

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

Prova 8 Femin., 200m Estilos 25 anos e mais velhos  
17/05/2026 - 11:15 Resultados

Rec Nacional Esc L	4:31.81	Luisa Bessone, BASTO	SAD	Vila Franca de Xira	13/04/2025
Rec Nacional Esc K	7:33.53	Alia Maria, SILVA	CFP	Reguengos de Monsaraz	12/07/2025
Rec Nacional Esc J	4:00.42	Ana Maria, FERREIRA	SAD	Loulé	04/06/2023
Rec Nacional Esc I	3:42.15	Ana Maria, FERREIRA	SAD	Loulé	08/07/2016
Rec Nacional Esc H	3:27.90	Maria Emidia, OLIVEIRA	FCP	Vila Franca de Xira	13/04/2025
Rec Nacional Esc G	3:00.54	Elena Alarcon, GAMONAL	CNFA	Loulé	08/07/2016
Rec Nacional Esc F	2:49.10	Gisela Barbosa, COUTINHO	CFP	Reguengos de Monsaraz	12/07/2025
Rec Nacional Esc E	2:36.12	Susana Clara, GOMES	CNF	Rome (ITA)	31/08/2022
Rec Nacional Esc D	2:35.59	Susana Clara, GOMES	CNF	Loulé	13/07/2018
Rec Nacional Esc C	2:33.55	Ana Paula, GRILLO	UDCA	Coimbra	07/01/2006
Rec Nacional Esc B	2:31.14	Tatiana Gama, SEVIERI	FCP	Loulé	08/07/2016
Rec Nacional Esc A	2:34.64	Ana Monica, ELOI	CLIPTEAM	Porto	20/05/2023

Lugar Idade Tempo final Pts 50m 100m 150m 200m

Master Esc A

1. Alexandra Jesus, SANTOS	26	Leixões	<b>2:48.01</b>	12,00	34.93	41.67	52.20	39.20
2. Miriam Natacha, ALVES	29	Leixões	<b>2:54.33</b>	8,00	36.09	46.46	50.02	41.76
3. Beatriz Marques, FERREIRA	26	Fluvial Portuense	<b>2:56.76</b>	6,00	36.09	47.95	50.54	42.18
4. Catarina Vieira, CORREIA	27	Leixões	<b>2:57.92</b>	-	38.32	46.59	52.32	40.69
5. Ines Santos, MAGALHAES	27	Sporting de Aveiro	<b>3:06.45</b>	4,00	40.60	51.49	51.66	42.70
6. Rita Oliveira, ROCHA	26	Leixões	<b>3:08.39</b>	-	39.45	52.01	52.62	44.31
7. Maria Camolino, CABRAL	26	Leixões	<b>3:15.83</b>	-	39.98	47.04	1:01.53	47.28
8. F., GONCALVES	28	Fluvial Portuense	<b>3:42.33</b>	1,00	50.20	54.95	1:05.95	51.23
9. B., FERNANDES	27	Natacao de Valongo	<b>3:46.05</b>	-	48.72	58.39	1:05.27	53.67
10. Mariana Ramos, LACERDA	27	Natacao de Valongo	<b>3:57.65</b>	-	51.83	1:02.51	1:08.05	55.26
11. Maria Leonor, RODRIGUES	27	Leixões	<b>4:03.30</b>	-	52.74	1:05.83	1:02.36	1:02.37

Master Esc B

1. Danielle Kisiel, ROSA	32	Natacao de Valongo	<b>2:40.21</b>	12,00	35.54	40.22	48.27	36.25
2. A., RODRIGUES	30	Galitos / Bresimar	<b>2:42.09</b>	8,00	33.12	44.01	48.50	36.46
3. Salome Dias, AFONSO	31	Fluvial Portuense	<b>3:29.23</b>	6,00	43.12	55.75	59.14	51.22

Master Esc C

1. Rafaela Barreiros, PIRES	37	Braga	<b>3:09.11</b>	12,00	38.79	49.70	55.96	44.71
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Master Esc D

1. Sofia Martiniano, AFONSO	42	Fluvial Portuense	<b>2:43.91</b>	12,00	33.23	39.83	49.44	41.44
2. Maria Manuela, FONSECA	41	Leixões	<b>2:59.47</b>	8,00	36.65	49.53	53.57	39.72
3. Maria Reboredo, VIEIRA	41	Braga	<b>3:33.63</b>	6,00	46.63	54.95	1:02.80	49.25

Master Esc E

1. V., CAMPANINI	47	Louzan Natacao/EFAPEL	<b>3:41.51</b>	12,00	50.88	1:00.94	1:02.36	47.33
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Master Esc F

1. Isabel Maria, PINTO	54	Fluvial Portuense	<b>4:13.11</b>	12,00	1:02.26	1:05.37	1:12.89	52.65
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Master Esc G

1. T., LOURENCO	57	Natacao de Valongo	<b>3:36.41</b>	12,00	50.29	56.16	57.96	52.03
2. Catarina Araujo, BLANCO	55	Fluvial Portuense	<b>3:49.81</b>	8,00	50.74	1:05.11	1:06.11	47.85

Master Esc H

1. Helena Maria, CARDOSO	60	Fluvial Portuense	<b>4:59.61</b>	12,00	1:09.08	1:12.90	1:24.18	1:13.48
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Coimbra, 17/5/2026

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Prova 8, Femin., 200m Estilos

Master Esc I

1. Maria Giraldo, WERNICKE66	Fluvial Portuense	<b>4:50.21</b>	12,00	1:08.21	1:14.52	1:29.20	58.35
2. Maria Luisa, SILVA 67	Fluvial Portuense	<b>5:44.27</b>	8,00	1:14.71	1:33.42	1:22.81	1:33.33