

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



Event 3 Women, 200m Breaststroke Master Esc A
19-07-2019 Results

RN A(25-29) 2:43.10 MAIA Joana Marques INDANP Loulé 08-07-2016

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	MAIA Joana Marques	91	Ginasio de Santo Tirso	2:43.67	+0,86	862	9,00
	50m: 36.66 36.66	100m: 1:17.92 41.26	150m: 2:00.78	42.86	200m: 2:43.67	42.89	
2.	CASTRO Ana Lucia	92	Natacao de Lisboa	3:11.62	+0,93	537	7,00
	50m: 42.65 42.65	100m: 1:31.10 48.45	150m: 2:21.81	50.71	200m: 3:11.62	49.81	
3.	LOUREIRO Carolina Maria	92	Ginasio Clube	3:17.30	+0,90	492	6,00
	50m: 45.14 45.14	100m: 1:35.37 50.23	150m: 2:26.69	51.32	200m: 3:17.30	50.61	
4.	MAGUETA Adriana Fernandes	94	Gafanha da Encarnacao	3:36.14	+0,88	374	5,00
	50m: 48.88 48.88	100m: 1:44.54 55.66	150m: 2:42.24	57.70	200m: 3:36.14	53.90	
5.	ESPINHEIRA Diana Maria	92	Colegio SMLamas	3:39.54	+0,99	357	4,00
	50m: 49.81 49.81	100m: 1:44.36 54.55	150m: 2:42.10	57.74	200m: 3:39.54	57.44	

Event 3 Women, 200m Breaststroke Master Esc B
19-07-2019 Results

RN B(30-34) 2:46.92 FIGUEIRA Isabel Maria CNFA Cadiz (ESP) 19-09-2009

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	BARBARA Joana Pereira	87	Masters de Almada	3:07.66	+0,85	612	9,00
	50m: 40.97 40.97	100m: 1:28.16 47.19	150m: 2:18.26	50.10	200m: 3:07.66	49.40	
2.	RIBEIRINHO Matilde Valente	89	Porto	3:22.59	+0,91	486	7,00
	50m: 45.48 45.48	100m: 1:35.13 49.65	150m: 2:28.76	53.63	200m: 3:22.59	53.83	
3.	MARQUES Patricia Alexandra	87	Salesianos	3:28.51	+0,89	446	6,00
	50m: 47.48 47.48	100m: 1:41.66 54.18	150m: 2:35.39	53.73	200m: 3:28.51	53.12	
4.	ROCHA Ana Margarida	86	Galitos / Bresimar	3:30.60	+0,82	433	5,00
	50m: 48.00 48.00	100m: 1:40.89 52.89	150m: 2:35.48	54.59	200m: 3:30.60	55.12	
5.	FOUGO Rita Claudia	88	Natacao da Maia	3:43.40	+0,83	363	4,00
	50m: 48.66 48.66	100m: 1:43.58 54.92	150m: 2:42.71	59.13	200m: 3:43.40	1:00.69	
6.	LORY Susana Pereira	87	Masters de Almada	4:13.66	+1,05	248	3,00
	50m: 59.36 59.36	100m: 2:03.34 1:03.98	150m: 3:09.30	1:05.96	200m: 4:13.66	1:04.36	

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Event 3, Women, 200m Breaststroke

Event 3 Women, 200m Breaststroke Master Esc C
19-07-2019 Results

RN C(35-39) 2:57.34 FIGUEIRA Isabel Maria LDC Évora 04-07-2014

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	MARTINS Maria Sofia	84	Fluval Portuense	3:00.17	+0,91	686	9,00
	50m: 41.12 41.12	100m: 1:26.05 44.93	150m: 2:13.91 47.86	200m: 3:00.17 46.26			
2.	FONSECA Maria Ana	82	Fluval Portuense	3:28.42	+0,94	443	7,00
	50m: 47.53 47.53	100m: 1:39.38 51.85	150m: 2:33.08 53.70	200m: 3:28.42 55.34			
3.	PEREIRA Sofia Isabel	81	Porto	3:37.95	+0,88	387	6,00
	50m: 47.84 47.84	100m: 1:42.34 54.50	150m: 2:40.18 57.84	200m: 3:37.95 57.77			
4.	GUEDES Ana Dalte	80	Leixoes	3:46.89	+1,06	343	5,00
	50m: 49.39 49.39	100m: 1:47.21 57.82	150m: 2:47.79 1:00.58	200m: 3:46.89 59.10			
5.	LEITE Joana Isabel	80	Fluval Portuense	3:57.51	+1,15	299	4,00
	50m: 55.18 55.18	100m: 1:54.93 59.75	150m: 2:56.89 1:01.96	200m: 3:57.51 1:00.62			

Event 3 Women, 200m Breaststroke Master Esc D
19-07-2019 Results

RN D(40-44) 3:08.75 ALVES Catarina Andrade CDN Loulé 13-07-2018

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	ALVES Catarina Andrade	78	Desportivo Nacional	3:09.49	+0,78	721	9,00
	50m: 42.30 42.30	100m: 1:29.67 47.37	150m: 2:18.90 49.23	200m: 3:09.49 50.59			
2.	SILVA Ana Sofia	78	Fluval Portuense	3:19.69	+1,00	616	7,00
	50m: 46.51 46.51	100m: 1:36.59 50.08	150m: 2:27.90 51.31	200m: 3:19.69 51.79			
3.	FERNANDES Filipa Cristina	76	Geslours	3:22.91	+0,78	587	6,00
	50m: 47.58 47.58	100m: 1:38.73 51.15	150m: 2:31.18 52.45	200m: 3:22.91 51.73			
4.	CARVALHO Elza Maria	76	Vila DEste/Gaia	3:35.83	+0,89	488	5,00
	50m: 49.97 49.97	100m: 1:44.71 54.74	150m: 2:42.24 57.53	200m: 3:35.83 53.59			
5.	BARBARA Sandra Santa	75	Ginasio de Santo Tirso	3:37.91	+0,86	474	4,00
	50m: 47.61 47.61	100m: 1:43.47 55.86	150m: 2:41.44 57.97	200m: 3:37.91 56.47			
6.	AVELANS Carla Susana	75	Fluval Portuense	3:42.63	+1,42	444	3,00
	50m: 50.30 50.30	100m: 1:47.32 57.02	150m: 2:45.84 58.52	200m: 3:42.63 56.79			
7.	SANTOS Patricia Alexandra	78	Geslours	3:43.86	+0,94	437	2,00
	50m: 47.34 47.34	100m: 1:43.59 56.25	150m: 2:43.36 59.77	200m: 3:43.86 1:00.50			
8.	MADEIRA Maria Joao	79	Masters de Almada	3:47.43	+1,03	417	1,00
	50m: 50.57 50.57	100m: 1:48.16 57.59	150m: 2:47.39 59.23	200m: 3:47.43 1:00.04			
9.	SILVA Rita Rijo	75	Colegio Monte Maior	3:52.76	+0,94	389	-
	50m: 49.46 49.46	100m: 1:47.76 58.30	150m: 2:50.60 1:02.84	200m: 3:52.76 1:02.16			
10.	CUNHA Maria Catarina	75	Sporting de Aveiro	3:55.31	+1,05	376	-
	50m: 53.03 53.03	100m: 1:51.87 58.84	150m: 2:53.36 1:01.49	200m: 3:55.31 1:01.95			

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Event 3, Women, 200m Breaststroke, Master Esc D

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
11.	MARTINS Ana Maria	79	Sporting de Aveiro	4:07.72	+1,05	322	-
	50m: 57.98 57.98	100m: 2:00.74 1:02.76	150m: 3:04.57 1:03.83	200m: 4:07.72 1:03.15			
12.	MASSAGUE Adriana Reguera	75	Fluval Portuense	4:29.34	+1,22	251	-
	50m: 59.87 59.87	100m: 2:06.39 1:06.52	150m: 3:17.92 1:11.53	200m: 4:29.34 1:11.42			

Event 3 Women, 200m Breaststroke Master Esc E Results

RN E(45-49) 3:22.77 GALHARDO Amelia Ponte CCDCML Cádiz (ESP) 19-09-2009

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	FARIA Joana Maria	74	Leixoes	3:23.48	+0,84	592	9,00
	50m: 45.91 45.91	100m: 1:37.52 51.61	150m: 2:31.30 53.78	200m: 3:23.48 52.18			
2.	BLANCO Catarina Araujo	71	Fluval Portuense	4:04.78	+1,16	340	7,00
	50m: 57.15 57.15	100m: 2:00.46 1:03.31	150m: 3:03.85 1:03.39	200m: 4:04.78 1:00.93			
3.	SANTINHA Fernanda Maria	72	Masters de Almada	4:08.34	+1,31	326	6,00
	50m: 58.90 58.90	100m: 2:01.44 1:02.54	150m: 3:06.09 1:04.65	200m: 4:08.34 1:02.25			
4.	BARBARA Ana Bernardo	70	Portinado	4:15.84	+0,90	298	5,00
	50m: 57.56 57.56	100m: 2:02.47 1:04.91	150m: 3:10.06 1:07.59	200m: 4:15.84 1:05.78			
5.	PEREIRA Maria Isabel	71	Gesloures	4:26.75	+1,23	263	4,00
	50m: 1:01.55 1:01.55	100m: 2:09.58 1:08.03	150m: 3:18.78 1:09.20	200m: 4:26.75 1:07.97			

DSQ SILVA Nadia Gama 73 Aminata -
701 - Mais de uma pernada de golfinho durante a braçada submarina - SW 7.1

Event 3 Women, 200m Breaststroke Master Esc F Results

RN F(50-54) 3:21.73 CARMO Maria Helena SAD Loulé 13-07-2018

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	CARMO Maria Helena	66	Alges	3:26.43	+0,93	699	9,00
	50m: 48.16 48.16	100m: 1:39.88 51.72	150m: 2:33.28 53.40	200m: 3:26.43 53.15			
2.	SEQUEIRA Maria Manuela	68	Gafanha da Encarnacao	3:32.42	+0,98	641	7,00
	50m: 47.30 47.30	100m: 1:41.56 54.26	150m: 2:37.92 56.36	200m: 3:32.42 54.50			
3.	WISEU Maria Adriana	66	Leixoes	3:40.96	+0,93	570	6,00
	50m: 49.95 49.95	100m: 1:46.20 56.25	150m: 2:44.77 58.57	200m: 3:40.96 56.19			
4.	FERNANDES Maribel Santos	65	Leixoes	3:41.90	+0,91	563	5,00
	50m: 49.55 49.55	100m: 1:46.68 57.13	150m: 2:45.35 58.67	200m: 3:41.90 56.55			
5.	TABORDA Maria Joao	67	Porto	3:53.25	+1,00	484	4,00
	50m: 54.88 54.88	100m: 1:54.82 59.94	150m: 2:55.84 1:01.02	200m: 3:53.25 57.41			
6.	LENZI Carla Vale	67	Alges	4:00.49	+1,15	442	3,00
	50m: 54.84 54.84	100m: 1:58.12 1:03.28	150m: 2:59.90 1:01.78	200m: 4:00.49 1:00.59			

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Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
7.	DUARTE Paula Cristina	65	Feirense	4:26.64	+1,03	324	2,00
	50m: 1:03.96 1:03.96		100m: 2:11.63 1:07.67	150m: 3:21.56 1:09.93		200m: 4:26.64 1:05.08	
DSQ	LIMA Isabel Maria	69	Fluvial Portuense				-
	<i>708 - Não efectuou o ciclo completo de braçada seguida de pernada - SW 7.2</i>						
DSQ	PALHARES Ana Rosa	65	Fluvial Portuense				-
	<i>729 - Movimento alternado pernas após a partida - SW 7.4, durante o percurso</i>						

Event 3 Women, 200m Breaststroke Master Esc G
19-07-2019 Results

RN G(55-59)	3:33.08	ANDRADE Maria Teresa	FCP	Loulé	13-07-2018
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	WEISS Kathrin	64	SC Chemnitz von 1892	3:26.07	+0,91	775	9,00
	50m: 47.11 47.11		100m: 1:39.58 52.47	150m: 2:33.63 54.05		200m: 3:26.07 52.44	
2.	ANDRADE Maria Teresa	63	Porto	3:32.26	+0,74	709	7,00
	<i>Rec Nac Esc G</i>						
	50m: 47.71 47.71		100m: 1:41.99 54.28	150m: 2:37.96 55.97		200m: 3:32.26 54.30	
3.	FERNANDES Maria Santos	62	Leixoes	3:50.31	+1,03	555	6,00
	50m: 53.22 53.22		100m: 1:51.72 58.50	150m: 2:51.50 59.78		200m: 3:50.31 58.81	
4.	KIND Anette	61	Leixoes	4:11.08	+1,03	428	5,00
	50m: 55.83 55.83		100m: 2:00.03 1:04.20	150m: 3:06.13 1:06.10		200m: 4:11.08 1:04.95	
5.	VASCONCELOS Maria Goncalve	64	Masters de Almada	4:23.63	+1,24	370	4,00
	50m: 1:00.80 1:00.80		100m: 2:07.34 1:06.54	150m: 3:16.68 1:09.34		200m: 4:23.63 1:06.95	
6.	MACHADO Gracinda Maria	61	Ginasio de Santo Tirso	5:14.34	+1,10	218	3,00
	50m: 1:12.85 1:12.85		100m: 2:31.98 1:19.13	150m: 3:55.60 1:23.62		200m: 5:14.34 1:18.74	

Event 3 Women, 200m Breaststroke Master Esc H
19-07-2019 Results

RN H(60-64)	3:54.45	RELVAS Ana Moura	AAC	Loulé	08-07-2016
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	DUPONT Ana Paula	58	Fluvial Portuense	4:32.40		370	9,00
	50m: 1:03.14 1:03.14		100m: 2:11.36 1:08.22	150m: 3:24.95 1:13.59		200m: 4:32.40 1:07.45	
2.	ALMEIDA Ana Paula	58	Fluvial Portuense	4:38.76	+1,11	345	7,00
	50m: 1:03.04 1:03.04		100m: 2:13.68 1:10.64	150m: 3:26.11 1:12.43		200m: 4:38.76 1:12.65	

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Event 3 Women, 200m Breaststroke Master Esc I
19-07-2019 Results

RN I(65-69) 4:16.63 FERREIRA Ana Maria SAD Coimbra 17-01-2016

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	ROCHA Maria Carmo	54	Leixoes	5:02.41	+1,38	320	9,00
	50m: 1:09.49 1:09.49	100m: 2:27.50 1:18.01	150m: 3:46.24 1:18.74	200m: 5:02.41 1:16.17			

Event 3 Women, 200m Breaststroke Master Esc J
19-07-2019 Results

RN J(70-74) 4:06.67 BASTO Luisa Bessone SAD Budapeste (HUN) 19-08-2017

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	CABRAL Maria Fatima	49	Fluvial Portuense	7:31.09		110	9,00
	50m: 1:38.75 1:38.75	100m: 3:38.57 1:59.82	150m: 5:40.06 2:01.49	200m: 7:31.09 1:51.03			

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