



2º Benedita Swim Master
Benedita, 1/12/2024



Prova 19 Femin., 400m Livres Grupo A
01/12/2024 - 16:30 Resultados

Rec. Nac A 4:36.93 Bruna Martins, RIESENBERGER CIRL Funchal 22/11/2023

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Ana Margarida, RODRIGUES	96 Galitos / Bresimar	5:10.89	626	9,00
50m: 35.17 35.17	150m: 1:52.56 39.14	250m: 3:12.24 40.15	350m: 4:31.42 39.61	
100m: 1:13.42 38.25	200m: 2:32.09 39.53	300m: 3:51.81 39.57	400m: 5:10.89 39.47	
2. Raquel Fernandes, SANTOS	98 Masters de Almada	5:36.35	494	7,00
50m: 38.75 38.75	150m: 2:03.50 42.75	250m: 3:29.82 42.89	350m: 4:55.57 42.67	
100m: 1:20.75 42.00	200m: 2:46.93 43.43	300m: 4:12.90 43.08	400m: 5:36.35 40.78	
3. Ana Sofia, MONTEIRO	96 Natacao do Fundao/Yes Energy	6:56.82	259	1,00
50m: 44.67 44.67	150m: 2:27.89 52.68	250m: 4:15.71 54.57	350m: 6:05.92 55.03	
100m: 1:35.21 50.54	200m: 3:21.14 53.25	300m: 5:10.89 55.18	400m: 6:56.82 50.90	

Prova 19 Femin., 400m Livres Grupo C
01/12/2024 - 16:30 Resultados

Rec. Nac C 4:30.30 Ana Paula, GRILLO UDCA Palma Maiorca (ESP) 18/04/2004

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Sara Daniela, RODRIGUES	87 Galitos / Bresimar	5:44.26	470	6,00
50m: 40.31 40.31	150m: 2:07.41 44.10	250m: 3:35.16 43.29	350m: 5:01.94 43.21	
100m: 1:23.31 43.00	200m: 2:51.87 44.46	300m: 4:18.73 43.57	400m: 5:44.26 42.32	
2. Laurelin Lucinda, MOLEN	87 CCDSerta	6:02.70	402	5,00
50m: 40.91 40.91	150m: 2:11.16 45.82	250m: 3:44.66 47.21	350m: 5:18.38 47.10	
100m: 1:25.34 44.43	200m: 2:57.45 46.29	300m: 4:31.28 46.62	400m: 6:02.70 44.32	
3. Catarina Lopes, SERRAZINA	87 Benedita	7:13.53	235	-
50m: 47.14 47.14	200m: 3:32.81 1:51.50	400m: 7:13.53 1:49.04		
100m: 1:41.31 54.17	300m: 5:24.49 1:51.68			

Prova 19 Femin., 400m Livres Grupo D
01/12/2024 - 16:30 Resultados

Rec. Nac D 4:49.44 Susana Clara, GOMES CNF Mealhada 18/01/2019

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Sara Filipa, CORTEZ	81 Masters de Almada	6:22.44	359	4,00
50m: 43.84 43.84	150m: 2:20.60 49.58	250m: 3:59.44 49.53	350m: 5:38.59 49.90	
100m: 1:31.02 47.18	200m: 3:09.91 49.31	300m: 4:48.69 49.25	400m: 6:22.44 43.85	
2. Vanessa Mendes, INACIO	80 Rio Maior	7:29.17	222	-
50m: 48.31 48.31	150m: 2:41.99 57.42	250m: 4:36.09 57.20	350m: 6:34.24 1:00.17	
100m: 1:44.57 56.26	200m: 3:38.89 56.90	300m: 5:34.07 57.98	400m: 7:29.17 54.93	



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Prova 19, Femin., 400m Livres

Prova 19 Femin., 400m Livres
01/12/2024 - 16:30 Grupo F Resultados

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Maria Manuela, FERREIRA	70 Vitória Sport Clube	6:34.66	480	3,00
50m: 45.56 45.56	150m: 2:23.31 50.44	250m: 4:05.56 50.15	350m: 5:46.66 50.22	
100m: 1:34.87 49.31	200m: 3:15.41 50.10	300m: 4:56.44 50.88	400m: 6:34.66 48.00	

Prova 19 Femin., 400m Livres
01/12/2024 - 16:30 Grupo G Resultados

Rec. Nac G 5:22.20 Isabel Baptista, FERREIRA ADRCIMM Caldas da Rainha 26/01/2024

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Ana Paula, SEQUEIRA	68 Sporting Clube de Aveiro	6:42.70	568	2,00
50m: 45.06 45.06	150m: 2:23.85 50.04	250m: 4:07.52 52.07	350m: 5:52.77 52.14	
100m: 1:33.81 48.75	200m: 3:15.45 51.60	300m: 5:00.63 53.11	400m: 6:42.70 49.93	
2. Ann Violet, SMEED	65 Óbidos	7:22.56	428	-
50m: 49.31 49.31	150m: 2:39.03 55.39	250m: 4:32.06 56.78	350m: 6:26.39 57.28	
100m: 1:43.64 54.33	200m: 3:35.28 56.25	300m: 5:29.11 57.05	400m: 7:22.56 56.17	

Prova 19 Femin., 400m Livres
01/12/2024 - 16:30 Grupo H Resultados

Rec. Nac H 6:01.46 Ana Maria, FERREIRA SAD Tomar 29/01/2012

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Maria Goncalves, VASCONCELOS	64 Masters de Almada	7:29.18	449	-
50m: 48.75 48.75	150m: 2:42.58 58.05	250m: 4:38.47 59.29	350m: 6:34.00 58.28	
100m: 1:44.53 55.78	200m: 3:39.18 56.60	300m: 5:35.72 57.25	400m: 7:29.18 55.18	

Prova 19 Femin., 400m Livres
01/12/2024 - 16:30 19 anos e mais velhos Resultados

Rec. Nac A	4:36.93	Bruna Martins, RIESENBERGER	CIRL	Funchal	22/11/2023
Rec. Nac C	4:30.30	Ana Paula, GRILLO	UDCA	Palma Maiorca (ESP)	18/04/2004
Rec. Nac D	4:49.44	Susana Clara, GOMES	CNF	Mealhada	18/01/2019
Rec. Nac E	5:03.00	Ana Paula, GRILLO	NDCO	Mealhada	26/01/2014
Rec. Nac G	5:22.20	Isabel Baptista, FERREIRA	ADRCIMM	Caldas da Rainha	26/01/2024
Rec. Nac H	6:01.46	Ana Maria, FERREIRA	SAD	Tomar	29/01/2012

Pontos: DSV Masters 04

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Ana Margarida, RODRIGUES	96 Galitos / Bresimar	5:10.89	626	9,00
50m: 35.17 35.17	150m: 1:52.56 39.14	250m: 3:12.24 40.15	350m: 4:31.42 39.61	
100m: 1:13.42 38.25	200m: 2:32.09 39.53	300m: 3:51.81 39.57	400m: 5:10.89 39.47	
2. Raquel Fernandes, SANTOS	98 Masters de Almada	5:36.35	494	7,00
50m: 38.75 38.75	150m: 2:03.50 42.75	250m: 3:29.82 42.89	350m: 4:55.57 42.67	
100m: 1:20.75 42.00	200m: 2:46.93 43.43	300m: 4:12.90 43.08	400m: 5:36.35 40.78	
3. Sara Daniela, RODRIGUES	87 Galitos / Bresimar	5:44.26	470	6,00
50m: 40.31 40.31	150m: 2:07.41 44.10	250m: 3:35.16 43.29	350m: 5:01.94 43.21	
100m: 1:23.31 43.00	200m: 2:51.87 44.46	300m: 4:18.73 43.57	400m: 5:44.26 42.32	
4. Laurelin Lucinda, MOLEN	87 CCDSerta	6:02.70	402	5,00
50m: 40.91 40.91	150m: 2:11.16 45.82	250m: 3:44.66 47.21	350m: 5:18.38 47.10	
100m: 1:25.34 44.43	200m: 2:57.45 46.29	300m: 4:31.28 46.62	400m: 6:02.70 44.32	



2º Benedita Swim Master
Benedita, 1/12/2024



Prova 19, Femin., 400m Livres, 19 anos e mais velhos

Lugar			Ano			Tempo final	Pts	Pts Tor
5.	Sara Filipa, CORTEZ		81	Masters de Almada		6:22.44	359	4,00
	50m:	43.84	43.84	150m:	2:20.60	49.58	250m:	3:59.44
	100m:	1:31.02	47.18	200m:	3:09.91	49.31	300m:	4:48.69
							49.53	350m:
							49.25	400m:
								5:38.59
								49.90
								6:22.44
								43.85
6.	Maria Manuela, FERREIRA		70	Vitória Sport Clube		6:34.66	480	3,00
	50m:	45.56	45.56	150m:	2:25.31	50.44	250m:	4:05.56
	100m:	1:34.87	49.31	200m:	3:15.41	50.10	300m:	4:56.44
								50.15
								350m:
								5:46.66
								50.22
								6:34.66
								48.00
7.	Ana Paula, SEQUEIRA		68	Sporting Clube de Aveiro		6:42.70	568	2,00
	50m:	45.06	45.06	150m:	2:23.85	50.04	250m:	4:07.52
	100m:	1:33.81	48.75	200m:	3:15.45	51.60	300m:	5:00.63
								52.07
								350m:
								5:52.77
								52.14
								6:42.70
								49.93
8.	Ana Sofia, MONTEIRO		96	Natacao do Fundao/Yes Energy		6:56.82	259	1,00
	50m:	44.67	44.67	150m:	2:27.89	52.68	250m:	4:15.71
	100m:	1:35.21	50.54	200m:	3:21.14	53.25	300m:	5:10.89
								54.57
								350m:
								6:05.92
								55.03
								6:56.82
								50.90
9.	Catarina Lopes, SERRAZINA		87	Benedita		7:13.53	235	-
	50m:	47.14	47.14	200m:	3:32.81	1:51.50	400m:	7:13.53
	100m:	1:41.31	54.17	300m:	5:24.49	1:51.68		1:49.04
10.	Ann Violet, SMEED		65	Óbidos		7:22.56	428	-
	50m:	49.31	49.31	150m:	2:39.03	55.39	250m:	4:32.06
	100m:	1:43.64	54.33	200m:	3:35.28	56.25	300m:	5:29.11
								56.78
								350m:
								6:26.39
								57.28
								7:22.56
								56.17
11.	Vanessa Mendes, INACIO		80	Rio Maior		7:29.17	222	-
	50m:	48.31	48.31	150m:	2:41.99	57.42	250m:	4:36.09
	100m:	1:44.57	56.26	200m:	3:38.89	56.90	300m:	5:34.07
								57.20
								350m:
								6:34.24
								1:00.17
								7:29.17
								54.93
12.	Maria Goncalves, VASCONCELOS		64	Masters de Almada		7:29.18	449	-
	50m:	48.75	48.75	150m:	2:42.58	58.05	250m:	4:38.47
	100m:	1:44.53	55.78	200m:	3:39.18	56.60	300m:	5:35.72
								59.29
								350m:
								6:34.00
								58.28
								7:29.18
								55.18