

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

Prova 3 Femin., 400m Estilos 25 - 104 anos  
14/03/2026 - 11:55 Resultados

RN A(25-29)	5:18.59	Ana Monica ELOI	CLIPTEAM	Recarei	08/12/2022
RN B(30-34)	5:07.66	Ana Paula GRILO	UDCA	Anadia	31/05/2003
RN C(35-39)	5:10.65	Ana Paula GRILO	UDCA	Ponte da Barca	10/06/2005
RN D(40-44)	5:32.53	Ana Paula GRILO	CNBE	Blackpool (GBR)	25/02/2012
RN E(45-49)	5:54.12	Ana Paula GRILO	NDCO	Leiria	26/04/2014
RN F(50-54)	5:46.98	Gisela Barbosa COUTINHO	CFP	Ermesinde	26/04/2025
RN G(55-59)	7:26.86	Ana Maria FERREIRA	SFP	Ponte de Sôr	26/05/2006
RN H(60-64)	7:18.48	Ana Maria FERREIRA	SAD	Lisboa	27/02/2011
RN I(65-69)	7:32.09	Ana Maria FERREIRA	SAD	Benedita	03/04/2016
RN J(70-74)	59:00.00	start			01/01/1800
RN K(75-79)	59:00.00	start			01/01/1800
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
<b>25 - 29 anos</b>					
1.	Bruna Martins RIESENBERGER	29	Laranjeiro	<b>5:19.41</b>	830
	50m: 35.67 35.67 150m: 1:57.96 42.55 250m: 3:23.35 45.62 350m: 4:45.16 35.63				
	100m: 1:15.41 39.74 200m: 2:37.73 39.77 300m: 4:09.53 46.18 400m: 5:19.41 34.25				
2.	Filipa Carreira ALVES	27	Clube Natacao Masters de Almada	<b>6:08.69</b>	540
	50m: 35.92 35.92 150m: 2:05.85 44.50 250m: 3:44.14 54.98 350m: 5:26.09 43.75				
	100m: 1:21.35 45.43 200m: 2:49.16 43.31 300m: 4:42.34 58.20 400m: 6:08.69 42.60				
3.	Bruna Elisabete PAULINO	29	Alcobaca	<b>6:20.13</b>	492
	50m: 38.10 38.10 150m: 2:10.63 48.71 250m: 3:53.92 56.57 350m: 5:36.21 45.14				
	100m: 1:21.92 43.82 200m: 2:57.35 46.72 300m: 4:51.07 57.15 400m: 6:20.13 43.92				
<b>30 - 34 anos</b>					
1.	Ana Margarida RODRIGUES	30	Galitos / Bresimar	<b>5:54.50</b>	597
	50m: 36.55 36.55 150m: 2:04.21 47.10 250m: 3:41.68 50.47 350m: 5:14.84 42.32				
	100m: 1:17.11 40.56 200m: 2:51.21 47.00 300m: 4:32.52 50.84 400m: 5:54.50 39.66				
<b>35 - 39 anos</b>					
1.	Sara Daniela RODRIGUES	39	Galitos / Bresimar	<b>6:28.63</b>	479
	50m: 41.54 41.54 150m: 2:18.75 51.10 250m: 4:03.75 54.53 350m: 5:44.74 45.71				
	100m: 1:27.65 46.11 200m: 3:09.22 50.47 300m: 4:59.03 55.28 400m: 6:28.63 43.89				
<b>40 - 44 anos</b>					
1.	Joana Margarida GASPAR	43	CCD Associacao De Nadadores Dos	<b>6:36.84</b>	516
	50m: 41.64 41.64 150m: 2:48.32 57.00 250m: 4:05.17 56.25 350m: 5:50.34 47.52				
	100m: 1:29.07 47.43 200m: 3:08.92 53.78 300m: 5:02.82 57.65 400m: 6:36.84 46.50				
<b>45 - 49 anos</b>					
1.	Sara Filipa CORTEZ	45	Clube Natacao Masters de Almada	<b>6:59.23</b>	459
	50m: 52.03 52.03 150m: 2:42.81 54.37 250m: 4:30.46 57.80 350m: 6:15.74 44.86				
	100m: 1:48.44 56.41 200m: 3:32.66 49.85 300m: 5:30.88 1:00.42 400m: 6:59.23 43.49				
<b>50 - 54 anos</b>					
1.	Juliana Sanches ELIAS	50	CCD Associacao De Nadadores Dos	<b>7:10.07</b>	428
	50m: 49.38 49.38 150m: 2:48.32 57.00 250m: 4:40.39 58.29 350m: 6:25.25 47.34				
	100m: 1:51.32 1:01.94 200m: 3:42.10 53.78 300m: 5:37.91 57.52 400m: 7:10.07 44.82				
2.	Ana Claudia GOMES	50	Académica de Coimbra	<b>7:37.13</b>	356
	50m: 46.80 46.80 150m: 2:45.36 1:01.11 250m: 4:46.00 1:00.87 350m: 6:43.37 55.60				
	100m: 1:44.25 57.45 200m: 3:45.13 59.77 300m: 5:47.77 1:01.77 400m: 7:37.13 53.76				

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Prova 3, Femin., 400m Estilos

55 - 59 anos

1. Marina Isabel MENDES	58	Clube Natacao Masters de Almada	<b>8:12.15</b>	304
50m: 56.12 56.12	150m: 3:05.21 1:05.53	250m: 5:16.35 1:05.79	350m: 7:18.11 56.12	
100m: 1:59.68 1:03.56	200m: 4:10.56 1:05.35	300m: 6:21.99 1:05.64	400m: 8:12.15 54.04	

60 - 64 anos

1. Helena Paula CARVALHO	62	Sporting	<b>8:04.57</b>	486
50m: 53.59 53.59	150m: 3:03.14 1:09.58	250m: 5:10.63 1:00.32	350m: 7:09.90 57.84	
100m: 1:53.56 59.97	200m: 4:10.31 1:07.17	300m: 6:12.06 1:01.43	400m: 8:04.57 54.67	