

Event 3 Women, 200m Medley Master Esc A  
18-01-2019 - 15:45 Results

Rec Nac Esc A 2:30.82 RIBEIRO Soraia Vanessa CPN Mealhada 09-12-2018

Points: DSV Masters 16

| Rank | Nome                   | YB                    | Clube                 | Tempo Final         | RT    | DSV | Pts Taça |
|------|------------------------|-----------------------|-----------------------|---------------------|-------|-----|----------|
| 1.   | NEVES Vania Soares     | 90                    | Fluvial Portuense     | <b>2:32.82</b>      | +0,82 | 822 | 30,00    |
|      | 50m: 33.07 33.07       | 100m: 1:10.94 37.87   | 150m: 1:56.20 45.26   | 200m: 2:32.82 36.62 |       |     |          |
| 2.   | SILVA Raquel Alexandra | 91                    | Leixoes               | <b>2:37.94</b>      | +0,86 | 744 | 26,00    |
|      | 50m: 34.11 34.11       | 100m: 1:13.30 39.19   | 150m: 2:00.69 47.39   | 200m: 2:37.94 37.25 |       |     |          |
| 3.   | FREIXO Marta Rita      | 93                    | Desportiva de Viana   | <b>2:50.68</b>      | +1,00 | 590 | 22,00    |
|      | 50m: 35.80 35.80       | 100m: 1:19.00 43.20   | 150m: 2:08.99 49.99   | 200m: 2:50.68 41.69 |       |     |          |
| 4.   | CASTRO Ana Lucia       | 92                    | Natacao de Lisboa     | <b>2:51.38</b>      | +0,92 | 583 | 20,00    |
|      | 50m: 36.64 36.64       | 100m: 1:21.73 45.09   | 150m: 2:10.80 49.07   | 200m: 2:51.38 40.58 |       |     |          |
| 5.   | COUTINHO Ana Patricia  | 93                    | Viana Natacao         | <b>2:54.22</b>      | +0,89 | 554 | 19,00    |
|      | 50m: 35.32 35.32       | 100m: 1:19.49 44.17   | 150m: 2:11.47 51.98   | 200m: 2:54.22 42.75 |       |     |          |
| 6.   | PIRES Marisa Ysabel    | 93                    | Estarreja             | <b>3:01.56</b>      | +0,86 | 490 | 18,00    |
|      | 50m: 37.89 37.89       | 100m: 1:22.28 44.39   | 150m: 2:16.11 53.83   | 200m: 3:01.56 45.45 |       |     |          |
| 7.   | MACHADO Catarina Sofia | 91                    | Geslours              | <b>3:07.25</b>      | +1,08 | 446 | 17,00    |
|      | 50m: 39.13 39.13       | 100m: 1:28.42 49.29   | 150m: 2:23.57 55.15   | 200m: 3:07.25 43.68 |       |     |          |
| 8.   | MACHADO Sandra Marisa  | 93                    | Pimpoes/Cimai         | <b>3:10.56</b>      | +0,81 | 424 | 16,00    |
|      | 50m: 43.47 43.47       | 100m: 1:32.29 48.82   | 150m: 2:27.50 55.21   | 200m: 3:10.56 43.06 |       |     |          |
| 9.   | VIEIRA Barbara Rocha   | 94                    | Gafanha da Encarnacao | <b>4:00.15</b>      | +0,97 | 211 | 14,00    |
|      | 50m: 50.15 50.15       | 100m: 1:53.04 1:02.89 | 150m: 3:01.29 1:08.25 | 200m: 4:00.15 58.86 |       |     |          |

Event 3 Women, 200m Medley Master Esc B  
18-01-2019 - 15:45 Results

Rec Nac Esc B 2:28.40 SEVIERI Tatiana Gama FCP Maldonado (URU) 09-11-2016

Points: DSV Masters 16

| Rank | Nome                   | YB                  | Clube               | Tempo Final         | RT    | DSV | Pts Taça |
|------|------------------------|---------------------|---------------------|---------------------|-------|-----|----------|
| 1.   | RODRIGUES Sara Daniela | 87                  | Galitos / Bresimar  | <b>2:54.21</b>      | +0,92 | 553 | 30,00    |
|      | 50m: 35.53 35.53       | 100m: 1:20.81 45.28 | 150m: 2:11.88 51.07 | 200m: 2:54.21 42.33 |       |     |          |
| 2.   | BARBOSA Rita Manuela   | 89                  | Leixoes             | <b>2:56.01</b>      | +0,92 | 536 | 26,00    |
|      | 50m: 38.90 38.90       | 100m: 1:24.35 45.45 | 150m: 2:14.48 50.13 | 200m: 2:56.01 41.53 |       |     |          |
| 3.   | CABRAL Natacha Lopes   | 86                  | Viana Natacao       | <b>3:28.39</b>      | +0,92 | 323 | 22,00    |
|      | 50m: 48.07 48.07       | 100m: 1:44.97 56.90 | 150m: 2:38.49 53.52 | 200m: 3:28.39 49.90 |       |     |          |

Event 3, Women, 200m Medley

Event 3 Women, 200m Medley Master Esc C  
18-01-2019 - 15:45 Results

Rec Nac Esc C 2:27.95 GRILO Ana Paula UDCA Inatel 04-02-2006

Points: DSV Masters 16

| Rank | Nome                    | YB                    | Clube                 | Tempo Final         | RT    | DSV | Pts Taça |
|------|-------------------------|-----------------------|-----------------------|---------------------|-------|-----|----------|
| 1.   | OLIVEIRA Ana Mafalda    | 81                    | Natacao da Maia       | <b>2:53.23</b>      | +0,88 | 589 | 30,00    |
|      | 50m: 36.11 36.11        | 100m: 1:19.91 43.80   | 150m: 2:13.53 53.62   | 200m: 2:53.23 39.70 |       |     |          |
| 2.   | GUEDES Ana DAlte        | 80                    | Leixoes               | <b>3:12.41</b>      | +0,99 | 430 | 26,00    |
|      | 50m: 40.62 40.62        | 100m: 1:33.26 52.64   | 150m: 2:29.28 56.02   | 200m: 3:12.41 43.13 |       |     |          |
| 3.   | COSTA Lilia Dulce       | 81                    | Fluvial Portuense     | <b>3:13.70</b>      | +0,99 | 421 | 22,00    |
|      | 50m: 41.87 41.87        | 100m: 1:31.90 50.03   | 150m: 2:28.29 56.39   | 200m: 3:13.70 45.41 |       |     |          |
| 4.   | SILVA Ana Rosa          | 80                    | Foca                  | <b>3:38.38</b>      | +0,97 | 294 | 20,00    |
|      | 50m: 47.32 47.32        | 100m: 1:47.07 59.75   | 150m: 2:48.65 1:01.58 | 200m: 3:38.38 49.73 |       |     |          |
| 5.   | MACHADO Maria Margarida | 81                    | Vila DEste/Gaia       | <b>3:40.66</b>      | +1,20 | 285 | 19,00    |
|      | 50m: 47.23 47.23        | 100m: 1:43.58 56.35   | 150m: 2:46.86 1:03.28 | 200m: 3:40.66 53.80 |       |     |          |
| 6.   | MALHEIROS Carmen Silvia | 81                    | Litoral Alentejano    | <b>4:13.27</b>      | +1,22 | 188 | 18,00    |
|      | 50m: 56.35 56.35        | 100m: 2:05.77 1:09.42 | 150m: 3:21.83 1:16.06 | 200m: 4:13.27 51.44 |       |     |          |

Event 3 Women, 200m Medley Master Esc D  
18-01-2019 - 15:45 Results

Rec Nac Esc D 2:30.13 GOMES Susana Clara CNF Vila Franca de Xira 19-01-2018

Points: DSV Masters 16

| Rank | Nome                      | YB                  | Clube               | Tempo Final         | RT    | DSV | Pts Taça |
|------|---------------------------|---------------------|---------------------|---------------------|-------|-----|----------|
| 1.   | SILVA Ana Sofia           | 78                  | Fluvial Portuense   | <b>2:58.12</b>      | +1,00 | 559 | 30,00    |
|      | 50m: 38.80 38.80          | 100m: 1:25.92 47.12 | 150m: 2:15.27 49.35 | 200m: 2:58.12 42.85 |       |     |          |
| 2.   | FERNANDES Filipa Cristina | 76                  | Geslours            | <b>3:00.57</b>      | +0,76 | 537 | 26,00    |
|      | 50m: 38.87 38.87          | 100m: 1:25.45 46.58 | 150m: 2:17.77 52.32 | 200m: 3:00.57 42.80 |       |     |          |
| 3.   | CARVALHO Elza Maria       | 76                  | Vila DEste/Gaia     | <b>3:14.01</b>      | +0,95 | 433 | 22,00    |
|      | 50m: 40.78 40.78          | 100m: 1:31.23 50.45 | 150m: 2:28.32 57.09 | 200m: 3:14.01 45.69 |       |     |          |

Event 3 Women, 200m Medley Master Esc E  
18-01-2019 - 15:45 Results

Rec Nac Esc E 2:44.20 CARMO Maria Helena CNCVG Ponte de Sor 29-01-2011

Points: DSV Masters 16

| Rank | Nome                    | YB                    | Clube                 | Tempo Final         | RT    | DSV | Pts Taça |
|------|-------------------------|-----------------------|-----------------------|---------------------|-------|-----|----------|
| 1.   | FARIA Joana Maria       | 74                    | Leixoes               | <b>3:00.92</b>      | +0,91 | 571 | 30,00    |
|      | 50m: 36.94 36.94        | 100m: 1:24.08 47.14   | 150m: 2:15.88 51.80   | 200m: 3:00.92 45.04 |       |     |          |
| 2.   | CASTRO Catarina Bayer   | 73                    | Fluvial Portuense     | <b>3:30.01</b>      | +1,13 | 365 | 26,00    |
|      | 50m: 45.64 45.64        | 100m: 1:39.84 54.20   | 150m: 2:39.76 59.92   | 200m: 3:30.01 50.25 |       |     |          |
| 3.   | SANTINHA Fernanda Maria | 72                    | Masters de Almada     | <b>3:55.25</b>      | +1,32 | 259 | 22,00    |
|      | 50m: 54.86 54.86        | 100m: 2:02.62 1:07.76 | 150m: 3:04.73 1:02.11 | 200m: 3:55.25 50.52 |       |     |          |

Event 3, Women, 200m Medley, Master Esc E

| Rank | Nome                   | YB                    | Clube                 | Tempo Final         | RT    | DSV | Pts Taça |
|------|------------------------|-----------------------|-----------------------|---------------------|-------|-----|----------|
| 4.   | FERREIRA Maria Manuela | 70                    | Natacao da Maia       | <b>3:58.35</b>      | +0,99 | 249 | 20,00    |
|      | 50m: 55.47 55.47       | 100m: 1:59.77 1:04.30 | 150m: 3:07.01 1:07.24 | 200m: 3:58.35 51.34 |       |     |          |

Event 3 Women, 200m Medley Master Esc F  
18-01-2019 - 15:45 Results

|               |         |                    |     |                     |            |
|---------------|---------|--------------------|-----|---------------------|------------|
| Rec Nac Esc F | 2:48.74 | CARMO Maria Helena | SAD | Vila Franca de Xira | 19-01-2018 |
|---------------|---------|--------------------|-----|---------------------|------------|

Points: DSV Masters 16

| Rank | Nome                   | YB                  | Clube                 | Tempo Final         | RT    | DSV | Pts Taça |
|------|------------------------|---------------------|-----------------------|---------------------|-------|-----|----------|
| 1.   | BRANDAO Maria Teresa   | 69                  | Fluvial Portuense     | <b>3:02.66</b>      | +0,93 | 615 | 30,00    |
|      | 50m: 39.81 39.81       | 100m: 1:30.08 50.27 | 150m: 2:22.03 51.95   | 200m: 3:02.66 40.63 |       |     |          |
| 2.   | SEQUEIRA Maria Manuela | 68                  | Gafanha da Encarnacao | <b>3:21.34</b>      | +0,89 | 459 | 26,00    |
|      | 50m: 44.38 44.38       | 100m: 1:38.26 53.88 | 150m: 2:32.06 53.80   | 200m: 3:21.34 49.28 |       |     |          |
| 3.   | WISEU Maria Adriana    | 66                  | Leixoes               | <b>3:23.08</b>      | +0,90 | 447 | 22,00    |
|      | 50m: 44.13 44.13       | 100m: 1:39.48 55.35 | 150m: 2:35.03 55.55   | 200m: 3:23.08 48.05 |       |     |          |

DNS LENZI Carla Vale 67 Alges -

Event 3 Women, 200m Medley Master Esc G  
18-01-2019 - 15:45 Results

|               |         |                         |         |       |            |
|---------------|---------|-------------------------|---------|-------|------------|
| Rec Nac Esc G | 3:01.29 | KRAEVA Elena Nikolaevna | ADRCIMM | Tomar | 30-01-2016 |
|---------------|---------|-------------------------|---------|-------|------------|

Points: DSV Masters 16

| Rank | Nome                       | YB                    | Clube                 | Tempo Final         | RT    | DSV | Pts Taça |
|------|----------------------------|-----------------------|-----------------------|---------------------|-------|-----|----------|
| 1.   | FERNANDES Maria Santos     | 62                    | Leixoes               | <b>3:39.96</b>      | +1,10 | 400 | 30,00    |
|      | 50m: 48.99 48.99           | 100m: 1:51.37 1:02.38 | 150m: 2:49.52 58.15   | 200m: 3:39.96 50.44 |       |     |          |
| 2.   | CANORA MARIN Maria Azucena | 60                    | C.N. Aranjuez         | <b>3:51.12</b>      | +1,05 | 344 | -        |
|      | 50m: 54.86 54.86           | 100m: 2:00.21 1:05.35 | 150m: 3:02.83 1:02.62 | 200m: 3:51.12 48.29 |       |     |          |
| 3.   | CANINAS Maria Madalena     | 63                    | Masters de Almada     | <b>4:17.98</b>      | +1,19 | 247 | 26,00    |
|      | 50m: 56.61 56.61           | 100m: 2:13.82 1:17.21 | 150m: 3:26.48 1:12.66 | 200m: 4:17.98 51.50 |       |     |          |

DSQ RIBEIRO Margarida Maria 64 Fluvial Portuense -  
725 - Movimento alternado pernas percurso subaquático após viragem aos 100 m - SW 7.4