

3º Benedita Swim Master
Benedita, 30/11/2025



Prova 19 Grupo A
30/11/2025 - 16:00 Resultados

Rec. Nac A 4:36.93 Bruna Martins, RIESENBERGER CIRL Funchal 22/11/2023

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Beatriz Marques, FERREIRA	00 Clube Fluvial Portuense	5:22.70	485	9,00
50m: 36.07 36.07	150m: 1:56.01 40.35	250m: 3:17.61 41.10	350m: 4:41.51 42.03	
100m: 1:15.66 39.59	200m: 2:36.51 40.50	300m: 3:59.48 41.87	400m: 5:22.70 41.19	
2. Joana Quinta, PINTO	98 Grupo dos Amigos da Natacao-AC	5:44.70	398	7,00
50m: 38.99 38.99	150m: 2:06.95 44.91	250m: 3:33.06 43.50	350m: 5:01.46 44.33	
100m: 1:22.04 43.05	200m: 2:49.56 42.61	300m: 4:17.13 44.07	400m: 5:44.70 43.24	
3. Catarina Matias, MARCELINO	96 GSC Grândola Sports club	6:38.84	257	6,00
50m: 44.67 44.67	150m: 2:23.61 49.51	250m: 4:06.45 51.46	350m: 5:49.94 51.02	
100m: 1:34.10 49.43	200m: 3:14.99 51.38	300m: 4:58.92 52.47	400m: 6:38.84 48.90	

Prova 19 Grupo B
30/11/2025 - 16:00 Resultados

Rec. Nac B 4:27.23 Ana Paula, GRILO UDCA Inatel 25/05/2002

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Catarina Isabel, BARGADO	93 Lisboa PoolSharks	5:34.35	441	9,00
50m: 39.18 39.18	150m: 2:03.82 42.59	250m: 3:29.55 42.86	350m: 4:53.73 41.68	
100m: 1:21.23 42.05	200m: 2:46.69 42.87	300m: 4:12.05 42.50	400m: 5:34.35 40.62	
2. Marta Filipa, VINAGRE	95 Lisboa PoolSharks	6:00.19	353	7,00
50m: 38.76 38.76	150m: 2:05.63 44.41	250m: 3:36.40 46.18	350m: 5:13.22 48.31	
100m: 1:21.22 42.46	200m: 2:50.22 44.59	300m: 4:24.91 48.51	400m: 6:00.19 46.97	
3. Beatriz Manata, OLIVEIRA	94 Gafanha da Encarnacao	7:50.43	158	6,00
50m: 51.63 51.63	150m: 2:47.88 59.93	250m: 4:49.23 1:00.54	350m: 6:49.51 58.72	
100m: 1:47.95 56.32	200m: 3:48.69 1:00.81	300m: 5:50.79 1:01.56	400m: 7:50.43 1:00.92	

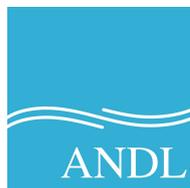
DNS Mariana Amendoeira, DUARTE 95 Lisboa PoolSharks -

Prova 19 Grupo C
30/11/2025 - 16:00 Resultados

Rec. Nac C 4:30.30 Ana Paula, GRILO UDCA Palma Maiorca (ESP) 18/04/2004

Pontos: AQUA Master 2024

Lugar	Ano	Tempo final	Pts	Pts Tor
1. Rafaela Barreiros, PIRES	89 Braga	5:47.08	420	9,00
50m: 39.45 39.45	150m: 2:05.36 43.12	250m: 3:32.85 43.80	350m: 5:02.06 44.67	
100m: 1:22.24 42.79	200m: 2:49.05 43.69	300m: 4:17.39 44.54	400m: 5:47.08 45.02	
2. Kirstin Lynn, O' LEARY	90 Nacional de Natacao	6:03.33	366	7,00
50m: 41.56 41.56	150m: 2:15.05 47.45	250m: 3:49.16 47.26	350m: 5:21.06 45.47	
100m: 1:27.60 46.04	200m: 3:01.90 46.85	300m: 4:35.59 46.43	400m: 6:03.33 42.27	
3. Anastacia Silva, CANTO	89 Masters de Almada	6:07.23	354	6,00
50m: 38.65 38.65	150m: 2:05.97 44.82	250m: 3:41.87 48.69	350m: 5:19.28 48.99	
100m: 1:21.15 42.50	200m: 2:53.18 47.21	300m: 4:30.29 48.42	400m: 6:07.23 47.95	
4. Nadia Filipa, SANTOS	90 Alcobaca	7:58.84	160	5,00
50m: 52.83 52.83	150m: 2:57.23 1:01.96	250m: 4:59.19 1:01.64	350m: 6:59.87 59.86	
100m: 1:55.27 1:02.44	200m: 3:57.55 1:00.32	300m: 6:00.01 1:00.82	400m: 7:58.84 58.97	



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Prova 19, Femin., 400m Livres

Prova 19	Femin., 400m Livres				Grupo D
30/11/2025 - 16:00					Resultados
Rec. Nac D	4:49.44	Susana Clara, GOMES	CNF	Mealhada	18/01/2019

Pontos: AQUA Master 2024

Lugar			Ano				Tempo final	Pts	Pts Tor			
1. Ana Paris, LEAL			84	Grupo dos Amigos da Natacao-AC			5:30.61	496	9,00			
	50m:	38.68	38.68	150m:	2:01.78	41.33	250m:	3:25.61	41.85	350m:	4:48.80	41.57
	100m:	1:20.45	41.77	200m:	2:43.76	41.98	300m:	4:07.23	41.62	400m:	5:30.61	41.81
2. Sara Filipa, CORTEZ			81	Masters de Almada			6:15.69	338	7,00			
	50m:	43.63	43.63	150m:	2:16.68	47.17	250m:	3:52.84	48.35	350m:	5:29.96	47.90
	100m:	1:29.51	45.88	200m:	3:04.49	47.81	300m:	4:42.06	49.22	400m:	6:15.69	45.73

Prova 19	Femin., 400m Livres				Grupo E
30/11/2025 - 16:00					Resultados

Pontos: AQUA Master 2024

Lugar			Ano				Tempo final	Pts	Pts Tor			
1. Joana Rita, ROBALO			80	AMINATA			6:15.27	351	9,00			
	50m:	42.99	42.99	150m:	2:16.53	47.50	250m:	3:52.24	47.89	350m:	5:28.04	47.86
	100m:	1:29.03	46.04	200m:	3:04.35	47.82	300m:	4:40.18	47.94	400m:	6:15.27	47.23
2. Isabel Carolina, NEVES			80	Clube Fluvial Portuense			7:10.86	232	7,00			
	50m:	48.35	48.35	150m:	2:35.31	53.81	250m:	4:24.87	54.69	350m:	6:17.46	56.59
	100m:	1:41.50	53.15	200m:	3:30.18	54.87	300m:	5:20.87	56.00	400m:	7:10.86	53.40
3. Ana Claudia, GOMES			76	Académica de Coimbra			7:15.13	225	6,00			
	50m:	47.89	47.89	150m:	2:37.20	55.37	250m:	4:29.81	56.05	350m:	6:22.12	56.26
	100m:	1:41.83	53.94	200m:	3:33.76	56.56	300m:	5:25.86	56.05	400m:	7:15.13	53.01
4. Vanessa Mendes, INACIO			80	Rio Maior			7:18.78	219	5,00			
	50m:	47.23	47.23	150m:	2:38.26	55.77	250m:	4:31.87	57.19	350m:	6:24.71	55.33
	100m:	1:42.49	55.26	200m:	3:34.68	56.42	300m:	5:29.38	57.51	400m:	7:18.78	54.07

Prova 19	Femin., 400m Livres				Grupo F
30/11/2025 - 16:00					Resultados

Rec. Nac F	5:06.50	Gisela Barbosa, COUTINHO	CFP	Porto	01/11/2025
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Pontos: AQUA Master 2024

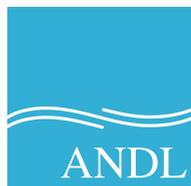
Lugar			Ano				Tempo final	Pts	Pts Tor
DNS Catarina Araujo, BLANCO			71	Clube Fluvial Portuense					-
DNS Ana Isabel, TRINDADE			71	Natacao do Fundao/YesEnergy					-

Prova 19	Femin., 400m Livres				Grupo G
30/11/2025 - 16:00					Resultados

Rec. Nac G	5:22.20	Isabel Baptista, FERREIRA	ADRCIMM	Caldas da Rainha	26/01/2024
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Pontos: AQUA Master 2024

Lugar			Ano				Tempo final	Pts	Pts Tor			
1. Patricia Diogenes, PEREIRA			69	Nadadores dos Estoris			6:02.96	446	9,00			
	50m:	42.18	42.18	150m:	2:12.76	45.78	250m:	3:44.88	46.09	350m:	5:17.24	46.18
	100m:	1:26.98	44.80	200m:	2:58.79	46.03	300m:	4:31.06	46.18	400m:	6:02.96	45.72
2. Maria Manuela, FERREIRA			70	Vitória Sport Clube			6:40.72	331	7,00			
	50m:	46.67	46.67	150m:	2:28.34	51.38	250m:	4:09.60	51.15	350m:	5:51.71	51.28
	100m:	1:36.96	50.29	200m:	3:18.45	50.11	300m:	5:00.43	50.83	400m:	6:40.72	49.01



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Prova 19, Femin., 400m Livres, Grupo G

Lugar	Ano						Tempo final		Pts	Pts Tor	
3. Marina Isabel, MENDES	68 Masters de Almada						7:17.48		254	6,00	
50m:	49.45	49.45	150m:	2:40.30	55.73	250m:	4:33.27	56.81	350m:	6:26.89	57.03
100m:	1:44.57	55.12	200m:	3:36.46	56.16	300m:	5:29.86	56.59	400m:	7:17.48	50.59

Prova 19 Femin., 400m Livres Grupo H
30/11/2025 - 16:00 Resultados

Rec. Nac H	5:56.54	Maria Claudia, OSORIO	CFP	Porto	01/11/2025
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Pontos: AQUA Master 2024

Lugar	Ano						Tempo final		Pts	Pts Tor	
1. Stephanie Ann, PEARCE	62 Óbidos						9:11.57		143	9,00	
50m:	1:06.10	1:06.10	150m:	3:23.92	1:09.79	250m:	5:44.61	1:10.90	350m:	8:02.33	1:08.52
100m:	2:14.13	1:08.03	200m:	4:33.71	1:09.79	300m:	6:53.81	1:09.20	400m:	9:11.57	1:09.24