

1 - 22. Fevereiro 20

22-02-2020 - 13:00

Prova 1 Femin., 1500m Livres Master Esc A
22-02-2020 Resultados

RN Esc A(25-29) 19:28.13 SILVA Carolina Santos CNMAIA Coimbra 18-04-2015

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	SILVESTRE Sofia Prates	95	Individual ANL	19:48.87		825	30,00
	100m: 1:10.81 1:10.81		500m: 6:27.80 1:20.89	1:20.59		1300m: 17:11.73 1:19.52	
	200m: 2:27.58 1:16.77		600m: 7:48.13 1:20.33	1:21.20		1400m: 18:30.58 1:18.85	
	300m: 3:46.70 1:19.12		700m: 9:08.27 1:20.14	1:20.48		1500m: 19:48.87 1:18.29	
	400m: 5:06.91 1:20.21		800m: 10:29.04 1:20.77	1:20.90			
2.	MONTEIRO Alexandra Sofia	92	Vila DEste/Gaia	20:27.48		750	26,00
	100m: 1:13.75 1:13.75		500m: 6:33.09 1:21.55	1:24.17		1300m: 17:43.17 1:22.96	
	200m: 2:31.67 1:17.92		600m: 7:55.96 1:22.87	1:23.72		1400m: 19:05.92 1:22.75	
	300m: 3:51.22 1:19.55		700m: 9:19.52 1:23.56	1:24.34		1500m: 20:27.48 1:21.56	
	400m: 5:11.54 1:20.32		800m: 10:43.40 1:23.88	1:24.58			
3.	RIBAU Ana Rita	95	Gafanha da Encarnacao	20:50.31		710	22,00
	100m: 1:20.50 1:20.50		500m: 6:58.03 1:25.32	1:23.91		1300m: 18:07.70 1:23.10	
	200m: 2:43.51 1:23.01		600m: 8:22.27 1:24.24	1:23.50		1400m: 19:30.21 1:22.51	
	300m: 4:07.77 1:24.26		700m: 9:46.50 1:24.23	1:23.75		1500m: 20:50.31 1:20.10	
	400m: 5:32.71 1:24.94		800m: 11:09.41 1:22.91	1:24.03			
4.	ROSAS Joana Filipa	95	Leixoes	21:32.68		642	20,00
	100m: 1:15.10 1:15.10		500m: 6:54.24 1:26.31	1:28.08		1300m: 18:42.15 1:30.40	
	200m: 2:37.91 1:22.81		600m: 8:20.59 1:26.35	1:28.92		1400m: 20:09.68 1:27.53	
	300m: 4:02.49 1:24.58		700m: 9:47.45 1:26.86	1:29.47		1500m: 21:32.68 1:23.00	
	400m: 5:27.93 1:25.44		800m: 11:14.76 1:27.31	1:30.52			
5.	SILVA Raquel Alexandra	91	Leixoes	22:15.69		582	19,00
	100m: 1:22.94 1:22.94		500m: 7:20.75 1:28.12	1:33.29		1300m: 19:26.38 1:29.03	
	200m: 2:51.80 1:28.86		600m: 8:50.95 1:30.20	1:32.93		1400m: 20:54.52 1:28.14	
	300m: 4:22.49 1:30.69		700m: 10:21.53 1:30.58	1:27.19		1500m: 22:15.69 1:21.17	
	400m: 5:52.63 1:30.14		800m: 11:53.41 1:31.88	1:30.53			
6.	SILVA Maria Joao	94	Ginasio Clube	22:24.94		570	18,00
	100m: 1:24.22 1:24.22		500m: 7:17.14 1:30.04	1:30.55		1300m: 19:23.19 1:31.08	
	200m: 2:50.05 1:25.83		600m: 8:47.94 1:30.80	1:30.01		1400m: 20:54.55 1:31.36	
	300m: 4:17.62 1:27.57		700m: 10:18.68 1:30.74	1:31.36		1500m: 22:24.94 1:30.39	
	400m: 5:47.10 1:29.48		800m: 11:49.27 1:30.59	1:30.92			
7.	FERREIRA Ana Rita	92	Colegio Monte Maior	22:38.36		553	17,00
	100m: 1:25.80 1:25.80		500m: 8:50.01 1:30.04			1300m: 19:33.73	
	200m: 2:53.80 1:28.00		600m: 10:20.53 1:30.52	1:33.05		1400m: 21:07.57 1:33.84	
	300m: 4:21.30 1:27.50		700m: 11:50.95 1:30.42	3:04.62		1500m: 22:38.36 1:30.79	
	400m: 7:19.97 2:58.67		800m:	1200m:			

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



Prova 1, Femin., 1500m Livres, Master Esc A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	MACHADO Sandra Marisa	93	Pimpoes/Cimai	23:14.49		511	16,00
	100m: 1:27.28 1:27.28	500m: 7:40.79 1:33.53	900m: 13:55.40 1:33.87	1300m: 20:13.29 1:35.74			
	200m: 3:00.39 1:33.11	600m: 9:13.99 1:33.20	1000m: 15:29.92 1:34.52	1400m: 21:44.05 1:30.76			
	300m: 4:33.52 1:33.13	700m: 10:48.36 1:34.37	1100m: 17:03.88 1:33.96	1500m: 23:14.49 1:30.44			
	400m: 6:07.26 1:33.74	800m: 12:21.53 1:33.17	1200m: 18:37.55 1:33.67				
9.	PINHEIRO Andreia Sofia	93	Sporting	23:15.58		510	14,00
	100m: 1:26.02 1:26.02	500m: 7:41.89 1:34.95	900m: 13:59.21 1:32.89	1300m: 20:13.55 1:34.11			
	200m: 2:58.70 1:32.68	600m: 9:16.97 1:35.08	1000m: 15:31.62 1:32.41	1400m: 21:46.82 1:33.27			
	300m: 4:32.31 1:33.61	700m: 10:51.49 1:34.52	1100m: 17:04.83 1:33.21	1500m: 23:15.58 1:28.76			
	400m: 6:06.94 1:34.63	800m: 12:26.32 1:34.83	1200m: 18:39.44 1:34.61				
10.	BRUNO Marta Garanhoto	93	Colegio Monte Maior	23:45.76		478	12,00
	100m: 1:33.06 1:33.06	500m: 7:55.82 1:35.08	900m: 14:15.64 1:34.03	1300m: 20:39.49 1:36.89			
	200m: 3:08.70 1:35.64	600m: 9:29.49 1:33.67	1000m: 15:53.37 1:37.73	1400m: 22:14.26 1:34.77			
	300m: 4:43.82 1:35.12	700m: 11:06.92 1:37.43	1100m: 17:28.30 1:34.93	1500m: 23:45.76 1:31.50			
	400m: 6:20.74 1:36.92	800m: 12:41.61 1:34.69	1200m: 19:02.60 1:34.30				

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc B
Resultados

RN Esc B(30-34) 39:08.25 SILVA Carolina Santos GCST Póvoa de Varzim 23-02-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	ALVES Joana Isabel	88	Porto	22:17.99		584	30,00
	100m: 1:25.67 1:25.67	500m: 7:25.76 1:30.15	900m: 13:25.43 1:30.89	1300m: 19:23.18 1:28.73			
	200m: 2:54.73 1:29.06	600m: 8:54.40 1:28.64	1000m: 14:56.54 1:31.11	1400m: 20:51.89 1:28.71			
	300m: 4:25.03 1:30.30	700m: 10:24.32 1:29.92	1100m: 16:25.64 1:29.10	1500m: 22:17.99 1:26.10			
	400m: 5:55.61 1:30.58	800m: 11:54.54 1:30.22	1200m: 17:54.45 1:28.81				
2.	BARBARA Joana Pereira	87	Masters de Almada	23:12.75		518	26,00
	100m: 1:25.00 1:25.00	500m: 7:32.04 1:33.46	900m: 13:48.37 1:34.19	1300m: 20:08.53 1:35.47			
	200m: 2:54.10 1:29.10	600m: 9:06.32 1:34.28	1000m: 15:23.38 1:35.01	1400m: 21:43.64 1:35.11			
	300m: 4:25.93 1:31.83	700m: 10:39.94 1:33.62	1100m: 16:57.68 1:34.30	1500m: 23:12.75 1:29.11			
	400m: 5:58.58 1:32.65	800m: 12:14.18 1:34.24	1200m: 18:33.06 1:35.38				
3.	GOMES Maria Joao	88	Leixoes	23:36.36		492	22,00
	100m: 1:29.95 1:29.95	500m: 7:49.19 1:34.39	900m: 14:09.54 1:35.79	1300m: 20:31.33 1:35.10			
	200m: 3:04.67 1:34.72	600m: 9:23.54 1:34.35	1000m: 15:45.75 1:36.21	1400m: 22:06.42 1:35.09			
	300m: 4:39.99 1:35.32	700m: 10:58.56 1:35.02	1100m: 17:20.93 1:35.18	1500m: 23:36.36 1:29.94			
	400m: 6:14.80 1:34.81	800m: 12:33.75 1:35.19	1200m: 18:56.23 1:35.30				
4.	MARQUES Patricia Alexandra	87	Leixoes	24:50.86		422	20,00
	100m: 1:31.50 1:31.50	500m: 8:03.99 1:40.25	900m: 14:45.39 1:40.12	1300m: 21:29.09 1:42.76			
	200m: 3:06.40 1:34.90	600m: 9:44.32 1:40.33	1000m: 16:25.52 1:40.13	1400m: 23:11.07 1:41.98			
	300m: 4:44.10 1:37.70	700m: 11:24.69 1:40.37	1100m: 18:06.95 1:41.43	1500m: 24:50.86 1:39.79			
	400m: 6:23.74 1:39.64	800m: 13:05.27 1:40.58	1200m: 19:46.33 1:39.38				

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



Prova 1, Femin., 1500m Livres, Master Esc B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
5.	ALMEIDA Andreia Azevedo	86	Palmela	35:07.57		149	19,00
	100m: 2:11.07 2:11.07	500m: 11:39.73 2:22.54	900m: 21:08.21	2:23.60	1300m: 30:32.90	2:20.42	
	200m: 4:30.49 2:19.42	600m: 14:01.84 2:22.11	1000m: 23:31.04	2:22.83	1400m: 32:53.15	2:20.25	
	300m: 6:53.48 2:22.99	700m: 16:22.35 2:20.51	1100m: 25:52.29	2:21.25	1500m: 35:07.57	2:14.42	
	400m: 9:17.19 2:23.71	800m: 18:44.61 2:22.26	1200m: 28:12.48	2:20.19			

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc C
Resultados

RN Esc C(35-39)	18:50.82	GRILO Ana Paula	UDCA	Swansea (GBR)	03-03-2006
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Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	MIRANDA Raquel Filipa	85	Foca Quinta da Lixa CNF	21:05.83		715	30,00
	100m: 1:18.41 1:18.41	500m: 6:57.42 1:25.19	900m: 12:38.47	1:25.34	1300m: 18:20.28	1:25.49	
	200m: 2:42.36 1:23.95	600m: 8:22.27 1:24.85	1000m: 14:04.39	1:25.92	1400m: 19:44.97	1:24.69	
	300m: 4:07.12 1:24.76	700m: 9:47.85 1:25.58	1100m: 15:29.45	1:25.06	1500m: 21:05.83	1:20.86	
	400m: 5:32.23 1:25.11	800m: 11:13.13 1:25.28	1200m: 16:54.79	1:25.34			
2.	PINTO Rita Loureiro	85	Ginasio Clube	24:09.59		476	26,00
	100m: 1:30.07 1:30.07	500m: 7:56.94 1:37.63	900m: 14:27.82	1:37.36	1300m: 20:58.72	1:37.48	
	200m: 3:05.59 1:35.52	600m: 9:34.59 1:37.65	1000m: 16:05.95	1:38.13	1400m: 22:36.82	1:38.10	
	300m: 4:42.02 1:36.43	700m: 11:12.05 1:37.46	1100m: 17:43.28	1:37.33	1500m: 24:09.59	1:32.77	
	400m: 6:19.31 1:37.29	800m: 12:50.46 1:38.41	1200m: 19:21.24	1:37.96			
3.	FONSECA Maria Ana	82	Fluvial Portuense	24:46.99		441	22,00
	100m: 1:31.86 1:31.86	500m: 8:06.68 1:39.66	900m: 14:48.26	1:40.24	1300m: 21:27.96	1:40.74	
	200m: 3:08.70 1:36.84	600m: 9:47.08 1:40.40	1000m: 16:28.40	1:40.14	1400m: 23:07.07	1:39.11	
	300m: 4:47.52 1:38.82	700m: 11:27.64 1:40.56	1100m: 18:08.37	1:39.97	1500m: 24:46.99	1:39.92	
	400m: 6:27.02 1:39.50	800m: 13:08.02 1:40.38	1200m: 19:47.22	1:38.85			
4.	MIRANDA Ana Filipa	85	Galitos / Bresimar	25:17.24		415	20,00
	100m: 1:29.56 1:29.56	500m: 8:09.90 1:40.61	900m: 14:59.40	1:43.11	1300m: 21:54.06	1:44.63	
	200m: 3:08.47 1:38.91	600m: 9:51.41 1:41.51	1000m: 16:41.90	1:42.50	1400m: 23:37.10	1:43.04	
	300m: 4:48.23 1:39.76	700m: 11:33.85 1:42.44	1100m: 18:25.52	1:43.62	1500m: 25:17.24	1:40.14	
	400m: 6:29.29 1:41.06	800m: 13:16.29 1:42.44	1200m: 20:09.43	1:43.91			
5.	COSTA Lilia Dulce	81	Fluvial Portuense	25:28.01		406	19,00
	100m: 1:26.36 1:26.36	500m: 8:10.42 1:43.89	900m: 15:05.80	1:43.74	1300m: 22:01.40	1:44.21	
	200m: 3:03.65 1:37.29	600m: 9:55.03 1:44.61	1000m: 16:50.20	1:44.40	1400m: 23:45.71	1:44.31	
	300m: 4:44.56 1:40.91	700m: 11:38.57 1:43.54	1100m: 18:33.91	1:43.71	1500m: 25:28.01	1:42.30	
	400m: 6:26.53 1:41.97	800m: 13:22.06 1:43.49	1200m: 20:17.19	1:43.28			
6.	UHLFELDER Ana Sofia	83	Fluvial Portuense	29:48.62		253	18,00
	100m: 1:45.27 1:45.27	500m: 9:45.75 2:02.30	900m: 17:48.69	2:00.69	1300m: 25:53.32	2:01.67	
	200m: 3:42.34 1:57.07	600m: 11:46.57 2:00.82	1000m: 19:49.01	2:00.32	1400m: 27:52.06	1:58.74	
	300m: 5:42.30 1:59.96	700m: 13:46.88 2:00.31	1100m: 21:50.57	2:01.56	1500m: 29:48.62	1:56.56	
	400m: 7:43.45 2:01.15	800m: 15:48.00 2:01.12	1200m: 23:51.65	2:01.08			

Prova 1, Femin., 1500m Livres

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc D
Resultados

RN Esc D(40-44) 20:45.77 ROTHES Ines Maria CFP Rio Maior 20-02-2016

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	VILAR Sonia Oliveira	79	Natacao de Valongo	22:59.01		566	30,00
	100m: 1:22.98 1:22.98	500m: 7:26.95 1:32.96	900m: 13:40.87 1:33.45	1300m: 19:55.21 1:34.19			
	200m: 2:52.14 1:29.16	600m: 8:59.91 1:32.96	1000m: 15:14.42 1:33.55	1400m: 21:28.13 1:32.92			
	300m: 4:22.62 1:30.48	700m: 10:33.75 1:33.84	1100m: 16:47.45 1:33.03	1500m: 22:59.01 1:30.88			
	400m: 5:53.99 1:31.37	800m: 12:07.42 1:33.67	1200m: 18:21.02 1:33.57				
2.	SILVA Ana Sofia	78	Fluvial Portuense	23:39.08		519	26,00
	100m: 1:30.38 1:30.38	500m: 7:44.80 1:34.76	900m: 14:04.98 1:35.51	1300m: 20:29.07 1:36.26			
	200m: 3:02.74 1:32.36	600m: 9:19.85 1:35.05	1000m: 15:40.74 1:35.76	1400m: 22:04.78 1:35.71			
	300m: 4:35.97 1:33.23	700m: 10:54.82 1:34.97	1100m: 17:16.43 1:35.69	1500m: 23:39.08 1:34.30			
	400m: 6:10.04 1:34.07	800m: 12:29.47 1:34.65	1200m: 18:52.81 1:36.38				
3.	GUEDES Ana Dalte	80	Leixoes	24:27.04		470	22,00
	100m: 1:31.54 1:31.54	500m: 8:08.07 1:38.87	900m: 14:40.72 1:38.01	1300m: 21:12.76 1:38.27			
	200m: 3:09.84 1:38.30	600m: 9:45.91 1:37.84	1000m: 16:18.47 1:37.75	1400m: 22:51.10 1:38.34			
	300m: 4:49.82 1:39.98	700m: 11:24.60 1:38.69	1100m: 17:56.47 1:38.00	1500m: 24:27.04 1:35.94			
	400m: 6:29.20 1:39.38	800m: 13:02.71 1:38.11	1200m: 19:34.49 1:38.02				
4.	SILVA Ana Rosa	80	Foca Quinta da Lixa CNF	26:47.02		357	20,00
	100m: 1:39.58 1:39.58	500m: 8:49.11 1:46.26	900m: 15:55.24 1:46.29	1300m: 23:08.59 1:50.37			
	200m: 3:28.12 1:48.54	600m: 10:35.86 1:46.75	1000m: 17:40.40 1:45.16	1400m: 25:00.22 1:51.63			
	300m: 5:15.31 1:47.19	700m: 12:23.50 1:47.64	1100m: 19:29.22 1:48.82	1500m: 26:47.02 1:46.80			
	400m: 7:02.85 1:47.54	800m: 14:08.95 1:45.45	1200m: 21:18.22 1:49.00				
5.	NEVES Isabel Carolina	80	Individual ANNP	27:59.94		313	19,00
	100m: 1:43.63 1:43.63	500m: 9:08.51 1:51.35	900m: 16:41.16 1:54.77	1300m: 24:19.69 1:55.56			
	200m: 3:33.68 1:50.05	600m: 10:59.45 1:50.94	1000m: 18:36.24 1:55.08	1400m: 26:12.38 1:52.69			
	300m: 5:25.60 1:51.92	700m: 12:51.83 1:52.38	1100m: 20:29.52 1:53.28	1500m: 27:59.94 1:47.56			
	400m: 7:17.16 1:51.56	800m: 14:46.39 1:54.56	1200m: 22:24.13 1:54.61				
6.	MARTINS Ana Maria	79	Sporting de Aveiro	29:36.53		264	18,00
	100m: 1:54.85 1:54.85	500m: 9:55.77 1:58.68	900m: 17:54.00 2:00.73	1300m: 25:47.78 1:56.90			
	200m: 3:56.50 2:01.65	600m: 11:55.00 1:59.23	1000m: 19:53.60 1:59.60	1400m: 27:44.26 1:56.48			
	300m: 5:56.84 2:00.34	700m: 13:53.61 1:58.61	1100m: 21:53.27 1:59.67	1500m: 29:36.53 1:52.27			
	400m: 7:57.09 2:00.25	800m: 15:53.27 1:59.66	1200m: 23:50.88 1:57.61				
7.	LEITE Joana Isabel	80	Fluvial Portuense	35:21.43		155	17,00
	100m: 2:08.44 2:08.44	500m: 11:36.84 2:22.38	900m: 21:05.56 2:22.03	1300m: 30:38.57 2:22.91			
	200m: 4:28.51 2:20.07	600m: 14:00.19 2:23.35	1000m: 23:27.92 2:22.36	1400m: 33:00.67 2:22.10			
	300m: 6:51.50 2:22.99	700m: 16:21.24 2:21.05	1100m: 25:52.11 2:24.19	1500m: 35:21.43 2:20.76			
	400m: 9:14.46 2:22.96	800m: 18:43.53 2:22.29	1200m: 28:15.66 2:23.55				

Prova 1, Femin., 1500m Livres

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc E
Resultados

RN Esc E(45-49) 20:49.12 GRILO Ana Paula NDCO Swansea (GBR) 08-03-2014

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	ROTHES Ines Maria	73	Fluvial Portuense	21:15.16		761	30,00
	100m: 1:15.78 1:15.78	500m: 6:54.42 1:26.88	900m: 12:42.60 1:27.73	1300m: 18:26.40 1:25.87			
	200m: 2:38.26 1:22.48	600m: 8:21.00 1:26.58	1000m: 14:09.24 1:26.64	1400m: 19:51.83 1:25.43			
	300m: 4:02.26 1:24.00	700m: 9:47.48 1:26.48	1100m: 15:34.69 1:25.45	1500m: 21:15.16 1:23.33			
	400m: 5:27.54 1:25.28	800m: 11:14.87 1:27.39	1200m: 17:00.53 1:25.84				
2.	FARIA Joana Maria	74	Leixoes	24:04.87		523	26,00
	100m: 1:28.72 1:28.72	500m: 7:52.62 1:36.25	900m: 14:21.13 1:37.70	1300m: 20:51.91 1:37.87			
	200m: 3:04.48 1:35.76	600m: 9:29.34 1:36.72	1000m: 15:58.94 1:37.81	1400m: 22:29.09 1:37.18			
	300m: 4:40.32 1:35.84	700m: 11:06.33 1:36.99	1100m: 17:36.25 1:37.31	1500m: 24:04.87 1:35.78			
	400m: 6:16.37 1:36.05	800m: 12:43.43 1:37.10	1200m: 19:14.04 1:37.79				
3.	NOGUERAS Maria Andia	75	Academico Viseu	25:12.55		456	22,00
	100m: 1:32.12 1:32.12	500m: 8:16.72 1:42.03	900m: 15:04.92 1:42.69	1300m: 21:53.91 1:43.27			
	200m: 3:10.85 1:38.73	600m: 9:59.11 1:42.39	1000m: 16:46.53 1:41.61	1400m: 23:36.22 1:42.31			
	300m: 4:52.63 1:41.78	700m: 11:40.37 1:41.26	1100m: 18:28.50 1:41.97	1500m: 25:12.55 1:36.33			
	400m: 6:34.69 1:42.06	800m: 13:22.23 1:41.86	1200m: 20:10.64 1:42.14				
4.	BLANCO Catarina Araujo	71	Fluvial Portuense	25:53.60		421	20,00
	100m: 1:44.25 1:44.25	500m: 8:46.03 1:45.58	900m: 15:41.58 1:42.82	1300m: 22:33.90 1:42.69			
	200m: 3:30.97 1:46.72	600m: 10:32.03 1:46.00	1000m: 17:24.35 1:42.77	1400m: 24:14.75 1:40.85			
	300m: 5:16.37 1:45.40	700m: 12:15.45 1:43.42	1100m: 19:07.34 1:42.99	1500m: 25:53.60 1:38.85			
	400m: 7:00.45 1:44.08	800m: 13:58.76 1:43.31	1200m: 20:51.21 1:43.87				
5.	SANTINHA Fernanda Maria	72	Masters de Almada	27:05.31		367	19,00
	100m: 1:40.80 1:40.80	500m: 8:58.59 1:49.44	900m: 18:03.75 1:48.84	1300m:			
	200m: 3:29.89 1:49.09	600m: 10:47.26 1:48.67	1000m: 19:52.77 1:49.02	1400m: 25:18.77			
	300m: 5:19.61 1:49.72	700m: 12:36.96 1:49.70	1100m: 21:41.67 1:48.90	1500m: 27:05.31 1:46.54			
	400m: 7:09.15 1:49.54	800m: 16:14.91 3:37.95	1200m: 23:30.35 1:48.68				
6.	PALHARES Daniela Maria	71	Fluvial Portuense	27:21.72		356	18,00
	100m: 1:42.51 1:42.51	500m: 9:10.45 1:52.90	900m: 16:35.99 1:51.48	1300m: 23:53.15 1:48.67			
	200m: 3:31.75 1:49.24	600m: 11:02.24 1:51.79	1000m: 18:27.16 1:51.17	1400m: 25:40.14 1:46.99			
	300m: 5:24.77 1:53.02	700m: 12:53.48 1:51.24	1100m: 20:16.07 1:48.91	1500m: 27:21.72 1:41.58			
	400m: 7:17.55 1:52.78	800m: 14:44.51 1:51.03	1200m: 22:04.48 1:48.41				
7.	AGANTE Luisa Lopes	71	Ginasio Clube	29:36.87		281	17,00
	100m: 1:48.13 1:48.13	500m: 9:49.05 2:00.51	900m: 17:46.87 1:58.76	1300m: 25:42.53 1:59.72			
	200m: 3:46.12 1:57.99	600m: 11:48.55 1:59.50	1000m: 19:44.65 1:57.78	1400m: 27:42.54 2:00.01			
	300m: 5:46.77 2:00.65	700m: 13:48.85 2:00.30	1100m: 21:43.02 1:58.37	1500m: 29:36.87 1:54.33			
	400m: 7:48.54 2:01.77	800m: 15:48.11 1:59.26	1200m: 23:42.81 1:59.79				
8.	LOURENCO Susana Maria	74	Fluvial Portuense	37:01.67		144	16,00
	100m: 2:15.58 2:15.58	500m: 12:07.96 2:29.17	900m: 22:04.96 2:29.55	1300m: 32:05.73 2:28.72			
	200m: 4:41.87 2:26.29	600m: 14:36.66 2:28.70	1000m: 24:34.29 2:29.33	1400m: 34:36.33 2:30.60			
	300m: 7:10.29 2:28.42	700m: 17:05.66 2:29.00	1100m: 27:05.56 2:31.27	1500m: 37:01.67 2:25.34			
	400m: 9:38.79 2:28.50	800m: 19:35.41 2:29.75	1200m: 29:37.01 2:31.45				

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



Prova 1, Femin., 1500m Livres, Master Esc E

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	BENTO Teresa Sofia	74	Fluvial Portuense	37:20.05		140	14,00
	100m: 2:10.83 2:10.83	500m: 12:07.42 2:33.25	900m: 22:21.13 2:32.35	1300m: 32:27.30 2:25.90			
	200m: 4:34.60 2:23.77	600m: 14:37.52 2:30.10	1000m: 24:54.69 2:33.56	1400m: 34:57.27 2:29.97			
	300m: 7:04.03 2:29.43	700m: 17:13.34 2:35.82	1100m: 27:33.24 2:38.55	1500m: 37:20.05 2:22.78			
	400m: 9:34.17 2:30.14	800m: 19:48.78 2:35.44	1200m: 30:01.40 2:28.16				
10.	ALMEIDA Maria Astride	72	Fluvial Portuense	37:23.16		139	12,00
	100m: 2:16.23 2:16.23	500m: 12:11.73 2:30.33	900m: 22:14.63 2:31.31	1300m: 32:23.00 2:32.46			
	200m: 4:43.26 2:27.03	600m: 14:41.14 2:29.41	1000m: 24:46.77 2:32.14	1400m: 34:54.90 2:31.90			
	300m: 7:12.32 2:29.06	700m: 17:12.77 2:31.63	1100m: 27:18.40 2:31.63	1500m: 37:23.16 2:28.26			
	400m: 9:41.40 2:29.08	800m: 19:43.32 2:30.55	1200m: 29:50.54 2:32.14				
DNS	AVELANS Carla Susana	75	Fluvial Portuense				-
DNS	COSTA Marta Sofia	71	Porto				-

Prova 1
22-02-2020
Femin., 1500m Livres
Master Esc F
Resultados

RN Esc F(50-54) 21:25.58 GRILO Ana Paula NDCO Vitoria (ESP) 27-04-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	GRILO Ana Paula	69	Desportivo de Odemira	21:36.23		704	30,00
	100m: 1:25.20 1:25.20	500m: 7:13.40 1:26.49	900m: 12:58.20 1:26.07	1300m: 18:45.04 1:26.97			
	200m: 2:53.14 1:27.94	600m: 8:39.89 1:26.49	1000m: 14:24.52 1:26.32	1400m: 20:12.94 1:27.90			
	300m: 4:20.31 1:27.17	700m: 10:05.90 1:26.01	1100m: 15:51.49 1:26.97	1500m: 21:36.23 1:23.29			
	400m: 5:46.91 1:26.60	800m: 11:32.13 1:26.23	1200m: 17:18.07 1:26.58				
2.	BRANDAO Maria Teresa	69	Fluvial Portuense	23:11.74		569	26,00
	100m: 1:25.24 1:25.24	500m: 7:31.89 1:33.96	900m: 13:47.34 1:33.65	1300m: 20:05.38 1:34.68			
	200m: 2:54.21 1:28.97	600m: 9:05.83 1:33.94	1000m: 15:21.61 1:34.27	1400m: 21:38.73 1:33.35			
	300m: 4:24.83 1:30.62	700m: 10:39.69 1:33.86	1100m: 16:55.89 1:34.28	1500m: 23:11.74 1:33.01			
	400m: 5:57.93 1:33.10	800m: 12:13.69 1:34.00	1200m: 18:30.70 1:34.81				
3.	MIRANDA Laura Manuela	67	Colegio Monte Maior	24:10.91		502	22,00
	100m: 1:31.18 1:31.18	500m: 7:58.53 1:36.47	900m: 14:26.99 1:37.65	1300m: 20:58.54 1:38.20			
	200m: 3:08.41 1:37.23	600m: 9:35.34 1:36.81	1000m: 16:04.45 1:37.46	1400m: 22:36.01 1:37.47			
	300m: 4:45.32 1:36.91	700m: 11:12.35 1:37.01	1100m: 17:42.66 1:38.21	1500m: 24:10.91 1:34.90			
	400m: 6:22.06 1:36.74	800m: 12:49.34 1:36.99	1200m: 19:20.34 1:37.68				
4.	SEQUEIRA Ana Paula	68	Gafanha da Encarnacao	25:25.75		432	20,00
	100m: 1:33.26 1:33.26	500m: 8:20.55 1:42.99	900m: 15:10.07 1:42.58	1300m: 22:04.76 1:43.72			
	200m: 3:13.62 1:40.36	600m: 10:02.65 1:42.10	1000m: 16:53.12 1:43.05	1400m: 23:47.77 1:43.01			
	300m: 4:55.03 1:41.41	700m: 11:45.24 1:42.59	1100m: 18:36.68 1:43.56	1500m: 25:25.75 1:37.98			
	400m: 6:37.56 1:42.53	800m: 13:27.49 1:42.25	1200m: 20:21.04 1:44.36				
5.	WISEU Maria Adriana	66	Leixoes	26:07.73		398	19,00
	100m: 1:37.41 1:37.41	500m: 8:43.08 1:46.55	900m: 15:46.51 1:45.49	1300m: 22:45.12 1:44.52			
	200m: 3:22.55 1:45.14	600m: 10:29.17 1:46.09	1000m: 17:31.92 1:45.41	1400m: 24:29.30 1:44.18			
	300m: 5:09.51 1:46.96	700m: 12:14.73 1:45.56	1100m: 19:16.07 1:44.15	1500m: 26:07.73 1:38.43			
	400m: 6:56.53 1:47.02	800m: 14:01.02 1:46.29	1200m: 21:00.60 1:44.53				

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



Prova 1, Femin., 1500m Livres, Master Esc F

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	TABORDA Maria Joao	67	Porto	26:46.42		370	18,00
	100m: 1:38.08 1:38.08	500m: 8:41.96 1:47.00	900m: 15:47.71	1:45.55	1300m: 23:03.92	1:51.79	
	200m: 3:22.25 1:44.17	600m: 10:29.32 1:47.36	1000m: 17:33.48	1:45.77	1400m: 24:56.05	1:52.13	
	300m: 5:07.83 1:45.58	700m: 12:15.50 1:46.18	1100m: 19:22.46	1:48.98	1500m: 26:46.42	1:50.37	
	400m: 6:54.96 1:47.13	800m: 14:02.16 1:46.66	1200m: 21:12.13	1:49.67			
7.	REIS Margarida Bleck	68	Porto	27:02.53		359	17,00
	100m: 1:42.63 1:42.63	500m: 8:57.95 1:48.85	900m: 16:13.72	1:48.93	1300m: 23:28.84	1:48.75	
	200m: 3:31.22 1:48.59	600m: 10:47.76 1:49.81	1000m: 18:03.24	1:49.52	1400m: 25:17.95	1:49.11	
	300m: 5:19.80 1:48.58	700m: 12:36.57 1:48.81	1100m: 19:51.50	1:48.26	1500m: 27:02.53	1:44.58	
	400m: 7:09.10 1:49.30	800m: 14:24.79 1:48.22	1200m: 21:40.09	1:48.59			
8.	FERREIRA Maria Manuela	70	Natacao da Maia	29:11.50		285	16,00
	100m: 1:47.09 1:47.09	500m: 9:46.91 2:00.02	900m: 17:42.12	1:57.58	1300m: 25:24.18	1:55.70	
	200m: 3:44.94 1:57.85	600m: 11:46.23 1:59.32	1000m: 19:36.37	1:54.25	1400m: 27:18.58	1:54.40	
	300m: 5:45.23 2:00.29	700m: 13:45.63 1:59.40	1100m: 21:32.45	1:56.08	1500m: 29:11.50	1:52.92	
	400m: 7:46.89 2:01.66	800m: 15:44.54 1:58.91	1200m: 23:28.48	1:56.03			
9.	MOTA Anabela Verissimo	66	Amigos da Natacao	35:13.33		162	14,00
	100m: 2:06.34 2:06.34	500m: 11:20.61 2:21.86	900m: 20:56.83	2:24.54	1300m: 30:41.34	2:24.05	
	200m: 4:22.00 2:15.66	600m: 13:45.80 2:25.19	1000m: 23:25.92	2:29.09	1400m: 32:55.27	2:13.93	
	300m: 6:39.07 2:17.07	700m: 16:08.18 2:22.38	1100m: 25:52.06	2:26.14	1500m: 35:13.33	2:18.06	
	400m: 8:58.75 2:19.68	800m: 18:32.29 2:24.11	1200m: 28:17.29	2:25.23			

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc G
Resultados

RN Esc G(55-59) 22:12.95 KRAEVA Elena Nikolaevna ADRCIMM Coimbra 24-02-2018

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	URBANO Maria Margarida	63	Academica de Coimbra	26:17.15		499	30,00
	100m: 1:37.19 1:37.19	500m: 8:37.90 1:45.82	900m: 15:40.49	1:45.31	1300m: 22:44.69	1:46.49	
	200m: 3:20.85 1:43.66	600m: 10:23.82 1:45.92	1000m: 17:26.18	1:45.69	1400m: 24:31.57	1:46.88	
	300m: 5:06.53 1:45.68	700m: 12:09.55 1:45.73	1100m: 19:11.89	1:45.71	1500m: 26:17.15	1:45.58	
	400m: 6:52.08 1:45.55	800m: 13:55.18 1:45.63	1200m: 20:58.20	1:46.31			
2.	GUIMARAES Rita Cabral	64	Fluvial Portuense	26:51.66		468	26,00
	100m: 1:38.43 1:38.43	500m: 8:48.00 1:48.23	900m: 15:57.18	1:46.19	1300m: 23:15.56	1:48.81	
	200m: 3:24.24 1:45.81	600m: 10:35.60 1:47.60	1000m: 17:45.31	1:48.13	1400m: 25:04.24	1:48.68	
	300m: 5:11.49 1:47.25	700m: 12:23.08 1:47.48	1100m: 19:35.49	1:50.18	1500m: 26:51.66	1:47.42	
	400m: 6:59.77 1:48.28	800m: 14:10.99 1:47.91	1200m: 21:26.75	1:51.26			
3.	FERNANDES Maria Santos	62	Leixoes	27:44.15		425	22,00
	100m: 1:43.32 1:43.32	500m: 9:04.35 1:51.18	900m: 16:29.71	1:51.25	1300m: 23:58.51	1:54.22	
	200m: 3:32.20 1:48.88	600m: 10:55.66 1:51.31	1000m: 18:20.63	1:50.92	1400m: 25:52.01	1:53.50	
	300m: 5:22.45 1:50.25	700m: 12:47.40 1:51.74	1100m: 20:12.05	1:51.42	1500m: 27:44.15	1:52.14	
	400m: 7:13.17 1:50.72	800m: 14:38.46 1:51.06	1200m: 22:04.29	1:52.24			

Prova 1, Femin., 1500m Livres, Master Esc G

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	SILVA Vivien Patricia	62	Porto	28:23.44		396	20,00
	100m: 1:43.94 1:43.94	500m: 9:11.98 1:52.96	900m: 16:49.88	1:56.05	1300m: 24:34.32	1:55.97	
	200m: 3:34.28 1:50.34	600m: 11:04.68 1:52.70	1000m: 18:46.52	1:56.64	1400m: 26:30.12	1:55.80	
	300m: 5:26.63 1:52.35	700m: 12:58.24 1:53.56	1100m: 20:42.40	1:55.88	1500m: 28:23.44	1:53.32	
	400m: 7:19.02 1:52.39	800m: 14:53.83 1:55.59	1200m: 22:38.35	1:55.95			
5.	CANINAS Maria Madalena	63	Masters de Almada	29:30.35		353	19,00
	100m: 1:48.10 1:48.10	500m: 9:39.14 1:57.85	900m: 17:37.43	1:59.82	1300m: 25:40.39	2:01.13	
	200m: 3:43.72 1:55.62	600m: 11:38.67 1:59.53	1000m: 19:37.35	1:59.92	1400m: 27:40.95	2:00.56	
	300m: 5:42.29 1:58.57	700m: 13:38.18 1:59.51	1100m: 21:38.21	2:00.86	1500m: 29:30.35	1:49.40	
	400m: 7:41.29 1:59.00	800m: 15:37.61 1:59.43	1200m: 23:39.26	2:01.05			
6.	CUNHA Maria Trigueiros	64	Leixoes	30:02.24		334	18,00
	100m: 1:45.98 1:45.98	500m: 9:42.77 2:00.75	900m: 17:47.41	2:00.93	1300m: 26:03.48	2:03.73	
	200m: 3:41.86 1:55.88	600m: 11:42.65 1:59.88	1000m: 19:51.09	2:03.68	1400m: 28:06.58	2:03.10	
	300m: 5:40.91 1:59.05	700m: 13:43.05 2:00.40	1100m: 21:53.92	2:02.83	1500m: 30:02.24	1:55.66	
	400m: 7:42.02 2:01.11	800m: 15:46.48 2:03.43	1200m: 23:59.75	2:05.83			
7.	KIND Anette	61	Leixoes	32:36.93		261	17,00
	100m: 2:02.13 2:02.13	500m: 10:43.23 2:10.62	900m: 19:26.35	2:10.40	1300m: 28:14.43	2:12.99	
	200m: 4:12.67 2:10.54	600m: 12:54.82 2:11.59	1000m: 21:37.44	2:11.09	1400m: 30:26.28	2:11.85	
	300m: 6:23.91 2:11.24	700m: 15:05.62 2:10.80	1100m: 23:49.32	2:11.88	1500m: 32:36.93	2:10.65	
	400m: 8:32.61 2:08.70	800m: 17:15.95 2:10.33	1200m: 26:01.44	2:12.12			
8.	COSTA Rosa Leitao	65	Foca Quinta da Lixa CNF	36:32.25		186	16,00
	100m: 2:15.24 2:15.24	500m: 11:45.70 2:22.99	900m: 21:43.94	2:33.45	1300m: 31:38.84	2:29.13	
	200m: 4:37.87 2:22.63	600m: 14:12.26 2:26.56	1000m: 24:16.35	2:32.41	1400m: 34:06.41	2:27.57	
	300m: 7:01.04 2:23.17	700m: 16:41.25 2:28.99	1100m: 26:42.38	2:26.03	1500m: 36:32.25	2:25.84	
	400m: 9:22.71 2:21.67	800m: 19:10.49 2:29.24	1200m: 29:09.71	2:27.33			
9.	TAVARES Maria Joao	63	Amigos da Natacao	36:34.46		185	14,00
	100m: 2:15.15 2:15.15	500m: 11:51.01 2:26.08	900m: 21:44.21	2:28.57	1300m: 31:39.79	2:29.21	
	200m: 4:37.01 2:21.86	600m: 14:18.87 2:27.86	1000m: 24:13.70	2:29.49	1400m: 34:09.14	2:29.35	
	300m: 7:02.20 2:25.19	700m: 16:46.52 2:27.65	1100m: 26:41.56	2:27.86	1500m: 36:34.46	2:25.32	
	400m: 9:24.93 2:22.73	800m: 19:15.64 2:29.12	1200m: 29:10.58	2:29.02			
10.	RIBEIRO Margarida Maria	64	Fluvial Portuense	39:26.86		147	12,00
	100m: 2:14.14 2:14.14	500m: 12:42.99 2:40.80	900m: 23:25.79	2:44.55	1300m: 34:19.46	2:45.66	
	200m: 4:46.77 2:32.63	600m: 15:22.38 2:39.39	1000m: 26:06.07	2:40.28	1400m: 36:56.20	2:36.74	
	300m: 7:23.46 2:36.69	700m: 18:03.83 2:41.45	1100m: 28:48.20	2:42.13	1500m: 39:26.86	2:30.66	
	400m: 10:02.19 2:38.73	800m: 20:41.24 2:37.41	1200m: 31:33.80	2:45.60			

Prova 1, Femin., 1500m Livres

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc H
Resultados

RN Esc H(60-64) 30:39.54 CAEIRO Ana Maria GAN Póvoa de Varzim 23-02-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	CAEIRO Ana Maria <i>Rec Nacional Escalão H</i>	59	Amigos da Natacao	29:40.55		447	30,00
	100m: 1:54.82 1:54.82	500m: 9:50.77 1:58.79	900m: 17:46.63 1:59.26	1300m: 25:45.31 2:00.27			
	200m: 3:53.78 1:58.96	600m: 11:49.41 1:58.64	1000m: 19:46.04 1:59.41	1400m: 27:46.81 2:01.50			
	300m: 5:52.96 1:59.18	700m: 13:48.35 1:58.94	1100m: 21:45.45 1:59.41	1500m: 29:40.55 1:53.74			
	400m: 7:51.98 1:59.02	800m: 15:47.37 1:59.02	1200m: 23:45.04 1:59.59				
2.	WERNICKE Maria Giraldo	60	Fluvial Portuense	31:10.52		385	26,00
	100m: 1:57.87 1:57.87	500m: 10:21.66 2:05.79	900m: 18:37.88 2:04.81	1300m: 27:03.10 2:05.61			
	200m: 4:03.46 2:05.59	600m: 12:25.31 2:03.65	1000m: 20:43.53 2:05.65	1400m: 29:08.55 2:05.45			
	300m: 6:09.84 2:06.38	700m: 14:27.96 2:02.65	1100m: 22:50.17 2:06.64	1500m: 31:10.52 2:01.97			
	400m: 8:15.87 2:06.03	800m: 16:33.07 2:05.11	1200m: 24:57.49 2:07.32				

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc J
Resultados

RN Esc J(70-74) 29:33.80 BASTO Luisa Bessone SAD Coimbra 24-02-2018

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FERREIRA Ana Maria <i>Rec Nacional Escalão J, e nos parciais dos 100, 200, 400 e 800m</i>	50	Alges	25:29.15		1380	30,00
	100m: 1:35.97 1:35.97	500m: 8:22.21 1:42.05	900m: 15:13.31 1:43.00	1300m: 22:05.98 1:43.23			
	200m: 3:17.13 1:41.16	600m: 10:04.79 1:42.58	1000m: 16:55.91 1:42.60	1400m: 23:49.95 1:43.97			
	300m: 4:58.82 1:41.69	700m: 11:47.28 1:42.49	1100m: 18:38.81 1:42.90	1500m: 25:29.15 1:39.20			
	400m: 6:40.16 1:41.34	800m: 13:30.31 1:43.03	1200m: 20:22.75 1:43.94				

Prova 1
22-02-2020

Femin., 1500m Livres

Master Esc K
Resultados

RN Esc K(75-79) 30:38.21 BASTO Luisa Bessone SAD Póvoa de Varzim 23-02-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
DNS	BASTO Luisa Bessone	44	Alges				-

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



Prova 2
22-02-2020

Masc., 1500m Livres

Master Esc A
Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	BESSA Antonio Rafael	94	Aquatico Pacense	17:32.09		829	30,00
	100m: 1:07.33 1:07.33	500m: 5:44.28 1:09.54	900m: 10:24.96 1:11.10	1300m: 15:10.47 1:12.28			
	200m: 2:15.60 1:08.27	600m: 6:53.91 1:09.63	1000m: 11:35.86 1:10.90	1400m: 16:22.78 1:12.31			
	300m: 3:25.07 1:09.47	700m: 8:03.80 1:09.89	1100m: 12:46.87 1:11.01	1500m: 17:32.09 1:09.31			
	400m: 4:34.74 1:09.67	800m: 9:13.86 1:10.06	1200m: 13:58.19 1:11.32				
2.	FERREIRA Artur Sousa	93	Colegio SMLamas	20:42.54		503	26,00
	100m: 1:15.84 1:15.84	500m: 6:43.16 1:23.45	900m: 12:15.70 1:24.15	1300m: 17:58.50 1:26.86			
	200m: 2:34.90 1:19.06	600m: 8:05.33 1:22.17	1000m: 13:40.73 1:25.03	1400m: 19:24.01 1:25.51			
	300m: 3:56.81 1:21.91	700m: 9:27.48 1:22.15	1100m: 15:05.26 1:24.53	1500m: 20:42.54 1:18.53			
	400m: 5:19.71 1:22.90	800m: 10:51.55 1:24.07	1200m: 16:31.64 1:26.38				
3.	MENESES Goncalo Goncalves	92	Braga	20:45.24		500	22,00
	100m: 1:13.45 1:13.45	500m: 6:35.95 1:23.62	900m: 12:17.03 1:25.79	1300m: 18:00.38 1:25.11			
	200m: 2:30.72 1:17.27	600m: 8:00.70 1:24.75	1000m: 13:42.90 1:25.87	1400m: 19:25.80 1:25.42			
	300m: 3:50.29 1:19.57	700m: 9:25.65 1:24.95	1100m: 15:08.73 1:25.83	1500m: 20:45.24 1:19.44			
	400m: 5:12.33 1:22.04	800m: 10:51.24 1:25.59	1200m: 16:35.27 1:26.54				
4.	SOARES Guilherme Araujo	93	Colegio SMLamas	21:19.50		461	20,00
	100m: 1:12.99 1:12.99	500m: 6:39.55 1:24.07	900m: 12:26.86 1:28.66	1300m: 18:28.85 1:29.58			
	200m: 2:30.92 1:17.93	600m: 8:05.32 1:25.77	1000m: 13:57.12 1:30.26	1400m: 19:55.57 1:26.72			
	300m: 3:52.11 1:21.19	700m: 9:32.23 1:26.91	1100m: 15:28.78 1:31.66	1500m: 21:19.50 1:23.93			
	400m: 5:15.48 1:23.37	800m: 10:58.20 1:25.97	1200m: 16:59.27 1:30.49				
5.	COUTO Andre Filipe	91	Leixoes	22:17.01		404	19,00
	100m: 1:22.54 1:22.54	500m: 7:22.43 1:30.90	900m: 13:23.33 1:30.78	1300m: 19:24.02 1:29.24			
	200m: 2:50.95 1:28.41	600m: 8:53.55 1:31.12	1000m: 14:56.04 1:32.71	1400m: 20:52.59 1:28.57			
	300m: 4:20.93 1:29.98	700m: 10:22.36 1:28.81	1100m: 16:25.42 1:29.38	1500m: 22:17.01 1:24.42			
	400m: 5:51.53 1:30.60	800m: 11:52.55 1:30.19	1200m: 17:54.78 1:29.36				
6.	FERREIRA Joao Pedro	91	Geslours	22:35.91		387	18,00
	100m: 1:24.52 1:24.52	500m: 7:21.74 1:30.05	900m: 13:23.98 1:30.58	1300m: 19:36.67 1:34.43			
	200m: 2:51.95 1:27.43	600m: 8:51.74 1:30.00	1000m: 14:56.37 1:32.39	1400m: 21:06.16 1:29.49			
	300m: 4:21.16 1:29.21	700m: 10:21.74 1:30.00	1100m: 16:29.18 1:32.81	1500m: 22:35.91 1:29.75			
	400m: 5:51.69 1:30.53	800m: 11:53.40 1:31.66	1200m: 18:02.24 1:33.06				
7.	RIBEIRO Edgar Francisco	91	Leixoes	24:03.85		321	17,00
	100m: 1:30.31 1:30.31	500m: 7:55.90 1:37.12	900m: 14:26.67 1:38.05	1300m: 20:57.12 1:36.59			
	200m: 3:04.97 1:34.66	600m: 9:32.49 1:36.59	1000m: 16:03.70 1:37.03	1400m: 22:34.43 1:37.31			
	300m: 4:41.65 1:36.68	700m: 11:10.93 1:38.44	1100m: 17:41.56 1:37.86	1500m: 24:03.85 1:29.42			
	400m: 6:18.78 1:37.13	800m: 12:48.62 1:37.69	1200m: 19:20.53 1:38.97				
8.	FIGUEIRAS Goncalo Nogueira	92	Leixoes	24:14.67		313	16,00
	100m: 1:24.70 1:24.70	500m: 7:45.87 1:37.07	900m: 14:19.23 1:40.50	1300m: 21:04.26 1:41.44			
	200m: 2:56.67 1:31.97	600m: 9:22.85 1:36.98	1000m: 16:00.26 1:41.03	1400m: 22:43.53 1:39.27			
	300m: 4:32.00 1:35.33	700m: 11:00.45 1:37.60	1100m: 17:40.80 1:40.54	1500m: 24:14.67 1:31.14			
	400m: 6:08.80 1:36.80	800m: 12:38.73 1:38.28	1200m: 19:22.82 1:42.02				

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
9.	RIBEIRO Luis Manuel	91	Foca Quinta da Lixa CNF	24:28.16		305	14,00
	100m: 1:30.85 1:30.85	500m: 8:08.34 1:38.38	900m: 14:45.27	1:39.18	1300m: 21:19.41	1:38.19	
	200m: 3:09.39 1:38.54	600m: 9:47.06 1:38.72	1000m: 16:23.48	1:38.21	1400m: 22:55.02	1:35.61	
	300m: 4:49.62 1:40.23	700m: 11:26.16 1:39.10	1100m: 18:01.98	1:38.50	1500m: 24:28.16	1:33.14	
	400m: 6:29.96 1:40.34	800m: 13:06.09 1:39.93	1200m: 19:41.22	1:39.24			
10.	COSTA Hugo Figueiredo	91	Geslours	26:07.80		250	12,00
	100m: 1:34.44 1:34.44	500m: 8:29.73 1:45.64	900m: 15:30.33	1:45.02	1300m: 22:34.83	1:48.21	
	200m: 3:15.29 1:40.85	600m: 10:15.58 1:45.85	1000m: 17:16.73	1:46.40	1400m: 24:23.47	1:48.64	
	300m: 4:58.51 1:43.22	700m: 12:00.82 1:45.24	1100m: 19:01.80	1:45.07	1500m: 26:07.80	1:44.33	
	400m: 6:44.09 1:45.58	800m: 13:45.31 1:44.49	1200m: 20:46.62	1:44.82			
11.	FERREIRA Tiago Andre	92	Penafiel	26:53.66		229	11,00
	100m: 1:35.23 1:35.23	500m: 8:41.84 1:50.02	900m: 16:00.87	1:50.80	1300m: 23:24.36	1:51.71	
	200m: 3:17.61 1:42.38	600m: 10:30.36 1:48.52	1000m: 17:52.60	1:51.73	1400m: 25:15.02	1:50.66	
	300m: 5:03.25 1:45.64	700m: 12:19.61 1:49.25	1100m: 19:42.74	1:50.14	1500m: 26:53.66	1:38.64	
	400m: 6:51.82 1:48.57	800m: 14:10.07 1:50.46	1200m: 21:32.65	1:49.91			
12.	ROCHA Joao Castro	95	Fluvial Portuense	34:17.83		110	10,00
	100m: 1:59.40 1:59.40	500m: 11:02.22 2:17.45	900m: 20:11.32	2:19.87	1300m: 29:37.99	2:23.72	
	200m: 4:11.14 2:11.74	600m: 13:18.37 2:16.15	1000m: 22:31.37	2:20.05	1400m: 32:02.39	2:24.40	
	300m: 6:27.87 2:16.73	700m: 15:35.45 2:17.08	1100m: 24:53.48	2:22.11	1500m: 34:17.83	2:15.44	
	400m: 8:44.77 2:16.90	800m: 17:51.45 2:16.00	1200m: 27:14.27	2:20.79			
DNS	SANTOS Andre Ferreira	95	Olivais e Moscavide				-

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

RN Esc B(30-34) 17:17.76 NIZ Adriano Miguel GDNFAMA Póvoa de Varzim 23-02-2019

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	RIBEIRO Hugo Alberto	88	Leixoes	17:44.82		657	30,00
	100m: 1:07.82 1:07.82	500m: 5:50.27 1:11.43	900m: 10:36.07	1:12.21	1300m: 15:23.78	1:12.94	
	200m: 2:17.62 1:09.80	600m: 7:01.44 1:11.17	1000m: 11:47.98	1:11.91	1400m: 16:35.91	1:12.13	
	300m: 3:28.06 1:10.44	700m: 8:12.61 1:11.17	1100m: 12:59.26	1:11.28	1500m: 17:44.82	1:08.91	
	400m: 4:38.84 1:10.78	800m: 9:23.86 1:11.25	1200m: 14:10.84	1:11.58			
2.	ROQUE Jorge Manuel	90	Masters de Almada	19:21.21		506	26,00
	100m: 1:08.98 1:08.98	500m: 6:12.51 1:17.90	900m: 11:28.26	1:19.24	1300m: 16:45.05	1:19.04	
	200m: 2:23.48 1:14.50	600m: 7:30.93 1:18.42	1000m: 12:48.29	1:20.03	1400m: 18:03.98	1:18.93	
	300m: 3:38.29 1:14.81	700m: 8:49.92 1:18.99	1100m: 14:07.99	1:19.70	1500m: 19:21.21	1:17.23	
	400m: 4:54.61 1:16.32	800m: 10:09.02 1:19.10	1200m: 15:26.01	1:18.02			
3.	SILVA Luis Filipe	88	Leixoes	19:38.58		484	22,00
	100m: 1:10.55 1:10.55	500m: 6:16.87 1:17.93	900m: 11:36.02	1:21.14	1300m: 17:01.50	1:22.28	
	200m: 2:25.21 1:14.66	600m: 7:36.17 1:19.30	1000m: 12:57.09	1:21.07	1400m: 18:21.69	1:20.19	
	300m: 3:41.38 1:16.17	700m: 8:55.35 1:19.18	1100m: 14:17.47	1:20.38	1500m: 19:38.58	1:16.89	
	400m: 4:58.94 1:17.56	800m: 10:14.88 1:19.53	1200m: 15:39.22	1:21.75			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	SANTOS Cristiano Almeida	90	Atletismo Ferreira do Zezere	20:02.38		456	20,00
	100m: 1:12.96 1:12.96		500m: 6:25.37 1:19.80	900m: 11:53.68	1:23.73	1300m: 17:18.87	1:20.40
	200m: 2:30.13 1:17.17		600m: 7:47.78 1:22.41	1000m: 13:16.90	1:23.22	1400m: 18:41.09	1:22.22
	300m: 3:46.84 1:16.71		700m: 9:09.07 1:21.29	1100m: 14:38.94	1:22.04	1500m: 20:02.38	1:21.29
	400m: 5:05.57 1:18.73		800m: 10:29.95 1:20.88	1200m: 15:58.47	1:19.53		
5.	FERREIRA Duarte Nuno	86	Salesianos	20:04.82		453	19,00
	100m: 1:18.83 1:18.83		500m: 6:41.96 1:22.02	900m: 12:03.21	1:19.33	1300m: 17:25.96	1:20.99
	200m: 2:37.90 1:19.07		600m: 8:02.57 1:20.61	1000m: 13:22.96	1:19.75	1400m: 18:46.99	1:21.03
	300m: 3:58.70 1:20.80		700m: 9:23.73 1:21.16	1100m: 14:43.80	1:20.84	1500m: 20:04.82	1:17.83
	400m: 5:19.94 1:21.24		800m: 10:43.88 1:20.15	1200m: 16:04.97	1:21.17		
6.	BARTOLO Edgar Paiva	88	Leixoes	20:09.35		448	18,00
	100m: 1:14.87 1:14.87		500m: 6:25.70 1:18.20	900m: 11:50.24	1:21.98	1300m: 17:21.76	1:22.89
	200m: 2:31.43 1:16.56		600m: 7:44.93 1:19.23	1000m: 13:12.91	1:22.67	1400m: 18:45.79	1:24.03
	300m: 3:49.34 1:17.91		700m: 9:06.02 1:21.09	1100m: 14:35.73	1:22.82	1500m: 20:09.35	1:23.56
	400m: 5:07.50 1:18.16		800m: 10:28.26 1:22.24	1200m: 15:58.87	1:23.14		
7.	CORDEIRO Diogo Andre	90	Masters de Almada	20:29.62		426	17,00
	100m: 1:15.70 1:15.70		500m: 6:38.87 1:22.29	900m: 12:11.25	1:23.43	1300m: 17:43.95	1:24.41
	200m: 2:35.01 1:19.31		600m: 8:01.03 1:22.16	1000m: 13:33.45	1:22.20	1400m: 19:08.43	1:24.48
	300m: 3:55.60 1:20.59		700m: 9:24.01 1:22.98	1100m: 14:56.42	1:22.97	1500m: 20:29.62	1:21.19
	400m: 5:16.58 1:20.98		800m: 10:47.82 1:23.81	1200m: 16:19.54	1:23.12		
8.	QUINTA Daniel Ribeiro	88	Leixoes	22:31.37		321	16,00
	100m: 1:19.62 1:19.62		500m: 7:01.81 1:27.44	900m: 13:11.46	1:34.06	1300m: 19:29.32	1:34.97
	200m: 2:46.12 1:26.50		600m: 8:32.42 1:30.61	1000m: 14:46.74	1:35.28	1400m: 21:02.08	1:32.76
	300m: 4:09.73 1:23.61		700m: 10:04.05 1:31.63	1100m: 16:20.85	1:34.11	1500m: 22:31.37	1:29.29
	400m: 5:34.37 1:24.64		800m: 11:37.40 1:33.35	1200m: 17:54.35	1:33.50		
9.	FERREIRA Francisco David	89	Fluvial Portuense	22:44.95		312	14,00
	100m: 1:24.63 1:24.63		500m: 7:24.08 1:31.79	900m: 13:33.52	1:32.90	1300m: 19:46.76	1:33.02
	200m: 2:51.77 1:27.14		600m: 8:56.25 1:32.17	1000m: 15:06.57	1:33.05	1400m: 21:18.28	1:31.52
	300m: 4:20.79 1:29.02		700m: 10:28.26 1:32.01	1100m: 16:40.07	1:33.50	1500m: 22:44.95	1:26.67
	400m: 5:52.29 1:31.50		800m: 12:00.62 1:32.36	1200m: 18:13.74	1:33.67		
10.	RIBEIRO Jorge Ricardo	88	Leixoes	23:08.45		296	12,00
	100m: 1:20.59 1:20.59		500m: 7:27.98 1:34.34	900m: 13:47.12	1:34.87	1300m: 20:04.64	1:32.90
	200m: 2:49.10 1:28.51		600m: 9:02.94 1:34.96	1000m: 15:22.49	1:35.37	1400m: 21:38.90	1:34.26
	300m: 4:20.71 1:31.61		700m: 10:37.94 1:35.00	1100m: 16:57.21	1:34.72	1500m: 23:08.45	1:29.55
	400m: 5:53.64 1:32.93		800m: 12:12.25 1:34.31	1200m: 18:31.74	1:34.53		
11.	MOREIRA Pedro Joaquim	87	Penafiel	23:25.32		285	11,00
	100m: 1:23.44 1:23.44		500m: 7:40.27 1:35.20	900m: 13:58.79	1:35.59	1300m: 20:18.92	1:33.92
	200m: 2:54.99 1:31.55		600m: 9:14.85 1:34.58	1000m: 15:34.45	1:35.66	1400m: 21:52.54	1:33.62
	300m: 4:30.62 1:35.63		700m: 10:48.65 1:33.80	1100m: 17:09.72	1:35.27	1500m: 23:25.32	1:32.78
	400m: 6:05.07 1:34.45		800m: 12:23.20 1:34.55	1200m: 18:45.00	1:35.28		
12.	ISABEL Rui Jorge	89	Pimpoes/Cimai	24:43.21		243	10,00
	100m: 1:28.86 1:28.86		500m: 7:53.08 1:36.83	900m: 14:31.43	1:41.07	1300m: 21:20.27	1:43.03
	200m: 3:03.43 1:34.57		600m: 9:31.31 1:38.23	1000m: 16:12.06	1:40.63	1400m: 23:03.22	1:42.95
	300m: 4:39.54 1:36.11		700m: 11:10.29 1:38.98	1100m: 17:54.46	1:42.40	1500m: 24:43.21	1:39.99
	400m: 6:16.25 1:36.71		800m: 12:50.36 1:40.07	1200m: 19:37.24	1:42.78		

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
13.	ISIDORO Tiago Filipe	87	Pimpoes/Cimai	26:29.36		197	9,00
	100m: 1:37.80 1:37.80	500m: 8:41.19 1:47.06	900m: 15:50.68 1:46.78	1300m: 23:02.29 1:47.05			
	200m: 3:22.17 1:44.37	600m: 10:29.13 1:47.94	1000m: 17:38.86 1:48.18	1400m: 24:48.33 1:46.04			
	300m: 5:08.01 1:45.84	700m: 12:17.02 1:47.89	1100m: 19:27.37 1:48.51	1500m: 26:29.36 1:41.03			
	400m: 6:54.13 1:46.12	800m: 14:03.90 1:46.88	1200m: 21:15.24 1:47.87				
14.	FERNANDES Andre Manuel	88	Lisboa PoolSharks	27:05.08		184	8,00
	100m: 1:32.10 1:32.10	500m: 8:36.33 1:48.42	900m: 16:00.26 1:51.90	1300m: 23:27.65 1:50.04			
	200m: 3:15.64 1:43.54	600m: 10:26.89 1:50.56	1000m: 17:52.60 1:52.34	1400m: 25:19.04 1:51.39			
	300m: 5:00.38 1:44.74	700m: 12:17.94 1:51.05	1100m: 19:45.67 1:53.07	1500m: 27:05.08 1:46.04			
	400m: 6:47.91 1:47.53	800m: 14:08.36 1:50.42	1200m: 21:37.61 1:51.94				
15.	ROCHA Helder Tomas	86	Penafiel	29:09.47		148	7,00
	100m: 1:38.04 1:38.04	500m: 9:24.28 1:58.61	900m: 17:24.28 2:01.54	1300m: 25:21.55 1:58.46			
	200m: 3:30.55 1:52.51	600m: 11:23.18 1:58.90	1000m: 19:23.26 1:58.98	1400m: 27:19.86 1:58.31			
	300m: 5:29.22 1:58.67	700m: 13:22.51 1:59.33	1100m: 21:23.12 1:59.86	1500m: 29:09.47 1:49.61			
	400m: 7:25.67 1:56.45	800m: 15:22.74 2:00.23	1200m: 23:23.09 1:59.97				
16.	RODRIGUEZ Sidney Lucio	86	Amigos da Natacao	30:01.43		135	6,00
	100m: 1:54.12 1:54.12	500m: 10:05.26 2:00.44	900m: 18:07.19 2:00.59	1300m: 26:08.77 2:00.04			
	200m: 3:55.43 2:01.31	600m: 12:06.11 2:00.85	1000m: 20:09.00 2:01.81	1400m: 28:08.55 1:59.78			
	300m: 6:00.17 2:04.74	700m: 14:07.61 2:01.50	1100m: 22:09.11 2:00.11	1500m: 30:01.43 1:52.88			
	400m: 8:04.82 2:04.65	800m: 16:06.60 1:58.99	1200m: 24:08.73 1:59.62				
17.	MONTEIRO Rafael Martins	86	Vilacondense	30:20.20		131	5,00
	100m: 1:43.06 1:43.06	500m: 9:22.76 1:58.09	900m: 17:16.00 1:59.54	1300m: 25:36.78 2:18.87			
	200m: 3:33.05 1:49.99	600m: 11:20.87 1:58.11	1000m: 19:13.77 1:57.77	1400m: 28:06.90 2:30.12			
	300m: 5:26.55 1:53.50	700m: 13:17.53 1:56.66	1100m: 21:14.68 2:00.91	1500m: 30:20.20 2:13.30			
	400m: 7:24.67 1:58.12	800m: 15:16.46 1:58.93	1200m: 23:17.91 2:03.23				
DNS	DAVID Joao Gabriel	87	Masters de Almada				-

Prova 2
22-02-2020
Masc., 1500m Livres
Master Esc C
Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COURAS Ivan Mauricio	81	Fluvial Portuense	19:22.39		692	30,00
	100m: 1:15.51 1:15.51	500m: 6:27.62 1:18.12	900m: 11:41.53 1:18.34	1300m: 16:52.86 1:17.28			
	200m: 2:33.77 1:18.26	600m: 7:45.78 1:18.16	1000m: 12:59.70 1:18.17	1400m: 18:09.41 1:16.55			
	300m: 3:52.15 1:18.38	700m: 9:04.71 1:18.93	1100m: 14:17.59 1:17.89	1500m: 19:22.39 1:12.98			
	400m: 5:09.50 1:17.35	800m: 10:23.19 1:18.48	1200m: 15:35.58 1:17.99				
2.	MANSO Sergio Miguel	84	Funcao Publica	19:45.86		651	26,00
	100m: 1:13.35 1:13.35	500m: 6:27.47 1:19.42	900m: 11:48.23 1:20.80	1300m: 17:08.54 1:19.72			
	200m: 2:30.87 1:17.52	600m: 7:47.21 1:19.74	1000m: 13:08.66 1:20.43	1400m: 18:28.49 1:19.95			
	300m: 3:49.19 1:18.32	700m: 9:07.22 1:20.01	1100m: 14:28.64 1:19.98	1500m: 19:45.86 1:17.37			
	400m: 5:08.05 1:18.86	800m: 10:27.43 1:20.21	1200m: 15:48.82 1:20.18				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
3.	NEVES Jose Pedro	81	Fluvial Portuense	20:19.01		600	22,00
	100m: 1:15.00 1:15.00	500m: 6:35.69 1:20.52	900m: 12:02.51 1:22.43	1300m: 17:33.85 1:23.59			
	200m: 2:33.82 1:18.82	600m: 7:56.27 1:20.58	1000m: 13:24.74 1:22.23	1400m: 18:57.57 1:23.72			
	300m: 3:54.32 1:20.50	700m: 9:18.29 1:22.02	1100m: 14:47.97 1:23.23	1500m: 20:19.01 1:21.44			
	400m: 5:15.17 1:20.85	800m: 10:40.08 1:21.79	1200m: 16:10.26 1:22.29				
4.	MAIA Bruno Santos	81	Vilacondense	21:16.64		522	20,00
	100m: 1:18.57 1:18.57	500m: 6:49.85 1:24.47	900m: 12:33.91 1:26.05	1300m: 18:23.15 1:27.51			
	200m: 2:39.54 1:20.97	600m: 8:15.34 1:25.49	1000m: 14:00.68 1:26.77	1400m: 19:50.31 1:27.16			
	300m: 4:02.07 1:22.53	700m: 9:42.49 1:27.15	1100m: 15:28.16 1:27.48	1500m: 21:16.64 1:26.33			
	400m: 5:25.38 1:23.31	800m: 11:07.86 1:25.37	1200m: 16:55.64 1:27.48				
5.	LOBO Armindo Manuel	84	Vitoria Guimaraes	22:34.91		437	19,00
	100m: 1:22.69 1:22.69	500m: 7:23.72 1:33.42	900m: 13:34.13 1:31.37	1300m: 19:46.22 1:32.43			
	200m: 2:47.78 1:25.09	600m: 8:57.40 1:33.68	1000m: 15:07.12 1:32.99	1400m: 21:14.13 1:27.91			
	300m: 4:17.26 1:29.48	700m: 10:30.86 1:33.46	1100m: 16:40.01 1:32.89	1500m: 22:34.91 1:20.78			
	400m: 5:50.30 1:33.04	800m: 12:02.76 1:31.90	1200m: 18:13.79 1:33.78				
6.	CAMPOS Nuno Andre	81	Gafanha da Encarnacao	22:53.04		419	18,00
	100m: 1:24.67 1:24.67	500m: 7:34.58 1:33.65	900m: 13:46.72 1:33.21	1300m: 19:58.53 1:32.79			
	200m: 2:55.77 1:31.10	600m: 9:06.54 1:31.96	1000m: 15:19.85 1:33.13	1400m: 21:28.43 1:29.90			
	300m: 4:27.95 1:32.18	700m: 10:39.15 1:32.61	1100m: 16:53.49 1:33.64	1500m: 22:53.04 1:24.61			
	400m: 6:00.93 1:32.98	800m: 12:13.51 1:34.36	1200m: 18:25.74 1:32.25				
7.	ROCHA Pedro Morais	83	Geslours	23:08.11		406	17,00
	100m: 1:22.86 1:22.86	500m: 7:28.39 1:32.33	900m: 13:41.69 1:34.78	1300m: 20:06.38 1:36.74			
	200m: 2:52.55 1:29.69	600m: 9:01.00 1:32.61	1000m: 15:16.83 1:35.14	1400m: 21:41.29 1:34.91			
	300m: 4:23.95 1:31.40	700m: 10:33.61 1:32.61	1100m: 16:52.88 1:36.05	1500m: 23:08.11 1:26.82			
	400m: 5:56.06 1:32.11	800m: 12:06.91 1:33.30	1200m: 18:29.64 1:36.76				
8.	AIRES Luis Emanuel	85	Masters de Almada	23:19.04		396	16,00
	100m: 1:23.99 1:23.99	500m: 7:33.21 1:34.88	900m: 13:52.19 1:34.91	1300m: 20:13.64 1:36.48			
	200m: 2:53.50 1:29.51	600m: 9:06.79 1:33.58	1000m: 15:26.82 1:34.63	1400m: 21:49.26 1:35.62			
	300m: 4:24.91 1:31.41	700m: 10:41.67 1:34.88	1100m: 17:01.72 1:34.90	1500m: 23:19.04 1:29.78			
	400m: 5:58.33 1:33.42	800m: 12:17.28 1:35.61	1200m: 18:37.16 1:35.44				
9.	SHER David Julio	84	Ginasio Clube	23:47.08		374	14,00
	100m: 1:22.50 1:22.50	500m: 7:25.68 1:33.60	900m: 13:54.66 1:37.82	1300m: 20:32.87 1:39.71			
	200m: 2:49.85 1:27.35	600m: 9:00.47 1:34.79	1000m: 15:35.22 1:40.56	1400m: 22:09.95 1:37.08			
	300m: 4:20.87 1:31.02	700m: 10:38.04 1:37.57	1100m: 17:13.44 1:38.22	1500m: 23:47.08 1:37.13			
	400m: 5:52.08 1:31.21	800m: 12:16.84 1:38.80	1200m: 18:53.16 1:39.72				
10.	SANTOS Miguel Baceira	84	Amigos da Natacao	23:55.38		367	12,00
	100m: 1:26.27 1:26.27	500m: 7:36.98 1:34.94	900m: 14:09.26 1:38.24	1300m: 20:43.11 1:37.67			
	200m: 2:56.77 1:30.50	600m: 9:13.76 1:36.78	1000m: 15:47.43 1:38.17	1400m: 22:20.94 1:37.83			
	300m: 4:29.07 1:32.30	700m: 10:51.61 1:37.85	1100m: 17:27.08 1:39.65	1500m: 23:55.38 1:34.44			
	400m: 6:02.04 1:32.97	800m: 12:31.02 1:39.41	1200m: 19:05.44 1:38.36				
11.	FIGUEIREDO Francisco Rosario	85	Leixoes	25:07.13		317	11,00
	100m: 1:27.16 1:27.16	500m: 8:04.76 1:40.78	900m: 14:54.43 1:43.87	1300m: 21:47.46 1:43.22			
	200m: 3:03.11 1:35.95	600m: 9:46.62 1:41.86	1000m: 16:38.07 1:43.64	1400m: 23:29.93 1:42.47			
	300m: 4:42.60 1:39.49	700m: 11:29.10 1:42.48	1100m: 18:20.96 1:42.89	1500m: 25:07.13 1:37.20			
	400m: 6:23.98 1:41.38	800m: 13:10.56 1:41.46	1200m: 20:04.24 1:43.28				

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
12.	FERREIRA Gilberto Luis	85	Braga	25:28.50		304	10,00
	100m: 1:34.12 1:34.12	500m: 8:17.41 1:42.29	900m: 15:10.01	1:44.40	1300m: 22:06.59	1:45.08	
	200m: 3:13.59 1:39.47	600m: 9:59.76 1:42.35	1000m: 16:53.87	1:43.86	1400m: 23:52.51	1:45.92	
	300m: 4:53.47 1:39.88	700m: 11:41.95 1:42.19	1100m: 18:36.98	1:43.11	1500m: 25:28.50	1:35.99	
	400m: 6:35.12 1:41.65	800m: 13:25.61 1:43.66	1200m: 20:21.51	1:44.53			
13.	FREITAS Joao Dinis	83	Masters de Almada	26:14.35		278	9,00
	100m: 1:35.14 1:35.14	500m: 8:39.83 1:46.71	900m: 15:50.01	1:47.77	1300m: 22:55.89	1:45.32	
	200m: 3:19.09 1:43.95	600m: 10:25.86 1:46.03	1000m: 17:37.35	1:47.34	1400m: 24:39.44	1:43.55	
	300m: 5:05.53 1:46.44	700m: 12:14.27 1:48.41	1100m: 19:24.93	1:47.58	1500m: 26:14.35	1:34.91	
	400m: 6:53.12 1:47.59	800m: 14:02.24 1:47.97	1200m: 21:10.57	1:45.64			
14.	VENTURA Pedro Manuel	83	Penafiel	26:20.57		275	8,00
	100m: 1:40.46 1:40.46	500m: 8:49.62 1:44.96	900m: 15:52.69	1:46.35	1300m: 22:57.07	1:47.87	
	200m: 3:26.18 1:45.72	600m: 10:33.49 1:43.87	1000m: 17:39.58	1:46.89	1400m: 24:43.94	1:46.87	
	300m: 5:15.74 1:49.56	700m: 12:20.51 1:47.02	1100m: 19:25.68	1:46.10	1500m: 26:20.57	1:36.63	
	400m: 7:04.66 1:48.92	800m: 14:06.34 1:45.83	1200m: 21:09.20	1:43.52			
15.	PIMENTEL Tiago Nuno	85	Braga	26:55.48		257	7,00
	100m: 1:37.02 1:37.02	500m: 8:47.20 1:48.77	900m: 16:03.06	1:49.35	1300m: 23:22.92	1:49.25	
	200m: 3:21.45 1:44.43	600m: 10:35.59 1:48.39	1000m: 17:52.56	1:49.50	1400m: 25:12.13	1:49.21	
	300m: 5:09.90 1:48.45	700m: 12:24.97 1:49.38	1100m: 19:44.20	1:51.64	1500m: 26:55.48	1:43.35	
	400m: 6:58.43 1:48.53	800m: 14:13.71 1:48.74	1200m: 21:33.67	1:49.47			
16.	SILVA Duarte Gomes	84	Estarreja	31:19.39		163	6,00
	100m: 1:45.14 1:45.14	500m: 10:05.68 2:04.19	900m: 18:33.39	2:07.31	1300m: 27:04.81	2:08.29	
	200m: 3:49.20 2:04.06	600m: 12:11.92 2:06.24	1000m: 20:40.88	2:07.49	1400m: 29:18.61	2:13.80	
	300m: 5:55.00 2:05.80	700m: 14:16.73 2:04.81	1100m: 22:50.73	2:09.85	1500m: 31:19.39	2:00.78	
	400m: 8:01.49 2:06.49	800m: 16:26.08 2:09.35	1200m: 24:56.52	2:05.79			
DNS	REGO Ricardo Amorim	84	Leixoes				-
DNS	TAVARES Tiago Sousa	84	Estarreja				-

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

RN Esc D(40-44) 19:06.20 COSTA Rodrigo Marques CNLA Coimbra 24-02-2018

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	COSTA Rodrigo Marques	76	Litoral Alentejano	19:15.87		658	30,00
	100m: 1:14.60 1:14.60	500m: 6:19.22 1:16.81	900m: 11:26.79	1:17.51	1300m: 16:40.20	1:18.46	
	200m: 2:30.35 1:15.75	600m: 7:35.65 1:16.43	1000m: 12:44.41	1:17.62	1400m: 17:55.62	1:15.42	
	300m: 3:46.33 1:15.98	700m: 8:52.28 1:16.63	1100m: 14:02.50	1:18.09	1500m: 19:15.87	1:20.25	
	400m: 5:02.41 1:16.08	800m: 10:09.28 1:17.00	1200m: 15:21.74	1:19.24			
2.	MAGALHAES Helder Jose	78	Palmela	20:54.51		514	26,00
	100m: 1:18.46 1:18.46	500m: 6:52.64 1:24.43	900m: 12:31.16	1:24.00	1300m: 18:08.48	1:24.80	
	200m: 2:40.08 1:21.62	600m: 8:17.57 1:24.93	1000m: 13:55.01	1:23.85	1400m: 19:32.46	1:23.98	
	300m: 4:03.75 1:23.67	700m: 9:41.95 1:24.38	1100m: 15:19.10	1:24.09	1500m: 20:54.51	1:22.05	
	400m: 5:28.21 1:24.46	800m: 11:07.16 1:25.21	1200m: 16:43.68	1:24.58			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
3.	OLIVEIRA Carlos Miguel	78	Estarreja	22:00.08		441	22,00
	100m: 1:19.39 1:19.39	500m: 7:03.13 1:27.52	900m: 12:59.90	1:29.34	1300m: 19:00.08	1:30.63	
	200m: 2:42.79 1:23.40	600m: 8:31.59 1:28.46	1000m: 14:29.48	1:29.58	1400m: 20:31.99	1:31.91	
	300m: 4:08.37 1:25.58	700m: 10:00.95 1:29.36	1100m: 15:59.31	1:29.83	1500m: 22:00.08	1:28.09	
	400m: 5:35.61 1:27.24	800m: 11:30.56 1:29.61	1200m: 17:29.45	1:30.14			
4.	PIRES Miguel Pinheiro	78	Fluvial Portuense	23:35.24		358	20,00
	100m: 1:25.00 1:25.00	500m: 7:42.21 1:35.24	900m: 14:05.24	1:35.23	1300m: 20:27.89	1:36.09	
	200m: 2:57.46 1:32.46	600m: 9:17.05 1:34.84	1000m: 15:39.53	1:34.29	1400m: 22:01.11	1:33.22	
	300m: 4:31.60 1:34.14	700m: 10:52.96 1:35.91	1100m: 17:14.24	1:34.71	1500m: 23:35.24	1:34.13	
	400m: 6:06.97 1:35.37	800m: 12:30.01 1:37.05	1200m: 18:51.80	1:37.56			
5.	ROMEU Nelson Jorge	77	Individual ANMIN	23:44.32		351	19,00
	100m: 1:24.49 1:24.49	500m: 7:44.92 1:36.68	900m: 14:10.11	1:36.83	1300m: 20:41.11	1:37.33	
	200m: 2:56.50 1:32.01	600m: 9:19.79 1:34.87	1000m: 15:48.57	1:38.46	1400m: 22:18.46	1:37.35	
	300m: 4:31.65 1:35.15	700m: 10:56.52 1:36.73	1100m: 17:26.02	1:37.45	1500m: 23:44.32	1:25.86	
	400m: 6:08.24 1:36.59	800m: 12:33.28 1:36.76	1200m: 19:03.78	1:37.76			
6.	OLIVEIRA Jorge Miguel	80	Natacao de Valongo	24:03.75		337	18,00
	100m: 1:27.67 1:27.67	500m: 7:51.78 1:38.01	900m: 14:21.11	1:37.49	1300m: 20:52.27	1:38.37	
	200m: 3:02.06 1:34.39	600m: 9:29.02 1:37.24	1000m: 15:59.52	1:38.41	1400m: 22:30.60	1:38.33	
	300m: 4:37.04 1:34.98	700m: 11:05.53 1:36.51	1100m: 17:36.45	1:36.93	1500m: 24:03.75	1:33.15	
	400m: 6:13.77 1:36.73	800m: 12:43.62 1:38.09	1200m: 19:13.90	1:37.45			
7.	LIMA Joao Pedro	77	Geslours	25:42.12		277	17,00
	100m: 1:33.86 1:33.86	500m: 8:18.39 1:41.43	900m: 15:14.49	1:43.45	1300m: 22:15.79	1:45.85	
	200m: 3:13.63 1:39.77	600m: 10:01.51 1:43.12	1000m: 17:00.02	1:45.53	1400m: 24:01.69	1:45.90	
	300m: 4:54.93 1:41.30	700m: 11:44.42 1:42.91	1100m: 18:45.25	1:45.23	1500m: 25:42.12	1:40.43	
	400m: 6:36.96 1:42.03	800m: 13:31.04 1:46.62	1200m: 20:29.94	1:44.69			
8.	CUNHA Tiago Filipe	76	Amigos da Natacao	25:50.83		272	16,00
	100m: 1:35.92 1:35.92	500m: 8:29.95 1:44.38	900m: 15:30.00	1:46.34	1300m: 22:29.53	1:44.84	
	200m: 3:18.37 1:42.45	600m: 10:14.78 1:44.83	1000m: 17:14.97	1:44.97	1400m: 24:12.31	1:42.78	
	300m: 5:01.34 1:42.97	700m: 11:59.57 1:44.79	1100m: 19:00.61	1:45.64	1500m: 25:50.83	1:38.52	
	400m: 6:45.57 1:44.23	800m: 13:43.66 1:44.09	1200m: 20:44.69	1:44.08			
9.	GONCALVES Nuno Telmo	77	Sporting	26:36.22		249	14,00
	100m: 1:32.58 1:32.58	500m: 8:36.32 1:47.64	900m: 15:50.58	1:48.74	1300m: 23:05.23	1:49.77	
	200m: 3:14.10 1:41.52	600m: 10:25.18 1:48.86	1000m: 17:38.16	1:47.58	1400m: 24:53.91	1:48.68	
	300m: 4:59.96 1:45.86	700m: 12:13.40 1:48.22	1100m: 19:28.07	1:49.91	1500m: 26:36.22	1:42.31	
	400m: 6:48.68 1:48.72	800m: 14:01.84 1:48.44	1200m: 21:15.46	1:47.39			
10.	VILAS Hugo Miguel	78	Porto	27:43.77		220	12,00
	100m: 1:27.50 1:27.50	500m: 8:53.64 1:56.32	900m: 16:35.49	1:54.32	1300m: 24:06.27	1:51.86	
	200m: 3:12.68 1:45.18	600m: 10:49.09 1:55.45	1000m: 18:27.74	1:52.25	1400m: 25:57.88	1:51.61	
	300m: 5:03.65 1:50.97	700m: 12:45.45 1:56.36	1100m: 20:20.47	1:52.73	1500m: 27:43.77	1:45.89	
	400m: 6:57.32 1:53.67	800m: 14:41.17 1:55.72	1200m: 22:14.41	1:53.94			
11.	NOVAIS Jose Orlando	78	Vitoria Guimaraes	27:51.31		217	11,00
	100m: 1:37.04 1:37.04	500m: 8:57.50 1:52.22	900m: 16:28.64	1:53.26	1300m: 24:10.57	1:56.79	
	200m: 3:22.88 1:45.84	600m: 10:49.88 1:52.38	1000m: 18:22.74	1:54.10	1400m: 26:05.48	1:54.91	
	300m: 5:13.27 1:50.39	700m: 12:41.78 1:51.90	1100m: 20:18.28	1:55.54	1500m: 27:51.31	1:45.83	
	400m: 7:05.28 1:52.01	800m: 14:35.38 1:53.60	1200m: 22:13.78	1:55.50			

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
12.	VISEU Nuno Alexandre	77	Leixoes	28:07.33		211	10,00
	100m: 1:46.91 1:46.91	500m: 9:20.59 1:53.57	900m: 16:53.68	1:51.25	1300m: 24:29.94	1:54.64	
	200m: 3:38.98 1:52.07	600m: 11:14.34 1:53.75	1000m: 18:46.52	1:52.84	1400m: 26:24.25	1:54.31	
	300m: 5:32.85 1:53.87	700m: 13:08.15 1:53.81	1100m: 20:40.42	1:53.90	1500m: 28:07.33	1:43.08	
	400m: 7:27.02 1:54.17	800m: 15:02.43 1:54.28	1200m: 22:35.30	1:54.88			
13.	PINTO Sergio Manuel	78	Geslours	29:23.44		185	9,00
	100m: 1:51.33 1:51.33	500m: 9:44.54 1:58.27	900m: 17:34.70	1:57.30	1300m: 25:29.32	1:58.77	
	200m: 3:50.59 1:59.26	600m: 11:41.59 1:57.05	1000m: 19:32.73	1:58.03	1400m: 27:29.14	1:59.82	
	300m: 5:48.08 1:57.49	700m: 13:38.77 1:57.18	1100m: 21:32.12	1:59.39	1500m: 29:23.44	1:54.30	
	400m: 7:46.27 1:58.19	800m: 15:37.40 1:58.63	1200m: 23:30.55	1:58.43			
14.	MOUTINHO Manuel Jose	77	Penafiel	30:28.05		166	8,00
	100m: 1:47.51 1:47.51	500m: 9:49.94 2:03.32	900m: 18:08.17	2:04.30	1300m: 26:24.64	2:05.29	
	200m: 3:45.09 1:57.58	600m: 11:55.80 2:05.86	1000m: 20:12.19	2:04.02	1400m: 28:28.02	2:03.38	
	300m: 5:44.79 1:59.70	700m: 13:59.49 2:03.69	1100m: 22:15.63	2:03.44	1500m: 30:28.05	2:00.03	
	400m: 7:46.62 2:01.83	800m: 16:03.87 2:04.38	1200m: 24:19.35	2:03.72			
15.	SILVA Fernando Alberto	80	Natacao de Valongo	30:53.16		159	7,00
	100m: 1:48.84 1:48.84	500m: 10:02.18 2:04.56	900m: 18:21.72	2:05.75	1300m: 26:47.42	2:04.69	
	200m: 3:49.44 2:00.60	600m: 12:07.34 2:05.16	1000m: 20:28.17	2:06.45	1400m: 28:53.00	2:05.58	
	300m: 5:51.62 2:02.18	700m: 14:11.25 2:03.91	1100m: 22:35.78	2:07.61	1500m: 30:53.16	2:00.16	
	400m: 7:57.62 2:06.00	800m: 16:15.97 2:04.72	1200m: 24:42.73	2:06.95			

Prova 2
22-02-2020
Masc., 1500m Livres
Master Esc E
Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	MACEDO Joao Miguel	74	Leixoes	22:18.82		457	30,00
	100m: 1:22.24 1:22.24	500m: 7:21.72 1:30.53	900m: 13:23.50	1:30.79	1300m: 19:27.37	1:30.65	
	200m: 2:50.98 1:28.74	600m: 8:51.81 1:30.09	1000m: 14:54.69	1:31.19	1400m: 20:57.19	1:29.82	
	300m: 4:20.69 1:29.71	700m: 10:22.20 1:30.39	1100m: 16:25.45	1:30.76	1500m: 22:18.82	1:21.63	
	400m: 5:51.19 1:30.50	800m: 11:52.71 1:30.51	1200m: 17:56.72	1:31.27			
2.	FONSECA Bruno Miguel	73	Salesianos	22:40.61		435	26,00
	100m: 1:20.26 1:20.26	500m: 7:22.29 1:32.11	900m: 13:28.70	1:31.27	1300m: 19:37.94	1:32.77	
	200m: 2:48.64 1:28.38	600m: 8:53.85 1:31.56	1000m: 15:01.45	1:32.75	1400m: 21:11.85	1:33.91	
	300m: 4:19.49 1:30.85	700m: 10:25.53 1:31.68	1100m: 16:32.77	1:31.32	1500m: 22:40.61	1:28.76	
	400m: 5:50.18 1:30.69	800m: 11:57.43 1:31.90	1200m: 18:05.17	1:32.40			
3.	BARROS Francisco Santos	72	Porto	23:26.23		394	22,00
	100m: 1:23.53 1:23.53	500m: 7:38.66 1:35.13	900m: 14:00.49	1:34.71	1300m: 20:22.40	1:36.21	
	200m: 2:54.48 1:30.95	600m: 9:14.09 1:35.43	1000m: 15:35.54	1:35.05	1400m: 21:57.45	1:35.05	
	300m: 4:28.39 1:33.91	700m: 10:49.83 1:35.74	1100m: 17:10.21	1:34.67	1500m: 23:26.23	1:28.78	
	400m: 6:03.53 1:35.14	800m: 12:25.78 1:35.95	1200m: 18:46.19	1:35.98			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
4.	NUNES Miguel Angelo	73	Estarreja	23:31.36		390	20,00
	100m: 1:23.71 1:23.71	500m: 7:35.49 1:33.87	900m: 13:57.22	1:35.78	1300m: 20:24.47 1:37.62		
	200m: 2:54.41 1:30.70	600m: 9:10.44 1:34.95	1000m: 15:33.72	1:36.50	1400m: 22:00.16 1:35.69		
	300m: 4:27.63 1:33.22	700m: 10:45.46 1:35.02	1100m: 17:09.95	1:36.23	1500m: 23:31.36 1:31.20		
	400m: 6:01.62 1:33.99	800m: 12:21.44 1:35.98	1200m: 18:46.85	1:36.90			
5.	SANTOS Urbino Jesus	75	Penafiel	23:44.28		379	19,00
	100m: 1:28.29 1:28.29	500m: 7:48.65 1:35.85	900m: 14:10.14	1:36.15	1300m: 20:34.99 1:36.38		
	200m: 3:02.22 1:33.93	600m: 9:23.73 1:35.08	1000m: 15:46.53	1:36.39	1400m: 22:11.43 1:36.44		
	300m: 4:37.50 1:35.28	700m: 10:58.62 1:34.89	1100m: 17:22.23	1:35.70	1500m: 23:44.28 1:32.85		
	400m: 6:12.80 1:35.30	800m: 12:33.99 1:35.37	1200m: 18:58.61	1:36.38			
6.	PIRES Filipe Pinheiro	73	Foca Quinta da Lixa CNF	23:46.52		377	18,00
	100m: 1:32.95 1:32.95	500m: 7:50.69 1:35.08	900m: 14:15.04	1:36.01	1300m: 20:43.31 1:36.14		
	200m: 3:06.59 1:33.64	600m: 9:26.05 1:35.36	1000m: 15:52.78	1:37.74	1400m: 22:17.00 1:33.69		
	300m: 4:41.09 1:34.50	700m: 11:02.85 1:36.80	1100m: 17:30.97	1:38.19	1500m: 23:46.52 1:29.52		
	400m: 6:15.61 1:34.52	800m: 12:39.03 1:36.18	1200m: 19:07.17	1:36.20			
7.	FIGUEIREDO Jorge Alberto	71	Academico Viseu	24:02.49		365	17,00
	100m: 1:23.74 1:23.74	500m: 7:36.16 1:35.00	900m: 14:05.54	1:38.88	1300m: 20:45.53 1:38.13		
	200m: 2:54.74 1:31.00	600m: 9:12.16 1:36.00	1000m: 15:45.22	1:39.68	1400m: 22:24.77 1:39.24		
	300m: 4:27.17 1:32.43	700m: 10:48.32 1:36.16	1100m: 17:27.03	1:41.81	1500m: 24:02.49 1:37.72		
	400m: 6:01.16 1:33.99	800m: 12:26.66 1:38.34	1200m: 19:07.40	1:40.37			
8.	GOMES Joao Antonio	75	Leixoes	24:16.94		354	16,00
	100m: 1:29.14 1:29.14	500m: 7:59.80 1:37.22	900m: 14:33.56	1:37.66	1300m: 21:05.55 1:38.01		
	200m: 3:06.00 1:36.86	600m: 9:38.01 1:38.21	1000m: 16:11.53	1:37.97	1400m: 22:43.73 1:38.18		
	300m: 4:44.13 1:38.13	700m: 11:16.98 1:38.97	1100m: 17:50.42	1:38.89	1500m: 24:16.94 1:33.21		
	400m: 6:22.58 1:38.45	800m: 12:55.90 1:38.92	1200m: 19:27.54	1:37.12			
9.	MENDES Rui Alberto	75	Fluvial Portuense	24:36.54		340	14,00
	100m: 1:24.27 1:24.27	500m: 8:00.18 1:39.96	900m: 14:39.36	1:39.09	1300m: 21:21.21 1:41.27		
	200m: 3:01.05 1:36.78	600m: 9:40.47 1:40.29	1000m: 16:19.22	1:39.86	1400m: 23:01.94 1:40.73		
	300m: 4:40.21 1:39.16	700m: 11:20.32 1:39.85	1100m: 17:58.98	1:39.76	1500m: 24:36.54 1:34.60		
	400m: 6:20.22 1:40.01	800m: 13:00.27 1:39.95	1200m: 19:39.94	1:40.96			
10.	SA Nuno Manuel	71	Fluvial Portuense	25:09.45		319	12,00
	100m: 1:28.63 1:28.63	500m: 8:16.17 1:42.70	900m: 15:04.09	1:42.81	1300m: 21:52.41 1:41.55		
	200m: 3:07.43 1:38.80	600m: 9:58.13 1:41.96	1000m: 16:46.13	1:42.04	1400m: 23:33.47 1:41.06		
	300m: 4:50.53 1:43.10	700m: 11:39.53 1:41.40	1100m: 18:27.79	1:41.66	1500m: 25:09.45 1:35.98		
	400m: 6:33.47 1:42.94	800m: 13:21.28 1:41.75	1200m: 20:10.86	1:43.07			
11.	FRANCO Ricardo Velho	74	Geslours	25:25.65		308	11,00
	100m: 1:33.25 1:33.25	500m: 8:14.65 1:41.14	900m: 15:06.68	1:44.22	1300m: 22:03.30 1:44.35		
	200m: 3:11.68 1:38.43	600m: 9:57.32 1:42.67	1000m: 16:51.56	1:44.88	1400m: 23:47.38 1:44.08		
	300m: 4:52.77 1:41.09	700m: 11:39.25 1:41.93	1100m: 18:34.91	1:43.35	1500m: 25:25.65 1:38.27		
	400m: 6:33.51 1:40.74	800m: 13:22.46 1:43.21	1200m: 20:18.95	1:44.04			
12.	FERNANDES Ricardo Jorge	72	Natacao de Valongo	25:32.43		304	10,00
	100m: 1:37.55 1:37.55	500m: 8:35.04 1:43.53	900m: 15:23.67	1:43.52	1300m: 22:15.93 1:40.02		
	200m: 3:22.64 1:45.09	600m: 10:17.64 1:42.60	1000m: 17:07.81	1:44.14	1400m: 23:58.02 1:42.09		
	300m: 5:08.70 1:46.06	700m: 11:58.67 1:41.03	1100m: 18:51.62	1:43.81	1500m: 25:32.43 1:34.41		
	400m: 6:51.51 1:42.81	800m: 13:40.15 1:41.48	1200m: 20:35.91	1:44.29			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
13.	OLIVEIRA Sergio Frederico	74	Ginasio Clube	25:39.83		300	9,00
	100m: 1:34.46 1:34.46	500m: 8:17.03 1:41.76	900m: 15:12.77 1:45.81	1300m: 22:12.76 1:45.47			
	200m: 3:13.24 1:38.78	600m: 10:00.67 1:43.64	1000m: 16:57.15 1:44.38	1400m: 23:59.09 1:46.33			
	300m: 4:54.58 1:41.34	700m: 11:43.52 1:42.85	1100m: 18:41.91 1:44.76	1500m: 25:39.83 1:40.74			
	400m: 6:35.27 1:40.69	800m: 13:26.96 1:43.44	1200m: 20:27.29 1:45.38				
14.	OLIVEIRA Pedro Fonseca	74	Fluvial Portuense	25:46.06		296	8,00
	100m: 1:36.42 1:36.42	500m: 8:27.15 1:43.27	900m: 15:26.63 1:45.00	1300m: 22:25.21 1:45.02			
	200m: 3:17.56 1:41.14	600m: 10:12.17 1:45.02	1000m: 17:11.40 1:44.77	1400m: 24:08.51 1:43.30			
	300m: 5:00.47 1:42.91	700m: 11:57.21 1:45.04	1100m: 18:55.36 1:43.96	1500m: 25:46.06 1:37.55			
	400m: 6:43.88 1:43.41	800m: 13:41.63 1:44.42	1200m: 20:40.19 1:44.83				
15.	CUNHA Jose Sizenando	74	Fluvial Portuense	26:06.53		285	7,00
	100m: 1:34.57 1:34.57	500m: 8:28.35 1:44.70	900m: 15:30.31 1:46.35	1300m: 22:36.82 1:46.11			
	200m: 3:15.13 1:40.56	600m: 10:13.61 1:45.26	1000m: 17:16.81 1:46.50	1400m: 24:22.82 1:46.00			
	300m: 4:58.90 1:43.77	700m: 11:57.70 1:44.09	1100m: 19:03.84 1:47.03	1500m: 26:06.53 1:43.71			
	400m: 6:43.65 1:44.75	800m: 13:43.96 1:46.26	1200m: 20:50.71 1:46.87				
16.	SILVA Filipe Miguel	74	Fluvial Portuense	26:15.24		280	6,00
	100m: 1:37.99 1:37.99	500m: 8:43.83 1:45.70	900m: 15:50.06 1:45.43	1300m: 22:52.00 1:42.34			
	200m: 3:22.96 1:44.97	600m: 10:30.41 1:46.58	1000m: 17:36.53 1:46.47	1400m: 24:35.46 1:43.46			
	300m: 5:10.25 1:47.29	700m: 12:17.12 1:46.71	1100m: 19:23.75 1:47.22	1500m: 26:15.24 1:39.78			
	400m: 6:58.13 1:47.88	800m: 14:04.63 1:47.51	1200m: 21:09.66 1:45.91				
17.	FONSECA Eduardo Filipe	74	Leixoes	26:51.82		262	5,00
	100m: 1:40.31 1:40.31	500m: 8:48.16 1:47.44	900m: 16:04.55 1:49.10	1300m: 23:19.57 1:49.40			
	200m: 3:25.74 1:45.43	600m: 10:37.98 1:49.82	1000m: 17:52.48 1:47.93	1400m: 25:10.09 1:50.52			
	300m: 5:13.11 1:47.37	700m: 12:26.53 1:48.55	1100m: 19:41.00 1:48.52	1500m: 26:51.82 1:41.73			
	400m: 7:00.72 1:47.61	800m: 14:15.45 1:48.92	1200m: 21:30.17 1:49.17				
18.	INVERNEIRO Pedro Alexandre	71	Fluvial Portuense	27:05.67		255	4,00
	100m: 1:36.33 1:36.33	500m: 8:48.31 1:49.53	900m: 16:06.45 1:50.77	1300m: 23:32.31 1:50.74			
	200m: 3:21.68 1:45.35	600m: 10:36.81 1:48.50	1000m: 17:58.50 1:52.05	1400m: 25:23.33 1:51.02			
	300m: 5:10.10 1:48.42	700m: 12:26.94 1:50.13	1100m: 19:48.72 1:50.22	1500m: 27:05.67 1:42.34			
	400m: 6:58.78 1:48.68	800m: 14:15.68 1:48.74	1200m: 21:41.57 1:52.85				
19.	PEREIRA Norberto Matos	75	Vitoria Guimaraes	27:22.66		247	3,00
	100m: 1:39.12 1:39.12	500m: 9:01.05 1:51.64	900m: 16:26.38 1:50.11	1300m: 23:50.87 1:49.37			
	200m: 3:27.41 1:48.29	600m: 10:52.88 1:51.83	1000m: 18:18.17 1:51.79	1400m: 25:41.13 1:50.26			
	300m: 5:17.53 1:50.12	700m: 12:44.32 1:51.44	1100m: 20:09.44 1:51.27	1500m: 27:22.66 1:41.53			
	400m: 7:09.41 1:51.88	800m: 14:36.27 1:51.95	1200m: 22:01.50 1:52.06				
20.	SILVA Nuno Miguel	72	Naval Povoense	27:57.33		232	2,00
	100m: 1:40.97 1:40.97	500m: 9:00.39 1:51.65	900m: 16:29.54 1:52.60	1300m: 24:07.90 1:55.05			
	200m: 3:29.27 1:48.30	600m: 10:53.32 1:52.93	1000m: 18:23.28 1:53.74	1400m: 26:04.68 1:56.78			
	300m: 5:19.82 1:50.55	700m: 12:45.27 1:51.95	1100m: 20:18.58 1:55.30	1500m: 27:57.33 1:52.65			
	400m: 7:08.74 1:48.92	800m: 14:36.94 1:51.67	1200m: 22:12.85 1:54.27				
21.	GONCALVES Pedro Nuno	72	Fluvial Portuense	29:18.68		201	-
	100m: 1:48.94 1:48.94	500m: 9:36.18 1:56.17	900m: 17:26.16 1:58.47	1300m: 25:27.80 2:01.02			
	200m: 3:45.99 1:57.05	600m: 11:34.16 1:57.98	1000m: 19:25.62 1:59.46	1400m: 27:26.54 1:58.74			
	300m: 5:42.81 1:56.82	700m: 13:30.25 1:56.09	1100m: 21:25.51 1:59.89	1500m: 29:18.68 1:52.14			
	400m: 7:40.01 1:57.20	800m: 15:27.69 1:57.44	1200m: 23:26.78 2:01.27				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
22.	GUEDES Jorge Miguel	73	Fluvial Portuense	32:11.45		152	-
	100m: 1:48.26 1:48.26	500m: 10:25.33	2:13.45	900m: 19:12.23	2:12.32	1300m: 27:59.26	2:12.23
	200m: 3:52.37 2:04.11	600m: 12:38.37	2:13.04	1000m: 21:24.16	2:11.93	1400m: 30:08.77	2:09.51
	300m: 6:00.18 2:07.81	700m: 14:49.13	2:10.76	1100m: 23:34.00	2:09.84	1500m: 32:11.45	2:02.68
	400m: 8:11.88 2:11.70	800m: 16:59.91	2:10.78	1200m: 25:47.03	2:13.03		
23.	BORREGO Hugo Alexandre	72	Sporting de Aveiro	34:57.50		118	-
	100m: 2:01.41 2:01.41	500m: 11:06.70	2:17.50	900m: 20:49.33	2:26.65	1300m: 30:28.43	2:23.02
	200m: 4:15.09 2:13.68	600m: 13:27.95	2:21.25	1000m: 23:14.13	2:24.80	1400m: 32:50.00	2:21.57
	300m: 6:31.23 2:16.14	700m: 15:54.51	2:26.56	1100m: 25:38.19	2:24.06	1500m: 34:57.50	2:07.50
	400m: 8:49.20 2:17.97	800m: 18:22.68	2:28.17	1200m: 28:05.41	2:27.22		

Prova 2
22-02-2020 Masc., 1500m Livres Master Esc F Resultados

RN Esc F(50-54) 17:51.93 FREITAS Jose Carlos CFP Coimbra 18-04-2015

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	GONCALVES Carlos Guimaraes	70	Fluvial Portuense	21:26.09		556	30,00
	100m: 1:22.23 1:22.23	500m: 7:03.77	1:24.48	900m: 12:44.27	1:26.68	1300m: 18:35.18	1:27.99
	200m: 2:48.64 1:26.41	600m: 8:27.41	1:23.64	1000m: 14:11.81	1:27.54	1400m: 20:03.06	1:27.88
	300m: 4:15.04 1:26.40	700m: 9:51.62	1:24.21	1100m: 15:39.34	1:27.53	1500m: 21:26.09	1:23.03
	400m: 5:39.29 1:24.25	800m: 11:17.59	1:25.97	1200m: 17:07.19	1:27.85		
2.	PEREIRA Jose Manuel	70	Palmela	23:07.79		442	26,00
	100m: 1:25.01 1:25.01	500m: 7:36.95	1:33.30	900m: 13:50.68	1:33.34	1300m: 20:06.61	1:34.79
	200m: 2:56.97 1:31.96	600m: 9:10.65	1:33.70	1000m: 15:24.45	1:33.77	1400m: 21:38.66	1:32.05
	300m: 4:30.10 1:33.13	700m: 10:43.82	1:33.17	1100m: 16:58.16	1:33.71	1500m: 23:07.79	1:29.13
	400m: 6:03.65 1:33.55	800m: 12:17.34	1:33.52	1200m: 18:31.82	1:33.66		
3.	FERREIRA Miguel Jose	70	Leixoes	23:25.18		426	22,00
	100m: 1:24.85 1:24.85	500m: 7:38.53	1:34.52	900m: 13:57.12	1:35.44	1300m: 20:18.92	1:36.03
	200m: 2:56.51 1:31.66	600m: 9:13.01	1:34.48	1000m: 15:32.43	1:35.31	1400m: 21:54.94	1:36.02
	300m: 4:29.40 1:32.89	700m: 10:46.97	1:33.96	1100m: 17:07.75	1:35.32	1500m: 23:25.18	1:30.24
	400m: 6:04.01 1:34.61	800m: 12:21.68	1:34.71	1200m: 18:42.89	1:35.14		
4.	NEVES Paulo Alexandre	66	Leixoes	24:20.96		379	20,00
	100m: 1:28.86 1:28.86	500m: 8:03.38	1:38.74	900m: 14:36.39	1:38.39	1300m: 21:10.83	1:38.57
	200m: 3:06.48 1:37.62	600m: 9:41.15	1:37.77	1000m: 16:15.17	1:38.78	1400m: 22:48.55	1:37.72
	300m: 4:45.48 1:39.00	700m: 11:19.70	1:38.55	1100m: 17:53.48	1:38.31	1500m: 24:20.96	1:32.41
	400m: 6:24.64 1:39.16	800m: 12:58.00	1:38.30	1200m: 19:32.26	1:38.78		
5.	RIBEIRO Celso Fernando	69	Porto	24:31.58		371	19,00
	100m: 1:35.55 1:35.55	500m: 8:13.93	1:40.16	900m: 14:49.99	1:39.54	1300m: 21:26.93	1:38.90
	200m: 3:14.69 1:39.14	600m: 9:52.13	1:38.20	1000m: 16:29.43	1:39.44	1400m: 23:04.25	1:37.32
	300m: 4:54.11 1:39.42	700m: 11:31.20	1:39.07	1100m: 18:08.74	1:39.31	1500m: 24:31.58	1:27.33
	400m: 6:33.77 1:39.66	800m: 13:10.45	1:39.25	1200m: 19:48.03	1:39.29		

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
6.	PEREIRA Artur Jose	69	Geslours	25:18.96		337	18,00
	100m: 1:36.79 1:36.79	500m: 8:19.93 1:41.77	900m: 15:05.63 1:41.90	1300m: 21:55.80 1:43.64			
	200m: 3:16.27 1:39.48	600m: 10:01.26 1:41.33	1000m: 16:48.17 1:42.54	1400m: 23:38.75 1:42.95			
	300m: 4:57.16 1:40.89	700m: 11:42.74 1:41.48	1100m: 18:29.99 1:41.82	1500m: 25:18.96 1:40.21			
	400m: 6:38.16 1:41.00	800m: 13:23.73 1:40.99	1200m: 20:12.16 1:42.17				
7.	ALVES Fernando Jose	69	Salesianos	25:32.26		328	17,00
	100m: 1:34.96 1:34.96	500m: 8:24.69 1:42.63	900m: 15:11.97 1:42.70	1300m: 22:08.33 1:44.87			
	200m: 3:16.20 1:41.24	600m: 10:06.65 1:41.96	1000m: 16:54.00 1:42.03	1400m: 23:53.60 1:45.27			
	300m: 4:59.31 1:43.11	700m: 11:47.23 1:40.58	1100m: 18:38.42 1:44.42	1500m: 25:32.26 1:38.66			
	400m: 6:42.06 1:42.75	800m: 13:29.27 1:42.04	1200m: 20:23.46 1:45.04				
8.	SOUSA Luis Manuel	66	Fluvial Portuense	25:32.68		328	16,00
	100m: 1:29.43 1:29.43	500m: 8:12.65 1:43.94	900m: 15:11.96 1:45.55	1300m: 22:09.85 1:44.99			
	200m: 3:08.02 1:38.59	600m: 9:56.51 1:43.86	1000m: 16:55.90 1:43.94	1400m: 23:54.52 1:44.67			
	300m: 4:47.41 1:39.39	700m: 11:40.98 1:44.47	1100m: 18:40.39 1:44.49	1500m: 25:32.68 1:38.16			
	400m: 6:28.71 1:41.30	800m: 13:26.41 1:45.43	1200m: 20:24.86 1:44.47				
9.	RIBEIRO Antonio Manuel	69	Natacao da Maia	25:53.32		315	14,00
	100m: 1:34.78 1:34.78	500m: 8:27.11 1:43.56	900m: 15:26.61 1:45.03	1300m: 22:25.74 1:45.45			
	200m: 3:16.40 1:41.62	600m: 10:11.70 1:44.59	1000m: 17:11.57 1:44.96	1400m: 24:11.25 1:45.51			
	300m: 4:59.94 1:43.54	700m: 11:56.53 1:44.83	1100m: 18:55.86 1:44.29	1500m: 25:53.32 1:42.07			
	400m: 6:43.55 1:43.61	800m: 13:41.58 1:45.05	1200m: 20:40.29 1:44.43				
10.	FERRAZ Francisco Antonio	70	Pimpoes/Cimai	25:57.35		313	12,00
	100m: 1:36.63 1:36.63	500m: 8:32.78 1:44.10	900m: 15:34.88 1:45.38	1300m: 22:37.79 1:44.79			
	200m: 3:20.12 1:43.49	600m: 10:17.95 1:45.17	1000m: 17:22.04 1:47.16	1400m: 24:21.84 1:44.05			
	300m: 5:04.79 1:44.67	700m: 12:03.78 1:45.83	1100m: 19:07.95 1:45.91	1500m: 25:57.35 1:35.51			
	400m: 6:48.68 1:43.89	800m: 13:49.50 1:45.72	1200m: 20:53.00 1:45.05				
11.	SANTINHA Antonio Manuel	69	Masters de Almada	27:15.74		270	11,00
	100m: 1:43.09 1:43.09	500m: 8:57.21 1:49.15	900m: 16:20.38 1:50.75	1300m: 23:42.67 1:50.22			
	200m: 3:30.73 1:47.64	600m: 10:47.29 1:50.08	1000m: 18:10.47 1:50.09	1400m: 25:32.16 1:49.49			
	300m: 5:19.42 1:48.69	700m: 12:38.47 1:51.18	1100m: 20:01.09 1:50.62	1500m: 27:15.74 1:43.58			
	400m: 7:08.06 1:48.64	800m: 14:29.63 1:51.16	1200m: 21:52.45 1:51.36				
12.	MIRANDA Nuno Nobre	70	Amigos da Natacao	28:02.29		248	10,00
	100m: 1:41.31 1:41.31	500m: 9:08.30 1:51.50	900m: 16:39.59 1:53.71	1300m: 24:18.10 1:54.67			
	200m: 3:32.53 1:51.22	600m: 11:01.31 1:53.01	1000m: 18:33.53 1:53.94	1400m: 26:12.73 1:54.63			
	300m: 5:24.91 1:52.38	700m: 12:53.51 1:52.20	1100m: 20:28.34 1:54.81	1500m: 28:02.29 1:49.56			
	400m: 7:16.80 1:51.89	800m: 14:45.88 1:52.37	1200m: 22:23.43 1:55.09				
13.	ANTUNES Luis Miguel	68	Leixoes	29:54.32		204	9,00
	100m: 1:51.92 1:51.92	500m: 9:58.94 1:55.82	900m: 17:58.88 1:59.33	1300m: 25:59.14 2:01.01			
	200m: 3:55.33 2:03.41	600m: 11:57.94 1:59.00	1000m: 19:58.56 1:59.68	1400m: 27:59.92 2:00.78			
	300m: 6:00.35 2:05.02	700m: 13:57.48 1:59.54	1100m: 21:58.29 1:59.73	1500m: 29:54.32 1:54.40			
	400m: 8:03.12 2:02.77	800m: 15:59.55 2:02.07	1200m: 23:58.13 1:59.84				
14.	CARVALHO Luis Duarte	70	Sporting de Aveiro	30:59.75		183	8,00
	100m: 1:53.64 1:53.64	500m: 10:06.58 2:03.05	900m: 18:30.07 2:08.05	1300m: 26:56.29 2:05.56			
	200m: 3:55.26 2:01.62	600m: 12:10.50 2:03.92	1000m: 20:37.73 2:07.66	1400m: 29:03.31 2:07.02			
	300m: 5:58.87 2:03.61	700m: 14:16.47 2:05.97	1100m: 22:45.29 2:07.56	1500m: 30:59.75 1:56.44			
	400m: 8:03.53 2:04.66	800m: 16:22.02 2:05.55	1200m: 24:50.73 2:05.44				

Torneio de Fundo Masters
Póvoa de Varzim, 22-2-2020



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
15.	LOUREIRO Luis Miguel	68	Fluvial Portuense	31:05.18		182	7,00
	100m: 1:55.71 1:55.71	500m: 10:15.00 2:05.08	900m: 18:35.23	2:04.85	1300m: 26:58.42	2:04.52	
	200m: 3:58.97 2:03.26	600m: 12:19.29 2:04.29	1000m: 20:41.21	2:05.98	1400m: 29:05.22	2:06.80	
	300m: 6:03.98 2:05.01	700m: 14:23.99 2:04.70	1100m: 22:48.34	2:07.13	1500m: 31:05.18	1:59.96	
	400m: 8:09.92 2:05.94	800m: 16:30.38 2:06.39	1200m: 24:53.90	2:05.56			
16.	BAPTISTA Jose Manuel	69	Leixoes	31:40.28		172	6,00
	100m: 1:49.25 1:49.25	500m: 9:56.99 2:06.83	900m: 18:35.21	2:09.35	1300m: 27:18.59	2:11.82	
	200m: 3:46.66 1:57.41	600m: 12:07.27 2:10.28	1000m: 20:44.00	2:08.79	1400m: 29:29.25	2:10.66	
	300m: 5:45.43 1:58.77	700m: 14:15.96 2:08.69	1100m: 22:56.43	2:12.43	1500m: 31:40.28	2:11.03	
	400m: 7:50.16 2:04.73	800m: 16:25.86 2:09.90	1200m: 25:06.77	2:10.34			
17.	SANTOS Sebastiao Ferreira	67	Atletismo Ferreira do Zezere	33:01.68		151	5,00
	100m: 1:56.02 1:56.02	500m: 10:38.84 2:12.46	900m: 19:32.84	2:14.52	1300m: 28:37.00	2:18.70	
	200m: 4:03.13 2:07.11	600m: 12:52.00 2:13.16	1000m: 21:45.25	2:12.41	1400m: 30:53.15	2:16.15	
	300m: 6:14.07 2:10.94	700m: 15:05.93 2:13.93	1100m: 24:02.52	2:17.27	1500m: 33:01.68	2:08.53	
	400m: 8:26.38 2:12.31	800m: 17:18.32 2:12.39	1200m: 26:18.30	2:15.78			
DNF	MACHADO Rui Miguel	70	Vitoria Guimaraes				-

Prova 2
22-02-2020
Masc., 1500m Livres
Master Esc G
Resultados

RN Esc G(55-59) 18:05.10 FREITAS Jose Carlos CFP Coimbra 24-02-2018

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	FREITAS Jose Carlos	63	Individual ANNP	18:26.78		974	30,00
	100m: 1:12.10 1:12.10	500m: 6:09.50 1:14.50	900m: 11:05.79	1:13.94	1300m: 16:03.22	1:14.55	
	200m: 2:26.15 1:14.05	600m: 7:23.86 1:14.36	1000m: 12:19.53	1:13.74	1400m: 17:16.69	1:13.47	
	300m: 3:40.54 1:14.39	700m: 8:37.94 1:14.08	1100m: 13:34.34	1:14.81	1500m: 18:26.78	1:10.09	
	400m: 4:55.00 1:14.46	800m: 9:51.85 1:13.91	1200m: 14:48.67	1:14.33			
2.	DUARTE Jose Samuel	65	Sporting	20:32.27		705	26,00
	100m: 1:19.14 1:19.14	500m: 6:49.63 1:22.58	900m: 12:18.51	1:21.81	1300m: 17:48.46	1:23.06	
	200m: 2:42.11 1:22.97	600m: 8:11.72 1:22.09	1000m: 13:40.86	1:22.35	1400m: 19:11.68	1:23.22	
	300m: 4:04.82 1:22.71	700m: 9:34.05 1:22.33	1100m: 15:03.03	1:22.17	1500m: 20:32.27	1:20.59	
	400m: 5:27.05 1:22.23	800m: 10:56.70 1:22.65	1200m: 16:25.40	1:22.37			
3.	LOBO Nuno Silva	63	Fluvial Portuense	22:18.14		551	22,00
	100m: 1:23.39 1:23.39	500m: 7:17.72 1:29.48	900m: 13:17.71	1:30.34	1300m: 19:23.37	1:32.47	
	200m: 2:50.42 1:27.03	600m: 8:47.35 1:29.63	1000m: 14:47.40	1:29.69	1400m: 20:54.45	1:31.08	
	300m: 4:19.13 1:28.71	700m: 10:17.14 1:29.79	1100m: 16:19.24	1:31.84	1500m: 22:18.14	1:23.69	
	400m: 5:48.24 1:29.11	800m: 11:47.37 1:30.23	1200m: 17:50.90	1:31.66			
4.	TORRES Paulo Francisco	62	Fluvial Portuense	23:36.41		464	20,00
	100m: 1:24.22 1:24.22	500m: 7:39.90 1:35.24	900m: 14:03.11	1:35.85	1300m: 20:26.63	1:36.04	
	200m: 2:56.05 1:31.83	600m: 9:15.66 1:35.76	1000m: 15:38.92	1:35.81	1400m: 22:05.27	1:38.64	
	300m: 4:30.07 1:34.02	700m: 10:51.60 1:35.94	1100m: 17:15.00	1:36.08	1500m: 23:36.41	1:31.14	
	400m: 6:04.66 1:34.59	800m: 12:27.26 1:35.66	1200m: 18:50.59	1:35.59			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
5.	COSTA Armando Joao	63	Colegio SMLamas	23:52.37		449	19,00
	100m: 1:28.37 1:28.37	500m: 7:57.73 1:37.22	900m: 14:24.38	1:36.60	1300m: 20:48.69	1:35.43	
	200m: 3:05.28 1:36.91	600m: 9:34.16 1:36.43	1000m: 16:00.73	1:36.35	1400m: 22:22.61	1:33.92	
	300m: 4:42.55 1:37.27	700m: 11:10.95 1:36.79	1100m: 17:36.84	1:36.11	1500m: 23:52.37	1:29.76	
	400m: 6:20.51 1:37.96	800m: 12:47.78 1:36.83	1200m: 19:13.26	1:36.42			
6.	SEABRA Henrique Luis	61	Fluvial Portuense	24:02.21		440	18,00
	100m: 1:28.18 1:28.18	500m: 7:49.71 1:36.06	900m: 14:13.92	1:36.10	1300m: 20:45.33	1:39.43	
	200m: 3:02.29 1:34.11	600m: 9:26.21 1:36.50	1000m: 15:50.76	1:36.84	1400m: 22:24.08	1:38.75	
	300m: 4:37.65 1:35.36	700m: 11:02.06 1:35.85	1100m: 17:27.76	1:37.00	1500m: 24:02.21	1:38.13	
	400m: 6:13.65 1:36.00	800m: 12:37.82 1:35.76	1200m: 19:05.90	1:38.14			
7.	BARROSO Jose Miguel	62	Fluvial Portuense	24:06.44		436	17,00
	100m: 1:29.06 1:29.06	500m: 8:02.27 1:36.71	900m: 14:33.69	1:36.60	1300m: 21:00.02	1:36.06	
	200m: 3:06.83 1:37.77	600m: 9:39.75 1:37.48	1000m: 16:11.87	1:38.18	1400m: 22:36.51	1:36.49	
	300m: 4:46.29 1:39.46	700m: 11:17.96 1:38.21	1100m: 17:47.74	1:35.87	1500m: 24:06.44	1:29.93	
	400m: 6:25.56 1:39.27	800m: 12:57.09 1:39.13	1200m: 19:23.96	1:36.22			
8.	MARTINS Joao Gao	65	Colegio Monte Maior	24:41.30		406	16,00
	100m: 1:34.03 1:34.03	500m: 8:07.70 1:38.59	900m: 14:43.33	1:39.23	1300m: 21:26.03	1:40.91	
	200m: 3:12.08 1:38.05	600m: 9:46.56 1:38.86	1000m: 16:23.33	1:40.00	1400m: 23:06.58	1:40.55	
	300m: 4:50.23 1:38.15	700m: 11:25.22 1:38.66	1100m: 18:04.22	1:40.89	1500m: 24:41.30	1:34.72	
	400m: 6:29.11 1:38.88	800m: 13:04.10 1:38.88	1200m: 19:45.12	1:40.90			
9.	MARTINHO Antonio Jorge	65	Academica de Coimbra	25:03.53		388	14,00
	100m: 1:29.46 1:29.46	500m: 8:05.11 1:38.70	900m: 14:51.68	1:42.28	1300m: 21:40.85	1:42.94	
	200m: 3:06.92 1:37.46	600m: 9:46.79 1:41.68	1000m: 16:33.86	1:42.18	1400m: 23:23.31	1:42.46	
	300m: 4:46.16 1:39.24	700m: 11:28.21 1:41.42	1100m: 18:15.90	1:42.04	1500m: 25:03.53	1:40.22	
	400m: 6:26.41 1:40.25	800m: 13:09.40 1:41.19	1200m: 19:57.91	1:42.01			
10.	SOSA Antonio Fernando	65	Porto	25:13.46		380	12,00
	100m: 1:33.34 1:33.34	500m: 8:18.88 1:42.23	900m: 15:08.49	1:42.90	1300m: 21:58.81	1:42.53	
	200m: 3:13.46 1:40.12	600m: 10:01.71 1:42.83	1000m: 16:51.46	1:42.97	1400m: 23:37.70	1:38.89	
	300m: 4:54.70 1:41.24	700m: 11:43.39 1:41.68	1100m: 18:34.75	1:43.29	1500m: 25:13.46	1:35.76	
	400m: 6:36.65 1:41.95	800m: 13:25.59 1:42.20	1200m: 20:16.28	1:41.53			
11.	RIBEIRO Jorge Vieira	64	Sporting de Aveiro	25:37.00		363	11,00
	100m: 1:36.48 1:36.48	500m: 8:24.23 1:43.22	900m: 15:18.68	1:43.23	1300m: 22:16.01	1:45.49	
	200m: 3:17.40 1:40.92	600m: 10:07.44 1:43.21	1000m: 17:02.70	1:44.02	1400m: 24:00.36	1:44.35	
	300m: 4:59.08 1:41.68	700m: 11:51.31 1:43.87	1100m: 18:46.06	1:43.36	1500m: 25:37.00	1:36.64	
	400m: 6:41.01 1:41.93	800m: 13:35.45 1:44.14	1200m: 20:30.52	1:44.46			
12.	AMARAL Jose Rui	63	Fluvial Portuense	26:30.16		328	10,00
	100m: 1:38.43 1:38.43	500m: 8:41.01 1:45.85	900m: 15:50.34	1:46.61	1300m: 23:05.93	1:48.72	
	200m: 3:23.21 1:44.78	600m: 10:28.78 1:47.77	1000m: 17:38.31	1:47.97	1400m: 24:52.53	1:46.60	
	300m: 5:08.64 1:45.43	700m: 12:17.88 1:49.10	1100m: 19:27.47	1:49.16	1500m: 26:30.16	1:37.63	
	400m: 6:55.16 1:46.52	800m: 14:03.73 1:45.85	1200m: 21:17.21	1:49.74			
13.	MENESES Pedro Bruno	62	Leixoes	26:39.81		322	9,00
	100m: 1:36.74 1:36.74	500m: 8:47.15 1:47.86	900m: 16:00.68	1:47.71	1300m: 23:13.28	1:47.83	
	200m: 3:22.28 1:45.54	600m: 10:35.36 1:48.21	1000m: 17:49.13	1:48.45	1400m: 25:01.43	1:48.15	
	300m: 5:09.22 1:46.94	700m: 12:24.73 1:49.37	1100m: 19:37.30	1:48.17	1500m: 26:39.81	1:38.38	
	400m: 6:59.29 1:50.07	800m: 14:12.97 1:48.24	1200m: 21:25.45	1:48.15			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
14.	TRIGO Daniel Castro	65	Sporting de Aveiro	26:47.81		317	8,00
	100m: 1:42.59 1:42.59	500m: 8:51.53 1:47.02	900m: 16:02.31 1:47.71	1300m: 23:16.45 1:48.80			
	200m: 3:30.16 1:47.57	600m: 10:39.45 1:47.92	1000m: 17:51.07 1:48.76	1400m: 25:04.96 1:48.51			
	300m: 5:16.83 1:46.67	700m: 12:26.78 1:47.33	1100m: 19:39.64 1:48.57	1500m: 26:47.81 1:42.85			
	400m: 7:04.51 1:47.68	800m: 14:14.60 1:47.82	1200m: 21:27.65 1:48.01				
15.	ALBUQUERQUE Nuno Carlos	64	Braga	29:03.39		249	7,00
	100m: 1:48.31 1:48.31	500m: 9:37.64 1:58.59	900m: 17:29.05 1:57.74	1300m: 25:18.52 1:56.33			
	200m: 3:43.52 1:55.21	600m: 11:36.07 1:58.43	1000m: 19:26.99 1:57.94	1400m: 27:15.61 1:57.09			
	300m: 5:40.95 1:57.43	700m: 13:33.77 1:57.70	1100m: 21:24.70 1:57.71	1500m: 29:03.39 1:47.78			
	400m: 7:39.05 1:58.10	800m: 15:31.31 1:57.54	1200m: 23:22.19 1:57.49				
16.	CARDOSO Vitor Manuel	65	Geslours	29:37.49		235	6,00
	100m: 1:44.72 1:44.72	500m: 9:39.24 1:59.12	900m: 17:35.68 1:59.72	1300m: 25:41.41 2:01.86			
	200m: 3:44.04 1:59.32	600m: 11:37.64 1:58.40	1000m: 19:36.73 2:01.05	1400m: 27:43.22 2:01.81			
	300m: 5:41.34 1:57.30	700m: 13:36.37 1:58.73	1100m: 21:38.44 2:01.71	1500m: 29:37.49 1:54.27			
	400m: 7:40.12 1:58.78	800m: 15:35.96 1:59.59	1200m: 23:39.55 2:01.11				
17.	NEVES Domingos Marques	61	Natacao de Valongo	29:58.81		226	5,00
	100m: 1:49.69 1:49.69	500m: 9:53.48 2:01.09	900m: 17:51.32 2:00.27	1300m: 25:56.17 2:02.58			
	200m: 3:48.59 1:58.90	600m: 11:52.35 1:58.87	1000m: 19:51.72 2:00.40	1400m: 27:58.59 2:02.42			
	300m: 5:50.53 2:01.94	700m: 13:51.50 1:59.15	1100m: 21:52.15 2:00.43	1500m: 29:58.81 2:00.22			
	400m: 7:52.39 2:01.86	800m: 15:51.05 1:59.55	1200m: 23:53.59 2:01.44				
18.	SANTOS Manuel Fernando	61	Gafanha da Encarnacao	29:59.52		226	4,00
	100m: 1:47.46 1:47.46	500m: 9:59.13 2:03.20	900m: 18:03.49 2:01.03	1300m: 26:04.10 1:59.03			
	200m: 3:49.98 2:02.52	600m: 12:01.54 2:02.41	1000m: 20:03.19 1:59.70	1400m: 28:03.56 1:59.46			
	300m: 5:53.81 2:03.83	700m: 14:01.87 2:00.33	1100m: 22:04.59 2:01.40	1500m: 29:59.52 1:55.96			
	400m: 7:55.93 2:02.12	800m: 16:02.46 2:00.59	1200m: 24:05.07 2:00.48				
19.	PINTO Paulo Monteiro	64	Porto	32:11.32		183	3,00
	100m: 1:52.17 1:52.17	500m: 10:27.63 2:09.81	900m: 19:13.15 2:14.05	1300m: 27:54.29 2:09.96			
	200m: 3:59.15 2:06.98	600m: 12:39.83 2:12.20	1000m: 21:24.42 2:11.27	1400m:			
	300m: 6:08.36 2:09.21	700m: 14:47.62 2:07.79	1100m: 23:33.77 2:09.35	1500m: 32:11.32			
	400m: 8:17.82 2:09.46	800m: 16:59.10 2:11.48	1200m: 25:44.33 2:10.56				
20.	PINTO Fernando Manuel	61	Fluvial Portuense	34:59.13		142	2,00
	100m: 2:02.30 2:02.30	500m: 11:21.42 2:23.09	900m: 20:42.97 2:22.41	1300m: 30:22.84 2:26.38			
	200m: 4:19.81 2:17.51	600m: 13:39.69 2:18.27	1000m: 23:08.51 2:25.54	1400m: 32:44.33 2:21.49			
	300m: 6:38.27 2:18.46	700m: 15:59.24 2:19.55	1100m: 25:34.09 2:25.58	1500m: 34:59.13 2:14.80			
	400m: 8:58.33 2:20.06	800m: 18:20.56 2:21.32	1200m: 27:56.46 2:22.37				

Prova 2, Masc., 1500m Livres

Prova 2
22-02-2020

Masc., 1500m Livres

Master Esc H
Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	PINTO Mario Jose	57	Uniao Coimbra	23:33.83		620	30,00
	100m: 1:27.47 1:27.47	500m: 7:47.16 1:34.97	900m: 14:08.73 1:35.54	1300m: 20:29.07 1:34.65			
	200m: 3:01.40 1:33.93	600m: 9:21.99 1:34.83	1000m: 15:44.54 1:35.81	1400m: 22:03.89 1:34.82			
	300m: 4:36.98 1:35.58	700m: 10:57.57 1:35.58	1100m: 17:19.80 1:35.26	1500m: 23:33.83 1:29.94			
	400m: 6:12.19 1:35.21	800m: 12:33.19 1:35.62	1200m: 18:54.42 1:34.62				
2.	SANTOS Luis Lopes	59	Fluvial Portuense	25:17.75		501	26,00
	100m: 1:34.35 1:34.35	500m: 8:23.31 1:41.68	900m: 15:09.23 1:40.77	1300m: 21:58.71 1:43.64			
	200m: 3:15.43 1:41.08	600m: 10:05.02 1:41.71	1000m: 16:50.61 1:41.38	1400m: 23:41.07 1:42.36			
	300m: 4:58.50 1:43.07	700m: 11:46.76 1:41.74	1100m: 18:32.77 1:42.16	1500m: 25:17.75 1:36.68			
	400m: 6:41.63 1:43.13	800m: 13:28.46 1:41.70	1200m: 20:15.07 1:42.30				
3.	MOURA Antonio Coelho	60	Pimpoes/Cimai	26:37.81		429	22,00
	100m: 1:34.70 1:34.70	500m: 8:40.02 1:46.52	900m: 15:52.65 1:48.37	1300m: 23:05.45 1:48.88			
	200m: 3:18.41 1:43.71	600m: 10:28.00 1:47.98	1000m: 17:40.27 1:47.62	1400m: 24:54.00 1:48.55			
	300m: 5:05.63 1:47.22	700m: 12:16.43 1:48.43	1100m: 19:29.12 1:48.85	1500m: 26:37.81 1:43.81			
	400m: 6:53.50 1:47.87	800m: 14:04.28 1:47.85	1200m: 21:16.57 1:47.45				
4.	BARROS Mario Jorge	56	Porto	28:33.39		348	20,00
	100m: 1:46.02 1:46.02	500m: 9:31.79 1:56.43	900m: 17:12.36 1:53.54	1300m: 24:54.54 1:55.19			
	200m: 3:40.63 1:54.61	600m: 11:27.30 1:55.51	1000m: 19:08.45 1:56.09	1400m: 26:47.91 1:53.37			
	300m: 5:38.24 1:57.61	700m: 13:24.04 1:56.74	1100m: 21:03.60 1:55.15	1500m: 28:33.39 1:45.48			
	400m: 7:35.36 1:57.12	800m: 15:18.82 1:54.78	1200m: 22:59.35 1:55.75				
5.	ROCHA Paulo Jorge	59	Fluvial Portuense	29:27.34		317	19,00
	100m: 1:47.80 1:47.80	500m: 9:44.12 1:57.77	900m: 17:38.63 1:57.60	1300m: 25:37.17 2:01.30			
	200m: 3:47.07 1:59.27	600m: 11:43.67 1:59.55	1000m: 19:36.66 1:58.03	1400m: 27:35.13 1:57.96			
	300m: 5:47.24 2:00.17	700m: 13:42.19 1:58.52	1100m: 21:36.12 1:59.46	1500m: 29:27.34 1:52.21			
	400m: 7:46.35 1:59.11	800m: 15:41.03 1:58.84	1200m: 23:35.87 1:59.75				
6.	AZEVEDO Paulo Luis	60	Leixoes	45:02.22		88	18,00
	100m: 2:25.73 2:25.73	500m: 13:28.35 2:59.91	900m: 26:24.94 3:17.75	1300m: 39:07.65 3:04.37			
	200m: 5:01.21 2:35.48	600m: 16:37.06 3:08.71	1000m: 29:40.31 3:15.37	1400m: 42:06.66 2:59.01			
	300m: 7:42.29 2:41.08	700m: 19:49.23 3:12.17	1100m: 32:53.75 3:13.44	1500m: 45:02.22 2:55.56			
	400m: 10:28.44 2:46.15	800m: 23:07.19 3:17.96	1200m: 36:03.28 3:09.53				

Prova 2, Masc., 1500m Livres

Prova 2
22-02-2020

Masc., 1500m Livres

Master Esc I
Resultados

RN Esc I(65-69) 24:23.33 DYSON Stephen Thomas SAD Rio Maior 20-02-2016

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	CORREIA Alberto Vaz <i>Rec Nacional Escalão I</i>	55	Salesianos	22:41.37		784	30,00
	100m: 1:24.31 1:24.31	500m: 7:28.07 1:31.60	900m: 13:35.02 1:31.96	1300m: 19:43.05 1:31.59			
	200m: 2:53.38 1:29.07	600m: 8:59.70 1:31.63	1000m: 15:07.12 1:32.10	1400m: 21:14.78 1:31.73			
	300m: 4:24.74 1:31.36	700m: 10:31.64 1:31.94	1100m: 16:39.03 1:31.91	1500m: 22:41.37 1:26.59			
	400m: 5:56.47 1:31.73	800m: 12:03.06 1:31.42	1200m: 18:11.46 1:32.43				
2.	MENDES Ricardo Antonio	55	Salesianos	24:36.56		615	26,00
	100m: 1:27.00 1:27.00	500m: 8:04.58 1:40.30	900m: 14:45.88 1:41.01	1300m: 21:24.48 1:39.29			
	200m: 3:03.59 1:36.59	600m: 9:45.21 1:40.63	1000m: 16:26.22 1:40.34	1400m: 23:02.63 1:38.15			
	300m: 4:43.22 1:39.63	700m: 11:24.15 1:38.94	1100m: 18:05.98 1:39.76	1500m: 24:36.56 1:33.93			
	400m: 6:24.28 1:41.06	800m: 13:04.87 1:40.72	1200m: 19:45.19 1:39.21				
3.	MELO Mario Jorge	51	Colegio Monte Maior	30:01.35		338	22,00
	100m: 1:53.42 1:53.42	500m: 10:00.73 2:01.10	900m: 18:05.76 2:00.94	1300m: 26:10.43 2:01.43			
	200m: 3:56.60 2:03.18	600m: 12:02.49 2:01.76	1000m: 20:07.28 2:01.52	1400m: 28:10.99 2:00.56			
	300m: 5:58.41 2:01.81	700m: 14:04.19 2:01.70	1100m: 22:08.05 2:00.77	1500m: 30:01.35 1:50.36			
	400m: 7:59.63 2:01.22	800m: 16:04.82 2:00.63	1200m: 24:09.00 2:00.95				
4.	MADAIL Jose Henrique	54	Galitos / Bresimar	30:21.36		327	20,00
	100m: 1:59.74 1:59.74	500m: 10:06.16 2:01.98	900m: 18:19.09 2:03.96	1300m: 26:29.43 2:01.31			
	200m: 4:00.88 2:01.14	600m: 12:08.69 2:02.53	1000m: 20:23.06 2:03.97	1400m: 28:30.07 2:00.64			
	300m: 6:02.87 2:01.99	700m: 14:11.05 2:02.36	1100m: 22:25.63 2:02.57	1500m: 30:21.36 1:51.29			
	400m: 8:04.18 2:01.31	800m: 16:15.13 2:04.08	1200m: 24:28.12 2:02.49				
5.	RAPOSO Jose Alexandre	55	Sporting de Aveiro	31:06.78		304	19,00
	100m: 2:00.37 2:00.37	500m: 10:18.66 2:05.46	900m: 18:37.61 2:05.40	1300m: 26:59.68 2:05.48			
	200m: 4:04.50 2:04.13	600m: 12:23.15 2:04.49	1000m: 20:43.33 2:05.72	1400m: 29:05.80 2:06.12			
	300m: 6:08.00 2:03.50	700m: 14:27.58 2:04.43	1100m: 22:48.05 2:04.72	1500m: 31:06.78 2:00.98			
	400m: 8:13.20 2:05.20	800m: 16:32.21 2:04.63	1200m: 24:54.20 2:06.15				
6.	COELHO Domingos Pinto	52	Alges	32:55.45		256	18,00
	100m: 1:55.78 1:55.78	500m: 10:38.83 2:12.60	900m: 19:35.64 2:14.61	1300m: 28:29.90 2:13.64			
	200m: 4:03.99 2:08.21	600m: 12:50.31 2:11.48	1000m: 21:48.81 2:13.17	1400m: 30:43.47 2:13.57			
	300m: 6:14.05 2:10.06	700m: 15:06.21 2:15.90	1100m: 24:01.89 2:13.08	1500m: 32:55.45 2:11.98			
	400m: 8:26.23 2:12.18	800m: 17:21.03 2:14.82	1200m: 26:16.26 2:14.37				
7.	MARQUES Antonio Jorge	51	Fluvial Portuense	33:18.01		248	17,00
	100m: 2:05.90 2:05.90	500m: 10:56.66 2:12.27	900m: 19:49.68 2:14.20	1300m: 28:49.66 2:15.86			
	200m: 4:19.09 2:13.19	600m: 13:09.83 2:13.17	1000m: 22:04.29 2:14.61	1400m: 31:05.24 2:15.58			
	300m: 6:32.08 2:12.99	700m: 15:22.57 2:12.74	1100m: 24:18.88 2:14.59	1500m: 33:18.01 2:12.77			
	400m: 8:44.39 2:12.31	800m: 17:35.48 2:12.91	1200m: 26:33.80 2:14.92				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
8.	CECILIO Antonio Alves	54	Fluvial Portuense	34:39.74		220	16,00
	100m: 2:10.53 2:10.53	500m: 11:35.30 2:21.18	900m: 20:57.73	2:20.02	1300m: 30:17.64	2:18.10	
	200m: 4:32.12 2:21.59	600m: 13:55.65 2:20.35	1000m: 23:20.64	2:22.91	1400m: 32:33.19	2:15.55	
	300m: 6:53.96 2:21.84	700m: 16:16.56 2:20.91	1100m: 25:42.13	2:21.49	1500m: 34:39.74	2:06.55	
	400m: 9:14.12 2:20.16	800m: 18:37.71 2:21.15	1200m: 27:59.54	2:17.41			
9.	ROSEIRA Joao Luis	55	Fluvial Portuense	36:59.60		181	14,00
	100m: 2:07.38 2:07.38	500m: 11:32.05 2:23.08	900m: 21:31.88	2:36.15	1300m: 31:57.04	2:35.96	
	200m: 4:25.08 2:17.70	600m: 13:56.76 2:24.71	1000m: 24:06.75	2:34.87	1400m: 34:35.31	2:38.27	
	300m: 6:45.26 2:20.18	700m: 16:24.66 2:27.90	1100m: 26:43.28	2:36.53	1500m: 36:59.60	2:24.29	
	400m: 9:08.97 2:23.71	800m: 18:55.73 2:31.07	1200m: 29:21.08	2:37.80			

Prova 2 22-02-2020 Masc., 1500m Livres Master Esc J Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	CABRAL Luis Pereira	49	Academica de Coimbra	40:58.31		151	30,00
	100m: 2:33.11 2:33.11	500m: 13:28.71 2:45.20	900m: 24:34.60	2:46.42	1300m: 35:36.22	2:46.35	
	200m: 5:15.88 2:42.77	600m: 16:15.65 2:46.94	1000m: 27:21.48	2:46.88	1400m: 38:21.93	2:45.71	
	300m: 8:00.13 2:44.25	700m: 19:00.37 2:44.72	1100m: 30:06.39	2:44.91	1500m: 40:58.31	2:36.38	
	400m: 10:43.51 2:43.38	800m: 21:48.18 2:47.81	1200m: 32:49.87	2:43.48			
2.	HORTA Jose Manuel	49	Alges	42:02.85		139	26,00
	100m: 2:37.82 2:37.82	500m: 13:55.03 2:46.20	900m: 25:03.66	2:48.52	1300m: 36:32.33	2:53.22	
	200m: 5:30.22 2:52.40	600m: 16:43.26 2:48.23	1000m: 27:55.53	2:51.87	1400m: 39:23.27	2:50.94	
	300m: 8:20.18 2:49.96	700m: 19:29.61 2:46.35	1100m: 30:46.55	2:51.02	1500m: 42:02.85	2:39.58	
	400m: 11:08.83 2:48.65	800m: 22:15.14 2:45.53	1200m: 33:39.11	2:52.56			

Prova 2 22-02-2020 Masc., 1500m Livres Master Esc K Resultados

RN Esc K(75-79) 38:56.30 RODRIGUES Antonio Alexandre AAC Coimbra 24-02-2018

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	BASTO Antonio Bessone	45	Alges	26:00.81		739	30,00
	<i>Rec Nacional Escalão K, e nos parciais dos 200, 400 e 800m</i>						
	100m: 1:37.04 1:37.04	500m: 8:28.96 1:41.82	900m: 15:24.14	1:44.55	1300m: 22:31.76	1:46.56	
	200m: 3:20.64 1:43.60	600m: 10:12.30 1:43.34	1000m: 17:11.17	1:47.03	1400m: 24:17.40	1:45.64	
	300m: 5:04.00 1:43.36	700m: 11:56.09 1:43.79	1100m: 18:58.16	1:46.99	1500m: 26:00.81	1:43.41	
	400m: 6:47.14 1:43.14	800m: 13:39.59 1:43.50	1200m: 20:45.20	1:47.04			

DNS SALGUEIRO Luis Vidigal 45 Alges -

Prova 2, Masc., 1500m Livres

Prova 2
22-02-2020

Masc., 1500m Livres

Master Esc L
Resultados

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

Pontos: DSV Masters 19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts DSV	Pts Taça
1.	TENREIRO Manuel Monteiro	40	Academica de Coimbra	50:26.16		122	30,00
	100m: 3:00.02 3:00.02	500m: 16:08.25 3:19.29	900m: 29:49.56 3:26.90	1300m: 43:43.54 3:28.93			
	200m: 6:13.51 3:13.49	600m: 19:30.61 3:22.36	1000m: 33:15.46 3:25.90	1400m: 47:14.82 3:31.28			
	300m: 9:29.98 3:16.47	700m: 22:57.93 3:27.32	1100m: 36:47.22 3:31.76	1500m: 50:26.16 3:11.34			
	400m: 12:48.96 3:18.98	800m: 26:22.66 3:24.73	1200m: 40:14.61 3:27.39				