

Prova 5 Femin., 100m Costas
23/01/2026 - 17:20 Masters Resultados

RN A(25-29)	1:07.01	PINHEIRO, Filipa Mendes	EDV	Mealhada	18/01/2019
RN B(30-34)	1:06.52	NEVES, Vania Soares	VNC	Caldas da Rainha	27/01/2023
RN C(35-39)	1:07.57	NEVES, Vania Soares	VNC	Torres Novas	24/01/2025
RN D(40-44)	1:10.19	AFONSO, Sofia Martiniano	CFP	Torres Novas	24/01/2025
RN E(45-49)	1:14.82	COUTINHO, Gisela Barbosa	CFP	Caldas da Rainha	26/01/2024
RN F(50-54)	1:17.09	REZENDE, Monica Anjos	FCP	Mealhada	18/01/2019
RN G(55-59)	1:19.42	KRAEVA, Elena Nikolaevna	ADRCIMM	Tomar	30/01/2016
RN H(60-64)	1:24.13	GAMONAL, Elena Alarcon	LAGAC	Caldas da Rainha	27/01/2023
RN I(65-69)	1:42.96	FERREIRA, Ana Maria	SAD	Sines	28/01/2017
RN J(70-74)	1:50.20	FERREIRA, Ana Maria	SAD	Algés	25/06/2023
RN K(75-79)	2:08.60	RAIMUNDO, Isabel Maria	SAD	Pontevedra (ESP)	21/02/2015
RN L(80-84)	2:16.56	SA, Nair Gomes	ANE	Sines	02/03/2019
RN M(85-89)	2:40.54	SA, Nair Gomes	ANE	Estoril	13/01/2024

Pontos: DSV Masters 22

Lugar	Nome	TReac	Licença	Clube	Tempo Final	DSV	Pts	50m	100m
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Masters A

1.	SANTOS, Alexandra Jesus	117408	LSC		1:08.24	816	16,00	33.27	34.97
2.	ALVES, Filipa Carreira	118479	CNMAL		1:11.50	709	15,00	34.06	37.44
3.	PAULINO, Bruna Elisabete	102345	CNAL		1:12.73	674	14,00	34.61	38.12
4.	RUIVACO, Maria Saraiva	117813	IDV		1:13.63	649	13,00	35.97	37.66
5.	MONTEIRO, Patricia Cabral	117473	CGA		1:14.50	627	12,00	35.81	38.69
6.	DOMINGUES, Monica Seara	110972	CNAL		1:16.48	579	11,00	37.31	39.17
7.	CORREIA, Catarina Vieira	121076	LSC		1:18.38	538	10,00	37.79	40.59
8.	BRUNIDO, Rita Rafaela	105182	CFV		1:19.99	506	9,00	38.11	41.88
9.	MARTINS, Maria Teresa	105948	CGA		1:20.87	490	8,00	38.17	42.70
10.	DIAS, Luisa Alves	222424	CNV		1:37.49	279	7,00	46.65	50.84
11.	GONCALVES, Francisca Isabel	218666	CFP		1:39.39	264	6,00	48.85	50.54
12.	PEDRO, Ana Rita	202430	O2ADCP		1:39.68	261	5,00	47.81	51.87
13.	SOUSA, Mariana Guedes	224390	CNV		1:44.43	227	4,00	52.30	52.13

Masters B

1.	LOUSA, Irina Filipa	102467	FCP		1:13.97	657	16,00	35.56	38.41
2.	PINHO, Catarina Dias	24405	CNN		1:15.41	620	15,00	35.80	39.61
3.	GONCALVES, Flavia Daniela	26907	CAA		1:16.54	593	14,00	36.41	40.13
4.	ROSA, Danielle Kisiel	227373	CNV		1:17.57	569	13,00	37.68	39.89
5.	JORGE, Rita Ferreira	101913	AVFC		1:21.81	485	12,00	39.71	42.10
6.	MONTEIRO, Ana Sofia	206852	CNV		1:28.84	379	11,00	43.54	45.30

Masters C

1.	LOPES, Maria Carolina	12501	SCB		1:24.32	478	16,00	40.46	43.86
2.	DIAS, Ana Patricia	219609	LAGAC		1:32.77	358	15,00	45.68	47.09

Masters D

1.	AFONSO, Sofia Martiniano	14756	CFP		1:09.83	921	16,00	33.20	36.63
	<i>Recorde Nacional</i>								
2.	LUCAS, Mariana Sa	204193	CNLA		1:14.65	754	15,00	35.53	39.12
3.	PATO, Ana Henriques	204148	CNMAL		1:31.91	404	14,00	42.73	49.18
4.	GUIMARAES, Francisca Faria	224763	CFP		1:46.49	259	13,00	51.77	54.72

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Masters E

1. BAPTISTA, Liliana Elisabete	120495	LSC	1:20.28	604	16,00	39.34	40.94
2. LYNES, Helen Anne	223647	INDLE	1:20.32	603	15,00	38.61	41.71
3. OLIVEIRA, Ana Mafalda	23193	CNMAIA	1:26.00	491	14,00	41.58	44.42
4. DOMINGUES, Claudia Baptista	203924	SCA	1:27.99	458	13,00	42.54	45.45
5. GONCALVES, Patricia Isabel	207946	CFP	1:28.30	454	12,00	44.02	44.28
6. MUELLER, Carmen Eliana	225307	LAGAC	1:32.25	398	11,00	45.48	46.77
7. ERVILHA, Joana Antunes	13980	CNL	1:35.23	362	10,00	46.85	48.38
8. MARTINS, Ana Maria	123246	SCA	1:46.48	258	9,00	51.87	54.61

Masters F

1. COSTA, Maria Luisa	119218	FCP	1:22.32	543	16,00	39.51	42.81
2. ROTHES, Ines Maria	124731	CFP	1:30.86	403	15,00	44.01	46.85
3. CORREIA, Sandra Cristina	212315	FCP	1:31.89	390	14,00	44.47	47.42
4. OLIVEIRA, Ana Cristina	127153	CGA	1:32.27	385	13,00	43.92	48.35
5. REGO, Susana Isabel	215721	LSC	1:38.81	314	12,00	48.19	50.62
6. RIBEIRO, Helena Isabel	122493	LAGAC	1:41.66	288	11,00	49.18	52.48
7. MESQUITA, Isabel Maria	222704	CNV	1:51.09	220	10,00	54.87	56.22
8. PINTO, Isabel Maria	207697	CFP	1:51.75	217	9,00	54.31	57.44
9. CASTRO, Filipa Nobre	210741	PORTIN	1:56.49	191	8,00	57.36	59.13
10. MATIAS, Claudia Maria	209789	LAGAC	2:02.62	164	7,00	59.52	1:03.10
11. SILVESTRE, Helia Gloria	216870	PORTIN	2:16.26	119	6,00	1:01.22	1:15.04
12. MOTA, Teresa Susana	215976	SCB	2:31.69	86	-	1:08.13	1:23.56

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Masters G

1. COSTA, Marta Sofia	206938	CDUP	1:31.19	543	16,00	43.66	47.53
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Masters H

1. ANDRADE, Maria Teresa	203942	FCP	1:32.64	671	16,00	44.53	48.11
2. ARCTANDER, Inger	221136	LAGAC	1:33.09	661	15,00	43.72	49.37
3. GUIMARAES, Rita Cabral	104341	CFP	1:34.68	628	14,00	45.11	49.57
4. GONCALVES, Ana Paula	215679	CNMAL	1:38.91	551	13,00	48.09	50.82
5. FRIAES, Maria Manuel	204549	FCP	1:41.70	507	12,00	49.24	52.46
6. POLICARPO, Ana Isabel	225815	CFP	2:10.25	241	11,00	1:04.31	1:05.94

Masters I

1. GAMONAL, Elena Alarcon	106651	LAGAC	1:24.35	1117	16,00	40.15	44.20
<i>Recorde Nacional</i>							
2. OLIVEIRA, Cristina Maria	217798	CNV	1:48.21	529	15,00	50.72	57.49
3. ALMEIDA, Ana Paula	153497	CFP	1:58.19	406	14,00	54.89	1:03.30
4. PINTO, Maria Teresa	120500	LSC	2:12.73	286	13,00	1:06.91	1:05.82

Masters J

1. ROCHA, Maria Carmo	118886	LSC	3:14.67	95	-	1:33.90	1:40.77
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Masters K

1. HESSEL, Maria Helena	219554	CFP	2:31.38	236	16,00	1:16.01	1:15.37
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Masters M

1. SA, Nair Gomes	13404	ANE	3:41.73	330	16,00	1:43.90	1:57.83
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