

Event 26	Women, 400m Freestyle				25 - 94 years
10-07-2016 - 9:00					Startlist
RN A(25-29)	4:57.88	Carolina Santos Silva	CNMAIA	Eindhoven (NED)	02-09-2013
RN B(30-34)	4:39.43	Ana Paula Grilo	INATEL	Riccione (ITA)	20-06-2003
RN C(35-39)	4:35.74	Ana Paula Grilo	UDCA	Stanford (USA)	10-08-2006
RN D(40-44)	5:09.48	Carla Santa Barbara	FCP	London (GBR)	28-05-2016
RN E(45-49)	5:24.65	Patricia Diogenes Pereira	SAD	Coimbra	17-01-2016
RN F(50-54)	5:43.18	Elena Nikolaevna Kraeva	ADRCIMM	Reguengos de Monsaraz	01-07-2012
RN G(55-59)	5:57.80	Elena Nikolaevna Kraeva	ADRCIMM	Loulé	08-07-2016
RN H(60-64)	6:14.83	Ana Maria Ferreira	SAD	Riccione (ITA)	16-06-2012
RN I(65-69)	6:29.47	Ana Maria Ferreira	SAD	London (GBR)	28-05-2016
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 7, 9:00</u>								
	2 Carmen Maria Dias	70			Fundacao Salesianos		8:39.51	
	3 Ana Bernardo Barbara	70			Portinado		8:14.99	
	4 Luisa Bessone Basto	44			Alges		8:00.00	
	5 Maria Margarida Torres	55			Academica de Coimbra		8:08.99	
	6 Carmen Silvia Malheiros	81			Litoral Alentejano		8:22.12	
	7 Maria Felix Ferreira	54			Alges		9:38.66	
<u>Heat 2 of 7, 9:10</u>								
	1 Maria Manuela Neto	62			Natacao da Maia		7:55.81	
	2 Luisa Lopes Agante	71			Leixoes		7:37.74	
	3 Maria Madalena Caninas	63			Masters de Almada		7:34.33	
	4 Luisa Maria Pintao	54			Nadadores dos Estoris		7:33.00	
	5 Fernanda Maria Santinha	72			Masters de Almada		7:33.65	
	6 Helena Paula Carvalho	64			Uniao Piedense		7:35.25	
	7 Ana Maria Martins	79			Sporting de Aveiro		7:41.67	
	8 Maria Joao Taborda	67			Porto		8:00.00	
<u>Heat 3 of 7, 9:20</u>								
	1 Emma Leonora Yates	71			Alges		7:27.47	
	2 Carla Sofia Sequeira	75			Colegio Monte Maior		7:24.10	
	3 Graca Maria Vilarinho	65			Sporting de Aveiro		7:18.98	
	4 Maria Trigueiros Cunha	64			Leixoes		7:00.00	
	5 Maria Margarida Urbano	63			Academica de Coimbra		7:10.73	
	6 Sandra Goncalves Santos	79			Fundacao Salesianos		7:20.18	
	7 Maria Santos Fernandes	62			Leixoes		7:24.11	
	8 Ana Filipa Santos	77			O2-Portimao		7:31.20	

Event 26, Women, 400m Freestyle

Heat 4 of 7, 9:30

1 Ana Raquel Barbosa	88	Geslours	6:48.97
2 Maria Ana Fonseca	82	Fluval Portuense	6:31.74
3 Ana Raquel Lirio	90	Ginasio Santo Tirso	6:25.34
4 Joana Isabel Aguiar	76	Alges	6:17.70
5 Laura Manuela Miranda	67	Alges	6:21.50
6 Helena Sofia Diogo	73	Millennium BCP	6:30.08
7 Maria Manuela Ferreira	70	Vitoria/ Olicargo	6:47.40
8 Maria Adriana Viseu	66	Leixoes	6:50.00

Heat 5 of 7, 9:35

1 Catarina Araujo Blanco	71	Alges	6:14.15
2 Maria Fernanda Goncalves	66	Porto	6:08.03
3 Elena Nikolaevna Kraeva	61	Colegio Monte Maior	6:00.00
4 Elisabete Maria Rosa	69	Pimpoes/Cimai	5:59.50
5 Rita Loureiro Pinto	85	Ginasio Clube	5:59.86
6 Maria Helena Carmo	66	Alges	6:05.00
7 Marina Zaborskaya	85	FC Ferreiras	6:09.79
8 Rita Cabral Guimaraes	64	Fluval Portuense	6:16.77

Heat 6 of 7, 9:45

1 Ana Lanca Rodrigues	73	Geslours	5:51.15
2 Ana Filipe Costa	83	Porto	5:45.46
3 Helena Manuel Jose	90	Ginasio Santo Tirso	5:39.86
4 Raquel Alexandra Silva	91	Leixoes	5:32.96
5 Catia Santos Ramalho	86	Natacao da Maia	5:36.42
6 Ana Teresa Nunes	88	Natacao do Tejo	5:45.37
7 Rita Mendonca Gomes	73	Alges	5:50.23
8 Catarina Andrade Alves	78	Desportivo Nacional	5:54.77

Heat 7 of 7, 9:50

1 Joana Isabel Alves	88	Porto	5:26.49
2 Isabel Losada Martinez	79	Mast Murcia	DNS 5:20.00
3 Keissy Joselin Sousa	85	Porto	5:10.50
4 Carolina Santos Silva	86	Individual ANNP	4:54.59
5 Carla Santa Barbara	75	Porto	5:09.48
6 Ines Maria Rothes	73	Fluval Portuense	5:19.86
7 Mafalda Sofia Moreira	79	Benedita	5:23.56
8 Maria Teresa Brandao	69	Fluval Portuense	5:32.72