

RUMO A PARIS 2024



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 31/3 - 3/4/2022

Prova 1	3000m Livres				14 - 15 anos
31/03/2022 - 12:30					Resultados
MMarca Absoluto	33:37.15	PINA Guilherme Filipe	BSCN	Rio Maior	26/04/2014
MMarca AA15	34:04.66	MARQUES Diogo Manuel	ASSSCC	Rio Maior	13/04/2013
MMarca Absoluto	36:06.47	ROSA Mafalda Sofia	CNRM	Coimbra	24/02/2018
MMarca AA1415	36:06.47	ROSA Mafalda Sofia	CNRM	Coimbra	24/02/2018

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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AA1415, Femin.

1. GOMES Rita Cunha	07	Viana Natacao	40:11.98	444
100m: 1:15.91 1:15.91	900m: 11:46.22 1:19.23	1700m: 22:30.34 1:20.65	2500m: 33:26.91 1:22.81	
200m: 2:33.99 1:18.08	1000m: 13:05.94 1:19.72	1800m: 23:51.35 1:21.01	2600m: 34:48.06 1:21.15	
300m: 3:52.08 1:18.09	1100m: 14:26.29 1:20.35	1900m: 25:12.45 1:21.10	2700m: 36:08.92 1:20.86	
400m: 5:10.45 1:18.37	1200m: 15:46.69 1:20.40	2000m: 26:33.82 1:21.37	2800m: 37:30.73 1:21.81	
500m: 6:29.69 1:19.24	1300m: 17:07.01 1:20.32	2100m: 27:55.92 1:22.10	2900m: 38:51.97 1:21.24	
600m: 7:48.79 1:19.10	1400m: 18:28.14 1:21.13	2200m: 29:18.45 1:22.53	3000m: 40:11.98 1:20.01	
700m: 9:08.09 1:19.30	1500m: 19:49.24 1:21.10	2300m: 30:40.42 1:21.97		
800m: 10:26.99 1:18.90	1600m: 21:09.69 1:20.45	2400m: 32:04.10 1:23.68		
2. CORTESAO Maria Manuel	08	Nautico Academico	41:47.18	395
100m: 1:19.03 1:19.03	900m: 12:21.45 1:23.57	1700m: 23:29.69 1:24.22	2500m: 34:45.41 1:24.93	
200m: 2:41.39 1:22.36	1000m: 13:45.67 1:24.22	1800m: 24:53.52 1:23.83	2600m: 36:10.45 1:25.04	
300m: 4:03.80 1:22.41	1100m: 15:08.75 1:23.08	1900m: 26:17.25 1:23.73	2700m: 37:35.33 1:24.88	
400m: 5:26.50 1:22.70	1200m: 16:32.26 1:23.51	2000m: 27:41.56 1:24.31	2800m: 38:59.82 1:24.49	
500m: 6:50.01 1:23.51	1300m: 17:54.11 1:21.85	2100m: 29:05.82 1:24.26	2900m: 40:24.52 1:24.70	
600m: 8:12.73 1:22.72	1400m: 19:17.17 1:23.06	2200m: 30:30.50 1:24.68	3000m: 41:47.18 1:22.66	
700m: 9:35.16 1:22.43	1500m: 20:40.70 1:23.53	2300m: 31:55.73 1:25.23		
800m: 10:57.88 1:22.72	1600m: 22:05.47 1:24.77	2400m: 33:20.48 1:24.75		
3. SOUSA Margarida Carreiro	08	Agua de Pau	45:19.00	310
100m: 1:17.02 1:17.02	900m: 13:10.59 1:31.86	1600m: 24:01.44 1:34.33	2300m: 34:46.75 1:32.95	
300m: 4:10.32 2:53.30	1000m: 14:43.14 1:32.55	1700m: 25:35.25 1:33.81	2500m: 37:51.71 3:04.96	
400m: 5:38.94 1:28.62	1100m: 16:15.17 1:32.03	1800m: 27:09.32 1:34.07	2600m: 39:24.51 1:32.80	
500m: 7:06.86 1:27.92	1200m: 17:47.85 1:32.68	1900m: 28:38.84 1:29.52	2700m: 40:56.26 1:31.75	
600m: 8:36.93 1:30.07	1300m: 19:20.76 1:32.91	2000m: 30:09.14 1:30.30	2800m: 42:29.13 1:32.87	
700m: 10:08.15 1:31.22	1400m: 20:53.13 1:32.37	2100m: 31:41.08 1:31.94	2900m: 43:59.72 1:30.59	
800m: 11:38.73 1:30.58	1500m: 22:27.11 1:33.98	2200m: 33:13.80 1:32.72	3000m: 45:19.00 1:19.28	
4. CUNHA Matilde Rosa	08	Agua de Pau	45:48.38	300
100m: 1:22.44 1:22.44	900m: 13:16.22 1:30.93	1700m: 25:33.82 1:31.63	2500m: 38:00.59 1:35.05	
200m: 2:50.74 1:28.30	1000m: 14:46.61 1:30.39	1800m: 27:06.09 1:32.27	2600m: 39:35.17 1:34.58	
300m: 4:19.25 1:28.51	1100m: 16:18.07 1:31.46	1900m: 28:38.30 1:32.21	2700m: 41:09.67 1:34.50	
400m: 5:47.51 1:28.26	1200m: 17:49.82 1:31.75	2000m: 30:10.08 1:31.78	2800m: 42:42.67 1:33.00	
500m: 7:16.59 1:29.08	1300m: 19:23.70 1:33.88	2100m: 31:42.89 1:32.81	2900m: 44:17.59 1:34.92	
600m: 8:45.15 1:28.56	1400m: 20:58.97 1:35.27	2200m: 33:16.54 1:33.65	3000m: 45:48.38 1:30.79	
700m: 10:15.12 1:29.97	1500m: 22:31.25 1:32.28	2300m: 34:51.25 1:34.71		
800m: 11:45.29 1:30.17	1600m: 24:02.19 1:30.94	2400m: 36:25.54 1:34.29		

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Prova 1, 3000m Livres

AA15, Masc.

1. BORGES Rodrigo Costa	07	Fluvial Portuense	35:55.72	527
100m: 1:08.66 1:08.66	900m: 10:45.63	1:12.23	1700m: 20:22.57	1:12.68
200m: 2:20.40 1:11.74	1000m: 11:57.95	1:12.32	1800m: 21:34.76	1:12.19
300m: 3:32.61 1:12.21	1100m: 13:10.20	1:12.25	1900m: 22:46.73	1:11.97
400m: 4:45.10 1:12.49	1200m: 14:22.14	1:11.94	2000m: 23:59.76	1:13.03
500m: 5:57.06 1:11.96	1300m: 15:34.08	1:11.94	2100m: 25:11.83	1:12.07
600m: 7:09.24 1:12.18	1400m: 16:45.64	1:11.56	2200m: 26:24.36	1:12.53
700m: 8:21.14 1:11.90	1500m: 17:57.86	1:12.22	2300m: 27:36.82	1:12.46
800m: 9:33.40 1:12.26	1600m: 19:09.89	1:12.03	2400m: 28:50.01	1:13.19
2500m: 30:01.92				1:11.91
2600m: 31:13.60				1:11.68
2700m: 32:24.85				1:11.25
2800m: 33:36.12				1:11.27
2900m: 34:47.33				1:11.21
3000m: 35:55.72				1:08.39
2. JESUS David Duarte	07	Nautico Academico	37:27.24	465
100m: 1:09.56 1:09.56	1000m: 12:14.34	2:28.93	1800m: 22:14.75	1:15.42
200m: 2:22.34 1:12.78	1100m: 13:28.74	1:14.40	1900m: 23:31.12	1:16.37
300m: 3:35.47 1:13.13	1200m: 14:44.18	1:15.44	2000m: 24:46.74	1:15.62
400m: 4:49.04 1:13.57	1300m: 15:58.44	1:14.26	2100m: 26:02.34	1:15.60
500m: 6:02.91 1:13.87	1400m: 17:14.11	1:15.67	2200m: 27:18.91	1:16.57
600m: 7:16.93 1:14.02	1500m: 18:28.79	1:14.68	2300m: 28:34.71	1:15.80
700m: 8:30.87 1:13.94	1600m: 19:44.08	1:15.29	2400m: 29:51.22	1:16.51
800m: 9:45.41 1:14.54	1700m: 20:59.33	1:15.25	2500m: 31:07.69	1:16.47
2600m: 32:24.39				1:16.70
2700m: 33:41.57				1:17.18
2800m: 34:58.53				1:16.96
2900m: 36:13.56				1:15.03
3000m: 37:27.24				1:13.68
3. OLIVEIRA Marco Dimitar	07	Nautico Academico	37:34.66	461
100m: 1:11.37 1:11.37	900m: 11:07.96	1:15.15	1700m: 21:09.74	1:15.61
200m: 2:25.82 1:14.45	1000m: 12:22.85	1:14.89	1800m: 22:25.46	1:15.72
300m: 3:40.62 1:14.80	1100m: 13:37.41	1:14.56	1900m: 23:40.84	1:15.38
400m: 4:55.26 1:14.64	1200m: 14:52.62	1:15.21	2000m: 24:56.75	1:15.91
500m: 6:09.72 1:14.46	1300m: 16:07.83	1:15.21	2100m: 26:11.66	1:14.91
600m: 7:24.15 1:14.43	1400m: 17:23.12	1:15.29	2200m: 27:27.67	1:16.01
700m: 8:38.59 1:14.44	1500m: 18:38.70	1:15.58	2300m: 28:43.57	1:15.90
800m: 9:52.81 1:14.22	1600m: 19:54.13	1:15.43	2400m: 29:59.36	1:15.79
2500m: 31:15.82				1:16.46
2600m: 32:32.53				1:16.71
2700m: 33:48.79				1:16.26
2800m: 35:05.51				1:16.72
2900m: 36:21.43				1:15.92
3000m: 37:34.66				1:13.23
4. MARQUES Duarte Cachulo	07	Condeixa Clube	38:11.75	439
100m: 1:09.88 1:09.88	900m: 11:16.03	1:17.07	1700m: 21:36.21	1:16.92
200m: 2:23.72 1:13.84	1000m: 12:33.37	1:17.34	1800m: 22:53.53	1:17.32
300m: 3:38.58 1:14.86	1100m: 13:51.33	1:17.96	1900m: 24:11.17	1:17.64
400m: 4:54.12 1:15.54	1200m: 15:08.73	1:17.40	2000m: 25:28.64	1:17.47
500m: 6:09.97 1:15.85	1300m: 16:26.37	1:17.64	2100m: 26:46.40	1:17.76
600m: 7:26.73 1:16.76	1400m: 17:43.94	1:17.57	2200m: 28:04.41	1:18.01
700m: 8:42.91 1:16.18	1500m: 19:02.17	1:18.23	2300m: 29:21.72	1:17.31
800m: 9:58.96 1:16.05	1600m: 20:19.29	1:17.12	2400m: 30:37.68	1:15.96
2500m: 31:55.28				1:17.60
2600m: 33:11.32				1:16.04
2700m: 34:27.90				1:16.58
2800m: 35:44.09				1:16.19
2900m: 36:59.67				1:15.58
3000m: 38:11.75				1:12.08
5. FERREIRA Goncalo Andre	07	Ginasio de Vila Real	38:40.55	423
100m: 1:13.76 1:13.76	900m: 11:34.37	1:18.07	1700m: 21:54.91	1:16.04
200m: 2:31.76 1:18.00	1000m: 12:53.44	1:19.07	1800m: 23:11.93	1:17.02
300m: 3:49.77 1:18.01	1100m: 14:11.48	1:18.04	1900m: 24:29.81	1:17.88
400m: 5:07.09 1:17.32	1200m: 15:30.45	1:18.97	2000m: 25:48.64	1:18.83
500m: 6:23.66 1:16.57	1300m: 16:47.63	1:17.18	2100m: 27:06.52	1:17.88
600m: 7:40.99 1:17.33	1400m: 18:05.04	1:17.41	2200m: 28:24.82	1:18.30
700m: 8:58.66 1:17.67	1500m: 19:22.47	1:17.43	2300m: 29:42.27	1:17.45
800m: 10:16.30 1:17.64	1600m: 20:38.87	1:16.40	2400m: 30:59.74	1:17.47
2500m: 32:16.92				1:17.18
2600m: 33:34.20				1:17.28
2700m: 34:51.42				1:17.22
2800m: 36:08.78				1:17.36
2900m: 37:26.34				1:17.56
3000m: 38:40.55				1:14.21

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PROZIS

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RUMO A PARIS 2024



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 31/3 - 3/4/2022

Prova 1, Masc., 3000m Livres, AA15

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SARAGOCA Eduardo Sousa	07	Viana Natacao	38:43.17		421	
	100m: 1:15.82 1:15.82	900m: 11:39.75 1:17.31	1700m: 22:02.47 1:18.07	2500m: 32:25.46 1:18.16			
	200m: 2:34.73 1:18.91	1000m: 12:57.70 1:17.95	1800m: 23:20.06 1:17.59	2600m: 33:42.19 1:16.73			
	300m: 3:52.82 1:18.09	1100m: 14:15.57 1:17.87	1900m: 24:38.71 1:18.65	2700m: 34:58.35 1:16.16			
	400m: 5:10.33 1:17.51	1200m: 15:33.49 1:17.92	2000m: 25:56.58 1:17.87	2800m: 36:13.96 1:15.61			
	500m: 6:28.63 1:18.30	1300m: 16:50.55 1:17.06	2100m: 27:14.16 1:17.58	2900m: 37:30.13 1:16.17			
	600m: 7:46.42 1:17.79	1400m: 18:08.21 1:17.66	2200m: 28:31.71 1:17.55	3000m: 38:43.17 1:13.04			
	700m: 9:04.74 1:18.32	1500m: 19:26.33 1:18.12	2300m: 29:49.37 1:17.66				
	800m: 10:22.44 1:17.70	1600m: 20:44.40 1:18.07	2400m: 31:07.30 1:17.93				
7.	ALVES Mateus Jose	07	Bombeiros Ponta Delgada	39:40.85		391	
	100m: 1:12.41 1:12.41	900m: 11:36.94 1:18.38	1800m: 23:26.23 1:19.38	2600m: 34:14.29 1:22.16			
	200m: 2:29.87 1:17.46	1100m: 14:13.02 2:36.08	1900m: 24:45.74 1:19.51	2700m: 35:36.77 1:22.48			
	300m: 3:48.11 1:18.24	1200m: 15:31.80 1:18.78	2000m: 26:06.04 1:20.30	2800m: 36:58.70 1:21.93			
	400m: 5:06.07 1:17.96	1300m: 16:49.68 1:17.88	2100m: 27:26.53 1:20.49	2900m: 38:20.67 1:21.97			
	500m: 6:23.97 1:17.90	1400m: 18:08.61 1:18.93	2200m: 28:47.70 1:21.17	3000m: 39:40.85 1:20.18			
	600m: 7:41.54 1:17.57	1500m: 19:27.27 1:18.66	2300m: 30:09.11 1:21.41				
	700m: 9:00.02 1:18.48	1600m: 20:47.16 1:19.89	2400m: 31:30.39 1:21.28				
	800m: 10:18.56 1:18.54	1700m: 22:06.85 1:19.69	2500m: 32:52.13 1:21.74				
8.	MARQUES Jose Januario	07	Pimpoes/Cimai	39:45.23		389	
	100m: 1:14.42 1:14.42	900m: 11:52.03 1:20.50	1700m: 22:30.40 1:20.47	2600m: 34:35.12 1:19.30			
	200m: 2:33.00 1:18.58	1000m: 13:11.56 1:19.53	1800m: 23:52.21 1:21.81	2700m: 35:53.66 1:18.54			
	300m: 3:51.96 1:18.96	1100m: 14:32.28 1:20.72	1900m: 25:13.17 1:20.96	2800m: 37:11.77 1:18.11			
	400m: 5:10.69 1:18.73	1200m: 15:51.74 1:19.46	2000m: 26:33.93 1:20.76	2900m: 38:30.30 1:18.53			
	500m: 6:30.39 1:19.70	1300m: 17:11.28 1:19.54	2100m: 27:54.03 1:20.10	3000m: 39:45.23 1:14.93			
	600m: 7:50.75 1:20.36	1400m: 18:29.24 1:17.96	2200m: 29:13.98 1:19.95				
	700m: 9:11.83 1:21.08	1500m: 19:49.16 1:19.92	2300m: 30:34.56 1:20.58				
	800m: 10:31.53 1:19.70	1600m: 21:09.93 1:20.77	2500m: 33:15.82 2:41.26				
9.	NOGUEIRA Afonso Miguel	07	Braga	41:33.51		340	
	100m: 1:14.22 1:14.22	900m: 11:54.40 1:21.72	1700m: 23:08.12 1:26.38	2500m: 34:35.54 1:27.00			
	200m: 2:32.83 1:18.61	1000m: 13:17.08 1:22.68	1800m: 24:33.48 1:25.36	2600m: 36:01.65 1:26.11			
	300m: 3:51.25 1:18.42	1100m: 14:40.17 1:23.09	1900m: 25:58.56 1:25.08	2700m: 37:26.36 1:24.71			
	400m: 5:10.25 1:19.00	1200m: 16:04.71 1:24.54	2000m: 27:25.36 1:26.80	2800m: 38:50.53 1:24.17			
	500m: 6:30.09 1:19.84	1300m: 17:28.53 1:23.82	2100m: 28:50.63 1:25.27	2900m: 40:12.98 1:22.45			
	600m: 7:50.19 1:20.10	1400m: 18:53.42 1:24.89	2200m: 30:16.75 1:26.12	3000m: 41:33.51 1:20.53			
	700m: 9:11.48 1:21.29	1500m: 20:18.37 1:24.95	2300m: 31:42.76 1:26.01				
	800m: 10:32.68 1:21.20	1600m: 21:41.74 1:23.37	2400m: 33:08.54 1:25.78				
10.	REBELO Goncalo Moniz	07	Agua de Pau	42:37.28		316	
	100m: 1:10.20 1:10.20	900m: 12:11.09 1:26.53	1700m: 23:30.09 1:24.92	2500m: 35:33.10 1:32.10			
	200m: 2:29.53 1:19.33	1000m: 13:37.97 1:26.88	1800m: 24:55.94 1:25.85	2600m: 37:02.02 1:28.92			
	300m: 3:49.55 1:20.02	1100m: 15:03.59 1:25.62	1900m: 26:27.76 1:31.82	2700m: 38:30.00 1:27.98			
	400m: 5:09.37 1:19.82	1200m: 16:30.19 1:26.60	2000m: 27:58.63 1:30.87	2800m: 39:56.29 1:26.29			
	500m: 6:31.16 1:21.79	1300m: 17:54.36 1:24.17	2100m: 29:28.99 1:30.36	2900m: 41:20.04 1:23.75			
	600m: 7:54.11 1:22.95	1400m: 19:17.31 1:22.95	2200m: 31:00.37 1:31.38	3000m: 42:37.28 1:17.24			
	700m: 9:18.36 1:24.25	1500m: 20:40.90 1:23.59	2300m: 32:31.11 1:30.74				
	800m: 10:44.56 1:26.20	1600m: 22:05.17 1:24.27	2400m: 34:01.00 1:29.89				

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