

| Prova 40 | Femin., 400m Estilos | | | | Master Startlist |
|-----------------------|----------------------|---|--------------------------|-----------------------------|------------------|
| 07/07/2024 - 15:50 | | | | | |
| Rec Nac Masters 50m L | 59:00.00 | , | | | |
| Rec Nac Masters 50m K | 59:00.00 | , | | | |
| Rec Nac Masters 50m J | 59:00.00 | , | | | |
| Rec Nac Masters 50m I | 7:52.16 | | FERREIRA, Ana Maria | SAD Loulé | 04/07/2015 |
| Rec Nac Masters 50m H | 7:52.39 | | FERREIRA, Ana Maria | SAD Loulé | 30/06/2013 |
| Rec Nac Masters 50m G | 6:54.26 | | KRAEVA, Elena Nikolaevna | ADRCIMM Famicão | 08/07/2017 |
| Rec Nac Masters 50m F | 6:26.77 | | GRILO, Ana Paula | NDCO Reguengos de Monsaraz | 20/07/2019 |
| Rec Nac Masters 50m E | 5:48.52 | | GOMES, Susana Clara | CNF Reguengos de Monsaraz | 10/07/2022 |
| Rec Nac Masters 50m D | 5:32.69 | | GOMES, Susana Clara | CNF Reguengos de Monsaraz | 20/07/2019 |
| Rec Nac Masters 50m C | 5:22.50 | | GRILO, Ana Paula | UDCA Stanford (USA) | 06/08/2006 |
| Rec Nac Masters 50m B | 5:28.90 | | NEVES, Vania Soares | VNC Reguengos de Monsaraz | 10/07/2022 |
| Rec Nac Masters 50m A | 5:36.12 | | ELOI, Ana Monica | CLIPTEAM S. Joao da Madeira | 09/07/2023 |

| Pista | Nome | NFed | Idade | Cat | Clube | Tp inscrição |
|---------------------|---------------------------|--------|-------|-----|---------------------------|-------------------------|
| Série 1 de 4 | | | | | | |
| 3 | RIBEIRO, Margarida Maria | 131782 | 60 | H | Fluvial Portuense | 10:10.00 ____:____.____ |
| 4 | SA, Inez Correa | 215609 | 45 | E | Lagoa Academico Clube | 8:58.00 ____:____.____ |
| 5 | PINTO, Isabel Maria | 207697 | 52 | F | Fluvial Portuense | 9:17.77 ____:____.____ |
| Série 2 de 4 | | | | | | |
| 1 | CARDOSO, Helena Maria | 205207 | 58 | G | Fluvial Portuense | 8:50.00 ____:____.____ |
| 2 | REIS, Margarida Bleck | 210540 | 56 | G | Fluvial Portuense | 8:04.94 ____:____.____ |
| 3 | SALVADO, Catarina Pereira | 217757 | 31 | B | Ba-Leiria | 7:50.00 ____:____.____ |
| 4 | CORTEZ, Sara Filipa | 215343 | 43 | D | Natacao Masters de Almada | 7:42.50 ____:____.____ |
| 5 | AVELANS, Carla Susana | 130741 | 49 | E | Fluvial Portuense | 7:48.58 ____:____.____ |
| 6 | GOMES, Ana Claudia | 215283 | 48 | E | Academica de Coimbra | 7:57.52 ____:____.____ |
| 7 | NEVES, Isabel Carolina | 202850 | 44 | D | Fluvial Portuense | 8:25.22 ____:____.____ |
| Série 3 de 4 | | | | | | |
| 1 | FERNANDES, Alexia Alves | 201754 | 28 | A | Natacao de Valongo | 7:23.68 ____:____.____ |
| 2 | BRANDAO, Maria Teresa | 108037 | 55 | G | Fluvial Portuense | 7:02.15 ____:____.____ |
| 3 | LOPES, Ana Rita | 129056 | 32 | B | CPCD Povoá Sta Iria | 6:51.74 ____:____.____ |
| 4 | TEIXEIRA, Rute Sofia | 15202 | 34 | B | Ginasio Sto. Tirso | 6:30.43 ____:____.____ |
| 5 | SILVA, Ana Sofia | 206942 | 46 | E | Fluvial Portuense | 6:33.12 ____:____.____ |
| 6 | PEREIRA, Solange Ramalho | 101900 | 34 | B | Ba-Leiria | 6:58.22 ____:____.____ |
| 7 | PIRES, Rafaela Barreiros | 13418 | 35 | C | Braga | 7:15.00 ____:____.____ |
| DNS8 | CASTRO, Catarina Bayer | 127874 | 51 | F | Fluvial Portuense | 7:31.99 ____:____.____ |
| Série 4 de 4 | | | | | | |
| 1 | FABBRIS, Lucilla | 218810 | 30 | B | Clube Nacional de Natacao | 6:19.77 ____:____.____ |
| 2 | CUNHA, Joana Isabel | 117125 | 44 | D | Galitos / Bresimar | 6:15.10 ____:____.____ |
| 3 | MIRANDA, Ana Filipa | 24760 | 39 | C | Galitos / Bresimar | 6:13.78 ____:____.____ |
| 4 | NEVES, Vania Soares | 12380 | 34 | B | Viana Natacao | 5:28.90 ____:____.____ |
| 5 | FONSECA, Maria Manuela | 105769 | 39 | C | Leixoes Sport Club | 6:10.58 ____:____.____ |
| 6 | COSTA, Maria Luisa | 119218 | 50 | F | Fluvial Portuense | 6:14.04 ____:____.____ |
| 7 | GERVASIO, Ana Sofia | 123037 | 29 | A | Laranjeiro | 6:15.82 ____:____.____ |
| 8 | SANTOS, Raquel Fernandes | 111454 | 26 | A | Natacao Masters de Almada | 6:22.08 ____:____.____ |