

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	-	1	1	-	1	1	-	-	-
Aminata-Evora Clube de Natacao	AMINATA	ANALEN	-	1	1	-	1	1	-	-	-
Assoc. Propriet. Urbanizacao Vila DEstAPUVE	ANNP	ANNP	2	1	3	2	1	3	-	-	-
Associacao Academica de Coimbra	AAC	ANC	9	3	12	9	3	12	-	-	-
Associacao Desportiva de Penafiel	ADP	ANNP	9	-	9	9	-	9	-	-	-
CCD Pess. Camara Munic. da Serta	CCDSERTA	ANIC	-	1	1	-	1	1	-	-	-
CLIP Teams-Associacao Desportiva	CLIPTEAM	ANNP	-	2	2	-	2	2	-	-	-
Clube de Campismo Luz e Vida	CCLV	ANL	1	-	1	1	-	1	-	-	-
Clube de Natacao da Maia	CNMAIA	ANNP	2	1	3	2	1	3	-	-	-
Clube de Natacao de Valongo	CNV	ANNP	2	-	2	2	-	2	-	-	-
Clube de Natacao do Litoral Alentejano	CNLA	ANALEN	4	1	5	4	1	5	-	-	-
Clube Desportivo Feirense	CDF	ANCNP	6	-	6	6	-	6	-	-	-
Clube dos Galitos / Bresimar	CGA	ANCNP	1	-	1	1	-	1	-	-	-
Clube Fluvial Portuense	CFP	ANNP	14	5	19	14	5	19	-	-	-
Clube Fluvial Vilacondense	CFV	ANNP	3	-	3	3	-	3	-	-	-
Clube Millennium BCP	CMBCP	ANL	1	-	1	1	-	1	-	-	-
Clube Natacao da Amadora	CNA	ANL	1	-	1	1	-	1	-	-	-
Clube Natacao de Lisboa	CNLX	ANL	-	1	1	-	1	1	-	-	-
Clube Natacao Masters de Almada	CNMAL	ANL	2	2	4	2	2	4	-	-	-
Foca-Clube Natacao de Felgueiras	FOCA	ANNP	5	3	8	5	3	8	-	-	-
Fundacao Salesianos	FS	ANL	3	-	3	3	-	3	-	-	-
Futebol Clube do Porto	FCP	ANNP	8	6	14	8	6	14	-	-	-
Ginasio Clube de Santo Tirso	GCST	ANNP	1	1	2	1	1	2	-	-	-
Grupo dos Amigos da Natacao-ACD	GAN	ANL	2	-	2	2	-	2	-	-	-
Individual ANNP	INDANP	ANNP	2	-	2	2	-	2	-	-	-
Leixoes Sport Club	LSC	ANNP	17	13	30	17	13	30	-	-	-
Sport Alges e Dafundo	SAD	ANL	6	-	6	6	-	6	-	-	-
Sporting Clube de Aveiro	SCA	ANCNP	4	1	5	4	1	5	-	-	-
Sporting Clube de Braga	SCB	ANMIN	5	1	6	5	1	6	-	-	-
Sporting Clube de Portugal	SCP	ANL	4	1	5	4	1	5	-	-	-
Uniao Desportiva Oliveirense	UDO	ANCNP	2	1	3	2	1	3	-	-	-
Viana Natacao Clube	VNC	ANMIN	1	1	2	1	1	2	-	-	-
Vitoria Sport Clube	VSC	ANNP	3	2	5	3	2	5	-	-	-
Numero total de 33 Clubes			120	49	169	120	49	169	-	-	-

Torneio de Fundo Masters
Póvoa de Varzim, 26-2-2022



Prova 1 Femin., 1500m Livres Master Esc A
26-02-2022 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	ELOI Ana Monica	96	CLIP Teams	19:44.87		834	30,00
	100m: 1:12.05 1:12.05	500m: 6:23.75 1:19.05	900m: 11:42.82 1:19.95	1300m: 17:04.38 1:20.73			
	200m: 2:28.33 1:16.28	600m: 7:43.68 1:19.93	1000m: 13:02.92 1:20.10	1400m: 18:25.42 1:21.04			
	300m: 3:46.20 1:17.87	700m: 9:03.24 1:19.56	1100m: 14:23.21 1:20.29	1500m: 19:44.87 1:19.45			
	400m: 5:04.70 1:18.50	800m: 10:22.87 1:19.63	1200m: 15:43.65 1:20.44				
2.	ALVES Ana Sofia	95	Vitoria Guimaraes	21:08.04		680	26,00
	100m: 1:15.34 1:15.34	500m: 6:39.73 1:22.34	900m: 12:23.74 1:27.13	1300m: 18:13.88 1:27.42			
	200m: 2:35.31 1:19.97	600m: 8:03.89 1:24.16	1000m: 13:51.82 1:28.08	1400m: 19:41.37 1:27.49			
	300m: 3:56.30 1:20.99	700m: 9:29.65 1:25.76	1100m: 15:18.62 1:26.80	1500m: 21:08.04 1:26.67			
	400m: 5:17.39 1:21.09	800m: 10:56.61 1:26.96	1200m: 16:46.46 1:27.84				
3.	FONTOURA Violante Pascoal	97	CLIP Teams	21:20.56		660	22,00
	100m: 1:17.97 1:17.97	500m: 6:57.92 1:26.14	900m: 12:45.70 1:28.40	1300m: 18:31.08 1:26.99			
	200m: 2:40.91 1:22.94	600m: 8:24.15 1:26.23	1000m: 14:11.98 1:26.28	1400m: 19:57.15 1:26.07			
	300m: 4:05.96 1:25.05	700m: 9:50.22 1:26.07	1100m: 15:38.19 1:26.21	1500m: 21:20.56 1:23.41			
	400m: 5:31.78 1:25.82	800m: 11:17.30 1:27.08	1200m: 17:04.09 1:25.90				
4.	PINHEIRO Andreia Sofia	93	Sporting	23:01.79		526	20,00
	100m: 1:21.50 1:21.50	500m: 7:25.93 1:32.99	900m: 13:40.19 1:34.02	1300m: 19:58.00 1:34.13			
	200m: 2:50.24 1:28.74	600m: 8:59.14 1:33.21	1000m: 15:14.56 1:34.37	1400m: 21:30.26 1:32.26			
	300m: 4:21.34 1:31.10	700m: 10:32.53 1:33.39	1100m: 16:49.02 1:34.46	1500m: 23:01.79 1:31.53			
	400m: 5:52.94 1:31.60	800m: 12:06.17 1:33.64	1200m: 18:23.87 1:34.85				
5.	TEIXEIRA Ana Catarina	95	Foca Quinta da Lixa CNF	23:07.89		519	19,00
	100m: 1:20.38 1:20.38	500m: 7:29.27 1:33.49	900m: 13:46.73 1:33.74	1300m: 20:03.13 1:33.07			
	200m: 2:49.60 1:29.22	600m: 9:04.71 1:35.44	1000m: 15:20.89 1:34.16	1400m: 21:36.54 1:33.41			
	300m: 4:22.82 1:33.22	700m: 10:39.65 1:34.94	1100m: 16:55.28 1:34.39	1500m: 23:07.89 1:31.35			
	400m: 5:55.78 1:32.96	800m: 12:12.99 1:33.34	1200m: 18:30.06 1:34.78				
DNS	ALVES Miriam Natacha	97	Leixoes				-

Prova 1 Femin., 1500m Livres Master Esc B
26-02-2022 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	NEVES Vania Soares	90	Viana Natacao	19:39.49		786	30,00
	100m: 1:11.88 1:11.88	500m: 6:21.63 1:18.49	900m: 11:39.88 1:19.63	1300m: 17:00.10 1:20.57			
	200m: 2:28.03 1:16.15	600m: 7:40.98 1:19.35	1000m: 12:59.69 1:19.81	1400m: 18:17.80 1:17.70			
	300m: 3:45.29 1:17.26	700m: 9:00.37 1:19.39	1100m: 14:19.71 1:20.02	1500m: 19:39.49 1:21.69			
	400m: 5:03.14 1:17.85	800m: 10:20.25 1:19.88	1200m: 15:39.53 1:19.82				



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
2.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	21:00.65		644	26,00
	100m: 1:17.98 1:17.98		500m: 6:49.58 1:23.32	1:26.13	1300m: 18:14.83	1:25.23	
	200m: 2:39.28 1:21.30		600m: 8:14.03 1:24.45	1:27.27	1400m: 19:40.52	1:25.69	
	300m: 4:02.11 1:22.83		700m: 9:38.57 1:24.54	1:26.64	1500m: 21:00.65	1:20.13	
	400m: 5:26.26 1:24.15		800m: 11:03.70 1:25.13	1:25.86			
3.	ALVES Joana Isabel	88	Porto	21:36.19		592	22,00
	100m: 1:19.66 1:19.66		500m: 7:05.48 1:27.44	1:27.96	1300m: 18:46.64	1:27.17	
	200m: 2:44.63 1:24.97		600m: 8:32.99 1:27.51	1:28.11	1400m: 20:13.12	1:26.48	
	300m: 4:10.69 1:26.06		700m: 10:00.94 1:27.95	1:27.57	1500m: 21:36.19	1:23.07	
	400m: 5:38.04 1:27.35		800m: 11:28.56 1:27.62	1:27.27			
4.	MATEUS Susana Maria	89	Litoral Alentejano	21:40.96		586	20,00
	100m: 1:21.02 1:21.02		500m: 7:08.37 1:26.59	1:27.81	1300m: 18:46.55	1:26.95	
	200m: 2:47.88 1:26.86		600m: 8:35.53 1:27.16	1:27.65	1400m: 20:13.93	1:27.38	
	300m: 4:14.74 1:26.86		700m: 10:02.94 1:27.41	1:27.03	1500m: 21:40.96	1:27.03	
	400m: 5:41.78 1:27.04		800m: 11:30.26 1:27.32	1:26.85			
5.	GOMES Maria Joao	88	Leixoes	25:02.77		380	19,00
	100m: 1:29.45 1:29.45		500m: 8:04.89 1:40.32	1:41.84	1300m: 21:44.17	1:42.99	
	200m: 3:06.30 1:36.85		600m: 9:46.67 1:41.78	1:42.70	1400m: 23:26.24	1:42.07	
	300m: 4:45.05 1:38.75		700m: 11:28.89 1:42.22	1:43.02	1500m: 25:02.77	1:36.53	
	400m: 6:24.57 1:39.52		800m: 13:11.44 1:42.55	1:42.18			

Prova 1
26-02-2022

Femin., 1500m Livres

Master Esc C
Resultados

RN Esc C(35-39) 18:50.82 GRILLO Ana Paula UDCA Swansea (GBR) 03-03-2006

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FONSECA Maria Manuela	85	Leixoes	22:06.27		621	30,00
	100m: 1:23.28 1:23.28		500m: 7:17.39 1:30.14	1:28.83	1300m: 19:11.21	1:28.93	
	200m: 2:48.78 1:25.50		600m: 8:47.68 1:30.29	1:28.89	1400m: 20:39.75	1:28.54	
	300m: 4:17.52 1:28.74		700m: 10:16.91 1:29.23	1:28.94	1500m: 22:06.27	1:26.52	
	400m: 5:47.25 1:29.73		800m: 11:45.83 1:28.92	1:29.79			
2.	MOLEN Laurelin Lucinda	87	CCDSerta	26:24.66		364	26,00
	100m: 1:39.94 1:39.94		500m: 8:36.85 1:45.27	1:46.52	1300m: 22:51.93	1:48.13	
	200m: 3:22.11 1:42.17		600m: 10:23.27 1:46.42	1:46.47	1400m: 24:39.67	1:47.74	
	300m: 5:06.65 1:44.54		700m: 12:09.12 1:45.85	1:47.62	1500m: 26:24.66	1:44.99	
	400m: 6:51.58 1:44.93		800m: 13:55.06 1:45.94	1:48.13			
3.	REIS Filipa Isabel	87	Leixoes	30:01.52		248	22,00
	100m: 1:53.16 1:53.16		500m: 9:52.87 2:01.63	2:01.42	1300m: 26:07.89	2:01.01	
	200m: 3:50.93 1:57.77		600m: 11:53.24 2:00.37	2:02.87	1400m: 28:08.56	2:00.67	
	300m: 5:49.24 1:58.31		700m: 13:55.63 2:02.39	2:02.84	1500m: 30:01.52	1:52.96	
	400m: 7:51.24 2:02.00		800m: 15:57.86 2:02.23	2:01.89			

Torneio de Fundo Masters
Póvoa de Varzim, 26-2-2022



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	UHLFELDER Ana Sofia	83	Fluvial Portuense	30:20.80		240	20,00
	100m: 1:49.35 1:49.35		500m: 9:54.37 2:02.32	900m: 18:07.65	2:02.80	1300m: 26:23.16	2:04.18
	200m: 3:48.18 1:58.83		600m: 11:56.38 2:02.01	1000m: 20:11.14	2:03.49	1400m: 28:25.78	2:02.62
	300m: 5:48.60 2:00.42		700m: 14:00.98 2:04.60	1100m: 22:14.94	2:03.80	1500m: 30:20.80	1:55.02
	400m: 7:52.05 2:03.45		800m: 16:04.85 2:03.87	1200m: 24:18.98	2:04.04		

Prova 1
26-02-2022
Femin., 1500m Livres
Master Esc D
Resultados

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	SWERTS Tatiana Stankunavicius	78	Braga	23:53.00		504	30,00
	100m: 1:26.94 1:26.94		500m: 7:39.44 1:35.84	900m: 14:07.44	1:38.77	1300m: 20:40.60	1:38.71
	200m: 2:58.15 1:31.21		600m: 9:14.80 1:35.36	1000m: 15:45.13	1:37.69	1400m: 22:18.79	1:38.19
	300m: 4:30.29 1:32.14		700m: 10:50.71 1:35.91	1100m: 17:23.44	1:38.31	1500m: 23:53.00	1:34.21
	400m: 6:03.60 1:33.31		800m: 12:28.67 1:37.96	1200m: 19:01.89	1:38.45		
2.	GUEDES Ana Dalte	80	Leixoes	24:39.04		458	26,00
	100m: 1:32.60 1:32.60		500m: 8:12.92 1:40.54	900m: 14:52.27	1:39.26	1300m: 21:28.41	1:38.99
	200m: 3:12.07 1:39.47		600m: 9:53.26 1:40.34	1000m: 16:31.05	1:38.78	1400m: 23:06.45	1:38.04
	300m: 4:52.31 1:40.24		700m: 11:33.24 1:39.98	1100m: 18:09.96	1:38.91	1500m: 24:39.04	1:32.59
	400m: 6:32.38 1:40.07		800m: 13:13.01 1:39.77	1200m: 19:49.42	1:39.46		
3.	NEVES Isabel Carolina	80	Fluvial Portuense	26:42.86		360	22,00
	100m: 1:37.24 1:37.24		500m: 8:36.96 1:44.57	900m: 15:49.09	1:48.72	1300m: 23:08.41	1:50.59
	200m: 3:20.62 1:43.38		600m: 10:23.63 1:46.67	1000m: 17:38.43	1:49.34	1400m: 24:57.09	1:48.68
	300m: 5:06.51 1:45.89		700m: 12:10.42 1:46.79	1100m: 19:26.83	1:48.40	1500m: 26:42.86	1:45.77
	400m: 6:52.39 1:45.88		800m: 14:00.37 1:49.95	1200m: 21:17.82	1:50.99		
4.	SILVA Ana Rosa	80	Foca Quinta da Lixa CNF	27:12.14		341	20,00
	100m: 1:41.35 1:41.35		500m: 8:57.34 1:48.32	900m: 16:06.63	1:47.20	1300m: 23:29.48	1:51.48
	200m: 3:30.51 1:49.16		600m: 10:44.77 1:47.43	1000m: 17:56.00	1:49.37	1400m: 25:22.39	1:52.91
	300m: 5:19.55 1:49.04		700m: 12:31.85 1:47.08	1100m: 19:45.98	1:49.98	1500m: 27:12.14	1:49.75
	400m: 7:09.02 1:49.47		800m: 14:19.43 1:47.58	1200m: 21:38.00	1:52.02		
5.	MARTINS Ana Maria	79	Sporting de Aveiro	30:16.39		247	19,00
	100m: 1:54.94 1:54.94		500m: 10:04.75 2:01.93	900m: 18:14.27	2:02.92	1300m: 26:22.15	2:02.23
	200m: 3:57.61 2:02.67		600m: 12:07.58 2:02.83	1000m: 20:16.46	2:02.19	1400m: 28:23.89	2:01.74
	300m: 6:00.62 2:03.01		700m: 14:10.17 2:02.59	1100m: 22:17.71	2:01.25	1500m: 30:16.39	1:52.50
	400m: 8:02.82 2:02.20		800m: 16:11.35 2:01.18	1200m: 24:19.92	2:02.21		
6.	AITA Tais Alberta	79	UD Oliveirense	30:28.99		242	18,00
	100m: 1:47.93 1:47.93		500m: 9:53.83 2:01.43	900m: 18:04.90	2:03.78	1300m: 26:20.99	2:04.08
	200m: 3:47.73 1:59.80		600m: 11:56.10 2:02.27	1000m: 20:09.57	2:04.67	1400m: 28:25.94	2:04.95
	300m: 5:50.73 2:03.00		700m: 13:58.45 2:02.35	1100m: 22:13.62	2:04.05	1500m: 30:28.99	2:03.05
	400m: 7:52.40 2:01.67		800m: 16:01.12 2:02.67	1200m: 24:16.91	2:03.29		

Splash Meet Manager, 11.72081

Registered to Federacao Portuguesa De Natacao

26-02-2022 14:51 - Página 3

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 1, Femin., 1500m Livres

Prova 1 Femin., 1500m Livres Master Esc E
26-02-2022 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COUTINHO Gisela Barbosa	75	Porto	21:38.18		721	30,00
	100m: 1:20.21 1:20.21	500m: 7:08.83 1:27.82	900m: 12:56.92 1:27.00	1300m: 18:45.68 1:27.83			
	200m: 2:46.52 1:26.31	600m: 8:35.78 1:26.95	1000m: 14:23.61 1:26.69	1400m: 20:13.84 1:28.16			
	300m: 4:13.94 1:27.42	700m: 10:02.21 1:26.43	1100m: 15:50.70 1:27.09	1500m: 21:38.18 1:24.34			
	400m: 5:41.01 1:27.07	800m: 11:29.92 1:27.71	1200m: 17:17.85 1:27.15				
2.	BARBARA Carla Santa	75	Porto	21:43.34		713	26,00
	100m: 1:18.15 1:18.15	500m: 7:04.56 1:27.07	900m: 12:55.65 1:27.91	1300m: 18:48.58 1:29.17			
	200m: 2:42.09 1:23.94	600m: 8:32.82 1:28.26	1000m: 14:23.83 1:28.18	1400m: 20:17.01 1:28.43			
	300m: 4:09.67 1:27.58	700m: 10:00.63 1:27.81	1100m: 15:51.53 1:27.70	1500m: 21:43.34 1:26.33			
	400m: 5:37.49 1:27.82	800m: 11:27.74 1:27.11	1200m: 17:19.41 1:27.88				
3.	ROTHES Ines Maria	73	Fluvial Portuense	22:45.21		620	22,00
	100m: 1:22.31 1:22.31	500m: 7:24.34 1:31.11	900m: 13:31.44 1:31.67	1300m: 19:40.31 1:31.86			
	200m: 2:51.83 1:29.52	600m: 8:56.12 1:31.78	1000m: 15:03.36 1:31.92	1400m: 21:13.00 1:32.69			
	300m: 4:22.37 1:30.54	700m: 10:27.97 1:31.85	1100m: 16:35.96 1:32.60	1500m: 22:45.21 1:32.21			
	400m: 5:53.23 1:30.86	800m: 11:59.77 1:31.80	1200m: 18:08.45 1:32.49				
4.	FARIA Joana Maria	74	Leixoes	23:52.06		537	20,00
	100m: 1:27.55 1:27.55	500m: 7:50.32 1:36.38	900m: 14:15.62 1:36.79	1300m: 20:41.61 1:36.91			
	200m: 3:02.12 1:34.57	600m: 9:26.60 1:36.28	1000m: 15:51.97 1:36.35	1400m: 22:17.67 1:36.06			
	300m: 4:38.01 1:35.89	700m: 11:02.65 1:36.05	1100m: 17:27.84 1:35.87	1500m: 23:52.06 1:34.39			
	400m: 6:13.94 1:35.93	800m: 12:38.83 1:36.18	1200m: 19:04.70 1:36.86				
5.	REGO Susana Isabel	74	Leixoes	26:10.94		407	19,00
	100m: 1:38.23 1:38.23	500m: 8:36.00 1:43.75	900m: 15:31.81 1:44.40	1300m: 22:37.63 1:46.85			
	200m: 3:21.06 1:42.83	600m: 10:19.07 1:43.07	1000m: 17:19.11 1:47.30	1400m: 24:24.26 1:46.63			
	300m: 5:07.15 1:46.09	700m: 12:02.89 1:43.82	1100m: 19:04.60 1:45.49	1500m: 26:10.94 1:46.68			
	400m: 6:52.25 1:45.10	800m: 13:47.41 1:44.52	1200m: 20:50.78 1:46.18				
6.	BARBARA Sandra Santa	75	Ginasio Santo Tirso	27:38.82		345	18,00
	100m: 1:34.61 1:34.61	500m: 8:48.75 1:51.12	900m: 16:14.39 1:52.26	1300m: 23:51.24 1:54.36			
	200m: 3:18.56 1:43.95	600m: 10:39.49 1:50.74	1000m: 18:07.61 1:53.22	1400m: 25:46.17 1:54.93			
	300m: 5:07.18 1:48.62	700m: 12:29.82 1:50.33	1100m: 20:02.68 1:55.07	1500m: 27:38.82 1:52.65			
	400m: 6:57.63 1:50.45	800m: 14:22.13 1:52.31	1200m: 21:56.88 1:54.20				
7.	GOMES Ana Claudia	76	Academica de Coimbra	27:55.64		335	17,00
	100m: 1:43.09 1:43.09	500m: 9:10.59 1:52.60	900m: 16:38.42 1:52.17	1300m: 24:12.67 1:53.57			
	200m: 3:35.54 1:52.45	600m: 11:02.47 1:51.88	1000m: 18:32.00 1:53.58	1400m: 26:08.30 1:55.63			
	300m: 5:25.98 1:50.44	700m: 12:54.79 1:52.32	1100m: 20:25.04 1:53.04	1500m: 27:55.64 1:47.34			
	400m: 7:17.99 1:52.01	800m: 14:46.25 1:51.46	1200m: 22:19.10 1:54.06				
8.	LIMA Carmen Cristina	76	Leixoes	33:19.37		197	16,00
	100m: 2:03.12 2:03.12	500m: 10:56.81 2:12.59	900m: 19:51.47 2:13.56	1300m: 28:55.01 2:16.67			
	200m: 4:18.04 2:14.92	600m: 13:10.44 2:13.63	1000m: 22:06.45 2:14.98	1400m: 31:10.32 2:15.31			
	300m: 6:31.93 2:13.89	700m: 15:24.37 2:13.93	1100m: 24:22.04 2:15.59	1500m: 33:19.37 2:09.05			
	400m: 8:44.22 2:12.29	800m: 17:37.91 2:13.54	1200m: 26:38.34 2:16.30				

Prova 1, Femin., 1500m Livres

Prova 1
26-02-2022

Femin., 1500m Livres

Master Esc F
Resultados

RN Esc F(50-54) 21:25.58 GRILLO Ana Paula NDCO Vitoria (ESP) 27-04-2019

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COSTA Marta Sofia	71	Porto	26:26.72		384	30,00
	100m: 1:35.58 1:35.58	500m: 8:42.84 1:48.16	900m: 15:50.57 1:47.69	1300m: 22:57.15 1:45.96			
	200m: 3:20.23 1:44.65	600m: 10:29.38 1:46.54	1000m: 17:38.20 1:47.63	1400m: 24:43.22 1:46.07			
	300m: 5:07.28 1:47.05	700m: 12:15.70 1:46.32	1100m: 19:24.82 1:46.62	1500m: 26:26.72 1:43.50			
	400m: 6:54.68 1:47.40	800m: 14:02.88 1:47.18	1200m: 21:11.19 1:46.37				
2.	SANTINHA Fernanda Maria	72	Masters de Almada	26:43.68		372	26,00
	100m: 1:41.04 1:41.04	500m: 8:48.36 1:47.72	900m: 15:58.69 1:48.45	1300m: 23:10.08 1:47.59			
	200m: 3:26.66 1:45.62	600m: 10:35.10 1:46.74	1000m: 17:46.02 1:47.33	1400m: 24:58.07 1:47.99			
	300m: 5:13.29 1:46.63	700m: 12:22.70 1:47.60	1100m: 19:34.24 1:48.22	1500m: 26:43.68 1:45.61			
	400m: 7:00.64 1:47.35	800m: 14:10.24 1:47.54	1200m: 21:22.49 1:48.25				
3.	FERREIRA Maria Manuela	70	Vitoria Guimaraes	27:41.56		334	22,00
	100m: 1:45.17 1:45.17	500m: 9:09.74 1:52.26	900m: 16:33.76 1:50.60	1300m: 23:57.36 1:51.32			
	200m: 3:35.90 1:50.73	600m: 11:00.54 1:50.80	1000m: 18:24.04 1:50.28	1400m: 25:48.30 1:50.94			
	300m: 5:26.38 1:50.48	700m: 12:51.69 1:51.15	1100m: 20:13.76 1:49.72	1500m: 27:41.56 1:53.26			
	400m: 7:17.48 1:51.10	800m: 14:43.16 1:51.47	1200m: 22:06.04 1:52.28				
4.	REIS Margarida Bleck	68	Porto	28:16.78		314	20,00
	100m: 1:43.61 1:43.61	500m: 9:20.72 1:54.28	900m: 16:57.83 1:54.29	1300m: 24:35.17 1:54.84			
	200m: 3:36.85 1:53.24	600m: 11:15.07 1:54.35	1000m: 18:51.48 1:53.65	1400m: 26:30.22 1:55.05			
	300m: 5:31.61 1:54.76	700m: 13:09.33 1:54.26	1100m: 20:45.60 1:54.12	1500m: 28:16.78 1:46.56			
	400m: 7:26.44 1:54.83	800m: 15:03.54 1:54.21	1200m: 22:40.33 1:54.73				
5.	GARCIA Ana Luisa	70	Leixoes	32:38.53		204	19,00
	100m: 2:03.06 2:03.06	500m: 10:46.31 2:11.11	900m: 19:29.79 2:12.78	1300m: 28:23.26 2:12.92			
	200m: 4:12.34 2:09.28	600m: 12:56.21 2:09.90	1000m: 21:42.68 2:12.89	1400m: 30:36.33 2:13.07			
	300m: 6:23.84 2:11.50	700m: 15:05.78 2:09.57	1100m: 23:56.23 2:13.55	1500m: 32:38.53 2:02.20			
	400m: 8:35.20 2:11.36	800m: 17:17.01 2:11.23	1200m: 26:10.34 2:14.11				
DNS	BLANCO Catarina Araujo	71	Fluvial Portuense				-

Prova 1
26-02-2022

Femin., 1500m Livres

Master Esc G
Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	ANDRADE Maria Teresa	63	Porto	25:07.21		484	30,00
	100m: 1:34.02 1:34.02	500m: 8:18.60 1:40.33	900m: 15:02.83 1:41.70	1300m: 21:48.16 1:42.05			
	200m: 3:14.80 1:40.78	600m: 9:59.15 1:40.55	1000m: 16:44.26 1:41.43	1400m: 23:29.61 1:41.45			
	300m: 4:56.68 1:41.88	700m: 11:40.33 1:41.18	1100m: 18:25.11 1:40.85	1500m: 25:07.21 1:37.60			
	400m: 6:38.27 1:41.59	800m: 13:21.13 1:40.80	1200m: 20:06.11 1:41.00				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
2.	GUIMARAES Rita Cabral	64	Fluvial Portuense	25:57.42		439	26,00
	100m: 1:43.09 1:43.09	500m: 8:41.64 1:43.78	900m: 15:37.65	1:44.43	1300m: 22:35.37	1:44.92	
	200m: 3:29.71 1:46.62	600m: 10:24.74 1:43.10	1000m: 17:21.28	1:43.63	1400m: 24:19.27	1:43.90	
	300m: 5:13.61 1:43.90	700m: 12:08.47 1:43.73	1100m: 19:04.95	1:43.67	1500m: 25:57.42	1:38.15	
	400m: 6:57.86 1:44.25	800m: 13:53.22 1:44.75	1200m: 20:50.45	1:45.50			
3.	URBANO Maria Margarida	63	Academica de Coimbra	26:47.72		399	22,00
	100m: 1:40.69 1:40.69	500m: 8:42.13 1:46.47	900m: 15:54.92	1:49.35	1300m: 23:08.92	1:48.92	
	200m: 3:23.85 1:43.16	600m: 10:29.13 1:47.00	1000m: 17:43.10	1:48.18	1400m: 24:59.66	1:50.74	
	300m: 5:09.08 1:45.23	700m: 12:16.61 1:47.48	1100m: 19:31.67	1:48.57	1500m: 26:47.72	1:48.06	
	400m: 6:55.66 1:46.58	800m: 14:05.57 1:48.96	1200m: 21:20.00	1:48.33			
4.	CUNHA Maria Trigueiros	64	Leixoes	27:37.63		364	20,00
	100m: 1:45.32 1:45.32	500m: 9:04.11 1:50.28	900m: 16:30.72	1:52.79	1300m: 24:00.29	1:51.82	
	200m: 3:34.81 1:49.49	600m: 10:54.79 1:50.68	1000m: 18:23.25	1:52.53	1400m: 25:54.03	1:53.74	
	300m: 5:24.15 1:49.34	700m: 12:45.86 1:51.07	1100m: 20:16.15	1:52.90	1500m: 27:37.63	1:43.60	
	400m: 7:13.83 1:49.68	800m: 14:37.93 1:52.07	1200m: 22:08.47	1:52.32			
5.	CANINAS Maria Madalena	63	Masters de Almada	31:48.87		238	19,00
	100m: 1:57.92 1:57.92	500m: 10:34.84 2:08.85	900m: 19:16.85	2:10.01	1300m: 27:49.48	2:07.33	
	200m: 4:06.86 2:08.94	600m: 12:44.73 2:09.89	1000m: 21:26.99	2:10.14	1400m: 29:54.44	2:04.96	
	300m: 6:16.24 2:09.38	700m: 14:55.99 2:11.26	1100m: 23:34.23	2:07.24	1500m: 31:48.87	1:54.43	
	400m: 8:25.99 2:09.75	800m: 17:06.84 2:10.85	1200m: 25:42.15	2:07.92			
6.	MOTA Anabela Verissimo	66	Natacao de Lisboa	33:21.02		207	18,00
	100m: 2:03.18 2:03.18	500m: 10:53.00 2:14.09	900m: 19:57.32	2:15.58	1300m: 29:00.01	2:17.83	
	200m: 4:12.84 2:09.66	600m: 13:08.58 2:15.58	1000m: 22:12.84	2:15.52	1400m: 31:16.61	2:16.60	
	300m: 6:25.38 2:12.54	700m: 15:25.48 2:16.90	1100m: 24:26.28	2:13.44	1500m: 33:21.02	2:04.41	
	400m: 8:38.91 2:13.53	800m: 17:41.74 2:16.26	1200m: 26:42.18	2:15.90			
7.	COSTA Rosa Leitao	65	Foca Quinta da Lixa CNF	37:17.07		148	17,00
	100m: 2:11.15 2:11.15	500m: 12:11.30 2:27.42	900m: 22:05.79	2:32.95	1300m: 32:09.64	2:28.61	
	200m: 4:44.10 2:32.95	600m: 14:38.03 2:26.73	1000m: 24:36.73	2:30.94	1400m: 34:42.34	2:32.70	
	300m: 7:13.46 2:29.36	700m: 17:04.74 2:26.71	1100m: 27:10.17	2:33.44	1500m: 37:17.07	2:34.73	
	400m: 9:43.88 2:30.42	800m: 19:32.84 2:28.10	1200m: 29:41.03	2:30.86			
DNS	WISEU Maria Adriana	66	Leixoes				-

Prova 1, Femin., 1500m Livres

Prova 1
26-02-2022

Femin., 1500m Livres

Master Esc H
Resultados

RN Esc H(60-64) 29:40.55 CAEIRO Ana Maria GAN Póvoa de Varzim 22-02-2020

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FERNANDES Maria Santos <i>Rec Nacional Escalão H</i>	62	Leixoes	26:40.98		615	30,00
	100m: 1:39.24 1:39.24	500m: 8:42.24 1:46.53	900m: 15:49.51 1:46.94	1300m: 23:05.09 1:49.57			
	200m: 3:24.12 1:44.88	600m: 10:28.93 1:46.69	1000m: 17:37.56 1:48.05	1400m: 24:54.28 1:49.19			
	300m: 5:09.59 1:45.47	700m: 12:16.36 1:47.43	1100m: 19:26.39 1:48.83	1500m: 26:40.98 1:46.70			
	400m: 6:55.71 1:46.12	800m: 14:02.57 1:46.21	1200m: 21:15.52 1:49.13				
2.	CAEIRO Ana Maria	59	Alhandra	30:13.24		423	26,00
	100m: 1:52.51 1:52.51	500m: 9:54.84 2:02.19	900m: 18:02.29 2:02.52	1300m: 26:13.43 2:02.87			
	200m: 3:51.14 1:58.63	600m: 11:56.54 2:01.70	1000m: 20:05.05 2:02.76	1400m: 28:16.21 2:02.78			
	300m: 5:51.87 2:00.73	700m: 13:58.94 2:02.40	1100m: 22:08.27 2:03.22	1500m: 30:13.24 1:57.03			
	400m: 7:52.65 2:00.78	800m: 15:59.77 2:00.83	1200m: 24:10.56 2:02.29				
3.	NETO Maria Manuela	62	Natacao da Maia	30:17.08		420	22,00
	100m: 1:51.60 1:51.60	500m: 9:59.06 2:01.81	900m: 18:06.35 2:01.88	1300m: 26:15.66 2:04.60			
	200m: 3:53.17 2:01.57	600m: 12:01.25 2:02.19	1000m: 20:07.77 2:01.42	1400m: 28:19.07 2:03.41			
	300m: 5:55.34 2:02.17	700m: 14:02.89 2:01.64	1100m: 22:09.36 2:01.59	1500m: 30:17.08 1:58.01			
	400m: 7:57.25 2:01.91	800m: 16:04.47 2:01.58	1200m: 24:11.06 2:01.70				
4.	KIND Anette	61	Leixoes	34:16.44		290	20,00
	100m: 2:05.52 2:05.52	500m: 11:04.84 2:17.20	900m: 20:19.90 2:19.50	1300m: 29:37.07 2:20.21			
	200m: 4:19.09 2:13.57	600m: 13:23.36 2:18.52	1000m: 22:37.73 2:17.83	1400m: 31:57.21 2:20.14			
	300m: 6:30.94 2:11.85	700m: 15:40.62 2:17.26	1100m: 24:57.96 2:20.23	1500m: 34:16.44 2:19.23			
	400m: 8:47.64 2:16.70	800m: 18:00.40 2:19.78	1200m: 27:16.86 2:18.90				

Prova 1
26-02-2022

Femin., 1500m Livres

Master Esc I
Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	OLIVEIRA Maria Teresa	57	Academica de Coimbra	30:16.71		547	30,00
	100m: 1:56.24 1:56.24	500m: 10:04.46 2:00.64	900m: 18:14.06 2:02.82	1300m: 26:24.24 2:02.33			
	200m: 3:58.68 2:02.44	600m: 12:07.15 2:02.69	1000m: 20:16.49 2:02.43	1400m: 28:25.41 2:01.17			
	300m: 6:01.09 2:02.41	700m: 14:09.48 2:02.33	1100m: 22:18.23 2:01.74	1500m: 30:16.71 1:51.30			
	400m: 8:03.82 2:02.73	800m: 16:11.24 2:01.76	1200m: 24:21.91 2:03.68				

Prova 1, Femin., 1500m Livres

Prova 1 26-02-2022	Femin., 1500m Livres				25 anos e mais velhos		Resultados
RN Esc A(25-29)	19:28.13	SILVA Carolina Santos	CNMAIA	Coimbra			18-04-2015
RN Esc B(30-34)	19:08.25	SILVA Carolina Santos	GCST	Póvoa de Varzim			23-02-2019
RN Esc C(35-39)	18:50.82	GRILLO Ana Paula	UDCA	Swansea (GBR)			03-03-2006
RN Esc D(40-44)	20:45.77	ROTHES Ines Maria	CFP	Rio Maior			20-02-2016
RN Esc E(45-49)	20:49.12	GRILLO Ana Paula	NDCO	Swansea (GBR)			08-03-2014
RN Esc F(50-54)	21:25.58	GRILLO Ana Paula	NDCO	Vitoria (ESP)			27-04-2019
RN Esc G(55-59)	22:12.95	KRAEVA Elena Nikolaevna	ADRCIMM	Coimbra			24-02-2018
RN Esc H(60-64)	29:40.55	CAEIRO Ana Maria	GAN	Póvoa de Varzim			22-02-2020
RN Esc I(65-69)	24:56.65	FERREIRA Ana Maria	SAD	Rio Maior			25-02-2017
RN Esc J(70-74)	25:29.15	FERREIRA Ana Maria	SAD	Póvoa de Varzim			22-02-2020
RN Esc K(75-79)	30:38.21	BASTO Luisa Bessone	SAD	Póvoa de Varzim			23-02-2019
RN Esc L(80-84)	59:00.00	start					

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	NEVES Vania Soares	90	Viana Natacao	19:39.49		786	30,00
	100m: 1:11.88 1:11.88	500m: 6:21.63 1:18.49	900m: 11:39.88 1:19.63	1300m: 17:00.10 1:20.57			
	200m: 2:28.03 1:16.15	600m: 7:40.98 1:19.35	1000m: 12:59.69 1:19.81	1400m: 18:17.80 1:17.70			
	300m: 3:45.29 1:17.26	700m: 9:00.37 1:19.39	1100m: 14:19.71 1:20.02	1500m: 19:39.49 1:21.69			
	400m: 5:03.14 1:17.85	800m: 10:20.25 1:19.88	1200m: 15:39.53 1:19.82				
2.	ELOI Ana Monica	96	CLIP Teams	19:44.87		834	30,00
	100m: 1:12.05 1:12.05	500m: 6:23.75 1:19.05	900m: 11:42.82 1:19.95	1300m: 17:04.38 1:20.73			
	200m: 2:28.33 1:16.28	600m: 7:43.68 1:19.93	1000m: 13:02.92 1:20.10	1400m: 18:25.42 1:21.04			
	300m: 3:46.20 1:17.87	700m: 9:03.24 1:19.56	1100m: 14:23.21 1:20.29	1500m: 19:44.87 1:19.45			
	400m: 5:04.70 1:18.50	800m: 10:22.87 1:19.63	1200m: 15:43.65 1:20.44				
3.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	21:00.65		644	26,00
	100m: 1:17.98 1:17.98	500m: 6:49.58 1:23.32	900m: 12:29.83 1:26.13	1300m: 18:14.83 1:25.23			
	200m: 2:39.28 1:21.30	600m: 8:14.03 1:24.45	1000m: 13:57.10 1:27.27	1400m: 19:40.52 1:25.69			
	300m: 4:02.11 1:22.83	700m: 9:38.57 1:24.54	1100m: 15:23.74 1:26.64	1500m: 21:00.65 1:20.13			
	400m: 5:26.26 1:24.15	800m: 11:03.70 1:25.13	1200m: 16:49.60 1:25.86				
4.	ALVES Ana Sofia	95	Vitoria Guimaraes	21:08.04		680	26,00
	100m: 1:15.34 1:15.34	500m: 6:39.73 1:22.34	900m: 12:23.74 1:27.13	1300m: 18:13.88 1:27.42			
	200m: 2:35.31 1:19.97	600m: 8:03.89 1:24.16	1000m: 13:51.82 1:28.08	1400m: 19:41.37 1:27.49			
	300m: 3:56.30 1:20.99	700m: 9:29.65 1:25.76	1100m: 15:18.62 1:26.80	1500m: 21:08.04 1:26.67			
	400m: 5:17.39 1:21.09	800m: 10:56.61 1:26.96	1200m: 16:46.46 1:27.84				
5.	FONTOURA Violante Pascoal	97	CLIP Teams	21:20.56		660	22,00
	100m: 1:17.97 1:17.97	500m: 6:57.92 1:26.14	900m: 12:45.70 1:28.40	1300m: 18:31.08 1:26.99			
	200m: 2:40.91 1:22.94	600m: 8:24.15 1:26.23	1000m: 14:11.98 1:26.28	1400m: 19:57.15 1:26.07			
	300m: 4:05.96 1:25.05	700m: 9:50.22 1:26.07	1100m: 15:38.19 1:26.21	1500m: 21:20.56 1:23.41			
	400m: 5:31.78 1:25.82	800m: 11:17.30 1:27.08	1200m: 17:04.09 1:25.90				
6.	ALVES Joana Isabel	88	Porto	21:36.19		592	22,00
	100m: 1:19.66 1:19.66	500m: 7:05.48 1:27.44	900m: 12:56.52 1:27.96	1300m: 18:46.64 1:27.17			
	200m: 2:44.63 1:24.97	600m: 8:32.99 1:27.51	1000m: 14:24.63 1:28.11	1400m: 20:13.12 1:26.48			
	300m: 4:10.69 1:26.06	700m: 10:00.94 1:27.95	1100m: 15:52.20 1:27.57	1500m: 21:36.19 1:23.07			
	400m: 5:38.04 1:27.35	800m: 11:28.56 1:27.62	1200m: 17:19.47 1:27.27				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	COUTINHO Gisela Barbosa	75	Porto	21:38.18		721	30,00
	100m: 1:20.21 1:20.21	500m: 7:08.83 1:27.82	900m: 12:56.92 1:27.00	1300m: 18:45.68 1:27.83			
	200m: 2:46.52 1:26.31	600m: 8:35.78 1:26.95	1000m: 14:23.61 1:26.69	1400m: 20:13.84 1:28.16			
	300m: 4:13.94 1:27.42	700m: 10:02.21 1:26.43	1100m: 15:50.70 1:27.09	1500m: 21:38.18 1:24.34			
	400m: 5:41.01 1:27.07	800m: 11:29.92 1:27.71	1200m: 17:17.85 1:27.15				
8.	MATEUS Susana Maria	89	Litoral Alentejano	21:40.96		586	20,00
	100m: 1:21.02 1:21.02	500m: 7:08.37 1:26.59	900m: 12:58.07 1:27.81	1300m: 18:46.55 1:26.95			
	200m: 2:47.88 1:26.86	600m: 8:35.53 1:27.16	1000m: 14:25.72 1:27.65	1400m: 20:13.93 1:27.38			
	300m: 4:14.74 1:26.86	700m: 10:02.94 1:27.41	1100m: 15:52.75 1:27.03	1500m: 21:40.96 1:27.03			
	400m: 5:41.78 1:27.04	800m: 11:30.26 1:27.32	1200m: 17:19.60 1:26.85				
9.	BARBARA Carla Santa	75	Porto	21:43.34		713	26,00
	100m: 1:18.15 1:18.15	500m: 7:04.56 1:27.07	900m: 12:55.65 1:27.91	1300m: 18:48.58 1:29.17			
	200m: 2:42.09 1:23.94	600m: 8:32.82 1:28.26	1000m: 14:23.83 1:28.18	1400m: 20:17.01 1:28.43			
	300m: 4:09.67 1:27.58	700m: 10:00.63 1:27.81	1100m: 15:51.53 1:27.70	1500m: 21:43.34 1:26.33			
	400m: 5:37.49 1:27.82	800m: 11:27.74 1:27.11	1200m: 17:19.41 1:27.88				
10.	FONSECA Maria Manuela	85	Leixoes	22:06.27		621	30,00
	100m: 1:23.28 1:23.28	500m: 7:17.39 1:30.14	900m: 13:14.66 1:28.83	1300m: 19:11.21 1:28.93			
	200m: 2:48.78 1:25.50	600m: 8:47.68 1:30.29	1000m: 14:43.55 1:28.89	1400m: 20:39.75 1:28.54			
	300m: 4:17.52 1:28.74	700m: 10:16.91 1:29.23	1100m: 16:12.49 1:28.94	1500m: 22:06.27 1:26.52			
	400m: 5:47.25 1:29.73	800m: 11:45.83 1:28.92	1200m: 17:42.28 1:29.79				
11.	ROTHES Ines Maria	73	Fluvial Portuense	22:45.21		620	22,00
	100m: 1:22.31 1:22.31	500m: 7:24.34 1:31.11	900m: 13:31.44 1:31.67	1300m: 19:40.31 1:31.86			
	200m: 2:51.83 1:29.52	600m: 8:56.12 1:31.78	1000m: 15:03.36 1:31.92	1400m: 21:13.00 1:32.69			
	300m: 4:22.37 1:30.54	700m: 10:27.97 1:31.85	1100m: 16:35.96 1:32.60	1500m: 22:45.21 1:32.21			
	400m: 5:53.23 1:30.86	800m: 11:59.77 1:31.80	1200m: 18:08.45 1:32.49				
12.	PINHEIRO Andreia Sofia	93	Sporting	23:01.79		526	20,00
	100m: 1:21.50 1:21.50	500m: 7:25.93 1:32.99	900m: 13:40.19 1:34.02	1300m: 19:58.00 1:34.13			
	200m: 2:50.24 1:28.74	600m: 8:59.14 1:33.21	1000m: 15:14.56 1:34.37	1400m: 21:30.26 1:32.26			
	300m: 4:21.34 1:31.10	700m: 10:32.53 1:33.39	1100m: 16:49.02 1:34.46	1500m: 23:01.79 1:31.53			
	400m: 5:52.94 1:31.60	800m: 12:06.17 1:33.64	1200m: 18:23.87 1:34.85				
13.	TEIXEIRA Ana Catarina	95	Foca Quinta da Lixa CNF	23:07.89		519	19,00
	100m: 1:20.38 1:20.38	500m: 7:29.27 1:33.49	900m: 13:46.73 1:33.74	1300m: 20:03.13 1:33.07			
	200m: 2:49.60 1:29.22	600m: 9:04.71 1:35.44	1000m: 15:20.89 1:34.16	1400m: 21:36.54 1:33.41			
	300m: 4:22.82 1:33.22	700m: 10:39.65 1:34.94	1100m: 16:55.28 1:34.39	1500m: 23:07.89 1:31.35			
	400m: 5:55.78 1:32.96	800m: 12:12.99 1:33.34	1200m: 18:30.06 1:34.78				
14.	FARIA Joana Maria	74	Leixoes	23:52.06		537	20,00
	100m: 1:27.55 1:27.55	500m: 7:50.32 1:36.38	900m: 14:15.62 1:36.79	1300m: 20:41.61 1:36.91			
	200m: 3:02.12 1:34.57	600m: 9:26.60 1:36.28	1000m: 15:51.97 1:36.35	1400m: 22:17.67 1:36.06			
	300m: 4:38.01 1:35.89	700m: 11:02.65 1:36.05	1100m: 17:27.84 1:35.87	1500m: 23:52.06 1:34.39			
	400m: 6:13.94 1:35.93	800m: 12:38.83 1:36.18	1200m: 19:04.70 1:36.86				
15.	SWERTS Tatiana Stankunavicius	78	Braga	23:53.00		504	30,00
	100m: 1:26.94 1:26.94	500m: 7:39.44 1:35.84	900m: 14:07.44 1:38.77	1300m: 20:40.60 1:38.71			
	200m: 2:58.15 1:31.21	600m: 9:14.80 1:35.36	1000m: 15:45.13 1:37.69	1400m: 22:18.79 1:38.19			
	300m: 4:30.29 1:32.14	700m: 10:50.71 1:35.91	1100m: 17:23.44 1:38.31	1500m: 23:53.00 1:34.21			
	400m: 6:03.60 1:33.31	800m: 12:28.67 1:37.96	1200m: 19:01.89 1:38.45				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
16.	GUEDES Ana DAlte	80	Leixoes	24:39.04		458	26,00
	100m: 1:32.60 1:32.60	500m: 8:12.92 1:40.54	900m: 14:52.27	1:39.26	1300m: 21:28.41 1:38.99		
	200m: 3:12.07 1:39.47	600m: 9:53.26 1:40.34	1000m: 16:31.05	1:38.78	1400m: 23:06.45 1:38.04		
	300m: 4:52.31 1:40.24	700m: 11:33.24 1:39.98	1100m: 18:09.96	1:38.91	1500m: 24:39.04 1:32.59		
	400m: 6:32.38 1:40.07	800m: 13:13.01 1:39.77	1200m: 19:49.42	1:39.46			
17.	GOMES Maria Joao	88	Leixoes	25:02.77		380	19,00
	100m: 1:29.45 1:29.45	500m: 8:04.89 1:40.32	900m: 14:53.28	1:41.84	1300m: 21:44.17 1:42.99		
	200m: 3:06.30 1:36.85	600m: 9:46.67 1:41.78	1000m: 16:35.98	1:42.70	1400m: 23:26.24 1:42.07		
	300m: 4:45.05 1:38.75	700m: 11:28.89 1:42.22	1100m: 18:19.00	1:43.02	1500m: 25:02.77 1:36.53		
	400m: 6:24.57 1:39.52	800m: 13:11.44 1:42.55	1200m: 20:01.18	1:42.18			
18.	ANDRADE Maria Teresa	63	Porto	25:07.21		484	30,00
	100m: 1:34.02 1:34.02	500m: 8:18.60 1:40.33	900m: 15:02.83	1:41.70	1300m: 21:48.16 1:42.05		
	200m: 3:14.80 1:40.78	600m: 9:59.15 1:40.55	1000m: 16:44.26	1:41.43	1400m: 23:29.61 1:41.45		
	300m: 4:56.68 1:41.88	700m: 11:40.33 1:41.18	1100m: 18:25.11	1:40.85	1500m: 25:07.21 1:37.60		
	400m: 6:38.27 1:41.59	800m: 13:21.13 1:40.80	1200m: 20:06.11	1:41.00			
19.	GUIMARAES Rita Cabral	64	Fluvial Portuense	25:57.42		439	26,00
	100m: 1:43.09 1:43.09	500m: 8:41.64 1:43.78	900m: 15:37.65	1:44.43	1300m: 22:35.37 1:44.92		
	200m: 3:29.71 1:46.62	600m: 10:24.74 1:43.10	1000m: 17:21.28	1:43.63	1400m: 24:19.27 1:43.90		
	300m: 5:13.61 1:43.90	700m: 12:08.47 1:43.73	1100m: 19:04.95	1:43.67	1500m: 25:57.42 1:38.15		
	400m: 6:57.86 1:44.25	800m: 13:53.22 1:44.75	1200m: 20:50.45	1:45.50			
20.	REGO Susana Isabel	74	Leixoes	26:10.94		407	19,00
	100m: 1:38.23 1:38.23	500m: 8:36.00 1:43.75	900m: 15:31.81	1:44.40	1300m: 22:37.63 1:46.85		
	200m: 3:21.06 1:42.83	600m: 10:19.07 1:43.07	1000m: 17:19.11	1:47.30	1400m: 24:24.26 1:46.63		
	300m: 5:07.15 1:46.09	700m: 12:02.89 1:43.82	1100m: 19:04.60	1:45.49	1500m: 26:10.94 1:46.68		
	400m: 6:52.25 1:45.10	800m: 13:47.41 1:44.52	1200m: 20:50.78	1:46.18			
21.	MOLEN Laurelin Lucinda	87	CCDSerta	26:24.66		364	26,00
	100m: 1:39.94 1:39.94	500m: 8:36.85 1:45.27	900m: 15:41.58	1:46.52	1300m: 22:51.93 1:48.13		
	200m: 3:22.11 1:42.17	600m: 10:23.27 1:46.42	1000m: 17:28.05	1:46.47	1400m: 24:39.67 1:47.74		
	300m: 5:06.65 1:44.54	700m: 12:09.12 1:45.85	1100m: 19:15.67	1:47.62	1500m: 26:24.66 1:44.99		
	400m: 6:51.58 1:44.93	800m: 13:55.06 1:45.94	1200m: 21:03.80	1:48.13			
22.	COSTA Marta Sofia	71	Porto	26:26.72		384	30,00
	100m: 1:35.58 1:35.58	500m: 8:42.84 1:48.16	900m: 15:50.57	1:47.69	1300m: 22:57.15 1:45.96		
	200m: 3:20.23 1:44.65	600m: 10:29.38 1:46.54	1000m: 17:38.20	1:47.63	1400m: 24:43.22 1:46.07		
	300m: 5:07.28 1:47.05	700m: 12:15.70 1:46.32	1100m: 19:24.82	1:46.62	1500m: 26:26.72 1:43.50		
	400m: 6:54.68 1:47.40	800m: 14:02.88 1:47.18	1200m: 21:11.19	1:46.37			
23.	FERNANDES Maria Santos	62	Leixoes	26:40.98		615	30,00
	<i>Rec Nacional Escalão H</i>						
	100m: 1:39.24 1:39.24	500m: 8:42.24 1:46.53	900m: 15:49.51	1:46.94	1300m: 23:05.09 1:49.57		
	200m: 3:24.12 1:44.88	600m: 10:28.93 1:46.69	1000m: 17:37.56	1:48.05	1400m: 24:54.28 1:49.19		
	300m: 5:09.59 1:45.47	700m: 12:16.36 1:47.43	1100m: 19:26.39	1:48.83	1500m: 26:40.98 1:46.70		
	400m: 6:55.71 1:46.12	800m: 14:02.57 1:46.21	1200m: 21:15.52	1:49.13			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
24.	NEVES Isabel Carolina	80	Fluvial Portuense	26:42.86		360	22,00
	100m: 1:37.24 1:37.24	500m: 8:36.96 1:44.57	900m: 15:49.09	1:48.72	1300m: 23:08.41	1:50.59	
	200m: 3:20.62 1:43.38	600m: 10:23.63 1:46.67	1000m: 17:38.43	1:49.34	1400m: 24:57.09	1:48.68	
	300m: 5:06.51 1:45.89	700m: 12:10.42 1:46.79	1100m: 19:26.83	1:48.40	1500m: 26:42.86	1:45.77	
	400m: 6:52.39 1:45.88	800m: 14:00.37 1:49.95	1200m: 21:17.82	1:50.99			
25.	SANTINHA Fernanda Maria	72	Masters de Almada	26:43.68		372	26,00
	100m: 1:41.04 1:41.04	500m: 8:48.36 1:47.72	900m: 15:58.69	1:48.45	1300m: 23:10.08	1:47.59	
	200m: 3:26.66 1:45.62	600m: 10:35.10 1:46.74	1000m: 17:46.02	1:47.33	1400m: 24:58.07	1:47.99	
	300m: 5:13.29 1:46.63	700m: 12:22.70 1:47.60	1100m: 19:34.24	1:48.22	1500m: 26:43.68	1:45.61	
	400m: 7:00.64 1:47.35	800m: 14:10.24 1:47.54	1200m: 21:22.49	1:48.25			
26.	URBANO Maria Margarida	63	Academica de Coimbra	26:47.72		399	22,00
	100m: 1:40.69 1:40.69	500m: 8:42.13 1:46.47	900m: 15:54.92	1:49.35	1300m: 23:08.92	1:48.92	
	200m: 3:23.85 1:43.16	600m: 10:29.13 1:47.00	1000m: 17:43.10	1:48.18	1400m: 24:59.66	1:50.74	
	300m: 5:09.08 1:45.23	700m: 12:16.61 1:47.48	1100m: 19:31.67	1:48.57	1500m: 26:47.72	1:48.06	
	400m: 6:55.66 1:46.58	800m: 14:05.57 1:48.96	1200m: 21:20.00	1:48.33			
27.	SILVA Ana Rosa	80	Foca Quinta da Lixa CNF	27:12.14		341	20,00
	100m: 1:41.35 1:41.35	500m: 8:57.34 1:48.32	900m: 16:06.63	1:47.20	1300m: 23:29.48	1:51.48	
	200m: 3:30.51 1:49.16	600m: 10:44.77 1:47.43	1000m: 17:56.00	1:49.37	1400m: 25:22.39	1:52.91	
	300m: 5:19.55 1:49.04	700m: 12:31.85 1:47.08	1100m: 19:45.98	1:49.98	1500m: 27:12.14	1:49.75	
	400m: 7:09.02 1:49.47	800m: 14:19.43 1:47.58	1200m: 21:38.00	1:52.02			
28.	CUNHA Maria Trigueiros	64	Leixoes	27:37.63		364	20,00
	100m: 1:45.32 1:45.32	500m: 9:04.11 1:50.28	900m: 16:30.72	1:52.79	1300m: 24:00.29	1:51.82	
	200m: 3:34.81 1:49.49	600m: 10:54.79 1:50.68	1000m: 18:23.25	1:52.53	1400m: 25:54.03	1:53.74	
	300m: 5:24.15 1:49.34	700m: 12:45.86 1:51.07	1100m: 20:16.15	1:52.90	1500m: 27:37.63	1:43.60	
	400m: 7:13.83 1:49.68	800m: 14:37.93 1:52.07	1200m: 22:08.47	1:52.32			
29.	BARBARA Sandra Santa	75	Ginasio Santo Tirso	27:38.82		345	18,00
	100m: 1:34.61 1:34.61	500m: 8:48.75 1:51.12	900m: 16:14.39	1:52.26	1300m: 23:51.24	1:54.36	
	200m: 3:18.56 1:43.95	600m: 10:39.49 1:50.74	1000m: 18:07.61	1:53.22	1400m: 25:46.17	1:54.93	
	300m: 5:07.18 1:48.62	700m: 12:29.82 1:50.33	1100m: 20:02.68	1:55.07	1500m: 27:38.82	1:52.65	
	400m: 6:57.63 1:50.45	800m: 14:22.13 1:52.31	1200m: 21:56.88	1:54.20			
30.	FERREIRA Maria Manuela	70	Vitoria Guimaraes	27:41.56		334	22,00
	100m: 1:45.17 1:45.17	500m: 9:09.74 1:52.26	900m: 16:33.76	1:50.60	1300m: 23:57.36	1:51.32	
	200m: 3:35.90 1:50.73	600m: 11:00.54 1:50.80	1000m: 18:24.04	1:50.28	1400m: 25:48.30	1:50.94	
	300m: 5:26.38 1:50.48	700m: 12:51.69 1:51.15	1100m: 20:13.76	1:49.72	1500m: 27:41.56	1:53.26	
	400m: 7:17.48 1:51.10	800m: 14:43.16 1:51.47	1200m: 22:06.04	1:52.28			
31.	GOMES Ana Claudia	76	Academica de Coimbra	27:55.64		335	17,00
	100m: 1:43.09 1:43.09	500m: 9:10.59 1:52.60	900m: 16:38.42	1:52.17	1300m: 24:12.67	1:53.57	
	200m: 3:35.54 1:52.45	600m: 11:02.47 1:51.88	1000m: 18:32.00	1:53.58	1400m: 26:08.30	1:55.63	
	300m: 5:25.98 1:50.44	700m: 12:54.79 1:52.32	1100m: 20:25.04	1:53.04	1500m: 27:55.64	1:47.34	
	400m: 7:17.99 1:52.01	800m: 14:46.25 1:51.46	1200m: 22:19.10	1:54.06			
32.	REIS Margarida Bleck	68	Porto	28:16.78		314	20,00
	100m: 1:43.61 1:43.61	500m: 9:20.72 1:54.28	900m: 16:57.83	1:54.29	1300m: 24:35.17	1:54.84	
	200m: 3:36.85 1:53.24	600m: 11:15.07 1:54.35	1000m: 18:51.48	1:53.65	1400m: 26:30.22	1:55.05	
	300m: 5:31.61 1:54.76	700m: 13:09.33 1:54.26	1100m: 20:45.60	1:54.12	1500m: 28:16.78	1:46.56	
	400m: 7:26.44 1:54.83	800m: 15:03.54 1:54.21	1200m: 22:40.33	1:54.73			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
33.	REIS Filipa Isabel	87	Leixoes	30:01.52		248	22,00
	100m: 1:53.16 1:53.16	500m: 9:52.87 2:01.63	900m: 17:59.28	2:01.42	1300m: 26:07.89	2:01.01	
	200m: 3:50.93 1:57.77	600m: 11:53.24 2:00.37	1000m: 20:02.15	2:02.87	1400m: 28:08.56	2:00.67	
	300m: 5:49.24 1:58.31	700m: 13:55.63 2:02.39	1100m: 22:04.99	2:02.84	1500m: 30:01.52	1:52.96	
	400m: 7:51.24 2:02.00	800m: 15:57.86 2:02.23	1200m: 24:06.88	2:01.89			
34.	CAEIRO Ana Maria	59	Alhandra	30:13.24		423	26,00
	100m: 1:52.51 1:52.51	500m: 9:54.84 2:02.19	900m: 18:02.29	2:02.52	1300m: 26:13.43	2:02.87	
	200m: 3:51.14 1:58.63	600m: 11:56.54 2:01.70	1000m: 20:05.05	2:02.76	1400m: 28:16.21	2:02.78	
	300m: 5:51.87 2:00.73	700m: 13:58.94 2:02.40	1100m: 22:08.27	2:03.22	1500m: 30:13.24	1:57.03	
	400m: 7:52.65 2:00.78	800m: 15:59.77 2:00.83	1200m: 24:10.56	2:02.29			
35.	MARTINS Ana Maria	79	Sporting de Aveiro	30:16.39		247	19,00
	100m: 1:54.94 1:54.94	500m: 10:04.75 2:01.93	900m: 18:14.27	2:02.92	1300m: 26:22.15	2:02.23	
	200m: 3:57.61 2:02.67	600m: 12:07.58 2:02.83	1000m: 20:16.46	2:02.19	1400m: 28:23.89	2:01.74	
	300m: 6:00.62 2:03.01	700m: 14:10.17 2:02.59	1100m: 22:17.71	2:01.25	1500m: 30:16.39	1:52.50	
	400m: 8:02.82 2:02.20	800m: 16:11.35 2:01.18	1200m: 24:19.92	2:02.21			
36.	OLIVEIRA Maria Teresa	57	Academica de Coimbra	30:16.71		547	30,00
	100m: 1:56.24 1:56.24	500m: 10:04.46 2:00.64	900m: 18:14.06	2:02.82	1300m: 26:24.24	2:02.33	
	200m: 3:58.68 2:02.44	600m: 12:07.15 2:02.69	1000m: 20:16.49	2:02.43	1400m: 28:25.41	2:01.17	
	300m: 6:01.09 2:02.41	700m: 14:09.48 2:02.33	1100m: 22:18.23	2:01.74	1500m: 30:16.71	1:51.30	
	400m: 8:03.82 2:02.73	800m: 16:11.24 2:01.76	1200m: 24:21.91	2:03.68			
37.	NETO Maria Manuela	62	Natacao da Maia	30:17.08		420	22,00
	100m: 1:51.60 1:51.60	500m: 9:59.06 2:01.81	900m: 18:06.35	2:01.88	1300m: 26:15.66	2:04.60	
	200m: 3:53.17 2:01.57	600m: 12:01.25 2:02.19	1000m: 20:07.77	2:01.42	1400m: 28:19.07	2:03.41	
	300m: 5:55.34 2:02.17	700m: 14:02.89 2:01.64	1100m: 22:09.36	2:01.59	1500m: 30:17.08	1:58.01	
	400m: 7:57.25 2:01.91	800m: 16:04.47 2:01.58	1200m: 24:11.06	2:01.70			
38.	UHLFELDER Ana Sofia	83	Fluvial Portuense	30:20.80		240	20,00
	100m: 1:49.35 1:49.35	500m: 9:54.37 2:02.32	900m: 18:07.65	2:02.80	1300m: 26:23.16	2:04.18	
	200m: 3:48.18 1:58.83	600m: 11:56.38 2:02.01	1000m: 20:11.14	2:03.49	1400m: 28:25.78	2:02.62	
	300m: 5:48.60 2:00.42	700m: 14:00.98 2:04.60	1100m: 22:14.94	2:03.80	1500m: 30:20.80	1:55.02	
	400m: 7:52.05 2:03.45	800m: 16:04.85 2:03.87	1200m: 24:18.98	2:04.04			
39.	AITA Tais Alberta	79	UD Oliveirense	30:28.99		242	18,00
	100m: 1:47.93 1:47.93	500m: 9:53.83 2:01.43	900m: 18:04.90	2:03.78	1300m: 26:20.99	2:04.08	
	200m: 3:47.73 1:59.80	600m: 11:56.10 2:02.27	1000m: 20:09.57	2:04.67	1400m: 28:25.94	2:04.95	
	300m: 5:50.73 2:03.00	700m: 13:58.45 2:02.35	1100m: 22:13.62	2:04.05	1500m: 30:28.99	2:03.05	
	400m: 7:52.40 2:01.67	800m: 16:01.12 2:02.67	1200m: 24:16.91	2:03.29			
40.	CANINAS Maria Madalena	63	Masters de Almada	31:48.87		238	19,00
	100m: 1:57.92 1:57.92	500m: 10:34.84 2:08.85	900m: 19:16.85	2:10.01	1300m: 27:49.48	2:07.33	
	200m: 4:06.86 2:08.94	600m: 12:44.73 2:09.89	1000m: 21:26.99	2:10.14	1400m: 29:54.44	2:04.96	
	300m: 6:16.24 2:09.38	700m: 14:55.99 2:11.26	1100m: 23:34.23	2:07.24	1500m: 31:48.87	1:54.43	
	400m: 8:25.99 2:09.75	800m: 17:06.84 2:10.85	1200m: 25:42.15	2:07.92			
41.	GARCIA Ana Luisa	70	Leixoes	32:38.53		204	19,00
	100m: 2:03.06 2:03.06	500m: 10:46.31 2:11.11	900m: 19:29.79	2:12.78	1300m: 28:23.26	2:12.92	
	200m: 4:12.34 2:09.28	600m: 12:56.21 2:09.90	1000m: 21:42.68	2:12.89	1400m: 30:36.33	2:13.07	
	300m: 6:23.84 2:11.50	700m: 15:05.78 2:09.57	1100m: 23:56.23	2:13.55	1500m: 32:38.53	2:02.20	
	400m: 8:35.20 2:11.36	800m: 17:17.01 2:11.23	1200m: 26:10.34	2:14.11			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
42.	LIMA Carmen Cristina	76	Leixoes	33:19.37		197	16,00
	100m: 2:03.12 2:03.12	500m: 10:56.81 2:12.59	900m: 19:51.47	2:13.56	1300m: 28:55.01	2:16.67	
	200m: 4:18.04 2:14.92	600m: 13:10.44 2:13.63	1000m: 22:06.45	2:14.98	1400m: 31:10.32	2:15.31	
	300m: 6:31.93 2:13.89	700m: 15:24.37 2:13.93	1100m: 24:22.04	2:15.59	1500m: 33:19.37	2:09.05	
	400m: 8:44.22 2:12.29	800m: 17:37.91 2:13.54	1200m: 26:38.34	2:16.30			
43.	MOTA Anabela Verissimo	66	Natacao de Lisboa	33:21.02		207	18,00
	100m: 2:03.18 2:03.18	500m: 10:53.00 2:14.09	900m: 19:57.32	2:15.58	1300m: 29:00.01	2:17.83	
	200m: 4:12.84 2:09.66	600m: 13:08.58 2:15.58	1000m: 22:12.84	2:15.52	1400m: 31:16.61	2:16.60	
	300m: 6:25.38 2:12.54	700m: 15:25.48 2:16.90	1100m: 24:26.28	2:13.44	1500m: 33:21.02	2:04.41	
	400m: 8:38.91 2:13.53	800m: 17:41.74 2:16.26	1200m: 26:42.18	2:15.90			
44.	KIND Anette	61	Leixoes	34:16.44		290	20,00
	100m: 2:05.52 2:05.52	500m: 11:04.84 2:17.20	900m: 20:19.90	2:19.50	1300m: 29:37.07	2:20.21	
	200m: 4:19.09 2:13.57	600m: 13:23.36 2:18.52	1000m: 22:37.73	2:17.83	1400m: 31:57.21	2:20.14	
	300m: 6:30.94 2:11.85	700m: 15:40.62 2:17.26	1100m: 24:57.96	2:20.23	1500m: 34:16.44	2:19.23	
	400m: 8:47.64 2:16.70	800m: 18:00.40 2:19.78	1200m: 27:16.86	2:18.90			
45.	COSTA Rosa Leitao	65	Foca Quinta da Lixa CNF	37:17.07		148	17,00
	100m: 2:11.15 2:11.15	500m: 12:11.30 2:27.42	900m: 22:05.79	2:32.95	1300m: 32:09.64	2:28.61	
	200m: 4:44.10 2:32.95	600m: 14:38.03 2:26.73	1000m: 24:36.73	2:30.94	1400m: 34:42.34	2:32.70	
	300m: 7:13.46 2:29.36	700m: 17:04.74 2:26.71	1100m: 27:10.17	2:33.44	1500m: 37:17.07	2:34.73	
	400m: 9:43.88 2:30.42	800m: 19:32.84 2:28.10	1200m: 29:41.03	2:30.86			
DNS	BLANCO Catarina Araujo	71	Fluvial Portuense				-
DNS	ALVES Miriam Natacha	97	Leixoes				-
DNS	WISEU Maria Adriana	66	Leixoes				-

Torneio de Fundo Masters
Póvoa de Varzim, 26-2-2022



Prova 2 Masc., 1500m Livres Master Esc A
26-02-2022 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	OLIVEIRA Rui Goncalves	93	Natacao da Maia	19:44.76		581	30,00
	100m: 1:13.17 1:13.17	500m: 6:24.62 1:20.35	900m: 11:47.03 1:19.80	1300m: 17:09.01 1:20.28			
	200m: 2:30.55 1:17.38	600m: 7:46.08 1:21.46	1000m: 13:08.38 1:21.35	1400m: 18:29.02 1:20.01			
	300m: 3:47.04 1:16.49	700m: 9:06.67 1:20.59	1100m: 14:28.75 1:20.37	1500m: 19:44.76 1:15.74			
	400m: 5:04.27 1:17.23	800m: 10:27.23 1:20.56	1200m: 15:48.73 1:19.98				
2.	SOARES Guilherme Araujo	93	Feirense	21:28.00		452	26,00
	100m: 1:18.47 1:18.47	500m: 6:49.77 1:23.99	900m: 12:34.05 1:27.72	1300m: 18:31.97 1:29.65			
	200m: 2:39.88 1:21.41	600m: 8:14.23 1:24.46	1000m: 14:02.18 1:28.13	1400m: 20:02.00 1:30.03			
	300m: 4:02.46 1:22.58	700m: 9:39.69 1:25.46	1100m: 15:32.22 1:30.04	1500m: 21:28.00 1:26.00			
	400m: 5:25.78 1:23.32	800m: 11:06.33 1:26.64	1200m: 17:02.32 1:30.10				
3.	FONSECA Jose Diogo	97	Penafiel	22:03.55		416	22,00
	100m: 1:22.06 1:22.06	500m: 7:17.60 1:30.07	900m: 13:14.37 1:29.06	1300m: 19:11.60 1:27.13			
	200m: 2:49.37 1:27.31	600m: 8:47.23 1:29.63	1000m: 14:43.40 1:29.03	1400m: 20:40.05 1:28.45			
	300m: 4:18.23 1:28.86	700m: 10:16.24 1:29.01	1100m: 16:13.23 1:29.83	1500m: 22:03.55 1:23.50			
	400m: 5:47.53 1:29.30	800m: 11:45.31 1:29.07	1200m: 17:44.47 1:31.24				
4.	BAPTISTA Filipe Jose	94	Feirense	22:24.54		397	20,00
	100m: 1:17.28 1:17.28	500m: 7:13.06 1:30.49	900m: 13:16.73 1:30.98	1300m: 19:20.72 1:31.00			
	200m: 2:43.65 1:26.37	600m: 8:43.64 1:30.58	1000m: 14:47.69 1:30.96	1400m: 20:52.91 1:32.19			
	300m: 4:12.52 1:28.87	700m: 10:14.62 1:30.98	1100m: 16:18.54 1:30.85	1500m: 22:24.54 1:31.63			
	400m: 5:42.57 1:30.05	800m: 11:45.75 1:31.13	1200m: 17:49.72 1:31.18				
5.	MOREIRA Fernando Santos	94	Leixoes	22:37.35		386	19,00
	100m: 1:24.11 1:24.11	500m: 7:22.27 1:31.21	900m: 13:27.53 1:31.55	1300m: 19:37.79 1:33.79			
	200m: 2:50.77 1:26.66	600m: 8:53.75 1:31.48	1000m: 15:00.05 1:32.52	1400m: 21:09.98 1:32.19			
	300m: 4:20.03 1:29.26	700m: 10:24.89 1:31.14	1100m: 16:30.95 1:30.90	1500m: 22:37.35 1:27.37			
	400m: 5:51.06 1:31.03	800m: 11:55.98 1:31.09	1200m: 18:04.00 1:33.05				
6.	SILVA Hugo Gomes	94	Feirense	23:05.99		362	18,00
	100m: 1:21.65 1:21.65	500m: 7:25.10 1:32.59	900m: 13:38.14 1:33.45	1300m: 19:57.23 1:36.35			
	200m: 2:50.25 1:28.60	600m: 8:56.84 1:31.74	1000m: 15:11.62 1:33.48	1400m: 21:30.98 1:33.75			
	300m: 4:21.83 1:31.58	700m: 10:30.55 1:33.71	1100m: 16:46.71 1:35.09	1500m: 23:05.99 1:35.01			
	400m: 5:52.51 1:30.68	800m: 12:04.69 1:34.14	1200m: 18:20.88 1:34.17				
7.	CAPITAO Joao Paulo	96	Feirense	23:24.36		348	17,00
	100m: 1:22.70 1:22.70	500m: 7:29.63 1:33.85	900m: 13:46.94 1:36.07	1300m: 20:09.33 1:37.37			
	200m: 2:51.24 1:28.54	600m: 9:03.68 1:34.05	1000m: 15:21.28 1:34.34	1400m: 21:42.62 1:33.29			
	300m: 4:22.87 1:31.63	700m: 10:37.48 1:33.80	1100m: 16:56.15 1:34.87	1500m: 23:24.36 1:41.74			
	400m: 5:55.78 1:32.91	800m: 12:10.87 1:33.39	1200m: 18:31.96 1:35.81				
8.	SILVA Pedro Niz	97	Penafiel	23:53.97		327	16,00
	100m: 1:25.18 1:25.18	500m: 7:43.08 1:36.35	900m: 14:15.32 1:39.70	1300m: 20:48.71 1:38.87			
	200m: 2:56.77 1:31.59	600m: 9:20.46 1:37.38	1000m: 15:53.23 1:37.91	1400m: 22:26.79 1:38.08			
	300m: 4:30.44 1:33.67	700m: 10:57.62 1:37.16	1100m: 17:31.96 1:38.73	1500m: 23:53.97 1:27.18			
	400m: 6:06.73 1:36.29	800m: 12:35.62 1:38.00	1200m: 19:09.84 1:37.88				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DNS	SILVA Francisco Nunes	95	UD Oliveirense				-

Prova 2
26-02-2022

Masc., 1500m Livres

Master Esc B
Resultados

RN Esc B(30-34)	17:17.76	NIZ Adriano Miguel	GDNFAMA Póvoa de Varzim	23-02-2019
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	RIBEIRO Hugo Alberto	88	Leixoes	17:18.34		708	30,00
	100m: 1:05.45 1:05.45	500m: 5:43.77 1:09.61	900m: 10:22.72	1:09.86	1300m: 15:04.16	1:10.57	
	200m: 2:14.14 1:08.69	600m: 6:53.23 1:09.46	1000m: 11:32.75	1:10.03	1400m: 16:13.51	1:09.35	
	300m: 3:23.85 1:09.71	700m: 8:03.03 1:09.80	1100m: 12:43.24	1:10.49	1500m: 17:18.34	1:04.83	
	400m: 4:34.16 1:10.31	800m: 9:12.86 1:09.83	1200m: 13:53.59	1:10.35			
2.	SILVA Luis Filipe	88	Leixoes	19:55.21		464	26,00
	100m: 1:15.13 1:15.13	500m: 6:33.00 1:20.02	900m: 11:54.88	1:20.04	1300m: 17:22.45	1:22.10	
	200m: 2:34.26 1:19.13	600m: 7:53.17 1:20.17	1000m: 13:16.66	1:21.78	1400m: 18:41.55	1:19.10	
	300m: 3:52.76 1:18.50	700m: 9:13.87 1:20.70	1100m: 14:37.95	1:21.29	1500m: 19:55.21	1:13.66	
	400m: 5:12.98 1:20.22	800m: 10:34.84 1:20.97	1200m: 16:00.35	1:22.40			
3.	CAMPOS Tiago Dourado	88	Vilacondense	21:19.28		379	22,00
	100m: 1:16.47 1:16.47	500m: 6:52.23 1:25.51	900m: 12:40.60	1:27.94	1300m: 18:32.23	1:28.19	
	200m: 2:38.44 1:21.97	600m: 8:18.97 1:26.74	1000m: 14:07.98	1:27.38	1400m: 19:58.07	1:25.84	
	300m: 4:02.72 1:24.28	700m: 9:45.76 1:26.79	1100m: 15:35.42	1:27.44	1500m: 21:19.28	1:21.21	
	400m: 5:26.72 1:24.00	800m: 11:12.66 1:26.90	1200m: 17:04.04	1:28.62			
4.	MADUREIRA Fabio Andre	90	Penafiel	22:32.87		320	20,00
	100m: 1:20.86 1:20.86	500m: 7:18.66 1:30.55	900m: 13:24.85	1:32.64	1300m: 19:31.04	1:29.52	
	200m: 2:49.83 1:28.97	600m: 8:49.77 1:31.11	1000m: 14:57.60	1:32.75	1400m: 21:04.65	1:33.61	
	300m: 4:18.72 1:28.89	700m: 10:22.23 1:32.46	1100m: 16:30.80	1:33.20	1500m: 22:32.87	1:28.22	
	400m: 5:48.11 1:29.39	800m: 11:52.21 1:29.98	1200m: 18:01.52	1:30.72			
5.	MATOS Luis Miguel	92	Vitoria Guimaraes	22:58.20		303	19,00
	100m: 1:24.14 1:24.14	500m: 7:29.73 1:33.25	900m: 13:40.02	1:32.45	1300m: 19:51.89	1:32.47	
	200m: 2:53.06 1:28.92	600m: 9:02.05 1:32.32	1000m: 15:13.66	1:33.64	1400m: 21:19.37	1:27.48	
	300m: 4:24.69 1:31.63	700m: 10:34.42 1:32.37	1100m: 16:46.68	1:33.02	1500m: 22:58.20	1:38.83	
	400m: 5:56.48 1:31.79	800m: 12:07.57 1:33.15	1200m: 18:19.42	1:32.74			
6.	RIBEIRO Luis Manuel	91	Foca Quinta da Lixa CNF	23:23.07		287	18,00
	100m: 1:28.51 1:28.51	500m: 7:50.80 1:35.36	900m: 14:06.93	1:33.70	1300m: 20:24.56	1:34.37	
	200m: 3:03.20 1:34.69	600m: 9:25.80 1:35.00	1000m: 15:41.11	1:34.18	1400m: 21:56.62	1:32.06	
	300m: 4:39.82 1:36.62	700m: 11:00.05 1:34.25	1100m: 17:15.94	1:34.83	1500m: 23:23.07	1:26.45	
	400m: 6:15.44 1:35.62	800m: 12:33.23 1:33.18	1200m: 18:50.19	1:34.25			
7.	RIBEIRO Jorge Ricardo	88	Leixoes	24:26.26		251	17,00
	100m: 1:27.91 1:27.91	500m: 7:54.29 1:39.12	900m: 14:30.36	1:39.70	1300m: 21:11.62	1:40.58	
	200m: 3:00.89 1:32.98	600m: 9:33.87 1:39.58	1000m: 16:11.06	1:40.70	1400m: 22:50.89	1:39.27	
	300m: 4:37.56 1:36.67	700m: 11:12.80 1:38.93	1100m: 17:51.18	1:40.12	1500m: 24:26.26	1:35.37	
	400m: 6:15.17 1:37.61	800m: 12:50.66 1:37.86	1200m: 19:31.04	1:39.86			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	FIGUEIREDO Luis Rosario	89	Ginasio Santo Tirso	24:40.86		244	16,00
	100m: 1:26.28 1:26.28	500m: 7:46.34 1:38.46	900m: 14:27.39	1:42.09	1300m: 21:22.65	1:44.27	
	200m: 2:57.12 1:30.84	600m: 9:24.77 1:38.43	1000m: 16:09.81	1:42.42	1400m: 23:05.26	1:42.61	
	300m: 4:31.15 1:34.03	700m: 11:04.11 1:39.34	1100m: 17:53.49	1:43.68	1500m: 24:40.86	1:35.60	
	400m: 6:07.88 1:36.73	800m: 12:45.30 1:41.19	1200m: 19:38.38	1:44.89			
DSQ	QUINTA Daniel Ribeiro	88	Leixoes				-
	<i>403 - Falsa partida - SW 4.4</i>						

Prova 2 Masc., 1500m Livres Master Esc C
26-02-2022 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	PACHECO Andre Filipe	85	Litoral Alentejano	20:15.86		604	30,00
	100m: 1:18.17 1:18.17	500m: 6:36.48 1:20.01	900m: 12:03.49	1:22.08	1300m: 17:33.64	1:22.55	
	200m: 2:36.34 1:18.17	600m: 7:57.50 1:21.02	1000m: 13:26.29	1:22.80	1400m: 18:55.17	1:21.53	
	300m: 3:55.86 1:19.52	700m: 9:20.25 1:22.75	1100m: 14:49.07	1:22.78	1500m: 20:15.86	1:20.69	
	400m: 5:16.47 1:20.61	800m: 10:41.41 1:21.16	1200m: 16:11.09	1:22.02			
2.	COSTA Jaime Fernando	86	Litoral Alentejano	20:58.02		546	26,00
	100m: 1:17.08 1:17.08	500m: 6:44.94 1:23.96	900m: 12:28.51	1:25.97	1300m: 18:09.61	1:26.25	
	200m: 2:37.05 1:19.97	600m: 8:10.41 1:25.47	1000m: 13:53.59	1:25.08	1400m: 19:33.91	1:24.30	
	300m: 3:58.81 1:21.76	700m: 9:36.02 1:25.61	1100m: 15:18.69	1:25.10	1500m: 20:58.02	1:24.11	
	400m: 5:20.98 1:22.17	800m: 11:02.54 1:26.52	1200m: 16:43.36	1:24.67			
3.	REGO Ricardo Amorim	84	Leixoes	21:12.99		526	22,00
	100m: 1:15.69 1:15.69	500m: 6:54.88 1:26.93	900m: 12:38.67	1:24.73	1300m: 18:18.78	1:25.32	
	200m: 2:37.36 1:21.67	600m: 8:22.62 1:27.74	1000m: 14:03.46	1:24.79	1400m: 19:45.05	1:26.27	
	300m: 4:01.12 1:23.76	700m: 9:48.78 1:26.16	1100m: 15:28.29	1:24.83	1500m: 21:12.99	1:27.94	
	400m: 5:27.95 1:26.83	800m: 11:13.94 1:25.16	1200m: 16:53.46	1:25.17			
4.	PIMENTEL Pedro Filipe	84	Foca Quinta da Lixa CNF	21:46.85		487	20,00
	100m: 1:20.76 1:20.76	500m: 7:03.72 1:26.06	900m: 12:54.04	1:28.86	1300m: 18:47.57	1:28.91	
	200m: 2:45.25 1:24.49	600m: 8:30.40 1:26.68	1000m: 14:21.81	1:27.77	1400m: 20:17.17	1:29.60	
	300m: 4:12.02 1:26.77	700m: 9:57.54 1:27.14	1100m: 15:50.25	1:28.44	1500m: 21:46.85	1:29.68	
	400m: 5:37.66 1:25.64	800m: 11:25.18 1:27.64	1200m: 17:18.66	1:28.41			
5.	RIBEIRO Carlos Manuel	85	Academica de Coimbra	22:36.13		435	19,00
	100m: 1:27.31 1:27.31	500m: 7:29.72 1:31.77	900m: 13:35.61	1:31.29	1300m: 19:40.08	1:31.80	
	200m: 2:57.10 1:29.79	600m: 9:00.62 1:30.90	1000m: 15:06.31	1:30.70	1400m: 21:11.90	1:31.82	
	300m: 4:26.90 1:29.80	700m: 10:32.46 1:31.84	1100m: 16:36.63	1:30.32	1500m: 22:36.13	1:24.23	
	400m: 5:57.95 1:31.05	800m: 12:04.32 1:31.86	1200m: 18:08.28	1:31.65			
6.	NEVES Luis Miguel	85	Vilacondense	22:42.69		429	18,00
	100m: 1:27.39 1:27.39	500m: 7:21.65 1:30.54	900m: 13:32.10	1:33.00	1300m: 19:42.17	1:32.74	
	200m: 2:55.63 1:28.24	600m: 8:53.43 1:31.78	1000m: 15:05.03	1:32.93	1400m: 21:14.62	1:32.45	
	300m: 4:23.01 1:27.38	700m: 10:25.84 1:32.41	1100m: 16:37.67	1:32.64	1500m: 22:42.69	1:28.07	
	400m: 5:51.11 1:28.10	800m: 11:59.10 1:33.26	1200m: 18:09.43	1:31.76			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	SANTOS Miguel Baceira	84	Amadora	24:25.78		345	17,00
	100m: 1:27.17 1:27.17	500m: 7:46.09 1:39.17	900m: 14:26.55	1:40.19	1300m: 21:09.86	1:40.83	
	200m: 2:57.71 1:30.54	600m: 9:26.33 1:40.24	1000m: 16:06.91	1:40.36	1400m: 22:48.36	1:38.50	
	300m: 4:31.45 1:33.74	700m: 11:06.87 1:40.54	1100m: 17:48.15	1:41.24	1500m: 24:25.78	1:37.42	
	400m: 6:06.92 1:35.47	800m: 12:46.36 1:39.49	1200m: 19:29.03	1:40.88			
8.	GAVINHO Nuno Miguel	84	Vila DEste/Gaia	24:50.19		328	16,00
	100m: 1:28.07 1:28.07	500m: 8:00.41 1:39.68	900m: 14:44.13	1:40.95	1300m: 21:32.68	1:43.13	
	200m: 3:04.83 1:36.76	600m: 9:40.37 1:39.96	1000m: 16:26.52	1:42.39	1400m: 23:15.89	1:43.21	
	300m: 4:42.24 1:37.41	700m: 11:21.99 1:41.62	1100m: 18:07.34	1:40.82	1500m: 24:50.19	1:34.30	
	400m: 6:20.73 1:38.49	800m: 13:03.18 1:41.19	1200m: 19:49.55	1:42.21			
9.	FERREIRA Manuel Filipe	87	Porto	24:51.98		327	14,00
	100m: 1:35.05 1:35.05	500m: 8:13.54 1:40.76	900m: 14:57.25	1:40.65	1300m: 21:37.82	1:38.81	
	200m: 3:12.70 1:37.65	600m: 9:54.78 1:41.24	1000m: 16:39.43	1:42.18	1400m: 23:15.71	1:37.89	
	300m: 4:51.63 1:38.93	700m: 11:35.56 1:40.78	1100m: 18:20.40	1:40.97	1500m: 24:51.98	1:36.27	
	400m: 6:32.78 1:41.15	800m: 13:16.60 1:41.04	1200m: 19:59.01	1:38.61			
10.	ROCHA Helder Tomas	86	Penafiel	27:59.93		229	12,00
	100m: 1:38.34 1:38.34	500m: 9:04.72 1:53.58	900m: 16:40.56	1:56.09	1300m: 24:19.68	1:55.15	
	200m: 3:21.39 1:43.05	600m: 10:59.18 1:54.46	1000m: 18:34.27	1:53.71	1400m: 26:13.28	1:53.60	
	300m: 5:17.21 1:55.82	700m: 12:53.35 1:54.17	1100m: 20:29.71	1:55.44	1500m: 27:59.93	1:46.65	
	400m: 7:11.14 1:53.93	800m: 14:44.47 1:51.12	1200m: 22:24.53	1:54.82			
11.	MOREIRA Paulo Ricardo	83	Penafiel	32:18.04		149	11,00
	100m: 1:49.82 1:49.82	500m: 10:21.14 2:11.24	900m: 19:04.67	2:10.45	1300m: 27:57.39	2:10.32	
	200m: 3:53.95 2:04.13	600m: 12:30.96 2:09.82	1000m: 21:17.00	2:12.33	1400m: 30:12.01	2:14.62	
	300m: 6:01.35 2:07.40	700m: 14:42.22 2:11.26	1100m: 23:33.13	2:16.13	1500m: 32:18.04	2:06.03	
	400m: 8:09.90 2:08.55	800m: 16:54.22 2:12.00	1200m: 25:47.07	2:13.94			
DSQ	COSTA Joao Martires 403 - Falsa partida - SW 4.4	85	Porto				-
DNS	FERREIRA Gilberto Luis	85	Braga				-
DNS	SOARES Jaime Antonio	87	Penafiel				-

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

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	GORGULHO David Oliveira	82	Litoral Alentejano	19:32.29		631	30,00
	100m: 1:11.82 1:11.82	500m: 6:19.07 1:18.32	900m: 11:36.88	1:20.46	1300m: 16:59.09	1:20.88	
	200m: 2:27.14 1:15.32	600m: 7:37.78 1:18.71	1000m: 12:57.17	1:20.29	1400m: 18:19.36	1:20.27	
	300m: 3:43.59 1:16.45	700m: 8:56.87 1:19.09	1100m: 14:17.82	1:20.65	1500m: 19:32.29	1:12.93	
	400m: 5:00.75 1:17.16	800m: 10:16.42 1:19.55	1200m: 15:38.21	1:20.39			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
2.	SANTOS Patrick	79	Sporting	20:00.23		588	26,00
	100m: 1:15.59 1:15.59	500m: 6:34.31 1:20.47	900m: 11:56.07	1:20.19	1300m: 17:20.05	1:21.34	
	200m: 2:34.00 1:18.41	600m: 7:54.83 1:20.52	1000m: 13:16.61	1:20.54	1400m: 18:41.28	1:21.23	
	300m: 3:53.47 1:19.47	700m: 9:15.44 1:20.61	1100m: 14:38.24	1:21.63	1500m: 20:00.23	1:18.95	
	400m: 5:13.84 1:20.37	800m: 10:35.88 1:20.44	1200m: 15:58.71	1:20.47			
3.	COURAS Ivan Mauricio	81	Fluvial Portuense	20:09.57		574	22,00
	100m: 1:17.94 1:17.94	500m: 6:41.05 1:21.43	900m: 12:08.05	1:21.94	1300m: 17:34.71	1:21.60	
	200m: 2:38.19 1:20.25	600m: 8:03.02 1:21.97	1000m: 13:29.88	1:21.83	1400m: 18:55.48	1:20.77	
	300m: 3:58.88 1:20.69	700m: 9:24.51 1:21.49	1100m: 14:51.33	1:21.45	1500m: 20:09.57	1:14.09	
	400m: 5:19.62 1:20.74	800m: 10:46.11 1:21.60	1200m: 16:13.11	1:21.78			
4.	MAIA Bruno Santos	81	Vilacondense	21:03.11		504	20,00
	100m: 1:23.78 1:23.78	500m: 6:58.73 1:24.33	900m: 12:37.24	1:24.53	1300m: 18:15.48	1:25.16	
	200m: 2:47.11 1:23.33	600m: 8:23.55 1:24.82	1000m: 14:01.44	1:24.20	1400m: 19:41.42	1:25.94	
	300m: 4:10.58 1:23.47	700m: 9:48.31 1:24.76	1100m: 15:25.77	1:24.33	1500m: 21:03.11	1:21.69	
	400m: 5:34.40 1:23.82	800m: 11:12.71 1:24.40	1200m: 16:50.32	1:24.55			
5.	NEVES Jose Pedro	81	Fluvial Portuense	21:21.77		482	19,00
	100m: 1:18.31 1:18.31	500m: 6:53.44 1:26.09	900m: 12:39.46	1:27.02	1300m: 18:29.90	1:27.39	
	200m: 2:39.23 1:20.92	600m: 8:20.21 1:26.77	1000m: 14:06.93	1:27.47	1400m: 19:56.98	1:27.08	
	300m: 4:02.18 1:22.95	700m: 9:46.50 1:26.29	1100m: 15:34.79	1:27.86	1500m: 21:21.77	1:24.79	
	400m: 5:27.35 1:25.17	800m: 11:12.44 1:25.94	1200m: 17:02.51	1:27.72			
6.	PEREIRA Mario Nuno	81	Foca Quinta da Lixa CNF	23:54.11		344	18,00
	100m: 1:29.76 1:29.76	500m: 7:52.17 1:37.19	900m: 14:16.43	1:36.72	1300m: 20:46.48	1:36.48	
	200m: 3:04.31 1:34.55	600m: 9:28.83 1:36.66	1000m: 15:53.86	1:37.43	1400m: 22:24.75	1:38.27	
	300m: 4:40.10 1:35.79	700m: 11:04.20 1:35.37	1100m: 17:33.42	1:39.56	1500m: 23:54.11	1:29.36	
	400m: 6:14.98 1:34.88	800m: 12:39.71 1:35.51	1200m: 19:10.00	1:36.58			
7.	PIRES Miguel Pinheiro	78	Fluvial Portuense	24:42.76		311	17,00
	100m: 1:32.01 1:32.01	500m: 8:02.77 1:39.99	900m: 14:41.94	1:41.04	1300m: 21:25.03	1:40.43	
	200m: 3:06.79 1:34.78	600m: 9:42.15 1:39.38	1000m: 16:22.79	1:40.85	1400m: 23:04.03	1:39.00	
	300m: 4:43.97 1:37.18	700m: 11:21.17 1:39.02	1100m: 18:03.54	1:40.75	1500m: 24:42.76	1:38.73	
	400m: 6:22.78 1:38.81	800m: 13:00.90 1:39.73	1200m: 19:44.60	1:41.06			
8.	RODRIGUES Marcelo Porto	82	Natacao de Valongo	24:55.91		303	16,00
	100m: 1:34.27 1:34.27	500m: 8:09.34 1:38.65	900m: 14:48.25	1:40.73	1300m: 21:36.45	1:42.52	
	200m: 3:12.66 1:38.39	600m: 9:47.76 1:38.42	1000m: 16:29.95	1:41.70	1400m: 23:18.54	1:42.09	
	300m: 4:51.49 1:38.83	700m: 11:26.93 1:39.17	1100m: 18:11.96	1:42.01	1500m: 24:55.91	1:37.37	
	400m: 6:30.69 1:39.20	800m: 13:07.52 1:40.59	1200m: 19:53.93	1:41.97			
9.	NOVAIS Jose Orlando	78	Vitoria Guimaraes	27:32.84		225	14,00
	100m: 1:37.47 1:37.47	500m: 8:49.74 1:50.17	900m: 16:19.75	1:53.70	1300m: 23:53.15	1:54.19	
	200m: 3:23.37 1:45.90	600m: 10:40.43 1:50.69	1000m: 18:11.90	1:52.15	1400m: 25:46.86	1:53.71	
	300m: 5:10.53 1:47.16	700m: 12:33.50 1:53.07	1100m: 20:05.38	1:53.48	1500m: 27:32.84	1:45.98	
	400m: 6:59.57 1:49.04	800m: 14:26.05 1:52.55	1200m: 21:58.96	1:53.58			
10.	FERREIRA Hugo Manuel	79	Natacao da Maia	28:54.63		194	12,00
	100m: 1:38.88 1:38.88	500m: 9:20.01 1:58.00	900m: 17:07.12	1:55.61	1300m: 25:01.12	1:57.48	
	200m: 3:31.63 1:52.75	600m: 11:15.28 1:55.27	1000m: 19:05.75	1:58.63	1400m: 27:02.48	2:01.36	
	300m: 5:26.16 1:54.53	700m: 13:12.41 1:57.13	1100m: 21:05.49	1:59.74	1500m: 28:54.63	1:52.15	
	400m: 7:22.01 1:55.85	800m: 15:11.51 1:59.10	1200m: 23:03.64	1:58.15			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
11.	AFONSO Nuno Silva	79	Amigos da Natacao	29:25.89		184	11,00
	100m: 1:40.09 1:40.09		500m: 9:29.32 2:00.26	900m: 17:31.27	2:00.21	1300m: 25:33.57	2:00.03
	200m: 3:32.47 1:52.38		600m: 11:30.48 2:01.16	1000m: 19:32.25	2:00.98	1400m: 27:34.34	2:00.77
	300m: 5:29.84 1:57.37		700m: 13:31.30 2:00.82	1100m: 21:33.50	2:01.25	1500m: 29:25.89	1:51.55
	400m: 7:29.06 1:59.22		800m: 15:31.06 1:59.76	1200m: 23:33.54	2:00.04		
12.	SOUSA Marco Celio	81	Penafiel	30:31.97		165	10,00
	100m: 1:34.65 1:34.65		500m: 9:31.81 2:04.92	900m: 18:01.83	2:07.65	1300m: 26:27.77	2:04.23
	200m: 3:27.81 1:53.16		600m: 11:38.63 2:06.82	1000m: 20:12.76	2:10.93	1400m: 28:32.78	2:05.01
	300m: 5:26.35 1:58.54		700m: 13:47.31 2:08.68	1100m: 22:17.45	2:04.69	1500m: 30:31.97	1:59.19
	400m: 7:26.89 2:00.54		800m: 15:54.18 2:06.87	1200m: 24:23.54	2:06.09		
DNS	PINTO Rui Manuel	79	Fluvial Portuense				-

Prova 2
26-02-2022

Masc., 1500m Livres

Master Esc E
Resultados

RN Esc E(45-49)	19:30.07	SOUSA Joao Pedro	CNF	Funchal	22-03-2019
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COSTA Rodrigo Marques	76	Litoral Alentejano	20:09.28		620	30,00
	100m: 1:17.60 1:17.60		500m: 6:35.89 1:20.14	900m: 12:02.93	1:22.14	1300m: 17:33.14	1:22.76
	200m: 2:35.92 1:18.32		600m: 7:57.22 1:21.33	1000m: 13:25.69	1:22.76	1400m: 18:53.95	1:20.81
	300m: 3:55.33 1:19.41		700m: 9:19.09 1:21.87	1100m: 14:48.34	1:22.65	1500m: 20:09.28	1:15.33
	400m: 5:15.75 1:20.42		800m: 10:40.79 1:21.70	1200m: 16:10.38	1:22.04		
2.	BARBOSA Celso Ruben	77	Porto	20:20.21		603	26,00
	100m: 1:20.39 1:20.39		500m: 6:55.58 1:22.99	900m: 12:22.73	1:21.24	1300m: 17:44.61	1:19.81
	200m: 2:45.14 1:24.75		600m: 8:18.32 1:22.74	1000m: 13:43.63	1:20.90	1400m: 19:03.70	1:19.09
	300m: 4:09.68 1:24.54		700m: 9:40.11 1:21.79	1100m: 15:04.63	1:21.00	1500m: 20:20.21	1:16.51
	400m: 5:32.59 1:22.91		800m: 11:01.49 1:21.38	1200m: 16:24.80	1:20.17		
3.	AITA Cristian	77	Porto	21:24.36		517	22,00
	100m: 1:24.12 1:24.12		500m: 7:10.12 1:25.59	900m: 12:53.72	1:25.80	1300m: 18:35.80	1:26.61
	200m: 2:50.95 1:26.83		600m: 8:35.64 1:25.52	1000m: 14:18.79	1:25.07	1400m: 20:02.93	1:27.13
	300m: 4:18.44 1:27.49		700m: 10:01.61 1:25.97	1100m: 15:43.51	1:24.72	1500m: 21:24.36	1:21.43
	400m: 5:44.53 1:26.09		800m: 11:27.92 1:26.31	1200m: 17:09.19	1:25.68		
4.	TOJO Jose Manuel	77	Academica de Coimbra	21:51.97		485	20,00
	100m: 1:22.05 1:22.05		500m: 7:12.66 1:28.98	900m: 13:08.17	1:28.36	1300m: 19:02.35	1:28.32
	200m: 2:47.87 1:25.82		600m: 8:42.48 1:29.82	1000m: 14:36.91	1:28.74	1400m: 20:29.02	1:26.67
	300m: 4:15.42 1:27.55		700m: 10:11.30 1:28.82	1100m: 16:05.45	1:28.54	1500m: 21:51.97	1:22.95
	400m: 5:43.68 1:28.26		800m: 11:39.81 1:28.51	1200m: 17:34.03	1:28.58		
5.	ROSA Artur Jorge	76	Vila DEste/Gaia	22:51.11		425	19,00
	100m: 1:26.81 1:26.81		500m: 7:29.57 1:30.63	900m: 13:36.08	1:32.04	1300m: 19:46.35	1:32.53
	200m: 2:56.85 1:30.04		600m: 9:00.55 1:30.98	1000m: 15:08.50	1:32.42	1400m: 21:19.15	1:32.80
	300m: 4:27.67 1:30.82		700m: 10:32.53 1:31.98	1100m: 16:40.91	1:32.41	1500m: 22:51.11	1:31.96
	400m: 5:58.94 1:31.27		800m: 12:04.04 1:31.51	1200m: 18:13.82	1:32.91		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	AITA Aleksandro	74	UD Oliveirense	23:42.57		381	18,00
	100m: 1:27.14 1:27.14	500m: 7:35.48 1:31.95	900m: 13:54.52 1:36.68	1300m: 20:24.32 1:37.82			
	200m: 2:58.28 1:31.14	600m: 9:08.80 1:33.32	1000m: 15:30.49 1:35.97	1400m: 22:01.67 1:37.35			
	300m: 4:30.56 1:32.28	700m: 10:42.79 1:33.99	1100m: 17:07.32 1:36.83	1500m: 23:42.57 1:40.90			
	400m: 6:03.53 1:32.97	800m: 12:17.84 1:35.05	1200m: 18:46.50 1:39.18				
7.	PACHECO Filipe Monteiro	74	Leixoes	23:50.99		374	17,00
	100m: 1:27.85 1:27.85	500m: 7:48.04 1:35.47	900m: 14:17.00 1:37.59	1300m: 20:43.14 1:35.93			
	200m: 3:01.19 1:33.34	600m: 9:24.38 1:36.34	1000m: 15:54.15 1:37.15	1400m: 22:18.15 1:35.01			
	300m: 4:36.38 1:35.19	700m: 11:01.64 1:37.26	1100m: 17:30.56 1:36.41	1500m: 23:50.99 1:32.84			
	400m: 6:12.57 1:36.19	800m: 12:39.41 1:37.77	1200m: 19:07.21 1:36.65				
8.	AFONSO Hugo Andre	76	Sporting	23:54.72		371	16,00
	100m: 1:29.58 1:29.58	500m: 7:56.93 1:36.61	900m: 14:25.44 1:37.65	1300m: 20:47.68 1:36.07			
	200m: 3:05.63 1:36.05	600m: 9:34.38 1:37.45	1000m: 16:00.98 1:35.54	1400m: 22:23.70 1:36.02			
	300m: 4:42.57 1:36.94	700m: 11:11.21 1:36.83	1100m: 17:36.14 1:35.16	1500m: 23:54.72 1:31.02			
	400m: 6:20.32 1:37.75	800m: 12:47.79 1:36.58	1200m: 19:11.61 1:35.47				
9.	MENDES Rui Alberto	75	Fluvial Portuense	24:23.39		350	14,00
	100m: 1:31.58 1:31.58	500m: 7:58.71 1:36.71	900m: 14:33.61 1:37.79	1300m: 21:09.20 1:38.81			
	200m: 3:07.63 1:36.05	600m: 9:36.87 1:38.16	1000m: 16:12.72 1:39.11	1400m: 22:45.78 1:36.58			
	300m: 4:44.49 1:36.86	700m: 11:15.90 1:39.03	1100m: 17:51.24 1:38.52	1500m: 24:23.39 1:37.61			
	400m: 6:22.00 1:37.51	800m: 12:55.82 1:39.92	1200m: 19:30.39 1:39.15				
10.	PIRES Filipe Pinheiro	73	Foca Quinta da Lixa CNF	24:25.50		348	12,00
	100m: 1:35.19 1:35.19	500m: 8:07.02 1:38.17	900m: 14:38.94 1:38.21	1300m: 21:10.88 1:38.38			
	200m: 3:12.54 1:37.35	600m: 9:45.13 1:38.11	1000m: 16:17.67 1:38.73	1400m: 22:48.71 1:37.83			
	300m: 4:50.28 1:37.74	700m: 11:23.08 1:37.95	1100m: 17:55.52 1:37.85	1500m: 24:25.50 1:36.79			
	400m: 6:28.85 1:38.57	800m: 13:00.73 1:37.65	1200m: 19:32.50 1:36.98				
11.	GOMES Joao Antonio	75	Leixoes	24:37.26		340	11,00
	100m: 1:27.74 1:27.74	500m: 8:02.41 1:39.65	900m: 14:45.75 1:41.11	1300m: 21:23.29 1:39.81			
	200m: 3:05.21 1:37.47	600m: 9:43.19 1:40.78	1000m: 16:25.41 1:39.66	1400m: 23:03.04 1:39.75			
	300m: 4:43.81 1:38.60	700m: 11:23.74 1:40.55	1100m: 18:04.30 1:38.89	1500m: 24:37.26 1:34.22			
	400m: 6:22.76 1:38.95	800m: 13:04.64 1:40.90	1200m: 19:43.48 1:39.18				
12.	CUNHA Tiago Filipe	76	Amigos da Natacao	25:21.16		311	10,00
	100m: 1:35.81 1:35.81	500m: 8:25.01 1:43.17	900m: 15:12.88 1:41.72	1300m: 22:01.52 1:42.20			
	200m: 3:16.84 1:41.03	600m: 10:07.49 1:42.48	1000m: 16:55.38 1:42.50	1400m: 23:43.60 1:42.08			
	300m: 4:59.39 1:42.55	700m: 11:49.33 1:41.84	1100m: 18:37.54 1:42.16	1500m: 25:21.16 1:37.56			
	400m: 6:41.84 1:42.45	800m: 13:31.16 1:41.83	1200m: 20:19.32 1:41.78				
13.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	25:31.78		305	9,00
	100m: 1:37.39 1:37.39	500m: 8:20.67 1:41.24	900m: 15:13.71 1:43.31	1300m: 22:09.22 1:45.94			
	200m: 3:16.41 1:39.02	600m: 10:03.24 1:42.57	1000m: 16:54.37 1:40.66	1400m: 23:53.37 1:44.15			
	300m: 4:56.97 1:40.56	700m: 11:46.29 1:43.05	1100m: 18:38.48 1:44.11	1500m: 25:31.78 1:38.41			
	400m: 6:39.43 1:42.46	800m: 13:30.40 1:44.11	1200m: 20:23.28 1:44.80				
14.	GONCALVES Nuno Telmo	77	Sporting	25:47.40		296	8,00
	100m: 1:31.81 1:31.81	500m: 8:21.55 1:43.19	900m: 15:16.47 1:44.26	1300m: 22:18.44 1:44.78			
	200m: 3:11.69 1:39.88	600m: 10:04.91 1:43.36	1000m: 17:02.03 1:45.56	1400m: 24:02.92 1:44.48			
	300m: 4:54.53 1:42.84	700m: 11:48.73 1:43.82	1100m: 18:48.40 1:46.37	1500m: 25:47.40 1:44.48			
	400m: 6:38.36 1:43.83	800m: 13:32.21 1:43.48	1200m: 20:33.66 1:45.26				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
15.	PEREIRA Norberto Matos	75	Vitoria Guimaraes	27:13.78		251	7,00
	100m: 1:34.64 1:34.64		500m: 8:42.66 1:48.77	900m: 16:03.34 1:50.84	1300m: 23:30.65 1:52.58		
	200m: 3:18.32 1:43.68		600m: 10:31.54 1:48.88	1000m: 17:53.88 1:50.54	1400m: 25:23.04 1:52.39		
	300m: 5:05.53 1:47.21		700m: 12:21.36 1:49.82	1100m: 19:45.93 1:52.05	1500m: 27:13.78 1:50.74		
	400m: 6:53.89 1:48.36		800m: 14:12.50 1:51.14	1200m: 21:38.07 1:52.14			
16.	MATOS Emanuel Peixoto	74	Braga	27:38.29		240	6,00
	100m: 1:34.18 1:34.18		500m: 8:59.65 1:53.30	900m: 16:26.83 1:50.59	1300m: 23:53.91 1:51.39		
	200m: 3:21.96 1:47.78		600m: 10:52.37 1:52.72	1000m: 18:17.47 1:50.64	1400m: 25:45.42 1:51.51		
	300m: 5:12.20 1:50.24		700m: 12:43.97 1:51.60	1100m: 20:10.57 1:53.10	1500m: 27:38.29 1:52.87		
	400m: 7:06.35 1:54.15		800m: 14:36.24 1:52.27	1200m: 22:02.52 1:51.95			
17.	LAMEIRA Antonio Jose	73	Leixoes	29:55.90		189	5,00
	100m: 1:50.74 1:50.74		500m: 9:58.48 2:01.57	900m: 18:04.45 2:01.22	1300m: 26:09.18 2:01.17		
	200m: 3:50.02 1:59.28		600m: 12:00.71 2:02.23	1000m: 20:06.56 2:02.11	1400m: 28:11.33 2:02.15		
	300m: 5:53.18 2:03.16		700m: 14:02.37 2:01.66	1100m: 22:06.71 2:00.15	1500m: 29:55.90 1:44.57		
	400m: 7:56.91 2:03.73		800m: 16:03.23 2:00.86	1200m: 24:08.01 2:01.30			
18.	MATOS Jose Manuel	74	Leixoes	33:58.26		129	4,00
	100m: 2:11.71 2:11.71		500m: 11:17.93 2:15.18	900m: 20:18.67 2:15.53	1300m: 29:32.33 2:21.72		
	200m: 4:29.18 2:17.47		600m: 13:33.06 2:15.13	1000m: 22:34.44 2:15.77	1400m: 31:51.12 2:18.79		
	300m: 6:46.33 2:17.15		700m: 15:47.98 2:14.92	1100m: 24:50.78 2:16.34	1500m: 33:58.26 2:07.14		
	400m: 9:02.75 2:16.42		800m: 18:03.14 2:15.16	1200m: 27:10.61 2:19.83			
DSQ	SILVA Bruno Miguel	76	Academica de Coimbra				-
	<i>403 - Falsa partida - SW 4.4</i>						

Prova 2
26-02-2022

Masc., 1500m Livres

Master Esc F
Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	TEJO Paulo Jorge	71	Academica de Coimbra	21:52.83		522	30,00
	100m: 1:22.97 1:22.97		500m: 7:09.23 1:27.39	900m: 13:02.37 1:29.21	1300m: 18:58.89 1:29.71		
	200m: 2:49.06 1:26.09		600m: 8:36.93 1:27.70	1000m: 14:31.49 1:29.12	1400m: 20:27.95 1:29.06		
	300m: 4:14.71 1:25.65		700m: 10:04.83 1:27.90	1100m: 15:59.71 1:28.22	1500m: 21:52.83 1:24.88		
	400m: 5:41.84 1:27.13		800m: 11:33.16 1:28.33	1200m: 17:29.18 1:29.47			
2.	RIBEIRO Celso Fernando	69	Porto	23:11.12		439	26,00
	100m: 1:30.17 1:30.17		500m: 7:47.04 1:33.83	900m: 14:00.75 1:31.91	1300m: 20:11.38 1:33.34		
	200m: 3:04.43 1:34.26		600m: 9:21.22 1:34.18	1000m: 15:33.42 1:32.67	1400m: 21:43.26 1:31.88		
	300m: 4:39.36 1:34.93		700m: 10:56.57 1:35.35	1100m: 17:05.56 1:32.14	1500m: 23:11.12 1:27.86		
	400m: 6:13.21 1:33.85		800m: 12:28.84 1:32.27	1200m: 18:38.04 1:32.48			
3.	TEJO Rui Miguel	69	Academica de Coimbra	23:44.34		409	22,00
	100m: 1:28.14 1:28.14		500m: 7:51.59 1:36.91	900m: 14:16.09 1:35.61	1300m: 20:37.04 1:35.51		
	200m: 3:01.68 1:33.54		600m: 9:27.77 1:36.18	1000m: 15:51.09 1:35.00	1400m: 22:12.02 1:34.98		
	300m: 4:38.00 1:36.32		700m: 11:04.10 1:36.33	1100m: 17:25.95 1:34.86	1500m: 23:44.34 1:32.32		
	400m: 6:14.68 1:36.68		800m: 12:40.48 1:36.38	1200m: 19:01.53 1:35.58			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	BARROS Francisco Santos	72	Porto	23:51.09		403	20,00
	100m: 1:27.14 1:27.14	500m: 7:48.38 1:36.10	900m: 14:17.25	1:37.82	1300m: 20:43.46	1:36.06	
	200m: 3:00.72 1:33.58	600m: 9:24.73 1:36.35	1000m: 15:54.70	1:37.45	1400m: 22:19.73	1:36.27	
	300m: 4:36.09 1:35.37	700m: 11:01.92 1:37.19	1100m: 17:31.38	1:36.68	1500m: 23:51.09	1:31.36	
	400m: 6:12.28 1:36.19	800m: 12:39.43 1:37.51	1200m: 19:07.40	1:36.02			
5.	FERREIRA Miguel Jose	70	Leixoes	24:08.55		389	19,00
	100m: 1:32.80 1:32.80	500m: 7:52.15 1:34.13	900m: 14:17.99	1:36.88	1300m: 20:51.67	1:40.47	
	200m: 3:08.47 1:35.67	600m: 9:28.06 1:35.91	1000m: 15:55.06	1:37.07	1400m: 22:33.15	1:41.48	
	300m: 4:43.74 1:35.27	700m: 11:04.54 1:36.48	1100m: 17:32.22	1:37.16	1500m: 24:08.55	1:35.40	
	400m: 6:18.02 1:34.28	800m: 12:41.11 1:36.57	1200m: 19:11.20	1:38.98			
6.	MOREIRA Flavio Martins	70	Academica de Coimbra	24:15.31		383	18,00
	100m: 1:29.24 1:29.24	500m: 7:53.28 1:38.04	900m: 14:25.81	1:38.68	1300m: 21:02.36	1:39.29	
	200m: 3:02.66 1:33.42	600m: 9:30.28 1:37.00	1000m: 16:04.52	1:38.71	1400m: 22:41.27	1:38.91	
	300m: 4:38.33 1:35.67	700m: 11:08.42 1:38.14	1100m: 17:43.40	1:38.88	1500m: 24:15.31	1:34.04	
	400m: 6:15.24 1:36.91	800m: 12:47.13 1:38.71	1200m: 19:23.07	1:39.67			
7.	CARDOSO Vitor Manuel	72	Natacao de Valongo	25:59.27		311	17,00
	100m: 1:36.04 1:36.04	500m: 8:30.98 1:43.21	900m: 15:28.76	1:43.96	1300m: 22:30.70	1:45.68	
	200m: 3:19.74 1:43.70	600m: 10:14.62 1:43.64	1000m: 17:13.20	1:44.44	1400m: 24:18.20	1:47.50	
	300m: 5:02.94 1:43.20	700m: 11:58.95 1:44.33	1100m: 18:59.43	1:46.23	1500m: 25:59.27	1:41.07	
	400m: 6:47.77 1:44.83	800m: 13:44.80 1:45.85	1200m: 20:45.02	1:45.59			
8.	ALVES Fernando Jose	69	Salesianos	26:49.56		283	16,00
	100m: 1:38.09 1:38.09	500m: 8:44.81 1:47.06	900m: 15:59.71	1:46.52	1300m: 23:14.70	1:49.08	
	200m: 3:23.14 1:45.05	600m: 10:34.34 1:49.53	1000m: 17:46.68	1:46.97	1400m: 25:05.72	1:51.02	
	300m: 5:10.95 1:47.81	700m: 12:23.58 1:49.24	1100m: 19:36.01	1:49.33	1500m: 26:49.56	1:43.84	
	400m: 6:57.75 1:46.80	800m: 14:13.19 1:49.61	1200m: 21:25.62	1:49.61			
9.	INVERNEIRO Pedro Alexandre	71	Fluvial Portuense	26:50.97		282	14,00
	100m: 1:37.35 1:37.35	500m: 8:47.73 1:47.61	900m: 16:02.51	1:48.01	1300m: 23:19.89	1:49.76	
	200m: 3:23.17 1:45.82	600m: 10:35.74 1:48.01	1000m: 17:51.60	1:49.09	1400m: 25:09.66	1:49.77	
	300m: 5:12.38 1:49.21	700m: 12:26.67 1:50.93	1100m: 19:41.06	1:49.46	1500m: 26:50.97	1:41.31	
	400m: 7:00.12 1:47.74	800m: 14:14.50 1:47.83	1200m: 21:30.13	1:49.07			
10.	SANTINHA Antonio Manuel	69	Masters de Almada	27:02.22		277	12,00
	100m: 1:43.10 1:43.10	500m: 8:55.04 1:48.82	900m: 16:12.29	1:48.56	1300m: 23:27.99	1:48.98	
	200m: 3:31.13 1:48.03	600m: 10:45.40 1:50.36	1000m: 18:00.64	1:48.35	1400m: 25:16.13	1:48.14	
	300m: 5:18.76 1:47.63	700m: 12:34.56 1:49.16	1100m: 19:49.34	1:48.70	1500m: 27:02.22	1:46.09	
	400m: 7:06.22 1:47.46	800m: 14:23.73 1:49.17	1200m: 21:39.01	1:49.67			
11.	ANTUNES Luis Miguel	68	Leixoes	28:18.57		241	11,00
	100m: 1:43.14 1:43.14	500m: 9:20.28 1:55.74	900m: 16:57.77	1:54.18	1300m: 24:30.73	1:53.19	
	200m: 3:36.45 1:53.31	600m: 11:13.32 1:53.04	1000m: 18:51.13	1:53.36	1400m: 26:25.77	1:55.04	
	300m: 5:30.00 1:53.55	700m: 13:08.78 1:55.46	1100m: 20:45.22	1:54.09	1500m: 28:18.57	1:52.80	
	400m: 7:24.54 1:54.54	800m: 15:03.59 1:54.81	1200m: 22:37.54	1:52.32			
12.	FERNANDES Nelson Jorge	71	Leixoes	30:05.34		201	10,00
	100m: 1:57.31 1:57.31	500m: 10:09.29 2:03.01	900m: 18:20.01	2:02.57	1300m: 26:22.63	1:59.86	
	200m: 3:57.05 1:59.74	600m: 12:09.78 2:00.49	1000m: 20:21.74	2:01.73	1400m: 28:22.35	1:59.72	
	300m: 6:02.87 2:05.82	700m: 14:14.87 2:05.09	1100m: 22:22.50	2:00.76	1500m: 30:05.34	1:42.99	
	400m: 8:06.28 2:03.41	800m: 16:17.44 2:02.57	1200m: 24:22.77	2:00.27			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
13.	LOUREIRO Luis Miguel	68	Fluvial Portuense	30:07.00		200	9,00
	100m: 1:49.38 1:49.38	500m: 9:50.10 2:01.08	900m: 17:55.39	2:02.10	1300m: 26:03.25	2:04.17	
	200m: 3:48.13 1:58.75	600m: 11:51.21 2:01.11	1000m: 19:55.98	2:00.59	1400m: 28:07.84	2:04.59	
	300m: 5:47.94 1:59.81	700m: 13:52.25 2:01.04	1100m: 21:56.46	2:00.48	1500m: 30:07.00	1:59.16	
	400m: 7:49.02 2:01.08	800m: 15:53.29 2:01.04	1200m: 23:59.08	2:02.62			
14.	BAPTISTA Jose Manuel	69	Leixoes	31:24.47		176	8,00
	100m: 1:51.20 1:51.20	500m: 10:03.01 2:05.50	900m: 18:34.87	2:09.16	1300m: 27:11.78	2:10.36	
	200m: 3:54.33 2:03.13	600m: 12:09.28 2:06.27	1000m: 20:43.17	2:08.30	1400m: 29:21.46	2:09.68	
	300m: 5:54.01 1:59.68	700m: 14:16.76 2:07.48	1100m: 22:51.44	2:08.27	1500m: 31:24.47	2:03.01	
	400m: 7:57.51 2:03.50	800m: 16:25.71 2:08.95	1200m: 25:01.42	2:09.98			
15.	SILVA Miguel Paulo	71	Penafiel	33:06.74		150	7,00
	100m: 1:54.51 1:54.51	500m: 10:40.26 2:13.63	900m: 19:39.93	2:14.18	1300m: 28:40.05	2:26.25	
	200m: 4:02.11 2:07.60	600m: 12:56.00 2:15.74	1000m: 21:52.22	2:12.29	1400m: 30:57.18	2:17.13	
	300m: 6:13.00 2:10.89	700m: 15:10.61 2:14.61	1100m: 24:05.56	2:13.34	1500m: 33:06.74	2:09.56	
	400m: 8:26.63 2:13.63	800m: 17:25.75 2:15.14	1200m: 26:13.80	2:08.24			
16.	BORREGO Hugo Alexandre	72	Sporting de Aveiro	35:17.57		124	6,00
	100m: 2:06.15 2:06.15	500m: 11:32.31 2:23.17	900m: 21:11.83	2:23.67	1300m: 30:42.44	2:22.33	
	200m: 4:28.02 2:21.87	600m: 13:55.92 2:23.61	1000m: 23:32.52	2:20.69	1400m: 33:04.61	2:22.17	
	300m: 6:48.51 2:20.49	700m: 16:20.39 2:24.47	1100m: 25:55.47	2:22.95	1500m: 35:17.57	2:12.96	
	400m: 9:09.14 2:20.63	800m: 18:48.16 2:27.77	1200m: 28:20.11	2:24.64			
17.	PEREIRA Antonio Manuel	72	Penafiel	37:56.86		100	5,00
	100m: 2:17.53 2:17.53	500m: 12:27.74 2:31.30	900m: 22:49.64	2:33.14	1300m: 33:09.45	2:31.91	
	200m: 4:51.36 2:33.83	600m: 15:20.27 2:52.53	1000m: 25:19.90	2:30.26	1400m: 35:33.75	2:24.30	
	300m: 7:23.17 2:31.81	700m: 17:42.21 2:21.94	1100m: 28:17.16	2:57.26	1500m: 37:56.86	2:23.11	
	400m: 9:56.44 2:33.27	800m: 20:16.50 2:34.29	1200m: 30:37.54	2:20.38			

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

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FREITAS Jose Carlos	63	Individual ANNP	19:15.14		856	30,00
	100m: 1:13.62 1:13.62	500m: 6:20.39 1:16.81	900m: 11:29.46	1:17.67	1300m: 16:42.59	1:18.33	
	200m: 2:30.39 1:16.77	600m: 7:37.36 1:16.97	1000m: 12:47.01	1:17.55	1400m: 18:00.33	1:17.74	
	300m: 3:46.97 1:16.58	700m: 8:54.36 1:17.00	1100m: 14:05.37	1:18.36	1500m: 19:15.14	1:14.81	
	400m: 5:03.58 1:16.61	800m: 10:11.79 1:17.43	1200m: 15:24.26	1:18.89			
2.	SILVA Joao Manuel	63	Millennium BCP	22:55.34		507	26,00
	100m: 1:23.85 1:23.85	500m: 7:27.60 1:32.29	900m: 13:38.86	1:32.92	1300m: 19:52.12	1:34.30	
	200m: 2:52.47 1:28.62	600m: 9:00.58 1:32.98	1000m: 15:11.70	1:32.84	1400m: 21:25.87	1:33.75	
	300m: 4:23.26 1:30.79	700m: 10:33.11 1:32.53	1100m: 16:44.40	1:32.70	1500m: 22:55.34	1:29.47	
	400m: 5:55.31 1:32.05	800m: 12:05.94 1:32.83	1200m: 18:17.82	1:33.42			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
3.	NEVES Paulo Alexandre	66	Leixoes	24:00.79		441	22,00
	100m: 1:29.64 1:29.64	500m: 8:01.41 1:37.12	900m: 14:24.12	1:36.12	1300m: 20:50.23	1:38.20	
	200m: 3:07.40 1:37.76	600m: 9:37.93 1:36.52	1000m: 16:00.47	1:36.35	1400m: 22:28.41	1:38.18	
	300m: 4:45.09 1:37.69	700m: 11:13.49 1:35.56	1100m: 17:36.25	1:35.78	1500m: 24:00.79	1:32.38	
	400m: 6:24.29 1:39.20	800m: 12:48.00 1:34.51	1200m: 19:12.03	1:35.78			
4.	COSTA Armando Joao	63	Feirense	24:26.77		418	20,00
	100m: 1:30.79 1:30.79	500m: 8:03.49 1:38.66	900m: 14:39.04	1:39.40	1300m: 21:16.49	1:39.39	
	200m: 3:08.61 1:37.82	600m: 9:42.07 1:38.58	1000m: 16:17.96	1:38.92	1400m: 22:55.60	1:39.11	
	300m: 4:46.45 1:37.84	700m: 11:20.69 1:38.62	1100m: 17:57.49	1:39.53	1500m: 24:26.77	1:31.17	
	400m: 6:24.83 1:38.38	800m: 12:59.64 1:38.95	1200m: 19:37.10	1:39.61			
5.	SOUSA Antonio Fernando	65	Porto	24:46.02		402	19,00
	100m: 1:33.13 1:33.13	500m: 8:14.33 1:40.01	900m: 14:57.57	1:40.05	1300m: 21:34.65	1:39.13	
	200m: 3:13.45 1:40.32	600m: 9:55.08 1:40.75	1000m: 16:39.06	1:41.49	1400m:		
	300m: 4:55.44 1:41.99	700m: 11:35.91 1:40.83	1100m: 18:16.92	1:37.86	1500m: 24:46.02		
	400m: 6:34.32 1:38.88	800m: 13:17.52 1:41.61	1200m: 19:55.52	1:38.60			
6.	RIBEIRO Jorge Vieira	64	Sporting de Aveiro	25:10.34		383	18,00
	100m: 1:33.88 1:33.88	500m: 8:17.30 1:41.39	900m: 15:05.17	1:41.20	1300m: 21:52.49	1:41.91	
	200m: 3:14.09 1:40.21	600m: 10:00.01 1:42.71	1000m: 16:47.63	1:42.46	1400m: 23:34.54	1:42.05	
	300m: 4:55.09 1:41.00	700m: 11:41.63 1:41.62	1100m: 18:28.46	1:40.83	1500m: 25:10.34	1:35.80	
	400m: 6:35.91 1:40.82	800m: 13:23.97 1:42.34	1200m: 20:10.58	1:42.12			
7.	MIRACCA Renato	65	Feirense	25:40.09		361	17,00
	100m: 1:38.04 1:38.04	500m: 8:32.30 1:45.05	900m: 15:24.30	1:41.71	1300m: 22:18.27	1:43.50	
	200m: 3:20.04 1:42.00	600m: 10:16.60 1:44.30	1000m: 17:07.08	1:42.78	1400m: 24:00.48	1:42.21	
	300m: 5:02.71 1:42.67	700m: 12:00.04 1:43.44	1100m: 18:50.96	1:43.88	1500m: 25:40.09	1:39.61	
	400m: 6:47.25 1:44.54	800m: 13:42.59 1:42.55	1200m: 20:34.77	1:43.81			
8.	CARVALHO Vitor Borges	64	Viana Natacao	26:34.40		325	16,00
	100m: 1:37.54 1:37.54	500m: 8:38.17 1:45.55	900m: 15:45.42	1:46.91	1300m: 22:58.20	1:48.25	
	200m: 3:20.75 1:43.21	600m: 10:24.89 1:46.72	1000m: 17:32.21	1:46.79	1400m: 24:46.83	1:48.63	
	300m: 5:06.34 1:45.59	700m: 12:11.59 1:46.70	1100m: 19:20.24	1:48.03	1500m: 26:34.40	1:47.57	
	400m: 6:52.62 1:46.28	800m: 13:58.51 1:46.92	1200m: 21:09.95	1:49.71			
9.	VELEZ Rui Manuel	64	Luz e Vida	27:55.04		280	14,00
	100m: 1:52.29 1:52.29	500m: 9:28.66 1:52.21	900m: 16:56.15	1:51.67	1300m: 24:19.78	1:50.86	
	200m: 3:48.29 1:56.00	600m: 11:21.11 1:52.45	1000m: 18:47.33	1:51.18	1400m: 26:10.42	1:50.64	
	300m: 5:43.05 1:54.76	700m: 13:12.48 1:51.37	1100m: 20:38.26	1:50.93	1500m: 27:55.04	1:44.62	
	400m: 7:36.45 1:53.40	800m: 15:04.48 1:52.00	1200m: 22:28.92	1:50.66			
10.	TRIGO Daniel Castro	65	Sporting de Aveiro	28:13.26		272	12,00
	100m: 1:45.06 1:45.06	500m: 9:19.04 1:54.26	900m: 16:53.27	1:55.47	1300m: 24:29.88	1:54.83	
	200m: 3:38.26 1:53.20	600m: 11:12.59 1:53.55	1000m: 18:47.41	1:54.14	1400m: 26:24.57	1:54.69	
	300m: 5:31.36 1:53.10	700m: 13:04.88 1:52.29	1100m: 20:40.75	1:53.34	1500m: 28:13.26	1:48.69	
	400m: 7:24.78 1:53.42	800m: 14:57.80 1:52.92	1200m: 22:35.05	1:54.30			
11.	ALBUQUERQUE Nuno Carlos	64	Braga	28:57.18		251	11,00
	100m: 1:45.51 1:45.51	500m: 9:24.00 1:55.98	900m: 17:12.03	1:58.12	1300m: 25:05.25	1:57.74	
	200m: 3:38.50 1:52.99	600m: 11:20.00 1:56.00	1000m: 19:10.17	1:58.14	1400m: 27:03.10	1:57.85	
	300m: 5:32.84 1:54.34	700m: 13:17.33 1:57.33	1100m: 21:07.99	1:57.82	1500m: 28:57.18	1:54.08	
	400m: 7:28.02 1:55.18	800m: 15:13.91 1:56.58	1200m: 23:07.51	1:59.52			

Torneio de Fundo Masters
Póvoa de Varzim, 26-2-2022



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
12.	RAMALHO Jose Carlos	67	Braga	30:09.75		222	10,00
	100m: 1:45.35 1:45.35	500m: 9:43.27 1:58.83	900m: 17:53.84	2:03.91	1300m: 26:07.42	2:03.31	
	200m: 3:42.59 1:57.24	600m: 11:45.77 2:02.50	1000m: 19:57.75	2:03.91	1400m: 28:11.49	2:04.07	
	300m: 5:43.91 2:01.32	700m: 13:48.15 2:02.38	1100m: 21:59.87	2:02.12	1500m: 30:09.75	1:58.26	
	400m: 7:44.44 2:00.53	800m: 15:49.93 2:01.78	1200m: 24:04.11	2:04.24			
13.	TAVEIRA Jose Manuel	64	Individual ANNP	33:54.83		156	9,00
	100m: 1:51.37 1:51.37	500m: 11:04.98 2:17.67	900m: 20:09.44	2:16.20	1300m: 29:17.03	2:18.17	
	200m: 4:07.19 2:15.82	600m: 13:21.66 2:16.68	1000m: 22:25.14	2:15.70	1400m: 31:34.10	2:17.07	
	300m: 6:26.13 2:18.94	700m: 15:37.58 2:15.92	1100m: 24:41.02	2:15.88	1500m: 33:54.83	2:20.73	
	400m: 8:47.31 2:21.18	800m: 17:53.24 2:15.66	1200m: 26:58.86	2:17.84			
DNF	AMARAL Jose Rui	63	Fluvial Portuense				-

Prova 2
26-02-2022

Masc., 1500m Livres

Master Esc H
Resultados

RN Esc H(60-64)	22:04.34	MAVIOSO Vitor Manuel	SAD	Rio Maior	20-02-2016
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	CARVALHO Paulo Paula <i>Rec Nacional Escalão H</i>	61	Sporting	20:25.15		953	30,00
	100m: 1:20.18 1:20.18	500m: 6:50.21 1:22.17	900m: 12:17.19	1:22.21	1300m: 17:44.26	1:22.11	
	200m: 2:43.78 1:23.60	600m: 8:11.43 1:21.22	1000m: 13:39.41	1:22.22	1400m: 19:06.31	1:22.05	
	300m: 4:06.23 1:22.45	700m: 9:33.55 1:22.12	1100m: 15:01.17	1:21.76	1500m: 20:25.15	1:18.84	
	400m: 5:28.04 1:21.81	800m: 10:54.98 1:21.43	1200m: 16:22.15	1:20.98			
2.	TORRES Paulo Francisco	62	Fluvial Portuense	23:07.96		655	26,00
	100m: 1:29.83 1:29.83	500m: 7:43.34 1:33.32	900m: 13:56.47	1:32.84	1300m: 20:06.88	1:33.11	
	200m: 3:02.89 1:33.06	600m: 9:16.38 1:33.04	1000m: 15:28.67	1:32.20	1400m: 21:39.77	1:32.89	
	300m: 4:36.68 1:33.79	700m: 10:50.26 1:33.88	1100m: 17:01.29	1:32.62	1500m: 23:07.96	1:28.19	
	400m: 6:10.02 1:33.34	800m: 12:23.63 1:33.37	1200m: 18:33.77	1:32.48			
3.	SEABRA Henrique Luis	61	Fluvial Portuense	23:43.72		607	22,00
	100m: 1:30.66 1:30.66	500m: 7:48.50 1:34.22	900m: 14:05.75	1:34.34	1300m: 20:30.14	1:36.54	
	200m: 3:04.24 1:33.58	600m: 9:22.80 1:34.30	1000m: 15:40.93	1:35.18	1400m: 22:07.73	1:37.59	
	300m: 4:39.16 1:34.92	700m: 10:57.51 1:34.71	1100m: 17:16.86	1:35.93	1500m: 23:43.72	1:35.99	
	400m: 6:14.28 1:35.12	800m: 12:31.41 1:33.90	1200m: 18:53.60	1:36.74			
4.	BARROSO Jose Miguel	62	Fluvial Portuense	23:57.63		590	20,00
	100m: 1:29.63 1:29.63	500m: 7:55.14 1:38.58	900m: 14:25.77	1:35.46	1300m: 20:48.07	1:36.06	
	200m: 3:03.50 1:33.87	600m: 9:33.81 1:38.67	1000m: 16:02.43	1:36.66	1400m: 22:27.35	1:39.28	
	300m: 4:39.32 1:35.82	700m: 11:12.69 1:38.88	1100m: 17:35.63	1:33.20	1500m: 23:57.63	1:30.28	
	400m: 6:16.56 1:37.24	800m: 12:50.31 1:37.62	1200m: 19:12.01	1:36.38			
5.	FERREIRA Jose Antonio	58	Leixoes	28:35.86		347	19,00
	100m: 1:44.59 1:44.59	500m: 9:22.98 1:54.25	900m: 17:03.56	1:55.31	1300m: 24:48.45	1:56.90	
	200m: 3:38.90 1:54.31	600m: 11:18.47 1:55.49	1000m: 18:58.98	1:55.42	1400m: 26:44.86	1:56.41	
	300m: 5:33.31 1:54.41	700m: 13:13.29 1:54.82	1100m: 20:55.00	1:56.02	1500m: 28:35.86	1:51.00	
	400m: 7:28.73 1:55.42	800m: 15:08.25 1:54.96	1200m: 22:51.55	1:56.55			

Torneio de Fundo Masters
Póvoa de Varzim, 26-2-2022



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	ROCHA Paulo Jorge	59	Fluvial Portuense	30:01.32		300	18,00
	100m: 1:53.44 1:53.44	500m: 9:48.92 1:57.21	900m: 17:47.66	2:00.45	1300m: 25:57.96	2:03.38	
	200m: 3:52.42 1:58.98	600m: 11:47.35 1:58.43	1000m: 19:49.13	2:01.47	1400m: 28:02.10	2:04.14	
	300m: 5:52.80 2:00.38	700m: 13:48.07 2:00.72	1100m: 21:51.45	2:02.32	1500m: 30:01.32	1:59.22	
	400m: 7:51.71 1:58.91	800m: 15:47.21 1:59.14	1200m: 23:54.58	2:03.13			
DNS	BENTO Jaime Carlos	61	Alges				-

Prova 2
26-02-2022

Masc., 1500m Livres

Master Esc I
Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	CORREIA Alberto Vaz	55	Salesianos	23:39.16		692	30,00
	100m: 1:26.48 1:26.48	500m: 7:37.49 1:33.79	900m: 13:57.10	1:35.50	1300m: 20:24.88	1:37.77	
	200m: 2:58.28 1:31.80	600m: 9:11.00 1:33.51	1000m: 15:33.41	1:36.31	1400m: 22:02.05	1:37.17	
	300m: 4:30.68 1:32.40	700m: 10:45.87 1:34.87	1100m: 17:10.06	1:36.65	1500m: 23:39.16	1:37.11	
	400m: 6:03.70 1:33.02	800m: 12:21.60 1:35.73	1200m: 18:47.11	1:37.05			
2.	MENDES Ricardo Antonio	55	Salesianos	24:34.08		618	26,00
	100m: 1:32.79 1:32.79	500m: 8:09.84 1:38.95	900m: 14:44.95	1:38.54	1300m: 21:20.89	1:39.91	
	200m: 3:12.02 1:39.23	600m: 9:48.34 1:38.50	1000m: 16:23.56	1:38.61	1400m: 22:59.60	1:38.71	
	300m: 4:51.29 1:39.27	700m: 11:27.37 1:39.03	1100m: 18:02.06	1:38.50	1500m: 24:34.08	1:34.48	
	400m: 6:30.89 1:39.60	800m: 13:06.41 1:39.04	1200m: 19:40.98	1:38.92			
3.	BARROS Mario Jorge	56	Porto	29:50.48		344	22,00
	100m: 1:55.40 1:55.40	500m: 10:06.77 2:02.50	900m: 18:10.44	2:00.55	1300m: 26:10.37	1:58.78	
	200m: 3:57.59 2:02.19	600m: 12:07.44 2:00.67	1000m: 20:11.80	2:01.36	1400m: 28:03.32	1:52.95	
	300m: 6:00.23 2:02.64	700m: 14:08.87 2:01.43	1100m: 22:12.29	2:00.49	1500m: 29:50.48	1:47.16	
	400m: 8:04.27 2:04.04	800m: 16:09.89 2:01.02	1200m: 24:11.59	1:59.30			
4.	MADAIL Jose Henrique	54	Galitos / Bresimar	31:26.52		294	20,00
	100m: 1:58.12 1:58.12	500m: 10:20.30 2:05.51	900m: 18:48.02	2:08.84	1300m: 27:14.23	2:06.66	
	200m: 4:01.57 2:03.45	600m: 12:26.43 2:06.13	1000m: 20:54.89	2:06.87	1400m: 29:19.21	2:04.98	
	300m: 6:08.05 2:06.48	700m: 14:32.63 2:06.20	1100m: 23:01.12	2:06.23	1500m: 31:26.52	2:07.31	
	400m: 8:14.79 2:06.74	800m: 16:39.18 2:06.55	1200m: 25:07.57	2:06.45			
5.	RAPOSO Jose Alexandre	55	Sporting de Aveiro	32:26.75		268	19,00
	100m: 2:04.45 2:04.45	500m: 10:40.33 2:08.88	900m: 19:18.27	2:10.29	1300m: 28:00.85	2:10.51	
	200m: 4:13.43 2:08.98	600m: 12:49.10 2:08.77	1000m: 21:29.45	2:11.18	1400m: 30:13.10	2:12.25	
	300m: 6:21.93 2:08.50	700m: 14:58.46 2:09.36	1100m: 23:39.92	2:10.47	1500m: 32:26.75	2:13.65	
	400m: 8:31.45 2:09.52	800m: 17:07.98 2:09.52	1200m: 25:50.34	2:10.42			

Prova 2, Masc., 1500m Livres

Prova 2
26-02-2022

Masc., 1500m Livres

Master Esc J
Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	CORREIA Carlos Augusto	52	Masters de Almada	27:46.54		485	30,00
	100m: 1:47.57 1:47.57	500m: 9:16.58 1:52.42	900m: 16:43.54	1:51.59	1300m: 24:09.46	1:50.54	
	200m: 3:39.41 1:51.84	600m: 11:08.22 1:51.64	1000m: 18:35.17	1:51.63	1400m: 25:59.54	1:50.08	
	300m: 5:31.74 1:52.33	700m: 13:00.13 1:51.91	1100m: 20:26.75	1:51.58	1500m: 27:46.54	1:47.00	
	400m: 7:24.16 1:52.42	800m: 14:51.95 1:51.82	1200m: 22:18.92	1:52.17			
2.	JUNIOR Edison Mello	50	Braga	29:41.29		397	26,00
	100m: 1:50.18 1:50.18	500m: 9:51.38 2:00.11	900m: 17:50.95	1:58.94	1300m: 25:46.53	1:57.66	
	200m: 3:51.60 2:01.42	600m: 11:51.77 2:00.39	1000m: 19:48.88	1:57.93	1400m: 27:48.36	2:01.83	
	300m: 5:52.32 2:00.72	700m: 13:51.17 1:59.40	1100m: 21:49.07	2:00.19	1500m: 29:41.29	1:52.93	
	400m: 7:51.27 1:58.95	800m: 15:52.01 2:00.84	1200m: 23:48.87	1:59.80			
3.	PORTO Carlos Manuel	51	Alges	30:01.43		384	22,00
	100m: 1:54.09 1:54.09	500m: 9:54.44 2:01.05	900m: 17:53.69	2:01.05	1300m: 26:00.44	2:01.51	
	200m: 3:54.44 2:00.35	600m: 11:54.04 1:59.60	1000m: 19:55.12	2:01.43	1400m: 28:01.29	2:00.85	
	300m: 5:53.46 1:59.02	700m: 13:53.34 1:59.30	1100m: 21:57.00	2:01.88	1500m: 30:01.43	2:00.14	
	400m: 7:53.39 1:59.93	800m: 15:52.64 1:59.30	1200m: 23:58.93	2:01.93			
4.	COELHO Domingos Pinto	52	Alges	32:21.16		307	20,00
	100m: 1:55.40 1:55.40	500m: 10:36.21 2:11.29	900m: 19:21.18	2:11.30	1300m:		
	200m: 4:05.02 2:09.62	600m: 12:46.77 2:10.56	1000m: 21:32.57	2:11.39	1400m: 30:15.10		
	300m: 6:14.78 2:09.76	700m: 14:57.62 2:10.85	1100m: 23:43.02	2:10.45	1500m: 32:21.16	2:06.06	
	400m: 8:24.92 2:10.14	800m: 17:09.88 2:12.26	1200m: 25:54.82	2:11.80			
5.	MARQUES Antonio Jorge	51	Fluvial Portuense	36:31.92		213	19,00
	100m: 2:11.61 2:11.61	500m: 11:44.61 2:25.23	900m: 21:38.60	2:28.64	1300m: 31:34.31	2:30.16	
	200m: 4:33.33 2:21.72	600m: 14:12.97 2:28.36	1000m: 24:06.74	2:28.14	1400m: 34:04.44	2:30.13	
	300m: 6:56.02 2:22.69	700m: 16:40.19 2:27.22	1100m: 26:34.97	2:28.23	1500m: 36:31.92	2:27.48	
	400m: 9:19.38 2:23.36	800m: 19:09.96 2:29.77	1200m: 29:04.15	2:29.18			
6.	LEITE Jose	48	Foca Quinta da Lixa CNF	39:44.41		165	18,00
	100m: 2:09.74 2:09.74	500m: 12:00.27 2:28.13	900m: 21:58.16	2:29.40	1300m: 32:09.15	2:33.72	
	200m: 4:35.01 2:25.27	600m: 14:29.06 2:28.79	1000m: 24:30.97	2:32.81	1400m: 34:43.52	2:34.37	
	300m: 7:04.38 2:29.37	700m: 16:59.09 2:30.03	1100m: 27:02.55	2:31.58	1500m: 39:44.41	5:00.89	
	400m: 9:32.14 2:27.76	800m: 19:28.76 2:29.67	1200m: 29:35.43	2:32.88			
7.	CABRAL Luis Pereira	49	Academica de Coimbra	40:38.68		154	17,00
	100m: 2:31.66 2:31.66	500m: 13:08.46 2:39.89	900m: 24:06.45	2:43.96	1300m: 35:12.85	2:46.41	
	200m: 5:11.63 2:39.97	600m: 15:51.64 2:43.18	1000m: 26:52.16	2:45.71	1400m: 37:59.73	2:46.88	
	300m: 7:50.28 2:38.65	700m: 18:34.88 2:43.24	1100m: 29:38.75	2:46.59	1500m: 40:38.68	2:38.95	
	400m: 10:28.57 2:38.29	800m: 21:22.49 2:47.61	1200m: 32:26.44	2:47.69			
DNS	HORTA Jose Manuel	49	Alges				-

Prova 2, Masc., 1500m Livres

Prova 2
26-02-2022 Masc., 1500m Livres Master Esc K
Resultados

RN Esc K(75-79) 26:00.81 BASTO Antonio Bessone SAD Póvoa de Varzim 22-02-2020

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	DYSON Stephen Thomas <i>Rec Nacional Escalão K</i>	47	Alges	25:12.64		812	30,00
	100m: 1:38.57 1:38.57	500m: 8:24.70 1:41.01	900m: 15:09.37 1:41.10	1300m: 21:55.55 1:41.54			
	200m: 3:20.71 1:42.14	600m: 10:06.44 1:41.74	1000m: 16:51.27 1:41.90	1400m: 23:35.83 1:40.28			
	300m: 5:02.35 1:41.64	700m: 11:46.81 1:40.37	1100m: 18:32.51 1:41.24	1500m: 25:12.64 1:36.81			
	400m: 6:43.69 1:41.34	800m: 13:28.27 1:41.46	1200m: 20:14.01 1:41.50				
2.	GASPAR Alexandre Azevedo	45	Alges	34:09.16		326	26,00
	100m: 2:08.94 2:08.94	500m: 11:11.99 2:14.55	900m: 20:21.65 2:17.81	1300m: 29:41.47 2:18.47			
	200m: 4:25.04 2:16.10	600m: 13:28.00 2:16.01	1000m: 22:40.50 2:18.85	1400m: 31:57.26 2:15.79			
	300m: 6:41.21 2:16.17	700m: 15:46.92 2:18.92	1100m: 25:00.98 2:20.48	1500m: 34:09.16 2:11.90			
	400m: 8:57.44 2:16.23	800m: 18:03.84 2:16.92	1200m: 27:23.00 2:22.02				
3.	FREITAS Joaquim Fidalgo	47	Academica de Coimbra	37:30.43		246	22,00
	100m: 2:07.22 2:07.22	500m: 11:37.70 2:30.99	900m: 22:06.99 2:30.68	1300m: 32:26.15 2:37.32			
	200m: 4:22.23 2:15.01	600m: 14:10.72 2:33.02	1000m: 24:40.97 2:33.98	1400m: 35:02.01 2:35.86			
	300m: 6:40.30 2:18.07	700m: 16:48.63 2:37.91	1100m: 27:14.95 2:33.98	1500m: 37:30.43 2:28.42			
	400m: 9:06.71 2:26.41	800m: 19:36.31 2:47.68	1200m: 29:48.83 2:33.88				

Prova 2
26-02-2022 Masc., 1500m Livres Master Esc L
Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	48:24.11		138	30,00
	100m: 2:54.31 2:54.31	500m: 15:26.84 3:12.51	900m: 28:39.46 3:22.13	1300m: 42:09.36 3:22.13			
	200m: 5:59.45 3:05.14	600m: 18:42.25 3:15.41	1000m: 32:00.22 3:20.76	1400m: 45:19.23 3:09.87			
	300m: 9:06.22 3:06.77	700m: 21:58.22 3:15.97	1100m: 35:24.16 3:23.94	1500m: 48:24.11 3:04.88			
	400m: 12:14.33 3:08.11	800m: 25:17.33 3:19.11	1200m: 38:47.23 3:23.07				

Prova 2, Masc., 1500m Livres

Prova 2 26-02-2022	Masc., 1500m Livres	25 anos e mais velhos	Resultados
RN Esc A(25-29)	17:25.70 BESSA Antonio Rafael	CAP Póvoa de Varzim	23-02-2019
RN Esc B(30-34)	17:17.76 NIZ Adriano Miguel	GDNFAMA Póvoa de Varzim	23-02-2019
RN Esc C(35-39)	19:16.66 COURAS Ivan Mauricio	CFP Póvoa de Varzim	23-02-2019
RN Esc D(40-44)	19:06.20 COSTA Rodrigo Marques	CNLA Coimbra	24-02-2018
RN Esc E(45-49)	19:30.07 SOUSA Joao Pedro	CNF Funchal	22-03-2019
RN Esc F(50-54)	17:51.93 FREITAS Jose Carlos	CFP Coimbra	18-04-2015
RN Esc G(55-59)	18:05.10 FREITAS Jose Carlos	CFP Coimbra	24-02-2018
RN Esc H(60-64)	22:04.34 MAVIOSO Vitor Manuel	SAD Rio Maior	20-02-2016
RN Esc I(65-69)	22:41.37 CORREIA Alberto Vaz	FS Póvoa de Varzim	22-02-2020
RN Esc J(70-74)	24:35.68 DYSON Stephen Thomas	SAD Póvoa de Varzim	23-02-2019
RN Esc K(75-79)	26:00.81 BASTO Antonio Bessone	SAD Póvoa de Varzim	22-02-2020
RN Esc L(80-84)	40:29.31 TEIXEIRA Joao Rodrigues	AAC Coimbra	24-02-2018

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	RIBEIRO Hugo Alberto	88	Leixoes	17:18.34		708	30,00
	100m: 1:05.45 1:05.45	500m: 5:43.77 1:09.61	900m: 10:22.72 1:09.86	1300m: 15:04.16 1:10.57			
	200m: 2:14.14 1:08.69	600m: 6:53.23 1:09.46	1000m: 11:32.75 1:10.03	1400m: 16:13.51 1:09.35			
	300m: 3:23.85 1:09.71	700m: 8:03.03 1:09.80	1100m: 12:43.24 1:10.49	1500m: 17:18.34 1:04.83			
	400m: 4:34.16 1:10.31	800m: 9:12.86 1:09.83	1200m: 13:53.59 1:10.35				
2.	FREITAS Jose Carlos	63	Individual ANNP	19:15.14		856	30,00
	100m: 1:13.62 1:13.62	500m: 6:20.39 1:16.81	900m: 11:29.46 1:17.67	1300m: 16:42.59 1:18.33			
	200m: 2:30.39 1:16.77	600m: 7:37.36 1:16.97	1000m: 12:47.01 1:17.55	1400m: 18:00.33 1:17.74			
	300m: 3:46.97 1:16.58	700m: 8:54.36 1:17.00	1100m: 14:05.37 1:18.36	1500m: 19:15.14 1:14.81			
	400m: 5:03.58 1:16.61	800m: 10:11.79 1:17.43	1200m: 15:24.26 1:18.89				
3.	GORGULHO David Oliveira	82	Litoral Alentejano	19:32.29		631	30,00
	100m: 1:11.82 1:11.82	500m: 6:19.07 1:18.32	900m: 11:36.88 1:20.46	1300m: 16:59.09 1:20.88			
	200m: 2:27.14 1:15.32	600m: 7:37.78 1:18.71	1000m: 12:57.17 1:20.29	1400m: 18:19.36 1:20.27			
	300m: 3:43.59 1:16.45	700m: 8:56.87 1:19.09	1100m: 14:17.82 1:20.65	1500m: 19:32.29 1:12.93			
	400m: 5:00.75 1:17.16	800m: 10:16.42 1:19.55	1200m: 15:38.21 1:20.39				
4.	OLIVEIRA Rui Goncalves	93	Natacao da Maia	19:44.76		581	30,00
	100m: 1:13.17 1:13.17	500m: 6:24.62 1:20.35	900m: 11:47.03 1:19.80	1300m: 17:09.01 1:20.28			
	200m: 2:30.55 1:17.38	600m: 7:46.08 1:21.46	1000m: 13:08.38 1:21.35	1400m: 18:29.02 1:20.01			
	300m: 3:47.04 1:16.49	700m: 9:06.67 1:20.59	1100m: 14:28.75 1:20.37	1500m: 19:44.76 1:15.74			
	400m: 5:04.27 1:17.23	800m: 10:27.23 1:20.56	1200m: 15:48.73 1:19.98				
5.	SILVA Luis Filipe	88	Leixoes	19:55.21		464	26,00
	100m: 1:15.13 1:15.13	500m: 6:33.00 1:20.02	900m: 11:54.88 1:20.04	1300m: 17:22.45 1:22.10			
	200m: 2:34.26 1:19.13	600m: 7:53.17 1:20.17	1000m: 13:16.66 1:21.78	1400m: 18:41.55 1:19.10			
	300m: 3:52.76 1:18.50	700m: 9:13.87 1:20.70	1100m: 14:37.95 1:21.29	1500m: 19:55.21 1:13.66			
	400m: 5:12.98 1:20.22	800m: 10:34.84 1:20.97	1200m: 16:00.35 1:22.40				
6.	SANTOS Patrick	79	Sporting	20:00.23		588	26,00
	100m: 1:15.59 1:15.59	500m: 6:34.31 1:20.47	900m: 11:56.07 1:20.19	1300m: 17:20.05 1:21.34			
	200m: 2:34.00 1:18.41	600m: 7:54.83 1:20.52	1000m: 13:16.61 1:20.54	1400m: 18:41.28 1:21.23			
	300m: 3:53.47 1:19.47	700m: 9:15.44 1:20.61	1100m: 14:38.24 1:21.63	1500m: 20:00.23 1:18.95			
	400m: 5:13.84 1:20.37	800m: 10:35.88 1:20.44	1200m: 15:58.71 1:20.47				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	COSTA Rodrigo Marques	76	Litoral Alentejano	20:09.28		620	30,00
	100m: 1:17.60 1:17.60	500m: 6:35.89 1:20.14	900m: 12:02.93	1:22.14	1300m: 17:33.14	1:22.76	
	200m: 2:35.92 1:18.32	600m: 7:57.22 1:21.33	1000m: 13:25.69	1:22.76	1400m: 18:53.95	1:20.81	
	300m: 3:55.33 1:19.41	700m: 9:19.09 1:21.87	1100m: 14:48.34	1:22.65	1500m: 20:09.28	1:15.33	
	400m: 5:15.75 1:20.42	800m: 10:40.79 1:21.70	1200m: 16:10.38	1:22.04			
8.	COURAS Ivan Mauricio	81	Fluvial Portuense	20:09.57		574	22,00
	100m: 1:17.94 1:17.94	500m: 6:41.05 1:21.43	900m: 12:08.05	1:21.94	1300m: 17:34.71	1:21.60	
	200m: 2:38.19 1:20.25	600m: 8:03.02 1:21.97	1000m: 13:29.88	1:21.83	1400m: 18:55.48	1:20.77	
	300m: 3:58.88 1:20.69	700m: 9:24.51 1:21.49	1100m: 14:51.33	1:21.45	1500m: 20:09.57	1:14.09	
	400m: 5:19.62 1:20.74	800m: 10:46.11 1:21.60	1200m: 16:13.11	1:21.78			
9.	PACHECO Andre Filipe	85	Litoral Alentejano	20:15.86		604	30,00
	100m: 1:18.17 1:18.17	500m: 6:36.48 1:20.01	900m: 12:03.49	1:22.08	1300m: 17:33.64	1:22.55	
	200m: 2:36.34 1:18.17	600m: 7:57.50 1:21.02	1000m: 13:26.29	1:22.80	1400m: 18:55.17	1:21.53	
	300m: 3:55.86 1:19.52	700m: 9:20.25 1:22.75	1100m: 14:49.07	1:22.78	1500m: 20:15.86	1:20.69	
	400m: 5:16.47 1:20.61	800m: 10:41.41 1:21.16	1200m: 16:11.09	1:22.02			
10.	BARBOSA Celso Ruben	77	Porto	20:20.21		603	26,00
	100m: 1:20.39 1:20.39	500m: 6:55.58 1:22.99	900m: 12:22.73	1:21.24	1300m: 17:44.61	1:19.81	
	200m: 2:45.14 1:24.75	600m: 8:18.32 1:22.74	1000m: 13:43.63	1:20.90	1400m: 19:03.70	1:19.09	
	300m: 4:09.68 1:24.54	700m: 9:40.11 1:21.79	1100m: 15:04.63	1:21.00	1500m: 20:20.21	1:16.51	
	400m: 5:32.59 1:22.91	800m: 11:01.49 1:21.38	1200m: 16:24.80	1:20.17			
11.	CARVALHO Paulo Paula <i>Rec Nacional Escalão H</i>	61	Sporting	20:25.15		953	30,00
	100m: 1:20.18 1:20.18	500m: 6:50.21 1:22.17	900m: 12:17.19	1:22.21	1300m: 17:44.26	1:22.11	
	200m: 2:43.78 1:23.60	600m: 8:11.43 1:21.22	1000m: 13:39.41	1:22.22	1400m: 19:06.31	1:22.05	
	300m: 4:06.23 1:22.45	700m: 9:33.55 1:22.12	1100m: 15:01.17	1:21.76	1500m: 20:25.15	1:18.84	
	400m: 5:28.04 1:21.81	800m: 10:54.98 1:21.43	1200m: 16:22.15	1:20.98			
12.	COSTA Jaime Fernando	86	Litoral Alentejano	20:58.02		546	26,00
	100m: 1:17.08 1:17.08	500m: 6:44.94 1:23.96	900m: 12:28.51	1:25.97	1300m: 18:09.61	1:26.25	
	200m: 2:37.05 1:19.97	600m: 8:10.41 1:25.47	1000m: 13:53.59	1:25.08	1400m: 19:33.91	1:24.30	
	300m: 3:58.81 1:21.76	700m: 9:36.02 1:25.61	1100m: 15:18.69	1:25.10	1500m: 20:58.02	1:24.11	
	400m: 5:20.98 1:22.17	800m: 11:02.54 1:26.52	1200m: 16:43.36	1:24.67			
13.	MAIA Bruno Santos	81	Vilacondense	21:03.11		504	20,00
	100m: 1:23.78 1:23.78	500m: 6:58.73 1:24.33	900m: 12:37.24	1:24.53	1300m: 18:15.48	1:25.16	
	200m: 2:47.11 1:23.33	600m: 8:23.55 1:24.82	1000m: 14:01.44	1:24.20	1400m: 19:41.42	1:25.94	
	300m: 4:10.58 1:23.47	700m: 9:48.31 1:24.76	1100m: 15:25.77	1:24.33	1500m: 21:03.11	1:21.69	
	400m: 5:34.40 1:23.82	800m: 11:12.71 1:24.40	1200m: 16:50.32	1:24.55			
14.	REGO Ricardo Amorim	84	Leixoes	21:12.99		526	22,00
	100m: 1:15.69 1:15.69	500m: 6:54.88 1:26.93	900m: 12:38.67	1:24.73	1300m: 18:18.78	1:25.32	
	200m: 2:37.36 1:21.67	600m: 8:22.62 1:27.74	1000m: 14:03.46	1:24.79	1400m: 19:45.05	1:26.27	
	300m: 4:01.12 1:23.76	700m: 9:48.78 1:26.16	1100m: 15:28.29	1:24.83	1500m: 21:12.99	1:27.94	
	400m: 5:27.95 1:26.83	800m: 11:13.94 1:25.16	1200m: 16:53.46	1:25.17			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
15.	CAMPOS Tiago Dourado	88	Vilacondense	21:19.28		379	22,00
	100m: 1:16.47 1:16.47	500m: 6:52.23 1:25.51	900m: 12:40.60	1:27.94	1300m: 18:32.23	1:28.19	
	200m: 2:38.44 1:21.97	600m: 8:18.97 1:26.74	1000m: 14:07.98	1:27.38	1400m: 19:58.07	1:25.84	
	300m: 4:02.72 1:24.28	700m: 9:45.76 1:26.79	1100m: 15:35.42	1:27.44	1500m: 21:19.28	1:21.21	
	400m: 5:26.72 1:24.00	800m: 11:12.66 1:26.90	1200m: 17:04.04	1:28.62			
16.	NEVES Jose Pedro	81	Fluvial Portuense	21:21.77		482	19,00
	100m: 1:18.31 1:18.31	500m: 6:53.44 1:26.09	900m: 12:39.46	1:27.02	1300m: 18:29.90	1:27.39	
	200m: 2:39.23 1:20.92	600m: 8:20.21 1:26.77	1000m: 14:06.93	1:27.47	1400m: 19:56.98	1:27.08	
	300m: 4:02.18 1:22.95	700m: 9:46.50 1:26.29	1100m: 15:34.79	1:27.86	1500m: 21:21.77	1:24.79	
	400m: 5:27.35 1:25.17	800m: 11:12.44 1:25.94	1200m: 17:02.51	1:27.72			
17.	AITA Cristian	77	Porto	21:24.36		517	22,00
	100m: 1:24.12 1:24.12	500m: 7:10.12 1:25.59	900m: 12:53.72	1:25.80	1300m: 18:35.80	1:26.61	
	200m: 2:50.95 1:26.83	600m: 8:35.64 1:25.52	1000m: 14:18.79	1:25.07	1400m: 20:02.93	1:27.13	
	300m: 4:18.44 1:27.49	700m: 10:01.61 1:25.97	1100m: 15:43.51	1:24.72	1500m: 21:24.36	1:21.43	
	400m: 5:44.53 1:26.09	800m: 11:27.92 1:26.31	1200m: 17:09.19	1:25.68			
18.	SOARES Guilherme Araujo	93	Feirense	21:28.00		452	26,00
	100m: 1:18.47 1:18.47	500m: 6:49.77 1:23.99	900m: 12:34.05	1:27.72	1300m: 18:31.97	1:29.65	
	200m: 2:39.88 1:21.41	600m: 8:14.23 1:24.46	1000m: 14:02.18	1:28.13	1400m: 20:02.00	1:30.03	
	300m: 4:02.46 1:22.58	700m: 9:39.69 1:25.46	1100m: 15:32.22	1:30.04	1500m: 21:28.00	1:26.00	
	400m: 5:25.78 1:23.32	800m: 11:06.33 1:26.64	1200m: 17:02.32	1:30.10			
19.	PIMENTEL Pedro Filipe	84	Foca Quinta da Lixa CNF	21:46.85		487	20,00
	100m: 1:20.76 1:20.76	500m: 7:03.72 1:26.06	900m: 12:54.04	1:28.86	1300m: 18:47.57	1:28.91	
	200m: 2:45.25 1:24.49	600m: 8:30.40 1:26.68	1000m: 14:21.81	1:27.77	1400m: 20:17.17	1:29.60	
	300m: 4:12.02 1:26.77	700m: 9:57.54 1:27.14	1100m: 15:50.25	1:28.44	1500m: 21:46.85	1:29.68	
	400m: 5:37.66 1:25.64	800m: 11:25.18 1:27.64	1200m: 17:18.66	1:28.41			
20.	TOJO Jose Manuel	77	Academica de Coimbra	21:51.97		485	20,00
	100m: 1:22.05 1:22.05	500m: 7:12.66 1:28.98	900m: 13:08.17	1:28.36	1300m: 19:02.35	1:28.32	
	200m: 2:47.87 1:25.82	600m: 8:42.48 1:29.82	1000m: 14:36.91	1:28.74	1400m: 20:29.02	1:26.67	
	300m: 4:15.42 1:27.55	700m: 10:11.30 1:28.82	1100m: 16:05.45	1:28.54	1500m: 21:51.97	1:22.95	
	400m: 5:43.68 1:28.26	800m: 11:39.81 1:28.51	1200m: 17:34.03	1:28.58			
21.	TEJO Paulo Jorge	71	Academica de Coimbra	21:52.83		522	30,00
	100m: 1:22.97 1:22.97	500m: 7:09.23 1:27.39	900m: 13:02.37	1:29.21	1300m: 18:58.89	1:29.71	
	200m: 2:49.06 1:26.09	600m: 8:36.93 1:27.70	1000m: 14:31.49	1:29.12	1400m: 20:27.95	1:29.06	
	300m: 4:14.71 1:25.65	700m: 10:04.83 1:27.90	1100m: 15:59.71	1:28.22	1500m: 21:52.83	1:24.88	
	400m: 5:41.84 1:27.13	800m: 11:33.16 1:28.33	1200m: 17:29.18	1:29.47			
22.	FONSECA Jose Diogo	97	Penafiel	22:03.55		416	22,00
	100m: 1:22.06 1:22.06	500m: 7:17.60 1:30.07	900m: 13:14.37	1:29.06	1300m: 19:11.60	1:27.13	
	200m: 2:49.37 1:27.31	600m: 8:47.23 1:29.63	1000m: 14:43.40	1:29.03	1400m: 20:40.05	1:28.45	
	300m: 4:18.23 1:28.86	700m: 10:16.24 1:29.01	1100m: 16:13.23	1:29.83	1500m: 22:03.55	1:23.50	
	400m: 5:47.53 1:29.30	800m: 11:45.31 1:29.07	1200m: 17:44.47	1:31.24			
23.	BAPTISTA Filipe Jose	94	Feirense	22:24.54		397	20,00
	100m: 1:17.28 1:17.28	500m: 7:13.06 1:30.49	900m: 13:16.73	1:30.98	1300m: 19:20.72	1:31.00	
	200m: 2:43.65 1:26.37	600m: 8:43.64 1:30.58	1000m: 14:47.69	1:30.96	1400m: 20:52.91	1:32.19	
	300m: 4:12.52 1:28.87	700m: 10:14.62 1:30.98	1100m: 16:18.54	1:30.85	1500m: 22:24.54	1:31.63	
	400m: 5:42.57 1:30.05	800m: 11:45.75 1:31.13	1200m: 17:49.72	1:31.18			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
24.	MADUREIRA Fabio Andre	90	Penafiel	22:32.87		320	20,00
	100m: 1:20.86 1:20.86	500m: 7:18.66 1:30.55	900m: 13:24.85	1:32.64	1300m: 19:31.04	1:29.52	
	200m: 2:49.83 1:28.97	600m: 8:49.77 1:31.11	1000m: 14:57.60	1:32.75	1400m: 21:04.65	1:33.61	
	300m: 4:18.72 1:28.89	700m: 10:22.23 1:32.46	1100m: 16:30.80	1:33.20	1500m: 22:32.87	1:28.22	
	400m: 5:48.11 1:29.39	800m: 11:52.21 1:29.98	1200m: 18:01.52	1:30.72			
25.	RIBEIRO Carlos Manuel	85	Academica de Coimbra	22:36.13		435	19,00
	100m: 1:27.31 1:27.31	500m: 7:29.72 1:31.77	900m: 13:35.61	1:31.29	1300m: 19:40.08	1:31.80	
	200m: 2:57.10 1:29.79	600m: 9:00.62 1:30.90	1000m: 15:06.31	1:30.70	1400m: 21:11.90	1:31.82	
	300m: 4:26.90 1:29.80	700m: 10:32.46 1:31.84	1100m: 16:36.63	1:30.32	1500m: 22:36.13	1:24.23	
	400m: 5:57.95 1:31.05	800m: 12:04.32 1:31.86	1200m: 18:08.28	1:31.65			
26.	MOREIRA Fernando Santos	94	Leixoes	22:37.35		386	19,00
	100m: 1:24.11 1:24.11	500m: 7:22.27 1:31.21	900m: 13:27.53	1:31.55	1300m: 19:37.79	1:33.79	
	200m: 2:50.77 1:26.66	600m: 8:53.75 1:31.48	1000m: 15:00.05	1:32.52	1400m: 21:09.98	1:32.19	
	300m: 4:20.03 1:29.26	700m: 10:24.89 1:31.14	1100m: 16:30.95	1:30.90	1500m: 22:37.35	1:27.37	
	400m: 5:51.06 1:31.03	800m: 11:55.98 1:31.09	1200m: 18:04.00	1:33.05			
27.	NEVES Luis Miguel	85	Vilacondense	22:42.69		429	18,00
	100m: 1:27.39 1:27.39	500m: 7:21.65 1:30.54	900m: 13:32.10	1:33.00	1300m: 19:42.17	1:32.74	
	200m: 2:55.63 1:28.24	600m: 8:53.43 1:31.78	1000m: 15:05.03	1:32.93	1400m: 21:14.62	1:32.45	
	300m: 4:23.01 1:27.38	700m: 10:25.84 1:32.41	1100m: 16:37.67	1:32.64	1500m: 22:42.69	1:28.07	
	400m: 5:51.11 1:28.10	800m: 11:59.10 1:33.26	1200m: 18:09.43	1:31.76			
28.	ROSA Artur Jorge	76	Vila DEste/Gaia	22:51.11		425	19,00
	100m: 1:26.81 1:26.81	500m: 7:29.57 1:30.63	900m: 13:36.08	1:32.04	1300m: 19:46.35	1:32.53	
	200m: 2:56.85 1:30.04	600m: 9:00.55 1:30.98	1000m: 15:08.50	1:32.42	1400m: 21:19.15	1:32.80	
	300m: 4:27.67 1:30.82	700m: 10:32.53 1:31.98	1100m: 16:40.91	1:32.41	1500m: 22:51.11	1:31.96	
	400m: 5:58.94 1:31.27	800m: 12:04.04 1:31.51	1200m: 18:13.82	1:32.91			
29.	SILVA Joao Manuel	63	Millennium BCP	22:55.34		507	26,00
	100m: 1:23.85 1:23.85	500m: 7:27.60 1:32.29	900m: 13:38.86	1:32.92	1300m: 19:52.12	1:34.30	
	200m: 2:52.47 1:28.62	600m: 9:00.58 1:32.98	1000m: 15:11.70	1:32.84	1400m: 21:25.87	1:33.75	
	300m: 4:23.26 1:30.79	700m: 10:33.11 1:32.53	1100m: 16:44.40	1:32.70	1500m: 22:55.34	1:29.47	
	400m: 5:55.31 1:32.05	800m: 12:05.94 1:32.83	1200m: 18:17.82	1:33.42			
30.	MATOS Luis Miguel	92	Vitoria Guimaraes	22:58.20		303	19,00
	100m: 1:24.14 1:24.14	500m: 7:29.73 1:33.25	900m: 13:40.02	1:32.45	1300m: 19:51.89	1:32.47	
	200m: 2:53.06 1:28.92	600m: 9:02.05 1:32.32	1000m: 15:13.66	1:33.64	1400m: 21:19.37	1:27.48	
	300m: 4:24.69 1:31.63	700m: 10:34.42 1:32.37	1100m: 16:46.68	1:33.02	1500m: 22:58.20	1:38.83	
	400m: 5:56.48 1:31.79	800m: 12:07.57 1:33.15	1200m: 18:19.42	1:32.74			
31.	SILVA Hugo Gomes	94	Feirense	23:05.99		362	18,00
	100m: 1:21.65 1:21.65	500m: 7:25.10 1:32.59	900m: 13:38.14	1:33.45	1300m: 19:57.23	1:36.35	
	200m: 2:50.25 1:28.60	600m: 8:56.84 1:31.74	1000m: 15:11.62	1:33.48	1400m: 21:30.98	1:33.75	
	300m: 4:21.83 1:31.58	700m: 10:30.55 1:33.71	1100m: 16:46.71	1:35.09	1500m: 23:05.99	1:35.01	
	400m: 5:52.51 1:30.68	800m: 12:04.69 1:34.14	1200m: 18:20.88	1:34.17			
32.	TORRES Paulo Francisco	62	Fluvial Portuense	23:07.96		655	26,00
	100m: 1:29.83 1:29.83	500m: 7:43.34 1:33.32	900m: 13:56.47	1:32.84	1300m: 20:06.88	1:33.11	
	200m: 3:02.89 1:33.06	600m: 9:16.38 1:33.04	1000m: 15:28.67	1:32.20	1400m: 21:39.77	1:32.89	
	300m: 4:36.68 1:33.79	700m: 10:50.26 1:33.88	1100m: 17:01.29	1:32.62	1500m: 23:07.96	1:28.19	
	400m: 6:10.02 1:33.34	800m: 12:23.63 1:33.37	1200m: 18:33.77	1:32.48			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
33.	RIBEIRO Celso Fernando	69	Porto	23:11.12		439	26,00
	100m: 1:30.17 1:30.17	500m: 7:47.04 1:33.83	900m: 14:00.75	1:31.91	1300m: 20:11.38	1:33.34	
	200m: 3:04.43 1:34.26	600m: 9:21.22 1:34.18	1000m: 15:33.42	1:32.67	1400m: 21:43.26	1:31.88	
	300m: 4:39.36 1:34.93	700m: 10:56.57 1:35.35	1100m: 17:05.56	1:32.14	1500m: 23:11.12	1:27.86	
	400m: 6:13.21 1:33.85	800m: 12:28.84 1:32.27	1200m: 18:38.04	1:32.48			
34.	RIBEIRO Luis Manuel	91	Foca Quinta da Lixa CNF	23:23.07		287	18,00
	100m: 1:28.51 1:28.51	500m: 7:50.80 1:35.36	900m: 14:06.93	1:33.70	1300m: 20:24.56	1:34.37	
	200m: 3:03.20 1:34.69	600m: 9:25.80 1:35.00	1000m: 15:41.11	1:34.18	1400m: 21:56.62	1:32.06	
	300m: 4:39.82 1:36.62	700m: 11:00.05 1:34.25	1100m: 17:15.94	1:34.83	1500m: 23:23.07	1:26.45	
	400m: 6:15.44 1:35.62	800m: 12:33.23 1:33.18	1200m: 18:50.19	1:34.25			
35.	CAPITAO Joao Paulo	96	Feirense	23:24.36		348	17,00
	100m: 1:22.70 1:22.70	500m: 7:29.63 1:33.85	900m: 13:46.94	1:36.07	1300m: 20:09.33	1:37.37	
	200m: 2:51.24 1:28.54	600m: 9:03.68 1:34.05	1000m: 15:21.28	1:34.34	1400m: 21:42.62	1:33.29	
	300m: 4:22.87 1:31.63	700m: 10:37.48 1:33.80	1100m: 16:56.15	1:34.87	1500m: 23:24.36	1:41.74	
	400m: 5:55.78 1:32.91	800m: 12:10.87 1:33.39	1200m: 18:31.96	1:35.81			
36.	CORREIA Alberto Vaz	55	Salesianos	23:39.16		692	30,00
	100m: 1:26.48 1:26.48	500m: 7:37.49 1:33.79	900m: 13:57.10	1:35.50	1300m: 20:24.88	1:37.77	
	200m: 2:58.28 1:31.80	600m: 9:11.00 1:33.51	1000m: 15:33.41	1:36.31	1400m: 22:02.05	1:37.17	
	300m: 4:30.68 1:32.40	700m: 10:45.87 1:34.87	1100m: 17:10.06	1:36.65	1500m: 23:39.16	1:37.11	
	400m: 6:03.70 1:33.02	800m: 12:21.60 1:35.73	1200m: 18:47.11	1:37.05			
37.	AITA Aleksandro	74	UD Oliveirense	23:42.57		381	18,00
	100m: 1:27.14 1:27.14	500m: 7:35.48 1:31.95	900m: 13:54.52	1:36.68	1300m: 20:24.32	1:37.82	
	200m: 2:58.28 1:31.14	600m: 9:08.80 1:33.32	1000m: 15:30.49	1:35.97	1400m: 22:01.67	1:37.35	
	300m: 4:30.56 1:32.28	700m: 10:42.79 1:33.99	1100m: 17:07.32	1:36.83	1500m: 23:42.57	1:40.90	
	400m: 6:03.53 1:32.97	800m: 12:17.84 1:35.05	1200m: 18:46.50	1:39.18			
38.	SEABRA Henrique Luis	61	Fluvial Portuense	23:43.72		607	22,00
	100m: 1:30.66 1:30.66	500m: 7:48.50 1:34.22	900m: 14:05.75	1:34.34	1300m: 20:30.14	1:36.54	
	200m: 3:04.24 1:33.58	600m: 9:22.80 1:34.30	1000m: 15:40.93	1:35.18	1400m: 22:07.73	1:37.59	
	300m: 4:39.16 1:34.92	700m: 10:57.51 1:34.71	1100m: 17:16.86	1:35.93	1500m: 23:43.72	1:35.99	
	400m: 6:14.28 1:35.12	800m: 12:31.41 1:33.90	1200m: 18:53.60	1:36.74			
39.	TEJO Rui Miguel	69	Academica de Coimbra	23:44.34		409	22,00
	100m: 1:28.14 1:28.14	500m: 7:51.59 1:36.91	900m: 14:16.09	1:35.61	1300m: 20:37.04	1:35.51	
	200m: 3:01.68 1:33.54	600m: 9:27.77 1:36.18	1000m: 15:51.09	1:35.00	1400m: 22:12.02	1:34.98	
	300m: 4:38.00 1:36.32	700m: 11:04.10 1:36.33	1100m: 17:25.95	1:34.86	1500m: 23:44.34	1:32.32	
	400m: 6:14.68 1:36.68	800m: 12:40.48 1:36.38	1200m: 19:01.53	1:35.58			
40.	PACHECO Filipe Monteiro	74	Leixoes	23:50.99		374	17,00
	100m: 1:27.85 1:27.85	500m: 7:48.04 1:35.47	900m: 14:17.00	1:37.59	1300m: 20:43.14	1:35.93	
	200m: 3:01.19 1:33.34	600m: 9:24.38 1:36.34	1000m: 15:54.15	1:37.15	1400m: 22:18.15	1:35.01	
	300m: 4:36.38 1:35.19	700m: 11:01.64 1:37.26	1100m: 17:30.56	1:36.41	1500m: 23:50.99	1:32.84	
	400m: 6:12.57 1:36.19	800m: 12:39.41 1:37.77	1200m: 19:07.21	1:36.65			
41.	BARROS Francisco Santos	72	Porto	23:51.09		403	20,00
	100m: 1:27.14 1:27.14	500m: 7:48.38 1:36.10	900m: 14:17.25	1:37.82	1300m: 20:43.46	1:36.06	
	200m: 3:00.72 1:33.58	600m: 9:24.73 1:36.35	1000m: 15:54.70	1:37.45	1400m: 22:19.73	1:36.27	
	300m: 4:36.09 1:35.37	700m: 11:01.92 1:37.19	1100m: 17:31.38	1:36.68	1500m: 23:51.09	1:31.36	
	400m: 6:12.28 1:36.19	800m: 12:39.43 1:37.51	1200m: 19:07.40	1:36.02			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
42.	SILVA Pedro Niz	97	Penafiel	23:53.97		327	16,00
	100m: 1:25.18 1:25.18	500m: 7:43.08 1:36.35	900m: 14:15.32	1:39.70	1300m: 20:48.71	1:38.87	
	200m: 2:56.77 1:31.59	600m: 9:20.46 1:37.38	1000m: 15:53.23	1:37.91	1400m: 22:26.79	1:38.08	
	300m: 4:30.44 1:33.67	700m: 10:57.62 1:37.16	1100m: 17:31.96	1:38.73	1500m: 23:53.97	1:27.18	
	400m: 6:06.73 1:36.29	800m: 12:35.62 1:38.00	1200m: 19:09.84	1:37.88			
43.	PEREIRA Mario Nuno	81	Foca Quinta da Lixa CNF	23:54.11		344	18,00
	100m: 1:29.76 1:29.76	500m: 7:52.17 1:37.19	900m: 14:16.43	1:36.72	1300m: 20:46.48	1:36.48	
	200m: 3:04.31 1:34.55	600m: 9:28.83 1:36.66	1000m: 15:53.86	1:37.43	1400m: 22:24.75	1:38.27	
	300m: 4:40.10 1:35.79	700m: 11:04.20 1:35.37	1100m: 17:33.42	1:39.56	1500m: 23:54.11	1:29.36	
	400m: 6:14.98 1:34.88	800m: 12:39.71 1:35.51	1200m: 19:10.00	1:36.58			
44.	AFONSO Hugo Andre	76	Sporting	23:54.72		371	16,00
	100m: 1:29.58 1:29.58	500m: 7:56.93 1:36.61	900m: 14:25.44	1:37.65	1300m: 20:47.68	1:36.07	
	200m: 3:05.63 1:36.05	600m: 9:34.38 1:37.45	1000m: 16:00.98	1:35.54	1400m: 22:23.70	1:36.02	
	300m: 4:42.57 1:36.94	700m: 11:11.21 1:36.83	1100m: 17:36.14	1:35.16	1500m: 23:54.72	1:31.02	
	400m: 6:20.32 1:37.75	800m: 12:47.79 1:36.58	1200m: 19:11.61	1:35.47			
45.	BARROSO Jose Miguel	62	Fluvial Portuense	23:57.63		590	20,00
	100m: 1:29.63 1:29.63	500m: 7:55.14 1:38.58	900m: 14:25.77	1:35.46	1300m: 20:48.07	1:36.06	
	200m: 3:03.50 1:33.87	600m: 9:33.81 1:38.67	1000m: 16:02.43	1:36.66	1400m: 22:27.35	1:39.28	
	300m: 4:39.32 1:35.82	700m: 11:12.69 1:38.88	1100m: 17:35.63	1:33.20	1500m: 23:57.63	1:30.28	
	400m: 6:16.56 1:37.24	800m: 12:50.31 1:37.62	1200m: 19:12.01	1:36.38			
46.	NEVES Paulo Alexandre	66	Leixoes	24:00.79		441	22,00
	100m: 1:29.64 1:29.64	500m: 8:01.41 1:37.12	900m: 14:24.12	1:36.12	1300m: 20:50.23	1:38.20	
	200m: 3:07.40 1:37.76	600m: 9:37.93 1:36.52	1000m: 16:00.47	1:36.35	1400m: 22:28.41	1:38.18	
	300m: 4:45.09 1:37.69	700m: 11:13.49 1:35.56	1100m: 17:36.25	1:35.78	1500m: 24:00.79	1:32.38	
	400m: 6:24.29 1:39.20	800m: 12:48.00 1:34.51	1200m: 19:12.03	1:35.78			
47.	FERREIRA Miguel Jose	70	Leixoes	24:08.55		389	19,00
	100m: 1:32.80 1:32.80	500m: 7:52.15 1:34.13	900m: 14:17.99	1:36.88	1300m: 20:51.67	1:40.47	
	200m: 3:08.47 1:35.67	600m: 9:28.06 1:35.91	1000m: 15:55.06	1:37.07	1400m: 22:33.15	1:41.48	
	300m: 4:43.74 1:35.27	700m: 11:04.54 1:36.48	1100m: 17:32.22	1:37.16	1500m: 24:08.55	1:35.40	
	400m: 6:18.02 1:34.28	800m: 12:41.11 1:36.57	1200m: 19:11.20	1:38.98			
48.	MOREIRA Flavio Martins	70	Academica de Coimbra	24:15.31		383	18,00
	100m: 1:29.24 1:29.24	500m: 7:53.28 1:38.04	900m: 14:25.81	1:38.68	1300m: 21:02.36	1:39.29	
	200m: 3:02.66 1:33.42	600m: 9:30.28 1:37.00	1000m: 16:04.52	1:38.71	1400m: 22:41.27	1:38.91	
	300m: 4:38.33 1:35.67	700m: 11:08.42 1:38.14	1100m: 17:43.40	1:38.88	1500m: 24:15.31	1:34.04	
	400m: 6:15.24 1:36.91	800m: 12:47.13 1:38.71	1200m: 19:23.07	1:39.67			
49.	MENDES Rui Alberto	75	Fluvial Portuense	24:23.39		350	14,00
	100m: 1:31.58 1:31.58	500m: 7:58.71 1:36.71	900m: 14:33.61	1:37.79	1300m: 21:09.20	1:38.81	
	200m: 3:07.63 1:36.05	600m: 9:36.87 1:38.16	1000m: 16:12.72	1:39.11	1400m: 22:45.78	1:36.58	
	300m: 4:44.49 1:36.86	700m: 11:15.90 1:39.03	1100m: 17:51.24	1:38.52	1500m: 24:23.39	1:37.61	
	400m: 6:22.00 1:37.51	800m: 12:55.82 1:39.92	1200m: 19:30.39	1:39.15			
50.	PIRES Filipe Pinheiro	73	Foca Quinta da Lixa CNF	24:25.50		348	12,00
	100m: 1:35.19 1:35.19	500m: 8:07.02 1:38.17	900m: 14:38.94	1:38.21	1300m: 21:10.88	1:38.38	
	200m: 3:12.54 1:37.35	600m: 9:45.13 1:38.11	1000m: 16:17.67	1:38.73	1400m: 22:48.71	1:37.83	
	300m: 4:50.28 1:37.74	700m: 11:23.08 1:37.95	1100m: 17:55.52	1:37.85	1500m: 24:25.50	1:36.79	
	400m: 6:28.85 1:38.57	800m: 13:00.73 1:37.65	1200m: 19:32.50	1:36.98			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
51.	SANTOS Miguel Baceira	84	Amadora	24:25.78		345	17,00
	100m: 1:27.17 1:27.17	500m: 7:46.09 1:39.17	900m: 14:26.55	1:40.19	1300m: 21:09.86	1:40.83	
	200m: 2:57.71 1:30.54	600m: 9:26.33 1:40.24	1000m: 16:06.91	1:40.36	1400m: 22:48.36	1:38.50	
	300m: 4:31.45 1:33.74	700m: 11:06.87 1:40.54	1100m: 17:48.15	1:41.24	1500m: 24:25.78	1:37.42	
	400m: 6:06.92 1:35.47	800m: 12:46.36 1:39.49	1200m: 19:29.03	1:40.88			
52.	RIBEIRO Jorge Ricardo	88	Leixoes	24:26.26		251	17,00
	100m: 1:27.91 1:27.91	500m: 7:54.29 1:39.12	900m: 14:30.36	1:39.70	1300m: 21:11.62	1:40.58	
	200m: 3:00.89 1:32.98	600m: 9:33.87 1:39.58	1000m: 16:11.06	1:40.70	1400m: 22:50.89	1:39.27	
	300m: 4:37.56 1:36.67	700m: 11:12.80 1:38.93	1100m: 17:51.18	1:40.12	1500m: 24:26.26	1:35.37	
	400m: 6:15.17 1:37.61	800m: 12:50.66 1:37.86	1200m: 19:31.04	1:39.86			
53.	COSTA Armando Joao	63	Feirense	24:26.77		418	20,00
	100m: 1:30.79 1:30.79	500m: 8:03.49 1:38.66	900m: 14:39.04	1:39.40	1300m: 21:16.49	1:39.39	
	200m: 3:08.61 1:37.82	600m: 9:42.07 1:38.58	1000m: 16:17.96	1:38.92	1400m: 22:55.60	1:39.11	
	300m: 4:46.45 1:37.84	700m: 11:20.69 1:38.62	1100m: 17:57.49	1:39.53	1500m: 24:26.77	1:31.17	
	400m: 6:24.83 1:38.38	800m: 12:59.64 1:38.95	1200m: 19:37.10	1:39.61			
54.	MENDES Ricardo Antonio	55	Salesianos	24:34.08		618	26,00
	100m: 1:32.79 1:32.79	500m: 8:09.84 1:38.95	900m: 14:44.95	1:38.54	1300m: 21:20.89	1:39.91	
	200m: 3:12.02 1:39.23	600m: 9:48.34 1:38.50	1000m: 16:23.56	1:38.61	1400m: 22:59.60	1:38.71	
	300m: 4:51.29 1:39.27	700m: 11:27.37 1:39.03	1100m: 18:02.06	1:38.50	1500m: 24:34.08	1:34.48	
	400m: 6:30.89 1:39.60	800m: 13:06.41 1:39.04	1200m: 19:40.98	1:38.92			
55.	GOMES Joao Antonio	75	Leixoes	24:37.26		340	11,00
	100m: 1:27.74 1:27.74	500m: 8:02.41 1:39.65	900m: 14:45.75	1:41.11	1300m: 21:23.29	1:39.81	
	200m: 3:05.21 1:37.47	600m: 9:43.19 1:40.78	1000m: 16:25.41	1:39.66	1400m: 23:03.04	1:39.75	
	300m: 4:43.81 1:38.60	700m: 11:23.74 1:40.55	1100m: 18:04.30	1:38.89	1500m: 24:37.26	1:34.22	
	400m: 6:22.76 1:38.95	800m: 13:04.64 1:40.90	1200m: 19:43.48	1:39.18			
56.	FIGUEIREDO Luis Rosario	89	Ginasio Santo Tirso	24:40.86		244	16,00
	100m: 1:26.28 1:26.28	500m: 7:46.34 1:38.46	900m: 14:27.39	1:42.09	1300m: 21:22.65	1:44.27	
	200m: 2:57.12 1:30.84	600m: 9:24.77 1:38.43	1000m: 16:09.81	1:42.42	1400m: 23:05.26	1:42.61	
	300m: 4:31.15 1:34.03	700m: 11:04.11 1:39.34	1100m: 17:53.49	1:43.68	1500m: 24:40.86	1:35.60	
	400m: 6:07.88 1:36.73	800m: 12:45.30 1:41.19	1200m: 19:38.38	1:44.89			
57.	PIRES Miguel Pinheiro	78	Fluvial Portuense	24:42.76		311	17,00
	100m: 1:32.01 1:32.01	500m: 8:02.77 1:39.99	900m: 14:41.94	1:41.04	1300m: 21:25.03	1:40.43	
	200m: 3:06.79 1:34.78	600m: 9:42.15 1:39.38	1000m: 16:22.79	1:40.85	1400m: 23:04.03	1:39.00	
	300m: 4:43.97 1:37.18	700m: 11:21.17 1:39.02	1100m: 18:03.54	1:40.75	1500m: 24:42.76	1:38.73	
	400m: 6:22.78 1:38.81	800m: 13:00.90 1:39.73	1200m: 19:44.60	1:41.06			
58.	SOUSA Antonio Fernando	65	Porto	24:46.02		402	19,00
	100m: 1:33.13 1:33.13	500m: 8:14.33 1:40.01	900m: 14:57.57	1:40.05	1300m: 21:34.65	1:39.13	
	200m: 3:13.45 1:40.32	600m: 9:55.08 1:40.75	1000m: 16:39.06	1:41.49	1400m:		
	300m: 4:55.44 1:41.99	700m: 11:35.91 1:40.83	1100m: 18:16.92	1:37.86	1500m: 24:46.02		
	400m: 6:34.32 1:38.88	800m: 13:17.52 1:41.61	1200m: 19:55.52	1:38.60			
59.	GAVINHO Nuno Miguel	84	Vila DEste/Gaia	24:50.19		328	16,00
	100m: 1:28.07 1:28.07	500m: 8:00.41 1:39.68	900m: 14:44.13	1:40.95	1300m: 21:32.68	1:43.13	
	200m: 3:04.83 1:36.76	600m: 9:40.37 1:39.96	1000m: 16:26.52	1:42.39	1400m: 23:15.89	1:43.21	
	300m: 4:42.24 1:37.41	700m: 11:21.99 1:41.62	1100m: 18:07.34	1:40.82	1500m: 24:50.19	1:34.30	
	400m: 6:20.73 1:38.49	800m: 13:03.18 1:41.19	1200m: 19:49.55	1:42.21			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
60.	FERREIRA Manuel Filipe	87	Porto	24:51.98		327	14,00
	100m: 1:35.05 1:35.05	500m: 8:13.54 1:40.76	900m: 14:57.25	1:40.65	1300m: 21:37.82	1:38.81	
	200m: 3:12.70 1:37.65	600m: 9:54.78 1:41.24	1000m: 16:39.43	1:42.18	1400m: 23:15.71	1:37.89	
	300m: 4:51.63 1:38.93	700m: 11:35.56 1:40.78	1100m: 18:20.40	1:40.97	1500m: 24:51.98	1:36.27	
	400m: 6:32.78 1:41.15	800m: 13:16.60 1:41.04	1200m: 19:59.01	1:38.61			
61.	RODRIGUES Marcelo Porto	82	Natacao de Valongo	24:55.91		303	16,00
	100m: 1:34.27 1:34.27	500m: 8:09.34 1:38.65	900m: 14:48.25	1:40.73	1300m: 21:36.45	1:42.52	
	200m: 3:12.66 1:38.39	600m: 9:47.76 1:38.42	1000m: 16:29.95	1:41.70	1400m: 23:18.54	1:42.09	
	300m: 4:51.49 1:38.83	700m: 11:26.93 1:39.17	1100m: 18:11.96	1:42.01	1500m: 24:55.91	1:37.37	
	400m: 6:30.69 1:39.20	800m: 13:07.52 1:40.59	1200m: 19:53.93	1:41.97			
62.	RIBEIRO Jorge Vieira	64	Sporting de Aveiro	25:10.34		383	18,00
	100m: 1:33.88 1:33.88	500m: 8:17.30 1:41.39	900m: 15:05.17	1:41.20	1300m: 21:52.49	1:41.91	
	200m: 3:14.09 1:40.21	600m: 10:00.01 1:42.71	1000m: 16:47.63	1:42.46	1400m: 23:34.54	1:42.05	
	300m: 4:55.09 1:41.00	700m: 11:41.63 1:41.62	1100m: 18:28.46	1:40.83	1500m: 25:10.34	1:35.80	
	400m: 6:35.91 1:40.82	800m: 13:23.97 1:42.34	1200m: 20:10.58	1:42.12			
63.	DYSON Stephen Thomas <i>Rec Nacional Escalão K</i>	47	Alges	25:12.64		812	30,00
	100m: 1:38.57 1:38.57	500m: 8:24.70 1:41.01	900m: 15:09.37	1:41.10	1300m: 21:55.55	1:41.54	
	200m: 3:20.71 1:42.14	600m: 10:06.44 1:41.74	1000m: 16:51.27	1:41.90	1400m: 23:35.83	1:40.28	
	300m: 5:02.35 1:41.64	700m: 11:46.81 1:40.37	1100m: 18:32.51	1:41.24	1500m: 25:12.64	1:36.81	
	400m: 6:43.69 1:41.34	800m: 13:28.27 1:41.46	1200m: 20:14.01	1:41.50			
64.	CUNHA Tiago Filipe	76	Amigos da Natacao	25:21.16		311	10,00
	100m: 1:35.81 1:35.81	500m: 8:25.01 1:43.17	900m: 15:12.88	1:41.72	1300m: 22:01.52	1:42.20	
	200m: 3:16.84 1:41.03	600m: 10:07.49 1:42.48	1000m: 16:55.38	1:42.50	1400m: 23:43.60	1:42.08	
	300m: 4:59.39 1:42.55	700m: 11:49.33 1:41.84	1100m: 18:37.54	1:42.16	1500m: 25:21.16	1:37.56	
	400m: 6:41.84 1:42.45	800m: 13:31.16 1:41.83	1200m: 20:19.32	1:41.78			
65.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	25:31.78		305	9,00
	100m: 1:37.39 1:37.39	500m: 8:20.67 1:41.24	900m: 15:13.71	1:43.31	1300m: 22:09.22	1:45.94	
	200m: 3:16.41 1:39.02	600m: 10:03.24 1:42.57	1000m: 16:54.37	1:40.66	1400m: 23:53.37	1:44.15	
	300m: 4:56.97 1:40.56	700m: 11:46.29 1:43.05	1100m: 18:38.48	1:44.11	1500m: 25:31.78	1:38.41	
	400m: 6:39.43 1:42.46	800m: 13:30.40 1:44.11	1200m: 20:23.28	1:44.80			
66.	MIRACCA Renato	65	Feirense	25:40.09		361	17,00
	100m: 1:38.04 1:38.04	500m: 8:32.30 1:45.05	900m: 15:24.30	1:41.71	1300m: 22:18.27	1:43.50	
	200m: 3:20.04 1:42.00	600m: 10:16.60 1:44.30	1000m: 17:07.08	1:42.78	1400m: 24:00.48	1:42.21	
	300m: 5:02.71 1:42.67	700m: 12:00.04 1:43.44	1100m: 18:50.96	1:43.88	1500m: 25:40.09	1:39.61	
	400m: 6:47.25 1:44.54	800m: 13:42.59 1:42.55	1200m: 20:34.77	1:43.81			
67.	GONCALVES Nuno Telmo	77	Sporting	25:47.40		296	8,00
	100m: 1:31.81 1:31.81	500m: 8:21.55 1:43.19	900m: 15:16.47	1:44.26	1300m: 22:18.44	1:44.78	
	200m: 3:11.69 1:39.88	600m: 10:04.91 1:43.36	1000m: 17:02.03	1:45.56	1400m: 24:02.92	1:44.48	
	300m: 4:54.53 1:42.84	700m: 11:48.73 1:43.82	1100m: 18:48.40	1:46.37	1500m: 25:47.40	1:44.48	
	400m: 6:38.36 1:43.83	800m: 13:32.21 1:43.48	1200m: 20:33.66	1:45.26			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
68.	CARDOSO Vitor Manuel	72	Natacao de Valongo	25:59.27		311	17,00
	100m: 1:36.04 1:36.04	500m: 8:30.98 1:43.21	900m: 15:28.76	1:43.96	1300m: 22:30.70	1:45.68	
	200m: 3:19.74 1:43.70	600m: 10:14.62 1:43.64	1000m: 17:13.20	1:44.44	1400m: 24:18.20	1:47.50	
	300m: 5:02.94 1:43.20	700m: 11:58.95 1:44.33	1100m: 18:59.43	1:46.23	1500m: 25:59.27	1:41.07	
	400m: 6:47.77 1:44.83	800m: 13:44.80 1:45.85	1200m: 20:45.02	1:45.59			
69.	CARVALHO Vitor Borges	64	Viana Natacao	26:34.40		325	16,00
	100m: 1:37.54 1:37.54	500m: 8:38.17 1:45.55	900m: 15:45.42	1:46.91	1300m: 22:58.20	1:48.25	
	200m: 3:20.75 1:43.21	600m: 10:24.89 1:46.72	1000m: 17:32.21	1:46.79	1400m: 24:46.83	1:48.63	
	300m: 5:06.34 1:45.59	700m: 12:11.59 1:46.70	1100m: 19:20.24	1:48.03	1500m: 26:34.40	1:47.57	
	400m: 6:52.62 1:46.28	800m: 13:58.51 1:46.92	1200m: 21:09.95	1:49.71			
70.	ALVES Fernando Jose	69	Salesianos	26:49.56		283	16,00
	100m: 1:38.09 1:38.09	500m: 8:44.81 1:47.06	900m: 15:59.71	1:46.52	1300m: 23:14.70	1:49.08	
	200m: 3:23.14 1:45.05	600m: 10:34.34 1:49.53	1000m: 17:46.68	1:46.97	1400m: 25:05.72	1:51.02	
	300m: 5:10.95 1:47.81	700m: 12:23.58 1:49.24	1100m: 19:36.01	1:49.33	1500m: 26:49.56	1:43.84	
	400m: 6:57.75 1:46.80	800m: 14:13.19 1:49.61	1200m: 21:25.62	1:49.61			
71.	INVERNEIRO Pedro Alexandre	71	Fluvial Portuense	26:50.97		282	14,00
	100m: 1:37.35 1:37.35	500m: 8:47.73 1:47.61	900m: 16:02.51	1:48.01	1300m: 23:19.89	1:49.76	
	200m: 3:23.17 1:45.82	600m: 10:35.74 1:48.01	1000m: 17:51.60	1:49.09	1400m: 25:09.66	1:49.77	
	300m: 5:12.38 1:49.21	700m: 12:26.67 1:50.93	1100m: 19:41.06	1:49.46	1500m: 26:50.97	1:41.31	
	400m: 7:00.12 1:47.74	800m: 14:14.50 1:47.83	1200m: 21:30.13	1:49.07			
72.	SANTINHA Antonio Manuel	69	Masters de Almada	27:02.22		277	12,00
	100m: 1:43.10 1:43.10	500m: 8:55.04 1:48.82	900m: 16:12.29	1:48.56	1300m: 23:27.99	1:48.98	
	200m: 3:31.13 1:48.03	600m: 10:45.40 1:50.36	1000m: 18:00.64	1:48.35	1400m: 25:16.13	1:48.14	
	300m: 5:18.76 1:47.63	700m: 12:34.56 1:49.16	1100m: 19:49.34	1:48.70	1500m: 27:02.22	1:46.09	
	400m: 7:06.22 1:47.46	800m: 14:23.73 1:49.17	1200m: 21:39.01	1:49.67			
73.	PEREIRA Norberto Matos	75	Vitoria Guimaraes	27:13.78		251	7,00
	100m: 1:34.64 1:34.64	500m: 8:42.66 1:48.77	900m: 16:03.34	1:50.84	1300m: 23:30.65	1:52.58	
	200m: 3:18.32 1:43.68	600m: 10:31.54 1:48.88	1000m: 17:53.88	1:50.54	1400m: 25:23.04	1:52.39	
	300m: 5:05.53 1:47.21	700m: 12:21.36 1:49.82	1100m: 19:45.93	1:52.05	1500m: 27:13.78	1:50.74	
	400m: 6:53.89 1:48.36	800m: 14:12.50 1:51.14	1200m: 21:38.07	1:52.14			
74.	NOVAIS Jose Orlando	78	Vitoria Guimaraes	27:32.84		225	14,00
	100m: 1:37.47 1:37.47	500m: 8:49.74 1:50.17	900m: 16:19.75	1:53.70	1300m: 23:53.15	1:54.19	
	200m: 3:23.37 1:45.90	600m: 10:40.43 1:50.69	1000m: 18:11.90	1:52.15	1400m: 25:46.86	1:53.71	
	300m: 5:10.53 1:47.16	700m: 12:33.50 1:53.07	1100m: 20:05.38	1:53.48	1500m: 27:32.84	1:45.98	
	400m: 6:59.57 1:49.04	800m: 14:26.05 1:52.55	1200m: 21:58.96	1:53.58			
75.	MATOS Emanuel Peixoto	74	Braga	27:38.29		240	6,00
	100m: 1:34.18 1:34.18	500m: 8:59.65 1:53.30	900m: 16:26.83	1:50.59	1300m: 23:53.91	1:51.39	
	200m: 3:21.96 1:47.78	600m: 10:52.37 1:52.72	1000m: 18:17.47	1:50.64	1400m: 25:45.42	1:51.51	
	300m: 5:12.20 1:50.24	700m: 12:43.97 1:51.60	1100m: 20:10.57	1:53.10	1500m: 27:38.29	1:52.87	
	400m: 7:06.35 1:54.15	800m: 14:36.24 1:52.27	1200m: 22:02.52	1:51.95			
76.	CORREIA Carlos Augusto	52	Masters de Almada	27:46.54		485	30,00
	100m: 1:47.57 1:47.57	500m: 9:16.58 1:52.42	900m: 16:43.54	1:51.59	1300m: 24:09.46	1:50.54	
	200m: 3:39.41 1:51.84	600m: 11:08.22 1:51.64	1000m: 18:35.17	1:51.63	1400m: 25:59.54	1:50.08	
	300m: 5:31.74 1:52.33	700m: 13:00.13 1:51.91	1100m: 20:26.75	1:51.58	1500m: 27:46.54	1:47.00	
	400m: 7:24.16 1:52.42	800m: 14:51.95 1:51.82	1200m: 22:18.92	1:52.17			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
77.	VELEZ Rui Manuel	64	Luz e Vida	27:55.04		280	14,00
	100m: 1:52.29 1:52.29	500m: 9:28.66 1:52.21	900m: 16:56.15	1:51.67	1300m: 24:19.78	1:50.86	
	200m: 3:48.29 1:56.00	600m: 11:21.11 1:52.45	1000m: 18:47.33	1:51.18	1400m: 26:10.42	1:50.64	
	300m: 5:43.05 1:54.76	700m: 13:12.48 1:51.37	1100m: 20:38.26	1:50.93	1500m: 27:55.04	1:44.62	
	400m: 7:36.45 1:53.40	800m: 15:04.48 1:52.00	1200m: 22:28.92	1:50.66			
78.	ROCHA Helder Tomas	86	Penafiel	27:59.93		229	12,00
	100m: 1:38.34 1:38.34	500m: 9:04.72 1:53.58	900m: 16:40.56	1:56.09	1300m: 24:19.68	1:55.15	
	200m: 3:21.39 1:43.05	600m: 10:59.18 1:54.46	1000m: 18:34.27	1:53.71	1400m: 26:13.28	1:53.60	
	300m: 5:17.21 1:55.82	700m: 12:53.35 1:54.17	1100m: 20:29.71	1:55.44	1500m: 27:59.93	1:46.65	
	400m: 7:11.14 1:53.93	800m: 14:44.47 1:51.12	1200m: 22:24.53	1:54.82			
79.	TRIGO Daniel Castro	65	Sporting de Aveiro	28:13.26		272	12,00
	100m: 1:45.06 1:45.06	500m: 9:19.04 1:54.26	900m: 16:53.27	1:55.47	1300m: 24:29.88	1:54.83	
	200m: 3:38.26 1:53.20	600m: 11:12.59 1:53.55	1000m: 18:47.41	1:54.14	1400m: 26:24.57	1:54.69	
	300m: 5:31.36 1:53.10	700m: 13:04.88 1:52.29	1100m: 20:40.75	1:53.34	1500m: 28:13.26	1:48.69	
	400m: 7:24.78 1:53.42	800m: 14:57.80 1:52.92	1200m: 22:35.05	1:54.30			
80.	ANTUNES Luis Miguel	68	Leixoes	28:18.57		241	11,00
	100m: 1:43.14 1:43.14	500m: 9:20.28 1:55.74	900m: 16:57.77	1:54.18	1300m: 24:30.73	1:53.19	
	200m: 3:36.45 1:53.31	600m: 11:13.32 1:53.04	1000m: 18:51.13	1:53.36	1400m: 26:25.77	1:55.04	
	300m: 5:30.00 1:53.55	700m: 13:08.78 1:55.46	1100m: 20:45.22	1:54.09	1500m: 28:18.57	1:52.80	
	400m: 7:24.54 1:54.54	800m: 15:03.59 1:54.81	1200m: 22:37.54	1:52.32			
81.	FERREIRA Jose Antonio	58	Leixoes	28:35.86		347	19,00
	100m: 1:44.59 1:44.59	500m: 9:22.98 1:54.25	900m: 17:03.56	1:55.31	1300m: 24:48.45	1:56.90	
	200m: 3:38.90 1:54.31	600m: 11:18.47 1:55.49	1000m: 18:58.98	1:55.42	1400m: 26:44.86	1:56.41	
	300m: 5:33.31 1:54.41	700m: 13:13.29 1:54.82	1100m: 20:55.00	1:56.02	1500m: 28:35.86	1:51.00	
	400m: 7:28.73 1:55.42	800m: 15:08.25 1:54.96	1200m: 22:51.55	1:56.55			
82.	FERREIRA Hugo Manuel	79	Natacao da Maia	28:54.63		194	12,00
	100m: 1:38.88 1:38.88	500m: 9:20.01 1:58.00	900m: 17:07.12	1:55.61	1300m: 25:01.12	1:57.48	
	200m: 3:31.63 1:52.75	600m: 11:15.28 1:55.27	1000m: 19:05.75	1:58.63	1400m: 27:02.48	2:01.36	
	300m: 5:26.16 1:54.53	700m: 13:12.41 1:57.13	1100m: 21:05.49	1:59.74	1500m: 28:54.63	1:52.15	
	400m: 7:22.01 1:55.85	800m: 15:11.51 1:59.10	1200m: 23:03.64	1:58.15			
83.	ALBUQUERQUE Nuno Carlos	64	Braga	28:57.18		251	11,00
	100m: 1:45.51 1:45.51	500m: 9:24.00 1:55.98	900m: 17:12.03	1:58.12	1300m: 25:05.25	1:57.74	
	200m: 3:38.50 1:52.99	600m: 11:20.00 1:56.00	1000m: 19:10.17	1:58.14	1400m: 27:03.10	1:57.85	
	300m: 5:32.84 1:54.34	700m: 13:17.33 1:57.33	1100m: 21:07.99	1:57.82	1500m: 28:57.18	1:54.08	
	400m: 7:28.02 1:55.18	800m: 15:13.91 1:56.58	1200m: 23:07.51	1:59.52			
84.	AFONSO Nuno Silva	79	Amigos da Natacao	29:25.89		184	11,00
	100m: 1:40.09 1:40.09	500m: 9:29.32 2:00.26	900m: 17:31.27	2:00.21	1300m: 25:33.57	2:00.03	
	200m: 3:32.47 1:52.38	600m: 11:30.48 2:01.16	1000m: 19:32.25	2:00.98	1400m: 27:34.34	2:00.77	
	300m: 5:29.84 1:57.37	700m: 13:31.30 2:00.82	1100m: 21:33.50	2:01.25	1500m: 29:25.89	1:51.55	
	400m: 7:29.06 1:59.22	800m: 15:31.06 1:59.76	1200m: 23:33.54	2:00.04			
85.	JUNIOR Edison Mello	50	Braga	29:41.29		397	26,00
	100m: 1:50.18 1:50.18	500m: 9:51.38 2:00.11	900m: 17:50.95	1:58.94	1300m: 25:46.53	1:57.66	
	200m: 3:51.60 2:01.42	600m: 11:51.77 2:00.39	1000m: 19:48.88	1:57.93	1400m: 27:48.36	2:01.83	
	300m: 5:52.32 2:00.72	700m: 13:51.17 1:59.40	1100m: 21:49.07	2:00.19	1500m: 29:41.29	1:52.93	
	400m: 7:51.27 1:58.95	800m: 15:52.01 2:00.84	1200m: 23:48.87	1:59.80			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
86.	BARROS Mario Jorge	56	Porto	29:50.48		344	22,00
	100m: 1:55.40 1:55.40	500m: 10:06.77 2:02.50	900m: 18:10.44	2:00.55	1300m: 26:10.37	1:58.78	
	200m: 3:57.59 2:02.19	600m: 12:07.44 2:00.67	1000m: 20:11.80	2:01.36	1400m: 28:03.32	1:52.95	
	300m: 6:00.23 2:02.64	700m: 14:08.87 2:01.43	1100m: 22:12.29	2:00.49	1500m: 29:50.48	1:47.16	
	400m: 8:04.27 2:04.04	800m: 16:09.89 2:01.02	1200m: 24:11.59	1:59.30			
87.	LAMEIRA Antonio Jose	73	Leixoes	29:55.90		189	5,00
	100m: 1:50.74 1:50.74	500m: 9:58.48 2:01.57	900m: 18:04.45	2:01.22	1300m: 26:09.18	2:01.17	
	200m: 3:50.02 1:59.28	600m: 12:00.71 2:02.23	1000m: 20:06.56	2:02.11	1400m: 28:11.33	2:02.15	
	300m: 5:53.18 2:03.16	700m: 14:02.37 2:01.66	1100m: 22:06.71	2:00.15	1500m: 29:55.90	1:44.57	
	400m: 7:56.91 2:03.73	800m: 16:03.23 2:00.86	1200m: 24:08.01	2:01.30			
88.	ROCHA Paulo Jorge	59	Fluvial Portuense	30:01.32		300	18,00
	100m: 1:53.44 1:53.44	500m: 9:48.92 1:57.21	900m: 17:47.66	2:00.45	1300m: 25:57.96	2:03.38	
	200m: 3:52.42 1:58.98	600m: 11:47.35 1:58.43	1000m: 19:49.13	2:01.47	1400m: 28:02.10	2:04.14	
	300m: 5:52.80 2:00.38	700m: 13:48.07 2:00.72	1100m: 21:51.45	2:02.32	1500m: 30:01.32	1:59.22	
	400m: 7:51.71 1:58.91	800m: 15:47.21 1:59.14	1200m: 23:54.58	2:03.13			
89.	PORTO Carlos Manuel	51	Alges	30:01.43		384	22,00
	100m: 1:54.09 1:54.09	500m: 9:54.44 2:01.05	900m: 17:53.69	2:01.05	1300m: 26:00.44	2:01.51	
	200m: 3:54.44 2:00.35	600m: 11:54.04 1:59.60	1000m: 19:55.12	2:01.43	1400m: 28:01.29	2:00.85	
	300m: 5:53.46 1:59.02	700m: 13:53.34 1:59.30	1100m: 21:57.00	2:01.88	1500m: 30:01.43	2:00.14	
	400m: 7:53.39 1:59.93	800m: 15:52.64 1:59.30	1200m: 23:58.93	2:01.93			
90.	FERNANDES Nelson Jorge	71	Leixoes	30:05.34		201	10,00
	100m: 1:57.31 1:57.31	500m: 10:09.29 2:03.01	900m: 18:20.01	2:02.57	1300m: 26:22.63	1:59.86	
	200m: 3:57.05 1:59.74	600m: 12:09.78 2:00.49	1000m: 20:21.74	2:01.73	1400m: 28:22.35	1:59.72	
	300m: 6:02.87 2:05.82	700m: 14:14.87 2:05.09	1100m: 22:22.50	2:00.76	1500m: 30:05.34	1:42.99	
	400m: 8:06.28 2:03.41	800m: 16:17.44 2:02.57	1200m: 24:22.77	2:00.27			
91.	LOUREIRO Luis Miguel	68	Fluvial Portuense	30:07.00		200	9,00
	100m: 1:49.38 1:49.38	500m: 9:50.10 2:01.08	900m: 17:55.39	2:02.10	1300m: 26:03.25	2:04.17	
	200m: 3:48.13 1:58.75	600m: 11:51.21 2:01.11	1000m: 19:55.98	2:00.59	1400m: 28:07.84	2:04.59	
	300m: 5:47.94 1:59.81	700m: 13:52.25 2:01.04	1100m: 21:56.46	2:00.48	1500m: 30:07.00	1:59.16	
	400m: 7:49.02 2:01.08	800m: 15:53.29 2:01.04	1200m: 23:59.08	2:02.62			
92.	RAMALHO Jose Carlos	67	Braga	30:09.75		222	10,00
	100m: 1:45.35 1:45.35	500m: 9:43.27 1:58.83	900m: 17:53.84	2:03.91	1300m: 26:07.42	2:03.31	
	200m: 3:42.59 1:57.24	600m: 11:45.77 2:02.50	1000m: 19:57.75	2:03.91	1400m: 28:11.49	2:04.07	
	300m: 5:43.91 2:01.32	700m: 13:48.15 2:02.38	1100m: 21:59.87	2:02.12	1500m: 30:09.75	1:58.26	
	400m: 7:44.44 2:00.53	800m: 15:49.93 2:01.78	1200m: 24:04.11	2:04.24			
93.	SOUSA Marco Celio	81	Penafiel	30:31.97		165	10,00
	100m: 1:34.65 1:34.65	500m: 9:31.81 2:04.92	900m: 18:01.83	2:07.65	1300m: 26:27.77	2:04.23	
	200m: 3:27.81 1:53.16	600m: 11:38.63 2:06.82	1000m: 20:12.76	2:10.93	1400m: 28:32.78	2:05.01	
	300m: 5:26.35 1:58.54	700m: 13:47.31 2:08.68	1100m: 22:17.45	2:04.69	1500m: 30:31.97	1:59.19	
	400m: 7:26.89 2:00.54	800m: 15:54.18 2:06.87	1200m: 24:23.54	2:06.09			
94.	BAPTISTA Jose Manuel	69	Leixoes	31:24.47		176	8,00
	100m: 1:51.20 1:51.20	500m: 10:03.01 2:05.50	900m: 18:34.87	2:09.16	1300m: 27:11.78	2:10.36	
	200m: 3:54.33 2:03.13	600m: 12:09.28 2:06.27	1000m: 20:43.17	2:08.30	1400m: 29:21.46	2:09.68	
	300m: 5:54.01 1:59.68	700m: 14:16.76 2:07.48	1100m: 22:51.44	2:08.27	1500m: 31:24.47	2:03.01	
	400m: 7:57.51 2:03.50	800m: 16:25.71 2:08.95	1200m: 25:01.42	2:09.98			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
95.	MADAIL Jose Henrique	54	Galitos / Bresimar	31:26.52		294	20,00
	100m: 1:58.12 1:58.12	500m: 10:20.30 2:05.51	900m: 18:48.02	2:08.84	1300m: 27:14.23	2:06.66	
	200m: 4:01.57 2:03.45	600m: 12:26.43 2:06.13	1000m: 20:54.89	2:06.87	1400m: 29:19.21	2:04.98	
	300m: 6:08.05 2:06.48	700m: 14:32.63 2:06.20	1100m: 23:01.12	2:06.23	1500m: 31:26.52	2:07.31	
	400m: 8:14.79 2:06.74	800m: 16:39.18 2:06.55	1200m: 25:07.57	2:06.45			
96.	MOREIRA Paulo Ricardo	83	Penafiel	32:18.04		149	11,00
	100m: 1:49.82 1:49.82	500m: 10:21.14 2:11.24	900m: 19:04.67	2:10.45	1300m: 27:57.39	2:10.32	
	200m: 3:53.95 2:04.13	600m: 12:30.96 2:09.82	1000m: 21:17.00	2:12.33	1400m: 30:12.01	2:14.62	
	300m: 6:01.35 2:07.40	700m: 14:42.22 2:11.26	1100m: 23:33.13	2:16.13	1500m: 32:18.04	2:06.03	
	400m: 8:09.90 2:08.55	800m: 16:54.22 2:12.00	1200m: 25:47.07	2:13.94			
97.	COELHO Domingos Pinto	52	Alges	32:21.16		307	20,00
	100m: 1:55.40 1:55.40	500m: 10:36.21 2:11.29	900m: 19:21.18	2:11.30	1300m:		
	200m: 4:05.02 2:09.62	600m: 12:46.77 2:10.56	1000m: 21:32.57	2:11.39	1400m: 30:15.10		
	300m: 6:14.78 2:09.76	700m: 14:57.62 2:10.85	1100m: 23:43.02	2:10.45	1500m: 32:21.16	2:06.06	
	400m: 8:24.92 2:10.14	800m: 17:09.88 2:12.26	1200m: 25:54.82	2:11.80			
98.	RAPOSO Jose Alexandre	55	Sporting de Aveiro	32:26.75		268	19,00
	100m: 2:04.45 2:04.45	500m: 10:40.33 2:08.88	900m: 19:18.27	2:10.29	1300m: 28:00.85	2:10.51	
	200m: 4:13.43 2:08.98	600m: 12:49.10 2:08.77	1000m: 21:29.45	2:11.18	1400m: 30:13.10	2:12.25	
	300m: 6:21.93 2:08.50	700m: 14:58.46 2:09.36	1100m: 23:39.92	2:10.47	1500m: 32:26.75	2:13.65	
	400m: 8:31.45 2:09.52	800m: 17:07.98 2:09.52	1200m: 25:50.34	2:10.42			
99.	SILVA Miguel Paulo	71	Penafiel	33:06.74		150	7,00
	100m: 1:54.51 1:54.51	500m: 10:40.26 2:13.63	900m: 19:39.93	2:14.18	1300m: 28:40.05	2:26.25	
	200m: 4:02.11 2:07.60	600m: 12:56.00 2:15.74	1000m: 21:52.22	2:12.29	1400m: 30:57.18	2:17.13	
	300m: 6:13.00 2:10.89	700m: 15:10.61 2:14.61	1100m: 24:05.56	2:13.34	1500m: 33:06.74	2:09.56	
	400m: 8:26.63 2:13.63	800m: 17:25.75 2:15.14	1200m: 26:13.80	2:08.24			
100.	TAVEIRA Jose Manuel	64	Individual ANNP	33:54.83		156	9,00
	100m: 1:51.37 1:51.37	500m: 11:04.98 2:17.67	900m: 20:09.44	2:16.20	1300m: 29:17.03	2:18.17	
	200m: 4:07.19 2:15.82	600m: 13:21.66 2:16.68	1000m: 22:25.14	2:15.70	1400m: 31:34.10	2:17.07	
	300m: 6:26.13 2:18.94	700m: 15:37.58 2:15.92	1100m: 24:41.02	2:15.88	1500m: 33:54.83	2:20.73	
	400m: 8:47.31 2:21.18	800m: 17:53.24 2:15.66	1200m: 26:58.86	2:17.84			
101.	MATOS Jose Manuel	74	Leixoes	33:58.26		129	4,00
	100m: 2:11.71 2:11.71	500m: 11:17.93 2:15.18	900m: 20:18.67	2:15.53	1300m: 29:32.33	2:21.72	
	200m: 4:29.18 2:17.47	600m: 13:33.06 2:15.13	1000m: 22:34.44	2:15.77	1400m: 31:51.12	2:18.79	
	300m: 6:46.33 2:17.15	700m: 15:47.98 2:14.92	1100m: 24:50.78	2:16.34	1500m: 33:58.26	2:07.14	
	400m: 9:02.75 2:16.42	800m: 18:03.14 2:15.16	1200m: 27:10.61	2:19.83			
102.	GASPAR Alexandre Azevedo	45	Alges	34:09.16		326	26,00
	100m: 2:08.94 2:08.94	500m: 11:11.99 2:14.55	900m: 20:21.65	2:17.81	1300m: 29:41.47	2:18.47	
	200m: 4:25.04 2:16.10	600m: 13:28.00 2:16.01	1000m: 22:40.50	2:18.85	1400m: 31:57.26	2:15.79	
	300m: 6:41.21 2:16.17	700m: 15:46.92 2:18.92	1100m: 25:00.98	2:20.48	1500m: 34:09.16	2:11.90	
	400m: 8:57.44 2:16.23	800m: 18:03.84 2:16.92	1200m: 27:23.00	2:22.02			
103.	BORREGO Hugo Alexandre	72	Sporting de Aveiro	35:17.57		124	6,00
	100m: 2:06.15 2:06.15	500m: 11:32.31 2:23.17	900m: 21:11.83	2:23.67	1300m: 30:42.44	2:22.33	
	200m: 4:28.02 2:21.87	600m: 13:55.92 2:23.61	1000m: 23:32.52	2:20.69	1400m: 33:04.61	2:22.17	
	300m: 6:48.51 2:20.49	700m: 16:20.39 2:24.47	1100m: 25:55.47	2:22.95	1500m: 35:17.57	2:12.96	
	400m: 9:09.14 2:20.63	800m: 18:48.16 2:27.77	1200m: 28:20.11	2:24.64			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
104.	MARQUES Antonio Jorge	51	Fluvial Portuense	36:31.92		213	19,00
	100m: 2:11.61 2:11.61		500m: 11:44.61 2:25.23	900m: 21:38.60	2:28.64	1300m: 31:34.31 2:30.16	
	200m: 4:33.33 2:21.72		600m: 14:12.97 2:28.36	1000m: 24:06.74	2:28.14	1400m: 34:04.44 2:30.13	
	300m: 6:56.02 2:22.69		700m: 16:40.19 2:27.22	1100m: 26:34.97	2:28.23	1500m: 36:31.92 2:27.48	
	400m: 9:19.38 2:23.36		800m: 19:09.96 2:29.77	1200m: 29:04.15	2:29.18		
105.	FREITAS Joaquim Fidalgo	47	Academica de Coimbra	37:30.43		246	22,00
	100m: 2:07.22 2:07.22		500m: 11:37.70 2:30.99	900m: 22:06.99	2:30.68	1300m: 32:26.15 2:37.32	
	200m: 4:22.23 2:15.01		600m: 14:10.72 2:33.02	1000m: 24:40.97	2:33.98	1400m: 35:02.01 2:35.86	
	300m: 6:40.30 2:18.07		700m: 16:48.63 2:37.91	1100m: 27:14.95	2:33.98	1500m: 37:30.43 2:28.42	
	400m: 9:06.71 2:26.41		800m: 19:36.31 2:47.68	1200m: 29:48.83	2:33.88		
106.	PEREIRA Antonio Manuel	72	Penafiel	37:56.86		100	5,00
	100m: 2:17.53 2:17.53		500m: 12:27.74 2:31.30	900m: 22:49.64	2:33.14	1300m: 33:09.45 2:31.91	
	200m: 4:51.36 2:33.83		600m: 15:20.27 2:52.53	1000m: 25:19.90	2:30.26	1400m: 35:33.75 2:24.30	
	300m: 7:23.17 2:31.81		700m: 17:42.21 2:21.94	1100m: 28:17.16	2:57.26	1500m: 37:56.86 2:23.11	
	400m: 9:56.44 2:33.27		800m: 20:16.50 2:34.29	1200m: 30:37.54	2:20.38		
107.	LEITE Jose	48	Foca Quinta da Lixa CNF	39:44.41		165	18,00
	100m: 2:09.74 2:09.74		500m: 12:00.27 2:28.13	900m: 21:58.16	2:29.40	1300m: 32:09.15 2:33.72	
	200m: 4:35.01 2:25.27		600m: 14:29.06 2:28.79	1000m: 24:30.97	2:32.81	1400m: 34:43.52 2:34.37	
	300m: 7:04.38 2:29.37		700m: 16:59.09 2:30.03	1100m: 27:02.55	2:31.58	1500m: 39:44.41 5:00.89	
	400m: 9:32.14 2:27.76		800m: 19:28.76 2:29.67	1200m: 29:35.43	2:32.88		
108.	CABRAL Luis Pereira	49	Academica de Coimbra	40:38.68		154	17,00
	100m: 2:31.66 2:31.66		500m: 13:08.46 2:39.89	900m: 24:06.45	2:43.96	1300m: 35:12.85 2:46.41	
	200m: 5:11.63 2:39.97		600m: 15:51.64 2:43.18	1000m: 26:52.16	2:45.71	1400m: 37:59.73 2:46.88	
	300m: 7:50.28 2:38.65		700m: 18:34.88 2:43.24	1100m: 29:38.75	2:46.59	1500m: 40:38.68 2:38.95	
	400m: 10:28.57 2:38.29		800m: 21:22.49 2:47.61	1200m: 32:26.44	2:47.69		
109.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	48:24.11		138	30,00
	100m: 2:54.31 2:54.31		500m: 15:26.84 3:12.51	900m: 28:39.46	3:22.13	1300m: 42:09.36 3:22.13	
	200m: 5:59.45 3:05.14		600m: 18:42.25 3:15.41	1000m: 32:00.22	3:20.76	1400m: 45:19.23 3:09.87	
	300m: 9:06.22 3:06.77		700m: 21:58.22 3:15.97	1100m: 35:24.16	3:23.94	1500m: 48:24.11 3:04.88	
	400m: 12:14.33 3:08.11		800m: 25:17.33 3:19.11	1200m: 38:47.23	3:23.07		
DSQ	COSTA Joao Martires	85	Porto				-
	<i>403 - Falsa partida - SW 4.4</i>						
DSQ	SILVA Bruno Miguel	76	Academica de Coimbra				-
	<i>403 - Falsa partida - SW 4.4</i>						
DSQ	QUINTA Daniel Ribeiro	88	Leixoes				-
	<i>403 - Falsa partida - SW 4.4</i>						
DNS	FERREIRA Gilberto Luis	85	Braga				-
DNS	PINTO Rui Manuel	79	Fluvial Portuense				-
DNS	SOARES Jaime Antonio	87	Penafiel				-
DNS	BENTO Jaime Carlos	61	Alges				-

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DNS	HORTA Jose Manuel	49	Alges				-
DNS	SILVA Francisco Nunes	95	UD Oliveirense				-
DNF	AMARAL Jose Rui	63	Fluvial Portuense				-