



Campeonato Nacional AA 10Km, 7,5Km e 5Km Categorias - Open  
Abrantes, 19- - 20-5-2018

Prova 3 5000m Livres Absoluto  
20-05-2018 Resultados

Place	Nº	Name	YOB	Club/Nation	Tempo final	diferença
<b>Abs</b>						
1.	7	CAMPOS, Tiago Filipe	1999	Rio Maior	<b>52:10.15</b>	
2.	9	CARVALHO, Jose Paula	1998	Uniao Piedense	<b>52:10.46</b>	+ 0.31
3.	15	GIL, Rafael Lourenco	1996	Individual Lisboa	<b>52:10.90</b>	+ 0.75
4.	11	CORDERO JIMENA, Pablo	2000	Andalucia	<b>52:14.90</b>	+ 4.75
5.	5	BENITEZ DOMINGUEZ, Pablo	2000	Andalucia	<b>52:15.37</b>	+ 5.22
6.	1	ANDRE, Angelica Maria	1994	Fluvial Portuense	<b>52:16.65</b>	+ 6.50
7.	16	NUNES, Diogo Barbosa	2000	Fluvial Portuense	<b>52:17.06</b>	+ 6.91
8.	3	BARBARA, Goncalo Gualberto	2000	Rio Maior	<b>52:56.78</b>	+ 46.63
9.	32	FROTA, Paulo Andre	2002	CASP AE	<b>53:21.68</b>	+ 1:11.53
10.	55	ROSA, Mafalda Sofia	2003	Rio Maior	<b>53:23.50</b>	+ 1:13.35
11.	22	SAMPAIO, Jose Pedro	1998	Fluvial Portuense	<b>54:18.06</b>	+ 2:07.91
12.	17	NUNES, Rafael Filipe	1996	Benfica	<b>54:21.34</b>	+ 2:11.19
13.	51	MACHADO, Martim Miranda	2003	Uniao Coimbra	<b>54:41.62</b>	+ 2:31.47
14.	44	CLARO MARTINEZ, Maria	2002	Andalucia	<b>54:57.87</b>	+ 2:47.72
15.	8	CARVALHO, Eva Guerreiro	1999	Benfica	<b>55:05.75</b>	+ 2:55.60
16.	53	OLIVEIRA, Vitor Teixeira	2003	Columbofila Cantanhedense	<b>55:11.15</b>	+ 3:01.00
17.	41	BONANCA, Mario Andre	1990	Sporting	<b>55:16.00</b>	+ 3:05.85
18.	56	SOUSA, Diogo Nunes	2003	Vitoria Guimaraes	<b>57:18.84</b>	+ 5:08.69
19.	18	PEINADO MORALES, Irene	1994	Andalucia	<b>57:46.34</b>	+ 5:36.19
20.	37	QUEIROZ, Ana Rita	2002	CASP AE	<b>57:51.34</b>	+ 5:41.19
21.	31	FRAZAO, Alexandra Couto	2002	CASP AE	<b>57:54.93</b>	+ 5:44.78
22.	47	FLORENCIO, Matilde Alves	2004	CASP AE	<b>57:58.03</b>	+ 5:47.88
23.	46	DIAS, Sergio Eduardo	2000	Aquatico Pacense	<b>1:00:40.40</b>	+ 8:30.25
24.	57	SOUSA, Ines Matos	2003	Uniao Coimbra	<b>1:01:02.53</b>	+ 8:52.38
25.	12	FERNANDES, Maria Joao	1997	Fluvial Portuense	<b>1:01:18.09</b>	+ 9:07.94
26.	43	CARVALHO, Beatriz Moreira	2003	Rio Maior	<b>1:01:29.56</b>	+ 9:19.41
27.	48	FONSECA, Laura Luz	2003	Naval de Ponta Delgada	<b>1:02:11.31</b>	+ 10:01.16
28.	38	TRAVASSOS, Rodrigo Alexandre	2002	CASP AE	<b>1:02:43.68</b>	+ 10:33.53
29.	49	LEAL, Dinis Barros	2003	Aquatico Pacense	<b>1:02:59.87</b>	+ 10:49.72
30.	42	BORGES, Rafael Braga	2003	Naval de Ponta Delgada	<b>1:04:17.56</b>	+ 12:07.41
31.	54	PINTO, Bruna Filipa	2003	CASP AE	<b>1:04:22.71</b>	+ 12:12.56
32.	58	TEIXEIRA, Pedro Rui	2003	Aquatico Pacense	<b>1:06:43.25</b>	+ 14:33.10
33.	59	TEJO, Sara Sofia	2003	CASP AE	<b>1:09:44.43</b>	+ 17:34.28
34.	40	BARBADO, Sofia Correia	2003	Aleatico Montemor	<b>1:09:48.09</b>	+ 17:37.94
35.	52	MAGALHAES, Ines Filipa	2002	Aquatico Pacense	<b>1:10:24.93</b>	+ 18:14.78
36.	45	CRUZ, Ines Dias	2004	CASP AE	<b>1:10:54.21</b>	+ 18:44.06
37.	50	LOPES, Melissa Helena	2000	Litoral Alentejano	<b>1:11:03.68</b>	+ 18:53.53
38.	39	ANTUNES, Jose Joao	2003	FC Ferreiras/AlgarExperience	<b>1:18:26.50</b>	+ 26:16.35

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Abs Masc, Masc.

1.	7	CAMPOS, Tiago Filipe	1999	Rio Maior	<b>52:10.15</b>	
2.	9	CARVALHO, Jose Paula	1998	Uniao Piedense	<b>52:10.46</b>	+ 0.31
3.	15	GIL, Rafael Lourenco	1996	Individual Lisboa	<b>52:10.90</b>	+ 0.75
4.	11	CORDERO JIMENA, Pablo	2000	Andalucia	<b>52:14.90</b>	+ 4.75
5.	5	BENITEZ DOMINGUEZ, Pablo	2000	Andalucia	<b>52:15.37</b>	+ 5.22
6.	16	NUNES, Diogo Barbosa	2000	Fluvial Portuense	<b>52:17.06</b>	+ 6.91
7.	3	BARBARA, Goncalo Gualberto	2000	Rio Maior	<b>52:56.78</b>	+ 46.63
8.	32	FROTA, Paulo Andre	2002	CASPAE	<b>53:21.68</b>	+ 1:11.53
9.	22	SAMPAIO, Jose Pedro	1998	Fluvial Portuense	<b>54:18.06</b>	+ 2:07.91
10.	17	NUNES, Rafael Filipe	1996	Benfica	<b>54:21.34</b>	+ 2:11.19
11.	51	MACHADO, Martim Miranda	2003	Uniao Coimbra	<b>54:41.62</b>	+ 2:31.47
12.	53	OLIVEIRA, Vitor Teixeira	2003	Columbofila Cantanhedense	<b>55:11.15</b>	+ 3:01.00
13.	41	BONANCA, Mario Andre	1990	Sporting	<b>55:16.00</b>	+ 3:05.85
14.	56	SOUSA, Diogo Nunes	2003	Vitoria Guimaraes	<b>57:18.84</b>	+ 5:08.69
15.	46	DIAS, Sergio Eduardo	2000	Aquatico Pacense	<b>1:00:40.40</b>	+ 8:30.25
16.	38	TRAVASSOS, Rodrigo Alexandre	2002	CASPAE	<b>1:02:43.68</b>	+ 10:33.53
17.	49	LEAL, Dinis Barros	2003	Aquatico Pacense	<b>1:02:59.87</b>	+ 10:49.72
18.	42	BORGES, Rafael Braga	2003	Naval de Ponta Delgada	<b>1:04:17.56</b>	+ 12:07.41
19.	58	TEIXEIRA, Pedro Rui	2003	Aquatico Pacense	<b>1:06:43.25</b>	+ 14:33.10
20.	39	ANTUNES, Jose Joao	2003	FC Ferreiras/AlgarExperience	<b>1:18:26.50</b>	+ 26:16.35

Abs Fem, Femin.

1.	1	ANDRE, Angelica Maria	1994	Fluvial Portuense	<b>52:16.65</b>	
2.	55	ROSA, Mafalda Sofia	2003	Rio Maior	<b>53:23.50</b>	+ 1:06.85
3.	44	CLARO MARTINEZ, Maria	2002	Andalucia	<b>54:57.87</b>	+ 2:41.22
4.	8	CARVALHO, Eva Guerreiro	1999	Benfica	<b>55:05.75</b>	+ 2:49.10
5.	18	PEINADO MORALES, Irene	1994	Andalucia	<b>57:46.34</b>	+ 5:29.69
6.	37	QUEIROZ, Ana Rita	2002	CASPAE	<b>57:51.34</b>	+ 5:34.69
7.	31	FRAZAO, Alexandra Couto	2002	CASPAE	<b>57:54.93</b>	+ 5:38.28
8.	47	FLORENCIO, Matilde Alves	2004	CASPAE	<b>57:58.03</b>	+ 5:41.38
9.	57	SOUSA, Ines Matos	2003	Uniao Coimbra	<b>1:01:02.53</b>	+ 8:45.88
10.	12	FERNANDES, Maria Joao	1997	Fluvial Portuense	<b>1:01:18.09</b>	+ 9:01.44
11.	43	CARVALHO, Beatriz Moreira	2003	Rio Maior	<b>1:01:29.56</b>	+ 9:12.91
12.	48	FONSECA, Laura Luz	2003	Naval de Ponta Delgada	<b>1:02:11.31</b>	+ 9:54.66
13.	54	PINTO, Bruna Filipa	2003	CASPAE	<b>1:04:22.71</b>	+ 12:06.06
14.	59	TEJO, Sara Sofia	2003	CASPAE	<b>1:09:44.43</b>	+ 17:27.78
15.	40	BARBADO, Sofia Correia	2003	A Atletico Montemor	<b>1:09:48.09</b>	+ 17:31.44
16.	52	MAGALHAES, Ines Filipa	2002	Aquatico Pacense	<b>1:10:24.93</b>	+ 18:08.28
17.	45	CRUZ, Ines Dias	2004	CASPAE	<b>1:10:54.21</b>	+ 18:37.56
18.	50	LOPES, Melissa Helena	2000	Litoral Alentejano	<b>1:11:03.68</b>	+ 18:47.03

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AA1415

1.	55	ROSA, Mafalda Sofia	2003	Rio Maior	<b>53:23.50</b>	
2.	51	MACHADO, Martim Miranda	2003	Uniao Coimbra	<b>54:41.62</b>	+ 1:18.12
3.	53	OLIVEIRA, Vitor Teixeira	2003	Columbofila Cantanhedense	<b>55:11.15</b>	+ 1:47.65
4.	56	SOUSA, Diogo Nunes	2003	Vitoria Guimaraes	<b>57:18.84</b>	+ 3:55.34
5.	47	FLORENCIO, Matilde Alves	2004	CASPAE	<b>57:58.03</b>	+ 4:34.53
6.	57	SOUSA, Ines Matos	2003	Uniao Coimbra	<b>1:01:02.53</b>	+ 7:39.03
7.	43	CARVALHO, Beatriz Moreira	2003	Rio Maior	<b>1:01:29.56</b>	+ 8:06.06
8.	48	FONSECA, Laura Luz	2003	Naval de Ponta Delgada	<b>1:02:11.31</b>	+ 8:47.81
9.	49	LEAL, Dinis Barros	2003	Aquatico Pacense	<b>1:02:59.87</b>	+ 9:36.37
10.	42	BORGES, Rafael Braga	2003	Naval de Ponta Delgada	<b>1:04:17.56</b>	+ 10:54.06
11.	54	PINTO, Bruna Filipa	2003	CASPAE	<b>1:04:22.71</b>	+ 10:59.21
12.	58	TEIXEIRA, Pedro Rui	2003	Aquatico Pacense	<b>1:06:43.25</b>	+ 13:19.75
13.	59	TEJO, Sara Sofia	2003	CASPAE	<b>1:09:44.43</b>	+ 16:20.93
14.	40	BARBADO, Sofia Correia	2003	Atletico Montemor	<b>1:09:48.09</b>	+ 16:24.59
15.	45	CRUZ, Ines Dias	2004	CASPAE	<b>1:10:54.21</b>	+ 17:30.71
16.	39	ANTUNES, Jose Joao	2003	FC Ferreiras/AlgarExperience	<b>1:18:26.50</b>	+ 25:03.00

AA15 Masc, Masc.

1.	51	MACHADO, Martim Miranda	2003	Uniao Coimbra	<b>54:41.62</b>	
2.	53	OLIVEIRA, Vitor Teixeira	2003	Columbofila Cantanhedense	<b>55:11.15</b>	+ 29.53
3.	56	SOUSA, Diogo Nunes	2003	Vitoria Guimaraes	<b>57:18.84</b>	+ 2:37.22
4.	49	LEAL, Dinis Barros	2003	Aquatico Pacense	<b>1:02:59.87</b>	+ 8:18.25
5.	42	BORGES, Rafael Braga	2003	Naval de Ponta Delgada	<b>1:04:17.56</b>	+ 9:35.94
6.	58	TEIXEIRA, Pedro Rui	2003	Aquatico Pacense	<b>1:06:43.25</b>	+ 12:01.63
7.	39	ANTUNES, Jose Joao	2003	FC Ferreiras/AlgarExperience	<b>1:18:26.50</b>	+ 23:44.88

AA1415 Fem, Femin.

1.	55	ROSA, Mafalda Sofia	2003	Rio Maior	<b>53:23.50</b>	
2.	47	FLORENCIO, Matilde Alves	2004	CASPAE	<b>57:58.03</b>	+ 4:34.53
3.	57	SOUSA, Ines Matos	2003	Uniao Coimbra	<b>1:01:02.53</b>	+ 7:39.03
4.	43	CARVALHO, Beatriz Moreira	2003	Rio Maior	<b>1:01:29.56</b>	+ 8:06.06
5.	48	FONSECA, Laura Luz	2003	Naval de Ponta Delgada	<b>1:02:11.31</b>	+ 8:47.81
6.	54	PINTO, Bruna Filipa	2003	CASPAE	<b>1:04:22.71</b>	+ 10:59.21
7.	59	TEJO, Sara Sofia	2003	CASPAE	<b>1:09:44.43</b>	+ 16:20.93
8.	40	BARBADO, Sofia Correia	2003	Atletico Montemor	<b>1:09:48.09</b>	+ 16:24.59
9.	45	CRUZ, Ines Dias	2004	CASPAE	<b>1:10:54.21</b>	+ 17:30.71