

Prova 1  
04-02-2022 - 11:00

Femin., 400m Livres

Master Esc A  
Resultados

Rec Nac Esc A 4:42.65 RIBEIRO Soraia Vanessa CPN Mealhada 18-01-2019

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	ELOI Ana Monica	96	CLIP Teams	<b>4:49.30</b>	+0,85	793	30,00
	50m: 32.02 32.02	150m: 1:42.26 35.87	250m: 2:56.14 37.07	350m: 4:11.41 37.98			
	100m: 1:06.39 34.37	200m: 2:19.07 36.81	300m: 3:33.43 37.29	400m: 4:49.30 37.89			
2.	FONTOURA Violante Pascoal	97	CLIP Teams	<b>5:13.50</b>	+0,85	623	26,00
	50m: 34.29 34.29	150m: 1:52.97 40.00	250m: 3:13.99 40.56	350m: 4:34.76 39.94			
	100m: 1:12.97 38.68	200m: 2:33.43 40.46	300m: 3:54.82 40.83	400m: 5:13.50 38.74			
3.	PINHEIRO Andreia Sofia	93	Sporting	<b>5:25.02</b>	+0,89	559	22,00
	50m: 35.89 35.89	150m: 1:56.88 41.01	250m: 3:20.24 41.44	350m: 4:44.60 41.64			
	100m: 1:15.87 39.98	200m: 2:38.80 41.92	300m: 4:02.96 42.72	400m: 5:25.02 40.42			
4.	FERNANDES Alexia Alves	96	Fluvial Portuense	<b>6:05.79</b>	+0,92	392	20,00
	50m: 39.33 39.33	150m: 2:10.33 46.61	250m: 3:44.80 47.11	350m: 5:20.22 47.63			
	100m: 1:23.72 44.39	200m: 2:57.69 47.36	300m: 4:32.59 47.79	400m: 6:05.79 45.57			
5.	VIEIRA Barbara Rocha	94	Gafanha da Encarnacao	<b>6:15.82</b>	+0,97	362	19,00
	50m: 42.85 42.85	150m: 2:18.27 48.94	250m: 3:55.38 48.30	350m: 5:31.16 48.08			
	100m: 1:29.33 46.48	200m: 3:07.08 48.81	300m: 4:43.08 47.70	400m: 6:15.82 44.66			

Prova 1  
04-02-2022 - 11:00

Femin., 400m Livres

Master Esc B  
Resultados

Rec Nac Esc B 4:27.23 GRILO Ana Paula UDCA Inatel 25-05-2002

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	NEVES Vania Soares	90	Viana Natacao	<b>4:46.24</b>	+0,79	834	30,00
	50m: 31.57 31.57	150m: 1:41.97 35.77	250m: 2:55.28 36.79	350m: 4:09.56 37.32			
	100m: 1:06.20 34.63	200m: 2:18.49 36.52	300m: 3:32.24 36.96	400m: 4:46.24 36.68			
2.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	<b>5:05.65</b>	+0,89	685	26,00
	50m: 33.23 33.23	150m: 1:47.28 37.91	250m: 3:06.46 40.27	350m: 4:26.65 40.10			
	100m: 1:09.37 36.14	200m: 2:26.19 38.91	300m: 3:46.55 40.09	400m: 5:05.65 39.00			
3.	ALVES Joana Isabel	88	Porto	<b>5:10.41</b>	+0,95	654	22,00
	50m: 34.74 34.74	150m: 1:51.67 38.98	250m: 3:10.37 39.26	350m: 4:30.51 40.15			
	100m: 1:12.69 37.95	200m: 2:31.11 39.44	300m: 3:50.36 39.99	400m: 5:10.41 39.90			



Prova 1, Femin., 400m Livres

Prova 1 Femin., 400m Livres Master Esc C  
04-02-2022 - 11:00 Resultados

Rec Nac Esc C 4:30.30 GRILLO Ana Paula UDCA Palma Maiorca (ESP) 18-04-2004

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	MARQUES Patricia Alexandra	87	Leixoes	<b>6:04.82</b>	+0,87	419	30,00
	50m: 39.95 39.95	150m: 2:07.44	44.52	250m: 3:40.09	46.53	350m: 5:16.82	48.39
	100m: 1:22.92 42.97	200m: 2:53.56	46.12	300m: 4:28.43	48.34	400m: 6:04.82	48.00
2.	OLIVEIRA Juliana Cabral	85	Gafanha da Encarnacao	<b>6:24.32</b>	+0,98	358	26,00
	50m: 40.97 40.97	150m: 2:17.59	49.53	250m: 3:57.40	49.86	350m: 5:36.10	49.10
	100m: 1:28.06 47.09	200m: 3:07.54	49.95	300m: 4:47.00	49.60	400m: 6:24.32	48.22
3.	REIS Filipa Isabel	87	Leixoes	<b>7:41.00</b>	+1,07	207	22,00
	50m: 47.82 47.82	150m: 2:40.42	58.28	250m: 4:42.64	1:01.22	350m: 6:46.20	1:02.30
	100m: 1:42.14 54.32	200m: 3:41.42	1:01.00	300m: 5:43.90	1:01.26	400m: 7:41.00	54.80
4.	ALMEIDA Andreia Azevedo	86	Palmela Desporto EEM	<b>8:46.80</b>	+1,18	139	20,00
	50m: 56.74 56.74	150m: 3:09.34	1:07.33	250m: 5:26.19	1:08.79	350m: 7:41.98	1:07.70
	100m: 2:02.01 1:05.27	200m: 4:17.40	1:08.06	300m: 6:34.28	1:08.09	400m: 8:46.80	1:04.82

Prova 1 Femin., 400m Livres Master Esc D  
04-02-2022 - 11:00 Resultados

Rec Nac Esc D 4:49.44 GOMES Susana Clara CNF Mealhada 18-01-2019

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	OLIVEIRA Ana Mafalda	81	Natacao da Maia	<b>5:30.16</b>	+0,82	590	30,00
	50m: 36.14 36.14	150m: 1:55.54	40.42	250m: 3:20.44	43.20	350m: 4:48.15	43.95
	100m: 1:15.12 38.98	200m: 2:37.24	41.70	300m: 4:04.20	43.76	400m: 5:30.16	42.01
2.	SILVA Ana Sofia	78	Fluvial Portuense	<b>5:47.30</b>		507	26,00
	50m: 38.34 38.34	150m: 2:02.18	42.64	250m: 3:31.14	44.88	350m: 5:01.94	45.72
	100m: 1:19.54 41.20	200m: 2:46.26	44.08	300m: 4:16.22	45.08	400m: 5:47.30	45.36
3.	GUEDES Ana Dalte	80	Leixoes	<b>5:50.79</b>	+0,94	492	22,00
	50m: 38.27 38.27	150m: 2:05.86	44.73	250m: 3:36.43	45.54	350m: 5:07.51	45.33
	100m: 1:21.13 42.86	200m: 2:50.89	45.03	300m: 4:22.18	45.75	400m: 5:50.79	43.28
4.	SWERTS Tatiana Stankunavicius	78	Braga	<b>5:53.93</b>	+0,90	479	20,00
	50m: 38.06 38.06	150m: 2:01.53	42.46	250m: 3:30.80	45.33	350m: 5:06.07	48.40
	100m: 1:19.07 41.01	200m: 2:45.47	43.94	300m: 4:17.67	46.87	400m: 5:53.93	47.86
5.	CORREIA Rita Barata	79	Masters de Almada	<b>6:16.72</b>	+0,99	397	19,00
	50m: 42.04 42.04	150m: 2:17.39	48.19	250m: 3:53.82	48.03	350m: 5:29.22	47.65
	100m: 1:29.20 47.16	200m: 3:05.79	48.40	300m: 4:41.57	47.75	400m: 6:16.72	47.50
6.	SILVA Ana Rosa	80	Foca Quinta da Lixa CNF	<b>6:49.43</b>	+1,00	309	18,00
	50m: 45.27 45.27	150m: 2:27.71	52.56	250m: 4:12.58	52.73	350m: 5:57.47	52.46
	100m: 1:35.15 49.88	200m: 3:19.85	52.14	300m: 5:05.01	52.43	400m: 6:49.43	51.96

Prova 1, Femin., 400m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
7.	MACHADO Maria Margarida	81	Vila DEste/Gaia	<b>6:54.60</b>	+1,22	298	17,00
	50m: 46.25 46.25	150m: 2:28.69	51.95	250m: 4:14.16	52.87	350m: 6:00.95	53.24
	100m: 1:36.74 50.49	200m: 3:21.29	52.60	300m: 5:07.71	53.55	400m: 6:54.60	53.65
DNS	LEITE Joana Isabel	80	Fluvial Portuense				-

Prova 1 Femin., 400m Livres Master Esc E  
04-02-2022 - 11:00 Resultados

Rec Nac Esc E	5:03.00	GRILLO Ana Paula	NDCO	Mealhada	26-01-2014
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	COSTA Maria Luisa	74	Fluvial Portuense	<b>5:26.53</b>	+0,95	656	30,00
	50m: 35.65 35.65	150m: 1:55.55	40.60	250m: 3:18.71	41.86	350m: 4:44.10	43.04
	100m: 1:14.95 39.30	200m: 2:36.85	41.30	300m: 4:01.06	42.35	400m: 5:26.53	42.43
2.	ROTHES Ines Maria	73	Fluvial Portuense	<b>5:42.85</b>		567	26,00
	50m: 37.07 37.07	150m: 2:01.20	43.17	250m: 3:30.25	44.70	350m: 4:58.02	43.12
	100m: 1:18.03 40.96	200m: 2:45.55	44.35	300m: 4:14.90	44.65	400m: 5:42.85	44.83
3.	RIBEIRO Helena Isabel	74	Lagoa AC	<b>6:46.40</b>	+0,84	340	22,00
	50m: 46.19 46.19	150m: 2:28.38	52.18	250m: 4:13.22	52.34	350m: 5:56.03	50.42
	100m: 1:36.20 50.01	200m: 3:20.88	52.50	300m: 5:05.61	52.39	400m: 6:46.40	50.37
4.	GOMES Ana Claudia	76	Academica de Coimbra	<b>7:05.54</b>	+1,25	296	20,00
	50m: 47.26 47.26	150m: 2:33.71	54.32	250m: 4:22.24	54.97	350m: 6:12.03	54.60
	100m: 1:39.39 52.13	200m: 3:27.27	53.56	300m: 5:17.43	55.19	400m: 7:05.54	53.51
5.	AVELANS Carla Susana	75	Fluvial Portuense	<b>7:25.50</b>	+1,05	258	19,00
	50m: 48.38 48.38	150m: 2:37.87	55.44	250m: 4:33.35	57.49	350m: 6:30.66	58.89
	100m: 1:42.43 54.05	200m: 3:35.86	57.99	300m: 5:31.77	58.42	400m: 7:25.50	54.84
6.	O'HALLORAN-GOMES Melanie	75	Naval de Ponta Delgada	<b>7:33.93</b>		244	18,00
	50m: 40.69 40.69	150m: 2:30.39	58.30	250m: 4:31.67	1:02.12	350m: 6:33.83	1:00.86
	100m: 1:32.09 51.40	200m: 3:29.55	59.16	300m: 5:32.97	1:01.30	400m: 7:33.93	1:00.10

Prova 1 Femin., 400m Livres Master Esc F  
04-02-2022 - 11:00 Resultados

Rec Nac Esc F	5:16.71	GRILLO Ana Paula	NDCO	Sines	07-03-2020
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	PEREIRA Patricia Diogenes	69	Lisboa PoolSharks	<b>5:22.86</b>		697	30,00
	50m: 37.27 37.27	150m: 1:57.08	40.05	250m: 3:18.44	40.68	350m: 4:41.09	41.48
	100m: 1:17.03 39.76	200m: 2:37.76	40.68	300m: 3:59.61	41.17	400m: 5:22.86	41.77
2.	COSTA Marta Sofia	71	Porto	<b>6:19.74</b>	+0,98	428	26,00
	50m: 40.52 40.52	150m: 2:14.31	47.64	250m: 3:51.90	49.33	350m: 5:31.09	49.48
	100m: 1:26.67 46.15	200m: 3:02.57	48.26	300m: 4:41.61	49.71	400m: 6:19.74	48.65



Prova 1, Femin., 400m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
3.	PALHARES Daniela Maria	71	Fluvial Portuense	<b>6:33.05</b>	+1,07	386	22,00
	50m: 41.80 41.80	150m: 2:20.04	51.26	250m: 4:02.57	51.56	350m: 5:46.19	51.56
	100m: 1:28.78 46.98	200m: 3:11.01	50.97	300m: 4:54.63	52.06	400m: 6:33.05	46.86
4.	FERREIRA Maria Manuela	70	Vitoria Guimaraes	<b>6:57.07</b>	+0,97	323	20,00
	50m: 45.24 45.24	150m: 2:26.22	52.13	250m: 4:14.56	54.99	350m: 6:04.70	55.17
	100m: 1:34.09 48.85	200m: 3:19.57	53.35	300m: 5:09.53	54.97	400m: 6:57.07	52.37
5.	SANTINHA Fernanda Maria	72	Masters de Almada	<b>7:03.47</b>	+1,28	309	19,00
	50m: 46.16 46.16	150m: 2:31.70	53.83	250m: 4:20.83	54.54	350m: 6:10.76	54.51
	100m: 1:37.87 51.71	200m: 3:26.29	54.59	300m: 5:16.25	55.42	400m: 7:03.47	52.71
6.	REIS Margarida Bleck	68	Porto	<b>7:11.16</b>	+0,96	292	18,00
	50m: 45.26 45.26	150m: 2:32.24	55.04	250m: 4:24.80	56.40	350m: 6:18.70	57.45
	100m: 1:37.20 51.94	200m: 3:28.40	56.16	300m: 5:21.25	56.45	400m: 7:11.16	52.46
DNS	BLANCO Catarina Araujo	71	Fluvial Portuense				-
DNS	PINTO Isabel Maria	72	Fluvial Portuense				-

Prova 1  
04-02-2022 - 11:00

Femin., 400m Livres

Master Esc G  
Resultados

Rec Nac Esc G 5:32.63 KRAEVA Elena Nikolaevna ADRCIMM Tomar 31-01-2016

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	CARVALHO Helena Paula	64	Sporting	<b>6:46.20</b>	+0,92	369	30,00
	50m: 44.33 44.33	150m: 2:23.41	50.37	250m: 4:06.56	52.22	350m: 5:53.70	53.89
	100m: 1:33.04 48.71	200m: 3:14.34	50.93	300m: 4:59.81	53.25	400m: 6:46.20	52.50
2.	GUIMARAES Rita Cabral	64	Fluvial Portuense	<b>6:47.68</b>	+0,82	365	26,00
	50m: 41.48 41.48	150m: 2:18.52	49.35	250m: 4:02.55	53.11	350m: 5:52.63	55.02
	100m: 1:29.17 47.69	200m: 3:09.44	50.92	300m: 4:57.61	55.06	400m: 6:47.68	55.05
3.	MOTA Anabela Verissimo	66	Amigos da Natacao	<b>8:05.17</b>	+1,08	216	22,00
	50m: 53.02 53.02	150m: 2:55.18	1:02.15	250m: 4:58.93	1:02.22	350m: 7:01.35	1:00.32
	100m: 1:53.03 1:00.01	200m: 3:56.71	1:01.53	300m: 6:01.03	1:02.10	400m: 8:05.17	1:03.82
4.	COSTA Rosa Leitao	65	Foca Quinta da Lixa CNF	<b>9:01.67</b>	+1,15	155	20,00
	50m: 56.63 56.63	150m: 3:10.52	1:08.36	250m: 5:28.52	1:09.24	350m: 7:50.60	1:11.66
	100m: 2:02.16 1:05.53	200m: 4:19.28	1:08.76	300m: 6:38.94	1:10.42	400m: 9:01.67	1:11.07

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 1, Femin., 400m Livres

Prova 1  
04-02-2022 - 11:00

Femin., 400m Livres

Master Esc H  
Resultados

Rec	Nac	Esc	H	6:01.46	FERREIRA Ana Maria	SAD	Tomar	29-01-2012
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	FERNANDES Maria Santos	62	Leixoes	<b>6:36.82</b>	+1,06	686	30,00
	50m: 44.84 44.84	150m: 2:23.59	50.04	250m: 4:05.70	51.66	350m: 5:47.56	50.20
	100m: 1:33.55 48.71	200m: 3:14.04	50.45	300m: 4:57.36	51.66	400m: 6:36.82	49.26
2.	CANORA MARIN Maria Azucena	60	Leixoes	<b>7:14.82</b>	+1,00	522	26,00
	50m: 46.58 46.58	150m: 2:30.57	53.05	250m: 4:22.25	55.71	350m: 6:16.66	58.28
	100m: 1:37.52 50.94	200m: 3:26.54	55.97	300m: 5:18.38	56.13	400m: 7:14.82	58.16
3.	NETO Maria Manuela	62	Natacao da Maia	<b>7:31.74</b>		465	22,00
	50m: 50.25 50.25	150m: 2:45.06	58.84	250m: 4:43.55	59.15	350m: 6:37.17	56.42
	100m: 1:46.22 55.97	200m: 3:44.40	59.34	300m: 5:40.75	57.20	400m: 7:31.74	54.57
4.	CAEIRO Ana Maria	59	Alhandra	<b>7:36.04</b>	+1,16	452	20,00
	50m: 50.28 50.28	150m: 2:44.84	58.09	250m: 4:42.35	59.89	350m: 6:40.92	58.49
	100m: 1:46.75 56.47	200m: 3:42.46	57.62	300m: 5:42.43	1:00.08	400m: 7:36.04	55.12

Prova 1  
04-02-2022 - 11:00

Femin., 400m Livres

Master Esc I  
Resultados

Rec	Nac	Esc	I	6:06.65	FERREIRA Ana Maria	SAD	Sines	04-03-2017
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	DSV	Pts Taça
1.	OLIVEIRA Maria Teresa	57	Academica de Coimbra	<b>7:12.81</b>	+1,04	539	30,00
	50m: 48.11 48.11	150m: 2:37.84	55.68	250m: 4:29.04	55.62	350m: 6:19.16	55.36
	100m: 1:42.16 54.05	200m: 3:33.42	55.58	300m: 5:23.80	54.76	400m: 7:12.81	53.65

