

Prova 11
07/07/2023

Femin., 200m Livres

25 anos e mais velhos
Resultados

RN A(25-29)	2:19.00	Joana Aguiar Rodrigues	FCP	Loulé	13/07/2018
RN B(30-34)	2:10.97	Ana Paula Grilo	UDCA	Millau (FRA)	27/08/2003
RN C(35-39)	2:10.77	Ana Paula Grilo	UDCA	Stanford (USA)	06/08/2006
RN D(40-44)	2:20.50	Susana Clara Gomes	CNF	Reguengos de Monsaraz	19/07/2019
RN E(45-49)	2:25.36	Susana Clara Gomes	CNF	Reguengos de Monsaraz	08/07/2022
RN F(50-54)	2:35.40	Isabel Baptista Ferreira	ADRCIMM	Famalicao	08/07/2017
RN G(55-59)	2:37.00	Isabel Baptista Ferreira	ADRCIMM	Reguengos de Monsaraz	08/07/2022
RN H(60-64)	2:58.63	Ana Maria Ferreira	SAD	Riccione (ITA)	12/06/2012
RN I(65-69)	3:06.74	Ana Maria Ferreira	SAD	London (GBR)	26/05/2016
RN J(70-74)	3:15.38	Ana Maria Ferreira	SAD	Reguengos de Monsaraz	08/07/2022
RN K(75-79)	3:40.96	Luisa Bessone Basto	SAD	Reguengos de Monsaraz	19/07/2019
RN L(80-84)	59:00.00	start			
RN M(85-89)	59:00.00	start			

Pontos: DSV Masters 22

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
Master Esc A								
1.	Adriana Daniela Castro	+0,72	104515	97	Propaganda da Natacao	2:21.61	734	9,00
	50m: 31.55 31.55	100m: 1:06.78 35.23			150m: 1:44.07 37.29	200m: 2:21.61 37.54		
2.	Miriam Natacha Alves	+0,83	105873	97	Leixoes	2:27.56	648	7,00
	50m: 34.06 34.06	100m: 1:11.43 37.37			150m: 1:50.26 38.83	200m: 2:27.56 37.30		
3.	Pauline Ringue	+0,82	216323	97	Naval do Funchal	2:30.12	616	6,00
	50m: 33.99 33.99	100m: 1:11.83 37.84			150m: 1:51.39 39.56	200m: 2:30.12 38.73		
4.	Raquel Fernandes Santos	+0,92	111454	98	Masters de Almada	2:34.79	562	5,00
	50m: 35.17 35.17	100m: 1:14.03 38.86			150m: 1:54.89 40.86	200m: 2:34.79 39.90		
5.	Cristina Alexandra Furtado		110596	96	Famalicao	2:39.23	516	4,00
	50m: 35.71 35.71	100m: 1:15.13 39.42			150m: 1:57.30 42.17	200m: 2:39.23 41.93		
6.	Claudia Isabel Semiao	+0,91	117970	97	Academica de Coimbra	2:46.12	454	3,00
	50m: 37.63 37.63	100m: 1:19.44 41.81			150m: 2:03.03 43.59	200m: 2:46.12 43.09		
7.	Catarina Matias Marcelino	+0,65	127055	96	Grandola Sports	3:08.24	312	2,00
	50m: 41.91 41.91	100m: 1:29.73 47.82			150m: 2:20.69 50.96	200m: 3:08.24 47.55		
DNS	Iris Barka		219740	98	Salesianos			-

Master Esc B

1.	Marta Vieira Marinho	+0,78	15707	91	Porto	2:20.55	745	9,00
	50m: 33.04 33.04	100m: 1:08.72 35.68			150m: 1:45.70 36.98	200m: 2:20.55 34.85		
2.	Joana Aguiar Rodrigues	+0,85	15401	93	Porto	2:23.53	700	7,00
	50m: 32.51 32.51	100m: 1:08.10 35.59			150m: 1:46.10 38.00	200m: 2:23.53 37.43		
3.	Alexandra Sofia Monteiro	+0,86	15415	92	Vila DEste/Gaia	2:25.85	667	6,00
	50m: 33.15 33.15	100m: 1:09.62 36.47			150m: 1:47.22 37.60	200m: 2:25.85 38.63		
4.	Sara Silva Azevedo	+0,89	15837	91	Porto	2:28.75	629	5,00
	50m: 34.47 34.47	100m: 1:11.65 37.18			150m: 1:50.37 38.72	200m: 2:28.75 38.38		
5.	Gilberta Cristina Barbosa	+0,99	26478	93	Nautico de Leiria	2:30.91	602	4,00
	50m: 34.36 34.36	100m: 1:12.41 38.05			150m: 1:51.93 39.52	200m: 2:30.91 38.98		
6.	Ana Lucia Castro		102795	92	Feirense	2:36.31	542	3,00
	50m: 35.61 35.61	100m: 1:15.05 39.44			150m: 1:56.38 41.33	200m: 2:36.31 39.93		
7.	Ines Sousa Lemos	+0,79	217777	92	Porto	2:36.43	540	2,00
	50m: 35.85 35.85	100m: 1:14.50 38.65			150m: 1:55.72 41.22	200m: 2:36.43 40.71		
8.	Laura Pola	+0,87	214291	92	Porto	2:39.73	508	1,00
	50m: 35.43 35.43	100m: 1:15.32 39.89			150m: 1:58.61 43.29	200m: 2:39.73 41.12		

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 11, Femin., 200m Livres, Master Esc B

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
9.	Oksana Kurtash 50m: 54.61 54.61	100m: 1:58.20	218902	91	Sao Joao Ver 150m: 3:04.47 1:06.27	4:07.59 200m: 4:07.59	136	-
DSQ	Nina Tchernega 4.2 - Falsa Partida – SW 4.4	+0,96	219251	93	Sporting Caminha			-

Master Esc C

1.	Mariana Sa Lucas 50m: 34.88 34.88	100m: 1:12.87 37.99	204193	84	Litoral Alentejano 150m: 1:52.50 39.63	2:32.09 200m: 2:32.09	660	9,00
2.	Joana Isabel Alves 50m: 34.37 34.37	100m: 1:13.45 39.08	130453	88	Individual ANNP 150m: 1:53.43 39.98	2:34.80 200m: 2:34.80	626	7,00
3.	Sara Freitas Oliveira 50m: 33.96 33.96	100m: 1:12.33 38.37	23045	85	Porto 150m: 1:53.50 41.17	2:36.65 200m: 2:36.65	604	6,00
4.	Lina Orrego Arenas 50m: 39.36 39.36	100m: 1:23.09 43.73	211228	84	Porto 150m: 2:08.35 45.26	2:49.21 200m: 2:49.21	479	5,00
5.	Mariana Sarmento Rebocho 50m: 39.26 39.26	100m: 1:22.28 43.02	103405	84	Fluvial Portuense 150m: 2:06.61 44.33	2:49.23 200m: 2:49.23	479	4,00
6.	Ana Margarida Rocha 50m: 39.19 39.19	100m: 1:21.70 42.51	152921	86	Gafanha da Encarnacao 150m: 2:06.58 44.88	2:50.73 200m: 2:50.73	466	3,00
7.	Juliana Cabral Oliveira 50m: 39.72 39.72	100m: 1:27.42 47.70	131965	85	Gafanha da Encarnacao 150m: 2:16.48 49.06	3:01.54 200m: 3:01.54	388	2,00
8.	Laurelin Lucinda Molen 50m: 41.43 41.43	100m: 1:26.89 45.46	210456	87	CCDSerta 150m: 2:14.95 48.06	3:03.04 200m: 3:03.04	378	1,00
9.	Filipa Isabel Reis 50m: 44.33 44.33	100m: 1:35.88 51.55	153141	87	Leixoes 150m: 2:29.35 53.47	3:21.46 200m: 3:21.46	284	-
10.	Sara Gomes Henriques 50m: 52.13 52.13	100m: 1:49.96 57.83	215210	85	Natacao de Valongo 150m: 2:51.02 1:01.06	3:42.79 200m: 3:42.79	210	-
11.	Susana Pereira Lory 50m: 51.80 51.80	100m: 1:51.82 1:00.02	130673	87	Masters de Almada 150m: 2:52.86 1:01.04	3:51.01 200m: 3:51.01	188	-

Master Esc D

1.	Ana DAlte Guedes 50m: 38.40 38.40	100m: 1:23.14 44.74	121739	80	Leixoes 150m: 2:09.63 46.49	2:55.16 200m: 2:55.16	424	9,00
2.	Maria Ana Fonseca 50m: 42.26 42.26	100m: 1:29.32 47.06	129912	82	Fluvial Portuense 150m: 2:17.72 48.40	3:05.58 200m: 3:05.58	356	7,00
3.	Sofia Margarida Silva 50m: 44.87 44.87	100m: 1:34.28 49.41	207298	83	Litoral Alentejano 150m: 2:25.89 51.61	3:15.87 200m: 3:15.87	303	6,00
4.	Maria Margarida Machado 50m: 44.86 44.86	100m: 1:35.32 50.46	153145	81	Vila DEste/Gaia 150m: 2:30.08 54.76	3:23.72 200m: 3:23.72	269	5,00
5.	Vanessa Mendes Inacio 50m: 45.65 45.65	100m: 1:39.34 53.69	215618	80	Obidos 150m: 2:36.23 56.89	3:31.84 200m: 3:31.84	239	4,00
6.	Ana Maria Martins 50m: 47.72 47.72	100m: 1:43.40 55.68	123246	79	Sporting de Aveiro 150m: 2:39.62 56.22	3:32.92 200m: 3:32.92	236	3,00
7.	Ana Sofia Uhlfelder 50m: 47.49 47.49	100m: 1:44.88 57.39	200872	83	Fluvial Portuense 150m: 2:41.40 56.52	3:37.46 200m: 3:37.46	221	2,00
8.	Ana Luis Reis 50m: 46.29 46.29	100m: 1:41.59 55.30	218990	80	Fluvial Portuense 150m: 2:40.77 59.18	3:38.97 200m: 3:38.97	217	1,00
DNS	Lilia Dulce Costa		132418	81	Fluvial Portuense			-

Prova 11, Femin., 200m Livres

Master Esc E

1.	Susana Clara Gomes <i>Rec Nac Esc E</i>	+0,76	119272	77	Naval do Funchal	2:25.24	772	9,00
	50m: 32.74	32.74	100m: 1:09.42	36.68	150m: 1:47.66	38.24	200m: 2:25.24	37.58
2.	Carla Santa Barbara	+0,77	118948	75	Porto	2:33.48	655	7,00
	50m: 34.00	34.00	100m: 1:12.45	38.45	150m: 1:53.01	40.56	200m: 2:33.48	40.47
3.	Joana Manuel Freitas	+0,86	23323	78	Fluvial Portuense	2:39.18	587	6,00
	50m: 36.32	36.32	100m: 1:15.93	39.61	150m: 1:57.68	41.75	200m: 2:39.18	41.50
4.	Ana Filipa Prior	+0,92	105895	77	Luz e Vida	2:39.54	583	5,00
	50m: 36.56	36.56	100m: 1:16.59	40.03	150m: 1:58.85	42.26	200m: 2:39.54	40.69
5.	Ana Sofia Silva	+0,79	206942	78	Fluvial Portuense	2:52.44	461	4,00
	50m: 38.67	38.67	100m: 1:21.48	42.81	150m: 2:06.87	45.39	200m: 2:52.44	45.57
6.	Maria Luz Paramio		206727	76	Naval de Ponta Delgada	3:01.42	396	3,00
	50m: 42.06	42.06	100m: 1:27.84	45.78	150m: 2:09.74	41.90	200m: 3:01.42	51.68
7.	Susana Isabel Rego	+0,93	215721	74	Leixoes	3:01.52	395	2,00
	50m: 40.92	40.92	100m: 1:27.05	46.13	150m: 2:14.21	47.16	200m: 3:01.52	47.31
8.	Susana Matias Trindade	+0,87	141445	74	Lagoa AC	3:09.21	349	1,00
	50m: 41.20	41.20	100m: 1:29.63	48.43	150m: 2:21.50	51.87	200m: 3:09.21	47.71
9.	Claudia Generosa Gomes	+0,99	206949	75	Feirense	3:44.16	210	-
	50m: 48.12	48.12	100m: 1:44.02	55.90	150m: 2:45.46	1:01.44	200m: 3:44.16	58.70
10.	Carla Sofia Sequeira		128169	75	Colegio Monte Maior	3:44.70	208	-
	50m: 52.03	52.03	100m: 1:49.70	57.67	150m: 2:48.63	58.93	200m: 3:44.70	56.07
11.	Maria Lurdes Sousa		153305	74	Desportiva de Viana	3:50.56	193	-
	50m: 53.75	53.75	100m: 1:52.71	58.96	150m: 2:53.55	1:00.84	200m: 3:50.56	57.01
12.	Isabel Maria Costa		214948	75	Naval de Ponta Delgada	4:10.11	151	-
	50m: 53.27	53.27	100m: 1:55.80	1:02.53	150m: 3:04.73	1:08.93	200m: 4:10.11	1:05.38

Master Esc F

1.	Ines Maria Rothes <i>Rec Nac Esc F</i>		124731	73	Fluvial Portuense	2:34.69	711	9,00
	50m: 35.86	35.86	100m: 1:15.25	39.39	150m: 1:55.60	40.35	200m: 2:34.69	39.09
2.	Patricia Diogenes Pereira	+0,90	26793	69	Nadadores dos Estoris	2:40.70	634	7,00
	50m: 36.43	36.43	100m: 1:16.14	39.71	150m: 1:58.04	41.90	200m: 2:40.70	42.66
3.	Maria Teresa Brandao	+0,96	108037	69	Fluvial Portuense	2:44.31	593	6,00
	50m: 38.20	38.20	100m: 1:18.53	40.33	150m: 2:02.93	44.40	200m: 2:44.31	41.38
4.	Carla Patricia Telo		133411	71	Naval do Funchal	2:44.58	590	5,00
	50m: 37.22	37.22	100m: 1:18.17	40.95	150m: 2:01.17	43.00	200m: 2:44.58	43.41
5.	Marta Sofia Costa	+0,85	206938	71	Individual ANNP	2:56.35	480	4,00
	50m: 39.49	39.49	100m: 1:23.26	43.77	150m: 2:09.49	46.23	200m: 2:56.35	46.86
6.	Daniela Maria Palhares		209005	71	Fluvial Portuense	3:02.87	430	3,00
	50m: 40.72	40.72	100m: 1:26.27	45.55	150m: 2:13.97	47.70	200m: 3:02.87	48.90
7.	Claudia Maria Silva		131425	70	Palmela Desporto	3:15.95	349	2,00
	50m: 43.62	43.62	100m: 1:32.93	49.31	150m: 2:25.58	52.65	200m: 3:15.95	50.37
8.	Maria Manuela Ferreira	+0,93	130114	70	Vitoria Guimaraes	3:18.52	336	1,00
	50m: 43.67	43.67	100m: 1:33.64	49.97	150m: 2:27.13	53.49	200m: 3:18.52	51.39
9.	Fernanda Maria Santinha		100478	72	Masters de Almada	3:24.54	307	-
	50m: 44.99	44.99	100m: 1:36.56	51.57	150m: 2:32.97	56.41	200m: 3:24.54	51.57
10.	Teresa Elisabete Pereira		213712	72	Aquatico Silves	4:02.54	184	-
	50m: 51.57	51.57	100m: 1:53.08	1:01.51	150m: 2:59.98	1:06.90	200m: 4:02.54	1:02.56

Prova 11, Femin., 200m Livres, Master Esc F

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
11.	Manuela Ribeiro Pereira 50m: 59.88	59.88	211409	71	Ba-Leiria 150m: 3:14.94	4:22.77 200m: 4:22.77	145	-
DNS	Cristina Nicoleta Lipciuc		215964	73	Braga			-

Master Esc G

1.	Maria Fernanda Goncalves 50m: 39.46	39.46	+0,99	117412	66	Porto 150m: 2:12.48	3:00.96 200m: 3:00.96	460	9,00
2.	Maria Claudia Osorio 50m: 40.84	40.84	+0,79	219153	64	Fluvial Portuense 150m: 2:17.49	3:04.63 200m: 3:04.63	433	7,00
3.	Paula Alexandra Palhares 50m: 40.18	40.18	+0,99	212331	66	Fluvial Portuense 150m: 2:17.49	3:08.92 200m: 3:08.92	405	6,00
4.	Rita Cabral Guimaraes 50m: 42.39	42.39	+0,91	104341	64	Fluvial Portuense 150m: 2:23.63	3:12.31 200m: 3:12.31	384	5,00
5.	Maria Adriana Viseu 50m: 42.84	42.84		26830	66	Leixoes 150m: 2:22.04	3:12.83 200m: 3:12.83	380	4,00
6.	Ana Paula Sequeira 50m: 42.01	42.01	+0,98	124853	68	Gafanha da Encarnacao 150m: 2:22.41	3:13.42 200m: 3:13.42	377	3,00
7.	Maria Trigueiros Cunha 50m: 43.81	43.81	+0,79	132357	64	Leixoes 150m: 2:31.04	3:26.33 200m: 3:26.33	310	2,00
8.	Marina Isabel Mendes 50m: 47.66	47.66	+0,48	106063	68	Masters de Almada 150m: 2:38.04	3:31.34 200m: 3:31.34	289	1,00
9.	Maria Goncalves Vasconcelos 50m: 44.84	44.84		130670	64	Masters de Almada 150m: 2:38.12	3:38.41 200m: 3:38.41	262	-
10.	Muriel Graham 50m: 50.26	50.26		202136	65	Fluvial Portuense 150m: 2:46.38	3:41.49 200m: 3:41.49	251	-
11.	Rosa Leitao Costa 50m: 57.59	57.59		132419	65	Foca Quinta da Lixa CNF 150m: 3:07.51	4:08.22 200m: 4:08.22	178	-
12.	Delfina Maria Martins 50m: 58.79	58.79		117387	66	Ginasio de Santo Tirso 150m: 3:12.61	4:18.10 200m: 4:18.10	158	-
13.	Margarida Maria Ribeiro 50m: 55.90	55.90		131782	64	Fluvial Portuense 150m: 3:22.76	4:38.22 200m: 4:38.22	126	-
14.	Cidalia Conceicao Maria 50m: 1:12.85	1:12.85		211933	64	Ba-Leiria 150m: 4:56.47	7:06.26 200m: 7:06.26	35	-
DNS	Patricia Reis Gerales			217882	68	Nadadores dos Estoris			-

Master Esc H

1.	Cecilia Anne Stanford 50m: 35.11	35.11	+0,99	219449	61	Alges 150m: 1:51.41	2:29.76 200m: 2:29.76	1196	9,00
2.	Maria Margarida Urbano 50m: 42.98	42.98		11355	63	Academica de Coimbra 150m: 2:21.19	3:11.61 200m: 3:11.61	571	7,00
3.	Maria Madalena Caninas 50m: 45.25	45.25		108658	63	Masters de Almada 150m: 2:28.60	3:22.28 200m: 3:22.28	485	6,00
4.	Maria Azucena Canora Marin 50m: 45.00	45.00	+0,98	214254	60	Leixoes 150m: 2:27.08	3:23.53 200m: 3:23.53	476	5,00
5.	Michelle Annette Moore 50m: 45.37	45.37		212338	60	Obidos 150m: 2:30.56	3:25.37 200m: 3:25.37	463	4,00
6.	Maria Giraldo Wernicke 50m: 52.84	52.84		210543	60	Fluvial Portuense 150m: 2:49.84	3:45.56 200m: 3:45.56	350	3,00

Prova 11, Femin., 200m Livres, Master Esc H

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
7.	Maria Manuela Neto 50m: 53.00	53.00	102090	62	Natacao da Maia 150m: 2:52.70	3:50.87 200m: 3:50.87	326	2,00
DSQ	Maria Teresa Pinto 4.2 - Falsa Partida – SW 4.4	+0,68	120500	61	Leixoes			-

Master Esc I

1.	Luisa Maria Pintao 50m: 50.85	50.85	26112	54	Nadadores dos Estoris 150m: 2:50.83	3:44.68 200m: 3:44.68	376	9,00
2.	Ana Paula Almeida 50m: 54.07	54.07	153497	58	Fluvial Portuense 150m: 3:09.57	4:13.88 200m: 4:13.88	261	7,00
3.	Maria Josefina Cruz 50m: 1:02.69	1:02.69	105522	55	Ginasio Clube 150m: 3:27.58	4:39.60 200m: 4:39.60	195	6,00

Master Esc J

1.	Marilia Laura Silva 50m: 1:13.50	1:13.50	131783	52	Fluvial Portuense 150m: 3:56.86	5:16.85 200m: 5:16.85	149	9,00
2.	Maria Fatima Cabral 50m: 2:02.38	2:02.38	106203	49	Fluvial Portuense 150m: 6:21.66	8:18.56 200m: 8:18.56	38	7,00