

Prova 5  
12/04/2026

Femin., 1500m Livres

Master  
Resultados

RN Masters 50m M	59:00.00									01/01/1800
RN Masters 50m L	33:01.41	Luisa Bessone, Basto	SAD	Coimbra						23/02/2025
RN Masters 50m K	30:38.21	Luisa Bessone, Basto	SAD	Póvoa de Varzim						23/02/2019
RN Masters 50m J	25:29.15	Ana Maria, Ferreira	SAD	Póvoa de Varzim						22/02/2020
RN Masters 50m I	24:56.65	Ana Maria, Ferreira	SAD	Rio Maior						25/02/2017
RN Masters 50m H	26:00.53	Maria Teresa, Andrade	FCP	Coimbra						23/02/2025
RN Masters 50m G	21:42.69	Isabel Baptista, Ferreira	ADRCIMM	Coimbra						25/02/2024
RN Masters 50m F	20:38.75	Gisela Barbosa, Coutinho	CFP	Coimbra						23/02/2025
RN Masters 50m E	20:41.33	Gisela Barbosa, Coutinho	CFP	Coimbra						25/02/2024
RN Masters 50m D	20:45.77	Ines Maria, Rothés	CFP	Rio Maior						20/02/2016
RN Masters 50m C	18:50.82	Ana Paula, Grilo	UDCA	Swansea (GBR)						03/03/2006
RN Masters 50m B	19:08.25	Carolina Santos, Silva	GCST	Póvoa de Varzim						23/02/2019
RN Masters 50m A	19:28.13	Carolina Santos, Silva	CNMAIA	Coimbra						18/04/2015

Pontos: DSV Masters 22

Lugar	Idade	Tempo final	Pts
<b>1. Bruna Martins, Riesenberger</b>	<b>29</b>	<b>19:38.05</b>	<b>848</b>
100m: 1:15.38 1:15.38	500m: 6:30.69 1:19.03	900m: 11:46.45 1:18.39	1300m: 17:03.06 1:19.04
200m: 2:34.11 1:18.73	600m: 7:49.51 1:18.82	1000m: 13:05.64 1:19.19	1400m: 18:22.10 1:19.04
300m: 3:52.92 1:18.81	700m: 9:08.76 1:19.25	1100m: 14:24.40 1:18.76	1500m: 19:38.05 1:15.95
400m: 5:11.66 1:18.74	800m: 10:28.06 1:19.30	1200m: 15:44.02 1:19.62	
<b>2. Alexandra Jesus, Santos</b>	<b>26</b>	<b>21:25.80</b>	<b>652</b>
100m: 1:20.71 1:20.71	500m: 7:02.72 1:26.60	900m: 12:48.88 1:26.68	1300m: 18:33.94 1:26.96
200m: 2:44.50 1:23.79	600m: 8:29.06 1:26.34	1000m: 14:15.37 1:26.49	1400m: 20:00.75 1:26.81
300m: 4:10.12 1:25.62	700m: 9:55.52 1:26.46	1100m: 15:41.35 1:25.98	1500m: 21:25.80 1:25.05
400m: 5:36.12 1:26.00	800m: 11:22.20 1:26.68	1200m: 17:06.98 1:25.63	
<b>3. Beatriz Marques, Ferreira</b>	<b>26</b>	<b>21:36.59</b>	<b>636</b>
100m: 1:18.74 1:18.74	500m: 7:01.58 1:26.74	900m: 12:50.63 1:27.54	1300m: 18:42.83 1:28.60
200m: 2:42.65 1:23.91	600m: 8:28.85 1:27.27	1000m: 14:18.15 1:27.52	1400m: 20:10.59 1:27.76
300m: 4:08.22 1:25.57	700m: 9:55.43 1:26.58	1100m: 15:46.75 1:28.60	1500m: 21:36.59 1:26.00
400m: 5:34.84 1:26.62	800m: 11:23.09 1:27.66	1200m: 17:14.23 1:27.48	
<b>4. Raquel Fernandes, Santos</b>	<b>28</b>	<b>22:27.90</b>	<b>566</b>
100m: 1:24.89 1:24.89	500m: 7:25.75 1:30.56	900m: 13:28.82 1:30.64	1300m: 19:33.67 1:31.01
200m:	600m: 8:56.43 1:30.68	1000m: 15:00.17 1:31.35	1400m: 21:02.99 1:29.32
300m:	700m: 10:27.30 1:30.87	1100m: 16:30.87 1:30.70	1500m: 22:27.90 1:24.91
400m: 5:55.19	800m: 11:58.18 1:30.88	1200m: 18:02.66 1:31.79	
<b>5. Catarina Vieira, Correia</b>	<b>27</b>	<b>22:51.39</b>	<b>538</b>
100m: 1:25.21 1:25.21	500m: 7:33.62 1:33.25	900m: 13:41.17 1:31.37	1300m: 19:52.89 1:32.30
200m: 2:55.92 1:30.71	600m: 9:06.05 1:32.43	1000m: 15:14.15 1:32.98	1400m: 21:22.62 1:29.73
300m: 4:27.60 1:31.68	700m: 10:37.42 1:31.37	1100m: 16:48.29 1:34.14	1500m: 22:51.39 1:28.77
400m: 6:00.37 1:32.77	800m: 12:09.80 1:32.38	1200m: 18:20.59 1:32.30	
<b>6. Rita Oliveira, Rocha</b>	<b>26</b>	<b>23:49.71</b>	<b>474</b>
100m: 1:27.11 1:27.11	500m: 7:44.27 1:36.16	900m: 14:05.85 1:35.24	1300m: 20:35.65 1:37.98
200m: 2:59.19 1:32.08	600m: 9:20.48 1:36.21	1000m: 15:42.21 1:36.36	1400m: 22:13.42 1:37.77
300m: 4:32.89 1:33.70	700m: 10:56.03 1:35.55	1100m: 17:20.28 1:38.07	1500m: 23:49.71 1:36.29
400m: 6:08.11 1:35.22	800m: 12:30.61 1:34.58	1200m: 18:57.67 1:37.39	
<b>7. Ines Florencio, Rodrigues</b>	<b>29</b>	<b>25:49.42</b>	<b>373</b>
100m: 1:35.51 1:35.51	500m: 8:24.87 1:44.14	900m: 15:23.55 1:45.09	1300m: 22:23.75 1:44.33
200m: 3:15.69 1:40.18	600m: 10:09.97 1:45.10	1000m: 17:09.32 1:45.77	1400m: 24:08.40 1:44.65
300m: 4:57.57 1:41.88	700m: 11:54.83 1:44.86	1100m: 18:54.79 1:45.47	1500m: 25:49.42 1:41.02
400m: 6:40.73 1:43.16	800m: 13:38.46 1:43.63	1200m: 20:39.42 1:44.63	

Prova 5, Femin., 1500m Livres, Master A

Lugar	Idade	Tempo final	Pts
8. Luisa Alves, Dias	29 Natacao de Valongo	<b>27:51.70</b>	297
100m: 1:42.22 1:42.22	500m: 9:13.85 1:53.72	900m: 16:48.20 1:52.30	1300m: 24:14.06 1:53.32
200m: 3:31.90 1:49.68	600m: 11:07.97 1:54.12	1000m: 18:38.65 1:50.45	1400m: 26:06.57 1:52.51
300m: 5:25.61 1:53.71	700m: 13:01.99 1:54.02	1100m: 20:29.35 1:50.70	1500m: 27:51.70 1:45.13
400m: 7:20.13 1:54.52	800m: 14:55.90 1:53.91	1200m: 22:20.74 1:51.39	

Master B

1. Ana Margarida, Rodrigues	30 Galitos / Bresimar	<b>21:10.07</b>	629
100m: 1:19.32 1:19.32	500m: 6:58.94 1:25.64	900m: 12:38.94 1:25.05	1300m: 18:23.44 1:26.34
200m: 2:43.06 1:23.74	600m: 8:23.83 1:24.89	1000m: 14:04.88 1:25.94	1400m: 19:49.21 1:25.77
300m: 4:07.98 1:24.92	700m: 9:48.63 1:24.80	1100m: 15:31.03 1:26.15	1500m: 21:10.07 1:20.86
400m: 5:33.30 1:25.32	800m: 11:13.89 1:25.26	1200m: 16:57.10 1:26.07	
2. Laura, Pola	34 Porto	<b>23:29.30</b>	461
100m: 1:27.19 1:27.19	500m: 7:41.41 1:34.43	900m: 14:08.28 1:36.02	1300m: 20:26.77 1:34.13
200m: 2:59.12 1:31.93	600m: 9:17.91 1:36.50	1000m: 15:44.21 1:35.93	1400m: 22:01.01 1:34.24
300m: 4:32.07 1:32.95	700m: 10:55.17 1:37.26	1100m: 17:18.09 1:33.88	1500m: 23:29.30 1:28.29
400m: 6:06.98 1:34.91	800m: 12:32.26 1:37.09	1200m: 18:52.64 1:34.55	
3. Alexia Alves, Fernandes	30 Natacao de Valongo	<b>24:41.15</b>	397
100m: 1:32.38 1:32.38	500m: 8:08.58 1:38.87	900m: 14:46.80 1:39.51	1300m: 21:24.96 1:39.51
200m: 3:11.69 1:39.31	600m: 9:48.10 1:39.52	1000m: 16:25.92 1:39.12	1400m: 23:04.22 1:39.26
300m: 4:50.61 1:38.92	700m: 11:27.74 1:39.64	1100m: 18:05.95 1:40.03	1500m: 24:41.15 1:36.93
400m: 6:29.71 1:39.10	800m: 13:07.29 1:39.55	1200m: 19:45.45 1:39.50	

Master C

1. Joana Isabel, Alves	38 Centro Desp. Universitario do Porto	<b>22:41.70</b>	548
100m: 1:25.98 1:25.98	500m: 7:27.13 1:30.97	900m: 13:32.87 1:30.73	1300m: 19:39.65 1:31.51
200m: 2:54.78 1:28.80	600m: 8:58.94 1:31.81	1000m: 15:04.40 1:31.53	1400m: 21:11.33 1:31.68
300m: 4:25.38 1:30.60	700m: 10:30.78 1:31.84	1100m: 16:35.94 1:31.54	1500m: 22:41.70 1:30.37
400m: 5:56.16 1:30.78	800m: 12:02.14 1:31.36	1200m: 18:08.14 1:32.20	
2. Ana Raquel, Lirio	36 Ginásio Sto. Tirso	<b>25:11.42</b>	401
100m: 1:34.02 1:34.02	500m: 8:14.17 1:40.32	900m: 14:59.43 1:41.83	1300m: 21:49.31 1:42.37
200m: 3:13.06 1:39.04	600m: 9:54.09 1:39.92	1000m: 16:42.28 1:42.85	1400m: 23:32.02 1:42.71
300m: 4:53.38 1:40.32	700m: 11:35.64 1:41.55	1100m: 18:24.61 1:42.33	1500m: 25:11.42 1:39.40
400m: 6:33.85 1:40.47	800m: 13:17.60 1:41.96	1200m: 20:06.94 1:42.33	
3. Oleksandra, Pais	39 Porto	<b>27:11.13</b>	319
100m: 1:37.10 1:37.10	500m: 8:48.56 1:49.22	900m: 16:11.03 1:50.72	1300m: 23:39.33 1:51.09
200m: 3:22.89 1:45.79	600m: 10:39.90 1:51.34	1000m: 18:03.53 1:52.50	1400m: 25:28.19 1:48.86
300m: 5:10.95 1:48.06	700m: 12:31.60 1:51.70	1100m: 19:54.79 1:51.26	1500m: 27:11.13 1:42.94
400m: 6:59.34 1:48.39	800m: 14:20.31 1:48.71	1200m: 21:48.24 1:53.45	
4. Ana Miguel, Goncalves	36 Académica de Coimbra	<b>28:01.93</b>	291
100m: 1:42.08 1:42.08	500m: 9:14.77 1:54.00	900m: 16:50.88 1:54.06	1300m: 24:25.15 1:53.01
200m: 3:31.95 1:49.87	600m: 11:08.26 1:53.49	1000m: 18:44.23 1:53.35	1400m: 26:17.24 1:52.09
300m: 5:26.01 1:54.06	700m: 13:02.20 1:53.94	1100m: 20:38.09 1:53.86	1500m: 28:01.93 1:44.69
400m: 7:20.77 1:54.76	800m: 14:56.82 1:54.62	1200m: 22:32.14 1:54.05	
5. Filipa Isabel, Reis	39 Leixoes Sport Club	<b>29:34.19</b>	248
100m: 1:51.66 1:51.66	500m: 9:49.95 2:00.01	900m: 17:50.66 1:59.64	1300m: 25:44.17 1:58.34
200m: 3:50.07 1:58.41	600m: 11:51.22 2:01.27	1000m: 19:49.45 1:58.79	1400m: 27:41.85 1:57.68
300m: 5:49.20 1:59.13	700m: 13:51.78 2:00.56	1100m: 21:47.81 1:58.36	1500m: 29:34.19 1:52.34
400m: 7:49.94 2:00.74	800m: 15:51.02 1:59.24	1200m: 23:45.83 1:58.02	

Prova 5, Femin., 1500m Livres, Master C

Lugar	Idade	Tempo final	Pts
DSQ Rafaela Barreiros, Pires 4.4 - Falsa Partida	37 Braga		

Master D

1. Ana Filipa, Miranda	41 Galitos / Bresimar	<b>24:54.02</b>	445
100m: 1:29.84 1:29.84	500m: 8:09.34 1:40.25	900m: 14:50.10 1:40.25	1300m: 21:37.98 1:44.44
200m: 3:07.92 1:38.08	600m: 9:49.82 1:40.48	1000m: 16:31.09 1:40.99	1400m: 23:20.13 1:42.15
300m: 4:49.09 1:41.17	700m: 11:30.03 1:40.21	1100m: 18:11.07 1:39.98	1500m: 24:54.02 1:33.89
400m: 6:29.09 1:40.00	800m: 13:09.85 1:39.82	1200m: 19:53.54 1:42.47	

Master E

1. Tatiana Stankunavicius, Swerts	48 Braga	<b>22:33.68</b>	636
100m: 1:30.00 1:30.00	500m: 7:37.65 1:31.77	900m: 13:40.05 1:30.40	1300m: 19:38.62 1:29.43
200m: 3:02.53 1:32.53	600m: 9:08.80 1:31.15	1000m: 15:09.67 1:29.62	1400m: 21:07.16 1:28.54
300m: 4:34.91 1:32.38	700m: 10:39.34 1:30.54	1100m: 16:39.66 1:29.99	1500m: 22:33.68 1:26.52
400m: 6:05.88 1:30.97	800m: 12:09.65 1:30.31	1200m: 18:09.19 1:29.53	
2. Ana DALte, Guedes	46 Leixoes Sport Club	<b>24:40.14</b>	486
100m: 1:28.55 1:28.55	500m: 8:07.44 1:41.18	900m: 14:46.33 1:39.36	1300m: 21:24.47 1:39.27
200m: 3:06.44 1:37.89	600m: 9:47.85 1:40.41	1000m: 16:25.57 1:39.24	1400m: 23:03.45 1:38.98
300m: 4:46.11 1:39.67	700m: 11:27.48 1:39.63	1100m: 18:05.27 1:39.70	1500m: 24:40.14 1:36.69
400m: 6:26.26 1:40.15	800m: 13:06.97 1:39.49	1200m: 19:45.20 1:39.93	
3. Isabel Carolina, Neves	46 Cfp	<b>28:15.12</b>	324
100m: 1:44.31 1:44.31	500m: 9:18.85 1:54.20	900m: 16:53.01 1:53.67	1300m: 24:32.01 1:55.15
200m: 3:37.31 1:53.00	600m: 11:12.23 1:53.38	1000m: 18:48.15 1:55.14	1400m: 26:26.82 1:54.81
300m: 5:30.26 1:52.95	700m: 13:05.80 1:53.57	1100m: 20:43.70 1:55.55	1500m: 28:15.12 1:48.30
400m: 7:24.65 1:54.39	800m: 14:59.34 1:53.54	1200m: 22:36.86 1:53.16	
4. Ana Maria, Martins	47 Sporting Clube de Aveiro	<b>30:02.36</b>	269
100m: 1:52.89 1:52.89	500m: 9:56.67 2:01.80	900m: 18:04.38 2:03.01	1300m: 26:10.98 2:01.99
200m: 3:51.84 1:58.95	600m: 11:57.99 2:01.32	1000m: 20:05.61 2:01.23	1400m: 28:09.67 1:58.69
300m: 5:53.62 2:01.78	700m: 13:58.95 2:00.96	1100m: 22:07.27 2:01.66	1500m: 30:02.36 1:52.69
400m: 7:54.87 2:01.25	800m: 16:01.37 2:02.42	1200m: 24:08.99 2:01.72	
5. Catarina Almeida, Reis	46 Sporting Clube de Aveiro	<b>32:13.02</b>	218
100m: 1:57.25 1:57.25	500m: 10:29.33 2:09.34	900m: 19:13.88 2:11.89	1300m: 28:00.55 2:11.26
200m: 4:02.18 2:04.93	600m: 12:40.05 2:10.72	1000m: 21:25.22 2:11.34	1400m: 30:11.93 2:11.38
300m: 6:11.30 2:09.12	700m: 14:51.08 2:11.03	1100m: 23:38.19 2:12.97	1500m: 32:13.02 2:01.09
400m: 8:19.99 2:08.69	800m: 17:01.99 2:10.91	1200m: 25:49.29 2:11.10	

Master F

1. Sandra Santa, Barbara	51 Ginásio Sto. Tirso	<b>25:00.80</b>	453
100m: 1:27.97 1:27.97	500m: 8:05.02 1:40.88	900m: 14:49.72 1:42.00	1300m: 21:38.66 1:42.82
200m: 3:04.78 1:36.81	600m: 9:45.59 1:40.57	1000m: 16:31.17 1:41.45	1400m: 23:21.31 1:42.65
300m: 4:44.29 1:39.51	700m: 11:26.27 1:40.68	1100m: 18:12.89 1:41.72	1500m: 25:00.80 1:39.49
400m: 6:24.14 1:39.85	800m: 13:07.72 1:41.45	1200m: 19:55.84 1:42.95	
2. Ana Claudia, Gomes	50 Académica de Coimbra	<b>28:12.17</b>	316
100m: 1:48.40 1:48.40	500m: 9:27.68 1:54.91	900m: 17:00.69 1:53.38	1300m: 24:33.90 1:53.22
200m: 3:43.21 1:54.81	600m: 11:21.18 1:53.50	1000m: 18:54.84 1:54.15	1400m: 26:26.70 1:52.80
300m: 5:38.94 1:55.73	700m: 13:14.31 1:53.13	1100m: 20:47.24 1:52.40	1500m: 28:12.17 1:45.47
400m: 7:32.77 1:53.83	800m: 15:07.31 1:53.00	1200m: 22:40.68 1:53.44	

Prova 5, Femin., 1500m Livres, Master F

Lugar	Idade	Tempo final	Pts
3. Cristina Nicoleta, Lipciuc	53 Braga	<b>29:48.91</b>	268
100m: 1:45.78 1:45.78	500m: 9:39.51 1:59.43	900m: 17:42.19 2:01.76	1300m: 25:49.80 2:02.11
200m: 3:43.12 1:57.34	600m: 11:41.25 2:01.74	1000m: 19:44.23 2:02.04	1400m: 27:52.59 2:02.79
300m: 5:41.47 1:58.35	700m: 13:40.97 1:59.72	1100m: 21:45.68 2:01.45	1500m: 29:48.91 1:56.32
400m: 7:40.08 1:58.61	800m: 15:40.43 1:59.46	1200m: 23:47.69 2:02.01	
4. Cristina Rodrigues, Carvalho	53 Natacao da Maia	<b>30:18.34</b>	255
100m: 1:53.18 1:53.18	500m: 9:57.69 2:01.19	900m: 18:05.05 2:01.71	1300m: 26:14.89 2:02.38
200m: 3:53.84 2:00.66	600m: 11:58.92 2:01.23	1000m: 20:07.31 2:02.26	1400m: 28:17.63 2:02.74
300m: 5:55.65 2:01.81	700m: 14:01.12 2:02.20	1100m: 22:10.36 2:03.05	1500m: 30:18.34 2:00.71
400m: 7:56.50 2:00.85	800m: 16:03.34 2:02.22	1200m: 24:12.51 2:02.15	
5. Paula Nobre, Leitao	52 Grupo dos Amigos da Natacao	<b>31:09.57</b>	234
100m: 1:54.21 1:54.21	500m: 10:20.50 2:06.98	900m: 18:42.61 2:04.39	1300m: 27:02.70 2:05.26
200m: 3:59.00 2:04.79	600m: 12:27.13 2:06.63	1000m: 20:46.80 2:04.19	1400m: 29:08.03 2:05.33
300m: 6:06.78 2:07.78	700m: 14:33.07 2:05.94	1100m: 22:52.06 2:05.26	1500m: 31:09.57 2:01.54
400m: 8:13.52 2:06.74	800m: 16:38.22 2:05.15	1200m: 24:57.44 2:05.38	
6. Isabel Maria, Mesquita	51 Natacao de Valongo	<b>32:36.03</b>	205
100m: 1:54.77 1:54.77	500m: 10:38.86 2:12.67	900m: 19:32.41 2:15.41	1300m: 28:22.08 2:14.52
200m: 4:02.23 2:07.46	600m: 12:51.31 2:12.45	1000m: 21:44.54 2:12.13	1400m: 30:33.16 2:11.08
300m: 6:13.48 2:11.25	700m: 15:06.44 2:15.13	1100m: 23:58.99 2:14.45	1500m: 32:36.03 2:02.87
400m: 8:26.19 2:12.71	800m: 17:17.00 2:10.56	1200m: 26:07.56 2:08.57	
7. Sandra Cristina, Roma	52 CNLeiria - VOID	<b>41:24.15</b>	100
<i>FTL</i>			
100m: 2:30.38 2:30.38	500m: 13:15.83 2:46.78	900m: 24:18.22 2:53.36	1300m: 35:41.96 2:52.34
200m: 5:11.25 2:40.87	600m: 15:59.59 2:43.76	1000m: 27:04.41 2:46.19	1400m: 38:33.68 2:51.72
300m: 7:49.99 2:38.74	700m: 18:43.35 2:43.76	1100m: 29:56.81 2:52.40	1500m: 41:24.15 2:50.47
400m: 10:29.05 2:39.06	800m: 21:24.86 2:41.51	1200m: 32:49.62 2:52.81	

Master G

1. Patricia Diogenes, Pereira	57 Nadadores dos Estoris	<b>23:36.39</b>	584
100m: 1:28.58 1:28.58	500m: 7:47.45 1:35.27	900m: 14:08.36 1:35.36	1300m: 20:28.21 1:35.43
200m: 3:02.23 1:33.65	600m: 9:23.10 1:35.65	1000m: 15:43.21 1:34.85	1400m: 22:04.10 1:35.89
300m: 4:37.00 1:34.77	700m: 10:57.96 1:34.86	1100m: 17:18.82 1:35.61	1500m: 23:36.39 1:32.29
400m: 6:12.18 1:35.18	800m: 12:33.00 1:35.04	1200m: 18:52.78 1:33.96	
2. Elisabete Maria, Rosa	57 Pimpoes/Cimai	<b>25:13.02</b>	479
100m: 1:33.03 1:33.03	500m: 8:15.30 1:41.14	900m: 15:03.10 1:42.45	1300m: 21:53.25 1:42.39
200m: 3:12.89 1:39.86	600m: 9:57.18 1:41.88	1000m: 16:45.19 1:42.09	1400m: 23:34.58 1:41.33
300m: 4:53.42 1:40.53	700m: 11:38.70 1:41.52	1100m: 18:28.13 1:42.94	1500m: 25:13.02 1:38.44
400m: 6:34.16 1:40.74	800m: 13:20.65 1:41.95	1200m: 20:10.86 1:42.73	
3. Marta Sofia, Costa	55 Centro Desp. Universitario do Porto	<b>26:26.95</b>	415
100m: 1:37.87 1:37.87	500m: 8:46.80 1:48.39	900m: 15:56.82 1:48.09	1300m: 23:01.87 1:44.90
200m: 3:22.94 1:45.07	600m: 10:33.73 1:46.93	1000m: 17:44.60 1:47.78	1400m: 24:45.66 1:43.79
300m: 5:10.57 1:47.63	700m: 12:21.03 1:47.30	1100m: 19:30.78 1:46.18	1500m: 26:26.95 1:41.29
400m: 6:58.41 1:47.84	800m: 14:08.73 1:47.70	1200m: 21:16.97 1:46.19	
4. Maria Manuela, Ferreira	56 Vitória Sport Clube	<b>26:32.79</b>	410
100m: 1:43.15 1:43.15	500m: 8:45.83 1:45.80	900m: 15:50.18 1:47.51	1300m: 22:59.88 1:46.80
200m: 3:28.54 1:45.39	600m: 10:31.30 1:45.47	1000m: 17:38.47 1:48.29	1400m: 24:49.70 1:49.82
300m: 5:14.58 1:46.04	700m: 12:16.96 1:45.66	1100m: 19:25.76 1:47.29	1500m: 26:32.79 1:43.09
400m: 7:00.03 1:45.45	800m: 14:02.67 1:45.71	1200m: 21:13.08 1:47.32	
5. Margarida Bleck, Reis	58 Cfp	<b>26:50.93</b>	397
100m: 1:41.90 1:41.90	500m: 8:52.63 1:47.82	900m: 16:06.10 1:48.13	1300m: 23:19.69 1:48.54
200m: 3:29.13 1:47.23	600m: 10:41.34 1:48.71	1000m: 17:53.97 1:47.87	1400m: 25:07.58 1:47.89
300m: 5:17.02 1:47.89	700m: 12:29.74 1:48.40	1100m: 19:42.29 1:48.32	1500m: 26:50.93 1:43.35
400m: 7:04.81 1:47.79	800m: 14:17.97 1:48.23	1200m: 21:31.15 1:48.86	

Prova 5, Femin., 1500m Livres, Master G

Lugar	Nome		Idade	Clube		Tempo final	Pts					
6.	Maria Manuela, Sequeira		58	Gafanha da Encarnação		<b>28:06.76</b>	345					
	100m:	1:44.93	1:44.93	500m:	9:19.64	1:53.45	900m:	16:51.70	1:53.34	1300m:	24:24.22	1:53.09
	200m:	3:37.35	1:52.42	600m:	11:12.71	1:53.07	1000m:	18:44.46	1:52.76	1400m:	26:17.70	1:53.48
	300m:	5:31.93	1:54.58	700m:	13:05.15	1:52.44	1100m:	20:37.21	1:52.75	1500m:	28:06.76	1:49.06
	400m:	7:26.19	1:54.26	800m:	14:58.36	1:53.21	1200m:	22:31.13	1:53.92			
7.	Maria Paula, Santos		55	Natacao de Valongo		<b>28:49.89</b>	320					
	100m:	1:47.22	1:47.22	500m:	9:40.90	1:58.47	900m:	17:25.69	1:56.16	1300m:	25:08.78	1:56.21
	200m:	3:45.67	1:58.45	600m:	11:37.62	1:56.72	1000m:	19:22.27	1:56.58	1400m:	27:00.70	1:51.92
	300m:	5:44.01	1:58.34	700m:	13:34.18	1:56.56	1100m:	21:17.69	1:55.42	1500m:	28:49.89	1:49.19
	400m:	7:42.43	1:58.42	800m:	15:29.53	1:55.35	1200m:	23:12.57	1:54.88			
8.	Susana Maria, Soares		56	Centro Desp. Universitario do Porto		<b>31:09.87</b>	253					
	100m:	1:55.70	1:55.70	500m:	10:11.53	2:05.53	900m:	18:34.53	2:05.91	1300m:	27:02.09	2:07.28
	200m:	3:58.05	2:02.35	600m:	12:17.08	2:05.55	1000m:	20:41.45	2:06.92	1400m:	29:09.57	2:07.48
	300m:	6:01.86	2:03.81	700m:	14:22.61	2:05.53	1100m:	22:47.65	2:06.20	1500m:	31:09.87	2:00.30
	400m:	8:06.00	2:04.14	800m:	16:28.62	2:06.01	1200m:	24:54.81	2:07.16			
9.	Ana Luisa, Garcia		56	Leixoes Sport Club		<b>31:41.66</b>	241					
	100m:	2:02.49	2:02.49	500m:	10:36.03	2:08.80	900m:	19:05.98	2:07.02	1300m:	27:32.38	2:06.19
	200m:	4:11.81	2:09.32	600m:	12:43.71	2:07.68	1000m:	21:12.78	2:06.80	1400m:	29:39.95	2:07.57
	300m:	6:19.45	2:07.64	700m:	14:51.95	2:08.24	1100m:	23:19.61	2:06.83	1500m:	31:41.66	2:01.71
	400m:	8:27.23	2:07.78	800m:	16:58.96	2:07.01	1200m:	25:26.19	2:06.58			
10.	Eliana Marta, Castro		56	Sporting Clube de Aveiro		<b>31:57.00</b>	235					
	100m:	1:58.16	1:58.16	500m:	10:28.85	2:09.95	900m:	19:05.33	2:09.18	1300m:	27:45.09	2:10.43
	200m:	4:03.97	2:05.81	600m:	12:37.75	2:08.90	1000m:	21:15.91	2:10.58	1400m:	29:56.81	2:11.72
	300m:	6:10.69	2:06.72	700m:	14:46.96	2:09.21	1100m:	23:24.91	2:09.00	1500m:	31:57.00	2:00.19
	400m:	8:18.90	2:08.21	800m:	16:56.15	2:09.19	1200m:	25:34.66	2:09.75			
11.	Conceicao Baptista, Tavares		57	Gafanha da Encarnação		<b>38:09.90</b>	138					
	100m:	2:05.43	2:05.43	500m:	12:07.22	2:33.91	900m:	22:39.00	2:40.06	1300m:	33:10.93	2:35.76
	200m:	4:30.31	2:24.88	600m:	14:40.36	2:33.14	1000m:	25:17.29	2:38.29	1400m:	35:43.32	2:32.39
	300m:	7:01.01	2:30.70	700m:	17:18.33	2:37.97	1100m:	27:55.28	2:37.99	1500m:	38:09.90	2:26.58
	400m:	9:33.31	2:32.30	800m:	19:58.94	2:40.61	1200m:	30:35.17	2:39.89			

Master H

1.	Maria Helena, Carmo		60	Individual ANL		<b>23:06.23</b>	948					
	<i>Recorde Nacional</i>											
	100m:	1:31.60	1:31.60	500m:	7:40.60	1:31.59	900m:	13:47.49	1:32.24	1300m:	20:03.03	1:34.07
	200m:	3:05.32	1:33.72	600m:	9:12.45	1:31.85	1000m:	15:20.90	1:33.41	1400m:	21:35.86	1:32.83
	300m:	4:37.39	1:32.07	700m:	10:43.97	1:31.52	1100m:	16:54.81	1:33.91	1500m:	23:06.23	1:30.37
	400m:	6:09.01	1:31.62	800m:	12:15.25	1:31.28	1200m:	18:28.96	1:34.15			
2.	Maria Santos, Fernandes		64	Leixoes Sport Club		<b>28:19.43</b>	514					
	100m:	1:42.34	1:42.34	500m:	9:01.76	1:51.75	900m:	16:38.17	1:55.50	1300m:	24:23.98	1:57.66
	200m:	3:29.50	1:47.16	600m:	10:55.03	1:53.27	1000m:	18:33.67	1:55.50	1400m:	26:21.77	1:57.79
	300m:	5:19.09	1:49.59	700m:	12:48.65	1:53.62	1100m:	20:29.73	1:56.06	1500m:	28:19.43	1:57.66
	400m:	7:10.01	1:50.92	800m:	14:42.67	1:54.02	1200m:	22:26.32	1:56.59			
3.	Maria Trigueiros, Cunha		62	Leixoes Sport Club		<b>28:30.38</b>	504					
	100m:	1:43.81	1:43.81	500m:	9:23.67	1:55.89	900m:	17:05.62	1:54.19	1300m:	24:46.05	1:53.99
	200m:	3:36.48	1:52.67	600m:	11:19.45	1:55.78	1000m:	19:02.03	1:56.41	1400m:	26:41.05	1:55.00
	300m:	5:31.38	1:54.90	700m:	13:14.78	1:55.33	1100m:	20:57.58	1:55.55	1500m:	28:30.38	1:49.33
	400m:	7:27.78	1:56.40	800m:	15:11.43	1:56.65	1200m:	22:52.06	1:54.48			
4.	Maria Madalena, Caninas		63	Clube Natacao Masters de Almada		<b>33:09.21</b>	320					
	100m:	1:59.62	1:59.62	500m:	10:49.45	2:12.40	900m:	19:44.03	2:14.44	1300m:	28:44.51	2:15.62
	200m:	4:08.77	2:09.15	600m:	13:01.24	2:11.79	1000m:	21:58.62	2:14.59	1400m:	30:59.22	2:14.71
	300m:	6:22.18	2:13.41	700m:	15:14.86	2:13.62	1100m:	24:14.14	2:15.52	1500m:	33:09.21	2:09.99
	400m:	8:37.05	2:14.87	800m:	17:29.59	2:14.73	1200m:	26:28.89	2:14.75			

Prova 5, Femin., 1500m Livres, Master H

Lugar	Idade	Tempo final	Pts
<b>5. Delfina Maria, Martins</b>	<b>60</b>	<b>35:23.63</b>	<b>263</b>
100m: 2:08.42 2:08.42	500m: 11:35.17 2:22.09	900m: 21:02.28 2:22.14	1300m: 30:36.15 2:24.98
200m: 4:27.16 2:18.74	600m: 13:55.64 2:20.47	1000m: 23:23.30 2:21.02	1400m: 33:01.61 2:25.46
300m: 6:49.91 2:22.75	700m: 16:18.73 2:23.09	1100m: 25:48.41 2:25.11	1500m: 35:23.63 2:22.02
400m: 9:13.08 2:23.17	800m: 18:40.14 2:21.41	1200m: 28:11.17 2:22.76	
<b>6. Cidalia Conceicao, Maria</b>	<b>62</b>	<b>51:25.43</b>	<b>85</b>
<i>FTL</i>			
100m: 2:54.47 2:54.47	500m: 17:03.35 3:31.95	900m: 30:49.68 3:29.92	1300m: 44:38.55 3:27.70
200m: 6:18.97 3:24.50	600m: 20:32.48 3:29.13	1000m: 34:15.37 3:25.69	1400m: 48:06.53 3:27.98
300m: 9:55.71 3:36.74	700m: 23:56.48 3:24.00	1100m: 37:42.14 3:26.77	1500m: 51:25.43 3:18.90
400m: 13:31.40 3:35.69	800m: 27:19.76 3:23.28	1200m: 41:10.85 3:28.71	

Master I

<b>1. Maria Teresa, Oliveira</b>	<b>69</b>	<b>29:44.19</b>	<b>578</b>
100m: 1:54.75 1:54.75	500m: 9:49.80 1:59.26	900m: 17:46.69 2:00.58	1300m: 25:49.91 2:00.79
200m: 3:53.85 1:59.10	600m: 11:48.27 1:58.47	1000m: 19:47.06 2:00.37	1400m: 27:50.41 2:00.50
300m: 5:52.46 1:58.61	700m: 13:47.11 1:58.84	1100m: 21:48.30 2:01.24	1500m: 29:44.19 1:53.78
400m: 7:50.54 1:58.08	800m: 15:46.11 1:59.00	1200m: 23:49.12 2:00.82	
<b>2. Cristina Maria, Oliveira</b>	<b>66</b>	<b>31:51.46</b>	<b>470</b>
100m: 1:55.14 1:55.14	500m: 10:25.23 2:09.72	900m: 19:02.64 2:09.91	1300m: 27:36.63 2:09.38
200m: 3:59.96 2:04.82	600m: 12:34.73 2:09.50	1000m: 21:11.26 2:08.62	1400m: 29:46.14 2:09.51
300m: 6:06.53 2:06.57	700m: 14:43.30 2:08.57	1100m: 23:18.76 2:07.50	1500m: 31:51.46 2:05.32
400m: 8:15.51 2:08.98	800m: 16:52.73 2:09.43	1200m: 25:27.25 2:08.49	
<b>3. Maria Giraldo, Wernicke</b>	<b>66</b>	<b>32:39.27</b>	<b>436</b>
100m: 2:00.29 2:00.29	500m: 10:50.23 2:14.02	900m: 19:39.70 2:12.59	1300m: 28:23.18 2:11.53
200m: 4:11.50 2:11.21	600m: 13:03.39 2:13.16	1000m: 21:51.82 2:12.12	1400m: 30:34.71 2:11.53
300m: 6:24.27 2:12.77	700m: 15:13.48 2:10.09	1100m: 24:02.78 2:10.96	1500m: 32:39.27 2:04.56
400m: 8:36.21 2:11.94	800m: 17:27.11 2:13.63	1200m: 26:11.65 2:08.87	