

Event 21
18-01-2020 - 14:45
Women, 200m Breaststroke
Master Esc A
Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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				-

Event 21
18-01-2020 - 14:45
Women, 200m Breaststroke
Master Esc B
Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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						

Splash Meet Manager, 11.62141

Registered to Federacao Portuguesa de Natacao

20-01-2020 16:47 - Page 1

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR PRINCIPAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Event 21, Women, 200m Breaststroke, Master Esc B

Rank	Nome	YB	Clube	Tempo Final	RT	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	

Event 21 Women, 200m Breaststroke Master Esc C
18-01-2020 - 14:45 Results

Rec Nac Esc C	2:57.65	GRILLO, Ana Paula	UDCA	Ponte da Barca	11-06-2005
---------------	---------	-------------------	------	----------------	------------

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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	Geslours	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	

Event 21 Women, 200m Breaststroke Master Esc D
18-01-2020 - 14:45 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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	Geslours	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 DEste/Gaia				-

Event 21, Women, 200m Breaststroke

Event 21										Women, 200m Breaststroke				Master Esc E	
18-01-2020 - 14:45										Results					
Rec Nac Esc E		3:15.32		PEREIRA, Patricia Diogenes				SAD		Badajoz (ESP)		23-04-2016			
Points: DSV Masters 19															
Rank	Nome			YB	Clube			Tempo Final		RT	DSV	Pts Taça			
1.	NOBREGA, Claudia Patricia			75	Naval do Funchal			3:10.21		+0,73	704	30,00			
	Rec Nacional Esc E														
	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										

Event 21, Women, 200m Breaststroke

Event 21				Women, 200m Breaststroke								Master Esc F Results	
18-01-2020 - 14:45												28-01-2017	
Rec Nac Esc F				3:10.13		CARMO, Maria Helena		SAD		Sines			
Points: DSV Masters 19													
Rank	Nome				YB	Clube			Tempo Final		RT	DSV	Pts Taça
1.	COUTTS, Sarah				67	Nadadores dos Estoris			3:15.61		+0,90	747	30,00
	50m:	43.07	43.07	100m:	1:33.75	50.68	150m:	2:25.60	51.85	200m:	3:15.61	50.01	
2.	SEQUEIRA, Maria Manuela				68	Gafanha da Encarnacao			3:20.38		+0,86	694	26,00
	50m:	45.38	45.38	100m:	1:36.25	50.87	150m:	2:29.27	53.02	200m:	3:20.38	51.11	
3.	ZIEGLER, Sabine				66	Academica de Coimbra			3:21.69		+0,84	681	22,00
	50m:	45.05	45.05	100m:	1:37.34	52.29	150m:	2:31.12	53.78	200m:	3:21.69	50.57	
4.	VISEU, Maria Adriana				66	Leixoes			3:35.91		+0,96	555	20,00
	50m:	49.86	49.86	100m:	1:45.08	55.22	150m:	2:41.00	55.92	200m:	3:35.91	54.91	
5.	FORTE, Laura Morala				68	Alges			3:42.62		+0,98	506	19,00
	50m:	50.52	50.52	100m:	1:47.08	56.56	150m:	2:44.63	57.55	200m:	3:42.62	57.99	
6.	TABORDA, Maria Joao				67	Porto			3:42.81		+0,96	505	18,00
	50m:	50.46	50.46	100m:	1:46.62	56.16	150m:	2:44.21	57.59	200m:	3:42.81	58.60	
7.	LOURENCO, Teresa Margarida				69	Natacao de Valongo			3:48.44		+0,91	469	17,00
	50m:	52.47	52.47	100m:	1:49.82	57.35	150m:	2:48.34	58.52	200m:	3:48.44	1:00.10	
8.	SEQUEIRA, Ana Paula				68	Gafanha da Encarnacao			3:50.31		+1,01	457	16,00
	50m:	52.55	52.55	100m:	1:51.03	58.48	150m:	2:51.21	1:00.18	200m:	3:50.31	59.10	
9.	MOREIRA, Maria Isabel				68	Salesianos			4:09.25		+1,35	361	14,00
	50m:	57.74	57.74	100m:	2:00.41	1:02.67	150m:	3:05.02	1:04.61	200m:	4:09.25	1:04.23	
10.	LIMA, Isabel Maria				69	Fluvial Portuense			4:18.04		+1,20	325	12,00
	50m:	59.62	59.62	100m:	2:05.20	1:05.58	150m:	3:13.05	1:07.85	200m:	4:18.04	1:04.99	
DNS	CARDOSO, Helena Maria				66	Fluvial Portuense							-
DNS	ROSA, Elisabete Maria				69	Pimpoes/Cimai							

Event 21										Women, 200m Breaststroke				Master Esc G	
18-01-2020 - 14:45										Results					
Rec Nac Esc G		3:25.50		ANDRADE, Maria Teresa				FCP		Mealhada		19-01-2019			
Points: DSV Masters 19															
Rank	Nome				YB	Clube			Tempo Final		RT	DSV	Pts Taça		
1.	WEISS, Kathrin				64	SC Chemnitz von 1892			3:19.22		+0,91	804	-		
	50m:	44.99	44.99	100m:	1:35.34	50.35	150m:	2:27.28	51.94	200m:	3:19.22	51.94			
2.	ANDRADE, Maria Teresa				63	Porto			3:23.36		+0,72	756	30,00		
	Rec Nacional Esc G														
	50m:	44.78	44.78	100m:	1:35.45	50.67	150m:	2:28.79	53.34	200m:	3:23.36	54.57			
3.	URBANO, Maria Margarida				63	Academica de Coimbra			3:38.56		+1,04	609	26,00		
	50m:	51.85	51.85	100m:	1:47.44	55.59	150m:	2:43.03	55.59	200m:	3:38.56	55.53			
4.	FERNANDES, Maria Santos				62	Leixoes			3:48.78		+1,05	530	22,00		
	50m:	53.16	53.16	100m:	1:51.52	58.36	150m:	2:52.02	1:00.50	200m:	3:48.78	56.76			
5.	PEIXE, Carla Filomena				63	Masters de Almada			3:51.27		+1,01	514	20,00		
	50m:	50.82	50.82	100m:	1:48.82	58.00	150m:	2:50.00	1:01.18	200m:	3:51.27	1:01.27			

Splash Meet Manager, 11.62141

Registered to Federacao Portuguesa de Natacao

20-01-2020 16:47 - Page 4

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR PRINCIPAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Event 21, Women, 200m Breaststroke, Master Esc G

Rank	Nome	YB	Clube	Tempo Final	RT	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 Leitoa	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

Event 21 Women, 200m Breaststroke Master Esc H Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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

Event 21 Women, 200m Breaststroke Master Esc I Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	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

Event 21, Women, 200m Breaststroke

Event 21 Women, 200m Breaststroke Master Esc K
18-01-2020 - 14:45 Results

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

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	DSV	Pts Taça
1.	BASTO, Luisa Bessone	44	Alges	4:07.05	+1,15	669	30,00
	<i>Rec Nacional Esc K</i>						
	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

Event 21 Women, 200m Breaststroke Master Esc L
18-01-2020 - 14:45 Results

Rec Nac Esc L 6:07.51 SA, Nair Gomes ANE Mealhada 19-01-2019

Points: DSV Masters 19

Rank	Nome	YB	Clube	Tempo Final	RT	DSV	Pts Taça
1.	SA, Nair Gomes	39	Nadadores dos Estoris	5:58.74		556	30,00
	<i>Rec Nacional Esc L</i>						
	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