

## Estatística de inscrições

## Todas as provas

Clube	Código	Região	Atletas			Individuais			Estafetas		
			Masc.	Femin.	Total	Masc.	Femin.	Total	Masc.	Femin.	Total
Alhandra Sporting Club	ASC	ANL	2	3	5	2	3	5	-	-	-
Assoc Desp Cult Rec Bairro dos Anjos	ADBA	ANDL	1	1	2	1	1	2	-	-	-
Colegio Monte Maior	ADRCIMM	ANL	4	1	5	4	1	5	-	-	-
Vila DEste/Gaia	APUVE	ANNP	-	1	1	-	1	1	-	-	-
Associacao Academica de Coimbra	AAC	ANC	11	5	16	11	5	16	-	-	-
Nadadores dos Estoris	ANE	ANL	2	1	3	2	1	3	-	-	-
Gafanha da Encarnacao	CAPGE	ANCNP	1	1	2	1	1	2	-	-	-
Clube de Campismo Luz e Vida	CCLV	ANL	8	2	10	8	2	10	-	-	-
Clube de Natacao da Maia	CNMAIA	ANNP	9	3	12	9	3	12	-	-	-
Clube de Natacao de Valongo	CNV	ANNP	6	1	7	6	1	7	-	-	-
Litoral Alentejano	CNLA	ANALEN	7	3	10	7	3	10	-	-	-
Clube Desportivo Feirense	CDF	ANCNP	2	-	2	2	-	2	-	-	-
Clube dos Galitos / Bresimar	CGA	ANCNP	1	2	3	1	2	3	-	-	-
Clube Fluvial Portuense	CFP	ANNP	13	5	18	13	5	18	-	-	-
Clube Fluvial Vilacondense	CFV	ANNP	1	-	1	1	-	1	-	-	-
Clube Natacao Masters de Almada	CNMAL	ANL	5	5	10	5	5	10	-	-	-
Clube Nautico de Leiria	CNL	ANDL	3	-	3	3	-	3	-	-	-
Clube Nautico de Miranda do Corvo	CNMC	ANC	1	-	1	1	-	1	-	-	-
Clube Naval Povoense	CNPO	ANNP	1	-	1	1	-	1	-	-	-
Clube Sport Alges e Agueda XXI	CSAAXXI	ANCNP	3	-	3	3	-	3	-	-	-
Clube Uniao 1919	CUC	ANC	1	-	1	1	-	1	-	-	-
Foca-Clube Natacao de Felgueiras	FOCA	ANNP	7	3	10	7	3	10	-	-	-
Fundacao Salesianos	FS	ANL	4	-	4	4	-	4	-	-	-
Futebol Clube de Ferreiras	FCF	ANALG	1	-	1	1	-	1	-	-	-
Futebol Clube do Porto	FCP	ANNP	10	3	13	10	3	13	-	-	-
Geslores-Gestao Equip. Sociais, EM	GESL	ANL	6	-	6	6	-	6	-	-	-
Ginasio Clube de Santo Tirso	GCST	ANNP	3	3	6	3	3	6	-	-	-
Ginasio Clube Portugues	GCP	ANL	4	-	4	4	-	4	-	-	-
Grupo Desp. Natacao V. N. Famalicao	GDNFAMA	ANNP	1	-	1	1	-	1	-	-	-
Grupo dos Amigos da Natacao-ACD	GAN	ANL	4	1	5	4	1	5	-	-	-
Individual ANNP	INDANNP	ANNP	2	4	6	2	4	6	-	-	-
Industrial Desportivo Viegrense	IDV	ANDL	2	-	2	2	-	2	-	-	-
Leixoes Sport Club	LSC	ANNP	11	9	20	11	9	20	-	-	-
Lisboa PoolSharks	LPS	ANL	3	1	4	3	1	4	-	-	-
Obidos Criativa, EEM	OC	ANDL	1	-	1	1	-	1	-	-	-
Palmela Desporto, E.M.	PDEM	ANL	1	1	2	1	1	2	-	-	-
Sport Alges e Dafundo	SAD	ANL	9	-	9	9	-	9	-	-	-
Sporting Clube de Aveiro	SCA	ANCNP	5	2	7	5	2	7	-	-	-
Sporting Clube de Braga	SCB	ANMIN	7	2	9	7	2	9	-	-	-
Sporting Clube de Portugal	SCP	ANL	2	-	2	2	-	2	-	-	-
Vitoria Sport Clube	VSC	ANNP	10	2	12	10	2	12	-	-	-
Numero total de 41 Clubes			175	65	240	175	65	240	-	-	-

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Estatística de Medalhas

Todas as provas

			Masc.			Femin.			Todos			Total
			Ouro	Prata	Bronze	Ouro	Prata	Bronze	Ouro	Prata	Bronze	
1. Litoral Alentejano	CNLA	POR	3	-	-	1	-	-	4	-	-	4
2. Academica de Coimbra	AAC	POR	1	2	-	2	1	1	3	3	1	7
3. Alges	SAD	POR	2	2	2	-	-	-	2	2	2	6
4. Colegio Monte Maior	ADRCIMM	POR	2	-	-	-	-	1	2	-	1	3
5. Porto	FCP	POR	-	2	-	1	1	-	1	3	-	4
6. Masters de Almada	CNMAL	POR	1	1	-	-	-	3	1	1	3	5
7. Lisboa PoolSharks	LPS	POR	1	-	-	-	1	-	1	1	-	2
8. CNLeiria	CNL	POR	1	-	1	-	-	-	1	-	1	2
9. Nadadores dos Estoris	ANE	POR	-	-	-	1	-	-	1	-	-	1
Galitos / Bresimar	CGA	POR	-	-	-	1	-	-	1	-	-	1
Vitoria Guimaraes	VSC	POR	-	-	-	1	-	-	1	-	-	1
Vila DEste/Gaia	APUVE	POR	-	-	-	1	-	-	1	-	-	1
Sporting	SCP	POR	1	-	-	-	-	-	1	-	-	1
Gafanha da Encarnacao	CAPGE	POR	-	-	-	1	-	-	1	-	-	1
15. Fluvial Portuense	CFP	POR	-	2	2	-	1	-	-	3	2	5
16. Leixoes	LSC	POR	-	-	1	-	2	2	-	2	3	5
17. Individual ANNP	INDANNP	POR	-	-	-	-	1	1	-	1	1	2
18. Luz e Vida	CCLV	POR	-	-	-	-	1	-	-	1	-	1
Ginasio Clube	GCP	POR	-	1	-	-	-	-	-	1	-	1
Uniao Coimbra	CUC	POR	-	1	-	-	-	-	-	1	-	1
21. Salesianos	FS	POR	-	-	2	-	-	-	-	-	2	2
22. Ginasio de Santo Tirso	GCST	POR	-	-	1	-	-	-	-	-	1	1
FC Ferreiras/AlgarExperience	FCF	POR	-	-	1	-	-	-	-	-	1	1
Foca Quinta da Lixa CNF	FOCA	POR	-	-	1	-	-	-	-	-	1	1

Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1  
26/02/2023

Femin., 1500m Livres

Master Esc A  
Resultados

RN Esc A(25-29) 19:28.13 Carolina Santos SILVA CNMAIA Coimbra 18/04/2015

Esc A : 25:24.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Ana Sofia ALVES	95	Vitoria Guimaraes	<b>20:53.75</b>		704	30,00
	100m: 1:15.20 1:15.20		500m: 6:40.52 1:23.48	900m: 12:22.96 1:27.33	1300m: 18:07.35 1:25.08		
	200m: 2:34.24 1:19.04		600m: 8:04.72 1:24.20	1000m: 13:50.26 1:27.30	1400m: 19:30.97 1:23.62		
	300m: 3:54.96 1:20.72		700m: 9:29.86 1:25.14	1100m: 15:16.25 1:25.99	1500m: 20:53.75 1:22.78		
	400m: 5:17.04 1:22.08		800m: 10:55.63 1:25.77	1200m: 16:42.27 1:26.02			
2.	Irina Filipa LOUSA	95	Porto	<b>21:12.28</b>		673	26,00
	100m: 1:19.65 1:19.65		500m: 6:58.91 1:25.59	900m: 12:41.22 1:25.76	1300m: 18:23.59 1:25.46		
	200m: 2:43.98 1:24.33		600m: 8:23.68 1:24.77	1000m: 14:06.53 1:25.31	1400m: 19:49.39 1:25.80		
	300m: 4:08.09 1:24.11		700m: 9:50.01 1:26.33	1100m: 15:32.03 1:25.50	1500m: 21:12.28 1:22.89		
	400m: 5:33.32 1:25.23		800m: 11:15.46 1:25.45	1200m: 16:58.13 1:26.10			
3.	Raquel Fernandes SANTOS	98	Masters de Almada	<b>22:05.50</b>		595	22,00
	100m: 1:25.44 1:25.44		500m: 7:10.47 1:26.68	900m: 13:07.54 1:30.02	1300m: 19:08.44 1:30.50		
	200m: 2:51.70 1:26.26		600m: 8:38.64 1:28.17	1000m: 14:37.18 1:29.64	1400m: 20:38.50 1:30.06		
	300m: 4:17.52 1:25.82		700m: 10:07.60 1:28.96	1100m: 16:07.52 1:30.34	1500m: 22:05.50 1:27.00		
	400m: 5:43.79 1:26.27		800m: 11:37.52 1:29.92	1200m: 17:37.94 1:30.42			
4.	Joana Filipa ROSAS	95	Leixoes	<b>22:23.58</b>		572	20,00
	100m: 1:23.04 1:23.04		500m: 7:20.78 1:30.55	900m: 13:24.96 1:31.42	1300m: 19:26.16 1:30.03		
	200m: 2:50.45 1:27.41		600m: 8:51.25 1:30.47	1000m: 14:55.77 1:30.81	1400m: 20:57.58 1:31.42		
	300m: 4:19.84 1:29.39		700m: 10:22.08 1:30.83	1100m: 16:26.22 1:30.45	1500m: 22:23.58 1:26.00		
	400m: 5:50.23 1:30.39		800m: 11:53.54 1:31.46	1200m: 17:56.13 1:29.91			
5.	Miriam Natacha ALVES	97	Leixoes	<b>22:32.87</b>		560	19,00
	100m: 1:19.79 1:19.79		500m: 7:17.48 1:31.54	900m: 13:24.68 1:31.62	1300m: 19:31.56 1:33.04		
	200m: 2:45.98 1:26.19		600m: 8:48.95 1:31.47	1000m: 14:55.52 1:30.84	1400m: 21:03.82 1:32.26		
	300m: 4:14.73 1:28.75		700m: 10:21.12 1:32.17	1100m: 16:26.24 1:30.72	1500m: 22:32.87 1:29.05		
	400m: 5:45.94 1:31.21		800m: 11:53.06 1:31.94	1200m: 17:58.52 1:32.28			
6.	Claudia Isabel SEMIAO	97	Academica de Coimbra	<b>23:23.64</b>		501	18,00
	100m: 1:23.07 1:23.07		500m: 7:37.50 1:34.34	900m: 13:54.22 1:33.66	1300m: 20:14.90 1:34.85		
	200m: 2:55.14 1:32.07		600m: 9:11.35 1:33.85	1000m: 15:30.79 1:36.57	1400m: 21:50.35 1:35.45		
	300m: 4:29.79 1:34.65		700m: 10:45.35 1:34.00	1100m: 17:05.29 1:34.50	1500m: 23:23.64 1:33.29		
	400m: 6:03.16 1:33.37		800m: 12:20.56 1:35.21	1200m: 18:40.05 1:34.76			
7.	Ana Catarina TEIXEIRA	95	Foca Quinta da Lixa CNF	<b>23:34.82</b>		490	17,00
	100m: 1:24.94 1:24.94		500m: 7:44.24 1:35.30	900m: 14:06.85 1:35.97	1300m: 20:29.60 1:36.07		
	200m: 2:57.95 1:33.01		600m: 9:19.35 1:35.11	1000m: 15:41.68 1:34.83	1400m: 22:04.95 1:35.35		
	300m: 4:32.71 1:34.76		700m: 10:55.87 1:36.52	1100m: 17:17.30 1:35.62	1500m: 23:34.82 1:29.87		
	400m: 6:08.94 1:36.23		800m: 12:30.88 1:35.01	1200m: 18:53.53 1:36.23			
8.	Alexia Alves FERNANDES OTL	96	Natacao de Valongo	<b>26:05.09</b>		362	16,00
	100m: 1:34.48 1:34.48		500m: 8:34.53 1:45.44	900m: 15:37.28 1:45.50	1300m: 22:38.61 1:45.27		
	200m: 3:17.68 1:43.20		600m: 10:19.82 1:45.29	1000m: 17:22.98 1:45.70	1400m: 24:23.86 1:45.25		
	300m: 5:03.34 1:45.66		700m: 12:06.27 1:46.45	1100m: 19:08.32 1:45.34	1500m: 26:05.09 1:41.23		
	400m: 6:49.09 1:45.75		800m: 13:51.78 1:45.51	1200m: 20:53.34 1:45.02			

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
9.	Ana Beatriz SOEIRO OTL	98	Amigos da Natacao	<b>27:44.35</b>		301	14,00	
	100m: 1:42.32	1:42.32	500m: 9:12.42	1:53.96	900m: 16:45.44	1:52.96	1300m: 24:14.95	1:51.74
	200m: 3:32.49	1:50.17	600m: 11:06.56	1:54.14	1000m: 18:38.52	1:53.08	1400m: 26:02.64	1:47.69
	300m: 5:25.80	1:53.31	700m: 12:59.87	1:53.31	1100m: 20:30.67	1:52.15	1500m: 27:44.35	1:41.71
	400m: 7:18.46	1:52.66	800m: 14:52.48	1:52.61	1200m: 22:23.21	1:52.54		

Prova 1  
26/02/2023  
Femin., 1500m Livres  
Master Esc B  
Resultados

RN Esc B(30-34) 19:08.25 Carolina Santos SILVA GCST Póvoa de Varzim 23/02/2019

Esc B : 24:33.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
1.	Alexandra Sofia MONTEIRO	92	Vila DEste/Gaia	<b>20:58.39</b>		647	30,00	
	100m: 1:15.71	1:15.71	500m: 6:45.48	1:24.50	900m: 12:24.11	1:23.88	1300m: 18:05.29	1:26.05
	200m: 2:35.50	1:19.79	600m: 8:10.10	1:24.62	1000m: 13:48.21	1:24.10	1400m: 19:31.55	1:26.26
	300m: 3:57.18	1:21.68	700m: 9:35.33	1:25.23	1100m: 15:13.37	1:25.16	1500m: 20:58.39	1:26.84
	400m: 5:20.98	1:23.80	800m: 11:00.23	1:24.90	1200m: 16:39.24	1:25.87		
2.	Solange Ramalho PEREIRA	90	Lisboa PoolSharks	<b>22:51.98</b>		499	26,00	
	100m: 1:23.75	1:23.75	500m: 7:24.03	1:30.64	900m: 13:33.83	1:33.37	1300m: 19:47.23	1:33.11
	200m: 2:52.75	1:29.00	600m: 8:55.76	1:31.73	1000m: 15:07.34	1:33.51	1400m: 21:20.31	1:33.08
	300m: 4:22.26	1:29.51	700m: 10:27.50	1:31.74	1100m: 16:40.44	1:33.10	1500m: 22:51.98	1:31.67
	400m: 5:53.39	1:31.13	800m: 12:00.46	1:32.96	1200m: 18:14.12	1:33.68		
3.	Marta Garanhoto BRUNO	93	Colegio Monte Maior	<b>23:15.03</b>		475	22,00	
	100m: 1:30.85	1:30.85	500m: 7:44.01	1:33.07	900m: 13:53.23	1:30.86	1300m: 20:11.40	1:36.43
	200m: 3:04.61	1:33.76	600m: 9:14.61	1:30.60	1000m: 15:29.06	1:35.83	1400m: 21:44.72	1:33.32
	300m: 4:36.17	1:31.56	700m: 10:49.76	1:35.15	1100m: 17:02.60	1:33.54	1500m: 23:15.03	1:30.31
	400m: 6:10.94	1:34.77	800m: 12:22.37	1:32.61	1200m: 18:34.97	1:32.37		
4.	Helena Maria GOMES	92	Leixoes	<b>23:17.25</b>		473	20,00	
	100m: 1:27.99	1:27.99	500m: 7:36.80	1:33.86	900m: 13:55.08	1:35.18	1300m: 20:13.01	1:34.71
	200m: 2:59.23	1:31.24	600m: 9:10.44	1:33.64	1000m: 15:29.65	1:34.57	1400m: 21:47.25	1:34.24
	300m: 4:30.59	1:31.36	700m: 10:44.94	1:34.50	1100m: 17:03.33	1:33.68	1500m: 23:17.25	1:30.00
	400m: 6:02.94	1:32.35	800m: 12:19.90	1:34.96	1200m: 18:38.30	1:34.97		
5.	Anastacia Silva CANTO	89	Masters de Almada	<b>24:15.60</b>		418	19,00	
	100m: 1:33.50	1:33.50	500m: 8:10.97	1:39.19	900m: 14:42.84	1:37.10	1300m: 21:09.00	1:36.20
	200m: 3:12.25	1:38.75	600m: 9:50.04	1:39.07	1000m: 16:19.64	1:36.80	1400m: 22:45.10	1:36.10
	300m: 4:51.70	1:39.45	700m: 11:27.79	1:37.75	1100m: 17:56.15	1:36.51	1500m: 24:15.60	1:30.50
	400m: 6:31.78	1:40.08	800m: 13:05.74	1:37.95	1200m: 19:32.80	1:36.65		
6.	Mariana Dias ALMEIDA OTL	93	Ginasio de Santo Tirso	<b>25:45.42</b>		349	18,00	
	100m: 1:33.41	1:33.41	500m: 8:25.12	1:44.23	900m: 15:18.36	1:43.12	1300m: 22:16.31	1:44.29
	200m: 3:14.70	1:41.29	600m: 10:09.12	1:44.00	1000m: 17:02.89	1:44.53	1400m: 24:01.86	1:45.55
	300m: 4:58.08	1:43.38	700m: 11:52.09	1:42.97	1100m: 18:47.36	1:44.47	1500m: 25:45.42	1:43.56
	400m: 6:40.89	1:42.81	800m: 13:35.24	1:43.15	1200m: 20:32.02	1:44.66		

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
7.	Catarina Pereira SALVADO OTL	93	Bairro dos Anjos/ Leiria	<b>30:59.62</b>		200	17,00	
	100m: 1:55.42	1:55.42	500m: 10:08.90	2:03.11	900m: 18:31.46	2:07.31	1300m: 26:59.91	2:07.44
	200m: 3:58.61	2:03.19	600m: 12:13.35	2:04.45	1000m: 20:38.52	2:07.06	1400m: 29:07.21	2:07.30
	300m: 6:01.58	2:02.97	700m: 14:17.35	2:04.00	1100m: 22:45.84	2:07.32	1500m: 30:59.62	1:52.41
	400m: 8:05.79	2:04.21	800m: 16:24.15	2:06.80	1200m: 24:52.47	2:06.63		

Prova 1  
26/02/2023  
Femin., 1500m Livres  
Master Esc C  
Resultados

RN Esc C(35-39)	18:50.82	Ana Paula GRILO	UDCA	Swansea (GBR)	03/03/2006
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Esc C : 32:27.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
1.	Mariana Sa LUCAS	84	Litoral Alentejano	<b>21:37.27</b>		634	30,00	
	100m: 1:19.17	1:19.17	500m: 7:05.04	1:26.84	900m: 12:54.33	1:28.19	1300m: 18:44.84	1:28.27
	200m: 2:44.22	1:25.05	600m: 8:32.95	1:27.91	1000m: 14:21.34	1:27.01	1400m: 20:12.27	1:27.43
	300m: 4:10.73	1:26.51	700m: 9:59.87	1:26.92	1100m: 15:48.35	1:27.01	1500m: 21:37.27	1:25.00
	400m: 5:38.20	1:27.47	800m: 11:26.14	1:26.27	1200m: 17:16.57	1:28.22		
2.	Joana Isabel ALVES	88	Individual ANNP	<b>21:56.43</b>		607	26,00	
	100m: 1:23.28	1:23.28	500m: 7:18.29	1:29.58	900m: 13:15.89	1:28.53	1300m: 19:06.99	1:27.86
	200m: 2:50.52	1:27.24	600m: 8:48.58	1:30.29	1000m: 14:43.71	1:27.82	1400m: 20:33.45	1:26.46
	300m: 4:19.33	1:28.81	700m: 10:18.60	1:30.02	1100m: 16:11.66	1:27.95	1500m: 21:56.43	1:22.98
	400m: 5:48.71	1:29.38	800m: 11:47.36	1:28.76	1200m: 17:39.13	1:27.47		
3.	Maria Manuela FONSECA	85	Leixoes	<b>22:39.94</b>		550	22,00	
	100m: 1:28.34	1:28.34	500m: 7:36.60	1:33.69	900m: 13:42.22	1:30.70	1300m: 19:44.57	1:30.06
	200m: 2:59.25	1:30.91	600m: 9:09.41	1:32.81	1000m: 15:12.62	1:30.40	1400m: 21:14.58	1:30.01
	300m: 4:30.73	1:31.48	700m: 10:40.60	1:31.19	1100m: 16:42.97	1:30.35	1500m: 22:39.94	1:25.36
	400m: 6:02.91	1:32.18	800m: 12:11.52	1:30.92	1200m: 18:14.51	1:31.54		
4.	Sara Daniela RODRIGUES	87	Galitos / Bresimar	<b>23:37.97</b>		486	20,00	
	100m: 1:26.88	1:26.88	500m: 7:39.46	1:34.45	900m: 13:58.23	1:34.39	1300m: 20:24.45	1:37.95
	200m: 2:58.24	1:31.36	600m: 9:14.27	1:34.81	1000m: 15:34.61	1:36.38	1400m: 22:01.20	1:36.75
	300m: 4:31.08	1:32.84	700m: 10:49.10	1:34.83	1100m: 17:10.69	1:36.08	1500m: 23:37.97	1:36.77
	400m: 6:05.01	1:33.93	800m: 12:23.84	1:34.74	1200m: 18:46.50	1:35.81		
5.	Catia Marisa VALENTE	84	Luz e Vida	<b>24:50.77</b>		418	19,00	
	100m: 1:32.81	1:32.81	500m: 8:14.89	1:40.40	900m: 14:58.02	1:40.94	1300m: 21:34.04	1:39.31
	200m: 3:12.57	1:39.76	600m: 9:55.98	1:41.09	1000m: 16:37.43	1:39.41	1400m: 23:13.50	1:39.46
	300m: 4:53.75	1:41.18	700m: 11:36.74	1:40.76	1100m: 18:16.23	1:38.80	1500m: 24:50.77	1:37.27
	400m: 6:34.49	1:40.74	800m: 13:17.08	1:40.34	1200m: 19:54.73	1:38.50		
6.	Filipa Isabel REIS	87	Leixoes	<b>27:51.05</b>		296	18,00	
	100m: 1:44.81	1:44.81	500m: 9:11.73	1:53.58	900m: 16:44.71	1:52.26	1300m: 24:14.92	1:51.64
	200m: 3:35.30	1:50.49	600m: 11:05.49	1:53.76	1000m: 18:38.16	1:53.45	1400m: 26:05.19	1:50.27
	300m: 5:27.32	1:52.02	700m: 12:58.72	1:53.23	1100m: 20:30.38	1:52.22	1500m: 27:51.05	1:45.86
	400m: 7:18.15	1:50.83	800m: 14:52.45	1:53.73	1200m: 22:23.28	1:52.90		

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PARCEIROS



Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
7.	Andreia Azevedo ALMEIDA OTL	86	Palmela Desporto	<b>35:08.69</b>		147	17,00	
	100m: 2:11.72	2:11.72	500m: 11:35.91	2:21.54	900m: 21:04.04	2:21.40	1300m: 30:33.67	2:21.77
	200m: 4:31.40	2:19.68	600m: 13:56.31	2:20.40	1000m: 23:26.79	2:22.75	1400m: 32:52.91	2:19.24
	300m: 6:52.75	2:21.35	700m: 16:20.11	2:23.80	1100m: 25:50.48	2:23.69	1500m: 35:08.69	2:15.78
	400m: 9:14.37	2:21.62	800m: 18:42.64	2:22.53	1200m: 28:11.90	2:21.42		

Prova 1  
26/02/2023  
Femin., 1500m Livres  
Master Esc D  
Resultados

RN Esc D(40-44) 20:45.77 Ines Maria ROTHES CFP Rio Maior 20/02/2016

Esc D : 31:35.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
1.	Joana Isabel CUNHA	80	Galitos / Bresimar	<b>22:48.71</b>		578	30,00	
	100m: 1:20.52	1:20.52	500m: 7:21.21	1:31.81	900m: 13:32.56	1:33.07	1300m: 19:45.08	1:33.08
	200m: 2:48.26	1:27.74	600m: 8:53.51	1:32.30	1000m: 15:05.33	1:32.77	1400m: 21:17.03	1:31.95
	300m: 4:18.15	1:29.89	700m: 10:26.65	1:33.14	1100m: 16:38.86	1:33.53	1500m: 22:48.71	1:31.68
	400m: 5:49.40	1:31.25	800m: 11:59.49	1:32.84	1200m: 18:12.00	1:33.14		
2.	Ana DALte GUEDES	80	Leixoes	<b>23:54.81</b>		502	26,00	
	100m: 1:31.61	1:31.61	500m: 8:00.73	1:36.45	900m: 14:26.19	1:36.80	1300m: 20:48.34	1:35.18
	200m: 3:09.16	1:37.55	600m: 9:36.50	1:35.77	1000m: 16:02.14	1:35.95	1400m: 22:22.53	1:34.19
	300m: 4:46.48	1:37.32	700m: 11:12.79	1:36.29	1100m: 17:38.36	1:36.22	1500m: 23:54.81	1:32.28
	400m: 6:24.28	1:37.80	800m: 12:49.39	1:36.60	1200m: 19:13.16	1:34.80		
3.	Sara Filipa CORTEZ	81	Masters de Almada	<b>25:00.21</b>		439	22,00	
	100m: 1:35.08	1:35.08	500m: 8:20.89	1:41.09	900m: 15:05.05	1:41.30	1300m: 21:46.61	1:40.77
	200m: 3:15.19	1:40.11	600m: 10:02.50	1:41.61	1000m: 16:45.89	1:40.84	1400m: 23:26.22	1:39.61
	300m: 4:57.76	1:42.57	700m: 11:43.49	1:40.99	1100m: 18:24.61	1:38.72	1500m: 25:00.21	1:33.99
	400m: 6:39.80	1:42.04	800m: 13:23.75	1:40.26	1200m: 20:05.84	1:41.23		
4.	Ana Rosa SILVA	80	Foca Quinta da Lixa CNF	<b>26:30.45</b>		369	20,00	
	100m: 1:38.17	1:38.17	500m: 8:44.30	1:46.41	900m: 15:45.65	1:46.16	1300m: 22:51.61	1:47.67
	200m: 3:24.40	1:46.23	600m: 10:28.36	1:44.06	1000m: 17:31.51	1:45.86	1400m: 24:42.04	1:50.43
	300m: 5:11.04	1:46.64	700m: 12:13.97	1:45.61	1100m: 19:17.17	1:45.66	1500m: 26:30.45	1:48.41
	400m: 6:57.89	1:46.85	800m: 13:59.49	1:45.52	1200m: 21:03.94	1:46.77		
5.	Isabel Carolina NEVES	80	Fluvial Portuense	<b>26:57.51</b>		350	19,00	
	100m: 1:37.42	1:37.42	500m: 8:41.81	1:47.24	900m: 15:58.41	1:49.18	1300m: 23:22.26	1:52.32
	200m: 3:22.14	1:44.72	600m: 10:30.57	1:48.76	1000m: 17:48.94	1:50.53	1400m: 25:12.30	1:50.04
	300m: 5:07.65	1:45.51	700m: 12:19.12	1:48.55	1100m: 19:38.70	1:49.76	1500m: 26:57.51	1:45.21
	400m: 6:54.57	1:46.92	800m: 14:09.23	1:50.11	1200m: 21:29.94	1:51.24		
6.	Sofia Isabel PEREIRA	81	Individual ANNP	<b>26:57.97</b>		350	18,00	
	100m: 1:37.71	1:37.71	500m: 8:56.19	1:50.97	900m: 16:13.14	1:47.86	1300m: 23:31.79	1:48.90
	200m: 3:24.73	1:47.02	600m: 10:45.52	1:49.33	1000m: 18:03.22	1:50.08	1400m: 25:19.93	1:48.14
	300m: 5:14.00	1:49.27	700m: 12:36.32	1:50.80	1100m: 19:53.75	1:50.53	1500m: 26:57.97	1:38.04
	400m: 7:05.22	1:51.22	800m: 14:25.28	1:48.96	1200m: 21:42.89	1:49.14		
7.	Sofia Margarida SILVA	83	Litoral Alentejano	<b>28:12.76</b>		306	17,00	
	100m: 1:47.61	1:47.61	500m: 9:22.25	1:54.15	900m: 16:58.15	1:53.24	1300m: 24:29.68	1:53.26
	200m: 3:39.50	1:51.89	600m: 11:16.66	1:54.41	1000m: 18:51.33	1:53.18	1400m: 26:22.68	1:53.00
	300m: 5:34.10	1:54.60	700m: 13:11.34	1:54.68	1100m: 20:44.37	1:53.04	1500m: 28:12.76	1:50.08
	400m: 7:28.10	1:54.00	800m: 15:04.91	1:53.57	1200m: 22:36.42	1:52.05		

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
8.	Ana Luis REIS	80	Fluvial Portuense	<b>29:51.02</b>		258	16,00	
	100m: 1:49.77	1:49.77	500m: 9:58.51	2:02.49	900m: 17:59.07	1:59.81	1300m: 26:00.62	2:01.24
	200m: 3:51.27	2:01.50	600m: 11:58.83	2:00.32	1000m: 20:00.42	2:01.35	1400m: 27:59.02	1:58.40
	300m: 5:53.68	2:02.41	700m: 14:00.12	2:01.29	1100m: 22:03.38	2:02.96	1500m: 29:51.02	1:52.00
	400m: 7:56.02	2:02.34	800m: 15:59.26	1:59.14	1200m: 23:59.38	1:56.00		
9.	Carmen Silvia MALHEIROS	81	Litoral Alentejano	<b>29:58.31</b>		255	14,00	
	100m: 1:50.85	1:50.85	500m: 9:50.72	2:02.43	900m: 17:52.76	2:02.02	1300m: 25:57.39	2:00.68
	200m: 3:47.86	1:57.01	600m: 11:50.12	1:59.40	1000m: 19:54.17	2:01.41	1400m: 27:59.53	2:02.14
	300m: 5:47.51	1:59.65	700m: 13:50.99	2:00.87	1100m: 21:54.05	1:59.88	1500m: 29:58.31	1:58.78
	400m: 7:48.29	2:00.78	800m: 15:50.74	1:59.75	1200m: 23:56.71	2:02.66		
10.	Ana Maria MARTINS	79	Sporting de Aveiro	<b>30:11.87</b>		249	12,00	
	100m: 1:57.99	1:57.99	500m: 10:05.84	2:01.54	900m: 18:13.92	2:02.32	1300m: 26:20.31	2:01.26
	200m: 4:00.09	2:02.10	600m: 12:06.96	2:01.12	1000m: 20:16.31	2:02.39	1400m: 28:20.26	1:59.95
	300m: 6:02.55	2:02.46	700m: 14:08.73	2:01.77	1100m: 22:17.70	2:01.39	1500m: 30:11.87	1:51.61
	400m: 8:04.30	2:01.75	800m: 16:11.60	2:02.87	1200m: 24:19.05	2:01.35		
11.	Ana Isabel COSTA OTL	80	Natacao da Maia	<b>32:44.81</b>		195	11,00	
	100m: 1:59.31	1:59.31	500m: 10:55.45	2:15.18	900m: 19:44.90	2:11.14	1300m: 28:30.43	2:09.52
	200m: 4:12.30	2:12.99	600m: 13:09.07	2:13.62	1000m: 21:57.21	2:12.31	1400m: 30:38.07	2:07.64
	300m: 6:26.11	2:13.81	700m: 15:21.79	2:12.72	1100m: 24:10.52	2:13.31	1500m: 32:44.81	2:06.74
	400m: 8:40.27	2:14.16	800m: 17:33.76	2:11.97	1200m: 26:20.91	2:10.39		
12.	Helena Maria RESENDE OTL	80	Alhandra	<b>32:57.50</b>		191	10,00	
	100m: 1:56.67	1:56.67	500m: 10:39.44	2:13.40	900m: 19:43.23	2:13.43	1300m: 28:44.73	2:10.68
	200m: 4:03.34	2:06.67	600m: 12:53.78	2:14.34	1000m: 22:01.28	2:18.05	1400m: 30:53.04	2:08.31
	300m: 6:15.02	2:11.68	700m: 15:06.49	2:12.71	1100m: 24:23.83	2:22.55	1500m: 32:57.50	2:04.46
	400m: 8:26.04	2:11.02	800m: 17:29.80	2:23.31	1200m: 26:34.05	2:10.22		

Prova 1 Femin., 1500m Livres Master Esc E Resultados

26/02/2023 RN Esc E(45-49) 20:49.12 Ana Paula GRILO NDCO Swansea (GBR) 08/03/2014

Esc E : 28:33.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
1.	Carla Santa BARBARA	75	Porto	<b>21:57.36</b>		690	30,00	
	100m: 1:19.28	1:19.28	500m: 7:07.33	1:28.73	900m: 13:03.87	1:29.20	1300m: 19:00.29	1:29.22
	200m: 2:45.02	1:25.74	600m: 8:36.24	1:28.91	1000m: 14:32.97	1:29.10	1400m: 20:29.73	1:29.44
	300m: 4:11.13	1:26.11	700m: 10:05.69	1:29.45	1100m: 16:02.16	1:29.19	1500m: 21:57.36	1:27.63
	400m: 5:38.60	1:27.47	800m: 11:34.67	1:28.98	1200m: 17:31.07	1:28.91		
2.	Ana Filipa PRIOR	77	Luz e Vida	<b>23:34.33</b>		558	26,00	
	100m: 1:27.56	1:27.56	500m: 7:42.51	1:33.70	900m: 14:04.60	1:35.57	1300m: 20:27.40	1:36.47
	200m: 3:00.43	1:32.87	600m: 9:17.39	1:34.88	1000m: 15:39.39	1:34.79	1400m: 22:02.00	1:34.60
	300m: 4:34.43	1:34.00	700m: 10:53.23	1:35.84	1100m: 17:15.07	1:35.68	1500m: 23:34.33	1:32.33
	400m: 6:08.81	1:34.38	800m: 12:29.03	1:35.80	1200m: 18:50.93	1:35.86		

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
3.	Ana Claudia GOMES	76	Academica de Coimbra	<b>28:03.91</b>		330	22,00
	100m: 1:47.44 1:47.44	500m: 9:23.44 1:53.34	900m: 16:55.36 1:52.90	1300m: 24:25.93 1:51.85			
	200m: 3:42.63 1:55.19	600m: 11:15.89 1:52.45	1000m: 18:49.35 1:53.99	1400m: 26:17.85 1:51.92			
	300m: 5:36.76 1:54.13	700m: 13:10.00 1:54.11	1100m: 20:42.04 1:52.69	1500m: 28:03.91 1:46.06			
	400m: 7:30.10 1:53.34	800m: 15:02.46 1:52.46	1200m: 22:34.08 1:52.04				
4.	Paula Nobre LEITAO OTL	74	Alhandra	<b>32:37.76</b>		210	20,00
	100m: 1:57.07 1:57.07	500m: 10:35.21 2:09.90	900m: 19:21.05 2:12.36	1300m: 28:18.41 2:15.68			
	200m: 4:04.19 2:07.12	600m: 12:45.58 2:10.37	1000m: 21:33.23 2:12.18	1400m: 30:32.54 2:14.13			
	300m: 6:13.52 2:09.33	700m: 14:57.85 2:12.27	1100m: 23:46.97 2:13.74	1500m: 32:37.76 2:05.22			
	400m: 8:25.31 2:11.79	800m: 17:08.69 2:10.84	1200m: 26:02.73 2:15.76				
DNS	Sandra Santa BARBARA	75	Ginasio de Santo Tirso				-

Prova 1  
26/02/2023  
Femin., 1500m Livres  
Master Esc F  
Resultados

RN Esc F(50-54)	21:25.58	Ana Paula GRILO	NDCO	Vitoria (ESP)	27/04/2019
Esc F : 31:38.00					

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Patricia Diogenes PEREIRA	69	Nadadores dos Estoris	<b>22:13.95</b>		646	30,00
	100m: 1:25.12 1:25.12	500m: 7:26.78 1:29.91	900m: 13:27.29 1:29.40	1300m: 19:22.00 1:27.87			
	200m: 2:55.11 1:29.99	600m: 8:57.43 1:30.65	1000m: 14:56.26 1:28.97	1400m: 20:49.91 1:27.91			
	300m: 4:26.22 1:31.11	700m: 10:27.60 1:30.17	1100m: 16:25.21 1:28.95	1500m: 22:13.95 1:24.04			
	400m: 5:56.87 1:30.65	800m: 11:57.89 1:30.29	1200m: 17:54.13 1:28.92				
2.	Ines Maria ROTHES	73	Fluvial Portuense	<b>22:57.02</b>		587	26,00
	100m: 1:22.95 1:22.95	500m: 7:25.99 1:32.25	900m: 13:38.72 1:32.41	1300m: 19:52.50 1:34.15			
	200m: 2:52.05 1:29.10	600m: 8:59.48 1:33.49	1000m: 15:12.47 1:33.75	1400m: 21:26.45 1:33.95			
	300m: 4:21.74 1:29.69	700m: 10:32.92 1:33.44	1100m: 16:45.01 1:32.54	1500m: 22:57.02 1:30.57			
	400m: 5:53.74 1:32.00	800m: 12:06.31 1:33.39	1200m: 18:18.35 1:33.34				
3.	Marta Sofia COSTA	71	Individual ANNP	<b>25:58.87</b>		405	22,00
	100m: 1:35.30 1:35.30	500m: 8:31.28 1:45.27	900m: 15:32.48 1:45.69	1300m: 22:33.11 1:45.67			
	200m: 3:17.49 1:42.19	600m: 10:16.78 1:45.50	1000m: 17:17.67 1:45.19	1400m: 24:18.04 1:44.93			
	300m: 5:01.11 1:43.62	700m: 12:01.67 1:44.89	1100m: 19:01.58 1:43.91	1500m: 25:58.87 1:40.83			
	400m: 6:46.01 1:44.90	800m: 13:46.79 1:45.12	1200m: 20:47.44 1:45.86				
4.	Maria Manuela FERREIRA	70	Vitoria Guimaraes	<b>27:21.15</b>		347	20,00
	100m: 1:43.94 1:43.94	500m: 8:59.40 1:47.97	900m: 16:15.93 1:50.32	1300m: 23:38.58 1:52.07			
	200m: 3:34.36 1:50.42	600m: 10:46.42 1:47.02	1000m: 18:05.81 1:49.88	1400m: 25:31.82 1:53.24			
	300m: 5:22.83 1:48.47	700m: 12:35.55 1:49.13	1100m: 19:55.64 1:49.83	1500m: 27:21.15 1:49.33			
	400m: 7:11.43 1:48.60	800m: 14:25.61 1:50.06	1200m: 21:46.51 1:50.87				
5.	Cristina Nicoleta LIPCIUC	73	Braga	<b>30:03.98</b>		261	19,00
	100m: 1:46.66 1:46.66	500m: 9:49.15 2:00.27	900m: 17:55.61 2:00.35	1300m: 26:06.01 2:02.70			
	200m: 3:47.16 2:00.50	600m: 11:50.84 2:01.69	1000m: 19:57.97 2:02.36	1400m: 28:07.87 2:01.86			
	300m: 5:49.13 2:01.97	700m: 13:53.81 2:02.97	1100m: 22:01.40 2:03.43	1500m: 30:03.98 1:56.11			
	400m: 7:48.88 1:59.75	800m: 15:55.26 2:01.45	1200m: 24:03.31 2:01.91				

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	Cristina Rodrigues CARVALHO	73	Natacao da Maia	<b>30:28.76</b>		250	18,00
	100m: 1:57.50 1:57.50		500m: 10:04.68 2:01.82	900m: 18:12.81 2:02.39	1300m: 26:23.71 2:03.78		
	200m: 3:59.43 2:01.93		600m: 12:05.70 2:01.02	1000m: 20:15.89 2:03.08	1400m: 28:27.60 2:03.89		
	300m: 6:01.54 2:02.11		700m: 14:07.60 2:01.90	1100m: 22:17.36 2:01.47	1500m: 30:28.76 2:01.16		
	400m: 8:02.86 2:01.32		800m: 16:10.42 2:02.82	1200m: 24:19.93 2:02.57			
7.	Ana Luisa GARCIA	70	Leixoes	<b>31:07.40</b>		235	17,00
	100m: 2:00.43 2:00.43		500m: 10:20.20 2:04.13	900m: 18:39.87 2:04.83	1300m: 26:58.12 2:06.65		
	200m: 4:03.71 2:03.28		600m: 12:25.39 2:05.19	1000m: 20:44.39 2:04.52	1400m: 29:04.27 2:06.15		
	300m: 6:09.82 2:06.11		700m: 14:30.25 2:04.86	1100m: 22:46.84 2:02.45	1500m: 31:07.40 2:03.13		
	400m: 8:16.07 2:06.25		800m: 16:35.04 2:04.79	1200m: 24:51.47 2:04.63			
8.	Eliana Marta CASTRO	70	Sporting de Aveiro	<b>31:18.72</b>		231	16,00
	100m: 2:01.12 2:01.12		500m: 10:25.81 2:06.73	900m: 18:51.58 2:04.47	1300m: 27:15.15 2:04.53		
	200m: 4:05.84 2:04.72		600m: 12:33.61 2:07.80	1000m: 20:57.61 2:06.03	1400m: 29:20.80 2:05.65		
	300m: 6:13.08 2:07.24		700m: 14:40.14 2:06.53	1100m: 23:04.51 2:06.90	1500m: 31:18.72 1:57.92		
	400m: 8:19.08 2:06.00		800m: 16:47.11 2:06.97	1200m: 25:10.62 2:06.11			
DNS	Fernanda Maria SANTINHA	72	Masters de Almada				-
DNS	Nadia Gama SILVA	73	Porto				-

Prova 1 Femin., 1500m Livres Master Esc G Resultados

RN Esc G(55-59) 22:12.95 Elena Nikolaevna KRAEVA ADRCIMM Coimbra 24/02/2018

Esc G : 34:06.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Ana Paula SEQUEIRA	68	Gafanha da Encarnacao	<b>26:32.55</b>		411	30,00
	100m: 1:37.98 1:37.98		500m: 8:44.92 1:46.66	900m: 15:55.60 1:47.29	1300m: 23:02.93 1:47.19		
	200m: 3:24.10 1:46.12		600m: 10:32.70 1:47.78	1000m: 17:42.00 1:46.40	1400m: 24:49.45 1:46.52		
	300m: 5:10.79 1:46.69		700m: 12:20.83 1:48.13	1100m: 19:29.43 1:47.43	1500m: 26:32.55 1:43.10		
	400m: 6:58.26 1:47.47		800m: 14:08.31 1:47.48	1200m: 21:15.74 1:46.31			
2.	Maria Adriana VISEU	66	Leixoes	<b>26:55.07</b>		394	26,00
	100m: 1:40.04 1:40.04		500m: 8:55.93 1:50.30	900m: 16:13.98 1:48.70	1300m: 23:25.72 1:47.43		
	200m: 3:26.55 1:46.51		600m: 10:46.20 1:50.27	1000m: 18:02.83 1:48.85	1400m: 25:13.58 1:47.86		
	300m: 5:15.45 1:48.90		700m: 12:36.02 1:49.82	1100m: 19:50.09 1:47.26	1500m: 26:55.07 1:41.49		
	400m: 7:05.63 1:50.18		800m: 14:25.28 1:49.26	1200m: 21:38.29 1:48.20			
3.	Maria Trigueiros CUNHA	64	Leixoes	<b>28:26.29</b>		334	22,00
	100m: 1:40.33 1:40.33		500m: 9:11.04 1:54.65	900m: 16:51.73 1:56.25	1300m: 24:37.57 1:57.68		
	200m: 3:30.77 1:50.44		600m: 11:05.45 1:54.41	1000m: 18:47.18 1:55.45	1400m: 26:34.33 1:56.76		
	300m: 5:22.63 1:51.86		700m: 13:00.68 1:55.23	1100m: 20:42.57 1:55.39	1500m: 28:26.29 1:51.96		
	400m: 7:16.39 1:53.76		800m: 14:55.48 1:54.80	1200m: 22:39.89 1:57.32			
4.	Margarida Bleck REIS	68	Individual ANNP	<b>28:43.88</b>		324	20,00
	100m: 1:44.22 1:44.22		500m: 9:30.23 1:57.50	900m: 17:14.78 1:56.53	1300m: 24:59.70 1:55.96		
	200m: 3:38.78 1:54.56		600m: 11:26.74 1:56.51	1000m: 19:11.85 1:57.07	1400m: 26:54.06 1:54.36		
	300m: 5:36.22 1:57.44		700m: 13:22.41 1:55.67	1100m: 21:07.61 1:55.76	1500m: 28:43.88 1:49.82		
	400m: 7:32.73 1:56.51		800m: 15:18.25 1:55.84	1200m: 23:03.74 1:56.13			

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
5.	Delfina Maria MARTINS	66	Ginasio de Santo Tirso	<b>33:55.74</b>		196	19,00
	100m: 2:05.89 2:05.89	500m: 11:09.92 2:16.71	900m: 20:14.41 2:17.10	1300m: 29:22.74 2:16.90			
	200m: 4:21.37 2:15.48	600m: 13:25.29 2:15.37	1000m: 22:29.93 2:15.52	1400m: 31:40.48 2:17.74			
	300m: 6:38.72 2:17.35	700m: 15:39.57 2:14.28	1100m: 24:48.49 2:18.56	1500m: 33:55.74 2:15.26			
	400m: 8:53.21 2:14.49	800m: 17:57.31 2:17.74	1200m: 27:05.84 2:17.35				
6.	Rosa Leitao COSTA OTL	65	Foca Quinta da Lixa CNF	<b>36:58.01</b>		152	18,00
	100m: 2:11.68 2:11.68	500m: 11:52.42 2:21.80	900m: 21:42.67 2:31.26	1300m: 32:00.09 2:37.07			
	200m: 4:39.06 2:27.38	600m: 14:16.29 2:23.87	1000m: 24:14.25 2:31.58	1400m: 34:34.24 2:34.15			
	300m: 7:07.04 2:27.98	700m: 16:43.33 2:27.04	1100m: 26:49.35 2:35.10	1500m: 36:58.01 2:23.77			
	400m: 9:30.62 2:23.58	800m: 19:11.41 2:28.08	1200m: 29:23.02 2:33.67				

Prova 1 Femin., 1500m Livres Master Esc H Resultados

26/02/2023 RN Esc H(60-64) 26:40.98 Maria Santos FERNANDES LSC Póvoa de Varzim 26/02/2022

Esc H : 34:47.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Maria Margarida URBANO	63	Academica de Coimbra	<b>26:52.51</b>		602	30,00
	100m: 1:41.91 1:41.91	500m: 8:54.39 1:48.52	900m: 16:05.56 1:48.09	1300m: 23:18.11 1:48.53			
	200m: 3:28.76 1:46.85	600m: 10:42.28 1:47.89	1000m: 17:53.41 1:47.85	1400m: 25:06.35 1:48.24			
	300m: 5:17.38 1:48.62	700m: 12:29.98 1:47.70	1100m: 19:41.04 1:47.63	1500m: 26:52.51 1:46.16			
	400m: 7:05.87 1:48.49	800m: 14:17.47 1:47.49	1200m: 21:29.58 1:48.54				
2.	Eugenia Maria CUNHA	62	Academica de Coimbra	<b>28:17.70</b>		516	26,00
	100m: 1:39.18 1:39.18	500m: 9:13.98 1:55.62	900m: 16:52.41 1:54.01	1300m: 24:31.84 1:56.45			
	200m: 3:28.59 1:49.41	600m: 11:08.88 1:54.90	1000m: 18:46.71 1:54.30	1400m: 26:26.75 1:54.91			
	300m: 5:22.72 1:54.13	700m: 13:03.64 1:54.76	1100m: 20:41.05 1:54.34	1500m: 28:17.70 1:50.95			
	400m: 7:18.36 1:55.64	800m: 14:58.40 1:54.76	1200m: 22:35.39 1:54.34				
3.	Maria Madalena CANINAS	63	Masters de Almada	<b>29:40.79</b>		447	22,00
	100m: 1:47.19 1:47.19	500m: 9:45.62 1:59.09	900m: 17:44.67 2:00.02	1300m: 25:47.04 2:00.68			
	200m: 3:44.10 1:56.91	600m: 11:45.06 1:59.44	1000m: 19:45.43 2:00.76	1400m: 27:45.34 1:58.30			
	300m: 5:45.55 2:01.45	700m: 13:44.62 1:59.56	1100m: 21:46.34 2:00.91	1500m: 29:40.79 1:55.45			
	400m: 7:46.53 2:00.98	800m: 15:44.65 2:00.03	1200m: 23:46.36 2:00.02				
4.	Maria Manuela NETO	62	Natacao da Maia	<b>31:06.07</b>		388	20,00
	100m: 1:56.10 1:56.10	500m: 10:14.79 2:04.28	900m: 18:36.42 2:04.94	1300m: 26:56.45 2:06.77			
	200m: 4:01.22 2:05.12	600m: 12:20.01 2:05.22	1000m: 20:40.91 2:04.49	1400m: 29:03.44 2:06.99			
	300m: 6:05.47 2:04.25	700m: 14:25.94 2:05.93	1100m: 22:44.15 2:03.24	1500m: 31:06.07 2:02.63			
	400m: 8:10.51 2:05.04	800m: 16:31.48 2:05.54	1200m: 24:49.68 2:05.53				
5.	Ana Maria CAEIRO	59	Alhandra	<b>31:24.13</b>		377	19,00
	100m: 1:56.35 1:56.35	500m: 10:15.13 2:06.81	900m: 18:42.65 2:07.23	1300m: 27:15.10 2:08.55			
	200m: 3:58.91 2:02.56	600m: 12:21.83 2:06.70	1000m: 20:49.99 2:07.34	1400m: 29:23.33 2:08.23			
	300m: 6:03.00 2:04.09	700m: 14:28.03 2:06.20	1100m: 22:57.46 2:07.47	1500m: 31:24.13 2:00.80			
	400m: 8:08.32 2:05.32	800m: 16:35.42 2:07.39	1200m: 25:06.55 2:09.09				

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres

Prova 1  
26/02/2023  
Femin., 1500m Livres  
Master Esc I  
Resultados

RN Esc I(65-69)	24:56.65	Ana Maria FERREIRA	SAD	Rio Maior	25/02/2017
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Esc I : 32:26.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Maria Teresa OLIVEIRA	57	Academica de Coimbra	<b>28:38.33</b>		647	30,00
	100m: 1:49.96 1:49.96	500m: 9:34.78 1:56.06	900m: 17:15.95 1:55.67	1300m: 24:56.64 1:56.30			
	200m: 3:47.06 1:57.10	600m: 11:28.87 1:54.09	1000m: 19:11.60 1:55.65	1400m: 26:51.47 1:54.83			
	300m: 5:43.05 1:55.99	700m: 13:24.42 1:55.55	1100m: 21:05.74 1:54.14	1500m: 28:38.33 1:46.86			
	400m: 7:38.72 1:55.67	800m: 15:20.28 1:55.86	1200m: 23:00.34 1:54.60				

Prova 1  
26/02/2023  
Femin., 1500m Livres  
25 anos e mais velhos  
Resultados

RN Esc A(25-29)	19:28.13	Carolina Santos SILVA	CNMAIA	Coimbra	18/04/2015
RN Esc B(30-34)	19:08.25	Carolina Santos SILVA	GCST	Póvoa de Varzim	23/02/2019
RN Esc C(35-39)	18:50.82	Ana Paula GRILO	UDCA	Swansea (GBR)	03/03/2006
RN Esc D(40-44)	20:45.77	Ines Maria ROTHES	CFP	Rio Maior	20/02/2016
RN Esc E(45-49)	20:49.12	Ana Paula GRILO	NDCO	Swansea (GBR)	08/03/2014
RN Esc F(50-54)	21:25.58	Ana Paula GRILO	NDCO	Vitoria (ESP)	27/04/2019
RN Esc G(55-59)	22:12.95	Elena Nikolaevna KRAEVA	ADRCIMM	Coimbra	24/02/2018
RN Esc H(60-64)	26:40.98	Maria Santos FERNANDES	LSC	Póvoa de Varzim	26/02/2022
RN Esc I(65-69)	24:56.65	Ana Maria FERREIRA	SAD	Rio Maior	25/02/2017
RN Esc J(70-74)	25:29.15	Ana Maria FERREIRA	SAD	Póvoa de Varzim	22/02/2020
RN Esc K(75-79)	30:38.21	Luisa Bessone BASTO	SAD	Póvoa de Varzim	23/02/2019
RN Esc L(80-84)	59:00.00	start			
RN Esc M(85-89)	59:00.00	start			

Esc A Esc A: 25:24.00 / Esc B Esc B: 24:33.00 / Esc C Esc C: 32:27.50 / Esc D Esc D: 31:35.00 / Esc E Esc E: 28:33.50 /  
Esc F Esc F: 31:38.00 / Esc G Esc G: 34:06.50 / Esc H Esc H: 34:47.50 / Esc I Esc I: 32:26.00 / Esc J Esc J: 33:08.00 /  
Esc K Esc K: 39:50.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Ana Sofia ALVES	95	Vitoria Guimaraes	<b>20:53.75</b>		704	30,00
	100m: 1:15.20 1:15.20	500m: 6:40.52 1:23.48	900m: 12:22.96 1:27.33	1300m: 18:07.35 1:25.08			
	200m: 2:34.24 1:19.04	600m: 8:04.72 1:24.20	1000m: 13:50.26 1:27.30	1400m: 19:30.97 1:23.62			
	300m: 3:54.96 1:20.72	700m: 9:29.86 1:25.14	1100m: 15:16.25 1:25.99	1500m: 20:53.75 1:22.78			
	400m: 5:17.04 1:22.08	800m: 10:55.63 1:25.77	1200m: 16:42.27 1:26.02				
2.	Alexandra Sofia MONTEIRO	92	Vila DEste/Gaia	<b>20:58.39</b>		647	30,00
	100m: 1:15.71 1:15.71	500m: 6:45.48 1:24.50	900m: 12:24.11 1:23.88	1300m: 18:05.29 1:26.05			
	200m: 2:35.50 1:19.79	600m: 8:10.10 1:24.62	1000m: 13:48.21 1:24.10	1400m: 19:31.55 1:26.26			
	300m: 3:57.18 1:21.68	700m: 9:35.33 1:25.23	1100m: 15:13.37 1:25.16	1500m: 20:58.39 1:26.84			
	400m: 5:20.98 1:23.80	800m: 11:00.23 1:24.90	1200m: 16:39.24 1:25.87				
3.	Irina Filipa LOUSA	95	Porto	<b>21:12.28</b>		673	26,00
	100m: 1:19.65 1:19.65	500m: 6:58.91 1:25.59	900m: 12:41.22 1:25.76	1300m: 18:23.59 1:25.46			
	200m: 2:43.98 1:24.33	600m: 8:23.68 1:24.77	1000m: 14:06.53 1:25.31	1400m: 19:49.39 1:25.80			
	300m: 4:08.09 1:24.11	700m: 9:50.01 1:26.33	1100m: 15:32.03 1:25.50	1500m: 21:12.28 1:22.89			
	400m: 5:33.32 1:25.23	800m: 11:15.46 1:25.45	1200m: 16:58.13 1:26.10				

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	Mariana Sa LUCAS	84	Litoral Alentejano	<b>21:37.27</b>		634	30,00
	100m: 1:19.17 1:19.17	500m: 7:05.04 1:26.84	900m: 12:54.33 1:28.19	1300m: 18:44.84 1:28.27			
	200m: 2:44.22 1:25.05	600m: 8:32.95 1:27.91	1000m: 14:21.34 1:27.01	1400m: 20:12.27 1:27.43			
	300m: 4:10.73 1:26.51	700m: 9:59.87 1:26.92	1100m: 15:48.35 1:27.01	1500m: 21:37.27 1:25.00			
	400m: 5:38.20 1:27.47	800m: 11:26.14 1:26.27	1200m: 17:16.57 1:28.22				
5.	Joana Isabel ALVES	88	Individual ANNP	<b>21:56.43</b>		607	26,00
	100m: 1:23.28 1:23.28	500m: 7:18.29 1:29.58	900m: 13:15.89 1:28.53	1300m: 19:06.99 1:27.86			
	200m: 2:50.52 1:27.24	600m: 8:48.58 1:30.29	1000m: 14:43.71 1:27.82	1400m: 20:33.45 1:26.46			
	300m: 4:19.33 1:28.81	700m: 10:18.60 1:30.02	1100m: 16:11.66 1:27.95	1500m: 21:56.43 1:22.98			
	400m: 5:48.71 1:29.38	800m: 11:47.36 1:28.76	1200m: 17:39.13 1:27.47				
6.	Carla Santa BARBARA	75	Porto	<b>21:57.36</b>		690	30,00
	100m: 1:19.28 1:19.28	500m: 7:07.33 1:28.73	900m: 13:03.87 1:29.20	1300m: 19:00.29 1:29.22			
	200m: 2:45.02 1:25.74	600m: 8:36.24 1:28.91	1000m: 14:32.97 1:29.10	1400m: 20:29.73 1:29.44			
	300m: 4:11.13 1:26.11	700m: 10:05.69 1:29.45	1100m: 16:02.16 1:29.19	1500m: 21:57.36 1:27.63			
	400m: 5:38.60 1:27.47	800m: 11:34.67 1:28.98	1200m: 17:31.07 1:28.91				
7.	Raquel Fernandes SANTOS	98	Masters de Almada	<b>22:05.50</b>		595	22,00
	100m: 1:25.44 1:25.44	500m: 7:10.47 1:26.68	900m: 13:07.54 1:30.02	1300m: 19:08.44 1:30.50			
	200m: 2:51.70 1:26.26	600m: 8:38.64 1:28.17	1000m: 14:37.18 1:29.64	1400m: 20:38.50 1:30.06			
	300m: 4:17.52 1:25.82	700m: 10:07.60 1:28.96	1100m: 16:07.52 1:30.34	1500m: 22:05.50 1:27.00			
	400m: 5:43.79 1:26.27	800m: 11:37.52 1:29.92	1200m: 17:37.94 1:30.42				
8.	Patricia Diogenes PEREIRA	69	Nadadores dos Estoris	<b>22:13.95</b>		646	30,00
	100m: 1:25.12 1:25.12	500m: 7:26.78 1:29.91	900m: 13:27.29 1:29.40	1300m: 19:22.00 1:27.87			
	200m: 2:55.11 1:29.99	600m: 8:57.43 1:30.65	1000m: 14:56.26 1:28.97	1400m: 20:49.91 1:27.91			
	300m: 4:26.22 1:31.11	700m: 10:27.60 1:30.17	1100m: 16:25.21 1:28.95	1500m: 22:13.95 1:24.04			
	400m: 5:56.87 1:30.65	800m: 11:57.89 1:30.29	1200m: 17:54.13 1:28.92				
9.	Joana Filipa ROSAS	95	Leixoes	<b>22:23.58</b>		572	20,00
	100m: 1:23.04 1:23.04	500m: 7:20.78 1:30.55	900m: 13:24.96 1:31.42	1300m: 19:26.16 1:30.03			
	200m: 2:50.45 1:27.41	600m: 8:51.25 1:30.47	1000m: 14:55.77 1:30.81	1400m: 20:57.58 1:31.42			
	300m: 4:19.84 1:29.39	700m: 10:22.08 1:30.83	1100m: 16:26.22 1:30.45	1500m: 22:23.58 1:26.00			
	400m: 5:50.23 1:30.39	800m: 11:53.54 1:31.46	1200m: 17:56.13 1:29.91				
10.	Miriam Natacha ALVES	97	Leixoes	<b>22:32.87</b>		560	19,00
	100m: 1:19.79 1:19.79	500m: 7:17.48 1:31.54	900m: 13:24.68 1:31.62	1300m: 19:31.56 1:33.04			
	200m: 2:45.98 1:26.19	600m: 8:48.95 1:31.47	1000m: 14:55.52 1:30.84	1400m: 21:03.82 1:32.26			
	300m: 4:14.73 1:28.75	700m: 10:21.12 1:32.17	1100m: 16:26.24 1:30.72	1500m: 22:32.87 1:29.05			
	400m: 5:45.94 1:31.21	800m: 11:53.06 1:31.94	1200m: 17:58.52 1:32.28				
11.	Maria Manuela FONSECA	85	Leixoes	<b>22:39.94</b>		550	22,00
	100m: 1:28.34 1:28.34	500m: 7:36.60 1:33.69	900m: 13:42.22 1:30.70	1300m: 19:44.57 1:30.06			
	200m: 2:59.25 1:30.91	600m: 9:09.41 1:32.81	1000m: 15:12.62 1:30.40	1400m: 21:14.58 1:30.01			
	300m: 4:30.73 1:31.48	700m: 10:40.60 1:31.19	1100m: 16:42.97 1:30.35	1500m: 22:39.94 1:25.36			
	400m: 6:02.91 1:32.18	800m: 12:11.52 1:30.92	1200m: 18:14.51 1:31.54				
12.	Joana Isabel CUNHA	80	Galitos / Bresimar	<b>22:48.71</b>		578	30,00
	100m: 1:20.52 1:20.52	500m: 7:21.21 1:31.81	900m: 13:32.56 1:33.07	1300m: 19:45.08 1:33.08			
	200m: 2:48.26 1:27.74	600m: 8:53.51 1:32.30	1000m: 15:05.33 1:32.77	1400m: 21:17.03 1:31.95			
	300m: 4:18.15 1:29.89	700m: 10:26.65 1:33.14	1100m: 16:38.86 1:33.53	1500m: 22:48.71 1:31.68			
	400m: 5:49.40 1:31.25	800m: 11:59.49 1:32.84	1200m: 18:12.00 1:33.14				
13.	Solange Ramalho PEREIRA	90	Lisboa PoolSharks	<b>22:51.98</b>		499	26,00
	100m: 1:23.75 1:23.75	500m: 7:24.03 1:30.64	900m: 13:33.83 1:33.37	1300m: 19:47.23 1:33.11			
	200m: 2:52.75 1:29.00	600m: 8:55.76 1:31.73	1000m: 15:07.34 1:33.51	1400m: 21:20.31 1:33.08			
	300m: 4:22.26 1:29.51	700m: 10:27.50 1:31.74	1100m: 16:40.44 1:33.10	1500m: 22:51.98 1:31.67			
	400m: 5:53.39 1:31.13	800m: 12:00.46 1:32.96	1200m: 18:14.12 1:33.68				

ORGANIZAÇÃO



PARCEIROS



Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
14.	Ines Maria ROTHES	73	Fluvial Portuense	<b>22:57.02</b>		587	26,00
	100m: 1:22.95 1:22.95	500m: 7:25.99 1:32.25	900m: 13:38.72 1:32.41	1300m: 19:52.50 1:34.15			
	200m: 2:52.05 1:29.10	600m: 8:59.48 1:33.49	1000m: 15:12.47 1:33.75	1400m: 21:26.45 1:33.95			
	300m: 4:21.74 1:29.69	700m: 10:32.92 1:33.44	1100m: 16:45.01 1:32.54	1500m: 22:57.02 1:30.57			
	400m: 5:53.74 1:32.00	800m: 12:06.31 1:33.39	1200m: 18:18.35 1:33.34				
15.	Marta Garanhoto BRUNO	93	Colegio Monte Maior	<b>23:15.03</b>		475	22,00
	100m: 1:30.85 1:30.85	500m: 7:44.01 1:33.07	900m: 13:53.23 1:30.86	1300m: 20:11.40 1:36.43			
	200m: 3:04.61 1:33.76	600m: 9:14.61 1:30.60	1000m: 15:29.06 1:35.83	1400m: 21:44.72 1:33.32			
	300m: 4:36.17 1:31.56	700m: 10:49.76 1:35.15	1100m: 17:02.60 1:33.54	1500m: 23:15.03 1:30.31			
	400m: 6:10.94 1:34.77	800m: 12:22.37 1:32.61	1200m: 18:34.97 1:32.37				
16.	Helena Maria GOMES	92	Leixoes	<b>23:17.25</b>		473	20,00
	100m: 1:27.99 1:27.99	500m: 7:36.80 1:33.86	900m: 13:55.08 1:35.18	1300m: 20:13.01 1:34.71			
	200m: 2:59.23 1:31.24	600m: 9:10.44 1:33.64	1000m: 15:29.65 1:34.57	1400m: 21:47.25 1:34.24			
	300m: 4:30.59 1:31.36	700m: 10:44.94 1:34.50	1100m: 17:03.33 1:33.68	1500m: 23:17.25 1:30.00			
	400m: 6:02.94 1:32.35	800m: 12:19.90 1:34.96	1200m: 18:38.30 1:34.97				
17.	Claudia Isabel SEMIAO	97	Academica de Coimbra	<b>23:23.64</b>		501	18,00
	100m: 1:23.07 1:23.07	500m: 7:37.50 1:34.34	900m: 13:54.22 1:33.66	1300m: 20:14.90 1:34.85			
	200m: 2:55.14 1:32.07	600m: 9:11.35 1:33.85	1000m: 15:30.79 1:36.57	1400m: 21:50.35 1:35.45			
	300m: 4:29.79 1:34.65	700m: 10:45.35 1:34.00	1100m: 17:05.29 1:34.50	1500m: 23:23.64 1:33.29			
	400m: 6:03.16 1:33.37	800m: 12:20.56 1:35.21	1200m: 18:40.05 1:34.76				
18.	Ana Filipa PRIOR	77	Luz e Vida	<b>23:34.33</b>		558	26,00
	100m: 1:27.56 1:27.56	500m: 7:42.51 1:33.70	900m: 14:04.60 1:35.57	1300m: 20:27.40 1:36.47			
	200m: 3:00.43 1:32.87	600m: 9:17.39 1:34.88	1000m: 15:39.39 1:34.79	1400m: 22:02.00 1:34.60			
	300m: 4:34.43 1:34.00	700m: 10:53.23 1:35.84	1100m: 17:15.07 1:35.68	1500m: 23:34.33 1:32.33			
	400m: 6:08.81 1:34.38	800m: 12:29.03 1:35.80	1200m: 18:50.93 1:35.86				
19.	Ana Catarina TEIXEIRA	95	Foca Quinta da Lixa CNF	<b>23:34.82</b>		490	17,00
	100m: 1:24.94 1:24.94	500m: 7:44.24 1:35.30	900m: 14:06.85 1:35.97	1300m: 20:29.60 1:36.07			
	200m: 2:57.95 1:33.01	600m: 9:19.35 1:35.11	1000m: 15:41.68 1:34.83	1400m: 22:04.95 1:35.35			
	300m: 4:32.71 1:34.76	700m: 10:55.87 1:36.52	1100m: 17:17.30 1:35.62	1500m: 23:34.82 1:29.87			
	400m: 6:08.94 1:36.23	800m: 12:30.88 1:35.01	1200m: 18:53.53 1:36.23				
20.	Sara Daniela RODRIGUES	87	Galitos / Bresimar	<b>23:37.97</b>		486	20,00
	100m: 1:26.88 1:26.88	500m: 7:39.46 1:34.45	900m: 13:58.23 1:34.39	1300m: 20:24.45 1:37.95			
	200m: 2:58.24 1:31.36	600m: 9:14.27 1:34.81	1000m: 15:34.61 1:36.38	1400m: 22:01.20 1:36.75			
	300m: 4:31.08 1:32.84	700m: 10:49.10 1:34.83	1100m: 17:10.69 1:36.08	1500m: 23:37.97 1:36.77			
	400m: 6:05.01 1:33.93	800m: 12:23.84 1:34.74	1200m: 18:46.50 1:35.81				
21.	Ana Dalte GUEDES	80	Leixoes	<b>23:54.81</b>		502	26,00
	100m: 1:31.61 1:31.61	500m: 8:00.73 1:36.45	900m: 14:26.19 1:36.80	1300m: 20:48.34 1:35.18			
	200m: 3:09.16 1:37.55	600m: 9:36.50 1:35.77	1000m: 16:02.14 1:35.95	1400m: 22:22.53 1:34.19			
	300m: 4:46.48 1:37.32	700m: 11:12.79 1:36.29	1100m: 17:38.36 1:36.22	1500m: 23:54.81 1:32.28			
	400m: 6:24.28 1:37.80	800m: 12:49.39 1:36.60	1200m: 19:13.16 1:34.80				
22.	Anastacia Silva CANTO	89	Masters de Almada	<b>24:15.60</b>		418	19,00
	100m: 1:33.50 1:33.50	500m: 8:10.97 1:39.19	900m: 14:42.84 1:37.10	1300m: 21:09.00 1:36.20			
	200m: 3:12.25 1:38.75	600m: 9:50.04 1:39.07	1000m: 16:19.64 1:36.80	1400m: 22:45.10 1:36.10			
	300m: 4:51.70 1:39.45	700m: 11:27.79 1:37.75	1100m: 17:56.15 1:36.51	1500m: 24:15.60 1:30.50			
	400m: 6:31.78 1:40.08	800m: 13:05.74 1:37.95	1200m: 19:32.80 1:36.65				
23.	Catia Marisa VALENTE	84	Luz e Vida	<b>24:50.77</b>		418	19,00
	100m: 1:32.81 1:32.81	500m: 8:14.89 1:40.40	900m: 14:58.02 1:40.94	1300m: 21:34.04 1:39.31			
	200m: 3:12.57 1:39.76	600m: 9:55.98 1:41.09	1000m: 16:37.43 1:39.41	1400m: 23:13.50 1:39.46			
	300m: 4:53.75 1:41.18	700m: 11:36.74 1:40.76	1100m: 18:16.23 1:38.80	1500m: 24:50.77 1:37.27			
	400m: 6:34.49 1:40.74	800m: 13:17.08 1:40.34	1200m: 19:54.73 1:38.50				

ORGANIZAÇÃO



PARCEIROS





Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
24.	Sara Filipa CORTEZ	81	Masters de Almada	<b>25:00.21</b>		439	22,00
	100m: 1:35.08 1:35.08	500m: 8:20.89 1:41.09	900m: 15:05.05 1:41.30	1300m: 21:46.61 1:40.77			
	200m: 3:15.19 1:40.11	600m: 10:02.50 1:41.61	1000m: 16:45.89 1:40.84	1400m: 23:26.22 1:39.61			
	300m: 4:57.76 1:42.57	700m: 11:43.49 1:40.99	1100m: 18:24.61 1:38.72	1500m: 25:00.21 1:33.99			
	400m: 6:39.80 1:42.04	800m: 13:23.75 1:40.26	1200m: 20:05.84 1:41.23				
25.	Mariana Dias ALMEIDA OTL	93	Ginasio de Santo Tirso	<b>25:45.42</b>		349	18,00
	100m: 1:33.41 1:33.41	500m: 8:25.12 1:44.23	900m: 15:18.36 1:43.12	1300m: 22:16.31 1:44.29			
	200m: 3:14.70 1:41.29	600m: 10:09.12 1:44.00	1000m: 17:02.89 1:44.53	1400m: 24:01.86 1:45.55			
	300m: 4:58.08 1:43.38	700m: 11:52.09 1:42.97	1100m: 18:47.36 1:44.47	1500m: 25:45.42 1:43.56			
	400m: 6:40.89 1:42.81	800m: 13:35.24 1:43.15	1200m: 20:32.02 1:44.66				
26.	Marta Sofia COSTA	71	Individual ANNP	<b>25:58.87</b>		405	22,00
	100m: 1:35.30 1:35.30	500m: 8:31.28 1:45.27	900m: 15:32.48 1:45.69	1300m: 22:33.11 1:45.67			
	200m: 3:17.49 1:42.19	600m: 10:16.78 1:45.50	1000m: 17:17.67 1:45.19	1400m: 24:18.04 1:44.93			
	300m: 5:01.11 1:43.62	700m: 12:01.67 1:44.89	1100m: 19:01.58 1:43.91	1500m: 25:58.87 1:40.83			
	400m: 6:46.01 1:44.90	800m: 13:46.79 1:45.12	1200m: 20:47.44 1:45.86				
27.	Alexia Alves FERNANDES OTL	96	Natacao de Valongo	<b>26:05.09</b>		362	16,00
	100m: 1:34.48 1:34.48	500m: 8:34.53 1:45.44	900m: 15:37.28 1:45.50	1300m: 22:38.61 1:45.27			
	200m: 3:17.68 1:43.20	600m: 10:19.82 1:45.29	1000m: 17:22.98 1:45.70	1400m: 24:23.86 1:45.25			
	300m: 5:03.34 1:45.66	700m: 12:06.27 1:46.45	1100m: 19:08.32 1:45.34	1500m: 26:05.09 1:41.23			
	400m: 6:49.09 1:45.75	800m: 13:51.78 1:45.51	1200m: 20:53.34 1:45.02				
28.	Ana Rosa SILVA	80	Foca Quinta da Lixa CNF	<b>26:30.45</b>		369	20,00
	100m: 1:38.17 1:38.17	500m: 8:44.30 1:46.41	900m: 15:45.65 1:46.16	1300m: 22:51.61 1:47.67			
	200m: 3:24.40 1:46.23	600m: 10:28.36 1:44.06	1000m: 17:31.51 1:45.86	1400m: 24:42.04 1:50.43			
	300m: 5:11.04 1:46.64	700m: 12:13.97 1:45.61	1100m: 19:17.17 1:45.66	1500m: 26:30.45 1:48.41			
	400m: 6:57.89 1:46.85	800m: 13:59.49 1:45.52	1200m: 21:03.94 1:46.77				
29.	Ana Paula SEQUEIRA	68	Gafanha da Encarnacao	<b>26:32.55</b>		411	30,00
	100m: 1:37.98 1:37.98	500m: 8:44.92 1:46.66	900m: 15:55.60 1:47.29	1300m: 23:02.93 1:47.19			
	200m: 3:24.10 1:46.12	600m: 10:32.70 1:47.78	1000m: 17:42.00 1:46.40	1400m: 24:49.45 1:46.52			
	300m: 5:10.79 1:46.69	700m: 12:20.83 1:48.13	1100m: 19:29.43 1:47.43	1500m: 26:32.55 1:43.10			
	400m: 6:58.26 1:47.47	800m: 14:08.31 1:47.48	1200m: 21:15.74 1:46.31				
30.	Maria Margarida URBANO	63	Academica de Coimbra	<b>26:52.51</b>		602	30,00
	100m: 1:41.91 1:41.91	500m: 8:54.39 1:48.52	900m: 16:05.56 1:48.09	1300m: 23:18.11 1:48.53			
	200m: 3:28.76 1:46.85	600m: 10:42.28 1:47.89	1000m: 17:53.41 1:47.85	1400m: 25:06.35 1:48.24			
	300m: 5:17.38 1:48.62	700m: 12:29.98 1:47.70	1100m: 19:41.04 1:47.63	1500m: 26:52.51 1:46.16			
	400m: 7:05.87 1:48.49	800m: 14:17.47 1:47.49	1200m: 21:29.58 1:48.54				
31.	Maria Adriana VISEU	66	Leixoes	<b>26:55.07</b>		394	26,00
	100m: 1:40.04 1:40.04	500m: 8:55.93 1:50.30	900m: 16:13.98 1:48.70	1300m: 23:25.72 1:47.43			
	200m: 3:26.55 1:46.51	600m: 10:46.20 1:50.27	1000m: 18:02.83 1:48.85	1400m: 25:13.58 1:47.86			
	300m: 5:15.45 1:48.90	700m: 12:36.02 1:49.82	1100m: 19:50.09 1:47.26	1500m: 26:55.07 1:41.49			
	400m: 7:05.63 1:50.18	800m: 14:25.28 1:49.26	1200m: 21:38.29 1:48.20				
32.	Isabel Carolina NEVES	80	Fluval Portuense	<b>26:57.51</b>		350	19,00
	100m: 1:37.42 1:37.42	500m: 8:41.81 1:47.24	900m: 15:58.41 1:49.18	1300m: 23:22.26 1:52.32			
	200m: 3:22.14 1:44.72	600m: 10:30.57 1:48.76	1000m: 17:48.94 1:50.53	1400m: 25:12.30 1:50.04			
	300m: 5:07.65 1:45.51	700m: 12:19.12 1:48.55	1100m: 19:38.70 1:49.76	1500m: 26:57.51 1:45.21			
	400m: 6:54.57 1:46.92	800m: 14:09.23 1:50.11	1200m: 21:29.94 1:51.24				

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
33.	Sofia Isabel PEREIRA	81	Individual ANNP	<b>26:57.97</b>		350	18,00
	100m: 1:37.71 1:37.71	500m: 8:56.19 1:50.97	900m: 16:13.14 1:47.86	1300m: 23:31.79 1:48.90			
	200m: 3:24.73 1:47.02	600m: 10:45.52 1:49.33	1000m: 18:03.22 1:50.08	1400m: 25:19.93 1:48.14			
	300m: 5:14.00 1:49.27	700m: 12:36.32 1:50.80	1100m: 19:53.75 1:50.53	1500m: 26:57.97 1:38.04			
	400m: 7:05.22 1:51.22	800m: 14:25.28 1:48.96	1200m: 21:42.89 1:49.14				
34.	Maria Manuela FERREIRA	70	Vitoria Guimaraes	<b>27:21.15</b>		347	20,00
	100m: 1:43.94 1:43.94	500m: 8:59.40 1:47.97	900m: 16:15.93 1:50.32	1300m: 23:38.58 1:52.07			
	200m: 3:34.36 1:50.42	600m: 10:46.42 1:47.02	1000m: 18:05.81 1:49.88	1400m: 25:31.82 1:53.24			
	300m: 5:22.83 1:48.47	700m: 12:35.55 1:49.13	1100m: 19:55.64 1:49.83	1500m: 27:21.15 1:49.33			
	400m: 7:11.43 1:48.60	800m: 14:25.61 1:50.06	1200m: 21:46.51 1:50.87				
35.	Ana Beatriz SOEIRO OTL	98	Amigos da Natacao	<b>27:44.35</b>		301	14,00
	100m: 1:42.32 1:42.32	500m: 9:12.42 1:53.96	900m: 16:45.44 1:52.96	1300m: 24:14.95 1:51.74			
	200m: 3:32.49 1:50.17	600m: 11:06.56 1:54.14	1000m: 18:38.52 1:53.08	1400m: 26:02.64 1:47.69			
	300m: 5:25.80 1:53.31	700m: 12:59.87 1:53.31	1100m: 20:30.67 1:52.15	1500m: 27:44.35 1:41.71			
	400m: 7:18.46 1:52.66	800m: 14:52.48 1:52.61	1200m: 22:23.21 1:52.54				
36.	Filipa Isabel REIS	87	Leixoes	<b>27:51.05</b>		296	18,00
	100m: 1:44.81 1:44.81	500m: 9:11.73 1:53.58	900m: 16:44.71 1:52.26	1300m: 24:14.92 1:51.64			
	200m: 3:35.30 1:50.49	600m: 11:05.49 1:53.76	1000m: 18:38.16 1:53.45	1400m: 26:05.19 1:50.27			
	300m: 5:27.32 1:52.02	700m: 12:58.72 1:53.23	1100m: 20:30.38 1:52.22	1500m: 27:51.05 1:45.86			
	400m: 7:18.15 1:50.83	800m: 14:52.45 1:53.73	1200m: 22:23.28 1:52.90				
37.	Ana Claudia GOMES	76	Academica de Coimbra	<b>28:03.91</b>		330	22,00
	100m: 1:47.44 1:47.44	500m: 9:23.44 1:53.34	900m: 16:55.36 1:52.90	1300m: 24:25.93 1:51.85			
	200m: 3:42.63 1:55.19	600m: 11:15.89 1:52.45	1000m: 18:49.35 1:53.99	1400m: 26:17.85 1:51.92			
	300m: 5:36.76 1:54.13	700m: 13:10.00 1:54.11	1100m: 20:42.04 1:52.69	1500m: 28:03.91 1:46.06			
	400m: 7:30.10 1:53.34	800m: 15:02.46 1:52.46	1200m: 22:34.08 1:52.04				
38.	Sofia Margarida SILVA	83	Litoral Alentejano	<b>28:12.76</b>		306	17,00
	100m: 1:47.61 1:47.61	500m: 9:22.25 1:54.15	900m: 16:58.15 1:53.24	1300m: 24:29.68 1:53.26			
	200m: 3:39.50 1:51.89	600m: 11:16.66 1:54.41	1000m: 18:51.33 1:53.18	1400m: 26:22.68 1:53.00			
	300m: 5:34.10 1:54.60	700m: 13:11.34 1:54.68	1100m: 20:44.37 1:53.04	1500m: 28:12.76 1:50.08			
	400m: 7:28.10 1:54.00	800m: 15:04.91 1:53.57	1200m: 22:36.42 1:52.05				
39.	Eugenia Maria CUNHA	62	Academica de Coimbra	<b>28:17.70</b>		516	26,00
	100m: 1:39.18 1:39.18	500m: 9:13.98 1:55.62	900m: 16:52.41 1:54.01	1300m: 24:31.84 1:56.45			
	200m: 3:28.59 1:49.41	600m: 11:08.88 1:54.90	1000m: 18:46.71 1:54.30	1400m: 26:26.75 1:54.91			
	300m: 5:22.72 1:54.13	700m: 13:03.64 1:54.76	1100m: 20:41.05 1:54.34	1500m: 28:17.70 1:50.95			
	400m: 7:18.36 1:55.64	800m: 14:58.40 1:54.76	1200m: 22:35.39 1:54.34				
40.	Maria Trigueiros CUNHA	64	Leixoes	<b>28:26.29</b>		334	22,00
	100m: 1:40.33 1:40.33	500m: 9:11.04 1:54.65	900m: 16:51.73 1:56.25	1300m: 24:37.57 1:57.68			
	200m: 3:30.77 1:50.44	600m: 11:05.45 1:54.41	1000m: 18:47.18 1:55.45	1400m: 26:34.33 1:56.76			
	300m: 5:22.63 1:51.86	700m: 13:00.68 1:55.23	1100m: 20:42.57 1:55.39	1500m: 28:26.29 1:51.96			
	400m: 7:16.39 1:53.76	800m: 14:55.48 1:54.80	1200m: 22:39.89 1:57.32				
41.	Maria Teresa OLIVEIRA	57	Academica de Coimbra	<b>28:38.33</b>		647	30,00
	100m: 1:49.96 1:49.96	500m: 9:34.78 1:56.06	900m: 17:15.95 1:55.67	1300m: 24:56.64 1:56.30			
	200m: 3:47.06 1:57.10	600m: 11:28.87 1:54.09	1000m: 19:11.60 1:55.65	1400m: 26:51.47 1:54.83			
	300m: 5:43.05 1:55.99	700m: 13:24.42 1:55.55	1100m: 21:05.74 1:54.14	1500m: 28:38.33 1:46.86			
	400m: 7:38.72 1:55.67	800m: 15:20.28 1:55.86	1200m: 23:00.34 1:54.60				

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
42.	Margarida Bleck REIS	68	Individual ANNP	<b>28:43.88</b>		324	20,00
	100m: 1:44.22 1:44.22	500m: 9:30.23 1:57.50	900m: 17:14.78 1:56.53	1300m: 24:59.70 1:55.96			
	200m: 3:38.78 1:54.56	600m: 11:26.74 1:56.51	1000m: 19:11.85 1:57.07	1400m: 26:54.06 1:54.36			
	300m: 5:36.22 1:57.44	700m: 13:22.41 1:55.67	1100m: 21:07.61 1:55.76	1500m: 28:43.88 1:49.82			
	400m: 7:32.73 1:56.51	800m: 15:18.25 1:55.84	1200m: 23:03.74 1:56.13				
43.	Maria Madalena CANINAS	63	Masters de Almada	<b>29:40.79</b>		447	22,00
	100m: 1:47.19 1:47.19	500m: 9:45.62 1:59.09	900m: 17:44.67 2:00.02	1300m: 25:47.04 2:00.68			
	200m: 3:44.10 1:56.91	600m: 11:45.06 1:59.44	1000m: 19:45.43 2:00.76	1400m: 27:45.34 1:58.30			
	300m: 5:45.55 2:01.45	700m: 13:44.62 1:59.56	1100m: 21:46.34 2:00.91	1500m: 29:40.79 1:55.45			
	400m: 7:46.53 2:00.98	800m: 15:44.65 2:00.03	1200m: 23:46.36 2:00.02				
44.	Ana Luis REIS	80	Fluvial Portuense	<b>29:51.02</b>		258	16,00
	100m: 1:49.77 1:49.77	500m: 9:58.51 2:02.49	900m: 17:59.07 1:59.81	1300m: 26:00.62 2:01.24			
	200m: 3:51.27 2:01.50	600m: 11:58.83 2:00.32	1000m: 20:00.42 2:01.35	1400m: 27:59.02 1:58.40			
	300m: 5:53.68 2:02.41	700m: 14:00.12 2:01.29	1100m: 22:03.38 2:02.96	1500m: 29:51.02 1:52.00			
	400m: 7:56.02 2:02.34	800m: 15:59.26 1:59.14	1200m: 23:59.38 1:56.00				
45.	Carmen Silvia MALHEIROS	81	Litoral Alentejano	<b>29:58.31</b>		255	14,00
	100m: 1:50.85 1:50.85	500m: 9:50.72 2:02.43	900m: 17:52.76 2:02.02	1300m: 25:57.39 2:00.68			
	200m: 3:47.86 1:57.01	600m: 11:50.12 1:59.40	1000m: 19:54.17 2:01.41	1400m: 27:59.53 2:02.14			
	300m: 5:47.51 1:59.65	700m: 13:50.99 2:00.87	1100m: 21:54.05 1:59.88	1500m: 29:58.31 1:58.78			
	400m: 7:48.29 2:00.78	800m: 15:50.74 1:59.75	1200m: 23:56.71 2:02.66				
46.	Cristina Nicoleta LIPCIUC	73	Braga	<b>30:03.98</b>		261	19,00
	100m: 1:46.66 1:46.66	500m: 9:49.15 2:00.27	900m: 17:55.61 2:00.35	1300m: 26:06.01 2:02.70			
	200m: 3:47.16 2:00.50	600m: 11:50.84 2:01.69	1000m: 19:57.97 2:02.36	1400m: 28:07.87 2:01.86			
	300m: 5:49.13 2:01.97	700m: 13:53.81 2:02.97	1100m: 22:01.40 2:03.43	1500m: 30:03.98 1:56.11			
	400m: 7:48.88 1:59.75	800m: 15:55.26 2:01.45	1200m: 24:03.31 2:01.91				
47.	Ana Maria MARTINS	79	Sporting de Aveiro	<b>30:11.87</b>		249	12,00
	100m: 1:57.99 1:57.99	500m: 10:05.84 2:01.54	900m: 18:13.92 2:02.32	1300m: 26:20.31 2:01.26			
	200m: 4:00.09 2:02.10	600m: 12:06.96 2:01.12	1000m: 20:16.31 2:02.39	1400m: 28:20.26 1:59.95			
	300m: 6:02.55 2:02.46	700m: 14:08.73 2:01.77	1100m: 22:17.70 2:01.39	1500m: 30:11.87 1:51.61			
	400m: 8:04.30 2:01.75	800m: 16:11.60 2:02.87	1200m: 24:19.05 2:01.35				
48.	Cristina Rodrigues CARVALHO	73	Natacao da Maia	<b>30:28.76</b>		250	18,00
	100m: 1:57.50 1:57.50	500m: 10:04.68 2:01.82	900m: 18:12.81 2:02.39	1300m: 26:23.71 2:03.78			
	200m: 3:59.43 2:01.93	600m: 12:05.70 2:01.02	1000m: 20:15.89 2:03.08	1400m: 28:27.60 2:03.89			
	300m: 6:01.54 2:02.11	700m: 14:07.60 2:01.90	1100m: 22:17.36 2:01.47	1500m: 30:28.76 2:01.16			
	400m: 8:02.86 2:01.32	800m: 16:10.42 2:02.82	1200m: 24:19.93 2:02.57				
49.	Catarina Pereira SALVADO OTL	93	Bairro dos Anjos/ Leiria	<b>30:59.62</b>		200	17,00
	100m: 1:55.42 1:55.42	500m: 10:08.90 2:03.11	900m: 18:31.46 2:07.31	1300m: 26:59.91 2:07.44			
	200m: 3:58.61 2:03.19	600m: 12:13.35 2:04.45	1000m: 20:38.52 2:07.06	1400m: 29:07.21 2:07.30			
	300m: 6:01.58 2:02.97	700m: 14:17.35 2:04.00	1100m: 22:45.84 2:07.32	1500m: 30:59.62 1:52.41			
	400m: 8:05.79 2:04.21	800m: 16:24.15 2:06.80	1200m: 24:52.47 2:06.63				
50.	Maria Manuela NETO	62	Natacao da Maia	<b>31:06.07</b>		388	20,00
	100m: 1:56.10 1:56.10	500m: 10:14.79 2:04.28	900m: 18:36.42 2:04.94	1300m: 26:56.45 2:06.77			
	200m: 4:01.22 2:05.12	600m: 12:20.01 2:05.22	1000m: 20:40.91 2:04.49	1400m: 29:03.44 2:06.99			
	300m: 6:05.47 2:04.25	700m: 14:25.94 2:05.93	1100m: 22:44.15 2:03.24	1500m: 31:06.07 2:02.63			
	400m: 8:10.51 2:05.04	800m: 16:31.48 2:05.54	1200m: 24:49.68 2:05.53				

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Torneio de Fundo Masters  
Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
51.	Ana Luisa GARCIA	70	Leixoes	<b>31:07.40</b>		235	17,00
	100m: 2:00.43 2:00.43	500m: 10:20.20 2:04.13	900m: 18:39.87 2:04.83	1300m: 26:58.12 2:06.65			
	200m: 4:03.71 2:03.28	600m: 12:25.39 2:05.19	1000m: 20:44.39 2:04.52	1400m: 29:04.27 2:06.15			
	300m: 6:09.82 2:06.11	700m: 14:30.25 2:04.86	1100m: 22:46.84 2:02.45	1500m: 31:07.40 2:03.13			
	400m: 8:16.07 2:06.25	800m: 16:35.04 2:04.79	1200m: 24:51.47 2:04.63				
52.	Eliana Marta CASTRO	70	Sporting de Aveiro	<b>31:18.72</b>		231	16,00
	100m: 2:01.12 2:01.12	500m: 10:25.81 2:06.73	900m: 18:51.58 2:04.47	1300m: 27:15.15 2:04.53			
	200m: 4:05.84 2:04.72	600m: 12:33.61 2:07.80	1000m: 20:57.61 2:06.03	1400m: 29:20.80 2:05.65			
	300m: 6:13.08 2:07.24	700m: 14:40.14 2:06.53	1100m: 23:04.51 2:06.90	1500m: 31:18.72 1:57.92			
	400m: 8:19.08 2:06.00	800m: 16:47.11 2:06.97	1200m: 25:10.62 2:06.11				
53.	Ana Maria CAEIRO	59	Alhandra	<b>31:24.13</b>		377	19,00
	100m: 1:56.35 1:56.35	500m: 10:15.13 2:06.81	900m: 18:42.65 2:07.23	1300m: 27:15.10 2:08.55			
	200m: 3:58.91 2:02.56	600m: 12:21.83 2:06.70	1000m: 20:49.99 2:07.34	1400m: 29:23.33 2:08.23			
	300m: 6:03.00 2:04.09	700m: 14:28.03 2:06.20	1100m: 22:57.46 2:07.47	1500m: 31:24.13 2:00.80			
	400m: 8:08.32 2:05.32	800m: 16:35.42 2:07.39	1200m: 25:06.55 2:09.09				
54.	Paula Nobre LEITAO OTL	74	Alhandra	<b>32:37.76</b>		210	20,00
	100m: 1:57.07 1:57.07	500m: 10:35.21 2:09.90	900m: 19:21.05 2:12.36	1300m: 28:18.41 2:15.68			
	200m: 4:04.19 2:07.12	600m: 12:45.58 2:10.37	1000m: 21:33.23 2:12.18	1400m: 30:32.54 2:14.13			
	300m: 6:13.52 2:09.33	700m: 14:57.85 2:12.27	1100m: 23:46.97 2:13.74	1500m: 32:37.76 2:05.22			
	400m: 8:25.31 2:11.79	800m: 17:08.69 2:10.84	1200m: 26:02.73 2:15.76				
55.	Ana Isabel COSTA OTL	80	Natacao da Maia	<b>32:44.81</b>		195	11,00
	100m: 1:59.31 1:59.31	500m: 10:55.45 2:15.18	900m: 19:44.90 2:11.14	1300m: 28:30.43 2:09.52			
	200m: 4:12.30 2:12.99	600m: 13:09.07 2:13.62	1000m: 21:57.21 2:12.31	1400m: 30:38.07 2:07.64			
	300m: 6:26.11 2:13.81	700m: 15:21.79 2:12.72	1100m: 24:10.52 2:13.31	1500m: 32:44.81 2:06.74			
	400m: 8:40.27 2:14.16	800m: 17:33.76 2:11.97	1200m: 26:20.91 2:10.39				
56.	Helena Maria RESENDE OTL	80	Alhandra	<b>32:57.50</b>		191	10,00
	100m: 1:56.67 1:56.67	500m: 10:39.44 2:13.40	900m: 19:43.23 2:13.43	1300m: 28:44.73 2:10.68			
	200m: 4:03.34 2:06.67	600m: 12:53.78 2:14.34	1000m: 22:01.28 2:18.05	1400m: 30:53.04 2:08.31			
	300m: 6:15.02 2:11.68	700m: 15:06.49 2:12.71	1100m: 24:23.83 2:22.55	1500m: 32:57.50 2:04.46			
	400m: 8:26.04 2:11.02	800m: 17:29.80 2:23.31	1200m: 26:34.05 2:10.22				
57.	Delfina Maria MARTINS	66	Ginasio de Santo Tirso	<b>33:55.74</b>		196	19,00
	100m: 2:05.89 2:05.89	500m: 11:09.92 2:16.71	900m: 20:14.41 2:17.10	1300m: 29:22.74 2:16.90			
	200m: 4:21.37 2:15.48	600m: 13:25.29 2:15.37	1000m: 22:29.93 2:15.52	1400m: 31:40.48 2:17.74			
	300m: 6:38.72 2:17.35	700m: 15:39.57 2:14.28	1100m: 24:48.49 2:18.56	1500m: 33:55.74 2:15.26			
	400m: 8:53.21 2:14.49	800m: 17:57.31 2:17.74	1200m: 27:05.84 2:17.35				
58.	Andreia Azevedo ALMEIDA OTL	86	Palmela Desporto	<b>35:08.69</b>		147	17,00
	100m: 2:11.72 2:11.72	500m: 11:35.91 2:21.54	900m: 21:04.04 2:21.40	1300m: 30:33.67 2:21.77			
	200m: 4:31.40 2:19.68	600m: 13:56.31 2:20.40	1000m: 23:26.79 2:22.75	1400m: 32:52.91 2:19.24			
	300m: 6:52.75 2:21.35	700m: 16:20.11 2:23.80	1100m: 25:50.48 2:23.69	1500m: 35:08.69 2:15.78			
	400m: 9:14.37 2:21.62	800m: 18:42.64 2:22.53	1200m: 28:11.90 2:21.42				

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Coimbra, 26/2/2023



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
59.	Rosa Leitao COSTA OTL	65	Foca Quinta da Lixa CNF	<b>36:58.01</b>		152	18,00	
	100m: 2:11.68	2:11.68	500m: 11:52.42	2:21.80	900m: 21:42.67	2:31.26	1300m: 32:00.09	2:37.07
	200m: 4:39.06	2:27.38	600m: 14:16.29	2:23.87	1000m: 24:14.25	2:31.58	1400m: 34:34.24	2:34.15
	300m: 7:07.04	2:27.98	700m: 16:43.33	2:27.04	1100m: 26:49.35	2:35.10	1500m: 36:58.01	2:23.77
	400m: 9:30.62	2:23.58	800m: 19:11.41	2:28.08	1200m: 29:23.02	2:33.67		
DNS	Fernanda Maria SANTINHA	72	Masters de Almada				-	
DNS	Nadia Gama SILVA	73	Porto				-	
DNS	Sandra Santa BARBARA	75	Ginasio de Santo Tirso				-	

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Torneio de Fundo Masters  
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Prova 2  
26/02/2023

Masc., 1500m Livres

Master Esc A  
Resultados

RN Esc A(25-29) 17:25.70 Antonio Rafael BESSA CAP Póvoa de Varzim 23/02/2019

Esc A : 25:48.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Pedro Miguel SILVA	94	Colegio Monte Maior	<b>17:29.61</b>		835	30,00
	100m: 1:05.42 1:05.42	500m: 5:43.73 1:10.13	900m: 10:25.93 1:10.50	1300m: 15:09.36 1:11.16			
	200m: 2:13.60 1:08.18	600m: 6:54.32 1:10.59	1000m: 11:36.75 1:10.82	1400m: 16:20.09 1:10.73			
	300m: 3:23.49 1:09.89	700m: 8:04.86 1:10.54	1100m: 12:47.40 1:10.65	1500m: 17:29.61 1:09.52			
	400m: 4:33.60 1:10.11	800m: 9:15.43 1:10.57	1200m: 13:58.20 1:10.80				
2.	Joao Duarte MARAFONA	95	Porto	<b>20:42.23</b>		504	26,00
	100m: 1:19.17 1:19.17	500m: 6:43.43 1:23.08	900m: 12:22.64 1:25.72	1300m: 18:00.65 1:24.16			
	200m: 2:39.53 1:20.36	600m: 8:07.30 1:23.87	1000m: 13:46.56 1:23.92	1400m: 19:23.62 1:22.97			
	300m: 3:58.83 1:19.30	700m: 9:31.89 1:24.59	1100m: 15:11.23 1:24.67	1500m: 20:42.23 1:18.61			
	400m: 5:20.35 1:21.52	800m: 10:56.92 1:25.03	1200m: 16:36.49 1:25.26				
3.	Pedro Manuel SILVA	97	Ginasio de Santo Tirso	<b>20:47.51</b>		497	22,00
	100m: 1:17.03 1:17.03	500m: 6:48.73 1:23.85	900m: 12:26.17 1:24.70	1300m: 18:05.78 1:24.25			
	200m: 2:38.41 1:21.38	600m: 8:12.72 1:23.99	1000m: 13:51.45 1:25.28	1400m: 19:29.65 1:23.87			
	300m: 4:02.06 1:23.65	700m: 9:36.46 1:23.74	1100m: 15:16.33 1:24.88	1500m: 20:47.51 1:17.86			
	400m: 5:24.88 1:22.82	800m: 11:01.47 1:25.01	1200m: 16:41.53 1:25.20				
4.	David Nunes SOUSA	96	Naval Povoense	<b>21:09.97</b>		471	20,00
	100m: 1:14.01 1:14.01	500m: 6:48.62 1:27.13	900m: 12:37.82 1:29.51	1300m: 18:23.85 1:26.57			
	200m: 2:33.94 1:19.93	600m: 8:14.89 1:26.27	1000m: 14:04.27 1:26.45	1400m: 19:48.06 1:24.21			
	300m: 3:57.37 1:23.43	700m: 9:42.04 1:27.15	1100m: 15:30.13 1:25.86	1500m: 21:09.97 1:21.91			
	400m: 5:21.49 1:24.12	800m: 11:08.31 1:26.27	1200m: 16:57.28 1:27.15				
5.	Daniel Filipe PAIVA	98	Miranda do Corvo	<b>21:14.56</b>		466	19,00
	100m: 1:16.46 1:16.46	500m: 6:53.30 1:24.77	900m: 12:38.37 1:27.02	1300m: 18:24.53 1:25.64			
	200m: 2:38.61 1:22.15	600m: 8:18.66 1:25.36	1000m: 14:05.41 1:27.04	1400m: 19:51.28 1:26.75			
	300m: 4:03.10 1:24.49	700m: 9:44.98 1:26.32	1100m: 15:31.84 1:26.43	1500m: 21:14.56 1:23.28			
	400m: 5:28.53 1:25.43	800m: 11:11.35 1:26.37	1200m: 16:58.89 1:27.05				
6.	Bruno Filipe TABORDA	95	CNLeiria	<b>21:36.67</b>		443	18,00
	100m: 1:11.80 1:11.80	500m: 6:34.38 1:23.70	900m: 13:08.37 2:17.31	1300m: 18:48.90 1:25.89			
	200m: 2:28.23 1:16.43	600m: 7:58.97 1:24.59	1000m: 14:32.18 1:23.81	1400m: 20:13.30 1:24.40			
	300m: 3:47.86 1:19.63	700m: 9:24.57 1:25.60	1100m: 15:57.27 1:25.09	1500m: 21:36.67 1:23.37			
	400m: 5:10.68 1:22.82	800m: 10:51.06 1:26.49	1200m: 17:23.01 1:25.74				
7.	Ruben Manuel ALMEIDA	95	Feirense	<b>21:48.51</b>		431	17,00
	100m: 1:22.80 1:22.80	500m: 7:14.56 1:28.02	900m: 13:10.68 1:29.44	1300m: 19:02.60 1:26.59			
	200m: 2:49.80 1:27.00	600m: 8:43.62 1:29.06	1000m: 14:38.77 1:28.09	1400m: 20:28.82 1:26.22			
	300m: 4:18.62 1:28.82	700m: 10:12.59 1:28.97	1100m: 16:07.56 1:28.79	1500m: 21:48.51 1:19.69			
	400m: 5:46.54 1:27.92	800m: 11:41.24 1:28.65	1200m: 17:36.01 1:28.45				

Torneio de Fundo Masters  
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Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc B  
26/02/2023 Resultados

RN Esc B(30-34) 17:17.76 Adriano Miguel NIZ GDNFAMA Póvoa de Varzim 23/02/2019

Esc B : 25:30.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Bruno Miguel RUAS	89	Sporting	<b>18:56.22</b>		540	30,00
	100m: 1:11.24 1:11.24	500m: 6:16.15 1:15.89	900m: 11:21.71 1:17.05	1300m: 16:29.15 1:17.09			
	200m: 2:26.79 1:15.55	600m: 7:32.22 1:16.07	1000m: 12:37.75 1:16.04	1400m: 17:44.74 1:15.59			
	300m: 3:42.92 1:16.13	700m: 8:48.28 1:16.06	1100m: 13:54.18 1:16.43	1500m: 18:56.22 1:11.48			
	400m: 5:00.26 1:17.34	800m: 10:04.66 1:16.38	1200m: 15:12.06 1:17.88				
2.	Jorge Manuel ROQUE	90	Porto	<b>19:01.28</b>		533	26,00
	100m: 1:10.47 1:10.47	500m: 6:17.92 1:17.35	900m: 11:26.10 1:17.06	1300m: 16:31.93 1:16.43			
	200m: 2:26.06 1:15.59	600m: 7:35.51 1:17.59	1000m: 12:42.71 1:16.61	1400m: 17:48.19 1:16.26			
	300m: 3:42.83 1:16.77	700m: 8:52.35 1:16.84	1100m: 13:59.48 1:16.77	1500m: 19:01.28 1:13.09			
	400m: 5:00.57 1:17.74	800m: 10:09.04 1:16.69	1200m: 15:15.50 1:16.02				
3.	Joao Paulo RIBEIRO	92	CNLeiria	<b>19:01.53</b>		533	22,00
	100m: 1:10.80 1:10.80	500m: 6:15.27 1:16.66	900m: 11:25.97 1:17.87	1300m: 16:29.91 1:16.10			
	200m: 2:25.95 1:15.15	600m: 7:31.90 1:16.63	1000m: 12:42.38 1:16.41	1400m: 17:45.75 1:15.84			
	300m: 3:41.89 1:15.94	700m: 8:50.02 1:18.12	1100m: 13:58.35 1:15.97	1500m: 19:01.53 1:15.78			
	400m: 4:58.61 1:16.72	800m: 10:08.10 1:18.08	1200m: 15:13.81 1:15.46				
4.	Pedro Fragoso LOPES	90	Porto	<b>19:13.63</b>		516	20,00
	100m: 1:13.85 1:13.85	500m: 6:22.61 1:17.41	900m: 11:29.87 1:16.46	1300m: 16:41.45 1:18.42			
	200m: 2:30.14 1:16.29	600m: 7:39.22 1:16.61	1000m: 12:47.16 1:17.29	1400m: 17:59.11 1:17.66			
	300m: 3:47.57 1:17.43	700m: 8:56.06 1:16.84	1100m: 14:04.89 1:17.73	1500m: 19:13.63 1:14.52			
	400m: 5:05.20 1:17.63	800m: 10:13.41 1:17.35	1200m: 15:23.03 1:18.14				
5.	Joao Carlos CARVALHO	90	Lisboa PoolSharks	<b>20:21.09</b>		435	19,00
	100m: 1:16.94 1:16.94	500m: 6:39.39 1:21.81	900m: 12:09.25 1:22.78	1300m: 17:39.34 1:22.25			
	200m: 2:35.97 1:19.03	600m: 8:01.65 1:22.26	1000m: 13:31.81 1:22.56	1400m: 19:01.58 1:22.24			
	300m: 3:56.52 1:20.55	700m: 9:23.60 1:21.95	1100m: 14:54.40 1:22.59	1500m: 20:21.09 1:19.51			
	400m: 5:17.58 1:21.06	800m: 10:46.47 1:22.87	1200m: 16:17.09 1:22.69				
6.	Goncalo Goncalves MENESES	92	Braga	<b>20:39.82</b>		416	18,00
	100m: 1:15.37 1:15.37	500m: 6:39.21 1:22.87	900m: 12:14.00 1:24.04	1300m: 17:51.87 1:25.13			
	200m: 2:33.53 1:18.16	600m: 8:02.98 1:23.77	1000m: 13:38.24 1:24.24	1400m: 19:16.94 1:25.07			
	300m: 3:54.55 1:21.02	700m: 9:26.69 1:23.71	1100m: 15:02.15 1:23.91	1500m: 20:39.82 1:22.88			
	400m: 5:16.34 1:21.79	800m: 10:49.96 1:23.27	1200m: 16:26.74 1:24.59				
7.	Mario Nuno FELICIO	90	Ginasio Clube	<b>20:40.88</b>		415	17,00
	100m: 1:18.24 1:18.24	500m: 6:49.02 1:24.38	900m: 12:24.20 1:23.93	1300m: 17:58.49 1:22.82			
	200m: 2:38.95 1:20.71	600m: 8:12.44 1:23.42	1000m: 13:48.54 1:24.34	1400m: 19:21.24 1:22.75			
	300m: 4:01.62 1:22.67	700m: 9:36.20 1:23.76	1100m: 15:12.14 1:23.60	1500m: 20:40.88 1:19.64			
	400m: 5:24.64 1:23.02	800m: 11:00.27 1:24.07	1200m: 16:35.67 1:23.53				
8.	Andre Filipe COUTO	91	Leixoes	<b>21:13.18</b>		384	16,00
	100m: 1:17.27 1:17.27	500m: 6:51.31 1:25.66	900m: 12:35.11 1:25.29	1300m: 18:23.20 1:26.45			
	200m: 2:38.10 1:20.83	600m: 8:17.66 1:26.35	1000m: 14:01.89 1:26.78	1400m: 19:49.17 1:25.97			
	300m: 4:01.22 1:23.12	700m: 9:43.83 1:26.17	1100m: 15:29.19 1:27.30	1500m: 21:13.18 1:24.01			
	400m: 5:25.65 1:24.43	800m: 11:09.82 1:25.99	1200m: 16:56.75 1:27.56				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	Luis Manuel RIBEIRO	91	Foca Quinta da Lixa CNF	<b>22:02.49</b>		343	14,00
	100m: 1:19.95 1:19.95	500m: 7:09.08 1:28.27	900m: 13:10.31 1:30.22	1300m: 19:11.09 1:30.79			
	200m: 2:44.94 1:24.99	600m: 8:39.53 1:30.45	1000m: 14:40.08 1:29.77	1400m: 20:40.33 1:29.24			
	300m: 4:12.39 1:27.45	700m: 10:09.90 1:30.37	1100m: 16:10.52 1:30.44	1500m: 22:02.49 1:22.16			
	400m: 5:40.81 1:28.42	800m: 11:40.09 1:30.19	1200m: 17:40.30 1:29.78				
10.	Jorge Nuno ALMEIDA	89	Ginasio Clube	<b>22:38.19</b>		316	12,00
	100m: 1:24.55 1:24.55	500m: 7:23.16 1:30.69	900m: 13:29.46 1:31.26	1300m: 19:37.73 1:32.12			
	200m: 2:53.38 1:28.83	600m: 8:55.20 1:32.04	1000m: 15:00.85 1:31.39	1400m: 21:10.25 1:32.52			
	300m: 4:22.42 1:29.04	700m: 10:26.82 1:31.62	1100m: 16:32.97 1:32.12	1500m: 22:38.19 1:27.94			
	400m: 5:52.47 1:30.05	800m: 11:58.20 1:31.38	1200m: 18:05.61 1:32.64				
11.	Joao Miguel MESTRE	92	Lisboa PoolSharks	<b>22:51.30</b>		307	11,00
	100m: 1:25.57 1:25.57	500m: 7:33.53 1:31.95	900m: 13:43.36 1:33.61	1300m: 19:53.19 1:32.36			
	200m: 2:57.28 1:31.71	600m: 9:04.78 1:31.25	1000m: 15:15.40 1:32.04	1400m: 21:24.27 1:31.08			
	300m: 4:29.83 1:32.55	700m: 10:36.55 1:31.77	1100m: 16:48.60 1:33.20	1500m: 22:51.30 1:27.03			
	400m: 6:01.58 1:31.75	800m: 12:09.75 1:33.20	1200m: 18:20.83 1:32.23				
12.	Luis Rosario FIGUEIREDO	89	Ginasio de Santo Tirso	<b>24:12.39</b>		258	10,00
	100m: 1:27.88 1:27.88	500m: 7:51.95 1:37.89	900m: 14:24.78 1:37.88	1300m: 21:02.80 1:41.01			
	200m: 2:59.81 1:31.93	600m: 9:30.29 1:38.34	1000m: 16:03.64 1:38.86	1400m: 22:42.95 1:40.15			
	300m: 4:35.80 1:35.99	700m: 11:09.66 1:39.37	1100m: 17:42.99 1:39.35	1500m: 24:12.39 1:29.44			
	400m: 6:14.06 1:38.26	800m: 12:46.90 1:37.24	1200m: 19:21.79 1:38.80				
13.	Jose Luis MOREIRA	93	Natacao da Maia	<b>24:33.77</b>		247	9,00
	100m: 1:31.78 1:31.78	500m: 8:13.67 1:40.65	900m: 14:51.63 1:38.16	1300m: 21:24.94 1:38.44			
	200m: 3:11.81 1:40.03	600m: 9:53.20 1:39.53	1000m: 16:29.45 1:37.82	1400m: 23:02.11 1:37.17			
	300m: 4:52.48 1:40.67	700m: 11:33.41 1:40.21	1100m: 18:07.84 1:38.39	1500m: 24:33.77 1:31.66			
	400m: 6:33.02 1:40.54	800m: 13:13.47 1:40.06	1200m: 19:46.50 1:38.66				
14.	Ricardo Madeira GASPAR OTL	89	Bairro dos Anjos/ Leiria	<b>26:57.84</b>		187	8,00
	100m: 1:33.56 1:33.56	500m: 8:50.19 1:49.64	900m: 16:06.71 1:48.84	1300m: 23:26.14 1:50.26			
	200m: 3:20.31 1:46.75	600m: 10:39.30 1:49.11	1000m: 17:57.30 1:50.59	1400m: 25:15.12 1:48.98			
	300m: 5:10.37 1:50.06	700m: 12:28.87 1:49.57	1100m: 19:46.86 1:49.56	1500m: 26:57.84 1:42.72			
	400m: 7:00.55 1:50.18	800m: 14:17.87 1:49.00	1200m: 21:35.88 1:49.02				
15.	Tiago Miguel APARICIO OTL	89	Amigos da Natacao	<b>29:53.78</b>		137	7,00
	100m: 1:46.58 1:46.58	500m: 9:33.59 1:58.83	900m: 17:45.00 2:05.26	1300m: 25:54.39 2:02.48			
	200m: 3:40.61 1:54.03	600m: 11:31.62 1:58.03	1000m: 19:50.31 2:05.31	1400m: 27:54.83 2:00.44			
	300m: 5:36.84 1:56.23	700m: 13:36.75 2:05.13	1100m: 21:49.53 1:59.22	1500m: 29:53.78 1:58.95			
	400m: 7:34.76 1:57.92	800m: 15:39.74 2:02.99	1200m: 23:51.91 2:02.38				
DNS	Rafael Andre TORPES	89	Litoral Alentejano				-

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc C  
26/02/2023 Resultados

RN Esc C(35-39) 19:16.66 Ivan Mauricio COURAS CFP Póvoa de Varzim 23/02/2019

Esc C : 28:09.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Filipe Gouveia GONCALVES	87	Lisboa PoolSharks	<b>19:19.64</b>		697	30,00
	100m: 1:14.06 1:14.06	500m: 6:29.35 1:18.89	900m: 11:40.22 1:16.92	1300m: 16:49.03 1:17.18			
	200m: 2:32.41 1:18.35	600m: 7:48.29 1:18.94	1000m: 12:57.22 1:17.00	1400m: 18:06.31 1:17.28			
	300m: 3:51.44 1:19.03	700m: 9:05.97 1:17.68	1100m: 14:14.68 1:17.46	1500m: 19:19.64 1:13.33			
	400m: 5:10.46 1:19.02	800m: 10:23.30 1:17.33	1200m: 15:31.85 1:17.17				
2.	Nuno Maria NOLASCO	87	Ginasio Clube	<b>19:58.48</b>		631	26,00
	100m: 1:12.71 1:12.71	500m: 6:24.50 1:19.19	900m: 11:47.44 1:21.86	1300m: 17:18.28 1:23.02			
	200m: 2:29.39 1:16.68	600m: 7:44.29 1:19.79	1000m: 13:10.00 1:22.56	1400m: 18:40.54 1:22.26			
	300m: 3:47.32 1:17.93	700m: 9:04.47 1:20.18	1100m: 14:32.48 1:22.48	1500m: 19:58.48 1:17.94			
	400m: 5:05.31 1:17.99	800m: 10:25.58 1:21.11	1200m: 15:55.26 1:22.78				
3.	Pedro Filipe PIMENTEL	84	Foca Quinta da Lixa CNF	<b>21:26.21</b>		510	22,00
	100m: 1:16.17 1:16.17	500m: 6:53.59 1:26.14	900m: 12:38.36 1:26.88	1300m: 18:27.69 1:28.03			
	200m: 2:38.21 1:22.04	600m: 8:18.98 1:25.39	1000m: 14:05.61 1:27.25	1400m: 19:57.13 1:29.44			
	300m: 4:02.36 1:24.15	700m: 9:45.26 1:26.28	1100m: 15:32.14 1:26.53	1500m: 21:26.21 1:29.08			
	400m: 5:27.45 1:25.09	800m: 11:11.48 1:26.22	1200m: 16:59.66 1:27.52				
4.	Armindo Manuel LOBO	84	Vitoria Guimaraes	<b>22:12.84</b>		459	20,00
	100m: 1:19.85 1:19.85	500m: 7:11.30 1:30.81	900m: 13:13.79 1:30.23	1300m: 19:18.60 1:31.44			
	200m: 2:44.65 1:24.80	600m: 8:42.46 1:31.16	1000m: 14:45.04 1:31.25	1400m: 20:47.19 1:28.59			
	300m: 4:11.59 1:26.94	700m: 10:12.68 1:30.22	1100m: 16:15.61 1:30.57	1500m: 22:12.84 1:25.65			
	400m: 5:40.49 1:28.90	800m: 11:43.56 1:30.88	1200m: 17:47.16 1:31.55				
5.	Carlos Manuel RIBEIRO	85	Academica de Coimbra	<b>22:30.03</b>		441	19,00
	100m: 1:24.79 1:24.79	500m: 7:28.50 1:31.10	900m: 13:28.06 1:30.24	1300m: 19:32.38 1:31.74			
	200m: 2:55.35 1:30.56	600m: 8:57.42 1:28.92	1000m: 14:59.27 1:31.21	1400m: 21:03.74 1:31.36			
	300m: 4:25.93 1:30.58	700m: 10:27.72 1:30.30	1100m: 16:30.27 1:31.00	1500m: 22:30.03 1:26.29			
	400m: 5:57.40 1:31.47	800m: 11:57.82 1:30.10	1200m: 18:00.64 1:30.37				
6.	David Julio SHER	84	Ginasio Clube	<b>22:31.57</b>		440	18,00
	100m: 1:24.65 1:24.65	500m: 7:29.67 1:32.65	900m: 13:37.35 1:31.36	1300m: 19:36.45 1:29.20			
	200m: 2:53.64 1:28.99	600m: 9:02.81 1:33.14	1000m: 15:09.10 1:31.75	1400m: 21:03.61 1:27.16			
	300m: 4:24.62 1:30.98	700m: 10:35.05 1:32.24	1100m: 16:38.69 1:29.59	1500m: 22:31.57 1:27.96			
	400m: 5:57.02 1:32.40	800m: 12:05.99 1:30.94	1200m: 18:07.25 1:28.56				
7.	Miguel Baceira SANTOS	84	Alhandra	<b>24:09.42</b>		357	17,00
	100m: 1:25.79 1:25.79	500m: 7:43.38 1:37.53	900m: 14:18.11 1:38.46	1300m: 20:53.61 1:39.43			
	200m: 2:57.04 1:31.25	600m: 9:21.56 1:38.18	1000m: 15:56.36 1:38.25	1400m: 22:32.67 1:39.06			
	300m: 4:30.01 1:32.97	700m: 11:00.18 1:38.62	1100m: 17:35.52 1:39.16	1500m: 24:09.42 1:36.75			
	400m: 6:05.85 1:35.84	800m: 12:39.65 1:39.47	1200m: 19:14.18 1:38.66				
8.	Pedro Ricardo MACHADO	87	Famalicao	<b>24:25.66</b>		345	16,00
	100m: 1:21.49 1:21.49	500m: 7:35.97 1:37.96	900m: 14:11.58 1:40.72	1300m: 20:59.61 1:44.29			
	200m: 2:49.75 1:28.26	600m: 9:13.18 1:37.21	1000m: 15:52.47 1:40.89	1400m: 22:42.78 1:43.17			
	300m: 4:23.05 1:33.30	700m: 10:51.33 1:38.15	1100m: 17:34.26 1:41.79	1500m: 24:25.66 1:42.88			
	400m: 5:58.01 1:34.96	800m: 12:30.86 1:39.53	1200m: 19:15.32 1:41.06				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, Master Esc C

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	Renato Augusto OLIVEIRA	85	Vitoria Guimaraes	<b>26:16.42</b>		277	14,00
	100m: 1:37.93 1:37.93	500m: 8:48.91 1:48.35	900m: 16:00.99 1:47.18	1300m: 22:53.68 1:41.28			
	200m: 3:22.02 1:44.09	600m: 10:37.12 1:48.21	1000m: 17:46.67 1:45.68	1400m: 24:38.05 1:44.37			
	300m: 5:10.83 1:48.81	700m: 12:26.14 1:49.02	1100m: 19:28.87 1:42.20	1500m: 26:16.42 1:38.37			
	400m: 7:00.56 1:49.73	800m: 14:13.81 1:47.67	1200m: 21:12.40 1:43.53				
10.	Pedro Emanuel GOMES	88	Natacao de Valongo	<b>26:30.33</b>		270	12,00
	100m: 1:39.37 1:39.37	500m: 8:41.11 1:47.16	900m: 15:51.26 1:47.39	1300m: 23:04.19 1:48.23			
	200m: 3:23.16 1:43.79	600m: 10:29.34 1:48.23	1000m: 17:38.93 1:47.67	1400m: 24:50.70 1:46.51			
	300m: 5:08.60 1:45.44	700m: 12:17.23 1:47.89	1100m: 19:27.21 1:48.28	1500m: 26:30.33 1:39.63			
	400m: 6:53.95 1:45.35	800m: 14:03.87 1:46.64	1200m: 21:15.96 1:48.75				
11.	Bruno Gabriel LEITE	84	Braga	<b>27:10.87</b>		250	11,00
	100m: 1:34.96 1:34.96	500m: 8:57.22 1:51.80	900m: 16:13.54 1:49.03	1300m: 23:32.98 1:50.55			
	200m: 3:22.66 1:47.70	600m: 10:46.79 1:49.57	1000m: 18:03.57 1:50.03	1400m: 25:25.03 1:52.05			
	300m: 5:13.82 1:51.16	700m: 12:35.40 1:48.61	1100m: 19:52.26 1:48.69	1500m: 27:10.87 1:45.84			
	400m: 7:05.42 1:51.60	800m: 14:24.51 1:49.11	1200m: 21:42.43 1:50.17				
12.	Carlos Eduardo AFONSO	85	Natacao da Maia	<b>27:48.42</b>		234	10,00
	100m: 1:47.13 1:47.13	500m: 9:21.69 1:52.45	900m: 16:52.09 1:52.39	1300m: 24:04.48 1:53.89			
	200m: 3:39.30 1:52.17	600m: 11:14.57 1:52.88	1000m: 18:45.98 1:53.89	1400m: 26:07.40 1:53.99			
	300m: 5:32.63 1:53.33	700m: 13:07.13 1:52.56	1100m: 20:39.97 1:53.99	1500m: 27:48.42 1:41.02			
	400m: 7:29.24 1:56.61	800m: 14:59.70 1:52.57	1200m: 22:30.93 1:50.96				
DNS	Ricardo Jorge LETRA	85	Industrial Viegense				-

Prova 2  
26/02/2023

Masc., 1500m Livres

Master Esc D  
Resultados

RN Esc D(40-44)	19:06.20	Rodrigo Marques COSTA	CNLA	Coimbra	24/02/2018
Esc D : 28:26.00					

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Joao Miguel SANTOS	81	CNLeiria	<b>19:28.53</b>		637	30,00
	100m: 1:09.40 1:09.40	500m: 6:19.79 1:18.33	900m: 11:36.01 1:18.53	1300m: 16:52.56 1:19.10			
	200m: 2:24.77 1:15.37	600m: 7:38.71 1:18.92	1000m: 12:55.69 1:19.68	1400m: 19:28.53 1:18.84			
	300m: 3:42.98 1:18.21	700m: 8:58.01 1:19.30	1100m: 14:14.53 1:18.84	1500m: 19:28.53 1:18.93			
	400m: 5:01.46 1:18.48	800m: 10:17.48 1:19.47	1200m: 15:33.46 1:18.93				
2.	Ivan Mauricio COURAS	81	Fluvial Portuense	<b>19:56.71</b>		593	26,00
	100m: 1:15.86 1:15.86	500m: 6:33.18 1:19.32	900m: 11:56.04 1:21.53	1300m: 17:19.18 1:20.94			
	200m: 2:35.39 1:19.53	600m: 7:52.87 1:19.69	1000m: 13:17.05 1:21.01	1400m: 18:39.41 1:20.23			
	300m: 3:54.63 1:19.24	700m: 9:13.53 1:20.66	1100m: 14:37.73 1:20.68	1500m: 19:56.71 1:17.30			
	400m: 5:13.86 1:19.23	800m: 10:34.51 1:20.98	1200m: 15:58.24 1:20.51				
3.	Joao Carlos MALTA	82	Salesianos	<b>20:24.51</b>		553	22,00
	100m: 1:16.93 1:16.93	500m: 6:43.46 1:22.45	900m: 12:11.42 1:21.75	1300m: 17:41.20 1:22.72			
	200m: 2:37.40 1:20.47	600m: 8:05.82 1:22.36	1000m: 13:33.99 1:22.57	1400m: 19:03.94 1:22.74			
	300m: 3:58.52 1:21.12	700m: 9:27.49 1:21.67	1100m: 14:56.34 1:22.35	1500m: 20:24.51 1:20.57			
	400m: 5:21.01 1:22.49	800m: 10:49.67 1:22.18	1200m: 16:18.48 1:22.14				
4.	Jose Pedro NEVES	81	Fluvial Portuense	<b>21:22.50</b>		481	20,00
	100m: 1:16.44 1:16.44	500m: 6:45.46 1:24.10	900m: 12:33.50 1:28.16	1300m: 18:28.30 1:28.89			
	200m: 2:37.59 1:21.15	600m: 8:10.97 1:25.51	1000m: 14:01.54 1:28.04	1400m: 19:56.68 1:28.38			
	300m: 3:59.41 1:21.82	700m: 9:37.62 1:26.65	1100m: 15:29.88 1:28.34	1500m: 21:22.50 1:25.82			
	400m: 5:21.36 1:21.95	800m: 11:05.34 1:27.72	1200m: 16:59.41 1:29.53				



Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
5.	Marcelo Porto RODRIGUES	82	Natacao de Valongo	<b>23:00.96</b>		386	19,00
	100m: 1:28.11 1:28.11	500m: 7:36.76 1:33.73	900m: 13:47.14 1:32.80	1300m: 20:00.37 1:33.44			
	200m: 2:59.31 1:31.20	600m: 9:09.50 1:32.74	1000m: 15:19.40 1:32.26	1400m: 21:33.64 1:33.27			
	300m: 4:30.93 1:31.62	700m: 10:42.23 1:32.73	1100m: 16:53.02 1:33.62	1500m: 23:00.96 1:27.32			
	400m: 6:03.03 1:32.10	800m: 12:14.34 1:32.11	1200m: 18:26.93 1:33.91				
6.	Mario Nuno PEREIRA	81	Foca Quinta da Lixa CNF	<b>24:01.59</b>		339	18,00
	100m: 1:28.41 1:28.41	500m: 7:55.49 1:40.02	900m: 14:23.62 1:38.44	1300m: 20:51.65 1:38.23			
	200m: 3:02.00 1:33.59	600m: 9:33.44 1:37.95	1000m: 16:01.29 1:37.67	1400m: 22:29.20 1:37.55			
	300m: 4:37.96 1:35.96	700m: 11:09.62 1:36.18	1100m: 17:37.96 1:36.67	1500m: 24:01.59 1:32.39			
	400m: 6:15.47 1:37.51	800m: 12:45.18 1:35.56	1200m: 19:13.42 1:35.46				
7.	Agostinho Alberto REGO	82	Vitoria Guimaraes	<b>24:27.61</b>		321	17,00
	100m: 1:28.39 1:28.39	500m: 7:56.46 1:38.08	900m: 14:33.28 1:39.31	1300m: 21:13.73 1:40.52			
	200m: 3:03.98 1:35.59	600m: 9:35.27 1:38.81	1000m: 16:12.56 1:39.28	1400m: 22:52.70 1:38.97			
	300m: 4:40.91 1:36.93	700m: 11:14.23 1:38.96	1100m: 17:53.06 1:40.50	1500m: 24:27.61 1:34.91			
	400m: 6:18.38 1:37.47	800m: 12:53.97 1:39.74	1200m: 19:33.21 1:40.15				
8.	Jorge Miguel OLIVEIRA	80	Natacao de Valongo	<b>24:32.31</b>		318	16,00
	100m: 1:31.30 1:31.30	500m: 8:04.95 1:39.25	900m: 14:38.38 1:37.93	1300m: 21:15.79 1:40.01			
	200m: 3:07.34 1:36.04	600m: 9:43.08 1:38.13	1000m: 16:16.92 1:38.54	1400m: 22:56.40 1:40.61			
	300m: 4:45.94 1:38.60	700m: 11:20.76 1:37.68	1100m: 17:56.22 1:39.30	1500m: 24:32.31 1:35.91			
	400m: 6:25.70 1:39.76	800m: 13:00.45 1:39.69	1200m: 19:35.78 1:39.56				
9.	Joao Luis PEREIRA	83	Litoral Alentejano	<b>25:05.63</b>		297	14,00
	100m: 1:21.42 1:21.42	500m: 7:59.83 1:43.92	900m: 15:00.24 1:44.16	1300m: 21:48.09 1:41.72			
	200m: 2:54.13 1:32.71	600m: 9:44.41 1:44.58	1000m: 16:42.10 1:41.86	1400m: 23:26.89 1:38.80			
	300m: 4:33.93 1:39.80	700m: 11:29.90 1:45.49	1100m: 18:24.06 1:41.96	1500m: 25:05.63 1:38.74			
	400m: 6:15.91 1:41.98	800m: 13:16.08 1:46.18	1200m: 20:06.37 1:42.31				
10.	Eliseu Samuel FARIA	79	Vitoria Guimaraes	<b>25:42.30</b>		277	12,00
	100m: 1:27.60 1:27.60	500m: 8:09.86 1:43.90	900m: 15:09.41 1:45.38	1300m: 22:15.93 1:47.22			
	200m: 3:04.09 1:36.49	600m: 9:54.96 1:45.10	1000m: 16:55.21 1:45.80	1400m: 24:03.73 1:47.80			
	300m: 4:43.73 1:39.64	700m: 11:39.62 1:44.66	1100m: 18:42.15 1:46.94	1500m: 25:42.30 1:38.57			
	400m: 6:25.96 1:42.23	800m: 13:24.03 1:44.41	1200m: 20:28.71 1:46.56				
11.	Joao Dinis FREITAS	83	Masters de Almada	<b>25:43.80</b>		276	11,00
	100m: 1:33.84 1:33.84	500m: 8:26.63 1:44.72	900m: 15:23.82 1:44.32	1300m: 22:24.21 1:44.23			
	200m: 3:13.91 1:40.07	600m: 10:11.60 1:44.97	1000m: 17:09.28 1:45.46	1400m: 24:07.56 1:43.35			
	300m: 4:57.46 1:43.55	700m: 11:55.57 1:43.97	1100m: 18:54.62 1:45.34	1500m: 25:43.80 1:36.24			
	400m: 6:41.91 1:44.45	800m: 13:39.50 1:43.93	1200m: 20:39.98 1:45.36				
12.	Andrei KRASTIN	79	Fluvial Portuense	<b>26:36.83</b>		249	10,00
	100m: 1:31.02 1:31.02	500m: 8:14.95 1:42.46	900m: 15:32.00 1:51.50	1300m: 22:58.20 1:51.90			
	200m: 3:09.62 1:38.60	600m: 10:02.15 1:47.20	1000m: 17:23.82 1:51.82	1400m: 24:48.06 1:49.86			
	300m: 4:50.40 1:40.78	700m: 11:50.94 1:48.79	1100m: 19:15.64 1:51.82	1500m: 26:36.83 1:48.77			
	400m: 6:32.49 1:42.09	800m: 13:40.50 1:49.56	1200m: 21:06.30 1:50.66				
13.	Ruben Filipe COELHO	82	Gesloures	<b>27:07.37</b>		235	9,00
	100m: 1:38.62 1:38.62	500m: 8:53.03 1:49.62	900m: 16:12.63 1:50.16	1300m: 23:38.05 1:49.86			
	200m: 3:25.63 1:47.01	600m: 10:42.17 1:49.14	1000m: 18:05.54 1:52.91	1400m: 25:26.65 1:48.60			
	300m: 5:14.34 1:48.71	700m: 12:32.99 1:50.82	1100m: 19:56.02 1:50.48	1500m: 27:07.37 1:40.72			
	400m: 7:03.41 1:49.07	800m: 14:22.47 1:49.48	1200m: 21:48.19 1:52.17				
14.	Nuno Silva AFONSO	79	Academica de Coimbra	<b>27:49.94</b>		218	8,00
	100m: 1:32.74 1:32.74	500m: 8:59.04 1:52.57	900m: 16:33.10 1:53.73	1300m: 24:08.09 1:55.68			
	200m: 3:20.22 1:47.48	600m: 10:51.60 1:52.56	1000m: 18:26.11 1:53.01	1400m: 26:03.40 1:55.31			
	300m: 5:12.59 1:52.37	700m: 12:45.01 1:53.41	1100m: 20:18.44 1:52.33	1500m: 27:49.94 1:46.54			
	400m: 7:06.47 1:53.88	800m: 14:39.37 1:54.36	1200m: 22:12.41 1:53.97				

Torneio de Fundo Masters  
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Prova 2, Masc., 1500m Livres, Master Esc D

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
15.	Hugo Manuel FERREIRA	79	Natacao da Maia	<b>28:03.13</b>		213	7,00
	100m: 1:42.30 1:42.30	500m: 9:18.41 1:52.89	900m: 16:49.15 1:53.55	1300m: 24:25.05 1:53.46			
	200m: 3:36.44 1:54.14	600m: 11:10.07 1:51.66	1000m: 18:45.10 1:55.95	1400m: 26:16.61 1:51.56			
	300m: 5:31.25 1:54.81	700m: 13:02.85 1:52.78	1100m: 20:38.79 1:53.69	1500m: 28:03.13 1:46.52			
	400m: 7:25.52 1:54.27	800m: 14:55.60 1:52.75	1200m: 22:31.59 1:52.80				
16.	Pedro Santos GOUVEIA	81	Academica de Coimbra	<b>28:12.78</b>		209	6,00
	100m: 1:37.01 1:37.01	500m: 8:56.50 1:52.80	900m: 16:36.98 1:57.03	1300m: 24:24.96 1:56.34			
	200m: 3:25.49 1:48.48	600m: 10:49.24 1:52.74	1000m: 18:33.60 1:56.62	1400m: 26:19.47 1:54.51			
	300m: 5:15.61 1:50.12	700m: 12:45.10 1:55.86	1100m: 20:30.57 1:56.97	1500m: 28:12.78 1:53.31			
	400m: 7:03.70 1:48.09	800m: 14:39.95 1:54.85	1200m: 22:28.62 1:58.05				
17.	Ricardo Jorge PALMA OTL	81	Masters de Almada	<b>30:38.74</b>		163	5,00
	100m: 1:51.51 1:51.51	500m: 9:56.03 2:02.11	900m: 18:10.25 2:04.04	1300m: 26:31.04 2:05.64			
	200m: 3:49.74 1:58.23	600m: 11:58.29 2:02.26	1000m: 20:15.36 2:05.11	1400m: 28:36.79 2:05.75			
	300m: 5:50.69 2:00.95	700m: 14:02.79 2:04.50	1100m: 22:19.58 2:04.22	1500m: 30:38.74 2:01.95			
	400m: 7:53.92 2:03.23	800m: 16:06.21 2:03.42	1200m: 24:25.40 2:05.82				
18.	Pedro Miguel GONCALVES OTL	83	Vilacondense	<b>32:09.46</b>		141	4,00
	100m: 1:41.09 1:41.09	500m: 10:04.76 2:11.61	900m: 18:53.73 2:11.11	1300m: 27:43.40 2:14.20			
	200m: 3:38.54 1:57.45	600m: 12:14.42 2:09.66	1000m: 21:04.01 2:10.28	1400m: 29:55.18 2:11.78			
	300m: 5:43.87 2:05.33	700m: 14:29.30 2:14.88	1100m: 23:15.14 2:11.13	1500m: 32:09.46 2:14.28			
	400m: 7:53.15 2:09.28	800m: 16:42.62 2:13.32	1200m: 25:29.20 2:14.06				
DNS	Daniel Marques SILVA	83	Nadadores dos Estoris				-
DNS	Helder Henriques PEREIRA	79	Luz e Vida				-

Prova 2 Masc., 1500m Livres Master Esc E Resultados

RN Esc E(45-49)	19:30.07	Joao Pedro SOUSA	CNF	Funchal	22/03/2019
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Esc E : 28:54.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Diogo Pedroso ALMEIDA	77	Colegio Monte Maior	<b>20:51.20</b>		560	30,00
	100m: 1:16.48 1:16.48	500m: 6:42.36 1:21.03	900m: 12:13.96 1:24.69	1300m: 18:01.37 1:26.69			
	200m: 2:37.77 1:21.29	600m: 8:04.07 1:21.71	1000m: 13:40.17 1:26.21	1400m: 19:27.73 1:26.36			
	300m: 3:59.47 1:21.70	700m: 9:26.02 1:21.95	1100m: 15:07.37 1:27.20	1500m: 20:51.20 1:23.47			
	400m: 5:21.33 1:21.86	800m: 10:49.27 1:23.25	1200m: 16:34.68 1:27.31				
2.	Rui Jorge PEREIRA	77	Academica de Coimbra	<b>21:09.18</b>		536	26,00
	100m: 1:13.62 1:13.62	500m: 6:33.35 1:21.81	900m: 12:14.72 1:27.47	1300m: 18:18.97 1:31.74			
	200m: 2:31.06 1:17.44	600m: 7:56.80 1:23.45	1000m: 13:44.44 1:29.72	1400m: 19:47.58 1:28.61			
	300m: 3:50.53 1:19.47	700m: 9:21.41 1:24.61	1100m: 15:15.97 1:31.53	1500m: 21:09.18 1:21.60			
	400m: 5:11.54 1:21.01	800m: 10:47.25 1:25.84	1200m: 16:47.23 1:31.26				
3.	Antonio Luis PORTELA	75	Fluvial Portuense	<b>22:20.07</b>		455	22,00
	100m: 1:21.02 1:21.02	500m: 7:13.36 1:28.68	900m: 13:12.82 1:31.06	1300m: 19:20.47 1:32.41			
	200m: 2:47.66 1:26.64	600m: 8:41.67 1:28.31	1000m: 14:43.83 1:31.01	1400m: 20:51.84 1:31.37			
	300m: 4:16.04 1:28.38	700m: 10:11.51 1:29.84	1100m: 16:16.00 1:32.17	1500m: 22:20.07 1:28.23			
	400m: 5:44.68 1:28.64	800m: 11:41.76 1:30.25	1200m: 17:48.06 1:32.06				

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Prova 2, Masc., 1500m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	Pedro Nuno TROVISCO	77	Natacao da Maia	<b>22:38.39</b>		437	20,00
	100m: 1:29.79 1:29.79	500m: 7:46.12 1:32.77	900m: 13:50.20 1:31.02	1300m: 19:44.38 1:27.96			
	200m: 3:04.26 1:34.47	600m: 9:17.60 1:31.48	1000m: 15:19.49 1:29.29	1400m: 21:12.78 1:28.40			
	300m: 4:39.42 1:35.16	700m: 10:48.67 1:31.07	1100m: 16:48.14 1:28.65	1500m: 22:38.39 1:25.61			
	400m: 6:13.35 1:33.93	800m: 12:19.18 1:30.51	1200m: 18:16.42 1:28.28				
5.	Frederico Gomes CARVALHO	74	Litoral Alentejano	<b>22:51.71</b>		425	19,00
	100m: 1:24.34 1:24.34	500m: 7:35.23 1:32.68	900m: 13:48.31 1:35.30	1300m: 19:55.69 1:31.94			
	200m: 2:55.26 1:30.92	600m: 9:07.99 1:32.76	1000m: 15:20.35 1:32.04	1400m: 21:26.39 1:30.70			
	300m: 4:28.71 1:33.45	700m: 10:40.70 1:32.71	1100m: 16:53.06 1:32.71	1500m: 22:51.71 1:25.32			
	400m: 6:02.55 1:33.84	800m: 12:13.01 1:32.31	1200m: 18:23.75 1:30.69				
6.	Miguel Pinheiro PIRES	78	Fluvial Portuense	<b>22:56.44</b>		420	18,00
	100m: 1:22.25 1:22.25	500m: 7:17.42 1:31.56	900m: 13:33.48 1:34.36	1300m: 19:55.57 1:36.43			
	200m: 2:48.31 1:26.06	600m: 8:50.76 1:33.34	1000m: 15:08.72 1:35.24	1400m: 21:29.49 1:33.92			
	300m: 4:16.19 1:27.88	700m: 10:24.40 1:33.64	1100m: 16:44.40 1:35.68	1500m: 22:56.44 1:26.95			
	400m: 5:45.86 1:29.67	800m: 11:59.12 1:34.72	1200m: 18:19.14 1:34.74				
7.	Rui Pedro FAISCA	76	Colegio Monte Maior	<b>22:56.49</b>		420	17,00
	100m: 1:26.30 1:26.30	500m: 7:29.71 1:32.76	900m: 13:39.20 1:32.43	1300m: 19:51.02 1:33.23			
	200m: 2:55.03 1:28.73	600m: 9:02.40 1:32.69	1000m: 15:11.94 1:32.74	1400m: 21:25.30 1:34.28			
	300m: 4:25.40 1:30.37	700m: 10:35.28 1:32.88	1100m: 16:44.56 1:32.62	1500m: 22:56.49 1:31.19			
	400m: 5:56.95 1:31.55	800m: 12:06.77 1:31.49	1200m: 18:17.79 1:33.23				
8.	Filipe Monteiro PACHECO	74	Leixoes	<b>23:34.98</b>		387	16,00
	100m: 1:25.56 1:25.56	500m: 7:38.54 1:34.21	900m: 13:57.60 1:35.14	1300m: 20:24.55 1:38.35			
	200m: 2:56.86 1:31.30	600m: 9:12.20 1:33.66	1000m: 15:33.62 1:36.02	1400m: 22:01.55 1:37.00			
	300m: 4:29.96 1:33.10	700m: 10:46.44 1:34.24	1100m: 17:10.01 1:36.39	1500m: 23:34.98 1:33.43			
	400m: 6:04.33 1:34.37	800m: 12:22.46 1:36.02	1200m: 18:46.20 1:36.19				
9.	Diogo Coutinho MARTINS	76	Nadadores dos Estoris	<b>24:09.41</b>		360	14,00
	100m: 1:22.82 1:22.82	500m: 7:32.81 1:35.57	900m: 14:07.74 1:39.84	1300m: 20:51.66 1:42.04			
	200m: 2:50.39 1:27.57	600m: 9:09.60 1:36.79	1000m: 15:48.73 1:40.99	1400m: 22:32.25 1:40.59			
	300m: 4:22.46 1:32.07	700m: 10:48.19 1:38.59	1100m: 17:29.36 1:40.63	1500m: 24:09.41 1:37.16			
	400m: 5:57.24 1:34.78	800m: 12:27.90 1:39.71	1200m: 19:09.62 1:40.26				
10.	Andre Meira GUIMARAES	76	Braga	<b>24:19.29</b>		353	12,00
	100m: 1:21.76 1:21.76	500m: 7:39.63 1:38.02	900m: 14:17.89 1:39.97	1300m: 21:02.80 1:41.94			
	200m: 2:50.94 1:29.18	600m: 9:18.51 1:38.88	1000m: 15:57.68 1:39.79	1400m: 22:42.43 1:39.63			
	300m: 4:25.31 1:34.37	700m: 10:57.51 1:39.00	1100m: 17:38.69 1:41.01	1500m: 24:19.29 1:36.86			
	400m: 6:01.61 1:36.30	800m: 12:37.92 1:40.41	1200m: 19:20.86 1:42.17				
11.	Joao Antonio GOMES	75	Leixoes	<b>24:34.70</b>		342	11,00
	100m: 1:29.91 1:29.91	500m: 8:02.65 1:37.93	900m: 14:41.63 1:39.52	1300m: 21:21.94 1:39.07			
	200m: 3:07.08 1:37.17	600m: 9:42.68 1:40.03	1000m: 16:21.88 1:40.25	1400m: 23:01.60 1:39.66			
	300m: 4:45.20 1:38.12	700m: 11:21.93 1:39.25	1100m: 18:00.88 1:39.00	1500m: 24:34.70 1:33.10			
	400m: 6:24.72 1:39.52	800m: 13:02.11 1:40.18	1200m: 19:42.87 1:41.99				
12.	Tiago Filipe CUNHA	76	Amigos da Natacao	<b>24:52.30</b>		330	10,00
	100m: 1:30.83 1:30.83	500m: 8:08.27 1:40.64	900m: 14:50.67 1:41.25	1300m: 21:32.59 1:40.37			
	200m: 3:08.24 1:37.41	600m: 9:48.95 1:40.68	1000m: 16:31.47 1:40.80	1400m: 23:13.69 1:41.10			
	300m: 4:47.63 1:39.39	700m: 11:29.09 1:40.14	1100m: 18:12.04 1:40.57	1500m: 24:52.30 1:38.61			
	400m: 6:27.63 1:40.00	800m: 13:09.42 1:40.33	1200m: 19:52.22 1:40.18				
13.	Joao Pedro LIMA	77	Geslours	<b>25:16.96</b>		314	9,00
	100m: 1:32.49 1:32.49	500m: 8:18.53 1:42.21	900m: 15:05.60 1:42.16	1300m: 21:55.01 1:43.55			
	200m: 3:12.16 1:39.67	600m: 10:00.98 1:42.45	1000m: 16:47.61 1:42.01	1400m: 23:38.45 1:43.44			
	300m: 4:54.28 1:42.12	700m: 11:42.49 1:41.51	1100m: 18:30.03 1:42.42	1500m: 25:16.96 1:38.51			
	400m: 6:36.32 1:42.04	800m: 13:23.44 1:40.95	1200m: 20:11.46 1:41.43				

Torneio de Fundo Masters  
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Prova 2, Masc., 1500m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
14.	Ricardo Velho FRANCO	74	Gesloures	<b>25:22.43</b>		310	8,00
	100m: 1:27.59 1:27.59	500m: 8:05.99 1:42.05	900m: 14:59.59 1:43.71	1300m: 21:54.70 1:43.75			
	200m: 3:03.91 1:36.32	600m: 9:49.15 1:43.16	1000m: 16:42.67 1:43.08	1400m: 23:40.01 1:45.31			
	300m: 4:43.33 1:39.42	700m: 11:32.97 1:43.82	1100m: 18:27.42 1:44.75	1500m: 25:22.43 1:42.42			
	400m: 6:23.94 1:40.61	800m: 13:15.88 1:42.91	1200m: 20:10.95 1:43.53				
15.	Carlos Goulao QUARESMA	78	Luz e Vida	<b>25:25.34</b>		309	7,00
	100m: 1:27.47 1:27.47	500m: 8:11.66 1:42.76	900m: 15:04.81 1:43.86	1300m: 22:03.28 1:44.73			
	200m: 3:04.20 1:36.73	600m: 9:54.74 1:43.08	1000m: 16:49.70 1:44.89	1400m: 23:43.83 1:40.55			
	300m: 4:45.71 1:41.51	700m: 11:38.05 1:43.31	1100m: 18:34.48 1:44.78	1500m: 25:25.34 1:41.51			
	400m: 6:28.90 1:43.19	800m: 13:20.95 1:42.90	1200m: 20:18.55 1:44.07				
16.	Norberto Matos PEREIRA	75	Vitoria Guimaraes	<b>26:37.49</b>		269	6,00
	100m: 1:31.86 1:31.86	500m: 8:34.37 1:47.75	900m: 15:45.00 1:49.06	1300m: 23:01.30 1:49.09			
	200m: 3:13.55 1:41.69	600m: 10:21.55 1:47.18	1000m: 17:33.72 1:48.72	1400m: 24:49.73 1:48.43			
	300m: 4:59.21 1:45.66	700m: 12:08.42 1:46.87	1100m: 19:23.73 1:50.01	1500m: 26:37.49 1:47.76			
	400m: 6:46.62 1:47.41	800m: 13:55.94 1:47.52	1200m: 21:12.21 1:48.48				
17.	Paulo Jorge RASOILLO	74	Amigos da Natacao	<b>26:59.89</b>		258	5,00
	100m: 1:44.15 1:44.15	500m: 8:56.21 1:48.29	900m: 16:08.79 1:47.54	1300m: 23:29.00 1:49.75			
	200m: 3:31.16 1:47.01	600m: 10:44.23 1:48.02	1000m: 17:58.01 1:49.22	1400m: 25:17.79 1:48.79			
	300m: 5:20.16 1:49.00	700m: 12:33.00 1:48.77	1100m: 19:48.40 1:50.39	1500m: 26:59.89 1:42.10			
	400m: 7:07.92 1:47.76	800m: 14:21.25 1:48.25	1200m: 21:39.25 1:50.85				
18.	Jose Orlando NOVAIS	78	Vitoria Guimaraes	<b>27:09.46</b>		253	4,00
	100m: 1:38.75 1:38.75	500m: 8:45.44 1:48.33	900m: 16:04.11 1:49.95	1300m: 23:32.06 1:52.48			
	200m: 3:22.87 1:44.12	600m: 10:34.85 1:49.41	1000m: 17:55.92 1:51.81	1400m: 25:25.19 1:53.13			
	300m: 5:10.20 1:47.33	700m: 12:23.68 1:48.83	1100m: 19:47.35 1:51.43	1500m: 27:09.46 1:44.27			
	400m: 6:57.11 1:46.91	800m: 14:14.16 1:50.48	1200m: 21:39.58 1:52.23				
19.	Bruno Goncalo CAMPOS	76	Luz e Vida	<b>27:24.25</b>		246	3,00
	100m: 1:37.59 1:37.59	500m: 8:56.70 1:50.99	900m: 16:18.14 1:50.35	1300m: 23:42.33 1:50.83			
	200m: 3:25.11 1:47.52	600m: 10:48.90 1:52.20	1000m: 18:11.01 1:52.87	1400m: 25:35.50 1:53.17			
	300m: 5:14.44 1:49.33	700m: 12:39.16 1:50.26	1100m: 20:02.01 1:51.00	1500m: 27:24.25 1:48.75			
	400m: 7:05.71 1:51.27	800m: 14:27.79 1:48.63	1200m: 21:51.50 1:49.49				
20.	Carlos Miguel TAVARES	74	Luz e Vida	<b>28:41.64</b>		215	2,00
	100m: 1:41.31 1:41.31	500m: 9:12.33 1:54.87	900m: 16:54.88 1:55.77	1300m: 24:46.17 1:58.39			
	200m: 3:31.39 1:50.08	600m: 11:07.71 1:55.38	1000m: 18:51.88 1:57.00	1400m: 26:45.03 1:58.86			
	300m: 5:23.68 1:52.29	700m: 13:03.53 1:55.82	1100m: 20:49.38 1:57.50	1500m: 28:41.64 1:56.61			
	400m: 7:17.46 1:53.78	800m: 14:59.11 1:55.58	1200m: 22:47.78 1:58.40				
21.	Rui Miguel PINHEIRO OTL	76	Natacao da Maia	<b>29:02.42</b>		207	-
	100m: 1:40.85 1:40.85	500m: 9:34.28 1:58.37	900m: 17:20.61 1:56.37	1300m: 25:11.25 1:59.88			
	200m: 3:37.62 1:56.77	600m: 11:31.38 1:57.10	1000m: 19:16.38 1:55.77	1400m: 27:10.60 1:59.35			
	300m: 5:36.78 1:59.16	700m: 13:27.51 1:56.13	1100m: 21:12.29 1:55.91	1500m: 29:02.42 1:51.82			
	400m: 7:35.91 1:59.13	800m: 15:24.24 1:56.73	1200m: 23:11.37 1:59.08				
22.	Pedro Miguel ROQUE OTL	74	Luz e Vida	<b>29:39.93</b>		194	-
	100m: 1:43.37 1:43.37	500m: 9:28.23 1:57.86	900m: 17:33.43 2:01.16	1300m: 25:42.24 2:03.79			
	200m: 3:34.69 1:51.32	600m: 11:29.42 2:01.19	1000m: 19:35.40 2:01.97	1400m: 27:43.27 2:01.03			
	300m: 5:29.61 1:54.92	700m: 13:28.79 1:59.37	1100m: 21:37.33 2:01.93	1500m: 29:39.93 1:56.66			
	400m: 7:30.37 2:00.76	800m: 15:32.27 2:03.48	1200m: 23:38.45 2:01.12				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
23.	Manuel Jose MOUTINHO <i>OTL</i>	77	Natacao da Maia	<b>29:56.49</b>		189	-
	100m: 1:40.88 1:40.88	500m: 9:35.43 2:01.35	900m: 17:44.70	2:03.60	1300m: 25:57.03	2:01.77	
	200m: 3:34.20 1:53.32	600m: 11:37.82 2:02.39	1000m: 19:48.46	2:03.76	1400m: 27:58.22	2:01.19	
	300m: 5:33.42 1:59.22	700m: 13:39.20 2:01.38	1100m: 21:51.80	2:03.34	1500m: 29:56.49	1:58.27	
	400m: 7:34.08 2:00.66	800m: 15:41.10 2:01.90	1200m: 23:55.26	2:03.46			
24.	Marco Paulo FERREIRA <i>OTL</i>	78	Braga	<b>30:15.78</b>		183	-
	100m: 1:42.93 1:42.93	500m: 9:47.03 2:02.39	900m: 18:05.11	2:04.66	1300m: 26:17.44	2:04.34	
	200m: 3:39.59 1:56.66	600m: 11:49.75 2:02.72	1000m: 20:07.30	2:02.19	1400m: 28:20.28	2:02.84	
	300m: 5:42.89 2:03.30	700m: 13:53.69 2:03.94	1100m: 22:11.19	2:03.89	1500m: 30:15.78	1:55.50	
	400m: 7:44.64 2:01.75	800m: 16:00.45 2:06.76	1200m: 24:13.10	2:01.91			
25.	Pedro Miguel MASSANO <i>OTL</i>	74	Luz e Vida	<b>31:06.13</b>		168	-
	100m: 1:47.81 1:47.81	500m: 10:07.68 2:05.78	900m: 18:33.26	2:06.49	1300m: 27:04.09	2:05.05	
	200m: 3:50.49 2:02.68	600m: 12:14.77 2:07.09	1000m: 20:40.73	2:07.47	1400m: 29:10.93	2:06.84	
	300m: 5:56.18 2:05.69	700m: 14:21.99 2:07.22	1100m: 22:53.00	2:12.27	1500m: 31:06.13	1:55.20	
	400m: 8:01.90 2:05.72	800m: 16:26.77 2:04.78	1200m: 24:59.04	2:06.04			
26.	Carlos Miguel RODRIGUES <i>OTL</i>	76	Alges e Agueda XXI	<b>31:32.39</b>		161	-
	100m: 1:51.63 1:51.63	500m: 10:13.56 2:06.30	900m: 18:40.78	2:07.55	1300m: 27:15.07	2:10.05	
	200m: 3:55.73 2:04.10	600m: 12:20.33 2:06.77	1000m: 20:49.34	2:08.56	1400m: 29:26.25	2:11.18	
	300m: 6:01.40 2:05.67	700m: 14:26.97 2:06.64	1100m: 22:57.06	2:07.72	1500m: 31:32.39	2:06.14	
	400m: 8:07.26 2:05.86	800m: 16:33.23 2:06.26	1200m: 25:05.02	2:07.96			
27.	Joao Pedro OLIVEIRA <i>OTL</i>	74	Natacao de Valongo	<b>33:04.27</b>		140	-
	100m: 1:48.35 1:48.35	500m: 10:34.28 2:17.40	900m: 19:36.68	2:17.82	1300m: 28:45.38	2:16.49	
	200m: 3:53.97 2:05.62	600m: 12:47.43 2:13.15	1000m: 21:55.11	2:18.43	1400m: 30:57.30	2:11.92	
	300m: 6:04.74 2:10.77	700m: 15:01.90 2:14.47	1100m: 24:12.25	2:17.14	1500m: 33:04.27	2:06.97	
	400m: 8:16.88 2:12.14	800m: 17:18.86 2:16.96	1200m: 26:28.89	2:16.64			
DNS	Cristian AITA	77	Porto				-
DNS	Rodrigo Marques COSTA	76	Litoral Alentejano				-



Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc F  
26/02/2023 Resultados

RN Esc F(50-54) 17:51.93 Jose Carlos FREITAS CFP Coimbra 18/04/2015

Esc F : 33:37.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Marco VANTAGGIATO	71	Litoral Alentejano	<b>19:17.52</b>		762	30,00
	100m: 1:15.03 1:15.03	500m: 6:23.53 1:17.25	900m: 11:33.39 1:17.69	1300m: 16:43.90 1:17.51			
	200m: 2:32.06 1:17.03	600m: 7:41.06 1:17.53	1000m: 12:51.07 1:17.68	1400m: 18:01.58 1:17.68			
	300m: 3:49.14 1:17.08	700m: 8:58.42 1:17.36	1100m: 14:08.83 1:17.76	1500m: 19:17.52 1:15.94			
	400m: 5:06.28 1:17.14	800m: 10:15.70 1:17.28	1200m: 15:26.39 1:17.56				
2.	Paulo Jorge TEJO	71	Academica de Coimbra	<b>21:09.55</b>		578	26,00
	100m: 1:20.45 1:20.45	500m: 6:55.34 1:24.25	900m: 12:35.43 1:24.88	1300m: 18:19.15 1:26.35			
	200m: 2:43.63 1:23.18	600m: 8:20.33 1:24.99	1000m: 14:00.58 1:25.15	1400m: 19:45.62 1:26.47			
	300m: 4:07.20 1:23.57	700m: 9:45.51 1:25.18	1100m: 15:26.39 1:25.81	1500m: 21:09.55 1:23.93			
	400m: 5:31.09 1:23.89	800m: 11:10.55 1:25.04	1200m: 16:52.80 1:26.41				
3.	Bruno Miguel FONSECA	73	Salesianos	<b>22:07.89</b>		505	22,00
	100m: 1:18.77 1:18.77	500m: 7:05.65 1:28.59	900m: 13:06.04 1:31.52	1300m: 19:12.79 1:31.79			
	200m: 2:43.11 1:24.34	600m: 8:34.25 1:28.60	1000m: 14:37.59 1:31.55	1400m: 20:41.82 1:29.03			
	300m: 4:09.36 1:26.25	700m: 10:03.94 1:29.69	1100m: 16:09.55 1:31.96	1500m: 22:07.89 1:26.07			
	400m: 5:37.06 1:27.70	800m: 11:34.52 1:30.58	1200m: 17:41.00 1:31.45				
4.	Jose Manuel PEREIRA	70	Palmela Desporto	<b>22:50.40</b>		459	20,00
	100m: 1:23.06 1:23.06	500m: 7:30.88 1:32.66	900m: 13:42.12 1:32.06	1300m: 19:51.42 1:30.69			
	200m: 2:53.53 1:30.47	600m: 9:04.35 1:33.47	1000m: 15:15.18 1:33.06	1400m: 21:22.85 1:31.43			
	300m: 4:26.03 1:32.50	700m: 10:37.34 1:32.99	1100m: 16:48.03 1:32.85	1500m: 22:50.40 1:27.55			
	400m: 5:58.22 1:32.19	800m: 12:10.06 1:32.72	1200m: 18:20.73 1:32.70				
5.	Celso Fernando RIBEIRO	69	Porto	<b>22:58.83</b>		451	19,00
	100m: 1:29.91 1:29.91	500m: 7:39.42 1:32.90	900m: 13:47.81 1:32.04	1300m: 20:00.58 1:32.82			
	200m: 3:02.75 1:32.84	600m: 9:12.01 1:32.59	1000m: 15:20.51 1:32.70	1400m: 21:32.13 1:31.55			
	300m: 4:34.13 1:31.38	700m: 10:44.02 1:32.01	1100m: 16:54.03 1:33.52	1500m: 22:58.83 1:26.70			
	400m: 6:06.52 1:32.39	800m: 12:15.77 1:31.75	1200m: 18:27.76 1:33.73				
6.	Miguel Jose FERREIRA	70	Leixoes	<b>23:29.58</b>		422	18,00
	100m: 1:27.91 1:27.91	500m: 7:47.34 1:34.29	900m: 14:03.49 1:33.56	1300m: 20:22.40 1:35.50			
	200m: 3:03.60 1:35.69	600m: 9:21.28 1:33.94	1000m: 15:38.09 1:34.60	1400m: 21:57.91 1:35.51			
	300m: 4:38.14 1:34.54	700m: 10:55.68 1:34.40	1100m: 17:12.26 1:34.17	1500m: 23:29.58 1:31.67			
	400m: 6:13.05 1:34.91	800m: 12:29.93 1:34.25	1200m: 18:46.90 1:34.64				
7.	Rui Miguel TEJO	69	Academica de Coimbra	<b>23:41.35</b>		411	17,00
	100m: 1:30.21 1:30.21	500m: 7:55.37 1:35.74	900m: 14:15.88 1:34.93	1300m: 20:38.49 1:35.09			
	200m: 3:05.61 1:35.40	600m: 9:30.76 1:35.39	1000m: 15:51.69 1:35.81	1400m: 22:12.52 1:34.03			
	300m: 4:43.01 1:37.40	700m: 11:06.24 1:35.48	1100m: 17:27.77 1:36.08	1500m: 23:41.35 1:28.83			
	400m: 6:19.63 1:36.62	800m: 12:40.95 1:34.71	1200m: 19:03.40 1:35.63				
8.	Francisco Santos BARROS	72	Porto	<b>23:45.37</b>		408	16,00
	100m: 1:27.94 1:27.94	500m: 7:53.97 1:37.29	900m: 14:21.30 1:35.76	1300m: 20:41.27 1:33.15			
	200m: 3:02.91 1:34.97	600m: 9:31.44 1:37.47	1000m: 15:57.87 1:36.57	1400m: 22:16.30 1:35.03			
	300m: 4:39.53 1:36.62	700m: 11:08.96 1:37.52	1100m: 17:33.50 1:35.63	1500m: 23:45.37 1:29.07			
	400m: 6:16.68 1:37.15	800m: 12:45.54 1:36.58	1200m: 19:08.12 1:34.62				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	Pedro Nuno SILVA	73	Academica de Coimbra	<b>24:19.76</b>		380	14,00
	100m: 1:36.93 1:36.93	500m: 8:13.21 1:38.15	900m: 14:43.89 1:37.54	1300m: 21:09.91 1:35.99			
	200m: 3:16.12 1:39.19	600m: 9:50.90 1:37.69	1000m: 16:20.53 1:36.64	1400m: 22:46.16 1:36.25			
	300m: 4:55.84 1:39.72	700m: 11:28.65 1:37.75	1100m: 17:56.53 1:36.00	1500m: 24:19.76 1:33.60			
	400m: 6:35.06 1:39.22	800m: 13:06.35 1:37.70	1200m: 19:33.92 1:37.39				
10.	Filipe Pinheiro PIRES	73	Foca Quinta da Lixa CNF	<b>24:24.36</b>		376	12,00
	100m: 1:35.11 1:35.11	500m: 8:03.78 1:37.90	900m: 14:36.80 1:37.84	1300m: 21:09.68 1:38.85			
	200m: 3:11.09 1:35.98	600m: 9:42.03 1:38.25	1000m: 16:14.49 1:37.69	1400m: 22:48.81 1:39.13			
	300m: 4:47.90 1:36.81	700m: 11:20.92 1:38.89	1100m: 17:52.76 1:38.27	1500m: 24:24.36 1:35.55			
	400m: 6:25.88 1:37.98	800m: 12:58.96 1:38.04	1200m: 19:30.83 1:38.07				
11.	Hamilton Kenji IDA	73	Vitoria Guimaraes	<b>24:50.61</b>		357	11,00
	100m: 1:25.39 1:25.39	500m: 7:56.47 1:39.75	900m: 14:41.63 1:41.55	1300m: 21:32.40 1:42.36			
	200m: 2:59.13 1:33.74	600m: 9:38.07 1:41.60	1000m: 16:23.72 1:42.09	1400m: 23:14.14 1:41.74			
	300m: 4:36.89 1:37.76	700m: 11:18.81 1:40.74	1100m: 18:06.46 1:42.74	1500m: 24:50.61 1:36.47			
	400m: 6:16.72 1:39.83	800m: 13:00.08 1:41.27	1200m: 19:50.04 1:43.58				
12.	Nuno Manuel SA	71	Fluval Portuense	<b>25:31.61</b>		329	10,00
	100m: 1:37.17 1:37.17	500m: 8:27.16 1:43.80	900m: 15:21.38 1:43.42	1300m: 22:11.91 1:42.67			
	200m: 3:17.48 1:40.31	600m: 10:11.25 1:44.09	1000m: 17:04.12 1:42.74	1400m: 23:55.42 1:43.51			
	300m: 5:00.43 1:42.95	700m: 11:54.59 1:43.34	1100m: 18:45.91 1:41.79	1500m: 25:31.61 1:36.19			
	400m: 6:43.36 1:42.93	800m: 13:37.96 1:43.37	1200m: 20:29.24 1:43.33				
13.	Luis Miguel GOMES	71	Natacao da Maia	<b>25:33.92</b>		327	9,00
	100m: 1:37.97 1:37.97	500m: 8:31.63 1:43.27	900m: 15:24.76 1:44.23	1300m: 22:16.84 1:42.16			
	200m: 3:22.07 1:44.10	600m: 10:14.69 1:43.06	1000m: 17:08.32 1:43.56	1400m: 23:58.61 1:41.77			
	300m: 5:05.36 1:43.29	700m: 11:57.97 1:43.28	1100m: 18:51.34 1:43.02	1500m: 25:33.92 1:35.31			
	400m: 6:48.36 1:43.00	800m: 13:40.53 1:42.56	1200m: 20:34.68 1:43.34				
14.	Artur Jose PEREIRA	69	Geslours	<b>25:53.58</b>		315	8,00
	100m: 1:33.79 1:33.79	500m: 8:25.90 1:44.07	900m: 15:22.89 1:43.97	1300m: 22:25.26 1:46.02			
	200m: 3:13.63 1:39.84	600m: 10:10.84 1:44.94	1000m: 17:08.30 1:45.41	1400m: 24:09.69 1:44.43			
	300m: 4:57.94 1:44.31	700m: 11:55.71 1:44.87	1100m: 18:53.29 1:44.99	1500m: 25:53.58 1:43.89			
	400m: 6:41.83 1:43.89	800m: 13:38.92 1:43.21	1200m: 20:39.24 1:45.95				
15.	Rinat KAMOLOV	71	Alges e Agueda XXI	<b>27:05.39</b>		275	7,00
	100m: 1:38.44 1:38.44	500m: 8:50.71 1:49.77	900m: 16:15.91 1:50.69	1300m: 23:37.75 1:49.73			
	200m: 3:22.77 1:44.33	600m: 10:41.28 1:50.57	1000m: 18:07.28 1:51.37	1400m: 25:25.68 1:47.93			
	300m: 5:10.43 1:47.66	700m: 12:32.88 1:51.60	1100m: 19:58.72 1:51.44	1500m: 27:05.39 1:39.71			
	400m: 7:00.94 1:50.51	800m: 14:25.22 1:52.34	1200m: 21:48.02 1:49.30				
16.	Flavio Martins MOREIRA	70	Academica de Coimbra	<b>27:06.97</b>		274	6,00
	100m: 1:38.08 1:38.08	500m: 8:45.89 1:49.36	900m: 16:08.73 1:50.85	1300m: 23:30.03 1:49.27			
	200m: 3:21.53 1:43.45	600m: 10:36.56 1:50.67	1000m: 17:58.99 1:50.26	1400m: 25:19.85 1:49.82			
	300m: 5:08.46 1:46.93	700m: 12:27.15 1:50.59	1100m: 19:50.02 1:51.03	1500m: 27:06.97 1:47.12			
	400m: 6:56.53 1:48.07	800m: 14:17.88 1:50.73	1200m: 21:40.76 1:50.74				
17.	Antonio Manuel SANTINHA	69	Masters de Almada	<b>27:12.41</b>		271	5,00
	100m: 1:43.02 1:43.02	500m: 8:56.81 1:49.46	900m: 16:18.54 1:49.61	1300m: 23:41.61 1:48.29			
	200m: 3:29.44 1:46.42	600m: 10:46.19 1:49.38	1000m: 18:14.80 1:56.26	1400m: 25:29.88 1:48.27			
	300m: 5:17.95 1:48.51	700m: 12:38.06 1:51.87	1100m: 20:05.52 1:50.72	1500m: 27:12.41 1:42.53			
	400m: 7:07.35 1:49.40	800m: 14:28.93 1:50.87	1200m: 21:53.32 1:47.80				
18.	Nuno Nobre MIRANDA	70	Amigos da Natacao	<b>28:18.08</b>		241	4,00
	100m: 1:45.13 1:45.13	500m: 9:21.92 1:55.08	900m: 16:54.45 1:52.91	1300m: 24:31.90 1:54.26			
	200m: 3:37.98 1:52.85	600m: 11:15.51 1:53.59	1000m: 18:49.32 1:54.87	1400m: 26:26.19 1:54.29			
	300m: 5:32.29 1:54.31	700m: 13:08.35 1:52.84	1100m: 20:42.93 1:53.61	1500m: 28:18.08 1:51.89			
	400m: 7:26.84 1:54.55	800m: 15:01.54 1:53.19	1200m: 22:37.64 1:54.71				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
19.	Filipe Serra OLIVEIRA	72	Salesianos	<b>28:45.44</b>		230	3,00
	100m: 1:50.57 1:50.57	500m: 9:41.39 1:58.02	900m: 17:27.27 1:56.55	1300m: 25:09.08 1:54.66			
	200m: 3:47.51 1:56.94	600m: 11:37.58 1:56.19	1000m: 19:21.97 1:54.70	1400m: 27:02.59 1:53.51			
	300m: 5:45.94 1:58.43	700m: 13:33.72 1:56.14	1100m: 21:17.91 1:55.94	1500m: 28:45.44 1:42.85			
	400m: 7:43.37 1:57.43	800m: 15:30.72 1:57.00	1200m: 23:14.42 1:56.51				
20.	Marco Miguel ARANTES	69	Gesloures	<b>29:53.41</b>		205	2,00
	100m: 1:46.56 1:46.56	500m: 9:52.97 2:01.23	900m: 17:58.23 2:01.75	1300m: 26:05.31 2:01.92			
	200m: 3:48.93 2:02.37	600m: 11:54.90 2:01.93	1000m: 20:00.19 2:01.96	1400m: 28:05.98 2:00.67			
	300m: 5:50.95 2:02.02	700m: 13:55.54 2:00.64	1100m: 22:01.97 2:01.78	1500m: 29:53.41 1:47.43			
	400m: 7:51.74 2:00.79	800m: 15:56.48 2:00.94	1200m: 24:03.39 2:01.42				
21.	Vitorino Fernando FARIA	73	Foca Quinta da Lixa CNF	<b>30:21.26</b>		195	-
	100m: 1:48.01 1:48.01	500m: 9:48.36 2:02.50	900m: 18:05.18 2:04.20	1300m: 26:18.71 2:03.05			
	200m: 3:42.92 1:54.91	600m: 11:52.73 2:04.37	1000m: 20:08.96 2:03.78	1400m: 28:23.89 2:05.18			
	300m: 5:42.51 1:59.59	700m: 13:57.09 2:04.36	1100m: 22:13.19 2:04.23	1500m: 30:21.26 1:57.37			
	400m: 7:45.86 2:03.35	800m: 16:00.98 2:03.89	1200m: 24:15.66 2:02.47				
22.	Nuno Ramalho COSTA	72	Luz e Vida	<b>30:37.94</b>		190	-
	100m: 1:43.83 1:43.83	500m: 9:40.62 2:03.34	900m: 18:00.56 2:04.96	1300m: 26:28.56 2:08.53			
	200m: 3:37.67 1:53.84	600m: 11:45.03 2:04.41	1000m: 20:07.00 2:06.44	1400m: 28:34.59 2:06.03			
	300m: 5:35.73 1:58.06	700m: 13:50.57 2:05.54	1100m: 22:14.01 2:07.01	1500m: 30:37.94 2:03.35			
	400m: 7:37.28 2:01.55	800m: 15:55.60 2:05.03	1200m: 24:20.03 2:06.02				
23.	David Manuel ALMEIDA	72	Natacao da Maia	<b>31:07.49</b>		181	-
	100m: 1:52.85 1:52.85	500m: 10:09.24 2:05.48	900m: 18:34.82 2:06.58	1300m: 27:02.78 2:06.49			
	200m: 3:53.69 2:00.84	600m: 12:16.58 2:07.34	1000m: 20:42.73 2:07.91	1400m: 29:07.89 2:05.11			
	300m: 5:57.54 2:03.85	700m: 14:22.24 2:05.66	1100m: 22:49.24 2:06.51	1500m: 31:07.49 1:59.60			
	400m: 8:03.76 2:06.22	800m: 16:28.24 2:06.00	1200m: 24:56.29 2:07.05				
24.	Raul Antonio MOREIRA	69	Industrial Viegrense	<b>31:12.88</b>		180	-
	100m: 1:47.39 1:47.39	500m: 9:59.75 2:05.09	900m: 18:25.47 2:07.34	1300m: 26:54.41 2:05.40			
	200m: 3:49.61 2:02.22	600m: 12:06.49 2:06.74	1000m: 20:31.25 2:05.78	1400m: 29:06.94 2:12.53			
	300m: 5:50.61 2:01.00	700m: 14:12.13 2:05.64	1100m: 22:40.05 2:08.80	1500m: 31:12.88 2:05.94			
	400m: 7:54.66 2:04.05	800m: 16:18.13 2:06.00	1200m: 24:49.01 2:08.96				
25.	Carlos Filipe CANITO	69	Natacao de Valongo	<b>31:40.34</b>		172	-
	100m: 2:08.03 2:08.03	500m: 11:01.22 2:13.82	900m: 19:29.29 2:07.05	1300m: 27:44.14 2:02.10			
	200m: 4:24.57 2:16.54	600m: 13:08.48 2:07.26	1000m: 21:36.08 2:06.79	1400m: 29:46.98 2:02.84			
	300m: 6:38.88 2:14.31	700m: 15:14.48 2:06.00	1100m: 23:40.52 2:04.44	1500m: 31:40.34 1:53.36			
	400m: 8:47.40 2:08.52	800m: 17:22.24 2:07.76	1200m: 25:42.04 2:01.52				
26.	Jose Manuel BAPTISTA	69	Leixoes	<b>32:29.09</b>		159	-
	100m: 1:55.00 1:55.00	500m: 10:19.48 2:07.82	900m: 19:20.97 2:20.97	1300m: 28:09.19 2:11.49			
	200m: 4:00.40 2:05.40	600m: 12:29.24 2:09.76	1000m: 21:38.17 2:17.20	1400m: 30:20.23 2:11.04			
	300m: 6:06.37 2:05.97	700m: 14:41.23 2:11.99	1100m: 23:48.74 2:10.57	1500m: 32:29.09 2:08.86			
	400m: 8:11.66 2:05.29	800m: 17:00.00 2:18.77	1200m: 25:57.70 2:08.96				
27.	Hugo Alexandre BORREGO	72	Sporting de Aveiro	<b>33:33.50</b>		144	-
	100m: 1:55.74 1:55.74	500m: 10:43.13 2:14.97	900m: 19:50.96 2:18.53	1300m: 29:08.62 2:19.45			
	200m: 4:04.19 2:08.45	600m: 12:58.07 2:14.94	1000m: 22:10.44 2:19.48	1400m: 31:21.88 2:13.26			
	300m: 6:14.52 2:10.33	700m: 15:14.11 2:16.04	1100m: 24:30.76 2:20.32	1500m: 33:33.50 2:11.62			
	400m: 8:28.16 2:13.64	800m: 17:32.43 2:18.32	1200m: 26:49.17 2:18.41				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc G  
26/02/2023 Resultados

RN Esc G(55-59) 18:05.10 Jose Carlos FREITAS CFP Coimbra 24/02/2018

Esc G : 30:32.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Jorge Eduardo FARIA	64	Litoral Alentejano	<b>20:39.77</b>		693	30,00
	100m: 1:17.13 1:17.13	500m: 6:42.07 1:22.10	900m: 12:19.76 1:28.76	1300m: 17:58.17 1:23.80			
	200m: 2:37.67 1:20.54	600m: 8:05.05 1:22.98	1000m: 13:42.95 1:23.19	1400m: 19:21.66 1:23.49			
	300m: 3:58.45 1:20.78	700m: 9:27.98 1:22.93	1100m: 15:11.52 1:28.57	1500m: 20:39.77 1:18.11			
	400m: 5:19.97 1:21.52	800m: 10:51.00 1:23.02	1200m: 16:34.37 1:22.85				
2.	Carlos Jorge OLIVEIRA	64	Masters de Almada	<b>21:52.60</b>		583	26,00
	100m: 1:23.27 1:23.27	500m: 7:17.57 1:28.98	900m: 13:07.93 1:26.45	1300m: 18:59.05 1:28.57			
	200m: 2:51.36 1:28.09	600m: 8:45.94 1:28.37	1000m: 14:34.83 1:26.90	1400m: 20:27.61 1:28.56			
	300m: 4:20.09 1:28.73	700m: 10:13.89 1:27.95	1100m: 16:02.69 1:27.86	1500m: 21:52.60 1:24.99			
	400m: 5:48.59 1:28.50	800m: 11:41.48 1:27.59	1200m: 17:30.48 1:27.79				
3.	Jorge Manuel MONTEIRO	67	Fluval Portuense	<b>21:52.95</b>		583	22,00
	100m: 1:21.94 1:21.94	500m: 7:11.80 1:27.94	900m: 13:01.68 1:28.13	1300m: 19:00.70 1:30.44			
	200m: 2:48.16 1:26.22	600m: 8:38.73 1:26.93	1000m: 14:30.34 1:28.66	1400m: 20:29.87 1:29.17			
	300m: 4:15.90 1:27.74	700m: 10:05.63 1:26.90	1100m: 15:59.88 1:29.54	1500m: 21:52.95 1:23.08			
	400m: 5:43.86 1:27.96	800m: 11:33.55 1:27.92	1200m: 17:30.26 1:30.38				
4.	Jose Samuel DUARTE	65	Sporting	<b>22:09.99</b>		561	20,00
	100m:	500m: 7:23.29 1:30.36	900m: 13:19.83 1:28.93	1300m: 19:16.11 1:29.34			
	200m:	600m: 8:53.24 1:29.95	1000m: 14:48.69 1:28.86	1400m: 20:44.84 1:28.73			
	300m: 4:23.39	700m: 10:22.05 1:28.81	1100m: 16:17.48 1:28.79	1500m: 22:09.99 1:25.15			
	400m: 5:52.93 1:29.54	800m: 11:50.90 1:28.85	1200m: 17:46.77 1:29.29				
5.	Paulo Alexandre NEVES	66	Leixoes	<b>23:18.12</b>		483	19,00
	100m: 1:28.20 1:28.20	500m: 7:48.46 1:35.11	900m: 14:02.55 1:32.16	1300m: 20:14.87 1:33.25			
	200m: 3:03.04 1:34.84	600m: 9:23.40 1:34.94	1000m: 15:35.81 1:33.26	1400m: 21:48.90 1:34.03			
	300m: 4:38.99 1:35.95	700m: 10:57.19 1:33.79	1100m: 17:08.43 1:32.62	1500m: 23:18.12 1:29.22			
	400m: 6:13.35 1:34.36	800m: 12:30.39 1:33.20	1200m: 18:41.62 1:33.19				
6.	Antonio Fernando SOUSA	65	Porto	<b>24:07.88</b>		435	18,00
	100m: 1:31.27 1:31.27	500m: 7:56.68 1:36.93	900m: 14:30.11 1:37.48	1300m: 20:59.59 1:37.27			
	200m: 3:07.24 1:35.97	600m: 9:34.84 1:38.16	1000m: 16:06.45 1:36.34	1400m: 22:36.20 1:36.61			
	300m: 4:44.00 1:36.76	700m: 11:13.63 1:38.79	1100m: 17:44.76 1:38.31	1500m: 24:07.88 1:31.68			
	400m: 6:19.75 1:35.75	800m: 12:52.63 1:39.00	1200m: 19:22.32 1:37.56				
7.	Joao Giao MARTINS	65	Colegio Monte Maior	<b>24:07.91</b>		435	17,00
	100m: 1:33.98 1:33.98	500m: 8:02.34 1:35.68	900m: 14:27.52 1:36.51	1300m: 20:58.64 1:37.60			
	200m: 3:11.66 1:37.68	600m: 9:38.01 1:35.67	1000m: 16:04.55 1:37.03	1400m: 22:36.78 1:38.14			
	300m: 4:49.62 1:37.96	700m: 11:14.78 1:36.77	1100m: 17:43.23 1:38.68	1500m: 24:07.91 1:31.13			
	400m: 6:26.66 1:37.04	800m: 12:51.01 1:36.23	1200m: 19:21.04 1:37.81				
8.	Jorge Vieira RIBEIRO	64	Sporting de Aveiro	<b>25:56.95</b>		349	16,00
	100m: 1:33.58 1:33.58	500m: 8:27.83 1:45.28	900m: 15:32.93 1:46.37	1300m: 22:34.80 1:47.25			
	200m: 3:13.94 1:40.36	600m: 10:13.80 1:45.97	1000m: 17:18.51 1:45.58	1400m: 24:20.16 1:45.36			
	300m: 4:57.10 1:43.16	700m: 12:00.54 1:46.74	1100m: 19:03.30 1:44.79	1500m: 25:56.95 1:36.79			
	400m: 6:42.55 1:45.45	800m: 13:46.56 1:46.02	1200m: 20:47.55 1:44.25				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	Luis Miguel ANTUNES	68	Leixoes	<b>28:32.49</b>		262	14,00
	100m: 1:44.86 1:44.86	500m: 9:21.89 1:54.86	900m: 17:01.82 1:53.76	1300m: 24:43.78 1:56.92			
	200m: 3:38.76 1:53.90	600m: 11:19.25 1:57.36	1000m: 18:56.73 1:54.91	1400m: 26:38.01 1:54.23			
	300m: 5:33.02 1:54.26	700m: 13:14.03 1:54.78	1100m: 20:50.14 1:53.41	1500m: 28:32.49 1:54.48			
	400m: 7:27.03 1:54.01	800m: 15:08.06 1:54.03	1200m: 22:46.86 1:56.72				
10.	Nuno Carlos ALBUQUERQUE	64	Braga	<b>28:48.60</b>		255	12,00
	100m: 1:47.29 1:47.29	500m: 9:29.96 1:56.19	900m: 17:18.98 1:57.44	1300m: 25:05.56 1:55.17			
	200m: 3:40.81 1:53.52	600m: 11:26.28 1:56.32	1000m: 19:15.98 1:57.00	1400m: 27:00.43 1:54.87			
	300m: 5:36.67 1:55.86	700m: 13:23.73 1:57.45	1100m: 21:13.22 1:57.24	1500m: 28:48.60 1:48.17			
	400m: 7:33.77 1:57.10	800m: 15:21.54 1:57.81	1200m: 23:10.39 1:57.17				
11.	Daniel Castro TRIGO	65	Sporting de Aveiro	<b>29:02.57</b>		249	11,00
	100m: 1:47.03 1:47.03	500m: 9:34.34 1:56.22	900m: 17:20.99 1:57.83	1300m: 25:11.74 1:58.78			
	200m: 3:43.38 1:56.35	600m: 11:30.49 1:56.15	1000m: 19:17.63 1:56.64	1400m: 27:09.80 1:58.06			
	300m: 5:41.13 1:57.75	700m: 13:27.11 1:56.62	1100m: 21:15.27 1:57.64	1500m: 29:02.57 1:52.77			
	400m: 7:38.12 1:56.99	800m: 15:23.16 1:56.05	1200m: 23:12.96 1:57.69				
12.	Luis Miguel LOUREIRO	68	Fluval Portuense	<b>29:59.47</b>		226	10,00
	100m: 1:48.34 1:48.34	500m: 9:51.80 2:00.78	900m: 17:58.79 2:02.80	1300m: 26:01.95 2:00.82			
	200m: 3:46.87 1:58.53	600m: 11:54.24 2:02.44	1000m: 19:59.98 2:01.19	1400m: 28:02.05 2:00.10			
	300m: 5:48.42 2:01.55	700m: 13:55.14 2:00.90	1100m: 22:00.99 2:01.01	1500m: 29:59.47 1:57.42			
	400m: 7:51.02 2:02.60	800m: 15:55.99 2:00.85	1200m: 24:01.13 2:00.14				
13.	Jose Carlos RAMALHO	67	Braga	<b>30:00.09</b>		226	9,00
	100m: 1:48.20 1:48.20	500m: 9:49.22 2:01.28	900m: 17:56.44 2:02.31	1300m: 26:02.75 2:01.72			
	200m: 3:48.82 2:00.62	600m: 11:50.50 2:01.28	1000m: 19:57.80 2:01.36	1400m: 28:04.98 2:02.23			
	300m: 5:48.35 1:59.53	700m: 13:52.50 2:02.00	1100m: 21:57.92 2:00.12	1500m: 30:00.09 1:55.11			
	400m: 7:47.94 1:59.59	800m: 15:54.13 2:01.63	1200m: 24:01.03 2:03.11				
14.	Vitor Manuel CARDOSO	65	Gesloures	<b>30:14.44</b>		221	8,00
	100m: 1:51.24 1:51.24	500m: 9:47.72 1:59.04	900m: 17:53.77 2:03.48	1300m: 26:11.26 2:05.82			
	200m: 3:49.89 1:58.65	600m: 11:47.32 1:59.60	1000m: 19:57.15 2:03.38	1400m: 28:14.80 2:03.54			
	300m: 5:48.26 1:58.37	700m: 13:48.49 2:01.17	1100m: 22:01.58 2:04.43	1500m: 30:14.44 1:59.64			
	400m: 7:48.68 2:00.42	800m: 15:50.29 2:01.80	1200m: 24:05.44 2:03.86				
15.	Celso Abreu FERNANDES	67	Sporting de Aveiro	<b>30:20.06</b>		219	7,00
	100m: 1:49.91 1:49.91	500m: 9:53.93 2:02.47	900m: 18:02.74 2:02.34	1300m: 26:21.26 2:03.05			
	200m: 3:48.00 1:58.09	600m: 11:56.27 2:02.34	1000m: 20:06.94 2:04.20	1400m: 28:24.79 2:03.53			
	300m: 5:49.85 2:01.85	700m: 13:58.41 2:02.14	1100m: 22:13.85 2:06.91	1500m: 30:20.06 1:55.27			
	400m: 7:51.46 2:01.61	800m: 16:00.40 2:01.99	1200m: 24:18.21 2:04.36				
16.	Paulo Monteiro PINTO OTL	64	Porto	<b>33:01.76</b>		169	6,00
	100m: 1:55.33 1:55.33	500m: 10:38.42 2:13.32	900m: 19:30.47 2:14.19	1300m: 28:33.57 2:16.73			
	200m: 4:02.05 2:06.72	600m: 12:49.11 2:10.69	1000m: 21:46.27 2:15.80	1400m: 30:49.13 2:15.56			
	300m: 6:12.50 2:10.45	700m: 15:01.02 2:11.91	1100m: 24:01.77 2:15.50	1500m: 33:01.76 2:12.63			
	400m: 8:25.10 2:12.60	800m: 17:16.28 2:15.26	1200m: 26:16.84 2:15.07				
17.	Alberto Carlos ALVES OTL	68	Braga	<b>34:06.24</b>		154	5,00
	100m: 1:58.55 1:58.55	500m: 10:58.16 2:18.05	900m: 20:18.05 2:19.32	1300m: 29:33.75 2:18.60			
	200m: 4:11.06 2:12.51	600m: 13:19.26 2:21.10	1000m: 22:38.62 2:20.57	1400m: 31:52.97 2:19.22			
	300m: 6:25.58 2:14.52	700m: 15:39.93 2:20.67	1100m: 24:57.33 2:18.71	1500m: 34:06.24 2:13.27			
	400m: 8:40.11 2:14.53	800m: 17:58.73 2:18.80	1200m: 27:15.15 2:17.82				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DNS	Rui Manuel VELEZ	64	Luz e Vida				-

Prova 2  
26/02/2023  
Masc., 1500m Livres  
Master Esc H  
Resultados

RN Esc H(60-64)	20:25.15	Paulo Paula CARVALHO	SCP	Póvoa de Varzim	26/02/2022
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Esc H : 29:45.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Jose Carlos FREITAS	63	Litoral Alentejano	<b>18:52.17</b>		1208	30,00
	100m: 1:13.73 1:13.73	500m: 6:16.72 1:16.08	900m: 11:20.40 1:16.02	1300m: 16:23.96 1:15.81			
	200m: 2:28.86 1:15.13	600m: 7:32.47 1:15.75	1000m: 12:36.49 1:16.09	1400m: 17:39.54 1:15.58			
	300m: 3:44.61 1:15.75	700m: 8:48.49 1:16.02	1100m: 13:52.40 1:15.91	1500m: 18:52.17 1:12.63			
	400m: 5:00.64 1:16.03	800m: 10:04.38 1:15.89	1200m: 15:08.15 1:15.75				
2.	Nuno Silva LOBO	63	Fluvial Portuense	<b>22:21.08</b>		727	26,00
	100m: 1:22.76 1:22.76	500m: 7:16.83 1:28.73	900m: 13:17.56 1:30.69	1300m: 19:27.78 1:33.29			
	200m: 2:50.53 1:27.77	600m: 8:45.99 1:29.16	1000m: 14:49.11 1:31.55	1400m: 20:57.23 1:29.45			
	300m: 4:19.48 1:28.95	700m: 10:16.12 1:30.13	1100m: 16:21.29 1:32.18	1500m: 22:21.08 1:23.85			
	400m: 5:48.10 1:28.62	800m: 11:46.87 1:30.75	1200m: 17:54.49 1:33.20				
3.	Paulo Marcos DANTAS	63	Alges	<b>23:06.82</b>		657	22,00
	100m: 1:24.40 1:24.40	500m: 7:33.39 1:33.57	900m: 13:49.04 1:33.38	1300m: 20:05.37 1:34.98			
	200m: 2:55.00 1:30.60	600m: 9:07.40 1:34.01	1000m: 15:21.26 1:32.22	1400m: 21:40.94 1:35.57			
	300m: 4:27.15 1:32.15	700m: 10:41.44 1:34.04	1100m: 16:56.56 1:35.30	1500m: 23:06.82 1:25.88			
	400m: 5:59.82 1:32.67	800m: 12:15.66 1:34.22	1200m: 18:30.39 1:33.83				
4.	Armando Joao COSTA	63	Feirense	<b>24:14.09</b>		570	20,00
	100m: 1:29.29 1:29.29	500m: 8:00.82 1:38.12	900m: 14:34.01 1:38.47	1300m: 21:08.21 1:38.82			
	200m: 3:06.04 1:36.75	600m: 9:39.45 1:38.63	1000m: 16:12.28 1:38.27	1400m: 22:45.21 1:37.00			
	300m: 4:44.34 1:38.30	700m: 11:17.45 1:38.00	1100m: 17:50.69 1:38.41	1500m: 24:14.09 1:28.88			
	400m: 6:22.70 1:38.36	800m: 12:55.54 1:38.09	1200m: 19:29.39 1:38.70				
5.	Paolo SARVIA	59	Individual ANNP	<b>27:13.17</b>		402	19,00
	100m: 1:40.38 1:40.38	500m: 8:58.50 1:51.36	900m: 16:19.80 1:49.72	1300m: 23:37.92 1:49.41			
	200m: 3:26.81 1:46.43	600m: 10:48.78 1:50.28	1000m: 18:09.53 1:49.73	1400m: 25:27.90 1:49.98			
	300m: 5:16.45 1:49.64	700m: 12:39.19 1:50.41	1100m: 19:59.13 1:49.60	1500m: 27:13.17 1:45.27			
	400m: 7:07.14 1:50.69	800m: 14:30.08 1:50.89	1200m: 21:48.51 1:49.38				
6.	Francisco Jorge FERREIRA	62	Academica de Coimbra	<b>28:03.99</b>		367	18,00
	100m: 1:44.40 1:44.40	500m: 9:08.06 1:51.78	900m: 16:39.18 1:54.59	1300m: 24:18.77 1:54.93			
	200m: 3:34.04 1:49.64	600m: 11:00.21 1:52.15	1000m: 18:33.93 1:54.75	1400m: 26:12.36 1:53.59			
	300m: 5:24.78 1:50.74	700m: 12:52.42 1:52.21	1100m: 20:28.84 1:54.91	1500m: 28:03.99 1:51.63			
	400m: 7:16.28 1:51.50	800m: 14:44.59 1:52.17	1200m: 22:23.84 1:55.00				
7.	Joao Castro TEIXEIRA	61	Alhandra	<b>28:29.10</b>		351	17,00
	100m: 1:42.62 1:42.62	500m: 9:17.81 1:54.15	900m: 16:56.51 1:54.93	1300m: 24:39.28 1:56.18			
	200m: 3:34.75 1:52.13	600m: 11:13.05 1:55.24	1000m: 18:51.99 1:55.48	1400m: 26:35.95 1:56.67			
	300m: 5:29.00 1:54.25	700m: 13:06.86 1:53.81	1100m: 20:46.81 1:54.82	1500m: 28:29.10 1:53.15			
	400m: 7:23.66 1:54.66	800m: 15:01.58 1:54.72	1200m: 22:43.10 1:56.29				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, Master Esc H

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	Manuel Fernando SANTOS <i>OTL</i>	61	Gafanha da Encarnacao	<b>30:01.57</b>		299	16,00
	100m: 1:52.10 1:52.10	500m: 10:03.23 2:00.70	900m: 18:07.18	2:00.64	1300m: 26:08.25	2:00.64	
	200m: 3:54.53 2:02.43	600m: 12:04.41 2:01.18	1000m: 20:07.05	1:59.87	1400m: 28:07.38	1:59.13	
	300m: 5:59.89 2:05.36	700m: 14:05.06 2:00.65	1100m: 22:07.49	2:00.44	1500m: 30:01.57	1:54.19	
	400m: 8:02.53 2:02.64	800m: 16:06.54 2:01.48	1200m: 24:07.61	2:00.12			
9.	Jorge Joaquim NUNES <i>OTL</i>	62	Vitoria Guimaraes	<b>34:08.87</b>		203	14,00
	100m: 2:01.29 2:01.29	500m: 11:16.44 2:19.97	900m: 20:27.22	2:18.99	1300m: 29:38.66	2:18.38	
	200m: 4:17.00 2:15.71	600m: 13:34.58 2:18.14	1000m: 22:42.93	2:15.71	1400m: 31:54.27	2:15.61	
	300m: 6:22.32 2:14.62	700m: 15:51.83 2:17.25	1100m: 25:02.46	2:19.53	1500m: 34:08.87	2:14.60	
	400m: 8:56.47 2:19.85	800m: 18:08.23 2:16.40	1200m: 27:20.28	2:17.82			
10.	Luis Joao MOURAO <i>OTL</i>	62	Natacao de Valongo	<b>34:13.93</b>		202	12,00
	100m: 1:58.28 1:58.28	500m: 10:56.81 2:17.17	900m: 20:13.29	2:20.32	1300m: 29:37.18	2:22.57	
	200m: 4:07.63 2:09.35	600m: 13:13.68 2:16.87	1000m: 22:34.00	2:20.71	1400m: 31:57.60	2:20.42	
	300m: 6:22.32 2:14.69	700m: 15:32.44 2:18.76	1100m: 24:53.52	2:19.52	1500m: 34:13.93	2:16.33	
	400m: 8:39.64 2:17.32	800m: 17:52.97 2:20.53	1200m: 27:14.61	2:21.09			
11.	Albano Couto TEIXEIRA <i>OTL</i>	63	Foca Quinta da Lixa CNF	<b>38:16.58</b>		144	11,00
	100m: 2:08.82 2:08.82	500m: 12:16.17 2:30.26	900m: 22:48.40	2:40.26	1300m: 33:15.05	2:41.47	
	200m: 4:36.00 2:27.18	600m: 14:54.44 2:38.27	1000m: 25:27.04	2:38.64	1400m: 35:49.55	2:34.50	
	300m: 7:11.32 2:35.32	700m: 17:33.16 2:38.72	1100m: 28:00.85	2:33.81	1500m: 38:16.58	2:27.03	
	400m: 9:45.91 2:34.59	800m: 20:08.14 2:34.98	1200m: 30:33.58	2:32.73			
DNS	Jaime Carlos BENTO	61	Alges				-
DNS	Alberto Sergio SOUSA	63	Porto				-
DNS	Pedro Bruno MENESES	62	Leixoes				-
DNF	Jose Miguel BARROSO	62	Fluvial Portuense				-
	<i>102 - Não completou a prova - SW 10.2</i>						
DNF	Luis Miguel BERNARDO	61	Fluvial Portuense				-
	<i>102 - Não completou a prova - SW 10.2</i>						

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc I  
26/02/2023 Resultados

RN Esc I(65-69) 22:41.37 Alberto Vaz CORREIA FS Póvoa de Varzim 22/02/2020

Esc I : 32:12.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Vitor Manuel MAVIOSO	56	Alges	<b>23:35.28</b>		698	30,00
	100m: 1:29.17 1:29.17	500m: 7:51.74 1:36.10	900m: 14:13.31 1:35.22	1300m: 20:32.73 1:34.38			
	200m: 3:04.08 1:34.91	600m: 9:27.37 1:35.63	1000m: 15:48.39 1:35.08	1400m: 22:06.85 1:34.12			
	300m: 4:40.06 1:35.98	700m: 11:02.77 1:35.40	1100m: 17:22.94 1:34.55	1500m: 23:35.28 1:28.43			
	400m: 6:15.64 1:35.58	800m: 12:38.09 1:35.32	1200m: 18:58.35 1:35.41				
2.	Mario Jose PINTO	57	Uniao Coimbra	<b>25:08.72</b>		576	26,00
	100m: 1:34.74 1:34.74	500m: 8:18.25 1:42.89	900m: 15:04.37 1:40.46	1300m: 21:51.08 1:39.91			
	200m: 3:12.93 1:38.19	600m: 10:02.73 1:44.48	1000m: 16:48.11 1:43.74	1400m: 23:32.11 1:41.03			
	300m: 4:53.08 1:40.15	700m: 11:44.12 1:41.39	1100m: 18:29.08 1:40.97	1500m: 25:08.72 1:36.61			
	400m: 6:35.36 1:42.28	800m: 13:23.91 1:39.79	1200m: 20:11.17 1:42.09				
3.	Jose Antonio FERREIRA	58	Leixoes	<b>28:52.89</b>		380	22,00
	100m: 1:41.78 1:41.78	500m: 9:24.03 1:56.32	900m: 17:12.74 1:57.57	1300m: 25:05.66 1:59.10			
	200m: 3:34.18 1:52.40	600m: 11:19.14 1:55.11	1000m: 19:10.78 1:58.04	1400m: 27:02.41 1:56.75			
	300m: 5:30.41 1:56.23	700m: 13:16.99 1:57.85	1100m: 21:08.26 1:57.48	1500m: 28:52.89 1:50.48			
	400m: 7:27.71 1:57.30	800m: 15:15.17 1:58.18	1200m: 23:06.56 1:58.30				
4.	Mario Jorge BARROS	56	Individual ANNP	<b>29:23.70</b>		360	20,00
	100m: 1:50.80 1:50.80	500m: 9:53.58 2:00.75	900m: 17:52.52 1:58.15	1300m: 25:39.13 1:56.88			
	200m: 3:51.17 2:00.37	600m: 11:55.64 2:02.06	1000m: 19:47.82 1:55.30	1400m: 27:36.01 1:56.88			
	300m: 5:51.04 1:59.87	700m: 13:55.92 2:00.28	1100m: 21:43.92 1:56.10	1500m: 29:23.70 1:47.69			
	400m: 7:52.83 2:01.79	800m: 15:54.37 1:58.45	1200m: 23:42.25 1:58.33				
5.	Jose Gerardo QUECEDO	57	Obidos Criativa	<b>30:24.02</b>		326	19,00
	100m: 1:53.60 1:53.60	500m: 10:13.38 2:03.76	900m: 18:25.05 2:01.42	1300m: 26:31.36 2:01.80			
	200m: 3:59.67 2:06.07	600m: 12:18.26 2:04.88	1000m: 20:26.42 2:01.37	1400m: 28:31.55 2:00.19			
	300m: 6:05.97 2:06.30	700m: 14:21.27 2:03.01	1100m: 22:27.28 2:00.86	1500m: 30:24.02 1:52.47			
	400m: 8:09.62 2:03.65	800m: 16:23.63 2:02.36	1200m: 24:29.56 2:02.28				
6.	Jose Henrique MADAIL	54	Galitos / Bresimar	<b>30:57.47</b>		308	18,00
	100m: 1:59.53 1:59.53	500m: 10:14.63 2:04.33	900m: 18:37.94 2:06.27	1300m: 26:56.23 2:04.63			
	200m: 4:02.75 2:03.22	600m: 12:20.26 2:05.63	1000m: 20:43.95 2:06.01	1400m: 28:59.86 2:03.63			
	300m: 6:05.73 2:02.98	700m: 14:24.97 2:04.71	1100m: 22:48.56 2:04.61	1500m: 30:57.47 1:57.61			
	400m: 8:10.30 2:04.57	800m: 16:31.67 2:06.70	1200m: 24:51.60 2:03.04				
7.	Jose Alexandre RAPOSO	55	Sporting de Aveiro	<b>31:50.09</b>		284	17,00
	100m: 2:03.94 2:03.94	500m: 10:36.00 2:07.85	900m: 19:12.51 2:09.08	1300m: 27:44.81 2:07.64			
	200m: 4:12.17 2:08.23	600m: 12:44.74 2:08.74	1000m: 21:21.16 2:08.65	1400m: 29:51.18 2:06.37			
	300m: 6:20.58 2:08.41	700m: 14:53.34 2:08.60	1100m: 23:28.66 2:07.50	1500m: 31:50.09 1:58.91			
	400m: 8:28.15 2:07.57	800m: 17:03.43 2:10.09	1200m: 25:37.17 2:08.51				
DNS	Ricardo Antonio MENDES	55	Salesianos				-



Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc J  
26/02/2023 Resultados

RN Esc J(70-74) 24:35.68 Stephen Thomas DYSON SAD Póvoa de Varzim 23/02/2019

Esc J : 39:55.50

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Carlos Augusto CORREIA	52	Masters de Almada	<b>27:25.10</b>		504	30,00
	100m: 1:41.58 1:41.58	500m: 9:02.22 1:50.87	900m: 16:23.47 1:50.33	1300m: 23:47.41 1:51.09			
	200m: 3:30.99 1:49.41	600m: 10:52.66 1:50.44	1000m: 18:14.19 1:50.72	1400m: 25:36.89 1:49.48			
	300m: 5:20.54 1:49.55	700m: 12:42.80 1:50.14	1100m: 20:05.19 1:51.00	1500m: 27:25.10 1:48.21			
	400m: 7:11.35 1:50.81	800m: 14:33.14 1:50.34	1200m: 21:56.32 1:51.13				
2.	Joaquim Mendes BILRO	53	Alges	<b>27:47.39</b>		484	26,00
	100m: 1:37.05 1:37.05	500m: 8:55.46 1:52.56	900m: 16:35.28 1:56.31	1300m: 24:10.50 1:54.24			
	200m: 3:24.77 1:47.72	600m: 10:49.09 1:53.63	1000m: 18:28.57 1:53.29	1400m: 26:02.02 1:51.52			
	300m: 5:12.47 1:47.70	700m: 12:44.36 1:55.27	1100m: 20:23.56 1:54.99	1500m: 27:47.39 1:45.37			
	400m: 7:02.90 1:50.43	800m: 14:38.97 1:54.61	1200m: 22:16.26 1:52.70				
3.	Antonio Carlos BATISTA	49	FC Ferreiras/AlgarExperience	<b>27:49.71</b>		482	22,00
	100m: 1:38.21 1:38.21	500m: 8:59.90 1:52.72	900m: 16:35.37 1:54.61	1300m: 24:07.28 1:54.07			
	200m: 3:24.62 1:46.41	600m: 10:53.65 1:53.75	1000m: 18:29.04 1:53.67	1400m: 26:00.11 1:52.83			
	300m: 5:15.07 1:50.45	700m: 12:47.12 1:53.47	1100m: 20:21.62 1:52.58	1500m: 27:49.71 1:49.60			
	400m: 7:07.18 1:52.11	800m: 14:40.76 1:53.64	1200m: 22:13.21 1:51.59				
4.	Domingos Pinto COELHO	52	Alges	<b>31:40.01</b>		327	20,00
	100m: 1:56.63 1:56.63	500m: 10:27.01 2:09.25	900m: 18:59.21 2:07.96	1300m: 27:31.04 2:07.62			
	200m: 4:02.86 2:06.23	600m: 12:36.34 2:09.33	1000m: 21:07.26 2:08.05	1400m: 29:37.73 2:06.69			
	300m: 6:09.90 2:07.04	700m: 14:43.41 2:07.07	1100m: 23:14.73 2:07.47	1500m: 31:40.01 2:02.28			
	400m: 8:17.76 2:07.86	800m: 16:51.25 2:07.84	1200m: 25:23.42 2:08.69				
5.	Jose Manuel HORTA OTL	49	Alges	<b>47:20.37</b>		98	19,00
	100m: 3:05.72 3:05.72	500m: 16:01.02 3:13.90	900m: 28:46.20 3:10.44	1300m: 41:18.65 3:07.61			
	200m: 6:20.46 3:14.74	600m: 19:11.86 3:10.84	1000m: 31:58.25 3:12.05	1400m: 44:24.26 3:05.61			
	300m: 9:33.20 3:12.74	700m: 22:25.31 3:13.45	1100m: 35:05.71 3:07.46	1500m: 47:20.37 2:56.11			
	400m: 12:47.12 3:13.92	800m: 25:35.76 3:10.45	1200m: 38:11.04 3:05.33				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc K  
26/02/2023 Resultados

RN Esc K(75-79) 25:12.64 Stephen Thomas DYSON SAD Póvoa de Varzim 26/02/2022

Esc K : 44:24.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Stephen Thomas DYSON	47	Alges	<b>26:11.43</b>		724	30,00
	100m: 1:42.42 1:42.42	500m: 8:46.26 1:45.48	900m: 15:47.08 1:44.50	1300m: 22:46.58 1:45.05			
	200m: 3:29.68 1:47.26	600m: 10:31.57 1:45.31	1000m: 17:31.80 1:44.72	1400m: 24:30.20 1:43.62			
	300m: 5:14.91 1:45.23	700m: 12:17.07 1:45.50	1100m: 19:16.47 1:44.67	1500m: 26:11.43 1:41.23			
	400m: 7:00.78 1:45.87	800m: 14:02.58 1:45.51	1200m: 21:01.53 1:45.06				
2.	Luis Vidigal SALGUEIRO	45	Alges	<b>34:18.67</b>		322	26,00
	100m: 2:04.79 2:04.79	500m: 11:03.47 2:16.19	900m: 20:17.33 2:19.21	1300m: 29:42.19 2:22.11			
	200m: 4:15.94 2:11.15	600m: 13:21.05 2:17.58	1000m: 22:36.48 2:19.15	1400m: 32:04.56 2:22.37			
	300m: 6:30.77 2:14.83	700m: 15:38.98 2:17.93	1100m: 24:56.80 2:20.32	1500m: 34:18.67 2:14.11			
	400m: 8:47.28 2:16.51	800m: 17:58.12 2:19.14	1200m: 27:20.08 2:23.28				
3.	Alexandre Azevedo GASPAR	45	Alges	<b>36:24.46</b>		269	22,00
	100m: 2:14.58 2:14.58	500m: 11:42.24 2:26.34	900m: 21:30.23 2:27.72	1300m: 31:31.11 2:29.18			
	200m: 4:34.30 2:19.72	600m: 14:08.78 2:26.54	1000m: 24:01.96 2:31.73	1400m: 33:59.75 2:28.64			
	300m: 6:54.56 2:20.26	700m: 16:36.20 2:27.42	1100m: 26:33.97 2:32.01	1500m: 36:24.46 2:24.71			
	400m: 9:15.90 2:21.34	800m: 19:02.51 2:26.31	1200m: 29:01.93 2:27.96				
4.	Jose LEITE	48	Foca Quinta da Lixa CNF	<b>37:14.00</b>		252	20,00
	100m: 2:13.53 2:13.53	500m: 11:56.90 2:30.11	900m: 22:05.77 2:33.71	1300m: 32:19.37 2:33.30			
	200m: 4:37.63 2:24.10	600m: 14:22.37 2:25.47	1000m: 24:39.46 2:33.69	1400m: 34:51.23 2:31.86			
	300m: 6:55.03 2:17.40	700m: 16:58.43 2:36.06	1100m: 27:12.76 2:33.30	1500m: 37:14.00 2:22.77			
	400m: 9:26.79 2:31.76	800m: 19:32.06 2:33.63	1200m: 29:46.07 2:33.31				

Prova 2 Masc., 1500m Livres Master Esc L  
26/02/2023 Resultados

RN Esc L(80-84) 40:29.31 Joao Rodrigues TEIXEIRA AAC Coimbra 24/02/2018

Esc L : 1:03:00.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DNS	Manuel Monteiro TENREIRO	40	Academica de Coimbra				-

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc M  
26/02/2023 Resultados

RN Esc M(85-89) 59:00.00 start

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Joao Rodrigues TEIXEIRA	37	Academica de Coimbra	<b>1:01:22.04</b>		402	30,00
	100m: 3:31.13 3:31.13	500m: 17:59.82 3:50.44	900m: 35:13.90 4:20.55	1300m: 52:25.64 4:12.08			
	200m: 6:58.29 3:27.16	600m: 22:21.07 4:21.25	1000m: 39:26.35 4:12.45	1400m: 57:01.22 4:35.58			
	300m: 10:29.17 3:30.88	700m: 26:27.56 4:06.49	1100m: 43:44.24 4:17.89	1500m: 1:01:22.04 4:20.82			
	400m: 14:09.38 3:40.21	800m: 30:53.35 4:25.79	1200m: 48:13.56 4:29.32				

Prova 2 Masc., 1500m Livres 25 anos e mais velhos  
26/02/2023 Resultados

RN Esc A(25-29)	17:25.70	Antonio Rafael BESSA	CAP	Póvoa de Varzim	23/02/2019
RN Esc B(30-34)	17:17.76	Adriano Miguel NIZ	GDNFAMA	Póvoa de Varzim	23/02/2019
RN Esc C(35-39)	19:16.66	Ivan Mauricio COURAS	CFP	Póvoa de Varzim	23/02/2019
RN Esc D(40-44)	19:06.20	Rodrigo Marques COSTA	CNLA	Coimbra	24/02/2018
RN Esc E(45-49)	19:30.07	Joao Pedro SOUSA	CNF	Funchal	22/03/2019
RN Esc F(50-54)	17:51.93	Jose Carlos FREITAS	CFP	Coimbra	18/04/2015
RN Esc G(55-59)	18:05.10	Jose Carlos FREITAS	CFP	Coimbra	24/02/2018
RN Esc H(60-64)	20:25.15	Paulo Paula CARVALHO	SCP	Póvoa de Varzim	26/02/2022
RN Esc I(65-69)	22:41.37	Alberto Vaz CORREIA	FS	Póvoa de Varzim	22/02/2020
RN Esc J(70-74)	24:35.68	Stephen Thomas DYSON	SAD	Póvoa de Varzim	23/02/2019
RN Esc K(75-79)	25:12.64	Stephen Thomas DYSON	SAD	Póvoa de Varzim	26/02/2022
RN Esc L(80-84)	40:29.31	Joao Rodrigues TEIXEIRA	AAC	Coimbra	24/02/2018
RN Esc M(85-89)	59:00.00	start			

Esc A Esc A: 25:48.50 / Esc B Esc B: 25:30.50 / Esc C Esc C: 28:09.50 / Esc D Esc D: 28:26.00 / Esc E Esc E: 28:54.50 /

Esc F Esc F: 33:37.50 / Esc G Esc G: 30:32.00 / Esc H Esc H: 29:45.00 / Esc I Esc I: 32:12.50 / Esc J Esc J: 39:55.50 /

Esc K Esc K: 44:24.00 / Esc L Esc L: 1:03:00.00

Pontos: DSV Masters 22

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Pedro Miguel SILVA	94	Colegio Monte Maior	<b>17:29.61</b>		835	30,00
	100m: 1:05.42 1:05.42	500m: 5:43.73 1:10.13	900m: 10:25.93 1:10.50	1300m: 15:09.36 1:11.16			
	200m: 2:13.60 1:08.18	600m: 6:54.32 1:10.59	1000m: 11:36.75 1:10.82	1400m: 16:20.09 1:10.73			
	300m: 3:23.49 1:09.89	700m: 8:04.86 1:10.54	1100m: 12:47.40 1:10.65	1500m: 17:29.61 1:09.52			
	400m: 4:33.60 1:10.11	800m: 9:15.43 1:10.57	1200m: 13:58.20 1:10.80				
2.	Jose Carlos FREITAS	63	Litoral Alentejano	<b>18:52.17</b>		1208	30,00
	100m: 1:13.73 1:13.73	500m: 6:16.72 1:16.08	900m: 11:20.40 1:16.02	1300m: 16:23.96 1:15.81			
	200m: 2:28.86 1:15.13	600m: 7:32.47 1:15.75	1000m: 12:36.49 1:16.09	1400m: 17:39.54 1:15.58			
	300m: 3:44.61 1:15.75	700m: 8:48.49 1:16.02	1100m: 13:52.40 1:15.91	1500m: 18:52.17 1:12.63			
	400m: 5:00.64 1:16.03	800m: 10:04.38 1:15.89	1200m: 15:08.15 1:15.75				
3.	Bruno Miguel RUAS	89	Sporting	<b>18:56.22</b>		540	30,00
	100m: 1:11.24 1:11.24	500m: 6:16.15 1:15.89	900m: 11:21.71 1:17.05	1300m: 16:29.15 1:17.09			
	200m: 2:26.79 1:15.55	600m: 7:32.22 1:16.07	1000m: 12:37.75 1:16.04	1400m: 17:44.74 1:15.59			
	300m: 3:42.92 1:16.13	700m: 8:48.28 1:16.06	1100m: 13:54.18 1:16.43	1500m: 18:56.22 1:11.48			
	400m: 5:00.26 1:17.34	800m: 10:04.66 1:16.38	1200m: 15:12.06 1:17.88				
4.	Jorge Manuel ROQUE	90	Porto	<b>19:01.28</b>		533	26,00
	100m: 1:10.47 1:10.47	500m: 6:17.92 1:17.35	900m: 11:26.10 1:17.06	1300m: 16:31.93 1:16.43			
	200m: 2:26.06 1:15.59	600m: 7:35.51 1:17.59	1000m: 12:42.71 1:16.61	1400m: 17:48.19 1:16.26			
	300m: 3:42.83 1:16.77	700m: 8:52.35 1:16.84	1100m: 13:59.48 1:16.77	1500m: 19:01.28 1:13.09			
	400m: 5:00.57 1:17.74	800m: 10:09.04 1:16.69	1200m: 15:15.50 1:16.02				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
5.	Joao Paulo RIBEIRO	92	CNLeiria	<b>19:01.53</b>		533	22,00
	100m: 1:10.80 1:10.80	500m: 6:15.27 1:16.66	900m: 11:25.97 1:17.87	1300m: 16:29.91 1:16.10			
	200m: 2:25.95 1:15.15	600m: 7:31.90 1:16.63	1000m: 12:42.38 1:16.41	1400m: 17:45.75 1:15.84			
	300m: 3:41.89 1:15.94	700m: 8:50.02 1:18.12	1100m: 13:58.35 1:15.97	1500m: 19:01.53 1:15.78			
	400m: 4:58.61 1:16.72	800m: 10:08.10 1:18.08	1200m: 15:13.81 1:15.46				
6.	Pedro Fragoso LOPES	90	Porto	<b>19:13.63</b>		516	20,00
	100m: 1:13.85 1:13.85	500m: 6:22.61 1:17.41	900m: 11:29.87 1:16.46	1300m: 16:41.45 1:18.42			
	200m: 2:30.14 1:16.29	600m: 7:39.22 1:16.61	1000m: 12:47.16 1:17.29	1400m: 17:59.11 1:17.66			
	300m: 3:47.57 1:17.43	700m: 8:56.06 1:16.84	1100m: 14:04.89 1:17.73	1500m: 19:13.63 1:14.52			
	400m: 5:05.20 1:17.63	800m: 10:13.41 1:17.35	1200m: 15:23.03 1:18.14				
7.	Marco VANTAGGIATO	71	Litoral Alentejano	<b>19:17.52</b>		762	30,00
	100m: 1:15.03 1:15.03	500m: 6:23.53 1:17.25	900m: 11:33.39 1:17.69	1300m: 16:43.90 1:17.51			
	200m: 2:32.06 1:17.03	600m: 7:41.06 1:17.53	1000m: 12:51.07 1:17.68	1400m: 18:01.58 1:17.68			
	300m: 3:49.14 1:17.08	700m: 8:58.42 1:17.36	1100m: 14:08.83 1:17.76	1500m: 19:17.52 1:15.94			
	400m: 5:06.28 1:17.14	800m: 10:15.70 1:17.28	1200m: 15:26.39 1:17.56				
8.	Filipe Gouveia GONCALVES	87	Lisboa PoolSharks	<b>19:19.64</b>		697	30,00
	100m: 1:14.06 1:14.06	500m: 6:29.35 1:18.89	900m: 11:40.22 1:16.92	1300m: 16:49.03 1:17.18			
	200m: 2:32.41 1:18.35	600m: 7:48.29 1:18.94	1000m: 12:57.22 1:17.00	1400m: 18:06.31 1:17.28			
	300m: 3:51.44 1:19.03	700m: 9:05.97 1:17.68	1100m: 14:14.68 1:17.46	1500m: 19:19.64 1:13.33			
	400m: 5:10.46 1:19.02	800m: 10:23.30 1:17.33	1200m: 15:31.85 1:17.17				
9.	Joao Miguel SANTOS	81	CNLeiria	<b>19:28.53</b>		637	30,00
	100m: 1:09.40 1:09.40	500m: 6:19.79 1:18.33	900m: 11:36.01 1:18.53	1300m: 16:52.56 1:19.10			
	200m: 2:24.77 1:15.37	600m: 7:38.71 1:18.92	1000m: 12:55.69 1:19.68	1400m:			
	300m: 3:42.98 1:18.21	700m: 8:58.01 1:19.30	1100m: 14:14.53 1:18.84	1500m: 19:28.53			
	400m: 5:01.46 1:18.48	800m: 10:17.48 1:19.47	1200m: 15:33.46 1:18.93				
10.	Ivan Mauricio COURAS	81	Fluval Portuense	<b>19:56.71</b>		593	26,00
	100m: 1:15.86 1:15.86	500m: 6:33.18 1:19.32	900m: 11:56.04 1:21.53	1300m: 17:19.18 1:20.94			
	200m: 2:35.39 1:19.53	600m: 7:52.87 1:19.69	1000m: 13:17.05 1:21.01	1400m: 18:39.41 1:20.23			
	300m: 3:54.63 1:19.24	700m: 9:13.53 1:20.66	1100m: 14:37.73 1:20.68	1500m: 19:56.71 1:17.30			
	400m: 5:13.86 1:19.23	800m: 10:34.51 1:20.98	1200m: 15:58.24 1:20.51				
11.	Nuno Maria NOLASCO	87	Ginasio Clube	<b>19:58.48</b>		631	26,00
	100m: 1:12.71 1:12.71	500m: 6:24.50 1:19.19	900m: 11:47.44 1:21.86	1300m: 17:18.28 1:23.02			
	200m: 2:29.39 1:16.68	600m: 7:44.29 1:19.79	1000m: 13:10.00 1:22.56	1400m: 18:40.54 1:22.26			
	300m: 3:47.32 1:17.93	700m: 9:04.47 1:20.18	1100m: 14:32.48 1:22.48	1500m: 19:58.48 1:17.94			
	400m: 5:05.31 1:17.99	800m: 10:25.58 1:21.11	1200m: 15:55.26 1:22.78				
12.	Joao Carlos CARVALHO	90	Lisboa PoolSharks	<b>20:21.09</b>		435	19,00
	100m: 1:16.94 1:16.94	500m: 6:39.39 1:21.81	900m: 12:09.25 1:22.78	1300m: 17:39.34 1:22.25			
	200m: 2:35.97 1:19.03	600m: 8:01.65 1:22.26	1000m: 13:31.81 1:22.56	1400m: 19:01.58 1:22.24			
	300m: 3:56.52 1:20.55	700m: 9:23.60 1:21.95	1100m: 14:54.40 1:22.59	1500m: 20:21.09 1:19.51			
	400m: 5:17.58 1:21.06	800m: 10:46.47 1:22.87	1200m: 16:17.09 1:22.69				
13.	Joao Carlos MALTA	82	Salesianos	<b>20:24.51</b>		553	22,00
	100m: 1:16.93 1:16.93	500m: 6:43.46 1:22.45	900m: 12:11.42 1:21.75	1300m: 17:41.20 1:22.72			
	200m: 2:37.40 1:20.47	600m: 8:05.82 1:22.36	1000m: 13:33.99 1:22.57	1400m: 19:03.94 1:22.74			
	300m: 3:58.52 1:21.12	700m: 9:27.49 1:21.67	1100m: 14:56.34 1:22.35	1500m: 20:24.51 1:20.57			
	400m: 5:21.01 1:22.49	800m: 10:49.67 1:22.18	1200m: 16:18.48 1:22.14				
14.	Jorge Eduardo FARIA	64	Litoral Alentejano	<b>20:39.77</b>		693	30,00
	100m: 1:17.13 1:17.13	500m: 6:42.07 1:22.10	900m: 12:19.76 1:28.76	1300m: 17:58.17 1:23.80			
	200m: 2:37.67 1:20.54	600m: 8:05.05 1:22.98	1000m: 13:42.95 1:23.19	1400m: 19:21.66 1:23.49			
	300m: 3:58.45 1:20.78	700m: 9:27.98 1:22.93	1100m: 15:11.52 1:28.57	1500m: 20:39.77 1:18.11			
	400m: 5:19.97 1:21.52	800m: 10:51.00 1:23.02	1200m: 16:34.37 1:22.85				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
15.	Goncalo Goncalves MENESES	92	Braga	<b>20:39.82</b>		416	18,00	
	100m: 1:15.37	1:15.37	500m: 6:39.21	1:22.87	900m: 12:14.00	1:24.04	1300m: 17:51.87	1:25.13
	200m: 2:33.53	1:18.16	600m: 8:02.98	1:23.77	1000m: 13:38.24	1:24.24	1400m: 19:16.94	1:25.07
	300m: 3:54.55	1:21.02	700m: 9:26.69	1:23.71	1100m: 15:02.15	1:23.91	1500m: 20:39.82	1:22.88
	400m: 5:16.34	1:21.79	800m: 10:49.96	1:23.27	1200m: 16:26.74	1:24.59		
16.	Mario Nuno FELICIO	90	Ginasio Clube	<b>20:40.88</b>		415	17,00	
	100m: 1:18.24	1:18.24	500m: 6:49.02	1:24.38	900m: 12:24.20	1:23.93	1300m: 17:58.49	1:22.82
	200m: 2:38.95	1:20.71	600m: 8:12.44	1:23.42	1000m: 13:48.54	1:24.34	1400m: 19:21.24	1:22.75
	300m: 4:01.62	1:22.67	700m: 9:36.20	1:23.76	1100m: 15:12.14	1:23.60	1500m: 20:40.88	1:19.64
	400m: 5:24.64	1:23.02	800m: 11:00.27	1:24.07	1200m: 16:35.67	1:23.53		
17.	Joao Duarte MARAFONA	95	Porto	<b>20:42.23</b>		504	26,00	
	100m: 1:19.17	1:19.17	500m: 6:43.43	1:23.08	900m: 12:22.64	1:25.72	1300m: 18:00.65	1:24.16
	200m: 2:39.53	1:20.36	600m: 8:07.30	1:23.87	1000m: 13:46.56	1:23.92	1400m: 19:23.62	1:22.97
	300m: 3:58.83	1:19.30	700m: 9:31.89	1:24.59	1100m: 15:11.23	1:24.67	1500m: 20:42.23	1:18.61
	400m: 5:20.35	1:21.52	800m: 10:56.92	1:25.03	1200m: 16:36.49	1:25.26		
18.	Pedro Manuel SILVA	97	Ginasio de Santo Tirso	<b>20:47.51</b>		497	22,00	
	100m: 1:17.03	1:17.03	500m: 6:48.73	1:23.85	900m: 12:26.17	1:24.70	1300m: 18:05.78	1:24.25
	200m: 2:38.41	1:21.38	600m: 8:12.72	1:23.99	1000m: 13:51.45	1:25.28	1400m: 19:29.65	1:23.87
	300m: 4:02.06	1:23.65	700m: 9:36.46	1:23.74	1100m: 15:16.33	1:24.88	1500m: 20:47.51	1:17.86
	400m: 5:24.88	1:22.82	800m: 11:01.47	1:25.01	1200m: 16:41.53	1:25.20		
19.	Diogo Pedroso ALMEIDA	77	Colegio Monte Maior	<b>20:51.20</b>		560	30,00	
	100m: 1:16.48	1:16.48	500m: 6:42.36	1:21.03	900m: 12:13.96	1:24.69	1300m: 18:01.37	1:26.69
	200m: 2:37.77	1:21.29	600m: 8:04.07	1:21.71	1000m: 13:40.17	1:26.21	1400m: 19:27.73	1:26.36
	300m: 3:59.47	1:21.70	700m: 9:26.02	1:21.95	1100m: 15:07.37	1:27.20	1500m: 20:51.20	1:23.47
	400m: 5:21.33	1:21.86	800m: 10:49.27	1:23.25	1200m: 16:34.68	1:27.31		
20.	Rui Jorge PEREIRA	77	Academica de Coimbra	<b>21:09.18</b>		536	26,00	
	100m: 1:13.62	1:13.62	500m: 6:33.35	1:21.81	900m: 12:14.72	1:27.47	1300m: 18:18.97	1:31.74
	200m: 2:31.06	1:17.44	600m: 7:56.80	1:23.45	1000m: 13:44.44	1:29.72	1400m: 19:47.58	1:28.61
	300m: 3:50.53	1:19.47	700m: 9:21.41	1:24.61	1100m: 15:15.97	1:31.53	1500m: 21:09.18	1:21.60
	400m: 5:11.54	1:21.01	800m: 10:47.25	1:25.84	1200m: 16:47.23	1:31.26		
21.	Paulo Jorge TEJO	71	Academica de Coimbra	<b>21:09.55</b>		578	26,00	
	100m: 1:20.45	1:20.45	500m: 6:55.34	1:24.25	900m: 12:35.43	1:24.88	1300m: 18:19.15	1:26.35
	200m: 2:43.63	1:23.18	600m: 8:20.33	1:24.99	1000m: 14:00.58	1:25.15	1400m: 19:45.62	1:26.47
	300m: 4:07.20	1:23.57	700m: 9:45.51	1:25.18	1100m: 15:26.39	1:25.81	1500m: 21:09.55	1:23.93
	400m: 5:31.09	1:23.89	800m: 11:10.55	1:25.04	1200m: 16:52.80	1:26.41		
22.	David Nunes SOUSA	96	Naval Povoense	<b>21:09.97</b>		471	20,00	
	100m: 1:14.01	1:14.01	500m: 6:48.62	1:27.13	900m: 12:37.82	1:29.51	1300m: 18:23.85	1:26.57
	200m: 2:33.94	1:19.93	600m: 8:14.89	1:26.27	1000m: 14:04.27	1:26.45	1400m: 19:48.06	1:24.21
	300m: 3:57.37	1:23.43	700m: 9:42.04	1:27.15	1100m: 15:30.13	1:25.86	1500m: 21:09.97	1:21.91
	400m: 5:21.49	1:24.12	800m: 11:08.31	1:26.27	1200m: 16:57.28	1:27.15		
23.	Andre Filipe COUTO	91	Leixoes	<b>21:13.18</b>		384	16,00	
	100m: 1:17.27	1:17.27	500m: 6:51.31	1:25.66	900m: 12:35.11	1:25.29	1300m: 18:23.20	1:26.45
	200m: 2:38.10	1:20.83	600m: 8:17.66	1:26.35	1000m: 14:01.89	1:26.78	1400m: 19:49.17	1:25.97
	300m: 4:01.22	1:23.12	700m: 9:43.83	1:26.17	1100m: 15:29.19	1:27.30	1500m: 21:13.18	1:24.01
	400m: 5:25.65	1:24.43	800m: 11:09.82	1:25.99	1200m: 16:56.75	1:27.56		
24.	Daniel Filipe PAIVA	98	Miranda do Corvo	<b>21:14.56</b>		466	19,00	
	100m: 1:16.46	1:16.46	500m: 6:53.30	1:24.77	900m: 12:38.37	1:27.02	1300m: 18:24.53	1:25.64
	200m: 2:38.61	1:22.15	600m: 8:18.66	1:25.36	1000m: 14:05.41	1:27.04	1400m: 19:51.28	1:26.75
	300m: 4:03.10	1:24.49	700m: 9:44.98	1:26.32	1100m: 15:31.84	1:26.43	1500m: 21:14.56	1:23.28
	400m: 5:28.53	1:25.43	800m: 11:11.35	1:26.37	1200m: 16:58.89	1:27.05		

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
25.	Jose Pedro NEVES	81	Fluvial Portuense	<b>21:22.50</b>		481	20,00
	100m: 1:16.44 1:16.44	500m: 6:45.46 1:24.10	900m: 12:33.50 1:28.16	1300m: 18:28.30 1:28.89			
	200m: 2:37.59 1:21.15	600m: 8:10.97 1:25.51	1000m: 14:01.54 1:28.04	1400m: 19:56.68 1:28.38			
	300m: 3:59.41 1:21.82	700m: 9:37.62 1:26.65	1100m: 15:29.88 1:28.34	1500m: 21:22.50 1:25.82			
	400m: 5:21.36 1:21.95	800m: 11:05.34 1:27.72	1200m: 16:59.41 1:29.53				
26.	Pedro Filipe PIMENTEL	84	Foca Quinta da Lixa CNF	<b>21:26.21</b>		510	22,00
	100m: 1:16.17 1:16.17	500m: 6:53.59 1:26.14	900m: 12:38.36 1:26.88	1300m: 18:27.69 1:28.03			
	200m: 2:38.21 1:22.04	600m: 8:18.98 1:25.39	1000m: 14:05.61 1:27.25	1400m: 19:57.13 1:29.44			
	300m: 4:02.36 1:24.15	700m: 9:45.26 1:26.28	1100m: 15:32.14 1:26.53	1500m: 21:26.21 1:29.08			
	400m: 5:27.45 1:25.09	800m: 11:11.48 1:26.22	1200m: 16:59.66 1:27.52				
27.	Bruno Filipe TABORDA	95	CNLeiria	<b>21:36.67</b>		443	18,00
	100m: 1:11.80 1:11.80	500m: 6:34.38 1:23.70	900m: 13:08.37 2:17.31	1300m: 18:48.90 1:25.89			
	200m: 2:28.23 1:16.43	600m: 7:58.97 1:24.59	1000m: 14:32.18 1:23.81	1400m: 20:13.30 1:24.40			
	300m: 3:47.86 1:19.63	700m: 9:24.57 1:25.60	1100m: 15:57.27 1:25.09	1500m: 21:36.67 1:23.37			
	400m: 5:10.68 1:22.82	800m: 10:51.06 1:26.49	1200m: 17:23.01 1:25.74				
28.	Ruben Manuel ALMEIDA	95	Feirense	<b>21:48.51</b>		431	17,00
	100m: 1:22.80 1:22.80	500m: 7:14.56 1:28.02	900m: 13:10.68 1:29.44	1300m: 19:02.60 1:26.59			
	200m: 2:49.80 1:27.00	600m: 8:43.62 1:29.06	1000m: 14:38.77 1:28.09	1400m: 20:28.82 1:26.22			
	300m: 4:18.62 1:28.82	700m: 10:12.59 1:28.97	1100m: 16:07.56 1:28.79	1500m: 21:48.51 1:19.69			
	400m: 5:46.54 1:27.92	800m: 11:41.24 1:28.65	1200m: 17:36.01 1:28.45				
29.	Carlos Jorge OLIVEIRA	64	Masters de Almada	<b>21:52.60</b>		583	26,00
	100m: 1:23.27 1:23.27	500m: 7:17.57 1:28.98	900m: 13:07.93 1:26.45	1300m: 18:59.05 1:28.57			
	200m: 2:51.36 1:28.09	600m: 8:45.94 1:28.37	1000m: 14:34.83 1:26.90	1400m: 20:27.61 1:28.56			
	300m: 4:20.09 1:28.73	700m: 10:13.89 1:27.95	1100m: 16:02.69 1:27.86	1500m: 21:52.60 1:24.99			
	400m: 5:48.59 1:28.50	800m: 11:41.48 1:27.59	1200m: 17:30.48 1:27.79				
30.	Jorge Manuel MONTEIRO	67	Fluvial Portuense	<b>21:52.95</b>		583	22,00
	100m: 1:21.94 1:21.94	500m: 7:11.80 1:27.94	900m: 13:01.68 1:28.13	1300m: 19:00.70 1:30.44			
	200m: 2:48.16 1:26.22	600m: 8:38.73 1:26.93	1000m: 14:30.34 1:28.66	1400m: 20:29.87 1:29.17			
	300m: 4:15.90 1:27.74	700m: 10:05.63 1:26.90	1100m: 15:59.88 1:29.54	1500m: 21:52.95 1:23.08			
	400m: 5:43.86 1:27.96	800m: 11:33.55 1:27.92	1200m: 17:30.26 1:30.38				
31.	Luis Manuel RIBEIRO	91	Foca Quinta da Lixa CNF	<b>22:02.49</b>		343	14,00
	100m: 1:19.95 1:19.95	500m: 7:09.08 1:28.27	900m: 13:10.31 1:30.22	1300m: 19:11.09 1:30.79			
	200m: 2:44.94 1:24.99	600m: 8:39.53 1:30.45	1000m: 14:40.08 1:29.77	1400m: 20:40.33 1:29.24			
	300m: 4:12.39 1:27.45	700m: 10:09.90 1:30.37	1100m: 16:10.52 1:30.44	1500m: 22:02.49 1:22.16			
	400m: 5:40.81 1:28.42	800m: 11:40.09 1:30.19	1200m: 17:40.30 1:29.78				
32.	Bruno Miguel FONSECA	73	Salesianos	<b>22:07.89</b>		505	22,00
	100m: 1:18.77 1:18.77	500m: 7:05.65 1:28.59	900m: 13:06.04 1:31.52	1300m: 19:12.79 1:31.79			
	200m: 2:43.11 1:24.34	600m: 8:34.25 1:28.60	1000m: 14:37.59 1:31.55	1400m: 20:41.82 1:29.03			
	300m: 4:09.36 1:26.25	700m: 10:03.94 1:29.69	1100m: 16:09.55 1:31.96	1500m: 22:07.89 1:26.07			
	400m: 5:37.06 1:27.70	800m: 11:34.52 1:30.58	1200m: 17:41.00 1:31.45				
33.	Jose Samuel DUARTE	65	Sporting	<b>22:09.99</b>		561	20,00
	100m:	500m: 7:23.29 1:30.36	900m: 13:19.83 1:28.93	1300m: 19:16.11 1:29.34			
	200m:	600m: 8:53.24 1:29.95	1000m: 14:48.69 1:28.86	1400m: 20:44.84 1:28.73			
	300m: 4:23.39	700m: 10:22.05 1:28.81	1100m: 16:17.48 1:28.79	1500m: 22:09.99 1:25.15			
	400m: 5:52.93 1:29.54	800m: 11:50.90 1:28.85	1200m: 17:46.77 1:29.29				
34.	Armindo Manuel LOBO	84	Vitoria Guimaraes	<b>22:12.84</b>		459	20,00
	100m: 1:19.85 1:19.85	500m: 7:11.30 1:30.81	900m: 13:13.79 1:30.23	1300m: 19:18.60 1:31.44			
	200m: 2:44.65 1:24.80	600m: 8:42.46 1:31.16	1000m: 14:45.04 1:31.25	1400m: 20:47.19 1:28.59			
	300m: 4:11.59 1:26.94	700m: 10:12.68 1:30.22	1100m: 16:15.61 1:30.57	1500m: 22:12.84 1:25.65			
	400m: 5:40.49 1:28.90	800m: 11:43.56 1:30.88	1200m: 17:47.16 1:31.55				

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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
35.	Antonio Luis PORTELA	75	Fluvial Portuense	<b>22:20.07</b>		455	22,00
	100m: 1:21.02 1:21.02	500m: 7:13.36 1:28.68	900m: 13:12.82 1:31.06	1300m: 19:20.47 1:32.41			
	200m: 2:47.66 1:26.64	600m: 8:41.67 1:28.31	1000m: 14:43.83 1:31.01	1400m: 20:51.84 1:31.37			
	300m: 4:16.04 1:28.38	700m: 10:11.51 1:29.84	1100m: 16:16.00 1:32.17	1500m: 22:20.07 1:28.23			
	400m: 5:44.68 1:28.64	800m: 11:41.76 1:30.25	1200m: 17:48.06 1:32.06				
36.	Nuno Silva LOBO	63	Fluvial Portuense	<b>22:21.08</b>		727	26,00
	100m: 1:22.76 1:22.76	500m: 7:16.83 1:28.73	900m: 13:17.56 1:30.69	1300m: 19:27.78 1:33.29			
	200m: 2:50.53 1:27.77	600m: 8:45.99 1:29.16	1000m: 14:49.11 1:31.55	1400m: 20:57.23 1:29.45			
	300m: 4:19.48 1:28.95	700m: 10:16.12 1:30.13	1100m: 16:21.29 1:32.18	1500m: 22:21.08 1:23.85			
	400m: 5:48.10 1:28.62	800m: 11:46.87 1:30.75	1200m: 17:54.49 1:33.20				
37.	Carlos Manuel RIBEIRO	85	Academica de Coimbra	<b>22:30.03</b>		441	19,00
	100m: 1:24.79 1:24.79	500m: 7:28.50 1:31.10	900m: 13:28.06 1:30.24	1300m: 19:32.38 1:31.74			
	200m: 2:55.35 1:30.56	600m: 8:57.42 1:28.92	1000m: 14:59.27 1:31.21	1400m: 21:03.74 1:31.36			
	300m: 4:25.93 1:30.58	700m: 10:27.72 1:30.30	1100m: 16:30.27 1:31.00	1500m: 22:30.03 1:26.29			
	400m: 5:57.40 1:31.47	800m: 11:57.82 1:30.10	1200m: 18:00.64 1:30.37				
38.	David Julio SHER	84	Ginasio Clube	<b>22:31.57</b>		440	18,00
	100m: 1:24.65 1:24.65	500m: 7:29.67 1:32.65	900m: 13:37.35 1:31.36	1300m: 19:36.45 1:29.20			
	200m: 2:53.64 1:28.99	600m: 9:02.81 1:33.14	1000m: 15:09.10 1:31.75	1400m: 21:03.61 1:27.16			
	300m: 4:24.62 1:30.98	700m: 10:35.05 1:32.24	1100m: 16:38.69 1:29.59	1500m: 22:31.57 1:27.96			
	400m: 5:57.02 1:32.40	800m: 12:05.99 1:30.94	1200m: 18:07.25 1:28.56				
39.	Jorge Nuno ALMEIDA	89	Ginasio Clube	<b>22:38.19</b>		316	12,00
	100m: 1:24.55 1:24.55	500m: 7:23.16 1:30.69	900m: 13:29.46 1:31.26	1300m: 19:37.73 1:32.12			
	200m: 2:53.38 1:28.83	600m: 8:55.20 1:32.04	1000m: 15:00.85 1:31.39	1400m: 21:10.25 1:32.52			
	300m: 4:22.42 1:29.04	700m: 10:26.82 1:31.62	1100m: 16:32.97 1:32.12	1500m: 22:38.19 1:27.94			
	400m: 5:52.47 1:30.05	800m: 11:58.20 1:31.38	1200m: 18:05.61 1:32.64				
40.	Pedro Nuno TROVISCO	77	Natacao da Maia	<b>22:38.39</b>		437	20,00
	100m: 1:29.79 1:29.79	500m: 7:46.12 1:32.77	900m: 13:50.20 1:31.02	1300m: 19:44.38 1:27.96			
	200m: 3:04.26 1:34.47	600m: 9:17.60 1:31.48	1000m: 15:19.49 1:29.29	1400m: 21:12.78 1:28.40			
	300m: 4:39.42 1:35.16	700m: 10:48.67 1:31.07	1100m: 16:48.14 1:28.65	1500m: 22:38.39 1:25.61			
	400m: 6:13.35 1:33.93	800m: 12:19.18 1:30.51	1200m: 18:16.42 1:28.28				
41.	Jose Manuel PEREIRA	70	Palmela Desporto	<b>22:50.40</b>		459	20,00
	100m: 1:23.06 1:23.06	500m: 7:30.88 1:32.66	900m: 13:42.12 1:32.06	1300m: 19:51.42 1:30.69			
	200m: 2:53.53 1:30.47	600m: 9:04.35 1:33.47	1000m: 15:15.18 1:33.06	1400m: 21:22.85 1:31.43			
	300m: 4:26.03 1:32.50	700m: 10:37.34 1:32.99	1100m: 16:48.03 1:32.85	1500m: 22:50.40 1:27.55			
	400m: 5:58.22 1:32.19	800m: 12:10.06 1:32.72	1200m: 18:20.73 1:32.70				
42.	Joao Miguel MESTRE	92	Lisboa PoolSharks	<b>22:51.30</b>		307	11,00
	100m: 1:25.57 1:25.57	500m: 7:33.53 1:31.95	900m: 13:43.36 1:33.61	1300m: 19:53.19 1:32.36			
	200m: 2:57.28 1:31.71	600m: 9:04.78 1:31.25	1000m: 15:15.40 1:32.04	1400m: 21:24.27 1:31.08			
	300m: 4:29.83 1:32.55	700m: 10:36.55 1:31.77	1100m: 16:48.60 1:33.20	1500m: 22:51.30 1:27.03			
	400m: 6:01.58 1:31.75	800m: 12:09.75 1:33.20	1200m: 18:20.83 1:32.23				
43.	Frederico Gomes CARVALHO	74	Litoral Alentejano	<b>22:51.71</b>		425	19,00
	100m: 1:24.34 1:24.34	500m: 7:35.23 1:32.68	900m: 13:48.31 1:35.30	1300m: 19:55.69 1:31.94			
	200m: 2:55.26 1:30.92	600m: 9:07.99 1:32.76	1000m: 15:20.35 1:32.04	1400m: 21:26.39 1:30.70			
	300m: 4:28.71 1:33.45	700m: 10:40.70 1:32.71	1100m: 16:53.06 1:32.71	1500m: 22:51.71 1:25.32			
	400m: 6:02.55 1:33.84	800m: 12:13.01 1:32.31	1200m: 18:23.75 1:30.69				
44.	Miguel Pinheiro PIRES	78	Fluvial Portuense	<b>22:56.44</b>		420	18,00
	100m: 1:22.25 1:22.25	500m: 7:17.42 1:31.56	900m: 13:33.48 1:34.36	1300m: 19:55.57 1:36.43			
	200m: 2:48.31 1:26.06	600m: 8:50.76 1:33.34	1000m: 15:08.72 1:35.24	1400m: 21:29.49 1:33.92			
	300m: 4:16.19 1:27.88	700m: 10:24.40 1:33.64	1100m: 16:44.40 1:35.68	1500m: 22:56.44 1:26.95			
	400m: 5:45.86 1:29.67	800m: 11:59.12 1:34.72	1200m: 18:19.14 1:34.74				

Torneio de Fundo Masters  
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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
45.	Rui Pedro FAISCA	76	Colegio Monte Maior	<b>22:56.49</b>		420	17,00
	100m: 1:26.30 1:26.30	500m: 7:29.71 1:32.76	900m: 13:39.20 1:32.43	1300m: 19:51.02 1:33.23			
	200m: 2:55.03 1:28.73	600m: 9:02.40 1:32.69	1000m: 15:11.94 1:32.74	1400m: 21:25.30 1:34.28			
	300m: 4:25.40 1:30.37	700m: 10:35.28 1:32.88	1100m: 16:44.56 1:32.62	1500m: 22:56.49 1:31.19			
	400m: 5:56.95 1:31.55	800m: 12:06.77 1:31.49	1200m: 18:17.79 1:33.23				
46.	Celso Fernando RIBEIRO	69	Porto	<b>22:58.83</b>		451	19,00
	100m: 1:29.91 1:29.91	500m: 7:39.42 1:32.90	900m: 13:47.81 1:32.04	1300m: 20:00.58 1:32.82			
	200m: 3:02.75 1:32.84	600m: 9:12.01 1:32.59	1000m: 15:20.51 1:32.70	1400m: 21:32.13 1:31.55			
	300m: 4:34.13 1:31.38	700m: 10:44.02 1:32.01	1100m: 16:54.03 1:33.52	1500m: 22:58.83 1:26.70			
	400m: 6:06.52 1:32.39	800m: 12:15.77 1:31.75	1200m: 18:27.76 1:33.73				
47.	Marcelo Porto RODRIGUES	82	Natacao de Valongo	<b>23:00.96</b>		386	19,00
	100m: 1:28.11 1:28.11	500m: 7:36.76 1:33.73	900m: 13:47.14 1:32.80	1300m: 20:00.37 1:33.44			
	200m: 2:59.31 1:31.20	600m: 9:09.50 1:32.74	1000m: 15:19.40 1:32.26	1400m: 21:33.64 1:33.27			
	300m: 4:30.93 1:31.62	700m: 10:42.23 1:32.73	1100m: 16:53.02 1:33.62	1500m: 23:00.96 1:27.32			
	400m: 6:03.03 1:32.10	800m: 12:14.34 1:32.11	1200m: 18:26.93 1:33.91				
48.	Paulo Marcos DANTAS	63	Alges	<b>23:06.82</b>		657	22,00
	100m: 1:24.40 1:24.40	500m: 7:33.39 1:33.57	900m: 13:49.04 1:33.38	1300m: 20:05.37 1:34.98			
	200m: 2:55.00 1:30.60	600m: 9:07.40 1:34.01	1000m: 15:21.26 1:32.22	1400m: 21:40.94 1:35.57			
	300m: 4:27.15 1:32.15	700m: 10:41.44 1:34.04	1100m: 16:56.56 1:35.30	1500m: 23:06.82 1:25.88			
	400m: 5:59.82 1:32.67	800m: 12:15.66 1:34.22	1200m: 18:30.39 1:33.83				
49.	Paulo Alexandre NEVES	66	Leixoes	<b>23:18.12</b>		483	19,00
	100m: 1:28.20 1:28.20	500m: 7:48.46 1:35.11	900m: 14:02.55 1:32.16	1300m: 20:14.87 1:33.25			
	200m: 3:03.04 1:34.84	600m: 9:23.40 1:34.94	1000m: 15:35.81 1:33.26	1400m: 21:48.90 1:34.03			
	300m: 4:38.99 1:35.95	700m: 10:57.19 1:33.79	1100m: 17:08.43 1:32.62	1500m: 23:18.12 1:29.22			
	400m: 6:13.35 1:34.36	800m: 12:30.39 1:33.20	1200m: 18:41.62 1:33.19				
50.	Miguel Jose FERREIRA	70	Leixoes	<b>23:29.58</b>		422	18,00
	100m: 1:27.91 1:27.91	500m: 7:47.34 1:34.29	900m: 14:03.49 1:33.56	1300m: 20:22.40 1:35.50			
	200m: 3:03.60 1:35.69	600m: 9:21.28 1:33.94	1000m: 15:38.09 1:34.60	1400m: 21:57.91 1:35.51			
	300m: 4:38.14 1:34.54	700m: 10:55.68 1:34.40	1100m: 17:12.26 1:34.17	1500m: 23:29.58 1:31.67			
	400m: 6:13.05 1:34.91	800m: 12:29.93 1:34.25	1200m: 18:46.90 1:34.64				
51.	Filipe Monteiro PACHECO	74	Leixoes	<b>23:34.98</b>		387	16,00
	100m: 1:25.56 1:25.56	500m: 7:38.54 1:34.21	900m: 13:57.60 1:35.14	1300m: 20:24.55 1:38.35			
	200m: 2:56.86 1:31.30	600m: 9:12.20 1:33.66	1000m: 15:33.62 1:36.02	1400m: 22:01.55 1:37.00			
	300m: 4:29.96 1:33.10	700m: 10:46.44 1:34.24	1100m: 17:10.01 1:36.39	1500m: 23:34.98 1:33.43			
	400m: 6:04.33 1:34.37	800m: 12:22.46 1:36.02	1200m: 18:46.20 1:36.19				
52.	Vitor Manuel MAVIOSO	56	Alges	<b>23:35.28</b>		698	30,00
	100m: 1:29.17 1:29.17	500m: 7:51.74 1:36.10	900m: 14:13.31 1:35.22	1300m: 20:32.73 1:34.38			
	200m: 3:04.08 1:34.91	600m: 9:27.37 1:35.63	1000m: 15:48.39 1:35.08	1400m: 22:06.85 1:34.12			
	300m: 4:40.06 1:35.98	700m: 11:02.77 1:35.40	1100m: 17:22.94 1:34.55	1500m: 23:35.28 1:28.43			
	400m: 6:15.64 1:35.58	800m: 12:38.09 1:35.32	1200m: 18:58.35 1:35.41				
53.	Rui Miguel TEJO	69	Academica de Coimbra	<b>23:41.35</b>		411	17,00
	100m: 1:30.21 1:30.21	500m: 7:55.37 1:35.74	900m: 14:15.88 1:34.93	1300m: 20:38.49 1:35.09			
	200m: 3:05.61 1:35.40	600m: 9:30.76 1:35.39	1000m: 15:51.69 1:35.81	1400m: 22:12.52 1:34.03			
	300m: 4:43.01 1:37.40	700m: 11:06.24 1:35.48	1100m: 17:27.77 1:36.08	1500m: 23:41.35 1:28.83			
	400m: 6:19.63 1:36.62	800m: 12:40.95 1:34.71	1200m: 19:03.40 1:35.63				
54.	Francisco Santos BARROS	72	Porto	<b>23:45.37</b>		408	16,00
	100m: 1:27.94 1:27.94	500m: 7:53.97 1:37.29	900m: 14:21.30 1:35.76	1300m: 20:41.27 1:33.15			
	200m: 3:02.91 1:34.97	600m: 9:31.44 1:37.47	1000m: 15:57.87 1:36.57	1400m: 22:16.30 1:35.03			
	300m: 4:39.53 1:36.62	700m: 11:08.96 1:37.52	1100m: 17:33.50 1:35.63	1500m: 23:45.37 1:29.07			
	400m: 6:16.68 1:37.15	800m: 12:45.54 1:36.58	1200m: 19:08.12 1:34.62				



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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
55.	Mario Nuno PEREIRA	81	Foca Quinta da Lixa CNF	<b>24:01.59</b>		339	18,00
	100m: 1:28.41 1:28.41	500m: 7:55.49 1:40.02	900m: 14:23.62 1:38.44	1300m: 20:51.65 1:38.23			
	200m: 3:02.00 1:33.59	600m: 9:33.44 1:37.95	1000m: 16:01.29 1:37.67	1400m: 22:29.20 1:37.55			
	300m: 4:37.96 1:35.96	700m: 11:09.62 1:36.18	1100m: 17:37.96 1:36.67	1500m: 24:01.59 1:32.39			
	400m: 6:15.47 1:37.51	800m: 12:45.18 1:35.56	1200m: 19:13.42 1:35.46				
56.	Antonio Fernando SOUSA	65	Porto	<b>24:07.88</b>		435	18,00
	100m: 1:31.27 1:31.27	500m: 7:56.68 1:36.93	900m: 14:30.11 1:37.48	1300m: 20:59.59 1:37.27			
	200m: 3:07.24 1:35.97	600m: 9:34.84 1:38.16	1000m: 16:06.45 1:36.34	1400m: 22:36.20 1:36.61			
	300m: 4:44.00 1:36.76	700m: 11:13.63 1:38.79	1100m: 17:44.76 1:38.31	1500m: 24:07.88 1:31.68			
	400m: 6:19.75 1:35.75	800m: 12:52.63 1:39.00	1200m: 19:22.32 1:37.56				
57.	Joao Giao MARTINS	65	Colegio Monte Maior	<b>24:07.91</b>		435	17,00
	100m: 1:33.98 1:33.98	500m: 8:02.34 1:35.68	900m: 14:27.52 1:36.51	1300m: 20:58.64 1:37.60			
	200m: 3:11.66 1:37.68	600m: 9:38.01 1:35.67	1000m: 16:04.55 1:37.03	1400m: 22:36.78 1:38.14			
	300m: 4:49.62 1:37.96	700m: 11:14.78 1:36.77	1100m: 17:43.23 1:38.68	1500m: 24:07.91 1:31.13			
	400m: 6:26.66 1:37.04	800m: 12:51.01 1:36.23	1200m: 19:21.04 1:37.81				
58.	Diogo Coutinho MARTINS	76	Nadadores dos Estoris	<b>24:09.41</b>		360	14,00
	100m: 1:22.82 1:22.82	500m: 7:32.81 1:35.57	900m: 14:07.74 1:39.84	1300m: 20:51.66 1:42.04			
	200m: 2:50.39 1:27.57	600m: 9:09.60 1:36.79	1000m: 15:48.73 1:40.99	1400m: 22:32.25 1:40.59			
	300m: 4:22.46 1:32.07	700m: 10:48.19 1:38.59	1100m: 17:29.36 1:40.63	1500m: 24:09.41 1:37.16			
	400m: 5:57.24 1:34.78	800m: 12:27.90 1:39.71	1200m: 19:09.62 1:40.26				
59.	Miguel Baceira SANTOS	84	Alhandra	<b>24:09.42</b>		357	17,00
	100m: 1:25.79 1:25.79	500m: 7:43.38 1:37.53	900m: 14:18.11 1:38.46	1300m: 20:53.61 1:39.43			
	200m: 2:57.04 1:31.25	600m: 9:21.56 1:38.18	1000m: 15:56.36 1:38.25	1400m: 22:32.67 1:39.06			
	300m: 4:30.01 1:32.97	700m: 11:00.18 1:38.62	1100m: 17:35.52 1:39.16	1500m: 24:09.42 1:36.75			
	400m: 6:05.85 1:35.84	800m: 12:39.65 1:39.47	1200m: 19:14.18 1:38.66				
60.	Luis Rosario FIGUEIREDO	89	Ginasio de Santo Tirso	<b>24:12.39</b>		258	10,00
	100m: 1:27.88 1:27.88	500m: 7:51.95 1:37.89	900m: 14:24.78 1:37.88	1300m: 21:02.80 1:41.01			
	200m: 2:59.81 1:31.93	600m: 9:30.29 1:38.34	1000m: 16:03.64 1:38.86	1400m: 22:42.95 1:40.15			
	300m: 4:35.80 1:35.99	700m: 11:09.66 1:39.37	1100m: 17:42.99 1:39.35	1500m: 24:12.39 1:29.44			
	400m: 6:14.06 1:38.26	800m: 12:46.90 1:37.24	1200m: 19:21.79 1:38.80				
61.	Armando Joao COSTA	63	Feirense	<b>24:14.09</b>		570	20,00
	100m: 1:29.29 1:29.29	500m: 8:00.82 1:38.12	900m: 14:34.01 1:38.47	1300m: 21:08.21 1:38.82			
	200m: 3:06.04 1:36.75	600m: 9:39.45 1:38.63	1000m: 16:12.28 1:38.27	1400m: 22:45.21 1:37.00			
	300m: 4:44.34 1:38.30	700m: 11:17.45 1:38.00	1100m: 17:50.69 1:38.41	1500m: 24:14.09 1:28.88			
	400m: 6:22.70 1:38.36	800m: 12:55.54 1:38.09	1200m: 19:29.39 1:38.70				
62.	Andre Meira GUIMARAES	76	Braga	<b>24:19.29</b>		353	12,00
	100m: 1:21.76 1:21.76	500m: 7:39.63 1:38.02	900m: 14:17.89 1:39.97	1300m: 21:02.80 1:41.94			
	200m: 2:50.94 1:29.18	600m: 9:18.51 1:38.88	1000m: 15:57.68 1:39.79	1400m: 22:42.43 1:39.63			
	300m: 4:25.31 1:34.37	700m: 10:57.51 1:39.00	1100m: 17:38.69 1:41.01	1500m: 24:19.29 1:36.86			
	400m: 6:01.61 1:36.30	800m: 12:37.92 1:40.41	1200m: 19:20.86 1:42.17				
63.	Pedro Nuno SILVA	73	Academica de Coimbra	<b>24:19.76</b>		380	14,00
	100m: 1:36.93 1:36.93	500m: 8:13.21 1:38.15	900m: 14:43.89 1:37.54	1300m: 21:09.91 1:35.99			
	200m: 3:16.12 1:39.19	600m: 9:50.90 1:37.69	1000m: 16:20.53 1:36.64	1400m: 22:46.16 1:36.25			
	300m: 4:55.84 1:39.72	700m: 11:28.65 1:37.75	1100m: 17:56.53 1:36.00	1500m: 24:19.76 1:33.60			
	400m: 6:35.06 1:39.22	800m: 13:06.35 1:37.70	1200m: 19:33.92 1:37.39				
64.	Filipe Pinheiro PIRES	73	Foca Quinta da Lixa CNF	<b>24:24.36</b>		376	12,00
	100m: 1:35.11 1:35.11	500m: 8:03.78 1:37.90	900m: 14:36.80 1:37.84	1300m: 21:09.68 1:38.85			
	200m: 3:11.09 1:35.98	600m: 9:42.03 1:38.25	1000m: 16:14.49 1:37.69	1400m: 22:48.81 1:39.13			
	300m: 4:47.90 1:36.81	700m: 11:20.92 1:38.89	1100m: 17:52.76 1:38.27	1500m: 24:24.36 1:35.55			
	400m: 6:25.88 1:37.98	800m: 12:58.96 1:38.04	1200m: 19:30.83 1:38.07				

Torneio de Fundo Masters  
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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
65.	Pedro Ricardo MACHADO	87	Famalicao	<b>24:25.66</b>		345	16,00
	100m: 1:21.49 1:21.49	500m: 7:35.97 1:37.96	900m: 14:11.58 1:40.72	1300m: 20:59.61 1:44.29			
	200m: 2:49.75 1:28.26	600m: 9:13.18 1:37.21	1000m: 15:52.47 1:40.89	1400m: 22:42.78 1:43.17			
	300m: 4:23.05 1:33.30	700m: 10:51.33 1:38.15	1100m: 17:34.26 1:41.79	1500m: 24:25.66 1:42.88			
	400m: 5:58.01 1:34.96	800m: 12:30.86 1:39.53	1200m: 19:15.32 1:41.06				
66.	Agostinho Alberto REGO	82	Vitoria Guimaraes	<b>24:27.61</b>		321	17,00
	100m: 1:28.39 1:28.39	500m: 7:56.46 1:38.08	900m: 14:33.28 1:39.31	1300m: 21:13.73 1:40.52			
	200m: 3:03.98 1:35.59	600m: 9:35.27 1:38.81	1000m: 16:12.56 1:39.28	1400m: 22:52.70 1:38.97			
	300m: 4:40.91 1:36.93	700m: 11:14.23 1:38.96	1100m: 17:53.06 1:40.50	1500m: 24:27.61 1:34.91			
	400m: 6:18.38 1:37.47	800m: 12:53.97 1:39.74	1200m: 19:33.21 1:40.15				
67.	Jorge Miguel OLIVEIRA	80	Natacao de Valongo	<b>24:32.31</b>		318	16,00
	100m: 1:31.30 1:31.30	500m: 8:04.95 1:39.25	900m: 14:38.38 1:37.93	1300m: 21:15.79 1:40.01			
	200m: 3:07.34 1:36.04	600m: 9:43.08 1:38.13	1000m: 16:16.92 1:38.54	1400m: 22:56.40 1:40.61			
	300m: 4:45.94 1:38.60	700m: 11:20.76 1:37.68	1100m: 17:56.22 1:39.30	1500m: 24:32.31 1:35.91			
	400m: 6:25.70 1:39.76	800m: 13:00.45 1:39.69	1200m: 19:35.78 1:39.56				
68.	Jose Luis MOREIRA	93	Natacao da Maia	<b>24:33.77</b>		247	9,00
	100m: 1:31.78 1:31.78	500m: 8:13.67 1:40.65	900m: 14:51.63 1:38.16	1300m: 21:24.94 1:38.44			
	200m: 3:11.81 1:40.03	600m: 9:53.20 1:39.53	1000m: 16:29.45 1:37.82	1400m: 23:02.11 1:37.17			
	300m: 4:52.48 1:40.67	700m: 11:33.41 1:40.21	1100m: 18:07.84 1:38.39	1500m: 24:33.77 1:31.66			
	400m: 6:33.02 1:40.54	800m: 13:13.47 1:40.06	1200m: 19:46.50 1:38.66				
69.	Joao Antonio GOMES	75	Leixoes	<b>24:34.70</b>		342	11,00
	100m: 1:29.91 1:29.91	500m: 8:02.65 1:37.93	900m: 14:41.63 1:39.52	1300m: 21:21.94 1:39.07			
	200m: 3:07.08 1:37.17	600m: 9:42.68 1:40.03	1000m: 16:21.88 1:40.25	1400m: 23:01.60 1:39.66			
	300m: 4:45.20 1:38.12	700m: 11:21.93 1:39.25	1100m: 18:00.88 1:39.00	1500m: 24:34.70 1:33.10			
	400m: 6:24.72 1:39.52	800m: 13:02.11 1:40.18	1200m: 19:42.87 1:41.99				
70.	Hamilton Kenji IDA	73	Vitoria Guimaraes	<b>24:50.61</b>		357	11,00
	100m: 1:25.39 1:25.39	500m: 7:56.47 1:39.75	900m: 14:41.63 1:41.55	1300m: 21:32.40 1:42.36			
	200m: 2:59.13 1:33.74	600m: 9:38.07 1:41.60	1000m: 16:23.72 1:42.09	1400m: 23:14.14 1:41.74			
	300m: 4:36.89 1:37.76	700m: 11:18.81 1:40.74	1100m: 18:06.46 1:42.74	1500m: 24:50.61 1:36.47			
	400m: 6:16.72 1:39.83	800m: 13:00.08 1:41.27	1200m: 19:50.04 1:43.58				
71.	Tiago Filipe CUNHA	76	Amigos da Natacao	<b>24:52.30</b>		330	10,00
	100m: 1:30.83 1:30.83	500m: 8:08.27 1:40.64	900m: 14:50.67 1:41.25	1300m: 21:32.59 1:40.37			
	200m: 3:08.24 1:37.41	600m: 9:48.95 1:40.68	1000m: 16:31.47 1:40.80	1400m: 23:13.69 1:41.10			
	300m: 4:47.63 1:39.39	700m: 11:29.09 1:40.14	1100m: 18:12.04 1:40.57	1500m: 24:52.30 1:38.61			
	400m: 6:27.63 1:40.00	800m: 13:09.42 1:40.33	1200m: 19:52.22 1:40.18				
72.	Joao Luis PEREIRA	83	Litoral Alentejano	<b>25:05.63</b>		297	14,00
	100m: 1:21.42 1:21.42	500m: 7:59.83 1:43.92	900m: 15:00.24 1:44.16	1300m: 21:48.09 1:41.72			
	200m: 2:54.13 1:32.71	600m: 9:44.41 1:44.58	1000m: 16:42.10 1:41.86	1400m: 23:26.89 1:38.80			
	300m: 4:33.93 1:39.80	700m: 11:29.90 1:45.49	1100m: 18:24.06 1:41.96	1500m: 25:05.63 1:38.74			
	400m: 6:15.91 1:41.98	800m: 13:16.08 1:46.18	1200m: 20:06.37 1:42.31				
73.	Mario Jose PINTO	57	Uniao Coimbra	<b>25:08.72</b>		576	26,00
	100m: 1:34.74 1:34.74	500m: 8:18.25 1:42.89	900m: 15:04.37 1:40.46	1300m: 21:51.08 1:39.91			
	200m: 3:12.93 1:38.19	600m: 10:02.73 1:44.48	1000m: 16:48.11 1:43.74	1400m: 23:32.11 1:41.03			
	300m: 4:53.08 1:40.15	700m: 11:44.12 1:41.39	1100m: 18:29.08 1:40.97	1500m: 25:08.72 1:36.61			
	400m: 6:35.36 1:42.28	800m: 13:23.91 1:39.79	1200m: 20:11.17 1:42.09				
74.	Joao Pedro LIMA	77	Geslours	<b>25:16.96</b>		314	9,00
	100m: 1:32.49 1:32.49	500m: 8:18.53 1:42.21	900m: 15:05.60 1:42.16	1300m: 21:55.01 1:43.55			
	200m: 3:12.16 1:39.67	600m: 10:00.98 1:42.45	1000m: 16:47.61 1:42.01	1400m: 23:38.45 1:43.44			
	300m: 4:54.28 1:42.12	700m: 11:42.49 1:41.51	1100m: 18:30.03 1:42.42	1500m: 25:16.96 1:38.51			
	400m: 6:36.32 1:42.04	800m: 13:23.44 1:40.95	1200m: 20:11.46 1:41.43				

Torneio de Fundo Masters  
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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
75.	Ricardo Velho FRANCO	74	Gesloures	<b>25:22.43</b>		310	8,00
	100m: 1:27.59 1:27.59	500m: 8:05.99 1:42.05	900m: 14:59.59 1:43.71	1300m: 21:54.70 1:43.75			
	200m: 3:03.91 1:36.32	600m: 9:49.15 1:43.16	1000m: 16:42.67 1:43.08	1400m: 23:40.01 1:45.31			
	300m: 4:43.33 1:39.42	700m: 11:32.97 1:43.82	1100m: 18:27.42 1:44.75	1500m: 25:22.43 1:42.42			
	400m: 6:23.94 1:40.61	800m: 13:15.88 1:42.91	1200m: 20:10.95 1:43.53				
76.	Carlos Goulao QUARESMA	78	Luz e Vida	<b>25:25.34</b>		309	7,00
	100m: 1:27.47 1:27.47	500m: 8:11.66 1:42.76	900m: 15:04.81 1:43.86	1300m: 22:03.28 1:44.73			
	200m: 3:04.20 1:36.73	600m: 9:54.74 1:43.08	1000m: 16:49.70 1:44.89	1400m: 23:43.83 1:40.55			
	300m: 4:45.71 1:41.51	700m: 11:38.05 1:43.31	1100m: 18:34.48 1:44.78	1500m: 25:25.34 1:41.51			
	400m: 6:28.90 1:43.19	800m: 13:20.95 1:42.90	1200m: 20:18.55 1:44.07				
77.	Nuno Manuel SA	71	Fluvial Portuense	<b>25:31.61</b>		329	10,00
	100m: 1:37.17 1:37.17	500m: 8:27.16 1:43.80	900m: 15:21.38 1:43.42	1300m: 22:11.91 1:42.67			
	200m: 3:17.48 1:40.31	600m: 10:11.25 1:44.09	1000m: 17:04.12 1:42.74	1400m: 23:55.42 1:43.51			
	300m: 5:00.43 1:42.95	700m: 11:54.59 1:43.34	1100m: 18:45.91 1:41.79	1500m: 25:31.61 1:36.19			
	400m: 6:43.36 1:42.93	800m: 13:37.96 1:43.37	1200m: 20:29.24 1:43.33				
78.	Luis Miguel GOMES	71	Natacao da Maia	<b>25:33.92</b>		327	9,00
	100m: 1:37.97 1:37.97	500m: 8:31.63 1:43.27	900m: 15:24.76 1:44.23	1300m: 22:16.84 1:42.16			
	200m: 3:22.07 1:44.10	600m: 10:14.69 1:43.06	1000m: 17:08.32 1:43.56	1400m: 23:58.61 1:41.77			
	300m: 5:05.36 1:43.29	700m: 11:57.97 1:43.28	1100m: 18:51.34 1:43.02	1500m: 25:33.92 1:35.31			
	400m: 6:48.36 1:43.00	800m: 13:40.53 1:42.56	1200m: 20:34.68 1:43.34				
79.	Eliseu Samuel FARIA	79	Vitoria Guimaraes	<b>25:42.30</b>		277	12,00
	100m: 1:27.60 1:27.60	500m: 8:09.86 1:43.90	900m: 15:09.41 1:45.38	1300m: 22:15.93 1:47.22			
	200m: 3:04.09 1:36.49	600m: 9:54.96 1:45.10	1000m: 16:55.21 1:45.80	1400m: 24:03.73 1:47.80			
	300m: 4:43.73 1:39.64	700m: 11:39.62 1:44.66	1100m: 18:42.15 1:46.94	1500m: 25:42.30 1:38.57			
	400m: 6:25.96 1:42.23	800m: 13:24.03 1:44.41	1200m: 20:28.71 1:46.56				
80.	Joao Dinis FREITAS	83	Masters de Almada	<b>25:43.80</b>		276	11,00
	100m: 1:33.84 1:33.84	500m: 8:26.63 1:44.72	900m: 15:23.82 1:44.32	1300m: 22:24.21 1:44.23			
	200m: 3:13.91 1:40.07	600m: 10:11.60 1:44.97	1000m: 17:09.28 1:45.46	1400m: 24:07.56 1:43.35			
	300m: 4:57.46 1:43.55	700m: 11:55.57 1:43.97	1100m: 18:54.62 1:45.34	1500m: 25:43.80 1:36.24			
	400m: 6:41.91 1:44.45	800m: 13:39.50 1:43.93	1200m: 20:39.98 1:45.36				
81.	Artur Jose PEREIRA	69	Gesloures	<b>25:53.58</b>		315	8,00
	100m: 1:33.79 1:33.79	500m: 8:25.90 1:44.07	900m: 15:22.89 1:43.97	1300m: 22:25.26 1:46.02			
	200m: 3:13.63 1:39.84	600m: 10:10.84 1:44.94	1000m: 17:08.30 1:45.41	1400m: 24:09.69 1:44.43			
	300m: 4:57.94 1:44.31	700m: 11:55.71 1:44.87	1100m: 18:53.29 1:44.99	1500m: 25:53.58 1:43.89			
	400m: 6:41.83 1:43.89	800m: 13:38.92 1:43.21	1200m: 20:39.24 1:45.95				
82.	Jorge Vieira RIBEIRO	64	Sporting de Aveiro	<b>25:56.95</b>		349	16,00
	100m: 1:33.58 1:33.58	500m: 8:27.83 1:45.28	900m: 15:32.93 1:46.37	1300m: 22:34.80 1:47.25			
	200m: 3:13.94 1:40.36	600m: 10:13.80 1:45.97	1000m: 17:18.51 1:45.58	1400m: 24:20.16 1:45.36			
	300m: 4:57.10 1:43.16	700m: 12:00.54 1:46.74	1100m: 19:03.30 1:44.79	1500m: 25:56.95 1:36.79			
	400m: 6:42.55 1:45.45	800m: 13:46.56 1:46.02	1200m: 20:47.55 1:44.25				
83.	Stephen Thomas DYSON	47	Alges	<b>26:11.43</b>		724	30,00
	100m: 1:42.42 1:42.42	500m: 8:46.26 1:45.48	900m: 15:47.08 1:44.50	1300m: 22:46.58 1:45.05			
	200m: 3:29.68 1:47.26	600m: 10:31.57 1:45.31	1000m: 17:31.80 1:44.72	1400m: 24:30.20 1:43.62			
	300m: 5:14.91 1:45.23	700m: 12:17.07 1:45.50	1100m: 19:16.47 1:44.67	1500m: 26:11.43 1:41.23			
	400m: 7:00.78 1:45.87	800m: 14:02.58 1:45.51	1200m: 21:01.53 1:45.06				
84.	Renato Augusto OLIVEIRA	85	Vitoria Guimaraes	<b>26:16.42</b>		277	14,00
	100m: 1:37.93 1:37.93	500m: 8:48.91 1:48.35	900m: 16:00.99 1:47.18	1300m: 22:53.68 1:41.28			
	200m: 3:22.02 1:44.09	600m: 10:37.12 1:48.21	1000m: 17:46.67 1:45.68	1400m: 24:38.05 1:44.37			
	300m: 5:10.83 1:48.81	700m: 12:26.14 1:49.02	1100m: 19:28.87 1:42.20	1500m: 26:16.42 1:38.37			
	400m: 7:00.56 1:49.73	800m: 14:13.81 1:47.67	1200m: 21:12.40 1:43.53				

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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
85.	Pedro Emanuel GOMES	88	Natacao de Valongo	<b>26:30.33</b>		270	12,00
	100m: 1:39.37 1:39.37	500m: 8:41.11 1:47.16	900m: 15:51.26 1:47.39	1300m: 23:04.19 1:48.23			
	200m: 3:23.16 1:43.79	600m: 10:29.34 1:48.23	1000m: 17:38.93 1:47.67	1400m: 24:50.70 1:46.51			
	300m: 5:08.60 1:45.44	700m: 12:17.23 1:47.89	1100m: 19:27.21 1:48.28	1500m: 26:30.33 1:39.63			
	400m: 6:53.95 1:45.35	800m: 14:03.87 1:46.64	1200m: 21:15.96 1:48.75				
86.	Andrei KRASTIN	79	Fluivial Portuense	<b>26:36.83</b>		249	10,00
	100m: 1:31.02 1:31.02	500m: 8:14.95 1:42.46	900m: 15:32.00 1:51.50	1300m: 22:58.20 1:51.90			
	200m: 3:09.62 1:38.60	600m: 10:02.15 1:47.20	1000m: 17:23.82 1:51.82	1400m: 24:48.06 1:49.86			
	300m: 4:50.40 1:40.78	700m: 11:50.94 1:48.79	1100m: 19:15.64 1:51.82	1500m: 26:36.83 1:48.77			
	400m: 6:32.49 1:42.09	800m: 13:40.50 1:49.56	1200m: 21:06.30 1:50.66				
87.	Norberto Matos PEREIRA	75	Vitoria Guimaraes	<b>26:37.49</b>		269	6,00
	100m: 1:31.86 1:31.86	500m: 8:34.37 1:47.75	900m: 15:45.00 1:49.06	1300m: 23:01.30 1:49.09			
	200m: 3:13.55 1:41.69	600m: 10:21.55 1:47.18	1000m: 17:33.72 1:48.72	1400m: 24:49.73 1:48.43			
	300m: 4:59.21 1:45.66	700m: 12:08.42 1:46.87	1100m: 19:23.73 1:50.01	1500m: 26:37.49 1:47.76			
	400m: 6:46.62 1:47.41	800m: 13:55.94 1:47.52	1200m: 21:12.21 1:48.48				
88.	Ricardo Madeira GASPAR OTL	89	Bairro dos Anjos/ Leiria	<b>26:57.84</b>		187	8,00
	100m: 1:33.56 1:33.56	500m: 8:50.19 1:49.64	900m: 16:06.71 1:48.84	1300m: 23:26.14 1:50.26			
	200m: 3:20.31 1:46.75	600m: 10:39.30 1:49.11	1000m: 17:57.30 1:50.59	1400m: 25:15.12 1:48.98			
	300m: 5:10.37 1:50.06	700m: 12:28.87 1:49.57	1100m: 19:46.86 1:49.56	1500m: 26:57.84 1:42.72			
	400m: 7:00.55 1:50.18	800m: 14:17.87 1:49.00	1200m: 21:35.88 1:49.02				
89.	Paulo Jorge RASOIL	74	Amigos da Natacao	<b>26:59.89</b>		258	5,00
	100m: 1:44.15 1:44.15	500m: 8:56.21 1:48.29	900m: 16:08.79 1:47.54	1300m: 23:29.00 1:49.75			
	200m: 3:31.16 1:47.01	600m: 10:44.23 1:48.02	1000m: 17:58.01 1:49.22	1400m: 25:17.79 1:48.79			
	300m: 5:20.16 1:49.00	700m: 12:33.00 1:48.77	1100m: 19:48.40 1:50.39	1500m: 26:59.89 1:42.10			
	400m: 7:07.92 1:47.76	800m: 14:21.25 1:48.25	1200m: 21:39.25 1:50.85				
90.	Rinat KAMOLOV	71	Alges e Agueda XXI	<b>27:05.39</b>		275	7,00
	100m: 1:38.44 1:38.44	500m: 8:50.71 1:49.77	900m: 16:15.91 1:50.69	1300m: 23:37.75 1:49.73			
	200m: 3:22.77 1:44.33	600m: 10:41.28 1:50.57	1000m: 18:07.28 1:51.37	1400m: 25:25.68 1:47.93			
	300m: 5:10.43 1:47.66	700m: 12:32.88 1:51.60	1100m: 19:58.72 1:51.44	1500m: 27:05.39 1:39.71			
	400m: 7:00.94 1:50.51	800m: 14:25.22 1:52.34	1200m: 21:48.02 1:49.30				
91.	Flavio Martins MOREIRA	70	Academica de Coimbra	<b>27:06.97</b>		274	6,00
	100m: 1:38.08 1:38.08	500m: 8:45.89 1:49.36	900m: 16:08.73 1:50.85	1300m: 23:30.03 1:49.27			
	200m: 3:21.53 1:43.45	600m: 10:36.56 1:50.67	1000m: 17:58.99 1:50.26	1400m: 25:19.85 1:49.82			
	300m: 5:08.46 1:46.93	700m: 12:27.15 1:50.59	1100m: 19:50.02 1:51.03	1500m: 27:06.97 1:47.12			
	400m: 6:56.53 1:48.07	800m: 14:17.88 1:50.73	1200m: 21:40.76 1:50.74				
92.	Ruben Filipe COELHO	82	Gesloures	<b>27:07.37</b>		235	9,00
	100m: 1:38.62 1:38.62	500m: 8:53.03 1:49.62	900m: 16:12.63 1:50.16	1300m: 23:38.05 1:49.86			
	200m: 3:25.63 1:47.01	600m: 10:42.17 1:49.14	1000m: 18:05.54 1:52.91	1400m: 25:26.65 1:48.60			
	300m: 5:14.34 1:48.71	700m: 12:32.99 1:50.82	1100m: 19:56.02 1:50.48	1500m: 27:07.37 1:40.72			
	400m: 7:03.41 1:49.07	800m: 14:22.47 1:49.48	1200m: 21:48.19 1:52.17				
93.	Jose Orlando NOVAIS	78	Vitoria Guimaraes	<b>27:09.46</b>		253	4,00
	100m: 1:38.75 1:38.75	500m: 8:45.44 1:48.33	900m: 16:04.11 1:49.95	1300m: 23:32.06 1:52.48			
	200m: 3:22.87 1:44.12	600m: 10:34.85 1:49.41	1000m: 17:55.92 1:51.81	1400m: 25:25.19 1:53.13			
	300m: 5:10.20 1:47.33	700m: 12:23.68 1:48.83	1100m: 19:47.35 1:51.43	1500m: 27:09.46 1:44.27			
	400m: 6:57.11 1:46.91	800m: 14:14.16 1:50.48	1200m: 21:39.58 1:52.23				

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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
94.	Bruno Gabriel LEITE	84	Braga	<b>27:10.87</b>		250	11,00	
	100m: 1:34.96	1:34.96	500m: 8:57.22	1:51.80	900m: 16:13.54	1:49.03	1300m: 23:32.98	1:50.55
	200m: 3:22.66	1:47.70	600m: 10:46.79	1:49.57	1000m: 18:03.57	1:50.03	1400m: 25:25.03	1:52.05
	300m: 5:13.82	1:51.16	700m: 12:35.40	1:48.61	1100m: 19:52.26	1:48.69	1500m: 27:10.87	1:45.84
	400m: 7:05.42	1:51.60	800m: 14:24.51	1:49.11	1200m: 21:42.43	1:50.17		
95.	Antonio Manuel SANTINHA	69	Masters de Almada	<b>27:12.41</b>		271	5,00	
	100m: 1:43.02	1:43.02	500m: 8:56.81	1:49.46	900m: 16:18.54	1:49.61	1300m: 23:41.61	1:48.29
	200m: 3:29.44	1:46.42	600m: 10:46.19	1:49.38	1000m: 18:14.80	1:56.26	1400m: 25:29.88	1:48.27
	300m: 5:17.95	1:48.51	700m: 12:38.06	1:51.87	1100m: 20:05.52	1:50.72	1500m: 27:12.41	1:42.53
	400m: 7:07.35	1:49.40	800m: 14:28.93	1:50.87	1200m: 21:53.32	1:47.80		
96.	Paolo SARVIA	59	Individual ANNP	<b>27:13.17</b>		402	19,00	
	100m: 1:40.38	1:40.38	500m: 8:58.50	1:51.36	900m: 16:19.80	1:49.72	1300m: 23:37.92	1:49.41
	200m: 3:26.81	1:46.43	600m: 10:48.78	1:50.28	1000m: 18:09.53	1:49.73	1400m: 25:27.90	1:49.98
	300m: 5:16.45	1:49.64	700m: 12:39.19	1:50.41	1100m: 19:59.13	1:49.60	1500m: 27:13.17	1:45.27
	400m: 7:07.14	1:50.69	800m: 14:30.08	1:50.89	1200m: 21:48.51	1:49.38		
97.	Bruno Goncalo CAMPOS	76	Luz e Vida	<b>27:24.25</b>		246	3,00	
	100m: 1:37.59	1:37.59	500m: 8:56.70	1:50.99	900m: 16:18.14	1:50.35	1300m: 23:42.33	1:50.83
	200m: 3:25.11	1:47.52	600m: 10:48.90	1:52.20	1000m: 18:11.01	1:52.87	1400m: 25:35.50	1:53.17
	300m: 5:14.44	1:49.33	700m: 12:39.16	1:50.26	1100m: 20:02.01	1:51.00	1500m: 27:24.25	1:48.75
	400m: 7:05.71	1:51.27	800m: 14:27.79	1:48.63	1200m: 21:51.50	1:49.49		
98.	Carlos Augusto CORREIA	52	Masters de Almada	<b>27:25.10</b>		504	30,00	
	100m: 1:41.58	1:41.58	500m: 9:02.22	1:50.87	900m: 16:23.47	1:50.33	1300m: 23:47.41	1:51.09
	200m: 3:30.99	1:49.41	600m: 10:52.66	1:50.44	1000m: 18:14.19	1:50.72	1400m: 25:36.89	1:49.48
	300m: 5:20.54	1:49.55	700m: 12:42.80	1:50.14	1100m: 20:05.19	1:51.00	1500m: 27:25.10	1:48.21
	400m: 7:11.35	1:50.81	800m: 14:33.14	1:50.34	1200m: 21:56.32	1:51.13		
99.	Joaquim Mendes BILRO	53	Alges	<b>27:47.39</b>		484	26,00	
	100m: 1:37.05	1:37.05	500m: 8:55.46	1:52.56	900m: 16:35.28	1:56.31	1300m: 24:10.50	1:54.24
	200m: 3:24.77	1:47.72	600m: 10:49.09	1:53.63	1000m: 18:28.57	1:53.29	1400m: 26:02.02	1:51.52
	300m: 5:12.47	1:47.70	700m: 12:44.36	1:55.27	1100m: 20:23.56	1:54.99	1500m: 27:47.39	1:45.37
	400m: 7:02.90	1:50.43	800m: 14:38.97	1:54.61	1200m: 22:16.26	1:52.70		
100.	Carlos Eduardo AFONSO	85	Natacao da Maia	<b>27:48.42</b>		234	10,00	
	100m: 1:47.13	1:47.13	500m: 9:21.69	1:52.45	900m: 16:52.09	1:52.39	1300m:	
	200m: 3:39.30	1:52.17	600m: 11:14.57	1:52.88	1000m: 18:45.98	1:53.89	1400m: 26:07.40	
	300m: 5:32.63	1:53.33	700m: 13:07.13	1:52.56	1100m: 20:39.97	1:53.99	1500m: 27:48.42	1:41.02
	400m: 7:29.24	1:56.61	800m: 14:59.70	1:52.57	1200m: 22:30.93	1:50.96		
101.	Antonio Carlos BATISTA	49	FC Ferreiras/AlgarExperience	<b>27:49.71</b>		482	22,00	
	100m: 1:38.21	1:38.21	500m: 8:59.90	1:52.72	900m: 16:35.37	1:54.61	1300m: 24:07.28	1:54.07
	200m: 3:24.62	1:46.41	600m: 10:53.65	1:53.75	1000m: 18:29.04	1:53.67	1400m: 26:00.11	1:52.83
	300m: 5:15.07	1:50.45	700m: 12:47.12	1:53.47	1100m: 20:21.62	1:52.58	1500m: 27:49.71	1:49.60
	400m: 7:07.18	1:52.11	800m: 14:40.76	1:53.64	1200m: 22:13.21	1:51.59		
102.	Nuno Silva AFONSO	79	Academica de Coimbra	<b>27:49.94</b>		218	8,00	
	100m: 1:32.74	1:32.74	500m: 8:59.04	1:52.57	900m: 16:33.10	1:53.73	1300m: 24:08.09	1:55.68
	200m: 3:20.22	1:47.48	600m: 10:51.60	1:52.56	1000m: 18:26.11	1:53.01	1400m: 26:03.40	1:55.31
	300m: 5:12.59	1:52.37	700m: 12:45.01	1:53.41	1100m: 20:18.44	1:52.33	1500m: 27:49.94	1:46.54
	400m: 7:06.47	1:53.88	800m: 14:39.37	1:54.36	1200m: 22:12.41	1:53.97		
103.	Hugo Manuel FERREIRA	79	Natacao da Maia	<b>28:03.13</b>		213	7,00	
	100m: 1:42.30	1:42.30	500m: 9:18.41	1:52.89	900m: 16:49.15	1:53.55	1300m: 24:25.05	1:53.46
	200m: 3:36.44	1:54.14	600m: 11:10.07	1:51.66	1000m: 18:45.10	1:55.95	1400m: 26:16.61	1:51.56
	300m: 5:31.25	1:54.81	700m: 13:02.85	1:52.78	1100m: 20:38.79	1:53.69	1500m: 28:03.13	1:46.52
	400m: 7:25.52	1:54.27	800m: 14:55.60	1:52.75	1200m: 22:31.59	1:52.80		

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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
104.	Francisco Jorge FERREIRA	62	Academica de Coimbra	<b>28:03.99</b>		367	18,00
	100m: 1:44.40 1:44.40	500m: 9:08.06 1:51.78	900m: 16:39.18 1:54.59	1300m: 24:18.77 1:54.93			
	200m: 3:34.04 1:49.64	600m: 11:00.21 1:52.15	1000m: 18:33.93 1:54.75	1400m: 26:12.36 1:53.59			
	300m: 5:24.78 1:50.74	700m: 12:52.42 1:52.21	1100m: 20:28.84 1:54.91	1500m: 28:03.99 1:51.63			
	400m: 7:16.28 1:51.50	800m: 14:44.59 1:52.17	1200m: 22:23.84 1:55.00				
105.	Pedro Santos GOUVEIA	81	Academica de Coimbra	<b>28:12.78</b>		209	6,00
	100m: 1:37.01 1:37.01	500m: 8:56.50 1:52.80	900m: 16:36.98 1:57.03	1300m: 24:24.96 1:56.34			
	200m: 3:25.49 1:48.48	600m: 10:49.24 1:52.74	1000m: 18:33.60 1:56.62	1400m: 26:19.47 1:54.51			
	300m: 5:15.61 1:50.12	700m: 12:45.10 1:55.86	1100m: 20:30.57 1:56.97	1500m: 28:12.78 1:53.31			
	400m: 7:03.70 1:48.09	800m: 14:39.95 1:54.85	1200m: 22:28.62 1:58.05				
106.	Nuno Nobre MIRANDA	70	Amigos da Natacao	<b>28:18.08</b>		241	4,00
	100m: 1:45.13 1:45.13	500m: 9:21.92 1:55.08	900m: 16:54.45 1:52.91	1300m: 24:31.90 1:54.26			
	200m: 3:37.98 1:52.85	600m: 11:15.51 1:53.59	1000m: 18:49.32 1:54.87	1400m: 26:26.19 1:54.29			
	300m: 5:32.29 1:54.31	700m: 13:08.35 1:52.84	1100m: 20:42.93 1:53.61	1500m: 28:18.08 1:51.89			
	400m: 7:26.84 1:54.55	800m: 15:01.54 1:53.19	1200m: 22:37.64 1:54.71				
107.	Joao Castro TEIXEIRA	61	Alhandra	<b>28:29.10</b>		351	17,00
	100m: 1:42.62 1:42.62	500m: 9:17.81 1:54.15	900m: 16:56.51 1:54.93	1300m: 24:39.28 1:56.18			
	200m: 3:34.75 1:52.13	600m: 11:13.05 1:55.24	1000m: 18:51.99 1:55.48	1400m: 26:35.95 1:56.67			
	300m: 5:29.00 1:54.25	700m: 13:06.86 1:53.81	1100m: 20:46.81 1:54.82	1500m: 28:29.10 1:53.15			
	400m: 7:23.66 1:54.66	800m: 15:01.58 1:54.72	1200m: 22:43.10 1:56.29				
108.	Luis Miguel ANTUNES	68	Leixoes	<b>28:32.49</b>		262	14,00
	100m: 1:44.86 1:44.86	500m: 9:21.89 1:54.86	900m: 17:01.82 1:53.76	1300m: 24:43.78 1:56.92			
	200m: 3:38.76 1:53.90	600m: 11:19.25 1:57.36	1000m: 18:56.73 1:54.91	1400m: 26:38.01 1:54.23			
	300m: 5:33.02 1:54.26	700m: 13:14.03 1:54.78	1100m: 20:50.14 1:53.41	1500m: 28:32.49 1:54.48			
	400m: 7:27.03 1:54.01	800m: 15:08.06 1:54.03	1200m: 22:46.86 1:56.72				
109.	Carlos Miguel TAVARES	74	Luz e Vida	<b>28:41.64</b>		215	2,00
	100m: 1:41.31 1:41.31	500m: 9:12.33 1:54.87	900m: 16:54.88 1:55.77	1300m: 24:46.17 1:58.39			
	200m: 3:31.39 1:50.08	600m: 11:07.71 1:55.38	1000m: 18:51.88 1:57.00	1400m: 26:45.03 1:58.86			
	300m: 5:23.68 1:52.29	700m: 13:03.53 1:55.82	1100m: 20:49.38 1:57.50	1500m: 28:41.64 1:56.61			
	400m: 7:17.46 1:53.78	800m: 14:59.11 1:55.58	1200m: 22:47.78 1:58.40				
110.	Filipe Serra OLIVEIRA	72	Salesianos	<b>28:45.44</b>		230	3,00
	100m: 1:50.57 1:50.57	500m: 9:41.39 1:58.02	900m: 17:27.27 1:56.55	1300m: 25:09.08 1:54.66			
	200m: 3:47.51 1:56.94	600m: 11:37.58 1:56.19	1000m: 19:21.97 1:54.70	1400m: 27:02.59 1:53.51			
	300m: 5:45.94 1:58.43	700m: 13:33.72 1:56.14	1100m: 21:17.91 1:55.94	1500m: 28:45.44 1:42.85			
	400m: 7:43.37 1:57.43	800m: 15:30.72 1:57.00	1200m: 23:14.42 1:56.51				
111.	Nuno Carlos ALBUQUERQUE	64	Braga	<b>28:48.60</b>		255	12,00
	100m: 1:47.29 1:47.29	500m: 9:29.96 1:56.19	900m: 17:18.98 1:57.44	1300m: 25:05.56 1:55.17			
	200m: 3:40.81 1:53.52	600m: 11:26.28 1:56.32	1000m: 19:15.98 1:57.00	1400m: 27:00.43 1:54.87			
	300m: 5:36.67 1:55.86	700m: 13:23.73 1:57.45	1100m: 21:13.22 1:57.24	1500m: 28:48.60 1:48.17			
	400m: 7:33.77 1:57.10	800m: 15:21.54 1:57.81	1200m: 23:10.39 1:57.17				
112.	Jose Antonio FERREIRA	58	Leixoes	<b>28:52.89</b>		380	22,00
	100m: 1:41.78 1:41.78	500m: 9:24.03 1:56.32	900m: 17:12.74 1:57.57	1300m: 25:05.66 1:59.10			
	200m: 3:34.18 1:52.40	600m: 11:19.14 1:55.11	1000m: 19:10.78 1:58.04	1400m: 27:02.41 1:56.75			
	300m: 5:30.41 1:56.23	700m: 13:16.99 1:57.85	1100m: 21:08.26 1:57.48	1500m: 28:52.89 1:50.48			
	400m: 7:27.71 1:57.30	800m: 15:15.17 1:58.18	1200m: 23:06.56 1:58.30				

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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
113.	Rui Miguel PINHEIRO <i>OTL</i>	76	Natacao da Maia	<b>29:02.42</b>		207	-
	100m: 1:40.85 1:40.85	500m: 9:34.28 1:58.37	900m: 17:20.61 1:56.37	1300m: 25:11.25 1:59.88			
	200m: 3:37.62 1:56.77	600m: 11:31.38 1:57.10	1000m: 19:16.38 1:55.77	1400m: 27:10.60 1:59.35			
	300m: 5:36.78 1:59.16	700m: 13:27.51 1:56.13	1100m: 21:12.29 1:55.91	1500m: 29:02.42 1:51.82			
	400m: 7:35.91 1:59.13	800m: 15:24.24 1:56.73	1200m: 23:11.37 1:59.08				
114.	Daniel Castro TRIGO	65	Sporting de Aveiro	<b>29:02.57</b>		249	11,00
	100m: 1:47.03 1:47.03	500m: 9:34.34 1:56.22	900m: 17:20.99 1:57.83	1300m: 25:11.74 1:58.78			
	200m: 3:43.38 1:56.35	600m: 11:30.49 1:56.15	1000m: 19:17.63 1:56.64	1400m: 27:09.80 1:58.06			
	300m: 5:41.13 1:57.75	700m: 13:27.11 1:56.62	1100m: 21:15.27 1:57.64	1500m: 29:02.57 1:52.77			
	400m: 7:38.12 1:56.99	800m: 15:23.16 1:56.05	1200m: 23:12.96 1:57.69				
115.	Mario Jorge BARROS	56	Individual ANNP	<b>29:23.70</b>		360	20,00
	100m: 1:50.80 1:50.80	500m: 9:53.58 2:00.75	900m: 17:52.52 1:58.15	1300m: 25:39.13 1:56.88			
	200m: 3:51.17 2:00.37	600m: 11:55.64 2:02.06	1000m: 19:47.82 1:55.30	1400m: 27:36.01 1:56.88			
	300m: 5:51.04 1:59.87	700m: 13:55.92 2:00.28	1100m: 21:43.92 1:56.10	1500m: 29:23.70 1:47.69			
	400m: 7:52.83 2:01.79	800m: 15:54.37 1:58.45	1200m: 23:42.25 1:58.33				
116.	Pedro Miguel ROQUE <i>OTL</i>	74	Luz e Vida	<b>29:39.93</b>		194	-
	100m: 1:43.37 1:43.37	500m: 9:28.23 1:57.86	900m: 17:33.43 2:01.16	1300m: 25:42.24 2:03.79			
	200m: 3:34.69 1:51.32	600m: 11:29.42 2:01.19	1000m: 19:35.40 2:01.97	1400m: 27:43.27 2:01.03			
	300m: 5:29.61 1:54.92	700m: 13:28.79 1:59.37	1100m: 21:37.33 2:01.93	1500m: 29:39.93 1:56.66			
	400m: 7:30.37 2:00.76	800m: 15:32.27 2:03.48	1200m: 23:38.45 2:01.12				
117.	Marco Miguel ARANTES	69	Gesloures	<b>29:53.41</b>		205	2,00
	100m: 1:46.56 1:46.56	500m: 9:52.97 2:01.23	900m: 17:58.23 2:01.75	1300m: 26:05.31 2:01.92			
	200m: 3:48.93 2:02.37	600m: 11:54.90 2:01.93	1000m: 20:00.19 2:01.96	1400m: 28:05.98 2:00.67			
	300m: 5:50.95 2:02.02	700m: 13:55.54 2:00.64	1100m: 22:01.97 2:01.78	1500m: 29:53.41 1:47.43			
	400m: 7:51.74 2:00.79	800m: 15:56.48 2:00.94	1200m: 24:03.39 2:01.42				
118.	Tiago Miguel APARICIO <i>OTL</i>	89	Amigos da Natacao	<b>29:53.78</b>		137	7,00
	100m: 1:46.58 1:46.58	500m: 9:33.59 1:58.83	900m: 17:45.00 2:05.26	1300m: 25:54.39 2:02.48			
	200m: 3:40.61 1:54.03	600m: 11:31.62 1:58.03	1000m: 19:50.31 2:05.31	1400m: 27:54.83 2:00.44			
	300m: 5:36.84 1:56.23	700m: 13:36.75 2:05.13	1100m: 21:49.53 1:59.22	1500m: 29:53.78 1:58.95			
	400m: 7:34.76 1:57.92	800m: 15:39.74 2:02.99	1200m: 23:51.91 2:02.38				
119.	Manuel Jose MOUTINHO <i>OTL</i>	77	Natacao da Maia	<b>29:56.49</b>		189	-
	100m: 1:40.88 1:40.88	500m: 9:35.43 2:01.35	900m: 17:44.70 2:03.60	1300m: 25:57.03 2:01.77			
	200m: 3:34.20 1:53.32	600m: 11:37.82 2:02.39	1000m: 19:48.46 2:03.76	1400m: 27:58.22 2:01.19			
	300m: 5:33.42 1:59.22	700m: 13:39.20 2:01.38	1100m: 21:51.80 2:03.34	1500m: 29:56.49 1:58.27			
	400m: 7:34.08 2:00.66	800m: 15:41.10 2:01.90	1200m: 23:55.26 2:03.46				
120.	Luis Miguel LOUREIRO	68	Fluvial Portuense	<b>29:59.47</b>		226	10,00
	100m: 1:48.34 1:48.34	500m: 9:51.80 2:00.78	900m: 17:58.79 2:02.80	1300m: 26:01.95 2:00.82			
	200m: 3:46.87 1:58.53	600m: 11:54.24 2:02.44	1000m: 19:59.98 2:01.19	1400m: 28:02.05 2:00.10			
	300m: 5:48.42 2:01.55	700m: 13:55.14 2:00.90	1100m: 22:00.99 2:01.01	1500m: 29:59.47 1:57.42			
	400m: 7:51.02 2:02.60	800m: 15:55.99 2:00.85	1200m: 24:01.13 2:00.14				

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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
121.	Jose Carlos RAMALHO	67	Braga	<b>30:00.09</b>		226	9,00
	100m: 1:48.20 1:48.20	500m: 9:49.22 2:01.28	900m: 17:56.44	2:02.31	1300m: 26:02.75 2:01.72		
	200m: 3:48.82 2:00.62	600m: 11:50.50 2:01.28	1000m: 19:57.80	2:01.36	1400m: 28:04.98 2:02.23		
	300m: 5:48.35 1:59.53	700m: 13:52.50 2:02.00	1100m: 21:57.92	2:00.12	1500m: 30:00.09 1:55.11		
	400m: 7:47.94 1:59.59	800m: 15:54.13 2:01.63	1200m: 24:01.03	2:03.11			
122.	Manuel Fernando SANTOS OTL	61	Gafanha da Encarnacao	<b>30:01.57</b>		299	16,00
	100m: 1:52.10 1:52.10	500m: 10:03.23 2:00.70	900m: 18:07.18	2:00.64	1300m: 26:08.25 2:00.64		
	200m: 3:54.53 2:02.43	600m: 12:04.41 2:01.18	1000m: 20:07.05	1:59.87	1400m: 28:07.38 1:59.13		
	300m: 5:59.89 2:05.36	700m: 14:05.06 2:00.65	1100m: 22:07.49	2:00.44	1500m: 30:01.57 1:54.19		
	400m: 8:02.53 2:02.64	800m: 16:06.54 2:01.48	1200m: 24:07.61	2:00.12			
123.	Vitor Manuel CARDOSO	65	Gesloures	<b>30:14.44</b>		221	8,00
	100m: 1:51.24 1:51.24	500m: 9:47.72 1:59.04	900m: 17:53.77	2:03.48	1300m: 26:11.26 2:05.82		
	200m: 3:49.89 1:58.65	600m: 11:47.32 1:59.60	1000m: 19:57.15	2:03.38	1400m: 28:14.80 2:03.54		
	300m: 5:48.26 1:58.37	700m: 13:48.49 2:01.17	1100m: 22:01.58	2:04.43	1500m: 30:14.44 1:59.64		
	400m: 7:48.68 2:00.42	800m: 15:50.29 2:01.80	1200m: 24:05.44	2:03.86			
124.	Marco Paulo FERREIRA OTL	78	Braga	<b>30:15.78</b>		183	-
	100m: 1:42.93 1:42.93	500m: 9:47.03 2:02.39	900m: 18:05.11	2:04.66	1300m: 26:17.44 2:04.34		
	200m: 3:39.59 1:56.66	600m: 11:49.75 2:02.72	1000m: 20:07.30	2:02.19	1400m: 28:20.28 2:02.84		
	300m: 5:42.89 2:03.30	700m: 13:53.69 2:03.94	1100m: 22:11.19	2:03.89	1500m: 30:15.78 1:55.50		
	400m: 7:44.64 2:01.75	800m: 16:00.45 2:06.76	1200m: 24:13.10	2:01.91			
125.	Celso Abreu FERNANDES	67	Sporting de Aveiro	<b>30:20.06</b>		219	7,00
	100m: 1:49.91 1:49.91	500m: 9:53.93 2:02.47	900m: 18:02.74	2:02.34	1300m: 26:21.26 2:03.05		
	200m: 3:48.00 1:58.09	600m: 11:56.27 2:02.34	1000m: 20:06.94	2:04.20	1400m: 28:24.79 2:03.53		
	300m: 5:49.85 2:01.85	700m: 13:58.41 2:02.14	1100m: 22:13.85	2:06.91	1500m: 30:20.06 1:55.27		
	400m: 7:51.46 2:01.61	800m: 16:00.40 2:01.99	1200m: 24:18.21	2:04.36			
126.	Vitorino Fernando FARIA	73	Foca Quinta da Lixa CNF	<b>30:21.26</b>		195	-
	100m: 1:48.01 1:48.01	500m: 9:48.36 2:02.50	900m: 18:05.18	2:04.20	1300m: 26:18.71 2:03.05		
	200m: 3:42.92 1:54.91	600m: 11:52.73 2:04.37	1000m: 20:08.96	2:03.78	1400m: 28:23.89 2:05.18		
	300m: 5:42.51 1:59.59	700m: 13:57.09 2:04.36	1100m: 22:13.19	2:04.23	1500m: 30:21.26 1:57.37		
	400m: 7:45.86 2:03.35	800m: 16:00.98 2:03.89	1200m: 24:15.66	2:02.47			
127.	Jose Gerardo QUECEDO	57	Obidos Criativa	<b>30:24.02</b>		326	19,00
	100m: 1:53.60 1:53.60	500m: 10:13.38 2:03.76	900m: 18:25.05	2:01.42	1300m: 26:31.36 2:01.80		
	200m: 3:59.67 2:06.07	600m: 12:18.26 2:04.88	1000m: 20:26.42	2:01.37	1400m: 28:31.55 2:00.19		
	300m: 6:05.97 2:06.30	700m: 14:21.27 2:03.01	1100m: 22:27.28	2:00.86	1500m: 30:24.02 1:52.47		
	400m: 8:09.62 2:03.65	800m: 16:23.63 2:02.36	1200m: 24:29.56	2:02.28			
128.	Nuno Ramalho COSTA	72	Luz e Vida	<b>30:37.94</b>		190	-
	100m: 1:43.83 1:43.83	500m: 9:40.62 2:03.34	900m: 18:00.56	2:04.96	1300m: 26:28.56 2:08.53		
	200m: 3:37.67 1:53.84	600m: 11:45.03 2:04.41	1000m: 20:07.00	2:06.44	1400m: 28:34.59 2:06.03		
	300m: 5:35.73 1:58.06	700m: 13:50.57 2:05.54	1100m: 22:14.01	2:07.01	1500m: 30:37.94 2:03.35		
	400m: 7:37.28 2:01.55	800m: 15:55.60 2:05.03	1200m: 24:20.03	2:06.02			
129.	Ricardo Jorge PALMA OTL	81	Masters de Almada	<b>30:38.74</b>		163	5,00
	100m: 1:51.51 1:51.51	500m: 9:56.03 2:02.11	900m: 18:10.25	2:04.04	1300m: 26:31.04 2:05.64		
	200m: 3:49.74 1:58.23	600m: 11:58.29 2:02.26	1000m: 20:15.36	2:05.11	1400m: 28:36.79 2:05.75		
	300m: 5:50.69 2:00.95	700m: 14:02.79 2:04.50	1100m: 22:19.58	2:04.22	1500m: 30:38.74 2:01.95		
	400m: 7:53.92 2:03.23	800m: 16:06.21 2:03.42	1200m: 24:25.40	2:05.82			



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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
130.	Jose Henrique MADAIL	54	Galitos / Bresimar	<b>30:57.47</b>		308	18,00
	100m: 1:59.53 1:59.53	500m: 10:14.63 2:04.33	900m: 18:37.94 2:06.27	1300m: 26:56.23 2:04.63			
	200m: 4:02.75 2:03.22	600m: 12:20.26 2:05.63	1000m: 20:43.95 2:06.01	1400m: 28:59.86 2:03.63			
	300m: 6:05.73 2:02.98	700m: 14:24.97 2:04.71	1100m: 22:48.56 2:04.61	1500m: 30:57.47 1:57.61			
	400m: 8:10.30 2:04.57	800m: 16:31.67 2:06.70	1200m: 24:51.60 2:03.04				
131.	Pedro Miguel MASSANO OTL	74	Luz e Vida	<b>31:06.13</b>		168	-
	100m: 1:47.81 1:47.81	500m: 10:07.68 2:05.78	900m: 18:33.26 2:06.49	1300m: 27:04.09 2:05.05			
	200m: 3:50.49 2:02.68	600m: 12:14.77 2:07.09	1000m: 20:40.73 2:07.47	1400m: 29:10.93 2:06.84			
	300m: 5:56.18 2:05.69	700m: 14:21.99 2:07.22	1100m: 22:53.00 2:12.27	1500m: 31:06.13 1:55.20			
	400m: 8:01.90 2:05.72	800m: 16:26.77 2:04.78	1200m: 24:59.04 2:06.04				
132.	David Manuel ALMEIDA	72	Natacao da Maia	<b>31:07.49</b>		181	-
	100m: 1:52.85 1:52.85	500m: 10:09.24 2:05.48	900m: 18:34.82 2:06.58	1300m: 27:02.78 2:06.49			
	200m: 3:53.69 2:00.84	600m: 12:16.58 2:07.34	1000m: 20:42.73 2:07.91	1400m: 29:07.89 2:05.11			
	300m: 5:57.54 2:03.85	700m: 14:22.24 2:05.66	1100m: 22:49.24 2:06.51	1500m: 31:07.49 1:59.60			
	400m: 8:03.76 2:06.22	800m: 16:28.24 2:06.00	1200m: 24:56.29 2:07.05				
133.	Raul Antonio MOREIRA	69	Industrial Viegrense	<b>31:12.88</b>		180	-
	100m: 1:47.39 1:47.39	500m: 9:59.75 2:05.09	900m: 18:25.47 2:07.34	1300m: 26:54.41 2:05.40			
	200m: 3:49.61 2:02.22	600m: 12:06.49 2:06.74	1000m: 20:31.25 2:05.78	1400m: 29:06.94 2:12.53			
	300m: 5:50.61 2:01.00	700m: 14:12.13 2:05.64	1100m: 22:40.05 2:08.80	1500m: 31:12.88 2:05.94			
	400m: 7:54.66 2:04.05	800m: 16:18.13 2:06.00	1200m: 24:49.01 2:08.96				
134.	Carlos Miguel RODRIGUES OTL	76	Alges e Agueda XXI	<b>31:32.39</b>		161	-
	100m: 1:51.63 1:51.63	500m: 10:13.56 2:06.30	900m: 18:40.78 2:07.55	1300m: 27:15.07 2:10.05			
	200m: 3:55.73 2:04.10	600m: 12:20.33 2:06.77	1000m: 20:49.34 2:08.56	1400m: 29:26.25 2:11.18			
	300m: 6:01.40 2:05.67	700m: 14:26.97 2:06.64	1100m: 22:57.06 2:07.72	1500m: 31:32.39 2:06.14			
	400m: 8:07.26 2:05.86	800m: 16:33.23 2:06.26	1200m: 25:05.02 2:07.96				
135.	Domingos Pinto COELHO	52	Alges	<b>31:40.01</b>		327	20,00
	100m: 1:56.63 1:56.63	500m: 10:27.01 2:09.25	900m: 18:59.21 2:07.96	1300m: 27:31.04 2:07.62			
	200m: 4:02.86 2:06.23	600m: 12:36.34 2:09.33	1000m: 21:07.26 2:08.05	1400m: 29:37.73 2:06.69			
	300m: 6:09.90 2:07.04	700m: 14:43.41 2:07.07	1100m: 23:14.73 2:07.47	1500m: 31:40.01 2:02.28			
	400m: 8:17.76 2:07.86	800m: 16:51.25 2:07.84	1200m: 25:23.42 2:08.69				
136.	Carlos Filipe CANITO	69	Natacao de Valongo	<b>31:40.34</b>		172	-
	100m: 2:08.03 2:08.03	500m: 11:01.22 2:13.82	900m: 19:29.29 2:07.05	1300m: 27:44.14 2:02.10			
	200m: 4:24.57 2:16.54	600m: 13:08.48 2:07.26	1000m: 21:36.08 2:06.79	1400m: 29:46.98 2:02.84			
	300m: 6:38.88 2:14.31	700m: 15:14.48 2:06.00	1100m: 23:40.52 2:04.44	1500m: 31:40.34 1:53.36			
	400m: 8:47.40 2:08.52	800m: 17:22.24 2:07.76	1200m: 25:42.04 2:01.52				
137.	Jose Alexandre RAPOSO	55	Sporting de Aveiro	<b>31:50.09</b>		284	17,00
	100m: 2:03.94 2:03.94	500m: 10:36.00 2:07.85	900m: 19:12.51 2:09.08	1300m: 27:44.81 2:07.64			
	200m: 4:12.17 2:08.23	600m: 12:44.74 2:08.74	1000m: 21:21.16 2:08.65	1400m: 29:51.18 2:06.37			
	300m: 6:20.58 2:08.41	700m: 14:53.34 2:08.60	1100m: 23:28.66 2:07.50	1500m: 31:50.09 1:58.91			
	400m: 8:28.15 2:07.57	800m: 17:03.43 2:10.09	1200m: 25:37.17 2:08.51				
138.	Pedro Miguel GONCALVES OTL	83	Vilacondense	<b>32:09.46</b>		141	4,00
	100m: 1:41.09 1:41.09	500m: 10:04.76 2:11.61	900m: 18:53.73 2:11.11	1300m: 27:43.40 2:14.20			
	200m: 3:38.54 1:57.45	600m: 12:14.42 2:09.66	1000m: 21:04.01 2:10.28	1400m: 29:55.18 2:11.78			
	300m: 5:43.87 2:05.33	700m: 14:29.30 2:14.88	1100m: 23:15.14 2:11.13	1500m: 32:09.46 2:14.28			
	400m: 7:53.15 2:09.28	800m: 16:42.62 2:13.32	1200m: 25:29.20 2:14.06				

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Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
139.	Jose Manuel BAPTISTA	69	Leixoes	<b>32:29.09</b>		159	-
	100m: 1:55.00 1:55.00	500m: 10:19.48 2:07.82	900m: 19:20.97 2:20.97	1300m: 28:09.19 2:11.49			
	200m: 4:00.40 2:05.40	600m: 12:29.24 2:09.76	1000m: 21:38.17 2:17.20	1400m: 30:20.23 2:11.04			
	300m: 6:06.37 2:05.97	700m: 14:41.23 2:11.99	1100m: 23:48.74 2:10.57	1500m: 32:29.09 2:08.86			
	400m: 8:11.66 2:05.29	800m: 17:00.00 2:18.77	1200m: 25:57.70 2:08.96				
140.	Paulo Monteiro PINTO	64	Porto	<b>33:01.76</b>		169	6,00
	<i>OTL</i>						
	100m: 1:55.33 1:55.33	500m: 10:38.42 2:13.32	900m: 19:30.47 2:14.19	1300m: 28:33.57 2:16.73			
	200m: 4:02.05 2:06.72	600m: 12:49.11 2:10.69	1000m: 21:46.27 2:15.80	1400m: 30:49.13 2:15.56			
	300m: 6:12.50 2:10.45	700m: 15:01.02 2:11.91	1100m: 24:01.77 2:15.50	1500m: 33:01.76 2:12.63			
	400m: 8:25.10 2:12.60	800m: 17:16.28 2:15.26	1200m: 26:16.84 2:15.07				
141.	Joao Pedro OLIVEIRA	74	Natacao de Valongo	<b>33:04.27</b>		140	-
	<i>OTL</i>						
	100m: 1:48.35 1:48.35	500m: 10:34.28 2:17.40	900m: 19:36.68 2:17.82	1300m: 28:45.38 2:16.49			
	200m: 3:53.97 2:05.62	600m: 12:47.43 2:13.15	1000m: 21:55.11 2:18.43	1400m: 30:57.30 2:11.92			
	300m: 6:04.74 2:10.77	700m: 15:01.90 2:14.47	1100m: 24:12.25 2:17.14	1500m: 33:04.27 2:06.97			
	400m: 8:16.88 2:12.14	800m: 17:18.86 2:16.96	1200m: 26:28.89 2:16.64				
142.	Hugo Alexandre BORREGO	72	Sporting de Aveiro	<b>33:33.50</b>		144	-
	100m: 1:55.74 1:55.74	500m: 10:43.13 2:14.97	900m: 19:50.96 2:18.53	1300m: 29:08.62 2:19.45			
	200m: 4:04.19 2:08.45	600m: 12:58.07 2:14.94	1000m: 22:10.44 2:19.48	1400m: 31:21.88 2:13.26			
	300m: 6:14.52 2:10.33	700m: 15:14.11 2:16.04	1100m: 24:30.76 2:20.32	1500m: 33:33.50 2:11.62			
	400m: 8:28.16 2:13.64	800m: 17:32.43 2:18.32	1200m: 26:49.17 2:18.41				
143.	Alberto Carlos ALVES	68	Braga	<b>34:06.24</b>		154	5,00
	<i>OTL</i>						
	100m: 1:58.55 1:58.55	500m: 10:58.16 2:18.05	900m: 20:18.05 2:19.32	1300m: 29:33.75 2:18.60			
	200m: 4:11.06 2:12.51	600m: 13:19.26 2:21.10	1000m: 22:38.62 2:20.57	1400m: 31:52.97 2:19.22			
	300m: 6:25.58 2:14.52	700m: 15:39.93 2:20.67	1100m: 24:57.33 2:18.71	1500m: 34:06.24 2:13.27			
	400m: 8:40.11 2:14.53	800m: 17:58.73 2:18.80	1200m: 27:15.15 2:17.82				
144.	Jorge Joaquim NUNES	62	Vitoria Guimaraes	<b>34:08.87</b>		203	14,00
	<i>OTL</i>						
	100m: 2:01.29 2:01.29	500m: 11:16.44 2:19.97	900m: 20:27.22 2:18.99	1300m: 29:38.66 2:18.38			
	200m: 4:17.00 2:15.71	600m: 13:34.58 2:18.14	1000m: 22:42.93 2:15.71	1400m: 31:54.27 2:15.61			
	300m: 6:36.62 2:19.62	700m: 15:51.83 2:17.25	1100m: 25:02.46 2:19.53	1500m: 34:08.87 2:14.60			
	400m: 8:56.47 2:19.85	800m: 18:08.23 2:16.40	1200m: 27:20.28 2:17.82				
145.	Luis Joao MOURAO	62	Natacao de Valongo	<b>34:13.93</b>		202	12,00
	<i>OTL</i>						
	100m: 1:58.28 1:58.28	500m: 10:56.81 2:17.17	900m: 20:13.29 2:20.32	1300m: 29:37.18 2:22.57			
	200m: 4:07.63 2:09.35	600m: 13:13.68 2:16.87	1000m: 22:34.00 2:20.71	1400m: 31:57.60 2:20.42			
	300m: 6:22.32 2:14.69	700m: 15:32.44 2:18.76	1100m: 24:53.52 2:19.52	1500m: 34:13.93 2:16.33			
	400m: 8:39.64 2:17.32	800m: 17:52.97 2:20.53	1200m: 27:14.61 2:21.09				
146.	Luis Vidigal SALGUEIRO	45	Alges	<b>34:18.67</b>		322	26,00
	100m: 2:04.79 2:04.79	500m: 11:03.47 2:16.19	900m: 20:17.33 2:19.21	1300m: 29:42.19 2:22.11			
	200m: 4:15.94 2:11.15	600m: 13:21.05 2:17.58	1000m: 22:36.48 2:19.15	1400m: 32:04.56 2:22.37			
	300m: 6:30.77 2:14.83	700m: 15:38.98 2:17.93	1100m: 24:56.80 2:20.32	1500m: 34:18.67 2:14.11			
	400m: 8:47.28 2:16.51	800m: 17:58.12 2:19.14	1200m: 27:20.08 2:23.28				

Torneio de Fundo Masters  
Coimbra, 26/2/2023

Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
147.	Alexandre Azevedo GASPAR	45	Alges	<b>36:24.46</b>		269	22,00
	100m: 2:14.58 2:14.58	500m: 11:42.24 2:26.34	900m: 21:30.23 2:27.72	1300m: 31:31.11 2:29.18			
	200m: 4:34.30 2:19.72	600m: 14:08.78 2:26.54	1000m: 24:01.96 2:31.73	1400m: 33:59.75 2:28.64			
	300m: 6:54.56 2:20.26	700m: 16:36.20 2:27.42	1100m: 26:33.97 2:32.01	1500m: 36:24.46 2:24.71			
	400m: 9:15.90 2:21.34	800m: 19:02.51 2:26.31	1200m: 29:01.93 2:27.96				
148.	Jose LEITE	48	Foca Quinta da Lixa CNF	<b>37:14.00</b>		252	20,00
	100m: 2:13.53 2:13.53	500m: 11:56.90 2:30.11	900m: 22:05.77 2:33.71	1300m: 32:19.37 2:33.30			
	200m: 4:37.63 2:24.10	600m: 14:22.37 2:25.47	1000m: 24:39.46 2:33.69	1400m: 34:51.23 2:31.86			
	300m: 6:55.03 2:17.40	700m: 16:58.43 2:36.06	1100m: 27:12.76 2:33.30	1500m: 37:14.00 2:22.77			
	400m: 9:26.79 2:31.76	800m: 19:32.06 2:33.63	1200m: 29:46.07 2:33.31				
149.	Albano Couto TEIXEIRA OTL	63	Foca Quinta da Lixa CNF	<b>38:16.58</b>		144	11,00
	100m: 2:08.82 2:08.82	500m: 12:16.17 2:30.26	900m: 22:48.40 2:40.26	1300m: 33:15.05 2:41.47			
	200m: 4:36.00 2:27.18	600m: 14:54.44 2:38.27	1000m: 25:27.04 2:38.64	1400m: 35:49.55 2:34.50			
	300m: 7:11.32 2:35.32	700m: 17:33.16 2:38.72	1100m: 28:00.85 2:33.81	1500m: 38:16.58 2:27.03			
	400m: 9:45.91 2:34.59	800m: 20:08.14 2:34.98	1200m: 30:33.58 2:32.73				
150.	Jose Manuel HORTA OTL	49	Alges	<b>47:20.37</b>		98	19,00
	100m: 3:05.72 3:05.72	500m: 16:01.02 3:13.90	900m: 28:46.20 3:10.44	1300m: 41:18.65 3:07.61			
	200m: 6:20.46 3:14.74	600m: 19:11.86 3:10.84	1000m: 31:58.25 3:12.05	1400m: 44:24.26 3:05.61			
	300m: 9:33.20 3:12.74	700m: 22:25.31 3:13.45	1100m: 35:05.71 3:07.46	1500m: 47:20.37 2:56.11			
	400m: 12:47.12 3:13.92	800m: 25:35.76 3:10.45	1200m: 38:11.04 3:05.33				
151.	Joao Rodrigues TEIXEIRA	37	Academica de Coimbra	<b>1:01:22.04</b>		402	30,00
	100m: 3:31.13 3:31.13	500m: 17:59.82 3:50.44	900m: 35:13.90 4:20.55	1300m: 52:25.64 4:12.08			
	200m: 6:58.29 3:27.16	600m: 22:21.07 4:21.25	1000m: 39:26.35 4:12.45	1400m: 57:01.22 4:35.58			
	300m: 10:29.17 3:30.88	700m: 26:27.56 4:06.49	1100m: 43:44.24 4:17.89	1500m: 1:01:22.04 4:20.82			
	400m: 14:09.38 3:40.21	800m: 30:53.35 4:25.79	1200m: 48:13.56 4:29.32				
DNS	Jaime Carlos BENTO	61	Alges				-
DNS	Daniel Marques SILVA	83	Nadadores dos Estoris				-
DNS	Helder Henriques PEREIRA	79	Luz e Vida				-
DNS	Rui Manuel VELEZ	64	Luz e Vida				-
DNS	Cristian AITA	77	Porto				-
DNS	Alberto Sergio SOUSA	63	Porto				-
DNS	Ricardo Antonio MENDES	55	Salesianos				-
DNS	Manuel Monteiro TENREIRO	40	Academica de Coimbra				-
DNS	Rodrigo Marques COSTA	76	Litoral Alentejano				-
DNS	Rafael Andre TORPES	89	Litoral Alentejano				-
DNS	Ricardo Jorge LETRA	85	Industrial Viegense				-
DNS	Pedro Bruno MENESES	62	Leixoes				-
DNF	Jose Miguel BARROSO	62	Fluvial Portuense				-
	102 - Não completou a prova - SW 10.2						
DNF	Luis Miguel BERNARDO	61	Fluvial Portuense				-
	102 - Não completou a prova - SW 10.2						