

Event 19	Women, 400m Medley				25 - 94 years
09-07-2016 - 15:00					Startlist
RN A(25-29)	5:37.84	Carolina Santos Silva	CNMAIA	Loulé	04-07-2015
RN B(30-34)	5:32.55	Rubina Capitaio Vieira	CDN	Oeiras	03-07-2011
RN C(35-39)	5:22.50	Ana Paula Grilo	UDCA	Stanford (USA)	06-08-2006
RN D(40-44)	5:43.88	Ana Paula Grilo	INDALEN	Oeiras	03-07-2011
RN E(45-49)	6:09.33	Ana Paula Grilo	NDCO	Swansea (GBR)	09-03-2014
RN F(50-54)	6:45.18	Elena Nikolaevna Kraeva	CIMM	Oeiras	03-07-2011
RN G(55-59)	7:28.86	Ana Maria Ferreira	SAD	Coimbra	21-06-2009
RN H(60-64)	7:52.39	Ana Maria Ferreira	SAD	Loulé	30-06-2013
RN I(65-69)	7:52.16	Ana Maria Ferreira	SAD	Loulé	04-07-2015
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 2, 15:00</u>								
2	Maria Madalena Caninas	63			Masters de Almada		9:30.80	
3	Maria Manuela Sequeira	68			Sporting de Aveiro		7:49.65	
4	Ana Cristina Oliveira	76			Galitos / Bresimar		7:00.03	
5	Maria Margarida Urbano	63			Academica de Coimbra		7:42.49	
6	Fernanda Maria Santinha	72			Masters de Almada		8:33.46	
<u>Heat 2 of 2, 15:10</u>								
1	Ana Teresa Nunes	88			Natacao do Tejo		6:50.80	
2	Rita Claudia Fougo	88			Natacao da Maia		6:31.83	
3	Sara Daniela Rodrigues	87			Galitos / Bresimar		6:19.10	
4	Ana Oliveira Sousa	85			Academica de Coimbra		5:54.08	
5	Catia Marisa Valente	84			Luz e Vida		6:13.32	
6	Raquel Filipa Miranda	85			Foca		6:21.72	
7	Rita Loureiro Pinto	85			Ginasio Clube		6:45.26	
8	Filipa Cristina Fernandes	76			Gesloures		6:52.42	