

Prova 5
07/07/2023

Femin., 200m Bruços

25 anos e mais velhos
Resultados

RN A(25-29)	2:43.10	Joana Marques Maia	INDANP	Loulé	08/07/2016
RN B(30-34)	2:46.69	Joana Marques Maia	SCB	Famalicão	09/07/2021
RN C(35-39)	2:57.34	Isabel Maria Figueira	LDC	Évora	04/07/2014
RN D(40-44)	2:49.62	Isabel Maria Figueira	CNFA	Gwangju (KOR)	17/08/2019
RN E(45-49)	3:22.77	Amelia Ponte Galhardo	CCDCML	Cádiz (ESP)	19/09/2009
RN F(50-54)	3:21.73	Maria Helena Carmo	SAD	Loulé	13/07/2018
RN G(55-59)	3:24.56	Sarah Coutts	ANE	Reguengos de Monsaraz	08/07/2022
RN H(60-64)	3:52.77	Maria Santos Fernandes	LSC	Reguengos de Monsaraz	08/07/2022
RN I(65-69)	4:03.18	Ana Moura Relvas	AAC	Rades (TUN)	11/05/2023
RN J(70-74)	4:06.67	Luisa Bessone Basto	SAD	Budapeste (HUN)	19/08/2017
RN K(75-79)	4:30.77	Luisa Bessone Basto	SAD	Reguengos de Monsaraz	08/07/2022
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.	Miriam Natacha Alves	+0,89	105873	97	Leixoes	3:16.12	501	9,00
	50m: 43.57 43.57	100m: 1:32.20 48.63	150m: 2:23.91 51.71	200m: 3:16.12 52.21				
2.	Raquel Fernandes Santos	+0,93	111454	98	Masters de Almada	3:16.59	497	7,00
	50m: 44.89 44.89	100m: 1:34.98 50.09	150m: 2:25.70 50.72	200m: 3:16.59 50.89				
3.	Daniela Ferreira Pinheiro	+0,74	215790	94	Alcobaca	3:17.47	491	6,00
	50m: 43.36 43.36	100m: 1:32.84 49.48	150m: 2:24.99 52.15	200m: 3:17.47 52.48				
4.	Alexia Alves Fernandes	+0,91	201754	96	Natacao de Valongo	3:39.67	356	5,00
	50m: 49.93 49.93	100m: 1:46.07 56.14	150m: 2:43.25 57.18	200m: 3:39.67 56.42				
DNS	Iris Barka		219740	98	Salesianos			-

Master Esc B

1.	Ana Lucia Castro	+0,90	102795	92	Feirense	3:10.38	586	9,00
	50m: 41.72 41.72	100m: 1:30.00 48.28	150m: 2:19.47 49.47	200m: 3:10.38 50.91				
2.	Patricia Fonseca Silva	+0,83	13374	93	Porto	3:10.49	585	7,00
	50m: 43.88 43.88	100m: 1:32.51 48.63	150m: 2:21.59 49.08	200m: 3:10.49 48.90				
3.	Diana Maria Espinheira		103996	92	Feirense	3:40.21	379	6,00
	50m: 48.01 48.01	100m: 1:40.92 52.91	150m: 2:39.84 58.92	200m: 3:40.21 1:00.37				
4.	Ana Rita Sa	+0,84	216754	91	Estarreja/PROZINCO	3:45.05	355	5,00
	50m: 50.38 50.38	100m: 1:46.45 56.07	150m: 2:45.83 59.38	200m: 3:45.05 59.22				
5.	Anastacia Silva Canto		218437	89	Masters de Almada	3:46.08	350	4,00
	50m: 50.51 50.51	100m: 1:47.11 56.60	150m: 2:46.21 59.10	200m: 3:46.08 59.87				
6.	Ana Filipa Ribeiro		217779	92	Porto	4:50.22	165	3,00
	50m: 1:06.12 1:06.12	100m: 2:20.88 1:14.76	150m: 3:38.52 1:17.64	200m: 4:50.22 1:11.70				

Master Esc C

1.	Maria Sofia Martins	+0,91	124662	84	Fluvial Portuense	3:02.77	657	9,00
	50m: 42.16 42.16	100m: 1:28.58 46.42	150m: 2:15.95 47.37	200m: 3:02.77 46.82				
2.	Patricia Alexandra Marques	+0,89	15143	87	Leixoes	3:21.85	488	7,00
	50m: 47.03 47.03	100m: 1:38.44 51.41	150m: 2:31.04 52.60	200m: 3:21.85 50.81				
3.	Ana Filipa Bastos	+0,81	218732	86	Vila DEste/Gaia	3:27.80	447	6,00
	50m: 47.00 47.00	100m: 1:39.51 52.51	150m: 2:33.93 54.42	200m: 3:27.80 53.87				
4.	Sara Daniela Rodrigues		12281	87	Galitos / Bresimar	3:32.80	416	5,00
	50m: 47.64 47.64	100m: 1:40.54 52.90	150m: 2:36.50 55.96	200m: 3:32.80 56.30				

Prova 5, Femin., 200m Bruços, Master Esc C

Lugar	Nome	T. Reação	Licença	Ano	Clube	Tempo Final	DSV	Pts
5.	Laurelin Lucinda Molen 50m: 49.97	49.97 +0,96	210456	87	CCDSerta 150m: 2:40.70 56.00	3:35.82 200m: 3:35.82	399	4,00
6.	Susana Pereira Lory 50m: 57.61	57.61 +0,97	130673	87	Masters de Almada 150m: 3:09.29 1:06.18	4:13.58 200m: 4:13.58	246	3,00

Master Esc D

1.	Joana Isabel Cunha 50m: 44.69	44.69 +0,95	117125	80	Galitos / Bresimar 150m: 2:27.38 52.05	3:19.05 200m: 3:19.05	622	9,00
2.	Inez Correa Sa 50m: 51.49	51.49 +0,97	215609	79	Lagoa AC 150m: 2:51.70 1:01.58	3:49.18 200m: 3:49.18	407	7,00
3.	Ines Silva Carvalho 50m: 54.18	54.18 +0,96	212606	83	Fluvial Portuense 150m: 2:54.72 1:01.89	3:54.81 200m: 3:54.81	379	6,00
4.	Rita Verdial Ribeiro 50m: 54.24	54.24 +0,74	217291	79	Porto 150m: 3:02.57 1:06.72	4:09.60 200m: 4:09.60	315	5,00
5.	Ana Luis Reis 50m: 1:03.97	1:03.97 +0,96	218990	80	Fluvial Portuense 150m: 3:20.70 1:08.31	4:28.31 200m: 4:28.31	254	4,00
6.	Joana Isabel Leite 50m: 1:04.33	1:04.33 +0,96	130666	80	Fluvial Portuense 150m: 3:26.76 1:11.59	4:38.16 200m: 4:38.16	228	3,00
7.	Isabel Carolina Neves 50m: 1:06.35	1:06.35 +0,58	202850	80	Fluvial Portuense 150m: 3:34.60 1:12.78	4:43.15 200m: 4:43.15	216	2,00
8.	Sonia Luzia Rodrigues 50m: 1:06.53	1:06.53 +0,96	217758	81	Ba-Leiria 150m: 3:41.75 1:18.59	4:55.49 200m: 4:55.49	190	1,00
9.	Carla Sofia Moutinho 50m: 1:21.53	1:21.53 +0,96	216755	80	Estarreja/PROZINCO 150m: 4:31.45 1:35.85	6:03.23 200m: 6:03.23	102	-

Master Esc E

1.	Joana Manuel Freitas Rec Nac Esc E 50m: 45.91	45.91 +0,90	23323	78	Fluvial Portuense 150m: 2:29.33 51.68	3:21.02 200m: 3:21.02	614	9,00
2.	Elza Maria Carvalho 50m: 46.13	46.13 +0,89	153144	76	Fluvial Portuense 150m: 2:31.07 53.65	3:26.90 200m: 3:26.90	563	7,00
3.	Carla Susana Avelans 50m: 50.31	50.31 +0,79	130741	75	Fluvial Portuense 150m: 2:44.54 58.03	3:40.34 200m: 3:40.34	466	6,00
4.	Paula Alexandra Rodrigues 50m: 48.49	48.49 +0,85	215263	74	Lisboa PoolSharks 150m: 2:41.28 57.97	3:41.18 200m: 3:41.18	461	5,00
5.	Joana Margarida Cavaleiro 50m: 49.64	49.64 +0,96	209719	78	Ginasio Figueirense 150m: 2:45.72 59.32	3:44.53 200m: 3:44.53	441	4,00
6.	Sandra Santa Barbara 50m: 50.45	50.45 +0,86	104504	75	Ginasio de Santo Tirso 150m: 2:49.42 1:01.08	3:49.54 200m: 3:49.54	413	3,00
7.	Ana Claudia Gomes 50m: 56.78	56.78 +0,96	215283	76	Academica de Coimbra 150m: 3:00.95 1:02.99	4:01.35 200m: 4:01.35	355	2,00
8.	Ana Isabel Costa 50m: 57.46	57.46 +0,96	218516	75	Lagoa AC 150m: 3:07.53 1:06.38	4:11.58 200m: 4:11.58	313	1,00
9.	Carla Sofia Sequeira 50m: 1:03.12	1:03.12 +0,96	128169	75	Colegio Monte Maior 150m: 3:17.80 1:08.17	4:25.15 200m: 4:25.15	267	-

Prova 5, Femin., 200m Bruços

Master Esc F

1.	Maria Ines Cunha		+0,84	12628	72	Galitos / Bresimar		3:22.15	744	9,00
	50m: 43.26	43.26	100m: 1:34.27	51.01		150m: 2:27.49	53.22	200m: 3:22.15	54.66	
2.	Susana Maria Soares			26158	70	Natacao de Valongo		4:11.67	385	7,00
	50m: 57.48	57.48	100m: 2:02.30	1:04.82		150m: 3:07.09	1:04.79	200m: 4:11.67	1:04.58	
3.	Maria Astride Almeida		+0,99	212350	72	Fluvial Portuense		4:19.19	353	6,00
	50m: 1:02.47	1:02.47	100m: 2:09.58	1:07.11		150m: 3:16.83	1:07.25	200m: 4:19.19	1:02.36	
4.	Fernanda Maria Santinha			100478	72	Masters de Almada		4:27.83	320	5,00
	50m: 1:01.17	1:01.17	100m: 2:09.64	1:08.47		150m: 3:19.56	1:09.92	200m: 4:27.83	1:08.27	
5.	Manuela Ribeiro Pereira		+0,94	211409	71	Ba-Leiria		4:48.13	257	4,00
	50m: 1:07.36	1:07.36	100m: 2:20.57	1:13.21		150m: 3:35.43	1:14.86	200m: 4:48.13	1:12.70	
DNS	Catarina Araujo Blanco			124701	71	Fluvial Portuense				-

Master Esc G

1.	Maria Manuela Sequeira			109962	68	Gafanha da Encarnacao		3:39.64	640	9,00
	50m: 49.22	49.22	100m: 1:45.15	55.93		150m: 2:43.88	58.73	200m: 3:39.64	55.76	
2.	Maria Adriana Viseu		+0,95	26830	66	Leixoes		4:03.70	469	7,00
	50m: 56.66	56.66	100m: 1:59.53	1:02.87		150m: 3:01.93	1:02.40	200m: 4:03.70	1:01.77	
3.	Carla Vale Lenzi		+0,86	25647	67	Alges		4:10.75	430	6,00
	50m: 56.57	56.57	100m: 2:02.12	1:05.55		150m: 3:06.89	1:04.77	200m: 4:10.75	1:03.86	
4.	Maria Clara Sousa			100682	68	Masters de Almada		4:13.38	417	5,00
	50m: 57.04	57.04	100m: 2:00.69	1:03.65		150m: 3:06.45	1:05.76	200m: 4:13.38	1:06.93	
5.	Rosa Leitao Costa			132419	65	Foca Quinta da Lixa CNF		4:14.89	409	4,00
	50m: 57.88	57.88	100m: 2:02.45	1:04.57		150m: 3:09.49	1:07.04	200m: 4:14.89	1:05.40	
6.	Ana Rosa Palhares		+0,98	201379	65	Fluvial Portuense		4:26.24	359	3,00
	50m: 59.47	59.47	100m: 2:09.56	1:10.09		150m: 3:20.51	1:10.95	200m: 4:26.24	1:05.73	
7.	Paula Cristina Duarte			207732	65	Feirense		4:48.71	282	2,00
	50m: 1:05.68	1:05.68	100m: 2:17.98	1:12.30		150m: 3:33.30	1:15.32	200m: 4:48.71	1:15.41	
8.	Margarida Maria Ribeiro			131782	64	Fluvial Portuense		6:02.17	142	1,00
	50m: 1:23.85	1:23.85	100m: 2:58.11	1:34.26		150m: 4:34.89	1:36.78	200m: 6:02.17	1:27.28	

Master Esc H

1.	Maria Teresa Andrade		+0,80	203942	63	Porto		3:34.39	760	9,00
	Rec Nac Esc H									
	50m: 47.60	47.60	100m: 1:42.54	54.94		150m: 2:38.49	55.95	200m: 3:34.39	55.90	
2.	Maria Isabel Torres		+0,70	12229	60	Academica de Coimbra		3:53.09	591	7,00
	50m: 52.25	52.25	100m: 1:53.99	1:01.74		150m: 2:57.98	1:03.99	200m: 3:53.09	55.11	
3.	Maria Santos Fernandes			105263	62	Leixoes		4:00.69	537	6,00
	50m: 54.19	54.19	100m: 1:56.02	1:01.83		150m: 2:59.75	1:03.73	200m: 4:00.69	1:00.94	
4.	Cristina Isabel Moura			200762	63	Leixoes		4:17.30	439	5,00
	50m: 59.21	59.21	100m: 2:01.71	1:02.50		150m: 3:13.47	1:11.76	200m: 4:17.30	1:03.83	
5.	Maria Teresa Correia			214529	61	Obidos		4:25.15	401	4,00
	50m: 59.84	59.84	100m: 2:07.53	1:07.69		150m: 3:16.88	1:09.35	200m: 4:25.15	1:08.27	
6.	Gracinda Maria Machado			117386	61	Ginasio de Santo Tirso		5:18.59	231	3,00
	50m: 1:13.28	1:13.28	100m: 2:35.28	1:22.00		150m: 3:57.71	1:22.43	200m: 5:18.59	1:20.88	

Prova 5, Femin., 200m Bruços

Master Esc I

1.	Ana Moura Relvas			12124	56	Academica de Coimbra	4:07.17	586	9,00
	50m: 56.98	56.98	100m: 2:02.76	1:05.78		150m: 3:07.54	1:04.78	200m: 4:07.17	59.63
2.	Luisa Maria Pintao		+0,99	26112	54	Nadadores dos Estoris	4:07.83	581	7,00
	50m: 58.05	58.05	100m: 2:02.34	1:04.29		150m: 3:06.52	1:04.18	200m: 4:07.83	1:01.31

Master Esc J

1.	Ana Paula Martins			108035	53	Porto	5:13.79	328	9,00
	50m: 1:10.17	1:10.17	100m: 2:28.71	1:18.54		150m: 3:52.80	1:24.09	200m: 5:13.79	1:20.99
2.	Maria Fatima Cabral			106203	49	Fluvial Portuense	8:20.02	81	7,00
	50m: 1:59.89	1:59.89	100m: 4:10.86	2:10.97		150m: 6:20.69	2:09.83	200m: 8:20.02	1:59.33

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