

Torneio de Fundo Masters  
Póvoa de Varzim, 26-2-2022



Prova 2 Masc., 1500m Livres Master Esc A  
26-02-2022 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>OLIVEIRA Rui Goncalves</b>	93	Natacao da Maia	<b>19:44.76</b>		581	30,00
	100m: 1:13.17 1:13.17	500m: 6:24.62 1:20.35	900m: 11:47.03 1:19.80	1300m: 17:09.01 1:20.28			
	200m: 2:30.55 1:17.38	600m: 7:46.08 1:21.46	1000m: 13:08.38 1:21.35	1400m: 18:29.02 1:20.01			
	300m: 3:47.04 1:16.49	700m: 9:06.67 1:20.59	1100m: 14:28.75 1:20.37	1500m: 19:44.76 1:15.74			
	400m: 5:04.27 1:17.23	800m: 10:27.23 1:20.56	1200m: 15:48.73 1:19.98				
2.	<b>SOARES Guilherme Araujo</b>	93	Feirense	<b>21:28.00</b>		452	26,00
	100m: 1:18.47 1:18.47	500m: 6:49.77 1:23.99	900m: 12:34.05 1:27.72	1300m: 18:31.97 1:29.65			
	200m: 2:39.88 1:21.41	600m: 8:14.23 1:24.46	1000m: 14:02.18 1:28.13	1400m: 20:02.00 1:30.03			
	300m: 4:02.46 1:22.58	700m: 9:39.69 1:25.46	1100m: 15:32.22 1:30.04	1500m: 21:28.00 1:26.00			
	400m: 5:25.78 1:23.32	800m: 11:06.33 1:26.64	1200m: 17:02.32 1:30.10				
3.	<b>FONSECA Jose Diogo</b>	97	Penafiel	<b>22:03.55</b>		416	22,00
	100m: 1:22.06 1:22.06	500m: 7:17.60 1:30.07	900m: 13:14.37 1:29.06	1300m: 19:11.60 1:27.13			
	200m: 2:49.37 1:27.31	600m: 8:47.23 1:29.63	1000m: 14:43.40 1:29.03	1400m: 20:40.05 1:28.45			
	300m: 4:18.23 1:28.86	700m: 10:16.24 1:29.01	1100m: 16:13.23 1:29.83	1500m: 22:03.55 1:23.50			
	400m: 5:47.53 1:29.30	800m: 11:45.31 1:29.07	1200m: 17:44.47 1:31.24				
4.	<b>BAPTISTA Filipe Jose</b>	94	Feirense	<b>22:24.54</b>		397	20,00
	100m: 1:17.28 1:17.28	500m: 7:13.06 1:30.49	900m: 13:16.73 1:30.98	1300m: 19:20.72 1:31.00			
	200m: 2:43.65 1:26.37	600m: 8:43.64 1:30.58	1000m: 14:47.69 1:30.96	1400m: 20:52.91 1:32.19			
	300m: 4:12.52 1:28.87	700m: 10:14.62 1:30.98	1100m: 16:18.54 1:30.85	1500m: 22:24.54 1:31.63			
	400m: 5:42.57 1:30.05	800m: 11:45.75 1:31.13	1200m: 17:49.72 1:31.18				
5.	<b>MOREIRA Fernando Santos</b>	94	Leixoes	<b>22:37.35</b>		386	19,00
	100m: 1:24.11 1:24.11	500m: 7:22.27 1:31.21	900m: 13:27.53 1:31.55	1300m: 19:37.79 1:33.79			
	200m: 2:50.77 1:26.66	600m: 8:53.75 1:31.48	1000m: 15:00.05 1:32.52	1400m: 21:09.98 1:32.19			
	300m: 4:20.03 1:29.26	700m: 10:24.89 1:31.14	1100m: 16:30.95 1:30.90	1500m: 22:37.35 1:27.37			
	400m: 5:51.06 1:31.03	800m: 11:55.98 1:31.09	1200m: 18:04.00 1:33.05				
6.	<b>SILVA Hugo Gomes</b>	94	Feirense	<b>23:05.99</b>		362	18,00
	100m: 1:21.65 1:21.65	500m: 7:25.10 1:32.59	900m: 13:38.14 1:33.45	1300m: 19:57.23 1:36.35			
	200m: 2:50.25 1:28.60	600m: 8:56.84 1:31.74	1000m: 15:11.62 1:33.48	1400m: 21:30.98 1:33.75			
	300m: 4:21.83 1:31.58	700m: 10:30.55 1:33.71	1100m: 16:46.71 1:35.09	1500m: 23:05.99 1:35.01			
	400m: 5:52.51 1:30.68	800m: 12:04.69 1:34.14	1200m: 18:20.88 1:34.17				
7.	<b>CAPITAO Joao Paulo</b>	96	Feirense	<b>23:24.36</b>		348	17,00
	100m: 1:22.70 1:22.70	500m: 7:29.63 1:33.85	900m: 13:46.94 1:36.07	1300m: 20:09.33 1:37.37			
	200m: 2:51.24 1:28.54	600m: 9:03.68 1:34.05	1000m: 15:21.28 1:34.34	1400m: 21:42.62 1:33.29			
	300m: 4:22.87 1:31.63	700m: 10:37.48 1:33.80	1100m: 16:56.15 1:34.87	1500m: 23:24.36 1:41.74			
	400m: 5:55.78 1:32.91	800m: 12:10.87 1:33.39	1200m: 18:31.96 1:35.81				
8.	<b>SILVA Pedro Niz</b>	97	Penafiel	<b>23:53.97</b>		327	16,00
	100m: 1:25.18 1:25.18	500m: 7:43.08 1:36.35	900m: 14:15.32 1:39.70	1300m: 20:48.71 1:38.87			
	200m: 2:56.77 1:31.59	600m: 9:20.46 1:37.38	1000m: 15:53.23 1:37.91	1400m: 22:26.79 1:38.08			
	300m: 4:30.44 1:33.67	700m: 10:57.62 1:37.16	1100m: 17:31.96 1:38.73	1500m: 23:53.97 1:27.18			
	400m: 6:06.73 1:36.29	800m: 12:35.62 1:38.00	1200m: 19:09.84 1:37.88				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DNS	SILVA Francisco Nunes	95	UD Oliveirense				-

Prova 2  
26-02-2022

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 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	RIBEIRO Hugo Alberto	88	Leixoes	<b>17:18.34</b>		708	30,00
	100m: 1:05.45 1:05.45	500m: 5:43.77 1:09.61	900m: 10:22.72	1:09.86	1300m: 15:04.16	1:10.57	
	200m: 2:14.14 1:08.69	600m: 6:53.23 1:09.46	1000m: 11:32.75	1:10.03	1400m: 16:13.51	1:09.35	
	300m: 3:23.85 1:09.71	700m: 8:03.03 1:09.80	1100m: 12:43.24	1:10.49	1500m: 17:18.34	1:04.83	
	400m: 4:34.16 1:10.31	800m: 9:12.86 1:09.83	1200m: 13:53.59	1:10.35			
2.	SILVA Luis Filipe	88	Leixoes	<b>19:55.21</b>		464	26,00
	100m: 1:15.13 1:15.13	500m: 6:33.00 1:20.02	900m: 11:54.88	1:20.04	1300m: 17:22.45	1:22.10	
	200m: 2:34.26 1:19.13	600m: 7:53.17 1:20.17	1000m: 13:16.66	1:21.78	1400m: 18:41.55	1:19.10	
	300m: 3:52.76 1:18.50	700m: 9:13.87 1:20.70	1100m: 14:37.95	1:21.29	1500m: 19:55.21	1:13.66	
	400m: 5:12.98 1:20.22	800m: 10:34.84 1:20.97	1200m: 16:00.35	1:22.40			
3.	CAMPOS Tiago Dourado	88	Vilacondense	<b>21:19.28</b>		379	22,00
	100m: 1:16.47 1:16.47	500m: 6:52.23 1:25.51	900m: 12:40.60	1:27.94	1300m: 18:32.23	1:28.19	
	200m: 2:38.44 1:21.97	600m: 8:18.97 1:26.74	1000m: 14:07.98	1:27.38	1400m: 19:58.07	1:25.84	
	300m: 4:02.72 1:24.28	700m: 9:45.76 1:26.79	1100m: 15:35.42	1:27.44	1500m: 21:19.28	1:21.21	
	400m: 5:26.72 1:24.00	800m: 11:12.66 1:26.90	1200m: 17:04.04	1:28.62			
4.	MADUREIRA Fabio Andre	90	Penafiel	<b>22:32.87</b>		320	20,00
	100m: 1:20.86 1:20.86	500m: 7:18.66 1:30.55	900m: 13:24.85	1:32.64	1300m: 19:31.04	1:29.52	
	200m: 2:49.83 1:28.97	600m: 8:49.77 1:31.11	1000m: 14:57.60	1:32.75	1400m: 21:04.65	1:33.61	
	300m: 4:18.72 1:28.89	700m: 10:22.23 1:32.46	1100m: 16:30.80	1:33.20	1500m: 22:32.87	1:28.22	
	400m: 5:48.11 1:29.39	800m: 11:52.21 1:29.98	1200m: 18:01.52	1:30.72			
5.	MATOS Luis Miguel	92	Vitoria Guimaraes	<b>22:58.20</b>		303	19,00
	100m: 1:24.14 1:24.14	500m: 7:29.73 1:33.25	900m: 13:40.02	1:32.45	1300m: 19:51.89	1:32.47	
	200m: 2:53.06 1:28.92	600m: 9:02.05 1:32.32	1000m: 15:13.66	1:33.64	1400m: 21:19.37	1:27.48	
	300m: 4:24.69 1:31.63	700m: 10:34.42 1:32.37	1100m: 16:46.68	1:33.02	1500m: 22:58.20	1:38.83	
	400m: 5:56.48 1:31.79	800m: 12:07.57 1:33.15	1200m: 18:19.42	1:32.74			
6.	RIBEIRO Luis Manuel	91	Foca Quinta da Lixa CNF	<b>23:23.07</b>		287	18,00
	100m: 1:28.51 1:28.51	500m: 7:50.80 1:35.36	900m: 14:06.93	1:33.70	1300m: 20:24.56	1:34.37	
	200m: 3:03.20 1:34.69	600m: 9:25.80 1:35.00	1000m: 15:41.11	1:34.18	1400m: 21:56.62	1:32.06	
	300m: 4:39.82 1:36.62	700m: 11:00.05 1:34.25	1100m: 17:15.94	1:34.83	1500m: 23:23.07	1:26.45	
	400m: 6:15.44 1:35.62	800m: 12:33.23 1:33.18	1200m: 18:50.19	1:34.25			
7.	RIBEIRO Jorge Ricardo	88	Leixoes	<b>24:26.26</b>		251	17,00
	100m: 1:27.91 1:27.91	500m: 7:54.29 1:39.12	900m: 14:30.36	1:39.70	1300m: 21:11.62	1:40.58	
	200m: 3:00.89 1:32.98	600m: 9:33.87 1:39.58	1000m: 16:11.06	1:40.70	1400m: 22:50.89	1:39.27	
	300m: 4:37.56 1:36.67	700m: 11:12.80 1:38.93	1100m: 17:51.18	1:40.12	1500m: 24:26.26	1:35.37	
	400m: 6:15.17 1:37.61	800m: 12:50.66 1:37.86	1200m: 19:31.04	1:39.86			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	FIGUEIREDO Luis Rosario	89	Ginasio Santo Tirso	<b>24:40.86</b>		244	16,00
	100m: 1:26.28 1:26.28		500m: 7:46.34 1:38.46	900m: 14:27.39	1:42.09	1300m: 21:22.65	1:44.27
	200m: 2:57.12 1:30.84		600m: 9:24.77 1:38.43	1000m: 16:09.81	1:42.42	1400m: 23:05.26	1:42.61
	300m: 4:31.15 1:34.03		700m: 11:04.11 1:39.34	1100m: 17:53.49	1:43.68	1500m: 24:40.86	1:35.60
	400m: 6:07.88 1:36.73		800m: 12:45.30 1:41.19	1200m: 19:38.38	1:44.89		
DSQ	QUINTA Daniel Ribeiro	88	Leixoes				-
	<i>403 - Falsa partida - SW 4.4</i>						

Prova 2 Masc., 1500m Livres Master Esc C  
26-02-2022 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	PACHECO Andre Filipe	85	Litoral Alentejano	<b>20:15.86</b>		604	30,00
	100m: 1:18.17 1:18.17		500m: 6:36.48 1:20.01	900m: 12:03.49	1:22.08	1300m: 17:33.64	1:22.55
	200m: 2:36.34 1:18.17		600m: 7:57.50 1:21.02	1000m: 13:26.29	1:22.80	1400m: 18:55.17	1:21.53
	300m: 3:55.86 1:19.52		700m: 9:20.25 1:22.75	1100m: 14:49.07	1:22.78	1500m: 20:15.86	1:20.69
	400m: 5:16.47 1:20.61		800m: 10:41.41 1:21.16	1200m: 16:11.09	1:22.02		
2.	COSTA Jaime Fernando	86	Litoral Alentejano	<b>20:58.02</b>		546	26,00
	100m: 1:17.08 1:17.08		500m: 6:44.94 1:23.96	900m: 12:28.51	1:25.97	1300m: 18:09.61	1:26.25
	200m: 2:37.05 1:19.97		600m: 8:10.41 1:25.47	1000m: 13:53.59	1:25.08	1400m: 19:33.91	1:24.30
	300m: 3:58.81 1:21.76		700m: 9:36.02 1:25.61	1100m: 15:18.69	1:25.10	1500m: 20:58.02	1:24.11
	400m: 5:20.98 1:22.17		800m: 11:02.54 1:26.52	1200m: 16:43.36	1:24.67		
3.	REGO Ricardo Amorim	84	Leixoes	<b>21:12.99</b>		526	22,00
	100m: 1:15.69 1:15.69		500m: 6:54.88 1:26.93	900m: 12:38.67	1:24.73	1300m: 18:18.78	1:25.32
	200m: 2:37.36 1:21.67		600m: 8:22.62 1:27.74	1000m: 14:03.46	1:24.79	1400m: 19:45.05	1:26.27
	300m: 4:01.12 1:23.76		700m: 9:48.78 1:26.16	1100m: 15:28.29	1:24.83	1500m: 21:12.99	1:27.94
	400m: 5:27.95 1:26.83		800m: 11:13.94 1:25.16	1200m: 16:53.46	1:25.17		
4.	PIMENTEL Pedro Filipe	84	Foca Quinta da Lixa CNF	<b>21:46.85</b>		487	20,00
	100m: 1:20.76 1:20.76		500m: 7:03.72 1:26.06	900m: 12:54.04	1:28.86	1300m: 18:47.57	1:28.91
	200m: 2:45.25 1:24.49		600m: 8:30.40 1:26.68	1000m: 14:21.81	1:27.77	1400m: 20:17.17	1:29.60
	300m: 4:12.02 1:26.77		700m: 9:57.54 1:27.14	1100m: 15:50.25	1:28.44	1500m: 21:46.85	1:29.68
	400m: 5:37.66 1:25.64		800m: 11:25.18 1:27.64	1200m: 17:18.66	1:28.41		
5.	RIBEIRO Carlos Manuel	85	Academica de Coimbra	<b>22:36.13</b>		435	19,00
	100m: 1:27.31 1:27.31		500m: 7:29.72 1:31.77	900m: 13:35.61	1:31.29	1300m: 19:40.08	1:31.80
	200m: 2:57.10 1:29.79		600m: 9:00.62 1:30.90	1000m: 15:06.31	1:30.70	1400m: 21:11.90	1:31.82
	300m: 4:26.90 1:29.80		700m: 10:32.46 1:31.84	1100m: 16:36.63	1:30.32	1500m: 22:36.13	1:24.23
	400m: 5:57.95 1:31.05		800m: 12:04.32 1:31.86	1200m: 18:08.28	1:31.65		
6.	NEVES Luis Miguel	85	Vilacondense	<b>22:42.69</b>		429	18,00
	100m: 1:27.39 1:27.39		500m: 7:21.65 1:30.54	900m: 13:32.10	1:33.00	1300m: 19:42.17	1:32.74
	200m: 2:55.63 1:28.24		600m: 8:53.43 1:31.78	1000m: 15:05.03	1:32.93	1400m: 21:14.62	1:32.45
	300m: 4:23.01 1:27.38		700m: 10:25.84 1:32.41	1100m: 16:37.67	1:32.64	1500m: 22:42.69	1:28.07
	400m: 5:51.11 1:28.10		800m: 11:59.10 1:33.26	1200m: 18:09.43	1:31.76		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	SANTOS Miguel Baceira	84	Amadora	<b>24:25.78</b>		345	17,00
	100m: 1:27.17 1:27.17	500m: 7:46.09 1:39.17	900m: 14:26.55	1:40.19	1300m: 21:09.86	1:40.83	
	200m: 2:57.71 1:30.54	600m: 9:26.33 1:40.24	1000m: 16:06.91	1:40.36	1400m: 22:48.36	1:38.50	
	300m: 4:31.45 1:33.74	700m: 11:06.87 1:40.54	1100m: 17:48.15	1:41.24	1500m: 24:25.78	1:37.42	
	400m: 6:06.92 1:35.47	800m: 12:46.36 1:39.49	1200m: 19:29.03	1:40.88			
8.	GAVINHO Nuno Miguel	84	Vila DEste/Gaia	<b>24:50.19</b>		328	16,00
	100m: 1:28.07 1:28.07	500m: 8:00.41 1:39.68	900m: 14:44.13	1:40.95	1300m: 21:32.68	1:43.13	
	200m: 3:04.83 1:36.76	600m: 9:40.37 1:39.96	1000m: 16:26.52	1:42.39	1400m: 23:15.89	1:43.21	
	300m: 4:42.24 1:37.41	700m: 11:21.99 1:41.62	1100m: 18:07.34	1:40.82	1500m: 24:50.19	1:34.30	
	400m: 6:20.73 1:38.49	800m: 13:03.18 1:41.19	1200m: 19:49.55	1:42.21			
9.	FERREIRA Manuel Filipe	87	Porto	<b>24:51.98</b>		327	14,00
	100m: 1:35.05 1:35.05	500m: 8:13.54 1:40.76	900m: 14:57.25	1:40.65	1300m: 21:37.82	1:38.81	
	200m: 3:12.70 1:37.65	600m: 9:54.78 1:41.24	1000m: 16:39.43	1:42.18	1400m: 23:15.71	1:37.89	
	300m: 4:51.63 1:38.93	700m: 11:35.56 1:40.78	1100m: 18:20.40	1:40.97	1500m: 24:51.98	1:36.27	
	400m: 6:32.78 1:41.15	800m: 13:16.60 1:41.04	1200m: 19:59.01	1:38.61			
10.	ROCHA Helder Tomas	86	Penafiel	<b>27:59.93</b>		229	12,00
	100m: 1:38.34 1:38.34	500m: 9:04.72 1:53.58	900m: 16:40.56	1:56.09	1300m: 24:19.68	1:55.15	
	200m: 3:21.39 1:43.05	600m: 10:59.18 1:54.46	1000m: 18:34.27	1:53.71	1400m: 26:13.28	1:53.60	
	300m: 5:17.21 1:55.82	700m: 12:53.35 1:54.17	1100m: 20:29.71	1:55.44	1500m: 27:59.93	1:46.65	
	400m: 7:11.14 1:53.93	800m: 14:44.47 1:51.12	1200m: 22:24.53	1:54.82			
11.	MOREIRA Paulo Ricardo	83	Penafiel	<b>32:18.04</b>		149	11,00
	100m: 1:49.82 1:49.82	500m: 10:21.14 2:11.24	900m: 19:04.67	2:10.45	1300m: 27:57.39	2:10.32	
	200m: 3:53.95 2:04.13	600m: 12:30.96 2:09.82	1000m: 21:17.00	2:12.33	1400m: 30:12.01	2:14.62	
	300m: 6:01.35 2:07.40	700m: 14:42.22 2:11.26	1100m: 23:33.13	2:16.13	1500m: 32:18.04	2:06.03	
	400m: 8:09.90 2:08.55	800m: 16:54.22 2:12.00	1200m: 25:47.07	2:13.94			
DSQ	COSTA Joao Martires 403 - Falsa partida - SW 4.4	85	Porto				-
DNS	FERREIRA Gilberto Luis	85	Braga				-
DNS	SOARES Jaime Antonio	87	Penafiel				-

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 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	GORGULHO David Oliveira	82	Litoral Alentejano	<b>19:32.29</b>		631	30,00
	100m: 1:11.82 1:11.82	500m: 6:19.07 1:18.32	900m: 11:36.88	1:20.46	1300m: 16:59.09	1:20.88	
	200m: 2:27.14 1:15.32	600m: 7:37.78 1:18.71	1000m: 12:57.17	1:20.29	1400m: 18:19.36	1:20.27	
	300m: 3:43.59 1:16.45	700m: 8:56.87 1:19.09	1100m: 14:17.82	1:20.65	1500m: 19:32.29	1:12.93	
	400m: 5:00.75 1:17.16	800m: 10:16.42 1:19.55	1200m: 15:38.21	1:20.39			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
2.	<b>SANTOS Patrick</b>	79	<b>Sporting</b>	<b>20:00.23</b>		<b>588</b>	<b>26,00</b>
	100m: 1:15.59 1:15.59	500m: 6:34.31 1:20.47	900m: 11:56.07	1:20.19	1300m: 17:20.05	1:21.34	
	200m: 2:34.00 1:18.41	600m: 7:54.83 1:20.52	1000m: 13:16.61	1:20.54	1400m: 18:41.28	1:21.23	
	300m: 3:53.47 1:19.47	700m: 9:15.44 1:20.61	1100m: 14:38.24	1:21.63	1500m: 20:00.23	1:18.95	
	400m: 5:13.84 1:20.37	800m: 10:35.88 1:20.44	1200m: 15:58.71	1:20.47			
3.	<b>COURAS Ivan Mauricio</b>	81	<b>Fluvial Portuense</b>	<b>20:09.57</b>		<b>574</b>	<b>22,00</b>
	100m: 1:17.94 1:17.94	500m: 6:41.05 1:21.43	900m: 12:08.05	1:21.94	1300m: 17:34.71	1:21.60	
	200m: 2:38.19 1:20.25	600m: 8:03.02 1:21.97	1000m: 13:29.88	1:21.83	1400m: 18:55.48	1:20.77	
	300m: 3:58.88 1:20.69	700m: 9:24.51 1:21.49	1100m: 14:51.33	1:21.45	1500m: 20:09.57	1:14.09	
	400m: 5:19.62 1:20.74	800m: 10:46.11 1:21.60	1200m: 16:13.11	1:21.78			
4.	<b>MAIA Bruno Santos</b>	81	<b>Vilacondense</b>	<b>21:03.11</b>		<b>504</b>	<b>20,00</b>
	100m: 1:23.78 1:23.78	500m: 6:58.73 1:24.33	900m: 12:37.24	1:24.53	1300m: 18:15.48	1:25.16	
	200m: 2:47.11 1:23.33	600m: 8:23.55 1:24.82	1000m: 14:01.44	1:24.20	1400m: 19:41.42	1:25.94	
	300m: 4:10.58 1:23.47	700m: 9:48.31 1:24.76	1100m: 15:25.77	1:24.33	1500m: 21:03.11	1:21.69	
	400m: 5:34.40 1:23.82	800m: 11:12.71 1:24.40	1200m: 16:50.32	1:24.55			
5.	<b>NEVES Jose Pedro</b>	81	<b>Fluvial Portuense</b>	<b>21:21.77</b>		<b>482</b>	<b>19,00</b>
	100m: 1:18.31 1:18.31	500m: 6:53.44 1:26.09	900m: 12:39.46	1:27.02	1300m: 18:29.90	1:27.39	
	200m: 2:39.23 1:20.92	600m: 8:20.21 1:26.77	1000m: 14:06.93	1:27.47	1400m: 19:56.98	1:27.08	
	300m: 4:02.18 1:22.95	700m: 9:46.50 1:26.29	1100m: 15:34.79	1:27.86	1500m: 21:21.77	1:24.79	
	400m: 5:27.35 1:25.17	800m: 11:12.44 1:25.94	1200m: 17:02.51	1:27.72			
6.	<b>PEREIRA Mario Nuno</b>	81	<b>Foca Quinta da Lixa CNF</b>	<b>23:54.11</b>		<b>344</b>	<b>18,00</b>
	100m: 1:29.76 1:29.76	500m: 7:52.17 1:37.19	900m: 14:16.43	1:36.72	1300m: 20:46.48	1:36.48	
	200m: 3:04.31 1:34.55	600m: 9:28.83 1:36.66	1000m: 15:53.86	1:37.43	1400m: 22:24.75	1:38.27	
	300m: 4:40.10 1:35.79	700m: 11:04.20 1:35.37	1100m: 17:33.42	1:39.56	1500m: 23:54.11	1:29.36	
	400m: 6:14.98 1:34.88	800m: 12:39.71 1:35.51	1200m: 19:10.00	1:36.58			
7.	<b>PIRES Miguel Pinheiro</b>	78	<b>Fluvial Portuense</b>	<b>24:42.76</b>		<b>311</b>	<b>17,00</b>
	100m: 1:32.01 1:32.01	500m: 8:02.77 1:39.99	900m: 14:41.94	1:41.04	1300m: 21:25.03	1:40.43	
	200m: 3:06.79 1:34.78	600m: 9:42.15 1:39.38	1000m: 16:22.79	1:40.85	1400m: 23:04.03	1:39.00	
	300m: 4:43.97 1:37.18	700m: 11:21.17 1:39.02	1100m: 18:03.54	1:40.75	1500m: 24:42.76	1:38.73	
	400m: 6:22.78 1:38.81	800m: 13:00.90 1:39.73	1200m: 19:44.60	1:41.06			
8.	<b>RODRIGUES Marcelo Porto</b>	82	<b>Natacao de Valongo</b>	<b>24:55.91</b>		<b>303</b>	<b>16,00</b>
	100m: 1:34.27 1:34.27	500m: 8:09.34 1:38.65	900m: 14:48.25	1:40.73	1300m: 21:36.45	1:42.52	
	200m: 3:12.66 1:38.39	600m: 9:47.76 1:38.42	1000m: 16:29.95	1:41.70	1400m: 23:18.54	1:42.09	
	300m: 4:51.49 1:38.83	700m: 11:26.93 1:39.17	1100m: 18:11.96	1:42.01	1500m: 24:55.91	1:37.37	
	400m: 6:30.69 1:39.20	800m: 13:07.52 1:40.59	1200m: 19:53.93	1:41.97			
9.	<b>NOVAIS Jose Orlando</b>	78	<b>Vitoria Guimaraes</b>	<b>27:32.84</b>		<b>225</b>	<b>14,00</b>
	100m: 1:37.47 1:37.47	500m: 8:49.74 1:50.17	900m: 16:19.75	1:53.70	1300m: 23:53.15	1:54.19	
	200m: 3:23.37 1:45.90	600m: 10:40.43 1:50.69	1000m: 18:11.90	1:52.15	1400m: 25:46.86	1:53.71	
	300m: 5:10.53 1:47.16	700m: 12:33.50 1:53.07	1100m: 20:05.38	1:53.48	1500m: 27:32.84	1:45.98	
	400m: 6:59.57 1:49.04	800m: 14:26.05 1:52.55	1200m: 21:58.96	1:53.58			
10.	<b>FERREIRA Hugo Manuel</b>	79	<b>Natacao da Maia</b>	<b>28:54.63</b>		<b>194</b>	<b>12,00</b>
	100m: 1:38.88 1:38.88	500m: 9:20.01 1:58.00	900m: 17:07.12	1:55.61	1300m: 25:01.12	1:57.48	
	200m: 3:31.63 1:52.75	600m: 11:15.28 1:55.27	1000m: 19:05.75	1:58.63	1400m: 27:02.48	2:01.36	
	300m: 5:26.16 1:54.53	700m: 13:12.41 1:57.13	1100m: 21:05.49	1:59.74	1500m: 28:54.63	1:52.15	
	400m: 7:22.01 1:55.85	800m: 15:11.51 1:59.10	1200m: 23:03.64	1:58.15			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
11.	AFONSO Nuno Silva	79	Amigos da Natacao	<b>29:25.89</b>		184	11,00
	100m: 1:40.09 1:40.09		500m: 9:29.32 2:00.26	900m: 17:31.27	2:00.21	1300m: 25:33.57	2:00.03
	200m: 3:32.47 1:52.38		600m: 11:30.48 2:01.16	1000m: 19:32.25	2:00.98	1400m: 27:34.34	2:00.77
	300m: 5:29.84 1:57.37		700m: 13:31.30 2:00.82	1100m: 21:33.50	2:01.25	1500m: 29:25.89	1:51.55
	400m: 7:29.06 1:59.22		800m: 15:31.06 1:59.76	1200m: 23:33.54	2:00.04		
12.	SOUSA Marco Celio	81	Penafiel	<b>30:31.97</b>		165	10,00
	100m: 1:34.65 1:34.65		500m: 9:31.81 2:04.92	900m: 18:01.83	2:07.65	1300m: 26:27.77	2:04.23
	200m: 3:27.81 1:53.16		600m: 11:38.63 2:06.82	1000m: 20:12.76	2:10.93	1400m: 28:32.78	2:05.01
	300m: 5:26.35 1:58.54		700m: 13:47.31 2:08.68	1100m: 22:17.45	2:04.69	1500m: 30:31.97	1:59.19
	400m: 7:26.89 2:00.54		800m: 15:54.18 2:06.87	1200m: 24:23.54	2:06.09		
DNS	PINTO Rui Manuel	79	Fluvial Portuense				-

Prova 2  
26-02-2022

Masc., 1500m Livres

Master Esc E  
Resultados

RN Esc E(45-49)	19:30.07	SOUSA Joao Pedro	CNF	Funchal	22-03-2019
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Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COSTA Rodrigo Marques	76	Litoral Alentejano	<b>20:09.28</b>		620	30,00
	100m: 1:17.60 1:17.60		500m: 6:35.89 1:20.14	900m: 12:02.93	1:22.14	1300m: 17:33.14	1:22.76
	200m: 2:35.92 1:18.32		600m: 7:57.22 1:21.33	1000m: 13:25.69	1:22.76	1400m: 18:53.95	1:20.81
	300m: 3:55.33 1:19.41		700m: 9:19.09 1:21.87	1100m: 14:48.34	1:22.65	1500m: 20:09.28	1:15.33
	400m: 5:15.75 1:20.42		800m: 10:40.79 1:21.70	1200m: 16:10.38	1:22.04		
2.	BARBOSA Celso Ruben	77	Porto	<b>20:20.21</b>		603	26,00
	100m: 1:20.39 1:20.39		500m: 6:55.58 1:22.99	900m: 12:22.73	1:21.24	1300m: 17:44.61	1:19.81
	200m: 2:45.14 1:24.75		600m: 8:18.32 1:22.74	1000m: 13:43.63	1:20.90	1400m: 19:03.70	1:19.09
	300m: 4:09.68 1:24.54		700m: 9:40.11 1:21.79	1100m: 15:04.63	1:21.00	1500m: 20:20.21	1:16.51
	400m: 5:32.59 1:22.91		800m: 11:01.49 1:21.38	1200m: 16:24.80	1:20.17		
3.	AITA Cristian	77	Porto	<b>21:24.36</b>		517	22,00
	100m: 1:24.12 1:24.12		500m: 7:10.12 1:25.59	900m: 12:53.72	1:25.80	1300m: 18:35.80	1:26.61
	200m: 2:50.95 1:26.83		600m: 8:35.64 1:25.52	1000m: 14:18.79	1:25.07	1400m: 20:02.93	1:27.13
	300m: 4:18.44 1:27.49		700m: 10:01.61 1:25.97	1100m: 15:43.51	1:24.72	1500m: 21:24.36	1:21.43
	400m: 5:44.53 1:26.09		800m: 11:27.92 1:26.31	1200m: 17:09.19	1:25.68		
4.	TOJO Jose Manuel	77	Academica de Coimbra	<b>21:51.97</b>		485	20,00
	100m: 1:22.05 1:22.05		500m: 7:12.66 1:28.98	900m: 13:08.17	1:28.36	1300m: 19:02.35	1:28.32
	200m: 2:47.87 1:25.82		600m: 8:42.48 1:29.82	1000m: 14:36.91	1:28.74	1400m: 20:29.02	1:26.67
	300m: 4:15.42 1:27.55		700m: 10:11.30 1:28.82	1100m: 16:05.45	1:28.54	1500m: 21:51.97	1:22.95
	400m: 5:43.68 1:28.26		800m: 11:39.81 1:28.51	1200m: 17:34.03	1:28.58		
5.	ROSA Artur Jorge	76	Vila DEste/Gaia	<b>22:51.11</b>		425	19,00
	100m: 1:26.81 1:26.81		500m: 7:29.57 1:30.63	900m: 13:36.08	1:32.04	1300m: 19:46.35	1:32.53
	200m: 2:56.85 1:30.04		600m: 9:00.55 1:30.98	1000m: 15:08.50	1:32.42	1400m: 21:19.15	1:32.80
	300m: 4:27.67 1:30.82		700m: 10:32.53 1:31.98	1100m: 16:40.91	1:32.41	1500m: 22:51.11	1:31.96
	400m: 5:58.94 1:31.27		800m: 12:04.04 1:31.51	1200m: 18:13.82	1:32.91		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	AITA Aleksandro	74	UD Oliveirense	<b>23:42.57</b>		381	18,00
	100m: 1:27.14 1:27.14	500m: 7:35.48 1:31.95	900m: 13:54.52 1:36.68	1300m: 20:24.32 1:37.82			
	200m: 2:58.28 1:31.14	600m: 9:08.80 1:33.32	1000m: 15:30.49 1:35.97	1400m: 22:01.67 1:37.35			
	300m: 4:30.56 1:32.28	700m: 10:42.79 1:33.99	1100m: 17:07.32 1:36.83	1500m: 23:42.57 1:40.90			
	400m: 6:03.53 1:32.97	800m: 12:17.84 1:35.05	1200m: 18:46.50 1:39.18				
7.	PACHECO Filipe Monteiro	74	Leixoes	<b>23:50.99</b>		374	17,00
	100m: 1:27.85 1:27.85	500m: 7:48.04 1:35.47	900m: 14:17.00 1:37.59	1300m: 20:43.14 1:35.93			
	200m: 3:01.19 1:33.34	600m: 9:24.38 1:36.34	1000m: 15:54.15 1:37.15	1400m: 22:18.15 1:35.01			
	300m: 4:36.38 1:35.19	700m: 11:01.64 1:37.26	1100m: 17:30.56 1:36.41	1500m: 23:50.99 1:32.84			
	400m: 6:12.57 1:36.19	800m: 12:39.41 1:37.77	1200m: 19:07.21 1:36.65				
8.	AFONSO Hugo Andre	76	Sporting	<b>23:54.72</b>		371	16,00
	100m: 1:29.58 1:29.58	500m: 7:56.93 1:36.61	900m: 14:25.44 1:37.65	1300m: 20:47.68 1:36.07			
	200m: 3:05.63 1:36.05	600m: 9:34.38 1:37.45	1000m: 16:00.98 1:35.54	1400m: 22:23.70 1:36.02			
	300m: 4:42.57 1:36.94	700m: 11:11.21 1:36.83	1100m: 17:36.14 1:35.16	1500m: 23:54.72 1:31.02			
	400m: 6:20.32 1:37.75	800m: 12:47.79 1:36.58	1200m: 19:11.61 1:35.47				
9.	MENDES Rui Alberto	75	Fluvial Portuense	<b>24:23.39</b>		350	14,00
	100m: 1:31.58 1:31.58	500m: 7:58.71 1:36.71	900m: 14:33.61 1:37.79	1300m: 21:09.20 1:38.81			
	200m: 3:07.63 1:36.05	600m: 9:36.87 1:38.16	1000m: 16:12.72 1:39.11	1400m: 22:45.78 1:36.58			
	300m: 4:44.49 1:36.86	700m: 11:15.90 1:39.03	1100m: 17:51.24 1:38.52	1500m: 24:23.39 1:37.61			
	400m: 6:22.00 1:37.51	800m: 12:55.82 1:39.92	1200m: 19:30.39 1:39.15				
10.	PIRES Filipe Pinheiro	73	Foca Quinta da Lixa CNF	<b>24:25.50</b>		348	12,00
	100m: 1:35.19 1:35.19	500m: 8:07.02 1:38.17	900m: 14:38.94 1:38.21	1300m: 21:10.88 1:38.38			
	200m: 3:12.54 1:37.35	600m: 9:45.13 1:38.11	1000m: 16:17.67 1:38.73	1400m: 22:48.71 1:37.83			
	300m: 4:50.28 1:37.74	700m: 11:23.08 1:37.95	1100m: 17:55.52 1:37.85	1500m: 24:25.50 1:36.79			
	400m: 6:28.85 1:38.57	800m: 13:00.73 1:37.65	1200m: 19:32.50 1:36.98				
11.	GOMES Joao Antonio	75	Leixoes	<b>24:37.26</b>		340	11,00
	100m: 1:27.74 1:27.74	500m: 8:02.41 1:39.65	900m: 14:45.75 1:41.11	1300m: 21:23.29 1:39.81			
	200m: 3:05.21 1:37.47	600m: 9:43.19 1:40.78	1000m: 16:25.41 1:39.66	1400m: 23:03.04 1:39.75			
	300m: 4:43.81 1:38.60	700m: 11:23.74 1:40.55	1100m: 18:04.30 1:38.89	1500m: 24:37.26 1:34.22			
	400m: 6:22.76 1:38.95	800m: 13:04.64 1:40.90	1200m: 19:43.48 1:39.18				
12.	CUNHA Tiago Filipe	76	Amigos da Natacao	<b>25:21.16</b>		311	10,00
	100m: 1:35.81 1:35.81	500m: 8:25.01 1:43.17	900m: 15:12.88 1:41.72	1300m: 22:01.52 1:42.20			
	200m: 3:16.84 1:41.03	600m: 10:07.49 1:42.48	1000m: 16:55.38 1:42.50	1400m: 23:43.60 1:42.08			
	300m: 4:59.39 1:42.55	700m: 11:49.33 1:41.84	1100m: 18:37.54 1:42.16	1500m: 25:21.16 1:37.56			
	400m: 6:41.84 1:42.45	800m: 13:31.16 1:41.83	1200m: 20:19.32 1:41.78				
13.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	<b>25:31.78</b>		305	9,00
	100m: 1:37.39 1:37.39	500m: 8:20.67 1:41.24	900m: 15:13.71 1:43.31	1300m: 22:09.22 1:45.94			
	200m: 3:16.41 1:39.02	600m: 10:03.24 1:42.57	1000m: 16:54.37 1:40.66	1400m: 23:53.37 1:44.15			
	300m: 4:56.97 1:40.56	700m: 11:46.29 1:43.05	1100m: 18:38.48 1:44.11	1500m: 25:31.78 1:38.41			
	400m: 6:39.43 1:42.46	800m: 13:30.40 1:44.11	1200m: 20:23.28 1:44.80				
14.	GONCALVES Nuno Telmo	77	Sporting	<b>25:47.40</b>		296	8,00
	100m: 1:31.81 1:31.81	500m: 8:21.55 1:43.19	900m: 15:16.47 1:44.26	1300m: 22:18.44 1:44.78			
	200m: 3:11.69 1:39.88	600m: 10:04.91 1:43.36	1000m: 17:02.03 1:45.56	1400m: 24:02.92 1:44.48			
	300m: 4:54.53 1:42.84	700m: 11:48.73 1:43.82	1100m: 18:48.40 1:46.37	1500m: 25:47.40 1:44.48			
	400m: 6:38.36 1:43.83	800m: 13:32.21 1:43.48	1200m: 20:33.66 1:45.26				



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
15.	PEREIRA Norberto Matos	75	Vitoria Guimaraes	<b>27:13.78</b>		251	7,00
	100m: 1:34.64 1:34.64		500m: 8:42.66 1:48.77	900m: 16:03.34 1:50.84	1300m: 23:30.65 1:52.58		
	200m: 3:18.32 1:43.68		600m: 10:31.54 1:48.88	1000m: 17:53.88 1:50.54	1400m: 25:23.04 1:52.39		
	300m: 5:05.53 1:47.21		700m: 12:21.36 1:49.82	1100m: 19:45.93 1:52.05	1500m: 27:13.78 1:50.74		
	400m: 6:53.89 1:48.36		800m: 14:12.50 1:51.14	1200m: 21:38.07 1:52.14			
16.	MATOS Emanuel Peixoto	74	Braga	<b>27:38.29</b>		240	6,00
	100m: 1:34.18 1:34.18		500m: 8:59.65 1:53.30	900m: 16:26.83 1:50.59	1300m: 23:53.91 1:51.39		
	200m: 3:21.96 1:47.78		600m: 10:52.37 1:52.72	1000m: 18:17.47 1:50.64	1400m: 25:45.42 1:51.51		
	300m: 5:12.20 1:50.24		700m: 12:43.97 1:51.60	1100m: 20:10.57 1:53.10	1500m: 27:38.29 1:52.87		
	400m: 7:06.35 1:54.15		800m: 14:36.24 1:52.27	1200m: 22:02.52 1:51.95			
17.	LAMEIRA Antonio Jose	73	Leixoes	<b>29:55.90</b>		189	5,00
	100m: 1:50.74 1:50.74		500m: 9:58.48 2:01.57	900m: 18:04.45 2:01.22	1300m: 26:09.18 2:01.17		
	200m: 3:50.02 1:59.28		600m: 12:00.71 2:02.23	1000m: 20:06.56 2:02.11	1400m: 28:11.33 2:02.15		
	300m: 5:53.18 2:03.16		700m: 14:02.37 2:01.66	1100m: 22:06.71 2:00.15	1500m: 29:55.90 1:44.57		
	400m: 7:56.91 2:03.73		800m: 16:03.23 2:00.86	1200m: 24:08.01 2:01.30			
18.	MATOS Jose Manuel	74	Leixoes	<b>33:58.26</b>		129	4,00
	100m: 2:11.71 2:11.71		500m: 11:17.93 2:15.18	900m: 20:18.67 2:15.53	1300m: 29:32.33 2:21.72		
	200m: 4:29.18 2:17.47		600m: 13:33.06 2:15.13	1000m: 22:34.44 2:15.77	1400m: 31:51.12 2:18.79		
	300m: 6:46.33 2:17.15		700m: 15:47.98 2:14.92	1100m: 24:50.78 2:16.34	1500m: 33:58.26 2:07.14		
	400m: 9:02.75 2:16.42		800m: 18:03.14 2:15.16	1200m: 27:10.61 2:19.83			
DSQ	SILVA Bruno Miguel	76	Academica de Coimbra				-
	<i>403 - Falsa partida - SW 4.4</i>						

Prova 2  
26-02-2022

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 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	TEJO Paulo Jorge	71	Academica de Coimbra	<b>21:52.83</b>		522	30,00
	100m: 1:22.97 1:22.97		500m: 7:09.23 1:27.39	900m: 13:02.37 1:29.21	1300m: 18:58.89 1:29.71		
	200m: 2:49.06 1:26.09		600m: 8:36.93 1:27.70	1000m: 14:31.49 1:29.12	1400m: 20:27.95 1:29.06		
	300m: 4:14.71 1:25.65		700m: 10:04.83 1:27.90	1100m: 15:59.71 1:28.22	1500m: 21:52.83 1:24.88		
	400m: 5:41.84 1:27.13		800m: 11:33.16 1:28.33	1200m: 17:29.18 1:29.47			
2.	RIBEIRO Celso Fernando	69	Porto	<b>23:11.12</b>		439	26,00
	100m: 1:30.17 1:30.17		500m: 7:47.04 1:33.83	900m: 14:00.75 1:31.91	1300m: 20:11.38 1:33.34		
	200m: 3:04.43 1:34.26		600m: 9:21.22 1:34.18	1000m: 15:33.42 1:32.67	1400m: 21:43.26 1:31.88		
	300m: 4:39.36 1:34.93		700m: 10:56.57 1:35.35	1100m: 17:05.56 1:32.14	1500m: 23:11.12 1:27.86		
	400m: 6:13.21 1:33.85		800m: 12:28.84 1:32.27	1200m: 18:38.04 1:32.48			
3.	TEJO Rui Miguel	69	Academica de Coimbra	<b>23:44.34</b>		409	22,00
	100m: 1:28.14 1:28.14		500m: 7:51.59 1:36.91	900m: 14:16.09 1:35.61	1300m: 20:37.04 1:35.51		
	200m: 3:01.68 1:33.54		600m: 9:27.77 1:36.18	1000m: 15:51.09 1:35.00	1400m: 22:12.02 1:34.98		
	300m: 4:38.00 1:36.32		700m: 11:04.10 1:36.33	1100m: 17:25.95 1:34.86	1500m: 23:44.34 1:32.32		
	400m: 6:14.68 1:36.68		800m: 12:40.48 1:36.38	1200m: 19:01.53 1:35.58			



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	BARROS Francisco Santos	72	Porto	<b>23:51.09</b>		403	20,00
	100m: 1:27.14 1:27.14	500m: 7:48.38 1:36.10	900m: 14:17.25	1:37.82	1300m: 20:43.46	1:36.06	
	200m: 3:00.72 1:33.58	600m: 9:24.73 1:36.35	1000m: 15:54.70	1:37.45	1400m: 22:19.73	1:36.27	
	300m: 4:36.09 1:35.37	700m: 11:01.92 1:37.19	1100m: 17:31.38	1:36.68	1500m: 23:51.09	1:31.36	
	400m: 6:12.28 1:36.19	800m: 12:39.43 1:37.51	1200m: 19:07.40	1:36.02			
5.	FERREIRA Miguel Jose	70	Leixoes	<b>24:08.55</b>		389	19,00
	100m: 1:32.80 1:32.80	500m: 7:52.15 1:34.13	900m: 14:17.99	1:36.88	1300m: 20:51.67	1:40.47	
	200m: 3:08.47 1:35.67	600m: 9:28.06 1:35.91	1000m: 15:55.06	1:37.07	1400m: 22:33.15	1:41.48	
	300m: 4:43.74 1:35.27	700m: 11:04.54 1:36.48	1100m: 17:32.22	1:37.16	1500m: 24:08.55	1:35.40	
	400m: 6:18.02 1:34.28	800m: 12:41.11 1:36.57	1200m: 19:11.20	1:38.98			
6.	MOREIRA Flavio Martins	70	Academica de Coimbra	<b>24:15.31</b>		383	18,00
	100m: 1:29.24 1:29.24	500m: 7:53.28 1:38.04	900m: 14:25.81	1:38.68	1300m: 21:02.36	1:39.29	
	200m: 3:02.66 1:33.42	600m: 9:30.28 1:37.00	1000m: 16:04.52	1:38.71	1400m: 22:41.27	1:38.91	
	300m: 4:38.33 1:35.67	700m: 11:08.42 1:38.14	1100m: 17:43.40	1:38.88	1500m: 24:15.31	1:34.04	
	400m: 6:15.24 1:36.91	800m: 12:47.13 1:38.71	1200m: 19:23.07	1:39.67			
7.	CARDOSO Vitor Manuel	72	Natacao de Valongo	<b>25:59.27</b>		311	17,00
	100m: 1:36.04 1:36.04	500m: 8:30.98 1:43.21	900m: 15:28.76	1:43.96	1300m: 22:30.70	1:45.68	
	200m: 3:19.74 1:43.70	600m: 10:14.62 1:43.64	1000m: 17:13.20	1:44.44	1400m: 24:18.20	1:47.50	
	300m: 5:02.94 1:43.20	700m: 11:58.95 1:44.33	1100m: 18:59.43	1:46.23	1500m: 25:59.27	1:41.07	
	400m: 6:47.77 1:44.83	800m: 13:44.80 1:45.85	1200m: 20:45.02	1:45.59			
8.	ALVES Fernando Jose	69	Salesianos	<b>26:49.56</b>		283	16,00
	100m: 1:38.09 1:38.09	500m: 8:44.81 1:47.06	900m: 15:59.71	1:46.52	1300m: 23:14.70	1:49.08	
	200m: 3:23.14 1:45.05	600m: 10:34.34 1:49.53	1000m: 17:46.68	1:46.97	1400m: 25:05.72	1:51.02	
	300m: 5:10.95 1:47.81	700m: 12:23.58 1:49.24	1100m: 19:36.01	1:49.33	1500m: 26:49.56	1:43.84	
	400m: 6:57.75 1:46.80	800m: 14:13.19 1:49.61	1200m: 21:25.62	1:49.61			
9.	INVERNEIRO Pedro Alexandre	71	Fluvial Portuense	<b>26:50.97</b>		282	14,00
	100m: 1:37.35 1:37.35	500m: 8:47.73 1:47.61	900m: 16:02.51	1:48.01	1300m: 23:19.89	1:49.76	
	200m: 3:23.17 1:45.82	600m: 10:35.74 1:48.01	1000m: 17:51.60	1:49.09	1400m: 25:09.66	1:49.77	
	300m: 5:12.38 1:49.21	700m: 12:26.67 1:50.93	1100m: 19:41.06	1:49.46	1500m: 26:50.97	1:41.31	
	400m: 7:00.12 1:47.74	800m: 14:14.50 1:47.83	1200m: 21:30.13	1:49.07			
10.	SANTINHA Antonio Manuel	69	Masters de Almada	<b>27:02.22</b>		277	12,00
	100m: 1:43.10 1:43.10	500m: 8:55.04 1:48.82	900m: 16:12.29	1:48.56	1300m: 23:27.99	1:48.98	
	200m: 3:31.13 1:48.03	600m: 10:45.40 1:50.36	1000m: 18:00.64	1:48.35	1400m: 25:16.13	1:48.14	
	300m: 5:18.76 1:47.63	700m: 12:34.56 1:49.16	1100m: 19:49.34	1:48.70	1500m: 27:02.22	1:46.09	
	400m: 7:06.22 1:47.46	800m: 14:23.73 1:49.17	1200m: 21:39.01	1:49.67			
11.	ANTUNES Luis Miguel	68	Leixoes	<b>28:18.57</b>		241	11,00
	100m: 1:43.14 1:43.14	500m: 9:20.28 1:55.74	900m: 16:57.77	1:54.18	1300m: 24:30.73	1:53.19	
	200m: 3:36.45 1:53.31	600m: 11:13.32 1:53.04	1000m: 18:51.13	1:53.36	1400m: 26:25.77	1:55.04	
	300m: 5:30.00 1:53.55	700m: 13:08.78 1:55.46	1100m: 20:45.22	1:54.09	1500m: 28:18.57	1:52.80	
	400m: 7:24.54 1:54.54	800m: 15:03.59 1:54.81	1200m: 22:37.54	1:52.32			
12.	FERNANDES Nelson Jorge	71	Leixoes	<b>30:05.34</b>		201	10,00
	100m: 1:57.31 1:57.31	500m: 10:09.29 2:03.01	900m: 18:20.01	2:02.57	1300m: 26:22.63	1:59.86	
	200m: 3:57.05 1:59.74	600m: 12:09.78 2:00.49	1000m: 20:21.74	2:01.73	1400m: 28:22.35	1:59.72	
	300m: 6:02.87 2:05.82	700m: 14:14.87 2:05.09	1100m: 22:22.50	2:00.76	1500m: 30:05.34	1:42.99	
	400m: 8:06.28 2:03.41	800m: 16:17.44 2:02.57	1200m: 24:22.77	2:00.27			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
13.	LOUREIRO Luis Miguel	68	Fluvial Portuense	<b>30:07.00</b>		200	9,00
	100m: 1:49.38 1:49.38	500m: 9:50.10 2:01.08	900m: 17:55.39	2:02.10	1300m: 26:03.25	2:04.17	
	200m: 3:48.13 1:58.75	600m: 11:51.21 2:01.11	1000m: 19:55.98	2:00.59	1400m: 28:07.84	2:04.59	
	300m: 5:47.94 1:59.81	700m: 13:52.25 2:01.04	1100m: 21:56.46	2:00.48	1500m: 30:07.00	1:59.16	
	400m: 7:49.02 2:01.08	800m: 15:53.29 2:01.04	1200m: 23:59.08	2:02.62			
14.	BAPTISTA Jose Manuel	69	Leixoes	<b>31:24.47</b>		176	8,00
	100m: 1:51.20 1:51.20	500m: 10:03.01 2:05.50	900m: 18:34.87	2:09.16	1300m: 27:11.78	2:10.36	
	200m: 3:54.33 2:03.13	600m: 12:09.28 2:06.27	1000m: 20:43.17	2:08.30	1400m: 29:21.46	2:09.68	
	300m: 5:54.01 1:59.68	700m: 14:16.76 2:07.48	1100m: 22:51.44	2:08.27	1500m: 31:24.47	2:03.01	
	400m: 7:57.51 2:03.50	800m: 16:25.71 2:08.95	1200m: 25:01.42	2:09.98			
15.	SILVA Miguel Paulo	71	Penafiel	<b>33:06.74</b>		150	7,00
	100m: 1:54.51 1:54.51	500m: 10:40.26 2:13.63	900m: 19:39.93	2:14.18	1300m: 28:40.05	2:26.25	
	200m: 4:02.11 2:07.60	600m: 12:56.00 2:15.74	1000m: 21:52.22	2:12.29	1400m: 30:57.18	2:17.13	
	300m: 6:13.00 2:10.89	700m: 15:10.61 2:14.61	1100m: 24:05.56	2:13.34	1500m: 33:06.74	2:09.56	
	400m: 8:26.63 2:13.63	800m: 17:25.75 2:15.14	1200m: 26:13.80	2:08.24			
16.	BORREGO Hugo Alexandre	72	Sporting de Aveiro	<b>35:17.57</b>		124	6,00
	100m: 2:06.15 2:06.15	500m: 11:32.31 2:23.17	900m: 21:11.83	2:23.67	1300m: 30:42.44	2:22.33	
	200m: 4:28.02 2:21.87	600m: 13:55.92 2:23.61	1000m: 23:32.52	2:20.69	1400m: 33:04.61	2:22.17	
	300m: 6:48.51 2:20.49	700m: 16:20.39 2:24.47	1100m: 25:55.47	2:22.95	1500m: 35:17.57	2:12.96	
	400m: 9:09.14 2:20.63	800m: 18:48.16 2:27.77	1200m: 28:20.11	2:24.64			
17.	PEREIRA Antonio Manuel	72	Penafiel	<b>37:56.86</b>		100	5,00
	100m: 2:17.53 2:17.53	500m: 12:27.74 2:31.30	900m: 22:49.64	2:33.14	1300m: 33:09.45	2:31.91	
	200m: 4:51.36 2:33.83	600m: 15:20.27 2:52.53	1000m: 25:19.90	2:30.26	1400m: 35:33.75	2:24.30	
	300m: 7:23.17 2:31.81	700m: 17:42.21 2:21.94	1100m: 28:17.16	2:57.26	1500m: 37:56.86	2:23.11	
	400m: 9:56.44 2:33.27	800m: 20:16.50 2:34.29	1200m: 30:37.54	2:20.38			

Prova 2 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 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FREITAS Jose Carlos	63	Individual ANNP	<b>19:15.14</b>		856	30,00
	100m: 1:13.62 1:13.62	500m: 6:20.39 1:16.81	900m: 11:29.46	1:17.67	1300m: 16:42.59	1:18.33	
	200m: 2:30.39 1:16.77	600m: 7:37.36 1:16.97	1000m: 12:47.01	1:17.55	1400m: 18:00.33	1:17.74	
	300m: 3:46.97 1:16.58	700m: 8:54.36 1:17.00	1100m: 14:05.37	1:18.36	1500m: 19:15.14	1:14.81	
	400m: 5:03.58 1:16.61	800m: 10:11.79 1:17.43	1200m: 15:24.26	1:18.89			
2.	SILVA Joao Manuel	63	Millennium BCP	<b>22:55.34</b>		507	26,00
	100m: 1:23.85 1:23.85	500m: 7:27.60 1:32.29	900m: 13:38.86	1:32.92	1300m: 19:52.12	1:34.30	
	200m: 2:52.47 1:28.62	600m: 9:00.58 1:32.98	1000m: 15:11.70	1:32.84	1400m: 21:25.87	1:33.75	
	300m: 4:23.26 1:30.79	700m: 10:33.11 1:32.53	1100m: 16:44.40	1:32.70	1500m: 22:55.34	1:29.47	
	400m: 5:55.31 1:32.05	800m: 12:05.94 1:32.83	1200m: 18:17.82	1:33.42			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
3.	NEVES Paulo Alexandre	66	Leixoes	<b>24:00.79</b>		441	22,00
	100m: 1:29.64 1:29.64	500m: 8:01.41 1:37.12	900m: 14:24.12	1:36.12	1300m: 20:50.23	1:38.20	
	200m: 3:07.40 1:37.76	600m: 9:37.93 1:36.52	1000m: 16:00.47	1:36.35	1400m: 22:28.41	1:38.18	
	300m: 4:45.09 1:37.69	700m: 11:13.49 1:35.56	1100m: 17:36.25	1:35.78	1500m: 24:00.79	1:32.38	
	400m: 6:24.29 1:39.20	800m: 12:48.00 1:34.51	1200m: 19:12.03	1:35.78			
4.	COSTA Armando Joao	63	Feirense	<b>24:26.77</b>		418	20,00
	100m: 1:30.79 1:30.79	500m: 8:03.49 1:38.66	900m: 14:39.04	1:39.40	1300m: 21:16.49	1:39.39	
	200m: 3:08.61 1:37.82	600m: 9:42.07 1:38.58	1000m: 16:17.96	1:38.92	1400m: 22:55.60	1:39.11	
	300m: 4:46.45 1:37.84	700m: 11:20.69 1:38.62	1100m: 17:57.49	1:39.53	1500m: 24:26.77	1:31.17	
	400m: 6:24.83 1:38.38	800m: 12:59.64 1:38.95	1200m: 19:37.10	1:39.61			
5.	SOUSA Antonio Fernando	65	Porto	<b>24:46.02</b>		402	19,00
	100m: 1:33.13 1:33.13	500m: 8:14.33 1:40.01	900m: 14:57.57	1:40.05	1300m: 21:34.65	1:39.13	
	200m: 3:13.45 1:40.32	600m: 9:55.08 1:40.75	1000m: 16:39.06	1:41.49	1400m:		
	300m: 4:55.44 1:41.99	700m: 11:35.91 1:40.83	1100m: 18:16.92	1:37.86	1500m: 24:46.02		
	400m: 6:34.32 1:38.88	800m: 13:17.52 1:41.61	1200m: 19:55.52	1:38.60			
6.	RIBEIRO Jorge Vieira	64	Sporting de Aveiro	<b>25:10.34</b>		383	18,00
	100m: 1:33.88 1:33.88	500m: 8:17.30 1:41.39	900m: 15:05.17	1:41.20	1300m: 21:52.49	1:41.91	
	200m: 3:14.09 1:40.21	600m: 10:00.01 1:42.71	1000m: 16:47.63	1:42.46	1400m: 23:34.54	1:42.05	
	300m: 4:55.09 1:41.00	700m: 11:41.63 1:41.62	1100m: 18:28.46	1:40.83	1500m: 25:10.34	1:35.80	
	400m: 6:35.91 1:40.82	800m: 13:23.97 1:42.34	1200m: 20:10.58	1:42.12			
7.	MIRACCA Renato	65	Feirense	<b>25:40.09</b>		361	17,00
	100m: 1:38.04 1:38.04	500m: 8:32.30 1:45.05	900m: 15:24.30	1:41.71	1300m: 22:18.27	1:43.50	
	200m: 3:20.04 1:42.00	600m: 10:16.60 1:44.30	1000m: 17:07.08	1:42.78	1400m: 24:00.48	1:42.21	
	300m: 5:02.71 1:42.67	700m: 12:00.04 1:43.44	1100m: 18:50.96	1:43.88	1500m: 25:40.09	1:39.61	
	400m: 6:47.25 1:44.54	800m: 13:42.59 1:42.55	1200m: 20:34.77	1:43.81			
8.	CARVALHO Vitor Borges	64	Viana Natacao	<b>26:34.40</b>		325	16,00
	100m: 1:37.54 1:37.54	500m: 8:38.17 1:45.55	900m: 15:45.42	1:46.91	1300m: 22:58.20	1:48.25	
	200m: 3:20.75 1:43.21	600m: 10:24.89 1:46.72	1000m: 17:32.21	1:46.79	1400m: 24:46.83	1:48.63	
	300m: 5:06.34 1:45.59	700m: 12:11.59 1:46.70	1100m: 19:20.24	1:48.03	1500m: 26:34.40	1:47.57	
	400m: 6:52.62 1:46.28	800m: 13:58.51 1:46.92	1200m: 21:09.95	1:49.71			
9.	VELEZ Rui Manuel	64	Luz e Vida	<b>27:55.04</b>		280	14,00
	100m: 1:52.29 1:52.29	500m: 9:28.66 1:52.21	900m: 16:56.15	1:51.67	1300m: 24:19.78	1:50.86	
	200m: 3:48.29 1:56.00	600m: 11:21.11 1:52.45	1000m: 18:47.33	1:51.18	1400m: 26:10.42	1:50.64	
	300m: 5:43.05 1:54.76	700m: 13:12.48 1:51.37	1100m: 20:38.26	1:50.93	1500m: 27:55.04	1:44.62	
	400m: 7:36.45 1:53.40	800m: 15:04.48 1:52.00	1200m: 22:28.92	1:50.66			
10.	TRIGO Daniel Castro	65	Sporting de Aveiro	<b>28:13.26</b>		272	12,00
	100m: 1:45.06 1:45.06	500m: 9:19.04 1:54.26	900m: 16:53.27	1:55.47	1300m: 24:29.88	1:54.83	
	200m: 3:38.26 1:53.20	600m: 11:12.59 1:53.55	1000m: 18:47.41	1:54.14	1400m: 26:24.57	1:54.69	
	300m: 5:31.36 1:53.10	700m: 13:04.88 1:52.29	1100m: 20:40.75	1:53.34	1500m: 28:13.26	1:48.69	
	400m: 7:24.78 1:53.42	800m: 14:57.80 1:52.92	1200m: 22:35.05	1:54.30			
11.	ALBUQUERQUE Nuno Carlos	64	Braga	<b>28:57.18</b>		251	11,00
	100m: 1:45.51 1:45.51	500m: 9:24.00 1:55.98	900m: 17:12.03	1:58.12	1300m: 25:05.25	1:57.74	
	200m: 3:38.50 1:52.99	600m: 11:20.00 1:56.00	1000m: 19:10.17	1:58.14	1400m: 27:03.10	1:57.85	
	300m: 5:32.84 1:54.34	700m: 13:17.33 1:57.33	1100m: 21:07.99	1:57.82	1500m: 28:57.18	1:54.08	
	400m: 7:28.02 1:55.18	800m: 15:13.91 1:56.58	1200m: 23:07.51	1:59.52			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
12.	<b>RAMALHO Jose Carlos</b>	67	Braga	<b>30:09.75</b>		222	10,00
	100m: 1:45.35 1:45.35	500m: 9:43.27 1:58.83	900m: 17:53.84	2:03.91	1300m: 26:07.42	2:03.31	
	200m: 3:42.59 1:57.24	600m: 11:45.77 2:02.50	1000m: 19:57.75	2:03.91	1400m: 28:11.49	2:04.07	
	300m: 5:43.91 2:01.32	700m: 13:48.15 2:02.38	1100m: 21:59.87	2:02.12	1500m: 30:09.75	1:58.26	
	400m: 7:44.44 2:00.53	800m: 15:49.93 2:01.78	1200m: 24:04.11	2:04.24			
13.	<b>TAVEIRA Jose Manuel</b>	64	Individual ANNP	<b>33:54.83</b>		156	9,00
	100m: 1:51.37 1:51.37	500m: 11:04.98 2:17.67	900m: 20:09.44	2:16.20	1300m: 29:17.03	2:18.17	
	200m: 4:07.19 2:15.82	600m: 13:21.66 2:16.68	1000m: 22:25.14	2:15.70	1400m: 31:34.10	2:17.07	
	300m: 6:26.13 2:18.94	700m: 15:37.58 2:15.92	1100m: 24:41.02	2:15.88	1500m: 33:54.83	2:20.73	
	400m: 8:47.31 2:21.18	800m: 17:53.24 2:15.66	1200m: 26:58.86	2:17.84			
DNF	<b>AMARAL Jose Rui</b>	63	Fluvial Portuense				-

Prova 2  
26-02-2022

Masc., 1500m Livres

Master Esc H  
Resultados

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>CARVALHO Paulo Paula</b> <i>Rec Nacional Escalão H</i>	61	Sporting	<b>20:25.15</b>		953	30,00
	100m: 1:20.18 1:20.18	500m: 6:50.21 1:22.17	900m: 12:17.19	1:22.21	1300m: 17:44.26	1:22.11	
	200m: 2:43.78 1:23.60	600m: 8:11.43 1:21.22	1000m: 13:39.41	1:22.22	1400m: 19:06.31	1:22.05	
	300m: 4:06.23 1:22.45	700m: 9:33.55 1:22.12	1100m: 15:01.17	1:21.76	1500m: 20:25.15	1:18.84	
	400m: 5:28.04 1:21.81	800m: 10:54.98 1:21.43	1200m: 16:22.15	1:20.98			
2.	<b>TORRES Paulo Francisco</b>	62	Fluvial Portuense	<b>23:07.96</b>		655	26,00
	100m: 1:29.83 1:29.83	500m: 7:43.34 1:33.32	900m: 13:56.47	1:32.84	1300m: 20:06.88	1:33.11	
	200m: 3:02.89 1:33.06	600m: 9:16.38 1:33.04	1000m: 15:28.67	1:32.20	1400m: 21:39.77	1:32.89	
	300m: 4:36.68 1:33.79	700m: 10:50.26 1:33.88	1100m: 17:01.29	1:32.62	1500m: 23:07.96	1:28.19	
	400m: 6:10.02 1:33.34	800m: 12:23.63 1:33.37	1200m: 18:33.77	1:32.48			
3.	<b>SEABRA Henrique Luis</b>	61	Fluvial Portuense	<b>23:43.72</b>		607	22,00
	100m: 1:30.66 1:30.66	500m: 7:48.50 1:34.22	900m: 14:05.75	1:34.34	1300m: 20:30.14	1:36.54	
	200m: 3:04.24 1:33.58	600m: 9:22.80 1:34.30	1000m: 15:40.93	1:35.18	1400m: 22:07.73	1:37.59	
	300m: 4:39.16 1:34.92	700m: 10:57.51 1:34.71	1100m: 17:16.86	1:35.93	1500m: 23:43.72	1:35.99	
	400m: 6:14.28 1:35.12	800m: 12:31.41 1:33.90	1200m: 18:53.60	1:36.74			
4.	<b>BARROSO Jose Miguel</b>	62	Fluvial Portuense	<b>23:57.63</b>		590	20,00
	100m: 1:29.63 1:29.63	500m: 7:55.14 1:38.58	900m: 14:25.77	1:35.46	1300m: 20:48.07	1:36.06	
	200m: 3:03.50 1:33.87	600m: 9:33.81 1:38.67	1000m: 16:02.43	1:36.66	1400m: 22:27.35	1:39.28	
	300m: 4:39.32 1:35.82	700m: 11:12.69 1:38.88	1100m: 17:35.63	1:33.20	1500m: 23:57.63	1:30.28	
	400m: 6:16.56 1:37.24	800m: 12:50.31 1:37.62	1200m: 19:12.01	1:36.38			
5.	<b>FERREIRA Jose Antonio</b>	58	Leixoes	<b>28:35.86</b>		347	19,00
	100m: 1:44.59 1:44.59	500m: 9:22.98 1:54.25	900m: 17:03.56	1:55.31	1300m: 24:48.45	1:56.90	
	200m: 3:38.90 1:54.31	600m: 11:18.47 1:55.49	1000m: 18:58.98	1:55.42	1400m: 26:44.86	1:56.41	
	300m: 5:33.31 1:54.41	700m: 13:13.29 1:54.82	1100m: 20:55.00	1:56.02	1500m: 28:35.86	1:51.00	
	400m: 7:28.73 1:55.42	800m: 15:08.25 1:54.96	1200m: 22:51.55	1:56.55			

Torneio de Fundo Masters  
Póvoa de Varzim, 26-2-2022



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	<b>ROCHA Paulo Jorge</b>	59	Fluvial Portuense	<b>30:01.32</b>		300	18,00
	100m: 1:53.44 1:53.44	500m: 9:48.92 1:57.21	900m: 17:47.66	2:00.45	1300m: 25:57.96	2:03.38	
	200m: 3:52.42 1:58.98	600m: 11:47.35 1:58.43	1000m: 19:49.13	2:01.47	1400m: 28:02.10	2:04.14	
	300m: 5:52.80 2:00.38	700m: 13:48.07 2:00.72	1100m: 21:51.45	2:02.32	1500m: 30:01.32	1:59.22	
	400m: 7:51.71 1:58.91	800m: 15:47.21 1:59.14	1200m: 23:54.58	2:03.13			
DNS	BENTO Jaime Carlos	61	Alges				-

Prova 2  
26-02-2022

Masc., 1500m Livres

Master Esc I  
Resultados

RN Esc I(65-69) 22:41.37 CORREIA Alberto Vaz FS Póvoa de Varzim 22-02-2020

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>CORREIA Alberto Vaz</b>	55	Salesianos	<b>23:39.16</b>		692	30,00
	100m: 1:26.48 1:26.48	500m: 7:37.49 1:33.79	900m: 13:57.10	1:35.50	1300m: 20:24.88	1:37.77	
	200m: 2:58.28 1:31.80	600m: 9:11.00 1:33.51	1000m: 15:33.41	1:36.31	1400m: 22:02.05	1:37.17	
	300m: 4:30.68 1:32.40	700m: 10:45.87 1:34.87	1100m: 17:10.06	1:36.65	1500m: 23:39.16	1:37.11	
	400m: 6:03.70 1:33.02	800m: 12:21.60 1:35.73	1200m: 18:47.11	1:37.05			
2.	<b>MENDES Ricardo Antonio</b>	55	Salesianos	<b>24:34.08</b>		618	26,00
	100m: 1:32.79 1:32.79	500m: 8:09.84 1:38.95	900m: 14:44.95	1:38.54	1300m: 21:20.89	1:39.91	
	200m: 3:12.02 1:39.23	600m: 9:48.34 1:38.50	1000m: 16:23.56	1:38.61	1400m: 22:59.60	1:38.71	
	300m: 4:51.29 1:39.27	700m: 11:27.37 1:39.03	1100m: 18:02.06	1:38.50	1500m: 24:34.08	1:34.48	
	400m: 6:30.89 1:39.60	800m: 13:06.41 1:39.04	1200m: 19:40.98	1:38.92			
3.	<b>BARROS Mario Jorge</b>	56	Porto	<b>29:50.48</b>		344	22,00
	100m: 1:55.40 1:55.40	500m: 10:06.77 2:02.50	900m: 18:10.44	2:00.55	1300m: 26:10.37	1:58.78	
	200m: 3:57.59 2:02.19	600m: 12:07.44 2:00.67	1000m: 20:11.80	2:01.36	1400m: 28:03.32	1:52.95	
	300m: 6:00.23 2:02.64	700m: 14:08.87 2:01.43	1100m: 22:12.29	2:00.49	1500m: 29:50.48	1:47.16	
	400m: 8:04.27 2:04.04	800m: 16:09.89 2:01.02	1200m: 24:11.59	1:59.30			
4.	<b>MADAIL Jose Henrique</b>	54	Galitos / Bresimar	<b>31:26.52</b>		294	20,00
	100m: 1:58.12 1:58.12	500m: 10:20.30 2:05.51	900m: 18:48.02	2:08.84	1300m: 27:14.23	2:06.66	
	200m: 4:01.57 2:03.45	600m: 12:26.43 2:06.13	1000m: 20:54.89	2:06.87	1400m: 29:19.21	2:04.98	
	300m: 6:08.05 2:06.48	700m: 14:32.63 2:06.20	1100m: 23:01.12	2:06.23	1500m: 31:26.52	2:07.31	
	400m: 8:14.79 2:06.74	800m: 16:39.18 2:06.55	1200m: 25:07.57	2:06.45			
5.	<b>RAPOSO Jose Alexandre</b>	55	Sporting de Aveiro	<b>32:26.75</b>		268	19,00
	100m: 2:04.45 2:04.45	500m: 10:40.33 2:08.88	900m: 19:18.27	2:10.29	1300m: 28:00.85	2:10.51	
	200m: 4:13.43 2:08.98	600m: 12:49.10 2:08.77	1000m: 21:29.45	2:11.18	1400m: 30:13.10	2:12.25	
	300m: 6:21.93 2:08.50	700m: 14:58.46 2:09.36	1100m: 23:39.92	2:10.47	1500m: 32:26.75	2:13.65	
	400m: 8:31.45 2:09.52	800m: 17:07.98 2:09.52	1200m: 25:50.34	2:10.42			

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Master Esc J  
26-02-2022 Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>CORREIA Carlos Augusto</b>	52	Masters de Almada	<b>27:46.54</b>		485	30,00
	100m: 1:47.57 1:47.57	500m: 9:16.58 1:52.42	900m: 16:43.54 1:51.59	1300m: 24:09.46 1:50.54			
	200m: 3:39.41 1:51.84	600m: 11:08.22 1:51.64	1000m: 18:35.17 1:51.63	1400m: 25:59.54 1:50.08			
	300m: 5:31.74 1:52.33	700m: 13:00.13 1:51.91	1100m: 20:26.75 1:51.58	1500m: 27:46.54 1:47.00			
	400m: 7:24.16 1:52.42	800m: 14:51.95 1:51.82	1200m: 22:18.92 1:52.17				
2.	<b>JUNIOR Edison Mello</b>	50	Braga	<b>29:41.29</b>		397	26,00
	100m: 1:50.18 1:50.18	500m: 9:51.38 2:00.11	900m: 17:50.95 1:58.94	1300m: 25:46.53 1:57.66			
	200m: 3:51.60 2:01.42	600m: 11:51.77 2:00.39	1000m: 19:48.88 1:57.93	1400m: 27:48.36 2:01.83			
	300m: 5:52.32 2:00.72	700m: 13:51.17 1:59.40	1100m: 21:49.07 2:00.19	1500m: 29:41.29 1:52.93			
	400m: 7:51.27 1:58.95	800m: 15:52.01 2:00.84	1200m: 23:48.87 1:59.80				
3.	<b>PORTO Carlos Manuel</b>	51	Alges	<b>30:01.43</b>		384	22,00
	100m: 1:54.09 1:54.09	500m: 9:54.44 2:01.05	900m: 17:53.69 2:01.05	1300m: 26:00.44 2:01.51			
	200m: 3:54.44 2:00.35	600m: 11:54.04 1:59.60	1000m: 19:55.12 2:01.43	1400m: 28:01.29 2:00.85			
	300m: 5:53.46 1:59.02	700m: 13:53.34 1:59.30	1100m: 21:57.00 2:01.88	1500m: 30:01.43 2:00.14			
	400m: 7:53.39 1:59.93	800m: 15:52.64 1:59.30	1200m: 23:58.93 2:01.93				
4.	<b>COELHO Domingos Pinto</b>	52	Alges	<b>32:21.16</b>		307	20,00
	100m: 1:55.40 1:55.40	500m: 10:36.21 2:11.29	900m: 19:21.18 2:11.30	1300m:			
	200m: 4:05.02 2:09.62	600m: 12:46.77 2:10.56	1000m: 21:32.57 2:11.39	1400m: 30:15.10			
	300m: 6:14.78 2:09.76	700m: 14:57.62 2:10.85	1100m: 23:43.02 2:10.45	1500m: 32:21.16 2:06.06			
	400m: 8:24.92 2:10.14	800m: 17:09.88 2:12.26	1200m: 25:54.82 2:11.80				
5.	<b>MARQUES Antonio Jorge</b>	51	Fluvial Portuense	<b>36:31.92</b>		213	19,00
	100m: 2:11.61 2:11.61	500m: 11:44.61 2:25.23	900m: 21:38.60 2:28.64	1300m: 31:34.31 2:30.16			
	200m: 4:33.33 2:21.72	600m: 14:12.97 2:28.36	1000m: 24:06.74 2:28.14	1400m: 34:04.44 2:30.13			
	300m: 6:56.02 2:22.69	700m: 16:40.19 2:27.22	1100m: 26:34.97 2:28.23	1500m: 36:31.92 2:27.48			
	400m: 9:19.38 2:23.36	800m: 19:09.96 2:29.77	1200m: 29:04.15 2:29.18				
6.	<b>LEITE Jose</b>	48	Foca Quinta da Lixa CNF	<b>39:44.41</b>		165	18,00
	100m: 2:09.74 2:09.74	500m: 12:00.27 2:28.13	900m: 21:58.16 2:29.40	1300m: 32:09.15 2:33.72			
	200m: 4:35.01 2:25.27	600m: 14:29.06 2:28.79	1000m: 24:30.97 2:32.81	1400m: 34:43.52 2:34.37			
	300m: 7:04.38 2:29.37	700m: 16:59.09 2:30.03	1100m: 27:02.55 2:31.58	1500m: 39:44.41 5:00.89			
	400m: 9:32.14 2:27.76	800m: 19:28.76 2:29.67	1200m: 29:35.43 2:32.88				
7.	<b>CABRAL Luis Pereira</b>	49	Academica de Coimbra	<b>40:38.68</b>		154	17,00
	100m: 2:31.66 2:31.66	500m: 13:08.46 2:39.89	900m: 24:06.45 2:43.96	1300m: 35:12.85 2:46.41			
	200m: 5:11.63 2:39.97	600m: 15:51.64 2:43.18	1000m: 26:52.16 2:45.71	1400m: 37:59.73 2:46.88			
	300m: 7:50.28 2:38.65	700m: 18:34.88 2:43.24	1100m: 29:38.75 2:46.59	1500m: 40:38.68 2:38.95			
	400m: 10:28.57 2:38.29	800m: 21:22.49 2:47.61	1200m: 32:26.44 2:47.69				
DNS	<b>HORTA Jose Manuel</b>	49	Alges				-

Prova 2, Masc., 1500m Livres

Prova 2  
26-02-2022

Masc., 1500m Livres

Master Esc K  
Resultados

RN Esc K(75-79) 26:00.81 BASTO Antonio Bessone SAD Póvoa de Varzim 22-02-2020

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	DYSON Stephen Thomas <i>Rec Nacional Escalão K</i>	47	Alges	<b>25:12.64</b>		812	30,00
	100m: 1:38.57 1:38.57	500m: 8:24.70 1:41.01	900m: 15:09.37 1:41.10	1300m: 21:55.55 1:41.54			
	200m: 3:20.71 1:42.14	600m: 10:06.44 1:41.74	1000m: 16:51.27 1:41.90	1400m: 23:35.83 1:40.28			
	300m: 5:02.35 1:41.64	700m: 11:46.81 1:40.37	1100m: 18:32.51 1:41.24	1500m: 25:12.64 1:36.81			
	400m: 6:43.69 1:41.34	800m: 13:28.27 1:41.46	1200m: 20:14.01 1:41.50				
2.	GASPAR Alexandre Azevedo	45	Alges	<b>34:09.16</b>		326	26,00
	100m: 2:08.94 2:08.94	500m: 11:11.99 2:14.55	900m: 20:21.65 2:17.81	1300m: 29:41.47 2:18.47			
	200m: 4:25.04 2:16.10	600m: 13:28.00 2:16.01	1000m: 22:40.50 2:18.85	1400m: 31:57.26 2:15.79			
	300m: 6:41.21 2:16.17	700m: 15:46.92 2:18.92	1100m: 25:00.98 2:20.48	1500m: 34:09.16 2:11.90			
	400m: 8:57.44 2:16.23	800m: 18:03.84 2:16.92	1200m: 27:23.00 2:22.02				
3.	FREITAS Joaquim Fidalgo	47	Academica de Coimbra	<b>37:30.43</b>		246	22,00
	100m: 2:07.22 2:07.22	500m: 11:37.70 2:30.99	900m: 22:06.99 2:30.68	1300m: 32:26.15 2:37.32			
	200m: 4:22.23 2:15.01	600m: 14:10.72 2:33.02	1000m: 24:40.97 2:33.98	1400m: 35:02.01 2:35.86			
	300m: 6:40.30 2:18.07	700m: 16:48.63 2:37.91	1100m: 27:14.95 2:33.98	1500m: 37:30.43 2:28.42			
	400m: 9:06.71 2:26.41	800m: 19:36.31 2:47.68	1200m: 29:48.83 2:33.88				

Prova 2  
26-02-2022

Masc., 1500m Livres

Master Esc L  
Resultados

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

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	<b>48:24.11</b>		138	30,00
	100m: 2:54.31 2:54.31	500m: 15:26.84 3:12.51	900m: 28:39.46 3:22.13	1300m: 42:09.36 3:22.13			
	200m: 5:59.45 3:05.14	600m: 18:42.25 3:15.41	1000m: 32:00.22 3:20.76	1400m: 45:19.23 3:09.87			
	300m: 9:06.22 3:06.77	700m: 21:58.22 3:15.97	1100m: 35:24.16 3:23.94	1500m: 48:24.11 3:04.88			
	400m: 12:14.33 3:08.11	800m: 25:17.33 3:19.11	1200m: 38:47.23 3:23.07				



Prova 2, Masc., 1500m Livres

Prova 2 26-02-2022	Masc., 1500m Livres	25 anos e mais velhos	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)	22:41.37 CORREIA Alberto Vaz	FS Póvoa de Varzim	22-02-2020
RN Esc J(70-74)	24:35.68 DYSON Stephen Thomas	SAD Póvoa de Varzim	23-02-2019
RN Esc K(75-79)	26:00.81 BASTO Antonio Bessone	SAD Póvoa de Varzim	22-02-2020
RN Esc L(80-84)	40:29.31 TEIXEIRA Joao Rodrigues	AAC Coimbra	24-02-2018

Pontos: DSV Masters 20

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	<b>RIBEIRO Hugo Alberto</b>	88	Leixoes	<b>17:18.34</b>		708	30,00
	100m: 1:05.45 1:05.45	500m: 5:43.77 1:09.61	900m: 10:22.72 1:09.86	1300m: 15:04.16 1:10.57			
	200m: 2:14.14 1:08.69	600m: 6:53.23 1:09.46	1000m: 11:32.75 1:10.03	1400m: 16:13.51 1:09.35			
	300m: 3:23.85 1:09.71	700m: 8:03.03 1:09.80	1100m: 12:43.24 1:10.49	1500m: 17:18.34 1:04.83			
	400m: 4:34.16 1:10.31	800m: 9:12.86 1:09.83	1200m: 13:53.59 1:10.35				
2.	<b>FREITAS Jose Carlos</b>	63	Individual ANNP	<b>19:15.14</b>		856	30,00
	100m: 1:13.62 1:13.62	500m: 6:20.39 1:16.81	900m: 11:29.46 1:17.67	1300m: 16:42.59 1:18.33			
	200m: 2:30.39 1:16.77	600m: 7:37.36 1:16.97	1000m: 12:47.01 1:17.55	1400m: 18:00.33 1:17.74			
	300m: 3:46.97 1:16.58	700m: 8:54.36 1:17.00	1100m: 14:05.37 1:18.36	1500m: 19:15.14 1:14.81			
	400m: 5:03.58 1:16.61	800m: 10:11.79 1:17.43	1200m: 15:24.26 1:18.89				
3.	<b>GORGULHO David Oliveira</b>	82	Litoral Alentejano	<b>19:32.29</b>		631	30,00
	100m: 1:11.82 1:11.82	500m: 6:19.07 1:18.32	900m: 11:36.88 1:20.46	1300m: 16:59.09 1:20.88			
	200m: 2:27.14 1:15.32	600m: 7:37.78 1:18.71	1000m: 12:57.17 1:20.29	1400m: 18:19.36 1:20.27			
	300m: 3:43.59 1:16.45	700m: 8:56.87 1:19.09	1100m: 14:17.82 1:20.65	1500m: 19:32.29 1:12.93			
	400m: 5:00.75 1:17.16	800m: 10:16.42 1:19.55	1200m: 15:38.21 1:20.39				
4.	<b>OLIVEIRA Rui Goncalves</b>	93	Natacao da Maia	<b>19:44.76</b>		581	30,00
	100m: 1:13.17 1:13.17	500m: 6:24.62 1:20.35	900m: 11:47.03 1:19.80	1300m: 17:09.01 1:20.28			
	200m: 2:30.55 1:17.38	600m: 7:46.08 1:21.46	1000m: 13:08.38 1:21.35	1400m: 18:29.02 1:20.01			
	300m: 3:47.04 1:16.49	700m: 9:06.67 1:20.59	1100m: 14:28.75 1:20.37	1500m: 19:44.76 1:15.74			
	400m: 5:04.27 1:17.23	800m: 10:27.23 1:20.56	1200m: 15:48.73 1:19.98				
5.	<b>SILVA Luis Filipe</b>	88	Leixoes	<b>19:55.21</b>		464	26,00
	100m: 1:15.13 1:15.13	500m: 6:33.00 1:20.02	900m: 11:54.88 1:20.04	1300m: 17:22.45 1:22.10			
	200m: 2:34.26 1:19.13	600m: 7:53.17 1:20.17	1000m: 13:16.66 1:21.78	1400m: 18:41.55 1:19.10			
	300m: 3:52.76 1:18.50	700m: 9:13.87 1:20.70	1100m: 14:37.95 1:21.29	1500m: 19:55.21 1:13.66			
	400m: 5:12.98 1:20.22	800m: 10:34.84 1:20.97	1200m: 16:00.35 1:22.40				
6.	<b>SANTOS Patrick</b>	79	Sporting	<b>20:00.23</b>		588	26,00
	100m: 1:15.59 1:15.59	500m: 6:34.31 1:20.47	900m: 11:56.07 1:20.19	1300m: 17:20.05 1:21.34			
	200m: 2:34.00 1:18.41	600m: 7:54.83 1:20.52	1000m: 13:16.61 1:20.54	1400m: 18:41.28 1:21.23			
	300m: 3:53.47 1:19.47	700m: 9:15.44 1:20.61	1100m: 14:38.24 1:21.63	1500m: 20:00.23 1:18.95			
	400m: 5:13.84 1:20.37	800m: 10:35.88 1:20.44	1200m: 15:58.71 1:20.47				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
7.	<b>COSTA Rodrigo Marques</b>	<b>76</b>	<b>Litoral Alentejano</b>	<b>20:09.28</b>		<b>620</b>	<b>30,00</b>
	100m: 1:17.60 1:17.60	500m: 6:35.89 1:20.14	900m: 12:02.93	1:22.14	1300m: 17:33.14	1:22.76	
	200m: 2:35.92 1:18.32	600m: 7:57.22 1:21.33	1000m: 13:25.69	1:22.76	1400m: 18:53.95	1:20.81	
	300m: 3:55.33 1:19.41	700m: 9:19.09 1:21.87	1100m: 14:48.34	1:22.65	1500m: 20:09.28	1:15.33	
	400m: 5:15.75 1:20.42	800m: 10:40.79 1:21.70	1200m: 16:10.38	1:22.04			
8.	<b>COURAS Ivan Mauricio</b>	<b>81</b>	<b>Fluvial Portuense</b>	<b>20:09.57</b>		<b>574</b>	<b>22,00</b>
	100m: 1:17.94 1:17.94	500m: 6:41.05 1:21.43	900m: 12:08.05	1:21.94	1300m: 17:34.71	1:21.60	
	200m: 2:38.19 1:20.25	600m: 8:03.02 1:21.97	1000m: 13:29.88	1:21.83	1400m: 18:55.48	1:20.77	
	300m: 3:58.88 1:20.69	700m: 9:24.51 1:21.49	1100m: 14:51.33	1:21.45	1500m: 20:09.57	1:14.09	
	400m: 5:19.62 1:20.74	800m: 10:46.11 1:21.60	1200m: 16:13.11	1:21.78			
9.	<b>PACHECO Andre Filipe</b>	<b>85</b>	<b>Litoral Alentejano</b>	<b>20:15.86</b>		<b>604</b>	<b>30,00</b>
	100m: 1:18.17 1:18.17	500m: 6:36.48 1:20.01	900m: 12:03.49	1:22.08	1300m: 17:33.64	1:22.55	
	200m: 2:36.34 1:18.17	600m: 7:57.50 1:21.02	1000m: 13:26.29	1:22.80	1400m: 18:55.17	1:21.53	
	300m: 3:55.86 1:19.52	700m: 9:20.25 1:22.75	1100m: 14:49.07	1:22.78	1500m: 20:15.86	1:20.69	
	400m: 5:16.47 1:20.61	800m: 10:41.41 1:21.16	1200m: 16:11.09	1:22.02			
10.	<b>BARBOSA Celso Ruben</b>	<b>77</b>	<b>Porto</b>	<b>20:20.21</b>		<b>603</b>	<b>26,00</b>
	100m: 1:20.39 1:20.39	500m: 6:55.58 1:22.99	900m: 12:22.73	1:21.24	1300m: 17:44.61	1:19.81	
	200m: 2:45.14 1:24.75	600m: 8:18.32 1:22.74	1000m: 13:43.63	1:20.90	1400m: 19:03.70	1:19.09	
	300m: 4:09.68 1:24.54	700m: 9:40.11 1:21.79	1100m: 15:04.63	1:21.00	1500m: 20:20.21	1:16.51	
	400m: 5:32.59 1:22.91	800m: 11:01.49 1:21.38	1200m: 16:24.80	1:20.17			
11.	<b>CARVALHO Paulo Paula</b> <i>Rec Nacional Escalão H</i>	<b>61</b>	<b>Sporting</b>	<b>20:25.15</b>		<b>953</b>	<b>30,00</b>
	100m: 1:20.18 1:20.18	500m: 6:50.21 1:22.17	900m: 12:17.19	1:22.21	1300m: 17:44.26	1:22.11	
	200m: 2:43.78 1:23.60	600m: 8:11.43 1:21.22	1000m: 13:39.41	1:22.22	1400m: 19:06.31	1:22.05	
	300m: 4:06.23 1:22.45	700m: 9:33.55 1:22.12	1100m: 15:01.17	1:21.76	1500m: 20:25.15	1:18.84	
	400m: 5:28.04 1:21.81	800m: 10:54.98 1:21.43	1200m: 16:22.15	1:20.98			
12.	<b>COSTA Jaime Fernando</b>	<b>86</b>	<b>Litoral Alentejano</b>	<b>20:58.02</b>		<b>546</b>	<b>26,00</b>
	100m: 1:17.08 1:17.08	500m: 6:44.94 1:23.96	900m: 12:28.51	1:25.97	1300m: 18:09.61	1:26.25	
	200m: 2:37.05 1:19.97	600m: 8:10.41 1:25.47	1000m: 13:53.59	1:25.08	1400m: 19:33.91	1:24.30	
	300m: 3:58.81 1:21.76	700m: 9:36.02 1:25.61	1100m: 15:18.69	1:25.10	1500m: 20:58.02	1:24.11	
	400m: 5:20.98 1:22.17	800m: 11:02.54 1:26.52	1200m: 16:43.36	1:24.67			
13.	<b>MAIA Bruno Santos</b>	<b>81</b>	<b>Vilacondense</b>	<b>21:03.11</b>		<b>504</b>	<b>20,00</b>
	100m: 1:23.78 1:23.78	500m: 6:58.73 1:24.33	900m: 12:37.24	1:24.53	1300m: 18:15.48	1:25.16	
	200m: 2:47.11 1:23.33	600m: 8:23.55 1:24.82	1000m: 14:01.44	1:24.20	1400m: 19:41.42	1:25.94	
	300m: 4:10.58 1:23.47	700m: 9:48.31 1:24.76	1100m: 15:25.77	1:24.33	1500m: 21:03.11	1:21.69	
	400m: 5:34.40 1:23.82	800m: 11:12.71 1:24.40	1200m: 16:50.32	1:24.55			
14.	<b>REGO Ricardo Amorim</b>	<b>84</b>	<b>Leixoes</b>	<b>21:12.99</b>		<b>526</b>	<b>22,00</b>
	100m: 1:15.69 1:15.69	500m: 6:54.88 1:26.93	900m: 12:38.67	1:24.73	1300m: 18:18.78	1:25.32	
	200m: 2:37.36 1:21.67	600m: 8:22.62 1:27.74	1000m: 14:03.46	1:24.79	1400m: 19:45.05	1:26.27	
	300m: 4:01.12 1:23.76	700m: 9:48.78 1:26.16	1100m: 15:28.29	1:24.83	1500m: 21:12.99	1:27.94	
	400m: 5:27.95 1:26.83	800m: 11:13.94 1:25.16	1200m: 16:53.46	1:25.17			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
15.	<b>CAMPOS Tiago Dourado</b>	<b>88</b>	<b>Vilacondense</b>	<b>21:19.28</b>		<b>379</b>	<b>22,00</b>
	100m: 1:16.47 1:16.47	500m: 6:52.23 1:25.51	900m: 12:40.60	1:27.94	1300m: 18:32.23	1:28.19	
	200m: 2:38.44 1:21.97	600m: 8:18.97 1:26.74	1000m: 14:07.98	1:27.38	1400m: 19:58.07	1:25.84	
	300m: 4:02.72 1:24.28	700m: 9:45.76 1:26.79	1100m: 15:35.42	1:27.44	1500m: 21:19.28	1:21.21	
	400m: 5:26.72 1:24.00	800m: 11:12.66 1:26.90	1200m: 17:04.04	1:28.62			
16.	<b>NEVES Jose Pedro</b>	<b>81</b>	<b>Fluvial Portuense</b>	<b>21:21.77</b>		<b>482</b>	<b>19,00</b>
	100m: 1:18.31 1:18.31	500m: 6:53.44 1:26.09	900m: 12:39.46	1:27.02	1300m: 18:29.90	1:27.39	
	200m: 2:39.23 1:20.92	600m: 8:20.21 1:26.77	1000m: 14:06.93	1:27.47	1400m: 19:56.98	1:27.08	
	300m: 4:02.18 1:22.95	700m: 9:46.50 1:26.29	1100m: 15:34.79	1:27.86	1500m: 21:21.77	1:24.79	
	400m: 5:27.35 1:25.17	800m: 11:12.44 1:25.94	1200m: 17:02.51	1:27.72			
17.	<b>AITA Cristian</b>	<b>77</b>	<b>Porto</b>	<b>21:24.36</b>		<b>517</b>	<b>22,00</b>
	100m: 1:24.12 1:24.12	500m: 7:10.12 1:25.59	900m: 12:53.72	1:25.80	1300m: 18:35.80	1:26.61	
	200m: 2:50.95 1:26.83	600m: 8:35.64 1:25.52	1000m: 14:18.79	1:25.07	1400m: 20:02.93	1:27.13	
	300m: 4:18.44 1:27.49	700m: 10:01.61 1:25.97	1100m: 15:43.51	1:24.72	1500m: 21:24.36	1:21.43	
	400m: 5:44.53 1:26.09	800m: 11:27.92 1:26.31	1200m: 17:09.19	1:25.68			
18.	<b>SOARES Guilherme Araujo</b>	<b>93</b>	<b>Feirense</b>	<b>21:28.00</b>		<b>452</b>	<b>26,00</b>
	100m: 1:18.47 1:18.47	500m: 6:49.77 1:23.99	900m: 12:34.05	1:27.72	1300m: 18:31.97	1:29.65	
	200m: 2:39.88 1:21.41	600m: 8:14.23 1:24.46	1000m: 14:02.18	1:28.13	1400m: 20:02.00	1:30.03	
	300m: 4:02.46 1:22.58	700m: 9:39.69 1:25.46	1100m: 15:32.22	1:30.04	1500m: 21:28.00	1:26.00	
	400m: 5:25.78 1:23.32	800m: 11:06.33 1:26.64	1200m: 17:02.32	1:30.10			
19.	<b>PIMENTEL Pedro Filipe</b>	<b>84</b>	<b>Foca Quinta da Lixa CNF</b>	<b>21:46.85</b>		<b>487</b>	<b>20,00</b>
	100m: 1:20.76 1:20.76	500m: 7:03.72 1:26.06	900m: 12:54.04	1:28.86	1300m: 18:47.57	1:28.91	
	200m: 2:45.25 1:24.49	600m: 8:30.40 1:26.68	1000m: 14:21.81	1:27.77	1400m: 20:17.17	1:29.60	
	300m: 4:12.02 1:26.77	700m: 9:57.54 1:27.14	1100m: 15:50.25	1:28.44	1500m: 21:46.85	1:29.68	
	400m: 5:37.66 1:25.64	800m: 11:25.18 1:27.64	1200m: 17:18.66	1:28.41			
20.	<b>TOJO Jose Manuel</b>	<b>77</b>	<b>Academica de Coimbra</b>	<b>21:51.97</b>		<b>485</b>	<b>20,00</b>
	100m: 1:22.05 1:22.05	500m: 7:12.66 1:28.98	900m: 13:08.17	1:28.36	1300m: 19:02.35	1:28.32	
	200m: 2:47.87 1:25.82	600m: 8:42.48 1:29.82	1000m: 14:36.91	1:28.74	1400m: 20:29.02	1:26.67	
	300m: 4:15.42 1:27.55	700m: 10:11.30 1:28.82	1100m: 16:05.45	1:28.54	1500m: 21:51.97	1:22.95	
	400m: 5:43.68 1:28.26	800m: 11:39.81 1:28.51	1200m: 17:34.03	1:28.58			
21.	<b>TEJO Paulo Jorge</b>	<b>71</b>	<b>Academica de Coimbra</b>	<b>21:52.83</b>		<b>522</b>	<b>30,00</b>
	100m: 1:22.97 1:22.97	500m: 7:09.23 1:27.39	900m: 13:02.37	1:29.21	1300m: 18:58.89	1:29.71	
	200m: 2:49.06 1:26.09	600m: 8:36.93 1:27.70	1000m: 14:31.49	1:29.12	1400m: 20:27.95	1:29.06	
	300m: 4:14.71 1:25.65	700m: 10:04.83 1:27.90	1100m: 15:59.71	1:28.22	1500m: 21:52.83	1:24.88	
	400m: 5:41.84 1:27.13	800m: 11:33.16 1:28.33	1200m: 17:29.18	1:29.47			
22.	<b>FONSECA Jose Diogo</b>	<b>97</b>	<b>Penafiel</b>	<b>22:03.55</b>		<b>416</b>	<b>22,00</b>
	100m: 1:22.06 1:22.06	500m: 7:17.60 1:30.07	900m: 13:14.37	1:29.06	1300m: 19:11.60	1:27.13	
	200m: 2:49.37 1:27.31	600m: 8:47.23 1:29.63	1000m: 14:43.40	1:29.03	1400m: 20:40.05	1:28.45	
	300m: 4:18.23 1:28.86	700m: 10:16.24 1:29.01	1100m: 16:13.23	1:29.83	1500m: 22:03.55	1:23.50	
	400m: 5:47.53 1:29.30	800m: 11:45.31 1:29.07	1200m: 17:44.47	1:31.24			
23.	<b>BAPTISTA Filipe Jose</b>	<b>94</b>	<b>Feirense</b>	<b>22:24.54</b>		<b>397</b>	<b>20,00</b>
	100m: 1:17.28 1:17.28	500m: 7:13.06 1:30.49	900m: 13:16.73	1:30.98	1300m: 19:20.72	1:31.00	
	200m: 2:43.65 1:26.37	600m: 8:43.64 1:30.58	1000m: 14:47.69	1:30.96	1400m: 20:52.91	1:32.19	
	300m: 4:12.52 1:28.87	700m: 10:14.62 1:30.98	1100m: 16:18.54	1:30.85	1500m: 22:24.54	1:31.63	
	400m: 5:42.57 1:30.05	800m: 11:45.75 1:31.13	1200m: 17:49.72	1:31.18			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
24.	MADUREIRA Fabio Andre	90	Penafiel	<b>22:32.87</b>		320	20,00
	100m: 1:20.86 1:20.86	500m: 7:18.66 1:30.55	900m: 13:24.85	1:32.64	1300m: 19:31.04	1:29.52	
	200m: 2:49.83 1:28.97	600m: 8:49.77 1:31.11	1000m: 14:57.60	1:32.75	1400m: 21:04.65	1:33.61	
	300m: 4:18.72 1:28.89	700m: 10:22.23 1:32.46	1100m: 16:30.80	1:33.20	1500m: 22:32.87	1:28.22	
	400m: 5:48.11 1:29.39	800m: 11:52.21 1:29.98	1200m: 18:01.52	1:30.72			
25.	RIBEIRO Carlos Manuel	85	Academica de Coimbra	<b>22:36.13</b>		435	19,00
	100m: 1:27.31 1:27.31	500m: 7:29.72 1:31.77	900m: 13:35.61	1:31.29	1300m: 19:40.08	1:31.80	
	200m: 2:57.10 1:29.79	600m: 9:00.62 1:30.90	1000m: 15:06.31	1:30.70	1400m: 21:11.90	1:31.82	
	300m: 4:26.90 1:29.80	700m: 10:32.46 1:31.84	1100m: 16:36.63	1:30.32	1500m: 22:36.13	1:24.23	
	400m: 5:57.95 1:31.05	800m: 12:04.32 1:31.86	1200m: 18:08.28	1:31.65			
26.	MOREIRA Fernando Santos	94	Leixoes	<b>22:37.35</b>		386	19,00
	100m: 1:24.11 1:24.11	500m: 7:22.27 1:31.21	900m: 13:27.53	1:31.55	1300m: 19:37.79	1:33.79	
	200m: 2:50.77 1:26.66	600m: 8:53.75 1:31.48	1000m: 15:00.05	1:32.52	1400m: 21:09.98	1:32.19	
	300m: 4:20.03 1:29.26	700m: 10:24.89 1:31.14	1100m: 16:30.95	1:30.90	1500m: 22:37.35	1:27.37	
	400m: 5:51.06 1:31.03	800m: 11:55.98 1:31.09	1200m: 18:04.00	1:33.05			
27.	NEVES Luis Miguel	85	Vilacondense	<b>22:42.69</b>		429	18,00
	100m: 1:27.39 1:27.39	500m: 7:21.65 1:30.54	900m: 13:32.10	1:33.00	1300m: 19:42.17	1:32.74	
	200m: 2:55.63 1:28.24	600m: 8:53.43 1:31.78	1000m: 15:05.03	1:32.93	1400m: 21:14.62	1:32.45	
	300m: 4:23.01 1:27.38	700m: 10:25.84 1:32.41	1100m: 16:37.67	1:32.64	1500m: 22:42.69	1:28.07	
	400m: 5:51.11 1:28.10	800m: 11:59.10 1:33.26	1200m: 18:09.43	1:31.76			
28.	ROSA Artur Jorge	76	Vila DEste/Gaia	<b>22:51.11</b>		425	19,00
	100m: 1:26.81 1:26.81	500m: 7:29.57 1:30.63	900m: 13:36.08	1:32.04	1300m: 19:46.35	1:32.53	
	200m: 2:56.85 1:30.04	600m: 9:00.55 1:30.98	1000m: 15:08.50	1:32.42	1400m: 21:19.15	1:32.80	
	300m: 4:27.67 1:30.82	700m: 10:32.53 1:31.98	1100m: 16:40.91	1:32.41	1500m: 22:51.11	1:31.96	
	400m: 5:58.94 1:31.27	800m: 12:04.04 1:31.51	1200m: 18:13.82	1:32.91			
29.	SILVA Joao Manuel	63	Millennium BCP	<b>22:55.34</b>		507	26,00
	100m: 1:23.85 1:23.85	500m: 7:27.60 1:32.29	900m: 13:38.86	1:32.92	1300m: 19:52.12	1:34.30	
	200m: 2:52.47 1:28.62	600m: 9:00.58 1:32.98	1000m: 15:11.70	1:32.84	1400m: 21:25.87	1:33.75	
	300m: 4:23.26 1:30.79	700m: 10:33.11 1:32.53	1100m: 16:44.40	1:32.70	1500m: 22:55.34	1:29.47	
	400m: 5:55.31 1:32.05	800m: 12:05.94 1:32.83	1200m: 18:17.82	1:33.42			
30.	MATOS Luis Miguel	92	Vitoria Guimaraes	<b>22:58.20</b>		303	19,00
	100m: 1:24.14 1:24.14	500m: 7:29.73 1:33.25	900m: 13:40.02	1:32.45	1300m: 19:51.89	1:32.47	
	200m: 2:53.06 1:28.92	600m: 9:02.05 1:32.32	1000m: 15:13.66	1:33.64	1400m: 21:19.37	1:27.48	
	300m: 4:24.69 1:31.63	700m: 10:34.42 1:32.37	1100m: 16:46.68	1:33.02	1500m: 22:58.20	1:38.83	
	400m: 5:56.48 1:31.79	800m: 12:07.57 1:33.15	1200m: 18:19.42	1:32.74			
31.	SILVA Hugo Gomes	94	Feirense	<b>23:05.99</b>		362	18,00
	100m: 1:21.65 1:21.65	500m: 7:25.10 1:32.59	900m: 13:38.14	1:33.45	1300m: 19:57.23	1:36.35	
	200m: 2:50.25 1:28.60	600m: 8:56.84 1:31.74	1000m: 15:11.62	1:33.48	1400m: 21:30.98	1:33.75	
	300m: 4:21.83 1:31.58	700m: 10:30.55 1:33.71	1100m: 16:46.71	1:35.09	1500m: 23:05.99	1:35.01	
	400m: 5:52.51 1:30.68	800m: 12:04.69 1:34.14	1200m: 18:20.88	1:34.17			
32.	TORRES Paulo Francisco	62	Fluvial Portuense	<b>23:07.96</b>		655	26,00
	100m: 1:29.83 1:29.83	500m: 7:43.34 1:33.32	900m: 13:56.47	1:32.84	1300m: 20:06.88	1:33.11	
	200m: 3:02.89 1:33.06	600m: 9:16.38 1:33.04	1000m: 15:28.67	1:32.20	1400m: 21:39.77	1:32.89	
	300m: 4:36.68 1:33.79	700m: 10:50.26 1:33.88	1100m: 17:01.29	1:32.62	1500m: 23:07.96	1:28.19	
	400m: 6:10.02 1:33.34	800m: 12:23.63 1:33.37	1200m: 18:33.77	1:32.48			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
33.	RIBEIRO Celso Fernando	69	Porto	<b>23:11.12</b>		439	26,00
	100m: 1:30.17 1:30.17	500m: 7:47.04 1:33.83	900m: 14:00.75	1:31.91	1300m: 20:11.38	1:33.34	
	200m: 3:04.43 1:34.26	600m: 9:21.22 1:34.18	1000m: 15:33.42	1:32.67	1400m: 21:43.26	1:31.88	
	300m: 4:39.36 1:34.93	700m: 10:56.57 1:35.35	1100m: 17:05.56	1:32.14	1500m: 23:11.12	1:27.86	
	400m: 6:13.21 1:33.85	800m: 12:28.84 1:32.27	1200m: 18:38.04	1:32.48			
34.	RIBEIRO Luis Manuel	91	Foca Quinta da Lixa CNF	<b>23:23.07</b>		287	18,00
	100m: 1:28.51 1:28.51	500m: 7:50.80 1:35.36	900m: 14:06.93	1:33.70	1300m: 20:24.56	1:34.37	
	200m: 3:03.20 1:34.69	600m: 9:25.80 1:35.00	1000m: 15:41.11	1:34.18	1400m: 21:56.62	1:32.06	
	300m: 4:39.82 1:36.62	700m: 11:00.05 1:34.25	1100m: 17:15.94	1:34.83	1500m: 23:23.07	1:26.45	
	400m: 6:15.44 1:35.62	800m: 12:33.23 1:33.18	1200m: 18:50.19	1:34.25			
35.	CAPITAO Joao Paulo	96	Feirense	<b>23:24.36</b>		348	17,00
	100m: 1:22.70 1:22.70	500m: 7:29.63 1:33.85	900m: 13:46.94	1:36.07	1300m: 20:09.33	1:37.37	
	200m: 2:51.24 1:28.54	600m: 9:03.68 1:34.05	1000m: 15:21.28	1:34.34	1400m: 21:42.62	1:33.29	
	300m: 4:22.87 1:31.63	700m: 10:37.48 1:33.80	1100m: 16:56.15	1:34.87	1500m: 23:24.36	1:41.74	
	400m: 5:55.78 1:32.91	800m: 12:10.87 1:33.39	1200m: 18:31.96	1:35.81			
36.	CORREIA Alberto Vaz	55	Salesianos	<b>23:39.16</b>		692	30,00
	100m: 1:26.48 1:26.48	500m: 7:37.49 1:33.79	900m: 13:57.10	1:35.50	1300m: 20:24.88	1:37.77	
	200m: 2:58.28 1:31.80	600m: 9:11.00 1:33.51	1000m: 15:33.41	1:36.31	1400m: 22:02.05	1:37.17	
	300m: 4:30.68 1:32.40	700m: 10:45.87 1:34.87	1100m: 17:10.06	1:36.65	1500m: 23:39.16	1:37.11	
	400m: 6:03.70 1:33.02	800m: 12:21.60 1:35.73	1200m: 18:47.11	1:37.05			
37.	AITA Aleksandro	74	UD Oliveirense	<b>23:42.57</b>		381	18,00
	100m: 1:27.14 1:27.14	500m: 7:35.48 1:31.95	900m: 13:54.52	1:36.68	1300m: 20:24.32	1:37.82	
	200m: 2:58.28 1:31.14	600m: 9:08.80 1:33.32	1000m: 15:30.49	1:35.97	1400m: 22:01.67	1:37.35	
	300m: 4:30.56 1:32.28	700m: 10:42.79 1:33.99	1100m: 17:07.32	1:36.83	1500m: 23:42.57	1:40.90	
	400m: 6:03.53 1:32.97	800m: 12:17.84 1:35.05	1200m: 18:46.50	1:39.18			
38.	SEABRA Henrique Luis	61	Fluvial Portuense	<b>23:43.72</b>		607	22,00
	100m: 1:30.66 1:30.66	500m: 7:48.50 1:34.22	900m: 14:05.75	1:34.34	1300m: 20:30.14	1:36.54	
	200m: 3:04.24 1:33.58	600m: 9:22.80 1:34.30	1000m: 15:40.93	1:35.18	1400m: 22:07.73	1:37.59	
	300m: 4:39.16 1:34.92	700m: 10:57.51 1:34.71	1100m: 17:16.86	1:35.93	1500m: 23:43.72	1:35.99	
	400m: 6:14.28 1:35.12	800m: 12:31.41 1:33.90	1200m: 18:53.60	1:36.74			
39.	TEJO Rui Miguel	69	Academica de Coimbra	<b>23:44.34</b>		409	22,00
	100m: 1:28.14 1:28.14	500m: 7:51.59 1:36.91	900m: 14:16.09	1:35.61	1300m: 20:37.04	1:35.51	
	200m: 3:01.68 1:33.54	600m: 9:27.77 1:36.18	1000m: 15:51.09	1:35.00	1400m: 22:12.02	1:34.98	
	300m: 4:38.00 1:36.32	700m: 11:04.10 1:36.33	1100m: 17:25.95	1:34.86	1500m: 23:44.34	1:32.32	
	400m: 6:14.68 1:36.68	800m: 12:40.48 1:36.38	1200m: 19:01.53	1:35.58			
40.	PACHECO Filipe Monteiro	74	Leixoes	<b>23:50.99</b>		374	17,00
	100m: 1:27.85 1:27.85	500m: 7:48.04 1:35.47	900m: 14:17.00	1:37.59	1300m: 20:43.14	1:35.93	
	200m: 3:01.19 1:33.34	600m: 9:24.38 1:36.34	1000m: 15:54.15	1:37.15	1400m: 22:18.15	1:35.01	
	300m: 4:36.38 1:35.19	700m: 11:01.64 1:37.26	1100m: 17:30.56	1:36.41	1500m: 23:50.99	1:32.84	
	400m: 6:12.57 1:36.19	800m: 12:39.41 1:37.77	1200m: 19:07.21	1:36.65			
41.	BARROS Francisco Santos	72	Porto	<b>23:51.09</b>		403	20,00
	100m: 1:27.14 1:27.14	500m: 7:48.38 1:36.10	900m: 14:17.25	1:37.82	1300m: 20:43.46	1:36.06	
	200m: 3:00.72 1:33.58	600m: 9:24.73 1:36.35	1000m: 15:54.70	1:37.45	1400m: 22:19.73	1:36.27	
	300m: 4:36.09 1:35.37	700m: 11:01.92 1:37.19	1100m: 17:31.38	1:36.68	1500m: 23:51.09	1:31.36	
	400m: 6:12.28 1:36.19	800m: 12:39.43 1:37.51	1200m: 19:07.40	1:36.02			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
42.	SILVA Pedro Niz	97	Penafiel	<b>23:53.97</b>		327	16,00
	100m: 1:25.18 1:25.18	500m: 7:43.08 1:36.35	900m: 14:15.32	1:39.70	1300m: 20:48.71	1:38.87	
	200m: 2:56.77 1:31.59	600m: 9:20.46 1:37.38	1000m: 15:53.23	1:37.91	1400m: 22:26.79	1:38.08	
	300m: 4:30.44 1:33.67	700m: 10:57.62 1:37.16	1100m: 17:31.96	1:38.73	1500m: 23:53.97	1:27.18	
	400m: 6:06.73 1:36.29	800m: 12:35.62 1:38.00	1200m: 19:09.84	1:37.88			
43.	PEREIRA Mario Nuno	81	Foca Quinta da Lixa CNF	<b>23:54.11</b>		344	18,00
	100m: 1:29.76 1:29.76	500m: 7:52.17 1:37.19	900m: 14:16.43	1:36.72	1300m: 20:46.48	1:36.48	
	200m: 3:04.31 1:34.55	600m: 9:28.83 1:36.66	1000m: 15:53.86	1:37.43	1400m: 22:24.75	1:38.27	
	300m: 4:40.10 1:35.79	700m: 11:04.20 1:35.37	1100m: 17:33.42	1:39.56	1500m: 23:54.11	1:29.36	
	400m: 6:14.98 1:34.88	800m: 12:39.71 1:35.51	1200m: 19:10.00	1:36.58			
44.	AFONSO Hugo Andre	76	Sporting	<b>23:54.72</b>		371	16,00
	100m: 1:29.58 1:29.58	500m: 7:56.93 1:36.61	900m: 14:25.44	1:37.65	1300m: 20:47.68	1:36.07	
	200m: 3:05.63 1:36.05	600m: 9:34.38 1:37.45	1000m: 16:00.98	1:35.54	1400m: 22:23.70	1:36.02	
	300m: 4:42.57 1:36.94	700m: 11:11.21 1:36.83	1100m: 17:36.14	1:35.16	1500m: 23:54.72	1:31.02	
	400m: 6:20.32 1:37.75	800m: 12:47.79 1:36.58	1200m: 19:11.61	1:35.47			
45.	BARROSO Jose Miguel	62	Fluvial Portuense	<b>23:57.63</b>		590	20,00
	100m: 1:29.63 1:29.63	500m: 7:55.14 1:38.58	900m: 14:25.77	1:35.46	1300m: 20:48.07	1:36.06	
	200m: 3:03.50 1:33.87	600m: 9:33.81 1:38.67	1000m: 16:02.43	1:36.66	1400m: 22:27.35	1:39.28	
	300m: 4:39.32 1:35.82	700m: 11:12.69 1:38.88	1100m: 17:35.63	1:33.20	1500m: 23:57.63	1:30.28	
	400m: 6:16.56 1:37.24	800m: 12:50.31 1:37.62	1200m: 19:12.01	1:36.38			
46.	NEVES Paulo Alexandre	66	Leixoes	<b>24:00.79</b>		441	22,00
	100m: 1:29.64 1:29.64	500m: 8:01.41 1:37.12	900m: 14:24.12	1:36.12	1300m: 20:50.23	1:38.20	
	200m: 3:07.40 1:37.76	600m: 9:37.93 1:36.52	1000m: 16:00.47	1:36.35	1400m: 22:28.41	1:38.18	
	300m: 4:45.09 1:37.69	700m: 11:13.49 1:35.56	1100m: 17:36.25	1:35.78	1500m: 24:00.79	1:32.38	
	400m: 6:24.29 1:39.20	800m: 12:48.00 1:34.51	1200m: 19:12.03	1:35.78			
47.	FERREIRA Miguel Jose	70	Leixoes	<b>24:08.55</b>		389	19,00
	100m: 1:32.80 1:32.80	500m: 7:52.15 1:34.13	900m: 14:17.99	1:36.88	1300m: 20:51.67	1:40.47	
	200m: 3:08.47 1:35.67	600m: 9:28.06 1:35.91	1000m: 15:55.06	1:37.07	1400m: 22:33.15	1:41.48	
	300m: 4:43.74 1:35.27	700m: 11:04.54 1:36.48	1100m: 17:32.22	1:37.16	1500m: 24:08.55	1:35.40	
	400m: 6:18.02 1:34.28	800m: 12:41.11 1:36.57	1200m: 19:11.20	1:38.98			
48.	MOREIRA Flavio Martins	70	Academica de Coimbra	<b>24:15.31</b>		383	18,00
	100m: 1:29.24 1:29.24	500m: 7:53.28 1:38.04	900m: 14:25.81	1:38.68	1300m: 21:02.36	1:39.29	
	200m: 3:02.66 1:33.42	600m: 9:30.28 1:37.00	1000m: 16:04.52	1:38.71	1400m: 22:41.27	1:38.91	
	300m: 4:38.33 1:35.67	700m: 11:08.42 1:38.14	1100m: 17:43.40	1:38.88	1500m: 24:15.31	1:34.04	
	400m: 6:15.24 1:36.91	800m: 12:47.13 1:38.71	1200m: 19:23.07	1:39.67			
49.	MENDES Rui Alberto	75	Fluvial Portuense	<b>24:23.39</b>		350	14,00
	100m: 1:31.58 1:31.58	500m: 7:58.71 1:36.71	900m: 14:33.61	1:37.79	1300m: 21:09.20	1:38.81	
	200m: 3:07.63 1:36.05	600m: 9:36.87 1:38.16	1000m: 16:12.72	1:39.11	1400m: 22:45.78	1:36.58	
	300m: 4:44.49 1:36.86	700m: 11:15.90 1:39.03	1100m: 17:51.24	1:38.52	1500m: 24:23.39	1:37.61	
	400m: 6:22.00 1:37.51	800m: 12:55.82 1:39.92	1200m: 19:30.39	1:39.15			
50.	PIRES Filipe Pinheiro	73	Foca Quinta da Lixa CNF	<b>24:25.50</b>		348	12,00
	100m: 1:35.19 1:35.19	500m: 8:07.02 1:38.17	900m: 14:38.94	1:38.21	1300m: 21:10.88	1:38.38	
	200m: 3:12.54 1:37.35	600m: 9:45.13 1:38.11	1000m: 16:17.67	1:38.73	1400m: 22:48.71	1:37.83	
	300m: 4:50.28 1:37.74	700m: 11:23.08 1:37.95	1100m: 17:55.52	1:37.85	1500m: 24:25.50	1:36.79	
	400m: 6:28.85 1:38.57	800m: 13:00.73 1:37.65	1200m: 19:32.50	1:36.98			



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
51.	SANTOS Miguel Baceira	84	Amadora	<b>24:25.78</b>		345	17,00
	100m: 1:27.17 1:27.17	500m: 7:46.09 1:39.17	900m: 14:26.55	1:40.19	1300m: 21:09.86	1:40.83	
	200m: 2:57.71 1:30.54	600m: 9:26.33 1:40.24	1000m: 16:06.91	1:40.36	1400m: 22:48.36	1:38.50	
	300m: 4:31.45 1:33.74	700m: 11:06.87 1:40.54	1100m: 17:48.15	1:41.24	1500m: 24:25.78	1:37.42	
	400m: 6:06.92 1:35.47	800m: 12:46.36 1:39.49	1200m: 19:29.03	1:40.88			
52.	RIBEIRO Jorge Ricardo	88	Leixoes	<b>24:26.26</b>		251	17,00
	100m: 1:27.91 1:27.91	500m: 7:54.29 1:39.12	900m: 14:30.36	1:39.70	1300m: 21:11.62	1:40.58	
	200m: 3:00.89 1:32.98	600m: 9:33.87 1:39.58	1000m: 16:11.06	1:40.70	1400m: 22:50.89	1:39.27	
	300m: 4:37.56 1:36.67	700m: 11:12.80 1:38.93	1100m: 17:51.18	1:40.12	1500m: 24:26.26	1:35.37	
	400m: 6:15.17 1:37.61	800m: 12:50.66 1:37.86	1200m: 19:31.04	1:39.86			
53.	COSTA Armando Joao	63	Feirense	<b>24:26.77</b>		418	20,00
	100m: 1:30.79 1:30.79	500m: 8:03.49 1:38.66	900m: 14:39.04	1:39.40	1300m: 21:16.49	1:39.39	
	200m: 3:08.61 1:37.82	600m: 9:42.07 1:38.58	1000m: 16:17.96	1:38.92	1400m: 22:55.60	1:39.11	
	300m: 4:46.45 1:37.84	700m: 11:20.69 1:38.62	1100m: 17:57.49	1:39.53	1500m: 24:26.77	1:31.17	
	400m: 6:24.83 1:38.38	800m: 12:59.64 1:38.95	1200m: 19:37.10	1:39.61			
54.	MENDES Ricardo Antonio	55	Salesianos	<b>24:34.08</b>		618	26,00
	100m: 1:32.79 1:32.79	500m: 8:09.84 1:38.95	900m: 14:44.95	1:38.54	1300m: 21:20.89	1:39.91	
	200m: 3:12.02 1:39.23	600m: 9:48.34 1:38.50	1000m: 16:23.56	1:38.61	1400m: 22:59.60	1:38.71	
	300m: 4:51.29 1:39.27	700m: 11:27.37 1:39.03	1100m: 18:02.06	1:38.50	1500m: 24:34.08	1:34.48	
	400m: 6:30.89 1:39.60	800m: 13:06.41 1:39.04	1200m: 19:40.98	1:38.92			
55.	GOMES Joao Antonio	75	Leixoes	<b>24:37.26</b>		340	11,00
	100m: 1:27.74 1:27.74	500m: 8:02.41 1:39.65	900m: 14:45.75	1:41.11	1300m: 21:23.29	1:39.81	
	200m: 3:05.21 1:37.47	600m: 9:43.19 1:40.78	1000m: 16:25.41	1:39.66	1400m: 23:03.04	1:39.75	
	300m: 4:43.81 1:38.60	700m: 11:23.74 1:40.55	1100m: 18:04.30	1:38.89	1500m: 24:37.26	1:34.22	
	400m: 6:22.76 1:38.95	800m: 13:04.64 1:40.90	1200m: 19:43.48	1:39.18			
56.	FIGUEIREDO Luis Rosario	89	Ginasio Santo Tirso	<b>24:40.86</b>		244	16,00
	100m: 1:26.28 1:26.28	500m: 7:46.34 1:38.46	900m: 14:27.39	1:42.09	1300m: 21:22.65	1:44.27	
	200m: 2:57.12 1:30.84	600m: 9:24.77 1:38.43	1000m: 16:09.81	1:42.42	1400m: 23:05.26	1:42.61	
	300m: 4:31.15 1:34.03	700m: 11:04.11 1:39.34	1100m: 17:53.49	1:43.68	1500m: 24:40.86	1:35.60	
	400m: 6:07.88 1:36.73	800m: 12:45.30 1:41.19	1200m: 19:38.38	1:44.89			
57.	PIRES Miguel Pinheiro	78	Fluvial Portuense	<b>24:42.76</b>		311	17,00
	100m: 1:32.01 1:32.01	500m: 8:02.77 1:39.99	900m: 14:41.94	1:41.04	1300m: 21:25.03	1:40.43	
	200m: 3:06.79 1:34.78	600m: 9:42.15 1:39.38	1000m: 16:22.79	1:40.85	1400m: 23:04.03	1:39.00	
	300m: 4:43.97 1:37.18	700m: 11:21.17 1:39.02	1100m: 18:03.54	1:40.75	1500m: 24:42.76	1:38.73	
	400m: 6:22.78 1:38.81	800m: 13:00.90 1:39.73	1200m: 19:44.60	1:41.06			
58.	SOUSA Antonio Fernando	65	Porto	<b>24:46.02</b>		402	19,00
	100m: 1:33.13 1:33.13	500m: 8:14.33 1:40.01	900m: 14:57.57	1:40.05	1300m: 21:34.65	1:39.13	
	200m: 3:13.45 1:40.32	600m: 9:55.08 1:40.75	1000m: 16:39.06	1:41.49	1400m:		
	300m: 4:55.44 1:41.99	700m: 11:35.91 1:40.83	1100m: 18:16.92	1:37.86	1500m: 24:46.02		
	400m: 6:34.32 1:38.88	800m: 13:17.52 1:41.61	1200m: 19:55.52	1:38.60			
59.	GAVINHO Nuno Miguel	84	Vila DEste/Gaia	<b>24:50.19</b>		328	16,00
	100m: 1:28.07 1:28.07	500m: 8:00.41 1:39.68	900m: 14:44.13	1:40.95	1300m: 21:32.68	1:43.13	
	200m: 3:04.83 1:36.76	600m: 9:40.37 1:39.96	1000m: 16:26.52	1:42.39	1400m: 23:15.89	1:43.21	
	300m: 4:42.24 1:37.41	700m: 11:21.99 1:41.62	1100m: 18:07.34	1:40.82	1500m: 24:50.19	1:34.30	
	400m: 6:20.73 1:38.49	800m: 13:03.18 1:41.19	1200m: 19:49.55	1:42.21			



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
60.	FERREIRA Manuel Filipe	87	Porto	<b>24:51.98</b>		327	14,00
	100m: 1:35.05 1:35.05	500m: 8:13.54 1:40.76	900m: 14:57.25	1:40.65	1300m: 21:37.82	1:38.81	
	200m: 3:12.70 1:37.65	600m: 9:54.78 1:41.24	1000m: 16:39.43	1:42.18	1400m: 23:15.71	1:37.89	
	300m: 4:51.63 1:38.93	700m: 11:35.56 1:40.78	1100m: 18:20.40	1:40.97	1500m: 24:51.98	1:36.27	
	400m: 6:32.78 1:41.15	800m: 13:16.60 1:41.04	1200m: 19:59.01	1:38.61			
61.	RODRIGUES Marcelo Porto	82	Natacao de Valongo	<b>24:55.91</b>		303	16,00
	100m: 1:34.27 1:34.27	500m: 8:09.34 1:38.65	900m: 14:48.25	1:40.73	1300m: 21:36.45	1:42.52	
	200m: 3:12.66 1:38.39	600m: 9:47.76 1:38.42	1000m: 16:29.95	1:41.70	1400m: 23:18.54	1:42.09	
	300m: 4:51.49 1:38.83	700m: 11:26.93 1:39.17	1100m: 18:11.96	1:42.01	1500m: 24:55.91	1:37.37	
	400m: 6:30.69 1:39.20	800m: 13:07.52 1:40.59	1200m: 19:53.93	1:41.97			
62.	RIBEIRO Jorge Vieira	64	Sporting de Aveiro	<b>25:10.34</b>		383	18,00
	100m: 1:33.88 1:33.88	500m: 8:17.30 1:41.39	900m: 15:05.17	1:41.20	1300m: 21:52.49	1:41.91	
	200m: 3:14.09 1:40.21	600m: 10:00.01 1:42.71	1000m: 16:47.63	1:42.46	1400m: 23:34.54	1:42.05	
	300m: 4:55.09 1:41.00	700m: 11:41.63 1:41.62	1100m: 18:28.46	1:40.83	1500m: 25:10.34	1:35.80	
	400m: 6:35.91 1:40.82	800m: 13:23.97 1:42.34	1200m: 20:10.58	1:42.12			
63.	DYSON Stephen Thomas <i>Rec Nacional Escalão K</i>	47	Alges	<b>25:12.64</b>		812	30,00
	100m: 1:38.57 1:38.57	500m: 8:24.70 1:41.01	900m: 15:09.37	1:41.10	1300m: 21:55.55	1:41.54	
	200m: 3:20.71 1:42.14	600m: 10:06.44 1:41.74	1000m: 16:51.27	1:41.90	1400m: 23:35.83	1:40.28	
	300m: 5:02.35 1:41.64	700m: 11:46.81 1:40.37	1100m: 18:32.51	1:41.24	1500m: 25:12.64	1:36.81	
	400m: 6:43.69 1:41.34	800m: 13:28.27 1:41.46	1200m: 20:14.01	1:41.50			
64.	CUNHA Tiago Filipe	76	Amigos da Natacao	<b>25:21.16</b>		311	10,00
	100m: 1:35.81 1:35.81	500m: 8:25.01 1:43.17	900m: 15:12.88	1:41.72	1300m: 22:01.52	1:42.20	
	200m: 3:16.84 1:41.03	600m: 10:07.49 1:42.48	1000m: 16:55.38	1:42.50	1400m: 23:43.60	1:42.08	
	300m: 4:59.39 1:42.55	700m: 11:49.33 1:41.84	1100m: 18:37.54	1:42.16	1500m: 25:21.16	1:37.56	
	400m: 6:41.84 1:42.45	800m: 13:31.16 1:41.83	1200m: 20:19.32	1:41.78			
65.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	<b>25:31.78</b>		305	9,00
	100m: 1:37.39 1:37.39	500m: 8:20.67 1:41.24	900m: 15:13.71	1:43.31	1300m: 22:09.22	1:45.94	
	200m: 3:16.41 1:39.02	600m: 10:03.24 1:42.57	1000m: 16:54.37	1:40.66	1400m: 23:53.37	1:44.15	
	300m: 4:56.97 1:40.56	700m: 11:46.29 1:43.05	1100m: 18:38.48	1:44.11	1500m: 25:31.78	1:38.41	
	400m: 6:39.43 1:42.46	800m: 13:30.40 1:44.11	1200m: 20:23.28	1:44.80			
66.	MIRACCA Renato	65	Feirense	<b>25:40.09</b>		361	17,00
	100m: 1:38.04 1:38.04	500m: 8:32.30 1:45.05	900m: 15:24.30	1:41.71	1300m: 22:18.27	1:43.50	
	200m: 3:20.04 1:42.00	600m: 10:16.60 1:44.30	1000m: 17:07.08	1:42.78	1400m: 24:00.48	1:42.21	
	300m: 5:02.71 1:42.67	700m: 12:00.04 1:43.44	1100m: 18:50.96	1:43.88	1500m: 25:40.09	1:39.61	
	400m: 6:47.25 1:44.54	800m: 13:42.59 1:42.55	1200m: 20:34.77	1:43.81			
67.	GONCALVES Nuno Telmo	77	Sporting	<b>25:47.40</b>		296	8,00
	100m: 1:31.81 1:31.81	500m: 8:21.55 1:43.19	900m: 15:16.47	1:44.26	1300m: 22:18.44	1:44.78	
	200m: 3:11.69 1:39.88	600m: 10:04.91 1:43.36	1000m: 17:02.03	1:45.56	1400m: 24:02.92	1:44.48	
	300m: 4:54.53 1:42.84	700m: 11:48.73 1:43.82	1100m: 18:48.40	1:46.37	1500m: 25:47.40	1:44.48	
	400m: 6:38.36 1:43.83	800m: 13:32.21 1:43.48	1200m: 20:33.66	1:45.26			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
68.	CARDOSO Vitor Manuel	72	Natacao de Valongo	<b>25:59.27</b>		311	17,00
	100m: 1:36.04 1:36.04	500m: 8:30.98 1:43.21	900m: 15:28.76	1:43.96	1300m: 22:30.70	1:45.68	
	200m: 3:19.74 1:43.70	600m: 10:14.62 1:43.64	1000m: 17:13.20	1:44.44	1400m: 24:18.20	1:47.50	
	300m: 5:02.94 1:43.20	700m: 11:58.95 1:44.33	1100m: 18:59.43	1:46.23	1500m: 25:59.27	1:41.07	
	400m: 6:47.77 1:44.83	800m: 13:44.80 1:45.85	1200m: 20:45.02	1:45.59			
69.	CARVALHO Vitor Borges	64	Viana Natacao	<b>26:34.40</b>		325	16,00
	100m: 1:37.54 1:37.54	500m: 8:38.17 1:45.55	900m: 15:45.42	1:46.91	1300m: 22:58.20	1:48.25	
	200m: 3:20.75 1:43.21	600m: 10:24.89 1:46.72	1000m: 17:32.21	1:46.79	1400m: 24:46.83	1:48.63	
	300m: 5:06.34 1:45.59	700m: 12:11.59 1:46.70	1100m: 19:20.24	1:48.03	1500m: 26:34.40	1:47.57	
	400m: 6:52.62 1:46.28	800m: 13:58.51 1:46.92	1200m: 21:09.95	1:49.71			
70.	ALVES Fernando Jose	69	Salesianos	<b>26:49.56</b>		283	16,00
	100m: 1:38.09 1:38.09	500m: 8:44.81 1:47.06	900m: 15:59.71	1:46.52	1300m: 23:14.70	1:49.08	
	200m: 3:23.14 1:45.05	600m: 10:34.34 1:49.53	1000m: 17:46.68	1:46.97	1400m: 25:05.72	1:51.02	
	300m: 5:10.95 1:47.81	700m: 12:23.58 1:49.24	1100m: 19:36.01	1:49.33	1500m: 26:49.56	1:43.84	
	400m: 6:57.75 1:46.80	800m: 14:13.19 1:49.61	1200m: 21:25.62	1:49.61			
71.	INVERNEIRO Pedro Alexandre	71	Fluvial Portuense	<b>26:50.97</b>		282	14,00
	100m: 1:37.35 1:37.35	500m: 8:47.73 1:47.61	900m: 16:02.51	1:48.01	1300m: 23:19.89	1:49.76	
	200m: 3:23.17 1:45.82	600m: 10:35.74 1:48.01	1000m: 17:51.60	1:49.09	1400m: 25:09.66	1:49.77	
	300m: 5:12.38 1:49.21	700m: 12:26.67 1:50.93	1100m: 19:41.06	1:49.46	1500m: 26:50.97	1:41.31	
	400m: 7:00.12 1:47.74	800m: 14:14.50 1:47.83	1200m: 21:30.13	1:49.07			
72.	SANTINHA Antonio Manuel	69	Masters de Almada	<b>27:02.22</b>		277	12,00
	100m: 1:43.10 1:43.10	500m: 8:55.04 1:48.82	900m: 16:12.29	1:48.56	1300m: 23:27.99	1:48.98	
	200m: 3:31.13 1:48.03	600m: 10:45.40 1:50.36	1000m: 18:00.64	1:48.35	1400m: 25:16.13	1:48.14	
	300m: 5:18.76 1:47.63	700m: 12:34.56 1:49.16	1100m: 19:49.34	1:48.70	1500m: 27:02.22	1:46.09	
	400m: 7:06.22 1:47.46	800m: 14:23.73 1:49.17	1200m: 21:39.01	1:49.67			
73.	PEREIRA Norberto Matos	75	Vitoria Guimaraes	<b>27:13.78</b>		251	7,00
	100m: 1:34.64 1:34.64	500m: 8:42.66 1:48.77	900m: 16:03.34	1:50.84	1300m: 23:30.65	1:52.58	
	200m: 3:18.32 1:43.68	600m: 10:31.54 1:48.88	1000m: 17:53.88	1:50.54	1400m: 25:23.04	1:52.39	
	300m: 5:05.53 1:47.21	700m: 12:21.36 1:49.82	1100m: 19:45.93	1:52.05	1500m: 27:13.78	1:50.74	
	400m: 6:53.89 1:48.36	800m: 14:12.50 1:51.14	1200m: 21:38.07	1:52.14			
74.	NOVAIS Jose Orlando	78	Vitoria Guimaraes	<b>27:32.84</b>		225	14,00
	100m: 1:37.47 1:37.47	500m: 8:49.74 1:50.17	900m: 16:19.75	1:53.70	1300m: 23:53.15	1:54.19	
	200m: 3:23.37 1:45.90	600m: 10:40.43 1:50.69	1000m: 18:11.90	1:52.15	1400m: 25:46.86	1:53.71	
	300m: 5:10.53 1:47.16	700m: 12:33.50 1:53.07	1100m: 20:05.38	1:53.48	1500m: 27:32.84	1:45.98	
	400m: 6:59.57 1:49.04	800m: 14:26.05 1:52.55	1200m: 21:58.96	1:53.58			
75.	MATOS Emanuel Peixoto	74	Braga	<b>27:38.29</b>		240	6,00
	100m: 1:34.18 1:34.18	500m: 8:59.65 1:53.30	900m: 16:26.83	1:50.59	1300m: 23:53.91	1:51.39	
	200m: 3:21.96 1:47.78	600m: 10:52.37 1:52.72	1000m: 18:17.47	1:50.64	1400m: 25:45.42	1:51.51	
	300m: 5:12.20 1:50.24	700m: 12:43.97 1:51.60	1100m: 20:10.57	1:53.10	1500m: 27:38.29	1:52.87	
	400m: 7:06.35 1:54.15	800m: 14:36.24 1:52.27	1200m: 22:02.52	1:51.95			
76.	CORREIA Carlos Augusto	52	Masters de Almada	<b>27:46.54</b>		485	30,00
	100m: 1:47.57 1:47.57	500m: 9:16.58 1:52.42	900m: 16:43.54	1:51.59	1300m: 24:09.46	1:50.54	
	200m: 3:39.41 1:51.84	600m: 11:08.22 1:51.64	1000m: 18:35.17	1:51.63	1400m: 25:59.54	1:50.08	
	300m: 5:31.74 1:52.33	700m: 13:00.13 1:51.91	1100m: 20:26.75	1:51.58	1500m: 27:46.54	1:47.00	
	400m: 7:24.16 1:52.42	800m: 14:51.95 1:51.82	1200m: 22:18.92	1:52.17			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
77.	VELEZ Rui Manuel	64	Luz e Vida	<b>27:55.04</b>		280	14,00
	100m: 1:52.29 1:52.29	500m: 9:28.66 1:52.21	900m: 16:56.15	1:51.67	1300m: 24:19.78	1:50.86	
	200m: 3:48.29 1:56.00	600m: 11:21.11 1:52.45	1000m: 18:47.33	1:51.18	1400m: 26:10.42	1:50.64	
	300m: 5:43.05 1:54.76	700m: 13:12.48 1:51.37	1100m: 20:38.26	1:50.93	1500m: 27:55.04	1:44.62	
	400m: 7:36.45 1:53.40	800m: 15:04.48 1:52.00	1200m: 22:28.92	1:50.66			
78.	ROCHA Helder Tomas	86	Penafiel	<b>27:59.93</b>		229	12,00
	100m: 1:38.34 1:38.34	500m: 9:04.72 1:53.58	900m: 16:40.56	1:56.09	1300m: 24:19.68	1:55.15	
	200m: 3:21.39 1:43.05	600m: 10:59.18 1:54.46	1000m: 18:34.27	1:53.71	1400m: 26:13.28	1:53.60	
	300m: 5:17.21 1:55.82	700m: 12:53.35 1:54.17	1100m: 20:29.71	1:55.44	1500m: 27:59.93	1:46.65	
	400m: 7:11.14 1:53.93	800m: 14:44.47 1:51.12	1200m: 22:24.53	1:54.82			
79.	TRIGO Daniel Castro	65	Sporting de Aveiro	<b>28:13.26</b>		272	12,00
	100m: 1:45.06 1:45.06	500m: 9:19.04 1:54.26	900m: 16:53.27	1:55.47	1300m: 24:29.88	1:54.83	
	200m: 3:38.26 1:53.20	600m: 11:12.59 1:53.55	1000m: 18:47.41	1:54.14	1400m: 26:24.57	1:54.69	
	300m: 5:31.36 1:53.10	700m: 13:04.88 1:52.29	1100m: 20:40.75	1:53.34	1500m: 28:13.26	1:48.69	
	400m: 7:24.78 1:53.42	800m: 14:57.80 1:52.92	1200m: 22:35.05	1:54.30			
80.	ANTUNES Luis Miguel	68	Leixoes	<b>28:18.57</b>		241	11,00
	100m: 1:43.14 1:43.14	500m: 9:20.28 1:55.74	900m: 16:57.77	1:54.18	1300m: 24:30.73	1:53.19	
	200m: 3:36.45 1:53.31	600m: 11:13.32 1:53.04	1000m: 18:51.13	1:53.36	1400m: 26:25.77	1:55.04	
	300m: 5:30.00 1:53.55	700m: 13:08.78 1:55.46	1100m: 20:45.22	1:54.09	1500m: 28:18.57	1:52.80	
	400m: 7:24.54 1:54.54	800m: 15:03.59 1:54.81	1200m: 22:37.54	1:52.32			
81.	FERREIRA Jose Antonio	58	Leixoes	<b>28:35.86</b>		347	19,00
	100m: 1:44.59 1:44.59	500m: 9:22.98 1:54.25	900m: 17:03.56	1:55.31	1300m: 24:48.45	1:56.90	
	200m: 3:38.90 1:54.31	600m: 11:18.47 1:55.49	1000m: 18:58.98	1:55.42	1400m: 26:44.86	1:56.41	
	300m: 5:33.31 1:54.41	700m: 13:13.29 1:54.82	1100m: 20:55.00	1:56.02	1500m: 28:35.86	1:51.00	
	400m: 7:28.73 1:55.42	800m: 15:08.25 1:54.96	1200m: 22:51.55	1:56.55			
82.	FERREIRA Hugo Manuel	79	Natacao da Maia	<b>28:54.63</b>		194	12,00
	100m: 1:38.88 1:38.88	500m: 9:20.01 1:58.00	900m: 17:07.12	1:55.61	1300m: 25:01.12	1:57.48	
	200m: 3:31.63 1:52.75	600m: 11:15.28 1:55.27	1000m: 19:05.75	1:58.63	1400m: 27:02.48	2:01.36	
	300m: 5:26.16 1:54.53	700m: 13:12.41 1:57.13	1100m: 21:05.49	1:59.74	1500m: 28:54.63	1:52.15	
	400m: 7:22.01 1:55.85	800m: 15:11.51 1:59.10	1200m: 23:03.64	1:58.15			
83.	ALBUQUERQUE Nuno Carlos	64	Braga	<b>28:57.18</b>		251	11,00
	100m: 1:45.51 1:45.51	500m: 9:24.00 1:55.98	900m: 17:12.03	1:58.12	1300m: 25:05.25	1:57.74	
	200m: 3:38.50 1:52.99	600m: 11:20.00 1:56.00	1000m: 19:10.17	1:58.14	1400m: 27:03.10	1:57.85	
	300m: 5:32.84 1:54.34	700m: 13:17.33 1:57.33	1100m: 21:07.99	1:57.82	1500m: 28:57.18	1:54.08	
	400m: 7:28.02 1:55.18	800m: 15:13.91 1:56.58	1200m: 23:07.51	1:59.52			
84.	AFONSO Nuno Silva	79	Amigos da Natacao	<b>29:25.89</b>		184	11,00
	100m: 1:40.09 1:40.09	500m: 9:29.32 2:00.26	900m: 17:31.27	2:00.21	1300m: 25:33.57	2:00.03	
	200m: 3:32.47 1:52.38	600m: 11:30.48 2:01.16	1000m: 19:32.25	2:00.98	1400m: 27:34.34	2:00.77	
	300m: 5:29.84 1:57.37	700m: 13:31.30 2:00.82	1100m: 21:33.50	2:01.25	1500m: 29:25.89	1:51.55	
	400m: 7:29.06 1:59.22	800m: 15:31.06 1:59.76	1200m: 23:33.54	2:00.04			
85.	JUNIOR Edison Mello	50	Braga	<b>29:41.29</b>		397	26,00
	100m: 1:50.18 1:50.18	500m: 9:51.38 2:00.11	900m: 17:50.95	1:58.94	1300m: 25:46.53	1:57.66	
	200m: 3:51.60 2:01.42	600m: 11:51.77 2:00.39	1000m: 19:48.88	1:57.93	1400m: 27:48.36	2:01.83	
	300m: 5:52.32 2:00.72	700m: 13:51.17 1:59.40	1100m: 21:49.07	2:00.19	1500m: 29:41.29	1:52.93	
	400m: 7:51.27 1:58.95	800m: 15:52.01 2:00.84	1200m: 23:48.87	1:59.80			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
86.	<b>BARROS Mario Jorge</b>	<b>56</b>	<b>Porto</b>	<b>29:50.48</b>		<b>344</b>	<b>22,00</b>
	100m: 1:55.40 1:55.40	500m: 10:06.77 2:02.50	900m: 18:10.44	2:00.55	1300m: 26:10.37	1:58.78	
	200m: 3:57.59 2:02.19	600m: 12:07.44 2:00.67	1000m: 20:11.80	2:01.36	1400m: 28:03.32	1:52.95	
	300m: 6:00.23 2:02.64	700m: 14:08.87 2:01.43	1100m: 22:12.29	2:00.49	1500m: 29:50.48	1:47.16	
	400m: 8:04.27 2:04.04	800m: 16:09.89 2:01.02	1200m: 24:11.59	1:59.30			
87.	<b>LAMEIRA Antonio Jose</b>	<b>73</b>	<b>Leixoes</b>	<b>29:55.90</b>		<b>189</b>	<b>5,00</b>
	100m: 1:50.74 1:50.74	500m: 9:58.48 2:01.57	900m: 18:04.45	2:01.22	1300m: 26:09.18	2:01.17	
	200m: 3:50.02 1:59.28	600m: 12:00.71 2:02.23	1000m: 20:06.56	2:02.11	1400m: 28:11.33	2:02.15	
	300m: 5:53.18 2:03.16	700m: 14:02.37 2:01.66	1100m: 22:06.71	2:00.15	1500m: 29:55.90	1:44.57	
	400m: 7:56.91 2:03.73	800m: 16:03.23 2:00.86	1200m: 24:08.01	2:01.30			
88.	<b>ROCHA Paulo Jorge</b>	<b>59</b>	<b>Fluvial Portuense</b>	<b>30:01.32</b>		<b>300</b>	<b>18,00</b>
	100m: 1:53.44 1:53.44	500m: 9:48.92 1:57.21	900m: 17:47.66	2:00.45	1300m: 25:57.96	2:03.38	
	200m: 3:52.42 1:58.98	600m: 11:47.35 1:58.43	1000m: 19:49.13	2:01.47	1400m: 28:02.10	2:04.14	
	300m: 5:52.80 2:00.38	700m: 13:48.07 2:00.72	1100m: 21:51.45	2:02.32	1500m: 30:01.32	1:59.22	
	400m: 7:51.71 1:58.91	800m: 15:47.21 1:59.14	1200m: 23:54.58	2:03.13			
89.	<b>PORTO Carlos Manuel</b>	<b>51</b>	<b>Alges</b>	<b>30:01.43</b>		<b>384</b>	<b>22,00</b>
	100m: 1:54.09 1:54.09	500m: 9:54.44 2:01.05	900m: 17:53.69	2:01.05	1300m: 26:00.44	2:01.51	
	200m: 3:54.44 2:00.35	600m: 11:54.04 1:59.60	1000m: 19:55.12	2:01.43	1400m: 28:01.29	2:00.85	
	300m: 5:53.46 1:59.02	700m: 13:53.34 1:59.30	1100m: 21:57.00	2:01.88	1500m: 30:01.43	2:00.14	
	400m: 7:53.39 1:59.93	800m: 15:52.64 1:59.30	1200m: 23:58.93	2:01.93			
90.	<b>FERNANDES Nelson Jorge</b>	<b>71</b>	<b>Leixoes</b>	<b>30:05.34</b>		<b>201</b>	<b>10,00</b>
	100m: 1:57.31 1:57.31	500m: 10:09.29 2:03.01	900m: 18:20.01	2:02.57	1300m: 26:22.63	1:59.86	
	200m: 3:57.05 1:59.74	600m: 12:09.78 2:00.49	1000m: 20:21.74	2:01.73	1400m: 28:22.35	1:59.72	
	300m: 6:02.87 2:05.82	700m: 14:14.87 2:05.09	1100m: 22:22.50	2:00.76	1500m: 30:05.34	1:42.99	
	400m: 8:06.28 2:03.41	800m: 16:17.44 2:02.57	1200m: 24:22.77	2:00.27			
91.	<b>LOUREIRO Luis Miguel</b>	<b>68</b>	<b>Fluvial Portuense</b>	<b>30:07.00</b>		<b>200</b>	<b>9,00</b>
	100m: 1:49.38 1:49.38	500m: 9:50.10 2:01.08	900m: 17:55.39	2:02.10	1300m: 26:03.25	2:04.17	
	200m: 3:48.13 1:58.75	600m: 11:51.21 2:01.11	1000m: 19:55.98	2:00.59	1400m: 28:07.84	2:04.59	
	300m: 5:47.94 1:59.81	700m: 13:52.25 2:01.04	1100m: 21:56.46	2:00.48	1500m: 30:07.00	1:59.16	
	400m: 7:49.02 2:01.08	800m: 15:53.29 2:01.04	1200m: 23:59.08	2:02.62			
92.	<b>RAMALHO Jose Carlos</b>	<b>67</b>	<b>Braga</b>	<b>30:09.75</b>		<b>222</b>	<b>10,00</b>
	100m: 1:45.35 1:45.35	500m: 9:43.27 1:58.83	900m: 17:53.84	2:03.91	1300m: 26:07.42	2:03.31	
	200m: 3:42.59 1:57.24	600m: 11:45.77 2:02.50	1000m: 19:57.75	2:03.91	1400m: 28:11.49	2:04.07	
	300m: 5:43.91 2:01.32	700m: 13:48.15 2:02.38	1100m: 21:59.87	2:02.12	1500m: 30:09.75	1:58.26	
	400m: 7:44.44 2:00.53	800m: 15:49.93 2:01.78	1200m: 24:04.11	2:04.24			
93.	<b>SOUSA Marco Celio</b>	<b>81</b>	<b>Penafiel</b>	<b>30:31.97</b>		<b>165</b>	<b>10,00</b>
	100m: 1:34.65 1:34.65	500m: 9:31.81 2:04.92	900m: 18:01.83	2:07.65	1300m: 26:27.77	2:04.23	
	200m: 3:27.81 1:53.16	600m: 11:38.63 2:06.82	1000m: 20:12.76	2:10.93	1400m: 28:32.78	2:05.01	
	300m: 5:26.35 1:58.54	700m: 13:47.31 2:08.68	1100m: 22:17.45	2:04.69	1500m: 30:31.97	1:59.19	
	400m: 7:26.89 2:00.54	800m: 15:54.18 2:06.87	1200m: 24:23.54	2:06.09			
94.	<b>BAPTISTA Jose Manuel</b>	<b>69</b>	<b>Leixoes</b>	<b>31:24.47</b>		<b>176</b>	<b>8,00</b>
	100m: 1:51.20 1:51.20	500m: 10:03.01 2:05.50	900m: 18:34.87	2:09.16	1300m: 27:11.78	2:10.36	
	200m: 3:54.33 2:03.13	600m: 12:09.28 2:06.27	1000m: 20:43.17	2:08.30	1400m: 29:21.46	2:09.68	
	300m: 5:54.01 1:59.68	700m: 14:16.76 2:07.48	1100m: 22:51.44	2:08.27	1500m: 31:24.47	2:03.01	
	400m: 7:57.51 2:03.50	800m: 16:25.71 2:08.95	1200m: 25:01.42	2:09.98			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
95.	MADAIL Jose Henrique	54	Galitos / Bresimar	<b>31:26.52</b>		294	20,00
	100m: 1:58.12 1:58.12		500m: 10:20.30 2:05.51	900m: 18:48.02	2:08.84	1300m: 27:14.23	2:06.66
	200m: 4:01.57 2:03.45		600m: 12:26.43 2:06.13	1000m: 20:54.89	2:06.87	1400m: 29:19.21	2:04.98
	300m: 6:08.05 2:06.48		700m: 14:32.63 2:06.20	1100m: 23:01.12	2:06.23	1500m: 31:26.52	2:07.31
	400m: 8:14.79 2:06.74		800m: 16:39.18 2:06.55	1200m: 25:07.57	2:06.45		
96.	MOREIRA Paulo Ricardo	83	Penafiel	<b>32:18.04</b>		149	11,00
	100m: 1:49.82 1:49.82		500m: 10:21.14 2:11.24	900m: 19:04.67	2:10.45	1300m: 27:57.39	2:10.32
	200m: 3:53.95 2:04.13		600m: 12:30.96 2:09.82	1000m: 21:17.00	2:12.33	1400m: 30:12.01	2:14.62
	300m: 6:01.35 2:07.40		700m: 14:42.22 2:11.26	1100m: 23:33.13	2:16.13	1500m: 32:18.04	2:06.03
	400m: 8:09.90 2:08.55		800m: 16:54.22 2:12.00	1200m: 25:47.07	2:13.94		
97.	COELHO Domingos Pinto	52	Alges	<b>32:21.16</b>		307	20,00
	100m: 1:55.40 1:55.40		500m: 10:36.21 2:11.29	900m: 19:21.18	2:11.30	1300m:	
	200m: 4:05.02 2:09.62		600m: 12:46.77 2:10.56	1000m: 21:32.57	2:11.39	1400m: 30:15.10	
	300m: 6:14.78 2:09.76		700m: 14:57.62 2:10.85	1100m: 23:43.02	2:10.45	1500m: 32:21.16	2:06.06
	400m: 8:24.92 2:10.14		800m: 17:09.88 2:12.26	1200m: 25:54.82	2:11.80		
98.	RAPOSO Jose Alexandre	55	Sporting de Aveiro	<b>32:26.75</b>		268	19,00
	100m: 2:04.45 2:04.45		500m: 10:40.33 2:08.88	900m: 19:18.27	2:10.29	1300m: 28:00.85	2:10.51
	200m: 4:13.43 2:08.98		600m: 12:49.10 2:08.77	1000m: 21:29.45	2:11.18	1400m: 30:13.10	2:12.25
	300m: 6:21.93 2:08.50		700m: 14:58.46 2:09.36	1100m: 23:39.92	2:10.47	1500m: 32:26.75	2:13.65
	400m: 8:31.45 2:09.52		800m: 17:07.98 2:09.52	1200m: 25:50.34	2:10.42		
99.	SILVA Miguel Paulo	71	Penafiel	<b>33:06.74</b>		150	7,00
	100m: 1:54.51 1:54.51		500m: 10:40.26 2:13.63	900m: 19:39.93	2:14.18	1300m: 28:40.05	2:26.25
	200m: 4:02.11 2:07.60		600m: 12:56.00 2:15.74	1000m: 21:52.22	2:12.29	1400m: 30:57.18	2:17.13
	300m: 6:13.00 2:10.89		700m: 15:10.61 2:14.61	1100m: 24:05.56	2:13.34	1500m: 33:06.74	2:09.56
	400m: 8:26.63 2:13.63		800m: 17:25.75 2:15.14	1200m: 26:13.80	2:08.24		
100.	TAVEIRA Jose Manuel	64	Individual ANNP	<b>33:54.83</b>		156	9,00
	100m: 1:51.37 1:51.37		500m: 11:04.98 2:17.67	900m: 20:09.44	2:16.20	1300m: 29:17.03	2:18.17
	200m: 4:07.19 2:15.82		600m: 13:21.66 2:16.68	1000m: 22:25.14	2:15.70	1400m: 31:34.10	2:17.07
	300m: 6:26.13 2:18.94		700m: 15:37.58 2:15.92	1100m: 24:41.02	2:15.88	1500m: 33:54.83	2:20.73
	400m: 8:47.31 2:21.18		800m: 17:53.24 2:15.66	1200m: 26:58.86	2:17.84		
101.	MATOS Jose Manuel	74	Leixoes	<b>33:58.26</b>		129	4,00
	100m: 2:11.71 2:11.71		500m: 11:17.93 2:15.18	900m: 20:18.67	2:15.53	1300m: 29:32.33	2:21.72
	200m: 4:29.18 2:17.47		600m: 13:33.06 2:15.13	1000m: 22:34.44	2:15.77	1400m: 31:51.12	2:18.79
	300m: 6:46.33 2:17.15		700m: 15:47.98 2:14.92	1100m: 24:50.78	2:16.34	1500m: 33:58.26	2:07.14
	400m: 9:02.75 2:16.42		800m: 18:03.14 2:15.16	1200m: 27:10.61	2:19.83		
102.	GASPAR Alexandre Azevedo	45	Alges	<b>34:09.16</b>		326	26,00
	100m: 2:08.94 2:08.94		500m: 11:11.99 2:14.55	900m: 20:21.65	2:17.81	1300m: 29:41.47	2:18.47
	200m: 4:25.04 2:16.10		600m: 13:28.00 2:16.01	1000m: 22:40.50	2:18.85	1400m: 31:57.26	2:15.79
	300m: 6:41.21 2:16.17		700m: 15:46.92 2:18.92	1100m: 25:00.98	2:20.48	1500m: 34:09.16	2:11.90
	400m: 8:57.44 2:16.23		800m: 18:03.84 2:16.92	1200m: 27:23.00	2:22.02		
103.	BORREGO Hugo Alexandre	72	Sporting de Aveiro	<b>35:17.57</b>		124	6,00
	100m: 2:06.15 2:06.15		500m: 11:32.31 2:23.17	900m: 21:11.83	2:23.67	1300m: 30:42.44	2:22.33
	200m: 4:28.02 2:21.87		600m: 13:55.92 2:23.61	1000m: 23:32.52	2:20.69	1400m: 33:04.61	2:22.17
	300m: 6:48.51 2:20.49		700m: 16:20.39 2:24.47	1100m: 25:55.47	2:22.95	1500m: 35:17.57	2:12.96
	400m: 9:09.14 2:20.63		800m: 18:48.16 2:27.77	1200m: 28:20.11	2:24.64		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
104.	MARQUES Antonio Jorge	51	Fluvial Portuense	<b>36:31.92</b>		213	19,00
	100m: 2:11.61 2:11.61		500m: 11:44.61 2:25.23	900m: 21:38.60	2:28.64	1300m: 31:34.31 2:30.16	
	200m: 4:33.33 2:21.72		600m: 14:12.97 2:28.36	1000m: 24:06.74	2:28.14	1400m: 34:04.44 2:30.13	
	300m: 6:56.02 2:22.69		700m: 16:40.19 2:27.22	1100m: 26:34.97	2:28.23	1500m: 36:31.92 2:27.48	
	400m: 9:19.38 2:23.36		800m: 19:09.96 2:29.77	1200m: 29:04.15	2:29.18		
105.	FREITAS Joaquim Fidalgo	47	Academica de Coimbra	<b>37:30.43</b>		246	22,00
	100m: 2:07.22 2:07.22		500m: 11:37.70 2:30.99	900m: 22:06.99	2:30.68	1300m: 32:26.15 2:37.32	
	200m: 4:22.23 2:15.01		600m: 14:10.72 2:33.02	1000m: 24:40.97	2:33.98	1400m: 35:02.01 2:35.86	
	300m: 6:40.30 2:18.07		700m: 16:48.63 2:37.91	1100m: 27:14.95	2:33.98	1500m: 37:30.43 2:28.42	
	400m: 9:06.71 2:26.41		800m: 19:36.31 2:47.68	1200m: 29:48.83	2:33.88		
106.	PEREIRA Antonio Manuel	72	Penafiel	<b>37:56.86</b>		100	5,00
	100m: 2:17.53 2:17.53		500m: 12:27.74 2:31.30	900m: 22:49.64	2:33.14	1300m: 33:09.45 2:31.91	
	200m: 4:51.36 2:33.83		600m: 15:20.27 2:52.53	1000m: 25:19.90	2:30.26	1400m: 35:33.75 2:24.30	
	300m: 7:23.17 2:31.81		700m: 17:42.21 2:21.94	1100m: 28:17.16	2:57.26	1500m: 37:56.86 2:23.11	
	400m: 9:56.44 2:33.27		800m: 20:16.50 2:34.29	1200m: 30:37.54	2:20.38		
107.	LEITE Jose	48	Foca Quinta da Lixa CNF	<b>39:44.41</b>		165	18,00
	100m: 2:09.74 2:09.74		500m: 12:00.27 2:28.13	900m: 21:58.16	2:29.40	1300m: 32:09.15 2:33.72	
	200m: 4:35.01 2:25.27		600m: 14:29.06 2:28.79	1000m: 24:30.97	2:32.81	1400m: 34:43.52 2:34.37	
	300m: 7:04.38 2:29.37		700m: 16:59.09 2:30.03	1100m: 27:02.55	2:31.58	1500m: 39:44.41 5:00.89	
	400m: 9:32.14 2:27.76		800m: 19:28.76 2:29.67	1200m: 29:35.43	2:32.88		
108.	CABRAL Luis Pereira	49	Academica de Coimbra	<b>40:38.68</b>		154	17,00
	100m: 2:31.66 2:31.66		500m: 13:08.46 2:39.89	900m: 24:06.45	2:43.96	1300m: 35:12.85 2:46.41	
	200m: 5:11.63 2:39.97		600m: 15:51.64 2:43.18	1000m: 26:52.16	2:45.71	1400m: 37:59.73 2:46.88	
	300m: 7:50.28 2:38.65		700m: 18:34.88 2:43.24	1100m: 29:38.75	2:46.59	1500m: 40:38.68 2:38.95	
	400m: 10:28.57 2:38.29		800m: 21:22.49 2:47.61	1200m: 32:26.44	2:47.69		
109.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	<b>48:24.11</b>		138	30,00
	100m: 2:54.31 2:54.31		500m: 15:26.84 3:12.51	900m: 28:39.46	3:22.13	1300m: 42:09.36 3:22.13	
	200m: 5:59.45 3:05.14		600m: 18:42.25 3:15.41	1000m: 32:00.22	3:20.76	1400m: 45:19.23 3:09.87	
	300m: 9:06.22 3:06.77		700m: 21:58.22 3:15.97	1100m: 35:24.16	3:23.94	1500m: 48:24.11 3:04.88	
	400m: 12:14.33 3:08.11		800m: 25:17.33 3:19.11	1200m: 38:47.23	3:23.07		
DSQ	COSTA Joao Martires	85	Porto				-
	<i>403 - Falsa partida - SW 4.4</i>						
DSQ	SILVA Bruno Miguel	76	Academica de Coimbra				-
	<i>403 - Falsa partida - SW 4.4</i>						
DSQ	QUINTA Daniel Ribeiro	88	Leixoes				-
	<i>403 - Falsa partida - SW 4.4</i>						
DNS	FERREIRA Gilberto Luis	85	Braga				-
DNS	PINTO Rui Manuel	79	Fluvial Portuense				-
DNS	SOARES Jaime Antonio	87	Penafiel				-
DNS	BENTO Jaime Carlos	61	Alges				-

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DNS	HORTA Jose Manuel	49	Alges				-
DNS	SILVA Francisco Nunes	95	UD Oliveirense				-
DNF	AMARAL Jose Rui	63	Fluvial Portuense				-