

Prova 1
18-01-2019 - 11:00

Femin., 400m Livres

Master Esc A
Resultados

Rec Nac Esc A 4:46.97 SILVA Carolina Santos CNMAIA Mealhada 26-01-2014

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	RIBEIRO Soraia Vanessa <i>Rec Nacional Esc A</i>	92	Propaganda da Natacao	4:42.65	+0,96	851	30,00
	50m: 32.23 32.23	150m: 1:42.72 35.75	250m: 2:54.80 36.17	350m: 4:07.73 36.50			
	100m: 1:06.97 34.74	200m: 2:18.63 35.91	300m: 3:31.23 36.43	400m: 4:42.65 34.92			
2.	NEVES Vania Soares	90	Fluvial Portuense	4:49.69	+0,81	790	26,00
	50m: 32.34 32.34	150m: 1:43.86 36.15	250m: 2:57.57 37.01	350m: 4:12.72 37.82			
	100m: 1:07.71 35.37	200m: 2:20.56 36.70	300m: 3:34.90 37.33	400m: 4:49.69 36.97			
3.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	4:55.18	+0,91	747	22,00
	50m: 32.24 32.24	150m: 1:44.49 36.50	250m: 3:00.40 38.06	350m: 4:17.49 38.56			
	100m: 1:07.99 35.75	200m: 2:22.34 37.85	300m: 3:38.93 38.53	400m: 4:55.18 37.69			
4.	SILVA Raquel Alexandra	91	Leixoes	5:10.03	+0,90	645	20,00
	50m: 34.80 34.80	150m: 1:53.97 39.95	250m: 3:11.13 37.76	350m: 4:31.28 40.02			
	100m: 1:14.02 39.22	200m: 2:33.37 39.40	300m: 3:51.26 40.13	400m: 5:10.03 38.75			
5.	MOURA Catia Vanessa	90	Desportiva de Viana	5:19.65	+1,03	588	19,00
	50m: 35.36 35.36	150m: 1:55.15 40.28	250m: 3:17.46 41.35	350m: 4:40.34 41.41			
	100m: 1:14.87 39.51	200m: 2:36.11 40.96	300m: 3:58.93 41.47	400m: 5:19.65 39.31			
6.	SOUSA Barbara Daniela	92	Propaganda da Natacao	5:26.91	+0,98	550	18,00
	50m: 35.78 35.78	150m: 1:56.46 40.93	250m: 3:19.84 41.73	350m: 4:45.63 43.05			
	100m: 1:15.53 39.75	200m: 2:38.11 41.65	300m: 4:02.58 42.74	400m: 5:26.91 41.28			
7.	CASTRO Ana Lucia	92	Natacao de Lisboa	5:37.42	+0,90	500	17,00
	50m: 36.72 36.72	150m: 1:59.66 42.29	250m: 3:26.38 43.88	350m: 4:54.10 44.05			
	100m: 1:17.37 40.65	200m: 2:42.50 42.84	300m: 4:10.05 43.67	400m: 5:37.42 43.32			
8.	RIBEIRO Patricia Marisa	91	Vila DEste/Gaia	5:52.18	+1,03	440	16,00
	50m: 37.92 37.92	150m: 2:04.15 44.04	250m: 3:34.51 45.34	350m: 5:04.08 44.07			
	100m: 1:20.11 42.19	200m: 2:49.17 45.02	300m: 4:20.01 45.50	400m: 5:52.18 48.10			
9.	SILVA Maria Joao	94	Ginasio Clube	5:53.44	+0,95	435	14,00
	50m: 38.06 38.06	150m: 2:03.26 43.61	250m: 3:34.00 45.61	350m: 5:07.15 46.38			
	100m: 1:19.65 41.59	200m: 2:48.39 45.13	300m: 4:20.77 46.77	400m: 5:53.44 46.29			
10.	MACHADO Catarina Sofia	91	Gesloures	5:59.97	+1,08	412	12,00
	50m: 39.30 39.30	150m: 2:09.09 45.78	250m: 3:41.62 46.44	350m: 5:14.73 46.80			
	100m: 1:23.31 44.01	200m: 2:55.18 46.09	300m: 4:27.93 46.31	400m: 5:59.97 45.24			
11.	SANTOS Debora Filipa	92	Fluvial Portuense	8:58.24	+1,27	123	11,00
	50m: 1:01.74 1:01.74	150m: 3:18.59 1:07.52	250m: 5:35.59 1:08.55	350m: 7:51.24 1:07.42			
	100m: 2:11.07 1:09.33	200m: 4:27.04 1:08.45	300m: 6:43.82 1:08.23	400m: 8:58.24 1:07.00			

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Master Esc B
Resultados

Rec Nac Esc B 4:27.23 GRILO Ana Paula UDCA Inatel 25-05-2002

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	ALVES Joana Isabel	88	Porto	5:13.31	+0,93	665	30,00
	50m: 34.07 34.07	150m: 1:50.57 39.04	250m: 3:10.82 40.33	350m: 4:32.83 41.07			
	100m: 1:11.53 37.46	200m: 2:30.49 39.92	300m: 3:51.76 40.94	400m: 5:13.31 40.48			
2.	PINTO Rita Loureiro	85	Ginasio Clube	5:52.87	+0,99	465	26,00
	50m: 37.45 37.45	150m: 2:03.32 43.89	250m: 3:34.69 46.17	350m: 5:07.63 46.17			
	100m: 1:19.43 41.98	200m: 2:48.52 45.20	300m: 4:21.46 46.77	400m: 5:52.87 45.24			
3.	MARQUES Patricia Alexandra	87	Salesianos	6:00.11	+0,86	438	22,00
	50m: 40.48 40.48	150m: 2:09.72 45.16	250m: 3:41.95 46.23	350m: 5:14.83 46.17			
	100m: 1:24.56 44.08	200m: 2:55.72 46.00	300m: 4:28.66 46.71	400m: 6:00.11 45.28			
4.	BARBOSA Ana Raquel	88	Gesloures	6:34.68	+0,92	332	20,00
	50m: 42.14 42.14	150m: 2:18.71 49.65	250m: 4:01.38 51.64	350m: 5:44.54 51.82			
	100m: 1:29.06 46.92	200m: 3:09.74 51.03	300m: 4:52.72 51.34	400m: 6:34.68 50.14			
5.	REIS Filipa Isabel	87	Leixoes	7:39.54	+1,03	210	19,00
	50m: 44.20 44.20	150m: 2:34.82 57.79	250m: 4:34.32 1:00.79	350m: 6:35.11 59.82			
	100m: 1:37.03 52.83	200m: 3:33.53 58.71	300m: 5:35.29 1:00.97	400m: 7:39.54 1:04.43			
6.	ALMEIDA Andreia Azevedo	86	Palmela Desporto	8:59.77	+1,24	130	18,00
	50m: 1:00.61 1:00.61	150m: 3:19.21 1:09.75	250m: 5:37.55 1:09.59	350m: 7:54.59 1:06.74			
	100m: 2:09.46 1:08.85	200m: 4:27.96 1:08.75	300m: 6:47.85 1:10.30	400m: 8:59.77 1:05.18			

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Master Esc C
Resultados

Rec Nac Esc C 4:30.30 GRILO Ana Paula UDCA Palma Maiorca (ESP) 18-04-2004

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	OLIVEIRA Ana Mafalda	81	Natacao da Maia	5:22.78	+0,94	605	30,00
	50m: 35.00 35.00	150m: 1:54.24 40.38	250m: 3:16.67 41.54	350m: 4:40.86 41.93			
	100m: 1:13.86 38.86	200m: 2:35.13 40.89	300m: 3:58.93 42.26	400m: 5:22.78 41.92			
2.	GUEDES Ana DALte	80	Leixoes	5:44.91	+1,03	496	26,00
	50m: 38.17 38.17	150m: 2:04.37 44.01	250m: 3:33.84 44.94	350m: 5:03.28 44.86			
	100m: 1:20.36 42.19	200m: 2:48.90 44.53	300m: 4:18.42 44.58	400m: 5:44.91 41.63			
3.	FONSECA Maria Ana	82	Fluvial Portuense	5:45.75	+0,92	492	22,00
	50m: 39.39 39.39	150m: 2:04.44 42.87	250m: 3:33.53 44.79	350m: 5:02.60 44.44			
	100m: 1:21.57 42.18	200m: 2:48.74 44.30	300m: 4:18.16 44.63	400m: 5:45.75 43.15			
4.	SILVA Ana Rosa	80	Foca	6:46.80	+0,99	302	20,00
	50m: 43.83 43.83	150m: 2:25.13 52.54	250m: 4:10.53 52.49	350m: 5:56.68 52.79			
	100m: 1:32.59 48.76	200m: 3:18.04 52.91	300m: 5:03.89 53.36	400m: 6:46.80 50.12			
5.	MALHEIROS Carmen Silvia	81	Litoral Alentejano	6:55.02	+1,32	284	19,00
	50m: 48.19 48.19	150m: 2:31.47 52.41	250m: 4:17.37 53.22	350m: 6:03.57 53.16			
	100m: 1:39.06 50.87	200m: 3:24.15 52.68	300m: 5:10.41 53.04	400m: 6:55.02 51.45			

Prova 1, Femin., 400m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
6.	MACHADO Maria Margarida	81	Vila DEste/Gaia	7:00.97	+1,15	273	18,00
	50m: 43.11 43.11	150m: 2:26.51 53.56	250m: 4:15.15 54.76	350m: 6:07.00 55.73			
	100m: 1:32.95 49.84	200m: 3:20.39 53.88	300m: 5:11.27 56.12	400m: 7:00.97 53.97			
7.	SANTOS Carolina Bjorke dos	83	O2 Portimao	7:42.48	+1,19	205	17,00
	50m: 51.26 51.26	150m: 2:46.60 59.07	250m: 4:47.55 1:00.19	350m: 6:50.43 1:01.75			
	100m: 1:47.53 56.27	200m: 3:47.36 1:00.76	300m: 5:48.68 1:01.13	400m: 7:42.48 52.05			
8.	LEITE Joana Isabel	80	Fluvial Portuense	8:18.15	+1,24	164	16,00
	50m: 53.37 53.37	150m: 2:54.83 1:02.22	250m: 5:04.51 1:05.42	350m: 7:14.46 1:04.17			
	100m: 1:52.61 59.24	200m: 3:59.09 1:04.26	300m: 6:10.29 1:05.78	400m: 8:18.15 1:03.69			

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Master Esc D
Resultados

Rec Nac Esc D 4:53.84 GRILO Ana Paula INDALEN Fafe 18-06-2011

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	GOMES Susana Clara	77	Naval do Funchal	4:49.44	+0,75	875	30,00
	<i>Rec Nacional Esc D</i>						
	50m: 32.64 32.64	150m: 1:44.28 36.13	250m: 2:58.18 37.11	350m: 4:13.06 37.65			
	100m: 1:08.15 35.51	200m: 2:21.07 36.79	300m: 3:35.41 37.23	400m: 4:49.44 36.38			
2.	SILVA Ana Sofia	78	Fluvial Portuense	5:40.01	+1,00	540	26,00
	50m: 38.67 38.67	150m: 2:03.11 42.57	250m: 3:30.34 43.86	350m: 4:57.65 43.55			
	100m: 1:20.54 41.87	200m: 2:46.48 43.37	300m: 4:14.10 43.76	400m: 5:40.01 42.36			
3.	DE SOUSA ROSA-CORISCO Ana	75	Cergy Pontoise	6:44.15	+1,06	321	-
	50m: 43.08 43.08	150m: 2:21.23 50.21	250m: 4:06.10 53.47	350m: 5:51.69 52.48			
	100m: 1:31.02 47.94	200m: 3:12.63 51.40	300m: 4:59.21 53.11	400m: 6:44.15 52.46			
4.	AVELANS Carla Susana	75	Fluvial Portuense	7:19.48	+1,13	250	22,00
	50m: 47.72 47.72	150m: 2:36.86 55.85	250m: 4:30.03 56.03	350m: 6:24.81 57.06			
	100m: 1:41.01 53.29	200m: 3:34.00 57.14	300m: 5:27.75 57.72	400m: 7:19.48 54.67			
5.	MARTINS Ana Maria	79	Sporting de Aveiro	7:20.46	+0,98	248	20,00
	50m: 49.26 49.26	150m: 2:41.29 56.73	250m: 4:34.85 57.02	350m: 6:27.74 55.65			
	100m: 1:44.56 55.30	200m: 3:37.83 56.54	300m: 5:32.09 57.24	400m: 7:20.46 52.72			
6.	MASSAGUE Adriana Reguera	75	Fluvial Portuense	7:40.94	+1,19	216	19,00
	50m: 47.68 47.68	150m: 2:42.61 59.29	250m: 4:43.04 1:01.72	350m: 6:44.58 1:00.49			
	100m: 1:43.32 55.64	200m: 3:41.32 58.71	300m: 5:44.09 1:01.05	400m: 7:40.94 56.36			
DNS	FERNANDES Filipa Cristina	76	Gesloures				-

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Master Esc E
Resultados

Rec Nac Esc E 5:03.00 GRILO Ana Paula NDCO Mealhada 26-01-2014

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	ROTHES Ines Maria	73	Fluvial Portuense	5:09.79		769	30,00
	50m: 36.01 36.01	150m: 1:52.56 38.90	250m: 3:11.70 39.70	350m: 4:30.99 40.01		40.01	
	100m: 1:13.66 37.65	200m: 2:32.00 39.44	300m: 3:50.98 39.28	400m: 5:09.79 38.80		38.80	
2.	BRESSON Gwenaelle	74	Cergy Pontoise	6:26.56	+1,37	395	-
	50m: 41.26 41.26	150m: 2:16.38 48.83	250m: 3:54.22 49.22	350m: 5:34.77 50.65		50.65	
	100m: 1:27.55 46.29	200m: 3:05.00 48.62	300m: 4:44.12 49.90	400m: 6:26.56 51.79		51.79	
3.	PALHARES Daniela Maria	71	Fluvial Portuense	6:33.41	+1,21	375	26,00
	50m: 41.80 41.80	150m: 2:18.55 49.82	250m: 4:00.89 51.26	350m: 5:44.27 51.64		51.64	
	100m: 1:28.73 46.93	200m: 3:09.63 51.08	300m: 4:52.63 51.74	400m: 6:33.41 49.14		49.14	
4.	BLANCO Catarina Araujo	71	Fluvial Portuense	6:47.56	+1,10	337	22,00
	50m: 49.27 49.27	150m: 2:34.48 52.65	250m: 4:18.68 52.44	350m: 6:00.41 50.58		50.58	
	100m: 1:41.83 52.56	200m: 3:26.24 51.76	300m: 5:09.83 51.15	400m: 6:47.56 47.15		47.15	
5.	SANTINHA Fernanda Maria	72	Masters de Almada	6:57.48	+1,36	314	20,00
	50m: 47.09 47.09	150m: 2:29.55 52.00	250m: 4:17.69 54.56	350m: 6:05.17 53.37		53.37	
	100m: 1:37.55 50.46	200m: 3:23.13 53.58	300m: 5:11.80 54.11	400m: 6:57.48 52.31		52.31	
6.	FERREIRA Maria Manuela	70	Natacao da Maia	7:03.49	+0,98	301	19,00
	50m: 46.27 46.27	150m: 2:29.87 53.22	250m: 4:18.99 54.66	350m: 6:09.79 55.58		55.58	
	100m: 1:36.65 50.38	200m: 3:24.33 54.46	300m: 5:14.21 55.22	400m: 7:03.49 53.70		53.70	
7.	BARBARA Ana Bernardo	70	Portinado	7:56.56	+0,99	211	18,00
	50m: 48.80 48.80	150m: 2:43.72 58.60	250m: 4:45.47 1:01.78	350m: 6:53.21 1:04.35		1:04.35	
	100m: 1:45.12 56.32	200m: 3:43.69 59.97	300m: 5:48.86 1:03.39	400m: 7:56.56 1:03.35		1:03.35	
8.	PINTO Isabel Maria	72	Fluvial Portuense	8:43.54	+1,15	159	17,00
	50m: 1:00.20 1:00.20	150m: 3:12.18 1:05.96	250m: 5:26.43 1:07.26	350m: 7:41.37 1:08.31		1:08.31	
	100m: 2:06.22 1:06.02	200m: 4:19.17 1:06.99	300m: 6:33.06 1:06.63	400m: 8:43.54 1:02.17		1:02.17	
DNS	RIBEIRO Helena Isabel	74	Portinado				-

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Master Esc F
Resultados

Rec Nac Esc F 5:26.05 KRAEVA Elena Nikolaevna ADRCIMM Tomar 29-01-2012

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	BRANDAO Maria Teresa	69	Fluvial Portuense	5:28.50	+0,92	662	30,00
	50m: 37.47 37.47	150m: 1:58.75 40.86	250m: 3:22.59 41.96	350m: 4:47.36 42.43		42.43	
	100m: 1:17.89 40.42	200m: 2:40.63 41.88	300m: 4:04.93 42.34	400m: 5:28.50 41.14		41.14	
2.	WISEU Maria Adriana	66	Leixoes	6:26.15	+0,95	407	26,00
	50m: 41.40 41.40	150m: 2:15.13 48.33	250m: 3:53.57 49.21	350m: 5:33.60 49.31		49.31	
	100m: 1:26.80 45.40	200m: 3:04.36 49.23	300m: 4:44.29 50.72	400m: 6:26.15 52.55		52.55	
3.	TABORDA Maria Joao	67	Porto	6:49.06	+0,98	343	22,00
	50m: 44.37 44.37	150m: 2:27.23 51.89	250m: 4:11.58 51.74	350m: 5:57.35 52.64		52.64	
	100m: 1:35.34 50.97	200m: 3:19.84 52.61	300m: 5:04.71 53.13	400m: 6:49.06 51.71		51.71	

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Master Esc G
Resultados

Rec Nac Esc G 5:32.63 KRAEVA Elena Nikolaevna ADRCIMM Tomar 31-01-2016

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	GUIMARAES Rita Cabral	64	Fluvial Portuense	6:03.94	+0,86	532	30,00
	50m: 40.75 40.75	150m: 2:12.49 46.29	250m: 3:45.25 46.14	350m: 5:18.73 46.77	400m: 6:03.94 45.21		
	100m: 1:26.20 45.45	200m: 2:59.11 46.62	300m: 4:31.96 46.71				
2.	CARVALHO Helena Paula	64	Sporting	6:29.25	+0,94	435	26,00
	50m: 43.73 43.73	150m: 2:19.10 48.43	250m: 3:57.89 49.84	350m: 5:38.91 50.82	400m: 6:29.25 50.34		
	100m: 1:30.67 46.94	200m: 3:08.05 48.95	300m: 4:48.09 50.20				
3.	FERNANDES Maria Santos	62	Leixoes	6:47.45	+1,19	379	22,00
	50m: 45.75 45.75	150m: 2:27.19 51.59	250m: 4:11.74 52.24	350m: 5:56.73 52.18	400m: 6:47.45 50.72		
	100m: 1:35.60 49.85	200m: 3:19.50 52.31	300m: 5:04.55 52.81				
4.	CANORA MARIN Maria Azucena	60	C.N. Aranjuez	6:50.80	+1,05	370	-
	50m: 44.98 44.98	150m: 2:25.62 51.89	250m: 4:12.03 53.74	350m: 5:59.77 53.88	400m: 6:50.80 51.03		
	100m: 1:33.73 48.75	200m: 3:18.29 52.67	300m: 5:05.89 53.86				
5.	CANINAS Maria Madalena	63	Masters de Almada	7:10.11	+1,13	322	20,00
	50m: 46.36 46.36	150m: 2:32.60 54.11	250m: 4:23.68 55.55	350m: 6:15.84 56.35	400m: 7:10.11 54.27		
	100m: 1:38.49 52.13	200m: 3:28.13 55.53	300m: 5:19.49 55.81				
6.	CUNHA Maria Almeida	60	Leixoes	7:29.62	+1,08	282	19,00
	50m: 48.94 48.94	150m: 2:42.06 57.64	250m: 4:38.72 58.40	350m: 6:35.88 58.83	400m: 7:29.62 53.74		
	100m: 1:44.42 55.48	200m: 3:40.32 58.26	300m: 5:37.05 58.33				
7.	NETO Maria Manuela	62	Natacao da Maia	7:40.41		262	18,00
	50m: 49.94 49.94	150m: 2:45.70 59.42	250m: 4:45.03 59.45	350m: 6:42.45 58.73	400m: 7:40.41 57.96		
	100m: 1:46.28 56.34	200m: 3:45.58 59.88	300m: 5:43.72 58.69				
8.	KIND Anette	61	Leixoes	8:04.82	+1,12	225	17,00
	50m: 50.76 50.76	150m: 2:51.88 1:01.89	250m: 4:57.48 1:03.13	350m: 7:03.33 1:02.98	400m: 8:04.82 1:01.49		
	100m: 1:49.99 59.23	200m: 3:54.35 1:02.47	300m: 6:00.35 1:02.87				
DNS	RIBEIRO Margarida Maria	64	Fluvial Portuense				-

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Master Esc H
Resultados

Rec Nac Esc H 6:01.46 FERREIRA Ana Maria SAD Tomar 29-01-2012

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	MARCHAT Françoise	58	Cergy Pontoise	7:50.90	+1,24	411	-
	50m: 51.75 51.75	150m: 2:48.39 59.22	250m: 4:49.37 1:00.66	350m: 6:52.72 1:01.48	400m: 7:50.90 58.18		
	100m: 1:49.17 57.42	200m: 3:48.71 1:00.32	300m: 5:51.24 1:01.87				
2.	DUPONT Ana Paula	58	Fluvial Portuense	9:34.72		226	30,00
	50m: 1:06.31 1:06.31	150m: 3:28.22 1:12.53	250m: 5:55.34 1:13.21	350m: 8:23.82 1:14.89	400m: 9:34.72 1:10.90		
	100m: 2:15.69 1:09.38	200m: 4:42.13 1:13.91	300m: 7:08.93 1:13.59				



XIII OPEN Internacional de Masters de Inverno
Campeonato Nacional de Masters de Inverno
Mealhada, 18- - 20-1-2019



Prova 1, Femin., 400m Livres

Prova 1
18-01-2019 - 11:00

Femin., 400m Livres

Master Esc K
Resultados

Rec Nac Esc K 59:00.00

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	BASTO Luisa Bessone <i>Rec Nacional Esc K</i>	44	Alges	7:11.81	+1,41	851	30,00
	50m: 45.20 45.20	150m: 2:32.42 54.13	250m: 4:25.66 56.89	350m: 6:20.02 57.56			
	100m: 1:38.29 53.09	200m: 3:28.77 56.35	300m: 5:22.46 56.80	400m: 7:11.81 51.79			