

XIV OPEN Internacional de Masters de Inverno
Campeonato Nacional de Masters de Inverno
Vila Franca de Xira, 17 a 19 de Janeiro de 2020



Prova 1
17-01-2020 - 9:30

Femin., 400m Livres

Master Esc A
Resultados

Rec Nac Esc A 4:42.65 RIBEIRO, Soraia Vanessa CPN Mealhada 18-01-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SILVESTRE, Sofia Prates	95	Individual ANL	4:50.63	+0,77	782	30,00
	50m: 31.95 31.95 150m: 1:43.22 36.12 250m: 2:57.37 37.46 350m: 4:13.09 37.99						
	100m: 1:07.10 35.15 200m: 2:19.91 36.69 300m: 3:35.10 37.73 400m: 4:50.63 37.54						
2.	MONTEIRO, Alexandra Sofia	92	Vila DEste/Gaia	5:01.22	+0,88	703	26,00
	50m: 33.86 33.86 150m: 1:48.65 37.83 250m: 3:04.90 37.73 350m: 4:21.43 38.60						
	100m: 1:10.82 36.96 200m: 2:27.17 38.52 300m: 3:42.83 37.93 400m: 5:01.22 39.79						
3.	GERVASIO, Ana Sofia	95	Aletrico Montemor	5:21.17	+0,87	580	22,00
	50m: 35.30 35.30 150m: 1:53.76 39.85 250m: 3:14.84 40.75 350m: 4:38.75 42.63						
	100m: 1:13.91 38.61 200m: 2:34.09 40.33 300m: 3:56.12 41.28 400m: 5:21.17 42.42						
4.	ROSAS, Joana Filipa	95	Leixoes	5:21.77	+0,97	576	20,00
	50m: 35.14 35.14 150m: 1:54.03 40.46 250m: 3:16.54 41.12 350m: 4:41.72 42.66						
	100m: 1:13.57 38.43 200m: 2:35.42 41.39 300m: 3:59.06 42.52 400m: 5:21.77 40.05						
5.	SILVA, Maria Joao	94	Ginasio Clube	5:26.77	+0,92	550	19,00
	50m: 35.81 35.81 150m: 1:55.30 40.15 250m: 3:18.20 41.67 350m: 4:43.98 42.59						
	100m: 1:15.15 39.34 200m: 2:36.53 41.23 300m: 4:01.39 43.19 400m: 5:26.77 42.79						
6.	PINHEIRO, Andreia Sofia	93	Sporting	5:45.02	+0,84	467	18,00
	50m: 36.88 36.88 150m: 2:01.61 43.81 250m: 3:31.08 45.27 350m: 5:01.33 45.22						
	100m: 1:17.80 40.92 200m: 2:45.81 44.20 300m: 4:16.11 45.03 400m: 5:45.02 43.69						
7.	MACHADO, Sandra Marisa	93	Pimpoes/Cimai	5:45.53	+0,81	465	17,00
	50m: 40.09 40.09 150m: 2:08.29 44.38 250m: 3:36.27 43.96 350m: 5:03.64 43.96						
	100m: 1:23.91 43.82 200m: 2:52.31 44.02 300m: 4:19.68 43.41 400m: 5:45.53 41.89						
8.	MACHADO, Catarina Sofia	91	Geslours	6:08.63	+1,04	383	16,00
	50m: 39.91 39.91 150m: 2:11.58 46.97 250m: 3:47.35 48.11 350m: 5:23.05 47.50						
	100m: 1:24.61 44.70 200m: 2:59.24 47.66 300m: 4:35.55 48.20 400m: 6:08.63 45.58						
9.	VIEIRA, Barbara Rocha	94	Gafanha da Encarnacao	6:47.75	+1,00	283	14,00
	50m: 45.96 45.96 150m: 2:27.53 51.29 250m: 4:12.42 51.99 350m: 5:58.14 52.04						
	100m: 1:36.24 50.28 200m: 3:20.43 52.90 300m: 5:06.10 53.68 400m: 6:47.75 49.61						

Prova 1
17-01-2020 - 9:30

Femin., 400m Livres

Master Esc B
Resultados

Rec Nac Esc B 4:27.23 GRILO, Ana Paula UDCA Inatel 25-05-2002

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	ALVES, Joana Isabel	88	Porto	5:17.95	+0,93	636	30,00
	50m: 35.63 35.63 150m: 1:53.06 39.37 250m: 3:13.28 40.43 350m: 4:36.05 41.78						
	100m: 1:13.69 38.06 200m: 2:32.85 39.79 300m: 3:54.27 40.99 400m: 5:17.95 41.90						
2.	RODRIGUES, Sara Daniela	87	Galitos / Bresimar	5:34.61	+0,91	546	26,00
	50m: 38.41 38.41 150m: 2:01.93 42.16 250m: 3:26.75 42.47 350m: 4:52.42 42.38						
	100m: 1:19.77 41.36 200m: 2:44.28 42.35 300m: 4:10.04 43.29 400m: 5:34.61 42.19						
3.	MARQUES, Patricia Alexandra	87	Leixoes	5:38.84	+0,87	525	22,00
	50m: 37.75 37.75 150m: 2:02.19 42.75 250m: 3:29.01 42.67 350m: 4:56.24 43.67						
	100m: 1:19.44 41.69 200m: 2:46.34 44.15 300m: 4:12.57 43.56 400m: 5:38.84 42.60						

Prova 1, Femin., 400m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
4.	BARBOSA, Ana Raquel	88	Geslourses	6:34.34	+1,03	333	20,00
	50m: 43.06 43.06	150m: 2:19.60 49.48	250m: 4:00.90 51.02	350m: 5:43.97 52.00			
	100m: 1:30.12 47.06	200m: 3:09.88 50.28	300m: 4:51.97 51.07	400m: 6:34.34 50.37			
5.	REIS, Filipa Isabel	87	Leixoes	7:32.00	+1,04	221	19,00
	50m: 48.92 48.92	150m: 2:42.13 57.51	250m: 4:40.29 58.99	350m: 6:37.66 58.55			
	100m: 1:44.62 55.70	200m: 3:41.30 59.17	300m: 5:39.11 58.82	400m: 7:32.00 54.34			
DNS	RAMOS, Rita Silveira	90	Nadadores dos Estoris				-
DNS	SILVA, Liliana Filipa	89	Masters de Almada				-

Prova 1 Femin., 400m Livres Master Esc C
17-01-2020 - 9:30 Resultados

Rec Nac Esc C	4:30.30	GRILLO, Ana Paula	UDCA	Palma Maiorca (ESP)	18-04-2004
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	CONFOLANT, Laura	85	Nageurs De Paris	4:37.71	+0,85	951	-
	50m: 31.97 31.97	150m: 1:41.72 34.93	250m: 2:52.04 34.96	350m: 4:02.95 35.63			
	100m: 1:06.79 34.82	200m: 2:17.08 35.36	300m: 3:27.32 35.28	400m: 4:37.71 34.76			
2.	OLIVEIRA, Ana Mafalda	81	Natacao da Maia	5:39.21	+0,84	521	30,00
	50m: 36.62 36.62	150m: 1:59.23 42.31	250m: 3:26.91 43.66	350m: 4:55.72 44.47			
	100m: 1:16.92 40.30	200m: 2:43.25 44.02	300m: 4:11.25 44.34	400m: 5:39.21 43.49			
3.	FONSECA, Maria Ana	82	Fluvial Portuense	5:52.87	+0,94	463	26,00
	50m: 39.68 39.68	150m: 2:05.39 43.56	250m: 3:34.73 44.94	350m: 5:06.31 46.09			
	100m: 1:21.83 42.15	200m: 2:49.79 44.40	300m: 4:20.22 45.49	400m: 5:52.87 46.56			
4.	PINTO, Rita Loureiro	85	Ginasio Clube	6:00.88	+0,96	433	22,00
	50m: 38.43 38.43	150m: 2:05.24 44.67	250m: 3:37.75 46.79	350m: 5:14.08 48.14			
	100m: 1:20.57 42.14	200m: 2:50.96 45.72	300m: 4:25.94 48.19	400m: 6:00.88 46.80			
5.	OLIVEIRA, Juliana Cabral	85	Gafanha da Encarnacao	6:23.27	+1,14	361	20,00
	50m: 42.01 42.01	150m: 2:19.70 49.81	250m: 3:58.25 48.79	350m: 5:36.16 49.67			
	100m: 1:29.89 47.88	200m: 3:09.46 49.76	300m: 4:46.49 48.24	400m: 6:23.27 47.11			
6.	MACHADO, Maria Margarida	81	Vila DEste/Gaia	6:48.79	+1,20	298	19,00
	50m: 44.94 44.94	150m: 2:25.58 51.43	250m: 4:11.47 53.65	350m: 5:58.58 53.14			
	100m: 1:34.15 49.21	200m: 3:17.82 52.24	300m: 5:05.44 53.97	400m: 6:48.79 50.21			
DNS	ARENAS, Lina Orrego	84	Porto				-

Prova 1 Femin., 400m Livres Master Esc D
17-01-2020 - 9:30 Resultados

Rec Nac Esc D	4:49.44	GOMES, Susana Clara	CNF	Mealhada	18-01-2019
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	PRIOR, Ana Filipa	77	Luz e Vida	5:32.57	+0,99	577	30,00
	50m: 37.36 37.36	150m: 2:00.95 42.30	250m: 3:26.20 42.56	350m: 4:51.55 42.78			
	100m: 1:18.65 41.29	200m: 2:43.64 42.69	300m: 4:08.77 42.57	400m: 5:32.57 41.02			
2.	SILVA, Ana Sofia	78	Fluvial Portuense	5:39.67	+1,04	541	26,00
	50m: 37.93 37.93	150m: 2:01.09 42.28	250m: 3:28.18 43.76	350m: 4:56.37 44.39			
	100m: 1:18.81 40.88	200m: 2:44.42 43.33	300m: 4:11.98 43.80	400m: 5:39.67 43.30			

Prova 1, Femin., 400m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
3.	GUEDES, Ana DAlte	80	Leixoes	5:55.34	+1,02	473	22,00
	50m: 39.29 39.29	150m: 2:08.04 45.39	250m: 3:39.95 46.05	350m: 5:11.40 45.64			
	100m: 1:22.65 43.36	200m: 2:53.90 45.86	300m: 4:25.76 45.81	400m: 5:55.34 43.94			
4.	MARTINS, Ana Maria	79	Sporting de Aveiro	7:01.11	+1,04	284	20,00
	50m: 48.78 48.78	150m: 2:36.61 54.86	250m: 4:24.81 53.95	350m: 6:11.44 52.66			
	100m: 1:41.75 52.97	200m: 3:30.86 54.25	300m: 5:18.78 53.97	400m: 7:01.11 49.67			

Prova 1
17-01-2020 - 9:30

Femin., 400m Livres

Master Esc E

Resultados

Rec Nac Esc E	5:03.00	GRILLO, Ana Paula	NDCO	Mealhada	26-01-2014
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	ROTHES, Ines Maria	73	Fluvial Portuense	5:06.25		796	30,00
	50m: 34.94 34.94	150m: 1:50.45 38.75	250m: 3:08.53 39.39	350m: 4:27.54 39.72			
	100m: 1:11.70 36.76	200m: 2:29.14 38.69	300m: 3:47.82 39.29	400m: 5:06.25 38.71			
2.	SANTOS, Susana Novais	75	Natacao de Lisboa	5:52.15	+0,83	523	26,00
	50m: 42.28 42.28	150m: 2:11.91 44.98	250m: 3:41.78 44.97	350m: 5:09.83 43.46			
	100m: 1:26.93 44.65	200m: 2:56.81 44.90	300m: 4:26.37 44.59	400m: 5:52.15 42.32			
3.	MARQUES, Helena Sofia	73	Millennium BCP	5:54.32	+0,93	514	22,00
	50m: 38.83 38.83	150m: 2:09.48 46.30	250m: 3:40.36 45.69	350m: 5:11.72 46.29			
	100m: 1:23.18 44.35	200m: 2:54.67 45.19	300m: 4:25.43 45.07	400m: 5:54.32 42.60			
4.	PALHARES, Daniela Maria	71	Fluvial Portuense	6:28.97	+1,03	388	20,00
	50m: 43.19 43.19	150m: 2:19.37 48.84	250m: 3:59.74 50.54	350m: 5:41.00 50.43			
	100m: 1:30.53 47.34	200m: 3:09.20 49.83	300m: 4:50.57 50.83	400m: 6:28.97 47.97			
5.	ROSA, Ana Margarida	75	Academica de Coimbra	6:29.28	+0,93	387	19,00
	50m: 44.01 44.01	150m: 2:20.92 49.25	250m: 4:00.17 49.84	350m: 5:42.51 51.03			
	100m: 1:31.67 47.66	200m: 3:10.33 49.41	300m: 4:51.48 51.31	400m: 6:29.28 46.77			
6.	SANTINHA, Fernanda Maria	72	Masters de Almada	6:52.57	+1,35	325	18,00
	50m: 46.25 46.25	150m: 2:28.46 51.56	250m: 4:14.88 53.11	350m: 6:00.50 52.74			
	100m: 1:36.90 50.65	200m: 3:21.77 53.31	300m: 5:07.76 52.88	400m: 6:52.57 52.07			
7.	BLANCO, Catarina Araujo	71	Fluvial Portuense	6:54.90	+1,13	320	17,00
	50m: 47.66 47.66	150m: 2:35.32 53.59	250m: 4:21.98 53.74	350m: 6:05.38 51.61			
	100m: 1:41.73 54.07	200m: 3:28.24 52.92	300m: 5:13.77 51.79	400m: 6:54.90 49.52			
8.	SEQUEIRA, Carla Sofia	75	Colegio Monte Maior	7:14.09	+0,97	279	16,00
	50m: 49.59 49.59	150m: 2:37.51 54.72	250m: 4:28.17 55.24	350m: 6:19.84 55.99			
	100m: 1:42.79 53.20	200m: 3:32.93 55.42	300m: 5:23.85 55.68	400m: 7:14.09 54.25			
9.	SILVA, Nadia Gama	73	Aminata	7:35.12	+1,15	242	14,00
	50m: 49.16 49.16	150m: 2:40.08 57.33	250m: 4:38.15 59.72	350m: 6:38.62 1:00.01			
	100m: 1:42.75 53.59	200m: 3:38.43 58.35	300m: 5:38.61 1:00.46	400m: 7:35.12 56.50			
10.	ALMEIDA, Maria Astride	72	Fluvial Portuense	9:00.35		144	12,00
	50m: 57.86 57.86	150m: 3:15.18 1:08.98	250m: 5:35.15 1:10.01	350m: 7:53.18 1:09.43			
	100m: 2:06.20 1:08.34	200m: 4:25.14 1:09.96	300m: 6:43.75 1:08.60	400m: 9:00.35 1:07.17			
11.	LOURENCO, Susana Maria	74	Fluvial Portuense	9:05.35		141	11,00
	50m: 1:00.04 1:00.04	150m: 3:16.43 1:10.30	250m: 5:37.38 1:10.02	350m: 7:55.35 1:08.79			
	100m: 2:06.13 1:06.09	200m: 4:27.36 1:10.93	300m: 6:46.56 1:09.18	400m: 9:05.35 1:10.00			

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PARCEIROS



Prova 1, Femin., 400m Livres

Prova 1 Femin., 400m Livres Master Esc F
17-01-2020 - 9:30 Resultados

Rec Nac Esc F 5:19.45 GRILO, Ana Paula NDCO Sines 02-03-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	BRANDAO, Maria Teresa	69	Fluvial Portuense	5:37.31	+0,94	611	30,00
	50m: 37.99 37.99	150m: 2:00.43 41.95	250m: 3:27.10 43.64	350m: 4:54.74 44.09			
	100m: 1:18.48 40.49	200m: 2:43.46 43.03	300m: 4:10.65 43.55	400m: 5:37.31 42.57			
2.	MIRANDA, Laura Manuela	67	Colegio Monte Maior	6:10.76	+0,99	460	26,00
	50m: 41.43 41.43	150m: 2:14.06 47.20	250m: 3:48.81 47.39	350m: 5:24.62 47.61			
	100m: 1:26.86 45.43	200m: 3:01.42 47.36	300m: 4:37.01 48.20	400m: 6:10.76 46.14			
3.	SEQUEIRA, Ana Paula	68	Gafanha da Encarnacao	6:16.82	+0,98	438	22,00
	50m: 41.56 41.56	150m: 2:15.15 47.37	250m: 3:53.05 49.48	350m: 5:30.61 48.78			
	100m: 1:27.78 46.22	200m: 3:03.57 48.42	300m: 4:41.83 48.78	400m: 6:16.82 46.21			
4.	WISEU, Maria Adriana	66	Leixoes	6:24.73	+0,90	412	20,00
	50m: 40.68 40.68	150m: 2:17.08 49.15	250m: 3:56.45 49.77	350m: 5:35.99 48.91			
	100m: 1:27.93 47.25	200m: 3:06.68 49.60	300m: 4:47.08 50.63	400m: 6:24.73 48.74			
5.	TABORDA, Maria Joao	67	Porto	6:32.26	+1,03	389	19,00
	50m: 42.68 42.68	150m: 2:21.51 50.57	250m: 4:02.14 50.31	350m: 5:42.00 50.10			
	100m: 1:30.94 48.26	200m: 3:11.83 50.32	300m: 4:51.90 49.76	400m: 6:32.26 50.26			
6.	REIS, Margarida Bleck	68	Porto	6:47.04	+1,08	348	18,00
	50m: 45.62 45.62	150m: 2:29.06 53.20	250m: 4:14.41 53.08	350m: 5:58.39 51.56			
	100m: 1:35.86 50.24	200m: 3:21.33 52.27	300m: 5:06.83 52.42	400m: 6:47.04 48.65			
7.	FERREIRA, Maria Manuela	70	Natacao da Maia	7:06.35	+1,14	302	17,00
	50m: 46.21 46.21	200m: 3:21.74 1:45.67	300m: 5:14.13 56.49	400m: 7:06.35 55.53			
	100m: 1:36.07 49.86	250m: 4:17.64 55.90	350m: 6:10.82 56.69				
8.	MENDES, Marina Isabel	68	Masters de Almada	7:08.57	+0,99	298	16,00
	50m: 47.02 47.02	150m: 2:34.29 54.66	250m: 4:24.95 55.11	350m: 6:15.48 54.80			
	100m: 1:39.63 52.61	200m: 3:29.84 55.55	300m: 5:20.68 55.73	400m: 7:08.57 53.09			
9.	MOTA, Anabela Verissimo	66	Amigos da Natacao	8:06.26	+1,13	204	14,00
	50m: 55.41 55.41	150m: 2:59.50 1:02.39	250m: 5:01.46 1:01.34	350m: 7:06.18 1:02.90			
	100m: 1:57.11 1:01.70	200m: 4:00.12 1:00.62	300m: 6:03.28 1:01.82	400m: 8:06.26 1:00.08			
10.	JORG, Alexandra Cristina	67	Aminata	8:17.23	+1,37	191	12,00
	50m: 51.52 51.52	150m: 2:53.47 1:01.10	250m: 5:02.45 1:04.47	350m: 7:13.78 1:05.96			
	100m: 1:52.37 1:00.85	200m: 3:57.98 1:04.51	300m: 6:07.82 1:05.37	400m: 8:17.23 1:03.45			
11.	RIBEIRO, Violante Isabel	67	Alges	8:33.51		173	11,00
	50m: 54.37 54.37	150m: 3:01.45 1:05.71	250m: 5:13.72 1:06.89	350m: 7:27.91 1:06.58			
	100m: 1:55.74 1:01.37	200m: 4:06.83 1:05.38	300m: 6:21.33 1:07.61	400m: 8:33.51 1:05.60			
DNS	ROSA, Elisabete Maria	69	Pimpoes/Cimai				-

Prova 1, Femin., 400m Livres

Prova 1 Femin., 400m Livres Master Esc G
17-01-2020 - 9:30 Resultados

Rec Nac Esc G 5:32.63 KRAEVA, Elena Nikolaevna ADRCIMM Tomar 31-01-2016

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	CORREIA, Maria Isabel	64	Natacao do Montijo	6:36.01	+0,88	413	30,00
	50m: 43.74 43.74	150m: 2:21.34 49.56	250m: 4:03.15 51.39	350m: 5:45.98 51.31			
	100m: 1:31.78 48.04	200m: 3:11.76 50.42	300m: 4:54.67 51.52	400m: 6:36.01 50.03			
2.	FERNANDES, Maria Santos	62	Leixoes	6:47.74	+1,07	378	26,00
	50m: 45.19 45.19	150m: 2:26.72 51.80	250m: 4:11.17 52.24	350m: 5:56.61 52.55			
	100m: 1:34.92 49.73	200m: 3:18.93 52.21	300m: 5:04.06 52.89	400m: 6:47.74 51.13			
3.	SILVA, Vivien Patricia	62	Porto	7:00.65	+1,08	344	22,00
	50m: 46.58 46.58	150m: 2:31.69 53.25	250m: 4:18.84 53.66	350m: 6:06.51 53.06			
	100m: 1:38.44 51.86	200m: 3:25.18 53.49	300m: 5:13.45 54.61	400m: 7:00.65 54.14			
4.	GUIMARAES, Rita Cabral	64	Fluvial Portuense	7:06.14	+0,85	331	20,00
	50m: 40.14 40.14	150m: 2:16.59 50.22	250m: 4:04.73 55.12	350m: 6:06.47 1:02.65			
	100m: 1:26.37 46.23	200m: 3:09.61 53.02	300m: 5:03.82 59.09	400m: 7:06.14 59.67			
5.	NETO, Maria Manuela	62	Natacao da Maia	7:22.99		295	19,00
	50m: 48.93 48.93	150m: 2:38.87 56.51	250m: 4:32.90 57.03	350m: 6:27.27 57.21			
	100m: 1:42.36 53.43	200m: 3:35.87 57.00	300m: 5:30.06 57.16	400m: 7:22.99 55.72			

Prova 1 Femin., 400m Livres Master Esc H
17-01-2020 - 9:30 Resultados

Rec Nac Esc H 6:01.46 FERREIRA, Ana Maria SAD Tomar 29-01-2012

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	CANORA MARIN, Maria Azucena	60	Canoe N.C.	7:11.48	+0,93	534	-
	50m: 43.32 43.32	150m: 2:24.12 53.10	250m: 4:13.77 55.83	350m: 6:13.17 1:01.59			
	100m: 1:31.02 47.70	200m: 3:17.94 53.82	300m: 5:11.58 57.81	400m: 7:11.48 58.31			
2.	OLIVEIRA, Maria Teresa	57	Academica de Coimbra	7:28.88	+1,19	474	30,00
	50m: 49.36 49.36	150m: 2:42.82 57.29	250m: 4:37.04 56.39	350m: 6:30.07 56.88			
	100m: 1:45.53 56.17	200m: 3:40.65 57.83	300m: 5:33.19 56.15	400m: 7:28.88 58.81			
3.	CUNHA, Maria Almeida	60	Leixoes	7:30.25	+1,15	470	26,00
	50m: 49.52 49.52	150m: 2:41.60 56.66	250m: 4:36.58 57.81	350m: 6:32.85 58.93			
	100m: 1:44.94 55.42	200m: 3:38.77 57.17	300m: 5:33.92 57.34	400m: 7:30.25 57.40			
4.	WERNICKE, Maria Giraldo	60	Fluvial Portuense	7:46.14	+1,29	423	22,00
	50m: 49.06 49.06	150m: 2:44.39 59.82	250m: 4:44.35 1:00.27	350m: 6:46.97 1:01.84			
	100m: 1:44.57 55.51	200m: 3:44.08 59.69	300m: 5:45.13 1:00.78	400m: 7:46.14 59.17			
5.	CUNHA, Maria Paula	59	Leixoes	7:48.38	+0,97	417	20,00
	50m: 49.39 49.39	150m: 2:41.56 58.29	250m: 4:41.26 59.02	350m: 6:47.26 1:04.08			
	100m: 1:43.27 53.88	200m: 3:42.24 1:00.68	300m: 5:43.18 1:01.92	400m: 7:48.38 1:01.12			
6.	DUPONT, Ana Paula	58	Fluvial Portuense	9:43.19		216	19,00
	50m: 59.47 59.47	150m: 3:18.45 1:15.47	250m: 5:52.58 1:16.64	350m: 7:11.81 1:19.23			
	100m: 2:02.98 1:03.51	200m: 4:35.94 1:17.49	350m: 7:11.81 1:19.23				

Prova 1, Femin., 400m Livres, Master Esc H

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
DSQ	CAEIRO, Ana Maria 403 - Falsa partida - SW 4.4	59	Amigos da Natacao				-

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