

Prova 19  
06/07/2024 - 12:01

Femin., 200m Costas

Master  
Resultados

Rec Nac Masters 50m L	5:21.71	SA, Nair Gomes	ANE	Reguengos de Monsaraz	09/07/2022
Rec Nac Masters 50m K	6:39.88	AZINHEIRA, Maria Augusta	SFP	Famalicão	08/07/2017
Rec Nac Masters 50m J	4:21.54	FERREIRA, Ana Maria	SAD	S. Joao da Madeira	08/07/2023
Rec Nac Masters 50m I	3:52.93	FERREIRA, Ana Maria	SAD	Loulé	04/07/2015
Rec Nac Masters 50m H	3:32.11	ANDRADE, Maria Teresa	FCP	S. Joao da Madeira	08/07/2023
Rec Nac Masters 50m G	2:58.11	KRAEVA, Elena Nikolaevna	ADRCIMM	Loulé	09/07/2016
Rec Nac Masters 50m F	2:55.96	KRAEVA, Elena Nikolaevna	ADRCIMM	Reguengos de Monsaraz	30/06/2012
Rec Nac Masters 50m E	2:51.24	SOUSA, Natacha Alexandra	CFP	Famalicão	08/07/2017
Rec Nac Masters 50m D	2:46.56	GRILO, Ana Paula	INDALEN	Oeiras	02/07/2011
Rec Nac Masters 50m C	2:43.59	GRILO, Ana Paula	UDCA	Swansea (GBR)	03/03/2006
Rec Nac Masters 50m B	2:37.73	NEVES, Vania Soares	VNC	Reguengos de Monsaraz	09/07/2022
Rec Nac Masters 50m A	2:38.06	SILVA, Carolina Santos	CNMAIA	Loulé	04/07/2015

Pontos: DSV Masters 22

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>Master A</b>									
1.	LOUSA, Irina Filipa	29	Porto	<b>2:52.74</b>	605	41.72	44.15	44.09	42.78
2.	RIBAU, Ana Rita	29	Gafanha da Encarnacao	<b>2:53.13</b>	601	40.27	44.20	44.74	43.92
3.	GONCALVES, F.	28	Sporting Club Caminhense	<b>2:55.16</b>	580	40.03	44.56	46.06	44.51
4.	PAULINO, Bruna Elisabett	27	Alcobaca	<b>2:55.46</b>	577	39.26	44.27	46.10	45.83
5.	DUARTE, M.	29	Lisboa PoolSharks	<b>3:08.62</b>	464	45.40	49.16	48.27	45.79
6.	OLIVEIRA, Ana Alexandra	25	Natacao de Valongo	<b>3:08.85</b>	463	44.24	47.83	49.04	47.74
7.	ANDRADE, Filipa Oliveira	27	Galitos / Bresimar	<b>3:13.23</b>	432	40.29	46.97	52.53	53.44
8.	GONCALVES, F.	26	Fluvial Portuense	<b>3:35.69</b>	310	49.56	57.22	57.03	51.88

Master B

1.	CASTRO, Ana Lucia	32	Sporting Clube Sao Joao V	<b>2:58.93</b>	515	42.99	45.04	46.06	44.84
2.	LEITE, Teresa Sofia	32	Sporting Clube Sao Joao V	<b>3:06.57</b>	454	41.92	47.82	49.13	47.70
3.	ALMEIDA, Mariana Dias	31	Ginasio Sto. Tirso	<b>3:16.04</b>	391	48.30	50.44	49.35	47.95
4.	SANTOS, M.	33	Natacao Masters de Almad	<b>3:18.90</b>	375	48.27	50.79	50.26	49.58
5.	TEIXEIRA, Rute Sofia	34	Ginasio Sto. Tirso	<b>3:21.80</b>	359	50.61	51.04	51.10	49.05
6.	COSTA, Melanie	30	Porto	<b>3:22.89</b>	353	47.69	51.48	52.57	51.15
7.	CAVACO, Marta Pimentel	30	Ginasio Clube Portugues	<b>3:32.29</b>	308	50.78	53.98	54.97	52.56
8.	JOSE, Helena Manuel	34	Ginasio Sto. Tirso	<b>3:33.83</b>	302	51.01	53.16	55.51	54.15
9.	JOSE, Maria Joao	34	Ginasio Sto. Tirso	<b>3:38.88</b>	281	51.50	55.21	55.51	56.66
10.	SALVADO, C.	31	Ba-Leiria	<b>3:52.42</b>	235	55.02	1:01.38	1:01.27	54.75

Master C

1.	LOPES, Maria Carolina	37	Braga	<b>3:16.50</b>	435	44.96	49.04	51.18	51.32
2.	PIRES, Rafaela Barreiros	35	Braga	<b>3:23.09</b>	394	46.18	51.03	52.14	53.74
3.	REIS, Filipa Isabel	37	Leixoes Sport Club	<b>4:22.16</b>	183	57.20	1:05.31	1:09.55	1:10.10

Master D

1.	LUCAS, Mariana Sa <i>Rec Nacional</i>	40	Litoral Alentejano	<b>2:44.01</b>	827	37.24	40.74	43.01	43.02
2.	PATO, Ana Henriques	41	Natacao Masters de Almad	<b>3:27.44</b>	408	46.62	55.15	54.04	51.63
3.	CORTEZ, Sara Filipa	43	Natacao Masters de Almad	<b>3:36.25</b>	361	50.56	58.24	56.31	51.14
4.	LEITE, Joana Isabel	44	Fluvial Portuense	<b>4:15.67</b>	218	57.74	1:05.77	1:06.64	1:05.52

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Master E

1. BARBARA, Carla Santa	49	Porto	<b>3:07.91</b>	607	43.01	48.62	48.73	47.55
2. PENTEADO, Lucilia Maria	45	Vilacondense	<b>3:14.05</b>	551	45.14	48.86	51.28	48.77
3. MOUTELA, Ana Sofia	47	Estarreja/PROZINCO	<b>3:22.07</b>	488	45.27	51.20	52.85	52.75
4. FERNANDES, F.	48	Gesloures	<b>3:28.08</b>	447	47.31	51.66	53.96	55.15
5. AVELANS, Carla Susana	49	Fluval Portuense	<b>3:55.08</b>	310	53.66	59.86	1:00.31	1:01.25
6. MARTINS, Ana Maria	45	Sporting Clube de Aveiro	<b>4:02.90</b>	281	57.86	1:04.11	1:02.67	58.26

Master F

1. ALMEIDA, Graca Maria	51	Leixoes Sport Club	<b>3:21.06</b>	540	46.19	50.73	52.75	51.39
2. PALHARES, Daniela Maria	53	Fluval Portuense	<b>3:38.60</b>	420	53.38	57.25	58.01	49.96
3. COSTA, Marta Sofia	53	Universitario do Porto	<b>3:43.76</b>	392	52.01	57.38	57.66	56.71
4. PINTO, Isabel Maria	52	Fluval Portuense	<b>4:15.20</b>	264	1:01.29	1:05.04	1:05.77	1:03.10
5. ALMEIDA, Maria Astride	52	Fluval Portuense	<b>4:26.78</b>	231	1:04.41	1:08.73	1:08.01	1:05.63
6. PEREIRA, Teresa Elisabe	52	Aquatico Silves	<b>4:38.89</b>	202	1:07.11	1:15.31	1:11.25	1:05.22
7. MATIAS, Claudia Maria	52	Lagoa Academico Clube	<b>4:39.24</b>	201	1:03.86	1:13.24	1:11.48	1:10.66
8. SANTINHA, F.	52	Natacao Masters de Almad	<b>4:59.44</b>	163	1:14.33	1:16.39	1:16.09	1:12.63

Master G

1. FERREIRA, Isabel Baptist	57	Adrcimm	<b>3:08.14</b>	699	45.13	50.01	48.34	44.66
2. PALHARES, P.	58	Fluval Portuense	<b>3:21.54</b>	569	47.08	52.03	52.60	49.83
3. GONCALVES, Ana Paula	59	Natacao Masters de Almad	<b>3:30.23</b>	501	48.16	55.98	55.87	50.22
4. FRIAES, Maria Manuel	59	Porto	<b>3:47.76</b>	394	53.47	58.86	1:00.98	54.45
5. PALHARES, Ana Rosa	59	Fluval Portuense	<b>4:04.39</b>	319	58.11	1:04.63	1:03.88	57.77
6. CARDOSO, Helena Maria	58	Fluval Portuense	<b>4:26.51</b>	246	1:01.24	1:08.93	1:07.88	1:08.46
7. RIBEIRO, Violante Isabel	57	Sport Alges e Dafundo	<b>4:29.95</b>	236	1:02.27	1:09.43	1:10.35	1:07.90

Master H

1. ANDRADE, Maria Teresa	61	Porto	<b>3:38.16</b>	609	49.99	55.71	56.52	55.94
2. GUIMARAES, Rita Cabral	60	Fluval Portuense	<b>3:44.96</b>	555	51.91	57.63	56.97	58.45
3. OLIVEIRA, Cristina Maria	64	Natacao de Valongo	<b>4:20.19</b>	358	57.33	1:06.46	1:12.44	1:03.96
4. MACHADO, G.	63	Ginasio Sto. Tirso	<b>5:01.13</b>	231	1:11.55	1:18.32	1:16.31	1:14.95
5. PINTO, Maria Teresa	63	Leixoes Sport Club	<b>5:07.58</b>	217	1:12.07	1:19.23	1:20.52	1:15.76
6. MARIA, Cidalia Conceicao	60	CNLeiria	<b>6:19.57</b>	115	1:30.87	1:36.65	1:36.73	1:35.32

Master I

1. WARNOK, Susan Ann	68	Obidos Criativa	<b>4:22.36</b>	411	57.68	1:07.91	1:09.96	1:06.81
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Master K

1. HESSEL, Maria Helena	75	Fluval Portuense	<b>5:25.63</b>	261	1:17.70	1:24.44	1:22.83	1:20.66
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Master M

1. SA, Nair Gomes	85	Associacao Nadadores Est	<b>5:50.24</b>	502	1:24.13	1:31.04	1:32.03	1:23.04
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*Rec Nacional*