



MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1  
23-02-2019

Femin., 1500m Livres

Master Esc A  
Resultados

RN Esc A(25-29) 19:28.13 SILVA Carolina Santos CNMAIA Coimbra 18-04-2015

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	NEVES Vania Soares	90	Fluvial Portuense	<b>20:08.11</b>		787	30,00
	100m: 1:15.74 1:15.74		500m: 6:33.28 1:20.09	900m: 11:58.61 1:21.79	1300m: 17:24.66 1:21.95		
	200m: 2:34.62 1:18.88		600m: 7:53.84 1:20.56	1000m: 13:20.81 1:22.20	1400m: 18:46.49 1:21.83		
	300m: 3:53.69 1:19.07		700m: 9:15.44 1:21.60	1100m: 14:41.95 1:21.14	1500m: 20:08.11 1:21.62		
	400m: 5:13.19 1:19.50		800m: 10:36.82 1:21.38	1200m: 16:02.71 1:20.76			
2.	RODRIGUES Joana Aguiar	93	Porto	<b>20:34.38</b>		737	26,00
	100m: 1:17.45 1:17.45		500m: 6:46.79 1:22.96	900m: 12:17.36 1:23.44	1300m: 17:49.43 1:24.11		
	200m: 2:38.82 1:21.37		600m: 8:08.94 1:22.15	1000m: 13:39.92 1:22.56	1400m: 19:12.40 1:22.97		
	300m: 4:01.16 1:22.34		700m: 9:31.45 1:22.51	1100m: 15:02.47 1:22.55	1500m: 20:34.38 1:21.98		
	400m: 5:23.83 1:22.67		800m: 10:53.92 1:22.47	1200m: 16:25.32 1:22.85			
3.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	<b>20:40.17</b>		727	22,00
	100m: 1:15.87 1:15.87		500m: 6:39.18 1:25.99	900m: 12:08.17 1:21.82	1300m: 17:42.18 1:24.98		
	200m: 2:35.13 1:19.26		600m: 8:01.51 1:22.33	1000m: 13:30.80 1:22.63	1400m: 19:11.74 1:29.56		
	300m: 3:55.79 1:20.66		700m: 9:23.52 1:22.01	1100m: 14:53.87 1:23.07	1500m: 20:40.17 1:28.43		
	400m: 5:13.19 1:17.40		800m: 10:46.35 1:22.83	1200m: 16:17.20 1:23.33			
4.	SILVA Raquel Alexandra	91	Leixoes	<b>21:48.88</b>		618	20,00
	100m: 1:24.92 1:24.92		500m: 7:19.97 1:28.12	900m: 13:13.51 1:26.78	1300m: 19:00.46 1:25.63		
	200m: 2:53.23 1:28.31		600m: 8:48.38 1:28.41	1000m: 14:42.88 1:29.37	1400m: 20:27.46 1:27.00		
	300m: 4:23.69 1:30.46		700m: 10:18.19 1:29.81	1100m: 16:09.13 1:26.25	1500m: 21:48.88 1:21.42		
	400m: 5:51.85 1:28.16		800m: 11:46.73 1:28.54	1200m: 17:34.83 1:25.70			
5.	MENDES Ana Rita	91	Gesloures	<b>22:58.29</b>		530	19,00
	100m: 1:21.99 1:21.99		500m: 7:17.75 1:30.96	900m: 13:29.46 1:37.25	1300m: 19:56.32 1:37.79		
	200m: 2:49.80 1:27.81		600m: 8:49.49 1:31.74	1000m: 15:06.00 1:36.54	1400m: 21:30.32 1:34.00		
	300m: 4:17.68 1:27.88		700m: 10:20.32 1:30.83	1100m: 16:42.34 1:36.34	1500m: 22:58.29 1:27.97		
	400m: 5:46.79 1:29.11		800m: 11:52.21 1:31.89	1200m: 18:18.53 1:36.19			
6.	MACHADO Sandra Marisa	93	Pimpoes/Cimai	<b>23:05.04</b>		522	18,00
	100m: 1:28.05 1:28.05		500m: 7:39.58 1:33.04	900m: 13:52.48 1:33.29	1300m: 20:02.21 1:32.25		
	200m: 3:00.75 1:32.70		600m: 9:12.27 1:32.69	1000m: 15:26.64 1:34.16	1400m: 21:33.93 1:31.72		
	300m: 4:34.03 1:33.28		700m: 10:46.02 1:33.75	1100m: 16:57.19 1:30.55	1500m: 23:05.04 1:31.11		
	400m: 6:06.54 1:32.51		800m: 12:19.19 1:33.17	1200m: 18:29.96 1:32.77			
7.	RIBEIRO Patricia Marisa	91	Vila DEste/Gaia	<b>24:18.28</b>		447	17,00
	100m: 1:30.90 1:30.90		500m: 8:00.72 1:37.74	900m: 14:33.60 1:38.67	1300m: 21:04.36 1:37.68		
	200m: 3:07.16 1:36.26		600m: 9:38.87 1:38.15	1000m: 16:11.90 1:38.30	1400m: 22:41.53 1:37.17		
	300m: 4:44.68 1:37.52		700m: 11:16.97 1:38.10	1100m: 17:50.25 1:38.35	1500m: 24:18.28 1:36.75		
	400m: 6:22.98 1:38.30		800m: 12:54.93 1:37.96	1200m: 19:26.68 1:36.43			
8.	CAMPOS Ines Branco	94	Leixoes	<b>24:29.23</b>		437	16,00
	100m: 1:31.13 1:31.13		500m: 8:04.95 1:39.46	900m: 14:41.92 1:38.95	1300m: 21:19.38 1:40.10		
	200m: 3:07.18 1:36.05		600m: 9:44.54 1:39.59	1000m: 16:20.76 1:38.84	1400m: 22:57.79 1:38.41		
	300m: 4:46.71 1:39.53		700m: 11:23.93 1:39.39	1100m: 18:00.18 1:39.42	1500m: 24:29.23 1:31.44		
	400m: 6:25.49 1:38.78		800m: 13:02.97 1:39.04	1200m: 19:39.28 1:39.10			
9.	MACHADO Catarina Sofia	91	Gesloures	<b>24:43.83</b>		424	14,00
	100m: 1:35.02 1:35.02		500m: 8:15.09 1:39.23	900m: 14:52.43 1:40.33	1300m: 21:32.91 1:38.98		
	200m: 3:15.64 1:40.62		600m: 9:53.78 1:38.69	1000m: 16:33.24 1:40.81	1400m: 23:11.71 1:38.80		
	300m: 4:55.81 1:40.17		700m: 11:33.07 1:39.29	1100m: 18:13.31 1:40.07	1500m: 24:43.83 1:32.12		
	400m: 6:35.86 1:40.05		800m: 13:12.10 1:39.03	1200m: 19:53.93 1:40.62			

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
10.	LIRIO Ana Raquel	90	Ginasio Santo Tirso	<b>24:59.54</b>		411	12,00
	100m: 1:30.92 1:30.92	500m: 8:06.54 1:40.28	900m: 14:51.75 1:42.44	1300m: 21:36.35 1:41.39			
	200m: 3:07.41 1:36.49	600m: 9:48.13 1:41.59	1000m: 16:34.69 1:42.94	1400m: 23:18.92 1:42.57			
	300m: 4:46.22 1:38.81	700m: 11:28.57 1:40.44	1100m: 18:14.96 1:40.27	1500m: 24:59.54 1:40.62			
	400m: 6:26.26 1:40.04	800m: 13:09.31 1:40.74	1200m: 19:54.96 1:40.00				

Prova 1  
23-02-2019

Femin., 1500m Livres

Master Esc B  
Resultados

RN Esc B(30-34) 19:27.87 SILVA Carolina Santos CPN Rio Maior 25-02-2017

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	SILVA Carolina Santos <i>Rec Nacional Escalão B</i>	86	Ginasio Santo Tirso	<b>19:08.25</b>		989	30,00
	100m: 1:15.39 1:15.39	500m: 6:23.01 1:16.21	900m: 11:29.19 1:17.01	1300m: 16:37.54 1:16.62			
	200m: 2:33.09 1:17.70	600m: 7:39.22 1:16.21	1000m: 12:46.18 1:16.99	1400m: 17:53.97 1:16.43			
	300m: 3:50.36 1:17.27	700m: 8:55.52 1:16.30	1100m: 14:03.33 1:17.15	1500m: 19:08.25 1:14.28			
	400m: 5:06.80 1:16.44	800m: 10:12.18 1:16.66	1200m: 15:20.92 1:17.59				
2.	ALVES Joana Isabel	88	Porto	<b>21:56.11</b>		657	26,00
	100m: 1:26.05 1:26.05	500m: 7:20.44 1:28.71	900m: 13:13.21 1:28.25	1300m: 19:03.92 1:27.60			
	200m: 2:54.21 1:28.16	600m: 8:47.97 1:27.53	1000m: 14:40.90 1:27.69	1400m: 20:32.15 1:28.23			
	300m: 4:22.75 1:28.54	700m: 10:16.60 1:28.63	1100m: 16:07.97 1:27.07	1500m: 21:56.11 1:23.96			
	400m: 5:51.73 1:28.98	800m: 11:44.96 1:28.36	1200m: 17:36.32 1:28.35				
3.	MIRANDA Ana Filipa	85	Galitos / Bresimar	<b>23:31.34</b>		533	22,00
	100m: 1:27.96 1:27.96	500m: 7:45.59 1:34.92	900m: 14:05.67 1:35.29	1300m: 20:28.65 1:35.38			
	200m: 3:01.16 1:33.20	600m: 9:20.99 1:35.40	1000m: 15:41.03 1:35.36	1400m: 22:02.49 1:33.84			
	300m: 4:35.06 1:33.90	700m: 10:55.53 1:34.54	1100m: 17:16.91 1:35.88	1500m: 23:31.34 1:28.85			
	400m: 6:10.67 1:35.61	800m: 12:30.38 1:34.85	1200m: 18:53.27 1:36.36				
4.	FOUGO Rita Claudia	88	Natacao da Maia	<b>23:47.68</b>		514	20,00
	100m: 1:22.35 1:22.35	500m: 7:41.72 1:37.81	900m: 14:10.97 1:36.95	1300m: 20:38.14 1:35.89			
	200m: 2:52.39 1:30.04	600m: 9:19.16 1:37.44	1000m: 15:48.93 1:37.96	1400m: 22:13.48 1:35.34			
	300m: 4:27.04 1:34.65	700m: 10:56.67 1:37.51	1100m: 17:25.56 1:36.63	1500m: 23:47.68 1:34.20			
	400m: 6:03.91 1:36.87	800m: 12:34.02 1:37.35	1200m: 19:02.25 1:36.69				
5.	PINTO Rita Loureiro	85	Ginasio Clube	<b>23:54.32</b>		507	19,00
	100m: 1:28.62 1:28.62	500m: 7:48.67 1:35.46	900m: 14:14.47 1:36.66	1300m: 20:44.07 1:37.30			
	200m: 3:02.59 1:33.97	600m: 9:24.37 1:35.70	1000m: 15:52.45 1:37.98	1400m: 22:21.10 1:37.03			
	300m: 4:37.82 1:35.23	700m: 11:00.70 1:36.33	1100m: 17:29.37 1:36.92	1500m: 23:54.32 1:33.22			
	400m: 6:13.21 1:35.39	800m: 12:37.81 1:37.11	1200m: 19:06.77 1:37.40				
6.	GOMES Maria Joao	88	Leixoes	<b>25:42.44</b>		408	18,00
	100m: 1:35.85 1:35.85	500m: 8:24.07 1:42.54	900m: 15:17.56 1:43.10	1300m: 22:17.24 1:47.13			
	200m: 3:16.82 1:40.97	600m: 10:07.38 1:43.31	1000m: 17:00.81 1:43.25	1400m: 24:02.69 1:45.45			
	300m: 4:59.15 1:42.33	700m: 11:50.15 1:42.77	1100m: 18:45.05 1:44.24	1500m: 25:42.44 1:39.75			
	400m: 6:41.53 1:42.38	800m: 13:34.46 1:44.31	1200m: 20:30.11 1:45.06				
7.	REIS Filipa Isabel	87	Leixoes	<b>29:08.31</b>		280	17,00
	100m: 1:50.30 1:50.30	500m: 9:38.86 1:57.74	900m: 17:32.08 1:57.90	1300m: 25:23.44 1:57.14			
	200m: 3:46.93 1:56.63	600m: 11:37.06 1:58.20	1000m: 19:28.92 1:56.84	1400m: 27:18.09 1:54.65			
	300m: 5:43.99 1:57.06	700m: 13:35.38 1:58.32	1100m: 21:27.48 1:58.56	1500m: 29:08.31 1:50.22			
	400m: 7:41.12 1:57.13	800m: 15:34.18 1:58.80	1200m: 23:26.30 1:58.82				

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres

Prova 1  
23-02-2019

Femin., 1500m Livres

Master Esc C  
Resultados

RN Esc C(35-39) 18:50.82 GRILO Ana Paula UDCA Swansea (GBR) 03-03-2006

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>OLIVEIRA Ana Mafalda</b>	81	Natacao da Maia	<b>22:22.42</b>		599	30,00
	100m: 1:21.64 1:21.64		500m: 7:17.41 1:30.88	900m: 13:18.82 1:29.16	1300m: 19:22.20 1:31.71		
	200m: 2:49.71 1:28.07		600m: 8:48.81 1:31.40	1000m: 14:49.33 1:30.51	1400m: 20:53.51 1:31.31		
	300m: 4:17.96 1:28.25		700m: 10:19.92 1:31.11	1100m: 16:20.32 1:30.99	1500m: 22:22.42 1:28.91		
	400m: 5:46.53 1:28.57		800m: 11:49.66 1:29.74	1200m: 17:50.49 1:30.17			
2.	<b>FONSECA Maria Ana</b>	82	Fluval Portuense	<b>24:00.84</b>		485	26,00
	100m: 1:33.50 1:33.50		500m: 7:59.39 1:36.68	900m: 14:25.88 1:36.64	1300m: 20:52.00 1:35.74		
	200m: 3:09.61 1:36.11		600m: 9:36.27 1:36.88	1000m: 16:03.08 1:37.20	1400m: 22:27.62 1:35.62		
	300m: 4:46.15 1:36.54		700m: 11:12.79 1:36.52	1100m: 17:39.78 1:36.70	1500m: 24:00.84 1:33.22		
	400m: 6:22.71 1:36.56		800m: 12:49.24 1:36.45	1200m: 19:16.26 1:36.48			
3.	<b>GUEDES Ana Dalte</b>	80	Leixoes	<b>24:11.90</b>		474	22,00
	100m: 1:31.06 1:31.06		500m: 8:01.90 1:38.00	900m: 14:32.79 1:37.57	1300m: 21:02.33 1:37.08		
	200m: 3:07.91 1:36.85		600m: 9:39.40 1:37.50	1000m: 16:10.16 1:37.37	1400m: 22:39.06 1:36.73		
	300m: 4:45.70 1:37.79		700m: 11:17.56 1:38.16	1100m: 17:47.85 1:37.69	1500m: 24:11.90 1:32.84		
	400m: 6:23.90 1:38.20		800m: 12:55.22 1:37.66	1200m: 19:25.25 1:37.40			
4.	<b>COSTA Lilia Dulce</b>	81	Fluval Portuense	<b>24:15.88</b>		470	20,00
	100m: 1:27.32 1:27.32		500m: 7:53.61 1:36.91	900m: 14:23.80 1:38.14	1300m: 20:59.31 1:39.44		
	200m: 3:03.51 1:36.19		600m: 9:30.78 1:37.17	1000m: 16:02.79 1:38.99	1400m: 22:39.14 1:39.83		
	300m: 4:39.77 1:36.26		700m: 11:08.39 1:37.61	1100m: 17:41.67 1:38.88	1500m: 24:15.88 1:36.74		
	400m: 6:16.70 1:36.93		800m: 12:45.66 1:37.27	1200m: 19:19.87 1:38.20			
5.	<b>NEVES Isabel Carolina</b>	80	Individual ANNP	<b>27:42.27</b>		315	19,00
	100m: 1:40.08 1:40.08		500m: 8:59.28 1:51.21	900m: 16:25.37 1:51.75	1300m: 23:59.71 1:55.40		
	200m: 3:28.06 1:47.98		600m: 10:48.54 1:49.26	1000m: 18:16.52 1:51.15	1400m: 25:54.43 1:54.72		
	300m: 5:18.18 1:50.12		700m: 12:40.82 1:52.28	1100m: 20:09.40 1:52.88	1500m: 27:42.27 1:47.84		
	400m: 7:08.07 1:49.89		800m: 14:33.62 1:52.80	1200m: 22:04.31 1:54.91			
6.	<b>MACHADO Maria Margarida</b>	81	Vila DEste/Gaia	<b>28:48.53</b>		280	18,00
	100m: 1:40.06 1:40.06		500m: 9:10.79 1:56.61	900m: 16:59.28 1:58.23	1300m: 24:58.33 2:01.10		
	200m: 3:28.40 1:48.34		600m: 11:08.82 1:58.03	1000m: 18:58.20 1:58.92	1400m: 26:57.25 1:58.92		
	300m: 5:20.07 1:51.67		700m: 13:05.65 1:56.83	1100m: 20:57.86 1:59.66	1500m: 28:48.53 1:51.28		
	400m: 7:14.18 1:54.11		800m: 15:01.05 1:55.40	1200m: 22:57.23 1:59.37			
7.	<b>UHLFELDER Ana Sofia</b>	83	Fluval Portuense	<b>29:30.17</b>		261	17,00
	100m: 1:46.09 1:46.09		500m: 9:37.11 1:59.38	900m: 17:31.74 2:00.57	1300m: 25:34.30 2:01.97		
	200m: 3:41.73 1:55.64		600m: 11:35.22 1:58.11	1000m: 19:31.95 2:00.21	1400m: 27:35.74 2:01.44		
	300m: 5:39.65 1:57.92		700m: 13:32.66 1:57.44	1100m: 21:31.95 2:00.00	1500m: 29:30.17 1:54.43		
	400m: 7:37.73 1:58.08		800m: 15:31.17 1:58.51	1200m: 23:32.33 2:00.38			

ORGANIZAÇÃO



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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres

Prova 1  
23-02-2019  
Femin., 1500m Livres  
Master Esc D  
Resultados

RN Esc D(40-44) 20:45.77 ROTHES Ines Maria CFP Rio Maior 20-02-2016

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	BARBARA Carla Santa	75	Porto	<b>21:03.55</b>		735	30,00
	100m: 1:17.69 1:17.69	500m: 6:55.46 1:25.13	900m: 12:38.44 1:26.33	1300m: 18:21.23 1:25.50			
	200m: 2:40.67 1:22.98	600m: 8:20.57 1:25.11	1000m: 14:04.13 1:25.69	1400m: 19:46.13 1:24.90			
	300m: 4:05.14 1:24.47	700m: 9:46.07 1:25.50	1100m: 15:29.63 1:25.50	1500m: 21:03.55 1:17.42			
	400m: 5:30.33 1:25.19	800m: 11:12.11 1:26.04	1200m: 16:55.73 1:26.10				
2.	VILAR Sonia Oliveira	79	Natacao de Valongo	<b>22:44.23</b>		584	26,00
	100m: 1:24.36 1:24.36	500m: 7:29.72 1:32.04	900m: 13:36.69 1:31.78	1300m: 19:44.73 1:31.27			
	200m: 2:54.12 1:29.76	600m: 9:01.71 1:31.99	1000m: 15:09.25 1:32.56	1400m: 21:15.76 1:31.03			
	300m: 4:25.38 1:31.26	700m: 10:34.12 1:32.41	1100m: 16:41.43 1:32.18	1500m: 22:44.23 1:28.47			
	400m: 5:57.68 1:32.30	800m: 12:04.91 1:30.79	1200m: 18:13.46 1:32.03				
3.	SILVA Ana Sofia	78	Fluvial Portuense	<b>23:46.90</b>		510	22,00
	100m: 1:33.19 1:33.19	500m: 7:57.83 1:36.22	900m: 14:17.86 1:34.95	1300m: 20:40.80 1:34.88			
	200m: 3:09.06 1:35.87	600m: 9:33.51 1:35.68	1000m: 15:53.23 1:35.37	1400m: 22:14.49 1:33.69			
	300m: 4:45.28 1:36.22	700m: 11:08.72 1:35.21	1100m: 17:29.46 1:36.23	1500m: 23:46.90 1:32.41			
	400m: 6:21.61 1:36.33	800m: 12:42.91 1:34.19	1200m: 19:05.92 1:36.46				
4.	MOUTELA Ana Sofia	77	Estarreja	<b>24:56.40</b>		443	20,00
	100m: 1:35.35 1:35.35	500m: 8:23.68 1:42.38	900m: 15:04.27 1:39.33	1300m: 21:42.22 1:39.98			
	200m: 3:16.33 1:40.98	600m: 10:05.73 1:42.05	1000m: 16:43.67 1:39.40	1400m: 23:21.20 1:38.98			
	300m: 4:58.55 1:42.22	700m: 11:45.76 1:40.03	1100m: 18:23.06 1:39.39	1500m: 24:56.40 1:35.20			
	400m: 6:41.30 1:42.75	800m: 13:24.94 1:39.18	1200m: 20:02.24 1:39.18				
5.	SILVA Rita Rebelo	79	Fluvial Portuense	<b>26:01.45</b>		389	19,00
	100m: 1:31.75 1:31.75	500m: 8:28.45 1:45.84	900m: 15:33.05 1:45.01	1300m: 22:35.80 1:44.71			
	200m: 3:13.50 1:41.75	600m: 10:14.85 1:46.40	1000m: 17:18.27 1:45.22	1400m: 24:19.89 1:44.09			
	300m: 4:57.62 1:44.12	700m: 12:00.27 1:45.42	1100m: 19:03.53 1:45.26	1500m: 26:01.45 1:41.56			
	400m: 6:42.61 1:44.99	800m: 13:48.04 1:47.77	1200m: 20:51.09 1:47.56				
6.	BARBARA Sandra Santa	75	Ginasio Santo Tirso	<b>26:43.99</b>		359	18,00
	100m: 1:29.62 1:29.62	500m: 8:28.14 1:46.95	900m: 15:43.02 1:48.83	1300m: 23:02.66 1:50.46			
	200m: 3:09.68 1:40.06	600m: 10:16.32 1:48.18	1000m: 17:31.61 1:48.59	1400m: 24:53.58 1:50.92			
	300m: 4:54.16 1:44.48	700m: 12:05.04 1:48.72	1100m: 19:22.02 1:50.41	1500m: 26:43.99 1:50.41			
	400m: 6:41.19 1:47.03	800m: 13:54.19 1:49.15	1200m: 21:12.20 1:50.18				
7.	SANTOS Patricia Alexandra	78	Gesloures	<b>29:09.08</b>		277	17,00
	100m: 1:46.78 1:46.78	500m: 9:27.63 1:56.87	900m: 17:16.34 1:57.86	1300m: 25:09.13 1:58.60			
	200m: 3:40.64 1:53.86	600m: 11:24.69 1:57.06	1000m: 19:15.35 1:59.01	1400m: 27:07.52 1:58.39			
	300m: 5:34.98 1:54.34	700m: 13:21.80 1:57.11	1100m: 21:13.83 1:58.48	1500m: 29:09.08 2:01.56			
	400m: 7:30.76 1:55.78	800m: 15:18.48 1:56.68	1200m: 23:10.53 1:56.70				
8.	AVELANS Carla Susana	75	Fluvial Portuense	<b>30:22.99</b>		245	16,00
	100m: 1:48.42 1:48.42	500m: 9:58.55 2:03.98	900m: 18:09.95 2:02.53	1300m: 26:21.28 2:02.28			
	200m: 3:49.14 2:00.72	600m: 12:02.60 2:04.05	1000m: 20:12.67 2:02.72	1400m: 28:24.23 2:02.95			
	300m: 5:51.59 2:02.45	700m: 14:05.56 2:02.96	1100m: 22:16.33 2:03.66	1500m: 30:22.99 1:58.76			
	400m: 7:54.57 2:02.98	800m: 16:07.42 2:01.86	1200m: 24:19.00 2:02.67				

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	MARTINS Ana Maria	79	Sporting de Aveiro	<b>30:52.37</b>		233	14,00
	100m: 1:57.95 1:57.95	500m: 10:21.52 2:06.31	900m: 18:36.68 2:03.82	1300m: 26:53.52 2:03.68			
	200m: 4:02.65 2:04.70	600m: 12:25.81 2:04.29	1000m: 20:41.36 2:04.68	1400m: 28:54.78 2:01.26			
	300m: 6:08.94 2:06.29	700m: 14:29.11 2:03.30	1100m: 22:46.18 2:04.82	1500m: 30:52.37 1:57.59			
	400m: 8:15.21 2:06.27	800m: 16:32.86 2:03.75	1200m: 24:49.84 2:03.66				
10.	MASSAGUE Adriana Reguera	75	Fluvial Portuense	<b>31:23.47</b>		222	12,00
	100m: 1:52.57 1:52.57	500m: 10:13.14 2:06.23	900m: 18:45.99 2:08.25	1300m: 27:18.92 2:09.28			
	200m: 3:54.08 2:01.51	600m: 12:21.71 2:08.57	1000m: 20:54.28 2:08.29	1400m: 29:25.37 2:06.45			
	300m: 6:00.72 2:06.64	700m: 14:29.23 2:07.52	1100m: 23:02.41 2:08.13	1500m: 31:23.47 1:58.10			
	400m: 8:06.91 2:06.19	800m: 16:37.74 2:08.51	1200m: 25:09.64 2:07.23				

Prova 1 Femin., 1500m Livres Master Esc E Resultados

RN Esc E(45-49)	20:49.12	GRILO Ana Paula	NDCO	Swansea (GBR)	08-03-2014
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Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	ROTHES Ines Maria	73	Fluvial Portuense	<b>21:04.27</b>		781	30,00
	100m: 1:18.03 1:18.03	500m: 6:55.73 1:25.59	900m: 12:38.49 1:25.99	1300m: 18:20.98 1:24.96			
	200m: 2:41.09 1:23.06	600m: 8:21.49 1:25.76	1000m: 14:04.44 1:25.95	1400m: 19:45.58 1:24.60			
	300m: 4:05.39 1:24.30	700m: 9:46.64 1:25.15	1100m: 15:29.68 1:25.24	1500m: 21:04.27 1:18.69			
	400m: 5:30.14 1:24.75	800m: 11:12.50 1:25.86	1200m: 16:56.02 1:26.34				
2.	COSTA Maria Luisa	74	Fluvial Portuense	<b>21:38.51</b>		721	26,00
	100m: 1:19.92 1:19.92	500m: 6:51.49 1:23.86	900m: 12:40.74 1:29.29	1300m: 18:41.42 1:29.18			
	200m: 2:41.56 1:21.64	600m: 8:17.62 1:26.13	1000m: 14:10.93 1:30.19	1400m: 20:10.90 1:29.48			
	300m: 4:04.37 1:22.81	700m: 9:44.14 1:26.52	1100m: 15:41.49 1:30.56	1500m: 21:38.51 1:27.61			
	400m: 5:27.63 1:23.26	800m: 11:11.45 1:27.31	1200m: 17:12.24 1:30.75				
3.	COSTA Marta Sofia	71	Porto	<b>25:20.89</b>		448	22,00
	100m: 1:31.70 1:31.70	500m: 8:16.57 1:42.50	900m: 15:09.08 1:43.17	1300m: 21:59.18 1:42.79			
	200m: 3:11.03 1:39.33	600m: 9:59.76 1:43.19	1000m: 16:51.25 1:42.17	1400m: 23:41.58 1:42.40			
	300m: 4:52.35 1:41.32	700m: 11:42.77 1:43.01	1100m: 18:34.17 1:42.92	1500m: 25:20.89 1:39.31			
	400m: 6:34.07 1:41.72	800m: 13:25.91 1:43.14	1200m: 20:16.39 1:42.22				
4.	ALMEIDA Graca Maria	73	Leixoes	<b>25:57.01</b>		418	20,00
	100m: 1:36.42 1:36.42	500m: 8:32.10 1:43.95	900m: 15:27.83 1:44.24	1300m: 22:26.86 1:45.38			
	200m: 3:19.87 1:43.45	600m: 10:15.89 1:43.79	1000m: 17:12.57 1:44.74	1400m: 24:12.68 1:45.82			
	300m: 5:04.07 1:44.20	700m: 11:59.94 1:44.05	1100m: 18:56.42 1:43.85	1500m: 25:57.01 1:44.33			
	400m: 6:48.15 1:44.08	800m: 13:43.59 1:43.65	1200m: 20:41.48 1:45.06				
5.	SANTINHA Fernanda Maria	72	Masters de Almada	<b>28:14.43</b>		324	19,00
	100m: 1:43.42 1:43.42	500m: 9:11.76 1:54.30	900m: 16:48.34 1:54.43	1300m: 24:26.25 1:54.62			
	200m: 3:33.70 1:50.28	600m: 11:06.49 1:54.73	1000m: 18:42.70 1:54.36	1400m: 26:21.71 1:55.46			
	300m: 5:26.22 1:52.52	700m: 13:00.21 1:53.72	1100m: 20:36.81 1:54.11	1500m: 28:14.43 1:52.72			
	400m: 7:17.46 1:51.24	800m: 14:53.91 1:53.70	1200m: 22:31.63 1:54.82				
6.	FERREIRA Maria Manuela	70	Natacao da Maia	<b>28:56.76</b>		301	18,00
	100m: 1:47.18 1:47.18	500m: 9:36.85 1:56.80	900m: 17:19.58 1:54.95	1300m: 25:05.43 1:57.67			
	200m: 3:42.36 1:55.18	600m: 11:32.74 1:55.89	1000m: 19:15.31 1:55.73	1400m: 27:03.00 1:57.57			
	300m: 5:41.20 1:58.84	700m: 13:28.80 1:56.06	1100m: 21:12.54 1:57.23	1500m: 28:56.76 1:53.76			
	400m: 7:40.05 1:58.85	800m: 15:24.63 1:55.83	1200m: 23:07.76 1:55.22				

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	LOURENCO Susana Maria	74	Fluvial Portuense	<b>36:58.58</b>		144	17,00
	100m: 2:14.81 2:14.81	500m: 12:00.50 2:27.40	900m: 21:58.45 2:30.73	1300m: 31:59.51 2:30.15			
	200m: 4:39.04 2:24.23	600m: 14:28.80 2:28.30	1000m: 24:27.88 2:29.43	1400m: 34:29.41 2:29.90			
	300m: 7:04.74 2:25.70	700m: 16:57.40 2:28.60	1100m: 26:58.54 2:30.66	1500m: 36:58.58 2:29.17			
	400m: 9:33.10 2:28.36	800m: 19:27.72 2:30.32	1200m: 29:29.36 2:30.82				

Prova 1  
23-02-2019

Femin., 1500m Livres

Master Esc F  
Resultados

RN Esc F(50-54) 22:09.11 FERREIRA Isabel Baptista ADRCIMM Coimbra 24-02-2018

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	BRANDAO Maria Teresa	69	Fluvial Portuense	<b>22:31.16</b>		697	30,00
	100m: 1:24.21 1:24.21	500m: 7:22.54 1:30.59	900m: 13:27.10 1:31.29	1300m: 19:31.58 1:31.05			
	200m: 2:52.64 1:28.43	600m: 8:53.73 1:31.19	1000m: 14:58.26 1:31.16	1400m: 21:01.80 1:30.22			
	300m: 4:22.25 1:29.61	700m: 10:25.01 1:31.28	1100m: 16:29.37 1:31.11	1500m: 22:31.16 1:29.36			
	400m: 5:51.95 1:29.70	800m: 11:55.81 1:30.80	1200m: 18:00.53 1:31.16				
2.	GONCALVES Maria Fernanda	66	Porto	<b>24:29.08</b>		542	26,00
	100m: 1:29.22 1:29.22	500m: 8:03.13 1:38.30	900m: 14:35.90 1:38.21	1300m: 21:11.75 1:40.21			
	200m: 3:07.42 1:38.20	600m: 9:41.35 1:38.22	1000m: 16:14.20 1:38.30	1400m: 22:50.59 1:38.84			
	300m: 4:46.55 1:39.13	700m: 11:19.83 1:38.48	1100m: 17:52.78 1:38.58	1500m: 24:29.08 1:38.49			
	400m: 6:24.83 1:38.28	800m: 12:57.69 1:37.86	1200m: 19:31.54 1:38.76				
3.	SEQUEIRA Ana Paula	68	Gafanha da Encarnacao	<b>25:11.12</b>		498	22,00
	100m: 1:32.60 1:32.60	500m: 8:13.40 1:40.42	900m: 15:00.43 1:42.39	1300m: 21:51.33 1:42.71			
	200m: 3:11.30 1:38.70	600m: 9:54.74 1:41.34	1000m: 16:42.31 1:41.88	1400m: 23:33.19 1:41.86			
	300m: 4:51.93 1:40.63	700m: 11:35.95 1:41.21	1100m: 18:25.27 1:42.96	1500m: 25:11.12 1:37.93			
	400m: 6:32.98 1:41.05	800m: 13:18.04 1:42.09	1200m: 20:08.62 1:43.35				
4.	FERREIRA Filipa Margarida	69	Fluvial Portuense	<b>25:17.24</b>		492	20,00
	100m: 1:41.00 1:41.00	500m: 8:30.37 1:42.23	900m: 15:17.55 1:40.92	1300m: 22:05.08 1:41.90			
	200m: 3:25.77 1:44.77	600m: 10:14.50 1:44.13	1000m: 16:59.90 1:42.35	1400m: 23:43.95 1:38.87			
	300m: 5:07.51 1:41.74	700m: 11:54.62 1:40.12	1100m: 18:41.66 1:41.76	1500m: 25:17.24 1:33.29			
	400m: 6:48.14 1:40.63	800m: 13:36.63 1:42.01	1200m: 20:23.18 1:41.52				
5.	WISEU Maria Adriana	66	Leixoes	<b>26:47.04</b>		414	19,00
	100m: 1:37.96 1:37.96	500m: 8:51.88 1:49.35	900m: 16:07.50 1:47.88	1300m: 23:19.25 1:48.13			
	200m: 3:25.54 1:47.58	600m: 10:40.69 1:48.81	1000m: 17:56.25 1:48.75	1400m: 25:06.75 1:47.50			
	300m: 5:14.59 1:49.05	700m: 12:30.77 1:50.08	1100m: 19:43.14 1:46.89	1500m: 26:47.04 1:40.29			
	400m: 7:02.53 1:47.94	800m: 14:19.62 1:48.85	1200m: 21:31.12 1:47.98				
6.	FERNANDES Maribel Santos	65	Leixoes	<b>26:47.19</b>		414	18,00
	100m: 1:38.16 1:38.16	500m: 8:51.47 1:48.94	900m: 16:05.99 1:48.64	1300m: 23:19.82 1:48.43			
	200m: 3:25.51 1:47.35	600m: 10:40.30 1:48.83	1000m: 17:54.51 1:48.52	1400m: 25:06.87 1:47.05			
	300m: 5:14.51 1:49.00	700m: 12:28.59 1:48.29	1100m: 19:42.90 1:48.39	1500m: 26:47.19 1:40.32			
	400m: 7:02.53 1:48.02	800m: 14:17.35 1:48.76	1200m: 21:31.39 1:48.49				
7.	TABORDA Maria Joao	67	Porto	<b>27:04.08</b>		401	17,00
	100m: 1:41.04 1:41.04	500m: 8:48.59 1:48.24	900m: 16:02.10 1:49.11	1300m: 23:22.87 1:51.09			
	200m: 3:25.81 1:44.77	600m: 10:36.16 1:47.57	1000m: 17:51.95 1:49.85	1400m: 25:13.87 1:51.00			
	300m: 5:12.72 1:46.91	700m: 12:24.12 1:47.96	1100m: 19:40.94 1:48.99	1500m: 27:04.08 1:50.21			
	400m: 7:00.35 1:47.63	800m: 14:12.99 1:48.87	1200m: 21:31.78 1:50.84				

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	NAVARRO Paula Margarida	68	Natacao de Valongo	<b>29:54.53</b>		297	16,00
	100m: 1:50.58 1:50.58	500m: 9:54.73 2:02.60	900m: 17:57.97 2:01.61	1300m: 26:01.23 1:59.96			
	200m: 3:49.88 1:59.30	600m: 11:54.93 2:00.20	1000m: 19:59.26 2:01.29	1400m: 28:02.25 2:01.02			
	300m: 5:50.34 2:00.46	700m: 13:55.44 2:00.51	1100m: 22:00.72 2:01.46	1500m: 29:54.53 1:52.28			
	400m: 7:52.13 2:01.79	800m: 15:56.36 2:00.92	1200m: 24:01.27 2:00.55				
9.	LEMOS Caxemira Kekhasharu	68	Leixoes	<b>32:15.88</b>		237	14,00
	100m: 2:00.71 2:00.71	500m: 10:43.68 2:11.58	900m: 19:23.98 2:11.47	1300m: 28:05.57 2:08.10			
	200m: 4:10.25 2:09.54	600m: 12:52.16 2:08.48	1000m: 21:37.09 2:13.11	1400m: 30:16.02 2:10.45			
	300m: 6:21.85 2:11.60	700m: 15:01.66 2:09.50	1100m: 23:47.35 2:10.26	1500m: 32:15.88 1:59.86			
	400m: 8:32.10 2:10.25	800m: 17:12.51 2:10.85	1200m: 25:57.47 2:10.12				
10.	MARTINS Delfina Maria	66	Ginasio Santo Tirso	<b>32:26.04</b>		233	12,00
	100m: 2:00.15 2:00.15	500m: 10:39.07 2:10.12	900m: 19:18.71 2:09.45	1300m: 28:06.71 2:13.41			
	200m: 4:08.28 2:08.13	600m: 12:49.88 2:10.81	1000m: 21:30.93 2:12.22	1400m: 30:19.20 2:12.49			
	300m: 6:19.26 2:10.98	700m: 14:59.19 2:09.31	1100m: 23:42.00 2:11.07	1500m: 32:26.04 2:06.84			
	400m: 8:28.95 2:09.69	800m: 17:09.26 2:10.07	1200m: 25:53.30 2:11.30				

Prova 1 Femin., 1500m Livres Master Esc G Resultados

23-02-2019 RN Esc G(55-59) 22:12.95 KRAEVA Elena Nikolaevna ADRCIMM Coimbra 24-02-2018

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	GUIMARAES Rita Cabral	64	Fluvial Portuense	<b>25:41.60</b>		561	30,00
	100m: 1:37.69 1:37.69	500m: 8:30.92 1:42.47	900m: 15:22.94 1:43.01	1300m: 22:18.50 1:43.88			
	200m: 3:22.14 1:44.45	600m: 10:14.44 1:43.52	1000m: 17:07.41 1:44.47	1400m: 24:01.81 1:43.31			
	300m: 5:06.16 1:44.02	700m: 11:57.47 1:43.03	1100m: 18:50.92 1:43.51	1500m: 25:41.60 1:39.79			
	400m: 6:48.45 1:42.29	800m: 13:39.93 1:42.46	1200m: 20:34.62 1:43.70				
2.	URBANO Maria Margarida	63	Academica de Coimbra	<b>27:22.35</b>		464	26,00
	100m: 1:43.28 1:43.28	500m: 9:02.23 1:50.66	900m: 16:26.93 1:51.36	1300m: 23:45.30 1:49.33			
	200m: 3:31.77 1:48.49	600m: 10:54.07 1:51.84	1000m: 18:17.57 1:50.64	1400m: 25:34.83 1:49.53			
	300m: 5:21.44 1:49.67	700m: 12:45.38 1:51.31	1100m: 20:06.78 1:49.21	1500m: 27:22.35 1:47.52			
	400m: 7:11.57 1:50.13	800m: 14:35.57 1:50.19	1200m: 21:55.97 1:49.19				
3.	FERNANDES Maria Santos	62	Leixoes	<b>27:47.34</b>		443	22,00
	100m: 1:44.12 1:44.12	500m: 9:06.35 1:51.18	900m: 16:34.43 1:51.81	1300m: 24:05.98 1:54.12			
	200m: 3:32.88 1:48.76	600m: 10:58.26 1:51.91	1000m: 18:26.17 1:51.74	1400m: 25:58.46 1:52.48			
	300m: 5:24.18 1:51.30	700m: 12:50.55 1:52.29	1100m: 20:18.66 1:52.49	1500m: 27:47.34 1:48.88			
	400m: 7:15.17 1:50.99	800m: 14:42.62 1:52.07	1200m: 22:11.86 1:53.20				
4.	CANINAS Maria Madalena	63	Masters de Almada	<b>29:52.47</b>		357	20,00
	100m: 1:49.10 1:49.10	500m: 9:54.07 2:00.71	900m: 17:56.03 1:59.70	1300m: 25:58.44 1:59.66			
	200m: 3:48.33 1:59.23	600m: 11:53.66 1:59.59	1000m: 19:58.40 2:02.37	1400m: 27:58.59 2:00.15			
	300m: 5:50.14 2:01.81	700m: 13:54.72 2:01.06	1100m: 21:58.52 2:00.12	1500m: 29:52.47 1:53.88			
	400m: 7:53.36 2:03.22	800m: 15:56.33 2:01.61	1200m: 23:58.78 2:00.26				
5.	CUNHA Maria Trigueiros	64	Leixoes	<b>30:03.42</b>		350	19,00
	100m: 1:50.11 1:50.11	500m: 9:44.30 2:00.24	900m: 17:51.12 2:02.77	1300m: 26:09.74 2:04.44			
	200m: 3:47.59 1:57.48	600m: 11:44.96 2:00.66	1000m: 19:55.51 2:04.39	1400m: 28:12.18 2:02.44			
	300m: 5:45.54 1:57.95	700m: 13:46.68 2:01.72	1100m: 22:00.25 2:04.74	1500m: 30:03.42 1:51.24			
	400m: 7:44.06 1:58.52	800m: 15:48.35 2:01.67	1200m: 24:05.30 2:05.05				

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	KIND Anette	61	Leixoes	<b>31:31.61</b>		303	18,00
	100m: 1:54.25 1:54.25	500m: 10:15.08 2:06.81	900m: 18:43.49 2:08.35	1300m: 27:15.95 2:08.96			
	200m: 3:57.42 2:03.17	600m: 12:21.93 2:06.85	1000m: 20:51.86 2:08.37	1400m: 29:24.56 2:08.61			
	300m: 6:02.48 2:05.06	700m: 14:28.69 2:06.76	1100m: 22:59.18 2:07.32	1500m: 31:31.61 2:07.05			
	400m: 8:08.27 2:05.79	800m: 16:35.14 2:06.45	1200m: 25:06.99 2:07.81				
7.	TAVARES Maria Joao	63	Amigos da Natacao	<b>36:51.74</b>		190	17,00
	100m: 2:12.96 2:12.96	500m: 12:01.03 2:26.37	900m: 22:01.75 2:30.71	1300m: 31:56.57 2:27.41			
	200m: 4:38.16 2:25.20	600m: 14:30.61 2:29.58	1000m: 24:31.46 2:29.71	1400m: 34:29.44 2:32.87			
	300m: 7:06.01 2:27.85	700m: 17:01.05 2:30.44	1100m: 26:59.63 2:28.17	1500m: 36:51.74 2:22.30			
	400m: 9:34.66 2:28.65	800m: 19:31.04 2:29.99	1200m: 29:29.16 2:29.53				
8.	RIBEIRO Margarida Maria	64	Fluvial Portuense	<b>39:35.34</b>		153	16,00
	100m: 2:07.45 2:07.45	500m: 12:36.24 2:37.88	900m: 23:25.52 2:44.82	1300m: 34:22.77 2:40.00			
	200m: 4:43.47 2:36.02	600m: 15:19.38 2:43.14	1000m: 26:10.93 2:45.41	1400m: 37:05.47 2:42.70			
	300m: 7:20.68 2:37.21	700m: 17:59.56 2:40.18	1100m: 28:57.68 2:46.75	1500m: 39:35.34 2:29.87			
	400m: 9:58.36 2:37.68	800m: 20:40.70 2:41.14	1200m: 31:42.77 2:45.09				

Prova 1 Femin., 1500m Livres Master Esc H Resultados

RN Esc H(60-64) 30:40.29 PINTAO Luisa Maria ANE Coimbra 24-02-2018

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	CAEIRO Ana Maria	59	Amigos da Natacao	<b>30:39.54</b>		405	30,00
	<i>Rec Nacional Escalão H</i>						
	100m: 1:56.71 1:56.71	500m: 10:05.43 2:02.49	900m: 18:16.64 2:03.53	1300m: 26:36.43 2:05.67			
	200m: 3:57.89 2:01.18	600m: 12:08.38 2:02.95	1000m: 20:21.02 2:04.38	1400m: 28:41.84 2:05.41			
	300m: 6:01.42 2:03.53	700m: 14:09.76 2:01.38	1100m: 22:25.59 2:04.57	1500m: 30:39.54 1:57.70			
	400m: 8:02.94 2:01.52	800m: 16:13.11 2:03.35	1200m: 24:30.76 2:05.17				

Prova 1 Femin., 1500m Livres Master Esc K Resultados

RN Esc K(75-79) START

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	BASTO Luisa Bessone	44	Alges	<b>30:38.21</b>		819	30,00
	<i>RN escalão K na passagem aos 100 m</i>						
	100m: 1:46.24 1:46.24	500m: 9:47.60 2:01.67	900m: 17:59.37 2:05.11	1300m: 26:28.90 2:07.67			
	200m: 3:45.89 1:59.65	600m: 11:51.07 2:03.47	1000m: 20:04.89 2:05.52	1400m: 28:37.74 2:08.84			
	300m: 5:46.86 2:00.97	700m: 13:52.56 2:01.49	1100m: 22:11.97 2:07.08	1500m: 30:38.21 2:00.47			
	400m: 7:45.93 1:59.07	800m: 15:54.26 2:01.70	1200m: 24:21.23 2:09.26				

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MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres

Prova 1 23-02-2019	Femin., 1500m Livres				Absoluto Resultados
RN Esc A(25-29)	19:28.13	SILVA Carolina Santos	CNMAIA	Coimbra	18-04-2015
RN Esc B(30-34)	19:27.87	SILVA Carolina Santos	CPN	Rio Maior	25-02-2017
RN Esc C(35-39)	18:50.82	GRILO Ana Paula	UDCA	Swansea (GBR)	03-03-2006
RN Esc D(40-44)	20:45.77	ROTHES Ines Maria	CFP	Rio Maior	20-02-2016
RN Esc E(45-49)	20:49.12	GRILO Ana Paula	NDCO	Swansea (GBR)	08-03-2014
RN Esc F(50-54)	22:09.11	FERREIRA Isabel Baptista	ADRCIMM	Coimbra	24-02-2018
RN Esc G(55-59)	22:12.95	KRAEVA Elena Nikolaevna	ADRCIMM	Coimbra	24-02-2018
RN Esc H(60-64)	30:40.29	PINTAO Luisa Maria	ANE	Coimbra	24-02-2018
RN Esc I(65-69)	24:56.65	FERREIRA Ana Maria	SAD	Rio Maior	25-02-2017
RN Esc J(70-74)	29:33.80	BASTO Luisa Bessone	SAD	Coimbra	24-02-2018
RN Esc K(75-79)		START			
RN Esc L(80-84)		START			

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>SILVA Carolina Santos</b> <i>Rec Nacional Escalão B</i>	86	Ginasio Santo Tirso	<b>19:08.25</b>		989	30,00
	100m: 1:15.39 1:15.39	500m: 6:23.01 1:16.21	900m: 11:29.19 1:17.01	1300m: 16:37.54 1:16.62			
	200m: 2:33.09 1:17.70	600m: 7:39.22 1:16.21	1000m: 12:46.18 1:16.99	1400m: 17:53.97 1:16.43			
	300m: 3:50.36 1:17.27	700m: 8:55.52 1:16.30	1100m: 14:03.33 1:17.15	1500m: 19:08.25 1:14.28			
	400m: 5:06.80 1:16.44	800m: 10:12.18 1:16.66	1200m: 15:20.92 1:17.59				
2.	<b>NEVES Vania Soares</b>	90	Fluvial Portuense	<b>20:08.11</b>		787	30,00
	100m: 1:15.74 1:15.74	500m: 6:33.28 1:20.09	900m: 11:58.61 1:21.79	1300m: 17:24.66 1:21.95			
	200m: 2:34.62 1:18.88	600m: 7:53.84 1:20.56	1000m: 13:20.81 1:22.20	1400m: 18:46.49 1:21.83			
	300m: 3:53.69 1:19.07	700m: 9:15.44 1:21.60	1100m: 14:41.95 1:21.14	1500m: 20:08.11 1:21.62			
	400m: 5:13.19 1:19.50	800m: 10:36.82 1:21.38	1200m: 16:02.71 1:20.76				
3.	<b>RODRIGUES Joana Aguiar</b>	93	Porto	<b>20:34.38</b>		737	26,00
	100m: 1:17.45 1:17.45	500m: 6:46.79 1:22.96	900m: 12:17.36 1:23.44	1300m: 17:49.43 1:24.11			
	200m: 2:38.82 1:21.37	600m: 8:08.94 1:22.15	1000m: 13:39.92 1:22.56	1400m: 19:12.40 1:22.97			
	300m: 4:01.16 1:22.34	700m: 9:31.45 1:22.51	1100m: 15:02.47 1:22.55	1500m: 20:34.38 1:21.98			
	400m: 5:23.83 1:22.67	800m: 10:53.92 1:22.47	1200m: 16:25.32 1:22.85				
4.	<b>MONTEIRO Alexandra Sofia</b>	92	Vila DEste/Gaia	<b>20:40.17</b>		727	22,00
	100m: 1:15.87 1:15.87	500m: 6:39.18 1:25.99	900m: 12:08.17 1:21.82	1300m: 17:42.18 1:24.98			
	200m: 2:35.13 1:19.26	600m: 8:01.51 1:22.33	1000m: 13:30.80 1:22.63	1400m: 19:11.74 1:29.56			
	300m: 3:55.79 1:20.66	700m: 9:23.52 1:22.01	1100m: 14:53.87 1:23.07	1500m: 20:40.17 1:28.43			
	400m: 5:13.19 1:17.40	800m: 10:46.35 1:22.83	1200m: 16:17.20 1:23.33				
5.	<b>BARBARA Carla Santa</b>	75	Porto	<b>21:03.55</b>		735	30,00
	100m: 1:17.69 1:17.69	500m: 6:55.46 1:25.13	900m: 12:38.44 1:26.33	1300m: 18:21.23 1:25.50			
	200m: 2:40.67 1:22.98	600m: 8:20.57 1:25.11	1000m: 14:04.13 1:25.69	1400m: 19:46.13 1:24.90			
	300m: 4:05.14 1:24.47	700m: 9:46.07 1:25.50	1100m: 15:29.63 1:25.50	1500m: 21:03.55 1:17.42			
	400m: 5:30.33 1:25.19	800m: 11:12.11 1:26.04	1200m: 16:55.73 1:26.10				
6.	<b>ROTHES Ines Maria</b>	73	Fluvial Portuense	<b>21:04.27</b>		781	30,00
	100m: 1:18.03 1:18.03	500m: 6:55.73 1:25.59	900m: 12:38.49 1:25.99	1300m: 18:20.98 1:24.96			
	200m: 2:41.09 1:23.06	600m: 8:21.49 1:25.76	1000m: 14:04.44 1:25.95	1400m: 19:45.58 1:24.60			
	300m: 4:05.39 1:24.30	700m: 9:46.64 1:25.15	1100m: 15:29.68 1:25.24	1500m: 21:04.27 1:18.69			
	400m: 5:30.14 1:24.75	800m: 11:12.50 1:25.86	1200m: 16:56.02 1:26.34				

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	<b>COSTA Maria Luisa</b>	74	Fluval Portuense	<b>21:38.51</b>		721	26,00
	100m: 1:19.92 1:19.92	500m: 6:51.49 1:23.86	900m: 12:40.74 1:29.29	1300m: 18:41.42 1:29.18			
	200m: 2:41.56 1:21.64	600m: 8:17.62 1:26.13	1000m: 14:10.93 1:30.19	1400m: 20:10.90 1:29.48			
	300m: 4:04.37 1:22.81	700m: 9:44.14 1:26.52	1100m: 15:41.49 1:30.56	1500m: 21:38.51 1:27.61			
	400m: 5:27.63 1:23.26	800m: 11:11.45 1:27.31	1200m: 17:12.24 1:30.75				
8.	<b>SILVA Raquel Alexandra</b>	91	Leixoes	<b>21:48.88</b>		618	20,00
	100m: 1:24.92 1:24.92	500m: 7:19.97 1:28.12	900m: 13:13.51 1:26.78	1300m: 19:00.46 1:25.63			
	200m: 2:53.23 1:28.31	600m: 8:48.38 1:28.41	1000m: 14:42.88 1:29.37	1400m: 20:27.46 1:27.00			
	300m: 4:23.69 1:30.46	700m: 10:18.19 1:29.81	1100m: 16:09.13 1:26.25	1500m: 21:48.88 1:21.42			
	400m: 5:51.85 1:28.16	800m: 11:46.73 1:28.54	1200m: 17:34.83 1:25.70				
9.	<b>ALVES Joana Isabel</b>	88	Porto	<b>21:56.11</b>		657	26,00
	100m: 1:26.05 1:26.05	500m: 7:20.44 1:28.71	900m: 13:13.21 1:28.25	1300m: 19:03.92 1:27.60			
	200m: 2:54.21 1:28.16	600m: 8:47.97 1:27.53	1000m: 14:40.90 1:27.69	1400m: 20:32.15 1:28.23			
	300m: 4:22.75 1:28.54	700m: 10:16.60 1:28.63	1100m: 16:07.97 1:27.07	1500m: 21:56.11 1:23.96			
	400m: 5:51.73 1:28.98	800m: 11:44.96 1:28.36	1200m: 17:36.32 1:28.35				
10.	<b>OLIVEIRA Ana Mafalda</b>	81	Natacao da Maia	<b>22:22.42</b>		599	30,00
	100m: 1:21.64 1:21.64	500m: 7:17.41 1:30.88	900m: 13:18.82 1:29.16	1300m: 19:22.20 1:31.71			
	200m: 2:49.71 1:28.07	600m: 8:48.81 1:31.40	1000m: 14:49.33 1:30.51	1400m: 20:53.51 1:31.31			
	300m: 4:17.96 1:28.25	700m: 10:19.92 1:31.11	1100m: 16:20.32 1:30.99	1500m: 22:22.42 1:28.91			
	400m: 5:46.53 1:28.57	800m: 11:49.66 1:29.74	1200m: 17:50.49 1:30.17				
11.	<b>BRANDAO Maria Teresa</b>	69	Fluval Portuense	<b>22:31.16</b>		697	30,00
	100m: 1:24.21 1:24.21	500m: 7:22.54 1:30.59	900m: 13:27.10 1:31.29	1300m: 19:31.58 1:31.05			
	200m: 2:52.64 1:28.43	600m: 8:53.73 1:31.19	1000m: 14:58.26 1:31.16	1400m: 21:01.80 1:30.22			
	300m: 4:22.25 1:29.61	700m: 10:25.01 1:31.28	1100m: 16:29.37 1:31.11	1500m: 22:31.16 1:29.36			
	400m: 5:51.95 1:29.70	800m: 11:55.81 1:30.80	1200m: 18:00.53 1:31.16				
12.	<b>VILAR Sonia Oliveira</b>	79	Natacao de Valongo	<b>22:44.23</b>		584	26,00
	100m: 1:24.36 1:24.36	500m: 7:29.72 1:32.04	900m: 13:36.69 1:31.78	1300m: 19:44.73 1:31.27			
	200m: 2:54.12 1:29.76	600m: 9:01.71 1:31.99	1000m: 15:09.25 1:32.56	1400m: 21:15.76 1:31.03			
	300m: 4:25.38 1:31.26	700m: 10:34.12 1:32.41	1100m: 16:41.43 1:32.18	1500m: 22:44.23 1:28.47			
	400m: 5:57.68 1:32.30	800m: 12:04.91 1:30.79	1200m: 18:13.46 1:32.03				
13.	<b>MENDES Ana Rita</b>	91	Gesloures	<b>22:58.29</b>		530	19,00
	100m: 1:21.99 1:21.99	500m: 7:17.75 1:30.96	900m: 13:29.46 1:37.25	1300m: 19:56.32 1:37.79			
	200m: 2:49.80 1:27.81	600m: 8:49.49 1:31.74	1000m: 15:06.00 1:36.54	1400m: 21:30.32 1:34.00			
	300m: 4:17.68 1:27.88	700m: 10:20.32 1:30.83	1100m: 16:42.34 1:36.34	1500m: 22:58.29 1:27.97			
	400m: 5:46.79 1:29.11	800m: 11:52.21 1:31.89	1200m: 18:18.53 1:36.19				
14.	<b>MACHADO Sandra Marisa</b>	93	Pimpoes/Cimai	<b>23:05.04</b>		522	18,00
	100m: 1:28.05 1:28.05	500m: 7:39.58 1:33.04	900m: 13:52.48 1:33.29	1300m: 20:02.21 1:32.25			
	200m: 3:00.75 1:32.70	600m: 9:12.27 1:32.69	1000m: 15:26.64 1:34.16	1400m: 21:33.93 1:31.72			
	300m: 4:34.03 1:33.28	700m: 10:46.02 1:33.75	1100m: 16:57.19 1:30.55	1500m: 23:05.04 1:31.11			
	400m: 6:06.54 1:32.51	800m: 12:19.19 1:33.17	1200m: 18:29.96 1:32.77				
15.	<b>MIRANDA Ana Filipa</b>	85	Galitos / Bresimar	<b>23:31.34</b>		533	22,00
	100m: 1:27.96 1:27.96	500m: 7:45.59 1:34.92	900m: 14:05.67 1:35.29	1300m: 20:28.65 1:35.38			
	200m: 3:01.16 1:33.20	600m: 9:20.99 1:35.40	1000m: 15:41.03 1:35.36	1400m: 22:02.49 1:33.84			
	300m: 4:35.06 1:33.90	700m: 10:55.53 1:34.54	1100m: 17:16.91 1:35.88	1500m: 23:31.34 1:28.85			
	400m: 6:10.67 1:35.61	800m: 12:30.38 1:34.85	1200m: 18:53.27 1:36.36				

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
16.	SILVA Ana Sofia	78	Fluval Portuense	<b>23:46.90</b>		510	22,00
	100m: 1:33.19 1:33.19	500m: 7:57.83 1:36.22	900m: 14:17.86 1:34.95	1300m: 20:40.80 1:34.88			
	200m: 3:09.06 1:35.87	600m: 9:33.51 1:35.68	1000m: 15:53.23 1:35.37	1400m: 22:14.49 1:33.69			
	300m: 4:45.28 1:36.22	700m: 11:08.72 1:35.21	1100m: 17:29.46 1:36.23	1500m: 23:46.90 1:32.41			
	400m: 6:21.61 1:36.33	800m: 12:42.91 1:34.19	1200m: 19:05.92 1:36.46				
17.	FOUGO Rita Claudia	88	Natacao da Maia	<b>23:47.68</b>		514	20,00
	100m: 1:22.35 1:22.35	500m: 7:41.72 1:37.81	900m: 14:10.97 1:36.95	1300m: 20:38.14 1:35.89			
	200m: 2:52.39 1:30.04	600m: 9:19.16 1:37.44	1000m: 15:48.93 1:37.96	1400m: 22:13.48 1:35.34			
	300m: 4:27.04 1:34.65	700m: 10:56.67 1:37.51	1100m: 17:25.56 1:36.63	1500m: 23:47.68 1:34.20			
	400m: 6:03.91 1:36.87	800m: 12:34.02 1:37.35	1200m: 19:02.25 1:36.69				
18.	PINTO Rita Loureiro	85	Ginasio Clube	<b>23:54.32</b>		507	19,00
	100m: 1:28.62 1:28.62	500m: 7:48.67 1:35.46	900m: 14:14.47 1:36.66	1300m: 20:44.07 1:37.30			
	200m: 3:02.59 1:33.97	600m: 9:24.37 1:35.70	1000m: 15:52.45 1:37.98	1400m: 22:21.10 1:37.03			
	300m: 4:37.82 1:35.23	700m: 11:00.70 1:36.33	1100m: 17:29.37 1:36.92	1500m: 23:54.32 1:33.22			
	400m: 6:13.21 1:35.39	800m: 12:37.81 1:37.11	1200m: 19:06.77 1:37.40				
19.	FONSECA Maria Ana	82	Fluval Portuense	<b>24:00.84</b>		485	26,00
	100m: 1:33.50 1:33.50	500m: 7:59.39 1:36.68	900m: 14:25.88 1:36.64	1300m: 20:52.00 1:35.74			
	200m: 3:09.61 1:36.11	600m: 9:36.27 1:36.88	1000m: 16:03.08 1:37.20	1400m: 22:27.62 1:35.62			
	300m: 4:46.15 1:36.54	700m: 11:12.79 1:36.52	1100m: 17:39.78 1:36.70	1500m: 24:00.84 1:33.22			
	400m: 6:22.71 1:36.56	800m: 12:49.24 1:36.45	1200m: 19:16.26 1:36.48				
20.	GUEDES Ana Dalte	80	Leixoes	<b>24:11.90</b>		474	22,00
	100m: 1:31.06 1:31.06	500m: 8:01.90 1:38.00	900m: 14:32.79 1:37.57	1300m: 21:02.33 1:37.08			
	200m: 3:07.91 1:36.85	600m: 9:39.40 1:37.50	1000m: 16:10.16 1:37.37	1400m: 22:39.06 1:36.73			
	300m: 4:45.70 1:37.79	700m: 11:17.56 1:38.16	1100m: 17:47.85 1:37.69	1500m: 24:11.90 1:32.84			
	400m: 6:23.90 1:38.20	800m: 12:55.22 1:37.66	1200m: 19:25.25 1:37.40				
21.	COSTA Lilia Dulce	81	Fluval Portuense	<b>24:15.88</b>		470	20,00
	100m: 1:27.32 1:27.32	500m: 7:53.61 1:36.91	900m: 14:23.80 1:38.14	1300m: 20:59.31 1:39.44			
	200m: 3:03.51 1:36.19	600m: 9:30.78 1:37.17	1000m: 16:02.79 1:38.99	1400m: 22:39.14 1:39.83			
	300m: 4:39.77 1:36.26	700m: 11:08.39 1:37.61	1100m: 17:41.67 1:38.88	1500m: 24:15.88 1:36.74			
	400m: 6:16.70 1:36.93	800m: 12:45.66 1:37.27	1200m: 19:19.87 1:38.20				
22.	RIBEIRO Patricia Marisa	91	Vila DEste/Gaia	<b>24:18.28</b>		447	17,00
	100m: 1:30.90 1:30.90	500m: 8:00.72 1:37.74	900m: 14:33.60 1:38.67	1300m: 21:04.36 1:37.68			
	200m: 3:07.16 1:36.26	600m: 9:38.87 1:38.15	1000m: 16:11.90 1:38.30	1400m: 22:41.53 1:37.17			
	300m: 4:44.68 1:37.52	700m: 11:16.97 1:38.10	1100m: 17:50.25 1:38.35	1500m: 24:18.28 1:36.75			
	400m: 6:22.98 1:38.30	800m: 12:54.93 1:37.96	1200m: 19:26.68 1:36.43				
23.	GONCALVES Maria Fernanda	66	Porto	<b>24:29.08</b>		542	26,00
	100m: 1:29.22 1:29.22	500m: 8:03.13 1:38.30	900m: 14:35.90 1:38.21	1300m: 21:11.75 1:40.21			
	200m: 3:07.42 1:38.20	600m: 9:41.35 1:38.22	1000m: 16:14.20 1:38.30	1400m: 22:50.59 1:38.84			
	300m: 4:46.55 1:39.13	700m: 11:19.83 1:38.48	1100m: 17:52.78 1:38.58	1500m: 24:29.08 1:38.49			
	400m: 6:24.83 1:38.28	800m: 12:57.69 1:37.86	1200m: 19:31.54 1:38.76				
24.	CAMPOS Ines Branco	94	Leixoes	<b>24:29.23</b>		437	16,00
	100m: 1:31.13 1:31.13	500m: 8:04.95 1:39.46	900m: 14:41.92 1:38.95	1300m: 21:19.38 1:40.10			
	200m: 3:07.18 1:36.05	600m: 9:44.54 1:39.59	1000m: 16:20.76 1:38.84	1400m: 22:57.79 1:38.41			
	300m: 4:46.71 1:39.53	700m: 11:23.93 1:39.39	1100m: 18:00.18 1:39.42	1500m: 24:29.23 1:31.44			
	400m: 6:25.49 1:38.78	800m: 13:02.97 1:39.04	1200m: 19:39.28 1:39.10				

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Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
25.	MACHADO Catarina Sofia	91	Gesloures	<b>24:43.83</b>		424	14,00
	100m: 1:35.02 1:35.02	500m: 8:15.09 1:39.23	900m: 14:52.43 1:40.33	1300m: 21:32.91 1:38.98			
	200m: 3:15.64 1:40.62	600m: 9:53.78 1:38.69	1000m: 16:33.24 1:40.81	1400m: 23:11.71 1:38.80			
	300m: 4:55.81 1:40.17	700m: 11:33.07 1:39.29	1100m: 18:13.31 1:40.07	1500m: 24:43.83 1:32.12			
	400m: 6:35.86 1:40.05	800m: 13:12.10 1:39.03	1200m: 19:53.93 1:40.62				
26.	MOUTELA Ana Sofia	77	Estarreja	<b>24:56.40</b>		443	20,00
	100m: 1:35.35 1:35.35	500m: 8:23.68 1:42.38	900m: 15:04.27 1:39.33	1300m: 21:42.22 1:39.98			
	200m: 3:16.33 1:40.98	600m: 10:05.73 1:42.05	1000m: 16:43.67 1:39.40	1400m: 23:21.20 1:38.98			
	300m: 4:58.55 1:42.22	700m: 11:45.76 1:40.03	1100m: 18:23.06 1:39.39	1500m: 24:56.40 1:35.20			
	400m: 6:41.30 1:42.75	800m: 13:24.94 1:39.18	1200m: 20:02.24 1:39.18				
27.	LIRIO Ana Raquel	90	Ginasio Santo Tirso	<b>24:59.54</b>		411	12,00
	100m: 1:30.92 1:30.92	500m: 8:06.54 1:40.28	900m: 14:51.75 1:42.44	1300m: 21:36.35 1:41.39			
	200m: 3:07.41 1:36.49	600m: 9:48.13 1:41.59	1000m: 16:34.69 1:42.94	1400m: 23:18.92 1:42.57			
	300m: 4:46.22 1:38.81	700m: 11:28.57 1:40.44	1100m: 18:14.96 1:40.27	1500m: 24:59.54 1:40.62			
	400m: 6:26.26 1:40.04	800m: 13:09.31 1:40.74	1200m: 19:54.96 1:40.00				
28.	SEQUEIRA Ana Paula	68	Gafanha da Encarnacao	<b>25:11.12</b>		498	22,00
	100m: 1:32.60 1:32.60	500m: 8:13.40 1:40.42	900m: 15:00.43 1:42.39	1300m: 21:51.33 1:42.71			
	200m: 3:11.30 1:38.70	600m: 9:54.74 1:41.34	1000m: 16:42.31 1:41.88	1400m: 23:33.19 1:41.86			
	300m: 4:51.93 1:40.63	700m: 11:35.95 1:41.21	1100m: 18:25.27 1:42.96	1500m: 25:11.12 1:37.93			
	400m: 6:32.98 1:41.05	800m: 13:18.04 1:42.09	1200m: 20:08.62 1:43.35				
29.	FERREIRA Filipa Margarida	69	Fluvial Portuense	<b>25:17.24</b>		492	20,00
	100m: 1:41.00 1:41.00	500m: 8:30.37 1:42.23	900m: 15:17.55 1:40.92	1300m: 22:05.08 1:41.90			
	200m: 3:25.77 1:44.77	600m: 10:14.50 1:44.13	1000m: 16:59.90 1:42.35	1400m: 23:43.95 1:38.87			
	300m: 5:07.51 1:41.74	700m: 11:54.62 1:40.12	1100m: 18:41.66 1:41.76	1500m: 25:17.24 1:33.29			
	400m: 6:48.14 1:40.63	800m: 13:36.63 1:42.01	1200m: 20:23.18 1:41.52				
30.	COSTA Marta Sofia	71	Porto	<b>25:20.89</b>		448	22,00
	100m: 1:31.70 1:31.70	500m: 8:16.57 1:42.50	900m: 15:09.08 1:43.17	1300m: 21:59.18 1:42.79			
	200m: 3:11.03 1:39.33	600m: 9:59.76 1:43.19	1000m: 16:51.25 1:42.17	1400m: 23:41.58 1:42.40			
	300m: 4:52.35 1:41.32	700m: 11:42.77 1:43.01	1100m: 18:34.17 1:42.92	1500m: 25:20.89 1:39.31			
	400m: 6:34.07 1:41.72	800m: 13:25.91 1:43.14	1200m: 20:16.39 1:42.22				
31.	GUIMARAES Rita Cabral	64	Fluvial Portuense	<b>25:41.60</b>		561	30,00
	100m: 1:37.69 1:37.69	500m: 8:30.92 1:42.47	900m: 15:22.94 1:43.01	1300m: 22:18.50 1:43.88			
	200m: 3:22.14 1:44.45	600m: 10:14.44 1:43.52	1000m: 17:07.41 1:44.47	1400m: 24:01.81 1:43.31			
	300m: 5:06.16 1:44.02	700m: 11:57.47 1:43.03	1100m: 18:50.92 1:43.51	1500m: 25:41.60 1:39.79			
	400m: 6:48.45 1:42.29	800m: 13:39.93 1:42.46	1200m: 20:34.62 1:43.70				
32.	GOMES Maria Joao	88	Leixoes	<b>25:42.44</b>		408	18,00
	100m: 1:35.85 1:35.85	500m: 8:24.07 1:42.54	900m: 15:17.56 1:43.10	1300m: 22:17.24 1:47.13			
	200m: 3:16.82 1:40.97	600m: 10:07.38 1:43.31	1000m: 17:00.81 1:43.25	1400m: 24:02.69 1:45.45			
	300m: 4:59.15 1:42.33	700m: 11:50.15 1:42.77	1100m: 18:45.05 1:44.24	1500m: 25:42.44 1:39.75			
	400m: 6:41.53 1:42.38	800m: 13:34.46 1:44.31	1200m: 20:30.11 1:45.06				
33.	ALMEIDA Graca Maria	73	Leixoes	<b>25:57.01</b>		418	20,00
	100m: 1:36.42 1:36.42	500m: 8:32.10 1:43.95	900m: 15:27.83 1:44.24	1300m: 22:26.86 1:45.38			
	200m: 3:19.87 1:43.45	600m: 10:15.89 1:43.79	1000m: 17:12.57 1:44.74	1400m: 24:12.68 1:45.82			
	300m: 5:04.07 1:44.20	700m: 11:59.94 1:44.05	1100m: 18:56.42 1:43.85	1500m: 25:57.01 1:44.33			
	400m: 6:48.15 1:44.08	800m: 13:43.59 1:43.65	1200m: 20:41.48 1:45.06				

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Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
34.	SILVA Rita Rebelo	79	Fluval Portuense	<b>26:01.45</b>		389	19,00
	100m: 1:31.75 1:31.75	500m: 8:28.45 1:45.84	900m: 15:33.05 1:45.01	1300m: 22:35.80 1:44.71			
	200m: 3:13.50 1:41.75	600m: 10:14.85 1:46.40	1000m: 17:18.27 1:45.22	1400m: 24:19.89 1:44.09			
	300m: 4:57.62 1:44.12	700m: 12:00.27 1:45.42	1100m: 19:03.53 1:45.26	1500m: 26:01.45 1:41.56			
	400m: 6:42.61 1:44.99	800m: 13:48.04 1:47.77	1200m: 20:51.09 1:47.56				
35.	BARBARA Sandra Santa	75	Ginasio Santo Tirso	<b>26:43.99</b>		359	18,00
	100m: 1:29.62 1:29.62	500m: 8:28.14 1:46.95	900m: 15:43.02 1:48.83	1300m: 23:02.66 1:50.46			
	200m: 3:09.68 1:40.06	600m: 10:16.32 1:48.18	1000m: 17:31.61 1:48.59	1400m: 24:53.58 1:50.92			
	300m: 4:54.16 1:44.48	700m: 12:05.04 1:48.72	1100m: 19:22.02 1:50.41	1500m: 26:43.99 1:50.41			
	400m: 6:41.19 1:47.03	800m: 13:54.19 1:49.15	1200m: 21:12.20 1:50.18				
36.	VEISEU Maria Adriana	66	Leixoes	<b>26:47.04</b>		414	19,00
	100m: 1:37.96 1:37.96	500m: 8:51.88 1:49.35	900m: 16:07.50 1:47.88	1300m: 23:19.25 1:48.13			
	200m: 3:25.54 1:47.58	600m: 10:40.69 1:48.81	1000m: 17:56.25 1:48.75	1400m: 25:06.75 1:47.50			
	300m: 5:14.59 1:49.05	700m: 12:30.77 1:50.08	1100m: 19:43.14 1:46.89	1500m: 26:47.04 1:40.29			
	400m: 7:02.53 1:47.94	800m: 14:19.62 1:48.85	1200m: 21:31.12 1:47.98				
37.	FERNANDES Maribel Santos	65	Leixoes	<b>26:47.19</b>		414	18,00
	100m: 1:38.16 1:38.16	500m: 8:51.47 1:48.94	900m: 16:05.99 1:48.64	1300m: 23:19.82 1:48.43			
	200m: 3:25.51 1:47.35	600m: 10:40.30 1:48.83	1000m: 17:54.51 1:48.52	1400m: 25:06.87 1:47.05			
	300m: 5:14.51 1:49.00	700m: 12:28.59 1:48.29	1100m: 19:42.90 1:48.39	1500m: 26:47.19 1:40.32			
	400m: 7:02.53 1:48.02	800m: 14:17.35 1:48.76	1200m: 21:31.39 1:48.49				
38.	TABORDA Maria Joao	67	Porto	<b>27:04.08</b>		401	17,00
	100m: 1:41.04 1:41.04	500m: 8:48.59 1:48.24	900m: 16:02.10 1:49.11	1300m: 23:22.87 1:51.09			
	200m: 3:25.81 1:44.77	600m: 10:36.16 1:47.57	1000m: 17:51.95 1:49.85	1400m: 25:13.87 1:51.00			
	300m: 5:12.72 1:46.91	700m: 12:24.12 1:47.96	1100m: 19:40.94 1:48.99	1500m: 27:04.08 1:50.21			
	400m: 7:00.35 1:47.63	800m: 14:12.99 1:48.87	1200m: 21:31.78 1:50.84				
39.	URBANO Maria Margarida	63	Academica de Coimbra	<b>27:22.35</b>		464	26,00
	100m: 1:43.28 1:43.28	500m: 9:02.23 1:50.66	900m: 16:26.93 1:51.36	1300m: 23:45.30 1:49.33			
	200m: 3:31.77 1:48.49	600m: 10:54.07 1:51.84	1000m: 18:17.57 1:50.64	1400m: 25:34.83 1:49.53			
	300m: 5:21.44 1:49.67	700m: 12:45.38 1:51.31	1100m: 20:06.78 1:49.21	1500m: 27:22.35 1:47.52			
	400m: 7:11.57 1:50.13	800m: 14:35.57 1:50.19	1200m: 21:55.97 1:49.19				
40.	NEVES Isabel Carolina	80	Individual ANNP	<b>27:42.27</b>		315	19,00
	100m: 1:40.08 1:40.08	500m: 8:59.28 1:51.21	900m: 16:25.37 1:51.75	1300m: 23:59.71 1:55.40			
	200m: 3:28.06 1:47.98	600m: 10:48.54 1:49.26	1000m: 18:16.52 1:51.15	1400m: 25:54.43 1:54.72			
	300m: 5:18.18 1:50.12	700m: 12:40.82 1:52.28	1100m: 20:09.40 1:52.88	1500m: 27:42.27 1:47.84			
	400m: 7:08.07 1:49.89	800m: 14:33.62 1:52.80	1200m: 22:04.31 1:54.91				
41.	FERNANDES Maria Santos	62	Leixoes	<b>27:47.34</b>		443	22,00
	100m: 1:44.12 1:44.12	500m: 9:06.35 1:51.18	900m: 16:34.43 1:51.81	1300m: 24:05.98 1:54.12			
	200m: 3:32.88 1:48.76	600m: 10:58.26 1:51.91	1000m: 18:26.17 1:51.74	1400m: 25:58.46 1:52.48			
	300m: 5:24.18 1:51.30	700m: 12:50.55 1:52.29	1100m: 20:18.66 1:52.49	1500m: 27:47.34 1:48.88			
	400m: 7:15.17 1:50.99	800m: 14:42.62 1:52.07	1200m: 22:11.86 1:53.20				
42.	SANTINHA Fernanda Maria	72	Masters de Almada	<b>28:14.43</b>		324	19,00
	100m: 1:43.42 1:43.42	500m: 9:11.76 1:54.30	900m: 16:48.34 1:54.43	1300m: 24:26.25 1:54.62			
	200m: 3:33.70 1:50.28	600m: 11:06.49 1:54.73	1000m: 18:42.70 1:54.36	1400m: 26:21.71 1:55.46			
	300m: 5:26.22 1:52.52	700m: 13:00.21 1:53.72	1100m: 20:36.81 1:54.11	1500m: 28:14.43 1:52.72			
	400m: 7:17.46 1:51.24	800m: 14:53.91 1:53.70	1200m: 22:31.63 1:54.82				

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Póvoa de Varzim, 23-2-2019

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
43.	MACHADO Maria Margarida	81	Vila DEste/Gaia	<b>28:48.53</b>		280	18,00
	100m: 1:40.06 1:40.06	500m: 9:10.79 1:56.61	900m: 16:59.28 1:58.23	1300m: 24:58.33 2:01.10			
	200m: 3:28.40 1:48.34	600m: 11:08.82 1:58.03	1000m: 18:58.20 1:58.92	1400m: 26:57.25 1:58.92			
	300m: 5:20.07 1:51.67	700m: 13:05.65 1:56.83	1100m: 20:57.86 1:59.66	1500m: 28:48.53 1:51.28			
	400m: 7:14.18 1:54.11	800m: 15:01.05 1:55.40	1200m: 22:57.23 1:59.37				
44.	FERREIRA Maria Manuela	70	Natacao da Maia	<b>28:56.76</b>		301	18,00
	100m: 1:47.18 1:47.18	500m: 9:36.85 1:56.80	900m: 17:19.58 1:54.95	1300m: 25:05.43 1:57.67			
	200m: 3:42.36 1:55.18	600m: 11:32.74 1:55.89	1000m: 19:15.31 1:55.73	1400m: 27:03.00 1:57.57			
	300m: 5:41.20 1:58.84	700m: 13:28.80 1:56.06	1100m: 21:12.54 1:57.23	1500m: 28:56.76 1:53.76			
	400m: 7:40.05 1:58.85	800m: 15:24.63 1:55.83	1200m: 23:07.76 1:55.22				
45.	REIS Filipa Isabel	87	Leixoes	<b>29:08.31</b>		280	17,00
	100m: 1:50.30 1:50.30	500m: 9:38.86 1:57.74	900m: 17:32.08 1:57.90	1300m: 25:23.44 1:57.14			
	200m: 3:46.93 1:56.63	600m: 11:37.06 1:58.20	1000m: 19:28.92 1:56.84	1400m: 27:18.09 1:54.65			
	300m: 5:43.99 1:57.06	700m: 13:35.38 1:58.32	1100m: 21:27.48 1:58.56	1500m: 29:08.31 1:50.22			
	400m: 7:41.12 1:57.13	800m: 15:34.18 1:58.80	1200m: 23:26.30 1:58.82				
46.	SANTOS Patricia Alexandra	78	Gesloures	<b>29:09.08</b>		277	17,00
	100m: 1:46.78 1:46.78	500m: 9:27.63 1:56.87	900m: 17:16.34 1:57.86	1300m: 25:09.13 1:58.60			
	200m: 3:40.64 1:53.86	600m: 11:24.69 1:57.06	1000m: 19:15.35 1:59.01	1400m: 27:07.52 1:58.39			
	300m: 5:34.98 1:54.34	700m: 13:21.80 1:57.11	1100m: 21:13.83 1:58.48	1500m: 29:09.08 2:01.56			
	400m: 7:30.76 1:55.78	800m: 15:18.48 1:56.68	1200m: 23:10.53 1:56.70				
47.	UHLFELDER Ana Sofia	83	Fluvial Portuense	<b>29:30.17</b>		261	17,00
	100m: 1:46.09 1:46.09	500m: 9:37.11 1:59.38	900m: 17:31.74 2:00.57	1300m: 25:34.30 2:01.97			
	200m: 3:41.73 1:55.64	600m: 11:35.22 1:58.11	1000m: 19:31.95 2:00.21	1400m: 27:35.74 2:01.44			
	300m: 5:39.65 1:57.92	700m: 13:32.66 1:57.44	1100m: 21:31.95 2:00.00	1500m: 29:30.17 1:54.43			
	400m: 7:37.73 1:58.08	800m: 15:31.17 1:58.51	1200m: 23:32.33 2:00.38				
48.	CANINAS Maria Madalena	63	Masters de Almada	<b>29:52.47</b>		357	20,00
	100m: 1:49.10 1:49.10	500m: 9:54.07 2:00.71	900m: 17:56.03 1:59.70	1300m: 25:58.44 1:59.66			
	200m: 3:48.33 1:59.23	600m: 11:53.66 1:59.59	1000m: 19:58.40 2:02.37	1400m: 27:58.59 2:00.15			
	300m: 5:50.14 2:01.81	700m: 13:54.72 2:01.06	1100m: 21:58.52 2:00.12	1500m: 29:52.47 1:53.88			
	400m: 7:53.36 2:03.22	800m: 15:56.33 2:01.61	1200m: 23:58.78 2:00.26				
49.	NAVARRO Paula Margarida	68	Natacao de Valongo	<b>29:54.53</b>		297	16,00
	100m: 1:50.58 1:50.58	500m: 9:54.73 2:02.60	900m: 17:57.97 2:01.61	1300m: 26:01.23 1:59.96			
	200m: 3:49.88 1:59.30	600m: 11:54.93 2:00.20	1000m: 19:59.26 2:01.29	1400m: 28:02.25 2:01.02			
	300m: 5:50.34 2:00.46	700m: 13:55.44 2:00.51	1100m: 22:00.72 2:01.46	1500m: 29:54.53 1:52.28			
	400m: 7:52.13 2:01.79	800m: 15:56.36 2:00.92	1200m: 24:01.27 2:00.55				
50.	CUNHA Maria Trigueiros	64	Leixoes	<b>30:03.42</b>		350	19,00
	100m: 1:50.11 1:50.11	500m: 9:44.30 2:00.24	900m: 17:51.12 2:02.77	1300m: 26:09.74 2:04.44			
	200m: 3:47.59 1:57.48	600m: 11:44.96 2:00.66	1000m: 19:55.51 2:04.39	1400m: 28:12.18 2:02.44			
	300m: 5:45.54 1:57.95	700m: 13:46.68 2:01.72	1100m: 22:00.25 2:04.74	1500m: 30:03.42 1:51.24			
	400m: 7:44.06 1:58.52	800m: 15:48.35 2:01.67	1200m: 24:05.30 2:05.05				
51.	AVELANS Carla Susana	75	Fluvial Portuense	<b>30:22.99</b>		245	16,00
	100m: 1:48.42 1:48.42	500m: 9:58.55 2:03.98	900m: 18:09.95 2:02.53	1300m: 26:21.28 2:02.28			
	200m: 3:49.14 2:00.72	600m: 12:02.60 2:04.05	1000m: 20:12.67 2:02.72	1400m: 28:24.23 2:02.95			
	300m: 5:51.59 2:02.45	700m: 14:05.56 2:02.96	1100m: 22:16.33 2:03.66	1500m: 30:22.99 1:58.76			
	400m: 7:54.57 2:02.98	800m: 16:07.42 2:01.86	1200m: 24:19.00 2:02.67				

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
52.	BASTO Luisa Bessone <i>RN escalão K na passagem aos 100 m</i>	44	Alges	<b>30:38.21</b>		819	30,00
	100m: 1:46.24 1:46.24	500m: 9:47.60 2:01.67	900m: 17:59.37 2:05.11	1300m: 26:28.90 2:07.67			
	200m: 3:45.89 1:59.65	600m: 11:51.07 2:03.47	1000m: 20:04.89 2:05.52	1400m: 28:37.74 2:08.84			
	300m: 5:46.86 2:00.97	700m: 13:52.56 2:01.49	1100m: 22:11.97 2:07.08	1500m: 30:38.21 2:00.47			
	400m: 7:45.93 1:59.07	800m: 15:54.26 2:01.70	1200m: 24:21.23 2:09.26				
53.	CAEIRO Ana Maria <i>Rec Nacional Escalão H</i>	59	Amigos da Natacao	<b>30:39.54</b>		405	30,00
	100m: 1:56.71 1:56.71	500m: 10:05.43 2:02.49	900m: 18:16.64 2:03.53	1300m: 26:36.43 2:05.67			
	200m: 3:57.89 2:01.18	600m: 12:08.38 2:02.95	1000m: 20:21.02 2:04.38	1400m: 28:41.84 2:05.41			
	300m: 6:01.42 2:03.53	700m: 14:09.76 2:01.38	1100m: 22:25.59 2:04.57	1500m: 30:39.54 1:57.70			
	400m: 8:02.94 2:01.52	800m: 16:13.11 2:03.35	1200m: 24:30.76 2:05.17				
54.	MARTINS Ana Maria	79	Sporting de Aveiro	<b>30:52.37</b>		233	14,00
	100m: 1:57.95 1:57.95	500m: 10:21.52 2:06.31	900m: 18:36.68 2:03.82	1300m: 26:53.52 2:03.68			
	200m: 4:02.65 2:04.70	600m: 12:25.81 2:04.29	1000m: 20:41.36 2:04.68	1400m: 28:54.78 2:01.26			
	300m: 6:08.94 2:06.29	700m: 14:29.11 2:03.30	1100m: 22:46.18 2:04.82	1500m: 30:52.37 1:57.59			
	400m: 8:15.21 2:06.27	800m: 16:32.86 2:03.75	1200m: 24:49.84 2:03.66				
55.	MASSAGUE Adriana Reguera	75	Fluvial Portuense	<b>31:23.47</b>		222	12,00
	100m: 1:52.57 1:52.57	500m: 10:13.14 2:06.23	900m: 18:45.99 2:08.25	1300m: 27:18.92 2:09.28			
	200m: 3:54.08 2:01.51	600m: 12:21.71 2:08.57	1000m: 20:54.28 2:08.29	1400m: 29:25.37 2:06.45			
	300m: 6:00.72 2:06.64	700m: 14:29.23 2:07.52	1100m: 23:02.41 2:08.13	1500m: 31:23.47 1:58.10			
	400m: 8:06.91 2:06.19	800m: 16:37.74 2:08.51	1200m: 25:09.64 2:07.23				
56.	KIND Anette	61	Leixoes	<b>31:31.61</b>		303	18,00
	100m: 1:54.25 1:54.25	500m: 10:15.08 2:06.81	900m: 18:43.49 2:08.35	1300m: 27:15.95 2:08.96			
	200m: 3:57.42 2:03.17	600m: 12:21.93 2:06.85	1000m: 20:51.86 2:08.37	1400m: 29:24.56 2:08.61			
	300m: 6:02.48 2:05.06	700m: 14:28.69 2:06.76	1100m: 22:59.18 2:07.32	1500m: 31:31.61 2:07.05			
	400m: 8:08.27 2:05.79	800m: 16:35.14 2:06.45	1200m: 25:06.99 2:07.81				
57.	LEMOS Caxemira Kekhasharu	68	Leixoes	<b>32:15.88</b>		237	14,00
	100m: 2:00.71 2:00.71	500m: 10:43.68 2:11.58	900m: 19:23.98 2:11.47	1300m: 28:05.57 2:08.10			
	200m: 4:10.25 2:09.54	600m: 12:52.16 2:08.48	1000m: 21:37.09 2:13.11	1400m: 30:16.02 2:10.45			
	300m: 6:21.85 2:11.60	700m: 15:01.66 2:09.50	1100m: 23:47.35 2:10.26	1500m: 32:15.88 1:59.86			
	400m: 8:32.10 2:10.25	800m: 17:12.51 2:10.85	1200m: 25:57.47 2:10.12				
58.	MARTINS Delfina Maria	66	Ginasio Santo Tirso	<b>32:26.04</b>		233	12,00
	100m: 2:00.15 2:00.15	500m: 10:39.07 2:10.12	900m: 19:18.71 2:09.45	1300m: 28:06.71 2:13.41			
	200m: 4:08.28 2:08.13	600m: 12:49.88 2:10.81	1000m: 21:30.93 2:12.22	1400m: 30:19.20 2:12.49			
	300m: 6:19.26 2:10.98	700m: 14:59.19 2:09.31	1100m: 23:42.00 2:11.07	1500m: 32:26.04 2:06.84			
	400m: 8:28.95 2:09.69	800m: 17:09.26 2:10.07	1200m: 25:53.30 2:11.30				
59.	TAVARES Maria Joao	63	Amigos da Natacao	<b>36:51.74</b>		190	17,00
	100m: 2:12.96 2:12.96	500m: 12:01.03 2:26.37	900m: 22:01.75 2:30.71	1300m: 31:56.57 2:27.41			
	200m: 4:38.16 2:25.20	600m: 14:30.61 2:29.58	1000m: 24:31.46 2:29.71	1400m: 34:29.44 2:32.87			
	300m: 7:06.01 2:27.85	700m: 17:01.05 2:30.44	1100m: 26:59.63 2:28.17	1500m: 36:51.74 2:22.30			
	400m: 9:34.66 2:28.65	800m: 19:31.04 2:29.99	1200m: 29:29.16 2:29.53				
60.	LOURENCO Susana Maria	74	Fluvial Portuense	<b>36:58.58</b>		144	17,00
	100m: 2:14.81 2:14.81	500m: 12:00.50 2:27.40	900m: 21:58.45 2:30.73	1300m: 31:59.51 2:30.15			
	200m: 4:39.04 2:24.23	600m: 14:28.80 2:28.30	1000m: 24:27.88 2:29.43	1400m: 34:29.41 2:29.90			
	300m: 7:04.74 2:25.70	700m: 16:57.40 2:28.60	1100m: 26:58.54 2:30.66	1500m: 36:58.58 2:29.17			
	400m: 9:33.10 2:28.36	800m: 19:27.72 2:30.32	1200m: 29:29.36 2:30.82				

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PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 1, Femin., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
61.	RIBEIRO Margarida Maria	64	Fluvial Portuense	<b>39:35.34</b>		153	16,00
	100m: 2:07.45 2:07.45	500m: 12:36.24 2:37.88	900m: 23:25.52 2:44.82	1300m: 34:22.77 2:40.00			
	200m: 4:43.47 2:36.02	600m: 15:19.38 2:43.14	1000m: 26:10.93 2:45.41	1400m: 37:05.47 2:42.70			
	300m: 7:20.68 2:37.21	700m: 17:59.56 2:40.18	1100m: 28:57.68 2:46.75	1500m: 39:35.34 2:29.87			
	400m: 9:58.36 2:37.68	800m: 20:40.70 2:41.14	1200m: 31:42.77 2:45.09				

ORGANIZAÇÃO



É bom  
viver aqui!  
It's good to be here!

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