

**3<sup>rd</sup> Masters' International RUSSIAN ALLROUND CHAMPIONSHIPS**  
**Kolomna/RUS 14 - 15 March 2009**  
**RESULTS LADIES**

\* = Records of the IMSSC Records List 2008 lowered

<b>LADIES</b>	<b>Age</b>	<b>500 m</b>	<b>1500 m</b>	<b>1000 m</b>	<b>3000 m</b>	<b>Total result</b>
1. Rubina Elena	30	44,330	2.20,68	1,32,22	4.55,01	186,501
2. Makeeva Olga	30	49,550	2.39,35	1.41,77	5.38,36	209,944
1. Tikhonova Olga	35	48,640	2.26,41	1.35,76	5.06,34	196,379
1. Mikhaleva Tatyana	40	44,480	2.15,97	1.28,35	4.53,60	182,911
2. Rulkova Nataliya	40	47,530	2.25,89	1.34,86	5.16,16	196,283
3. Konyaeva Elena	40	DNS	————	————	————	————
1. Bletkina Lyubov	45	49,080	2.39,07	1.38,52	5.41,87	208,341
1. Petrova Galina	50	46,310	2.21,81	1.33,36	5.03,16	190,786
2. Levina Olga	50	62,490	————	————	————	————
1. Fayfer Lyubov	55	49,390	2.34,02	1.41,06	5.28,32	209,921
2. Turkovskaya Marina	55	53,000	2.38,99	1.41,77	5.42,03	209,955
3. Azarova Elena	55	51,300	2.42,15	1.44,30	5.44,27	214,878
4. Mikhaylova Olga	55	60,680	3.08,03	2.02,33	6.52,70	253,304
5. Demidenko Olga	55	————	3.09,95	2.02,76	————	————
6. Skrebneva Nadezhda	55	69,330	————	————	————	————
1. Makarova Olga	60	53,120	2.41,32	1.43,92	5.31,68	214,133
2. Ankudimova Lyubov	60	58,370	3.17,54	2.06,24	6.56,48	256,749
2. Vorobiova Halida	60	————	2.49,75	1.46,05	————	————
1. Vilnikova Avietta	65	62,740	3.19,98	2.12,73	6.59,21	265,633
1. Sidorova Tatyana	70	56,770	2.51,98	<b><u>1.48,87</u> *</b>	<b><u>5.52,89</u> *</b>	<b><u>227,346</u> *</b>