

RUMO A PARIS 2024



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

Prova 2

Masc., 5000m Livres

16 anos e mais velhos

02/04/2022 - 12:30

Resultados

MMarca Absoluto	53:28.85	PINA Guilherme Filipe	SCP	Povoa de Varzim	24/02/2019
MMarca AA20+	53:28.85	PINA Guilherme Filipe	SCP	Povoa de Varzim	24/02/2019
MMarca AA1819	53:58.43	PINA Guilherme Filipe	BSCN	Rio Maior	20/02/2016
MMarca AA1617	54:46.23	PINA Guilherme Filipe	BSCN	Coimbra	18/04/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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AA20+

1. CARDOSO Diogo Santos 01 Sporting 55:02.15 679
Melhor Marca dos Campeonatos

100m:	1:04.75	1:04.75	1400m:	15:17.52	1:05.17	2700m:	29:30.06	1:06.09	4000m:	43:51.92	1:06.50
200m:	2:10.53	1:05.78	1500m:	16:22.30	1:04.78	2800m:	30:35.72	1:05.66	4100m:	44:58.43	1:06.51
300m:	3:16.34	1:05.81	1600m:	17:27.24	1:04.94	2900m:	31:41.46	1:05.74	4200m:	46:04.47	1:06.04
400m:	4:22.39	1:06.05	1700m:	18:32.12	1:04.88	3000m:	32:47.53	1:06.07	4300m:	47:10.94	1:06.47
500m:	5:28.31	1:05.92	1800m:	19:37.35	1:05.23	3100m:	33:53.59	1:06.06	4400m:	48:18.18	1:07.24
600m:	6:34.00	1:05.69	1900m:	20:42.67	1:05.32	3200m:	34:59.66	1:06.07	4500m:	49:25.03	1:06.85
700m:	7:39.45	1:05.45	2000m:	21:47.85	1:05.18	3300m:	36:05.67	1:06.01	4600m:	50:32.55	1:07.52
800m:	8:44.89	1:05.44	2100m:	22:52.91	1:05.06	3400m:	37:11.94	1:06.27	4700m:	51:38.95	1:06.40
900m:	9:50.57	1:05.68	2200m:	23:58.39	1:05.48	3500m:	38:19.86	1:07.92	4800m:	52:52.15	1:13.20
1000m:	10:56.21	1:05.64	2300m:	25:05.65	1:07.26	3600m:	39:26.07	1:06.21	4900m:	53:58.36	1:06.21
1100m:	12:01.59	1:05.38	2400m:	26:11.09	1:05.44	3700m:	40:32.41	1:06.34	5000m:	55:02.15	1:03.79
1200m:	13:06.96	1:05.37	2500m:	27:17.84	1:06.75	3800m:	41:38.91	1:06.50			
1300m:	14:12.35	1:05.39	2600m:	28:23.97	1:06.13	3900m:	42:45.42	1:06.51			

2. BRAS Ricardo Martins 01 Vikings 1:00:37.85 508

100m:	1:11.32	1:11.32	1400m:	16:40.55	1:11.87	2700m:	32:19.31	1:12.23	4000m:	48:13.38	1:14.05
200m:	2:22.68	1:11.36	1500m:	17:51.99	1:11.44	2800m:	33:32.25	1:12.94	4100m:	49:27.17	1:13.79
300m:	3:33.07	1:10.39	1600m:	19:03.48	1:11.49	2900m:	34:44.62	1:12.37	4200m:	50:41.09	1:13.92
400m:	4:44.03	1:10.96	1700m:	20:15.32	1:11.84	3000m:	35:58.00	1:13.38	4300m:	51:56.30	1:15.21
500m:	5:55.09	1:11.06	1800m:	21:27.08	1:11.76	3100m:	37:10.83	1:12.83	4400m:	53:11.92	1:15.62
600m:	7:06.46	1:11.37	1900m:	22:39.57	1:12.49	3200m:	38:24.36	1:13.53	4500m:	54:26.78	1:14.86
700m:	8:18.07	1:11.61	2000m:	23:51.55	1:11.98	3300m:	39:38.16	1:13.80	4600m:	55:41.27	1:14.49
800m:	9:29.54	1:11.47	2100m:	25:03.71	1:12.16	3400m:	40:51.53	1:13.37	4700m:	56:55.56	1:14.29
900m:	10:41.34	1:11.80	2200m:	26:16.50	1:12.79	3500m:	42:05.03	1:13.50	4800m:	58:10.60	1:15.04
1000m:	11:53.05	1:11.71	2300m:	27:29.50	1:13.00	3600m:	43:18.38	1:13.35	4900m:	59:25.17	1:14.57
1100m:	13:05.03	1:11.98	2400m:	28:41.92	1:12.42	3700m:	44:32.34	1:13.96	5000m:	1:00:37.85	1:12.68
1200m:	14:16.81	1:11.78	2500m:	29:54.64	1:12.72	3800m:	45:45.51	1:13.17			
1300m:	15:28.68	1:11.87	2600m:	31:07.08	1:12.44	3900m:	46:59.33	1:13.82			

AA1819

1. RODRIGUES Rodrigo Reis 04 Sao Roque 1:00:27.44 512

100m:	1:10.27	1:10.27	1400m:	16:37.69	1:12.11	2700m:	32:22.62	1:13.35	4000m:	48:15.02	1:13.21
200m:	2:21.81	1:11.54	1500m:	17:49.19	1:11.50	2800m:	33:35.63	1:13.01	4100m:	49:28.48	1:13.46
300m:	3:32.63	1:10.82	1600m:	19:01.55	1:12.36	2900m:	34:48.38	1:12.75	4200m:	50:41.76	1:13.28
400m:	4:44.09	1:11.46	1700m:	20:14.07	1:12.52	3000m:	36:01.74	1:13.36	4300m:	51:54.61	1:12.85
500m:	5:54.73	1:10.64	1800m:	21:26.84	1:12.77	3100m:	37:15.14	1:13.40	4400m:	53:07.81	1:13.20
600m:	7:05.35	1:10.62	1900m:	22:39.70	1:12.86	3200m:	38:28.75	1:13.61	4500m:	54:21.72	1:13.91
700m:	8:15.93	1:10.58	2000m:	23:52.26	1:12.56	3300m:	39:42.73	1:13.98	4600m:	55:35.51	1:13.79
800m:	9:26.84	1:10.91	2100m:	25:04.92	1:12.66	3400m:	40:57.15	1:14.42	4700m:	56:49.71	1:14.20
900m:	10:38.09	1:11.25	2200m:	26:17.57	1:12.65	3500m:	42:10.80	1:13.65	4800m:	58:03.64	1:13.93
1000m:	11:49.82	1:11.73	2300m:	27:30.00	1:12.43	3600m:	43:24.32	1:13.52	4900m:	59:17.07	1:13.43
1100m:	13:01.54	1:11.72	2400m:	28:43.01	1:13.01	3700m:	44:36.18	1:11.86	5000m:	1:00:27.44	1:10.37
1200m:	14:13.30	1:11.76	2500m:	29:55.94	1:12.93	3800m:	45:48.67	1:12.49			
1300m:	15:25.58	1:12.28	2600m:	31:09.27	1:13.33	3900m:	47:01.81	1:13.14			

ORGANIZAÇÃO



ASSOCIAÇÃO DE NATACÃO DE COIMBRA



COIMBRA

INSTITUTO DE INVESTIGAÇÃO EM DESPORTO E LAZER



WATER INSTINCT

PROZIS

PARCEIROS



RUMO A PARIS 2024



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

Prova 2, Masc., 5000m Livres, AA1819

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	1:00:39.15		507	
	100m: 1:07.75 1:07.75	1400m: 16:42.51 1:12.05	2700m: 32:30.22 1:12.82	4000m: 48:21.91 1:13.24			
	200m: 2:18.52 1:10.77	1500m: 17:55.26 1:12.75	2800m: 33:43.64 1:13.42	4100m: 49:35.18 1:13.27			
	300m: 3:29.82 1:11.30	1600m: 19:08.21 1:12.95	2900m: 34:57.49 1:13.85	4200m: 50:48.55 1:13.37			
	400m: 4:41.83 1:12.01	1700m: 20:20.61 1:12.40	3000m: 36:11.10 1:13.61	4300m: 52:02.57 1:14.02			
	500m: 5:53.58 1:11.75	1800m: 21:33.66 1:13.05	3100m: 37:24.82 1:13.72	4400m: 53:16.37 1:13.80			
	600m: 7:05.33 1:11.75	1900m: 22:46.26 1:12.60	3200m: 38:38.06 1:13.24	4500m: 54:30.69 1:14.32			
	700m: 8:17.32 1:11.99	2000m: 23:59.07 1:12.81	3300m: 39:51.33 1:13.27	4600m: 55:45.29 1:14.60			
	800m: 9:29.73 1:12.41	2100m: 25:11.96 1:12.89	3400m: 41:03.87 1:12.54	4700m: 56:59.81 1:14.52			
	900m: 10:41.65 1:11.92	2200m: 26:25.17 1:13.21	3500m: 42:16.83 1:12.96	4800m: 58:13.74 1:13.93			
	1000m: 11:53.75 1:12.10	2300m: 27:38.44 1:13.27	3600m: 43:29.36 1:12.53	4900m: 59:27.14 1:13.40			
	1100m: 13:06.00 1:12.25	2400m: 28:51.63 1:13.19	3700m: 44:42.15 1:12.79	5000m: 1:00:39.15 1:12.01			
	1200m: 14:18.22 1:12.22	2500m: 30:04.27 1:12.64	3800m: 45:55.51 1:13.36				
	1300m: 15:30.46 1:12.24	2600m: 31:17.40 1:13.13	3900m: 47:08.67 1:13.16				
3.	GOMES Marcio Fernandes	04	Braga	1:01:35.16		485	
	100m: 1:10.41 1:10.41	1400m: 16:41.96 1:13.14	2700m: 32:48.12 1:13.86	4000m: 48:51.77 1:15.03			
	200m: 2:22.05 1:11.64	1500m: 17:56.57 1:14.61	2800m: 34:01.38 1:13.26	4100m: 50:07.62 1:15.85			
	300m: 3:33.26 1:11.21	1600m: 19:11.51 1:14.94	2900m: 35:14.72 1:13.34	4200m: 51:23.71 1:16.09			
	400m: 4:44.78 1:11.52	1700m: 20:27.04 1:15.53	3000m: 36:29.10 1:14.38	4300m: 52:39.72 1:16.01			
	500m: 5:54.43 1:09.65	1800m: 21:41.92 1:14.88	3100m: 37:43.44 1:14.34	4400m: 53:56.07 1:16.35			
	600m: 7:04.88 1:10.45	1900m: 22:56.10 1:14.18	3200m: 38:57.82 1:14.38	4500m: 55:12.71 1:16.64			
	700m: 8:16.35 1:11.47	2000m: 24:09.75 1:13.65	3300m: 40:12.76 1:14.94	4600m: 56:31.44 1:18.73			
	800m: 9:27.45 1:11.10	2100m: 25:22.91 1:13.16	3400m: 41:26.39 1:13.63	4700m: 57:49.01 1:17.57			
	900m: 10:39.03 1:11.58	2200m: 26:35.97 1:13.06	3500m: 42:41.47 1:15.08	4800m: 59:05.58 1:16.57			
	1000m: 11:50.65 1:11.62	2300m: 27:49.74 1:13.77	3600m: 43:55.54 1:14.07	4900m: 1:00:21.25 1:15.67			
	1100m: 13:03.01 1:12.36	2400m: 29:03.93 1:14.19	3700m: 45:08.35 1:12.81	5000m: 1:01:35.16 1:13.91			
	1200m: 14:15.49 1:12.48	2500m: 30:19.11 1:15.18	3800m: 46:22.82 1:14.47				
	1300m: 15:28.82 1:13.33	2600m: 31:34.26 1:15.15	3900m: 47:36.74 1:13.92				
4.	DIOGO Dinis Miranda	04	Nautico Academico	1:01:57.93		476	
	100m: 1:09.72 1:09.72	1400m: 17:00.53 1:14.41	2700m: 33:08.59 1:15.53	4000m: 49:22.75 1:15.44			
	200m: 2:21.00 1:11.28	1500m: 18:14.49 1:13.96	2800m: 34:23.51 1:14.92	4100m: 50:38.66 1:15.91			
	300m: 3:32.40 1:11.40	1600m: 19:28.82 1:14.33	2900m: 35:38.76 1:15.25	4200m: 51:54.82 1:16.16			
	400m: 4:44.20 1:11.80	1700m: 20:43.24 1:14.42	3000m: 36:53.81 1:15.05	4300m: 53:10.89 1:16.07			
	500m: 5:56.49 1:12.29	1800m: 21:57.96 1:14.72	3100m: 38:09.23 1:15.42	4400m: 54:26.68 1:15.79			
	600m: 7:09.50 1:13.01	1900m: 23:12.91 1:14.95	3200m: 39:24.09 1:14.86	4500m: 55:42.57 1:15.89			
	700m: 8:22.40 1:12.90	2000m: 24:26.02 1:13.11	3300m: 40:38.64 1:14.55	4600m: 56:58.42 1:15.85			
	800m: 9:36.14 1:13.74	2100m: 25:39.35 1:13.33	3400m: 41:53.15 1:14.51	4700m: 58:14.46 1:16.04			
	900m: 10:49.87 1:13.73	2200m: 26:54.14 1:14.79	3500m: 43:07.38 1:14.23	4800m: 59:30.06 1:15.60			
	1000m: 12:03.24 1:13.37	2300m: 28:08.46 1:14.32	3600m: 44:22.09 1:14.71	4900m: 1:00:45.33 1:15.27			
	1100m: 13:17.66 1:14.42	2400m: 29:23.12 1:14.66	3700m: 45:36.61 1:14.52	5000m: 1:01:57.93 1:12.60			
	1200m: 14:31.46 1:13.80	2500m: 30:38.24 1:15.12	3800m: 46:51.95 1:15.34				
	1300m: 15:46.12 1:14.66	2600m: 31:53.06 1:14.82	3900m: 48:07.31 1:15.36				
5.	ALMEIDA Antonio Botelho	04	Agua de Pau	1:12:40.17		295	
	100m: 1:14.52 1:14.52	1300m: 18:02.73 1:25.49	2500m: 35:39.61 1:28.70	3700m: 53:32.12 1:29.73			
	200m: 2:35.17 1:20.65	1400m: 19:29.64 1:26.91	2600m: 37:06.37 1:26.76	3800m: 55:02.06 1:29.94			
	300m: 3:56.89 1:21.72	1500m: 20:56.21 1:26.57	2700m: 38:34.61 1:28.24	3900m: 56:31.78 1:29.72			
	400m: 5:20.12 1:23.23	1600m: 22:23.36 1:27.15	2800m: 40:02.92 1:28.31	4000m: 58:01.82 1:30.04			
	500m: 6:43.67 1:23.55	1700m: 23:49.87 1:26.51	2900m: 41:33.08 1:30.16	4100m: 59:31.58 1:29.76			
	600m: 8:07.23 1:23.56	1800m: 25:18.22 1:28.35	3000m: 43:03.02 1:29.94	4200m: 1:01:00.99 1:29.41			
	700m: 9:31.20 1:23.97	1900m: 26:46.71 1:28.49	3100m: 44:31.41 1:28.39	4300m: 1:02:29.94 1:28.95			
	800m: 10:55.26 1:24.06	2000m: 28:14.10 1:27.39	3200m: 46:00.84 1:29.43	4400m: 1:03:58.89 1:28.95			
	900m: 12:19.49 1:24.23	2100m: 29:43.07 1:28.97	3300m: 47:30.32 1:29.48	4500m: 1:05:27.82 1:28.93			
	1000m: 13:44.97 1:25.48	2200m: 31:11.96 1:28.89	3400m: 49:01.00 1:30.68	4600m: 1:06:55.72 1:27.90			
	1100m: 15:10.90 1:25.93	2300m: 32:41.25 1:29.29	3500m: 50:31.21 1:30.21	4700m: 1:08:24.20 1:28.48			
	1200m: 16:37.24 1:26.34	2400m: 34:10.91 1:29.66	3600m: 52:02.39 1:31.18	4800m: 1:09:51.09 1:26.89			

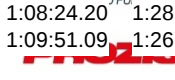
ORGANIZAÇÃO



ASSOCIAÇÃO DE NATACÃO DE COIMBRA



COIMBRA



PARCEIROS



RUMO A PARIS 2024



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

Prova 2, Masc., 5000m Livres, AA1819

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:11:16.85 1:25.76	5000m1:12:40.17	1:23.32				
DNS	MARQUES Gustavo Pires	04	Uniao Coimbra				

AA1617

1.	SOUSA Joao Maria			05	Braga	59:19.05			542			
	100m:	1:06.23	1:06.23	1400m:	16:22.49	1:10.75	2700m:	31:49.24	1:11.79	4000m:	47:28.04	1:12.49
	200m:	2:15.43	1:09.20	1500m:	17:33.49	1:11.00	2800m:	33:00.84	1:11.60	4100m:	48:40.52	1:12.48
	300m:	3:25.36	1:09.93	1600m:	18:45.02	1:11.53	2900m:	34:12.60	1:11.76	4200m:	49:52.48	1:11.96
	400m:	4:35.40	1:10.04	1700m:	19:55.99	1:10.97	3000m:	35:24.56	1:11.96	4300m:	51:04.39	1:11.91
	500m:	5:45.58	1:10.18	1800m:	21:07.13	1:11.14	3100m:	36:37.03	1:12.47	4400m:	52:16.05	1:11.66
	600m:	6:55.97	1:10.39	1900m:	22:18.13	1:11.00	3200m:	37:49.47	1:12.44	4500m:	53:27.78	1:11.73
	700m:	8:06.08	1:10.11	2000m:	23:29.16	1:11.03	3300m:	39:01.91	1:12.44	4600m:	54:39.63	1:11.85
	800m:	9:16.80	1:10.72	2100m:	24:40.80	1:11.64	3400m:	40:14.98	1:13.07	4700m:	55:50.08	1:10.45
	900m:	10:27.85	1:11.05	2200m:	25:52.41	1:11.61	3500m:	41:27.69	1:12.71	4800m:	56:59.65	1:09.57
	1000m:	11:38.98	1:11.13	2300m:	27:03.62	1:11.21	3600m:	42:39.93	1:12.24	4900m:	58:10.74	1:11.09
	1100m:	12:49.62	1:10.64	2400m:	28:15.07	1:11.45	3700m:	43:51.59	1:11.66	5000m:	59:19.05	1:08.31
	1200m:	14:00.59	1:10.97	2500m:	29:26.64	1:11.57	3800m:	45:03.76	1:12.17			
	1300m:	15:11.74	1:11.15	2600m:	30:37.45	1:10.81	3900m:	46:15.55	1:11.79			
2.	ALMEIDA Joao Neves			05	Nautico Academico	1:01:36.67			484			
	100m:	1:10.09	1:10.09	1400m:	16:54.15	1:13.24	2700m:	33:05.17	1:15.45	4000m:	49:18.68	1:13.87
	200m:	2:22.03	1:11.94	1500m:	18:07.45	1:13.30	2800m:	34:21.39	1:16.22	4100m:	50:33.48	1:14.80
	300m:	3:33.64	1:11.61	1600m:	19:21.27	1:13.82	2900m:	35:36.78	1:15.39	4200m:	51:48.07	1:14.59
	400m:	4:45.09	1:11.45	1700m:	20:35.28	1:14.01	3000m:	36:51.40	1:14.62	4300m:	53:01.19	1:13.12
	500m:	5:56.89	1:11.80	1800m:	21:49.00	1:13.72	3100m:	38:05.50	1:14.10	4400m:	54:14.30	1:13.11
	600m:	7:10.15	1:13.26	1900m:	23:03.06	1:14.06	3200m:	39:19.88	1:14.38	4500m:	55:28.20	1:13.90
	700m:	8:23.29	1:13.14	2000m:	24:17.88	1:14.82	3300m:	40:34.97	1:15.09	4600m:	56:42.57	1:14.37
	800m:	9:35.44	1:12.15	2100m:	25:32.92	1:15.04	3400m:	41:49.76	1:14.79	4700m:	57:57.29	1:14.72
	900m:	10:47.78	1:12.34	2200m:	26:48.75	1:15.83	3500m:	43:05.29	1:15.53	4800m:	59:11.63	1:14.34
	1000m:	12:00.54	1:12.76	2300m:	28:04.44	1:15.69	3600m:	44:20.32	1:15.03	4900m:	1:00:25.77	1:14.14
	1100m:	13:13.57	1:13.03	2400m:	29:19.42	1:14.98	3700m:	45:34.87	1:14.55	5000m:	1:01:36.67	1:10.90
	1200m:	14:27.15	1:13.58	2500m:	30:34.45	1:15.03	3800m:	46:50.00	1:15.13			
	1300m:	15:40.91	1:13.76	2600m:	31:49.72	1:15.27	3900m:	48:04.81	1:14.81			
3.	PEREIRA Tomas Veiga			06	Nautico Academico	1:01:46.50			480			
	100m:	1:10.53	1:10.53	1400m:	17:09.91	1:13.53	2700m:	33:15.16	1:14.51	4000m:	49:18.83	1:14.31
	200m:	2:23.36	1:12.83	1500m:	18:23.51	1:13.60	2800m:	34:29.36	1:14.20	4100m:	50:32.90	1:14.07
	300m:	3:36.83	1:13.47	1600m:	19:37.11	1:13.60	2900m:	35:43.67	1:14.31	4200m:	51:47.40	1:14.50
	400m:	4:50.70	1:13.87	1700m:	20:51.58	1:14.47	3000m:	36:58.12	1:14.45	4300m:	53:01.66	1:14.26
	500m:	6:04.95	1:14.25	1800m:	22:05.96	1:14.38	3100m:	38:12.14	1:14.02	4400m:	54:16.40	1:14.74
	600m:	7:19.33	1:14.38	1900m:	23:20.28	1:14.32	3200m:	39:26.45	1:14.31	4500m:	55:31.39	1:14.99
	700m:	8:33.63	1:14.30	2000m:	24:34.79	1:14.51	3300m:	40:40.83	1:14.38	4600m:	56:46.95	1:15.56
	800m:	9:47.38	1:13.75	2100m:	25:49.01	1:14.22	3400m:	41:54.96	1:14.13	4700m:	58:02.33	1:15.38
	900m:	11:00.77	1:13.39	2200m:	27:03.95	1:14.94	3500m:	43:09.39	1:14.43	4800m:	59:17.54	1:15.21
	1000m:	12:15.30	1:14.53	2300m:	28:17.51	1:13.56	3600m:	44:23.49	1:14.10	4900m:	1:00:32.86	1:15.32
	1100m:	13:28.93	1:13.63	2400m:	29:31.83	1:14.32	3700m:	45:36.77	1:13.28	5000m:	1:01:46.50	1:13.64
	1200m:	14:42.57	1:13.64	2500m:	30:46.52	1:14.69	3800m:	46:50.64	1:13.87			
	1300m:	15:56.38	1:13.81	2600m:	32:00.65	1:14.13	3900m:	48:04.52	1:13.88			

ORGANIZAÇÃO



CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



DESPORTO
PARA TODOS

FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



RUMO A PARIS 2024



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

Prova 2, Masc., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	FARIA Eduardo Nuno	06	Braga	1:02:40.75		460	
	100m: 1:10.88 1:10.88	1400m: 17:12.98	1:14.00	2700m: 33:15.31	1:14.50	4000m: 49:43.76	1:16.94
	200m: 2:23.90 1:13.02	1500m: 18:26.94	1:13.96	2800m: 34:29.95	1:14.64	4100m: 51:00.70	1:16.94
	300m: 3:37.58 1:13.68	1600m: 19:40.32	1:13.38	2900m: 35:45.65	1:15.70	4200m: 52:17.33	1:16.63
	400m: 4:51.50 1:13.92	1700m: 20:54.49	1:14.17	3000m: 37:01.79	1:16.14	4300m: 53:34.58	1:17.25
	500m: 6:05.96 1:14.46	1800m: 22:08.32	1:13.83	3100m: 38:17.40	1:15.61	4400m: 54:51.56	1:16.98
	600m: 7:20.88 1:14.92	1900m: 23:22.16	1:13.84	3200m: 39:33.59	1:16.19	4500m: 56:10.93	1:19.37
	700m: 8:35.27 1:14.39	2000m: 24:36.20	1:14.04	3300m: 40:49.93	1:16.34	4600m: 57:29.90	1:18.97
	800m: 9:49.53 1:14.26	2100m: 25:50.50	1:14.30	3400m: 42:06.26	1:16.33	4700m: 58:47.78	1:17.88
	900m: 11:04.00 1:14.47	2200m: 27:04.67	1:14.17	3500m: 43:22.06	1:15.80	4800m: 1:00:06.04	1:18.26
	1000m: 12:17.46 1:13.46	2300m: 28:19.03	1:14.36	3600m: 44:38.04	1:15.98	4900m: 1:01:24.32	1:18.28
	1100m: 13:31.47 1:14.01	2400m: 29:33.09	1:14.06	3700m: 45:54.58	1:16.54	5000m: 1:02:40.75	1:16.43
	1200m: 14:45.18 1:13.71	2500m: 30:46.53	1:13.44	3800m: 47:10.33	1:15.75		
	1300m: 15:58.98 1:13.80	2600m: 32:00.81	1:14.28	3900m: 48:26.82	1:16.49		
5.	LUCAS Joao Neves	06	Columbofila Cantanhede	1:02:55.70		454	
	100m: 1:11.91 1:11.91	1400m: 17:15.92	1:14.37	2700m: 33:33.59	1:15.39	4000m: 50:05.93	1:17.05
	200m: 2:24.40 1:12.49	1500m: 18:30.50	1:14.58	2800m: 34:49.08	1:15.49	4100m: 51:23.23	1:17.30
	300m: 3:38.49 1:14.09	1600m: 19:45.28	1:14.78	2900m: 36:04.86	1:15.78	4200m: 52:40.35	1:17.12
	400m: 4:52.97 1:14.48	1700m: 20:59.92	1:14.64	3000m: 37:20.71	1:15.85	4300m: 53:57.87	1:17.52
	500m: 6:07.13 1:14.16	1800m: 22:14.52	1:14.60	3100m: 38:36.65	1:15.94	4400m: 55:15.40	1:17.53
	600m: 7:22.39 1:15.26	1900m: 23:29.72	1:15.20	3200m: 39:52.60	1:15.95	4500m: 56:32.45	1:17.05
	700m: 8:37.09 1:14.70	2000m: 24:44.49	1:14.77	3300m: 41:08.62	1:16.02	4600m: 57:49.95	1:17.50
	800m: 9:52.03 1:14.94	2100m: 25:59.68	1:15.19	3400m: 42:25.58	1:16.96	4700m: 59:06.67	1:16.72
	900m: 11:05.97 1:13.94	2200m: 27:15.11	1:15.43	3500m: 43:42.87	1:17.29	4800m: 1:00:23.28	1:16.61
	1000m: 12:19.20 1:13.23	2300m: 28:31.17	1:16.06	3600m: 44:59.83	1:16.96	4900m: 1:01:40.31	1:17.03
	1100m: 13:33.35 1:14.15	2400m: 29:46.61	1:15.44	3700m: 46:16.21	1:16.38	5000m: 1:02:55.70	1:15.39
	1200m: 14:47.37 1:14.02	2500m: 31:01.67	1:15.06	3800m: 47:32.00	1:15.79		
	1300m: 16:01.55 1:14.18	2600m: 32:18.20	1:16.53	3900m: 48:48.88	1:16.88		
6.	STARYNSKY Daniel	06	Benedita	1:03:36.99		440	
	100m: 1:11.32 1:11.32	1400m: 17:20.55	1:16.10	2700m: 34:00.04	1:17.30	4000m: 51:00.44	1:18.16
	200m: 2:24.27 1:12.95	1500m: 18:37.41	1:16.86	2800m: 35:17.95	1:17.91	4100m: 52:16.96	1:16.52
	300m: 3:38.02 1:13.75	1600m: 19:54.36	1:16.95	2900m: 36:37.52	1:19.57	4200m: 53:36.66	1:19.70
	400m: 4:51.52 1:13.50	1700m: 21:11.96	1:17.60	3000m: 37:57.90	1:20.38	4300m: 54:54.46	1:17.80
	500m: 6:05.44 1:13.92	1800m: 22:29.49	1:17.53	3100m: 39:17.02	1:19.12	4400m: 56:12.96	1:18.50
	600m: 7:17.96 1:12.52	1900m: 23:47.43	1:17.94	3200m: 40:35.11	1:18.09	4500m: 57:29.90	1:16.94
	700m: 8:32.42 1:14.46	2000m: 25:03.66	1:16.23	3300m: 41:52.33	1:17.22	4600m: 58:45.00	1:15.10
	800m: 9:47.03 1:14.61	2100m: 26:16.77	1:13.11	3400m: 43:11.13	1:18.80	4700m: 1:00:00.70	1:15.70
	900m: 11:02.29 1:15.26	2200m: 27:30.75	1:13.98	3500m: 44:29.31	1:18.18	4800m: 1:01:15.45	1:14.75
	1000m: 12:17.35 1:15.06	2300m: 28:49.26	1:18.51	3600m: 45:46.41	1:17.10	4900m: 1:02:26.97	1:11.52
	1100m: 13:32.94 1:15.59	2400m: 30:06.70	1:17.44	3700m: 47:05.45	1:19.04	5000m: 1:03:36.99	1:10.02
	1200m: 14:48.25 1:15.31	2500m: 31:23.93	1:17.23	3800m: 48:24.22	1:18.77		
	1300m: 16:04.45 1:16.20	2600m: 32:42.74	1:18.81	3900m: 49:42.28	1:18.06		
7.	SANTOS Tomas Nolan	06	Nautico Academico	1:03:54.94		433	
	100m: 1:10.73 1:10.73	1300m: 15:56.50	1:13.76	2500m: 30:55.99	1:16.81	3700m: 46:24.58	1:19.68
	200m: 2:22.84 1:12.11	1400m: 17:10.01	1:13.51	2600m: 32:12.11	1:16.12	3800m: 47:43.66	1:19.08
	300m: 3:36.38 1:13.54	1500m: 18:24.09	1:14.08	2700m: 33:29.15	1:17.04	3900m: 49:03.43	1:19.77
	400m: 4:51.41 1:15.03	1600m: 19:38.05	1:13.96	2800m: 34:45.69	1:16.54	4000m: 50:23.29	1:19.86
	500m: 6:06.38 1:14.97	1700m: 20:52.05	1:14.00	2900m: 36:02.44	1:16.75	4100m: 51:43.32	1:20.03
	600m: 7:20.33 1:13.95	1800m: 22:06.95	1:14.90	3000m: 37:19.04	1:16.60	4200m: 53:03.89	1:20.57
	700m: 8:33.86 1:13.53	1900m: 23:21.55	1:14.60	3100m: 38:35.64	1:16.60	4300m: 54:24.47	1:20.58
	800m: 9:47.36 1:13.50	2000m: 24:36.27	1:14.72	3200m: 39:53.09	1:17.45	4400m: 55:45.36	1:20.89
	900m: 11:01.03 1:13.67	2100m: 25:51.18	1:14.91	3300m: 41:10.32	1:17.23	4500m: 57:06.19	1:20.83
	1000m: 12:15.22 1:14.19	2200m: 27:07.45	1:16.27	3400m: 42:28.05	1:17.73	4600m: 58:28.61	1:22.42
	1100m: 13:28.94 1:13.72	2300m: 28:23.21	1:15.76	3500m: 43:46.04	1:17.99	4700m: 59:51.49	1:22.88
	1200m: 14:42.74 1:13.80	2400m: 29:39.18	1:15.97	3600m: 45:04.90	1:18.86	4800m: 1:01:13.99	1:22.50

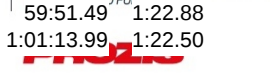
ORGANIZAÇÃO



ASSOCIAÇÃO DE NATACÃO DE COIMBRA



COIMBRA



PARCEIROS



RUMO A PARIS 2024



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

Prova 2, Masc., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:02:35.95 1:21.96	5000m1:03:54.94 1:18.99					
8.	MARQUES Jose Miguel	06	Condeixa Clube	1:05:39.06		400	
	100m: 1:10.88 1:10.88	1400m: 17:29.36 1:18.11	2700m: 34:34.07 1:18.56	4000m: 52:06.05 1:22.56			
	200m: 2:24.01 1:13.13	1500m: 18:46.77 1:17.41	2800m: 35:54.46 1:20.39	4100m: 53:28.88 1:22.83			
	300m: 3:37.63 1:13.62	1600m: 20:04.94 1:18.17	2900m: 37:14.64 1:20.18	4200m: 54:51.70 1:22.82			
	400m: 4:51.90 1:14.27	1700m: 21:24.21 1:19.27	3000m: 38:34.74 1:20.10	4300m: 56:11.28 1:19.58			
	500m: 6:06.19 1:14.29	1800m: 22:43.31 1:19.10	3100m: 39:54.50 1:19.76	4400m: 57:30.06 1:18.78			
	600m: 7:21.14 1:14.95	1900m: 24:02.35 1:19.04	3200m: 41:15.22 1:20.72	4500m: 58:50.03 1:19.97			
	700m: 8:35.42 1:14.28	2000m: 25:21.34 1:18.99	3300m: 42:35.88 1:20.66	4600m: 1:00:12.32 1:22.29			
	800m: 9:49.86 1:14.44	2100m: 26:40.40 1:19.06	3400m: 43:56.16 1:20.28	4700m: 1:01:34.89 1:22.57			
	900m: 11:04.50 1:14.64	2200m: 28:00.33 1:19.93	3500m: 45:17.18 1:21.02	4800m: 1:02:57.66 1:22.77			
	1000m: 12:19.67 1:15.17	2300m: 29:18.63 1:18.30	3600m: 46:38.08 1:20.90	4900m: 1:04:19.44 1:21.78			
	1100m: 13:36.59 1:16.92	2400m: 30:37.35 1:18.72	3700m: 47:59.68 1:21.60	5000m: 1:05:39.06 1:19.62			
	1200m: 14:53.94 1:17.35	2500m: 31:55.85 1:18.50	3800m: 49:21.19 1:21.51				
	1300m: 16:11.25 1:17.31	2600m: 33:15.51 1:19.66	3900m: 50:43.49 1:22.30				
9.	MARTINS Antonio Pedro	05	CPFZ - Natacao	1:10:23.94		324	
	100m: 1:18.03 1:18.03	1400m: 19:01.63 1:22.77	2700m: 37:12.23 1:24.96	4000m: 55:56.24 1:26.43			
	200m: 2:39.38 1:21.35	1500m: 20:24.55 1:22.92	2800m: 38:37.37 1:25.14	4100m: 57:24.48 1:28.24			
	300m: 4:00.96 1:21.58	1600m: 21:48.61 1:24.06	2900m: 40:03.35 1:25.98	4200m: 58:51.74 1:27.26			
	400m: 5:22.09 1:21.13	1700m: 23:11.27 1:22.66	3000m: 41:29.92 1:26.57	4300m: 1:00:19.66 1:27.92			
	500m: 6:43.72 1:21.63	1800m: 24:33.92 1:22.65	3100m: 42:56.02 1:26.10	4400m: 1:01:47.37 1:27.71			
	600m: 8:05.08 1:21.36	1900m: 25:56.99 1:23.07	3200m: 44:21.66 1:25.64	4500m: 1:03:15.02 1:27.65			
	700m: 9:27.30 1:22.22	2000m: 27:20.29 1:23.30	3300m: 45:48.62 1:26.96	4600m: 1:04:42.23 1:27.21			
	800m: 10:48.46 1:21.16	2100m: 28:44.77 1:24.48	3400m: 47:14.46 1:25.84	4700m: 1:06:08.78 1:26.55			
	900m: 12:10.46 1:22.00	2200m: 30:08.56 1:23.79	3500m: 48:40.69 1:26.23	4800m: 1:07:34.85 1:26.07			
	1000m: 13:32.72 1:22.26	2300m: 31:33.43 1:24.87	3600m: 50:07.12 1:26.43	4900m: 1:09:00.99 1:26.14			
	1100m: 14:55.23 1:22.51	2400m: 32:57.79 1:24.36	3700m: 51:33.66 1:26.54	5000m: 1:10:23.94 1:22.95			
	1200m: 16:17.27 1:22.04	2500m: 34:22.06 1:24.27	3800m: 53:02.17 1:28.51				
	1300m: 17:38.86 1:21.59	2600m: 35:47.27 1:25.21	3900m: 54:29.81 1:27.64				
10.	MEDEIROS Tomas Araujo	06	Agua de Pau	1:15:54.80		259	
	100m: 1:18.60 1:18.60	1400m: 20:34.46 1:31.41	2700m: 40:29.28 1:32.93	4000m: 1:00:36.36 1:33.38			
	200m: 2:43.52 1:24.92	1500m: 22:05.76 1:31.30	2800m: 42:03.11 1:33.83	4100m: 1:02:11.23 1:34.87			
	300m: 4:10.19 1:26.67	1600m: 23:37.39 1:31.63	2900m: 43:37.02 1:33.91	4200m: 1:03:44.61 1:33.38			
	400m: 5:37.26 1:27.07	1700m: 25:08.62 1:31.23	3000m: 45:10.67 1:33.65	4300m: 1:05:17.95 1:33.34			
	500m: 7:04.96 1:27.70	1800m: 26:39.92 1:31.30	3100m: 46:41.60 1:30.93	4400m: 1:06:51.09 1:33.14			
	600m: 8:32.81 1:27.85	1900m: 28:11.18 1:31.26	3200m: 48:13.48 1:31.88	4500m: 1:08:23.18 1:32.09			
	700m: 10:02.11 1:29.30	2000m: 29:43.29 1:32.11	3300m: 49:44.96 1:31.48	4600m: 1:09:54.84 1:31.66			
	800m: 11:31.06 1:28.95	2100m: 31:14.99 1:31.70	3400m: 51:16.77 1:31.81	4700m: 1:11:26.67 1:31.83			
	900m: 13:00.91 1:29.85	2200m: 32:46.95 1:31.96	3500m: 52:49.21 1:32.44	4800m: 1:12:58.61 1:31.94			
	1000m: 14:30.28 1:29.37	2300m: 34:18.72 1:31.77	3600m: 54:21.60 1:32.39	4900m: 1:14:27.55 1:28.94			
	1100m: 16:01.60 1:31.32	2400m: 35:50.97 1:32.25	3700m: 55:54.16 1:32.56	5000m: 1:15:54.80 1:27.25			
	1200m: 17:32.55 1:30.95	2500m: 37:24.06 1:33.09	3800m: 57:29.11 1:34.95				
	1300m: 19:03.05 1:30.50	2600m: 38:56.35 1:32.29	3900m: 59:02.98 1:33.87				
11.	BENTO Joao Silva	05	Agua de Pau	1:17:34.27		242	
	100m: 1:15.55 1:15.55	1100m: 16:18.35 1:30.71	2100m: 31:42.50 1:33.90	3100m: 47:37.50 1:37.36			
	200m: 2:42.44 1:26.89	1200m: 17:49.89 1:31.54	2200m: 33:17.69 1:35.19	3200m: 49:13.56 1:36.06			
	300m: 4:12.01 1:29.57	1300m: 19:21.97 1:32.08	2300m: 34:54.10 1:36.41	3300m: 50:49.87 1:36.31			
	400m: 5:42.34 1:30.33	1400m: 20:53.22 1:31.25	2400m: 36:29.55 1:35.45	3400m: 52:23.99 1:34.12			
	500m: 7:12.08 1:29.74	1500m: 22:23.28 1:30.06	2500m: 38:04.65 1:35.10	3500m: 54:00.81 1:36.82			
	600m: 8:43.62 1:31.54	1600m: 23:55.32 1:32.04	2600m: 39:41.80 1:37.15	3600m: 55:34.94 1:34.13			
	700m: 10:14.54 1:30.92	1700m: 25:27.95 1:32.63	2700m: 41:16.02 1:34.22	3700m: 57:09.00 1:34.06			
	800m: 11:46.09 1:31.55	1800m: 27:01.39 1:33.44	2800m: 42:51.88 1:35.86	3800m: 58:42.97 1:33.97			
	900m: 13:16.94 1:30.85	1900m: 28:34.94 1:33.55	2900m: 44:28.38 1:36.50	3900m: 1:00:16.95 1:33.98			
	1000m: 14:47.64 1:30.70	2000m: 30:08.60 1:33.66	3000m: 46:00.14 1:31.76	4000m: 1:01:53.40 1:36.45			

ORGANIZAÇÃO



ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA



COIMBRA

INSTITUTO DE INVESTIGAÇÃO EM DESPORTO

LABORATÓRIOS L.A.

DESPORTO PERIFÉRICOS

WATER INSTINCT

PROZIS

DESPORTIVA

PARCEIROS



RUMO A PARIS 2024



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

Prova 2, Masc., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4100m1:03:28.94 1:35.54	4400m1:08:13.51 1:35.15	4700m1:12:57.86 1:34.13	5000m: 1:17:34.27	1:30.36		
	4200m1:05:03.71 1:34.77	4500m1:09:47.66 1:34.15	4800m1:14:32.20 1:34.34				
	4300m1:06:38.36 1:34.65	4600m1:11:23.73 1:36.07	4900m1:16:03.91 1:31.71				

DNS CARDOSO Guilherme Maia 05 Columbofila Cantanhedense

Absolutos

1. CARDOSO Diogo Santos 01 Sporting 55:02.15 679
Melhor Marca dos Campeonatos

100m:	1:04.75	1:04.75	1400m:	15:17.52	1:05.17	2700m:	29:30.06	1:06.09	4000m:	43:51.92	1:06.50
200m:	2:10.53	1:05.78	1500m:	16:22.30	1:04.78	2800m:	30:35.72	1:05.66	4100m:	44:58.43	1:06.51
300m:	3:16.34	1:05.81	1600m:	17:27.24	1:04.94	2900m:	31:41.46	1:05.74	4200m:	46:04.47	1:06.04
400m:	4:22.39	1:06.05	1700m:	18:32.12	1:04.88	3000m:	32:47.53	1:06.07	4300m:	47:10.94	1:06.47
500m:	5:28.31	1:05.92	1800m:	19:37.35	1:05.23	3100m:	33:53.59	1:06.06	4400m:	48:18.18	1:07.24
600m:	6:34.00	1:05.69	1900m:	20:42.67	1:05.32	3200m:	34:59.66	1:06.07	4500m:	49:25.03	1:06.85
700m:	7:39.45	1:05.45	2000m:	21:47.85	1:05.18	3300m:	36:05.67	1:06.01	4600m:	50:32.55	1:07.52
800m:	8:44.89	1:05.44	2100m:	22:52.91	1:05.06	3400m:	37:11.94	1:06.27	4700m:	51:38.95	1:06.40
900m:	9:50.57	1:05.68	2200m:	23:58.39	1:05.48	3500m:	38:19.86	1:07.92	4800m:	52:52.15	1:13.20
1000m:	10:56.21	1:05.64	2300m:	25:05.65	1:07.26	3600m:	39:26.07	1:06.21	4900m:	53:58.36	1:06.21
1100m:	12:01.59	1:05.38	2400m:	26:11.09	1:05.44	3700m:	40:32.41	1:06.34	5000m:	55:02.15	1:03.79
1200m:	13:06.96	1:05.37	2500m:	27:17.84	1:06.75	3800m:	41:38.91	1:06.50			
1300m:	14:12.35	1:05.39	2600m:	28:23.97	1:06.13	3900m:	42:45.42	1:06.51			

2. SOUSA Joao Maria 05 Braga 59:19.05 542

100m:	1:06.23	1:06.23	1400m:	16:22.49	1:10.75	2700m:	31:49.24	1:11.79	4000m:	47:28.04	1:12.49
200m:	2:15.43	1:09.20	1500m:	17:33.49	1:11.00	2800m:	33:00.84	1:11.60	4100m:	48:40.52	1:12.48
300m:	3:25.36	1:09.93	1600m:	18:45.02	1:11.53	2900m:	34:12.60	1:11.76	4200m:	49:52.48	1:11.96
400m:	4:35.40	1:10.04	1700m:	19:55.99	1:10.97	3000m:	35:24.56	1:11.96	4300m:	51:04.39	1:11.91
500m:	5:45.58	1:10.18	1800m:	21:07.13	1:11.14	3100m:	36:37.03	1:12.47	4400m:	52:16.05	1:11.66
600m:	6:55.97	1:10.39	1900m:	22:18.13	1:11.00	3200m:	37:49.47	1:12.44	4500m:	53:27.78	1:11.73
700m:	8:06.08	1:10.11	2000m:	23:29.16	1:11.03	3300m:	39:01.91	1:12.44	4600m:	54:39.63	1:11.85
800m:	9:16.80	1:10.72	2100m:	24:40.80	1:11.64	3400m:	40:14.98	1:13.07	4700m:	55:50.08	1:10.45
900m:	10:27.85	1:11.05	2200m:	25:52.41	1:11.61	3500m:	41:27.69	1:12.71	4800m:	56:59.65	1:09.57
1000m:	11:38.98	1:11.13	2300m:	27:03.62	1:11.21	3600m:	42:39.93	1:12.24	4900m:	58:10.74	1:11.09
1100m:	12:49.62	1:10.64	2400m:	28:15.07	1:11.45	3700m:	43:51.59	1:11.66	5000m:	59:19.05	1:08.31
1200m:	14:00.59	1:10.97	2500m:	29:26.64	1:11.57	3800m:	45:03.76	1:12.17			
1300m:	15:11.74	1:11.15	2600m:	30:37.45	1:10.81	3900m:	46:15.55	1:11.79			

3. RODRIGUES Rodrigo Reis 04 Sao Roque 1:00:27.44 512

100m:	1:10.27	1:10.27	1400m:	16:37.69	1:12.11	2700m:	32:22.62	1:13.35	4000m:	48:15.02	1:13.21
200m:	2:21.81	1:11.54	1500m:	17:49.19	1:11.50	2800m:	33:35.63	1:13.01	4100m:	49:28.48	1:13.46
300m:	3:32.63	1:10.82	1600m:	19:01.55	1:12.36	2900m:	34:48.38	1:12.75	4200m:	50:41.76	1:13.28
400m:	4:44.09	1:11.46	1700m:	20:14.07	1:12.52	3000m:	36:01.74	1:13.36	4300m:	51:54.61	1:12.85
500m:	5:54.73	1:10.64	1800m:	21:26.84	1:12.77	3100m:	37:15.14	1:13.40	4400m:	53:07.81	1:13.20
600m:	7:05.35	1:10.62	1900m:	22:39.70	1:12.86	3200m:	38:28.75	1:13.61	4500m:	54:21.72	1:13.91
700m:	8:15.93	1:10.58	2000m:	23:52.26	1:12.56	3300m:	39:42.73	1:13.98	4600m:	55:35.51	1:13.79
800m:	9:26.84	1:10.91	2100m:	25:04.92	1:12.66	3400m:	40:57.15	1:14.42	4700m:	56:49.71	1:14.20
900m:	10:38.09	1:11.25	2200m:	26:17.57	1:12.65	3500m:	42:10.80	1:13.65	4800m:	58:03.64	1:13.93
1000m:	11:49.82	1:11.73	2300m:	27:30.00	1:12.43	3600m:	43:24.32	1:13.52	4900m:	59:17.07	1:13.43
1100m:	13:01.54	1:11.72	2400m:	28:43.01	1:13.01	3700m:	44:36.18	1:11.86	5000m:	1:00:27.44	1:10.37
1200m:	14:13.30	1:11.76	2500m:	29:55.94	1:12.93	3800m:	45:48.67	1:12.49			
1300m:	15:25.58	1:12.28	2600m:	31:09.27	1:13.33	3900m:	47:01.81	1:13.14			

ORGANIZAÇÃO



CÂMARA MUNICIPAL
de COIMBRA

PARCEIROS INSTITUCIONAIS



DESPORTO
PARATODOS

FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL

PROZIS

PARCEIROS



RUMO A PARIS 2024



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

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	BRAS Ricardo Martins	01	Vikings	1:00:37.85		508	
	100m: 1:11.32 1:11.32	1400m: 16:40.55	1:11.87	2700m: 32:19.31	1:12.23	4000m: 48:13.38	1:14.05
	200m: 2:22.68 1:11.36	1500m: 17:51.99	1:11.44	2800m: 33:32.25	1:12.94	4100m: 49:27.17	1:13.79
	300m: 3:33.07 1:10.39	1600m: 19:03.48	1:11.49	2900m: 34:44.62	1:12.37	4200m: 50:41.09	1:13.92
	400m: 4:44.03 1:10.96	1700m: 20:15.32	1:11.84	3000m: 35:58.00	1:13.38	4300m: 51:56.30	1:15.21
	500m: 5:55.09 1:11.06	1800m: 21:27.08	1:11.76	3100m: 37:10.83	1:12.83	4400m: 53:11.92	1:15.62
	600m: 7:06.46 1:11.37	1900m: 22:39.57	1:12.49	3200m: 38:24.36	1:13.53	4500m: 54:26.78	1:14.86
	700m: 8:18.07 1:11.61	2000m: 23:51.55	1:11.98	3300m: 39:38.16	1:13.80	4600m: 55:41.27	1:14.49
	800m: 9:29.54 1:11.47	2100m: 25:03.71	1:12.16	3400m: 40:51.53	1:13.37	4700m: 56:55.56	1:14.29
	900m: 10:41.34 1:11.80	2200m: 26:16.50	1:12.79	3500m: 42:05.03	1:13.50	4800m: 58:10.60	1:15.04
	1000m: 11:53.05 1:11.71	2300m: 27:29.50	1:13.00	3600m: 43:18.38	1:13.35	4900m: 59:25.17	1:14.57
	1100m: 13:05.03 1:11.98	2400m: 28:41.92	1:12.42	3700m: 44:32.34	1:13.96	5000m: 1:00:37.85	1:12.68
	1200m: 14:16.81 1:11.78	2500m: 29:54.64	1:12.72	3800m: 45:45.51	1:13.17		
	1300m: 15:28.68 1:11.87	2600m: 31:07.08	1:12.44	3900m: 46:59.33	1:13.82		
5.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	1:00:39.15		507	
	100m: 1:07.75 1:07.75	1400m: 16:42.51	1:12.05	2700m: 32:30.22	1:12.82	4000m: 48:51.91	1:13.24
	200m: 2:18.52 1:10.77	1500m: 17:55.26	1:12.75	2800m: 33:43.64	1:13.42	4100m: 49:35.18	1:13.27
	300m: 3:29.82 1:11.30	1600m: 19:08.21	1:12.95	2900m: 34:57.49	1:13.85	4200m: 50:48.55	1:13.37
	400m: 4:41.83 1:12.01	1700m: 20:20.61	1:12.40	3000m: 36:11.10	1:13.61	4300m: 52:02.57	1:14.02
	500m: 5:53.58 1:11.75	1800m: 21:33.66	1:13.05	3100m: 37:24.82	1:13.72	4400m: 53:16.37	1:13.80
	600m: 7:05.33 1:11.75	1900m: 22:46.26	1:12.60	3200m: 38:38.06	1:13.24	4500m: 54:30.69	1:14.32
	700m: 8:17.32 1:11.99	2000m: 23:59.07	1:12.81	3300m: 39:51.33	1:13.27	4600m: 55:45.29	1:14.60
	800m: 9:29.73 1:12.41	2100m: 25:11.96	1:12.89	3400m: 41:03.87	1:12.54	4700m: 56:59.81	1:14.52
	900m: 10:41.65 1:11.92	2200m: 26:25.17	1:13.21	3500m: 42:16.83	1:12.96	4800m: 58:13.74	1:13.93
	1000m: 11:53.75 1:12.10	2300m: 27:38.44	1:13.27	3600m: 43:29.36	1:12.53	4900m: 59:27.14	1:13.40
	1100m: 13:06.00 1:12.25	2400m: 28:51.63	1:13.19	3700m: 44:42.15	1:12.79	5000m: 1:00:39.15	1:12.01
	1200m: 14:18.22 1:12.22	2500m: 30:04.27	1:12.64	3800m: 45:55.51	1:13.36		
	1300m: 15:30.46 1:12.24	2600m: 31:17.40	1:13.13	3900m: 47:08.67	1:13.16		
6.	GOMES Marcio Fernandes	04	Braga	1:01:35.16		485	
	100m: 1:10.41 1:10.41	1400m: 16:41.96	1:13.14	2700m: 32:48.12	1:13.86	4000m: 48:51.77	1:15.03
	200m: 2:22.05 1:11.64	1500m: 17:56.57	1:14.61	2800m: 34:01.38	1:13.26	4100m: 50:07.62	1:15.85
	300m: 3:33.26 1:11.21	1600m: 19:11.51	1:14.94	2900m: 35:14.72	1:13.34	4200m: 51:23.71	1:16.09
	400m: 4:44.78 1:11.52	1700m: 20:27.04	1:15.53	3000m: 36:29.10	1:14.38	4300m: 52:39.72	1:16.01
	500m: 5:54.43 1:09.65	1800m: 21:41.92	1:14.88	3100m: 37:43.44	1:14.34	4400m: 53:56.07	1:16.35
	600m: 7:04.88 1:10.45	1900m: 22:56.10	1:14.18	3200m: 38:57.82	1:14.38	4500m: 55:12.71	1:16.64
	700m: 8:16.35 1:11.47	2000m: 24:09.75	1:13.65	3300m: 40:12.76	1:14.94	4600m: 56:31.44	1:18.73
	800m: 9:27.45 1:11.10	2100m: 25:22.91	1:13.16	3400m: 41:26.39	1:13.63	4700m: 57:49.01	1:17.57
	900m: 10:39.03 1:11.58	2200m: 26:35.97	1:13.06	3500m: 42:41.47	1:15.08	4800m: 59:05.58	1:16.57
	1000m: 11:50.65 1:11.62	2300m: 27:49.74	1:13.77	3600m: 43:55.54	1:14.07	4900m: 1:00:21.25	1:15.67
	1100m: 13:03.01 1:12.36	2400m: 29:03.93	1:14.19	3700m: 45:08.35	1:12.81	5000m: 1:01:35.16	1:13.91
	1200m: 14:15.49 1:12.48	2500m: 30:19.11	1:15.18	3800m: 46:22.82	1:14.47		
	1300m: 15:28.82 1:13.33	2600m: 31:34.26	1:15.15	3900m: 47:36.74	1:13.92		
7.	ALMEIDA Joao Neves	05	Nautico Academico	1:01:36.67		484	
	100m: 1:10.09 1:10.09	1300m: 15:40.91	1:13.76	2500m: 30:34.45	1:15.03	3700m: 45:34.87	1:14.55
	200m: 2:22.03 1:11.94	1400m: 16:54.15	1:13.24	2600m: 31:49.72	1:15.27	3800m: 46:50.00	1:15.13
	300m: 3:33.64 1:11.61	1500m: 18:07.45	1:13.30	2700m: 33:05.17	1:15.45	3900m: 48:04.81	1:14.81
	400m: 4:45.09 1:11.45	1600m: 19:21.27	1:13.82	2800m: 34:21.39	1:16.22	4000m: 49:18.68	1:13.87
	500m: 5:56.89 1:11.80	1700m: 20:35.28	1:14.01	2900m: 35:36.78	1:15.39	4100m: 50:33.48	1:14.80
	600m: 7:10.15 1:13.26	1800m: 21:49.00	1:13.72	3000m: 36:51.40	1:14.62	4200m: 51:48.07	1:14.59
	700m: 8:23.29 1:13.14	1900m: 23:03.06	1:14.06	3100m: 38:05.50	1:14.10	4300m: 53:01.19	1:13.12
	800m: 9:35.44 1:12.15	2000m: 24:17.88	1:14.82	3200m: 39:19.88	1:14.38	4400m: 54:14.30	1:13.11
	900m: 10:47.78 1:12.34	2100m: 25:32.92	1:15.04	3300m: 40:34.97	1:15.09	4500m: 55:28.20	1:13.90
	1000m: 12:00.54 1:12.76	2200m: 26:48.75	1:15.83	3400m: 41:49.76	1:14.79	4600m: 56:42.57	1:14.37
	1100m: 13:13.57 1:13.03	2300m: 28:04.44	1:15.69	3500m: 43:05.29	1:15.53	4700m: 57:57.29	1:14.72
	1200m: 14:27.15 1:13.58	2400m: 29:19.42	1:14.98	3600m: 44:20.32	1:15.03	4800m: 59:11.63	1:14.34

ORGANIZAÇÃO



ASSOCIAÇÃO DE NATAÇÃO DE COIMBRA



COIMBRA



WATER INSTINCT

AL E 1:14.37 DESPORTIVA



PARCEIROS



RUMO A PARIS 2024



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

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:00:25.77 1:14.14	5000m1:01:36.67 1:10.90					
8.	PEREIRA Tomas Veiga	06	Nautico Academico	1:01:46.50		480	
	100m: 1:10.53 1:10.53	1400m: 17:09.91 1:13.53	2700m: 33:15.16 1:14.51	4000m: 49:18.83 1:14.31			
	200m: 2:23.36 1:12.83	1500m: 18:23.51 1:13.60	2800m: 34:29.36 1:14.20	4100m: 50:32.90 1:14.07			
	300m: 3:36.83 1:13.47	1600m: 19:37.11 1:13.60	2900m: 35:43.67 1:14.31	4200m: 51:47.40 1:14.50			
	400m: 4:50.70 1:13.87	1700m: 20:51.58 1:14.47	3000m: 36:58.12 1:14.45	4300m: 53:01.66 1:14.26			
	500m: 6:04.95 1:14.25	1800m: 22:05.96 1:14.38	3100m: 38:12.14 1:14.02	4400m: 54:16.40 1:14.74			
	600m: 7:19.33 1:14.38	1900m: 23:20.28 1:14.32	3200m: 39:26.45 1:14.31	4500m: 55:31.39 1:14.99			
	700m: 8:33.63 1:14.30	2000m: 24:34.79 1:14.51	3300m: 40:40.83 1:14.38	4600m: 56:46.95 1:15.56			
	800m: 9:47.38 1:13.75	2100m: 25:49.01 1:14.22	3400m: 41:54.96 1:14.13	4700m: 58:02.33 1:15.38			
	900m: 11:00.77 1:13.39	2200m: 27:03.95 1:14.94	3500m: 43:09.39 1:14.43	4800m: 59:17.54 1:15.21			
	1000m: 12:15.30 1:14.53	2300m: 28:17.51 1:13.56	3600m: 44:23.49 1:14.10	4900m: 1:00:32.86 1:15.32			
	1100m: 13:28.93 1:13.63	2400m: 29:31.83 1:14.32	3700m: 45:36.77 1:13.28	5000m: 1:01:46.50 1:13.64			
	1200m: 14:42.57 1:13.64	2500m: 30:46.52 1:14.69	3800m: 46:50.64 1:13.87				
	1300m: 15:56.38 1:13.81	2600m: 32:00.65 1:14.13	3900m: 48:04.52 1:13.88				
9.	DIOGO Dinis Miranda	04	Nautico Academico	1:01:57.93		476	
	100m: 1:09.72 1:09.72	1400m: 17:00.53 1:14.41	2700m: 33:08.59 1:15.53	4000m: 49:22.75 1:15.44			
	200m: 2:21.00 1:11.28	1500m: 18:14.49 1:13.96	2800m: 34:23.51 1:14.92	4100m: 50:38.66 1:15.91			
	300m: 3:32.40 1:11.40	1600m: 19:28.82 1:14.33	2900m: 35:38.76 1:15.25	4200m: 51:54.82 1:16.16			
	400m: 4:44.20 1:11.80	1700m: 20:43.24 1:14.42	3000m: 36:53.81 1:15.05	4300m: 53:10.89 1:16.07			
	500m: 5:56.49 1:12.29	1800m: 21:57.96 1:14.72	3100m: 38:09.23 1:15.42	4400m: 54:26.68 1:15.79			
	600m: 7:09.50 1:13.01	1900m: 23:12.91 1:14.95	3200m: 39:24.09 1:14.86	4500m: 55:42.57 1:15.89			
	700m: 8:22.40 1:12.90	2000m: 24:26.02 1:13.11	3300m: 40:38.64 1:14.55	4600m: 56:58.42 1:15.85			
	800m: 9:36.14 1:13.74	2100m: 25:39.35 1:13.33	3400m: 41:53.15 1:14.51	4700m: 58:14.46 1:16.04			
	900m: 10:49.87 1:13.73	2200m: 26:54.14 1:14.79	3500m: 43:07.38 1:14.23	4800m: 59:30.06 1:15.60			
	1000m: 12:03.24 1:13.37	2300m: 28:08.46 1:14.32	3600m: 44:22.09 1:14.71	4900m: 1:00:45.33 1:15.27			
	1100m: 13:17.66 1:14.42	2400m: 29:23.12 1:14.66	3700m: 45:36.61 1:14.52	5000m: 1:01:57.93 1:12.60			
	1200m: 14:31.46 1:13.80	2500m: 30:38.24 1:15.12	3800m: 46:51.95 1:15.34				
	1300m: 15:46.12 1:14.66	2600m: 31:53.06 1:14.82	3900m: 48:07.31 1:15.36				
10.	FARIA Eduardo Nuno	06	Braga	1:02:40.75		460	
	100m: 1:10.88 1:10.88	1400m: 17:12.98 1:14.00	2700m: 33:15.31 1:14.50	4000m: 49:43.76 1:16.94			
	200m: 2:23.90 1:13.02	1500m: 18:26.94 1:13.96	2800m: 34:29.95 1:14.64	4100m: 51:00.70 1:16.94			
	300m: 3:37.58 1:13.68	1600m: 19:40.32 1:13.38	2900m: 35:45.65 1:15.70	4200m: 52:17.33 1:16.63			
	400m: 4:51.50 1:13.92	1700m: 20:54.49 1:14.17	3000m: 37:01.79 1:16.14	4300m: 53:34.58 1:17.25			
	500m: 6:05.96 1:14.46	1800m: 22:08.32 1:13.83	3100m: 38:17.40 1:15.61	4400m: 54:51.56 1:16.98			
	600m: 7:20.88 1:14.92	1900m: 23:22.16 1:13.84	3200m: 39:33.59 1:16.19	4500m: 56:10.93 1:19.37			
	700m: 8:35.27 1:14.39	2000m: 24:36.20 1:14.04	3300m: 40:49.93 1:16.34	4600m: 57:29.90 1:18.97			
	800m: 9:49.53 1:14.26	2100m: 25:50.50 1:14.30	3400m: 42:06.26 1:16.33	4700m: 58:47.78 1:17.88			
	900m: 11:04.00 1:14.47	2200m: 27:04.67 1:14.17	3500m: 43:22.06 1:15.80	4800m: 1:00:06.04 1:18.26			
	1000m: 12:17.46 1:13.46	2300m: 28:19.03 1:14.36	3600m: 44:38.04 1:15.98	4900m: 1:01:24.32 1:18.28			
	1100m: 13:31.47 1:14.01	2400m: 29:33.09 1:14.06	3700m: 45:54.58 1:16.54	5000m: 1:02:40.75 1:16.43			
	1200m: 14:45.18 1:13.71	2500m: 30:46.53 1:13.44	3800m: 47:10.33 1:15.75				
	1300m: 15:58.98 1:13.80	2600m: 32:00.81 1:14.28	3900m: 48:26.82 1:16.49				
11.	LUCAS Joao Neves	06	Columbofila Cantanhede	1:02:55.70		454	
	100m: 1:11.91 1:11.91	1100m: 13:33.35 1:14.15	2100m: 25:59.68 1:15.19	3100m: 38:36.65 1:15.94			
	200m: 2:24.40 1:12.49	1200m: 14:47.37 1:14.02	2200m: 27:15.11 1:15.43	3200m: 39:52.60 1:15.95			
	300m: 3:38.49 1:14.09	1300m: 16:01.55 1:14.18	2300m: 28:31.17 1:16.06	3300m: 41:08.62 1:16.02			
	400m: 4:52.97 1:14.48	1400m: 17:15.92 1:14.37	2400m: 29:46.61 1:15.44	3400m: 42:25.58 1:16.96			
	500m: 6:07.13 1:14.16	1500m: 18:30.50 1:14.58	2500m: 31:01.67 1:15.06	3500m: 43:42.87 1:17.29			
	600m: 7:22.39 1:15.26	1600m: 19:45.28 1:14.78	2600m: 32:18.20 1:16.53	3600m: 44:59.83 1:16.96			
	700m: 8:37.09 1:14.70	1700m: 20:59.92 1:14.64	2700m: 33:33.59 1:15.39	3700m: 46:16.21 1:16.38			
	800m: 9:52.03 1:14.94	1800m: 22:14.52 1:14.60	2800m: 34:49.08 1:15.49	3800m: 47:32.00 1:15.79			
	900m: 11:05.97 1:13.94	1900m: 23:29.72 1:15.20	2900m: 36:04.86 1:15.78	3900m: 48:48.88 1:16.88			
	1000m: 12:19.20 1:13.23	2000m: 24:44.49 1:14.77	3000m: 37:20.71 1:15.85	4000m: 50:05.93 1:17.05			

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RUMO A PARIS 2024



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

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4100m: 51:23.23 1:17.30	4400m: 55:15.40 1:17.53	4700m: 59:06.67 1:16.72	5000m: 1:02:55.70 1:15.39			
	4200m: 52:40.35 1:17.12	4500m: 56:32.45 1:17.05	4800m: 1:00:23.28 1:16.61				
	4300m: 53:57.87 1:17.52	4600m: 57:49.95 1:17.50	4900m: 1:01:40.31 1:17.03				
12.	STARYNSKY Daniel	06	Benedita	1:03:36.99		440	
	100m: 1:11.32 1:11.32	1400m: 17:20.55 1:16.10	2700m: 34:00.04 1:17.30	4000m: 51:00.44 1:18.16			
	200m: 2:24.27 1:12.95	1500m: 18:37.41 1:16.86	2800m: 35:17.95 1:17.91	4100m: 52:16.96 1:16.52			
	300m: 3:38.02 1:13.75	1600m: 19:54.36 1:16.95	2900m: 36:37.52 1:19.57	4200m: 53:36.66 1:19.70			
	400m: 4:51.52 1:13.50	1700m: 21:11.96 1:17.60	3000m: 37:57.90 1:20.38	4300m: 54:54.46 1:17.80			
	500m: 6:05.44 1:13.92	1800m: 22:29.49 1:17.53	3100m: 39:17.02 1:19.12	4400m: 56:12.96 1:18.50			
	600m: 7:17.96 1:12.52	1900m: 23:47.43 1:17.94	3200m: 40:35.11 1:18.09	4500m: 57:29.90 1:16.94			
	700m: 8:32.42 1:14.46	2000m: 25:03.66 1:16.23	3300m: 41:52.33 1:17.22	4600m: 58:45.00 1:15.10			
	800m: 9:47.03 1:14.61	2100m: 26:16.77 1:13.11	3400m: 43:11.13 1:18.80	4700m: 1:00:00.70 1:15.70			
	900m: 11:02.29 1:15.26	2200m: 27:30.75 1:13.98	3500m: 44:29.31 1:18.18	4800m: 1:01:15.45 1:14.75			
	1000m: 12:17.35 1:15.06	2300m: 28:49.26 1:18.51	3600m: 45:46.41 1:17.10	4900m: 1:02:26.97 1:11.52			
	1100m: 13:32.94 1:15.59	2400m: 30:06.70 1:17.44	3700m: 47:05.45 1:19.04	5000m: 1:03:36.99 1:10.02			
	1200m: 14:48.25 1:15.31	2500m: 31:23.93 1:17.23	3800m: 48:24.22 1:18.77				
	1300m: 16:04.45 1:16.20	2600m: 32:42.74 1:18.81	3900m: 49:42.28 1:18.06				
13.	SANTOS Tomas Nolan	06	Nautico Academico	1:03:54.94		433	
	100m: 1:10.73 1:10.73	1400m: 17:10.01 1:13.51	2700m: 33:29.15 1:17.04	4000m: 50:23.29 1:19.86			
	200m: 2:22.84 1:12.11	1500m: 18:24.09 1:14.08	2800m: 34:45.69 1:16.54	4100m: 51:43.32 1:20.03			
	300m: 3:36.38 1:13.54	1600m: 19:38.05 1:13.96	2900m: 36:02.44 1:16.75	4200m: 53:03.89 1:20.57			
	400m: 4:51.41 1:15.03	1700m: 20:52.05 1:14.00	3000m: 37:19.04 1:16.60	4300m: 54:24.47 1:20.58			
	500m: 6:06.38 1:14.97	1800m: 22:06.95 1:14.90	3100m: 38:35.64 1:16.60	4400m: 55:45.36 1:20.89			
	600m: 7:20.33 1:13.95	1900m: 23:21.55 1:14.60	3200m: 39:53.09 1:17.45	4500m: 57:06.19 1:20.83			
	700m: 8:33.86 1:13.53	2000m: 24:36.27 1:14.72	3300m: 41:10.32 1:17.23	4600m: 58:28.61 1:22.42			
	800m: 9:47.36 1:13.50	2100m: 25:51.18 1:14.91	3400m: 42:28.05 1:17.73	4700m: 59:51.49 1:22.88			
	900m: 11:01.03 1:13.67	2200m: 27:07.45 1:16.27	3500m: 43:46.04 1:17.99	4800m: 1:01:13.99 1:22.50			
	1000m: 12:15.22 1:14.19	2300m: 28:23.21 1:15.76	3600m: 45:04.90 1:18.86	4900m: 1:02:35.95 1:21.96			
	1100m: 13:28.94 1:13.72	2400m: 29:39.18 1:15.97	3700m: 46:24.58 1:19.68	5000m: 1:03:54.94 1:18.99			
	1200m: 14:42.74 1:13.80	2500m: 30:55.99 1:16.81	3800m: 47:43.66 1:19.08				
	1300m: 15:56.50 1:13.76	2600m: 32:12.11 1:16.12	3900m: 49:03.43 1:19.77				
14.	MARQUES Jose Miguel	06	Condeixa Clube	1:05:39.06		400	
	100m: 1:10.88 1:10.88	1400m: 17:29.36 1:18.11	2700m: 34:34.07 1:18.56	4000m: 52:06.05 1:22.56			
	200m: 2:24.01 1:13.13	1500m: 18:46.77 1:17.41	2800m: 35:54.46 1:20.39	4100m: 53:28.88 1:22.83			
	300m: 3:37.63 1:13.62	1600m: 20:04.94 1:18.17	2900m: 37:14.64 1:20.18	4200m: 54:51.70 1:22.82			
	400m: 4:51.90 1:14.27	1700m: 21:24.21 1:19.27	3000m: 38:34.74 1:20.10	4300m: 56:11.28 1:19.58			
	500m: 6:06.19 1:14.29	1800m: 22:43.31 1:19.10	3100m: 39:54.50 1:19.76	4400m: 57:30.06 1:18.78			
	600m: 7:21.14 1:14.95	1900m: 24:02.35 1:19.04	3200m: 41:15.22 1:20.72	4500m: 58:50.03 1:19.97			
	700m: 8:35.42 1:14.28	2000m: 25:21.34 1:18.99	3300m: 42:35.88 1:20.66	4600m: 1:00:12.32 1:22.29			
	800m: 9:49.86 1:14.44	2100m: 26:40.40 1:19.06	3400m: 43:56.16 1:20.28	4700m: 1:01:34.89 1:22.57			
	900m: 11:04.50 1:14.64	2200m: 28:00.33 1:19.93	3500m: 45:17.18 1:21.02	4800m: 1:02:57.66 1:22.77			
	1000m: 12:19.67 1:15.17	2300m: 29:18.63 1:18.30	3600m: 46:38.08 1:20.90	4900m: 1:04:19.44 1:21.78			
	1100m: 13:36.59 1:16.92	2400m: 30:37.35 1:18.72	3700m: 47:59.68 1:21.60	5000m: 1:05:39.06 1:19.62			
	1200m: 14:53.94 1:17.35	2500m: 31:55.85 1:18.50	3800m: 49:21.19 1:21.51				
	1300m: 16:11.25 1:17.31	2600m: 33:15.51 1:19.66	3900m: 50:43.49 1:22.30				

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PARCEIROS INSTITUCIONAIS



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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



RUMO A PARIS 2024



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

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MARTINS Antonio Pedro	05	CPFZ - Natacao	1:10:23.94		324	
	100m: 1:18.03 1:18.03	1400m: 19:01.63 1:22.77	2700m: 37:12.23 1:24.96	4000m: 55:56.24 1:26.43			
	200m: 2:39.38 1:21.35	1500m: 20:24.55 1:22.92	2800m: 38:37.37 1:25.14	4100m: 57:24.48 1:28.24			
	300m: 4:00.96 1:21.58	1600m: 21:48.61 1:24.06	2900m: 40:03.35 1:25.98	4200m: 58:51.74 1:27.26			
	400m: 5:22.09 1:21.13	1700m: 23:11.27 1:22.66	3000m: 41:29.92 1:26.57	4300m: 1:00:19.66 1:27.92			
	500m: 6:43.72 1:21.63	1800m: 24:33.92 1:22.65	3100m: 42:56.02 1:26.10	4400m: 1:01:47.37 1:27.71			
	600m: 8:05.08 1:21.36	1900m: 25:56.99 1:23.07	3200m: 44:21.66 1:25.64	4500m: 1:03:15.02 1:27.65			
	700m: 9:27.30 1:22.22	2000m: 27:20.29 1:23.30	3300m: 45:48.62 1:26.96	4600m: 1:04:42.23 1:27.21			
	800m: 10:48.46 1:21.16	2100m: 28:44.77 1:24.48	3400m: 47:14.46 1:25.84	4700m: 1:06:08.78 1:26.55			
	900m: 12:10.46 1:22.00	2200m: 30:08.56 1:23.79	3500m: 48:40.69 1:26.23	4800m: 1:07:34.85 1:26.07			
	1000m: 13:32.72 1:22.26	2300m: 31:33.43 1:24.87	3600m: 50:07.12 1:26.43	4900m: 1:09:00.99 1:26.14			
	1100m: 14:55.23 1:22.51	2400m: 32:57.79 1:24.36	3700m: 51:33.66 1:26.54	5000m: 1:10:23.94 1:22.95			
	1200m: 16:17.27 1:22.04	2500m: 34:22.06 1:24.27	3800m: 53:02.17 1:28.51				
	1300m: 17:38.86 1:21.59	2600m: 35:47.27 1:25.21	3900m: 54:29.81 1:27.64				
16.	ALMEIDA Antonio Botelho	04	Agua de Pau	1:12:40.17		295	
	100m: 1:14.52 1:14.52	1400m: 19:29.64 1:26.91	2700m: 38:34.61 1:28.24	4000m: 58:01.82 1:30.04			
	200m: 2:35.17 1:20.65	1500m: 20:56.21 1:26.57	2800m: 40:02.92 1:28.31	4100m: 59:31.58 1:29.76			
	300m: 3:56.89 1:21.72	1600m: 22:23.36 1:27.15	2900m: 41:33.08 1:30.16	4200m: 1:01:00.99 1:29.41			
	400m: 5:20.12 1:23.23	1700m: 23:49.87 1:26.51	3000m: 43:03.02 1:29.94	4300m: 1:02:29.94 1:28.95			
	500m: 6:43.67 1:23.55	1800m: 25:18.22 1:28.35	3100m: 44:31.41 1:28.39	4400m: 1:03:58.89 1:28.95			
	600m: 8:07.23 1:23.56	1900m: 26:46.71 1:28.49	3200m: 46:00.84 1:29.43	4500m: 1:05:27.82 1:28.93			
	700m: 9:31.20 1:23.97	2000m: 28:14.10 1:27.39	3300m: 47:30.32 1:29.48	4600m: 1:06:55.72 1:27.90			
	800m: 10:55.26 1:24.06	2100m: 29:43.07 1:28.97	3400m: 49:01.00 1:30.68	4700m: 1:08:24.20 1:28.48			
	900m: 12:19.49 1:24.23	2200m: 31:11.96 1:28.89	3500m: 50:31.21 1:30.21	4800m: 1:09:51.09 1:26.89			
	1000m: 13:44.97 1:25.48	2300m: 32:41.25 1:29.29	3600m: 52:02.39 1:31.18	4900m: 1:11:16.85 1:25.76			
	1100m: 15:10.90 1:25.93	2400m: 34:10.91 1:29.66	3700m: 53:32.12 1:29.73	5000m: 1:12:40.17 1:23.32			
	1200m: 16:37.24 1:26.34	2500m: 35:39.61 1:28.70	3800m: 55:02.06 1:29.94				
	1300m: 18:02.73 1:25.49	2600m: 37:06.37 1:26.76	3900m: 56:31.78 1:29.72				
17.	MEDEIROS Tomas Araujo	06	Agua de Pau	1:15:54.80		259	
	100m: 1:18.60 1:18.60	1400m: 20:34.46 1:31.41	2700m: 40:29.28 1:32.93	4000m: 1:00:36.36 1:33.38			
	200m: 2:43.52 1:24.92	1500m: 22:05.76 1:31.30	2800m: 42:03.11 1:33.83	4100m: 1:02:11.23 1:34.87			
	300m: 4:10.19 1:26.67	1600m: 23:37.39 1:31.63	2900m: 43:37.02 1:33.91	4200m: 1:03:44.61 1:33.38			
	400m: 5:37.26 1:27.07	1700m: 25:08.62 1:31.23	3000m: 45:10.67 1:33.65	4300m: 1:05:17.95 1:33.34			
	500m: 7:04.96 1:27.70	1800m: 26:39.92 1:31.30	3100m: 46:41.60 1:30.93	4400m: 1:06:51.09 1:33.14			
	600m: 8:32.81 1:27.85	1900m: 28:11.18 1:31.26	3200m: 48:13.48 1:31.88	4500m: 1:08:23.18 1:32.09			
	700m: 10:02.11 1:29.30	2000m: 29:43.29 1:32.11	3300m: 49:44.96 1:31.48	4600m: 1:09:54.84 1:31.66			
	800m: 11:31.06 1:28.95	2100m: 31:14.99 1:31.70	3400m: 51:16.77 1:31.81	4700m: 1:11:26.67 1:31.83			
	900m: 13:00.91 1:29.85	2200m: 32:46.95 1:31.96	3500m: 52:49.21 1:32.44	4800m: 1:12:58.61 1:31.94			
	1000m: 14:30.28 1:29.37	2300m: 34:18.72 1:31.77	3600m: 54:21.60 1:32.39	4900m: 1:14:27.55 1:28.94			
	1100m: 16:01.60 1:31.32	2400m: 35:50.97 1:32.25	3700m: 55:54.16 1:32.56	5000m: 1:15:54.80 1:27.25			
	1200m: 17:32.55 1:30.95	2500m: 37:24.06 1:33.09	3800m: 57:29.11 1:34.95				
	1300m: 19:03.05 1:30.50	2600m: 38:56.35 1:32.29	3900m: 59:02.98 1:33.87				
18.	BENTO Joao Silva	05	Agua de Pau	1:17:34.27		242	
	100m: 1:15.55 1:15.55	1300m: 19:21.97 1:32.08	2500m: 38:04.65 1:35.10	3700m: 57:09.00 1:34.06			
	200m: 2:42.44 1:26.89	1400m: 20:53.22 1:31.25	2600m: 39:41.80 1:37.15	3800m: 58:42.97 1:33.97			
	300m: 4:12.01 1:29.57	1500m: 22:23.28 1:30.06	2700m: 41:16.02 1:34.22	3900m: 1:00:16.95 1:33.98			
	400m: 5:42.34 1:30.33	1600m: 23:55.32 1:32.04	2800m: 42:51.88 1:35.86	4000m: 1:01:53.40 1:36.45			
	500m: 7:12.08 1:29.74	1700m: 25:27.95 1:32.63	2900m: 44:28.38 1:36.50	4100m: 1:03:28.94 1:35.54			
	600m: 8:43.62 1:31.54	1800m: 27:01.39 1:33.44	3000m: 46:00.14 1:31.76	4200m: 1:05:03.71 1:34.77			
	700m: 10:14.54 1:30.92	1900m: 28:34.94 1:33.55	3100m: 47:37.50 1:37.36	4300m: 1:06:38.36 1:34.65			
	800m: 11:46.09 1:31.55	2000m: 30:08.60 1:33.66	3200m: 49:13.56 1:36.06	4400m: 1:08:13.51 1:35.15			
	900m: 13:16.94 1:30.85	2100m: 31:42.50 1:33.90	3300m: 50:49.87 1:36.31	4500m: 1:09:47.66 1:34.15			
	1000m: 14:47.64 1:30.70	2200m: 33:17.69 1:35.19	3400m: 52:23.99 1:34.12	4600m: 1:11:23.73 1:36.07			
	1100m: 16:18.35 1:30.71	2300m: 34:54.10 1:36.41	3500m: 54:00.81 1:36.82	4700m: 1:12:57.86 1:34.13			
	1200m: 17:49.89 1:31.54	2400m: 36:29.55 1:35.45	3600m: 55:34.94 1:34.13	4800m: 1:14:32.20 1:34.34			

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ASSOCIAÇÃO DE NATACÃO DE COIMBRA



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RUMO A PARIS 2024

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



Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:16:03.91 1:31.71	5000m1:17:34.27	1:30.36				
DNS	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense				
DNS	MARQUES Gustavo Pires	04	Uniao Coimbra				

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CÂMARA MUNICIPAL
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PROZIS

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