

Prova 30

Femin., 200m Costas

Master

28/01/2024 - 15:30

Resultados

RN A(25-29)	2:25.91	NEVES, Vania Soares	CFP	Mealhada	20/01/2019
RN B(30-34)	2:25.63	NEVES, Vania Soares	VNC	Torres Novas	06/02/2022
RN C(35-39)	2:33.17	GRILO, Ana Paula	UDCA	Inatel	05/02/2006
RN D(40-44)	2:39.07	GRILO, Ana Paula	INDALEN	Penafiel	20/11/2010
RN E(45-49)	2:43.05	COUTINHO, Gisela Barbosa	FCP	Vila Franca de Xira	18/01/2020
RN F(50-54)	2:50.10	FERREIRA, Isabel Baptista	ADRCIMM	Vila Franca de Xira	18/01/2020
RN G(55-59)	2:53.12	KRAEVA, Elena Nikolaevna	ADRCIMM	Vila Franca de Xira	21/01/2018
RN H(60-64)	3:32.50	FERREIRA, Ana Maria	SAD	Abóboda	16/01/2011
RN I(65-69)	3:46.86	FERREIRA, Ana Maria	SAD	Benedita	03/04/2016
RN J(70-74)	4:59.45	SA, Nair Gomes	SFP	Lisboa	19/04/2009
RN K(75-79)	5:11.80	SA, Nair Gomes	ANE	Caldas da Rainha	01/12/2018
RN L(80-84)	5:03.54	SA, Nair Gomes	ANE	Vila Franca de Xira	18/01/2020
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. RODRIGUES, A.	28	Galitos / Bresimar	2:40.82	610	37.80	41.18	42.34	39.50
2. PAULINO, B.	27	Alcobaca	2:41.12	607	36.78	40.54	41.90	41.90
3. LOUSA, Irina Filipa	29	Porto	2:41.96	598	39.07	40.87	41.01	41.01
4. GONCALVES, F.	28	Sccam	2:47.76	538	37.83	42.84	44.45	42.64
5. ANDRADE, Filipa Oliveira	27	Galitos / Bresimar	2:52.78	492	39.29	43.20	45.39	44.90
6. OLIVEIRA, Ana Alexandra	25	Natacao de Valongo	3:02.89	415	42.83	46.15	47.21	46.70
7. GONCALVES, F.	26	Fluvial Portuense	3:25.78	291	47.56	52.00	53.77	52.45

Master B

1. NEVES, Vania Soares	34	Viana Natacao	2:30.41	834	34.39	37.84	38.92	39.26
2. PINHEIRO, Andreia Sofia	31	Clube Naval de Ponta Delgada	2:49.55	582	40.03	42.58	43.43	43.51
3. SANTOS, M.	33	Clube Natacao Masters de Aln	3:07.76	429	43.35	45.75	49.18	49.48
4. PEREIRA, S.	34	Ba-Leiria	3:21.45	347	47.92	50.29	51.34	51.90
5. CABRITA, P.	32	CLAC-Entroncamento	3:28.10	315	47.40	52.74	54.84	53.12
6. SANTOS, Debora Filipa	32	Fluvial Portuense	4:58.05	107	1:09.78	1:15.58	1:17.56	1:15.13

Master C

1. FONSECA, M.	39	Leixoes Sport Club	3:01.22	489	44.79	45.82	45.51	45.10
2. ROCHA, Ana Margarida	38	Galitos / Bresimar	3:08.38	435	46.52	48.14	47.61	46.11

Master D

1. LUCAS, Mariana Sa	40	Litoral Alentejano	2:41.15	796	37.42	40.86	41.99	40.88
2. BAIOCCHI, Giulia	41	Salesianos	2:55.04	621	40.59	43.64	45.58	45.23
3. CUNHA, Joana Isabel	44	Galitos / Bresimar	2:56.63	605	41.12	44.04	46.29	45.18
4. GASPAS, J.	41	Associacao De Nadadores Dc	3:00.86	563	43.96	46.48	46.37	44.05
5. PATO, Ana Henriques	41	Clube Natacao Masters de Aln	3:28.63	367	46.62	52.65	55.81	53.55
6. ARENAS, Lina Orrego	40	Porto	3:30.38	358	49.44	53.66	54.95	52.33
7. CORTEZ, Sara Filipa	43	Clube Natacao Masters de Aln	3:35.40	333	51.06	52.90	55.17	56.27
8. NEVES, Isabel Carolina	44	Fluvial Portuense	3:57.37	249	59.48	59.48	1:01.71	56.70
9. SILVA, Ana Rosa	44	Foca	3:58.69	245	57.32	59.41	1:02.40	59.56

Master E

1. COUTINHO, G.	49	Fluvial Portuense	2:46.31	790	38.56	41.00	43.33	43.42
2. MOUTELA, Ana Sofia	47	Estarreja/PROZINCO	3:08.76	540	45.02	46.96	48.65	48.13
3. GONCALVES, P.	46	Fluvial Portuense	3:31.86	382	50.61	53.79	55.37	52.09
4. MARTINS, Ana Maria	45	Sporting Clube de Aveiro SCA	3:51.62	292	55.34	59.85	1:01.28	55.15

Prova 30, Femin., 200m Costas

Master F

1.	COSTA, Maria Luisa	50	Fluvial Portuense	3:04.17	506	41.92	46.39	48.21	47.65
2.	YOKOCHI, Luisa Tamaki	54	Sport Alges e Dafundo	3:16.23	419	42.62	48.37	52.28	52.96
3.	BLANCO, C.	53	Fluvial Portuense	3:30.42	339	50.96	53.89	53.39	52.18
4.	PALHARES, D.	53	Fluvial Portuense	3:31.98	332	50.47	54.57	55.60	51.34
5.	COSTA, Marta Sofia	53	Universitario do Porto	3:36.16	313	50.70	54.14	56.08	55.24
6.	RIBEIRO, Helena Isabel	50	Lagoa Academico Clube	3:49.68	261	54.19	57.38	59.67	58.44
7.	BARBARA, Ana Bernardo	54	FC Ferreiras/AlgarExperience	3:52.51	251	54.23	58.92	59.93	59.43
8.	PINTO, Isabel Maria	52	Fluvial Portuense	4:09.05	205	58.91	1:03.04	1:05.09	1:02.01

Master G

1.	FERREIRA, Isabel Baptista	57	Adrcimm	2:57.58	691	42.43	45.35	45.37	44.43
2.	PEREIRA, P.	55	Adrcimm	3:06.26	599	43.10	46.46	48.58	48.12
3.	PALHARES, P.	58	Fluvial Portuense	3:13.05	538	46.32	49.05	50.12	47.56
4.	GONCALVES, Ana Paula	59	Clube Natacao Masters de Aln	3:24.10	455	48.13	51.54	52.99	51.44
5.	FRIAES, Maria Manuel	59	Porto	3:37.80	374	50.32	55.08	57.25	55.15
6.	CARDOSO, Helena Maria	58	Fluvial Portuense	4:17.46	227	58.98	1:04.35	1:08.30	1:05.83

Master H

1.	GUIMARAES, Rita Cabral <i>Rec Nac Esc H</i>	60	Fluvial Portuense	3:30.25	570	49.45	54.92	54.67	51.21
2.	OLIVEIRA, Cristina Maria	64	Natacao de Valongo	4:13.21	326	56.86	1:03.63	1:08.46	1:04.26
3.	MACHADO, G.	63	Ginásio Sto. Tirso	5:00.33	195	1:11.62	1:17.24	1:17.39	1:14.08

Master I

1.	POTTER, Karin	65	Associacao De Nadadores Dc	3:45.26	585	52.36	56.21	58.49	58.20
2.	ALMEIDA, Ana Paula	66	Fluvial Portuense	4:18.27	388	59.67	1:06.05	1:07.02	1:05.53