

Prova 1 07/07/2023	Femin., 800m Livres				25 anos e mais velhos	
Resultados						
RN A(25-29)	10:12.96	Ana Filipa Leite	AAC	Oeiras		01/07/2011
RN B(30-34)	9:37.05	Ana Paula Grilo	UDCA	Millau (FRA)		26/08/2003
RN C(35-39)	9:30.91	Ana Paula Grilo	UDCA	Stanford (USA)		04/08/2006
RN D(40-44)	10:27.37	Ana Paula Grilo	INDALEN	Oeiras		01/07/2011
RN E(45-49)	11:01.56	Ines Maria Rothes	CFP	Reguengos de Monsaraz		19/07/2019
RN F(50-54)	11:28.66	Ana Paula Grilo	NDCO	Vitoria (ESP)		27/04/2019
RN G(55-59)	11:40.48	Elena Nikolaevna Kraeva	ADRCIMM	Loulé		13/07/2018
RN H(60-64)	12:46.28	Ana Maria Ferreira	SAD	Riccione (ITA)		10/06/2012
RN I(65-69)	13:05.16	Ana Maria Ferreira	SAD	London (GBR)		25/05/2016
RN J(70-74)	13:30.31	Ana Maria Ferreira	SAD	Póvoa de Varzim		22/02/2020
RN K(75-79)	15:54.26	Luisa Bessone Basto	SAD	Póvoa de Varzim		23/02/2019
RN L(80-84)	59:00.00	start				
RN M(85-89)	59:00.00					

Pontos: DSV Masters 22

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
Master Esc A								
1.	Ana Margarida Rodrigues		103868	96	Galitos / Bresimar	10:44.42	630	9,00
	100m: 1:15.05	1:15.05	300m: 3:57.55	1:21.93	500m: 6:41.82	1:22.05	700m: 9:25.49	1:21.56
	200m: 2:36.62	1:20.57	400m: 5:19.77	1:22.22	600m: 8:03.93	1:22.11	800m: 10:44.42	1:18.93
2.	Irina Filipa Lousa		102467	95	Porto	10:59.70	587	7,00
	100m: 1:17.50	1:17.50	300m: 4:00.62	1:21.93	500m: 6:46.65	1:22.98	700m: 9:36.46	1:24.88
	200m: 2:38.69	1:21.19	400m: 5:23.67	1:23.05	600m: 8:11.58	1:24.93	800m: 10:59.70	1:23.24
3.	Raquel Fernandes Santos		111454	98	Masters de Almada	11:31.47	510	6,00
	100m: 1:20.79	1:20.79	300m: 4:16.29	1:28.85	500m: 7:13.27	1:27.98	700m: 10:09.70	1:27.92
	200m: 2:47.44	1:26.65	400m: 5:45.29	1:29.00	600m: 8:41.78	1:28.51	800m: 11:31.47	1:21.77
4.	Flavia Daniela Goncalves		26907	96	Sporting Caminha	11:32.20	508	5,00
	100m: 1:19.61	1:19.61	300m: 4:16.04	1:28.53	500m: 7:13.00	1:28.37	700m: 10:08.52	1:26.79
	200m: 2:47.51	1:27.90	400m: 5:44.63	1:28.59	600m: 8:41.73	1:28.73	800m: 11:32.20	1:23.68
5.	Daniela Ferreira Pinheiro		215790	94	Alcobaca	12:27.68	403	4,00
	100m: 1:22.34	1:22.34	300m: 4:32.88	1:37.42	500m: 7:45.43	1:35.71	700m: 10:57.37	1:35.66
	200m: 2:55.46	1:33.12	400m: 6:09.72	1:36.84	600m: 9:21.71	1:36.28	800m: 12:27.68	1:30.31
6.	Mariana Pinto Arvins		124553	97	Gafanha da Encarnacao	12:46.45	374	3,00
	100m: 1:24.39	1:24.39	300m: 4:32.28	1:35.74	500m: 7:47.94	1:38.76	700m: 11:08.47	1:41.00
	200m: 2:56.54	1:32.15	400m: 6:09.18	1:36.90	600m: 9:27.47	1:39.53	800m: 12:46.45	1:37.98
7.	Alexia Alves Fernandes		201754	96	Natacao de Valongo	13:35.14	311	2,00
	100m: 1:36.66	1:36.66	300m: 5:03.61	1:44.55	500m: 8:31.97	1:44.76	700m: 11:57.77	1:42.17
	200m: 3:19.06	1:42.40	400m: 6:47.21	1:43.60	600m: 10:15.60	1:43.63	800m: 13:35.14	1:37.37
8.	Catarina Matias Marcelino		127055	96	Grandola Sports	14:07.65	277	1,00
	100m: 1:39.75	1:39.75	300m: 5:15.47	1:48.36	500m: 8:53.42	1:49.31	700m: 12:27.42	1:47.84
	200m: 3:27.11	1:47.36	400m: 7:04.11	1:48.64	600m: 10:39.58	1:46.16	800m: 14:07.65	1:40.23
9.	Marta Pimentel Cavaco		101630	94	Lagoa AC	14:26.10	259	-
	100m: 1:40.68	1:40.68	300m: 5:22.11	1:51.71	500m: 9:03.60	1:49.79	700m: 12:42.54	1:49.21
	200m: 3:30.40	1:49.72	400m: 7:13.81	1:51.70	600m: 10:53.33	1:49.73	800m: 14:26.10	1:43.56

Master Esc B								
1.	Vania Soares Neves		12380	90	Viana Natacao	10:15.26	774	9,00
	100m: 1:10.75	1:10.75	300m: 3:44.55	1:17.40	500m: 6:21.10	1:18.11	700m: 8:58.36	1:18.44
	200m: 2:27.15	1:16.40	400m: 5:02.99	1:18.44	600m: 7:39.92	1:18.82	800m: 10:15.26	1:16.90
2.	Alexandra Sofia Monteiro		15415	92	Vila DEste/Gaia	10:48.69	660	7,00
	100m: 1:16.88	1:16.88	300m: 3:59.28	1:22.37	500m: 6:44.73	1:22.89	700m: 9:26.92	1:21.43
	200m: 2:36.91	1:20.03	400m: 5:21.84	1:22.56	600m: 8:05.49	1:20.76	800m: 10:48.69	1:21.77
3.	Rute Sofia Teixeira		15202	90	Ginasio de Santo Tirso	12:04.08	475	6,00
	100m: 1:26.65	1:26.65	300m: 4:30.84	1:32.90	500m: 7:35.31	1:31.48	700m: 10:35.77	1:29.38
	200m: 2:57.94	1:31.29	400m: 6:03.83	1:32.99	600m: 9:06.39	1:31.08	800m: 12:04.08	1:28.31

Splash Meet Manager, 11.77323

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



S. João da Madeira
Câmara Municipal

PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



DESporto
PARA TODOS
PROGRAMA NACIONAL

PARCEIROS



Prova 1, Femin., 800m Livres, Master Esc B

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
4.	Anastacia Silva Canto 100m: 1:23.69 200m: 2:53.38	1:23.69 1:29.69	218437	89	Masters de Almada 300m: 4:25.27 400m: 5:58.04	1:32.36 1:33.15	474	5,00
5.	Teresa Sofia Leite 100m: 1:24.43 200m: 2:56.41	1:24.43 1:31.98	13596	92	Feirense 300m: 4:31.16 400m: 6:06.07	1:35.88 1:37.61	446	4,00
6.	Solange Ramalho Pereira 100m: 1:26.19 200m: 3:00.19	1:26.19 1:34.00	101900	90	Lisboa PoolSharks 300m: 4:35.13 400m: 6:11.20	1:36.36 1:35.96	417	3,00
7.	Marta Isabel Jordao 100m: 1:29.01 200m: 3:03.57	1:29.01 1:34.56	15630	91	Famalicao 300m: 4:41.12 400m: 6:19.44	1:39.52 1:40.23	386	2,00
8.	Catarina Pereira Salvado 100m: 1:48.23 200m: 3:44.45	1:48.23 1:56.22	217757	93	Ba-Leiria 300m: 5:38.63 400m: 7:33.43	1:52.78 1:53.00	253	1,00

Master Esc C

1.	Sara Daniela Rodrigues 100m: 1:26.56 200m: 2:58.22	1:26.56 1:31.66	12281	87	Galitos / Bresimar 300m: 4:30.78 400m: 6:03.43	1:33.29 1:33.96	477	9,00
2.	Patricia Alexandra Marques 100m: 1:34.13 200m: 3:11.98	1:34.13 1:37.85	15143	87	Leixoes 300m: 4:51.15 400m: 6:31.22	1:39.00 1:41.30	383	7,00
3.	Lina Orrego Arenas 100m: 1:35.33 200m: 3:16.08	1:35.33 1:40.75	211228	84	Porto 300m: 4:57.98 400m: 6:41.37	1:42.34 1:42.42	381	6,00
4.	Laurelin Lucinda Molen 100m: 1:32.06 200m: 3:10.91	1:32.06 1:38.85	210456	87	CCDSerta 300m: 4:51.29 400m: 6:34.37	1:42.94 1:43.64	371	5,00
5.	Juliana Cabral Oliveira 100m: 1:34.58 200m: 3:14.22	1:34.58 1:39.64	131965	85	Gafanha da Encarnacao 300m: 4:55.23 400m: 6:39.71	1:46.17 1:44.71	355	4,00
6.	Filipa Isabel Reis 100m: 1:40.36 200m: 3:28.46	1:40.36 1:48.10	153141	87	Leixoes 300m: 5:15.75 400m: 7:03.81	1:48.12 1:50.11	307	3,00
7.	Sara Gomes Henriques 100m: 1:54.09 200m: 3:57.54	1:54.09 2:03.45	215210	85	Natacao de Valongo 300m: 6:04.81 400m: 8:11.10	2:08.73 2:09.39	196	2,00
8.	Rita Fernandes Pascoal 100m: 1:55.31 200m: 4:02.19	1:55.31 2:06.88	213206	88	Ba-Leiria 300m: 6:11.21 400m: 8:22.06	2:12.01 2:09.70	185	1,00
9.	Andreia Azevedo Almeida 300m: 6:33.66 400m: 8:48.99	6:33.66 2:15.33	206080	86	Palmela Desporto 300m: 11:07.66 400m: 13:21.57	2:13.70 2:12.51	157	-

Master Esc D

1.	Ana Mafalda Oliveira 100m: 1:26.99 200m: 3:00.68	1:26.99 1:33.69	23193	81	Natacao da Maia 300m: 4:35.77 400m: 6:11.20	1:35.98 1:34.77	489	9,00
2.	Rute Lourenco Coimbra 100m: 1:26.00 200m: 2:58.44	1:26.00 1:32.44	218689	79	Gafanha da Encarnacao 300m: 4:34.42 400m: 6:11.22	1:36.03 1:36.32	487	7,00

Prova 1, Femin., 800m Livres, Master Esc D

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
3.	Ana DAlte Guedes 100m: 1:30.42 200m: 3:07.87	1:30.42 1:37.45	121739	80	Leixoes 500m: 8:00.77 600m: 9:38.46	1:37.20 1:37.69	700m: 11:14.41 800m: 12:46.04	452 6,00 1:35.95 1:31.63
4.	Sofia Margarida Silva 100m: 1:44.56 200m: 3:33.84	1:44.56 1:49.28	207298	83	Litoral Alentejano 500m: 9:04.69 600m: 10:51.89	1:49.13 1:47.20	700m: 12:39.85 800m: 14:23.41	315 5,00 1:47.96 1:43.56
5.	Isabel Carolina Neves 100m: 1:44.07 200m: 3:35.11	1:44.07 1:51.04	202850	80	Fluvial Portuense 500m: 9:13.71 600m: 11:06.83	1:53.61 1:53.12	700m: 12:56.33 800m: 14:40.82	297 4,00 1:49.50 1:44.49
6.	Ana Luis Reis 100m: 1:45.45 200m: 3:39.87	1:45.45 1:54.42	218990	80	Fluvial Portuense 500m: 9:26.23 600m: 11:21.73	1:54.96 1:55.50	700m: 13:16.55 800m: 15:07.18	272 3,00 1:54.82 1:50.63
7.	Ana Maria Martins 100m: 1:55.87 200m: 3:58.57	1:55.87 2:02.70	123246	79	Sporting de Aveiro 500m: 10:06.23 600m: 12:06.29	2:00.76 2:00.06	800m: 15:56.86	232 2,00 3:50.57
8.	Joana Isabel Leite 100m: 2:23.55 200m: 5:00.76	2:23.55 2:37.21	130666	80	Fluvial Portuense 500m: 13:16.48 600m: 16:03.46	2:44.64 2:46.98	700m: 18:50.42 800m: 21:34.09	93 1,00 2:46.96 2:43.67
DNS	Lilia Dulce Costa		132418	81	Fluvial Portuense			-

Master Esc E

1.	Gisela Barbosa Coutinho 100m: 1:19.47 200m: 2:42.95	1:19.47 1:23.48	211764	75	Fluvial Portuense 500m: 6:57.14 600m: 8:23.11	1:24.98 1:25.97	700m: 9:47.27 800m: 11:08.60	654 9,00 1:24.16 1:21.33
2.	Maria Luisa Costa 100m: 1:19.20 200m: 2:43.01	1:19.20 1:23.81	119218	74	Fluvial Portuense 500m: 6:58.16 600m: 8:25.37	1:25.50 1:27.21	700m: 9:52.82 800m: 11:19.92	622 7,00 1:27.45 1:27.10
3.	Carla Santa Barbara 100m: 1:18.65 200m: 2:42.94	1:18.65 1:24.29	118948	75	Porto 500m: 7:12.05 600m: 8:43.99	1:30.90 1:31.94	700m: 10:16.36 800m: 11:48.52	550 6,00 1:32.37 1:32.16
4.	Ana Filipa Prior 100m: 1:25.72 200m: 2:55.81	1:25.72 1:30.09	105895	77	Luz e Vida 500m: 7:28.56 600m: 9:00.20	1:31.32 1:31.64	700m: 10:31.71 800m: 12:01.02	522 5,00 1:31.51 1:29.31
5.	Sandra Santa Barbara 100m: 1:34.06 200m: 3:17.80	1:34.06 1:43.74	104504	75	Ginasio de Santo Tirso 500m: 8:32.48 600m: 10:17.33	1:45.25 1:44.85	700m: 12:02.73 800m: 13:44.49	349 4,00 1:45.40 1:41.76
6.	Ana Claudia Gomes 100m: 1:45.44 200m: 3:35.79	1:45.44 1:50.35	215283	76	Academica de Coimbra 500m: 9:13.97 600m: 11:06.96	1:53.20 1:52.99	700m: 12:58.86 800m: 14:52.71	275 3,00 1:51.90 1:53.85
7.	Marcia Silva Nunes 100m: 1:53.03 200m: 3:52.26	1:53.03 1:59.23	122495	75	Lagoa AC 500m: 10:03.75 600m: 12:06.53	2:04.03 2:02.78	700m: 14:08.09 800m: 16:06.76	216 2,00 2:01.56 1:58.67

Master Esc F

1.	Ines Maria Rothes Rec Nac Esc F 100m: 1:18.41 200m: 2:40.80	1:18.41 1:22.39	124731	73	Fluvial Portuense 500m: 6:56.37 600m: 8:22.73	1:25.82 1:26.36	700m: 9:48.47 800m: 11:12.29	684 9,00 1:25.74 1:23.82
2.	Patricia Diogenes Pereira 100m: 1:21.24 200m: 2:46.78	1:21.24 1:25.54	26793	69	Nadadores dos Estoris 500m: 7:09.79 600m: 8:37.65	1:27.81 1:27.86	700m: 10:05.38 800m: 11:31.01	630 7,00 1:27.73 1:25.63
3.	Maria Teresa Brandao 100m: 1:23.99 200m: 2:53.10	1:23.99 1:29.11	108037	69	Fluvial Portuense 600m: 9:01.94 700m: 10:34.75	1:32.86 1:32.81	800m: 12:04.16	547 6,00 1:29.41

Prova 1, Femin., 800m Livres, Master Esc F

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
4.	Marta Sofia Costa 100m: 1:32.50 200m: 3:12.51	1:32.50 1:40.01	206938	71	Individual ANNP 300m: 4:53.32 400m: 6:34.43	1:41.54 1:41.16	411	5,00
5.	Daniela Maria Palhares 100m: 1:34.52 200m: 3:17.01	1:34.52 1:42.49	209005	71	Fluvial Portuense 300m: 5:02.13 400m: 6:47.19	1:44.95 1:44.54	382	4,00
6.	Maria Manuela Ferreira 100m: 1:36.98 200m: 3:19.76	1:36.98 1:42.78	130114	70	Vitoria Guimaraes 300m: 5:04.09 400m: 6:50.82	1:47.97 1:50.45	342	3,00
7.	Fernanda Maria Santinha 100m: 1:45.44 200m: 3:37.40	1:45.44 1:51.96	100478	72	Masters de Almada 300m: 5:28.49 400m: 7:20.26	1:54.07 1:53.00	297	2,00

Master Esc G

1.	Maria Fernanda Goncalves 100m: 1:30.22 200m: 3:07.48	1:30.22 1:37.26	117412	66	Porto 300m: 4:45.73 400m: 6:23.67	1:37.59 1:37.41	480	9,00
2.	Maria Claudia Osorio 100m: 1:35.96 200m: 3:18.17	1:35.96 1:42.21	219153	64	Fluvial Portuense 300m: 5:00.72 400m: 6:43.98	1:44.41 1:44.78	397	7,00
3.	Ana Paula Sequeira 100m: 1:37.88 200m: 3:22.24	1:37.88 1:44.36	124853	68	Gafanha da Encarnacao 300m: 5:08.45 400m: 6:57.70	1:49.09 1:48.21	368	6,00
4.	Rita Cabral Guimaraes 100m: 1:39.38 200m: 3:26.22	1:39.38 1:46.84	104341	64	Fluvial Portuense 300m: 5:13.30 400m: 7:01.57	1:47.92 1:47.76	367	5,00
5.	Maria Manuela Sequeira 100m: 1:39.98 200m: 3:29.66	1:39.98 1:49.68	109962	68	Gafanha da Encarnacao 300m: 5:21.15 400m: 7:11.76	1:49.22 1:49.28	343	4,00
6.	Maria Trigueiros Cunha 100m: 1:43.00 200m: 3:34.64	1:43.00 1:51.64	132357	64	Leixoes 300m: 5:27.42 400m: 7:20.74	1:54.04 1:54.23	311	3,00
7.	Muriel Graham 100m: 1:52.19 200m: 3:56.49	1:52.19 2:04.30	202136	65	Fluvial Portuense 300m: 6:02.72 400m: 8:09.61	2:04.55 2:03.91	236	2,00
8.	Delfina Maria Martins 200m: 4:28.32	4:28.32	117387	66	Ginasio de Santo Tirso 300m: 6:48.41	11:44.79	160	1,00
9.	Margarida Maria Ribeiro 100m: 2:08.97 200m: 4:44.79	2:08.97 2:35.82	131782	64	Fluvial Portuense 300m: 7:22.69 400m: 10:02.30	5:18.86 2:40.22	118	-
DNS	Patricia Reis Gerales		217882	68	Nadadores dos Estoris			-
DNS	Violante Isabel Ribeiro		124926	67	Alges			-

Master Esc H

1.	Maria Margarida Urbano 100m: 1:42.10 200m: 3:26.01	1:42.10 1:43.91	11355	63	Academica de Coimbra 300m: 5:11.64 400m: 6:58.26	1:47.25 1:48.67	579	9,00
2.	Maria Santos Fernandes 100m: 1:44.36 200m: 3:35.19	1:44.36 1:50.83	105263	62	Leixoes 300m: 5:27.74 400m: 7:21.18	1:53.83 1:54.24	489	7,00
3.	Maria Giraldo Wernicke 100m: 1:56.48 200m: 3:59.87	1:56.48 2:03.39	210543	60	Fluvial Portuense 300m: 6:03.75 400m: 8:05.18	2:03.11 2:02.65	392	6,00

Prova 1, Femin., 800m Livres, Master Esc H

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
4.	Maria Manuela Neto		102090	62	Natacao da Maia	16:16.93	379	5,00
	100m: 1:53.88	1:53.88	300m: 5:59.98	2:02.37	500m: 10:09.13	2:06.15	700m: 14:17.02	2:04.20
	200m: 3:57.61	2:03.73	400m: 8:02.98	2:03.00	600m: 12:12.82	2:03.69	800m: 16:16.93	1:59.91
5.	Gracinda Maria Machado		117386	61	Ginasio de Santo Tirso	19:58.41	205	4,00
	100m: 2:16.07	2:16.07	300m: 7:17.70	2:33.02	500m: 12:21.95	2:30.94	700m: 17:27.61	2:32.77
	200m: 4:44.68	2:28.61	400m: 9:51.01	2:33.31	600m: 14:54.84	2:32.89	800m: 19:58.41	2:30.80

Master Esc I

1.	Maria Teresa Oliveira		10538	57	Academica de Coimbra	15:04.52	556	9,00
	100m: 1:51.60	1:51.60	300m: 5:39.26	1:54.31	500m: 9:26.79	1:53.51	700m: 13:15.54	1:52.78
	200m: 3:44.95	1:53.35	400m: 7:33.28	1:54.02	600m: 11:22.76	1:55.97	800m: 15:04.52	1:48.98
2.	Rosa Maria Cardoso		216582	56	Fluvial Portuense	21:12.88	199	7,00
	100m: 2:15.26	2:15.26	300m: 7:27.76	2:40.27	500m: 13:01.88	2:48.98	700m: 18:31.45	2:42.98
	200m: 4:47.49	2:32.23	400m: 10:12.90	2:45.14	600m: 15:48.47	2:46.59	800m: 21:12.88	2:41.43

Master Esc J

1.	Maria Helena Hessel		219554	49	Fluvial Portuense	19:38.33	302	9,00
	100m: 2:27.81	2:27.81	300m: 7:23.18	2:28.01	500m: 12:18.82	2:27.66	700m: 17:15.33	2:30.03
	200m: 4:55.17	2:27.36	400m: 9:51.16	2:27.98	600m: 14:45.30	2:26.48	800m: 19:38.33	2:23.00