

Prova 12  
15.06.2025 - 17:00

Femin., 100m Costas

Master (Abs)  
Resultados

|                 |         |                         |         |                  |      |
|-----------------|---------|-------------------------|---------|------------------|------|
| RN Esc A(25-29) | 1:07.01 | Filipa Mendes Pinheiro  | EDV     | Mealhada         | 2019 |
| RN Esc B(30-34) | 1:06.52 | Vania Soares Neves      | VNC     | Caldas da Rainha | 2023 |
| RN Esc C(35-39) | 1:07.57 | Vania Soares Neves      | VNC     | Torres Novas     | 2025 |
| RN Esc D(40-44) | 1:10.19 | Sofia Martiniano Afonso | CFP     | Torres Novas     | 2025 |
| RN Esc E(45-49) | 1:14.82 | Gisela Barbosa Coutinho | CFP     | Caldas da Rainha | 2024 |
| RN Esc F(50-54) | 1:17.09 | Monica Anjos Rezende    | FCP     | Mealhada         | 2019 |
| RN Esc G(55-59) | 1:19.42 | Elena Nikolaevna Kraeva | ADRCIMM | Tomar            | 2016 |
| RN Esc H(60-64) | 1:24.13 | Elena Alarcon Gamonal   | LAGAC   | Caldas da Rainha | 2023 |
| RN Esc I(65-69) | 1:42.96 | Ana Maria Ferreira      | SAD     | Sines            | 2017 |
| RN Esc J(70-74) | 1:50.20 | Ana Maria Ferreira      | SAD     | Algés            | 2023 |
| RN Esc K(75-79) | 2:08.60 | Isabel Maria Raimundo   | SAD     | Pontevedra (ESP) | 2015 |
| RN Esc L(80-84) | 2:16.56 | Nair Gomes Sa           | ANE     | Sines            | 2019 |
| RN Esc M(85-89) | 2:40.54 | Nair Gomes Sa           | ANE     | Estoril          | 2024 |

| Lugar | Nome do Nadador | Ano | Clube | Tempo Final | Pts Mas/Pts | 50m | 100m |
|-------|-----------------|-----|-------|-------------|-------------|-----|------|
|-------|-----------------|-----|-------|-------------|-------------|-----|------|

Master A (25-29)

|    |                         |    |                   |                |        |       |       |
|----|-------------------------|----|-------------------|----------------|--------|-------|-------|
| 1. | Ines Rocha Silva        | 00 | Alcobaca          | <b>1:13.57</b> | 559.00 | 36.27 | 37.30 |
| 2. | Filipa Carreira Alves   | 99 | Masters de Almada | <b>1:14.55</b> | 537.00 | 36.03 | 38.52 |
| 3. | Bruna Elisabete Paulino | 97 | Alcobaca          | <b>1:15.86</b> | 516.00 | 36.63 | 39.23 |

Master B (30-34)

|    |                       |    |                         |                |        |       |       |
|----|-----------------------|----|-------------------------|----------------|--------|-------|-------|
| 1. | Marta Garanhoto Bruno | 93 | Colegio Int Monte Maior | <b>1:25.90</b> | 359.00 | 41.84 | 44.06 |
| 2. | Rita Ferreira Jorge   | 93 | Benedita SC             | <b>1:26.62</b> | 347.00 | 42.64 | 43.98 |

Master C (35-39)

|    |                   |    |         |                |        |       |       |
|----|-------------------|----|---------|----------------|--------|-------|-------|
| 1. | Bruna Paulo Costa | 88 | Estoris | <b>1:52.76</b> | 159.00 | 53.94 | 58.82 |
|----|-------------------|----|---------|----------------|--------|-------|-------|

Master D (40-44)

|    |                    |    |                       |                |        |       |       |
|----|--------------------|----|-----------------------|----------------|--------|-------|-------|
| 1. | Ana Paris Leal     | 84 | Grp Amigos da Natacao | <b>1:18.42</b> | 529.00 | 38.27 | 40.15 |
| 2. | Sara Filipa Cortez | 81 | Masters de Almada     | <b>1:35.39</b> | 257.00 | 47.93 | 47.46 |

Master E (45-49)

|    |                            |    |                    |                |        |       |       |
|----|----------------------------|----|--------------------|----------------|--------|-------|-------|
| 1. | Claudia Baptista Domingues | 77 | Sporting de Aveiro | <b>1:34.61</b> | 319.00 | 45.72 | 48.89 |
| 2. | Ana Maria Martins          | 79 | Sporting de Aveiro | <b>1:49.59</b> | 207.00 | 54.02 | 55.57 |

Master G (55-59)

|    |                         |    |                   |                |        |       |         |
|----|-------------------------|----|-------------------|----------------|--------|-------|---------|
| 1. | Maria Clara Sousa       | 68 | Masters de Almada | <b>1:46.59</b> | 259.00 | 51.32 | 55.27   |
| 2. | Violante Isabel Ribeiro | 67 | Algés             | <b>1:59.96</b> | 177.00 | 55.94 | 1:04.02 |

Master H (60-64)

|    |                     |    |                   |                |        |       |       |
|----|---------------------|----|-------------------|----------------|--------|-------|-------|
| 1. | Ana Paula Goncalves | 65 | Masters de Almada | <b>1:35.96</b> | 429.00 | 46.97 | 48.99 |
|----|---------------------|----|-------------------|----------------|--------|-------|-------|

Master I (65-69)

|    |                   |    |                   |                |        |       |         |
|----|-------------------|----|-------------------|----------------|--------|-------|---------|
| 1. | Ana Paula Almeida | 58 | Fluvial Portuense | <b>1:58.69</b> | 239.00 | 56.49 | 1:02.20 |
|----|-------------------|----|-------------------|----------------|--------|-------|---------|

Master M (85-89)

|    |               |    |         |                |        |         |         |
|----|---------------|----|---------|----------------|--------|---------|---------|
| 1. | Nair Gomes Sa | 39 | Estoris | <b>3:16.85</b> | 149.00 | 1:37.89 | 1:38.96 |
|----|---------------|----|---------|----------------|--------|---------|---------|

Prova 12, Femin., 100m Costas

Master (Abs)

|     |                            |    |                         |                |        |         |         |
|-----|----------------------------|----|-------------------------|----------------|--------|---------|---------|
| 1.  | Ines Rocha Silva           | 00 | Alcobaca                | <b>1:13.57</b> | 559.00 | 36.27   | 37.30   |
| 2.  | Filipa Carreira Alves      | 99 | Masters de Almada       | <b>1:14.55</b> | 537.00 | 36.03   | 38.52   |
| 3.  | Bruna Elisabete Paulino    | 97 | Alcobaca                | <b>1:15.86</b> | 516.00 | 36.63   | 39.23   |
| 4.  | Ana Paris Leal             | 84 | Grp Amigos da Natacao   | <b>1:18.42</b> | 529.00 | 38.27   | 40.15   |
| 5.  | Marta Garanhoto Bruno      | 93 | Colegio Int Monte Maior | <b>1:25.90</b> | 359.00 | 41.84   | 44.06   |
| 6.  | Rita Ferreira Jorge        | 93 | Benedita SC             | <b>1:26.62</b> | 347.00 | 42.64   | 43.98   |
| 7.  | Claudia Baptista Domingues | 77 | Sporting de Aveiro      | <b>1:34.61</b> | 319.00 | 45.72   | 48.89   |
| 8.  | Sara Filipa Cortez         | 81 | Masters de Almada       | <b>1:35.39</b> | 257.00 | 47.93   | 47.46   |
| 9.  | Ana Paula Goncalves        | 65 | Masters de Almada       | <b>1:35.96</b> | 429.00 | 46.97   | 48.99   |
| 10. | Maria Clara Sousa          | 68 | Masters de Almada       | <b>1:46.59</b> | 259.00 | 51.32   | 55.27   |
| 11. | Ana Maria Martins          | 79 | Sporting de Aveiro      | <b>1:49.59</b> | 207.00 | 54.02   | 55.57   |
| 12. | Bruna Paulo Costa          | 88 | Estoris                 | <b>1:52.76</b> | 159.00 | 53.94   | 58.82   |
| 13. | Ana Paula Almeida          | 58 | Fluvial Portuense       | <b>1:58.69</b> | 239.00 | 56.49   | 1:02.20 |
| 14. | Violante Isabel Ribeiro    | 67 | Algés                   | <b>1:59.96</b> | 177.00 | 55.94   | 1:04.02 |
| 15. | Nair Gomes Sa              | 39 | Estoris                 | <b>3:16.85</b> | 149.00 | 1:37.89 | 1:38.96 |