

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

Nome Atleta	Ano	Lic <sup>a</sup>	Clube	Tp Inscr	
<b>Série 1 de 19</b>					
1					
2					
3	TENREIRO Manuel Monteiro	40	11175 Esc L	Academica de Coimbra	47:23.19
4	CARDOSO Vitor Manuel	65	211850 Esc G	Gesloures	40:00.00
5	HORTA Jose Manuel	49	141654 Esc J	Alges	46:30.91
6					
7					
8					

<b>Série 2 de 19</b>					
1	CECILIO Antonio Alves	54	100919 Esc I	Fluvial Portuense	34:35.40
2	BORREGO Hugo Alexandre	72	205001 Esc E	Sporting de Aveiro	33:19.10
3	PIMENTEL Tiago Nuno	85	212448 Esc C	Braga	33:00.00
4	FERREIRA Gilberto Luis	85	211915 Esc C	Braga	33:00.00
5	COELHO Domingos Pinto	52	100453 Esc I	Alges	33:00.00
6	MACHADO Rui Miguel	70	206296 Esc F	Vitoria Guimaraes	33:00.00
7	PINTO Fernando Manuel	61	131365 Esc G	Fluvial Portuense	33:41.21
8	ALBUQUERQUE Nuno Carlos	64	210412 Esc G	Braga	35:00.00

<b>Série 3 de 19</b>					
1					
2	CABRAL Luis Pereira	49	129152 Esc J	Academica de Coimbra	38:00.00
3	ROSEIRA Joao Luis	55	142204 Esc I	Fluvial Portuense	35:27.83
4	FERREIRA Tiago Andre	92	203935 Esc A	Penafiel	35:00.00
5	ROCHA Helder Tomas	86	203931 Esc B	Penafiel	35:00.01
6	AZEVEDO Paulo Luis	60	204147 Esc H	Leixoes	35:44.62
7	ROCHA Joao Castro	95	212348 Esc A	Fluvial Portuense	40:00.00
8					

Prova 2, Masc., 1500m Livres

Série 4 de 19

1	MARQUES Antonio Jorge	51	130679	Esc I	Fluvial Portuense	32:51.85	_:._.
2	SANTOS Sebastiao Ferreira	67	100084	Esc F	Atletismo Ferreira do Zezere	32:23.00	_:._.
3	PEREIRA Norberto Matos	75	111733	Esc E	Vitoria Guimaraes	32:00.00	_:._.
4	SANTOS Manuel Fernando	61	204895	Esc G	Gafanha da Encarnacao	31:26.39	_:._.
5	CARVALHO Luis Duarte	70	152640	Esc F	Sporting de Aveiro	31:30.81	_:._.
6	RAPOSO Jose Alexandre	55	131484	Esc I	Sporting de Aveiro	32:00.43	_:._.
7	RODRIGUEZ Sidney Lucio	86	211561	Esc B	Amigos da Natacao	32:30.00	_:._.
8	LOUREIRO Luis Miguel	68	205536	Esc F	Fluvial Portuense	32:57.49	_:._.

Série 5 de 19

1	MELO Mario Jorge	51	26116	Esc I	Colegio Monte Maior	31:00.00	_:._.
2	SILVA Duarte Gomes	84	209671	Esc C	Estarreja	30:03.45	_:._.
3	PINTO Sergio Manuel	78	210781	Esc D	Gesloures	30:00.00	_:._.
4	SILVA Nuno Miguel	72	206943	Esc E	Naval Povoense	30:00.00	_:._.
5	SILVA Luis Filipe	88	16044	Esc B	Leixoes	30:00.00	_:._.
6	NOVAIS Jose Orlando	78	110370	Esc D	Vitoria Guimaraes	30:00.00	_:._.
7	ANTUNES Luis Miguel	68	206896	Esc F	Leixoes	30:21.35	_:._.
8	SALGUEIRO Luis Vidigal	45	119671	Esc K	Alges	31:23.24	_:._.

Série 6 de 19

1	PINTO Paulo Monteiro	64	211230	Esc G	Porto	29:59.00	_:._.
2	MADAIL Jose Henrique	54	119658	Esc I	Galitos / Bresimar	29:51.63	_:._.
3	ROCHA Paulo Jorge	59	208405	Esc H	Fluvial Portuense	29:43.37	_:._.
4	WISEU Nuno Alexandre	77	205761	Esc D	Leixoes	29:28.72	_:._.
5	MOUTINHO Manuel Jose	77	210703	Esc D	Penafiel	29:30.00	_:._.
6	NEVES Domingos Marques	61	202831	Esc G	Natacao de Valongo	29:49.52	_:._.
7	VILAS Hugo Miguel	78	211227	Esc D	Porto	29:59.00	_:._.
8	BAPTISTA Jose Manuel	69	130027	Esc F	Leixoes	29:59.95	_:._.

Série 7 de 19

1	VENTURA Pedro Manuel	83	153165	Esc C	Penafiel	29:14.44	_:._.
2	MIRANDA Nuno Nobre	70	206629	Esc F	Amigos da Natacao	29:00.00	_:._.
3	MONTEIRO Rafael Martins	86	126210	Esc B	Vilacondense	28:10.10	_:._.
4	LOBO Armindo Manuel	84	118906	Esc C	Vitoria Guimaraes	28:00.00	_:._.
5	FONSECA Eduardo Filipe	74	211332	Esc E	Leixoes	28:00.00	_:._.
6	CUNHA Tiago Filipe	76	204756	Esc D	Amigos da Natacao	29:00.00	_:._.
7	GUEDES Jorge Miguel	73	131932	Esc E	Fluvial Portuense	29:00.00	_:._.
8	GONCALVES Pedro Nuno	72	205032	Esc E	Fluvial Portuense	29:17.50	_:._.

Prova 2, Masc., 1500m Livres

Série 8 de 19

1	PEREIRA Artur Jose	69	201508	Esc F	Geslours	27:36.90	_:._.
2	INVERNEIRO Pedro Alexandre	71	153118	Esc E	Fluvial Portuense	27:17.66	_:._.
3	SILVA Fernando Alberto	80	206894	Esc D	Natacao de Valongo	27:00.00	_:._.
4	OLIVEIRA Pedro Fonseca	74	207947	Esc E	Fluvial Portuense	26:48.08	_:._.
5	MENESES Pedro Bruno	62	132358	Esc G	Leixoes	27:00.00	_:._.
6	BARROS Mario Jorge	56	128252	Esc H	Porto	27:11.10	_:._.
7	BASTO Antonio Bessone	45	119672	Esc K	Alges	27:18.20	_:._.
8	TRIGO Daniel Castro	65	120704	Esc G	Sporting de Aveiro	27:45.28	_:._.

Série 9 de 19

1	SANTINHA Antonio Manuel	69	100477	Esc F	Masters de Almada	26:36.40	_:._.
2	COSTA Hugo Figueiredo	91	205230	Esc A	Geslours	26:32.59	_:._.
3	GONCALVES Nuno Telmo	77	153534	Esc D	Sporting	26:19.43	_:._.
4	RIBEIRO Antonio Manuel	69	201429	Esc F	Natacao da Maia	26:10.63	_:._.
5	OLIVEIRA Sergio Frederico	74	129047	Esc E	Ginasio Clube	26:15.00	_:._.
6	FRANCO Ricardo Velho	74	201506	Esc E	Geslours	26:27.90	_:._.
7	SILVA Filipe Miguel	74	201375	Esc E	Fluvial Portuense	26:34.82	_:._.
8	FIGUEIREDO Francisco Rosario	85	130156	Esc C	Leixoes	26:46.82	_:._.

Série 10 de 19

1	SANTOS Luis Lopes	59	124875	Esc H	Fluvial Portuense	26:00.00	_:._.
2	SOUSA Antonio Fernando	65	202718	Esc G	Porto	25:56.33	_:._.
3	AMARAL Jose Rui	63	206897	Esc G	Fluvial Portuense	25:52.85	_:._.
4	MARTINHO Antonio Jorge	65	11176	Esc G	Academica de Coimbra	25:44.61	_:._.
5	SOUSA Luis Manuel	66	14630	Esc F	Fluvial Portuense	25:50.19	_:._.
6	FERRAZ Francisco Antonio	70	123940	Esc F	Pimpoes/Cimai	25:53.84	_:._.
7	RIBEIRO Edgar Francisco	91	208133	Esc A	Leixoes	26:00.00	_:._.
8	FREITAS Joao Dinis	83	204149	Esc C	Masters de Almada	26:03.51	_:._.

Série 11 de 19

1	ALVES Fernando Jose	69	208179	Esc F	Salesianos	25:43.36	_:._.
2	LIMA Joao Pedro	77	203990	Esc D	Geslours	25:36.02	_:._.
3	ISIDORO Tiago Filipe	87	210280	Esc B	Pimpoes/Cimai	25:20.30	_:._.
4	DAVID Joao Gabriel	87	210595	Esc B	Masters de Almada	25:00.00	_:._.
5	BARROSO Jose Miguel	62	208445	Esc G	Fluvial Portuense	25:06.92	_:._.
6	ISABEL Rui Jorge	89	106156	Esc B	Pimpoes/Cimai	25:20.65	_:._.
7	RIBEIRO Jorge Vieira	64	128894	Esc G	Sporting de Aveiro	25:41.14	_:._.
8	MOURA Antonio Coelho	60	109037	Esc H	Pimpoes/Cimai	25:44.53	_:._.

Prova 2, Masc., 1500m Livres

Série 12 de 19

1	TORRES Paulo Francisco	62	130665	Esc G	Fluvial Portuense	25:00.00	_:._.
2	MENDES Rui Alberto	75	202097	Esc E	Fluvial Portuense	25:00.00	_:._.
3	FERNANDES Ricardo Jorge	72	14684	Esc E	Natacao de Valongo	24:55.71	_:._.
4	SANTOS Urbino Jesus	75	20649	Esc E	Penafiel	24:49.46	_:._.
5	SA Nuno Manuel	71	201376	Esc E	Fluvial Portuense	24:55.65	_:._.
6	FERNANDES Andre Manuel	88	208967	Esc B	Lisboa PoolSharks	25:00.00	_:._.
7	SANTOS Miguel Baceira	84	205513	Esc C	Amigos da Natacao	25:00.00	_:._.
8	OLIVEIRA Jorge Miguel	80	127982	Esc D	Natacao de Valongo	25:00.00	_:._.

Série 13 de 19

1	QUINTA Daniel Ribeiro	88	204540	Esc B	Leixoes	24:36.75	_:._.
2	RIBEIRO Celso Fernando	69	127787	Esc F	Porto	24:31.02	_:._.
3	MARTINS Joao Gao	65	130774	Esc G	Colegio Monte Maior	24:22.37	_:._.
4	BARROS Francisco Santos	72	108661	Esc E	Porto	24:07.87	_:._.
5	SEABRA Henrique Luis	61	125467	Esc G	Fluvial Portuense	24:13.86	_:._.
6	RIBEIRO Jorge Ricardo	88	204489	Esc B	Leixoes	24:30.00	_:._.
7	NEVES Paulo Alexandre	66	112616	Esc F	Leixoes	24:31.13	_:._.
8	NUNES Miguel Angelo	73	206646	Esc E	Estarreja	24:44.77	_:._.

Série 14 de 19

1	CUNHA Jose Sizenando	74	26841	Esc E	Fluvial Portuense	24:00.00	_:._.
2	MENDES Ricardo Antonio	55	132928	Esc I	Salesianos	23:54.25	_:._.
3	RIBEIRO Luis Manuel	91	107830	Esc A	Foca Quinta da Lixa CNF	23:52.00	_:._.
4	CAMPOS Nuno Andre	81	127154	Esc C	Gafanha da Encarnacao	23:46.62	_:._.
5	TAVARES Tiago Sousa	84	108108	Esc C	Estarreja	23:50.00	_:._.
6	PIRES Filipe Pinheiro	73	117638	Esc E	Foca Quinta da Lixa CNF	23:52.24	_:._.
7	FIGUEIRAS Goncalo Nogueira	92	205261	Esc A	Leixoes	23:55.34	_:._.
8	FONSECA Bruno Miguel	73	120851	Esc E	Salesianos	24:03.86	_:._.

Série 15 de 19

1	GOMES Joao Antonio	75	121592	Esc E	Leixoes	23:44.94	_:._.
2	PINTO Mario Jose	57	12387	Esc H	Uniao Coimbra	23:32.14	_:._.
3	AIRES Luis Emanuel	85	206981	Esc C	Masters de Almada	23:15.00	_:._.
4	COSTA Armando Joao	63	12262	Esc G	Colegio SMLamas	22:54.65	_:._.
5	FERREIRA Miguel Jose	70	119657	Esc F	Leixoes	23:01.92	_:._.
6	PEREIRA Jose Manuel	70	203991	Esc F	Palmela	23:28.76	_:._.
7	ROCHA Pedro Morais	83	117167	Esc C	Gesloures	23:35.46	_:._.
8	ROMEU Nelson Jorge	77	202112	Esc D	Individual ANMIN	23:45.00	_:._.

Prova 2, Masc., 1500m Livres

Série 16 de 19

1	FERREIRA Joao Pedro	91	13012	Esc A	Gesloures	22:46.09	_:._.
2	SHER David Julio	84	206916	Esc C	Ginasio Clube	22:30.00	_:._.
3	MOREIRA Pedro Joaquim	87	131844	Esc B	Penafiel	22:24.03	_:._.
4	PIRES Miguel Pinheiro	78	153288	Esc D	Fluvial Portuense	22:20.78	_:._.
5	LOBO Nuno Silva	63	102544	Esc G	Fluvial Portuense	22:21.60	_:._.
6	FIGUEIREDO Jorge Alberto	71	126511	Esc E	Academico Viseu	22:30.00	_:._.
7	CORREIA Alberto Vaz	55	128374	Esc I	Salesianos	22:41.63	_:._.
8	MAGALHAES Helder Jose	78	212429	Esc D	Palmela	22:50.00	_:._.

Série 17 de 19

1	MACEDO Joao Miguel	74	121593	Esc E	Leixoes	22:05.44	_:._.
2	COUTO Andre Filipe	91	23958	Esc A	Leixoes	22:00.00	_:._.
3	BARTOLO Edgar Paiva	88	26055	Esc B	Leixoes	21:28.41	_:._.
4	FERREIRA Duarte Nuno	86	14742	Esc B	Salesianos	21:23.36	_:._.
5	GONCALVES Carlos Guimaraes	70	123664	Esc F	Fluvial Portuense	21:24.81	_:._.
6	OLIVEIRA Carlos Miguel	78	207019	Esc D	Estarreja	21:36.63	_:._.
7	FERREIRA Francisco David	89	121874	Esc B	Fluvial Portuense	22:00.00	_:._.
8	MAIA Bruno Santos	81	212423	Esc C	Vilacondense	22:10.10	_:._.

Série 18 de 19

1	FERREIRA Artur Sousa	93	108511	Esc A	Colegio SMLamas	20:45.00	_:._.
2	CORDEIRO Diogo Andre	90	13976	Esc B	Masters de Almada	20:37.00	_:._.
3	NEVES Jose Pedro	81	17203	Esc C	Fluvial Portuense	20:10.00	_:._.
4	ROQUE Jorge Manuel	90	10760	Esc B	Masters de Almada	19:33.57	_:._.
5	MANSO Sergio Miguel	84	103981	Esc C	Funcao Publica	19:47.23	_:._.
6	MENESES Goncalo Goncalves	92	204349	Esc A	Braga	20:30.00	_:._.
7	DUARTE Jose Samuel	65	120465	Esc G	Sporting	20:39.08	_:._.
8	SOARES Guilherme Araujo	93	111295	Esc A	Colegio SMLamas	20:45.00	_:._.

Série 19 de 19

1	COURAS Ivan Mauricio	81	10232	Esc C	Fluvial Portuense	19:16.66	_:._.
2	COSTA Rodrigo Marques	76	11306	Esc D	Litoral Alentejano	19:06.20	_:._.
3	SANTOS Andre Ferreira	95	210997	Esc A	Olivais e Moscavide	18:00.00	_:._.
4	BESSA Antonio Rafael	94	102089	Esc A	Aquatico Pacense	17:25.70	_:._.
5	RIBEIRO Hugo Alberto	88	23114	Esc B	Leixoes	17:30.00	_:._.
6	FREITAS Jose Carlos	63	111877	Esc G	Individual ANNP	18:05.10	_:._.
7	SANTOS Cristiano Almeida	90	11233	Esc B	Atletismo Ferreira do Zezere	19:11.59	_:._.
8	REGO Ricardo Amorim	84	15954	Esc C	Leixoes	19:23.91	_:._.