

Prova 30
25/01/2026 - 14:40

Femin., 200m Costas

Masters
Resultados

RN A(25-29)	2:25.91	NEVES, Vania Soares	CFP	Mealhada	20/01/2019
RN B(30-34)	2:25.63	NEVES, Vania Soares	VNC	Torres Novas	06/02/2022
RN C(35-39)	2:27.80	NEVES, Vania Soares	VNC	Torres Novas	26/01/2025
RN D(40-44)	2:39.07	GRILO, Ana Paula	INDALEN	Penafiel	20/11/2010
RN E(45-49)	2:43.05	COUTINHO, Gisela Barbosa	FCP	Vila Franca de Xira	18/01/2020
RN F(50-54)	2:47.20	COUTINHO, Gisela Barbosa	CFP	Torres Novas	26/01/2025
RN G(55-59)	2:53.12	KRAEVA, Elena Nikolaevna	ADRCIMM	Vila Franca de Xira	21/01/2018
RN H(60-64)	3:30.13	ANDRADE, Maria Teresa	FCP	Paços de Ferreira	07/12/2025
RN I(65-69)	3:46.86	FERREIRA, Ana Maria	SAD	Benedita	03/04/2016
RN J(70-74)	4:46.04	MONTEIRO, Isabel Costa	AAC	Torres Novas	26/01/2025
RN K(75-79)	5:11.80	SA, Nair Gomes	ANE	Caldas da Rainha	01/12/2018
RN L(80-84)	5:03.54	SA, Nair Gomes	ANE	Vila Franca de Xira	18/01/2020
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
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Masters A

1.	SANTOS, Alexandra Jesus	117408	LSC	2:34.19	693	16,00		36.63	39.52	38.97	39.07
2.	PAULINO, B.	102345	CNAL	2:38.72	635	15,00		36.35	40.50	41.19	40.68
3.	DIAS, Maria Beatriz	108045	CNPO	2:39.14	630	14,00		37.02	39.27	40.95	41.90
4.	DOMINGUES, M.	110972	CNAL	2:42.97	586	13,00		38.12	40.13	41.79	42.93
5.	SANTOS, R.	111454	CNMAL	2:51.61	502	12,00		40.26	43.84	44.33	43.18
6.	FERREIRA, B.	122579	CFP	2:54.75	476	11,00		38.75	43.52	46.53	45.95
7.	GONCALVES, F.	218666	CFP	3:29.24	277	10,00		49.15	53.99	53.82	52.28
8.	SOUSA, Mariana Guedes	224390	CNV	3:51.85	203	9,00		56.76	57.88	59.52	57.69

Masters B

1.	ROSA, Danielle Kisiel	227373	CNV	2:39.02	706	16,00		37.55	39.63	40.72	41.12
2.	LOUSA, Irina Filipa	102467	FCP	2:43.86	645	15,00		39.83	41.38	41.21	41.44
3.	KING, A.	227631	CFP	2:46.66	613	14,00		38.88	42.00	42.88	42.90
4.	PINHO, Catarina Dias	24405	CNN	2:48.55	593	13,00		37.76	41.83	44.69	44.27
5.	GONCALVES, F.	26907	CAA	2:49.10	587	12,00		37.94	42.52	44.22	44.42
6.	LEMOS, Ines Sousa	217777	FCP	3:01.30	476	11,00		41.09	44.77	47.84	47.60
7.	BRUNO, M.	206622	ADRCIMM	3:04.54	451	10,00		43.63	46.69	48.01	46.21
8.	MONTEIRO, Ana Sofia	206852	CNV	3:12.19	400	9,00		44.10	47.44	50.93	49.72
9.	SANTOS, Debora Filipa	132091	CFP	5:12.11	93	-		1:12.94	1:20.71	1:19.53	1:18.93

FTL

Masters C

1.	NEVES, Vania Soares	12380	VNC	2:32.26	825	16,00		34.78	39.38	40.04	38.06
2.	MATOS, Carolina Ferreira	203814	CAPGE	3:05.49	456	15,00		44.72	46.34	47.88	46.55
3.	LOPES, Maria Carolina	12501	SCB	3:06.25	450	14,00		41.81	45.51	48.61	50.32
4.	FOUGO, Rita Claudia	24051	CNMAIA	3:17.25	379	13,00		45.87	49.53	51.04	50.81

Masters D

1.	SANTOS, Mariana Moura	100102	LAGAC	2:46.62	720	16,00		37.26	41.37	44.21	43.78
2.	GASPAR, J.	109118	ANE	2:58.89	582	15,00		41.99	45.91	45.87	45.12
3.	FONSECA, Maria Ana	129912	CFP	3:23.36	396	14,00		48.16	51.39	51.49	52.32
4.	PATO, Ana Henriques	204148	CNMAL	3:25.77	382	13,00		44.80	50.54	54.54	55.89

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Masters E

1. LYNES, Helen Anne	223647	INDLE	2:51.27	723 16,00	38.87	43.04	44.79	44.57
2. BAPTISTA, L.	120495	LSC	2:56.79	657 15,00	41.43	44.79	45.40	45.17
3. PRIOR, Ana Filipa	105895	CIRL	3:02.24	600 14,00	43.47	45.72	47.59	45.46
4. GONCALVES, P.	207946	CFP	3:04.80	576 13,00	43.92	47.16	48.01	45.71
5. RIENDERHOFF, Yolanda	207733	SCE	3:12.02	513 12,00	44.73	49.74	50.45	47.10
6. CORTEZ, Sara Filipa	215343	CNMAL	3:28.17	402 11,00	49.91	51.77	54.92	51.57
7. CORREIA, Rita Barata	100467	CNMAL	3:29.43	395 10,00	47.65	52.36	54.73	54.69
8. MARTINS, Ana Maria	123246	SCA	3:51.50	293 9,00	54.03	59.43	1:01.64	56.40
9. NEVES, Isabel Carolina	202850	CFP	3:55.31	279 8,00	56.42	59.47	1:02.71	56.71
10. FREITAS, Carmen Joao	223875	CNV	4:14.40	220 7,00	59.38	1:06.58	1:06.34	1:02.10

Masters F

1. COUTINHO, G.	211764	CFP	2:51.51	627 16,00	40.61	43.32	43.49	44.09
2. COSTA, Maria Luisa	119218	FCP	3:07.05	483 15,00	42.61	46.58	48.47	49.39
3. CORREIA, Sandra Cristina	212315	FCP	3:26.96	357 14,00	47.08	51.26	54.05	54.57
4. MENDES, Marcia Teresa	225816	CFP	3:36.63	311 13,00	46.76	53.35	58.28	58.24
5. RIBEIRO, Helena Isabel	122493	LAGAC	3:45.76	275 12,00	51.63	55.49	58.04	1:00.60
6. OLIVEIRA, M.	208451	SCE	3:50.37	259 11,00	53.07	58.80	1:02.09	56.41
7. MESQUITA, Isabel Maria	222704	CNV	4:08.36	206 10,00	58.17	1:02.39	1:06.12	1:01.68

Masters G

1. COSTA, Marta Sofia	206938	CDUP	3:20.05	483 16,00	45.70	49.10	51.99	53.26
2. BLANCO, C.	124701	CFP	3:45.11	339 15,00	53.40	58.71	58.12	54.88
3. SOUSA, Maria Clara	100682	CNMAL	3:57.94	287 14,00	54.75	57.85	59.09	1:06.25
4. RIBEIRO, Violante Isabel	124926	SAD	4:17.77	226 13,00	57.01	1:04.28	1:07.38	1:09.10

Masters H

1. ANDRADE, Maria Teresa	203942	FCP	3:20.42	658 16,00	47.23	50.19	52.19	50.81
<i>Recorde Nacional</i>								
2. GUIMARAES, Rita Cabral	104341	CFP	3:26.20	604 15,00	49.40	53.14	53.09	50.57
3. GONCALVES, Ana Paula	215679	CNMAL	3:32.52	552 14,00	49.50	55.18	57.00	50.84
4. FRIAES, Maria Manuel	204549	FCP	3:51.14	429 13,00	54.65	59.29	1:01.97	55.23
5. DIAS, Maria Alexandra	219156	CFP	4:33.20	260 12,00	1:04.19	1:09.80	1:09.40	1:09.81
6. CARDOSO, Helena Maria	205207	CFP	4:37.92	246 11,00	1:00.23	1:09.20	1:14.51	1:13.98
7. MARIA, C.	211933	CNL	5:58.40	115 -	1:26.96	1:29.92	1:31.18	1:30.34
<i>FTL</i>								

Masters I

1. OLIVEIRA, Cristina Maria	217798	CNV	4:07.38	441 16,00	54.09	1:01.73	1:06.08	1:05.48
2. ALMEIDA, Ana Paula	153497	CFP	4:10.63	424 15,00	56.87	1:04.90	1:05.93	1:02.93
DSQ MOORE, M.	212338	OC	-	-	-	-	-	-

6.4 - O(a) atleta nao realizou movimento continuo ou imediato dos bracos na viragem aos 50 metros

Masters J

1. MONTEIRO, Isabel Costa	11174	AAC	4:49.87	318 16,00	1:07.78	1:16.01	1:16.71	1:09.37
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