

IV Torneio de Natação Master do CNAC
Coimbra, 17/5/2026

Prova 2
17/05/2026 - 9:45

Femin., 400m Livres

25 anos e mais velhos

Resultados

Rec Nacional Esc M	59:00.00									01/01/1800
Rec Nacional Esc L	8:22.03	Luisa Bessone, BASTO	SAD	Coimbra						23/02/2025
Rec Nacional Esc K	7:44.23	Luisa Bessone, BASTO	SAD	Reguengos de Monsaraz						19/07/2019
Rec Nacional Esc J	6:40.16	Ana Maria, FERREIRA	SAD	Póvoa de Varzim						22/02/2020
Rec Nacional Esc I	6:27.98	Ana Maria, FERREIRA	SAD	Famalicão						09/07/2017
Rec Nacional Esc H	5:56.25	Maria Helena, CARMO	INDANL	Coimbra						11/04/2026
Rec Nacional Esc G	5:36.18	Isabel Baptista, FERREIRA	ADRCIMM	S. Joao da Madeira						09/07/2023
Rec Nacional Esc F	5:26.28	Gisela Barbosa, COUTINHO	CFP	Coimbra						23/02/2025
Rec Nacional Esc E	5:23.34	Gisela Barbosa, COUTINHO	CFP	São João da Madeira						04/07/2024
Rec Nacional Esc D	5:02.98	Susana Clara, GOMES	CNF	Gwangju (KOR)						18/08/2019
Rec Nacional Esc C	4:35.74	Ana Paula, GRILO	UDCA	Stanford (USA)						10/08/2006
Rec Nacional Esc B	4:39.43	Ana Paula, GRILO	INATEL	Riccione (ITA)						20/06/2003
Rec Nacional Esc A	4:57.88	Carolina Santos, SILVA	CNMAIA	Eindhoven (NED)						02/09/2013

Lugar Idade Tempo final Pts

Master Esc A

1. Alexandra Jesus, SANTOS	26	Leixões	5:15.03	12,00
50m: 35.62 35.62	150m: 1:54.77 40.12	250m: 3:15.89 40.29	350m: 4:36.22 40.06	
100m: 1:14.65 39.03	200m: 2:35.60 40.83	300m: 3:56.16 40.27	400m: 5:15.03 38.81	
2. Beatriz Marques, FERREIRA	26	Fluvial Portuense	5:26.06	8,00
50m: 35.46 35.46	150m: 1:54.89 40.41	250m: 3:17.99 41.33	350m: 4:44.12 42.91	
100m: 1:14.48 39.02	200m: 2:36.66 41.77	300m: 4:01.21 43.22	400m: 5:26.06 41.94	
3. Joana Teixeira, VIANA	29	CLAC-Entroncamento	5:35.18	6,00
50m: 37.64 37.64	150m: 2:00.89 41.68	250m: 3:25.73 42.23	350m: 4:52.36 43.20	
100m: 1:19.21 41.57	200m: 2:43.50 42.61	300m: 4:09.16 43.43	400m: 5:35.18 42.82	
4. Catarina Vieira, CORREIA	27	Leixões	5:37.95	5,00
50m: 37.23 37.23	150m: 2:01.84 42.44	250m: 3:28.23 42.42	350m: 4:54.76 42.58	
100m: 1:19.40 42.17	200m: 2:45.81 43.97	300m: 4:12.18 43.95	400m: 5:37.95 43.19	
5. Monica Seara, DOMINGUES	26	Alcobaca	5:40.64	4,00
50m: 37.68 37.68	150m: 2:01.28 42.80	250m: 3:28.14 44.09	350m: 4:57.05 44.90	
100m: 1:18.48 40.80	200m: 2:44.05 42.77	300m: 4:12.15 44.01	400m: 5:40.64 43.59	
6. Rita Oliveira, ROCHA	26	Leixões	5:59.30	-
50m: 38.58 38.58	150m: 2:05.80 44.81	250m: 3:38.77 47.34	350m: 5:13.84 47.92	
100m: 1:20.99 42.41	200m: 2:51.43 45.63	300m: 4:25.92 47.15	400m: 5:59.30 45.46	
7. Maria Camolino, CABRAL	26	Leixões	6:04.04	-
50m: 40.14 40.14	150m: 2:10.93 46.13	250m: 3:44.89 47.35	350m: 5:18.92 46.86	
100m: 1:24.80 44.66	200m: 2:57.54 46.61	300m: 4:32.06 47.17	400m: 6:04.04 45.12	
8. Mariana Ramos, LACERDA	27	Natacao de Valongo	7:35.23	1,00
50m: 47.65 47.65	150m: 2:41.22 59.92	250m: 4:41.40 1:01.17	350m: 6:41.22 1:00.58	
100m: 1:41.30 53.65	200m: 3:40.23 59.01	300m: 5:40.64 59.24	400m: 7:35.23 54.01	

Master Esc B

1. Ana Margarida, RODRIGUES	30	Galitos / Bresimar	5:13.13	12,00
50m: 35.42 35.42	150m: 1:54.51 40.21	250m: 3:15.94 40.77	350m: 4:35.88 39.83	
100m: 1:14.30 38.88	200m: 2:35.17 40.66	300m: 3:56.05 40.11	400m: 5:13.13 37.25	
2. Ana Sofia, MONTEIRO	30	Natacao de Valongo	6:14.50	8,00
50m: 40.86 40.86	150m: 2:14.77 47.99	250m: 3:52.01 48.74	350m: 5:29.35 48.32	
100m: 1:26.78 45.92	200m: 3:03.27 48.50	300m: 4:41.03 49.02	400m: 6:14.50 45.15	
3. Salome Dias, AFONSO	31	Fluvial Portuense	6:29.81	6,00
50m: 38.99 38.99	150m: 2:11.24 48.06	250m: 3:53.68 51.92	350m: 5:37.76 52.49	
100m: 1:23.18 44.19	200m: 3:01.76 50.52	300m: 4:45.27 51.59	400m: 6:29.81 52.05	
4. Ana Sofia, MONTEIRO	30	Natacao do Fundao / YesEnergy	6:45.86	5,00
50m: 40.13 40.13	150m: 2:18.30 51.06	250m: 4:08.45 56.34	350m: 5:57.34 54.07	
100m: 1:27.24 47.11	200m: 3:12.11 53.81	300m: 5:03.27 54.82	400m: 6:45.86 48.52	

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Master Esc C

1.	Nadia Filipa, SANTOS	36	Alcobaca		7:55.39	12,00
	50m: 50.00 50.00	150m: 2:49.47	1:00.95	250m: 4:53.09	1:02.46	350m: 6:55.12 1:00.44
	100m: 1:48.52 58.52	200m: 3:50.63	1:01.16	300m: 5:54.68	1:01.59	400m: 7:55.39 1:00.27

Master Esc D

1.	Ana Paris, LEAL	42	Amigos da Natação		5:23.62	12,00
	50m: 36.30 36.30	150m: 1:56.40	40.71	250m: 3:19.06	41.07	350m: 4:42.92 41.72
	100m: 1:15.69 39.39	200m: 2:37.99	41.59	300m: 4:01.20	42.14	400m: 5:23.62 40.70
2.	Maria Manuela, FONSECA	41	Leixões		5:27.16	8,00
	50m: 37.14 37.14	150m: 1:57.32	41.29	250m: 3:21.21	42.66	350m: 4:46.27 42.88
	100m: 1:16.03 38.89	200m: 2:38.55	41.23	300m: 4:03.39	42.18	400m: 5:27.16 40.89
3.	Ana Oliveira, SOUSA	41	Académica de Coimbra		6:17.20	6,00
	50m: 41.44 41.44	150m: 2:14.14	46.74	250m: 3:50.89	48.49	350m: 5:29.18 49.05
	100m: 1:27.40 45.96	200m: 3:02.40	48.26	300m: 4:40.13	49.24	400m: 6:17.20 48.02
4.	Helga Patricia, CASTRO	40	Fluvial Portuense		7:59.41	5,00
	50m: 46.73 46.73	150m: 2:42.29	1:00.27	250m: 4:49.14	1:03.78	350m: 6:57.61 1:04.58
	100m: 1:42.02 55.29	200m: 3:45.36	1:03.07	300m: 5:53.03	1:03.89	400m: 7:59.41 1:01.80

Master Esc E

1.	Viola Francesca, CAMPANINI	47	Louzan Natacao/EFAPEL		6:44.93	12,00
	50m: 43.22 43.22	150m: 2:25.80	51.55	250m: 4:10.77	52.14	350m: 5:54.58 51.27
	100m: 1:34.25 51.03	200m: 3:18.63	52.83	300m: 5:03.31	52.54	400m: 6:44.93 50.35
2.	Ana Maria, MARTINS	47	Sporting de Aveiro		7:36.68	8,00
	50m: 52.46 52.46	150m: 2:49.30	59.28	250m: 4:48.24	59.44	350m: 6:42.62 56.31
	100m: 1:50.02 57.56	200m: 3:48.80	59.50	300m: 5:46.31	58.07	400m: 7:36.68 54.06
3.	Ana Rita, FERNANDES	47	Académica de Coimbra		7:58.04	6,00
	50m: 47.80 47.80	150m: 2:40.95	59.90	250m: 4:46.35	1:03.65	350m: 6:55.91 1:06.39
	100m: 1:41.05 53.25	200m: 3:42.70	1:01.75	300m: 5:49.52	1:03.17	400m: 7:58.04 1:02.13

Master Esc F

1.	Elza Maria, CARVALHO	50	Fluvial Portuense		6:40.11	12,00
	50m: 43.04 43.04	150m: 2:21.15	50.28	250m: 4:04.98	51.89	350m: 5:49.52 52.27
	100m: 1:30.87 47.83	200m: 3:13.09	51.94	300m: 4:57.25	52.27	400m: 6:40.11 50.59
2.	Isabel Maria, PINTO	54	Fluvial Portuense		7:16.39	8,00
	50m: 48.07 48.07	150m: 2:37.02	54.61	250m: 4:29.64	55.72	350m: 6:22.65 56.70
	100m: 1:42.41 54.34	200m: 3:33.92	56.90	300m: 5:25.95	56.31	400m: 7:16.39 53.74
3.	Luisa Margarida, HENRIQUES	52	Algés e Águeda XXI		8:12.50	6,00
	50m: 59.05 59.05	150m: 3:02.59	1:01.94	250m: 5:07.19	1:02.42	350m: 7:12.65 1:02.55
	100m: 2:00.65 1:01.60	200m: 4:04.77	1:02.18	300m: 6:10.10	1:02.91	400m: 8:12.50 59.85

Master Esc G

1.	Maria Teresa, BRANDAO	57	Fluvial Portuense		6:03.70	12,00
	50m: 40.25 40.25	150m: 2:10.71	46.23	250m: 3:43.87	46.62	350m: 5:18.14 46.80
	100m: 1:24.48 44.23	200m: 2:57.25	46.54	300m: 4:31.34	47.47	400m: 6:03.70 45.56
2.	Catarina Araujo, BLANCO	55	Fluvial Portuense		6:36.91	8,00
	50m: 45.01 45.01	150m: 2:30.90	55.89	250m: 4:11.59	50.10	350m: 5:51.14 49.38
	100m: 1:35.01 50.00	200m: 3:21.49	50.59	300m: 5:01.76	50.17	400m: 6:36.91 45.77
3.	Paula Margarida, NAVARRO	58	Natacao de Valongo		6:45.20	6,00
	50m: 44.48 44.48	150m: 2:28.39	52.98	250m: 4:14.88	53.37	350m: 5:58.74 51.51
	100m: 1:35.41 50.93	200m: 3:21.51	53.12	300m: 5:07.23	52.35	400m: 6:45.20 46.46

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Prova 2, Femin., 400m Livres, Master Esc G

Lugar			Idade					Tempo final	Pts
4.	Maria Manuela, FERREIRA		56	Vitória Guimarães				6:48.03	5,00
	50m:	45.68 45.68	150m:	2:26.59 51.07	250m:	4:11.20 53.11	350m:	5:55.96 52.39	
	100m:	1:35.52 49.84	200m:	3:18.09 51.50	300m:	5:03.57 52.37	400m:	6:48.03 52.07	
5.	Maria Paula, SANTOS		55	Natacao de Valongo				7:13.80	4,00
	50m:	47.35 47.35	150m:	2:38.46 55.60	250m:	4:31.92 56.52	350m:	6:23.93 55.97	
	100m:	1:42.86 55.51	200m:	3:35.40 56.94	300m:	5:27.96 56.04	400m:	7:13.80 49.87	
6.	Ana Luisa, GARCIA		56	Leixões				8:19.46	3,00
	50m:	54.66 54.66	150m:	2:58.46 1:03.07	250m:	5:06.50 1:05.20	350m:	7:16.06 1:04.89	
	100m:	1:55.39 1:00.73	200m:	4:01.30 1:02.84	300m:	6:11.17 1:04.67	400m:	8:19.46 1:03.40	
7.	Angelina Maria, CERIEIRO		59	Natacao do Fundao / YesEnergy				9:42.45	2,00
	50m:	57.72 57.72	150m:	3:22.13 1:14.54	250m:	5:55.62 1:18.29	350m:	8:27.67 1:14.86	
	100m:	2:07.59 1:09.87	200m:	4:37.33 1:15.20	300m:	7:12.81 1:17.19	400m:	9:42.45 1:14.78	

Master Esc H

1.	Maria Margarida, URBANO		63	Académica de Coimbra				7:02.07	12,00
	50m:	46.69 46.69	150m:	2:29.68 51.97	250m:	4:17.87 54.37	350m:	6:07.94 54.29	
	100m:	1:37.71 51.02	200m:	3:23.50 53.82	300m:	5:13.65 55.78	400m:	7:02.07 54.13	
2.	Maria Santos, FERNANDES		64	Leixões				7:09.16	8,00
	50m:	47.23 47.23	150m:	2:32.94 54.25	250m:	4:22.69 55.12	350m:	6:14.06 56.28	
	100m:	1:38.69 51.46	200m:	3:27.57 54.63	300m:	5:17.78 55.09	400m:	7:09.16 55.10	

Master Esc I

1.	Ana Maria, CAEIRO		67	Amigos da Natação				8:09.28	12,00
	50m:	55.11 55.11	150m:	2:57.87 1:01.60	250m:	5:04.16 1:03.37	350m:	7:10.74 1:02.85	
	100m:	1:56.27 1:01.16	200m:	4:00.79 1:02.92	300m:	6:07.89 1:03.73	400m:	8:09.28 58.54	

Master Esc J

1.	Marília Laura, SILVA		74	Fluvial Portuense				11:30.77	12,00
	50m:	1:17.37 1:17.37	150m:	4:17.37 1:28.11	250m:	7:15.28 1:26.78	350m:	10:08.29 1:23.90	
	100m:	2:49.26 1:31.89	200m:	5:48.50 1:31.13	300m:	8:44.39 1:29.11	400m:	11:30.77 1:22.48	