

Event 3 08-07-2016 - 14:40	Women, 200m Breaststroke				Open Startlist
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)	2:57.34	Isabel Maria Figueira	LDC	Évora	04-07-2014
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)	3:31.70	Elena Nikolaevna Kraeva	CIMM	Oeirás	03-07-2011
RN G(55-59)	3:47.04	Ana Moura Relvas	AAC	Évora	04-07-2014
RN H(60-64)	3:58.18	Luisa Maria Pintao	ANE	Loulé	03-07-2015
RN I(65-69)	4:16.63	Ana Maria Ferreira	SAD	Coimbra	17-01-2016
RN J(70-74)	5:39.29	Nair Gomes Sa	ANE	Coimbra	21-06-2009
RN K(75-79)	5:40.61	Nair Gomes Sa	ANE	Évora	04-07-2014
RN L(80-84)	59:00.00				

Pista	Nome Nadador	YB	Classe	Cod Exc	Clube	Obs.	Tempo	Inscr.
<u>Heat 1 of 7, 14:40</u>								
3	Margarida Maria Ribeiro	64			Fluvial Portuense		4:58.50	
4	Isabel Maria Raimundo	40			Alges		4:40.00	
5	Maria Felix Ferreira	54			Alges		4:43.86	
<u>Heat 2 of 7, 14:45</u>								
1	Rosa Leitao Costa	65			Foca		4:30.00	
2	Carla Sofia Sequeira	75			Colegio Monte Maior		4:16.65	
3	Maria Margarida Torres	55			Academica de Coimbra		4:14.89	
4	Susana Pereira Lory	87			Masters de Almada		4:09.52	
5	Maria Clara Sousa	68			Masters de Almada		4:11.25	
6	Fernanda Maria Santinha	72			Masters de Almada		4:15.49	
7	Luisa Lopes Agante	71			Leixoes		4:21.81	
8	Maria Joao Taborda	67			Porto		4:30.04	
<u>Heat 3 of 7, 14:55</u>								
1	Wanda Maria Gao	62			Natacao de Lagos		4:05.19	
2	Luisa Bessone Basto	44			Alges		4:00.00	
3	Maria Trigueiros Cunha	64			Leixoes		4:00.00	
4	Carla Alexandra Ferreira	76			Pimpoes/Cimai		3:56.29	
5	Luisa Maria Pintao	54			Nadadores dos Estoris		3:59.00	
6	Emma Leonora Yates	71			Alges		4:00.00	
7	Patricia Diogenes Pereira	69			Alges		4:00.00	
8	Ana Paula Almeida	58			Fluvial Portuense		4:08.11	
<u>Heat 4 of 7, 15:00</u>								
1	Maria Santos Fernandes	62			Leixoes		3:52.86	
2	Ana DAlte Guedes	80			Leixoes		3:48.84	
3	Susana Isabel Ramalho	84			Fluvial Portuense		3:46.32	
4	Ana Moura Relvas	56			Academica de Coimbra		3:42.07	
5	Rita Rijo Silva	75			Alges	DNS	3:45.00	
6	Maria Teresa Oliveira	57			Academica de Coimbra		3:47.67	
7	Carla Vale Lenzi	67			Alges		3:50.06	
8	Joana Isabel Leite	80			Fluvial Portuense		3:56.03	

Event 3, Women, 200m Breaststroke

Heat 5 of 7, 15:05

1	Cristina Ferreira Valente	75		Galitos / Bresimar	3:41.53
2	Helena Paula Carvalho	64		Uniao Piedense	3:40.24
3	Sarah Coutts	67		Nadadores dos Estoris	3:35.00
4	Elisabete Maria Rosa	69		Pimpoes/Cimai	3:34.12
5	Maribel Santos Fernandes	65		Leixoes	3:34.15
6	Sandra Santa Barbara	75		Ginasio Santo Tirso	3:39.54
7	Maria Adriana Viseu	66		Leixoes	3:40.86
8	Joana Catarina Calado	92	SB8 1,5	Sporting	3:41.55

Heat 6 of 7, 15:10

1	Patricia Prista Graca	71		Alges	3:30.00
2	Maria Ana Fonseca	82		Fluvial Portuense	3:27.72
3	Filipa Cristina Fernandes	76		Geslourses	3:25.52
4	Joana Maria Faria	74		Leixoes	3:24.11
5	Elsa Maria Fumega	78		Leixoes	3:24.94
6	Ana Filipa Cordeiro	79		Alges	3:26.92
7	Maria Helena Carmo	66		Alges	3:30.00
8	Maria Manuela Sequeira	68		Sporting de Aveiro	3:30.69

Heat 7 of 7, 15:15

1	Claudia Patricia Nobrega	75		Desportivo Nacional	3:17.00
2	Catarina Andrade Alves	78		Desportivo Nacional	3:14.00
3	Joana Pedrosa Marques	91		Masters de Almada	3:09.16
4	Joana Marques Maia	91		Individual ANNP	2:40.56
5	Maria Sofia Martins	84		Porto	2:54.24
6	Catia Santos Ramalho	86		Natacao da Maia	3:11.12
7	Joana Pereira Barbara	87		Masters de Almada	3:14.14
8	Maria Ines Cunha	72		Galitos / Bresimar	3:20.20