

Prova 25 Femin., 200m Estilos Master  
06/07/2024 - 15:41 Resultados

Rec Nac Masters 50m L	59:00.00	,					
Rec Nac Masters 50m K	59:00.00	,					
Rec Nac Masters 50m J	4:00.42		FERREIRA, Ana Maria	SAD	Loulé		04/06/2023
Rec Nac Masters 50m I	3:42.15		FERREIRA, Ana Maria	SAD	Loulé		08/07/2016
Rec Nac Masters 50m H	3:35.11		FERREIRA, Ana Maria	SAD	Coimbra		15/01/2011
Rec Nac Masters 50m G	3:00.54		GAMONAL, Elena Alarcon	CNFA	Loulé		08/07/2016
Rec Nac Masters 50m F	3:02.00		PEREIRA, Patricia Diogenes	LPS	Famalicão		10/07/2021
Rec Nac Masters 50m E	2:36.12		GOMES, Susana Clara	CNF	Rome (ITA)		31/08/2022
Rec Nac Masters 50m D	2:35.59		GOMES, Susana Clara	CNF	Loulé		13/07/2018
Rec Nac Masters 50m C	2:33.55		GRILO, Ana Paula	UDCA	Coimbra		07/01/2006
Rec Nac Masters 50m B	2:31.14		SEVIERI, Tatiana Gama	FCP	Loulé		08/07/2016
Rec Nac Masters 50m A	2:34.64		ELOI, Ana Monica	CLIPTEAM	Porto		20/05/2023

Pontos: DSV Masters 22

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
<b>Master A</b>									
1.	GERVASIO, Ana Sofia	29	Laranjeiro	<b>2:48.11</b>	609	35.37	44.26	49.73	38.75
2.	DUARTE, M.	29	Lisboa PoolSharks	<b>3:07.76</b>	437	36.75	49.24	58.60	43.17
3.	MAGALHAES, Ines Santos	25	Sporting Clube de Aveiro	<b>3:11.14</b>	414	38.90	49.26	54.79	48.19
4.	MONTEIRO, Ana Sofia	28	Natacao de Valongo	<b>3:39.44</b>	274	48.35	54.05	1:05.68	51.36
5.	FERNANDES, B.	25	Natacao de Valongo	<b>3:53.45</b>	227	52.24	1:01.36	1:05.65	54.20
6.	FERNANDES, M.	28	Natacao de Valongo	<b>4:08.70</b>	188	55.30	1:11.61	1:00.76	1:01.03

**Master B**

1.	CASTRO, Ana Lucia	32	Sporting Clube Sao Joao Vi	<b>2:54.99</b>	556	37.41	46.99	49.30	41.29
2.	FABBRIS, Lucilla	30	Clube Nacional de Natacac	<b>2:59.03</b>	519	36.75	47.59	51.77	42.92
3.	BARBOSA, G.	31	CNLeiria	<b>2:59.69</b>	514	36.75	48.05	54.29	40.60
4.	HILARIO, Mafalda Sofia	31	Lisboa PoolSharks	<b>3:01.94</b>	495	37.38	50.94	50.80	42.82
5.	MELO, Silvia Claudia	33	Porto	<b>3:05.94</b>	463	38.13	48.75	55.67	43.39
6.	LOPES, Ana Rita	32	CPCD Povia Sta Iria	<b>3:10.01</b>	434	39.46	52.08	53.97	44.50
7.	MOURA, Catia Vanessa	34	Sporting Club Caminhense	<b>3:22.13</b>	361	40.71	52.52	1:02.36	46.54
DSQ	NAIA, Maria Joao	33	Estarreja/PROZINCO						

609 - Não terminou percurso de costas na posição dorsal - SW 6.5

**Master C**

1.	FONSECA, Maria Manuela	39	Leixoes Sport Club	<b>3:01.22</b>	557	36.84	49.86	55.06	39.46
2.	RODRIGUES, Sara Danie	37	Galitos / Bresimar	<b>3:08.83</b>	492	36.86	51.68	54.92	45.37
DSQ	OLIVEIRA, Juliana Cabral	39	Gafanha da Encarnacao						

718 - Movimento vertical de pernas durante o percurso - SW 7.5

**Master D**

1.	MARTINS, Maria Sofia	40	Fluvial Portuense	<b>2:44.56</b>	779	32.99	45.19	46.17	40.21
2.	CUNHA, Joana Isabel	44	Galitos / Bresimar	<b>2:57.64</b>	619	36.31	49.48	52.20	39.65
3.	GASPAR, Joana Margarida	41	Associacao Nadadores Est	<b>3:08.14</b>	521	39.15	48.28	56.56	44.15
4.	MENCARELLI, Silvia	40	Aej	<b>3:22.27</b>	419	41.91	54.26	58.71	47.39
5.	GUEDES, Ana Dalte	44	Leixoes Sport Club	<b>3:23.45</b>	412	42.43	56.96	57.75	46.31
6.	COSTA, Lilia Dulce	43	Fluvial Portuense	<b>3:27.01</b>	391	43.89	52.76	1:00.03	50.33
7.	CORTEZ, Sara Filipa	43	Natacao Masters de Almad	<b>3:32.39</b>	362	52.77	54.17	1:00.85	44.60
8.	NEVES, Isabel Carolina	44	Fluvial Portuense	<b>4:01.98</b>	245	51.85	1:08.36	1:09.96	51.81
9.	UHLFELDER, Ana Sofia	41	Fluvial Portuense	<b>4:10.37</b>	221	56.69	1:03.42	1:11.52	58.74

Prova 25, Femin., 200m Estilos

Master E

1. SILVA, Ana Sofia	46	Fluvial Portuense	<b>3:07.22</b>	535	42.36	50.24	51.60	43.02
2. DOMINGUES, C.	47	Sporting Clube de Aveiro	<b>3:12.07</b>	495	37.93	49.83	57.05	47.26
3. SILVA, Rita Rebelo	45	Fluvial Portuense	<b>3:15.88</b>	467	42.21	50.25	57.75	45.67
4. FUMEGA, Elsa Maria	46	Leixoes Sport Club	<b>3:20.62</b>	435	40.21	56.69	56.17	47.55
5. CARVALHO, Elza Maria	48	Fluvial Portuense	<b>3:22.07</b>	425	42.76	58.31	52.33	48.67
6. OLIVEIRA, Ana Cristina	48	Galitos / Bresimar	<b>3:22.39</b>	423	41.69	51.95	1:00.18	48.57
7. GOMES, Ana Claudia	48	Academica de Coimbra	<b>3:45.66</b>	305	47.87	1:02.85	1:02.62	52.32
8. MARTINS, Ana Maria	45	Sporting Clube de Aveiro	<b>4:00.71</b>	251	1:02.00	1:04.98	1:02.68	51.05
9. COSTA, Ana Isabel	49	Lagoa Academico Clube	<b>4:12.70</b>	217	49.42	1:13.82	1:07.07	1:02.39

Master F

1. YOKOCHI, Luisa Tamaki	54	Sport Alges e Dafundo	<b>3:12.30</b>	552	42.15	48.52	56.79	44.84
2. RODRIGUES, P.	50	Ba-Leiria	<b>3:21.45</b>	480	41.77	52.68	59.54	47.46
3. CLEMENTE, C.	54	Tnc	<b>3:42.47</b>	356	47.82	1:03.41	1:00.52	50.72
4. LIPCIUC, Cristina Nicoletz	51	Braga	<b>4:16.71</b>	232	58.73	1:11.39	1:09.24	57.35
5. PINTO, Isabel Maria	52	Fluvial Portuense	<b>4:19.75</b>	224	1:01.63	1:08.62	1:16.11	53.39
6. CARDOSO, Debora Ana	52	Natacao de Valongo	<b>4:22.71</b>	216	55.68	1:15.72	1:08.56	1:02.75
DSQ GARCIA, Ana Luisa	54	Leixoes Sport Club						

809 - Movimento alternado de pernas durante o percurso - SW 8.3

Master G

1. GONCALVES, Ana Paula	59	Natacao Masters de Almad	<b>3:51.61</b>	323	45.84	56.74	1:03.93	1:05.10
2. SOUSA, Maria Clara	56	Natacao Masters de Almad	<b>3:56.06</b>	305	55.16	58.70	1:07.00	55.20
3. LOURENCO, T.	55	Natacao de Valongo	<b>3:56.67</b>	303	52.57	1:00.43	1:02.69	1:00.98
4. REIS, Margarida Bleck	56	Fluvial Portuense	<b>4:00.93</b>	287	53.26	1:04.48	1:10.37	52.82
5. SMEED, Ann Violet	59	Obidos Criativa	<b>4:02.39</b>	282	54.73	1:04.95	1:08.92	53.79
6. LENZI, Carla Vale	57	Sport Alges e Dafundo	<b>4:06.26</b>	269	57.60	1:06.19	1:10.97	51.50
7. PALHARES, Ana Rosa	59	Fluvial Portuense	<b>4:07.55</b>	265	57.80	1:04.87	1:07.78	57.10
8. CARDOSO, Helena Maria	58	Fluvial Portuense	<b>4:38.10</b>	187	1:06.33	1:10.38	1:16.05	1:05.34

Master H

1. URBANO, M.	61	Academica de Coimbra	<b>3:42.96</b>	509	48.76	1:07.25	58.01	48.94
2. CUNHA, Maria Trigueiros	60	Leixoes Sport Club	<b>3:49.10</b>	469	51.26	1:04.65	1:01.66	51.53
3. FERNANDES, Maria Santr	62	Leixoes Sport Club	<b>3:53.23</b>	445	50.86	1:05.98	1:02.93	53.46
4. CARVALHO, Helena Paulz	60	Sporting	<b>3:58.49</b>	416	53.78	1:08.81	1:00.93	54.97
5. MOURA, Cristina Isabel	61	Leixoes Sport Club	<b>4:14.02</b>	344	59.16	1:08.57	1:08.20	58.09
6. COELHO, Maria Fatima	64	Academica de Coimbra	<b>4:15.56</b>	338	58.68	1:13.57	1:06.66	56.65
7. CANINAS, M.	61	Natacao Masters de Almad	<b>4:38.26</b>	262	1:06.07	1:18.34	1:20.15	53.70
DSQ SANTOS, Mirley Teresinha	60	Sporting de Espinho						

609 - Não terminou percurso de costas na posição dorsal - SW 6.5

Master J

1. PINTAO, Luisa Maria	70	Associacao Nadadores Est	<b>4:14.19</b>	421	1:06.28	1:10.50	1:05.04	52.37
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