

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

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	

Pista	Nome	NFed	Idade	Cat	Clube	Tp inscrição
<b>Série 1 de 8</b>						
2	CABRAL, Maria Fatima	106203	75	K	Fluvial Portuense	7:07.41 ____:____.____
3	SILVA, Maria Luisa	222132	65	I	Fluvial Portuense	5:30.00 ____:____.____
4	ROMA, Sandra Cristina	212003	50	F	Ba-Leiria	5:17.93 ____:____.____
5	FERREIRA, Maria Felix	112081	70	J	Individual ANL	5:25.00 ____:____.____
6	RIBEIRO, Margarida Maria	131782	60	H	Fluvial Portuense	6:02.17 ____:____.____

<b>Série 2 de 8</b>						
1	MACHADO, Gracinda Maria	117386	63	H	Ginasio Sto. Tirso	5:10.22 ____:____.____
2	PEREIRA, Manuela Ribeiro	211409	53	F	Ba-Leiria	4:48.13 ____:____.____
3	DUPONT, Ana Paula	205209	66	I	Fluvial Portuense	4:32.68 ____:____.____
4	PEREIRA, Maria Isabel	210313	53	F	Gesloures	4:26.75 ____:____.____
5	SANTINHA, Fernanda Maria	100478	52	F	Natacao Masters de Almada	4:27.83 ____:____.____
6	DIAS, Maria Alexandra	219156	59	G	Fluvial Portuense	4:44.23 ____:____.____
7	DUARTE, Paula Cristina	207732	59	G	Clube Desportivo Feirense	4:48.71 ____:____.____
8	MARTINS, Ana Paula	108035	71	J	Porto	5:13.79 ____:____.____

<b>Série 3 de 8</b>						
1	VASILEVA, Liudmila	220267	42	D	Porto	4:20.96 ____:____.____
2	CANORA MARIN, Maria Azucena	214254	64	H	Leixoes Sport Club	4:15.29 ____:____.____
3	PASCOAL, Sara Filipa	219918	31	B	Alcobaca	4:13.85 ____:____.____
4	SOUSA, Maria Clara	100682	56	G	Natacao Masters de Almada	4:13.38 ____:____.____
5	LORY, Susana Pereira	130673	37	C	Natacao Masters de Almada	4:13.58 ____:____.____
6	ALMEIDA, Maria Astride	212350	52	F	Fluvial Portuense	4:15.07 ____:____.____
7	MESQUITA, Isabel Maria	222704	49	E	Natacao de Valongo	4:20.00 ____:____.____
8	KURTASH, Oksana	218902	33	B	Sporting Clube Sao Joao Ver	4:23.13 ____:____.____

<b>Série 4 de 8</b>						
1	SOARES, Susana Maria	26158	54	F	Natacao de Valongo	4:11.67 ____:____.____
2	LENZI, Carla Vale	25647	57	G	Sport Alges e Dafundo	4:10.75 ____:____.____
3	MONTEIRO, Francisca Pinho	220886	42	D	Sporting Clube de Aveiro	4:06.55 ____:____.____
4	CLEMENTE, Catarina Augusta	202808	54	F	Tnc	4:01.83 ____:____.____
5	SEQUEIRA, Ana Paula	124853	56	G	Gafanha da Encarnacao	4:04.74 ____:____.____
6	DAMAS, Corinne Helene	221804	44	D	Sport Alges e Dafundo	4:10.00 ____:____.____
7	COSTA, Rosa Leitao	132419	59	G	Foca	4:11.26 ____:____.____
8	LEAL, Patricia Sousa	215231	47	E	Alcobaca	4:11.81 ____:____.____

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Série 5 de 8

DNS1	ALBANO, Raquel Sofia	202607	30	B	Sporting Clube de Aveiro	4:00.00	_:._.
	2 PASCOAL, Rita Fernandes	213206	36	C	CNLeiria	3:59.00	_:._.
DNS3	CARVALHO, Ines Silva	212606	41	D	Fluvial Portuense	3:51.37	_:._.
	4 SA, Inez Correa	215609	45	E	Lagoa Academico Clube	3:49.18	_:._.
	5 BARBARA, Sandra Santa	104504	49	E	Ginasio Sto. Tirso	3:49.54	_:._.
	6 FERNANDES, Maria Santos	105263	62	H	Leixoes Sport Club	3:52.77	_:._.
	7 ERVILHA, Joana Antunes	13980	43	D	CNLeiria	4:00.00	_:._.
	8 SARMENTO, Cristiana Costa	217168	31	B	CPCD Povia Sta Iria	4:00.29	_:._.

Série 6 de 8

	1 RODRIGUES, Paula Alexandra	215263	50	F	Ba-Leiria	3:41.18	_:._.
	2 FERNANDES, Alexia Alves	201754	28	A	Natacao de Valongo	3:39.67	_:._.
	3 AVELANS, Carla Susana	130741	49	E	Fluvial Portuense	3:38.64	_:._.
	4 SOUSA, Teresa Margarida	221800	49	E	Sporting Clube de Aveiro	3:30.00	_:._.
	5 ANDRADE, Maria Teresa	203942	61	H	Porto	3:34.39	_:._.
	6 SEQUEIRA, Maria Manuela	109962	56	G	Gafanha da Encarnacao	3:39.64	_:._.
	7 URBANO, Maria Margarida	11355	61	H	Academica de Coimbra	3:40.98	_:._.
	8 SA, Ana Rita	216754	33	B	Estarreja/PROZINCO	3:45.05	_:._.

Série 7 de 8

	1 MARQUES, Patricia Alexandra	15143	37	C	Leixoes Sport Club	3:28.51	_:._.
	2 FARIA, Joana Maria	128933	50	F	Leixoes Sport Club	3:26.20	_:._.
	3 HILARIO, Mafalda Sofia	13868	31	B	Lisboa PoolSharks	3:21.63	_:._.
	4 FERNANDES, Filipa Cristina	125509	48	E	Gesloures	3:19.35	_:._.
	5 GERVASIO, Ana Sofia	123037	29	A	Laranjeiro	3:19.55	_:._.
	6 CUNHA, Maria Ines	12628	52	F	Galitos / Bresimar	3:22.15	_:._.
	7 CARVALHO, Elza Maria	153144	48	E	Fluvial Portuense	3:26.42	_:._.
	8 SALVADO, Catarina Pereira	217757	31	B	Ba-Leiria	3:30.00	_:._.

Série 8 de 8

	1 ALVES, Catarina Andrade	133101	46	E	Cnf	3:14.07	_:._.
	2 FREITAS, Joana Manuel	23323	46	E	Fluvial Portuense	3:09.64	_:._.
	3 ALMEIDA, Mariana Dias	22405	31	B	Ginasio Sto. Tirso	3:05.68	_:._.
	4 ROLIM, Soraia Guerra	121321	29	A	Laranjeiro	2:59.16	_:._.
	5 MARTINS, Maria Sofia	124662	40	D	Fluvial Portuense	3:02.77	_:._.
	6 CASTRO, Ana Lucia	102795	32	B	Sporting Clube Sao Joao Ver	3:07.70	_:._.
	7 BARBARA, Carla Santa	118948	49	E	Porto	3:10.70	_:._.
	8 SANTOS, Raquel Fernandes	111454	26	A	Natacao Masters de Almada	3:16.59	_:._.