

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

Prova 37 03-07-2011	Femin., 200m Bruços				25 - 89 anos Resultados
RN A(25-29)	2:58.02	Isabel Maria Figueira	CNFA	Faro	31-05-2008
RN B(30-34)	2:46.92	Isabel Maria Figueira	CNFA	Cadiz (ESP)	19-09-2009
RN C(35-39)	3:09.66	Ana Paula Grilo	UDCA	Funchal	21-05-2005
RN D(40-44)	3:16.96	Amelia Ponte Galhardo	CCDCML	Perth (AUS)	23-04-2008
RN E(45-49)	3:22.77	Amelia Ponte Galhardo	CCDCML	Cádiz (ESP)	19-09-2009
RN F(50-54)	3:37.90	Maria Teresa Oliveira	AAC	Cádiz (ESP)	22-06-2007
RN G(55-59)	3:58.47	Luisa Maria Pintao	ANE	Gotemburgo (SWE)	05-08-2010
RN H(60-64)	59:00.00				
RN I(65-69)	4:46.44	Nair Gomes Sa	ANE	Riccione (ITA)	05-06-2004
RN J(70-74)	5:39.29	Nair Gomes Sa	ANE	Coimbra	21-06-2009
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	3:10.09	43.39	48.53	49.10	49.07
2.	84	Luz e Vida	3:10.16	43.53	48.98	50.04	47.61
3.	86	Vilacondense	3:55.93	53.32	1:01.33	1:01.57	59.71
4.	84	Masters de Almada	4:13.89	56.75	1:03.19	1:06.41	1:07.54
Master Esc B							
1.	77	Portinado	4:01.79	51.97	1:00.80	1:03.89	1:05.13
2.	81	Leixoes	4:06.63	56.00	1:01.20	1:05.23	1:04.20
3.	77	O2 Portimao	4:42.80	1:01.22	1:11.92	1:16.35	1:13.31
4.	77	O2 Portimao	4:54.46	1:13.61	1:14.98	1:13.79	1:12.08
Master Esc C							
1.	76	Pimpoes/Cimai	4:05.13	57.89	1:03.13	1:04.03	1:00.08
2.	74	Portinado	4:19.21	57.74	1:06.16	1:08.33	1:06.98
3.	72	Masters de Almada	4:21.88	1:01.29	1:05.32	1:11.11	1:04.16
4.	75	Portinado	5:00.89	1:03.53	1:14.86	1:24.27	1:18.23
Master Esc D							
1.	69	Pimpoes/Cimai	3:43.70	48.68	56.61	59.14	59.27
2.	69	Salvaterra de Magos	3:48.28	48.80	57.56	1:01.67	1:00.25
3.	68	Masters de Almada	4:03.60	55.83	1:02.72	1:03.72	1:01.33
4.	68	Masters de Almada	4:11.25	57.99	1:03.26	1:04.85	1:05.15
5.	70	Portinado	4:43.09	1:06.26	1:12.60	1:13.41	1:10.82
Master Esc E							
1.	65	Nadadores dos Estoris	3:50.11	56.87	1:00.04	57.87	55.33
2.	63	Masters de Almada	3:51.69	53.70	58.76	1:01.66	57.57
3.	62	CCD Lagos/Multi	4:25.03	59.41	1:07.42	1:09.73	1:08.47
4.	62	Ginasio Figueirense	5:09.90	1:12.95	1:19.88	1:19.68	1:17.39

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Prova 37, Femin., 200m Bruços

Master Esc F

1. Elena Nikolaevna Kraeva	61	Colegio Monte Maior	3:31.70	48.44	53.88	54.97	54.41
<i>Rec. Nac Escalão F</i>							
2. Leila Castro Esteves	60	Portinado	4:22.43	1:02.76	1:06.00	1:08.00	1:05.67
3. Maria Luisa Oliveira	61	Academica de Coimbra	4:35.58	1:00.87	1:13.02	1:13.68	1:08.01

Master Esc G

1. Ana Moura Relvas	56	Academica de Coimbra	3:51.83	55.41	1:00.35	1:00.33	55.74
<i>Rec. Nac Escalão G</i>							
2. Maria Margarida Torres	55	Academica de Coimbra	4:16.31	59.66	1:06.75	1:08.58	1:01.32
3. Maria Felix Ferreira	54	Alges	4:26.69	1:03.00	1:05.93	1:09.21	1:08.55

Master Esc I

1. Maria Van der Eecken	45	Portinado	7:28.62	1:41.31	2:06.91	1:55.49	1:44.91
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Master Esc J

1. Nair Gomes Sa	39	Nadadores dos Estoris	6:17.25	1:24.63	1:37.71	1:42.42	1:32.49
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