

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



Event 1 Women, 800m Freestyle Master Esc A
19-07-2019 Results

RN A(25-29) 10:12.96 LEITE Ana Filipa AAC Oeiras 01-07-2011

Points: DSV Masters 19

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|--------------------------|-----------------------|------------------------|------------------------|-------|---------|------|
| 1. | MONTEIRO Alexandra Sofia | 92 | Vila DEste/Gaia | 10:30.23 | | 674 | 9,00 |
| | 100m: 1:12.99 1:12.99 | 300m: 3:49.00 1:18.29 | 500m: 6:28.65 1:20.30 | 700m: 9:10.64 1:21.11 | | | |
| | 200m: 2:30.71 1:17.72 | 400m: 5:08.35 1:19.35 | 600m: 7:49.53 1:20.88 | 800m: 10:30.23 1:19.59 | | | |
| 2. | FERREIRA Ana Rita | 92 | Colegio Monte Maior | 11:35.09 | | 502 | 7,00 |
| | 100m: 1:22.02 1:22.02 | 300m: 4:15.55 1:27.13 | 500m: 7:10.76 1:27.37 | 700m: 10:08.90 1:29.70 | | | |
| | 200m: 2:48.42 1:26.40 | 400m: 5:43.39 1:27.84 | 600m: 8:39.20 1:28.44 | 800m: 11:35.09 1:26.19 | | | |
| 3. | SILVA Maria Joao | 94 | Ginasio Clube | 11:45.37 | +1,02 | 480 | 6,00 |
| | 100m: 1:16.18 1:16.18 | 300m: 4:09.14 1:28.39 | 500m: 7:11.83 1:32.03 | 700m: 10:16.82 1:32.37 | | | |
| | 200m: 2:40.75 1:24.57 | 400m: 5:39.80 1:30.66 | 600m: 8:44.45 1:32.62 | 800m: 11:45.37 1:28.55 | | | |
| 4. | TEIXEIRA Rute Sofia | 90 | Ginasio de Santo Tirso | 12:09.22 | +0,95 | 435 | 5,00 |
| | 100m: 1:25.24 1:25.24 | 300m: 4:30.46 1:32.96 | 500m: 7:35.48 1:32.48 | 700m: 10:41.65 1:32.74 | | | |
| | 200m: 2:57.50 1:32.26 | 400m: 6:03.00 1:32.54 | 600m: 9:08.91 1:33.43 | 800m: 12:09.22 1:27.57 | | | |
| 5. | LIRIO Ana Raquel | 90 | Ginasio de Santo Tirso | 13:06.18 | | 347 | 4,00 |
| | 100m: 1:27.11 1:27.11 | 300m: 4:41.93 1:38.99 | 500m: 8:02.62 1:40.25 | 700m: 11:25.40 1:40.72 | | | |
| | 200m: 3:02.94 1:35.83 | 400m: 6:22.37 1:40.44 | 600m: 9:44.68 1:42.06 | 800m: 13:06.18 1:40.78 | | | |
| 6. | MACHADO Catarina Sofia | 91 | Gesloures | 13:22.56 | | 326 | 3,00 |
| | 100m: 1:32.16 1:32.16 | 300m: 4:57.29 1:42.64 | 500m: 8:22.04 1:42.18 | 700m: 11:47.05 1:42.24 | | | |
| | 200m: 3:14.65 1:42.49 | 400m: 6:39.86 1:42.57 | 600m: 10:04.81 1:42.77 | 800m: 13:22.56 1:35.51 | | | |
| 7. | ALMEIDA Mariana Dias | 93 | Ginasio de Santo Tirso | 13:39.27 | +0,92 | 306 | 2,00 |
| | 100m: 1:27.27 1:27.27 | 300m: 4:51.57 1:44.46 | 500m: 8:24.58 1:47.35 | 700m: 11:56.33 1:45.93 | | | |
| | 200m: 3:07.11 1:39.84 | 400m: 6:37.23 1:45.66 | 600m: 10:10.40 1:45.82 | 800m: 13:39.27 1:42.94 | | | |
| 8. | JOSE Helena Manuel | 90 | Ginasio de Santo Tirso | 14:08.80 | +1,02 | 275 | 1,00 |
| | 100m: 1:29.22 1:29.22 | 300m: 5:00.73 1:48.55 | 500m: 8:41.97 1:50.18 | 700m: 12:24.90 1:51.62 | | | |
| | 200m: 3:12.18 1:42.96 | 400m: 6:51.79 1:51.06 | 600m: 10:33.28 1:51.31 | 800m: 14:08.80 1:43.90 | | | |
| 9. | JOSE Maria Joao | 90 | Ginasio de Santo Tirso | 14:12.81 | +0,98 | 272 | - |
| | 100m: 1:33.27 1:33.27 | 300m: 5:03.58 1:47.68 | 500m: 8:43.48 1:50.00 | 700m: 12:26.87 1:51.76 | | | |
| | 200m: 3:15.90 1:42.63 | 400m: 6:53.48 1:49.90 | 600m: 10:35.11 1:51.63 | 800m: 14:12.81 1:45.94 | | | |
| 10. | ALVES Filipa Ramalho | 91 | Gesloures | 14:43.31 | | 244 | - |
| | 100m: 1:38.40 1:38.40 | 300m: 5:19.11 1:52.42 | 500m: 9:07.47 1:55.42 | 700m: 12:55.38 1:54.05 | | | |
| | 200m: 3:26.69 1:48.29 | 400m: 7:12.05 1:52.94 | 600m: 11:01.33 1:53.86 | 800m: 14:43.31 1:47.93 | | | |
| DNS | MACHADO Sandra Marisa | 93 | Pimpoes/Cimai | | | | - |

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



Event 1, Women, 800m Freestyle

Event 1
19-07-2019
Women, 800m Freestyle
Master Esc B
Results

RN B(30-34) 9:37.05 GRILO Ana Paula UDCA Millau (FRA) 26-08-2003

Points: DSV Masters 19

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|----------------------------|-----------------------|------------------------|------------------------|-------|---------|------|
| 1. | ALVES Joana Isabel | 88 | Porto | 11:02.41 | | 621 | 9,00 |
| | 100m: 1:16.77 1:16.77 | 300m: 4:04.33 1:24.66 | 500m: 6:53.70 1:23.85 | 700m: 9:41.64 1:23.33 | | | |
| | 200m: 2:39.67 1:22.90 | 400m: 5:29.85 1:25.52 | 600m: 8:18.31 1:24.61 | 800m: 11:02.41 1:20.77 | | | |
| 2. | RODRIGUES Sara Daniela | 87 | Galitos / Bresimar | 11:50.79 | | 502 | 7,00 |
| | 100m: 1:22.33 1:22.33 | 300m: 4:20.43 1:28.86 | 500m: 7:19.68 1:29.77 | 700m: 10:21.39 1:30.56 | | | |
| | 200m: 2:51.57 1:29.24 | 400m: 5:49.91 1:29.48 | 600m: 8:50.83 1:31.15 | 800m: 11:50.79 1:29.40 | | | |
| 3. | PINTO Rita Loureiro | 85 | Ginasio Clube | 12:30.31 | +0,92 | 427 | 6,00 |
| | 100m: 1:24.19 1:24.19 | 300m: 4:31.33 1:34.89 | 500m: 7:43.57 1:36.42 | 700m: 10:56.32 1:36.59 | | | |
| | 200m: 2:56.44 1:32.25 | 400m: 6:07.15 1:35.82 | 600m: 9:19.73 1:36.16 | 800m: 12:30.31 1:33.99 | | | |
| 4. | MARQUES Patricia Alexandra | 87 | Salesianos | 12:47.70 | | 399 | 5,00 |
| | 100m: 1:28.25 1:28.25 | 300m: 4:41.73 1:37.24 | 500m: 7:57.39 1:37.02 | 700m: 11:13.38 1:37.92 | | | |
| | 200m: 3:04.49 1:36.24 | 400m: 6:20.37 1:38.64 | 600m: 9:35.46 1:38.07 | 800m: 12:47.70 1:34.32 | | | |
| 5. | BARBOSA Ana Raquel | 88 | Geslours | 13:53.20 | +1,09 | 312 | 4,00 |
| | 100m: 1:34.46 1:34.46 | 300m: 5:05.71 1:45.96 | 500m: 8:37.73 1:45.72 | 700m: 12:10.16 1:47.41 | | | |
| | 200m: 3:19.75 1:45.29 | 400m: 6:52.01 1:46.30 | 600m: 10:22.75 1:45.02 | 800m: 13:53.20 1:43.04 | | | |
| 6. | REIS Filipa Isabel | 87 | Leixoes | 16:17.00 | | 193 | 3,00 |
| | 100m: 1:47.39 1:47.39 | 300m: 5:48.87 2:02.71 | 500m: 10:03.10 2:07.37 | 700m: 14:15.09 2:06.17 | | | |
| | 200m: 3:46.16 1:58.77 | 400m: 7:55.73 2:06.86 | 600m: 12:08.92 2:05.82 | 800m: 16:17.00 2:01.91 | | | |
| 7. | ALMEIDA Andreia Azevedo | 86 | Palmela | 18:44.96 | | 126 | 2,00 |
| | 100m: 2:15.03 2:15.03 | 300m: 7:04.18 2:25.00 | 500m: 11:51.62 2:22.87 | 700m: 16:35.39 2:20.80 | | | |
| | 200m: 4:39.18 2:24.15 | 400m: 9:28.75 2:24.57 | 600m: 14:14.59 2:22.97 | 800m: 18:44.96 2:09.57 | | | |

Event 1
19-07-2019
Women, 800m Freestyle
Master Esc C
Results

RN C(35-39) 9:30.91 GRILO Ana Paula UDCA Stanford (USA) 04-08-2006

Points: DSV Masters 19

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|-------------------------|------------------------|------------------------|------------------------|-------|---------|------|
| 1. | OLIVEIRA Ana Mafalda | 81 | Natacao da Maia | 11:47.44 | | 556 | 9,00 |
| | 100m: 1:20.00 1:20.00 | 300m: 4:20.29 1:31.46 | 500m: 7:22.36 1:30.40 | 700m: 10:21.10 1:28.79 | | | |
| | 200m: 2:48.83 1:28.83 | 400m: 5:51.96 1:31.67 | 600m: 8:52.31 1:29.95 | 800m: 11:47.44 1:26.34 | | | |
| 2. | FONSECA Maria Ana | 82 | Fluvial Portuense | 12:42.18 | +0,99 | 444 | 7,00 |
| | 100m: 1:27.62 1:27.62 | 300m: 4:40.72 1:37.43 | 500m: 7:55.18 1:36.54 | 700m: 11:07.06 1:36.08 | | | |
| | 200m: 3:03.29 1:35.67 | 400m: 6:18.64 1:37.92 | 600m: 9:30.98 1:35.80 | 800m: 12:42.18 1:35.12 | | | |
| 3. | MALHEIROS Carmen Silvia | 81 | Litoral Alentejano | 14:35.65 | | 293 | 6,00 |
| | 100m: 1:40.28 1:40.28 | 300m: 5:18.62 1:50.07 | 500m: 9:02.67 1:51.93 | 700m: 12:47.67 1:52.67 | | | |
| | 200m: 3:28.55 1:48.27 | 400m: 7:10.74 1:52.12 | 600m: 10:55.00 1:52.33 | 800m: 14:35.65 1:47.98 | | | |
| 4. | LEITE Joana Isabel | 80 | Fluvial Portuense | 17:31.64 | | 169 | 5,00 |
| | 200m: 4:07.19 4:07.19 | 400m: 8:34.30 2:13.99 | 600m: 13:03.23 2:13.88 | 800m: 17:31.64 2:13.26 | | | |
| | 300m: 6:20.31 2:13.12 | 500m: 10:49.35 2:15.05 | 700m: 15:18.38 2:15.15 | | | | |

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



Event 1, Women, 800m Freestyle

Event 1 Women, 800m Freestyle Master Esc D
19-07-2019 Results

RN D(40-44) 10:27.37 GRILO Ana Paula INDALEN Oeiras 01-07-2011

Points: DSV Masters 19

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|-----------------------|----|------------------------|------------------------|------------------------|---------|------|
| 1. | BARBARA Carla Santa | 75 | Porto | 11:09.41 | | 677 | 9,00 |
| | 100m: 1:15.08 1:15.08 | | 300m: 4:00.47 1:23.02 | 500m: 6:51.07 1:25.82 | 700m: 9:42.58 1:25.61 | | |
| | 200m: 2:37.45 1:22.37 | | 400m: 5:25.25 1:24.78 | 600m: 8:16.97 1:25.90 | 800m: 11:09.41 1:26.83 | | |
| 2. | SILVA Ana Sofia | 78 | Fluvial Portuense | 12:13.14 | | 515 | 7,00 |
| | 100m: 1:24.03 1:24.03 | | 300m: 4:28.37 1:33.20 | 500m: 7:34.64 1:33.07 | 700m: 10:40.91 1:32.86 | | |
| | 200m: 2:55.17 1:31.14 | | 400m: 6:01.57 1:33.20 | 600m: 9:08.05 1:33.41 | 800m: 12:13.14 1:32.23 | | |
| 3. | BARBARA Sandra Santa | 75 | Ginasio de Santo Tirso | 13:24.14 | | 391 | 6,00 |
| | 100m: 1:25.35 1:25.35 | | 300m: 4:43.91 1:41.35 | 500m: 8:12.97 1:45.20 | 700m: 11:44.94 1:45.87 | | |
| | 200m: 3:02.56 1:37.21 | | 400m: 6:27.77 1:43.86 | 600m: 9:59.07 1:46.10 | 800m: 13:24.14 1:39.20 | | |
| 4. | MADEIRA Maria Joao | 79 | Masters de Almada | 14:38.99 | +1,08 | 299 | 5,00 |
| | 100m: 1:33.35 1:33.35 | | 300m: 5:12.45 1:51.43 | 500m: 9:00.74 1:54.66 | 700m: 12:47.70 1:53.30 | | |
| | 200m: 3:21.02 1:47.67 | | 400m: 7:06.08 1:53.63 | 600m: 10:54.40 1:53.66 | 800m: 14:38.99 1:51.29 | | |
| 5. | SEQUEIRA Carla Sofia | 75 | Colegio Monte Maior | 14:45.24 | | 293 | 4,00 |
| | 50m: | | 250m: | 450m: | 650m: | | |
| | 100m: 1:43.06 | | 300m: 5:25.15 | 500m: 9:08.96 | 700m: 12:55.13 | | |
| | 150m: | | 350m: | 550m: | 750m: | | |
| | 200m: 3:33.73 | | 400m: 7:16.85 | 600m: 11:01.91 | 800m: 14:45.24 | | |
| 6. | SILVA Catarina Grace | 77 | Naval do Funchal | 15:14.70 | +1,21 | 265 | 3,00 |
| | 100m: 1:44.74 1:44.74 | | 300m: 5:36.72 1:56.85 | 500m: 9:29.55 1:56.80 | 700m: 13:23.30 1:55.96 | | |
| | 200m: 3:39.87 1:55.13 | | 400m: 7:32.75 1:56.03 | 600m: 11:27.34 1:57.79 | 800m: 15:14.70 1:51.40 | | |
| DNS | SANTOS Susana Novais | 75 | Natacao de Lisboa | | | | - |

Event 1 Women, 800m Freestyle Master Esc E
19-07-2019 Results

RN E(45-49) 11:08.06 GRILO Ana Paula NDCCO Swansea (GBR) 08-03-2014

Points: DSV Masters 19

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|---|----|-----------------------|------------------------|------------------------|---------|------|
| 1. | ROTHES Ines Maria <i>Rec Nac Esc E</i> | 73 | Fluvial Portuense | 11:01.56 | | 676 | 9,00 |
| | 100m: 1:17.04 1:17.04 | | 300m: 4:02.99 1:23.28 | 500m: 6:51.83 1:24.71 | 700m: 9:39.91 1:22.94 | | |
| | 200m: 2:39.71 1:22.67 | | 400m: 5:27.12 1:24.13 | 600m: 8:16.97 1:25.14 | 800m: 11:01.56 1:21.65 | | |
| 2. | SANCHEZ BENDALA Ana | 71 | Sevilla Master | 11:43.31 | +1,14 | 562 | 7,00 |
| | 100m: 1:20.89 1:20.89 | | 300m: 4:18.77 1:29.45 | 500m: 7:18.43 1:29.69 | 700m: 10:18.26 1:30.25 | | |
| | 200m: 2:49.32 1:28.43 | | 400m: 5:48.74 1:29.97 | 600m: 8:48.01 1:29.58 | 800m: 11:43.31 1:25.05 | | |
| 3. | FERREIRA Sara Goncalves | 74 | Individual ANL | 13:34.98 | | 361 | 6,00 |
| | 100m: 1:36.96 1:36.96 | | 300m: 5:06.49 1:44.88 | 500m: 8:35.42 1:44.55 | 700m: 12:00.21 1:40.67 | | |
| | 200m: 3:21.61 1:44.65 | | 400m: 6:50.87 1:44.38 | 600m: 10:19.54 1:44.12 | 800m: 13:34.98 1:34.77 | | |
| 4. | BLANCO Catarina Araujo | 71 | Fluvial Portuense | 14:17.23 | | 310 | 5,00 |
| | 100m: 1:50.26 1:50.26 | | 300m: 5:32.20 1:49.19 | 500m: 9:06.86 1:47.07 | 700m: 12:38.05 1:45.46 | | |
| | 200m: 3:43.01 1:52.75 | | 400m: 7:19.79 1:47.59 | 600m: 10:52.59 1:45.73 | 800m: 14:17.23 1:39.18 | | |

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Reguengos de Monsaraz ,19- - 21-7-2019



Event 1, Women, 800m Freestyle, Master Esc E

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|-------------------------|-----------------------|------------------------|------------------------|-------|---------|------|
| 5. | SANTINHA Fernanda Maria | 72 | Masters de Almada | 14:38.30 | | 288 | 4,00 |
| | 100m: 1:39.52 1:39.52 | 300m: 5:19.81 1:51.79 | 500m: 9:03.21 1:52.09 | 700m: 12:48.50 1:53.26 | | | |
| | 200m: 3:28.02 1:48.50 | 400m: 7:11.12 1:51.31 | 600m: 10:55.24 1:52.03 | 800m: 14:38.30 1:49.80 | | | |
| 6. | FERREIRA Maria Manuela | 70 | Natacao da Maia | 15:12.64 | | 257 | 3,00 |
| | 100m: 1:40.19 1:40.19 | 300m: 5:33.02 1:58.17 | 500m: 9:29.19 1:57.58 | 700m: 13:20.50 1:55.39 | | | |
| | 200m: 3:34.85 1:54.66 | 400m: 7:31.61 1:58.59 | 600m: 11:25.11 1:55.92 | 800m: 15:12.64 1:52.14 | | | |
| 7. | SILVA Nadia Gama | 73 | Aminata | 15:58.34 | +1,50 | 222 | 2,00 |
| | 50m: | 250m: | 450m: | 650m: | | | |
| | 100m: 1:42.59 | 300m: 5:40.98 | 500m: 9:48.51 | 700m: 13:53.47 | | | |
| | 150m: | 350m: | 550m: | 750m: | | | |
| | 200m: 3:40.85 | 400m: 7:40.74 | 600m: 11:51.28 | 800m: 15:58.34 | | | |
| DNS | LOPES Ana Margarida | 70 | Aminata | | | | - |
| DNS | PINTO Isabel Maria | 72 | Fluvial Portuense | | | | - |

Event 1 Women, 800m Freestyle Master Esc F Results
19-07-2019

RN F(50-54) 11:28.66 GRILO Ana Paula NDCO Vitoria (ESP) 27-04-2019

Points: DSV Masters 19

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|-----------------------|-----------------------|------------------------|------------------------|-------|---------|------|
| 1. | BRANDAO Maria Teresa | 69 | Fluvial Portuense | 11:41.65 | | 620 | 9,00 |
| | 100m: 1:21.81 1:21.81 | 300m: 4:15.29 1:27.38 | 500m: 7:14.65 1:30.88 | 700m: 10:14.78 1:29.97 | | | |
| | 200m: 2:47.91 1:26.10 | 400m: 5:43.77 1:28.48 | 600m: 8:44.81 1:30.16 | 800m: 11:41.65 1:26.87 | | | |
| 2. | CARMO Maria Helena | 66 | Alges | 12:16.95 | | 535 | 7,00 |
| | 100m: 1:23.53 1:23.53 | 300m: 4:25.69 1:32.12 | 500m: 7:33.38 1:34.16 | 700m: 10:43.58 1:35.68 | | | |
| | 200m: 2:53.57 1:30.04 | 400m: 5:59.22 1:33.53 | 600m: 9:07.90 1:34.52 | 800m: 12:16.95 1:33.37 | | | |
| 3. | SEQUEIRA Ana Paula | 68 | Gafanha da Encarnacao | 13:07.51 | | 438 | 6,00 |
| | 100m: 1:30.38 1:30.38 | 300m: 4:51.14 1:41.45 | 500m: 8:12.91 1:40.91 | 700m: 11:33.11 1:39.49 | | | |
| | 200m: 3:09.69 1:39.31 | 400m: 6:32.00 1:40.86 | 600m: 9:53.62 1:40.71 | 800m: 13:07.51 1:34.40 | | | |
| 4. | REIS Margarida Bleck | 68 | Porto | 14:17.41 | | 339 | 5,00 |
| | 100m: 1:40.04 1:40.04 | 300m: 5:16.94 1:49.90 | 500m: 8:56.79 1:50.47 | 700m: 12:33.04 1:46.76 | | | |
| | 200m: 3:27.04 1:47.00 | 400m: 7:06.32 1:49.38 | 600m: 10:46.28 1:49.49 | 800m: 14:17.41 1:44.37 | | | |
| 5. | TABORDA Maria Joao | 67 | Porto | 14:33.95 | +1,07 | 320 | 4,00 |
| | 50m: | 250m: | 450m: | 650m: | | | |
| | 100m: 1:39.93 | 300m: 5:17.23 | 500m: 8:55.93 | 700m: 12:40.18 | | | |
| | 150m: | 350m: | 550m: | 750m: | | | |
| | 200m: 3:27.73 | 400m: 7:06.67 | 600m: 10:46.44 | 800m: 14:33.95 | | | |
| 6. | VILARINHO Graca Maria | 65 | Gafanha da Encarnacao | 15:25.29 | | 270 | 3,00 |
| | 100m: 1:41.32 1:41.32 | 300m: 5:33.04 1:57.43 | 500m: 9:29.57 1:58.02 | 700m: 13:27.67 1:59.50 | | | |
| | 200m: 3:35.61 1:54.29 | 400m: 7:31.55 1:58.51 | 600m: 11:28.17 1:58.60 | 800m: 15:25.29 1:57.62 | | | |
| 7. | MARTINS Delfina Maria | 66 | Ginasio de Santo Tirso | 17:18.58 | | 191 | 2,00 |
| | 100m: 1:53.00 1:53.00 | 300m: 6:16.62 2:13.25 | 500m: 10:45.11 2:13.60 | 700m: 15:09.05 2:13.05 | | | |
| | 200m: 4:03.37 2:10.37 | 400m: 8:31.51 2:14.89 | 600m: 12:56.00 2:10.89 | 800m: 17:18.58 2:09.53 | | | |
| 8. | CARDOSO Helena Maria | 66 | Fluvial Portuense | 17:35.31 | +1,46 | 182 | 1,00 |
| | 100m: 2:03.30 2:03.30 | 300m: 6:28.84 2:13.03 | 500m: 10:57.33 2:15.48 | 700m: 15:25.57 2:13.62 | | | |
| | 200m: 4:15.81 2:12.51 | 400m: 8:41.85 2:13.01 | 600m: 13:11.95 2:14.62 | 800m: 17:35.31 2:09.74 | | | |

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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 1, Women, 800m Freestyle, Master Esc F

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|------------------------|-----------------------|------------------------|------------------------|----|---------|-----|
| 9. | MOTA Anabela Verissimo | 66 | Amigos da Natacao | 18:15.49 | | 162 | - |
| | 100m: 2:03.78 2:03.78 | 300m: 6:42.11 2:18.37 | 500m: 11:22.63 2:21.12 | 700m: 16:07.23 2:24.37 | | | |
| | 200m: 4:23.74 2:19.96 | 400m: 9:01.51 2:19.40 | 600m: 13:42.86 2:20.23 | 800m: 18:15.49 2:08.26 | | | |

Event 1
19-07-2019
Women, 800m Freestyle
Master Esc G
Results

| | | | | |
|-------------|----------|-------------------------|---------------|------------|
| RN G(55-59) | 11:40.48 | KRAEVA Elena Nikolaevna | ADRCIMM Loulé | 13-07-2018 |
|-------------|----------|-------------------------|---------------|------------|

Points: DSV Masters 19

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|------------------------|-----------------------|------------------------|------------------------|-------|---------|------|
| 1. | GUIMARAES Rita Cabral | 64 | Fluvial Portuense | 13:24.49 | +0,99 | 464 | 9,00 |
| | 100m: 1:34.06 1:34.06 | 300m: 4:56.57 1:42.43 | 500m: 8:21.15 1:41.98 | 700m: 11:45.23 1:42.11 | | | |
| | 200m: 3:14.14 1:40.08 | 400m: 6:39.17 1:42.60 | 600m: 10:03.12 1:41.97 | 800m: 13:24.49 1:39.26 | | | |
| 2. | FERNANDES Maria Santos | 62 | Leixoes | 14:17.97 | +1,09 | 383 | 7,00 |
| | 100m: 1:40.29 1:40.29 | 300m: 5:17.21 1:49.65 | 500m: 8:54.96 1:48.54 | 700m: 12:30.89 1:48.41 | | | |
| | 200m: 3:27.56 1:47.27 | 400m: 7:06.42 1:49.21 | 600m: 10:42.48 1:47.52 | 800m: 14:17.97 1:47.08 | | | |
| 3. | FONTANA Alda Caterina | 62 | Aminata | 14:57.27 | | 335 | 6,00 |
| | 100m: 1:40.86 1:40.86 | 300m: 5:23.98 1:53.11 | 500m: 9:14.91 1:56.50 | 700m: 13:05.44 1:53.79 | | | |
| | 200m: 3:30.87 1:50.01 | 400m: 7:18.41 1:54.43 | 600m: 11:11.65 1:56.74 | 800m: 14:57.27 1:51.83 | | | |
| 4. | CANINAS Maria Madalena | 63 | Masters de Almada | 15:11.36 | | 319 | 5,00 |
| | 100m: 1:43.29 1:43.29 | 300m: 5:38.11 1:58.46 | 500m: 9:30.91 1:56.16 | 700m: 13:19.77 1:55.08 | | | |
| | 200m: 3:39.65 1:56.36 | 400m: 7:34.75 1:56.64 | 600m: 11:24.69 1:53.78 | 800m: 15:11.36 1:51.59 | | | |
| 5. | CUNHA Maria Trigueiros | 64 | Leixoes | 15:47.88 | +1,29 | 284 | 4,00 |
| | 100m: 1:42.11 1:42.11 | 300m: 5:39.00 2:00.75 | 500m: 9:47.90 2:05.10 | 700m: 13:52.64 2:02.51 | | | |
| | 200m: 3:38.25 1:56.14 | 400m: 7:42.80 2:03.80 | 600m: 11:50.13 2:02.23 | 800m: 15:47.88 1:55.24 | | | |
| 6. | WERNICKE Maria Giraldo | 60 | Fluvial Portuense | 15:53.96 | | 278 | 3,00 |
| | 100m: 1:43.57 1:43.57 | 300m: 5:50.83 2:02.76 | 500m: 9:52.58 2:00.35 | 700m: 13:54.86 2:00.05 | | | |
| | 200m: 3:48.07 2:04.50 | 400m: 7:52.23 2:01.40 | 600m: 11:54.81 2:02.23 | 800m: 15:53.96 1:59.10 | | | |
| 7. | NETO Maria Manuela | 62 | Natacao da Maia | 15:57.38 | | 275 | 2,00 |
| | 100m: 1:50.17 1:50.17 | 300m: 5:53.74 2:02.09 | 500m: 9:57.43 2:01.77 | 700m: 13:59.23 2:00.79 | | | |
| | 200m: 3:51.65 2:01.48 | 400m: 7:55.66 2:01.92 | 600m: 11:58.44 2:01.01 | 800m: 15:57.38 1:58.15 | | | |
| 8. | KIND Anette | 61 | Leixoes | 16:48.98 | +1,19 | 235 | 1,00 |
| | 100m: 1:53.96 1:53.96 | 300m: 6:09.11 2:09.10 | 500m: 10:27.80 2:08.21 | 700m: 14:45.18 2:09.28 | | | |
| | 200m: 4:00.01 2:06.05 | 400m: 8:19.59 2:10.48 | 600m: 12:35.90 2:08.10 | 800m: 16:48.98 2:03.80 | | | |
| 9. | MACHADO Gracinda Maria | 61 | Ginasio de Santo Tirso | 20:02.69 | +1,31 | 139 | - |
| | 100m: 2:19.35 2:19.35 | 300m: 7:21.91 2:31.95 | 500m: 12:30.54 2:34.21 | 700m: 17:37.81 2:32.93 | | | |
| | 200m: 4:49.96 2:30.61 | 400m: 9:56.33 2:34.42 | 600m: 15:04.88 2:34.34 | 800m: 20:02.69 2:24.88 | | | |

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



Event 1, Women, 800m Freestyle

Event 1 Women, 800m Freestyle Master Esc H
19-07-2019 Results

RN H(60-64) 12:46.28 FERREIRA Ana Maria SAD Riccione (ITA) 10-06-2012

Points: DSV Masters 19

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|-----------------------|----|------------------------|------------------------|------------------------|---------|------|
| 1. | CAEIRO Ana Maria | 59 | Amigos da Natacao | 15:59.52 | +1,28 | 400 | 9,00 |
| | 100m: 1:53.74 1:53.74 | | 300m: 5:57.56 2:02.72 | 500m: 10:02.77 2:02.08 | 700m: 14:05.24 2:00.08 | | |
| | 200m: 3:54.84 2:01.10 | | 400m: 8:00.69 2:03.13 | 600m: 12:05.16 2:02.39 | 800m: 15:59.52 1:54.28 | | |
| 2. | DUPONT Ana Paula | 58 | Fluvial Portuense | 19:28.10 | | 221 | 7,00 |
| | 300m: 7:08.11 7:08.11 | | 500m: 12:09.57 2:31.64 | 700m: 17:04.79 2:27.95 | | | |
| | 400m: 9:37.93 2:29.82 | | 600m: 14:36.84 2:27.27 | 800m: 19:28.10 2:23.31 | | | |

Event 1 Women, 800m Freestyle Master Esc K
19-07-2019 Results

RN K(75-79) 15:54.26 BASTO Luisa Bessone SAD Póvoa de Varzim 23-02-2019

Points: DSV Masters 19

| Rank | Nome | YB | Clube | Tempo Final | RT | Pts DSV | Pts |
|------|--|----|-----------------------|------------------------|------------------------|---------|------|
| 1. | BASTO Luisa Bessone | 44 | Alges | 15:55.73 | +1,14 | 674 | 9,00 |
| | <i>Rec Nac Esc K, passagem aos 200 e 400</i> | | | | | | |
| | 100m: 1:43.67 1:43.67 | | 300m: 5:42.28 2:01.32 | 500m: 9:48.15 2:03.92 | 700m: 13:56.06 2:03.35 | | |
| | 200m: 3:40.96 1:57.29 | | 400m: 7:44.23 2:01.95 | 600m: 11:52.71 2:04.56 | 800m: 15:55.73 1:59.67 | | |

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