

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



Event 9 Women, 200m Freestyle Master Esc A
19-07-2019 Results

RN A(25-29) 2:19.00 RODRIGUES Joana Aguiar FCP Loulé 13-07-2018

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	RODRIGUES Joana Aguiar	93	Porto	2:19.45	+0,85	768	9,00
	50m: 31.58 31.58	100m: 1:05.99 34.41	150m: 1:43.08 37.09	200m: 2:19.45 36.37			
2.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	2:20.62	+0,90	749	7,00
	50m: 32.56 32.56	100m: 1:07.88 35.32	150m: 1:44.42 36.54	200m: 2:20.62 36.20			
3.	NEVES Vania Soares	90	Fluval Portuense	2:24.60	+0,83	689	6,00
	50m: 32.99 32.99	100m: 1:08.68 35.69	150m: 1:46.20 37.52	200m: 2:24.60 38.40			
4.	FERREIRA Ana Rita	92	Colegio Monte Maior	2:36.32	+0,88	545	5,00
	50m: 36.46 36.46	100m: 1:16.34 39.88	150m: 1:56.85 40.51	200m: 2:36.32 39.47			
5.	SILVA Maria Joao	94	Ginasio Clube	2:36.88	+0,88	539	4,00
	50m: 34.54 34.54	100m: 1:13.72 39.18	150m: 1:54.65 40.93	200m: 2:36.88 42.23			
6.	CASTRO Ana Lucia	92	Natacao de Lisboa	2:37.38	+0,97	534	3,00
	50m: 35.63 35.63	100m: 1:15.19 39.56	150m: 1:57.08 41.89	200m: 2:37.38 40.30			
7.	TEIXEIRA Rute Sofia	90	Ginasio de Santo Tirso	2:38.73	+0,91	521	2,00
	50m: 35.90 35.90	100m: 1:16.06 40.16	150m: 1:57.96 41.90	200m: 2:38.73 40.77			
8.	MENDES Ana Rita	91	Geslours	2:39.43	+0,84	514	1,00
	50m: 33.64 33.64	100m: 1:12.51 38.87	150m: 1:57.10 44.59	200m: 2:39.43 42.33			
9.	MOURA Catia Vanessa	90	Desportiva de Viana	2:39.77	+1,03	511	-
	50m: 35.42 35.42	100m: 1:15.94 40.52	150m: 1:58.37 42.43	200m: 2:39.77 41.40			
10.	SANTOS Miriam Rodrigues	91	Masters de Almada	2:45.41	+1,04	460	-
	50m: 37.29 37.29	100m: 1:18.28 40.99	150m: 2:02.49 44.21	200m: 2:45.41 42.92			
11.	ALVES Filipa Ramalho	91	Geslours	3:15.98	+0,76	276	-
	50m: 43.38 43.38	100m: 1:32.91 49.53	150m: 2:24.77 51.86	200m: 3:15.98 51.21			
12.	VIEIRA Barbara Rocha	94	Gafanha da Encarnacao	3:17.57	+1,01	270	-
	50m: 45.82 45.82	100m: 1:35.20 49.38	150m: 2:28.33 53.13	200m: 3:17.57 49.24			

Event 9 Women, 200m Freestyle Master Esc B
19-07-2019 Results

RN B(30-34) 2:10.97 GRILO Ana Paula UDCA Millau (FRA) 27-08-2003

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	ALVES Joana Isabel	88	Porto	2:31.92	+0,96	596	9,00
	50m: 34.34 34.34	100m: 1:12.58 38.24	150m: 1:52.40 39.82	200m: 2:31.92 39.52			
2.	PINTO Rita Loureiro	85	Ginasio Clube	2:49.17	+0,94	431	7,00
	50m: 37.16 37.16	100m: 1:18.96 41.80	150m: 2:04.13 45.17	200m: 2:49.17 45.04			
3.	MARQUES Patricia Alexandra	87	Salesianos	2:54.23	+0,85	395	6,00
	50m: 39.66 39.66	100m: 1:23.97 44.31	150m: 2:10.11 46.14	200m: 2:54.23 44.12			
4.	BARBOSA Ana Raquel	88	Geslours	3:12.36	+1,05	293	5,00
	50m: 42.80 42.80	100m: 1:31.60 48.80	150m: 2:22.42 50.82	200m: 3:12.36 49.94			

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



Event 9, Women, 200m Freestyle, Master Esc B

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
5.	MOLEN Laurelin Lucinda	87	CCDSerta	3:13.88	+1,08	286	4,00
	50m: 43.39 43.39		100m: 1:32.98 49.59	150m: 2:25.34	52.36	200m: 3:13.88 48.54	
6.	REIS Filipa Isabel	87	Leixoes	3:39.67	+1,04	197	3,00
	50m: 46.80 46.80		100m: 1:42.80 56.00	150m: 2:42.13	59.33	200m: 3:39.67 57.54	
7.	LORY Susana Pereira	87	Masters de Almada	3:47.61	+0,94	177	2,00
	50m: 50.02 50.02		100m: 1:47.46 57.44	150m: 2:47.80	1:00.34	200m: 3:47.61 59.81	
DNS	COSTA Maria Gomes	88	Aminata				-

Event 9 Women, 200m Freestyle Master Esc C Results

RN C(35-39)	2:10.77	GRILLO Ana Paula	UDCA	Stanford (USA)	06-08-2006
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	FONSECA Maria Ana	82	Fluval Portuense	2:52.14	+1,01	455	9,00
	50m: 39.30 39.30		100m: 1:21.39 42.09	150m: 2:06.46	45.07	200m: 2:52.14 45.68	
2.	GUEDES Ana DAlte	80	Leixoes	2:54.99	+0,95	433	7,00
	50m: 39.18 39.18		100m: 1:23.80 44.62	150m: 2:10.49	46.69	200m: 2:54.99 44.50	
3.	PEREIRA Sofia Isabel	81	Porto	2:56.44	+0,89	423	6,00
	50m: 38.79 38.79		100m: 1:23.32 44.53	150m: 2:11.21	47.89	200m: 2:56.44 45.23	
4.	COSTA Lilia Dulce	81	Fluval Portuense	3:00.28	+0,90	396	5,00
	50m: 39.46 39.46		100m: 1:24.65 45.19	150m: 2:13.07	48.42	200m: 3:00.28 47.21	
5.	MELO Rita Sofia	81	Colegio Monte Maior	3:07.88	+0,80	350	4,00
	50m: 41.70 41.70		100m: 1:29.15 47.45	150m: 2:20.20	51.05	200m: 3:07.88 47.68	
6.	MACHADO Maria Margarida	81	Vila DEste/Gaia	3:13.39	+1,13	321	3,00
	50m: 44.23 44.23		100m: 1:33.58 49.35	150m: 2:25.71	52.13	200m: 3:13.39 47.68	
7.	MALHEIROS Carmen Silvia	81	Litoral Alentejano	3:27.54	+1,24	259	2,00
	50m: 47.27 47.27		100m: 1:40.62 53.35	150m: 2:35.35	54.73	200m: 3:27.54 52.19	
8.	SANTOS Carolina Bjorke dos	83	O2 Portimao	3:42.50	+1,18	210	1,00
	50m: 51.11 51.11		100m: 1:46.57 55.46	150m: 2:45.22	58.65	200m: 3:42.50 57.28	

Event 9 Women, 200m Freestyle Master Esc D Results

RN D(40-44)	2:22.69	BARBARA Carla Santa	FCP	Famalicao	08-07-2017
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	GOMES Susana Clara <i>Rec Nac Esc D</i>	77	Naval do Funchal	2:20.50	+0,82	822	9,00
	50m: 31.87 31.87		100m: 1:07.03 35.16	150m: 1:43.86	36.83	200m: 2:20.50 36.64	
2.	BARBARA Carla Santa	75	Porto	2:25.88	+0,79	734	7,00
	50m: 33.06 33.06		100m: 1:09.27 36.21	150m: 1:47.69	38.42	200m: 2:25.88 38.19	

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



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Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
3.	PRIOR Ana Filipa	77	Luz e Vida	2:40.72	+0,89	549	6,00
	50m: 35.37 35.37	100m: 1:14.84 39.47	150m: 1:57.16	42.32	200m: 2:40.72	43.56	
4.	FERNANDES Filipa Cristina	76	Gesloures	2:50.82	+0,83	457	5,00
	50m: 37.85 37.85	100m: 1:22.05 44.20	150m: 2:07.45	45.40	200m: 2:50.82	43.37	
5.	DOMINGUES Claudia Baptista	77	Sporting de Aveiro	2:51.60	+0,92	451	4,00
	50m: 37.80 37.80	100m: 1:21.25 43.45	150m: 2:07.04	45.79	200m: 2:51.60	44.56	
6.	SILVA Rita Rijo	75	Colegio Monte Maior	3:09.07	+0,88	337	3,00
	50m: 42.74 42.74	100m: 1:30.64 47.90	150m: 2:21.84	51.20	200m: 3:09.07	47.23	
7.	CARVALHO Elza Maria	76	Vila DEste/Gaia	3:11.24	+0,92	326	2,00
	50m: 42.55 42.55	100m: 1:30.20 47.65	150m: 2:21.44	51.24	200m: 3:11.24	49.80	
8.	MADEIRA Maria Joao	79	Masters de Almada	3:21.66	+1,05	278	1,00
	50m: 44.66 44.66	100m: 1:35.39 50.73	150m: 2:28.22	52.83	200m: 3:21.66	53.44	
9.	CUNHA Maria Catarina	75	Sporting de Aveiro	3:26.09	+0,98	260	-
	50m: 46.12 46.12	100m: 1:37.99 51.87	150m: 2:33.76	55.77	200m: 3:26.09	52.33	
10.	SEQUEIRA Carla Sofia	75	Colegio Monte Maior	3:26.66	+0,96	258	-
	50m: 48.36 48.36	100m: 1:40.96 52.60	150m: 2:35.19	54.23	200m: 3:26.66	51.47	
11.	FERREIRA Marta Martins	79	Funcao Publica	3:27.17	+1,06	256	-
	50m: 46.15 46.15	100m: 1:39.20 53.05	150m: 2:34.33	55.13	200m: 3:27.17	52.84	
12.	SILVA Catarina Grace	77	Naval do Funchal	3:27.66	+0,90	254	-
	50m: 47.93 47.93	100m: 1:42.24 54.31	150m: 2:37.26	55.02	200m: 3:27.66	50.40	
13.	MASSAGUE Adriana Reguera	75	Fluvial Portuense	3:38.64	+1,15	218	-
	50m: 46.30 46.30	100m: 1:39.74 53.44	150m: 2:40.66	1:00.92	200m: 3:38.64	57.98	
DNS	SANTOS Susana Novais	75	Natacao de Lisboa				-

Event 9 Women, 200m Freestyle Master Esc E Results

RN E(45-49) 2:34.80 ROTHES Ines Maria CFP Loulé 13-07-2018

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	2:34.06		647	9,00
	50m: 35.10 35.10	100m: 1:13.71 38.61	150m: 1:54.50	40.79	200m: 2:34.06	39.56	
2.	SANCHEZ BENDALA Ana	71	Sevilla Master	2:45.42	+0,89	523	7,00
	50m: 37.45 37.45	100m: 1:19.13 41.68	150m: 2:02.69	43.56	200m: 2:45.42	42.73	
3.	BLANCO Catarina Araujo	71	Fluvial Portuense	3:12.46	+1,16	332	6,00
	50m: 46.70 46.70	100m: 1:37.04 50.34	150m: 2:26.66	49.62	200m: 3:12.46	45.80	
4.	SANTINHA Fernanda Maria	72	Masters de Almada	3:20.96	+1,23	291	5,00
	50m: 45.48 45.48	100m: 1:36.78 51.30	150m: 2:29.46	52.68	200m: 3:20.96	51.50	
5.	RIBEIRO Helena Isabel	74	Portinado	3:26.56	+0,77	268	4,00
	50m: 46.90 46.90	100m: 1:39.93 53.03	150m: 2:35.35	55.42	200m: 3:26.56	51.21	

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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 9, Women, 200m Freestyle, Master Esc E

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
6.	SILVA Nadia Gama	73	Aminata	3:35.16	+1,20	237	3,00
	50m: 47.29 47.29		100m: 1:41.16 53.87	150m: 2:38.69	57.53	200m: 3:35.16 56.47	
7.	BARBARA Ana Bernardo	70	Portinado	3:37.40	+0,93	230	2,00
	50m: 49.26 49.26		100m: 1:45.73 56.47	150m: 2:43.27	57.54	200m: 3:37.40 54.13	
DNS	GOMES Carla Oliveira	72	Feirense				-
DNS	LOPES Ana Margarida	70	Aminata				-

Event 9 Women, 200m Freestyle Master Esc F Results

RN F(50-54) 2:35.40 FERREIRA Isabel Baptista ADRCIMM Famalicão 08-07-2017

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	BRANDAO Maria Teresa	69	Fluval Portuense	2:38.02	+0,93	667	9,00
	50m: 36.47 36.47		100m: 1:15.98 39.51	150m: 1:57.42	41.44	200m: 2:38.02 40.60	
2.	FERREIRA Isabel Baptista	67	Colegio Monte Maior	2:41.16	+0,80	629	7,00
	50m: 36.74 36.74		100m: 1:17.85 41.11	150m: 2:00.07	42.22	200m: 2:41.16 41.09	
3.	ZIEGLER Sabine	66	CCDSerta	2:56.92	+0,83	475	6,00
	50m: 36.97 36.97		100m: 1:21.05 44.08	150m: 2:08.93	47.88	200m: 2:56.92 47.99	
4.	SEQUEIRA Ana Paula	68	Gafanha da Encarnacao	3:05.07	+0,96	415	5,00
	50m: 41.92 41.92		100m: 1:28.79 46.87	150m: 2:18.12	49.33	200m: 3:05.07 46.95	
5.	WISEU Maria Adriana	66	Leixoes	3:06.23	+0,93	407	4,00
	50m: 40.84 40.84		100m: 1:27.46 46.62	150m: 2:16.52	49.06	200m: 3:06.23 49.71	
6.	REIS Margarida Bleck	68	Porto	3:22.71	+1,15	316	3,00
	50m: 45.33 45.33		100m: 1:37.16 51.83	150m: 2:31.00	53.84	200m: 3:22.71 51.71	
7.	VILARINHO Graca Maria	65	Gafanha da Encarnacao	3:30.83	+1,05	280	2,00
	50m: 46.29 46.29		100m: 1:38.96 52.67	150m: 2:35.87	56.91	200m: 3:30.83 54.96	
8.	OLIVEIRA Maria Conceicao	67	Feirense	3:51.19	+0,96	213	1,00
	50m: 51.81 51.81		100m: 1:51.87 1:00.06	150m: 2:52.58	1:00.71	200m: 3:51.19 58.61	
9.	MOTA Anabela Verissimo	66	Amigos da Natacao	4:05.72	+1,18	177	-
	50m: 57.39 57.39		100m: 2:01.45 1:04.06	150m: 3:06.63	1:05.18	200m: 4:05.72 59.09	
10.	LIMA Isabel Maria	69	Fluval Portuense	4:07.25	+1,26	174	-
	50m: 56.48 56.48		100m: 2:00.32 1:03.84	150m: 3:06.69	1:06.37	200m: 4:07.25 1:00.56	
11.	MARTINS Delfina Maria	66	Ginasio de Santo Tirso	4:12.77	+1,29	163	-
	50m: 58.97 58.97		100m: 2:04.68 1:05.71	150m: 3:10.66	1:05.98	200m: 4:12.77 1:02.11	

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



Event 9, Women, 200m Freestyle

Event 9 Women, 200m Freestyle Master Esc G
19-07-2019 Results

RN G(55-59) 2:46.49 KRAEVA Elena Nikolaevna ADRCIMM Loulé 13-07-2018

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	WEISS Kathrin	64	SC Chemnitz von 1892	2:54.43	+0,95	534	9,00
	50m: 39.21 39.21	100m: 1:24.74 45.53	150m: 2:10.71	45.97	200m: 2:54.43	43.72	
2.	GUIMARAES Rita Cabral	64	Fluval Portuense	3:04.72	+0,82	449	7,00
	50m: 40.42 40.42	100m: 1:26.88 46.46	150m: 2:16.31	49.43	200m: 3:04.72	48.41	
3.	URBANO Maria Margarida	63	Academica de Coimbra	3:10.58	+1,07	409	6,00
	50m: 42.94 42.94	100m: 1:31.15 48.21	150m: 2:20.83	49.68	200m: 3:10.58	49.75	
4.	MAXIMO Maria Fatima	62	Aminata	3:21.04	+0,99	348	5,00
	50m: 44.79 44.79	100m: 1:36.32 51.53	150m: 2:29.56	53.24	200m: 3:21.04	51.48	
5.	CANORA MARIN Maria Azucena	60	Aranjuez	3:22.33	+0,98	342	4,00
	50m: 42.41 42.41	100m: 1:32.26 49.85	150m: 2:27.88	55.62	200m: 3:22.33	54.45	
6.	FONTANA Alda Caterina	62	Aminata	3:22.73	+1,39	340	3,00
	50m: 45.72 45.72	100m: 1:36.74 51.02	150m: 2:30.88	54.14	200m: 3:22.73	51.85	
7.	CANINAS Maria Madalena	63	Masters de Almada	3:28.77	+1,20	311	2,00
	50m: 43.78 43.78	100m: 1:34.33 50.55	150m: 2:31.11	56.78	200m: 3:28.77	57.66	
8.	VASCONCELOS Maria Goncalves	64	Masters de Almada	3:36.40	+1,15	279	1,00
	50m: 48.54 48.54	100m: 1:45.34 56.80	150m: 2:43.56	58.22	200m: 3:36.40	52.84	
9.	CUNHA Maria Almeida	60	Leixoes	3:39.03	+1,11	269	-
	50m: 49.27 49.27	100m: 1:44.98 55.71	150m: 2:42.59	57.61	200m: 3:39.03	56.44	
10.	WERNICKE Maria Giraldo	60	Fluval Portuense	3:40.17	+1,49	265	-
	50m: 50.20 50.20	100m: 1:45.69 55.49	150m: 2:44.67	58.98	200m: 3:40.17	55.50	
11.	PINTO Maria Teresa	61	Leixoes	4:06.49	+1,26	189	-
	50m: 57.96 57.96	100m: 2:01.11 1:03.15	150m: 3:05.15	1:04.04	200m: 4:06.49	1:01.34	
12.	TAVARES Maria Joao	63	Amigos da Natacao	4:54.77	+1,54	110	-
	50m: 1:04.48 1:04.48	100m: 2:19.45 1:14.97	150m: 3:37.41	1:17.96	200m: 4:54.77	1:17.36	

Event 9 Women, 200m Freestyle Master Esc H
19-07-2019 Results

RN H(60-64) 2:58.63 FERREIRA Ana Maria SAD Riccione (ITA) 12-06-2012

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	CUNHA Maria Paula	59	Leixoes	3:35.14	+1,06	403	9,00
	50m: 45.99 45.99	100m: 1:39.23 53.24	150m: 2:36.15	56.92	200m: 3:35.14	58.99	
2.	CAEIRO Ana Maria	59	Amigos da Natacao	3:55.48	+1,06	307	7,00
	50m: 54.07 54.07	100m: 1:55.75 1:01.68	150m: 2:57.66	1:01.91	200m: 3:55.48	57.82	
3.	ALMEIDA Ana Paula	58	Fluval Portuense	3:59.83	+1,06	291	6,00
	50m: 50.18 50.18	100m: 1:49.78 59.60	150m: 2:55.72	1:05.94	200m: 3:59.83	1:04.11	

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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 9, Women, 200m Freestyle, Master Esc H

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
4.	DUPONT Ana Paula	58	Fluvial Portuense	4:34.72		193	5,00
	50m: 56.76 56.76	100m: 2:07.05 1:10.29	150m: 3:22.41 1:15.36	200m: 4:34.72 1:12.31			

Event 9 Women, 200m Freestyle Master Esc I
19-07-2019 Results

RN I(65-69)	3:06.74	FERREIRA Ana Maria	SAD	London (GBR)	26-05-2016
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	FERREIRA Ana Maria	50	Alges	3:13.48	+1,19	589	9,00
	50m: 43.69 43.69	100m: 1:33.98 50.29	150m: 2:26.01 52.03	200m: 3:13.48 47.47			
2.	MOTA Maria Teresa	51	Amigos da Natacao	4:56.22		164	7,00
	50m: 1:04.03 1:04.03	100m: 2:20.72 1:16.69	150m: 3:41.10 1:20.38	200m: 4:56.22 1:15.12			
3.	ROCHA Maria Carmo	54	Leixoes	5:09.88	+1,06	143	6,00
	50m: 1:11.22 1:11.22	100m: 2:31.74 1:20.52	150m: 3:52.86 1:21.12	200m: 5:09.88 1:17.02			

Event 9 Women, 200m Freestyle Master Esc J
19-07-2019 Results

RN J(70-74)	3:32.74	BASTO Luisa Bessone	SAD	Loulé	13-07-2018
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	CABRAL Maria Fatima	49	Fluvial Portuense	7:31.37		51	9,00
	50m: 1:43.08 1:43.08	100m: 3:37.74 1:54.66	150m: 5:39.21 2:01.47	200m: 7:31.37 1:52.16			

Event 9 Women, 200m Freestyle Master Esc K
19-07-2019 Results

RN K(75-79)	3:40.96	BASTO Luisa Bessone	SAD	Reguengos de Monsaraz	19-07-2019
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Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	Pts DSV	Pts
1.	BASTO Luisa Bessone	44	Alges	3:50.77	+1,15	481	9,00
	<i>Rec Nac Esc K, no parcial aos 50 metros</i>						
	50m: 48.83 48.83	100m: 1:46.82 57.99	150m: 2:51.24 1:04.42	200m: 3:50.77 59.53			

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