

Torneio de Fundo Masters
Póvoa de Varzim, 26-2-2022



Prova 1 Femin., 1500m Livres Master Esc A
26-02-2022 Resultados

RN Esc A(25-29) 19:28.13 SILVA Carolina Santos CNMAIA Coimbra 18-04-2015

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	ELOI Ana Monica	96	CLIP Teams	19:44.87		834	30,00
	100m: 1:12.05 1:12.05	500m: 6:23.75 1:19.05	900m: 11:42.82 1:19.95	1300m: 17:04.38 1:20.73			
	200m: 2:28.33 1:16.28	600m: 7:43.68 1:19.93	1000m: 13:02.92 1:20.10	1400m: 18:25.42 1:21.04			
	300m: 3:46.20 1:17.87	700m: 9:03.24 1:19.56	1100m: 14:23.21 1:20.29	1500m: 19:44.87 1:19.45			
	400m: 5:04.70 1:18.50	800m: 10:22.87 1:19.63	1200m: 15:43.65 1:20.44				
2.	ALVES Ana Sofia	95	Vitoria Guimaraes	21:08.04		680	26,00
	100m: 1:15.34 1:15.34	500m: 6:39.73 1:22.34	900m: 12:23.74 1:27.13	1300m: 18:13.88 1:27.42			
	200m: 2:35.31 1:19.97	600m: 8:03.89 1:24.16	1000m: 13:51.82 1:28.08	1400m: 19:41.37 1:27.49			
	300m: 3:56.30 1:20.99	700m: 9:29.65 1:25.76	1100m: 15:18.62 1:26.80	1500m: 21:08.04 1:26.67			
	400m: 5:17.39 1:21.09	800m: 10:56.61 1:26.96	1200m: 16:46.46 1:27.84				
3.	FONTOURA Violante Pascoal	97	CLIP Teams	21:20.56		660	22,00
	100m: 1:17.97 1:17.97	500m: 6:57.92 1:26.14	900m: 12:45.70 1:28.40	1300m: 18:31.08 1:26.99			
	200m: 2:40.91 1:22.94	600m: 8:24.15 1:26.23	1000m: 14:11.98 1:26.28	1400m: 19:57.15 1:26.07			
	300m: 4:05.96 1:25.05	700m: 9:50.22 1:26.07	1100m: 15:38.19 1:26.21	1500m: 21:20.56 1:23.41			
	400m: 5:31.78 1:25.82	800m: 11:17.30 1:27.08	1200m: 17:04.09 1:25.90				
4.	PINHEIRO Andreia Sofia	93	Sporting	23:01.79		526	20,00
	100m: 1:21.50 1:21.50	500m: 7:25.93 1:32.99	900m: 13:40.19 1:34.02	1300m: 19:58.00 1:34.13			
	200m: 2:50.24 1:28.74	600m: 8:59.14 1:33.21	1000m: 15:14.56 1:34.37	1400m: 21:30.26 1:32.26			
	300m: 4:21.34 1:31.10	700m: 10:32.53 1:33.39	1100m: 16:49.02 1:34.46	1500m: 23:01.79 1:31.53			
	400m: 5:52.94 1:31.60	800m: 12:06.17 1:33.64	1200m: 18:23.87 1:34.85				
5.	TEIXEIRA Ana Catarina	95	Foca Quinta da Lixa CNF	23:07.89		519	19,00
	100m: 1:20.38 1:20.38	500m: 7:29.27 1:33.49	900m: 13:46.73 1:33.74	1300m: 20:03.13 1:33.07			
	200m: 2:49.60 1:29.22	600m: 9:04.71 1:35.44	1000m: 15:20.89 1:34.16	1400m: 21:36.54 1:33.41			
	300m: 4:22.82 1:33.22	700m: 10:39.65 1:34.94	1100m: 16:55.28 1:34.39	1500m: 23:07.89 1:31.35			
	400m: 5:55.78 1:32.96	800m: 12:12.99 1:33.34	1200m: 18:30.06 1:34.78				
DNS	ALVES Miriam Natacha	97	Leixoes				-

Prova 1 Femin., 1500m Livres Master Esc B
26-02-2022 Resultados

RN Esc B(30-34) 19:08.25 SILVA Carolina Santos GCST Póvoa de Varzim 23-02-2019

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	NEVES Vania Soares	90	Viana Natacao	19:39.49		786	30,00
	100m: 1:11.88 1:11.88	500m: 6:21.63 1:18.49	900m: 11:39.88 1:19.63	1300m: 17:00.10 1:20.57			
	200m: 2:28.03 1:16.15	600m: 7:40.98 1:19.35	1000m: 12:59.69 1:19.81	1400m: 18:17.80 1:17.70			
	300m: 3:45.29 1:17.26	700m: 9:00.37 1:19.39	1100m: 14:19.71 1:20.02	1500m: 19:39.49 1:21.69			
	400m: 5:03.14 1:17.85	800m: 10:20.25 1:19.88	1200m: 15:39.53 1:19.82				

Splash Meet Manager, 11.72081

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 1, Femin., 1500m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
2.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	21:00.65		644	26,00
	100m: 1:17.98 1:17.98		500m: 6:49.58 1:23.32	1:26.13	1300m: 18:14.83	1:25.23	
	200m: 2:39.28 1:21.30		600m: 8:14.03 1:24.45	1:27.27	1400m: 19:40.52	1:25.69	
	300m: 4:02.11 1:22.83		700m: 9:38.57 1:24.54	1:26.64	1500m: 21:00.65	1:20.13	
	400m: 5:26.26 1:24.15		800m: 11:03.70 1:25.13	1:25.86			
3.	ALVES Joana Isabel	88	Porto	21:36.19		592	22,00
	100m: 1:19.66 1:19.66		500m: 7:05.48 1:27.44	1:27.96	1300m: 18:46.64	1:27.17	
	200m: 2:44.63 1:24.97		600m: 8:32.99 1:27.51	1:28.11	1400m: 20:13.12	1:26.48	
	300m: 4:10.69 1:26.06		700m: 10:00.94 1:27.95	1:27.57	1500m: 21:36.19	1:23.07	
	400m: 5:38.04 1:27.35		800m: 11:28.56 1:27.62	1:27.27			
4.	MATEUS Susana Maria	89	Litoral Alentejano	21:40.96		586	20,00
	100m: 1:21.02 1:21.02		500m: 7:08.37 1:26.59	1:27.81	1300m: 18:46.55	1:26.95	
	200m: 2:47.88 1:26.86		600m: 8:35.53 1:27.16	1:27.65	1400m: 20:13.93	1:27.38	
	300m: 4:14.74 1:26.86		700m: 10:02.94 1:27.41	1:27.03	1500m: 21:40.96	1:27.03	
	400m: 5:41.78 1:27.04		800m: 11:30.26 1:27.32	1:26.85			
5.	GOMES Maria Joao	88	Leixoes	25:02.77		380	19,00
	100m: 1:29.45 1:29.45		500m: 8:04.89 1:40.32	1:41.84	1300m: 21:44.17	1:42.99	
	200m: 3:06.30 1:36.85		600m: 9:46.67 1:41.78	1:42.70	1400m: 23:26.24	1:42.07	
	300m: 4:45.05 1:38.75		700m: 11:28.89 1:42.22	1:43.02	1500m: 25:02.77	1:36.53	
	400m: 6:24.57 1:39.52		800m: 13:11.44 1:42.55	1:42.18			

Prova 1 Femin., 1500m Livres Master Esc C Resultados

RN Esc C(35-39) 18:50.82 GRILLO Ana Paula UDCA Swansea (GBR) 03-03-2006

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FONSECA Maria Manuela	85	Leixoes	22:06.27		621	30,00
	100m: 1:23.28 1:23.28		500m: 7:17.39 1:30.14	1:28.83	1300m: 19:11.21	1:28.93	
	200m: 2:48.78 1:25.50		600m: 8:47.68 1:30.29	1:28.89	1400m: 20:39.75	1:28.54	
	300m: 4:17.52 1:28.74		700m: 10:16.91 1:29.23	1:28.94	1500m: 22:06.27	1:26.52	
	400m: 5:47.25 1:29.73		800m: 11:45.83 1:28.92	1:29.79			
2.	MOLEN Laurelin Lucinda	87	CCDSerta	26:24.66		364	26,00
	100m: 1:39.94 1:39.94		500m: 8:36.85 1:45.27	1:46.52	1300m: 22:51.93	1:48.13	
	200m: 3:22.11 1:42.17		600m: 10:23.27 1:46.42	1:46.47	1400m: 24:39.67	1:47.74	
	300m: 5:06.65 1:44.54		700m: 12:09.12 1:45.85	1:47.62	1500m: 26:24.66	1:44.99	
	400m: 6:51.58 1:44.93		800m: 13:55.06 1:45.94	1:48.13			
3.	REIS Filipa Isabel	87	Leixoes	30:01.52		248	22,00
	100m: 1:53.16 1:53.16		500m: 9:52.87 2:01.63	2:01.42	1300m: 26:07.89	2:01.01	
	200m: 3:50.93 1:57.77		600m: 11:53.24 2:00.37	2:02.87	1400m: 28:08.56	2:00.67	
	300m: 5:49.24 1:58.31		700m: 13:55.63 2:02.39	2:02.84	1500m: 30:01.52	1:52.96	
	400m: 7:51.24 2:02.00		800m: 15:57.86 2:02.23	2:01.89			

Prova 1, Femin., 1500m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	UHLFELDER Ana Sofia	83	Fluvial Portuense	30:20.80		240	20,00
	100m: 1:49.35 1:49.35	500m: 9:54.37 2:02.32	900m: 18:07.65	2:02.80	1300m: 26:23.16	2:04.18	
	200m: 3:48.18 1:58.83	600m: 11:56.38 2:02.01	1000m: 20:11.14	2:03.49	1400m: 28:25.78	2:02.62	
	300m: 5:48.60 2:00.42	700m: 14:00.98 2:04.60	1100m: 22:14.94	2:03.80	1500m: 30:20.80	1:55.02	
	400m: 7:52.05 2:03.45	800m: 16:04.85 2:03.87	1200m: 24:18.98	2:04.04			

Prova 1
26-02-2022
Femin., 1500m Livres
Master Esc D
Resultados

RN Esc D(40-44)	20:45.77	ROTHES Ines Maria	CFP	Rio Maior	20-02-2016
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	SWERTS Tatiana Stankunavicius	78	Braga	23:53.00		504	30,00
	100m: 1:26.94 1:26.94	500m: 7:39.44 1:35.84	900m: 14:07.44	1:38.77	1300m: 20:40.60	1:38.71	
	200m: 2:58.15 1:31.21	600m: 9:14.80 1:35.36	1000m: 15:45.13	1:37.69	1400m: 22:18.79	1:38.19	
	300m: 4:30.29 1:32.14	700m: 10:50.71 1:35.91	1100m: 17:23.44	1:38.31	1500m: 23:53.00	1:34.21	
	400m: 6:03.60 1:33.31	800m: 12:28.67 1:37.96	1200m: 19:01.89	1:38.45			
2.	GUEDES Ana Dalte	80	Leixoes	24:39.04		458	26,00
	100m: 1:32.60 1:32.60	500m: 8:12.92 1:40.54	900m: 14:52.27	1:39.26	1300m: 21:28.41	1:38.99	
	200m: 3:12.07 1:39.47	600m: 9:53.26 1:40.34	1000m: 16:31.05	1:38.78	1400m: 23:06.45	1:38.04	
	300m: 4:52.31 1:40.24	700m: 11:33.24 1:39.98	1100m: 18:09.96	1:38.91	1500m: 24:39.04	1:32.59	
	400m: 6:32.38 1:40.07	800m: 13:13.01 1:39.77	1200m: 19:49.42	1:39.46			
3.	NEVES Isabel Carolina	80	Fluvial Portuense	26:42.86		360	22,00
	100m: 1:37.24 1:37.24	500m: 8:36.96 1:44.57	900m: 15:49.09	1:48.72	1300m: 23:08.41	1:50.59	
	200m: 3:20.62 1:43.38	600m: 10:23.63 1:46.67	1000m: 17:38.43	1:49.34	1400m: 24:57.09	1:48.68	
	300m: 5:06.51 1:45.89	700m: 12:10.42 1:46.79	1100m: 19:26.83	1:48.40	1500m: 26:42.86	1:45.77	
	400m: 6:52.39 1:45.88	800m: 14:00.37 1:49.95	1200m: 21:17.82	1:50.99			
4.	SILVA Ana Rosa	80	Foca Quinta da Lixa CNF	27:12.14		341	20,00
	100m: 1:41.35 1:41.35	500m: 8:57.34 1:48.32	900m: 16:06.63	1:47.20	1300m: 23:29.48	1:51.48	
	200m: 3:30.51 1:49.16	600m: 10:44.77 1:47.43	1000m: 17:56.00	1:49.37	1400m: 25:22.39	1:52.91	
	300m: 5:19.55 1:49.04	700m: 12:31.85 1:47.08	1100m: 19:45.98	1:49.98	1500m: 27:12.14	1:49.75	
	400m: 7:09.02 1:49.47	800m: 14:19.43 1:47.58	1200m: 21:38.00	1:52.02			
5.	MARTINS Ana Maria	79	Sporting de Aveiro	30:16.39		247	19,00
	100m: 1:54.94 1:54.94	500m: 10:04.75 2:01.93	900m: 18:14.27	2:02.92	1300m: 26:22.15	2:02.23	
	200m: 3:57.61 2:02.67	600m: 12:07.58 2:02.83	1000m: 20:16.46	2:02.19	1400m: 28:23.89	2:01.74	
	300m: 6:00.62 2:03.01	700m: 14:10.17 2:02.59	1100m: 22:17.71	2:01.25	1500m: 30:16.39	1:52.50	
	400m: 8:02.82 2:02.20	800m: 16:11.35 2:01.18	1200m: 24:19.92	2:02.21			
6.	AITA Tais Alberta	79	UD Oliveirense	30:28.99		242	18,00
	100m: 1:47.93 1:47.93	500m: 9:53.83 2:01.43	900m: 18:04.90	2:03.78	1300m: 26:20.99	2:04.08	
	200m: 3:47.73 1:59.80	600m: 11:56.10 2:02.27	1000m: 20:09.57	2:04.67	1400m: 28:25.94	2:04.95	
	300m: 5:50.73 2:03.00	700m: 13:58.45 2:02.35	1100m: 22:13.62	2:04.05	1500m: 30:28.99	2:03.05	
	400m: 7:52.40 2:01.67	800m: 16:01.12 2:02.67	1200m: 24:16.91	2:03.29			

Prova 1, Femin., 1500m Livres

Prova 1
26-02-2022

Femin., 1500m Livres

Master Esc E
Resultados

RN Esc E(45-49) 20:49.12 GRILLO Ana Paula NDCO Swansea (GBR) 08-03-2014

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COUTINHO Gisela Barbosa	75	Porto	21:38.18		721	30,00
	100m: 1:20.21 1:20.21	500m: 7:08.83 1:27.82	900m: 12:56.92 1:27.00	1300m: 18:45.68 1:27.83			
	200m: 2:46.52 1:26.31	600m: 8:35.78 1:26.95	1000m: 14:23.61 1:26.69	1400m: 20:13.84 1:28.16			
	300m: 4:13.94 1:27.42	700m: 10:02.21 1:26.43	1100m: 15:50.70 1:27.09	1500m: 21:38.18 1:24.34			
	400m: 5:41.01 1:27.07	800m: 11:29.92 1:27.71	1200m: 17:17.85 1:27.15				
2.	BARBARA Carla Santa	75	Porto	21:43.34		713	26,00
	100m: 1:18.15 1:18.15	500m: 7:04.56 1:27.07	900m: 12:55.65 1:27.91	1300m: 18:48.58 1:29.17			
	200m: 2:42.09 1:23.94	600m: 8:32.82 1:28.26	1000m: 14:23.83 1:28.18	1400m: 20:17.01 1:28.43			
	300m: 4:09.67 1:27.58	700m: 10:00.63 1:27.81	1100m: 15:51.53 1:27.70	1500m: 21:43.34 1:26.33			
	400m: 5:37.49 1:27.82	800m: 11:27.74 1:27.11	1200m: 17:19.41 1:27.88				
3.	ROTHES Ines Maria	73	Fluvial Portuense	22:45.21		620	22,00
	100m: 1:22.31 1:22.31	500m: 7:24.34 1:31.11	900m: 13:31.44 1:31.67	1300m: 19:40.31 1:31.86			
	200m: 2:51.83 1:29.52	600m: 8:56.12 1:31.78	1000m: 15:03.36 1:31.92	1400m: 21:13.00 1:32.69			
	300m: 4:22.37 1:30.54	700m: 10:27.97 1:31.85	1100m: 16:35.96 1:32.60	1500m: 22:45.21 1:32.21			
	400m: 5:53.23 1:30.86	800m: 11:59.77 1:31.80	1200m: 18:08.45 1:32.49				
4.	FARIA Joana Maria	74	Leixoes	23:52.06		537	20,00
	100m: 1:27.55 1:27.55	500m: 7:50.32 1:36.38	900m: 14:15.62 1:36.79	1300m: 20:41.61 1:36.91			
	200m: 3:02.12 1:34.57	600m: 9:26.60 1:36.28	1000m: 15:51.97 1:36.35	1400m: 22:17.67 1:36.06			
	300m: 4:38.01 1:35.89	700m: 11:02.65 1:36.05	1100m: 17:27.84 1:35.87	1500m: 23:52.06 1:34.39			
	400m: 6:13.94 1:35.93	800m: 12:38.83 1:36.18	1200m: 19:04.70 1:36.86				
5.	REGO Susana Isabel	74	Leixoes	26:10.94		407	19,00
	100m: 1:38.23 1:38.23	500m: 8:36.00 1:43.75	900m: 15:31.81 1:44.40	1300m: 22:37.63 1:46.85			
	200m: 3:21.06 1:42.83	600m: 10:19.07 1:43.07	1000m: 17:19.11 1:47.30	1400m: 24:24.26 1:46.63			
	300m: 5:07.15 1:46.09	700m: 12:02.89 1:43.82	1100m: 19:04.60 1:45.49	1500m: 26:10.94 1:46.68			
	400m: 6:52.25 1:45.10	800m: 13:47.41 1:44.52	1200m: 20:50.78 1:46.18				
6.	BARBARA Sandra Santa	75	Ginasio Santo Tirso	27:38.82		345	18,00
	100m: 1:34.61 1:34.61	500m: 8:48.75 1:51.12	900m: 16:14.39 1:52.26	1300m: 23:51.24 1:54.36			
	200m: 3:18.56 1:43.95	600m: 10:39.49 1:50.74	1000m: 18:07.61 1:53.22	1400m: 25:46.17 1:54.93			
	300m: 5:07.18 1:48.62	700m: 12:29.82 1:50.33	1100m: 20:02.68 1:55.07	1500m: 27:38.82 1:52.65			
	400m: 6:57.63 1:50.45	800m: 14:22.13 1:52.31	1200m: 21:56.88 1:54.20				
7.	GOMES Ana Claudia	76	Academica de Coimbra	27:55.64		335	17,00
	100m: 1:43.09 1:43.09	500m: 9:10.59 1:52.60	900m: 16:38.42 1:52.17	1300m: 24:12.67 1:53.57			
	200m: 3:35.54 1:52.45	600m: 11:02.47 1:51.88	1000m: 18:32.00 1:53.58	1400m: 26:08.30 1:55.63			
	300m: 5:25.98 1:50.44	700m: 12:54.79 1:52.32	1100m: 20:25.04 1:53.04	1500m: 27:55.64 1:47.34			
	400m: 7:17.99 1:52.01	800m: 14:46.25 1:51.46	1200m: 22:19.10 1:54.06				
8.	LIMA Carmen Cristina	76	Leixoes	33:19.37		197	16,00
	100m: 2:03.12 2:03.12	500m: 10:56.81 2:12.59	900m: 19:51.47 2:13.56	1300m: 28:55.01 2:16.67			
	200m: 4:18.04 2:14.92	600m: 13:10.44 2:13.63	1000m: 22:06.45 2:14.98	1400m: 31:10.32 2:15.31			
	300m: 6:31.93 2:13.89	700m: 15:24.37 2:13.93	1100m: 24:22.04 2:15.59	1500m: 33:19.37 2:09.05			
	400m: 8:44.22 2:12.29	800m: 17:37.91 2:13.54	1200m: 26:38.34 2:16.30				

Prova 1, Femin., 1500m Livres

Prova 1 Femin., 1500m Livres Master Esc F
26-02-2022 Resultados

RN Esc F(50-54) 21:25.58 GRILLO Ana Paula NDCO Vitoria (ESP) 27-04-2019

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COSTA Marta Sofia	71	Porto	26:26.72		384	30,00
	100m: 1:35.58 1:35.58	500m: 8:42.84 1:48.16	900m: 15:50.57 1:47.69	1300m: 22:57.15 1:45.96			
	200m: 3:20.23 1:44.65	600m: 10:29.38 1:46.54	1000m: 17:38.20 1:47.63	1400m: 24:43.22 1:46.07			
	300m: 5:07.28 1:47.05	700m: 12:15.70 1:46.32	1100m: 19:24.82 1:46.62	1500m: 26:26.72 1:43.50			
	400m: 6:54.68 1:47.40	800m: 14:02.88 1:47.18	1200m: 21:11.19 1:46.37				
2.	SANTINHA Fernanda Maria	72	Masters de Almada	26:43.68		372	26,00
	100m: 1:41.04 1:41.04	500m: 8:48.36 1:47.72	900m: 15:58.69 1:48.45	1300m: 23:10.08 1:47.59			
	200m: 3:26.66 1:45.62	600m: 10:35.10 1:46.74	1000m: 17:46.02 1:47.33	1400m: 24:58.07 1:47.99			
	300m: 5:13.29 1:46.63	700m: 12:22.70 1:47.60	1100m: 19:34.24 1:48.22	1500m: 26:43.68 1:45.61			
	400m: 7:00.64 1:47.35	800m: 14:10.24 1:47.54	1200m: 21:22.49 1:48.25				
3.	FERREIRA Maria Manuela	70	Vitoria Guimaraes	27:41.56		334	22,00
	100m: 1:45.17 1:45.17	500m: 9:09.74 1:52.26	900m: 16:33.76 1:50.60	1300m: 23:57.36 1:51.32			
	200m: 3:35.90 1:50.73	600m: 11:00.54 1:50.80	1000m: 18:24.04 1:50.28	1400m: 25:48.30 1:50.94			
	300m: 5:26.38 1:50.48	700m: 12:51.69 1:51.15	1100m: 20:13.76 1:49.72	1500m: 27:41.56 1:53.26			
	400m: 7:17.48 1:51.10	800m: 14:43.16 1:51.47	1200m: 22:06.04 1:52.28				
4.	REIS Margarida Bleck	68	Porto	28:16.78		314	20,00
	100m: 1:43.61 1:43.61	500m: 9:20.72 1:54.28	900m: 16:57.83 1:54.29	1300m: 24:35.17 1:54.84			
	200m: 3:36.85 1:53.24	600m: 11:15.07 1:54.35	1000m: 18:51.48 1:53.65	1400m: 26:30.22 1:55.05			
	300m: 5:31.61 1:54.76	700m: 13:09.33 1:54.26	1100m: 20:45.60 1:54.12	1500m: 28:16.78 1:46.56			
	400m: 7:26.44 1:54.83	800m: 15:03.54 1:54.21	1200m: 22:40.33 1:54.73				
5.	GARCIA Ana Luisa	70	Leixoes	32:38.53		204	19,00
	100m: 2:03.06 2:03.06	500m: 10:46.31 2:11.11	900m: 19:29.79 2:12.78	1300m: 28:23.26 2:12.92			
	200m: 4:12.34 2:09.28	600m: 12:56.21 2:09.90	1000m: 21:42.68 2:12.89	1400m: 30:36.33 2:13.07			
	300m: 6:23.84 2:11.50	700m: 15:05.78 2:09.57	1100m: 23:56.23 2:13.55	1500m: 32:38.53 2:02.20			
	400m: 8:35.20 2:11.36	800m: 17:17.01 2:11.23	1200m: 26:10.34 2:14.11				
DNS	BLANCO Catarina Araujo	71	Fluvial Portuense				-

Prova 1 Femin., 1500m Livres Master Esc G
26-02-2022 Resultados

RN Esc G(55-59) 22:12.95 KRAEVA Elena Nikolaevna ADRCIMM Coimbra 24-02-2018

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	ANDRADE Maria Teresa	63	Porto	25:07.21		484	30,00
	100m: 1:34.02 1:34.02	500m: 8:18.60 1:40.33	900m: 15:02.83 1:41.70	1300m: 21:48.16 1:42.05			
	200m: 3:14.80 1:40.78	600m: 9:59.15 1:40.55	1000m: 16:44.26 1:41.43	1400m: 23:29.61 1:41.45			
	300m: 4:56.68 1:41.88	700m: 11:40.33 1:41.18	1100m: 18:25.11 1:40.85	1500m: 25:07.21 1:37.60			
	400m: 6:38.27 1:41.59	800m: 13:21.13 1:40.80	1200m: 20:06.11 1:41.00				

Prova 1, Femin., 1500m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
2.	GUIMARAES Rita Cabral	64	Fluvial Portuense	25:57.42		439	26,00
	100m: 1:43.09 1:43.09	500m: 8:41.64 1:43.78	900m: 15:37.65	1:44.43	1300m: 22:35.37	1:44.92	
	200m: 3:29.71 1:46.62	600m: 10:24.74 1:43.10	1000m: 17:21.28	1:43.63	1400m: 24:19.27	1:43.90	
	300m: 5:13.61 1:43.90	700m: 12:08.47 1:43.73	1100m: 19:04.95	1:43.67	1500m: 25:57.42	1:38.15	
	400m: 6:57.86 1:44.25	800m: 13:53.22 1:44.75	1200m: 20:50.45	1:45.50			
3.	URBANO Maria Margarida	63	Academica de Coimbra	26:47.72		399	22,00
	100m: 1:40.69 1:40.69	500m: 8:42.13 1:46.47	900m: 15:54.92	1:49.35	1300m: 23:08.92	1:48.92	
	200m: 3:23.85 1:43.16	600m: 10:29.13 1:47.00	1000m: 17:43.10	1:48.18	1400m: 24:59.66	1:50.74	
	300m: 5:09.08 1:45.23	700m: 12:16.61 1:47.48	1100m: 19:31.67	1:48.57	1500m: 26:47.72	1:48.06	
	400m: 6:55.66 1:46.58	800m: 14:05.57 1:48.96	1200m: 21:20.00	1:48.33			
4.	CUNHA Maria Trigueiros	64	Leixoes	27:37.63		364	20,00
	100m: 1:45.32 1:45.32	500m: 9:04.11 1:50.28	900m: 16:30.72	1:52.79	1300m: 24:00.29	1:51.82	
	200m: 3:34.81 1:49.49	600m: 10:54.79 1:50.68	1000m: 18:23.25	1:52.53	1400m: 25:54.03	1:53.74	
	300m: 5:24.15 1:49.34	700m: 12:45.86 1:51.07	1100m: 20:16.15	1:52.90	1500m: 27:37.63	1:43.60	
	400m: 7:13.83 1:49.68	800m: 14:37.93 1:52.07	1200m: 22:08.47	1:52.32			
5.	CANINAS Maria Madalena	63	Masters de Almada	31:48.87		238	19,00
	100m: 1:57.92 1:57.92	500m: 10:34.84 2:08.85	900m: 19:16.85	2:10.01	1300m: 27:49.48	2:07.33	
	200m: 4:06.86 2:08.94	600m: 12:44.73 2:09.89	1000m: 21:26.99	2:10.14	1400m: 29:54.44	2:04.96	
	300m: 6:16.24 2:09.38	700m: 14:55.99 2:11.26	1100m: 23:34.23	2:07.24	1500m: 31:48.87	1:54.43	
	400m: 8:25.99 2:09.75	800m: 17:06.84 2:10.85	1200m: 25:42.15	2:07.92			
6.	MOTA Anabela Verissimo	66	Natacao de Lisboa	33:21.02		207	18,00
	100m: 2:03.18 2:03.18	500m: 10:53.00 2:14.09	900m: 19:57.32	2:15.58	1300m: 29:00.01	2:17.83	
	200m: 4:12.84 2:09.66	600m: 13:08.58 2:15.58	1000m: 22:12.84	2:15.52	1400m: 31:16.61	2:16.60	
	300m: 6:25.38 2:12.54	700m: 15:25.48 2:16.90	1100m: 24:26.28	2:13.44	1500m: 33:21.02	2:04.41	
	400m: 8:38.91 2:13.53	800m: 17:41.74 2:16.26	1200m: 26:42.18	2:15.90			
7.	COSTA Rosa Leitao	65	Foca Quinta da Lixa CNF	37:17.07		148	17,00
	100m: 2:11.15 2:11.15	500m: 12:11.30 2:27.42	900m: 22:05.79	2:32.95	1300m: 32:09.64	2:28.61	
	200m: 4:44.10 2:32.95	600m: 14:38.03 2:26.73	1000m: 24:36.73	2:30.94	1400m: 34:42.34	2:32.70	
	300m: 7:13.46 2:29.36	700m: 17:04.74 2:26.71	1100m: 27:10.17	2:33.44	1500m: 37:17.07	2:34.73	
	400m: 9:43.88 2:30.42	800m: 19:32.84 2:28.10	1200m: 29:41.03	2:30.86			
DNS	WISEU Maria Adriana	66	Leixoes				-

Prova 1, Femin., 1500m Livres

Prova 1
26-02-2022

Femin., 1500m Livres

Master Esc H
Resultados

RN Esc H(60-64) 29:40.55 CAEIRO Ana Maria GAN Póvoa de Varzim 22-02-2020

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FERNANDES Maria Santos <i>Rec Nacional Escalão H</i>	62	Leixoes	26:40.98		615	30,00
	100m: 1:39.24 1:39.24	500m: 8:42.24 1:46.53	900m: 15:49.51 1:46.94	1300m: 23:05.09 1:49.57			
	200m: 3:24.12 1:44.88	600m: 10:28.93 1:46.69	1000m: 17:37.56 1:48.05	1400m: 24:54.28 1:49.19			
	300m: 5:09.59 1:45.47	700m: 12:16.36 1:47.43	1100m: 19:26.39 1:48.83	1500m: 26:40.98 1:46.70			
	400m: 6:55.71 1:46.12	800m: 14:02.57 1:46.21	1200m: 21:15.52 1:49.13				
2.	CAEIRO Ana Maria	59	Alhandra	30:13.24		423	26,00
	100m: 1:52.51 1:52.51	500m: 9:54.84 2:02.19	900m: 18:02.29 2:02.52	1300m: 26:13.43 2:02.87			
	200m: 3:51.14 1:58.63	600m: 11:56.54 2:01.70	1000m: 20:05.05 2:02.76	1400m: 28:16.21 2:02.78			
	300m: 5:51.87 2:00.73	700m: 13:58.94 2:02.40	1100m: 22:08.27 2:03.22	1500m: 30:13.24 1:57.03			
	400m: 7:52.65 2:00.78	800m: 15:59.77 2:00.83	1200m: 24:10.56 2:02.29				
3.	NETO Maria Manuela	62	Natacao da Maia	30:17.08		420	22,00
	100m: 1:51.60 1:51.60	500m: 9:59.06 2:01.81	900m: 18:06.35 2:01.88	1300m: 26:15.66 2:04.60			
	200m: 3:53.17 2:01.57	600m: 12:01.25 2:02.19	1000m: 20:07.77 2:01.42	1400m: 28:19.07 2:03.41			
	300m: 5:55.34 2:02.17	700m: 14:02.89 2:01.64	1100m: 22:09.36 2:01.59	1500m: 30:17.08 1:58.01			
	400m: 7:57.25 2:01.91	800m: 16:04.47 2:01.58	1200m: 24:11.06 2:01.70				
4.	KIND Anette	61	Leixoes	34:16.44		290	20,00
	100m: 2:05.52 2:05.52	500m: 11:04.84 2:17.20	900m: 20:19.90 2:19.50	1300m: 29:37.07 2:20.21			
	200m: 4:19.09 2:13.57	600m: 13:23.36 2:18.52	1000m: 22:37.73 2:17.83	1400m: 31:57.21 2:20.14			
	300m: 6:30.94 2:11.85	700m: 15:40.62 2:17.26	1100m: 24:57.96 2:20.23	1500m: 34:16.44 2:19.23			
	400m: 8:47.64 2:16.70	800m: 18:00.40 2:19.78	1200m: 27:16.86 2:18.90				

Prova 1
26-02-2022

Femin., 1500m Livres

Master Esc I
Resultados

RN Esc I(65-69) 24:56.65 FERREIRA Ana Maria SAD Rio Maior 25-02-2017

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	OLIVEIRA Maria Teresa	57	Academica de Coimbra	30:16.71		547	30,00
	100m: 1:56.24 1:56.24	500m: 10:04.46 2:00.64	900m: 18:14.06 2:02.82	1300m: 26:24.24 2:02.33			
	200m: 3:58.68 2:02.44	600m: 12:07.15 2:02.69	1000m: 20:16.49 2:02.43	1400m: 28:25.41 2:01.17			
	300m: 6:01.09 2:02.41	700m: 14:09.48 2:02.33	1100m: 22:18.23 2:01.74	1500m: 30:16.71 1:51.30			
	400m: 8:03.82 2:02.73	800m: 16:11.24 2:01.76	1200m: 24:21.91 2:03.68				

Prova 1, Femin., 1500m Livres

Prova 1 26-02-2022	Femin., 1500m Livres				25 anos e mais velhos		Resultados
RN Esc A(25-29)	19:28.13	SILVA Carolina Santos	CNMAIA	Coimbra			18-04-2015
RN Esc B(30-34)	19:08.25	SILVA Carolina Santos	GCST	Póvoa de Varzim			23-02-2019
RN Esc C(35-39)	18:50.82	GRILO Ana Paula	UDCA	Swansea (GBR)			03-03-2006
RN Esc D(40-44)	20:45.77	ROTHES Ines Maria	CFP	Rio Maior			20-02-2016
RN Esc E(45-49)	20:49.12	GRILO Ana Paula	NDCO	Swansea (GBR)			08-03-2014
RN Esc F(50-54)	21:25.58	GRILO Ana Paula	NDCO	Vitoria (ESP)			27-04-2019
RN Esc G(55-59)	22:12.95	KRAEVA Elena Nikolaevna	ADRCIMM	Coimbra			24-02-2018
RN Esc H(60-64)	29:40.55	CAEIRO Ana Maria	GAN	Póvoa de Varzim			22-02-2020
RN Esc I(65-69)	24:56.65	FERREIRA Ana Maria	SAD	Rio Maior			25-02-2017
RN Esc J(70-74)	25:29.15	FERREIRA Ana Maria	SAD	Póvoa de Varzim			22-02-2020
RN Esc K(75-79)	30:38.21	BASTO Luisa Bessone	SAD	Póvoa de Varzim			23-02-2019
RN Esc L(80-84)	59:00.00	start					

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	NEVES Vania Soares	90	Viana Natacao	19:39.49		786	30,00
	100m: 1:11.88 1:11.88	500m: 6:21.63 1:18.49	900m: 11:39.88 1:19.63	1300m: 17:00.10 1:20.57			
	200m: 2:28.03 1:16.15	600m: 7:40.98 1:19.35	1000m: 12:59.69 1:19.81	1400m: 18:17.80 1:17.70			
	300m: 3:45.29 1:17.26	700m: 9:00.37 1:19.39	1100m: 14:19.71 1:20.02	1500m: 19:39.49 1:21.69			
	400m: 5:03.14 1:17.85	800m: 10:20.25 1:19.88	1200m: 15:39.53 1:19.82				
2.	ELOI Ana Monica	96	CLIP Teams	19:44.87		834	30,00
	100m: 1:12.05 1:12.05	500m: 6:23.75 1:19.05	900m: 11:42.82 1:19.95	1300m: 17:04.38 1:20.73			
	200m: 2:28.33 1:16.28	600m: 7:43.68 1:19.93	1000m: 13:02.92 1:20.10	1400m: 18:25.42 1:21.04			
	300m: 3:46.20 1:17.87	700m: 9:03.24 1:19.56	1100m: 14:23.21 1:20.29	1500m: 19:44.87 1:19.45			
	400m: 5:04.70 1:18.50	800m: 10:22.87 1:19.63	1200m: 15:43.65 1:20.44				
3.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	21:00.65		644	26,00
	100m: 1:17.98 1:17.98	500m: 6:49.58 1:23.32	900m: 12:29.83 1:26.13	1300m: 18:14.83 1:25.23			
	200m: 2:39.28 1:21.30	600m: 8:14.03 1:24.45	1000m: 13:57.10 1:27.27	1400m: 19:40.52 1:25.69			
	300m: 4:02.11 1:22.83	700m: 9:38.57 1:24.54	1100m: 15:23.74 1:26.64	1500m: 21:00.65 1:20.13			
	400m: 5:26.26 1:24.15	800m: 11:03.70 1:25.13	1200m: 16:49.60 1:25.86				
4.	ALVES Ana Sofia	95	Vitoria Guimaraes	21:08.04		680	26,00
	100m: 1:15.34 1:15.34	500m: 6:39.73 1:22.34	900m: 12:23.74 1:27.13	1300m: 18:13.88 1:27.42			
	200m: 2:35.31 1:19.97	600m: 8:03.89 1:24.16	1000m: 13:51.82 1:28.08	1400m: 19:41.37 1:27.49			
	300m: 3:56.30 1:20.99	700m: 9:29.65 1:25.76	1100m: 15:18.62 1:26.80	1500m: 21:08.04 1:26.67			
	400m: 5:17.39 1:21.09	800m: 10:56.61 1:26.96	1200m: 16:46.46 1:27.84				
5.	FONTOURA Violante Pascoal	97	CLIP Teams	21:20.56		660	22,00
	100m: 1:17.97 1:17.97	500m: 6:57.92 1:26.14	900m: 12:45.70 1:28.40	1300m: 18:31.08 1:26.99			
	200m: 2:40.91 1:22.94	600m: 8:24.15 1:26.23	1000m: 14:11.98 1:26.28	1400m: 19:57.15 1:26.07			
	300m: 4:05.96 1:25.05	700m: 9:50.22 1:26.07	1100m: 15:38.19 1:26.21	1500m: 21:20.56 1:23.41			
	400m: 5:31.78 1:25.82	800m: 11:17.30 1:27.08	1200m: 17:04.09 1:25.90				
6.	ALVES Joana Isabel	88	Porto	21:36.19		592	22,00
	100m: 1:19.66 1:19.66	500m: 7:05.48 1:27.44	900m: 12:56.52 1:27.96	1300m: 18:46.64 1:27.17			
	200m: 2:44.63 1:24.97	600m: 8:32.99 1:27.51	1000m: 14:24.63 1:28.11	1400m: 20:13.12 1:26.48			
	300m: 4:10.69 1:26.06	700m: 10:00.94 1:27.95	1100m: 15:52.20 1:27.57	1500m: 21:36.19 1:23.07			
	400m: 5:38.04 1:27.35	800m: 11:28.56 1:27.62	1200m: 17:19.47 1:27.27				

Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	COUTINHO Gisela Barbosa	75	Porto	21:38.18		721	30,00
	100m: 1:20.21 1:20.21	500m: 7:08.83 1:27.82	900m: 12:56.92 1:27.00	1300m: 18:45.68 1:27.83			
	200m: 2:46.52 1:26.31	600m: 8:35.78 1:26.95	1000m: 14:23.61 1:26.69	1400m: 20:13.84 1:28.16			
	300m: 4:13.94 1:27.42	700m: 10:02.21 1:26.43	1100m: 15:50.70 1:27.09	1500m: 21:38.18 1:24.34			
	400m: 5:41.01 1:27.07	800m: 11:29.92 1:27.71	1200m: 17:17.85 1:27.15				
8.	MATEUS Susana Maria	89	Litoral Alentejano	21:40.96		586	20,00
	100m: 1:21.02 1:21.02	500m: 7:08.37 1:26.59	900m: 12:58.07 1:27.81	1300m: 18:46.55 1:26.95			
	200m: 2:47.88 1:26.86	600m: 8:35.53 1:27.16	1000m: 14:25.72 1:27.65	1400m: 20:13.93 1:27.38			
	300m: 4:14.74 1:26.86	700m: 10:02.94 1:27.41	1100m: 15:52.75 1:27.03	1500m: 21:40.96 1:27.03			
	400m: 5:41.78 1:27.04	800m: 11:30.26 1:27.32	1200m: 17:19.60 1:26.85				
9.	BARBARA Carla Santa	75	Porto	21:43.34		713	26,00
	100m: 1:18.15 1:18.15	500m: 7:04.56 1:27.07	900m: 12:55.65 1:27.91	1300m: 18:48.58 1:29.17			
	200m: 2:42.09 1:23.94	600m: 8:32.82 1:28.26	1000m: 14:23.83 1:28.18	1400m: 20:17.01 1:28.43			
	300m: 4:09.67 1:27.58	700m: 10:00.63 1:27.81	1100m: 15:51.53 1:27.70	1500m: 21:43.34 1:26.33			
	400m: 5:37.49 1:27.82	800m: 11:27.74 1:27.11	1200m: 17:19.41 1:27.88				
10.	FONSECA Maria Manuela	85	Leixoes	22:06.27		621	30,00
	100m: 1:23.28 1:23.28	500m: 7:17.39 1:30.14	900m: 13:14.66 1:28.83	1300m: 19:11.21 1:28.93			
	200m: 2:48.78 1:25.50	600m: 8:47.68 1:30.29	1000m: 14:43.55 1:28.89	1400m: 20:39.75 1:28.54			
	300m: 4:17.52 1:28.74	700m: 10:16.91 1:29.23	1100m: 16:12.49 1:28.94	1500m: 22:06.27 1:26.52			
	400m: 5:47.25 1:29.73	800m: 11:45.83 1:28.92	1200m: 17:42.28 1:29.79				
11.	ROTHES Ines Maria	73	Fluvial Portuense	22:45.21		620	22,00
	100m: 1:22.31 1:22.31	500m: 7:24.34 1:31.11	900m: 13:31.44 1:31.67	1300m: 19:40.31 1:31.86			
	200m: 2:51.83 1:29.52	600m: 8:56.12 1:31.78	1000m: 15:03.36 1:31.92	1400m: 21:13.00 1:32.69			
	300m: 4:22.37 1:30.54	700m: 10:27.97 1:31.85	1100m: 16:35.96 1:32.60	1500m: 22:45.21 1:32.21			
	400m: 5:53.23 1:30.86	800m: 11:59.77 1:31.80	1200m: 18:08.45 1:32.49				
12.	PINHEIRO Andreia Sofia	93	Sporting	23:01.79		526	20,00
	100m: 1:21.50 1:21.50	500m: 7:25.93 1:32.99	900m: 13:40.19 1:34.02	1300m: 19:58.00 1:34.13			
	200m: 2:50.24 1:28.74	600m: 8:59.14 1:33.21	1000m: 15:14.56 1:34.37	1400m: 21:30.26 1:32.26			
	300m: 4:21.34 1:31.10	700m: 10:32.53 1:33.39	1100m: 16:49.02 1:34.46	1500m: 23:01.79 1:31.53			
	400m: 5:52.94 1:31.60	800m: 12:06.17 1:33.64	1200m: 18:23.87 1:34.85				
13.	TEIXEIRA Ana Catarina	95	Foca Quinta da Lixa CNF	23:07.89		519	19,00
	100m: 1:20.38 1:20.38	500m: 7:29.27 1:33.49	900m: 13:46.73 1:33.74	1300m: 20:03.13 1:33.07			
	200m: 2:49.60 1:29.22	600m: 9:04.71 1:35.44	1000m: 15:20.89 1:34.16	1400m: 21:36.54 1:33.41			
	300m: 4:22.82 1:33.22	700m: 10:39.65 1:34.94	1100m: 16:55.28 1:34.39	1500m: 23:07.89 1:31.35			
	400m: 5:55.78 1:32.96	800m: 12:12.99 1:33.34	1200m: 18:30.06 1:34.78				
14.	FARIA Joana Maria	74	Leixoes	23:52.06		537	20,00
	100m: 1:27.55 1:27.55	500m: 7:50.32 1:36.38	900m: 14:15.62 1:36.79	1300m: 20:41.61 1:36.91			
	200m: 3:02.12 1:34.57	600m: 9:26.60 1:36.28	1000m: 15:51.97 1:36.35	1400m: 22:17.67 1:36.06			
	300m: 4:38.01 1:35.89	700m: 11:02.65 1:36.05	1100m: 17:27.84 1:35.87	1500m: 23:52.06 1:34.39			
	400m: 6:13.94 1:35.93	800m: 12:38.83 1:36.18	1200m: 19:04.70 1:36.86				
15.	SWERTS Tatiana Stankunavicius	78	Braga	23:53.00		504	30,00
	100m: 1:26.94 1:26.94	500m: 7:39.44 1:35.84	900m: 14:07.44 1:38.77	1300m: 20:40.60 1:38.71			
	200m: 2:58.15 1:31.21	600m: 9:14.80 1:35.36	1000m: 15:45.13 1:37.69	1400m: 22:18.79 1:38.19			
	300m: 4:30.29 1:32.14	700m: 10:50.71 1:35.91	1100m: 17:23.44 1:38.31	1500m: 23:53.00 1:34.21			
	400m: 6:03.60 1:33.31	800m: 12:28.67 1:37.96	1200m: 19:01.89 1:38.45				

Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
16.	GUEDES Ana Dalte	80	Leixoes	24:39.04		458	26,00
	100m: 1:32.60 1:32.60	500m: 8:12.92 1:40.54	900m: 14:52.27	1:39.26	1300m: 21:28.41 1:38.99		
	200m: 3:12.07 1:39.47	600m: 9:53.26 1:40.34	1000m: 16:31.05	1:38.78	1400m: 23:06.45 1:38.04		
	300m: 4:52.31 1:40.24	700m: 11:33.24 1:39.98	1100m: 18:09.96	1:38.91	1500m: 24:39.04 1:32.59		
	400m: 6:32.38 1:40.07	800m: 13:13.01 1:39.77	1200m: 19:49.42	1:39.46			
17.	GOMES Maria Joao	88	Leixoes	25:02.77		380	19,00
	100m: 1:29.45 1:29.45	500m: 8:04.89 1:40.32	900m: 14:53.28	1:41.84	1300m: 21:44.17 1:42.99		
	200m: 3:06.30 1:36.85	600m: 9:46.67 1:41.78	1000m: 16:35.98	1:42.70	1400m: 23:26.24 1:42.07		
	300m: 4:45.05 1:38.75	700m: 11:28.89 1:42.22	1100m: 18:19.00	1:43.02	1500m: 25:02.77 1:36.53		
	400m: 6:24.57 1:39.52	800m: 13:11.44 1:42.55	1200m: 20:01.18	1:42.18			
18.	ANDRADE Maria Teresa	63	Porto	25:07.21		484	30,00
	100m: 1:34.02 1:34.02	500m: 8:18.60 1:40.33	900m: 15:02.83	1:41.70	1300m: 21:48.16 1:42.05		
	200m: 3:14.80 1:40.78	600m: 9:59.15 1:40.55	1000m: 16:44.26	1:41.43	1400m: 23:29.61 1:41.45		
	300m: 4:56.68 1:41.88	700m: 11:40.33 1:41.18	1100m: 18:25.11	1:40.85	1500m: 25:07.21 1:37.60		
	400m: 6:38.27 1:41.59	800m: 13:21.13 1:40.80	1200m: 20:06.11	1:41.00			
19.	GUIMARAES Rita Cabral	64	Fluvial Portuense	25:57.42		439	26,00
	100m: 1:43.09 1:43.09	500m: 8:41.64 1:43.78	900m: 15:37.65	1:44.43	1300m: 22:35.37 1:44.92		
	200m: 3:29.71 1:46.62	600m: 10:24.74 1:43.10	1000m: 17:21.28	1:43.63	1400m: 24:19.27 1:43.90		
	300m: 5:13.61 1:43.90	700m: 12:08.47 1:43.73	1100m: 19:04.95	1:43.67	1500m: 25:57.42 1:38.15		
	400m: 6:57.86 1:44.25	800m: 13:53.22 1:44.75	1200m: 20:50.45	1:45.50			
20.	REGO Susana Isabel	74	Leixoes	26:10.94		407	19,00
	100m: 1:38.23 1:38.23	500m: 8:36.00 1:43.75	900m: 15:31.81	1:44.40	1300m: 22:37.63 1:46.85		
	200m: 3:21.06 1:42.83	600m: 10:19.07 1:43.07	1000m: 17:19.11	1:47.30	1400m: 24:24.26 1:46.63		
	300m: 5:07.15 1:46.09	700m: 12:02.89 1:43.82	1100m: 19:04.60	1:45.49	1500m: 26:10.94 1:46.68		
	400m: 6:52.25 1:45.10	800m: 13:47.41 1:44.52	1200m: 20:50.78	1:46.18			
21.	MOLEN Laurelin Lucinda	87	CCDSerta	26:24.66		364	26,00
	100m: 1:39.94 1:39.94	500m: 8:36.85 1:45.27	900m: 15:41.58	1:46.52	1300m: 22:51.93 1:48.13		
	200m: 3:22.11 1:42.17	600m: 10:23.27 1:46.42	1000m: 17:28.05	1:46.47	1400m: 24:39.67 1:47.74		
	300m: 5:06.65 1:44.54	700m: 12:09.12 1:45.85	1100m: 19:15.67	1:47.62	1500m: 26:24.66 1:44.99		
	400m: 6:51.58 1:44.93	800m: 13:55.06 1:45.94	1200m: 21:03.80	1:48.13			
22.	COSTA Marta Sofia	71	Porto	26:26.72		384	30,00
	100m: 1:35.58 1:35.58	500m: 8:42.84 1:48.16	900m: 15:50.57	1:47.69	1300m: 22:57.15 1:45.96		
	200m: 3:20.23 1:44.65	600m: 10:29.38 1:46.54	1000m: 17:38.20	1:47.63	1400m: 24:43.22 1:46.07		
	300m: 5:07.28 1:47.05	700m: 12:15.70 1:46.32	1100m: 19:24.82	1:46.62	1500m: 26:26.72 1:43.50		
	400m: 6:54.68 1:47.40	800m: 14:02.88 1:47.18	1200m: 21:11.19	1:46.37			
23.	FERNANDES Maria Santos	62	Leixoes	26:40.98		615	30,00
	<i>Rec Nacional Escalão H</i>						
	100m: 1:39.24 1:39.24	500m: 8:42.24 1:46.53	900m: 15:49.51	1:46.94	1300m: 23:05.09 1:49.57		
	200m: 3:24.12 1:44.88	600m: 10:28.93 1:46.69	1000m: 17:37.56	1:48.05	1400m: 24:54.28 1:49.19		
	300m: 5:09.59 1:45.47	700m: 12:16.36 1:47.43	1100m: 19:26.39	1:48.83	1500m: 26:40.98 1:46.70		
	400m: 6:55.71 1:46.12	800m: 14:02.57 1:46.21	1200m: 21:15.52	1:49.13			

Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
24.	NEVES Isabel Carolina	80	Fluvial Portuense	26:42.86		360	22,00
	100m: 1:37.24 1:37.24	500m: 8:36.96 1:44.57	900m: 15:49.09	1:48.72	1300m: 23:08.41	1:50.59	
	200m: 3:20.62 1:43.38	600m: 10:23.63 1:46.67	1000m: 17:38.43	1:49.34	1400m: 24:57.09	1:48.68	
	300m: 5:06.51 1:45.89	700m: 12:10.42 1:46.79	1100m: 19:26.83	1:48.40	1500m: 26:42.86	1:45.77	
	400m: 6:52.39 1:45.88	800m: 14:00.37 1:49.95	1200m: 21:17.82	1:50.99			
25.	SANTINHA Fernanda Maria	72	Masters de Almada	26:43.68		372	26,00
	100m: 1:41.04 1:41.04	500m: 8:48.36 1:47.72	900m: 15:58.69	1:48.45	1300m: 23:10.08	1:47.59	
	200m: 3:26.66 1:45.62	600m: 10:35.10 1:46.74	1000m: 17:46.02	1:47.33	1400m: 24:58.07	1:47.99	
	300m: 5:13.29 1:46.63	700m: 12:22.70 1:47.60	1100m: 19:34.24	1:48.22	1500m: 26:43.68	1:45.61	
	400m: 7:00.64 1:47.35	800m: 14:10.24 1:47.54	1200m: 21:22.49	1:48.25			
26.	URBANO Maria Margarida	63	Academica de Coimbra	26:47.72		399	22,00
	100m: 1:40.69 1:40.69	500m: 8:42.13 1:46.47	900m: 15:54.92	1:49.35	1300m: 23:08.92	1:48.92	
	200m: 3:23.85 1:43.16	600m: 10:29.13 1:47.00	1000m: 17:43.10	1:48.18	1400m: 24:59.66	1:50.74	
	300m: 5:09.08 1:45.23	700m: 12:16.61 1:47.48	1100m: 19:31.67	1:48.57	1500m: 26:47.72	1:48.06	
	400m: 6:55.66 1:46.58	800m: 14:05.57 1:48.96	1200m: 21:20.00	1:48.33			
27.	SILVA Ana Rosa	80	Foca Quinta da Lixa CNF	27:12.14		341	20,00
	100m: 1:41.35 1:41.35	500m: 8:57.34 1:48.32	900m: 16:06.63	1:47.20	1300m: 23:29.48	1:51.48	
	200m: 3:30.51 1:49.16	600m: 10:44.77 1:47.43	1000m: 17:56.00	1:49.37	1400m: 25:22.39	1:52.91	
	300m: 5:19.55 1:49.04	700m: 12:31.85 1:47.08	1100m: 19:45.98	1:49.98	1500m: 27:12.14	1:49.75	
	400m: 7:09.02 1:49.47	800m: 14:19.43 1:47.58	1200m: 21:38.00	1:52.02			
28.	CUNHA Maria Trigueiros	64	Leixoes	27:37.63		364	20,00
	100m: 1:45.32 1:45.32	500m: 9:04.11 1:50.28	900m: 16:30.72	1:52.79	1300m: 24:00.29	1:51.82	
	200m: 3:34.81 1:49.49	600m: 10:54.79 1:50.68	1000m: 18:23.25	1:52.53	1400m: 25:54.03	1:53.74	
	300m: 5:24.15 1:49.34	700m: 12:45.86 1:51.07	1100m: 20:16.15	1:52.90	1500m: 27:37.63	1:43.60	
	400m: 7:13.83 1:49.68	800m: 14:37.93 1:52.07	1200m: 22:08.47	1:52.32			
29.	BARBARA Sandra Santa	75	Ginasio Santo Tirso	27:38.82		345	18,00
	100m: 1:34.61 1:34.61	500m: 8:48.75 1:51.12	900m: 16:14.39	1:52.26	1300m: 23:51.24	1:54.36	
	200m: 3:18.56 1:43.95	600m: 10:39.49 1:50.74	1000m: 18:07.61	1:53.22	1400m: 25:46.17	1:54.93	
	300m: 5:07.18 1:48.62	700m: 12:29.82 1:50.33	1100m: 20:02.68	1:55.07	1500m: 27:38.82	1:52.65	
	400m: 6:57.63 1:50.45	800m: 14:22.13 1:52.31	1200m: 21:56.88	1:54.20			
30.	FERREIRA Maria Manuela	70	Vitoria Guimaraes	27:41.56		334	22,00
	100m: 1:45.17 1:45.17	500m: 9:09.74 1:52.26	900m: 16:33.76	1:50.60	1300m: 23:57.36	1:51.32	
	200m: 3:35.90 1:50.73	600m: 11:00.54 1:50.80	1000m: 18:24.04	1:50.28	1400m: 25:48.30	1:50.94	
	300m: 5:26.38 1:50.48	700m: 12:51.69 1:51.15	1100m: 20:13.76	1:49.72	1500m: 27:41.56	1:53.26	
	400m: 7:17.48 1:51.10	800m: 14:43.16 1:51.47	1200m: 22:06.04	1:52.28			
31.	GOMES Ana Claudia	76	Academica de Coimbra	27:55.64		335	17,00
	100m: 1:43.09 1:43.09	500m: 9:10.59 1:52.60	900m: 16:38.42	1:52.17	1300m: 24:12.67	1:53.57	
	200m: 3:35.54 1:52.45	600m: 11:02.47 1:51.88	1000m: 18:32.00	1:53.58	1400m: 26:08.30	1:55.63	
	300m: 5:25.98 1:50.44	700m: 12:54.79 1:52.32	1100m: 20:25.04	1:53.04	1500m: 27:55.64	1:47.34	
	400m: 7:17.99 1:52.01	800m: 14:46.25 1:51.46	1200m: 22:19.10	1:54.06			
32.	REIS Margarida Bleck	68	Porto	28:16.78		314	20,00
	100m: 1:43.61 1:43.61	500m: 9:20.72 1:54.28	900m: 16:57.83	1:54.29	1300m: 24:35.17	1:54.84	
	200m: 3:36.85 1:53.24	600m: 11:15.07 1:54.35	1000m: 18:51.48	1:53.65	1400m: 26:30.22	1:55.05	
	300m: 5:31.61 1:54.76	700m: 13:09.33 1:54.26	1100m: 20:45.60	1:54.12	1500m: 28:16.78	1:46.56	
	400m: 7:26.44 1:54.83	800m: 15:03.54 1:54.21	1200m: 22:40.33	1:54.73			

Torneio de Fundo Masters
Póvoa de Varzim, 26-2-2022



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
33.	REIS Filipa Isabel	87	Leixoes	30:01.52		248	22,00
	100m: 1:53.16 1:53.16	500m: 9:52.87 2:01.63	900m: 17:59.28	2:01.42	1300m: 26:07.89	2:01.01	
	200m: 3:50.93 1:57.77	600m: 11:53.24 2:00.37	1000m: 20:02.15	2:02.87	1400m: 28:08.56	2:00.67	
	300m: 5:49.24 1:58.31	700m: 13:55.63 2:02.39	1100m: 22:04.99	2:02.84	1500m: 30:01.52	1:52.96	
	400m: 7:51.24 2:02.00	800m: 15:57.86 2:02.23	1200m: 24:06.88	2:01.89			
34.	CAEIRO Ana Maria	59	Alhandra	30:13.24		423	26,00
	100m: 1:52.51 1:52.51	500m: 9:54.84 2:02.19	900m: 18:02.29	2:02.52	1300m: 26:13.43	2:02.87	
	200m: 3:51.14 1:58.63	600m: 11:56.54 2:01.70	1000m: 20:05.05	2:02.76	1400m: 28:16.21	2:02.78	
	300m: 5:51.87 2:00.73	700m: 13:58.94 2:02.40	1100m: 22:08.27	2:03.22	1500m: 30:13.24	1:57.03	
	400m: 7:52.65 2:00.78	800m: 15:59.77 2:00.83	1200m: 24:10.56	2:02.29			
35.	MARTINS Ana Maria	79	Sporting de Aveiro	30:16.39		247	19,00
	100m: 1:54.94 1:54.94	500m: 10:04.75 2:01.93	900m: 18:14.27	2:02.92	1300m: 26:22.15	2:02.23	
	200m: 3:57.61 2:02.67	600m: 12:07.58 2:02.83	1000m: 20:16.46	2:02.19	1400m: 28:23.89	2:01.74	
	300m: 6:00.62 2:03.01	700m: 14:10.17 2:02.59	1100m: 22:17.71	2:01.25	1500m: 30:16.39	1:52.50	
	400m: 8:02.82 2:02.20	800m: 16:11.35 2:01.18	1200m: 24:19.92	2:02.21			
36.	OLIVEIRA Maria Teresa	57	Academica de Coimbra	30:16.71		547	30,00
	100m: 1:56.24 1:56.24	500m: 10:04.46 2:00.64	900m: 18:14.06	2:02.82	1300m: 26:24.24	2:02.33	
	200m: 3:58.68 2:02.44	600m: 12:07.15 2:02.69	1000m: 20:16.49	2:02.43	1400m: 28:25.41	2:01.17	
	300m: 6:01.09 2:02.41	700m: 14:09.48 2:02.33	1100m: 22:18.23	2:01.74	1500m: 30:16.71	1:51.30	
	400m: 8:03.82 2:02.73	800m: 16:11.24 2:01.76	1200m: 24:21.91	2:03.68			
37.	NETO Maria Manuela	62	Natacao da Maia	30:17.08		420	22,00
	100m: 1:51.60 1:51.60	500m: 9:59.06 2:01.81	900m: 18:06.35	2:01.88	1300m: 26:15.66	2:04.60	
	200m: 3:53.17 2:01.57	600m: 12:01.25 2:02.19	1000m: 20:07.77	2:01.42	1400m: 28:19.07	2:03.41	
	300m: 5:55.34 2:02.17	700m: 14:02.89 2:01.64	1100m: 22:09.36	2:01.59	1500m: 30:17.08	1:58.01	
	400m: 7:57.25 2:01.91	800m: 16:04.47 2:01.58	1200m: 24:11.06	2:01.70			
38.	UHLFELDER Ana Sofia	83	Fluvial Portuense	30:20.80		240	20,00
	100m: 1:49.35 1:49.35	500m: 9:54.37 2:02.32	900m: 18:07.65	2:02.80	1300m: 26:23.16	2:04.18	
	200m: 3:48.18 1:58.83	600m: 11:56.38 2:02.01	1000m: 20:11.14	2:03.49	1400m: 28:25.78	2:02.62	
	300m: 5:48.60 2:00.42	700m: 14:00.98 2:04.60	1100m: 22:14.94	2:03.80	1500m: 30:20.80	1:55.02	
	400m: 7:52.05 2:03.45	800m: 16:04.85 2:03.87	1200m: 24:18.98	2:04.04			
39.	AITA Tais Alberta	79	UD Oliveirense	30:28.99		242	18,00
	100m: 1:47.93 1:47.93	500m: 9:53.83 2:01.43	900m: 18:04.90	2:03.78	1300m: 26:20.99	2:04.08	
	200m: 3:47.73 1:59.80	600m: 11:56.10 2:02.27	1000m: 20:09.57	2:04.67	1400m: 28:25.94	2:04.95	
	300m: 5:50.73 2:03.00	700m: 13:58.45 2:02.35	1100m: 22:13.62	2:04.05	1500m: 30:28.99	2:03.05	
	400m: 7:52.40 2:01.67	800m: 16:01.12 2:02.67	1200m: 24:16.91	2:03.29			
40.	CANINAS Maria Madalena	63	Masters de Almada	31:48.87		238	19,00
	100m: 1:57.92 1:57.92	500m: 10:34.84 2:08.85	900m: 19:16.85	2:10.01	1300m: 27:49.48	2:07.33	
	200m: 4:06.86 2:08.94	600m: 12:44.73 2:09.89	1000m: 21:26.99	2:10.14	1400m: 29:54.44	2:04.96	
	300m: 6:16.24 2:09.38	700m: 14:55.99 2:11.26	1100m: 23:34.23	2:07.24	1500m: 31:48.87	1:54.43	
	400m: 8:25.99 2:09.75	800m: 17:06.84 2:10.85	1200m: 25:42.15	2:07.92			
41.	GARCIA Ana Luisa	70	Leixoes	32:38.53		204	19,00
	100m: 2:03.06 2:03.06	500m: 10:46.31 2:11.11	900m: 19:29.79	2:12.78	1300m: 28:23.26	2:12.92	
	200m: 4:12.34 2:09.28	600m: 12:56.21 2:09.90	1000m: 21:42.68	2:12.89	1400m: 30:36.33	2:13.07	
	300m: 6:23.84 2:11.50	700m: 15:05.78 2:09.57	1100m: 23:56.23	2:13.55	1500m: 32:38.53	2:02.20	
	400m: 8:35.20 2:11.36	800m: 17:17.01 2:11.23	1200m: 26:10.34	2:14.11			



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
42.	LIMA Carmen Cristina	76	Leixoes	33:19.37		197	16,00
	100m: 2:03.12 2:03.12	500m: 10:56.81 2:12.59	900m: 19:51.47	2:13.56	1300m: 28:55.01	2:16.67	
	200m: 4:18.04 2:14.92	600m: 13:10.44 2:13.63	1000m: 22:06.45	2:14.98	1400m: 31:10.32	2:15.31	
	300m: 6:31.93 2:13.89	700m: 15:24.37 2:13.93	1100m: 24:22.04	2:15.59	1500m: 33:19.37	2:09.05	
	400m: 8:44.22 2:12.29	800m: 17:37.91 2:13.54	1200m: 26:38.34	2:16.30			
43.	MOTA Anabela Verissimo	66	Natacao de Lisboa	33:21.02		207	18,00
	100m: 2:03.18 2:03.18	500m: 10:53.00 2:14.09	900m: 19:57.32	2:15.58	1300m: 29:00.01	2:17.83	
	200m: 4:12.84 2:09.66	600m: 13:08.58 2:15.58	1000m: 22:12.84	2:15.52	1400m: 31:16.61	2:16.60	
	300m: 6:25.38 2:12.54	700m: 15:25.48 2:16.90	1100m: 24:26.28	2:13.44	1500m: 33:21.02	2:04.41	
	400m: 8:38.91 2:13.53	800m: 17:41.74 2:16.26	1200m: 26:42.18	2:15.90			
44.	KIND Anette	61	Leixoes	34:16.44		290	20,00
	100m: 2:05.52 2:05.52	500m: 11:04.84 2:17.20	900m: 20:19.90	2:19.50	1300m: 29:37.07	2:20.21	
	200m: 4:19.09 2:13.57	600m: 13:23.36 2:18.52	1000m: 22:37.73	2:17.83	1400m: 31:57.21	2:20.14	
	300m: 6:30.94 2:11.85	700m: 15:40.62 2:17.26	1100m: 24:57.96	2:20.23	1500m: 34:16.44	2:19.23	
	400m: 8:47.64 2:16.70	800m: 18:00.40 2:19.78	1200m: 27:16.86	2:18.90			
45.	COSTA Rosa Leitao	65	Foca Quinta da Lixa CNF	37:17.07		148	17,00
	100m: 2:11.15 2:11.15	500m: 12:11.30 2:27.42	900m: 22:05.79	2:32.95	1300m: 32:09.64	2:28.61	
	200m: 4:44.10 2:32.95	600m: 14:38.03 2:26.73	1000m: 24:36.73	2:30.94	1400m: 34:42.34	2:32.70	
	300m: 7:13.46 2:29.36	700m: 17:04.74 2:26.71	1100m: 27:10.17	2:33.44	1500m: 37:17.07	2:34.73	
	400m: 9:43.88 2:30.42	800m: 19:32.84 2:28.10	1200m: 29:41.03	2:30.86			
DNS	BLANCO Catarina Araujo	71	Fluvial Portuense				-
DNS	ALVES Miriam Natacha	97	Leixoes				-
DNS	WISEU Maria Adriana	66	Leixoes				-