

XXIII Campeonato Nacional Masters de Verão , OPEN
XXIII Portuguese Summer Masters Championships - OPEN
Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 30 Femin., 400m Livres Master Esc A
10/07/2022 Resultados

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

Pontos: DSV Masters 22

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|--------------------------|---------------------|-----------------------|---------------------|---------------------|---------|------|
| 1. | RODRIGUES Ana Margarida | 96 | Galitos / Bresimar | 5:10.17 | +0,83 | 659 | 9,00 |
| | 50m: 33.39 33.39 | 150m: 1:49.35 39.01 | 250m: 3:10.58 41.16 | 350m: 4:33.65 41.53 | 400m: 5:10.17 36.52 | | |
| | 100m: 1:10.34 36.95 | 200m: 2:29.42 40.07 | 300m: 3:52.12 41.54 | | | | |
| 2. | RIBAU Ana Rita | 95 | Gafanha da Encarnacao | 5:10.79 | +0,86 | 655 | 7,00 |
| | 50m: 34.81 34.81 | 150m: 1:51.15 38.91 | 250m: 3:11.18 40.33 | 350m: 4:31.89 40.39 | 400m: 5:10.79 38.90 | | |
| | 100m: 1:12.24 37.43 | 200m: 2:30.85 39.70 | 300m: 3:51.50 40.32 | | | | |
| 3. | GONCALVES Flavia Daniela | 96 | Sporting Caminha | 5:26.57 | +0,98 | 564 | 6,00 |
| | 50m: 35.60 35.60 | 150m: 1:57.41 41.68 | 250m: 3:20.63 41.90 | 350m: 4:45.34 42.41 | 400m: 5:26.57 41.23 | | |
| | 100m: 1:15.73 40.13 | 200m: 2:38.73 41.32 | 300m: 4:02.93 42.30 | | | | |
| 4. | SANTOS Raquel Alexandra | 95 | CPCD-Povoa St Iria | 6:24.82 | +0,89 | 345 | 5,00 |
| | 50m: 41.71 41.71 | 150m: 2:17.04 48.62 | 250m: 3:57.18 50.40 | 350m: 5:36.88 49.84 | 400m: 6:24.82 47.94 | | |
| | 100m: 1:28.42 46.71 | 200m: 3:06.78 49.74 | 300m: 4:47.04 49.86 | | | | |

Prova 30 Femin., 400m Livres Master Esc B
10/07/2022 Resultados

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

Pontos: DSV Masters 22

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|--------------------------|-----------------------|-----------------------|-----------------------|---------------------|---------|------|
| 1. | NEVES Vania Soares | 90 | Viana Natacao | 4:56.24 | +0,77 | 788 | 9,00 |
| | 50m: 33.07 33.07 | 150m: 1:47.39 37.73 | 250m: 3:03.15 37.92 | 350m: 4:19.05 38.13 | 400m: 4:56.24 37.19 | | |
| | 100m: 1:09.66 36.59 | 200m: 2:25.23 37.84 | 300m: 3:40.92 37.77 | | | | |
| 2. | ALVES Joana Isabel | 88 | Porto | 5:16.64 | +0,83 | 645 | 7,00 |
| | 50m: 34.56 34.56 | 150m: 1:52.48 40.04 | 250m: 3:13.92 40.74 | 350m: 4:36.52 41.27 | 400m: 5:16.64 40.12 | | |
| | 100m: 1:12.44 37.88 | 200m: 2:33.18 40.70 | 300m: 3:55.25 41.33 | | | | |
| 3. | MONTEIRO Alexandra Sofia | 92 | Vila DEste/Gaia | 5:22.35 | +0,90 | 611 | 6,00 |
| | 50m: 35.63 35.63 | 150m: 1:55.46 40.51 | 250m: 3:18.15 41.74 | 350m: 4:41.44 41.61 | 400m: 5:22.35 40.91 | | |
| | 100m: 1:14.95 39.32 | 200m: 2:36.41 40.95 | 300m: 3:59.83 41.68 | | | | |
| 4. | FERREIRA Ana Rita | 92 | Colegio Monte Maior | 5:50.62 | +0,84 | 475 | 5,00 |
| | 50m: 38.87 38.87 | 150m: 2:06.41 44.46 | 250m: 3:36.98 45.36 | 350m: 5:07.25 44.89 | 400m: 5:50.62 43.37 | | |
| | 100m: 1:21.95 43.08 | 200m: 2:51.62 45.21 | 300m: 4:22.36 45.38 | | | | |
| 5. | JORDAO Marta Isabel | 91 | Famalicao | 6:19.94 | +0,89 | 373 | 4,00 |
| | 50m: 42.79 42.79 | 150m: 2:16.52 47.96 | 250m: 3:53.75 48.84 | 350m: 5:32.52 49.77 | 400m: 6:19.94 47.42 | | |
| | 100m: 1:28.56 45.77 | 200m: 3:04.91 48.39 | 300m: 4:42.75 49.00 | | | | |
| 6. | PASCOAL Rita Fernandes | 88 | Ba-Leiria | 8:26.71 | +0,97 | 157 | 3,00 |
| | 50m: 55.55 55.55 | 150m: 3:05.00 1:05.62 | 250m: 5:14.88 1:04.76 | 400m: 8:26.71 2:06.77 | | | |
| | 100m: 1:59.38 1:03.83 | 200m: 4:10.12 1:05.12 | 300m: 6:19.94 1:05.06 | | | | |



XXIII Campeonato Nacional Masters de Verão , OPEN
XXIII Portuguese Summer Masters Championships - OPEN
Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 30, Femin., 400m Livres

Prova 30 Femin., 400m Livres Master Esc C
10/07/2022 Resultados

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

Pontos: DSV Masters 22

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|----------------------------|---------------|-----------------------|----------------|---------|---------------|---------|
| 1. | FONSECA Maria Manuela | 85 | Leixoes | 5:21.67 | +0,91 | 667 | 9,00 |
| | 50m: 36.22 36.22 | 150m: 1:56.91 | 40.81 | 250m: 3:19.54 | 41.38 | 350m: 4:41.63 | 40.67 |
| | 100m: 1:16.10 39.88 | 200m: 2:38.16 | 41.25 | 300m: 4:00.96 | 41.42 | 400m: 5:21.67 | 40.04 |
| 2. | MIRANDA Ana Filipa | 85 | Galitos / Bresimar | 5:49.60 | +0,85 | 519 | 7,00 |
| | 50m: 37.11 37.11 | 150m: 2:04.52 | 45.14 | 250m: 3:35.45 | 46.19 | 350m: 5:06.70 | 45.58 |
| | 100m: 1:19.38 42.27 | 200m: 2:49.26 | 44.74 | 300m: 4:21.12 | 45.67 | 400m: 5:49.60 | 42.90 |
| 3. | GASPAR Joana Margarida | 83 | Nadadores dos Estoris | 6:09.27 | +0,89 | 440 | 6,00 |
| | 50m: 42.41 42.41 | 150m: 2:16.61 | 47.97 | 250m: 3:51.40 | 47.09 | 350m: 5:25.54 | 47.15 |
| | 100m: 1:28.64 46.23 | 200m: 3:04.31 | 47.70 | 300m: 4:38.39 | 46.99 | 400m: 6:09.27 | 43.73 |
| 4. | MARQUES Patricia Alexandra | 87 | Leixoes | 6:26.96 | +0,88 | 383 | 5,00 |
| | 50m: 42.07 42.07 | 150m: 2:16.06 | 47.51 | 250m: 3:54.76 | 49.75 | 350m: 5:36.51 | 51.23 |
| | 100m: 1:28.55 46.48 | 200m: 3:05.01 | 48.95 | 300m: 4:45.28 | 50.52 | 400m: 6:26.96 | 50.45 |
| 5. | MOLEN Laurelin Lucinda | 87 | CCDSerta | 6:44.81 | | 334 | 4,00 |
| | 50m: 42.99 42.99 | 150m: 2:22.59 | 51.23 | 250m: 4:07.02 | 52.35 | 400m: 6:44.81 | 1:44.73 |
| | 100m: 1:31.36 48.37 | 200m: 3:14.67 | 52.08 | 300m: 5:00.08 | 53.06 | | |
| 6. | SILVA Sofia Margarida | 83 | Litoral Alentejano | 7:15.78 | +0,98 | 268 | 3,00 |
| | 50m: 48.00 48.00 | 150m: 2:32.94 | 53.98 | 250m: 4:25.73 | 56.68 | 350m: 6:20.62 | 57.23 |
| | 100m: 1:38.96 50.96 | 200m: 3:29.05 | 56.11 | 300m: 5:23.39 | 57.66 | 400m: 7:15.78 | 55.16 |
| 7. | REIS Filipa Isabel | 87 | Leixoes | 7:39.57 | +0,85 | 228 | 2,00 |
| | 50m: 51.29 51.29 | 150m: 2:46.94 | 58.77 | 250m: 4:46.66 | 1:00.43 | 350m: 6:44.26 | 59.00 |
| | 100m: 1:48.17 56.88 | 200m: 3:46.23 | 59.29 | 300m: 5:45.26 | 58.60 | 400m: 7:39.57 | 55.31 |
| 8. | ALMEIDA Andreia Azevedo | 86 | Palmela Desporto | 9:44.42 | +0,86 | 111 | 1,00 |
| | 50m: 1:03.22 1:03.22 | 150m: 3:32.06 | 1:15.28 | 250m: 6:02.81 | 1:16.14 | 350m: 8:32.63 | 1:14.22 |
| | 100m: 2:16.78 1:13.56 | 200m: 4:46.67 | 1:14.61 | 300m: 7:18.41 | 1:15.60 | 400m: 9:44.42 | 1:11.79 |



XXIII Campeonato Nacional Masters de Verão , OPEN
XXIII Portuguese Summer Masters Championships - OPEN
Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 30, Femin., 400m Livres

Prova 30 Femin., 400m Livres Master Esc D
10/07/2022 Resultados

RN D(40-44) 5:02.98 GOMES Susana Clara CNF Gwangju (KOR) 18/08/2019

Pontos: DSV Masters 22

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-------------------------|-----------------------|-----------------------|-----------------------|-------|---------|------|
| 1. | GUEDES Ana Dalte | 80 | Leixoes | 6:09.05 | +0,96 | 449 | 9,00 |
| | 50m: 40.10 40.10 | 150m: 2:13.19 47.53 | 250m: 3:49.91 48.08 | 350m: 5:24.74 47.21 | | 44.31 | |
| | 100m: 1:25.66 45.56 | 200m: 3:01.83 48.64 | 300m: 4:37.53 47.62 | 400m: 6:09.05 | | | |
| 2. | OLIVEIRA Ana Mafalda | 81 | Natacao da Maia | 6:12.40 | +0,84 | 437 | 7,00 |
| | 50m: 39.08 39.08 | 150m: 2:10.53 46.92 | 250m: 3:47.60 48.73 | 350m: 5:25.57 48.73 | | 46.83 | |
| | 100m: 1:23.61 44.53 | 200m: 2:58.87 48.34 | 300m: 4:36.84 49.24 | 400m: 6:12.40 | | | |
| 3. | SILVA Ana Sofia | 78 | Fluvial Portuense | 6:15.97 | +0,74 | 425 | 6,00 |
| | 50m: 42.52 42.52 | 150m: 2:14.99 46.87 | 250m: 3:50.58 47.80 | 350m: 5:28.37 48.98 | | 47.60 | |
| | 100m: 1:28.12 45.60 | 200m: 3:02.78 47.79 | 300m: 4:39.39 48.81 | 400m: 6:15.97 | | | |
| 4. | CORTEZ Sara Filipa | 81 | Masters de Almada | 6:29.18 | | 383 | 5,00 |
| | 50m: 44.18 44.18 | 150m: 2:23.61 50.99 | 250m: 4:05.84 51.55 | 350m: 5:46.79 49.80 | | 42.39 | |
| | 100m: 1:32.62 48.44 | 200m: 3:14.29 50.68 | 300m: 4:56.99 51.15 | 400m: 6:29.18 | | | |
| 5. | MACHADO Maria Margarida | 81 | Vila DEste/Gaia | 7:15.07 | +0,97 | 274 | 4,00 |
| | 50m: 47.79 47.79 | 150m: 2:35.43 55.61 | 250m: 4:23.00 58.81 | 350m: 6:15.07 53.26 | | | |
| | 100m: 1:39.82 52.03 | 200m: 3:30.82 55.39 | 300m: 5:23.00 58.81 | 400m: 7:15.07 | | | |
| 6. | MALHEIROS Carmen Silvia | 81 | Litoral Alentejano | 7:31.37 | +0,92 | 245 | 3,00 |
| | 50m: 49.98 49.98 | 150m: 2:42.38 57.35 | 250m: 4:39.02 59.12 | 350m: 6:35.56 58.37 | | 55.81 | |
| | 100m: 1:45.03 55.05 | 200m: 3:39.90 57.52 | 300m: 5:37.19 58.17 | 400m: 7:31.37 | | | |
| 7. | MARTINS Ana Maria | 79 | Sporting de Aveiro | 7:43.89 | +0,93 | 226 | 2,00 |
| | 50m: 50.96 50.96 | 150m: 2:50.41 1:00.68 | 250m: 4:50.57 1:00.84 | 350m: 6:43.89 1:53.91 | | | |
| | 100m: 1:49.73 58.77 | 200m: 3:49.73 59.32 | 300m: 5:49.98 59.41 | 400m: 7:43.89 | | | |
| DNS | CUNHA Joana Isabel | 80 | Galitos / Bresimar | | | | - |

Prova 30 Femin., 400m Livres Master Esc E
10/07/2022 Resultados

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

Pontos: DSV Masters 22

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-------------------------|---------------------|---------------------|---------------------|-------|---------|------|
| 1. | ROTHES Ines Maria | 73 | Fluvial Portuense | 5:31.19 | | 633 | 9,00 |
| | 50m: 37.07 37.07 | 150m: 1:58.81 41.68 | 250m: 3:22.61 41.75 | 350m: 4:48.88 43.43 | | 42.31 | |
| | 100m: 1:17.13 40.06 | 200m: 2:40.86 42.05 | 300m: 4:05.45 42.84 | 400m: 5:31.19 | | | |
| 2. | COUTINHO Gisela Barbosa | 75 | Porto | 5:34.39 | +0,96 | 615 | 7,00 |
| | 50m: 35.72 35.72 | 150m: 1:56.88 41.49 | 250m: 3:22.88 43.45 | 350m: 4:51.89 44.45 | | 42.50 | |
| | 100m: 1:15.39 39.67 | 200m: 2:39.43 42.55 | 300m: 4:07.44 44.56 | 400m: 5:34.39 | | | |

Splash Meet Manager, 11.73591

Registered to Federacao Portuguesa De Natacao

10/07/2022 11:42 - Página 3



XXIII Campeonato Nacional Masters de Verão , OPEN
XXIII Portuguese Summer Masters Championships - OPEN
Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 30, Femin., 400m Livres, Master Esc E

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-----------------------|---------------|------------------------|----------------|---------|---------------|---------|
| 3. | BARBARA Carla Santa | 75 | Porto | 5:38.53 | +0,81 | 592 | 6,00 |
| | 50m: 36.16 36.16 | 150m: 1:59.16 | 42.79 | 250m: 3:25.20 | 43.76 | 350m: 4:54.16 | 44.65 |
| | 100m: 1:16.37 40.21 | 200m: 2:41.44 | 42.28 | 300m: 4:09.51 | 44.31 | 400m: 5:38.53 | 44.37 |
| 4. | REGO Susana Isabel | 74 | Leixoes | 6:31.53 | +0,74 | 383 | 5,00 |
| | 50m: 42.57 42.57 | 150m: 2:19.56 | 49.54 | 250m: 4:00.05 | 50.25 | 350m: 5:41.49 | 50.56 |
| | 100m: 1:30.02 47.45 | 200m: 3:09.80 | 50.24 | 300m: 4:50.93 | 50.88 | 400m: 6:31.53 | 50.04 |
| 5. | PARAMIO Maria Luz | 76 | Naval de Ponta Delgada | 6:50.50 | +0,90 | 332 | 4,00 |
| | 50m: 46.60 46.60 | 150m: 2:29.35 | 52.85 | 250m: 4:15.61 | 53.39 | 350m: 6:02.35 | 53.54 |
| | 100m: 1:36.50 49.90 | 200m: 3:22.22 | 52.87 | 300m: 5:08.81 | 53.20 | 400m: 6:50.50 | 48.15 |
| 6. | RIBEIRO Helena Isabel | 74 | Lagoa AC | 7:19.82 | +0,69 | 270 | 3,00 |
| | 50m: 46.67 46.67 | 150m: 2:37.23 | 56.57 | 250m: 4:31.84 | 57.40 | 350m: 6:25.64 | 56.93 |
| | 100m: 1:40.66 53.99 | 200m: 3:34.44 | 57.21 | 300m: 5:28.71 | 56.87 | 400m: 7:19.82 | 54.18 |
| 7. | VALDREZ Maria Lurdes | 74 | Desportiva de Viana | 8:06.87 | +0,85 | 199 | 2,00 |
| | 50m: 54.50 54.50 | 150m: 2:55.92 | 1:01.89 | 250m: 5:02.56 | 1:03.37 | 350m: 7:08.52 | 1:02.51 |
| | 100m: 1:54.03 59.53 | 200m: 3:59.19 | 1:03.27 | 300m: 6:06.01 | 1:03.45 | 400m: 8:06.87 | 58.35 |
| 8. | COSTA Isabel Maria | 75 | Naval de Ponta Delgada | 9:44.80 | +0,99 | 114 | 1,00 |
| | 50m: 1:01.03 1:01.03 | 150m: 3:25.92 | 1:16.02 | 250m: 6:00.63 | 1:15.21 | 400m: 9:44.80 | 2:26.02 |
| | 100m: 2:09.90 1:08.87 | 200m: 4:45.42 | 1:19.50 | 300m: 7:18.78 | 1:18.15 | | |

Prova 30 Femin., 400m Livres Master Esc F
10/07/2022 Resultados

RN F(50-54) 5:32.36 PEREIRA Patricia Diogenes LPS Famalicao 11/07/2021

Pontos: DSV Masters 22

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|------------------------|---------------|-------------------|----------------|---------|---------------|-------|
| 1. | PALHARES Daniela Maria | 71 | Fluvial Portuense | 6:27.69 | | 411 | 9,00 |
| | 50m: 44.00 44.00 | 150m: 2:22.86 | 50.35 | 250m: 4:02.89 | 49.78 | 350m: 5:42.30 | 49.29 |
| | 100m: 1:32.51 48.51 | 200m: 3:13.11 | 50.25 | 300m: 4:53.01 | 50.12 | 400m: 6:27.69 | 45.39 |
| 2. | COSTA Marta Sofia | 71 | Porto | 6:29.83 | +0,84 | 404 | 7,00 |
| | 50m: 42.73 42.73 | 150m: 2:21.42 | 50.34 | 250m: 4:02.50 | 50.87 | 350m: 5:42.64 | 49.78 |
| | 100m: 1:31.08 48.35 | 200m: 3:11.63 | 50.21 | 300m: 4:52.86 | 50.36 | 400m: 6:29.83 | 47.19 |
| 3. | BLANCO Catarina Araujo | 71 | Fluvial Portuense | 6:50.01 | +0,90 | 347 | 6,00 |
| | 50m: 47.15 47.15 | 150m: 2:31.27 | 52.71 | 300m: 5:08.84 | 1:45.01 | 400m: 6:50.01 | 49.00 |
| | 100m: 1:38.56 51.41 | 200m: 3:23.83 | 52.56 | 350m: 6:01.01 | 52.17 | | |
| 4. | FERREIRA Maria Manuela | 70 | Vitoria Guimaraes | 6:58.98 | +0,70 | 325 | 5,00 |
| | 50m: 49.16 49.16 | 150m: 2:34.77 | 53.58 | 300m: 5:15.24 | 1:47.44 | 400m: 6:58.98 | 50.20 |
| | 100m: 1:41.19 52.03 | 200m: 3:27.80 | 53.03 | 350m: 6:08.78 | 53.54 | | |
| 5. | REIS Margarida Bleck | 68 | Porto | 7:12.00 | +0,91 | 297 | 4,00 |
| | 50m: 45.88 45.88 | 150m: 2:34.56 | 55.30 | 250m: 4:27.02 | 56.44 | 350m: 6:19.64 | 56.26 |
| | 100m: 1:39.26 53.38 | 200m: 3:30.58 | 56.02 | 300m: 5:23.38 | 56.36 | 400m: 7:12.00 | 52.36 |

Splash Meet Manager, 11.73591

Registered to Federacao Portuguesa De Natacao

10/07/2022 11:42 - Página 4



XXIII Campeonato Nacional Masters de Verão , OPEN
XXIII Portuguese Summer Masters Championships - OPEN
Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 30, Femin., 400m Livres, Master Esc F

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|-------|---------|------|
| 6. | SOARES Susana Maria | 70 | Valongo | 7:57.71 | +0,99 | 219 | 3,00 |
| | 50m: 50.84 50.84 | 150m: 2:50.73 1:02.22 | 250m: 4:55.48 1:02.70 | 350m: 7:00.01 1:02.50 | | | |
| | 100m: 1:48.51 57.67 | 200m: 3:52.78 1:02.05 | 300m: 5:57.51 1:02.03 | 400m: 7:57.71 57.70 | | | |
| 7. | GARCIA Ana Luisa | 70 | Leixoes | 8:10.46 | | 203 | 2,00 |
| | 50m: 55.38 55.38 | 150m: 2:56.36 1:01.33 | 250m: 5:02.60 1:03.29 | 400m: 8:10.46 2:04.62 | | | |
| | 100m: 1:55.03 59.65 | 200m: 3:59.31 1:02.95 | 300m: 6:05.84 1:03.24 | | | | |
| 8. | ALMEIDA Maria Astride | 72 | Fluvial Portuense | 9:10.71 | | 143 | 1,00 |
| | 50m: 59.72 59.72 | 150m: 3:18.98 1:10.04 | 250m: 5:40.88 1:11.56 | 350m: 8:03.76 1:11.74 | | | |
| | 100m: 2:08.94 1:09.22 | 200m: 4:29.32 1:10.34 | 300m: 6:52.02 1:11.14 | 400m: 9:10.71 1:06.95 | | | |

Prova 30
10/07/2022
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 22

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|------------------------|-----------------------|-----------------------|-----------------------|-------|---------|------|
| 1. | GONCALVES Ana Paula | 65 | Masters de Almada | 6:39.90 | +0,71 | 384 | 9,00 |
| | 50m: 42.60 42.60 | 150m: 2:24.11 52.37 | 250m: 4:08.56 52.23 | 350m: 5:51.95 51.30 | | | |
| | 100m: 1:31.74 49.14 | 200m: 3:16.33 52.22 | 300m: 5:00.65 52.09 | 400m: 6:39.90 47.95 | | | |
| 2. | URBANO Maria Margarida | 63 | Academica de Coimbra | 6:47.84 | | 362 | 7,00 |
| | 50m: 46.85 46.85 | 150m: 2:28.24 51.20 | 250m: 4:12.94 52.49 | 350m: 5:57.53 52.38 | | | |
| | 100m: 1:37.04 50.19 | 200m: 3:20.45 52.21 | 300m: 5:05.15 52.21 | 400m: 6:47.84 50.31 | | | |
| 3. | LENZI Carla Vale | 67 | Alges | 7:25.56 | +0,91 | 278 | 6,00 |
| | 50m: 51.00 51.00 | 200m: 3:41.06 1:54.74 | 400m: 7:25.56 1:49.42 | | | | |
| | 100m: 1:46.32 55.32 | 300m: 5:36.14 1:55.08 | | | | | |
| 4. | CUNHA Maria Trigueiros | 64 | Leixoes | 7:29.48 | +0,95 | 270 | 5,00 |
| | 50m: 45.87 45.87 | 150m: 2:34.03 56.01 | 250m: 4:32.12 1:01.32 | 350m: 6:33.50 1:00.70 | | | |
| | 100m: 1:38.02 52.15 | 200m: 3:30.80 56.77 | 300m: 5:32.80 1:00.68 | 400m: 7:29.48 55.98 | | | |
| 5. | CANINAS Maria Madalena | 63 | Masters de Almada | 7:40.04 | +0,93 | 252 | 4,00 |
| | 50m: 50.23 50.23 | 150m: 2:46.27 59.60 | 250m: 4:47.42 1:01.09 | 350m: 6:48.09 59.53 | | | |
| | 100m: 1:46.67 56.44 | 200m: 3:46.33 1:00.06 | 300m: 5:48.56 1:01.14 | 400m: 7:40.04 51.95 | | | |



XXIII Campeonato Nacional Masters de Verão , OPEN
XXIII Portuguese Summer Masters Championships - OPEN
Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 30, Femin., 400m Livres

Prova 30
10/07/2022

Femin., 400m Livres

Master Esc H
Resultados

RN H(60-64) 6:14.83 FERREIRA Ana Maria SAD Riccione (ITA) 16/06/2012

Pontos: DSV Masters 22

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|----------------------------|-----------------------|-----------------------|-----------------------|-------|---------|------|
| 1. | FERNANDES Maria Santos | 62 | Leixoes | 6:48.41 | +0,73 | 622 | 9,00 |
| | 50m: 46.07 46.07 | 150m: 2:28.27 51.27 | 250m: 4:12.27 51.90 | 350m: 5:57.73 52.19 | | | |
| | 100m: 1:37.00 50.93 | 200m: 3:20.37 52.10 | 300m: 5:05.54 53.27 | 400m: 6:48.41 50.68 | | | |
| 2. | CANORA MARIN Maria Azucena | 60 | Leixoes | 7:04.28 | +0,89 | 555 | 7,00 |
| | 50m: 49.83 49.83 | 150m: 2:37.06 53.76 | 250m: 4:25.02 53.97 | 350m: 6:13.15 54.30 | | | |
| | 100m: 1:43.30 53.47 | 200m: 3:31.05 53.99 | 300m: 5:18.85 53.83 | 400m: 7:04.28 51.13 | | | |
| 3. | OLIVEIRA Maria Luisa | 61 | Academica de Coimbra | 7:41.45 | | 431 | 6,00 |
| | 50m: 51.43 51.43 | 150m: 2:51.74 1:01.63 | 250m: 4:51.99 1:00.21 | 350m: 6:47.85 57.75 | | | |
| | 100m: 1:50.11 58.68 | 200m: 3:51.78 1:00.04 | 300m: 5:50.10 58.11 | 400m: 7:41.45 53.60 | | | |
| 4. | WERNICKE Maria Giraldo | 60 | Fluvial Portuense | 8:00.35 | | 382 | 5,00 |
| | 50m: 50.80 50.80 | 150m: 2:49.60 1:00.72 | 250m: 4:55.59 1:03.19 | 350m: 7:01.31 1:02.59 | | | |
| | 100m: 1:48.88 58.08 | 200m: 3:52.40 1:02.80 | 300m: 5:58.72 1:03.13 | 400m: 8:00.35 59.04 | | | |
| 5. | COELHO Maria Fatima | 60 | Academica de Coimbra | 8:21.55 | | 336 | 4,00 |
| | 50m: 53.06 53.06 | 150m: 2:58.33 1:04.69 | 250m: 5:09.25 1:07.51 | 350m: 7:20.56 1:06.31 | | | |
| | 100m: 1:53.64 1:00.58 | 200m: 4:01.74 1:03.41 | 300m: 6:14.25 1:05.00 | 400m: 8:21.55 1:00.99 | | | |
| 6. | DUPONT Ana Paula | 58 | Fluvial Portuense | 9:01.67 | | 266 | 3,00 |
| | 50m: 58.99 58.99 | 150m: 3:13.86 1:06.99 | 250m: 5:33.02 1:09.36 | 350m: 7:55.03 1:10.98 | | | |
| | 100m: 2:06.87 1:07.88 | 200m: 4:23.66 1:09.80 | 300m: 6:44.05 1:11.03 | 400m: 9:01.67 1:06.64 | | | |
| DNS | NETO Maria Manuela | 62 | Natacao da Maia | | | | - |

Prova 30
10/07/2022

Femin., 400m Livres

Master Esc I
Resultados

RN I(65-69) 6:27.98 FERREIRA Ana Maria SAD Famalicão 09/07/2017

Pontos: DSV Masters 22

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|-------|---------|------|
| 1. | OLIVEIRA Maria Teresa | 57 | Academica de Coimbra | 7:16.91 | | 562 | 9,00 |
| | 50m: 49.86 49.86 | 150m: 2:43.56 57.40 | 250m: 4:35.89 55.44 | 350m: 6:26.64 55.69 | | | |
| | 100m: 1:46.16 56.30 | 200m: 3:40.45 56.89 | 300m: 5:30.95 55.06 | 400m: 7:16.91 50.27 | | | |
| 2. | CARDOSO Rosa Maria | 56 | Fluvial Portuense | 9:42.53 | | 237 | 7,00 |
| | 50m: 1:03.50 1:03.50 | 150m: 3:25.74 1:12.97 | 250m: 5:55.56 1:15.00 | 350m: 8:28.88 1:15.91 | | | |
| | 100m: 2:12.77 1:09.27 | 200m: 4:40.56 1:14.82 | 300m: 7:12.97 1:17.41 | 400m: 9:42.53 1:13.65 | | | |
| EXH | AFONSO Salome Dias | 95 | Desportiva de Viana | 6:07.37 | +0,86 | 396 | - |
| | 50m: 40.49 40.49 | 150m: 2:11.49 46.43 | 250m: 3:46.05 47.92 | 350m: 5:21.93 47.77 | | | |
| | 100m: 1:25.06 44.57 | 200m: 2:58.13 46.64 | 300m: 4:34.16 48.11 | 400m: 6:07.37 45.44 | | | |

Splash Meet Manager, 11.73591

Registered to Federacao Portuguesa De Natacao

10/07/2022 11:42 - Página 6



XXIII Campeonato Nacional Masters de Verão , OPEN
 XXIII Portuguese Summer Masters Championships - OPEN
 Reguengos de Monsaraz, 08 a 10 de Julho de 2022



Prova 30, Femin., 400m Livres

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | Pts DSV | Pts |
|-------|---------------------------|---------------|-----------------|----------------|--------------|---------------|-------|
| EXH | MARCELINO Catarina Matias | 96 | Grandola Sports | 6:57.22 | +0,77 | 270 | - |
| | 50m: 43.78 43.78 | 150m: 2:26.87 | 53.22 | 250m: 4:17.68 | 55.62 | 350m: 6:06.63 | 55.16 |
| | 100m: 1:33.65 49.87 | 200m: 3:22.06 | 55.19 | 300m: 5:11.47 | 53.79 | 400m: 6:57.22 | 50.59 |

ORGANIZAÇÃO:   

PATROCINADOR PRINCIPAL:  

PATROCINADOR OFICIAL: 

PARCEIROS INSTITUCIONAIS:  

FORNECEDOR OFICIAL: 

PARCEIROS:     