

Prova 30  
09/07/2023

Femin., 400m Livres

25 anos e mais velhos  
Resultados

RN A(25-29)	4:57.88	Carolina Santos Silva	CNMAIA	Eindhoven (NED)	02/09/2013
RN B(30-34)	4:39.43	Ana Paula Grilo	INATEL	Riccione (ITA)	20/06/2003
RN C(35-39)	4:35.74	Ana Paula Grilo	UDCA	Stanford (USA)	10/08/2006
RN D(40-44)	5:02.98	Susana Clara Gomes	CNF	Gwangju (KOR)	18/08/2019
RN E(45-49)	5:24.65	Patricia Diogenes Pereira	SAD	Coimbra	17/01/2016
RN F(50-54)	5:30.55	Ines Maria Rothes	CFP	S. Joao da Madeira	07/07/2023
RN G(55-59)	5:48.63	Elena Nikolaevna Kraeva	ADRCIMM	Loulé	10/07/2016
RN H(60-64)	6:14.83	Ana Maria Ferreira	SAD	Riccione (ITA)	16/06/2012
RN I(65-69)	6:27.98	Ana Maria Ferreira	SAD	Famalicão	09/07/2017
RN J(70-74)	6:40.16	Ana Maria Ferreira	SAD	Póvoa de Varzim	22/02/2020
RN K(75-79)	7:44.23	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				

Pontos: DSV Masters 22

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
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### Master Esc A

1.	Irina Filipa Lousa		102467	95	Porto	<b>5:20.32</b>	598	9,00
	100m: 1:15.42 1:15.42	200m: 2:37.06 1:21.64	300m: 3:59.09 1:22.03	400m: 5:20.32 1:21.23				
2.	Raquel Fernandes Santos		111454	98	Masters de Almada	<b>5:32.24</b>	536	7,00
	100m: 1:17.48 1:17.48	200m: 2:43.45 1:25.97	300m: 4:07.87 1:24.42	400m: 5:32.24 1:24.37				
3.	Flavia Daniela Goncalves		26907	96	Sporting Caminha	<b>5:37.27</b>	512	6,00
	100m: 1:17.37 1:17.37	200m: 2:43.43 1:26.06	300m: 4:11.33 1:27.90	400m: 5:37.27 1:25.94				
4.	Ana Raquel Silva		104584	96	Vilacondense	<b>6:08.06</b>	394	5,00
	100m: 1:21.62 1:21.62	200m: 2:52.61 1:30.99	300m: 4:29.93 1:37.32	400m: 6:08.06 1:38.13				
5.	Alexia Alves Fernandes	+0,91	201754	96	Natacao de Valongo	<b>6:30.87</b>	329	4,00
	100m: 1:32.38 1:32.38	200m: 3:13.34 1:40.96	300m: 4:54.55 1:41.21	400m: 6:30.87 1:36.32				
6.	Catarina Matias Marcelino		127055	96	Grandola Sports	<b>6:50.09</b>	285	3,00
	100m: 1:36.70 1:36.70	200m: 3:21.68 1:44.98	300m: 5:07.92 1:46.24	400m: 6:50.09 1:42.17				
7.	Marta Pimentel Cavaco		101630	94	Lagoa AC	<b>6:59.06</b>	267	2,00
	100m: 1:37.53 1:37.53	200m: 3:29.38 1:51.85	300m: 5:18.44 1:49.06	400m: 6:59.06 1:40.62				
8.	Francisca Isabel Goncalves		218666	98	Fluvial Portuense	<b>7:01.79</b>	262	1,00
	100m: 1:38.02 1:38.02	200m: 3:27.77 1:49.75	300m: 5:17.78 1:50.01	400m: 7:01.79 1:44.01				

### Master Esc B

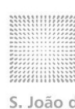
1.	Joana Aguiar Rodrigues		15401	93	Porto	<b>5:08.40</b>	698	9,00
	100m: 1:11.30 1:11.30	200m: 2:29.17 1:17.87	300m: 3:47.86 1:18.69	400m: 5:08.40 1:20.54				
2.	Alexandra Sofia Monteiro		15415	92	Vila DEste/Gaia	<b>5:15.03</b>	655	7,00
	100m: 1:10.73 1:10.73	200m: 2:29.18 1:18.45	300m: 3:50.86 1:21.68	400m: 5:15.03 1:24.17				
3.	Silvia Claudia Melo		15709	91	Porto	<b>5:46.65</b>	491	6,00
	100m: 1:20.76 1:20.76	200m: 2:47.95 1:27.19	300m: 4:17.22 1:29.27	400m: 5:46.65 1:29.43				
4.	Miriam Rodrigues Santos		14552	91	Masters de Almada	<b>6:04.73</b>	422	5,00
	100m: 1:21.22 1:21.22	200m: 2:54.32 1:33.10	300m: 4:31.28 1:36.96	400m: 6:04.73 1:33.45				
5.	Solange Ramalho Pereira	+0,81	101900	90	Lisboa PoolSharks	<b>6:05.36</b>	420	4,00
	100m: 1:24.48 1:24.48	200m: 2:57.52 1:33.04	300m: 4:31.33 1:33.81	400m: 6:05.36 1:34.03				
6.	Marta Isabel Jordao	+0,91	15630	91	Famalicao	<b>6:11.99</b>	398	3,00
	100m: 1:28.15 1:28.15	200m: 3:02.42 1:34.27	300m: 4:38.26 1:35.84	400m: 6:11.99 1:33.73				
7.	Patricia Rodrigues Cabrita	+0,89	212352	92	CLAC-Entroncamento	<b>6:30.85</b>	343	2,00
	100m: 1:30.04 1:30.04	200m: 3:10.48 1:40.44	300m: 4:52.95 1:42.47	400m: 6:30.85 1:37.90				
8.	Catarina Carmo Fialho		212612	92	Colegio Monte Maior	<b>6:47.22</b>	303	1,00
	100m: 1:34.21 1:34.21	200m: 3:19.90 1:45.69	300m: 5:06.36 1:46.46	400m: 6:47.22 1:40.86				

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



INSTITUTO PORTUGUÊS  
DO ESPORTE  
E JUVENTUDE I.P.



DESPORTO  
PARA TODOS  
PROGRAMA NACIONAL

PARCEIROS



Prova 30, Femin., 400m Livres

Master Esc C

1.	Joana Isabel Alves	130453	88	Individual ANNP	<b>5:29.29</b>	621	9,00
	100m: 1:17.65 1:17.65	200m: 2:41.60 1:23.95		300m: 4:06.65 1:25.05	400m: 5:29.29 1:22.64		
2.	Maria Manuela Fonseca	105769	85	Leixoes	<b>5:29.66</b>	619	7,00
	100m: 1:17.79 1:17.79	200m: 2:43.49 1:25.70		300m: 4:09.31 1:25.82	400m: 5:29.66 1:20.35		
3.	Sara Daniela Rodrigues	12281	87	Galitos / Bresimar	<b>6:02.01</b>	468	6,00
	100m: 1:24.14 1:24.14	200m: 2:55.75 1:31.61		300m: 4:28.59 1:32.84	400m: 6:02.01 1:33.42		
4.	Mariana Sarmiento Rebocho	103405	84	Fluvial Portuense	<b>6:09.14</b>	441	5,00
	100m: 1:29.19 1:29.19	200m: 3:05.09 1:35.90		300m: 4:39.54 1:34.45	400m: 6:09.14 1:29.60		
5.	Lina Orrego Arenas	211228	84	Porto	<b>6:11.44</b>	433	4,00
	100m: 1:27.47 1:27.47	200m: 3:05.09 1:37.62		300m: 4:41.84 1:36.75	400m: 6:11.44 1:29.60		
6.	Patricia Alexandra Marques	15143	87	Leixoes	<b>6:11.73</b>	432	3,00
	100m: 1:25.60 1:25.60	200m: 3:00.19 1:34.59		300m: 4:35.79 1:35.60	400m: 6:11.73 1:35.94		
7.	Laurelin Lucinda Molen	+0,89 210456	87	CCDSerta	<b>6:26.87</b>	383	2,00
	100m: 1:27.85 1:27.85	200m: 3:06.05 1:38.20		300m: 4:47.10 1:41.05	400m: 6:26.87 1:39.77		
8.	Andreia Azevedo Almeida	206080	86	Palmela Desporto	<b>8:55.65</b>	144	1,00
	100m: 2:05.05 2:05.05	200m: 4:25.40 2:20.35		300m: 6:41.65 2:16.25	400m: 8:55.65 2:14.00		
DSQ	Sara Gomes Henriques	215210	85	Natacao de Valongo			-
	4.2 - Falsa Partida – SW 4.4						
DNS	Silvia Caetano Sousa	125537	84	Porto			-

Master Esc D

1.	Ana Mafalda Oliveira	+0,82 23193	81	Natacao da Maia	<b>5:57.48</b>	494	9,00
	100m: 1:23.99 1:23.99	200m: 2:56.02 1:32.03		300m: 4:28.45 1:32.43	400m: 5:57.48 1:29.03		
2.	Ana DAlte Guedes	121739	80	Leixoes	<b>6:11.22</b>	441	7,00
	100m: 1:26.23 1:26.23	200m: 3:02.08 1:35.85		300m: 4:39.37 1:37.29	400m: 6:11.22 1:31.85		
3.	Sara Filipa Cortez	215343	81	Masters de Almada	<b>6:35.39</b>	365	6,00
	100m: 1:32.66 1:32.66	200m: 3:15.46 1:42.80		300m: 4:58.60 1:43.14	400m: 6:35.39 1:36.79		
4.	Sofia Margarida Silva	207298	83	Litoral Alentejano	<b>6:59.01</b>	307	5,00
	100m: 1:38.47 1:38.47	200m: 3:26.39 1:47.92		300m: 5:14.50 1:48.11	400m: 6:59.01 1:44.51		
5.	Isabel Carolina Neves	+0,84 202850	80	Fluvial Portuense	<b>7:04.48</b>	295	4,00
	100m: 1:40.31 1:40.31	200m: 3:30.75 1:50.44		300m: 5:21.03 1:50.28	400m: 7:04.48 1:43.45		
6.	Vanessa Mendes Inacio	215618	80	Obidos	<b>7:21.72</b>	262	3,00
	100m: 1:42.23 1:42.23	200m: 3:36.30 1:54.07		300m: 5:29.59 1:53.29	400m: 7:21.72 1:52.13		
7.	Ana Maria Martins	+0,99 123246	79	Sporting de Aveiro	<b>7:26.95</b>	253	2,00
	100m: 1:47.06 1:47.06	200m: 3:43.69 1:56.63		300m: 5:38.04 1:54.35	400m: 7:26.95 1:48.91		
8.	Joana Matos Nora	217778	80	Porto	<b>8:06.52</b>	196	1,00
	100m: 1:52.76 1:52.76	200m: 3:59.35 2:06.59		300m: 6:06.02 2:06.67	400m: 8:06.52 2:00.50		
9.	Joana Isabel Leite	130666	80	Fluvial Portuense	<b>9:47.80</b>	111	-
	100m: 2:12.74 2:12.74	200m: 4:41.37 2:28.63		300m: 7:15.83 2:34.46	400m: 9:47.80 2:31.97		
DNS	Lilia Dulce Costa	132418	81	Fluvial Portuense			-

Master Esc E

1.	Gisela Barbosa Coutinho	211764	75	Fluvial Portuense	<b>5:25.81</b>	664	9,00
	100m: 1:16.83 1:16.83	200m: 2:39.90 1:23.07		300m: 4:04.32 1:24.42	400m: 5:25.81 1:21.49		
2.	Carla Santa Barbara	+0,81 118948	75	Porto	<b>5:40.88</b>	580	7,00
	100m: 1:18.70 1:18.70	200m: 2:45.31 1:26.61		300m: 4:13.71 1:28.40	400m: 5:40.88 1:27.17		
3.	Joana Manuel Freitas	+0,91 23323	78	Fluvial Portuense	<b>5:43.32</b>	568	6,00
	100m: 1:21.18 1:21.18	200m: 2:47.36 1:26.18		300m: 4:15.27 1:27.91	400m: 5:43.32 1:28.05		

Prova 30, Femin., 400m Livres, Master Esc E

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
4.	Ana Sofia Silva 100m: 1:27.71	1:27.71	206942	78	Fluvial Portuense 300m: 4:35.29 1:33.74	<b>6:07.92</b> 400m: 6:07.92	461	5,00
5.	Maria Luz Paramio 100m: 1:32.37	1:32.37	206727	76	Naval de Ponta Delgada 300m: 4:55.18 1:42.41	<b>6:32.52</b> 400m: 6:32.52	380	4,00
6.	Ana Claudia Gomes 100m: 1:45.57	1:45.57	215283	76	Academica de Coimbra 300m: 5:37.91 1:54.66	<b>7:27.17</b> 400m: 7:27.17	257	3,00
7.	Marcia Silva Nunes 100m: 1:48.46	1:48.46	122495	75	Lagoa AC 300m: 5:44.63 1:57.82	<b>7:42.43</b> 400m: 7:42.43	232	2,00
8.	Carla Sofia Sequeira 100m: 1:51.15	1:51.15	128169	75	Colegio Monte Maior 300m: 5:54.62 2:02.82	<b>7:51.08</b> 400m: 7:51.08	219	1,00
9.	Maria Lurdes Sousa 100m: 1:55.61	1:55.61	153305	74	Desportiva de Viana 300m: 6:14.66 2:10.31	<b>8:18.05</b> 400m: 8:18.05	186	-
10.	Isabel Maria Costa 100m: 1:59.34	1:59.34	+0,99 214948	75	Naval de Ponta Delgada 300m: 6:33.69 2:15.84	<b>9:05.80</b> 400m: 9:05.80	141	-

Master Esc F

1.	Ines Maria Rothes <i>Rec Nac Esc F</i> 100m: 1:16.07	1:16.07	124731	73	Fluvial Portuense 300m: 4:04.18 1:24.47	<b>5:28.36</b> 400m: 5:28.36	677	9,00
2.	Carla Patricia Telo 100m: 1:21.75	1:21.75	+0,90 133411	71	Naval do Funchal 300m: 4:19.09 1:28.08	<b>5:46.75</b> 400m: 5:46.75	574	7,00
3.	Maria Teresa Brandao 100m: 1:22.65	1:22.65	108037	69	Fluvial Portuense 300m: 4:22.37 1:30.98	<b>5:52.12</b> 400m: 5:52.12	549	6,00
4.	Daniela Maria Palhares 100m: 1:33.82	1:33.82	+0,94 209005	71	Fluvial Portuense 300m: 4:59.53 1:42.67	<b>6:38.51</b> 400m: 6:38.51	378	5,00
5.	Maria Manuela Ferreira 100m: 1:32.61	1:32.61	+0,90 130114	70	Vitoria Guimaraes 300m: 5:04.54 1:47.21	<b>6:48.03</b> 400m: 6:48.03	352	4,00
6.	Catarina Bayer Castro 100m: 1:36.76	1:36.76	127874	73	Fluvial Portuense 300m: 5:06.76 1:46.97	<b>6:53.19</b> 400m: 6:53.19	339	3,00
7.	Cristina Nicoleta Lipciuc 100m: 1:43.56	1:43.56	+0,99 215964	73	Braga 300m: 5:39.61 1:58.61	<b>7:34.15</b> 400m: 7:34.15	255	2,00
8.	Maria Paula Santos 100m: 1:55.86	1:55.86	215339	71	Natacao de Valongo 300m: 6:01.41 2:02.76	<b>7:52.56</b> 400m: 7:52.56	227	1,00
9.	Susana Maria Soares 100m: 1:48.51	1:48.51	26158	70	Natacao de Valongo 300m: 5:54.28 2:03.89	<b>7:54.24</b> 400m: 7:54.24	224	-
10.	Claudia Maria Matias 100m: 1:49.70	1:49.70	209789	72	Lagoa AC 300m: 6:02.04 2:07.59	<b>8:04.86</b> 400m: 8:04.86	210	-
11.	Ana Luisa Garcia 100m: 2:02.54	2:02.54	214120	70	Leixoes 300m: 6:19.44 2:08.35	<b>8:23.24</b> 400m: 8:23.24	188	-
12.	Manuela Ribeiro Pereira 100m: 2:14.50	2:14.50	211409	71	Ba-Leiria 300m: 6:48.91 2:15.04	<b>9:00.13</b> 400m: 9:00.13	152	-
DSQ	Marta Sofia Costa 4.2 - Falsa Partida - SW 4.4		206938	71	Individual ANNP			-

Prova 30, Femin., 400m Livres

Master Esc G

1.	Isabel Baptista Ferreira <i>Rec Nac Esc G</i>	+0,81	119605	67	Colegio Monte Maior	<b>5:36.18</b>	647	9,00
	100m: 1:19.52	1:19.52	200m: 2:45.20	1:25.68	300m: 4:11.45	1:26.25	400m: 5:36.18	1:24.73
2.	Maria Fernanda Goncalves		117412	66	Porto	<b>6:22.70</b>	438	7,00
	100m: 1:27.98	1:27.98	200m: 3:06.27	1:38.29	300m: 4:45.59	1:39.32	400m: 6:22.70	1:37.11
3.	Maria Claudia Osorio		219153	64	Fluvial Portuense	<b>6:32.97</b>	405	6,00
	100m: 1:29.75	1:29.75	200m: 3:10.60	1:40.85	300m: 4:52.61	1:42.01	400m: 6:32.97	1:40.36
4.	Ana Paula Goncalves		215679	65	Masters de Almada	<b>6:42.43</b>	377	5,00
	100m: 1:30.80	1:30.80	200m: 3:18.45	1:47.65	300m: 5:04.39	1:45.94	400m: 6:42.43	1:38.04
5.	Rita Cabral Guimaraes	+0,78	104341	64	Fluvial Portuense	<b>6:42.51</b>	377	4,00
	100m: 1:36.35	1:36.35	200m: 3:20.00	1:43.65	300m: 5:02.61	1:42.61	400m: 6:42.51	1:39.90
6.	Ana Paula Sequeira		124853	68	Gafanha da Encarnacao	<b>6:49.88</b>	357	3,00
	100m: 1:33.76	1:33.76	200m: 3:18.40	1:44.64	300m: 5:05.57	1:47.17	400m: 6:49.88	1:44.31
7.	Maria Goncalves Vasconcelos		130670	64	Masters de Almada	<b>7:41.58</b>	250	2,00
	100m: 1:46.38	1:46.38	200m: 3:45.90	1:59.52	300m: 5:46.87	2:00.97	400m: 7:41.58	1:54.71
8.	Mirley Teresinha Santos		207695	64	Sporting de Espinho	<b>8:44.35</b>	170	1,00
	100m: 1:51.75	1:51.75	200m: 4:05.63	2:13.88	300m: 6:24.46	2:18.83	400m: 8:44.35	2:19.89
9.	Delfina Maria Martins		117387	66	Ginasio de Santo Tirso	<b>9:15.05</b>	143	-
	100m: 2:13.20	2:13.20	200m: 4:37.50	2:24.30	300m: 6:59.48	2:21.98	400m: 9:15.05	2:15.57
10.	Helena Maria Cardoso		205207	66	Fluvial Portuense	<b>9:15.64</b>	143	-
	100m: 2:03.60	2:03.60	200m: 4:26.78	2:23.18	300m: 6:52.82	2:26.04	400m: 9:15.64	2:22.82
11.	Maria Alexandra Dias		219156	65	Fluvial Portuense	<b>9:38.73</b>	126	-
	100m: 2:20.52	2:20.52	200m: 4:49.69	2:29.17	300m: 7:17.70	2:28.01	400m: 9:38.73	2:21.03
DNS	Patricia Reis Gerales		217882	68	Nadadores dos Estoris			-

Master Esc H

1.	Maria Margarida Urbano		11355	63	Academica de Coimbra	<b>6:54.33</b>	596	9,00
	100m: 1:38.98	1:38.98	200m: 3:23.20	1:44.22	300m: 5:09.88	1:46.68	400m: 6:54.33	1:44.45
2.	Maria Santos Fernandes		105263	62	Leixoes	<b>7:00.87</b>	569	7,00
	100m: 1:37.76	1:37.76	200m: 3:25.09	1:47.33	300m: 5:12.79	1:47.70	400m: 7:00.87	1:48.08
3.	Maria Azucena Canora Marin		214254	60	Leixoes	<b>7:22.48</b>	489	6,00
	100m: 1:42.46	1:42.46	200m: 3:36.08	1:53.62	300m: 5:32.05	1:55.97	400m: 7:22.48	1:50.43
4.	Maria Madalena Caninas		108658	63	Masters de Almada	<b>7:29.88</b>	465	5,00
	100m: 1:44.80	1:44.80	200m: 3:40.44	1:55.64	300m: 5:37.52	1:57.08	400m: 7:29.88	1:52.36
5.	Maria Luisa Oliveira		11731	61	Academica de Coimbra	<b>7:47.47</b>	415	4,00
	100m: 1:48.14	1:48.14	200m: 3:50.92	2:02.78	300m: 5:51.55	2:00.63	400m: 7:47.47	1:55.92
6.	Maria Manuela Neto		102090	62	Natacao da Maia	<b>7:51.89</b>	403	3,00
	100m: 1:53.19	1:53.19	200m: 3:55.17	2:01.98	300m: 5:55.30	2:00.13	400m: 7:51.89	1:56.59

Master Esc I

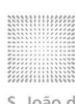
1.	Maria Teresa Oliveira		10538	57	Academica de Coimbra	<b>7:17.44</b>	560	9,00
	100m: 1:45.59	1:45.59	200m: 3:40.37	1:54.78	300m: 5:32.00	1:51.63	400m: 7:17.44	1:45.44
2.	Rosa Maria Cardoso		216582	56	Fluvial Portuense	<b>10:01.06</b>	215	7,00
	100m: 2:11.63	2:11.63	200m: 4:44.29	2:32.66	300m: 7:24.35	2:40.06	400m: 10:01.06	2:36.71
DNS	Maria Josefina Cruz		105522	55	Ginasio Clube			-

Prova 30, Femin., 400m Livres

Master Esc J

1.	Ana Maria Ferreira				100434	50	Alges			<b>6:56.19</b>	753	9,00
	100m:	1:38.14	1:38.14	200m:	3:25.46	1:47.32	300m:	5:12.98	1:47.52	400m:	6:56.19	1:43.21
2.	Márlia Laura Silva				131783	52	Fluvial Portuense			<b>10:25.43</b>	222	7,00
	100m:	2:34.51	2:34.51	200m:	5:14.30	2:39.79	300m:	7:53.94	2:39.64	400m:	10:25.43	2:31.49

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