

11º Torneio Masters do Litoral Alentejano  
Sines, 9/3/2024

Prova 1 Femin., 400m Livres 25 anos e mais velhos  
09/03/2024 - 9:00 Resultados

RN A(25-29)	4:36.93	Bruna Martins RIESENBERGER	CIRL	Funchal	22/11/2023
RN B(30-34)	4:27.23	Ana Paula GRILO	UDCA	Inatel	25/05/2002
RN C(35-39)	4:30.30	Ana Paula GRILO	UDCA	Palma Maiorca (ESP)	18/04/2004
RN D(40-44)	4:49.44	Susana Clara GOMES	CNF	Mealhada	18/01/2019
RN E(45-49)	5:03.00	Ana Paula GRILO	NDCO	Mealhada	26/01/2014
RN F(50-54)	5:11.44	Maria Luisa COSTA	CFP	Caldas da Rainha	26/01/2024
RN G(55-59)	5:22.20	Isabel Baptista FERREIRA	ADRCIMM	Caldas da Rainha	26/01/2024
RN H(60-64)	6:01.46	Ana Maria FERREIRA	SAD	Tomar	29/01/2012
RN I(65-69)	6:06.65	Ana Maria FERREIRA	SAD	Sines	04/03/2017
RN J(70-74)	6:23.87	Ana Maria FERREIRA	SAD	Sines	07/03/2020
RN K(75-79)	7:11.81	Luisa Bessone BASTO	SAD	Mealhada	18/01/2019
RN L(80-84)	59:00.00				
RN M(85-89)	59:00.00				

Pontos: FINA 2024

Lugar Nome Idade Licença Clube Tempo Pontos

25 - 34 anos

1. Ana Margarida RODRIGUES	28	103868	Galitos / Bresimar	<b>5:02.65</b>	5:01.29
50m: 33.82 33.82	150m: 250m:	350m:			
100m: 1:10.40 36.58	200m: 2:27.34	300m: 400m:	5:02.65		
2. Lucilla FABBRIS	30	218810	Clube Nacional de Natação	<b>5:21.38</b>	3:40.00
50m: 35.70 35.70	150m: 250m:	350m:			
100m: 1:14.81 39.11	200m: 2:35.90	300m: 400m:	5:21.38		
3. Ana Rita LOPES	32	129056	C.Pop.Cultura e Desporto Da Povoia Sines	<b>5:58.47</b>	6:10.30
50m: 40.08 40.08	150m: 250m:	350m:			
100m: 1:23.01 42.93	200m: 2:53.37	300m: 400m:	5:58.47		
4. Mariana Amendoeira DUARTE	29	26722	Lps	<b>6:07.12</b>	5:15.12
50m: 40.49 40.49	150m: 250m:	350m:			
100m: 1:26.31 45.82	200m: 3:00.59	300m: 400m:	6:07.12		
5. Solange Ramalho PEREIRA	34	101900	Ba-Leiria	<b>6:15.33</b>	5:49.23
50m: 41.66 41.66	150m: 250m:	350m:			
100m: 1:27.75 46.09	200m: 3:02.71	300m: 400m:	6:15.33		

35 - 44 anos

1. Marina ZABORSKAYA	39	133504	FC Ferreiras/AlgarExperience	<b>5:48.47</b>	5:31.55
50m: 36.36 36.36	150m: 250m:	350m:			
100m: 1:16.34 39.98	200m: 2:44.74	300m: 400m:	5:48.47		
2. Sara Filipa CORTEZ	43	215343	Clube Natacao Masters de Almada	<b>6:11.94</b>	6:13.67
50m: 42.83 42.83	150m: 250m:	350m:			
100m: 1:29.25 46.42	200m: 3:04.94	300m: 400m:	6:11.94		
3. Sofia Margarida SILVA	41	207298	Litoral Alentejano	<b>6:43.72</b>	7:11.65
50m: 44.48 44.48	150m: 250m:	350m:			
100m: 1:32.25 47.77	200m: 3:14.13	300m: 400m:	6:43.72		

45 - 54 anos

1. Inez Correa SA	45	215609	Lagoa Academico Clube	<b>6:36.31</b>	6:42.99
50m: 43.77 43.77	150m: 250m:	350m:			
100m: 1:31.80 48.03	200m: 3:14.58	300m: 400m:	6:36.31		
2. Andreia Jesus TROMBINHAS	46	218465	CNBE	<b>6:45.55</b>	6:36.83
50m: 43.54 43.54	150m: 250m:	350m:			
100m: 1:23.74 40.20	200m: 3:16.95	300m: 400m:	6:45.55		
3. Malvina Maria GOMES	46	216097	Clube Natacao Masters de Almada	<b>6:48.56</b>	7:00.00
50m: 41.25 41.25	150m: 250m:	350m:			
100m: 1:28.73 47.48	200m: 3:13.14	300m: 400m:	6:48.56		

11º Torneio Masters do Litoral Alentejano  
Sines, 9/3/2024

Prova 1, Femin., 400m Livres, 45 - 54 anos

Lugar	Nome	Idade	Licença	Clube	Tempo	Pontos
4.	Emma Lenora YATES	53	222016	O2-Portimao	<b>7:21.88</b>	NT
	50m: 47.39 47.39	150m:		250m:	350m:	
	100m: 1:39.82 52.43	200m: 3:32.98		300m:	400m: 7:21.88	
5.	Claudia Maria MATIAS	52	209789	Lagoa Academico Clube	<b>7:57.76</b>	7:45.30
	50m: 48.59 48.59	150m:		250m:	350m:	
	100m: 1:46.59 58.00	200m: 3:49.96		300m:	400m: 7:57.76	

55 - 64 anos

1.	Maria Helena CARMO	58	13254	Individual ANL	<b>5:32.03</b>	5:45.00
	50m: 38.28 38.28	150m:		250m:	350m:	
	100m: 1:19.85 41.57	200m: 2:43.46		300m:	400m: 5:32.03	
2.	Alda Caterina FONTANA	62	210660	Aminata	<b>6:36.48</b>	6:49.71
	50m: 45.08 45.08	150m:		250m:	350m:	
	100m: 1:33.24 48.16	200m: 3:14.11		300m:	400m: 6:36.48	
3.	Marina Isabel MENDES	56	106063	Clube Natacao Masters de Almada	<b>7:20.20</b>	7:33.70
	50m: 50.27 50.27	150m:		250m:	350m:	
	100m: 1:45.36 55.09	200m: 3:39.56		300m:	400m: 7:20.20	