

Prova 3	Femin., 200m Estilos				Masters
23/01/2026 - 15:45					Resultados
RN A(25-29)	2:26.69	RIESENBERGER, Bruna Martins	CIRL	Caldas da Rainha	26/01/2024
RN B(30-34)	2:27.16	NEVES, Vania Soares	VNC	Caldas da Rainha	26/01/2024
RN C(35-39)	2:27.95	GRILO, Ana Paula	UDCA	Inatel	04/02/2006
RN D(40-44)	2:30.13	GOMES, Susana Clara	CNF	Vila Franca de Xira	19/01/2018
RN E(45-49)	2:35.09	GOMES, Susana Clara	CNF	Caldas da Rainha	27/01/2023
RN F(50-54)	2:45.36	COUTINHO, Gisela Barbosa	CFP	Torres Novas	24/01/2025
RN G(55-59)	3:01.29	KRAEVA, Elena Nikolaevna	ADRCIMM	Tomar	30/01/2016
RN H(60-64)	3:22.33	ANDRADE, Maria Teresa	FCP	Caldas da Rainha	27/01/2023
RN I(65-69)	3:32.53	FERREIRA, Ana Maria	SAD	Caldas da Rainha	16/04/2016
RN J(70-74)	3:54.03	FERREIRA, Ana Maria	SAD	Caldas da Rainha	27/01/2023
RN K(75-79)	4:00.92	BASTO, Luisa Bessone	SAD	Caldas da Rainha	13/04/2019
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 22

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts	50m	100m	150m	200m
Masters A											
1.	SIEBRECHT, Emily	220472	ADRCIMM		2:23.37	950	16,00	31.72	36.95	41.76	32.94
2.	RIESENBERGER, B.	105541	CIRL		2:28.62	853	15,00	32.13	39.58	42.72	34.19
3.	SOROKINA, Irina	216159	CFP		2:36.62	729	14,00	32.96	39.84	44.19	39.63
4.	RUIVACO, Maria Saraiva	117813	IDV		2:41.56	664	13,00	33.67	41.08	47.61	39.20
5.	FERNANDES, Ana Ines	119258	VSC		2:43.56	640	12,00	34.39	45.08	46.98	37.11
6.	FERREIRA, B.	122579	CFP		2:43.82	637	11,00	35.15	43.07	47.33	38.27
7.	DIAS, Maria Beatriz	108045	CNPO		2:45.66	616	10,00	37.09	41.75	47.51	39.31
8.	DOMINGUES, M.	110972	CNAL		2:46.56	606	9,00	35.17	41.84	49.35	40.20
9.	SANTOS, R.	111454	CNMAL		2:50.10	569	8,00	35.92	43.08	50.95	40.15
10.	MAGALHAES, I.	126529	SCA		3:02.85	458	7,00	40.94	48.70	49.47	43.74
11.	RODRIGUES, I.	107522	VNC		3:18.10	360	6,00	40.74	52.04	1:00.63	44.69
12.	FERNANDES, Ana Rita	224208	FCP		3:22.69	336	5,00	40.97	56.12	58.15	47.45
13.	FERNANDES, B.	221696	CNV		3:41.00	259	4,00	48.90	56.18	1:04.23	51.69

Masters B

1.	RODRIGUES, A.	103868	CGA		2:40.68	703	16,00	32.62	41.50	47.62	38.94
2.	FURTADO, C.	110596	GDNFAMA		2:58.30	514	15,00	36.73	48.06	51.48	42.03
3.	MONTEIRO, Ana Sofia	206852	CNV		3:17.74	377	14,00	44.33	46.94	59.48	46.99
4.	FERNANDES, Alexia Alves	201754	CNV		3:21.70	355	13,00	43.97	54.44	55.73	47.56
5.	PERES, Ines Marques	222022	CNPDL		3:27.29	327	12,00	46.02	53.66	58.62	48.99

Masters C

1.	PIRES, Rafaela Barreiros	13418	SCB		2:56.41	558	16,00	37.32	46.85	50.95	41.29
2.	ALVES, Joana Isabel	130453	CDUP		3:00.66	519	15,00	37.71	48.51	53.76	40.68
3.	RODRIGUES, Sara Daniela	12281	CGA		3:00.95	517	14,00	36.23	46.90	54.33	43.49
4.	MELO, Silvia Claudia	15709	FCP		3:02.53	504	13,00	38.61	47.97	54.46	41.49
5.	DIAS, Ana Patricia	219609	LAGAC		3:13.97	419	12,00	41.59	50.98	55.35	46.05
6.	O'LEARY, Kirstin Lynn	224799	CNN		3:16.39	404	11,00	43.71	51.78	57.94	42.96

Masters D

1.	SANTOS, Mariana Moura	100102	LAGAC		2:51.18	630	16,00	36.63	42.36	51.86	40.33
2.	MARTINS, Cinara Isabel	204274	ACS		3:56.60	238	15,00	52.58	1:04.27	1:07.15	52.60

Prova 3, Femin., 200m Estilos

Masters E

1. GONCALVES, P.	207946	CFP	3:04.64	537	16,00	38.37	48.07	56.02	42.18
2. ERVILHA, Joana Antunes	13980	CNL	3:23.07	403	15,00	48.28	50.97	57.87	45.95
3. SA, Inez Correa	215609	LAGAC	3:24.65	394	14,00	47.16	54.70	55.23	47.56
4. SILVA, Ana Rosa	133361	FOCA	4:01.79	239	13,00	51.36	1:03.49	1:10.12	56.82
5. LUZ, Carmen Silvia	148558	CNLA	4:04.00	232	12,00	57.04	1:12.92	1:02.95	51.09

Masters F

1. COUTINHO, G.	211764	CFP	2:50.27	730	16,00	34.87	42.92	52.25	40.23
2. NOBREGA, C.	26044	JACL	3:01.28	605	15,00	38.64	46.98	53.67	41.99
3. ARANTES, Joana Isabel	119367	CMBCP	3:06.43	556	14,00	36.32	48.66	57.15	44.30
4. OLIVEIRA, Ana Cristina	127153	CGA	3:22.72	432	13,00	41.30	50.38	1:00.44	50.60
5. REGO, Susana Isabel	215721	LSC	3:30.60	386	12,00	47.02	52.84	1:00.44	50.30
6. CASTRO, Catarina Bayer	127874	CFP	3:38.09	347	11,00	48.63	55.98	1:04.92	48.56
7. PINTO, Isabel Maria	207697	CFP	4:03.92	248	10,00	59.64	1:00.79	1:09.72	53.77
8. MESQUITA, Isabel Maria	222704	CNV	4:05.32	244	9,00	55.27	1:00.58	1:09.34	1:00.13
9. SANTINHA, F.	100478	CNMAL	4:08.70	234	8,00	58.74	1:14.58	1:04.67	50.71
10. COSTA, Ana Isabel	218516	LAGAC	4:08.91	233	7,00	51.01	1:08.39	1:07.03	1:02.48
11. MATIAS, Claudia Maria	209789	LAGAC	4:11.69	226	6,00	56.16	1:03.43	1:17.48	54.62

Masters G

1. BLANCO, C.	124701	CFP	3:34.57	391	16,00	48.18	58.70	1:01.64	46.05
2. REIS, Margarida Bleck	210540	CFP	3:44.45	341	15,00	48.45	58.77	1:05.32	51.91
3. SILVA, Marina Monica	205154	LAGAC	4:23.69	210	14,00	57.68	1:14.32	1:10.79	1:00.90

Masters H

1. URBANO, M.	11355	AAC	3:29.73	573	16,00	46.75	58.47	56.66	47.85
2. CARVALHO, H.	17549	SCP	3:53.40	416	15,00	52.42	1:05.04	1:00.64	55.30
3. CANINAS, M.	108658	CNMAL	4:35.07	254	14,00	1:03.87	1:12.50	1:20.21	58.49
4. CARDOSO, Helena Maria	205207	CFP	4:43.79	231	13,00	1:05.59	1:07.58	1:21.14	1:09.48
5. RIBEIRO, M.	131782	CFP	5:05.54	185	12,00	1:11.32	1:22.50	1:24.54	1:07.18
DSQ FERNANDES, M.	105263	LSC	-	-	-	-	-	-	-

6.4 - O(a) atleta nao realizou movimento continuo ou imediato dos bracos na viragem aos 75 metros

Masters I

1. OLIVEIRA, Maria Teresa	10538	AAC	4:14.27	370	16,00	59.46	1:16.58	1:04.41	53.82
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Masters J

1. PINTAO, Luisa Maria	26112	ANE	4:07.12	462	16,00	1:03.59	1:06.53	1:03.69	53.31
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Masters K

1. SILVA, Alia Maria	221695	CFP	7:17.70	107	16,00	1:37.74	1:59.45	1:47.18	1:53.33
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