

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

Prova 8	Femin., 100m Costas				25 - 89 anos
29-01-2011 - 13:05					Resultados
RN Esc A(25-29)	1:11.01	Catia Marisa Valente	CCLV	Lisboa	30-05-2009
RN Esc B(30-34)	1:09.23	Ana Paula Grilo	UDCA	Funchal	05-04-2003
RN Esc C(35-39)	1:09.91	Ana Paula Grilo	UDCA	Caldas da Rainha	19-02-2005
RN Esc D(40-44)	1:11.91	Ana Paula Grilo	INDALEN	Lisboa	20-03-2010
RN Esc E(45-49)	1:16.93	Elena Alarcon Gamonal	CNFA	Praga (CZE)	18-04-2009
RN Esc F(50-54)	1:32.88	Maria Luisa Oliveira	AAC	Sines	08-01-2011
RN Esc G(55-59)	1:37.02	Ana Maria Ferreira	SAD	Caldas da Rainha	21-03-2009
RN Esc H(60-64)	1:38.58	Ana Maria Ferreira	ANE	Lisboa	20-02-2010
RN Esc I(65-69)	2:02.82	Nair Gomes Sa	ANE	Inatel	21-10-2006
RN Esc J(70-74)	2:23.71	Nair Gomes Sa	ANE	Lisboa	18-04-2009
RN Esc K(75-79)	59:00.00				
RN Esc L(80-84)	59:00.00				
RN Esc M(85-89)	59:00.00				

Pontos: DSV Masters 04

Lugar	Ano		Tempo final	Pts	50m	100m
Master Esc A						
1.	84	Catia Marisa Valente	1:12.24	678	34.12	38.12
2.	83	Joana Margarida Gaspar	1:18.26	533	38.04	40.22
3.	85	Raquel Sousa Gomes	1:18.78	522	37.99	40.79

Master Esc B						
1.	81	Ana Mafalda Oliveira	1:15.33	658	37.18	38.15
2.	78	Liliana Elisabete Baptista	1:17.63	601	37.89	39.74
3.	78	Elsa Maria Fumega	1:24.74	462	41.03	43.71
4.	78	Ines Isabel Silva	1:35.76	320	45.73	50.03
5.	80	Rita Almeida Crisostomo	1:40.13	280	49.99	50.14
6.	78	Ana Vieira Luz	1:47.64	225	52.56	55.08
7.	81	Susana Jesus Cacao	1:52.80	196	54.06	58.74

Master Esc C						
1.	74	Maria Luisa Costa	1:19.65	536	38.86	40.79
2.	72	Ana Maria Santos	1:38.33	285	46.97	51.36
3.	75	Raquel Joana Rodrigues	1:38.66	282	45.80	52.86
4.	76	Marta Isabel Duque	1:39.37	276	48.87	50.50
5.	75	Ana Furtado Santos	2:16.91	105	1:00.92	1:15.99

Master Esc D						
1.	67	Rosalina Bessa Babo	1:36.67	328	45.30	51.37
2.	69	Candida Maria Rodrigues	1:36.84	326	48.15	48.69
3.	67	Carla Vale Lenzi	1:41.88	280	50.96	50.92
4.	68	Claudia Pereira Reis	1:45.07	255	50.01	55.06
5.	70	Ana Bernardo Barbara	2:06.19	147	1:01.23	1:04.96
6.	67	Maria Jose Tavares	2:11.83	129	1:03.50	1:08.33

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Prova 8, Femin., 100m Costas

Master Esc E

1.	Maria Helena Carmo	66	Colegio Vasco da Gama	1:16.68	867	36.93	39.75
	<i>Rec Nac Esc E</i>						
2.	Maria Fernanda Goncalves	66	Porto/Dolce Vita	1:29.69	542	44.23	45.46
3.	Ana Cristina Lobo	66	Natacao da Maia	1:30.24	532	44.49	45.75
4.	Maria Santos Fernandes	62	Leixoes	1:47.35	316	51.98	55.37
5.	Wanda Maria Gíao	62	CCD Lagos/Multi	2:00.71	222	58.87	1:01.84
6.	Paula Margarida Almeida	63	Ginasio Figueirense	2:13.81	163	1:06.24	1:07.57

Master Esc F

1.	Elena Nikolaevna Kraeva	61	Colegio Monte Maior	1:18.81	941	38.79	40.02
	<i>Rec Nac Esc F</i>						
2.	Maria Luisa Oliveira	61	Academica de Coimbra	1:34.64	543	46.98	47.66
3.	Leila Castro Esteves	60	Portinado	2:03.04	247	1:00.15	1:02.89
4.	Arminda Alves Ferreira	60	Ginasio Figueirense	3:05.75	71	1:28.26	1:37.49

Master Esc G

1.	Maria Margarida Torres	55	Academica de Coimbra	2:08.15	261	1:02.77	1:05.38
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Master Esc J

1.	Maria Augusta Azinheira	38	Funcao Publica	2:47.18	222	1:21.23	1:25.95
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