

Prova 14 Femin., 200m Bruços Master Esc A
28/01/2023 - 12:45 Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	SEQUEIRA Catarina Costa <i>Rec Nacional Esc A</i>	Natacao de Lisboa	2:38.13	+0.82	917	9.00
	50m: 35.67 35.67 100m: 1:16.12 40.45 150m: 1:56.78 40.66 200m: 2:38.13 41.35					
2.	SANTOS Raquel Fernandes	Masters de Almada	3:12.17	+0.94	511	7.00
	50m: 43.84 43.84 100m: 1:33.47 49.63 150m: 2:23.63 50.16 200m: 3:12.17 48.54					
3.	PINHEIRO Daniela Ferreira	Alcobaca	3:21.33	+0.79	444	6.00
	50m: 43.50 43.50 100m: 1:33.15 49.65 150m: 2:27.22 54.07 200m: 3:21.33 54.11					
4.	TEIXEIRA Claudia Santos	Penafiel	4:02.01	+0.82	256	5.00
	50m: 51.97 51.97 100m: 1:51.53 59.56 150m: 2:55.71 1:04.18 200m: 4:02.01 1:06.30					
5.	GONCALVES Francisca Isabel	Fluvial Portuense	4:07.00	+0.78	240	4.00
	50m: 52.99 52.99 100m: 1:54.91 1:01.92 150m: 3:01.03 1:06.12 200m: 4:07.00 1:05.97					

Prova 14 Femin., 200m Bruços Master Esc B
28/01/2023 - 12:45 Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	CASTRO Ana Lucia	Feirense	2:59.46	+0.94	617	9.00
	50m: 39.92 39.92 100m: 1:24.36 44.44 150m: 2:11.42 47.06 200m: 2:59.46 48.04					
2.	ALMEIDA Mariana Dias	Ginasio Santo Tirso	2:59.76	+0.80	613	7.00
	50m: 41.89 41.89 100m: 1:27.42 45.53 150m: 2:13.89 46.47 200m: 2:59.76 45.87					
3.	SILVA Patricia Fonseca	Porto	3:05.75	+0.92	556	6.00
	50m: 42.58 42.58 100m: 1:29.66 47.08 150m: 2:17.46 47.80 200m: 3:05.75 48.29					
4.	BRUNO Marta Garanhoto	Colegio Monte Maior	3:06.09	+0.76	553	5.00
	50m: 42.29 42.29 100m: 1:29.95 47.66 150m: 2:17.98 48.03 200m: 3:06.09 48.11					
5.	PARRAGA Ana Gay	Natacao de Valongo	3:17.33	+0.90	464	4.00
	50m: 45.25 45.25 100m: 1:34.78 49.53 150m: 2:25.78 51.00 200m: 3:17.33 51.55					
6.	MATOS Carolina Ferreira	Gafanha da Encarnacao	3:29.38		388	3.00
	50m: 49.46 49.46 100m: 1:42.37 52.91 150m: 2:35.76 53.39 200m: 3:29.38 53.62					
7.	ESPINHEIRA Diana Maria	Feirense	3:33.36		367	2.00
	50m: 46.30 46.30 100m: 1:36.27 49.97 150m: 2:31.36 55.09 200m: 3:33.36 1:02.00					
8.	SARMENTO Cristiana Costa	CPCD-Povoa St Iria	3:52.56	+0.93	283	1.00
	50m: 53.84 53.84 100m: 1:53.48 59.64 150m: 2:54.16 1:00.68 200m: 3:52.56 58.40					

Prova 14, Femin., 200m Bruços

Prova 14
28/01/2023 - 12:45
Femin., 200m Bruços
Master Esc C
Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	MARTINS Maria Sofia 50m: 39.85 39.85	Fluvial Portuense 100m: 1:24.33 44.48 150m: 2:10.89 46.56	2:58.43	+0.84	657	9.00
2.	LUCAS Mariana Sa 50m: 43.61 43.61	Litoral Alentejano 100m: 1:32.64 49.03 150m: 2:22.49 49.85	3:12.60	+0.85	522	7.00
3.	BARBARA Joana Pereira 50m: 41.19 41.19	Masters de Almada 100m: 1:28.93 47.74 150m: 2:19.99 51.06	3:13.11	+0.81	518	6.00
4.	RAMALHO Catia Santos 50m: 44.42 44.42	Natacao da Maia 100m: 1:34.53 50.11 150m: 2:25.30 50.77	3:16.98	+0.96	488	5.00
5.	RODRIGUES Sara Daniela 50m: 44.65 44.65	Galitos / Bresimar 100m: 1:35.59 50.94 150m: 2:26.92 51.33	3:17.72		483	4.00
6.	MARQUES Patricia Alexandra 50m: 45.50 45.50	Leixoes 100m: 1:35.00 49.50 150m: 2:26.23 51.23	3:18.58	+0.94	476	3.00
7.	MOLEN Laurelin Lucinda 50m: 49.06 49.06	CCDSerta 100m: 1:43.26 54.20 150m: 2:37.91 54.65	3:33.08	+0.94	386	2.00
8.	FOUGO Rita Claudia 50m: 48.74 48.74	Natacao da Maia 100m: 1:44.74 56.00 150m: 2:44.48 59.74	3:46.03	+0.81	323	1.00
9.	LORY Susana Pereira 50m: 57.94 57.94	Masters de Almada 100m: 2:02.47 1:04.53 150m: 3:06.48 1:04.01	4:08.00		244	-

Prova 14
28/01/2023 - 12:45
Femin., 200m Bruços
Master Esc D
Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	CUNHA Joana Isabel 50m: 42.22 42.22	Galitos / Bresimar 100m: 1:29.77 47.55 150m: 2:19.11 49.34	3:07.62	+0.85	694	9.00
2.	SILVA Rita Rebelo 50m: 43.66 43.66	Fluvial Portuense 100m: 1:35.85 52.19 150m: 2:29.70 53.85	3:23.02	+0.97	547	7.00
3.	COIMBRA Rute Lourenco 50m: 46.97 46.97	Gafanha da Encarnacao 100m: 1:39.83 52.86 150m: 2:34.43 54.60	3:26.87		517	6.00
4.	CORREIA Rita Barata 50m: 46.71 46.71	Masters de Almada 100m: 1:40.54 53.83 150m: 2:35.26 54.72	3:29.85	+0.93	496	5.00
5.	PEREIRA Sofia Isabel 50m: 48.88 48.88	Individual ANNP 100m: 1:43.92 55.04 150m: 2:41.44 57.52	3:38.18	+0.89	441	4.00

Prova 14, Femin., 200m Bruços, Master Esc D

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
6.	CARVALHO Ines Silva	Fluvial Portuense	3:38.48	+0.94	439	3.00
	50m: 52.15 52.15 100m: 1:47.99 55.84 150m: 2:42.76 54.77 200m: 3:38.48 55.72					
7.	SA Inez Correa	Lagoa AC	3:44.36	+0.87	405	2.00
	50m: 51.13 51.13 100m: 1:48.62 57.49 150m: 2:47.51 58.89 200m: 3:44.36 56.85					
8.	AITA Tais Alberta	UD Oliveirense	4:02.20	+0.91	322	1.00
	50m: 53.16 53.16 100m: 1:54.32 1:01.16 150m: 2:58.80 1:04.48 200m: 4:02.20 1:03.40					
9.	MARTINS Ana Maria	Sporting de Aveiro	4:05.63	+0.98	309	-
	50m: 55.41 55.41 100m: 1:58.17 1:02.76 150m: 3:02.55 1:04.38 200m: 4:05.63 1:03.08					

Prova 14 Femin., 200m Bruços Master Esc E
28/01/2023 - 12:45 Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	FREITAS Joana Manuel	Fluvial Portuense	3:12.15	+0.93	683	9.00
	50m: 43.44 43.44 100m: 1:31.84 48.40 150m: 2:20.55 48.71 200m: 3:12.15 51.60					
2.	CARVALHO Elza Maria	Fluvial Portuense	3:22.34	+0.92	585	7.00
	50m: 45.68 45.68 100m: 1:36.61 50.93 150m: 2:28.59 51.98 200m: 3:22.34 53.75					
3.	SILVA Ana Sofia	Fluvial Portuense	3:25.49	+0.90	558	6.00
	50m: 48.20 48.20 100m: 1:40.21 52.01 150m: 2:32.92 52.71 200m: 3:25.49 52.57					
4.	RODRIGUES Paula Alexandra	Lisboa PoolSharks	3:28.02	+0.84	538	5.00
	50m: 48.49 48.49 100m: 1:40.23 51.74 150m: 2:34.02 53.79 200m: 3:28.02 54.00					
5.	CAVALEIRO Joana Margarida	Ginasio Figueirense	3:32.02	+0.91	508	4.00
	50m: 46.36 46.36 100m: 1:39.84 53.48 150m: 2:35.94 56.10 200m: 3:32.02 56.08					
6.	AVELANS Carla Susana	Fluvial Portuense	3:45.17	+0.97	424	3.00
	50m: 50.43 50.43 100m: 1:46.40 55.97 150m: 2:45.36 58.96 200m: 3:45.17 59.81					
7.	CUNHA Maria Catarina	Sporting de Aveiro	4:01.67		343	2.00
	50m: 56.21 56.21 100m: 1:57.03 1:00.82 150m: 2:59.01 1:01.98 200m: 4:01.67 1:02.66					
8.	LEAL Patricia Sousa	Alcobaca	4:03.56	+0.99	335	1.00
	50m: 55.52 55.52 100m: 1:57.14 1:01.62 150m: 3:00.96 1:03.82 200m: 4:03.56 1:02.60					
9.	COSTA Ana Isabel	Lagoa AC	4:05.47		327	-
	50m: 56.09 56.09 100m: 1:58.73 1:02.64 150m: 3:02.78 1:04.05 200m: 4:05.47 1:02.69					
10.	RIBEIRO Helena Isabel	Lagoa AC	4:06.96	+0.68	321	-
	50m: 55.92 55.92 100m: 1:59.14 1:03.22 150m: 3:03.94 1:04.80 200m: 4:06.96 1:03.02					
11.	NUNES Carla Sousinha	CNLeiria	4:47.81		203	-
	50m: 1:04.28 1:04.28 100m: 2:17.91 1:13.63 150m: 3:34.22 1:16.31 200m: 4:47.81 1:13.59					
DNS	FERREIRA Susana Margarida	Alhandra				-

Prova 14, Femin., 200m Bruços

Prova 14
28/01/2023 - 12:45
Femin., 200m Bruços
Master Esc F
Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	CUNHA Maria Ines	Galitos / Bresimar	3:18.95	+0.97	604	9.00
	50m: 42.76 42.76 100m: 1:31.99 49.23 150m: 2:24.33 52.34 200m: 3:18.95 54.62					
2.	PEREIRA Patricia Diogenes	Nadadores dos Estoris	3:33.99	+0.88	485	7.00
	50m: 48.85 48.85 100m: 1:42.76 53.91 150m: 2:38.61 55.85 200m: 3:33.99 55.38					
3.	BRANDAO Maria Teresa	Fluvial Portuense	3:49.13		395	6.00
	50m: 52.07 52.07 100m: 1:49.31 57.24 150m: 2:49.55 1:00.24 200m: 3:49.13 59.58					
4.	MARTINS Cristina Maria	Gafanha da Encarnacao	3:53.08	+0.99	375	5.00
	50m: 53.03 53.03 100m: 1:52.03 59.00 150m: 2:54.04 1:02.01 200m: 3:53.08 59.04					
5.	ALMEIDA Maria Astride	Fluvial Portuense	4:08.09		311	4.00
	50m: 59.78 59.78 100m: 2:04.00 1:04.22 150m: 3:07.43 1:03.43 200m: 4:08.09 1:00.66					
6.	GARCIA Ana Luisa	Leixoes	4:09.56		306	3.00
	50m: 55.58 55.58 100m: 1:57.09 1:01.51 150m: 3:02.84 1:05.75 200m: 4:09.56 1:06.72					
7.	SANTINHA Fernanda Maria	Masters de Almada	4:12.54		295	2.00
	50m: 58.97 58.97 100m: 2:02.94 1:03.97 150m: 3:09.37 1:06.43 200m: 4:12.54 1:03.17					
8.	PEREIRA Maria Isabel	Gesloures	4:13.70		291	1.00
	50m: 59.72 59.72 100m: 2:04.74 1:05.02 150m: 3:10.98 1:06.24 200m: 4:13.70 1:02.72					
9.	BLANCO Catarina Araujo	Fluvial Portuense	4:14.43	+0.99	288	-
	50m: 57.05 57.05 100m: 2:01.48 1:04.43 150m: 3:10.14 1:08.66 200m: 4:14.43 1:04.29					
10.	SOARES Ana Maria	Vilacondense	4:54.05		187	-
	50m: 1:05.02 1:05.02 100m: 2:20.22 1:15.20 150m: 3:36.70 1:16.48 200m: 4:54.05 1:17.35					

Prova 14
28/01/2023 - 12:45
Femin., 200m Bruços
Master Esc G
Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	SEQUEIRA Maria Manuela	Gafanha da Encarnacao	3:32.10	+0.94	666	9.00
	50m: 48.03 48.03 100m: 1:42.20 54.17 150m: 2:37.79 55.59 200m: 3:32.10 54.31					
2.	WISEU Maria Adriana	Leixoes	3:45.69	+0.98	553	7.00
	50m: 52.17 52.17 100m: 1:50.18 58.01 150m: 2:48.91 58.73 200m: 3:45.69 56.78					
3.	CARVALHO Helena Paula	Sporting	3:48.56	+0.91	532	6.00
	50m: 52.24 52.24 100m: 1:48.77 56.53 150m: 2:47.41 58.64 200m: 3:48.56 1:01.15					
4.	COSTA Rosa Leitao	Foca Quinta da Lixa CNF	4:06.66		423	5.00
	50m: 57.65 57.65 100m: 1:59.05 1:01.40 150m: 3:02.96 1:03.91 200m: 4:06.66 1:03.70					

Prova 14, Femin., 200m Bruços, Master Esc G

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
5.	PALHARES Ana Rosa	Fluvial Portuense	4:11.62		399	4.00
	50m: 57.29 57.29	100m: 2:02.42 1:05.13	150m: 3:08.72 1:06.30	200m: 4:11.62 1:02.90		
6.	CARDOSO Helena Maria	Fluvial Portuense	5:03.44		227	3.00
	50m: 1:13.56 1:13.56	100m: 2:30.88 1:17.32	150m: 3:50.01 1:19.13	200m: 5:03.44 1:13.43		

Prova 14 Femin., 200m Bruços Master Esc H Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	ANDRADE Maria Teresa <i>Rec Nacional Esc H</i>	Porto	3:36.25	+0.65	651	9.00
	50m: 48.27 48.27	100m: 1:42.83 54.56	150m: 2:39.17 56.34	200m: 3:36.25 57.08		
2.	URBANO Maria Margarida	Academica de Coimbra	3:40.92		610	7.00
	50m: 51.68 51.68	100m: 1:48.25 56.57	150m: 2:44.90 56.65	200m: 3:40.92 56.02		
3.	OLIVEIRA Maria Emidia	Luz e Vida	3:42.85	+0.97	595	6.00
	50m: 47.22 47.22	100m: 1:41.93 54.71	150m: 2:42.13 1:00.20	200m: 3:42.85 1:00.72		
4.	FERNANDES Maria Santos	Leixoes	3:47.86		556	5.00
	50m: 52.12 52.12	100m: 1:49.74 57.62	150m: 2:49.53 59.79	200m: 3:47.86 58.33		
5.	TORRES Maria Isabel	Academica de Coimbra	3:51.89		528	4.00
	50m: 52.76 52.76	100m: 1:54.16 1:01.40	150m: 2:57.46 1:03.30	200m: 3:51.89 54.43		
6.	GIAO Wanda Maria	Lagoa AC	4:32.01	+0.99	327	3.00
	50m: 1:01.24 1:01.24	100m: 2:11.89 1:10.65	150m: 3:24.81 1:12.92	200m: 4:32.01 1:07.20		
7.	MACHADO Gracinda Maria	Ginasio Santo Tirso	5:10.07		220	2.00
	50m: 1:12.23 1:12.23	100m: 2:31.79 1:19.56	150m: 3:51.65 1:19.86	200m: 5:10.07 1:18.42		
DNS	COELHO Maria Fatima	Academica de Coimbra				-

Prova 14 Femin., 200m Bruços Master Esc I Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	RELVAS Ana Moura	Academica de Coimbra	3:59.27		591	9.00
	50m: 55.18 55.18	100m: 1:57.76 1:02.58	150m: 3:00.14 1:02.38	200m: 3:59.27 59.13		
2.	PINTAO Luisa Maria	Nadadores dos Estoris	4:08.69		526	7.00
	50m: 55.60 55.60	100m: 1:59.32 1:03.72	150m: 3:05.23 1:05.91	200m: 4:08.69 1:03.46		
3.	DUPONT Ana Paula	Fluvial Portuense	4:40.49		367	6.00
	50m: 1:04.49 1:04.49	100m: 2:15.27 1:10.78	150m: 3:29.96 1:14.69	200m: 4:40.49 1:10.53		

Prova 14, Femin., 200m Bruços, Master Esc I

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
4.	ROCHA Maria Carmo	Leixoes	5:28.33		228	5.00
	50m: 1:19.34 1:19.34	100m: 2:45.39 1:26.05	150m: 4:08.85 1:23.46	200m: 5:28.33	1:19.48	

Prova 14
28/01/2023 - 12:45

Femin., 200m Bruços

Master Esc J
Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	CABRAL Maria Fatima	Fluvial Portuense	7:40.95		98	9.00
	50m: 1:43.92 1:43.92	100m: 3:43.90 1:59.98	150m: 5:46.29 2:02.39	200m: 7:40.95	1:54.66	

Prova 14
28/01/2023 - 12:45

Femin., 200m Bruços

Master Esc L
Resultados

Pontos: DSV Masters 22

Lugar	Nome	Clube	Tempo Final	TReac	DSV	Pts Equip
1.	SA Nair Gomes	Nadadores dos Estoris	6:50.29		371	9.00
	50m: 1:33.39 1:33.39	100m: 3:21.76 1:48.37	150m: 5:10.67 1:48.91	200m: 6:50.29	1:39.62	