

Prova 17 Femin., 200m Costas 25 anos e mais velhos
08/07/2023 Resultados

RN A(25-29)	2:38.06	Carolina Santos Silva	CNMAIA	Loulé	04/07/2015
RN B(30-34)	2:37.73	Vania Soares Neves	VNC	Reguengos de Monsaraz	09/07/2022
RN C(35-39)	2:43.59	Ana Paula Grilo	UDCA	Swansea (GBR)	03/03/2006
RN D(40-44)	2:46.56	Ana Paula Grilo	INDALEN	Oeiras	02/07/2011
RN E(45-49)	2:51.24	Natacha Alexandra Sousa	CFP	Famalicão	08/07/2017
RN F(50-54)	2:55.96	Elena Nikolaevna Kraeva	ADRCIMM	Reguengos de Monsaraz	30/06/2012
RN G(55-59)	2:58.11	Elena Nikolaevna Kraeva	ADRCIMM	Loulé	09/07/2016
RN H(60-64)	3:49.06	Ana Maria Ferreira	SAD	Reguengos de Monsaraz	30/06/2012
RN I(65-69)	3:52.93	Ana Maria Ferreira	SAD	Loulé	04/07/2015
RN J(70-74)	4:41.20	Isabel Costa Monteiro	AAC	Loulé	03/06/2023
RN K(75-79)	6:39.88	Maria Augusta Azinheira	SFP	Famalicão	08/07/2017
RN L(80-84)	5:21.71	Nair Gomes Sa	ANE	Reguengos de Monsaraz	09/07/2022

Pontos: DSV Masters 22

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
Master Esc A								
1.	Irina Filipa Lousa	+0,69	102467	95	Porto	2:50.39	630	9,00
	50m: 38.69 38.69	100m: 1:21.05 42.36			150m: 2:05.72 44.67	200m: 2:50.39 44.67		
2.	Flavia Daniela Goncalves	+0,64	26907	96	Sporting Caminha	2:57.58	557	7,00
	50m: 40.38 40.38	100m: 1:25.87 45.49			150m: 2:12.28 46.41	200m: 2:57.58 45.30		
3.	Claudia Isabel Semiao		117970	97	Academica de Coimbra	3:02.13	516	6,00
	50m: 41.39 41.39	100m: 1:27.79 46.40			150m: 2:16.05 48.26	200m: 3:02.13 46.08		
4.	Violante Pascoal Fontoura	+0,65	101153	97	CLIP Teams	3:03.32	506	5,00
	50m: 41.44 41.44	100m: 1:26.79 45.35			150m: 2:15.91 49.12	200m: 3:03.32 47.41		
5.	Filipa Oliveira Andrade	+0,69	110582	97	Galitos / Bresimar	3:07.29	474	4,00
	50m: 41.09 41.09	100m: 1:26.88 45.79			150m: 2:16.76 49.88	200m: 3:07.29 50.53		
6.	Marta Pimentel Cavaco	+0,86	101630	94	Lagoa AC	3:38.10	300	3,00
	50m: 49.72 49.72	100m: 1:44.89 55.17			150m: 2:42.93 58.04	200m: 3:38.10 55.17		
7.	Francisca Isabel Goncalves	+0,75	218666	98	Fluvial Portuense	3:39.03	296	2,00
	50m: 49.31 49.31	100m: 1:46.88 57.57			150m: 2:45.70 58.82	200m: 3:39.03 53.33		
DNS	Iris Barka		219740	98	Salesianos			-

Master Esc B

1.	Marta Vieira Marinho	+0,69	15707	91	Porto	2:45.62	650	9,00
	50m: 38.87 38.87	100m: 1:21.37 42.50			150m: 2:04.99 43.62	200m: 2:45.62 40.63		
2.	Ana Lucia Castro	+0,77	102795	92	Feirense	2:59.84	507	7,00
	50m: 41.91 41.91	100m: 1:27.56 45.65			150m: 2:14.28 46.72	200m: 2:59.84 45.56		
3.	Ines Sousa Lemos	+0,82	217777	92	Porto	3:01.68	492	6,00
	50m: 43.75 43.75	100m: 1:29.13 45.38			150m: 2:16.43 47.30	200m: 3:01.68 45.25		
4.	Anastacia Silva Canto	+0,89	218437	89	Masters de Almada	3:12.23	415	5,00
	50m: 43.18 43.18	100m: 1:32.12 48.94			150m: 2:22.76 50.64	200m: 3:12.23 49.47		
5.	Miriam Rodrigues Santos	+0,97	14552	91	Masters de Almada	3:15.78	393	4,00
	50m: 45.28 45.28	100m: 1:33.64 48.36			150m: 2:24.41 50.77	200m: 3:15.78 51.37		
6.	Catarina Pereira Salvado		217757	93	Ba-Leiria	4:12.32	183	3,00
	50m: 56.60 56.60	100m: 2:03.43 1:06.83			150m: 3:11.62 1:08.19	200m: 4:12.32 1:00.70		
7.	Ana Filipa Ribeiro	+0,86	217779	92	Porto	5:15.91	93	2,00
	50m: 1:11.80 1:11.80	100m: 2:36.40 1:24.60			150m: 4:00.88 1:24.48	200m: 5:15.91 1:15.03		

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Master Esc C

1.	Mariana Sa Lucas			204193	84	Litoral Alentejano		2:46.83	711	9,00
	50m: 39.20	39.20	100m: 1:21.31	42.11		150m: 2:04.87	43.56	200m: 2:46.83	41.96	
2.	Tatiana Gama Sevieri		+0,66	153342	84	Porto		2:48.64	688	7,00
	50m: 38.27	38.27	100m: 1:20.67	42.40		150m: 2:04.99	44.32	200m: 2:48.64	43.65	
3.	Carolina Santos Silva		+0,67	23208	86	Individual ANNP		2:48.82	686	6,00
	50m: 39.77	39.77	100m: 1:22.96	43.19		150m: 2:06.78	43.82	200m: 2:48.82	42.04	
4.	Lina Orrego Arenas		+0,79	211228	84	Porto		3:29.86	357	5,00
	50m: 48.67	48.67	100m: 1:41.78	53.11		150m: 2:36.69	54.91	200m: 3:29.86	53.17	
5.	Rita Fernandes Pascoal		+0,73	213206	88	Ba-Leiria		4:04.50	226	4,00
	50m: 58.08	58.08	100m: 2:01.58	1:03.50		150m: 3:04.36	1:02.78	200m: 4:04.50	1:00.14	
6.	Filipa Isabel Reis		+0,84	153141	87	Leixoes		4:19.75	188	3,00
	50m: 1:00.47	1:00.47	100m: 2:04.37	1:03.90		150m: 3:12.35	1:07.98	200m: 4:19.75	1:07.40	
DSQ	Sara Gomes Henriques			215210	85	Natacao de Valongo				-
	6.9 - O(A) nadador(a) não começou a executar a viragem dos 150 metros após terminar o movimento contínuo dos braços - SW 6.4									

Master Esc D

1.	Joana Margarida Gaspar		+0,77	109118	83	Nadadores dos Estoris		3:04.19	584	9,00
	50m: 42.50	42.50	100m: 1:29.12	46.62		150m: 2:17.53	48.41	200m: 3:04.19	46.66	
2.	Maria Ana Fonseca		+0,98	129912	82	Fluvial Portuense		3:24.35	427	7,00
	50m: 49.74	49.74	100m: 1:41.27	51.53		150m: 2:33.70	52.43	200m: 3:24.35	50.65	
3.	Ana Henriques Pato		+0,74	204148	83	Masters de Almada		3:25.49	420	6,00
	50m: 46.02	46.02	100m: 1:38.70	52.68		150m: 2:33.87	55.17	200m: 3:25.49	51.62	
4.	Sandra Cristina Monteiro		+0,86	207593	83	Vilacondense		3:31.60	385	5,00
	50m: 47.04	47.04	100m: 1:41.22	54.18		150m: 2:38.68	57.46	200m: 3:31.60	52.92	
5.	Ana DAlte Guedes		+0,84	121739	80	Leixoes		3:36.08	361	4,00
	50m: 49.32	49.32	100m: 1:44.84	55.52		150m: 2:41.30	56.46	200m: 3:36.08	54.78	
6.	Sara Filipa Cortez			215343	81	Masters de Almada		3:46.87	312	3,00
	50m: 56.00	56.00	100m: 1:54.43	58.43		150m: 2:55.46	1:01.03	200m: 3:46.87	51.41	
7.	Ana Rosa Silva		+0,85	133361	80	Foca Quinta da Lixa CNF		4:02.28	256	2,00
	50m: 55.03	55.03	100m: 1:57.32	1:02.29		150m: 3:03.85	1:06.53	200m: 4:02.28	58.43	
8.	Ana Maria Martins			123246	79	Sporting de Aveiro		4:05.11	247	1,00
	50m: 58.83	58.83	100m: 2:03.19	1:04.36		150m: 3:05.61	1:02.42	200m: 4:05.11	59.50	
9.	Joana Matos Nora		+0,79	217778	80	Porto		4:19.56	208	-
	50m: 1:01.33	1:01.33	100m: 2:07.62	1:06.29		150m: 3:15.87	1:08.25	200m: 4:19.56	1:03.69	

Master Esc E

1.	Gisela Barbosa Coutinho		+0,81	211764	75	Fluvial Portuense		2:54.72	756	9,00
	50m: 40.64	40.64	100m: 1:25.14	44.50		150m: 2:10.87	45.73	200m: 2:54.72	43.85	
2.	Elza Maria Carvalho		+0,97	153144	76	Fluvial Portuense		3:49.52	333	7,00
	50m: 51.87	51.87	100m: 1:50.98	59.11		150m: 2:51.40	1:00.42	200m: 3:49.52	58.12	
3.	Carla Susana Avelans			130741	75	Fluvial Portuense		3:58.57	296	6,00
	50m: 55.88	55.88	100m: 1:56.83	1:00.95		150m: 2:59.40	1:02.57	200m: 3:58.57	59.17	

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Master Esc F

1.	Patricia Diogenes Pereira	+0,77	26793	69	Nadadores dos Estoris	3:06.78	674	9,00
	50m: 42.85 42.85		100m: 1:29.90 47.05		150m: 2:18.69 48.79	200m: 3:06.78 48.09		
2.	Graca Maria Almeida	+0,81	124702	73	Leixoes	3:21.53	536	7,00
	50m: 46.22 46.22		100m: 1:37.76 51.54		150m: 2:31.22 53.46	200m: 3:21.53 50.31		
3.	Marta Sofia Costa	+0,98	206938	71	Individual ANNP	3:39.60	414	6,00
	50m: 51.07 51.07		100m: 1:46.14 55.07		150m: 2:43.10 56.96	200m: 3:39.60 56.50		
4.	Daniela Maria Palhares	+0,33	209005	71	Fluvial Portuense	3:46.03	380	5,00
	50m: 55.82 55.82		100m: 1:54.65 58.83		150m: 2:53.74 59.09	200m: 3:46.03 52.29		
5.	Isabel Maria Pinto	+0,62	207697	72	Fluvial Portuense	4:14.13	267	4,00
	50m: 1:00.21 1:00.21		100m: 2:04.62 1:04.41		150m: 3:12.28 1:07.66	200m: 4:14.13 1:01.85		
6.	Claudia Maria Matias	+0,92	209789	72	Lagoa AC	4:29.09	225	3,00
	50m: 1:02.03 1:02.03		100m: 2:11.92 1:09.89		150m: 3:23.07 1:11.15	200m: 4:29.09 1:06.02		
7.	Maria Astride Almeida		212350	72	Fluvial Portuense	4:33.45	214	2,00
	50m: 55.73 55.73		100m: 2:13.47 1:17.74		150m: 3:23.85 1:10.38	200m: 4:33.45 1:09.60		
8.	Teresa Elisabete Pereira	+0,84	213712	72	Aquatico Silves	4:45.86	188	1,00
	50m: 1:06.82 1:06.82		100m: 2:20.15 1:13.33		150m: 3:32.68 1:12.53	200m: 4:45.86 1:13.18		
9.	Fernanda Maria Santinha	+0,72	100478	72	Masters de Almada	5:16.11	139	-
	50m: 1:18.74 1:18.74		100m: 2:42.05 1:23.31		150m: 4:03.26 1:21.21	200m: 5:16.11 1:12.85		
DNS	Catarina Araujo Blanco		124701	71	Fluvial Portuense			-

Master Esc G

1.	Isabel Baptista Ferreira	+0,76	119605	67	Colegio Monte Maior	3:03.68	751	9,00
	50m: 42.69 42.69		100m: 1:31.26 48.57		150m: 2:18.50 47.24	200m: 3:03.68 45.18		
2.	Ana Paula Goncalves	+0,78	215679	65	Masters de Almada	3:19.54	586	7,00
	50m: 45.22 45.22		100m: 1:37.15 51.93		150m: 2:29.62 52.47	200m: 3:19.54 49.92		
3.	Paula Alexandra Palhares	+0,91	212331	66	Fluvial Portuense	3:20.46	578	6,00
	50m: 47.03 47.03		100m: 1:37.39 50.36		150m: 2:29.82 52.43	200m: 3:20.46 50.64		
4.	Maria Manuel Friaes	+0,87	204549	65	Porto	3:39.97	437	5,00
	50m: 51.84 51.84		100m: 1:50.08 58.24		150m: 2:48.51 58.43	200m: 3:39.97 51.46		
5.	Helena Maria Cardoso		205207	66	Fluvial Portuense	4:21.30	261	4,00
	50m: 1:03.23 1:03.23		100m: 2:12.52 1:09.29		150m: 3:19.36 1:06.84	200m: 4:21.30 1:01.94		
6.	Violante Isabel Ribeiro	+0,99	124926	67	Alges	4:36.48	220	3,00
	50m: 1:04.18 1:04.18		100m: 2:14.16 1:09.98		150m: 3:27.61 1:13.45	200m: 4:36.48 1:08.87		
7.	Muriel Graham		202136	65	Fluvial Portuense	4:42.65	206	2,00
	50m: 1:01.42 1:01.42		100m: 2:15.49 1:14.07		150m: 3:30.77 1:15.28	200m: 4:42.65 1:11.88		
8.	Margarida Maria Ribeiro		131782	64	Fluvial Portuense	6:16.59	87	1,00
	50m: 1:27.22 1:27.22		100m: 3:04.13 1:36.91		150m: 4:38.55 1:34.42	200m: 6:16.59 1:38.04		
DSQ	Rosalina Bessa Babo	+0,35	108036	67	Porto			-
	4.2 - Falsa Partida – SW 4.4							

Master Esc H

1.	Maria Teresa Andrade	+0,69	203942	63	Porto	3:32.11	662	9,00
	Rec Nac Esc H							
	50m: 49.19 49.19		100m: 1:43.49 54.30		150m: 2:38.76 55.27	200m: 3:32.11 53.35		
2.	Michelle Annette Moore	+0,92	212338	60	Obidos	3:59.47	460	7,00
	50m: 52.02 52.02		100m: 1:52.00 59.98		150m: 2:56.05 1:04.05	200m: 3:59.47 1:03.42		
3.	Vivien Patricia Silva	+0,98	212365	62	Porto	4:02.46	443	6,00
	50m: 58.33 58.33		100m: 2:01.00 1:02.67		150m: 3:04.35 1:03.35	200m: 4:02.46 58.11		

Prova 17, Femin., 200m Costas, Master Esc H

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
4.	Cristina Maria Oliveira 50m: 1:00.04	1:00.04	217798	60	Natacao de Valongo 150m: 3:25.49 1:14.18	4:31.43 200m: 4:31.43	316	5,00
5.	Maria Giraldo Wernicke 50m: 1:15.98	1:15.98	210543	60	Fluvial Portuense 150m: 3:51.88 1:19.91	5:03.53 200m: 5:03.53	226	4,00
6.	Maria Teresa Pinto 50m: 1:18.83	+0,98 1:18.83	120500	61	Leixoes 150m: 4:06.01 1:21.59	5:18.39 200m: 5:18.39	195	3,00
DNS	Maria Luisa Oliveira		11731	61	Academica de Coimbra			-

Master Esc I

1.	Susan Ann Warnok 50m: 55.77	55.77	+0,73 216222	56	Obidos 150m: 3:09.27 1:07.61	4:14.84 200m: 4:14.84	449	9,00
2.	Ana Paula Almeida 50m: 1:02.38	1:02.38	+0,98 153497	58	Fluvial Portuense 150m: 3:22.58 1:09.85	4:25.46 200m: 4:25.46	397	7,00
3.	Maria Josefina Cruz 50m: 1:31.48	1:31.48	105522	55	Ginasio Clube 150m: 4:54.76 1:42.89	6:28.06 200m: 6:28.06	127	6,00
4.	Maria Carmo Rocha 50m: 1:38.99	1:38.99	+0,79 118886	54	Leixoes 150m: 5:18.41 1:47.35	7:02.37 200m: 7:02.37	98	5,00

Master Esc J

1.	Ana Maria Ferreira Rec Nac Esc J 50m: 1:05.21	1:05.21	+0,95 100434	50	Alges 150m: 3:17.88 1:06.41	4:21.54 200m: 4:21.54	455	9,00
2.	Isabel Costa Monteiro 50m: 1:12.04	1:12.04	+0,94 11174	53	Academica de Coimbra 150m: 3:48.68 1:18.63	5:00.02 200m: 5:00.02	301	7,00
3.	Maria Helena Hessel 50m: 1:17.30	1:17.30	219554	49	Fluvial Portuense 150m: 4:04.51 1:24.35	5:17.95 200m: 5:17.95	253	6,00

Master Esc L

1.	Nair Gomes Sa 50m: 1:20.93	1:20.93	13404	39	Nadadores dos Estoris 150m: 4:19.85 1:29.83	5:41.08 200m: 5:41.08	322	9,00
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