

Event 10	Women, 200m Freestyle				25 - 94 years
09-07-2016 - 10:35					Startlist
RN A(25-29)	2:20.41	Carolina Santos Silva	CNMAIA	Montréal (CAN)	05-08-2014
RN B(30-34)	2:10.97	Ana Paula Grilo	UDCA	Millau (FRA)	27-08-2003
RN C(35-39)	2:10.77	Ana Paula Grilo	UDCA	Stanford (USA)	06-08-2006
RN D(40-44)	2:25.19	Ana Paula Grilo	INDALEN	Oeiras	03-07-2011
RN E(45-49)	2:36.14	Elena Alarcon Gamonal	CNFA	Coimbra	21-06-2009
RN F(50-54)	2:45.66	Elena Nikolaevna Kraeva	CIMM	Oeiras	03-07-2011
RN G(55-59)	2:53.87	Ana Maria Ferreira	SFP	Perth (AUS)	19-04-2008
RN H(60-64)	2:58.63	Ana Maria Ferreira	SAD	Riccione (ITA)	12-06-2012
RN I(65-69)	3:06.74	Ana Maria Ferreira	SAD	London (GBR)	26-05-2016
RN J(70-74)	59:00.00				
RN K(75-79)	59:00.00				
RN L(80-84)	59:00.00				

Pista	Nome Nadador	YB	Classe	Cod Exc	Clube	Obs.	Tempo	Inscr.
<u>Heat 1 of 8, 10:35</u>								
	3 Maria Josefina Cruz	55			Ginasio Clube		4:52.09	
	4 Carmen Maria Dias	70			Fundacao Salesianos		4:08.91	
	5 Maria Felix Ferreira	54			Alges		4:29.01	
<u>Heat 2 of 8, 10:40</u>								
	1 Helena Prista Graca	46			Alges		4:00.00	
	2 Isabel Costa Monteiro	53			Academica de Coimbra		3:59.01	
	3 Carmen Silvia Malheiros	81			Litoral Alentejano		3:50.75	
	4 Ana Rosa Silva	80			Foca		3:42.98	
	5 Maria Manuela Neto	62			Natacao da Maia		3:49.62	
	6 Ana Paula Almeida	58			Fluvial Portuense		3:55.53	
	7 Maria Paula Cunha	59			Leixoes		4:00.00	
	8 Ana Filipa Santos	77			O2-Portimao		4:02.42	
<u>Heat 3 of 8, 10:45</u>								
	1 Luisa Lopes Agante	71			Leixoes		3:39.01	
	2 Helena Paula Carvalho	64			Uniao Piedense		3:33.79	
	3 Sandra Goncalves Santos	79			Fundacao Salesianos		3:28.70	
	4 Emma Leonora Yates	71			Alges		3:26.92	
	5 Carmen Ochoa Sanchez	61			MSevilla		3:27.20	
	6 Maria Laura Amorim	67			Sporting de Aveiro	DNS	3:30.00	
	7 Carla Sofia Sequeira	75			Colegio Monte Maior		3:34.92	
	8 Luisa Maria Pintao	54			Nadadores dos Estoris		3:40.00	
<u>Heat 4 of 8, 10:50</u>								
	1 Graca Maria Vilarinho	65			Sporting de Aveiro		3:24.78	
	2 Maria Manuela Ferreira	70			Vitoria/ Olicargo		3:19.52	
	3 Maria Trigueiros Cunha	64			Leixoes		3:15.00	
	4 Maria Joao Rocha	80			Gesloures		3:10.00	
	5 Muriel Graham	65			Fluvial Portuense		3:13.98	
	6 Cristina Ferreira Valente	75			Galitos / Bresimar		3:18.10	
	7 Maria Madalena Caninas	63			Masters de Almada		3:21.15	
	8 Maria Candida Migueis	65			Academica de Coimbra		3:26.59	

Event 10, Women, 200m Freestyle

Heat 5 of 8, 10:55

1	Rita Cabral Guimaraes	64	Fluvial Portuense	3:04.19
2	Maria Margarida Urbano	63	Academica de Coimbra	3:00.60
3	Ana DAlte Guedes	80	Leixoes	2:58.84
4	Joana Isabel Aguiar	76	Alges	2:55.00
5	Ana Paula Sequeira	68	Sporting de Aveiro	2:56.38
6	Sarah Coutts	67	Nadadores dos Estoris	3:00.00
7	Laura Manuela Miranda	67	Alges	3:00.60
8	Ana Raquel Barbosa	88	Gesloures	3:09.47

Heat 6 of 8, 11:00

1	Catarina Andrade Alves	78	Desportivo Nacional	2:51.96
2	Elisabete Maria Rosa	69	Pimpoes/Cimai	2:49.02
3	Patricia Diogenes Pereira	69	Alges	2:45.00
4	Catarina Isabel Neves	85	Academica de Coimbra	2:44.04
5	Raquel Alexandra Silva	91	Leixoes	2:44.14
6	Monica Anjos Rezende	69	Condeixa Clube	2:45.50
7	Marina Zaborskaya	85	FC Ferreiras	2:50.30
8	Elsa Maria Fumega	78	Leixoes	2:52.29

Heat 7 of 8, 11:05

1	Ana Raquel Lirio	90	Ginasio Santo Tirso	2:42.67
2	Ana Margarida Rocha	86	Sporting de Aveiro	2:41.75
3	Catia Santos Ramalho	86	Natacao da Maia	2:38.63
4	Maria Teresa Brandao	69	Fluvial Portuense	2:37.80
5	Isabelle Batista	67	Olympique Courbevoie	2:37.92
6	Patricia Prista Graca	71	Alges	2:41.60
7	Rita Loureiro Pinto	85	Ginasio Clube	2:42.65
8	Ines Prates Ventura	85	Ginasio Clube	2:43.95

Heat 8 of 8, 11:10

1	Ines Maria Rothes	73	Fluvial Portuense	2:32.16
2	Keissy Joselin Sousa	85	Porto	2:28.43
3	Carla Santa Barbara	75	Porto	2:25.20
4	Carolina Santos Silva	86	Individual ANNP	2:18.36
5	Rute Sofia Teixeira	90	Ginasio Santo Tirso	2:24.18
6	Miriam Rodrigues Santos	91	Masters de Almada	2:25.86
7	Isabel Losada Martinez	79	Mast Murcia	2:30.00
8	Joana Isabel Alves	88	Porto	2:32.18