

Prova 26	Femin., 100m Livres				Masters
25/01/2026 - 11:20					Resultados
RN A(25-29)	58.88	CASTRO, Adriana Daniela	LSC	Caldas da Rainha	28/01/2024
RN B(30-34)	58.49	GRILO, Ana Paula	UDCA	Funchal	05/04/2003
RN C(35-39)	59.37	GRILO, Ana Paula	UDCA	Desenzano (ITA)	25/01/2004
RN D(40-44)	1:00.63	GOMES, Susana Clara	CNF	Mealhada	20/01/2019
RN E(45-49)	1:02.58	GOMES, Susana Clara	CNF	Funchal	23/11/2023
RN F(50-54)	1:06.00	COUTINHO, Gisela Barbosa	CFP	Ermesinde	26/04/2025
RN G(55-59)	1:09.88	FERREIRA, Isabel Baptista	ADRCIMM	Albufeira	11/12/2022
RN H(60-64)	1:15.96	GAMONAL, Elena Alarcon	LAGAC	Sines	04/03/2023
RN I(65-69)	1:21.75	FERREIRA, Ana Maria	SAD	Alges	29/03/2015
RN J(70-74)	1:27.74	FERREIRA, Ana Maria	SAD	Caldas da Rainha	29/01/2023
RN K(75-79)	1:36.29	BASTO, Luisa Bessone	SAD	Algés	06/04/2019
RN L(80-84)	1:45.25	BASTO, Luisa Bessone	SAD	Torres Novas	26/01/2025
RN M(85-89)	59:00.00	, start			01/01/1800
RN N(90-94)	59:00.00	,			01/01/1800
RN O(95-99)	59:00.00	,			01/01/1800

Pontos: DSV Masters 22

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts	50m	100m
Masters A									
1.	ALVES, Miriam Natacha		105873	LSC	1:02.10	738	16,00	29.99	32.11
2.	RUIVACO, Maria Saraiva		117813	IDV	1:03.56	688	15,00	30.62	32.94
3.	FERNANDES, Ana Ines		119258	VSC	1:03.75	682	14,00	31.06	32.69
4.	SOROKINA, Irina		216159	CFP	1:04.96	644	13,00	30.77	34.19
5.	OZOLA, Agnese Patricija		225613	PIMP	1:05.10	640	12,00	30.70	34.40
6.	FERREIRA, Beatriz Marques		122579	CFP	1:07.31	579	11,00	32.12	35.19
7.	COSTA, Maria Malaguerra		106765	LPS	1:07.68	570	10,00	32.01	35.67
8.	MONTEIRO, Patricia Cabral		117473	CGA	1:08.02	561	9,00	33.01	35.01
9.	RODRIGUES, Rafaela Ferreira		117752	CDUP	1:10.08	513	8,00	32.93	37.15
10.	DOURADO, Francisca Azevedo		112521	CFV	1:10.88	496	7,00	33.48	37.40
11.	CABRAL, Maria Camolino		118893	LSC	1:11.20	489	6,00	33.20	38.00
12.	DIAS, Joana Teixeira		105455	CLAC	1:12.23	469	5,00	34.98	37.25
13.	PEDRO, Ana Rita		202430	O2ADCP	1:21.62	325	4,00	39.52	42.10
14.	VIEIRA SOUSA, Rita		224880	GDNFAMA	1:22.14	318	3,00	39.76	42.38
15.	FREITAS, Barbara Madalena		227864	CNMAL	1:25.86	279	2,00	40.21	45.65
16.	FERNANDES, Barbara Pereira		221696	CNV	1:30.61	237	1,00	42.02	48.59
17.	LACERDA, Mariana Ramos		227040	CNV	1:31.99	227	-	42.01	49.98
18.	JOSE, Patricia Alexandra		111736	SFGP	1:32.45	223	-	43.11	49.34

Masters B

1.	CRUZ, Sara Francisco		10732	INDLE	59.45	903	16,00	29.09	30.36
2.	ROLIM, Soraia Guerra		121321	CIRL	1:03.93	726	15,00	30.88	33.05
3.	LOPES, Carolina Sofia		100753	LDC	1:06.29	651	14,00	31.28	35.01
4.	REMELGADO, Ana Catarina		103628	LSC	1:08.34	594	13,00	33.40	34.94
5.	KING, Amanda Yuen-Ying		227631	CFP	1:08.74	584	12,00	32.91	35.83
6.	FURTADO, Cristina Alexandra		110596	GDNFAMA	1:08.84	581	11,00	32.98	35.86
7.	POLA, Laura		214291	FCP	1:11.12	527	10,00	34.79	36.33
8.	JORGE, Rita Ferreira		101913	AVFC	1:11.52	518	9,00	33.42	38.10
9.	VINAGRE, Marta Filipa		24660	LPS	1:11.54	518	8,00	33.87	37.67
10.	RODRIGUES, Joana Aguiar		15401	FCP	1:11.98	508	7,00	34.67	37.31
11.	MONTEIRO, Ana Sofia		206852	CNV	1:14.77	454	6,00	34.94	39.83
12.	AFONSO, Salome Dias		216833	CFP	1:15.98	432	5,00	35.73	40.25
13.	SOUSA, Ana Filipa		24481	SFGP	1:17.51	407	4,00	36.40	41.11
14.	SILVA, Laura Bicho		225830	GCP	1:20.49	364	3,00	39.27	41.22
15.	SEIXAS, Gisela Felix		209790	SCP	1:20.73	360	2,00	38.26	42.47
16.	DUARTE, Joana Afonso		14980	PORTIN	1:23.12	330	1,00	39.17	43.95

Prova 26, Femin., 100m Livres, Masters B

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts	50m	100m
17.	NEVES, Daniela Leal		218271	CAPGE	1:25.02	308	-	41.00	44.02
18.	MARCELINO, Catarina Matias		127055	GSC	1:26.66	291	-	42.17	44.49
19.	BARNABE, Sandra Maria		112609	CGA	1:27.30	285	-	39.74	47.56
20.	COELHO, Patricia Alexandra		226807	SCB	1:27.41	284	-	41.98	45.43
21.	OLIVEIRA, Beatriz Manata FTL		213519	CAPGE	1:37.90	202	-	45.72	52.18
22.	SANTOS, Debora Filipa FTL		132091	CFP	2:16.62	74	-	1:03.68	1:12.94

Masters C

1.	FERREIRA, Ana Claudia		10559	CNAL	1:03.77	744	16,00	30.62	33.15
2.	DAMASIO, Ana Raquel		13101	CNN	1:06.19	665	15,00	31.28	34.91
3.	BARBARA, Joana Pereira		13948	CNMAL	1:06.77	648	14,00	31.78	34.99
4.	TEIXEIRA, Rute Sofia		15202	GCST	1:07.82	618	13,00	32.49	35.33
5.	FRIAS, Manuela Xavier		12330	AVFC	1:09.89	565	12,00	33.27	36.62
6.	LEMONS, Andreia Ferreira		227778	CGA	1:11.89	519	11,00	33.05	38.84
7.	DIAS, Ana Patricia		219609	LAGAC	1:13.49	486	10,00	35.54	37.95
8.	ANDRADE, Marta Meireles		103108	LSXXI	1:13.60	484	9,00	35.51	38.09
9.	PAIS, Oleksandra		224454	FCP	1:14.78	461	8,00	35.24	39.54
10.	JOSE, Helena Manuel		15205	GCST	1:15.13	455	7,00	36.46	38.67
11.	ANTUNES, Tania Sofia		220623	CNMC	1:17.97	407	6,00	35.96	42.01
12.	GONCALVES, Catarina Borges		221381	CNPDL	1:27.65	286	5,00	41.89	45.76
13.	KURTASH, Oksana		218902	SCB	1:38.93	199	4,00	45.25	53.68
14.	SANTOS, Nadia Filipa FTL		200465	CNAL	1:39.23	197	-	45.43	53.80
15.	SILVA, Joana Gameiro FTL		226695	CNL	1:47.70	154	-	51.96	55.74

Masters D

1.	DIAS, Ana Sofia		123667	PORTIN	1:10.92	560	16,00	33.58	37.34
2.	NEVES, Matilde Henry		224879	CFP	1:11.95	536	15,00	33.68	38.27
3.	ARENAS, Lina Orrego		211228	FCP	1:13.55	502	14,00	34.70	38.85
4.	CATARINO, Marta Gloria		117354	LAGAC	1:13.84	496	13,00	35.29	38.55
5.	APPELT, Martha Paz		204759	FCP	1:17.22	434	12,00	36.43	40.79
6.	REBOCHO, Mariana Sarmiento		103405	CFP	1:18.96	406	11,00	37.83	41.13
7.	PINTO, Rita Loureiro		131353	GCP	1:19.26	401	10,00	38.35	40.91
8.	SOUSA, Rita Vanessa		224771	GESL	1:25.34	321	9,00	39.61	45.73
9.	VIEIRA, Maria Reboredo		215973	SCB	1:26.70	306	8,00	42.83	43.87
10.	MARTINS, Cinara Isabel		204274	ACS	1:29.36	280	7,00	42.53	46.83
11.	SANTOS, Monica Isabel		224016	ADP	1:33.73	242	6,00	44.50	49.23
12.	CASTRO, Helga Patricia		226593	CFP	1:34.92	233	5,00	42.73	52.19
13.	NEVES, Susana Alves		209083	CNLA	1:37.30	217	4,00	44.47	52.83

Masters E

1.	VILAR, Sonia Oliveira		26837	CNV	1:04.82	778	16,00	31.01	33.81
2.	ADVANI, Jana		225751	LDC	1:07.15	700	15,00	31.76	35.39
3.	MARQUES, Carla Sofia		106619	AAC	1:07.53	688	14,00	32.50	35.03
4.	PRIOR, Ana Filipa		105895	CIRL	1:10.45	606	13,00	33.66	36.79
5.	SWERTS, T.		209748	SCB	1:11.13	589	12,00	34.01	37.12
6.	DOMINGUES, Claudia Baptista		203924	SCA	1:12.56	555	11,00	34.99	37.57

Prova 26, Femin., 100m Livres, Masters E

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts	50m	100m
7.	DULK, Talia Den		222174	ANE	1:14.16	520	10,00	35.26	38.90
8.	COIMBRA, Rute Lourenco		218689	CAPGE	1:17.09	463	9,00	36.78	40.31
9.	GUEDES, Ana DAlte		121739	LSC	1:17.67	452	8,00	36.37	41.30
10.	CORTEZ, Sara Filipa		215343	CNMAL	1:19.62	420	7,00	38.78	40.84
11.	FERREIRA, Teresa Sofia		218366	VSC	1:23.69	361	6,00	39.33	44.36
12.	CERVELAN, M.		219354	OC	1:28.32	307	5,00	41.03	47.29
13.	FERNANDES, Ana Rita		105109	AAC	1:29.45	296	4,00	42.19	47.26
14.	TROMBINHAS, Andreia Jesus		218465	CNBE	1:29.66	294	3,00	43.43	46.23
15.	PEREIRA, Rita Sofia		129211	CNPE	1:29.77	293	2,00	39.52	50.25
16.	TROMBINHAS, Fernanda Isabel		218520	CNBE	1:32.35	269	1,00	45.17	47.18
17.	INACIO, Vanessa Mendes		215618	CNRM	1:32.96	264	-	44.28	48.68
18.	PAIS, Liliane Caninhas		221103	CNFU	1:34.17	254	-	44.10	50.07
19.	LUZ, Carmen Silvia		148558	CNLA	1:36.72	234	-	46.18	50.54
20.	LEITE, Joana Isabel		130666	CFP	1:44.68	184	-	49.08	55.60
21.	PEREIRA, Andrea Helena		200630	CAA	1:45.44	180	-	48.78	56.66
22.	SANTOS, Ana Filipa		123606	LAGAC	1:45.68	179	-	53.09	52.59
23.	FREITAS, Carmen Joao		223875	CNV	1:46.30	176	-	51.25	55.05
24.	LOURENCO, Silvia Alexandra		205005	CNPE	1:56.88	132	-	54.96	1:01.92

FTL

Masters F

1.	BARBARA, Carla Santa		118948	FCP	1:05.18	817	16,00	31.20	33.98
	<i>Recorde Nacional</i>								
2.	ROTHES, Ines Maria		124731	CFP	1:11.43	620	15,00	34.92	36.51
3.	PARAMIO, Maria Luz		206727	CNPDL	1:18.14	474	14,00	36.64	41.50
4.	PINTO, Susana Monteiro		218650	CDUP	1:21.65	415	13,00	38.65	43.00
5.	ELIAS, Juliana Sanches		204720	ANE	1:23.39	390	12,00	39.07	44.32
6.	RIBEIRO, Helena Isabel		122493	LAGAC	1:25.21	365	11,00	40.56	44.65
7.	MENDES, Marcia Teresa		225816	CFP	1:27.66	335	10,00	40.75	46.91
8.	LIPCIUC, Cristina Nicoleta		215964	SCB	1:32.50	285	9,00	43.07	49.43
9.	FELIZ, Raquel Alexandra		219543	AAC	1:33.34	278	8,00	44.54	48.80
10.	CARVALHO, Sandra Maria		220265	FCP	1:37.44	244	7,00	46.04	51.40
11.	CASTRO, Filipa Nobre		210741	PORTIN	1:38.05	240	6,00	46.17	51.88
12.	CARVALHO, Vera Joao		218467	CNBE	1:38.86	234	5,00	45.12	53.74
13.	COSTA, Ana Isabel		218516	LAGAC	1:39.02	233	4,00	46.13	52.89
14.	OLIVEIRA, Fernanda Maria		225337	DNMG	1:40.45	223	3,00	45.70	54.75
15.	MOTA, Teresa Susana		215976	SCB	1:45.93	190	2,00	48.53	57.40
16.	BRAGA, Patricia Isabel		225817	CFP	1:47.32	183	1,00	51.61	55.71
17.	SILVESTRE, Helia Gloria		216870	PORTIN	1:47.63	181	-	45.48	1:02.15
18.	ALMEIDA, Sonia Catarina		210527	IDV	1:52.56	158	-	51.51	1:01.05
19.	COSTA, Isabel Maria		214948	CNPDL	1:57.13	140	-	52.55	1:04.58
20.	NUNES, Isabel Maria		227391	CNV	2:13.47	95	-	1:03.74	1:09.73

FTL

Masters G

1.	BRANDAO, Maria Teresa		108037	CFP	1:15.22	579	16,00	35.88	39.34
2.	SILVA, Claudia Maria		131425	PDEM	1:17.77	524	15,00	36.99	40.78
3.	REIS, Margarida Bleck		210540	CFP	1:24.67	406	14,00	39.64	45.03
4.	NAVARRO, Paula Margarida		202829	CNV	1:25.71	391	13,00	41.66	44.05
5.	SANTOS, Maria Paula		215339	CNV	1:28.18	359	12,00	39.51	48.67
6.	SOARES, Susana Maria		26158	CDUP	1:39.47	250	11,00	47.16	52.31
7.	AUGUSTO, Isabel Reis		222298	CNPDL	1:47.39	199	10,00	49.26	58.13

Prova 26, Femin., 100m Livres, Masters G

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts	50m	100m
8.	TAVARES, Conceicao Baptista		224321	CAPGE	1:49.67	187	9,00	50.59	59.08
9.	RIBEIRO, Violante Isabel		124926	SAD	1:53.33	169	8,00	53.02	1:00.31
10.	CERIEIRO, Angelina Maria		221106	CNFU	1:59.55	144	7,00	55.97	1:03.58
11.	DUARTE, Ana Paula		225838	CNV	1:59.68	143	6,00	58.03	1:01.65

Masters H

1.	ARCTANDER, Inger		221136	LAGAC	1:18.45	655	16,00	36.52	41.93
2.	OSORIO, Maria Claudia		219153	CFP	1:20.49	606	15,00	38.80	41.69
3.	WEISS, Kathrin		224149	ANE	1:22.68	559	14,00	39.44	43.24
4.	URBANO, Maria Margarida		11355	AAC	1:23.82	537	13,00	40.74	43.08
5.	CUNHA, Maria Trigueiros		132357	LSC	1:27.45	472	12,00	42.22	45.23
6.	SMEED, Ann Violet		219923	OC	1:33.22	390	11,00	44.19	49.03
7.	VASCONCELOS, M.		130670	CNMAL	1:34.53	374	10,00	44.90	49.63
8.	SILVA, Vivien Patricia		212365	CFP	1:35.01	368	9,00	45.59	49.42
9.	LOBO, Ana Cristina		103983	CFP	1:36.07	356	8,00	44.86	51.21
10.	NETO, Maria Manuela		102090	CNMAIA	1:39.09	325	7,00	46.01	53.08
11.	GIAO, Wanda Maria		110847	LAGAC	1:46.88	259	6,00	50.53	56.35
12.	DUARTE, Paula Cristina		207732	CDF	1:51.02	231	5,00	51.65	59.37
13.	COSTA, Rosa Leitao		132419	FOCA	1:55.85	203	4,00	53.32	1:02.53
14.	MARTINS, Delfina Maria		117387	GCST	2:01.12	177	3,00	58.25	1:02.87
15.	MENEZES, Maria Paula FTL		125606	AAC	2:12.36	136	-	1:04.75	1:07.61
16.	GUERRA, Margarida Maria FTL		224169	CNFU	2:12.67	135	-	1:01.43	1:11.24
17.	MARIA, Cidalia Conceicao FTL		211933	CNL	2:31.53	90	-	1:10.13	1:21.40

Masters I

1.	GAMONAL, Elena Alarcon <i>Recorde Nacional</i>		106651	LAGAC	1:13.57	897	16,00	35.56	38.01
2.	MOORE, Michelle Annette		212338	OC	1:21.80	653	15,00	39.19	42.61
3.	TORRES, Maria Isabel		12229	AAC	1:30.21	486	14,00	42.30	47.91
4.	CUNHA, Maria Paula		121597	LSC	1:40.23	355	13,00	46.41	53.82
5.	WERNICKE, Maria Giraldo		210543	CFP	1:43.81	319	12,00	49.86	53.95
6.	CAEIRO, Ana Maria		201953	GAN	1:49.17	274	11,00	52.39	56.78
7.	PINTO, Maria Teresa		120500	LSC	1:57.99	217	10,00	58.17	59.82
8.	CARRONDO, Maria Luisa		221694	CFP	1:59.68	208	9,00	57.22	1:02.46
9.	BARBOSA, Maria Lucia		224394	SAD	2:10.24	161	8,00	1:02.85	1:07.39
10.	SILVA, Maria Luisa FTL		222132	CFP	2:37.33	91	-	1:13.00	1:24.33

Masters J

1.	FERREIRA, Maria Felix		112081	SAD	2:06.57	205	16,00	58.83	1:07.74
2.	TARASOVA, Nataliia		224814	CFP	2:24.05	139	15,00	1:09.69	1:14.36
3.	SILVA, Marilia Laura FTL		131783	CFP	2:35.92	109	-	1:12.27	1:23.65

Prova 26, Femin., 100m Livres

Masters K

1. OLIVEIRA, Maria Elisabete <i>FTL</i>	211854	CDE	2:51.75	97	-	1:13.92	1:37.83
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Masters M

1. SA, Nair Gomes <i>Recorde Nacional</i>	13404	ANE	3:40.99	96	16,00	1:44.70	1:56.29
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