



XIX Troféu Cidade Caldas da Rainha Masters  
Caldas da rainha, 20/4/2024

| Prova 15           | Femin., 200m Livres |                             |         |                     | 25 - 104 anos |
|--------------------|---------------------|-----------------------------|---------|---------------------|---------------|
| 20/04/2024 - 18:45 |                     |                             |         |                     | Resultados    |
| Rec. Nac           | 2:09.40             | Bruna Martins, RIESENBERGER | CIRL    | Caldas da Rainha    | 27/01/2024    |
| Rec. Nac           | 2:06.50             | Ana Paula, GRILO            | UDCA    | Inatel              | 22/03/2003    |
| Rec. Nac           | 2:07.69             | Ana Paula, GRILO            | UDCA    | Freiburg (GER)      | 08/05/2004    |
| Rec. Nac           | 2:15.77             | Susana Clara, GOMES         | CNF     | Mealhada            | 19/01/2019    |
| Rec. Nac           | 2:23.57             | Carla Santa, BARBARA        | FCP     | Vila Franca de Xira | 18/01/2020    |
| Rec. Nac           | 2:29.91             | Ana Paula, GRILO            | NDCO    | Tomar               | 08/02/2020    |
| Rec. Nac           | 2:33.38             | Isabel Baptista, FERREIRA   | ADRCIMM | Caldas da Rainha    | 28/01/2023    |
| Rec. Nac           |                     | ,                           |         |                     |               |
| Rec. Nac           | 3:09.01             | Ana Maria, FERREIRA         | SAD     | Sines               | 07/03/2020    |
| Rec. Nac           | 3:28.77             | Luisa Bessone, BASTO        | SAD     | Mealhada            | 18/01/2019    |
| Rec. Nac           | 5:02.89             | Nair Gomes, SA              | ANE     | Torres Novas        | 05/02/2022    |
| Rec. Nac           | 59:00.00            | start,                      |         |                     |               |

Pontos: DSV Masters 22

| Lugar          | Ano                        |                       | Tempo final              |               |         |  | Pts |     |
|----------------|----------------------------|-----------------------|--------------------------|---------------|---------|--|-----|-----|
| <b>Grupo A</b> |                            |                       |                          |               |         |  |     |     |
| 1.             | Tania Cristina, MENDES     | 99                    | Vieirense                | 2:31.87       |         |  |     | 558 |
|                | 50m: 34.63 34.63           | 100m: 1:12.62 37.99   | 150m: 1:51.54 38.92      | 200m: 2:31.87 | 40.33   |  |     |     |
| 2.             | Marta Filipa, VINAGRE      | 95                    | Lisboa PoolSharks        | 2:35.10       |         |  |     | 524 |
|                | 50m: 33.73 33.73           | 100m: 1:10.84 37.11   | 150m: 1:51.37 40.53      | 200m: 2:35.10 | 43.73   |  |     |     |
| <b>Grupo B</b> |                            |                       |                          |               |         |  |     |     |
| 1.             | Laura, POLA                | 92                    | Porto                    | 2:36.13       |         |  |     | 521 |
|                | 50m: 34.67 34.67           | 100m: 1:13.51 38.84   | 150m: 1:55.38 41.87      | 200m: 2:36.13 | 40.75   |  |     |     |
| 2.             | Sandra Marisa, MACHADO     | 93                    | Ba-Leiria                | 2:55.87       |         |  |     | 364 |
|                | 50m: 40.52 40.52           | 100m: 1:24.94 44.42   | 150m: 2:10.46 45.52      | 200m: 2:55.87 | 45.41   |  |     |     |
| 3.             | Solange Ramalho, PEREIRA   | 90                    | Ba-Leiria                | 2:56.84       |         |  |     | 358 |
|                | 50m: 40.25 40.25           | 100m: 1:23.99 43.74   | 150m: 2:09.25 45.26      | 200m: 2:56.84 | 47.59   |  |     |     |
| 4.             | Sara Filipa, PASCOAL       | 93                    | Alcobaca                 | 4:25.30       |         |  |     | 106 |
|                | 50m: 1:00.41 1:00.41       | 100m: 2:09.16 1:08.75 | 150m: 3:19.07 1:09.91    | 200m: 4:25.30 | 1:06.23 |  |     |     |
| <b>Grupo C</b> |                            |                       |                          |               |         |  |     |     |
| 1.             | Susana Pereira, LORY       | 87                    | Masters de Almada        | 3:50.77       |         |  |     | 171 |
|                | 50m: 54.44 54.44           | 100m: 1:53.83 59.39   | 150m: 2:53.81 59.98      | 200m: 3:50.77 | 56.96   |  |     |     |
| <b>Grupo D</b> |                            |                       |                          |               |         |  |     |     |
| 1.             | Sara Filipa, CORTEZ        | 81                    | Masters de Almada        | 2:59.42       |         |  |     | 374 |
|                | 50m: 42.51 42.51           | 100m: 1:28.84 46.33   | 150m: 2:16.50 47.66      | 200m: 2:59.42 | 42.92   |  |     |     |
| 2.             | Joana Antunes, ERVILHA     | 81                    | CNLeiria                 | 3:02.35       |         |  |     | 356 |
|                | 50m: 42.56 42.56           | 100m: 1:28.67 46.11   | 150m: 2:16.56 47.89      | 200m: 3:02.35 | 45.79   |  |     |     |
| <b>Grupo E</b> |                            |                       |                          |               |         |  |     |     |
| 1.             | Joana Margarida, CAVALEIRO | 78                    | Ginásio Figueirense      | 2:58.71       |         |  |     | 389 |
|                | 50m: 39.43 39.43           | 100m: 1:24.88 45.45   | 150m: 2:12.35 47.47      | 200m: 2:58.71 | 46.36   |  |     |     |
| 2.             | Ana Maria, MARTINS         | 79                    | Sporting Clube de Aveiro | 3:22.79       |         |  |     | 266 |
|                | 50m: 47.24 47.24           | 100m: 1:40.34 53.10   | 150m: 2:33.57 53.23      | 200m: 3:22.79 | 49.22   |  |     |     |



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Prova 15, Femin., 200m Livres, Grupo E

| Lugar                    | Ano                 | Tempo final         | Pts                 |
|--------------------------|---------------------|---------------------|---------------------|
| 3. Carla Sousinha, NUNES | 75 CNLeiria         | 3:31.72             | 234                 |
| 50m: 48.53 48.53         | 100m: 1:41.98 53.45 | 150m: 2:38.27 56.29 | 200m: 3:31.72 53.45 |

Grupo F

|                             |                        |                       |                       |
|-----------------------------|------------------------|-----------------------|-----------------------|
| 1. Maria Manuela, FERREIRA  | 70 Vitória Sport Clube | 3:07.03               | 367                   |
| 50m: 44.69 44.69            | 100m: 1:31.78 47.09    | 150m: 2:20.71 48.93   | 200m: 3:07.03 46.32   |
| 2. Manuela Ribeiro, PEREIRA | 71 Ba-Leiria           | 3:59.74               | 174                   |
| 50m: 58.36 58.36            | 100m: 1:59.90 1:01.54  | 150m: 3:01.78 1:01.88 | 200m: 3:59.74 57.96   |
| 3. Sandra Cristina, ROMA    | 74 Ba-Leiria           | 5:03.67               | 85                    |
| 50m: 1:11.07 1:11.07        | 100m: 2:31.06 1:19.99  | 150m: 3:52.49 1:21.43 | 200m: 5:03.67 1:11.18 |

Grupo G

|                          |                          |                     |                     |
|--------------------------|--------------------------|---------------------|---------------------|
| 1. Carla Vale, LENZI     | 67 Sport Algés e Dafundo | 3:21.44             | 319                 |
| 50m: 44.54 44.54         | 100m: 1:36.89 52.35      | 150m: 2:30.36 53.47 | 200m: 3:21.44 51.08 |
| 2. Marina Isabel, MENDES | 68 Masters de Almada     | 3:28.74             | 287                 |
| 50m: 48.84 48.84         | 100m: 1:42.05 53.21      | 150m: 2:36.77 54.72 | 200m: 3:28.74 51.97 |

Grupo H

|                                 |                         |                       |                       |
|---------------------------------|-------------------------|-----------------------|-----------------------|
| 1. Maria Manuela, NETO          | 62 Natacao da Maia      | 3:42.05               | 288                   |
| 50m: 48.89 48.89                | 100m: 1:45.03 56.14     | 150m: 2:43.49 58.46   | 200m: 3:42.05 58.56   |
| 2. Maria Goncalves, VASCONCELOS | 64 Masters de Almada    | 3:42.24               | 287                   |
| 50m: 50.73 50.73                | 100m: 1:46.58 55.85     | 150m: 2:45.62 59.04   | 200m: 3:42.24 56.62   |
| 3. Maria Joao, TAVARES          | 63 Amigos da Natacao-AC | 4:41.20               | 142                   |
| 50m: 1:06.42 1:06.42            | 100m: 2:14.38 1:07.96   | 150m: 3:29.51 1:15.13 | 200m: 4:41.20 1:11.69 |

Grupo I

|                      |                         |                       |                     |
|----------------------|-------------------------|-----------------------|---------------------|
| 1. Ana Maria, CAEIRO | 59 Amigos da Natacao-AC | 3:52.52               | 351                 |
| 50m: 54.42 54.42     | 100m: 1:55.08 1:00.66   | 150m: 2:56.23 1:01.15 | 200m: 3:52.52 56.29 |