcimm	5:29.78	690	7,00
50m: 37.00 37.00	150m: 1:58.03	41.07	250m: 3:22.01	41.95	350m: 4:47.70	42.84
100m: 1:16.96 39.96	200m: 2:40.06	42.03	300m: 4:04.86	42.85	400m: 5:29.78	42.08
3. BRANDAO, Maria Teresa	+0,74	108037	Fluvial Portuense	5:41.95	619	6,00
50m: 38.35 38.35	150m: 2:02.44	42.34	250m: 3:28.89	43.29	350m: 4:58.12	44.81
100m: 1:20.10 41.75	200m: 2:45.60	43.16	300m: 4:13.31	44.42	400m: 5:41.95	43.83
4. REIS, Margarida Bleck	+0,90	210540	Fluvial Portuense	6:49.89	359	5,00
50m: 44.43 44.43	150m: 2:27.46	52.38	250m: 4:12.32	52.53	350m: 5:58.35	52.63
100m: 1:35.08 50.65	200m: 3:19.79	52.33	300m: 5:05.72	53.40	400m: 6:49.89	51.54
5. GONCALVES, Ana Paula	+0,78	215679	Clube Natacao Masters de Almada	7:04.54	323	4,00
50m: 43.68 43.68	150m: 2:29.45	53.72	250m: 4:21.70	57.00	350m: 6:12.47	54.87
100m: 1:35.73 52.05	200m: 3:24.70	55.25	300m: 5:17.60	55.90	400m: 7:04.54	52.07
6. SMEED, Ann Violet		219923	Obidos Criativa, EEM	7:18.70	293	3,00
50m: 47.57 47.57	150m: 2:36.30	55.31	250m: 4:28.36	56.44	350m: 6:22.67	56.85
100m: 1:40.99 53.42	200m: 3:31.92	55.62	300m: 5:25.82	57.46	400m: 7:18.70	56.03

Prova 1, Femin., 400m Livres, Master G

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
7.	MENDES, Marina Isabel	+0,94	106063	Clube Natacao Masters de Almada	7:33.70	265	2,00
	50m: 48.16 48.16	150m: 2:37.87	56.46	250m: 4:33.32	57.33	350m: 6:33.99	1:00.98
	100m: 1:41.41 53.25	200m: 3:35.99	58.12	300m: 5:33.01	59.69	400m: 7:33.70	59.71

Master H

1.	URBANO, Maria Margarida		11355	Académica de Coimbra	6:31.65	522	9,00
	50m: 44.81 44.81	150m: 2:21.59	49.27	250m: 4:01.07	49.89	350m: 5:41.53	50.62
	100m: 1:32.32 47.51	200m: 3:11.18	49.59	300m: 4:50.91	49.84	400m: 6:31.65	50.12
2.	FERNANDES, Maria Santos		105263	Leixoes Sport Club	6:41.55	485	7,00
	50m: 45.00 45.00	150m: 2:25.80	51.04	250m: 4:08.76	51.88	350m: 5:51.52	51.42
	100m: 1:34.76 49.76	200m: 3:16.88	51.08	300m: 5:00.10	51.34	400m: 6:41.55	50.03
3.	CANORA MARIN, M.		214254	Leixoes Sport Club	7:12.23	389	6,00
	50m: 48.65 48.65	150m: 2:36.65	55.03	250m: 4:29.30	56.61	350m: 6:19.28	55.57
	100m: 1:41.62 52.97	200m: 3:32.69	56.04	300m: 5:23.71	54.41	400m: 7:12.23	52.95
4.	CANINAS, Maria Madalena		108658	Clube Natacao Masters de Almada	7:29.28	346	5,00
	50m: 48.49 48.49	150m: 2:41.59	58.21	250m: 4:40.85	59.93	350m: 6:37.71	56.96
	100m: 1:43.38 54.89	200m: 3:40.92	59.33	300m: 5:40.75	59.90	400m: 7:29.28	51.57
5.	VASCONCELOS, M.		130670	Clube Natacao Masters de Almada	7:31.88	340	4,00
	50m: 47.38 47.38	150m: 2:39.33	58.50	250m: 4:37.66	1:00.35	350m: 6:36.58	59.42
	100m: 1:40.83 53.45	200m: 3:37.31	57.98	300m: 5:37.16	59.50	400m: 7:31.88	55.30
6.	NETO, Maria Manuela		102090	Natacao da Maia	7:39.46	323	3,00
	50m: 50.01 50.01	150m: 2:44.52	59.15	250m: 4:43.49	1:00.63	350m: 6:42.33	59.00
	100m: 1:45.37 55.36	200m: 3:42.86	58.34	300m: 5:43.33	59.84	400m: 7:39.46	57.13

Master I

1.	OLIVEIRA, Maria Teresa		10538	Académica de Coimbra	6:57.89	599	9,00
	50m: 46.46 46.46	150m: 2:32.60	53.73	250m: 4:19.56	52.97	350m: 6:05.69	52.86
	100m: 1:38.87 52.41	200m: 3:26.59	53.99	300m: 5:12.83	53.27	400m: 6:57.89	52.20
2.	CAEIRO, Ana Maria		201953	Grupo dos Amigos da Natacao-AC	8:03.37	387	7,00
	50m: 53.50 53.50	150m: 2:54.69	1:01.25	250m: 4:58.18	1:02.04	350m: 7:03.54	1:02.81
	100m: 1:53.44 59.94	200m: 3:56.14	1:01.45	300m: 6:00.73	1:02.55	400m: 8:03.37	59.83
3.	ALMEIDA, Ana Paula		153497	Fluvial Portuense	8:22.25	345	6,00
	50m: 50.39 50.39	150m: 2:56.60	1:04.96	250m: 5:07.99	1:06.07	350m: 7:20.44	1:07.04
	100m: 1:51.64 1:01.25	200m: 4:01.92	1:05.32	300m: 6:13.40	1:05.41	400m: 8:22.25	1:01.81

Master K

1.	HESSEL, Maria Helena		219554	Fluvial Portuense	9:19.45	391	9,00
	50m: 1:10.05 1:10.05	150m: 3:30.40	1:11.03	250m: 5:49.59	1:10.68	350m: 8:12.48	1:12.38
	100m: 2:19.37 1:09.32	200m: 4:38.91	1:08.51	300m: 7:00.10	1:10.51	400m: 9:19.45	1:06.97