

Prova 17 Femin., 400m Livres Master Resultados
06/07/2024 - 9:30

Rec Nac Masters 50m M	59:00.00	,				
Rec Nac Masters 50m L	59:00.00	,				
Rec Nac Masters 50m K	7:44.23		BASTO, Luisa Bessone	SAD	Reguengos de Monsaraz	19/07/2019
Rec Nac Masters 50m J	6:40.16		FERREIRA, Ana Maria	SAD	Póvoa de Varzim	22/02/2020
Rec Nac Masters 50m I	6:27.98		FERREIRA, Ana Maria	SAD	Famalicao	09/07/2017
Rec Nac Masters 50m H	6:14.83		FERREIRA, Ana Maria	SAD	Riccione (ITA)	16/06/2012
Rec Nac Masters 50m G	5:36.18		FERREIRA, Isabel Baptista	ADRCIMM	S. Joao da Madeira	09/07/2023
Rec Nac Masters 50m F	5:28.36		ROTHES, Ines Maria	CFP	S. Joao da Madeira	09/07/2023
Rec Nac Masters 50m E	5:23.34		COUTINHO, Gisela Barbosa	CFP	São João da Madeira	04/07/2024
Rec Nac Masters 50m D	5:02.98		GOMES, Susana Clara	CNF	Gwangju (KOR)	18/08/2019
Rec Nac Masters 50m C	4:35.74		GRILLO, Ana Paula	UDCA	Stanford (USA)	10/08/2006
Rec Nac Masters 50m B	4:39.43		GRILLO, Ana Paula	INATEL	Riccione (ITA)	20/06/2003
Rec Nac Masters 50m A	4:57.88		SILVA, Carolina Santos	CNMAIA	Eindhoven (NED)	02/09/2013

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
Master A							
1.	RODRIGUES, Ana Margarida		103868	Galitos / Bresimar	5:22.25	587	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:16.52	200m: 2:37.80		300m: 4:00.75	400m: 5:22.25		
2.	GERVASIO, Ana Sofia		123037	Laranjeiro	5:32.18	536	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:18.19	200m: 2:39.96		300m: 4:05.75	400m: 5:32.18		
3.	SANTOS, Raquel Fernandes		111454	Natacao Masters de Almada	5:37.94	509	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:20.82	200m: 2:46.12		300m: 4:12.96	400m: 5:37.94		
4.	RIBAU, Ana Rita		102808	Gafanha da Encarnacao	5:41.19	495	5,00
	50m:	150m:		250m:	350m:		
	100m: 1:21.04	200m: 2:48.32		300m: 4:16.57	400m: 5:41.19		
5.	OLIVEIRA, Ana Alexandra		104491	Natacao de Valongo	5:53.28	446	4,00
	50m:	150m:		250m:	350m:		
	100m: 1:21.07	200m: 2:50.12		300m: 4:23.19	400m: 5:53.28		
6.	CARVALHO, Jessica Andreia		102281	CNLeiria	5:58.27	427	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:24.90	200m: 2:55.37		300m: 4:27.81	400m: 5:58.27		
7.	RODRIGUES, Ines Florencio		107522	Viana Natacao	6:17.41	365	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:30.19	200m: 3:05.59		300m: 4:42.84	400m: 6:17.41		
8.	FERNANDES, Alexia Alves		201754	Natacao de Valongo	6:25.96	342	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:29.62	200m: 3:08.39		300m: 4:49.26	400m: 6:25.96		
9.	GONCALVES, Francisca Isabel		218666	Fluvial Portuense	7:00.62	264	-
	50m:	150m:		250m:	350m:		
	100m: 1:40.69	200m: 3:27.45		300m: 5:16.05	400m: 7:00.62		
10.	COSTA, Joana Filipa		222181	ADSC	7:48.02	191	-
	50m:	150m:		250m:	350m:		
	100m: 1:49.39	200m: 3:52.19		300m: 5:51.55	400m: 7:48.02		

Prova 17, Femin., 400m Livres

Master B

1. NEVES, Vania Soares	12380	Viana Natacao	5:00.96	751	9,00
50m:	150m:	250m:	350m:		
100m: 1:11.07	200m: 2:27.45	300m: 3:44.70	400m: 5:00.96		
2. BERNARDINO, C.	25420	Fluvial Portuense	5:40.39	519	7,00
50m:	150m:	250m:	350m:		
100m: 1:20.93	200m: 2:48.24	300m: 4:16.30	400m: 5:40.39		
3. MELO, Silvia Claudia	15709	Porto	5:43.85	503	6,00
50m:	150m:	250m:	350m:		
100m: 1:22.12	200m: 2:48.42	300m: 4:15.36	400m: 5:43.85		
4. JORDAO, Marta Isabel	15630	Famalicao	5:53.14	465	5,00
50m:	150m:	250m:	350m:		
100m: 1:24.59	200m: 2:53.05	300m: 4:23.63	400m: 5:53.14		
5. FABBRIS, Lucilla	218810	Clube Nacional de Natacao	5:53.33	464	4,00
50m:	150m:	250m:	350m:		
100m: 1:21.32	200m: 2:48.82	300m: 4:20.49	400m: 5:53.33		
6. SANTOS, Miriam Rodrigues	14552	Natacao Masters de Almada	6:09.20	407	3,00
50m:	150m:	250m:	350m:		
100m: 1:25.10	200m: 2:58.32	300m: 4:35.25	400m: 6:09.20		
7. PEREIRA, Solange Ramalho	101900	Ba-Leiria	6:10.28	403	2,00
50m:	150m:	250m:	350m:		
100m: 1:27.37	200m: 2:59.43	300m: 4:34.06	400m: 6:10.28		
8. TCHERNEGA, Nina	219251	Sporting Club Caminhense	6:34.73	333	1,00
50m:	150m:	250m:	350m:		
100m: 1:32.01	200m: 3:11.44	300m: 4:54.03	400m: 6:34.73		
9. GONCALVES, Ana Miguel	218178	Ginasio Clube Figueirense	6:35.63	330	-
50m:	150m:	250m:	350m:		
100m: 1:34.34	200m: 3:15.93	300m: 4:58.87	400m: 6:35.63		
10. ESTEVES, Ines Isabel	201103	Penafiel	7:03.67	269	-
50m:	150m:	250m:	350m:		
100m: 1:37.89	200m: 3:25.14	300m: 5:15.86	400m: 7:03.67		

Master C

1. FONSECA, Maria Manuela	105769	Leixoes Sport Club	5:35.91	585	9,00
50m:	150m:	250m:	350m:		
100m: 1:21.78	200m: 2:47.28	300m: 4:12.35	400m: 5:35.91		
2. ALVES, Joana Isabel	130453	Universitario do Porto	5:41.01	559	7,00
50m:	150m:	250m:	350m:		
100m: 1:21.84	200m: 2:48.94	300m: 4:16.48	400m: 5:41.01		
3. FRIAS, Manuela Xavier	12330	Academico Viseu Futebol Clube	5:50.43	515	6,00
50m:	150m:	250m:	350m:		
100m: 1:23.36	200m: 2:51.22	300m: 4:19.64	400m: 5:50.43		
4. RODRIGUES, Sara Daniela	12281	Galitos / Bresimar	5:50.57	515	5,00
50m:	150m:	250m:	350m:		
100m: 1:23.80	200m: 2:52.23	300m: 4:22.33	400m: 5:50.57		
5. MARQUES, Patricia Alexandra	15143	Leixoes Sport Club	6:28.99	377	4,00
50m:	150m:	250m:	350m:		
100m: 1:33.43	200m: 3:12.01	300m: 4:50.80	400m: 6:28.99		

Prova 17, Femin., 400m Livres, Master C

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
6.	PINTO, Rita Loureiro		131353	Ginasio Clube Portugues	6:36.39	356	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:34.35	200m: 3:15.90		300m: 4:59.20	400m: 6:36.39		
7.	OLIVEIRA, Juliana Cabral		131965	Gafanha da Encarnacao	6:56.96	306	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:36.64	200m: 3:24.06		300m: 5:12.58	400m: 6:56.96		
8.	REIS, Filipa Isabel		153141	Leixoes Sport Club	7:12.85	273	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:43.40	200m: 3:33.78		300m: 5:26.16	400m: 7:12.85		

Master D

1.	LUCAS, Mariana Sa		204193	Litoral Alentejano	5:20.62	685	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:16.56	200m: 2:37.43		300m: 3:59.89	400m: 5:20.62		
2.	GUEDES, Ana DAte		121739	Leixoes Sport Club	6:09.48	448	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:29.82	200m: 3:05.51		300m: 4:40.05	400m: 6:09.48		
3.	OLIVEIRA, Ana Mafalda		23193	Natacao da Maia	6:13.34	434	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:26.00	200m: 3:00.50		300m: 4:37.61	400m: 6:13.34		
4.	ARENAS, Lina Orrego		211228	Porto	6:15.05	428	5,00
	50m:	150m:		250m:	350m:		
	100m: 1:32.52	200m: 3:08.16		300m: 4:44.10	400m: 6:15.05		
5.	CALDAS, Ana Sousa		219409	Vilacondense	6:17.22	421	4,00
	50m:	150m:		250m:	350m:		
	100m: 1:25.24	200m: 3:00.60		300m: 4:39.06	400m: 6:17.22		
6.	MENCARELLI, Silvia		215710	Aej	6:20.95	408	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:32.90	200m: 3:11.26		300m: 4:48.81	400m: 6:20.95		
7.	ERVILHA, Joana Antunes		13980	CNLeiria	6:31.75	376	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:32.50	200m: 3:12.18		300m: 4:53.17	400m: 6:31.75		
8.	CORTEZ, Sara Filipa		215343	Natacao Masters de Almada	6:37.14	360	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:36.12	200m: 3:19.64		300m: 5:02.65	400m: 6:37.14		
9.	ROBALO, Joana Rita		210552	Aminata	6:58.84	307	-
	50m:	150m:		250m:	350m:		
	100m: 1:39.87	200m: 3:27.08		300m: 5:16.60	400m: 6:58.84		
10.	NEVES, Isabel Carolina		202850	Fluvial Portuense	7:16.56	271	-
	50m:	150m:		250m:	350m:		
	100m: 1:42.22	200m: 3:34.79		300m: 5:28.27	400m: 7:16.56		
11.	UHLFELDER, Ana Sofia		200872	Fluvial Portuense	7:48.30	220	-
	50m:	150m:		250m:	350m:		
	100m: 1:55.50	200m: 3:56.39		300m: 5:57.55	400m: 7:48.30		
12.	LEITE, Joana Isabel		130666	Fluvial Portuense	9:10.26	135	-
	50m:	150m:		250m:	350m:		
	100m: 2:06.03	200m: 4:25.36		300m: 6:49.00	400m: 9:10.26		

Prova 17, Femin., 400m Livres, Master D

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
13.	RODRIGUES, Sonia Luzia		217758	Ba-Leiria	9:32.41	120	-
	50m:	150m:		250m:	350m:		
	100m: 2:08.38	200m: 4:41.31		300m: 7:12.00	400m: 9:32.41		

Master E

1.	COUTINHO, Gisela Barbosa		211764	Fluvial Portuense	5:23.78	677	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:17.00	200m: 2:38.62		300m: 4:01.62	400m: 5:23.78		
2.	VILAR, Sonia Oliveira		26837	Natacao de Valongo	6:06.32	467	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:25.43	200m: 2:56.19		300m: 4:31.05	400m: 6:06.32		
3.	PARAMIO, Maria Luz		206727	Naval de Ponta Delgada	6:08.63	459	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:31.20	200m: 3:03.98		300m: 4:38.68	400m: 6:08.63		
4.	BARBARA, Sandra Santa		104504	Ginasio Sto. Tirso	6:11.27	449	5,00
	50m:	150m:		250m:	350m:		
	100m: 1:25.76	200m: 3:00.37		300m: 4:36.68	400m: 6:11.27		
5.	FUMEGA, Elsa Maria		119665	Leixoes Sport Club	6:21.88	412	4,00
	50m:	150m:		250m:	350m:		
	100m: 1:32.87	200m: 3:09.51		300m: 4:45.78	400m: 6:21.88		
6.	GOMES, Ana Claudia		215283	Academica de Coimbra	7:13.21	282	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:43.03	200m: 3:34.50		300m: 5:26.86	400m: 7:13.21		
7.	NUNES, Carla Sousinha		209876	CNLeiria	7:43.97	230	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:51.84	200m: 3:49.02		300m: 5:50.54	400m: 7:43.97		
8.	NUNES, Marcia Silva		122495	Lagoa Academico Clube	7:44.25	229	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:52.90	200m: 3:50.82		300m: 5:50.24	400m: 7:44.25		
9.	MASSAGUE, Adriana Reguera		131589	Fluvial Portuense	8:02.96	204	-
	50m:	150m:		250m:	350m:		
	100m: 1:52.13	200m: 3:55.25		300m: 6:00.62	400m: 8:02.96		
10.	COSTA, Isabel Maria		214948	Naval de Ponta Delgada	8:59.05	146	-
	50m:	150m:		250m:	350m:		
	100m: 2:05.20	200m: 4:23.21		300m: 6:41.96	400m: 8:59.05		
11.	MESQUITA, Isabel Maria		222704	Natacao de Valongo	9:12.51	136	-
	50m:	150m:		250m:	350m:		
	100m: 2:02.47	200m: 4:29.73		300m: 6:56.11	400m: 9:12.51		

Master F

1.	ROTHES, Ines Maria		124731	Fluvial Portuense	5:31.05	660	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:16.78	200m: 2:40.44		300m: 4:06.12	400m: 5:31.05		
2.	PALHARES, Daniela Maria		209005	Fluvial Portuense	6:37.87	380	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:34.86	200m: 3:16.11		300m: 4:58.45	400m: 6:37.87		

Prova 17, Femin., 400m Livres, Master F

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
3.	REGO, Susana Isabel		215721	Leixoes Sport Club	6:45.65	359	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:36.41	200m: 3:19.62		300m: 5:02.93	400m: 6:45.65		
4.	SILVA, Claudia Maria		131425	Pdem	6:53.07	340	5,00
	50m:	150m:		250m:	350m:		
	100m: 1:36.58	200m: 3:22.46		300m: 5:08.84	400m: 6:53.07		
5.	FERREIRA, Maria Manuela		130114	Vitoria Sport Clube	6:59.31	325	4,00
	50m:	150m:		250m:	350m:		
	100m: 1:38.07	200m: 3:25.05		300m: 5:13.18	400m: 6:59.31		
6.	SANTINHA, Fernanda Maria		100478	Natacao Masters de Almada	7:19.27	282	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:45.83	200m: 3:37.01		300m: 5:28.93	400m: 7:19.27		
7.	SANTOS, Maria Paula		215339	Natacao de Valongo	7:46.95	235	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:46.90	200m: 3:47.49		300m: 5:48.10	400m: 7:46.95		
8.	LIPCIUC, Cristina Nicoleta		215964	Braga	7:53.88	225	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:48.24	200m: 3:50.38		300m: 5:54.57	400m: 7:53.88		
9.	SOARES, Susana Maria		26158	Natacao de Valongo	7:59.44	217	-
	50m:	150m:		250m:	350m:		
	100m: 1:51.25	200m: 3:53.63		300m: 5:59.80	400m: 7:59.44		
10.	MATIAS, Claudia Maria		209789	Lagoa Academico Clube	8:02.62	213	-
	50m:	150m:		250m:	350m:		
	100m: 1:55.58	200m: 4:03.01		300m: 6:08.35	400m: 8:02.62		
11.	PEREIRA, Manuela Ribeiro		211409	Ba-Leiria	8:26.10	184	-
	50m:	150m:		250m:	350m:		
	100m: 1:58.47	200m: 4:07.04		300m: 6:18.43	400m: 8:26.10		
12.	GARCIA, Ana Luisa		214120	Leixoes Sport Club	8:29.23	181	-
	50m:	150m:		250m:	350m:		
	100m: 2:02.44	200m: 4:13.40		300m: 6:23.76	400m: 8:29.23		
13.	AUGUSTO, Isabel Reis		222298	Naval de Ponta Delgada	8:31.30	179	-
	50m:	150m:		250m:	350m:		
	100m: 1:56.61	200m: 4:09.75		300m: 6:25.19	400m: 8:31.30		
14.	SOARES, Ana Maria		153261	Vilacondense	9:51.81	115	-
	50m:	150m:		250m:	350m:		
	100m: 2:22.12	200m: 4:53.69		300m: 7:27.72	400m: 9:51.81		
15.	ROMA, Sandra Cristina		212003	Ba-Leiria	11:15.57	77	-
	50m:	150m:		250m:	350m:		
	100m: 2:46.43	200m: 5:37.37		300m: 8:32.33	400m: 11:15.57		

Master G

1.	SEQUEIRA, Ana Paula		124853	Gafanha da Encarnacao	7:00.91	329	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:39.45	200m: 3:27.71		300m: 5:16.79	400m: 7:00.91		
2.	REIS, Margarida Bleck		210540	Fluvial Portuense	7:10.35	308	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:41.73	200m: 3:31.99		300m: 5:22.98	400m: 7:10.35		

Prova 17, Femin., 400m Livres, Master G

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
3.	SMEED, Ann Violet		219923	Obidos Criativa	7:29.40	270	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:47.69	200m: 3:42.18		300m: 5:36.34	400m: 7:29.40		
4.	MARTINS, Delfina Maria		117387	Ginasio Sto. Tirso	8:39.90	174	5,00
	50m:	150m:		250m:	350m:		
	100m: 2:02.70	200m: 4:16.04		300m: 6:31.80	400m: 8:39.90		
5.	RIBEIRO, Violante Isabel		124926	Sport Alges e Dafundo	9:29.53	133	4,00
	50m:	150m:		250m:	350m:		
	100m: 2:14.78	200m: 4:39.54		300m: 7:07.37	400m: 9:29.53		

Master H

1.	OSORIO, Maria Claudia		219153	Fluvial Portuense	6:34.61	690	9,00
	50m:	150m:		250m:	350m:		
	100m: 1:32.36	200m: 3:12.05		300m: 4:53.24	400m: 6:34.61		
2.	BOGDANSKI, Fatima Auler		222488	Sport Alges e Dafundo	6:39.21	666	7,00
	50m:	150m:		250m:	350m:		
	100m: 1:34.17	200m: 3:15.06		300m: 4:57.97	400m: 6:39.21		
3.	URBANO, Maria Margarida		11355	Academica de Coimbra	7:00.17	571	6,00
	50m:	150m:		250m:	350m:		
	100m: 1:42.60	200m: 3:28.78		300m: 5:16.88	400m: 7:00.17		
4.	FERNANDES, Maria Santos		105263	Leixoes Sport Club	7:06.24	547	5,00
	50m:	150m:		250m:	350m:		
	100m: 1:41.66	200m: 3:29.78		300m: 5:19.00	400m: 7:06.24		
5.	CANORA MARIN, M.		214254	Leixoes Sport Club	7:38.59	439	4,00
	50m:	150m:		250m:	350m:		
	100m: 1:47.98	200m: 3:44.38		300m: 5:43.39	400m: 7:38.59		
6.	NETO, Maria Manuela		102090	Natacao da Maia	7:42.21	429	3,00
	50m:	150m:		250m:	350m:		
	100m: 1:48.42	200m: 3:48.87		300m: 5:46.67	400m: 7:42.21		
7.	VASCONCELOS, M.		130670	Natacao Masters de Almada	7:47.33	415	2,00
	50m:	150m:		250m:	350m:		
	100m: 1:47.91	200m: 3:45.95		300m: 5:50.20	400m: 7:47.33		
8.	WERNICKE, Maria Giraldo		210543	Fluvial Portuense	8:02.15	378	1,00
	50m:	150m:		250m:	350m:		
	100m: 1:54.67	200m: 4:00.35		300m: 6:05.10	400m: 8:02.15		
9.	SANTOS, Mirley Teresinha		207695	Sporting de Espinho	8:03.71	374	-
	50m:	150m:		250m:	350m:		
	100m: 1:49.28	200m: 3:52.90		300m: 5:59.98	400m: 8:03.71		
10.	CANINAS, Maria Madalena		108658	Natacao Masters de Almada	8:04.09	374	-
	50m:	150m:		250m:	350m:		
	100m: 1:53.09	200m: 3:58.42		300m: 6:03.00	400m: 8:04.09		
11.	MARIA, Cidalia Conceicao		211933	CNLeiria	13:51.97	73	-
	50m:	150m:		250m:	350m:		
	100m: 3:10.50	200m: 6:42.74		300m: 10:15.90	400m: 13:51.97		

Prova 17, Femin., 400m Livres

Master I

1. OLIVEIRA, Maria Teresa	10538	Academica de Coimbra	7:26.95	525	9,00
50m:	150m:	250m:	350m:		
100m: 1:51.61	200m: 3:47.35	300m: 5:40.52	400m: 7:26.95		
2. DUPONT, Ana Paula	205209	Fluvial Portuense	10:23.45	193	7,00
50m:	150m:	250m:	350m:		
100m: 2:25.56	200m: 5:03.49	300m: 7:48.24	400m: 10:23.45		

Master K

1. HESSEL, Maria Helena	219554	Fluvial Portuense	9:41.60	300	9,00
50m:	150m:	250m:	350m:		
100m: 2:26.21	200m: 4:52.54	300m: 7:19.05	400m: 9:41.60		