

Prova 1 24/01/2025	Femin., 400m Livres				Masters Resultados
RN A(25-29)	4:36.93	Bruna Martins, Riesenberger	CIRL	Funchal	22/11/2023
RN B(30-34)	4:27.23	Ana Paula, Grilo	UDCA	Inatel	25/05/2002
RN C(35-39)	4:30.30	Ana Paula, Grilo	UDCA	Palma Maiorca (ESP)	18/04/2004
RN D(40-44)	4:49.44	Susana Clara, Gomes	CNF	Mealhada	18/01/2019
RN E(45-49)	5:03.00	Ana Paula, Grilo	NDCO	Mealhada	26/01/2014
RN F(50-54)	5:11.44	Maria Luisa, Costa	CFP	Caldas da Rainha	26/01/2024
RN G(55-59)	5:22.20	Isabel Baptista, Ferreira	ADRCIMM	Caldas da Rainha	26/01/2024
RN H(60-64)	6:01.46	Ana Maria, Ferreira	SAD	Tomar	29/01/2012
RN I(65-69)	6:06.65	Ana Maria, Ferreira	SAD	Sines	04/03/2017
RN J(70-74)	6:23.87	Ana Maria, Ferreira	SAD	Sines	07/03/2020
RN K(75-79)	7:11.81	Luisa Bessone, Basto	SAD	Mealhada	18/01/2019
RN L(80-84)	59:00.00	start,			
RN M(85-89)	59:00.00	start,			01/01/1800

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
Masters A							
1.	Ana Ines, Fernandes		119258	Vitoria Sport Clube	5:08.93	651	9,00
	50m: 33.77 33.77	150m: 1:50.07	38.91	250m: 3:09.46	39.84	350m: 4:29.40	40.23
	100m: 1:11.16 37.39	200m: 2:29.62	39.55	300m: 3:49.17	39.71	400m: 5:08.93	39.53
2.	Raquel Fernandes, Santos		111454	Clube Natacao Masters Almada	5:32.62	522	7,00
	50m: 38.55 38.55	150m: 2:01.76	41.97	250m: 3:25.96	42.19	350m: 4:51.59	42.38
	100m: 1:19.79 41.24	200m: 2:43.77	42.01	300m: 4:09.21	43.25	400m: 5:32.62	41.03
3.	Alexia Alves, Fernandes		201754	Natacao de Valongo	6:11.88	373	6,00
	50m: 39.84 39.84	150m: 2:12.81	47.60	250m: 3:48.94	48.41	350m: 5:25.72	48.57
	100m: 1:25.21 45.37	200m: 3:00.53	47.72	300m: 4:37.15	48.21	400m: 6:11.88	46.16
4.	Ana Rita, Fernandes		224208	Porto	6:39.79	300	5,00
	50m: 44.02 44.02	150m: 2:25.24	51.27	250m: 4:08.07	51.10	350m: 5:50.23	50.24
	100m: 1:33.97 49.95	200m: 3:16.97	51.73	300m: 4:59.99	51.92	400m: 6:39.79	49.56
5.	Luisa Alves, Dias		222424	Natacao de Valongo	7:37.22	201	4,00
	50m: 50.92 50.92	150m: 2:46.71	58.98	250m: 4:44.27	59.34	350m: 6:41.44	58.60
	100m: 1:47.73 56.81	200m: 3:44.93	58.22	300m: 5:42.84	58.57	400m: 7:37.22	55.78

Masters B							
1.	Irina Filipa, Lousa		102467	Porto	5:06.71	678	9,00
	50m: 34.02 34.02	150m: 1:49.16	37.89	250m: 3:05.83	38.29	350m: 4:25.16	40.03
	100m: 1:11.27 37.25	200m: 2:27.54	38.38	300m: 3:45.13	39.30	400m: 5:06.71	41.55
2.	Ana Sofia, Alves		25757	Vitoria Sport Clube	5:16.20	619	7,00
	50m: 33.93 33.93	150m: 1:51.12	39.42	250m: 3:11.92	40.52	350m: 4:34.13	41.25
	100m: 1:11.70 37.77	200m: 2:31.40	40.28	300m: 3:52.88	40.96	400m: 5:16.20	42.07
3.	Alexandra Sofia, Monteiro		15415	CNLeiria - VOID	5:23.64	577	6,00
	50m: 33.89 33.89	150m: 1:50.06	38.91	250m: 3:11.27	41.78	350m: 4:39.61	45.02
	100m: 1:11.15 37.26	200m: 2:29.49	39.43	300m: 3:54.59	43.32	400m: 5:23.64	44.03
4.	Sandra Marisa, Machado		148687	Ba-Leiria	5:58.10	426	5,00
	50m: 40.72 40.72	150m: 2:09.87	44.72	250m: 3:42.57	46.61	350m: 5:12.73	45.36
	100m: 1:25.15 44.43	200m: 2:55.96	46.09	300m: 4:27.37	44.80	400m: 5:58.10	45.37

Prova 1, Femin., 400m Livres

Masters C

1. Sara Daniela, Rodrigues	+0,99	12281	Galitos / Bresimar	5:46.18	491	9,00
50m: 39.12 39.12	150m: 2:04.37	42.88	250m: 3:33.26	44.72	350m: 5:02.86	44.57
100m: 1:21.49 42.37	200m: 2:48.54	44.17	300m: 4:18.29	45.03	400m: 5:46.18	43.32
2. Laurelin Lucinda, Molen		210456	CCDSerta	6:06.88	412	7,00
50m: 40.77 40.77	150m: 2:10.15	45.59	250m: 3:44.29	47.61	350m: 5:20.35	48.04
100m: 1:24.56 43.79	200m: 2:56.68	46.53	300m: 4:32.31	48.02	400m: 6:06.88	46.53
3. Filipa Isabel, Reis		153141	Leixoes Sport Club	6:53.41	288	6,00
50m: 45.04 45.04	150m: 2:26.90	51.93	250m: 4:12.67	53.64	350m: 6:02.73	56.15
100m: 1:34.97 49.93	200m: 3:19.03	52.13	300m: 5:06.58	53.91	400m: 6:53.41	50.68
4. Oleksandra, Pais		224454	Porto	7:19.06	240	5,00
50m: 51.20 51.20	150m: 2:44.80	56.62	250m: 4:35.99	54.95	350m: 6:25.60	53.44
100m: 1:48.18 56.98	200m: 3:41.04	56.24	300m: 5:32.16	56.17	400m: 7:19.06	53.46
5. Francisca Faria, Guimaraes		224763	Fluvial Portuense	8:21.32	161	4,00
50m: 56.24 56.24	150m: 3:02.31	1:03.89	250m: 5:12.36	1:04.90	350m: 7:21.65	1:04.61
100m: 1:58.42 1:02.18	200m: 4:07.46	1:05.15	300m: 6:17.04	1:04.68	400m: 8:21.32	59.67

Masters D

1. Mariana Moura, Santos		100102	Lagoa Academico Clube	5:27.54	604	9,00
50m: 35.86 35.86	150m: 1:58.30	42.27	250m: 3:23.44	42.60	350m: 4:48.39	42.28
100m: 1:16.03 40.17	200m: 2:40.84	42.54	300m: 4:06.11	42.67	400m: 5:27.54	39.15
2. Ana Mafalda, Oliveira	+0,83	23193	Natacao da Maia	5:55.97	470	7,00
50m: 39.30 39.30	150m: 2:06.67	44.70	250m: 3:39.34	46.64	350m: 5:11.48	45.94
100m: 1:21.97 42.67	200m: 2:52.70	46.03	300m: 4:25.54	46.20	400m: 5:55.97	44.49
3. Lina Orrego, Arenas		211228	Porto	5:59.53	457	6,00
50m: 39.82 39.82	150m: 2:09.49	45.87	250m: 3:41.02	45.31	350m: 5:14.43	45.79
100m: 1:23.62 43.80	200m: 2:55.71	46.22	300m: 4:28.64	47.62	400m: 5:59.53	45.10
4. Joana Antunes, Ervilha	+0,96	13980	CNLeiria - VOID	6:10.93	416	5,00
50m: 41.90 41.90	150m: 2:15.40	47.65	250m: 3:50.96	47.67	350m: 5:26.11	47.81
100m: 1:27.75 45.85	200m: 3:03.29	47.89	300m: 4:38.30	47.34	400m: 6:10.93	44.82
5. Rita Loureiro, Pinto		131353	Ginasio Clube Portugues	6:18.69	391	4,00
50m: 40.84 40.84	150m: 2:14.99	47.88	250m: 3:52.86	48.96	350m: 5:31.84	49.71
100m: 1:27.11 46.27	200m: 3:03.90	48.91	300m: 4:42.13	49.27	400m: 6:18.69	46.85
6. Matilde Henry, Neves		224879	Fluvial Portuense	6:42.43	325	3,00
50m: 39.95 39.95	150m: 2:14.09	49.54	250m: 4:00.85	53.64	350m: 5:46.65	52.66
100m: 1:24.55 44.60	200m: 3:07.21	53.12	300m: 4:53.99	53.14	400m: 6:42.43	55.78

Masters E

1. Ana Filipa, Prior		105895	Laranjeiro	5:45.16	556	9,00
50m: 38.84 38.84	150m: 2:04.22	43.37	250m: 3:32.57	44.36	350m: 5:01.51	44.34
100m: 1:20.85 42.01	200m: 2:48.21	43.99	300m: 4:17.17	44.60	400m: 5:45.16	43.65
2. Maria Luz, Paramio	+0,86	206727	Clube Naval de Ponta Delgada	5:51.43	526	7,00
50m: 39.88 39.88	150m: 2:07.25	43.90	250m: 3:37.22	44.66	350m: 5:07.55	44.86
100m: 1:23.35 43.47	200m: 2:52.56	45.31	300m: 4:22.69	45.47	400m: 5:51.43	43.88
3. Ana DAlte, Guedes	+0,98	121739	Leixoes Sport Club	5:58.57	496	6,00
50m: 40.29 40.29	150m: 2:10.06	45.23	250m: 3:42.29	46.13	350m: 5:14.63	46.42
100m: 1:24.83 44.54	200m: 2:56.16	46.10	300m: 4:28.21	45.92	400m: 5:58.57	43.94

Prova 1, Femin., 400m Livres, Masters E

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
4.	Elsa Maria, Fumega		119665	Leixoes Sport Club	6:01.65	483	5,00
	50m: 40.05 40.05	150m: 2:09.45	45.38	250m: 3:42.53	46.66	350m: 5:16.08	46.82
	100m: 1:24.07 44.02	200m: 2:55.87	46.42	300m: 4:29.26	46.73	400m: 6:01.65	45.57
5.	Ana Cristina, Oliveira		127153	Galitos / Bresimar	6:32.54	378	4,00
	50m: 42.87 42.87	150m: 2:19.04	48.83	250m: 3:59.37	50.14	350m: 5:41.82	51.62
	100m: 1:30.21 47.34	200m: 3:09.23	50.19	300m: 4:50.20	50.83	400m: 6:32.54	50.72
6.	Joana Rita, Robalo		210552	Aminata	6:51.22	328	3,00
	50m: 44.73 44.73	150m: 2:27.22	51.58	250m: 4:13.11	52.57	350m: 5:58.99	53.40
	100m: 1:35.64 50.91	200m: 3:20.54	53.32	300m: 5:05.59	52.48	400m: 6:51.22	52.23
7.	Isabel Carolina, Neves		202850	Fluvial Portuense	7:06.37	295	2,00
	50m: 49.90 49.90	150m: 2:38.85	55.00	250m: 4:27.49	54.46	350m: 6:14.30	53.70
	100m: 1:43.85 53.95	200m: 3:33.03	54.18	300m: 5:20.60	53.11	400m: 7:06.37	52.07
8.	Ana Maria, Martins		123246	Sporting Clube de Aveiro	7:09.98	287	1,00
	50m: 50.06 50.06	150m: 2:39.58	55.50	250m:		350m: 6:19.68	54.14
	100m: 1:44.08 54.02	200m: 3:35.65	56.07	300m: 5:25.54		400m: 7:09.98	50.30
9.	Sara Teresa, Carvalhinho		224872	Sport Alges e Dafundo	7:12.11	283	-
	50m: 43.06 43.06	150m: 2:32.97	56.99	250m: 4:26.42	56.61	350m: 6:18.35	55.67
	100m: 1:35.98 52.92	200m: 3:29.81	56.84	300m: 5:22.68	56.26	400m: 7:12.11	53.76
10.	Vanessa Mendes, Inacio	+0,83	215618	Rio Maior	7:31.56	248	-
	50m: 47.83 47.83	150m: 2:39.34	57.26	250m: 4:37.56	58.76	350m: 6:36.13	58.90
	100m: 1:42.08 54.25	200m: 3:38.80	59.46	300m: 5:37.23	59.67	400m: 7:31.56	55.43
11.	Teresa Susana, Mota		215976	Braga	9:11.30	136	-
	50m: 58.71 58.71	150m: 3:17.52	1:11.46	250m: 5:40.97	1:12.41	350m: 8:03.61	1:11.41
	100m: 2:06.06 1:07.35	200m: 4:28.56	1:11.04	300m: 6:52.20	1:11.23	400m: 9:11.30	1:07.69
12.	Carla Sofia, Moutinho		216755	Clube Desportivo de Estarreja	10:51.90	82	-
	50m: 1:09.17 1:09.17	150m: 3:44.37	1:20.24	250m: 6:29.77	1:23.98	350m: 9:24.03	1:27.00
	100m: 2:24.13 1:14.96	200m: 5:05.79	1:21.42	300m: 7:57.03	1:27.26	400m: 10:51.90	1:27.87
DSQ	Ana Luis, Reis		218990	Fluvial Portuense			-
	<i>(Partida dentro de água) A atleta não tinha pelo menos uma mão em contacto com a parte de partida - SW 3.3.2.1</i>						

Masters F

1.	Ines Maria, Rothes		124731	Fluvial Portuense	5:31.12	646	9,00
	50m: 36.31 36.31	150m: 1:57.53	41.64	250m: 3:22.08	42.15	350m: 4:48.73	43.29
	100m: 1:15.89 39.58	200m: 2:39.93	42.40	300m: 4:05.44	43.36	400m: 5:31.12	42.39
2.	Sandra Santa, Barbara	+0,82	104504	Ginasio Sto. Tirso	6:07.76	472	7,00
	50m: 39.82 39.82	150m: 2:10.67	46.39	250m: 3:45.01	47.87	350m: 5:20.59	47.92
	100m: 1:24.28 44.46	200m: 2:57.14	46.47	300m: 4:32.67	47.66	400m: 6:07.76	47.17
3.	Daniela Maria, Palhares	+0,99	209005	Fluvial Portuense	6:27.28	404	6,00
	50m: 42.57 42.57	150m: 2:17.82	48.46	250m: 3:56.52	50.00	350m: 5:38.54	51.18
	100m: 1:29.36 46.79	200m: 3:06.52	48.70	300m: 4:47.36	50.84	400m: 6:27.28	48.74
4.	Fernanda Maria, Santinha		100478	Clube Natacao Masters Almada	6:56.55	324	5,00
	50m: 46.94 46.94	150m: 2:31.85	52.80	250m: 4:17.31	53.24	350m: 6:03.89	53.16
	100m: 1:39.05 52.11	200m: 3:24.07	52.22	300m: 5:10.73	53.42	400m: 6:56.55	52.66
5.	Marcia Silva, Nunes	+0,92	122495	Lagoa Academico Clube	7:33.63	251	4,00
	50m: 49.26 49.26	150m: 2:39.82	57.19	250m: 4:36.78	58.60	350m: 6:36.43	59.96
	100m: 1:42.63 53.37	200m: 3:38.18	58.36	300m: 5:36.47	59.69	400m: 7:33.63	57.20

Prova 1, Femin., 400m Livres, Masters F

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts
6.	Maria Paula, Santos		215339	Natacao de Valongo	7:36.22	247	3,00
	50m: 47.88 47.88	150m: 2:42.23	58.43	250m: 4:41.24 58.84	350m: 6:39.25	58.91	
	100m: 1:43.80 55.92	200m: 3:42.40	1:00.17	300m: 5:40.34 59.10	400m: 7:36.22	56.97	
7.	Maria Catarina, Cunha		208482	Sporting Clube de Aveiro	7:47.60	229	2,00
	50m: 52.22 52.22	150m: 2:47.28	58.50	250m: 4:46.89 59.52	350m: 6:47.87	1:00.52	
	100m: 1:48.78 56.56	200m: 3:47.37	1:00.09	300m: 5:47.35 1:00.46	400m: 7:47.60	59.73	
8.	Manuela Ribeiro, Pereira		211409	Ba-Leiria	8:16.41	191	1,00
	50m: 56.11 56.11	150m: 3:00.04	1:02.73	250m: 5:05.94 1:01.92	350m: 7:13.70	1:04.07	
	100m: 1:57.31 1:01.20	200m: 4:04.02	1:03.98	300m: 6:09.63 1:03.69	400m: 8:16.41	1:02.71	
9.	Claudia Maria, Matias		209789	Lagoa Academico Clube	8:21.40	186	-
	50m: 50.49 50.49	150m: 2:58.68	1:06.13	250m: 5:10.17 1:06.28	350m: 7:22.40	1:05.43	
	100m: 1:52.55 1:02.06	200m: 4:03.89	1:05.21	300m: 6:16.97 1:06.80	400m: 8:21.40	59.00	
10.	Isabel Maria, Costa	+0,91	214948	Clube Naval de Ponta Delgada	9:15.97	136	-
	50m: 52.92 52.92	150m: 3:10.79	1:11.72	250m: 5:37.16 1:14.09	350m: 8:04.90	1:12.89	
	100m: 1:59.07 1:06.15	200m: 4:23.07	1:12.28	300m: 6:52.01 1:14.85	400m: 9:15.97	1:11.07	
11.	Sandra Cristina, Roma	+0,90	212003	CNLeiria - VOID	10:14.44	101	-
	50m: 1:05.77 1:05.77	150m: 3:38.53	1:16.78	250m: 6:17.75 1:21.26	350m: 8:57.57	1:19.81	
	100m: 2:21.75 1:15.98	200m: 4:56.49	1:17.96	300m: 7:37.76 1:20.01	400m: 10:14.44	1:16.87	

Masters G

1.	Patricia Diogenes, Pereira	+0,87	26793	Adrcimm	5:37.49	643	9,00
	50m: 38.44 38.44	150m:		250m: 3:25.72 42.82	350m: 4:53.32	44.39	
	100m: 1:19.20 40.76	200m: 2:42.90		300m: 4:08.93 43.21	400m: 5:37.49	44.17	
2.	Maria Teresa, Brandao	+0,72	108037	Fluvial Portuense	5:40.64	626	7,00
	50m: 38.41 38.41	150m: 2:02.36	42.65	250m: 3:30.03 44.06	350m: 4:58.36	44.02	
	100m: 1:19.71 41.30	200m: 2:45.97	43.61	300m: 4:14.34 44.31	400m: 5:40.64	42.28	
3.	Maria Manuela, Ferreira		130114	Vitoria Sport Clube	6:31.08	413	6,00
	50m: 44.24 44.24	150m: 2:21.13	49.33	250m: 4:02.34 50.40	350m: 5:43.47	50.09	
	100m: 1:31.80 47.56	200m: 3:11.94	50.81	300m: 4:53.38 51.04	400m: 6:31.08	47.61	
4.	Ana Paula, Sequeira		124853	Sporting Clube de Aveiro	6:56.11	343	5,00
	50m: 45.22 45.22	150m: 2:27.23	51.89	250m: 4:16.20 54.81	350m: 6:04.71	54.38	
	100m: 1:35.34 50.12	200m: 3:21.39	54.16	300m: 5:10.33 54.13	400m: 6:56.11	51.40	
5.	Margarida Bleck, Reis		210540	Fluvial Portuense	7:01.23	331	4,00
	50m: 45.36 45.36	150m: 2:31.58	53.97	250m: 4:20.82 54.97	350m: 6:10.00	54.72	
	100m: 1:37.61 52.25	200m: 3:25.85	54.27	300m: 5:15.28 54.46	400m: 7:01.23	51.23	
6.	Susana Maria, Soares		26158	Natacao de Valongo	7:33.47	265	3,00
	50m: 47.55 47.55	150m: 2:40.63	58.69	250m: 4:37.13 58.77	350m: 6:35.68	1:00.39	
	100m: 1:41.94 54.39	200m: 3:38.36	57.73	300m: 5:35.29 58.16	400m: 7:33.47	57.79	
7.	Isabel Reis, Augusto		222298	Clube Naval de Ponta Delgada	8:28.44	188	2,00
	50m: 54.94 54.94	150m: 3:04.10	1:05.74	250m: 5:15.84 1:05.29	350m: 7:25.02	1:04.65	
	100m: 1:58.36 1:03.42	200m: 4:10.55	1:06.45	300m: 6:20.37 1:04.53	400m: 8:28.44	1:03.42	

Prova 1, Femin., 400m Livres

Masters H

1. Maria Claudia, Osorio	219153	Fluvial Portuense	6:20.16	571	9,00
50m: 42.33 42.33	150m: 2:15.66 47.79	250m: 3:52.91 48.62	350m: 5:31.58 49.49		
100m: 1:27.87 45.54	200m: 3:04.29 48.63	300m: 4:42.09 49.18	400m: 6:20.16 48.58		
2. Maria Santos, Fernandes	+0,90 105263	Leixoes Sport Club	6:53.04	445	7,00
50m: 45.71 45.71	150m: 2:29.16 52.18	250m: 4:15.02 53.09	350m: 6:00.75 53.01		
100m: 1:36.98 51.27	200m: 3:21.93 52.77	300m: 5:07.74 52.72	400m: 6:53.04 52.29		
3. Ann Violet, Smeed	+0,80 219923	Obidos Criativa, EEM	7:26.23	353	6,00
50m: 48.89 48.89	150m: 2:39.24 56.41	250m: 4:33.82 57.52	350m: 6:30.35 58.31		
100m: 1:42.83 53.94	200m: 3:36.30 57.06	300m: 5:32.04 58.22	400m: 7:26.23 55.88		
4. Maria Madalena, Caninas	108658	Clube Natacao Masters Almada	7:40.90	320	5,00
50m: 48.99 48.99	150m: 2:41.13 57.93	250m: 4:41.67 1:00.35	350m: 6:42.99 59.99		
100m: 1:43.20 54.21	200m: 3:41.32 1:00.19	300m: 5:43.00 1:01.33	400m: 7:40.90 57.91		
5. Maria Manuela, Neto	102090	Natacao da Maia	7:41.46	319	4,00
50m: 49.39 49.39	150m: 3:46.70 59.49	250m: 5:45.54 58.95	350m: 7:41.46 56.70		
100m: 2:47.21 1:57.82	200m: 4:46.59 59.89	300m: 6:44.76 59.22	400m: 7:41.46		

Masters I

1. Maria Teresa, Oliveira	10538	Academica de Coimbra	7:06.39	564	9,00
50m: 48.46 48.46	150m: 2:35.40 54.32	250m: 4:23.26 53.93	350m: 6:12.41 54.16		
100m: 1:41.08 52.62	200m: 3:29.33 53.93	300m: 5:18.25 54.99	400m: 7:06.39 53.98		
2. Maria Azucena, Canora Marin	214254	Leixoes Sport Club	7:50.78	419	7,00
50m: 48.33 48.33	150m: 2:36.83 56.35	250m: 4:38.09 1:01.93	350m: 6:46.83 1:03.91		
100m: 1:40.48 52.15	200m: 3:36.16 59.33	300m: 5:42.92 1:04.83	400m: 7:50.78 1:03.95		
3. Maria Giraldo, Wernicke	210543	Fluvial Portuense	7:59.50	396	6,00
50m: 52.55 52.55	150m: 2:51.85 1:00.63	250m: 4:55.98 1:02.54	350m: 7:00.52 1:02.54		
100m: 1:51.22 58.67	200m: 3:53.44 1:01.59	300m: 5:57.98 1:02.00	400m: 7:59.50 58.98		
4. Ana Maria, Caeiro	201953	Grupo dos Amigos da Natacao-AC	8:01.02	393	5,00
50m: 54.80 54.80	150m: 2:54.67 1:00.58	250m: 4:57.79 1:01.16	350m: 7:01.82 1:02.43		
100m: 1:54.09 59.29	200m: 3:56.63 1:01.96	300m: 5:59.39 1:01.60	400m: 8:01.02 59.20		

Masters J

1. Maria Felix, Ferreira	112081	Sport Alges e Dafundo	9:22.29	308	9,00
50m: 59.36 59.36	150m: 3:20.55 1:13.14	250m: 5:46.83 1:13.31	350m: 8:12.61 1:11.69		
100m: 2:07.41 1:08.05	200m: 4:33.52 1:12.97	300m: 7:00.92 1:14.09	400m: 9:22.29 1:09.68		
2. Maria Josefina, Cruz	105522	Ginasio Clube Portugues	9:53.51	262	7,00
50m: 1:01.00 1:01.00	150m: 3:28.59 1:16.16	250m: 6:06.25 1:18.53	350m: 8:40.43 1:17.08		
100m: 2:12.43 1:11.43	200m: 4:47.72 1:19.13	300m: 7:23.35 1:17.10	400m: 9:53.51 1:13.08		
3. Marilia Laura, Silva	131783	Fluvial Portuense	11:09.23	182	6,00
50m: 1:13.86 1:13.86	150m: 4:03.33 1:23.61	250m: 6:51.99 1:25.01	350m: 9:41.77 1:24.03		
100m: 2:39.72 1:25.86	200m: 5:26.98 1:23.65	300m: 8:17.74 1:25.75	400m: 11:09.23 1:27.46		

Masters K

1. Maria Helena, Hessel	219554	Fluvial Portuense	9:30.31	369	9,00
50m: 1:09.35 1:09.35	150m: 3:34.64 1:11.43	250m: 5:58.18 1:11.92	350m: 8:23.61 1:13.70		
100m: 2:23.21 1:13.86	200m: 4:46.26 1:11.62	300m: 7:09.91 1:11.73	400m: 9:30.31 1:06.70		