

Prova 1
30-07-2016

3000m Livres

25 anos e mais velhos
Resultados

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
Esc A, Masc.						
1.	112	Cristiano Almeida , SANTOS	1990	Individual ANDS	38:46.01	
2.	118	Luis Filipe, SILVA	1988	Salesianos Lisboa	40:50.00	+ 2:03.99
3.	074	Diogo Gil, HENRIQUES	1988	Alges	45:31.21	+ 6:45.20
4.	060	Hugo Miguel, FERNANDES	1990	Fluvial Portuense	49:38.20	+ 10:52.19
5.	078	Rui Jorge, ISABEL	1989	Pimpoes/Cimai	1:01:44.37	+ 22:58.36
DNS	124	Goncalo Mexia, SOUSA	1988	Academica de Coimbra		
DNS	106	Pedro Lobato, RIJO	1991	Alges		
DNS	097	Samuel, PACHECO PARRA	1990	C.N. Badajoz		
DNF	102	Julio Domingos, PINTO	1987	Galitos / Bresimar		

Esc B, Masc.

1.	076	Mauro Santos, INACIO	1984	Litoral Alentejano	38:35.84	
2.	053	Jaime Fernando, COSTA	1986	Litoral Alentejano	39:13.43	+ 37.59
3.	095	Marcio Gregorio, NEVES	1983	Salvaterra de Magos	42:03.67	+ 3:27.83
4.	082	Joao Carlos, MALTA	1982	Natacao da Maia	42:19.17	+ 3:43.33
5.	063	Duarte Nuno, FERREIRA	1986	Salesianos Lisboa	47:52.52	+ 9:16.68
6.	080	Ricardo Daniel, LOPES	1984	Benedita	48:27.10	+ 9:51.26
7.	048	Nuno Manuel, CHAINHO	1984	Pimpoes/Cimai	50:45.70	+ 12:09.86
DNS	119	Pedro Guedes, SILVA	1982	Colegio Monte Maior		
DNS	092	Luis Miguel, MONTEIRO	1983	Fluvial Portuense		
DNS	085	Paulo Jorge, MARQUES	1986	Gualdim Pais		
DNS	093	Juan Diego, MORA RIVERO	1984	C.N. Badajoz		
DNS	045	Alvaro Miguel, CARDOSO	1984	Salesianos Lisboa		
DNS	058	Agustin, DURAN CASTANO	1982	C.N. Badajoz		

Esc C, Masc.

1.	041	Diogo Pedroso, ALMEIDA	1977	Colegio Monte Maior	40:05.79	
2.	043	Eduardo Jose, AMARAL	1978	Pimpoes/Cimai	46:22.14	+ 6:16.35
3.	042	Sergio Oliveira, ALVES	1979	Fluvial Portuense	51:29.29	+ 11:23.50
4.	099	Telmo Filipe, PENA	1977	Scalabiswim	56:36.28	+ 16:30.49
5.	072	Nuno Telmo, GONCALVES	1977	Sporting	57:15.01	+ 17:09.22
DNS	096	Paulo Jorge, NEVES	1977	Alges		
DNS	061	David, FERNANDEZ VERGARA	1980	C.N. Badajoz		

Esc D, Masc.

1.	054	Rodrigo Marques, COSTA	1976	Litoral Alentejano	38:35.49	
2.	066	Bruno Miguel, FONSECA	1973	Salesianos Lisboa	42:29.67	+ 3:54.18
3.	100	Alexandre Marques, PEREIRA	1976	Colegio Monte Maior	44:04.70	+ 5:29.21
4.	047	Frederico Gomes, CARVALHO	1974	Naval Setubalense	44:56.31	+ 6:20.82
5.	067	Miguel Freitas, FONTES	1972	Fluvial Portuense	47:36.12	+ 9:00.63
6.	044	Francisco Santos, BARROS	1972	Colegio Monte Maior	49:38.89	+ 11:03.40
7.	069	Joao Antonio, GOMES	1975	Leixoes	52:56.92	+ 14:21.43
8.	098	Filipe Monteiro, PACHECO	1974	Leixoes	54:35.76	+ 16:00.27

Prova 1, Masc., 3000m Livres, Esc D

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
9.	070	Jose Maria, GOMES	1972	Ginasio Clube	55:47.35	+ 17:11.86
10.	121	Fernando Osvaldo, SOCORRO	1972	Leixoes	1:01:16.37	+ 22:40.88
11.	081	Fernando Antonio, MAGALHAES	1973	Leixoes	1:03:16.69	+ 24:41.20
DNS	055	Nuno Alexandre, CRESPO	1975	Colegio Monte Maior		
DNF	091	Rui Alberto, MENDES	1975	Fluvial Portuense		
DNF	073	David Pedro, GUERRA	1976	Benedita		
DNF	114	Rui Alexandre, SANTOS	1976	Nadadores dos Estoris		

Esc E, Masc.

1.	104	Luis Paulo, PITEIRA	1968	Naval Setubalense	42:20.63	
2.	071	Americo Pedro, GONCALVES	1971	Fluvial Portuense	43:59.48	+ 1:38.85
3.	125	Rui Miguel, TEJO	1969	Academica de Coimbra	47:37.46	+ 5:16.83
4.	064	Miguel Jose, FERREIRA	1970	Leixoes	49:50.42	+ 7:29.79
5.	109	Fernando Manuel, SANTANA	1968	Colegio Monte Maior	50:17.21	+ 7:56.58
6.	094	Paulo Saltao, MOUTINHO	1971	Nadadores dos Estoris	50:21.15	+ 8:00.52
7.	075	Joao Paulo, HENRIQUES	1968	Benedita	53:01.60	+ 10:40.97
8.	110	Antonio Manuel, SANTINHA	1969	Masters de Almada	53:52.41	+ 11:31.78
9.	111	Manuel Alberto, SANTO	1969	Avancado EUL	57:59.43	+ 15:38.80
10.	062	Francisco Antonio, FERRAZ	1970	Pimpoes/Cimai	59:29.42	+ 17:08.79
11.	115	Sebastiao Ferreira, SANTOS	1967	Individual ANDS	1:02:40.89	+ 20:20.26
12.	046	Jose Luis, CARDOSO	1971	Masters de Almada	1:15:20.34	+ 32:59.71
DNS	077	Pedro Alexandre, INVERNEIRO	1971	Fluvial Portuense		
DNS	108	Nuno Manuel, SA	1971	Fluvial Portuense		
DNS	065	Nuno Filipe, FERREIRA	1970	Alges		
DNS	056	Jose Rodrigues, DINIS	1969	Benedita		
DNS	113	Mario Luis, SANTOS	1969	Nadadores dos Estoris		

Esc F, Masc.

1.	057	Jose Samuel, DUARTE	1965	Sporting	43:32.52	
2.	117	Joao Manuel, SILVA	1963	Millennium BCP	45:09.10	+ 1:36.58
3.	079	Nuno Silva, LOBO	1963	Fluvial Portuense	47:32.00	+ 3:59.48
4.	087	Antonio Jorge, MARTINHO	1965	Academica de Coimbra	51:36.50	+ 8:03.98
5.	126	Paulo Francisco, TORRES	1962	Fluvial Portuense	51:42.78	+ 8:10.26
6.	127	Rui Manuel, VELEZ	1964	Luz e Vida	55:37.17	+ 12:04.65
7.	105	Jorge Vieira, RIBEIRO	1964	Sporting de Aveiro	59:07.89	+ 15:35.37
8.	040	Amilcar Pereira, ALMEIDA	1963	Nadadores dos Estoris	1:00:10.50	+ 16:37.98
9.	120	Rui Manuel, SILVA	1964	Academica de Coimbra	1:01:05.94	+ 17:33.42
10.	107	Paulo Fernando, RODRIGUES	1963	Colegio Monte Maior	1:11:54.56	+ 28:22.04
DNS	128	Miguel Bolou, VELEZ	1963	Funcao Publica		
DNF	122	Alberto Sergio, SOUSA	1963	Natacao da Maia		

Esc G, Masc.

1.	116	Henrique Luis, SEABRA	1961	Fluvial Portuense	54:15.02	
2.	083	Antonio Higino, MARQUES	1961	Nadadores dos Estoris	55:33.76	+ 1:18.74
3.	052	Jose Luis, CORREIA	1959	Nadadores dos Estoris	55:38.16	+ 1:23.14
DNS	088	Arnaldo Silva, MARTINS	1961	Fluvial Portuense		

Prova 1, 3000m Livres

Esc H, Masc.

1.	090	Ricardo Antonio, MENDES	1955	Salesianos Lisboa	47:55.73	
2.	050	Alberto Vaz, CORREIA	1955	Alges	48:39.29	+ 43.56
3.	101	Marco Antonio, PINHO	1955	Leixoes	50:56.52	+ 3:00.79
4.	051	Carlos Augusto, CORREIA	1952	Masters de Almada	53:49.38	+ 5:53.65
5.	103	Antonio Prestes, PIRES	1956	Academica de Coimbra	53:57.37	+ 6:01.64
6.	049	Domingos Pinto, COELHO	1952	Alges	57:35.63	+ 9:39.90

Esc I, Masc.

1.	059	Stephen Thomas, DYSON	1947	Alges	47:51.18	
2.	089	Mario Jorge, MELO	1951	Colegio Monte Maior	56:25.70	+ 8:34.52
3.	084	Antonio Jorge, MARQUES	1951	Fluvial Portuense	1:21:41.85	+ 33:50.67

Esc J, Masc.

1.	086	Jose Joaquim, MARREIROS	1946	Alges	1:10:58.00	
DNF	068	Alexandre Azevedo, GASPAR	1945	Alges		

Esc A, Femin.

1.	018	Susana Maria, MATEUS	1989	Litoral Alentejano	40:49.28	
2.	029	Sara Daniela, RODRIGUES	1987	Galitos / Bresimar	47:50.55	+ 7:01.27
3.	025	Marina Patricia, PEDRO	1988	Litoral Alentejano	50:55.07	+ 10:05.79
4.	020	Maria Joao, MONTEIRO	1989	Salesianos Lisboa	50:58.69	+ 10:09.41
5.	012	Mariana Carvalho, GRACA	1991	Nadadores dos Estoris	52:01.67	+ 11:12.39
6.	017	Patricia Alexandra, MARQUES	1987	Natacao da Maia	55:59.69	+ 15:10.41
DNF	007	Ana Rita, CASACA	1989	Academica de Coimbra		
DNF	028	Mariana Pessoa, POVOA	1989	Academica de Coimbra		

Esc B, Femin.

1.	027	Rita Loureiro, PINTO	1985	Ginasio Clube	48:05.15	
2.	034	Ana Sofia, UHLFELDER	1983	Fluvial Portuense	1:11:36.14	+ 23:30.99
DNF	011	Maria Ana, FONSECA	1982	Fluvial Portuense		

Esc C, Femin.

1.	024	Ana Mafalda, OLIVEIRA	1981	Natacao da Maia	52:00.95	
2.	035	Alexandra Sofia, VICENTE	1981	Benedita	53:24.88	+ 1:23.93
3.	016	Carmen Sílvia, MALHEIROS	1981	Litoral Alentejano	57:27.94	+ 5:26.99
4.	033	Teresa Maria, SEPULVEDA	1981	Nadadores dos Estoris	1:00:39.78	+ 8:38.83
DNS	015	Joana Isabel, LEITE	1980	Fluvial Portuense		
DNS	008	Fatima, DIAZ ROSA	1981	C.N. Badajoz		
DNS	032	Sandra Goncalves, SANTOS	1979	Salesianos Lisboa		
DNF	021	Mafalda Sofia, MOREIRA	1979	Benedita		

Prova 1, 3000m Livres

Esc D, Femin.

1.	031	Ines Maria, ROTHES	1973	Fluvial Portuense	44:18.44	
2.	022	Susana Novais, SANTOS	1975	Nadadores dos Estoris	47:54.77	+ 3:36.33
3.	003	Joana Isabel, ARANTES	1972	Millennium BCP	49:52.31	+ 5:33.87
4.	023	Ana Cristina, OLIVEIRA	1976	Galitos / Bresimar	58:01.46	+ 13:43.02
DNS	002	Graca Maria, ALMEIDA	1973	Leixoes		
DNF	009	Joana Maria, FARIA	1974	Leixoes		

Esc E, Femin.

1.	030	Elisabete Maria, ROSA	1969	Pimpoes/Cimai	49:34.16	
2.	001	Luisa Lopes, AGANTE	1971	Leixoes	1:03:45.28	+ 14:11.12
DNS	010	Filipa Margarida, FERREIRA	1969	Fluvial Portuense		
DNS	005	Catarina Araujo, BLANCO	1971	Alges		

Esc F, Femin.

1.	013	Rita Cabral, GUIMARAES	1964	Fluvial Portuense	51:28.45	
2.	006	Maria Madalena, CANINAS	1963	Masters de Almada	1:00:48.05	+ 9:19.60
3.	019	Ana Paula, MEIRA	1962	Nadadores dos Estoris	1:10:00.20	+ 18:31.75

Esc G, Femin.

1.	014	Elena Nikolaevna, KRAEVA	1961	Colegio Monte Maior	44:43.40	
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Esc H, Femin.

DNS	026	Luisa Maria, PINTAO	1954	Nadadores dos Estoris		
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Absolutos Masc, Masc.

1.	054	Rodrigo Marques, COSTA	1976	Litoral Alentejano	38:35.49	
2.	076	Mauro Santos, INACIO	1984	Litoral Alentejano	38:35.84	+ 0.35
3.	112	Cristiano Almeida, SANTOS	1990	Individual ANDS	38:46.01	+ 10.52
4.	053	Jaime Fernando, COSTA	1986	Litoral Alentejano	39:13.43	+ 37.94
5.	041	Diogo Pedroso, ALMEIDA	1977	Colegio Monte Maior	40:05.79	+ 1:30.30
6.	118	Luis Filipe, SILVA	1988	Salesianos Lisboa	40:50.00	+ 2:14.51
7.	095	Marcio Gregorio, NEVES	1983	Salvaterra de Magos	42:03.67	+ 3:28.18
8.	082	Joao Carlos, MALTA	1982	Natacao da Maia	42:19.17	+ 3:43.68
9.	104	Luis Paulo, PITEIRA	1968	Naval Setubalense	42:20.63	+ 3:45.14
10.	066	Bruno Miguel, FONSECA	1973	Salesianos Lisboa	42:29.67	+ 3:54.18
11.	057	Jose Samuel, DUARTE	1965	Sporting	43:32.52	+ 4:57.03
12.	071	Americo Pedro, GONCALVES	1971	Fluvial Portuense	43:59.48	+ 5:23.99
13.	100	Alexandre Marques, PEREIRA	1976	Colegio Monte Maior	44:04.70	+ 5:29.21
14.	047	Frederico Gomes, CARVALHO	1974	Naval Setubalense	44:56.31	+ 6:20.82
15.	117	Joao Manuel, SILVA	1963	Millennium BCP	45:09.10	+ 6:33.61
16.	074	Diogo Gil, HENRIQUES	1988	Alges	45:31.21	+ 6:55.72
17.	043	Eduardo Jose, AMARAL	1978	Pimpoes/Cimai	46:22.14	+ 7:46.65
18.	079	Nuno Silva, LOBO	1963	Fluvial Portuense	47:32.00	+ 8:56.51
19.	067	Miguel Freitas, FONTES	1972	Fluvial Portuense	47:36.12	+ 9:00.63
20.	125	Rui Miguel, TEJO	1969	Academica de Coimbra	47:37.46	+ 9:01.97

Prova 1, Masc., 3000m Livres, Absolutos Masc

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
21.	059	Stephen Thomas, DYSON	1947	Alges	47:51.18	+ 9:15.69
22.	063	Duarte Nuno, FERREIRA	1986	Salesianos Lisboa	47:52.52	+ 9:17.03
23.	090	Ricardo Antonio, MENDES	1955	Salesianos Lisboa	47:55.73	+ 9:20.24
24.	080	Ricardo Daniel, LOPES	1984	Benedita	48:27.10	+ 9:51.61
25.	050	Alberto Vaz, CORREIA	1955	Alges	48:39.29	+ 10:03.80
26.	060	Hugo Miguel, FERNANDES	1990	Fluvial Portuense	49:38.20	+ 11:02.71
27.	044	Francisco Santos, BARROS	1972	Colegio Monte Maior	49:38.89	+ 11:03.40
28.	064	Miguel Jose, FERREIRA	1970	Leixoes	49:50.42	+ 11:14.93
29.	109	Fernando Manuel, SANTANA	1968	Colegio Monte Maior	50:17.21	+ 11:41.72
30.	094	Paulo Saltao, MOUTINHO	1971	Nadadores dos Estoris	50:21.15	+ 11:45.66
31.	048	Nuno Manuel, CHAINHO	1984	Pimpoes/Cimai	50:45.70	+ 12:10.21
32.	101	Marco Antonio, PINHO	1955	Leixoes	50:56.52	+ 12:21.03
33.	042	Sergio Oliveira, ALVES	1979	Fluvial Portuense	51:29.29	+ 12:53.80
34.	087	Antonio Jorge, MARTINHO	1965	Academica de Coimbra	51:36.50	+ 13:01.01
35.	126	Paulo Francisco, TORRES	1962	Fluvial Portuense	51:42.78	+ 13:07.29
36.	069	Joao Antonio, GOMES	1975	Leixoes	52:56.92	+ 14:21.43
37.	075	Joao Paulo, HENRIQUES	1968	Benedita	53:01.60	+ 14:26.11
38.	051	Carlos Augusto, CORREIA	1952	Masters de Almada	53:49.38	+ 15:13.89
39.	110	Antonio Manuel, SANTINHA	1969	Masters de Almada	53:52.41	+ 15:16.92
40.	103	Antonio Prestes, PIRES	1956	Academica de Coimbra	53:57.37	+ 15:21.88
41.	116	Henrique Luis, SEABRA	1961	Fluvial Portuense	54:15.02	+ 15:39.53
42.	098	Filipe Monteiro, PACHECO	1974	Leixoes	54:35.76	+ 16:00.27
43.	083	Antonio Higino, MARQUES	1961	Nadadores dos Estoris	55:33.76	+ 16:58.27
44.	127	Rui Manuel, VELEZ	1964	Luz e Vida	55:37.17	+ 17:01.68
45.	052	Jose Luis, CORREIA	1959	Nadadores dos Estoris	55:38.16	+ 17:02.67
46.	070	Jose Maria, GOMES	1972	Ginasio Clube	55:47.35	+ 17:11.86
47.	089	Mario Jorge, MELO	1951	Colegio Monte Maior	56:25.70	+ 17:50.21
48.	099	Telmo Filipe, PENA	1977	Scalabiswim	56:36.28	+ 18:00.79
49.	072	Nuno Telmo, GONCALVES	1977	Sporting	57:15.01	+ 18:39.52
50.	049	Domingos Pinto, COELHO	1952	Alges	57:35.63	+ 19:00.14
51.	111	Manuel Alberto, SANTO	1969	Avancado EUL	57:59.43	+ 19:23.94
52.	105	Jorge Vieira, RIBEIRO	1964	Sporting de Aveiro	59:07.89	+ 20:32.40
53.	062	Francisco Antonio, FERRAZ	1970	Pimpoes/Cimai	59:29.42	+ 20:53.93
54.	040	Amilcar Pereira, ALMEIDA	1963	Nadadores dos Estoris	1:00:10.50	+ 21:35.01
55.	120	Rui Manuel, SILVA	1964	Academica de Coimbra	1:01:05.94	+ 22:30.45
56.	121	Fernando Osvaldo, SOCORRO	1972	Leixoes	1:01:16.37	+ 22:40.88
57.	078	Rui Jorge, ISABEL	1989	Pimpoes/Cimai	1:01:44.37	+ 23:08.88
58.	115	Sebastiao Ferreira, SANTOS	1967	Individual ANDS	1:02:40.89	+ 24:05.40
59.	081	Fernando Antonio, MAGALHAES	1973	Leixoes	1:03:16.69	+ 24:41.20
60.	086	Jose Joaquim, MARREIROS	1946	Alges	1:10:58.00	+ 32:22.51
61.	107	Paulo Fernando, RODRIGUES	1963	Colegio Monte Maior	1:11:54.56	+ 33:19.07
62.	046	Jose Luis, CARDOSO	1971	Masters de Almada	1:15:20.34	+ 36:44.85
63.	084	Antonio Jorge, MARQUES	1951	Fluvial Portuense	1:21:41.85	+ 43:06.36
DNS	055	Nuno Alexandre, CRESPO	1975	Colegio Monte Maior		
DNS	119	Pedro Guedes, SILVA	1982	Colegio Monte Maior		
DNS	124	Goncalo Mexia, SOUSA	1988	Academica de Coimbra		
DNS	077	Pedro Alexandre, INVERNEIRO	1971	Fluvial Portuense		
DNS	088	Arnaldo Silva, MARTINS	1961	Fluvial Portuense		

Prova 1, Masc., 3000m Livres, Absolutos Masc

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
DNS	092	Luis Miguel, MONTEIRO	1983	Fluvial Portuense		
DNS	108	Nuno Manuel, SA	1971	Fluvial Portuense		
DNS	085	Paulo Jorge, MARQUES	1986	Gualdim Pais		
DNS	065	Nuno Filipe, FERREIRA	1970	Alges		
DNS	096	Paulo Jorge, NEVES	1977	Alges		
DNS	106	Pedro Lobato, RIJO	1991	Alges		
DNS	056	Jose Rodrigues, DINIS	1969	Benedita		
DNS	061	David, FERNANDEZ VERGARA	1980	C.N. Badajoz		
DNS	093	Juan Diego, MORA RIVERO	1984	C.N. Badajoz		
DNS	097	Samuel, PACHECO PARRA	1990	C.N. Badajoz		
DNS	113	Mario Luis, SANTOS	1969	Nadadores dos Estoris		
DNS	045	Alvaro Miguel, CARDOSO	1984	Salesianos Lisboa		
DNS	058	Agustin, DURAN CASTANO	1982	C.N. Badajoz		
DNS	128	Miguel Bolou, VELEZ	1963	Funcao Publica		
DNF	091	Rui Alberto, MENDES	1975	Fluvial Portuense		
DNF	102	Julio Domingos, PINTO	1987	Galitos / Bresimar		
DNF	122	Alberto Sergio, SOUSA	1963	Natacao da Maia		
DNF	068	Alexandre Azevedo, GASPAR	1945	Alges		
DNF	073	David Pedro, GUERRA	1976	Benedita		
DNF	114	Rui Alexandre, SANTOS	1976	Nadadores dos Estoris		

Absolutos Fem, Femin.

1.	018	Susana Maria, MATEUS	1989	Litoral Alentejano	40:49.28	
2.	031	Ines Maria, ROTHES	1973	Fluvial Portuense	44:18.44	+ 3:29.16
3.	014	Elena Nikolaevna, KRAEVA	1961	Colegio Monte Maior	44:43.40	+ 3:54.12
4.	029	Sara Daniela, RODRIGUES	1987	Galitos / Bresimar	47:50.55	+ 7:01.27
5.	022	Susana Novais, SANTOS	1975	Nadadores dos Estoris	47:54.77	+ 7:05.49
6.	027	Rita Loureiro, PINTO	1985	Ginasio Clube	48:05.15	+ 7:15.87
7.	030	Elisabete Maria, ROSA	1969	Pimpoes/Cimai	49:34.16	+ 8:44.88
8.	003	Joana Isabel, ARANTES	1972	Millennium BCP	49:52.31	+ 9:03.03
9.	025	Marina Patricia, PEDRO	1988	Litoral Alentejano	50:55.07	+ 10:05.79
10.	020	Maria Joao, MONTEIRO	1989	Salesianos Lisboa	50:58.69	+ 10:09.41
11.	013	Rita Cabral, GUIMARAES	1964	Fluvial Portuense	51:28.45	+ 10:39.17
12.	024	Ana Mafalda, OLIVEIRA	1981	Natacao da Maia	52:00.95	+ 11:11.67
13.	012	Mariana Carvalho, GRACA	1991	Nadadores dos Estoris	52:01.67	+ 11:12.39
14.	035	Alexandra Sofia, VICENTE	1981	Benedita	53:24.88	+ 12:35.60
15.	017	Patricia Alexandra, MARQUES	1987	Natacao da Maia	55:59.69	+ 15:10.41
16.	016	Carmen Silvia, MALHEIROS	1981	Litoral Alentejano	57:27.94	+ 16:38.66
17.	023	Ana Cristina, OLIVEIRA	1976	Galitos / Bresimar	58:01.46	+ 17:12.18
18.	033	Teresa Maria, SEPULVEDA	1981	Nadadores dos Estoris	1:00:39.78	+ 19:50.50
19.	006	Maria Madalena, CANINAS	1963	Masters de Almada	1:00:48.05	+ 19:58.77
20.	001	Luisa Lopes, AGANTE	1971	Leixoes	1:03:45.28	+ 22:56.00
21.	019	Ana Paula, MEIRA	1962	Nadadores dos Estoris	1:10:00.20	+ 29:10.92
22.	034	Ana Sofia, UHLFELDER	1983	Fluvial Portuense	1:11:36.14	+ 30:46.86
DNS	010	Filipa Margarida, FERREIRA	1969	Fluvial Portuense		
DNS	015	Joana Isabel, LEITE	1980	Fluvial Portuense		
DNS	002	Graca Maria, ALMEIDA	1973	Leixoes		
DNS	005	Catarina Araujo, BLANCO	1971	Alges		

Prova 1, Femin., 3000m Livres, Absolutos Fem

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
DNS	008	Fatima, DIAZ ROSA	1981	C.N. Badajoz		
DNS	026	Luisa Maria, PINTAO	1954	Nadadores dos Estoris		
DNS	032	Sandra Goncalves, SANTOS	1979	Salesianos Lisboa		
DNF	007	Ana Rita, CASACA	1989	Academica de Coimbra		
DNF	028	Mariana Pessoa, POVOA	1989	Academica de Coimbra		
DNF	011	Maria Ana, FONSECA	1982	Fluvial Portuense		
DNF	009	Joana Maria, FARIA	1974	Leixoes		
DNF	021	Mafalda Sofia, MOREIRA	1979	Benedita		

Absolutos Masc/Fem

1.	054	Rodrigo Marques, COSTA	1976	Litoral Alentejano	38:35.49	
2.	076	Mauro Santos, INACIO	1984	Litoral Alentejano	38:35.84	+ 0.35
3.	112	Cristiano Almeida , SANTOS	1990	Individual ANDS	38:46.01	+ 10.52
4.	053	Jaime Fernando, COSTA	1986	Litoral Alentejano	39:13.43	+ 37.94
5.	041	Diogo Pedroso, ALMEIDA	1977	Colegio Monte Maior	40:05.79	+ 1:30.30
6.	018	Susana Maria, MATEUS	1989	Litoral Alentejano	40:49.28	+ 2:13.79
7.	118	Luis Filipe, SILVA	1988	Salesianos Lisboa	40:50.00	+ 2:14.51
8.	095	Marcio Gregorio, NEVES	1983	Salvaterra de Magos	42:03.67	+ 3:28.18
9.	082	Joao Carlos, MALTA	1982	Natacao da Maia	42:19.17	+ 3:43.68
10.	104	Luis Paulo, PITEIRA	1968	Naval Setubalense	42:20.63	+ 3:45.14
11.	066	Bruno Miguel, FONSECA	1973	Salesianos Lisboa	42:29.67	+ 3:54.18
12.	057	Jose Samuel, DUARTE	1965	Sporting	43:32.52	+ 4:57.03
13.	071	Americo Pedro, GONCALVES	1971	Fluvial Portuense	43:59.48	+ 5:23.99
14.	100	Alexandre Marques, PEREIRA	1976	Colegio Monte Maior	44:04.70	+ 5:29.21
15.	031	Ines Maria, ROTHES	1973	Fluvial Portuense	44:18.44	+ 5:42.95
16.	014	Elena Nikolaevna, KRAEVA	1961	Colegio Monte Maior	44:43.40	+ 6:07.91
17.	047	Frederico Gomes, CARVALHO	1974	Naval Setubalense	44:56.31	+ 6:20.82
18.	117	Joao Manuel, SILVA	1963	Millennium BCP	45:09.10	+ 6:33.61
19.	074	Diogo Gil, HENRIQUES	1988	Alges	45:31.21	+ 6:55.72
20.	043	Eduardo Jose, AMARAL	1978	Pimpoes/Cimai	46:22.14	+ 7:46.65
21.	079	Nuno Silva, LOBO	1963	Fluvial Portuense	47:32.00	+ 8:56.51
22.	067	Miguel Freitas, FONTES	1972	Fluvial Portuense	47:36.12	+ 9:00.63
23.	125	Rui Miguel, TEJO	1969	Academica de Coimbra	47:37.46	+ 9:01.97
24.	029	Sara Daniela, RODRIGUES	1987	Galitos / Bresimar	47:50.55	+ 9:15.06
25.	059	Stephen Thomas, DYSON	1947	Alges	47:51.18	+ 9:15.69
26.	063	Duarte Nuno, FERREIRA	1986	Salesianos Lisboa	47:52.52	+ 9:17.03
27.	022	Susana Novais, SANTOS	1975	Nadadores dos Estoris	47:54.77	+ 9:19.28
28.	090	Ricardo Antonio, MENDES	1955	Salesianos Lisboa	47:55.73	+ 9:20.24
29.	027	Rita Loureiro, PINTO	1985	Ginasio Clube	48:05.15	+ 9:29.66
30.	080	Ricardo Daniel, LOPES	1984	Benedita	48:27.10	+ 9:51.61
31.	050	Alberto Vaz, CORREIA	1955	Alges	48:39.29	+ 10:03.80
32.	030	Elisabete Maria, ROSA	1969	Pimpoes/Cimai	49:34.16	+ 10:58.67
33.	060	Hugo Miguel, FERNANDES	1990	Fluvial Portuense	49:38.20	+ 11:02.71
34.	044	Francisco Santos, BARROS	1972	Colegio Monte Maior	49:38.89	+ 11:03.40
35.	064	Miguel Jose, FERREIRA	1970	Leixoes	49:50.42	+ 11:14.93
36.	003	Joana Isabel, ARANTES	1972	Millennium BCP	49:52.31	+ 11:16.82
37.	109	Fernando Manuel, SANTANA	1968	Colegio Monte Maior	50:17.21	+ 11:41.72
38.	094	Paulo Saltao, MOUTINHO	1971	Nadadores dos Estoris	50:21.15	+ 11:45.66

Prova 1, Todos, 3000m Livres, Absolutos Masc/Fem

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
39.	048	Nuno Manuel, CHAINHO	1984	Pimpoes/Cimai	50:45.70	+ 12:10.21
40.	025	Marina Patricia, PEDRO	1988	Litoral Alentejano	50:55.07	+ 12:19.58
41.	101	Marco Antonio, PINHO	1955	Leixoes	50:56.52	+ 12:21.03
42.	020	Maria Joao, MONTEIRO	1989	Salesianos Lisboa	50:58.69	+ 12:23.20
43.	013	Rita Cabral, GUIMARAES	1964	Fluvial Portuense	51:28.45	+ 12:52.96
44.	042	Sergio Oliveira, ALVES	1979	Fluvial Portuense	51:29.29	+ 12:53.80
45.	087	Antonio Jorge, MARTINHO	1965	Academica de Coimbra	51:36.50	+ 13:01.01
46.	126	Paulo Francisco, TORRES	1962	Fluvial Portuense	51:42.78	+ 13:07.29
47.	024	Ana Mafalda, OLIVEIRA	1981	Natacao da Maia	52:00.95	+ 13:25.46
48.	012	Mariana Carvalho, GRACA	1991	Nadadores dos Estoris	52:01.67	+ 13:26.18
49.	069	Joao Antonio, GOMES	1975	Leixoes	52:56.92	+ 14:21.43
50.	075	Joao Paulo, HENRIQUES	1968	Benedita	53:01.60	+ 14:26.11
51.	035	Alexandra Sofia, VICENTE	1981	Benedita	53:24.88	+ 14:49.39
52.	051	Carlos Augusto, CORREIA	1952	Masters de Almada	53:49.38	+ 15:13.89
53.	110	Antonio Manuel, SANTINHA	1969	Masters de Almada	53:52.41	+ 15:16.92
54.	103	Antonio Prestes, PIRES	1956	Academica de Coimbra	53:57.37	+ 15:21.88
55.	116	Henrique Luis, SEABRA	1961	Fluvial Portuense	54:15.02	+ 15:39.53
56.	098	Filipe Monteiro, PACHECO	1974	Leixoes	54:35.76	+ 16:00.27
57.	083	Antonio Higino, MARQUES	1961	Nadadores dos Estoris	55:33.76	+ 16:58.27
58.	127	Rui Manuel, VELEZ	1964	Luz e Vida	55:37.17	+ 17:01.68
59.	052	Jose Luis, CORREIA	1959	Nadadores dos Estoris	55:38.16	+ 17:02.67
60.	070	Jose Maria, GOMES	1972	Ginasio Clube	55:47.35	+ 17:11.86
61.	017	Patricia Alexandra, MARQUES	1987	Natacao da Maia	55:59.69	+ 17:24.20
62.	089	Mario Jorge, MELO	1951	Colegio Monte Maior	56:25.70	+ 17:50.21
63.	099	Telmo Filipe, PENA	1977	Scalabiswim	56:36.28	+ 18:00.79
64.	072	Nuno Telmo, GONCALVES	1977	Sporting	57:15.01	+ 18:39.52
65.	016	Carmen Silvia, MALHEIROS	1981	Litoral Alentejano	57:27.94	+ 18:52.45
66.	049	Domingos Pinto, COELHO	1952	Alges	57:35.63	+ 19:00.14
67.	111	Manuel Alberto, SANTO	1969	Avancado EUL	57:59.43	+ 19:23.94
68.	023	Ana Cristina, OLIVEIRA	1976	Galitos / Bresimar	58:01.46	+ 19:25.97
69.	105	Jorge Vieira, RIBEIRO	1964	Sporting de Aveiro	59:07.89	+ 20:32.40
70.	062	Francisco Antonio, FERRAZ	1970	Pimpoes/Cimai	59:29.42	+ 20:53.93
71.	040	Amilcar Pereira, ALMEIDA	1963	Nadadores dos Estoris	1:00:10.50	+ 21:35.01
72.	033	Teresa Maria, SEPULVEDA	1981	Nadadores dos Estoris	1:00:39.78	+ 22:04.29
73.	006	Maria Madalena, CANINAS	1963	Masters de Almada	1:00:48.05	+ 22:12.56
74.	120	Rui Manuel, SILVA	1964	Academica de Coimbra	1:01:05.94	+ 22:30.45
75.	121	Fernando Osvaldo, SOCORRO	1972	Leixoes	1:01:16.37	+ 22:40.88
76.	078	Rui Jorge, ISABEL	1989	Pimpoes/Cimai	1:01:44.37	+ 23:08.88
77.	115	Sebastiao Ferreira, SANTOS	1967	Individual ANDS	1:02:40.89	+ 24:05.40
78.	081	Fernando Antonio, MAGALHAES	1973	Leixoes	1:03:16.69	+ 24:41.20
79.	001	Luisa Lopes, AGANTE	1971	Leixoes	1:03:45.28	+ 25:09.79
80.	019	Ana Paula, MEIRA	1962	Nadadores dos Estoris	1:10:00.20	+ 31:24.71
81.	086	Jose Joaquim, MARREIROS	1946	Alges	1:10:58.00	+ 32:22.51
82.	034	Ana Sofia, UHLFELDER	1983	Fluvial Portuense	1:11:36.14	+ 33:00.65
83.	107	Paulo Fernando, RODRIGUES	1963	Colegio Monte Maior	1:11:54.56	+ 33:19.07
84.	046	Jose Luis, CARDOSO	1971	Masters de Almada	1:15:20.34	+ 36:44.85
85.	084	Antonio Jorge, MARQUES	1951	Fluvial Portuense	1:21:41.85	+ 43:06.36
DNS	055	Nuno Alexandre, CRESPO	1975	Colegio Monte Maior		

Prova 1, Todos, 3000m Livres, Absolutos Masc/Fem

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
DNS	119	Pedro Guedes, SILVA	1982	Colegio Monte Maior		
DNS	124	Goncalo Mexia, SOUSA	1988	Academica de Coimbra		
DNS	010	Filipa Margarida, FERREIRA	1969	Fluvial Portuense		
DNS	077	Pedro Alexandre, INVERNEIRO	1971	Fluvial Portuense		
DNS	015	Joana Isabel, LEITE	1980	Fluvial Portuense		
DNS	088	Arnaldo Silva, MARTINS	1961	Fluvial Portuense		
DNS	092	Luis Miguel, MONTEIRO	1983	Fluvial Portuense		
DNS	108	Nuno Manuel, SA	1971	Fluvial Portuense		
DNS	002	Graca Maria, ALMEIDA	1973	Leixoes		
DNS	085	Paulo Jorge, MARQUES	1986	Gualdim Pais		
DNS	005	Catarina Araujo, BLANCO	1971	Alges		
DNS	065	Nuno Filipe, FERREIRA	1970	Alges		
DNS	096	Paulo Jorge, NEVES	1977	Alges		
DNS	106	Pedro Lobato, RIJO	1991	Alges		
DNS	056	Jose Rodrigues, DINIS	1969	Benedita		
DNS	061	David, FERNANDEZ VERGARA	1980	C.N. Badajoz		
DNS	008	Fatima, DIAZ ROSA	1981	C.N. Badajoz		
DNS	093	Juan Diego, MORA RIVERO	1984	C.N. Badajoz		
DNS	097	Samuel, PACHECO PARRA	1990	C.N. Badajoz		
DNS	026	Luisa Maria, PINTAO	1954	Nadadores dos Estoris		
DNS	113	Mario Luis, SANTOS	1969	Nadadores dos Estoris		
DNS	045	Alvaro Miguel, CARDOSO	1984	Salesianos Lisboa		
DNS	032	Sandra Goncalves, SANTOS	1979	Salesianos Lisboa		
DNS	058	Agustin, DURAN CASTANO	1982	C.N. Badajoz		
DNS	128	Miguel Bolou, VELEZ	1963	Funcao Publica		
DNF	007	Ana Rita, CASACA	1989	Academica de Coimbra		
DNF	028	Mariana Pessoa, POVOA	1989	Academica de Coimbra		
DNF	011	Maria Ana, FONSECA	1982	Fluvial Portuense		
DNF	091	Rui Alberto, MENDES	1975	Fluvial Portuense		
DNF	102	Julio Domingos, PINTO	1987	Galitos / Bresimar		
DNF	009	Joana Maria, FARIA	1974	Leixoes		
DNF	122	Alberto Sergio, SOUSA	1963	Natacao da Maia		
DNF	068	Alexandre Azevedo, GASPAR	1945	Alges		
DNF	073	David Pedro, GUERRA	1976	Benedita		
DNF	021	Mafalda Sofia, MOREIRA	1979	Benedita		
DNF	114	Rui Alexandre, SANTOS	1976	Nadadores dos Estoris		
EXH	123	Edgar Alexandre, SOUSA <i>Fato Termico</i>	1982	Individual ANL	1:09:46.06	