

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2
25/02/2023

5000m Livres

16 anos e mais velhos
Resultados

MMarca Absoluto	53:28.85	PINA Guilherme Filipe	SCP	Povoa de Varzim	24/02/2019
MMarca AA20+	53:28.85	PINA Guilherme Filipe	SCP	Povoa de Varzim	24/02/2019
MMarca AA1819	53:58.43	PINA Guilherme Filipe	BSCN	Rio Maior	20/02/2016
MMarca AA1617	54:46.23	PINA Guilherme Filipe	BSCN	Coimbra	18/04/2015
MMarca Absoluto	56:45.17	DURAES Diana Margarida	SLB	Povoa de Varzim	24/02/2019
MMarca AA20+	56:45.17	DURAES Diana Margarida	SLB	Povoa de Varzim	24/02/2019
MMarca AA1819	59:26.88	MACHADO Florbela Cavaco	ASSSCC	Rio Maior	26/04/2014
MMarca AA1617	57:53.99	MACHADO Florbela Cavaco	ASSSCC	Rio Maior	13/04/2013

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
-------	------	-----	-------	-------------	-------	----------	-----

AA20+, Masc.

1. AMARAL Francisco Rodriguez 02 Porto 55:13.86 672
Melhor Marca dos Campeonatos, 3000 metros

100m:	1:07.37	1:07.37	1400m:	15:42.21	1:07.16	2700m:	30:12.68	1:06.20	4000m:	44:24.34	1:05.31
200m:	2:15.24	1:07.87	1500m:	16:49.39	1:07.18	2800m:	31:18.62	1:05.94	4100m:	45:29.50	1:05.16
300m:	3:23.01	1:07.77	1600m:	17:56.50	1:07.11	2900m:	32:24.74	1:06.12	4200m:	46:34.58	1:05.08
400m:	4:30.68	1:07.67	1700m:	19:03.58	1:07.08	3000m:	33:30.67	1:05.93	4300m:	47:39.13	1:04.55
500m:	5:38.19	1:07.51	1800m:	20:10.64	1:07.06	3100m:	34:36.15	1:05.48	4400m:	48:43.45	1:04.32
600m:	6:46.32	1:08.13	1900m:	21:17.72	1:07.08	3200m:	35:41.25	1:05.10	4500m:	49:47.94	1:04.49
700m:	7:53.49	1:07.17	2000m:	22:24.95	1:07.23	3300m:	36:46.40	1:05.15	4600m:	50:52.62	1:04.68
800m:	9:00.63	1:07.14	2100m:	23:31.85	1:06.90	3400m:	37:51.84	1:05.44	4700m:	51:57.57	1:04.95
900m:	10:07.61	1:06.98	2200m:	24:38.44	1:06.59	3500m:	38:57.61	1:05.77	4800m:	53:03.18	1:05.61
1000m:	11:14.61	1:07.00	2300m:	25:45.57	1:07.13	3600m:	40:02.86	1:05.25	4900m:	54:09.70	1:06.52
1100m:	12:21.34	1:06.73	2400m:	26:52.75	1:07.18	3700m:	41:08.14	1:05.28	5000m:	55:13.86	1:04.16
1200m:	13:28.13	1:06.79	2500m:	27:59.93	1:07.18	3800m:	42:13.64	1:05.50			
1300m:	14:35.05	1:06.92	2600m:	29:06.48	1:06.55	3900m:	43:19.03	1:05.39			

2. CAMPOS Tiago Filipe 99 Rio Maior 55:31.46 661

100m:	1:06.80	1:06.80	1400m:	15:42.48	1:06.80	2700m:	30:13.11	1:06.75	4000m:	44:24.10	1:05.30
200m:	2:15.14	1:08.34	1500m:	16:49.46	1:06.98	2800m:	31:19.08	1:05.97	4100m:	45:28.83	1:04.73
300m:	3:22.73	1:07.59	1600m:	17:56.55	1:07.09	2900m:	32:25.29	1:06.21	4200m:	46:34.90	1:06.07
400m:	4:30.64	1:07.91	1700m:	19:03.46	1:06.91	3000m:	33:31.06	1:05.77	4300m:	47:41.03	1:06.13
500m:	5:38.42	1:07.78	1800m:	20:10.55	1:07.09	3100m:	34:36.49	1:05.43	4400m:	48:49.06	1:08.03
600m:	6:46.24	1:07.82	1900m:	21:17.59	1:07.04	3200m:	35:41.62	1:05.13	4500m:	49:56.80	1:07.74
700m:	7:53.45	1:07.21	2000m:	22:24.73	1:07.14	3300m:	36:46.79	1:05.17	4600m:	51:03.85	1:07.05
800m:	9:00.64	1:07.19	2100m:	23:31.40	1:06.67	3400m:	37:51.82	1:05.03	4700m:	52:10.40	1:06.55
900m:	10:07.92	1:07.28	2200m:	24:38.26	1:06.86	3500m:	38:57.29	1:05.47	4800m:	53:18.01	1:07.61
1000m:	11:15.04	1:07.12	2300m:	25:45.39	1:07.13	3600m:	40:02.48	1:05.19	4900m:	54:25.50	1:07.49
1100m:	12:21.60	1:06.56	2400m:	26:52.68	1:07.29	3700m:	41:07.92	1:05.44	5000m:	55:31.46	1:05.96
1200m:	13:28.54	1:06.94	2500m:	27:59.67	1:06.99	3800m:	42:13.55	1:05.63			
1300m:	14:35.68	1:07.14	2600m:	29:06.36	1:06.69	3900m:	43:18.80	1:05.25			

3. CARDOSO Diogo Santos 01 Sporting 55:54.39 648

100m:	1:07.11	1:07.11	1400m:	15:41.81	1:07.14	2700m:	30:12.86	1:06.54	4000m:	44:38.63	1:08.69
200m:	2:14.98	1:07.87	1500m:	16:49.06	1:07.25	2800m:	31:18.69	1:05.83	4100m:	45:47.07	1:08.44
300m:	3:22.60	1:07.62	1600m:	17:56.13	1:07.07	2900m:	32:25.35	1:06.66	4200m:	46:55.61	1:08.54
400m:	4:30.29	1:07.69	1700m:	19:03.26	1:07.13	3000m:	33:31.21	1:05.86	4300m:	48:04.25	1:08.64
500m:	5:38.00	1:07.71	1800m:	20:10.25	1:06.99	3100m:	34:37.39	1:06.18	4400m:	49:12.56	1:08.31
600m:	6:45.76	1:07.76	1900m:	21:17.38	1:07.13	3200m:	35:43.05	1:05.66	4500m:	50:20.32	1:07.76
700m:	7:52.99	1:07.23	2000m:	22:24.47	1:07.09	3300m:	36:49.07	1:06.02	4600m:	51:28.41	1:08.09
800m:	9:00.14	1:07.15	2100m:	23:31.11	1:06.64	3400m:	37:55.03	1:05.96	4700m:	52:36.05	1:07.64
900m:	10:07.16	1:07.02	2200m:	24:37.87	1:06.76	3500m:	39:00.50	1:05.47	4800m:	53:42.94	1:06.89
1000m:	11:14.26	1:07.10	2300m:	25:45.16	1:07.29	3600m:	40:06.51	1:06.01	4900m:	54:49.95	1:07.01
1100m:	12:20.83	1:06.57	2400m:	26:52.34	1:07.18	3700m:	41:13.35	1:06.84	5000m:	55:54.39	1:04.44
1200m:	13:27.54	1:06.71	2500m:	27:59.45	1:07.11	3800m:	42:21.08	1:07.73			
1300m:	14:34.67	1:07.13	2600m:	29:06.32	1:06.87	3900m:	43:29.94	1:08.86			

Splash Meet Manager, 11.75806

Registered to Federacao Portuguesa De Natacao

25/02/2023 18:49 - Página 1

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Masc., 5000m Livres, AA20+

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	BASTOS Lucas Pereira	00	Nautico Academico	57:48.17		586	
	100m: 1:08.46 1:08.46	1400m: 16:18.64	1:10.16	2700m: 31:17.33	1:09.21	4000m: 46:15.71	1:09.31
	200m: 2:18.64 1:10.18	1500m: 17:28.38	1:09.74	2800m: 32:26.59	1:09.26	4100m: 47:24.52	1:08.81
	300m: 3:28.47 1:09.83	1600m: 18:37.01	1:08.63	2900m: 33:35.90	1:09.31	4200m: 48:32.64	1:08.12
	400m: 4:38.76 1:10.29	1700m: 19:45.58	1:08.57	3000m: 34:45.26	1:09.36	4300m: 49:41.57	1:08.93
	500m: 5:49.51 1:10.75	1800m: 20:54.07	1:08.49	3100m: 35:53.86	1:08.60	4400m: 50:50.37	1:08.80
	600m: 6:59.53 1:10.02	1900m: 22:02.81	1:08.74	3200m: 37:02.65	1:08.79	4500m: 51:59.57	1:09.20
	700m: 8:09.68 1:10.15	2000m: 23:11.71	1:08.90	3300m: 38:11.75	1:09.10	4600m: 53:08.07	1:08.50
	800m: 9:19.74 1:10.06	2100m: 24:20.97	1:09.26	3400m: 39:21.38	1:09.63	4700m: 54:17.32	1:09.25
	900m: 10:29.42 1:09.68	2200m: 25:30.57	1:09.60	3500m: 40:30.65	1:09.27	4800m: 55:27.70	1:10.38
	1000m: 11:39.08 1:09.66	2300m: 26:40.15	1:09.58	3600m: 41:39.27	1:08.62	4900m: 56:38.51	1:10.81
	1100m: 12:49.05 1:09.97	2400m: 27:49.79	1:09.64	3700m: 42:48.00	1:08.73	5000m: 57:48.17	1:09.66
	1200m: 13:59.09 1:10.04	2500m: 28:59.32	1:09.53	3800m: 43:57.19	1:09.19		
	1300m: 15:08.48 1:09.39	2600m: 30:08.12	1:08.80	3900m: 45:06.40	1:09.21		
5.	ROCHA Joao Pedro	02	Viana Natacao	1:07:00.81		376	
	100m: 1:14.76 1:14.76	1400m: 18:07.21	1:18.02	2700m: 35:26.26	1:20.93	4000m: 53:08.42	1:23.71
	200m: 2:32.30 1:17.54	1500m: 19:25.77	1:18.56	2800m: 36:47.13	1:20.87	4100m: 54:31.50	1:23.08
	300m: 3:51.02 1:18.72	1600m: 20:45.46	1:19.69	2900m: 38:07.74	1:20.61	4200m: 55:54.54	1:23.04
	400m: 5:09.10 1:18.08	1700m: 22:04.40	1:18.94	3000m: 39:27.99	1:20.25	4400m: 58:41.57	2:47.03
	500m: 6:27.44 1:18.34	1800m: 23:24.01	1:19.61	3100m: 40:49.01	1:21.02	4500m: 1:00:05.27	1:23.70
	600m: 7:44.36 1:16.92	1900m: 24:43.53	1:19.52	3200m: 42:09.82	1:20.81	4600m: 1:01:29.72	1:24.45
	700m: 9:02.10 1:17.74	2000m: 26:03.40	1:19.87	3300m: 43:31.40	1:21.58	4700m: 1:02:53.39	1:23.67
	800m: 10:19.38 1:17.28	2100m: 27:22.94	1:19.54	3400m: 44:53.98	1:22.58	4800m: 1:04:17.08	1:23.69
	900m: 11:37.18 1:17.80	2200m: 28:43.36	1:20.42	3500m: 46:15.73	1:21.75	4900m: 1:05:40.52	1:23.44
	1000m: 12:55.36 1:18.18	2300m: 30:03.47	1:20.11	3600m: 47:37.85	1:22.12	5000m: 1:07:00.81	1:20.29
	1100m: 14:13.27 1:17.91	2400m: 31:23.96	1:20.49	3700m: 48:59.75	1:21.90		
	1200m: 15:31.15 1:17.88	2500m: 32:44.47	1:20.51	3800m: 50:22.58	1:22.83		
	1300m: 16:49.19 1:18.04	2600m: 34:05.33	1:20.86	3900m: 51:44.71	1:22.13		
6.	MOCO Pedro Ribeiro	02	Natacao de Vagos	1:07:52.99		362	
	100m: 1:12.90 1:12.90	1400m: 18:08.36	1:20.43	2700m: 35:49.86	1:22.29	4000m: 53:51.95	1:24.30
	200m: 2:30.04 1:17.14	1500m: 19:29.07	1:20.71	2800m: 37:12.17	1:22.31	4100m: 55:16.47	1:24.52
	300m: 3:47.69 1:17.65	1600m: 20:50.14	1:21.07	2900m: 38:34.55	1:22.38	4200m: 56:41.94	1:25.47
	400m: 5:05.13 1:17.44	1700m: 22:11.78	1:21.64	3000m: 39:57.56	1:23.01	4300m: 58:07.11	1:25.17
	500m: 6:22.55 1:17.42	1800m: 23:33.05	1:21.27	3100m: 41:20.59	1:23.03	4400m: 59:31.68	1:24.57
	600m: 7:40.25 1:17.70	1900m: 24:53.98	1:20.93	3200m: 42:43.38	1:22.79	4500m: 1:00:56.35	1:24.67
	700m: 8:57.44 1:17.19	2000m: 26:16.25	1:22.27	3300m: 44:06.62	1:23.24	4600m: 1:02:22.16	1:25.81
	800m: 10:14.87 1:17.43	2100m: 27:38.20	1:21.95	3400m: 45:30.22	1:23.60	4700m: 1:03:47.40	1:25.24
	900m: 11:32.95 1:18.08	2200m: 29:00.45	1:22.25	3500m: 46:53.36	1:23.14	4800m: 1:05:11.93	1:24.53
	1000m: 12:51.27 1:18.32	2300m: 30:21.88	1:21.43	3600m: 48:17.55	1:24.19	4900m: 1:06:34.26	1:22.33
	1100m: 14:09.23 1:17.96	2400m: 31:43.55	1:21.67	3700m: 49:40.66	1:23.11	5000m: 1:07:52.99	1:18.73
	1200m: 15:28.22 1:18.99	2500m: 33:05.81	1:22.26	3800m: 51:04.00	1:23.34		
	1300m: 16:47.93 1:19.71	2600m: 34:27.57	1:21.76	3900m: 52:27.65	1:23.65		

AA20+, Femin.

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, AA20+

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ANDRE Angelica Maria <i>Melhor Marca dos Campeonatos, 3000 metros</i>	94	Porto	56:54.02		725	
	100m: 1:06.41 1:06.41 1400m: 15:50.05 1:07.84 2700m: 30:37.71 1:08.44 4000m: 45:29.97 1:08.70						
	200m: 2:14.22 1:07.81 1500m: 16:58.17 1:08.12 2800m: 31:46.22 1:08.51 4100m: 46:38.42 1:08.45						
	300m: 3:22.27 1:08.05 1600m: 18:06.50 1:08.33 2900m: 32:54.83 1:08.61 4200m: 47:46.82 1:08.40						
	400m: 4:30.43 1:08.16 1700m: 19:14.85 1:08.35 3000m: 34:03.74 1:08.91 4300m: 48:55.36 1:08.54						
	500m: 5:38.52 1:08.09 1800m: 20:22.82 1:07.97 3100m: 35:12.33 1:08.59 4400m: 50:04.37 1:09.01						
	600m: 6:46.76 1:08.24 1900m: 21:31.08 1:08.26 3200m: 36:21.10 1:08.77 4500m: 51:12.95 1:08.58						
	700m: 7:54.72 1:07.96 2000m: 22:39.07 1:07.99 3300m: 37:29.64 1:08.54 4600m: 52:21.54 1:08.59						
	800m: 9:02.97 1:08.25 2100m: 23:47.14 1:08.07 3400m: 38:37.99 1:08.35 4700m: 53:30.22 1:08.68						
	900m: 10:11.08 1:08.11 2200m: 24:55.73 1:08.59 3500m: 39:46.61 1:08.62 4800m: 54:38.60 1:08.38						
	1000m: 11:19.05 1:07.97 2300m: 26:03.94 1:08.21 3600m: 40:55.22 1:08.61 4900m: 55:47.44 1:08.84						
	1100m: 12:26.78 1:07.73 2400m: 27:12.21 1:08.27 3700m: 42:03.93 1:08.71 5000m: 56:54.02 1:06.58						
	1200m: 13:34.32 1:07.54 2500m: 28:20.83 1:08.62 3800m: 43:12.47 1:08.54						
	1300m: 14:42.21 1:07.89 2600m: 29:29.27 1:08.44 3900m: 44:21.27 1:08.80						
2.	ROSA Mafalda Sofia	03	Rio Maior	57:57.31		686	
	100m: 1:07.71 1:07.71 1400m: 16:04.94 1:09.13 2700m: 31:08.04 1:10.29 4000m: 46:15.96 1:10.44						
	200m: 2:16.65 1:08.94 1500m: 17:14.24 1:09.30 2800m: 32:17.84 1:09.80 4100m: 47:26.42 1:10.46						
	300m: 3:25.87 1:09.22 1600m: 18:23.36 1:09.12 2900m: 33:27.41 1:09.57 4200m: 48:36.70 1:10.28						
	400m: 4:35.24 1:09.37 1700m: 19:32.41 1:09.05 3000m: 34:37.22 1:09.81 4300m: 49:46.98 1:10.28						
	500m: 5:44.42 1:09.18 1800m: 20:41.79 1:09.38 3100m: 35:47.17 1:09.95 4400m: 50:57.26 1:10.28						
	600m: 6:53.65 1:09.23 1900m: 21:51.09 1:09.30 3200m: 36:56.59 1:09.42 4500m: 52:07.99 1:10.73						
	700m: 8:02.14 1:08.49 2000m: 23:00.39 1:09.30 3300m: 38:06.05 1:09.46 4600m: 53:18.26 1:10.27						
	800m: 9:10.95 1:08.81 2100m: 24:09.97 1:09.58 3400m: 39:15.60 1:09.55 4700m: 54:28.22 1:09.96						
	900m: 10:19.61 1:08.66 2200m: 25:19.32 1:09.35 3500m: 40:25.64 1:10.04 4800m: 55:37.81 1:09.59						
	1000m: 11:28.43 1:08.82 2300m: 26:28.68 1:09.36 3600m: 41:35.24 1:09.60 4900m: 56:47.97 1:10.16						
	1100m: 12:37.60 1:09.17 2400m: 27:38.51 1:09.83 3700m: 42:45.20 1:09.96 5000m: 57:57.31 1:09.34						
	1200m: 13:46.70 1:09.10 2500m: 28:48.26 1:09.75 3800m: 43:55.28 1:10.08						
	1300m: 14:55.81 1:09.11 2600m: 29:57.75 1:09.49 3900m: 45:05.52 1:10.24						
3.	MENDES Mariana Amaral	02	Sporting	59:02.40		649	
	100m: 1:10.12 1:10.12 1400m: 16:25.48 1:10.36 2700m: 31:43.59 1:10.68 4000m: 47:09.19 1:11.63						
	200m: 2:20.86 1:10.74 1500m: 17:35.94 1:10.46 2800m: 32:54.43 1:10.84 4100m: 48:20.96 1:11.77						
	300m: 3:31.38 1:10.52 1600m: 18:46.45 1:10.51 2900m: 34:05.07 1:10.64 4200m: 49:32.58 1:11.62						
	400m: 4:42.16 1:10.78 1700m: 19:57.10 1:10.65 3000m: 35:15.87 1:10.80 4300m: 50:44.27 1:11.69						
	500m: 5:52.72 1:10.56 1800m: 21:07.57 1:10.47 3100m: 36:27.01 1:11.14 4400m: 51:56.27 1:12.00						
	600m: 7:02.96 1:10.24 1900m: 22:18.30 1:10.73 3200m: 37:38.23 1:11.22 4500m: 53:07.98 1:11.71						
	700m: 8:13.13 1:10.17 2000m: 23:29.00 1:10.70 3300m: 38:49.75 1:11.52 4600m: 54:19.32 1:11.34						
	800m: 9:23.49 1:10.36 2100m: 24:39.85 1:10.85 3400m: 40:00.78 1:11.03 4700m: 55:30.86 1:11.54						
	900m: 10:33.83 1:10.34 2200m: 25:50.45 1:10.60 3500m: 41:11.93 1:11.15 4800m: 56:42.10 1:11.24						
	1000m: 11:44.15 1:10.32 2300m: 27:01.00 1:10.55 3600m: 42:23.11 1:11.18 4900m: 57:52.82 1:10.72						
	1100m: 12:54.36 1:10.21 2400m: 28:11.77 1:10.77 3700m: 43:34.48 1:11.37 5000m: 59:02.40 1:09.58						
	1200m: 14:04.84 1:10.48 2500m: 29:22.50 1:10.73 3800m: 44:45.99 1:11.51						
	1300m: 15:15.12 1:10.28 2600m: 30:32.91 1:10.41 3900m: 45:57.56 1:11.57						
4.	RODRIGUES Helena Nunes	03	Condeixa Clube	1:06:21.14		457	
	100m: 1:15.71 1:15.71 1300m: 16:49.05 1:18.00 2500m: 32:44.47 1:20.47 3700m: 48:59.57 1:22.12						
	200m: 2:32.97 1:17.26 1400m: 18:06.69 1:17.64 2600m: 34:05.37 1:20.90 3800m: 50:21.67 1:22.10						
	300m: 3:50.99 1:18.02 1500m: 19:25.80 1:19.11 2700m: 35:26.20 1:20.83 3900m: 51:41.76 1:20.09						
	400m: 5:08.86 1:17.87 1600m: 20:45.08 1:19.28 2800m: 36:46.96 1:20.76 4000m: 53:02.28 1:20.52						
	500m: 6:27.46 1:18.60 1700m: 22:04.39 1:19.31 2900m: 38:07.47 1:20.51 4100m: 54:22.57 1:20.29						
	600m: 7:44.45 1:16.99 1800m: 23:23.93 1:19.54 3000m: 39:27.81 1:20.34 4200m: 55:43.23 1:20.66						
	700m: 9:02.16 1:17.71 1900m: 24:43.28 1:19.35 3100m: 40:48.61 1:20.80 4300m: 57:03.34 1:20.11						
	800m: 10:19.35 1:17.19 2000m: 26:03.17 1:19.89 3200m: 42:09.63 1:21.02 4400m: 58:24.03 1:20.69						
	900m: 11:36.98 1:17.63 2100m: 27:22.96 1:19.79 3300m: 43:31.38 1:21.75 4500m: 59:44.98 1:20.95						
	1000m: 12:55.12 1:18.14 2200m: 28:42.97 1:20.01 3400m: 44:53.65 1:22.27 4600m: 1:01:05.21 1:20.23						
	1100m: 14:13.04 1:17.92 2300m: 30:03.05 1:20.08 3500m: 46:15.79 1:22.14 4700m: 1:02:25.98 1:20.77						
	1200m: 15:31.05 1:18.01 2400m: 31:24.00 1:20.95 3600m: 47:37.45 1:21.66 4800m: 1:03:46.26 1:20.28						

Splash Meet Manager, 11.75806

Registered to Federacao Portuguesa De Natacao

25/02/2023 18:49 - Página 3

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, AA20+

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m:1:05:05.13	1:18.87	5000m:1:06:21.14	1:16.01			

AA1819, Masc.

1. MARQUES Gustavo Pires	04	Uniao Coimbra	56:18.18	634			
100m: 1:06.73	1:06.73	1400m: 15:43.85	1:07.65	2700m: 30:26.97	1:08.94	4000m: 45:04.62	1:07.00
200m: 2:14.99	1:08.26	1500m: 16:51.52	1:07.67	2800m: 31:36.04	1:09.07	4100m: 46:11.44	1:06.82
300m: 3:22.85	1:07.86	1600m: 17:59.97	1:08.45	2900m: 32:45.66	1:09.62	4200m: 47:18.22	1:06.78
400m: 4:30.75	1:07.90	1700m: 19:07.97	1:08.00	3000m: 33:54.84	1:09.18	4300m: 48:25.24	1:07.02
500m: 5:38.41	1:07.66	1800m: 20:15.46	1:07.49	3100m: 35:02.66	1:07.82	4400m: 49:32.75	1:07.51
600m: 6:46.43	1:08.02	1900m: 21:23.28	1:07.82	3200m: 36:09.86	1:07.20	4500m: 50:41.03	1:08.28
700m: 7:53.54	1:07.11	2000m: 22:31.13	1:07.85	3300m: 37:16.74	1:06.88	4600m: 51:49.37	1:08.34
800m: 9:00.51	1:06.97	2100m: 23:38.79	1:07.66	3400m: 38:23.33	1:06.59	4700m: 52:57.92	1:08.55
900m: 10:07.90	1:07.39	2200m: 24:46.54	1:07.75	3500m: 39:29.99	1:06.66	4800m: 54:06.77	1:08.85
1000m: 11:14.95	1:07.05	2300m: 25:53.97	1:07.43	3600m: 40:36.78	1:06.79	4900m: 55:13.80	1:07.03
1100m: 12:21.67	1:06.72	2400m: 27:01.34	1:07.37	3700m: 41:43.89	1:07.11	5000m: 56:18.18	1:04.38
1200m: 13:29.00	1:07.33	2500m: 28:09.86	1:08.52	3800m: 42:50.64	1:06.75		
1300m: 14:36.20	1:07.20	2600m: 29:18.03	1:08.17	3900m: 43:57.62	1:06.98		
2. SARREIRA Tomas Amor	05	Nautico Marinha Grande	56:19.02	634			
100m: 1:07.31	1:07.31	1400m: 15:49.81	1:08.09	2700m: 30:21.15	1:07.02	4000m: 45:02.88	1:08.23
200m: 2:15.80	1:08.49	1500m: 16:57.24	1:07.43	2800m: 31:27.98	1:06.83	4100m: 46:10.58	1:07.70
300m: 3:23.88	1:08.08	1600m: 18:04.52	1:07.28	2900m: 32:35.68	1:07.70	4200m: 47:18.50	1:07.92
400m: 4:31.57	1:07.69	1700m: 19:11.88	1:07.36	3000m: 33:43.10	1:07.42	4300m: 48:27.14	1:08.64
500m: 5:39.05	1:07.48	1800m: 20:19.28	1:07.40	3100m: 34:51.28	1:08.18	4400m: 49:35.53	1:08.39
600m: 6:46.88	1:07.83	1900m: 21:26.73	1:07.45	3200m: 35:59.56	1:08.28	4500m: 50:44.74	1:09.21
700m: 7:54.46	1:07.58	2000m: 22:34.44	1:07.71	3300m: 37:07.51	1:07.95	4600m: 51:53.71	1:08.97
800m: 9:02.31	1:07.85	2100m: 23:41.62	1:07.18	3400m: 38:15.10	1:07.59	4700m: 53:02.70	1:08.99
900m: 10:10.38	1:08.07	2200m: 24:47.94	1:06.32	3500m: 39:22.45	1:07.35	4800m: 54:10.01	1:07.31
1000m: 11:18.17	1:07.79	2300m: 25:53.61	1:05.67	3600m: 40:29.87	1:07.42	4900m: 55:15.82	1:05.81
1100m: 12:25.86	1:07.69	2400m: 27:00.45	1:06.84	3700m: 41:37.62	1:07.75	5000m: 56:19.02	1:03.20
1200m: 13:33.84	1:07.98	2500m: 28:07.22	1:06.77	3800m: 42:45.96	1:08.34		
1300m: 14:41.72	1:07.88	2600m: 29:14.13	1:06.91	3900m: 43:54.65	1:08.69		
3. SANTOS Ricardo Matias	05	CPFZ - Natacao	57:40.89	590			
100m: 1:07.93	1:07.93	1400m: 16:04.86	1:09.06	2700m: 31:04.97	1:09.43	4000m: 46:05.27	1:08.91
200m: 2:16.91	1:08.98	1500m: 17:14.02	1:09.16	2800m: 32:14.44	1:09.47	4100m: 47:14.82	1:09.55
300m: 3:26.56	1:09.65	1600m: 18:23.42	1:09.40	2900m: 33:24.10	1:09.66	4200m: 48:24.45	1:09.63
400m: 4:36.21	1:09.65	1700m: 19:32.93	1:09.51	3000m: 34:32.96	1:08.86	4300m: 49:34.47	1:10.02
500m: 5:45.14	1:08.93	1800m: 20:42.28	1:09.35	3100m: 35:42.36	1:09.40	4400m: 50:44.99	1:10.52
600m: 6:54.35	1:09.21	1900m: 21:51.41	1:09.13	3200m: 36:51.60	1:09.24	4500m: 51:55.14	1:10.15
700m: 8:03.06	1:08.71	2000m: 23:00.97	1:09.56	3300m: 38:00.94	1:09.34	4600m: 53:05.49	1:10.35
800m: 9:11.91	1:08.85	2100m: 24:10.11	1:09.14	3400m: 39:11.04	1:10.10	4700m: 54:15.93	1:10.44
900m: 10:20.36	1:08.45	2200m: 25:19.18	1:09.07	3500m: 40:21.08	1:10.04	4800m: 55:25.72	1:09.79
1000m: 11:29.18	1:08.82	2300m: 26:28.37	1:09.19	3600m: 41:30.46	1:09.38	4900m: 56:35.62	1:09.90
1100m: 12:37.99	1:08.81	2400m: 27:37.39	1:09.02	3700m: 42:39.55	1:09.09	5000m: 57:40.89	1:05.27
1200m: 13:46.62	1:08.63	2500m: 28:46.48	1:09.09	3800m: 43:47.97	1:08.42		
1300m: 14:55.80	1:09.18	2600m: 29:55.54	1:09.06	3900m: 44:56.36	1:08.39		

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Masc., 5000m Livres, AA1819

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	SOUSA Joao Maria	05	Braga	58:20.53		570	
	100m: 1:06.87 1:06.87	1400m: 16:10.92 1:09.83	2700m: 31:16.74 1:09.58	4000m: 46:39.96 1:11.06			
	200m: 2:15.52 1:08.65	1500m: 17:20.32 1:09.40	2800m: 32:26.65 1:09.91	4100m: 47:51.72 1:11.76			
	300m: 3:25.04 1:09.52	1600m: 18:29.23 1:08.91	2900m: 33:37.26 1:10.61	4200m: 49:02.99 1:11.27			
	400m: 4:34.65 1:09.61	1700m: 19:38.49 1:09.26	3000m: 34:47.76 1:10.50	4300m: 50:14.32 1:11.33			
	500m: 5:44.03 1:09.38	1800m: 20:48.22 1:09.73	3100m: 35:58.75 1:10.99	4400m: 51:24.28 1:09.96			
	600m: 6:53.40 1:09.37	1900m: 21:57.92 1:09.70	3200m: 37:10.17 1:11.42	4500m: 52:33.94 1:09.66			
	700m: 8:02.90 1:09.50	2000m: 23:08.44 1:10.52	3300m: 38:21.63 1:11.46	4600m: 53:43.41 1:09.47			
	800m: 9:12.47 1:09.57	2100m: 24:18.34 1:09.90	3400m: 39:34.13 1:12.50	4700m: 54:53.28 1:09.87			
	900m: 10:23.40 1:10.93	2200m: 25:27.87 1:09.53	3500m: 40:45.62 1:11.49	4800m: 56:03.35 1:10.07			
	1000m: 11:32.28 1:08.88	2300m: 26:37.54 1:09.67	3600m: 41:56.45 1:10.83	4900m: 57:12.74 1:09.39			
	1100m: 12:41.90 1:09.62	2400m: 27:47.22 1:09.68	3700m: 43:07.82 1:11.37	5000m: 58:20.53 1:07.79			
	1200m: 13:51.42 1:09.52	2500m: 28:57.20 1:09.98	3800m: 44:18.29 1:10.47				
	1300m: 15:01.09 1:09.67	2600m: 30:07.16 1:09.96	3900m: 45:28.90 1:10.61				
5.	CARDOSO Guilherme Maia	05	Columbofila Cantanheder	58:25.06		568	
	100m: 1:09.51 1:09.51	1400m: 16:17.71 1:10.20	2700m: 31:30.35 1:10.70	4000m: 46:45.73 1:10.75			
	200m: 2:19.25 1:09.74	1500m: 17:27.62 1:09.91	2800m: 32:41.22 1:10.87	4100m: 47:56.08 1:10.35			
	300m: 3:29.15 1:09.90	1600m: 18:37.43 1:09.81	2900m: 33:52.74 1:11.52	4200m: 49:06.77 1:10.69			
	400m: 4:39.03 1:09.88	1700m: 19:47.24 1:09.81	3000m: 35:03.67 1:10.93	4300m: 50:16.89 1:10.12			
	500m: 5:48.89 1:09.86	1800m: 20:56.68 1:09.44	3100m: 36:13.59 1:09.92	4400m: 51:27.52 1:10.63			
	600m: 6:58.06 1:09.17	1900m: 22:06.94 1:10.26	3200m: 37:23.78 1:10.19	4500m: 52:37.98 1:10.46			
	700m: 8:08.13 1:10.07	2000m: 23:17.08 1:10.14	3300m: 38:33.09 1:09.31	4600m: 53:48.18 1:10.20			
	800m: 9:17.95 1:09.82	2100m: 24:27.17 1:10.09	3400m: 39:43.05 1:09.96	4700m: 54:58.33 1:10.15			
	900m: 10:27.76 1:09.81	2200m: 25:37.66 1:10.49	3500m: 40:53.28 1:10.23	4800m: 56:08.42 1:10.09			
	1000m: 11:38.00 1:10.24	2300m: 26:47.91 1:10.25	3600m: 42:04.20 1:10.92	4900m: 57:18.09 1:09.67			
	1100m: 12:47.46 1:09.46	2400m: 27:58.37 1:10.46	3700m: 43:15.07 1:10.87	5000m: 58:25.06 1:06.97			
	1200m: 13:56.96 1:09.50	2500m: 29:09.08 1:10.71	3800m: 44:25.03 1:09.96				
	1300m: 15:07.51 1:10.55	2600m: 30:19.65 1:10.57	3900m: 45:34.98 1:09.95				
6.	GONCALVES Alexandre Ramos	05	Sao Joao Ver	59:34.38		535	
	100m: 1:06.28 1:06.28	1400m: 16:17.20 1:10.32	2700m: 31:48.95 1:11.71	4000m: 47:32.07 1:12.08			
	200m: 2:14.39 1:08.11	1500m: 17:28.12 1:10.92	2800m: 32:59.80 1:10.85	4100m: 48:44.20 1:12.13			
	300m: 3:23.69 1:09.30	1600m: 18:39.53 1:11.41	2900m: 34:10.91 1:11.11	4200m: 49:56.26 1:12.06			
	400m: 4:33.51 1:09.82	1700m: 19:51.26 1:11.73	3000m: 35:22.59 1:11.68	4300m: 51:08.75 1:12.49			
	500m: 5:43.21 1:09.70	1800m: 21:02.82 1:11.56	3100m: 36:35.02 1:12.43	4400m: 52:21.58 1:12.83			
	600m: 6:53.52 1:10.31	1900m: 22:14.61 1:11.79	3200m: 37:48.17 1:13.15	4500m: 53:34.98 1:13.40			
	700m: 8:04.85 1:11.33	2000m: 23:25.32 1:10.71	3300m: 39:01.57 1:13.40	4600m: 54:47.73 1:12.75			
	800m: 9:15.84 1:10.99	2100m: 24:36.72 1:11.40	3400m: 40:15.39 1:13.82	4700m: 56:00.39 1:12.66			
	900m: 10:26.49 1:10.65	2200m: 25:48.28 1:11.56	3500m: 41:28.83 1:13.44	4800m: 57:11.81 1:11.42			
	1000m: 11:37.28 1:10.79	2300m: 27:00.80 1:12.52	3600m: 42:41.23 1:12.40	4900m: 58:24.39 1:12.58			
	1100m: 12:47.56 1:10.28	2400m: 28:13.22 1:12.42	3700m: 43:54.47 1:13.24	5000m: 59:34.38 1:09.99			
	1200m: 13:57.33 1:09.77	2500m: 29:25.32 1:12.10	3800m: 45:07.28 1:12.81				
	1300m: 15:06.88 1:09.55	2600m: 30:37.24 1:11.92	3900m: 46:19.99 1:12.71				
7.	GOMES Marcio Fernandes	04	Braga	1:01:21.86		490	
	100m: 1:08.36 1:08.36	1400m: 16:20.75 1:12.34	2700m: 32:18.02 1:15.02	4000m: 48:42.66 1:16.70			
	200m: 2:17.19 1:08.83	1500m: 17:33.90 1:13.15	2800m: 33:34.06 1:16.04	4100m: 49:58.68 1:16.02			
	300m: 3:26.45 1:09.26	1600m: 18:46.38 1:12.48	2900m: 34:49.27 1:15.21	4200m: 51:14.64 1:15.96			
	400m: 4:36.14 1:09.69	1700m: 20:00.55 1:14.17	3000m: 36:04.56 1:15.29	4300m: 52:30.64 1:16.00			
	500m: 5:45.26 1:09.12	1800m: 21:14.70 1:14.15	3100m: 37:20.26 1:15.70	4400m: 53:47.53 1:16.89			
	600m: 6:54.75 1:09.49	1900m: 22:28.85 1:14.15	3200m: 38:35.81 1:15.55	4500m: 55:03.60 1:16.07			
	700m: 8:04.37 1:09.62	2000m: 23:40.89 1:12.04	3300m: 39:51.94 1:16.13	4600m: 56:19.61 1:16.01			
	800m: 9:14.39 1:10.02	2100m: 24:52.91 1:12.02	3400m: 41:07.97 1:16.03	4700m: 57:35.93 1:16.32			
	900m: 10:24.50 1:10.11	2200m: 26:05.89 1:12.98	3500m: 42:23.95 1:15.98	4800m: 58:51.75 1:15.82			
	1000m: 11:34.32 1:09.82	2300m: 27:19.16 1:13.27	3600m: 43:39.50 1:15.55	4900m: 1:00:07.75 1:16.00			
	1100m: 12:45.45 1:11.13	2400m: 28:33.58 1:14.42	3700m: 44:55.62 1:16.12	5000m: 1:01:21.86 1:14.11			
	1200m: 13:56.65 1:11.20	2500m: 29:47.98 1:14.40	3800m: 46:10.24 1:14.62				
	1300m: 15:08.41 1:11.76	2600m: 31:03.00 1:15.02	3900m: 47:25.96 1:15.72				

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Prova 2, 5000m Livres

AA1819, Femin.

1. LOPES Daniela Magalhaes	05	Famalicao	1:01:01.46	588			
100m: 1:12.81	1:12.81	1400m: 16:58.02	1:12.63	2700m: 32:44.15	1:12.97	4000m: 48:40.10	1:13.65
200m: 2:25.59	1:12.78	1500m: 18:10.89	1:12.87	2800m: 33:57.31	1:13.16	4100m: 49:54.12	1:14.02
300m: 3:38.15	1:12.56	1600m: 19:23.90	1:13.01	2900m: 35:10.46	1:13.15	4200m: 51:08.68	1:14.56
400m: 4:50.38	1:12.23	1700m: 20:36.74	1:12.84	3000m: 36:23.66	1:13.20	4300m: 52:23.14	1:14.46
500m: 6:02.47	1:12.09	1800m: 21:49.22	1:12.48	3100m: 37:36.61	1:12.95	4400m: 53:37.49	1:14.35
600m: 7:15.31	1:12.84	1900m: 23:01.80	1:12.58	3200m: 38:50.26	1:13.65	4500m: 54:52.10	1:14.61
700m: 8:28.66	1:13.35	2000m: 24:14.33	1:12.53	3300m: 40:03.55	1:13.29	4600m: 56:06.63	1:14.53
800m: 9:41.71	1:13.05	2100m: 25:27.16	1:12.83	3400m: 41:17.09	1:13.54	4700m: 57:21.28	1:14.65
900m: 10:54.53	1:12.82	2200m: 26:40.26	1:13.10	3500m: 42:31.49	1:14.40	4800m: 58:35.84	1:14.56
1000m: 12:07.31	1:12.78	2300m: 27:53.15	1:12.89	3600m: 43:45.11	1:13.62	4900m: 59:49.83	1:13.99
1100m: 13:20.22	1:12.91	2400m: 29:05.97	1:12.82	3700m: 44:58.97	1:13.86	5000m: 1:01:01.46	1:11.63
1200m: 14:32.83	1:12.61	2500m: 30:18.31	1:12.34	3800m: 46:12.71	1:13.74		
1300m: 15:45.39	1:12.56	2600m: 31:31.18	1:12.87	3900m: 47:26.45	1:13.74		
2. PIMENTEL Marta Lima	04	Porto	1:01:28.80	575			
100m: 1:11.16	1:11.16	1400m: 16:52.84	1:12.90	2700m: 32:46.50	1:13.97	4000m: 48:56.98	1:15.66
200m: 2:23.15	1:11.99	1500m: 18:06.13	1:13.29	2800m: 34:00.60	1:14.10	4100m: 50:12.09	1:15.11
300m: 3:35.33	1:12.18	1600m: 19:18.92	1:12.79	2900m: 35:14.96	1:14.36	4200m: 51:27.14	1:15.05
400m: 4:47.66	1:12.33	1700m: 20:31.95	1:13.03	3000m: 36:29.22	1:14.26	4300m: 52:42.28	1:15.14
500m: 5:59.93	1:12.27	1800m: 21:44.98	1:13.03	3100m: 37:43.28	1:14.06	4400m: 53:57.28	1:15.00
600m: 7:12.43	1:12.50	1900m: 22:58.11	1:13.13	3200m: 38:57.40	1:14.12	4500m: 55:12.85	1:15.57
700m: 8:24.90	1:12.47	2000m: 24:11.40	1:13.29	3300m: 40:11.58	1:14.18	4600m: 56:28.02	1:15.17
800m: 9:37.18	1:12.28	2100m: 25:24.55	1:13.15	3400m: 41:26.17	1:14.59	4700m: 57:43.83	1:15.81
900m: 10:49.69	1:12.51	2200m: 26:37.91	1:13.36	3500m: 42:40.92	1:14.75	4800m: 58:59.47	1:15.64
1000m: 12:02.06	1:12.37	2300m: 27:51.21	1:13.30	3600m: 43:55.81	1:14.89	4900m: 1:00:15.39	1:15.92
1100m: 13:14.58	1:12.52	2400m: 29:04.84	1:13.63	3700m: 45:10.51	1:14.70	5000m: 1:01:28.80	1:13.41
1200m: 14:27.31	1:12.73	2500m: 30:18.66	1:13.82	3800m: 46:26.22	1:15.71		
1300m: 15:39.94	1:12.63	2600m: 31:32.53	1:13.87	3900m: 47:41.32	1:15.10		
3. VIANA Carolina Pereira	04	Sporting	1:01:35.59	572			
100m: 1:11.77	1:11.77	1400m: 16:55.60	1:12.84	2700m: 32:43.74	1:13.21	4000m: 48:51.68	1:16.72
200m: 2:23.34	1:11.57	1500m: 18:08.93	1:13.33	2800m: 33:56.54	1:12.80	4100m: 50:08.23	1:16.55
300m: 3:35.70	1:12.36	1600m: 19:21.22	1:12.29	2900m: 35:09.62	1:13.08	4200m: 51:24.90	1:16.67
400m: 4:47.89	1:12.19	1700m: 20:34.09	1:12.87	3000m: 36:22.67	1:13.05	4300m: 52:41.35	1:16.45
500m: 6:00.67	1:12.78	1800m: 21:46.23	1:12.14	3100m: 37:36.26	1:13.59	4400m: 53:57.07	1:15.72
600m: 7:13.00	1:12.33	1900m: 22:58.66	1:12.43	3200m: 38:49.31	1:13.05	4500m: 55:12.88	1:15.81
700m: 8:25.71	1:12.71	2000m: 24:11.66	1:13.00	3300m: 40:02.27	1:12.96	4600m: 56:29.50	1:16.62
800m: 9:38.18	1:12.47	2100m: 25:24.92	1:13.26	3400m: 41:16.07	1:13.80	4700m: 57:46.43	1:16.93
900m: 10:51.39	1:13.21	2200m: 26:38.34	1:13.42	3500m: 42:31.16	1:15.09	4800m: 59:03.47	1:17.04
1000m: 12:04.57	1:13.18	2300m: 27:51.61	1:13.27	3600m: 43:46.46	1:15.30	4900m: 1:00:20.34	1:16.87
1100m: 13:16.75	1:12.18	2400m: 29:04.61	1:13.00	3700m: 45:02.95	1:16.49	5000m: 1:01:35.59	1:15.25
1200m: 14:30.05	1:13.30	2500m: 30:17.78	1:13.17	3800m: 46:18.87	1:15.92		
1300m: 15:42.76	1:12.71	2600m: 31:30.53	1:12.75	3900m: 47:34.96	1:16.09		
4. LIGEIRO Daniela Silva	04	Viana Natacao	1:03:33.91	520			
100m: 1:14.66	1:14.66	1400m: 17:35.87	1:15.58	2700m: 34:08.69	1:16.27	4000m: 50:46.79	1:17.08
200m: 2:29.75	1:15.09	1500m: 18:51.51	1:15.64	2800m: 35:25.54	1:16.85	4100m: 52:03.51	1:16.72
300m: 3:45.49	1:15.74	1600m: 20:07.77	1:16.26	2900m: 36:42.23	1:16.69	4200m: 53:20.27	1:16.76
400m: 5:00.96	1:15.47	1700m: 21:23.99	1:16.22	3000m: 37:58.73	1:16.50	4300m: 54:37.23	1:16.96
500m: 6:16.21	1:15.25	1800m: 22:39.87	1:15.88	3100m: 39:15.37	1:16.64	4400m: 55:54.54	1:17.31
600m: 7:31.17	1:14.96	1900m: 23:55.87	1:16.00	3200m: 40:31.88	1:16.51	4500m: 57:11.39	1:16.85
700m: 8:46.42	1:15.25	2000m: 25:12.39	1:16.52	3300m: 41:48.03	1:16.15	4600m: 58:28.81	1:17.42
800m: 10:01.68	1:15.26	2100m: 26:29.10	1:16.71	3400m: 43:04.67	1:16.64	4700m: 59:46.49	1:17.68
900m: 11:17.24	1:15.56	2200m: 27:45.69	1:16.59	3500m: 44:22.12	1:17.45	4800m: 1:01:03.16	1:16.67
1000m: 12:32.65	1:15.41	2300m: 29:02.35	1:16.66	3600m: 45:38.66	1:16.54	4900m: 1:02:18.62	1:15.46
1100m: 13:48.63	1:15.98	2400m: 30:19.73	1:17.38	3700m: 46:55.74	1:17.08	5000m: 1:03:33.91	1:15.29
1200m: 15:04.37	1:15.74	2500m: 31:36.14	1:16.41	3800m: 48:12.54	1:16.80		
1300m: 16:20.29	1:15.92	2600m: 32:52.42	1:16.28	3900m: 49:29.71	1:17.17		

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, AA1819

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	NUNES Rita Sofia	05	Colegio Efanor	1:03:54.72		512	
	100m: 1:13.71 1:13.71	1400m: 17:30.46	1:15.85	2700m: 34:20.19	1:17.88	4000m: 51:05.20	1:18.10
	200m: 2:29.38 1:15.67	1500m: 18:46.52	1:16.06	2800m: 35:37.80	1:17.61	4100m: 52:23.05	1:17.85
	300m: 3:44.43 1:15.05	1600m: 20:03.42	1:16.90	2900m: 36:55.21	1:17.41	4200m: 53:40.77	1:17.72
	400m: 4:59.89 1:15.46	1700m: 21:20.38	1:16.96	3000m: 38:12.93	1:17.72	4300m: 54:58.16	1:17.39
	500m: 6:15.11 1:15.22	1800m: 22:37.80	1:17.42	3100m: 39:30.52	1:17.59	4400m: 56:15.97	1:17.81
	600m: 7:29.92 1:14.81	1900m: 23:54.76	1:16.96	3200m: 40:46.69	1:16.17	4500m: 57:33.76	1:17.79
	700m: 8:44.91 1:14.99	2000m: 25:12.36	1:17.60	3300m: 42:03.21	1:16.52	4600m: 58:51.18	1:17.42
	800m: 9:59.86 1:14.95	2100m: 26:30.64	1:18.28	3400m: 43:20.26	1:17.05	4700m: 1:00:07.20	1:16.02
	900m: 11:14.71 1:14.85	2200m: 27:48.61	1:17.97	3500m: 44:37.27	1:17.01	4800m: 1:01:23.91	1:16.71
	1000m: 12:29.57 1:14.86	2300m: 29:06.59	1:17.98	3600m: 45:54.03	1:16.76	4900m: 1:02:40.29	1:16.38
	1100m: 13:44.29 1:14.72	2400m: 30:25.87	1:19.28	3700m: 47:11.82	1:17.79	5000m: 1:03:54.72	1:14.43
	1200m: 14:59.47 1:15.18	2500m: 31:44.20	1:18.33	3800m: 48:29.05	1:17.23		
	1300m: 16:14.61 1:15.14	2600m: 33:02.31	1:18.11	3900m: 49:47.10	1:18.05		
6.	RODRIGUES Joana Francisca	04	Condeixa Clube	1:05:04.93		485	
	100m: 1:12.68 1:12.68	1400m: 17:56.78	1:17.70	2700m: 34:53.79	1:19.33	4000m: 51:58.35	1:19.26
	200m: 2:29.10 1:16.42	1500m: 19:14.00	1:17.22	2800m: 36:13.47	1:19.68	4100m: 53:18.28	1:19.93
	300m: 3:45.14 1:16.04	1600m: 20:31.72	1:17.72	2900m: 37:32.43	1:18.96	4200m: 54:38.10	1:19.82
	400m: 5:01.89 1:16.75	1700m: 21:49.57	1:17.85	3000m: 38:50.96	1:18.53	4300m: 55:57.99	1:19.89
	500m: 6:18.79 1:16.90	1800m: 23:07.57	1:18.00	3100m: 40:09.10	1:18.14	4400m: 57:17.40	1:19.41
	600m: 7:36.21 1:17.42	1900m: 24:25.86	1:18.29	3200m: 41:27.70	1:18.60	4500m: 58:36.49	1:19.09
	700m: 8:53.97 1:17.76	2000m: 25:44.16	1:18.30	3300m: 42:46.55	1:18.85	4600m: 59:55.82	1:19.33
	800m: 10:11.52 1:17.55	2100m: 27:01.87	1:17.71	3400m: 44:05.31	1:18.76	4700m: 1:01:14.44	1:18.62
	900m: 11:29.15 1:17.63	2200m: 28:20.05	1:18.18	3500m: 45:24.64	1:19.33	4800m: 1:02:32.55	1:18.11
	1000m: 12:46.98 1:17.83	2300m: 29:38.15	1:18.10	3600m: 46:43.36	1:18.72	4900m: 1:03:49.72	1:17.17
	1100m: 14:04.50 1:17.52	2400m: 30:57.03	1:18.88	3700m: 48:02.46	1:19.10	5000m: 1:05:04.93	1:15.21
	1200m: 15:21.52 1:17.02	2500m: 32:15.63	1:18.60	3800m: 49:20.62	1:18.16		
	1300m: 16:39.08 1:17.56	2600m: 33:34.46	1:18.83	3900m: 50:39.09	1:18.47		
7.	ROSA Mariana Carmo	05	Condeixa Clube	1:05:51.96		467	
	100m: 1:12.78 1:12.78	1400m: 17:52.63	1:19.22	2700m: 35:11.27	1:19.65	4000m: 52:32.19	1:20.59
	200m: 2:26.57 1:13.79	1500m: 19:12.72	1:20.09	2800m: 36:30.91	1:19.64	4100m: 53:53.20	1:21.01
	300m: 3:41.62 1:15.05	1600m: 20:33.01	1:20.29	2900m: 37:51.42	1:20.51	4200m: 55:13.44	1:20.24
	400m: 4:56.90 1:15.28	1700m: 21:53.74	1:20.73	3000m: 39:11.17	1:19.75	4300m: 56:33.80	1:20.36
	500m: 6:13.24 1:16.34	1800m: 23:13.60	1:19.86	3100m: 40:31.17	1:20.00	4400m: 57:53.73	1:19.93
	600m: 7:29.61 1:16.37	1900m: 24:34.03	1:20.43	3200m: 41:50.69	1:19.52	4500m: 59:14.72	1:20.99
	700m: 8:46.07 1:16.46	2000m: 25:53.87	1:19.84	3300m: 43:10.02	1:19.33	4600m: 1:00:35.10	1:20.38
	800m: 10:02.93 1:16.86	2100m: 27:13.00	1:19.13	3400m: 44:30.30	1:20.28	4700m: 1:01:55.50	1:20.40
	900m: 11:20.61 1:17.68	2200m: 28:33.20	1:20.20	3500m: 45:50.44	1:20.14	4800m: 1:03:15.22	1:19.72
	1000m: 12:38.50 1:17.89	2300m: 29:52.77	1:19.57	3600m: 47:10.72	1:20.28	4900m: 1:04:35.03	1:19.81
	1100m: 13:56.49 1:17.99	2400m: 31:11.63	1:18.86	3700m: 48:30.64	1:19.92	5000m: 1:05:51.96	1:16.93
	1200m: 15:14.93 1:18.44	2500m: 32:31.31	1:19.68	3800m: 49:50.85	1:20.21		
	1300m: 16:33.41 1:18.48	2600m: 33:51.62	1:20.31	3900m: 51:11.60	1:20.75		

AA1617, Masc.

1.	LOUREIRO Bruno Silva	06	Porto	57:32.42		594	
	100m: 1:08.68 1:08.68	1200m: 13:33.88	1:07.75	2300m: 26:11.85	1:10.74	3400m: 39:06.93	1:10.66
	200m: 2:17.09 1:08.41	1300m: 14:41.95	1:08.07	2400m: 27:22.11	1:10.26	3500m: 40:18.08	1:11.15
	300m: 3:24.93 1:07.84	1400m: 15:50.02	1:08.07	2500m: 28:32.44	1:10.33	3600m: 41:28.53	1:10.45
	400m: 4:32.50 1:07.57	1500m: 16:57.67	1:07.65	2600m: 29:42.87	1:10.43	3700m: 42:38.69	1:10.16
	500m: 5:40.22 1:07.72	1600m: 18:05.48	1:07.81	2700m: 30:53.44	1:10.57	3800m: 43:48.86	1:10.17
	600m: 6:47.79 1:07.57	1700m: 19:13.51	1:08.03	2800m: 32:03.76	1:10.32	3900m: 44:59.13	1:10.27
	700m: 7:55.67 1:07.88	1800m: 20:21.83	1:08.32	2900m: 33:14.65	1:10.89	4000m: 46:10.08	1:10.95
	800m: 9:03.51 1:07.84	1900m: 21:31.43	1:09.60	3000m: 34:25.57	1:10.92	4100m: 47:18.80	1:08.72
	900m: 10:10.61 1:07.10	2000m: 22:40.94	1:09.51	3100m: 35:36.79	1:11.22	4200m: 48:28.07	1:09.27
	1000m: 11:17.85 1:07.24	2100m: 23:51.14	1:10.20	3200m: 36:46.99	1:10.20	4300m: 49:36.39	1:08.32
	1100m: 12:26.13 1:08.28	2200m: 25:01.11	1:09.97	3300m: 37:56.27	1:09.28	4400m: 50:45.21	1:08.82

Splash Meet Manager, 11.75806

Registered to Federacao Portuguesa De Natacao

25/02/2023 18:49 - Página 7

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Masc., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4500m: 51:54.02 1:08.81	4700m: 54:12.01 1:08.83	4900m: 56:30.43 1:08.87				
	4600m: 53:03.18 1:09.16	4800m: 55:21.56 1:09.55	5000m: 57:32.42 1:01.99				
2.	BORGES Rodrigo Costa	07	Fluvial Portuense	59:46.77		530	
	100m: 1:07.10 1:07.10	1400m: 16:19.34 1:10.38	2700m: 31:55.39 1:12.30	4000m: 47:37.76 1:13.99			
	200m: 2:17.02 1:09.92	1500m: 17:30.82 1:11.48	2800m: 33:07.87 1:12.48	4100m: 48:51.42 1:13.66			
	300m: 3:26.86 1:09.84	1600m: 18:42.78 1:11.96	2900m: 34:19.08 1:11.21	4200m: 50:05.77 1:14.35			
	400m: 4:37.33 1:10.47	1700m: 19:54.53 1:11.75	3000m: 35:31.00 1:11.92	4300m: 51:20.05 1:14.28			
	500m: 5:48.25 1:10.92	1800m: 21:06.75 1:12.22	3100m: 36:42.73 1:11.73	4400m: 52:34.04 1:13.99			
	600m: 6:58.35 1:10.10	1900m: 22:18.51 1:11.76	3200m: 37:54.56 1:11.83	4500m: 53:47.80 1:13.76			
	700m: 8:08.61 1:10.26	2000m: 23:30.62 1:12.11	3300m: 39:07.98 1:13.42	4600m: 55:00.64 1:12.84			
	800m: 9:19.46 1:10.85	2100m: 24:42.75 1:12.13	3400m: 40:20.79 1:12.81	4700m: 56:13.27 1:12.63			
	900m: 10:29.41 1:09.95	2200m: 25:54.32 1:11.57	3500m: 41:33.66 1:12.87	4800m: 57:26.04 1:12.77			
	1000m: 11:38.91 1:09.50	2300m: 27:06.49 1:12.17	3600m: 42:45.22 1:11.56	4900m: 58:37.07 1:11.03			
	1100m: 12:48.54 1:09.63	2400m: 28:18.31 1:11.82	3700m: 43:58.70 1:13.48	5000m: 59:46.77 1:09.70			
	1200m: 13:58.69 1:10.15	2500m: 29:30.82 1:12.51	3800m: 45:11.09 1:12.39				
	1300m: 15:08.96 1:10.27	2600m: 30:43.09 1:12.27	3900m: 46:23.77 1:12.68				
3.	MESQUITA Rodrigo Andrade	06	Sporting	1:00:21.24		515	
	100m: 1:09.34 1:09.34	1400m: 16:40.97 1:11.84	2700m: 32:11.56 1:12.30	4000m: 48:03.72 1:14.05			
	200m: 2:21.93 1:12.59	1500m: 17:51.94 1:10.97	2800m: 33:23.33 1:11.77	4100m: 49:17.29 1:13.57			
	300m: 3:33.17 1:11.24	1600m: 19:03.97 1:12.03	2900m: 34:35.88 1:12.55	4200m: 50:31.11 1:13.82			
	400m: 4:45.10 1:11.93	1700m: 20:15.69 1:11.72	3000m: 35:49.60 1:13.72	4300m: 51:45.68 1:14.57			
	500m: 5:56.86 1:11.76	1800m: 21:27.33 1:11.64	3100m: 37:03.16 1:13.56	4400m: 52:59.88 1:14.20			
	600m: 7:08.77 1:11.91	1900m: 22:38.54 1:11.21	3200m: 38:16.47 1:13.31	4500m: 54:14.05 1:14.17			
	700m: 8:20.51 1:11.74	2000m: 23:50.12 1:11.58	3300m: 39:29.71 1:13.24	4600m: 55:28.58 1:14.53			
	800m: 9:32.92 1:12.41	2100m: 25:01.86 1:11.74	3400m: 40:43.17 1:13.46	4700m: 56:42.09 1:13.51			
	900m: 10:44.11 1:11.19	2200m: 26:13.08 1:11.22	3500m: 41:56.09 1:12.92	4800m: 57:55.74 1:13.65			
	1000m: 11:55.27 1:11.16	2300m: 27:24.30 1:11.22	3600m: 43:09.03 1:12.94	4900m: 59:09.56 1:13.82			
	1100m: 13:06.38 1:11.11	2400m: 28:35.80 1:11.50	3700m: 44:22.11 1:13.08	5000m: 1:00:21.24 1:11.68			
	1200m: 14:17.65 1:11.27	2500m: 29:47.85 1:12.05	3800m: 45:35.50 1:13.39				
	1300m: 15:29.13 1:11.48	2600m: 30:59.26 1:11.41	3900m: 46:49.67 1:14.17				
4.	FERREIRA Miguel Guedes	07	Porto	1:00:39.06		507	
	100m: 1:08.07 1:08.07	1400m: 16:27.35 1:11.83	2700m: 32:11.80 1:13.07	4000m: 48:13.93 1:14.74			
	200m: 2:18.67 1:10.60	1500m: 17:39.11 1:11.76	2800m: 33:25.48 1:13.68	4100m: 49:28.30 1:14.37			
	300m: 3:28.70 1:10.03	1600m: 18:51.20 1:12.09	2900m: 34:39.03 1:13.55	4200m: 50:43.28 1:14.98			
	400m: 4:39.23 1:10.53	1700m: 20:03.48 1:12.28	3000m: 35:52.81 1:13.78	4300m: 51:58.06 1:14.78			
	500m: 5:49.53 1:10.30	1800m: 21:15.64 1:12.16	3100m: 37:06.77 1:13.96	4400m: 53:12.67 1:14.61			
	600m: 6:59.61 1:10.08	1900m: 22:28.01 1:12.37	3200m: 38:20.18 1:13.41	4500m: 54:27.46 1:14.79			
	700m: 8:09.78 1:10.17	2000m: 23:40.09 1:12.08	3300m: 39:34.05 1:13.87	4600m: 55:42.60 1:15.14			
	800m: 9:20.43 1:10.65	2100m: 24:52.66 1:12.57	3400m: 40:48.01 1:13.96	4700m: 56:57.26 1:14.66			
	900m: 10:31.12 1:10.69	2200m: 26:05.88 1:13.22	3500m: 42:02.05 1:14.04	4800m: 58:11.84 1:14.58			
	1000m: 11:41.78 1:10.66	2300m: 27:18.97 1:13.09	3600m: 43:15.98 1:13.93	4900m: 59:26.28 1:14.44			
	1100m: 12:52.74 1:10.96	2400m: 28:32.18 1:13.21	3700m: 44:30.01 1:14.03	5000m: 1:00:39.06 1:12.78			
	1200m: 14:03.87 1:11.13	2500m: 29:45.57 1:13.39	3800m: 45:44.54 1:14.53				
	1300m: 15:15.52 1:11.65	2600m: 30:58.73 1:13.16	3900m: 46:59.19 1:14.65				
5.	FRAZAO Francisco Couto	06	Uniao Coimbra	1:01:23.41		489	
	100m: 1:12.64 1:12.64	1200m: 14:48.90 1:14.78	2300m: 28:21.92 1:13.50	3400m: 41:51.47 1:12.96			
	200m: 2:26.06 1:13.42	1300m: 16:03.85 1:14.95	2400m: 29:35.28 1:13.36	3500m: 43:04.17 1:12.70			
	300m: 3:39.62 1:13.56	1400m: 17:18.85 1:15.00	2500m: 30:49.43 1:14.15	3600m: 44:16.27 1:12.10			
	400m: 4:52.83 1:13.21	1500m: 18:33.04 1:14.19	2600m: 32:02.55 1:13.12	3700m: 45:29.55 1:13.28			
	500m: 6:06.78 1:13.95	1600m: 19:46.37 1:13.33	2700m: 33:16.36 1:13.81	3800m: 46:42.78 1:13.23			
	600m: 7:20.80 1:14.02	1700m: 20:59.48 1:13.11	2800m: 34:30.12 1:13.76	3900m: 47:56.26 1:13.48			
	700m: 8:34.96 1:14.16	1800m: 22:13.27 1:13.79	2900m: 35:43.60 1:13.48	4000m: 49:09.06 1:12.80			
	800m: 9:49.47 1:14.51	1900m: 23:27.65 1:14.38	3000m: 36:58.29 1:14.69	4100m: 50:22.64 1:13.58			
	900m: 11:04.65 1:15.18	2000m: 24:41.39 1:13.74	3100m: 38:10.70 1:12.41	4200m: 51:36.86 1:14.22			
	1000m: 12:19.68 1:15.03	2100m: 25:54.59 1:13.20	3200m: 39:24.57 1:13.87	4300m: 52:52.21 1:15.35			
	1100m: 13:34.12 1:14.44	2200m: 27:08.42 1:13.83	3300m: 40:38.51 1:13.94	4400m: 54:06.74 1:14.53			

Splash Meet Manager, 11.75806

Registered to Federacao Portuguesa De Natacao

25/02/2023 18:49 - Página 8

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Masc., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4500m: 55:21.01 1:14.27	4700m: 57:47.64 1:13.72	4900m: 1:00:13.98 1:13.10				
	4600m: 56:33.92 1:12.91	4800m: 59:00.88 1:13.24	5000m: 1:01:23.41 1:09.43				
6.	JEVIC Milan Santos	06	Braga	1:02:04.62		473	
	100m: 1:07.29 1:07.29	1400m: 16:46.43 1:13.30	2700m: 32:53.32 1:14.51	4000m: 49:34.03 1:18.02			
	200m: 2:17.98 1:10.69	1500m: 17:59.63 1:13.20	2800m: 34:08.94 1:15.62	4100m: 50:52.76 1:18.73			
	300m: 3:29.34 1:11.36	1600m: 19:13.44 1:13.81	2900m: 35:26.04 1:17.10	4200m: 52:11.02 1:18.26			
	400m: 4:41.05 1:11.71	1700m: 20:27.62 1:14.18	3000m: 36:42.74 1:16.70	4300m: 53:27.65 1:16.63			
	500m: 5:52.87 1:11.82	1800m: 21:42.02 1:14.40	3100m: 38:01.49 1:18.75	4400m: 54:44.72 1:17.07			
	600m: 7:04.08 1:11.21	1900m: 22:56.65 1:14.63	3200m: 39:18.37 1:16.88	4500m: 56:00.18 1:15.46			
	700m: 8:15.62 1:11.54	2000m: 24:11.01 1:14.36	3300m: 40:35.74 1:17.37	4600m: 57:15.33 1:15.15			
	800m: 9:27.87 1:12.25	2100m: 25:26.13 1:15.12	3400m: 41:50.64 1:14.90	4700m: 58:31.10 1:15.77			
	900m: 10:40.52 1:12.65	2200m: 26:40.71 1:14.58	3500m: 43:06.66 1:16.02	4800m: 59:45.18 1:14.08			
	1000m: 11:53.01 1:12.49	2300m: 27:56.11 1:15.40	3600m: 44:23.92 1:17.26	4900m: 1:00:57.51 1:12.33			
	1100m: 13:06.51 1:13.50	2400m: 29:11.04 1:14.93	3700m: 45:40.55 1:16.63	5000m: 1:02:04.62 1:07.11			
	1200m: 14:19.46 1:12.95	2500m: 30:25.37 1:14.33	3800m: 46:58.65 1:18.10				
	1300m: 15:33.13 1:13.67	2600m: 31:38.81 1:13.44	3900m: 48:16.01 1:17.36				
7.	FARIA Eduardo Nuno	06	Braga	1:05:05.89		410	
	100m: 1:08.92 1:08.92	1400m: 17:13.09 1:16.56	2700m: 34:11.14 1:18.67	4000m: 51:37.39 1:21.22			
	200m: 2:20.50 1:11.58	1500m: 18:30.32 1:17.23	2800m: 35:29.66 1:18.52	4100m: 52:58.47 1:21.08			
	300m: 3:32.79 1:12.29	1600m: 19:47.70 1:17.38	2900m: 36:48.90 1:19.24	4200m: 54:17.79 1:19.32			
	400m: 4:44.81 1:12.02	1700m: 21:05.32 1:17.62	3000m: 38:09.38 1:20.48	4300m: 55:38.80 1:21.01			
	500m: 5:57.17 1:12.36	1800m: 22:22.65 1:17.33	3100m: 39:28.97 1:19.59	4400m: 57:00.19 1:21.39			
	600m: 7:10.81 1:13.64	1900m: 23:40.84 1:18.19	3200m: 40:49.07 1:20.10	4500m: 58:21.69 1:21.50			
	700m: 8:25.23 1:14.42	2000m: 24:59.75 1:18.91	3300m: 42:09.94 1:20.87	4600m: 59:42.96 1:21.27			
	800m: 9:40.26 1:15.03	2100m: 26:18.99 1:19.24	3400m: 43:30.66 1:20.72	4700m: 1:01:04.90 1:21.94			
	900m: 10:54.98 1:14.72	2200m: 27:37.60 1:18.61	3500m: 44:52.21 1:21.55	4800m: 1:02:25.63 1:20.73			
	1000m: 12:09.91 1:14.93	2300m: 28:56.46 1:18.86	3600m: 46:13.08 1:20.87	4900m: 1:03:45.75 1:20.12			
	1100m: 13:24.96 1:15.05	2400m: 30:15.08 1:18.62	3700m: 47:34.28 1:21.20	5000m: 1:05:05.89 1:20.14			
	1200m: 14:40.48 1:15.52	2500m: 31:34.55 1:19.47	3800m: 48:55.06 1:20.78				
	1300m: 15:56.53 1:16.05	2600m: 32:52.47 1:17.92	3900m: 50:16.17 1:21.11				

AA1617, Femin.

1.	MESQUITA Mafalda Martins	07	Famalicao	1:02:47.76		540	
	100m: 1:12.36 1:12.36	1400m: 17:37.65 1:15.33	2700m: 33:55.68 1:16.80	4000m: 50:19.72 1:14.63			
	200m: 2:28.56 1:16.20	1500m: 18:52.51 1:14.86	2800m: 35:11.57 1:15.89	4100m: 51:34.54 1:14.82			
	300m: 3:44.94 1:16.38	1600m: 20:07.41 1:14.90	2900m: 36:27.97 1:16.40	4200m: 52:49.65 1:15.11			
	400m: 5:00.88 1:15.94	1700m: 21:22.37 1:14.96	3000m: 37:44.37 1:16.40	4300m: 54:05.10 1:15.45			
	500m: 6:16.57 1:15.69	1800m: 22:36.96 1:14.59	3100m: 39:00.06 1:15.69	4400m: 55:20.45 1:15.35			
	600m: 7:32.41 1:15.84	1900m: 23:52.29 1:15.33	3200m: 40:15.94 1:15.88	4500m: 56:35.96 1:15.51			
	700m: 8:48.22 1:15.81	2000m: 25:07.22 1:14.93	3300m: 41:31.76 1:15.82	4600m: 57:51.15 1:15.19			
	800m: 10:03.99 1:15.77	2100m: 26:22.17 1:14.95	3400m: 42:48.07 1:16.31	4700m: 59:06.40 1:15.25			
	900m: 11:19.83 1:15.84	2200m: 27:37.62 1:15.45	3500m: 44:04.00 1:15.93	4800m: 1:00:21.33 1:14.93			
	1000m: 12:36.00 1:16.17	2300m: 28:51.99 1:14.37	3600m: 45:19.83 1:15.83	4900m: 1:01:36.16 1:14.83			
	1100m: 13:51.42 1:15.42	2400m: 30:07.16 1:15.17	3700m: 46:34.87 1:15.04	5000m: 1:02:47.76 1:11.60			
	1200m: 15:07.32 1:15.90	2500m: 31:23.21 1:16.05	3800m: 47:50.19 1:15.32				
	1300m: 16:22.32 1:15.00	2600m: 32:38.88 1:15.67	3900m: 49:05.09 1:14.90				

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	PEIXOTO Carolina Esteves	06	Braga	1:02:47.84		540	
	100m: 1:13.58 1:13.58	1400m: 17:19.25	1:14.32	2700m: 33:37.02	1:15.55	4000m: 50:07.65	1:16.62
	200m: 2:28.18 1:14.60	1500m: 18:33.98	1:14.73	2800m: 34:53.14	1:16.12	4100m: 51:23.78	1:16.13
	300m: 3:43.29 1:15.11	1600m: 19:48.73	1:14.75	2900m: 36:09.25	1:16.11	4200m: 52:40.50	1:16.72
	400m: 4:58.03 1:14.74	1700m: 21:03.66	1:14.93	3000m: 37:25.46	1:16.21	4300m: 53:57.82	1:17.32
	500m: 6:12.44 1:14.41	1800m: 22:18.50	1:14.84	3100m: 38:41.63	1:16.17	4400m: 55:15.07	1:17.25
	600m: 7:26.51 1:14.07	1900m: 23:33.37	1:14.87	3200m: 39:57.73	1:16.10	4500m: 56:31.99	1:16.92
	700m: 8:40.51 1:14.00	2000m: 24:48.50	1:15.13	3300m: 41:13.42	1:15.69	4600m: 57:48.41	1:16.42
	800m: 9:54.50 1:13.99	2100m: 26:03.37	1:14.87	3400m: 42:29.28	1:15.86	4700m: 59:04.11	1:15.70
	900m: 11:08.33 1:13.83	2200m: 27:18.94	1:15.57	3500m: 43:45.00	1:15.72	4800m: 1:00:19.73	1:15.62
	1000m: 12:22.21 1:13.88	2300m: 28:34.74	1:15.80	3600m: 45:01.07	1:16.07	4900m: 1:01:34.35	1:14.62
	1100m: 13:36.42 1:14.21	2400m: 29:50.09	1:15.35	3700m: 46:17.97	1:16.90	5000m: 1:02:47.84	1:13.49
	1200m: 14:50.65 1:14.23	2500m: 31:06.13	1:16.04	3800m: 47:34.45	1:16.48		
	1300m: 16:04.93 1:14.28	2600m: 32:21.47	1:15.34	3900m: 48:51.03	1:16.58		
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	1:02:54.80		537	
	100m: 1:14.00 1:14.00	1400m: 17:28.77	1:14.75	2700m: 33:51.80	1:15.85	4000m: 50:19.12	1:15.63
	200m: 2:29.79 1:15.79	1500m: 18:43.83	1:15.06	2800m: 35:07.80	1:16.00	4100m: 51:35.05	1:15.93
	300m: 3:45.18 1:15.39	1600m: 19:59.20	1:15.37	2900m: 36:23.71	1:15.91	4200m: 52:50.85	1:15.80
	400m: 5:00.26 1:15.08	1700m: 21:14.76	1:15.56	3000m: 37:39.77	1:16.06	4300m: 54:06.76	1:15.91
	500m: 6:14.96 1:14.70	1800m: 22:30.29	1:15.53	3100m: 38:56.05	1:16.28	4400m: 55:22.46	1:15.70
	600m: 7:29.88 1:14.92	1900m: 23:46.05	1:15.76	3200m: 40:11.81	1:15.76	4500m: 56:38.37	1:15.91
	700m: 8:44.88 1:15.00	2000m: 25:01.43	1:15.38	3300m: 41:27.30	1:15.49	4600m: 57:54.10	1:15.73
	800m: 9:59.62 1:14.74	2100m: 26:17.15	1:15.72	3400m: 42:43.12	1:15.82	4700m: 59:10.74	1:16.64
	900m: 11:14.27 1:14.65	2200m: 27:32.93	1:15.78	3500m: 43:58.95	1:15.83	4800m: 1:00:26.01	1:15.27
	1000m: 12:29.01 1:14.74	2300m: 28:48.68	1:15.75	3600m: 45:15.17	1:16.22	4900m: 1:01:41.21	1:15.20
	1100m: 13:43.89 1:14.88	2400m: 30:04.41	1:15.73	3700m: 46:31.03	1:15.86	5000m: 1:02:54.80	1:13.59
	1200m: 14:59.06 1:15.17	2500m: 31:20.25	1:15.84	3800m: 47:47.26	1:16.23		
	1300m: 16:14.02 1:14.96	2600m: 32:35.95	1:15.70	3900m: 49:03.49	1:16.23		
4.	AGUILAR Marta Andre	07	Nautico Academico	1:03:36.85		519	
	100m: 1:14.35 1:14.35	1400m: 17:39.33	1:15.14	2700m: 33:55.94	1:14.66	4000m: 50:36.73	1:18.74
	200m: 2:30.23 1:15.88	1500m: 18:54.92	1:15.59	2800m: 35:11.78	1:15.84	4100m: 51:53.91	1:17.18
	300m: 3:46.13 1:15.90	1600m: 20:10.18	1:15.26	2900m: 36:28.03	1:16.25	4200m: 53:12.24	1:18.33
	400m: 5:01.96 1:15.83	1700m: 21:26.44	1:16.26	3000m: 37:43.10	1:15.07	4300m: 54:30.95	1:18.71
	500m: 6:17.64 1:15.68	1800m: 22:42.78	1:16.34	3100m: 38:58.45	1:15.35	4400m: 55:49.51	1:18.56
	600m: 7:33.67 1:16.03	1900m: 23:58.78	1:16.00	3200m: 40:15.31	1:16.86	4500m: 57:07.50	1:17.99
	700m: 8:49.69 1:16.02	2000m: 25:13.53	1:14.75	3300m: 41:32.10	1:16.79	4600m: 58:24.59	1:17.09
	800m: 10:05.50 1:15.81	2100m: 26:27.58	1:14.05	3400m: 42:49.57	1:17.47	4700m: 59:43.53	1:18.94
	900m: 11:21.65 1:16.15	2200m: 27:41.60	1:14.02	3500m: 44:06.89	1:17.32	4800m: 1:01:02.44	1:18.91
	1000m: 12:37.25 1:15.60	2300m: 28:56.00	1:14.40	3600m: 45:24.58	1:17.69	4900m: 1:02:20.37	1:17.93
	1100m: 13:52.95 1:15.70	2400m: 30:10.98	1:14.98	3700m: 46:41.83	1:17.25	5000m: 1:03:36.85	1:16.48
	1200m: 15:08.45 1:15.50	2500m: 31:26.35	1:15.37	3800m: 47:59.45	1:17.62		
	1300m: 16:24.19 1:15.74	2600m: 32:41.28	1:14.93	3900m: 49:17.99	1:18.54		
5.	MANO Leonor Mil	07	Nautico Academico	1:03:39.16		518	
	100m: 1:13.18 1:13.18	1400m: 18:00.09	1:17.15	2700m: 34:36.43	1:16.12	4000m: 51:04.35	1:15.45
	200m: 2:30.00 1:16.82	1500m: 19:17.01	1:16.92	2800m: 35:52.47	1:16.04	4100m: 52:20.20	1:15.85
	300m: 3:47.48 1:17.48	1600m: 20:34.38	1:17.37	2900m: 37:08.86	1:16.39	4200m: 53:36.06	1:15.86
	400m: 5:04.66 1:17.18	1700m: 21:51.40	1:17.02	3000m: 38:25.98	1:17.12	4300m: 54:52.44	1:16.38
	500m: 6:22.36 1:17.70	1800m: 23:08.73	1:17.33	3100m: 39:42.34	1:16.36	4400m: 56:08.25	1:15.81
	600m: 7:40.04 1:17.68	1900m: 24:26.41	1:17.68	3200m: 40:58.55	1:16.21	4500m: 57:24.00	1:15.75
	700m: 8:57.24 1:17.20	2000m: 25:44.15	1:17.74	3300m: 42:15.07	1:16.52	4600m: 58:39.60	1:15.60
	800m: 10:14.67 1:17.43	2100m: 27:01.02	1:16.87	3400m: 43:31.40	1:16.33	4700m: 59:54.87	1:15.27
	900m: 11:32.53 1:17.86	2200m: 28:17.42	1:16.40	3500m: 44:47.53	1:16.13	4800m: 1:01:10.45	1:15.58
	1000m: 12:50.93 1:18.40	2300m: 29:33.30	1:15.88	3600m: 46:02.94	1:15.41	4900m: 1:02:25.61	1:15.16
	1100m: 14:08.85 1:17.92	2400m: 30:48.98	1:15.68	3700m: 47:17.95	1:15.01	5000m: 1:03:39.16	1:13.55
	1200m: 15:26.33 1:17.48	2500m: 32:04.98	1:16.00	3800m: 48:33.43	1:15.48		
	1300m: 16:42.94 1:16.61	2600m: 33:20.31	1:15.33	3900m: 49:48.90	1:15.47		

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
6.	SA Maria Luis	06	Fluvial Portuense	1:06:31.97		454		
	100m: 1:13.36	1:13.36	1400m: 18:06.45	1:19.20	2700m: 35:33.35	1:20.99	4000m: 53:02.30	1:21.07
	200m: 2:29.97	1:16.61	1500m: 19:26.24	1:19.79	2800m: 36:53.56	1:20.21	4100m: 54:22.70	1:20.40
	300m: 3:45.93	1:15.96	1600m: 20:46.26	1:20.02	2900m: 38:14.76	1:21.20	4200m: 55:43.97	1:21.27
	400m: 5:02.84	1:16.91	1700m: 22:06.24	1:19.98	3000m: 39:35.11	1:20.35	4300m: 57:05.57	1:21.60
	500m: 6:19.68	1:16.84	1800m: 23:26.37	1:20.13	3100m: 40:55.36	1:20.25	4400m: 58:26.36	1:20.79
	600m: 7:37.61	1:17.93	1900m: 24:46.71	1:20.34	3200m: 42:16.22	1:20.86	4500m: 59:48.74	1:22.38
	700m: 8:55.39	1:17.78	2000m: 26:06.74	1:20.03	3300m: 43:38.22	1:22.00	4600m: 1:01:10.50	1:21.76
	800m: 10:14.36	1:18.97	2100m: 27:27.77	1:21.03	3400m: 44:59.08	1:20.86	4700m: 1:02:31.66	1:21.16
	900m: 11:32.89	1:18.53	2200m: 28:49.17	1:21.40	3500m: 46:19.35	1:20.27	4800m: 1:03:52.61	1:20.95
	1000m: 12:51.39	1:18.50	2300m: 30:09.91	1:20.74	3600m: 47:40.23	1:20.88	4900m: 1:05:13.04	1:20.43
	1100m: 14:09.45	1:18.06	2400m: 31:31.07	1:21.16	3700m: 49:00.26	1:20.03	5000m: 1:06:31.97	1:18.93
	1200m: 15:27.89	1:18.44	2500m: 32:53.26	1:22.19	3800m: 50:21.07	1:20.81		
	1300m: 16:47.25	1:19.36	2600m: 34:12.36	1:19.10	3900m: 51:41.23	1:20.16		
7.	BROCHADO Mariana Goncalves	06	Viana Natacao	1:07:51.13		428		
	100m: 1:13.08	1:13.08	1400m: 18:12.89	1:20.51	2700m: 36:04.47	1:23.27	4000m: 54:09.04	1:24.58
	200m: 2:28.70	1:15.62	1500m: 19:34.28	1:21.39	2800m: 37:27.24	1:22.77	4100m: 55:33.22	1:24.18
	300m: 3:45.21	1:16.51	1600m: 20:56.22	1:21.94	2900m: 38:50.74	1:23.50	4200m: 56:57.95	1:24.73
	400m: 5:02.15	1:16.94	1700m: 22:18.02	1:21.80	3000m: 40:14.49	1:23.75	4300m: 58:21.19	1:23.24
	500m: 6:19.81	1:17.66	1800m: 23:40.28	1:22.26	3100m: 41:38.29	1:23.80	4400m: 59:43.95	1:22.76
	600m: 7:37.39	1:17.58	1900m: 25:02.56	1:22.28	3200m: 43:01.89	1:23.60	4500m: 1:01:05.93	1:21.98
	700m: 8:55.58	1:18.19	2000m: 26:23.60	1:21.04	3300m: 44:25.95	1:24.06	4600m: 1:02:27.83	1:21.90
	800m: 10:14.09	1:18.51	2100m: 27:45.47	1:21.87	3400m: 45:50.31	1:24.36	4700m: 1:03:49.25	1:21.42
	900m: 11:33.70	1:19.61	2200m: 29:07.52	1:22.05	3500m: 47:12.11	1:21.80	4800m: 1:05:10.27	1:21.02
	1000m: 12:53.84	1:20.14	2300m: 30:30.44	1:22.92	3600m: 48:34.12	1:22.01	4900m: 1:06:30.75	1:20.48
	1100m: 14:13.66	1:19.82	2400m: 31:53.43	1:22.99	3700m: 49:57.10	1:22.98	5000m: 1:07:51.13	1:20.38
	1200m: 15:32.28	1:18.62	2500m: 33:17.34	1:23.91	3800m: 51:20.35	1:23.25		
	1300m: 16:52.38	1:20.10	2600m: 34:41.20	1:23.86	3900m: 52:44.46	1:24.11		
8.	GOMES Rita Cunha	07	Viana Natacao	1:09:16.75		402		
	100m: 1:15.58	1:15.58	1400m: 18:52.71	1:23.08	2700m: 37:02.34	1:25.07	4000m: 55:25.52	1:24.31
	200m: 2:34.45	1:18.87	1500m: 20:13.97	1:21.26	2800m: 38:26.87	1:24.53	4100m: 56:49.55	1:24.03
	300m: 3:54.22	1:19.77	1600m: 21:36.59	1:22.62	2900m: 39:51.57	1:24.70	4200m: 58:13.35	1:23.80
	400m: 5:13.47	1:19.25	1700m: 22:59.50	1:22.91	3000m: 41:17.23	1:25.66	4300m: 59:38.75	1:25.40
	500m: 6:34.34	1:20.87	1800m: 24:22.95	1:23.45	3100m: 42:42.59	1:25.36	4400m: 1:01:03.05	1:24.30
	600m: 7:55.53	1:21.19	1900m: 25:46.85	1:23.90	3200m: 44:08.23	1:25.64	4500m: 1:02:26.54	1:23.49
	700m: 9:17.68	1:22.15	2000m: 27:10.39	1:23.54	3300m: 45:32.43	1:24.20	4600m: 1:03:49.52	1:22.98
	800m: 10:39.85	1:22.17	2100m: 28:33.89	1:23.50	3400m: 46:56.41	1:23.98	4700m: 1:05:12.26	1:22.74
	900m: 12:00.88	1:21.03	2200m: 29:57.55	1:23.66	3500m: 48:20.48	1:24.07	4800m: 1:06:34.45	1:22.19
	1000m: 13:22.39	1:21.51	2300m: 31:22.05	1:24.50	3600m: 49:49.75	1:29.27	4900m: 1:07:56.15	1:21.70
	1100m: 14:43.91	1:21.52	2400m: 32:46.36	1:24.31	3700m: 51:12.28	1:22.53	5000m: 1:09:16.75	1:20.60
	1200m: 16:06.66	1:22.75	2500m: 34:12.13	1:25.77	3800m: 52:37.11	1:24.83		
	1300m: 17:29.63	1:22.97	2600m: 35:37.27	1:25.14	3900m: 54:01.21	1:24.10		
9.	CABRAL Carolina Vizinho	07	Natacao de Vagos	1:11:54.47		359		
	100m: 1:14.11	1:14.11	1400m: 18:03.45	1:20.41	2700m: 36:05.07	1:26.91	4000m: 56:14.33	1:37.56
	200m: 2:29.98	1:15.87	1500m: 19:25.08	1:21.63	2800m: 37:33.50	1:28.43	4100m: 57:50.76	1:36.43
	300m: 3:46.18	1:16.20	1600m: 20:45.10	1:20.02	2900m: 39:02.24	1:28.74	4200m: 59:28.22	1:37.46
	400m: 5:01.30	1:15.12	1700m: 22:05.26	1:20.16	3000m: 40:32.18	1:29.94	4300m: 1:01:04.40	1:36.18
	500m: 6:16.84	1:15.54	1800m: 23:26.73	1:21.47	3100m: 42:03.63	1:31.45	4400m: 1:02:39.08	1:34.68
	600m: 7:33.20	1:16.36	1900m: 24:49.05	1:22.32	3200m: 43:34.62	1:30.99	4500m: 1:04:14.96	1:35.88
	700m: 8:49.56	1:16.36	2000m: 26:12.97	1:23.92	3300m: 45:07.90	1:33.28	4600m: 1:05:47.66	1:32.70
	800m: 10:06.40	1:16.84	2100m: 27:35.50	1:22.53	3400m: 46:41.73	1:33.83	4700m: 1:07:20.97	1:33.31
	900m: 11:24.82	1:18.42	2200m: 28:56.31	1:20.81	3500m: 48:16.67	1:34.94	4800m: 1:08:52.79	1:31.82
	1000m: 12:43.76	1:18.94	2300m: 30:20.71	1:24.40	3600m: 49:51.43	1:34.76	4900m: 1:10:25.09	1:32.30
	1100m: 14:03.54	1:19.78	2400m: 31:46.54	1:25.83	3700m: 51:25.34	1:33.91	5000m: 1:11:54.47	1:29.38
	1200m: 15:23.15	1:19.61	2500m: 33:13.26	1:26.72	3800m: 53:01.26	1:35.92		
	1300m: 16:43.04	1:19.89	2600m: 34:38.16	1:24.90	3900m: 54:36.77	1:35.51		

Prova 2, 5000m Livres

Absolutos, Masc.

1. AMARAL Francisco Rodriguez	02	Porto	55:13.86	672			
<i>Melhor Marca dos Campeonatos, 3000 metros</i>							
100m: 1:07.37	1:07.37	1400m: 15:42.21	1:07.16	2700m: 30:12.68	1:06.20	4000m: 44:24.34	1:05.31
200m: 2:15.24	1:07.87	1500m: 16:49.39	1:07.18	2800m: 31:18.62	1:05.94	4100m: 45:29.50	1:05.16
300m: 3:23.01	1:07.77	1600m: 17:56.50	1:07.11	2900m: 32:24.74	1:06.12	4200m: 46:34.58	1:05.08
400m: 4:30.68	1:07.67	1700m: 19:03.58	1:07.08	3000m: 33:30.67	1:05.93	4300m: 47:39.13	1:04.55
500m: 5:38.19	1:07.51	1800m: 20:10.64	1:07.06	3100m: 34:36.15	1:05.48	4400m: 48:43.45	1:04.32
600m: 6:46.32	1:08.13	1900m: 21:17.72	1:07.08	3200m: 35:41.25	1:05.10	4500m: 49:47.94	1:04.49
700m: 7:53.49	1:07.17	2000m: 22:24.95	1:07.23	3300m: 36:46.40	1:05.15	4600m: 50:52.62	1:04.68
800m: 9:00.63	1:07.14	2100m: 23:31.85	1:06.90	3400m: 37:51.84	1:05.44	4700m: 51:57.57	1:04.95
900m: 10:07.61	1:06.98	2200m: 24:38.44	1:06.59	3500m: 38:57.61	1:05.77	4800m: 53:03.18	1:05.61
1000m: 11:14.61	1:07.00	2300m: 25:45.57	1:07.13	3600m: 40:02.86	1:05.25	4900m: 54:09.70	1:06.52
1100m: 12:21.34	1:06.73	2400m: 26:52.75	1:07.18	3700m: 41:08.14	1:05.28	5000m: 55:13.86	1:04.16
1200m: 13:28.13	1:06.79	2500m: 27:59.93	1:07.18	3800m: 42:13.64	1:05.50		
1300m: 14:35.05	1:06.92	2600m: 29:06.48	1:06.55	3900m: 43:19.03	1:05.39		
2. CAMPOS Tiago Filipe	99	Rio Maior	55:31.46	661			
100m: 1:06.80	1:06.80	1400m: 15:42.48	1:06.80	2700m: 30:13.11	1:06.75	4000m: 44:24.10	1:05.30
200m: 2:15.14	1:08.34	1500m: 16:49.46	1:06.98	2800m: 31:19.08	1:05.97	4100m: 45:28.83	1:04.73
300m: 3:22.73	1:07.59	1600m: 17:56.55	1:07.09	2900m: 32:25.29	1:06.21	4200m: 46:34.90	1:06.07
400m: 4:30.64	1:07.91	1700m: 19:03.46	1:06.91	3000m: 33:31.06	1:05.77	4300m: 47:41.03	1:06.13
500m: 5:38.42	1:07.78	1800m: 20:10.55	1:07.09	3100m: 34:36.49	1:05.43	4400m: 48:49.06	1:08.03
600m: 6:46.24	1:07.82	1900m: 21:17.59	1:07.04	3200m: 35:41.62	1:05.13	4500m: 49:56.80	1:07.74
700m: 7:53.45	1:07.21	2000m: 22:24.73	1:07.14	3300m: 36:46.79	1:05.17	4600m: 51:03.85	1:07.05
800m: 9:00.64	1:07.19	2100m: 23:31.40	1:06.67	3400m: 37:51.82	1:05.03	4700m: 52:10.40	1:06.55
900m: 10:07.92	1:07.28	2200m: 24:38.26	1:06.86	3500m: 38:57.29	1:05.47	4800m: 53:18.01	1:07.61
1000m: 11:15.04	1:07.12	2300m: 25:45.39	1:07.13	3600m: 40:02.48	1:05.19	4900m: 54:25.50	1:07.49
1100m: 12:21.60	1:06.56	2400m: 26:52.68	1:07.29	3700m: 41:07.92	1:05.44	5000m: 55:31.46	1:05.96
1200m: 13:28.54	1:06.94	2500m: 27:59.67	1:06.99	3800m: 42:13.55	1:05.63		
1300m: 14:35.68	1:07.14	2600m: 29:06.36	1:06.69	3900m: 43:18.80	1:05.25		
3. CARDOSO Diogo Santos	01	Sporting	55:54.39	648			
100m: 1:07.11	1:07.11	1400m: 15:41.81	1:07.14	2700m: 30:12.86	1:06.54	4000m: 44:38.63	1:08.69
200m: 2:14.98	1:07.87	1500m: 16:49.06	1:07.25	2800m: 31:18.69	1:05.83	4100m: 45:47.07	1:08.44
300m: 3:22.60	1:07.62	1600m: 17:56.13	1:07.07	2900m: 32:25.35	1:06.66	4200m: 46:55.61	1:08.54
400m: 4:30.29	1:07.69	1700m: 19:03.26	1:07.13	3000m: 33:31.21	1:05.86	4300m: 48:04.25	1:08.64
500m: 5:38.00	1:07.71	1800m: 20:10.25	1:06.99	3100m: 34:37.39	1:06.18	4400m: 49:12.56	1:08.31
600m: 6:45.76	1:07.76	1900m: 21:17.38	1:07.13	3200m: 35:43.05	1:05.66	4500m: 50:20.32	1:07.76
700m: 7:52.99	1:07.23	2000m: 22:24.47	1:07.09	3300m: 36:49.07	1:06.02	4600m: 51:28.41	1:08.09
800m: 9:00.14	1:07.15	2100m: 23:31.11	1:06.64	3400m: 37:55.03	1:05.96	4700m: 52:36.05	1:07.64
900m: 10:07.16	1:07.02	2200m: 24:37.87	1:06.76	3500m: 39:00.50	1:05.47	4800m: 53:42.94	1:06.89
1000m: 11:14.26	1:07.10	2300m: 25:45.16	1:07.29	3600m: 40:06.51	1:06.01	4900m: 54:49.95	1:07.01
1100m: 12:20.83	1:06.57	2400m: 26:52.34	1:07.18	3700m: 41:13.35	1:06.84	5000m: 55:54.39	1:04.44
1200m: 13:27.54	1:06.71	2500m: 27:59.45	1:07.11	3800m: 42:21.08	1:07.73		
1300m: 14:34.67	1:07.13	2600m: 29:06.32	1:06.87	3900m: 43:29.94	1:08.86		
4. MARQUES Gustavo Pires	04	Uniao Coimbra	56:18.18	634			
100m: 1:06.73	1:06.73	1300m: 14:36.20	1:07.20	2500m: 28:09.86	1:08.52	3700m: 41:43.89	1:07.11
200m: 2:14.99	1:08.26	1400m: 15:43.85	1:07.65	2600m: 29:18.03	1:08.17	3800m: 42:50.64	1:06.75
300m: 3:22.85	1:07.86	1500m: 16:51.52	1:07.67	2700m: 30:26.97	1:08.94	3900m: 43:57.62	1:06.98
400m: 4:30.75	1:07.90	1600m: 17:59.97	1:08.45	2800m: 31:36.04	1:09.07	4000m: 45:04.62	1:07.00
500m: 5:38.41	1:07.66	1700m: 19:07.97	1:08.00	2900m: 32:45.66	1:09.62	4100m: 46:11.44	1:06.82
600m: 6:46.43	1:08.02	1800m: 20:15.46	1:07.49	3000m: 33:54.84	1:09.18	4200m: 47:18.22	1:06.78
700m: 7:53.54	1:07.11	1900m: 21:23.28	1:07.82	3100m: 35:02.66	1:07.82	4300m: 48:25.24	1:07.02
800m: 9:00.51	1:06.97	2000m: 22:31.13	1:07.85	3200m: 36:09.86	1:07.20	4400m: 49:32.75	1:07.51
900m: 10:07.90	1:07.39	2100m: 23:38.79	1:07.66	3300m: 37:16.74	1:06.88	4500m: 50:41.03	1:08.28
1000m: 11:14.95	1:07.05	2200m: 24:46.54	1:07.75	3400m: 38:23.33	1:06.59	4600m: 51:49.37	1:08.34
1100m: 12:21.67	1:06.72	2300m: 25:53.97	1:07.43	3500m: 39:29.99	1:06.66	4700m: 52:57.92	1:08.55
1200m: 13:29.00	1:07.33	2400m: 27:01.34	1:07.37	3600m: 40:36.78	1:06.79	4800m: 54:06.77	1:08.85

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 55:13.80 1:07.03	5000m: 56:18.18 1:04.38					
5.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	56:19.02		634	
	100m: 1:07.31 1:07.31	1400m: 15:49.81 1:08.09	2700m: 30:21.15 1:07.02	4000m: 45:02.88 1:08.23			
	200m: 2:15.80 1:08.49	1500m: 16:57.24 1:07.43	2800m: 31:27.98 1:06.83	4100m: 46:10.58 1:07.70			
	300m: 3:23.88 1:08.08	1600m: 18:04.52 1:07.28	2900m: 32:35.68 1:07.70	4200m: 47:18.50 1:07.92			
	400m: 4:31.57 1:07.69	1700m: 19:11.88 1:07.36	3000m: 33:43.10 1:07.42	4300m: 48:27.14 1:08.64			
	500m: 5:39.05 1:07.48	1800m: 20:19.28 1:07.40	3100m: 34:51.28 1:08.18	4400m: 49:35.53 1:08.39			
	600m: 6:46.88 1:07.83	1900m: 21:26.73 1:07.45	3200m: 35:59.56 1:08.28	4500m: 50:44.74 1:09.21			
	700m: 7:54.46 1:07.58	2000m: 22:34.44 1:07.71	3300m: 37:07.51 1:07.95	4600m: 51:53.71 1:08.97			
	800m: 9:02.31 1:07.85	2100m: 23:41.62 1:07.18	3400m: 38:15.10 1:07.59	4700m: 53:02.70 1:08.99			
	900m: 10:10.38 1:08.07	2200m: 24:47.94 1:06.32	3500m: 39:22.45 1:07.35	4800m: 54:10.01 1:07.31			
	1000m: 11:18.17 1:07.79	2300m: 25:53.61 1:05.67	3600m: 40:29.87 1:07.42	4900m: 55:15.82 1:05.81			
	1100m: 12:25.86 1:07.69	2400m: 27:00.45 1:06.84	3700m: 41:37.62 1:07.75	5000m: 56:19.02 1:03.20			
	1200m: 13:33.84 1:07.98	2500m: 28:07.22 1:06.77	3800m: 42:45.96 1:08.34				
	1300m: 14:41.72 1:07.88	2600m: 29:14.13 1:06.91	3900m: 43:54.65 1:08.69				
6.	LOUREIRO Bruno Silva	06	Porto	57:32.42		594	
	100m: 1:08.68 1:08.68	1400m: 15:50.02 1:08.07	2700m: 30:53.44 1:10.57	4000m: 46:10.08 1:10.95			
	200m: 2:17.09 1:08.41	1500m: 16:57.67 1:07.65	2800m: 32:03.76 1:10.32	4100m: 47:18.80 1:08.72			
	300m: 3:24.93 1:07.84	1600m: 18:05.48 1:07.81	2900m: 33:14.65 1:10.89	4200m: 48:28.07 1:09.27			
	400m: 4:32.50 1:07.57	1700m: 19:13.51 1:08.03	3000m: 34:25.57 1:10.92	4300m: 49:36.39 1:08.32			
	500m: 5:40.22 1:07.72	1800m: 20:21.83 1:08.32	3100m: 35:36.79 1:11.22	4400m: 50:45.21 1:08.82			
	600m: 6:47.79 1:07.57	1900m: 21:31.43 1:09.60	3200m: 36:46.99 1:10.20	4500m: 51:54.02 1:08.81			
	700m: 7:55.67 1:07.88	2000m: 22:40.94 1:09.51	3300m: 37:56.27 1:09.28	4600m: 53:03.18 1:09.16			
	800m: 9:03.51 1:07.84	2100m: 23:51.14 1:10.20	3400m: 39:06.93 1:10.66	4700m: 54:12.01 1:08.83			
	900m: 10:10.61 1:07.10	2200m: 25:01.11 1:09.97	3500m: 40:18.08 1:11.15	4800m: 55:21.56 1:09.55			
	1000m: 11:17.85 1:07.24	2300m: 26:11.85 1:10.74	3600m: 41:28.53 1:10.45	4900m: 56:30.43 1:08.87			
	1100m: 12:26.13 1:08.28	2400m: 27:22.11 1:10.26	3700m: 42:38.69 1:10.16	5000m: 57:32.42 1:01.99			
	1200m: 13:33.88 1:07.75	2500m: 28:32.44 1:10.33	3800m: 43:48.86 1:10.17				
	1300m: 14:41.95 1:08.07	2600m: 29:42.87 1:10.43	3900m: 44:59.13 1:10.27				
7.	SANTOS Ricardo Matias	05	CPFZ - Natacao	57:40.89		590	
	100m: 1:07.93 1:07.93	1400m: 16:04.86 1:09.06	2700m: 31:04.97 1:09.43	4000m: 46:05.27 1:08.91			
	200m: 2:16.91 1:08.98	1500m: 17:14.02 1:09.16	2800m: 32:14.44 1:09.47	4100m: 47:14.82 1:09.55			
	300m: 3:26.56 1:09.65	1600m: 18:23.42 1:09.40	2900m: 33:24.10 1:09.66	4200m: 48:24.45 1:09.63			
	400m: 4:36.21 1:09.65	1700m: 19:32.93 1:09.51	3000m: 34:32.96 1:08.86	4300m: 49:34.47 1:10.02			
	500m: 5:45.14 1:08.93	1800m: 20:42.28 1:09.35	3100m: 35:42.36 1:09.40	4400m: 50:44.99 1:10.52			
	600m: 6:54.35 1:09.21	1900m: 21:51.41 1:09.13	3200m: 36:51.60 1:09.24	4500m: 51:55.14 1:10.15			
	700m: 8:03.06 1:08.71	2000m: 23:00.97 1:09.56	3300m: 38:00.94 1:09.34	4600m: 53:05.49 1:10.35			
	800m: 9:11.91 1:08.85	2100m: 24:10.11 1:09.14	3400m: 39:11.04 1:10.10	4700m: 54:15.93 1:10.44			
	900m: 10:20.36 1:08.45	2200m: 25:19.18 1:09.07	3500m: 40:21.08 1:10.04	4800m: 55:25.72 1:09.79			
	1000m: 11:29.18 1:08.82	2300m: 26:28.37 1:09.19	3600m: 41:30.46 1:09.38	4900m: 56:35.62 1:09.90			
	1100m: 12:37.99 1:08.81	2400m: 27:37.39 1:09.02	3700m: 42:39.55 1:09.09	5000m: 57:40.89 1:05.27			
	1200m: 13:46.62 1:08.63	2500m: 28:46.48 1:09.09	3800m: 43:47.97 1:08.42				
	1300m: 14:55.80 1:09.18	2600m: 29:55.54 1:09.06	3900m: 44:56.36 1:08.39				
8.	BASTOS Lucas Pereira	00	Nautico Academico	57:48.17		586	
	100m: 1:08.46 1:08.46	1300m: 15:08.48 1:09.39	2500m: 28:59.32 1:09.53	3700m: 42:48.00 1:08.73			
	200m: 2:18.64 1:10.18	1400m: 16:18.64 1:10.16	2600m: 30:08.12 1:08.80	3800m: 43:57.19 1:09.19			
	300m: 3:28.47 1:09.83	1500m: 17:28.38 1:09.74	2700m: 31:17.33 1:09.21	3900m: 45:06.40 1:09.21			
	400m: 4:38.76 1:10.29	1600m: 18:37.01 1:08.63	2800m: 32:26.59 1:09.26	4000m: 46:15.71 1:09.31			
	500m: 5:49.51 1:10.75	1700m: 19:45.58 1:08.57	2900m: 33:35.90 1:09.31	4100m: 47:24.52 1:08.81			
	600m: 6:59.53 1:10.02	1800m: 20:54.07 1:08.49	3000m: 34:45.26 1:09.36	4200m: 48:32.64 1:08.12			
	700m: 8:09.68 1:10.15	1900m: 22:02.81 1:08.74	3100m: 35:53.86 1:08.60	4300m: 49:41.57 1:08.93			
	800m: 9:19.74 1:10.06	2000m: 23:11.71 1:08.90	3200m: 37:02.65 1:08.79	4400m: 50:50.37 1:08.80			
	900m: 10:29.42 1:09.68	2100m: 24:20.97 1:09.26	3300m: 38:11.75 1:09.10	4500m: 51:59.57 1:09.20			
	1000m: 11:39.08 1:09.66	2200m: 25:30.57 1:09.60	3400m: 39:21.38 1:09.63	4600m: 53:08.07 1:08.50			
	1100m: 12:49.05 1:09.97	2300m: 26:40.15 1:09.58	3500m: 40:30.65 1:09.27	4700m: 54:17.32 1:09.25			
	1200m: 13:59.09 1:10.04	2400m: 27:49.79 1:09.64	3600m: 41:39.27 1:08.62	4800m: 55:27.70 1:10.38			

Splash Meet Manager, 11.75806

Registered to Federacao Portuguesa De Natacao

25/02/2023 18:49 - Página 13

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 56:38.51 1:10.81 5000m: 57:48.17 1:09.66						
9.	SOUZA Joao Maria	05	Braga	58:20.53		570	
	100m: 1:06.87 1:06.87 1400m: 16:10.92 1:09.83 2700m: 31:16.74 1:09.58 4000m: 46:39.96 1:11.06						
	200m: 2:15.52 1:08.65 1500m: 17:20.32 1:09.40 2800m: 32:26.65 1:09.91 4100m: 47:51.72 1:11.76						
	300m: 3:25.04 1:09.52 1600m: 18:29.23 1:08.91 2900m: 33:37.26 1:10.61 4200m: 49:02.99 1:11.27						
	400m: 4:34.65 1:09.61 1700m: 19:38.49 1:09.26 3000m: 34:47.76 1:10.50 4300m: 50:14.32 1:11.33						
	500m: 5:44.03 1:09.38 1800m: 20:48.22 1:09.73 3100m: 35:58.75 1:10.99 4400m: 51:24.28 1:09.96						
	600m: 6:53.40 1:09.37 1900m: 21:57.92 1:09.70 3200m: 37:10.17 1:11.42 4500m: 52:33.94 1:09.66						
	700m: 8:02.90 1:09.50 2000m: 23:08.44 1:10.52 3300m: 38:21.63 1:11.46 4600m: 53:43.41 1:09.47						
	800m: 9:12.47 1:09.57 2100m: 24:18.34 1:09.90 3400m: 39:34.13 1:12.50 4700m: 54:53.28 1:09.87						
	900m: 10:23.40 1:10.93 2200m: 25:27.87 1:09.53 3500m: 40:45.62 1:11.49 4800m: 56:03.35 1:10.07						
	1000m: 11:32.28 1:08.88 2300m: 26:37.54 1:09.67 3600m: 41:56.45 1:10.83 4900m: 57:12.74 1:09.39						
	1100m: 12:41.90 1:09.62 2400m: 27:47.22 1:09.68 3700m: 43:07.82 1:11.37 5000m: 58:20.53 1:07.79						
	1200m: 13:51.42 1:09.52 2500m: 28:57.20 1:09.98 3800m: 44:18.29 1:10.47						
	1300m: 15:01.09 1:09.67 2600m: 30:07.16 1:09.96 3900m: 45:28.90 1:10.61						
10.	CARDOSO Guilherme Maia	05	Columbofila Cantanheder	58:25.06		568	
	100m: 1:09.51 1:09.51 1400m: 16:17.71 1:10.20 2700m: 31:30.35 1:10.70 4000m: 46:45.73 1:10.75						
	200m: 2:19.25 1:09.74 1500m: 17:27.62 1:09.91 2800m: 32:41.22 1:10.87 4100m: 47:56.08 1:10.35						
	300m: 3:29.15 1:09.90 1600m: 18:37.43 1:09.81 2900m: 33:52.74 1:11.52 4200m: 49:06.77 1:10.69						
	400m: 4:39.03 1:09.88 1700m: 19:47.24 1:09.81 3000m: 35:03.67 1:10.93 4300m: 50:16.89 1:10.12						
	500m: 5:48.89 1:09.86 1800m: 20:56.68 1:09.44 3100m: 36:13.59 1:09.92 4400m: 51:27.52 1:10.63						
	600m: 6:58.06 1:09.17 1900m: 22:06.94 1:10.26 3200m: 37:23.78 1:10.19 4500m: 52:37.98 1:10.46						
	700m: 8:08.13 1:10.07 2000m: 23:17.08 1:10.14 3300m: 38:33.09 1:09.31 4600m: 53:48.18 1:10.20						
	800m: 9:17.95 1:09.82 2100m: 24:27.17 1:10.09 3400m: 39:43.05 1:09.96 4700m: 54:58.33 1:10.15						
	900m: 10:27.76 1:09.81 2200m: 25:37.66 1:10.49 3500m: 40:53.28 1:10.23 4800m: 56:08.42 1:10.09						
	1000m: 11:38.00 1:10.24 2300m: 26:47.91 1:10.25 3600m: 42:04.20 1:10.92 4900m: 57:18.09 1:09.67						
	1100m: 12:47.46 1:09.46 2400m: 27:58.37 1:10.46 3700m: 43:15.07 1:10.87 5000m: 58:25.06 1:06.97						
	1200m: 13:56.96 1:09.50 2500m: 29:09.08 1:10.71 3800m: 44:25.03 1:09.96						
	1300m: 15:07.51 1:10.55 2600m: 30:19.65 1:10.57 3900m: 45:34.98 1:09.95						
11.	GONCALVES Alexandre Ramos	05	Sao Joao Ver	59:34.38		535	
	100m: 1:06.28 1:06.28 1400m: 16:17.20 1:10.32 2700m: 31:48.95 1:11.71 4000m: 47:32.07 1:12.08						
	200m: 2:14.39 1:08.11 1500m: 17:28.12 1:10.92 2800m: 32:59.80 1:10.85 4100m: 48:44.20 1:12.13						
	300m: 3:23.69 1:09.30 1600m: 18:39.53 1:11.41 2900m: 34:10.91 1:11.11 4200m: 49:56.26 1:12.06						
	400m: 4:33.51 1:09.82 1700m: 19:51.26 1:11.73 3000m: 35:22.59 1:11.68 4300m: 51:08.75 1:12.49						
	500m: 5:43.21 1:09.70 1800m: 21:02.82 1:11.56 3100m: 36:35.02 1:12.43 4400m: 52:21.58 1:12.83						
	600m: 6:53.52 1:10.31 1900m: 22:14.61 1:11.79 3200m: 37:48.17 1:13.15 4500m: 53:34.98 1:13.40						
	700m: 8:04.85 1:11.33 2000m: 23:25.32 1:10.71 3300m: 39:01.57 1:13.40 4600m: 54:47.73 1:12.75						
	800m: 9:15.84 1:10.99 2100m: 24:36.72 1:11.40 3400m: 40:15.39 1:13.82 4700m: 56:00.39 1:12.66						
	900m: 10:26.49 1:10.65 2200m: 25:48.28 1:11.56 3500m: 41:28.83 1:13.44 4800m: 57:11.81 1:11.42						
	1000m: 11:37.28 1:10.79 2300m: 27:00.80 1:12.52 3600m: 42:41.23 1:12.40 4900m: 58:24.39 1:12.58						
	1100m: 12:47.56 1:10.28 2400m: 28:13.22 1:12.42 3700m: 43:54.47 1:13.24 5000m: 59:34.38 1:09.99						
	1200m: 13:57.33 1:09.77 2500m: 29:25.32 1:12.10 3800m: 45:07.28 1:12.81						
	1300m: 15:06.88 1:09.55 2600m: 30:37.24 1:11.92 3900m: 46:19.99 1:12.71						
12.	BORGES Rodrigo Costa	07	Fluvial Portuense	59:46.77		530	
	100m: 1:07.10 1:07.10 1300m: 15:08.96 1:10.27 2500m: 29:30.82 1:12.51 3700m: 43:58.70 1:13.48						
	200m: 2:17.02 1:09.92 1400m: 16:19.34 1:10.38 2600m: 30:43.09 1:12.27 3800m: 45:11.09 1:12.39						
	300m: 3:26.86 1:09.84 1500m: 17:30.82 1:11.48 2700m: 31:55.39 1:12.30 3900m: 46:23.77 1:12.68						
	400m: 4:37.33 1:10.47 1600m: 18:42.78 1:11.96 2800m: 33:07.87 1:12.48 4000m: 47:37.76 1:13.99						
	500m: 5:48.25 1:10.92 1700m: 19:54.53 1:11.75 2900m: 34:19.08 1:11.21 4100m: 48:51.42 1:13.66						
	600m: 6:58.35 1:10.10 1800m: 21:06.75 1:12.22 3000m: 35:31.00 1:11.92 4200m: 50:05.77 1:14.35						
	700m: 8:08.61 1:10.26 1900m: 22:18.51 1:11.76 3100m: 36:42.73 1:11.73 4300m: 51:20.05 1:14.28						
	800m: 9:19.46 1:10.85 2000m: 23:30.62 1:12.11 3200m: 37:54.56 1:11.83 4400m: 52:34.04 1:13.99						
	900m: 10:29.41 1:09.95 2100m: 24:42.75 1:12.13 3300m: 39:07.98 1:13.42 4500m: 53:47.80 1:13.76						
	1000m: 11:38.91 1:09.50 2200m: 25:54.32 1:11.57 3400m: 40:20.79 1:12.81 4600m: 55:00.64 1:12.84						
	1100m: 12:48.54 1:09.63 2300m: 27:06.49 1:12.17 3500m: 41:33.66 1:12.87 4700m: 56:13.27 1:12.63						
	1200m: 13:58.69 1:10.15 2400m: 28:18.31 1:11.82 3600m: 42:45.22 1:11.56 4800m: 57:26.04 1:12.77						

Splash Meet Manager, 11.75806

Registered to Federacao Portuguesa De Natacao

25/02/2023 18:49 - Página 14

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 58:37.07 1:11.03 5000m: 59:46.77 1:09.70						
13.	MESQUITA Rodrigo Andrade	06	Sporting	1:00:21.24		515	
	100m: 1:09.34 1:09.34 1400m: 16:40.97 1:11.84 2700m: 32:11.56 1:12.30 4000m: 48:03.72 1:14.05						
	200m: 2:21.93 1:12.59 1500m: 17:51.94 1:10.97 2800m: 33:23.33 1:11.77 4100m: 49:17.29 1:13.57						
	300m: 3:33.17 1:11.24 1600m: 19:03.97 1:12.03 2900m: 34:35.88 1:12.55 4200m: 50:31.11 1:13.82						
	400m: 4:45.10 1:11.93 1700m: 20:15.69 1:11.72 3000m: 35:49.60 1:13.72 4300m: 51:45.68 1:14.57						
	500m: 5:56.86 1:11.76 1800m: 21:27.33 1:11.64 3100m: 37:03.16 1:13.56 4400m: 52:59.88 1:14.20						
	600m: 7:08.77 1:11.91 1900m: 22:38.54 1:11.21 3200m: 38:16.47 1:13.31 4500m: 54:14.05 1:14.17						
	700m: 8:20.51 1:11.74 2000m: 23:50.12 1:11.58 3300m: 39:29.71 1:13.24 4600m: 55:28.58 1:14.53						
	800m: 9:32.92 1:12.41 2100m: 25:01.86 1:11.74 3400m: 40:43.17 1:13.46 4700m: 56:42.09 1:13.51						
	900m: 10:44.11 1:11.19 2200m: 26:13.08 1:11.22 3500m: 41:56.09 1:12.92 4800m: 57:55.74 1:13.65						
	1000m: 11:55.27 1:11.16 2300m: 27:24.30 1:11.22 3600m: 43:09.03 1:12.94 4900m: 59:09.56 1:13.82						
	1100m: 13:06.38 1:11.11 2400m: 28:35.80 1:11.50 3700m: 44:22.11 1:13.08 5000m: 1:00:21.24 1:11.68						
	1200m: 14:17.65 1:11.27 2500m: 29:47.85 1:12.05 3800m: 45:35.50 1:13.39						
	1300m: 15:29.13 1:11.48 2600m: 30:59.26 1:11.41 3900m: 46:49.67 1:14.17						
14.	FERREIRA Miguel Guedes	07	Porto	1:00:39.06		507	
	100m: 1:08.07 1:08.07 1400m: 16:27.35 1:11.83 2700m: 32:11.80 1:13.07 4000m: 48:13.93 1:14.74						
	200m: 2:18.67 1:10.60 1500m: 17:39.11 1:11.76 2800m: 33:25.48 1:13.68 4100m: 49:28.30 1:14.37						
	300m: 3:28.70 1:10.03 1600m: 18:51.20 1:12.09 2900m: 34:39.03 1:13.55 4200m: 50:43.28 1:14.98						
	400m: 4:39.23 1:10.53 1700m: 20:03.48 1:12.28 3000m: 35:52.81 1:13.78 4300m: 51:58.06 1:14.78						
	500m: 5:49.53 1:10.30 1800m: 21:15.64 1:12.16 3100m: 37:06.77 1:13.96 4400m: 53:12.67 1:14.61						
	600m: 6:59.61 1:10.08 1900m: 22:28.01 1:12.37 3200m: 38:20.18 1:13.41 4500m: 54:27.46 1:14.79						
	700m: 8:09.78 1:10.17 2000m: 23:40.09 1:12.08 3300m: 39:34.05 1:13.87 4600m: 55:42.60 1:15.14						
	800m: 9:20.43 1:10.65 2100m: 24:52.66 1:12.57 3400m: 40:48.01 1:13.96 4700m: 56:57.26 1:14.66						
	900m: 10:31.12 1:10.69 2200m: 26:05.88 1:13.22 3500m: 42:02.05 1:14.04 4800m: 58:11.84 1:14.58						
	1000m: 11:41.78 1:10.66 2300m: 27:18.97 1:13.09 3600m: 43:15.98 1:13.93 4900m: 59:26.28 1:14.44						
	1100m: 12:52.74 1:10.96 2400m: 28:32.18 1:13.21 3700m: 44:30.01 1:14.03 5000m: 1:00:39.06 1:12.78						
	1200m: 14:03.87 1:11.13 2500m: 29:45.57 1:13.39 3800m: 45:44.54 1:14.53						
	1300m: 15:15.52 1:11.65 2600m: 30:58.73 1:13.16 3900m: 46:59.19 1:14.65						
15.	GOMES Marcio Fernandes	04	Braga	1:01:21.86		490	
	100m: 1:08.36 1:08.36 1400m: 16:20.75 1:12.34 2700m: 32:18.02 1:15.02 4000m: 48:42.66 1:16.70						
	200m: 2:17.19 1:08.83 1500m: 17:33.90 1:13.15 2800m: 33:34.06 1:16.04 4100m: 49:58.68 1:16.02						
	300m: 3:26.45 1:09.26 1600m: 18:46.38 1:12.48 2900m: 34:49.27 1:15.21 4200m: 51:14.64 1:15.96						
	400m: 4:36.14 1:09.69 1700m: 20:00.55 1:14.17 3000m: 36:04.56 1:15.29 4300m: 52:30.64 1:16.00						
	500m: 5:45.26 1:09.12 1800m: 21:14.70 1:14.15 3100m: 37:20.26 1:15.70 4400m: 53:47.53 1:16.89						
	600m: 6:54.75 1:09.49 1900m: 22:28.85 1:14.15 3200m: 38:35.81 1:15.55 4500m: 55:03.60 1:16.07						
	700m: 8:04.37 1:09.62 2000m: 23:40.89 1:12.04 3300m: 39:51.94 1:16.13 4600m: 56:19.61 1:16.01						
	800m: 9:14.39 1:10.02 2100m: 24:52.91 1:12.02 3400m: 41:07.97 1:16.03 4700m: 57:35.93 1:16.32						
	900m: 10:24.50 1:10.11 2200m: 26:05.89 1:12.98 3500m: 42:23.95 1:15.98 4800m: 58:51.75 1:15.82						
	1000m: 11:34.32 1:09.82 2300m: 27:19.16 1:13.27 3600m: 43:39.50 1:15.55 4900m: 1:00:07.75 1:16.00						
	1100m: 12:45.45 1:11.13 2400m: 28:33.58 1:14.42 3700m: 44:55.62 1:16.12 5000m: 1:01:21.86 1:14.11						
	1200m: 13:56.65 1:11.20 2500m: 29:47.98 1:14.40 3800m: 46:10.24 1:14.62						
	1300m: 15:08.41 1:11.76 2600m: 31:03.00 1:15.02 3900m: 47:25.96 1:15.72						
16.	FRAZAO Francisco Couto	06	Uniao Coimbra	1:01:23.41		489	
	100m: 1:12.64 1:12.64 1300m: 16:03.85 1:14.95 2500m: 30:49.43 1:14.15 3700m: 45:29.55 1:13.28						
	200m: 2:26.06 1:13.42 1400m: 17:18.85 1:15.00 2600m: 32:02.55 1:13.12 3800m: 46:42.78 1:13.23						
	300m: 3:39.62 1:13.56 1500m: 18:33.04 1:14.19 2700m: 33:16.36 1:13.81 3900m: 47:56.26 1:13.48						
	400m: 4:52.83 1:13.21 1600m: 19:46.37 1:13.33 2800m: 34:30.12 1:13.76 4000m: 49:09.06 1:12.80						
	500m: 6:06.78 1:13.95 1700m: 20:59.48 1:13.11 2900m: 35:43.60 1:13.48 4100m: 50:22.64 1:13.58						
	600m: 7:20.80 1:14.02 1800m: 22:13.27 1:13.79 3000m: 36:58.29 1:14.69 4200m: 51:36.86 1:14.22						
	700m: 8:34.96 1:14.16 1900m: 23:27.65 1:14.38 3100m: 38:10.70 1:12.41 4300m: 52:52.21 1:15.35						
	800m: 9:49.47 1:14.51 2000m: 24:41.39 1:13.74 3200m: 39:24.57 1:13.87 4400m: 54:06.74 1:14.53						
	900m: 11:04.65 1:15.18 2100m: 25:54.59 1:13.20 3300m: 40:38.51 1:13.94 4500m: 55:21.01 1:14.27						
	1000m: 12:19.68 1:15.03 2200m: 27:08.42 1:13.83 3400m: 41:51.47 1:12.96 4600m: 56:33.92 1:12.91						
	1100m: 13:34.12 1:14.44 2300m: 28:21.92 1:13.50 3500m: 43:04.17 1:12.70 4700m: 57:47.64 1:13.72						
	1200m: 14:48.90 1:14.78 2400m: 29:35.28 1:13.36 3600m: 44:16.27 1:12.10 4800m: 59:00.88 1:13.24						

Splash Meet Manager, 11.75806

Registered to Federacao Portuguesa De Natacao

25/02/2023 18:49 - Página 15

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m:1:00:13.98 1:13.10	5000m:1:01:23.41 1:09.43					
17.	JEVIC Milan Santos	06	Braga	1:02:04.62		473	
	100m: 1:07.29 1:07.29	1400m: 16:46.43 1:13.30	2700m: 32:53.32 1:14.51	4000m: 49:34.03 1:18.02			
	200m: 2:17.98 1:10.69	1500m: 17:59.63 1:13.20	2800m: 34:08.94 1:15.62	4100m: 50:52.76 1:18.73			
	300m: 3:29.34 1:11.36	1600m: 19:13.44 1:13.81	2900m: 35:26.04 1:17.10	4200m: 52:11.02 1:18.26			
	400m: 4:41.05 1:11.71	1700m: 20:27.62 1:14.18	3000m: 36:42.74 1:16.70	4300m: 53:27.65 1:16.63			
	500m: 5:52.87 1:11.82	1800m: 21:42.02 1:14.40	3100m: 38:01.49 1:18.75	4400m: 54:44.72 1:17.07			
	600m: 7:04.08 1:11.21	1900m: 22:56.65 1:14.63	3200m: 39:18.37 1:16.88	4500m: 56:00.18 1:15.46			
	700m: 8:15.62 1:11.54	2000m: 24:11.01 1:14.36	3300m: 40:35.74 1:17.37	4600m: 57:15.33 1:15.15			
	800m: 9:27.87 1:12.25	2100m: 25:26.13 1:15.12	3400m: 41:50.64 1:14.90	4700m: 58:31.10 1:15.77			
	900m: 10:40.52 1:12.65	2200m: 26:40.71 1:14.58	3500m: 43:06.66 1:16.02	4800m: 59:45.18 1:14.08			
	1000m: 11:53.01 1:12.49	2300m: 27:56.11 1:15.40	3600m: 44:23.92 1:17.26	4900m: 1:00:57.51 1:12.33			
	1100m: 13:06.51 1:13.50	2400m: 29:11.04 1:14.93	3700m: 45:40.55 1:16.63	5000m: 1:02:04.62 1:07.11			
	1200m: 14:19.46 1:12.95	2500m: 30:25.37 1:14.33	3800m: 46:58.65 1:18.10				
	1300m: 15:33.13 1:13.67	2600m: 31:38.81 1:13.44	3900m: 48:16.01 1:17.36				
18.	FARIA Eduardo Nuno	06	Braga	1:05:05.89		410	
	100m: 1:08.92 1:08.92	1400m: 17:13.09 1:16.56	2700m: 34:11.14 1:18.67	4000m: 51:37.39 1:21.22			
	200m: 2:20.50 1:11.58	1500m: 18:30.32 1:17.23	2800m: 35:29.66 1:18.52	4100m: 52:58.47 1:21.08			
	300m: 3:32.79 1:12.29	1600m: 19:47.70 1:17.38	2900m: 36:48.90 1:19.24	4200m: 54:17.79 1:19.32			
	400m: 4:44.81 1:12.02	1700m: 21:05.32 1:17.62	3000m: 38:09.38 1:20.48	4300m: 55:38.80 1:21.01			
	500m: 5:57.17 1:12.36	1800m: 22:22.65 1:17.33	3100m: 39:28.97 1:19.59	4400m: 57:00.19 1:21.39			
	600m: 7:10.81 1:13.64	1900m: 23:40.84 1:18.19	3200m: 40:49.07 1:20.10	4500m: 58:21.69 1:21.50			
	700m: 8:25.23 1:14.42	2000m: 24:59.75 1:18.91	3300m: 42:09.94 1:20.87	4600m: 59:42.96 1:21.27			
	800m: 9:40.26 1:15.03	2100m: 26:18.99 1:19.24	3400m: 43:30.66 1:20.72	4700m: 1:01:04.90 1:21.94			
	900m: 10:54.98 1:14.72	2200m: 27:37.60 1:18.61	3500m: 44:52.21 1:21.55	4800m: 1:02:25.63 1:20.73			
	1000m: 12:09.91 1:14.93	2300m: 28:56.46 1:18.86	3600m: 46:13.08 1:20.87	4900m: 1:03:45.75 1:20.12			
	1100m: 13:24.96 1:15.05	2400m: 30:15.08 1:18.62	3700m: 47:34.28 1:21.20	5000m: 1:05:05.89 1:20.14			
	1200m: 14:40.48 1:15.52	2500m: 31:34.55 1:19.47	3800m: 48:55.06 1:20.78				
	1300m: 15:56.53 1:16.05	2600m: 32:52.47 1:17.92	3900m: 50:16.17 1:21.11				
19.	ROCHA Joao Pedro	02	Viana Natacao	1:07:00.81		376	
	100m: 1:14.76 1:14.76	1400m: 18:07.21 1:18.02	2700m: 35:26.26 1:20.93	4000m: 53:08.42 1:23.71			
	200m: 2:32.30 1:17.54	1500m: 19:25.77 1:18.56	2800m: 36:47.13 1:20.87	4100m: 54:31.50 1:23.08			
	300m: 3:51.02 1:18.72	1600m: 20:45.46 1:19.69	2900m: 38:07.74 1:20.61	4200m: 55:54.54 1:23.04			
	400m: 5:09.10 1:18.08	1700m: 22:04.40 1:18.94	3000m: 39:27.99 1:20.25	4300m: 57:15.57 1:23.67			
	500m: 6:27.44 1:18.34	1800m: 23:24.01 1:19.61	3100m: 40:49.01 1:21.02	4400m: 58:41.57 1:23.70			
	600m: 7:44.36 1:16.92	1900m: 24:43.53 1:19.52	3200m: 42:09.82 1:20.81	4500m: 1:00:05.27 1:23.70			
	700m: 9:02.10 1:17.74	2000m: 26:03.40 1:19.87	3300m: 43:31.40 1:21.58	4600m: 1:01:29.72 1:24.45			
	800m: 10:19.38 1:17.28	2100m: 27:22.94 1:19.54	3400m: 44:53.98 1:22.58	4700m: 1:02:53.39 1:23.67			
	900m: 11:37.18 1:17.80	2200m: 28:43.36 1:20.42	3500m: 46:15.73 1:21.75	4800m: 1:04:17.08 1:23.69			
	1000m: 12:55.36 1:18.18	2300m: 30:03.47 1:20.11	3600m: 47:37.85 1:22.12	4900m: 1:05:40.52 1:23.44			
	1100m: 14:13.27 1:17.91	2400m: 31:23.96 1:20.49	3700m: 48:59.75 1:21.90	5000m: 1:07:00.81 1:20.29			
	1200m: 15:31.15 1:17.88	2500m: 32:44.47 1:20.51	3800m: 50:22.58 1:22.83				
	1300m: 16:49.19 1:18.04	2600m: 34:05.33 1:20.86	3900m: 51:44.71 1:22.13				
20.	MOCO Pedro Ribeiro	02	Natacao de Vagos	1:07:52.99		362	
	100m: 1:12.90 1:12.90	1300m: 16:47.93 1:19.71	2500m: 33:05.81 1:22.26	3700m: 49:40.66 1:23.11			
	200m: 2:30.04 1:17.14	1400m: 18:08.36 1:20.43	2600m: 34:27.57 1:21.76	3800m: 51:04.00 1:23.34			
	300m: 3:47.69 1:17.65	1500m: 19:29.07 1:20.71	2700m: 35:49.86 1:22.29	3900m: 52:27.65 1:23.65			
	400m: 5:05.13 1:17.44	1600m: 20:50.14 1:21.07	2800m: 37:12.17 1:22.31	4000m: 53:51.95 1:24.30			
	500m: 6:22.55 1:17.42	1700m: 22:11.78 1:21.64	2900m: 38:34.55 1:22.38	4100m: 55:16.47 1:24.52			
	600m: 7:40.25 1:17.70	1800m: 23:33.05 1:21.27	3000m: 39:57.56 1:23.01	4200m: 56:41.94 1:25.47			
	700m: 8:57.44 1:17.19	1900m: 24:53.98 1:20.93	3100m: 41:20.59 1:23.03	4300m: 58:07.11 1:25.17			
	800m: 10:14.87 1:17.43	2000m: 26:16.25 1:22.27	3200m: 42:43.38 1:22.79	4400m: 59:31.68 1:24.57			
	900m: 11:32.95 1:18.08	2100m: 27:38.20 1:21.95	3300m: 44:06.62 1:23.24	4500m: 1:00:56.35 1:24.67			
	1000m: 12:51.27 1:18.32	2200m: 29:00.45 1:22.25	3400m: 45:30.22 1:23.60	4600m: 1:02:22.16 1:25.81			
	1100m: 14:09.23 1:17.96	2300m: 30:21.88 1:21.43	3500m: 46:53.36 1:23.14	4700m: 1:03:47.40 1:25.24			
	1200m: 15:28.22 1:18.99	2400m: 31:43.55 1:21.67	3600m: 48:17.55 1:24.19	4800m: 1:05:11.93 1:24.53			

Splash Meet Manager, 11.75806

Registered to Federacao Portuguesa De Natacao

25/02/2023 18:49 - Página 16

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m:1:06:34.26	1:22.33	5000m:1:07:52.99	1:18.73			

Absolutos, Femin.

1.	ANDRE Angelica Maria			94	Porto	56:54.02			725			
	Melhor Marca dos Campeonatos,			3000 metros								
	100m:	1:06.41	1:06.41	1400m:	15:50.05	1:07.84	2700m:	30:37.71	1:08.44	4000m:	45:29.97	1:08.70
	200m:	2:14.22	1:07.81	1500m:	16:58.17	1:08.12	2800m:	31:46.22	1:08.51	4100m:	46:38.42	1:08.45
	300m:	3:22.27	1:08.05	1600m:	18:06.50	1:08.33	2900m:	32:54.83	1:08.61	4200m:	47:46.82	1:08.40
	400m:	4:30.43	1:08.16	1700m:	19:14.85	1:08.35	3000m:	34:03.74	1:08.91	4300m:	48:55.36	1:08.54
	500m:	5:38.52	1:08.09	1800m:	20:22.82	1:07.97	3100m:	35:12.33	1:08.59	4400m:	50:04.37	1:09.01
	600m:	6:46.76	1:08.24	1900m:	21:31.08	1:08.26	3200m:	36:21.10	1:08.77	4500m:	51:12.95	1:08.58
	700m:	7:54.72	1:07.96	2000m:	22:39.07	1:07.99	3300m:	37:29.64	1:08.54	4600m:	52:21.54	1:08.59
	800m:	9:02.97	1:08.25	2100m:	23:47.14	1:08.07	3400m:	38:37.99	1:08.35	4700m:	53:30.22	1:08.68
	900m:	10:11.08	1:08.11	2200m:	24:55.73	1:08.59	3500m:	39:46.61	1:08.62	4800m:	54:38.60	1:08.38
	1000m:	11:19.05	1:07.97	2300m:	26:03.94	1:08.21	3600m:	40:55.22	1:08.61	4900m:	55:47.44	1:08.84
	1100m:	12:26.78	1:07.73	2400m:	27:12.21	1:08.27	3700m:	42:03.93	1:08.71	5000m:	56:54.02	1:06.58
	1200m:	13:34.32	1:07.54	2500m:	28:20.83	1:08.62	3800m:	43:12.47	1:08.54			
	1300m:	14:42.21	1:07.89	2600m:	29:29.27	1:08.44	3900m:	44:21.27	1:08.80			
2.	ROSA Mafalda Sofia			03	Rio Maior	57:57.31			686			
	100m:	1:07.71	1:07.71	1400m:	16:04.94	1:09.13	2700m:	31:08.04	1:10.29	4000m:	46:15.96	1:10.44
	200m:	2:16.65	1:08.94	1500m:	17:14.24	1:09.30	2800m:	32:17.84	1:09.80	4100m:	47:26.42	1:10.46
	300m:	3:25.87	1:09.22	1600m:	18:23.36	1:09.12	2900m:	33:27.41	1:09.57	4200m:	48:36.70	1:10.28
	400m:	4:35.24	1:09.37	1700m:	19:32.41	1:09.05	3000m:	34:37.22	1:09.81	4300m:	49:46.98	1:10.28
	500m:	5:44.42	1:09.18	1800m:	20:41.79	1:09.38	3100m:	35:47.17	1:09.95	4400m:	50:57.26	1:10.28
	600m:	6:53.65	1:09.23	1900m:	21:51.09	1:09.30	3200m:	36:56.59	1:09.42	4500m:	52:07.99	1:10.73
	700m:	8:02.14	1:08.49	2000m:	23:00.39	1:09.30	3300m:	38:06.05	1:09.46	4600m:	53:18.26	1:10.27
	800m:	9:10.95	1:08.81	2100m:	24:09.97	1:09.58	3400m:	39:15.60	1:09.55	4700m:	54:28.22	1:09.96
	900m:	10:19.61	1:08.66	2200m:	25:19.32	1:09.35	3500m:	40:25.64	1:10.04	4800m:	55:37.81	1:09.59
	1000m:	11:28.43	1:08.82	2300m:	26:28.68	1:09.36	3600m:	41:35.24	1:09.60	4900m:	56:47.97	1:10.16
	1100m:	12:37.60	1:09.17	2400m:	27:38.51	1:09.83	3700m:	42:45.20	1:09.96	5000m:	57:57.31	1:09.34
	1200m:	13:46.70	1:09.10	2500m:	28:48.26	1:09.75	3800m:	43:55.28	1:10.08			
	1300m:	14:55.81	1:09.11	2600m:	29:57.75	1:09.49	3900m:	45:05.52	1:10.24			
3.	MENDES Mariana Amaral			02	Sporting	59:02.40			649			
	100m:	1:10.12	1:10.12	1400m:	16:25.48	1:10.36	2700m:	31:43.59	1:10.68	4000m:	47:09.19	1:11.63
	200m:	2:20.86	1:10.74	1500m:	17:35.94	1:10.46	2800m:	32:54.43	1:10.84	4100m:	48:20.96	1:11.77
	300m:	3:31.38	1:10.52	1600m:	18:46.45	1:10.51	2900m:	34:05.07	1:10.64	4200m:	49:32.58	1:11.62
	400m:	4:42.16	1:10.78	1700m:	19:57.10	1:10.65	3000m:	35:15.87	1:10.80	4300m:	50:44.27	1:11.69
	500m:	5:52.72	1:10.56	1800m:	21:07.57	1:10.47	3100m:	36:27.01	1:11.14	4400m:	51:56.27	1:12.00
	600m:	7:02.96	1:10.24	1900m:	22:18.30	1:10.73	3200m:	37:38.23	1:11.22	4500m:	53:07.98	1:11.71
	700m:	8:13.13	1:10.17	2000m:	23:29.00	1:10.70	3300m:	38:49.75	1:11.52	4600m:	54:19.32	1:11.34
	800m:	9:23.49	1:10.36	2100m:	24:39.85	1:10.85	3400m:	40:00.78	1:11.03	4700m:	55:30.86	1:11.54
	900m:	10:33.83	1:10.34	2200m:	25:50.45	1:10.60	3500m:	41:11.93	1:11.15	4800m:	56:42.10	1:11.24
	1000m:	11:44.15	1:10.32	2300m:	27:01.00	1:10.55	3600m:	42:23.11	1:11.18	4900m:	57:52.82	1:10.72
	1100m:	12:54.36	1:10.21	2400m:	28:11.77	1:10.77	3700m:	43:34.48	1:11.37	5000m:	59:02.40	1:09.58
	1200m:	14:04.84	1:10.48	2500m:	29:22.50	1:10.73	3800m:	44:45.99	1:11.51			
	1300m:	15:15.12	1:10.28	2600m:	30:32.91	1:10.41	3900m:	45:57.56	1:11.57			

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
4.	LOPES Daniela Magalhaes	05	Famalicao	1:01:01.46		588		
	100m: 1:12.81	1:12.81	1400m: 16:58.02	1:12.63	2700m: 32:44.15	1:12.97	4000m: 48:40.10	1:13.65
	200m: 2:25.59	1:12.78	1500m: 18:10.89	1:12.87	2800m: 33:57.31	1:13.16	4100m: 49:54.12	1:14.02
	300m: 3:38.15	1:12.56	1600m: 19:23.90	1:13.01	2900m: 35:10.46	1:13.15	4200m: 51:08.68	1:14.56
	400m: 4:50.38	1:12.23	1700m: 20:36.74	1:12.84	3000m: 36:23.66	1:13.20	4300m: 52:23.14	1:14.46
	500m: 6:02.47	1:12.09	1800m: 21:49.22	1:12.48	3100m: 37:36.61	1:12.95	4400m: 53:37.49	1:14.35
	600m: 7:15.31	1:12.84	1900m: 23:01.80	1:12.58	3200m: 38:50.26	1:13.65	4500m: 54:52.10	1:14.61
	700m: 8:28.66	1:13.35	2000m: 24:14.33	1:12.53	3300m: 40:03.55	1:13.29	4600m: 56:06.63	1:14.53
	800m: 9:41.71	1:13.05	2100m: 25:27.16	1:12.83	3400m: 41:17.09	1:13.54	4700m: 57:21.28	1:14.65
	900m: 10:54.53	1:12.82	2200m: 26:40.26	1:13.10	3500m: 42:31.49	1:14.40	4800m: 58:35.84	1:14.56
	1000m: 12:07.31	1:12.78	2300m: 27:53.15	1:12.89	3600m: 43:45.11	1:13.62	4900m: 59:49.83	1:13.99
	1100m: 13:20.22	1:12.91	2400m: 29:05.97	1:12.82	3700m: 44:58.97	1:13.86	5000m: 1:01:01.46	1:11.63
	1200m: 14:32.83	1:12.61	2500m: 30:18.31	1:12.34	3800m: 46:12.71	1:13.74		
	1300m: 15:45.39	1:12.56	2600m: 31:31.18	1:12.87	3900m: 47:26.45	1:13.74		
5.	PIMENTEL Marta Lima	04	Porto	1:01:28.80		575		
	100m: 1:11.16	1:11.16	1400m: 16:52.84	1:12.90	2700m: 32:46.50	1:13.97	4000m: 48:56.98	1:15.66
	200m: 2:23.15	1:11.99	1500m: 18:06.13	1:13.29	2800m: 34:00.60	1:14.10	4100m: 50:12.09	1:15.11
	300m: 3:35.33	1:12.18	1600m: 19:18.92	1:12.79	2900m: 35:14.96	1:14.36	4200m: 51:27.14	1:15.05
	400m: 4:47.66	1:12.33	1700m: 20:31.95	1:13.03	3000m: 36:29.22	1:14.26	4300m: 52:42.28	1:15.14
	500m: 5:59.93	1:12.27	1800m: 21:44.98	1:13.03	3100m: 37:43.28	1:14.06	4400m: 53:57.28	1:15.00
	600m: 7:12.43	1:12.50	1900m: 22:58.11	1:13.13	3200m: 38:57.40	1:14.12	4500m: 55:12.85	1:15.57
	700m: 8:24.90	1:12.47	2000m: 24:11.40	1:13.29	3300m: 40:11.58	1:14.18	4600m: 56:28.02	1:15.17
	800m: 9:37.18	1:12.28	2100m: 25:24.55	1:13.15	3400m: 41:26.17	1:14.59	4700m: 57:43.83	1:15.81
	900m: 10:49.69	1:12.51	2200m: 26:37.91	1:13.36	3500m: 42:40.92	1:14.75	4800m: 58:59.47	1:15.64
	1000m: 12:02.06	1:12.37	2300m: 27:51.21	1:13.30	3600m: 43:55.81	1:14.89	4900m: 1:00:15.39	1:15.92
	1100m: 13:14.58	1:12.52	2400m: 29:04.84	1:13.63	3700m: 45:10.51	1:14.70	5000m: 1:01:28.80	1:13.41
	1200m: 14:27.31	1:12.73	2500m: 30:18.66	1:13.82	3800m: 46:26.22	1:15.71		
	1300m: 15:39.94	1:12.63	2600m: 31:32.53	1:13.87	3900m: 47:41.32	1:15.10		
6.	VIANA Carolina Pereira	04	Sporting	1:01:35.59		572		
	100m: 1:11.77	1:11.77	1400m: 16:55.60	1:12.84	2700m: 32:43.74	1:13.21	4000m: 48:51.68	1:16.72
	200m: 2:23.34	1:11.57	1500m: 18:08.93	1:13.33	2800m: 33:56.54	1:12.80	4100m: 50:08.23	1:16.55
	300m: 3:35.70	1:12.36	1600m: 19:21.22	1:12.29	2900m: 35:09.62	1:13.08	4200m: 51:24.90	1:16.67
	400m: 4:47.89	1:12.19	1700m: 20:34.09	1:12.87	3000m: 36:22.67	1:13.05	4300m: 52:41.35	1:16.45
	500m: 6:00.67	1:12.78	1800m: 21:46.23	1:12.14	3100m: 37:36.26	1:13.59	4400m: 53:57.07	1:15.72
	600m: 7:13.00	1:12.33	1900m: 22:58.66	1:12.43	3200m: 38:49.31	1:13.05	4500m: 55:12.88	1:15.81
	700m: 8:25.71	1:12.71	2000m: 24:11.66	1:13.00	3300m: 40:02.27	1:12.96	4600m: 56:29.50	1:16.62
	800m: 9:38.18	1:12.47	2100m: 25:24.92	1:13.26	3400m: 41:16.07	1:13.80	4700m: 57:46.43	1:16.93
	900m: 10:51.39	1:13.21	2200m: 26:38.34	1:13.42	3500m: 42:31.16	1:15.09	4800m: 59:03.47	1:17.04
	1000m: 12:04.57	1:13.18	2300m: 27:51.61	1:13.27	3600m: 43:46.46	1:15.30	4900m: 1:00:20.34	1:16.87
	1100m: 13:16.75	1:12.18	2400m: 29:04.61	1:13.00	3700m: 45:02.95	1:16.49	5000m: 1:01:35.59	1:15.25
	1200m: 14:30.05	1:13.30	2500m: 30:17.78	1:13.17	3800m: 46:18.87	1:15.92		
	1300m: 15:42.76	1:12.71	2600m: 31:30.53	1:12.75	3900m: 47:34.96	1:16.09		
7.	MESQUITA Mafalda Martins	07	Famalicao	1:02:47.76		540		
	100m: 1:12.36	1:12.36	1400m: 17:37.65	1:15.33	2700m: 33:55.68	1:16.80	4000m: 50:19.72	1:14.63
	200m: 2:28.56	1:16.20	1500m: 18:52.51	1:14.86	2800m: 35:11.57	1:15.89	4100m: 51:34.54	1:14.82
	300m: 3:44.94	1:16.38	1600m: 20:07.41	1:14.90	2900m: 36:27.97	1:16.40	4200m: 52:49.65	1:15.11
	400m: 5:00.88	1:15.94	1700m: 21:22.37	1:14.96	3000m: 37:44.37	1:16.40	4300m: 54:05.10	1:15.45
	500m: 6:16.57	1:15.69	1800m: 22:36.96	1:14.59	3100m: 39:00.06	1:15.69	4400m: 55:20.45	1:15.35
	600m: 7:32.41	1:15.84	1900m: 23:52.29	1:15.33	3200m: 40:15.94	1:15.88	4500m: 56:35.96	1:15.51
	700m: 8:48.22	1:15.81	2000m: 25:07.22	1:14.93	3300m: 41:31.76	1:15.82	4600m: 57:51.15	1:15.19
	800m: 10:03.99	1:15.77	2100m: 26:22.17	1:14.95	3400m: 42:48.07	1:16.31	4700m: 59:06.40	1:15.25
	900m: 11:19.83	1:15.84	2200m: 27:37.62	1:15.45	3500m: 44:04.00	1:15.93	4800m: 1:00:21.33	1:14.93
	1000m: 12:36.00	1:16.17	2300m: 28:51.99	1:14.37	3600m: 45:19.83	1:15.83	4900m: 1:01:36.16	1:14.83
	1100m: 13:51.42	1:15.42	2400m: 30:07.16	1:15.17	3700m: 46:34.87	1:15.04	5000m: 1:02:47.76	1:11.60
	1200m: 15:07.32	1:15.90	2500m: 31:23.21	1:16.05	3800m: 47:50.19	1:15.32		
	1300m: 16:22.32	1:15.00	2600m: 32:38.88	1:15.67	3900m: 49:05.09	1:14.90		

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	PEIXOTO Carolina Esteves	06	Braga	1:02:47.84		540	
	100m: 1:13.58 1:13.58	1400m: 17:19.25	1:14.32	2700m: 33:37.02	1:15.55	4000m: 50:07.65	1:16.62
	200m: 2:28.18 1:14.60	1500m: 18:33.98	1:14.73	2800m: 34:53.14	1:16.12	4100m: 51:23.78	1:16.13
	300m: 3:43.29 1:15.11	1600m: 19:48.73	1:14.75	2900m: 36:09.25	1:16.11	4200m: 52:40.50	1:16.72
	400m: 4:58.03 1:14.74	1700m: 21:03.66	1:14.93	3000m: 37:25.46	1:16.21	4300m: 53:57.82	1:17.32
	500m: 6:12.44 1:14.41	1800m: 22:18.50	1:14.84	3100m: 38:41.63	1:16.17	4400m: 55:15.07	1:17.25
	600m: 7:26.51 1:14.07	1900m: 23:33.37	1:14.87	3200m: 39:57.73	1:16.10	4500m: 56:31.99	1:16.92
	700m: 8:40.51 1:14.00	2000m: 24:48.50	1:15.13	3300m: 41:13.42	1:15.69	4600m: 57:48.41	1:16.42
	800m: 9:54.50 1:13.99	2100m: 26:03.37	1:14.87	3400m: 42:29.28	1:15.86	4700m: 59:04.11	1:15.70
	900m: 11:08.33 1:13.83	2200m: 27:18.94	1:15.57	3500m: 43:45.00	1:15.72	4800m: 1:00:19.73	1:15.62
	1000m: 12:22.21 1:13.88	2300m: 28:34.74	1:15.80	3600m: 45:01.07	1:16.07	4900m: 1:01:34.35	1:14.62
	1100m: 13:36.42 1:14.21	2400m: 29:50.09	1:15.35	3700m: 46:17.97	1:16.90	5000m: 1:02:47.84	1:13.49
	1200m: 14:50.65 1:14.23	2500m: 31:06.13	1:16.04	3800m: 47:34.45	1:16.48		
	1300m: 16:04.93 1:14.28	2600m: 32:21.47	1:15.34	3900m: 48:51.03	1:16.58		
9.	FARIA Leonor Verissimo	06	Nucleo de Pombal	1:02:54.80		537	
	100m: 1:14.00 1:14.00	1400m: 17:28.77	1:14.75	2700m: 33:51.80	1:15.85	4000m: 50:19.12	1:15.63
	200m: 2:29.79 1:15.79	1500m: 18:43.83	1:15.06	2800m: 35:07.80	1:16.00	4100m: 51:35.05	1:15.93
	300m: 3:45.18 1:15.39	1600m: 19:59.20	1:15.37	2900m: 36:23.71	1:15.91	4200m: 52:50.85	1:15.80
	400m: 5:00.26 1:15.08	1700m: 21:14.76	1:15.56	3000m: 37:39.77	1:16.06	4300m: 54:06.76	1:15.91
	500m: 6:14.96 1:14.70	1800m: 22:30.29	1:15.53	3100m: 38:56.05	1:16.28	4400m: 55:22.46	1:15.70
	600m: 7:29.88 1:14.92	1900m: 23:46.05	1:15.76	3200m: 40:11.81	1:15.76	4500m: 56:38.37	1:15.91
	700m: 8:44.88 1:15.00	2000m: 25:01.43	1:15.38	3300m: 41:27.30	1:15.49	4600m: 57:54.10	1:15.73
	800m: 9:59.62 1:14.74	2100m: 26:17.15	1:15.72	3400m: 42:43.12	1:15.82	4700m: 59:10.74	1:16.64
	900m: 11:14.27 1:14.65	2200m: 27:32.93	1:15.78	3500m: 43:58.95	1:15.83	4800m: 1:00:26.01	1:15.27
	1000m: 12:29.01 1:14.74	2300m: 28:48.68	1:15.75	3600m: 45:15.17	1:16.22	4900m: 1:01:41.21	1:15.20
	1100m: 13:43.89 1:14.88	2400m: 30:04.41	1:15.73	3700m: 46:31.03	1:15.86	5000m: 1:02:54.80	1:13.59
	1200m: 14:59.06 1:15.17	2500m: 31:20.25	1:15.84	3800m: 47:47.26	1:16.23		
	1300m: 16:14.02 1:14.96	2600m: 32:35.95	1:15.70	3900m: 49:03.49	1:16.23		
10.	LIGEIRO Daniela Silva	04	Viana Natacao	1:03:33.91		520	
	100m: 1:14.66 1:14.66	1400m: 17:35.87	1:15.58	2700m: 34:08.69	1:16.27	4000m: 50:46.79	1:17.08
	200m: 2:29.75 1:15.09	1500m: 18:51.51	1:15.64	2800m: 35:25.54	1:16.85	4100m: 52:03.51	1:16.72
	300m: 3:45.49 1:15.74	1600m: 20:07.77	1:16.26	2900m: 36:42.23	1:16.69	4200m: 53:20.27	1:16.76
	400m: 5:00.96 1:15.47	1700m: 21:23.99	1:16.22	3000m: 37:58.73	1:16.50	4300m: 54:37.23	1:16.96
	500m: 6:16.21 1:15.25	1800m: 22:39.87	1:15.88	3100m: 39:15.37	1:16.64	4400m: 55:54.54	1:17.31
	600m: 7:31.17 1:14.96	1900m: 23:55.87	1:16.00	3200m: 40:31.88	1:16.51	4500m: 57:11.39	1:16.85
	700m: 8:46.42 1:15.25	2000m: 25:12.39	1:16.52	3300m: 41:48.03	1:16.15	4600m: 58:28.81	1:17.42
	800m: 10:01.68 1:15.26	2100m: 26:29.10	1:16.71	3400m: 43:04.67	1:16.64	4700m: 59:46.49	1:17.68
	900m: 11:17.24 1:15.56	2200m: 27:45.69	1:16.59	3500m: 44:22.12	1:17.45	4800m: 1:01:03.16	1:16.67
	1000m: 12:32.65 1:15.41	2300m: 29:02.35	1:16.66	3600m: 45:38.66	1:16.54	4900m: 1:02:18.62	1:15.46
	1100m: 13:48.63 1:15.98	2400m: 30:19.73	1:17.38	3700m: 46:55.74	1:17.08	5000m: 1:03:33.91	1:15.29
	1200m: 15:04.37 1:15.74	2500m: 31:36.14	1:16.41	3800m: 48:12.54	1:16.80		
	1300m: 16:20.29 1:15.92	2600m: 32:52.42	1:16.28	3900m: 49:29.71	1:17.17		
11.	AGUILAR Marta Andre	07	Nautico Academico	1:03:36.85		519	
	100m: 1:14.35 1:14.35	1400m: 17:39.33	1:15.14	2700m: 33:55.94	1:14.66	4000m: 50:36.73	1:18.74
	200m: 2:30.23 1:15.88	1500m: 18:54.92	1:15.59	2800m: 35:11.78	1:15.84	4100m: 51:53.91	1:17.18
	300m: 3:46.13 1:15.90	1600m: 20:10.18	1:15.26	2900m: 36:28.03	1:16.25	4200m: 53:12.24	1:18.33
	400m: 5:01.96 1:15.83	1700m: 21:26.44	1:16.26	3000m: 37:43.10	1:15.07	4300m: 54:30.95	1:18.71
	500m: 6:17.64 1:15.68	1800m: 22:42.78	1:16.34	3100m: 38:58.45	1:15.35	4400m: 55:49.51	1:18.56
	600m: 7:33.67 1:16.03	1900m: 23:58.78	1:16.00	3200m: 40:15.31	1:16.86	4500m: 57:07.50	1:17.99
	700m: 8:49.69 1:16.02	2000m: 25:13.53	1:14.75	3300m: 41:32.10	1:16.79	4600m: 58:24.59	1:17.09
	800m: 10:05.50 1:15.81	2100m: 26:27.58	1:14.05	3400m: 42:49.57	1:17.47	4700m: 59:43.53	1:18.94
	900m: 11:21.65 1:16.15	2200m: 27:41.60	1:14.02	3500m: 44:06.89	1:17.32	4800m: 1:01:02.44	1:18.91
	1000m: 12:37.25 1:15.60	2300m: 28:56.00	1:14.40	3600m: 45:24.58	1:17.69	4900m: 1:02:20.37	1:17.93
	1100m: 13:52.95 1:15.70	2400m: 30:10.98	1:14.98	3700m: 46:41.83	1:17.25	5000m: 1:03:36.85	1:16.48
	1200m: 15:08.45 1:15.50	2500m: 31:26.35	1:15.37	3800m: 47:59.45	1:17.62		
	1300m: 16:24.19 1:15.74	2600m: 32:41.28	1:14.93	3900m: 49:17.99	1:18.54		

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	MANO Leonor Mil	07	Nautico Academico	1:03:39.16		518	
	100m: 1:13.18 1:13.18	1400m: 18:00.09 1:17.15	2700m: 34:36.43 1:16.12	4000m: 51:04.35 1:15.45			
	200m: 2:30.00 1:16.82	1500m: 19:17.01 1:16.92	2800m: 35:52.47 1:16.04	4100m: 52:20.20 1:15.85			
	300m: 3:47.48 1:17.48	1600m: 20:34.38 1:17.37	2900m: 37:08.86 1:16.39	4200m: 53:36.06 1:15.86			
	400m: 5:04.66 1:17.18	1700m: 21:51.40 1:17.02	3000m: 38:25.98 1:17.12	4300m: 54:52.44 1:16.38			
	500m: 6:22.36 1:17.70	1800m: 23:08.73 1:17.33	3100m: 39:42.34 1:16.36	4400m: 56:08.25 1:15.81			
	600m: 7:40.04 1:17.68	1900m: 24:26.41 1:17.68	3200m: 40:58.55 1:16.21	4500m: 57:24.00 1:15.75			
	700m: 8:57.24 1:17.20	2000m: 25:44.15 1:17.74	3300m: 42:15.07 1:16.52	4600m: 58:39.60 1:15.60			
	800m: 10:14.67 1:17.43	2100m: 27:01.02 1:16.87	3400m: 43:31.40 1:16.33	4700m: 59:54.87 1:15.27			
	900m: 11:32.53 1:17.86	2200m: 28:17.42 1:16.40	3500m: 44:47.53 1:16.13	4800m: 1:01:10.45 1:15.58			
	1000m: 12:50.93 1:18.40	2300m: 29:33.30 1:15.88	3600m: 46:02.94 1:15.41	4900m: 1:02:25.61 1:15.16			
	1100m: 14:08.85 1:17.92	2400m: 30:48.98 1:15.68	3700m: 47:17.95 1:15.01	5000m: 1:03:39.16 1:13.55			
	1200m: 15:26.33 1:17.48	2500m: 32:04.98 1:16.00	3800m: 48:33.43 1:15.48				
	1300m: 16:42.94 1:16.61	2600m: 33:20.31 1:15.33	3900m: 49:48.90 1:15.47				
13.	NUNES Rita Sofia	05	Colegio Efanor	1:03:54.72		512	
	100m: 1:13.71 1:13.71	1400m: 17:30.46 1:15.85	2700m: 34:20.19 1:17.88	4000m: 51:05.20 1:18.10			
	200m: 2:29.38 1:15.67	1500m: 18:46.52 1:16.06	2800m: 35:37.80 1:17.61	4100m: 52:23.05 1:17.85			
	300m: 3:44.43 1:15.05	1600m: 20:03.42 1:16.90	2900m: 36:55.21 1:17.41	4200m: 53:40.77 1:17.72			
	400m: 4:59.89 1:15.46	1700m: 21:20.38 1:16.96	3000m: 38:12.93 1:17.72	4300m: 54:58.16 1:17.39			
	500m: 6:15.11 1:15.22	1800m: 22:37.80 1:17.42	3100m: 39:30.52 1:17.59	4400m: 56:15.97 1:17.81			
	600m: 7:29.92 1:14.81	1900m: 23:54.76 1:16.96	3200m: 40:46.69 1:16.17	4500m: 57:33.76 1:17.79			
	700m: 8:44.91 1:14.99	2000m: 25:12.36 1:17.60	3300m: 42:03.21 1:16.52	4600m: 58:51.18 1:17.42			
	800m: 9:59.86 1:14.95	2100m: 26:30.64 1:18.28	3400m: 43:20.26 1:17.05	4700m: 1:00:07.20 1:16.02			
	900m: 11:14.71 1:14.85	2200m: 27:48.61 1:17.97	3500m: 44:37.27 1:17.01	4800m: 1:01:23.91 1:16.71			
	1000m: 12:29.57 1:14.86	2300m: 29:06.59 1:17.98	3600m: 45:54.03 1:16.76	4900m: 1:02:40.29 1:16.38			
	1100m: 13:44.29 1:14.72	2400m: 30:25.87 1:19.28	3700m: 47:11.82 1:17.79	5000m: 1:03:54.72 1:14.43			
	1200m: 14:59.47 1:15.18	2500m: 31:44.20 1:18.33	3800m: 48:29.05 1:17.23				
	1300m: 16:14.61 1:15.14	2600m: 33:02.31 1:18.11	3900m: 49:47.10 1:18.05				
14.	RODRIGUES Joana Francisca	04	Condeixa Clube	1:05:04.93		485	
	100m: 1:12.68 1:12.68	1400m: 17:56.78 1:17.70	2700m: 34:53.79 1:19.33	4000m: 51:58.35 1:19.26			
	200m: 2:29.10 1:16.42	1500m: 19:14.00 1:17.22	2800m: 36:13.47 1:19.68	4100m: 53:18.28 1:19.93			
	300m: 3:45.14 1:16.04	1600m: 20:31.72 1:17.72	2900m: 37:32.43 1:18.96	4200m: 54:38.10 1:19.82			
	400m: 5:01.89 1:16.75	1700m: 21:49.57 1:17.85	3000m: 38:50.96 1:18.53	4300m: 55:57.99 1:19.89			
	500m: 6:18.79 1:16.90	1800m: 23:07.57 1:18.00	3100m: 40:09.10 1:18.14	4400m: 57:17.40 1:19.41			
	600m: 7:36.21 1:17.42	1900m: 24:25.86 1:18.29	3200m: 41:27.70 1:18.60	4500m: 58:36.49 1:19.09			
	700m: 8:53.97 1:17.76	2000m: 25:44.16 1:18.30	3300m: 42:46.55 1:18.85	4600m: 59:55.82 1:19.33			
	800m: 10:11.52 1:17.55	2100m: 27:01.87 1:17.71	3400m: 44:05.31 1:18.76	4700m: 1:01:14.44 1:18.62			
	900m: 11:29.15 1:17.63	2200m: 28:20.05 1:18.18	3500m: 45:24.64 1:19.33	4800m: 1:02:32.55 1:18.11			
	1000m: 12:46.98 1:17.83	2300m: 29:38.15 1:18.10	3600m: 46:43.36 1:18.72	4900m: 1:03:49.72 1:17.17			
	1100m: 14:04.50 1:17.52	2400m: 30:57.03 1:18.88	3700m: 48:02.46 1:19.10	5000m: 1:05:04.93 1:15.21			
	1200m: 15:21.52 1:17.02	2500m: 32:15.63 1:18.60	3800m: 49:20.62 1:18.16				
	1300m: 16:39.08 1:17.56	2600m: 33:34.46 1:18.83	3900m: 50:39.09 1:18.47				
15.	ROSA Mariana Carmo	05	Condeixa Clube	1:05:51.96		467	
	100m: 1:12.78 1:12.78	1400m: 17:52.63 1:19.22	2700m: 35:11.27 1:19.65	4000m: 52:32.19 1:20.59			
	200m: 2:26.57 1:13.79	1500m: 19:12.72 1:20.09	2800m: 36:30.91 1:19.64	4100m: 53:53.20 1:21.01			
	300m: 3:41.62 1:15.05	1600m: 20:33.01 1:20.29	2900m: 37:51.42 1:20.51	4200m: 55:13.44 1:20.24			
	400m: 4:56.90 1:15.28	1700m: 21:53.74 1:20.73	3000m: 39:11.17 1:19.75	4300m: 56:33.80 1:20.36			
	500m: 6:13.24 1:16.34	1800m: 23:13.60 1:19.86	3100m: 40:31.17 1:20.00	4400m: 57:53.73 1:19.93			
	600m: 7:29.61 1:16.37	1900m: 24:34.03 1:20.43	3200m: 41:50.69 1:19.52	4500m: 59:14.72 1:20.99			
	700m: 8:46.07 1:16.46	2000m: 25:53.87 1:19.84	3300m: 43:10.02 1:19.33	4600m: 1:00:35.10 1:20.38			
	800m: 10:02.93 1:16.86	2100m: 27:13.00 1:19.13	3400m: 44:30.30 1:20.28	4700m: 1:01:55.50 1:20.40			
	900m: 11:20.61 1:17.68	2200m: 28:33.20 1:20.20	3500m: 45:50.44 1:20.14	4800m: 1:03:15.22 1:19.72			
	1000m: 12:38.50 1:17.89	2300m: 29:52.77 1:19.57	3600m: 47:10.72 1:20.28	4900m: 1:04:35.03 1:19.81			
	1100m: 13:56.49 1:17.99	2400m: 31:11.63 1:18.86	3700m: 48:30.64 1:19.92	5000m: 1:05:51.96 1:16.93			
	1200m: 15:14.93 1:18.44	2500m: 32:31.31 1:19.68	3800m: 49:50.85 1:20.21				
	1300m: 16:33.41 1:18.48	2600m: 33:51.62 1:20.31	3900m: 51:11.60 1:20.75				

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
16.	RODRIGUES Helena Nunes	03	Condeixa Clube	1:06:21.14		457		
	100m: 1:15.71	1:15.71	1400m: 18:06.69	1:17.64	2700m: 35:26.20	1:20.83	4000m: 53:02.28	1:20.52
	200m: 2:32.97	1:17.26	1500m: 19:25.80	1:19.11	2800m: 36:46.96	1:20.76	4100m: 54:22.57	1:20.29
	300m: 3:50.99	1:18.02	1600m: 20:45.08	1:19.28	2900m: 38:07.47	1:20.51	4200m: 55:43.23	1:20.66
	400m: 5:08.86	1:17.87	1700m: 22:04.39	1:19.31	3000m: 39:27.81	1:20.34	4300m: 57:03.34	1:20.11
	500m: 6:27.46	1:18.60	1800m: 23:23.93	1:19.54	3100m: 40:48.61	1:20.80	4400m: 58:24.03	1:20.69
	600m: 7:44.45	1:16.99	1900m: 24:43.28	1:19.35	3200m: 42:09.63	1:21.02	4500m: 59:44.98	1:20.95
	700m: 9:02.16	1:17.71	2000m: 26:03.17	1:19.89	3300m: 43:31.38	1:21.75	4600m: 1:01:05.21	1:20.23
	800m: 10:19.35	1:17.19	2100m: 27:22.96	1:19.79	3400m: 44:53.65	1:22.27	4700m: 1:02:25.98	1:20.77
	900m: 11:36.98	1:17.63	2200m: 28:42.97	1:20.01	3500m: 46:15.79	1:22.14	4800m: 1:03:46.26	1:20.28
	1000m: 12:55.12	1:18.14	2300m: 30:03.05	1:20.08	3600m: 47:37.45	1:21.66	4900m: 1:05:05.13	1:18.87
	1100m: 14:13.04	1:17.92	2400m: 31:24.00	1:20.95	3700m: 48:59.57	1:22.12	5000m: 1:06:21.14	1:16.01
	1200m: 15:31.05	1:18.01	2500m: 32:44.47	1:20.47	3800m: 50:21.67	1:22.10		
	1300m: 16:49.05	1:18.00	2600m: 34:05.37	1:20.90	3900m: 51:41.76	1:20.09		
17.	SA Maria Luis	06	Fluvial Portuense	1:06:31.97		454		
	100m: 1:13.36	1:13.36	1400m: 18:06.45	1:19.20	2700m: 35:33.35	1:20.99	4000m: 53:02.30	1:21.07
	200m: 2:29.97	1:16.61	1500m: 19:26.24	1:19.79	2800m: 36:53.56	1:20.21	4100m: 54:22.70	1:20.40
	300m: 3:45.93	1:15.96	1600m: 20:46.26	1:20.02	2900m: 38:14.76	1:21.20	4200m: 55:43.97	1:21.27
	400m: 5:02.84	1:16.91	1700m: 22:06.24	1:19.98	3000m: 39:35.11	1:20.35	4300m: 57:05.57	1:21.60
	500m: 6:19.68	1:16.84	1800m: 23:26.37	1:20.13	3100m: 40:55.36	1:20.25	4400m: 58:26.36	1:20.79
	600m: 7:37.61	1:17.93	1900m: 24:46.71	1:20.34	3200m: 42:16.22	1:20.86	4500m: 59:48.74	1:22.38
	700m: 8:55.39	1:17.78	2000m: 26:06.74	1:20.03	3300m: 43:38.22	1:22.00	4600m: 1:01:10.50	1:21.76
	800m: 10:14.36	1:18.97	2100m: 27:27.77	1:21.03	3400m: 44:59.08	1:20.86	4700m: 1:02:31.66	1:21.16
	900m: 11:32.89	1:18.53	2200m: 28:49.17	1:21.40	3500m: 46:19.35	1:20.27	4800m: 1:03:52.61	1:20.95
	1000m: 12:51.39	1:18.50	2300m: 30:09.91	1:20.74	3600m: 47:40.23	1:20.88	4900m: 1:05:13.04	1:20.43
	1100m: 14:09.45	1:18.06	2400m: 31:31.07	1:21.16	3700m: 49:00.26	1:20.03	5000m: 1:06:31.97	1:18.93
	1200m: 15:27.89	1:18.44	2500m: 32:53.26	1:22.19	3800m: 50:21.07	1:20.81		
	1300m: 16:47.25	1:19.36	2600m: 34:12.36	1:19.10	3900m: 51:41.23	1:20.16		
18.	BROCHADO Mariana Goncalves	06	Viana Natacao	1:07:51.13		428		
	100m: 1:13.08	1:13.08	1400m: 18:12.89	1:20.51	2700m: 36:04.47	1:23.27	4000m: 54:09.04	1:24.58
	200m: 2:28.70	1:15.62	1500m: 19:34.28	1:21.39	2800m: 37:27.24	1:22.77	4100m: 55:33.22	1:24.18
	300m: 3:45.21	1:16.51	1600m: 20:56.22	1:21.94	2900m: 38:50.74	1:23.50	4200m: 56:57.95	1:24.73
	400m: 5:02.15	1:16.94	1700m: 22:18.02	1:21.80	3000m: 40:14.49	1:23.75	4300m: 58:21.19	1:23.24
	500m: 6:19.81	1:17.66	1800m: 23:40.28	1:22.26	3100m: 41:38.29	1:23.80	4400m: 59:43.95	1:22.76
	600m: 7:37.39	1:17.58	1900m: 25:02.56	1:22.28	3200m: 43:01.89	1:23.60	4500m: 1:01:05.93	1:21.98
	700m: 8:55.58	1:18.19	2000m: 26:23.60	1:21.04	3300m: 44:25.95	1:24.06	4600m: 1:02:27.83	1:21.90
	800m: 10:14.09	1:18.51	2100m: 27:45.47	1:21.87	3400m: 45:50.31	1:24.36	4700m: 1:03:49.25	1:21.42
	900m: 11:33.70	1:19.61	2200m: 29:07.52	1:22.05	3500m: 47:12.11	1:21.80	4800m: 1:05:10.27	1:21.02
	1000m: 12:53.84	1:20.14	2300m: 30:30.44	1:22.92	3600m: 48:34.12	1:22.01	4900m: 1:06:30.75	1:20.48
	1100m: 14:13.66	1:19.82	2400m: 31:53.43	1:22.99	3700m: 49:57.10	1:22.98	5000m: 1:07:51.13	1:20.38
	1200m: 15:32.28	1:18.62	2500m: 33:17.34	1:23.91	3800m: 51:20.35	1:23.25		
	1300m: 16:52.38	1:20.10	2600m: 34:41.20	1:23.86	3900m: 52:44.46	1:24.11		
19.	GOMES Rita Cunha	07	Viana Natacao	1:09:16.75		402		
	100m: 1:15.58	1:15.58	1400m: 18:52.71	1:23.08	2700m: 37:02.34	1:25.07	4000m: 55:25.52	1:24.31
	200m: 2:34.45	1:18.87	1500m: 20:13.97	1:21.26	2800m: 38:26.87	1:24.53	4100m: 56:49.55	1:24.03
	300m: 3:54.22	1:19.77	1600m: 21:36.59	1:22.62	2900m: 39:51.57	1:24.70	4200m: 58:13.35	1:23.80
	400m: 5:13.47	1:19.25	1700m: 22:59.50	1:22.91	3000m: 41:17.23	1:25.66	4300m: 59:38.75	1:25.40
	500m: 6:34.34	1:20.87	1800m: 24:22.95	1:23.45	3100m: 42:42.59	1:25.36	4400m: 1:01:03.05	1:24.30
	600m: 7:55.53	1:21.19	1900m: 25:46.85	1:23.90	3200m: 44:08.23	1:25.64	4500m: 1:02:26.54	1:23.49
	700m: 9:17.68	1:22.15	2000m: 27:10.39	1:23.54	3300m: 45:32.43	1:24.20	4600m: 1:03:49.52	1:22.98
	800m: 10:39.85	1:22.17	2100m: 28:33.89	1:23.50	3400m: 46:56.41	1:23.98	4700m: 1:05:12.26	1:22.74
	900m: 12:00.88	1:21.03	2200m: 29:57.55	1:23.66	3500m: 48:20.48	1:24.07	4800m: 1:06:34.45	1:22.19
	1000m: 13:22.39	1:21.51	2300m: 31:22.05	1:24.50	3600m: 49:49.75	1:29.27	4900m: 1:07:56.15	1:21.70
	1100m: 14:43.91	1:21.52	2400m: 32:46.36	1:24.31	3700m: 51:12.28	1:22.53	5000m: 1:09:16.75	1:20.60
	1200m: 16:06.66	1:22.75	2500m: 34:12.13	1:25.77	3800m: 52:37.11	1:24.83		
	1300m: 17:29.63	1:22.97	2600m: 35:37.27	1:25.14	3900m: 54:01.21	1:24.10		

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	CABRAL Carolina Vizinho	07	Natacao de Vagos	1:11:54.47		359	
	100m: 1:14.11 1:14.11	1400m: 18:03.45	1:20.41	2700m: 36:05.07	1:26.91	4000m: 56:14.33	1:37.56
	200m: 2:29.98 1:15.87	1500m: 19:25.08	1:21.63	2800m: 37:33.50	1:28.43	4100m: 57:50.76	1:36.43
	300m: 3:46.18 1:16.20	1600m: 20:45.10	1:20.02	2900m: 39:02.24	1:28.74	4200m: 59:28.22	1:37.46
	400m: 5:01.30 1:15.12	1700m: 22:05.26	1:20.16	3000m: 40:32.18	1:29.94	4300m: 1:01:04.40	1:36.18
	500m: 6:16.84 1:15.54	1800m: 23:26.73	1:21.47	3100m: 42:03.63	1:31.45	4400m: 1:02:39.08	1:34.68
	600m: 7:33.20 1:16.36	1900m: 24:49.05	1:22.32	3200m: 43:34.62	1:30.99	4500m: 1:04:14.96	1:35.88
	700m: 8:49.56 1:16.36	2000m: 26:12.97	1:23.92	3300m: 45:07.90	1:33.28	4600m: 1:05:47.66	1:32.70
	800m: 10:06.40 1:16.84	2100m: 27:35.50	1:22.53	3400m: 46:41.73	1:33.83	4700m: 1:07:20.97	1:33.31
	900m: 11:24.82 1:18.42	2200m: 28:56.31	1:20.81	3500m: 48:16.67	1:34.94	4800m: 1:08:52.79	1:31.82
	1000m: 12:43.76 1:18.94	2300m: 30:20.71	1:24.40	3600m: 49:51.43	1:34.76	4900m: 1:10:25.09	1:32.30
	1100m: 14:03.54 1:19.78	2400m: 31:46.54	1:25.83	3700m: 51:25.34	1:33.91	5000m: 1:11:54.47	1:29.38
	1200m: 15:23.15 1:19.61	2500m: 33:13.26	1:26.72	3800m: 53:01.26	1:35.92		
	1300m: 16:43.04 1:19.89	2600m: 34:38.16	1:24.90	3900m: 54:36.77	1:35.51		

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS

