



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

Prova 3  
01/03/2025

Femin., 400m Estilos

ANO 1921 - 2000  
Resultados

RN A(25-29)	5:18.59	Ana Monica ELOI	CLIPTEAM	Recarei	08/12/2022
RN B(30-34)	5:07.66	Ana Paula GRILO	UDCA	Anadia	31/05/2003
RN C(35-39)	5:10.65	Ana Paula GRILO	UDCA	Ponte da Barca	10/06/2005
RN D(40-44)	5:32.53	Ana Paula GRILO	CNBE	Blackpool (GBR)	25/02/2012
RN E(45-49)	5:54.12	Ana Paula GRILO	NDCO	Leiria	26/04/2014
RN F(50-54)	6:12.27	Ana Paula GRILO	NDCO	Aguas Santas	11/01/2020
RN G(55-59)	7:26.86	Ana Maria FERREIRA	SFP	Ponte de Sôr	26/05/2006
RN H(60-64)	7:18.48	Ana Maria FERREIRA	SAD	Lisboa	27/02/2011
RN I(65-69)	7:32.09	Ana Maria FERREIRA	SAD	Benedita	03/04/2016
RN J(70-74)	59:00.00	start			01/01/1800
RN K(75-79)	59:00.00	start			01/01/1800
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

- Ana Margarida RODRIGUES** 29 Galitos / Bresimar **5:50.99** 626  
50m: 35.37 35.37 150m: 2:01.65 46.21 250m: 3:37.26 49.61 350m: 5:09.73 42.19  
100m: 1:15.44 40.07 200m: 2:47.65 46.00 300m: 4:27.54 50.28 400m: 5:50.99 41.26
- Bruna Elisabete PAULINO** 28 Alcobaca **6:06.61** 549  
50m: 37.19 37.19 150m: 2:05.16 45.39 250m: 3:44.05 54.12 350m: 5:23.00 43.17  
100m: 1:19.77 42.58 200m: 2:49.93 44.77 300m: 4:39.83 55.78 400m: 6:06.61 43.61
- Raquel Fernandes SANTOS** 27 Clube Natacao Masters de Almada **6:12.41** 524  
50m: 41.06 41.06 150m: 2:14.47 48.35 250m: 3:52.99 51.21 350m: 5:29.34 43.54  
100m: 1:26.12 45.06 200m: 3:01.78 47.31 300m: 4:45.80 52.81 400m: 6:12.41 43.07

ANO 1991 - 1995

- Alexandra Sofia MONTEIRO** 33 CNLeiria - VOID **6:05.55** 545  
50m: 37.43 37.43 150m: 2:12.89 49.91 250m: 3:55.27 53.24 350m: 5:29.68 39.64  
100m: 1:22.98 45.55 200m: 3:02.03 49.14 300m: 4:50.04 54.77 400m: 6:05.55 35.87
- Daniela Ferreira PINHEIRO** 31 Alcobaca **6:32.11** 441  
50m: 44.59 44.59 150m: 2:27.77 48.51 250m: 4:08.01 51.94 350m: 5:49.71 47.12  
100m: 1:39.26 54.67 200m: 3:16.07 48.30 300m: 5:02.59 54.58 400m: 6:32.11 42.40

ANO 1986 - 1990

- Sara Daniela RODRIGUES** 38 Galitos / Bresimar **6:18.88** 517  
50m: 41.38 41.38 150m: 2:18.22 50.71 250m: 4:00.26 50.93 350m: 5:35.69 43.22  
100m: 1:27.51 46.13 200m: 3:09.33 51.11 300m: 4:52.47 52.21 400m: 6:18.88 43.19

ANO 1981 - 1985

- Mariana Moura SANTOS** 42 Lagoa Academico Clube **6:05.76** 659  
50m: 36.15 36.15 150m: 2:05.47 44.41 250m: 3:43.55 53.29 350m: 5:21.90 44.48  
100m: 1:21.06 44.91 200m: 2:50.26 44.79 300m: 4:37.42 53.87 400m: 6:05.76 43.86
- Sara Filipa CORTEZ** 44 Clube Natacao Masters de Almada **7:08.91** 408  
50m: 52.64 52.64 150m: 2:45.90 53.06 250m: 4:39.36 1:00.90 350m: 6:26.91 45.36  
100m: 1:52.84 1:00.20 200m: 3:38.46 52.56 300m: 5:41.55 1:02.19 400m: 7:08.91 42.00

ANO 1976 - 1980

- Inez Correa SA** 46 Lagoa Academico Clube **7:31.80** 366  
50m: 44.56 44.56 150m: 2:47.33 1:03.98 250m: 4:48.76 1:01.53 350m: 6:43.91 52.03  
100m: 1:43.35 58.79 200m: 3:47.23 59.90 300m: 5:51.88 1:03.12 400m: 7:31.80 47.89
- Ana Claudia GOMES** 49 Académica de Coimbra **7:36.81** 354  
50m: 49.01 49.01 150m: 2:48.83 1:02.17 250m: 4:48.21 58.14 350m: 6:44.41 55.21  
100m: 1:46.66 57.65 200m: 3:50.07 1:01.24 300m: 5:49.20 1:00.99 400m: 7:36.81 52.40



Prova 3, Femin., 400m Estilos

ANO 1966 - 1970

1.	Ana Bernardo BARBARA		55	Portinado				<b>8:02.57</b>	322			
	50m:	59.76	59.76	150m:	3:06.14	1:02.18	250m:	5:08.25	1:02.12	350m:	7:07.51	56.98
	100m:	2:03.96	1:04.20	200m:	4:06.13	59.99	300m:	6:10.53	1:02.28	400m:	8:02.57	55.06