

Prova 36 09/07/2023	Femin., 100m Bruços			25 anos e mais velhos Resultados		
RN A(25-29)	1:16.62	Joana Marques Maia	GCST	Reguengos de Monsaraz	21/07/2019	
RN B(30-34)	1:14.95	Isabel Maria Figueira	CNFA	Cádiz (ESP)	17/09/2009	
RN C(35-39)	1:16.61	Isabel Maria Figueira	CNFA	Loulé	15/07/2018	
RN D(40-44)	1:15.32	Isabel Maria Figueira	CNFA	Reguengos de Monsaraz	21/07/2019	
RN E(45-49)	1:30.47	Amelia Ponte Galhardo	CCDCML	Cádiz (ESP)	17/09/2009	
RN F(50-54)	1:32.30	Maria Ines Cunha	CGA	Porto	20/05/2023	
RN G(55-59)	1:32.54	Sarah Coutts	ANE	Reguengos de Monsaraz	10/07/2022	
RN H(60-64)	1:41.35	Maria Isabel Torres	AAC	Reguengos de Monsaraz	10/07/2022	
RN I(65-69)	1:46.89	Ana Moura Relvas	AAC	Reguengos de Monsaraz	10/07/2022	
RN J(70-74)	1:50.98	Luisa Bessone Basto	SAD	Budapeste (HUN)	15/08/2017	
RN K(75-79)	1:58.05	Luisa Bessone Basto	SAD	Setúbal	09/06/2019	
RN L(80-84)	2:51.86	Nair Gomes Sa	ANE	Reguengos de Monsaraz	21/07/2019	
RN M(85-89)	59:00.00	start				
RN N(90-94)	59:00.00					

Pontos: DSV Masters 22

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
Master Esc A								
1.	Pauline Ringue	+0,79	216323	97	Naval do Funchal	1:23.13	659	9,00
	50m: 38.22 38.22	100m: 1:23.13 44.91						
2.	Miriam Natacha Alves	+0,81	105873	97	Leixoes	1:25.40	608	7,00
	50m: 39.53 39.53	100m: 1:25.40 45.87						
3.	Mafalda Alexandra Henriques	+0,76	105308	98	Colegio Monte Maior	1:28.96	538	6,00
	50m: 40.71 40.71	100m: 1:28.96 48.25						
4.	Ana Catarina Teixeira	+0,97	18137	95	Foca Quinta da Lixa CNF	1:35.18	439	5,00
	50m: 43.99 43.99	100m: 1:35.18 51.19						
5.	Patricia Sousa Paulo	+0,74	25429	96	Nautico de Leiria	1:35.31	437	4,00
	50m: 44.61 44.61	100m: 1:35.31 50.70						
6.	Filipa Oliveira Andrade	+0,90	110582	97	Galitos / Bresimar	1:39.11	389	3,00
	50m: 47.14 47.14	100m: 1:39.11 51.97						

Master Esc B

1.	Ana Lucia Castro	+0,84	102795	92	Feirense	1:26.20	582	9,00
	50m: 39.99 39.99	100m: 1:26.20 46.21						
2.	Patricia Fonseca Silva	+0,83	13374	93	Porto	1:28.37	540	7,00
	50m: 41.21 41.21	100m: 1:28.37 47.16						
3.	Joana Filipa Lamas	+0,89	13368	92	Feirense	1:29.42	521	6,00
	50m: 40.88 40.88	100m: 1:29.42 48.54						
4.	Maria Joao Naia	+0,89	12586	91	Estarreja/PROZINCO	1:38.77	387	5,00
	50m: 44.65 44.65	100m: 1:38.77 54.12						
5.	Diana Maria Espinheira		103996	92	Feirense	1:39.17	382	4,00
	50m: 45.44 45.44	100m: 1:39.17 53.73						
6.	Ana Rita Sa		216754	91	Estarreja/PROZINCO	1:42.72	344	3,00
	50m: 47.95 47.95	100m: 1:42.72 54.77						
7.	Patricia Rodrigues Cabrita	+0,83	212352	92	CLAC-Entroncamento	1:46.41	309	2,00
	50m: 49.81 49.81	100m: 1:46.41 56.60						
8.	Oksana Kurtash	+0,94	218902	91	Sao Joao Ver	2:07.76	178	1,00
	50m: 1:00.31 1:00.31	100m: 2:07.76 1:07.45						

Prova 36, Femin., 100m Bruços

Master Esc C

1.	Maria Sofia Martins			124662	84	Fluvial Portuense	1:22.11	690	9,00
	50m:	39.21	39.21	100m:	1:22.11				
2.	Joana Pereira Barbara			+0,77	13948	Masters de Almada	1:32.03	490	7,00
	50m:	43.18	43.18	100m:	1:32.03				
3.	Ana Filipa Bastos			+0,77	218732	Vila DEste/Gaia	1:32.40	484	6,00
	50m:	43.56	43.56	100m:	1:32.40				
4.	Patricia Alexandra Marques			+0,83	15143	Leixoes	1:33.06	474	5,00
	50m:	44.91	44.91	100m:	1:33.06				
5.	Laurelin Lucinda Molen			+0,88	210456	CCDSerta	1:40.10	381	4,00
	50m:	47.94	47.94	100m:	1:40.10				
6.	Elisabete Botelho Franco				219646	Gesloures	1:48.25	301	3,00
	50m:	52.21	52.21	100m:	1:48.25				
7.	Rita Fernandes Pascoal				213206	Ba-Leiria	1:50.17	285	2,00
	50m:	51.42	51.42	100m:	1:50.17				
8.	Susana Pereira Lory			+0,87	130673	Masters de Almada	1:58.57	229	1,00
	50m:	56.47	56.47	100m:	1:58.57				

Master Esc D

1.	Joana Isabel Cunha			117125	80	Galitos / Bresimar	1:30.01	621	9,00
	50m:	42.56	42.56	100m:	1:30.01				
2.	Ana Sousa Caldas			+0,81	219409	Vilacondense	1:33.16	560	7,00
	50m:	42.79	42.79	100m:	1:33.16				
3.	Rute Lourenco Coimbra			218689	79	Gafanha da Encarnacao	1:33.43	555	6,00
	50m:	44.28	44.28	100m:	1:33.43				
4.	Inez Correa Sa			+0,93	215609	Lagoa AC	1:39.36	461	5,00
	50m:	45.86	45.86	100m:	1:39.36				
5.	Dominika Litomiska			205574	80	Naval de Peniche	1:43.98	403	4,00
	50m:	47.30	47.30	100m:	1:43.98				
6.	Ines Silva Carvalho			+0,92	212606	Fluvial Portuense	1:51.13	330	3,00
	50m:	53.48	53.48	100m:	1:51.13				
7.	Rita Verdial Ribeiro			217291	79	Porto	1:53.57	309	2,00
	50m:	54.73	54.73	100m:	1:53.57				
8.	Joana Matos Nora			217778	80	Porto	1:53.73	308	1,00
	50m:	54.27	54.27	100m:	1:53.73				
9.	Sara Filipa Cortez			215343	81	Masters de Almada	1:54.38	302	-
	50m:	55.21	55.21	100m:	1:54.38				
10.	Joana Isabel Leite			130666	80	Fluvial Portuense	2:05.80	227	-
	50m:	1:00.52	1:00.52	100m:	2:05.80				
11.	Sonia Luzia Rodrigues			217758	81	Ba-Leiria	2:18.54	170	-
	50m:	1:05.55	1:05.55	100m:	2:18.54				
12.	Carla Sofia Moutinho			216755	80	Estarreja/PROZINCO	3:07.56	68	-
	50m:	1:27.49	1:27.49	100m:	3:07.56				

Prova 36, Femin., 100m Bruços

Master Esc E

1.	Joana Manuel Freitas		+0,91	23323	78	Fluvial Portuense	1:32.41	651	9,00
	50m: 43.24	43.24	100m: 1:32.41	49.17					
2.	Elza Maria Carvalho			153144	76	Fluvial Portuense	1:35.85	584	7,00
	50m: 43.93	43.93	100m: 1:35.85	51.92					
3.	Joana Margarida Cavaleiro		+0,92	209719	78	Ginasio Figueirense	1:39.35	524	6,00
	50m: 46.14	46.14	100m: 1:39.35	53.21					
4.	Ana Sofia Silva			206942	78	Fluvial Portuense	1:39.85	516	5,00
	50m: 47.52	47.52	100m: 1:39.85	52.33					
5.	Carla Susana Avelans		+0,97	130741	75	Fluvial Portuense	1:40.00	514	4,00
	50m: 47.78	47.78	100m: 1:40.00	52.22					
6.	Elsa Maria Fumega		+0,94	119665	78	Leixoes	1:40.23	510	3,00
	50m: 46.89	46.89	100m: 1:40.23	53.34					
7.	Paula Alexandra Rodrigues		+0,86	215263	74	Lisboa PoolSharks	1:41.00	499	2,00
	50m: 48.13	48.13	100m: 1:41.00	52.87					
8.	Alexandra Maria Jorge		+0,82	131907	76	Litoral Alentejano	1:43.58	462	1,00
	50m: 50.53	50.53	100m: 1:43.58	53.05					
9.	Rita Rijo Silva			131505	75	Colegio Monte Maior	1:55.31	335	-
	50m: 52.69	52.69	100m: 1:55.31	1:02.62					
10.	Ana Isabel Costa			218516	75	Lagoa AC	1:59.57	300	-
	50m: 56.49	56.49	100m: 1:59.57	1:03.08					
11.	Maria Lurdes Sousa			153305	74	Desportiva de Viana	2:01.11	289	-
	50m: 59.39	59.39	100m: 2:01.11	1:01.72					
12.	Maria Rosa Serra			205535	77	Naval Povoense	2:01.74	285	-
	50m: 56.10	56.10	100m: 2:01.74	1:05.64					
13.	Isilda Maria Goncalves		+0,99	112648	76	Nadadores dos Estoris	2:03.09	275	-
	50m: 57.72	57.72	100m: 2:03.09	1:05.37					
14.	Claudia Generosa Gomes		+0,93	206949	75	Feirense	2:03.20	275	-
	50m: 57.11	57.11	100m: 2:03.20	1:06.09					
15.	Marcia Silva Nunes			122495	75	Lagoa AC	2:04.05	269	-
	50m: 56.46	56.46	100m: 2:04.05	1:07.59					
16.	Silvia Alexandra Lourenco			205005	78	Naval de Peniche	2:12.58	220	-
	50m: 1:01.84	1:01.84	100m: 2:12.58	1:10.74					
17.	Luisa Margarida Henriques			216241	74	Alges e Agueda XXI	2:22.30	178	-
	50m: 1:07.04	1:07.04	100m: 2:22.30	1:15.26					
18.	Sandra Cristina Roma		+0,85	212003	74	Ba-Leiria	2:37.97	130	-
	50m: 1:15.37	1:15.37	100m: 2:37.97	1:22.60					

Master Esc F

1.	Maria Ines Cunha		+0,84	12628	72	Galitos / Bresimar	1:31.10	756	9,00
	Rec Nac Esc F								
	50m: 41.77	41.77	100m: 1:31.10	49.33					
2.	Filipa Margarida Ferreira		+0,93	127852	69	Fluvial Portuense	1:45.14	492	7,00
	50m: 53.26	53.26	100m: 1:45.14	51.88					
3.	Claudia Gabriela Reis			219649	70	Alges	1:49.33	437	6,00
	50m: 51.92	51.92	100m: 1:49.33	57.41					
4.	Nadia Gama Silva		+0,95	210000	73	Porto	1:55.87	367	5,00
	50m: 54.12	54.12	100m: 1:55.87	1:01.75					
5.	Susana Maria Soares			26158	70	Natacao de Valongo	1:58.22	346	4,00
	50m: 55.22	55.22	100m: 1:58.22	1:03.00					

Prova 36, Femin., 100m Bruços, Master Esc F

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
6.	Maria Astride Almeida 50m: 59.16 59.16	+1,00 100m: 1:58.61	212350	72 59.45	Fluvial Portuense	1:58.61	342	3,00
7.	Ana Luisa Garcia 50m: 58.00 58.00	+0,88 100m: 2:03.87	214120	70 1:05.87	Leixoes	2:03.87	301	2,00
8.	Manuela Ribeiro Pereira 50m: 1:02.45 1:02.45	+0,59 100m: 2:14.47	211409	71 1:12.02	Ba-Leiria	2:14.47	235	1,00
9.	Ana Maria Soares 50m: 1:05.29 1:05.29		153261	71 1:18.34	Vilacondense	2:23.63	193	-
DNS	Catarina Araujo Blanco		124701	71	Fluvial Portuense			-
DNS	Cristina Maria Martins		212345	71	Gafanha da Encarnacao			-

Master Esc G

1.	Maria Manuela Sequeira 50m: 47.20 47.20		109962	68 52.11	Gafanha da Encarnacao	1:39.31	622	9,00
2.	Maria Trigueiros Cunha 50m: 49.05 49.05		132357	64 56.56	Leixoes	1:45.61	517	7,00
3.	Maria Adriana Viseu 50m: 49.44 49.44		26830	66 57.10	Leixoes	1:46.54	503	6,00
4.	Helena Paula Carvalho 50m: 54.21 54.21	+0,62 100m: 1:54.52	17549	64 1:00.31	Sporting	1:54.52	405	5,00
5.	Carla Vale Lenzi 50m: 53.11 53.11		25647	67 1:02.98	Alges	1:56.09	389	4,00
6.	Marina Isabel Mendes 50m: 54.42 54.42		106063	68 1:02.15	Masters de Almada	1:56.57	384	3,00
7.	Maria Clara Sousa 50m: 56.34 56.34		100682	68 1:02.20	Masters de Almada	1:58.54	365	2,00
8.	Rosa Leitao Costa 50m: 57.17 57.17		132419	65 1:02.33	Foca Quinta da Lixa CNF	1:59.50	357	1,00
9.	Ana Rosa Palhares 50m: 57.10 57.10	+0,95 100m: 2:01.30	201379	65 1:04.20	Fluvial Portuense	2:01.30	341	-
10.	Maria Goncalves Vasconcelos 50m: 59.64 59.64		130670	64 1:05.94	Masters de Almada	2:05.58	307	-
11.	Paula Cristina Duarte 50m: 59.74 59.74		207732	65 1:09.01	Feirense	2:08.75	285	-
12.	Maria Alexandra Dias 50m: 1:00.48 1:00.48	+0,80 100m: 2:13.67	219156	65 1:13.19	Fluvial Portuense	2:13.67	255	-
13.	Marina Monica Silva 50m: 1:01.60 1:01.60	+0,93 100m: 2:14.72	205154	67 1:13.12	Lagoa AC	2:14.72	249	-
14.	Lucia Lima Almeida 50m: 1:04.81 1:04.81	+0,74 100m: 2:18.93	153247	64 1:14.12	Gafanha da Encarnacao	2:18.93	227	-
15.	Mirley Teresinha Santos 50m: 1:04.08 1:04.08		207695	64 1:14.90	Sporting de Espinho	2:18.98	227	-
16.	Isabel Maria Guimaraes 50m: 1:06.79 1:06.79		204632	66 1:19.61	Feirense	2:26.40	194	-

Prova 36, Femin., 100m Bruços

Master Esc H

1.	Maria Teresa Andrade <i>Rec Nac Esc H</i>	+0,69	203942	63	Porto	1:36.02	713	9,00
	50m: 44.70 44.70		100m: 1:36.02 51.32					
2.	Maria Isabel Torres		12229	60	Academica de Coimbra	1:41.87	597	7,00
	50m: 48.13 48.13		100m: 1:41.87 53.74					
3.	Maria Santos Fernandes		105263	62	Leixoes	1:51.46	456	6,00
	50m: 52.80 52.80		100m: 1:51.46 58.66					
4.	Maria Azucena Canora Marin	+0,95	214254	60	Leixoes	1:57.59	388	5,00
	50m: 55.88 55.88		100m: 1:57.59 1:01.71					
5.	Maria Teresa Correia		214529	61	Obidos	2:05.13	322	4,00
	50m: 59.42 59.42		100m: 2:05.13 1:05.71					
6.	Regina Fernanda Azevedo	+0,91	204136	59	Feirense	2:59.87	108	3,00
	50m: 1:22.73 1:22.73		100m: 2:59.87 1:37.14					

Master Esc I

1.	Ana Moura Relvas	+0,95	12124	56	Academica de Coimbra	1:48.53	575	9,00
	50m: 50.14 50.14		100m: 1:48.53 58.39					
2.	Luisa Maria Pintao		26112	54	Nadadores dos Estoris	1:56.78	461	7,00
	50m: 55.67 55.67		100m: 1:56.78 1:01.11					
3.	Susan Ann Warnok		216222	56	Obidos	2:18.81	275	6,00
	50m: 1:03.51 1:03.51		100m: 2:18.81 1:15.30					
4.	Rosa Maria Cardoso	+0,98	216582	56	Fluvial Portuense	2:22.99	251	5,00
	50m: 1:05.35 1:05.35		100m: 2:22.99 1:17.64					
5.	Maria Carmo Rocha		118886	54	Leixoes	2:29.24	221	4,00
	50m: 1:12.53 1:12.53		100m: 2:29.24 1:16.71					

Master Esc J

1.	Ana Paula Martins		108035	53	Porto	2:19.93	379	9,00
	50m: 1:05.20 1:05.20		100m: 2:19.93 1:14.73					
2.	Isabel Costa Monteiro		11174	53	Academica de Coimbra	2:21.22	369	7,00
	50m: 1:06.61 1:06.61		100m: 2:21.22 1:14.61					
3.	Marilia Laura Silva		131783	52	Fluvial Portuense	3:03.11	169	6,00
	50m: 1:31.63 1:31.63		100m: 3:03.11 1:31.48					
4.	Maria Elisabete Oliveira		211854	49	Estarreja/PROZINCO	3:11.38	148	5,00
	50m: 1:32.26 1:32.26		100m: 3:11.38 1:39.12					
5.	Maria Fatima Cabral		106203	49	Fluvial Portuense	3:56.38	78	4,00
	50m: 1:57.60 1:57.60		100m: 3:56.38 1:58.78					

Master Esc L

1.	Nair Gomes Sa		13404	39	Nadadores dos Estoris	3:17.36	179	9,00
	50m: 1:31.29 1:31.29		100m: 3:17.36 1:46.07					