

Prova 21
 18-01-2020 - 14:45
 Femin., 200m Bruços
 Master Esc A
 Resultados

Rec Nac Esc A 2:41.11 MAIA, Joana Marques GCST Mealhada 19-01-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	MAIA, Joana Marques	91	Ginasio Santo Tirso	2:41.60	+0,82	859	30,00
	50m: 36.47 36.47	100m: 1:17.36	40.89 150m: 1:59.08	41.72	200m: 2:41.60	42.52	
2.	CASTRO, Ana Lucia	92	Estarreja	2:56.84	+0,88	656	26,00
	50m: 39.76 39.76	100m: 1:23.78	44.02 150m: 2:09.61	45.83	200m: 2:56.84	47.23	
3.	SILVA, Patricia Fonseca	93	Feirense	2:59.48	+0,87	627	22,00
	50m: 40.96 40.96	100m: 1:26.69	45.73 150m: 2:12.41	45.72	200m: 2:59.48	47.07	
4.	RIBEIRO, Carolina Janardo	93	Olivais e Moscavide	3:03.78	+0,75	584	20,00
	50m: 39.97 39.97	100m: 1:25.83	45.86 150m: 2:14.67	48.84	200m: 3:03.78	49.11	
5.	RIBEIRO, Ines Maria	94	CLAC-Entroncamento	3:10.16	+0,75	527	19,00
	50m: 41.27 41.27	100m: 1:28.72	47.45 150m: 2:19.00	50.28	200m: 3:10.16	51.16	
6.	BRUNO, Marta Garanhoto	93	Colegio Monte Maior	3:15.17	+0,74	488	18,00
	50m: 44.68 44.68	100m: 1:34.95	50.27 150m: 2:24.92	49.97	200m: 3:15.17	50.25	
7.	RIBEIRO, Patricia Marisa	91	Vila D'Este/Gaia	3:28.50	+1,04	400	17,00
	50m: 49.05 49.05	100m: 1:41.33	52.28 150m: 2:34.76	53.43	200m: 3:28.50	53.74	
8.	MAGUETA, Adriana Fernandes	94	Gafanha da Encarnacao	3:32.97	+0,84	375	16,00
	50m: 48.78 48.78	100m: 1:42.95	54.17 150m: 2:39.12	56.17	200m: 3:32.97	53.85	
9.	ESPINHEIRA, Diana Maria	92	Colegio SMLamas	3:43.04	+0,89	327	14,00
	50m: 48.38 48.38	100m: 1:42.82	54.44 150m: 2:42.34	59.52	200m: 3:43.04	1:00.70	
DNS	RIBEIRO, Helena Fernandes	93	Masters de Almada				-

Prova 21
 18-01-2020 - 14:45
 Femin., 200m Bruços
 Master Esc B
 Resultados

Rec Nac Esc B 2:51.39 MARTINS, Maria Sofia CFP Porto 08-11-2014

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SILVA, Carolina Santos <i>Rec Nacional Esc B</i>	86	Ginasio Santo Tirso	2:50.80	+0,66	715	30,00
	50m: 39.16 39.16	100m: 1:22.60	43.44 150m: 2:06.37	43.77	200m: 2:50.80	44.43	
2.	BARBARA, Joana Pereira	87	Masters de Almada	2:58.10	+0,80	631	26,00
	50m: 38.82 38.82	100m: 1:23.18	44.36 150m: 2:09.53	46.35	200m: 2:58.10	48.57	
3.	MARQUES, Patricia Alexandra	87	Leixoes	3:14.14	+0,85	487	22,00
	50m: 44.07 44.07	100m: 1:33.34	49.27 150m: 2:23.50	50.16	200m: 3:14.14	50.64	
4.	RODRIGUES, Sara Daniela	87	Galitos / Bresimar	3:16.15	+0,97	472	20,00
	50m: 45.39 45.39	100m: 1:35.08	49.69 150m: 2:26.16	51.08	200m: 3:16.15	49.99	
5.	PINTO, Juliana Sequeira	86	Amigos da Natacao	3:16.99	+0,91	466	19,00
	50m: 46.14 46.14	100m: 1:36.71	50.57 150m: 2:27.93	51.22	200m: 3:16.99	49.06	
6.	CABRAL, Natacha Lopes	86	Individual ANL	3:27.41	+0,78	399	18,00
	50m: 46.00 46.00	100m: 1:38.14	52.14 150m: 2:32.87	54.73	200m: 3:27.41	54.54	
7.	MARTINS, Susana Ferreira	89	Amigos da Natacao	3:27.77	+0,83	397	17,00
	50m: 48.07 48.07	100m: 1:41.59	53.52 150m: 2:34.91	53.32	200m: 3:27.77	52.86	

Prova 21, Femin., 200m Bruços, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
8.	MOLEN, Laurelin Lucinda	87	CCDSerta	3:30.55	+0,99	382	16,00
	50m: 48.36 48.36	100m: 1:41.66	53.30	150m: 2:36.96	55.30	200m: 3:30.55	53.59
9.	LORY, Susana Pereira	87	Masters de Almada	4:07.30	+0,95	235	14,00
	50m: 54.90 54.90	100m: 1:57.70	1:02.80	150m: 3:02.67	1:04.97	200m: 4:07.30	1:04.63

Prova 21 Femin., 200m Bruços Master Esc C Resultados

Rec Nac Esc C	2:57.65	GRILO, Ana Paula	UDCA	Ponte da Barca	11-06-2005
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	FONSECA, Maria Ana	82	Fluvial Portuense	3:24.06	+0,92	439	30,00
	50m: 46.47 46.47	100m: 1:37.09	50.62	150m: 2:29.83	52.74	200m: 3:24.06	54.23
2.	PEREIRA, Sofia Isabel	81	Porto	3:32.60	+0,88	388	26,00
	50m: 45.56 45.56	100m: 1:37.36	51.80	150m: 2:34.43	57.07	200m: 3:32.60	58.17
3.	SOUSA, Sandra Marisa	85	Leixoes	3:49.43	+0,80	309	22,00
	50m: 51.82 51.82	100m: 1:51.73	59.91	150m: 2:52.23	1:00.50	200m: 3:49.43	57.20
4.	SOUSA, Filipa Alves	82	Gesloures	4:03.09	+0,97	259	20,00
	50m: 56.37 56.37	100m: 1:59.19	1:02.82	150m: 3:03.31	1:04.12	200m: 4:03.09	59.78
5.	UHLFELDER, Ana Sofia	83	Fluvial Portuense	4:19.35	+1,23	214	19,00
	50m: 59.63 59.63	100m: 2:05.60	1:05.97	150m: 3:14.38	1:08.78	200m: 4:19.35	1:04.97

Prova 21 Femin., 200m Bruços Master Esc D Resultados

Rec Nac Esc D	3:01.00	ALVES, Catarina Andrade	CDN	Vila Franca de Xira	20-01-2018
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	ALVES, Catarina Andrade	78	Desportivo Nacional	3:07.62	+0,69	694	30,00
	50m: 41.33 41.33	100m: 1:28.50	47.17	150m: 2:17.47	48.97	200m: 3:07.62	50.15
2.	SILVA, Ana Sofia	78	Fluvial Portuense	3:15.60	+0,90	612	26,00
	50m: 45.40 45.40	100m: 1:34.88	49.48	150m: 2:25.33	50.45	200m: 3:15.60	50.27
3.	VILAR, Sonia Oliveira	79	Natacao de Valongo	3:20.80	+0,89	566	22,00
	50m: 45.55 45.55	100m: 1:36.63	51.08	150m: 2:27.97	51.34	200m: 3:20.80	52.83
4.	SANTOS, Patricia Alexandra	78	Gesloures	3:33.36	+0,88	472	20,00
	50m: 47.15 47.15	100m: 1:41.86	54.71	150m: 2:37.21	55.35	200m: 3:33.36	56.15
5.	LEITE, Joana Isabel	80	Fluvial Portuense	3:48.28	+1,09	385	19,00
	50m: 53.26 53.26	100m: 1:51.06	57.80	150m: 2:49.70	58.64	200m: 3:48.28	58.58
6.	SILVA, Ana Rosa	80	Foca Quinta da Lixa CNF	4:03.50	+0,99	317	18,00
	50m: 55.76 55.76	100m: 1:58.00	1:02.24	150m: 3:01.95	1:03.95	200m: 4:03.50	1:01.55
DSQ	RIENDERHOFF, Yolanda	79	Sporting de Espinho				-
	<i>mais que uma braçada após a partida</i>						
DNS	CORREIA, Rita Barata	79	Masters de Almada				-
DNF	CARVALHO, Elza Maria	76	Vila D'Este/Gaia				-

Prova 21, Femin., 200m Bruços

Prova 21 Femin., 200m Bruços Master Esc E
 18-01-2020 - 14:45 Resultados

Rec Nac Esc E 3:15.32 PEREIRA, Patricia Diogenes SAD Badajoz (ESP) 23-04-2016

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	NOBREGA, Claudia Patricia <i>Rec Nacional Esc E</i>	75	Naval do Funchal	3:10.21	+0,73	704	30,00
	50m: 43.77 43.77	100m: 1:32.22	48.45	150m: 2:21.10	48.88	200m: 3:10.21	49.11
2.	FARIA, Joana Maria	74	Leixoes	3:17.03	+0,87	633	26,00
	50m: 44.18 44.18	100m: 1:34.05	49.87	150m: 2:25.47	51.42	200m: 3:17.03	51.56
3.	CUNHA, Maria Ines	72	Galitos / Bresimar	3:18.62	+0,85	618	22,00
	50m: 42.50 42.50	100m: 1:31.97	49.47	150m: 2:24.27	52.30	200m: 3:18.62	54.35
4.	BARBARA, Sandra Santa	75	Ginasio Santo Tirso	3:30.02	+0,81	523	20,00
	50m: 46.81 46.81	100m: 1:39.99	53.18	150m: 2:34.82	54.83	200m: 3:30.02	55.20
5.	COSTA, Marta Sofia	71	Porto	3:30.92	+1,02	516	19,00
	50m: 47.38 47.38	100m: 1:40.74	53.36	150m: 2:36.62	55.88	200m: 3:30.92	54.30
6.	AVELANS, Carla Susana	75	Fluvial Portuense	3:42.71	+1,05	438	18,00
	50m: 46.74 46.74	100m: 1:41.78	55.04	150m: 2:42.59	1:00.81	200m: 3:42.71	1:00.12
7.	CUNHA, Maria Catarina	75	Sporting de Aveiro	3:47.07	+0,96	414	17,00
	50m: 53.39 53.39	100m: 1:51.18	57.79	150m: 2:49.86	58.68	200m: 3:47.07	57.21
8.	BLANCO, Catarina Araujo	71	Fluvial Portuense	3:53.24	+1,10	382	16,00
	50m: 54.73 54.73	100m: 1:56.44	1:01.71	150m: 2:56.02	59.58	200m: 3:53.24	57.22
9.	MARTINS, Cristina Maria	71	Gafanha da Encarnacao	4:03.24	+0,94	336	14,00
	50m: 53.46 53.46	100m: 1:56.17	1:02.71	150m: 2:59.10	1:02.93	200m: 4:03.24	1:04.14
10.	SANTINHA, Fernanda Maria	72	Masters de Almada	4:05.07	+1,28	329	12,00
	50m: 57.99 57.99	100m: 1:59.48	1:01.49	150m: 3:02.74	1:03.26	200m: 4:05.07	1:02.33
11.	SEQUEIRA, Carla Sofia	75	Colegio Monte Maior	4:10.73	+0,93	307	11,00
	50m: 59.28 59.28	100m: 2:02.80	1:03.52	150m: 3:06.86	1:04.06	200m: 4:10.73	1:03.87
12.	PEREIRA, Maria Isabel	71	Geslours	4:16.24	+1,02	288	10,00
	50m: 1:00.73 1:00.73	100m: 2:05.68	1:04.95	150m: 3:10.86	1:05.18	200m: 4:16.24	1:05.38
13.	COUTO, Ana Maria	75	Estarreja	4:22.90	+0,98	266	9,00
	50m: 57.22 57.22	100m: 2:04.76	1:07.54	150m: 3:14.09	1:09.33	200m: 4:22.90	1:08.81
DNS	MARQUES, Helena Sofia	73	Millennium BCP				-

Prova 21, Femin., 200m Bruços

Prova 21 Femin., 200m Bruços Master Esc F
 18-01-2020 - 14:45 Resultados

Rec Nac Esc F 3:10.13 CARMO, Maria Helena SAD Sines 28-01-2017

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	COUTTS, Sarah 50m: 43.07 43.07 100m: 1:33.75 50.68 150m: 2:25.60	67	Nadadores dos Estoris	3:15.61	+0,90	747	30,00
2.	SEQUEIRA, Maria Manuela 50m: 45.38 45.38 100m: 1:36.25 50.87 150m: 2:29.27	68	Gafanha da Encarnacao	3:20.38	+0,86	694	26,00
3.	ZIEGLER, Sabine 50m: 45.05 45.05 100m: 1:37.34 52.29 150m: 2:31.12	66	Academica de Coimbra	3:21.69	+0,84	681	22,00
4.	WISEU, Maria Adriana 50m: 49.86 49.86 100m: 1:45.08 55.22 150m: 2:41.00	66	Leixoes	3:35.91	+0,96	555	20,00
5.	FORTE, Laura Morala 50m: 50.52 50.52 100m: 1:47.08 56.56 150m: 2:44.63	68	Alges	3:42.62	+0,98	506	19,00
6.	TABORDA, Maria Joao 50m: 50.46 50.46 100m: 1:46.62 56.16 150m: 2:44.21	67	Porto	3:42.81	+0,96	505	18,00
7.	LOURENCO, Teresa Margarida 50m: 52.47 52.47 100m: 1:49.82 57.35 150m: 2:48.34	69	Natacao de Valongo	3:48.44	+0,91	469	17,00
8.	SEQUEIRA, Ana Paula 50m: 52.55 52.55 100m: 1:51.03 58.48 150m: 2:51.21	68	Gafanha da Encarnacao	3:50.31	+1,01	457	16,00
9.	MOREIRA, Maria Isabel 50m: 57.74 57.74 100m: 2:00.41 1:02.67 150m: 3:05.02	68	Salesianos	4:09.25	+1,35	361	14,00
10.	LIMA, Isabel Maria 50m: 59.62 59.62 100m: 2:05.20 1:05.58 150m: 3:13.05	69	Fluvial Portuense	4:18.04	+1,20	325	12,00
DNS	CARDOSO, Helena Maria	66	Fluvial Portuense				-
DNS	ROSA, Elisabete Maria	69	Pimpoes/Cimai				-

Prova 21 Femin., 200m Bruços Master Esc G
 18-01-2020 - 14:45 Resultados

Rec Nac Esc G 3:25.50 ANDRADE, Maria Teresa FCP Mealhada 19-01-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	WEISS, Kathrin 50m: 44.99 44.99 100m: 1:35.34 50.35 150m: 2:27.28	64	SC Chemnitz von 1892	3:19.22	+0,91	804	-
2.	ANDRADE, Maria Teresa Rec Nacional Esc G 50m: 44.78 44.78 100m: 1:35.45 50.67 150m: 2:28.79	63	Porto	3:23.36	+0,72	756	30,00
3.	URBANO, Maria Margarida 50m: 51.85 51.85 100m: 1:47.44 55.59 150m: 2:43.03	63	Academica de Coimbra	3:38.56	+1,04	609	26,00
4.	FERNANDES, Maria Santos 50m: 53.16 53.16 100m: 1:51.52 58.36 150m: 2:52.02	62	Leixoes	3:48.78	+1,05	530	22,00
5.	PEIXE, Carla Filomena 50m: 50.82 50.82 100m: 1:48.82 58.00 150m: 2:50.00	63	Masters de Almada	3:51.27	+1,01	514	20,00

Prova 21, Femin., 200m Bruços, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
6.	PALHARES, Ana Rosa	65	Fluvial Portuense	4:02.29	+0,94	447	19,00
	50m: 55.22 55.22	100m: 1:57.33	1:02.11	150m: 3:01.82	1:04.49	200m: 4:02.29	1:00.47
7.	COSTA, Rosa Leitao	65	Foca Quinta da Lixa CNF	4:09.95	+1,13	407	18,00
	50m: 56.13 56.13	100m: 1:58.80	1:02.67	150m: 3:04.11	1:05.31	200m: 4:09.95	1:05.84
8.	ALMEIDA, Paula Margarida	63	Ginasio Figueirense	4:30.01	+1,05	323	17,00
	50m: 1:05.58 1:05.58	100m: 2:15.18	1:09.60	150m: 3:24.06	1:08.88	200m: 4:30.01	1:05.95
9.	DUARTE, Paula Cristina	65	Feirense	4:31.13	+1,03	319	16,00
	50m: 1:01.64 1:01.64	100m: 2:09.31	1:07.67	150m: 3:20.91	1:11.60	200m: 4:31.13	1:10.22
10.	TAVARES, Maria Joao	63	Amigos da Natacao	4:47.30	+1,48	268	14,00
	50m: 1:04.76 1:04.76	100m: 2:17.63	1:12.87	150m: 3:33.69	1:16.06	200m: 4:47.30	1:13.61
11.	MACHADO, Gracinda Maria	61	Ginasio Santo Tirso	4:53.25	+1,08	252	12,00
	50m: 1:07.69 1:07.69	100m: 2:21.13	1:13.44	150m: 3:37.70	1:16.57	200m: 4:53.25	1:15.55
12.	CARDOSO, Maria Luz	62	Gafanha da Encarnacao	4:56.27	+1,28	244	11,00
	50m: 1:05.66 1:05.66	100m: 2:20.74	1:15.08	150m: 3:39.52	1:18.78	200m: 4:56.27	1:16.75

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Femin., 200m Bruços

Master Esc H
 Resultados

Rec Nac Esc H	3:50.74	PINTAO, Luisa Maria	ANE	Caldas da Rainha	12-04-2014
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	TORRES, Maria Isabel	60	Academica de Coimbra	4:02.74	+1,12	460	30,00
	50m: 52.13 52.13	100m: 1:54.67	1:02.54	150m: 3:00.96	1:06.29	200m: 4:02.74	1:01.78
2.	DUPONT, Ana Paula	58	Fluvial Portuense	4:30.03	+1,21	334	26,00
	50m: 1:01.26 1:01.26	100m: 2:10.00	1:08.74	150m: 3:22.60	1:12.60	200m: 4:30.03	1:07.43
3.	LIMA, Edite Maria	57	Amigos da Natacao	5:36.42	+1,12	172	22,00
	50m: 1:20.74 1:20.74	100m: 2:47.52	1:26.78	150m: 4:12.63	1:25.11	200m: 5:36.42	1:23.79

Prova 21
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Femin., 200m Bruços

Master Esc I
 Resultados

Rec Nac Esc I	3:53.18	PINTAO, Luisa Maria	ANE	Mealhada	19-01-2019
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	PINTAO, Luisa Maria <i>Rec Nacional Esc I</i>	54	Nadadores dos Estoris	3:52.92	+1,12	641	30,00
	50m: 51.57 51.57	100m: 1:51.99	1:00.42	150m: 2:53.43	1:01.44	200m: 3:52.92	59.49
2.	ROCHA, Maria Carmo	54	Leixoes	5:12.56	+1,20	265	26,00
	50m: 1:13.70 1:13.70	100m: 2:32.28	1:18.58	150m: 3:52.89	1:20.61	200m: 5:12.56	1:19.67

Prova 21, Femin., 200m Bruços

Prova 21 Femin., 200m Bruços Master Esc K
 18-01-2020 - 14:45 Resultados

Rec Nac Esc K 4:09.40 BASTO, Luisa Bessone SAD Mealhada 19-01-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	BASTO, Luisa Bessone <i>Rec Nacional Esc K</i>	44	Alges	4:07.05	+1,15	669	30,00
	50m: 55.64 55.64	100m: 1:58.29	1:02.65	150m: 3:03.50	1:05.21	200m: 4:07.05	1:03.55

Prova 21 Femin., 200m Bruços Master Esc L
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Rec Nac Esc L 6:07.51 SA, Nair Gomes ANE Mealhada 19-01-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	SA, Nair Gomes <i>Rec Nacional Esc L</i>	39	Nadadores dos Estoris	5:58.74		556	30,00
	50m: 1:22.20 1:22.20	100m: 2:56.46	1:34.26	150m: 4:32.04	1:35.58	200m: 5:58.74	1:26.70