

XIII Campeonato Nacional Masters - OPEN Verão
Oeiras, 1- - 3-7-2011

Prova 20 02-07-2011	Femin., 200m Estilos				25 - 89 anos Resultados
RN A(25-29)	2:42.50	Susana Marques Castro	SAD	Faro	31-05-2008
RN B(30-34)	2:46.69	Ana Carina Lopes	LSC	Reguengos de Monsaraz	04-07-2010
RN C(35-39)	2:33.55	Ana Paula Grilo	UDCA	Coimbra	07-01-2006
RN D(40-44)	2:50.01	Maria Helena Carmo	CNCVG	Coimbra	20-06-2009
RN E(45-49)	2:52.97	Elena Alarcom Gamonal	CNFA	Moscovo (RUS)	31-05-2008
RN F(50-54)	3:30.37	Maria Teresa Oliveira	AAC	Faro	31-05-2008
RN G(55-59)	3:28.92	Ana Maria Ferreira	SFP	Perth (AUS)	21-04-2008
RN H(60-64)	3:35.11	Ana Maria Ferreira	SAD	Coimbra	15-01-2011
RN I(65-69)	59:00.00				
RN J(70-74)	59:00.00				
RN K(75-79)	59:00.00				
RN L(80-84)	59:00.00				

Lugar	Ano		Tempo final	50m	100m	150m	200m
Master Esc A							
1.	86	Natacao da Maia	2:45.83	34.65	44.97	48.51	37.70
2.	83	Portinado	2:57.44	36.62	45.13	52.98	42.71
3.	85	Portinado	3:08.23	38.01	49.68	56.82	43.72
4.	86	Natacao da Maia	3:26.94	40.27	55.25	1:01.82	49.60
5.	85	Masters de Almada	4:07.12	55.80	1:06.06	1:05.43	59.83
Master Esc B							
1.	80	Nacional	2:36.99	33.31	44.07	44.03	35.58
		<i>Rec. Nac Escalão B</i>					
2.	81	Natacao da Maia	2:48.16	36.21	43.57	50.67	37.71
3.	80	Leixoes	2:54.30	35.18	47.44	48.94	42.74
4.	78	Leixoes	3:02.08	39.37	45.49	53.65	43.57
5.	77	Galitos	3:03.17	37.29	51.74	51.04	43.10
6.	81	Leixoes	3:38.89	41.63	1:02.21	1:02.53	52.52
7.	78	Colegio Monte Maior	3:41.05	47.56	1:00.00	59.38	54.11
8.	77	Portinado	3:42.83	48.99	1:01.60	1:00.75	51.49
9.	77	Colegio Monte Maior	3:49.61	51.71	1:02.53	1:04.89	50.48
Master Esc C							
1.	72	Academica de Coimbra	3:45.72	47.04	59.30	1:04.46	54.92
2.	72	Masters de Almada	4:08.63	1:00.33	1:08.82	1:08.31	51.17
Master Esc D							
1.	69	Individual do Alentejo	2:45.66	35.86	42.27	52.05	35.48
		<i>Rec. Nac Escalão D</i>					
2.	68	Masters de Almada	3:59.44	53.97	1:11.66	1:01.76	52.05
3.	70	Portinado	4:19.37	59.10	1:11.45	1:11.65	57.17
4.	68	Masters de Almada	4:36.08	59.21	1:19.19	1:07.40	1:10.28

XIII Campeonato Nacional Masters - OPEN Verão
Oeiras, 1- - 3-7-2011

Prova 20, Femin., 200m Estilos

Master Esc E

1. Maribel Santos Fernandes	65	Leixoes	3:17.46	39.57	51.08	57.69	49.12
2. Maria Margarida Urbano	63	Academica de Coimbra	3:31.76	46.92	57.77	57.54	49.53
3. Maria Joao Ribeiro	65	Nadadores dos Estoris	3:48.22	53.11	1:06.32	1:00.14	48.65
4. Wanda Maria Gao	62	CCD Lagos/Multi	4:17.93	58.34	1:09.51	1:11.32	58.76
5. Isabel Cristina Cansado	65	Litoral Alentejano	4:27.40	1:02.33	1:17.11	1:07.23	1:00.73

Master Esc F

1. Elena Nikolaevna Kraeva	61	Colegio Monte Maior	3:09.39	44.56	45.76	55.75	43.32
<i>Rec. Nac Escalão F</i>							
2. Maria Teresa Oliveira	57	Academica de Coimbra	3:44.79	50.36	1:02.95	1:01.32	50.16
3. Leila Castro Esteves	60	Portinado	4:23.88	56.72	1:12.29	1:08.52	1:06.35

Master Esc G

1. Maria Margarida Torres	55	Academica de Coimbra	4:14.42	1:03.57	1:09.18	1:04.90	56.77
---------------------------	----	----------------------	----------------	---------	---------	---------	-------