

OPEN de Inverno para Masters  
Ponte de Sor, 29- - 30-1-2011

Prova 2 Femin., 200m Livres 25 - 89 anos  
29-01-2011 - 11:00 Resultados

RN Esc A(25-29)	2:20.19	Ana Mafalda Oliveira	CNMAIA	Ponte de Sôr	27-05-2006
RN Esc B(30-34)	2:06.50	Ana Paula Grilo	UDCA	Inatel	22-03-2003
RN Esc C(35-39)	2:07.69	Ana Paula Grilo	UDCA	Freiburg (GER)	08-05-2004
RN Esc D(40-44)	2:28.76	Helena Barros Carmo	CNCVG	Torres Novas	31-01-2009
RN Esc F(50-54)	2:37.23	Elena Nikolaevna Kraeva	CIMM	Abóboda	16-01-2011
RN Esc G(55-59)	2:50.79	Ana Maria Ferreira	INDANL	Inatel	12-04-2008
RN Esc H(60-64)	2:54.78	Ana Maria Ferreira	SAD	Abóboda	16-01-2011
RN Esc I(65-69)	4:10.68	Celia Stichini Quartin	PIMP	Mealhada	30-01-2010
RN Esc J(70-74)	5:48.44	Maria Augusta Azinheira	SFP	Lisboa	15-02-2009
RN Esc K(75-79)	59:00.00				
RN Esc L(80-84)	59:00.00				

Lugar Ano Tempo final 50m 100m 150m 200m

Master Esc A

1. Carolina Santos Silva	86	Natacao da Maia	<b>2:18.11</b>	32.18	35.10	35.55	35.28
<i>Rec Nac Esc A</i>							
2. Ana Filipa Leite	86	Academica de Coimbra	<b>2:19.31</b>	32.16	35.20	36.11	35.84
3. Catia Santos Ramalho	86	Natacao da Maia	<b>2:25.26</b>	33.36	36.25	37.17	38.48
4. Catia Marisa Valente	84	Luz e Vida	<b>2:30.53</b>	34.76	38.27	39.21	38.29
5. Raquel Sousa Gomes	85	Natacao da Maia	<b>2:33.28</b>	31.63	35.36	40.48	45.81
6. Misael Carapinha Letras	84	Masters de Almada	<b>3:40.11</b>	47.46	53.23	59.94	59.48

Master Esc B

1. Isabel Maria Figueira	79	Louletano/Loule Concelho	<b>2:15.10</b>	31.51	33.52	35.03	35.04
2. Ana Mafalda Oliveira	81	Natacao da Maia	<b>2:18.81</b>	32.82	35.31	35.47	35.21
3. Joana Isabel Cunha	80	Colegio Monte Maior	<b>2:20.39</b>	31.66	35.06	36.97	36.70
4. Kerstin Bettina Labatzke	77	Galitos	<b>2:31.99</b>	35.06	38.29	39.57	39.07
5. Monica Sofia Peixe	81	Colegio Monte Maior	<b>2:54.13</b>	39.06	43.63	46.33	45.11
6. Sara Mendonca Graca	77	Colegio Monte Maior	<b>2:56.15</b>	38.03	44.51	47.22	46.39
7. Rita Almeida Crisostomo	80	Academica de Coimbra	<b>2:58.13</b>	37.37	44.08	48.38	48.30
8. Marta Martins Ferreira	79	Funcao Publica	<b>3:01.65</b>	40.44	46.75	47.93	46.53
9. Filipa Bringel Vargas	81	Portinado	<b>3:12.81</b>	41.48	47.69	50.67	52.97
10. Angela Goncalves Tacao	80	Academica de Coimbra	<b>3:21.46</b>	44.88	50.44	53.19	52.95
11. Ana Vieira Luz	78	Colegio Monte Maior	<b>3:25.97</b>	46.58	51.22	56.60	51.57

Master Esc C

1. Maria Luisa Costa	74	Leixoes	<b>2:28.30</b>	33.02	36.62	38.86	39.80
2. Maria Joao Viegas	72	Academica de Coimbra	<b>2:47.10</b>	38.97	42.13	43.55	42.45
3. Helena Isabel Ribeiro	74	Portinado	<b>3:18.08</b>	44.09	49.77	52.09	52.13
4. Fernanda Maria Santinha	72	Masters de Almada	<b>3:20.19</b>	45.20	50.37	52.50	52.12
5. Isabel Maria Marques	75	Individual Coimbra	<b>3:58.21</b>	53.22	59.25	1:03.02	1:02.72

Master Esc D

1. Maria Teresa Brandao	69	Leixoes	<b>2:33.21</b>	35.89	38.51	39.88	38.93
2. Elisabete Maria Rosa	69	Pimpoes/Cimai	<b>2:50.99</b>	38.14	42.99	45.17	44.69
3. Cristina Fernandes Silva	71	Academica de Coimbra	<b>3:09.46</b>	43.29	48.05	49.61	48.51
4. Carla Pinto Mendes	71	Natacao da Maia	<b>3:40.29</b>	45.37	52.08	58.64	1:04.20
5. Ana Bernardo Barbara	70	Portinado	<b>3:44.03</b>	46.97	55.06	1:00.55	1:01.45

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Prova 2, Femin., 200m Livres

Master Esc E

1. Maria Helena Carmo	66	Colegio Vasco da Gama	<b>2:32.39</b>	33.57	37.41	39.98	41.43
2. Maria Margarida Urbano	63	Academica de Coimbra	<b>3:01.45</b>	41.49	44.94	47.69	47.33
3. Maria Joao Ribeiro	65	Nadadores dos Estoris	<b>3:04.45</b>	45.35	47.33	46.72	45.05
4. Maria Madalena Caninas	63	Masters de Almada	<b>3:19.34</b>	45.67	51.27	53.11	49.29
5. Helena Paula Carvalho	64	Portugal Telecom	<b>3:23.79</b>	46.10	50.57	53.49	53.63
6. Maria Manuela Neto	62	Natacao da Maia	<b>3:40.45</b>	48.40	55.41	59.32	57.32
7. Isabel Cristina Cansado	65	Litoral Alentejano	<b>4:01.78</b>	51.11	1:03.00	1:04.87	1:02.80

Master Esc F

1. Elena Nikolaevna Kraeva	61	Colegio Monte Maior	<b>2:35.60</b>	36.26	39.44	40.46	39.44
<i>Rec Nac Esc F</i>							
2. Maria Luisa Oliveira	61	Academica de Coimbra	<b>3:20.76</b>	45.47	50.84	53.40	51.05

Master Esc H

1. Ana Maria Ferreira	50	Alges	<b>2:54.01</b>	39.70	44.00	45.56	44.75
<i>Rec Nac Esc H</i>							

Master Esc I

1. Maria Van der Eecken	45	Portinado	<b>7:04.77</b>	1:32.06	1:56.84	1:50.78	1:45.09
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