

Event 17  
18-01-2020 - 12:50

Women, 200m Backstroke

Master Esc A  
Results

Rec Nac Esc A 2:25.91 NEVES, Vania Soares CFP Mealhada 20-01-2019

Points: DSV Masters 19

| Rank | Nome                                                                         | YB | Clube                 | Tempo Final    | RT    | DSV | Pts Taça |
|------|------------------------------------------------------------------------------|----|-----------------------|----------------|-------|-----|----------|
| 1.   | PINHEIRO, Filipa Mendes                                                      | 92 | Sporting Caminha      | <b>2:30.09</b> | +0,63 | 751 | 30,00    |
|      | 50m: 35.02 35.02 100m: 1:13.02 38.00 150m: 1:51.98 38.96 200m: 2:30.09 38.11 |    |                       |                |       |     |          |
| 2.   | MONTEIRO, Alexandra Sofia                                                    | 92 | Vila DEste/Gaia       | <b>2:46.27</b> | +0,77 | 552 | 26,00    |
|      | 50m: 38.70 38.70 100m: 1:21.35 42.65 150m: 2:04.68 43.33 200m: 2:46.27 41.59 |    |                       |                |       |     |          |
| 3.   | SANTOS, Miriam Rodrigues                                                     | 91 | Masters de Almada     | <b>2:57.00</b> | +0,87 | 458 | 22,00    |
|      | 50m: 42.89 42.89 100m: 1:26.99 44.10 150m: 2:12.00 45.01 200m: 2:57.00 45.00 |    |                       |                |       |     |          |
| 4.   | FERREIRA, Ana Rita                                                           | 92 | Colegio Monte Maior   | <b>2:58.33</b> | +0,81 | 447 | 20,00    |
|      | 50m: 41.22 41.22 100m: 1:25.87 44.65 150m: 2:12.25 46.38 200m: 2:58.33 46.08 |    |                       |                |       |     |          |
| 5.   | RIBEIRO, Patricia Marisa                                                     | 91 | Vila DEste/Gaia       | <b>3:00.20</b> | +0,64 | 434 | 19,00    |
|      | 50m: 42.08 42.08 100m: 1:27.22 45.14 150m: 2:14.15 46.93 200m: 3:00.20 46.05 |    |                       |                |       |     |          |
| 6.   | PIRES, Marisa Ysabel                                                         | 93 | Estarreja             | <b>3:02.95</b> | +0,79 | 414 | 18,00    |
|      | 50m: 42.33 42.33 100m: 1:28.01 45.68 150m: 2:15.52 47.51 200m: 3:02.95 47.43 |    |                       |                |       |     |          |
| 7.   | MATOS, Carolina Ferreira                                                     | 91 | Gafanha da Encarnacao | <b>3:05.78</b> | +0,85 | 396 | 17,00    |
|      | 50m: 46.53 46.53 100m: 1:34.03 47.50 150m: 2:21.09 47.06 200m: 3:05.78 44.69 |    |                       |                |       |     |          |
| 8.   | MACHADO, Catarina Sofia                                                      | 91 | Geslours              | <b>3:07.07</b> | +0,82 | 388 | 16,00    |
|      | 50m: 42.32 42.32 100m: 1:29.66 47.34 150m: 2:18.85 49.19 200m: 3:07.07 48.22 |    |                       |                |       |     |          |
| 9.   | SILVA, Mariana Lage                                                          | 92 | Masters de Almada     | <b>3:31.20</b> | +0,78 | 269 | 14,00    |
|      | 50m: 50.21 50.21 100m: 1:42.64 52.43 150m: 2:38.19 55.55 200m: 3:31.20 53.01 |    |                       |                |       |     |          |

Event 17  
18-01-2020 - 12:50

Women, 200m Backstroke

Master Esc B  
Results

Rec Nac Esc B 2:25.88 GRILO, Ana Paula UDCA Inatel 23-03-2003

Points: DSV Masters 19

| Rank | Nome                                                                                   | YB | Clube               | Tempo Final    | RT    | DSV | Pts Taça |
|------|----------------------------------------------------------------------------------------|----|---------------------|----------------|-------|-----|----------|
| 1.   | SILVA, Carolina Santos                                                                 | 86 | Ginasio Santo Tirso | <b>2:29.15</b> | +1,00 | 855 | 30,00    |
|      | 50m: 35.10 35.10 100m: 1:13.12 38.02 150m: 1:51.34 38.22 200m: 2:29.15 37.81           |    |                     |                |       |     |          |
| 2.   | FREITAS, Ana Rita                                                                      | 86 | Alcobaca            | <b>4:13.03</b> | +0,93 | 175 | 26,00    |
|      | 50m: 1:02.20 1:02.20 100m: 2:06.01 1:03.81 150m: 3:12.70 1:06.69 200m: 4:13.03 1:00.33 |    |                     |                |       |     |          |
| 3.   | REIS, Filipa Isabel                                                                    | 87 | Leixoes             | <b>4:17.59</b> | +0,86 | 166 | 22,00    |
|      | 50m: 55.20 55.20 100m: 2:00.18 1:04.98 150m: 3:10.02 1:09.84 200m: 4:17.59 1:07.57     |    |                     |                |       |     |          |
| DNS  | MARTINS, Susana Ferreira                                                               | 89 | Amigos da Natacao   |                |       |     | -        |

Event 17, Women, 200m Backstroke

Event 17 Women, 200m Backstroke Master Esc C  
18-01-2020 - 12:50 Results

Rec Nac Esc C 2:33.17 GRILO, Ana Paula UDCA Inatel 05-02-2006

Points: DSV Masters 19

| Rank | Nome                    | YB                  | Clube                   | Tempo Final         | RT    | DSV | Pts Taça |
|------|-------------------------|---------------------|-------------------------|---------------------|-------|-----|----------|
| 1.   | LUCAS, Mariana Sa       | 84                  | Litoral Alentejano      | <b>2:42.53</b>      | +0,59 | 678 | 30,00    |
|      | 50m: 36.60 36.60        | 100m: 1:17.08 40.48 | 150m: 1:59.85 42.77     | 200m: 2:42.53 42.68 |       |     |          |
| 2.   | VALENTE, Catia Marisa   | 84                  | Luz e Vida              | <b>2:46.35</b>      | +0,77 | 632 | 26,00    |
|      | 50m: 38.03 38.03        | 100m: 1:19.84 41.81 | 150m: 2:03.16 43.32     | 200m: 2:46.35 43.19 |       |     |          |
| 3.   | MIRANDA, Raquel Filipa  | 85                  | Foca Quinta da Lixa CNF | <b>2:50.36</b>      | +0,94 | 589 | 22,00    |
|      | 50m: 43.01 43.01        | 100m: 1:26.03 43.02 | 150m: 2:08.93 42.90     | 200m: 2:50.36 41.43 |       |     |          |
| 4.   | GASPAR, Joana Margarida | 83                  | Nadadores dos Estoris   | <b>2:53.82</b>      | +0,74 | 554 | 20,00    |
|      | 50m: 40.36 40.36        | 100m: 1:24.00 43.64 | 150m: 2:09.34 45.34     | 200m: 2:53.82 44.48 |       |     |          |
| 5.   | PATO, Ana Henriques     | 83                  | Masters de Almada       | <b>3:13.66</b>      | +0,88 | 401 | 19,00    |
|      | 50m: 44.52 44.52        | 100m: 1:33.69 49.17 | 150m: 2:24.71 51.02     | 200m: 3:13.66 48.95 |       |     |          |

Event 17 Women, 200m Backstroke Master Esc D  
18-01-2020 - 12:50 Results

Rec Nac Esc D 2:39.07 GRILO, Ana Paula INDALEN Penafiel 20-11-2010

Points: DSV Masters 19

| Rank | Nome                        | YB                    | Clube                 | Tempo Final           | RT    | DSV | Pts Taça |
|------|-----------------------------|-----------------------|-----------------------|-----------------------|-------|-----|----------|
| 1.   | BAPTISTA, Liliana Elisabete | 78                    | Leixoes               | <b>2:50.56</b>        | +0,84 | 672 | 30,00    |
|      | 50m: 39.77 39.77            | 100m: 1:22.67 42.90   | 150m: 2:06.87 44.20   | 200m: 2:50.56 43.69   |       |     |          |
| 2.   | MARTINS, Ana Maria          | 79                    | Sporting de Aveiro    | <b>3:51.18</b>        | +1,06 | 269 | 26,00    |
|      | 50m: 57.37 57.37            | 100m: 1:57.35 59.98   | 150m: 2:55.95 58.60   | 200m: 3:51.18 55.23   |       |     |          |
| 3.   | LEITE, Joana Isabel         | 80                    | Fluvial Portuense     | <b>4:08.54</b>        | +1,17 | 217 | 22,00    |
|      | 50m: 1:01.88 1:01.88        | 100m: 2:05.03 1:03.15 | 150m: 3:08.18 1:03.15 | 200m: 4:08.54 1:00.36 |       |     |          |
| DNS  | GONCALVES, Isilda Maria     | 76                    | Nadadores dos Estoris |                       |       |     | -        |

Event 17 Women, 200m Backstroke Master Esc E  
18-01-2020 - 12:50 Results

Rec Nac Esc E 2:43.12 CARMO, Maria Helena CNCVG Lisboa 27-02-2011

Points: DSV Masters 19

| Rank | Nome                                                  | YB                  | Clube               | Tempo Final         | RT    | DSV | Pts Taça |
|------|-------------------------------------------------------|---------------------|---------------------|---------------------|-------|-----|----------|
| 1.   | COUTINHO, Gisela Barbosa<br><i>Rec Nacional Esc E</i> | 75                  | Porto               | <b>2:43.05</b>      | +0,74 | 838 | 30,00    |
|      | 50m: 37.99 37.99                                      | 100m: 1:18.16 40.17 | 150m: 2:00.56 42.40 | 200m: 2:43.05 42.49 |       |     |          |
| 2.   | NOGUERAS, Maria Andia                                 | 75                  | Academico Viseu     | <b>3:09.45</b>      | +0,63 | 534 | 26,00    |
|      | 50m: 44.68 44.68                                      | 100m: 1:32.33 47.65 | 150m: 2:21.65 49.32 | 200m: 3:09.45 47.80 |       |     |          |
| 3.   | ALMEIDA, Graca Maria                                  | 73                  | Leixoes             | <b>3:11.32</b>      | +0,86 | 519 | 22,00    |
|      | 50m: 43.72 43.72                                      | 100m: 1:31.76 48.04 | 150m: 2:22.27 50.51 | 200m: 3:11.32 49.05 |       |     |          |
| 4.   | BLANCO, Catarina Araujo                               | 71                  | Fluvial Portuense   | <b>3:46.08</b>      | +1,21 | 314 | 20,00    |
|      | 50m: 54.58 54.58                                      | 100m: 1:54.42 59.84 | 150m: 2:53.87 59.45 | 200m: 3:46.08 52.21 |       |     |          |

Event 17, Women, 200m Backstroke, Master Esc E

| Rank | Nome                  | YB                    | Clube                 | Tempo Final    | RT            | DSV   | Pts Taça |
|------|-----------------------|-----------------------|-----------------------|----------------|---------------|-------|----------|
| 5.   | BARROS, Ana Xavier    | 74                    | Geslours              | <b>3:50.42</b> | +0,79         | 297   | 19,00    |
|      | 50m: 54.85 54.85      | 100m: 1:55.19 1:00.34 | 150m: 2:55.18         | 59.99          | 200m: 3:50.42 | 55.24 |          |
| 6.   | AVELANS, Carla Susana | 75                    | Fluvial Portuense     | <b>3:51.44</b> | +1,01         | 293   | 18,00    |
|      | 50m: 53.67 53.67      | 100m: 1:51.83 58.16   | 150m: 2:51.68         | 59.85          | 200m: 3:51.44 | 59.76 |          |
| 7.   | PINTO, Isabel Maria   | 72                    | Fluvial Portuense     | <b>4:07.43</b> | +1,22         | 239   | 17,00    |
|      | 50m: 1:00.03 1:00.03  | 100m: 2:03.48 1:03.45 | 150m: 3:07.59 1:04.11 | 200m: 4:07.43  | 59.84         |       |          |

Event 17 Women, 200m Backstroke Master Esc F  
18-01-2020 - 12:50 Results

|               |         |                       |     |          |            |
|---------------|---------|-----------------------|-----|----------|------------|
| Rec Nac Esc F | 2:50.54 | REZENDE, Monica Anjos | FCP | Mealhada | 20-01-2019 |
|---------------|---------|-----------------------|-----|----------|------------|

Points: DSV Masters 19

| Rank | Nome                                                   | YB                    | Clube                 | Tempo Final    | RT            | DSV   | Pts Taça |
|------|--------------------------------------------------------|-----------------------|-----------------------|----------------|---------------|-------|----------|
| 1.   | FERREIRA, Isabel Baptista<br><i>Rec Nacional Esc F</i> | 67                    | Colegio Monte Maior   | <b>2:50.10</b> | +0,84         | 792   | 30,00    |
|      | 50m: 41.01 41.01                                       | 100m: 1:24.58 43.57   | 150m: 2:08.25         | 43.67          | 200m: 2:50.10 | 41.85 |          |
| 2.   | HUYNH, Anne                                            | 70                    | Nageurs De Paris      | <b>2:52.52</b> | +1,12         | 760   | -        |
|      | 50m: 40.90 40.90                                       | 100m: 1:24.65 43.75   | 150m: 2:09.07         | 44.42          | 200m: 2:52.52 | 43.45 |          |
| 3.   | PALHARES, Paula Alexandra                              | 66                    | Fluvial Portuense     | <b>3:15.26</b> | +0,79         | 524   | 26,00    |
|      | 50m: 46.85 46.85                                       | 100m: 1:35.94 49.09   | 150m: 2:26.11         | 50.17          | 200m: 3:15.26 | 49.15 |          |
| 4.   | CARDOSO, Helena Maria                                  | 66                    | Fluvial Portuense     | <b>4:23.13</b> | +0,87         | 214   | 22,00    |
|      | 50m: 1:00.68 1:00.68                                   | 100m: 2:07.13 1:06.45 | 150m: 3:15.32 1:08.19 | 200m: 4:23.13  | 1:07.81       |       |          |

Event 17 Women, 200m Backstroke Master Esc G  
18-01-2020 - 12:50 Results

|               |         |                          |         |                     |            |
|---------------|---------|--------------------------|---------|---------------------|------------|
| Rec Nac Esc G | 2:53.12 | KRAEVA, Elena Nikolaevna | ADRCIMM | Vila Franca de Xira | 21-01-2018 |
|---------------|---------|--------------------------|---------|---------------------|------------|

Points: DSV Masters 19

| Rank | Nome                     | YB                    | Clube                        | Tempo Final    | RT            | DSV   | Pts Taça |
|------|--------------------------|-----------------------|------------------------------|----------------|---------------|-------|----------|
| 1.   | GUIMARAES, Rita Cabral   | 64                    | Fluvial Portuense            | <b>3:27.87</b> | +0,82         | 495   | 30,00    |
|      | 50m: 48.23 48.23         | 100m: 1:41.04 52.81   | 150m: 2:35.26                | 54.22          | 200m: 3:27.87 | 52.61 |          |
| 2.   | MOURA, Cristina Isabel   | 63                    | Leixoes                      | <b>3:55.23</b> | +1,21         | 341   | 26,00    |
|      | 50m: 53.24 53.24         | 100m: 1:53.31 1:00.07 | 150m: 2:55.93 1:02.62        | 200m: 3:55.23  | 59.30         |       |          |
| 3.   | VILARINHO, Graca Maria   | 65                    | Gafanha da Encarnacao        | <b>4:27.82</b> | +0,76         | 231   | 22,00    |
|      | 50m: 1:00.33 1:00.33     | 100m: 2:07.63 1:07.30 | 150m: 3:18.41 1:10.78        | 200m: 4:27.82  | 1:09.41       |       |          |
| 4.   | FERREIRA, Ines Azevedo   | 64                    | FC Ferreiras/AlgarExperience | <b>4:34.79</b> | +0,90         | 214   | 20,00    |
|      | 50m: 1:01.87 1:01.87     | 100m: 2:11.97 1:10.10 | 150m: 3:24.92 1:12.95        | 200m: 4:34.79  | 1:09.87       |       |          |
| 5.   | RIBEIRO, Margarida Maria | 64                    | Fluvial Portuense            | <b>5:06.45</b> | +1,16         | 154   | 19,00    |
|      | 50m: 1:13.90 1:13.90     | 100m: 2:32.74 1:18.84 | 150m: 3:52.54 1:19.80        | 200m: 5:06.45  | 1:13.91       |       |          |

Event 17, Women, 200m Backstroke

Event 17 Women, 200m Backstroke Master Esc H  
18-01-2020 - 12:50 Results

Rec Nac Esc H 3:32.50 FERREIRA, Ana Maria SAD Abóboda 16-01-2011

Points: DSV Masters 19

| Rank | Nome                    | YB                    | Clube                 | Tempo Final           | RT    | DSV | Pts Taça |
|------|-------------------------|-----------------------|-----------------------|-----------------------|-------|-----|----------|
| 1.   | CUNHA, Maria Almeida    | 60                    | Leixoes               | <b>3:42.73</b>        | +0,82 | 497 | 30,00    |
|      | 50m: 53.11 53.11        | 100m: 1:49.61 56.50   | 150m: 2:47.94 58.33   | 200m: 3:42.73 54.79   |       |     |          |
| 2.   | WERNICKE, Maria Giraldo | 60                    | Fluvial Portuense     | <b>4:46.70</b>        | +1,21 | 233 | 26,00    |
|      | 50m: 1:08.00 1:08.00    | 100m: 2:20.84 1:12.84 | 150m: 3:34.20 1:13.36 | 200m: 4:46.70 1:12.50 |       |     |          |

Event 17 Women, 200m Backstroke Master Esc I  
18-01-2020 - 12:50 Results

Rec Nac Esc I 3:46.86 FERREIRA, Ana Maria SAD Benedita 03-04-2016

Points: DSV Masters 19

| Rank | Nome                 | YB                    | Clube                 | Tempo Final           | RT    | DSV | Pts Taça |
|------|----------------------|-----------------------|-----------------------|-----------------------|-------|-----|----------|
| 1.   | CRUZ, Maria Josefina | 55                    | Ginasio Clube         | <b>6:20.84</b>        | +0,95 | 121 | 30,00    |
|      | 50m: 1:30.01 1:30.01 | 100m: 3:07.57 1:37.56 | 150m: 4:44.05 1:36.48 | 200m: 6:20.84 1:36.79 |       |     |          |

Event 17 Women, 200m Backstroke Master Esc L  
18-01-2020 - 12:50 Results

Rec Nac Esc L 5:05.73 SA, Nair Gomes ANE Mealhada 20-01-2019

Points: DSV Masters 19

| Rank | Nome                 | YB                    | Clube                 | Tempo Final           | RT    | DSV | Pts Taça |
|------|----------------------|-----------------------|-----------------------|-----------------------|-------|-----|----------|
| 1.   | SA, Nair Gomes       | 39                    | Nadadores dos Estoris | <b>5:03.54</b>        | +1,35 | 553 | 30,00    |
|      | 50m: 1:11.45 1:11.45 | 100m: 2:30.68 1:19.23 | 150m: 3:49.30 1:18.62 | 200m: 5:03.54 1:14.24 |       |     |          |

Rec Nacional Esc L