

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

Prova 1  
20-02-2016

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			Ano			Tempo final	Pts	
1.	Francisco Maldonado Freitas		91	Pimpoes/Cimai		<b>18:00.00</b>	767	
	100m: 1:06.59	1:06.59	500m: 5:51.29	1:11.73	900m: 10:42.05	1:12.73	1300m: 15:36.68	1:13.69
	200m: 2:16.70	1:10.11	600m: 7:03.63	1:12.34	1000m: 11:55.61	1:13.56	1400m: 16:48.92	1:12.24
	300m: 3:28.06	1:11.36	700m: 8:16.28	1:12.65	1100m: 13:09.41	1:13.80	1500m: 18:00.00	1:11.08
	400m: 4:39.56	1:11.50	800m: 9:29.32	1:13.04	1200m: 14:22.99	1:13.58		
2.	Luis Filipe Silva		88	Salesianos de Lisboa		<b>19:28.73</b>	605	
	100m: 1:15.16	1:15.16	500m: 6:25.55	1:17.68	900m: 11:40.43	1:19.95	1300m: 16:58.60	1:18.06
	200m: 2:32.37	1:17.21	600m: 7:43.26	1:17.71	1000m: 13:00.11	1:19.68	1400m: 18:15.70	1:17.10
	300m: 3:50.54	1:18.17	700m: 9:01.39	1:18.13	1100m: 14:20.35	1:20.24	1500m: 19:28.73	1:13.03
	400m: 5:07.87	1:17.33	800m: 10:20.48	1:19.09	1200m: 15:40.54	1:20.19		
3.	Diogo Gil Henriques		88	Alges		<b>20:23.35</b>	527	
	100m: 1:16.37	1:16.37	500m: 6:40.99	1:20.74	900m: 12:09.78	1:22.25	1300m: 17:43.40	1:24.66
	200m: 2:36.57	1:20.20	600m: 8:03.07	1:22.08	1000m: 13:32.60	1:22.82	1400m: 19:04.94	1:21.54
	300m: 3:57.82	1:21.25	700m: 9:24.81	1:21.74	1100m: 14:54.66	1:22.06	1500m: 20:23.35	1:18.41
	400m: 5:20.25	1:22.43	800m: 10:47.53	1:22.72	1200m: 16:18.74	1:24.08		
4.	Marco Andre Cravide		90	Sporting de Aveiro		<b>23:28.80</b>	345	
	100m: 1:22.01	1:22.01	500m: 7:18.22	1:33.54	900m: 13:43.43	1:36.59	1300m: 20:16.11	1:38.24
	200m: 2:47.46	1:25.45	600m: 8:52.07	1:33.85	1000m: 15:21.84	1:38.41	1400m: 21:54.03	1:37.92
	300m: 4:14.87	1:27.41	700m: 10:28.79	1:36.72	1100m: 17:01.00	1:39.16	1500m: 23:28.80	1:34.77
	400m: 5:44.68	1:29.81	800m: 12:06.84	1:38.05	1200m: 18:37.87	1:36.87		
5.	Pedro Miguel Magalhaes		88	Natacao da Maia		<b>23:58.27</b>	324	
	100m: 1:27.84	1:27.84	500m: 7:56.49	1:37.25	900m: 14:22.56	1:36.64	1300m: 20:54.21	1:38.26
	200m: 3:04.09	1:36.25	600m: 9:33.76	1:37.27	1000m: 15:59.92	1:37.36	1400m: 22:30.30	1:36.09
	300m: 4:41.03	1:36.94	700m: 11:10.52	1:36.76	1100m: 17:38.29	1:38.37	1500m: 23:58.27	1:27.97
	400m: 6:19.24	1:38.21	800m: 12:45.92	1:35.40	1200m: 19:15.95	1:37.66		
6.	Luis Rosario Figueiredo		89	Ginasio Santo Tirso		<b>24:52.32</b>	290	
	100m: 1:25.22	1:25.22	500m: 7:54.66	1:41.52	900m: 14:42.37	1:42.08	1300m: 21:36.35	1:42.90
	200m: 2:58.04	1:32.82	600m: 9:34.81	1:40.15	1000m: 16:26.15	1:43.78	1400m: 23:17.52	1:41.17
	300m: 4:34.71	1:36.67	700m: 11:16.86	1:42.05	1100m: 18:09.65	1:43.50	1500m: 24:52.32	1:34.80
	400m: 6:13.14	1:38.43	800m: 13:00.29	1:43.43	1200m: 19:53.45	1:43.80		
7.	Rui Jorge Isabel		89	Pimpoes/Cimai		<b>26:42.33</b>	234	
	100m: 1:38.36	1:38.36	500m: 8:49.86	1:48.70	900m: 16:00.16	1:46.84	1300m: 23:12.56	1:48.31
	200m: 3:25.38	1:47.02	600m: 10:38.59	1:48.73	1000m: 17:47.93	1:47.77	1400m: 25:00.94	1:48.38
	300m: 5:13.53	1:48.15	700m: 12:26.24	1:47.65	1100m: 19:35.69	1:47.76	1500m: 26:42.33	1:41.39
	400m: 7:01.16	1:47.63	800m: 14:13.32	1:47.08	1200m: 21:24.25	1:48.56		

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

Prova 1, Masc., 1500m Livres

Prova 1  
20-02-2016

Masc., 1500m Livres

Master Esc B  
Resultados

RN Esc B(30-34) 19:07.15 Luis Miguel Monteiro CFP Coimbra 18-04-2015

Pontos: DSV Masters 13

Lugar	Ano		Tempo final		Pts
<b>1. Mauro Santos Inacio</b>	<b>84</b>	<b>Litoral Alentejano</b>	<b>20:02.63</b>	<b>456</b>	
100m: 1:14.49 1:14.49	500m: 6:28.79 1:19.56	900m: 11:47.14 1:19.67	1300m: 17:19.12 1:24.68		
200m: 2:31.43 1:16.94	600m: 7:58.77 1:22.06	1000m: 13:08.93 1:21.79	1400m: 18:42.00 1:22.88		
300m: 3:50.17 1:18.74	700m: 9:07.41 1:21.80	1100m: 14:31.32 1:22.39	1500m: 20:02.63 1:20.63		
400m: 5:09.23 1:19.06	800m: 10:27.47 1:20.06	1200m: 15:54.44 1:23.12			
<b>2. Marcio Gregorio Neves</b>	<b>83</b>	<b>Salvaterra de Magos</b>	<b>20:02.74</b>	<b>456</b>	
100m: 1:13.19 1:13.19	500m: 6:36.71 1:21.70	900m: 12:02.02 1:19.90	1300m: 17:26.04 1:20.90		
200m: 2:32.49 1:19.30	600m: 7:58.77 1:22.06	1000m: 13:23.28 1:21.26	1400m: 18:45.98 1:19.94		
300m: 3:53.37 1:20.88	700m: 9:20.57 1:21.80	1100m: 14:44.56 1:21.28	1500m: 20:02.74 1:16.76		
400m: 5:15.01 1:21.64	800m: 10:42.12 1:21.55	1200m: 16:05.14 1:20.58			
<b>3. Alvaro Miguel Cardoso</b>	<b>84</b>	<b>Salesianos de Lisboa</b>	<b>20:12.56</b>	<b>445</b>	
100m: 1:17.25 1:17.25	500m: 6:39.00 1:20.03	900m: 12:02.70 1:21.09	1300m: 17:28.87 1:22.22		
200m: 2:37.80 1:20.55	600m: 7:59.69 1:20.69	1000m: 13:23.80 1:21.10	1400m: 18:51.54 1:22.67		
300m: 3:58.14 1:20.34	700m: 9:20.56 1:20.87	1100m: 14:45.04 1:21.24	1500m: 20:12.56 1:21.02		
400m: 5:18.97 1:20.83	800m: 10:41.61 1:21.05	1200m: 16:06.65 1:21.61			
<b>4. Joao Carlos Malta</b>	<b>82</b>	<b>Natacao da Maia</b>	<b>21:34.52</b>	<b>365</b>	
100m: 1:20.71 1:20.71	500m: 7:01.61 1:25.91	900m: 12:49.86 1:27.75	1300m: 18:44.24 1:28.08		
200m: 2:45.11 1:24.40	600m: 8:28.60 1:26.99	1000m: 14:19.12 1:29.26	1400m: 20:11.85 1:27.61		
300m: 4:10.33 1:25.22	700m: 9:55.08 1:26.48	1100m: 15:47.44 1:28.32	1500m: 21:34.52 1:22.67		
400m: 5:35.70 1:25.37	800m: 11:22.11 1:27.03	1200m: 17:16.16 1:28.72			
<b>5. Duarte Nuno Ferreira</b>	<b>86</b>	<b>Salesianos de Lisboa</b>	<b>22:22.57</b>	<b>327</b>	
100m: 1:17.68 1:17.68	500m: 7:10.90 1:30.74	900m: 13:16.04 1:31.62	1300m: 19:23.46 1:31.82		
200m: 2:42.77 1:25.09	600m: 8:41.75 1:30.85	1000m: 14:47.35 1:31.31	1400m: 20:54.02 1:30.56		
300m: 4:11.04 1:28.27	700m: 10:12.69 1:30.94	1100m: 16:19.51 1:32.16	1500m: 22:22.57 1:28.55		
400m: 5:40.16 1:29.12	800m: 11:44.42 1:31.73	1200m: 17:51.64 1:32.13			
<b>6. Ricardo Daniel Lopes</b>	<b>84</b>	<b>Benedita</b>	<b>22:26.10</b>	<b>325</b>	
100m: 1:20.17 1:20.17	500m: 7:19.25 1:32.01	900m: 13:23.45 1:30.88	1300m: 19:28.60 1:31.75		
200m: 2:46.52 1:26.35	600m: 8:50.15 1:30.90	1000m: 14:53.99 1:30.54	1400m: 20:58.44 1:29.84		
300m: 4:16.24 1:29.72	700m: 10:21.39 1:31.24	1100m: 16:25.25 1:31.26	1500m: 22:26.10 1:27.66		
400m: 5:47.24 1:31.00	800m: 11:52.57 1:31.18	1200m: 17:56.85 1:31.60			

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

Prova 1, Masc., 1500m Livres

Prova 1  
20-02-2016

Masc., 1500m Livres

Master Esc C  
Resultados

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

Pontos: DSV Masters 13

Lugar	Ano		Tempo final		Pts
1. Diogo Pedroso Almeida	77	Colegio Monte Maior	<b>20:59.04</b>	544	
100m: 1:18.05 1:18.05	500m: 6:45.49 1:20.72	900m: 12:22.56 1:25.62	1300m: 18:09.46 1:27.59		
200m: 2:39.93 1:21.88	600m: 8:08.43 1:22.94	1000m: 13:49.20 1:26.64	1400m: 19:34.95 1:25.49		
300m: 4:01.91 1:21.98	700m: 9:32.33 1:23.90	1100m: 15:15.13 1:25.93	1500m: 20:59.04 1:24.09		
400m: 5:24.77 1:22.86	800m: 10:56.94 1:24.61	1200m: 16:41.87 1:26.74			
2. Eduardo Jose Amaral	78	Pimpoes/Cimai	<b>22:58.72</b>	414	
100m: 1:20.19 1:20.19	500m: 7:19.33 1:31.30	900m: 13:30.56 1:33.57	1300m: 19:50.85 1:35.40		
200m: 2:48.90 1:28.71	600m: 8:51.66 1:32.33	1000m: 15:04.93 1:34.37	1400m: 21:24.75 1:33.90		
300m: 4:17.43 1:28.53	700m: 10:23.83 1:32.17	1100m: 16:40.87 1:35.94	1500m: 22:58.72 1:33.97		
400m: 5:48.03 1:30.60	800m: 11:56.99 1:33.16	1200m: 18:15.45 1:34.58			
3. Miguel Pinheiro Pires	78	Foca	<b>25:14.41</b>	312	
100m: 1:33.42 1:33.42	500m: 8:17.01 1:42.82	900m: 15:08.70 1:43.33	1300m: 22:00.60 1:43.52		
200m: 3:11.31 1:37.89	600m: 9:58.96 1:41.95	1000m: 16:50.82 1:42.12	1400m: 23:42.59 1:41.99		
300m: 4:51.56 1:40.25	700m: 11:42.41 1:43.45	1100m: 18:34.81 1:43.99	1500m: 25:14.41 1:31.82		
400m: 6:34.19 1:42.63	800m: 13:25.37 1:42.96	1200m: 20:17.08 1:42.27			
4. Joao Pedro Martins	77	Galitos/Bresimar	<b>29:14.30</b>	201	
100m: 1:47.83 1:47.83	500m: 9:36.53 1:59.91	900m: 17:28.36 1:57.09	1300m: 25:21.23 1:58.21		
200m: 3:41.22 1:53.39	600m: 11:34.86 1:58.33	1000m: 19:25.74 1:57.38	1400m: 27:19.56 1:58.33		
300m: 5:38.01 1:56.79	700m: 13:32.83 1:57.97	1100m: 21:23.88 1:58.14	1500m: 29:14.30 1:54.74		
400m: 7:36.62 1:58.61	800m: 15:31.27 1:58.44	1200m: 23:23.02 1:59.14			

Prova 1  
20-02-2016

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	Ano		Tempo final		Pts
1. Rodrigo Marques Costa <i>Rec Nacional Escalão D</i>	76	Litoral Alentejano	<b>19:29.87</b>	634	
100m: 1:13.45 1:13.45	500m: 6:23.23 1:18.00	900m: 11:35.99 1:19.04	1300m: 16:54.56 1:19.58		
200m: 2:30.08 1:16.63	600m: 7:41.71 1:18.48	1000m: 12:55.31 1:19.32	1400m: 18:14.34 1:19.78		
300m: 3:47.12 1:17.04	700m: 8:58.93 1:17.22	1100m: 14:15.71 1:20.40	1500m: 19:29.87 1:15.53		
400m: 5:05.23 1:18.11	800m: 10:16.95 1:18.02	1200m: 15:34.98 1:19.27			
2. Nuno Rogerio Santos	76	Gesloures	<b>20:53.03</b>	516	
100m: 1:19.52 1:19.52	500m: 6:51.24 1:23.38	900m: 12:28.59 1:24.46	1300m: 18:06.17 1:24.63		
200m: 2:40.68 1:21.16	600m: 8:15.67 1:24.43	1000m: 13:52.71 1:24.12	1400m: 19:32.35 1:26.18		
300m: 4:04.36 1:23.68	700m: 9:39.79 1:24.12	1100m: 15:17.34 1:24.63	1500m: 20:53.03 1:20.68		
400m: 5:27.86 1:23.50	800m: 11:04.13 1:24.34	1200m: 16:41.54 1:24.20			
3. Jorge Miguel Silva	76	Salesianos de Lisboa	<b>21:58.21</b>	443	
100m: 1:20.61 1:20.61	500m: 7:03.46 1:27.80	900m: 12:58.48 1:29.00	1300m: 19:00.83 1:30.22		
200m: 2:45.45 1:24.84	600m: 8:31.17 1:27.71	1000m: 14:28.43 1:29.95	1400m: 20:30.76 1:29.93		
300m: 4:10.62 1:25.17	700m: 10:00.31 1:29.14	1100m: 15:58.89 1:30.46	1500m: 21:58.21 1:27.45		
400m: 5:35.66 1:25.04	800m: 11:29.48 1:29.17	1200m: 17:30.61 1:31.72			

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

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

Lugar	Ano		Tempo final		Pts
4.	Alexandre Marques Pereira	76	Colegio Monte Maior	<b>21:58.45</b>	443
	100m: 1:22.63 1:22.63	500m: 7:11.94 1:27.03	900m: 13:01.85 1:28.26	1300m: 19:00.49 1:29.91	
	200m: 2:49.67 1:27.04	600m: 8:39.14 1:27.20	1000m: 14:31.36 1:29.51	1400m: 20:31.68 1:31.19	
	300m: 4:16.82 1:27.15	700m: 10:05.93 1:26.79	1100m: 16:01.00 1:29.64	1500m: 21:58.45 1:26.77	
	400m: 5:44.91 1:28.09	800m: 11:33.59 1:27.66	1200m: 17:30.58 1:29.58		
5.	Bruno Miguel Fonseca	73	Salesianos de Lisboa	<b>22:14.11</b>	428
	100m: 1:18.00 1:18.00	500m: 7:10.57 1:30.37	900m: 13:11.73 1:29.80	1300m: 19:18.11 1:32.12	
	200m: 2:42.90 1:24.90	600m: 8:41.07 1:30.50	1000m: 14:43.37 1:31.64	1400m: 20:49.82 1:31.71	
	300m: 4:11.09 1:28.19	700m: 10:12.25 1:31.18	1100m: 16:14.50 1:31.13	1500m: 22:14.11 1:24.29	
	400m: 5:40.20 1:29.11	800m: 11:41.93 1:29.68	1200m: 17:45.99 1:31.49		
6.	Nuno Alexandre Crespo	75	Colegio Monte Maior	<b>22:57.54</b>	388
	100m: 1:22.49 1:22.49	500m: 7:23.15 1:32.82	900m: 13:38.22 1:33.65	1300m: 19:53.77 1:34.78	
	200m: 2:49.08 1:26.59	600m: 8:55.57 1:32.42	1000m: 15:10.66 1:32.44	1400m: 21:27.36 1:33.59	
	300m: 4:18.34 1:29.26	700m: 10:30.02 1:34.45	1100m: 16:43.94 1:33.28	1500m: 22:57.54 1:30.18	
	400m: 5:50.33 1:31.99	800m: 12:04.57 1:34.55	1200m: 18:18.99 1:35.05		
7.	Francisco Santos Barros	72	Colegio Monte Maior	<b>24:02.78</b>	338
	100m: 1:24.89 1:24.89	500m: 7:40.97 1:36.27	900m: 14:14.38 1:39.04	1300m: 20:51.63 1:39.77	
	200m: 2:55.35 1:30.46	600m: 9:18.72 1:37.75	1000m: 15:53.35 1:38.97	1400m: 22:29.54 1:37.91	
	300m: 4:28.74 1:33.39	700m: 10:56.90 1:38.18	1100m: 17:32.50 1:39.15	1500m: 24:02.78 1:33.24	
	400m: 6:04.70 1:35.96	800m: 12:35.34 1:38.44	1200m: 19:11.86 1:39.36		
8.	Filipe Pinheiro Pires	73	Foca	<b>24:26.69</b>	322
	100m: 1:30.85 1:30.85	500m: 7:54.15 1:37.41	900m: 14:29.72 1:39.85	1300m: 21:07.50 1:40.14	
	200m: 3:05.38 1:34.53	600m: 9:32.22 1:38.07	1000m: 16:08.94 1:39.22	1400m: 22:47.06 1:39.56	
	300m: 4:41.04 1:35.66	700m: 11:10.86 1:38.64	1100m: 17:47.51 1:38.57	1500m: 24:26.69 1:39.63	
	400m: 6:16.74 1:35.70	800m: 12:49.87 1:39.01	1200m: 19:27.36 1:39.85		
9.	Jose Maria Gomes	72	Ginasio Clube	<b>24:53.14</b>	305
	100m: 1:29.76 1:29.76	500m: 8:04.23 1:39.71	900m: 14:45.23 1:40.21	1300m: 21:35.55 1:44.77	
	200m: 3:05.71 1:35.95	600m: 9:45.26 1:41.03	1000m: 16:27.58 1:42.35	1400m: 23:19.52 1:43.97	
	300m: 4:44.29 1:38.58	700m: 11:25.30 1:40.04	1100m: 18:08.66 1:41.08	1500m: 24:53.14 1:33.62	
	400m: 6:24.52 1:40.23	800m: 13:05.02 1:39.72	1200m: 19:50.78 1:42.12		
10.	Joao Antonio Gomes	75	Leixoes	<b>24:54.65</b>	304
	100m: 1:33.32 1:33.32	500m: 8:10.46 1:39.72	900m: 14:52.30 1:41.95	1300m: 21:38.85 1:41.43	
	200m: 3:12.44 1:39.12	600m: 9:50.57 1:40.11	1000m: 16:33.85 1:41.55	1400m: 23:20.47 1:41.62	
	300m: 4:51.56 1:39.12	700m: 11:30.85 1:40.28	1100m: 18:15.69 1:41.84	1500m: 24:54.65 1:34.18	
	400m: 6:30.74 1:39.18	800m: 13:10.35 1:39.50	1200m: 19:57.42 1:41.73		
11.	Antonio Pedro Castro	74	Leixoes	<b>25:25.11</b>	286
	100m: 1:34.23 1:34.23	500m: 8:22.90 1:42.39	900m: 15:15.42 1:42.55	1300m: 22:08.31 1:43.89	
	200m: 3:15.18 1:40.95	600m: 10:07.13 1:44.23	1000m: 16:57.79 1:42.37	1400m: 23:50.78 1:42.47	
	300m: 4:58.44 1:43.26	700m: 11:50.40 1:43.27	1100m: 18:41.97 1:44.18	1500m: 25:25.11 1:34.33	
	400m: 6:40.51 1:42.07	800m: 13:32.87 1:42.47	1200m: 20:24.42 1:42.45		
12.	Filipe Monteiro Pacheco	74	Leixoes	<b>25:29.85</b>	283
	100m: 1:27.58 1:27.58	500m: 8:09.72 1:42.11	900m: 15:01.32 1:44.19	1300m: 22:00.37 1:44.66	
	200m: 3:03.88 1:36.30	600m: 9:51.94 1:42.22	1000m: 16:46.71 1:45.39	1400m: 23:45.88 1:45.51	
	300m: 4:45.16 1:41.28	700m: 11:33.72 1:41.78	1100m: 18:31.07 1:44.36	1500m: 25:29.85 1:43.97	
	400m: 6:27.61 1:42.45	800m: 13:17.13 1:43.41	1200m: 20:15.71 1:44.64		
13.	Pedro Martins Pinheiro	74	Benedita	<b>26:43.37</b>	246
	100m: 1:46.48 1:46.48	500m: 9:10.66 1:50.43	900m: 16:22.69 1:46.35	1300m: 23:21.28 1:44.37	
	200m: 3:37.11 1:50.63	600m: 10:59.97 1:49.31	1000m: 18:07.18 1:44.49	1400m: 25:04.09 1:42.81	
	300m: 5:29.53 1:52.42	700m: 12:49.24 1:49.27	1100m: 19:52.42 1:45.24	1500m: 26:43.37 1:39.28	
	400m: 7:20.23 1:50.70	800m: 14:36.34 1:47.10	1200m: 21:36.91 1:44.49		

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

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

Lugar	Ano		Tempo final		Pts						
14. Vasco Levita Sousa	73	Masters de Almada	<b>27:01.57</b>		238						
100m:	1:38.29	1:38.29	500m:	8:52.91	1:48.34	900m:	16:02.92	1:48.50	1300m:	23:23.15	1:52.13
200m:	3:25.88	1:47.59	600m:	10:39.00	1:46.09	1000m:	17:50.76	1:47.84	1400m:	25:15.28	1:52.13
300m:	5:15.06	1:49.18	700m:	12:26.62	1:47.62	1100m:	19:40.63	1:49.87	1500m:	27:01.57	1:46.29
400m:	7:04.57	1:49.51	800m:	14:14.42	1:47.80	1200m:	21:31.02	1:50.39			
15. Nuno Miguel Pinto	74	Geslours	<b>28:04.00</b>		212						
100m:	1:51.83	1:51.83	500m:	9:35.13	1:54.30	900m:	16:59.99	1:50.37	1300m:	24:26.92	1:52.39
200m:	3:49.40	1:57.57	600m:	11:27.34	1:52.21	1000m:	18:51.00	1:51.01	1400m:	26:15.80	1:48.88
300m:	5:45.35	1:55.95	700m:	13:19.22	1:51.88	1100m:	20:42.35	1:51.35	1500m:	28:04.00	1:48.20
400m:	7:40.83	1:55.48	800m:	15:09.62	1:50.40	1200m:	22:34.53	1:52.18			
16. Fernando Osvaldo Socorro	72	Leixoes	<b>28:46.94</b>		197						
100m:	1:51.71	1:51.71	500m:	9:42.50	1:56.97	900m:	17:26.45	1:56.02	1300m:	25:06.24	1:53.77
200m:	3:50.25	1:58.54	600m:	11:40.54	1:58.04	1000m:	19:22.61	1:56.16	1400m:	27:01.53	1:55.29
300m:	5:48.46	1:58.21	700m:	13:35.37	1:54.83	1100m:	21:17.06	1:54.45	1500m:	28:46.94	1:45.41
400m:	7:45.53	1:57.07	800m:	15:30.43	1:55.06	1200m:	23:12.47	1:55.41			

Prova 1  
20-02-2016  
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	Ano		Tempo final		Pts						
1. Jean Alexandre Testagrossa	71	Salesianos de Lisboa	<b>21:25.84</b>		516						
100m:	1:21.24	1:21.24	500m:	6:59.11	1:24.80	900m:	12:44.84	1:26.91	1300m:	18:35.65	1:28.25
200m:	2:45.44	1:24.20	600m:	8:25.09	1:25.98	1000m:	14:12.38	1:27.54	1400m:	20:03.25	1:27.60
300m:	4:10.43	1:24.99	700m:	9:51.53	1:26.44	1100m:	15:39.71	1:27.33	1500m:	21:25.84	1:22.59
400m:	5:34.31	1:23.88	800m:	11:17.93	1:26.40	1200m:	17:07.40	1:27.69			
2. Luis Miguel Vasconcelos	68	Geslours	<b>23:45.74</b>		378						
100m:	1:32.40	1:32.40	500m:	7:56.18	1:36.76	900m:	14:17.98	1:33.81	1300m:	20:41.94	1:35.52
200m:	3:07.83	1:35.43	600m:	9:32.28	1:36.10	1000m:	15:53.92	1:35.94	1400m:	22:15.74	1:33.80
300m:	4:43.40	1:35.57	700m:	11:08.33	1:36.05	1100m:	17:30.32	1:36.40	1500m:	23:45.74	1:30.00
400m:	6:19.42	1:36.02	800m:	12:44.17	1:35.84	1200m:	19:06.42	1:36.10			
3. Miguel Jose Ferreira	70	Leixoes	<b>24:22.49</b>		350						
100m:	1:27.15	1:27.15	500m:	7:55.44	1:38.79	900m:	14:28.08	1:38.58	1300m:	21:06.96	1:40.01
200m:	3:02.21	1:35.06	600m:	9:33.23	1:37.79	1000m:	16:06.89	1:38.81	1400m:	22:47.78	1:40.82
300m:	4:38.46	1:36.25	700m:	11:10.95	1:37.72	1100m:	17:47.03	1:40.14	1500m:	24:22.49	1:34.71
400m:	6:16.65	1:38.19	800m:	12:49.50	1:38.55	1200m:	19:26.95	1:39.92			
4. Manuel Alberto Santo	69	Avancado EUL	<b>25:32.50</b>		304						
100m:	1:34.55	1:34.55	500m:	8:12.82	1:41.41	900m:	15:07.71	1:44.23	1300m:	22:05.59	1:44.21
200m:	3:10.78	1:36.23	600m:	9:56.35	1:43.53	1000m:	16:52.27	1:44.56	1400m:	23:51.64	1:46.05
300m:	4:50.49	1:39.71	700m:	11:39.71	1:43.36	1100m:	18:36.72	1:44.45	1500m:	25:32.50	1:40.86
400m:	6:31.41	1:40.92	800m:	13:23.48	1:43.77	1200m:	20:21.38	1:44.66			
5. Jose Rodrigues Dinis	69	Benedita	<b>25:40.64</b>		300						
100m:	1:39.01	1:39.01	500m:	8:40.35	1:45.09	900m:	15:37.92	1:42.86	1300m:	22:28.13	1:39.85
200m:	3:23.50	1:44.49	600m:	10:26.10	1:45.75	1000m:	17:22.16	1:44.24	1400m:	24:07.86	1:39.73
300m:	5:09.41	1:45.91	700m:	12:11.38	1:45.28	1100m:	19:05.59	1:43.43	1500m:	25:40.64	1:32.78
400m:	6:55.26	1:45.85	800m:	13:55.06	1:43.68	1200m:	20:48.28	1:42.69			

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

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

Lugar	Ano		Tempo final		Pts
6.	Fernando Manuel Santana	68	Colegio Monte Maior	<b>26:40.63</b>	267
	100m: 1:45.79 1:45.79	500m: 8:54.74 1:47.35	900m: 16:01.44 1:46.91	1300m: 23:10.49 1:48.34	
	200m: 3:33.41 1:47.62	600m: 10:41.38 1:46.64	1000m: 17:47.77 1:46.33	1400m: 24:58.70 1:48.21	
	300m: 5:20.97 1:47.56	700m: 12:27.50 1:46.12	1100m: 19:35.62 1:47.85	1500m: 26:40.63 1:41.93	
	400m: 7:07.39 1:46.42	800m: 14:14.53 1:47.03	1200m: 21:22.15 1:46.53		
7.	Jorge Sequeira Lima	67	Sporting Gavião	<b>27:12.59</b>	252
	100m: 1:27.80 1:27.80	500m: 8:27.47 1:49.62	900m: 15:58.21 1:54.12	1300m: 23:31.35 1:53.26	
	200m: 3:06.37 1:38.57	600m: 10:18.95 1:51.48	1000m: 17:51.08 1:52.87	1400m: 25:26.85 1:55.50	
	300m: 4:51.24 1:44.87	700m: 12:10.78 1:51.83	1100m: 19:45.30 1:54.22	1500m: 27:12.59 1:45.74	
	400m: 6:37.85 1:46.61	800m: 14:04.09 1:53.31	1200m: 21:38.09 1:52.79		
8.	Fernando Manuel Carmo	67	Alges	<b>27:35.69</b>	241
	100m: 1:43.83 1:43.83	500m: 9:09.65 1:51.34	900m: 16:31.49 1:49.99	1300m: 23:55.23 1:51.64	
	200m: 3:34.52 1:50.69	600m: 11:00.75 1:51.10	1000m: 18:22.26 1:50.77	1400m: 25:46.42 1:51.19	
	300m: 5:26.49 1:51.97	700m: 12:51.39 1:50.64	1100m: 20:14.20 1:51.94	1500m: 27:35.69 1:49.27	
	400m: 7:18.31 1:51.82	800m: 14:41.50 1:50.11	1200m: 22:03.59 1:49.39		
9.	Antonio Paulo Melo	67	Fluvial Portuense	<b>27:58.38</b>	232
	100m: 1:48.53 1:48.53	500m: 9:18.71 1:52.91	900m: 16:48.75 1:52.15	1300m: 24:18.17 1:52.77	
	200m: 3:39.35 1:50.82	600m: 11:11.59 1:52.88	1000m: 18:40.66 1:51.91	1400m: 26:09.08 1:50.91	
	300m: 5:32.45 1:53.10	700m: 13:03.91 1:52.32	1100m: 20:32.84 1:52.18	1500m: 27:58.38 1:49.30	
	400m: 7:25.80 1:53.35	800m: 14:56.60 1:52.69	1200m: 22:25.40 1:52.56		
10.	Jorge Manuel Ferreira	68	Masters de Almada	<b>28:39.05</b>	215
	100m: 1:44.46 1:44.46	500m: 9:23.71 1:55.83	900m: 17:09.10 1:55.51	1300m: 24:53.23 1:55.67	
	200m: 3:37.78 1:53.32	600m: 11:20.45 1:56.74	1000m: 19:04.14 1:55.04	1400m: 26:49.63 1:56.40	
	300m: 5:32.78 1:55.00	700m: 13:16.34 1:55.89	1100m: 21:00.54 1:56.40	1500m: 28:39.05 1:49.42	
	400m: 7:27.88 1:55.10	800m: 15:13.59 1:57.25	1200m: 22:57.56 1:57.02		
11.	Eduardo Alexandre Junior	70	Ginásio Santo Tirso	<b>29:26.36</b>	199
	100m: 1:41.12 1:41.12	500m: 9:24.14 1:59.00	900m: 17:20.11 1:59.19	1300m: 25:29.43 2:03.54	
	200m: 3:31.73 1:50.61	600m: 11:22.49 1:58.35	1000m: 19:21.90 2:01.79	1400m: 27:31.02 2:01.59	
	300m: 5:27.71 1:55.98	700m: 13:20.95 1:58.46	1100m: 21:21.54 1:59.64	1500m: 29:26.36 1:55.34	
	400m: 7:25.14 1:57.43	800m: 15:20.92 1:59.97	1200m: 23:25.89 2:04.35		
12.	Sebastião Ferreira Santos	67	Individual ANDS	<b>30:56.45</b>	171
	100m: 1:51.12 1:51.12	500m: 10:07.32 2:04.68	900m: 18:29.88 2:05.78	1300m: 26:54.75 2:04.32	
	200m: 3:52.22 2:01.10	600m: 12:12.75 2:05.43	1000m: 20:35.93 2:06.05	1400m: 29:00.99 2:06.24	
	300m: 5:57.73 2:05.51	700m: 14:17.44 2:04.69	1100m: 22:43.71 2:07.78	1500m: 30:56.45 1:55.46	
	400m: 8:02.64 2:04.91	800m: 16:24.10 2:06.66	1200m: 24:50.43 2:06.72		
13.	Jose Luis Cardoso	71	Masters de Almada	<b>33:03.19</b>	140
	100m: 1:53.19 1:53.19	500m: 10:39.60 2:13.71	900m: 19:33.37 2:12.64	1300m: 28:32.91 2:16.60	
	200m: 4:01.70 2:08.51	600m: 12:52.78 2:13.18	1000m: 21:45.93 2:12.56	1400m: 30:48.99 2:16.08	
	300m: 6:12.93 2:11.23	700m: 15:06.04 2:13.26	1100m: 24:01.61 2:15.68	1500m: 33:03.19 2:14.20	
	400m: 8:25.89 2:12.96	800m: 17:20.73 2:14.69	1200m: 26:16.31 2:14.70		
14.	Nuno Filipe Ferreira	70	Alges	<b>36:27.06</b>	104
	100m: 1:56.82 1:56.82	500m: 11:14.05 2:24.42	900m: 21:05.64 2:28.85	1300m: 31:15.35 2:32.74	
	200m: 4:10.06 2:13.24	600m: 13:41.87 2:27.82	1000m: 23:38.59 2:32.95	1400m: 33:52.95 2:37.60	
	300m: 6:30.00 2:19.94	700m: 16:11.67 2:29.80	1100m: 26:09.69 2:31.10	1500m: 36:27.06 2:34.11	
	400m: 8:49.63 2:19.63	800m: 18:36.79 2:25.12	1200m: 28:42.61 2:32.92		

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

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

Lugar	Ano	Tempo final	Pts
DSQ Luis Paulo Piteira	68 Setubalense		

*Efectuou a partida antes do sinal de partida dado pelo juiz partidas - MSW 3.3*

Prova 1  
20-02-2016

Masc., 1500m Livres

Master Esc F  
Resultados

RN Esc F(50-54)	17:51.93	Jose Carlos Freitas	CFP	Coimbra	18-04-2015
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Pontos: DSV Masters 13

Lugar	Ano	Tempo final	Pts
<b>1. Jose Carlos Freitas</b>	<b>63</b> Fluvial Portuense	<b>18:02.49</b>	<b>1018</b>
100m: 1:11.37 1:11.37	500m: 6:00.67 1:12.03	900m: 10:48.76 1:11.77	1300m: 15:38.99 1:12.91
200m: 2:24.23 1:12.86	600m: 7:12.54 1:11.87	1000m: 12:01.10 1:12.34	1400m: 16:52.29 1:13.30
300m: 3:36.63 1:12.40	700m: 8:24.55 1:12.01	1100m: 13:13.52 1:12.42	1500m: 18:02.49 1:10.20
400m: 4:48.64 1:12.01	800m: 9:36.99 1:12.44	1200m: 14:26.08 1:12.56	
<b>2. Jose Samuel Duarte</b>	<b>65</b> Sporting	<b>20:10.79</b>	<b>727</b>
100m: 1:18.04 1:18.04	500m: 6:42.65 1:21.44	900m: 12:07.16 1:20.80	1300m: 17:31.64 1:21.28
200m: 2:38.74 1:20.70	600m: 8:03.75 1:21.10	1000m: 13:28.39 1:21.23	1400m: 18:52.91 1:21.27
300m: 3:59.93 1:21.19	700m: 9:25.17 1:21.42	1100m: 14:49.40 1:21.01	1500m: 20:10.79 1:17.88
400m: 5:21.21 1:21.28	800m: 10:46.36 1:21.19	1200m: 16:10.36 1:20.96	
<b>3. Paulo Alexandre Neves</b>	<b>66</b> Leixoes	<b>25:06.73</b>	<b>377</b>
100m: 1:30.63 1:30.63	500m: 8:18.43 1:42.46	900m: 15:05.27 1:41.30	1300m: 21:49.54 1:41.53
200m: 3:09.81 1:39.18	600m: 10:00.46 1:42.03	1000m: 16:45.86 1:40.59	1400m: 23:30.91 1:41.37
300m: 4:51.84 1:42.03	700m: 11:41.95 1:41.49	1100m: 18:27.10 1:41.24	1500m: 25:06.73 1:35.82
400m: 6:35.97 1:44.13	800m: 13:23.97 1:42.02	1200m: 20:08.01 1:40.91	
<b>4. Juan Luis Silva</b>	<b>63</b> Masters de Almada	<b>25:17.78</b>	<b>369</b>
100m: 1:32.19 1:32.19	500m: 8:12.76 1:41.25	900m: 15:01.18 1:43.36	1300m: 21:57.37 1:42.90
200m: 3:10.57 1:38.38	600m: 9:54.45 1:41.69	1000m: 16:45.85 1:44.67	1400m: 23:40.60 1:43.23
300m: 4:51.16 1:40.59	700m: 11:36.11 1:41.66	1100m: 18:30.73 1:44.88	1500m: 25:17.78 1:37.18
400m: 6:31.51 1:40.35	800m: 13:17.82 1:41.71	1200m: 20:14.47 1:43.74	
<b>5. Antonio Jorge Martinho</b>	<b>65</b> Academica de Coimbra	<b>25:56.83</b>	<b>342</b>
100m: 1:32.32 1:32.32	500m: 8:28.99 1:46.02	900m: 15:29.03 1:45.06	1300m: 22:29.71 1:45.18
200m: 3:12.77 1:40.45	600m: 10:14.47 1:45.48	1000m: 17:15.19 1:46.16	1400m: 24:14.85 1:45.14
300m: 4:57.44 1:44.67	700m: 11:59.06 1:44.59	1100m: 18:59.82 1:44.63	1500m: 25:56.83 1:41.98
400m: 6:42.97 1:45.53	800m: 13:43.97 1:44.91	1200m: 20:44.53 1:44.71	
<b>6. Joaquim Jose Dias</b>	<b>64</b> Leixoes	<b>26:20.95</b>	<b>326</b>
100m: 1:41.25 1:41.25	500m: 8:48.94 1:46.17	900m: 15:51.38 1:45.41	1300m: 22:55.87 1:46.36
200m: 3:27.33 1:46.08	600m: 10:34.28 1:45.34	1000m: 17:37.41 1:46.03	1400m: 24:41.77 1:45.90
300m: 5:15.19 1:47.86	700m: 12:20.00 1:45.72	1100m: 19:24.06 1:46.65	1500m: 26:20.95 1:39.18
400m: 7:02.77 1:47.58	800m: 14:05.97 1:45.97	1200m: 21:09.51 1:45.45	
<b>7. Rui Manuel Velez</b>	<b>64</b> Luz e Vida	<b>26:41.21</b>	<b>314</b>
100m: 1:43.19 1:43.19	500m: 8:50.66 1:48.70	900m: 15:57.03 1:47.16	1300m: 23:09.15 1:49.26
200m: 3:28.38 1:45.19	600m: 10:36.07 1:45.41	1000m: 17:44.59 1:47.56	1400m: 24:58.18 1:49.03
300m: 5:14.57 1:46.19	700m: 12:22.81 1:46.74	1100m: 19:31.66 1:47.07	1500m: 26:41.21 1:43.03
400m: 7:01.96 1:47.39	800m: 14:09.87 1:47.06	1200m: 21:19.89 1:48.23	
<b>8. Daniel Castro Trigo</b>	<b>65</b> Sporting de Aveiro	<b>27:15.32</b>	<b>295</b>
100m: 1:42.72 1:42.72	500m: 8:57.24 1:48.89	900m: 16:17.52 1:50.37	1300m: 23:40.13 1:51.00
200m: 3:31.82 1:49.10	600m: 10:47.22 1:49.98	1000m: 18:07.65 1:50.13	1400m: 25:29.83 1:49.70
300m: 5:19.63 1:47.81	700m: 12:37.36 1:50.14	1100m: 19:58.50 1:50.85	1500m: 27:15.32 1:45.49
400m: 7:08.35 1:48.72	800m: 14:27.15 1:49.79	1200m: 21:49.13 1:50.63	

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

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

Lugar			Ano					Tempo final	Pts			
9.	Luis Manuel Sousa		66	Fluvial Portuense				<b>27:35.34</b>	284			
	100m:	1:32.05	1:32.05	500m:	8:43.06	1:49.73	900m:	16:15.63	1:55.67	1300m:	23:57.99	1:54.46
	200m:	3:15.24	1:43.19	600m:	10:34.20	1:51.14	1000m:	18:08.87	1:53.24	1400m:	25:50.07	1:52.08
	300m:	5:03.79	1:48.55	700m:	12:25.96	1:51.76	1100m:	20:07.28	1:58.41	1500m:	27:35.34	1:45.27
	400m:	6:53.33	1:49.54	800m:	14:19.96	1:54.00	1200m:	22:03.53	1:56.25			

Prova 1  
20-02-2016

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			Ano					Tempo final	Pts			
1.	Paulo Paula Carvalho		61	Uniao Piedense				<b>20:05.56</b>	946			
	<i>Rec Nacional Escalão G</i>											
	100m:	1:15.04	1:15.04	500m:	6:34.76	1:19.88	900m:	11:59.30	1:21.66	1300m:	17:26.36	1:21.91
	200m:	2:34.60	1:19.56	600m:	7:55.45	1:20.69	1000m:	13:21.02	1:21.72	1400m:	18:47.25	1:20.89
	300m:	3:55.00	1:20.40	700m:	9:16.84	1:21.39	1100m:	14:42.74	1:21.72	1500m:	20:05.56	1:18.31
	400m:	5:14.88	1:19.88	800m:	10:37.64	1:20.80	1200m:	16:04.45	1:21.71			
2.	Henrique Luis Seabra		61	Fluvial Portuense				<b>25:29.95</b>	463			
	100m:	1:32.62	1:32.62	500m:	8:17.06	1:41.84	900m:	15:03.91	1:42.18	1300m:	22:07.65	1:48.01
	200m:	3:11.99	1:39.37	600m:	9:58.85	1:41.79	1000m:	16:48.56	1:44.65	1400m:	23:51.36	1:43.71
	300m:	4:53.16	1:41.17	700m:	11:40.92	1:42.07	1100m:	18:33.74	1:45.18	1500m:	25:29.95	1:38.59
	400m:	6:35.22	1:42.06	800m:	13:21.73	1:40.81	1200m:	20:19.64	1:45.90			
3.	Arnaldo Silva Martins		61	Fluvial Portuense				<b>29:15.41</b>	306			
	100m:	1:49.49	1:49.49	500m:	9:37.74	1:57.54	900m:	17:27.89	1:56.24	1300m:	25:22.17	1:58.81
	200m:	3:45.55	1:56.06	600m:	11:36.71	1:58.97	1000m:	19:25.02	1:57.13	1400m:	27:21.01	1:58.84
	300m:	5:42.26	1:56.71	700m:	13:34.60	1:57.89	1100m:	21:23.32	1:58.30	1500m:	29:15.41	1:54.40
	400m:	7:40.20	1:57.94	800m:	15:31.65	1:57.05	1200m:	23:23.36	2:00.04			
4.	Paulo Jose Patrao		60	Alges				<b>30:26.78</b>	272			
	100m:	1:51.90	1:51.90	500m:	10:06.94	2:02.67	900m:	18:23.53	2:04.07	1300m:	26:32.96	2:01.06
	200m:	3:55.00	2:03.10	600m:	12:10.46	2:03.52	1000m:	20:27.79	2:04.26	1400m:	28:31.90	1:58.94
	300m:	6:00.33	2:05.33	700m:	14:14.87	2:04.41	1100m:	22:30.14	2:02.35	1500m:	30:26.78	1:54.88
	400m:	8:04.27	2:03.94	800m:	16:19.46	2:04.59	1200m:	24:31.90	2:01.76			



Prova 1, Masc., 1500m Livres

Prova 1  
20-02-2016

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	Ano	Tempo final	Pts
1. Vitor Manuel Mavioso <i>Rec Nacional Escalão H</i>	56 Alges	<b>22:04.34</b>	800
100m: 1:24.24 1:24.24	500m: 7:15.16 1:28.29	900m: 13:10.80 1:28.85	1300m: 19:09.72 1:29.62
200m: 2:51.24 1:27.00	600m: 8:43.76 1:28.60	1000m: 14:40.12 1:29.32	1400m: 20:39.49 1:29.77
300m: 4:19.08 1:27.84	700m: 10:13.11 1:29.35	1100m: 16:09.84 1:29.72	1500m: 22:04.34 1:24.85
400m: 5:46.87 1:27.79	800m: 11:41.95 1:28.84	1200m: 17:40.10 1:30.26	
2. Alberto Vaz Correia	55 Alges	<b>22:30.16</b>	755
100m: 1:24.75 1:24.75	500m: 7:26.29 1:31.33	900m: 13:30.97 1:30.87	1300m: 19:35.99 1:32.31
200m: 2:53.49 1:28.74	600m: 8:57.61 1:31.32	1000m: 15:02.22 1:31.25	1400m: 21:06.36 1:30.37
300m: 4:23.69 1:30.20	700m: 10:28.81 1:31.20	1100m: 16:32.73 1:30.51	1500m: 22:30.16 1:23.80
400m: 5:54.96 1:31.27	800m: 12:00.10 1:31.29	1200m: 18:03.68 1:30.95	
3. Antonio Barrocas Albardeiro	56 Alges	<b>25:29.90</b>	518
100m: 1:36.43 1:36.43	500m: 8:25.10 1:41.18	900m: 15:16.86 1:42.43	1300m: 22:09.07 1:44.10
200m: 3:18.95 1:42.52	600m: 10:08.68 1:43.58	1000m: 17:00.57 1:43.71	1400m: 23:53.00 1:43.93
300m: 5:01.69 1:42.74	700m: 11:51.57 1:42.89	1100m: 18:42.95 1:42.38	1500m: 25:29.90 1:36.90
400m: 6:43.92 1:42.23	800m: 13:34.43 1:42.86	1200m: 20:24.97 1:42.02	
4. Carlos Augusto Correia	52 Masters de Almada	<b>25:59.25</b>	490
100m: 1:37.87 1:37.87	500m: 8:34.17 1:43.88	900m: 15:29.72 1:43.78	1300m: 22:30.64 1:45.84
200m: 3:22.55 1:44.68	600m: 10:17.69 1:43.52	1000m: 17:14.23 1:44.51	1400m: 24:16.52 1:45.88
300m: 5:06.42 1:43.87	700m: 12:01.85 1:44.16	1100m: 18:59.52 1:45.29	1500m: 25:59.25 1:42.73
400m: 6:50.29 1:43.87	800m: 13:45.94 1:44.09	1200m: 20:44.80 1:45.28	
5. Mario Jorge Barros	56 Porto	<b>27:30.16</b>	413
100m: 1:41.16 1:41.16	500m: 9:09.44 1:53.49	900m: 16:40.19 1:51.73	1300m: 23:57.06 1:49.18
200m: 3:32.34 1:51.18	600m: 11:02.80 1:53.36	1000m: 18:30.50 1:50.31	1400m: 25:45.72 1:48.66
300m: 5:23.17 1:50.83	700m: 12:56.31 1:53.51	1100m: 20:19.69 1:49.19	1500m: 27:30.16 1:44.44
400m: 7:15.95 1:52.78	800m: 14:48.46 1:52.15	1200m: 22:07.88 1:48.19	
6. Jose Alexandre Raposo	55 Sporting de Aveiro	<b>33:13.25</b>	234
100m: 2:04.00 2:04.00	500m: 10:40.16 2:09.61	900m: 19:19.98 2:09.51	1300m: 28:24.58 2:25.09
200m: 4:12.64 2:08.64	600m: 12:50.34 2:10.18	1000m: 21:31.72 2:11.74	1400m: 31:04.63 2:40.05
300m: 6:22.39 2:09.75	700m: 15:00.79 2:10.45	1100m: 23:43.13 2:11.41	1500m: 33:13.25 2:08.62
400m: 8:30.55 2:08.16	800m: 17:10.47 2:09.68	1200m: 25:59.49 2:16.36	
7. Jose Goncalves Santos	54 Sporting de Aveiro	<b>34:46.61</b>	204
100m: 2:05.42 2:05.42	500m: 11:24.78 2:20.08	900m: 20:49.32 2:22.29	1300m: 30:17.21 2:23.85
200m: 4:24.77 2:19.35	600m: 13:46.64 2:21.86	1000m: 23:10.05 2:20.73	1400m: 32:38.38 2:21.17
300m: 6:43.69 2:18.92	700m: 16:05.21 2:18.57	1100m: 25:29.71 2:19.66	1500m: 34:46.61 2:08.23
400m: 9:04.70 2:21.01	800m: 18:27.03 2:21.82	1200m: 27:53.36 2:23.65	
DSQ Domingos Pinto Coelho	52 Alges		
<i>Efectuou a partida antes do sinal de partida dado pelo juiz partidas - MSW 3.3</i>			

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

Prova 1, Masc., 1500m Livres

Prova 1  
20-02-2016

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	Ano		Tempo final						Pts		
1. Stephen Thomas Dyson	47 Alges		<b>24:23.33</b>						635		
<i>Rec Nacional Escalão I</i>											
100m:	1:32.31	1:32.31	500m:	8:03.65	1:37.74	900m:	14:37.15	1:37.50	1300m:	21:08.57	1:37.37
200m:	3:10.25	1:37.94	600m:	9:42.31	1:38.66	1000m:	16:15.47	1:38.32	1400m:	22:47.60	1:39.03
300m:	4:48.67	1:38.42	700m:	11:21.46	1:39.15	1100m:	17:53.50	1:38.03	1500m:	24:23.33	1:35.73
400m:	6:25.91	1:37.24	800m:	12:59.65	1:38.19	1200m:	19:31.20	1:37.70			
2. Mario Jorge Melo	51 Colegio Monte Maior		<b>29:28.49</b>						359		
100m:	1:50.16	1:50.16	500m:	9:49.68	1:59.72	900m:	17:46.31	1:58.71	1300m:	25:41.38	1:56.69
200m:	3:49.14	1:58.98	600m:	11:48.92	1:59.24	1000m:	19:46.24	1:59.93	1400m:	27:40.55	1:59.17
300m:	5:48.13	1:58.99	700m:	13:48.22	1:59.30	1100m:	21:44.94	1:58.70	1500m:	29:28.49	1:47.94
400m:	7:49.96	2:01.83	800m:	15:47.60	1:59.38	1200m:	23:44.69	1:59.75			
3. Jose Manuel Horta	49 Alges		<b>40:56.39</b>						134		
100m:	2:35.20	2:35.20	500m:	13:45.60	2:45.40	900m:	24:45.74	2:45.49	1300m:	35:40.64	2:43.63
200m:	5:22.37	2:47.17	600m:	16:31.69	2:46.09	1000m:	27:29.32	2:43.58	1400m:	38:20.27	2:39.63
300m:	8:11.10	2:48.73	700m:	19:16.78	2:45.09	1100m:	30:12.22	2:42.90	1500m:	40:56.39	2:36.12
400m:	11:00.20	2:49.10	800m:	22:00.25	2:43.47	1200m:	32:57.01	2:44.79			

Prova 1  
20-02-2016

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	Ano		Tempo final						Pts		
1. Antonio Bessone Basto	45 Alges		<b>25:14.09</b>						647		
100m:	1:35.47	1:35.47	500m:	8:20.66	1:42.84	900m:	15:09.76	1:42.55	1300m:	22:00.87	1:43.35
200m:	3:13.75	1:38.28	600m:	10:02.94	1:42.28	1000m:	16:51.95	1:42.19	1400m:	23:42.70	1:41.83
300m:	4:55.42	1:41.67	700m:	11:45.04	1:42.10	1100m:	18:35.44	1:43.49	1500m:	25:14.09	1:31.39
400m:	6:37.82	1:42.40	800m:	13:27.21	1:42.17	1200m:	20:17.52	1:42.08			
2. Orlando Gomes Bairrada	45 Alges		<b>28:35.66</b>						444		
100m:	1:42.16	1:42.16	500m:	9:12.71	1:55.49	900m:	16:53.96	1:55.77	1300m:	24:41.55	1:57.25
200m:	3:31.75	1:49.59	600m:	11:07.33	1:54.62	1000m:	18:50.70	1:56.74	1400m:	26:39.03	1:57.48
300m:	5:23.28	1:51.53	700m:	13:03.31	1:55.98	1100m:	20:46.17	1:55.47	1500m:	28:35.66	1:56.63
400m:	7:17.22	1:53.94	800m:	14:58.19	1:54.88	1200m:	22:44.30	1:58.13			
3. Alexandre Azevedo Gaspar	45 Alges		<b>30:22.00</b>						371		
100m:	1:57.47	1:57.47	500m:	10:03.94	2:01.33	900m:	18:12.48	2:02.33	1300m:	26:25.88	2:01.73
200m:	4:00.53	2:03.06	600m:	12:05.34	2:01.40	1000m:	20:15.86	2:03.38	1400m:	28:27.05	2:01.17
300m:	6:02.08	2:01.55	700m:	14:06.75	2:01.41	1100m:	22:18.85	2:02.99	1500m:	30:22.00	1:54.95
400m:	8:02.61	2:00.53	800m:	16:10.15	2:03.40	1200m:	24:24.15	2:05.30			
4. Jose Joaquim Marreiros	46 Alges		<b>34:58.62</b>						243		
100m:	2:08.25	2:08.25	500m:	11:26.38	2:20.49	900m:	20:51.18	2:23.96	1300m:	30:18.65	2:24.96
200m:	4:24.56	2:16.31	600m:	13:47.93	2:21.55	1000m:	23:08.73	2:17.55	1400m:	32:40.34	2:21.69
300m:	6:43.40	2:18.84	700m:	16:06.46	2:18.53	1100m:	25:29.98	2:21.25	1500m:	34:58.62	2:18.28
400m:	9:05.89	2:22.49	800m:	18:27.22	2:20.76	1200m:	27:53.69	2:23.71			

Prova 1, Masc., 1500m Livres

Prova 1 20-02-2016	Masc., 1500m Livres				Absoluto Resultados
RN Esc A(25-29)	17:37.72	Adriano Miguel Niz	GDNVNF	Coimbra	18-04-2015
RN Esc B(30-34)	19:07.15	Luis Miguel Monteiro	CFP	Coimbra	18-04-2015
RN Esc C(35-39)	19:58.89	Patrick Santos	INDANL	Talence (FRA)	16-11-2014
RN Esc D(40-44)	19:29.87	Rodrigo Marques Costa	CNLA	Rio Maior	20-02-2016
RN Esc E(45-49)	20:02.29	Paulo Paula Carvalho	UDCA	Manchester (GBR)	16-06-2006
RN Esc F(50-54)	17:51.93	Jose Carlos Freitas	CFP	Coimbra	18-04-2015
RN Esc G(55-59)	20:05.56	Paulo Paula Carvalho	SFUAP	Rio Maior	20-02-2016
RN Esc H(60-64)	22:04.34	Vitor Manuel Mavioso	SAD	Rio Maior	20-02-2016
RN Esc I(65-69)	24:23.33	Stephen Thomas Dyson	SAD	Rio Maior	20-02-2016
RN Esc J(70-74)	24:45.35	Antonio Bessone Basto	SAD	Coimbra	18-04-2015
RN Esc K(75-79)	59:00.00				
RN Esc L(80-84)	59:00.00				

Pontos: DSV Masters 13

Lugar	Ano		Tempo final		Pts
<b>1. Francisco Maldonado Freitas</b>	<b>91</b>	<b>Pimpoes/Cimai</b>	<b>18:00.00</b>	<b>767</b>	
100m: 1:06.59 1:06.59	500m: 5:51.29 1:11.73	900m: 10:42.05 1:12.73	1300m: 15:36.68 1:13.69		
200m: 2:16.70 1:10.11	600m: 7:03.63 1:12.34	1000m: 11:55.61 1:13.56	1400m: 16:48.92 1:12.24		
300m: 3:28.06 1:11.36	700m: 8:16.28 1:12.65	1100m: 13:09.41 1:13.80	1500m: 18:00.00 1:11.08		
400m: 4:39.56 1:11.50	800m: 9:29.32 1:13.04	1200m: 14:22.99 1:13.58			
<b>2. Jose Carlos Freitas</b>	<b>63</b>	<b>Fluvial Portuense</b>	<b>18:02.49</b>	<b>1018</b>	
100m: 1:11.37 1:11.37	500m: 6:00.67 1:12.03	900m: 10:48.76 1:11.77	1300m: 15:38.99 1:12.91		
200m: 2:24.23 1:12.86	600m: 7:12.54 1:11.87	1000m: 12:01.10 1:12.34	1400m: 16:52.29 1:13.30		
300m: 3:36.63 1:12.40	700m: 8:24.55 1:12.01	1100m: 13:13.52 1:12.42	1500m: 18:02.49 1:10.20		
400m: 4:48.64 1:12.01	800m: 9:36.99 1:12.44	1200m: 14:26.08 1:12.56			
<b>3. Luis Filipe Silva</b>	<b>88</b>	<b>Salesianos de Lisboa</b>	<b>19:28.73</b>	<b>605</b>	
100m: 1:15.16 1:15.16	500m: 6:25.55 1:17.68	900m: 11:40.43 1:19.95	1300m: 16:58.60 1:18.06		
200m: 2:32.37 1:17.21	600m: 7:43.26 1:17.71	1000m: 13:00.11 1:19.68	1400m: 18:15.70 1:17.10		
300m: 3:50.54 1:18.17	700m: 9:01.39 1:18.13	1100m: 14:20.35 1:20.24	1500m: 19:28.73 1:13.03		
400m: 5:07.87 1:17.33	800m: 10:20.48 1:19.09	1200m: 15:40.54 1:20.19			
<b>4. Rodrigo Marques Costa</b> <i>Rec Nacional Escalão D</i>	<b>76</b>	<b>Litoral Alentejano</b>	<b>19:29.87</b>	<b>634</b>	
100m: 1:13.45 1:13.45	500m: 6:23.23 1:18.00	900m: 11:35.99 1:19.04	1300m: 16:54.56 1:19.58		
200m: 2:30.08 1:16.63	600m: 7:41.71 1:18.48	1000m: 12:55.31 1:19.32	1400m: 18:14.34 1:19.78		
300m: 3:47.12 1:17.04	700m: 8:58.93 1:17.22	1100m: 14:15.71 1:20.40	1500m: 19:29.87 1:15.53		
400m: 5:05.23 1:18.11	800m: 10:16.95 1:18.02	1200m: 15:34.98 1:19.27			
<b>5. Mauro Santos Inacio</b>	<b>84</b>	<b>Litoral Alentejano</b>	<b>20:02.63</b>	<b>456</b>	
100m: 1:14.49 1:14.49	500m: 6:28.79 1:19.56	900m: 11:47.14 1:19.67	1300m: 17:19.12 1:24.68		
200m: 2:31.43 1:16.94	600m: 7:47.11 1:18.48	1000m: 13:08.93 1:21.79	1400m: 18:42.00 1:22.88		
300m: 3:50.17 1:18.74	700m: 9:07.41 1:19.09	1100m: 14:31.32 1:22.39	1500m: 20:02.63 1:20.63		
400m: 5:09.23 1:19.06	800m: 10:27.47 1:20.06	1200m: 15:54.44 1:23.12			
<b>6. Marcio Gregorio Neves</b>	<b>83</b>	<b>Salvaterra de Magos</b>	<b>20:02.74</b>	<b>456</b>	
100m: 1:13.19 1:13.19	500m: 6:36.71 1:21.70	900m: 12:02.02 1:19.90	1300m: 17:26.04 1:20.90		
200m: 2:32.49 1:19.30	600m: 7:58.77 1:22.06	1000m: 13:23.28 1:21.26	1400m: 18:45.98 1:19.94		
300m: 3:53.37 1:20.88	700m: 9:20.57 1:21.80	1100m: 14:44.56 1:21.28	1500m: 20:02.74 1:16.76		
400m: 5:15.01 1:21.64	800m: 10:42.12 1:21.55	1200m: 16:05.14 1:20.58			

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

Prova 1, Masc., 1500m Livres, Absoluto

Lugar			Ano			Tempo final	Pts	
7.	Paulo Paula Carvalho		61	Uniao Piedense		<b>20:05.56</b>	946	
	<i>Rec Nacional Escalão G</i>							
	100m:	1:15.04 1:15.04	500m:	6:34.76 1:19.88	900m:	11:59.30 1:21.66	1300m:	17:26.36 1:21.91
	200m:	2:34.60 1:19.56	600m:	7:55.45 1:20.69	1000m:	13:21.02 1:21.72	1400m:	18:47.25 1:20.89
	300m:	3:55.00 1:20.40	700m:	9:16.84 1:21.39	1100m:	14:42.74 1:21.72	1500m:	20:05.56 1:18.31
	400m:	5:14.88 1:19.88	800m:	10:37.64 1:20.80	1200m:	16:04.45 1:21.71		
8.	Jose Samuel Duarte		65	Sporting		<b>20:10.79</b>	727	
	100m:	1:18.04 1:18.04	500m:	6:42.65 1:21.44	900m:	12:07.16 1:20.80	1300m:	17:31.64 1:21.28
	200m:	2:38.74 1:20.70	600m:	8:03.75 1:21.10	1000m:	13:28.39 1:21.23	1400m:	18:52.91 1:21.27
	300m:	3:59.93 1:21.19	700m:	9:25.17 1:21.42	1100m:	14:49.40 1:21.01	1500m:	20:10.79 1:17.88
	400m:	5:21.21 1:21.28	800m:	10:46.36 1:21.19	1200m:	16:10.36 1:20.96		
9.	Alvaro Miguel Cardoso		84	Salesianos de Lisboa		<b>20:12.56</b>	445	
	100m:	1:17.25 1:17.25	500m:	6:39.00 1:20.03	900m:	12:02.70 1:21.09	1300m:	17:28.87 1:22.22
	200m:	2:37.80 1:20.55	600m:	7:59.69 1:20.69	1000m:	13:23.80 1:21.10	1400m:	18:51.54 1:22.67
	300m:	3:58.14 1:20.34	700m:	9:20.56 1:20.87	1100m:	14:45.04 1:21.24	1500m:	20:12.56 1:21.02
	400m:	5:18.97 1:20.83	800m:	10:41.61 1:21.05	1200m:	16:06.65 1:21.61		
10.	Diogo Gil Henriques		88	Alges		<b>20:23.35</b>	527	
	100m:	1:16.37 1:16.37	500m:	6:40.99 1:20.74	900m:	12:09.78 1:22.25	1300m:	17:43.40 1:24.66
	200m:	2:36.57 1:20.20	600m:	8:03.07 1:22.08	1000m:	13:32.60 1:22.82	1400m:	19:04.94 1:21.54
	300m:	3:57.82 1:21.25	700m:	9:24.81 1:21.74	1100m:	14:54.66 1:22.06	1500m:	20:23.35 1:18.41
	400m:	5:20.25 1:22.43	800m:	10:47.53 1:22.72	1200m:	16:18.74 1:24.08		
11.	Nuno Rogerio Santos		76	Geslours		<b>20:53.03</b>	516	
	100m:	1:19.52 1:19.52	500m:	6:51.24 1:23.38	900m:	12:28.59 1:24.46	1300m:	18:06.17 1:24.63
	200m:	2:40.68 1:21.16	600m:	8:15.67 1:24.43	1000m:	13:52.71 1:24.12	1400m:	19:32.35 1:26.18
	300m:	4:04.36 1:23.68	700m:	9:39.79 1:24.12	1100m:	15:17.34 1:24.63	1500m:	20:53.03 1:20.68
	400m:	5:27.86 1:23.50	800m:	11:04.13 1:24.34	1200m:	16:41.54 1:24.20		
12.	Diogo Pedroso Almeida		77	Colegio Monte Maior		<b>20:59.04</b>	544	
	100m:	1:18.05 1:18.05	500m:	6:45.49 1:20.72	900m:	12:22.56 1:25.62	1300m:	18:09.46 1:27.59
	200m:	2:39.93 1:21.88	600m:	8:08.43 1:22.94	1000m:	13:49.20 1:26.64	1400m:	19:34.95 1:25.49
	300m:	4:01.91 1:21.98	700m:	9:32.33 1:23.90	1100m:	15:15.13 1:25.93	1500m:	20:59.04 1:24.09
	400m:	5:24.77 1:22.86	800m:	10:56.94 1:24.61	1200m:	16:41.87 1:26.74		
13.	Jean Alexandre Testagrossa		71	Salesianos de Lisboa		<b>21:25.84</b>	516	
	100m:	1:21.24 1:21.24	500m:	6:59.11 1:24.80	900m:	12:44.84 1:26.91	1300m:	18:35.65 1:28.25
	200m:	2:45.44 1:24.20	600m:	8:25.09 1:25.98	1000m:	14:12.38 1:27.54	1400m:	20:03.25 1:27.60
	300m:	4:10.43 1:24.99	700m:	9:51.53 1:26.44	1100m:	15:39.71 1:27.33	1500m:	21:25.84 1:22.59
	400m:	5:34.31 1:23.88	800m:	11:17.93 1:26.40	1200m:	17:07.40 1:27.69		
14.	Joao Carlos Malta		82	Natacao da Maia		<b>21:34.52</b>	365	
	100m:	1:20.71 1:20.71	500m:	7:01.61 1:25.91	900m:	12:49.86 1:27.75	1300m:	18:44.24 1:28.08
	200m:	2:45.11 1:24.40	600m:	8:28.60 1:26.99	1000m:	14:19.12 1:29.26	1400m:	20:11.85 1:27.61
	300m:	4:10.33 1:25.22	700m:	9:55.08 1:26.48	1100m:	15:47.44 1:28.32	1500m:	21:34.52 1:22.67
	400m:	5:35.70 1:25.37	800m:	11:22.11 1:27.03	1200m:	17:16.16 1:28.72		
15.	Jorge Miguel Silva		76	Salesianos de Lisboa		<b>21:58.21</b>	443	
	100m:	1:20.61 1:20.61	500m:	7:03.46 1:27.80	900m:	12:58.48 1:29.00	1300m:	19:00.83 1:30.22
	200m:	2:45.45 1:24.84	600m:	8:31.17 1:27.71	1000m:	14:28.43 1:29.95	1400m:	20:30.76 1:29.93
	300m:	4:10.62 1:25.17	700m:	10:00.31 1:29.14	1100m:	15:58.89 1:30.46	1500m:	21:58.21 1:27.45
	400m:	5:35.66 1:25.04	800m:	11:29.48 1:29.17	1200m:	17:30.61 1:31.72		

Torneio de Fundo Masters  
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Prova 1, Masc., 1500m Livres, Absoluto

Lugar			Ano			Tempo final	Pts	
16.	Alexandre Marques Pereira		76	Colegio Monte Maior		<b>21:58.45</b>	443	
	100m: 1:22.63	1:22.63	500m: 7:11.94	1:27.03	900m: 13:01.85	1:28.26	1300m: 19:00.49	1:29.91
	200m: 2:49.67	1:27.04	600m: 8:39.14	1:27.20	1000m: 14:31.36	1:29.51	1400m: 20:31.68	1:31.19
	300m: 4:16.82	1:27.15	700m: 10:05.93	1:26.79	1100m: 16:01.00	1:29.64	1500m: 21:58.45	1:26.77
	400m: 5:44.91	1:28.09	800m: 11:33.59	1:27.66	1200m: 17:30.58	1:29.58		
17.	Vitor Manuel Mavioso <i>Rec Nacional Escalão H</i>		56	Alges		<b>22:04.34</b>	800	
	100m: 1:24.24	1:24.24	500m: 7:15.16	1:28.29	900m: 13:10.80	1:28.85	1300m: 19:09.72	1:29.62
	200m: 2:51.24	1:27.00	600m: 8:43.76	1:28.60	1000m: 14:40.12	1:29.32	1400m: 20:39.49	1:29.77
	300m: 4:19.08	1:27.84	700m: 10:13.11	1:29.35	1100m: 16:09.84	1:29.72	1500m: 22:04.34	1:24.85
	400m: 5:46.87	1:27.79	800m: 11:41.95	1:28.84	1200m: 17:40.10	1:30.26		
18.	Bruno Miguel Fonseca		73	Salesianos de Lisboa		<b>22:14.11</b>	428	
	100m: 1:18.00	1:18.00	500m: 7:10.57	1:30.37	900m: 13:11.73	1:29.80	1300m: 19:18.11	1:32.12
	200m: 2:42.90	1:24.90	600m: 8:41.07	1:30.50	1000m: 14:43.37	1:31.64	1400m: 20:49.82	1:31.71
	300m: 4:11.09	1:28.19	700m: 10:12.25	1:31.18	1100m: 16:14.50	1:31.13	1500m: 22:14.11	1:24.29
	400m: 5:40.20	1:29.11	800m: 11:41.93	1:29.68	1200m: 17:45.99	1:31.49		
19.	Duarte Nuno Ferreira		86	Salesianos de Lisboa		<b>22:22.57</b>	327	
	100m: 1:17.68	1:17.68	500m: 7:10.90	1:30.74	900m: 13:16.04	1:31.62	1300m: 19:23.46	1:31.82
	200m: 2:42.77	1:25.09	600m: 8:41.75	1:30.85	1000m: 14:47.35	1:31.31	1400m: 20:54.02	1:30.56
	300m: 4:11.04	1:28.27	700m: 10:12.69	1:30.94	1100m: 16:19.51	1:32.16	1500m: 22:22.57	1:28.55
	400m: 5:40.16	1:29.12	800m: 11:44.42	1:31.73	1200m: 17:51.64	1:32.13		
20.	Ricardo Daniel Lopes		84	Benedita		<b>22:26.10</b>	325	
	100m: 1:20.17	1:20.17	500m: 7:19.25	1:32.01	900m: 13:23.45	1:30.88	1300m: 19:28.60	1:31.75
	200m: 2:46.52	1:26.35	600m: 8:50.15	1:30.90	1000m: 14:53.99	1:30.54	1400m: 20:58.44	1:29.84
	300m: 4:16.24	1:29.72	700m: 10:21.39	1:31.24	1100m: 16:25.25	1:31.26	1500m: 22:26.10	1:27.66
	400m: 5:47.24	1:31.00	800m: 11:52.57	1:31.18	1200m: 17:56.85	1:31.60		
21.	Alberto Vaz Correia		55	Alges		<b>22:30.16</b>	755	
	100m: 1:24.75	1:24.75	500m: 7:26.29	1:31.33	900m: 13:30.97	1:30.87	1300m: 19:35.99	1:32.31
	200m: 2:53.49	1:28.74	600m: 8:57.61	1:31.32	1000m: 15:02.22	1:31.25	1400m: 21:06.36	1:30.37
	300m: 4:23.69	1:30.20	700m: 10:28.81	1:31.20	1100m: 16:32.73	1:30.51	1500m: 22:30.16	1:23.80
	400m: 5:54.96	1:31.27	800m: 12:00.10	1:31.29	1200m: 18:03.68	1:30.95		
22.	Nuno Alexandre Crespo		75	Colegio Monte Maior		<b>22:57.54</b>	388	
	100m: 1:22.49	1:22.49	500m: 7:23.15	1:32.82	900m: 13:38.22	1:33.65	1300m: 19:53.77	1:34.78
	200m: 2:49.08	1:26.59	600m: 8:55.57	1:32.42	1000m: 15:10.66	1:32.44	1400m: 21:27.36	1:33.59
	300m: 4:18.34	1:29.26	700m: 10:30.02	1:34.45	1100m: 16:43.94	1:33.28	1500m: 22:57.54	1:30.18
	400m: 5:50.33	1:31.99	800m: 12:04.57	1:34.55	1200m: 18:18.99	1:35.05		
23.	Eduardo Jose Amaral		78	Pimpoes/Cimai		<b>22:58.72</b>	414	
	100m: 1:20.19	1:20.19	500m: 7:19.33	1:31.30	900m: 13:30.56	1:33.57	1300m: 19:50.85	1:35.40
	200m: 2:48.90	1:28.71	600m: 8:51.66	1:32.33	1000m: 15:04.93	1:34.37	1400m: 21:24.75	1:33.90
	300m: 4:17.43	1:28.53	700m: 10:23.83	1:32.17	1100m: 16:40.87	1:35.94	1500m: 22:58.72	1:33.97
	400m: 5:48.03	1:30.60	800m: 11:56.99	1:33.16	1200m: 18:15.45	1:34.58		
24.	Marco Andre Cravide		90	Sporting de Aveiro		<b>23:28.80</b>	345	
	100m: 1:22.01	1:22.01	500m: 7:18.22	1:33.54	900m: 13:43.43	1:36.59	1300m: 20:16.11	1:38.24
	200m: 2:47.46	1:25.45	600m: 8:52.07	1:33.85	1000m: 15:21.84	1:38.41	1400m: 21:54.03	1:37.92
	300m: 4:14.87	1:27.41	700m: 10:28.79	1:36.72	1100m: 17:01.00	1:39.16	1500m: 23:28.80	1:34.77
	400m: 5:44.68	1:29.81	800m: 12:06.84	1:38.05	1200m: 18:37.87	1:36.87		

Torneio de Fundo Masters  
Rio Maior, 20-2-2016

Prova 1, Masc., 1500m Livres, Absoluto

Lugar			Ano			Tempo final	Pts	
25.	Luis Miguel Vasconcelos		68	Gesloures		<b>23:45.74</b>	378	
	100m: 1:32.40	1:32.40	500m: 7:56.18	1:36.76	900m: 14:17.98	1:33.81	1300m: 20:41.94	1:35.52
	200m: 3:07.83	1:35.43	600m: 9:32.28	1:36.10	1000m: 15:53.92	1:35.94	1400m: 22:15.74	1:33.80
	300m: 4:43.40	1:35.57	700m: 11:08.33	1:36.05	1100m: 17:30.32	1:36.40	1500m: 23:45.74	1:30.00
	400m: 6:19.42	1:36.02	800m: 12:44.17	1:35.84	1200m: 19:06.42	1:36.10		
26.	Pedro Miguel Magalhaes		88	Natacao da Maia		<b>23:58.27</b>	324	
	100m: 1:27.84	1:27.84	500m: 7:56.49	1:37.25	900m: 14:22.56	1:36.64	1300m: 20:54.21	1:38.26
	200m: 3:04.09	1:36.25	600m: 9:33.76	1:37.27	1000m: 15:59.92	1:37.36	1400m: 22:30.30	1:36.09
	300m: 4:41.03	1:36.94	700m: 11:10.52	1:36.76	1100m: 17:38.29	1:38.37	1500m: 23:58.27	1:27.97
	400m: 6:19.24	1:38.21	800m: 12:45.92	1:35.40	1200m: 19:15.95	1:37.66		
27.	Francisco Santos Barros		72	Colegio Monte Maior		<b>24:02.78</b>	338	
	100m: 1:24.89	1:24.89	500m: 7:40.97	1:36.27	900m: 14:14.38	1:39.04	1300m: 20:51.63	1:39.77
	200m: 2:55.35	1:30.46	600m: 9:18.72	1:37.75	1000m: 15:53.35	1:38.97	1400m: 22:29.54	1:37.91
	300m: 4:28.74	1:33.39	700m: 10:56.90	1:38.18	1100m: 17:32.50	1:39.15	1500m: 24:02.78	1:33.24
	400m: 6:04.70	1:35.96	800m: 12:35.34	1:38.44	1200m: 19:11.86	1:39.36		
28.	Miguel Jose Ferreira		70	Leixoes		<b>24:22.49</b>	350	
	100m: 1:27.15	1:27.15	500m: 7:55.44	1:38.79	900m: 14:28.08	1:38.58	1300m: 21:06.96	1:40.01
	200m: 3:02.21	1:35.06	600m: 9:33.23	1:37.79	1000m: 16:06.89	1:38.81	1400m: 22:47.78	1:40.82
	300m: 4:38.46	1:36.25	700m: 11:10.95	1:37.72	1100m: 17:47.03	1:40.14	1500m: 24:22.49	1:34.71
	400m: 6:16.65	1:38.19	800m: 12:49.50	1:38.55	1200m: 19:26.95	1:39.92		
29.	Stephen Thomas Dyson <i>Rec Nacional Escalão I</i>		47	Alges		<b>24:23.33</b>	635	
	100m: 1:32.31	1:32.31	500m: 8:03.65	1:37.74	900m: 14:37.15	1:37.50	1300m: 21:08.57	1:37.37
	200m: 3:10.25	1:37.94	600m: 9:42.31	1:38.66	1000m: 16:15.47	1:38.32	1400m: 22:47.60	1:39.03
	300m: 4:48.67	1:38.42	700m: 11:21.46	1:39.15	1100m: 17:53.50	1:38.03	1500m: 24:23.33	1:35.73
	400m: 6:25.91	1:37.24	800m: 12:59.65	1:38.19	1200m: 19:31.20	1:37.70		
30.	Filipe Pinheiro Pires		73	Foca		<b>24:26.69</b>	322	
	100m: 1:30.85	1:30.85	500m: 7:54.15	1:37.41	900m: 14:29.72	1:39.85	1300m: 21:07.50	1:40.14
	200m: 3:05.38	1:34.53	600m: 9:32.22	1:38.07	1000m: 16:08.94	1:39.22	1400m: 22:47.06	1:39.56
	300m: 4:41.04	1:35.66	700m: 11:10.86	1:38.64	1100m: 17:47.51	1:38.57	1500m: 24:26.69	1:39.63
	400m: 6:16.74	1:35.70	800m: 12:49.87	1:39.01	1200m: 19:27.36	1:39.85		
31.	Luis Rosario Figueiredo		89	Ginasio Santo Tirso		<b>24:52.32</b>	290	
	100m: 1:25.22	1:25.22	500m: 7:54.66	1:41.52	900m: 14:42.37	1:42.08	1300m: 21:36.35	1:42.90
	200m: 2:58.04	1:32.82	600m: 9:34.81	1:40.15	1000m: 16:26.15	1:43.78	1400m: 23:17.52	1:41.17
	300m: 4:34.71	1:36.67	700m: 11:16.86	1:42.05	1100m: 18:09.65	1:43.50	1500m: 24:52.32	1:34.80
	400m: 6:13.14	1:38.43	800m: 13:00.29	1:43.43	1200m: 19:53.45	1:43.80		
32.	Jose Maria Gomes		72	Ginasio Clube		<b>24:53.14</b>	305	
	100m: 1:29.76	1:29.76	500m: 8:04.23	1:39.71	900m: 14:45.23	1:40.21	1300m: 21:35.55	1:44.77
	200m: 3:05.71	1:35.95	600m: 9:45.26	1:41.03	1000m: 16:27.58	1:42.35	1400m: 23:19.52	1:43.97
	300m: 4:44.29	1:38.58	700m: 11:25.30	1:40.04	1100m: 18:08.66	1:41.08	1500m: 24:53.14	1:33.62
	400m: 6:24.52	1:40.23	800m: 13:05.02	1:39.72	1200m: 19:50.78	1:42.12		
33.	Joao Antonio Gomes		75	Leixoes		<b>24:54.65</b>	304	
	100m: 1:33.32	1:33.32	500m: 8:10.46	1:39.72	900m: 14:52.30	1:41.95	1300m: 21:38.85	1:41.43
	200m: 3:12.44	1:39.12	600m: 9:50.57	1:40.11	1000m: 16:33.85	1:41.55	1400m: 23:20.47	1:41.62
	300m: 4:51.56	1:39.12	700m: 11:30.85	1:40.28	1100m: 18:15.69	1:41.84	1500m: 24:54.65	1:34.18
	400m: 6:30.74	1:39.18	800m: 13:10.35	1:39.50	1200m: 19:57.42	1:41.73		

Torneio de Fundo Masters  
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Prova 1, Masc., 1500m Livres, Absoluto

Lugar	Ano		Tempo final		Pts
<b>34. Paulo Alexandre Neves</b>	<b>66</b>	<b>Leixoes</b>	<b>25:06.73</b>	<b>377</b>	
100m: 1:30.63 1:30.63	500m: 8:18.43 1:42.46	900m: 15:05.27 1:41.30	1300m: 21:49.54 1:41.53		
200m: 3:09.81 1:39.18	600m: 10:00.46 1:42.03	1000m: 16:45.86 1:40.59	1400m: 23:30.91 1:41.37		
300m: 4:51.84 1:42.03	700m: 11:41.95 1:41.49	1100m: 18:27.10 1:41.24	1500m: 25:06.73 1:35.82		
400m: 6:35.97 1:44.13	800m: 13:23.97 1:42.02	1200m: 20:08.01 1:40.91			
<b>35. Antonio Bessone Basto</b>	<b>45</b>	<b>Alges</b>	<b>25:14.09</b>	<b>647</b>	
100m: 1:35.47 1:35.47	500m: 8:20.66 1:42.84	900m: 15:09.76 1:42.55	1300m: 22:00.87 1:43.35		
200m: 3:13.75 1:38.28	600m: 10:02.94 1:42.28	1000m: 16:51.95 1:42.19	1400m: 23:42.70 1:41.83		
300m: 4:55.42 1:41.67	700m: 11:45.04 1:42.10	1100m: 18:35.44 1:43.49	1500m: 25:14.09 1:31.39		
400m: 6:37.82 1:42.40	800m: 13:27.21 1:42.17	1200m: 20:17.52 1:42.08			
<b>36. Miguel Pinheiro Pires</b>	<b>78</b>	<b>Foca</b>	<b>25:14.41</b>	<b>312</b>	
100m: 1:33.42 1:33.42	500m: 8:17.01 1:42.82	900m: 15:08.70 1:43.33	1300m: 22:00.60 1:43.52		
200m: 3:11.31 1:37.89	600m: 9:58.96 1:41.95	1000m: 16:50.82 1:42.12	1400m: 23:42.59 1:41.99		
300m: 4:51.56 1:40.25	700m: 11:42.41 1:43.45	1100m: 18:34.81 1:43.99	1500m: 25:14.41 1:31.82		
400m: 6:34.19 1:42.63	800m: 13:25.37 1:42.96	1200m: 20:17.08 1:42.27			
<b>37. Juan Luis Silva</b>	<b>63</b>	<b>Masters de Almada</b>	<b>25:17.78</b>	<b>369</b>	
100m: 1:32.19 1:32.19	500m: 8:12.76 1:41.25	900m: 15:01.18 1:43.36	1300m: 21:57.37 1:42.90		
200m: 3:10.57 1:38.38	600m: 9:54.45 1:41.69	1000m: 16:45.85 1:44.67	1400m: 23:40.60 1:43.23		
300m: 4:51.16 1:40.59	700m: 11:36.11 1:41.66	1100m: 18:30.73 1:44.88	1500m: 25:17.78 1:37.18		
400m: 6:31.51 1:40.35	800m: 13:17.82 1:41.71	1200m: 20:14.47 1:43.74			
<b>38. Antonio Pedro Castro</b>	<b>74</b>	<b>Leixoes</b>	<b>25:25.11</b>	<b>286</b>	
100m: 1:34.23 1:34.23	500m: 8:22.90 1:42.39	900m: 15:15.42 1:42.55	1300m: 22:08.31 1:43.89		
200m: 3:15.18 1:40.95	600m: 10:07.13 1:44.23	1000m: 16:57.79 1:42.37	1400m: 23:50.78 1:42.47		
300m: 4:58.44 1:43.26	700m: 11:50.44 1:43.27	1100m: 18:41.97 1:44.18	1500m: 25:25.11 1:34.33		
400m: 6:40.51 1:42.07	800m: 13:32.87 1:42.47	1200m: 20:24.42 1:42.45			
<b>39. Filipe Monteiro Pacheco</b>	<b>74</b>	<b>Leixoes</b>	<b>25:29.85</b>	<b>283</b>	
100m: 1:27.58 1:27.58	500m: 8:09.72 1:42.11	900m: 15:01.32 1:44.19	1300m: 22:00.37 1:44.66		
200m: 3:03.88 1:36.30	600m: 9:51.94 1:42.22	1000m: 16:46.71 1:45.39	1400m: 23:45.88 1:45.51		
300m: 4:45.16 1:41.28	700m: 11:33.72 1:41.78	1100m: 18:31.07 1:44.36	1500m: 25:29.85 1:43.97		
400m: 6:27.61 1:42.45	800m: 13:17.13 1:43.41	1200m: 20:15.71 1:44.64			
<b>40. Antonio Barrocas Albardeiro</b>	<b>56</b>	<b>Alges</b>	<b>25:29.90</b>	<b>518</b>	
100m: 1:36.43 1:36.43	500m: 8:25.10 1:41.18	900m: 15:16.86 1:42.43	1300m: 22:09.07 1:44.10		
200m: 3:18.95 1:42.52	600m: 10:08.68 1:43.58	1000m: 17:00.57 1:43.71	1400m: 23:53.00 1:43.93		
300m: 5:01.69 1:42.74	700m: 11:51.57 1:42.89	1100m: 18:42.95 1:42.38	1500m: 25:29.90 1:36.90		
400m: 6:43.92 1:42.23	800m: 13:34.43 1:42.86	1200m: 20:24.97 1:42.02			
<b>41. Henrique Luis Seabra</b>	<b>61</b>	<b>Fluvial Portuense</b>	<b>25:29.95</b>	<b>463</b>	
100m: 1:32.62 1:32.62	500m: 8:17.06 1:41.84	900m: 15:03.91 1:42.18	1300m: 22:07.65 1:48.01		
200m: 3:11.99 1:39.37	600m: 9:58.85 1:41.79	1000m: 16:48.56 1:44.65	1400m: 23:51.36 1:43.71		
300m: 4:53.16 1:41.17	700m: 11:40.92 1:42.07	1100m: 18:33.74 1:45.18	1500m: 25:29.95 1:38.59		
400m: 6:35.22 1:42.06	800m: 13:21.73 1:40.81	1200m: 20:19.64 1:45.90			
<b>42. Manuel Alberto Santo</b>	<b>69</b>	<b>Avancado EUL</b>	<b>25:32.50</b>	<b>304</b>	
100m: 1:34.55 1:34.55	500m: 8:12.82 1:41.41	900m: 15:07.71 1:44.23	1300m: 22:05.59 1:44.21		
200m: 3:10.78 1:36.23	600m: 9:56.35 1:43.53	1000m: 16:52.27 1:44.56	1400m: 23:51.64 1:46.05		
300m: 4:50.49 1:39.71	700m: 11:39.71 1:43.36	1100m: 18:36.72 1:44.45	1500m: 25:32.50 1:40.86		
400m: 6:31.41 1:40.92	800m: 13:23.48 1:43.77	1200m: 20:21.38 1:44.66			
<b>43. Jose Rodrigues Dinis</b>	<b>69</b>	<b>Benedita</b>	<b>25:40.64</b>	<b>300</b>	
100m: 1:39.01 1:39.01	500m: 8:40.35 1:45.09	900m: 15:37.92 1:42.86	1300m: 22:28.13 1:39.85		
200m: 3:23.50 1:44.49	600m: 10:26.10 1:45.75	1000m: 17:22.16 1:44.24	1400m: 24:07.86 1:39.73		
300m: 5:09.41 1:45.91	700m: 12:11.38 1:45.28	1100m: 19:05.59 1:43.43	1500m: 25:40.64 1:32.78		
400m: 6:55.26 1:45.85	800m: 13:55.06 1:43.68	1200m: 20:48.28 1:42.69			

Torneio de Fundo Masters  
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Prova 1, Masc., 1500m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
44.	Antonio Jorge Martinho		65	Academica de Coimbra				<b>25:56.83</b>	342
	100m:	1:32.32 1:32.32	500m:	8:28.99	1:46.02	900m:	15:29.03 1:45.06	1300m:	22:29.71 1:45.18
	200m:	3:12.77 1:40.45	600m:	10:14.47	1:45.48	1000m:	17:15.19 1:46.16	1400m:	24:14.85 1:45.14
	300m:	4:57.44 1:44.67	700m:	11:59.06	1:44.59	1100m:	18:59.82 1:44.63	1500m:	25:56.83 1:41.98
	400m:	6:42.97 1:45.53	800m:	13:43.97	1:44.91	1200m:	20:44.53 1:44.71		
45.	Carlos Augusto Correia		52	Masters de Almada				<b>25:59.25</b>	490
	100m:	1:37.87 1:37.87	500m:	8:34.17	1:43.88	900m:	15:29.72 1:43.78	1300m:	22:30.64 1:45.84
	200m:	3:22.55 1:44.68	600m:	10:17.69	1:43.52	1000m:	17:14.23 1:44.51	1400m:	24:16.52 1:45.88
	300m:	5:06.42 1:43.87	700m:	12:01.85	1:44.16	1100m:	18:59.52 1:45.29	1500m:	25:59.25 1:42.73
	400m:	6:50.29 1:43.87	800m:	13:45.94	1:44.09	1200m:	20:44.80 1:45.28		
46.	Joaquim Jose Dias		64	Leixoes				<b>26:20.95</b>	326
	100m:	1:41.25 1:41.25	500m:	8:48.94	1:46.17	900m:	15:51.38 1:45.41	1300m:	22:55.87 1:46.36
	200m:	3:27.33 1:46.08	600m:	10:34.28	1:45.34	1000m:	17:37.41 1:46.03	1400m:	24:41.77 1:45.90
	300m:	5:15.19 1:47.86	700m:	12:20.00	1:45.72	1100m:	19:24.06 1:46.65	1500m:	26:20.95 1:39.18
	400m:	7:02.77 1:47.58	800m:	14:05.97	1:45.97	1200m:	21:09.51 1:45.45		
47.	Fernando Manuel Santana		68	Colegio Monte Maior				<b>26:40.63</b>	267
	100m:	1:45.79 1:45.79	500m:	8:54.74	1:47.35	900m:	16:01.44 1:46.91	1300m:	23:10.49 1:48.34
	200m:	3:33.41 1:47.62	600m:	10:41.38	1:46.64	1000m:	17:47.77 1:46.33	1400m:	24:58.70 1:48.21
	300m:	5:20.97 1:47.56	700m:	12:27.50	1:46.12	1100m:	19:35.62 1:47.85	1500m:	26:40.63 1:41.93
	400m:	7:07.39 1:46.42	800m:	14:14.53	1:47.03	1200m:	21:22.15 1:46.53		
48.	Rui Manuel Velez		64	Luz e Vida				<b>26:41.21</b>	314
	100m:	1:43.19 1:43.19	500m:	8:50.66	1:48.70	900m:	15:57.03 1:47.16	1300m:	23:09.15 1:49.26
	200m:	3:28.38 1:45.19	600m:	10:36.07	1:45.41	1000m:	17:44.59 1:47.56	1400m:	24:58.18 1:49.03
	300m:	5:14.57 1:46.19	700m:	12:22.81	1:46.74	1100m:	19:31.66 1:47.07	1500m:	26:41.21 1:43.03
	400m:	7:01.96 1:47.39	800m:	14:09.87	1:47.06	1200m:	21:19.89 1:48.23		
49.	Rui Jorge Isabel		89	Pimpoes/Cimai				<b>26:42.33</b>	234
	100m:	1:38.36 1:38.36	500m:	8:49.86	1:48.70	900m:	16:00.16 1:46.84	1300m:	23:12.56 1:48.31
	200m:	3:25.38 1:47.02	600m:	10:38.59	1:48.73	1000m:	17:47.93 1:47.77	1400m:	25:00.94 1:48.38
	300m:	5:13.53 1:48.15	700m:	12:26.24	1:47.65	1100m:	19:35.69 1:47.76	1500m:	26:42.33 1:41.39
	400m:	7:01.16 1:47.63	800m:	14:13.32	1:47.08	1200m:	21:24.25 1:48.56		
50.	Pedro Martins Pinheiro		74	Benedita				<b>26:43.37</b>	246
	100m:	1:46.48 1:46.48	500m:	9:10.66	1:50.43	900m:	16:22.69 1:46.35	1300m:	23:21.28 1:44.37
	200m:	3:37.11 1:50.63	600m:	10:59.97	1:49.31	1000m:	18:07.18 1:44.49	1400m:	25:04.09 1:42.81
	300m:	5:29.53 1:52.42	700m:	12:49.24	1:49.27	1100m:	19:52.42 1:45.24	1500m:	26:43.37 1:39.28
	400m:	7:20.23 1:50.70	800m:	14:36.34	1:47.10	1200m:	21:36.91 1:44.49		
51.	Vasco Levita Sousa		73	Masters de Almada				<b>27:01.57</b>	238
	100m:	1:38.29 1:38.29	500m:	8:52.91	1:48.34	900m:	16:02.92 1:48.50	1300m:	23:23.15 1:52.13
	200m:	3:25.88 1:47.59	600m:	10:39.00	1:46.09	1000m:	17:50.76 1:47.84	1400m:	25:15.28 1:52.13
	300m:	5:15.06 1:49.18	700m:	12:26.62	1:47.62	1100m:	19:40.63 1:49.87	1500m:	27:01.57 1:46.29
	400m:	7:04.57 1:49.51	800m:	14:14.42	1:47.80	1200m:	21:31.02 1:50.39		
52.	Jorge Sequeira Lima		67	Sporting Gaviao				<b>27:12.59</b>	252
	100m:	1:27.80 1:27.80	500m:	8:27.47	1:49.62	900m:	15:58.21 1:54.12	1300m:	23:31.35 1:53.26
	200m:	3:06.37 1:38.57	600m:	10:18.95	1:51.48	1000m:	17:51.08 1:52.87	1400m:	25:26.85 1:55.50
	300m:	4:51.24 1:44.87	700m:	12:10.78	1:51.83	1100m:	19:45.30 1:54.22	1500m:	27:12.59 1:45.74
	400m:	6:37.85 1:46.61	800m:	14:04.09	1:53.31	1200m:	21:38.09 1:52.79		
53.	Daniel Castro Trigo		65	Sporting de Aveiro				<b>27:15.32</b>	295
	100m:	1:42.72 1:42.72	500m:	8:57.24	1:48.89	900m:	16:17.52 1:50.37	1300m:	23:40.13 1:51.00
	200m:	3:31.82 1:49.10	600m:	10:47.22	1:49.98	1000m:	18:07.65 1:50.13	1400m:	25:29.83 1:49.70
	300m:	5:19.63 1:47.81	700m:	12:37.36	1:50.14	1100m:	19:58.50 1:50.85	1500m:	27:15.32 1:45.49
	400m:	7:08.35 1:48.72	800m:	14:27.15	1:49.79	1200m:	21:49.13 1:50.63		



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Prova 1, Masc., 1500m Livres, Absoluto

Lugar	Ano		Tempo final		Pts
54. Mario Jorge Barros	56	Porto	<b>27:30.16</b>	413	
100m: 1:41.16 1:41.16	500m: 9:09.44 1:53.49	900m: 16:40.19 1:51.73	1300m: 23:57.06 1:49.18		
200m: 3:32.34 1:51.18	600m: 11:02.80 1:53.36	1000m: 18:30.50 1:50.31	1400m: 25:45.72 1:48.66		
300m: 5:23.17 1:50.83	700m: 12:56.31 1:53.51	1100m: 20:19.69 1:49.19	1500m: 27:30.16 1:44.44		
400m: 7:15.95 1:52.78	800m: 14:48.46 1:52.15	1200m: 22:07.88 1:48.19			
55. Luis Manuel Sousa	66	Fluvial Portuense	<b>27:35.34</b>	284	
100m: 1:32.05 1:32.05	500m: 8:43.06 1:49.73	900m: 16:15.63 1:55.67	1300m: 23:57.99 1:54.46		
200m: 3:15.24 1:43.19	600m: 10:34.20 1:51.14	1000m: 18:08.87 1:53.24	1400m: 25:50.07 1:52.08		
300m: 5:03.79 1:48.55	700m: 12:25.96 1:51.76	1100m: 20:07.28 1:58.41	1500m: 27:35.34 1:45.27		
400m: 6:53.33 1:49.54	800m: 14:19.96 1:54.00	1200m: 22:03.53 1:56.25			
56. Fernando Manuel Carmo	67	Alges	<b>27:35.69</b>	241	
100m: 1:43.83 1:43.83	500m: 9:09.65 1:51.34	900m: 16:31.49 1:49.99	1300m: 23:55.23 1:51.64		
200m: 3:34.52 1:50.69	600m: 11:00.75 1:51.10	1000m: 18:22.26 1:50.77	1400m: 25:46.42 1:51.19		
300m: 5:26.49 1:51.97	700m: 12:51.39 1:50.64	1100m: 20:14.20 1:51.94	1500m: 27:35.69 1:49.27		
400m: 7:18.31 1:51.82	800m: 14:41.50 1:50.11	1200m: 22:03.59 1:49.39			
57. Antonio Paulo Melo	67	Fluvial Portuense	<b>27:58.38</b>	232	
100m: 1:48.53 1:48.53	500m: 9:18.71 1:52.91	900m: 16:48.75 1:52.15	1300m: 24:18.17 1:52.77		
200m: 3:39.35 1:50.82	600m: 11:11.59 1:52.88	1000m: 18:40.66 1:51.91	1400m: 26:09.08 1:50.91		
300m: 5:32.45 1:53.10	700m: 13:03.91 1:52.32	1100m: 20:32.84 1:52.18	1500m: 27:58.38 1:49.30		
400m: 7:25.80 1:53.35	800m: 14:56.60 1:52.69	1200m: 22:25.40 1:52.56			
58. Nuno Miguel Pinto	74	Geslours	<b>28:04.00</b>	212	
100m: 1:51.83 1:51.83	500m: 9:35.13 1:54.30	900m: 16:59.99 1:50.37	1300m: 24:26.92 1:52.39		
200m: 3:49.40 1:57.57	600m: 11:27.34 1:52.21	1000m: 18:51.00 1:51.01	1400m: 26:15.80 1:48.88		
300m: 5:45.35 1:55.95	700m: 13:19.22 1:51.88	1100m: 20:42.35 1:51.35	1500m: 28:04.00 1:48.20		
400m: 7:40.83 1:55.48	800m: 15:09.62 1:50.40	1200m: 22:34.53 1:52.18			
59. Orlando Gomes Bairrada	45	Alges	<b>28:35.66</b>	444	
100m: 1:42.16 1:42.16	500m: 9:12.71 1:55.49	900m: 16:53.96 1:55.77	1300m: 24:41.55 1:57.25		
200m: 3:31.75 1:49.59	600m: 11:07.33 1:54.62	1000m: 18:50.70 1:56.74	1400m: 26:39.03 1:57.48		
300m: 5:23.28 1:51.53	700m: 13:03.31 1:55.98	1100m: 20:46.17 1:55.47	1500m: 28:35.66 1:56.63		
400m: 7:17.22 1:53.94	800m: 14:58.19 1:54.88	1200m: 22:44.30 1:58.13			
60. Jorge Manuel Ferreira	68	Masters de Almada	<b>28:39.05</b>	215	
100m: 1:44.46 1:44.46	500m: 9:23.71 1:55.83	900m: 17:09.10 1:55.51	1300m: 24:53.23 1:55.67		
200m: 3:37.78 1:53.32	600m: 11:20.45 1:56.74	1000m: 19:04.14 1:55.04	1400m: 26:49.63 1:56.40		
300m: 5:32.78 1:55.00	700m: 13:16.34 1:55.89	1100m: 21:00.54 1:56.40	1500m: 28:39.05 1:49.42		
400m: 7:27.88 1:55.10	800m: 15:13.59 1:57.25	1200m: 22:57.56 1:57.02			
61. Fernando Osvaldo Socorro	72	Leixoes	<b>28:46.94</b>	197	
100m: 1:51.71 1:51.71	500m: 9:42.50 1:56.97	900m: 17:26.45 1:56.02	1300m: 25:06.24 1:53.77		
200m: 3:50.25 1:58.54	600m: 11:40.54 1:58.04	1000m: 19:22.61 1:56.16	1400m: 27:01.53 1:55.29		
300m: 5:48.46 1:58.21	700m: 13:35.37 1:54.83	1100m: 21:17.06 1:54.45	1500m: 28:46.94 1:45.41		
400m: 7:45.53 1:57.07	800m: 15:30.43 1:55.06	1200m: 23:12.47 1:55.41			
62. Joao Pedro Martins	77	Galitos/Bresimar	<b>29:14.30</b>	201	
100m: 1:47.83 1:47.83	500m: 9:36.53 1:59.91	900m: 17:28.36 1:57.09	1300m: 25:21.23 1:58.21		
200m: 3:41.22 1:53.39	600m: 11:34.86 1:58.33	1000m: 19:25.74 1:57.38	1400m: 27:19.56 1:58.33		
300m: 5:38.01 1:56.79	700m: 13:32.83 1:57.97	1100m: 21:23.88 1:58.14	1500m: 29:14.30 1:54.74		
400m: 7:36.62 1:58.61	800m: 15:31.27 1:58.44	1200m: 23:23.02 1:59.14			
63. Arnaldo Silva Martins	61	Fluvial Portuense	<b>29:15.41</b>	306	
100m: 1:49.49 1:49.49	500m: 9:37.74 1:57.54	900m: 17:27.89 1:56.24	1300m: 25:22.17 1:58.81		
200m: 3:45.55 1:56.06	600m: 11:36.71 1:58.97	1000m: 19:25.02 1:57.13	1400m: 27:21.01 1:58.84		
300m: 5:42.26 1:56.71	700m: 13:34.60 1:57.89	1100m: 21:23.32 1:58.30	1500m: 29:15.41 1:54.40		
400m: 7:40.20 1:57.94	800m: 15:31.65 1:57.05	1200m: 23:23.36 2:00.04			

Torneio de Fundo Masters  
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Prova 1, Masc., 1500m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
64.	Eduardo Alexandre Junior		70	Ginasio Santo Tirso				<b>29:26.36</b>	199
	100m:	1:41.12 1:41.12	500m:	9:24.14 1:59.00	900m:	17:20.11 1:59.19	1300m:	25:29.43 2:03.54	
	200m:	3:31.73 1:50.61	600m:	11:22.49 1:58.35	1000m:	19:21.90 2:01.79	1400m:	27:31.02 2:01.59	
	300m:	5:27.71 1:55.98	700m:	13:20.95 1:58.46	1100m:	21:21.54 1:59.64	1500m:	29:26.36 1:55.34	
	400m:	7:25.14 1:57.43	800m:	15:20.92 1:59.97	1200m:	23:25.89 2:04.35			
65.	Mario Jorge Melo		51	Colegio Monte Maior				<b>29:28.49</b>	359
	100m:	1:50.16 1:50.16	500m:	9:49.68 1:59.72	900m:	17:46.31 1:58.71	1300m:	25:41.38 1:56.69	
	200m:	3:49.14 1:58.98	600m:	11:48.92 1:59.24	1000m:	19:46.24 1:59.93	1400m:	27:40.55 1:59.17	
	300m:	5:48.13 1:58.99	700m:	13:48.22 1:59.30	1100m:	21:44.94 1:58.70	1500m:	29:28.49 1:47.94	
	400m:	7:49.96 2:01.83	800m:	15:47.60 1:59.38	1200m:	23:44.69 1:59.75			
66.	Alexandre Azevedo Gaspar		45	Alges				<b>30:22.00</b>	371
	100m:	1:57.47 1:57.47	500m:	10:03.94 2:01.33	900m:	18:12.48 2:02.33	1300m:	26:25.88 2:01.73	
	200m:	4:00.53 2:03.06	600m:	12:05.34 2:01.40	1000m:	20:15.86 2:03.38	1400m:	28:27.05 2:01.17	
	300m:	6:02.08 2:01.55	700m:	14:06.75 2:01.41	1100m:	22:18.85 2:02.99	1500m:	30:22.00 1:54.95	
	400m:	8:02.61 2:00.53	800m:	16:10.15 2:03.40	1200m:	24:24.15 2:05.30			
67.	Paulo Jose Patrao		60	Alges				<b>30:26.78</b>	272
	100m:	1:51.90 1:51.90	500m:	10:06.94 2:02.67	900m:	18:23.53 2:04.07	1300m:	26:32.96 2:01.06	
	200m:	3:55.00 2:03.10	600m:	12:10.46 2:03.52	1000m:	20:27.79 2:04.26	1400m:	28:31.90 1:58.94	
	300m:	6:00.33 2:05.33	700m:	14:14.87 2:04.41	1100m:	22:30.14 2:02.35	1500m:	30:26.78 1:54.88	
	400m:	8:04.27 2:03.94	800m:	16:19.46 2:04.59	1200m:	24:31.90 2:01.76			
68.	Sebastiao Ferreira Santos		67	Individual ANDS				<b>30:56.45</b>	171
	100m:	1:51.12 1:51.12	500m:	10:07.32 2:04.68	900m:	18:29.88 2:05.78	1300m:	26:54.75 2:04.32	
	200m:	3:52.22 2:01.10	600m:	12:12.75 2:05.43	1000m:	20:35.93 2:06.05	1400m:	29:00.99 2:06.24	
	300m:	5:57.73 2:05.51	700m:	14:17.44 2:04.69	1100m:	22:43.71 2:07.78	1500m:	30:56.45 1:55.46	
	400m:	8:02.64 2:04.91	800m:	16:24.10 2:06.66	1200m:	24:50.43 2:06.72			
69.	Jose Luis Cardoso		71	Masters de Almada				<b>33:03.19</b>	140
	100m:	1:53.19 1:53.19	500m:	10:39.60 2:13.71	900m:	19:33.37 2:12.64	1300m:	28:32.91 2:16.60	
	200m:	4:01.70 2:08.51	600m:	12:52.78 2:13.18	1000m:	21:45.93 2:12.56	1400m:	30:48.99 2:16.08	
	300m:	6:12.93 2:11.23	700m:	15:06.04 2:13.26	1100m:	24:01.61 2:15.68	1500m:	33:03.19 2:14.20	
	400m:	8:25.89 2:12.96	800m:	17:20.73 2:14.69	1200m:	26:16.31 2:14.70			
70.	Jose Alexandre Raposo		55	Sporting de Aveiro				<b>33:13.25</b>	234
	100m:	2:04.00 2:04.00	500m:	10:40.16 2:09.61	900m:	19:19.98 2:09.51	1300m:	28:24.58 2:25.09	
	200m:	4:12.64 2:08.64	600m:	12:50.34 2:10.18	1000m:	21:31.72 2:11.74	1400m:	31:04.63 2:40.05	
	300m:	6:22.39 2:09.75	700m:	15:00.79 2:10.45	1100m:	23:43.13 2:11.41	1500m:	33:13.25 2:08.62	
	400m:	8:30.55 2:08.16	800m:	17:10.47 2:09.68	1200m:	25:59.49 2:16.36			
71.	Jose Goncalves Santos		54	Sporting de Aveiro				<b>34:46.61</b>	204
	100m:	2:05.42 2:05.42	500m:	11:24.78 2:20.08	900m:	20:49.32 2:22.29	1300m:	30:17.21 2:23.85	
	200m:	4:24.77 2:19.35	600m:	13:46.64 2:21.86	1000m:	23:10.05 2:20.73	1400m:	32:38.38 2:21.17	
	300m:	6:43.69 2:18.92	700m:	16:05.21 2:18.57	1100m:	25:29.71 2:19.66	1500m:	34:46.61 2:08.23	
	400m:	9:04.70 2:21.01	800m:	18:27.03 2:21.82	1200m:	27:53.36 2:23.65			
72.	Jose Joaquim Marreiros		46	Alges				<b>34:58.62</b>	243
	100m:	2:08.25 2:08.25	500m:	11:26.38 2:20.49	900m:	20:51.18 2:23.96	1300m:	30:18.65 2:24.96	
	200m:	4:24.56 2:16.31	600m:	13:47.93 2:21.55	1000m:	23:08.73 2:17.55	1400m:	32:40.34 2:21.69	
	300m:	6:43.40 2:18.84	700m:	16:06.46 2:18.53	1100m:	25:29.98 2:21.25	1500m:	34:58.62 2:18.28	
	400m:	9:05.89 2:22.49	800m:	18:27.22 2:20.76	1200m:	27:53.69 2:23.71			
73.	Nuno Filipe Ferreira		70	Alges				<b>36:27.06</b>	104
	100m:	1:56.82 1:56.82	500m:	11:14.05 2:24.42	900m:	21:05.64 2:28.85	1300m:	31:15.35 2:32.74	
	200m:	4:10.06 2:13.24	600m:	13:41.87 2:27.82	1000m:	23:38.59 2:32.95	1400m:	33:52.95 2:37.60	
	300m:	6:30.00 2:19.94	700m:	16:11.67 2:29.80	1100m:	26:09.69 2:31.10	1500m:	36:27.06 2:34.11	
	400m:	8:49.63 2:19.63	800m:	18:36.79 2:25.12	1200m:	28:42.61 2:32.92			

Prova 1, Masc., 1500m Livres, Absoluto

Lugar	Ano		Tempo final		Pts
74. Jose Manuel Horta	49 Alges		<b>40:56.39</b>		134
100m:	2:35.20	2:35.20	500m:	13:45.60	2:45.40
200m:	5:22.37	2:47.17	600m:	16:31.69	2:46.09
300m:	8:11.10	2:48.73	700m:	19:16.78	2:45.09
400m:	11:00.20	2:49.10	800m:	22:00.25	2:43.47
			900m:	24:45.74	2:45.49
			1000m:	27:29.32	2:43.58
			1100m:	30:12.22	2:42.90
			1200m:	32:57.01	2:44.79
DSQ Luis Paulo Piteira	68 Setubalense				
<i>Efectuou a partida antes do sinal de partida dado pelo juiz partidas - MSW 3.3</i>					
DSQ Domingos Pinto Coelho	52 Alges				
<i>Efectuou a partida antes do sinal de partida dado pelo juiz partidas - MSW 3.3</i>					