

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



Prova 2 Masc., 1500m Livres Master Esc A  
22-02-2020 Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>BESSA Antonio Rafael</b>	94	Aquatico Pacense	<b>17:32.09</b>		829	30,00
	100m: 1:07.33 1:07.33		500m: 5:44.28 1:09.54	900m: 10:24.96 1:11.10	1300m: 15:10.47 1:12.28		
	200m: 2:15.60 1:08.27		600m: 6:53.91 1:09.63	1000m: 11:35.86 1:10.90	1400m: 16:22.78 1:12.31		
	300m: 3:25.07 1:09.47		700m: 8:03.80 1:09.89	1100m: 12:46.87 1:11.01	1500m: 17:32.09 1:09.31		
	400m: 4:34.74 1:09.67		800m: 9:13.86 1:10.06	1200m: 13:58.19 1:11.32			
2.	<b>FERREIRA Artur Sousa</b>	93	Colegio SMLamas	<b>20:42.54</b>		503	26,00
	100m: 1:15.84 1:15.84		500m: 6:43.16 1:23.45	900m: 12:15.70 1:24.15	1300m: 17:58.50 1:26.86		
	200m: 2:34.90 1:19.06		600m: 8:05.33 1:22.17	1000m: 13:40.73 1:25.03	1400m: 19:24.01 1:25.51		
	300m: 3:56.81 1:21.91		700m: 9:27.48 1:22.15	1100m: 15:05.26 1:24.53	1500m: 20:42.54 1:18.53		
	400m: 5:19.71 1:22.90		800m: 10:51.55 1:24.07	1200m: 16:31.64 1:26.38			
3.	<b>MENESES Goncalo Goncalves</b>	92	Braga	<b>20:45.24</b>		500	22,00
	100m: 1:13.45 1:13.45		500m: 6:35.95 1:23.62	900m: 12:17.03 1:25.79	1300m: 18:00.38 1:25.11		
	200m: 2:30.72 1:17.27		600m: 8:00.70 1:24.75	1000m: 13:42.90 1:25.87	1400m: 19:25.80 1:25.42		
	300m: 3:50.29 1:19.57		700m: 9:25.65 1:24.95	1100m: 15:08.73 1:25.83	1500m: 20:45.24 1:19.44		
	400m: 5:12.33 1:22.04		800m: 10:51.24 1:25.59	1200m: 16:35.27 1:26.54			
4.	<b>SOARES Guilherme Araujo</b>	93	Colegio SMLamas	<b>21:19.50</b>		461	20,00
	100m: 1:12.99 1:12.99		500m: 6:39.55 1:24.07	900m: 12:26.86 1:28.66	1300m: 18:28.85 1:29.58		
	200m: 2:30.92 1:17.93		600m: 8:05.32 1:25.77	1000m: 13:57.12 1:30.26	1400m: 19:55.57 1:26.72		
	300m: 3:52.11 1:21.19		700m: 9:32.23 1:26.91	1100m: 15:28.78 1:31.66	1500m: 21:19.50 1:23.93		
	400m: 5:15.48 1:23.37		800m: 10:58.20 1:25.97	1200m: 16:59.27 1:30.49			
5.	<b>COUTO Andre Filipe</b>	91	Leixoes	<b>22:17.01</b>		404	19,00
	100m: 1:22.54 1:22.54		500m: 7:22.43 1:30.90	900m: 13:23.33 1:30.78	1300m: 19:24.02 1:29.24		
	200m: 2:50.95 1:28.41		600m: 8:53.55 1:31.12	1000m: 14:56.04 1:32.71	1400m: 20:52.59 1:28.57		
	300m: 4:20.93 1:29.98		700m: 10:22.36 1:28.81	1100m: 16:25.42 1:29.38	1500m: 22:17.01 1:24.42		
	400m: 5:51.53 1:30.60		800m: 11:52.55 1:30.19	1200m: 17:54.78 1:29.36			
6.	<b>FERREIRA Joao Pedro</b>	91	Geslours	<b>22:35.91</b>		387	18,00
	100m: 1:24.52 1:24.52		500m: 7:21.74 1:30.05	900m: 13:23.98 1:30.58	1300m: 19:36.67 1:34.43		
	200m: 2:51.95 1:27.43		600m: 8:51.74 1:30.00	1000m: 14:56.37 1:32.39	1400m: 21:06.16 1:29.49		
	300m: 4:21.16 1:29.21		700m: 10:21.74 1:30.00	1100m: 16:29.18 1:32.81	1500m: 22:35.91 1:29.75		
	400m: 5:51.69 1:30.53		800m: 11:53.40 1:31.66	1200m: 18:02.24 1:33.06			
7.	<b>RIBEIRO Edgar Francisco</b>	91	Leixoes	<b>24:03.85</b>		321	17,00
	100m: 1:30.31 1:30.31		500m: 7:55.90 1:37.12	900m: 14:26.67 1:38.05	1300m: 20:57.12 1:36.59		
	200m: 3:04.97 1:34.66		600m: 9:32.49 1:36.59	1000m: 16:03.70 1:37.03	1400m: 22:34.43 1:37.31		
	300m: 4:41.65 1:36.68		700m: 11:10.93 1:38.44	1100m: 17:41.56 1:37.86	1500m: 24:03.85 1:29.42		
	400m: 6:18.78 1:37.13		800m: 12:48.62 1:37.69	1200m: 19:20.53 1:38.97			
8.	<b>FIGUEIRAS Goncalo Nogueira</b>	92	Leixoes	<b>24:14.67</b>		313	16,00
	100m: 1:24.70 1:24.70		500m: 7:45.87 1:37.07	900m: 14:19.23 1:40.50	1300m: 21:04.26 1:41.44		
	200m: 2:56.67 1:31.97		600m: 9:22.85 1:36.98	1000m: 16:00.26 1:41.03	1400m: 22:43.53 1:39.27		
	300m: 4:32.00 1:35.33		700m: 11:00.45 1:37.60	1100m: 17:40.80 1:40.54	1500m: 24:14.67 1:31.14		
	400m: 6:08.80 1:36.80		800m: 12:38.73 1:38.28	1200m: 19:22.82 1:42.02			

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	RIBEIRO Luis Manuel	91	Foca Quinta da Lixa CNF	<b>24:28.16</b>		305	14,00
	100m: 1:30.85 1:30.85	500m: 8:08.34 1:38.38	900m: 14:45.27	1:39.18	1300m: 21:19.41 1:38.19		
	200m: 3:09.39 1:38.54	600m: 9:47.06 1:38.72	1000m: 16:23.48	1:38.21	1400m: 22:55.02 1:35.61		
	300m: 4:49.62 1:40.23	700m: 11:26.16 1:39.10	1100m: 18:01.98	1:38.50	1500m: 24:28.16 1:33.14		
	400m: 6:29.96 1:40.34	800m: 13:06.09 1:39.93	1200m: 19:41.22	1:39.24			
10.	COSTA Hugo Figueiredo	91	Geslours	<b>26:07.80</b>		250	12,00
	100m: 1:34.44 1:34.44	500m: 8:29.73 1:45.64	900m: 15:30.33	1:45.02	1300m: 22:34.83 1:48.21		
	200m: 3:15.29 1:40.85	600m: 10:15.58 1:45.85	1000m: 17:16.73	1:46.40	1400m: 24:23.47 1:48.64		
	300m: 4:58.51 1:43.22	700m: 12:00.82 1:45.24	1100m: 19:01.80	1:45.07	1500m: 26:07.80 1:44.33		
	400m: 6:44.09 1:45.58	800m: 13:45.31 1:44.49	1200m: 20:46.62	1:44.82			
11.	FERREIRA Tiago Andre	92	Penafiel	<b>26:53.66</b>		229	11,00
	100m: 1:35.23 1:35.23	500m: 8:41.84 1:50.02	900m: 16:00.87	1:50.80	1300m: 23:24.36 1:51.71		
	200m: 3:17.61 1:42.38	600m: 10:30.36 1:48.52	1000m: 17:52.60	1:51.73	1400m: 25:15.02 1:50.66		
	300m: 5:03.25 1:45.64	700m: 12:19.61 1:49.25	1100m: 19:42.74	1:50.14	1500m: 26:53.66 1:38.64		
	400m: 6:51.82 1:48.57	800m: 14:10.07 1:50.46	1200m: 21:32.65	1:49.91			
12.	ROCHA Joao Castro	95	Fluvial Portuense	<b>34:17.83</b>		110	10,00
	100m: 1:59.40 1:59.40	500m: 11:02.22 2:17.45	900m: 20:11.32	2:19.87	1300m: 29:37.99 2:23.72		
	200m: 4:11.14 2:11.74	600m: 13:18.37 2:16.15	1000m: 22:31.37	2:20.05	1400m: 32:02.39 2:24.40		
	300m: 6:27.87 2:16.73	700m: 15:35.45 2:17.08	1100m: 24:53.48	2:22.11	1500m: 34:17.83 2:15.44		
	400m: 8:44.77 2:16.90	800m: 17:51.45 2:16.00	1200m: 27:14.27	2:20.79			
DNS	SANTOS Andre Ferreira	95	Olivais e Moscavide				-

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

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	RIBEIRO Hugo Alberto	88	Leixoes	<b>17:44.82</b>		657	30,00
	100m: 1:07.82 1:07.82	500m: 5:50.27 1:11.43	900m: 10:36.07	1:12.21	1300m: 15:23.78 1:12.94		
	200m: 2:17.62 1:09.80	600m: 7:01.44 1:11.17	1000m: 11:47.98	1:11.91	1400m: 16:35.91 1:12.13		
	300m: 3:28.06 1:10.44	700m: 8:12.61 1:11.17	1100m: 12:59.26	1:11.28	1500m: 17:44.82 1:08.91		
	400m: 4:38.84 1:10.78	800m: 9:23.86 1:11.25	1200m: 14:10.84	1:11.58			
2.	ROQUE Jorge Manuel	90	Masters de Almada	<b>19:21.21</b>		506	26,00
	100m: 1:08.98 1:08.98	500m: 6:12.51 1:17.90	900m: 11:28.26	1:19.24	1300m: 16:45.05 1:19.04		
	200m: 2:23.48 1:14.50	600m: 7:30.93 1:18.42	1000m: 12:48.29	1:20.03	1400m: 18:03.98 1:18.93		
	300m: 3:38.29 1:14.81	700m: 8:49.92 1:18.99	1100m: 14:07.99	1:19.70	1500m: 19:21.21 1:17.23		
	400m: 4:54.61 1:16.32	800m: 10:09.02 1:19.10	1200m: 15:26.01	1:18.02			
3.	SILVA Luis Filipe	88	Leixoes	<b>19:38.58</b>		484	22,00
	100m: 1:10.55 1:10.55	500m: 6:16.87 1:17.93	900m: 11:36.02	1:21.14	1300m: 17:01.50 1:22.28		
	200m: 2:25.21 1:14.66	600m: 7:36.17 1:19.30	1000m: 12:57.09	1:21.07	1400m: 18:21.69 1:20.19		
	300m: 3:41.38 1:16.17	700m: 8:55.35 1:19.18	1100m: 14:17.47	1:20.38	1500m: 19:38.58 1:16.89		
	400m: 4:58.94 1:17.56	800m: 10:14.88 1:19.53	1200m: 15:39.22	1:21.75			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	SANTOS Cristiano Almeida	90	Atletismo Ferreira do Zezere	<b>20:02.38</b>		456	20,00
	100m: 1:12.96 1:12.96		500m: 6:25.37 1:19.80	900m: 11:53.68	1:23.73	1300m: 17:18.87	1:20.40
	200m: 2:30.13 1:17.17		600m: 7:47.78 1:22.41	1000m: 13:16.90	1:23.22	1400m: 18:41.09	1:22.22
	300m: 3:46.84 1:16.71		700m: 9:09.07 1:21.29	1100m: 14:38.94	1:22.04	1500m: 20:02.38	1:21.29
	400m: 5:05.57 1:18.73		800m: 10:29.95 1:20.88	1200m: 15:58.47	1:19.53		
5.	FERREIRA Duarte Nuno	86	Salesianos	<b>20:04.82</b>		453	19,00
	100m: 1:18.83 1:18.83		500m: 6:41.96 1:22.02	900m: 12:03.21	1:19.33	1300m: 17:25.96	1:20.99
	200m: 2:37.90 1:19.07		600m: 8:02.57 1:20.61	1000m: 13:22.96	1:19.75	1400m: 18:46.99	1:21.03
	300m: 3:58.70 1:20.80		700m: 9:23.73 1:21.16	1100m: 14:43.80	1:20.84	1500m: 20:04.82	1:17.83
	400m: 5:19.94 1:21.24		800m: 10:43.88 1:20.15	1200m: 16:04.97	1:21.17		
6.	BARTOLO Edgar Paiva	88	Leixoes	<b>20:09.35</b>		448	18,00
	100m: 1:14.87 1:14.87		500m: 6:25.70 1:18.20	900m: 11:50.24	1:21.98	1300m: 17:21.76	1:22.89
	200m: 2:31.43 1:16.56		600m: 7:44.93 1:19.23	1000m: 13:12.91	1:22.67	1400m: 18:45.79	1:24.03
	300m: 3:49.34 1:17.91		700m: 9:06.02 1:21.09	1100m: 14:35.73	1:22.82	1500m: 20:09.35	1:23.56
	400m: 5:07.50 1:18.16		800m: 10:28.26 1:22.24	1200m: 15:58.87	1:23.14		
7.	CORDEIRO Diogo Andre	90	Masters de Almada	<b>20:29.62</b>		426	17,00
	100m: 1:15.70 1:15.70		500m: 6:38.87 1:22.29	900m: 12:11.25	1:23.43	1300m: 17:43.95	1:24.41
	200m: 2:35.01 1:19.31		600m: 8:01.03 1:22.16	1000m: 13:33.45	1:22.20	1400m: 19:08.43	1:24.48
	300m: 3:55.60 1:20.59		700m: 9:24.01 1:22.98	1100m: 14:56.42	1:22.97	1500m: 20:29.62	1:21.19
	400m: 5:16.58 1:20.98		800m: 10:47.82 1:23.81	1200m: 16:19.54	1:23.12		
8.	QUINTA Daniel Ribeiro	88	Leixoes	<b>22:31.37</b>		321	16,00
	100m: 1:19.62 1:19.62		500m: 7:01.81 1:27.44	900m: 13:11.46	1:34.06	1300m: 19:29.32	1:34.97
	200m: 2:46.12 1:26.50		600m: 8:32.42 1:30.61	1000m: 14:46.74	1:35.28	1400m: 21:02.08	1:32.76
	300m: 4:09.73 1:23.61		700m: 10:04.05 1:31.63	1100m: 16:20.85	1:34.11	1500m: 22:31.37	1:29.29
	400m: 5:34.37 1:24.64		800m: 11:37.40 1:33.35	1200m: 17:54.35	1:33.50		
9.	FERREIRA Francisco David	89	Fluvial Portuense	<b>22:44.95</b>		312	14,00
	100m: 1:24.63 1:24.63		500m: 7:24.08 1:31.79	900m: 13:33.52	1:32.90	1300m: 19:46.76	1:33.02
	200m: 2:51.77 1:27.14		600m: 8:56.25 1:32.17	1000m: 15:06.57	1:33.05	1400m: 21:18.28	1:31.52
	300m: 4:20.79 1:29.02		700m: 10:28.26 1:32.01	1100m: 16:40.07	1:33.50	1500m: 22:44.95	1:26.67
	400m: 5:52.29 1:31.50		800m: 12:00.62 1:32.36	1200m: 18:13.74	1:33.67		
10.	RIBEIRO Jorge Ricardo	88	Leixoes	<b>23:08.45</b>		296	12,00
	100m: 1:20.59 1:20.59		500m: 7:27.98 1:34.34	900m: 13:47.12	1:34.87	1300m: 20:04.64	1:32.90
	200m: 2:49.10 1:28.51		600m: 9:02.94 1:34.96	1000m: 15:22.49	1:35.37	1400m: 21:38.90	1:34.26
	300m: 4:20.71 1:31.61		700m: 10:37.94 1:35.00	1100m: 16:57.21	1:34.72	1500m: 23:08.45	1:29.55
	400m: 5:53.64 1:32.93		800m: 12:12.25 1:34.31	1200m: 18:31.74	1:34.53		
11.	MOREIRA Pedro Joaquim	87	Penafiel	<b>23:25.32</b>		285	11,00
	100m: 1:23.44 1:23.44		500m: 7:40.27 1:35.20	900m: 13:58.79	1:35.59	1300m: 20:18.92	1:33.92
	200m: 2:54.99 1:31.55		600m: 9:14.85 1:34.58	1000m: 15:34.45	1:35.66	1400m: 21:52.54	1:33.62
	300m: 4:30.62 1:35.63		700m: 10:48.65 1:33.80	1100m: 17:09.72	1:35.27	1500m: 23:25.32	1:32.78
	400m: 6:05.07 1:34.45		800m: 12:23.20 1:34.55	1200m: 18:45.00	1:35.28		
12.	ISABEL Rui Jorge	89	Pimpoes/Cimai	<b>24:43.21</b>		243	10,00
	100m: 1:28.86 1:28.86		500m: 7:53.08 1:36.83	900m: 14:31.43	1:41.07	1300m: 21:20.27	1:43.03
	200m: 3:03.43 1:34.57		600m: 9:31.31 1:38.23	1000m: 16:12.06	1:40.63	1400m: 23:03.22	1:42.95
	300m: 4:39.54 1:36.11		700m: 11:10.29 1:38.98	1100m: 17:54.46	1:42.40	1500m: 24:43.21	1:39.99
	400m: 6:16.25 1:36.71		800m: 12:50.36 1:40.07	1200m: 19:37.24	1:42.78		

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
13.	ISIDORO Tiago Filipe	87	Pimpoes/Cimai	<b>26:29.36</b>		197	9,00
	100m: 1:37.80 1:37.80	500m: 8:41.19 1:47.06	900m: 15:50.68 1:46.78	1300m: 23:02.29 1:47.05			
	200m: 3:22.17 1:44.37	600m: 10:29.13 1:47.94	1000m: 17:38.86 1:48.18	1400m: 24:48.33 1:46.04			
	300m: 5:08.01 1:45.84	700m: 12:17.02 1:47.89	1100m: 19:27.37 1:48.51	1500m: 26:29.36 1:41.03			
	400m: 6:54.13 1:46.12	800m: 14:03.90 1:46.88	1200m: 21:15.24 1:47.87				
14.	FERNANDES Andre Manuel	88	Lisboa PoolSharks	<b>27:05.08</b>		184	8,00
	100m: 1:32.10 1:32.10	500m: 8:36.33 1:48.42	900m: 16:00.26 1:51.90	1300m: 23:27.65 1:50.04			
	200m: 3:15.64 1:43.54	600m: 10:26.89 1:50.56	1000m: 17:52.60 1:52.34	1400m: 25:19.04 1:51.39			
	300m: 5:00.38 1:44.74	700m: 12:17.94 1:51.05	1100m: 19:45.67 1:53.07	1500m: 27:05.08 1:46.04			
	400m: 6:47.91 1:47.53	800m: 14:08.36 1:50.42	1200m: 21:37.61 1:51.94				
15.	ROCHA Helder Tomas	86	Penafiel	<b>29:09.47</b>		148	7,00
	100m: 1:38.04 1:38.04	500m: 9:24.28 1:58.61	900m: 17:24.28 2:01.54	1300m: 25:21.55 1:58.46			
	200m: 3:30.55 1:52.51	600m: 11:23.18 1:58.90	1000m: 19:23.26 1:58.98	1400m: 27:19.86 1:58.31			
	300m: 5:29.22 1:58.67	700m: 13:22.51 1:59.33	1100m: 21:23.12 1:59.86	1500m: 29:09.47 1:49.61			
	400m: 7:25.67 1:56.45	800m: 15:22.74 2:00.23	1200m: 23:23.09 1:59.97				
16.	RODRIGUEZ Sidney Lucio	86	Amigos da Natacao	<b>30:01.43</b>		135	6,00
	100m: 1:54.12 1:54.12	500m: 10:05.26 2:00.44	900m: 18:07.19 2:00.59	1300m: 26:08.77 2:00.04			
	200m: 3:55.43 2:01.31	600m: 12:06.11 2:00.85	1000m: 20:09.00 2:01.81	1400m: 28:08.55 1:59.78			
	300m: 6:00.17 2:04.74	700m: 14:07.61 2:01.50	1100m: 22:09.11 2:00.11	1500m: 30:01.43 1:52.88			
	400m: 8:04.82 2:04.65	800m: 16:06.60 1:58.99	1200m: 24:08.73 1:59.62				
17.	MONTEIRO Rafael Martins	86	Vilacondense	<b>30:20.20</b>		131	5,00
	100m: 1:43.06 1:43.06	500m: 9:22.76 1:58.09	900m: 17:16.00 1:59.54	1300m: 25:36.78 2:18.87			
	200m: 3:33.05 1:49.99	600m: 11:20.87 1:58.11	1000m: 19:13.77 1:57.77	1400m: 28:06.90 2:30.12			
	300m: 5:26.55 1:53.50	700m: 13:17.53 1:56.66	1100m: 21:14.68 2:00.91	1500m: 30:20.20 2:13.30			
	400m: 7:24.67 1:58.12	800m: 15:16.46 1:58.93	1200m: 23:17.91 2:03.23				
DNS	DAVID Joao Gabriel	87	Masters de Almada				-

Prova 2  
22-02-2020  
Masc., 1500m Livres  
Master Esc C  
Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COURAS Ivan Mauricio	81	Fluvial Portuense	<b>19:22.39</b>		692	30,00
	100m: 1:15.51 1:15.51	500m: 6:27.62 1:18.12	900m: 11:41.53 1:18.34	1300m: 16:52.86 1:17.28			
	200m: 2:33.77 1:18.26	600m: 7:45.78 1:18.16	1000m: 12:59.70 1:18.17	1400m: 18:09.41 1:16.55			
	300m: 3:52.15 1:18.38	700m: 9:04.71 1:18.93	1100m: 14:17.59 1:17.89	1500m: 19:22.39 1:12.98			
	400m: 5:09.50 1:17.35	800m: 10:23.19 1:18.48	1200m: 15:35.58 1:17.99				
2.	MANSO Sergio Miguel	84	Funcao Publica	<b>19:45.86</b>		651	26,00
	100m: 1:13.35 1:13.35	500m: 6:27.47 1:19.42	900m: 11:48.23 1:20.80	1300m: 17:08.54 1:19.72			
	200m: 2:30.87 1:17.52	600m: 7:47.21 1:19.74	1000m: 13:08.66 1:20.43	1400m: 18:28.49 1:19.95			
	300m: 3:49.19 1:18.32	700m: 9:07.22 1:20.01	1100m: 14:28.64 1:19.98	1500m: 19:45.86 1:17.37			
	400m: 5:08.05 1:18.86	800m: 10:27.43 1:20.21	1200m: 15:48.82 1:20.18				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
3.	NEVES Jose Pedro	81	Fluvial Portuense	<b>20:19.01</b>		600	22,00
	100m: 1:15.00 1:15.00	500m: 6:35.69 1:20.52	900m: 12:02.51	1:22.43	1300m: 17:33.85	1:23.59	
	200m: 2:33.82 1:18.82	600m: 7:56.27 1:20.58	1000m: 13:24.74	1:22.23	1400m: 18:57.57	1:23.72	
	300m: 3:54.32 1:20.50	700m: 9:18.29 1:22.02	1100m: 14:47.97	1:23.23	1500m: 20:19.01	1:21.44	
	400m: 5:15.17 1:20.85	800m: 10:40.08 1:21.79	1200m: 16:10.26	1:22.29			
4.	MAIA Bruno Santos	81	Vilacondense	<b>21:16.64</b>		522	20,00
	100m: 1:18.57 1:18.57	500m: 6:49.85 1:24.47	900m: 12:33.91	1:26.05	1300m: 18:23.15	1:27.51	
	200m: 2:39.54 1:20.97	600m: 8:15.34 1:25.49	1000m: 14:00.68	1:26.77	1400m: 19:50.31	1:27.16	
	300m: 4:02.07 1:22.53	700m: 9:42.49 1:27.15	1100m: 15:28.16	1:27.48	1500m: 21:16.64	1:26.33	
	400m: 5:25.38 1:23.31	800m: 11:07.86 1:25.37	1200m: 16:55.64	1:27.48			
5.	LOBO Armindo Manuel	84	Vitoria Guimaraes	<b>22:34.91</b>		437	19,00
	100m: 1:22.69 1:22.69	500m: 7:23.72 1:33.42	900m: 13:34.13	1:31.37	1300m: 19:46.22	1:32.43	
	200m: 2:47.78 1:25.09	600m: 8:57.40 1:33.68	1000m: 15:07.12	1:32.99	1400m: 21:14.13	1:27.91	
	300m: 4:17.26 1:29.48	700m: 10:30.86 1:33.46	1100m: 16:40.01	1:32.89	1500m: 22:34.91	1:20.78	
	400m: 5:50.30 1:33.04	800m: 12:02.76 1:31.90	1200m: 18:13.79	1:33.78			
6.	CAMPOS Nuno Andre	81	Gafanha da Encarnacao	<b>22:53.04</b>		419	18,00
	100m: 1:24.67 1:24.67	500m: 7:34.58 1:33.65	900m: 13:46.72	1:33.21	1300m: 19:58.53	1:32.79	
	200m: 2:55.77 1:31.10	600m: 9:06.54 1:31.96	1000m: 15:19.85	1:33.13	1400m: 21:28.43	1:29.90	
	300m: 4:27.95 1:32.18	700m: 10:39.15 1:32.61	1100m: 16:53.49	1:33.64	1500m: 22:53.04	1:24.61	
	400m: 6:00.93 1:32.98	800m: 12:13.51 1:34.36	1200m: 18:25.74	1:32.25			
7.	ROCHA Pedro Morais	83	Gesloures	<b>23:08.11</b>		406	17,00
	100m: 1:22.86 1:22.86	500m: 7:28.39 1:32.33	900m: 13:41.69	1:34.78	1300m: 20:06.38	1:36.74	
	200m: 2:52.55 1:29.69	600m: 9:01.00 1:32.61	1000m: 15:16.83	1:35.14	1400m: 21:41.29	1:34.91	
	300m: 4:23.95 1:31.40	700m: 10:33.61 1:32.61	1100m: 16:52.88	1:36.05	1500m: 23:08.11	1:26.82	
	400m: 5:56.06 1:32.11	800m: 12:06.91 1:33.30	1200m: 18:29.64	1:36.76			
8.	AIRES Luis Emanuel	85	Masters de Almada	<b>23:19.04</b>		396	16,00
	100m: 1:23.99 1:23.99	500m: 7:33.21 1:34.88	900m: 13:52.19	1:34.91	1300m: 20:13.64	1:36.48	
	200m: 2:53.50 1:29.51	600m: 9:06.79 1:33.58	1000m: 15:26.82	1:34.63	1400m: 21:49.26	1:35.62	
	300m: 4:24.91 1:31.41	700m: 10:41.67 1:34.88	1100m: 17:01.72	1:34.90	1500m: 23:19.04	1:29.78	
	400m: 5:58.33 1:33.42	800m: 12:17.28 1:35.61	1200m: 18:37.16	1:35.44			
9.	SHER David Julio	84	Ginasio Clube	<b>23:47.08</b>		374	14,00
	100m: 1:22.50 1:22.50	500m: 7:25.68 1:33.60	900m: 13:54.66	1:37.82	1300m: 20:32.87	1:39.71	
	200m: 2:49.85 1:27.35	600m: 9:00.47 1:34.79	1000m: 15:35.22	1:40.56	1400m: 22:09.95	1:37.08	
	300m: 4:20.87 1:31.02	700m: 10:38.04 1:37.57	1100m: 17:13.44	1:38.22	1500m: 23:47.08	1:37.13	
	400m: 5:52.08 1:31.21	800m: 12:16.84 1:38.80	1200m: 18:53.16	1:39.72			
10.	SANTOS Miguel Baceira	84	Amigos da Natacao	<b>23:55.38</b>		367	12,00
	100m: 1:26.27 1:26.27	500m: 7:36.98 1:34.94	900m: 14:09.26	1:38.24	1300m: 20:43.11	1:37.67	
	200m: 2:56.77 1:30.50	600m: 9:13.76 1:36.78	1000m: 15:47.43	1:38.17	1400m: 22:20.94	1:37.83	
	300m: 4:29.07 1:32.30	700m: 10:51.61 1:37.85	1100m: 17:27.08	1:39.65	1500m: 23:55.38	1:34.44	
	400m: 6:02.04 1:32.97	800m: 12:31.02 1:39.41	1200m: 19:05.44	1:38.36			
11.	FIGUEIREDO Francisco Rosario	85	Leixoes	<b>25:07.13</b>		317	11,00
	100m: 1:27.16 1:27.16	500m: 8:04.76 1:40.78	900m: 14:54.43	1:43.87	1300m: 21:47.46	1:43.22	
	200m: 3:03.11 1:35.95	600m: 9:46.62 1:41.86	1000m: 16:38.07	1:43.64	1400m: 23:29.93	1:42.47	
	300m: 4:42.60 1:39.49	700m: 11:29.10 1:42.48	1100m: 18:20.96	1:42.89	1500m: 25:07.13	1:37.20	
	400m: 6:23.98 1:41.38	800m: 13:10.56 1:41.46	1200m: 20:04.24	1:43.28			



Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
12.	FERREIRA Gilberto Luis	85	Braga	<b>25:28.50</b>		304	10,00
	100m: 1:34.12 1:34.12	500m: 8:17.41 1:42.29	900m: 15:10.01	1:44.40	1300m: 22:06.59	1:45.08	
	200m: 3:13.59 1:39.47	600m: 9:59.76 1:42.35	1000m: 16:53.87	1:43.86	1400m: 23:52.51	1:45.92	
	300m: 4:53.47 1:39.88	700m: 11:41.95 1:42.19	1100m: 18:36.98	1:43.11	1500m: 25:28.50	1:35.99	
	400m: 6:35.12 1:41.65	800m: 13:25.61 1:43.66	1200m: 20:21.51	1:44.53			
13.	FREITAS Joao Dinis	83	Masters de Almada	<b>26:14.35</b>		278	9,00
	100m: 1:35.14 1:35.14	500m: 8:39.83 1:46.71	900m: 15:50.01	1:47.77	1300m: 22:55.89	1:45.32	
	200m: 3:19.09 1:43.95	600m: 10:25.86 1:46.03	1000m: 17:37.35	1:47.34	1400m: 24:39.44	1:43.55	
	300m: 5:05.53 1:46.44	700m: 12:14.27 1:48.41	1100m: 19:24.93	1:47.58	1500m: 26:14.35	1:34.91	
	400m: 6:53.12 1:47.59	800m: 14:02.24 1:47.97	1200m: 21:10.57	1:45.64			
14.	VENTURA Pedro Manuel	83	Penafiel	<b>26:20.57</b>		275	8,00
	100m: 1:40.46 1:40.46	500m: 8:49.62 1:44.96	900m: 15:52.69	1:46.35	1300m: 22:57.07	1:47.87	
	200m: 3:26.18 1:45.72	600m: 10:33.49 1:43.87	1000m: 17:39.58	1:46.89	1400m: 24:43.94	1:46.87	
	300m: 5:15.74 1:49.56	700m: 12:20.51 1:47.02	1100m: 19:25.68	1:46.10	1500m: 26:20.57	1:36.63	
	400m: 7:04.66 1:48.92	800m: 14:06.34 1:45.83	1200m: 21:09.20	1:43.52			
15.	PIMENTEL Tiago Nuno	85	Braga	<b>26:55.48</b>		257	7,00
	100m: 1:37.02 1:37.02	500m: 8:47.20 1:48.77	900m: 16:03.06	1:49.35	1300m: 23:22.92	1:49.25	
	200m: 3:21.45 1:44.43	600m: 10:35.59 1:48.39	1000m: 17:52.56	1:49.50	1400m: 25:12.13	1:49.21	
	300m: 5:09.90 1:48.45	700m: 12:24.97 1:49.38	1100m: 19:44.20	1:51.64	1500m: 26:55.48	1:43.35	
	400m: 6:58.43 1:48.53	800m: 14:13.71 1:48.74	1200m: 21:33.67	1:49.47			
16.	SILVA Duarte Gomes	84	Estarreja	<b>31:19.39</b>		163	6,00
	100m: 1:45.14 1:45.14	500m: 10:05.68 2:04.19	900m: 18:33.39	2:07.31	1300m: 27:04.81	2:08.29	
	200m: 3:49.20 2:04.06	600m: 12:11.92 2:06.24	1000m: 20:40.88	2:07.49	1400m: 29:18.61	2:13.80	
	300m: 5:55.00 2:05.80	700m: 14:16.73 2:04.81	1100m: 22:50.73	2:09.85	1500m: 31:19.39	2:00.78	
	400m: 8:01.49 2:06.49	800m: 16:26.08 2:09.35	1200m: 24:56.52	2:05.79			
DNS	REGO Ricardo Amorim	84	Leixoes				-
DNS	TAVARES Tiago Sousa	84	Estarreja				-

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 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COSTA Rodrigo Marques	76	Litoral Alentejano	<b>19:15.87</b>		658	30,00
	100m: 1:14.60 1:14.60	500m: 6:19.22 1:16.81	900m: 11:26.79	1:17.51	1300m: 16:40.20	1:18.46	
	200m: 2:30.35 1:15.75	600m: 7:35.65 1:16.43	1000m: 12:44.41	1:17.62	1400m: 17:55.62	1:15.42	
	300m: 3:46.33 1:15.98	700m: 8:52.28 1:16.63	1100m: 14:02.50	1:18.09	1500m: 19:15.87	1:20.25	
	400m: 5:02.41 1:16.08	800m: 10:09.28 1:17.00	1200m: 15:21.74	1:19.24			
2.	MAGALHAES Helder Jose	78	Palmela	<b>20:54.51</b>		514	26,00
	100m: 1:18.46 1:18.46	500m: 6:52.64 1:24.43	900m: 12:31.16	1:24.00	1300m: 18:08.48	1:24.80	
	200m: 2:40.08 1:21.62	600m: 8:17.57 1:24.93	1000m: 13:55.01	1:23.85	1400m: 19:32.46	1:23.98	
	300m: 4:03.75 1:23.67	700m: 9:41.95 1:24.38	1100m: 15:19.10	1:24.09	1500m: 20:54.51	1:22.05	
	400m: 5:28.21 1:24.46	800m: 11:07.16 1:25.21	1200m: 16:43.68	1:24.58			

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
3.	<b>OLIVEIRA Carlos Miguel</b>	78	Estarreja	<b>22:00.08</b>		441	22,00
	100m: 1:19.39 1:19.39	500m: 7:03.13 1:27.52	900m: 12:59.90	1:29.34	1300m: 19:00.08	1:30.63	
	200m: 2:42.79 1:23.40	600m: 8:31.59 1:28.46	1000m: 14:29.48	1:29.58	1400m: 20:31.99	1:31.91	
	300m: 4:08.37 1:25.58	700m: 10:00.95 1:29.36	1100m: 15:59.31	1:29.83	1500m: 22:00.08	1:28.09	
	400m: 5:35.61 1:27.24	800m: 11:30.56 1:29.61	1200m: 17:29.45	1:30.14			
4.	<b>PIRES Miguel Pinheiro</b>	78	Fluvial Portuense	<b>23:35.24</b>		358	20,00
	100m: 1:25.00 1:25.00	500m: 7:42.21 1:35.24	900m: 14:05.24	1:35.23	1300m: 20:27.89	1:36.09	
	200m: 2:57.46 1:32.46	600m: 9:17.05 1:34.84	1000m: 15:39.53	1:34.29	1400m: 22:01.11	1:33.22	
	300m: 4:31.60 1:34.14	700m: 10:52.96 1:35.91	1100m: 17:14.24	1:34.71	1500m: 23:35.24	1:34.13	
	400m: 6:06.97 1:35.37	800m: 12:30.01 1:37.05	1200m: 18:51.80	1:37.56			
5.	<b>ROMEU Nelson Jorge</b>	77	Individual ANMIN	<b>23:44.32</b>		351	19,00
	100m: 1:24.49 1:24.49	500m: 7:44.92 1:36.68	900m: 14:10.11	1:36.83	1300m: 20:41.11	1:37.33	
	200m: 2:56.50 1:32.01	600m: 9:19.79 1:34.87	1000m: 15:48.57	1:38.46	1400m: 22:18.46	1:37.35	
	300m: 4:31.65 1:35.15	700m: 10:56.52 1:36.73	1100m: 17:26.02	1:37.45	1500m: 23:44.32	1:25.86	
	400m: 6:08.24 1:36.59	800m: 12:33.28 1:36.76	1200m: 19:03.78	1:37.76			
6.	<b>OLIVEIRA Jorge Miguel</b>	80	Natacao de Valongo	<b>24:03.75</b>		337	18,00
	100m: 1:27.67 1:27.67	500m: 7:51.78 1:38.01	900m: 14:21.11	1:37.49	1300m: 20:52.27	1:38.37	
	200m: 3:02.06 1:34.39	600m: 9:29.02 1:37.24	1000m: 15:59.52	1:38.41	1400m: 22:30.60	1:38.33	
	300m: 4:37.04 1:34.98	700m: 11:05.53 1:36.51	1100m: 17:36.45	1:36.93	1500m: 24:03.75	1:33.15	
	400m: 6:13.77 1:36.73	800m: 12:43.62 1:38.09	1200m: 19:13.90	1:37.45			
7.	<b>LIMA Joao Pedro</b>	77	Gesloures	<b>25:42.12</b>		277	17,00
	100m: 1:33.86 1:33.86	500m: 8:18.39 1:41.43	900m: 15:14.49	1:43.45	1300m: 22:15.79	1:45.85	
	200m: 3:13.63 1:39.77	600m: 10:01.51 1:43.12	1000m: 17:00.02	1:45.53	1400m: 24:01.69	1:45.90	
	300m: 4:54.93 1:41.30	700m: 11:44.42 1:42.91	1100m: 18:45.25	1:45.23	1500m: 25:42.12	1:40.43	
	400m: 6:36.96 1:42.03	800m: 13:31.04 1:46.62	1200m: 20:29.94	1:44.69			
8.	<b>CUNHA Tiago Filipe</b>	76	Amigos da Natacao	<b>25:50.83</b>		272	16,00
	100m: 1:35.92 1:35.92	500m: 8:29.95 1:44.38	900m: 15:30.00	1:46.34	1300m: 22:29.53	1:44.84	
	200m: 3:18.37 1:42.45	600m: 10:14.78 1:44.83	1000m: 17:14.97	1:44.97	1400m: 24:12.31	1:42.78	
	300m: 5:01.34 1:42.97	700m: 11:59.57 1:44.79	1100m: 19:00.61	1:45.64	1500m: 25:50.83	1:38.52	
	400m: 6:45.57 1:44.23	800m: 13:43.66 1:44.09	1200m: 20:44.69	1:44.08			
9.	<b>GONCALVES Nuno Telmo</b>	77	Sporting	<b>26:36.22</b>		249	14,00
	100m: 1:32.58 1:32.58	500m: 8:36.32 1:47.64	900m: 15:50.58	1:48.74	1300m: 23:05.23	1:49.77	
	200m: 3:14.10 1:41.52	600m: 10:25.18 1:48.86	1000m: 17:38.16	1:47.58	1400m: 24:53.91	1:48.68	
	300m: 4:59.96 1:45.86	700m: 12:13.40 1:48.22	1100m: 19:28.07	1:49.91	1500m: 26:36.22	1:42.31	
	400m: 6:48.68 1:48.72	800m: 14:01.84 1:48.44	1200m: 21:15.46	1:47.39			
10.	<b>VILAS Hugo Miguel</b>	78	Porto	<b>27:43.77</b>		220	12,00
	100m: 1:27.50 1:27.50	500m: 8:53.64 1:56.32	900m: 16:35.49	1:54.32	1300m: 24:06.27	1:51.86	
	200m: 3:12.68 1:45.18	600m: 10:49.09 1:55.45	1000m: 18:27.74	1:52.25	1400m: 25:57.88	1:51.61	
	300m: 5:03.65 1:50.97	700m: 12:45.45 1:56.36	1100m: 20:20.47	1:52.73	1500m: 27:43.77	1:45.89	
	400m: 6:57.32 1:53.67	800m: 14:41.17 1:55.72	1200m: 22:14.41	1:53.94			
11.	<b>NOVAIS Jose Orlando</b>	78	Vitoria Guimaraes	<b>27:51.31</b>		217	11,00
	100m: 1:37.04 1:37.04	500m: 8:57.50 1:52.22	900m: 16:28.64	1:53.26	1300m: 24:10.57	1:56.79	
	200m: 3:22.88 1:45.84	600m: 10:49.88 1:52.38	1000m: 18:22.74	1:54.10	1400m: 26:05.48	1:54.91	
	300m: 5:13.27 1:50.39	700m: 12:41.78 1:51.90	1100m: 20:18.28	1:55.54	1500m: 27:51.31	1:45.83	
	400m: 7:05.28 1:52.01	800m: 14:35.38 1:53.60	1200m: 22:13.78	1:55.50			

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
12.	VISEU Nuno Alexandre	77	Leixoes	<b>28:07.33</b>		211	10,00
	100m: 1:46.91 1:46.91	500m: 9:20.59 1:53.57	900m: 16:53.68	1:51.25	1300m: 24:29.94	1:54.64	
	200m: 3:38.98 1:52.07	600m: 11:14.34 1:53.75	1000m: 18:46.52	1:52.84	1400m: 26:24.25	1:54.31	
	300m: 5:32.85 1:53.87	700m: 13:08.15 1:53.81	1100m: 20:40.42	1:53.90	1500m: 28:07.33	1:43.08	
	400m: 7:27.02 1:54.17	800m: 15:02.43 1:54.28	1200m: 22:35.30	1:54.88			
13.	PINTO Sergio Manuel	78	Geslours	<b>29:23.44</b>		185	9,00
	100m: 1:51.33 1:51.33	500m: 9:44.54 1:58.27	900m: 17:34.70	1:57.30	1300m: 25:29.32	1:58.77	
	200m: 3:50.59 1:59.26	600m: 11:41.59 1:57.05	1000m: 19:32.73	1:58.03	1400m: 27:29.14	1:59.82	
	300m: 5:48.08 1:57.49	700m: 13:38.77 1:57.18	1100m: 21:32.12	1:59.39	1500m: 29:23.44	1:54.30	
	400m: 7:46.27 1:58.19	800m: 15:37.40 1:58.63	1200m: 23:30.55	1:58.43			
14.	MOUTINHO Manuel Jose	77	Penafiel	<b>30:28.05</b>		166	8,00
	100m: 1:47.51 1:47.51	500m: 9:49.94 2:03.32	900m: 18:08.17	2:04.30	1300m: 26:24.64	2:05.29	
	200m: 3:45.09 1:57.58	600m: 11:55.80 2:05.86	1000m: 20:12.19	2:04.02	1400m: 28:28.02	2:03.38	
	300m: 5:44.79 1:59.70	700m: 13:59.49 2:03.69	1100m: 22:15.63	2:03.44	1500m: 30:28.05	2:00.03	
	400m: 7:46.62 2:01.83	800m: 16:03.87 2:04.38	1200m: 24:19.35	2:03.72			
15.	SILVA Fernando Alberto	80	Natacao de Valongo	<b>30:53.16</b>		159	7,00
	100m: 1:48.84 1:48.84	500m: 10:02.18 2:04.56	900m: 18:21.72	2:05.75	1300m: 26:47.42	2:04.69	
	200m: 3:49.44 2:00.60	600m: 12:07.34 2:05.16	1000m: 20:28.17	2:06.45	1400m: 28:53.00	2:05.58	
	300m: 5:51.62 2:02.18	700m: 14:11.25 2:03.91	1100m: 22:35.78	2:07.61	1500m: 30:53.16	2:00.16	
	400m: 7:57.62 2:06.00	800m: 16:15.97 2:04.72	1200m: 24:42.73	2:06.95			

Prova 2  
22-02-2020  
Masc., 1500m Livres  
Master Esc E  
Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	MACEDO Joao Miguel	74	Leixoes	<b>22:18.82</b>		457	30,00
	100m: 1:22.24 1:22.24	500m: 7:21.72 1:30.53	900m: 13:23.50	1:30.79	1300m: 19:27.37	1:30.65	
	200m: 2:50.98 1:28.74	600m: 8:51.81 1:30.09	1000m: 14:54.69	1:31.19	1400m: 20:57.19	1:29.82	
	300m: 4:20.69 1:29.71	700m: 10:22.20 1:30.39	1100m: 16:25.45	1:30.76	1500m: 22:18.82	1:21.63	
	400m: 5:51.19 1:30.50	800m: 11:52.71 1:30.51	1200m: 17:56.72	1:31.27			
2.	FONSECA Bruno Miguel	73	Salesianos	<b>22:40.61</b>		435	26,00
	100m: 1:20.26 1:20.26	500m: 7:22.29 1:32.11	900m: 13:28.70	1:31.27	1300m: 19:37.94	1:32.77	
	200m: 2:48.64 1:28.38	600m: 8:53.85 1:31.56	1000m: 15:01.45	1:32.75	1400m: 21:11.85	1:33.91	
	300m: 4:19.49 1:30.85	700m: 10:25.53 1:31.68	1100m: 16:32.77	1:31.32	1500m: 22:40.61	1:28.76	
	400m: 5:50.18 1:30.69	800m: 11:57.43 1:31.90	1200m: 18:05.17	1:32.40			
3.	BARROS Francisco Santos	72	Porto	<b>23:26.23</b>		394	22,00
	100m: 1:23.53 1:23.53	500m: 7:38.66 1:35.13	900m: 14:00.49	1:34.71	1300m: 20:22.40	1:36.21	
	200m: 2:54.48 1:30.95	600m: 9:14.09 1:35.43	1000m: 15:35.54	1:35.05	1400m: 21:57.45	1:35.05	
	300m: 4:28.39 1:33.91	700m: 10:49.83 1:35.74	1100m: 17:10.21	1:34.67	1500m: 23:26.23	1:28.78	
	400m: 6:03.53 1:35.14	800m: 12:25.78 1:35.95	1200m: 18:46.19	1:35.98			



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	<b>NUNES Miguel Angelo</b>	73	Estarreja	<b>23:31.36</b>		390	20,00
	100m: 1:23.71 1:23.71	500m: 7:35.49 1:33.87	900m: 13:57.22	1:35.78	1300m: 20:24.47 1:37.62		
	200m: 2:54.41 1:30.70	600m: 9:10.44 1:34.95	1000m: 15:33.72	1:36.50	1400m: 22:00.16 1:35.69		
	300m: 4:27.63 1:33.22	700m: 10:45.46 1:35.02	1100m: 17:09.95	1:36.23	1500m: 23:31.36 1:31.20		
	400m: 6:01.62 1:33.99	800m: 12:21.44 1:35.98	1200m: 18:46.85	1:36.90			
5.	<b>SANTOS Urbino Jesus</b>	75	Penafiel	<b>23:44.28</b>		379	19,00
	100m: 1:28.29 1:28.29	500m: 7:48.65 1:35.85	900m: 14:10.14	1:36.15	1300m: 20:34.99 1:36.38		
	200m: 3:02.22 1:33.93	600m: 9:23.73 1:35.08	1000m: 15:46.53	1:36.39	1400m: 22:11.43 1:36.44		
	300m: 4:37.50 1:35.28	700m: 10:58.62 1:34.89	1100m: 17:22.23	1:35.70	1500m: 23:44.28 1:32.85		
	400m: 6:12.80 1:35.30	800m: 12:33.99 1:35.37	1200m: 18:58.61	1:36.38			
6.	<b>PIRES Filipe Pinheiro</b>	73	Foca Quinta da Lixa CNF	<b>23:46.52</b>		377	18,00
	100m: 1:32.95 1:32.95	500m: 7:50.69 1:35.08	900m: 14:15.04	1:36.01	1300m: 20:43.31 1:36.14		
	200m: 3:06.59 1:33.64	600m: 9:26.05 1:35.36	1000m: 15:52.78	1:37.74	1400m: 22:17.00 1:33.69		
	300m: 4:41.09 1:34.50	700m: 11:02.85 1:36.80	1100m: 17:30.97	1:38.19	1500m: 23:46.52 1:29.52		
	400m: 6:15.61 1:34.52	800m: 12:39.03 1:36.18	1200m: 19:07.17	1:36.20			
7.	<b>FIGUEIREDO Jorge Alberto</b>	71	Academico Viseu	<b>24:02.49</b>		365	17,00
	100m: 1:23.74 1:23.74	500m: 7:36.16 1:35.00	900m: 14:05.54	1:38.88	1300m: 20:45.53 1:38.13		
	200m: 2:54.74 1:31.00	600m: 9:12.16 1:36.00	1000m: 15:45.22	1:39.68	1400m: 22:24.77 1:39.24		
	300m: 4:27.17 1:32.43	700m: 10:48.32 1:36.16	1100m: 17:27.03	1:41.81	1500m: 24:02.49 1:37.72		
	400m: 6:01.16 1:33.99	800m: 12:26.66 1:38.34	1200m: 19:07.40	1:40.37			
8.	<b>GOMES Joao Antonio</b>	75	Leixoes	<b>24:16.94</b>		354	16,00
	100m: 1:29.14 1:29.14	500m: 7:59.80 1:37.22	900m: 14:33.56	1:37.66	1300m: 21:05.55 1:38.01		
	200m: 3:06.00 1:36.86	600m: 9:38.01 1:38.21	1000m: 16:11.53	1:37.97	1400m: 22:43.73 1:38.18		
	300m: 4:44.13 1:38.13	700m: 11:16.98 1:38.97	1100m: 17:50.42	1:38.89	1500m: 24:16.94 1:33.21		
	400m: 6:22.58 1:38.45	800m: 12:55.90 1:38.92	1200m: 19:27.54	1:37.12			
9.	<b>MENDES Rui Alberto</b>	75	Fluvial Portuense	<b>24:36.54</b>		340	14,00
	100m: 1:24.27 1:24.27	500m: 8:00.18 1:39.96	900m: 14:39.36	1:39.09	1300m: 21:21.21 1:41.27		
	200m: 3:01.05 1:36.78	600m: 9:40.47 1:40.29	1000m: 16:19.22	1:39.86	1400m: 23:01.94 1:40.73		
	300m: 4:40.21 1:39.16	700m: 11:20.32 1:39.85	1100m: 17:58.98	1:39.76	1500m: 24:36.54 1:34.60		
	400m: 6:20.22 1:40.01	800m: 13:00.27 1:39.95	1200m: 19:39.94	1:40.96			
10.	<b>SA Nuno Manuel</b>	71	Fluvial Portuense	<b>25:09.45</b>		319	12,00
	100m: 1:28.63 1:28.63	500m: 8:16.17 1:42.70	900m: 15:04.09	1:42.81	1300m: 21:52.41 1:41.55		
	200m: 3:07.43 1:38.80	600m: 9:58.13 1:41.96	1000m: 16:46.13	1:42.04	1400m: 23:33.47 1:41.06		
	300m: 4:50.53 1:43.10	700m: 11:39.53 1:41.40	1100m: 18:27.79	1:41.66	1500m: 25:09.45 1:35.98		
	400m: 6:33.47 1:42.94	800m: 13:21.28 1:41.75	1200m: 20:10.86	1:43.07			
11.	<b>FRANCO Ricardo Velho</b>	74	Geslours	<b>25:25.65</b>		308	11,00
	100m: 1:33.25 1:33.25	500m: 8:14.65 1:41.14	900m: 15:06.68	1:44.22	1300m: 22:03.30 1:44.35		
	200m: 3:11.68 1:38.43	600m: 9:57.32 1:42.67	1000m: 16:51.56	1:44.88	1400m: 23:47.38 1:44.08		
	300m: 4:52.77 1:41.09	700m: 11:39.25 1:41.93	1100m: 18:34.91	1:43.35	1500m: 25:25.65 1:38.27		
	400m: 6:33.51 1:40.74	800m: 13:22.46 1:43.21	1200m: 20:18.95	1:44.04			
12.	<b>FERNANDES Ricardo Jorge</b>	72	Natacao de Valongo	<b>25:32.43</b>		304	10,00
	100m: 1:37.55 1:37.55	500m: 8:35.04 1:43.53	900m: 15:23.67	1:43.52	1300m: 22:15.93 1:40.02		
	200m: 3:22.64 1:45.09	600m: 10:17.64 1:42.60	1000m: 17:07.81	1:44.14	1400m: 23:58.02 1:42.09		
	300m: 5:08.70 1:46.06	700m: 11:58.67 1:41.03	1100m: 18:51.62	1:43.81	1500m: 25:32.43 1:34.41		
	400m: 6:51.51 1:42.81	800m: 13:40.15 1:41.48	1200m: 20:35.91	1:44.29			

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
13.	OLIVEIRA Sergio Frederico	74	Ginasio Clube	<b>25:39.83</b>		300	9,00
	100m: 1:34.46 1:34.46	500m: 8:17.03 1:41.76	900m: 15:12.77 1:45.81	1300m: 22:12.76 1:45.47			
	200m: 3:13.24 1:38.78	600m: 10:00.67 1:43.64	1000m: 16:57.15 1:44.38	1400m: 23:59.09 1:46.33			
	300m: 4:54.58 1:41.34	700m: 11:43.52 1:42.85	1100m: 18:41.91 1:44.76	1500m: 25:39.83 1:40.74			
	400m: 6:35.27 1:40.69	800m: 13:26.96 1:43.44	1200m: 20:27.29 1:45.38				
14.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	<b>25:46.06</b>		296	8,00
	100m: 1:36.42 1:36.42	500m: 8:27.15 1:43.27	900m: 15:26.63 1:45.00	1300m: 22:25.21 1:45.02			
	200m: 3:17.56 1:41.14	600m: 10:12.17 1:45.02	1000m: 17:11.40 1:44.77	1400m: 24:08.51 1:43.30			
	300m: 5:00.47 1:42.91	700m: 11:57.21 1:45.04	1100m: 18:55.36 1:43.96	1500m: 25:46.06 1:37.55			
	400m: 6:43.88 1:43.41	800m: 13:41.63 1:44.42	1200m: 20:40.19 1:44.83				
15.	CUNHA Jose Sizenando	74	Fluvial Portuense	<b>26:06.53</b>		285	7,00
	100m: 1:34.57 1:34.57	500m: 8:28.35 1:44.70	900m: 15:30.31 1:46.35	1300m: 22:36.82 1:46.11			
	200m: 3:15.13 1:40.56	600m: 10:13.61 1:45.26	1000m: 17:16.81 1:46.50	1400m: 24:22.82 1:46.00			
	300m: 4:58.90 1:43.77	700m: 11:57.70 1:44.09	1100m: 19:03.84 1:47.03	1500m: 26:06.53 1:43.71			
	400m: 6:43.65 1:44.75	800m: 13:43.96 1:46.26	1200m: 20:50.71 1:46.87				
16.	SILVA Filipe Miguel	74	Fluvial Portuense	<b>26:15.24</b>		280	6,00
	100m: 1:37.99 1:37.99	500m: 8:43.83 1:45.70	900m: 15:50.06 1:45.43	1300m: 22:52.00 1:42.34			
	200m: 3:22.96 1:44.97	600m: 10:30.41 1:46.58	1000m: 17:36.53 1:46.47	1400m: 24:35.46 1:43.46			
	300m: 5:10.25 1:47.29	700m: 12:17.12 1:46.71	1100m: 19:23.75 1:47.22	1500m: 26:15.24 1:39.78			
	400m: 6:58.13 1:47.88	800m: 14:04.63 1:47.51	1200m: 21:09.66 1:45.91				
17.	FONSECA Eduardo Filipe	74	Leixoes	<b>26:51.82</b>		262	5,00
	100m: 1:40.31 1:40.31	500m: 8:48.16 1:47.44	900m: 16:04.55 1:49.10	1300m: 23:19.57 1:49.40			
	200m: 3:25.74 1:45.43	600m: 10:37.98 1:49.82	1000m: 17:52.48 1:47.93	1400m: 25:10.09 1:50.52			
	300m: 5:13.11 1:47.37	700m: 12:26.53 1:48.55	1100m: 19:41.00 1:48.52	1500m: 26:51.82 1:41.73			
	400m: 7:00.72 1:47.61	800m: 14:15.45 1:48.92	1200m: 21:30.17 1:49.17				
18.	INVERNEIRO Pedro Alexandre	71	Fluvial Portuense	<b>27:05.67</b>		255	4,00
	100m: 1:36.33 1:36.33	500m: 8:48.31 1:49.53	900m: 16:06.45 1:50.77	1300m: 23:32.31 1:50.74			
	200m: 3:21.68 1:45.35	600m: 10:36.81 1:48.50	1000m: 17:58.50 1:52.05	1400m: 25:23.33 1:51.02			
	300m: 5:10.10 1:48.42	700m: 12:26.94 1:50.13	1100m: 19:48.72 1:50.22	1500m: 27:05.67 1:42.34			
	400m: 6:58.78 1:48.68	800m: 14:15.68 1:48.74	1200m: 21:41.57 1:52.85				
19.	PEREIRA Norberto Matos	75	Vitoria Guimaraes	<b>27:22.66</b>		247	3,00
	100m: 1:39.12 1:39.12	500m: 9:01.05 1:51.64	900m: 16:26.38 1:50.11	1300m: 23:50.87 1:49.37			
	200m: 3:27.41 1:48.29	600m: 10:52.88 1:51.83	1000m: 18:18.17 1:51.79	1400m: 25:41.13 1:50.26			
	300m: 5:17.53 1:50.12	700m: 12:44.32 1:51.44	1100m: 20:09.44 1:51.27	1500m: 27:22.66 1:41.53			
	400m: 7:09.41 1:51.88	800m: 14:36.27 1:51.95	1200m: 22:01.50 1:52.06				
20.	SILVA Nuno Miguel	72	Naval Povoense	<b>27:57.33</b>		232	2,00
	100m: 1:40.97 1:40.97	500m: 9:00.39 1:51.65	900m: 16:29.54 1:52.60	1300m: 24:07.90 1:55.05			
	200m: 3:29.27 1:48.30	600m: 10:53.32 1:52.93	1000m: 18:23.28 1:53.74	1400m: 26:04.68 1:56.78			
	300m: 5:19.82 1:50.55	700m: 12:45.27 1:51.95	1100m: 20:18.58 1:55.30	1500m: 27:57.33 1:52.65			
	400m: 7:08.74 1:48.92	800m: 14:36.94 1:51.67	1200m: 22:12.85 1:54.27				
21.	GONCALVES Pedro Nuno	72	Fluvial Portuense	<b>29:18.68</b>		201	-
	100m: 1:48.94 1:48.94	500m: 9:36.18 1:56.17	900m: 17:26.16 1:58.47	1300m: 25:27.80 2:01.02			
	200m: 3:45.99 1:57.05	600m: 11:34.16 1:57.98	1000m: 19:25.62 1:59.46	1400m: 27:26.54 1:58.74			
	300m: 5:42.81 1:56.82	700m: 13:30.25 1:56.09	1100m: 21:25.51 1:59.89	1500m: 29:18.68 1:52.14			
	400m: 7:40.01 1:57.20	800m: 15:27.69 1:57.44	1200m: 23:26.78 2:01.27				

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
22.	<b>GUEDES Jorge Miguel</b>	73	Fluvial Portuense	<b>32:11.45</b>		152	-
	100m: 1:48.26 1:48.26	500m: 10:25.33	2:13.45	900m: 19:12.23	2:12.32	1300m: 27:59.26	2:12.23
	200m: 3:52.37 2:04.11	600m: 12:38.37	2:13.04	1000m: 21:24.16	2:11.93	1400m: 30:08.77	2:09.51
	300m: 6:00.18 2:07.81	700m: 14:49.13	2:10.76	1100m: 23:34.00	2:09.84	1500m: 32:11.45	2:02.68
	400m: 8:11.88 2:11.70	800m: 16:59.91	2:10.78	1200m: 25:47.03	2:13.03		
23.	<b>BORREGO Hugo Alexandre</b>	72	Sporting de Aveiro	<b>34:57.50</b>		118	-
	100m: 2:01.41 2:01.41	500m: 11:06.70	2:17.50	900m: 20:49.33	2:26.65	1300m: 30:28.43	2:23.02
	200m: 4:15.09 2:13.68	600m: 13:27.95	2:21.25	1000m: 23:14.13	2:24.80	1400m: 32:50.00	2:21.57
	300m: 6:31.23 2:16.14	700m: 15:54.51	2:26.56	1100m: 25:38.19	2:24.06	1500m: 34:57.50	2:07.50
	400m: 8:49.20 2:17.97	800m: 18:22.68	2:28.17	1200m: 28:05.41	2:27.22		

Prova 2  
22-02-2020 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 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>GONCALVES Carlos Guimaraes</b>	70	Fluvial Portuense	<b>21:26.09</b>		556	30,00
	100m: 1:22.23 1:22.23	500m: 7:03.77	1:24.48	900m: 12:44.27	1:26.68	1300m: 18:35.18	1:27.99
	200m: 2:48.64 1:26.41	600m: 8:27.41	1:23.64	1000m: 14:11.81	1:27.54	1400m: 20:03.06	1:27.88
	300m: 4:15.04 1:26.40	700m: 9:51.62	1:24.21	1100m: 15:39.34	1:27.53	1500m: 21:26.09	1:23.03
	400m: 5:39.29 1:24.25	800m: 11:17.59	1:25.97	1200m: 17:07.19	1:27.85		
2.	<b>PEREIRA Jose Manuel</b>	70	Palmela	<b>23:07.79</b>		442	26,00
	100m: 1:25.01 1:25.01	500m: 7:36.95	1:33.30	900m: 13:50.68	1:33.34	1300m: 20:06.61	1:34.79
	200m: 2:56.97 1:31.96	600m: 9:10.65	1:33.70	1000m: 15:24.45	1:33.77	1400m: 21:38.66	1:32.05
	300m: 4:30.10 1:33.13	700m: 10:43.82	1:33.17	1100m: 16:58.16	1:33.71	1500m: 23:07.79	1:29.13
	400m: 6:03.65 1:33.55	800m: 12:17.34	1:33.52	1200m: 18:31.82	1:33.66		
3.	<b>FERREIRA Miguel Jose</b>	70	Leixoes	<b>23:25.18</b>		426	22,00
	100m: 1:24.85 1:24.85	500m: 7:38.53	1:34.52	900m: 13:57.12	1:35.44	1300m: 20:18.92	1:36.03
	200m: 2:56.51 1:31.66	600m: 9:13.01	1:34.48	1000m: 15:32.43	1:35.31	1400m: 21:54.94	1:36.02
	300m: 4:29.40 1:32.89	700m: 10:46.97	1:33.96	1100m: 17:07.75	1:35.32	1500m: 23:25.18	1:30.24
	400m: 6:04.01 1:34.61	800m: 12:21.68	1:34.71	1200m: 18:42.89	1:35.14		
4.	<b>NEVES Paulo Alexandre</b>	66	Leixoes	<b>24:20.96</b>		379	20,00
	100m: 1:28.86 1:28.86	500m: 8:03.38	1:38.74	900m: 14:36.39	1:38.39	1300m: 21:10.83	1:38.57
	200m: 3:06.48 1:37.62	600m: 9:41.15	1:37.77	1000m: 16:15.17	1:38.78	1400m: 22:48.55	1:37.72
	300m: 4:45.48 1:39.00	700m: 11:19.70	1:38.55	1100m: 17:53.48	1:38.31	1500m: 24:20.96	1:32.41
	400m: 6:24.64 1:39.16	800m: 12:58.00	1:38.30	1200m: 19:32.26	1:38.78		
5.	<b>RIBEIRO Celso Fernando</b>	69	Porto	<b>24:31.58</b>		371	19,00
	100m: 1:35.55 1:35.55	500m: 8:13.93	1:40.16	900m: 14:49.99	1:39.54	1300m: 21:26.93	1:38.90
	200m: 3:14.69 1:39.14	600m: 9:52.13	1:38.20	1000m: 16:29.43	1:39.44	1400m: 23:04.25	1:37.32
	300m: 4:54.11 1:39.42	700m: 11:31.20	1:39.07	1100m: 18:08.74	1:39.31	1500m: 24:31.58	1:27.33
	400m: 6:33.77 1:39.66	800m: 13:10.45	1:39.25	1200m: 19:48.03	1:39.29		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	PEREIRA Artur Jose	69	Geslours	<b>25:18.96</b>		337	18,00
	100m: 1:36.79 1:36.79	500m: 8:19.93 1:41.77	900m: 15:05.63 1:41.90	1300m: 21:55.80 1:43.64			
	200m: 3:16.27 1:39.48	600m: 10:01.26 1:41.33	1000m: 16:48.17 1:42.54	1400m: 23:38.75 1:42.95			
	300m: 4:57.16 1:40.89	700m: 11:42.74 1:41.48	1100m: 18:29.99 1:41.82	1500m: 25:18.96 1:40.21			
	400m: 6:38.16 1:41.00	800m: 13:23.73 1:40.99	1200m: 20:12.16 1:42.17				
7.	ALVES Fernando Jose	69	Salesianos	<b>25:32.26</b>		328	17,00
	100m: 1:34.96 1:34.96	500m: 8:24.69 1:42.63	900m: 15:11.97 1:42.70	1300m: 22:08.33 1:44.87			
	200m: 3:16.20 1:41.24	600m: 10:06.65 1:41.96	1000m: 16:54.00 1:42.03	1400m: 23:53.60 1:45.27			
	300m: 4:59.31 1:43.11	700m: 11:47.23 1:40.58	1100m: 18:38.42 1:44.42	1500m: 25:32.26 1:38.66			
	400m: 6:42.06 1:42.75	800m: 13:29.27 1:42.04	1200m: 20:23.46 1:45.04				
8.	SOUSA Luis Manuel	66	Fluvial Portuense	<b>25:32.68</b>		328	16,00
	100m: 1:29.43 1:29.43	500m: 8:12.65 1:43.94	900m: 15:11.96 1:45.55	1300m: 22:09.85 1:44.99			
	200m: 3:08.02 1:38.59	600m: 9:56.51 1:43.86	1000m: 16:55.90 1:43.94	1400m: 23:54.52 1:44.67			
	300m: 4:47.41 1:39.39	700m: 11:40.98 1:44.47	1100m: 18:40.39 1:44.49	1500m: 25:32.68 1:38.16			
	400m: 6:28.71 1:41.30	800m: 13:26.41 1:45.43	1200m: 20:24.86 1:44.47				
9.	RIBEIRO Antonio Manuel	69	Natacao da Maia	<b>25:53.32</b>		315	14,00
	100m: 1:34.78 1:34.78	500m: 8:27.11 1:43.56	900m: 15:26.61 1:45.03	1300m: 22:25.74 1:45.45			
	200m: 3:16.40 1:41.62	600m: 10:11.70 1:44.59	1000m: 17:11.57 1:44.96	1400m: 24:11.25 1:45.51			
	300m: 4:59.94 1:43.54	700m: 11:56.53 1:44.83	1100m: 18:55.86 1:44.29	1500m: 25:53.32 1:42.07			
	400m: 6:43.55 1:43.61	800m: 13:41.58 1:45.05	1200m: 20:40.29 1:44.43				
10.	FERRAZ Francisco Antonio	70	Pimpoes/Cimai	<b>25:57.35</b>		313	12,00
	100m: 1:36.63 1:36.63	500m: 8:32.78 1:44.10	900m: 15:34.88 1:45.38	1300m: 22:37.79 1:44.79			
	200m: 3:20.12 1:43.49	600m: 10:17.95 1:45.17	1000m: 17:22.04 1:47.16	1400m: 24:21.84 1:44.05			
	300m: 5:04.79 1:44.67	700m: 12:03.78 1:45.83	1100m: 19:07.95 1:45.91	1500m: 25:57.35 1:35.51			
	400m: 6:48.68 1:43.89	800m: 13:49.50 1:45.72	1200m: 20:53.00 1:45.05				
11.	SANTINHA Antonio Manuel	69	Masters de Almada	<b>27:15.74</b>		270	11,00
	100m: 1:43.09 1:43.09	500m: 8:57.21 1:49.15	900m: 16:20.38 1:50.75	1300m: 23:42.67 1:50.22			
	200m: 3:30.73 1:47.64	600m: 10:47.29 1:50.08	1000m: 18:10.47 1:50.09	1400m: 25:32.16 1:49.49			
	300m: 5:19.42 1:48.69	700m: 12:38.47 1:51.18	1100m: 20:01.09 1:50.62	1500m: 27:15.74 1:43.58			
	400m: 7:08.06 1:48.64	800m: 14:29.63 1:51.16	1200m: 21:52.45 1:51.36				
12.	MIRANDA Nuno Nobre	70	Amigos da Natacao	<b>28:02.29</b>		248	10,00
	100m: 1:41.31 1:41.31	500m: 9:08.30 1:51.50	900m: 16:39.59 1:53.71	1300m: 24:18.10 1:54.67			
	200m: 3:32.53 1:51.22	600m: 11:01.31 1:53.01	1000m: 18:33.53 1:53.94	1400m: 26:12.73 1:54.63			
	300m: 5:24.91 1:52.38	700m: 12:53.51 1:52.20	1100m: 20:28.34 1:54.81	1500m: 28:02.29 1:49.56			
	400m: 7:16.80 1:51.89	800m: 14:45.88 1:52.37	1200m: 22:23.43 1:55.09				
13.	ANTUNES Luis Miguel	68	Leixoes	<b>29:54.32</b>		204	9,00
	100m: 1:51.92 1:51.92	500m: 9:58.94 1:55.82	900m: 17:58.88 1:59.33	1300m: 25:59.14 2:01.01			
	200m: 3:55.33 2:03.41	600m: 11:57.94 1:59.00	1000m: 19:58.56 1:59.68	1400m: 27:59.92 2:00.78			
	300m: 6:00.35 2:05.02	700m: 13:57.48 1:59.54	1100m: 21:58.29 1:59.73	1500m: 29:54.32 1:54.40			
	400m: 8:03.12 2:02.77	800m: 15:59.55 2:02.07	1200m: 23:58.13 1:59.84				
14.	CARVALHO Luis Duarte	70	Sporting de Aveiro	<b>30:59.75</b>		183	8,00
	100m: 1:53.64 1:53.64	500m: 10:06.58 2:03.05	900m: 18:30.07 2:08.05	1300m: 26:56.29 2:05.56			
	200m: 3:55.26 2:01.62	600m: 12:10.50 2:03.92	1000m: 20:37.73 2:07.66	1400m: 29:03.31 2:07.02			
	300m: 5:58.87 2:03.61	700m: 14:16.47 2:05.97	1100m: 22:45.29 2:07.56	1500m: 30:59.75 1:56.44			
	400m: 8:03.53 2:04.66	800m: 16:22.02 2:05.55	1200m: 24:50.73 2:05.44				

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
15.	LOUREIRO Luis Miguel	68	Fluvial Portuense	<b>31:05.18</b>		182	7,00
	100m: 1:55.71 1:55.71	500m: 10:15.00 2:05.08	900m: 18:35.23	2:04.85	1300m: 26:58.42	2:04.52	
	200m: 3:58.97 2:03.26	600m: 12:19.29 2:04.29	1000m: 20:41.21	2:05.98	1400m: 29:05.22	2:06.80	
	300m: 6:03.98 2:05.01	700m: 14:23.99 2:04.70	1100m: 22:48.34	2:07.13	1500m: 31:05.18	1:59.96	
	400m: 8:09.92 2:05.94	800m: 16:30.38 2:06.39	1200m: 24:53.90	2:05.56			
16.	BAPTISTA Jose Manuel	69	Leixoes	<b>31:40.28</b>		172	6,00
	100m: 1:49.25 1:49.25	500m: 9:56.99 2:06.83	900m: 18:35.21	2:09.35	1300m: 27:18.59	2:11.82	
	200m: 3:46.66 1:57.41	600m: 12:07.27 2:10.28	1000m: 20:44.00	2:08.79	1400m: 29:29.25	2:10.66	
	300m: 5:45.43 1:58.77	700m: 14:15.96 2:08.69	1100m: 22:56.43	2:12.43	1500m: 31:40.28	2:11.03	
	400m: 7:50.16 2:04.73	800m: 16:25.86 2:09.90	1200m: 25:06.77	2:10.34			
17.	SANTOS Sebastiao Ferreira	67	Atletismo Ferreira do Zezere	<b>33:01.68</b>		151	5,00
	100m: 1:56.02 1:56.02	500m: 10:38.84 2:12.46	900m: 19:32.84	2:14.52	1300m: 28:37.00	2:18.70	
	200m: 4:03.13 2:07.11	600m: 12:52.00 2:13.16	1000m: 21:45.25	2:12.41	1400m: 30:53.15	2:16.15	
	300m: 6:14.07 2:10.94	700m: 15:05.93 2:13.93	1100m: 24:02.52	2:17.27	1500m: 33:01.68	2:08.53	
	400m: 8:26.38 2:12.31	800m: 17:18.32 2:12.39	1200m: 26:18.30	2:15.78			
DNF	MACHADO Rui Miguel	70	Vitoria Guimaraes				-

Prova 2  
22-02-2020 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 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FREITAS Jose Carlos	63	Individual ANNP	<b>18:26.78</b>		974	30,00
	100m: 1:12.10 1:12.10	500m: 6:09.50 1:14.50	900m: 11:05.79	1:13.94	1300m: 16:03.22	1:14.55	
	200m: 2:26.15 1:14.05	600m: 7:23.86 1:14.36	1000m: 12:19.53	1:13.74	1400m: 17:16.69	1:13.47	
	300m: 3:40.54 1:14.39	700m: 8:37.94 1:14.08	1100m: 13:34.34	1:14.81	1500m: 18:26.78	1:10.09	
	400m: 4:55.00 1:14.46	800m: 9:51.85 1:13.91	1200m: 14:48.67	1:14.33			
2.	DUARTE Jose Samuel	65	Sporting	<b>20:32.27</b>		705	26,00
	100m: 1:19.14 1:19.14	500m: 6:49.63 1:22.58	900m: 12:18.51	1:21.81	1300m: 17:48.46	1:23.06	
	200m: 2:42.11 1:22.97	600m: 8:11.72 1:22.09	1000m: 13:40.86	1:22.35	1400m: 19:11.68	1:23.22	
	300m: 4:04.82 1:22.71	700m: 9:34.05 1:22.33	1100m: 15:03.03	1:22.17	1500m: 20:32.27	1:20.59	
	400m: 5:27.05 1:22.23	800m: 10:56.70 1:22.65	1200m: 16:25.40	1:22.37			
3.	LOBO Nuno Silva	63	Fluvial Portuense	<b>22:18.14</b>		551	22,00
	100m: 1:23.39 1:23.39	500m: 7:17.72 1:29.48	900m: 13:17.71	1:30.34	1300m: 19:23.37	1:32.47	
	200m: 2:50.42 1:27.03	600m: 8:47.35 1:29.63	1000m: 14:47.40	1:29.69	1400m: 20:54.45	1:31.08	
	300m: 4:19.13 1:28.71	700m: 10:17.14 1:29.79	1100m: 16:19.24	1:31.84	1500m: 22:18.14	1:23.69	
	400m: 5:48.24 1:29.11	800m: 11:47.37 1:30.23	1200m: 17:50.90	1:31.66			
4.	TORRES Paulo Francisco	62	Fluvial Portuense	<b>23:36.41</b>		464	20,00
	100m: 1:24.22 1:24.22	500m: 7:39.90 1:35.24	900m: 14:03.11	1:35.85	1300m: 20:26.63	1:36.04	
	200m: 2:56.05 1:31.83	600m: 9:15.66 1:35.76	1000m: 15:38.92	1:35.81	1400m: 22:05.27	1:38.64	
	300m: 4:30.07 1:34.02	700m: 10:51.60 1:35.94	1100m: 17:15.00	1:36.08	1500m: 23:36.41	1:31.14	
	400m: 6:04.66 1:34.59	800m: 12:27.26 1:35.66	1200m: 18:50.59	1:35.59			



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
5.	<b>COSTA Armando Joao</b>	63	Colegio SMLamas	<b>23:52.37</b>		449	19,00
	100m: 1:28.37 1:28.37	500m: 7:57.73 1:37.22	900m: 14:24.38	1:36.60	1300m: 20:48.69	1:35.43	
	200m: 3:05.28 1:36.91	600m: 9:34.16 1:36.43	1000m: 16:00.73	1:36.35	1400m: 22:22.61	1:33.92	
	300m: 4:42.55 1:37.27	700m: 11:10.95 1:36.79	1100m: 17:36.84	1:36.11	1500m: 23:52.37	1:29.76	
	400m: 6:20.51 1:37.96	800m: 12:47.78 1:36.83	1200m: 19:13.26	1:36.42			
6.	<b>SEABRA Henrique Luis</b>	61	Fluvial Portuense	<b>24:02.21</b>		440	18,00
	100m: 1:28.18 1:28.18	500m: 7:49.71 1:36.06	900m: 14:13.92	1:36.10	1300m: 20:45.33	1:39.43	
	200m: 3:02.29 1:34.11	600m: 9:26.21 1:36.50	1000m: 15:50.76	1:36.84	1400m: 22:24.08	1:38.75	
	300m: 4:37.65 1:35.36	700m: 11:02.06 1:35.85	1100m: 17:27.76	1:37.00	1500m: 24:02.21	1:38.13	
	400m: 6:13.65 1:36.00	800m: 12:37.82 1:35.76	1200m: 19:05.90	1:38.14			
7.	<b>BARROSO Jose Miguel</b>	62	Fluvial Portuense	<b>24:06.44</b>		436	17,00
	100m: 1:29.06 1:29.06	500m: 8:02.27 1:36.71	900m: 14:33.69	1:36.60	1300m: 21:00.02	1:36.06	
	200m: 3:06.83 1:37.77	600m: 9:39.75 1:37.48	1000m: 16:11.87	1:38.18	1400m: 22:36.51	1:36.49	
	300m: 4:46.29 1:39.46	700m: 11:17.96 1:38.21	1100m: 17:47.74	1:35.87	1500m: 24:06.44	1:29.93	
	400m: 6:25.56 1:39.27	800m: 12:57.09 1:39.13	1200m: 19:23.96	1:36.22			
8.	<b>MARTINS Joao Gao</b>	65	Colegio Monte Maior	<b>24:41.30</b>		406	16,00
	100m: 1:34.03 1:34.03	500m: 8:07.70 1:38.59	900m: 14:43.33	1:39.23	1300m: 21:26.03	1:40.91	
	200m: 3:12.08 1:38.05	600m: 9:46.56 1:38.86	1000m: 16:23.33	1:40.00	1400m: 23:06.58	1:40.55	
	300m: 4:50.23 1:38.15	700m: 11:25.22 1:38.66	1100m: 18:04.22	1:40.89	1500m: 24:41.30	1:34.72	
	400m: 6:29.11 1:38.88	800m: 13:04.10 1:38.88	1200m: 19:45.12	1:40.90			
9.	<b>MARTINHO Antonio Jorge</b>	65	Academica de Coimbra	<b>25:03.53</b>		388	14,00
	100m: 1:29.46 1:29.46	500m: 8:05.11 1:38.70	900m: 14:51.68	1:42.28	1300m: 21:40.85	1:42.94	
	200m: 3:06.92 1:37.46	600m: 9:46.79 1:41.68	1000m: 16:33.86	1:42.18	1400m: 23:23.31	1:42.46	
	300m: 4:46.16 1:39.24	700m: 11:28.21 1:41.42	1100m: 18:15.90	1:42.04	1500m: 25:03.53	1:40.22	
	400m: 6:26.41 1:40.25	800m: 13:09.40 1:41.19	1200m: 19:57.91	1:42.01			
10.	<b>SOUSA Antonio Fernando</b>	65	Porto	<b>25:13.46</b>		380	12,00
	100m: 1:33.34 1:33.34	500m: 8:18.88 1:42.23	900m: 15:08.49	1:42.90	1300m: 21:58.81	1:42.53	
	200m: 3:13.46 1:40.12	600m: 10:01.71 1:42.83	1000m: 16:51.46	1:42.97	1400m: 23:37.70	1:38.89	
	300m: 4:54.70 1:41.24	700m: 11:43.39 1:41.68	1100m: 18:34.75	1:43.29	1500m: 25:13.46	1:35.76	
	400m: 6:36.65 1:41.95	800m: 13:25.59 1:42.20	1200m: 20:16.28	1:41.53			
11.	<b>RIBEIRO Jorge Vieira</b>	64	Sporting de Aveiro	<b>25:37.00</b>		363	11,00
	100m: 1:36.48 1:36.48	500m: 8:24.23 1:43.22	900m: 15:18.68	1:43.23	1300m: 22:16.01	1:45.49	
	200m: 3:17.40 1:40.92	600m: 10:07.44 1:43.21	1000m: 17:02.70	1:44.02	1400m: 24:00.36	1:44.35	
	300m: 4:59.08 1:41.68	700m: 11:51.31 1:43.87	1100m: 18:46.06	1:43.36	1500m: 25:37.00	1:36.64	
	400m: 6:41.01 1:41.93	800m: 13:35.45 1:44.14	1200m: 20:30.52	1:44.46			
12.	<b>AMARAL Jose Rui</b>	63	Fluvial Portuense	<b>26:30.16</b>		328	10,00
	100m: 1:38.43 1:38.43	500m: 8:41.01 1:45.85	900m: 15:50.34	1:46.61	1300m: 23:05.93	1:48.72	
	200m: 3:23.21 1:44.78	600m: 10:28.78 1:47.77	1000m: 17:38.31	1:47.97	1400m: 24:52.53	1:46.60	
	300m: 5:08.64 1:45.43	700m: 12:17.88 1:49.10	1100m: 19:27.47	1:49.16	1500m: 26:30.16	1:37.63	
	400m: 6:55.16 1:46.52	800m: 14:03.73 1:45.85	1200m: 21:17.21	1:49.74			
13.	<b>MENESES Pedro Bruno</b>	62	Leixoes	<b>26:39.81</b>		322	9,00
	100m: 1:36.74 1:36.74	500m: 8:47.15 1:47.86	900m: 16:00.68	1:47.71	1300m: 23:13.28	1:47.83	
	200m: 3:22.28 1:45.54	600m: 10:35.36 1:48.21	1000m: 17:49.13	1:48.45	1400m: 25:01.43	1:48.15	
	300m: 5:09.22 1:46.94	700m: 12:24.73 1:49.37	1100m: 19:37.30	1:48.17	1500m: 26:39.81	1:38.38	
	400m: 6:59.29 1:50.07	800m: 14:12.97 1:48.24	1200m: 21:25.45	1:48.15			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
14.	TRIGO Daniel Castro	65	Sporting de Aveiro	<b>26:47.81</b>		317	8,00
	100m: 1:42.59 1:42.59	500m: 8:51.53 1:47.02	900m: 16:02.31 1:47.71	1300m: 23:16.45 1:48.80			
	200m: 3:30.16 1:47.57	600m: 10:39.45 1:47.92	1000m: 17:51.07 1:48.76	1400m: 25:04.96 1:48.51			
	300m: 5:16.83 1:46.67	700m: 12:26.78 1:47.33	1100m: 19:39.64 1:48.57	1500m: 26:47.81 1:42.85			
	400m: 7:04.51 1:47.68	800m: 14:14.60 1:47.82	1200m: 21:27.65 1:48.01				
15.	ALBUQUERQUE Nuno Carlos	64	Braga	<b>29:03.39</b>		249	7,00
	100m: 1:48.31 1:48.31	500m: 9:37.64 1:58.59	900m: 17:29.05 1:57.74	1300m: 25:18.52 1:56.33			
	200m: 3:43.52 1:55.21	600m: 11:36.07 1:58.43	1000m: 19:26.99 1:57.94	1400m: 27:15.61 1:57.09			
	300m: 5:40.95 1:57.43	700m: 13:33.77 1:57.70	1100m: 21:24.70 1:57.71	1500m: 29:03.39 1:47.78			
	400m: 7:39.05 1:58.10	800m: 15:31.31 1:57.54	1200m: 23:22.19 1:57.49				
16.	CARDOSO Vitor Manuel	65	Geslours	<b>29:37.49</b>		235	6,00
	100m: 1:44.72 1:44.72	500m: 9:39.24 1:59.12	900m: 17:35.68 1:59.72	1300m: 25:41.41 2:01.86			
	200m: 3:44.04 1:59.32	600m: 11:37.64 1:58.40	1000m: 19:36.73 2:01.05	1400m: 27:43.22 2:01.81			
	300m: 5:41.34 1:57.30	700m: 13:36.37 1:58.73	1100m: 21:38.44 2:01.71	1500m: 29:37.49 1:54.27			
	400m: 7:40.12 1:58.78	800m: 15:35.96 1:59.59	1200m: 23:39.55 2:01.11				
17.	NEVES Domingos Marques	61	Natacao de Valongo	<b>29:58.81</b>		226	5,00
	100m: 1:49.69 1:49.69	500m: 9:53.48 2:01.09	900m: 17:51.32 2:00.27	1300m: 25:56.17 2:02.58			
	200m: 3:48.59 1:58.90	600m: 11:52.35 1:58.87	1000m: 19:51.72 2:00.40	1400m: 27:58.59 2:02.42			
	300m: 5:50.53 2:01.94	700m: 13:51.50 1:59.15	1100m: 21:52.15 2:00.43	1500m: 29:58.81 2:00.22			
	400m: 7:52.39 2:01.86	800m: 15:51.05 1:59.55	1200m: 23:53.59 2:01.44				
18.	SANTOS Manuel Fernando	61	Gafanha da Encarnacao	<b>29:59.52</b>		226	4,00
	100m: 1:47.46 1:47.46	500m: 9:59.13 2:03.20	900m: 18:03.49 2:01.03	1300m: 26:04.10 1:59.03			
	200m: 3:49.98 2:02.52	600m: 12:01.54 2:02.41	1000m: 20:03.19 1:59.70	1400m: 28:03.56 1:59.46			
	300m: 5:53.81 2:03.83	700m: 14:01.87 2:00.33	1100m: 22:04.59 2:01.40	1500m: 29:59.52 1:55.96			
	400m: 7:55.93 2:02.12	800m: 16:02.46 2:00.59	1200m: 24:05.07 2:00.48				
19.	PINTO Paulo Monteiro	64	Porto	<b>32:11.32</b>		183	3,00
	100m: 1:52.17 1:52.17	500m: 10:27.63 2:09.81	900m: 19:13.15 2:14.05	1300m: 27:54.29 2:09.96			
	200m: 3:59.15 2:06.98	600m: 12:39.83 2:12.20	1000m: 21:24.42 2:11.27	1400m:			
	300m: 6:08.36 2:09.21	700m: 14:47.62 2:07.79	1100m: 23:33.77 2:09.35	1500m: 32:11.32			
	400m: 8:17.82 2:09.46	800m: 16:59.10 2:11.48	1200m: 25:44.33 2:10.56				
20.	PINTO Fernando Manuel	61	Fluvial Portuense	<b>34:59.13</b>		142	2,00
	100m: 2:02.30 2:02.30	500m: 11:21.42 2:23.09	900m: 20:42.97 2:22.41	1300m: 30:22.84 2:26.38			
	200m: 4:19.81 2:17.51	600m: 13:39.69 2:18.27	1000m: 23:08.51 2:25.54	1400m: 32:44.33 2:21.49			
	300m: 6:38.27 2:18.46	700m: 15:59.24 2:19.55	1100m: 25:34.09 2:25.58	1500m: 34:59.13 2:14.80			
	400m: 8:58.33 2:20.06	800m: 18:20.56 2:21.32	1200m: 27:56.46 2:22.37				

Prova 2, Masc., 1500m Livres

Prova 2  
22-02-2020

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 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	PINTO Mario Jose	57	Uniao Coimbra	<b>23:33.83</b>		620	30,00
	100m: 1:27.47 1:27.47		500m: 7:47.16 1:34.97	900m: 14:08.73 1:35.54	1300m: 20:29.07 1:34.65		
	200m: 3:01.40 1:33.93		600m: 9:21.99 1:34.83	1000m: 15:44.54 1:35.81	1400m: 22:03.89 1:34.82		
	300m: 4:36.98 1:35.58		700m: 10:57.57 1:35.58	1100m: 17:19.80 1:35.26	1500m: 23:33.83 1:29.94		
	400m: 6:12.19 1:35.21		800m: 12:33.19 1:35.62	1200m: 18:54.42 1:34.62			
2.	SANTOS Luis Lopes	59	Fluvial Portuense	<b>25:17.75</b>		501	26,00
	100m: 1:34.35 1:34.35		500m: 8:23.31 1:41.68	900m: 15:09.23 1:40.77	1300m: 21:58.71 1:43.64		
	200m: 3:15.43 1:41.08		600m: 10:05.02 1:41.71	1000m: 16:50.61 1:41.38	1400m: 23:41.07 1:42.36		
	300m: 4:58.50 1:43.07		700m: 11:46.76 1:41.74	1100m: 18:32.77 1:42.16	1500m: 25:17.75 1:36.68		
	400m: 6:41.63 1:43.13		800m: 13:28.46 1:41.70	1200m: 20:15.07 1:42.30			
3.	MOURA Antonio Coelho	60	Pimpoes/Cimai	<b>26:37.81</b>		429	22,00
	100m: 1:34.70 1:34.70		500m: 8:40.02 1:46.52	900m: 15:52.65 1:48.37	1300m: 23:05.45 1:48.88		
	200m: 3:18.41 1:43.71		600m: 10:28.00 1:47.98	1000m: 17:40.27 1:47.62	1400m: 24:54.00 1:48.55		
	300m: 5:05.63 1:47.22		700m: 12:16.43 1:48.43	1100m: 19:29.12 1:48.85	1500m: 26:37.81 1:43.81		
	400m: 6:53.50 1:47.87		800m: 14:04.28 1:47.85	1200m: 21:16.57 1:47.45			
4.	BARROS Mario Jorge	56	Porto	<b>28:33.39</b>		348	20,00
	100m: 1:46.02 1:46.02		500m: 9:31.79 1:56.43	900m: 17:12.36 1:53.54	1300m: 24:54.54 1:55.19		
	200m: 3:40.63 1:54.61		600m: 11:27.30 1:55.51	1000m: 19:08.45 1:56.09	1400m: 26:47.91 1:53.37		
	300m: 5:38.24 1:57.61		700m: 13:24.04 1:56.74	1100m: 21:03.60 1:55.15	1500m: 28:33.39 1:45.48		
	400m: 7:35.36 1:57.12		800m: 15:18.82 1:54.78	1200m: 22:59.35 1:55.75			
5.	ROCHA Paulo Jorge	59	Fluvial Portuense	<b>29:27.34</b>		317	19,00
	100m: 1:47.80 1:47.80		500m: 9:44.12 1:57.77	900m: 17:38.63 1:57.60	1300m: 25:37.17 2:01.30		
	200m: 3:47.07 1:59.27		600m: 11:43.67 1:59.55	1000m: 19:36.66 1:58.03	1400m: 27:35.13 1:57.96		
	300m: 5:47.24 2:00.17		700m: 13:42.19 1:58.52	1100m: 21:36.12 1:59.46	1500m: 29:27.34 1:52.21		
	400m: 7:46.35 1:59.11		800m: 15:41.03 1:58.84	1200m: 23:35.87 1:59.75			
6.	AZEVEDO Paulo Luis	60	Leixoes	<b>45:02.22</b>		88	18,00
	100m: 2:25.73 2:25.73		500m: 13:28.35 2:59.91	900m: 26:24.94 3:17.75	1300m: 39:07.65 3:04.37		
	200m: 5:01.21 2:35.48		600m: 16:37.06 3:08.71	1000m: 29:40.31 3:15.37	1400m: 42:06.66 2:59.01		
	300m: 7:42.29 2:41.08		700m: 19:49.23 3:12.17	1100m: 32:53.75 3:13.44	1500m: 45:02.22 2:55.56		
	400m: 10:28.44 2:46.15		800m: 23:07.19 3:17.96	1200m: 36:03.28 3:09.53			

Prova 2, Masc., 1500m Livres

Prova 2  
22-02-2020

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 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>CORREIA Alberto Vaz</b> <i>Rec Nacional Escalão I</i>	55	Salesianos	<b>22:41.37</b>		784	30,00
	100m: 1:24.31 1:24.31	500m: 7:28.07 1:31.60	900m: 13:35.02 1:31.96	1300m: 19:43.05 1:31.59			
	200m: 2:53.38 1:29.07	600m: 8:59.70 1:31.63	1000m: 15:07.12 1:32.10	1400m: 21:14.78 1:31.73			
	300m: 4:24.74 1:31.36	700m: 10:31.64 1:31.94	1100m: 16:39.03 1:31.91	1500m: 22:41.37 1:26.59			
	400m: 5:56.47 1:31.73	800m: 12:03.06 1:31.42	1200m: 18:11.46 1:32.43				
2.	<b>MENDES Ricardo Antonio</b>	55	Salesianos	<b>24:36.56</b>		615	26,00
	100m: 1:27.00 1:27.00	500m: 8:04.58 1:40.30	900m: 14:45.88 1:41.01	1300m: 21:24.48 1:39.29			
	200m: 3:03.59 1:36.59	600m: 9:45.21 1:40.63	1000m: 16:26.22 1:40.34	1400m: 23:02.63 1:38.15			
	300m: 4:43.22 1:39.63	700m: 11:24.15 1:38.94	1100m: 18:05.98 1:39.76	1500m: 24:36.56 1:33.93			
	400m: 6:24.28 1:41.06	800m: 13:04.87 1:40.72	1200m: 19:45.19 1:39.21				
3.	<b>MELO Mario Jorge</b>	51	Colegio Monte Maior	<b>30:01.35</b>		338	22,00
	100m: 1:53.42 1:53.42	500m: 10:00.73 2:01.10	900m: 18:05.76 2:00.94	1300m: 26:10.43 2:01.43			
	200m: 3:56.60 2:03.18	600m: 12:02.49 2:01.76	1000m: 20:07.28 2:01.52	1400m: 28:10.99 2:00.56			
	300m: 5:58.41 2:01.81	700m: 14:04.19 2:01.70	1100m: 22:08.05 2:00.77	1500m: 30:01.35 1:50.36			
	400m: 7:59.63 2:01.22	800m: 16:04.82 2:00.63	1200m: 24:09.00 2:00.95				
4.	<b>MADAIL Jose Henrique</b>	54	Galitos / Bresimar	<b>30:21.36</b>		327	20,00
	100m: 1:59.74 1:59.74	500m: 10:06.16 2:01.98	900m: 18:19.09 2:03.96	1300m: 26:29.43 2:01.31			
	200m: 4:00.88 2:01.14	600m: 12:08.69 2:02.53	1000m: 20:23.06 2:03.97	1400m: 28:30.07 2:00.64			
	300m: 6:02.87 2:01.99	700m: 14:11.05 2:02.36	1100m: 22:25.63 2:02.57	1500m: 30:21.36 1:51.29			
	400m: 8:04.18 2:01.31	800m: 16:15.13 2:04.08	1200m: 24:28.12 2:02.49				
5.	<b>RAPOSO Jose Alexandre</b>	55	Sporting de Aveiro	<b>31:06.78</b>		304	19,00
	100m: 2:00.37 2:00.37	500m: 10:18.66 2:05.46	900m: 18:37.61 2:05.40	1300m: 26:59.68 2:05.48			
	200m: 4:04.50 2:04.13	600m: 12:23.15 2:04.49	1000m: 20:43.33 2:05.72	1400m: 29:05.80 2:06.12			
	300m: 6:08.00 2:03.50	700m: 14:27.58 2:04.43	1100m: 22:48.05 2:04.72	1500m: 31:06.78 2:00.98			
	400m: 8:13.20 2:05.20	800m: 16:32.21 2:04.63	1200m: 24:54.20 2:06.15				
6.	<b>COELHO Domingos Pinto</b>	52	Alges	<b>32:55.45</b>		256	18,00
	100m: 1:55.78 1:55.78	500m: 10:38.83 2:12.60	900m: 19:35.64 2:14.61	1300m: 28:29.90 2:13.64			
	200m: 4:03.99 2:08.21	600m: 12:50.31 2:11.48	1000m: 21:48.81 2:13.17	1400m: 30:43.47 2:13.57			
	300m: 6:14.05 2:10.06	700m: 15:06.21 2:15.90	1100m: 24:01.89 2:13.08	1500m: 32:55.45 2:11.98			
	400m: 8:26.23 2:12.18	800m: 17:21.03 2:14.82	1200m: 26:16.26 2:14.37				
7.	<b>MARQUES Antonio Jorge</b>	51	Fluvial Portuense	<b>33:18.01</b>		248	17,00
	100m: 2:05.90 2:05.90	500m: 10:56.66 2:12.27	900m: 19:49.68 2:14.20	1300m: 28:49.66 2:15.86			
	200m: 4:19.09 2:13.19	600m: 13:09.83 2:13.17	1000m: 22:04.29 2:14.61	1400m: 31:05.24 2:15.58			
	300m: 6:32.08 2:12.99	700m: 15:22.57 2:12.74	1100m: 24:18.88 2:14.59	1500m: 33:18.01 2:12.77			
	400m: 8:44.39 2:12.31	800m: 17:35.48 2:12.91	1200m: 26:33.80 2:14.92				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	<b>CECILIO Antonio Alves</b>	54	Fluvial Portuense	<b>34:39.74</b>		220	16,00
	100m: 2:10.53 2:10.53	500m: 11:35.30 2:21.18	900m: 20:57.73	2:20.02	1300m: 30:17.64	2:18.10	
	200m: 4:32.12 2:21.59	600m: 13:55.65 2:20.35	1000m: 23:20.64	2:22.91	1400m: 32:33.19	2:15.55	
	300m: 6:53.96 2:21.84	700m: 16:16.56 2:20.91	1100m: 25:42.13	2:21.49	1500m: 34:39.74	2:06.55	
	400m: 9:14.12 2:20.16	800m: 18:37.71 2:21.15	1200m: 27:59.54	2:17.41			
9.	<b>ROSEIRA Joao Luis</b>	55	Fluvial Portuense	<b>36:59.60</b>		181	14,00
	100m: 2:07.38 2:07.38	500m: 11:32.05 2:23.08	900m: 21:31.88	2:36.15	1300m: 31:57.04	2:35.96	
	200m: 4:25.08 2:17.70	600m: 13:56.76 2:24.71	1000m: 24:06.75	2:34.87	1400m: 34:35.31	2:38.27	
	300m: 6:45.26 2:20.18	700m: 16:24.66 2:27.90	1100m: 26:43.28	2:36.53	1500m: 36:59.60	2:24.29	
	400m: 9:08.97 2:23.71	800m: 18:55.73 2:31.07	1200m: 29:21.08	2:37.80			

Prova 2 22-02-2020 Masc., 1500m Livres Master Esc J Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>CABRAL Luis Pereira</b>	49	Academica de Coimbra	<b>40:58.31</b>		151	30,00
	100m: 2:33.11 2:33.11	500m: 13:28.71 2:45.20	900m: 24:34.60	2:46.42	1300m: 35:36.22	2:46.35	
	200m: 5:15.88 2:42.77	600m: 16:15.65 2:46.94	1000m: 27:21.48	2:46.88	1400m: 38:21.93	2:45.71	
	300m: 8:00.13 2:44.25	700m: 19:00.37 2:44.72	1100m: 30:06.39	2:44.91	1500m: 40:58.31	2:36.38	
	400m: 10:43.51 2:43.38	800m: 21:48.18 2:47.81	1200m: 32:49.87	2:43.48			
2.	<b>HORTA Jose Manuel</b>	49	Alges	<b>42:02.85</b>		139	26,00
	100m: 2:37.82 2:37.82	500m: 13:55.03 2:46.20	900m: 25:03.66	2:48.52	1300m: 36:32.33	2:53.22	
	200m: 5:30.22 2:52.40	600m: 16:43.26 2:48.23	1000m: 27:55.53	2:51.87	1400m: 39:23.27	2:50.94	
	300m: 8:20.18 2:49.96	700m: 19:29.61 2:46.35	1100m: 30:46.55	2:51.02	1500m: 42:02.85	2:39.58	
	400m: 11:08.83 2:48.65	800m: 22:15.14 2:45.53	1200m: 33:39.11	2:52.56			

Prova 2 22-02-2020 Masc., 1500m Livres Master Esc K Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>BASTO Antonio Bessone</b>	45	Alges	<b>26:00.81</b>		739	30,00
	<i>Rec Nacional Escalão K, e nos parciais dos 200, 400 e 800m</i>						
	100m: 1:37.04 1:37.04	500m: 8:28.96 1:41.82	900m: 15:24.14	1:44.55	1300m: 22:31.76	1:46.56	
	200m: 3:20.64 1:43.60	600m: 10:12.30 1:43.34	1000m: 17:11.17	1:47.03	1400m: 24:17.40	1:45.64	
	300m: 5:04.00 1:43.36	700m: 11:56.09 1:43.79	1100m: 18:58.16	1:46.99	1500m: 26:00.81	1:43.41	
	400m: 6:47.14 1:43.14	800m: 13:39.59 1:43.50	1200m: 20:45.20	1:47.04			

DNS SALGUEIRO Luis Vidigal 45 Alges -



Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc L  
22-02-2020 Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	<b>50:26.16</b>		122	30,00
	100m: 3:00.02 3:00.02	500m: 16:08.25 3:19.29	900m: 29:49.56 3:26.90	1300m: 43:43.54 3:28.93			
	200m: 6:13.51 3:13.49	600m: 19:30.61 3:22.36	1000m: 33:15.46 3:25.90	1400m: 47:14.82 3:31.28			
	300m: 9:29.98 3:16.47	700m: 22:57.93 3:27.32	1100m: 36:47.22 3:31.76	1500m: 50:26.16 3:11.34			
	400m: 12:48.96 3:18.98	800m: 26:22.66 3:24.73	1200m: 40:14.61 3:27.39				

Prova 2 Masc., 1500m Livres 25 anos e mais velhos  
22-02-2020 Resultados

RN Esc A(25-29)	17:25.70	BESSA Antonio Rafael	CAP	Póvoa de Varzim	23-02-2019
RN Esc B(30-34)	17:17.76	NIZ Adriano Miguel	GDNFAMA	Póvoa de Varzim	23-02-2019
RN Esc C(35-39)	19:16.66	COURAS Ivan Mauricio	CFP	Póvoa de Varzim	23-02-2019
RN Esc D(40-44)	19:06.20	COSTA Rodrigo Marques	CNLA	Coimbra	24-02-2018
RN Esc E(45-49)	19:30.07	SOUSA Joao Pedro	CNF	Funchal	22-03-2019
RN Esc F(50-54)	17:51.93	FREITAS Jose Carlos	CFP	Coimbra	18-04-2015
RN Esc G(55-59)	18:05.10	FREITAS Jose Carlos	CFP	Coimbra	24-02-2018
RN Esc H(60-64)	22:04.34	MAVIOSO Vitor Manuel	SAD	Rio Maior	20-02-2016
RN Esc I(65-69)	24:23.33	DYSON Stephen Thomas	SAD	Rio Maior	20-02-2016
RN Esc J(70-74)	24:35.68	DYSON Stephen Thomas	SAD	Póvoa de Varzim	23-02-2019
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 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	BESSA Antonio Rafael	94	Aquatico Pacense	<b>17:32.09</b>		829	30,00
	100m: 1:07.33 1:07.33	500m: 5:44.28 1:09.54	900m: 10:24.96 1:11.10	1300m: 15:10.47 1:12.28			
	200m: 2:15.60 1:08.27	600m: 6:53.91 1:09.63	1000m: 11:35.86 1:10.90	1400m: 16:22.78 1:12.31			
	300m: 3:25.07 1:09.47	700m: 8:03.80 1:09.89	1100m: 12:46.87 1:11.01	1500m: 17:32.09 1:09.31			
	400m: 4:34.74 1:09.67	800m: 9:13.86 1:10.06	1200m: 13:58.19 1:11.32				
2.	RIBEIRO Hugo Alberto	88	Leixoes	<b>17:44.82</b>		657	30,00
	100m: 1:07.82 1:07.82	500m: 5:50.27 1:11.43	900m: 10:36.07 1:12.21	1300m: 15:23.78 1:12.94			
	200m: 2:17.62 1:09.80	600m: 7:01.44 1:11.17	1000m: 11:47.98 1:11.91	1400m: 16:35.91 1:12.13			
	300m: 3:28.06 1:10.44	700m: 8:12.61 1:11.17	1100m: 12:59.26 1:11.28	1500m: 17:44.82 1:08.91			
	400m: 4:38.84 1:10.78	800m: 9:23.86 1:11.25	1200m: 14:10.84 1:11.58				
3.	FREITAS Jose Carlos	63	Individual ANNP	<b>18:26.78</b>		974	30,00
	100m: 1:12.10 1:12.10	500m: 6:09.50 1:14.50	900m: 11:05.79 1:13.94	1300m: 16:03.22 1:14.55			
	200m: 2:26.15 1:14.05	600m: 7:23.86 1:14.36	1000m: 12:19.53 1:13.74	1400m: 17:16.69 1:13.47			
	300m: 3:40.54 1:14.39	700m: 8:37.94 1:14.08	1100m: 13:34.34 1:14.81	1500m: 18:26.78 1:10.09			
	400m: 4:55.00 1:14.46	800m: 9:51.85 1:13.91	1200m: 14:48.67 1:14.33				

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	<b>COSTA Rodrigo Marques</b>	76	Litoral Alentejano	<b>19:15.87</b>		658	30,00
	100m: 1:14.60 1:14.60	500m: 6:19.22 1:16.81	900m: 11:26.79	1:17.51	1300m: 16:40.20	1:18.46	
	200m: 2:30.35 1:15.75	600m: 7:35.65 1:16.43	1000m: 12:44.41	1:17.62	1400m: 17:55.62	1:15.42	
	300m: 3:46.33 1:15.98	700m: 8:52.28 1:16.63	1100m: 14:02.50	1:18.09	1500m: 19:15.87	1:20.25	
	400m: 5:02.41 1:16.08	800m: 10:09.28 1:17.00	1200m: 15:21.74	1:19.24			
5.	<b>ROQUE Jorge Manuel</b>	90	Masters de Almada	<b>19:21.21</b>		506	26,00
	100m: 1:08.98 1:08.98	500m: 6:12.51 1:17.90	900m: 11:28.26	1:19.24	1300m: 16:45.05	1:19.04	
	200m: 2:23.48 1:14.50	600m: 7:30.93 1:18.42	1000m: 12:48.29	1:20.03	1400m: 18:03.98	1:18.93	
	300m: 3:38.29 1:14.81	700m: 8:49.92 1:18.99	1100m: 14:07.99	1:19.70	1500m: 19:21.21	1:17.23	
	400m: 4:54.61 1:16.32	800m: 10:09.02 1:19.10	1200m: 15:26.01	1:18.02			
6.	<b>COURAS Ivan Mauricio</b>	81	Fluvial Portuense	<b>19:22.39</b>		692	30,00
	100m: 1:15.51 1:15.51	500m: 6:27.62 1:18.12	900m: 11:41.53	1:18.34	1300m: 16:52.86	1:17.28	
	200m: 2:33.77 1:18.26	600m: 7:45.78 1:18.16	1000m: 12:59.70	1:18.17	1400m: 18:09.41	1:16.55	
	300m: 3:52.15 1:18.38	700m: 9:04.71 1:18.93	1100m: 14:17.59	1:17.89	1500m: 19:22.39	1:12.98	
	400m: 5:09.50 1:17.35	800m: 10:23.19 1:18.48	1200m: 15:35.58	1:17.99			
7.	<b>SILVA Luis Filipe</b>	88	Leixoes	<b>19:38.58</b>		484	22,00
	100m: 1:10.55 1:10.55	500m: 6:16.87 1:17.93	900m: 11:36.02	1:21.14	1300m: 17:01.50	1:22.28	
	200m: 2:25.21 1:14.66	600m: 7:36.17 1:19.30	1000m: 12:57.09	1:21.07	1400m: 18:21.69	1:20.19	
	300m: 3:41.38 1:16.17	700m: 8:55.35 1:19.18	1100m: 14:17.47	1:20.38	1500m: 19:38.58	1:16.89	
	400m: 4:58.94 1:17.56	800m: 10:14.88 1:19.53	1200m: 15:39.22	1:21.75			
8.	<b>MANSO Sergio Miguel</b>	84	Funcao Publica	<b>19:45.86</b>		651	26,00
	100m: 1:13.35 1:13.35	500m: 6:27.47 1:19.42	900m: 11:48.23	1:20.80	1300m: 17:08.54	1:19.72	
	200m: 2:30.87 1:17.52	600m: 7:47.21 1:19.74	1000m: 13:08.66	1:20.43	1400m: 18:28.49	1:19.95	
	300m: 3:49.19 1:18.32	700m: 9:07.22 1:20.01	1100m: 14:28.64	1:19.98	1500m: 19:45.86	1:17.37	
	400m: 5:08.05 1:18.86	800m: 10:27.43 1:20.21	1200m: 15:48.82	1:20.18			
9.	<b>SANTOS Cristiano Almeida</b>	90	Atletismo Ferreira do Zezere	<b>20:02.38</b>		456	20,00
	100m: 1:12.96 1:12.96	500m: 6:25.37 1:19.80	900m: 11:53.68	1:23.73	1300m: 17:18.87	1:20.40	
	200m: 2:30.13 1:17.17	600m: 7:47.78 1:22.41	1000m: 13:16.90	1:23.22	1400m: 18:41.09	1:22.22	
	300m: 3:46.84 1:16.71	700m: 9:09.07 1:21.29	1100m: 14:38.94	1:22.04	1500m: 20:02.38	1:21.29	
	400m: 5:05.57 1:18.73	800m: 10:29.95 1:20.88	1200m: 15:58.47	1:19.53			
10.	<b>FERREIRA Duarte Nuno</b>	86	Salesianos	<b>20:04.82</b>		453	19,00
	100m: 1:18.83 1:18.83	500m: 6:41.96 1:22.02	900m: 12:03.21	1:19.33	1300m: 17:25.96	1:20.99	
	200m: 2:37.90 1:19.07	600m: 8:02.57 1:20.61	1000m: 13:22.96	1:19.75	1400m: 18:46.99	1:21.03	
	300m: 3:58.70 1:20.80	700m: 9:23.73 1:21.16	1100m: 14:43.80	1:20.84	1500m: 20:04.82	1:17.83	
	400m: 5:19.94 1:21.24	800m: 10:43.88 1:20.15	1200m: 16:04.97	1:21.17			
11.	<b>BARTOLO Edgar Paiva</b>	88	Leixoes	<b>20:09.35</b>		448	18,00
	100m: 1:14.87 1:14.87	500m: 6:25.70 1:18.20	900m: 11:50.24	1:21.98	1300m: 17:21.76	1:22.89	
	200m: 2:31.43 1:16.56	600m: 7:44.93 1:19.23	1000m: 13:12.91	1:22.67	1400m: 18:45.79	1:24.03	
	300m: 3:49.34 1:17.91	700m: 9:06.02 1:21.09	1100m: 14:35.73	1:22.82	1500m: 20:09.35	1:23.56	
	400m: 5:07.50 1:18.16	800m: 10:28.26 1:22.24	1200m: 15:58.87	1:23.14			
12.	<b>NEVES Jose Pedro</b>	81	Fluvial Portuense	<b>20:19.01</b>		600	22,00
	100m: 1:15.00 1:15.00	500m: 6:35.69 1:20.52	900m: 12:02.51	1:22.43	1300m: 17:33.85	1:23.59	
	200m: 2:33.82 1:18.82	600m: 7:56.27 1:20.58	1000m: 13:24.74	1:22.23	1400m: 18:57.57	1:23.72	
	300m: 3:54.32 1:20.50	700m: 9:18.29 1:22.02	1100m: 14:47.97	1:23.23	1500m: 20:19.01	1:21.44	
	400m: 5:15.17 1:20.85	800m: 10:40.08 1:21.79	1200m: 16:10.26	1:22.29			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
13.	<b>CORDEIRO Diogo Andre</b>	90	Masters de Almada	<b>20:29.62</b>		426	17,00
	100m: 1:15.70 1:15.70	500m: 6:38.87 1:22.29	900m: 12:11.25	1:23.43	1300m: 17:43.95	1:24.41	
	200m: 2:35.01 1:19.31	600m: 8:01.03 1:22.16	1000m: 13:33.45	1:22.20	1400m: 19:08.43	1:24.48	
	300m: 3:55.60 1:20.59	700m: 9:24.01 1:22.98	1100m: 14:56.42	1:22.97	1500m: 20:29.62	1:21.19	
	400m: 5:16.58 1:20.98	800m: 10:47.82 1:23.81	1200m: 16:19.54	1:23.12			
14.	<b>DUARTE Jose Samuel</b>	65	Sporting	<b>20:32.27</b>		705	26,00
	100m: 1:19.14 1:19.14	500m: 6:49.63 1:22.58	900m: 12:18.51	1:21.81	1300m: 17:48.46	1:23.06	
	200m: 2:42.11 1:22.97	600m: 8:11.72 1:22.09	1000m: 13:40.86	1:22.35	1400m: 19:11.68	1:23.22	
	300m: 4:04.82 1:22.71	700m: 9:34.05 1:22.33	1100m: 15:03.03	1:22.17	1500m: 20:32.27	1:20.59	
	400m: 5:27.05 1:22.23	800m: 10:56.70 1:22.65	1200m: 16:25.40	1:22.37			
15.	<b>FERREIRA Artur Sousa</b>	93	Colegio SMLamas	<b>20:42.54</b>		503	26,00
	100m: 1:15.84 1:15.84	500m: 6:43.16 1:23.45	900m: 12:15.70	1:24.15	1300m: 17:58.50	1:26.86	
	200m: 2:34.90 1:19.06	600m: 8:05.33 1:22.17	1000m: 13:40.73	1:25.03	1400m: 19:24.01	1:25.51	
	300m: 3:56.81 1:21.91	700m: 9:27.48 1:22.15	1100m: 15:05.26	1:24.53	1500m: 20:42.54	1:18.53	
	400m: 5:19.71 1:22.90	800m: 10:51.55 1:24.07	1200m: 16:31.64	1:26.38			
16.	<b>MENESES Goncalo Goncalves</b>	92	Braga	<b>20:45.24</b>		500	22,00
	100m: 1:13.45 1:13.45	500m: 6:35.95 1:23.62	900m: 12:17.03	1:25.79	1300m: 18:00.38	1:25.11	
	200m: 2:30.72 1:17.27	600m: 8:00.70 1:24.75	1000m: 13:42.90	1:25.87	1400m: 19:25.80	1:25.42	
	300m: 3:50.29 1:19.57	700m: 9:25.65 1:24.95	1100m: 15:08.73	1:25.83	1500m: 20:45.24	1:19.44	
	400m: 5:12.33 1:22.04	800m: 10:51.24 1:25.59	1200m: 16:35.27	1:26.54			
17.	<b>MAGALHAES Helder Jose</b>	78	Palmela	<b>20:54.51</b>		514	26,00
	100m: 1:18.46 1:18.46	500m: 6:52.64 1:24.43	900m: 12:31.16	1:24.00	1300m: 18:08.48	1:24.80	
	200m: 2:40.08 1:21.62	600m: 8:17.57 1:24.93	1000m: 13:55.01	1:23.85	1400m: 19:32.46	1:23.98	
	300m: 4:03.75 1:23.67	700m: 9:41.95 1:24.38	1100m: 15:19.10	1:24.09	1500m: 20:54.51	1:22.05	
	400m: 5:28.21 1:24.46	800m: 11:07.16 1:25.21	1200m: 16:43.68	1:24.58			
18.	<b>MAIA Bruno Santos</b>	81	Vilacondense	<b>21:16.64</b>		522	20,00
	100m: 1:18.57 1:18.57	500m: 6:49.85 1:24.47	900m: 12:33.91	1:26.05	1300m: 18:23.15	1:27.51	
	200m: 2:39.54 1:20.97	600m: 8:15.34 1:25.49	1000m: 14:00.68	1:26.77	1400m: 19:50.31	1:27.16	
	300m: 4:02.07 1:22.53	700m: 9:42.49 1:27.15	1100m: 15:28.16	1:27.48	1500m: 21:16.64	1:26.33	
	400m: 5:25.38 1:23.31	800m: 11:07.86 1:25.37	1200m: 16:55.64	1:27.48			
19.	<b>SOARES Guilherme Araujo</b>	93	Colegio SMLamas	<b>21:19.50</b>		461	20,00
	100m: 1:12.99 1:12.99	500m: 6:39.55 1:24.07	900m: 12:26.86	1:28.66	1300m: 18:28.85	1:29.58	
	200m: 2:30.92 1:17.93	600m: 8:05.32 1:25.77	1000m: 13:57.12	1:30.26	1400m: 19:55.57	1:26.72	
	300m: 3:52.11 1:21.19	700m: 9:32.23 1:26.91	1100m: 15:28.78	1:31.66	1500m: 21:19.50	1:23.93	
	400m: 5:15.48 1:23.37	800m: 10:58.20 1:25.97	1200m: 16:59.27	1:30.49			
20.	<b>GONCALVES Carlos Guimaraes</b>	70	Fluvial Portuense	<b>21:26.09</b>		556	30,00
	100m: 1:22.23 1:22.23	500m: 7:03.77 1:24.48	900m: 12:44.27	1:26.68	1300m: 18:35.18	1:27.99	
	200m: 2:48.64 1:26.41	600m: 8:27.41 1:23.64	1000m: 14:11.81	1:27.54	1400m: 20:03.06	1:27.88	
	300m: 4:15.04 1:26.40	700m: 9:51.62 1:24.21	1100m: 15:39.34	1:27.53	1500m: 21:26.09	1:23.03	
	400m: 5:39.29 1:24.25	800m: 11:17.59 1:25.97	1200m: 17:07.19	1:27.85			
21.	<b>OLIVEIRA Carlos Miguel</b>	78	Estarreja	<b>22:00.08</b>		441	22,00
	100m: 1:19.39 1:19.39	500m: 7:03.13 1:27.52	900m: 12:59.90	1:29.34	1300m: 19:00.08	1:30.63	
	200m: 2:42.79 1:23.40	600m: 8:31.59 1:28.46	1000m: 14:29.48	1:29.58	1400m: 20:31.99	1:31.91	
	300m: 4:08.37 1:25.58	700m: 10:00.95 1:29.36	1100m: 15:59.31	1:29.83	1500m: 22:00.08	1:28.09	
	400m: 5:35.61 1:27.24	800m: 11:30.56 1:29.61	1200m: 17:29.45	1:30.14			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
22.	<b>COUTO Andre Filipe</b>	91	Leixoes	<b>22:17.01</b>		404	19,00
	100m: 1:22.54 1:22.54	500m: 7:22.43 1:30.90	900m: 13:23.33 1:30.78	1300m: 19:24.02 1:29.24			
	200m: 2:50.95 1:28.41	600m: 8:53.55 1:31.12	1000m: 14:56.04 1:32.71	1400m: 20:52.59 1:28.57			
	300m: 4:20.93 1:29.98	700m: 10:22.36 1:28.81	1100m: 16:25.42 1:29.38	1500m: 22:17.01 1:24.42			
	400m: 5:51.53 1:30.60	800m: 11:52.55 1:30.19	1200m: 17:54.78 1:29.36				
23.	<b>LOBO Nuno Silva</b>	63	Fluvial Portuense	<b>22:18.14</b>		551	22,00
	100m: 1:23.39 1:23.39	500m: 7:17.72 1:29.48	900m: 13:17.71 1:30.34	1300m: 19:23.37 1:32.47			
	200m: 2:50.42 1:27.03	600m: 8:47.35 1:29.63	1000m: 14:47.40 1:29.69	1400m: 20:54.45 1:31.08			
	300m: 4:19.13 1:28.71	700m: 10:17.14 1:29.79	1100m: 16:19.24 1:31.84	1500m: 22:18.14 1:23.69			
	400m: 5:48.24 1:29.11	800m: 11:47.37 1:30.23	1200m: 17:50.90 1:31.66				
24.	<b>MACEDO Joao Miguel</b>	74	Leixoes	<b>22:18.82</b>		457	30,00
	100m: 1:22.24 1:22.24	500m: 7:21.72 1:30.53	900m: 13:23.50 1:30.79	1300m: 19:27.37 1:30.65			
	200m: 2:50.98 1:28.74	600m: 8:51.81 1:30.09	1000m: 14:54.69 1:31.19	1400m: 20:57.19 1:29.82			
	300m: 4:20.69 1:29.71	700m: 10:22.20 1:30.39	1100m: 16:25.45 1:30.76	1500m: 22:18.82 1:21.63			
	400m: 5:51.19 1:30.50	800m: 11:52.71 1:30.51	1200m: 17:56.72 1:31.27				
25.	<b>QUINTA Daniel Ribeiro</b>	88	Leixoes	<b>22:31.37</b>		321	16,00
	100m: 1:19.62 1:19.62	500m: 7:01.81 1:27.44	900m: 13:11.46 1:34.06	1300m: 19:29.32 1:34.97			
	200m: 2:46.12 1:26.50	600m: 8:32.42 1:30.61	1000m: 14:46.74 1:35.28	1400m: 21:02.08 1:32.76			
	300m: 4:09.73 1:23.61	700m: 10:04.05 1:31.63	1100m: 16:20.85 1:34.11	1500m: 22:31.37 1:29.29			
	400m: 5:34.37 1:24.64	800m: 11:37.40 1:33.35	1200m: 17:54.35 1:33.50				
26.	<b>LOBO Armindo Manuel</b>	84	Vitoria Guimaraes	<b>22:34.91</b>		437	19,00
	100m: 1:22.69 1:22.69	500m: 7:23.72 1:33.42	900m: 13:34.13 1:31.37	1300m: 19:46.22 1:32.43			
	200m: 2:47.78 1:25.09	600m: 8:57.40 1:33.68	1000m: 15:07.12 1:32.99	1400m: 21:14.13 1:27.91			
	300m: 4:17.26 1:29.48	700m: 10:30.86 1:33.46	1100m: 16:40.01 1:32.89	1500m: 22:34.91 1:20.78			
	400m: 5:50.30 1:33.04	800m: 12:02.76 1:31.90	1200m: 18:13.79 1:33.78				
27.	<b>FERREIRA Joao Pedro</b>	91	Geslours	<b>22:35.91</b>		387	18,00
	100m: 1:24.52 1:24.52	500m: 7:21.74 1:30.05	900m: 13:23.98 1:30.58	1300m: 19:36.67 1:34.43			
	200m: 2:51.95 1:27.43	600m: 8:51.74 1:30.00	1000m: 14:56.37 1:32.39	1400m: 21:06.16 1:29.49			
	300m: 4:21.16 1:29.21	700m: 10:21.74 1:30.00	1100m: 16:29.18 1:32.81	1500m: 22:35.91 1:29.75			
	400m: 5:51.69 1:30.53	800m: 11:53.40 1:31.66	1200m: 18:02.24 1:33.06				
28.	<b>FONSECA Bruno Miguel</b>	73	Salesianos	<b>22:40.61</b>		435	26,00
	100m: 1:20.26 1:20.26	500m: 7:22.29 1:32.11	900m: 13:28.70 1:31.27	1300m: 19:37.94 1:32.77			
	200m: 2:48.64 1:28.38	600m: 8:53.85 1:31.56	1000m: 15:01.45 1:32.75	1400m: 21:11.85 1:33.91			
	300m: 4:19.49 1:30.85	700m: 10:25.53 1:31.68	1100m: 16:32.77 1:31.32	1500m: 22:40.61 1:28.76			
	400m: 5:50.18 1:30.69	800m: 11:57.43 1:31.90	1200m: 18:05.17 1:32.40				
29.	<b>CORREIA Alberto Vaz</b> <i>Rec Nacional Escalão I</i>	55	Salesianos	<b>22:41.37</b>		784	30,00
	100m: 1:24.31 1:24.31	500m: 7:28.07 1:31.60	900m: 13:35.02 1:31.96	1300m: 19:43.05 1:31.59			
	200m: 2:53.38 1:29.07	600m: 8:59.70 1:31.63	1000m: 15:07.12 1:32.10	1400m: 21:14.78 1:31.73			
	300m: 4:24.74 1:31.36	700m: 10:31.64 1:31.94	1100m: 16:39.03 1:31.91	1500m: 22:41.37 1:26.59			
	400m: 5:56.47 1:31.73	800m: 12:03.06 1:31.42	1200m: 18:11.46 1:32.43				

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
30.	FERREIRA Francisco David	89	Fluvial Portuense	<b>22:44.95</b>		312	14,00
	100m: 1:24.63 1:24.63		500m: 7:24.08 1:31.79	900m: 13:33.52	1:32.90	1300m: 19:46.76	1:33.02
	200m: 2:51.77 1:27.14		600m: 8:56.25 1:32.17	1000m: 15:06.57	1:33.05	1400m: 21:18.28	1:31.52
	300m: 4:20.79 1:29.02		700m: 10:28.26 1:32.01	1100m: 16:40.07	1:33.50	1500m: 22:44.95	1:26.67
	400m: 5:52.29 1:31.50		800m: 12:00.62 1:32.36	1200m: 18:13.74	1:33.67		
31.	CAMPOS Nuno Andre	81	Gafanha da Encarnacao	<b>22:53.04</b>		419	18,00
	100m: 1:24.67 1:24.67		500m: 7:34.58 1:33.65	900m: 13:46.72	1:33.21	1300m: 19:58.53	1:32.79
	200m: 2:55.77 1:31.10		600m: 9:06.54 1:31.96	1000m: 15:19.85	1:33.13	1400m: 21:28.43	1:29.90
	300m: 4:27.95 1:32.18		700m: 10:39.15 1:32.61	1100m: 16:53.49	1:33.64	1500m: 22:53.04	1:24.61
	400m: 6:00.93 1:32.98		800m: 12:13.51 1:34.36	1200m: 18:25.74	1:32.25		
32.	PEREIRA Jose Manuel	70	Palmela	<b>23:07.79</b>		442	26,00
	100m: 1:25.01 1:25.01		500m: 7:36.95 1:33.30	900m: 13:50.68	1:33.34	1300m: 20:06.61	1:34.79
	200m: 2:56.97 1:31.96		600m: 9:10.65 1:33.70	1000m: 15:24.45	1:33.77	1400m: 21:38.66	1:32.05
	300m: 4:30.10 1:33.13		700m: 10:43.82 1:33.17	1100m: 16:58.16	1:33.71	1500m: 23:07.79	1:29.13
	400m: 6:03.65 1:33.55		800m: 12:17.34 1:33.52	1200m: 18:31.82	1:33.66		
33.	ROCHA Pedro Morais	83	Geslours	<b>23:08.11</b>		406	17,00
	100m: 1:22.86 1:22.86		500m: 7:28.39 1:32.33	900m: 13:41.69	1:34.78	1300m: 20:06.38	1:36.74
	200m: 2:52.55 1:29.69		600m: 9:01.00 1:32.61	1000m: 15:16.83	1:35.14	1400m: 21:41.29	1:34.91
	300m: 4:23.95 1:31.40		700m: 10:33.61 1:32.61	1100m: 16:52.88	1:36.05	1500m: 23:08.11	1:26.82
	400m: 5:56.06 1:32.11		800m: 12:06.91 1:33.30	1200m: 18:29.64	1:36.76		
34.	RIBEIRO Jorge Ricardo	88	Leixoes	<b>23:08.45</b>		296	12,00
	100m: 1:20.59 1:20.59		500m: 7:27.98 1:34.34	900m: 13:47.12	1:34.87	1300m: 20:04.64	1:32.90
	200m: 2:49.10 1:28.51		600m: 9:02.94 1:34.96	1000m: 15:22.49	1:35.37	1400m: 21:38.90	1:34.26
	300m: 4:20.71 1:31.61		700m: 10:37.94 1:35.00	1100m: 16:57.21	1:34.72	1500m: 23:08.45	1:29.55
	400m: 5:53.64 1:32.93		800m: 12:12.25 1:34.31	1200m: 18:31.74	1:34.53		
35.	AIRES Luis Emanuel	85	Masters de Almada	<b>23:19.04</b>		396	16,00
	100m: 1:23.99 1:23.99		500m: 7:33.21 1:34.88	900m: 13:52.19	1:34.91	1300m: 20:13.64	1:36.48
	200m: 2:53.50 1:29.51		600m: 9:06.79 1:33.58	1000m: 15:26.82	1:34.63	1400m: 21:49.26	1:35.62
	300m: 4:24.91 1:31.41		700m: 10:41.67 1:34.88	1100m: 17:01.72	1:34.90	1500m: 23:19.04	1:29.78
	400m: 5:58.33 1:33.42		800m: 12:17.28 1:35.61	1200m: 18:37.16	1:35.44		
36.	FERREIRA Miguel Jose	70	Leixoes	<b>23:25.18</b>		426	22,00
	100m: 1:24.85 1:24.85		500m: 7:38.53 1:34.52	900m: 13:57.12	1:35.44	1300m: 20:18.92	1:36.03
	200m: 2:56.51 1:31.66		600m: 9:13.01 1:34.48	1000m: 15:32.43	1:35.31	1400m: 21:54.94	1:36.02
	300m: 4:29.40 1:32.89		700m: 10:46.97 1:33.96	1100m: 17:07.75	1:35.32	1500m: 23:25.18	1:30.24
	400m: 6:04.01 1:34.61		800m: 12:21.68 1:34.71	1200m: 18:42.89	1:35.14		
37.	MOREIRA Pedro Joaquim	87	Penafiel	<b>23:25.32</b>		285	11,00
	100m: 1:23.44 1:23.44		500m: 7:40.27 1:35.20	900m: 13:58.79	1:35.59	1300m: 20:18.92	1:33.92
	200m: 2:54.99 1:31.55		600m: 9:14.85 1:34.58	1000m: 15:34.45	1:35.66	1400m: 21:52.54	1:33.62
	300m: 4:30.62 1:35.63		700m: 10:48.65 1:33.80	1100m: 17:09.72	1:35.27	1500m: 23:25.32	1:32.78
	400m: 6:05.07 1:34.45		800m: 12:23.20 1:34.55	1200m: 18:45.00	1:35.28		
38.	BARROS Francisco Santos	72	Porto	<b>23:26.23</b>		394	22,00
	100m: 1:23.53 1:23.53		500m: 7:38.66 1:35.13	900m: 14:00.49	1:34.71	1300m: 20:22.40	1:36.21
	200m: 2:54.48 1:30.95		600m: 9:14.09 1:35.43	1000m: 15:35.54	1:35.05	1400m: 21:57.45	1:35.05
	300m: 4:28.39 1:33.91		700m: 10:49.83 1:35.74	1100m: 17:10.21	1:34.67	1500m: 23:26.23	1:28.78
	400m: 6:03.53 1:35.14		800m: 12:25.78 1:35.95	1200m: 18:46.19	1:35.98		



Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
39.	NUNES Miguel Angelo	73	Estarreja	<b>23:31.36</b>		390	20,00
	100m: 1:23.71 1:23.71	500m: 7:35.49 1:33.87	900m: 13:57.22	1:35.78	1300m: 20:24.47	1:37.62	
	200m: 2:54.41 1:30.70	600m: 9:10.44 1:34.95	1000m: 15:33.72	1:36.50	1400m: 22:00.16	1:35.69	
	300m: 4:27.63 1:33.22	700m: 10:45.46 1:35.02	1100m: 17:09.95	1:36.23	1500m: 23:31.36	1:31.20	
	400m: 6:01.62 1:33.99	800m: 12:21.44 1:35.98	1200m: 18:46.85	1:36.90			
40.	PINTO Mario Jose	57	Uniao Coimbra	<b>23:33.83</b>		620	30,00
	100m: 1:27.47 1:27.47	500m: 7:47.16 1:34.97	900m: 14:08.73	1:35.54	1300m: 20:29.07	1:34.65	
	200m: 3:01.40 1:33.93	600m: 9:21.99 1:34.83	1000m: 15:44.54	1:35.81	1400m: 22:03.89	1:34.82	
	300m: 4:36.98 1:35.58	700m: 10:57.57 1:35.58	1100m: 17:19.80	1:35.26	1500m: 23:33.83	1:29.94	
	400m: 6:12.19 1:35.21	800m: 12:33.19 1:35.62	1200m: 18:54.42	1:34.62			
41.	PIRES Miguel Pinheiro	78	Fluvial Portuense	<b>23:35.24</b>		358	20,00
	100m: 1:25.00 1:25.00	500m: 7:42.21 1:35.24	900m: 14:05.24	1:35.23	1300m: 20:27.89	1:36.09	
	200m: 2:57.46 1:32.46	600m: 9:17.05 1:34.84	1000m: 15:39.53	1:34.29	1400m: 22:01.11	1:33.22	
	300m: 4:31.60 1:34.14	700m: 10:52.96 1:35.91	1100m: 17:14.24	1:34.71	1500m: 23:35.24	1:34.13	
	400m: 6:06.97 1:35.37	800m: 12:30.01 1:37.05	1200m: 18:51.80	1:37.56			
42.	TORRES Paulo Francisco	62	Fluvial Portuense	<b>23:36.41</b>		464	20,00
	100m: 1:24.22 1:24.22	500m: 7:39.90 1:35.24	900m: 14:03.11	1:35.85	1300m: 20:26.63	1:36.04	
	200m: 2:56.05 1:31.83	600m: 9:15.66 1:35.76	1000m: 15:38.92	1:35.81	1400m: 22:05.27	1:38.64	
	300m: 4:30.07 1:34.02	700m: 10:51.60 1:35.94	1100m: 17:15.00	1:36.08	1500m: 23:36.41	1:31.14	
	400m: 6:04.66 1:34.59	800m: 12:27.26 1:35.66	1200m: 18:50.59	1:35.59			
43.	SANTOS Urbino Jesus	75	Penafiel	<b>23:44.28</b>		379	19,00
	100m: 1:28.29 1:28.29	500m: 7:48.65 1:35.85	900m: 14:10.14	1:36.15	1300m: 20:34.99	1:36.38	
	200m: 3:02.22 1:33.93	600m: 9:23.73 1:35.08	1000m: 15:46.53	1:36.39	1400m: 22:11.43	1:36.44	
	300m: 4:37.50 1:35.28	700m: 10:58.62 1:34.89	1100m: 17:22.23	1:35.70	1500m: 23:44.28	1:32.85	
	400m: 6:12.80 1:35.30	800m: 12:33.99 1:35.37	1200m: 18:58.61	1:36.38			
44.	ROMEU Nelson Jorge	77	Individual ANMIN	<b>23:44.32</b>		351	19,00
	100m: 1:24.49 1:24.49	500m: 7:44.92 1:36.68	900m: 14:10.11	1:36.83	1300m: 20:41.11	1:37.33	
	200m: 2:56.50 1:32.01	600m: 9:19.79 1:34.87	1000m: 15:48.57	1:38.46	1400m: 22:18.46	1:37.35	
	300m: 4:31.65 1:35.15	700m: 10:56.52 1:36.73	1100m: 17:26.02	1:37.45	1500m: 23:44.32	1:25.86	
	400m: 6:08.24 1:36.59	800m: 12:33.28 1:36.76	1200m: 19:03.78	1:37.76			
45.	PIRES Filipe Pinheiro	73	Foca Quinta da Lixa CNF	<b>23:46.52</b>		377	18,00
	100m: 1:32.95 1:32.95	500m: 7:50.69 1:35.08	900m: 14:15.04	1:36.01	1300m: 20:43.31	1:36.14	
	200m: 3:06.59 1:33.64	600m: 9:26.05 1:35.36	1000m: 15:52.78	1:37.74	1400m: 22:17.00	1:33.69	
	300m: 4:41.09 1:34.50	700m: 11:02.85 1:36.80	1100m: 17:30.97	1:38.19	1500m: 23:46.52	1:29.52	
	400m: 6:15.61 1:34.52	800m: 12:39.03 1:36.18	1200m: 19:07.17	1:36.20			
46.	SHER David Julio	84	Ginasio Clube	<b>23:47.08</b>		374	14,00
	100m: 1:22.50 1:22.50	500m: 7:25.68 1:33.60	900m: 13:54.66	1:37.82	1300m: 20:32.87	1:39.71	
	200m: 2:49.85 1:27.35	600m: 9:00.47 1:34.79	1000m: 15:35.22	1:40.56	1400m: 22:09.95	1:37.08	
	300m: 4:20.87 1:31.02	700m: 10:38.04 1:37.57	1100m: 17:13.44	1:38.22	1500m: 23:47.08	1:37.13	
	400m: 5:52.08 1:31.21	800m: 12:16.84 1:38.80	1200m: 18:53.16	1:39.72			
47.	COSTA Armando Joao	63	Colegio SMLamas	<b>23:52.37</b>		449	19,00
	100m: 1:28.37 1:28.37	500m: 7:57.73 1:37.22	900m: 14:24.38	1:36.60	1300m: 20:48.69	1:35.43	
	200m: 3:05.28 1:36.91	600m: 9:34.16 1:36.43	1000m: 16:00.73	1:36.35	1400m: 22:22.61	1:33.92	
	300m: 4:42.55 1:37.27	700m: 11:10.95 1:36.79	1100m: 17:36.84	1:36.11	1500m: 23:52.37	1:29.76	
	400m: 6:20.51 1:37.96	800m: 12:47.78 1:36.83	1200m: 19:13.26	1:36.42			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
48.	SANTOS Miguel Baceira	84	Amigos da Natacao	<b>23:55.38</b>		367	12,00
	100m: 1:26.27 1:26.27	500m: 7:36.98 1:34.94	900m: 14:09.26	1:38.24	1300m: 20:43.11	1:37.67	
	200m: 2:56.77 1:30.50	600m: 9:13.76 1:36.78	1000m: 15:47.43	1:38.17	1400m: 22:20.94	1:37.83	
	300m: 4:29.07 1:32.30	700m: 10:51.61 1:37.85	1100m: 17:27.08	1:39.65	1500m: 23:55.38	1:34.44	
	400m: 6:02.04 1:32.97	800m: 12:31.02 1:39.41	1200m: 19:05.44	1:38.36			
49.	SEABRA Henrique Luis	61	Fluvial Portuense	<b>24:02.21</b>		440	18,00
	100m: 1:28.18 1:28.18	500m: 7:49.71 1:36.06	900m: 14:13.92	1:36.10	1300m: 20:45.33	1:39.43	
	200m: 3:02.29 1:34.11	600m: 9:26.21 1:36.50	1000m: 15:50.76	1:36.84	1400m: 22:24.08	1:38.75	
	300m: 4:37.65 1:35.36	700m: 11:02.06 1:35.85	1100m: 17:27.76	1:37.00	1500m: 24:02.21	1:38.13	
	400m: 6:13.65 1:36.00	800m: 12:37.82 1:35.76	1200m: 19:05.90	1:38.14			
50.	FIGUEIREDO Jorge Alberto	71	Academico Viseu	<b>24:02.49</b>		365	17,00
	100m: 1:23.74 1:23.74	500m: 7:36.16 1:35.00	900m: 14:05.54	1:38.88	1300m: 20:45.53	1:38.13	
	200m: 2:54.74 1:31.00	600m: 9:12.16 1:36.00	1000m: 15:45.22	1:39.68	1400m: 22:24.77	1:39.24	
	300m: 4:27.17 1:32.43	700m: 10:48.32 1:36.16	1100m: 17:27.03	1:41.81	1500m: 24:02.49	1:37.72	
	400m: 6:01.16 1:33.99	800m: 12:26.66 1:38.34	1200m: 19:07.40	1:40.37			
51.	OLIVEIRA Jorge Miguel	80	Natacao de Valongo	<b>24:03.75</b>		337	18,00
	100m: 1:27.67 1:27.67	500m: 7:51.78 1:38.01	900m: 14:21.11	1:37.49	1300m: 20:52.27	1:38.37	
	200m: 3:02.06 1:34.39	600m: 9:29.02 1:37.24	1000m: 15:59.52	1:38.41	1400m: 22:30.60	1:38.33	
	300m: 4:37.04 1:34.98	700m: 11:05.53 1:36.51	1100m: 17:36.45	1:36.93	1500m: 24:03.75	1:33.15	
	400m: 6:13.77 1:36.73	800m: 12:43.62 1:38.09	1200m: 19:13.90	1:37.45			
52.	RIBEIRO Edgar Francisco	91	Leixoes	<b>24:03.85</b>		321	17,00
	100m: 1:30.31 1:30.31	500m: 7:55.90 1:37.12	900m: 14:26.67	1:38.05	1300m: 20:57.12	1:36.59	
	200m: 3:04.97 1:34.66	600m: 9:32.49 1:36.59	1000m: 16:03.70	1:37.03	1400m: 22:34.43	1:37.31	
	300m: 4:41.65 1:36.68	700m: 11:10.93 1:38.44	1100m: 17:41.56	1:37.86	1500m: 24:03.85	1:29.42	
	400m: 6:18.78 1:37.13	800m: 12:48.62 1:37.69	1200m: 19:20.53	1:38.97			
53.	BARROSO Jose Miguel	62	Fluvial Portuense	<b>24:06.44</b>		436	17,00
	100m: 1:29.06 1:29.06	500m: 8:02.27 1:36.71	900m: 14:33.69	1:36.60	1300m: 21:00.02	1:36.06	
	200m: 3:06.83 1:37.77	600m: 9:39.75 1:37.48	1000m: 16:11.87	1:38.18	1400m: 22:36.51	1:36.49	
	300m: 4:46.29 1:39.46	700m: 11:17.96 1:38.21	1100m: 17:47.74	1:35.87	1500m: 24:06.44	1:29.93	
	400m: 6:25.56 1:39.27	800m: 12:57.09 1:39.13	1200m: 19:23.96	1:36.22			
54.	FIGUEIRAS Goncalo Nogueira	92	Leixoes	<b>24:14.67</b>		313	16,00
	100m: 1:24.70 1:24.70	500m: 7:45.87 1:37.07	900m: 14:19.23	1:40.50	1300m: 21:04.26	1:41.44	
	200m: 2:56.67 1:31.97	600m: 9:22.85 1:36.98	1000m: 16:00.26	1:41.03	1400m: 22:43.53	1:39.27	
	300m: 4:32.00 1:35.33	700m: 11:00.45 1:37.60	1100m: 17:40.80	1:40.54	1500m: 24:14.67	1:31.14	
	400m: 6:08.80 1:36.80	800m: 12:38.73 1:38.28	1200m: 19:22.82	1:42.02			
55.	GOMES Joao Antonio	75	Leixoes	<b>24:16.94</b>		354	16,00
	100m: 1:29.14 1:29.14	500m: 7:59.80 1:37.22	900m: 14:33.56	1:37.66	1300m: 21:05.55	1:38.01	
	200m: 3:06.00 1:36.86	600m: 9:38.01 1:38.21	1000m: 16:11.53	1:37.97	1400m: 22:43.73	1:38.18	
	300m: 4:44.13 1:38.13	700m: 11:16.98 1:38.97	1100m: 17:50.42	1:38.89	1500m: 24:16.94	1:33.21	
	400m: 6:22.58 1:38.45	800m: 12:55.90 1:38.92	1200m: 19:27.54	1:37.12			
56.	NEVES Paulo Alexandre	66	Leixoes	<b>24:20.96</b>		379	20,00
	100m: 1:28.86 1:28.86	500m: 8:03.38 1:38.74	900m: 14:36.39	1:38.39	1300m: 21:10.83	1:38.57	
	200m: 3:06.48 1:37.62	600m: 9:41.15 1:37.77	1000m: 16:15.17	1:38.78	1400m: 22:48.55	1:37.72	
	300m: 4:45.48 1:39.00	700m: 11:19.70 1:38.55	1100m: 17:53.48	1:38.31	1500m: 24:20.96	1:32.41	
	400m: 6:24.64 1:39.16	800m: 12:58.00 1:38.30	1200m: 19:32.26	1:38.78			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
57.	RIBEIRO Luis Manuel	91	Foca Quinta da Lixa CNF	<b>24:28.16</b>		305	14,00
	100m: 1:30.85 1:30.85	500m: 8:08.34 1:38.38	900m: 14:45.27	1:39.18	1300m: 21:19.41	1:38.19	
	200m: 3:09.39 1:38.54	600m: 9:47.06 1:38.72	1000m: 16:23.48	1:38.21	1400m: 22:55.02	1:35.61	
	300m: 4:49.62 1:40.23	700m: 11:26.16 1:39.10	1100m: 18:01.98	1:38.50	1500m: 24:28.16	1:33.14	
	400m: 6:29.96 1:40.34	800m: 13:06.09 1:39.93	1200m: 19:41.22	1:39.24			
58.	RIBEIRO Celso Fernando	69	Porto	<b>24:31.58</b>		371	19,00
	100m: 1:35.55 1:35.55	500m: 8:13.93 1:40.16	900m: 14:49.99	1:39.54	1300m: 21:26.93	1:38.90	
	200m: 3:14.69 1:39.14	600m: 9:52.13 1:38.20	1000m: 16:29.43	1:39.44	1400m: 23:04.25	1:37.32	
	300m: 4:54.11 1:39.42	700m: 11:31.20 1:39.07	1100m: 18:08.74	1:39.31	1500m: 24:31.58	1:27.33	
	400m: 6:33.77 1:39.66	800m: 13:10.45 1:39.25	1200m: 19:48.03	1:39.29			
59.	MENDES Rui Alberto	75	Fluvial Portuense	<b>24:36.54</b>		340	14,00
	100m: 1:24.27 1:24.27	500m: 8:00.18 1:39.96	900m: 14:39.36	1:39.09	1300m: 21:21.21	1:41.27	
	200m: 3:01.05 1:36.78	600m: 9:40.47 1:40.29	1000m: 16:19.22	1:39.86	1400m: 23:01.94	1:40.73	
	300m: 4:40.21 1:39.16	700m: 11:20.32 1:39.85	1100m: 17:58.98	1:39.76	1500m: 24:36.54	1:34.60	
	400m: 6:20.22 1:40.01	800m: 13:00.27 1:39.95	1200m: 19:39.94	1:40.96			
60.	MENDES Ricardo Antonio	55	Salesianos	<b>24:36.56</b>		615	26,00
	100m: 1:27.00 1:27.00	500m: 8:04.58 1:40.30	900m: 14:45.88	1:41.01	1300m: 21:24.48	1:39.29	
	200m: 3:03.59 1:36.59	600m: 9:45.21 1:40.63	1000m: 16:26.22	1:40.34	1400m: 23:02.63	1:38.15	
	300m: 4:43.22 1:39.63	700m: 11:24.15 1:38.94	1100m: 18:05.98	1:39.76	1500m: 24:36.56	1:33.93	
	400m: 6:24.28 1:41.06	800m: 13:04.87 1:40.72	1200m: 19:45.19	1:39.21			
61.	MARTINS Joao Gao	65	Colegio Monte Maior	<b>24:41.30</b>		406	16,00
	100m: 1:34.03 1:34.03	500m: 8:07.70 1:38.59	900m: 14:43.33	1:39.23	1300m: 21:26.03	1:40.91	
	200m: 3:12.08 1:38.05	600m: 9:46.56 1:38.86	1000m: 16:23.33	1:40.00	1400m: 23:06.58	1:40.55	
	300m: 4:50.23 1:38.15	700m: 11:25.22 1:38.66	1100m: 18:04.22	1:40.89	1500m: 24:41.30	1:34.72	
	400m: 6:29.11 1:38.88	800m: 13:04.10 1:38.88	1200m: 19:45.12	1:40.90			
62.	ISABEL Rui Jorge	89	Pimpoes/Cimai	<b>24:43.21</b>		243	10,00
	100m: 1:28.86 1:28.86	500m: 7:53.08 1:36.83	900m: 14:31.43	1:41.07	1300m: 21:20.27	1:43.03	
	200m: 3:03.43 1:34.57	600m: 9:31.31 1:38.23	1000m: 16:12.06	1:40.63	1400m: 23:03.22	1:42.95	
	300m: 4:39.54 1:36.11	700m: 11:10.29 1:38.98	1100m: 17:54.46	1:42.40	1500m: 24:43.21	1:39.99	
	400m: 6:16.25 1:36.71	800m: 12:50.36 1:40.07	1200m: 19:37.24	1:42.78			
63.	MARTINHO Antonio Jorge	65	Academica de Coimbra	<b>25:03.53</b>		388	14,00
	100m: 1:29.46 1:29.46	500m: 8:05.11 1:38.70	900m: 14:51.68	1:42.28	1300m: 21:40.85	1:42.94	
	200m: 3:06.92 1:37.46	600m: 9:46.79 1:41.68	1000m: 16:33.86	1:42.18	1400m: 23:23.31	1:42.46	
	300m: 4:46.16 1:39.24	700m: 11:28.21 1:41.42	1100m: 18:15.90	1:42.04	1500m: 25:03.53	1:40.22	
	400m: 6:26.41 1:40.25	800m: 13:09.40 1:41.19	1200m: 19:57.91	1:42.01			
64.	FIGUEIREDO Francisco Rosario	85	Leixoes	<b>25:07.13</b>		317	11,00
	100m: 1:27.16 1:27.16	500m: 8:04.76 1:40.78	900m: 14:54.43	1:43.87	1300m: 21:47.46	1:43.22	
	200m: 3:03.11 1:35.95	600m: 9:46.62 1:41.86	1000m: 16:38.07	1:43.64	1400m: 23:29.93	1:42.47	
	300m: 4:42.60 1:39.49	700m: 11:29.10 1:42.48	1100m: 18:20.96	1:42.89	1500m: 25:07.13	1:37.20	
	400m: 6:23.98 1:41.38	800m: 13:10.56 1:41.46	1200m: 20:04.24	1:43.28			
65.	SA Nuno Manuel	71	Fluvial Portuense	<b>25:09.45</b>		319	12,00
	100m: 1:28.63 1:28.63	500m: 8:16.17 1:42.70	900m: 15:04.09	1:42.81	1300m: 21:52.41	1:41.55	
	200m: 3:07.43 1:38.80	600m: 9:58.13 1:41.96	1000m: 16:46.13	1:42.04	1400m: 23:33.47	1:41.06	
	300m: 4:50.53 1:43.10	700m: 11:39.53 1:41.40	1100m: 18:27.79	1:41.66	1500m: 25:09.45	1:35.98	
	400m: 6:33.47 1:42.94	800m: 13:21.28 1:41.75	1200m: 20:10.86	1:43.07			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
66.	<b>SOUZA Antonio Fernando</b>	65	Porto	<b>25:13.46</b>		380	12,00
	100m: 1:33.34 1:33.34	500m: 8:18.88 1:42.23	900m: 15:08.49 1:42.90	1300m: 21:58.81 1:42.53			
	200m: 3:13.46 1:40.12	600m: 10:01.71 1:42.83	1000m: 16:51.46 1:42.97	1400m: 23:37.70 1:38.89			
	300m: 4:54.70 1:41.24	700m: 11:43.39 1:41.68	1100m: 18:34.75 1:43.29	1500m: 25:13.46 1:35.76			
	400m: 6:36.65 1:41.95	800m: 13:25.59 1:42.20	1200m: 20:16.28 1:41.53				
67.	<b>SANTOS Luis Lopes</b>	59	Fluvial Portuense	<b>25:17.75</b>		501	26,00
	100m: 1:34.35 1:34.35	500m: 8:23.31 1:41.68	900m: 15:09.23 1:40.77	1300m: 21:58.71 1:43.64			
	200m: 3:15.43 1:41.08	600m: 10:05.02 1:41.71	1000m: 16:50.61 1:41.38	1400m: 23:41.07 1:42.36			
	300m: 4:58.50 1:43.07	700m: 11:46.76 1:41.74	1100m: 18:32.77 1:42.16	1500m: 25:17.75 1:36.68			
	400m: 6:41.63 1:43.13	800m: 13:28.46 1:41.70	1200m: 20:15.07 1:42.30				
68.	<b>PEREIRA Artur Jose</b>	69	Geslours	<b>25:18.96</b>		337	18,00
	100m: 1:36.79 1:36.79	500m: 8:19.93 1:41.77	900m: 15:05.63 1:41.90	1300m: 21:55.80 1:43.64			
	200m: 3:16.27 1:39.48	600m: 10:01.26 1:41.33	1000m: 16:48.17 1:42.54	1400m: 23:38.75 1:42.95			
	300m: 4:57.16 1:40.89	700m: 11:42.74 1:41.48	1100m: 18:29.99 1:41.82	1500m: 25:18.96 1:40.21			
	400m: 6:38.16 1:41.00	800m: 13:23.73 1:40.99	1200m: 20:12.16 1:42.17				
69.	<b>FRANCO Ricardo Velho</b>	74	Geslours	<b>25:25.65</b>		308	11,00
	100m: 1:33.25 1:33.25	500m: 8:14.65 1:41.14	900m: 15:06.68 1:44.22	1300m: 22:03.30 1:44.35			
	200m: 3:11.68 1:38.43	600m: 9:57.32 1:42.67	1000m: 16:51.56 1:44.88	1400m: 23:47.38 1:44.08			
	300m: 4:52.77 1:41.09	700m: 11:39.25 1:41.93	1100m: 18:34.91 1:43.35	1500m: 25:25.65 1:38.27			
	400m: 6:33.51 1:40.74	800m: 13:22.46 1:43.21	1200m: 20:18.95 1:44.04				
70.	<b>FERREIRA Gilberto Luis</b>	85	Braga	<b>25:28.50</b>		304	10,00
	100m: 1:34.12 1:34.12	500m: 8:17.41 1:42.29	900m: 15:10.01 1:44.40	1300m: 22:06.59 1:45.08			
	200m: 3:13.59 1:39.47	600m: 9:59.76 1:42.35	1000m: 16:53.87 1:43.86	1400m: 23:52.51 1:45.92			
	300m: 4:53.47 1:39.88	700m: 11:41.95 1:42.19	1100m: 18:36.98 1:43.11	1500m: 25:28.50 1:35.99			
	400m: 6:35.12 1:41.65	800m: 13:25.61 1:43.66	1200m: 20:21.51 1:44.53				
71.	<b>ALVES Fernando Jose</b>	69	Salesianos	<b>25:32.26</b>		328	17,00
	100m: 1:34.96 1:34.96	500m: 8:24.69 1:42.63	900m: 15:11.97 1:42.70	1300m: 22:08.33 1:44.87			
	200m: 3:16.20 1:41.24	600m: 10:06.65 1:41.96	1000m: 16:54.00 1:42.03	1400m: 23:53.60 1:45.27			
	300m: 4:59.31 1:43.11	700m: 11:47.23 1:40.58	1100m: 18:38.42 1:44.42	1500m: 25:32.26 1:38.66			
	400m: 6:42.06 1:42.75	800m: 13:29.27 1:42.04	1200m: 20:23.46 1:45.04				
72.	<b>FERNANDES Ricardo Jorge</b>	72	Natacao de Valongo	<b>25:32.43</b>		304	10,00
	100m: 1:37.55 1:37.55	500m: 8:35.04 1:43.53	900m: 15:23.67 1:43.52	1300m: 22:15.93 1:40.02			
	200m: 3:22.64 1:45.09	600m: 10:17.64 1:42.60	1000m: 17:07.81 1:44.14	1400m: 23:58.02 1:42.09			
	300m: 5:08.70 1:46.06	700m: 11:58.67 1:41.03	1100m: 18:51.62 1:43.81	1500m: 25:32.43 1:34.41			
	400m: 6:51.51 1:42.81	800m: 13:40.15 1:41.48	1200m: 20:35.91 1:44.29				
73.	<b>SOUZA Luis Manuel</b>	66	Fluvial Portuense	<b>25:32.68</b>		328	16,00
	100m: 1:29.43 1:29.43	500m: 8:12.65 1:43.94	900m: 15:11.96 1:45.55	1300m: 22:09.85 1:44.99			
	200m: 3:08.02 1:38.59	600m: 9:56.51 1:43.86	1000m: 16:55.90 1:43.94	1400m: 23:54.52 1:44.67			
	300m: 4:47.41 1:39.39	700m: 11:40.98 1:44.47	1100m: 18:40.39 1:44.49	1500m: 25:32.68 1:38.16			
	400m: 6:28.71 1:41.30	800m: 13:26.41 1:45.43	1200m: 20:24.86 1:44.47				
74.	<b>RIBEIRO Jorge Vieira</b>	64	Sporting de Aveiro	<b>25:37.00</b>		363	11,00
	100m: 1:36.48 1:36.48	500m: 8:24.23 1:43.22	900m: 15:18.68 1:43.23	1300m: 22:16.01 1:45.49			
	200m: 3:17.40 1:40.92	600m: 10:07.44 1:43.21	1000m: 17:02.70 1:44.02	1400m: 24:00.36 1:44.35			
	300m: 4:59.08 1:41.68	700m: 11:51.31 1:43.87	1100m: 18:46.06 1:43.36	1500m: 25:37.00 1:36.64			
	400m: 6:41.01 1:41.93	800m: 13:35.45 1:44.14	1200m: 20:30.52 1:44.46				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
75.	OLIVEIRA Sergio Frederico	74	Ginasio Clube	<b>25:39.83</b>		300	9,00
	100m: 1:34.46 1:34.46	500m: 8:17.03 1:41.76	900m: 15:12.77 1:45.81	1300m: 22:12.76 1:45.47			
	200m: 3:13.24 1:38.78	600m: 10:00.67 1:43.64	1000m: 16:57.15 1:44.38	1400m: 23:59.09 1:46.33			
	300m: 4:54.58 1:41.34	700m: 11:43.52 1:42.85	1100m: 18:41.91 1:44.76	1500m: 25:39.83 1:40.74			
	400m: 6:35.27 1:40.69	800m: 13:26.96 1:43.44	1200m: 20:27.29 1:45.38				
76.	LIMA Joao Pedro	77	Gesloures	<b>25:42.12</b>		277	17,00
	100m: 1:33.86 1:33.86	500m: 8:18.39 1:41.43	900m: 15:14.49 1:43.45	1300m: 22:15.79 1:45.85			
	200m: 3:13.63 1:39.77	600m: 10:01.51 1:43.12	1000m: 17:00.02 1:45.53	1400m: 24:01.69 1:45.90			
	300m: 4:54.93 1:41.30	700m: 11:44.42 1:42.91	1100m: 18:45.25 1:45.23	1500m: 25:42.12 1:40.43			
	400m: 6:36.96 1:42.03	800m: 13:31.04 1:46.62	1200m: 20:29.94 1:44.69				
77.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	<b>25:46.06</b>		296	8,00
	100m: 1:36.42 1:36.42	500m: 8:27.15 1:43.27	900m: 15:26.63 1:45.00	1300m: 22:25.21 1:45.02			
	200m: 3:17.56 1:41.14	600m: 10:12.17 1:45.02	1000m: 17:11.40 1:44.77	1400m: 24:08.51 1:43.30			
	300m: 5:00.47 1:42.91	700m: 11:57.21 1:45.04	1100m: 18:55.36 1:43.96	1500m: 25:46.06 1:37.55			
	400m: 6:43.88 1:43.41	800m: 13:41.63 1:44.42	1200m: 20:40.19 1:44.83				
78.	CUNHA Tiago Filipe	76	Amigos da Natacao	<b>25:50.83</b>		272	16,00
	100m: 1:35.92 1:35.92	500m: 8:29.95 1:44.38	900m: 15:30.00 1:46.34	1300m: 22:29.53 1:44.84			
	200m: 3:18.37 1:42.45	600m: 10:14.78 1:44.83	1000m: 17:14.97 1:44.97	1400m: 24:12.31 1:42.78			
	300m: 5:01.34 1:42.97	700m: 11:59.57 1:44.79	1100m: 19:00.61 1:45.64	1500m: 25:50.83 1:38.52			
	400m: 6:45.57 1:44.23	800m: 13:43.66 1:44.09	1200m: 20:44.69 1:44.08				
79.	RIBEIRO Antonio Manuel	69	Natacao da Maia	<b>25:53.32</b>		315	14,00
	100m: 1:34.78 1:34.78	500m: 8:27.11 1:43.56	900m: 15:26.61 1:45.03	1300m: 22:25.74 1:45.45			
	200m: 3:16.40 1:41.62	600m: 10:11.70 1:44.59	1000m: 17:11.57 1:44.96	1400m: 24:11.25 1:45.51			
	300m: 4:59.94 1:43.54	700m: 11:56.53 1:44.83	1100m: 18:55.86 1:44.29	1500m: 25:53.32 1:42.07			
	400m: 6:43.55 1:43.61	800m: 13:41.58 1:45.05	1200m: 20:40.29 1:44.43				
80.	FERRAZ Francisco Antonio	70	Pimpoes/Cimai	<b>25:57.35</b>		313	12,00
	100m: 1:36.63 1:36.63	500m: 8:32.78 1:44.10	900m: 15:34.88 1:45.38	1300m: 22:37.79 1:44.79			
	200m: 3:20.12 1:43.49	600m: 10:17.95 1:45.17	1000m: 17:22.04 1:47.16	1400m: 24:21.84 1:44.05			
	300m: 5:04.79 1:44.67	700m: 12:03.78 1:45.83	1100m: 19:07.95 1:45.91	1500m: 25:57.35 1:35.51			
	400m: 6:48.68 1:43.89	800m: 13:49.50 1:45.72	1200m: 20:53.00 1:45.05				
81.	BASTO Antonio Bessone	45	Alges	<b>26:00.81</b>		739	30,00
	<i>Rec Nacional Escalão K, e nos parciais dos 200, 400 e 800m</i>						
	100m: 1:37.04 1:37.04	500m: 8:28.96 1:41.82	900m: 15:24.14 1:44.55	1300m: 22:31.76 1:46.56			
	200m: 3:20.64 1:43.60	600m: 10:12.30 1:43.34	1000m: 17:11.17 1:47.03	1400m: 24:17.40 1:45.64			
	300m: 5:04.00 1:43.36	700m: 11:56.09 1:43.79	1100m: 18:58.16 1:46.99	1500m: 26:00.81 1:43.41			
	400m: 6:47.14 1:43.14	800m: 13:39.59 1:43.50	1200m: 20:45.20 1:47.04				
82.	CUNHA Jose Sizenando	74	Fluvial Portuense	<b>26:06.53</b>		285	7,00
	100m: 1:34.57 1:34.57	500m: 8:28.35 1:44.70	900m: 15:30.31 1:46.35	1300m: 22:36.82 1:46.11			
	200m: 3:15.13 1:40.56	600m: 10:13.61 1:45.26	1000m: 17:16.81 1:46.50	1400m: 24:22.82 1:46.00			
	300m: 4:58.90 1:43.77	700m: 11:57.70 1:44.09	1100m: 19:03.84 1:47.03	1500m: 26:06.53 1:43.71			
	400m: 6:43.65 1:44.75	800m: 13:43.96 1:46.26	1200m: 20:50.71 1:46.87				



Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
83.	COSTA Hugo Figueiredo	91	Gesloures	<b>26:07.80</b>		250	12,00
	100m: 1:34.44 1:34.44	500m: 8:29.73 1:45.64	900m: 15:30.33	1:45.02	1300m: 22:34.83	1:48.21	
	200m: 3:15.29 1:40.85	600m: 10:15.58 1:45.85	1000m: 17:16.73	1:46.40	1400m: 24:23.47	1:48.64	
	300m: 4:58.51 1:43.22	700m: 12:00.82 1:45.24	1100m: 19:01.80	1:45.07	1500m: 26:07.80	1:44.33	
	400m: 6:44.09 1:45.58	800m: 13:45.31 1:44.49	1200m: 20:46.62	1:44.82			
84.	FREITAS Joao Dinis	83	Masters de Almada	<b>26:14.35</b>		278	9,00
	100m: 1:35.14 1:35.14	500m: 8:39.83 1:46.71	900m: 15:50.01	1:47.77	1300m: 22:55.89	1:45.32	
	200m: 3:19.09 1:43.95	600m: 10:25.86 1:46.03	1000m: 17:37.35	1:47.34	1400m: 24:39.44	1:43.55	
	300m: 5:05.53 1:46.44	700m: 12:14.27 1:48.41	1100m: 19:24.93	1:47.58	1500m: 26:14.35	1:34.91	
	400m: 6:53.12 1:47.59	800m: 14:02.24 1:47.97	1200m: 21:10.57	1:45.64			
85.	SILVA Filipe Miguel	74	Fluvial Portuense	<b>26:15.24</b>		280	6,00
	100m: 1:37.99 1:37.99	500m: 8:43.83 1:45.70	900m: 15:50.06	1:45.43	1300m: 22:52.00	1:42.34	
	200m: 3:22.96 1:44.97	600m: 10:30.41 1:46.58	1000m: 17:36.53	1:46.47	1400m: 24:35.46	1:43.46	
	300m: 5:10.25 1:47.29	700m: 12:17.12 1:46.71	1100m: 19:23.75	1:47.22	1500m: 26:15.24	1:39.78	
	400m: 6:58.13 1:47.88	800m: 14:04.63 1:47.51	1200m: 21:09.66	1:45.91			
86.	VENTURA Pedro Manuel	83	Penafiel	<b>26:20.57</b>		275	8,00
	100m: 1:40.46 1:40.46	500m: 8:49.62 1:44.96	900m: 15:52.69	1:46.35	1300m: 22:57.07	1:47.87	
	200m: 3:26.18 1:45.72	600m: 10:33.49 1:43.87	1000m: 17:39.58	1:46.89	1400m: 24:43.94	1:46.87	
	300m: 5:15.74 1:49.56	700m: 12:20.51 1:47.02	1100m: 19:25.68	1:46.10	1500m: 26:20.57	1:36.63	
	400m: 7:04.66 1:48.92	800m: 14:06.34 1:45.83	1200m: 21:09.20	1:43.52			
87.	ISIDORO Tiago Filipe	87	Pimpoes/Cimai	<b>26:29.36</b>		197	9,00
	100m: 1:37.80 1:37.80	500m: 8:41.19 1:47.06	900m: 15:50.68	1:46.78	1300m: 23:02.29	1:47.05	
	200m: 3:22.17 1:44.37	600m: 10:29.13 1:47.94	1000m: 17:38.86	1:48.18	1400m: 24:48.33	1:46.04	
	300m: 5:08.01 1:45.84	700m: 12:17.02 1:47.89	1100m: 19:27.37	1:48.51	1500m: 26:29.36	1:41.03	
	400m: 6:54.13 1:46.12	800m: 14:03.90 1:46.88	1200m: 21:15.24	1:47.87			
88.	AMARAL Jose Rui	63	Fluvial Portuense	<b>26:30.16</b>		328	10,00
	100m: 1:38.43 1:38.43	500m: 8:41.01 1:45.85	900m: 15:50.34	1:46.61	1300m: 23:05.93	1:48.72	
	200m: 3:23.21 1:44.78	600m: 10:28.78 1:47.77	1000m: 17:38.31	1:47.97	1400m: 24:52.53	1:46.60	
	300m: 5:08.64 1:45.43	700m: 12:17.88 1:49.10	1100m: 19:27.47	1:49.16	1500m: 26:30.16	1:37.63	
	400m: 6:55.16 1:46.52	800m: 14:03.73 1:45.85	1200m: 21:17.21	1:49.74			
89.	GONCALVES Nuno Telmo	77	Sporting	<b>26:36.22</b>		249	14,00
	100m: 1:32.58 1:32.58	500m: 8:36.32 1:47.64	900m: 15:50.58	1:48.74	1300m: 23:05.23	1:49.77	
	200m: 3:14.10 1:41.52	600m: 10:25.18 1:48.86	1000m: 17:38.16	1:47.58	1400m: 24:53.91	1:48.68	
	300m: 4:59.96 1:45.86	700m: 12:13.40 1:48.22	1100m: 19:28.07	1:49.91	1500m: 26:36.22	1:42.31	
	400m: 6:48.68 1:48.72	800m: 14:01.84 1:48.44	1200m: 21:15.46	1:47.39			
90.	MOURA Antonio Coelho	60	Pimpoes/Cimai	<b>26:37.81</b>		429	22,00
	100m: 1:34.70 1:34.70	500m: 8:40.02 1:46.52	900m: 15:52.65	1:48.37	1300m: 23:05.45	1:48.88	
	200m: 3:18.41 1:43.71	600m: 10:28.00 1:47.98	1000m: 17:40.27	1:47.62	1400m: 24:54.00	1:48.55	
	300m: 5:05.63 1:47.22	700m: 12:16.43 1:48.43	1100m: 19:29.12	1:48.85	1500m: 26:37.81	1:43.81	
	400m: 6:53.50 1:47.87	800m: 14:04.28 1:47.85	1200m: 21:16.57	1:47.45			
91.	MENESES Pedro Bruno	62	Leixoes	<b>26:39.81</b>		322	9,00
	100m: 1:36.74 1:36.74	500m: 8:47.15 1:47.86	900m: 16:00.68	1:47.71	1300m: 23:13.28	1:47.83	
	200m: 3:22.28 1:45.54	600m: 10:35.36 1:48.21	1000m: 17:49.13	1:48.45	1400m: 25:01.43	1:48.15	
	300m: 5:09.22 1:46.94	700m: 12:24.73 1:49.37	1100m: 19:37.30	1:48.17	1500m: 26:39.81	1:38.38	
	400m: 6:59.29 1:50.07	800m: 14:12.97 1:48.24	1200m: 21:25.45	1:48.15			

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
92.	TRIGO Daniel Castro	65	Sporting de Aveiro	<b>26:47.81</b>		317	8,00
	100m: 1:42.59 1:42.59	500m: 8:51.53 1:47.02	900m: 16:02.31 1:47.71	1300m: 23:16.45 1:48.80			
	200m: 3:30.16 1:47.57	600m: 10:39.45 1:47.92	1000m: 17:51.07 1:48.76	1400m: 25:04.96 1:48.51			
	300m: 5:16.83 1:46.67	700m: 12:26.78 1:47.33	1100m: 19:39.64 1:48.57	1500m: 26:47.81 1:42.85			
	400m: 7:04.51 1:47.68	800m: 14:14.60 1:47.82	1200m: 21:27.65 1:48.01				
93.	FONSECA Eduardo Filipe	74	Leixoes	<b>26:51.82</b>		262	5,00
	100m: 1:40.31 1:40.31	500m: 8:48.16 1:47.44	900m: 16:04.55 1:49.10	1300m: 23:19.57 1:49.40			
	200m: 3:25.74 1:45.43	600m: 10:37.98 1:49.82	1000m: 17:52.48 1:47.93	1400m: 25:10.09 1:50.52			
	300m: 5:13.11 1:47.37	700m: 12:26.53 1:48.55	1100m: 19:41.00 1:48.52	1500m: 26:51.82 1:41.73			
	400m: 7:00.72 1:47.61	800m: 14:15.45 1:48.92	1200m: 21:30.17 1:49.17				
94.	FERREIRA Tiago Andre	92	Penafiel	<b>26:53.66</b>		229	11,00
	100m: 1:35.23 1:35.23	500m: 8:41.84 1:50.02	900m: 16:00.87 1:50.80	1300m: 23:24.36 1:51.71			
	200m: 3:17.61 1:42.38	600m: 10:30.36 1:48.52	1000m: 17:52.60 1:51.73	1400m: 25:15.02 1:50.66			
	300m: 5:03.25 1:45.64	700m: 12:19.61 1:49.25	1100m: 19:42.74 1:50.14	1500m: 26:53.66 1:38.64			
	400m: 6:51.82 1:48.57	800m: 14:10.07 1:50.46	1200m: 21:32.65 1:49.91				
95.	PIMENTEL Tiago Nuno	85	Braga	<b>26:55.48</b>		257	7,00
	100m: 1:37.02 1:37.02	500m: 8:47.20 1:48.77	900m: 16:03.06 1:49.35	1300m: 23:22.92 1:49.25			
	200m: 3:21.45 1:44.43	600m: 10:35.59 1:48.39	1000m: 17:52.56 1:49.50	1400m: 25:12.13 1:49.21			
	300m: 5:09.90 1:48.45	700m: 12:24.97 1:49.38	1100m: 19:44.20 1:51.64	1500m: 26:55.48 1:43.35			
	400m: 6:58.43 1:48.53	800m: 14:13.71 1:48.74	1200m: 21:33.67 1:49.47				
96.	FERNANDES Andre Manuel	88	Lisboa PoolSharks	<b>27:05.08</b>		184	8,00
	100m: 1:32.10 1:32.10	500m: 8:36.33 1:48.42	900m: 16:00.26 1:51.90	1300m: 23:27.65 1:50.04			
	200m: 3:15.64 1:43.54	600m: 10:26.89 1:50.56	1000m: 17:52.60 1:52.34	1400m: 25:19.04 1:51.39			
	300m: 5:00.38 1:44.74	700m: 12:17.94 1:51.05	1100m: 19:45.67 1:53.07	1500m: 27:05.08 1:46.04			
	400m: 6:47.91 1:47.53	800m: 14:08.36 1:50.42	1200m: 21:37.61 1:51.94				
97.	INVERNEIRO Pedro Alexandre	71	Fluvial Portuense	<b>27:05.67</b>		255	4,00
	100m: 1:36.33 1:36.33	500m: 8:48.31 1:49.53	900m: 16:06.45 1:50.77	1300m: 23:32.31 1:50.74			
	200m: 3:21.68 1:45.35	600m: 10:36.81 1:48.50	1000m: 17:58.50 1:52.05	1400m: 25:23.33 1:51.02			
	300m: 5:10.10 1:48.42	700m: 12:26.94 1:50.13	1100m: 19:48.72 1:50.22	1500m: 27:05.67 1:42.34			
	400m: 6:58.78 1:48.68	800m: 14:15.68 1:48.74	1200m: 21:41.57 1:52.85				
98.	SANTINHA Antonio Manuel	69	Masters de Almada	<b>27:15.74</b>		270	11,00
	100m: 1:43.09 1:43.09	500m: 8:57.21 1:49.15	900m: 16:20.38 1:50.75	1300m: 23:42.67 1:50.22			
	200m: 3:30.73 1:47.64	600m: 10:47.29 1:50.08	1000m: 18:10.47 1:50.09	1400m: 25:32.16 1:49.49			
	300m: 5:19.42 1:48.69	700m: 12:38.47 1:51.18	1100m: 20:01.09 1:50.62	1500m: 27:15.74 1:43.58			
	400m: 7:08.06 1:48.64	800m: 14:29.63 1:51.16	1200m: 21:52.45 1:51.36				
99.	PEREIRA Norberto Matos	75	Vitoria Guimaraes	<b>27:22.66</b>		247	3,00
	100m: 1:39.12 1:39.12	500m: 9:01.05 1:51.64	900m: 16:26.38 1:50.11	1300m: 23:50.87 1:49.37			
	200m: 3:27.41 1:48.29	600m: 10:52.88 1:51.83	1000m: 18:18.17 1:51.79	1400m: 25:41.13 1:50.26			
	300m: 5:17.53 1:50.12	700m: 12:44.32 1:51.44	1100m: 20:09.44 1:51.27	1500m: 27:22.66 1:41.53			
	400m: 7:09.41 1:51.88	800m: 14:36.27 1:51.95	1200m: 22:01.50 1:52.06				
100.	VILAS Hugo Miguel	78	Porto	<b>27:43.77</b>		220	12,00
	100m: 1:27.50 1:27.50	500m: 8:53.64 1:56.32	900m: 16:35.49 1:54.32	1300m: 24:06.27 1:51.86			
	200m: 3:12.68 1:45.18	600m: 10:49.09 1:55.45	1000m: 18:27.74 1:52.25	1400m: 25:57.88 1:51.61			
	300m: 5:03.65 1:50.97	700m: 12:45.45 1:56.36	1100m: 20:20.47 1:52.73	1500m: 27:43.77 1:45.89			
	400m: 6:57.32 1:53.67	800m: 14:41.17 1:55.72	1200m: 22:14.41 1:53.94				

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
101.	NOVAIS Jose Orlando	78	Vitoria Guimaraes	<b>27:51.31</b>		217	11,00
	100m: 1:37.04 1:37.04	500m: 8:57.50 1:52.22	900m: 16:28.64 1:53.26	1300m: 24:10.57 1:56.79			
	200m: 3:22.88 1:45.84	600m: 10:49.88 1:52.38	1000m: 18:22.74 1:54.10	1400m: 26:05.48 1:54.91			
	300m: 5:13.27 1:50.39	700m: 12:41.78 1:51.90	1100m: 20:18.28 1:55.54	1500m: 27:51.31 1:45.83			
	400m: 7:05.28 1:52.01	800m: 14:35.38 1:53.60	1200m: 22:13.78 1:55.50				
102.	SILVA Nuno Miguel	72	Naval Povoense	<b>27:57.33</b>		232	2,00
	100m: 1:40.97 1:40.97	500m: 9:00.39 1:51.65	900m: 16:29.54 1:52.60	1300m: 24:07.90 1:55.05			
	200m: 3:29.27 1:48.30	600m: 10:53.32 1:52.93	1000m: 18:23.28 1:53.74	1400m: 26:04.68 1:56.78			
	300m: 5:19.82 1:50.55	700m: 12:45.27 1:51.95	1100m: 20:18.58 1:55.30	1500m: 27:57.33 1:52.65			
	400m: 7:08.74 1:48.92	800m: 14:36.94 1:51.67	1200m: 22:12.85 1:54.27				
103.	MIRANDA Nuno Nobre	70	Amigos da Natacao	<b>28:02.29</b>		248	10,00
	100m: 1:41.31 1:41.31	500m: 9:08.30 1:51.50	900m: 16:39.59 1:53.71	1300m: 24:18.10 1:54.67			
	200m: 3:32.53 1:51.22	600m: 11:01.31 1:53.01	1000m: 18:33.53 1:53.94	1400m: 26:12.73 1:54.63			
	300m: 5:24.91 1:52.38	700m: 12:53.51 1:52.20	1100m: 20:28.34 1:54.81	1500m: 28:02.29 1:49.56			
	400m: 7:16.80 1:51.89	800m: 14:45.88 1:52.37	1200m: 22:23.43 1:55.09				
104.	VEISEU Nuno Alexandre	77	Leixoes	<b>28:07.33</b>		211	10,00
	100m: 1:46.91 1:46.91	500m: 9:20.59 1:53.57	900m: 16:53.68 1:51.25	1300m: 24:29.94 1:54.64			
	200m: 3:38.98 1:52.07	600m: 11:14.34 1:53.75	1000m: 18:46.52 1:52.84	1400m: 26:24.25 1:54.31			
	300m: 5:32.85 1:53.87	700m: 13:08.15 1:53.81	1100m: 20:40.42 1:53.90	1500m: 28:07.33 1:43.08			
	400m: 7:27.02 1:54.17	800m: 15:02.43 1:54.28	1200m: 22:35.30 1:54.88				
105.	BARROS Mario Jorge	56	Porto	<b>28:33.39</b>		348	20,00
	100m: 1:46.02 1:46.02	500m: 9:31.79 1:56.43	900m: 17:12.36 1:53.54	1300m: 24:54.54 1:55.19			
	200m: 3:40.63 1:54.61	600m: 11:27.30 1:55.51	1000m: 19:08.45 1:56.09	1400m: 26:47.91 1:53.37			
	300m: 5:38.24 1:57.61	700m: 13:24.04 1:56.74	1100m: 21:03.60 1:55.15	1500m: 28:33.39 1:45.48			
	400m: 7:35.36 1:57.12	800m: 15:18.82 1:54.78	1200m: 22:59.35 1:55.75				
106.	ALBUQUERQUE Nuno Carlos	64	Braga	<b>29:03.39</b>		249	7,00
	100m: 1:48.31 1:48.31	500m: 9:37.64 1:58.59	900m: 17:29.05 1:57.74	1300m: 25:18.52 1:56.33			
	200m: 3:43.52 1:55.21	600m: 11:36.07 1:58.43	1000m: 19:26.99 1:57.94	1400m: 27:15.61 1:57.09			
	300m: 5:40.95 1:57.43	700m: 13:33.77 1:57.70	1100m: 21:24.70 1:57.71	1500m: 29:03.39 1:47.78			
	400m: 7:39.05 1:58.10	800m: 15:31.31 1:57.54	1200m: 23:22.19 1:57.49				
107.	ROCHA Helder Tomas	86	Penafiel	<b>29:09.47</b>		148	7,00
	100m: 1:38.04 1:38.04	500m: 9:24.28 1:58.61	900m: 17:24.28 2:01.54	1300m: 25:21.55 1:58.46			
	200m: 3:30.55 1:52.51	600m: 11:23.18 1:58.90	1000m: 19:23.26 1:58.98	1400m: 27:19.86 1:58.31			
	300m: 5:29.22 1:58.67	700m: 13:22.51 1:59.33	1100m: 21:23.12 1:59.86	1500m: 29:09.47 1:49.61			
	400m: 7:25.67 1:56.45	800m: 15:22.74 2:00.23	1200m: 23:23.09 1:59.97				
108.	GONCALVES Pedro Nuno	72	Fluvial Portuense	<b>29:18.68</b>		201	-
	100m: 1:48.94 1:48.94	500m: 9:36.18 1:56.17	900m: 17:26.16 1:58.47	1300m: 25:27.80 2:01.02			
	200m: 3:45.99 1:57.05	600m: 11:34.16 1:57.98	1000m: 19:25.62 1:59.46	1400m: 27:26.54 1:58.74			
	300m: 5:42.81 1:56.82	700m: 13:30.25 1:56.09	1100m: 21:25.51 1:59.89	1500m: 29:18.68 1:52.14			
	400m: 7:40.01 1:57.20	800m: 15:27.69 1:57.44	1200m: 23:26.78 2:01.27				
109.	PINTO Sergio Manuel	78	Geslours	<b>29:23.44</b>		185	9,00
	100m: 1:51.33 1:51.33	500m: 9:44.54 1:58.27	900m: 17:34.70 1:57.30	1300m: 25:29.32 1:58.77			
	200m: 3:50.59 1:59.26	600m: 11:41.59 1:57.05	1000m: 19:32.73 1:58.03	1400m: 27:29.14 1:59.82			
	300m: 5:48.08 1:57.49	700m: 13:38.77 1:57.18	1100m: 21:32.12 1:59.39	1500m: 29:23.44 1:54.30			
	400m: 7:46.27 1:58.19	800m: 15:37.40 1:58.63	1200m: 23:30.55 1:58.43				

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
110.	ROCHA Paulo Jorge	59	Fluvial Portuense	<b>29:27.34</b>		317	19,00
	100m: 1:47.80 1:47.80	500m: 9:44.12 1:57.77	900m: 17:38.63	1:57.60	1300m: 25:37.17	2:01.30	
	200m: 3:47.07 1:59.27	600m: 11:43.67 1:59.55	1000m: 19:36.66	1:58.03	1400m: 27:35.13	1:57.96	
	300m: 5:47.24 2:00.17	700m: 13:42.19 1:58.52	1100m: 21:36.12	1:59.46	1500m: 29:27.34	1:52.21	
	400m: 7:46.35 1:59.11	800m: 15:41.03 1:58.84	1200m: 23:35.87	1:59.75			
111.	CARDOSO Vitor Manuel	65	Gesloures	<b>29:37.49</b>		235	6,00
	100m: 1:44.72 1:44.72	500m: 9:39.24 1:59.12	900m: 17:35.68	1:59.72	1300m: 25:41.41	2:01.86	
	200m: 3:44.04 1:59.32	600m: 11:37.64 1:58.40	1000m: 19:36.73	2:01.05	1400m: 27:43.22	2:01.81	
	300m: 5:41.34 1:57.30	700m: 13:36.37 1:58.73	1100m: 21:38.44	2:01.71	1500m: 29:37.49	1:54.27	
	400m: 7:40.12 1:58.78	800m: 15:35.96 1:59.59	1200m: 23:39.55	2:01.11			
112.	ANTUNES Luis Miguel	68	Leixoes	<b>29:54.32</b>		204	9,00
	100m: 1:51.92 1:51.92	500m: 9:58.94 1:55.82	900m: 17:58.88	1:59.33	1300m: 25:59.14	2:01.01	
	200m: 3:55.33 2:03.41	600m: 11:57.94 1:59.00	1000m: 19:58.56	1:59.68	1400m: 27:59.92	2:00.78	
	300m: 6:00.35 2:05.02	700m: 13:57.48 1:59.54	1100m: 21:58.29	1:59.73	1500m: 29:54.32	1:54.40	
	400m: 8:03.12 2:02.77	800m: 15:59.55 2:02.07	1200m: 23:58.13	1:59.84			
113.	NEVES Domingos Marques	61	Natacao de Valongo	<b>29:58.81</b>		226	5,00
	100m: 1:49.69 1:49.69	500m: 9:53.48 2:01.09	900m: 17:51.32	2:00.27	1300m: 25:56.17	2:02.58	
	200m: 3:48.59 1:58.90	600m: 11:52.35 1:58.87	1000m: 19:51.72	2:00.40	1400m: 27:58.59	2:02.42	
	300m: 5:50.53 2:01.94	700m: 13:51.50 1:59.15	1100m: 21:52.15	2:00.43	1500m: 29:58.81	2:00.22	
	400m: 7:52.39 2:01.86	800m: 15:51.05 1:59.55	1200m: 23:53.59	2:01.44			
114.	SANTOS Manuel Fernando	61	Gafanha da Encarnacao	<b>29:59.52</b>		226	4,00
	100m: 1:47.46 1:47.46	500m: 9:59.13 2:03.20	900m: 18:03.49	2:01.03	1300m: 26:04.10	1:59.03	
	200m: 3:49.98 2:02.52	600m: 12:01.54 2:02.41	1000m: 20:03.19	1:59.70	1400m: 28:03.56	1:59.46	
	300m: 5:53.81 2:03.83	700m: 14:01.87 2:00.33	1100m: 22:04.59	2:01.40	1500m: 29:59.52	1:55.96	
	400m: 7:55.93 2:02.12	800m: 16:02.46 2:00.59	1200m: 24:05.07	2:00.48			
115.	MELO Mario Jorge	51	Colegio Monte Maior	<b>30:01.35</b>		338	22,00
	100m: 1:53.42 1:53.42	500m: 10:00.73 2:01.10	900m: 18:05.76	2:00.94	1300m: 26:10.43	2:01.43	
	200m: 3:56.60 2:03.18	600m: 12:02.49 2:01.76	1000m: 20:07.28	2:01.52	1400m: 28:10.99	2:00.56	
	300m: 5:58.41 2:01.81	700m: 14:04.19 2:01.70	1100m: 22:08.05	2:00.77	1500m: 30:01.35	1:50.36	
	400m: 7:59.63 2:01.22	800m: 16:04.82 2:00.63	1200m: 24:09.00	2:00.95			
116.	RODRIGUEZ Sidney Lucio	86	Amigos da Natacao	<b>30:01.43</b>		135	6,00
	100m: 1:54.12 1:54.12	500m: 10:05.26 2:00.44	900m: 18:07.19	2:00.59	1300m: 26:08.77	2:00.04	
	200m: 3:55.43 2:01.31	600m: 12:06.11 2:00.85	1000m: 20:09.00	2:01.81	1400m: 28:08.55	1:59.78	
	300m: 6:00.17 2:04.74	700m: 14:07.61 2:01.50	1100m: 22:09.11	2:00.11	1500m: 30:01.43	1:52.88	
	400m: 8:04.82 2:04.65	800m: 16:06.60 1:58.99	1200m: 24:08.73	1:59.62			
117.	MONTEIRO Rafael Martins	86	Vilacondense	<b>30:20.20</b>		131	5,00
	100m: 1:43.06 1:43.06	500m: 9:22.76 1:58.09	900m: 17:16.00	1:59.54	1300m: 25:36.78	2:18.87	
	200m: 3:33.05 1:49.99	600m: 11:20.87 1:58.11	1000m: 19:13.77	1:57.77	1400m: 28:06.90	2:30.12	
	300m: 5:26.55 1:53.50	700m: 13:17.53 1:56.66	1100m: 21:14.68	2:00.91	1500m: 30:20.20	2:13.30	
	400m: 7:24.67 1:58.12	800m: 15:16.46 1:58.93	1200m: 23:17.91	2:03.23			
118.	MADAIL Jose Henrique	54	Galitos / Bresimar	<b>30:21.36</b>		327	20,00
	100m: 1:59.74 1:59.74	500m: 10:06.16 2:01.98	900m: 18:19.09	2:03.96	1300m: 26:29.43	2:01.31	
	200m: 4:00.88 2:01.14	600m: 12:08.69 2:02.53	1000m: 20:23.06	2:03.97	1400m: 28:30.07	2:00.64	
	300m: 6:02.87 2:01.99	700m: 14:11.05 2:02.36	1100m: 22:25.63	2:02.57	1500m: 30:21.36	1:51.29	
	400m: 8:04.18 2:01.31	800m: 16:15.13 2:04.08	1200m: 24:28.12	2:02.49			

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
119.	MOUTINHO Manuel Jose	77	Penafiel	<b>30:28.05</b>		166	8,00
	100m: 1:47.51 1:47.51	500m: 9:49.94 2:03.32	900m: 18:08.17	2:04.30	1300m: 26:24.64	2:05.29	
	200m: 3:45.09 1:57.58	600m: 11:55.80 2:05.86	1000m: 20:12.19	2:04.02	1400m: 28:28.02	2:03.38	
	300m: 5:44.79 1:59.70	700m: 13:59.49 2:03.69	1100m: 22:15.63	2:03.44	1500m: 30:28.05	2:00.03	
	400m: 7:46.62 2:01.83	800m: 16:03.87 2:04.38	1200m: 24:19.35	2:03.72			
120.	SILVA Fernando Alberto	80	Natacao de Valongo	<b>30:53.16</b>		159	7,00
	100m: 1:48.84 1:48.84	500m: 10:02.18 2:04.56	900m: 18:21.72	2:05.75	1300m: 26:47.42	2:04.69	
	200m: 3:49.44 2:00.60	600m: 12:07.34 2:05.16	1000m: 20:28.17	2:06.45	1400m: 28:53.00	2:05.58	
	300m: 5:51.62 2:02.18	700m: 14:11.25 2:03.91	1100m: 22:35.78	2:07.61	1500m: 30:53.16	2:00.16	
	400m: 7:57.62 2:06.00	800m: 16:15.97 2:04.72	1200m: 24:42.73	2:06.95			
121.	CARVALHO Luis Duarte	70	Sporting de Aveiro	<b>30:59.75</b>		183	8,00
	100m: 1:53.64 1:53.64	500m: 10:06.58 2:03.05	900m: 18:30.07	2:08.05	1300m: 26:56.29	2:05.56	
	200m: 3:55.26 2:01.62	600m: 12:10.50 2:03.92	1000m: 20:37.73	2:07.66	1400m: 29:03.31	2:07.02	
	300m: 5:58.87 2:03.61	700m: 14:16.47 2:05.97	1100m: 22:45.29	2:07.56	1500m: 30:59.75	1:56.44	
	400m: 8:03.53 2:04.66	800m: 16:22.02 2:05.55	1200m: 24:50.73	2:05.44			
122.	LOUREIRO Luis Miguel	68	Fluvial Portuense	<b>31:05.18</b>		182	7,00
	100m: 1:55.71 1:55.71	500m: 10:15.00 2:05.08	900m: 18:35.23	2:04.85	1300m: 26:58.42	2:04.52	
	200m: 3:58.97 2:03.26	600m: 12:19.29 2:04.29	1000m: 20:41.21	2:05.98	1400m: 29:05.22	2:06.80	
	300m: 6:03.98 2:05.01	700m: 14:23.99 2:04.70	1100m: 22:48.34	2:07.13	1500m: 31:05.18	1:59.96	
	400m: 8:09.92 2:05.94	800m: 16:30.38 2:06.39	1200m: 24:53.90	2:05.56			
123.	RAPOSO Jose Alexandre	55	Sporting de Aveiro	<b>31:06.78</b>		304	19,00
	100m: 2:00.37 2:00.37	500m: 10:18.66 2:05.46	900m: 18:37.61	2:05.40	1300m: 26:59.68	2:05.48	
	200m: 4:04.50 2:04.13	600m: 12:23.15 2:04.49	1000m: 20:43.33	2:05.72	1400m: 29:05.80	2:06.12	
	300m: 6:08.00 2:03.50	700m: 14:27.58 2:04.43	1100m: 22:48.05	2:04.72	1500m: 31:06.78	2:00.98	
	400m: 8:13.20 2:05.20	800m: 16:32.21 2:04.63	1200m: 24:54.20	2:06.15			
124.	SILVA Duarte Gomes	84	Estarreja	<b>31:19.39</b>		163	6,00
	100m: 1:45.14 1:45.14	500m: 10:05.68 2:04.19	900m: 18:33.39	2:07.31	1300m: 27:04.81	2:08.29	
	200m: 3:49.20 2:04.06	600m: 12:11.92 2:06.24	1000m: 20:40.88	2:07.49	1400m: 29:18.61	2:13.80	
	300m: 5:55.00 2:05.80	700m: 14:16.73 2:04.81	1100m: 22:50.73	2:09.85	1500m: 31:19.39	2:00.78	
	400m: 8:01.49 2:06.49	800m: 16:26.08 2:09.35	1200m: 24:56.52	2:05.79			
125.	BAPTISTA Jose Manuel	69	Leixoes	<b>31:40.28</b>		172	6,00
	100m: 1:49.25 1:49.25	500m: 9:56.99 2:06.83	900m: 18:35.21	2:09.35	1300m: 27:18.59	2:11.82	
	200m: 3:46.66 1:57.41	600m: 12:07.27 2:10.28	1000m: 20:44.00	2:08.79	1400m: 29:29.25	2:10.66	
	300m: 5:45.43 1:58.77	700m: 14:15.96 2:08.69	1100m: 22:56.43	2:12.43	1500m: 31:40.28	2:11.03	
	400m: 7:50.16 2:04.73	800m: 16:25.86 2:09.90	1200m: 25:06.77	2:10.34			
126.	PINTO Paulo Monteiro	64	Porto	<b>32:11.32</b>		183	3,00
	100m: 1:52.17 1:52.17	500m: 10:27.63 2:09.81	900m: 19:13.15	2:14.05	1300m: 27:54.29	2:09.96	
	200m: 3:59.15 2:06.98	600m: 12:39.83 2:12.20	1000m: 21:24.42	2:11.27	1400m:		
	300m: 6:08.36 2:09.21	700m: 14:47.62 2:07.79	1100m: 23:33.77	2:09.35	1500m: 32:11.32		
	400m: 8:17.82 2:09.46	800m: 16:59.10 2:11.48	1200m: 25:44.33	2:10.56			
127.	GUEDES Jorge Miguel	73	Fluvial Portuense	<b>32:11.45</b>		152	-
	100m: 1:48.26 1:48.26	500m: 10:25.33 2:13.45	900m: 19:12.23	2:12.32	1300m: 27:59.26	2:12.23	
	200m: 3:52.37 2:04.11	600m: 12:38.37 2:13.04	1000m: 21:24.16	2:11.93	1400m: 30:08.77	2:09.51	
	300m: 6:00.18 2:07.81	700m: 14:49.13 2:10.76	1100m: 23:34.00	2:09.84	1500m: 32:11.45	2:02.68	
	400m: 8:11.88 2:11.70	800m: 16:59.91 2:10.78	1200m: 25:47.03	2:13.03			



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
128.	COELHO Domingos Pinto	52	Alges	<b>32:55.45</b>		256	18,00
	100m: 1:55.78 1:55.78	500m: 10:38.83 2:12.60	900m: 19:35.64	2:14.61	1300m: 28:29.90	2:13.64	
	200m: 4:03.99 2:08.21	600m: 12:50.31 2:11.48	1000m: 21:48.81	2:13.17	1400m: 30:43.47	2:13.57	
	300m: 6:14.05 2:10.06	700m: 15:06.21 2:15.90	1100m: 24:01.89	2:13.08	1500m: 32:55.45	2:11.98	
	400m: 8:26.23 2:12.18	800m: 17:21.03 2:14.82	1200m: 26:16.26	2:14.37			
129.	SANTOS Sebastiao Ferreira	67	Atletismo Ferreira do Zezere	<b>33:01.68</b>		151	5,00
	100m: 1:56.02 1:56.02	500m: 10:38.84 2:12.46	900m: 19:32.84	2:14.52	1300m: 28:37.00	2:18.70	
	200m: 4:03.13 2:07.11	600m: 12:52.00 2:13.16	1000m: 21:45.25	2:12.41	1400m: 30:53.15	2:16.15	
	300m: 6:14.07 2:10.94	700m: 15:05.93 2:13.93	1100m: 24:02.52	2:17.27	1500m: 33:01.68	2:08.53	
	400m: 8:26.38 2:12.31	800m: 17:18.32 2:12.39	1200m: 26:18.30	2:15.78			
130.	MARQUES Antonio Jorge	51	Fluvial Portuense	<b>33:18.01</b>		248	17,00
	100m: 2:05.90 2:05.90	500m: 10:56.66 2:12.27	900m: 19:49.68	2:14.20	1300m: 28:49.66	2:15.86	
	200m: 4:19.09 2:13.19	600m: 13:09.83 2:13.17	1000m: 22:04.29	2:14.61	1400m: 31:05.24	2:15.58	
	300m: 6:32.08 2:12.99	700m: 15:22.57 2:12.74	1100m: 24:18.88	2:14.59	1500m: 33:18.01	2:12.77	
	400m: 8:44.39 2:12.31	800m: 17:35.48 2:12.91	1200m: 26:33.80	2:14.92			
131.	ROCHA Joao Castro	95	Fluvial Portuense	<b>34:17.83</b>		110	10,00
	100m: 1:59.40 1:59.40	500m: 11:02.22 2:17.45	900m: 20:11.32	2:19.87	1300m: 29:37.99	2:23.72	
	200m: 4:11.14 2:11.74	600m: 13:18.37 2:16.15	1000m: 22:31.37	2:20.05	1400m: 32:02.39	2:24.40	
	300m: 6:27.87 2:16.73	700m: 15:35.45 2:17.08	1100m: 24:53.48	2:22.11	1500m: 34:17.83	2:15.44	
	400m: 8:44.77 2:16.90	800m: 17:51.45 2:16.00	1200m: 27:14.27	2:20.79			
132.	CECILIO Antonio Alves	54	Fluvial Portuense	<b>34:39.74</b>		220	16,00
	100m: 2:10.53 2:10.53	500m: 11:35.30 2:21.18	900m: 20:57.73	2:20.02	1300m: 30:17.64	2:18.10	
	200m: 4:32.12 2:21.59	600m: 13:55.65 2:20.35	1000m: 23:20.64	2:22.91	1400m: 32:33.19	2:15.55	
	300m: 6:53.96 2:21.84	700m: 16:16.56 2:20.91	1100m: 25:42.13	2:21.49	1500m: 34:39.74	2:06.55	
	400m: 9:14.12 2:20.16	800m: 18:37.71 2:21.15	1200m: 27:59.54	2:17.41			
133.	BORREGO Hugo Alexandre	72	Sporting de Aveiro	<b>34:57.50</b>		118	-
	100m: 2:01.41 2:01.41	500m: 11:06.70 2:17.50	900m: 20:49.33	2:26.65	1300m: 30:28.43	2:23.02	
	200m: 4:15.09 2:13.68	600m: 13:27.95 2:21.25	1000m: 23:14.13	2:24.80	1400m: 32:50.00	2:21.57	
	300m: 6:31.23 2:16.14	700m: 15:54.51 2:26.56	1100m: 25:38.19	2:24.06	1500m: 34:57.50	2:07.50	
	400m: 8:49.20 2:17.97	800m: 18:22.68 2:28.17	1200m: 28:05.41	2:27.22			
134.	PINTO Fernando Manuel	61	Fluvial Portuense	<b>34:59.13</b>		142	2,00
	100m: 2:02.30 2:02.30	500m: 11:21.42 2:23.09	900m: 20:42.97	2:22.41	1300m: 30:22.84	2:26.38	
	200m: 4:19.81 2:17.51	600m: 13:39.69 2:18.27	1000m: 23:08.51	2:25.54	1400m: 32:44.33	2:21.49	
	300m: 6:38.27 2:18.46	700m: 15:59.24 2:19.55	1100m: 25:34.09	2:25.58	1500m: 34:59.13	2:14.80	
	400m: 8:58.33 2:20.06	800m: 18:20.56 2:21.32	1200m: 27:56.46	2:22.37			
135.	ROSEIRA Joao Luis	55	Fluvial Portuense	<b>36:59.60</b>		181	14,00
	100m: 2:07.38 2:07.38	500m: 11:32.05 2:23.08	900m: 21:31.88	2:36.15	1300m: 31:57.04	2:35.96	
	200m: 4:25.08 2:17.70	600m: 13:56.76 2:24.71	1000m: 24:06.75	2:34.87	1400m: 34:35.31	2:38.27	
	300m: 6:45.26 2:20.18	700m: 16:24.66 2:27.90	1100m: 26:43.28	2:36.53	1500m: 36:59.60	2:24.29	
	400m: 9:08.97 2:23.71	800m: 18:55.73 2:31.07	1200m: 29:21.08	2:37.80			
136.	CABRAL Luis Pereira	49	Academica de Coimbra	<b>40:58.31</b>		151	30,00
	100m: 2:33.11 2:33.11	500m: 13:28.71 2:45.20	900m: 24:34.60	2:46.42	1300m: 35:36.22	2:46.35	
	200m: 5:15.88 2:42.77	600m: 16:15.65 2:46.94	1000m: 27:21.48	2:46.88	1400m: 38:21.93	2:45.71	
	300m: 8:00.13 2:44.25	700m: 19:00.37 2:44.72	1100m: 30:06.39	2:44.91	1500m: 40:58.31	2:36.38	
	400m: 10:43.51 2:43.38	800m: 21:48.18 2:47.81	1200m: 32:49.87	2:43.48			

Torneio de Fundo Masters  
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
137.	HORTA Jose Manuel	49	Alges	<b>42:02.85</b>		139	26,00
	100m: 2:37.82 2:37.82	500m: 13:55.03 2:46.20	900m: 25:03.66	2:48.52	1300m: 36:32.33 2:53.22		
	200m: 5:30.22 2:52.40	600m: 16:43.26 2:48.23	1000m: 27:55.53	2:51.87	1400m: 39:23.27 2:50.94		
	300m: 8:20.18 2:49.96	700m: 19:29.61 2:46.35	1100m: 30:46.55	2:51.02	1500m: 42:02.85 2:39.58		
	400m: 11:08.83 2:48.65	800m: 22:15.14 2:45.53	1200m: 33:39.11	2:52.56			
138.	AZEVEDO Paulo Luis	60	Leixoes	<b>45:02.22</b>		88	18,00
	100m: 2:25.73 2:25.73	500m: 13:28.35 2:59.91	900m: 26:24.94	3:17.75	1300m: 39:07.65 3:04.37		
	200m: 5:01.21 2:35.48	600m: 16:37.06 3:08.71	1000m: 29:40.31	3:15.37	1400m: 42:06.66 2:59.01		
	300m: 7:42.29 2:41.08	700m: 19:49.23 3:12.17	1100m: 32:53.75	3:13.44	1500m: 45:02.22 2:55.56		
	400m: 10:28.44 2:46.15	800m: 23:07.19 3:17.96	1200m: 36:03.28	3:09.53			
139.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	<b>50:26.16</b>		122	30,00
	100m: 3:00.02 3:00.02	500m: 16:08.25 3:19.29	900m: 29:49.56	3:26.90	1300m: 43:43.54 3:28.93		
	200m: 6:13.51 3:13.49	600m: 19:30.61 3:22.36	1000m: 33:15.46	3:25.90	1400m: 47:14.82 3:31.28		
	300m: 9:29.98 3:16.47	700m: 22:57.93 3:27.32	1100m: 36:47.22	3:31.76	1500m: 50:26.16 3:11.34		
	400m: 12:48.96 3:18.98	800m: 26:22.66 3:24.73	1200m: 40:14.61	3:27.39			
DNS	SALGUEIRO Luis Vidigal	45	Alges				-
DNS	DAVID Joao Gabriel	87	Masters de Almada				-
DNS	REGO Ricardo Amorim	84	Leixoes				-
DNS	SANTOS Andre Ferreira	95	Olivais e Moscavide				-
DNS	TAVARES Tiago Sousa	84	Estarreja				-
DNF	MACHADO Rui Miguel	70	Vitoria Guimaraes				-