



XX Troféu Cidade Caldas da Rainha Masters
Caldas da rainha, 15/3/2025

Prova 17	Femin., 200m Livres				25 anos e mais velhos
15/03/2025 - 18:50					Resultados
RN A(25-29)	2:09.40	Bruna Martins, RIESENBERGER	CIRL	Caldas da Rainha	27/01/2024
RN B(30-34)	2:06.50	Ana Paula, GRILO	UDCA	Inatel	22/03/2003
RN C(35-39)	2:07.69	Ana Paula, GRILO	UDCA	Freiburg (GER)	08/05/2004
RN D(40-44)	2:15.77	Susana Clara, GOMES	CNF	Mealhada	19/01/2019
RN E(45-49)	2:23.57	Carla Santa, BARBARA	FCP	Vila Franca de Xira	18/01/2020
RN F(50-54)	2:26.09	Carla Santa, BARBARA	FCP	Torres Novas	25/01/2025
RN G(55-59)	2:33.38	Isabel Baptista, FERREIRA	ADRCIMM	Caldas da Rainha	28/01/2023
RN H(60-64)	2:52.96	Maria Teresa, ANDRADE	FCP	Penafiel	08/12/2024
RN I(65-69)	2:57.96	Ana Maria, FERREIRA	SAD	Caldas da Rainha	16/04/2016
RN J(70-74)	3:09.01	Ana Maria, FERREIRA	SAD	Sines	07/03/2020
RN K(75-79)	3:28.77	Luisa Bessone, BASTO	SAD	Mealhada	18/01/2019
RN L(80-84)	3:50.11	Luisa Bessone, BASTO	SAD	Benedita	01/12/2024
RN M(85-89)	59:00.00	start,			01/01/1800

Pontos: DSV Masters 22

Lugar	Ano	Tempo final	Pts
25 anos e mais velhos			
1. Sofia Martiniano, AFONSO	84	2:20.99	771
50m: 32.73 32.73	100m: 1:08.83 36.10	150m: 1:46.15 37.32	200m: 2:20.99 34.84
2. Carolina Lourenco, MATOS	98	2:21.11	695
50m: 32.88 32.88	100m: 1:09.16 36.28	150m: 1:45.42 36.26	200m: 2:21.11 35.69
3. Alexandra Sofia, MONTEIRO	92	2:24.45	658
50m: 32.71 32.71	100m: 1:08.72 36.01	150m: 1:46.22 37.50	200m: 2:24.45 38.23
4. Maria Sofia, MARTINS	84	2:25.23	706
50m: 34.19 34.19	100m: 1:10.75 36.56	150m: 1:48.35 37.60	200m: 2:25.23 36.88
5. Aoife, SEXTON	87	2:33.46	581
50m: 34.38 34.38	100m: 1:13.09 38.71	150m: 1:53.67 40.58	200m: 2:33.46 39.79
6. Ines Sousa, LEMOS	92	2:33.83	545
50m: 34.66 34.66	100m: 1:12.48 37.82	150m: 1:52.57 40.09	200m: 2:33.83 41.26
7. Bruna Elisabete, PAULINO	97	2:35.20	523
50m: 34.51 34.51	100m: 1:13.28 38.77	150m: 1:54.23 40.95	200m: 2:35.20 40.97
8. Raquel Fernandes, SANTOS	98	2:36.36	511
50m: 35.68 35.68	100m: 1:15.49 39.81	150m: 1:56.55 41.06	200m: 2:36.36 39.81
9. Carolina Francisco, GOMES	95	2:36.86	514
50m: 36.47 36.47	100m: 1:16.12 39.65	150m: 1:57.20 41.08	200m: 2:36.86 39.66
10. Catherine, COSTIGAN	91	2:38.13	502
50m: 36.09 36.09	100m: 1:16.38 40.29	150m: 1:57.57 41.19	200m: 2:38.13 40.56
11. Ines Santos, MAGALHAES	99	2:40.75	470
50m: 38.55 38.55	100m: 1:19.04 40.49	150m: 2:00.15 41.11	200m: 2:40.75 40.60
12. Sara Daniela, RODRIGUES	87	2:46.12	458
50m: 37.90 37.90	100m: 1:19.66 41.76	150m: 2:02.88 43.22	200m: 2:46.12 43.24
13. Carolina Ferreira, MATOS	91	2:47.59	421
50m: 39.58 39.58	100m: 1:22.02 42.44	150m: 2:05.43 43.41	200m: 2:47.59 42.16
14. Laurelin Lucinda, MOLEN	87	2:50.16	426
50m: 39.58 39.58	100m: 1:21.91 42.33	150m: 2:05.59 43.68	200m: 2:50.16 44.57
15. Ana Rita, GARCIA	79	2:52.13	435
50m: 38.84 38.84	100m: 1:22.21 43.37	150m: 2:07.27 45.06	200m: 2:52.13 44.86



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Lugar	Ano	Tempo final	Pts
16. Sara Filipa, CORTEZ	81	Masters de Almada	2:52.42 421
50m: 40.73 40.73 100m: 1:24.25 43.52 150m: 2:09.32 45.07 200m: 2:52.42 43.10			
17. Sandra Marisa, MACHADO	93	Ba-Leiria	2:57.71 353
50m: 39.69 39.69 100m: 1:22.91 43.22 150m: 2:09.52 46.61 200m: 2:57.71 48.19			
18. Juliana Sanches, ELIAS	76	Nadadores dos Estoris	3:04.52 353
50m: 42.55 42.55 100m: 1:29.58 47.03 150m: 2:17.94 48.36 200m: 3:04.52 46.58			
19. Maria Manuela, FERREIRA	70	Vitória Sport Clube	3:11.44 372
50m: 43.26 43.26 100m: 1:31.22 47.96 150m: 2:22.68 51.46 200m: 3:11.44 48.76			
20. Rita Barata, CORREIA	79	Masters de Almada	3:11.64 315
50m: 41.95 41.95 100m: 1:30.48 48.53 150m: 2:21.02 50.54 200m: 3:11.64 50.62			
21. Ann Violet, SMEED	65	Óbidos	3:20.84 390
50m: 45.03 45.03 100m: 1:34.77 49.74 150m: 2:28.27 53.50 200m: 3:20.84 52.57			
22. Carla Vale, LENZI	67	Sport Alges e Dafundo	3:22.89 313
50m: 46.52 46.52 100m: 1:38.68 52.16 150m: 2:32.11 53.43 200m: 3:22.89 50.78			
23. Ana Maria, MARTINS	79	Sporting Clube de Aveiro	3:23.02 265
50m: 47.25 47.25 100m: 1:40.31 53.06 150m: 2:33.04 52.73 200m: 3:23.02 49.98			
24. Monica Isabel, SANTOS	85	Penafiel	3:30.03 233
50m: 46.75 46.75 100m: 1:41.46 54.71 150m: 2:37.86 56.40 200m: 3:30.03 52.17			
25. Maria Goncalves, VASCONCELOS	64	Masters de Almada	3:32.77 328
50m: 47.77 47.77 100m: 1:41.22 53.45 150m: 2:37.25 56.03 200m: 3:32.77 55.52			
26. Francisca Pinho, MONTEIRO	82	Sporting Clube de Aveiro	3:34.70 218
50m: 47.77 47.77 100m: 1:42.44 54.67 150m: 2:39.96 57.52 200m: 3:34.70 54.74			
27. Isabel Maria, JULIO	72	CNLeiria - VOID	3:42.66 217
50m: 49.43 49.43 100m: 1:45.62 56.19 150m: 2:46.16 1:00.54 200m: 3:42.66 56.50			
28. Maria Manuela, NETO	62	Natacao da Maia	3:42.90 285
50m: 49.43 49.43 100m: 1:45.03 55.60 150m: 2:44.52 59.49 200m: 3:42.90 58.38			
29. Eliana Marta, CASTRO	70	Sporting Clube de Aveiro	3:45.18 229
50m: 50.30 50.30 100m: 1:49.40 59.10 150m: 2:49.16 59.76 200m: 3:45.18 56.02			
30. Conceicao Batista, TAVARES	69	Gafanha da Encarnacao	4:05.01 177
50m: 52.16 52.16 100m: 1:53.56 1:01.40 150m: 2:58.60 1:05.04 200m: 4:05.01 1:06.41			
31. Maria Isabel, PEREIRA	71	Geslours	4:06.07 161
50m: 57.73 57.73 100m: 2:01.79 1:04.06 150m: 3:07.08 1:05.29 200m: 4:06.07 58.99			
32. Maria Teresa, MOTA	51	Amigos da Natacao - AC	5:03.78 168
50m: 1:05.75 1:05.75 100m: 2:23.93 1:18.18 150m: 3:45.13 1:21.20 200m: 5:03.78 1:18.65			
33. Cidalia Conceicao, MARIA	64	CNLeiria - VOID	6:48.00 46
50m: 1:23.12 1:23.12 100m: 3:05.11 1:41.99 150m: 4:59.68 1:54.57 200m: 6:48.00 1:48.32			

Grupo A

1. Carolina Lourenco, MATOS	98	Benedita	2:21.11 695
50m: 32.88 32.88 100m: 1:09.16 36.28 150m: 1:45.42 36.26 200m: 2:21.11 35.69			
2. Bruna Elisabete, PAULINO	97	Alcobaca	2:35.20 523
50m: 34.51 34.51 100m: 1:13.28 38.77 150m: 1:54.23 40.95 200m: 2:35.20 40.97			



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Lugar	Ano	Tempo final	Pts
3. Raquel Fernandes, SANTOS	98 Masters de Almada	2:36.36	511
50m: 35.68 35.68	100m: 1:15.49 39.81	150m: 1:56.55 41.06	200m: 2:36.36 39.81
4. Ines Santos, MAGALHAES	99 Sporting Clube de Aveiro	2:40.75	470
50m: 38.55 38.55	100m: 1:19.04 40.49	150m: 2:00.15 41.11	200m: 2:40.75 40.60

Grupo B

1. Alexandra Sofia, MONTEIRO	92 CNLeiria - VOID	2:24.45	658
50m: 32.71 32.71	100m: 1:08.72 36.01	150m: 1:46.22 37.50	200m: 2:24.45 38.23
2. Ines Sousa, LEMOS	92 Porto	2:33.83	545
50m: 34.66 34.66	100m: 1:12.48 37.82	150m: 1:52.57 40.09	200m: 2:33.83 41.26
3. Carolina Francisco, GOMES	95 Lisboa PoolSharks	2:36.86	514
50m: 36.47 36.47	100m: 1:16.12 39.65	150m: 1:57.20 41.08	200m: 2:36.86 39.66
4. Catherine, COSTIGAN	91 Cork Masters SC	2:38.13	502
50m: 36.09 36.09	100m: 1:16.38 40.29	150m: 1:57.57 41.19	200m: 2:38.13 40.56
5. Carolina Ferreira, MATOS	91 Gafanha da Encarnacao	2:47.59	421
50m: 39.58 39.58	100m: 1:22.02 42.44	150m: 2:05.43 43.41	200m: 2:47.59 42.16
6. Sandra Marisa, MACHADO	93 Ba-Leiria	2:57.71	353
50m: 39.69 39.69	100m: 1:22.91 43.22	150m: 2:09.52 46.61	200m: 2:57.71 48.19

Grupo C

1. Aoife, SEXTON	87 Cork Masters SC	2:33.46	581
50m: 34.38 34.38	100m: 1:13.09 38.71	150m: 1:53.67 40.58	200m: 2:33.46 39.79
2. Sara Daniela, RODRIGUES	87 Galitos / Bresimar	2:46.12	458
50m: 37.90 37.90	100m: 1:19.66 41.76	150m: 2:02.88 43.22	200m: 2:46.12 43.24
3. Laurelin Lucinda, MOLEN	87 CCDSerta	2:50.16	426
50m: 39.58 39.58	100m: 1:21.91 42.33	150m: 2:05.59 43.68	200m: 2:50.16 44.57

Grupo D

1. Sofia Martiniano, AFONSO	84 Fluvial Portuense	2:20.99	771
50m: 32.73 32.73	100m: 1:08.83 36.10	150m: 1:46.15 37.32	200m: 2:20.99 34.84
2. Maria Sofia, MARTINS	84 Fluvial Portuense	2:25.23	706
50m: 34.19 34.19	100m: 1:10.75 36.56	150m: 1:48.35 37.60	200m: 2:25.23 36.88
3. Sara Filipa, CORTEZ	81 Masters de Almada	2:52.42	421
50m: 40.73 40.73	100m: 1:24.25 43.52	150m: 2:09.32 45.07	200m: 2:52.42 43.10
4. Monica Isabel, SANTOS	85 Penafiel	3:30.03	233
50m: 46.75 46.75	100m: 1:41.46 54.71	150m: 2:37.86 56.40	200m: 3:30.03 52.17
5. Francisca Pinho, MONTEIRO	82 Sporting Clube de Aveiro	3:34.70	218
50m: 47.77 47.77	100m: 1:42.44 54.67	150m: 2:39.96 57.52	200m: 3:34.70 54.74



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Grupo E

1.	Ana Rita, GARCIA	79	ACSintra	2:52.13	435
	50m: 38.84 38.84	100m: 1:22.21	43.37 150m: 2:07.27 45.06	200m: 2:52.13	44.86
2.	Juliana Sanches, ELIAS	76	Nadadores dos Estoris	3:04.52	353
	50m: 42.55 42.55	100m: 1:29.58	47.03 150m: 2:17.94 48.36	200m: 3:04.52	46.58
3.	Rita Barata, CORREIA	79	Masters de Almada	3:11.64	315
	50m: 41.95 41.95	100m: 1:30.48	48.53 150m: 2:21.02 50.54	200m: 3:11.64	50.62
4.	Ana Maria, MARTINS	79	Sporting Clube de Aveiro	3:23.02	265
	50m: 47.25 47.25	100m: 1:40.31	53.06 150m: 2:33.04 52.73	200m: 3:23.02	49.98

Grupo F

1.	Isabel Maria, JULIO	72	CNLeiria - VOID	3:42.66	217
	50m: 49.43 49.43	100m: 1:45.62	56.19 150m: 2:46.16 1:00.54	200m: 3:42.66	56.50
2.	Maria Isabel, PEREIRA	71	Gesloures	4:06.07	161
	50m: 57.73 57.73	100m: 2:01.79	1:04.06 150m: 3:07.08 1:05.29	200m: 4:06.07	58.99

Grupo G

1.	Maria Manuela, FERREIRA	70	Vitória Sport Clube	3:11.44	372
	50m: 43.26 43.26	100m: 1:31.22	47.96 150m: 2:22.68 51.46	200m: 3:11.44	48.76
2.	Carla Vale, LENZI	67	Sport Alges e Dafundo	3:22.89	313
	50m: 46.52 46.52	100m: 1:38.68	52.16 150m: 2:32.11 53.43	200m: 3:22.89	50.78
3.	Eliana Marta, CASTRO	70	Sporting Clube de Aveiro	3:45.18	229
	50m: 50.30 50.30	100m: 1:49.40	59.10 150m: 2:49.16 59.76	200m: 3:45.18	56.02
4.	Conceicao Batista, TAVARES	69	Gafanha da Encarnacao	4:05.01	177
	50m: 52.16 52.16	100m: 1:53.56	1:01.40 150m: 2:58.60 1:05.04	200m: 4:05.01	1:06.41

Grupo H

1.	Ann Violet, SMEED	65	Óbidos	3:20.84	390
	50m: 45.03 45.03	100m: 1:34.77	49.74 150m: 2:28.27 53.50	200m: 3:20.84	52.57
2.	Maria Goncalves, VASCONCELOS	64	Masters de Almada	3:32.77	328
	50m: 47.77 47.77	100m: 1:41.22	53.45 150m: 2:37.25 56.03	200m: 3:32.77	55.52
3.	Maria Manuela, NETO	62	Natacao da Maia	3:42.90	285
	50m: 49.43 49.43	100m: 1:45.03	55.60 150m: 2:44.52 59.49	200m: 3:42.90	58.38
4.	Cidalia Conceicao, MARIA	64	CNLeiria - VOID	6:48.00	46
	50m: 1:23.12 1:23.12	100m: 3:05.11	1:41.99 150m: 4:59.68 1:54.57	200m: 6:48.00	1:48.32

Grupo J

1.	Maria Teresa, MOTA	51	Amigos da Natacao - AC	5:03.78	168
	50m: 1:05.75 1:05.75	100m: 2:23.93	1:18.18 150m: 3:45.13 1:21.20	200m: 5:03.78	1:18.65