

Prova 40
09/07/2023

Femin., 400m Estilos

25 anos e mais velhos
Resultados

RN A(25-29)	5:36.15	Ana Monica Eloi	CLIPTEAM	Reguengos de Monsaraz	10/07/2022
RN B(30-34)	5:28.90	Vania Soares Neves	VNC	Reguengos de Monsaraz	10/07/2022
RN C(35-39)	5:22.50	Ana Paula Grilo	UDCA	Stanford (USA)	06/08/2006
RN D(40-44)	5:32.69	Susana Clara Gomes	CNF	Reguengos de Monsaraz	20/07/2019
RN E(45-49)	5:48.52	Susana Clara Gomes	CNF	Reguengos de Monsaraz	10/07/2022
RN F(50-54)	6:26.77	Ana Paula Grilo	NDCO	Reguengos de Monsaraz	20/07/2019
RN G(55-59)	6:54.26	Elena Nikolaevna Kraeva	ADRCIMM	Famalicao	08/07/2017
RN H(60-64)	7:52.39	Ana Maria Ferreira	SAD	Loulé	30/06/2013
RN I(65-69)	7:52.16	Ana Maria Ferreira	SAD	Loulé	04/07/2015
RN J(70-74)	59:00.00	start			
RN K(75-79)	59:00.00	start			
RN L(80-84)	59:00.00	start			

Pontos: DSV Masters 22

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
Master Esc A								
1.	Ana Monica Eloi <i>Rec Nac Esc A</i>	+0,80	107038	96	CLIP Teams	5:36.12	710	9,00
	50m: 32.90 32.90	150m: 1:57.49 44.45	250m: 3:29.04 47.13	350m: 4:57.06 39.45				
	100m: 1:13.04 40.14	200m: 2:41.91 44.42	300m: 4:17.61 48.57	400m: 5:36.12 39.06				
2.	Raquel Fernandes Santos	+0,95	111454	98	Masters de Almada	6:22.08	483	7,00
	50m: 39.37 39.37	150m: 2:21.51 51.47	250m: 4:02.28 51.13	350m: 5:40.24 45.19				
	100m: 1:30.04 50.67	200m: 3:11.15 49.64	300m: 4:55.05 52.77	400m: 6:22.08 41.84				
DNS	Iris Barka		219740	98	Salesianos			-

Master Esc B

1.	Vania Soares Neves	+0,77	12380	90	Viana Natacao	5:44.75	690	9,00
	50m: 33.56 33.56	150m: 1:59.27 44.33	250m: 3:34.71 50.67	350m: 5:05.06 39.96				
	100m: 1:14.94 41.38	200m: 2:44.04 44.77	300m: 4:25.10 50.39	400m: 5:44.75 39.69				
2.	Ana Rita Lopes	+0,85	129056	92	CPCD-Povoa St Iria	6:55.80	393	7,00
	50m: 43.08 43.08	150m: 2:33.36 57.76	250m: 4:22.66 54.23	350m: 6:09.45 50.48				
	100m: 1:35.60 52.52	200m: 3:28.43 55.07	300m: 5:18.97 56.31	400m: 6:55.80 46.35				
3.	Solange Ramalho Pereira	+0,85	101900	90	Lisboa PoolSharks	6:58.22	386	6,00
	50m: 42.92 42.92	150m: 2:32.74 57.48	250m: 4:26.88 58.86	350m: 6:13.05 46.12				
	100m: 1:35.26 52.34	200m: 3:28.02 55.28	300m: 5:26.93 1:00.05	400m: 6:58.22 45.17				

Master Esc C

1.	Maria Sofia Martins	+0,93	124662	84	Fluvial Portuense	6:07.53	673	9,00
	50m: 37.55 37.55	150m: 2:15.42 52.22	250m: 3:53.40 47.99	350m: 5:25.43 43.41				
	100m: 1:23.20 45.65	200m: 3:05.41 49.99	300m: 4:42.02 48.62	400m: 6:07.53 42.10				
2.	Maria Manuela Fonseca	+0,89	105769	85	Leixoes	6:34.27	545	7,00
	50m: 39.84 39.84	150m: 2:21.40 53.31	250m: 4:09.33 55.98	350m: 5:51.12 44.06				
	100m: 1:28.09 48.25	200m: 3:13.35 51.95	300m: 5:07.06 57.73	400m: 6:34.27 43.15				
3.	Mariana Sarmento Rebocho	+0,97	103405	84	Fluvial Portuense	6:58.94	454	6,00
	50m: 47.12 47.12	150m: 2:39.63 59.29	250m: 4:28.99 55.74	350m: 6:16.31 48.71				
	100m: 1:40.34 53.22	200m: 3:33.25 53.62	300m: 5:27.60 58.61	400m: 6:58.94 42.63				
4.	Andreia Azevedo Almeida		206080	86	Palmela Desporto	10:29.92	133	5,00
	50m: 1:07.53 1:07.53	150m: 4:09.96 1:32.08	250m: 6:59.94 1:22.16	350m: 9:25.93 1:04.28				
	100m: 2:37.88 1:30.35	200m: 5:37.78 1:27.82	300m: 8:21.65 1:21.71	400m: 10:29.92 1:03.99				

Prova 40, Femin., 400m Estilos

Master Esc D

1.	Joana Isabel Cunha		+0,83	117125	80	Galitos / Bresimar		6:15.10	647	9,00
	50m: 37.66	37.66	150m: 2:16.05	52.04	250m: 3:59.34	52.30	350m: 5:35.91	43.30		
	100m: 1:24.01	46.35	200m: 3:07.04	50.99	300m: 4:52.61	53.27	400m: 6:15.10	39.19		
2.	Sara Filipa Cortez			215343	81	Masters de Almada		7:42.50	345	7,00
	50m: 56.66	56.66	150m: 3:03.00	1:00.77	250m: 5:05.24	1:04.76	350m: 6:58.71	49.44		
	100m: 2:02.23	1:05.57	200m: 4:00.48	57.48	300m: 6:09.27	1:04.03	400m: 7:42.50	43.79		
3.	Ana Rosa Silva			133361	80	Foca Quinta da Lixa CNF		7:45.58	338	6,00
	50m: 47.99	47.99	150m: 2:55.34	1:05.15	250m: 5:01.93	1:01.93	350m: 6:57.29	53.44		
	100m: 1:50.19	1:02.20	200m: 4:00.00	1:04.66	300m: 6:03.85	1:01.92	400m: 7:45.58	48.29		
4.	Isabel Carolina Neves			202850	80	Fluvial Portuense		8:25.22	264	5,00
	50m: 53.26	53.26	150m: 3:07.09	1:07.37	250m: 5:23.53	1:10.77	350m: 7:33.60	55.81		
	100m: 1:59.72	1:06.46	200m: 4:12.76	1:05.67	300m: 6:37.79	1:14.26	400m: 8:25.22	51.62		

Master Esc E

1.	Maria Luisa Costa		+0,97	119218	74	Fluvial Portuense		6:15.99	692	9,00
	50m: 36.45	36.45	150m: 2:11.57	52.19	250m: 3:58.30	54.69	350m: 5:35.52	41.10		
	100m: 1:19.38	42.93	200m: 3:03.61	52.04	300m: 4:54.42	56.12	400m: 6:15.99	40.47		
2.	Sandra Santa Barbara		+0,92	104504	75	Ginasio de Santo Tirso		7:39.09	380	7,00
	50m: 49.55	49.55	150m: 2:51.40	1:00.89	250m: 4:52.65	1:00.92	350m: 6:49.05	52.42		
	100m: 1:50.51	1:00.96	200m: 3:51.73	1:00.33	300m: 5:56.63	1:03.98	400m: 7:39.09	50.04		
3.	Carla Susana Avelans			130741	75	Fluvial Portuense		7:55.34	342	6,00
	50m: 51.93	51.93	150m: 2:57.07	1:04.58	250m: 5:02.52	1:02.27	350m: 6:59.61	57.73		
	100m: 1:52.49	1:00.56	200m: 4:00.25	1:03.18	300m: 6:01.88	59.36	400m: 7:55.34	55.73		
4.	Ana Claudia Gomes			215283	76	Academica de Coimbra		7:57.52	338	5,00
	50m: 49.94	49.94	150m: 2:58.65	1:07.95	250m: 5:06.17	1:04.84	350m: 7:03.48	54.92		
	100m: 1:50.70	1:00.76	200m: 4:01.33	1:02.68	300m: 6:08.56	1:02.39	400m: 7:57.52	54.04		

DSQ Ana Sofia Silva 206942 78 Fluvial Portuense -
9.4 - O(A) nadador(a) não executou a viragem dos 150 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4

Master Esc F

1.	Maria Teresa Brandao			108037	69	Fluvial Portuense		7:10.52	467	9,00
	50m: 44.93	44.93	150m: 2:43.03	59.82	250m: 4:42.46	59.89	350m: 6:27.51	44.62		
	100m: 1:43.21	58.28	200m: 3:42.57	59.54	300m: 5:42.89	1:00.43	400m: 7:10.52	43.01		
2.	Catarina Bayer Castro			127874	73	Fluvial Portuense		7:59.91	337	7,00
	50m: 51.18	51.18	150m: 2:53.24	1:02.60	250m: 5:07.53	1:10.51	350m: 7:08.34	51.55		
	100m: 1:50.64	59.46	200m: 3:57.02	1:03.78	300m: 6:16.79	1:09.26	400m: 7:59.91	51.57		
3.	Isabel Maria Pinto		+0,82	207697	72	Fluvial Portuense		9:17.77	214	6,00
	50m: 1:04.47	1:04.47	150m: 3:33.41	1:13.96	250m: 6:02.47	1:16.93	350m: 8:21.75	1:01.16		
	100m: 2:19.45	1:14.98	200m: 4:45.54	1:12.13	300m: 7:20.59	1:18.12	400m: 9:17.77	56.02		

Master Esc G

1.	Maria Manuela Sequeira			109962	68	Gafanha da Encarnacao		7:47.68	382	9,00
	50m: 50.78	50.78	150m: 3:01.88	1:05.14	250m: 5:00.26	59.06	350m: 6:54.43	54.85		
	100m: 1:56.74	1:05.96	200m: 4:01.20	59.32	300m: 5:59.58	59.32	400m: 7:47.68	53.25		
2.	Ana Paula Sequeira		+0,80	124853	68	Gafanha da Encarnacao		8:30.91	293	7,00
	50m: 59.13	59.13	150m: 3:25.40	1:08.48	250m: 5:37.03	1:03.98	350m: 7:38.64	53.59		
	100m: 2:16.92	1:17.79	200m: 4:33.05	1:07.65	300m: 6:45.05	1:08.02	400m: 8:30.91	52.27		
3.	Ana Rosa Palhares			201379	65	Fluvial Portuense		8:53.65	257	6,00
	50m: 1:02.97	1:02.97	150m: 3:25.35	1:11.59	250m: 5:42.36	1:09.52	350m: 7:57.06	1:04.26		
	100m: 2:13.76	1:10.79	200m: 4:32.84	1:07.49	300m: 6:52.80	1:10.44	400m: 8:53.65	56.59		

Prova 40, Femin., 400m Estilos

Master Esc H

1. Maria Margarida Urbano				11355	63	Academica de Coimbra		7:53.58	527	9,00
50m: 53.20	53.20		150m: 3:00.88	1:06.61		250m: 5:09.96	1:00.29	350m: 7:01.73	51.29	
100m: 1:54.27	1:01.07		200m: 4:09.67	1:08.79		300m: 6:10.44	1:00.48	400m: 7:53.58	51.85	

Master Esc I

1. Maria Teresa Oliveira			+0,99	10538	57	Academica de Coimbra		8:46.41	473	9,00
50m: 1:00.76	1:00.76		150m: 3:33.80	1:16.81		250m: 5:52.06	1:05.31	350m: 7:56.78	56.24	
100m: 2:16.99	1:16.23		200m: 4:46.75	1:12.95		300m: 7:00.54	1:08.48	400m: 8:46.41	49.63	

ORGANIZAÇÃO



S. João da Madeira
Câmara Municipal

PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



DESPORTO
PARATODOS
PROGRAMA NACIONAL

PARCEIROS

