



12º Torneio de Masters do Litoral Alentejano  
Sines, 1/3/2025

Prova 1  
01/03/2025

Femin., 400m Livres

ANO 1921 - 2000  
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			01/01/1800
RN M(85-89)	59:00.00	start			01/01/1800

Pontos: DSV Masters 2024

Lugar Nome Idade Clube Tempo final Pontos  
ANO 1996 - 2000

1.	Sofia Oliveira SILVA	26	Litoral Alentejano	<b>4:54.86</b>	712
	50m: 34.14 34.14 150m: 250m: 350m:			400m: 4:54.86	
	100m: 1:10.39 36.25 200m: 2:25.14 300m: 3:40.46				
2.	Ana Margarida RODRIGUES	29	Galitos / Bresimar	<b>5:08.17</b>	623
	50m: 33.81 33.81 150m: 250m: 350m:			400m: 5:08.17	
	100m: 1:10.71 36.90 200m: 2:27.46 300m: 3:46.84				
3.	Raquel Fernandes SANTOS	27	Clube Natacao Masters de Almada	<b>5:37.22</b>	476
	50m: 38.79 38.79 150m: 250m: 350m:			400m: 5:37.22	
	100m: 1:21.50 42.71 200m: 2:47.97 300m: 4:12.97				
4.	Ines Santos MAGALHAES	26	Sporting Clube de Aveiro	<b>5:41.47</b>	458
	50m: 39.44 39.44 150m: 250m: 350m:			400m: 5:41.47	
	100m: 1:21.75 42.31 200m: 2:48.37 300m: 4:15.40				
5.	Ana Rita PEDRO	26	O2-Portimao	<b>6:40.62</b>	283
	50m: 45.95 45.95 150m: 2:26.68 51.04 250m: 350m:			400m: 6:40.62	
	100m: 1:35.64 49.69 200m: 3:18.30 51.62 300m: 5:01.97				

ANO 1991 - 1995

1.	Sara Francisco CRUZ	32	Ba-Leiria	<b>4:56.46</b>	751
	50m: 33.89 33.89 150m: 250m: 350m:			400m: 4:56.46	
	100m: 1:10.92 37.03 200m: 2:25.92 300m: 3:40.92				
2.	Alexandra Sofia MONTEIRO	33	CNLeiria - VOID	<b>5:02.19</b>	709
	50m: 32.99 32.99 150m: 250m: 350m:			400m: 5:02.19	
	100m: 1:09.49 36.50 200m: 2:26.46 300m: 3:44.21				
3.	Carolina Francisco GOMES	30	Lisboa PoolSharks	<b>5:31.09</b>	539
	50m: 50.36 50.36 150m: 1:58.84 41.27 250m: 3:24.17 42.86 350m: 4:49.42 42.58			400m: 5:31.09 41.67	
	100m: 1:17.57 27.21 200m: 2:41.31 42.47 300m: 4:06.84 42.67				
4.	Gisela Felix SEIXAS	31	Sporting	<b>6:26.45</b>	339
	50m: 39.34 39.34 150m: 2:12.70 47.70 250m: 350m:			400m: 6:26.45	
	100m: 1:25.00 45.66 200m: 3:03.06 50.36 300m: 4:47.20				

ANO 1986 - 1990

1.	Susana Pereira LORY	38	Clube Natacao Masters de Almada	<b>7:30.99</b>	210
	50m: 49.35 49.35 150m: 250m: 350m:			400m: 7:30.99	
	100m: 1:44.85 55.50 200m: 3:39.66 300m: 5:35.38				



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ANO 1981 - 1985

1. Mariana Sa LUCAS	41	Litoral Alentejano	<b>4:59.75</b>	788
50m: 33.50 33.50	150m: 2:25.43	250m: 3:41.68	350m: 4:59.75	
100m: 1:10.07 36.57				
2. Joana Silva CRISTOVAO	44	FC Ferreiras/AlgarExperience	<b>6:29.64</b>	359
50m: 44.17 44.17	150m: 2:21.32	49.23 250m: 4:31.81	350m: 6:29.64	
100m: 1:32.09 47.92	200m: 3:11.01	49.69 300m: 5:38.69	400m: 7:37.37	
3. Carmen Silvia LUZ	44	Litoral Alentejano	<b>7:08.87</b>	269
50m: 47.24 47.24	150m: 3:28.13	250m: 5:19.70	350m: 7:08.87	
100m: 1:38.95 51.71	200m: 3:39.14	59.46 300m: 5:38.69	400m: 7:36.40	
4. Emma MARTIN	43	Portinado	<b>7:36.40</b>	223
50m: 48.67 48.67	150m: 2:39.68	57.16 250m: 5:38.69	350m: 7:36.40	
100m: 1:42.52 53.85	200m: 3:39.14	59.46 300m: 5:38.69	400m: 7:36.40	
5. Francisca Pinho MONTEIRO	43	Sporting Clube de Aveiro	<b>7:37.37</b>	222
50m: 49.47 49.47	150m: 3:45.33	250m: 5:45.94	350m: 7:37.37	
100m: 1:45.97 56.50	200m: 3:45.33	300m: 5:45.94	400m: 7:37.37	

ANO 1976 - 1980

1. Carmen Eliana MUELLER	45	Lagoa Academico Clube	<b>6:33.44</b>	375
50m: 43.42 43.42	150m: 2:21.59	49.42 250m: 4:03.34	350m: 5:46.59	51.21
100m: 1:32.17 48.75	200m: 3:11.90	50.31 300m: 4:55.38	400m: 6:33.44	46.85
2. Joana Rita ROBALO	45	Aminata	<b>6:36.63</b>	366
50m: 42.63 42.63	150m: 3:11.38	250m: 4:53.73	350m: 6:36.63	
100m: 1:30.66 48.03	200m: 3:11.38	300m: 4:53.73	400m: 6:36.63	
3. Ana Maria MARTINS	46	Sporting Clube de Aveiro	<b>7:10.94</b>	285
50m: 49.37 49.37	150m: 3:34.76	250m: 5:25.97	350m: 7:10.94	
100m: 1:43.22 53.85	200m: 3:34.76	300m: 5:25.97	400m: 7:10.94	

ANO 1971 - 1975

1. Manuela Ribeiro PEREIRA	54	Ba-Leiria	<b>7:53.09</b>	221
50m: 54.73 54.73	150m: 2:51.81	58.57 250m: 4:52.47	350m: 7:53.09	
100m: 1:53.24 58.51	200m: 3:50.08	58.27 300m: 4:52.47	400m: 7:53.09	

ANO 1966 - 1970

1. Ana Paula SEQUEIRA	57	Sporting Clube de Aveiro	<b>6:27.27</b>	420
50m: 42.87 42.87	150m: 3:09.45	250m: 4:48.84	350m: 6:27.27	
100m: 1:30.77 47.90	200m: 3:09.45	300m: 4:48.84	400m: 6:27.27	
2. Ana Bernardo BARBARA	55	Portinado	<b>7:12.99</b>	301
50m: 48.45 48.45	150m: 3:31.85	250m: 5:24.38	350m: 7:12.99	
100m: 1:40.49 52.04	200m: 3:31.85	300m: 5:24.38	400m: 7:12.99	

ANO 1961 - 1965

1. Maria Goncalves VASCONCELOS	61	Clube Natacao Masters de Almada	<b>7:24.46</b>	337
50m: 48.09 48.09	150m: 3:34.67	250m: 5:30.84	350m: 7:24.46	
100m: 1:40.53 52.44	200m: 3:34.67	300m: 5:30.84	400m: 7:24.46	

ANO 1956 - 1960

1. Ana Maria CAEIRO	66	Grupo dos Amigos da Natacao-AC	<b>8:04.74</b>	384
50m: 52.92 52.92	150m: 2:53.27	1:01.28 250m: 6:21.20	350m: 8:04.74	
100m: 1:51.99 59.07	200m: 3:54.60	1:01.33 300m: 6:21.20	400m: 8:04.74	