

Prova 5 Femin., 200m Bruços
05/07/2024 - 10:35 Master Resultados

Rec Nac Masters 50m L	59:00.00						
Rec Nac Masters 50m K	4:30.77	BASTO, Luisa Bessone	SAD	Reguengos de Monsaraz	08/07/2022		
Rec Nac Masters 50m J	4:06.67	BASTO, Luisa Bessone	SAD	Budapeste (HUN)	19/08/2017		
Rec Nac Masters 50m I	4:03.18	RELVAS, Ana Moura	AAC	Rades (TUN)	11/05/2023		
Rec Nac Masters 50m H	3:34.39	ANDRADE, Maria Teresa	FCP	S. Joao da Madeira	07/07/2023		
Rec Nac Masters 50m G	3:24.56	COUTTS, Sarah	ANE	Reguengos de Monsaraz	08/07/2022		
Rec Nac Masters 50m F	3:21.73	CARMO, Maria Helena	SAD	Loulé	13/07/2018		
Rec Nac Masters 50m E	3:21.02	FREITAS, Joana Manuel	CFP	S. Joao da Madeira	07/07/2023		
Rec Nac Masters 50m D	2:49.62	FIGUEIRA, Isabel Maria	CNFA	Gwangju (KOR)	17/08/2019		
Rec Nac Masters 50m C	2:57.34	FIGUEIRA, Isabel Maria	LDC	Évora	04/07/2014		
Rec Nac Masters 50m B	2:46.69	MAIA, Joana Marques	SCB	Famalicão	09/07/2021		
Rec Nac Masters 50m A	2:43.10	MAIA, Joana Marques	INDANP	Loulé	08/07/2016		

Pontos: DSV Masters 22

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
Master A									
1.	ROLIM, Soraia Guerra	29	Laranjeiro	3:12.28	532	42.86	48.24	50.29	50.89
2.	GERVASIO, Ana Sofia	29	Laranjeiro	3:13.98	518	43.80	48.76	50.23	51.19
3.	SANTOS, R.	26	Natacao Masters de Almad	3:16.22	500	44.67	49.23	50.39	51.93
4.	FERNANDES, Alexia Alves	28	Natacao de Valongo	3:31.68	398	48.05	54.00	54.65	54.98

Master B									
1.	ALMEIDA, Mariana Dias	31	Ginasio Sto. Tirso	3:08.12	608	42.96	46.98	49.23	48.95
2.	CASTRO, Ana Lucia	32	Sporting Clube Sao Joao V	3:14.62	549	43.37	48.60	51.05	51.60
3.	HILARIO, Mafalda Sofia	31	Lisboa PoolSharks	3:17.21	527	43.82	50.09	51.85	51.45
4.	SA, Ana Rita	33	Estarreja/PROZINCO	3:53.37	318	51.32	59.51	1:01.22	1:01.32
5.	PASCOAL, Sara Filipa	31	Alcobaca	3:56.70	305	53.31	1:02.02	1:01.80	59.57
6.	SARMENTO, C.	31	CPCD Povia Sta Iria	4:08.11	265	56.83	1:02.25	1:04.29	1:04.74
7.	KURTASH, Oksana	33	Sporting Clube Sao Joao V	4:29.71	206	55.18	1:08.66	1:11.44	1:14.43
8.	SALVADO, C.	31	Ba-Leiria	4:34.99	194	1:00.93	1:11.28	1:12.87	1:09.91

Master C									
1.	MARQUES, P.	37	Leixoes Sport Club	3:26.23	457	48.35	52.58	52.57	52.73
2.	PASCOAL, Rita Fernandes	36	CNLeiria	3:49.15	333	51.57	58.82	1:00.85	57.91
3.	LORY, Susana Pereira	37	Natacao Masters de Almad	4:09.67	258	58.73	1:03.47	1:03.95	1:03.52

Master D									
1.	MARTINS, Maria Sofia	40	Fluvial Portuense	2:56.30	895	39.98	44.74	45.44	46.14
2.	ERVILHA, Joana Antunes	43	CNLeiria	3:50.40	401	50.54	58.97	59.80	1:01.09
3.	MONTEIRO, F.	42	Sporting Clube de Aveiro	4:11.37	309	57.34	1:03.94	1:06.00	1:04.09
4.	VASILEVA, Liudmila	42	Porto	4:20.69	277	1:00.83	1:07.28	1:08.01	1:04.57
5.	DAMAS, Corinne Helene	44	Sport Alges e Dafundo	4:26.14	260	59.60	1:05.08	1:09.14	1:12.32

Master E									
1.	ALVES, Catarina Andrade	46	Cnf	3:12.10	704	42.57	47.36	50.91	51.26
<i>Rec Nacional</i>									
2.	FREITAS, Joana Manuel	46	Fluvial Portuense	3:20.17	622	44.94	49.42	51.95	53.86
3.	CARVALHO, Elza Maria	48	Fluvial Portuense	3:26.23	569	45.52	49.92	54.79	56.00
4.	BARBARA, Carla Santa	49	Porto	3:28.28	552	45.66	52.97	55.08	54.57
5.	SOUSA, Teresa Margarida	49	Sporting Clube de Aveiro	3:29.91	540	48.82	51.70	56.03	53.36
6.	BARBARA, Sandra Santa	49	Ginasio Sto. Tirso	3:41.73	458	48.49	56.43	58.27	58.54
7.	AVELANS, Carla Susana	49	Fluvial Portuense	3:42.97	450	49.31	55.97	58.82	58.87

Prova 5, Femin., 200m Bruços, Master E

Lugar	Idade		Tempo final	Pts	50m	100m	150m	200m	
8.	SA, Inez Correa	45	Lagoa Academico Clube	3:51.16	404	51.32	1:00.04	1:02.68	57.12
9.	FERNANDES, F.	48	Gesloures	3:51.45	402	50.03	58.32	1:00.50	1:02.60
10.	LEAL, Patricia Sousa	47	Alcobaca	4:12.24	311	57.38	1:05.38	1:05.08	1:04.40
11.	MESQUITA, Isabel Maria	49	Natacao de Valongo	4:34.89	240	59.74	1:10.01	1:14.40	1:10.74

Master F

1.	CUNHA, Maria Ines <i>Rec Nacional</i>	52	Galitos / Bresimar	3:18.76	783	43.31	50.97	52.38	52.10
2.	FARIA, Joana Maria	50	Leixoes Sport Club	3:35.07	618	50.32	54.85	55.05	54.85
3.	RODRIGUES, P.	50	Ba-Leiria	3:38.89	586	48.14	55.11	56.53	59.11
4.	CLEMENTE, C.	54	Tnc	3:58.49	453	53.85	1:01.46	1:03.31	59.87
5.	SOARES, Susana Maria	54	Natacao de Valongo	4:13.98	375	58.30	1:05.85	1:06.66	1:03.17
6.	ALMEIDA, Maria Astride	52	Fluvial Portuense	4:18.15	357	1:01.98	1:07.46	1:07.70	1:01.01
7.	SANTINHA, F.	52	Natacao Masters de Almad	4:20.93	346	1:01.33	1:07.82	1:09.20	1:02.58
8.	PEREIRA, Maria Isabel	53	Gesloures	4:22.73	339	1:00.32	1:05.39	1:10.37	1:06.65
9.	PEREIRA, Manuela Ribeir	53	Ba-Leiria	4:44.56	266	1:05.17	1:11.71	1:13.06	1:14.62
10.	ROMA, Sandra Cristina	50	Ba-Leiria	5:15.26	196	1:12.08	1:20.08	1:20.69	1:22.41

Master G

1.	SEQUEIRA, Maria Manuel	56	Gafanha da Encarnacao	3:40.42	633	50.02	56.66	58.52	55.22
2.	SEQUEIRA, Ana Paula	56	Gafanha da Encarnacao	4:12.11	423	55.60	1:04.50	1:07.06	1:04.95
3.	SOUSA, Maria Clara	56	Natacao Masters de Almad	4:15.98	404	57.90	1:05.51	1:05.40	1:07.17
4.	LENZI, Carla Vale	57	Sport Alges e Dafundo	4:17.15	399	56.98	1:05.72	1:06.97	1:07.48
5.	COSTA, Rosa Leitao	59	Foca	4:19.42	388	59.73	1:04.72	1:07.37	1:07.60
6.	DUARTE, Paula Cristina	59	Clube Desportivo Feirense	4:46.93	287	1:05.94	1:14.36	1:15.67	1:10.96
7.	DIAS, Maria Alexandra	59	Fluvial Portuense	5:07.25	234	1:10.16	1:19.33	1:19.97	1:17.79

Master H

1.	ANDRADE, Maria Teresa	61	Porto	3:42.02	684	49.36	56.13	57.96	58.57
2.	URBANO, M.	61	Academica de Coimbra	3:50.99	607	54.42	58.81	59.01	58.75
3.	FERNANDES, Maria Santr	62	Leixoes Sport Club	4:04.17	514	54.51	1:02.52	1:03.37	1:03.77
4.	CANORA MARIN, M.	64	Leixoes Sport Club	4:12.71	464	1:00.97	1:04.23	1:06.22	1:01.29
5.	MACHADO, G.	63	Ginasio Sto. Tirso	5:21.40	225	1:13.01	1:23.18	1:25.10	1:20.11
6.	RIBEIRO, Margarida Maria	60	Fluvial Portuense	5:52.20	171	1:17.93	1:28.98	1:33.70	1:31.59

Master I

1.	DUPONT, Ana Paula	66	Fluvial Portuense	5:03.47	316	1:09.15	1:21.51	1:18.48	1:14.33
2.	SILVA, Maria Luisa	65	Fluvial Portuense	5:16.92	278	1:12.09	1:22.63	1:22.54	1:19.66

Master J

1.	FERREIRA, Maria Felix	70	Individual ANL	5:14.14	327	1:06.52	1:20.32	1:26.95	1:20.35
2.	MARTINS, Ana Paula	71	Porto	5:25.81	293	1:13.77	1:26.88	1:21.62	1:23.54

Master K

1.	CABRAL, Maria Fatima	75	Fluvial Portuense	7:34.77	118	1:54.79	1:57.96	1:54.69	1:47.33
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