

XXI Campeonato Nacional Masters de Verão - OPEN
XXI Portuguese Summer Masters Championship - OPEN
Reguengos de Monsaraz ,19- - 21-7-2019



Event 15 Women, 200m Backstroke Master Esc A
20-07-2019 Results

RN A(25-29) 2:38.06 SILVA Carolina Santos CNMAIA Loulé 04-07-2015

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	FREIXO Marta Rita	93	Desportiva de Viana	2:56.14	+0,82	570	9,00
	50m: 40.28 40.28	100m: 1:24.33 44.05	150m: 2:10.75	46.42	200m: 2:56.14	45.39	
2.	VALENTIM Adriana Pereira	92	Portinado	2:57.16	+1,12	560	7,00
	50m: 40.30 40.30	100m: 1:24.16 43.86	150m: 2:10.91	46.75	200m: 2:57.16	46.25	
3.	BABO Leonor Bessa	93	Porto	3:03.08	+0,76	508	6,00
	50m: 41.00 41.00	100m: 1:27.31 46.31	150m: 2:15.23	47.92	200m: 3:03.08	47.85	
4.	RIBEIRO Patricia Marisa	91	Vila DEste/Gaia	3:04.31	+0,85	498	5,00
	50m: 42.76 42.76	100m: 1:29.32 46.56	150m: 2:17.91	48.59	200m: 3:04.31	46.40	
5.	FERREIRA Ana Rita	92	Colegio Monte Maior	3:05.32	+0,78	490	4,00
	50m: 44.33 44.33	100m: 1:31.62 47.29	150m: 2:19.71	48.09	200m: 3:05.32	45.61	
6.	PIRES Marisa Ysabel	93	Estarreja	3:05.99	+0,77	484	3,00
	50m: 41.55 41.55	100m: 1:27.72 46.17	150m: 2:16.96	49.24	200m: 3:05.99	49.03	
7.	ALMEIDA Mariana Dias	93	Ginasio de Santo Tirso	3:08.54	+0,83	465	2,00
	50m: 43.23 43.23	100m: 1:31.47 48.24	150m: 2:20.20	48.73	200m: 3:08.54	48.34	
8.	SANTOS Miriam Rodrigues	91	Masters de Almada	3:10.35	+0,90	452	1,00
	50m: 46.79 46.79	100m: 1:32.82 46.03	150m: 2:22.01	49.19	200m: 3:10.35	48.34	
9.	MATOS Carolina Ferreira	91	Gafanha da Encarnacao	3:18.63	+0,92	398	-
	50m: 48.14 48.14	100m: 1:38.44 50.30	150m: 2:29.91	51.47	200m: 3:18.63	48.72	
10.	MACHADO Catarina Sofia	91	Gesloures	3:20.02	+0,80	389	-
	50m: 45.42 45.42	100m: 1:36.48 51.06	150m: 2:28.50	52.02	200m: 3:20.02	51.52	
11.	SILVA Mariana Lage	92	Masters de Almada	3:39.27	+0,80	295	-
	50m: 52.50 52.50	100m: 1:47.50 55.00	150m: 2:44.95	57.45	200m: 3:39.27	54.32	
12.	DOMINGOS Liliana Raquel	90	Pimpoes/Cimai	4:09.23	+1,20	201	-
	50m: 58.46 58.46	100m: 2:01.97 1:03.51	150m: 3:06.87	1:04.90	200m: 4:09.23	1:02.36	

Event 15 Women, 200m Backstroke Master Esc B
20-07-2019 Results

RN B(30-34) 2:39.01 SILVA Carolina Santos CPN Loulé 14-07-2018

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	SILVA Carolina Santos	86	Ginasio de Santo Tirso	2:39.03	+0,67	734	9,00
	50m: 37.32 37.32	100m: 1:17.39 40.07	150m: 1:58.68	41.29	200m: 2:39.03	40.35	
2.	RODRIGUES Sara Daniela	87	Galitos / Bresimar	3:02.00		489	7,00
	50m: 43.48 43.48	100m: 1:29.26 45.78	150m: 2:17.00	47.74	200m: 3:02.00	45.00	
3.	PINTO Rita Loureiro	85	Ginasio Clube	3:09.45	+0,77	434	6,00
	50m: 44.20 44.20	100m: 1:31.67 47.47	150m: 2:21.13	49.46	200m: 3:09.45	48.32	
4.	FOUGO Rita Claudia	88	Natacao da Maia	3:18.34	+0,85	378	5,00
	50m: 44.07 44.07	100m: 1:33.10 49.03	150m: 2:24.72	51.62	200m: 3:18.34	53.62	

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



XXI Campeonato Nacional Masters de Verão - OPEN
XXI Portuguese Summer Masters Championship - OPEN
Reguengos de Monsaraz ,19- - 21-7-2019



Event 15, Women, 200m Backstroke, Master Esc B

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
5.	MARQUES Patricia Alexandra	87	Salesianos	3:28.62	+1,50	325	4,00
	50m: 50.26 50.26	100m: 1:43.40 53.14	150m: 2:37.20 53.80	200m: 3:28.62 51.42			
6.	REIS Filipa Isabel	87	Leixoes	4:19.41	+0,86	169	3,00
	50m: 57.09 57.09	100m: 2:01.24 1:04.15	150m: 3:10.95 1:09.71	200m: 4:19.41 1:08.46			
7.	MARTINS Ana Pereira	85	Fluval Portuense	5:15.93	+1,06	93	2,00
	50m: 1:12.28 1:12.28	100m: 2:31.09 1:18.81	150m: 3:56.88 1:25.79	200m: 5:15.93 1:19.05			
8.	ALMEIDA Andreia Azevedo	86	Palmela	5:37.58	+1,00	76	1,00
	50m: 1:23.44 1:23.44	100m: 2:50.89 1:27.45	200m: 5:37.58 2:46.69				
DNS	FREITAS Ana Rita	86	Alcobaca				-

Event 15 Women, 200m Backstroke Master Esc C Results

RN C(35-39)	2:43.59	GRILO Ana Paula	UDCA	Swansea (GBR)	03-03-2006
-------------	---------	-----------------	------	---------------	------------

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	LUCAS Mariana Sa	84	Litoral Alentejano	2:51.28	+0,68	657	9,00
	50m: 38.74 38.74	100m: 1:21.76 43.02	150m: 2:06.71 44.95	200m: 2:51.28 44.57			
2.	VALENTE Catia Marisa	84	Luz e Vida	2:54.67	+0,88	619	7,00
	50m: 39.73 39.73	100m: 1:24.38 44.65	150m: 2:10.22 45.84	200m: 2:54.67 44.45			
3.	GASPAR Joana Margarida	83	Nadadores dos Estoris	3:02.89	+0,74	539	6,00
	50m: 42.57 42.57	100m: 1:28.67 46.10	150m: 2:16.79 48.12	200m: 3:02.89 46.10			
4.	ANDRADE Helena Sofia	82	Estarreja	3:09.91	+0,99	482	5,00
	50m: 44.63 44.63	100m: 1:33.55 48.92	150m: 2:22.95 49.40	200m: 3:09.91 46.96			
5.	PATO Ana Henriques	83	Masters de Almada	3:23.55	+0,87	391	4,00
	50m: 48.94 48.94	100m: 1:41.07 52.13	150m: 2:33.53 52.46	200m: 3:23.55 50.02			
6.	SANTOS Carolina Bjorke dos	83	O2 Portimao	4:12.67	+0,92	204	3,00
	50m: 1:01.82 1:01.82	100m: 2:06.86 1:05.04	150m: 3:13.40 1:06.54	200m: 4:12.67 59.27			

Event 15 Women, 200m Backstroke Master Esc D Results

RN D(40-44)	2:46.56	GRILO Ana Paula	INDALEN	Oeiras	02-07-2011
-------------	---------	-----------------	---------	--------	------------

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	FERNANDES Filipa Cristina	76	Gesloures	3:03.79	+0,85	588	9,00
	50m: 43.13 43.13	100m: 1:29.61 46.48	150m: 2:16.93 47.32	200m: 3:03.79 46.86			
2.	MOUTELA Ana Sofia	77	Estarreja	3:07.33	+0,76	555	7,00
	50m: 43.86 43.86	100m: 1:30.64 46.78	150m: 2:19.67 49.03	200m: 3:07.33 47.66			
3.	BAPTISTA Liliana Elisabete	78	Leixoes	3:09.23	+0,90	538	6,00
	50m: 42.75 42.75	100m: 1:30.39 47.64	150m: 2:19.76 49.37	200m: 3:09.23 49.47			
4.	GONCALVES Isilda Maria	76	Nadadores dos Estoris	3:25.40	+1,23	421	5,00
	50m: 46.72 46.72	100m: 1:38.24 51.52	150m: 2:32.71 54.47	200m: 3:25.40 52.69			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



XXI Campeonato Nacional Masters de Verão - OPEN
XXI Portuguese Summer Masters Championship - OPEN
Reguengos de Monsaraz ,19- - 21-7-2019



Event 15, Women, 200m Backstroke, Master Esc D

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
5.	CAVALEIRO Joana Margarida	78	Ginasio Figueirense	3:26.86	+0,73	412	4,00
	50m: 46.59 46.59		100m: 1:38.25 51.66	150m: 2:33.30 55.05		200m: 3:26.86 53.56	
6.	GRACA Sara Mendonca	77	Colegio Monte Maior	3:43.32	+0,71	327	3,00
	50m: 53.49 53.49		100m: 1:49.52 56.03	150m: 2:50.01 1:00.49		200m: 3:43.32 53.31	
7.	MADEIRA Maria Joao	79	Masters de Almada	3:49.61	+0,84	301	2,00
	50m: 53.08 53.08		100m: 1:50.44 57.36	150m: 2:50.57 1:00.13		200m: 3:49.61 59.04	
8.	AVELANS Carla Susana	75	Fluvial Portuense	3:50.73	+0,85	297	1,00
	50m: 52.36 52.36		100m: 1:50.80 58.44	150m: 2:52.52 1:01.72		200m: 3:50.73 58.21	
9.	PASSOS Madalena Cruz	75	Gesloures	3:54.52	+0,94	283	-
	50m: 53.39 53.39		100m: 1:52.03 58.64	150m: 2:53.74 1:01.71		200m: 3:54.52 1:00.78	
10.	FERREIRA Marta Martins	79	Funcao Publica	3:54.80	+0,91	282	-
	50m: 54.46 54.46		100m: 1:55.18 1:00.72	150m: 2:58.11 1:02.93		200m: 3:54.80 56.69	
11.	MARTINS Ana Maria	79	Sporting de Aveiro	4:04.66		249	-
	50m: 58.89 58.89		100m: 2:02.74 1:03.85	150m: 3:04.94 1:02.20		200m: 4:04.66 59.72	

Event 15 Women, 200m Backstroke Master Esc E Results

20-07-2019 RN E(45-49) 2:51.24 SOUSA Natacha Alexandra CFP Famalicão 08-07-2017

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	SEOANE Carla Alexandra	73	Masters de Almada	3:08.85	+0,71	598	9,00
	50m: 43.35 43.35		100m: 1:31.11 47.76	150m: 2:20.68 49.57		200m: 3:08.85 48.17	
2.	ALMEIDA Graca Maria	73	Leixoes	3:13.43	+1,90	557	7,00
	50m: 44.61 44.61		100m: 1:33.40 48.79	150m: 2:23.95 50.55		200m: 3:13.43 49.48	
3.	BARROS Ana Xavier	74	Natacao de Lisboa	3:57.91	+0,72	299	6,00
	50m: 53.53 53.53		100m: 1:54.57 1:01.04	150m: 2:57.79 1:03.22		200m: 3:57.91 1:00.12	
4.	BLANCO Catarina Araujo	71	Fluvial Portuense	4:01.76	+0,99	285	5,00
	50m: 56.51 56.51		100m: 2:03.28 1:06.77	150m: 3:05.93 1:02.65		200m: 4:01.76 55.83	
5.	BARBARA Ana Bernardo	70	Portinado	4:06.90	+0,95	267	4,00
	50m: 57.22 57.22		100m: 2:00.25 1:03.03	150m: 3:04.37 1:04.12		200m: 4:06.90 1:02.53	
6.	CASTRO Catarina Bayer	73	Fluvial Portuense	4:11.97	+0,90	252	3,00
	50m: 57.20 57.20		100m: 2:02.64 1:05.44	150m: 3:10.40 1:07.76		200m: 4:11.97 1:01.57	
7.	PINTO Isabel Maria	72	Fluvial Portuense	4:15.30	+0,80	242	2,00
	50m: 58.32 58.32		100m: 2:04.35 1:06.03	150m: 3:12.56 1:08.21		200m: 4:15.30 1:02.74	
DSQ	MARTA Teresa Cardoso	73	Colegio Monte Maior				-
	604 - Durante o percurso perdeu a posição dorsal - SW 6.2						

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



XXI Campeonato Nacional Masters de Verão - OPEN
XXI Portuguese Summer Masters Championship - OPEN
Reguengos de Monsaraz ,19- - 21-7-2019



Event 15, Women, 200m Backstroke

Event 15 Women, 200m Backstroke Master Esc F
20-07-2019 Results

RN F(50-54) 2:55.96 KRAEVA Elena Nikolaevna ADRCIMM Reguengos de Monsaraz 30-06-2012

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	FERREIRA Isabel Baptista	67	Colegio Monte Maior	3:02.79	+0,84	735	9,00
	50m: 43.78 43.78	100m: 1:31.72 47.94	150m: 2:18.96 47.24	200m: 3:02.79 43.83			
2.	GONCALVES Maria Fernanda	66	Porto	3:25.01	+0,91	521	7,00
	50m: 48.20 48.20	100m: 1:39.76 51.56	150m: 2:33.68 53.92	200m: 3:25.01 51.33			
3.	MENDES Vera Maria	66	Masters de Almada	3:26.50	+0,86	510	6,00
	50m: 49.57 49.57	100m: 1:42.55 52.98	150m: 2:35.64 53.09	200m: 3:26.50 50.86			
4.	BABO Rosalina Bessa	67	Porto	3:39.78	+0,81	423	5,00
	50m: 49.89 49.89	100m: 1:46.96 57.07	150m: 2:45.78 58.82	200m: 3:39.78 54.00			
5.	FORTE Laura Morala	68	Alges	3:41.11	+1,03	415	4,00
	50m: 52.57 52.57	100m: 1:48.82 56.25	150m: 2:47.31 58.49	200m: 3:41.11 53.80			
6.	FRIAES Maria Manuel	65	Porto	4:13.94	+1,60	274	3,00
	50m: 58.01 58.01	100m: 2:05.04 1:07.03	150m: 3:12.38 1:07.34	200m: 4:13.94 1:01.56			
7.	LIMA Isabel Maria	69	Fluval Portuense	4:25.19	+1,18	240	2,00
	50m: 1:01.01 1:01.01	100m: 2:09.12 1:08.11	150m: 3:17.01 1:07.89	200m: 4:25.19 1:08.18			
8.	CARDOSO Helena Maria	66	Fluval Portuense	4:26.80	+0,93	236	1,00
	50m: 59.41 59.41	100m: 2:06.41 1:07.00	150m: 3:18.75 1:12.34	200m: 4:26.80 1:08.05			
9.	VILARINHO Graca Maria	65	Gafanha da Encarnacao	4:36.88		211	-
	50m: 1:03.78 1:03.78	100m: 2:14.75 1:10.97	150m: 3:27.22 1:12.47	200m: 4:36.88 1:09.66			

Event 15 Women, 200m Backstroke Master Esc G
20-07-2019 Results

RN G(55-59) 2:58.11 KRAEVA Elena Nikolaevna ADRCIMM Loulé 09-07-2016

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	GUIMARAES Rita Cabral	64	Fluval Portuense	3:39.22	+0,82	472	9,00
	50m: 52.67 52.67	100m: 1:49.99 57.32	150m: 2:47.94 57.95	200m: 3:39.22 51.28			
2.	ASTORGA MOYA DE LA TORRE	64	Sevilla Master	3:48.46	+1,20	417	7,00
	50m: 53.75 53.75	100m: 1:50.99 57.24	150m: 2:51.51 1:00.52	200m: 3:48.46 56.95			
3.	CUNHA Maria Almeida	60	Leixoes	3:51.66	+0,93	400	6,00
	50m: 56.08 56.08	100m: 1:54.37 58.29	150m: 2:55.43 1:01.06	200m: 3:51.66 56.23			
4.	WERNICKE Maria Giraldo	60	Fluval Portuense	4:39.37	+1,03	228	5,00
	50m: 1:02.81 1:02.81	100m: 2:13.41 1:10.60	150m: 3:28.81 1:15.40	200m: 4:39.37 1:10.56			
5.	PINTO Maria Teresa	61	Leixoes	4:46.51	+1,77	211	4,00
	50m: 1:11.23 1:11.23	100m: 2:24.98 1:13.75	150m: 3:39.40 1:14.42	200m: 4:46.51 1:07.11			
6.	RIBEIRO Margarida Maria	64	Fluval Portuense	5:14.15		160	3,00
	50m: 1:11.84 1:11.84	100m: 2:34.18 1:22.34	150m: 3:59.01 1:24.83	200m: 5:14.15 1:15.14			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Event 15, Women, 200m Backstroke

Event 15 Women, 200m Backstroke Master Esc H
20-07-2019 Results

RN H(60-64) 3:49.06 FERREIRA Ana Maria SAD Reguengos de Monsaraz 30-06-2012

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	POTTER Karin	59	Alges	3:59.36	+0,74	461	9,00
	50m: 54.28 54.28	100m: 1:55.61 1:01.33	150m: 3:00.11 1:04.50	200m: 3:59.36 59.25			

Event 15 Women, 200m Backstroke Master Esc I
20-07-2019 Results

RN I(65-69) 3:52.93 FERREIRA Ana Maria SAD Loulé 04-07-2015

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	MONTEIRO Isabel Costa	53	Academica de Coimbra	4:57.27	+0,96	283	9,00
	50m: 1:08.88 1:08.88	100m: 2:24.60 1:15.72	150m: 3:43.45 1:18.85	200m: 4:57.27 1:13.82			

Event 15 Women, 200m Backstroke Master Esc L
20-07-2019 Results

RN L(80-84) 6:28.28 AZINHEIRA Maria Augusta SFP Loulé 14-07-2018

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
DNS	AZINHEIRA Maria Augusta	38	Funcao Publica				-

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS

