

Prova 4 Femin., 400m Livres 25 anos e mais velhos
30/05/2026 - 10:59 Resultados

Recordes Nacionais Masters 50m Esc G	5:36.18	Isabel Baptista, FERREIRA	ADRCIMM	S. Joao da Madeira	09/07/2023
Recordes Nacionais Masters 50m Esc F	5:26.28	Gisela Barbosa, COUTINHO	CFP	Coimbra	23/02/2025
Recordes Nacionais Masters 50m Esc E	5:23.34	Gisela Barbosa, COUTINHO	CFP	São João da Madeira	04/07/2024
Recordes Nacionais Masters 50m Esc D	5:02.98	Susana Clara, GOMES	CNF	Gwangju (KOR)	18/08/2019
Recordes Nacionais Masters 50m Esc C	4:35.74	Ana Paula, GRILO	UDCA	Stanford (USA)	10/08/2006
Recordes Nacionais Masters 50m Esc B	4:39.43	Ana Paula, GRILO	INATEL	Riccione (ITA)	20/06/2003
Recordes Nacionais Masters 50m Esc A	4:57.88	Carolina Santos, SILVA	CNMAIA	Eindhoven (NED)	02/09/2013
Recordes Regionais Masters 50m Esc G	6:43.33	Catarina Augusta, CLEMENTE	TNC	Reguengos de Monsaraz	12/07/2025
Recordes Regionais Masters 50m Esc F	7:27.02	Ana Bernardo, BARBARA	LAGAC	Famalicao	11/07/2021
Recordes Regionais Masters 50m Esc F	7:27.02	Ana Bernardo, BARBARA	LAGAC	Vila Nova de Famalicão	11/07/2021
Recordes Regionais Masters 50m Esc E	6:07.28	Amelia Ponte, GALHARDO	CCDCML	Coimbra	20/06/2009
Recordes Regionais Masters 50m Esc E	6:07.28	Amelia Ponte, GALHARDO	CCDCML	Coimbra	20/06/2009
Recordes Regionais Masters 50m Esc D	5:41.40	Mariana Moura, SANTOS	LAGAC	Loule	31/05/2025
Recordes Regionais Masters 50m Esc C	5:03.63	Isabel Maria, FIGUEIRA	CNFA	Loule	15/07/2018
Recordes Regionais Masters 50m Esc C	5:03.63	Isabel Maria, FIGUEIRA	CNFA	Loulé	15/07/2018
Recordes Regionais Masters 50m Esc B	6:01.52	Marina, ZABORSKAYA	FCF	Loule	10/07/2016
Recordes Regionais Masters 50m Esc B	6:01.52	Marina, ZABORSKAYA	FCF	Loulé	10/07/2016
Recordes Regionais Masters 50m Esc A	5:33.39	Isabel Maria, FIGUEIRA	CNFA	Faro	30/05/2008

Pontos: DSV Masters 2024

Lugar Nome Ano Licença Clube Tempo Final DSV Pts

Escalão A

1. Ana Beatriz, CORREIA	98	130551	Louletano / Loule Aqui e Agora	5:59.08	410	35,00
100m: 1:23.83 1:23.83	200m: 2:55.10 1:31.27	300m: 4:28.01 1:32.91	400m: 5:59.08	1:31.07		
2. Telma Freitas, TORRES	97	226032	Individual ANALG	6:48.78	278	33,00
100m: 1:22.45 1:22.45	200m: 3:06.75 1:44.30	300m: 4:57.73 1:50.98	400m: 6:48.78	1:51.05		

Escalão B

1. Sasquia Santos, RODRIGUES	92	224785	Náutico do Guadiana	7:29.45	223	35,00
100m: 1:43.65 1:43.65	200m: 3:37.54 1:53.89	300m: 5:34.47 1:56.93	400m: 7:29.45	1:54.98		
2. Mariana Raimundo, NECA	96		Natação de Beja	7:41.06	206	33,00
100m: 1:41.02 1:41.02	200m: 3:39.34 1:58.32	300m: 5:40.65 2:01.31	400m: 7:41.06	2:00.41		

Escalão C

1. Ana Claudia, TEIGA	89	227396	Louletano / Loule Aqui e Agora	5:43.87	508	35,00
100m: 1:19.44 1:19.44	200m: 2:46.72 1:27.28	300m: 4:15.77 1:29.05	400m: 5:43.87	1:28.10		
2. Kirstin Lynn, O'LEARY	90		Nacional de Nataçao	6:16.65	387	33,00
100m: 1:26.31 1:26.31	200m: 3:03.42 1:37.11	300m: 4:41.70 1:38.28	400m: 6:16.65	1:34.95		

Escalão D

1. Marta Gloria, CATARINO	84	117354	Lagoa Academico Clube	6:14.86	429	35,00
100m: 1:27.69 1:27.69	200m: 3:05.47 1:37.78	300m: 4:41.39 1:35.92	400m: 6:14.86	1:33.47		
2. Joana Isabel, MARREIRO	84	26709	Portinado	7:22.59	260	33,00
100m: 1:30.76 1:30.76	200m: 3:25.33 1:54.57	300m: 5:24.97 1:59.64	400m: 7:22.59	1:57.62		
3. Emma, MARTIN	82	220976	Portinado	7:39.43	233	32,00
100m: 1:43.09 1:43.09	200m: 3:41.87 1:58.78	300m: 5:42.20 2:00.33	400m: 7:39.43	1:57.23		

Escalão E

1. Isabel Maria, FIGUEIRA	79	11424	Louletano / Loule Aqui e Agora	5:12.62	752	35,00
<i>Recorde Nacional</i>						
100m: 1:14.09 1:14.09	200m: 2:33.64 1:19.55	300m: 3:53.11 1:19.47	400m: 5:12.62	1:19.51		
2. Carmen Eliana, MUELLER	80	225307	Lagoa Academico Clube	6:27.50	395	33,00
100m: 1:30.43 1:30.43	200m: 3:11.43 1:41.00	300m: 4:53.17 1:41.74	400m: 6:27.50	1:34.33		
3. Joana Silva, CRISTOVAO	81	203276	FC Ferreiras/AlgarExperience	6:47.99	338	32,00
100m: 1:35.00 1:35.00	200m: 3:19.71 1:44.71	300m: 5:05.03 1:45.32	400m: 6:47.99	1:42.96		
4. Carmen Silvia, LUZ	81	148558	Litoral Alentejano	7:16.55	276	31,00
100m: 1:42.56 1:42.56	200m: 3:33.22 1:50.66	300m: 5:26.31 1:53.09	400m: 7:16.55	1:50.24		
5. Andreia Jesus, TROMBINHAS	78	218465	Natação de Beja	7:31.36	250	30,00
100m: 1:39.05 1:39.05	200m: 3:36.68 1:57.63	300m: 5:36.81 2:00.13	400m: 7:31.36	1:54.55		

Prova 4, Femin., 400m Livres, Escal o E

Lugar	Nome	Ano	Licen�a	Clube	Tempo Final	DSV	Pts
6.	Lenia Mafalda, GAMITO	77		Louletano / Loule Aqui e Agora	8:05.43	201	29,00
	100m: 1:49.65 1:49.65	200m: 3:55.14 2:05.49		300m: 6:01.10 2:05.96	400m: 8:05.43	2:04.33	
7.	Ana Lucia, AGUEDA	80	206904	RIA Aqua Tavira	8:06.78	199	28,00
	100m: 1:52.69 1:52.69	200m: 3:58.56 2:05.87		300m: 6:06.64 2:08.08	400m: 8:06.78	2:00.14	

Escal o F

1.	Marcia Silva, NUNES	75	122495	Lagoa Academico Clube	7:59.14	217	35,00
	100m: 1:49.81 1:49.81	200m: 3:52.14 2:02.33		300m: 5:58.49 2:06.35	400m: 7:59.14	2:00.65	
2.	Claudia Maria, MATIAS	72	209789	Lagoa Academico Clube	8:02.67	213	33,00
	100m: 1:50.42 1:50.42	200m: 3:57.52 2:07.10		300m: 6:04.02 2:06.50	400m: 8:02.67	1:58.65	
3.	Teresa Elisabete, PEREIRA	72	213712	Aquatico Silves	8:07.05	207	32,00
	100m: 1:49.33 1:49.33	200m: 3:55.09 2:05.76		300m: 6:02.95 2:07.86	400m: 8:07.05	2:04.10	

Escal o G

1.	Emma Lenora, YATES	71	222016	O2-Portimao	7:59.83	222	35,00
	100m: 1:47.88 1:47.88	200m: 3:52.00 2:04.12		300m: 6:00.22 2:08.22	400m: 7:59.83	1:59.61	