

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 24 Femin., 400m Livres Master Esc A
11-07-2021 Resultados

RN A(25-29) 4:57.88 SILVA Carolina Santos CNMAIA Eindhoven (NED) 02-09-2013

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SILVESTRE Sofia Prates	95	Vikings	5:00.65	+0,77	723	9,00
	50m: 31.89 31.89	150m: 1:45.73 38.23	250m: 3:04.02 39.24	350m: 4:22.64 39.51			
	100m: 1:07.50 35.61	200m: 2:24.78 39.05	300m: 3:43.13 39.11	400m: 5:00.65 38.01			
2.	RIBAU Ana Rita	95	Gafanha da Encarnacao	5:10.08	+0,82	659	7,00
	50m: 34.76 34.76	150m: 1:51.71 38.71	250m: 3:11.41 39.82	350m: 4:31.02 39.31			
	100m: 1:13.00 38.24	200m: 2:31.59 39.88	300m: 3:51.71 40.30	400m: 5:10.08 39.06			
3.	VIEIRA Barbara Rocha	94	Gafanha da Encarnacao	6:36.16	+0,88	316	6,00
	50m: 44.78 44.78	150m: 2:25.15 51.53	250m: 4:06.92 50.86	350m: 5:47.45 49.97			
	100m: 1:33.62 48.84	200m: 3:16.06 50.91	300m: 4:57.48 50.56	400m: 6:36.16 48.71			

Prova 24 Femin., 400m Livres Master Esc B
11-07-2021 Resultados

RN B(30-34) 4:39.43 GRILO Ana Paula INATEL Riccione (ITA) 20-06-2003

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	TEIXEIRA Rute Sofia	90	Ginasio Santo Tirso	5:31.71	+0,89	561	9,00
	50m: 37.30 37.30	150m: 2:01.04 42.95	250m: 3:25.79 41.84	350m: 4:51.09 42.82			
	100m: 1:18.09 40.79	200m: 2:43.95 42.91	300m: 4:08.27 42.48	400m: 5:31.71 40.62			
2.	MOLEN Laurelin Lucinda	87	CCDSerta	6:32.84	+0,90	337	7,00
	50m: 43.13 43.13	150m: 2:19.45 49.15	250m: 4:00.91 50.82	350m: 5:42.54 50.82			
	100m: 1:30.30 47.17	200m: 3:10.09 50.64	300m: 4:51.72 50.81	400m: 6:32.84 50.30			

Prova 24 Femin., 400m Livres Master Esc C
11-07-2021 Resultados

RN C(35-39) 4:35.74 GRILO Ana Paula UDCA Stanford (USA) 10-08-2006

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SILVA Carolina Santos	86	Individual ANNP	5:28.20	+0,65	628	9,00
	50m: 38.20 38.20	150m: 2:00.99 41.42	250m: 3:24.29 41.71	350m: 4:47.54 41.70			
	100m: 1:19.57 41.37	200m: 2:42.58 41.59	300m: 4:05.84 41.55	400m: 5:28.20 40.66			
2.	SOUZA Silvia Manuel	84	Porto	7:17.15	+0,90	265	7,00
	50m: 46.79 46.79	150m: 2:34.88 55.68	250m: 4:29.27 57.10	350m: 6:24.33 57.49			
	100m: 1:39.20 52.41	200m: 3:32.17 57.29	300m: 5:26.84 57.57	400m: 7:17.15 52.82			
3.	FONSECA Maria Ana	82	Fluvial Portuense	7:36.39	+0,96	233	6,00
	50m: 45.05 45.05	150m: 2:30.77 53.40	250m: 4:28.28 58.79	350m: 6:32.58 1:01.86			
	100m: 1:37.37 52.32	200m: 3:29.49 58.72	300m: 5:30.72 1:02.44	400m: 7:36.39 1:03.81			

Splash Meet Manager, 11.69847

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ORGANIZAÇÃO



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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 24, Femin., 400m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
4.	CARVALHO Ines Silva	83	Fluvial Portuense	8:18.80	+1,02	178	5,00
	50m: 57.45 57.45	150m: 3:00.96 1:02.44	250m: 5:08.09 1:03.27	350m: 7:16.03 1:03.07			
	100m: 1:58.52 1:01.07	200m: 4:04.82 1:03.86	300m: 6:12.96 1:04.87	400m: 8:18.80 1:02.77			
5.	ALMEIDA Andreia Azevedo	86	Palmela	8:42.89	+1,09	155	4,00
	50m: 57.32 57.32	150m: 3:11.08 1:09.52	250m: 5:27.34 1:09.22	350m: 7:41.93 1:08.22			
	100m: 2:01.56 1:04.24	200m: 4:18.12 1:07.04	300m: 6:33.71 1:06.37	400m: 8:42.89 1:00.96			
DNS	OLIVEIRA Juliana Cabral	85	Gafanha da Encarnacao				-

Prova 24
11-07-2021
Femin., 400m Livres
Master Esc D
Resultados

RN D(40-44)	5:02.98	GOMES Susana Clara	CNF	Gwangju (KOR)	18-08-2019
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	CUNHA Joana Isabel	80	Aquatico Silves	5:46.87	+0,73	541	9,00
	50m: 36.67 36.67	150m: 2:01.37 44.15	250m: 3:31.55 45.62	350m: 5:03.23 45.90			
	100m: 1:17.22 40.55	200m: 2:45.93 44.56	300m: 4:17.33 45.78	400m: 5:46.87 43.64			
2.	OLIVEIRA Ana Mafalda	81	Natacao da Maia	6:00.99	+0,84	480	7,00
	50m: 39.60 39.60	150m: 2:09.26 45.58	250m: 3:42.14 46.42	350m: 5:14.87 46.31			
	100m: 1:23.68 44.08	200m: 2:55.72 46.46	300m: 4:28.56 46.42	400m: 6:00.99 46.12			
3.	GUEDES Ana Dalte	80	Leixoes	6:07.53	+0,95	455	6,00
	50m: 39.57 39.57	150m: 2:12.87 47.81	250m: 3:48.35 47.67	350m: 5:23.03 47.22			
	100m: 1:25.06 45.49	200m: 3:00.68 47.81	300m: 4:35.81 47.46	400m: 6:07.53 44.50			
4.	CAVALEIRO Joana Margarida	78	Individual ANC	6:24.13	+0,89	398	5,00
	50m: 41.43 41.43	150m: 2:18.39 48.93	250m: 3:57.46 49.56	350m: 5:36.47 49.27			
	100m: 1:29.46 48.03	200m: 3:07.90 49.51	300m: 4:47.20 49.74	400m: 6:24.13 47.66			
5.	COSTA Lilia Dulce	81	Fluvial Portuense	6:38.06	+0,90	358	4,00
	50m: 39.85 39.85	150m: 2:16.18 50.69	250m: 4:01.26 52.67	350m: 5:46.54 51.14			
	100m: 1:25.49 45.64	200m: 3:08.59 52.41	300m: 4:55.40 54.14	400m: 6:38.06 51.52			
6.	NEVES Isabel Carolina	80	Fluvial Portuense	7:00.35	+0,95	304	3,00
	50m: 46.18 46.18	150m: 2:32.23 54.88	250m: 4:21.63 55.32	350m: 6:08.52 53.02			
	100m: 1:37.35 51.17	200m: 3:26.31 54.08	300m: 5:15.50 53.87	400m: 7:00.35 51.83			
7.	LEITE Joana Isabel	80	Fluvial Portuense	8:53.42		148	2,00
	50m: 58.14 58.14	150m: 3:11.55 1:08.54	250m: 5:29.16 1:09.48	350m: 7:45.30 1:08.27			
	100m: 2:03.01 1:04.87	200m: 4:19.68 1:08.13	300m: 6:37.03 1:07.87	400m: 8:53.42 1:08.12			

Splash Meet Manager, 11.69847

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



Prova 24, Femin., 400m Livres

Prova 24
11-07-2021
Femin., 400m Livres
Master Esc E
Resultados

RN E(45-49) 5:24.65 PEREIRA Patricia Diogenes SAD Coimbra 17-01-2016

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	COUTINHO Gisela Barbosa	75	Porto	5:30.17	+1,06	638	9,00
	50m: 37.14 37.14	150m: 1:59.36 41.52	250m: 3:24.26 42.23	350m: 4:49.76 42.07			
	100m: 1:17.84 40.70	200m: 2:42.03 42.67	300m: 4:07.69 43.43	400m: 5:30.17 40.41			
2.	ROTHES Ines Maria	73	Fluvial Portuense	6:10.99		450	7,00
	50m: 40.30 40.30	150m: 2:10.66 46.13	250m: 3:47.40 48.80	350m: 5:23.49 47.98			
	100m: 1:24.53 44.23	200m: 2:58.60 47.94	300m: 4:35.51 48.11	400m: 6:10.99 47.50			
3.	LOBO Isabel Xavier	76	Lisboa PoolSharks	7:11.07	+0,95	287	6,00
	50m: 46.18 46.18	150m: 2:33.51 54.50	250m: 4:24.18 55.52	350m: 6:16.24 56.41			
	100m: 1:39.01 52.83	200m: 3:28.66 55.15	300m: 5:19.83 55.65	400m: 7:11.07 54.83			
4.	RIBEIRO Helena Isabel	74	Lagoa AC	7:32.89	+0,83	247	5,00
	50m: 47.85 47.85	150m: 2:39.47 57.53	250m: 4:36.09 58.56	350m: 6:35.38 1:00.10			
	100m: 1:41.94 54.09	200m: 3:37.53 58.06	300m: 5:35.28 59.19	400m: 7:32.89 57.51			
5.	LOURENCO Susana Maria	74	Fluvial Portuense	9:44.10		115	4,00
	50m: 1:06.60 1:06.60	150m: 3:31.31 1:13.89	250m: 6:00.32 1:14.76	350m: 8:31.12 1:16.26			
	100m: 2:17.42 1:10.82	200m: 4:45.56 1:14.25	300m: 7:14.86 1:14.54	400m: 9:44.10 1:12.98			
DNS	AVELANS Carla Susana	75	Fluvial Portuense				-
DNS	SANTINHA Fernanda Maria	72	Masters de Almada				-

Prova 24
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Femin., 400m Livres
Master Esc F
Resultados

RN F(50-54) 5:35.31 GRILO Ana Paula NDCO Reguengos de Monsaraz 21-07-2019

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	PEREIRA Patricia Diogenes	69	Lisboa PoolSharks	5:32.36	+0,82	652	9,00
	<i>Rec Nac Esc F</i>						
	50m: 36.91 36.91	150m: 1:58.71 42.11	250m: 3:23.96 43.24	350m: 4:50.66 43.80			
	100m: 1:16.60 39.69	200m: 2:40.72 42.01	300m: 4:06.86 42.90	400m: 5:32.36 41.70			
2.	BRANDAO Maria Teresa	69	Fluvial Portuense	5:51.43	+1,08	552	7,00
	50m: 40.41 40.41	150m: 2:08.16 43.84	250m: 3:38.29 44.86	350m: 5:08.47 45.32			
	100m: 1:24.32 43.91	200m: 2:53.43 45.27	300m: 4:23.15 44.86	400m: 5:51.43 42.96			
3.	PALHARES Daniela Maria	71	Fluvial Portuense	6:47.92	+1,03	353	6,00
	50m: 45.22 45.22	150m: 2:27.19 52.76	250m: 4:12.44 52.51	350m: 5:58.52 53.21			
	100m: 1:34.43 49.21	200m: 3:19.93 52.74	300m: 5:05.31 52.87	400m: 6:47.92 49.40			

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Vila Nova de Famalicão, 09 a 11 de Julho de 2021



Prova 24, Femin., 400m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
4.	REIS Margarida Bleck	68	Porto	7:11.52	+0,90	298	5,00
	50m: 46.64 46.64	150m: 2:35.62 55.90	250m: 4:27.77 55.67	350m: 6:19.72 56.11			
	100m: 1:39.72 53.08	200m: 3:32.10 56.48	300m: 5:23.61 55.84	400m: 7:11.52 51.80			
5.	FERREIRA Maria Manuela	70	Vitoria Guimaraes	7:22.74	+1,04	276	4,00
	50m: 48.91 48.91	150m: 2:38.82 55.91	250m: 4:32.51 56.44	350m: 6:27.57 57.51			
	100m: 1:42.91 54.00	200m: 3:36.07 57.25	300m: 5:30.06 57.55	400m: 7:22.74 55.17			
6.	BARBARA Ana Bernardo	70	Lagoa AC	7:27.02	+0,88	268	3,00
	50m: 46.37 46.37	150m: 2:39.80 57.77	250m: 4:38.21 59.08	350m: 6:32.90 56.12			
	100m: 1:42.03 55.66	200m: 3:39.13 59.33	300m: 5:36.78 58.57	400m: 7:27.02 54.12			
7.	SOARES Susana Maria	70	Natacao de Valongo	7:52.84	+1,05	226	2,00
	50m: 49.61 49.61	150m: 2:47.66 1:00.50	250m: 4:51.52 1:02.64	350m: 6:55.49 1:00.72			
	100m: 1:47.16 57.55	200m: 3:48.88 1:01.22	300m: 5:54.77 1:03.25	400m: 7:52.84 57.35			

Prova 24
11-07-2021

Femin., 400m Livres

Master Esc G
Resultados

RN G(55-59) 5:48.63 KRAEVA Elena Nikolaevna ADRCIMM Loulé 10-07-2016

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	WISEU Maria Adriana	66	Leixoes	6:50.74	+0,89	354	9,00
	50m: 43.18 43.18	150m: 2:24.35 51.96	250m: 4:11.22 54.00	350m: 5:58.52 54.46			
	100m: 1:32.39 49.21	200m: 3:17.22 52.87	300m: 5:04.06 52.84	400m: 6:50.74 52.22			
2.	CARVALHO Helena Paula	64	Sporting	6:57.09	+1,01	338	7,00
	50m: 47.17 47.17	150m: 2:32.45 52.88	250m: 4:20.20 53.95	350m: 6:06.58 53.04			
	100m: 1:39.57 52.40	200m: 3:26.25 53.80	300m: 5:13.54 53.34	400m: 6:57.09 50.51			
3.	URBANO Maria Margarida	63	Academica de Coimbra	6:59.08	+1,15	334	6,00
	50m: 47.25 47.25	150m: 2:31.05 52.47	250m: 4:18.69 53.96	350m: 6:07.01 53.51			
	100m: 1:38.58 51.33	200m: 3:24.73 53.68	300m: 5:13.50 54.81	400m: 6:59.08 52.07			
4.	FERNANDES Maria Santos	62	Leixoes	6:59.38	+1,08	333	5,00
	50m: 47.03 47.03	150m: 2:31.56 53.40	250m: 4:19.61 54.01	350m: 6:07.04 53.41			
	100m: 1:38.16 51.13	200m: 3:25.60 54.04	300m: 5:13.63 54.02	400m: 6:59.38 52.34			
5.	SILVA Vivien Patricia	62	Porto	7:06.87	+0,96	316	4,00
	50m: 46.33 46.33	150m: 2:33.81 53.34	250m: 4:23.05 53.95	350m: 6:12.84 54.68			
	100m: 1:40.47 54.14	200m: 3:29.10 55.29	300m: 5:18.16 55.11	400m: 7:06.87 54.03			
6.	CUNHA Maria Trigueiros	64	Leixoes	7:11.91	+1,04	305	3,00
	50m: 46.11 46.11	150m: 2:31.35 54.09	250m: 4:25.24 57.43	350m: 6:18.95 56.02			
	100m: 1:37.26 51.15	200m: 3:27.81 56.46	300m: 5:22.93 57.69	400m: 7:11.91 52.96			
7.	CANINAS Maria Madalena	63	Masters de Almada	7:30.25	+1,13	269	2,00
	50m: 47.84 47.84	150m: 2:42.78 59.23	250m: 4:43.28 59.40	350m: 6:40.55 57.16			
	100m: 1:43.55 55.71	200m: 3:43.88 1:01.10	300m: 5:43.39 1:00.11	400m: 7:30.25 49.70			

Splash Meet Manager, 11.69847

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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 24, Femin., 400m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
8.	NETO Maria Manuela	62	Natacao da Maia	7:32.97		264	1,00
	50m: 48.55 48.55	150m: 2:42.03 56.32	250m: 4:39.33 56.80	350m: 6:36.54 57.58			
	100m: 1:45.71 57.16	200m: 3:42.53 1:00.50	300m: 5:38.96 59.63	400m: 7:32.97 56.43			
DNS	PALHARES Ana Rosa	65	Fluvial Portuense				-

Prova 24 Femin., 400m Livres Master Esc H
11-07-2021 Resultados

RN H(60-64)	6:14.83	FERREIRA Ana Maria	SAD	Riccione (ITA)	16-06-2012
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	CANORA MARIN Maria Azucena	60	Leixoes	7:15.37	+0,90	514	9,00
	50m: 47.25 47.25	150m: 2:35.50 55.67	250m: 4:28.03 56.50	350m: 6:21.22 56.55			
	100m: 1:39.83 52.58	200m: 3:31.53 56.03	300m: 5:24.67 56.64	400m: 7:15.37 54.15			
2.	CAEIRO Ana Maria	59	Amigos da Natacao	8:01.14	+1,09	380	7,00
	50m: 53.83 53.83	150m: 2:56.89 1:03.59	250m: 5:00.56 1:01.90	350m: 7:04.04 1:02.51			
	100m: 1:53.30 59.47	200m: 3:58.66 1:01.77	300m: 6:01.53 1:00.97	400m: 8:01.14 57.10			
3.	DUPONT Ana Paula	58	Fluvial Portuense	9:22.79		238	6,00
	50m: 1:01.91 1:01.91	150m: 3:22.42 1:11.40	250m: 5:48.30 1:13.52	350m: 8:12.14 1:11.72			
	100m: 2:11.02 1:09.11	200m: 4:34.78 1:12.36	300m: 7:00.42 1:12.12	400m: 9:22.79 1:10.65			
DNS	WERNICKE Maria Giraldo	60	Fluvial Portuense				-

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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 24, Femin., 400m Livres

Prova 24 11-07-2021	Femin., 400m Livres				Absoluto Resultados
RN A(25-29)	4:57.88	SILVA Carolina Santos	CNMAIA	Eindhoven (NED)	02-09-2013
RN B(30-34)	4:39.43	GRILLO Ana Paula	INATEL	Riccione (ITA)	20-06-2003
RN C(35-39)	4:35.74	GRILLO Ana Paula	UDCA	Stanford (USA)	10-08-2006
RN D(40-44)	5:02.98	GOMES Susana Clara	CNF	Gwangju (KOR)	18-08-2019
RN E(45-49)	5:24.65	PEREIRA Patricia Diogenes	SAD	Coimbra	17-01-2016
RN F(50-54)	5:35.31	GRILLO Ana Paula	NDCO	Reguengos de Monsaraz	21-07-2019
RN G(55-59)	5:48.63	KRAEVA Elena Nikolaevna	ADRCIMM	Loulé	10-07-2016
RN H(60-64)	6:14.83	FERREIRA Ana Maria	SAD	Riccione (ITA)	16-06-2012
RN I(65-69)	6:27.98	FERREIRA Ana Maria	SAD	Famalicão	09-07-2017
RN J(70-74)	6:40.16	FERREIRA Ana Maria	SAD	Póvoa de Varzim	22-02-2020
RN K(75-79)	7:44.23	BASTO Luisa Bessone	SAD	Reguengos de Monsaraz	19-07-2019
RN L(80-84)	59:00.00	start			

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SILVESTRE Sofia Prates	95	Vikings	5:00.65	+0,77	723	9,00
	50m: 31.89 31.89	150m: 1:45.73 38.23	250m: 3:04.02 39.24	350m: 4:22.64 39.51			
	100m: 1:07.50 35.61	200m: 2:24.78 39.05	300m: 3:43.13 39.11	400m: 5:00.65 38.01			
2.	RIBAU Ana Rita	95	Gafanha da Encarnacao	5:10.08	+0,82	659	7,00
	50m: 34.76 34.76	150m: 1:51.71 38.71	250m: 3:11.41 39.82	350m: 4:31.02 39.31			
	100m: 1:13.00 38.24	200m: 2:31.59 39.88	300m: 3:51.71 40.30	400m: 5:10.08 39.06			
3.	SILVA Carolina Santos	86	Individual ANNP	5:28.20	+0,65	628	9,00
	50m: 38.20 38.20	150m: 2:00.99 41.42	250m: 3:24.29 41.71	350m: 4:47.54 41.70			
	100m: 1:19.57 41.37	200m: 2:42.58 41.59	300m: 4:05.84 41.55	400m: 5:28.20 40.66			
4.	COUTINHO Gisela Barbosa	75	Porto	5:30.17	+1,06	638	9,00
	50m: 37.14 37.14	150m: 1:59.36 41.52	250m: 3:24.26 42.23	350m: 4:49.76 42.07			
	100m: 1:17.84 40.70	200m: 2:42.03 42.67	300m: 4:07.69 43.43	400m: 5:30.17 40.41			
5.	TEIXEIRA Rute Sofia	90	Ginasio Santo Tirso	5:31.71	+0,89	561	9,00
	50m: 37.30 37.30	150m: 2:01.04 42.95	250m: 3:25.79 41.84	350m: 4:51.09 42.82			
	100m: 1:18.09 40.79	200m: 2:43.95 42.91	300m: 4:08.27 42.48	400m: 5:31.71 40.62			
6.	PEREIRA Patricia Diogenes <i>Rec Nac Esc F</i>	69	Lisboa PoolSharks	5:32.36	+0,82	652	9,00
	50m: 36.91 36.91	150m: 1:58.71 42.11	250m: 3:23.96 43.24	350m: 4:50.66 43.80			
	100m: 1:16.60 39.69	200m: 2:40.72 42.01	300m: 4:06.86 42.90	400m: 5:32.36 41.70			
7.	CUNHA Joana Isabel	80	Aquatico Silves	5:46.87	+0,73	541	9,00
	50m: 36.67 36.67	150m: 2:01.37 44.15	250m: 3:31.55 45.62	350m: 5:03.23 45.90			
	100m: 1:17.22 40.55	200m: 2:45.93 44.56	300m: 4:17.33 45.78	400m: 5:46.87 43.64			
8.	BRANDAO Maria Teresa	69	Fluvial Portuense	5:51.43	+1,08	552	7,00
	50m: 40.41 40.41	150m: 2:08.16 43.84	250m: 3:38.29 44.86	350m: 5:08.47 45.32			
	100m: 1:24.32 43.91	200m: 2:53.43 45.27	300m: 4:23.15 44.86	400m: 5:51.43 42.96			

Splash Meet Manager, 11.69847

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR OFICIAL



FORNECEDOR OFICIAL



PARCEIROS



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 24, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
9.	OLIVEIRA Ana Mafalda	81	Natacao da Maia	6:00.99	+0,84	480	7,00
	50m: 39.60 39.60	150m: 2:09.26 45.58	250m: 3:42.14 46.42	350m: 5:14.87 46.31	400m: 6:00.99 46.12		
	100m: 1:23.68 44.08	200m: 2:55.72 46.46	300m: 4:28.56				
10.	GUEDES Ana Dalte	80	Leixoes	6:07.53	+0,95	455	6,00
	50m: 39.57 39.57	150m: 2:12.87 47.81	250m: 3:48.35 47.67	350m: 5:23.03 47.22	400m: 6:07.53 44.50		
	100m: 1:25.06 45.49	200m: 3:00.68 47.81	300m: 4:35.81				
11.	ROTHES Ines Maria	73	Fluvial Portuense	6:10.99		450	7,00
	50m: 40.30 40.30	150m: 2:10.66 46.13	250m: 3:47.40 48.80	350m: 5:23.49 47.98	400m: 6:10.99 47.50		
	100m: 1:24.53 44.23	200m: 2:58.60 47.94	300m: 4:35.51				
12.	CAVALEIRO Joana Margarida	78	Individual ANC	6:24.13	+0,89	398	5,00
	50m: 41.43 41.43	150m: 2:18.39 48.93	250m: 3:57.46 49.56	350m: 5:36.47 49.27	400m: 6:24.13 47.66		
	100m: 1:29.46 48.03	200m: 3:07.90 49.51	300m: 4:47.20				
13.	MOLEN Laurelin Lucinda	87	CCDSerta	6:32.84	+0,90	337	7,00
	50m: 43.13 43.13	150m: 2:19.45 49.15	250m: 4:00.91 50.82	350m: 5:42.54 50.82	400m: 6:32.84 50.30		
	100m: 1:30.30 47.17	200m: 3:10.09 50.64	300m: 4:51.72				
14.	VIEIRA Barbara Rocha	94	Gafanha da Encarnacao	6:36.16	+0,88	316	6,00
	50m: 44.78 44.78	150m: 2:25.15 51.53	250m: 4:06.92 50.86	350m: 5:47.45 49.97	400m: 6:36.16 48.71		
	100m: 1:33.62 48.84	200m: 3:16.06 50.91	300m: 4:57.48				
15.	COSTA Lilia Dulce	81	Fluvial Portuense	6:38.06	+0,90	358	4,00
	50m: 39.85 39.85	150m: 2:16.18 50.69	250m: 4:01.26 52.67	350m: 5:46.54 51.14	400m: 6:38.06 51.52		
	100m: 1:25.49 45.64	200m: 3:08.59 52.41	300m: 4:55.40				
16.	PALHARES Daniela Maria	71	Fluvial Portuense	6:47.92	+1,03	353	6,00
	50m: 45.22 45.22	150m: 2:27.19 52.76	250m: 4:12.44 52.51	350m: 5:58.52 53.21	400m: 6:47.92 49.40		
	100m: 1:34.43 49.21	200m: 3:19.93 52.74	300m: 5:05.31				
17.	WISEU Maria Adriana	66	Leixoes	6:50.74	+0,89	354	9,00
	50m: 43.18 43.18	150m: 2:24.35 51.96	250m: 4:11.22 54.00	350m: 5:58.52 54.46	400m: 6:50.74 52.22		
	100m: 1:32.39 49.21	200m: 3:17.22 52.87	300m: 5:04.06				
18.	CARVALHO Helena Paula	64	Sporting	6:57.09	+1,01	338	7,00
	50m: 47.17 47.17	150m: 2:32.45 52.88	250m: 4:20.20 53.95	350m: 6:06.58 53.04	400m: 6:57.09 50.51		
	100m: 1:39.57 52.40	200m: 3:26.25 53.80	300m: 5:13.54				
19.	URBANO Maria Margarida	63	Academica de Coimbra	6:59.08	+1,15	334	6,00
	50m: 47.25 47.25	150m: 2:31.05 52.47	250m: 4:18.69 53.96	350m: 6:07.01 53.51	400m: 6:59.08 52.07		
	100m: 1:38.58 51.33	200m: 3:24.73 53.68	300m: 5:13.50				
20.	FERNANDES Maria Santos	62	Leixoes	6:59.38	+1,08	333	5,00
	50m: 47.03 47.03	150m: 2:31.56 53.40	250m: 4:19.61 54.01	350m: 6:07.04 53.41	400m: 6:59.38 52.34		
	100m: 1:38.16 51.13	200m: 3:25.60 54.04	300m: 5:13.63				
21.	NEVES Isabel Carolina	80	Fluvial Portuense	7:00.35	+0,95	304	3,00
	50m: 46.18 46.18	150m: 2:32.23 54.88	250m: 4:21.63 55.32	350m: 6:08.52 53.02	400m: 7:00.35 51.83		
	100m: 1:37.35 51.17	200m: 3:26.31 54.08	300m: 5:15.50				



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Prova 24, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
22.	SILVA Vivien Patricia	62	Porto	7:06.87	+0,96	316	4,00
	50m: 46.33 46.33	150m: 2:33.81 53.34	250m: 4:23.05 53.95	350m: 6:12.84 54.68			
	100m: 1:40.47 54.14	200m: 3:29.10 55.29	300m: 5:18.16 55.11	400m: 7:06.87 54.03			
23.	LOBO Isabel Xavier	76	Lisboa PoolSharks	7:11.07	+0,95	287	6,00
	50m: 46.18 46.18	150m: 2:33.51 54.50	250m: 4:24.18 55.52	350m: 6:16.24 56.41			
	100m: 1:39.01 52.83	200m: 3:28.66 55.15	300m: 5:19.83 55.65	400m: 7:11.07 54.83			
24.	REIS Margarida Bleck	68	Porto	7:11.52	+0,90	298	5,00
	50m: 46.64 46.64	150m: 2:35.62 55.90	250m: 4:27.77 55.67	350m: 6:19.72 56.11			
	100m: 1:39.72 53.08	200m: 3:32.10 56.48	300m: 5:23.61 55.84	400m: 7:11.52 51.80			
25.	CUNHA Maria Trigueiros	64	Leixoes	7:11.91	+1,04	305	3,00
	50m: 46.11 46.11	150m: 2:31.35 54.09	250m: 4:25.24 57.43	350m: 6:18.95 56.02			
	100m: 1:37.26 51.15	200m: 3:27.81 56.46	300m: 5:22.93 57.69	400m: 7:11.91 52.96			
26.	CANORA MARIN Maria Azucena	60	Leixoes	7:15.37	+0,90	514	9,00
	50m: 47.25 47.25	150m: 2:35.50 55.67	250m: 4:28.03 56.50	350m: 6:21.22 56.55			
	100m: 1:39.83 52.58	200m: 3:31.53 56.03	300m: 5:24.67 56.64	400m: 7:15.37 54.15			
27.	SOUSA Silvia Manuel	84	Porto	7:17.15	+0,90	265	7,00
	50m: 46.79 46.79	150m: 2:34.88 55.68	250m: 4:29.27 57.10	350m: 6:24.33 57.49			
	100m: 1:39.20 52.41	200m: 3:32.17 57.29	300m: 5:26.84 57.57	400m: 7:17.15 52.82			
28.	FERREIRA Maria Manuela	70	Vitoria Guimaraes	7:22.74	+1,04	276	4,00
	50m: 48.91 48.91	150m: 2:38.82 55.91	250m: 4:32.51 56.44	350m: 6:27.57 57.51			
	100m: 1:42.91 54.00	200m: 3:36.07 57.25	300m: 5:30.06 57.55	400m: 7:22.74 55.17			
29.	BARBARA Ana Bernardo	70	Lagoa AC	7:27.02	+0,88	268	3,00
	50m: 46.37 46.37	150m: 2:39.80 57.77	250m: 4:38.21 59.08	350m: 6:32.90 56.12			
	100m: 1:42.03 55.66	200m: 3:39.13 59.33	300m: 5:36.78 58.57	400m: 7:27.02 54.12			
30.	CANINAS Maria Madalena	63	Masters de Almada	7:30.25	+1,13	269	2,00
	50m: 47.84 47.84	150m: 2:42.78 59.23	250m: 4:43.28 59.40	350m: 6:40.55 57.16			
	100m: 1:43.55 55.71	200m: 3:43.88 1:01.10	300m: 5:43.39 1:00.11	400m: 7:30.25 49.70			
31.	RIBEIRO Helena Isabel	74	Lagoa AC	7:32.89	+0,83	247	5,00
	50m: 47.85 47.85	150m: 2:39.47 57.53	250m: 4:36.09 58.56	350m: 6:35.38 1:00.10			
	100m: 1:41.94 54.09	200m: 3:37.53 58.06	300m: 5:35.28 59.19	400m: 7:32.89 57.51			
32.	NETO Maria Manuela	62	Natacao da Maia	7:32.97		264	1,00
	50m: 48.55 48.55	150m: 2:42.03 56.32	250m: 4:39.33 56.80	350m: 6:36.54 57.58			
	100m: 1:45.71 57.16	200m: 3:42.53 1:00.50	300m: 5:38.96 59.63	400m: 7:32.97 56.43			
33.	FONSECA Maria Ana	82	Fluvial Portuense	7:36.39	+0,96	233	6,00
	50m: 45.05 45.05	150m: 2:30.77 53.40	250m: 4:28.28 58.79	350m: 6:32.58 1:01.86			
	100m: 1:37.37 52.32	200m: 3:29.49 58.72	300m: 5:30.72 1:02.44	400m: 7:36.39 1:03.81			
34.	SOARES Susana Maria	70	Natacao de Valongo	7:52.84	+1,05	226	2,00
	50m: 49.61 49.61	150m: 2:47.66 1:00.50	250m: 4:51.52 1:02.64	350m: 6:55.49 1:00.72			
	100m: 1:47.16 57.55	200m: 3:48.88 1:01.22	300m: 5:54.77 1:03.25	400m: 7:52.84 57.35			



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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
35.	CAEIRO Ana Maria	59	Amigos da Natacao	8:01.14	+1,09	380	7,00
	50m: 53.83 53.83	150m: 2:56.89 1:03.59	250m: 5:00.56 1:01.90	350m: 7:04.04 1:02.51			
	100m: 1:53.30 59.47	200m: 3:58.66 1:01.77	300m: 6:01.53 1:00.97	400m: 8:01.14 57.10			
36.	CARVALHO Ines Silva	83	Fluvial Portuense	8:18.80	+1,02	178	5,00
	50m: 57.45 57.45	150m: 3:00.96 1:02.44	250m: 5:08.09 1:03.27	350m: 7:16.03 1:03.07			
	100m: 1:58.52 1:01.07	200m: 4:04.82 1:03.86	300m: 6:12.96 1:04.87	400m: 8:18.80 1:02.77			
37.	ALMEIDA Andreia Azevedo	86	Palmela	8:42.89	+1,09	155	4,00
	50m: 57.32 57.32	150m: 3:11.08 1:09.52	250m: 5:27.34 1:09.22	350m: 7:41.93 1:08.22			
	100m: 2:01.56 1:04.24	200m: 4:18.12 1:07.04	300m: 6:33.71 1:06.37	400m: 8:42.89 1:00.96			
38.	LEITE Joana Isabel	80	Fluvial Portuense	8:53.42		148	2,00
	50m: 58.14 58.14	150m: 3:11.55 1:08.54	250m: 5:29.16 1:09.48	350m: 7:45.30 1:08.27			
	100m: 2:03.01 1:04.87	200m: 4:19.68 1:08.13	300m: 6:37.03 1:07.87	400m: 8:53.42 1:08.12			
39.	DUPONT Ana Paula	58	Fluvial Portuense	9:22.79		238	6,00
	50m: 1:01.91 1:01.91	150m: 3:22.42 1:11.40	250m: 5:48.30 1:13.52	350m: 8:12.14 1:11.72			
	100m: 2:11.02 1:09.11	200m: 4:34.78 1:12.36	300m: 7:00.42 1:12.12	400m: 9:22.79 1:10.65			
40.	LOURENCO Susana Maria	74	Fluvial Portuense	9:44.10		115	4,00
	50m: 1:06.60 1:06.60	150m: 3:31.31 1:13.89	250m: 6:00.32 1:14.76	350m: 8:31.12 1:16.26			
	100m: 2:17.42 1:10.82	200m: 4:45.56 1:14.25	300m: 7:14.86 1:14.54	400m: 9:44.10 1:12.98			
DNS	OLIVEIRA Juliana Cabral	85	Gafanha da Encarnacao				-
DNS	AVELANS Carla Susana	75	Fluvial Portuense				-
DNS	PALHARES Ana Rosa	65	Fluvial Portuense				-
DNS	WERNICKE Maria Giraldo	60	Fluvial Portuense				-
DNS	SANTINHA Fernanda Maria	72	Masters de Almada				-

