

Prova 3 Femin., 800m Livres Master Resultados
11/04/2026 - 15:00

RN Masters 50m M	59:00.00									01/01/1800
RN Masters 50m L	17:10.12	Luisa Bessone, Basto	SAD	Coimbra						23/02/2025
RN Masters 50m K	15:54.26	Luisa Bessone, Basto	SAD	Póvoa de Varzim						23/02/2019
RN Masters 50m J	13:30.31	Ana Maria, Ferreira	SAD	Póvoa de Varzim						22/02/2020
RN Masters 50m I	13:05.16	Ana Maria, Ferreira	SAD	London (GBR)						25/05/2016
RN Masters 50m H	12:44.03	Maria Claudia, Osorio	CFP	Póvoa de Varzim						22/06/2025
RN Masters 50m G	11:23.82	Isabel Baptista, Ferreira	ADRCIMM	São João da Madeira						04/07/2024
RN Masters 50m F	11:00.47	Gisela Barbosa, Coutinho	CFP	Coimbra						23/02/2025
RN Masters 50m E	10:52.66	Gisela Barbosa, Coutinho	CFP	São João da Madeira						04/07/2024
RN Masters 50m D	10:27.37	Ana Paula, Grilo	INDALEN	Oeiras						01/07/2011
RN Masters 50m C	9:30.91	Ana Paula, Grilo	UDCA	Stanford (USA)						04/08/2006
RN Masters 50m B	9:37.05	Ana Paula, Grilo	UDCA	Millau (FRA)						26/08/2003
RN Masters 50m A	10:12.96	Ana Filipa, Leite	AAC	Oeiras						01/07/2011

Pontos: DSV Masters 22

Lugar Idade Tempo final Pts
Master A

1. Bruna Martins, Riesenberger	29	Laranjeiro	10:06.24	757
<i>Recorde Nacional</i>				
100m: 1:12.79	1:12.79	300m: 3:44.59	1:16.42	500m: 6:17.92
200m: 2:28.17	1:15.38	400m: 5:01.11	1:16.52	600m: 7:34.96
700m: 8:51.42	1:16.46	800m: 10:06.24	1:14.82	
2. Beatriz Marques, Ferreira	26	Cfp	10:56.53	596
100m: 1:15.45	1:15.45	300m: 4:00.64	1:23.75	500m: 6:49.60
200m: 2:36.89	1:21.44	400m: 5:25.16	1:24.52	600m: 8:13.59
700m: 9:36.50	1:22.91	800m: 10:56.53	1:20.03	
3. Raquel Fernandes, Santos	28	Clube Natacao Masters de Almada	11:25.41	524
100m: 1:20.02	1:20.02	300m: 4:12.87	1:26.98	500m: 7:08.36
200m: 2:45.89	1:25.87	400m: 5:40.20	1:27.33	600m: 8:36.80
700m: 10:04.00	1:27.20	800m: 11:25.41	1:21.41	
4. Joana Teixeira, Viana	29	CLAC-Entroncamento	11:25.87	522
100m: 1:18.66	1:18.66	300m: 4:10.41	1:27.20	500m: 7:05.67
200m: 2:43.21	1:24.55	400m: 5:37.64	1:27.23	600m: 8:34.41
700m: 10:02.30	1:27.89	800m: 11:25.87	1:23.57	
5. Maria Beatriz, Dias	27	Clube Naval Povoense	11:33.73	505
100m: 1:17.76	1:17.76	300m: 4:08.49	1:26.77	500m: 7:06.48
200m: 2:41.72	1:23.96	400m: 5:36.94	1:28.45	600m: 8:36.56
700m: 10:06.73	1:30.17	800m: 11:33.73	1:27.00	
6. Ines Florencio, Rodrigues	29	Viana Natacao	12:58.93	357
100m: 1:25.87	1:25.87	300m: 4:40.78	1:38.38	500m: 8:01.04
200m: 3:02.40	1:36.53	400m: 6:20.84	1:40.06	600m: 9:41.97
700m: 11:22.24	1:40.27	800m: 12:58.93	1:36.69	
7. Luisa Alves, Dias	29	Natacao de Valongo	14:12.86	271
100m: 1:37.96	1:37.96	300m: 5:17.34	1:50.69	500m: 8:53.79
200m: 3:26.65	1:48.69	400m: 7:05.27	1:47.93	600m: 10:42.70
700m: 12:31.67	1:48.97	800m: 14:12.86	1:41.19	

Master B

1. Ana Margarida, Rodrigues	30	Galitos / Bresimar	10:56.14	638
100m: 1:16.89	1:16.89	300m: 4:04.39	1:23.92	500m: 6:51.73
200m: 2:40.47	1:23.58	400m: 5:27.90	1:23.51	600m: 8:15.04
700m: 9:37.86	1:22.82	800m: 10:56.14	1:18.28	
2. Carolina Francisco, Gomes	31	Lisboa PoolSharks	11:31.90	544
100m: 1:20.43	1:20.43	300m: 4:15.12	1:28.30	500m: 7:11.16
200m: 2:46.82	1:26.39	400m: 5:43.54	1:28.42	600m: 8:38.96
700m: 10:06.54	1:27.58	800m: 11:31.90	1:25.36	
3. Alexia Alves, Fernandes	30	Natacao de Valongo	12:51.57	392
100m: 1:30.20	1:30.20	300m: 4:46.35	1:38.84	500m: 8:02.90
200m: 3:07.51	1:37.31	400m: 6:24.89	1:38.54	600m: 9:39.75
700m: 11:16.59	1:36.84	800m: 12:51.57	1:34.98	

Prova 3, Femin., 800m Livres, Master B

Lugar	Nome		Idade	Equipa		Tempo final	Pts					
4.	Beatriz Manata, Oliveira		32	Gafanha da Encarnação		16:13.44	195					
	<i>FTL</i>											
	100m:	1:47.21	1:47.21	300m:	5:51.31	2:03.89	500m:	10:03.19	2:05.42	700m:	14:14.01	2:04.20
	200m:	3:47.42	2:00.21	400m:	7:57.77	2:06.46	600m:	12:09.81	2:06.62	800m:	16:13.44	1:59.43

Master C

1.	Joana Isabel, Alves		38	Centro Desp. Universitario do Porto		11:42.82	552					
	100m:	1:19.81	1:19.81	300m:	4:16.14	1:28.89	500m:	7:14.91	1:28.96	700m:	10:13.46	1:28.61
	200m:	2:47.25	1:27.44	400m:	5:45.95	1:29.81	600m:	8:44.85	1:29.94	800m:	11:42.82	1:29.36
2.	Rafaela Barreiros, Pires		37	Braga		12:20.60	472					
	100m:	1:23.67	1:23.67	300m:	4:28.29	1:32.92	500m:	7:36.94	1:34.49	700m:	10:47.06	1:35.32
	200m:	2:55.37	1:31.70	400m:	6:02.45	1:34.16	600m:	9:11.74	1:34.80	800m:	12:20.60	1:33.54
3.	Ana Miguel, Goncalves		36	Académica de Coimbra		14:31.25	290					
	100m:	1:37.03	1:37.03	300m:	5:14.86	1:51.31	500m:	8:59.92	1:52.79	700m:	12:45.37	1:52.45
	200m:	3:23.55	1:46.52	400m:	7:07.13	1:52.27	600m:	10:52.92	1:53.00	800m:	14:31.25	1:45.88
4.	Nádia Filipa, Santos		36	Alcobaca		15:52.29	222					
	100m:	1:53.34	1:53.34	300m:	5:57.32	2:02.31	500m:	10:00.39	2:01.55	700m:	13:59.01	1:58.87
	200m:	3:55.01	2:01.67	400m:	7:58.84	2:01.52	600m:	12:00.14	1:59.75	800m:	15:52.29	1:53.28
5.	Ines Margarida, Cordeiro		38	CNLeiria - VOID		16:46.54	188					
	<i>FTL</i>											
	100m:	1:56.44	1:56.44	300m:	6:09.85	2:08.32	500m:	10:27.32	2:08.97	700m:	14:43.42	2:07.08
	200m:	4:01.53	2:05.09	400m:	8:18.35	2:08.50	600m:	12:36.34	2:09.02	800m:	16:46.54	2:03.12
6.	Oksana, Kurtash		35	Braga		18:03.87	150					
	<i>FTL</i>											
	100m:	1:58.50	1:58.50	300m:	6:33.14	2:18.62	500m:	11:08.83	2:19.66	700m:	15:53.08	2:22.39
	200m:	4:14.52	2:16.02	400m:	8:49.17	2:16.03	600m:	13:30.69	2:21.86	800m:	18:03.87	2:10.79

Master D

1.	Maria Sofia, Martins		42	Cfp		10:45.29	756					
	100m:	1:16.14	1:16.14	300m:	3:59.62	1:22.05	500m:	6:41.88	1:21.25	700m:	9:25.63	1:21.96
	200m:	2:37.57	1:21.43	400m:	5:20.63	1:21.01	600m:	8:03.67	1:21.79	800m:	10:45.29	1:19.66
2.	Ines Franco, Moreira		41	Nadadores dos Estoris		15:30.79	252					
	100m:	1:54.81	1:54.81	300m:	5:51.69	1:58.55	500m:	9:45.51	1:55.93	700m:	13:39.53	1:57.33
	200m:	3:53.14	1:58.33	400m:	7:49.58	1:57.89	600m:	11:42.20	1:56.69	800m:	15:30.79	1:51.26

Master E

1.	Tatiana Stankunavicius, Swerts		48	Braga		11:49.22	548					
	100m:	1:20.21	1:20.21	300m:	4:18.74	1:29.15	500m:	7:17.79	1:30.21	700m:	10:21.37	1:31.26
	200m:	2:49.59	1:29.38	400m:	5:47.58	1:28.84	600m:	8:50.11	1:32.32	800m:	11:49.22	1:27.85
2.	Ana Filipa, Prior		49	Laranjeiro		12:07.92	507					
	100m:	1:26.42	1:26.42	300m:	4:30.82	1:31.87	500m:	7:34.40	1:31.76	700m:	10:38.34	1:31.82
	200m:	2:58.95	1:32.53	400m:	6:02.64	1:31.82	600m:	9:06.52	1:32.12	800m:	12:07.92	1:29.58
3.	Isabel Carolina, Neves		46	Cfp		14:28.93	298					
	100m:	1:39.34	1:39.34	300m:	5:18.01	1:50.69	500m:	9:00.08	1:51.35	700m:	12:41.57	1:49.25
	200m:	3:27.32	1:47.98	400m:	7:08.73	1:50.72	600m:	10:52.32	1:52.24	800m:	14:28.93	1:47.36

Prova 3, Femin., 800m Livres, Master E

Lugar	Idade	Tempo final	Pts
4. Vanessa Mendes, Inacio	46 Rio Maior	15:09.31	260
100m: 1:45.43 1:45.43	300m: 5:36.14 1:56.68	500m: 9:26.99 1:55.36	700m: 13:17.38 1:54.37
200m: 3:39.46 1:54.03	400m: 7:31.63 1:55.49	600m: 11:23.01 1:56.02	800m: 15:09.31 1:51.93
5. Ana Maria, Martins	47 Sporting Clube de Aveiro	15:34.68	239
100m: 1:50.32 1:50.32	300m: 5:48.45 1:59.12	500m: 9:47.20 1:59.21	700m: 13:43.91 1:57.27
200m: 3:49.33 1:59.01	400m: 7:47.99 1:59.54	600m: 11:46.64 1:59.44	800m: 15:34.68 1:50.77
6. Carmen Joao, Freitas	46 Natacao de Valongo	16:48.09	191
100m: 1:56.16 1:56.16	300m: 6:08.27 2:07.56	500m: 10:26.84 2:10.70	700m: 14:45.04 2:08.92
200m: 4:00.71 2:04.55	400m: 8:16.14 2:07.87	600m: 12:36.12 2:09.28	800m: 16:48.09 2:03.05
7. Joana Isabel, Leite	46 Cfp	16:58.38	185
100m: 1:55.69 1:55.69	300m: 6:11.43 2:09.59	500m: 10:32.35 2:10.08	700m: 14:51.27 2:08.93
200m: 4:01.84 2:06.15	400m: 8:22.27 2:10.84	600m: 12:42.34 2:09.99	800m: 16:58.38 2:07.11

Master F

1. Juliana Sanches, Elias	50 Nadadores dos Estoris	13:46.26	368
100m: 1:43.93 1:43.93	300m: 5:15.56 1:44.78	500m: 8:43.40 1:43.63	700m: 12:08.62 1:41.79
200m: 3:30.78 1:46.85	400m: 6:59.77 1:44.21	600m: 10:26.83 1:43.43	800m: 13:46.26 1:37.64
2. Ana Claudia, Gomes	50 Académica de Coimbra	14:48.32	296
100m: 1:43.89 1:43.89	300m: 5:30.58 1:52.46	500m: 9:15.74 1:53.18	700m: 13:00.30 1:51.23
200m: 3:38.12 1:54.23	400m: 7:22.56 1:51.98	600m: 11:09.07 1:53.33	800m: 14:48.32 1:48.02
3. Isabel Maria, Pinto	54 Cfp	15:05.44	280
100m: 1:49.53 1:49.53	300m: 5:39.38 1:55.17	500m: 9:27.78 1:54.03	700m: 13:15.82 1:53.64
200m: 3:44.21 1:54.68	400m: 7:33.75 1:54.37	600m: 11:22.18 1:54.40	800m: 15:05.44 1:49.62
4. Cristina Nicoleta, Lipciuc	53 Braga	15:35.82	253
100m: 1:43.76 1:43.76	300m: 5:38.20 1:59.20	500m: 9:38.64 2:01.37	700m: 13:40.34 2:00.34
200m: 3:39.00 1:55.24	400m: 7:37.27 1:59.07	600m: 11:40.00 2:01.36	800m: 15:35.82 1:55.48
5. Paula Nobre, Leitao	52 Grupo dos Amigos da Natacao	16:06.56	230
100m: 1:48.80 1:48.80	300m: 5:55.00 2:04.61	500m: 10:03.25 2:05.45	700m: 14:07.72 2:00.98
200m: 3:50.39 2:01.59	400m: 7:57.80 2:02.80	600m: 12:06.74 2:03.49	800m: 16:06.56 1:58.84
6. Isabel Maria, Mesquita	51 Natacao de Valongo	16:17.56	222
100m: 1:51.21 1:51.21	300m: 5:58.05 2:04.18	500m: 10:09.54 2:04.79	700m: 14:23.08 2:04.26
200m: 3:53.87 2:02.66	400m: 8:04.75 2:06.70	600m: 12:18.82 2:09.28	800m: 16:17.56 1:54.48
7. Teresa Susana, Mota	50 Braga	18:43.66	146
100m: 2:01.95 2:01.95	300m: 6:48.87 2:24.11	500m: 11:38.67 2:25.30	700m: 16:26.51 2:24.18
200m: 4:24.76 2:22.81	400m: 9:13.37 2:24.50	600m: 14:02.33 2:23.66	800m: 18:43.66 2:17.15

Master G

1. Marta Sofia, Costa	55 Centro Desp. Universitario do Porto	13:14.95	440
100m: 1:28.59 1:28.59	300m: 4:48.83 1:41.19	500m: 8:10.87 1:40.70	700m: 11:34.27 1:41.41
200m: 3:07.64 1:39.05	400m: 6:30.17 1:41.34	600m: 9:52.86 1:41.99	800m: 13:14.95 1:40.68
2. Maria Manuela, Ferreira	56 Vitória Sport Clube	13:45.65	393
100m: 1:37.62 1:37.62	300m: 5:03.22 1:42.75	500m: 8:34.55 1:46.03	700m: 12:05.18 1:45.88
200m: 3:20.47 1:42.85	400m: 6:48.52 1:45.30	600m: 10:19.30 1:44.75	800m: 13:45.65 1:40.47
3. Paula Margarida, Navarro	58 Natacao de Valongo	13:56.17	378
100m: 1:37.03 1:37.03	300m: 5:11.58 1:48.03	500m: 8:44.08 1:45.82	700m: 12:15.55 1:45.19
200m: 3:23.55 1:46.52	400m: 6:58.26 1:46.68	600m: 10:30.36 1:46.28	800m: 13:56.17 1:40.62

Prova 3, Femin., 800m Livres, Master G

Lugar	Idade	Tempo final	Pts
4. Maria Paula, Santos	55 Natacao de Valongo	15:08.72	294
100m: 1:44.64 1:44.64	300m: 5:43.09 1:57.93	500m: 9:36.48 1:56.09	700m: 13:24.06 1:52.45
200m: 3:45.16 2:00.52	400m: 7:40.39 1:57.30	600m: 11:31.61 1:55.13	800m: 15:08.72 1:44.66

Master H

1. Maria Helena, Carmo	60 Individual ANL	12:00.32	946
<i>Recorde Nacional</i>			
100m: 1:25.91 1:25.91	300m: 4:26.90 1:30.34	500m: 7:26.01 1:29.76	700m: 10:29.21 1:31.77
200m: 2:56.56 1:30.65	400m: 5:56.25 1:29.35	600m: 8:57.44 1:31.43	800m: 12:00.32 1:31.11
2. Maria Madalena, Caninas	63 Clube Natacao Masters de Almada	16:55.45	337
100m: 1:53.64 1:53.64	300m: 6:12.23 2:10.21	500m: 10:32.09 2:08.72	700m: 14:52.65 2:09.71
200m: 4:02.02 2:08.38	400m: 8:23.37 2:11.14	600m: 12:42.94 2:10.85	800m: 16:55.45 2:02.80
3. Helena Maria, Cardoso	60 Cfp	19:01.16	238
100m: 1:57.38 1:57.38	300m: 6:41.01 2:26.80	500m: 11:42.24 2:29.82	700m: 16:35.59 2:26.28
200m: 4:14.21 2:16.83	400m: 9:12.42 2:31.41	600m: 14:09.31 2:27.07	800m: 19:01.16 2:25.57

Master I

1. Maria Teresa, Oliveira	69 Académica de Coimbra	15:17.05	533
100m: 1:49.68 1:49.68	300m: 5:44.07 1:56.48	500m: 9:38.04 1:55.82	700m: 13:27.84 1:54.56
200m: 3:47.59 1:57.91	400m: 7:42.22 1:58.15	600m: 11:33.28 1:55.24	800m: 15:17.05 1:49.21
2. Cristina Maria, Oliveira	66 Natacao de Valongo	17:07.34	379
100m: 1:48.05 1:48.05	300m: 6:08.29 2:12.98	500m: 10:37.05 2:12.76	700m: 15:00.79 2:11.57
200m: 3:55.31 2:07.26	400m: 8:24.29 2:16.00	600m: 12:49.22 2:12.17	800m: 17:07.34 2:06.55

Master J

1. Maria Felix, Ferreira	72 Sad	21:10.22	241
100m: 2:23.19 2:23.19	300m: 7:46.29 2:42.98	500m: 13:09.05 2:45.44	700m: 18:33.53 2:44.65
200m: 5:03.31 2:40.12	400m: 10:23.61 2:37.32	600m: 15:48.88 2:39.83	800m: 21:10.22 2:36.69