

Prova 14 Femin., 200m Bruços Master Resultados
27/01/2024 - 12:40

RN A(25-29)	2:38.13	SEQUEIRA, Catarina Costa	CNLX	Caldas da Rainha	28/01/2023
RN B(30-34)	2:46.84	GOMES, Diana Duarte	CWP	Torres Novas	05/02/2022
RN C(35-39)	2:53.31	MARTINS, Maria Sofia	CFP	Lousada	03/12/2023
RN D(40-44)	3:01.00	ALVES, Catarina Andrade	CDN	Vila Franca de Xira	20/01/2018
RN E(45-49)	3:10.14	ALVES, Catarina Andrade	CNF	Funchal	21/11/2023
RN F(50-54)	3:10.13	CARMO, Maria Helena	SAD	Sines	28/01/2017
RN G(55-59)	3:23.36	ANDRADE, Maria Teresa	FCP	Vila Franca de Xira	18/01/2020
RN H(60-64)	3:36.25	ANDRADE, Maria Teresa	FCP	Caldas da Rainha	28/01/2023
RN I(65-69)	3:52.92	PINTAO, Luisa Maria	ANE	Vila Franca de Xira	18/01/2020
RN J(70-74)	3:55.98	BASTO, Luisa Bessone	SAD	Caldas da Rainha	09/12/2017
RN K(75-79)	4:07.05	BASTO, Luisa Bessone	SAD	Vila Franca de Xira	18/01/2020
RN L(80-84)	5:19.56	RAIMUNDO, Isabel Maria	SAD	Tomar	08/02/2020
RN M(85-89)	59:00.00	,			

Pontos: DSV Masters 22

Lugar	Idade	Tempo final	Pts	50m	100m	150m	200m
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Master A

1. GERVASIO, Ana Sofia	29	Laranjeiro	3:05.92	564	41.71	46.36	48.04	49.81
2. SANTOS, R.	26	Clube Natacao Masters de Aln	3:08.88	538	42.33	47.84	49.05	49.66
3. PAULO, Patricia Sousa	28	CNLeiria	3:17.40	471	43.42	49.25	51.64	53.09
4. FERNANDES, A.	28	Natacao de Valongo	3:27.04	408	46.48	52.19	54.42	53.95

Master B

1. CASTRO, Ana Lucia	32	Sporting Clube Sao Joao Ver	3:00.26	608	41.26	45.76	46.33	46.91
2. PINHEIRO, D.	30	Alcobaca	3:08.06	536	41.84	46.94	49.22	50.06
3. COSTA, Sara Filipe	30	Clube Nacional de Natacao	3:11.06	511	44.90	48.60	48.81	48.75
4. SILVA, Patricia Fonseca	31	Porto	3:13.54	491	44.28	49.03	50.56	49.67
5. HILARIO, Mafalda Sofia	31	LPS	3:15.95	473	44.27	49.04	51.83	50.81
6. NAIA, Maria Joao	33	Estarreja/PROZINCO	3:25.07	413	42.81	50.09	54.84	57.33
7. SA, Ana Rita	33	Estarreja/PROZINCO	3:39.24	338	48.36	54.31	58.06	58.51
8. ESPINHEIRA, D.	32	Sporting Clube Sao Joao Ver	3:44.21	316	49.32	55.20	58.61	1:01.08
9. SARMENTO, C.	31	Centro Popular de Cultura e D	3:55.98	F271 a de Santa	52.72	59.72	1:01.82	1:01.72
10. PASCOAL, Sara Filipa	31	Alcobaca	4:05.40	241	54.75	1:04.74	1:04.88	1:01.03
11. KURTASH, Oksana	33	Sporting Clube Sao Joao Ver	4:12.53	221	56.48	1:05.02	1:06.10	1:04.93
12. RIBEIRO, Ana Filipa	32	Porto	4:48.31	148	1:05.04	1:13.13	1:15.77	1:14.37

Master C

1. MARQUES, P.	37	Leixoes Sport Club	3:22.84	447	44.61	49.93	52.94	55.36
2. MOLEN, L.	37	CCDSerta	3:31.74	393	49.21	53.69	54.68	54.16
3. PASCOAL, R.	36	CNLeiria	3:50.15	306	49.73	58.23	1:01.40	1:00.79
4. FERNANDES, C.	39	Aminata	3:55.64	285	53.43	1:00.55	1:02.02	59.64
5. LORY, Susana Pereira	37	Clube Natacao Masters de Aln	4:02.22	262	56.32	1:02.85	1:03.59	59.46

Master D

1. MARTINS, Maria Sofia	40	Fluvial Portuense	2:53.36	880	39.45	43.63	44.90	45.38
<i>Rec Nac Esc D</i>								
2. CUNHA, Joana Isabel	44	Galitos / Bresimar	3:05.17	722	41.84	46.90	48.66	47.77
3. CARVALHO, Ines Silva	41	Fluvial Portuense	3:46.88	392	51.64	56.86	58.56	59.82
4. MONTEIRO, F.	42	Sporting Clube de Aveiro SCA	4:06.55	305	55.07	1:03.67	1:05.63	1:02.18
5. LEITE, Joana Isabel	44	Fluvial Portuense	4:12.97	283	59.90	1:04.23	1:04.47	1:04.37
6. VASILEVA, Liudmila	42	Porto	4:20.96	258	1:02.19	1:07.05	1:08.37	1:03.35
7. UHLFELDER, Ana Sofia	41	Fluvial Portuense	4:21.13	257	1:00.69	1:05.81	1:08.02	1:06.61
8. RODRIGUES, Dora Isabel	42	Clube Millennium BCP	4:25.80	244	58.58	1:08.97	1:10.21	1:08.04
9. RODRIGUES, Sonia Luzia	43	Ba-Leiria	4:37.28	215	1:03.38	1:11.49	1:13.36	1:09.05
DSQ CARNEIRO, Joana Maria	41	Gcvr						
<i>404 - Falsa partida - SW 4.4</i>								

Prova 14, Femin., 200m Bruços

Master E

1.	ALVES, Catarina Andrade	46	Cnf	3:07.86	731	41.69	46.60	49.32	50.25
<i>Rec Nac Esc E</i>									
2.	FREITAS, Joana Manuel	46	Fluvial Portuense	3:12.69	677	42.44	46.97	49.18	54.10
3.	NOBREGA, C.	49	Juventude Atlantico Clube	3:18.72	617	45.38	50.87	50.98	51.49
4.	CARVALHO, Elza Maria	48	Fluvial Portuense	3:20.10	605	44.33	49.60	52.23	53.94
5.	SILVA, Ana Sofia	46	Fluvial Portuense	3:23.43	575	48.10	51.10	52.18	52.05
6.	BARBARA, Sandra Santa	49	Ginásio Sto. Tirso	3:32.97	502	47.73	54.64	56.60	54.00
7.	AVELANS, Carla Susana	49	Fluvial Portuense	3:42.09	442	48.81	55.62	59.07	58.59
8.	GOMES, Ana Claudia	48	Académica de Coimbra	3:53.71	379	54.04	1:00.21	1:01.25	58.21
9.	CUNHA, Maria Catarina	49	Sporting Clube de Aveiro SCA	4:02.83	338	58.45	1:00.91	1:00.91	1:02.56
10.	MARTINS, Ana Maria	45	Sporting Clube de Aveiro SCA	4:07.22	320	55.84	1:02.73	1:04.73	1:03.92

Master F

1.	RODRIGUES, P.	50	Ba-Leiria	3:31.36	504	48.72	53.19	53.98	55.47
2.	BLANCO, C.	53	Fluvial Portuense	3:53.95	371	54.22	58.10	59.85	1:01.78
3.	BARBARA, Ana Bernardo	54	FC Ferreiras/AlgarExperience	4:13.81	291	54.75	1:04.32	1:09.12	1:05.62
4.	PEREIRA, Maria Isabel	53	Gesloures	4:17.32	279	58.82	1:04.84	1:07.50	1:06.16
5.	SANTINHA, F.	52	Clube Natacao Masters de Aln	4:17.37	279	1:01.18	1:05.94	1:06.44	1:03.81
6.	SOARES, Ana Maria	53	Vilacondense	4:55.67	184	1:06.75	1:14.46	1:16.76	1:17.70
7.	ROMA, Sandra Cristina	50	Ba-Leiria	5:24.72	139	1:12.26	1:21.18	1:26.12	1:25.16

Master G

1.	PEREIRA, P.	55	Adrcimm	3:26.47	722	47.53	51.27	53.05	54.62
2.	SEQUEIRA, M.	56	Gafanha da Encarnacao	3:29.51	691	47.94	53.25	55.12	53.20
3.	COSTA, Rosa Leitao	59	Foca	4:11.32	400	56.40	1:02.08	1:05.50	1:07.34
4.	LENZI, Carla Vale	57	Sport Alges e Dafundo	4:13.25	391	55.26	1:02.09	1:07.29	1:08.61
	PALHARES, Ana Rosa	59	Fluvial Portuense	4:13.25	391	57.64	1:05.02	1:07.34	1:03.25
6.	DIAS, Maria Alexandra	59	Fluvial Portuense	4:44.23	276	1:06.96	1:10.59	1:14.30	1:12.38
7.	MATOS, Ana Cristina	55	Asc	5:20.89	192	1:08.23	1:22.62	1:28.62	1:21.42

Master H

1.	WEISS, Kathrin	60	SC Chemnitz von 1892	3:30.61	704	47.95	53.58	54.91	54.17
2.	URBANO, M.	61	Académica de Coimbra	3:40.98	610	51.84	56.42	56.85	55.87
3.	FERNANDES, M.	62	Leixoes Sport Club	3:52.50	523	53.28	58.70	59.75	1:00.77
4.	TORRES, Maria Isabel	64	Académica de Coimbra	3:57.57	491	52.18	1:00.27	1:03.85	1:01.27
5.	MACHADO, G.	63	Ginásio Sto. Tirso	5:07.84	225	1:11.68	1:18.59	1:19.64	1:17.93
DSQ	CARVALHO, H.	60	Sporting						

701 - Mais de uma pernada de golfinho durante a braçada submarina - SW 7.1, Na viragem dos 100M

Master I

1.	OLIVEIRA, Maria Teresa	67	Académica de Coimbra	4:02.53	567	52.05	1:01.91	1:05.03	1:03.54
2.	CARDOSO, Rosa Maria	68	Fluvial Portuense	5:41.28	203	1:15.95	1:27.13	1:29.16	1:29.04

Master J

1.	PINTAO, Luisa Maria	70	Associacao De Nadadores Dc	4:04.92	659	53.85	1:03.63	1:04.70	1:02.74
2.	MARTINS, Ana Paula	71	Porto	5:27.26	276	1:15.30	1:23.83	1:26.12	1:22.01

Master K

1.	CABRAL, Maria Fatima	75	Fluvial Portuense	8:45.87	69	1:51.46	2:15.30	2:17.89	2:21.22
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