

Prova 1
11/04/2026 - 9:30

Femin., 400m Estilos

Master Resultados

Recordes Nacionais Masters 50m L	59:00.00	,						01/01/1800
Recordes Nacionais Masters 50m K	59:00.00	,						01/01/1800
Recordes Nacionais Masters 50m J	59:00.00	,						01/01/1800
Recordes Nacionais Masters 50m I	7:52.16		Ana Maria, Ferreira	SAD	Loulé			04/07/2015
Recordes Nacionais Masters 50m H	7:52.39		Ana Maria, Ferreira	SAD	Loulé			30/06/2013
Recordes Nacionais Masters 50m G	6:54.26		Elena Nikolaevna, Kraeva	ADRCIMM	Famalicão			08/07/2017
Recordes Nacionais Masters 50m F	6:26.77		Ana Paula, Grilo	NDCO	Reguengos de Monsaraz			20/07/2019
Recordes Nacionais Masters 50m E	5:48.52		Susana Clara, Gomes	CNF	Reguengos de Monsaraz			10/07/2022
Recordes Nacionais Masters 50m D	5:32.69		Susana Clara, Gomes	CNF	Reguengos de Monsaraz			20/07/2019
Recordes Nacionais Masters 50m C	5:22.50		Ana Paula, Grilo	UDCA	Stanford (USA)			06/08/2006
Recordes Nacionais Masters 50m B	5:28.90		Vania Soares, Neves	VNC	Reguengos de Monsaraz			10/07/2022
Recordes Nacionais Masters 50m A	5:35.92		Bruna Martins, Riesenberger	CIRL	Reguengos de Monsaraz			13/07/2025

Pontos: DSV Masters 22

Lugar Idade Tempo final Pts 100m 200m 300m 400m

Master A

1. B., Riesenberger	29	Laranjeiro	5:33.98	724	1:17.34	1:27.56	1:36.30	1:12.78
<i>Recorde Nacional</i>								
50m:		150m:	250m:		350m:			
100m: 1:17.34		200m: 2:44.90	300m: 4:21.20		400m: 5:33.98			
2. Beatriz Marques, Ferreira	26	Cfp	6:02.62	565	1:22.52	1:36.18	1:41.92	1:22.00
50m:		150m:	250m:		350m:			
100m: 1:22.52		200m: 2:58.70	300m: 4:40.62		400m: 6:02.62			
3. Bruna Elisabete, Paulino	29	Alcobaca	6:10.34	531	1:19.52	1:32.48	1:54.99	1:23.35
50m:		150m:	250m:		350m:			
100m: 1:19.52		200m: 2:52.00	300m: 4:46.99		400m: 6:10.34			
4. Alexandra Jesus, Santos	26	Leixoes Sport Club	6:10.42	530	1:21.38	1:31.95	1:51.99	1:25.10
50m:		150m:	250m:		350m:			
100m: 1:21.38		200m: 2:53.33	300m: 4:45.32		400m: 6:10.42			
5. Catarina Vieira, Correia	27	Leixoes Sport Club	6:25.37	471	1:27.97	1:38.86	1:50.05	1:28.49
50m:		150m:	250m:		350m:			
100m: 1:27.97		200m: 3:06.83	300m: 4:56.88		400m: 6:25.37			
6. Raquel Fernandes, Santo	28	Clube Natacao Masters de	6:40.76	419	1:30.17	1:42.51	1:53.59	1:34.49
50m:		150m:	250m:		350m:			
100m: 1:30.17		200m: 3:12.68	300m: 5:06.27		400m: 6:40.76			
7. Luisa Alves, Dias	29	Natacao de Valongo	7:44.98	268	1:47.68	1:58.13	2:17.96	1:41.21
50m:		150m:	250m:		350m:			
100m: 1:47.68		200m: 3:45.81	300m: 6:03.77		400m: 7:44.98			

Master B

1. Ana Margarida, Rodrigues	30	Galitos / Bresimar	5:49.05	665	1:14.88	1:34.16	1:39.70	1:20.31
50m:		150m:	250m:		350m:			
100m: 1:14.88		200m: 2:49.04	300m: 4:28.74		400m: 5:49.05			
2. Danielle Kisiel, Rosa	32	Natacao de Valongo	5:51.68	650	1:21.11	1:27.52	1:42.94	1:20.11
50m:		150m:	250m:		350m:			
100m: 1:21.11		200m: 2:48.63	300m: 4:31.57		400m: 5:51.68			
3. Alexia Alves, Fernandes	30	Natacao de Valongo	7:12.41	349	1:46.90	1:57.66	1:54.26	1:33.59
50m:		150m:	250m:		350m:			
100m: 1:46.90		200m: 3:44.56	300m: 5:38.82		400m: 7:12.41			
4. Sara Diana, Oliveira	33	Académica de Coimbra	8:11.87	237	1:59.11	2:00.51	2:26.22	1:46.03
50m:		150m:	250m:		350m:			
100m: 1:59.11		200m: 3:59.62	300m: 6:25.84		400m: 8:11.87			

Prova 1, Femin., 400m Estilos

Master C

1. Rafaela Barreiros, Pires	37	Braga	6:36.61	535	1:26.72	1:45.11	1:55.50	1:29.28
50m:		150m:	250m:		350m:			
100m:	1:26.72	200m:	300m:	5:07.33	400m:	6:36.61		

Master D

1. Ana Filipa, Miranda	41	Galitos / Bresimar	6:28.15	584	1:25.47	1:42.94	1:51.48	1:28.26
50m:		150m:	250m:		350m:			
100m:	1:25.47	200m:	300m:	4:59.89	400m:	6:28.15		
2. Joana Margarida, Gaspar	43	Nadadores dos Estoris	6:35.76	551	1:28.68	1:40.30	1:55.85	1:30.93
50m:		150m:	250m:		350m:			
100m:	1:28.68	200m:	300m:	5:04.83	400m:	6:35.76		

Master E

1. Joana Antunes, Ervilha	45	CNLeiria - VOID	7:28.03	409	1:52.70	1:53.16	2:01.85	1:40.32
50m:		150m:	250m:		350m:			
100m:	1:52.70	200m:	300m:	5:47.71	400m:	7:28.03		
2. Isabel Carolina, Neves	46	Cfp	8:35.16	269	2:06.71	2:17.40	2:23.54	1:47.51
50m:		150m:	250m:		350m:			
100m:	2:06.71	200m:	300m:	6:47.65	400m:	8:35.16		

Master F

1. Gisela Barbosa, Coutinho	51	Cfp	6:05.38	764	1:15.00	1:32.99	1:51.96	1:25.43
<i>Recorde Nacional</i>								
50m:		150m:	250m:		350m:			
100m:	1:15.00	200m:	300m:	4:39.95	400m:	6:05.38		
2. Joana Isabel, Arantes	54	Clube Millennium BCP	6:41.51	576	1:26.68	1:43.55	2:00.08	1:31.20
50m:		150m:	250m:		350m:			
100m:	1:26.68	200m:	300m:	5:10.31	400m:	6:41.51		
3. Joana Maria, Faria	52	Leixoes Sport Club	7:06.23	481	1:43.39	1:48.88	1:57.72	1:36.24
50m:		150m:	250m:		350m:			
100m:	1:43.39	200m:	300m:	5:29.99	400m:	7:06.23		
4. Ana Claudia, Gomes	50	Académica de Coimbra	7:46.72	366	1:48.40	2:05.19	2:06.30	1:46.83
50m:		150m:	250m:		350m:			
100m:	1:48.40	200m:	300m:	5:59.89	400m:	7:46.72		
5. Isabel Maria, Mesquita	51	Natacao de Valongo	8:47.99	253	2:14.31	2:11.51	2:21.05	2:01.12
50m:		150m:	250m:		350m:			
100m:	2:14.31	200m:	300m:	6:46.87	400m:	8:47.99		
6. Cristina Nicoleta, Lipciuc	53	Braga	8:52.28	247	2:10.45	2:15.74	2:26.19	1:59.90
50m:		150m:	250m:		350m:			
100m:	2:10.45	200m:	300m:	6:52.38	400m:	8:52.28		
7. Isabel Maria, Pinto	54	Cfp	9:10.65	223	2:24.18	2:20.06	2:34.20	1:52.21
50m:		150m:	250m:		350m:			
100m:	2:24.18	200m:	300m:	7:18.44	400m:	9:10.65		

DSQ Juliana Sanches, Elias 50 Nadadores dos Estoris
6.4 - O(a) atleta nao iniciou a viragem imediatamente apos terminar uma puxada unica ou dupla continua/simultanea dos bracos na viragem aos 150 metros

Master G

1. Paula Margarida, Navarro	58	Natacao de Valongo	7:36.34	411	1:55.55	1:59.95	2:01.20	1:39.64
50m:		150m:	250m:		350m:			
100m:	1:55.55	200m:	300m:	5:56.70	400m:	7:36.34		

Prova 1, Femin., 400m Estilos, Master G

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m	
2.	Maria Paula, Santos	55	Natacao de Valongo	9:20.71	221	2:11.55	2:26.07	2:47.47	1:55.62
	50m:		150m:	250m:		350m:			
	100m:	2:11.55	200m:	300m:	7:25.09	400m:	9:20.71		

Master H

1.	Ana Rosa, Palhares	61	Cfp	8:51.84	372	2:08.63	2:15.24	2:24.13	2:03.84
	50m:		150m:	250m:		350m:			
	100m:	2:08.63	200m:	300m:	6:48.00	400m:	8:51.84		
2.	Maria Madalena, Caninas	63	Clube Natacao Masters de	10:02.84	255	2:25.74	2:39.00	2:48.64	2:09.46
	50m:		150m:	250m:		350m:			
	100m:	2:25.74	200m:	300m:	7:53.38	400m:	10:02.84		

Master I

1.	Maria Teresa, Oliveira	69	Académica de Coimbra	8:46.11	473	2:14.42	2:30.09	2:12.02	1:49.58
	50m:		150m:	250m:		350m:			
	100m:	2:14.42	200m:	300m:	6:56.53	400m:	8:46.11		