

III Torneio Masters CNAC
Coimbra, 10/5/2025

Prova 2
10/05/2025 - 10:20

Femin., 400m Livres

25 anos e mais velhos

Resultados

Recordes Nacionais Masters 50m Esc M	59:00.00				
Recordes Nacionais Masters 50m Esc L	8:22.03	Luisa Bessone, BASTO	SAD	Coimbra	23/02/2025
Recordes Nacionais Masters 50m Esc K	7:44.23	Luisa Bessone, BASTO	SAD	Reguengos de Monsaraz	19/07/2019
Recordes Nacionais Masters 50m Esc J	6:40.16	Ana Maria, FERREIRA	SAD	Póvoa de Varzim	22/02/2020
Recordes Nacionais Masters 50m Esc I	6:27.98	Ana Maria, FERREIRA	SAD	Famalicão	09/07/2017
Recordes Nacionais Masters 50m Esc H	6:14.83	Ana Maria, FERREIRA	SAD	Riccione (ITA)	16/06/2012
Recordes Nacionais Masters 50m Esc G	5:36.18	Isabel Baptista, FERREIRA	ADRCIMM	S. Joao da Madeira	09/07/2023
Recordes Nacionais Masters 50m Esc F	5:26.28	Gisela Barbosa, COUTINHO	CFP	Coimbra	23/02/2025
Recordes Nacionais Masters 50m Esc E	5:23.34	Gisela Barbosa, COUTINHO	CFP	São João da Madeira	04/07/2024
Recordes Nacionais Masters 50m Esc D	5:02.98	Susana Clara, GOMES	CNF	Gwangju (KOR)	18/08/2019
Recordes Nacionais Masters 50m Esc C	4:35.74	Ana Paula, GRILO	UDCA	Stanford (USA)	10/08/2006
Recordes Nacionais Masters 50m Esc B	4:39.43	Ana Paula, GRILO	INATEL	Riccione (ITA)	20/06/2003
Recordes Nacionais Masters 50m Esc A	4:57.88	Carolina Santos, SILVA	CNMAIA	Eindhoven (NED)	02/09/2013

Pontos: AQUA Master 2025

Lugar

Ano

Tempo final

Pts

Master Esc A

1.	Bruna Elisabete, PAULINO	97	Alcobaca	5:46.41	406
	50m:	150m:	250m:	350m:	
	100m: 1:20.13	200m: 2:49.70	300m: 4:19.99	400m: 5:46.41	
2.	Catarina Vieira, CORREIA	99	Leixões	5:53.19	383
	50m:	150m:	250m:	350m:	
	100m: 1:20.34	200m: 2:51.87	300m: 4:24.05	400m: 5:53.19	
3.	Rita Oliveira, ROCHA	00	Leixões	6:17.20	314
	50m:	150m:	250m:	350m:	
	100m: 1:26.60	200m: 3:01.38	300m: 4:39.27	400m: 6:17.20	
4.	Edna Beatriz, SANTOS	96	Vieirense	6:39.94	264
	50m:	150m:	250m:	350m:	
	100m: 1:30.26	200m: 3:13.55	300m: 4:57.97	400m: 6:39.94	

Master Esc B

1.	Carolina Francisco, GOMES	95	Lisboa PoolSharks	5:45.39	419
	50m:	150m:	250m:	350m:	
	100m: 1:20.75	200m: 2:49.60	300m: 4:18.96	400m: 5:45.39	
2.	Claudia Patricia, PEREIRA	93	Natação do Fundão	8:39.61	123
	50m:	150m:	250m:	350m:	
	100m: 1:57.65	200m: 4:12.68	300m: 6:28.55	400m: 8:39.61	

Master Esc C

1.	Tania Sofia, ANTUNES	88	Miranda do Corvo	6:24.73	331
	50m:	150m:	250m:	350m:	
	100m: 1:23.36	200m: 3:01.31	300m: 4:42.98	400m: 6:24.73	
2.	Oleksandra, PAIS	87	Porto	6:38.73	297
	50m:	150m:	250m:	350m:	
	100m: 1:30.69	200m: 3:13.61	300m: 5:01.06	400m: 6:38.73	

Master Esc D

1.	Maria Manuela, FONSECA	85	Leixões	5:22.70	540
	50m:	150m:	250m:	350m:	
	100m: 1:16.85	200m: 2:39.87	300m: 4:03.20	400m: 5:22.70	
2.	Ana Paris, LEAL	84	Amigos da Natacao-ACD	5:45.56	440
	50m:	150m:	250m:	350m:	
	100m: 1:22.03	200m: 2:49.42	300m: 4:18.53	400m: 5:45.56	
3.	Lina Orrego, ARENAS	84	Porto	6:07.11	367
	50m:	150m:	250m:	350m:	
	100m: 1:24.90	200m: 2:58.40	300m: 4:33.65	400m: 6:07.11	

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Prova 2, Femin., 400m Livres, Master Esc D

Lugar	Ano	Tempo final	Pts
4. Joana Antunes, ERVILHA	81 CNLeiria - VOID	6:17.89	336
50m: 100m: 1:26.58	150m: 200m: 3:04.11	250m: 300m: 4:42.09	350m: 400m: 6:17.89

Master Esc E

1. Juliana Sanches, ELIAS	76 Nadadores dos Estoris	6:53.00	281
50m: 100m: 1:39.65	150m: 200m: 3:28.08	250m: 300m: 5:11.90	350m: 400m: 6:53.00
2. Ana Maria, MARTINS	79 Sporting de Aveiro	7:30.47	216
50m: 100m: 1:48.76	150m: 200m: 3:45.34	250m: 300m: 5:41.79	350m: 400m: 7:30.47
3. Liliane Caninhas, PAIS	80 Natação do Fundão	7:52.09	188
50m: 100m: 1:45.50	150m: 200m: 3:48.65	250m: 300m: 5:53.06	350m: 400m: 7:52.09

Master Esc F

1. Sandra Santa, BARBARA	75 Ginásio Sto. Tirso	6:10.98	433
50m: 100m: 1:24.27	150m: 200m: 2:58.45	250m: 300m: 4:34.42	350m: 400m: 6:10.98
2. Marta Sofia, COSTA	71 Universitario do Porto	6:28.05	378
50m: 100m: 1:30.71	150m: 200m: 3:10.40	250m: 300m: 4:50.21	350m: 400m: 6:28.05
3. Susana Isabel, REGO	74 Leixões	6:42.09	340
50m: 100m: 1:34.22	150m: 200m: 3:16.94	250m: 300m: 4:59.94	350m: 400m: 6:42.09
4. Manuela Ribeiro, PEREIRA	71 Bairro dos Anjos	8:16.39	180
50m: 100m: 1:56.68	150m: 200m: 4:04.18	250m: 300m: 6:11.36	350m: 400m: 8:16.39
5. Ana Margarida, CORREIA	74 AONDA	8:42.66	154
50m: 100m: 2:02.48	150m: 200m: 4:15.44	250m: 300m: 6:33.24	350m: 400m: 8:42.66
6. Ana Isabel, TRINDADE	71 Natação do Fundão	10:09.89	97
50m: 100m: 2:24.50	150m: 200m: 5:06.14	250m: 300m: 7:46.00	350m: 400m: 10:09.89

Master Esc G

1. Maria Manuela, FERREIRA	70 Vitoria Sport Clube	6:36.74	364
50m: 100m: 1:34.24	150m: 200m: 3:15.40	250m: 300m: 4:57.29	350m: 400m: 6:36.74
2. Ana Paula, SEQUEIRA	68 Sporting de Aveiro	6:41.27	352
50m: 100m: 1:33.74	150m: 200m: 2:16.12	250m: 300m: 5:00.49	350m: 400m: 6:41.27
3. Margarida Bleck, REIS	68 Fluvial Portuense	7:06.30	293
50m: 100m: 1:39.67	150m: 200m: 3:29.81	250m: 300m: 5:20.36	350m: 400m: 7:06.30
4. Eliana Marta, CASTRO	70 Sporting de Aveiro	8:02.43	202
50m: 100m: 1:58.60	150m: 200m: 2:04.67	250m: 300m: 6:06.21	350m: 400m: 8:02.43
5. Angelina Maria, CERIEIRO	67 Natação do Fundão	9:29.55	123
50m: 100m: 2:03.79	150m: 200m: 4:30.69	250m: 300m: 7:01.84	350m: 400m: 9:29.55

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Lugar	Ano	Tempo final	Pts
6. Margarida Maria, GUERRA	66	10:02.56	104
50m:	150m:	250m:	350m:
100m: 2:18.87	200m: 4:59.90	300m: 7:34.93	400m: 10:02.56

Master Esc H

1. Maria Santos, FERNANDES	62	Leixões	7:03.74	315
50m:	150m:	250m:	350m:	
100m: 1:39.39	200m: 3:27.28	300m: 5:15.53	400m: 7:03.74	
2. Maria Luisa, OLIVEIRA	61	Académica de Coimbra	7:35.09	255
50m:	150m:	250m:	350m:	
100m: 1:44.22	200m: 3:40.69	300m: 5:39.30	400m: 7:35.09	