

XXII Campeonato Nacional Masters de Verão , OPEN
XXII Portuguese Summer Masters Championships - OPEN
Vila Nova de Famalicão, 09 a 11 de Julho de 2021



Prova 11 Femin., 200m Costas Master Esc A
10-07-2021 Resultados

RN A(25-29) 2:38.06 SILVA Carolina Santos CNMAIA Loulé 04-07-2015

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	PINHEIRO Filipa Mendes	92	Sporting Caminhense	2:40.22	+0,64	758	9,00
	50m: 36.70 36.70	100m: 1:16.61 39.91	150m: 1:58.43 41.82	200m: 2:40.22 41.79			
2.	MARCHIORO Giulia Manso	93	Porto	3:13.05	+0,87	433	7,00
	50m: 41.22 41.22	100m: 1:29.86 48.64	150m: 2:21.46 51.60	200m: 3:13.05 51.59			

Prova 11 Femin., 200m Costas Master Esc B
10-07-2021 Resultados

RN B(30-34) 2:39.01 SILVA Carolina Santos CPN Loulé 14-07-2018

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	MATOS Carolina Ferreira	91	Gafanha da Encarnacao	3:12.61	+0,97	413	9,00
	50m: 46.59 46.59	100m: 1:35.55 48.96	150m: 2:24.47 48.92	200m: 3:12.61 48.14			

Prova 11 Femin., 200m Costas Master Esc C
10-07-2021 Resultados

RN C(35-39) 2:43.59 GRILO Ana Paula UDCA Swansea (GBR) 03-03-2006

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SOUSA Silvia Manuel	84	Porto	3:49.74	+0,89	272	9,00
	50m: 53.66 53.66	100m: 1:50.64 56.98	150m: 2:51.67 1:01.03	200m: 3:49.74 58.07			
2.	MILHAZES Ana Catarina	85	Vitoria Guimaraes	4:15.12	+0,87	198	7,00
	50m: 59.86 59.86	100m: 2:03.55 1:03.69	150m: 3:09.57 1:06.02	200m: 4:15.12 1:05.55			



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Master Esc D
Resultados

RN D(40-44) 2:46.56 GRILO Ana Paula INDALEN Oeiras 02-07-2011

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	BAPTISTA Liliana Elisabete	78	Leixoes	3:01.28	+0,82	612	9,00
	50m: 41.24 41.24	100m: 1:26.90 45.66	150m: 2:13.75 46.85	200m: 3:01.28 47.53			
2.	NEVES Isabel Carolina	80	Fluvial Portuense	4:06.43	+0,88	243	7,00
	50m: 1:01.65 1:01.65	100m: 2:04.24 1:02.59	150m: 3:07.06 1:02.82	200m: 4:06.43 59.37			
3.	LEITE Joana Isabel	80	Fluvial Portuense	4:06.83	+1,04	242	6,00
	50m: 59.63 59.63	100m: 2:01.76 1:02.13	150m: 3:04.60 1:02.84	200m: 4:06.83 1:02.23			
4.	MARTINS Ana Maria	79	Sporting de Aveiro	4:17.81	+1,18	213	5,00
	50m: 1:03.19 1:03.19	100m: 2:11.40 1:08.21	150m: 3:17.01 1:05.61	200m: 4:17.81 1:00.80			

Prova 11
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Femin., 200m Costas
Master Esc E
Resultados

RN E(45-49) 2:51.24 SOUSA Natacha Alexandra CFP Famalicão 08-07-2017

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	COUTINHO Gisela Barbosa	75	Porto	2:56.39	+0,82	734	9,00
	50m: 39.50 39.50	100m: 1:22.77 43.27	150m: 2:09.45 46.68	200m: 2:56.39 46.94			
2.	AVELANS Carla Susana	75	Fluvial Portuense	3:57.93	+1,04	299	7,00
	50m: 55.49 55.49	100m: 1:56.65 1:01.16	150m: 2:56.91 1:00.26	200m: 3:57.93 1:01.02			
3.	LOBO Isabel Xavier	76	Lisboa PoolSharks	4:17.80	+1,01	235	6,00
	50m: 58.52 58.52	100m: 2:03.69 1:05.17	150m: 3:11.14 1:07.45	200m: 4:17.80 1:06.66			
4.	PINTO Isabel Maria	72	Fluvial Portuense	4:25.46	+1,22	215	5,00
	50m: 1:04.30 1:04.30	100m: 2:11.86 1:07.56	150m: 3:23.13 1:11.27	200m: 4:25.46 1:02.33			



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Prova 11, Femin., 200m Costas

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Master Esc F
Resultados

RN F(50-54) 2:55.96 KRAEVA Elena Nikolaevna ADRCIMM Reguengos de Monsaraz 30-06-2012

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	PEREIRA Patricia Diogenes	69	Lisboa PoolSharks	3:14.68	+0,71	598	9,00
	50m: 45.92 45.92	100m: 1:36.08 50.16	150m: 2:26.33 50.25	200m: 3:14.68 48.35			
2.	SEQUEIRA Maria Manuela	68	Gafanha da Encarnacao	3:36.28	+1,00	436	7,00
	50m: 51.03 51.03	100m: 1:46.27 55.24	150m: 2:42.71 56.44	200m: 3:36.28 53.57			
3.	BARBARA Ana Bernardo	70	Lagoa AC	3:50.50	+0,71	360	6,00
	50m: 53.39 53.39	100m: 1:53.01 59.62	150m: 2:54.69 1:01.68	200m: 3:50.50 55.81			
4.	CASTRO Eliana Marta	70	Sporting de Aveiro	4:42.39	+1,83	196	5,00
	50m: 1:01.39 1:01.39	100m: 2:18.93 1:17.54	150m: 3:33.43 1:14.50	200m: 4:42.39 1:08.96			

Prova 11
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Femin., 200m Costas
Master Esc G
Resultados

RN G(55-59) 2:58.11 KRAEVA Elena Nikolaevna ADRCIMM Loulé 09-07-2016

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	PALHARES Paula Alexandra	66	Fluvial Portuense	3:32.16	+0,89	487	9,00
	50m: 51.28 51.28	100m: 1:43.78 52.50	150m: 2:38.88 55.10	200m: 3:32.16 53.28			
2.	FRIAES Maria Manuel	65	Porto	3:39.66	+0,96	439	7,00
	50m: 52.90 52.90	100m: 1:50.25 57.35	150m: 2:46.69 56.44	200m: 3:39.66 52.97			
3.	GUIMARAES Rita Cabral	64	Fluvial Portuense	3:40.63	+0,85	433	6,00
	50m: 51.56 51.56	100m: 1:48.49 56.93	150m: 2:46.63 58.14	200m: 3:40.63 54.00			
4.	SILVA Vivien Patricia	62	Porto	3:57.60	+0,83	347	5,00
	50m: 56.32 56.32	100m: 1:57.44 1:01.12	150m: 2:57.40 59.96	200m: 3:57.60 1:00.20			
5.	CARDOSO Helena Maria	66	Fluvial Portuense	4:23.51	+1,36	254	4,00
	50m: 59.60 59.60	100m: 2:04.71 1:05.11	150m: 3:14.50 1:09.79	200m: 4:23.51 1:09.01			
6.	RIBEIRO Margarida Maria	64	Fluvial Portuense	5:39.35	+1,18	119	3,00
	50m: 1:24.57 1:24.57	100m: 2:50.90 1:26.33	150m: 4:16.84 1:25.94	200m: 5:39.35 1:22.51			

ORGANIZAÇÃO



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Prova 11, Femin., 200m Costas

Prova 11 10-07-2021	Femin., 200m Costas				Absoluto Resultados
RN A(25-29)	2:38.06	SILVA Carolina Santos	CNMAIA	Loulé	04-07-2015
RN B(30-34)	2:39.01	SILVA Carolina Santos	CPN	Loulé	14-07-2018
RN C(35-39)	2:43.59	GRILLO Ana Paula	UDCA	Swansea (GBR)	03-03-2006
RN D(40-44)	2:46.56	GRILLO Ana Paula	INDALEN	Oeiras	02-07-2011
RN E(45-49)	2:51.24	SOUSA Natacha Alexandra	CFP	Famalicão	08-07-2017
RN F(50-54)	2:55.96	KRAEVA Elena Nikolaevna	ADRCIMM	Reguengos de Monsaraz	30-06-2012
RN G(55-59)	2:58.11	KRAEVA Elena Nikolaevna	ADRCIMM	Loulé	09-07-2016
RN H(60-64)	3:49.06	FERREIRA Ana Maria	SAD	Reguengos de Monsaraz	30-06-2012
RN I(65-69)	3:52.93	FERREIRA Ana Maria	SAD	Loulé	04-07-2015
RN J(70-74)	4:58.86	SA Nair Gomes	ANE	Cádiz (ESP)	19-09-2009
RN K(75-79)	6:39.88	AZINHEIRA Maria Augusta	SFP	Famalicão	08-07-2017
RN L(80-84)	6:28.28	AZINHEIRA Maria Augusta	SFP	Loulé	14-07-2018

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	PINHEIRO Filipa Mendes	92	Sporting Caminhense	2:40.22	+0,64	758	9,00
	50m: 36.70 36.70	100m: 1:16.61 39.91	150m: 1:58.43	41.82	200m: 2:40.22	41.79	
2.	COUTINHO Gisela Barbosa	75	Porto	2:56.39	+0,82	734	9,00
	50m: 39.50 39.50	100m: 1:22.77 43.27	150m: 2:09.45	46.68	200m: 2:56.39	46.94	
3.	BAPTISTA Liliana Elisabete	78	Leixoes	3:01.28	+0,82	612	9,00
	50m: 41.24 41.24	100m: 1:26.90 45.66	150m: 2:13.75	46.85	200m: 3:01.28	47.53	
4.	MATOS Carolina Ferreira	91	Gafanha da Encarnacao	3:12.61	+0,97	413	9,00
	50m: 46.59 46.59	100m: 1:35.55 48.96	150m: 2:24.47	48.92	200m: 3:12.61	48.14	
5.	MARCHIORO Giulia Manso	93	Porto	3:13.05	+0,87	433	7,00
	50m: 41.22 41.22	100m: 1:29.86 48.64	150m: 2:21.46	51.60	200m: 3:13.05	51.59	
6.	PEREIRA Patricia Diogenes	69	Lisboa PoolSharks	3:14.68	+0,71	598	9,00
	50m: 45.92 45.92	100m: 1:36.08 50.16	150m: 2:26.33	50.25	200m: 3:14.68	48.35	
7.	PALHARES Paula Alexandra	66	Fluvial Portuense	3:32.16	+0,89	487	9,00
	50m: 51.28 51.28	100m: 1:43.78 52.50	150m: 2:38.88	55.10	200m: 3:32.16	53.28	
8.	SEQUEIRA Maria Manuela	68	Gafanha da Encarnacao	3:36.28	+1,00	436	7,00
	50m: 51.03 51.03	100m: 1:46.27 55.24	150m: 2:42.71	56.44	200m: 3:36.28	53.57	
9.	FRIAES Maria Manuel	65	Porto	3:39.66	+0,96	439	7,00
	50m: 52.90 52.90	100m: 1:50.25 57.35	150m: 2:46.69	56.44	200m: 3:39.66	52.97	
10.	GUIMARAES Rita Cabral	64	Fluvial Portuense	3:40.63	+0,85	433	6,00
	50m: 51.56 51.56	100m: 1:48.49 56.93	150m: 2:46.63	58.14	200m: 3:40.63	54.00	
11.	SOUSA Silvia Manuel	84	Porto	3:49.74	+0,89	272	9,00
	50m: 53.66 53.66	100m: 1:50.64 56.98	150m: 2:51.67	1:01.03	200m: 3:49.74	58.07	
12.	BARBARA Ana Bernardo	70	Lagoa AC	3:50.50	+0,71	360	6,00
	50m: 53.39 53.39	100m: 1:53.01 59.62	150m: 2:54.69	1:01.68	200m: 3:50.50	55.81	

Splash Meet Manager, 11.69847

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Prova 11, Femin., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
13.	SILVA Vivien Patricia	62	Porto	3:57.60	+0,83	347	5,00
	50m: 56.32 56.32	100m: 1:57.44 1:01.12	150m: 2:57.40 59.96	200m: 3:57.60 1:00.20			
14.	AVELANS Carla Susana	75	Fluvial Portuense	3:57.93	+1,04	299	7,00
	50m: 55.49 55.49	100m: 1:56.65 1:01.16	150m: 2:56.91 1:00.26	200m: 3:57.93 1:01.02			
15.	NEVES Isabel Carolina	80	Fluvial Portuense	4:06.43	+0,88	243	7,00
	50m: 1:01.65 1:01.65	100m: 2:04.24 1:02.59	150m: 3:07.06 1:02.82	200m: 4:06.43 59.37			
16.	LEITE Joana Isabel	80	Fluvial Portuense	4:06.83	+1,04	242	6,00
	50m: 59.63 59.63	100m: 2:01.76 1:02.13	150m: 3:04.60 1:02.84	200m: 4:06.83 1:02.23			
17.	MILHAZES Ana Catarina	85	Vitoria Guimaraes	4:15.12	+0,87	198	7,00
	50m: 59.86 59.86	100m: 2:03.55 1:03.69	150m: 3:09.57 1:06.02	200m: 4:15.12 1:05.55			
18.	LOBO Isabel Xavier	76	Lisboa PoolSharks	4:17.80	+1,01	235	6,00
	50m: 58.52 58.52	100m: 2:03.69 1:05.17	150m: 3:11.14 1:07.45	200m: 4:17.80 1:06.66			
19.	MARTINS Ana Maria	79	Sporting de Aveiro	4:17.81	+1,18	213	5,00
	50m: 1:03.19 1:03.19	100m: 2:11.40 1:08.21	150m: 3:17.01 1:05.61	200m: 4:17.81 1:00.80			
20.	CARDOSO Helena Maria	66	Fluvial Portuense	4:23.51	+1,36	254	4,00
	50m: 59.60 59.60	100m: 2:04.71 1:05.11	150m: 3:14.50 1:09.79	200m: 4:23.51 1:09.01			
21.	PINTO Isabel Maria	72	Fluvial Portuense	4:25.46	+1,22	215	5,00
	50m: 1:04.30 1:04.30	100m: 2:11.86 1:07.56	150m: 3:23.13 1:11.27	200m: 4:25.46 1:02.33			
22.	CASTRO Eliana Marta	70	Sporting de Aveiro	4:42.39	+1,83	196	5,00
	50m: 1:01.39 1:01.39	100m: 2:18.93 1:17.54	150m: 3:33.43 1:14.50	200m: 4:42.39 1:08.96			
23.	RIBEIRO Margarida Maria	64	Fluvial Portuense	5:39.35	+1,18	119	3,00
	50m: 1:24.57 1:24.57	100m: 2:50.90 1:26.33	150m: 4:16.84 1:25.94	200m: 5:39.35 1:22.51			

