

Prova 10 24/01/2026 - 9:30	Femin., 200m Livres				Masters Resultados
RN A(25-29)	2:09.40	RIESENBERGER, Bruna Martins	CIRL	Caldas da Rainha	27/01/2024
RN B(30-34)	2:06.50	GRILO, Ana Paula	UDCA	Inatel	22/03/2003
RN C(35-39)	2:07.69	GRILO, Ana Paula	UDCA	Freiburg (GER)	08/05/2004
RN D(40-44)	2:15.77	GOMES, Susana Clara	CNF	Mealhada	19/01/2019
RN E(45-49)	2:23.57	BARBARA, Carla Santa	FCP	Vila Franca de Xira	18/01/2020
RN F(50-54)	2:26.09	BARBARA, Carla Santa	FCP	Torres Novas	25/01/2025
RN G(55-59)	2:33.38	FERREIRA, Isabel Baptista	ADRCIMM	Caldas da Rainha	28/01/2023
RN H(60-64)	2:52.96	ANDRADE, Maria Teresa	FCP	Penafiel	08/12/2024
RN I(65-69)	2:57.96	FERREIRA, Ana Maria	SAD	Caldas da Rainha	16/04/2016
RN J(70-74)	3:09.01	FERREIRA, Ana Maria	SAD	Sines	07/03/2020
RN K(75-79)	3:28.77	BASTO, Luisa Bessone	SAD	Mealhada	18/01/2019
RN L(80-84)	3:50.11	BASTO, Luisa Bessone	SAD	Benedita	01/12/2024
RN M(85-89)	59:00.00	, start			01/01/1800

Pontos: DSV Masters 22

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts	50m	100m	150m	200m
<b>Masters A</b>											
1.	SIEBRECHT, Emily		220472	ADRCIMM	<b>2:08.22</b>	927	16,00	30.82	32.80	32.68	31.92
2.	RIESENBERGER, B.		105541	CIRL	<b>2:09.81</b>	893	15,00	30.27	32.47	33.68	33.39
3.	FERREIRA, B.		122579	CFP	<b>2:25.21</b>	638	14,00	32.92	36.03	37.80	38.46
4.	DIAS, Joana Teixeira		105455	CLAC	<b>2:35.32</b>	521	13,00	35.91	39.02	40.21	40.18
5.	CORREIA, Catarina Vieira		121076	LSC	<b>2:36.54</b>	509	12,00	35.59	39.56	41.10	40.29
6.	DOURADO, F.		112521	CFV	<b>2:39.14</b>	485	11,00	35.69	40.40	40.59	42.46
7.	MAGALHAES, I.		126529	SCA	<b>2:43.77</b>	445	10,00	37.87	40.38	42.45	43.07
8.	MARTINS, Maria Teresa		105948	CGA	<b>2:47.80</b>	413	9,00	36.66	42.17	44.54	44.43
9.	ROCHA, Rita Oliveira		116897	LSC	<b>2:47.98</b>	412	8,00	37.07	41.07	44.27	45.57
10.	RODRIGUES, I.		107522	VNC	<b>2:50.91</b>	391	7,00	39.07	42.48	44.61	44.75
11.	PEDRO, Ana Rita		202430	O2ADCP	<b>3:04.82</b>	309	6,00	42.89	47.38	48.17	46.38
12.	GONCALVES, F.		218666	CFP	<b>3:10.14</b>	284	5,00	42.93	48.45	51.18	47.58
13.	FERNANDES, B.		221696	CNV	<b>3:24.82</b>	227	4,00	44.54	50.33	54.79	55.16

#### Masters B

1.	BARGADO, C.		12537	LPS	<b>2:30.02</b>	587	16,00	33.00	37.11	39.56	40.35
2.	RODRIGUES, J.		15401	FCP	<b>2:31.68</b>	568	15,00	36.90	37.67	38.03	39.08
3.	GOMES, C.		26365	LPS	<b>2:32.86</b>	555	14,00	34.67	38.73	39.90	39.56
4.	POLA, Laura		214291	FCP	<b>2:34.90</b>	534	13,00	35.69	40.18	40.31	38.72
5.	AFONSO, Salome Dias		216833	CFP	<b>2:47.10</b>	425	12,00	38.05	42.38	42.93	43.74
6.	MACHADO, S.		148687	PIMP	<b>2:58.66</b>	348	11,00	41.18	43.95	46.76	46.77
7.	MARCELINO, C.		127055	GSC	<b>3:05.52</b>	310	10,00	43.46	46.63	48.57	46.86
8.	PERES, Ines Marques		222022	CNPDL	<b>3:06.70</b>	305	9,00	40.36	47.46	50.38	48.50
9.	OLIVEIRA, Beatriz Manata		213519	CAPGE	<b>3:35.29</b>	198	-	48.28	54.90	56.38	55.73

FTL

#### Masters C

1.	TEIXEIRA, Rute Sofia		15202	GCST	<b>2:32.44</b>	593	16,00	34.60	38.26	40.08	39.50
2.	ALVES, Joana Isabel		130453	CDUP	<b>2:32.65</b>	591	15,00	35.06	37.68	39.76	40.15
3.	FRIAS, Manuela Xavier		12330	AVFC	<b>2:34.50</b>	570	14,00	35.89	39.26	39.52	39.83
4.	RODRIGUES, Sara Daniela		12281	CGA	<b>2:40.68</b>	506	13,00	36.63	40.25	41.41	42.39
5.	O'LEARY, Kirstin Lynn		224799	CNN	<b>2:47.61</b>	446	12,00	38.89	42.99	44.04	41.69
6.	ANDRADE, M.		103108	LSXXI	<b>2:47.99</b>	443	11,00	35.81	40.95	45.24	45.99
7.	LIRIO, Ana Raquel		15206	GCST	<b>2:56.05</b>	385	10,00	39.88	44.70	45.87	45.60
8.	PAIS, Oleksandra		224454	FCP	<b>2:57.05</b>	378	9,00	37.65	44.16	47.25	47.99
9.	PASCOAL, R.		213206	CNL	<b>2:59.01</b>	366	8,00	39.40	45.24	47.85	46.52

Prova 10, Femin., 200m Livres, Masters C

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts	50m	100m	150m	200m
10.	LORY, Susana Pereira		130673	CNMAL	<b>3:25.41</b>	242	7,00	45.41	51.43	54.57	54.00
11.	OLIVEIRA SOEIRO, Rita		224159	CFP	<b>3:41.00</b>	194	6,00	45.72	54.57	59.90	1:00.81
12.	KURTASH, Oksana		218902	SCB	<b>3:48.96</b>	175	-	47.97	57.55	1:02.29	1:01.15

FTL

Masters D

1.	AFONSO, S.		14756	CFP	<b>2:22.56</b>	746	16,00	32.41	35.67	36.68	37.80
2.	LUCAS, Mariana Sa		204193	CNLA	<b>2:25.31</b>	704	15,00	32.64	36.30	37.73	38.64
3.	SANTOS, Mariana Moura		100102	LAGAC	<b>2:33.35</b>	599	14,00	35.49	38.89	40.06	38.91
4.	NEVES, Matilde Henry		224879	CFP	<b>2:49.80</b>	441	13,00	36.94	42.30	45.69	44.87
5.	PINTO, Rita Loureiro		131353	GCP	<b>2:55.20</b>	402	12,00	39.23	44.11	46.34	45.52
6.	MARTINS, Cinara Isabel		204274	ACS	<b>3:21.30</b>	265	11,00	44.90	50.16	52.79	53.45
7.	SANTOS, Monica Isabel		224016	ADP	<b>3:33.93</b>	220	10,00	46.01	53.42	58.85	55.65

Masters E

1.	VILAR, Sonia Oliveira		26837	CNV	<b>2:25.73</b>	717	16,00	32.80	36.03	38.08	38.82
2.	ADVANI, Jana		225751	LDC	<b>2:31.85</b>	634	15,00	32.49	36.38	40.37	42.61
3.	SWERTS, T.		209748	SCB	<b>2:33.34</b>	615	14,00	36.21	38.49	39.43	39.21
4.	GONCALVES, P.		207946	CFP	<b>2:40.27</b>	539	13,00	37.52	41.21	41.20	40.34
5.	OLIVEIRA, Ana Mafalda		23193	CNMAIA	<b>2:43.16</b>	511	12,00	37.00	40.20	42.78	43.18
6.	GUEDES, Ana Dalte		121739	LSC	<b>2:49.12</b>	459	11,00	37.88	42.56	44.76	43.92
7.	LYNES, Helen Anne		223647	INDLE	<b>2:49.97</b>	452	10,00	37.88	42.48	44.68	44.93
8.	CORTEZ, Sara Filipa		215343	CNMAL	<b>2:59.66</b>	382	9,00	42.44	45.20	47.71	44.31
9.	GARCIA, Ana Rita		224887	ACSINTRA	<b>3:03.27</b>	360	8,00	38.60	44.83	49.90	49.94
10.	MUELLER, Carmen Eliana		225307	LAGAC	<b>3:05.91</b>	345	7,00	41.64	50.14	49.15	44.98
11.	NEVES, Isabel Carolina		202850	CFP	<b>3:19.37</b>	280	6,00	46.73	50.53	52.29	49.82
12.	TROMBINHAS, A.		218465	CNBE	<b>3:21.62</b>	270	5,00	42.54	50.99	52.93	55.16
13.	MARTINS, Ana Maria		123246	SCA	<b>3:23.22</b>	264	4,00	46.49	52.49	53.72	50.52
14.	CERVELAN, M.		219354	OC	<b>3:26.13</b>	253	3,00	45.41	52.59	55.16	52.97
15.	INACIO, Vanessa Mendes		215618	CNRM	<b>3:28.06</b>	246	2,00	44.40	51.99	55.39	56.28
16.	FREITAS, Carmen Joao		223875	CNV	<b>3:50.71</b>	180	1,00	51.39	59.36	1:02.08	57.88
DSQ	SA, Inez Correia		215609	LAGAC							

4.4 - Falsa Partida

Masters F

1.	BARBARA, Carla Santa		118948	FCP	<b>2:25.79</b>	775	16,00	33.34	36.68	38.20	37.57
	<i>Recorde Nacional</i>										
2.	ROTHES, Ines Maria		124731	CFP	<b>2:36.70</b>	624	15,00	36.48	39.34	40.44	40.44
3.	BARBARA, Sandra Santa		104504	GCST	<b>2:49.50</b>	493	14,00	38.44	42.06	43.80	45.20
4.	PARAMIO, Maria Luz		206727	CNPDL	<b>2:51.12</b>	479	13,00	37.85	42.93	44.97	45.37
5.	REGO, Susana Isabel		215721	LSC	<b>3:07.90</b>	362	12,00	42.81	46.99	49.08	49.02
6.	LIPCIUC, C.		215964	SCB	<b>3:31.67</b>	253	11,00	45.19	54.64	57.52	54.32
7.	NUNES, Marcia Silva		122495	LAGAC	<b>3:33.96</b>	245	10,00	47.88	52.62	56.80	56.66
8.	SANTINHA, F.		100478	CNMAL	<b>3:42.70</b>	217	9,00	51.42	56.50	59.25	55.53
9.	JULIO, Isabel Maria		221419	CNL	<b>3:44.61</b>	212	8,00	47.08	55.53	1:02.43	59.57
10.	MATIAS, Claudia Maria		209789	LAGAC	<b>3:46.78</b>	206	7,00	51.47	59.69	59.48	56.14
11.	CORREIA, Ana Margarida		222659	AONDA	<b>3:56.99</b>	180	6,00	52.60	59.33	1:02.01	1:03.05
12.	MOTA, Teresa Susana		215976	SCB	<b>4:07.52</b>	158	5,00	52.31	1:03.01	1:08.63	1:03.57
13.	COSTA, Isabel Maria		214948	CNPDL	<b>4:27.89</b>	125	4,00	57.67	1:07.76	1:12.42	1:10.04

Prova 10, Femin., 200m Livres

Masters G

1. COSTA, Marta Sofia	206938	CDUP	<b>2:49.42</b>	537	16,00	38.88	43.03	44.38	43.13
2. SILVA, Claudia Maria	131425	PDEM	<b>3:02.02</b>	433	15,00	39.44	45.03	48.96	48.59
3. BLANCO, C.	124701	CFP	<b>3:03.71</b>	421	14,00	43.03	47.36	47.89	45.43
4. CLEMENTE, C.	202808	TNC	<b>3:08.09</b>	392	13,00	42.61	47.19	49.14	49.15
5. FERREIRA, M.	130114	VSC	<b>3:10.80</b>	376	12,00	44.11	48.02	50.24	48.43
6. REIS, Margarida Bleck	210540	CFP	<b>3:12.75</b>	365	11,00	42.13	48.40	50.46	51.76
7. SANTOS, Maria Paula	215339	CNV	<b>3:22.53</b>	314	10,00	44.49	51.57	53.35	53.12
8. LENZI, Carla Vale	25647	SAD	<b>3:30.59</b>	279	9,00	47.80	53.46	56.65	52.68
9. SOARES, Susana Maria	26158	CDUP	<b>3:36.45</b>	257	8,00	47.63	55.22	58.50	55.10
10. PEREIRA, M.	211409	ADBA	<b>3:49.45</b>	216	7,00	52.84	57.38	1:00.99	58.24
11. AUGUSTO, Isabel Reis	222298	CNPDL	<b>4:07.71</b>	172	6,00	53.06	1:02.75	1:07.94	1:03.96

Masters H

1. ANDRADE, Maria Teresa	203942	FCP	<b>2:51.27</b>	628	16,00	39.24	43.35	44.49	44.19
<i>Recorde Nacional</i>									
2. OSORIO, Maria Claudia	219153	CFP	<b>2:55.77</b>	581	15,00	39.75	43.61	46.53	45.88
3. URBANO, M.	11355	AAC	<b>3:06.75</b>	485	14,00	43.15	47.22	48.42	47.96
4. CUNHA, M.	132357	LSC	<b>3:19.15</b>	400	13,00	43.65	49.80	53.12	52.58
5. VASCONCELOS, M.	130670	CNMAL	<b>3:35.26</b>	316	12,00	45.03	51.47	57.90	1:00.86
6. CANINAS, M.	108658	CNMAL	<b>3:43.13</b>	284	11,00	49.46	56.69	59.31	57.67
7. NETO, Maria Manuela	102090	CNMAIA	<b>3:43.50</b>	283	10,00	49.60	55.72	58.91	59.27
8. MARTINS, Delfina Maria	117387	GCST	<b>4:19.78</b>	180	9,00	59.39	1:04.47	1:09.09	1:06.83

Masters I

1. MOORE, M.	212338	OC	<b>3:05.42</b>	692	16,00	40.57	45.88	48.77	50.20
2. OLIVEIRA, Maria Teresa	10538	AAC	<b>3:33.83</b>	451	15,00	49.78	55.53	55.43	53.09
3. OLIVEIRA, Cristina Maria	217798	CNV	<b>3:37.83</b>	426	14,00	48.29	55.29	58.50	55.75
4. WERNICKE, M.	210543	CFP	<b>3:40.01</b>	414	13,00	49.91	55.35	57.39	57.36
5. CAEIRO, Ana Maria	201953	GAN	<b>3:52.43</b>	351	12,00	52.01	58.67	1:01.86	59.89

Masters J

1. PINTAO, Luisa Maria	26112	ANE	<b>3:48.41</b>	396	16,00	51.39	58.81	1:00.33	57.88
2. FERREIRA, Maria Felix	112081	SAD	<b>4:50.78</b>	192	15,00	1:02.29	1:14.74	1:17.33	1:16.42
3. SILVA, Marilia Laura	131783	CFP	<b>5:37.12</b>	123	14,00	1:15.39	1:27.88	1:26.56	1:27.29

Masters K

1. HESSEL, Maria Helena	219554	CFP	<b>4:26.37</b>	309	16,00	1:04.32	1:09.10	1:10.90	1:02.05
-------------------------	--------	-----	----------------	-----	-------	---------	---------	---------	---------