

Prova 13 Femin., 200m Livres
05/07/2024 - 15:15 Master Resultados

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|-----------------------|----------|---------------------------|---------|-----------------------|------------|--|--|
| Rec Nac Masters 50m M | 59:00.00 | , start | | | | | |
| Rec Nac Masters 50m L | 59:00.00 | , | | | | | |
| Rec Nac Masters 50m K | 3:40.96 | BASTO, Luisa Bessone | SAD | Reguengos de Monsaraz | 19/07/2019 | | |
| Rec Nac Masters 50m J | 3:15.38 | FERREIRA, Ana Maria | SAD | Reguengos de Monsaraz | 08/07/2022 | | |
| Rec Nac Masters 50m I | 3:06.74 | FERREIRA, Ana Maria | SAD | London (GBR) | 26/05/2016 | | |
| Rec Nac Masters 50m H | 2:58.63 | FERREIRA, Ana Maria | SAD | Riccione (ITA) | 12/06/2012 | | |
| Rec Nac Masters 50m G | 2:37.00 | FERREIRA, Isabel Baptista | ADRCIMM | Reguengos de Monsaraz | 08/07/2022 | | |
| Rec Nac Masters 50m F | 2:34.69 | ROTHES, Ines Maria | CFP | S. Joao da Madeira | 07/07/2023 | | |
| Rec Nac Masters 50m E | 2:25.24 | GOMES, Susana Clara | CNF | S. Joao da Madeira | 07/07/2023 | | |
| Rec Nac Masters 50m D | 2:20.50 | GOMES, Susana Clara | CNF | Reguengos de Monsaraz | 19/07/2019 | | |
| Rec Nac Masters 50m C | 2:10.77 | GRILLO, Ana Paula | UDCA | Stanford (USA) | 06/08/2006 | | |
| Rec Nac Masters 50m B | 2:10.97 | GRILLO, Ana Paula | UDCA | Millau (FRA) | 27/08/2003 | | |
| Rec Nac Masters 50m A | 2:19.00 | RODRIGUES, Joana Aguiar | FCP | Loulé | 13/07/2018 | | |

Pontos: DSV Masters 22

| Lugar | Idade | | Tempo final | Pts | 50m | 100m | 150m | 200m |
|-------|-------|--|-------------|-----|-----|------|------|------|
|-------|-------|--|-------------|-----|-----|------|------|------|

Master A

| | | | | | | | | |
|----------------------------|----|--------------------------|----------------|-----|-------|-------|-------|-------|
| 1. CASTRO, Adriana Daniela | 27 | Leixoes Sport Club | 2:18.33 | 787 | 32.70 | 35.71 | 35.57 | 34.35 |
| <i>Rec Nacional</i> | | | | | | | | |
| 2. PIRES, Carolina Saraiva | 28 | Laranjeiro | 2:21.29 | 739 | 33.05 | 36.47 | 36.42 | 35.35 |
| 3. PEREIRA, Ines Eira | 25 | Estarreja/PROZINCO | 2:28.89 | 631 | 35.28 | 39.51 | 37.06 | 37.04 |
| 4. MAGALHAES, Ines Santos | 25 | Sporting Clube de Aveiro | 2:46.81 | 449 | 39.00 | 41.86 | 43.32 | 42.63 |
| 5. RODRIGUES, I. | 27 | Viana Natacao | 2:52.45 | 406 | 40.63 | 42.83 | 45.14 | 43.85 |
| 6. FERNANDES, B. | 25 | Natacao de Valongo | 3:38.50 | 199 | 50.29 | 56.34 | 58.81 | 53.06 |

Master B

| | | | | | | | | |
|--------------------------|----|---------------------------|----------------|-----|-------|---------|---------|---------|
| 1. NEVES, Vania Soares | 34 | Viana Natacao | 2:20.23 | 750 | 32.11 | 35.70 | 36.24 | 36.18 |
| 2. POLA, Laura | 32 | Porto | 2:38.51 | 519 | 35.45 | 40.82 | 42.60 | 39.64 |
| 3. TEIXEIRA, Rute Sofia | 34 | Ginasio Sto. Tirso | 2:40.97 | 496 | 35.87 | 40.96 | 42.33 | 41.81 |
| 4. PEREIRA, S. | 34 | Ba-Leiria | 2:50.87 | 415 | 38.16 | 43.36 | 44.00 | 45.35 |
| 5. GONCALVES, Ana Miguel | 34 | Ginasio Clube Figueirense | 3:05.19 | 326 | 41.77 | 47.79 | 48.13 | 47.50 |
| 6. KURTASH, Oksana | 33 | Sporting Clube Sao Joao V | 3:58.78 | 152 | 50.04 | 1:00.21 | 1:05.23 | 1:03.30 |

Master C

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|---------------------------|----|--------------------------|-----------------|-----|-------|-------|-------|-------|
| 1. FRIAS, Manuela Xavier | 36 | Academico Viseu Futebol | C2:38.60 | 582 | 35.22 | 39.11 | 41.12 | 43.15 |
| 2. ALVES, Joana Isabel | 36 | Universitario do Porto | 2:39.58 | 571 | 36.13 | 39.69 | 42.15 | 41.61 |
| 3. RODRIGUES, Sara Danie | 37 | Galitos / Bresimar | 2:55.89 | 427 | 38.55 | 43.95 | 46.18 | 47.21 |
| 4. BARBARA, Joana Pereira | 37 | Natacao Masters de Almad | 3:00.60 | 394 | 39.63 | 46.26 | 47.71 | 47.00 |
| 5. PINTO, Rita Loureiro | 39 | Ginasio Clube Portugues | 3:06.59 | 357 | 41.41 | 47.64 | 50.19 | 47.35 |
| 6. REIS, Filipa Isabel | 37 | Leixoes Sport Club | 3:21.12 | 285 | 45.76 | 51.91 | 53.62 | 49.83 |
| 7. PASCOAL, Rita Fernand | 36 | CNLeiria | 3:26.09 | 265 | 43.77 | 52.50 | 56.57 | 53.25 |

Master D

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|----------------------------|----|-------------------------|----------------|-----|-------|---------|---------|---------|
| 1. CUNHA, Joana Isabel | 44 | Galitos / Bresimar | 2:44.12 | 515 | 36.32 | 41.33 | 43.72 | 42.75 |
| 2. VALENTE, Catia Marisa | 40 | Clube de Campismo Luz e | 2:48.79 | 474 | 38.64 | 43.38 | 44.44 | 42.33 |
| 3. OLIVEIRA, Marta Daniela | 44 | Galitos / Bresimar | 2:49.54 | 468 | 37.22 | 42.76 | 44.02 | 45.54 |
| 4. CALDAS, Ana Sousa | 43 | Vilacondense | 2:51.82 | 449 | 37.87 | 42.83 | 44.92 | 46.20 |
| 5. ARENAS, Lina Orrego | 40 | Porto | 2:52.61 | 443 | 38.91 | 45.33 | 45.90 | 42.47 |
| 6. GUEDES, Ana Dalte | 44 | Leixoes Sport Club | 2:53.38 | 437 | 38.38 | 44.53 | 46.07 | 44.40 |
| 7. OLIVEIRA, Ana Mafalda | 43 | Natacao da Maia | 2:55.22 | 423 | 37.99 | 44.47 | 45.65 | 47.11 |
| 8. ERVILHA, Joana Antunes | 43 | CNLeiria | 3:07.65 | 345 | 40.63 | 46.83 | 50.12 | 50.07 |
| 9. ROBALO, Joana Rita | 44 | Aminata | 3:13.27 | 315 | 43.36 | 49.32 | 51.04 | 49.55 |
| 10. VASILEVA, Liudmila | 42 | Porto | 4:22.89 | 125 | 58.02 | 1:07.73 | 1:10.29 | 1:06.85 |

Prova 13, Femin., 200m Livres

Master E

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|---------------------------|----|--------------------------|----------------|-----|-------|---------|---------|---------|
| 1. COUTINHO, G. | 49 | Fluvial Portuense | 2:28.49 | 723 | 34.20 | 37.60 | 38.77 | 37.92 |
| 2. PRIOR, Ana Filipa | 47 | Laranjeiro | 2:44.80 | 529 | 37.99 | 42.53 | 42.84 | 41.44 |
| 3. PARAMIO, Maria Luz | 48 | Naval de Ponta Delgada | 2:49.12 | 489 | 39.73 | 43.13 | 43.79 | 42.47 |
| 4. SILVA, Ana Sofia | 46 | Fluvial Portuense | 2:49.21 | 488 | 38.76 | 42.67 | 43.77 | 44.01 |
| 5. DOMINGUES, C. | 47 | Sporting Clube de Aveiro | 2:51.87 | 466 | 39.03 | 43.43 | 45.15 | 44.26 |
| 6. MARTINS, Ana Maria | 45 | Sporting Clube de Aveiro | 3:31.25 | 251 | 49.60 | 55.03 | 54.79 | 51.83 |
| 7. COSTA, Ana Isabel | 49 | Lagoa Academico Clube | 3:53.39 | 186 | 51.88 | 1:00.20 | 1:04.52 | 56.79 |
| 8. COSTA, Isabel Maria | 49 | Naval de Ponta Delgada | 4:14.31 | 143 | 56.49 | 1:05.80 | 1:05.73 | 1:06.29 |
| 9. MESQUITA, Isabel Maria | 49 | Natacao de Valongo | 4:33.85 | 115 | 56.71 | 1:13.86 | 1:15.45 | 1:07.83 |

Master F

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|-----------------------------|----|--------------------------|----------------|-----|---------|---------|---------|---------|
| 1. COSTA, Maria Luisa | 50 | Fluvial Portuense | 2:36.59 | 685 | 35.30 | 39.24 | 41.16 | 40.89 |
| 2. ROTHES, Ines Maria | 51 | Fluvial Portuense | 2:36.83 | 682 | 36.10 | 39.48 | 41.10 | 40.15 |
| 3. COSTA, Marta Sofia | 53 | Universitario do Porto | 3:03.32 | 427 | 40.24 | 45.65 | 48.38 | 49.05 |
| 4. REGO, Susana Isabel | 50 | Leixoes Sport Club | 3:03.62 | 425 | 41.75 | 46.14 | 47.18 | 48.55 |
| 5. PALHARES, Daniela Mariç | 53 | Fluvial Portuense | 3:05.80 | 410 | 41.24 | 45.70 | 49.38 | 49.48 |
| 6. FERREIRA, Maria Manuelç | 54 | Vitoria Sport Clube | 3:11.64 | 374 | 42.95 | 48.73 | 50.10 | 49.86 |
| 7. SANTINHA, F. | 52 | Natacao Masters de Almad | 3:19.30 | 332 | 46.17 | 50.40 | 53.59 | 49.14 |
| 8. CASTRO, Eliana Marta | 54 | Sporting Clube de Aveiro | 3:43.19 | 236 | 52.85 | 57.11 | 59.94 | 53.29 |
| 9. MATIAS, Claudia Maria | 52 | Lagoa Academico Clube | 3:44.94 | 231 | 50.18 | 58.99 | 1:02.04 | 53.73 |
| 10. PEREIRA, Teresa Elisabe | 52 | Aquatico Silves | 3:54.35 | 204 | 50.71 | 59.66 | 1:02.43 | 1:01.55 |
| 11. PEREIRA, Manuela Ribeir | 53 | Ba-Leiria | 3:58.32 | 194 | 55.53 | 1:01.94 | 1:01.95 | 58.90 |
| 12. ROMA, Sandra Cristina | 50 | Ba-Leiria | 5:24.90 | 76 | 1:11.23 | 1:25.24 | 1:26.71 | 1:21.72 |

Master G

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|------------------------------|----|--------------------------|----------------|-----|-------|---------|---------|---------|
| 1. FERREIRA, Isabel Baptist | 57 | Adrcimm | 2:36.27 | 715 | 36.51 | 40.31 | 40.33 | 39.12 |
| <i>Rec Nacional</i> | | | | | | | | |
| 2. BRANDAO, Maria Teresa | 55 | Fluvial Portuense | 2:45.03 | 607 | 38.45 | 41.19 | 43.25 | 42.14 |
| 3. SEQUEIRA, Ana Paula | 56 | Gafanha da Encarnacao | 3:21.83 | 332 | 43.39 | 49.53 | 54.29 | 54.62 |
| 4. REIS, Margarida Bleck | 56 | Fluvial Portuense | 3:23.61 | 323 | 44.57 | 52.13 | 54.68 | 52.23 |
| 5. LENZI, Carla Vale | 57 | Sport Alges e Dafundo | 3:24.18 | 320 | 46.76 | 52.03 | 54.92 | 50.47 |
| 6. SMEED, Ann Violet | 59 | Obidos Criativa | 3:33.86 | 279 | 48.30 | 54.28 | 55.83 | 55.45 |
| 7. SOUSA, Maria Clara | 56 | Natacao Masters de Almad | 3:37.60 | 265 | 47.30 | 54.44 | 56.87 | 58.99 |
| 8. MARTINS, Delfina Maria | 58 | Ginasio Sto. Tirso | 4:05.33 | 184 | 54.46 | 1:04.61 | 1:03.19 | 1:03.07 |
| 9. DIAS, Maria Alexandra | 59 | Fluvial Portuense | 4:21.57 | 152 | 57.24 | 1:06.59 | 1:09.96 | 1:07.78 |
| 10. RIBEIRO, Violante Isabel | 57 | Sport Alges e Dafundo | 4:22.15 | 151 | 59.79 | 1:06.02 | 1:09.99 | 1:06.35 |

Master H

| | | | | | | | | |
|----------------------------|----|--------------------------|----------------|-----|-------|-------|---------|-------|
| 1. BOGDANSKI, Fatima Aule | 64 | Sport Alges e Dafundo | 3:00.20 | 686 | 40.61 | 46.70 | 46.73 | 46.16 |
| 2. OSORIO, Maria Claudia | 60 | Fluvial Portuense | 3:02.51 | 661 | 41.21 | 46.72 | 47.62 | 46.96 |
| 3. URBANO, M. | 61 | Academica de Coimbra | 3:11.91 | 568 | 45.08 | 48.63 | 49.87 | 48.33 |
| 4. CUNHA, Maria Trigueiros | 60 | Leixoes Sport Club | 3:21.54 | 490 | 45.84 | 50.52 | 54.11 | 51.07 |
| 5. FERNANDES, Maria Santç | 62 | Leixoes Sport Club | 3:24.58 | 469 | 46.98 | 51.48 | 53.68 | 52.44 |
| 6. CANORA MARIN, M. | 64 | Leixoes Sport Club | 3:29.09 | 439 | 47.57 | 51.24 | 54.76 | 55.52 |
| 7. CANINAS, M. | 61 | Natacao Masters de Almad | 3:29.50 | 437 | 46.58 | 52.45 | 56.25 | 54.22 |
| 8. NETO, Maria Manuela | 62 | Natacao da Maia | 3:41.80 | 368 | 48.28 | 56.55 | 59.18 | 57.79 |
| 9. WERNICKE, Maria Giraldc | 64 | Fluvial Portuense | 3:42.31 | 365 | 49.02 | 54.89 | 1:00.20 | 58.20 |
| 10. PEIXE, Carla Filomena | 61 | Natacao Masters de Almad | 3:45.07 | 352 | 45.81 | 58.39 | 1:01.16 | 59.71 |

Prova 13, Femin., 200m Livres

Master I

| | | | | | | | | |
|---------------------------|----|----------------------|----------------|-----|---------|---------|---------|---------|
| 1. OLIVEIRA, Maria Teresa | 67 | Academica de Coimbra | 3:34.10 | 435 | 49.08 | 56.45 | 56.36 | 52.21 |
| 2. SILVA, Maria Luisa | 65 | Fluvial Portuense | 5:24.81 | 124 | 1:10.95 | 1:26.74 | 1:26.47 | 1:20.65 |

Master J

| | | | | | | | | |
|--------------------------|----|-------------------|----------------|-----|---------|---------|---------|---------|
| 1. FERREIRA, Maria Felix | 70 | Individual ANL | 4:44.72 | 205 | 1:01.92 | 1:14.54 | 1:18.20 | 1:10.06 |
| 2. SILVA, Alia Maria | 74 | Fluvial Portuense | 8:21.75 | 37 | 1:48.23 | 2:16.93 | 1:56.81 | 2:19.78 |

Master K

| | | | | | | | | |
|-------------------------|----|-------------------|----------------|-----|---------|---------|---------|---------|
| 1. HESSEL, Maria Helena | 75 | Fluvial Portuense | 4:46.00 | 253 | 1:13.08 | 1:10.38 | 1:12.40 | 1:10.14 |
|-------------------------|----|-------------------|----------------|-----|---------|---------|---------|---------|