



# Recordes da Competição

## IV TORNEIO GRÃO-PARÁ

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇÃO 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇÃO DE PESSOAL DA CAIXA ECONÔMICA FEDERAL - APCEF/MA - SÃO LUÍS/MA

ABMN Competição 2.101 - Desenvolvimento SWIM.COM.BR

### 1ª PROVA - 200 METROS MEDLEY FEMININO (16/03/2019)

#### RECORDE MUNDIAL

PRÉ		25+	HITOMI MATSUDA	2:17.17	2006	30+	HITOMI MATSUDA	2:13.41	2009	35+	HITOMI MATSUDA	2:17.69	2012		
40+	SUSAN LIPPE	2:19.21	2007	45+	KARLY PIPES-NEILSEN	2:21.55	2009	50+	ELLEN REYNOLDS	2:27.39	2018	55+	KARLYN PIPES	2:31.06	2017
60+	JENNY WHITELEY	2:36.81	2018	65+	LAURA VAL	2:48.15	2016	70+	CLARY MUNNS	3:09.58	2017	75+	YOSHIKO OSAKI	3:22.23	2013
80+	JANE ASHER	3:43.73	2011	85+	JANE ASHER	4:02.82	2016	90+	JEAN TROY	5:40.20	2017	95+	CHARLOTTE SANDDAL	9:32.59	2018

#### RECORDE SUL-AMERICANO

25+	VERONICA BALSANO	2:19.54	2014	30+	VERONICA BALSANO	2:19.75	2018	35+	BRUNA BUMACHAR	2:28.42	2017	40+	GISELI PEREIRA	2:30.62	2015
45+	GISELI PEREIRA	2:32.83	2017	50+	SOPHIE MONGINET	2:41.83	2016	55+	ALICIA BOSCATTO	2:52.05	2017	60+	SILVANA ABREU	3:04.75	2002
65+	SILVANA ABREU	3:20.86	2006	70+	VERA SILVA	3:50.43	2011	75+	HERILENE FREITAS	4:00.09	2018	80+	MARIA LENK	4:40.77	1996
85+	MARIA LENK	5:09.92	2000												

#### RECORDE BRASILEIRO

PRÉ		25+	VERONICA BALSANO	2:19.54	2014	30+	VERONICA BALSANO	2:19.75	2018	35+	BRUNA BUMACHAR	2:28.42	2017		
40+	GISELI PEREIRA	2:30.62	2015	45+	GISELI PEREIRA	2:32.83	2017	50+	SOPHIE MONGINET	2:41.83	2016	55+	AROMA MARTORELL	2:59.41	2015
60+	SILVANA ABREU	3:04.75	2002	65+	SILVANA ABREU	3:20.86	2006	70+	VERA SILVA	3:50.43	2011	75+	HERILENE FREITAS	4:00.09	2018
80+	MARIA LENK	4:40.77	1996	85+	MARIA LENK	5:09.92	2000								

#### RECORDE MARANHENSE

PRÉ		25+	LORENA PINHEIRO	2:41.49	2019	30+	LETIANA TELLES	3:07.64	2018	35+	DANIELLE BRANDAO	3:19.97	2016		
40+	LÚCIA NASCIMENTO	3:08.54	2018	45+	FABIANA CUNHA	3:17.57	2019	50+	MARIA CAMPOS	4:23.98	2015	55+	MARIA CAMPOS	4:32.85	2019
60+	RECORDE ESTABELECECER	59:59.99	1900	65+	RECORDE ESTABELECECER	59:59.99	1900	70+	RECORDE ESTABELECECER	59:59.99	1900	75+	RECORDE ESTABELECECER	59:59.99	1900
80+	RECORDE ESTABELECECER	59:59.99	1900	85+	RECORDE ESTABELECECER	59:59.99	1900	90+	RECORDE ESTABELECECER	59:59.99	1900	95+	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								

#### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ		25+	LORENA PINHEIRO	2:41.49	2019	30+	A ESTABELECECER	59:59.99	2016	35+	ADRIANA COSTA	3:25.96	2019		
40+	SIMÁRIA MENEZES	3:40.52	2019	45+	FABIANA CUNHA	3:17.57	2019	50+	A ESTABELECECER	59:59.99	2016	55+	MARIA CAMPOS	4:32.85	2019
60+	A ESTABELECECER	59:59.99	2016	65+	A ESTABELECECER	59:59.99	2016	70+	A ESTABELECECER	59:59.99	2016	75+	A ESTABELECECER	59:59.99	2016
80+	A ESTABELECECER	59:59.99	2016	85+	A ESTABELECECER	59:59.99	2016	90+	A ESTABELECECER	59:59.99	2016	95+	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

### 2ª PROVA - 100 METROS PEITO MASCULINO (16/03/2019)

#### RECORDE MUNDIAL

PRÉ		25+	YURI KANAYA	58.96	2018	30+	RYO KOBAYASHI	59.71	2016	35+	SERGEY GEYBEL	1:00.61	2016		
40+	STEVE WEST	1:01.42	2014	45+	STEVE WEST	1:02.22	2018	50+	NICOLAS GRANGER	1:04.28	2017	55+	C TRAVAINI	1:05.12	2018
60+	RICK COLELLA	1:09.92	2015	65+	RICK COLELLA	1:13.16	2016	70+	DOUGLAS SPRINGER	1:19.04	2016	75+	MIKE FRESHLEY	1:25.38	2016
80+	TONY GOODWIN	1:31.80	2017	85+	KARL HAUTER	1:43.72	2010	90+	KARL HAUTER	1:56.64	2015	95+	HIROMU YOSHIMOTO	2:31.77	2010

#### RECORDE SUL-AMERICANO

25+	EDUARDO FISCHER	1:00.28	2005	30+	MARCELO TOMAZINI	1:00.72	2008	35+	RODRIGO BARDI	1:03.73	2014	40+	ABRAHAM MOSQUERA	1:04.52	2011
45+	LUCIANO GOBI	1:07.97	2018	50+	NEWTON KAMINSKI	1:09.27	2015	55+	CELSO JUGEND	1:13.41	2009	60+	CELSO JUGEND	1:17.55	2014
65+	CARLOS AGUIRRE	1:20.75	2014	70+	ANTONIO ORSELLI	1:24.37	2014	75+	ANTONIO ORSELLI	1:29.82	2018	80+	EMILIO LOPEZ	1:42.55	2003
85+	EDURDO MARTINEZ	2:05.00	2014	90+	GUILHERME SILVA	2:21.07	2018								

#### RECORDE BRASILEIRO

PRÉ		25+	EDUARDO FISCHER	1:00.28	2005	30+	MARCELO TOMAZINI	1:00.72	2008	35+	RODRIGO BARDI	1:03.73	2014		
40+	RODRIGO BARDI	1:06.29	2018	45+	LUCIANO GOBI	1:07.97	2018	50+	NEWTON KAMINSKI	1:09.27	2015	55+	CELSO JUGEND	1:13.41	2009
60+	CELSO JUGEND	1:17.55	2014	65+	ANTONIO ORSELLI	1:23.65	2009	70+	ANTONIO ORSELLI	1:24.37	2014	75+	ANTONIO ORSELLI	1:29.82	2018
80+	DETLEF SCHULTZE	1:43.03	2018	85+	GUILHERME SILVA	2:13.52	2014	90+	GUILHERME SILVA	2:21.07	2018				

#### RECORDE MARANHENSE

PRÉ		25+	IAN ARAUJO	1:10.92	2015	30+	DANIEL CARVALHO	1:06.38	2016	35+	DANIEL CARVALHO	1:14.74	2017		
40+	RANIERE SANTANA	1:23.22	2014	45+	ROBERTO GIACOMO	1:25.76	2019	50+	INACIO COSTA	1:25.51	2018	55+	INACIO COSTA	1:26.18	2019
60+	PAULO ALMEIDA	1:43.79	2016	65+	FRANCISCO LINHARES	1:49.04	2017	70+	RECORDE ESTABELECECER	59:59.99	1900	75+	RECORDE ESTABELECECER	59:59.99	1900
80+	RECORDE ESTABELECECER	59:59.99	1900	85+	RECORDE ESTABELECECER	59:59.99	1900	90+	RECORDE ESTABELECECER	59:59.99	1900	95+	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								

#### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ		25+	FELIPE CUNHA	1:12.92	2019	30+	ELIEL OLIVEIRA	1:09.08	2016	35+	FABIO MELO	1:24.63	2016		
40+	ANSELMO JÚNIOR	1:19.13	2019	45+	ROBERTO GIACOMO	1:25.76	2019	50+	INACIO COSTA	1:31.56	2016	55+	INACIO COSTA	1:26.18	2019
60+	PAULO ALMEIDA	1:46.49	2016	65+	A ESTABELECECER	59:59.99	2016	70+	A ESTABELECECER	59:59.99	2016	75+	A ESTABELECECER	59:59.99	2016
80+	A ESTABELECECER	59:59.99	2016	85+	A ESTABELECECER	59:59.99	2016	90+	A ESTABELECECER	59:59.99	2016	95+	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

### 3ª PROVA - 100 METROS PEITO FEMININO (16/03/2019)

#### RECORDE MUNDIAL

PRÉ		25+	PETRA CHOCOVA	1:06.83	2014	30+	HITOMI MATSUDA	1:06.98	2010	35+	NICOLE HEIDEMANN	1:09.07	2018		
40+	CYNTHIA LEWIS	1:09.95	2015	45+	LINLEY FRAME	1:10.63	2017	50+	UTE HASSE	1:15.02	2015	55+	MONICA CORO	1:18.01	2017
60+	JENNY WHITELEY	1:20.50	2018	65+	NOBUKO YASUDA	1:28.73	2010	70+	NOBUKO YASUDA	1:33.92	2015	75+	SHOKO YONEZAWA	1:36.48	2010
80+	SHOKO YONEZAWA	1:45.52	2015	85+	A.VAN OBBERGHEN	1:56.68	2016	90+	OLGA KOKORINA	2:25.58	2013	95+	NAKA FUKUOKA	3:42.93	2018

#### RECORDE SUL-AMERICANO

25+	ANA GOMES	1:13.73	2007	30+	FERNANDA SANTOS	1:13.59	2000	35+	BRUNA BUMACHAR	1:16.11	2017	40+	MARCIA LIMA	1:17.15	2013
45+	EUNICE NISHIMURA	1:20.24	2018	50+	CHRISSEY ROCHA	1:26.28	2018	55+	ALICIA BOSCATTO	1:21.29	2016	60+	LILIANA TOLEDO	1:34.46	2015
65+	SILVANA ABREU	1:42.05	2006	70+	CYNTHIA ANDRADE	1:47.39	2009	75+	CYNTHIA ANDRADE	1:53.70	2014	80+	NADIR TAUBERT	2:15.99	2014
85+	NADIR TAUBERT	2:21.70	2018	90+	CANDIDA GANDOLPHO	3:38.97	2010								

#### RECORDE BRASILEIRO

PRÉ		25+	ANA GOMES	1:13.73	2007	30+	FERNANDA SANTOS	1:13.59	2000	35+	BRUNA BUMACHAR	1:16.11	2017		
40+	MARCIA LIMA	1:17.15	2013	45+	EUNICE NISHIMURA	1:20.24	2018	50+	CHRISSEY ROCHA	1:26.28	2018	55+	DALILA SAMPAIO	1:31.83	2016



# Recordes da Competição

## IV TORNEIO GRÃO-PARÁ

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇÃO 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇÃO DE PESSOAL DA CAIXA ECONÔMICA FEDERAL - APCEF/MA - SÃO LUÍS/MA

ABMN Competição 2.101 - Desenvolvimento SWIM.COM.BR

60 +	VICTORIA HARRISON	1:38.68	2018	65 +	SILVANA ABREU	1:42.05	2006	70 +	CYNTHIA ANDRADE	1:47.39	2009	75 +	CYNTHIA ANDRADE	1:53.70	2014
80 +	NADIR TAUBERT	2:15.99	2014	85 +	NADIR TAUBERT	2:21.70	2018	90 +	CANDIDA GANDOLPHO	3:38.97	2010				

### RECORDE MARANHENSE

PRÉ				25 +	ADRIANA MENDONÇA	1:42.83	2018	30 +	LETIANA TELLES	1:20.08	2019	35 +	LUDMILA BRANDÃO	1:43.08	2019
40 +	LÚCIA NASCIMENTO	1:32.33	2018	45 +	CLAUDIA RIESINGER	1:44.02	2017	50 +	NELY OLIVEIRA	1:51.85	2016	55 +	ANGELA OLIVEIRA	1:56.91	2019
60 +	EURIDICE RABELO	2:41.79	2018	65 +	EURIDICE RABELO	2:58.34	2019	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	MARIA LOPES	3:16.77	2018
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	ADRIANA MENDONÇA	1:49.44	2019	30 +	LETIANA TELLES	1:20.08	2019	35 +	LUDMILA BRANDÃO	1:43.08	2019
40 +	LÚCIA NASCIMENTO	1:33.75	2019	45 +	ADRIANA **	2:19.71	2019	50 +	MARIA SANTOS	2:10.41	2019	55 +	ANGELA OLIVEIRA	1:56.91	2019
60 +	A ESTABELECECER	59:59.99	2016	65 +	MARIA PINHEIRO	2:36.82	2019	70 +	A ESTABELECECER	59:59.99	2016	75 +	MARLENE PAIVA	2:38.67	2016
80 +	A ESTABELECECER	59:59.99	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 4ª PROVA - 200 METROS LIVRE FEMININO (16/03/2019)

### RECORDE MUNDIAL

PRÉ				25 +	L.IBANEZ LOPEZ	1:59.39	2017	30 +	VERONICA BALSANO	2:00.73	2018	35 +	HITOMI MATSUDA	2:03.12	2010
40 +	KARLYN PIPES-NEILSEN	2:05.26	2005	45 +	KARLYN PIPES-NEILSEN	2:05.94	2007	50 +	SUZANNE BOWEN	2:10.72	2009	55 +	LYNN MARSHALL	2:13.58	2016
60 +	JENNY WHITELEY	2:15.93	2018	65 +	LAURA VAL	2:23.26	2017	70 +	DIANN UUSTAL	2:43.60	2016	75 +	YOSHIKO OSAKI	2:51.65	2013
80 +	YOSHIKO OSAKI	3:00.43	2018	85 +	JANE ASHER	3:12.66	2016	90 +	RITA SIMONTON	4:24.90	2008	95 +	MAURINE KORNFELD	4:56.12	2017
100+	MIEKO NAGAOKA	7:27.89	2014												

### RECORDE SUL-AMERICANO

25 +	TATIANA BARBOSA	2:02.50	2007	30 +	VERONICA BALSANO	2:00.73	2018	35 +	RAQUEL STELLET	2:12.07	2008	40 +	VALESCA CRUZ	2:15.33	2016
45 +	VALESCA CRUZ	2:16.90	2017	50 +	SANDRA CROUSSE	2:21.37	2016	55 +	ROSARIO VIVANCO	2:28.00	2004	60 +	ROSARIO VIVANCO	2:32.48	2009
65 +	AIDA DAVIS	2:47.75	2014	70 +	AIDA DAVIS	3:02.96	2018	75 +	MARIA PENNA	3:17.58	2014	80 +	CANDIDA GANDOLPHO	3:52.96	2001
85 +	MARIA LENK	4:36.42	2000	90 +	MARIA LENK	5:21.30	2005								

### RECORDE BRASILEIRO

PRÉ				25 +	TATIANA BARBOSA	2:02.50	2007	30 +	VERONICA BALSANO	2:00.73	2018	35 +	RAQUEL STELLET	2:12.07	2008
40 +	VALESCA CRUZ	2:15.33	2016	45 +	VALESCA CRUZ	2:16.90	2017	50 +	SOPHIE MONGINET	2:25.75	2016	55 +	ROSELI SILVA	2:39.33	2018
60 +	FABRIENNE GUTTIN	2:48.56	2015	65 +	MARIA PENNA	3:05.72	2006	70 +	MARIA PENNA	3:05.96	2009	75 +	MARIA PENNA	3:17.80	2014
80 +	CANDIDA GANDOLPHO	3:52.96	2001	85 +	MARIA LENK	4:36.42	2000	90 +	MARIA LENK	5:21.30	2005				

### RECORDE MARANHENSE

PRÉ				25 +	LORENA PINHEIRO	2:22.55	2019	30 +	MARIANA TRANCOSO	2:48.06	2017	35 +	NAHONE FIGUEIRA	2:22.94	2019
40 +	RENATA BEIROUTH	3:02.36	2017	45 +	RENATA BEIROUTH	3:09.09	2019	50 +	MARIA CAMPOS	2:39.94	2016	55 +	EDILENE SOUZA	4:03.16	2018
60 +	EURIDICE RABELO	5:03.03	2016	65 +	RECORDE ESTABELECECER	59:59.99	1900	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	LORENA PINHEIRO	2:22.55	2019	30 +	ANA CAMPOS	2:58.61	2016	35 +	NAHONE FIGUEIRA	2:22.94	2019
40 +	CAROLINE REIS	3:28.77	2019	45 +	RENATA BEIROUTH	3:09.09	2019	50 +	MARIA CAMPOS	3:32.46	2016	55 +	A ESTABELECECER	59:59.99	2016
60 +	EURIDICE RABELO	5:03.03	2016	65 +	A ESTABELECECER	59:59.99	2016	70 +	A ESTABELECECER	59:59.99	2016	75 +	A ESTABELECECER	59:59.99	2016
80 +	A ESTABELECECER	59:59.99	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 5ª PROVA - 50 METROS COSTAS MASCULINO (16/03/2019)

### RECORDE MUNDIAL

PRÉ				25 +	DARIAN TOWNSEND	24.55	2013	30 +	NELSON JR.	23.86	2017	35 +	KENTA YAMANOI	25.68	2017
40 +	MICHAEL ROSS	25.53	2009	45 +	LUIS LAERA	26.44	2018	50 +	FRITZ BEDFORD	26.69	2015	55 +	CRAIG NORREY	27.96	2016
60 +	PHILIPP DJANG	29.64	2014	65 +	HUGH WILDER	30.34	2012	70 +	HUGH WILDER	33.09	2017	75 +	RICHARD BURNS	35.22	2018
80 +	YOSHI OYAKAWA	37.82	2014	85 +	KEIJIRO NAKAMURA	40.59	2009	90 +	GORO KOBAYASHI	52.49	2008	95 +	WILLARD LAMB	55.60	2017
100+	JEAN LEEMPUT	1:26.68	2014	105+	JARING TIMMERMAN	3:09.55	2014								

### RECORDE SUL-AMERICANO

25 +	RODRIGO N.TRIVINO	25.02	2012	30 +	NELSON JR.	23.86	2017	35 +	PABLO ABAL	25.70	2016	40 +	EDILSON JUNIOR	25.94	2012
45 +	LUIS LAERA	26.44	2018	50 +	VLADIMIR RIBEIRO	29.33	2017	55 +	MARCO COSTA	31.73	2018	60 +	JOSÉ LORO	31.50	2009
65 +	LUÍS FIGUEIREDO	32.35	2006	70 +	JOSE FERRAZ	37.55	2016	75 +	ROBERTO FONTES	39.21	2018	80 +	DOUGLAS ALPINO	42.14	2017
85 +	ILO FONSECA	49.15	2015	90 +	ZAVEN BOGHOSSIAN	54.50	2017								

### RECORDE BRASILEIRO

PRÉ				25 +	RODRIGO N.TRIVINO	25.02	2012	30 +	NELSON JR.	23.86	2017	35 +	LEONARDO GOMES	26.36	2010
40 +	EDILSON JUNIOR	25.94	2012	45 +	EDILSON JUNIOR	26.62	2015	50 +	VLADIMIR RIBEIRO	29.33	2017	55 +	MARCO COSTA	31.73	2018
60 +	JOSÉ LORO	31.50	2009	65 +	LUÍS FIGUEIREDO	32.35	2006	70 +	JOSE FERRAZ	37.55	2016	75 +	ROBERTO FONTES	39.21	2018
80 +	DOUGLAS ALPINO	42.14	2017	85 +	ILO FONSECA	49.15	2015	90 +	ZAVEN BOGHOSSIAN	54.50	2017				

### RECORDE MARANHENSE

PRÉ				25 +	FREDERICO CASTRO	27.14	2017	30 +	RONALDO LOPES	30.23	2017	35 +	FREDERICO FIGUEIREDO	31.18	2017
40 +	ANDRE AZEVEDO	35.09	2019	45 +	JAIRO LAGO	37.83	2016	50 +	JAIRO LAGO	38.09	2018	55 +	LUIS ARAUJO	46.44	2015
60 +	PAULO BITTENCOURT	46.53	2015	65 +	PAULO ALMEIDA	48.00	2019	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	ANDREY PONTES	29.88	2019	30 +	ERIC NETO	31.99	2016	35 +	THIAGO BORDEZAN	28.12	2019
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I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇÃO 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇÃO DE PESSOAL DA CAIXA ECONÔMICA FEDERAL - APCEF/MA - SÃO LUÍS/MA

ABMN Competição 2.101 - Desenvolvimento SWIM.COM.BR

40 +	ANDRE AZEVEDO	35.09	2019	45 +	CHARLES **	38.92	2019	50 +	MAURO SILVA	32.13	2016	55 +	ISMAELINO BARBOSA	37.51	2019
60 +	ERNESTO HERRERA	39.75	2016	65 +	PAULO ALMEIDA	48.00	2019	70 +	JOSE RAMOS	54.84	2019	75 +	CARLOS GOMES	58.50	2019
80 +	A ESTABELECEER	59:59.99	2016	85 +	ADELSON JULIAO	1:11.65	2019	90 +	A ESTABELECEER	59:59.99	2016	95 +	A ESTABELECEER	59:59.99	2016
100+	A ESTABELECEER	59:59.99	2016	105+	A ESTABELECEER	59:59.99	2016								

## 6ª PROVA - 50 METROS COSTAS FEMININO (16/03/2019)

### RECORDE MUNDIAL

PRÉ				25 +	YURIE OGA	27.88	2015	30 +	MAI NAKAMURA	27.43	2009	35 +	NORIKO INADA	27.63	2016
40 +	R.JOHANNA LUOTO	28.86	2017	45 +	CINDY MABEE	30.25	2014	50 +	LESLIE LIVINGSTON	30.27	2015	55 +	LESLIE LIVINGSTON	30.12	2016
60 +	LAURA VAL	33.01	2013	65 +	LAURA VAL	33.99	2017	70 +	MARGIT OHLSSON	37.50	2015	75 +	E KETELSEN	40.74	2018
80 +	YOSHIKO OSAKI	44.82	2018	85 +	JANE ASHER	49.07	2016	90 +	BETTY LORENZI	56.84	2017	95 +	NORA KUTTI	1:12.24	2017
100+	MIEKO NAGAOKA	1:38.71	2014												

### RECORDE SUL-AMERICANO

25 +	ESTEFANIA DIETZE	29.72	2016	30 +	ESTEFANIA MILANEZ	30.08	2018	35 +	GISELI PEREIRA	29.00	2009	40 +	GISELI PEREIRA	29.96	2012
45 +	GISELI PEREIRA	31.02	2017	50 +	AROMA MARTORELL	32.65	2009	55 +	AROMA MARTORELL	34.89	2013	60 +	AROMA MARTORELL	35.49	2018
65 +	SILVANA ABREU	37.44	2006	70 +	SUZANA TARTAGLIA	44.35	2017	75 +	HERILENE FREITAS	46.68	2017	80 +	MARCIA RIBEIRO	53.31	2015
85 +	MARIA LENK	1:01.06	2000	90 +	MARIA LENK	1:13.75	2005	95 +	LAURA OLIVEIRA	1:45.56	2014				

### RECORDE BRASILEIRO

PRÉ				25 +	ESTEFANIA DIETZE	29.72	2016	30 +	ESTEFANIA MILANEZ	30.08	2018	35 +	GISELI PEREIRA	29.00	2009
40 +	GISELI PEREIRA	29.96	2012	45 +	GISELI PEREIRA	31.02	2017	50 +	AROMA MARTORELL	32.65	2009	55 +	AROMA MARTORELL	34.89	2013
60 +	AROMA MARTORELL	35.49	2018	65 +	SILVANA ABREU	37.44	2006	70 +	VERA SILVA	44.87	2012	75 +	MARLENE MENDES	47.75	2008
80 +	MARCIA RIBEIRO	53.31	2015	85 +	MARIA LENK	1:01.06	2000	90 +	MARIA LENK	1:13.75	2005	95 +	LAURA OLIVEIRA	1:45.56	2014

### RECORDE MARANHENSE

PRÉ				25 +	ANA BARROS	35.54	2017	30 +	TATIANE ZACCARO	34.77	2013	35 +	MARIA PORTO	38.29	2017
40 +	DANIELA FLEXA	40.02	2017	45 +	FABIANA CUNHA	40.58	2017	50 +	MARIA CAMPOS	58.99	2015	55 +	GISELLE MENEZES	1:06.37	2019
60 +	JOSMARINA **	1:00.22	2019	65 +	MARIA **	1:04.13	2019	70 +	ELBA MOCHEL	1:23.63	2018	75 +	RECORDE ESTABELECEER	59:59.99	1900
80 +	ANTÔNIA NASCIMENTO	1:24.06	2017	85 +	RECORDE ESTABELECEER	59:59.99	1900	90 +	RECORDE ESTABELECEER	59:59.99	1900	95 +	RECORDE ESTABELECEER	59:59.99	1900
100+	RECORDE ESTABELECEER	59:59.99	1900	105+	RECORDE ESTABELECEER	59:59.99	1900								

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	GABRIELA DOMICIANO	36.50	2019	30 +	RAFAELA DIAS	36.69	2016	35 +	PAULA PENHA	38.65	2016
40 +	LIDYANNE SILVA	41.91	2019	45 +	RENATA BEIROUTH	46.15	2019	50 +	LUCINILDA NASCIMENTO	34.87	2019	55 +	GISELLE MENEZES	1:06.37	2019
60 +	JOSMARINA **	1:00.22	2019	65 +	MARIA **	1:04.13	2019	70 +	ELBA MOCHEL	1:28.85	2019	75 +	MARLENE PAIVA	1:08.31	2016
80 +	ANTÔNIA NASCIMENTO	1:46.40	2019	85 +	A ESTABELECEER	59:59.99	2016	90 +	A ESTABELECEER	59:59.99	2016	95 +	A ESTABELECEER	59:59.99	2016
100+	A ESTABELECEER	59:59.99	2016	105+	A ESTABELECEER	59:59.99	2016								

## 7ª PROVA - 100 METROS BORBOLETA MASCULINO (16/03/2019)

### RECORDE MUNDIAL

PRÉ				25 +	YASUHIRO WADA	52.42	2018	30 +	DARIAN TOWSEND	52.44	2016	35 +	IGOR MARCHENKO	54.27	2011
40 +	LARS FROLANDER	53.81	2014	45 +	EIJI NOMURA	55.07	2018	50 +	NICOLAS GRANGER	56.78	2018	55 +	DAN THOMPSON	59.80	2013
60 +	DAN THOMPSON	1:00.20	2016	65 +	LAWRENCE DAY	1:05.37	2016	70 +	RICHARD ABRAHAMS	1:07.56	2015	75 +	RICHARD BURNS	1:20.30	2018
80 +	GIULIO DIVANO	1:30.15	2011	85 +	TAKASHI HAYASHI	1:52.03	2018	90 +	GUILHERME SILVA	2:16.78	2018	95 +	ROBERT DOUD	5:36.78	2018

### RECORDE SUL-AMERICANO

25 +	DANIEL BELINI	52.92	2009	30 +	GLAUBER SILVA	52.67	2016	35 +	ROTMAN SANGUINETTY	55.72	2014	40 +	ROBERTO JUNIOR	58.05	2004
45 +	MARCUS MATTIOLI	59.66	2008	50 +	CLAUDIO LOTOTOVICH	1:00.05	2014	55 +	CLAUDIO LUTOTOVICH	1:02.73	2018	60 +	JOSE NASCIMENTO	1:08.37	2016
65 +	LUIS SIMI	1:15.52	2002	70 +	LUIS SIMI	1:19.47	2007	75 +	ROBERTO FONTES	1:34.33	2018	80 +	EROS DAMASCENO	1:56.12	2019
85 +	GUILHERME SILVA	2:15.82	2014	90 +	GUILHERME SILVA	2:16.78	2018								

### RECORDE BRASILEIRO

PRÉ				25 +	DANIEL BELINI	52.92	2009	30 +	GLAUBER SILVA	52.67	2016	35 +	MAURI ROOLEN	57.96	2010
40 +	ROBERTO JUNIOR	58.05	2004	45 +	MARCUS MATTIOLI	59.66	2008	50 +	MARCUS MATTIOLI	1:01.04	2014	55 +	CELSO JUGEND	1:06.60	2009
60 +	JOSE NASCIMENTO	1:08.37	2016	65 +	LUIS SIMI	1:15.52	2002	70 +	LUIS SIMI	1:19.47	2007	75 +	ROBERTO FONTES	1:34.33	2018
80 +	EROS DAMASCENO	1:56.12	2019	85 +	GUILHERME SILVA	2:15.82	2014	90 +	GUILHERME SILVA	2:16.78	2018				

### RECORDE MARANHENSE

PRÉ				25 +	FREDERICO CASTRO	53.74	2016	30 +	FREDERICO CASTRO	52.99	2019	35 +	RONALDO LOPES	1:01.09	2019
40 +	RODRIGO MANSUR	59.89	2019	45 +	DJALMA CASTRO	1:30.37	2017	50 +	AGENOR FILHO	1:32.01	2018	55 +	CARLYLE FILHO	2:10.08	2018
60 +	PAULO ALMEIDA	1:40.38	2017	65 +	RECORDE ESTABELECEER	59:59.99	1900	70 +	RECORDE ESTABELECEER	59:59.99	1900	75 +	RECORDE ESTABELECEER	59:59.99	1900
80 +	RECORDE ESTABELECEER	59:59.99	1900	85 +	RECORDE ESTABELECEER	59:59.99	1900	90 +	RECORDE ESTABELECEER	59:59.99	1900	95 +	RECORDE ESTABELECEER	59:59.99	1900
100+	RECORDE ESTABELECEER	59:59.99	1900	105+	RECORDE ESTABELECEER	59:59.99	1900								

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	EDUARDO GONÇALVES	56.30	2016	30 +	FREDERICO CASTRO	52.99	2019	35 +	RONALDO LOPES	1:01.09	2019
40 +	RODRIGO MANSUR	59.89	2019	45 +	DJALMA CASTRO	1:33.24	2019	50 +	A ESTABELECEER	59:59.99	2016	55 +	A ESTABELECEER	59:59.99	2016
60 +	BENEDITO MARTINS	1:47.99	2019	65 +	A ESTABELECEER	59:59.99	2016	70 +	A ESTABELECEER	59:59.99	2016	75 +	A ESTABELECEER	59:59.99	2016
80 +	A ESTABELECEER	59:59.99	2016	85 +	A ESTABELECEER	59:59.99	2016	90 +	A ESTABELECEER	59:59.99	2016	95 +	A ESTABELECEER	59:59.99	2016
100+	A ESTABELECEER	59:59.99	2016	105+	A ESTABELECEER	59:59.99	2016								

## 8ª PROVA - 100 METROS BORBOLETA FEMININO (16/03/2019)

### RECORDE MUNDIAL

PRÉ				25 +	CLAIRE DONAHUE	58.11	2015	30 +	ANNA POLIAKOVA	59.82	2017	35 +	HITOMI MATSUDA	1:01.88	2014
40 +	SUSAN LIPPE	1:01.70	2009	45 +	SUSAN LIPPE	1:03.47	2010	50 +	DANIELA PONTI	1:06.88	2016	55 +	KARLYN PIPES	1:08.15	2017
60 +	LAURA VAL	1:11.47	2013	65 +	LAURA VAL	1:15.40	2016	70 +	JUDY WILSON	1:24.03	2016	75 +	JUDIE OLIVER	1:44.35	2007
80 +	JUDIE OLIVER	1:50.08	2012	85 +	JUDIE OLIVER	2:02.59	2017	90 +	DOROTHY WESTON	3:21.00	2003				

### RECORDE SUL-AMERICANO



# Recordes da Competiç o

## IV TORNEIO GR O-PAR 

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇ O 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇ O DE PESSOAL DA CAIXA ECON MICA FEDERAL - APCEF/MA - S O LU S/MA

ABMN Competiç o 2.101 - Desenvolvimento SWIM.COM.BR

25 +	VERONICA BALSANO	1:03.45	2014	30 +	VERONICA BALSANO	1:02.72	2018	35 +	GISELI PEREIRA	1:05.36	2009	40 +	GISELI PEREIRA	1:08.17	2012
45 +	VALESKA CRUZ	1:10.11	2018	50 +	FERNANDA PRADO	1:15.96	2011	55 +	MARCIA SILVA	1:19.49	2018	60 +	ANA ESCUTIA	1:30.69	2017
65 +	SILVANA ABREU	1:39.50	2007	70 +	AIDA DAVIS	1:47.97	2018	75 +	VERA SILVA	2:02.11	2018	80 +	NORA RONAI	2:33.42	2006
85 +	NADIR TAUBERT	2:59.36	2018	90 +	NORA RONAI	3:45.69	2014								

### RECORDE BRASILEIRO

PR�				25 +	VERONICA BALSANO	1:03.64	2016	30 +	VERONICA BALSANO	1:02.72	2018	35 +	GISELI PEREIRA	1:05.36	2009
40 +	GISELI PEREIRA	1:08.17	2012	45 +	VALESKA CRUZ	1:10.11	2018	50 +	FERNANDA PRADO	1:15.96	2011	55 +	MARCIA SILVA	1:19.49	2018
60 +	SILVANA ABREU	1:31.46	2004	65 +	SILVANA ABREU	1:39.50	2007	70 +	ENEDINA PEREIRA	1:51.20	2008	75 +	VERA SILVA	2:02.11	2018
80 +	NORA RONAI	2:33.42	2006	85 +	NADIR TAUBERT	2:59.36	2018	90 +	NORA RONAI	3:45.69	2014	120 +	E.C. PINHEIROS	1:44.64	2009

### RECORDE MARANHENSE

PR�				25 +	MARIANA TRANCOSO	1:21.60	2012	30 +	LETIANA TELLES	1:14.68	2018	35 +	ADRIANA COSTA	1:23.95	2019
40 +	L�CIA NASCIMENTO	1:41.72	2018	45 +	RECORDE ESTABELECECER	59:59.99	1900	50 +	MARIA CAMPOS	1:58.00	2016	55 +	MARIA CAMPOS	2:09.15	2019
60 +	RECORDE ESTABELECECER	59:59.99	1900	65 +	RECORDE ESTABELECECER	59:59.99	1900	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								

### RECORDE DO TORNEIO GR O-PAR 

PR�				25 +	A ESTABELECECER	59:59.99	2016	30 +	MARIANA TRANCOSO	1:27.55	2016	35 +	ADRIANA COSTA	1:23.95	2019
40 +	SIM�RIA MENEZES	1:50.90	2019	45 +	A ESTABELECECER	59:59.99	2016	50 +	MARIA CAMPOS	1:58.00	2016	55 +	MARIA CAMPOS	2:09.15	2019
60 +	A ESTABELECECER	59:59.99	2016	65 +	A ESTABELECECER	59:59.99	2016	70 +	A ESTABELECECER	59:59.99	2016	75 +	A ESTABELECECER	59:59.99	2016
80 +	A ESTABELECECER	59:59.99	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 9  PROVA - 50 METROS LIVRE MASCULINO (16/03/2019)

### RECORDE MUNDIAL

PR�				25 +	CESAR CIELO	21.37	2014	30 +	EVGENIY LAGUNOV	21.59	2015	35 +	MARK FOSTER	21.53	2007
40 +	HIDEAKI HARA	22.75	2016	45 +	JOAKIM HOLMQUIST	23.29	2016	50 +	ROWDY GAINES	23.38	2009	55 +	BRENT BARNES	24.51	2015
60 +	RICHARD ABRAHMS	24.90	2006	65 +	DOUG MARTIN	25.42	2018	70 +	RICHARD ABRAHMS	26.88	2015	75 +	MIKE FRESHLEY	29.90	2016
80 +	JEFF FARRELL	31.25	2017	85 +	ROBERTO ALBERICHE	32.23	2016	90 +	TOSHIMI INATOMI	40.93	2016	95 +	WILLARD LAMB	45.47	2017
100+	GEORGE CORONES	55.75	2018	105+	JARING TIMMERMAN	2:52.48	2014								

### RECORDE SUL-AMERICANO

25 +	DANIEL BELINI	22.36	2009	30 +	LEANDRO OKUDA	22.61	2009	35 +	GUILHERME SANTROS	22.46	2018	40 +	RICARDO SANTOS	23.68	2003
45 +	EDILSON JUNIOR	24.63	2015	50 +	RICARDO DAVIS	25.56	2003	55 +	HAYO HASE	26.17	2018	60 +	LUIZ FAGUNDES	27.40	2010
65 +	JOSE LORO	28.39	2015	70 +	PAULO MOTTA	29.64	2018	75 +	GYORGY PAVETITS	32.35	2015	80 +	ILO FONSECA	33.64	2010
85 +	MIRIO VISENTIN	36.27	2003	90 +	MIRIO VISENTIN	43.48	2008	95 +	SEBASTI�O SANTOS	1:06.64	2017				

### RECORDE BRASILEIRO

PR�				25 +	DANIEL BELINI	22.36	2009	30 +	LEANDRO OKUDA	22.61	2009	35 +	GUILHERME SANTROS	22.46	2018
40 +	RICARDO SANTOS	23.68	2003	45 +	EDILSON JUNIOR	24.63	2015	50 +	RICARDO DAVIS	25.56	2003	55 +	LEONIDAS NETO	26.34	2015
60 +	LUIZ FAGUNDES	27.40	2010	65 +	JOSE LORO	28.39	2015	70 +	PAULO MOTTA	29.64	2018	75 +	GYORGY PAVETITS	32.35	2015
80 +	ILO FONSECA	33.64	2010	85 +	ARAM BOGHOSSIAN	38.66	2014	90 +	ANTON BIEDERMANN	45.46	2014	95 +	SEBASTI�O SANTOS	1:06.64	2017

### RECORDE MARANHENSE

PR�				25 +	THIAGO REZZO	23.02	2014	30 +	THIAGO REZZO	23.74	2017	35 +	RODRIGO MANSUR	25.05	2017
40 +	RODRIGO MANSUR	24.64	2018	45 +	WALTER FILHO	27.62	2018	50 +	JAIRO LAGO	29.25	2019	55 +	MARIO FILHO	29.80	2019
60 +	JERONIMO PINHEIRO	32.25	2017	65 +	FRANCISCO LINHARES	34.14	2017	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								

### RECORDE DO TORNEIO GR O-PAR 

PR�				25 +	LEONARDO PEREIRA	24.75	2016	30 +	RODRIGO SILVA	23.89	2019	35 +	RODRIGO MANSUR	25.88	2016
40 +	RODRIGO MANSUR	25.17	2019	45 +	WALTER FILHO	27.81	2019	50 +	MAURO SILVA	27.65	2016	55 +	ISMAELINO BARBOSA	27.70	2019
60 +	JERONIMO PINHEIRO	33.54	2016	65 +	PAULO DIAS	39.79	2019	70 +	JOSE RAMOS	39.30	2019	75 +	CARLOS GOMES	43.14	2019
80 +	A ESTABELECECER	59:59.99	2016	85 +	ADELSON JULIAO	55.91	2019	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 10  PROVA - 50 METROS LIVRE FEMININO (16/03/2019)

### RECORDE MUNDIAL

PR�				25 +	SUMIKA KOMATSU	25.42	2006	30 +	S.KNIAGININA S.KNIAGININA	25.17	2014	35 +	DARA TORRES	25.10	2006
40 +	ERIKA BRAUN	26.02	2014	45 +	ERIKA BRAUN	26.29	2018	50 +	M.THERESE FUZZATI	26.27	2015	55 +	HAYLEY BETTINSON	27.80	2018
60 +	JENNY WHITELEY	28.50	2018	65 +	LAURA VAL	29.30	2016	70 +	DIANN UUSTAL	32.38	2016	75 +	CHRISTEL SCHULZ	34.58	2015
80 +	YOSHIKO OSAKI	36.08	2018	85 +	JANE ASHER	38.75	2016	90 +	MIEKO KAMOSHITA	49.09	2017	95 +	MAURINE KORNFELD	1:04.68	2016
100+	MIEKO NAGAOKA	1:34.12	2014												

### RECORDE SUL-AMERICANO

25 +	NADIA COLOVINI	26.34	2014	30 +	TATIANA BARBOSA	25.66	2008	35 +	BRUNA BUCHAMAR	27.10	2017	40 +	SANDRA CROUSSE	27.75	2008
45 +	IARA SCARPELLI	29.10	2016	50 +	SANDRA CROUSSE	28.72	2016	55 +	ROSARIO VIVANCO	29.86	2004	60 +	AIDA DAVIS	30.94	2008
65 +	AIDA DAVIS	33.39	2014	70 +	AIDA DAVIS	36.48	2018	75 +	VERA SILVA	40.29	2016	80 +	CANDIDA GANDOLPHO	44.13	2003
85 +	ELBA TERRAGNO	53.83	2018	90 +	NORA RONAI	1:02.79	2014	95 +	LAURA OLIVEIRA	1:21.48	2014	360 +	CLUBE ARARAQUARENSE	4:26.63	2017

### RECORDE BRASILEIRO

PR�				25 +	ESTEFANIA DIETZE	26.98	2016	30 +	TATIANA BARBOSA	25.66	2008	35 +	BRUNA BUCHAMAR	27.10	2017
40 +	MARCIA LIMA	28.05	2013	45 +	IARA SCARPELLI	29.10	2016	50 +	LUCINILDA NASCIMENTO	29.50	2016	55 +	AROMA MARTORELL	30.96	2015
60 +	AROMA MARTORELL	33.33	2018	65 +	SILVANA ABREU	36.87	2008	70 +	VERA SILVA	37.60	2012	75 +	VERA SILVA	40.29	2016
80 +	CANDIDA GANDOLPHO	44.13	2003	85 +	RENATE LANGEANI	54.50	2014	90 +	NORA RONAI	1:02.79	2014	95 +	LAURA OLIVEIRA	1:21.48	2014

### RECORDE MARANHENSE

PR�				25 +	LETIANA TELLES	30.63	2016	30 +	LETIANA TELLES	26.73	2019	35 +	SILYEDA COSTA	31.82	2017
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# Recordes da Competição

## IV TORNEIO GRÃO-PARÁ

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇÃO 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇÃO DE PESSOAL DA CAIXA ECONÔMICA FEDERAL - APCEF/MA - SÃO LUÍS/MA

ABMN Competição 2.101 - Desenvolvimento SWIM.COM.BR

40 +	FABIANA CUNHA	31.09	2012	45 +	FABIANA CUNHA	31.85	2017	50 +	CRISTINA HERTEL	34.31	2018	55 +	ANGELA OLIVEIRA	38.96	2018
60 +	JOSMARINA **	43.73	2019	65 +	BERNADETE CORREA	45.51	2018	70 +	MARIA LOPES	59.59	2017	75 +	MARIA LOPES	1:01.93	2018
80 +	ANTÔNIA NASCIMENTO	1:13.01	2018	85 +	RECORDE ESTABELECEER	59:59.99	1900	90 +	RECORDE ESTABELECEER	59:59.99	1900	95 +	RECORDE ESTABELECEER	59:59.99	1900
100+	RECORDE ESTABELECEER	59:59.99	1900	105+	RECORDE ESTABELECEER	59:59.99	1900								

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	GABRIELA DOMICIANO	31.07	2019	30 +	LETIANA TELLES	26.73	2019	35 +	NAHONE FIGUEIRA	28.40	2019
40 +	LÚCIA NASCIMENTO	33.07	2019	45 +	FABIANA CUNHA	32.15	2019	50 +	LUCINILDA NASCIMENTO	29.91	2019	55 +	ANGELA OLIVEIRA	40.14	2019
60 +	JOSMARINA **	43.73	2019	65 +	MARIA **	53.51	2019	70 +	JURITA CARDOZO	55.74	2016	75 +	A ESTABELECEER	59:59.99	2016
80 +	OSCARINA CORDEIRO	1:15.61	2016	85 +	A ESTABELECEER	59:59.99	2016	90 +	A ESTABELECEER	59:59.99	2016	95 +	A ESTABELECEER	59:59.99	2016
100+	A ESTABELECEER	59:59.99	2016	105+	A ESTABELECEER	59:59.99	2016								

## 11ª PROVA - 100 METROS MEDLEY MASCULINO (16/03/2019)

### RECORDE MUNDIAL

PRÉ				25 +	DARIAN TOWNSEND	53.47	2013	30 +	DARIAN TOWNSEND	53.28	2016	35 +	TAKEFUMI KAKIZOE	56.31	2018
40 +	HIDEAKI HARA	57.07	2016	45 +	NICOLAS GRANGER	57.68	2012	50 +	NICOLAS GRANGER	57.69	2017	55 +	STEVE WOOD	1:01.76	2015
60 +	RICK COLELLA	1:04.23	2015	65 +	RICK COLELLA	1:05.43	2016	70 +	RICHARD ABRAHAMS	1:13.09	2015	75 +	MIKE FRESHLEY	1:17.58	2016
80 +	DAVID COSTILL	1:24.69	2017	85 +	ROBERTO ALBERICHE	1:34.85	2016	90 +	KARL HAUTER	1:53.75	2015	95 +	WILLARD LAMB	2:39.39	2017

### RECORDE SUL-AMERICANO

25 +	LEONARDO SUMIDA	56.90	2011	30 +	MARCELO TOMAZINI	56.77	2009	35 +	ROTMAN SANGUINETTY	58.63	2014	40 +	FERNANDO RODRIGUEZ	1:00.58	2004
45 +	FERNANDO FAVERON	1:01.39	2009	50 +	RENATO RAMALHO	1:03.63	2018	55 +	CELSO JUGEND	1:08.82	2009	60 +	CELSO JUGEND	1:11.39	2014
65 +	JOSE LORO	1:14.20	2015	70 +	ANTONIO ORSELLI	1:20.88	2013	75 +	ANTONIO ORSELLI	1:26.36	2017	80 +	HORST KESTENER	1:42.23	2015
85 +	DON VISENTIN	1:52.75	2003	90 +	DON VISENTIN	2:10.29	2008								

### RECORDE BRASILEIRO

PRÉ				25 +	LEONARDO SUMIDA	56.90	2011	30 +	MARCELO TOMAZINI	56.77	2009	35 +	RODRIGO BARDI	58.99	2014
40 +	ROBERTO JÚNIOR	1:01.14	2004	45 +	NEWTON KAMINSKI	1:02.74	2012	50 +	RENATO RAMALHO	1:03.63	2018	55 +	CELSO JUGEND	1:08.82	2009
60 +	CELSO JUGEND	1:11.39	2014	65 +	JOSE LORO	1:14.20	2015	70 +	ANTONIO ORSELLI	1:20.88	2013	75 +	ANTONIO ORSELLI	1:26.36	2017
80 +	HORST KESTENER	1:42.23	2015	85 +	ARAM BOGHOSSIAN	2:00.39	2014	90 +	JOVINIANO ALVIM	2:59.78	2018				

### RECORDE MARANHENSE

PRÉ				25 +	LAURO FILHO	59.23	2018	30 +	THIAGO REZZO	1:03.19	2017	35 +	THIAGO BORDEZAN	1:02.37	2019
40 +	ROMULO SOARES	1:14.15	2019	45 +	CHARLES **	1:21.86	2019	50 +	AGENOR FILHO	1:26.10	2016	55 +	AGENOR FILHO	1:32.07	2019
60 +	OSVALDO NETO	1:38.48	2018	65 +	RECORDE ESTABELECEER	59:59.99	1900	70 +	RECORDE ESTABELECEER	59:59.99	1900	75 +	RECORDE ESTABELECEER	59:59.99	1900
80 +	RECORDE ESTABELECEER	59:59.99	1900	85 +	RECORDE ESTABELECEER	59:59.99	1900	90 +	RECORDE ESTABELECEER	59:59.99	1900	95 +	RECORDE ESTABELECEER	59:59.99	1900
100+	RECORDE ESTABELECEER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	FELIPE CUNHA	1:05.58	2019	30 +	MARCUS SARNEY	1:10.66	2019	35 +	THIAGO BORDEZAN	1:02.37	2019
40 +	ROMULO SOARES	1:14.15	2019	45 +	CHARLES **	1:21.86	2019	50 +	PAULO ALENCAR	1:14.93	2019	55 +	AGENOR FILHO	1:32.07	2019
60 +	PAULO ALMEIDA	1:40.19	2016	65 +	A ESTABELECEER	59:59.99	2016	70 +	RAIMUNDO SILVA	2:35.68	2016	75 +	A ESTABELECEER	59:59.99	2016
80 +	A ESTABELECEER	59:59.99	2016	85 +	A ESTABELECEER	59:59.99	2016	90 +	A ESTABELECEER	59:59.99	2016	95 +	A ESTABELECEER	59:59.99	2016
100+	A ESTABELECEER	59:59.99	2016	105+	A ESTABELECEER	59:59.99	2016								

## 12ª PROVA - REVEZAMENTO 4X50 METROS MEDLEY FEMININO (16/03/2019)

### RECORDE MUNDIAL

100 +	NEVA STARS	1:58.90	2015	120 +	TSUNAMI TSUNAMI	1:56.67	2014	160 +	HELSSINGBERGS HELSSINGBERGS	2:00.84	2016	200 +	MASOR MASOR	2:09.45	2018
240 +	NORTH LONESTAR	2:19.60	2015	280 +	OREGON MASTERS	2:44.72	2017	320 +	BIG YOKOHAMA	3:28.88	2013	360 +	SAPPORO MASTERS	5:40.08	2018

### RECORDE SUL-AMERICANO

100 +	ACADEMIA MILANO	2:10.30	2001	120 +	BR A	2:08.98	2016	160 +	BRASIL A	2:10.08	2018	200 +	ELO A	2:21.53	2017
240 +	PERU MASTERS	2:34.64	2016	280 +	MIGR A	3:16.60	2016	320 +	CLUBE MORUMBY	4:40.58	2014				

### RECORDE BRASILEIRO

80 +	TCC TCC	2:16.19	2005	100 +	ACAD.4X1 ACAD.4X1	2:10.30	2001	120 +	BR A	2:08.98	2016	160 +	BRASIL A	2:10.08	2018
200 +	ELO A	2:21.53	2017	240 +	UNAMI A	2:52.97	2012	280 +	MIGR A	3:16.60	2016	320 +	CLUBE MORUMBY	4:40.58	2014

### RECORDE MARANHENSE

80 +	VIVA A	2:26.19	2017	100 +	AABB-AQUAFIT A	2:24.23	2019	120 +	AABB-AQUAFIT A	2:30.36	2019	160 +	AABB-AQUAFIT A	2:41.53	2018
200 +	AABB-AQUAFIT A	3:38.68	2018	240 +	VIVA A	4:46.58	2019	280 +	VIVA A	5:19.46	2017	320 +	A ESTABELECEER	59:59.99	1900
360 +	A ESTABELECEER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

80 +	A ESTABELECEER	59:59.99	1900	100 +	AABB-AQUAFIT A	2:24.23	2019	120 +	AABB-AQUAFIT A	2:30.36	2019	160 +	AABB-AQUAFIT A	3:29.02	2019
200 +	APAMN A	3:45.54	2016	240 +	VIVA A	4:46.58	2019	280 +	A ESTABELECEER	59:59.99	2016	320 +	A ESTABELECEER	59:59.99	2016
360 +	A ESTABELECEER	59:59.99	2016												

## 13ª PROVA - REVEZAMENTO 4X50 METROS MEDLEY MASCULINO (16/03/2019)

### RECORDE MUNDIAL

100 +	GOLDEN AQUATICS	1:39.29	2016	120 +	JFE KEHIN	1:38.46	2018	160 +	SIBMASTERS SIBMASTERS	1:43.04	2016	200 +	LONGHORN AQUATICS	1:49.42	2012
240 +	RICE MASTERS	1:54.15	2018	280 +	CLUBE MORUMBY	2:12.76	2015	320 +	GEORGIA MASTERS	2:48.29	2014	360 +	NISHINOMIYA SUMIRE	4:15.49	2009

### RECORDE SUL-AMERICANO

100 +	MAC-NINA MAC-NINA	1:42.75	2011	120 +	BRASIL MASTER	1:43.65	2008	160 +	BARDI SWIMMING	1:50.43	2015	200 +	CURITIBANO CURITIBANO	1:53.55	2018
240 +	RECRA A	2:06.49	2014	280 +	CLUBE MORUMBY	2:12.76	2015	320 +	PAINEIRAS A	3:03.38	2014				

### RECORDE BRASILEIRO

80 +	TCC TCC	1:48.23	2005	100 +	MAC-NINA MAC-NINA	1:42.75	2011	120 +	BRASIL MASTER	1:43.65	2008	160 +	BARDI SWIMMING	1:50.43	2015
200 +	CURITIBANO CURITIBANO	1:53.55	2018	240 +	RECRA A	2:06.49	2014	280 +	CLUBE MORUMBY	2:12.76	2015	320 +	PAINEIRAS A	3:03.38	2014



# Recordes da Competição

## IV TORNEIO GRÃO-PARÁ

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇÃO 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇÃO DE PESSOAL DA CAIXA ECONÔMICA FEDERAL - APCEF/MA - SÃO LUÍS/MA

ABMN Competição 2.101 - Desenvolvimento SWIM.COM.BR

### RECORDE MARANHENSE

80 +	VIVA A	1:56.15	2016	100 +	MAC-NINA A	1:54.84	2016	120 +	MAC-NINA A	1:46.88	2017	160 +	APCEF APCEF	2:05.93	2018
200 +	MAC-NINA A	2:29.16	2017	240 +	A ESTABELECEER	59:59.99	1900	280 +	A ESTABELECEER	59:59.99	1900	320 +	A ESTABELECEER	59:59.99	1900
360 +	A ESTABELECEER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

80 +	APAMN A	2:14.66	2019	100 +	MAC-NINA A	1:54.84	2016	120 +	DM A	2:01.72	2019	160 +	APAMN A	2:00.84	2016
200 +	MAC-NINA A	2:39.24	2016	240 +	A ESTABELECEER	59:59.99	2016	280 +	A ESTABELECEER	59:59.99	2016	320 +	A ESTABELECEER	59:59.99	2016
360 +	A ESTABELECEER	59:59.99	2016												

## 14ª PROVA - REVEZAMENTO 4X50 METROS LIVRE MISTO (16/03/2019)

### RECORDE MUNDIAL

100 +	POSEIDON POSEIDON	1:39.37	2014	120 +	TSUNAMI TSUNAMI	1:37.54	2014	160 +	NEVA STARS	1:40.86	2015	200 +	NORTH MASTER	1:46.08	2014
240 +	NORTH LONESTAR	1:52.68	2015	280 +	TAMALPAIS MASTER	2:08.53	2015	320 +	JUEI- CLUB	2:36.37	2006	360 +	SUNWAY YOKOHAMA	3:32.71	2018

### RECORDE SUL-AMERICANO

100 +	ACADEMIA 4X1	1:41.65	2002	120 +	GRÊMIO UNIÃO	1:39.81	2018	160 +	GRÊMIO UNIÃO	1:45.87	2017	200 +	LIRA A	1:52.27	2014
240 +	BRASIL A	2:01.21	2018	280 +	RECRA RECRA	2:21.06	2015	320 +	FLUMINENSE A	2:53.91	2017	360 +	ORSELLI NADADORES	4:34.66	2018

### RECORDE BRASILEIRO

80 +	TCC TCC	1:43.78	2005	100 +	ACADEMIA 4X1	1:41.65	2002	120 +	GRÊMIO UNIÃO	1:39.81	2018	160 +	GREMIO UNIAO	1:45.87	2017
200 +	LIRA A	1:52.27	2014	240 +	BRASIL A	2:01.21	2018	280 +	RECRA RECRA	2:21.06	2015	320 +	FLUMINENSE A	2:53.91	2017
360 +	ORSELLI NADADORES	4:34.66	2018												

### RECORDE MARANHENSE

80 +	VIVA A	1:56.27	2019	100 +	AABB-AQUAFIT A	1:51.04	2018	120 +	AABB-AQUAFIT A	1:58.99	2018	160 +	AABB-AQUAFIT A	2:00.12	2018
200 +	APCEF APCEF	2:20.13	2017	240 +	APCEF APCEF	2:39.66	2019	280 +	A ESTABELECEER	59:59.99	1900	320 +	A ESTABELECEER	59:59.99	1900
360 +	A ESTABELECEER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

80 +	VIVA A	1:56.27	2019	100 +	APCEF APCEF	2:20.50	2019	120 +	APCEF APCEF	2:03.59	2019	160 +	APCEF APCEF	2:51.47	2016
200 +	POROROCA A	2:05.72	2019	240 +	APCEF APCEF	2:39.66	2019	280 +	APAMN A	3:44.57	2016	320 +	A ESTABELECEER	59:59.99	2016
360 +	A ESTABELECEER	59:59.99	2016												

## 15ª PROVA - 400 METROS LIVRE MASCULINO (16/03/2019)

### RECORDE MUNDIAL

PRÉ			25 +	SYLVAIN CROSS	3:53.60	2007	30 +	YURY UFIMTSEV	3:51.97	2014	35 +	ERIK HOCHSTEIN	3:57.77	2003	
40 +	KAI DITZEL	4:00.67	2004	45 +	FABIO CALMASINI	4:03.10	2015	50 +	NICHOLAS GRANGER	4:04.48	2017	55 +	MICHAEL MANN	4:16.03	2009
60 +	DAN STEPHENSON	4:29.92	2017	65 +	RICK COLELLA	4:27.91	2017	70 +	DAN KIRKLAND	4:56.95	2018	75 +	DAVID RADCLIFF	5:15.10	2009
80 +	DAVID RADCLIFF	5:39.27	2014	85 +	WALLIE JEFFRIES	6:53.90	2016	90 +	WILLARD LAMB	7:44.83	2014	95 +	WILLARD LAMB	8:13.42	2017

### RECORDE SUL-AMERICANO

25 +	ALEXANDRE ANGELOTTI	3:56.53	2000	30 +	RAPHAEL VIEIRA	4:02.06	2008	35 +	ANDRE LORENZI	4:09.78	2018	40 +	GUSTAVO HELENO	4:04.16	2016
45 +	MARCUS MATTIOLI	4:08.93	2005	50 +	MARCUS MATTIOLI	4:13.01	2011	55 +	JOEL KRIGER	4:38.15	2009	60 +	DJAN MADRUGA	4:43.17	2018
65 +	CARLOS AGUIRRE	5:06.97	2014	70 +	FERNANDO CANEPA	5:41.17	2017	75 +	ARAN BOGHOSSIAN	6:07.86	2004	80 +	HORST KESTENER	7:06.62	2016
85 +	JAMES DETAR	8:16.34	2009	90 +	MIRIO VISENTIN	8:50.26	2008								

### RECORDE BRASILEIRO

PRÉ			25 +	ALEXANDRE ANGELOTTI	3:56.53	2000	30 +	RAPHAEL VIEIRA	4:02.06	2008	35 +	ANDRE LORENZI	4:09.78	2018	
40 +	GUSTAVO HELENO	4:04.16	2016	45 +	MARCUS MATTIOLI	4:08.93	2005	50 +	MARCUS MATTIOLI	4:13.01	2011	55 +	JOEL KRIGER	4:38.15	2009
60 +	DJAN MADRUGA	4:43.17	2018	65 +	JOSÉ LORO	5:25.00	2014	70 +	ALFRED JACOB	5:55.42	2012	75 +	ARAM BOGHOSSIAN	6:07.86	2004
80 +	HORST KESTENER	7:06.62	2016	85 +	JAMES DETAR	8:16.34	2009	90 +	JAMES DETAR	9:05.85	2014				

### RECORDE MARANHENSE

PRÉ			25 +	ANDERSON MAIA	4:27.17	2017	30 +	FREDERICO CASTRO	4:37.86	2019	35 +	RODRIGO MANSUR	4:36.95	2017	
40 +	WALTER FILHO	5:26.91	2012	45 +	WALTER FILHO	5:00.97	2018	50 +	INACIO COSTA	6:08.56	2018	55 +	INACIO COSTA	6:13.85	2019
60 +	JERONIMO PINHEIRO	7:29.82	2016	65 +	PAULO ALMEIDA	7:23.36	2018	70 +	RECORDE ESTABELECEER	59:59.99	1900	75 +	RECORDE ESTABELECEER	59:59.99	1900
80 +	RECORDE ESTABELECEER	59:59.99	1900	85 +	RECORDE ESTABELECEER	59:59.99	1900	90 +	RECORDE ESTABELECEER	59:59.99	1900	95 +	RECORDE ESTABELECEER	59:59.99	1900
100 +	RECORDE ESTABELECEER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ			25 +	ANDERSON MAIA	4:38.06	2016	30 +	FREDERICO CASTRO	4:37.86	2019	35 +	ROMULO SOARES	5:18.61	2016	
40 +	ROMULO SOARES	5:34.92	2019	45 +	WALTER FILHO	5:02.26	2019	50 +	RAIMUNDO JUNIOR	6:23.26	2016	55 +	INACIO COSTA	6:13.85	2019
60 +	BENEDITO MARTINS	6:49.33	2019	65 +	PAULO ALMEIDA	7:27.17	2019	70 +	A ESTABELECEER	59:59.99	2016	75 +	A ESTABELECEER	59:59.99	2016
80 +	A ESTABELECEER	59:59.99	2016	85 +	A ESTABELECEER	59:59.99	2016	90 +	A ESTABELECEER	59:59.99	2016	95 +	A ESTABELECEER	59:59.99	2016
100 +	A ESTABELECEER	59:59.99	2016	105 +	A ESTABELECEER	59:59.99	2016								

## 16ª PROVA - 200 METROS MEDLEY MASCULINO (17/03/2019)

### RECORDE MUNDIAL

PRÉ			25 +	KRISTOPHER GILCHRIST	1:59.70	2010	30 +	DARIAN TOWSEND	1:56.96	2016	35 +	RON KARNAUGH	2:03.29	2002	
40 +	ROQUE SANTOS	2:05.46	2009	45 +	NICOLAS GRANGER	2:04.64	2012	50 +	NICOLAS GRANGER	2:06.38	2018	55 +	MICHAEL MANN	2:16.44	2009
60 +	RICK COLELLA	2:19.96	2015	65 +	RICK COLELLA	2:20.35	2018	70 +	BARRY YOUNG	2:42.44	2009	75 +	RICHARD BURNS	2:50.79	2018
80 +	IKURO SHIMONO	3:16.26	2017	85 +	YOSHINAO KAMEI	3:48.20	2018	90 +	KARL HAUTER	4:17.75	2016	95 +	WALTER PFEIFFER	9:50.55	2008

### RECORDE SUL-AMERICANO

25 +	IGOR BALDOINO	2:04.44	2018	30 +	MARCELO TOMAZINI	2:05.45	2009	35 +	MAURI ROSOLEN	2:09.40	2011	40 +	MAURI ROSOLEN	2:11.85	2015
45 +	ROBERTO DOBIE	2:16.33	2014	50 +	MARCUS MATTIOLI	2:16.73	2011	55 +	MARCUS MATTIOLI	2:25.27	2018	60 +	CELSO JUGEND	2:31.85	2014
65 +	JOSE LORO	2:51.05	2014	70 +	ANTONIO ORSELLI	3:02.06	2012	75 +	ROBERTO FONTES	3:14.70	2018	80 +	WOLF HEINEKEN	4:02.29	2018
85 +	JULIO ALVA	4:38.99	2017												

### RECORDE BRASILEIRO

PRÉ			25 +	IGOR BALDOINO	2:04.44	2018	30 +	MARCELO TOMAZINI	2:05.45	2009	35 +	MAURI ROSOLEN	2:09.40	2011	
40 +	MAURI ROSOLEN	2:11.85	2015	45 +	MARCUS MATTIOLI	2:16.58	2009	50 +	MARCUS MATTIOLI	2:16.73	2011	55 +	MARCUS MATTIOLI	2:25.27	2018
60 +	CELSO JUGEND	2:38.92	2014	65 +	CELSO JUGEND	2:31.85	2014	70 +	ANTONIO ORSELLI	3:02.06	2012	75 +	ROBERTO FONTES	3:14.70	2018





# Recordes da Competição

## IV TORNEIO GRÃO-PARÁ

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇÃO 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇÃO DE PESSOAL DA CAIXA ECONÔMICA FEDERAL - APCEF/MA - SÃO LUÍS/MA

ABMN Competição 2.101 - Desenvolvimento SWIM.COM.BR

40 +	ANDRE AZEVEDO	1:21.39	2019	45 +	DJALMA CASTRO	1:32.61	2019	50 +	PAULO ALENCAR	1:11.44	2019	55 +	A ESTABELECECER	59:59.99	2016
60 +	ERNESTO HERRERA	1:33.99	2016	65 +	A ESTABELECECER	59:59.99	2016	70 +	A ESTABELECECER	59:59.99	2016	75 +	A ESTABELECECER	59:59.99	2016
80 +	A ESTABELECECER	59:59.99	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 19ª PROVA - 200 METROS LIVRE MASCULINO (17/03/2019)

### RECORDE MUNDIAL

PRÉ				25 +	DARIAN TOWNSEND	1:44.90	2013	30 +	DARIAN TOWNSEND	1:46.12	2014	35 +	ERIK HOCHSTEIN	1:51.31	2003
40 +	MICHAEL ROSS	1:50.08	2008	45 +	NICOLAS GRANGER	1:52.87	2012	50 +	AMBROSE GAINES	1:54.61	2011	55 +	MICHAEL MANN	1:59.08	2009
60 +	RICK COLELLA	2:01.65	2015	65 +	RICK COLELLA	2:07.56	2016	70 +	DAN KIRKLAND	2:19.63	2018	75 +	DAVID RADCLIFF	2:27.53	2009
80 +	DAVID RADCLIFF	2:38.25	2014	85 +	ROBERTO ALBERICHE	2:55.35	2016	90 +	KARL HAUTER	3:27.14	2016	95 +	WILLARD LAMB	3:56.49	2017

### RECORDE SUL-AMERICANO

25 +	EDUARDO SCHIESARI	1:50.99	2002	30 +	GLAUBER SILVA	1:52.93	2017	35 +	ANDRÉ LORENZI	1:54.54	2018	40 +	CYRO DELGADO	1:56.06	2005
45 +	MARCUS MATTIOLI	1:56.26	2009	50 +	MARCUS MATTIOLI	2:00.87	2014	55 +	HAYO HASE	2:10.61	2018	60 +	JOEL KRIGER	2:20.02	2013
65 +	CARLOS AGUIRRE	2:23.75	2014	70 +	JOSE FERRAZ	2:37.25	2015	75 +	ARAM BOGHOSSIAN	2:46.17	2004	80 +	DOUGLAS ALPINO	3:01.65	2017
85 +	MIRIO VISENTIN	3:26.31	2003	90 +	MIRIO VISENTIN	4:13.10	2008								

### RECORDE BRASILEIRO

PRÉ				25 +	EDUARDO SCHIESARI	1:50.99	2002	30 +	GLAUBER SILVA	1:52.93	2017	35 +	ANDRÉ LORENZI	1:54.54	2018
40 +	CYRO DELGADO	1:56.06	2005	45 +	MARCUS MATTIOLI	1:56.26	2009	50 +	MARCUS MATTIOLI	2:00.87	2014	55 +	JOEL KRIGER	2:10.93	2008
60 +	A ESTABELECECER	2:20.02	2013	65 +	JOSE LORO	2:30.00	2014	70 +	JOSE FERRAZ	2:37.25	2015	75 +	ARAM BOGHOSSIAN	2:46.17	2004
80 +	DOUGLAS ALPINO	3:01.65	2017	85 +	JAMES DETAR	3:44.67	2009	90 +	JAMES DETAR	4:13.88	2014				

### RECORDE MARANHENSE

PRÉ				25 +	FREDERICO CASTRO	1:57.63	2015	30 +	REGES JÚNIOR	2:05.66	2017	35 +	RODRIGO MANSUR	2:03.53	2017
40 +	RODRIGO MANSUR	2:02.47	2019	45 +	WALTER FILHO	2:17.52	2019	50 +	INACIO COSTA	2:46.56	2018	55 +	INACIO COSTA	2:49.27	2019
60 +	JERONIMO PINHEIRO	3:23.73	2017	65 +	PAULO ALMEIDA	3:24.55	2019	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	ANDERSON MAIA	2:00.39	2016	30 +	JOÃO JÚNIOR	2:15.06	2019	35 +	LEANDRO FONSECA	2:15.07	2016
40 +	RODRIGO MANSUR	2:02.47	2019	45 +	WALTER FILHO	2:17.52	2019	50 +	JAMES LIMA	3:29.33	2019	55 +	INACIO COSTA	2:49.27	2019
60 +	JERONIMO PINHEIRO	3:25.41	2016	65 +	PAULO ALMEIDA	3:24.55	2019	70 +	JOSE RAMOS	3:50.31	2019	75 +	A ESTABELECECER	59:59.99	2016
80 +	A ESTABELECECER	59:59.99	2016	85 +	ADELSON JULIAO	4:56.37	2019	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 20ª PROVA - 50 METROS PEITO FEMININO (17/03/2019)

### RECORDE MUNDIAL

PRÉ				25 +	PETRA CHOCOVA	30.50	2014	30 +	NICOLE HEIDEMANN	31.35	2015	35 +	NICOLE HEIDEMANN	31.66	2018
40 +	LINLEY FRAME	32.20	2012	45 +	LINLEY FRAME	33.01	2017	50 +	MONICA CORO	33.96	2012	55 +	MONICA CORO	35.15	2017
60 +	JENNY WHITELEY	37.08	2018	65 +	NOBUKO YASUDA	40.90	2010	70 +	SHOKO YONEZAWA	42.80	2005	75 +	SHOKO YONEZAWA	43.79	2010
80 +	SHOKO YONEZAWA	46.48	2015	85 +	A.VAN OBBERGHEN	52.17	2016	90 +	OLGA KOKORINA	1:02.33	2013	95 +	NAKA FUKUOKA	1:42.55	2018

### RECORDE SUL-AMERICANO

25 +	ANA GOMES	33.73	2007	30 +	ANA RODRIGUES	34.40	2017	35 +	BRUNA BUMACHAR	35.42	2017	40 +	CHRISTIANE LARCHER	34.50	2014
45 +	MARCIA LIMA	36.61	2018	50 +	CHRISSEY ROCHA	38.88	2018	55 +	ALICIA BOSCATTO	37.71	2015	60 +	VERA SASSE	42.48	2006
65 +	VERA SASSE	45.31	2010	70 +	MATHILDE LAURITO	48.83	2004	75 +	CYNTHIA ANDRADE	50.71	2014	80 +	NADIR TAUBERT	59.06	2014
85 +	NADIR TAUBERT	1:04.59	2018	90 +	NORA RONAI	1:16.42	2014	95 +	LAURA OLIVEIRA	1:50.07	2014				

### RECORDE BRASILEIRO

PRÉ				25 +	ANA GOMES	33.73	2007	30 +	ANA RODRIGUES	34.40	2017	35 +	BRUNA BUMACHAR	35.42	2017
40 +	CHRISTIANE LARCHER	34.50	2014	45 +	MARCIA LIMA	36.61	2018	50 +	CHRISSEY ROCHA	38.88	2018	55 +	DIVA FUGANTI	41.17	2016
60 +	VERA SASSE	42.48	2006	65 +	VERA SASSE	45.31	2010	70 +	MATHILDE LAURITO	48.83	2004	75 +	CYNTHIA ANDRADE	50.71	2014
80 +	NADIR TAUBERT	59.06	2014	85 +	NADIR TAUBERT	1:04.59	2018	90 +	NORA RONAI	1:16.42	2014	95 +	LAURA OLIVEIRA	1:50.07	2014

### RECORDE MARANHENSE

PRÉ				25 +	HUAINA RIBEIRO	43.39	2009	30 +	LETIANA TELLES	36.11	2019	35 +	ANA GOMES	39.06	2016
40 +	LÚCIA NASCIMENTO	41.64	2018	45 +	CRISTINA HERTEL	45.44	2010	50 +	NELY OLIVEIRA	47.17	2016	55 +	ANGELA OLIVEIRA	49.51	2018
60 +	EURIDICE RABELO	1:09.98	2016	65 +	BERNADETE CORREA	1:04.00	2018	70 +	MARIA LOPES	1:25.57	2017	75 +	MARIA LOPES	1:28.13	2018
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	GABRIELA DOMICIANO	45.99	2019	30 +	LETIANA TELLES	36.11	2019	35 +	ANA GOMES	39.06	2016
40 +	LÚCIA NASCIMENTO	42.34	2019	45 +	MONICA BRITO	44.59	2016	50 +	NELY OLIVEIRA	48.09	2016	55 +	ANGELA OLIVEIRA	51.89	2019
60 +	EURIDICE RABELO	1:09.98	2016	65 +	MARIA PINHEIRO	1:07.74	2019	70 +	JURITA CARDOZO	1:19.11	2016	75 +	A ESTABELECECER	59:59.99	2016
80 +	OSCARINA CORDEIRO	1:19.45	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 21ª PROVA - 50 METROS PEITO MASCULINO (17/03/2019)

### RECORDE MUNDIAL

PRÉ				25 +	LAWRENCE PALMER	26.99	2017	30 +	FELIPE LIMA	26.72	2018	35 +	ROLAND SCHOEMAN	26.66	2018
40 +	JEFF COMMINGS	28.21	2018	45 +	HIDEAKI TOGO	28.83	2018	50 +	C. TRAVAINI	29.71	2017	55 +	C. TRAVAINI	29.79	2018
60 +	RICK COLELLA	31.51	2015	65 +	RICK COLELLA	32.50	2016	70 +	DIETER HOFEL	35.53	2016	75 +	MIKE FRESHLEY	38.35	2016
80 +	TOSHIO TAJIMA	41.42	2005	85 +	TOSHIO TAJIMA	44.47	2010	90 +	TOSHIO TAJIMA	49.58	2015	95 +	HIROMU YOSHIMOTO	1:07.12	2010

### RECORDE SUL-AMERICANO

25 +	EDUARDO FISCHER	27.76	2005	30 +	FELIPE LIMA	26.72	2018	35 +	RODRIGO BARDI	28.86	2015	40 +	ALAN PESSOTTI	29.16	2014
45 +	ALAN PESSOTTI	30.14	2018	50 +	FELIPE MALBURG	31.69	2018	55 +	GUSTAVO ROMERO	33.71	2014	60 +	CARLOS SILVA	34.43	2014
65 +	CARLOS AGUIRRE	35.63	2014	70 +	ANTONIO ORSELLI	37.03	2014	75 +	ANTONIO ORSELLI	39.94	2017	80 +	EMILIO LOPEZ	45.79	2003



# Recordes da Competiç o

## IV TORNEIO GR O-PAR 

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇ O 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇ O DE PESSOAL DA CAIXA ECON MICA FEDERAL - APCEF/MA - S O LU S/MA

ABMN Competiç o 2.101 - Desenvolvimento SWIM.COM.BR

85 +	MIRIO VISENTIN	51.89	2003	90 +	GUILHERME SILVA	1:03.51	2018								
<b>RECORDE BRASILEIRO</b>															
PR�				25 +	EDUARDO FISCHER	27.76	2005	30 +	FELIPE LIMA	26.72	2018	35 +	RODRIGO BARDI	28.86	2015
40 +	ALAN PESSOTTI	29.16	2014	45 +	ALAN PESSOTTI	30.14	2018	50 +	FELIPE MALBURG	31.69	2018	55 +	CARLOS SILVA	34.14	2009
60 +	CARLOS SILVA	34.43	2014	65 +	ANTONIO ORSELLI	36.63	2009	70 +	ANTONIO ORSELLI	37.03	2014	75 +	ANTONIO ORSELLI	39.94	2017
80 +	DETLEF SCHULTZE	46.62	2017	85 +	GUILHERME SILVA	58.84	2014	90 +	GUILHERME SILVA	1:03.51	2018				
<b>RECORDE MARANHENSE</b>															
PR�				25 +	THIAGO REZZO	30.98	2014	30 +	DANIEL CARVALHO	30.25	2016	35 +	CARLOS ALENCAR	32.05	2015
40 +	DJALMA NETO	35.81	2018	45 +	INACIO COSTA	36.90	2011	50 +	INACIO COSTA	37.21	2015	55 +	INACIO COSTA	39.25	2019
60 +	OSVALDO NETO	44.31	2018	65 +	PAULO ALMEIDA	47.87	2018	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								
<b>RECORDE DO TORNEIO GR�O-PAR�</b>															
PR�				25 +	EUR�PEDES NETO	33.62	2019	30 +	ELIEL OLIVEIRA	31.48	2016	35 +	WALBER FILHO	38.18	2019
40 +	ANSELMO J�NIOR	34.87	2019	45 +	DJALMA NETO	37.04	2019	50 +	INACIO COSTA	39.74	2016	55 +	INACIO COSTA	39.25	2019
60 +	PAULO ALMEIDA	46.23	2016	65 +	A ESTABELECECER	59:59.99	2016	70 +	JOSE FONSECA	1:03.96	2016	75 +	CARLOS GOMES	1:14.19	2019
80 +	A ESTABELECECER	59:59.99	2016	85 +	ADELSON JULIAO	1:23.43	2019	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 22ª PROVA - 50 METROS BORBOLETA FEMININO (17/03/2019)

<b>RECORDE MUNDIAL</b>															
PR�				25 +	ELINORE JONG	26.14	2018	30 +	YUKA KATO	27.08	2016	35 +	NORIKO INADA	27.45	2015
40 +	ERIKA BRAUN	28.19	2013	45 +	YURIKO IKEDA	28.53	2017	50 +	LESLIE LIVINGSTON	29.25	2013	55 +	LESLIE LIVINGSTON	29.39	2016
60 +	LAURA VAL	32.42	2013	65 +	LAURA VAL	33.06	2017	70 +	DIANN UUSTAL	35.12	2016	75 +	JANE ASHER	40.71	2006
80 +	JANE ASHER	45.57	2011	85 +	JUDIE OLIVER	51.40	2017	90 +	CHARLOTTE SANDDAL	1:21.95	2011	95 +	MAURINE KORNFELD	2:12.78	2017
<b>RECORDE SUL-AMERICANO</b>															
25 +	ESTEFANIA DIETZE	28.68	2017	30 +	ESTEF�NIA MILANEZ	28.41	2018	35 +	GISELI PEREIRA	28.37	2009	40 +	MARIA GARRONE	29.90	2018
45 +	GISELI PEREIRA	30.14	2017	50 +	SANDRA CROUSSE	31.80	2016	55 +	MOIRA PARKS	34.16	2018	60 +	AROMA MARTORELL	35.46	2018
65 +	SILVANA ABREU	38.91	2006	70 +	VERA SILVA	44.40	2011	75 +	VERA SILVA	51.23	2016	80 +	MARIA LENK	1:02.58	1995
85 +	MARIA LENK	1:11.38	2000	90 +	NORA RONAI	1:25.65	2014								
<b>RECORDE BRASILEIRO</b>															
PR�				25 +	ESTEFANIA DIETZE	28.68	2017	30 +	ESTEFANIA MILANEZ	28.41	2018	35 +	GISELI PEREIRA	28.37	2009
40 +	MARCIA LIMA	30.57	2013	45 +	GISELI PEREIRA	30.14	2017	50 +	LUCINILDA NASCIMENTO	32.66	2016	55 +	AROMA MARTORELL	34.51	2016
60 +	AROMA MARTORELL	35.46	2018	65 +	SILVANA ABREU	38.91	2006	70 +	VERA SILVA	44.40	2011	75 +	VERA SILVA	51.23	2016
80 +	MARIA LENK	1:02.58	1995	85 +	MARIA LENK	1:11.38	2000	90 +	NORA RONAI	1:25.65	2014				
<b>RECORDE MARANHENSE</b>															
PR�				25 +	MARIANA TRANCOSO	35.03	2012	30 +	LETIANA TELLES	29.98	2019	35 +	CLAUDIA COSTA	34.99	2017
40 +	L�CIA NASCIMENTO	39.78	2017	45 +	FABIANA CUNHA	36.90	2017	50 +	MARIA CAMPOS	50.98	2016	55 +	EDILENE SOUZA	53.89	2018
60 +	RECORDE ESTABELECECER	59:59.99	1900	65 +	RECORDE ESTABELECECER	59:59.99	1900	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								
<b>RECORDE DO TORNEIO GR�O-PAR�</b>															
PR�				25 +	LUANNY RAMOS	39.78	2016	30 +	LETIANA TELLES	29.98	2019	35 +	NAHONE FIGUEIRA	30.47	2019
40 +	SIM�RIA MENEZES	44.34	2019	45 +	FABIANA CUNHA	38.42	2019	50 +	LUCINILDA NASCIMENTO	33.98	2019	55 +	MARIA CAMPOS	54.82	2019
60 +	NILZA SILVA	58.77	2016	65 +	A ESTABELECECER	59:59.99	2016	70 +	A ESTABELECECER	59:59.99	2016	75 +	A ESTABELECECER	59:59.99	2016
80 +	A ESTABELECECER	59:59.99	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 23ª PROVA - 50 METROS BORBOLETA MASCULINO (17/03/2019)

<b>RECORDE MUNDIAL</b>															
PR�				25 +	RYO ISHII	23.33	2017	30 +	THOMAS RUPPRATH	22.87	2009	35 +	ROLAND SCHOEMAN	23.12	2018
40 +	LARS FROLANDER	24.14	2014	45 +	EIJI NOMURA	24.38	2017	50 +	DAN THOMPSON	25.49	2009	55 +	DAN THOMPSON	26.45	2013
60 +	DAN THOMPSON	26.78	2017	65 +	DOUG MARTIN	28.65	2018	70 +	RICHARD ABRAHAMS	29.52	2015	75 +	HIROSHI MATSUMOTO	32.93	2012
80 +	HIROSHI MATSUMOTO	35.06	2016	85 +	ROBERTO ALBERICHE	41.08	2016	90 +	TOSHIO TAJIMA	54.38	2015	95 +	ROBERT DOUD	2:02.24	2018
<b>RECORDE SUL-AMERICANO</b>															
25 +	DANIEL BELINI	23.95	2009	30 +	LEANDRO OKUDA	24.11	2009	35 +	JOS� JUNIOR	25.18	2018	40 +	RAMON VOLCAN	25.80	2002
45 +	EDILSON JUNIOR	25.95	2016	50 +	CLAUDIO LOTOTOVICH	27.15	2014	55 +	MARCUS MATTIOLI	28.61	2018	60 +	JOSE NASCIMENTO	29.61	2017
65 +	PAULO MOTTA	31.34	2014	70 +	PAULO MOTTA	32.59	2018	75 +	ROBERTO FONTES	35.47	2018	80 +	EROS DAMASCENO	44.49	2019
85 +	MIRIO VISENTIN	50.31	2003	90 +	GUILHERME SILVA	59.45	2018								
<b>RECORDE BRASILEIRO</b>															
PR�				25 +	DANIEL BELINI	23.95	2009	30 +	LEANDRO OKUDA	24.11	2009	35 +	GUILHERME SANTOS	24.73	2017
40 +	EDILSON JUNIOR	25.97	2012	45 +	EDILSON JUNIOR	25.95	2016	50 +	MARCELO CRUZ	27.61	2016	55 +	MARCUS MATTIOLI	28.61	2018
60 +	JOSE NASCIMENTO	29.61	2017	65 +	PAULO MOTTA	31.34	2014	70 +	PAULO MOTTA	32.59	2018	75 +	ROBERTO FONTES	35.47	2018
80 +	EROS DAMASCENO	44.49	2019	85 +	GUILHERME SILVA	57.47	2013	90 +	GUILHERME SILVA	59.45	2018				
<b>RECORDE MARANHENSE</b>															
PR�				25 +	FREDERICO CASTRO	24.52	2018	30 +	FREDERICO CASTRO	25.57	2019	35 +	THIAGO BORDEZAN	26.89	2019
40 +	RODRIGO MANSUR	26.77	2018	45 +	WALTER FILHO	31.00	2018	50 +	AGENOR FILHO	34.26	2018	55 +	AGENOR FILHO	38.50	2019
60 +	PAULO ALMEIDA	41.51	2016	65 +	PAULO ALMEIDA	43.74	2018	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								



# Recordes da Competiç o

## IV TORNEIO GR O-PAR 

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇ O 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇ O DE PESSOAL DA CAIXA ECON MICA FEDERAL - APCEF/MA - S O LU S/MA

ABMN Competiç o 2.101 - Desenvolvimento SWIM.COM.BR

### RECORDE DO TORNEIO GR O-PAR 

PR�			25 +	ALEXANDRE SILVA	28.49	2016	30 +	FREDERICO CASTRO	25.57	2019	35 +	THIAGO BORDEZAN	26.89	2019	
40 +	RODRIGO MANSUR	27.18	2019	45 +	MARIO SANTOS	32.55	2019	50 +	MAURO SILVA	29.80	2016	55 +	ISMAELINO BARBOSA	30.56	2019
60 +	LUIZ ARA�JO	47.11	2019	65 +	A ESTABELECECER	59:59.99	2016	70 +	RAIMUNDO SILVA	1:06.03	2016	75 +	A ESTABELECECER	59:59.99	2016
80 +	A ESTABELECECER	59:59.99	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

### 24  PROVA - 100 METROS LIVRE FEMININO (17/03/2019)

#### RECORDE MUNDIAL

PR�			25 +	EMMA GAGE	54.53	2015	30 +	ERIKA ERNDL	54.75	2012	35 +	DARA TORRES	54.95	2006	
40 +	ERIKA BRAUN	57.08	2014	45 +	ERIKA BRAUN	58.21	2017	50 +	M.THERESE FUZZATI	58.60	2015	55 +	KARLYN PIPES	1:00.61	2017
60 +	JENNY WHITELEY	1:02.60	2018	65 +	LAURA VAL	1:04.40	2017	70 +	DIANN UUSTAL	1:12.58	2016	75 +	JANE ASHER	1:18.59	2006
80 +	YOSHIKO OSAKI	1:21.29	2018	85 +	JANE ASHER	1:28.60	2016	90 +	OLGA KOKORINA	1:58.28	2013	95 +	MAURINE KORNFELD	2:16.63	2017
100+	MIKO NAGAOKA	3:30.49	2014												

#### RECORDE SUL-AMERICANO

25 +	NADIA COLOVINI	57.17	2014	30 +	TATIANA BARBOSA	55.59	2008	35 +	SANDRA CROUSSE	59.89	2002	40 +	MARIA GARRONE	1:00.85	2018
45 +	VALESCA CRUZ	1:02.83	2018	50 +	SANDRA CROUSSE	1:03.06	2016	55 +	ROSARIO VIVANCO	1:07.27	2004	60 +	AIDA DAVIS	1:10.37	2008
65 +	AIDA DAVIS	1:13.78	2014	70 +	AIDA DAVIS	1:19.69	2018	75 +	MARIA PENNA	1:31.07	2014	80 +	CANDIDA GANDOLPHO	1:50.14	2000
85 +	RENATE LANGEANI	2:05.48	2014	90 +	MARIA LENK	2:35.08	2005	95 +	LAURA OLIVEIRA	3:26.81	2014				

#### RECORDE BRASILEIRO

PR�			25 +	PAULA AGUIAR	58.34	2002	30 +	TATIANA BARBOSA	55.59	2008	35 +	RAQUEL STELLET	1:00.11	2008	
40 +	MARCIA LIMA	1:01.58	2013	45 +	VALESCA CRUZ	1:02.83	2018	50 +	SOPHIE MONGINET	1:05.34	2016	55 +	DEBORA MEDITSCH	1:10.75	2017
60 +	FABIANNE GUTTIN	1:15.02	2018	65 +	SILVANA ABREU	1:24.35	2007	70 +	MARIA PENNA	1:25.11	2009	75 +	MARIA PENNA	1:31.07	2014
80 +	CANDIDA GANDOLPHO	1:50.14	2000	85 +	RENATE LANGEANI	2:05.48	2014	90 +	MARIA LENK	2:35.08	2005	95 +	LAURA OLIVEIRA	3:26.81	2014

#### RECORDE MARANHENSE

PR�			25 +	ANA BARROS	1:10.18	2017	30 +	LETIANA TELLES	1:08.93	2017	35 +	PAULA PENHA	1:08.93	2016	
40 +	L�CIA NASCIMENTO	1:16.01	2018	45 +	FABIANA CUNHA	1:17.43	2017	50 +	CRISTINA HERTEL	1:21.48	2016	55 +	REGIANE SILVA	1:37.78	2018
60 +	JOSMARINA **	1:48.22	2019	65 +	EURIDICE RABELO	2:18.40	2019	70 +	MARIA LOPES	2:12.87	2016	75 +	MARIA LOPES	2:17.24	2018
80 +	ANT�NIA NASCIMENTO	2:53.53	2018	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								

### RECORDE DO TORNEIO GR O-PAR 

PR�			25 +	VIVIANE FERREIRA	1:24.91	2019	30 +	RAFAELA DIAS	1:15.54	2016	35 +	NAHONE FIGUEIRA	1:03.46	2019	
40 +	SILVIA PEREIRA	1:46.79	2019	45 +	RENATA BEIROUTH	1:22.95	2019	50 +	SOLANGE FIGUEIREDO	1:39.92	2019	55 +	ANGELA OLIVEIRA	1:40.31	2019
60 +	JOSMARINA **	1:48.22	2019	65 +	MARIA PINHEIRO	2:10.79	2019	70 +	ELBA MOCHEL	2:34.37	2016	75 +	A ESTABELECECER	59:59.99	2016
80 +	OSCARINA CORDEIRO	2:39.65	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

### 25  PROVA - 100 METROS LIVRE MASCULINO (17/03/2019)

#### RECORDE MUNDIAL

PR�			25 +	CESAR CIELO	47.43	2014	30 +	EVGENIY LAGUNOV	47.29	2015	35 +	ROLAND SCHOEMAN	47.70	2018	
40 +	HIDEAKI HARA	49.64	2017	45 +	NICOLAS GRANGER	51.30	2012	50 +	NICOLAS GRANGER	51.49	2017	55 +	JACK GROSELLE	54.50	2009
60 +	JACK GROSELLE	55.87	2014	65 +	RICK COLELLA	58.19	2016	70 +	RICHARD ABRAHAMS	1:01.70	2015	75 +	DAVID RADCLIFF	1:05.13	2009
80 +	DAVID RADCLIFF	1:11.26	2014	85 +	ROBERTO ALBERICHE	1:14.68	2016	90 +	KARL HAUTER	1:35.17	2015	95 +	WILLARD LAMB	1:47.23	2017
100+	GEORGE CORONES	2:19.02	2018												

#### RECORDE SUL-AMERICANO

25 +	DANIEL BELINI	49.60	2009	30 +	JOS� JUNIOR	50.03	2017	35 +	GUILHERME SANTOS	49.61	2018	40 +	CYRO DELGADO	52.07	2000
45 +	CYRO DELGADO	54.47	2006	50 +	CLAUDIO LOTOTOVICH	55.82	2014	55 +	LEONIDAS NETO	57.97	2015	60 +	JOS� FERRAZ	1:02.82	2005
65 +	LUIZ FIGUEIREDO	1:03.65	2006	70 +	JOS� FERRAZ	1:09.09	2015	75 +	RICARDO YAMIN	1:13.00	2018	80 +	DOUGLAS ALPINO	1:22.76	2017
85 +	MIRIO VISENTIN	1:27.16	2003	90 +	MIRIO VISENTIN	1:52.06	2008								

#### RECORDE BRASILEIRO

PR�			25 +	DANIEL BELINI	49.60	2009	30 +	JOS� JUNIOR	50.03	2017	35 +	GUILHERME SANTOS	49.61	2018	
40 +	CYRO DELGADO	52.07	2000	45 +	CYRO DELGADO	54.47	2006	50 +	HELIO CELIDONIO	56.68	2017	55 +	LEONIDAS NETO	57.97	2015
60 +	JOSE FERRAZ	1:02.82	2005	65 +	LUIZ FIGUEIREDO	1:03.65	2006	70 +	JOS� FERRAZ	1:09.09	2015	75 +	RICARDO YAMIN	1:13.00	2018
80 +	DOUGLAS ALPINO	1:22.76	2017	85 +	ARAM BOGHOSSIAN	1:33.68	2014	90 +	JAMES TAR	1:55.48	2014				

#### RECORDE MARANHENSE

PR�			25 +	FREDERICO CASTRO	51.60	2016	30 +	FREDERICO CASTRO	51.13	2019	35 +	RODRIGO MANSUR	54.92	2017	
40 +	RODRIGO MANSUR	54.19	2018	45 +	WALTER FILHO	1:00.83	2019	50 +	JAIR LAGO	1:07.89	2019	55 +	AGENOR FILHO	1:16.44	2019
60 +	FRANCISCO LINHARES	1:16.70	2016	65 +	FRANCISCO LINHARES	1:17.62	2017	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900	105+	RECORDE ESTABELECECER	59:59.99	1900								

### RECORDE DO TORNEIO GR O-PAR 

PR�			25 +	EDUARDO GONÇALVES	52.91	2016	30 +	FREDERICO CASTRO	51.13	2019	35 +	JAIR J�NIOR	1:01.51	2019	
40 +	ANDRE AZEVEDO	1:04.85	2019	45 +	WALTER FILHO	1:00.83	2019	50 +	JAIR LAGO	1:07.89	2019	55 +	ISMAELINO BARBOSA	1:06.22	2019
60 +	ERNESTO HERRERA	1:15.92	2016	65 +	PAULO ALMEIDA	1:28.17	2019	70 +	JOSE RAMOS	1:34.25	2019	75 +	CARLOS GOMES	1:47.90	2019
80 +	A ESTABELECECER	59:59.99	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

### 26  PROVA - 100 METROS MEDLEY FEMININO (17/03/2019)

#### RECORDE MUNDIAL

PR�			25 +	PETRA CHOCOVA	1:02.29	2014	30 +	ERIKA ERNDL	1:02.52	2012	35 +	HITOMI MATSUDA	1:03.17	2012	
40 +	LISA BLACKBURN	1:04.19	2015	45 +	KARLYN PIPES-NEILSEN	1:05.61	2009	50 +	ANETTE PHILIPSSON	1:07.85	2015	55 +	KARLYN PIPES	1:09.08	2017
60 +	JENNY WHITELEY	1:12.19	2018	65 +	LAURA VAL	1:16.67	2016	70 +	DIANN UUSTAL	1:23.23	2016	75 +	YOSHIKO OSAKI	1:31.38	2013
80 +	YOSHIKO OSAKI	1:38.45	2018	85 +	JANE ASHER	1:47.02	2016	90 +	OLGA KOKORINA	2:22.96	2013	95 +	MAURINE KORNFELD	3:32.13	2016



# Recordes da Competição

## IV TORNEIO GRÃO-PARÁ

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇÃO 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇÃO DE PESSOAL DA CAIXA ECONÔMICA FEDERAL - APCEF/MA - SÃO LUÍS/MA

ABMN Competição 2.101 - Desenvolvimento SWIM.COM.BR

### RECORDE SUL-AMERICANO

25 +	ESTEFANIA DIETZE	1:06.96	2017	30 +	MANUELA MORANO	1:04.73	2018	35 +	BRUNA BUMACHAR	1:07.06	2017	40 +	GISELI PEREIRA	1:08.95	2013
45 +	GISELI PEREIRA	1:09.72	2017	50 +	SANDRA CROUSSE	1:15.23	2017	55 +	ALICIA BOSCATTO	1:18.98	2015	60 +	SILVANA ABREU	1:24.82	2002
65 +	SILVANA ABREU	1:29.34	2005	70 +	AIDA DAVIS	1:38.79	2018	75 +	HERILENE FREITAS	1:49.09	2017	80 +	MARIA LENK	2:06.91	1995
85 +	MARIA LENK	2:22.10	2000	90 +	NORA RONAI	2:53.56	2014								

### RECORDE BRASILEIRO

PRÉ				25 +	ESTEFANIA DIETZE	1:06.96	2017	30 +	VERONICA BALSANO	1:07.11	2017	35 +	BRUNA BUMACHAR	1:07.06	2017
40 +	GISELI PEREIRA	1:08.95	2013	45 +	GISELI PEREIRA	1:09.72	2017	50 +	LUCINILDA NASCIMENTO	1:16.08	2016	55 +	AROMA MARTORELL	1:20.09	2014
60 +	SILVANA ABREU	1:24.82	2002	65 +	SILVANA ABREU	1:29.34	2006	70 +	VERA SILVA	1:40.70	2012	75 +	HERILENE FREITAS	1:49.09	2017
80 +	MARIA LENK	2:06.91	1995	85 +	MARIA LENK	2:22.10	2000	90 +	NORA RONAI	2:53.56	2014				

### RECORDE MARANHENSE

PRÉ				25 +	LORENA PINHEIRO	1:18.46	2019	30 +	LETIANA TELLES	1:14.06	2018	35 +	ANA GOMES	1:15.37	2016
40 +	FABIANA CUNHA	1:23.05	2012	45 +	FABIANA CUNHA	1:26.22	2017	50 +	NELY OLIVEIRA	1:42.69	2016	55 +	REGIANE SILVA	1:50.09	2018
60 +	RECORDE ESTABELECECER	59:59.99	1900	65 +	RECORDE ESTABELECECER	59:59.99	1900	70 +	MARIA LOPES	3:06.22	2017	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				25 +	LORENA PINHEIRO	1:18.46	2019	30 +	YASMINE RIBEIRO	1:18.12	2019	35 +	ANA GOMES	1:15.37	2016
40 +	LÚCIA NASCIMENTO	1:26.27	2019	45 +	FABIANA CUNHA	1:28.73	2019	50 +	LUCINILDA NASCIMENTO	1:19.62	2019	55 +	MARIA CAMPOS	2:03.66	2019
60 +	NILZA SILVA	2:09.97	2016	65 +	A ESTABELECECER	59:59.99	2016	70 +	A ESTABELECECER	59:59.99	2016	75 +	A ESTABELECECER	59:59.99	2016
80 +	A ESTABELECECER	59:59.99	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								

## 27ª PROVA - REVEZAMENTO 4X50 METROS LIVRE MASCULINO (17/03/2019)

### RECORDE MUNDIAL

100 +	OKUDINHAS OKUDINHAS	1:30.73	2009	120 +	THE STAR	1:31.65	2016	160 +	LAHDEN KALEVA	1:33.91	2009	200 +	BLU TEAM	1:38.79	2010
240 +	BLU TEAM	1:43.21	2012	280 +	GOLD MASTERS	1:54.44	2015	320 +	JUEI JAPAN	2:20.85	2003	360 +	JUEI JAPAN	3:19.42	2008

### RECORDE SUL-AMERICANO

100 +	OKUDINHAS CLUB	1:30.73	2009	120 +	SAO MASTER	1:33.28	2002	160 +	CIA ATHLETICA	1:37.79	2005	200 +	CURITIBANO CURITIBANO	1:42.59	2018
240 +	RKF A	1:53.62	2018	280 +	PAINEIRAS A	2:05.13	2013	320 +	MASTER CLARO	2:51.25	2014	360 +	CLUBE ARARAQUARENSE	4:26.63	2017

### RECORDE BRASILEIRO

80 +	TCC TCC	1:37.66	2005	100 +	OKUDINHAS CLUB	1:30.73	2009	120 +	SAO MASTER	1:33.28	2002	160 +	CIA ATHLETICA	1:37.79	2005
200 +	CURITIBANO CURITIBANO	1:42.59	2018	240 +	RKF A	1:53.62	2018	280 +	PAINEIRAS A	2:05.13	2013	320 +	MASTER CLARO	2:51.25	2014
360 +	CLUBE ARARAQUARENSE	4:26.63	2017												

### RECORDE MARANHENSE

80 +	VIVA A	1:41.93	2016	100 +	MAC-NINA A	1:38.91	2016	120 +	MAC-NINA A	1:42.06	2017	160 +	MAC-NINA B	1:54.10	2018
200 +	MAC-NINA A	2:05.54	2017	240 +	APCEF APCEF	2:22.19	2018	280 +	A ESTABELECECER	59:59.99	1900	320 +	A ESTABELECECER	59:59.99	1900
360 +	A ESTABELECECER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

PRÉ				100 +	MAC-NINA A	1:38.91	2016	120 +	MAC-NINA A	1:43.25	2019	160 +	MAC-NINA A	1:54.17	2019
200 +	MAC-NINA A	2:09.12	2016	240 +	AABB-AQUAFIT A	2:37.80	2019	280 +	A ESTABELECECER	59:59.99	1900	320 +	A ESTABELECECER	59:59.99	1900
360 +	A ESTABELECECER	59:59.99	1900												

## 28ª PROVA - REVEZAMENTO 4X50 METROS LIVRE FEMININO (17/03/2019)

### RECORDE MUNDIAL

100 +	MICHIGAN MICHIGAN	1:45.93	1996	120 +	TSUNAMI TSUNAMI	1:44.88	2014	160 +	NORTH MASTER	1:48.08	2013	200 +	NORTH MASTERS	1:55.60	2015
240 +	UCLA UCLA	2:02.15	2016	280 +	ST KANSAI	2:25.91	2009	320 +	BIG YOKOHAMA	2:55.60	2013	360 +	SAPPORO MST	4:45.07	2013

### RECORDE SUL-AMERICANO

100 +	MASTER PARANÁ	1:52.76	1996	120 +	SÃO MÁSTER	1:51.95	2001	160 +	BRASIL A	1:54.51	2018	200 +	RKF A	2:04.46	2018
240 +	PERU MASTERS	2:14.79	2016	280 +	MIGR A	2:53.14	2014	320 +	MIGR A	3:44.25	2014				

### RECORDE BRASILEIRO

80 +	ACADEMIA WORK	2:05.25	2005	100 +	C ICARAI	1:52.76	1994	120 +	AC. 4X1	1:51.95	2001	160 +	BRASIL A	1:54.51	2018
200 +	RKF A	2:04.46	2018	240 +	T CAMPINAS	2:26.67	2005	280 +	MIGR A	2:53.14	2014	320 +	MIGR A	3:44.25	2014

### RECORDE MARANHENSE

80 +	VIVA A	2:08.15	2017	100 +	AABB-AQUAFIT A	2:04.14	2019	120 +	AABB-AQUAFIT A	2:06.56	2018	160 +	AABB-AQUAFIT A	2:16.45	2019
200 +	AABB-AQUAFIT A	3:00.68	2018	240 +	VIVA A	3:48.59	2018	280 +	VIVA A	4:26.51	2017	320 +	A ESTABELECECER	59:59.99	1900
360 +	A ESTABELECECER	59:59.99	1900												

### RECORDE DO TORNEIO GRÃO-PARÁ

80 +	A ESTABELECECER	59:59.99	1900	100 +	AABB-AQUAFIT A	2:04.14	2019	120 +	APCEF APCEF	3:07.53	2019	160 +	AABB-AQUAFIT A	2:16.45	2019
200 +	APAMN A	3:06.74	2016	240 +	VIVA A	4:03.07	2019	280 +	A ESTABELECECER	59:59.99	1900	320 +	A ESTABELECECER	59:59.99	1900
360 +	A ESTABELECECER	59:59.99	1900												

## 29ª PROVA - REVEZAMENTO 4X50 METROS MEDLEY MISTO (17/03/2019)

### RECORDE MUNDIAL

100 +	GOLDEN ROAD	1:48.37	2017	120 +	PHOENIX CLUB	1:47.51	2013	160 +	SIBMASTERS SIBMASTERS	1:52.45	2017	200 +	BLU TEAM	1:57.65	2012
240 +	PUGET MASTERS	2:07.54	2015	280 +	TAMALPAIS MASTER	2:22.04	2015	320 +	AZSC AZSC	3:00.58	2016	360 +	COAST MSTR-USA	5:12.04	2003

### RECORDE SUL-AMERICANO

100 +	CLUBE ARARAQUARENSE	1:51.04	2016	120 +	BRASIL MASTERS	1:51.96	2018	160 +	ACADEMIA COMPETITION	2:00.81	2017	200 +	RKF A	2:05.40	2018
240 +	BRASIL A	2:17.04	2018	280 +	C ICARAI	2:50.23	2007	320 +	PINHEIROS A	3:20.24	2018				



# Recordes da Competiç o

## IV TORNEIO GR O-PAR 

I ETAPA - CIRCUITO MARANHENSE PHARMAPELE MASTERS DE NATAÇ O 2019

16 e 17/03/2019 (25 METROS, 6 RAIAS)

ASSOCIAÇ O DE PESSOAL DA CAIXA ECON MICA FEDERAL - APCEF/MA - S O LU S/MA

ABMN Competiç o 2.101 - Desenvolvimento SWIM.COM.BR

### RECORDE BRASILEIRO

80 +	ACADEMIA WORK	2:04.38	2005	100 +	CLUBE ARARAQUARENSE BRASIL A	1:51.04	2016	120 +	BRASIL MASTERS	1:51.96	2018	160 +	ACADEMIA COMPETITION PINHEIROS A	2:00.81	2017
200 +	RKF A	2:05.40	2018	240 +		2:17.04	2018	280 +	C ICARAI	2:50.23	2007	320 +		3:20.24	2018

### RECORDE MARANHENSE

80 +	VIVA A	2:05.09	2019	100 +	A ESTABELECECER	59:59.99	1900	120 +	APCEF APCEF	2:14.53	2016	160 +	APCEF APCEF	2:24.95	2017
200 +	APCEF APCEF	2:50.31	2016	240 +	APCEF APCEF	3:13.57	2019	280 +	A ESTABELECECER	59:59.99	1900	320 +	A ESTABELECECER	59:59.99	1900

### RECORDE DO TORNEIO GR O-PAR 

80 +	VIVA A	2:05.09	2019	100 +	A ESTABELECECER	59:59.99	2016	120 +	APCEF APCEF	2:23.04	2016	160 +	AABB-AQUAFIT A	2:40.37	2019
200 +	POROROCA A	2:22.20	2019	240 +	APCEF APCEF	3:13.57	2019	280 +	APAMN A	4:24.63	2016	320 +	A ESTABELECECER	59:59.99	2016
360 +	A ESTABELECECER	59:59.99	2016												

## 30ª PROVA - 400 METROS LIVRE FEMININO (17/03/2019)

### RECORDE MUNDIAL

PR�				25 +	SOPHIE CASSON	4:15.74	2015	30 +	SOPHIE CASSON	4:14.56	2017	35 +	KARLYN PIPES-NEILSEN	4:22.56	1999
40 +	KARLYN PIPES-NEILSEN	4:21.75	2003	45 +	KARLYN NEILSEN	4:25.34	2009	50 +	LYNN MARSHALL	4:34.81	2011	55 +	LYNN MARSHALL	4:37.35	2016
60 +	LAURA VAL	4:53.24	2013	65 +	LAURA VAL	5:02.08	2017	70 +	YOSHIKO OSAKI	5:50.41	2008	75 +	YOSHIRO OSAKI	6:08.74	2015
80 +	JANE ASHER	6:34.92	2011	85 +	JANE ASHER	6:57.06	2016	90 +	RITA SIMONTON	9:01.89	2008	95 +	MAURINE KORNFELD	10:08.44	2016
100+	MIEKO NAGAOKA	16:40.10	2014												

### RECORDE SUL-AMERICANO

25 +	VERONICA BALSANO	4:27.39	2016	30 +	VERONICA BALSANO	4:22.63	2018	35 +	CARLA ARRUDA	4:42.70	2011	40 +	NOELIA PETTI	4:47.55	2014
45 +	VALESKA CRUZ	4:50.49	2018	50 +	SOPHIE MONGINET	4:57.02	2016	55 +	ROSARIO VIVANCO	5:17.28	2004	60 +	ROSARIO VIVANCO	5:23.74	2009
65 +	LAURA RUGGIERO	6:19.11	2018	70 +	MARIA PENNA	6:26.99	2009	75 +	MARIA PENNA	6:50.22	2014	80 +	CANDIDA GANDOLPHO	8:05.44	2001
85 +	MARIA LENK	9:27.75	2000	90 +	MARIA LENK	11:10.67	2005								

### RECORDE BRASILEIRO

PR�				25 +	VERONICA BALSANO	4:27.39	2016	30 +	VERONICA BALSANO	4:22.63	2018	35 +	CARLA ARRUDA	4:42.70	2011
40 +	ROSELI SILVA	4:48.15	2001	45 +	VALESKA CRUZ	4:50.49	2018	50 +	SOPHIE MONGINET	4:57.02	2016	55 +	ROSELI SILVA	5:28.64	2017
60 +	SILVANA ABREU	5:55.14	2002	65 +	MARIA PENNA	6:22.67	2005	70 +	MARIA PENNA	6:26.99	2009	75 +	MARIA PENNA	6:50.22	2014
80 +	CANDIA GANDOLPHO	8:05.44	2002	85 +	MARIA LENK	9:27.75	2000	90 +	MARIA LENK	11:10.67	2005				

### RECORDE MARANHENSE

PR�				25 +	MARCELA CACERE	7:32.19	2016	30 +	CLAUDIA VANISSE	5:30.79	2013	35 +	MERYELLEN PONTES	6:05.72	2017
40 +	SIM�RIA MENEZES	6:40.12	2019	45 +	ANDREA ARA�JO	7:13.20	2019	50 +	MARIA SANTOS	7:51.72	2017	55 +	EDILENE SOUZA	9:24.18	2019
60 +	RECORDE ESTABELECECER	59:59.99	1900	65 +	RECORDE ESTABELECECER	59:59.99	1900	70 +	RECORDE ESTABELECECER	59:59.99	1900	75 +	RECORDE ESTABELECECER	59:59.99	1900
80 +	RECORDE ESTABELECECER	59:59.99	1900	85 +	RECORDE ESTABELECECER	59:59.99	1900	90 +	RECORDE ESTABELECECER	59:59.99	1900	95 +	RECORDE ESTABELECECER	59:59.99	1900
100+	RECORDE ESTABELECECER	59:59.99	1900												

### RECORDE DO TORNEIO GR O-PAR 

PR�				25 +	A ESTABELECECER	59:59.99	2016	30 +	ANA CAMPOS	6:35.42	2016	35 +	CRISTIANE MOURA	7:10.61	2019
40 +	SIM�RIA MENEZES	6:40.12	2019	45 +	ANDREA ARA�JO	7:13.20	2019	50 +	MARIA SANTOS	7:59.64	2019	55 +	EDILENE SOUZA	9:24.18	2019
60 +	A ESTABELECECER	59:59.99	2016	65 +	A ESTABELECECER	59:59.99	2016	70 +	JURITA CARDOZO	9:54.80	2016	75 +	A ESTABELECECER	59:59.99	2016
80 +	A ESTABELECECER	59:59.99	2016	85 +	A ESTABELECECER	59:59.99	2016	90 +	A ESTABELECECER	59:59.99	2016	95 +	A ESTABELECECER	59:59.99	2016
100+	A ESTABELECECER	59:59.99	2016	105+	A ESTABELECECER	59:59.99	2016								