

13º Torneio de Masters do Litoral Alentejano
Sines, 14/3/2026

Prova 1 Femin., 400m Livres 25 - 104 anos
14/03/2026 - 10:00 Resultados

RN A(25-29)	4:36.93	Bruna Martins RIESENBERGER	CIRL	Funchal	22/11/2023
RN B(30-34)	4:27.23	Ana Paula GRILO	UDCA	Inatel	25/05/2002
RN C(35-39)	4:30.30	Ana Paula GRILO	UDCA	Palma Maiorca (ESP)	18/04/2004
RN D(40-44)	4:49.44	Susana Clara GOMES	CNF	Mealhada	18/01/2019
RN E(45-49)	5:03.00	Ana Paula GRILO	NDCO	Mealhada	26/01/2014
RN F(50-54)	5:06.50	Gisela Barbosa COUTINHO	CFP	Porto	01/11/2025
RN G(55-59)	5:22.20	Isabel Baptista FERREIRA	ADRCIMM	Caldas da Rainha	26/01/2024
RN H(60-64)	5:56.54	Maria Claudia OSORIO	CFP	Porto	01/11/2025
RN I(65-69)	6:06.65	Ana Maria FERREIRA	SAD	Sines	04/03/2017
RN J(70-74)	6:23.87	Ana Maria FERREIRA	SAD	Sines	07/03/2020
RN K(75-79)	7:11.81	Luisa Bessone BASTO	SAD	Mealhada	18/01/2019
RN L(80-84)	59:00.00	start			01/01/1800
RN M(85-89)	59:00.00	start			01/01/1800

Pontos: DSV Masters 2024

Lugar Nome Idade Clube Tempo final Pontos
25 - 29 anos

1.	Sara Sofia ALVES	25	Nacional de Nataçao	4:56.81	698
	50m: 33.04 33.04	150m: 1:44.12	36.36	250m: 3:00.47	38.49
	100m: 1:07.76 34.72	200m: 2:21.98	37.86	300m: 3:39.75	39.28
				350m: 4:19.29	39.54
				400m: 4:56.81	37.52
2.	Raquel Fernandes SANTOS	28	Clube Natacao Masters de Almada	5:19.57	559
	50m: 34.48 34.48	150m: 1:53.47	40.58	250m: 3:15.86	41.62
	100m: 1:12.89 38.41	200m: 2:34.24	40.77	300m: 3:57.66	41.80
				350m: 4:39.62	41.96
				400m: 5:19.57	39.95
3.	Joana Quinta PINTO	28	Grupo dos Amigos da Natacao-AC	5:34.03	489
	50m: 37.73 37.73	150m: 2:01.72	42.59	250m: 3:26.45	41.70
	100m: 1:19.13 41.40	200m: 2:44.75	43.03	300m: 4:09.41	42.96
				350m: 4:52.05	42.64
				400m: 5:34.03	41.98
4.	Ana Beatriz CORREIA	28	Louletano / Loule Aqui e Agora	5:51.64	419
	50m: 38.64 38.64	150m: 2:04.37	43.59	250m: 3:33.67	45.11
	100m: 1:20.78 42.14	200m: 2:48.56	44.19	300m: 4:19.80	46.13
				350m: 5:06.30	46.50
				400m: 5:51.64	45.34
5.	Ana Rita PEDRO	27	O2-Portimao	6:28.80	310
	50m: 43.93 43.93	150m: 2:21.61	49.72	250m: 4:02.11	50.05
	100m: 1:31.89 47.96	200m: 3:12.06	50.45	300m: 4:52.53	50.42
				350m: 5:41.90	49.37
				400m: 6:28.80	46.90
6.	Barbara Madalena FREITAS	25	Clube Natacao Masters de Almada	6:56.84	252
	50m: 43.18 43.18	150m: 2:23.59	51.83	250m: 4:14.52	56.13
	100m: 1:31.76 48.58	200m: 3:18.39	54.80	300m: 5:10.57	56.05
				350m: 6:06.21	55.64
				400m: 6:56.84	50.63

30 - 34 anos

1.	Ana Margarida RODRIGUES	30	Galitos / Bresimar	4:56.82	748
	50m: 32.86 32.86	150m: 1:46.22	37.74	250m: 3:04.47	39.18
	100m: 1:08.48 35.62	200m: 2:25.29	39.07	300m: 3:43.89	39.42
				350m: 4:21.78	37.89
				400m: 4:56.82	35.04
2.	Carolina Sofia LOPES	30	Louletano / Loule Aqui e Agora	5:36.80	512
	50m: 36.90 36.90	150m: 1:59.93	42.26	250m: 3:26.26	43.52
	100m: 1:17.67 40.77	200m: 2:42.74	42.81	300m: 4:09.67	43.41
				350m: 4:53.56	43.89
				400m: 5:36.80	43.24
3.	Mariana Costa CABRAL	31	CCD Associacao De Nadadores Dos	5:37.29	510
	50m: 36.43 36.43	150m: 1:59.03	41.99	250m: 3:25.63	43.50
	100m: 1:17.04 40.61	200m: 2:42.13	43.10	300m: 4:09.82	44.19
				350m: 4:54.56	44.74
				400m: 5:37.29	42.73
4.	Gisela Felix SEIXAS	32	Sporting	6:40.54	304
	50m: 41.66 41.66	150m: 2:16.08	48.94	250m: 3:59.56	51.92
	100m: 1:27.14 45.48	200m: 3:07.64	51.56	300m: 4:54.76	55.20
				350m: 5:48.93	54.17
				400m: 6:40.54	51.61

35 - 39 anos

1.	Sara Daniela RODRIGUES	39	Galitos / Bresimar	5:36.79	504
	50m: 38.63 38.63	150m: 2:02.78	42.29	250m: 3:28.27	43.07
	100m: 1:20.49 41.86	200m: 2:45.20	42.42	300m: 4:10.77	42.50
				350m: 4:53.88	43.11
				400m: 5:36.79	42.91

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Prova 1, Femin., 400m Livres, 35 - 39 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
2.	Miriam Rodrigues SANTOS	35	Clube Natacao Masters de Almada	5:47.87	457
	50m: 37.82 37.82	150m: 2:04.66 44.29	250m: 3:34.54 43.94	350m: 5:03.79 44.79	
	100m: 1:20.37 42.55	200m: 2:50.60 45.94	300m: 4:19.00 44.46	400m: 5:47.87 44.08	
3.	Kirstin Lynn O'Leary O'LEARY	36	Nacional de Nataçao	5:54.02	434
	50m: 39.16 39.16	150m: 2:06.89 44.95	250m: 3:37.59 45.57	350m: 5:09.53 46.03	
	100m: 1:21.94 42.78	200m: 2:52.02 45.13	300m: 4:23.50 45.91	400m: 5:54.02 44.49	
4.	Nádia Filipa SANTOS	36	Alcobaca	7:41.68	195
	50m: 47.26 47.26	150m: 2:42.79 59.37	250m: 4:45.32 1:01.01	350m: 6:38.99 53.33	
	100m: 1:43.42 56.16	200m: 3:44.31 1:01.52	300m: 5:45.66 1:00.34	400m: 7:41.68 1:02.69	

40 - 44 anos

1.	Ana Paris LEAL	42	Grupo dos Amigos da Natacao-AC	5:24.90	619
	50m: 36.80 36.80	150m: 1:57.36 40.74	250m: 3:19.89 41.30	350m: 4:43.49 41.65	
	100m: 1:16.62 39.82	200m: 2:38.59 41.23	300m: 4:01.84 41.95	400m: 5:24.90 41.41	
2.	Marta Gloria CATARINO	42	Lagoa Academico Clube	5:54.10	478
	50m: 38.82 38.82	150m: 2:08.50 45.42	250m: 3:38.81 44.84	350m: 5:09.47 45.28	
	100m: 1:23.08 44.26	200m: 2:53.97 45.47	300m: 4:24.19 45.38	400m: 5:54.10 44.63	
3.	Cinara Isabel MARTINS	44	Aquatico Silves	7:11.01	265
	50m: 47.95 47.95	150m: 2:34.81 53.78	250m: 4:25.24 55.42	350m: 6:17.02 55.71	
	100m: 1:41.03 53.08	200m: 3:29.82 55.01	300m: 5:21.31 56.07	400m: 7:11.01 53.99	
4.	Ines Franco MOREIRA	41	CCD Associacao De Nadadores Dos	7:28.16	235
	50m: 52.13 52.13	150m: 2:43.98 56.53	250m: 4:37.54 56.67	350m: 6:32.78 57.02	
	100m: 1:47.45 55.32	200m: 3:40.87 56.89	300m: 5:35.76 58.22	400m: 7:28.16 55.38	

45 - 49 anos

1.	Isabel Maria FIGUEIRA	47	Louletano / Loule Aqui e Agora	5:07.76	784
	50m: 35.76 35.76	150m: 1:54.76 39.98	250m: 3:13.98 39.05	350m: 4:31.48 38.30	
	100m: 1:14.78 39.02	200m: 2:34.93 40.17	300m: 3:53.18 39.20	400m: 5:07.76 36.28	
2.	Jana ADVANI	48	Louletano / Loule Aqui e Agora	5:27.39	651
	50m: 36.27 36.27	150m: 1:58.54 40.82	250m: 3:22.16 42.19	350m: 4:46.81 41.99	
	100m: 1:17.72 41.45	200m: 2:39.97 41.43	300m: 4:04.82 42.66	400m: 5:27.39 40.58	
3.	Rita Sofia PEREIRA	45	Naval de Peniche	6:54.37	321
	50m: 46.70 46.70	150m: 2:31.61 53.07	250m: 4:18.57 53.62	350m: 6:05.82 53.26	
	100m: 1:38.54 51.84	200m: 3:24.95 53.34	300m: 5:12.56 53.99	400m: 6:54.37 48.55	
4.	Carmen Silvia LUZ	45	Litoral Alentejano	6:57.75	313
	50m: 46.36 46.36	150m: 2:31.98 53.74	250m: 4:21.05 55.08	350m: 6:07.70 53.31	
	100m: 1:38.24 51.88	200m: 3:25.97 53.99	300m: 5:14.39 53.34	400m: 6:57.75 50.05	

50 - 54 anos

1.	Juliana Sanches ELIAS	50	CCD Associacao De Nadadores Dos	6:22.73	418
	50m: 44.52 44.52	150m: 2:23.66 49.94	250m: 4:02.08 48.64	350m: 5:37.06 46.32	
	100m: 1:33.72 49.20	200m: 3:13.44 49.78	300m: 4:50.74 48.66	400m: 6:22.73 45.67	
2.	Helena Isabel RIBEIRO	52	Lagoa Academico Clube	6:57.45	322
	50m: 46.37 46.37	150m: 2:30.44 52.79	250m: 4:18.61 54.40	350m: 6:06.06 53.21	
	100m: 1:37.65 51.28	200m: 3:24.21 53.77	300m: 5:12.85 54.24	400m: 6:57.45 51.39	
3.	Raquel Alexandra FELIZ	53	Académica de Coimbra	7:10.82	293
	50m: 47.99 47.99	150m: 2:34.16 53.79	250m: 4:25.34 56.12	350m: 6:15.82 55.17	
	100m: 1:40.37 52.38	200m: 3:29.22 55.06	300m: 5:20.65 55.31	400m: 7:10.82 55.00	
4.	Marcia Silva NUNES	51	Lagoa Academico Clube	7:49.13	227
	50m: 47.90 47.90	150m: 2:37.08 57.19	250m: 4:40.03 1:01.80	350m: 6:46.41 1:03.38	
	100m: 1:39.89 51.99	200m: 3:38.23 1:01.15	300m: 5:43.03 1:03.00	400m: 7:49.13 1:02.72	

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Sines, 14/3/2026

Prova 1, Femin., 400m Livres

55 - 59 anos

1.	Patricia Diogenes PEREIRA	57	CCD Associacao De Nadadores Dos	5:45.43	592		
	50m: 39.95 39.95	150m: 2:07.33	44.37	250m: 3:35.50	43.95	350m: 5:03.32	43.69
	100m: 1:22.96 43.01	200m: 2:51.55	44.22	300m: 4:19.63	44.13	400m: 5:45.43	42.11
2.	Maria Manuela FERREIRA	56	Vitória Sport Clube	6:30.70	409		
	50m: 44.44 44.44	150m: 2:21.20	48.86	250m: 4:01.23	50.00	350m: 5:41.44	50.50
	100m: 1:32.34 47.90	200m: 3:11.23	50.03	300m: 4:50.94	49.71	400m: 6:30.70	49.26
3.	Manuela Ribeiro PEREIRA	55	Ba Leiria / Sk Coffee	8:06.75	211		
	50m: 53.57 53.57	150m: 2:52.45	1:01.00	250m: 4:56.98	1:02.67	350m:	
	100m: 1:51.45 57.88	200m: 3:54.31	1:01.86	300m: 6:01.75	1:04.77	400m: 8:06.75	

60 - 64 anos

1.	Maria Joao RIBEIRO	61	CCD Associacao De Nadadores Dos	7:04.11	388		
	50m: 49.38 49.38	150m: 2:39.96	55.58	250m: 4:27.96	53.96	350m: 6:14.39	53.40
	100m: 1:44.38 55.00	200m: 3:34.00	54.04	300m: 5:20.99	53.03	400m: 7:04.11	49.72
2.	Maria Goncalves VASCONCELOS	62	Clube Natacao Masters de Almada	7:28.29	328		
	50m: 46.83 46.83	150m: 2:37.42	57.37	250m: 4:35.41	58.38	350m: 6:33.38	58.16
	100m: 1:40.05 53.22	200m: 3:37.03	59.61	300m: 5:35.22	59.81	400m: 7:28.29	54.91

65 - 69 anos

1.	Ana Maria CAEIRO	67	Grupo dos Amigos da Natacao-AC	8:09.30	373		
	50m: 54.26 54.26	150m: 3:57.54	2:03.02	250m:	350m:		
	100m: 1:54.52 1:00.26	200m: 6:05.82	2:08.28	300m:	400m: 8:09.30		