

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



Prova 40 Femin., 400m Estilos Master Esc A
10/07/2022 Resultados

RN A(25-29) 5:37.84 SILVA Carolina Santos CNMAIA Loulé 04/07/2015

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	ELOI Ana Monica Rec Nac Esc A	96	CLIP Teams	5:36.15	+0,85	710	9,00
	50m: 33.56 33.56	150m: 1:57.86 44.59	250m: 3:29.35 47.26	350m: 4:57.16 40.11			
	100m: 1:13.27 39.71	200m: 2:42.09 44.23	300m: 4:17.05 47.70	400m: 5:36.15 38.99			
2.	ALMEIDA Mariana Dias	93	Ginasio Santo Tirso	6:43.63	+0,85	410	7,00
	50m: 44.17 44.17	150m: 2:30.47 56.05	250m: 4:16.96 53.27	350m: 5:59.34 49.55			
	100m: 1:34.42 50.25	200m: 3:23.69 53.22	300m: 5:09.79 52.83	400m: 6:43.63 44.29			
3.	SANTOS Raquel Alexandra	95	CPCD-Povoa St Iria	7:04.06	+0,88	353	6,00
	50m: 43.45 43.45	150m: 2:31.41 54.47	250m: 4:22.31 57.08	350m: 6:13.78 51.75			
	100m: 1:36.94 53.49	200m: 3:25.23 53.82	300m: 5:22.03 59.72	400m: 7:04.06 50.28			

Prova 40 Femin., 400m Estilos Master Esc B
10/07/2022 Resultados

RN B(30-34) 5:32.55 VIEIRA Rubina Capitao CDN Oeiras 03/07/2011

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	NEVES Vania Soares Rec Nac Esc B	90	Viana Natacao	5:28.90	+0,78	794	9,00
	50m: 34.40 34.40	150m: 1:57.89 42.84	250m: 3:27.98 47.16	350m: 4:52.51 37.60			
	100m: 1:15.05 40.65	200m: 2:40.82 42.93	300m: 4:14.91 46.93	400m: 5:28.90 36.39			
2.	LOPES Ana Rita	92	CPCD-Povoa St Iria	6:51.74	+0,95	405	7,00
	50m: 45.46 45.46	150m: 2:33.59 55.78	250m: 4:22.84 55.46	350m: 6:06.47 48.03			
	100m: 1:37.81 52.35	200m: 3:27.38 53.79	300m: 5:18.44 55.60	400m: 6:51.74 45.27			
3.	JOSE Maria Joao	90	Ginasio Santo Tirso	7:08.52	+0,94	359	6,00
	50m: 47.39 47.39	150m: 2:36.21 56.88	250m: 4:32.81 1:00.62	350m: 6:22.08 49.36			
	100m: 1:39.33 51.94	200m: 3:32.19 55.98	300m: 5:32.72 59.91	400m: 7:08.52 46.44			
4.	JOSE Helena Manuel	90	Ginasio Santo Tirso	7:18.07	+0,95	336	5,00
	50m: 49.77 49.77	150m: 2:45.03 57.66	250m: 4:46.16 1:03.51	350m: 6:34.73 46.63			
	100m: 1:47.37 57.60	200m: 3:42.65 57.62	300m: 5:48.10 1:01.94	400m: 7:18.07 43.34			
5.	LIRIO Ana Raquel	90	Ginasio Santo Tirso	7:27.19	+0,88	316	4,00
	50m: 48.49 48.49	150m: 2:44.12 1:00.17	250m: 4:46.30 1:01.69	350m: 6:37.05 51.05			
	100m: 1:43.95 55.46	200m: 3:44.61 1:00.49	300m: 5:46.00 59.70	400m: 7:27.19 50.14			

Splash Meet Manager, 11.73591

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10/07/2022 18:04 - Página 1



XXIII Campeonato Nacional Masters de Verão , OPEN
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Prova 40, Femin., 400m Estilos

Prova 40 Femin., 400m Estilos Master Esc C
10/07/2022 Resultados

RN C(35-39) 5:22.50 GRILO Ana Paula UDCA Stanford (USA) 06/08/2006

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	FONSECA Maria Manuela	85	Leixoes	6:10.58	+0,98	656	9,00
	50m: 39.47 39.47	150m: 2:14.23 49.74	250m: 3:54.41 52.49	350m: 5:30.37 42.63			
	100m: 1:24.49 45.02	200m: 3:01.92 47.69	300m: 4:47.74 53.33	400m: 6:10.58 40.21			
2.	REBOCHO Mariana Sarmento	84	Fluvial Portuense	7:11.92	+0,96	414	7,00
	50m: 48.92 48.92	200m: 3:39.08 1:53.19	300m: 5:37.71 59.80	400m: 7:11.92 45.24			
	100m: 1:45.89 56.97	250m: 4:37.91 58.83	350m: 6:26.68 48.97				
3.	ALMEIDA Andreia Azevedo	86	Palmela Desporto	10:49.60		121	6,00
	50m: 1:13.35 1:13.35	150m: 4:16.18 1:36.80	250m: 7:04.86 1:22.29	350m: 9:39.91 1:13.04			
	100m: 2:39.38 1:26.03	200m: 5:42.57 1:26.39	300m: 8:26.87 1:22.01	400m: 10:49.60 1:09.69			

Prova 40 Femin., 400m Estilos Master Esc D
10/07/2022 Resultados

RN D(40-44) 5:32.69 GOMES Susana Clara CNF Reguengos de Monsaraz 20/07/2019

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	SILVA Ana Rosa	80	Foca Quinta da Lixa CNF	8:09.84	+0,97	290	9,00
	50m: 52.58 52.58	150m: 3:11.11 1:08.10	250m: 5:18.36 1:02.40	350m: 7:17.38 54.74			
	100m: 2:03.01 1:10.43	200m: 4:15.96 1:04.85	300m: 6:22.64 1:04.28	400m: 8:09.84 52.46			
2.	NEVES Isabel Carolina	80	Fluvial Portuense	8:28.58		259	7,00
	50m: 55.40 55.40	150m: 3:12.51 1:09.06	250m: 5:30.10 1:12.64	350m: 7:39.95 54.68			
	100m: 2:03.45 1:08.05	200m: 4:17.46 1:04.95	300m: 6:45.27 1:15.17	400m: 8:28.58 48.63			
DNS	CUNHA Joana Isabel	80	Galitos / Bresimar				-

Prova 40 Femin., 400m Estilos Master Esc E
10/07/2022 Resultados

RN E(45-49) 5:54.68 COSTA Maria Luisa CFP Reguengos de Monsaraz 20/07/2019

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	GOMES Susana Clara Rec Nac Esc E	77	Naval do Funchal	5:48.52	+0,83	869	9,00
	50m: 33.68 33.68	150m: 2:00.58 47.58	250m: 3:36.64 50.13	350m: 5:08.24 41.33			
	100m: 1:13.00 39.32	200m: 2:46.51 45.93	300m: 4:26.91 50.27	400m: 5:48.52 40.28			
2.	COSTA Maria Luisa	74	Fluvial Portuense	6:29.08	+0,98	625	7,00
	50m: 37.32 37.32	150m: 2:14.09 53.14	250m: 4:02.66 55.83	350m: 5:44.67 45.33			
	100m: 1:20.95 43.63	200m: 3:06.83 52.74	300m: 4:59.34 56.68	400m: 6:29.08 44.41			

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10/07/2022 18:04 - Página 2



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Prova 40, Femin., 400m Estilos, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
3.	CASTRO Catarina Bayer	73	Fluvial Portuense	7:31.99	+0,67	398	6,00
	50m: 50.17 50.17	150m: 2:43.95 58.66	250m: 4:47.94 1:04.37	350m: 6:41.64 50.41			
	100m: 1:45.29 55.12	200m: 3:43.57 59.62	300m: 5:51.23 1:03.29	400m: 7:31.99 50.35			
4.	AVELANS Carla Susana	75	Fluvial Portuense	7:48.58	+0,99	357	5,00
	50m: 49.74 49.74	150m: 2:49.60 1:03.73	250m: 4:51.58 1:00.06	350m: 6:52.41 1:00.93			
	100m: 1:45.87 56.13	200m: 3:51.52 1:01.92	300m: 5:51.48 59.90	400m: 7:48.58 56.17			
5.	BARBARA Sandra Santa	75	Ginasio Santo Tirso	7:49.02	+0,85	356	4,00
	50m: 53.46 53.46	150m: 2:58.37 1:01.47	250m: 5:01.91 1:02.76	350m: 6:57.78 51.33			
	100m: 1:56.90 1:03.44	200m: 3:59.15 1:00.78	300m: 6:06.45 1:04.54	400m: 7:49.02 51.24			
6.	GOMES Ana Claudia	76	Academica de Coimbra	8:09.27		314	3,00
	50m: 50.99 50.99	150m: 3:04.04 1:10.75	250m: 5:14.75 1:04.43	350m: 7:15.53 56.16			
	100m: 1:53.29 1:02.30	200m: 4:10.32 1:06.28	300m: 6:19.37 1:04.62	400m: 8:09.27 53.74			

Prova 40 Femin., 400m Estilos Master Esc F
10/07/2022 Resultados

RN F(50-54) 6:26.77 GRILO Ana Paula NDCO Reguengos de Monsaraz 20/07/2019

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	BRANDAO Maria Teresa	69	Fluvial Portuense	7:02.15	+0,79	495	9,00
	50m: 45.73 45.73	150m: 2:38.25 57.78	250m: 4:34.76 1:00.42	350m: 6:19.28 44.40			
	100m: 1:40.47 54.74	200m: 3:34.34 56.09	300m: 5:34.88 1:00.12	400m: 7:02.15 42.87			
2.	REIS Margarida Bleck	68	Porto	8:04.94	+0,90	326	7,00
	50m: 51.76 51.76	150m: 3:03.29 1:08.54	250m: 5:16.21 1:08.10	350m: 7:14.02 51.83			
	100m: 1:54.75 1:02.99	200m: 4:08.11 1:04.82	300m: 6:22.19 1:05.98	400m: 8:04.94 50.92			
3.	SANTINHA Fernanda Maria	72	Masters de Almada	8:49.40		251	6,00
	50m: 1:02.51 1:02.51	150m: 3:35.19 1:23.08	250m: 6:01.05 1:05.18	350m: 8:00.01 53.57			
	100m: 2:12.11 1:09.60	200m: 4:55.87 1:20.68	300m: 7:06.44 1:05.39	400m: 8:49.40 49.39			

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Prova 40, Femin., 400m Estilos

Prova 40 Femin., 400m Estilos Master Esc G
10/07/2022 Resultados

RN G(55-59) 6:54.26 KRAEVA Elena Nikolaevna ADRICIMM Famalicão 08/07/2017

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	LENZI Carla Vale	67	Alges	8:49.77		262	9,00
	50m: 1:02.54 1:02.54	150m: 3:30.67 1:13.77	250m: 5:51.95 1:08.23	400m: 8:49.77 1:48.32			
	100m: 2:16.90 1:14.36	200m: 4:43.72 1:13.05	300m: 7:01.45 1:09.50				

Prova 40 Femin., 400m Estilos Master Esc H
10/07/2022 Resultados

RN H(60-64) 7:52.39 FERREIRA Ana Maria SAD Loulé 30/06/2013

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	POTTER Karin	59	Alges	8:56.25	+0,78	363	9,00
	100m: 2:16.43 2:16.43	200m: 4:33.23 1:05.50	300m: 6:53.25 1:09.57	400m: 8:56.25 1:00.71			
	150m: 3:27.73 1:11.30	250m: 5:43.68 1:10.45	350m: 7:55.54 1:02.29				

Prova 40 Femin., 400m Estilos Master Esc I
10/07/2022 Resultados

RN I(65-69) 7:52.16 FERREIRA Ana Maria SAD Loulé 04/07/2015

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts
1.	OLIVEIRA Maria Teresa	57	Academica de Coimbra	8:49.10		465	9,00
	50m: 1:02.93 1:02.93	150m: 3:36.24 1:18.58	250m: 5:58.78 1:06.44	350m: 8:01.14 55.21			
	100m: 2:17.66 1:14.73	200m: 4:52.34 1:16.10	300m: 7:05.93 1:07.15	400m: 8:49.10 47.96			