

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



Prova 1 Femin., 1500m Livres Master Esc A
22-02-2020 Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	SILVESTRE Sofia Prates	95	Individual ANL	19:48.87		825	30,00
	100m: 1:10.81 1:10.81	500m: 6:27.80 1:20.89	900m: 11:49.63 1:20.59	1300m: 17:11.73 1:19.52			
	200m: 2:27.58 1:16.77	600m: 7:48.13 1:20.33	1000m: 13:10.83 1:21.20	1400m: 18:30.58 1:18.85			
	300m: 3:46.70 1:19.12	700m: 9:08.27 1:20.14	1100m: 14:31.31 1:20.48	1500m: 19:48.87 1:18.29			
	400m: 5:06.91 1:20.21	800m: 10:29.04 1:20.77	1200m: 15:52.21 1:20.90				
2.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	20:27.48		750	26,00
	100m: 1:13.75 1:13.75	500m: 6:33.09 1:21.55	900m: 12:07.57 1:24.17	1300m: 17:43.17 1:22.96			
	200m: 2:31.67 1:17.92	600m: 7:55.96 1:22.87	1000m: 13:31.29 1:23.72	1400m: 19:05.92 1:22.75			
	300m: 3:51.22 1:19.55	700m: 9:19.52 1:23.56	1100m: 14:55.63 1:24.34	1500m: 20:27.48 1:21.56			
	400m: 5:11.54 1:20.32	800m: 10:43.40 1:23.88	1200m: 16:20.21 1:24.58				
3.	RIBAU Ana Rita	95	Gafanha da Encarnacao	20:50.31		710	22,00
	100m: 1:20.50 1:20.50	500m: 6:58.03 1:25.32	900m: 12:33.32 1:23.91	1300m: 18:07.70 1:23.10			
	200m: 2:43.51 1:23.01	600m: 8:22.27 1:24.24	1000m: 13:56.82 1:23.50	1400m: 19:30.21 1:22.51			
	300m: 4:07.77 1:24.26	700m: 9:46.50 1:24.23	1100m: 15:20.57 1:23.75	1500m: 20:50.31 1:20.10			
	400m: 5:32.71 1:24.94	800m: 11:09.41 1:22.91	1200m: 16:44.60 1:24.03				
4.	ROSAS Joana Filipa	95	Leixoes	21:32.68		642	20,00
	100m: 1:15.10 1:15.10	500m: 6:54.24 1:26.31	900m: 12:42.84 1:28.08	1300m: 18:42.15 1:30.40			
	200m: 2:37.91 1:22.81	600m: 8:20.59 1:26.35	1000m: 14:11.76 1:28.92	1400m: 20:09.68 1:27.53			
	300m: 4:02.49 1:24.58	700m: 9:47.45 1:26.86	1100m: 15:41.23 1:29.47	1500m: 21:32.68 1:23.00			
	400m: 5:27.93 1:25.44	800m: 11:14.76 1:27.31	1200m: 17:11.75 1:30.52				
5.	SILVA Raquel Alexandra	91	Leixoes	22:15.69		582	19,00
	100m: 1:22.94 1:22.94	500m: 7:20.75 1:28.12	900m: 13:26.70 1:33.29	1300m: 19:26.38 1:29.03			
	200m: 2:51.80 1:28.86	600m: 8:50.95 1:30.20	1000m: 14:59.63 1:32.93	1400m: 20:54.52 1:28.14			
	300m: 4:22.49 1:30.69	700m: 10:21.53 1:30.58	1100m: 16:26.82 1:27.19	1500m: 22:15.69 1:21.17			
	400m: 5:52.63 1:30.14	800m: 11:53.41 1:31.88	1200m: 17:57.35 1:30.53				
6.	SILVA Maria Joao	94	Ginasio Clube	22:24.94		570	18,00
	100m: 1:24.22 1:24.22	500m: 7:17.14 1:30.04	900m: 13:19.82 1:30.55	1300m: 19:23.19 1:31.08			
	200m: 2:50.05 1:25.83	600m: 8:47.94 1:30.80	1000m: 14:49.83 1:30.01	1400m: 20:54.55 1:31.36			
	300m: 4:17.62 1:27.57	700m: 10:18.68 1:30.74	1100m: 16:21.19 1:31.36	1500m: 22:24.94 1:30.39			
	400m: 5:47.10 1:29.48	800m: 11:49.27 1:30.59	1200m: 17:52.11 1:30.92				
7.	FERREIRA Ana Rita	92	Colegio Monte Maior	22:38.36		553	17,00
	100m: 1:25.80 1:25.80	500m: 8:50.01 1:30.04	900m: 13:22.57 1300m: 19:33.73				
	200m: 2:53.80 1:28.00	600m: 10:20.53 1:30.52	1000m: 14:55.62 1:33.05	1400m: 21:07.57 1:33.84			
	300m: 4:21.30 1:27.50	700m: 11:50.95 1:30.42	1100m: 18:00.24 3:04.62	1500m: 22:38.36 1:30.79			
	400m: 7:19.97 2:58.67	800m: 1200m:					
8.	MACHADO Sandra Marisa	93	Pimpoes/Cimai	23:14.49		511	16,00
	100m: 1:27.28 1:27.28	500m: 7:40.79 1:33.53	900m: 13:55.40 1:33.87	1300m: 20:13.29 1:35.74			
	200m: 3:00.39 1:33.11	600m: 9:13.99 1:33.20	1000m: 15:29.92 1:34.52	1400m: 21:44.05 1:30.76			
	300m: 4:33.52 1:33.13	700m: 10:48.36 1:34.37	1100m: 17:03.88 1:33.96	1500m: 23:14.49 1:30.44			
	400m: 6:07.26 1:33.74	800m: 12:21.53 1:33.17	1200m: 18:37.55 1:33.67				

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	PINHEIRO Andreia Sofia	93	Sporting	23:15.58		510	14,00
	100m: 1:26.02 1:26.02	500m: 7:41.89 1:34.95	900m: 13:59.21 1:32.89	1300m: 20:13.55 1:34.11			
	200m: 2:58.70 1:32.68	600m: 9:16.97 1:35.08	1000m: 15:31.62 1:32.41	1400m: 21:46.82 1:33.27			
	300m: 4:32.31 1:33.61	700m: 10:51.49 1:34.52	1100m: 17:04.83 1:33.21	1500m: 23:15.58 1:28.76			
	400m: 6:06.94 1:34.63	800m: 12:26.32 1:34.83	1200m: 18:39.44 1:34.61				
10.	BRUNO Marta Garanhoto	93	Colegio Monte Maior	23:45.76		478	12,00
	100m: 1:33.06 1:33.06	500m: 7:55.82 1:35.08	900m: 14:15.64 1:34.03	1300m: 20:39.49 1:36.89			
	200m: 3:08.70 1:35.64	600m: 9:29.49 1:33.67	1000m: 15:53.37 1:37.73	1400m: 22:14.26 1:34.77			
	300m: 4:43.82 1:35.12	700m: 11:06.92 1:37.43	1100m: 17:28.30 1:34.93	1500m: 23:45.76 1:31.50			
	400m: 6:20.74 1:36.92	800m: 12:41.61 1:34.69	1200m: 19:02.60 1:34.30				

Prova 1
22-02-2020
Femin., 1500m Livres
Master Esc B
Resultados

RN Esc B(30-34) 39:08.25 SILVA Carolina Santos GCST Póvoa de Varzim 23-02-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	ALVES Joana Isabel	88	Porto	22:17.99		584	30,00
	100m: 1:25.67 1:25.67	500m: 7:25.76 1:30.15	900m: 13:25.43 1:30.89	1300m: 19:23.18 1:28.73			
	200m: 2:54.73 1:29.06	600m: 8:54.40 1:28.64	1000m: 14:56.54 1:31.11	1400m: 20:51.89 1:28.71			
	300m: 4:25.03 1:30.30	700m: 10:24.32 1:29.92	1100m: 16:25.64 1:29.10	1500m: 22:17.99 1:26.10			
	400m: 5:55.61 1:30.58	800m: 11:54.54 1:30.22	1200m: 17:54.45 1:28.81				
2.	BARBARA Joana Pereira	87	Masters de Almada	23:12.75		518	26,00
	100m: 1:25.00 1:25.00	500m: 7:32.04 1:33.46	900m: 13:48.37 1:34.19	1300m: 20:08.53 1:35.47			
	200m: 2:54.10 1:29.10	600m: 9:06.32 1:34.28	1000m: 15:23.38 1:35.01	1400m: 21:43.64 1:35.11			
	300m: 4:25.93 1:31.83	700m: 10:39.94 1:33.62	1100m: 16:57.68 1:34.30	1500m: 23:12.75 1:29.11			
	400m: 5:58.58 1:32.65	800m: 12:14.18 1:34.24	1200m: 18:33.06 1:35.38				
3.	GOMES Maria Joao	88	Leixoes	23:36.36		492	22,00
	100m: 1:29.95 1:29.95	500m: 7:49.19 1:34.39	900m: 14:09.54 1:35.79	1300m: 20:31.33 1:35.10			
	200m: 3:04.67 1:34.72	600m: 9:23.54 1:34.35	1000m: 15:45.75 1:36.21	1400m: 22:06.42 1:35.09			
	300m: 4:39.99 1:35.32	700m: 10:58.56 1:35.02	1100m: 17:20.93 1:35.18	1500m: 23:36.36 1:29.94			
	400m: 6:14.80 1:34.81	800m: 12:33.75 1:35.19	1200m: 18:56.23 1:35.30				
4.	MARQUES Patricia Alexandra	87	Leixoes	24:50.86		422	20,00
	100m: 1:31.50 1:31.50	500m: 8:03.99 1:40.25	900m: 14:45.39 1:40.12	1300m: 21:29.09 1:42.76			
	200m: 3:06.40 1:34.90	600m: 9:44.32 1:40.33	1000m: 16:25.52 1:40.13	1400m: 23:11.07 1:41.98			
	300m: 4:44.10 1:37.70	700m: 11:24.69 1:40.37	1100m: 18:06.95 1:41.43	1500m: 24:50.86 1:39.79			
	400m: 6:23.74 1:39.64	800m: 13:05.27 1:40.58	1200m: 19:46.33 1:39.38				
5.	ALMEIDA Andreia Azevedo	86	Palmela	35:07.57		149	19,00
	100m: 2:11.07 2:11.07	500m: 11:39.73 2:22.54	900m: 21:08.21 2:23.60	1300m: 30:32.90 2:20.42			
	200m: 4:30.49 2:19.42	600m: 14:01.84 2:22.11	1000m: 23:31.04 2:22.83	1400m: 32:53.15 2:20.25			
	300m: 6:53.48 2:22.99	700m: 16:22.35 2:20.51	1100m: 25:52.29 2:21.25	1500m: 35:07.57 2:14.42			
	400m: 9:17.19 2:23.71	800m: 18:44.61 2:22.26	1200m: 28:12.48 2:20.19				

Prova 1, Femin., 1500m Livres

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc C
Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	MIRANDA Raquel Filipa	85	Foca Quinta da Lixa CNF	21:05.83		715	30,00
	100m: 1:18.41 1:18.41		500m: 6:57.42 1:25.19	900m: 12:38.47 1:25.34	1300m: 18:20.28 1:25.49		
	200m: 2:42.36 1:23.95		600m: 8:22.27 1:24.85	1000m: 14:04.39 1:25.92	1400m: 19:44.97 1:24.69		
	300m: 4:07.12 1:24.76		700m: 9:47.85 1:25.58	1100m: 15:29.45 1:25.06	1500m: 21:05.83 1:20.86		
	400m: 5:32.23 1:25.11		800m: 11:13.13 1:25.28	1200m: 16:54.79 1:25.34			
2.	PINTO Rita Loureiro	85	Ginasio Clube	24:09.59		476	26,00
	100m: 1:30.07 1:30.07		500m: 7:56.94 1:37.63	900m: 14:27.82 1:37.36	1300m: 20:58.72 1:37.48		
	200m: 3:05.59 1:35.52		600m: 9:34.59 1:37.65	1000m: 16:05.95 1:38.13	1400m: 22:36.82 1:38.10		
	300m: 4:42.02 1:36.43		700m: 11:12.05 1:37.46	1100m: 17:43.28 1:37.33	1500m: 24:09.59 1:32.77		
	400m: 6:19.31 1:37.29		800m: 12:50.46 1:38.41	1200m: 19:21.24 1:37.96			
3.	FONSECA Maria Ana	82	Fluvial Portuense	24:46.99		441	22,00
	100m: 1:31.86 1:31.86		500m: 8:06.68 1:39.66	900m: 14:48.26 1:40.24	1300m: 21:27.96 1:40.74		
	200m: 3:08.70 1:36.84		600m: 9:47.08 1:40.40	1000m: 16:28.40 1:40.14	1400m: 23:07.07 1:39.11		
	300m: 4:47.52 1:38.82		700m: 11:27.64 1:40.56	1100m: 18:08.37 1:39.97	1500m: 24:46.99 1:39.92		
	400m: 6:27.02 1:39.50		800m: 13:08.02 1:40.38	1200m: 19:47.22 1:38.85			
4.	MIRANDA Ana Filipa	85	Galitos / Bresimar	25:17.24		415	20,00
	100m: 1:29.56 1:29.56		500m: 8:09.90 1:40.61	900m: 14:59.40 1:43.11	1300m: 21:54.06 1:44.63		
	200m: 3:08.47 1:38.91		600m: 9:51.41 1:41.51	1000m: 16:41.90 1:42.50	1400m: 23:37.10 1:43.04		
	300m: 4:48.23 1:39.76		700m: 11:33.85 1:42.44	1100m: 18:25.52 1:43.62	1500m: 25:17.24 1:40.14		
	400m: 6:29.29 1:41.06		800m: 13:16.29 1:42.44	1200m: 20:09.43 1:43.91			
5.	COSTA Lilia Dulce	81	Fluvial Portuense	25:28.01		406	19,00
	100m: 1:26.36 1:26.36		500m: 8:10.42 1:43.89	900m: 15:05.80 1:43.74	1300m: 22:01.40 1:44.21		
	200m: 3:03.65 1:37.29		600m: 9:55.03 1:44.61	1000m: 16:50.20 1:44.40	1400m: 23:45.71 1:44.31		
	300m: 4:44.56 1:40.91		700m: 11:38.57 1:43.54	1100m: 18:33.91 1:43.71	1500m: 25:28.01 1:42.30		
	400m: 6:26.53 1:41.97		800m: 13:22.06 1:43.49	1200m: 20:17.19 1:43.28			
6.	UHLFELDER Ana Sofia	83	Fluvial Portuense	29:48.62		253	18,00
	100m: 1:45.27 1:45.27		500m: 9:45.75 2:02.30	900m: 17:48.69 2:00.69	1300m: 25:53.32 2:01.67		
	200m: 3:42.34 1:57.07		600m: 11:46.57 2:00.82	1000m: 19:49.01 2:00.32	1400m: 27:52.06 1:58.74		
	300m: 5:42.30 1:59.96		700m: 13:46.88 2:00.31	1100m: 21:50.57 2:01.56	1500m: 29:48.62 1:56.56		
	400m: 7:43.45 2:01.15		800m: 15:48.00 2:01.12	1200m: 23:51.65 2:01.08			

Prova 1, Femin., 1500m Livres

Prova 1
22-02-2020

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 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	VILAR Sonia Oliveira	79	Natacao de Valongo	22:59.01		566	30,00
	100m: 1:22.98 1:22.98	500m: 7:26.95 1:32.96	900m: 13:40.87 1:33.45	1300m: 19:55.21 1:34.19			
	200m: 2:52.14 1:29.16	600m: 8:59.91 1:32.96	1000m: 15:14.42 1:33.55	1400m: 21:28.13 1:32.92			
	300m: 4:22.62 1:30.48	700m: 10:33.75 1:33.84	1100m: 16:47.45 1:33.03	1500m: 22:59.01 1:30.88			
	400m: 5:53.99 1:31.37	800m: 12:07.42 1:33.67	1200m: 18:21.02 1:33.57				
2.	SILVA Ana Sofia	78	Fluvial Portuense	23:39.08		519	26,00
	100m: 1:30.38 1:30.38	500m: 7:44.80 1:34.76	900m: 14:04.98 1:35.51	1300m: 20:29.07 1:36.26			
	200m: 3:02.74 1:32.36	600m: 9:19.85 1:35.05	1000m: 15:40.74 1:35.76	1400m: 22:04.78 1:35.71			
	300m: 4:35.97 1:33.23	700m: 10:54.82 1:34.97	1100m: 17:16.43 1:35.69	1500m: 23:39.08 1:34.30			
	400m: 6:10.04 1:34.07	800m: 12:29.47 1:34.65	1200m: 18:52.81 1:36.38				
3.	GUEDES Ana Dalte	80	Leixoes	24:27.04		470	22,00
	100m: 1:31.54 1:31.54	500m: 8:08.07 1:38.87	900m: 14:40.72 1:38.01	1300m: 21:12.76 1:38.27			
	200m: 3:09.84 1:38.30	600m: 9:45.91 1:37.84	1000m: 16:18.47 1:37.75	1400m: 22:51.10 1:38.34			
	300m: 4:49.82 1:39.98	700m: 11:24.60 1:38.69	1100m: 17:56.47 1:38.00	1500m: 24:27.04 1:35.94			
	400m: 6:29.20 1:39.38	800m: 13:02.71 1:38.11	1200m: 19:34.49 1:38.02				
4.	SILVA Ana Rosa	80	Foca Quinta da Lixa CNF	26:47.02		357	20,00
	100m: 1:39.58 1:39.58	500m: 8:49.11 1:46.26	900m: 15:55.24 1:46.29	1300m: 23:08.59 1:50.37			
	200m: 3:28.12 1:48.54	600m: 10:35.86 1:46.75	1000m: 17:40.40 1:45.16	1400m: 25:00.22 1:51.63			
	300m: 5:15.31 1:47.19	700m: 12:23.50 1:47.64	1100m: 19:29.22 1:48.82	1500m: 26:47.02 1:46.80			
	400m: 7:02.85 1:47.54	800m: 14:08.95 1:45.45	1200m: 21:18.22 1:49.00				
5.	NEVES Isabel Carolina	80	Individual ANNP	27:59.94		313	19,00
	100m: 1:43.63 1:43.63	500m: 9:08.51 1:51.35	900m: 16:41.16 1:54.77	1300m: 24:19.69 1:55.56			
	200m: 3:33.68 1:50.05	600m: 10:59.45 1:50.94	1000m: 18:36.24 1:55.08	1400m: 26:12.38 1:52.69			
	300m: 5:25.60 1:51.92	700m: 12:51.83 1:52.38	1100m: 20:29.52 1:53.28	1500m: 27:59.94 1:47.56			
	400m: 7:17.16 1:51.56	800m: 14:46.39 1:54.56	1200m: 22:24.13 1:54.61				
6.	MARTINS Ana Maria	79	Sporting de Aveiro	29:36.53		264	18,00
	100m: 1:54.85 1:54.85	500m: 9:55.77 1:58.68	900m: 17:54.00 2:00.73	1300m: 25:47.78 1:56.90			
	200m: 3:56.50 2:01.65	600m: 11:55.00 1:59.23	1000m: 19:53.60 1:59.60	1400m: 27:44.26 1:56.48			
	300m: 5:56.84 2:00.34	700m: 13:53.61 1:58.61	1100m: 21:53.27 1:59.67	1500m: 29:36.53 1:52.27			
	400m: 7:57.09 2:00.25	800m: 15:53.27 1:59.66	1200m: 23:50.88 1:57.61				
7.	LEITE Joana Isabel	80	Fluvial Portuense	35:21.43		155	17,00
	100m: 2:08.44 2:08.44	500m: 11:36.84 2:22.38	900m: 21:05.56 2:22.03	1300m: 30:38.57 2:22.91			
	200m: 4:28.51 2:20.07	600m: 14:00.19 2:23.35	1000m: 23:27.92 2:22.36	1400m: 33:00.67 2:22.10			
	300m: 6:51.50 2:22.99	700m: 16:21.24 2:21.05	1100m: 25:52.11 2:24.19	1500m: 35:21.43 2:20.76			
	400m: 9:14.46 2:22.96	800m: 18:43.53 2:22.29	1200m: 28:15.66 2:23.55				

Prova 1, Femin., 1500m Livres

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc E
Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	ROTHES Ines Maria	73	Fluvial Portuense	21:15.16		761	30,00
	100m: 1:15.78 1:15.78	500m: 6:54.42 1:26.88	900m: 12:42.60 1:27.73	1300m: 18:26.40 1:25.87			
	200m: 2:38.26 1:22.48	600m: 8:21.00 1:26.58	1000m: 14:09.24 1:26.64	1400m: 19:51.83 1:25.43			
	300m: 4:02.26 1:24.00	700m: 9:47.48 1:26.48	1100m: 15:34.69 1:25.45	1500m: 21:15.16 1:23.33			
	400m: 5:27.54 1:25.28	800m: 11:14.87 1:27.39	1200m: 17:00.53 1:25.84				
2.	FARIA Joana Maria	74	Leixoes	24:04.87		523	26,00
	100m: 1:28.72 1:28.72	500m: 7:52.62 1:36.25	900m: 14:21.13 1:37.70	1300m: 20:51.91 1:37.87			
	200m: 3:04.48 1:35.76	600m: 9:29.34 1:36.72	1000m: 15:58.94 1:37.81	1400m: 22:29.09 1:37.18			
	300m: 4:40.32 1:35.84	700m: 11:06.33 1:36.99	1100m: 17:36.25 1:37.31	1500m: 24:04.87 1:35.78			
	400m: 6:16.37 1:36.05	800m: 12:43.43 1:37.10	1200m: 19:14.04 1:37.79				
3.	NOGUERAS Maria Andia	75	Academico Viseu	25:12.55		456	22,00
	100m: 1:32.12 1:32.12	500m: 8:16.72 1:42.03	900m: 15:04.92 1:42.69	1300m: 21:53.91 1:43.27			
	200m: 3:10.85 1:38.73	600m: 9:59.11 1:42.39	1000m: 16:46.53 1:41.61	1400m: 23:36.22 1:42.31			
	300m: 4:52.63 1:41.78	700m: 11:40.37 1:41.26	1100m: 18:28.50 1:41.97	1500m: 25:12.55 1:36.33			
	400m: 6:34.69 1:42.06	800m: 13:22.23 1:41.86	1200m: 20:10.64 1:42.14				
4.	BLANCO Catarina Araujo	71	Fluvial Portuense	25:53.60		421	20,00
	100m: 1:44.25 1:44.25	500m: 8:46.03 1:45.58	900m: 15:41.58 1:42.82	1300m: 22:33.90 1:42.69			
	200m: 3:30.97 1:46.72	600m: 10:32.03 1:46.00	1000m: 17:24.35 1:42.77	1400m: 24:14.75 1:40.85			
	300m: 5:16.37 1:45.40	700m: 12:15.45 1:43.42	1100m: 19:07.34 1:42.99	1500m: 25:53.60 1:38.85			
	400m: 7:00.45 1:44.08	800m: 13:58.76 1:43.31	1200m: 20:51.21 1:43.87				
5.	SANTINHA Fernanda Maria	72	Masters de Almada	27:05.31		367	19,00
	100m: 1:40.80 1:40.80	500m: 8:58.59 1:49.44	900m: 18:03.75 1:48.84	1300m:			
	200m: 3:29.89 1:49.09	600m: 10:47.26 1:48.67	1000m: 19:52.77 1:49.02	1400m: 25:18.77			
	300m: 5:19.61 1:49.72	700m: 12:36.96 1:49.70	1100m: 21:41.67 1:48.90	1500m: 27:05.31 1:46.54			
	400m: 7:09.15 1:49.54	800m: 16:14.91 3:37.95	1200m: 23:30.35 1:48.68				
6.	PALHARES Daniela Maria	71	Fluvial Portuense	27:21.72		356	18,00
	100m: 1:42.51 1:42.51	500m: 9:10.45 1:52.90	900m: 16:35.99 1:51.48	1300m: 23:53.15 1:48.67			
	200m: 3:31.75 1:49.24	600m: 11:02.24 1:51.79	1000m: 18:27.16 1:51.17	1400m: 25:40.14 1:46.99			
	300m: 5:24.77 1:53.02	700m: 12:53.48 1:51.24	1100m: 20:16.07 1:48.91	1500m: 27:21.72 1:41.58			
	400m: 7:17.55 1:52.78	800m: 14:44.51 1:51.03	1200m: 22:04.48 1:48.41				
7.	AGANTE Luisa Lopes	71	Ginasio Clube	29:36.87		281	17,00
	100m: 1:48.13 1:48.13	500m: 9:49.05 2:00.51	900m: 17:46.87 1:58.76	1300m: 25:42.53 1:59.72			
	200m: 3:46.12 1:57.99	600m: 11:48.55 1:59.50	1000m: 19:44.65 1:57.78	1400m: 27:42.54 2:00.01			
	300m: 5:46.77 2:00.65	700m: 13:48.85 2:00.30	1100m: 21:43.02 1:58.37	1500m: 29:36.87 1:54.33			
	400m: 7:48.54 2:01.77	800m: 15:48.11 1:59.26	1200m: 23:42.81 1:59.79				
8.	LOURENCO Susana Maria	74	Fluvial Portuense	37:01.67		144	16,00
	100m: 2:15.58 2:15.58	500m: 12:07.96 2:29.17	900m: 22:04.96 2:29.55	1300m: 32:05.73 2:28.72			
	200m: 4:41.87 2:26.29	600m: 14:36.66 2:28.70	1000m: 24:34.29 2:29.33	1400m: 34:36.33 2:30.60			
	300m: 7:10.29 2:28.42	700m: 17:05.66 2:29.00	1100m: 27:05.56 2:31.27	1500m: 37:01.67 2:25.34			
	400m: 9:38.79 2:28.50	800m: 19:35.41 2:29.75	1200m: 29:37.01 2:31.45				

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	BENTO Teresa Sofia	74	Fluvial Portuense	37:20.05		140	14,00
	100m: 2:10.83 2:10.83	500m: 12:07.42 2:33.25	900m: 22:21.13 2:32.35	1300m: 32:27.30 2:25.90			
	200m: 4:34.60 2:23.77	600m: 14:37.52 2:30.10	1000m: 24:54.69 2:33.56	1400m: 34:57.27 2:29.97			
	300m: 7:04.03 2:29.43	700m: 17:13.34 2:35.82	1100m: 27:33.24 2:38.55	1500m: 37:20.05 2:22.78			
	400m: 9:34.17 2:30.14	800m: 19:48.78 2:35.44	1200m: 30:01.40 2:28.16				
10.	ALMEIDA Maria Astride	72	Fluvial Portuense	37:23.16		139	12,00
	100m: 2:16.23 2:16.23	500m: 12:11.73 2:30.33	900m: 22:14.63 2:31.31	1300m: 32:23.00 2:32.46			
	200m: 4:43.26 2:27.03	600m: 14:41.14 2:29.41	1000m: 24:46.77 2:32.14	1400m: 34:54.90 2:31.90			
	300m: 7:12.32 2:29.06	700m: 17:12.77 2:31.63	1100m: 27:18.40 2:31.63	1500m: 37:23.16 2:28.26			
	400m: 9:41.40 2:29.08	800m: 19:43.32 2:30.55	1200m: 29:50.54 2:32.14				
DNS	AVELANS Carla Susana	75	Fluvial Portuense				-
DNS	COSTA Marta Sofia	71	Porto				-

Prova 1
22-02-2020
Femin., 1500m Livres
Master Esc F
Resultados

RN Esc F(50-54) 21:25.58 GRILO Ana Paula NDCO Vitoria (ESP) 27-04-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	GRILO Ana Paula	69	Desportivo de Odemira	21:36.23		704	30,00
	100m: 1:25.20 1:25.20	500m: 7:13.40 1:26.49	900m: 12:58.20 1:26.07	1300m: 18:45.04 1:26.97			
	200m: 2:53.14 1:27.94	600m: 8:39.89 1:26.49	1000m: 14:24.52 1:26.32	1400m: 20:12.94 1:27.90			
	300m: 4:20.31 1:27.17	700m: 10:05.90 1:26.01	1100m: 15:51.49 1:26.97	1500m: 21:36.23 1:23.29			
	400m: 5:46.91 1:26.60	800m: 11:32.13 1:26.23	1200m: 17:18.07 1:26.58				
2.	BRANDAO Maria Teresa	69	Fluvial Portuense	23:11.74		569	26,00
	100m: 1:25.24 1:25.24	500m: 7:31.89 1:33.96	900m: 13:47.34 1:33.65	1300m: 20:05.38 1:34.68			
	200m: 2:54.21 1:28.97	600m: 9:05.83 1:33.94	1000m: 15:21.61 1:34.27	1400m: 21:38.73 1:33.35			
	300m: 4:24.83 1:30.62	700m: 10:39.69 1:33.86	1100m: 16:55.89 1:34.28	1500m: 23:11.74 1:33.01			
	400m: 5:57.93 1:33.10	800m: 12:13.69 1:34.00	1200m: 18:30.70 1:34.81				
3.	MIRANDA Laura Manuela	67	Colegio Monte Maior	24:10.91		502	22,00
	100m: 1:31.18 1:31.18	500m: 7:58.53 1:36.47	900m: 14:26.99 1:37.65	1300m: 20:58.54 1:38.20			
	200m: 3:08.41 1:37.23	600m: 9:35.34 1:36.81	1000m: 16:04.45 1:37.46	1400m: 22:36.01 1:37.47			
	300m: 4:45.32 1:36.91	700m: 11:12.35 1:37.01	1100m: 17:42.66 1:38.21	1500m: 24:10.91 1:34.90			
	400m: 6:22.06 1:36.74	800m: 12:49.34 1:36.99	1200m: 19:20.34 1:37.68				
4.	SEQUEIRA Ana Paula	68	Gafanha da Encarnacao	25:25.75		432	20,00
	100m: 1:33.26 1:33.26	500m: 8:20.55 1:42.99	900m: 15:10.07 1:42.58	1300m: 22:04.76 1:43.72			
	200m: 3:13.62 1:40.36	600m: 10:02.65 1:42.10	1000m: 16:53.12 1:43.05	1400m: 23:47.77 1:43.01			
	300m: 4:55.03 1:41.41	700m: 11:45.24 1:42.59	1100m: 18:36.68 1:43.56	1500m: 25:25.75 1:37.98			
	400m: 6:37.56 1:42.53	800m: 13:27.49 1:42.25	1200m: 20:21.04 1:44.36				
5.	WISEU Maria Adriana	66	Leixoes	26:07.73		398	19,00
	100m: 1:37.41 1:37.41	500m: 8:43.08 1:46.55	900m: 15:46.51 1:45.49	1300m: 22:45.12 1:44.52			
	200m: 3:22.55 1:45.14	600m: 10:29.17 1:46.09	1000m: 17:31.92 1:45.41	1400m: 24:29.30 1:44.18			
	300m: 5:09.51 1:46.96	700m: 12:14.73 1:45.56	1100m: 19:16.07 1:44.15	1500m: 26:07.73 1:38.43			
	400m: 6:56.53 1:47.02	800m: 14:01.02 1:46.29	1200m: 21:00.60 1:44.53				

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	TABORDA Maria Joao	67	Porto	26:46.42		370	18,00
	100m: 1:38.08 1:38.08	500m: 8:41.96 1:47.00	900m: 15:47.71	1:45.55	1300m: 23:03.92 1:51.79		
	200m: 3:22.25 1:44.17	600m: 10:29.32 1:47.36	1000m: 17:33.48	1:45.77	1400m: 24:56.05 1:52.13		
	300m: 5:07.83 1:45.58	700m: 12:15.50 1:46.18	1100m: 19:22.46	1:48.98	1500m: 26:46.42 1:50.37		
	400m: 6:54.96 1:47.13	800m: 14:02.16 1:46.66	1200m: 21:12.13	1:49.67			
7.	REIS Margarida Bleck	68	Porto	27:02.53		359	17,00
	100m: 1:42.63 1:42.63	500m: 8:57.95 1:48.85	900m: 16:13.72	1:48.93	1300m: 23:28.84 1:48.75		
	200m: 3:31.22 1:48.59	600m: 10:47.76 1:49.81	1000m: 18:03.24	1:49.52	1400m: 25:17.95 1:49.11		
	300m: 5:19.80 1:48.58	700m: 12:36.57 1:48.81	1100m: 19:51.50	1:48.26	1500m: 27:02.53 1:44.58		
	400m: 7:09.10 1:49.30	800m: 14:24.79 1:48.22	1200m: 21:40.09	1:48.59			
8.	FERREIRA Maria Manuela	70	Natacao da Maia	29:11.50		285	16,00
	100m: 1:47.09 1:47.09	500m: 9:46.91 2:00.02	900m: 17:42.12	1:57.58	1300m: 25:24.18 1:55.70		
	200m: 3:44.94 1:57.85	600m: 11:46.23 1:59.32	1000m: 19:36.37	1:54.25	1400m: 27:18.58 1:54.40		
	300m: 5:45.23 2:00.29	700m: 13:45.63 1:59.40	1100m: 21:32.45	1:56.08	1500m: 29:11.50 1:52.92		
	400m: 7:46.89 2:01.66	800m: 15:44.54 1:58.91	1200m: 23:28.48	1:56.03			
9.	MOTA Anabela Verissimo	66	Amigos da Natacao	35:13.33		162	14,00
	100m: 2:06.34 2:06.34	500m: 11:20.61 2:21.86	900m: 20:56.83	2:24.54	1300m: 30:41.34 2:24.05		
	200m: 4:22.00 2:15.66	600m: 13:45.80 2:25.19	1000m: 23:25.92	2:29.09	1400m: 32:55.27 2:13.93		
	300m: 6:39.07 2:17.07	700m: 16:08.18 2:22.38	1100m: 25:52.06	2:26.14	1500m: 35:13.33 2:18.06		
	400m: 8:58.75 2:19.68	800m: 18:32.29 2:24.11	1200m: 28:17.29	2:25.23			

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

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	URBANO Maria Margarida	63	Academica de Coimbra	26:17.15		499	30,00
	100m: 1:37.19 1:37.19	500m: 8:37.90 1:45.82	900m: 15:40.49	1:45.31	1300m: 22:44.69 1:46.49		
	200m: 3:20.85 1:43.66	600m: 10:23.82 1:45.92	1000m: 17:26.18	1:45.69	1400m: 24:31.57 1:46.88		
	300m: 5:06.53 1:45.68	700m: 12:09.55 1:45.73	1100m: 19:11.89	1:45.71	1500m: 26:17.15 1:45.58		
	400m: 6:52.08 1:45.55	800m: 13:55.18 1:45.63	1200m: 20:58.20	1:46.31			
2.	GUIMARAES Rita Cabral	64	Fluvial Portuense	26:51.66		468	26,00
	100m: 1:38.43 1:38.43	500m: 8:48.00 1:48.23	900m: 15:57.18	1:46.19	1300m: 23:15.56 1:48.81		
	200m: 3:24.24 1:45.81	600m: 10:35.60 1:47.60	1000m: 17:45.31	1:48.13	1400m: 25:04.24 1:48.68		
	300m: 5:11.49 1:47.25	700m: 12:23.08 1:47.48	1100m: 19:35.49	1:50.18	1500m: 26:51.66 1:47.42		
	400m: 6:59.77 1:48.28	800m: 14:10.99 1:47.91	1200m: 21:26.75	1:51.26			
3.	FERNANDES Maria Santos	62	Leixoes	27:44.15		425	22,00
	100m: 1:43.32 1:43.32	500m: 9:04.35 1:51.18	900m: 16:29.71	1:51.25	1300m: 23:58.51 1:54.22		
	200m: 3:32.20 1:48.88	600m: 10:55.66 1:51.31	1000m: 18:20.63	1:50.92	1400m: 25:52.01 1:53.50		
	300m: 5:22.45 1:50.25	700m: 12:47.40 1:51.74	1100m: 20:12.05	1:51.42	1500m: 27:44.15 1:52.14		
	400m: 7:13.17 1:50.72	800m: 14:38.46 1:51.06	1200m: 22:04.29	1:52.24			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	SILVA Vivien Patricia	62	Porto	28:23.44		396	20,00
	100m: 1:43.94 1:43.94	500m: 9:11.98 1:52.96	900m: 16:49.88	1:56.05	1300m: 24:34.32	1:55.97	
	200m: 3:34.28 1:50.34	600m: 11:04.68 1:52.70	1000m: 18:46.52	1:56.64	1400m: 26:30.12	1:55.80	
	300m: 5:26.63 1:52.35	700m: 12:58.24 1:53.56	1100m: 20:42.40	1:55.88	1500m: 28:23.44	1:53.32	
	400m: 7:19.02 1:52.39	800m: 14:53.83 1:55.59	1200m: 22:38.35	1:55.95			
5.	CANINAS Maria Madalena	63	Masters de Almada	29:30.35		353	19,00
	100m: 1:48.10 1:48.10	500m: 9:39.14 1:57.85	900m: 17:37.43	1:59.82	1300m: 25:40.39	2:01.13	
	200m: 3:43.72 1:55.62	600m: 11:38.67 1:59.53	1000m: 19:37.35	1:59.92	1400m: 27:40.95	2:00.56	
	300m: 5:42.29 1:58.57	700m: 13:38.18 1:59.51	1100m: 21:38.21	2:00.86	1500m: 29:30.35	1:49.40	
	400m: 7:41.29 1:59.00	800m: 15:37.61 1:59.43	1200m: 23:39.26	2:01.05			
6.	CUNHA Maria Trigueiros	64	Leixoes	30:02.24		334	18,00
	100m: 1:45.98 1:45.98	500m: 9:42.77 2:00.75	900m: 17:47.41	2:00.93	1300m: 26:03.48	2:03.73	
	200m: 3:41.86 1:55.88	600m: 11:42.65 1:59.88	1000m: 19:51.09	2:03.68	1400m: 28:06.58	2:03.10	
	300m: 5:40.91 1:59.05	700m: 13:43.05 2:00.40	1100m: 21:53.92	2:02.83	1500m: 30:02.24	1:55.66	
	400m: 7:42.02 2:01.11	800m: 15:46.48 2:03.43	1200m: 23:59.75	2:05.83			
7.	KIND Anette	61	Leixoes	32:36.93		261	17,00
	100m: 2:02.13 2:02.13	500m: 10:43.23 2:10.62	900m: 19:26.35	2:10.40	1300m: 28:14.43	2:12.99	
	200m: 4:12.67 2:10.54	600m: 12:54.82 2:11.59	1000m: 21:37.44	2:11.09	1400m: 30:26.28	2:11.85	
	300m: 6:23.91 2:11.24	700m: 15:05.62 2:10.80	1100m: 23:49.32	2:11.88	1500m: 32:36.93	2:10.65	
	400m: 8:32.61 2:08.70	800m: 17:15.95 2:10.33	1200m: 26:01.44	2:12.12			
8.	COSTA Rosa Leitao	65	Foca Quinta da Lixa CNF	36:32.25		186	16,00
	100m: 2:15.24 2:15.24	500m: 11:45.70 2:22.99	900m: 21:43.94	2:33.45	1300m: 31:38.84	2:29.13	
	200m: 4:37.87 2:22.63	600m: 14:12.26 2:26.56	1000m: 24:16.35	2:32.41	1400m: 34:06.41	2:27.57	
	300m: 7:01.04 2:23.17	700m: 16:41.25 2:28.99	1100m: 26:42.38	2:26.03	1500m: 36:32.25	2:25.84	
	400m: 9:22.71 2:21.67	800m: 19:10.49 2:29.24	1200m: 29:09.71	2:27.33			
9.	TAVARES Maria Joao	63	Amigos da Natacao	36:34.46		185	14,00
	100m: 2:15.15 2:15.15	500m: 11:51.01 2:26.08	900m: 21:44.21	2:28.57	1300m: 31:39.79	2:29.21	
	200m: 4:37.01 2:21.86	600m: 14:18.87 2:27.86	1000m: 24:13.70	2:29.49	1400m: 34:09.14	2:29.35	
	300m: 7:02.20 2:25.19	700m: 16:46.52 2:27.65	1100m: 26:41.56	2:27.86	1500m: 36:34.46	2:25.32	
	400m: 9:24.93 2:22.73	800m: 19:15.64 2:29.12	1200m: 29:10.58	2:29.02			
10.	RIBEIRO Margarida Maria	64	Fluvial Portuense	39:26.86		147	12,00
	100m: 2:14.14 2:14.14	500m: 12:42.99 2:40.80	900m: 23:25.79	2:44.55	1300m: 34:19.46	2:45.66	
	200m: 4:46.77 2:32.63	600m: 15:22.38 2:39.39	1000m: 26:06.07	2:40.28	1400m: 36:56.20	2:36.74	
	300m: 7:23.46 2:36.69	700m: 18:03.83 2:41.45	1100m: 28:48.20	2:42.13	1500m: 39:26.86	2:30.66	
	400m: 10:02.19 2:38.73	800m: 20:41.24 2:37.41	1200m: 31:33.80	2:45.60			

Prova 1, Femin., 1500m Livres

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc H
Resultados

RN Esc H(60-64) 30:39.54 CAEIRO Ana Maria GAN Póvoa de Varzim 23-02-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	CAEIRO Ana Maria <i>Rec Nacional Escalão H</i>	59	Amigos da Natacao	29:40.55		447	30,00
	100m: 1:54.82 1:54.82	500m: 9:50.77 1:58.79	900m: 17:46.63 1:59.26	1300m: 25:45.31 2:00.27			
	200m: 3:53.78 1:58.96	600m: 11:49.41 1:58.64	1000m: 19:46.04 1:59.41	1400m: 27:46.81 2:01.50			
	300m: 5:52.96 1:59.18	700m: 13:48.35 1:58.94	1100m: 21:45.45 1:59.41	1500m: 29:40.55 1:53.74			
	400m: 7:51.98 1:59.02	800m: 15:47.37 1:59.02	1200m: 23:45.04 1:59.59				
2.	WERNICKE Maria Giraldo	60	Fluvial Portuense	31:10.52		385	26,00
	100m: 1:57.87 1:57.87	500m: 10:21.66 2:05.79	900m: 18:37.88 2:04.81	1300m: 27:03.10 2:05.61			
	200m: 4:03.46 2:05.59	600m: 12:25.31 2:03.65	1000m: 20:43.53 2:05.65	1400m: 29:08.55 2:05.45			
	300m: 6:09.84 2:06.38	700m: 14:27.96 2:02.65	1100m: 22:50.17 2:06.64	1500m: 31:10.52 2:01.97			
	400m: 8:15.87 2:06.03	800m: 16:33.07 2:05.11	1200m: 24:57.49 2:07.32				

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc J
Resultados

RN Esc J(70-74) 29:33.80 BASTO Luisa Bessone SAD Coimbra 24-02-2018

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FERREIRA Ana Maria <i>Rec Nacional Escalão J, e nos parciais dos 100, 200, 400 e 800m</i>	50	Alges	25:29.15		1380	30,00
	100m: 1:35.97 1:35.97	500m: 8:22.21 1:42.05	900m: 15:13.31 1:43.00	1300m: 22:05.98 1:43.23			
	200m: 3:17.13 1:41.16	600m: 10:04.79 1:42.58	1000m: 16:55.91 1:42.60	1400m: 23:49.95 1:43.97			
	300m: 4:58.82 1:41.69	700m: 11:47.28 1:42.49	1100m: 18:38.81 1:42.90	1500m: 25:29.15 1:39.20			
	400m: 6:40.16 1:41.34	800m: 13:30.31 1:43.03	1200m: 20:22.75 1:43.94				

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc K
Resultados

RN Esc K(75-79) 30:38.21 BASTO Luisa Bessone SAD Póvoa de Varzim 23-02-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DNS	BASTO Luisa Bessone	44	Alges				-

Prova 1, Femin., 1500m Livres

Prova 1 22-02-2020	Femin., 1500m Livres				25 anos e mais velhos	Resultados
RN Esc A(25-29)	19:28.13	SILVA Carolina Santos	CNMAIA	Coimbra		18-04-2015
RN Esc B(30-34)	19:08.25	SILVA Carolina Santos	GCST	Póvoa de Varzim		23-02-2019
RN Esc C(35-39)	18:50.82	GRILLO 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	GRILLO Ana Paula	NDCO	Swansea (GBR)		08-03-2014
RN Esc F(50-54)	21:25.58	GRILLO Ana Paula	NDCO	Vitoria (ESP)		27-04-2019
RN Esc G(55-59)	22:12.95	KRAEVA Elena Nikolaevna	ADRCIMM	Coimbra		24-02-2018
RN Esc H(60-64)	30:39.54	CAEIRO Ana Maria	GAN	Póvoa de Varzim		23-02-2019
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)	30:38.21	BASTO Luisa Bessone	SAD	Póvoa de Varzim		23-02-2019
RN Esc L(80-84)	59:00.00	start				

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	SILVESTRE Sofia Prates	95	Individual ANL	19:48.87		825	30,00
	100m: 1:10.81 1:10.81	500m: 6:27.80 1:20.89	900m: 11:49.63 1:20.59	1300m: 17:11.73 1:19.52			
	200m: 2:27.58 1:16.77	600m: 7:48.13 1:20.33	1000m: 13:10.83 1:21.20	1400m: 18:30.58 1:18.85			
	300m: 3:46.70 1:19.12	700m: 9:08.27 1:20.14	1100m: 14:31.31 1:20.48	1500m: 19:48.87 1:18.29			
	400m: 5:06.91 1:20.21	800m: 10:29.04 1:20.77	1200m: 15:52.21 1:20.90				
2.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	20:27.48		750	26,00
	100m: 1:13.75 1:13.75	500m: 6:33.09 1:21.55	900m: 12:07.57 1:24.17	1300m: 17:43.17 1:22.96			
	200m: 2:31.67 1:17.92	600m: 7:55.96 1:22.87	1000m: 13:31.29 1:23.72	1400m: 19:05.92 1:22.75			
	300m: 3:51.22 1:19.55	700m: 9:19.52 1:23.56	1100m: 14:55.63 1:24.34	1500m: 20:27.48 1:21.56			
	400m: 5:11.54 1:20.32	800m: 10:43.40 1:23.88	1200m: 16:20.21 1:24.58				
3.	RIBAU Ana Rita	95	Gafanha da Encarnacao	20:50.31		710	22,00
	100m: 1:20.50 1:20.50	500m: 6:58.03 1:25.32	900m: 12:33.32 1:23.91	1300m: 18:07.70 1:23.10			
	200m: 2:43.51 1:23.01	600m: 8:22.27 1:24.24	1000m: 13:56.82 1:23.50	1400m: 19:30.21 1:22.51			
	300m: 4:07.77 1:24.26	700m: 9:46.50 1:24.23	1100m: 15:20.57 1:23.75	1500m: 20:50.31 1:20.10			
	400m: 5:32.71 1:24.94	800m: 11:09.41 1:22.91	1200m: 16:44.60 1:24.03				
4.	MIRANDA Raquel Filipa	85	Foca Quinta da Lixa CNF	21:05.83		715	30,00
	100m: 1:18.41 1:18.41	500m: 6:57.42 1:25.19	900m: 12:38.47 1:25.34	1300m: 18:20.28 1:25.49			
	200m: 2:42.36 1:23.95	600m: 8:22.27 1:24.85	1000m: 14:04.39 1:25.92	1400m: 19:44.97 1:24.69			
	300m: 4:07.12 1:24.76	700m: 9:47.85 1:25.58	1100m: 15:29.45 1:25.06	1500m: 21:05.83 1:20.86			
	400m: 5:32.23 1:25.11	800m: 11:13.13 1:25.28	1200m: 16:54.79 1:25.34				
5.	ROTHES Ines Maria	73	Fluvial Portuense	21:15.16		761	30,00
	100m: 1:15.78 1:15.78	500m: 6:54.42 1:26.88	900m: 12:42.60 1:27.73	1300m: 18:26.40 1:25.87			
	200m: 2:38.26 1:22.48	600m: 8:21.00 1:26.58	1000m: 14:09.24 1:26.64	1400m: 19:51.83 1:25.43			
	300m: 4:02.26 1:24.00	700m: 9:47.48 1:26.48	1100m: 15:34.69 1:25.45	1500m: 21:15.16 1:23.33			
	400m: 5:27.54 1:25.28	800m: 11:14.87 1:27.39	1200m: 17:00.53 1:25.84				
6.	ROSAS Joana Filipa	95	Leixoes	21:32.68		642	20,00
	100m: 1:15.10 1:15.10	500m: 6:54.24 1:26.31	900m: 12:42.84 1:28.08	1300m: 18:42.15 1:30.40			
	200m: 2:37.91 1:22.81	600m: 8:20.59 1:26.35	1000m: 14:11.76 1:28.92	1400m: 20:09.68 1:27.53			
	300m: 4:02.49 1:24.58	700m: 9:47.45 1:26.86	1100m: 15:41.23 1:29.47	1500m: 21:32.68 1:23.00			
	400m: 5:27.93 1:25.44	800m: 11:14.76 1:27.31	1200m: 17:11.75 1:30.52				

Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	GRILO Ana Paula	69	Desportivo de Odemira	21:36.23		704	30,00
	100m: 1:25.20 1:25.20	500m: 7:13.40 1:26.49	900m: 12:58.20	1:26.07	1300m: 18:45.04	1:26.97	
	200m: 2:53.14 1:27.94	600m: 8:39.89 1:26.49	1000m: 14:24.52	1:26.32	1400m: 20:12.94	1:27.90	
	300m: 4:20.31 1:27.17	700m: 10:05.90 1:26.01	1100m: 15:51.49	1:26.97	1500m: 21:36.23	1:23.29	
	400m: 5:46.91 1:26.60	800m: 11:32.13 1:26.23	1200m: 17:18.07	1:26.58			
8.	SILVA Raquel Alexandra	91	Leixoes	22:15.69		582	19,00
	100m: 1:22.94 1:22.94	500m: 7:20.75 1:28.12	900m: 13:26.70	1:33.29	1300m: 19:26.38	1:29.03	
	200m: 2:51.80 1:28.86	600m: 8:50.95 1:30.20	1000m: 14:59.63	1:32.93	1400m: 20:54.52	1:28.14	
	300m: 4:22.49 1:30.69	700m: 10:21.53 1:30.58	1100m: 16:26.82	1:27.19	1500m: 22:15.69	1:21.17	
	400m: 5:52.63 1:30.14	800m: 11:53.41 1:31.88	1200m: 17:57.35	1:30.53			
9.	ALVES Joana Isabel	88	Porto	22:17.99		584	30,00
	100m: 1:25.67 1:25.67	500m: 7:25.76 1:30.15	900m: 13:25.43	1:30.89	1300m: 19:23.18	1:28.73	
	200m: 2:54.73 1:29.06	600m: 8:54.40 1:28.64	1000m: 14:56.54	1:31.11	1400m: 20:51.89	1:28.71	
	300m: 4:25.03 1:30.30	700m: 10:24.32 1:29.92	1100m: 16:25.64	1:29.10	1500m: 22:17.99	1:26.10	
	400m: 5:55.61 1:30.58	800m: 11:54.54 1:30.22	1200m: 17:54.45	1:28.81			
10.	SILVA Maria Joao	94	Ginasio Clube	22:24.94		570	18,00
	100m: 1:24.22 1:24.22	500m: 7:17.14 1:30.04	900m: 13:19.82	1:30.55	1300m: 19:23.19	1:31.08	
	200m: 2:50.05 1:25.83	600m: 8:47.94 1:30.80	1000m: 14:49.83	1:30.01	1400m: 20:54.55	1:31.36	
	300m: 4:17.62 1:27.57	700m: 10:18.68 1:30.74	1100m: 16:21.19	1:31.36	1500m: 22:24.94	1:30.39	
	400m: 5:47.10 1:29.48	800m: 11:49.27 1:30.59	1200m: 17:52.11	1:30.92			
11.	FERREIRA Ana Rita	92	Colegio Monte Maior	22:38.36		553	17,00
	100m: 1:25.80 1:25.80	500m: 8:50.01 1:30.04	900m: 13:22.57		1300m: 19:33.73		
	200m: 2:53.80 1:28.00	600m: 10:20.53 1:30.52	1000m: 14:55.62	1:33.05	1400m: 21:07.57	1:33.84	
	300m: 4:21.30 1:27.50	700m: 11:50.95 1:30.42	1100m: 18:00.24	3:04.62	1500m: 22:38.36	1:30.79	
	400m: 7:19.97 2:58.67	800m:	1200m:				
12.	VILAR Sonia Oliveira	79	Natacao de Valongo	22:59.01		566	30,00
	100m: 1:22.98 1:22.98	500m: 7:26.95 1:32.96	900m: 13:40.87	1:33.45	1300m: 19:55.21	1:34.19	
	200m: 2:52.14 1:29.16	600m: 8:59.91 1:32.96	1000m: 15:14.42	1:33.55	1400m: 21:28.13	1:32.92	
	300m: 4:22.62 1:30.48	700m: 10:33.75 1:33.84	1100m: 16:47.45	1:33.03	1500m: 22:59.01	1:30.88	
	400m: 5:53.99 1:31.37	800m: 12:07.42 1:33.67	1200m: 18:21.02	1:33.57			
13.	BRANDAO Maria Teresa	69	Fluvial Portuense	23:11.74		569	26,00
	100m: 1:25.24 1:25.24	500m: 7:31.89 1:33.96	900m: 13:47.34	1:33.65	1300m: 20:05.38	1:34.68	
	200m: 2:54.21 1:28.97	600m: 9:05.83 1:33.94	1000m: 15:21.61	1:34.27	1400m: 21:38.73	1:33.35	
	300m: 4:24.83 1:30.62	700m: 10:39.69 1:33.86	1100m: 16:55.89	1:34.28	1500m: 23:11.74	1:33.01	
	400m: 5:57.93 1:33.10	800m: 12:13.69 1:34.00	1200m: 18:30.70	1:34.81			
14.	BARBARA Joana Pereira	87	Masters de Almada	23:12.75		518	26,00
	100m: 1:25.00 1:25.00	500m: 7:32.04 1:33.46	900m: 13:48.37	1:34.19	1300m: 20:08.53	1:35.47	
	200m: 2:54.10 1:29.10	600m: 9:06.32 1:34.28	1000m: 15:23.38	1:35.01	1400m: 21:43.64	1:35.11	
	300m: 4:25.93 1:31.83	700m: 10:39.94 1:33.62	1100m: 16:57.68	1:34.30	1500m: 23:12.75	1:29.11	
	400m: 5:58.58 1:32.65	800m: 12:14.18 1:34.24	1200m: 18:33.06	1:35.38			
15.	MACHADO Sandra Marisa	93	Pimpoes/Cimai	23:14.49		511	16,00
	100m: 1:27.28 1:27.28	500m: 7:40.79 1:33.53	900m: 13:55.40	1:33.87	1300m: 20:13.29	1:35.74	
	200m: 3:00.39 1:33.11	600m: 9:13.99 1:33.20	1000m: 15:29.92	1:34.52	1400m: 21:44.05	1:30.76	
	300m: 4:33.52 1:33.13	700m: 10:48.36 1:34.37	1100m: 17:03.88	1:33.96	1500m: 23:14.49	1:30.44	
	400m: 6:07.26 1:33.74	800m: 12:21.53 1:33.17	1200m: 18:37.55	1:33.67			

Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
16.	PINHEIRO Andreia Sofia	93	Sporting	23:15.58		510	14,00
	100m: 1:26.02 1:26.02	500m: 7:41.89 1:34.95	900m: 13:59.21	1:32.89	1300m: 20:13.55	1:34.11	
	200m: 2:58.70 1:32.68	600m: 9:16.97 1:35.08	1000m: 15:31.62	1:32.41	1400m: 21:46.82	1:33.27	
	300m: 4:32.31 1:33.61	700m: 10:51.49 1:34.52	1100m: 17:04.83	1:33.21	1500m: 23:15.58	1:28.76	
	400m: 6:06.94 1:34.63	800m: 12:26.32 1:34.83	1200m: 18:39.44	1:34.61			
17.	GOMES Maria Joao	88	Leixoes	23:36.36		492	22,00
	100m: 1:29.95 1:29.95	500m: 7:49.19 1:34.39	900m: 14:09.54	1:35.79	1300m: 20:31.33	1:35.10	
	200m: 3:04.67 1:34.72	600m: 9:23.54 1:34.35	1000m: 15:45.75	1:36.21	1400m: 22:06.42	1:35.09	
	300m: 4:39.99 1:35.32	700m: 10:58.56 1:35.02	1100m: 17:20.93	1:35.18	1500m: 23:36.36	1:29.94	
	400m: 6:14.80 1:34.81	800m: 12:33.75 1:35.19	1200m: 18:56.23	1:35.30			
18.	SILVA Ana Sofia	78	Fluvial Portuense	23:39.08		519	26,00
	100m: 1:30.38 1:30.38	500m: 7:44.80 1:34.76	900m: 14:04.98	1:35.51	1300m: 20:29.07	1:36.26	
	200m: 3:02.74 1:32.36	600m: 9:19.85 1:35.05	1000m: 15:40.74	1:35.76	1400m: 22:04.78	1:35.71	
	300m: 4:35.97 1:33.23	700m: 10:54.82 1:34.97	1100m: 17:16.43	1:35.69	1500m: 23:39.08	1:34.30	
	400m: 6:10.04 1:34.07	800m: 12:29.47 1:34.65	1200m: 18:52.81	1:36.38			
19.	BRUNO Marta Garanhoto	93	Colegio Monte Maior	23:45.76		478	12,00
	100m: 1:33.06 1:33.06	500m: 7:55.82 1:35.08	900m: 14:15.64	1:34.03	1300m: 20:39.49	1:36.89	
	200m: 3:08.70 1:35.64	600m: 9:29.49 1:33.67	1000m: 15:53.37	1:37.73	1400m: 22:14.26	1:34.77	
	300m: 4:43.82 1:35.12	700m: 11:06.92 1:37.43	1100m: 17:28.30	1:34.93	1500m: 23:45.76	1:31.50	
	400m: 6:20.74 1:36.92	800m: 12:41.61 1:34.69	1200m: 19:02.60	1:34.30			
20.	FARIA Joana Maria	74	Leixoes	24:04.87		523	26,00
	100m: 1:28.72 1:28.72	500m: 7:52.62 1:36.25	900m: 14:21.13	1:37.70	1300m: 20:51.91	1:37.87	
	200m: 3:04.48 1:35.76	600m: 9:29.34 1:36.72	1000m: 15:58.94	1:37.81	1400m: 22:29.09	1:37.18	
	300m: 4:40.32 1:35.84	700m: 11:06.33 1:36.99	1100m: 17:36.25	1:37.31	1500m: 24:04.87	1:35.78	
	400m: 6:16.37 1:36.05	800m: 12:43.43 1:37.10	1200m: 19:14.04	1:37.79			
21.	PINTO Rita Loureiro	85	Ginasio Clube	24:09.59		476	26,00
	100m: 1:30.07 1:30.07	500m: 7:56.94 1:37.63	900m: 14:27.82	1:37.36	1300m: 20:58.72	1:37.48	
	200m: 3:05.59 1:35.52	600m: 9:34.59 1:37.65	1000m: 16:05.95	1:38.13	1400m: 22:36.82	1:38.10	
	300m: 4:42.02 1:36.43	700m: 11:12.05 1:37.46	1100m: 17:43.28	1:37.33	1500m: 24:09.59	1:32.77	
	400m: 6:19.31 1:37.29	800m: 12:50.46 1:38.41	1200m: 19:21.24	1:37.96			
22.	MIRANDA Laura Manuela	67	Colegio Monte Maior	24:10.91		502	22,00
	100m: 1:31.18 1:31.18	500m: 7:58.53 1:36.47	900m: 14:26.99	1:37.65	1300m: 20:58.54	1:38.20	
	200m: 3:08.41 1:37.23	600m: 9:35.34 1:36.81	1000m: 16:04.45	1:37.46	1400m: 22:36.01	1:37.47	
	300m: 4:45.32 1:36.91	700m: 11:12.35 1:37.01	1100m: 17:42.66	1:38.21	1500m: 24:10.91	1:34.90	
	400m: 6:22.06 1:36.74	800m: 12:49.34 1:36.99	1200m: 19:20.34	1:37.68			
23.	GUEDES Ana Dalte	80	Leixoes	24:27.04		470	22,00
	100m: 1:31.54 1:31.54	500m: 8:08.07 1:38.87	900m: 14:40.72	1:38.01	1300m: 21:12.76	1:38.27	
	200m: 3:09.84 1:38.30	600m: 9:45.91 1:37.84	1000m: 16:18.47	1:37.75	1400m: 22:51.10	1:38.34	
	300m: 4:49.82 1:39.98	700m: 11:24.60 1:38.69	1100m: 17:56.47	1:38.00	1500m: 24:27.04	1:35.94	
	400m: 6:29.20 1:39.38	800m: 13:02.71 1:38.11	1200m: 19:34.49	1:38.02			
24.	FONSECA Maria Ana	82	Fluvial Portuense	24:46.99		441	22,00
	100m: 1:31.86 1:31.86	500m: 8:06.68 1:39.66	900m: 14:48.26	1:40.24	1300m: 21:27.96	1:40.74	
	200m: 3:08.70 1:36.84	600m: 9:47.08 1:40.40	1000m: 16:28.40	1:40.14	1400m: 23:07.07	1:39.11	
	300m: 4:47.52 1:38.82	700m: 11:27.64 1:40.56	1100m: 18:08.37	1:39.97	1500m: 24:46.99	1:39.92	
	400m: 6:27.02 1:39.50	800m: 13:08.02 1:40.38	1200m: 19:47.22	1:38.85			

Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
25.	MARQUES Patricia Alexandra	87	Leixoes	24:50.86		422	20,00
	100m: 1:31.50 1:31.50		500m: 8:03.99 1:40.25	900m: 14:45.39	1:40.12	1300m: 21:29.09 1:42.76	
	200m: 3:06.40 1:34.90		600m: 9:44.32 1:40.33	1000m: 16:25.52	1:40.13	1400m: 23:11.07 1:41.98	
	300m: 4:44.10 1:37.70		700m: 11:24.69 1:40.37	1100m: 18:06.95	1:41.43	1500m: 24:50.86 1:39.79	
	400m: 6:23.74 1:39.64		800m: 13:05.27 1:40.58	1200m: 19:46.33	1:39.38		
26.	NOGUERAS Maria Andia	75	Academico Viseu	25:12.55		456	22,00
	100m: 1:32.12 1:32.12		500m: 8:16.72 1:42.03	900m: 15:04.92	1:42.69	1300m: 21:53.91 1:43.27	
	200m: 3:10.85 1:38.73		600m: 9:59.11 1:42.39	1000m: 16:46.53	1:41.61	1400m: 23:36.22 1:42.31	
	300m: 4:52.63 1:41.78		700m: 11:40.37 1:41.26	1100m: 18:28.50	1:41.97	1500m: 25:12.55 1:36.33	
	400m: 6:34.69 1:42.06		800m: 13:22.23 1:41.86	1200m: 20:10.64	1:42.14		
27.	MIRANDA Ana Filipa	85	Galitos / Bresimar	25:17.24		415	20,00
	100m: 1:29.56 1:29.56		500m: 8:09.90 1:40.61	900m: 14:59.40	1:43.11	1300m: 21:54.06 1:44.63	
	200m: 3:08.47 1:38.91		600m: 9:51.41 1:41.51	1000m: 16:41.90	1:42.50	1400m: 23:37.10 1:43.04	
	300m: 4:48.23 1:39.76		700m: 11:33.85 1:42.44	1100m: 18:25.52	1:43.62	1500m: 25:17.24 1:40.14	
	400m: 6:29.29 1:41.06		800m: 13:16.29 1:42.44	1200m: 20:09.43	1:43.91		
28.	SEQUEIRA Ana Paula	68	Gafanha da Encarnacao	25:25.75		432	20,00
	100m: 1:33.26 1:33.26		500m: 8:20.55 1:42.99	900m: 15:10.07	1:42.58	1300m: 22:04.76 1:43.72	
	200m: 3:13.62 1:40.36		600m: 10:02.65 1:42.10	1000m: 16:53.12	1:43.05	1400m: 23:47.77 1:43.01	
	300m: 4:55.03 1:41.41		700m: 11:45.24 1:42.59	1100m: 18:36.68	1:43.56	1500m: 25:25.75 1:37.98	
	400m: 6:37.56 1:42.53		800m: 13:27.49 1:42.25	1200m: 20:21.04	1:44.36		
29.	COSTA Lilia Dulce	81	Fluvial Portuense	25:28.01		406	19,00
	100m: 1:26.36 1:26.36		500m: 8:10.42 1:43.89	900m: 15:05.80	1:43.74	1300m: 22:01.40 1:44.21	
	200m: 3:03.65 1:37.29		600m: 9:55.03 1:44.61	1000m: 16:50.20	1:44.40	1400m: 23:45.71 1:44.31	
	300m: 4:44.56 1:40.91		700m: 11:38.57 1:43.54	1100m: 18:33.91	1:43.71	1500m: 25:28.01 1:42.30	
	400m: 6:26.53 1:41.97		800m: 13:22.06 1:43.49	1200m: 20:17.19	1:43.28		
30.	FERREIRA Ana Maria	50	Alges	25:29.15		1380	30,00
	<i>Rec Nacional Escalão J, e nos parciais dos 100, 200, 400 e 800m</i>						
	100m: 1:35.97 1:35.97		500m: 8:22.21 1:42.05	900m: 15:13.31	1:43.00	1300m: 22:05.98 1:43.23	
	200m: 3:17.13 1:41.16		600m: 10:04.79 1:42.58	1000m: 16:55.91	1:42.60	1400m: 23:49.95 1:43.97	
	300m: 4:58.82 1:41.69		700m: 11:47.28 1:42.49	1100m: 18:38.81	1:42.90	1500m: 25:29.15 1:39.20	
	400m: 6:40.16 1:41.34		800m: 13:30.31 1:43.03	1200m: 20:22.75	1:43.94		
31.	BLANCO Catarina Araujo	71	Fluvial Portuense	25:53.60		421	20,00
	100m: 1:44.25 1:44.25		500m: 8:46.03 1:45.58	900m: 15:41.58	1:42.82	1300m: 22:33.90 1:42.69	
	200m: 3:30.97 1:46.72		600m: 10:32.03 1:46.00	1000m: 17:24.35	1:42.77	1400m: 24:14.75 1:40.85	
	300m: 5:16.37 1:45.40		700m: 12:15.45 1:43.42	1100m: 19:07.34	1:42.99	1500m: 25:53.60 1:38.85	
	400m: 7:00.45 1:44.08		800m: 13:58.76 1:43.31	1200m: 20:51.21	1:43.87		
32.	VEISEU Maria Adriana	66	Leixoes	26:07.73		398	19,00
	100m: 1:37.41 1:37.41		500m: 8:43.08 1:46.55	900m: 15:46.51	1:45.49	1300m: 22:45.12 1:44.52	
	200m: 3:22.55 1:45.14		600m: 10:29.17 1:46.09	1000m: 17:31.92	1:45.41	1400m: 24:29.30 1:44.18	
	300m: 5:09.51 1:46.96		700m: 12:14.73 1:45.56	1100m: 19:16.07	1:44.15	1500m: 26:07.73 1:38.43	
	400m: 6:56.53 1:47.02		800m: 14:01.02 1:46.29	1200m: 21:00.60	1:44.53		

Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
33.	URBANO Maria Margarida	63	Academica de Coimbra	26:17.15		499	30,00
	100m: 1:37.19 1:37.19	500m: 8:37.90 1:45.82	900m: 15:40.49 1:45.31	1300m: 22:44.69 1:46.49			
	200m: 3:20.85 1:43.66	600m: 10:23.82 1:45.92	1000m: 17:26.18 1:45.69	1400m: 24:31.57 1:46.88			
	300m: 5:06.53 1:45.68	700m: 12:09.55 1:45.73	1100m: 19:11.89 1:45.71	1500m: 26:17.15 1:45.58			
	400m: 6:52.08 1:45.55	800m: 13:55.18 1:45.63	1200m: 20:58.20 1:46.31				
34.	TABORDA Maria Joao	67	Porto	26:46.42		370	18,00
	100m: 1:38.08 1:38.08	500m: 8:41.96 1:47.00	900m: 15:47.71 1:45.55	1300m: 23:03.92 1:51.79			
	200m: 3:22.25 1:44.17	600m: 10:29.32 1:47.36	1000m: 17:33.48 1:45.77	1400m: 24:56.05 1:52.13			
	300m: 5:07.83 1:45.58	700m: 12:15.50 1:46.18	1100m: 19:22.46 1:48.98	1500m: 26:46.42 1:50.37			
	400m: 6:54.96 1:47.13	800m: 14:02.16 1:46.66	1200m: 21:12.13 1:49.67				
35.	SILVA Ana Rosa	80	Foca Quinta da Lixa CNF	26:47.02		357	20,00
	100m: 1:39.58 1:39.58	500m: 8:49.11 1:46.26	900m: 15:55.24 1:46.29	1300m: 23:08.59 1:50.37			
	200m: 3:28.12 1:48.54	600m: 10:35.86 1:46.75	1000m: 17:40.40 1:45.16	1400m: 25:00.22 1:51.63			
	300m: 5:15.31 1:47.19	700m: 12:23.50 1:47.64	1100m: 19:29.22 1:48.82	1500m: 26:47.02 1:46.80			
	400m: 7:02.85 1:47.54	800m: 14:08.95 1:45.45	1200m: 21:18.22 1:49.00				
36.	GUIMARAES Rita Cabral	64	Fluvial Portuense	26:51.66		468	26,00
	100m: 1:38.43 1:38.43	500m: 8:48.00 1:48.23	900m: 15:57.18 1:46.19	1300m: 23:15.56 1:48.81			
	200m: 3:24.24 1:45.81	600m: 10:35.60 1:47.60	1000m: 17:45.31 1:48.13	1400m: 25:04.24 1:48.68			
	300m: 5:11.49 1:47.25	700m: 12:23.08 1:47.48	1100m: 19:35.49 1:50.18	1500m: 26:51.66 1:47.42			
	400m: 6:59.77 1:48.28	800m: 14:10.99 1:47.91	1200m: 21:26.75 1:51.26				
37.	REIS Margarida Bleck	68	Porto	27:02.53		359	17,00
	100m: 1:42.63 1:42.63	500m: 8:57.95 1:48.85	900m: 16:13.72 1:48.93	1300m: 23:28.84 1:48.75			
	200m: 3:31.22 1:48.59	600m: 10:47.76 1:49.81	1000m: 18:03.24 1:49.52	1400m: 25:17.95 1:49.11			
	300m: 5:19.80 1:48.58	700m: 12:36.57 1:48.81	1100m: 19:51.50 1:48.26	1500m: 27:02.53 1:44.58			
	400m: 7:09.10 1:49.30	800m: 14:24.79 1:48.22	1200m: 21:40.09 1:48.59				
38.	SANTINHA Fernanda Maria	72	Masters de Almada	27:05.31		367	19,00
	100m: 1:40.80 1:40.80	500m: 8:58.59 1:49.44	900m: 18:03.75 1:48.84	1300m: 25:18.77 1:46.54			
	200m: 3:29.89 1:49.09	600m: 10:47.26 1:48.67	1000m: 19:52.77 1:49.02	1400m: 27:05.31 1:46.54			
	300m: 5:19.61 1:49.72	700m: 12:36.96 1:49.70	1100m: 21:41.67 1:48.90	1500m: 27:05.31 1:46.54			
	400m: 7:09.15 1:49.54	800m: 16:14.91 3:37.95	1200m: 23:30.35 1:48.68				
39.	PALHARES Daniela Maria	71	Fluvial Portuense	27:21.72		356	18,00
	100m: 1:42.51 1:42.51	500m: 9:10.45 1:52.90	900m: 16:35.99 1:51.48	1300m: 23:53.15 1:48.67			
	200m: 3:31.75 1:49.24	600m: 11:02.24 1:51.79	1000m: 18:27.16 1:51.17	1400m: 25:40.14 1:46.99			
	300m: 5:24.77 1:53.02	700m: 12:53.48 1:51.24	1100m: 20:16.07 1:48.91	1500m: 27:21.72 1:41.58			
	400m: 7:17.55 1:52.78	800m: 14:44.51 1:51.03	1200m: 22:04.48 1:48.41				
40.	FERNANDES Maria Santos	62	Leixoes	27:44.15		425	22,00
	100m: 1:43.32 1:43.32	500m: 9:04.35 1:51.18	900m: 16:29.71 1:51.25	1300m: 23:58.51 1:54.22			
	200m: 3:32.20 1:48.88	600m: 10:55.66 1:51.31	1000m: 18:20.63 1:50.92	1400m: 25:52.01 1:53.50			
	300m: 5:22.45 1:50.25	700m: 12:47.40 1:51.74	1100m: 20:12.05 1:51.42	1500m: 27:44.15 1:52.14			
	400m: 7:13.17 1:50.72	800m: 14:38.46 1:51.06	1200m: 22:04.29 1:52.24				
41.	NEVES Isabel Carolina	80	Individual ANNP	27:59.94		313	19,00
	100m: 1:43.63 1:43.63	500m: 9:08.51 1:51.35	900m: 16:41.16 1:54.77	1300m: 24:19.69 1:55.56			
	200m: 3:33.68 1:50.05	600m: 10:59.45 1:50.94	1000m: 18:36.24 1:55.08	1400m: 26:12.38 1:52.69			
	300m: 5:25.60 1:51.92	700m: 12:51.83 1:52.38	1100m: 20:29.52 1:53.28	1500m: 27:59.94 1:47.56			
	400m: 7:17.16 1:51.56	800m: 14:46.39 1:54.56	1200m: 22:24.13 1:54.61				

Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
42.	SILVA Vivien Patricia	62	Porto	28:23.44		396	20,00
	100m: 1:43.94 1:43.94	500m: 9:11.98 1:52.96	900m: 16:49.88	1:56.05	1300m: 24:34.32	1:55.97	
	200m: 3:34.28 1:50.34	600m: 11:04.68 1:52.70	1000m: 18:46.52	1:56.64	1400m: 26:30.12	1:55.80	
	300m: 5:26.63 1:52.35	700m: 12:58.24 1:53.56	1100m: 20:42.40	1:55.88	1500m: 28:23.44	1:53.32	
	400m: 7:19.02 1:52.39	800m: 14:53.83 1:55.59	1200m: 22:38.35	1:55.95			
43.	FERREIRA Maria Manuela	70	Natacao da Maia	29:11.50		285	16,00
	100m: 1:47.09 1:47.09	500m: 9:46.91 2:00.02	900m: 17:42.12	1:57.58	1300m: 25:24.18	1:55.70	
	200m: 3:44.94 1:57.85	600m: 11:46.23 1:59.32	1000m: 19:36.37	1:54.25	1400m: 27:18.58	1:54.40	
	300m: 5:45.23 2:00.29	700m: 13:45.63 1:59.40	1100m: 21:32.45	1:56.08	1500m: 29:11.50	1:52.92	
	400m: 7:46.89 2:01.66	800m: 15:44.54 1:58.91	1200m: 23:28.48	1:56.03			
44.	CANINAS Maria Madalena	63	Masters de Almada	29:30.35		353	19,00
	100m: 1:48.10 1:48.10	500m: 9:39.14 1:57.85	900m: 17:37.43	1:59.82	1300m: 25:40.39	2:01.13	
	200m: 3:43.72 1:55.62	600m: 11:38.67 1:59.53	1000m: 19:37.35	1:59.92	1400m: 27:40.95	2:00.56	
	300m: 5:42.29 1:58.57	700m: 13:38.18 1:59.51	1100m: 21:38.21	2:00.86	1500m: 29:30.35	1:49.40	
	400m: 7:41.29 1:59.00	800m: 15:37.61 1:59.43	1200m: 23:39.26	2:01.05			
45.	MARTINS Ana Maria	79	Sporting de Aveiro	29:36.53		264	18,00
	100m: 1:54.85 1:54.85	500m: 9:55.77 1:58.68	900m: 17:54.00	2:00.73	1300m: 25:47.78	1:56.90	
	200m: 3:56.50 2:01.65	600m: 11:55.00 1:59.23	1000m: 19:53.60	1:59.60	1400m: 27:44.26	1:56.48	
	300m: 5:56.84 2:00.34	700m: 13:53.61 1:58.61	1100m: 21:53.27	1:59.67	1500m: 29:36.53	1:52.27	
	400m: 7:57.09 2:00.25	800m: 15:53.27 1:59.66	1200m: 23:50.88	1:57.61			
46.	AGANTE Luisa Lopes	71	Ginasio Clube	29:36.87		281	17,00
	100m: 1:48.13 1:48.13	500m: 9:49.05 2:00.51	900m: 17:46.87	1:58.76	1300m: 25:42.53	1:59.72	
	200m: 3:46.12 1:57.99	600m: 11:48.55 1:59.50	1000m: 19:44.65	1:57.78	1400m: 27:42.54	2:00.01	
	300m: 5:46.77 2:00.65	700m: 13:48.85 2:00.30	1100m: 21:43.02	1:58.37	1500m: 29:36.87	1:54.33	
	400m: 7:48.54 2:01.77	800m: 15:48.11 1:59.26	1200m: 23:42.81	1:59.79			
47.	CAEIRO Ana Maria <i>Rec Nacional Escalão H</i>	59	Amigos da Natacao	29:40.55		447	30,00
	100m: 1:54.82 1:54.82	500m: 9:50.77 1:58.79	900m: 17:46.63	1:59.26	1300m: 25:45.31	2:00.27	
	200m: 3:53.78 1:58.96	600m: 11:49.41 1:58.64	1000m: 19:46.04	1:59.41	1400m: 27:46.81	2:01.50	
	300m: 5:52.96 1:59.18	700m: 13:48.35 1:58.94	1100m: 21:45.45	1:59.41	1500m: 29:40.55	1:53.74	
	400m: 7:51.98 1:59.02	800m: 15:47.37 1:59.02	1200m: 23:45.04	1:59.59			
48.	UHLFELDER Ana Sofia	83	Fluvial Portuense	29:48.62		253	18,00
	100m: 1:45.27 1:45.27	500m: 9:45.75 2:02.30	900m: 17:48.69	2:00.69	1300m: 25:53.32	2:01.67	
	200m: 3:42.34 1:57.07	600m: 11:46.57 2:00.82	1000m: 19:49.01	2:00.32	1400m: 27:52.06	1:58.74	
	300m: 5:42.30 1:59.96	700m: 13:46.88 2:00.31	1100m: 21:50.57	2:01.56	1500m: 29:48.62	1:56.56	
	400m: 7:43.45 2:01.15	800m: 15:48.00 2:01.12	1200m: 23:51.65	2:01.08			
49.	CUNHA Maria Trigueiros	64	Leixoes	30:02.24		334	18,00
	100m: 1:45.98 1:45.98	500m: 9:42.77 2:00.75	900m: 17:47.41	2:00.93	1300m: 26:03.48	2:03.73	
	200m: 3:41.86 1:55.88	600m: 11:42.65 1:59.88	1000m: 19:51.09	2:03.68	1400m: 28:06.58	2:03.10	
	300m: 5:40.91 1:59.05	700m: 13:43.05 2:00.40	1100m: 21:53.92	2:02.83	1500m: 30:02.24	1:55.66	
	400m: 7:42.02 2:01.11	800m: 15:46.48 2:03.43	1200m: 23:59.75	2:05.83			

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
50.	WERNICKE Maria Giraldo	60	Fluvial Portuense	31:10.52		385	26,00
	100m: 1:57.87 1:57.87	500m: 10:21.66 2:05.79	900m: 18:37.88	2:04.81	1300m: 27:03.10	2:05.61	
	200m: 4:03.46 2:05.59	600m: 12:25.31 2:03.65	1000m: 20:43.53	2:05.65	1400m: 29:08.55	2:05.45	
	300m: 6:09.84 2:06.38	700m: 14:27.96 2:02.65	1100m: 22:50.17	2:06.64	1500m: 31:10.52	2:01.97	
	400m: 8:15.87 2:06.03	800m: 16:33.07 2:05.11	1200m: 24:57.49	2:07.32			
51.	KIND Anette	61	Leixoes	32:36.93		261	17,00
	100m: 2:02.13 2:02.13	500m: 10:43.23 2:10.62	900m: 19:26.35	2:10.40	1300m: 28:14.43	2:12.99	
	200m: 4:12.67 2:10.54	600m: 12:54.82 2:11.59	1000m: 21:37.44	2:11.09	1400m: 30:26.28	2:11.85	
	300m: 6:23.91 2:11.24	700m: 15:05.62 2:10.80	1100m: 23:49.32	2:11.88	1500m: 32:36.93	2:10.65	
	400m: 8:32.61 2:08.70	800m: 17:15.95 2:10.33	1200m: 26:01.44	2:12.12			
52.	ALMEIDA Andreia Azevedo	86	Palmela	35:07.57		149	19,00
	100m: 2:11.07 2:11.07	500m: 11:39.73 2:22.54	900m: 21:08.21	2:23.60	1300m: 30:32.90	2:20.42	
	200m: 4:30.49 2:19.42	600m: 14:01.84 2:22.11	1000m: 23:31.04	2:22.83	1400m: 32:53.15	2:20.25	
	300m: 6:53.48 2:22.99	700m: 16:22.35 2:20.51	1100m: 25:52.29	2:21.25	1500m: 35:07.57	2:14.42	
	400m: 9:17.19 2:23.71	800m: 18:44.61 2:22.26	1200m: 28:12.48	2:20.19			
53.	MOTA Anabela Verissimo	66	Amigos da Natacao	35:13.33		162	14,00
	100m: 2:06.34 2:06.34	500m: 11:20.61 2:21.86	900m: 20:56.83	2:24.54	1300m: 30:41.34	2:24.05	
	200m: 4:22.00 2:15.66	600m: 13:45.80 2:25.19	1000m: 23:25.92	2:29.09	1400m: 32:55.27	2:13.93	
	300m: 6:39.07 2:17.07	700m: 16:08.18 2:22.38	1100m: 25:52.06	2:26.14	1500m: 35:13.33	2:18.06	
	400m: 8:58.75 2:19.68	800m: 18:32.29 2:24.11	1200m: 28:17.29	2:25.23			
54.	LEITE Joana Isabel	80	Fluvial Portuense	35:21.43		155	17,00
	100m: 2:08.44 2:08.44	500m: 11:36.84 2:22.38	900m: 21:05.56	2:22.03	1300m: 30:38.57	2:22.91	
	200m: 4:28.51 2:20.07	600m: 14:00.19 2:23.35	1000m: 23:27.92	2:22.36	1400m: 33:00.67	2:22.10	
	300m: 6:51.50 2:22.99	700m: 16:21.24 2:21.05	1100m: 25:52.11	2:24.19	1500m: 35:21.43	2:20.76	
	400m: 9:14.46 2:22.96	800m: 18:43.53 2:22.29	1200m: 28:15.66	2:23.55			
55.	COSTA Rosa Leitao	65	Foca Quinta da Lixa CNF	36:32.25		186	16,00
	100m: 2:15.24 2:15.24	500m: 11:45.70 2:22.99	900m: 21:43.94	2:33.45	1300m: 31:38.84	2:29.13	
	200m: 4:37.87 2:22.63	600m: 14:12.26 2:26.56	1000m: 24:16.35	2:32.41	1400m: 34:06.41	2:27.57	
	300m: 7:01.04 2:23.17	700m: 16:41.25 2:28.99	1100m: 26:42.38	2:26.03	1500m: 36:32.25	2:25.84	
	400m: 9:22.71 2:21.67	800m: 19:10.49 2:29.24	1200m: 29:09.71	2:27.33			
56.	TAVARES Maria Joao	63	Amigos da Natacao	36:34.46		185	14,00
	100m: 2:15.15 2:15.15	500m: 11:51.01 2:26.08	900m: 21:44.21	2:28.57	1300m: 31:39.79	2:29.21	
	200m: 4:37.01 2:21.86	600m: 14:18.87 2:27.86	1000m: 24:13.70	2:29.49	1400m: 34:09.14	2:29.35	
	300m: 7:02.20 2:25.19	700m: 16:46.52 2:27.65	1100m: 26:41.56	2:27.86	1500m: 36:34.46	2:25.32	
	400m: 9:24.93 2:22.73	800m: 19:15.64 2:29.12	1200m: 29:10.58	2:29.02			
57.	LOURENCO Susana Maria	74	Fluvial Portuense	37:01.67		144	16,00
	100m: 2:15.58 2:15.58	500m: 12:07.96 2:29.17	900m: 22:04.96	2:29.55	1300m: 32:05.73	2:28.72	
	200m: 4:41.87 2:26.29	600m: 14:36.66 2:28.70	1000m: 24:34.29	2:29.33	1400m: 34:36.33	2:30.60	
	300m: 7:10.29 2:28.42	700m: 17:05.66 2:29.00	1100m: 27:05.56	2:31.27	1500m: 37:01.67	2:25.34	
	400m: 9:38.79 2:28.50	800m: 19:35.41 2:29.75	1200m: 29:37.01	2:31.45			
58.	BENTO Teresa Sofia	74	Fluvial Portuense	37:20.05		140	14,00
	100m: 2:10.83 2:10.83	500m: 12:07.42 2:33.25	900m: 22:21.13	2:32.35	1300m: 32:27.30	2:25.90	
	200m: 4:34.60 2:23.77	600m: 14:37.52 2:30.10	1000m: 24:54.69	2:33.56	1400m: 34:57.27	2:29.97	
	300m: 7:04.03 2:29.43	700m: 17:13.34 2:35.82	1100m: 27:33.24	2:38.55	1500m: 37:20.05	2:22.78	
	400m: 9:34.17 2:30.14	800m: 19:48.78 2:35.44	1200m: 30:01.40	2:28.16			

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
59.	ALMEIDA Maria Astride	72	Fluvial Portuense	37:23.16		139	12,00
	100m: 2:16.23 2:16.23	500m: 12:11.73 2:30.33	900m: 22:14.63	2:31.31	1300m: 32:23.00	2:32.46	
	200m: 4:43.26 2:27.03	600m: 14:41.14 2:29.41	1000m: 24:46.77	2:32.14	1400m: 34:54.90	2:31.90	
	300m: 7:12.32 2:29.06	700m: 17:12.77 2:31.63	1100m: 27:18.40	2:31.63	1500m: 37:23.16	2:28.26	
	400m: 9:41.40 2:29.08	800m: 19:43.32 2:30.55	1200m: 29:50.54	2:32.14			
60.	RIBEIRO Margarida Maria	64	Fluvial Portuense	39:26.86		147	12,00
	100m: 2:14.14 2:14.14	500m: 12:42.99 2:40.80	900m: 23:25.79	2:44.55	1300m: 34:19.46	2:45.66	
	200m: 4:46.77 2:32.63	600m: 15:22.38 2:39.39	1000m: 26:06.07	2:40.28	1400m: 36:56.20	2:36.74	
	300m: 7:23.46 2:36.69	700m: 18:03.83 2:41.45	1100m: 28:48.20	2:42.13	1500m: 39:26.86	2:30.66	
	400m: 10:02.19 2:38.73	800m: 20:41.24 2:37.41	1200m: 31:33.80	2:45.60			
DNS	BASTO Luisa Bessone	44	Alges				-
DNS	AVELANS Carla Susana	75	Fluvial Portuense				-
DNS	COSTA Marta Sofia	71	Porto				-

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