

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



Event 7 Women, 200m Medley Master Esc A
19-07-2019 Results

RN A(25-29) 2:37.60 SILVA Carolina Santos CNMAIA Loulé 03-07-2015

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	NEVES Vania Soares	90	Fluvial Portuense	2:43.53	+0,79	662	9,00
	50m: 35.35 35.35	100m: 1:16.41 41.06	150m: 2:04.42	48.01	200m: 2:43.53	39.11	
2.	SILVA Raquel Alexandra	91	Leixoes	2:45.65	+0,89	637	7,00
	50m: 34.60 34.60	100m: 1:19.08 44.48	150m: 2:07.87	48.79	200m: 2:45.65	37.78	
3.	RODRIGUES Ines Sa	93	Estarreja	2:50.09	+0,91	588	6,00
	50m: 35.80 35.80	100m: 1:18.92 43.12	150m: 2:10.59	51.67	200m: 2:50.09	39.50	
4.	LOUREIRO Carolina Maria	92	Ginasio Clube	2:53.99	+0,93	550	5,00
	50m: 35.74 35.74	100m: 1:24.16 48.42	150m: 2:15.33	51.17	200m: 2:53.99	38.66	
5.	FREIXO Marta Rita	93	Desportiva de Viana	2:54.67	+0,96	543	4,00
	50m: 36.25 36.25	100m: 1:21.67 45.42	150m: 2:12.42	50.75	200m: 2:54.67	42.25	
6.	MENDES Ana Rita	91	Gesloures	2:57.35	+0,86	519	3,00
	50m: 36.68 36.68	100m: 1:24.73 48.05	150m: 2:16.34	51.61	200m: 2:57.35	41.01	
7.	BABO Leonor Bessa	93	Porto	3:03.30	+0,78	470	2,00
	50m: 36.48 36.48	100m: 1:24.22 47.74	150m: 2:19.35	55.13	200m: 3:03.30	43.95	
8.	FERREIRA Ana Rita	92	Colegio Monte Maior	3:03.80	+0,86	466	1,00
	50m: 40.39 40.39	100m: 1:31.81 51.42	150m: 2:24.78	52.97	200m: 3:03.80	39.02	
9.	CARVALHO Madalena Viegas	92	Colegio Monte Maior	3:05.95	+0,84	450	-
	50m: 36.40 36.40	100m: 1:28.09 51.69	150m: 2:23.57	55.48	200m: 3:05.95	42.38	
10.	CAMPOS Ines Branco	94	Leixoes	3:08.65	+0,96	431	-
	50m: 37.68 37.68	100m: 1:26.52 48.84	150m: 2:22.97	56.45	200m: 3:08.65	45.68	
11.	PINHEIRO Andreia Sofia	93	Sporting	3:16.37	+0,96	382	-
	50m: 39.15 39.15	100m: 1:29.89 50.74	150m: 2:30.29	1:00.40	200m: 3:16.37	46.08	
12.	LIRIO Ana Raquel	90	Ginasio de Santo Tirso	3:18.10	+0,98	372	-
	50m: 42.60 42.60	100m: 1:36.38 53.78	150m: 2:32.54	56.16	200m: 3:18.10	45.56	
13.	MACHADO Catarina Sofia	91	Gesloures	3:21.88	+1,05	352	-
	50m: 41.94 41.94	100m: 1:34.56 52.62	150m: 2:33.84	59.28	200m: 3:21.88	48.04	
14.	MACHADO Sandra Marisa	93	Pimpoes/Cimai	3:24.64	+0,89	338	-
	50m: 45.55 45.55	100m: 1:40.49 54.94	150m: 2:39.42	58.93	200m: 3:24.64	45.22	
15.	MAGUETA Adriana Fernandes	94	Gafanha da Encarnacao	3:27.19	+0,89	325	-
	50m: 45.89 45.89	100m: 1:42.52 56.63	150m: 2:37.40	54.88	200m: 3:27.19	49.79	
16.	ESPINHEIRA Diana Maria	92	Colegio SMLamas	3:32.13	+1,02	303	-
	50m: 47.44 47.44	100m: 1:42.01 54.57	150m: 2:40.58	58.57	200m: 3:32.13	51.55	

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Event 7, Women, 200m Medley

Event 7 Women, 200m Medley Master Esc B
19-07-2019 Results

RN B(30-34) 2:31.14 SEVIERI Tatiana Gama FCP Loulé 08-07-2016

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	SILVA Carolina Santos	86	Ginasio de Santo Tirso	2:38.38	+0,67	750	9,00
	50m: 32.92 32.92		100m: 1:14.63 41.71	150m: 2:02.50	47.87	200m: 2:38.38	35.88
2.	BARBARA Joana Pereira	87	Masters de Almada	2:50.60	+0,83	600	7,00
	50m: 36.00 36.00		100m: 1:22.22 46.22	150m: 2:10.67	48.45	200m: 2:50.60	39.93
3.	MIRANDA Ana Filipa	85	Galitos / Bresimar	2:55.61	+0,80	550	6,00
	50m: 35.46 35.46		100m: 1:23.52 48.06	150m: 2:15.37	51.85	200m: 2:55.61	40.24
4.	ALVES Joana Isabel	88	Porto	2:59.54	+0,95	515	5,00
	50m: 36.39 36.39		100m: 1:24.61 48.22	150m: 2:19.81	55.20	200m: 2:59.54	39.73
5.	SANTOS Carla Sofia	89	Porto	3:00.04	+0,84	511	4,00
	50m: 37.06 37.06		100m: 1:23.50 46.44	150m: 2:17.67	54.17	200m: 3:00.04	42.37
6.	ROCHA Ana Margarida	86	Galitos / Bresimar	3:02.46	+0,79	490	3,00
	50m: 38.92 38.92		100m: 1:27.23 48.31	150m: 2:21.82	54.59	200m: 3:02.46	40.64
7.	RODRIGUES Sara Daniela	87	Galitos / Bresimar	3:03.39	+0,89	483	2,00
	50m: 36.63 36.63		100m: 1:25.06 48.43	150m: 2:18.74	53.68	200m: 3:03.39	44.65
8.	FOUGO Rita Claudia	88	Natacao da Maia	3:09.77	+0,84	436	1,00
	50m: 38.12 38.12		100m: 1:29.18 51.06	150m: 2:24.66	55.48	200m: 3:09.77	45.11
9.	BARBOSA Ana Raquel	88	Gesloures	3:51.61	+0,98	240	-
	50m: 53.76 53.76		100m: 1:56.52 1:02.76	150m: 2:59.40	1:02.88	200m: 3:51.61	52.21
10.	ALMEIDA Andreia Azevedo	86	Palmela	5:02.72	+1,29	107	-
	50m: 1:13.07 1:13.07		100m: 2:42.79 1:29.72	150m: 4:00.43	1:17.64	200m: 5:02.72	1:02.29
DNS	MENDES Catarina Helena	85	Vitoria Guimaraes				-

Event 7 Women, 200m Medley Master Esc C
19-07-2019 Results

RN C(35-39) 2:33.55 GRILO Ana Paula UDCA Coimbra 07-01-2006

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	LUCAS Mariana Sa	84	Litoral Alentejano	2:59.28	+0,91	576	9,00
	50m: 36.54 36.54		100m: 1:21.23 44.69	150m: 2:18.42	57.19	200m: 2:59.28	40.86
2.	VALENTE Catia Marisa	84	Luz e Vida	3:02.24	+0,76	548	7,00
	50m: 40.21 40.21		100m: 1:27.39 47.18	150m: 2:19.41	52.02	200m: 3:02.24	42.83
3.	OLIVEIRA Ana Mafalda	81	Natacao da Maia	3:07.91	+0,93	500	6,00
	50m: 38.85 38.85		100m: 1:29.80 50.95	150m: 2:24.74	54.94	200m: 3:07.91	43.17
4.	ANDRADE Helena Sofia	82	Estarreja	3:12.89	+1,06	462	5,00
	50m: 42.86 42.86		100m: 1:31.06 48.20	150m: 2:27.64	56.58	200m: 3:12.89	45.25
5.	ALMEIDA Graciete Maria	81	Masters de Almada	3:20.91	+0,98	409	4,00
	50m: 45.00 45.00		100m: 1:36.17 51.17	150m: 2:34.23	58.06	200m: 3:20.91	46.68

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Event 7, Women, 200m Medley, Master Esc C

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
6.	MACHADO Maria Margarida	81	Vila DEste/Gaia	3:45.50	+1,05	289	3,00
	50m: 49.44 49.44		100m: 1:50.34 1:00.90	150m: 2:52.01	1:01.67	200m: 3:45.50	53.49

Event 7
19-07-2019
Women, 200m Medley
Master Esc D
Results

RN D(40-44)	2:35.59	GOMES Susana Clara	CNF	Loulé	13-07-2018
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	ALVES Catarina Andrade	78	Desportivo Nacional	2:55.18	+0,71	646	9,00
	50m: 37.19 37.19		100m: 1:24.53 47.34	150m: 2:14.71	50.18	200m: 2:55.18	40.47
2.	SILVA Ana Sofia	78	Fluval Portuense	3:02.90	+1,05	567	7,00
	50m: 38.48 38.48		100m: 1:28.80 50.32	150m: 2:19.65	50.85	200m: 3:02.90	43.25
3.	FUMEGA Elsa Maria	78	Leixoes	3:12.10	+0,97	490	6,00
	50m: 38.97 38.97		100m: 1:31.70 52.73	150m: 2:25.08	53.38	200m: 3:12.10	47.02
4.	CARVALHO Elza Maria	76	Vila DEste/Gaia	3:26.49	+0,97	394	5,00
	50m: 46.53 46.53		100m: 1:41.92 55.39	150m: 2:41.22	59.30	200m: 3:26.49	45.27
5.	MADEIRA Maria Joao	79	Masters de Almada	3:37.47	+1,05	337	4,00
	50m: 48.26 48.26		100m: 1:49.00 1:00.74	150m: 2:45.61	56.61	200m: 3:37.47	51.86
6.	SILVA Rita Rijo	75	Colegio Monte Maior	3:42.30	+0,96	316	3,00
	50m: 50.58 50.58		100m: 1:55.67 1:05.09	150m: 2:55.56	59.89	200m: 3:42.30	46.74
7.	MARTINS Ana Maria	79	Sporting de Aveiro	4:07.08	+1,05	230	2,00
	50m: 1:02.56 1:02.56		100m: 2:11.39 1:08.83	150m: 3:13.62	1:02.23	200m: 4:07.08	53.46
8.	SEQUEIRA Carla Sofia	75	Colegio Monte Maior	4:12.28	+0,97	216	1,00
	50m: 1:02.06 1:02.06		100m: 2:12.83 1:10.77	150m: 3:19.76	1:06.93	200m: 4:12.28	52.52

Event 7
19-07-2019
Women, 200m Medley
Master Esc E
Results

RN E(45-49)	2:52.78	PEREIRA Patricia Diogenes	SAD	Coimbra	17-01-2016
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	COSTA Maria Luisa	74	Fluval Portuense	2:52.81	+0,93	680	9,00
	50m: 35.55 35.55		100m: 1:21.95 46.40	150m: 2:13.92	51.97	200m: 2:52.81	38.89
2.	DECOCQ Sandra	72	Salesianos	3:12.97	+0,91	488	7,00
	50m: 40.15 40.15		100m: 1:29.62 49.47	150m: 2:28.40	58.78	200m: 3:12.97	44.57
3.	ALMEIDA Graca Maria	73	Leixoes	3:18.94	+0,99	446	6,00
	50m: 40.25 40.25		100m: 1:29.25 49.00	150m: 2:32.21	1:02.96	200m: 3:18.94	46.73
4.	FERREIRA Sara Goncalves	74	Individual ANL	3:33.67	+1,06	360	5,00
	50m: 49.43 49.43		100m: 1:43.70 54.27	150m: 2:44.42	1:00.72	200m: 3:33.67	49.25
5.	CASTRO Catarina Bayer	73	Fluval Portuense	3:47.08	+0,99	300	4,00
	50m: 48.77 48.77		100m: 1:50.91 1:02.14	150m: 2:57.40	1:06.49	200m: 3:47.08	49.68

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Event 7, Women, 200m Medley, Master Esc E

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
6.	BARBARA Ana Bernardo	70	Portinado	3:59.05	+0,93	257	3,00
	50m: 57.31 57.31	100m: 1:57.67 1:00.36	150m: 3:01.53 1:03.86	200m: 3:59.05 57.52			
7.	FERREIRA Maria Manuela	70	Natacao da Maia	4:06.57	+1,16	234	2,00
	50m: 55.33 55.33	100m: 2:00.77 1:05.44	150m: 3:12.28 1:11.51	200m: 4:06.57 54.29			
8.	SANTINHA Fernanda Maria	72	Masters de Almada	4:09.39	+1,26	226	1,00
	50m: 57.77 57.77	100m: 2:17.86 1:20.09	150m: 3:21.14 1:03.28	200m: 4:09.39 48.25			
DNS	PINTO Isabel Maria	72	Fluvial Portuense				-

Event 7
19-07-2019
Women, 200m Medley
Master Esc F
Results

RN F(50-54)	3:03.07	CARMO Maria Helena	SAD	Loulé	13-07-2018
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	CARMO Maria Helena	66	Alges	3:06.76	+1,06	617	9,00
	50m: 40.04 40.04	100m: 1:30.15 50.11	150m: 2:24.34 54.19	200m: 3:06.76 42.42			
2.	FERREIRA Filipa Margarida	69	Fluvial Portuense	3:23.63	+1,13	476	7,00
	50m: 36.97 36.97	100m: 1:32.52 55.55	150m: 2:35.23 1:02.71	200m: 3:23.63 48.40			
3.	SEQUEIRA Maria Manuela	68	Gafanha da Encarnacao	3:29.12	+1,09	439	6,00
	50m: 47.33 47.33	100m: 1:44.03 56.70	150m: 2:40.04 56.01	200m: 3:29.12 49.08			
4.	MENDES Vera Maria	66	Masters de Almada	3:31.90	+1,08	422	5,00
	50m: 47.56 47.56	100m: 1:42.53 54.97	150m: 2:43.79 1:01.26	200m: 3:31.90 48.11			
5.	FORTE Laura Morala	68	Alges	3:37.33	+1,02	391	4,00
	50m: 54.66 54.66	100m: 1:48.14 53.48	150m: 2:50.21 1:02.07	200m: 3:37.33 47.12			
6.	SEQUEIRA Ana Paula	68	Gafanha da Encarnacao	3:39.41	+1,11	380	3,00
	50m: 54.56 54.56	100m: 1:52.77 58.21	150m: 2:53.56 1:00.79	200m: 3:39.41 45.85			
7.	LENZI Carla Vale	67	Alges	3:49.47	+1,12	332	2,00
	50m: 55.83 55.83	100m: 1:57.12 1:01.29	150m: 2:58.74 1:01.62	200m: 3:49.47 50.73			
DSQ	MIGUEIS Maria Candida	65	Academica de Coimbra				-
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3</i>						
DNS	CARDOSO Helena Maria	66	Fluvial Portuense				-

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Event 7, Women, 200m Medley

Event 7 Women, 200m Medley Master Esc G
19-07-2019 Results

RN G(55-59) 3:00.54 GAMONAL Elena Alarcon CNFA Loulé 08-07-2016

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	URBANO Maria Margarida	63	Academica de Coimbra	3:37.50	+1,01	448	9,00
	50m: 48.18 48.18	100m: 1:48.54 1:00.36	150m: 2:48.05	59.51	200m: 3:37.50	49.45	
2.	FERNANDES Maria Santos	62	Leixoes	3:43.28	+1,05	414	7,00
	50m: 49.39 49.39	100m: 1:53.08 1:03.69	150m: 2:52.66	59.58	200m: 3:43.28	50.62	
3.	CANORA MARIN Maria Azucena	60	Aranjuez	3:58.89	+1,26	338	6,00
	50m: 51.78 51.78	100m: 2:04.78 1:13.00	150m: 3:11.34	1:06.56	200m: 3:58.89	47.55	
4.	CUNHA Maria Trigueiros	64	Leixoes	4:05.53	+1,25	311	5,00
	50m: 50.95 50.95	100m: 2:01.65 1:10.70	150m: 3:11.20	1:09.55	200m: 4:05.53	54.33	
5.	NETO Maria Manuela	62	Natacao da Maia	4:10.57		293	4,00
	50m: 1:01.22 1:01.22	100m: 2:08.42 1:07.20	150m: 3:15.97	1:07.55	200m: 4:10.57	54.60	
6.	GIAO Wanda Maria	62	Portinado	4:23.17	+0,95	253	3,00
	50m: 59.36 59.36	100m: 2:14.19 1:14.83	150m: 3:23.75	1:09.56	200m: 4:23.17	59.42	
7.	CANINAS Maria Madalena	63	Masters de Almada	4:27.78	+1,18	240	2,00
	50m: 1:00.20 1:00.20	100m: 2:18.28 1:18.08	150m: 3:34.17	1:15.89	200m: 4:27.78	53.61	
8.	ALMEIDA Lucia Lima	64	Gafanha da Encarnacao	4:45.40	+1,15	198	1,00
	50m: 1:07.42 1:07.42	100m: 2:23.20 1:15.78	150m: 3:39.93	1:16.73	200m: 4:45.40	1:05.47	
9.	RIBEIRO Margarida Maria	64	Fluvial Portuense	5:28.74	+1,38	129	-
	50m: 1:14.94 1:14.94	100m: 2:44.26 1:29.32	150m: 4:19.95	1:35.69	200m: 5:28.74	1:08.79	

Event 7 Women, 200m Medley Master Esc I
19-07-2019 Results

RN I(65-69) 3:42.15 FERREIRA Ana Maria SAD Loulé 08-07-2016

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
DSQ	FERREIRA Ana Maria	50	Alges				-

809 - Movimento alternado de pernas durante o percurso - SW 8.3

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