

1 - 25-02-2017 - Sessão da Tarde

25-02-2017 - 14:00

Prova 1 Femin., 1500m Livres Master Esc A  
25-02-2017 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Susana Maria Mateus	89	Litoral Alentejano	<b>20:40.85</b>		735	30,00
	100m: 1:17.05 1:17.05		500m: 6:42.62 1:21.52	900m: 12:14.44 1:23.68	1300m: 17:51.47 1:24.00		
	200m: 2:38.61 1:21.56		600m: 8:04.67 1:22.05	1000m: 13:39.06 1:24.62	1400m: 19:16.59 1:25.12		
	300m: 3:59.73 1:21.12		700m: 9:27.36 1:22.69	1100m: 15:03.28 1:24.22	1500m: 20:40.85 1:24.26		
	400m: 5:21.10 1:21.37		800m: 10:50.76 1:23.40	1200m: 16:27.47 1:24.19			
2.	Solange Ramalho Pereira	90	Propaganda da Natacao	<b>22:44.28</b>		553	26,00
	100m: 1:25.91 1:25.91		500m: 7:29.95 1:31.43	900m: 13:35.92 1:32.01	1300m: 19:45.17 1:31.75		
	200m: 2:56.57 1:30.66		600m: 9:00.63 1:30.68	1000m: 14:00m: 21:16.41 1:31.24			
	300m: 4:27.57 1:31.00		700m: 10:32.06 1:31.43	1100m: 16:40.98 1500m: 22:44.28 1:27.87			
	400m: 5:58.52 1:30.95		800m: 12:03.91 1:31.85	1200m: 18:13.42 1:32.44			
3.	Rute Sofia Teixeira	90	Ginasio Santo Tirso	<b>22:45.38</b>		551	22,00
	100m: 1:27.08 1:27.08		500m: 7:33.43 1:31.31	900m: 13:38.64 1:31.65	1300m: 19:44.47 1:31.55		
	200m: 2:58.27 1:31.19		600m: 9:04.85 1:31.42	1000m: 15:10.72 1:32.08	1400m: 21:15.40 1:30.93		
	300m: 4:30.10 1:31.83		700m: 10:35.85 1:31.00	1100m: 16:41.90 1:31.18	1500m: 22:45.38 1:29.98		
	400m: 6:02.12 1:32.02		800m: 12:06.99 1:31.14	1200m: 18:12.92 1:31.02			
4.	Ana Rita Mendes	91	Geslours	<b>23:21.43</b>		510	20,00
	100m: 1:21.78 1:21.78		500m: 7:25.08 1:32.93	900m: 13:46.32 1:35.98	1300m: 20:13.21 1:37.32		
	200m: 2:50.81 1:29.03		600m: 8:59.64 1:34.56	1000m: 15:23.20 1:36.88	1400m: 21:48.70 1:35.49		
	300m: 4:21.18 1:30.37		700m: 10:34.57 1:34.93	1100m: 16:59.95 1:36.75	1500m: 23:21.43 1:32.73		
	400m: 5:52.15 1:30.97		800m: 12:10.34 1:35.77	1200m: 18:35.89 1:35.94			
5.	Ana Raquel Lirio	90	Ginasio Santo Tirso	<b>24:27.27</b>		444	19,00
	100m: 1:28.14 1:28.14		500m: 7:54.65 1:38.64	900m: 14:27.65 1:39.30	1300m: 21:07.79 1:40.54		
	200m: 3:02.24 1:34.10		600m: 9:31.23 1:36.58	1000m: 16:07.76 1:40.11	1400m: 22:47.44 1:39.65		
	300m: 4:38.35 1:36.11		700m: 11:10.08 1:38.85	1100m: 17:46.73 1:38.97	1500m: 24:27.27 1:39.83		
	400m: 6:16.01 1:37.66		800m: 12:48.35 1:38.27	1200m: 19:27.25 1:40.52			
6.	Ana Raquel Barbosa	88	Geslours	<b>26:05.08</b>		366	18,00
	100m: 1:36.16 1:36.16		500m: 8:38.02 1:44.66	900m: 15:33.84 1:45.11	1300m: 22:35.81 1:46.11		
	200m: 3:22.59 1:46.43		600m: 10:21.38 1:43.36	1000m: 17:18.00 1:44.16	1400m: 24:21.63 1:45.82		
	300m: 5:07.66 1:45.07		700m: 12:05.45 1:44.07	1100m: 19:04.34 1:46.34	1500m: 26:05.08 1:43.45		
	400m: 6:53.36 1:45.70		800m: 13:48.73 1:43.28	1200m: 20:49.70 1:45.36			
7.	Helena Manuel Jose	90	Ginasio Santo Tirso	<b>26:13.68</b>		360	17,00
	100m: 1:28.93 1:28.93		500m: 8:09.03 1:45.57	900m: 15:20.72 1:48.42	1300m: 22:41.64 1:49.21		
	200m: 3:03.11 1:34.18		600m: 9:56.61 1:47.58	1000m: 17:06.65 1:45.93	1400m: 24:28.91 1:47.27		
	300m: 4:41.60 1:38.49		700m: 11:44.08 1:47.47	1100m: 18:52.83 1:46.18	1500m: 26:13.68 1:44.77		
	400m: 6:23.46 1:41.86		800m: 13:32.30 1:48.22	1200m: 20:52.43 1:59.60			
8.	Maria Joao Jose	90	Ginasio Santo Tirso	<b>26:32.95</b>		347	16,00
	100m: 1:32.87 1:32.87		500m: 8:31.46 1:50.73	900m: 15:43.31 1:48.70	1300m: 22:53.95 1:47.08		
	200m: 3:11.52 1:38.65		600m: 10:16.73 1:45.27	1000m: 17:32.51 1:49.20	1400m: 24:44.82 1:50.87		
	300m: 4:54.07 1:42.55		700m: 12:05.34 1:48.61	1100m: 19:19.48 1:46.97	1500m: 26:32.95 1:48.13		
	400m: 6:40.73 1:46.66		800m: 13:54.61 1:49.27	1200m: 21:06.87 1:47.39			

Prova 1, Femin., 1500m Livres

Prova 1 Femin., 1500m Livres Master Esc B  
25-02-2017 Resultados

RN Esc B(30-34) 19:40.73 Carolina Santos Silva CNMAIA Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Carolina Santos Silva <i>Rec Nacional Escalão B</i>	86	Propaganda da Natacao	<b>19:27.87</b>		945	30,00
	100m: 1:15.72 1:15.72	500m: 6:26.56 1:18.08	900m: 11:40.09 1:18.11	1300m: 16:53.59 1:18.81			
	200m: 2:33.15 1:17.43	600m: 7:44.60 1:18.04	1000m: 12:58.20 1:18.11	1400m: 18:11.98 1:18.39			
	300m: 3:50.70 1:17.55	700m: 9:03.05 1:18.45	1100m: 14:16.08 1:17.88	1500m: 19:27.87 1:15.89			
	400m: 5:08.48 1:17.78	800m: 10:21.98 1:18.93	1200m: 15:34.78 1:18.70				
2.	Sara Daniela Rodrigues	87	Galitos / Bresimar	<b>22:02.85</b>		650	26,00
	100m: 1:23.13 1:23.13	500m: 7:11.56 1:28.70	900m: 13:08.11 1:30.22	1300m: 19:06.24 1:29.79			
	200m: 2:48.72 1:25.59	600m: 8:39.23 1:27.67	1000m: 14:38.24 1:30.13	1400m: 20:35.59 1:29.35			
	300m: 4:15.85 1:27.13	700m: 10:08.61 1:29.38	1100m: 16:07.32 1:29.08	1500m: 22:02.85 1:27.26			
	400m: 5:42.86 1:27.01	800m: 11:37.89 1:29.28	1200m: 17:36.45 1:29.13				
3.	Ana Filipa Miranda	85	Galitos / Bresimar	<b>23:28.55</b>		538	22,00
	100m: 1:24.73 1:24.73	500m: 7:43.72 1:33.24	900m: 14:03.94 1:36.09	1300m: 20:26.54 1:35.00			
	200m: 3:00.11 1:35.38	600m: 9:18.26 1:34.54	1000m: 15:39.91 1:35.97	1400m: 22:00.43 1:33.89			
	300m: 4:34.85 1:34.74	700m: 10:52.87 1:34.61	1100m: 17:16.57 1:36.66	1500m: 23:28.55 1:28.12			
	400m: 6:10.48 1:35.63	800m: 12:27.85 1:34.98	1200m: 18:51.54 1:34.97				
4.	Ana Oliveira Sousa	85	Academica de Coimbra	<b>23:40.28</b>		525	20,00
	100m: 1:27.86 1:27.86	500m: 7:42.59 1:35.98	900m: 14:09.14 1:36.65	1300m: 20:32.35 1:35.67			
	200m: 2:58.17 1:30.31	600m: 9:19.85 1:37.26	1000m: 15:45.19 1:36.05	1400m: 22:06.71 1:34.36			
	300m: 4:31.27 1:33.10	700m: 10:55.18 1:35.33	1100m: 17:21.92 1:36.73	1500m: 23:40.28 1:33.57			
	400m: 6:06.61 1:35.34	800m: 12:32.49 1:37.31	1200m: 18:56.68 1:34.76				
5.	Rita Loureiro Pinto	85	Ginasio Clube	<b>24:46.29</b>		458	19,00
	100m: 1:33.79 1:33.79	500m: 8:12.87 1:40.11	900m: 14:51.76 1:39.69	1300m: 21:31.45 1:40.27			
	200m: 3:12.86 1:39.07	600m: 9:52.87 1:40.00	1000m: 16:31.33 1:39.57	1400m: 23:11.74 1:40.29			
	300m: 4:53.10 1:40.24	700m: 11:32.58 1:39.71	1100m: 18:10.90 1:39.57	1500m: 24:46.29 1:34.55			
	400m: 6:32.76 1:39.66	800m: 13:12.07 1:39.49	1200m: 19:51.18 1:40.28				
6.	Joana Margarida Gaspar	83	Nadadores dos Estoris	<b>24:52.09</b>		453	18,00
	100m: 1:32.47 1:32.47	500m: 8:07.57 1:38.68	900m: 14:46.96 1:41.87	1300m: 21:32.22 1:41.56			
	200m: 3:11.28 1:38.81	600m: 9:46.48 1:38.91	1000m: 16:28.68 1:41.72	1400m: 23:12.64 1:40.42			
	300m: 4:49.84 1:38.56	700m: 11:24.45 1:37.97	1100m: 18:09.92 1:41.24	1500m: 24:52.09 1:39.45			
	400m: 6:28.89 1:39.05	800m: 13:05.09 1:40.64	1200m: 19:50.66 1:40.74				
7.	Ana Catarina Milhazes	85	Leixoes	<b>30:56.73</b>		235	17,00
	100m: 1:57.46 1:57.46	500m: 10:13.10 2:04.90	900m: 18:35.33 2:07.84	1300m: 26:55.87 2:04.22			
	200m: 4:00.25 2:02.79	600m: 12:18.90 2:05.80	1000m: 20:41.23 2:05.90	1400m: 28:57.94 2:02.07			
	300m: 6:03.67 2:03.42	700m: 14:23.63 2:04.73	1100m: 22:46.76 2:05.53	1500m: 30:56.73 1:58.79			
	400m: 8:08.20 2:04.53	800m: 16:27.49 2:03.86	1200m: 24:51.65 2:04.89				
8.	Ana Sofia Uhlfelder	83	Fluival Portuense	<b>30:59.39</b>		234	16,00
	100m: 1:48.70 1:48.70	500m: 9:59.20 2:04.36	900m: 18:18.07 2:05.92	1300m: 26:49.24 2:07.52			
	200m: 3:49.97 2:01.27	600m: 12:03.64 2:04.44	1000m: 20:26.02 2:07.95	1400m: 28:57.62 2:08.38			
	300m: 5:50.85 2:00.88	700m: 14:07.54 2:03.90	1100m: 22:33.43 2:07.41	1500m: 30:59.39 2:01.77			
	400m: 7:54.84 2:03.99	800m: 16:12.15 2:04.61	1200m: 24:41.72 2:08.29				

Prova 1, Femin., 1500m Livres

Prova 1 Femin., 1500m Livres Master Esc C  
25-02-2017 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Mafalda Sofia Moreira	79	Benedita	<b>21:09.98</b>		708	30,00
	100m: 1:22.71 1:22.71		500m: 7:05.50 1:25.34	900m: 12:44.02 1:25.18	1300m: 18:24.78 1:25.12		
	200m: 2:48.73 1:26.02		600m: 8:29.78 1:24.28	1000m: 14:08.97 1:24.95	1400m: 19:49.34 1:24.56		
	300m: 4:14.75 1:26.02		700m: 9:54.21 1:24.43	1100m: 15:34.30 1:25.33	1500m: 21:09.98 1:20.64		
	400m: 5:40.16 1:25.41		800m: 11:18.84 1:24.63	1200m: 16:59.66 1:25.36			
2.	Maria Ana Fonseca	82	Fluvial Portuense	<b>24:38.86</b>		448	26,00
	100m: 1:33.57 1:33.57		500m: 8:13.38 1:40.07	900m: 14:51.40 1:39.38	1300m: 21:25.32 1:38.28		
	200m: 3:12.86 1:39.29		600m: 9:53.55 1:40.17	1000m: 16:31.22 1:39.82	1400m: 23:02.37 1:37.05		
	300m: 4:53.22 1:40.36		700m: 11:32.70 1:39.15	1100m: 18:09.77 1:38.55	1500m: 24:38.86 1:36.49		
	400m: 6:33.31 1:40.09		800m: 13:12.02 1:39.32	1200m: 19:47.04 1:37.27			
3.	Helena Sofia Andrade	82	Galitos / Bresimar	<b>24:43.36</b>		444	22,00
	100m: 1:33.02 1:33.02		500m: 8:11.61 1:39.92	900m: 14:50.80 1:39.23	1300m: 21:26.59 1:39.75		
	200m: 3:11.03 1:38.01		600m: 9:51.78 1:40.17	1000m: 16:29.86 1:39.06	1400m: 23:06.50 1:39.91		
	300m: 4:51.82 1:40.79		700m: 11:31.80 1:40.02	1100m: 18:08.29 1:38.43	1500m: 24:43.36 1:36.86		
	400m: 6:31.69 1:39.87		800m: 13:11.57 1:39.77	1200m: 19:46.84 1:38.55			
4.	Liliana Elisabete Baptista	78	Leixoes	<b>25:11.20</b>		420	20,00
	100m: 1:27.89 1:27.89		500m: 7:59.77 1:39.68	900m: 14:45.91 1:42.68	1300m: 21:41.93 1:45.33		
	200m: 3:02.61 1:34.72		600m: 9:40.47 1:40.70	1000m: 16:28.78 1:42.87	1400m: 23:28.44 1:46.51		
	300m: 4:40.16 1:37.55		700m: 11:21.92 1:41.45	1100m: 18:12.02 1:43.24	1500m: 25:11.20 1:42.76		
	400m: 6:20.09 1:39.93		800m: 13:03.23 1:41.31	1200m: 19:56.60 1:44.58			
5.	Monica Sofia Peixe	81	Colegio Monte Maior	<b>25:50.23</b>		389	19,00
	100m: 1:35.56 1:35.56		500m: 8:35.14 1:46.14	900m: 15:35.29 1:44.77	1300m: 22:31.39 1:42.88		
	200m: 3:19.09 1:43.53		600m: 10:20.55 1:45.41	1000m: 17:19.72 1:44.43	1400m: 24:13.48 1:42.09		
	300m: 5:03.59 1:44.50		700m: 12:04.74 1:44.19	1100m: 19:04.69 1:44.97	1500m: 25:50.23 1:36.75		
	400m: 6:49.00 1:45.41		800m: 13:50.52 1:45.78	1200m: 20:48.51 1:43.82			
6.	Marta Martins Ferreira	79	Funcao Publica	<b>26:42.85</b>		352	18,00
	100m: 1:38.31 1:38.31		500m: 8:44.83 1:46.93	900m: 15:54.64 1:47.41	1300m: 23:09.67 1:50.25		
	200m: 3:24.61 1:46.30		600m: 10:31.64 1:46.81	1000m: 17:42.80 1:48.16	1400m: 24:57.67 1:48.00		
	300m: 5:11.31 1:46.70		700m: 12:19.49 1:47.85	1100m: 19:30.58 1:47.78	1500m: 26:42.85 1:45.18		
	400m: 6:57.90 1:46.59		800m: 14:07.23 1:47.74	1200m: 21:19.42 1:48.84			
7.	Carmen Silvia Malheiros	81	Litoral Alentejano	<b>28:59.66</b>		275	17,00
	100m: 1:48.11 1:48.11		500m: 9:33.06 1:56.48	900m: 17:21.99 1:58.05	1300m: 25:14.42 1:57.56		
	200m: 3:42.50 1:54.39		600m: 11:30.16 1:57.10	1000m: 19:20.76 1:58.77	1400m: 27:11.35 1:56.93		
	300m: 5:39.09 1:56.59		700m: 13:26.64 1:56.48	1100m: 21:20.53 1:59.77	1500m: 28:59.66 1:48.31		
	400m: 7:36.58 1:57.49		800m: 15:23.94 1:57.30	1200m: 23:16.86 1:56.33			

Prova 1, Femin., 1500m Livres

Prova 1 Femin., 1500m Livres Master Esc D  
25-02-2017 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Carla Santa Barbara	75	Porto	<b>21:03.16</b>		736	30,00
	100m: 1:16.31 1:16.31		500m: 6:52.65 1:25.05	900m: 12:29.97 1:24.16	1300m: 18:13.66 1:26.80		
	200m: 2:39.37 1:23.06		600m: 8:17.64 1:24.99	1000m: 13:55.51 1:25.54	1400m: 19:40.52 1:26.86		
	300m: 4:03.48 1:24.11		700m: 9:41.51 1:23.87	1100m: 15:21.05 1:25.54	1500m: 21:03.16 1:22.64		
	400m: 5:27.60 1:24.12		800m: 11:05.81 1:24.30	1200m: 16:46.86 1:25.81			
2.	Ines Maria Rothes	73	Fluval Portuense	<b>21:09.87</b>		724	26,00
	100m: 1:17.50 1:17.50		500m: 6:55.17 1:25.68	900m: 12:38.15 1:25.32	1300m: 18:20.57 1:25.42		
	200m: 2:40.02 1:22.52		600m: 8:20.72 1:25.55	1000m: 14:03.79 1:25.64	1400m: 19:45.98 1:25.41		
	300m: 4:04.13 1:24.11		700m: 9:47.13 1:26.41	1100m: 15:29.77 1:25.98	1500m: 21:09.87 1:23.89		
	400m: 5:29.49 1:25.36		800m: 11:12.83 1:25.70	1200m: 16:55.15 1:25.38			
3.	Maria Luisa Costa	74	Fluval Portuense	<b>21:52.29</b>		656	22,00
	100m: 1:21.44 1:21.44		500m: 7:10.27 1:27.62	900m: 13:01.96 1:28.58	1300m: 18:56.36 1:28.64		
	200m: 2:47.67 1:26.23		600m: 8:37.36 1:27.09	1000m: 14:31.36 1:29.40	1400m: 20:24.92 1:28.56		
	300m: 4:15.01 1:27.34		700m: 10:05.30 1:27.94	1100m: 15:59.25 1:27.89	1500m: 21:52.29 1:27.37		
	400m: 5:42.65 1:27.64		800m: 11:33.38 1:28.08	1200m: 17:27.72 1:28.47			
4.	Joana Maria Faria	74	Leixoes	<b>23:45.66</b>		512	20,00
	100m: 1:29.81 1:29.81		500m: 7:53.88 1:36.19	900m: 14:18.31 1:35.93	1300m: 20:42.22 1:36.90		
	200m: 3:05.30 1:35.49		600m: 9:29.68 1:35.80	1000m: 15:54.19 1:35.88	1400m: 22:16.31 1:34.09		
	300m: 4:41.55 1:36.25		700m: 11:05.86 1:36.18	1100m: 17:29.53 1:35.34	1500m: 23:45.66 1:29.35		
	400m: 6:17.69 1:36.14		800m: 12:42.38 1:36.52	1200m: 19:05.32 1:35.79			
5.	Filipa Cristina Fernandes	76	Gesloures	<b>23:46.75</b>		511	19,00
	100m: 1:27.91 1:27.91		500m: 7:52.37 1:36.03	900m: 14:16.12 1:36.08	1300m: 20:40.57 1:36.94		
	200m: 3:03.58 1:35.67		600m: 9:28.22 1:35.85	1000m: 15:52.35 1:36.23	1400m: 22:15.29 1:34.72		
	300m: 4:40.16 1:36.58		700m: 11:04.47 1:36.25	1100m: 17:27.90 1:35.55	1500m: 23:46.75 1:31.46		
	400m: 6:16.34 1:36.18		800m: 12:40.04 1:35.57	1200m: 19:03.63 1:35.73			
6.	Ana Lanca Rodrigues	73	Gesloures	<b>24:35.20</b>		462	18,00
	100m: 1:27.58 1:27.58		500m: 7:59.63 1:39.00	900m: 14:39.01 1:40.25	1300m: 21:19.92 1:39.93		
	200m: 3:02.23 1:34.65		600m: 9:38.45 1:38.82	1000m: 16:19.65 1:40.64	1400m: 22:59.54 1:39.62		
	300m: 4:41.58 1:39.35		700m: 11:17.68 1:39.23	1100m: 17:59.54 1:39.89	1500m: 24:35.20 1:35.66		
	400m: 6:20.63 1:39.05		800m: 12:58.76 1:41.08	1200m: 19:39.99 1:40.45			
7.	Ana Sofia Moutela	77	Galitos / Bresimar	<b>24:40.99</b>		457	17,00
	100m: 1:33.87 1:33.87		500m: 8:12.83 1:40.39	900m: 14:52.56 1:40.12	1300m: 21:28.76 1:40.34		
	200m: 3:13.01 1:39.14		600m: 9:52.64 1:39.81	1000m: 16:31.66 1:39.10	1400m: 23:08.38 1:39.62		
	300m: 4:52.48 1:39.47		700m: 11:32.11 1:39.47	1100m: 18:09.89 1:38.23	1500m: 24:40.99 1:32.61		
	400m: 6:32.44 1:39.96		800m: 13:12.44 1:40.33	1200m: 19:48.42 1:38.53			
8.	Sandra Santa Barbara	75	Ginasio Santo Tirso	<b>25:03.83</b>		436	16,00
	100m: 1:26.16 1:26.16		500m: 8:01.51 1:41.02	900m: 14:45.32 1:41.92	1300m: 21:38.12 1:43.12		
	200m: 3:01.69 1:35.53		600m: 9:42.37 1:40.86	1000m: 16:28.67 1:43.35	1400m: 23:22.97 1:44.85		
	300m: 4:40.04 1:38.35		700m: 11:23.02 1:40.65	1100m: 18:11.54 1:42.87	1500m: 25:03.83 1:40.86		
	400m: 6:20.49 1:40.45		800m: 13:03.40 1:40.38	1200m: 19:55.00 1:43.46			
9.	Ana Cristina Oliveira	76	Galitos / Bresimar	<b>25:40.01</b>		406	14,00
	100m: 1:38.61 1:38.61		500m: 8:30.18 1:42.87	900m: 15:21.89 1:42.97	1300m: 22:17.03 1:43.86		
	200m: 3:20.76 1:42.15		600m: 10:12.92 1:42.74	1000m: 17:05.45 1:43.56	1400m: 23:59.95 1:42.92		
	300m: 5:04.14 1:43.38		700m: 11:55.72 1:42.80	1100m: 18:49.65 1:44.20	1500m: 25:40.01 1:40.06		
	400m: 6:47.31 1:43.17		800m: 13:38.92 1:43.20	1200m: 20:33.17 1:43.52			

Prova 1, Femin., 1500m Livres

Prova 1 Femin., 1500m Livres Master Esc E  
25-02-2017 Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Rita Miguel Reina	72	Colegio Monte Maior	<b>23:02.55</b>		715	30,00
	100m: 1:27.29 1:27.29		500m: 7:33.97 1:31.65	900m: 13:43.48 1:32.88	1300m: 19:58.32 1:33.67		
	200m: 2:58.40 1:31.11		600m: 9:06.08 1:32.11	1000m: 15:16.71 1:33.23	1400m: 21:31.71 1:33.39		
	300m: 4:30.24 1:31.84		700m: 10:38.30 1:32.22	1100m: 16:50.21 1:33.50	1500m: 23:02.55 1:30.84		
	400m: 6:02.32 1:32.08		800m: 12:10.60 1:32.30	1200m: 18:24.65 1:34.44			
2.	Ana Paula Sequeira	68	Gafanha da Encarnacao	<b>25:06.48</b>		552	26,00
	100m: 1:33.11 1:33.11		500m: 8:12.74 1:40.35	900m: 14:58.73 1:42.02	1300m: 21:46.93 1:41.93		
	200m: 3:11.59 1:38.48		600m: 9:53.72 1:40.98	1000m: 16:40.47 1:41.74	1400m: 23:29.15 1:42.22		
	300m: 4:51.88 1:40.29		700m: 11:35.40 1:41.68	1100m: 18:22.88 1:42.41	1500m: 25:06.48 1:37.33		
	400m: 6:32.39 1:40.51		800m: 13:16.71 1:41.31	1200m: 20:05.00 1:42.12			
3.	Filipa Margarida Ferreira	69	Fluvial Portuense	<b>25:24.80</b>		532	22,00
	100m: 1:40.39 1:40.39		500m: 8:38.73 1:42.48	900m: 15:28.48 1:43.14	1300m: 22:13.51 1:39.81		
	200m: 3:27.34 1:46.95		600m: 10:21.81 1:43.08	1000m: 17:11.35 1:42.87	1400m: 23:51.03 1:37.52		
	300m: 5:12.06 1:44.72		700m: 12:02.97 1:41.16	1100m: 18:52.28 1:40.93	1500m: 25:24.80 1:33.77		
	400m: 6:56.25 1:44.19		800m: 13:45.34 1:42.37	1200m: 20:33.70 1:41.42			
4.	Fernanda Maria Santinha	72	Masters de Almada	<b>27:57.03</b>		400	20,00
	100m: 1:42.04 1:42.04		500m: 9:10.70 1:53.78	900m: 16:42.97 1:53.33	1300m: 24:14.13 1:53.17		
	200m: 3:33.10 1:51.06		600m: 11:03.96 1:53.26	1000m: 18:35.14 1:52.17	1400m: 26:06.14 1:52.01		
	300m: 5:24.22 1:51.12		700m: 12:57.08 1:53.12	1100m: 20:28.48 1:53.34	1500m: 27:57.03 1:50.89		
	400m: 7:16.92 1:52.70		800m: 14:49.64 1:52.56	1200m: 22:20.96 1:52.48			
5.	Luisa Lopes Agante	71	Leixoes	<b>28:08.23</b>		392	19,00
	100m: 1:38.95 1:38.95		500m: 9:08.66 1:54.51	900m: 16:46.35 1:55.47	1300m: 24:24.96 1:54.21		
	200m: 3:27.23 1:48.28		600m: 11:01.72 1:53.06	1000m: 18:41.48 1:55.13	1400m: 26:18.91 1:53.95		
	300m: 5:20.32 1:53.09		700m: 12:55.86 1:54.14	1100m: 20:36.03 1:54.55	1500m: 28:08.23 1:49.32		
	400m: 7:14.15 1:53.83		800m: 14:50.88 1:55.02	1200m: 22:30.75 1:54.72			
6.	Maria Manuela Ferreira	70	Leixoes	<b>28:37.01</b>		373	18,00
	100m: 1:51.40 1:51.40		500m: 9:35.84 1:54.03	900m: 17:14.87 1:57.21	1300m: 24:56.16 1:54.15		
	200m: 3:47.42 1:56.02		600m: 11:30.19 1:54.35	1000m: 19:11.21 1:56.34	1400m: 26:48.85 1:52.69		
	300m: 5:44.21 1:56.79		700m: 13:23.67 1:53.48	1100m: 21:08.10 1:56.89	1500m: 28:37.01 1:48.16		
	400m: 7:41.81 1:57.60		800m: 15:17.66 1:53.99	1200m: 23:02.01 1:53.91			
7.	Ana Bernardo Barbara	70	Portinado	<b>32:43.87</b>		249	17,00
	100m: 1:59.30 1:59.30		500m: 10:47.41 2:11.49	900m: 19:34.55 2:11.18	1300m: 28:26.29 2:12.88		
	200m: 4:10.62 2:11.32		600m: 12:59.28 2:11.87	1000m: 21:47.95 2:13.40	1400m: 30:36.97 2:10.68		
	300m: 6:22.97 2:12.35		700m: 15:11.84 2:12.56	1100m: 24:00.19 2:12.24	1500m: 32:43.87 2:06.90		
	400m: 8:35.92 2:12.95		800m: 17:23.37 2:11.53	1200m: 26:13.41 2:13.22			

Prova 1, Femin., 1500m Livres

Prova 1  
25-02-2017

Femin., 1500m Livres

Master Esc F  
Resultados

RN Esc F(50-54) 24:02.48 Rita Cabral Guimaraes CFP Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>Maria Helena Carmo</b> <i>Rec Nacional Escalão F</i>	66	Alges	<b>22:46.52</b>		900	30,00
	100m: 1:26.62 1:26.62	500m: 7:29.23 1:31.17	900m: 13:35.88 1:32.17	1300m: 19:45.81 1:32.00			
	200m: 2:56.99 1:30.37	600m: 9:00.32 1:31.09	1000m: 15:08.32 1:32.44	1400m: 21:17.00 1:31.19			
	300m: 4:27.57 1:30.58	700m: 10:31.91 1:31.59	1100m: 16:40.76 1:32.44	1500m: 22:46.52 1:29.52			
	400m: 5:58.06 1:30.49	800m: 12:03.71 1:31.80	1200m: 18:13.81 1:33.05				
2.	<b>Laura Manuela Miranda</b>	67	Alges	<b>24:29.66</b>		723	26,00
	100m: 1:31.41 1:31.41	500m: 8:05.89 1:38.57	900m: 14:38.73 1:38.05	1300m: 21:16.63 1:39.95			
	200m: 3:10.20 1:38.79	600m: 9:44.27 1:38.38	1000m: 16:17.65 1:38.92	1400m: 22:54.30 1:37.67			
	300m: 4:48.53 1:38.33	700m: 11:21.88 1:37.61	1100m: 17:57.51 1:39.86	1500m: 24:29.66 1:35.36			
	400m: 6:27.32 1:38.79	800m: 13:00.68 1:38.80	1200m: 19:36.68 1:39.17				
3.	<b>Rita Cabral Guimaraes</b>	64	Fluvial Portuense	<b>25:24.29</b>		648	22,00
	100m: 1:32.69 1:32.69	500m: 8:19.66 1:41.04	900m: 15:07.52 1:42.65	1300m: 22:02.03 1:43.94			
	200m: 3:15.04 1:42.35	600m: 10:00.98 1:41.32	1000m: 16:50.50 1:42.98	1400m: 23:46.15 1:44.12			
	300m: 4:56.75 1:41.71	700m: 11:42.62 1:41.64	1100m: 18:34.17 1:43.67	1500m: 25:24.29 1:38.14			
	400m: 6:38.62 1:41.87	800m: 13:24.87 1:42.25	1200m: 20:18.09 1:43.92				
4.	<b>Maria Adriana Viseu</b>	66	Leixoes	<b>26:40.14</b>		560	20,00
	100m: 1:36.75 1:36.75	500m: 8:47.75 1:48.14	900m: 16:03.03 1:48.85	1300m: 23:13.05 1:46.77			
	200m: 3:22.78 1:46.03	600m: 10:35.42 1:47.67	1000m: 17:50.83 1:47.80	1400m: 24:59.34 1:46.29			
	300m: 5:10.28 1:47.50	700m: 12:24.61 1:49.19	1100m: 19:37.86 1:47.03	1500m: 26:40.14 1:40.80			
	400m: 6:59.61 1:49.33	800m: 14:14.18 1:49.57	1200m: 21:26.28 1:48.42				
5.	<b>Maria Margarida Urbano</b>	63	Academica de Coimbra	<b>27:39.91</b>		502	19,00
	100m: 1:41.27 1:41.27	500m: 9:01.35 1:50.54	900m: 16:27.99 1:52.11	1300m: 23:56.27 1:52.23			
	200m: 3:28.58 1:47.31	600m: 10:53.33 1:51.98	1000m: 18:20.25 1:52.26	1400m: 25:49.09 1:52.82			
	300m: 5:19.52 1:50.94	700m: 12:44.97 1:51.64	1100m: 20:12.48 1:52.23	1500m: 27:39.91 1:50.82			
	400m: 7:10.81 1:51.29	800m: 14:35.88 1:50.91	1200m: 22:04.04 1:51.56				
6.	<b>Maria Madalena Caninas</b>	63	Masters de Almada	<b>28:54.93</b>		439	18,00
	100m: 1:42.16 1:42.16	500m: 9:26.98 1:57.88	900m: 17:17.88 1:56.14	1300m: 25:08.09 1:56.63			
	200m: 3:35.70 1:53.54	600m: 11:24.22 1:57.24	1000m: 19:15.58 1:57.70	1400m: 27:04.74 1:56.65			
	300m: 5:31.67 1:55.97	700m: 13:22.38 1:58.16	1100m: 21:12.71 1:57.13	1500m: 28:54.93 1:50.19			
	400m: 7:29.10 1:57.43	800m: 15:21.74 1:59.36	1200m: 23:11.46 1:58.75				
7.	<b>Delfina Maria Martins</b>	66	Ginasio Santo Tirso	<b>33:39.91</b>		278	17,00
	100m: 2:06.56 2:06.56	500m: 11:04.93 2:15.86	900m: 20:06.75 2:14.43	1300m: 29:11.23 2:16.35			
	200m: 4:17.41 2:10.85	600m: 13:20.50 2:15.57	1000m: 22:22.74 2:15.99	1400m: 31:26.52 2:15.29			
	300m: 6:33.22 2:15.81	700m: 15:37.21 2:16.71	1100m: 24:38.26 2:15.52	1500m: 33:39.91 2:13.39			
	400m: 8:49.07 2:15.85	800m: 17:52.32 2:15.11	1200m: 26:54.88 2:16.62				

Prova 1, Femin., 1500m Livres

Prova 1 Femin., 1500m Livres Master Esc G  
25-02-2017 Resultados

RN Esc G(55-59) 22:39.90 Elena Nikolaevna Kraeva ADRCIMM Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Maria Santos Fernandes	62	Leixoes	<b>27:27.99</b>		635	30,00
	100m: 1:43.12 1:43.12	500m: 9:04.42 1:50.52	900m: 16:25.19 1:50.51	1300m: 23:47.76 1:50.75			
	200m: 3:33.53 1:50.41	600m: 10:54.18 1:49.76	1000m: 18:16.16 1:50.97	1400m: 25:39.37 1:51.61			
	300m: 5:23.76 1:50.23	700m: 12:44.17 1:49.99	1100m: 20:06.35 1:50.19	1500m: 27:27.99 1:48.62			
	400m: 7:13.90 1:50.14	800m: 14:34.68 1:50.51	1200m: 21:57.01 1:50.66				
2.	Wanda Maria Gao	62	Portinado	<b>29:58.61</b>		488	26,00
	100m: 1:50.42 1:50.42	500m: 9:48.96 2:00.93	900m: 17:55.88 2:03.24	1300m: 26:06.07 2:00.63			
	200m: 3:48.77 1:58.35	600m: 11:49.03 2:00.07	1000m: 20:00.09 2:04.21	1400m: 28:06.08 2:00.01			
	300m: 5:48.45 1:59.68	700m: 13:50.70 2:01.67	1100m: 22:03.26 2:03.17	1500m: 29:58.61 1:52.53			
	400m: 7:48.03 1:59.58	800m: 15:52.64 2:01.94	1200m: 24:05.44 2:02.18				
3.	Anette Kind	61	Leixoes	<b>31:18.92</b>		428	22,00
	100m: 1:55.08 1:55.08	500m: 10:10.87 2:05.97	900m: 18:34.98 2:06.83	1300m: 27:06.95 2:08.79			
	200m: 3:57.74 2:02.66	600m: 12:16.92 2:06.05	1000m: 20:43.30 2:08.32	1400m: 29:14.88 2:07.93			
	300m: 6:00.62 2:02.88	700m: 14:22.75 2:05.83	1100m: 22:48.72 2:05.42	1500m: 31:18.92 2:04.04			
	400m: 8:04.90 2:04.28	800m: 16:28.15 2:05.40	1200m: 24:58.16 2:09.44				
4.	Ana Paula Almeida	58	Fluval Portuense	<b>35:08.54</b>		303	20,00
	100m: 1:59.38 1:59.38	500m: 11:13.87 2:21.30	900m: 20:41.54 2:24.35	1300m: 30:19.44 2:27.11			
	200m: 4:15.26 2:15.88	600m: 13:33.75 2:19.88	1000m: 23:06.97 2:25.43	1400m: 32:46.15 2:26.71			
	300m: 6:32.89 2:17.63	700m: 15:55.11 2:21.36	1100m: 25:28.14 2:21.17	1500m: 35:08.54 2:22.39			
	400m: 8:52.57 2:19.68	800m: 18:17.19 2:22.08	1200m: 27:52.33 2:24.19				

Prova 1 Femin., 1500m Livres Master Esc I  
25-02-2017 Resultados

RN Esc I(65-69) 25:32.87 Ana Maria Ferreira SAD Coimbra 18-04-2015

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Ana Maria Ferreira	50	Alges	<b>24:56.65</b>		1058	30,00
	<i>Rec Nacional Escalão I</i>						
	100m: 1:34.74 1:34.74	500m: 8:13.81 1:39.74	900m: 14:55.04 1:40.61	1300m: 21:38.65 1:41.33			
	200m: 3:13.69 1:38.95	600m: 9:54.14 1:40.33	1000m: 16:36.15 1:41.11	1400m: 23:19.24 1:40.59			
	300m: 4:53.91 1:40.22	700m: 11:34.05 1:39.91	1100m: 18:16.68 1:40.53	1500m: 24:56.65 1:37.41			
	400m: 6:34.07 1:40.16	800m: 13:14.43 1:40.38	1200m: 19:57.32 1:40.64				

Prova 2  
25-02-2017

Masc., 1500m Livres

Master Esc A  
Resultados

RN Esc A(25-29) 17:37.72 Adriano Miguel Niz GDNVNF Coimbra 18-04-2015  
Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Francisco Maldonado Freitas	91	Pimpoes/Cimai	<b>18:47.38</b>		674	30,00
	100m: 1:07.36 1:07.36	500m: 6:03.50 1:14.30	900m: 11:07.52 1:16.46	1300m: 16:15.67 1:17.11			
	200m: 2:20.44 1:13.08	600m: 7:19.08 1:15.58	1000m: 12:24.95 1:17.43	1400m: 17:32.02 1:16.35			
	300m: 3:34.62 1:14.18	700m: 8:34.65 1:15.57	1100m: 13:41.48 1:16.53	1500m: 18:47.38 1:15.36			
	400m: 4:49.20 1:14.58	800m: 9:51.06 1:16.41	1200m: 14:58.56 1:17.08				
2.	Pedro Lobato Rijo	91	Alges	<b>18:56.11</b>		658	26,00
	100m: 1:11.85 1:11.85	500m: 6:11.96 1:15.65	900m: 11:18.99 1:16.42	1300m: 16:26.53 1:17.27			
	200m: 2:26.89 1:15.04	600m: 7:28.69 1:16.73	1000m: 12:35.63 1:16.64	1400m: 17:42.06 1:15.53			
	300m: 3:41.56 1:14.67	700m: 8:45.82 1:17.13	1100m: 13:52.75 1:17.12	1500m: 18:56.11 1:14.05			
	400m: 4:56.31 1:14.75	800m: 10:02.57 1:16.75	1200m: 15:09.26 1:16.51				
3.	Luis Filipe Silva	88	Salesianos	<b>19:40.84</b>		586	22,00
	100m: 1:14.38 1:14.38	500m: 6:26.23 1:18.60	900m: 11:43.55 1:20.10	1300m: 17:05.75 1:20.41			
	200m: 2:31.51 1:17.13	600m: 7:45.08 1:18.85	1000m: 13:03.67 1:20.12	1400m: 18:25.43 1:19.68			
	300m: 3:49.29 1:17.78	700m: 9:03.81 1:18.73	1100m: 14:24.23 1:20.56	1500m: 19:40.84 1:15.41			
	400m: 5:07.63 1:18.34	800m: 10:23.45 1:19.64	1200m: 15:45.34 1:21.11				
4.	Diogo Gil Henriques	88	Alges	<b>20:26.32</b>		523	20,00
	100m: 1:17.50 1:17.50	500m: 6:45.92 1:22.94	900m: 12:15.97 1:22.29	1300m: 17:46.80 1:23.02			
	200m: 2:37.94 1:20.44	600m: 8:08.89 1:22.97	1000m: 13:38.96 1:22.99	1400m: 19:08.83 1:22.03			
	300m: 3:59.97 1:22.03	700m: 9:31.31 1:22.42	1100m: 15:01.41 1:22.45	1500m: 20:26.32 1:17.49			
	400m: 5:22.98 1:23.01	800m: 10:53.68 1:22.37	1200m: 16:23.78 1:22.37				
5.	Goncalo Goncalves Meneses	92	Braga	<b>20:46.53</b>		498	19,00
	100m: 1:15.20 1:15.20	500m: 6:40.76 1:22.84	900m: 12:11.24 1:23.13	1300m: 17:55.02 1:25.32			
	200m: 2:34.58 1:19.38	600m: 8:02.94 1:22.18	1000m: 13:36.61 1:25.37	1400m: 19:20.87 1:25.85			
	300m: 3:55.86 1:21.28	700m: 9:25.78 1:22.84	1100m: 15:02.78 1:26.17	1500m: 20:46.53 1:25.66			
	400m: 5:17.92 1:22.06	800m: 10:48.11 1:22.33	1200m: 16:29.70 1:26.92				
6.	Andre Rosa Pires	90	Gesloures	<b>22:41.20</b>		383	18,00
	100m: 1:19.84 1:19.84	500m: 7:20.54 1:31.76	900m: 13:29.13 1:32.67	1300m: 19:39.49 1:32.25			
	200m: 2:47.35 1:27.51	600m: 8:52.57 1:32.03	1000m: 15:01.77 1:32.64	1400m: 21:11.71 1:32.22			
	300m: 4:18.01 1:30.66	700m: 10:24.35 1:31.78	1100m: 16:34.52 1:32.75	1500m: 22:41.20 1:29.49			
	400m: 5:48.78 1:30.77	800m: 11:56.46 1:32.11	1200m: 18:07.24 1:32.72				
7.	Francisco Andre Santos	90	Alcobaca	<b>22:51.57</b>		374	17,00
	100m: 1:24.48 1:24.48	500m: 7:30.64 1:32.65	900m: 13:44.16 1:34.30	1300m: 19:58.18 1:33.53			
	200m: 2:53.85 1:29.37	600m: 9:03.63 1:32.99	1000m: 15:17.62 1:33.46	1400m: 21:30.26 1:32.08			
	300m: 4:25.55 1:31.70	700m: 10:36.77 1:33.14	1100m: 16:50.25 1:32.63	1500m: 22:51.57 1:21.31			
	400m: 5:57.99 1:32.44	800m: 12:09.86 1:33.09	1200m: 18:24.65 1:34.40				
8.	Jose Pedro Tavares	91	Gesloures	<b>23:00.06</b>		367	16,00
	100m: 1:21.35 1:21.35	500m: 7:30.26 1:35.05	900m: 13:47.42 1:35.70	1300m: 20:02.29 1:32.26			
	200m: 2:51.05 1:29.70	600m: 9:04.21 1:33.95	1000m: 15:21.74 1:34.32	1400m: 21:33.90 1:31.61			
	300m: 4:22.89 1:31.84	700m: 10:37.40 1:33.19	1100m: 16:54.25 1:32.51	1500m: 23:00.06 1:26.16			
	400m: 5:55.21 1:32.32	800m: 12:11.72 1:34.32	1200m: 18:30.03 1:35.78				
9.	Pedro Miguel Magalhaes	88	Propaganda da Natacao	<b>23:56.51</b>		325	14,00
	100m: 1:28.17 1:28.17	500m: 7:50.87 1:36.19	900m: 14:17.21 1:36.44	1300m: 20:47.79 1:38.29			
	200m: 3:05.44 1:37.27	600m: 9:27.57 1:36.70	1000m: 15:53.37 1:36.16	1400m: 22:25.53 1:37.74			
	300m: 4:39.63 1:34.19	700m: 11:03.85 1:36.28	1100m: 17:30.43 1:37.06	1500m: 23:56.51 1:30.98			
	400m: 6:14.68 1:35.05	800m: 12:40.77 1:36.92	1200m: 19:09.50 1:39.07				



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
10.	Joao Pedro Ferreira	91	Gesloures	<b>24:18.27</b>		311	12,00
	100m: 1:33.65 1:33.65		500m: 7:58.66 1:36.36	900m: 14:28.91 1:37.81	1300m: 21:01.97 1:39.03		
	200m: 3:09.27 1:35.62		600m: 9:35.27 1:36.61	1000m: 16:06.34 1:37.43	1400m: 22:42.95 1:40.98		
	300m: 4:44.90 1:35.63		700m: 11:13.10 1:37.83	1100m: 17:44.25 1:37.91	1500m: 24:18.27 1:35.32		
	400m: 6:22.30 1:37.40		800m: 12:51.10 1:38.00	1200m: 19:22.94 1:38.69			
DSQ	Diogo Gomes Fonseca	90	Alcobaca				-
	403 - Falsa partida - SW 4.4						

Prova 2  
25-02-2017 Masc., 1500m Livres Master Esc B Resultados

RN Esc B(30-34) 18:36.76 Jaime Fernando Costa CNLA Cádiz (ESP) 24-06-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Marcio Gregorio Neves	83	Salvaterra de Magos	<b>19:49.47</b>		471	30,00
	100m: 1:14.62 1:14.62		500m: 6:35.23 1:20.69	900m: 12:01.33 1:20.64	1300m: 17:18.35 1:18.04		
	200m: 2:34.50 1:19.88		600m: 7:56.68 1:21.45	1000m: 13:22.12 1:20.79	1400m: 18:36.10 1:17.75		
	300m: 3:54.78 1:20.28		700m: 9:18.92 1:22.24	1100m: 14:42.02 1:19.90	1500m: 19:49.47 1:13.37		
	400m: 5:14.54 1:19.76		800m: 10:40.69 1:21.77	1200m: 16:00.31 1:18.29			
2.	Jaime Fernando Costa	86	Litoral Alentejano	<b>20:25.12</b>		431	26,00
	100m: 1:15.50 1:15.50		500m: 6:35.68 1:21.58	900m: 12:10.92 1:24.03	1300m: 17:41.88 1:22.26		
	200m: 2:34.70 1:19.20		600m: 7:59.18 1:23.50	1000m: 13:33.75 1:22.83	1400m: 19:05.50 1:23.62		
	300m: 3:54.19 1:19.49		700m: 9:23.17 1:23.99	1100m: 14:56.78 1:23.03	1500m: 20:25.12 1:19.62		
	400m: 5:14.10 1:19.91		800m: 10:46.89 1:23.72	1200m: 16:19.62 1:22.84			
3.	Sergio Miguel Manso	84	Funcao Publica	<b>20:31.06</b>		425	22,00
	100m: 1:19.99 1:19.99		500m: 6:56.26 1:23.97	900m: 12:29.24 1:22.89	1300m: 17:56.03 1:20.89		
	200m: 2:43.64 1:23.65		600m: 8:20.30 1:24.04	1000m: 13:51.87 1:22.63	1400m: 19:15.77 1:19.74		
	300m: 4:08.01 1:24.37		700m: 9:43.68 1:23.38	1100m: 15:14.06 1:22.19	1500m: 20:31.06 1:15.29		
	400m: 5:32.29 1:24.28		800m: 11:06.35 1:22.67	1200m: 16:35.14 1:21.08			
4.	Antonio Rosas Lobo	83	Galitos / Bresimar	<b>20:52.23</b>		404	20,00
	100m: 1:20.32 1:20.32		500m: 7:00.70 1:26.04	900m: 12:37.51 1:23.45	1300m: 18:16.00 1:23.70		
	200m: 2:43.06 1:22.74		600m: 8:26.49 1:25.79	1000m: 14:02.66 1:25.15	1400m: 19:36.75 1:20.75		
	300m: 4:08.70 1:25.64		700m: 9:51.46 1:24.97	1100m: 15:27.23 1:24.57	1500m: 20:52.23 1:15.48		
	400m: 5:34.66 1:25.96		800m: 11:14.06 1:22.60	1200m: 16:52.30 1:25.07			
5.	Daniel Filipe Fernandes	85	Galitos / Bresimar	<b>20:52.40</b>		403	19,00
	100m: 1:15.67 1:15.67		500m: 6:55.59 1:25.43	900m: 12:35.68 1:23.40	1300m: 18:12.34 1:23.80		
	200m: 2:39.35 1:23.68		600m: 8:21.13 1:25.54	1000m: 14:00.44 1:24.76	1400m: 19:34.53 1:22.19		
	300m: 4:05.47 1:26.12		700m: 9:47.29 1:26.16	1100m: 15:24.33 1:23.89	1500m: 20:52.40 1:17.87		
	400m: 5:30.16 1:24.69		800m: 11:12.28 1:24.99	1200m: 16:48.54 1:24.21			
6.	Ricardo Lourenco Alves	84	Galitos / Bresimar	<b>22:43.62</b>		312	18,00
	100m: 1:20.73 1:20.73		500m: 7:25.92 1:32.52	900m: 13:35.11 1:32.64	1300m: 19:42.56 1:31.58		
	200m: 2:48.31 1:27.58		600m: 8:58.83 1:32.91	1000m: 15:07.06 1:31.95	1400m: 21:14.33 1:31.77		
	300m: 4:20.53 1:32.22		700m: 10:30.15 1:31.32	1100m: 16:38.18 1:31.12	1500m: 22:43.62 1:29.29		
	400m: 5:53.40 1:32.87		800m: 12:02.47 1:32.32	1200m: 18:10.98 1:32.80			
7.	Joao Tiago Ferraz	84	Galitos / Bresimar	<b>22:48.24</b>		309	17,00
	100m: 1:19.30 1:19.30		500m: 7:14.90 1:32.46	900m: 13:29.42 1:33.71	1300m: 19:45.03 1:33.60		
	200m: 2:43.92 1:24.62		600m: 8:48.67 1:33.77	1000m: 15:03.42 1:34.00	1400m: 21:18.13 1:33.10		
	300m: 4:11.80 1:27.88		700m: 10:22.34 1:33.67	1100m: 16:38.14 1:34.72	1500m: 22:48.24 1:30.11		
	400m: 5:42.44 1:30.64		800m: 11:55.71 1:33.37	1200m: 18:11.43 1:33.29			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	Rui Filipe Costa	83	Gesloures	<b>24:54.57</b>		237	16,00
	100m: 1:30.60 1:30.60		500m: 8:12.64 1:41.53	900m: 15:02.09 1:42.05	1300m: 21:47.60 1:42.03		
	200m: 3:08.17 1:37.57		600m: 9:55.03 1:42.39	1000m: 16:43.02 1:40.93	1400m: 23:28.42 1:40.82		
	300m: 4:48.99 1:40.82		700m: 11:37.80 1:42.77	1100m: 18:24.40 1:41.38	1500m: 24:54.57 1:26.15		
	400m: 6:31.11 1:42.12		800m: 13:20.04 1:42.24	1200m: 20:05.57 1:41.17			
9.	Joao Dinis Freitas	83	Masters de Almada	<b>26:27.94</b>		198	14,00
	100m: 1:33.47 1:33.47		500m: 8:41.14 1:48.78	900m: 15:52.89 1:46.65	1300m: 23:06.27 1:49.30		
	200m: 3:19.54 1:46.07		600m: 10:28.47 1:47.33	1000m: 17:42.79 1:49.90	1400m: 24:50.09 1:43.82		
	300m: 5:04.81 1:45.27		700m: 12:17.39 1:48.92	1100m: 19:31.02 1:48.23	1500m: 26:27.94 1:37.85		
	400m: 6:52.36 1:47.55		800m: 14:06.24 1:48.85	1200m: 21:16.97 1:45.95			
10.	Julio Domingos Pinto	87	Galitos / Bresimar	<b>26:47.51</b>		191	12,00
	100m: 1:34.13 1:34.13		500m: 8:41.21 1:47.03	900m: 15:53.22 1:45.72	1300m: 23:11.76 1:50.94		
	200m: 3:17.73 1:43.60		600m: 10:31.02 1:49.81	1000m: 17:40.68 1:47.46	1400m: 25:02.68 1:50.92		
	300m: 5:06.25 1:48.52		700m: 12:18.88 1:47.86	1100m: 19:30.35 1:49.67	1500m: 26:47.51 1:44.83		
	400m: 6:54.18 1:47.93		800m: 14:07.50 1:48.62	1200m: 21:20.82 1:50.47			
11.	Carlos Manuel Morgado	83	Galitos / Bresimar	<b>31:50.31</b>		113	11,00
	100m: 1:45.83 1:45.83		500m: 10:13.86 2:09.50	900m: 18:56.23 2:11.28	1300m: 27:37.80 2:11.11		
	200m: 3:45.28 1:59.45		600m: 12:24.95 2:11.09	1000m: 21:06.84 2:10.61	1400m: 29:48.88 2:11.08		
	300m: 5:52.28 2:07.00		700m: 14:35.77 2:10.82	1100m: 23:15.45 2:08.61	1500m: 31:50.31 2:01.43		
	400m: 8:04.36 2:12.08		800m: 16:44.95 2:09.18	1200m: 25:26.69 2:11.24			

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

25-02-2017 RN Esc C(35-39) 19:58.89 Patrick Santos INDANL Talence (FRA) 16-11-2014

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Ivan Mauricio Couras	81	Fluvial Portuense	<b>20:08.23</b>		616	30,00
	100m: 1:16.81 1:16.81		500m: 6:44.89 1:22.04	900m: 12:13.16 1:21.46	1300m: 17:36.09 1:19.92		
	200m: 2:38.25 1:21.44		600m: 8:07.14 1:22.25	1000m: 13:34.50 1:21.34	1400m: 18:53.78 1:17.69		
	300m: 4:00.95 1:22.70		700m: 9:29.75 1:22.61	1100m: 14:55.29 1:20.79	1500m: 20:08.23 1:14.45		
	400m: 5:22.85 1:21.90		800m: 10:51.70 1:21.95	1200m: 16:16.17 1:20.88			
2.	Joao Carlos Malta	82	Salesianos	<b>20:19.63</b>		599	26,00
	100m: 1:19.07 1:19.07		500m: 6:44.27 1:21.12	900m: 12:11.01 1:23.07	1300m: 17:38.98 1:21.94		
	200m: 2:40.71 1:21.64		600m: 8:05.31 1:21.04	1000m: 13:33.28 1:22.27	1400m: 19:01.74 1:22.76		
	300m: 4:01.97 1:21.26		700m: 9:26.91 1:21.60	1100m: 14:55.22 1:21.94	1500m: 20:19.63 1:17.89		
	400m: 5:23.15 1:21.18		800m: 10:47.94 1:21.03	1200m: 16:17.04 1:21.82			
3.	Valdo Filipe Neves	78	Salvaterra de Magos	<b>21:53.56</b>		479	22,00
	100m: 1:24.61 1:24.61		500m: 7:23.28 1:29.53	900m: 13:14.09 1:27.08	1300m: 19:03.88 1:28.06		
	200m: 2:53.57 1:28.96		600m: 8:51.97 1:28.69	1000m: 14:41.17 1:27.08	1400m: 20:30.87 1:26.99		
	300m: 4:23.70 1:30.13		700m: 10:20.08 1:28.11	1100m: 16:08.62 1:27.45	1500m: 21:53.56 1:22.69		
	400m: 5:53.75 1:30.05		800m: 11:47.01 1:26.93	1200m: 17:35.82 1:27.20			
4.	Angelo Miguel Neto	82	Fluvial Portuense	<b>21:56.66</b>		476	20,00
	100m: 1:18.10 1:18.10		500m: 6:59.18 1:25.19	900m: 12:54.35 1:31.21	1300m: 18:59.45 1:31.85		
	200m: 2:43.24 1:25.14		600m: 8:24.93 1:25.75	1000m: 14:24.15 1:29.80	1400m: 20:28.93 1:29.48		
	300m: 4:08.23 1:24.99		700m: 9:53.03 1:28.10	1100m: 15:54.70 1:30.55	1500m: 21:56.66 1:27.73		
	400m: 5:33.99 1:25.76		800m: 11:23.14 1:30.11	1200m: 17:27.60 1:32.90			
5.	Eduardo Jose Amaral	78	Pimpoes/Cimai	<b>22:54.77</b>		418	19,00
	100m: 1:23.33 1:23.33		500m: 7:31.37 1:33.29	900m: 13:42.43 1:33.59	1300m: 19:57.12 1:33.57		
	200m: 2:53.16 1:29.83		600m: 9:03.70 1:32.33	1000m: 15:16.45 1:34.02	1400m: 21:28.67 1:31.55		
	300m: 4:24.97 1:31.81		700m: 10:36.11 1:32.41	1100m: 16:49.55 1:33.10	1500m: 22:54.77 1:26.10		
	400m: 5:58.08 1:33.11		800m: 12:08.84 1:32.73	1200m: 18:23.55 1:34.00			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
5.	Nuno Andre Campos	81	Galitos / Bresimar	<b>22:54.77</b>		418	19,00
	100m: 1:23.38 1:23.38		500m: 7:31.85 1:33.71	900m: 13:42.95 1:33.39	1300m: 19:56.93 1:33.69		
	200m: 2:53.17 1:29.79		600m: 9:05.02 1:33.17	1000m: 15:15.79 1:32.84	1400m: 21:28.79 1:31.86		
	300m: 4:25.03 1:31.86		700m: 10:37.25 1:32.23	1100m: 16:49.44 1:33.65	1500m: 22:54.77 1:25.98		
	400m: 5:58.14 1:33.11		800m: 12:09.56 1:32.31	1200m: 18:23.24 1:33.80			
7.	Miguel Pinheiro Pires	78	Foca	<b>22:55.52</b>		417	17,00
	100m: 1:21.59 1:21.59		500m: 7:19.84 1:32.56	900m: 13:34.19 1:34.13	1300m: 19:53.71 1:35.86		
	200m: 2:47.47 1:25.88		600m: 8:53.14 1:33.30	1000m: 15:09.01 1:34.82	1400m: 21:28.37 1:34.66		
	300m: 4:16.31 1:28.84		700m: 10:26.14 1:33.00	1100m: 16:44.11 1:35.10	1500m: 22:55.52 1:27.15		
	400m: 5:47.28 1:30.97		800m: 12:00.06 1:33.92	1200m: 18:17.85 1:33.74			
8.	Mario Nuno Pereira	81	Foca	<b>26:44.42</b>		263	16,00
	100m: 1:34.40 1:34.40		500m: 8:38.19 1:48.11	900m: 15:59.88 1:52.38	1300m: 23:17.18 1:48.66		
	200m: 3:19.24 1:44.84		600m: 10:28.18 1:49.99	1000m: 17:47.95 1:48.07	1400m: 25:02.22 1:45.04		
	300m: 5:04.04 1:44.80		700m: 12:17.30 1:49.12	1100m: 19:38.54 1:50.59	1500m: 26:44.42 1:42.20		
	400m: 6:50.08 1:46.04		800m: 14:07.50 1:50.20	1200m: 21:28.52 1:49.98			
9.	Telmo Alexandre Barros	79	Natacao de Valongo	<b>27:04.60</b>		253	14,00
	100m: 1:40.66 1:40.66		500m: 8:56.47 1:49.68	900m: 16:11.36 1:48.86	1300m: 23:35.90 1:51.63		
	200m: 3:28.86 1:48.20		600m: 10:45.16 1:48.69	1000m: 18:02.71 1:51.35	1400m: 25:23.27 1:47.37		
	300m: 5:16.81 1:47.95		700m: 12:33.65 1:48.49	1100m: 19:53.43 1:50.72	1500m: 27:04.60 1:41.33		
	400m: 7:06.79 1:49.98		800m: 14:22.50 1:48.85	1200m: 21:44.27 1:50.84			
10.	Nuno Silva Afonso	79	Academica de Coimbra	<b>29:53.69</b>		188	12,00
	100m: 1:50.02 1:50.02		500m: 9:56.14 2:00.67	900m: 17:59.21 1:59.74	1300m: 26:02.43 1:59.81		
	200m: 3:51.09 2:01.07		600m: 11:59.73 2:03.59	1000m: 20:02.02 2:02.81	1400m: 28:02.17 1:59.74		
	300m: 5:53.22 2:02.13		700m: 13:59.75 2:00.02	1100m: 22:02.89 2:00.87	1500m: 29:53.69 1:51.52		
	400m: 7:55.47 2:02.25		800m: 15:59.47 1:59.72	1200m: 24:02.62 1:59.73			
11.	Ricardo Jorge Palma	81	Masters de Almada	<b>30:13.72</b>		182	11,00
	100m: 1:50.47 1:50.47		500m: 9:51.34 2:00.40	900m: 18:00.05 2:03.08	1300m: 26:16.00 2:03.97		
	200m: 3:48.05 1:57.58		600m: 11:51.73 2:00.39	1000m: 20:04.11 2:04.06	1400m: 28:17.85 2:01.85		
	300m: 5:49.32 2:01.27		700m: 13:55.40 2:03.67	1100m: 22:07.72 2:03.61	1500m: 30:13.72 1:55.87		
	400m: 7:50.94 2:01.62		800m: 15:56.97 2:01.57	1200m: 24:12.03 2:04.31			

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

RN Esc D(40-44) 19:29.87 Rodrigo Marques Costa CNLA Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Rodrigo Marques Costa <i>Rec Nacional Escalão D</i>	76	Litoral Alentejano	<b>19:27.13</b>		639	30,00
	100m: 1:14.04 1:14.04		500m: 6:19.46 1:17.24	900m: 11:33.06 1:19.04	1300m: 16:53.21 1:20.54		
	200m: 2:30.14 1:16.10		600m: 7:37.33 1:17.87	1000m: 12:51.84 1:18.78	1400m: 18:12.38 1:19.17		
	300m: 3:45.65 1:15.51		700m: 8:55.98 1:18.65	1100m: 14:11.66 1:19.82	1500m: 19:27.13 1:14.75		
	400m: 5:02.22 1:16.57		800m: 10:14.02 1:18.04	1200m: 15:32.67 1:21.01			
2.	Jose Eduardo Couteiro	76	Viana Natacao	<b>20:37.47</b>		536	26,00
	100m: 1:19.55 1:19.55		500m: 6:48.83 1:22.24	900m: 12:19.56 1:23.01	1300m: 17:52.87 1:24.52		
	200m: 2:41.70 1:22.15		600m: 8:10.90 1:22.07	1000m: 13:42.33 1:22.77	1400m: 19:16.22 1:23.35		
	300m: 4:04.26 1:22.56		700m: 9:33.71 1:22.81	1100m: 15:05.08 1:22.75	1500m: 20:37.47 1:21.25		
	400m: 5:26.59 1:22.33		800m: 10:56.55 1:22.84	1200m: 16:28.35 1:23.27			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
3.	Diogo Pedroso Almeida	77	Colegio Monte Maior	<b>20:49.22</b>		521	22,00
	100m: 1:20.05 1:20.05		500m: 6:57.09 1:23.65	900m: 12:29.52 1:22.59	1300m: 18:01.80 1:24.11		
	200m: 2:42.92 1:22.87		600m: 8:20.78 1:23.69	1000m: 13:52.00 1:22.48	1400m: 19:26.77 1:24.97		
	300m: 4:08.92 1:26.00		700m: 9:44.17 1:23.39	1100m: 15:14.53 1:22.53	1500m: 20:49.22 1:22.45		
	400m: 5:33.44 1:24.52		800m: 11:06.93 1:22.76	1200m: 16:37.69 1:23.16			
4.	Bruno Miguel Fonseca	73	Salesianos	<b>21:21.08</b>		483	20,00
	100m: 1:21.21 1:21.21		500m: 7:06.10 1:26.51	900m: 12:50.93 1:25.97	1300m: 18:36.74 1:25.96		
	200m: 2:46.24 1:25.03		600m: 8:32.76 1:26.66	1000m: 14:17.35 1:26.42	1400m: 20:00.64 1:23.90		
	300m: 4:12.93 1:26.69		700m: 9:58.30 1:25.54	1100m: 15:43.99 1:26.64	1500m: 21:21.08 1:20.44		
	400m: 5:39.59 1:26.66		800m: 11:24.96 1:26.66	1200m: 17:10.78 1:26.79			
5.	Jorge Miguel Silva	76	Salesianos	<b>22:01.69</b>		440	19,00
	100m: 1:19.62 1:19.62		500m: 7:10.95 1:29.36	900m: 13:07.83 1:29.01	1300m: 19:08.73 1:30.51		
	200m: 2:45.14 1:25.52		600m: 8:41.36 1:30.41	1000m: 14:38.55 1:30.72	1400m: 20:37.80 1:29.07		
	300m: 4:12.47 1:27.33		700m: 10:10.38 1:29.02	1100m: 16:08.18 1:29.63	1500m: 22:01.69 1:23.89		
	400m: 5:41.59 1:29.12		800m: 11:38.82 1:28.44	1200m: 17:38.22 1:30.04			
6.	Rui Alexandre Santos	76	Nadadores dos Estoris	<b>22:45.18</b>		399	18,00
	100m: 1:22.95 1:22.95		500m: 7:23.87 1:30.80	900m: 13:31.17 1:32.32	1300m: 19:46.05 1:33.06		
	200m: 2:50.97 1:28.02		600m: 8:54.85 1:30.98	1000m: 15:06.47 1:35.30	1400m: 21:16.77 1:30.72		
	300m: 4:21.71 1:30.74		700m: 10:26.21 1:31.36	1100m: 16:40.00 1:33.53	1500m: 22:45.18 1:28.41		
	400m: 5:53.07 1:31.36		800m: 11:58.85 1:32.64	1200m: 18:12.99 1:32.99			
7.	Joao Miguel Macedo	74	Leixoes	<b>22:54.38</b>		391	17,00
	100m: 1:23.63 1:23.63		500m: 7:31.46 1:32.96	900m: 13:44.47 1:34.54	1300m: 19:57.06 1:32.22		
	200m: 2:54.16 1:30.53		600m: 9:03.72 1:32.26	1000m: 15:17.37 1:32.90	1400m: 21:29.69 1:32.63		
	300m: 4:25.76 1:31.60		700m: 10:36.76 1:33.04	1100m: 16:50.50 1:33.13	1500m: 22:54.38 1:24.69		
	400m: 5:58.50 1:32.74		800m: 12:09.93 1:33.17	1200m: 18:24.84 1:34.34			
8.	Alexandre Marques Pereira	76	Colegio Monte Maior	<b>22:55.45</b>		390	16,00
	100m: 1:23.63 1:23.63		500m: 7:25.98 1:32.70	900m: 13:34.77 1:32.12	1300m: 19:52.04 1:36.16		
	200m: 2:52.17 1:28.54		600m: 8:58.69 1:32.71	1000m: 15:07.94 1:33.17	1400m: 21:26.77 1:34.73		
	300m: 4:22.38 1:30.21		700m: 10:30.72 1:32.03	1100m: 16:41.25 1:33.31	1500m: 22:55.45 1:28.68		
	400m: 5:53.28 1:30.90		800m: 12:02.65 1:31.93	1200m: 18:15.88 1:34.63			
9.	Goncalo Mano Bento	77	Galitos / Bresimar	<b>23:18.09</b>		372	14,00
	100m: 1:23.06 1:23.06		500m: 7:37.05 1:34.19	900m: 13:57.91 1:34.81	1300m: 20:15.10 1:34.01		
	200m: 2:53.66 1:30.60		600m: 9:12.89 1:35.84	1000m: 15:32.18 1:34.27	1400m: 21:49.03 1:33.93		
	300m: 4:27.65 1:33.99		700m: 10:48.55 1:35.66	1100m: 17:07.15 1:34.97	1500m: 23:18.09 1:29.06		
	400m: 6:02.86 1:35.21		800m: 12:23.10 1:34.55	1200m: 18:41.09 1:33.94			
10.	Pedro Nuno Silva	73	Academica de Coimbra	<b>23:59.32</b>		340	12,00
	100m: 1:37.11 1:37.11		500m: 8:14.72 1:38.32	900m: 14:38.83 1:34.92	1300m: 20:57.27 1:33.73		
	200m: 3:17.33 1:40.22		600m: 9:51.77 1:37.05	1000m: 16:14.74 1:35.91	1400m: 22:28.83 1:31.56		
	300m: 4:56.96 1:39.63		700m: 11:27.68 1:35.91	1100m: 17:49.55 1:34.81	1500m: 23:59.32 1:30.49		
	400m: 6:36.40 1:39.44		800m: 13:03.91 1:36.23	1200m: 19:23.54 1:33.99			
11.	Filipe Pinheiro Pires	73	Foca	<b>24:15.85</b>		329	11,00
	100m: 1:29.34 1:29.34		500m: 7:35.30 1:32.90	900m: 14:03.44 1:43.54	1300m: 21:08.20 1:38.57		
	200m: 2:59.44 1:30.10		600m: 9:09.08 1:33.78	1000m: 15:52.81 1:49.37	1400m: 22:43.29 1:35.09		
	300m: 4:30.01 1:30.57		700m: 10:43.52 1:34.44	1100m: 17:42.65 1:49.84	1500m: 24:15.85 1:32.56		
	400m: 6:02.40 1:32.39		800m: 12:19.90 1:36.38	1200m: 19:29.63 1:46.98			
12.	Joao Antonio Gomes	75	Leixoes	<b>24:27.61</b>		321	10,00
	100m: 1:29.10 1:29.10		500m: 7:59.34 1:38.91	900m: 14:35.56 1:39.62	1300m: 21:14.56 1:40.12		
	200m: 3:06.57 1:37.47		600m: 9:38.44 1:39.10	1000m: 16:15.18 1:39.62	1400m: 22:55.14 1:40.58		
	300m: 4:42.87 1:36.30		700m: 11:17.01 1:38.57	1100m: 17:54.50 1:39.32	1500m: 24:27.61 1:32.47		
	400m: 6:20.43 1:37.56		800m: 12:55.94 1:38.93	1200m: 19:34.44 1:39.94			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
13.	Antonio Pedro Castro	74	Leixoes	<b>24:31.72</b>		318	9,00
	100m: 1:27.23 1:27.23		500m: 7:50.44 1:35.46	900m: 14:23.98 1:38.97	1300m: 21:12.13 1:42.98		
	200m: 3:02.83 1:35.60		600m: 9:28.53 1:38.09	1000m: 16:05.25 1:41.27	1400m: 22:55.56 1:43.43		
	300m: 4:39.05 1:36.22		700m: 11:06.54 1:38.01	1100m: 17:46.43 1:41.18	1500m: 24:31.72 1:36.16		
	400m: 6:14.98 1:35.93		800m: 12:45.01 1:38.47	1200m: 19:29.15 1:42.72			
14.	David Pedro Guerra	76	Benedita	<b>25:49.37</b>		273	8,00
	100m: 1:33.72 1:33.72		500m: 8:24.22 1:44.12	900m: 15:22.52 1:45.39	1300m: 22:20.20 1:40.26		
	200m: 3:15.27 1:41.55		600m: 10:08.74 1:44.52	1000m: 17:09.41 1:46.89	1400m: 24:03.83 1:43.63		
	300m: 4:58.41 1:43.14		700m: 11:53.28 1:44.54	1100m: 18:55.88 1:46.47	1500m: 25:49.37 1:45.54		
	400m: 6:40.10 1:41.69		800m: 13:37.13 1:43.85	1200m: 20:39.94 1:44.06			
15.	Vasco Levita Sousa	73	Masters de Almada	<b>26:35.77</b>		250	7,00
	100m: 1:38.53 1:38.53		500m: 8:42.90 1:47.23	900m: 15:50.84 1:47.35	1300m: 23:03.16 1:48.06		
	200m: 3:22.89 1:44.36		600m: 10:28.89 1:45.99	1000m: 17:38.04 1:47.20	1400m: 24:51.72 1:48.56		
	300m: 5:08.69 1:45.80		700m: 12:16.14 1:47.25	1100m: 19:26.78 1:48.74	1500m: 26:35.77 1:44.05		
	400m: 6:55.67 1:46.98		800m: 14:03.49 1:47.35	1200m: 21:15.10 1:48.32			
16.	Ricardo Velho Franco	74	Geslours	<b>26:37.94</b>		249	6,00
	100m: 1:30.37 1:30.37		500m: 8:29.60 1:47.60	900m: 15:45.83 1:49.84	1300m: 23:06.27 1:50.20		
	200m: 3:12.26 1:41.89		600m: 10:17.89 1:48.29	1000m: 17:36.12 1:50.29	1400m: 24:55.08 1:48.81		
	300m: 4:57.52 1:45.26		700m: 12:06.52 1:48.63	1100m: 19:25.70 1:49.58	1500m: 26:37.94 1:42.86		
	400m: 6:42.00 1:44.48		800m: 13:55.99 1:49.47	1200m: 21:16.07 1:50.37			
17.	Nuno Miguel Pinto	74	Geslours	<b>27:03.00</b>		237	5,00
	100m: 1:32.92 1:32.92		500m: 8:42.08 1:49.35	900m: 15:56.82 1:48.35	1300m: 23:24.29 1:52.76		
	200m: 3:15.75 1:42.83		600m: 10:31.69 1:49.61	1000m: 17:48.62 1:51.80	1400m: 25:15.07 1:50.78		
	300m: 5:03.81 1:48.06		700m: 12:19.31 1:47.62	1100m: 19:40.53 1:51.91	1500m: 27:03.00 1:47.93		
	400m: 6:52.73 1:48.92		800m: 14:08.47 1:49.16	1200m: 21:31.53 1:51.00			
18.	Luis Miguel Oliveira	74	Pimpoes/Cimai	<b>27:44.34</b>		220	4,00
	100m: 1:42.35 1:42.35		500m: 9:11.05 1:53.11	900m: 16:36.18 1:50.94	1300m: 24:04.73 1:54.15		
	200m: 3:32.73 1:50.38		600m: 11:02.14 1:51.09	1000m: 18:28.17 1:51.99	1400m: 25:55.95 1:51.22		
	300m: 5:25.87 1:53.14		700m: 12:52.87 1:50.73	1100m: 20:19.38 1:51.21	1500m: 27:44.34 1:48.39		
	400m: 7:17.94 1:52.07		800m: 14:45.24 1:52.37	1200m: 22:10.58 1:51.20			
19.	Joao Pedro Lima	77	Geslours	<b>27:58.64</b>		214	3,00
	100m: 1:40.58 1:40.58		500m: 9:03.63 1:51.71	900m: 16:36.81 1:53.81	1300m: 24:16.48 1:55.25		
	200m: 3:28.54 1:47.96		600m: 10:56.78 1:53.15	1000m: 18:32.07 1:55.26	1400m: 26:12.03 1:55.55		
	300m: 5:20.24 1:51.70		700m: 12:48.78 1:52.00	1100m: 20:25.86 1:53.79	1500m: 27:58.64 1:46.61		
	400m: 7:11.92 1:51.68		800m: 14:43.00 1:54.22	1200m: 22:21.23 1:55.37			
20.	Vitorino Fernando Faria	73	Foca	<b>29:16.90</b>		187	2,00
	100m: 1:39.53 1:39.53		500m: 9:17.43 1:56.63	900m: 17:17.28 2:00.83	1300m: 25:19.16 2:00.60		
	200m: 3:29.56 1:50.03		600m: 11:16.44 1:59.01	1000m: 19:17.93 2:00.65	1400m: 27:18.09 1:58.93		
	300m: 5:23.98 1:54.42		700m: 13:15.91 1:59.47	1100m: 21:18.61 2:00.68	1500m: 29:16.90 1:58.81		
	400m: 7:20.80 1:56.82		800m: 15:16.45 2:00.54	1200m: 23:18.56 1:59.95			
21.	Joao Manuel Casimiro	76	Geslours	<b>29:19.10</b>		186	-
	100m: 1:41.02 1:41.02		500m: 9:26.31 1:57.05	900m: 17:21.79 2:00.74	1300m: 25:23.33 2:00.65		
	200m: 3:35.85 1:54.83		600m: 11:24.19 1:57.88	1000m: 19:21.97 2:00.18	1400m: 27:24.59 2:01.26		
	300m: 5:32.71 1:56.86		700m: 13:22.47 1:58.28	1100m: 21:22.48 2:00.51	1500m: 29:19.10 1:54.51		
	400m: 7:29.26 1:56.55		800m: 15:21.05 1:58.58	1200m: 23:22.68 2:00.20			
22.	Joao Pedro Martins	77	Galitos / Bresimar	<b>30:09.86</b>		171	-
	100m: 1:48.57 1:48.57		500m: 9:47.38 2:01.80	900m: 17:53.24 2:00.54	1300m: 26:05.02 2:03.50		
	200m: 3:46.72 1:58.15		600m: 11:49.02 2:01.64	1000m: 19:56.68 2:03.44	1400m: 28:09.28 2:04.26		
	300m: 5:44.33 1:57.61		700m: 13:49.57 2:00.55	1100m: 22:00.25 2:03.57	1500m: 30:09.86 2:00.58		
	400m: 7:45.58 2:01.25		800m: 15:52.70 2:03.13	1200m: 24:01.52 2:01.27			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
23.	Joao Quaresma Carvalho	74	Gesloures	<b>30:59.40</b>		158	-
	100m: 1:51.03 1:51.03		500m: 10:13.49 2:06.34	900m: 18:31.79 2:03.02	1300m: 26:54.50 2:04.22		
	200m: 3:56.46 2:05.43		600m: 12:19.61 2:06.12	1000m: 20:36.68 2:04.89	1400m: 28:59.10 2:04.60		
	300m: 6:02.53 2:06.07		700m: 14:23.66 2:04.05	1100m: 22:44.47 2:07.79	1500m: 30:59.40 2:00.30		
	400m: 8:07.15 2:04.62		800m: 16:28.77 2:05.11	1200m: 24:50.28 2:05.81			
24.	Paulo Jorge Neves	77	Alges	<b>35:11.12</b>		108	-
	100m: 2:04.91 2:04.91		500m: 11:42.33 2:25.34	900m: 21:10.01 2:23.75	1300m: 30:34.90 2:23.81		
	200m: 4:27.10 2:22.19		600m: 14:07.19 2:24.86	1000m: 23:29.86 2:19.85	1400m: 32:57.59 2:22.69		
	300m: 6:53.40 2:26.30		700m: 16:26.42 2:19.23	1100m: 25:47.72 2:17.86	1500m: 35:11.12 2:13.53		
	400m: 9:16.99 2:23.59		800m: 18:46.26 2:19.84	1200m: 28:11.09 2:23.37			

Prova 2  
25-02-2017  
Masc., 1500m Livres  
Master Esc E  
Resultados

RN Esc E(45-49) 20:02.29 Paulo Paula Carvalho UDCA Manchester (GBR) 16-06-2006

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Marco Vantaggiato	71	Litoral Alentejano	<b>19:42.22</b>		664	30,00
	100m: 1:14.93 1:14.93		500m: 6:30.72 1:19.06	900m: 11:47.05 1:19.45	1300m: 17:04.76 1:19.28		
	200m: 2:33.90 1:18.97		600m: 7:49.40 1:18.68	1000m: 13:06.23 1:19.18	1400m: 18:24.22 1:19.46		
	300m: 3:52.75 1:18.85		700m: 9:08.48 1:19.08	1100m: 14:25.75 1:19.52	1500m: 19:42.22 1:18.00		
	400m: 5:11.66 1:18.91		800m: 10:27.60 1:19.12	1200m: 15:45.48 1:19.73			
2.	Americo Pedro Goncalves	71	Fluvial Portuense	<b>21:50.53</b>		487	26,00
	100m: 1:25.78 1:25.78		500m: 7:18.63 1:28.40	900m: 13:12.08 1:28.49	1300m: 19:05.59 1:27.77		
	200m: 2:53.18 1:27.40		600m: 8:47.11 1:28.48	1000m: 14:40.05 1:27.97	1400m: 20:32.92 1:27.33		
	300m: 4:22.07 1:28.89		700m: 10:15.01 1:27.90	1100m: 16:08.54 1:28.49	1500m: 21:50.53 1:17.61		
	400m: 5:50.23 1:28.16		800m: 11:43.59 1:28.58	1200m: 17:37.82 1:29.28			
3.	Luis Miguel Vasconcelos	68	Gesloures	<b>22:56.02</b>		421	22,00
	100m: 1:27.34 1:27.34		500m: 7:35.54 1:32.18	900m: 13:43.72 1:32.43	1300m: 19:54.17 1:33.12		
	200m: 2:59.06 1:31.72		600m: 9:07.53 1:31.99	1000m: 15:15.99 1:32.27	1400m: 21:27.49 1:33.32		
	300m: 4:31.76 1:32.70		700m: 10:40.22 1:32.69	1100m: 16:48.60 1:32.61	1500m: 22:56.02 1:28.53		
	400m: 6:03.36 1:31.60		800m: 12:11.29 1:31.07	1200m: 18:21.05 1:32.45			
4.	Rui Miguel Tejo	69	Academica de Coimbra	<b>23:33.87</b>		388	20,00
	100m: 1:27.95 1:27.95		500m: 7:47.24 1:34.39	900m: 14:06.42 1:35.39	1300m: 20:25.91 1:34.54		
	200m: 3:02.18 1:34.23		600m: 9:20.90 1:33.66	1000m: 15:41.20 1:34.78	1400m: 22:00.81 1:34.90		
	300m: 4:37.26 1:35.08		700m: 10:55.66 1:34.76	1100m: 17:16.26 1:35.06	1500m: 23:33.87 1:33.06		
	400m: 6:12.85 1:35.59		800m: 12:31.03 1:35.37	1200m: 18:51.37 1:35.11			
5.	Miguel Jose Ferreira	70	Leixoes	<b>23:44.06</b>		379	19,00
	100m: 1:26.30 1:26.30		500m: 7:40.75 1:33.57	900m: 14:03.02 1:35.98	1300m: 20:32.60 1:37.65		
	200m: 2:59.61 1:33.31		600m: 9:15.30 1:34.55	1000m: 15:39.16 1:36.14	1400m: 22:10.28 1:37.68		
	300m: 4:33.49 1:33.88		700m: 10:51.19 1:35.89	1100m: 17:16.70 1:37.54	1500m: 23:44.06 1:33.78		
	400m: 6:07.18 1:33.69		800m: 12:27.04 1:35.85	1200m: 18:54.95 1:38.25			
6.	Francisco Santos Barros	72	Colegio Monte Maior	<b>23:53.47</b>		372	18,00
	100m: 1:28.70 1:28.70		500m: 7:56.61 1:37.28	900m: 14:23.72 1:36.31	1300m: 20:45.88 1:35.88		
	200m: 3:04.12 1:35.42		600m: 9:33.89 1:37.28	1000m: 15:59.50 1:35.78	1400m: 22:22.44 1:36.56		
	300m: 4:41.42 1:37.30		700m: 11:10.45 1:36.56	1100m: 17:34.40 1:34.90	1500m: 23:53.47 1:31.03		
	400m: 6:19.33 1:37.91		800m: 12:47.41 1:36.96	1200m: 19:10.00 1:35.60			
7.	Paulo Saltao Moutinho	71	Nadadores dos Estoris	<b>24:17.70</b>		354	17,00
	100m: 1:26.88 1:26.88		500m: 7:51.02 1:37.90	900m: 14:25.96 1:39.82	1300m: 21:04.38 1:39.53		
	200m: 3:00.54 1:33.66		600m: 9:30.08 1:39.06	1000m: 16:05.81 1:39.85	1400m: 22:43.17 1:38.79		
	300m: 4:36.12 1:35.58		700m: 11:07.50 1:37.42	1100m: 17:45.37 1:39.56	1500m: 24:17.70 1:34.53		
	400m: 6:13.12 1:37.00		800m: 12:46.14 1:38.64	1200m: 19:24.85 1:39.48			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	Jose Maria Gomes	72	Ginasio Clube	<b>24:46.03</b>		334	16,00
	100m: 1:31.60 1:31.60	500m: 8:05.78 1:39.31	900m: 14:48.67 1:40.88	1300m: 21:36.27 1:41.86			
	200m: 3:09.24 1:37.64	600m: 9:46.84 1:41.06	1000m: 16:31.37 1:42.70	1400m: 23:14.81 1:38.54			
	300m: 4:47.46 1:38.22	700m: 11:27.31 1:40.47	1100m: 18:12.94 1:41.57	1500m: 24:46.03 1:31.22			
	400m: 6:26.47 1:39.01	800m: 13:07.79 1:40.48	1200m: 19:54.41 1:41.47				
9.	Jose Manuel Pereira	70	Palmela	<b>25:43.92</b>		298	14,00
	100m: 1:32.67 1:32.67	500m: 8:25.18 1:45.39	900m: 15:27.12 1:47.76	1300m: 22:23.66 1:44.52			
	200m: 3:15.42 1:42.75	600m: 10:09.41 1:44.23	1000m: 17:11.23 1:44.11	1400m: 24:06.67 1:43.01			
	300m: 4:58.03 1:42.61	700m: 11:55.47 1:46.06	1100m: 18:54.95 1:43.72	1500m: 25:43.92 1:37.25			
	400m: 6:39.79 1:41.76	800m: 13:39.36 1:43.89	1200m: 20:39.14 1:44.19				
10.	Joao Paulo Henriques	68	Benedita	<b>26:13.52</b>		281	12,00
	100m: 1:34.64 1:34.64	500m: 8:37.93 1:47.30	900m: 15:42.77 1:45.62	1300m: 22:43.52 1:46.09			
	200m: 3:18.15 1:43.51	600m: 10:24.72 1:46.79	1000m: 17:27.54 1:44.77	1400m: 24:29.64 1:46.12			
	300m: 5:03.85 1:45.70	700m: 12:11.03 1:46.31	1100m: 19:12.01 1:44.47	1500m: 26:13.52 1:43.88			
	400m: 6:50.63 1:46.78	800m: 13:57.15 1:46.12	1200m: 20:57.43 1:45.42				
11.	Antonio Manuel Santinha	69	Masters de Almada	<b>26:15.20</b>		280	11,00
	100m: 1:43.02 1:43.02	500m: 8:44.21 1:45.01	900m: 15:45.91 1:46.17	1300m: 22:51.06 1:47.17			
	200m: 3:28.57 1:45.55	600m: 10:28.87 1:44.66	1000m: 17:32.20 1:46.29	1400m: 24:36.37 1:45.31			
	300m: 5:13.96 1:45.39	700m: 12:14.04 1:45.17	1100m: 19:17.32 1:45.12	1500m: 26:15.20 1:38.83			
	400m: 6:59.20 1:45.24	800m: 13:59.74 1:45.70	1200m: 21:03.89 1:46.57				
12.	Vitor Almeida Medeiros	69	Fluvial Portuense	<b>26:31.55</b>		272	10,00
	100m: 1:41.90 1:41.90	500m: 8:57.82 1:48.42	900m: 16:01.62 1:45.20	1300m: 23:03.83 1:46.44			
	200m: 3:30.11 1:48.21	600m: 10:45.88 1:48.06	1000m: 17:46.65 1:45.03	1400m: 24:49.13 1:45.30			
	300m: 5:19.87 1:49.76	700m: 12:31.73 1:45.85	1100m: 19:32.42 1:45.77	1500m: 26:31.55 1:42.42			
	400m: 7:09.40 1:49.53	800m: 14:16.42 1:44.69	1200m: 21:17.39 1:44.97				
13.	Nuno Manuel Sa	71	Fluvial Portuense	<b>26:48.56</b>		263	9,00
	100m: 1:45.68 1:45.68	500m: 9:08.15 1:49.30	900m: 16:17.44 1:46.86	1300m: 23:23.41 1:47.14			
	200m: 3:36.81 1:51.13	600m: 10:57.37 1:49.22	1000m: 18:03.06 1:45.62	1400m: 25:08.24 1:44.83			
	300m: 5:28.20 1:51.39	700m: 12:44.85 1:47.48	1100m: 19:49.35 1:46.29	1500m: 26:48.56 1:40.32			
	400m: 7:18.85 1:50.65	800m: 14:30.58 1:45.73	1200m: 21:36.27 1:46.92				
14.	Nuno Alexandre Serra	72	Natacao de Valongo	<b>27:11.34</b>		252	8,00
	100m: 1:42.49 1:42.49	500m: 9:06.47 1:51.76	900m: 16:24.79 1:51.21	1300m: 23:42.88 1:49.31			
	200m: 3:33.42 1:50.93	600m: 10:54.26 1:47.79	1000m: 18:14.69 1:49.90	1400m: 25:30.12 1:47.24			
	300m: 5:25.13 1:51.71	700m: 12:43.54 1:49.28	1100m: 20:04.70 1:50.01	1500m: 27:11.34 1:41.22			
	400m: 7:14.71 1:49.58	800m: 14:33.58 1:50.04	1200m: 21:53.57 1:48.87				
15.	Antonio Manuel Ribeiro	69	Leixoes	<b>27:20.36</b>		248	7,00
	100m: 1:42.68 1:42.68	500m: 9:01.14 1:49.77	900m: 16:24.40 1:51.08	1300m: 23:47.30 1:50.24			
	200m: 3:32.03 1:49.35	600m: 10:52.11 1:50.97	1000m: 18:16.03 1:51.63	1400m: 25:35.56 1:48.26			
	300m: 5:22.17 1:50.14	700m: 12:42.54 1:50.43	1100m: 20:06.81 1:50.78	1500m: 27:20.36 1:44.80			
	400m: 7:11.37 1:49.20	800m: 14:33.32 1:50.78	1200m: 21:57.06 1:50.25				
16.	Fernando Osvaldo Socorro	72	Leixoes	<b>27:26.52</b>		245	6,00
	100m: 1:40.79 1:40.79	500m: 8:59.99 1:50.52	900m: 16:24.61 1:54.05	1300m: 23:51.07 1:52.83			
	200m: 3:29.25 1:48.46	600m: 10:50.24 1:50.25	1000m: 18:14.74 1:50.13	1400m: 25:42.03 1:50.96			
	300m: 5:18.64 1:49.39	700m: 12:40.50 1:50.26	1100m: 20:06.64 1:51.90	1500m: 27:26.52 1:44.49			
	400m: 7:09.47 1:50.83	800m: 14:30.56 1:50.06	1200m: 21:58.24 1:51.60				
17.	Pedro Alexandre Inverneiro	71	Fluvial Portuense	<b>29:13.91</b>		203	5,00
	100m: 1:44.30 1:44.30	500m: 9:33.20 1:58.32	900m: 17:28.00 1:56.53	1300m: 25:24.56 1:59.09			
	200m: 3:37.04 1:52.74	600m: 11:33.77 2:00.57	1000m: 19:24.35 1:56.35	1400m: 27:26.00 2:01.44			
	300m: 5:34.03 1:56.99	700m: 13:33.25 1:59.48	1100m: 21:24.65 2:00.30	1500m: 29:13.91 1:47.91			
	400m: 7:34.88 2:00.85	800m: 15:31.47 1:58.22	1200m: 23:25.47 2:00.82				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
18.	Orlando Sa Morais	72	Galitos / Bresimar	<b>29:24.08</b>		199	4,00
	100m: 1:46.69 1:46.69	500m: 9:27.65 1:57.70	900m: 17:31.43 2:01.97	1300m: 25:32.27 1:59.70			
	200m: 3:36.60 1:49.91	600m: 11:27.38 1:59.73	1000m: 19:33.79 2:02.36	1400m: 27:32.56 2:00.29			
	300m: 5:32.12 1:55.52	700m: 13:28.25 2:00.87	1100m: 21:34.17 2:00.38	1500m: 29:24.08 1:51.52			
	400m: 7:29.95 1:57.83	800m: 15:29.46 2:01.21	1200m: 23:32.57 1:58.40				
19.	Paulo Marques Costa	68	Galitos / Bresimar	<b>30:06.73</b>		186	3,00
	100m: 1:44.48 1:44.48	500m: 9:43.60 2:01.95	900m: 17:54.20 2:01.03	1300m: 26:07.13 2:03.07			
	200m: 3:39.83 1:55.35	600m: 11:46.51 2:02.91	1000m: 19:57.24 2:03.04	1400m: 28:09.29 2:02.16			
	300m: 5:40.49 2:00.66	700m: 13:50.54 2:04.03	1100m: 22:01.56 2:04.32	1500m: 30:06.73 1:57.44			
	400m: 7:41.65 2:01.16	800m: 15:53.17 2:02.63	1200m: 24:04.06 2:02.50				
20.	Jose Manuel Baptista	69	Leixoes	<b>30:54.39</b>		172	2,00
	100m: 1:48.21 1:48.21	500m: 10:01.58 2:05.32	900m: 18:18.45 2:04.54	1300m: 26:38.93 2:05.63			
	200m: 3:48.45 2:00.24	600m: 12:05.61 2:04.03	1000m: 20:22.13 2:03.68	1400m: 28:47.63 2:08.70			
	300m: 5:51.28 2:02.83	700m: 14:10.43 2:04.82	1100m: 22:26.63 2:04.50	1500m: 30:54.39 2:06.76			
	400m: 7:56.26 2:04.98	800m: 16:13.91 2:03.48	1200m: 24:33.30 2:06.67				
21.	Paulo David Goncalves	71	Funcao Publica	<b>31:19.54</b>		165	-
	100m: 1:47.35 1:47.35	500m: 10:02.73 2:02.27	900m: 18:30.63 2:07.28	1300m: 27:08.33 2:10.39			
	200m: 3:49.43 2:02.08	600m: 12:09.33 2:06.60	1000m: 20:39.29 2:08.66	1400m: 29:15.34 2:07.01			
	300m: 5:56.38 2:06.95	700m: 14:16.45 2:07.12	1100m: 22:48.13 2:08.84	1500m: 31:19.54 2:04.20			
	400m: 8:00.46 2:04.08	800m: 16:23.35 2:06.90	1200m: 24:57.94 2:09.81				
22.	Jose Luis Cardoso	71	Masters de Almada	<b>31:48.53</b>		157	-
	100m: 1:49.62 1:49.62	500m: 10:19.78 2:09.56	900m: 18:52.88 2:09.91	1300m: 27:32.34 2:11.74			
	200m: 3:53.53 2:03.91	600m: 12:27.15 2:07.37	1000m: 21:02.85 2:09.97	1400m: 29:42.70 2:10.36			
	300m: 6:01.15 2:07.62	700m: 14:33.85 2:06.70	1100m: 23:10.27 2:07.42	1500m: 31:48.53 2:05.83			
	400m: 8:10.22 2:09.07	800m: 16:42.97 2:09.12	1200m: 25:20.60 2:10.33				
23.	Ricardo Joao Santos	72	Alcobaca	<b>33:49.93</b>		131	-
	100m: 2:02.32 2:02.32	500m: 11:16.63 2:16.51	900m: 20:17.44 2:16.47	1300m: 29:31.72 2:17.93			
	200m: 4:19.77 2:17.45	600m: 13:31.40 2:14.77	1000m: 22:37.20 2:19.76	1400m: 31:46.31 2:14.59			
	300m: 6:38.92 2:19.15	700m: 15:45.59 2:14.19	1100m: 24:55.44 2:18.24	1500m: 33:49.93 2:03.62			
	400m: 9:00.12 2:21.20	800m: 18:00.97 2:15.38	1200m: 27:13.79 2:18.35				
24.	Alexandre Augusto Monteiro	71	Leixoes	<b>34:08.95</b>		127	-
	100m: 2:04.01 2:04.01	500m: 11:11.52 2:17.79	900m: 20:31.25 2:18.69	1300m: 29:45.70 2:17.32			
	200m: 4:19.52 2:15.51	600m: 13:31.96 2:20.44	1000m: 22:48.45 2:17.20	1400m: 32:02.46 2:16.76			
	300m: 6:36.93 2:17.41	700m: 15:52.99 2:21.03	1100m: 25:08.14 2:19.69	1500m: 34:08.95 2:06.49			
	400m: 8:53.73 2:16.80	800m: 18:12.56 2:19.57	1200m: 27:28.38 2:20.24				
25.	Luis Duarte Carvalho	70	Sporting de Aveiro	<b>35:59.31</b>		108	-
	100m: 2:10.76 2:10.76	500m: 11:54.61 2:28.31	900m: 21:36.69 2:26.27	1300m: 31:22.95 2:25.99			
	200m: 4:35.20 2:24.44	600m: 14:19.75 2:25.14	1000m: 24:02.35 2:25.66	1400m: 33:48.16 2:25.21			
	300m: 7:01.34 2:26.14	700m: 16:46.01 2:26.26	1100m: 26:31.62 2:29.27	1500m: 35:59.31 2:11.15			
	400m: 9:26.30 2:24.96	800m: 19:10.42 2:24.41	1200m: 28:56.96 2:25.34				



Prova 2, Masc., 1500m Livres

Prova 2  
25-02-2017

Masc., 1500m Livres

Master Esc F  
Resultados

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

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Jose Carlos Freitas	63	Fluvial Portuense	<b>18:11.85</b>		992	30,00
	100m: 1:11.69 1:11.69		500m: 6:05.45 1:13.44	900m: 10:57.85 1:12.60	1300m: 15:49.34 1:12.62		
	200m: 2:24.75 1:13.06		600m: 7:18.96 1:13.51	1000m: 12:10.97 1:13.12	1400m: 17:01.74 1:12.40		
	300m: 3:38.25 1:13.50		700m: 8:32.13 1:13.17	1100m: 13:23.71 1:12.74	1500m: 18:11.85 1:10.11		
	400m: 4:52.01 1:13.76		800m: 9:45.25 1:13.12	1200m: 14:36.72 1:13.01			
2.	Jose Samuel Duarte	65	Sporting	<b>20:34.92</b>		685	26,00
	100m: 1:20.20 1:20.20		500m: 6:52.25 1:22.99	900m: 12:23.78 1:23.08	1300m: 17:54.01 1:22.48		
	200m: 2:43.07 1:22.87		600m: 8:15.28 1:23.03	1000m: 13:46.87 1:23.09	1400m: 19:15.54 1:21.53		
	300m: 4:06.13 1:23.06		700m: 9:37.87 1:22.59	1100m: 15:09.37 1:22.50	1500m: 20:34.92 1:19.38		
	400m: 5:29.26 1:23.13		800m: 11:00.70 1:22.83	1200m: 16:31.53 1:22.16			
3.	Paulo Alexandre Neves	66	Leixoes	<b>25:05.64</b>		378	22,00
	100m: 1:34.43 1:34.43		500m: 8:22.70 1:42.45	900m: 15:07.06 1:41.19	1300m: 21:51.74 1:40.84		
	200m: 3:15.34 1:40.91		600m: 10:04.37 1:41.67	1000m: 16:48.38 1:41.32	1400m: 23:32.63 1:40.89		
	300m: 4:57.63 1:42.29		700m: 11:45.62 1:41.25	1100m: 18:30.00 1:41.62	1500m: 25:05.64 1:33.01		
	400m: 6:40.25 1:42.62		800m: 13:25.87 1:40.25	1200m: 20:10.90 1:40.90			
4.	Antonio Jorge Martinho	65	Academica de Coimbra	<b>25:22.36</b>		366	20,00
	100m: 1:30.51 1:30.51		500m: 8:19.07 1:43.01	900m: 15:09.60 1:42.69	1300m: 22:00.30 1:43.34		
	200m: 3:10.14 1:39.63		600m: 10:02.28 1:43.21	1000m: 16:52.23 1:42.63	1400m: 23:42.31 1:42.01		
	300m: 4:53.42 1:43.28		700m: 11:44.65 1:42.37	1100m: 18:35.08 1:42.85	1500m: 25:22.36 1:40.05		
	400m: 6:36.06 1:42.64		800m: 13:26.91 1:42.26	1200m: 20:16.96 1:41.88			
5.	Jorge Sequeira Lima	67	Electrico Clube	<b>25:32.64</b>		358	19,00
	100m: 1:29.82 1:29.82		500m: 8:08.89 1:41.58	900m: 15:01.58 1:45.29	1300m: 22:05.89 1:45.85		
	200m: 3:07.45 1:37.63		600m: 9:49.66 1:40.77	1000m: 16:48.91 1:47.33	1400m: 23:53.59 1:47.70		
	300m: 4:46.40 1:38.95		700m: 11:31.96 1:42.30	1100m: 18:33.24 1:44.33	1500m: 25:32.64 1:39.05		
	400m: 6:27.31 1:40.91		800m: 13:16.29 1:44.33	1200m: 20:20.04 1:46.80			
6.	Youssef-Andre Barka	63	Salesianos	<b>25:36.26</b>		356	18,00
	100m: 1:35.50 1:35.50		500m: 8:32.45 1:43.02	900m: 15:25.35 1:42.45	1300m: 22:17.13 1:43.67		
	200m: 3:19.45 1:43.95		600m: 10:14.78 1:42.33	1000m: 17:08.22 1:42.87	1400m: 23:59.08 1:41.95		
	300m: 5:04.76 1:45.31		700m: 11:58.90 1:44.12	1100m: 18:50.75 1:42.53	1500m: 25:36.26 1:37.18		
	400m: 6:49.43 1:44.67		800m: 13:42.90 1:44.00	1200m: 20:33.46 1:42.71			
7.	Rui Manuel Velez	64	Luz e Vida	<b>25:43.26</b>		351	17,00
	100m: 1:38.46 1:38.46		500m: 8:24.54 1:42.84	900m: 15:15.40 1:43.48	1300m: 22:17.69 1:46.40		
	200m: 3:19.58 1:41.12		600m: 10:05.84 1:41.30	1000m: 16:59.15 1:43.75	1400m: 24:03.96 1:46.27		
	300m: 5:00.47 1:40.89		700m: 11:49.09 1:43.25	1100m: 18:45.57 1:46.42	1500m: 25:43.26 1:39.30		
	400m: 6:41.70 1:41.23		800m: 13:31.92 1:42.83	1200m: 20:31.29 1:45.72			
8.	Joao Gao Martins	65	Alges	<b>25:57.20</b>		342	16,00
	100m: 1:37.50 1:37.50		500m: 8:36.16 1:45.24	900m: 15:32.34 1:44.07	1300m: 22:33.03 1:46.20		
	200m: 3:21.60 1:44.10		600m: 10:20.48 1:44.32	1000m: 17:16.65 1:44.31	1400m: 24:18.31 1:45.28		
	300m: 5:06.66 1:45.06		700m: 12:03.91 1:43.43	1100m: 19:01.48 1:44.83	1500m: 25:57.20 1:38.89		
	400m: 6:50.92 1:44.26		800m: 13:48.27 1:44.36	1200m: 20:46.83 1:45.35			
9.	Luis Manuel Sousa	66	Fluvial Portuense	<b>26:28.73</b>		322	14,00
	100m: 1:28.98 1:28.98		500m: 8:20.76 1:44.17	900m: 15:31.28 1:49.16	1300m: 22:52.85 1:50.59		
	200m: 3:10.31 1:41.33		600m: 10:08.38 1:47.62	1000m: 17:21.73 1:50.45	1400m: 24:42.16 1:49.31		
	300m: 4:52.37 1:42.06		700m: 11:56.00 1:47.62	1100m: 19:12.31 1:50.58	1500m: 26:28.73 1:46.57		
	400m: 6:36.59 1:44.22		800m: 13:42.12 1:46.12	1200m: 21:02.26 1:49.95			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
10.	Gustavo Ferreira Basto	67	Galitos / Bresimar	<b>26:30.03</b>		321	12,00
	100m: 1:30.96 1:30.96	500m: 8:21.69 1:47.30	900m: 15:37.60 1:49.25	1300m: 23:00.18 1:53.86			
	200m: 3:08.48 1:37.52	600m: 10:10.34 1:48.65	1000m: 17:27.29 1:49.69	1400m: 24:48.66 1:48.48			
	300m: 4:50.35 1:41.87	700m: 11:59.13 1:48.79	1100m: 19:18.38 1:51.09	1500m: 26:30.03 1:41.37			
	400m: 6:34.39 1:44.04	800m: 13:48.35 1:49.22	1200m: 21:06.32 1:47.94				
11.	Vitor Borges Carvalho	64	Viana Natacao	<b>26:49.73</b>		309	11,00
	100m: 1:40.85 1:40.85	500m: 8:50.29 1:46.99	900m: 15:59.12 1:47.61	1300m: 23:12.57 1:48.59			
	200m: 3:29.06 1:48.21	600m: 10:37.31 1:47.02	1000m: 17:47.07 1:47.95	1400m: 25:02.85 1:50.28			
	300m: 5:16.71 1:47.65	700m: 12:24.26 1:46.95	1100m: 19:35.53 1:48.46	1500m: 26:49.73 1:46.88			
	400m: 7:03.30 1:46.59	800m: 14:11.51 1:47.25	1200m: 21:23.98 1:48.45				
12.	Jorge Vieira Ribeiro	64	Sporting de Aveiro	<b>26:56.19</b>		305	10,00
	100m: 1:42.75 1:42.75	500m: 8:59.29 1:49.84	900m: 16:14.21 1:49.74	1300m: 23:25.72 1:48.52			
	200m: 3:31.11 1:48.36	600m: 10:48.75 1:49.46	1000m: 18:01.98 1:47.77	1400m: 25:13.17 1:47.45			
	300m: 5:20.18 1:49.07	700m: 12:36.64 1:47.89	1100m: 19:48.94 1:46.96	1500m: 26:56.19 1:43.02			
	400m: 7:09.45 1:49.27	800m: 14:24.47 1:47.83	1200m: 21:37.20 1:48.26				
13.	Fernando Manuel Carmo	67	Alges	<b>27:37.51</b>		283	9,00
	100m: 1:43.36 1:43.36	500m: 9:06.98 1:50.86	900m: 16:30.18 1:50.59	1300m: 23:59.63 1:52.53			
	200m: 3:33.36 1:50.00	600m: 10:58.01 1:51.03	1000m: 18:21.04 1:50.86	1400m: 25:50.60 1:50.97			
	300m: 5:24.34 1:50.98	700m: 12:48.87 1:50.86	1100m: 20:13.52 1:52.48	1500m: 27:37.51 1:46.91			
	400m: 7:16.12 1:51.78	800m: 14:39.59 1:50.72	1200m: 22:07.10 1:53.58				
14.	Rui Manuel Silva	64	Academica de Coimbra	<b>28:06.92</b>		269	8,00
	100m: 1:39.63 1:39.63	500m: 9:09.30 1:53.49	900m: 16:46.80 1:54.63	1300m: 24:23.98 1:54.61			
	200m: 3:31.40 1:51.77	600m: 11:02.81 1:53.51	1000m: 18:41.14 1:54.34	1400m: 26:18.52 1:54.54			
	300m: 5:23.52 1:52.12	700m: 12:56.76 1:53.95	1100m: 20:36.13 1:54.99	1500m: 28:06.92 1:48.40			
	400m: 7:15.81 1:52.29	800m: 14:52.17 1:55.41	1200m: 22:29.37 1:53.24				
15.	Daniel Castro Trigo	65	Sporting de Aveiro	<b>28:09.78</b>		267	7,00
	100m: 1:50.23 1:50.23	500m: 9:25.99 1:55.80	900m: 16:58.16 1:51.60	1300m: 24:29.00 1:52.72			
	200m: 3:43.04 1:52.81	600m: 11:19.05 1:53.06	1000m: 18:51.62 1:53.46	1400m: 26:23.82 1:54.82			
	300m: 5:37.10 1:54.06	700m: 13:12.87 1:53.82	1100m: 20:44.39 1:52.77	1500m: 28:09.78 1:45.96			
	400m: 7:30.19 1:53.09	800m: 15:06.56 1:53.69	1200m: 22:36.28 1:51.89				
16.	Adelino Jose Casas	66	Alges	<b>28:55.28</b>		247	6,00
	100m: 1:42.48 1:42.48	500m: 9:26.41 1:56.33	900m: 17:12.72 1:54.54	1300m: 25:05.47 1:59.59			
	200m: 3:33.63 1:51.15	600m: 11:25.95 1:59.54	1000m: 19:10.32 1:57.60	1400m: 27:04.43 1:58.96			
	300m: 5:30.57 1:56.94	700m: 13:21.72 1:55.77	1100m: 21:06.70 1:56.38	1500m: 28:55.28 1:50.85			
	400m: 7:30.08 1:59.51	800m: 15:18.18 1:56.46	1200m: 23:05.88 1:59.18				
17.	Miguel Bolou Velez	63	Funcao Publica	<b>30:14.52</b>		216	5,00
	100m: 1:48.07 1:48.07	500m: 9:57.33 2:03.70	900m: 18:09.77 2:04.17	1300m: 26:16.65 2:02.26			
	200m: 3:49.41 2:01.34	600m: 12:01.01 2:03.68	1000m: 20:11.37 2:01.60	1400m: 28:17.17 2:00.52			
	300m: 5:51.73 2:02.32	700m: 14:02.34 2:01.33	1100m: 22:11.99 2:00.62	1500m: 30:14.52 1:57.35			
	400m: 7:53.63 2:01.90	800m: 16:05.60 2:03.26	1200m: 24:14.39 2:02.40				
18.	Sebastiao Ferreira Santos	67	Individual ANDS	<b>30:20.66</b>		213	4,00
	100m: 1:47.37 1:47.37	500m: 9:47.50 2:02.82	900m: 18:03.57 2:04.38	1300m: 26:23.70 2:03.38			
	200m: 3:44.13 1:56.76	600m: 11:50.16 2:02.66	1000m: 20:09.69 2:06.12	1400m: 28:27.73 2:04.03			
	300m: 5:43.84 1:59.71	700m: 13:55.42 2:05.26	1100m: 22:15.06 2:05.37	1500m: 30:20.66 1:52.93			
	400m: 7:44.68 2:00.84	800m: 15:59.19 2:03.77	1200m: 24:20.32 2:05.26				
19.	Joao Henrique Seara	63	Leixoes	<b>31:24.40</b>		192	3,00
	100m: 1:51.40 1:51.40	500m: 10:07.74 2:06.31	900m: 18:31.24 2:06.16	1300m: 27:06.09 2:10.24			
	200m: 3:52.08 2:00.68	600m: 12:14.99 2:07.25	1000m: 20:38.48 2:07.24	1400m: 29:16.57 2:10.48			
	300m: 5:56.82 2:04.74	700m: 14:20.19 2:05.20	1100m: 22:46.89 2:08.41	1500m: 31:24.40 2:07.83			
	400m: 8:01.43 2:04.61	800m: 16:25.08 2:04.89	1200m: 24:55.85 2:08.96				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DSQ	Antonio Paulo Melo 403 - Falsa partida - SW 4.4	67	Fluvial Portuense				-

Prova 2  
25-02-2017

Masc., 1500m Livres

Master Esc G  
Resultados

RN Esc G(55-59) 20:05.56 Paulo Paula Carvalho SFUAP Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Jaime Carlos Bento	61	Alges	<b>21:38.72</b>		757	30,00
	100m: 1:19.95 1:19.95		500m: 7:05.80 1:27.16	900m: 12:56.45 1:27.88	1300m: 18:47.90 1:28.42		
	200m: 2:44.46 1:24.51		600m: 8:32.82 1:27.02	1000m: 14:24.43 1:27.98	1400m: 20:15.23 1:27.33		
	300m: 4:10.84 1:26.38		700m: 10:00.66 1:27.84	1100m: 15:52.38 1:27.95	1500m: 21:38.72 1:23.49		
	400m: 5:38.64 1:27.80		800m: 11:28.57 1:27.91	1200m: 17:19.48 1:27.10			
2.	Paulo Francisco Torres	62	Fluvial Portuense	<b>22:42.00</b>		656	26,00
	100m: 1:24.87 1:24.87		500m: 7:27.14 1:29.94	900m: 13:28.06 1:30.80	1300m: 19:36.53 1:31.66		
	200m: 2:55.66 1:30.79		600m: 8:56.43 1:29.29	1000m: 15:00.36 1:32.30	1400m: 21:10.12 1:33.59		
	300m: 4:26.96 1:31.30		700m: 10:26.49 1:30.06	1100m: 16:32.85 1:32.49	1500m: 22:42.00 1:31.88		
	400m: 5:57.20 1:30.24		800m: 11:57.26 1:30.77	1200m: 18:04.87 1:32.02			
3.	Henrique Luis Seabra	61	Fluvial Portuense	<b>25:00.87</b>		490	22,00
	100m: 1:30.78 1:30.78		500m: 8:13.12 1:40.66	900m: 14:59.50 1:41.24	1300m: 21:44.36 1:40.96		
	200m: 3:08.94 1:38.16		600m: 9:55.11 1:41.99	1000m: 16:41.34 1:41.84	1400m: 23:25.29 1:40.93		
	300m: 4:50.70 1:41.76		700m: 11:36.68 1:41.57	1100m: 18:22.58 1:41.24	1500m: 25:00.87 1:35.58		
	400m: 6:32.46 1:41.76		800m: 13:18.26 1:41.58	1200m: 20:03.40 1:40.82			
4.	Luis Miguel Bernardo	61	Fluvial Portuense	<b>25:16.17</b>		475	20,00
	100m: 1:33.44 1:33.44		500m: 8:17.73 1:41.11	900m: 15:08.01 1:43.91	1300m: 21:57.83 1:42.43		
	200m: 3:14.52 1:41.08		600m: 9:59.91 1:42.18	1000m: 16:50.89 1:42.88	1400m: 23:39.24 1:41.41		
	300m: 4:56.06 1:41.54		700m: 11:42.24 1:42.33	1100m: 18:33.42 1:42.53	1500m: 25:16.17 1:36.93		
	400m: 6:36.62 1:40.56		800m: 13:24.10 1:41.86	1200m: 20:15.40 1:41.98			
5.	Antonio Coelho Moura	60	Pimpoes/Cimai	<b>25:33.84</b>		459	19,00
	100m: 1:35.55 1:35.55		500m: 8:30.10 1:42.59	900m: 15:20.63 1:42.84	1300m: 22:12.26 1:43.72		
	200m: 3:18.96 1:43.41		600m: 10:13.08 1:42.98	1000m: 17:03.18 1:42.55	1400m: 23:54.73 1:42.47		
	300m: 5:04.08 1:45.12		700m: 11:56.42 1:43.34	1100m: 18:45.76 1:42.58	1500m: 25:33.84 1:39.11		
	400m: 6:47.51 1:43.43		800m: 13:37.79 1:41.37	1200m: 20:28.54 1:42.78			
6.	Jose Luis Correia	59	Nadadores dos Estoris	<b>27:20.45</b>		375	18,00
	100m: 1:41.13 1:41.13		500m: 9:01.14 1:50.04	900m: 16:23.05 1:49.50	1300m: 23:46.66 1:51.60		
	200m: 3:29.81 1:48.68		600m: 10:52.78 1:51.64	1000m: 18:14.27 1:51.22	1400m: 25:37.20 1:50.54		
	300m: 5:20.43 1:50.62		700m: 12:43.73 1:50.95	1100m: 20:04.94 1:50.67	1500m: 27:20.45 1:43.25		
	400m: 7:11.10 1:50.67		800m: 14:33.55 1:49.82	1200m: 21:55.06 1:50.12			
7.	Pedro Bruno Meneses	62	Leixoes	<b>27:45.59</b>		359	17,00
	100m: 1:38.63 1:38.63		500m: 9:09.52 1:52.68	900m: 16:45.54 1:54.23	1300m: 24:15.34 1:51.69		
	200m: 3:29.75 1:51.12		600m: 11:01.92 1:52.40	1000m: 18:39.12 1:53.58	1400m: 26:06.53 1:51.19		
	300m: 5:22.75 1:53.00		700m: 12:56.51 1:54.59	1100m: 20:31.07 1:51.95	1500m: 27:45.59 1:39.06		
	400m: 7:16.84 1:54.09		800m: 14:51.31 1:54.80	1200m: 22:23.65 1:52.58			
8.	Arnaldo Silva Martins	61	Fluvial Portuense	<b>29:31.24</b>		298	16,00
	100m: 1:49.70 1:49.70		500m: 9:39.01 1:57.10	900m: 17:31.88 1:58.15	1300m: 25:33.30 2:01.21		
	200m: 3:47.68 1:57.98		600m: 11:36.48 1:57.47	1000m: 19:32.03 2:00.15	1400m: 27:33.77 2:00.47		
	300m: 5:46.07 1:58.39		700m: 13:35.10 1:58.62	1100m: 21:30.80 1:58.77	1500m: 29:31.24 1:57.47		
	400m: 7:41.91 1:55.84		800m: 15:33.73 1:58.63	1200m: 23:32.09 2:01.29			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	Paulo Jose Patrao	60	Alges	<b>30:30.93</b>		270	14,00
	100m: 1:51.50 1:51.50		500m: 10:15.30 2:04.44	900m: 18:23.41 2:02.79	1300m: 26:30.66 2:01.41		
	200m: 3:57.41 2:05.91		600m: 12:17.23 2:01.93	1000m: 20:25.54 2:02.13	1400m: 28:33.42 2:02.76		
	300m: 6:04.92 2:07.51		700m: 14:18.75 2:01.52	1100m: 22:26.69 2:01.15	1500m: 30:30.93 1:57.51		
	400m: 8:10.86 2:05.94		800m: 16:20.62 2:01.87	1200m: 24:29.25 2:02.56			
10.	Paulo Filipe Luz	59	Geslours	<b>31:33.15</b>		244	12,00
	100m: 1:59.14 1:59.14		500m: 10:31.56 2:09.60	900m: 18:56.87 2:09.20	1300m: 27:28.07 2:06.23		
	200m: 4:02.79 2:03.65		600m: 12:35.57 2:04.01	1000m: 21:05.77 2:08.90	1400m: 29:33.04 2:04.97		
	300m: 6:11.22 2:08.43		700m: 14:40.37 2:04.80	1100m: 23:14.55 2:08.78	1500m: 31:33.15 2:00.11		
	400m: 8:21.96 2:10.74		800m: 16:47.67 2:07.30	1200m: 25:21.84 2:07.29			

Prova 2  
25-02-2017

Masc., 1500m Livres

Master Esc H  
Resultados

RN Esc H(60-64) 22:04.34 Vitor Manuel Mavioso SAD Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Vitor Manuel Mavioso	56	Alges	<b>22:34.24</b>		748	30,00
	100m: 1:29.23 1:29.23		500m: 7:36.59 1:32.20	900m: 13:41.71 1:31.11	1300m: 19:42.30 1:29.47		
	200m: 3:00.85 1:31.62		600m: 9:07.96 1:31.37	1000m: 15:12.95 1:31.24	1400m: 21:11.00 1:28.70		
	300m: 4:32.53 1:31.68		700m: 10:39.44 1:31.48	1100m: 16:43.29 1:30.34	1500m: 22:34.24 1:23.24		
	400m: 6:04.39 1:31.86		800m: 12:10.60 1:31.16	1200m: 18:12.83 1:29.54			
2.	Alberto Vaz Correia	55	Alges	<b>22:52.17</b>		719	26,00
	100m: 1:23.25 1:23.25		500m: 7:29.70 1:33.26	900m: 13:42.50 1:33.22	1300m: 19:53.84 1:32.71		
	200m: 2:52.88 1:29.63		600m: 9:03.06 1:33.36	1000m: 15:15.06 1:32.56	1400m: 21:26.00 1:32.16		
	300m: 4:23.65 1:30.77		700m: 10:35.69 1:32.63	1100m: 16:47.79 1:32.73	1500m: 22:52.17 1:26.17		
	400m: 5:56.44 1:32.79		800m: 12:09.28 1:33.59	1200m: 18:21.13 1:33.34			
3.	Mario Jose Pinto	57	Nautico /Urgicentro-Sanfil	<b>23:01.96</b>		704	22,00
	100m: 1:28.35 1:28.35		500m: 7:39.31 1:33.14	900m: 13:49.04 1:32.51	1300m: 20:01.66 1:32.99		
	200m: 3:00.76 1:32.41		600m: 9:11.91 1:32.60	1000m: 15:22.54 1:33.50	1400m: 21:34.29 1:32.63		
	300m: 4:32.95 1:32.19		700m: 10:44.50 1:32.59	1100m: 16:55.43 1:32.89	1500m: 23:01.96 1:27.67		
	400m: 6:06.17 1:33.22		800m: 12:16.53 1:32.03	1200m: 18:28.67 1:33.24			
4.	Ricardo Antonio Mendes	55	Salesianos	<b>24:51.22</b>		560	20,00
	100m: 1:31.95 1:31.95		500m: 8:15.01 1:39.44	900m: 14:57.98 1:40.03	1300m: 21:39.05 1:38.81		
	200m: 3:13.57 1:41.62		600m: 9:56.72 1:41.71	1000m: 16:38.64 1:40.66	1400m: 23:17.78 1:38.73		
	300m: 4:55.12 1:41.55		700m: 11:37.49 1:40.77	1100m: 18:19.67 1:41.03	1500m: 24:51.22 1:33.44		
	400m: 6:35.57 1:40.45		800m: 13:17.95 1:40.46	1200m: 20:00.24 1:40.57			
5.	Joaquim Mendes Bilro	53	Alges	<b>25:31.06</b>		517	19,00
	100m: 1:28.62 1:28.62		500m: 8:19.48 1:44.52	900m: 15:13.28 1:43.60	1300m: 22:08.02 1:46.76		
	200m: 3:09.73 1:41.11		600m: 10:03.73 1:44.25	1000m: 16:56.63 1:43.35	1400m: 23:53.08 1:45.06		
	300m: 4:51.75 1:42.02		700m: 11:47.11 1:43.38	1100m: 18:40.49 1:43.86	1500m: 25:31.06 1:37.98		
	400m: 6:34.96 1:43.21		800m: 13:29.68 1:42.57	1200m: 20:21.26 1:40.77			
6.	Antonio Barrocas Albardeiro	56	Alges	<b>26:13.36</b>		477	18,00
	100m: 1:34.07 1:34.07		500m: 8:27.79 1:44.79	900m: 15:37.16 1:47.33	1300m: 22:45.85 1:45.77		
	200m: 3:15.06 1:40.99		600m: 10:14.13 1:46.34	1000m: 17:23.99 1:46.83	1400m: 24:32.27 1:46.42		
	300m: 4:58.33 1:43.27		700m: 12:02.17 1:48.04	1100m: 19:12.89 1:48.90	1500m: 26:13.36 1:41.09		
	400m: 6:43.00 1:44.67		800m: 13:49.83 1:47.66	1200m: 21:00.08 1:47.19			
7.	Jose Henrique Madail	54	Galitos / Bresimar	<b>29:26.34</b>		337	17,00
	100m: 1:53.69 1:53.69		500m: 9:47.14 1:58.98	900m: 17:37.97 1:58.46	1300m: 25:32.36 1:59.36		
	200m: 3:51.27 1:57.58		600m: 11:45.97 1:58.83	1000m: 19:35.11 1:57.14	1400m: 27:32.24 1:59.88		
	300m: 5:49.77 1:58.50		700m: 13:43.59 1:57.62	1100m: 21:34.18 1:59.07	1500m: 29:26.34 1:54.10		
	400m: 7:48.16 1:58.39		800m: 15:39.51 1:55.92	1200m: 23:33.00 1:58.82			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	Jose Alexandre Raposo	55	Sporting de Aveiro	<b>33:07.08</b>		236	16,00
	100m: 2:03.69 2:03.69		500m: 10:46.48 2:11.80	900m: 19:37.48 2:11.19	1300m: 28:45.07 2:14.98		
	200m: 4:12.18 2:08.49		600m: 12:59.85 2:13.37	1000m: 21:49.89 2:12.41	1400m: 31:00.63 2:15.56		
	300m: 6:23.75 2:11.57		700m: 15:13.73 2:13.88	1100m: 24:07.66 2:17.77	1500m: 33:07.08 2:06.45		
	400m: 8:34.68 2:10.93		800m: 17:26.29 2:12.56	1200m: 26:30.09 2:22.43			

Prova 2  
25-02-2017

Masc., 1500m Livres

Master Esc I  
Resultados

RN Esc I(65-69) 24:23.33 Stephen Thomas Dyson SAD Rio Maior 20-02-2016

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Carlos Augusto Correia	52	Masters de Almada	<b>26:12.85</b>		511	30,00
	100m: 1:40.58 1:40.58		500m: 8:39.36 1:45.12	900m: 15:35.89 1:43.71	1300m: 22:41.52 1:47.96		
	200m: 3:24.66 1:44.08		600m: 10:23.79 1:44.43	1000m: 17:21.61 1:45.72	1400m: 24:27.73 1:46.21		
	300m: 5:10.00 1:45.34		700m: 12:08.34 1:44.55	1100m: 19:06.98 1:45.37	1500m: 26:12.85 1:45.12		
	400m: 6:54.24 1:44.24		800m: 13:52.18 1:43.84	1200m: 20:53.56 1:46.58			
2.	Domingos Pinto Coelho	52	Alges	<b>29:41.10</b>		352	26,00
	100m: 1:47.96 1:47.96		500m: 9:45.80 2:01.28	900m: 17:46.60 2:01.29	1300m: 25:46.37 2:00.50		
	200m: 3:44.20 1:56.24		600m: 11:45.57 1:59.77	1000m: 19:47.60 2:01.00	1400m: 27:45.35 1:58.98		
	300m: 5:43.76 1:59.56		700m: 13:45.61 2:00.04	1100m: 21:46.60 1:59.00	1500m: 29:41.10 1:55.75		
	400m: 7:44.52 2:00.76		800m: 15:45.31 1:59.70	1200m: 23:45.87 1:59.27			
3.	Jose Manuel Horta	49	Alges	<b>41:30.30</b>		128	22,00
	100m: 2:37.22 2:37.22		500m: 13:46.05 2:48.76	900m: 25:07.18 2:49.25	1300m: 36:18.19 2:45.74		
	200m: 5:23.54 2:46.32		600m: 16:36.40 2:50.35	1000m: 27:58.20 2:51.02	1400m: 38:57.85 2:39.66		
	300m: 8:11.67 2:48.13		700m: 19:24.25 2:47.85	1100m: 30:45.27 2:47.07	1500m: 41:30.30 2:32.45		
	400m: 10:57.29 2:45.62		800m: 22:17.93 2:53.68	1200m: 33:32.45 2:47.18			

Prova 2  
25-02-2017

Masc., 1500m Livres

Master Esc J  
Resultados

RN Esc J(70-74) 24:45.35 Antonio Bessone Basto SAD Coimbra 18-04-2015

Pontos: DSV Masters 13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	Antonio Bessone Basto	45	Alges	<b>27:18.20</b>		511	30,00
	100m: 1:44.00 1:44.00		500m: 9:07.28 1:51.73	900m: 16:28.29 1:48.31	1300m: 23:47.08 1:49.34		
	200m: 3:33.13 1:49.13		600m: 10:58.56 1:51.28	1000m: 18:17.94 1:49.65	1400m: 25:33.48 1:46.40		
	300m: 5:24.80 1:51.67		700m: 12:50.01 1:51.45	1100m: 20:07.72 1:49.78	1500m: 27:18.20 1:44.72		
	400m: 7:15.55 1:50.75		800m: 14:39.98 1:49.97	1200m: 21:57.74 1:50.02			
2.	Luis Vidigal Salgueiro	45	Alges	<b>31:23.24</b>		336	26,00
	100m: 1:56.70 1:56.70		500m: 10:16.68 2:05.83	900m: 18:41.20 2:07.24	1300m: 27:13.39 2:08.37		
	200m: 4:00.97 2:04.27		600m: 12:22.08 2:05.40	1000m: 20:49.65 2:08.45	1400m: 29:23.13 2:09.74		
	300m: 6:06.00 2:05.03		700m: 14:27.52 2:05.44	1100m: 22:57.15 2:07.50	1500m: 31:23.24 2:00.11		
	400m: 8:10.85 2:04.85		800m: 16:33.96 2:06.44	1200m: 25:05.02 2:07.87			
3.	Luis Silveira Viegas	47	Alges	<b>31:28.49</b>		333	22,00
	100m: 1:58.39 1:58.39		500m: 10:23.17 2:08.36	900m: 18:57.00 2:10.31	1300m: 27:27.79 2:06.90		
	200m: 4:03.46 2:05.07		600m: 12:31.73 2:08.56	1000m: 21:06.84 2:09.84	1400m: 29:36.50 2:08.71		
	300m: 6:09.05 2:05.59		700m: 14:40.13 2:08.40	1100m: 23:15.46 2:08.62	1500m: 31:28.49 1:51.99		
	400m: 8:14.81 2:05.76		800m: 16:46.69 2:06.56	1200m: 25:20.89 2:05.43			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	Alexandre Azevedo Gaspar	45	Alges	<b>33:53.49</b>		267	20,00
	100m: 2:04.17 2:04.17		500m: 11:03.81 2:13.03	900m: 20:07.44 2:16.35	1300m: 29:20.63 2:19.92		
	200m: 4:18.96 2:14.79		600m: 13:18.54 2:14.73	1000m: 22:24.12 2:16.68	1400m: 31:36.57 2:15.94		
	300m: 6:34.81 2:15.85		700m: 15:34.61 2:16.07	1100m: 24:41.82 2:17.70	1500m: 33:53.49 2:16.92		
	400m: 8:50.78 2:15.97		800m: 17:51.09 2:16.48	1200m: 27:00.71 2:18.89			