



MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2  
23-02-2019

Masc., 1500m Livres

Master Esc A  
Resultados

RN Esc A(25-29) 17:37.72 NIZ Adriano Miguel GDNVNF Coimbra 18-04-2015

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>BESSA Antonio Rafael</b>	94	Aquatico Pacense	<b>17:25.70</b>		845	30,00
	100m: 1:04.23 1:04.23		500m: 5:37.88 1:09.75	900m: 10:18.94 1:10.71	1300m: 15:05.13 1:11.71		
	200m: 2:11.21 1:06.98		600m: 6:47.87 1:09.99	1000m: 11:29.93 1:10.99	1400m: 16:16.47 1:11.34		
	300m: 3:19.08 1:07.87		700m: 7:57.99 1:10.12	1100m: 12:41.44 1:11.51	1500m: 17:25.70 1:09.23		
	400m: 4:28.13 1:09.05		800m: 9:08.23 1:10.24	1200m: 13:53.42 1:11.98			
2.	<b>OLIVEIRA Tiago Silva</b>	94	Fluvial Portuense	<b>19:00.36</b>		651	26,00
	100m: 1:08.89 1:08.89		500m: 6:11.82 1:16.37	900m: 11:16.58 1:16.05	1300m: 16:26.23 1:17.59		
	200m: 2:23.20 1:14.31		600m: 7:27.95 1:16.13	1000m: 12:34.04 1:17.46	1400m: 17:43.98 1:17.75		
	300m: 3:38.84 1:15.64		700m: 8:44.25 1:16.30	1100m: 13:51.42 1:17.38	1500m: 19:00.36 1:16.38		
	400m: 4:55.45 1:16.61		800m: 10:00.53 1:16.28	1200m: 15:08.64 1:17.22			
3.	<b>ROQUE Jorge Manuel</b>	90	Masters de Almada	<b>19:33.57</b>		597	22,00
	100m: 1:11.19 1:11.19		500m: 6:19.32 1:18.24	900m: 11:35.10 1:19.14	1300m: 16:54.68 1:20.52		
	200m: 2:25.74 1:14.55		600m: 7:37.74 1:18.42	1000m: 12:54.19 1:19.09	1400m: 18:14.45 1:19.77		
	300m: 3:42.93 1:17.19		700m: 8:56.44 1:18.70	1100m: 14:13.69 1:19.50	1500m: 19:33.57 1:19.12		
	400m: 5:01.08 1:18.15		800m: 10:15.96 1:19.52	1200m: 15:34.16 1:20.47			
4.	<b>CORDEIRO Diogo Andre</b>	90	Masters de Almada	<b>20:37.00</b>		510	20,00
	100m: 1:19.66 1:19.66		500m: 6:44.57 1:21.83	900m: 12:19.36 1:24.77	1300m: 17:53.34 1:24.41		
	200m: 2:37.87 1:18.21		600m: 8:06.53 1:21.96	1000m: 13:41.57 1:22.21	1400m: 19:15.97 1:22.63		
	300m: 4:00.21 1:22.34		700m: 9:29.28 1:22.75	1100m: 15:04.25 1:22.68	1500m: 20:37.00 1:21.03		
	400m: 5:22.74 1:22.53		800m: 10:54.59 1:25.31	1200m: 16:28.93 1:24.68			
5.	<b>CARVALHO Joao Carlos</b>	90	Lisboa Poolboys	<b>21:08.06</b>		473	19,00
	100m: 1:21.43 1:21.43		500m: 7:00.03 1:25.76	900m: 12:39.88 1:24.35	1300m: 18:19.81 1:25.22		
	200m: 2:45.12 1:23.69		600m: 8:25.31 1:25.28	1000m: 14:05.38 1:25.50	1400m: 19:44.29 1:24.48		
	300m: 4:09.29 1:24.17		700m: 9:50.74 1:25.43	1100m: 15:30.55 1:25.17	1500m: 21:08.06 1:23.77		
	400m: 5:34.27 1:24.98		800m: 11:15.53 1:24.79	1200m: 16:54.59 1:24.04			
6.	<b>TAVARES Jose Pedro</b>	91	Gesloures	<b>21:28.92</b>		451	18,00
	100m: 1:21.51 1:21.51		500m: 7:06.98 1:27.43	900m: 12:56.82 1:27.11	1300m: 18:43.42 1:27.36		
	200m: 2:45.98 1:24.47		600m: 8:34.65 1:27.67	1000m: 14:24.26 1:27.44	1400m: 20:09.77 1:26.35		
	300m: 4:12.18 1:26.20		700m: 10:02.31 1:27.66	1100m: 15:49.97 1:25.71	1500m: 21:28.92 1:19.15		
	400m: 5:39.55 1:27.37		800m: 11:29.71 1:27.40	1200m: 17:16.06 1:26.09			
7.	<b>MOREIRA Fernando Santos</b>	94	Leixoes	<b>21:44.87</b>		434	17,00
	100m: 1:19.99 1:19.99		500m: 7:10.53 1:28.73	900m: 13:03.15 1:26.82	1300m: 18:55.00 1:28.79		
	200m: 2:44.87 1:24.88		600m: 8:39.30 1:28.77	1000m: 14:31.68 1:28.53	1400m: 20:22.09 1:27.09		
	300m: 4:13.22 1:28.35		700m: 10:07.68 1:28.38	1100m: 15:58.81 1:27.13	1500m: 21:44.87 1:22.78		
	400m: 5:41.80 1:28.58		800m: 11:36.33 1:28.65	1200m: 17:26.21 1:27.40			
8.	<b>CANDEIAS Daniel Filipe</b>	90	Luz e Vida	<b>22:09.22</b>		411	16,00
	100m: 1:23.55 1:23.55		500m: 7:19.26 1:30.40	900m: 13:21.62 1:30.83	1300m: 19:20.57 1:27.66		
	200m: 2:49.42 1:25.87		600m: 8:49.21 1:29.95	1000m: 14:52.72 1:31.10	1400m: 20:46.55 1:25.98		
	300m: 4:18.40 1:28.98		700m: 10:19.35 1:30.14	1100m: 16:23.63 1:30.91	1500m: 22:09.22 1:22.67		
	400m: 5:48.86 1:30.46		800m: 11:50.79 1:31.44	1200m: 17:52.91 1:29.28			
9.	<b>FERREIRA Joao Pedro</b>	91	Gesloures	<b>22:46.09</b>		379	14,00
	100m: 1:25.75 1:25.75		500m: 7:21.64 1:30.43	900m: 13:28.36 1:32.55	1300m: 19:42.89 1:33.72		
	200m: 2:54.04 1:28.29		600m: 8:52.78 1:31.14	1000m: 15:01.70 1:33.34	1400m: 21:16.78 1:33.89		
	300m: 4:21.73 1:27.69		700m: 10:23.57 1:30.79	1100m: 16:35.41 1:33.71	1500m: 22:46.09 1:29.31		
	400m: 5:51.21 1:29.48		800m: 11:55.81 1:32.24	1200m: 18:09.17 1:33.76			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
10.	MADUREIRA Fabio Andre	90	Penafiel	<b>22:55.14</b>		371	12,00
	100m: 1:21.92 1:21.92	500m: 7:25.57 1:32.14	900m: 13:33.74 1:31.42	1300m: 19:48.47 1:35.08			
	200m: 2:50.36 1:28.44	600m: 8:57.97 1:32.40	1000m: 15:03.98 1:30.24	1400m: 21:23.19 1:34.72			
	300m: 4:21.52 1:31.16	700m: 10:30.44 1:32.47	1100m: 16:40.11 1:36.13	1500m: 22:55.14 1:31.95			
	400m: 5:53.43 1:31.91	800m: 12:02.32 1:31.88	1200m: 18:13.39 1:33.28				
11.	FERREIRA Joao Boavida	91	Lisboa Poolboys	<b>22:59.18</b>		368	11,00
	100m: 1:20.16 1:20.16	500m: 7:28.42 1:34.98	900m: 13:39.54 1:32.19	1300m: 19:54.94 1:34.14			
	200m: 2:48.30 1:28.14	600m: 9:01.31 1:32.89	1000m: 15:13.24 1:33.70	1400m: 21:29.04 1:34.10			
	300m: 4:19.82 1:31.52	700m: 10:35.18 1:33.87	1100m: 16:46.24 1:33.00	1500m: 22:59.18 1:30.14			
	400m: 5:53.44 1:33.62	800m: 12:07.35 1:32.17	1200m: 18:20.80 1:34.56				
12.	COSTA Carlos Daniel	91	Natacao de Valongo	<b>23:08.17</b>		361	10,00
	100m: 1:24.56 1:24.56	500m: 7:26.73 1:32.25	900m: 13:40.57 1:33.62	1300m: 20:02.12 1:37.29			
	200m: 2:52.51 1:27.95	600m: 9:00.22 1:33.49	1000m: 15:14.83 1:34.26	1400m: 21:39.42 1:37.30			
	300m: 4:22.59 1:30.08	700m: 10:33.75 1:33.53	1100m: 16:49.30 1:34.47	1500m: 23:08.17 1:28.75			
	400m: 5:54.48 1:31.89	800m: 12:06.95 1:33.20	1200m: 18:24.83 1:35.53				
13.	FIGUEIRAS Goncalo Nogueira	92	Leixoes	<b>23:55.34</b>		326	9,00
	100m: 1:26.04 1:26.04	500m: 7:43.60 1:36.73	900m: 14:11.04 1:38.13	1300m: 20:45.87 1:39.82			
	200m: 2:57.71 1:31.67	600m: 9:19.72 1:36.12	1000m: 15:49.47 1:38.43	1400m: 22:22.73 1:36.86			
	300m: 4:31.35 1:33.64	700m: 10:55.91 1:36.19	1100m: 17:28.11 1:38.64	1500m: 23:55.34 1:32.61			
	400m: 6:06.87 1:35.52	800m: 12:32.91 1:37.00	1200m: 19:06.05 1:37.94				
14.	GOUVEIA Jose Miguel	91	Leixoes	<b>25:06.96</b>		282	8,00
	100m: 1:32.08 1:32.08	500m: 8:09.67 1:42.28	900m: 14:58.75 1:42.97	1300m: 21:56.62 1:45.57			
	200m: 3:07.63 1:35.55	600m: 9:50.86 1:41.19	1000m: 16:42.51 1:43.76	1400m: 23:35.32 1:38.70			
	300m: 4:46.04 1:38.41	700m: 11:32.48 1:41.62	1100m: 18:25.97 1:43.46	1500m: 25:06.96 1:31.64			
	400m: 6:27.39 1:41.35	800m: 13:15.78 1:43.30	1200m: 20:11.05 1:45.08				
15.	COSTA Hugo Figueiredo	91	Gesloures	<b>26:32.59</b>		239	7,00
	100m: 1:31.07 1:31.07	500m: 8:22.54 1:46.93	900m: 15:36.45 1:51.24	1300m: 22:54.92 1:48.83			
	200m: 3:09.62 1:38.55	600m: 10:09.94 1:47.40	1000m: 17:26.41 1:49.96	1400m: 24:46.59 1:51.67			
	300m: 4:51.70 1:42.08	700m: 11:56.19 1:46.25	1100m: 19:15.62 1:49.21	1500m: 26:32.59 1:46.00			
	400m: 6:35.61 1:43.91	800m: 13:45.21 1:49.02	1200m: 21:06.09 1:50.47				

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

23-02-2019 RN Esc B(30-34) 18:36.76 COSTA Jaime Fernando CNLA Cádiz (ESP) 24-06-2016

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	NIZ Adriano Miguel	86	Famalicao	<b>17:17.76</b>		709	30,00
	100m: 1:05.40 1:05.40	500m: 5:38.07 1:09.65	900m: 10:17.56 1:09.70	1300m: 14:58.25 1:10.33			
	200m: 2:12.50 1:07.10	600m: 6:47.90 1:09.83	1000m: 11:27.59 1:10.03	1400m: 16:08.30 1:10.05			
	300m: 3:20.04 1:07.54	700m: 7:57.96 1:10.06	1100m: 12:37.87 1:10.28	1500m: 17:17.76 1:09.46			
	400m: 4:28.42 1:08.38	800m: 9:07.86 1:09.90	1200m: 13:47.92 1:10.05				
2.	RIBEIRO Carlos Andre	87	Amarantus	<b>18:45.02</b>		557	26,00
	100m: 1:10.68 1:10.68	500m: 6:05.65 1:13.68	900m: 11:12.68 1:16.79	1300m: 16:16.57 1:16.07			
	200m: 2:23.54 1:12.86	600m: 7:22.06 1:16.41	1000m: 12:29.06 1:16.38	1400m: 17:32.20 1:15.63			
	300m: 3:37.31 1:13.77	700m: 8:39.96 1:17.90	1100m: 13:44.88 1:15.82	1500m: 18:45.02 1:12.82			
	400m: 4:51.97 1:14.66	800m: 9:55.89 1:15.93	1200m: 15:00.50 1:15.62				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
3.	MONTEIRO Bruno Daniel	88	Leixoes	<b>19:21.83</b>		505	22,00
	100m: 1:12.39 1:12.39	500m: 6:16.49 1:16.58	900m: 11:27.40 1:18.49	1300m: 16:44.59 1:19.46			
	200m: 2:28.33 1:15.94	600m: 7:33.81 1:17.32	1000m: 12:46.84 1:19.44	1400m: 18:03.84 1:19.25			
	300m: 3:44.01 1:15.68	700m: 8:51.35 1:17.54	1100m: 14:06.16 1:19.32	1500m: 19:21.83 1:17.99			
	400m: 4:59.91 1:15.90	800m: 10:08.91 1:17.56	1200m: 15:25.13 1:18.97				
4.	SILVA Luis Filipe	88	Fluvial Portuense	<b>19:36.42</b>		487	20,00
	100m: 1:12.65 1:12.65	500m: 6:19.37 1:18.08	900m: 11:36.24 1:20.18	1300m: 16:58.68 1:21.26			
	200m: 2:27.27 1:14.62	600m: 7:38.29 1:18.92	1000m: 12:56.69 1:20.45	1400m: 18:18.60 1:19.92			
	300m: 3:43.84 1:16.57	700m: 8:57.17 1:18.88	1100m: 14:16.84 1:20.15	1500m: 19:36.42 1:17.82			
	400m: 5:01.29 1:17.45	800m: 10:16.06 1:18.89	1200m: 15:37.42 1:20.58				
5.	RIJO Vasco Lobato	88	Gesloures	<b>20:01.60</b>		457	19,00
	100m: 1:11.57 1:11.57	500m: 6:30.12 1:21.47	900m: 11:58.33 1:22.17	1300m: 17:23.74 1:20.33			
	200m: 2:27.88 1:16.31	600m: 7:51.53 1:21.41	1000m: 13:20.18 1:21.85	1400m: 18:44.09 1:20.35			
	300m: 3:47.43 1:19.55	700m: 9:13.89 1:22.36	1100m: 14:41.59 1:21.41	1500m: 20:01.60 1:17.51			
	400m: 5:08.65 1:21.22	800m: 10:36.16 1:22.27	1200m: 16:03.41 1:21.82				
6.	FERNANDES Daniel Filipe	85	Galitos / Bresimar	<b>20:41.05</b>		415	18,00
	100m: 1:16.06 1:16.06	500m: 6:45.45 1:23.45	900m: 12:23.75 1:24.08	1300m: 17:57.68 1:23.73			
	200m: 2:37.43 1:21.37	600m: 8:10.47 1:25.02	1000m: 13:47.91 1:24.16	1400m: 19:22.28 1:24.60			
	300m: 3:59.62 1:22.19	700m: 9:35.53 1:25.06	1100m: 15:11.32 1:23.41	1500m: 20:41.05 1:18.77			
	400m: 5:22.00 1:22.38	800m: 10:59.67 1:24.14	1200m: 16:33.95 1:22.63				
7.	FERREIRA Duarte Nuno	86	Fundacao Salesianos	<b>21:23.36</b>		375	17,00
	100m: 1:20.95 1:20.95	500m: 6:54.60 1:24.71	900m: 12:36.20 1:26.19	1300m: 18:28.70 1:27.86			
	200m: 2:44.22 1:23.27	600m: 8:19.42 1:24.82	1000m: 14:03.82 1:27.62	1400m: 19:56.43 1:27.73			
	300m: 4:06.20 1:21.98	700m: 9:44.45 1:25.03	1100m: 15:32.51 1:28.69	1500m: 21:23.36 1:26.93			
	400m: 5:29.89 1:23.69	800m: 11:10.01 1:25.56	1200m: 17:00.84 1:28.33				
8.	BARTOLO Edgar Paiva	88	Leixoes	<b>22:18.47</b>		330	16,00
	100m: 1:18.97 1:18.97	500m: 6:42.25 1:22.24	900m: 12:36.55 1:32.70	1300m: 19:09.64 1:40.22			
	200m: 2:38.29 1:19.32	600m: 8:05.97 1:23.72	1000m: 14:13.38 1:36.83	1400m: 20:44.92 1:35.28			
	300m: 3:58.45 1:20.16	700m: 9:31.61 1:25.64	1100m: 15:50.49 1:37.11	1500m: 22:18.47 1:33.55			
	400m: 5:20.01 1:21.56	800m: 11:03.85 1:32.24	1200m: 17:29.42 1:38.93				
9.	MOREIRA Pedro Joaquim	87	Penafiel	<b>22:24.03</b>		326	14,00
	100m: 1:18.45 1:18.45	500m: 7:13.25 1:29.13	900m: 13:19.28 1:31.86	1300m: 19:24.07 1:31.02			
	200m: 2:44.50 1:26.05	600m: 8:44.76 1:31.51	1000m: 14:50.81 1:31.53	1400m: 20:55.27 1:31.20			
	300m: 4:13.86 1:29.36	700m: 10:16.19 1:31.43	1100m: 16:21.70 1:30.89	1500m: 22:24.03 1:28.76			
	400m: 5:44.12 1:30.26	800m: 11:47.42 1:31.23	1200m: 17:53.05 1:31.35				
10.	AIRES Luis Emanuel	85	Masters de Almada	<b>23:15.00</b>		292	12,00
	100m: 1:26.65 1:26.65	500m: 7:41.14 1:34.76	900m: 13:58.74 1:34.43	1300m: 20:14.54 1:34.33			
	200m: 2:58.54 1:31.89	600m: 9:15.36 1:34.22	1000m: 15:32.78 1:34.04	1400m: 21:48.52 1:33.98			
	300m: 4:31.79 1:33.25	700m: 10:49.49 1:34.13	1100m: 17:07.10 1:34.32	1500m: 23:15.00 1:26.48			
	400m: 6:06.38 1:34.59	800m: 12:24.31 1:34.82	1200m: 18:40.21 1:33.11				
11.	FIGUEIREDO Luis Rosario	89	Ginasio Santo Tirso	<b>24:02.76</b>		264	11,00
	100m: 1:18.22 1:18.22	500m: 7:19.03 1:35.02	900m: 13:54.23 1:41.53	1300m: 20:46.84 1:42.60			
	200m: 2:43.06 1:24.84	600m: 8:55.48 1:36.45	1000m: 15:36.55 1:42.32	1400m: 22:31.04 1:44.20			
	300m: 4:12.61 1:29.55	700m: 10:33.32 1:37.84	1100m: 17:20.60 1:44.05	1500m: 24:02.76 1:31.72			
	400m: 5:44.01 1:31.40	800m: 12:12.70 1:39.38	1200m: 19:04.24 1:43.64				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
12.	PAIVA Jose Miguel	85	Galitos / Bresimar	<b>24:12.16</b>		259	10,00
	100m: 1:31.61 1:31.61	500m: 8:00.75 1:36.85	900m: 14:34.22 1:38.11	1300m: 21:05.54 1:38.46			
	200m: 3:08.02 1:36.41	600m: 9:38.75 1:38.00	1000m: 16:12.13 1:37.91	1400m: 22:42.34 1:36.80			
	300m: 4:45.60 1:37.58	700m: 11:17.37 1:38.62	1100m: 17:49.31 1:37.18	1500m: 24:12.16 1:29.82			
	400m: 6:23.90 1:38.30	800m: 12:56.11 1:38.74	1200m: 19:27.08 1:37.77				
13.	QUINTA Daniel Ribeiro	88	Leixoes	<b>24:36.75</b>		246	9,00
	100m: 1:29.45 1:29.45	500m: 7:49.83 1:37.58	900m: 14:30.47 1:40.95	1300m: 21:16.66 1:40.85			
	200m: 3:03.69 1:34.24	600m: 9:28.19 1:38.36	1000m: 16:12.64 1:42.17	1400m: 22:56.21 1:39.55			
	300m: 4:36.50 1:32.81	700m: 11:08.51 1:40.32	1100m: 17:54.41 1:41.77	1500m: 24:36.75 1:40.54			
	400m: 6:12.25 1:35.75	800m: 12:49.52 1:41.01	1200m: 19:35.81 1:41.40				
14.	SILVA Nuno Ricardo	87	Galitos / Bresimar	<b>25:15.44</b>		227	8,00
	100m: 1:31.09 1:31.09	500m: 8:03.58 1:39.63	900m: 14:49.20 1:42.37	1300m: 21:48.30 1:46.31			
	200m: 3:06.47 1:35.38	600m: 9:44.20 1:40.62	1000m: 16:32.92 1:43.72	1400m: 23:34.66 1:46.36			
	300m: 4:44.54 1:38.07	700m: 11:25.07 1:40.87	1100m: 18:16.92 1:44.00	1500m: 25:15.44 1:40.78			
	400m: 6:23.95 1:39.41	800m: 13:06.83 1:41.76	1200m: 20:01.99 1:45.07				
15.	ISABEL Rui Jorge	89	Pimpoes/Cimai	<b>25:20.65</b>		225	7,00
	100m: 1:34.21 1:34.21	500m: 8:08.97 1:40.28	900m: 15:05.49 1:44.55	1300m: 21:58.39 1:41.57			
	200m: 3:10.50 1:36.29	600m: 9:52.16 1:43.19	1000m: 16:49.54 1:44.05	1400m: 23:42.80 1:44.41			
	300m: 4:49.50 1:39.00	700m: 11:36.00 1:43.84	1100m: 18:32.39 1:42.85	1500m: 25:20.65 1:37.85			
	400m: 6:28.69 1:39.19	800m: 13:20.94 1:44.94	1200m: 20:16.82 1:44.43				
16.	RESENDE Bruno Mezencio	86	Natacao de Valongo	<b>26:23.90</b>		199	6,00
	100m: 1:35.63 1:35.63	500m: 8:29.28 1:45.00	900m: 15:38.99 1:48.75	1300m: 22:52.29 1:47.91			
	200m: 3:16.29 1:40.66	600m: 10:13.13 1:43.85	1000m: 17:27.52 1:48.53	1400m: 24:39.05 1:46.76			
	300m: 4:59.85 1:43.56	700m: 12:02.05 1:48.92	1100m: 19:16.83 1:49.31	1500m: 26:23.90 1:44.85			
	400m: 6:44.28 1:44.43	800m: 13:50.24 1:48.19	1200m: 21:04.38 1:47.55				
17.	PINTO Julio Domingos	87	Galitos / Bresimar	<b>26:34.75</b>		195	5,00
	100m: 1:32.01 1:32.01	500m: 8:27.54 1:47.40	900m: 15:38.41 1:48.96	1300m: 22:56.12 1:49.33			
	200m: 3:12.36 1:40.35	600m: 10:13.38 1:45.84	1000m: 17:27.78 1:49.37	1400m: 24:44.74 1:48.62			
	300m: 4:54.52 1:42.16	700m: 12:01.01 1:47.63	1100m: 19:16.29 1:48.51	1500m: 26:34.75 1:50.01			
	400m: 6:40.14 1:45.62	800m: 13:49.45 1:48.44	1200m: 21:06.79 1:50.50				
18.	PINTO Jose Carlos	87	Amarantus	<b>26:52.26</b>		189	4,00
	100m: 1:36.44 1:36.44	500m: 8:30.43 1:51.89	900m: 15:40.34 1:44.85	1300m: 23:17.23 1:54.84			
	200m: 3:17.12 1:40.68	600m: 10:20.41 1:49.98	1000m: 17:30.37 1:50.03	1400m: 25:12.18 1:54.95			
	300m: 4:57.63 1:40.51	700m: 12:08.27 1:47.86	1100m: 19:24.23 1:53.86	1500m: 26:52.26 1:40.08			
	400m: 6:38.54 1:40.91	800m: 13:55.49 1:47.22	1200m: 21:22.39 1:58.16				
19.	ALVARENGA Jorge Filipe	87	Leixoes	<b>28:18.06</b>		162	3,00
	100m: 1:39.55 1:39.55	500m: 9:13.49 1:58.42	900m: 17:00.01 1:55.60	1300m: 24:38.56 1:54.42			
	200m: 3:25.60 1:46.05	600m: 11:12.14 1:58.65	1000m: 18:57.77 1:57.76	1400m: 26:31.33 1:52.77			
	300m: 5:18.19 1:52.59	700m: 13:07.91 1:55.77	1100m: 20:50.02 1:52.25	1500m: 28:18.06 1:46.73			
	400m: 7:15.07 1:56.88	800m: 15:04.41 1:56.50	1200m: 22:44.14 1:54.12				
20.	BERNARDES Pedro Miguel	86	Penafiel	<b>33:23.53</b>		98	2,00
	100m: 2:00.38 2:00.38	500m: 10:51.56 2:12.16	900m: 19:52.06 2:14.81	1300m: 28:59.93 2:17.01			
	200m: 4:10.82 2:10.44	600m: 13:06.58 2:15.02	1000m: 22:06.59 2:14.53	1400m: 31:17.28 2:17.35			
	300m: 6:24.47 2:13.65	700m: 15:22.47 2:15.89	1100m: 24:22.98 2:16.39	1500m: 33:23.53 2:06.25			
	400m: 8:39.40 2:14.93	800m: 17:37.25 2:14.78	1200m: 26:42.92 2:19.94				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DNF	GOMES Pedro Tiago	86	Fluvial Portuense				-

Prova 2  
23-02-2019  
Masc., 1500m Livres  
Master Esc C  
Resultados

RN Esc C(35-39)	19:31.82	COURAS Ivan Mauricio	CFP	Coimbra	24-02-2018
-----------------	----------	----------------------	-----	---------	------------

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>COURAS Ivan Mauricio</b> <i>Rec Nacional Escalão C</i>	81	Fluvial Portuense	<b>19:16.66</b>		702	30,00
	100m: 1:12.88 1:12.88	500m: 6:21.97 1:17.86	900m: 11:36.29 1:18.68	1300m: 16:47.72 1:17.54			
	200m: 2:28.97 1:16.09	600m: 7:40.37 1:18.40	1000m: 12:54.14 1:17.85	1400m: 18:04.35 1:16.63			
	300m: 3:46.13 1:17.16	700m: 8:58.71 1:18.34	1100m: 14:12.35 1:18.21	1500m: 19:16.66 1:12.31			
	400m: 5:04.11 1:17.98	800m: 10:17.61 1:18.90	1200m: 15:30.18 1:17.83				
2.	<b>REGO Ricardo Amorim</b>	84	Leixoes	<b>19:23.91</b>		689	26,00
	100m: 1:14.05 1:14.05	500m: 6:26.77 1:18.41	900m: 11:38.66 1:18.28	1300m: 16:52.65 1:19.07			
	200m: 2:31.92 1:17.87	600m: 7:44.63 1:17.86	1000m: 12:57.20 1:18.54	1400m: 18:11.10 1:18.45			
	300m: 3:49.99 1:18.07	700m: 9:02.33 1:17.70	1100m: 14:15.31 1:18.11	1500m: 19:23.91 1:12.81			
	400m: 5:08.36 1:18.37	800m: 10:20.38 1:18.05	1200m: 15:33.58 1:18.27				
3.	<b>MALTA Joao Carlos</b>	82	Fundacao Salesianos	<b>20:06.18</b>		619	22,00
	100m: 1:16.40 1:16.40	500m: 6:34.59 1:20.39	900m: 11:57.71 1:21.18	1300m: 17:25.73 1:22.51			
	200m: 2:34.54 1:18.14	600m: 7:54.89 1:20.30	1000m: 13:19.14 1:21.43	1400m: 18:48.21 1:22.48			
	300m: 3:53.97 1:19.43	700m: 9:15.41 1:20.52	1100m: 14:41.09 1:21.95	1500m: 20:06.18 1:17.97			
	400m: 5:14.20 1:20.23	800m: 10:36.53 1:21.12	1200m: 16:03.22 1:22.13				
4.	<b>CARDOSO Alvaro Miguel</b>	84	Lisboa Poolboys	<b>20:38.45</b>		572	20,00
	100m: 1:17.41 1:17.41	500m: 6:42.63 1:21.51	900m: 12:12.82 1:23.46	1300m: 17:50.60 1:24.35			
	200m: 2:38.68 1:21.27	600m: 8:03.89 1:21.26	1000m: 13:37.29 1:24.47	1400m: 19:15.58 1:24.98			
	300m: 3:59.82 1:21.14	700m: 9:26.31 1:22.42	1100m: 15:02.16 1:24.87	1500m: 20:38.45 1:22.87			
	400m: 5:21.12 1:21.30	800m: 10:49.36 1:23.05	1200m: 16:26.25 1:24.09				
5.	<b>SILVA Rogerio Vieira</b>	81	Galitos / Bresimar	<b>21:13.67</b>		526	19,00
	100m: 1:19.88 1:19.88	500m: 6:53.28 1:24.20	900m: 12:33.73 1:26.09	1300m: 18:22.79 1:27.77			
	200m: 2:42.96 1:23.08	600m: 8:17.82 1:24.54	1000m: 14:00.75 1:27.02	1400m: 19:50.04 1:27.25			
	300m: 4:06.09 1:23.13	700m: 9:42.67 1:24.85	1100m: 15:28.74 1:27.99	1500m: 21:13.67 1:23.63			
	400m: 5:29.08 1:22.99	800m: 11:07.64 1:24.97	1200m: 16:55.02 1:26.28				
6.	<b>PIMENTEL Pedro Filipe</b>	84	Foca	<b>21:42.53</b>		491	18,00
	100m: 1:18.44 1:18.44	500m: 6:54.47 1:26.48	900m: 12:48.75 1:29.56	1300m: 18:45.85 1:28.77			
	200m: 2:40.55 1:22.11	600m: 8:21.69 1:27.22	1000m: 14:18.32 1:29.57	1400m: 20:14.89 1:29.04			
	300m: 4:03.25 1:22.70	700m: 9:50.10 1:28.41	1100m: 15:47.60 1:29.28	1500m: 21:42.53 1:27.64			
	400m: 5:27.99 1:24.74	800m: 11:19.19 1:29.09	1200m: 17:17.08 1:29.48				
7.	<b>ALVES Ricardo Lourenco</b>	84	Galitos / Bresimar	<b>23:01.12</b>		412	17,00
	100m: 1:24.38 1:24.38	500m: 7:33.68 1:33.45	900m: 13:48.71 1:34.23	1300m: 20:01.92 1:32.94			
	200m: 2:54.08 1:29.70	600m: 9:06.68 1:33.00	1000m: 15:21.94 1:33.23	1400m: 21:34.28 1:32.36			
	300m: 4:25.72 1:31.64	700m: 10:40.44 1:33.76	1100m: 16:55.60 1:33.66	1500m: 23:01.12 1:26.84			
	400m: 6:00.23 1:34.51	800m: 12:14.48 1:34.04	1200m: 18:28.98 1:33.38				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	ROCHA Pedro Morais	83	Gesloures	<b>23:35.46</b>		383	16,00
	100m: 1:26.17 1:26.17	500m: 7:42.15 1:34.92	900m: 14:01.40 1:35.07	1300m: 20:29.10 1:36.79			
	200m: 2:58.63 1:32.46	600m: 9:17.00 1:34.85	1000m: 15:37.71 1:36.31	1400m: 22:05.20 1:36.10			
	300m: 4:32.21 1:33.58	700m: 10:51.68 1:34.68	1100m: 17:14.64 1:36.93	1500m: 23:35.46 1:30.26			
	400m: 6:07.23 1:35.02	800m: 12:26.33 1:34.65	1200m: 18:52.31 1:37.67				
9.	CAMPOS Nuno Andre	81	Gafanha da Encarnacao	<b>23:46.62</b>		374	14,00
	100m: 1:25.01 1:25.01	500m: 7:45.41 1:37.54	900m: 14:12.70 1:37.32	1300m: 20:41.36 1:36.45			
	200m: 2:57.02 1:32.01	600m: 9:21.83 1:36.42	1000m: 15:50.81 1:38.11	1400m: 22:15.69 1:34.33			
	300m: 4:31.30 1:34.28	700m: 10:58.95 1:37.12	1100m: 17:28.29 1:37.48	1500m: 23:46.62 1:30.93			
	400m: 6:07.87 1:36.57	800m: 12:35.38 1:36.43	1200m: 19:04.91 1:36.62				
10.	RODRIGUES Marcelo Porto	82	Natacao de Valongo	<b>24:20.19</b>		349	12,00
	100m: 1:29.61 1:29.61	500m: 7:55.01 1:37.43	900m: 14:29.27 1:39.66	1300m: 21:10.69 1:39.92			
	200m: 3:04.62 1:35.01	600m: 9:33.01 1:38.00	1000m: 16:08.98 1:39.71	1400m: 22:49.11 1:38.42			
	300m: 4:40.44 1:35.82	700m: 11:11.00 1:37.99	1100m: 17:50.26 1:41.28	1500m: 24:20.19 1:31.08			
	400m: 6:17.58 1:37.14	800m: 12:49.61 1:38.61	1200m: 19:30.77 1:40.51				
11.	PEREIRA Mario Nuno	81	Foca	<b>24:42.05</b>		333	11,00
	100m: 1:31.01 1:31.01	500m: 8:09.92 1:41.65	900m: 14:54.33 1:40.09	1300m: 21:32.31 1:38.08			
	200m: 3:08.96 1:37.95	600m: 9:50.20 1:40.28	1000m: 16:34.80 1:40.47	1400m: 23:10.24 1:37.93			
	300m: 4:47.37 1:38.41	700m: 11:32.91 1:42.71	1100m: 18:16.26 1:41.46	1500m: 24:42.05 1:31.81			
	400m: 6:28.27 1:40.90	800m: 13:14.24 1:41.33	1200m: 19:54.23 1:37.97				
12.	BRAGA Rafael Costa	84	Natacao de Valongo	<b>29:58.66</b>		186	10,00
	100m: 1:38.37 1:38.37	500m: 9:34.44 2:01.53	900m: 17:46.32 2:02.69	1300m: 25:59.25 2:03.40			
	200m: 3:32.31 1:53.94	600m: 11:36.29 2:01.85	1000m: 19:49.58 2:03.26	1400m: 28:00.97 2:01.72			
	300m: 5:31.44 1:59.13	700m: 13:39.90 2:03.61	1100m: 21:52.60 2:03.02	1500m: 29:58.66 1:57.69			
	400m: 7:32.91 2:01.47	800m: 15:43.63 2:03.73	1200m: 23:55.85 2:03.25				
13.	SILVA Duarte Gomes	84	Estarreja	<b>30:03.45</b>		185	9,00
	100m: 1:45.59 1:45.59	500m: 9:42.13 2:00.44	900m: 17:45.71 2:05.89	1300m: 25:50.16 2:05.09			
	200m: 3:44.15 1:58.56	600m: 11:41.64 1:59.51	1000m: 19:45.29 1:59.58	1400m: 27:53.62 2:03.46			
	300m: 5:40.60 1:56.45	700m: 13:41.48 1:59.84	1100m: 21:43.40 1:58.11	1500m: 30:03.45 2:09.83			
	400m: 7:41.69 2:01.09	800m: 15:39.82 1:58.34	1200m: 23:45.07 2:01.67				
DSQ	NEVES Jose Pedro	81	Fluvial Portuense				-
	<i>403 - Falsa partida - SW 4.4</i>						

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

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	BARBOSA Celso Ruben	77	Porto	<b>20:15.54</b>		566	30,00
	100m: 1:14.44 1:14.44	500m: 6:40.37 1:22.70	900m: 12:09.76 1:22.29	1300m: 17:38.04 1:22.93			
	200m: 2:34.09 1:19.65	600m: 8:02.73 1:22.36	1000m: 13:32.38 1:22.62	1400m: 18:59.34 1:21.30			
	300m: 3:55.54 1:21.45	700m: 9:24.58 1:21.85	1100m: 14:53.12 1:20.74	1500m: 20:15.54 1:16.20			
	400m: 5:17.67 1:22.13	800m: 10:47.47 1:22.89	1200m: 16:15.11 1:21.99				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
2.	GOMEZ Gonzalo Iglesias	79	Fluval Portuense	<b>20:24.29</b>		554	26,00
	100m: 1:12.13 1:12.13	500m: 6:27.47 1:21.41	900m: 11:57.05 1:22.16	1300m: 17:35.56 1:26.09			
	200m: 2:28.40 1:16.27	600m: 7:48.82 1:21.35	1000m: 13:20.19 1:23.14	1400m: 19:01.38 1:25.82			
	300m: 3:46.44 1:18.04	700m: 9:11.61 1:22.79	1100m: 14:44.19 1:24.00	1500m: 20:24.29 1:22.91			
	400m: 5:06.06 1:19.62	800m: 10:34.89 1:23.28	1200m: 16:09.47 1:25.28				
3.	CARVALHO Mario Moura	78	Porto	<b>20:30.68</b>		545	22,00
	100m: 1:21.52 1:21.52	500m: 6:54.46 1:22.80	900m: 12:26.32 1:22.07	1300m: 17:53.41 1:21.55			
	200m: 2:45.27 1:23.75	600m: 8:18.47 1:24.01	1000m: 13:48.30 1:21.98	1400m: 19:13.33 1:19.92			
	300m: 4:08.98 1:23.71	700m: 9:41.75 1:23.28	1100m: 15:10.28 1:21.98	1500m: 20:30.68 1:17.35			
	400m: 5:31.66 1:22.68	800m: 11:04.25 1:22.50	1200m: 16:31.86 1:21.58				
4.	OLIVEIRA Carlos Miguel	78	Estarreja	<b>21:36.63</b>		466	20,00
	100m: 1:22.21 1:22.21	500m: 7:02.36 1:24.88	900m: 12:49.18 1:27.17	1300m: 18:42.75 1:29.12			
	200m: 2:47.32 1:25.11	600m: 8:27.92 1:25.56	1000m: 14:17.23 1:28.05	1400m: 20:11.81 1:29.06			
	300m: 4:12.73 1:25.41	700m: 9:54.60 1:26.68	1100m: 15:45.23 1:28.00	1500m: 21:36.63 1:24.82			
	400m: 5:37.48 1:24.75	800m: 11:22.01 1:27.41	1200m: 17:13.63 1:28.40				
5.	PIRES Miguel Pinheiro	78	Fluval Portuense	<b>22:20.78</b>		421	19,00
	100m: 1:22.40 1:22.40	500m: 7:18.75 1:30.62	900m: 13:21.39 1:31.40	1300m: 19:23.88 1:30.59			
	200m: 2:48.39 1:25.99	600m: 8:48.72 1:29.97	1000m: 14:52.23 1:30.84	1400m: 20:55.08 1:31.20			
	300m: 4:40.41 1:35.65	700m: 10:18.89 1:30.17	1100m: 16:23.59 1:31.36	1500m: 22:20.78 1:25.70			
	400m: 5:48.13	800m: 11:49.99 1:31.10	1200m: 17:53.29 1:29.70				
6.	GOMES Joao Antonio	75	Leixoes	<b>23:44.94</b>		351	18,00
	100m: 1:30.28 1:30.28	500m: 7:51.43 1:35.12	900m: 14:12.42 1:36.20	1300m: 20:36.68 1:36.73			
	200m: 3:04.76 1:34.48	600m: 9:26.34 1:34.91	1000m: 15:47.17 1:34.75	1400m: 22:13.81 1:37.13			
	300m: 4:40.41 1:35.65	700m: 11:01.53 1:35.19	1100m: 17:23.95 1:36.78	1500m: 23:44.94 1:31.13			
	400m: 6:16.31 1:35.90	800m: 12:36.22 1:34.69	1200m: 18:59.95 1:36.00				
7.	SANTOS Urbino Jesus	75	Penafiel	<b>24:49.46</b>		307	17,00
	100m: 1:34.93 1:34.93	500m: 8:17.65 1:38.32	900m: 14:54.20 1:39.20	1300m: 21:35.12 1:40.20			
	200m: 3:16.81 1:41.88	600m: 9:55.41 1:37.76	1000m: 16:34.49 1:40.29	1400m: 23:14.38 1:39.26			
	300m: 4:57.96 1:41.15	700m: 11:34.97 1:39.56	1100m: 18:14.00 1:39.51	1500m: 24:49.46 1:35.08			
	400m: 6:39.33 1:41.37	800m: 13:15.00 1:40.03	1200m: 19:54.92 1:40.92				
8.	LIMA Joao Pedro	77	Gesloures	<b>25:36.02</b>		280	16,00
	100m: 1:31.67 1:31.67	500m: 8:18.54 1:42.49	900m: 15:13.92 1:43.14	1300m: 22:13.24 1:45.71			
	200m: 3:11.33 1:39.66	600m: 10:02.29 1:43.75	1000m: 16:58.32 1:44.40	1400m: 23:56.94 1:43.70			
	300m: 4:52.81 1:41.48	700m: 11:46.39 1:44.10	1100m: 18:42.65 1:44.33	1500m: 25:36.02 1:39.08			
	400m: 6:36.05 1:43.24	800m: 13:30.78 1:44.39	1200m: 20:27.53 1:44.88				
9.	GONCALVES Nuno Telmo	77	Sporting	<b>26:19.43</b>		258	14,00
	100m: 1:31.48 1:31.48	500m: 8:33.13 1:47.21	900m: 15:43.42 1:48.43	1300m: 22:53.83 1:48.35			
	200m: 3:12.48 1:41.00	600m: 10:20.44 1:47.31	1000m: 17:30.11 1:46.69	1400m: 24:38.16 1:44.33			
	300m: 4:58.50 1:46.02	700m: 12:07.44 1:47.00	1100m: 19:17.02 1:46.91	1500m: 26:19.43 1:41.27			
	400m: 6:45.92 1:47.42	800m: 13:54.99 1:47.55	1200m: 21:05.48 1:48.46				
10.	CASIMIRO Joao Manuel	76	Gesloures	<b>27:59.83</b>		214	12,00
	100m: 1:42.09 1:42.09	500m: 9:08.59 1:53.47	900m: 16:42.83 1:53.03	1300m: 24:16.91 1:53.78			
	200m: 3:31.84 1:49.75	600m: 11:02.26 1:53.67	1000m: 18:36.81 1:53.98	1400m: 26:10.46 1:53.55			
	300m: 5:22.53 1:50.69	700m: 12:56.00 1:53.74	1100m: 20:30.69 1:53.88	1500m: 27:59.83 1:49.37			
	400m: 7:15.12 1:52.59	800m: 14:49.80 1:53.80	1200m: 22:23.13 1:52.44				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
11.	TEIXEIRA Andre Manuel	78	Estarreja	<b>28:25.88</b>		204	11,00
	100m: 1:41.83 1:41.83	500m: 9:07.62 1:55.21	900m: 16:49.68 1:56.46	1300m: 24:34.62 1:56.62			
	200m: 3:29.29 1:47.46	600m: 11:04.07 1:56.45	1000m: 18:45.88 1:56.20	1400m: 26:30.80 1:56.18			
	300m: 5:19.09 1:49.80	700m: 12:58.26 1:54.19	1100m: 20:42.95 1:57.07	1500m: 28:25.88 1:55.08			
	400m: 7:12.41 1:53.32	800m: 14:53.22 1:54.96	1200m: 22:38.00 1:55.05				
12.	VEISEU Nuno Alexandre	77	Leixoes	<b>29:28.72</b>		183	10,00
	100m: 1:59.42 1:59.42	500m: 9:59.32 1:59.76	900m: 17:50.39 1:56.59	1300m: 25:40.37 1:59.23			
	200m: 4:00.72 2:01.30	600m: 11:57.51 1:58.19	1000m: 19:46.73 1:56.34	1400m: 27:38.63 1:58.26			
	300m: 6:00.23 1:59.51	700m: 13:55.77 1:58.26	1100m: 21:43.78 1:57.05	1500m: 29:28.72 1:50.09			
	400m: 7:59.56 1:59.33	800m: 15:53.80 1:58.03	1200m: 23:41.14 1:57.36				

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

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	GONCALVES Carlos Guimaraes	70	Fluvial Portuense	<b>21:24.81</b>		517	30,00
	100m: 1:20.06 1:20.06	500m: 6:53.85 1:24.46	900m: 12:40.55 1:27.27	1300m: 18:29.31 1:26.94			
	200m: 2:41.86 1:21.80	600m: 8:20.24 1:26.39	1000m: 14:08.31 1:27.76	1400m: 19:56.77 1:27.46			
	300m: 4:04.90 1:23.04	700m: 9:46.41 1:26.17	1100m: 15:35.60 1:27.29	1500m: 21:24.81 1:28.04			
	400m: 5:29.39 1:24.49	800m: 11:13.28 1:26.87	1200m: 17:02.37 1:26.77				
2.	MACEDO Joao Miguel	74	Leixoes	<b>22:05.44</b>		471	26,00
	100m: 1:20.90 1:20.90	500m: 7:17.67 1:30.42	900m: 13:16.02 1:29.45	1300m: 19:14.67 1:29.67			
	200m: 2:48.57 1:27.67	600m: 8:47.26 1:29.59	1000m: 14:45.47 1:29.45	1400m: 20:43.87 1:29.20			
	300m: 4:17.64 1:29.07	700m: 10:16.86 1:29.60	1100m: 16:45.47 1:29.60	1500m: 22:05.44 1:21.57			
	400m: 5:47.25 1:29.61	800m: 11:46.57 1:29.71	1200m: 17:45.00				
3.	GOISQUE Pierre-Andre	70	Fluvial Portuense	<b>22:53.51</b>		423	22,00
	100m: 1:23.42 1:23.42	500m: 7:27.27 1:32.85	900m: 13:38.14 1:32.65	1300m: 19:52.16 1:33.17			
	200m: 2:51.47 1:28.05	600m: 8:59.38 1:32.11	1000m: 15:09.54 1:31.40	1400m: 21:24.69 1:32.53			
	300m: 4:22.34 1:30.87	700m: 10:32.16 1:32.78	1100m: 16:44.08 1:34.54	1500m: 22:53.51 1:28.82			
	400m: 5:54.42 1:32.08	800m: 12:05.49 1:33.33	1200m: 18:18.99 1:34.91				
4.	FERREIRA Miguel Jose	70	Leixoes	<b>23:01.92</b>		415	20,00
	100m: 1:24.62 1:24.62	500m: 7:33.24 1:32.76	900m: 13:41.83 1:32.43	1300m: 19:58.78 1:35.57			
	200m: 2:55.11 1:30.49	600m: 9:04.96 1:31.72	1000m: 15:14.87 1:33.04	1400m: 21:33.56 1:34.78			
	300m: 4:27.69 1:32.58	700m: 10:37.21 1:32.25	1100m: 16:48.34 1:33.47	1500m: 23:01.92 1:28.36			
	400m: 6:00.48 1:32.79	800m: 12:09.40 1:32.19	1200m: 18:23.21 1:34.87				
5.	PEREIRA Jose Manuel	70	Palmela	<b>23:28.76</b>		392	19,00
	100m: 1:24.09 1:24.09	500m: 7:41.63 1:34.57	900m: 14:01.75 1:34.71	1300m: 20:20.52 1:35.30			
	200m: 2:56.83 1:32.74	600m: 9:16.58 1:34.95	1000m: 15:35.49 1:33.74	1400m: 21:56.06 1:35.54			
	300m: 4:31.27 1:34.44	700m: 10:51.60 1:35.02	1100m: 17:10.53 1:35.04	1500m: 23:28.76 1:32.70			
	400m: 6:07.06 1:35.79	800m: 12:27.04 1:35.44	1200m: 18:45.22 1:34.69				
6.	NUNES Miguel Angelo	73	Estarreja	<b>23:44.77</b>		379	18,00
	100m: 1:28.38 1:28.38	500m: 7:50.21 1:34.79	900m: 14:12.18 1:36.64	1300m: 20:39.05 1:36.46			
	200m: 3:04.05 1:35.67	600m: 9:25.08 1:34.87	1000m: 15:48.65 1:36.47	1400m: 22:14.03 1:34.98			
	300m: 4:39.66 1:35.61	700m: 11:00.19 1:35.11	1100m: 17:25.09 1:36.44	1500m: 23:44.77 1:30.74			
	400m: 6:15.42 1:35.76	800m: 12:35.54 1:35.35	1200m: 19:02.59 1:37.50				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS







MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	FONSECA Bruno Miguel	73	Fundacao Salesianos	<b>24:03.86</b>		364	17,00
	100m: 1:22.25 1:22.25	500m: 7:39.46 1:36.00	900m: 14:12.54 1:38.19	1300m: 20:50.48 1:38.22			
	200m: 2:52.36 1:30.11	600m: 9:17.41 1:37.95	1000m: 15:51.77 1:39.23	1400m: 22:27.61 1:37.13			
	300m: 4:26.38 1:34.02	700m: 10:56.34 1:38.93	1100m: 17:31.60 1:39.83	1500m: 24:03.86 1:36.25			
	400m: 6:03.46 1:37.08	800m: 12:34.35 1:38.01	1200m: 19:12.26 1:40.66				
8.	BARROS Francisco Santos	72	Porto	<b>24:07.87</b>		361	16,00
	100m: 1:28.17 1:28.17	500m: 7:54.27 1:38.10	900m: 14:28.04 1:39.04	1300m: 20:59.24 1:36.76			
	200m: 3:02.23 1:34.06	600m: 9:32.21 1:37.94	1000m: 16:06.48 1:38.44	1400m: 22:35.43 1:36.19			
	300m: 4:38.69 1:36.46	700m: 11:10.78 1:38.57	1100m: 17:44.38 1:37.90	1500m: 24:07.87 1:32.44			
	400m: 6:16.17 1:37.48	800m: 12:49.00 1:38.22	1200m: 19:22.48 1:38.10				
9.	TOMAZ Carlos Ferreira	74	Gesloures	<b>24:09.71</b>		360	14,00
	100m: 1:29.21 1:29.21	500m: 7:58.37 1:38.47	900m: 14:32.50 1:39.06	1300m: 21:05.27 1:37.79			
	200m: 3:04.12 1:34.91	600m: 9:36.33 1:37.96	1000m: 16:10.61 1:38.11	1400m: 22:41.53 1:36.26			
	300m: 4:41.69 1:37.57	700m: 11:14.36 1:38.03	1100m: 17:49.33 1:38.72	1500m: 24:09.71 1:28.18			
	400m: 6:19.90 1:38.21	800m: 12:53.44 1:39.08	1200m: 19:27.48 1:38.15				
10.	PACHECO Filipe Monteiro	74	Leixoes	<b>24:12.54</b>		358	12,00
	100m: 1:28.01 1:28.01	500m: 7:49.05 1:36.96	900m: 14:20.85 1:38.32	1300m: 20:54.88 1:38.95			
	200m: 3:00.72 1:32.71	600m: 9:26.22 1:37.17	1000m: 15:58.92 1:38.07	1400m: 22:35.63 1:40.75			
	300m: 4:36.01 1:35.29	700m: 11:04.08 1:37.86	1100m: 17:38.00 1:39.08	1500m: 24:12.54 1:36.91			
	400m: 6:12.09 1:36.08	800m: 12:42.53 1:38.45	1200m: 19:15.93 1:37.93				
11.	FERNANDES Ricardo Jorge	72	Natacao de Valongo	<b>25:11.12</b>		317	11,00
	100m: 1:35.20 1:35.20	500m: 8:22.72 1:42.25	900m: 15:13.40 1:43.55	1300m: 22:00.54 1:41.28			
	200m: 3:15.89 1:40.69	600m: 10:04.23 1:41.51	1000m: 16:55.18 1:41.78	1400m: 23:41.05 1:40.51			
	300m: 4:57.81 1:41.92	700m: 11:46.61 1:42.38	1100m: 18:37.91 1:42.73	1500m: 25:11.12 1:30.07			
	400m: 6:40.47 1:42.66	800m: 13:29.85 1:43.24	1200m: 20:19.26 1:41.35				
12.	SA Nuno Manuel	71	Fluvial Portuense	<b>25:13.18</b>		316	10,00
	100m: 1:35.66 1:35.66	500m: 8:20.40 1:39.84	900m: 15:06.47 1:41.95	1300m: 21:56.93 1:42.07			
	200m: 3:17.23 1:41.57	600m: 10:00.62 1:40.22	1000m: 16:49.67 1:43.20	1400m: 23:39.84 1:42.91			
	300m: 5:00.59 1:43.36	700m: 11:42.57 1:41.95	1100m: 18:32.26 1:42.59	1500m: 25:13.18 1:33.34			
	400m: 6:40.56 1:39.97	800m: 13:24.52 1:41.95	1200m: 20:14.86 1:42.60				
13.	CASTRO Antonio Pedro	74	Leixoes	<b>25:39.85</b>		300	9,00
	100m: 1:29.70 1:29.70	500m: 8:08.85 1:39.67	900m: 15:03.94 1:45.69	1300m: 22:19.94 1:44.44			
	200m: 3:08.84 1:39.14	600m: 9:53.07 1:44.22	1000m: 17:05.89 2:01.95	1400m: 24:05.27 1:45.33			
	300m: 4:48.68 1:39.84	700m: 11:35.79 1:42.72	1100m: 18:50.62 1:44.73	1500m: 25:39.85 1:34.58			
	400m: 6:29.18 1:40.50	800m: 13:18.25 1:42.46	1200m: 20:35.50 1:44.88				
14.	RAMALHAO Nuno Andre	73	Leixoes	<b>25:41.43</b>		299	8,00
	100m: 1:30.61 1:30.61	500m: 8:16.05 1:44.08	900m: 15:13.04 1:45.14	1300m: 22:15.74 1:45.38			
	200m: 3:08.72 1:38.11	600m: 9:58.67 1:42.62	1000m: 16:58.66 1:45.62	1400m: 24:00.73 1:44.99			
	300m: 4:49.24 1:40.52	700m: 11:42.17 1:43.50	1100m: 18:43.17 1:44.51	1500m: 25:41.43 1:40.70			
	400m: 6:31.97 1:42.73	800m: 13:27.90 1:45.73	1200m: 20:30.36 1:47.19				
15.	FERRAZ Francisco Antonio	70	Pimpoes/Cimai	<b>26:20.23</b>		278	7,00
	100m: 1:30.59 1:30.59	500m: 8:36.26 1:48.18	900m: 15:42.66 1:47.89	1300m: 22:53.26 1:47.63			
	200m: 3:13.17 1:42.58	600m: 10:21.85 1:45.59	1000m: 17:30.69 1:48.03	1400m: 24:41.84 1:48.58			
	300m: 5:00.05 1:46.88	700m: 12:07.66 1:45.81	1100m: 19:17.91 1:47.22	1500m: 26:20.23 1:38.39			
	400m: 6:48.08 1:48.03	800m: 13:54.77 1:47.11	1200m: 21:05.63 1:47.72				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
16.	CARDOSO Vitor Manuel	72	Natacao de Valongo	<b>26:24.94</b>		275	6,00
	100m: 1:37.10 1:37.10	500m: 8:46.04 1:48.26	900m: 15:57.49 1:47.93	1300m: 23:02.48 1:45.80			
	200m: 3:22.02 1:44.92	600m: 10:34.53 1:48.49	1000m: 17:44.34 1:46.85	1400m: 24:47.52 1:45.04			
	300m: 5:09.74 1:47.72	700m: 12:21.82 1:47.29	1100m: 19:31.08 1:46.74	1500m: 26:24.94 1:37.42			
	400m: 6:57.78 1:48.04	800m: 14:09.56 1:47.74	1200m: 21:16.68 1:45.60				
17.	FRANCO Ricardo Velho	74	Geslourses	<b>26:27.90</b>		274	5,00
	100m: 1:29.88 1:29.88	500m: 8:22.21 1:45.07	900m: 15:32.29 1:48.52	1300m: 22:49.10 1:51.03			
	200m: 3:10.69 1:40.81	600m: 10:08.99 1:46.78	1000m: 17:20.85 1:48.56	1400m: 24:40.48 1:51.38			
	300m: 4:53.42 1:42.73	700m: 11:56.89 1:47.90	1100m: 19:08.36 1:47.51	1500m: 26:27.90 1:47.42			
	400m: 6:37.14 1:43.72	800m: 13:43.77 1:46.88	1200m: 20:58.07 1:49.71				
18.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	<b>26:48.08</b>		263	4,00
	100m: 1:37.92 1:37.92	500m: 8:49.44 1:48.98	900m: 16:09.06 1:49.80	1300m: 23:20.84 1:47.29			
	200m: 3:24.96 1:47.04	600m: 10:39.30 1:49.86	1000m: 17:58.44 1:49.38	1400m: 25:09.42 1:48.58			
	300m: 5:12.13 1:47.17	700m: 12:28.61 1:49.31	1100m: 19:46.99 1:48.55	1500m: 26:48.08 1:38.66			
	400m: 7:00.46 1:48.33	800m: 14:19.26 1:50.65	1200m: 21:33.55 1:46.56				
19.	SILVA Filipe Miguel	74	Fluvial Portuense	<b>27:10.48</b>		253	3,00
	100m: 1:39.48 1:39.48	500m: 8:56.18 1:50.12	900m: 16:16.23 1:49.38	1300m: 23:37.42 1:49.71			
	200m: 3:26.98 1:47.50	600m: 10:45.42 1:49.24	1000m: 18:08.22 1:51.99	1400m: 25:29.15 1:51.73			
	300m: 5:15.95 1:48.97	700m: 12:35.00 1:49.58	1100m: 19:56.66 1:48.44	1500m: 27:10.48 1:41.33			
	400m: 7:06.06 1:50.11	800m: 14:26.85 1:51.85	1200m: 21:47.71 1:51.05				
20.	INVERNEIRO Pedro Alexandre	71	Fluvial Portuense	<b>27:17.66</b>		249	2,00
	100m: 1:36.23 1:36.23	500m: 8:53.24 1:50.67	900m: 16:14.69 1:51.18	1300m: 23:42.93 1:51.40			
	200m: 3:23.19 1:46.96	600m: 10:43.67 1:50.43	1000m: 18:05.89 1:51.20	1400m: 25:35.87 1:52.94			
	300m: 5:11.99 1:48.80	700m: 12:33.72 1:50.05	1100m: 19:58.45 1:52.56	1500m: 27:17.66 1:41.79			
	400m: 7:02.57 1:50.58	800m: 14:23.51 1:49.79	1200m: 21:51.53 1:53.08				
21.	GONCALVES Pedro Nuno	72	Fluvial Portuense	<b>29:17.50</b>		202	-
	100m: 1:50.45 1:50.45	500m: 9:40.28 1:57.82	900m: 17:32.76 1:59.25	1300m: 25:24.58 1:57.26			
	200m: 3:46.97 1:56.52	600m: 11:36.95 1:56.67	1000m: 19:32.52 1:59.76	1400m: 27:20.40 1:55.82			
	300m: 5:44.94 1:57.97	700m: 13:35.99 1:59.04	1100m: 21:30.46 1:57.94	1500m: 29:17.50 1:57.10			
	400m: 7:42.46 1:57.52	800m: 15:33.51 1:57.52	1200m: 23:27.32 1:56.86				
22.	MASSANO Pedro Miguel	74	Luz e Vida	<b>31:17.13</b>		165	-
	100m: 1:45.02 1:45.02	500m: 10:04.16 2:03.84	900m: 18:31.77 2:07.33	1300m: 27:03.63 2:09.49			
	200m: 3:49.03 2:04.01	600m: 12:09.60 2:05.44	1000m: 20:40.64 2:08.87	1400m: 29:14.78 2:11.15			
	300m: 5:54.26 2:05.23	700m: 14:15.78 2:06.18	1100m: 22:46.60 2:05.96	1500m: 31:17.13 2:02.35			
	400m: 8:00.32 2:06.06	800m: 16:24.44 2:08.66	1200m: 24:54.14 2:07.54				
23.	CARVALHO Luis Duarte	70	Sporting de Aveiro	<b>31:30.81</b>		162	-
	100m: 2:00.02 2:00.02	500m: 10:25.68 2:09.07	900m: 18:50.17 2:05.07	1300m: 27:24.86 2:07.11			
	200m: 4:04.81 2:04.79	600m: 12:33.49 2:07.81	1000m: 20:59.72 2:09.55	1400m: 29:33.13 2:08.27			
	300m: 6:11.10 2:06.29	700m: 14:39.39 2:05.90	1100m: 23:08.58 2:08.86	1500m: 31:30.81 1:57.68			
	400m: 8:16.61 2:05.51	800m: 16:45.10 2:05.71	1200m: 25:17.75 2:09.17				
24.	BORREGO Hugo Alexandre	72	Sporting de Aveiro	<b>33:19.10</b>		137	-
	100m: 1:58.27 1:58.27	500m: 10:51.50 2:11.85	900m: 19:55.27 2:17.04	1300m: 29:01.80 2:15.50			
	200m: 4:10.58 2:12.31	600m: 13:04.31 2:12.81	1000m: 22:10.54 2:15.27	1400m: 31:17.63 2:15.83			
	300m: 6:24.52 2:13.94	700m: 15:22.65 2:18.34	1100m: 24:27.31 2:16.77	1500m: 33:19.10 2:01.47			
	400m: 8:39.65 2:15.13	800m: 17:38.23 2:15.58	1200m: 26:46.30 2:18.99				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres

Prova 2  
23-02-2019

Masc., 1500m Livres

Master Esc F  
Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>DUARTE Jose Samuel</b>	65	Sporting	<b>20:43.15</b>		615	30,00
	100m: 1:20.42 1:20.42	500m: 6:53.46 1:23.16	900m: 12:24.99 1:22.78	1300m: 17:57.81 1:23.63			
	200m: 2:43.28 1:22.86	600m: 8:16.34 1:22.88	1000m: 13:48.22 1:23.23	1400m: 19:21.40 1:23.59			
	300m: 4:06.26 1:22.98	700m: 9:39.18 1:22.84	1100m: 15:11.33 1:23.11	1500m: 20:43.15 1:21.75			
	400m: 5:30.30 1:24.04	800m: 11:02.21 1:23.03	1200m: 16:34.18 1:22.85				
2.	<b>MONTEIRO Jorge Manuel</b>	67	Fluval Portuense	<b>22:25.21</b>		485	26,00
	100m: 1:22.48 1:22.48	500m: 7:19.36 1:30.00	900m: 13:17.00 1:29.77	1300m: 19:21.22 1:31.18			
	200m: 2:51.16 1:28.68	600m: 8:48.92 1:29.56	1000m: 14:47.49 1:30.49	1400m: 20:52.91 1:31.69			
	300m: 4:19.72 1:28.56	700m: 10:18.66 1:29.74	1100m: 16:19.31 1:31.82	1500m: 22:25.21 1:32.30			
	400m: 5:49.36 1:29.64	800m: 11:47.23 1:28.57	1200m: 17:50.04 1:30.73				
3.	<b>CASAS Adelino Jose</b>	66	Sporting	<b>23:17.34</b>		433	22,00
	100m: 1:29.62 1:29.62	500m: 7:34.55 1:32.83	900m: 13:50.58 1:34.95	1300m: 20:11.06 1:36.35			
	200m: 3:01.73 1:32.11	600m: 9:07.78 1:33.23	1000m: 15:25.18 1:34.60	1400m: 21:46.31 1:35.25			
	300m: 4:31.15 1:29.42	700m: 10:42.15 1:34.37	1100m: 16:59.47 1:34.29	1500m: 23:17.34 1:31.03			
	400m: 6:01.72 1:30.57	800m: 12:15.63 1:33.48	1200m: 18:34.71 1:35.24				
4.	<b>TEJO Rui Miguel</b>	69	Academica de Coimbra	<b>23:49.00</b>		405	20,00
	100m: 1:24.13 1:24.13	500m: 7:42.95 1:35.71	900m: 14:09.49 1:37.41	1300m: 20:39.28 1:37.52			
	200m: 2:56.11 1:31.98	600m: 9:19.10 1:36.15	1000m: 15:47.20 1:37.71	1400m: 22:15.79 1:36.51			
	300m: 4:31.33 1:35.22	700m: 10:56.15 1:37.05	1100m: 17:24.17 1:36.97	1500m: 23:49.00 1:33.21			
	400m: 6:07.24 1:35.91	800m: 12:32.08 1:35.93	1200m: 19:01.76 1:37.59				
5.	<b>RIBEIRO Celso Fernando</b>	69	Porto	<b>24:31.02</b>		371	19,00
	100m: 1:32.35 1:32.35	500m: 8:04.89 1:38.12	900m: 14:40.18 1:39.83	1300m: 21:18.47 1:39.41			
	200m: 3:11.63 1:39.28	600m: 9:43.33 1:38.44	1000m: 16:19.93 1:39.75	1400m: 22:57.30 1:38.83			
	300m: 4:48.92 1:37.29	700m: 11:21.33 1:38.00	1100m: 17:59.25 1:39.32	1500m: 24:31.02 1:33.72			
	400m: 6:26.77 1:37.85	800m: 13:00.35 1:39.02	1200m: 19:39.06 1:39.81				
6.	<b>NEVES Paulo Alexandre</b>	66	Leixoes	<b>24:31.13</b>		371	18,00
	100m: 1:29.62 1:29.62	500m: 8:00.66 1:39.44	900m: 14:36.59 1:38.36	1300m: 21:15.83 1:40.93			
	200m: 3:05.91 1:36.29	600m: 9:40.59 1:39.93	1000m: 16:15.99 1:39.40	1400m: 22:57.32 1:41.49			
	300m: 4:43.33 1:37.42	700m: 11:19.49 1:38.90	1100m: 17:55.10 1:39.11	1500m: 24:31.13 1:33.81			
	400m: 6:21.22 1:37.89	800m: 12:58.23 1:38.74	1200m: 19:34.90 1:39.80				
7.	<b>ALVES Fernando Jose</b>	69	Fundacao Salesianos	<b>25:43.36</b>		321	17,00
	100m: 1:35.56 1:35.56	500m: 8:29.10 1:43.50	900m: 15:25.94 1:44.78	1300m: 22:22.11 1:42.65			
	200m: 3:18.03 1:42.47	600m: 10:13.46 1:44.36	1000m: 17:11.07 1:45.13	1400m: 24:07.00 1:44.89			
	300m: 5:01.56 1:43.53	700m: 11:57.12 1:43.66	1100m: 18:54.97 1:43.90	1500m: 25:43.36 1:36.36			
	400m: 6:45.60 1:44.04	800m: 13:41.16 1:44.04	1200m: 20:39.46 1:44.49				
8.	<b>RIBEIRO Antonio Manuel</b>	69	Leixoes	<b>26:10.63</b>		305	16,00
	100m: 1:37.98 1:37.98	500m: 8:39.05 1:46.67	900m: 15:41.03 1:45.63	1300m: 22:42.03 1:45.41			
	200m: 3:20.71 1:42.73	600m: 10:24.39 1:45.34	1000m: 17:26.16 1:45.13	1400m: 24:27.67 1:45.64			
	300m: 5:06.50 1:45.79	700m: 12:09.97 1:45.58	1100m: 19:11.84 1:45.68	1500m: 26:10.63 1:42.96			
	400m: 6:52.38 1:45.88	800m: 13:55.40 1:45.43	1200m: 20:56.62 1:44.78				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	SOUZA Luis Manuel	66	Fluvial Portuense	<b>26:22.27</b>		298	14,00
	100m: 1:32.21 1:32.21	500m: 8:28.61 1:47.54	900m: 15:42.29 1:47.91	1300m: 22:54.48 1:49.24			
	200m: 3:12.32 1:40.11	600m: 10:15.42 1:46.81	1000m: 17:29.24 1:46.95	1400m: 24:42.57 1:48.09			
	300m: 4:54.77 1:42.45	700m: 12:03.95 1:48.53	1100m: 19:17.84 1:48.60	1500m: 26:22.27 1:39.70			
	400m: 6:41.07 1:46.30	800m: 13:54.38 1:50.43	1200m: 21:05.24 1:47.40				
10.	SANTINHA Antonio Manuel	69	Masters de Almada	<b>26:36.40</b>		290	12,00
	100m: 1:42.04 1:42.04	500m: 8:51.57 1:47.52	900m: 16:03.13 1:46.91	1300m: 23:11.24 1:47.29			
	200m: 3:28.95 1:46.91	600m: 10:39.33 1:47.76	1000m: 17:50.03 1:46.90	1400m: 24:57.22 1:45.98			
	300m: 5:16.44 1:47.49	700m: 12:27.66 1:48.33	1100m: 19:37.02 1:46.99	1500m: 26:36.40 1:39.18			
	400m: 7:04.05 1:47.61	800m: 14:16.22 1:48.56	1200m: 21:23.95 1:46.93				
11.	NEVES Mario Antonio	68	Gesloures	<b>27:20.50</b>		267	11,00
	100m: 1:41.81 1:41.81	500m: 8:48.53 1:45.73	900m: 16:03.76 1:51.00	1300m: 23:37.86 1:54.84			
	200m: 3:30.44 1:48.63	600m: 10:34.97 1:46.44	1000m: 17:56.12 1:52.36	1400m: 25:30.65 1:52.79			
	300m: 5:17.56 1:47.12	700m: 12:22.90 1:47.93	1100m: 19:49.18 1:53.06	1500m: 27:20.50 1:49.85			
	400m: 7:02.80 1:45.24	800m: 14:12.76 1:49.86	1200m: 21:43.02 1:53.84				
12.	TRIGO Daniel Castro	65	Sporting de Aveiro	<b>27:45.28</b>		256	10,00
	100m: 1:45.47 1:45.47	500m: 9:13.89 1:52.41	900m: 16:40.31 1:51.43	1300m: 24:08.37 1:51.33			
	200m: 3:37.19 1:51.72	600m: 11:05.49 1:51.60	1000m: 18:32.82 1:52.51	1400m: 25:59.34 1:50.97			
	300m: 5:29.26 1:52.07	700m: 12:57.54 1:52.05	1100m: 20:24.41 1:51.59	1500m: 27:45.28 1:45.94			
	400m: 7:21.48 1:52.22	800m: 14:48.88 1:51.34	1200m: 22:17.04 1:52.63				
13.	MELO Antonio Paulo	67	Fluvial Portuense	<b>28:06.73</b>		246	9,00
	100m: 1:42.90 1:42.90	500m: 9:14.14 1:53.16	900m: 16:52.09 1:54.94	1300m: 24:28.39 1:52.14			
	200m: 3:34.81 1:51.91	600m: 11:08.48 1:54.34	1000m: 18:47.60 1:55.51	1400m: 26:19.72 1:51.33			
	300m: 5:27.82 1:53.01	700m: 13:02.36 1:53.88	1100m: 20:42.87 1:55.27	1500m: 28:06.73 1:47.01			
	400m: 7:20.98 1:53.16	800m: 14:57.15 1:54.79	1200m: 22:36.25 1:53.38				
14.	ANTUNES Luis Miguel	68	Leixoes	<b>30:21.35</b>		195	8,00
	100m: 1:53.47 1:53.47	500m: 10:03.26 2:03.23	900m: 18:20.32 2:02.41	1300m: 26:27.23 2:00.21			
	200m: 3:54.00 2:00.53	600m: 12:07.23 2:03.97	1000m: 20:23.46 2:03.14	1400m: 28:25.55 1:58.32			
	300m: 5:55.41 2:01.41	700m: 14:12.14 2:04.91	1100m: 22:25.48 2:02.02	1500m: 30:21.35 1:55.80			
	400m: 8:00.03 2:04.62	800m: 16:17.91 2:05.77	1200m: 24:27.02 2:01.54				
15.	BAPTISTA Jose Manuel	69	Leixoes	<b>31:08.93</b>		181	7,00
	100m: 1:45.80 1:45.80	500m: 9:41.95 2:02.76	900m: 18:09.18 2:07.73	1300m: 26:41.35 2:09.46			
	200m: 3:39.17 1:53.37	600m: 11:47.59 2:05.64	1000m: 20:16.04 2:06.86	1400m: 28:56.16 2:14.81			
	300m: 5:37.21 1:58.04	700m: 13:55.11 2:07.52	1100m: 22:22.79 2:06.75	1500m: 31:08.93 2:12.77			
	400m: 7:39.19 2:01.98	800m: 16:01.45 2:06.34	1200m: 24:31.89 2:09.10				
16.	LOUREIRO Luis Miguel	68	Fluvial Portuense	<b>32:57.49</b>		152	6,00
	100m: 1:59.98 1:59.98	500m: 10:53.86 2:13.23	900m: 19:42.86 2:12.75	1300m: 28:33.97 2:14.41			
	200m: 4:11.74 2:11.76	600m: 13:07.40 2:13.54	1000m: 21:55.36 2:12.50	1400m: 30:49.54 2:15.57			
	300m: 6:25.72 2:13.98	700m: 15:18.50 2:11.10	1100m: 24:07.03 2:11.67	1500m: 32:57.49 2:07.95			
	400m: 8:40.63 2:14.91	800m: 17:30.11 2:11.61	1200m: 26:19.56 2:12.53				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres

Prova 2  
23-02-2019

Masc., 1500m Livres

Master Esc G  
Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FREITAS Jose Carlos	63	Individual ANNP	<b>18:14.78</b>		1264	30,00
	100m: 1:09.67 1:09.67		500m: 5:58.30 1:12.25	900m: 10:51.02 1:13.95	1300m: 15:48.65 1:14.69		
	200m: 2:21.79 1:12.12		600m: 7:10.87 1:12.57	1000m: 12:05.02 1:14.00	1400m: 17:02.98 1:14.33		
	300m: 3:34.23 1:12.44		700m: 8:23.68 1:12.81	1100m: 13:19.32 1:14.30	1500m: 18:14.78 1:11.80		
	400m: 4:46.05 1:11.82		800m: 9:37.07 1:13.39	1200m: 14:33.96 1:14.64			
2.	LOBO Nuno Silva	63	Fluvial Portuense	<b>22:21.60</b>		686	26,00
	100m: 1:24.86 1:24.86		500m: 7:23.15 1:30.50	900m: 13:25.29 1:31.16	1300m: 19:27.12 1:29.88		
	200m: 2:52.82 1:27.96		600m: 8:52.86 1:29.71	1000m: 14:56.15 1:30.86	1400m: 20:57.28 1:30.16		
	300m: 4:22.68 1:29.86		700m: 10:23.50 1:30.64	1100m: 16:26.88 1:30.73	1500m: 22:21.60 1:24.32		
	400m: 5:52.65 1:29.97		800m: 11:54.13 1:30.63	1200m: 17:57.24 1:30.36			
3.	COSTA Armando Joao	63	Colegio SMLamas	<b>24:09.43</b>		544	22,00
	100m: 1:29.33 1:29.33		500m: 8:01.63 1:39.30	900m: 14:33.58 1:37.57	1300m: 21:01.95 1:36.52		
	200m: 3:05.37 1:36.04		600m: 9:40.52 1:38.89	1000m: 16:11.29 1:37.71	1400m: 22:37.37 1:35.42		
	300m: 4:43.45 1:38.08		700m: 11:18.92 1:38.40	1100m: 17:48.21 1:36.92	1500m: 24:09.43 1:32.06		
	400m: 6:22.33 1:38.88		800m: 12:56.01 1:37.09	1200m: 19:25.43 1:37.22			
4.	SEABRA Henrique Luis	61	Fluvial Portuense	<b>24:13.86</b>		539	20,00
	100m: 1:30.44 1:30.44		500m: 7:52.01 1:35.36	900m: 14:22.43 1:37.90	1300m: 20:59.09 1:39.51		
	200m: 3:04.95 1:34.51		600m: 9:29.57 1:37.56	1000m: 16:01.24 1:38.81	1400m: 22:38.16 1:39.07		
	300m: 4:40.81 1:35.86		700m: 11:06.47 1:36.90	1100m: 17:40.00 1:38.76	1500m: 24:13.86 1:35.70		
	400m: 6:16.65 1:35.84		800m: 12:44.53 1:38.06	1200m: 19:19.58 1:39.58			
5.	BERNARDO Luis Miguel	61	Fluvial Portuense	<b>24:57.27</b>		494	19,00
	100m: 1:30.04 1:30.04		500m: 8:00.47 1:39.44	900m: 14:47.15 1:43.18	1300m: 21:37.01 1:42.06		
	200m: 3:05.69 1:35.65		600m: 9:40.93 1:40.46	1000m: 16:30.35 1:43.20	1400m: 23:18.63 1:41.62		
	300m: 4:43.14 1:37.45		700m: 11:21.99 1:41.06	1100m: 18:12.62 1:42.27	1500m: 24:57.27 1:38.64		
	400m: 6:21.03 1:37.89		800m: 13:03.97 1:41.98	1200m: 19:54.95 1:42.33			
6.	BARROSO Jose Miguel	62	Fluvial Portuense	<b>25:06.92</b>		484	18,00
	100m: 1:34.83 1:34.83		500m: 8:28.16 1:44.96	900m: 15:12.08 1:38.76	1300m: 21:51.63 1:40.09		
	200m: 3:16.08 1:41.25		600m: 10:10.94 1:42.78	1000m: 16:51.66 1:39.58	1400m: 23:32.63 1:41.00		
	300m: 4:59.69 1:43.61		700m: 11:51.94 1:41.00	1100m: 18:31.06 1:39.40	1500m: 25:06.92 1:34.29		
	400m: 6:43.20 1:43.51		800m: 13:33.32 1:41.38	1200m: 20:11.54 1:40.48			
7.	RIBEIRO Jorge Vieira	64	Sporting de Aveiro	<b>25:41.14</b>		453	17,00
	100m: 1:34.91 1:34.91		500m: 8:27.51 1:44.64	900m: 15:24.13 1:44.31	1300m: 22:21.11 1:42.82		
	200m: 3:16.04 1:41.13		600m: 10:11.55 1:44.04	1000m: 17:09.02 1:44.89	1400m: 24:03.51 1:42.40		
	300m: 4:59.13 1:43.09		700m: 11:55.37 1:43.82	1100m: 18:54.68 1:45.66	1500m: 25:41.14 1:37.63		
	400m: 6:42.87 1:43.74		800m: 13:39.82 1:44.45	1200m: 20:38.29 1:43.61			
8.	VELEZ Rui Manuel	64	Luz e Vida	<b>25:43.77</b>		450	16,00
	100m: 1:38.04 1:38.04		500m: 8:34.15 1:44.20	900m: 15:28.28 1:42.85	1300m: 22:24.15 1:44.00		
	200m: 3:21.77 1:43.73		600m: 10:18.08 1:43.93	1000m: 17:11.52 1:43.24	1400m: 24:08.44 1:44.29		
	300m: 5:06.03 1:44.26		700m: 12:01.69 1:43.61	1100m: 18:56.19 1:44.67	1500m: 25:43.77 1:35.33		
	400m: 6:49.95 1:43.92		800m: 13:45.43 1:43.74	1200m: 20:40.15 1:43.96			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	<b>MOURA Antonio Coelho</b>	60	Pimpoes/Cimai	<b>25:44.53</b>		450	14,00
	100m: 1:35.51 1:35.51	500m: 8:29.82 1:42.91	900m: 15:25.31 1:44.72	1300m: 22:21.07 1:42.68			
	200m: 3:18.96 1:43.45	600m: 10:14.05 1:44.23	1000m: 17:09.97 1:44.66	1400m: 24:05.88 1:44.81			
	300m: 5:03.10 1:44.14	700m: 11:57.01 1:42.96	1100m: 18:53.46 1:43.49	1500m: 25:44.53 1:38.65			
	400m: 6:46.91 1:43.81	800m: 13:40.59 1:43.58	1200m: 20:38.39 1:44.93				
10.	<b>CARVALHO Vitor Borges</b>	64	Viana Natacao	<b>26:38.94</b>		405	12,00
	100m: 1:36.65 1:36.65	500m: 8:43.70 1:46.92	900m: 15:53.15 1:48.74	1300m: 23:04.63 1:48.44			
	200m: 3:22.16 1:45.51	600m: 10:30.46 1:46.76	1000m: 17:40.71 1:47.56	1400m: 24:53.17 1:48.54			
	300m: 5:09.25 1:47.09	700m: 12:17.20 1:46.74	1100m: 19:27.79 1:47.08	1500m: 26:38.94 1:45.77			
	400m: 6:56.78 1:47.53	800m: 14:04.41 1:47.21	1200m: 21:16.19 1:48.40				
11.	<b>AMARAL Jose Rui</b>	63	Fluvial Portuense	<b>26:41.34</b>		403	11,00
	100m: 1:36.86 1:36.86	500m: 8:47.32 1:48.24	900m: 16:02.65 1:50.01	1300m: 23:14.86 1:46.90			
	200m: 3:24.22 1:47.36	600m: 10:35.89 1:48.57	1000m: 17:51.90 1:49.25	1400m: 25:02.89 1:48.03			
	300m: 5:10.75 1:46.53	700m: 12:23.84 1:47.95	1100m: 19:40.42 1:48.52	1500m: 26:41.34 1:38.45			
	400m: 6:59.08 1:48.33	800m: 14:12.64 1:48.80	1200m: 21:27.96 1:47.54				
12.	<b>MENESES Pedro Bruno</b>	62	Leixoes	<b>26:54.24</b>		394	10,00
	100m: 1:36.91 1:36.91	500m: 8:53.22 1:50.94	900m: 16:01.49 1:47.81	1300m: 23:25.38 1:47.55			
	200m: 3:24.32 1:47.41	600m: 10:40.23 1:47.01	1000m: 17:48.63 1:47.14	1400m: 25:15.44 1:50.06			
	300m: 5:13.18 1:48.86	700m: 12:27.02 1:46.79	1100m: 19:33.93 1:45.30	1500m: 26:54.24 1:38.80			
	400m: 7:02.28 1:49.10	800m: 14:13.68 1:46.66	1200m: 21:37.83 2:03.90				
13.	<b>SOUSA Jose Fernando</b>	63	Fluvial Portuense	<b>29:04.83</b>		312	9,00
	100m: 1:42.21 1:42.21	500m: 9:25.57 1:58.44	900m: 17:21.03 1:59.83	1300m: 25:22.74 2:01.48			
	200m: 3:33.09 1:50.88	600m: 11:24.62 1:59.05	1000m: 19:21.73 2:00.70	1400m: 27:18.76 1:56.02			
	300m: 5:28.37 1:55.28	700m: 13:21.36 1:56.74	1100m: 21:22.81 2:01.08	1500m: 29:04.83 1:46.07			
	400m: 7:27.13 1:58.76	800m: 15:21.20 1:59.84	1200m: 23:21.26 1:58.45				
14.	<b>SOUSA Alberto Sergio</b>	63	Natacao da Maia	<b>29:33.98</b>		297	8,00
	100m: 1:42.41 1:42.41	500m: 9:32.52 2:00.14	900m: 17:34.35 2:00.08	1300m: 25:38.81 2:01.27			
	200m: 3:36.16 1:53.75	600m: 11:33.34 2:00.82	1000m: 19:36.54 2:02.19	1400m: 27:38.64 1:59.83			
	300m: 5:34.10 1:57.94	700m: 13:33.82 2:00.48	1100m: 21:36.86 2:00.32	1500m: 29:33.98 1:55.34			
	400m: 7:32.38 1:58.28	800m: 15:34.27 2:00.45	1200m: 23:37.54 2:00.68				
15.	<b>NEVES Domingos Marques</b>	61	Natacao de Valongo	<b>29:49.52</b>		289	7,00
	100m: 1:50.30 1:50.30	500m: 9:41.56 1:58.64	900m: 17:38.22 2:00.02	1300m: 25:45.54 2:02.96			
	200m: 3:46.56 1:56.26	600m: 11:41.15 1:59.59	1000m: 19:39.35 2:01.13	1400m: 27:46.94 2:01.40			
	300m: 5:44.71 1:58.15	700m: 13:39.30 1:58.15	1100m: 21:41.13 2:01.78	1500m: 29:49.52 2:02.58			
	400m: 7:42.92 1:58.21	800m: 15:38.20 1:58.90	1200m: 23:42.58 2:01.45				
16.	<b>SANTOS Manuel Fernando</b>	61	Gafanha da Encarnacao	<b>31:26.39</b>		247	6,00
	100m: 1:50.54 1:50.54	500m: 10:26.76 2:08.90	900m: 19:00.12 2:08.02	1300m: 27:27.22 2:05.11			
	200m: 3:57.54 2:07.00	600m: 12:35.10 2:08.34	1000m: 21:06.06 2:05.94	1400m: 29:31.08 2:03.86			
	300m: 6:08.44 2:10.90	700m: 14:43.95 2:08.85	1100m: 23:14.16 2:08.10	1500m: 31:26.39 1:55.31			
	400m: 8:17.86 2:09.42	800m: 16:52.10 2:08.15	1200m: 25:22.11 2:07.95				
17.	<b>SEARA Joao Henrique</b>	63	Leixoes	<b>32:19.74</b>		227	5,00
	100m: 1:57.18 1:57.18	500m: 10:30.27 2:08.94	900m: 19:07.10 2:09.88	1300m: 27:55.92 2:12.13			
	200m: 4:03.75 2:06.57	600m: 12:38.64 2:08.37	1000m: 21:17.88 2:10.78	1400m: 30:10.17 2:14.25			
	300m: 6:12.97 2:09.22	700m: 14:48.55 2:09.91	1100m: 23:30.72 2:12.84	1500m: 32:19.74 2:09.57			
	400m: 8:21.33 2:08.36	800m: 16:57.22 2:08.67	1200m: 25:43.79 2:13.07				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
18.	AZEVEDO Paulo Luis	60	Leixoes	<b>35:44.92</b>		168	4,00
	100m: 2:20.32 2:20.32	500m: 11:57.61 2:26.43	900m: 21:34.05 2:23.25	1300m: 31:05.81 2:21.68			
	200m: 4:43.64 2:23.32	600m: 14:22.93 2:25.32	1000m: 23:56.97 2:22.92	1400m: 33:26.90 2:21.09			
	300m: 7:06.86 2:23.22	700m: 16:47.27 2:24.34	1100m: 26:19.69 2:22.72	1500m: 35:44.92 2:18.02			
	400m: 9:31.18 2:24.32	800m: 19:10.80 2:23.53	1200m: 28:44.13 2:24.44				

Prova 2  
23-02-2019 Masc., 1500m Livres Master Esc H Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	MAVIOSO Vitor Manuel	56	Alges	<b>22:34.99</b>		704	30,00
	100m: 1:24.70 1:24.70	500m: 7:23.19 1:30.80	900m: 13:29.20 1:32.35	1300m: 19:35.63 1:31.05			
	200m: 2:53.61 1:28.91	600m: 8:53.98 1:30.79	1000m: 15:00.91 1:31.71	1400m: 21:06.69 1:31.06			
	300m: 4:22.26 1:28.65	700m: 10:25.44 1:31.46	1100m: 16:32.88 1:31.97	1500m: 22:34.99 1:28.30			
	400m: 5:52.39 1:30.13	800m: 11:56.85 1:31.41	1200m: 18:04.58 1:31.70				
2.	PINTO Mario Jose	57	Individual ANC	<b>23:32.14</b>		622	26,00
	100m: 1:28.60 1:28.60	500m: 7:46.50 1:35.33	900m: 14:07.65 1:36.15	1300m: 20:28.54 1:35.38			
	200m: 3:02.24 1:33.64	600m: 9:21.68 1:35.18	1000m: 15:43.39 1:35.74	1400m: 22:02.72 1:34.18			
	300m: 4:37.34 1:35.10	700m: 10:56.91 1:35.23	1100m: 17:17.89 1:34.50	1500m: 23:32.14 1:29.42			
	400m: 6:11.17 1:33.83	800m: 12:31.50 1:34.59	1200m: 18:53.16 1:35.27				
3.	TAVARES Jose Manuel	59	Palmela	<b>26:22.15</b>		442	22,00
	100m: 1:39.49 1:39.49	500m: 8:41.18 1:44.55	900m: 15:44.46 1:46.08	1300m: 22:52.34 1:45.69			
	200m: 3:25.73 1:46.24	600m: 10:27.39 1:46.21	1000m: 17:32.28 1:47.82	1400m: 24:37.97 1:45.63			
	300m: 5:12.22 1:46.49	700m: 12:12.59 1:45.20	1100m: 19:20.41 1:48.13	1500m: 26:22.15 1:44.18			
	400m: 6:56.63 1:44.41	800m: 13:58.38 1:45.79	1200m: 21:06.65 1:46.24				
4.	BARROS Mario Jorge	56	Porto	<b>28:59.28</b>		333	20,00
	100m: 1:49.38 1:49.38	500m: 9:38.91 1:58.03	900m: 17:31.42 1:56.50	1300m: 25:17.14 1:54.70			
	200m: 3:45.38 1:56.00	600m: 11:37.20 1:58.29	1000m: 19:27.53 1:56.11	1400m: 27:12.54 1:55.40			
	300m: 5:43.79 1:58.41	700m: 13:36.32 1:59.12	1100m: 21:24.61 1:57.08	1500m: 28:59.28 1:46.74			
	400m: 7:40.88 1:57.09	800m: 15:34.92 1:58.60	1200m: 23:22.44 1:57.83				
5.	ROCHA Paulo Jorge	59	Fluvial Portuense	<b>29:43.37</b>		309	19,00
	100m: 1:42.84 1:42.84	500m: 9:32.98 1:58.80	900m: 17:32.31 2:01.29	1300m: 25:41.43 2:04.38			
	200m: 3:38.39 1:55.55	600m: 11:32.71 1:59.73	1000m: 19:34.86 2:02.55	1400m: 27:44.02 2:02.59			
	300m: 5:35.48 1:57.09	700m: 13:31.37 1:58.66	1100m: 21:35.80 2:00.94	1500m: 29:43.37 1:59.35			
	400m: 7:34.18 1:58.70	800m: 15:31.02 1:59.65	1200m: 23:37.05 2:01.25				
6.	LUZ Paulo Filipe	59	Gesloures	<b>30:44.39</b>		279	18,00
	100m: 1:53.02 1:53.02	500m: 9:57.85 2:00.79	900m: 18:14.51 2:05.19	1300m: 26:42.81 2:19.01			
	200m: 3:55.31 2:02.29	600m: 12:01.87 2:04.02	1000m: 20:18.29 2:03.78	1400m: 28:47.48 2:04.67			
	300m: 5:56.43 2:01.12	700m: 14:05.34 2:03.47	1100m: 22:22.02 2:03.73	1500m: 30:44.39 1:56.91			
	400m: 7:57.06 2:00.63	800m: 16:09.32 2:03.98	1200m: 24:23.80 2:01.78				
7.	RAPOSO Jose Alexandre	55	Sporting de Aveiro	<b>32:00.43</b>		247	17,00
	100m: 2:01.16 2:01.16	500m: 10:34.91 2:07.45	900m: 19:13.67 2:10.01	1300m: 27:50.18 2:08.93			
	200m: 4:10.21 2:09.05	600m: 12:43.41 2:08.50	1000m: 21:23.11 2:09.44	1400m: 29:58.12 2:07.94			
	300m: 6:20.00 2:09.79	700m: 14:53.58 2:10.17	1100m: 23:31.36 2:08.25	1500m: 32:00.43 2:02.31			
	400m: 8:27.46 2:07.46	800m: 17:03.66 2:10.08	1200m: 25:41.25 2:09.89				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	ROSEIRA Joao Luis	55	Fluvial Portuense	<b>35:27.83</b>		182	16,00
	100m: 2:11.03 2:11.03	500m: 11:33.46 2:20.67	900m: 21:02.69 2:20.45	1300m: 30:45.65 2:23.91			
	200m: 4:31.50 2:20.47	600m: 13:54.90 2:21.44	1000m: 23:30.19 2:27.50	1400m: 33:08.92 2:23.27			
	300m: 6:51.76 2:20.26	700m: 16:19.24 2:24.34	1100m: 25:55.72 2:25.53	1500m: 35:27.83 2:18.91			
	400m: 9:12.79 2:21.03	800m: 18:42.24 2:23.00	1200m: 28:21.74 2:26.02				

Prova 2  
23-02-2019  
Masc., 1500m Livres  
Master Esc I  
Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	CORREIA Carlos Augusto	52	Masters de Almada	<b>26:59.12</b>		469	30,00
	100m: 1:43.79 1:43.79	500m: 8:55.76 1:48.50	900m: 16:07.79 1:48.11	1300m: 23:23.63 1:50.13			
	200m: 3:31.65 1:47.86	600m: 10:43.39 1:47.63	1000m: 17:55.59 1:47.80	1400m: 25:12.54 1:48.91			
	300m: 5:18.89 1:47.24	700m: 12:31.27 1:47.88	1100m: 19:44.52 1:48.93	1500m: 26:59.12 1:46.58			
	400m: 7:07.26 1:48.37	800m: 14:19.68 1:48.41	1200m: 21:33.50 1:48.98				
2.	MADAIL Jose Henrique	54	Galitos / Bresimar	<b>29:51.63</b>		346	26,00
	100m: 1:57.75 1:57.75	500m: 10:03.13 2:01.56	900m: 18:07.58 2:01.13	1300m: 26:01.29 1:58.38			
	200m: 3:58.48 2:00.73	600m: 12:04.02 2:00.89	1000m: 20:06.12 1:58.54	1400m: 28:00.25 1:58.96			
	300m: 5:59.59 2:01.11	700m: 14:05.53 2:01.51	1100m: 22:03.89 1:57.77	1500m: 29:51.63 1:51.38			
	400m: 8:01.57 2:01.98	800m: 16:06.45 2:00.92	1200m: 24:02.91 1:59.02				
3.	MORGADO Jose Luis	54	Fluvial Portuense	<b>31:39.15</b>		290	22,00
	100m: 2:02.91 2:02.91	500m: 10:31.05 2:06.87	900m: 19:01.52 2:07.34	1300m: 27:35.78 2:09.46			
	200m: 4:10.14 2:07.23	600m: 12:38.62 2:07.57	1000m: 21:09.43 2:07.91	1400m: 29:45.67 2:09.89			
	300m: 6:17.62 2:07.48	700m: 14:46.12 2:07.50	1100m: 23:17.40 2:07.97	1500m: 31:39.15 1:53.48			
	400m: 8:24.18 2:06.56	800m: 16:54.18 2:08.06	1200m: 25:26.32 2:08.92				
4.	MARQUES Antonio Jorge	51	Fluvial Portuense	<b>33:31.57</b>		244	20,00
	100m: 2:04.84 2:04.84	500m: 10:58.57 2:13.65	900m: 19:57.06 2:15.83	1300m: 29:05.31 2:16.02			
	200m: 4:19.52 2:14.68	600m: 13:12.11 2:13.54	1000m: 22:14.23 2:17.17	1400m: 31:21.54 2:16.23			
	300m: 6:30.93 2:11.41	700m: 15:26.50 2:14.39	1100m: 24:32.32 2:18.09	1500m: 33:31.57 2:10.03			
	400m: 8:44.92 2:13.99	800m: 17:41.23 2:14.73	1200m: 26:49.29 2:16.97				
5.	CECILIO Antonio Alves	54	Fluvial Portuense	<b>34:35.40</b>		222	19,00
	100m: 2:09.52 2:09.52	500m: 11:36.39 2:21.87	900m: 21:00.79 2:21.13	1300m: 30:19.61 2:17.63			
	200m: 4:30.07 2:20.55	600m: 13:57.20 2:20.81	1000m: 23:21.44 2:20.65	1400m: 32:36.04 2:16.43			
	300m: 6:53.05 2:22.98	700m: 16:18.76 2:21.56	1100m: 25:40.30 2:18.86	1500m: 34:35.40 1:59.36			
	400m: 9:14.52 2:21.47	800m: 18:39.66 2:20.90	1200m: 28:01.98 2:21.68				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS







MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc J  
23-02-2019 Resultados

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

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
1.	DYSON Stephen Thomas	47	Alges	<b>24:35.68</b>		699	30,00	
	<i>Rec Nacional Escalão J</i>							
	100m: 1:33.35	1:33.35	500m: 8:07.19	1:38.73	900m: 14:41.76	1:37.85	1300m: 21:18.51	1:39.98
	200m: 3:11.29	1:37.94	600m: 9:45.64	1:38.45	1000m: 16:19.99	1:38.23	1400m: 22:57.73	1:39.22
	300m: 4:50.37	1:39.08	700m: 11:24.77	1:39.13	1100m: 17:58.38	1:38.39	1500m: 24:35.68	1:37.95
	400m: 6:28.46	1:38.09	800m: 13:03.91	1:39.14	1200m: 19:38.53	1:40.15		
2.	GASPAR Alexandre Azevedo	45	Alges	<b>31:48.04</b>		323	26,00	
	100m: 2:03.11	2:03.11	500m: 10:42.05	2:09.24	900m: 19:11.71	2:06.70	1300m: 27:43.64	2:09.45
	200m: 4:14.05	2:10.94	600m: 12:48.93	2:06.88	1000m: 21:19.39	2:07.68	1400m: 29:49.79	2:06.15
	300m: 6:24.07	2:10.02	700m: 14:56.30	2:07.37	1100m: 23:26.10	2:06.71	1500m: 31:48.04	1:58.25
	400m: 8:32.81	2:08.74	800m: 17:05.01	2:08.71	1200m: 25:34.19	2:08.09		
3.	MARREIROS Jose Joaquim	46	Alges	<b>39:17.06</b>		171	22,00	
	100m: 2:22.14	2:22.14	500m: 12:52.73	2:40.54	900m: 23:25.16	2:38.04	1300m: 34:08.32	2:42.17
	200m: 4:54.06	2:31.92	600m: 15:32.16	2:39.43	1000m: 26:03.31	2:38.15	1400m: 36:45.61	2:37.29
	300m: 7:30.77	2:36.71	700m: 18:08.57	2:36.41	1100m: 28:44.97	2:41.66	1500m: 39:17.06	2:31.45
	400m: 10:12.19	2:41.42	800m: 20:47.12	2:38.55	1200m: 31:26.15	2:41.18		
4.	HORTA Jose Manuel	49	Alges	<b>46:30.91</b>		103	20,00	
	100m: 2:53.01	2:53.01	500m: 15:21.39	3:04.45	900m: 28:04.09	3:06.46	1300m: 40:41.11	3:00.66
	200m: 5:58.45	3:05.44	600m: 18:34.53	3:13.14	1000m: 31:20.22	3:16.13	1400m: 43:39.47	2:58.36
	300m: 9:06.82	3:08.37	700m: 21:43.64	3:09.11	1100m: 34:37.21	3:16.99	1500m: 46:30.91	2:51.44
	400m: 12:16.94	3:10.12	800m: 24:57.63	3:13.99	1200m: 37:40.45	3:03.24		

Prova 2 Masc., 1500m Livres Master Esc K  
23-02-2019 Resultados

RN Esc K(75-79) 38:56.30 RODRIGUES Antonio Alexandre AAC Coimbra 24-02-2018

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça	
1.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	<b>50:21.38</b>		101	30,00	
	100m: 3:03.74	3:03.74	500m: 16:15.68	3:22.44	900m: 30:10.08	3:34.41	1300m: 43:50.79	3:20.55
	200m: 6:15.69	3:11.95	600m: 19:40.72	3:25.04	1000m: 33:40.12	3:30.04	1400m: 47:16.87	3:26.08
	300m: 9:33.93	3:18.24	700m: 23:05.54	3:24.82	1100m: 37:05.73	3:25.61	1500m: 50:21.38	3:04.51
	400m: 12:53.24	3:19.31	800m: 26:35.67	3:30.13	1200m: 40:30.24	3:24.51		

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres

Prova 2 23-02-2019	Masc., 1500m Livres				Absoluto Resultados
RN Esc A(25-29)	17:37.72	NIZ Adriano Miguel	GDNVNF	Coimbra	18-04-2015
RN Esc B(30-34)	18:36.76	COSTA Jaime Fernando	CNLA	Cádiz (ESP)	24-06-2016
RN Esc C(35-39)	19:31.82	COURAS Ivan Mauricio	CFP	Coimbra	24-02-2018
RN Esc D(40-44)	19:06.20	COSTA Rodrigo Marques	CNLA	Coimbra	24-02-2018
RN Esc E(45-49)	20:02.29	CARVALHO Paulo Paula	UDCA	Manchester (GBR)	16-06-2006
RN Esc F(50-54)	17:51.93	FREITAS Jose Carlos	CFP	Coimbra	18-04-2015
RN Esc G(55-59)	18:05.10	FREITAS Jose Carlos	CFP	Coimbra	24-02-2018
RN Esc H(60-64)	22:04.34	MAVIOSO Vitor Manuel	SAD	Rio Maior	20-02-2016
RN Esc I(65-69)	24:23.33	DYSON Stephen Thomas	SAD	Rio Maior	20-02-2016
RN Esc J(70-74)	24:45.35	BASTO Antonio Bessone	SAD	Coimbra	18-04-2015
RN Esc K(75-79)	38:56.30	RODRIGUES Antonio Alexandre	AAC	Coimbra	24-02-2018
RN Esc L(80-84)	40:29.31	TEIXEIRA Joao Rodrigues	AAC	Coimbra	24-02-2018

Pontos: DSV Masters 16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>NIZ Adriano Miguel</b>	86	Famalicao	<b>17:17.76</b>		709	30,00
	100m: 1:05.40 1:05.40		500m: 5:38.07 1:09.65	900m: 10:17.56 1:09.70	1300m: 14:58.25 1:10.33		
	200m: 2:12.50 1:07.10		600m: 6:47.90 1:09.83	1000m: 11:27.59 1:10.03	1400m: 16:08.30 1:10.05		
	300m: 3:20.04 1:07.54		700m: 7:57.96 1:10.06	1100m: 12:37.87 1:10.28	1500m: 17:17.76 1:09.46		
	400m: 4:28.42 1:08.38		800m: 9:07.86 1:09.90	1200m: 13:47.92 1:10.05			
2.	<b>BESSA Antonio Rafael</b>	94	Aquatico Pacense	<b>17:25.70</b>		845	30,00
	100m: 1:04.23 1:04.23		500m: 5:37.88 1:09.75	900m: 10:18.94 1:10.71	1300m: 15:05.13 1:11.71		
	200m: 2:11.21 1:06.98		600m: 6:47.87 1:09.99	1000m: 11:29.93 1:10.99	1400m: 16:16.47 1:11.34		
	300m: 3:19.08 1:07.87		700m: 7:57.99 1:10.12	1100m: 12:41.44 1:11.51	1500m: 17:25.70 1:09.23		
	400m: 4:28.13 1:09.05		800m: 9:08.23 1:10.24	1200m: 13:53.42 1:11.98			
3.	<b>FREITAS Jose Carlos</b>	63	Individual ANNP	<b>18:14.78</b>		1264	30,00
	100m: 1:09.67 1:09.67		500m: 5:58.30 1:12.25	900m: 10:51.02 1:13.95	1300m: 15:48.65 1:14.69		
	200m: 2:21.79 1:12.12		600m: 7:10.87 1:12.57	1000m: 12:05.02 1:14.00	1400m: 17:02.98 1:14.33		
	300m: 3:34.23 1:12.44		700m: 8:23.68 1:12.81	1100m: 13:19.32 1:14.30	1500m: 18:14.78 1:11.80		
	400m: 4:46.05 1:11.82		800m: 9:37.07 1:13.39	1200m: 14:33.96 1:14.64			
4.	<b>RIBEIRO Carlos Andre</b>	87	Amarantus	<b>18:45.02</b>		557	26,00
	100m: 1:10.68 1:10.68		500m: 6:05.65 1:13.68	900m: 11:12.68 1:16.79	1300m: 16:16.57 1:16.07		
	200m: 2:23.54 1:12.86		600m: 7:22.06 1:16.41	1000m: 12:29.06 1:16.38	1400m: 17:32.20 1:15.63		
	300m: 3:37.31 1:13.77		700m: 8:39.96 1:17.90	1100m: 13:44.88 1:15.82	1500m: 18:45.02 1:12.82		
	400m: 4:51.97 1:14.66		800m: 9:55.89 1:15.93	1200m: 15:00.50 1:15.62			
5.	<b>OLIVEIRA Tiago Silva</b>	94	Fluvial Portuense	<b>19:00.36</b>		651	26,00
	100m: 1:08.89 1:08.89		500m: 6:11.82 1:16.37	900m: 11:16.58 1:16.05	1300m: 16:26.23 1:17.59		
	200m: 2:23.20 1:14.31		600m: 7:27.95 1:16.13	1000m: 12:34.04 1:17.46	1400m: 17:43.98 1:17.75		
	300m: 3:38.84 1:15.64		700m: 8:44.25 1:16.30	1100m: 13:51.42 1:17.38	1500m: 19:00.36 1:16.38		
	400m: 4:55.45 1:16.61		800m: 10:00.53 1:16.28	1200m: 15:08.64 1:17.22			
6.	<b>COURAS Ivan Mauricio</b> <i>Rec Nacional Escalão C</i>	81	Fluvial Portuense	<b>19:16.66</b>		702	30,00
	100m: 1:12.88 1:12.88		500m: 6:21.97 1:17.86	900m: 11:36.29 1:18.68	1300m: 16:47.72 1:17.54		
	200m: 2:28.97 1:16.09		600m: 7:40.37 1:18.40	1000m: 12:54.14 1:17.85	1400m: 18:04.35 1:16.63		
	300m: 3:46.13 1:17.16		700m: 8:58.71 1:18.34	1100m: 14:12.35 1:18.21	1500m: 19:16.66 1:12.31		
	400m: 5:04.11 1:17.98		800m: 10:17.61 1:18.90	1200m: 15:30.18 1:17.83			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	MONTEIRO Bruno Daniel	88	Leixoes	<b>19:21.83</b>		505	22,00
	100m: 1:12.39 1:12.39	500m: 6:16.49 1:16.58	900m: 11:27.40 1:18.49	1300m: 16:44.59 1:19.46			
	200m: 2:28.33 1:15.94	600m: 7:33.81 1:17.32	1000m: 12:46.84 1:19.44	1400m: 18:03.84 1:19.25			
	300m: 3:44.01 1:15.68	700m: 8:51.35 1:17.54	1100m: 14:06.16 1:19.32	1500m: 19:21.83 1:17.99			
	400m: 4:59.91 1:15.90	800m: 10:08.91 1:17.56	1200m: 15:25.13 1:18.97				
8.	REGO Ricardo Amorim	84	Leixoes	<b>19:23.91</b>		689	26,00
	100m: 1:14.05 1:14.05	500m: 6:26.77 1:18.41	900m: 11:38.66 1:18.28	1300m: 16:52.65 1:19.07			
	200m: 2:31.92 1:17.87	600m: 7:44.63 1:17.86	1000m: 12:57.20 1:18.54	1400m: 18:11.10 1:18.45			
	300m: 3:49.99 1:18.07	700m: 9:02.33 1:17.70	1100m: 14:15.31 1:18.11	1500m: 19:23.91 1:12.81			
	400m: 5:08.36 1:18.37	800m: 10:20.38 1:18.05	1200m: 15:33.58 1:18.27				
9.	ROQUE Jorge Manuel	90	Masters de Almada	<b>19:33.57</b>		597	22,00
	100m: 1:11.19 1:11.19	500m: 6:19.32 1:18.24	900m: 11:35.10 1:19.14	1300m: 16:54.68 1:20.52			
	200m: 2:25.74 1:14.55	600m: 7:37.74 1:18.42	1000m: 12:54.19 1:19.09	1400m: 18:14.45 1:19.77			
	300m: 3:42.93 1:17.19	700m: 8:56.44 1:18.70	1100m: 14:13.69 1:19.50	1500m: 19:33.57 1:19.12			
	400m: 5:01.08 1:18.15	800m: 10:15.96 1:19.52	1200m: 15:34.16 1:20.47				
10.	SILVA Luis Filipe	88	Fluvial Portuense	<b>19:36.42</b>		487	20,00
	100m: 1:12.65 1:12.65	500m: 6:19.37 1:18.08	900m: 11:36.24 1:20.18	1300m: 16:58.68 1:21.26			
	200m: 2:27.27 1:14.62	600m: 7:38.29 1:18.92	1000m: 12:56.69 1:20.45	1400m: 18:18.60 1:19.92			
	300m: 3:43.84 1:16.57	700m: 8:57.17 1:18.88	1100m: 14:16.84 1:20.15	1500m: 19:36.42 1:17.82			
	400m: 5:01.29 1:17.45	800m: 10:16.06 1:18.89	1200m: 15:37.42 1:20.58				
11.	RIJO Vasco Lobato	88	Gesloures	<b>20:01.60</b>		457	19,00
	100m: 1:11.57 1:11.57	500m: 6:30.12 1:21.47	900m: 11:58.33 1:22.17	1300m: 17:23.74 1:20.33			
	200m: 2:27.88 1:16.31	600m: 7:51.53 1:21.41	1000m: 13:20.18 1:21.85	1400m: 18:44.09 1:20.35			
	300m: 3:47.43 1:19.55	700m: 9:13.89 1:22.36	1100m: 14:41.59 1:21.41	1500m: 20:01.60 1:17.51			
	400m: 5:08.65 1:21.22	800m: 10:36.16 1:22.27	1200m: 16:03.41 1:21.82				
12.	MALTA Joao Carlos	82	Fundacao Salesianos	<b>20:06.18</b>		619	22,00
	100m: 1:16.40 1:16.40	500m: 6:34.59 1:20.39	900m: 11:57.71 1:21.18	1300m: 17:25.73 1:22.51			
	200m: 2:34.54 1:18.14	600m: 7:54.89 1:20.30	1000m: 13:19.14 1:21.43	1400m: 18:48.21 1:22.48			
	300m: 3:53.97 1:19.43	700m: 9:15.41 1:20.52	1100m: 14:41.09 1:21.95	1500m: 20:06.18 1:17.97			
	400m: 5:14.20 1:20.23	800m: 10:36.53 1:21.12	1200m: 16:03.22 1:22.13				
13.	BARBOSA Celso Ruben	77	Porto	<b>20:15.54</b>		566	30,00
	100m: 1:14.44 1:14.44	500m: 6:40.37 1:22.70	900m: 12:09.76 1:22.29	1300m: 17:38.04 1:22.93			
	200m: 2:34.09 1:19.65	600m: 8:02.73 1:22.36	1000m: 13:32.38 1:22.62	1400m: 18:59.34 1:21.30			
	300m: 3:55.54 1:21.45	700m: 9:24.58 1:21.85	1100m: 14:53.12 1:20.74	1500m: 20:15.54 1:16.20			
	400m: 5:17.67 1:22.13	800m: 10:47.47 1:22.89	1200m: 16:15.11 1:21.99				
14.	GOMEZ Gonzalo Iglesias	79	Fluvial Portuense	<b>20:24.29</b>		554	26,00
	100m: 1:12.13 1:12.13	500m: 6:27.47 1:21.41	900m: 11:57.05 1:22.16	1300m: 17:35.56 1:26.09			
	200m: 2:28.40 1:16.27	600m: 7:48.82 1:21.35	1000m: 13:20.19 1:23.14	1400m: 19:01.38 1:25.82			
	300m: 3:46.44 1:18.04	700m: 9:11.61 1:22.79	1100m: 14:44.19 1:24.00	1500m: 20:24.29 1:22.91			
	400m: 5:06.06 1:19.62	800m: 10:34.89 1:23.28	1200m: 16:09.47 1:25.28				
15.	CARVALHO Mario Moura	78	Porto	<b>20:30.68</b>		545	22,00
	100m: 1:21.52 1:21.52	500m: 6:54.46 1:22.80	900m: 12:26.32 1:22.07	1300m: 17:53.41 1:21.55			
	200m: 2:45.27 1:23.75	600m: 8:18.47 1:24.01	1000m: 13:48.30 1:21.98	1400m: 19:13.33 1:19.92			
	300m: 4:08.98 1:23.71	700m: 9:41.75 1:23.28	1100m: 15:10.28 1:21.98	1500m: 20:30.68 1:17.35			
	400m: 5:31.66 1:22.68	800m: 11:04.25 1:22.50	1200m: 16:31.86 1:21.58				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
16.	<b>CORDEIRO Diogo Andre</b>	90	Masters de Almada	<b>20:37.00</b>		510	20,00
	100m: 1:19.66 1:19.66	500m: 6:44.57 1:21.83	900m: 12:19.36 1:24.77	1300m: 17:53.34 1:24.41			
	200m: 2:37.87 1:18.21	600m: 8:06.53 1:21.96	1000m: 13:41.57 1:22.21	1400m: 19:15.97 1:22.63			
	300m: 4:00.21 1:22.34	700m: 9:29.28 1:22.75	1100m: 15:04.25 1:22.68	1500m: 20:37.00 1:21.03			
	400m: 5:22.74 1:22.53	800m: 10:54.59 1:25.31	1200m: 16:28.93 1:24.68				
17.	<b>CARDOSO Alvaro Miguel</b>	84	Lisboa Poolboys	<b>20:38.45</b>		572	20,00
	100m: 1:17.41 1:17.41	500m: 6:42.63 1:21.51	900m: 12:12.82 1:23.46	1300m: 17:50.60 1:24.35			
	200m: 2:38.68 1:21.27	600m: 8:03.89 1:21.26	1000m: 13:37.29 1:24.47	1400m: 19:15.58 1:24.98			
	300m: 3:59.82 1:21.14	700m: 9:26.31 1:22.42	1100m: 15:02.16 1:24.87	1500m: 20:38.45 1:22.87			
	400m: 5:21.12 1:21.30	800m: 10:49.36 1:23.05	1200m: 16:26.25 1:24.09				
18.	<b>FERNANDES Daniel Filipe</b>	85	Galitos / Bresimar	<b>20:41.05</b>		415	18,00
	100m: 1:16.06 1:16.06	500m: 6:45.45 1:23.45	900m: 12:23.75 1:24.08	1300m: 17:57.68 1:23.73			
	200m: 2:37.43 1:21.37	600m: 8:10.47 1:25.02	1000m: 13:47.91 1:24.16	1400m: 19:22.28 1:24.60			
	300m: 3:59.62 1:22.19	700m: 9:35.53 1:25.06	1100m: 15:11.32 1:23.41	1500m: 20:41.05 1:18.77			
	400m: 5:22.00 1:22.38	800m: 10:59.67 1:24.14	1200m: 16:33.95 1:22.63				
19.	<b>DUARTE Jose Samuel</b>	65	Sporting	<b>20:43.15</b>		615	30,00
	100m: 1:20.42 1:20.42	500m: 6:53.46 1:23.16	900m: 12:24.99 1:22.78	1300m: 17:57.81 1:23.63			
	200m: 2:43.28 1:22.86	600m: 8:16.34 1:22.88	1000m: 13:48.22 1:23.23	1400m: 19:21.40 1:23.59			
	300m: 4:06.26 1:22.98	700m: 9:39.18 1:22.84	1100m: 15:11.33 1:23.11	1500m: 20:43.15 1:21.75			
	400m: 5:30.30 1:24.04	800m: 11:02.21 1:23.03	1200m: 16:34.18 1:22.85				
20.	<b>CARVALHO Joao Carlos</b>	90	Lisboa Poolboys	<b>21:08.06</b>		473	19,00
	100m: 1:21.43 1:21.43	500m: 7:00.03 1:25.76	900m: 12:39.88 1:24.35	1300m: 18:19.81 1:25.22			
	200m: 2:45.12 1:23.69	600m: 8:25.31 1:25.28	1000m: 14:05.38 1:25.50	1400m: 19:44.29 1:24.48			
	300m: 4:09.29 1:24.17	700m: 9:50.74 1:25.43	1100m: 15:30.55 1:25.17	1500m: 21:08.06 1:23.77			
	400m: 5:34.27 1:24.98	800m: 11:15.53 1:24.79	1200m: 16:54.59 1:24.04				
21.	<b>SILVA Rogerio Vieira</b>	81	Galitos / Bresimar	<b>21:13.67</b>		526	19,00
	100m: 1:19.88 1:19.88	500m: 6:53.28 1:24.20	900m: 12:33.73 1:26.09	1300m: 18:22.79 1:27.77			
	200m: 2:42.96 1:23.08	600m: 8:17.82 1:24.54	1000m: 14:00.75 1:27.02	1400m: 19:50.04 1:27.25			
	300m: 4:06.09 1:23.13	700m: 9:42.67 1:24.85	1100m: 15:28.74 1:27.99	1500m: 21:13.67 1:23.63			
	400m: 5:29.08 1:22.99	800m: 11:07.64 1:24.97	1200m: 16:55.02 1:26.28				
22.	<b>FERREIRA Duarte Nuno</b>	86	Fundacao Salesianos	<b>21:23.36</b>		375	17,00
	100m: 1:20.95 1:20.95	500m: 6:54.60 1:24.71	900m: 12:36.20 1:26.19	1300m: 18:28.70 1:27.86			
	200m: 2:44.22 1:23.27	600m: 8:19.42 1:24.82	1000m: 14:03.82 1:27.62	1400m: 19:56.43 1:27.73			
	300m: 4:06.20 1:21.98	700m: 9:44.45 1:25.03	1100m: 15:32.51 1:28.69	1500m: 21:23.36 1:26.93			
	400m: 5:29.89 1:23.69	800m: 11:10.01 1:25.56	1200m: 17:00.84 1:28.33				
23.	<b>GONCALVES Carlos Guimaraes</b>	70	Fluvial Portuense	<b>21:24.81</b>		517	30,00
	100m: 1:20.06 1:20.06	500m: 6:53.85 1:24.46	900m: 12:40.55 1:27.27	1300m: 18:29.31 1:26.94			
	200m: 2:41.86 1:21.80	600m: 8:20.24 1:26.39	1000m: 14:08.31 1:27.76	1400m: 19:56.77 1:27.46			
	300m: 4:04.90 1:23.04	700m: 9:46.41 1:26.17	1100m: 15:35.60 1:27.29	1500m: 21:24.81 1:28.04			
	400m: 5:29.39 1:24.49	800m: 11:13.28 1:26.87	1200m: 17:02.37 1:26.77				
24.	<b>TAVARES Jose Pedro</b>	91	Gesloures	<b>21:28.92</b>		451	18,00
	100m: 1:21.51 1:21.51	500m: 7:06.98 1:27.43	900m: 12:56.82 1:27.11	1300m: 18:43.42 1:27.36			
	200m: 2:45.98 1:24.47	600m: 8:34.65 1:27.67	1000m: 14:24.26 1:27.44	1400m: 20:09.77 1:26.35			
	300m: 4:12.18 1:26.20	700m: 10:02.31 1:27.66	1100m: 15:49.97 1:25.71	1500m: 21:28.92 1:19.15			
	400m: 5:39.55 1:27.37	800m: 11:29.71 1:27.40	1200m: 17:16.06 1:26.09				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
25.	OLIVEIRA Carlos Miguel	78	Estarreja	<b>21:36.63</b>		466	20,00
	100m: 1:22.21 1:22.21	500m: 7:02.36 1:24.88	900m: 12:49.18 1:27.17	1300m: 18:42.75 1:29.12			
	200m: 2:47.32 1:25.11	600m: 8:27.92 1:25.56	1000m: 14:17.23 1:28.05	1400m: 20:11.81 1:29.06			
	300m: 4:12.73 1:25.41	700m: 9:54.60 1:26.68	1100m: 15:45.23 1:28.00	1500m: 21:36.63 1:24.82			
	400m: 5:37.48 1:24.75	800m: 11:22.01 1:27.41	1200m: 17:13.63 1:28.40				
26.	PIMENTEL Pedro Filipe	84	Foca	<b>21:42.53</b>		491	18,00
	100m: 1:18.44 1:18.44	500m: 6:54.47 1:26.48	900m: 12:48.75 1:29.56	1300m: 18:45.85 1:28.77			
	200m: 2:40.55 1:22.11	600m: 8:21.69 1:27.22	1000m: 14:18.32 1:29.57	1400m: 20:14.89 1:29.04			
	300m: 4:03.25 1:22.70	700m: 9:50.10 1:28.41	1100m: 15:47.60 1:29.28	1500m: 21:42.53 1:27.64			
	400m: 5:27.99 1:24.74	800m: 11:19.19 1:29.09	1200m: 17:17.08 1:29.48				
27.	MOREIRA Fernando Santos	94	Leixoes	<b>21:44.87</b>		434	17,00
	100m: 1:19.99 1:19.99	500m: 7:10.53 1:28.73	900m: 13:03.15 1:26.82	1300m: 18:55.00 1:28.79			
	200m: 2:44.87 1:24.88	600m: 8:39.30 1:28.77	1000m: 14:31.68 1:28.53	1400m: 20:22.09 1:27.09			
	300m: 4:13.22 1:28.35	700m: 10:07.68 1:28.38	1100m: 15:58.81 1:27.13	1500m: 21:44.87 1:22.78			
	400m: 5:41.80 1:28.58	800m: 11:36.33 1:28.65	1200m: 17:26.21 1:27.40				
28.	MACEDO Joao Miguel	74	Leixoes	<b>22:05.44</b>		471	26,00
	100m: 1:20.90 1:20.90	500m: 7:17.67 1:30.42	900m: 13:16.02 1:29.45	1300m: 19:14.67 1:29.67			
	200m: 2:48.57 1:27.67	600m: 8:47.26 1:29.59	1000m: 14:45.47 1:29.45	1400m: 20:43.87 1:29.20			
	300m: 4:17.64 1:29.07	700m: 10:16.86 1:29.60	1100m: 15:58.81 1:27.13	1500m: 22:05.44 1:21.57			
	400m: 5:47.25 1:29.61	800m: 11:46.57 1:29.71	1200m: 17:45.00				
29.	CANDEIAS Daniel Filipe	90	Luz e Vida	<b>22:09.22</b>		411	16,00
	100m: 1:23.55 1:23.55	500m: 7:19.26 1:30.40	900m: 13:21.62 1:30.83	1300m: 19:20.57 1:27.66			
	200m: 2:49.42 1:25.87	600m: 8:49.21 1:29.95	1000m: 14:52.72 1:31.10	1400m: 20:46.55 1:25.98			
	300m: 4:18.40 1:28.98	700m: 10:19.35 1:30.14	1100m: 16:23.63 1:30.91	1500m: 22:09.22 1:22.67			
	400m: 5:48.86 1:30.46	800m: 11:50.79 1:31.44	1200m: 17:52.91 1:29.28				
30.	BARTOLO Edgar Paiva	88	Leixoes	<b>22:18.47</b>		330	16,00
	100m: 1:18.97 1:18.97	500m: 6:42.25 1:22.24	900m: 12:36.55 1:32.70	1300m: 19:09.64 1:40.22			
	200m: 2:38.29 1:19.32	600m: 8:05.97 1:23.72	1000m: 14:13.38 1:36.83	1400m: 20:44.92 1:35.28			
	300m: 3:58.45 1:20.16	700m: 9:31.61 1:25.64	1100m: 15:50.49 1:37.11	1500m: 22:18.47 1:33.55			
	400m: 5:20.01 1:21.56	800m: 11:03.85 1:32.24	1200m: 17:29.42 1:38.93				
31.	PIRES Miguel Pinheiro	78	Fluvial Portuense	<b>22:20.78</b>		421	19,00
	100m: 1:22.40 1:22.40	500m: 7:18.75 1:30.62	900m: 13:21.39 1:31.40	1300m: 19:23.88 1:30.59			
	200m: 2:48.39 1:25.99	600m: 8:48.72 1:29.97	1000m: 14:52.23 1:30.84	1400m: 20:55.08 1:31.20			
	300m: 4:18.40 1:28.98	700m: 10:19.35 1:30.14	1100m: 16:23.63 1:30.91	1500m: 22:09.22 1:22.67			
	400m: 5:48.13	800m: 11:49.99 1:31.10	1200m: 17:53.29 1:29.70				
32.	LOBO Nuno Silva	63	Fluvial Portuense	<b>22:21.60</b>		686	26,00
	100m: 1:24.86 1:24.86	500m: 7:23.15 1:30.50	900m: 13:25.29 1:31.16	1300m: 19:27.12 1:29.88			
	200m: 2:52.82 1:27.96	600m: 8:52.86 1:29.71	1000m: 14:56.15 1:30.86	1400m: 20:57.28 1:30.16			
	300m: 4:22.68 1:29.86	700m: 10:23.50 1:30.64	1100m: 16:26.88 1:30.73	1500m: 22:21.60 1:24.32			
	400m: 5:52.65 1:29.97	800m: 11:54.13 1:30.63	1200m: 17:57.24 1:30.36				
33.	MOREIRA Pedro Joaquim	87	Penafiel	<b>22:24.03</b>		326	14,00
	100m: 1:18.45 1:18.45	500m: 7:13.25 1:29.13	900m: 13:19.28 1:31.86	1300m: 19:24.07 1:31.02			
	200m: 2:44.50 1:26.05	600m: 8:44.76 1:31.51	1000m: 14:50.81 1:31.53	1400m: 20:55.27 1:31.20			
	300m: 4:13.86 1:29.36	700m: 10:16.19 1:31.43	1100m: 16:21.70 1:30.89	1500m: 22:24.03 1:28.76			
	400m: 5:44.12 1:30.26	800m: 11:47.42 1:31.23	1200m: 17:53.05 1:31.35				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
34.	MONTEIRO Jorge Manuel	67	Fluval Portuense	<b>22:25.21</b>		485	26,00
	100m: 1:22.48 1:22.48	500m: 7:19.36 1:30.00	900m: 13:17.00 1:29.77	1300m: 19:21.22 1:31.18			
	200m: 2:51.16 1:28.68	600m: 8:48.92 1:29.56	1000m: 14:47.49 1:30.49	1400m: 20:52.91 1:31.69			
	300m: 4:19.72 1:28.56	700m: 10:18.66 1:29.74	1100m: 16:19.31 1:31.82	1500m: 22:25.21 1:32.30			
	400m: 5:49.36 1:29.64	800m: 11:47.23 1:28.57	1200m: 17:50.04 1:30.73				
35.	MAVIOSO Vitor Manuel	56	Alges	<b>22:34.99</b>		704	30,00
	100m: 1:24.70 1:24.70	500m: 7:23.19 1:30.80	900m: 13:29.20 1:32.35	1300m: 19:35.63 1:31.05			
	200m: 2:53.61 1:28.91	600m: 8:53.98 1:30.79	1000m: 15:00.91 1:31.71	1400m: 21:06.69 1:31.06			
	300m: 4:22.26 1:28.65	700m: 10:25.44 1:31.46	1100m: 16:32.88 1:31.97	1500m: 22:34.99 1:28.30			
	400m: 5:52.39 1:30.13	800m: 11:56.85 1:31.41	1200m: 18:04.58 1:31.70				
36.	FERREIRA Joao Pedro	91	Gesloures	<b>22:46.09</b>		379	14,00
	100m: 1:25.75 1:25.75	500m: 7:21.64 1:30.43	900m: 13:28.36 1:32.55	1300m: 19:42.89 1:33.72			
	200m: 2:54.04 1:28.29	600m: 8:52.78 1:31.14	1000m: 15:01.70 1:33.34	1400m: 21:16.78 1:33.89			
	300m: 4:21.73 1:27.69	700m: 10:23.57 1:30.79	1100m: 16:35.41 1:33.71	1500m: 22:46.09 1:29.31			
	400m: 5:51.21 1:29.48	800m: 11:55.81 1:32.24	1200m: 18:09.17 1:33.76				
37.	GOISQUE Pierre-Andre	70	Fluval Portuense	<b>22:53.51</b>		423	22,00
	100m: 1:23.42 1:23.42	500m: 7:27.27 1:32.85	900m: 13:38.14 1:32.65	1300m: 19:52.16 1:33.17			
	200m: 2:51.47 1:28.05	600m: 8:59.38 1:32.11	1000m: 15:09.54 1:31.40	1400m: 21:24.69 1:32.53			
	300m: 4:22.34 1:30.87	700m: 10:32.16 1:32.78	1100m: 16:44.08 1:34.54	1500m: 22:53.51 1:28.82			
	400m: 5:54.42 1:32.08	800m: 12:05.49 1:33.33	1200m: 18:18.99 1:34.91				
38.	MADUREIRA Fabio Andre	90	Penafiel	<b>22:55.14</b>		371	12,00
	100m: 1:21.92 1:21.92	500m: 7:25.57 1:32.14	900m: 13:33.74 1:31.42	1300m: 19:48.47 1:35.08			
	200m: 2:50.36 1:28.44	600m: 8:57.97 1:32.40	1000m: 15:03.98 1:30.24	1400m: 21:23.19 1:34.72			
	300m: 4:21.52 1:31.16	700m: 10:30.44 1:32.47	1100m: 16:40.11 1:36.13	1500m: 22:55.14 1:31.95			
	400m: 5:53.43 1:31.91	800m: 12:02.32 1:31.88	1200m: 18:13.39 1:33.28				
39.	FERREIRA Joao Boavida	91	Lisboa Poolboys	<b>22:59.18</b>		368	11,00
	100m: 1:20.16 1:20.16	500m: 7:28.42 1:34.98	900m: 13:39.54 1:32.19	1300m: 19:54.94 1:34.14			
	200m: 2:48.30 1:28.14	600m: 9:01.31 1:32.89	1000m: 15:13.24 1:33.70	1400m: 21:29.04 1:34.10			
	300m: 4:19.82 1:31.52	700m: 10:35.18 1:33.87	1100m: 16:46.24 1:33.00	1500m: 22:59.18 1:30.14			
	400m: 5:53.44 1:33.62	800m: 12:07.35 1:32.17	1200m: 18:20.80 1:34.56				
40.	ALVES Ricardo Lourenco	84	Galitos / Bresimar	<b>23:01.12</b>		412	17,00
	100m: 1:24.38 1:24.38	500m: 7:33.68 1:33.45	900m: 13:48.71 1:34.23	1300m: 20:01.92 1:32.94			
	200m: 2:54.08 1:29.70	600m: 9:06.68 1:33.00	1000m: 15:21.94 1:33.23	1400m: 21:34.28 1:32.36			
	300m: 4:25.72 1:31.64	700m: 10:40.44 1:33.76	1100m: 16:55.60 1:33.66	1500m: 23:01.12 1:26.84			
	400m: 6:00.23 1:34.51	800m: 12:14.48 1:34.04	1200m: 18:28.98 1:33.38				
41.	FERREIRA Miguel Jose	70	Leixoes	<b>23:01.92</b>		415	20,00
	100m: 1:24.62 1:24.62	500m: 7:33.24 1:32.76	900m: 13:41.83 1:32.43	1300m: 19:58.78 1:35.57			
	200m: 2:55.11 1:30.49	600m: 9:04.96 1:31.72	1000m: 15:14.87 1:33.04	1400m: 21:33.56 1:34.78			
	300m: 4:27.69 1:32.58	700m: 10:37.21 1:32.25	1100m: 16:48.34 1:33.47	1500m: 23:01.92 1:28.36			
	400m: 6:00.48 1:32.79	800m: 12:09.40 1:32.19	1200m: 18:23.21 1:34.87				
42.	COSTA Carlos Daniel	91	Natacao de Valongo	<b>23:08.17</b>		361	10,00
	100m: 1:24.56 1:24.56	500m: 7:26.73 1:32.25	900m: 13:40.57 1:33.62	1300m: 20:02.12 1:37.29			
	200m: 2:52.51 1:27.95	600m: 9:00.22 1:33.49	1000m: 15:14.83 1:34.26	1400m: 21:39.42 1:37.30			
	300m: 4:22.59 1:30.08	700m: 10:33.75 1:33.53	1100m: 16:49.30 1:34.47	1500m: 23:08.17 1:28.75			
	400m: 5:54.48 1:31.89	800m: 12:06.95 1:33.20	1200m: 18:24.83 1:35.53				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
43.	AIRES Luis Emanuel	85	Masters de Almada	<b>23:15.00</b>		292	12,00
	100m: 1:26.65 1:26.65	500m: 7:41.14 1:34.76	900m: 13:58.74 1:34.43	1300m: 20:14.54 1:34.33			
	200m: 2:58.54 1:31.89	600m: 9:15.36 1:34.22	1000m: 15:32.78 1:34.04	1400m: 21:48.52 1:33.98			
	300m: 4:31.79 1:33.25	700m: 10:49.49 1:34.13	1100m: 17:07.10 1:34.32	1500m: 23:15.00 1:26.48			
	400m: 6:06.38 1:34.59	800m: 12:24.31 1:34.82	1200m: 18:40.21 1:33.11				
44.	CASAS Adelino Jose	66	Sporting	<b>23:17.34</b>		433	22,00
	100m: 1:29.62 1:29.62	500m: 7:34.55 1:32.83	900m: 13:50.58 1:34.95	1300m: 20:11.06 1:36.35			
	200m: 3:01.73 1:32.11	600m: 9:07.78 1:33.23	1000m: 15:25.18 1:34.60	1400m: 21:46.31 1:35.25			
	300m: 4:31.15 1:29.42	700m: 10:42.15 1:34.37	1100m: 16:59.47 1:34.29	1500m: 23:17.34 1:31.03			
	400m: 6:01.72 1:30.57	800m: 12:15.63 1:33.48	1200m: 18:34.71 1:35.24				
45.	PEREIRA Jose Manuel	70	Palmela	<b>23:28.76</b>		392	19,00
	100m: 1:24.09 1:24.09	500m: 7:41.63 1:34.57	900m: 14:01.75 1:34.71	1300m: 20:20.52 1:35.30			
	200m: 2:56.83 1:32.74	600m: 9:16.58 1:34.95	1000m: 15:35.49 1:33.74	1400m: 21:56.06 1:35.54			
	300m: 4:31.27 1:34.44	700m: 10:51.60 1:35.02	1100m: 17:10.53 1:35.04	1500m: 23:28.76 1:32.70			
	400m: 6:07.06 1:35.79	800m: 12:27.04 1:35.44	1200m: 18:45.22 1:34.69				
46.	PINTO Mario Jose	57	Individual ANC	<b>23:32.14</b>		622	26,00
	100m: 1:28.60 1:28.60	500m: 7:46.50 1:35.33	900m: 14:07.65 1:36.15	1300m: 20:28.54 1:35.38			
	200m: 3:02.24 1:33.64	600m: 9:21.68 1:35.18	1000m: 15:43.39 1:35.74	1400m: 22:02.72 1:34.18			
	300m: 4:37.34 1:35.10	700m: 10:56.91 1:35.23	1100m: 17:17.89 1:34.50	1500m: 23:32.14 1:29.42			
	400m: 6:11.17 1:33.83	800m: 12:31.50 1:34.59	1200m: 18:53.16 1:35.27				
47.	ROCHA Pedro Morais	83	Gesloures	<b>23:35.46</b>		383	16,00
	100m: 1:26.17 1:26.17	500m: 7:42.15 1:34.92	900m: 14:01.40 1:35.07	1300m: 20:29.10 1:36.79			
	200m: 2:58.63 1:32.46	600m: 9:17.00 1:34.85	1000m: 15:37.71 1:36.31	1400m: 22:05.20 1:36.10			
	300m: 4:32.21 1:33.58	700m: 10:51.68 1:34.68	1100m: 17:14.64 1:36.93	1500m: 23:35.46 1:30.26			
	400m: 6:07.23 1:35.02	800m: 12:26.33 1:34.65	1200m: 18:52.31 1:37.67				
48.	NUNES Miguel Angelo	73	Estarreja	<b>23:44.77</b>		379	18,00
	100m: 1:28.38 1:28.38	500m: 7:50.21 1:34.79	900m: 14:12.18 1:36.64	1300m: 20:39.05 1:36.46			
	200m: 3:04.05 1:35.67	600m: 9:25.08 1:34.87	1000m: 15:48.65 1:36.47	1400m: 22:14.03 1:34.98			
	300m: 4:39.66 1:35.61	700m: 11:00.19 1:35.11	1100m: 17:25.09 1:36.44	1500m: 23:44.77 1:30.74			
	400m: 6:15.42 1:35.76	800m: 12:35.54 1:35.35	1200m: 19:02.59 1:37.50				
49.	GOMES Joao Antonio	75	Leixoes	<b>23:44.94</b>		351	18,00
	100m: 1:30.28 1:30.28	500m: 7:51.43 1:35.12	900m: 14:12.42 1:36.20	1300m: 20:36.68 1:36.73			
	200m: 3:04.76 1:34.48	600m: 9:26.34 1:34.91	1000m: 15:47.17 1:34.75	1400m: 22:13.81 1:37.13			
	300m: 4:40.41 1:35.65	700m: 11:01.53 1:35.19	1100m: 17:23.95 1:36.78	1500m: 23:44.94 1:31.13			
	400m: 6:16.31 1:35.90	800m: 12:36.22 1:34.69	1200m: 18:59.95 1:36.00				
50.	CAMPOS Nuno Andre	81	Gafanha da Encarnacao	<b>23:46.62</b>		374	14,00
	100m: 1:25.01 1:25.01	500m: 7:45.41 1:37.54	900m: 14:12.70 1:37.32	1300m: 20:41.36 1:36.45			
	200m: 2:57.02 1:32.01	600m: 9:21.83 1:36.42	1000m: 15:50.81 1:38.11	1400m: 22:15.69 1:34.33			
	300m: 4:31.30 1:34.28	700m: 10:58.95 1:37.12	1100m: 17:28.29 1:37.48	1500m: 23:46.62 1:30.93			
	400m: 6:07.87 1:36.57	800m: 12:35.38 1:36.43	1200m: 19:04.91 1:36.62				
51.	TEJO Rui Miguel	69	Academica de Coimbra	<b>23:49.00</b>		405	20,00
	100m: 1:24.13 1:24.13	500m: 7:42.95 1:35.71	900m: 14:09.49 1:37.41	1300m: 20:39.28 1:37.52			
	200m: 2:56.11 1:31.98	600m: 9:19.10 1:36.15	1000m: 15:47.20 1:37.71	1400m: 22:15.79 1:36.51			
	300m: 4:31.33 1:35.22	700m: 10:56.15 1:37.05	1100m: 17:24.17 1:36.97	1500m: 23:49.00 1:33.21			
	400m: 6:07.24 1:35.91	800m: 12:32.08 1:35.93	1200m: 19:01.76 1:37.59				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
52.	FIGUEIRAS Goncalo Nogueira	92	Leixoes	<b>23:55.34</b>		326	9,00
	100m: 1:26.04 1:26.04		500m: 7:43.60 1:36.73	900m: 14:11.04 1:38.13	1300m: 20:45.87 1:39.82		
	200m: 2:57.71 1:31.67		600m: 9:19.72 1:36.12	1000m: 15:49.47 1:38.43	1400m: 22:22.73 1:36.86		
	300m: 4:31.35 1:33.64		700m: 10:55.91 1:36.19	1100m: 17:28.11 1:38.64	1500m: 23:55.34 1:32.61		
	400m: 6:06.87 1:35.52		800m: 12:32.91 1:37.00	1200m: 19:06.05 1:37.94			
53.	FIGUEIREDO Luis Rosario	89	Ginasio Santo Tirso	<b>24:02.76</b>		264	11,00
	100m: 1:18.22 1:18.22		500m: 7:19.03 1:35.02	900m: 13:54.23 1:41.53	1300m: 20:46.84 1:42.60		
	200m: 2:43.06 1:24.84		600m: 8:55.48 1:36.45	1000m: 15:36.55 1:42.32	1400m: 22:31.04 1:44.20		
	300m: 4:12.61 1:29.55		700m: 10:33.32 1:37.84	1100m: 17:20.60 1:44.05	1500m: 24:02.76 1:31.72		
	400m: 5:44.01 1:31.40		800m: 12:12.70 1:39.38	1200m: 19:04.24 1:43.64			
54.	FONSECA Bruno Miguel	73	Fundacao Salesianos	<b>24:03.86</b>		364	17,00
	100m: 1:22.25 1:22.25		500m: 7:39.46 1:36.00	900m: 14:12.54 1:38.19	1300m: 20:50.48 1:38.22		
	200m: 2:52.36 1:30.11		600m: 9:17.41 1:37.95	1000m: 15:51.77 1:39.23	1400m: 22:27.61 1:37.13		
	300m: 4:26.38 1:34.02		700m: 10:56.34 1:38.93	1100m: 17:31.60 1:39.83	1500m: 24:03.86 1:36.25		
	400m: 6:03.46 1:37.08		800m: 12:34.35 1:38.01	1200m: 19:12.26 1:40.66			
55.	BARROS Francisco Santos	72	Porto	<b>24:07.87</b>		361	16,00
	100m: 1:28.17 1:28.17		500m: 7:54.27 1:38.10	900m: 14:28.04 1:39.04	1300m: 20:59.24 1:36.76		
	200m: 3:02.23 1:34.06		600m: 9:32.21 1:37.94	1000m: 16:06.48 1:38.44	1400m: 22:35.43 1:36.19		
	300m: 4:38.69 1:36.46		700m: 11:10.78 1:38.57	1100m: 17:44.38 1:37.90	1500m: 24:07.87 1:32.44		
	400m: 6:16.17 1:37.48		800m: 12:49.00 1:38.22	1200m: 19:22.48 1:38.10			
56.	COSTA Armando Joao	63	Colegio SMLamas	<b>24:09.43</b>		544	22,00
	100m: 1:29.33 1:29.33		500m: 8:01.63 1:39.30	900m: 14:33.58 1:37.57	1300m: 21:01.95 1:36.52		
	200m: 3:05.37 1:36.04		600m: 9:40.52 1:38.89	1000m: 16:11.29 1:37.71	1400m: 22:37.37 1:35.42		
	300m: 4:43.45 1:38.08		700m: 11:18.92 1:38.40	1100m: 17:48.21 1:36.92	1500m: 24:09.43 1:32.06		
	400m: 6:22.33 1:38.88		800m: 12:56.01 1:37.09	1200m: 19:25.43 1:37.22			
57.	TOMAZ Carlos Ferreira	74	Geslours	<b>24:09.71</b>		360	14,00
	100m: 1:29.21 1:29.21		500m: 7:58.37 1:38.47	900m: 14:32.50 1:39.06	1300m: 21:05.27 1:37.79		
	200m: 3:04.12 1:34.91		600m: 9:36.33 1:37.96	1000m: 16:10.61 1:38.11	1400m: 22:41.53 1:36.26		
	300m: 4:41.69 1:37.57		700m: 11:14.36 1:38.03	1100m: 17:49.33 1:38.72	1500m: 24:09.71 1:28.18		
	400m: 6:19.90 1:38.21		800m: 12:53.44 1:39.08	1200m: 19:27.48 1:38.15			
58.	PAIVA Jose Miguel	85	Galitos / Bresimar	<b>24:12.16</b>		259	10,00
	100m: 1:31.61 1:31.61		500m: 8:00.75 1:36.85	900m: 14:34.22 1:38.11	1300m: 21:05.54 1:38.46		
	200m: 3:08.02 1:36.41		600m: 9:38.75 1:38.00	1000m: 16:12.13 1:37.91	1400m: 22:42.34 1:36.80		
	300m: 4:45.60 1:37.58		700m: 11:17.37 1:38.62	1100m: 17:49.31 1:37.18	1500m: 24:12.16 1:29.82		
	400m: 6:23.90 1:38.30		800m: 12:56.11 1:38.74	1200m: 19:27.08 1:37.77			
59.	PACHECO Filipe Monteiro	74	Leixoes	<b>24:12.54</b>		358	12,00
	100m: 1:28.01 1:28.01		500m: 7:49.05 1:36.96	900m: 14:20.85 1:38.32	1300m: 20:54.88 1:38.95		
	200m: 3:00.72 1:32.71		600m: 9:26.22 1:37.17	1000m: 15:58.92 1:38.07	1400m: 22:35.63 1:40.75		
	300m: 4:36.01 1:35.29		700m: 11:04.08 1:37.86	1100m: 17:38.00 1:39.08	1500m: 24:12.54 1:36.91		
	400m: 6:12.09 1:36.08		800m: 12:42.53 1:38.45	1200m: 19:15.93 1:37.93			
60.	SEABRA Henrique Luis	61	Fluvial Portuense	<b>24:13.86</b>		539	20,00
	100m: 1:30.44 1:30.44		500m: 7:52.01 1:35.36	900m: 14:22.43 1:37.90	1300m: 20:59.09 1:39.51		
	200m: 3:04.95 1:34.51		600m: 9:29.57 1:37.56	1000m: 16:01.24 1:38.81	1400m: 22:38.16 1:39.07		
	300m: 4:40.81 1:35.86		700m: 11:06.47 1:36.90	1100m: 17:40.00 1:38.76	1500m: 24:13.86 1:35.70		
	400m: 6:16.65 1:35.84		800m: 12:44.53 1:38.06	1200m: 19:19.58 1:39.58			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS







MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
61.	RODRIGUES Marcelo Porto	82	Natacao de Valongo	<b>24:20.19</b>		349	12,00
	100m: 1:29.61 1:29.61	500m: 7:55.01 1:37.43	900m: 14:29.27 1:39.66	1300m: 21:10.69 1:39.92			
	200m: 3:04.62 1:35.01	600m: 9:33.01 1:38.00	1000m: 16:08.98 1:39.71	1400m: 22:49.11 1:38.42			
	300m: 4:40.44 1:35.82	700m: 11:11.00 1:37.99	1100m: 17:50.26 1:41.28	1500m: 24:20.19 1:31.08			
	400m: 6:17.58 1:37.14	800m: 12:49.61 1:38.61	1200m: 19:30.77 1:40.51				
62.	RIBEIRO Celso Fernando	69	Porto	<b>24:31.02</b>		371	19,00
	100m: 1:32.35 1:32.35	500m: 8:04.89 1:38.12	900m: 14:40.18 1:39.83	1300m: 21:18.47 1:39.41			
	200m: 3:11.63 1:39.28	600m: 9:43.33 1:38.44	1000m: 16:19.93 1:39.75	1400m: 22:57.30 1:38.83			
	300m: 4:48.92 1:37.29	700m: 11:21.33 1:38.00	1100m: 17:59.25 1:39.32	1500m: 24:31.02 1:33.72			
	400m: 6:26.77 1:37.85	800m: 13:00.35 1:39.02	1200m: 19:39.06 1:39.81				
63.	NEVES Paulo Alexandre	66	Leixoes	<b>24:31.13</b>		371	18,00
	100m: 1:29.62 1:29.62	500m: 8:00.66 1:39.44	900m: 14:36.59 1:38.36	1300m: 21:15.83 1:40.93			
	200m: 3:05.91 1:36.29	600m: 9:40.59 1:39.93	1000m: 16:15.99 1:39.40	1400m: 22:57.32 1:41.49			
	300m: 4:43.33 1:37.42	700m: 11:19.49 1:38.90	1100m: 17:55.10 1:39.11	1500m: 24:31.13 1:33.81			
	400m: 6:21.22 1:37.89	800m: 12:58.23 1:38.74	1200m: 19:34.90 1:39.80				
64.	DYSON Stephen Thomas <i>Rec Nacional Escalão J</i>	47	Alges	<b>24:35.68</b>		699	30,00
	100m: 1:33.35 1:33.35	500m: 8:07.19 1:38.73	900m: 14:41.76 1:37.85	1300m: 21:18.51 1:39.98			
	200m: 3:11.29 1:37.94	600m: 9:45.64 1:38.45	1000m: 16:19.99 1:38.23	1400m: 22:57.73 1:39.22			
	300m: 4:50.37 1:39.08	700m: 11:24.77 1:39.13	1100m: 17:58.38 1:38.39	1500m: 24:35.68 1:37.95			
	400m: 6:28.46 1:38.09	800m: 13:03.91 1:39.14	1200m: 19:38.53 1:40.15				
65.	QUINTA Daniel Ribeiro	88	Leixoes	<b>24:36.75</b>		246	9,00
	100m: 1:29.45 1:29.45	500m: 7:49.83 1:37.58	900m: 14:30.47 1:40.95	1300m: 21:16.66 1:40.85			
	200m: 3:03.69 1:34.24	600m: 9:28.19 1:38.36	1000m: 16:12.64 1:42.17	1400m: 22:56.21 1:39.55			
	300m: 4:36.50 1:32.81	700m: 11:08.51 1:40.32	1100m: 17:54.41 1:41.77	1500m: 24:36.75 1:40.54			
	400m: 6:12.25 1:35.75	800m: 12:49.52 1:41.01	1200m: 19:35.81 1:41.40				
66.	PEREIRA Mario Nuno	81	Foca	<b>24:42.05</b>		333	11,00
	100m: 1:31.01 1:31.01	500m: 8:09.92 1:41.65	900m: 14:54.33 1:40.09	1300m: 21:32.31 1:38.08			
	200m: 3:08.96 1:37.95	600m: 9:50.20 1:40.28	1000m: 16:34.80 1:40.47	1400m: 23:10.24 1:37.93			
	300m: 4:47.37 1:38.41	700m: 11:32.91 1:42.71	1100m: 18:16.26 1:41.46	1500m: 24:42.05 1:31.81			
	400m: 6:28.27 1:40.90	800m: 13:14.24 1:41.33	1200m: 19:54.23 1:37.97				
67.	SANTOS Urbino Jesus	75	Penafiel	<b>24:49.46</b>		307	17,00
	100m: 1:34.93 1:34.93	500m: 8:17.65 1:38.32	900m: 14:54.20 1:39.20	1300m: 21:35.12 1:40.20			
	200m: 3:16.81 1:41.88	600m: 9:55.41 1:37.76	1000m: 16:34.49 1:40.29	1400m: 23:14.38 1:39.26			
	300m: 4:57.96 1:41.15	700m: 11:34.97 1:39.56	1100m: 18:14.00 1:39.51	1500m: 24:49.46 1:35.08			
	400m: 6:39.33 1:41.37	800m: 13:15.00 1:40.03	1200m: 19:54.92 1:40.92				
68.	BERNARDO Luis Miguel	61	Fluvial Portuense	<b>24:57.27</b>		494	19,00
	100m: 1:30.04 1:30.04	500m: 8:00.47 1:39.44	900m: 14:47.15 1:43.18	1300m: 21:37.01 1:42.06			
	200m: 3:05.69 1:35.65	600m: 9:40.93 1:40.46	1000m: 16:30.35 1:43.20	1400m: 23:18.63 1:41.62			
	300m: 4:43.14 1:37.45	700m: 11:21.99 1:41.06	1100m: 18:12.62 1:42.27	1500m: 24:57.27 1:38.64			
	400m: 6:21.03 1:37.89	800m: 13:03.97 1:41.98	1200m: 19:54.95 1:42.33				
69.	BARROSO Jose Miguel	62	Fluvial Portuense	<b>25:06.92</b>		484	18,00
	100m: 1:34.83 1:34.83	500m: 8:28.16 1:44.96	900m: 15:12.08 1:38.76	1300m: 21:51.63 1:40.09			
	200m: 3:16.08 1:41.25	600m: 10:10.94 1:42.78	1000m: 16:51.66 1:39.58	1400m: 23:32.63 1:41.00			
	300m: 4:59.69 1:43.61	700m: 11:51.94 1:41.00	1100m: 18:31.06 1:39.40	1500m: 25:06.92 1:34.29			
	400m: 6:43.20 1:43.51	800m: 13:33.32 1:41.38	1200m: 20:11.54 1:40.48				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
70.	GOUVEIA Jose Miguel	91	Leixoes	<b>25:06.96</b>		282	8,00
	100m: 1:32.08 1:32.08	500m: 8:09.67 1:42.28	900m: 14:58.75 1:42.97	1300m: 21:56.62 1:45.57			
	200m: 3:07.63 1:35.55	600m: 9:50.86 1:41.19	1000m: 16:42.51 1:43.76	1400m: 23:35.32 1:38.70			
	300m: 4:46.04 1:38.41	700m: 11:32.48 1:41.62	1100m: 18:25.97 1:43.46	1500m: 25:06.96 1:31.64			
	400m: 6:27.39 1:41.35	800m: 13:15.78 1:43.30	1200m: 20:11.05 1:45.08				
71.	FERNANDES Ricardo Jorge	72	Natacao de Valongo	<b>25:11.12</b>		317	11,00
	100m: 1:35.20 1:35.20	500m: 8:22.72 1:42.25	900m: 15:13.40 1:43.55	1300m: 22:00.54 1:41.28			
	200m: 3:15.89 1:40.69	600m: 10:04.23 1:41.51	1000m: 16:55.18 1:41.78	1400m: 23:41.05 1:40.51			
	300m: 4:57.81 1:41.92	700m: 11:46.61 1:42.38	1100m: 18:37.91 1:42.73	1500m: 25:11.12 1:30.07			
	400m: 6:40.47 1:42.66	800m: 13:29.85 1:43.24	1200m: 20:19.26 1:41.35				
72.	SA Nuno Manuel	71	Fluvial Portuense	<b>25:13.18</b>		316	10,00
	100m: 1:35.66 1:35.66	500m: 8:20.40 1:39.84	900m: 15:06.47 1:41.95	1300m: 21:56.93 1:42.07			
	200m: 3:17.23 1:41.57	600m: 10:00.62 1:40.22	1000m: 16:49.67 1:43.20	1400m: 23:39.84 1:42.91			
	300m: 5:00.59 1:43.36	700m: 11:42.57 1:41.95	1100m: 18:32.26 1:42.59	1500m: 25:13.18 1:33.34			
	400m: 6:40.56 1:39.97	800m: 13:24.52 1:41.95	1200m: 20:14.86 1:42.60				
73.	SILVA Nuno Ricardo	87	Galitos / Bresimar	<b>25:15.44</b>		227	8,00
	100m: 1:31.09 1:31.09	500m: 8:03.58 1:39.63	900m: 14:49.20 1:42.37	1300m: 21:48.30 1:46.31			
	200m: 3:06.47 1:35.38	600m: 9:44.20 1:40.62	1000m: 16:32.92 1:43.72	1400m: 23:34.66 1:46.36			
	300m: 4:44.54 1:38.07	700m: 11:25.07 1:40.87	1100m: 18:16.92 1:44.00	1500m: 25:15.44 1:40.78			
	400m: 6:23.95 1:39.41	800m: 13:06.83 1:41.76	1200m: 20:01.99 1:45.07				
74.	ISABEL Rui Jorge	89	Pimpoes/Cimai	<b>25:20.65</b>		225	7,00
	100m: 1:34.21 1:34.21	500m: 8:08.97 1:40.28	900m: 15:05.49 1:44.55	1300m: 21:58.39 1:41.57			
	200m: 3:10.50 1:36.29	600m: 9:52.16 1:43.19	1000m: 16:49.54 1:44.05	1400m: 23:42.80 1:44.41			
	300m: 4:49.50 1:39.00	700m: 11:36.00 1:43.84	1100m: 18:32.39 1:42.85	1500m: 25:20.65 1:37.85			
	400m: 6:28.69 1:39.19	800m: 13:20.94 1:44.94	1200m: 20:16.82 1:44.43				
75.	LIMA Joao Pedro	77	Geslours	<b>25:36.02</b>		280	16,00
	100m: 1:31.67 1:31.67	500m: 8:18.54 1:42.49	900m: 15:13.92 1:43.14	1300m: 22:13.24 1:45.71			
	200m: 3:11.33 1:39.66	600m: 10:02.29 1:43.75	1000m: 16:58.32 1:44.40	1400m: 23:56.94 1:43.70			
	300m: 4:52.81 1:41.48	700m: 11:46.39 1:44.10	1100m: 18:42.65 1:44.33	1500m: 25:36.02 1:39.08			
	400m: 6:36.05 1:43.24	800m: 13:30.78 1:44.39	1200m: 20:27.53 1:44.88				
76.	CASTRO Antonio Pedro	74	Leixoes	<b>25:39.85</b>		300	9,00
	100m: 1:29.70 1:29.70	500m: 8:08.85 1:39.67	900m: 15:03.94 1:45.69	1300m: 22:19.94 1:44.44			
	200m: 3:08.84 1:39.14	600m: 9:53.07 1:44.22	1000m: 17:05.89 2:01.95	1400m: 24:05.27 1:45.33			
	300m: 4:48.68 1:39.84	700m: 11:35.79 1:42.72	1100m: 18:50.62 1:44.73	1500m: 25:39.85 1:34.58			
	400m: 6:29.18 1:40.50	800m: 13:18.25 1:42.46	1200m: 20:35.50 1:44.88				
77.	RIBEIRO Jorge Vieira	64	Sporting de Aveiro	<b>25:41.14</b>		453	17,00
	100m: 1:34.91 1:34.91	500m: 8:27.51 1:44.64	900m: 15:24.13 1:44.31	1300m: 22:21.11 1:42.82			
	200m: 3:16.04 1:41.13	600m: 10:11.55 1:44.04	1000m: 17:09.02 1:44.89	1400m: 24:03.51 1:42.40			
	300m: 4:59.13 1:43.09	700m: 11:55.37 1:43.82	1100m: 18:54.68 1:45.66	1500m: 25:41.14 1:37.63			
	400m: 6:42.87 1:43.74	800m: 13:39.82 1:44.45	1200m: 20:38.29 1:43.61				
78.	RAMALHAO Nuno Andre	73	Leixoes	<b>25:41.43</b>		299	8,00
	100m: 1:30.61 1:30.61	500m: 8:16.05 1:44.08	900m: 15:13.04 1:45.14	1300m: 22:15.74 1:45.38			
	200m: 3:08.72 1:38.11	600m: 9:58.67 1:42.62	1000m: 16:58.66 1:45.62	1400m: 24:00.73 1:44.99			
	300m: 4:49.24 1:40.52	700m: 11:42.17 1:43.50	1100m: 18:43.17 1:44.51	1500m: 25:41.43 1:40.70			
	400m: 6:31.97 1:42.73	800m: 13:27.90 1:45.73	1200m: 20:30.36 1:47.19				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
79.	ALVES Fernando Jose	69	Fundacao Salesianos	<b>25:43.36</b>		321	17,00
	100m: 1:35.56 1:35.56	500m: 8:29.10 1:43.50	900m: 15:25.94 1:44.78	1300m: 22:22.11 1:42.65			
	200m: 3:18.03 1:42.47	600m: 10:13.46 1:44.36	1000m: 17:11.07 1:45.13	1400m: 24:07.00 1:44.89			
	300m: 5:01.56 1:43.53	700m: 11:57.12 1:43.66	1100m: 18:54.97 1:43.90	1500m: 25:43.36 1:36.36			
	400m: 6:45.60 1:44.04	800m: 13:41.16 1:44.04	1200m: 20:39.46 1:44.49				
80.	VELEZ Rui Manuel	64	Luz e Vida	<b>25:43.77</b>		450	16,00
	100m: 1:38.04 1:38.04	500m: 8:34.15 1:44.20	900m: 15:28.28 1:42.85	1300m: 22:24.15 1:44.00			
	200m: 3:21.77 1:43.73	600m: 10:18.08 1:43.93	1000m: 17:11.52 1:43.24	1400m: 24:08.44 1:44.29			
	300m: 5:06.03 1:44.26	700m: 12:01.69 1:43.61	1100m: 18:56.19 1:44.67	1500m: 25:43.77 1:35.33			
	400m: 6:49.95 1:43.92	800m: 13:45.43 1:43.74	1200m: 20:40.15 1:43.96				
81.	MOURA Antonio Coelho	60	Pimpoes/Cimai	<b>25:44.53</b>		450	14,00
	100m: 1:35.51 1:35.51	500m: 8:29.82 1:42.91	900m: 15:25.31 1:44.72	1300m: 22:21.07 1:42.68			
	200m: 3:18.96 1:43.45	600m: 10:14.05 1:44.23	1000m: 17:09.97 1:44.66	1400m: 24:05.88 1:44.81			
	300m: 5:03.10 1:44.14	700m: 11:57.01 1:42.96	1100m: 18:53.46 1:43.49	1500m: 25:44.53 1:38.65			
	400m: 6:46.91 1:43.81	800m: 13:40.59 1:43.58	1200m: 20:38.39 1:44.93				
82.	RIBEIRO Antonio Manuel	69	Leixoes	<b>26:10.63</b>		305	16,00
	100m: 1:37.98 1:37.98	500m: 8:39.05 1:46.67	900m: 15:41.03 1:45.63	1300m: 22:42.03 1:45.41			
	200m: 3:20.71 1:42.73	600m: 10:24.39 1:45.34	1000m: 17:26.16 1:45.13	1400m: 24:27.67 1:45.64			
	300m: 5:06.50 1:45.79	700m: 12:09.97 1:45.58	1100m: 19:11.84 1:45.68	1500m: 26:10.63 1:42.96			
	400m: 6:52.38 1:45.88	800m: 13:55.40 1:45.43	1200m: 20:56.62 1:44.78				
83.	GONCALVES Nuno Telmo	77	Sporting	<b>26:19.43</b>		258	14,00
	100m: 1:31.48 1:31.48	500m: 8:33.13 1:47.21	900m: 15:43.42 1:48.43	1300m: 22:53.83 1:48.35			
	200m: 3:12.48 1:41.00	600m: 10:20.44 1:47.31	1000m: 17:30.11 1:46.69	1400m: 24:38.16 1:44.33			
	300m: 4:58.50 1:46.02	700m: 12:07.44 1:47.00	1100m: 19:17.02 1:46.91	1500m: 26:19.43 1:41.27			
	400m: 6:45.92 1:47.42	800m: 13:54.99 1:47.55	1200m: 21:05.48 1:48.46				
84.	FERRAZ Francisco Antonio	70	Pimpoes/Cimai	<b>26:20.23</b>		278	7,00
	100m: 1:30.59 1:30.59	500m: 8:36.26 1:48.18	900m: 15:42.66 1:47.89	1300m: 22:53.26 1:47.63			
	200m: 3:13.17 1:42.58	600m: 10:21.85 1:45.59	1000m: 17:30.69 1:48.03	1400m: 24:41.84 1:48.58			
	300m: 5:00.05 1:46.88	700m: 12:07.66 1:45.81	1100m: 19:17.91 1:47.22	1500m: 26:20.23 1:38.39			
	400m: 6:48.08 1:48.03	800m: 13:54.77 1:47.11	1200m: 21:05.63 1:47.72				
85.	TAVARES Jose Manuel	59	Palmela	<b>26:22.15</b>		442	22,00
	100m: 1:39.49 1:39.49	500m: 8:41.18 1:44.55	900m: 15:44.46 1:46.08	1300m: 22:52.34 1:45.69			
	200m: 3:25.73 1:46.24	600m: 10:27.39 1:46.21	1000m: 17:32.28 1:47.82	1400m: 24:37.97 1:45.63			
	300m: 5:12.22 1:46.49	700m: 12:12.59 1:45.20	1100m: 19:20.41 1:48.13	1500m: 26:22.15 1:44.18			
	400m: 6:56.63 1:44.41	800m: 13:58.38 1:45.79	1200m: 21:06.65 1:46.24				
86.	SOUSA Luis Manuel	66	Fluvial Portuense	<b>26:22.27</b>		298	14,00
	100m: 1:32.21 1:32.21	500m: 8:28.61 1:47.54	900m: 15:42.29 1:47.91	1300m: 22:54.48 1:49.24			
	200m: 3:12.32 1:40.11	600m: 10:15.42 1:46.81	1000m: 17:29.24 1:46.95	1400m: 24:42.57 1:48.09			
	300m: 4:54.77 1:42.45	700m: 12:03.95 1:48.53	1100m: 19:17.84 1:48.60	1500m: 26:22.27 1:39.70			
	400m: 6:41.07 1:46.30	800m: 13:54.38 1:50.43	1200m: 21:05.24 1:47.40				
87.	RESENDE Bruno Mezencio	86	Natacao de Valongo	<b>26:23.90</b>		199	6,00
	100m: 1:35.63 1:35.63	500m: 8:29.28 1:45.00	900m: 15:38.99 1:48.75	1300m: 22:52.29 1:47.91			
	200m: 3:16.29 1:40.66	600m: 10:13.13 1:43.85	1000m: 17:27.52 1:48.53	1400m: 24:39.05 1:46.76			
	300m: 4:59.85 1:43.56	700m: 12:02.05 1:48.92	1100m: 19:16.83 1:49.31	1500m: 26:23.90 1:44.85			
	400m: 6:44.28 1:44.43	800m: 13:50.24 1:48.19	1200m: 21:04.38 1:47.55				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
88.	CARDOSO Vitor Manuel	72	Natacao de Valongo	<b>26:24.94</b>		275	6,00
	100m: 1:37.10 1:37.10	500m: 8:46.04 1:48.26	900m: 15:57.49 1:47.93	1300m: 23:02.48 1:45.80			
	200m: 3:22.02 1:44.92	600m: 10:34.53 1:48.49	1000m: 17:44.34 1:46.85	1400m: 24:47.52 1:45.04			
	300m: 5:09.74 1:47.72	700m: 12:21.82 1:47.29	1100m: 19:31.08 1:46.74	1500m: 26:24.94 1:37.42			
	400m: 6:57.78 1:48.04	800m: 14:09.56 1:47.74	1200m: 21:16.68 1:45.60				
89.	FRANCO Ricardo Velho	74	Gesloures	<b>26:27.90</b>		274	5,00
	100m: 1:29.88 1:29.88	500m: 8:22.21 1:45.07	900m: 15:32.29 1:48.52	1300m: 22:49.10 1:51.03			
	200m: 3:10.69 1:40.81	600m: 10:08.99 1:46.78	1000m: 17:20.85 1:48.56	1400m: 24:40.48 1:51.38			
	300m: 4:53.42 1:42.73	700m: 11:56.89 1:47.90	1100m: 19:08.36 1:47.51	1500m: 26:27.90 1:47.42			
	400m: 6:37.14 1:43.72	800m: 13:43.77 1:46.88	1200m: 20:58.07 1:49.71				
90.	COSTA Hugo Figueiredo	91	Gesloures	<b>26:32.59</b>		239	7,00
	100m: 1:31.07 1:31.07	500m: 8:22.54 1:46.93	900m: 15:36.45 1:51.24	1300m: 22:54.92 1:48.83			
	200m: 3:09.62 1:38.55	600m: 10:09.94 1:47.40	1000m: 17:26.41 1:49.96	1400m: 24:46.59 1:51.67			
	300m: 4:51.70 1:42.08	700m: 11:56.19 1:46.25	1100m: 19:15.62 1:49.21	1500m: 26:32.59 1:46.00			
	400m: 6:35.61 1:43.91	800m: 13:45.21 1:49.02	1200m: 21:06.09 1:50.47				
91.	PINTO Julio Domingos	87	Galitos / Bresimar	<b>26:34.75</b>		195	5,00
	100m: 1:32.01 1:32.01	500m: 8:27.54 1:47.40	900m: 15:38.41 1:48.96	1300m: 22:56.12 1:49.33			
	200m: 3:12.36 1:40.35	600m: 10:13.38 1:45.84	1000m: 17:27.78 1:49.37	1400m: 24:44.74 1:48.62			
	300m: 4:54.52 1:42.16	700m: 12:01.01 1:47.63	1100m: 19:16.29 1:48.51	1500m: 26:34.75 1:50.01			
	400m: 6:40.14 1:45.62	800m: 13:49.45 1:48.44	1200m: 21:06.79 1:50.50				
92.	SANTINHA Antonio Manuel	69	Masters de Almada	<b>26:36.40</b>		290	12,00
	100m: 1:42.04 1:42.04	500m: 8:51.57 1:47.52	900m: 16:03.13 1:46.91	1300m: 23:11.24 1:47.29			
	200m: 3:28.95 1:46.91	600m: 10:39.33 1:47.76	1000m: 17:50.03 1:46.90	1400m: 24:57.22 1:45.98			
	300m: 5:16.44 1:47.49	700m: 12:27.66 1:48.33	1100m: 19:37.02 1:46.99	1500m: 26:36.40 1:39.18			
	400m: 7:04.05 1:47.61	800m: 14:16.22 1:48.56	1200m: 21:23.95 1:46.93				
93.	CARVALHO Vitor Borges	64	Viana Natacao	<b>26:38.94</b>		405	12,00
	100m: 1:36.65 1:36.65	500m: 8:43.70 1:46.92	900m: 15:53.15 1:48.74	1300m: 23:04.63 1:48.44			
	200m: 3:22.16 1:45.51	600m: 10:30.46 1:46.76	1000m: 17:40.71 1:47.56	1400m: 24:53.17 1:48.54			
	300m: 5:09.25 1:47.09	700m: 12:17.20 1:46.74	1100m: 19:27.79 1:47.08	1500m: 26:38.94 1:45.77			
	400m: 6:56.78 1:47.53	800m: 14:04.41 1:47.21	1200m: 21:16.19 1:48.40				
94.	AMARAL Jose Rui	63	Fluvial Portuense	<b>26:41.34</b>		403	11,00
	100m: 1:36.86 1:36.86	500m: 8:47.32 1:48.24	900m: 16:02.65 1:50.01	1300m: 23:14.86 1:46.90			
	200m: 3:24.22 1:47.36	600m: 10:35.89 1:48.57	1000m: 17:51.90 1:49.25	1400m: 25:02.89 1:48.03			
	300m: 5:10.75 1:46.53	700m: 12:23.84 1:47.95	1100m: 19:40.42 1:48.52	1500m: 26:41.34 1:38.45			
	400m: 6:59.08 1:48.33	800m: 14:12.64 1:48.80	1200m: 21:27.96 1:47.54				
95.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	<b>26:48.08</b>		263	4,00
	100m: 1:37.92 1:37.92	500m: 8:49.44 1:48.98	900m: 16:09.06 1:49.80	1300m: 23:20.84 1:47.29			
	200m: 3:24.96 1:47.04	600m: 10:39.30 1:49.86	1000m: 17:58.44 1:49.38	1400m: 25:09.42 1:48.58			
	300m: 5:12.13 1:47.17	700m: 12:28.61 1:49.31	1100m: 19:46.99 1:48.55	1500m: 26:48.08 1:38.66			
	400m: 7:00.46 1:48.33	800m: 14:19.26 1:50.65	1200m: 21:33.55 1:46.56				
96.	PINTO Jose Carlos	87	Amarantus	<b>26:52.26</b>		189	4,00
	100m: 1:36.44 1:36.44	500m: 8:30.43 1:51.89	900m: 15:40.34 1:44.85	1300m: 23:17.23 1:54.84			
	200m: 3:17.12 1:40.68	600m: 10:20.41 1:49.98	1000m: 17:30.37 1:50.03	1400m: 25:12.18 1:54.95			
	300m: 4:57.63 1:40.51	700m: 12:08.27 1:47.86	1100m: 19:24.23 1:53.86	1500m: 26:52.26 1:40.08			
	400m: 6:38.54 1:40.91	800m: 13:55.49 1:47.22	1200m: 21:22.39 1:58.16				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
97.	MENESES Pedro Bruno	62	Leixoes	<b>26:54.24</b>		394	10,00
	100m: 1:36.91 1:36.91	500m: 8:53.22 1:50.94	900m: 16:01.49 1:47.81	1300m: 23:25.38 1:47.55			
	200m: 3:24.32 1:47.41	600m: 10:40.23 1:47.01	1000m: 17:48.63 1:47.14	1400m: 25:15.44 1:50.06			
	300m: 5:13.18 1:48.86	700m: 12:27.02 1:46.79	1100m: 19:33.93 1:45.30	1500m: 26:54.24 1:38.80			
	400m: 7:02.28 1:49.10	800m: 14:13.68 1:46.66	1200m: 21:37.83 2:03.90				
98.	CORREIA Carlos Augusto	52	Masters de Almada	<b>26:59.12</b>		469	30,00
	100m: 1:43.79 1:43.79	500m: 8:55.76 1:48.50	900m: 16:07.79 1:48.11	1300m: 23:23.63 1:50.13			
	200m: 3:31.65 1:47.86	600m: 10:43.39 1:47.63	1000m: 17:55.59 1:47.80	1400m: 25:12.54 1:48.91			
	300m: 5:18.89 1:47.24	700m: 12:31.27 1:47.88	1100m: 19:44.52 1:48.93	1500m: 26:59.12 1:46.58			
	400m: 7:07.26 1:48.37	800m: 14:19.68 1:48.41	1200m: 21:33.50 1:48.98				
99.	SILVA Filipe Miguel	74	Fluvial Portuense	<b>27:10.48</b>		253	3,00
	100m: 1:39.48 1:39.48	500m: 8:56.18 1:50.12	900m: 16:16.23 1:49.38	1300m: 23:37.42 1:49.71			
	200m: 3:26.98 1:47.50	600m: 10:45.42 1:49.24	1000m: 18:08.22 1:51.99	1400m: 25:29.15 1:51.73			
	300m: 5:15.95 1:48.97	700m: 12:35.00 1:49.58	1100m: 19:56.66 1:48.44	1500m: 27:10.48 1:41.33			
	400m: 7:06.06 1:50.11	800m: 14:26.85 1:51.85	1200m: 21:47.71 1:51.05				
100.	INVERNEIRO Pedro Alexandre	71	Fluvial Portuense	<b>27:17.66</b>		249	2,00
	100m: 1:36.23 1:36.23	500m: 8:53.24 1:50.67	900m: 16:14.69 1:51.18	1300m: 23:42.93 1:51.40			
	200m: 3:23.19 1:46.96	600m: 10:43.67 1:50.43	1000m: 18:05.89 1:51.20	1400m: 25:35.87 1:52.94			
	300m: 5:11.99 1:48.80	700m: 12:33.72 1:50.05	1100m: 19:58.45 1:52.56	1500m: 27:17.66 1:41.79			
	400m: 7:02.57 1:50.58	800m: 14:23.51 1:49.79	1200m: 21:51.53 1:53.08				
101.	NEVES Mario Antonio	68	Geslours	<b>27:20.50</b>		267	11,00
	100m: 1:41.81 1:41.81	500m: 8:48.53 1:45.73	900m: 16:03.76 1:51.00	1300m: 23:37.86 1:54.84			
	200m: 3:30.44 1:48.63	600m: 10:34.97 1:46.44	1000m: 17:56.12 1:52.36	1400m: 25:30.65 1:52.79			
	300m: 5:17.56 1:47.12	700m: 12:22.90 1:47.93	1100m: 19:49.18 1:53.06	1500m: 27:20.50 1:49.85			
	400m: 7:02.80 1:45.24	800m: 14:12.76 1:49.86	1200m: 21:43.02 1:53.84				
102.	TRIGO Daniel Castro	65	Sporting de Aveiro	<b>27:45.28</b>		256	10,00
	100m: 1:45.47 1:45.47	500m: 9:13.89 1:52.41	900m: 16:40.31 1:51.43	1300m: 24:08.37 1:51.33			
	200m: 3:37.19 1:51.72	600m: 11:05.49 1:51.60	1000m: 18:32.82 1:52.51	1400m: 25:59.34 1:50.97			
	300m: 5:29.26 1:52.07	700m: 12:57.54 1:52.05	1100m: 20:24.41 1:51.59	1500m: 27:45.28 1:45.94			
	400m: 7:21.48 1:52.22	800m: 14:48.88 1:51.34	1200m: 22:17.04 1:52.63				
103.	CASIMIRO Joao Manuel	76	Geslours	<b>27:59.83</b>		214	12,00
	100m: 1:42.09 1:42.09	500m: 9:08.59 1:53.47	900m: 16:42.83 1:53.03	1300m: 24:16.91 1:53.78			
	200m: 3:31.84 1:49.75	600m: 11:02.26 1:53.67	1000m: 18:36.81 1:53.98	1400m: 26:10.46 1:53.55			
	300m: 5:22.53 1:50.69	700m: 12:56.00 1:53.74	1100m: 20:30.69 1:53.88	1500m: 27:59.83 1:49.37			
	400m: 7:15.12 1:52.59	800m: 14:49.80 1:53.80	1200m: 22:23.13 1:52.44				
104.	MELO Antonio Paulo	67	Fluvial Portuense	<b>28:06.73</b>		246	9,00
	100m: 1:42.90 1:42.90	500m: 9:14.14 1:53.16	900m: 16:52.09 1:54.94	1300m: 24:28.39 1:52.14			
	200m: 3:34.81 1:51.91	600m: 11:08.48 1:54.34	1000m: 18:47.60 1:55.51	1400m: 26:19.72 1:51.33			
	300m: 5:27.82 1:53.01	700m: 13:02.36 1:53.88	1100m: 20:42.87 1:55.27	1500m: 28:06.73 1:47.01			
	400m: 7:20.98 1:53.16	800m: 14:57.15 1:54.79	1200m: 22:36.25 1:53.38				
105.	ALVARENGA Jorge Filipe	87	Leixoes	<b>28:18.06</b>		162	3,00
	100m: 1:39.55 1:39.55	500m: 9:13.49 1:58.42	900m: 17:00.01 1:55.60	1300m: 24:38.56 1:54.42			
	200m: 3:25.60 1:46.05	600m: 11:12.14 1:58.65	1000m: 18:57.77 1:57.76	1400m: 26:31.33 1:52.77			
	300m: 5:18.19 1:52.59	700m: 13:07.91 1:55.77	1100m: 20:50.02 1:52.25	1500m: 28:18.06 1:46.73			
	400m: 7:15.07 1:56.88	800m: 15:04.41 1:56.50	1200m: 22:44.14 1:54.12				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
106.	TEIXEIRA Andre Manuel	78	Estarreja	<b>28:25.88</b>		204	11,00
	100m: 1:41.83 1:41.83	500m: 9:07.62 1:55.21	900m: 16:49.68 1:56.46	1300m: 24:34.62 1:56.62			
	200m: 3:29.29 1:47.46	600m: 11:04.07 1:56.45	1000m: 18:45.88 1:56.20	1400m: 26:30.80 1:56.18			
	300m: 5:19.09 1:49.80	700m: 12:58.26 1:54.19	1100m: 20:42.95 1:57.07	1500m: 28:25.88 1:55.08			
	400m: 7:12.41 1:53.32	800m: 14:53.22 1:54.96	1200m: 22:38.00 1:55.05				
107.	BARROS Mario Jorge	56	Porto	<b>28:59.28</b>		333	20,00
	100m: 1:49.38 1:49.38	500m: 9:38.91 1:58.03	900m: 17:31.42 1:56.50	1300m: 25:17.14 1:54.70			
	200m: 3:45.38 1:56.00	600m: 11:37.20 1:58.29	1000m: 19:27.53 1:56.11	1400m: 27:12.54 1:55.40			
	300m: 5:43.79 1:58.41	700m: 13:36.32 1:59.12	1100m: 21:24.61 1:57.08	1500m: 28:59.28 1:46.74			
	400m: 7:40.88 1:57.09	800m: 15:34.92 1:58.60	1200m: 23:22.44 1:57.83				
108.	SOUSA Jose Fernando	63	Fluvial Portuense	<b>29:04.83</b>		312	9,00
	100m: 1:42.21 1:42.21	500m: 9:25.57 1:58.44	900m: 17:21.03 1:59.83	1300m: 25:22.74 2:01.48			
	200m: 3:33.09 1:50.88	600m: 11:24.62 1:59.05	1000m: 19:21.73 2:00.70	1400m: 27:18.76 1:56.02			
	300m: 5:28.37 1:55.28	700m: 13:21.36 1:56.74	1100m: 21:22.81 2:01.08	1500m: 29:04.83 1:46.07			
	400m: 7:27.13 1:58.76	800m: 15:21.20 1:59.84	1200m: 23:21.26 1:58.45				
109.	GONCALVES Pedro Nuno	72	Fluvial Portuense	<b>29:17.50</b>		202	-
	100m: 1:50.45 1:50.45	500m: 9:40.28 1:57.82	900m: 17:32.76 1:59.25	1300m: 25:24.58 1:57.26			
	200m: 3:46.97 1:56.52	600m: 11:36.95 1:56.67	1000m: 19:32.52 1:59.76	1400m: 27:20.40 1:55.82			
	300m: 5:44.94 1:57.97	700m: 13:35.99 1:59.04	1100m: 21:30.46 1:57.94	1500m: 29:17.50 1:57.10			
	400m: 7:42.46 1:57.52	800m: 15:33.51 1:57.52	1200m: 23:27.32 1:56.86				
110.	VEISEU Nuno Alexandre	77	Leixoes	<b>29:28.72</b>		183	10,00
	100m: 1:59.42 1:59.42	500m: 9:59.32 1:59.76	900m: 17:50.39 1:56.59	1300m: 25:40.37 1:59.23			
	200m: 4:00.72 2:01.30	600m: 11:57.51 1:58.19	1000m: 19:46.73 1:56.34	1400m: 27:38.63 1:58.26			
	300m: 6:00.23 1:59.51	700m: 13:55.77 1:58.26	1100m: 21:43.78 1:57.05	1500m: 29:28.72 1:50.09			
	400m: 7:59.56 1:59.33	800m: 15:53.80 1:58.03	1200m: 23:41.14 1:57.36				
111.	SOUSA Alberto Sergio	63	Natacao da Maia	<b>29:33.98</b>		297	8,00
	100m: 1:42.41 1:42.41	500m: 9:32.52 2:00.14	900m: 17:34.35 2:00.08	1300m: 25:38.81 2:01.27			
	200m: 3:36.16 1:53.75	600m: 11:33.34 2:00.82	1000m: 19:36.54 2:02.19	1400m: 27:38.64 1:59.83			
	300m: 5:34.10 1:57.94	700m: 13:33.82 2:00.48	1100m: 21:36.86 2:00.32	1500m: 29:33.98 1:55.34			
	400m: 7:32.38 1:58.28	800m: 15:34.27 2:00.45	1200m: 23:37.54 2:00.68				
112.	ROCHA Paulo Jorge	59	Fluvial Portuense	<b>29:43.37</b>		309	19,00
	100m: 1:42.84 1:42.84	500m: 9:32.98 1:58.80	900m: 17:32.31 2:01.29	1300m: 25:41.43 2:04.38			
	200m: 3:38.39 1:55.55	600m: 11:32.71 1:59.73	1000m: 19:34.86 2:02.55	1400m: 27:44.02 2:02.59			
	300m: 5:35.48 1:57.09	700m: 13:31.37 1:58.66	1100m: 21:35.80 2:00.94	1500m: 29:43.37 1:59.35			
	400m: 7:34.18 1:58.70	800m: 15:31.02 1:59.65	1200m: 23:37.05 2:01.25				
113.	NEVES Domingos Marques	61	Natacao de Valongo	<b>29:49.52</b>		289	7,00
	100m: 1:50.30 1:50.30	500m: 9:41.56 1:58.64	900m: 17:38.22 2:00.02	1300m: 25:45.54 2:02.96			
	200m: 3:46.56 1:56.26	600m: 11:41.15 1:59.59	1000m: 19:39.35 2:01.13	1400m: 27:46.94 2:01.40			
	300m: 5:44.71 1:58.15	700m: 13:39.30 1:58.15	1100m: 21:41.13 2:01.78	1500m: 29:49.52 2:02.58			
	400m: 7:42.92 1:58.21	800m: 15:38.20 1:58.90	1200m: 23:42.58 2:01.45				
114.	MADAIL Jose Henrique	54	Galitos / Bresimar	<b>29:51.63</b>		346	26,00
	100m: 1:57.75 1:57.75	500m: 10:03.13 2:01.56	900m: 18:07.58 2:01.13	1300m: 26:01.29 1:58.38			
	200m: 3:58.48 2:00.73	600m: 12:04.02 2:00.89	1000m: 20:06.12 1:58.54	1400m: 28:00.25 1:58.96			
	300m: 5:59.59 2:01.11	700m: 14:05.53 2:01.51	1100m: 22:03.89 1:57.77	1500m: 29:51.63 1:51.38			
	400m: 8:01.57 2:01.98	800m: 16:06.45 2:00.92	1200m: 24:02.91 1:59.02				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
115.	BRAGA Rafael Costa	84	Natacao de Valongo	<b>29:58.66</b>		186	10,00
	100m: 1:38.37 1:38.37	500m: 9:34.44 2:01.53	900m: 17:46.32 2:02.69	1300m: 25:59.25 2:03.40			
	200m: 3:32.31 1:53.94	600m: 11:36.29 2:01.85	1000m: 19:49.58 2:03.26	1400m: 28:00.97 2:01.72			
	300m: 5:31.44 1:59.13	700m: 13:39.90 2:03.61	1100m: 21:52.60 2:03.02	1500m: 29:58.66 1:57.69			
	400m: 7:32.91 2:01.47	800m: 15:43.63 2:03.73	1200m: 23:55.85 2:03.25				
116.	SILVA Duarte Gomes	84	Estarreja	<b>30:03.45</b>		185	9,00
	100m: 1:45.59 1:45.59	500m: 9:42.13 2:00.44	900m: 17:45.71 2:05.89	1300m: 25:50.16 2:05.09			
	200m: 3:44.15 1:58.56	600m: 11:41.64 1:59.51	1000m: 19:45.29 1:59.58	1400m: 27:53.62 2:03.46			
	300m: 5:40.60 1:56.45	700m: 13:41.48 1:59.84	1100m: 21:43.40 1:58.11	1500m: 30:03.45 2:09.83			
	400m: 7:41.69 2:01.09	800m: 15:39.82 1:58.34	1200m: 23:45.07 2:01.67				
117.	ANTUNES Luis Miguel	68	Leixoes	<b>30:21.35</b>		195	8,00
	100m: 1:53.47 1:53.47	500m: 10:03.26 2:03.23	900m: 18:20.32 2:02.41	1300m: 26:27.23 2:00.21			
	200m: 3:54.00 2:00.53	600m: 12:07.23 2:03.97	1000m: 20:23.46 2:03.14	1400m: 28:25.55 1:58.32			
	300m: 5:55.41 2:01.41	700m: 14:12.14 2:04.91	1100m: 22:25.48 2:02.02	1500m: 30:21.35 1:55.80			
	400m: 8:00.03 2:04.62	800m: 16:17.91 2:05.77	1200m: 24:27.02 2:01.54				
118.	LUZ Paulo Filipe	59	Gesloures	<b>30:44.39</b>		279	18,00
	100m: 1:53.02 1:53.02	500m: 9:57.85 2:00.79	900m: 18:14.51 2:05.19	1300m: 26:42.81 2:19.01			
	200m: 3:55.31 2:02.29	600m: 12:01.87 2:04.02	1000m: 20:18.29 2:03.78	1400m: 28:47.48 2:04.67			
	300m: 5:56.43 2:01.12	700m: 14:05.34 2:03.47	1100m: 22:22.02 2:03.73	1500m: 30:44.39 1:56.91			
	400m: 7:57.06 2:00.63	800m: 16:09.32 2:03.98	1200m: 24:23.80 2:01.78				
119.	BAPTISTA Jose Manuel	69	Leixoes	<b>31:08.93</b>		181	7,00
	100m: 1:45.80 1:45.80	500m: 9:41.95 2:02.76	900m: 18:09.18 2:07.73	1300m: 26:41.35 2:09.46			
	200m: 3:39.17 1:53.37	600m: 11:47.59 2:05.64	1000m: 20:16.04 2:06.86	1400m: 28:56.16 2:14.81			
	300m: 5:37.21 1:58.04	700m: 13:55.11 2:07.52	1100m: 22:22.79 2:06.75	1500m: 31:08.93 2:12.77			
	400m: 7:39.19 2:01.98	800m: 16:01.45 2:06.34	1200m: 24:31.89 2:09.10				
120.	MASSANO Pedro Miguel	74	Luz e Vida	<b>31:17.13</b>		165	-
	100m: 1:45.02 1:45.02	500m: 10:04.16 2:03.84	900m: 18:31.77 2:07.33	1300m: 27:03.63 2:09.49			
	200m: 3:49.03 2:04.01	600m: 12:09.60 2:05.44	1000m: 20:40.64 2:08.87	1400m: 29:14.78 2:11.15			
	300m: 5:54.26 2:05.23	700m: 14:15.78 2:06.18	1100m: 22:46.60 2:05.96	1500m: 31:17.13 2:02.35			
	400m: 8:00.32 2:06.06	800m: 16:24.44 2:08.66	1200m: 24:54.14 2:07.54				
121.	SANTOS Manuel Fernando	61	Gafanha da Encarnacao	<b>31:26.39</b>		247	6,00
	100m: 1:50.54 1:50.54	500m: 10:26.76 2:08.90	900m: 19:00.12 2:08.02	1300m: 27:27.22 2:05.11			
	200m: 3:57.54 2:07.00	600m: 12:35.10 2:08.34	1000m: 21:06.06 2:05.94	1400m: 29:31.08 2:03.86			
	300m: 6:08.44 2:10.90	700m: 14:43.95 2:08.85	1100m: 23:14.16 2:08.10	1500m: 31:26.39 1:55.31			
	400m: 8:17.86 2:09.42	800m: 16:52.10 2:08.15	1200m: 25:22.11 2:07.95				
122.	CARVALHO Luis Duarte	70	Sporting de Aveiro	<b>31:30.81</b>		162	-
	100m: 2:00.02 2:00.02	500m: 10:25.68 2:09.07	900m: 18:50.17 2:05.07	1300m: 27:24.86 2:07.11			
	200m: 4:04.81 2:04.79	600m: 12:33.49 2:07.81	1000m: 20:59.72 2:09.55	1400m: 29:33.13 2:08.27			
	300m: 6:11.10 2:06.29	700m: 14:39.39 2:05.90	1100m: 23:08.58 2:08.86	1500m: 31:30.81 1:57.68			
	400m: 8:16.61 2:05.51	800m: 16:45.10 2:05.71	1200m: 25:17.75 2:09.17				
123.	MORGADO Jose Luis	54	Fluvial Portuense	<b>31:39.15</b>		290	22,00
	100m: 2:02.91 2:02.91	500m: 10:31.05 2:06.87	900m: 19:01.52 2:07.34	1300m: 27:35.78 2:09.46			
	200m: 4:10.14 2:07.23	600m: 12:38.62 2:07.57	1000m: 21:09.43 2:07.91	1400m: 29:45.67 2:09.89			
	300m: 6:17.62 2:07.48	700m: 14:46.12 2:07.50	1100m: 23:17.40 2:07.97	1500m: 31:39.15 1:53.48			
	400m: 8:24.18 2:06.56	800m: 16:54.18 2:08.06	1200m: 25:26.32 2:08.92				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS





MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
124.	GASPAR Alexandre Azevedo	45	Alges	<b>31:48.04</b>		323	26,00
	100m: 2:03.11 2:03.11	500m: 10:42.05 2:09.24	900m: 19:11.71 2:06.70	1300m: 27:43.64 2:09.45			
	200m: 4:14.05 2:10.94	600m: 12:48.93 2:06.88	1000m: 21:19.39 2:07.68	1400m: 29:49.79 2:06.15			
	300m: 6:24.07 2:10.02	700m: 14:56.30 2:07.37	1100m: 23:26.10 2:06.71	1500m: 31:48.04 1:58.25			
	400m: 8:32.81 2:08.74	800m: 17:05.01 2:08.71	1200m: 25:34.19 2:08.09				
125.	RAPOSO Jose Alexandre	55	Sporting de Aveiro	<b>32:00.43</b>		247	17,00
	100m: 2:01.16 2:01.16	500m: 10:34.91 2:07.45	900m: 19:13.67 2:10.01	1300m: 27:50.18 2:08.93			
	200m: 4:10.21 2:09.05	600m: 12:43.41 2:08.50	1000m: 21:23.11 2:09.44	1400m: 29:58.12 2:07.94			
	300m: 6:20.00 2:09.79	700m: 14:53.58 2:10.17	1100m: 23:31.36 2:08.25	1500m: 32:00.43 2:02.31			
	400m: 8:27.46 2:07.46	800m: 17:03.66 2:10.08	1200m: 25:41.25 2:09.89				
126.	SEARA Joao Henrique	63	Leixoes	<b>32:19.74</b>		227	5,00
	100m: 1:57.18 1:57.18	500m: 10:30.27 2:08.94	900m: 19:07.10 2:09.88	1300m: 27:55.92 2:12.13			
	200m: 4:03.75 2:06.57	600m: 12:38.64 2:08.37	1000m: 21:17.88 2:10.78	1400m: 30:10.17 2:14.25			
	300m: 6:12.97 2:09.22	700m: 14:48.55 2:09.91	1100m: 23:30.72 2:12.84	1500m: 32:19.74 2:09.57			
	400m: 8:21.33 2:08.36	800m: 16:57.22 2:08.67	1200m: 25:43.79 2:13.07				
127.	LOUREIRO Luis Miguel	68	Fluvial Portuense	<b>32:57.49</b>		152	6,00
	100m: 1:59.98 1:59.98	500m: 10:53.86 2:13.23	900m: 19:42.86 2:12.75	1300m: 28:33.97 2:14.41			
	200m: 4:11.74 2:11.76	600m: 13:07.40 2:13.54	1000m: 21:55.36 2:12.50	1400m: 30:49.54 2:15.57			
	300m: 6:25.72 2:13.98	700m: 15:18.50 2:11.10	1100m: 24:07.03 2:11.67	1500m: 32:57.49 2:07.95			
	400m: 8:40.63 2:14.91	800m: 17:30.11 2:11.61	1200m: 26:19.56 2:12.53				
128.	BORREGO Hugo Alexandre	72	Sporting de Aveiro	<b>33:19.10</b>		137	-
	100m: 1:58.27 1:58.27	500m: 10:51.50 2:11.85	900m: 19:55.27 2:17.04	1300m: 29:01.80 2:15.50			
	200m: 4:10.58 2:12.31	600m: 13:04.31 2:12.81	1000m: 22:10.54 2:15.27	1400m: 31:17.63 2:15.83			
	300m: 6:24.52 2:13.94	700m: 15:22.65 2:18.34	1100m: 24:27.31 2:16.77	1500m: 33:19.10 2:01.47			
	400m: 8:39.65 2:15.13	800m: 17:38.23 2:15.58	1200m: 26:46.30 2:18.99				
129.	BERNARDES Pedro Miguel	86	Penafiel	<b>33:23.53</b>		98	2,00
	100m: 2:00.38 2:00.38	500m: 10:51.56 2:12.16	900m: 19:52.06 2:14.81	1300m: 28:59.93 2:17.01			
	200m: 4:10.82 2:10.44	600m: 13:06.58 2:15.02	1000m: 22:06.59 2:14.53	1400m: 31:17.28 2:17.35			
	300m: 6:24.47 2:13.65	700m: 15:22.47 2:15.89	1100m: 24:22.98 2:16.39	1500m: 33:23.53 2:06.25			
	400m: 8:39.40 2:14.93	800m: 17:37.25 2:14.78	1200m: 26:42.92 2:19.94				
130.	MARQUES Antonio Jorge	51	Fluvial Portuense	<b>33:31.57</b>		244	20,00
	100m: 2:04.84 2:04.84	500m: 10:58.57 2:13.65	900m: 19:57.06 2:15.83	1300m: 29:05.31 2:16.02			
	200m: 4:19.52 2:14.68	600m: 13:12.11 2:13.54	1000m: 22:14.23 2:17.17	1400m: 31:21.54 2:16.23			
	300m: 6:30.93 2:11.41	700m: 15:26.50 2:14.39	1100m: 24:32.32 2:18.09	1500m: 33:31.57 2:10.03			
	400m: 8:44.92 2:13.99	800m: 17:41.23 2:14.73	1200m: 26:49.29 2:16.97				
131.	CECILIO Antonio Alves	54	Fluvial Portuense	<b>34:35.40</b>		222	19,00
	100m: 2:09.52 2:09.52	500m: 11:36.39 2:21.87	900m: 21:00.79 2:21.13	1300m: 30:19.61 2:17.63			
	200m: 4:30.07 2:20.55	600m: 13:57.20 2:20.81	1000m: 23:21.44 2:20.65	1400m: 32:36.04 2:16.43			
	300m: 6:53.05 2:22.98	700m: 16:18.76 2:21.56	1100m: 25:40.30 2:18.86	1500m: 34:35.40 1:59.36			
	400m: 9:14.52 2:21.47	800m: 18:39.66 2:20.90	1200m: 28:01.98 2:21.68				
132.	ROSEIRA Joao Luis	55	Fluvial Portuense	<b>35:27.83</b>		182	16,00
	100m: 2:11.03 2:11.03	500m: 11:33.46 2:20.67	900m: 21:02.69 2:20.45	1300m: 30:45.65 2:23.91			
	200m: 4:31.50 2:20.47	600m: 13:54.90 2:21.44	1000m: 23:30.19 2:27.50	1400m: 33:08.92 2:23.27			
	300m: 6:51.76 2:20.26	700m: 16:19.24 2:24.34	1100m: 25:55.72 2:25.53	1500m: 35:27.83 2:18.91			
	400m: 9:12.79 2:21.03	800m: 18:42.24 2:23.00	1200m: 28:21.74 2:26.02				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS







MASTERS

Torneio de Fundo Masters  
Póvoa de Varzim, 23-2-2019

Prova 2, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
133.	AZEVEDO Paulo Luis	60	Leixoes	<b>35:44.92</b>		168	4,00
	100m: 2:20.32 2:20.32	500m: 11:57.61 2:26.43	900m: 21:34.05 2:23.25	1300m: 31:05.81 2:21.68			
	200m: 4:43.64 2:23.32	600m: 14:22.93 2:25.32	1000m: 23:56.97 2:22.92	1400m: 33:26.90 2:21.09			
	300m: 7:06.86 2:23.22	700m: 16:47.27 2:24.34	1100m: 26:19.69 2:22.72	1500m: 35:44.92 2:18.02			
	400m: 9:31.18 2:24.32	800m: 19:10.80 2:23.53	1200m: 28:44.13 2:24.44				
134.	MARREIROS Jose Joaquim	46	Alges	<b>39:17.06</b>		171	22,00
	100m: 2:22.14 2:22.14	500m: 12:52.73 2:40.54	900m: 23:25.16 2:38.04	1300m: 34:08.32 2:42.17			
	200m: 4:54.06 2:31.92	600m: 15:32.16 2:39.43	1000m: 26:03.31 2:38.15	1400m: 36:45.61 2:37.29			
	300m: 7:30.77 2:36.71	700m: 18:08.57 2:36.41	1100m: 28:44.97 2:41.66	1500m: 39:17.06 2:31.45			
	400m: 10:12.19 2:41.42	800m: 20:47.12 2:38.55	1200m: 31:26.15 2:41.18				
135.	HORTA Jose Manuel	49	Alges	<b>46:30.91</b>		103	20,00
	100m: 2:53.01 2:53.01	500m: 15:21.39 3:04.45	900m: 28:04.09 3:06.46	1300m: 40:41.11 3:00.66			
	200m: 5:58.45 3:05.44	600m: 18:34.53 3:13.14	1000m: 31:20.22 3:16.13	1400m: 43:39.47 2:58.36			
	300m: 9:06.82 3:08.37	700m: 21:43.64 3:09.11	1100m: 34:37.21 3:16.99	1500m: 46:30.91 2:51.44			
	400m: 12:16.94 3:10.12	800m: 24:57.63 3:13.99	1200m: 37:40.45 3:03.24				
136.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	<b>50:21.38</b>		101	30,00
	100m: 3:03.74 3:03.74	500m: 16:15.68 3:22.44	900m: 30:10.08 3:34.41	1300m: 43:50.79 3:20.55			
	200m: 6:15.69 3:11.95	600m: 19:40.72 3:25.04	1000m: 33:40.12 3:30.04	1400m: 47:16.87 3:26.08			
	300m: 9:33.93 3:18.24	700m: 23:05.54 3:24.82	1100m: 37:05.73 3:25.61	1500m: 50:21.38 3:04.51			
	400m: 12:53.24 3:19.31	800m: 26:35.67 3:30.13	1200m: 40:30.24 3:24.51				
DSQ	NEVES Jose Pedro 403 - Falsa partida - SW 4.4	81	Fluvial Portuense				-
DNF	GOMES Pedro Tiago	86	Fluvial Portuense				-

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS

