

Campeonato Nacional Longa Distancia FQ  
Povoa de Varzim, 1-3-2014

1 - Sábado - 1ª Sessão

01-03-2014 - 10:00

Prova 1 Juvénis  
01-03-2014 - 10:00 Resultados  
Camp Nac Longa Distancia 13-04-2013  
Pontos: FINA 2013

Masc., 3000m Livres

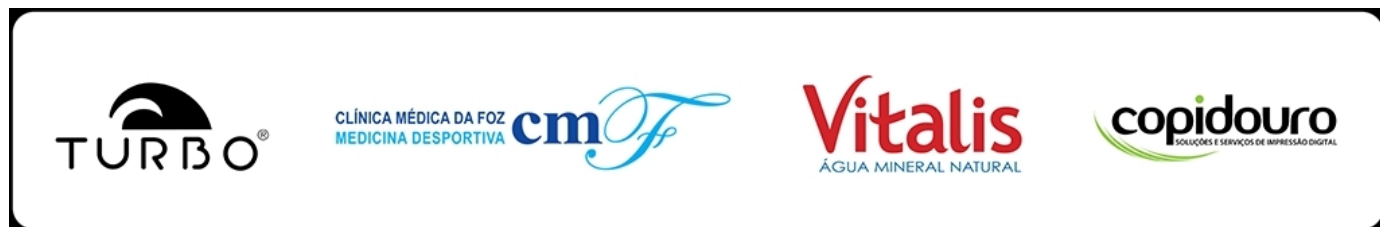
Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Diogo Manuel, MARQUES	M	118567	98	Columbofilia Cantanhedense	<b>34:38.55</b>	588	
	100m: 1:07.47		900m: 10:20.09		1:09.23	1700m: 19:37.19		1:09.69
	200m: 2:16.03		1000m: 11:29.36		1:09.27	1800m: 20:46.30		1:09.11
	300m: 3:24.59		1100m: 12:38.67		1:09.31	1900m: 21:55.48		1:09.18
	400m: 4:34.52		1200m: 13:47.97		1:09.30	2000m: 23:04.75		1:09.27
	500m: 5:44.01		1300m: 14:58.07		1:10.10	2100m: 24:13.51		1:08.76
	600m: 6:52.67		1400m: 16:08.15		1:10.08	2200m: 25:22.36		1:08.85
	700m: 8:01.71		1500m: 17:18.32		1:10.17	2300m: 26:31.12		1:08.76
	800m: 9:10.86		1600m: 18:27.50		1:09.18	2400m: 27:40.78		1:09.66
2.	Leandro Fernandes, MOTA	M	106760	98	Columbofilia Cantanhedense	<b>36:36.91</b>	498	
	100m: 1:08.34		900m: 10:46.57		1:15.33	1700m: 20:43.57		1:13.81
	200m: 2:19.87		1000m: 12:01.01		1:14.44	1800m: 21:55.46		1:11.89
	300m: 3:33.61		1100m: 13:16.33		1:15.32	1900m: 23:05.24		1:09.78
	400m: 4:45.14		1200m: 14:31.14		1:14.81	2000m: 24:16.88		1:11.64
	500m: 5:55.76		1300m: 15:45.89		1:14.75	2100m: 25:29.68		1:12.80
	600m: 7:07.12		1400m: 17:00.36		1:14.47	2200m: 26:44.21		1:14.53
	700m: 8:18.36		1500m: 18:14.44		1:14.08	2300m: 27:59.29		1:15.08
	800m: 9:31.24		1600m: 19:29.76		1:15.32	2400m: 29:14.19		1:14.90
3.	Jose Pedro, SAMPAIO	M	108295	98	Foca - CNF	<b>36:59.20</b>	483	
	100m: 1:09.00		900m: 10:52.14		1:13.84	1700m: 20:42.84		1:14.05
	200m: 2:19.79		1000m: 12:06.63		1:14.49	1800m: 21:57.36		1:14.52
	300m: 3:31.48		1100m: 13:19.93		1:13.30	1900m: 23:13.63		1:16.27
	400m: 4:44.17		1200m: 14:33.93		1:14.00	2000m: 24:29.42		1:15.79
	500m: 5:56.42		1300m: 15:47.47		1:13.54	2100m: 25:44.16		1:14.74
	600m: 7:09.86		1400m: 17:00.93		1:13.46	2200m: 26:59.37		1:15.21
	700m: 8:23.91		1500m: 18:14.76		1:13.83	2300m: 28:13.98		1:14.61
	800m: 9:38.30		1600m: 19:28.79		1:14.03	2400m: 29:29.27		1:15.29
4.	Pedro Miguel, LINO	M	104724	98	Gespacos	<b>37:11.78</b>	475	
	100m: 1:10.58		900m: 11:10.28		1:14.29	1700m: 21:04.26		1:13.65
	200m: 2:24.56		1000m: 12:24.56		1:14.10	1800m: 22:17.66		1:13.40
	300m: 3:40.06		1100m: 13:39.31		1:14.93	1900m: 23:31.77		1:14.11
	400m: 4:55.43		1200m: 14:53.74		1:14.43	2000m: 24:46.85		1:15.08
	500m: 6:10.58		1300m: 16:07.86		1:14.12	2100m: 26:01.59		1:14.74
	600m: 7:26.25		1400m: 17:22.24		1:14.38	2200m: 27:16.60		1:15.01
	700m: 8:41.43		1500m: 18:36.68		1:14.44	2300m: 28:32.27		1:15.67
	800m: 9:55.99		1600m: 19:50.61		1:13.93	2400m: 29:46.96		1:14.69
5.	Alexandre Magno, CARVALHO	M	108284	98	Fluvial Portuense	<b>37:25.66</b>	466	
	100m: 1:09.89		900m: 11:01.57		1:14.71	1700m: 21:02.70		1:15.46
	200m: 2:23.00		1000m: 12:16.73		1:15.16	1800m: 22:18.15		1:15.45
	300m: 3:36.28		1100m: 13:31.90		1:15.17	1900m: 23:32.98		1:14.83
	400m: 4:49.49		1200m: 14:46.70		1:14.80	2000m: 24:48.45		1:15.47
	500m: 6:03.77		1300m: 16:01.97		1:15.27	2100m: 26:04.29		1:15.84
	600m: 7:18.13		1400m: 17:17.09		1:15.12	2200m: 27:20.16		1:15.87
	700m: 8:32.37		1500m: 18:32.24		1:15.15	2300m: 28:36.25		1:16.09
	800m: 9:46.86		1600m: 19:47.24		1:15.00	2400m: 29:52.90		1:16.65
6.	Rui Jorge, MATIAS	M	107735	99	Vilacondense	<b>37:48.03</b>	453	
	100m: 1:11.11		900m: 11:13.76		1:17.54	1700m: 21:25.33		1:17.05
	200m: 2:24.43		1000m: 12:30.65		1:16.89	1800m: 22:41.11		1:15.78
	300m: 3:38.39		1100m: 13:46.29		1:15.64	1900m: 23:57.03		1:15.92
	400m: 4:53.05		1200m: 15:02.58		1:16.29	2000m: 25:12.92		1:15.89
	500m: 6:09.31		1300m: 16:19.11		1:16.53	2100m: 26:28.76		1:15.84
	600m: 7:25.29		1400m: 17:34.77		1:15.66	2200m: 27:43.89		1:15.13
	700m: 8:41.24		1500m: 18:51.79		1:17.02	2300m: 29:02.12		1:18.23
	800m: 9:56.22		1600m: 20:08.28		1:16.49	2400m: 30:17.38		1:15.26
7.	Joao Francisco, MACHADO	M	112489	99	Académica de Coimbra	<b>37:51.98</b>	450	
	100m: 1:11.28		900m: 11:10.82		1:15.16	1700m: 21:20.57		1:16.65
	200m: 2:26.01		1000m: 12:27.00		1:16.18	1800m: 22:37.20		1:16.63
	300m: 3:41.76		1100m: 13:42.71		1:15.71	1900m: 23:53.97		1:16.77
	400m: 4:57.17		1200m: 14:58.84		1:16.13	2000m: 25:10.64		1:16.67
	500m: 6:12.18		1300m: 16:14.65		1:15.81	2100m: 26:26.98		1:16.34
	600m: 7:26.44		1400m: 17:30.61		1:15.96	2200m: 27:44.03		1:17.05
	700m: 8:40.83		1500m: 18:47.93		1:17.32	2300m: 29:00.87		1:16.84
	800m: 9:55.66		1600m: 20:03.92		1:15.99	2400m: 30:17.18		1:16.31



Campeonato Nacional Longa Distancia FQ  
Povoa de Varzim, 1-3-2014

Prova 1, Masc., 3000m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8.	Daniel Filipe, PAIVA	M	110265	98	Miranda do Corvo	<b>38:32.61</b>	427	
	100m:		900m:		1700m:	2500m:		
	200m:		1000m:		1800m:	2600m:		
	300m:		1100m:		1900m:	2700m:		
	400m:		1200m:		2000m:	2800m:		
	500m:		1300m:		2100m:	2900m:		
	600m:		1400m:		2200m:	3000m:	38:32.61	
	700m:		1500m:		2300m:			
	800m:		1600m:		2400m:			
9.	Joao Alberto, GONDAR	M	111545	98	Vilacondense	<b>38:50.56</b>	417	
	100m: 1:10.33	1:10.33	900m: 11:27.98	1:18.13	1700m: 21:53.74	1:18.24	2500m: 32:20.91	1:18.51
	200m: 2:24.75	1:14.42	1000m: 12:45.95	1:17.97	1800m: 23:11.51	1:17.77	2600m: 33:39.91	1:19.00
	300m: 3:40.88	1:16.13	1100m: 14:03.67	1:17.72	1900m: 24:29.38	1:17.87	2700m: 35:00.37	1:20.46
	400m: 4:58.23	1:17.35	1200m: 15:21.83	1:18.16	2000m: 25:47.34	1:17.96	2800m: 36:19.16	1:18.79
	500m: 6:15.81	1:17.58	1300m: 16:40.83	1:19.00	2100m: 27:04.78	1:17.44	2900m: 37:37.54	1:18.38
	600m: 7:33.29	1:17.48	1400m: 17:59.40	1:18.57	2200m: 28:23.70	1:18.92	3000m: 38:50.56	1:13.02
	700m: 8:51.14	1:17.85	1500m: 19:17.34	1:17.94	2300m: 29:42.81	1:19.11		
	800m: 10:09.85	1:18.71	1600m: 20:35.50	1:18.16	2400m: 31:02.40	1:19.59		
10.	Tomas Martins, ARAUJO	M	104481	99	Fluvial Portuense	<b>39:31.50</b>	396	
	100m:		900m:		1700m:	2500m:		
	200m:		1000m:		1800m:	2600m:		
	300m:		1100m:		1900m:	2700m:		
	400m:		1200m:		2000m:	2800m:		
	500m:		1300m:		2100m:	2900m:		
	600m:		1400m:		2200m:	3000m:	39:31.50	
	700m:		1500m:		2300m:			
	800m:		1600m:		2400m:			
11.	Pedro Ribeiro, SANTOS	M	118977	98	Condeixa Aqna Clube	<b>39:31.92</b>	396	
	100m:		900m:		1700m:	2500m:		
	200m:		1000m:		1800m:	2600m:		
	300m:		1100m:		1900m:	2700m:		
	400m:		1200m:		2000m:	2800m:		
	500m:		1300m:		2100m:	2900m:		
	600m:		1400m:		2200m:	3000m:	39:31.92	
	700m:		1500m:		2300m:			
	800m:		1600m:		2400m:			
12.	Daniel Silva, BESSA	M	123018	99	Gespacos	<b>39:43.46</b>	390	
	100m:		900m:		1700m:	2500m:		
	200m:		1000m:		1800m:	2600m:		
	300m:		1100m:		1900m:	2700m:		
	400m:		1200m:		2000m:	2800m:		
	500m:		1300m:		2100m:	2900m:		
	600m:		1400m:		2200m:	3000m:	39:43.46	
	700m:		1500m:		2300m:			
	800m:		1600m:		2400m:			
13.	Joao Pedro, GOMES	M	109733	99	Miranda do Corvo	<b>40:05.55</b>	379	
	100m:		900m:		1700m:	2500m:		
	200m:		1000m:		1800m:	2600m:		
	300m:		1100m:		1900m:	2700m:		
	400m:		1200m:		2000m:	2800m:		
	500m:		1300m:		2100m:	2900m:		
	600m:		1400m:		2200m:	3000m:	40:05.55	
	700m:		1500m:		2300m:			
	800m:		1600m:		2400m:			
14.	Tiago Andre, CARVALHO	M	105079	99	Académica de Coimbra	<b>40:19.93</b>	373	
	100m:		900m:		1700m:	2500m:		
	200m:		1000m:		1800m:	2600m:		
	300m:		1100m:		1900m:	2700m:		
	400m:		1200m:		2000m:	2800m:		
	500m:		1300m:		2100m:	2900m:		
	600m:		1400m:		2200m:	3000m:	40:19.93	
	700m:		1500m:		2300m:			
	800m:		1600m:		2400m:			
15.	Diogo Pnao, MENEZES	M	119416	98	Condeixa Aqna Clube	<b>41:11.66</b>	350	
	100m:		900m:		1700m:	2500m:		
	200m:		1000m:		1800m:	2600m:		
	300m:		1100m:		1900m:	2700m:		
	400m:		1200m:		2000m:	2800m:		
	500m:		1300m:		2100m:	2900m:		
	600m:		1400m:		2200m:	3000m:	41:11.66	
	700m:		1500m:		2300m:			
	800m:		1600m:		2400m:			





Campeonato Nacional Longa Distancia FQ  
Povoa de Varzim, 1-3-2014

Prova 1, Masc., 3000m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
16.	Rui Pedro, SANTOS	M	109734	99	Miranda do Corvo	<b>42:28.40</b>	319	
	100m:		900m:		1700m:	2500m:		
	200m:		1000m:		1800m:	2600m:		
	300m:		1100m:		1900m:	2700m:		
	400m:		1200m:		2000m:	2800m:		
	500m:		1300m:		2100m:	2900m:		
	600m:		1400m:		2200m:	3000m:	42:28.40	
	700m:		1500m:		2300m:			
	800m:		1600m:		2400m:			

Prova 2  
01-03-2014 - 11:00  
Femin., 5000m Livres  
16 anos e mais velhos  
Resultados

Camp Nac Longa Distancia Absoluto	57:53.99	Florbela Cavaco, MACHADO	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia 15 - 16	59:30.20	Florbela Cavaco, MACHADO	ASSSCC	Rio Maior	14-04-2012
Camp Nac Longa Distancia 17 +	57:53.99	Florbela Cavaco, MACHADO	ASSSCC	Rio Maior	13-04-2013

Pontos: FINA 2013

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
-------	------	------	---------	-----	-------	-------------	-----	-----

Seniores

1.	Angelica Maria, ANDRE	F	15497	94	Fluvial Portuense	<b>58:38.87</b>	711					
	100m:	1:07.48	1:07.48	1400m:	16:07.28	1:10.55	2700m:	31:23.89	1:10.30	4000m:	46:51.11	1:12.35
	200m:	2:15.55	1:08.07	1500m:	17:17.26	1:09.98	2800m:	32:34.31	1:10.42	4100m:	48:02.34	1:11.23
	300m:	3:24.12	1:08.57	1600m:	18:27.45	1:10.19	2900m:	33:45.88	1:11.57	4200m:	49:13.40	1:11.06
	400m:	4:32.88	1:08.76	1700m:	19:37.32	1:09.87	3000m:	34:56.12	1:10.24	4300m:	50:25.01	1:11.61
	500m:	5:41.66	1:08.78	1800m:	20:47.36	1:10.04	3100m:	36:07.07	1:10.95	4400m:	51:36.68	1:11.67
	600m:	6:50.63	1:08.97	1900m:	21:57.44	1:10.08	3200m:	37:17.83	1:10.76	4500m:	52:48.59	1:11.91
	700m:	7:59.73	1:09.10	2000m:	23:08.34	1:10.90	3300m:	38:28.89	1:11.06	4600m:	54:00.25	1:11.66
	800m:	9:09.11	1:09.38	2100m:	24:19.01	1:10.67	3400m:	39:40.69	1:11.80	4700m:	55:11.97	1:11.72
	900m:	10:18.65	1:09.54	2200m:	25:29.91	1:10.90	3500m:	40:52.26	1:11.57	4800m:	56:23.27	1:11.30
	1000m:	11:27.68	1:09.03	2300m:	26:40.95	1:11.04	3600m:	42:03.65	1:11.39	4900m:	57:33.06	1:09.79
	1100m:	12:37.13	1:09.45	2400m:	27:52.11	1:11.16	3700m:	43:15.28	1:11.63	5000m:	58:38.87	1:05.81
	1200m:	13:46.73	1:09.60	2500m:	29:02.82	1:10.71	3800m:	44:26.65	1:11.37			
	1300m:	14:56.73	1:10.00	2600m:	30:13.59	1:10.77	3900m:	45:38.76	1:12.11			
2.	Florbela Cavaco, MACHADO	F	103916	96	Columbofia Cantanhedense	<b>1:01:13.14</b>	625					
	100m:	1:09.28	1:09.28	1400m:	16:41.94	1:13.60	2700m:	32:39.52	1:14.54	4000m:	48:54.26	1:15.33
	200m:	2:18.95	1:09.67	1500m:	17:55.28	1:13.34	2800m:	33:54.35	1:14.83	4100m:	50:08.46	1:14.20
	300m:	3:29.19	1:10.24	1600m:	19:08.77	1:13.49	2900m:	35:08.88	1:14.53	4200m:	51:22.71	1:14.25
	400m:	4:39.59	1:10.40	1700m:	20:22.10	1:13.33	3000m:	36:23.62	1:14.74	4300m:	52:37.12	1:14.41
	500m:	5:50.35	1:10.76	1800m:	21:35.21	1:13.11	3100m:	37:38.25	1:14.63	4400m:	53:51.67	1:14.55
	600m:	7:02.48	1:12.13	1900m:	22:48.31	1:13.10	3200m:	38:52.48	1:14.23	4500m:	55:06.27	1:14.60
	700m:	8:14.66	1:12.18	2000m:	24:01.69	1:13.38	3300m:	40:06.53	1:14.05	4600m:	56:20.01	1:13.74
	800m:	9:26.40	1:11.74	2100m:	25:15.41	1:13.72	3400m:	41:22.23	1:15.70	4700m:	57:33.27	1:13.26
	900m:	10:38.37	1:11.97	2200m:	26:28.74	1:13.33	3500m:	42:37.85	1:15.62	4800m:	58:46.94	1:13.67
	1000m:	11:50.01	1:11.64	2300m:	27:42.70	1:13.96	3600m:	43:53.90	1:16.05	4900m:	1:00:00.89	1:13.95
	1100m:	13:02.81	1:12.80	2400m:	28:56.53	1:13.83	3700m:	45:09.30	1:15.40	5000m:	1:01:13.14	1:12.25
	1200m:	14:15.62	1:12.81	2500m:	30:10.70	1:14.17	3800m:	46:24.29	1:14.99			
	1300m:	15:28.34	1:12.72	2600m:	31:24.98	1:14.28	3900m:	47:38.93	1:14.64			
3.	Julia Matos, LOPES	F	12490	94	Clube Náutico Académico	<b>1:02:37.93</b>	584					
	100m:	1:12.03	1:12.03	1400m:	17:20.36	1:14.73	2700m:	33:42.96	1:16.12	4000m:	50:01.42	1:15.16
	200m:	2:26.01	1:13.98	1500m:	18:35.26	1:14.90	2800m:	34:58.75	1:15.79	4100m:	51:16.71	1:15.29
	300m:	3:40.21	1:14.20	1600m:	19:50.26	1:15.00	2900m:	36:13.96	1:15.21	4200m:	52:32.22	1:15.51
	400m:	4:54.49	1:14.28	1700m:	21:05.24	1:14.98	3000m:	37:28.92	1:14.96	4300m:	53:47.80	1:15.58
	500m:	6:08.73	1:14.24	1800m:	22:21.17	1:15.93	3100m:	38:44.08	1:15.16	4400m:	55:03.21	1:15.41
	600m:	7:23.27	1:14.54	1900m:	23:36.80	1:15.63	3200m:	39:59.26	1:15.18	4500m:	56:18.73	1:15.52
	700m:	8:37.85	1:14.58	2000m:	24:52.58	1:15.78	3300m:	41:14.64	1:15.38	4600m:	57:35.09	1:16.36
	800m:	9:52.71	1:14.86	2100m:	26:08.41	1:15.83	3400m:	42:29.95	1:15.31	4700m:	58:51.49	1:16.40
	900m:	11:07.32	1:14.61	2200m:	27:24.04	1:15.63	3500m:	43:45.20	1:15.25	4800m:	1:00:07.94	1:16.45
	1000m:	12:22.04	1:14.72	2300m:	28:39.65	1:15.61	3600m:	45:00.54	1:15.34	4900m:	1:01:23.44	1:15.50
	1100m:	13:36.39	1:14.35	2400m:	29:55.14	1:15.49	3700m:	46:15.80	1:15.26	5000m:	1:02:37.93	1:14.49
	1200m:	14:50.92	1:14.53	2500m:	31:10.92	1:15.78	3800m:	47:31.05	1:15.25			
	1300m:	16:05.63	1:14.71	2600m:	32:26.84	1:15.92	3900m:	48:46.26	1:15.21			

## Campeonato Nacional Longa Distancia FQ Povoa de Varzim, 1-3-2014

### Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
4.	Vania Soares, NEVES	F	12380	90	Leixões Sport Clube	<b>1:03:07.03</b>	571	
	100m: 1:12.29		1400m: 17:16.68		1:15.31	2700m: 33:41.68		1:16.67
	200m: 2:25.98		1500m: 18:30.98		1:14.30	2800m: 34:58.05		1:16.37
	300m: 3:39.51		1600m: 19:45.83		1:14.85	2900m: 36:14.10		1:16.05
	400m: 4:53.19		1700m: 21:00.84		1:15.01	3000m: 37:30.44		1:16.34
	500m: 6:06.93		1800m: 22:16.46		1:15.62	3100m: 38:46.09		1:16.65
	600m: 7:20.91		1900m: 23:32.16		1:15.70	3200m: 40:02.50		1:16.41
	700m: 8:34.71		2000m: 24:48.07		1:15.91	3300m: 41:18.76		1:16.26
	800m: 9:48.77		2100m: 26:03.83		1:15.76	3400m: 42:35.34		1:16.58
	900m: 11:03.14		2200m: 27:19.76		1:15.93	3500m: 43:52.54		1:17.20
	1000m: 12:17.60		2300m: 28:35.95		1:16.19	3600m: 45:09.25		1:16.71
	1100m: 13:32.26		2400m: 29:52.19		1:16.24	3700m: 46:26.25		1:17.00
	1200m: 14:46.63		2500m: 31:08.58		1:16.39	3800m: 47:43.16		1:16.91
	1300m: 16:01.37		2600m: 32:25.01		1:16.43	3900m: 48:59.74		1:16.58
5.	Daniela Filipa, PINTO	F	20610	91	Fluvial Portuense	<b>1:03:28.92</b>	561	
	100m: 1:11.77		1400m: 17:22.19		1:15.65	2700m: 33:46.16		1:16.25
	200m: 2:25.84		1500m: 18:37.36		1:15.17	2800m: 35:02.36		1:16.20
	300m: 3:39.92		1600m: 19:52.61		1:15.25	2900m: 36:18.89		1:16.53
	400m: 4:54.11		1700m: 21:08.49		1:15.88	3000m: 37:35.97		1:17.08
	500m: 6:09.01		1800m: 22:23.87		1:15.38	3100m: 38:52.12		1:16.15
	600m: 7:23.70		1900m: 23:39.44		1:15.57	3200m: 40:07.89		1:15.77
	700m: 8:38.22		2000m: 24:55.26		1:15.82	3300m: 41:23.86		1:15.97
	800m: 9:53.17		2100m: 26:10.67		1:15.41	3400m: 42:40.19		1:16.33
	900m: 11:07.74		2200m: 27:26.23		1:15.56	3500m: 43:56.73		1:16.54
	1000m: 12:22.41		2300m: 28:42.10		1:15.87	3600m: 45:13.53		1:16.80
	1100m: 13:37.19		2400m: 29:57.74		1:15.64	3700m: 46:29.67		1:16.14
	1200m: 14:51.61		2500m: 31:13.76		1:16.02	3800m: 47:46.22		1:16.55
	1300m: 16:06.54		2600m: 32:29.91		1:16.15	3900m: 49:03.15		1:16.93
6.	Maria Amelia, GASPAR	F	26584	96	Clube Náutico Académico	<b>1:07:24.26</b>	468	
	100m: 1:15.31		1400m: 18:13.60		1:19.26	2700m: 35:44.74		1:21.91
	200m: 2:34.14		1500m: 19:34.04		1:20.44	2800m: 37:06.66		1:21.92
	300m: 3:51.42		1600m: 20:53.60		1:19.56	2900m: 38:29.15		1:22.49
	400m: 5:09.58		1700m: 22:13.44		1:19.84	3000m: 39:51.76		1:22.61
	500m: 6:28.28		1800m: 23:33.53		1:20.09	3100m: 41:13.77		1:22.01
	600m: 7:46.12		1900m: 24:53.72		1:20.19	3200m: 42:35.64		1:21.87
	700m: 9:04.56		2000m: 26:14.38		1:20.66	3300m: 43:57.20		1:21.56
	800m: 10:22.23		2100m: 27:35.02		1:20.64	3400m: 45:19.31		1:22.11
	900m: 11:40.22		2200m: 28:55.68		1:20.66	3500m: 46:41.16		1:21.85
	1000m: 12:58.66		2300m: 30:16.92		1:21.24	3600m: 48:04.27		1:23.11
	1100m: 14:16.71		2400m: 31:38.99		1:22.07	3700m: 49:27.88		1:23.61
	1200m: 15:35.07		2500m: 33:00.89		1:21.90	3800m: 50:51.58		1:23.70
	1300m: 16:54.34		2600m: 34:22.83		1:21.94	3900m: 52:15.12		1:23.54
7.	Raquel Bartolo, VITOR	F	10865	93	Académica de Coimbra	<b>1:07:44.05</b>	462	
	100m: 1:16.59		1400m: 18:27.11		1:20.11	2700m: 36:05.73		1:22.18
	200m: 2:34.95		1500m: 19:47.19		1:20.08	2800m: 37:28.59		1:22.86
	300m: 3:53.33		1600m: 21:07.97		1:20.78	2900m: 38:50.61		1:22.02
	400m: 5:11.94		1700m: 22:28.53		1:20.56	3000m: 40:11.93		1:21.32
	500m: 6:30.96		1800m: 23:49.83		1:21.30	3100m: 41:33.96		1:22.03
	600m: 7:50.63		1900m: 25:11.56		1:21.73	3200m: 42:55.70		1:21.74
	700m: 9:10.07		2000m: 26:32.27		1:20.71	3300m: 44:17.38		1:21.68
	800m: 10:29.26		2100m: 27:53.54		1:21.27	3400m: 45:40.00		1:22.62
	900m: 11:49.00		2200m: 29:14.97		1:21.43	3500m: 47:02.60		1:22.60
	1000m: 13:07.47		2300m: 30:36.34		1:21.37	3600m: 48:25.63		1:23.03
	1100m: 14:27.04		2400m: 31:58.44		1:22.10	3700m: 49:48.46		1:22.83
	1200m: 15:46.88		2500m: 33:20.90		1:22.46	3800m: 51:12.06		1:23.60
	1300m: 17:07.00		2600m: 34:43.55		1:22.65	3900m: 52:35.72		1:23.66

### Juniores

1.	Mariana Cunha, GUERRA	F	102764	98	Columbofia Cantanhedense	<b>1:04:16.75</b>	540	
	100m: 1:11.80		1400m: 17:20.57		1:14.76	2700m: 33:43.54		1:16.14
	200m: 2:26.01		1500m: 18:35.55		1:14.98	2800m: 34:59.36		1:15.82
	300m: 3:40.34		1600m: 19:50.52		1:14.97	2900m: 36:14.77		1:15.41
	400m: 4:54.34		1700m: 21:05.37		1:14.85	3000m: 37:31.10		1:16.33
	500m: 6:08.71		1800m: 22:21.33		1:15.96	3100m: 38:48.50		1:17.40
	600m: 7:23.55		1900m: 23:36.85		1:15.52	3200m: 40:06.67		1:18.17
	700m: 8:38.06		2000m: 24:52.86		1:16.01	3300m: 41:24.82		1:18.15
	800m: 9:52.75		2100m: 26:08.65		1:15.79	3400m: 42:44.03		1:19.21
	900m: 11:07.52		2200m: 27:24.28		1:15.63	3500m: 44:03.24		1:19.21
	1000m: 12:22.17		2300m: 28:39.99		1:15.71	3600m: 45:22.24		1:19.00
	1100m: 13:36.60		2400m: 29:55.47		1:15.48	3700m: 46:41.24		1:19.00
	1200m: 14:51.44		2500m: 31:11.30		1:15.83	3800m: 48:01.32		1:20.08
	1300m: 16:05.81		2600m: 32:27.40		1:16.10	3900m: 49:22.11		1:20.79

Campeonato Nacional Longa Distancia FQ  
Povoa de Varzim, 1-3-2014

Prova 2, Femin., 5000m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
2.	Maria Joao, FERNANDES	F	102092	97	Vilacondense	<b>1:05:22.55</b>	513	
	100m: 1:12.32	1:12.32	1400m: 17:46.13	1:18.10	2700m: 34:42.28	1:18.27	4000m: 51:54.33	1:20.18
	200m: 2:26.04	1:13.72	1500m: 19:04.64	1:18.51	2800m: 36:01.96	1:19.68	4100m: 53:14.69	1:20.36
	300m: 3:39.73	1:13.69	1600m: 20:21.23	1:16.59	2900m: 37:21.19	1:19.23	4200m: 54:34.66	1:19.97
	400m: 4:53.82	1:14.09	1700m: 21:38.11	1:16.88	3000m: 38:40.45	1:19.26	4300m: 55:54.15	1:19.49
	500m: 6:08.54	1:14.72	1800m: 22:55.76	1:17.65	3100m: 39:59.53	1:19.08	4400m: 57:13.93	1:19.78
	600m: 7:24.70	1:16.16	1900m: 24:14.06	1:18.30	3200m: 41:18.29	1:18.76	4500m: 58:32.74	1:18.81
	700m: 8:41.08	1:16.38	2000m: 25:32.04	1:17.98	3300m: 42:36.85	1:18.56	4600m: 59:51.25	1:18.51
	800m: 9:58.10	1:17.02	2100m: 26:50.52	1:18.48	3400m: 43:55.75	1:18.90	4700m: 1:01:13.45	1:22.20
	900m: 11:15.45	1:17.35	2200m: 28:09.43	1:18.91	3500m: 45:14.73	1:18.98	4800m: 1:02:37.18	1:23.73
	1000m: 12:33.60	1:18.15	2300m: 29:28.12	1:18.69	3600m: 46:33.60	1:18.87	4900m: 1:04:00.52	1:23.34
	1100m: 13:51.98	1:18.38	2400m: 30:46.79	1:18.67	3700m: 47:54.00	1:20.40	5000m: 1:05:22.55	1:22.03
	1200m: 15:09.43	1:17.45	2500m: 32:05.89	1:19.10	3800m: 49:13.82	1:19.82		
	1300m: 16:28.03	1:18.60	2600m: 33:24.01	1:18.12	3900m: 50:34.15	1:20.33		
3.	Mafalda Mendes, MAGALHAES	F	107706	97	Fluvial Portuense	<b>1:06:14.96</b>	493	
	100m: 1:16.34	1:16.34	1400m: 18:17.05	1:19.89	2700m: 35:33.22	1:19.98	4000m: 52:55.71	1:20.69
	200m: 2:34.22	1:17.88	1500m: 19:36.76	1:19.71	2800m: 36:53.81	1:20.59	4100m: 54:15.01	1:19.30
	300m: 3:51.88	1:17.66	1600m: 20:56.19	1:19.43	2900m: 38:14.26	1:20.45	4200m: 55:33.69	1:18.68
	400m: 5:09.49	1:17.61	1700m: 22:16.26	1:20.07	3000m: 39:35.54	1:21.28	4300m: 56:52.61	1:18.92
	500m: 6:27.17	1:17.68	1800m: 23:35.78	1:19.52	3100m: 40:54.84	1:19.30	4400m: 58:12.79	1:20.18
	600m: 7:45.73	1:18.56	1900m: 24:54.48	1:18.70	3200m: 42:14.50	1:19.66	4500m: 59:33.26	1:20.47
	700m: 9:04.00	1:18.27	2000m: 26:12.82	1:18.34	3300m: 43:34.44	1:19.94	4600m: 1:00:53.38	1:20.12
	800m: 10:22.54	1:18.54	2100m: 27:33.43	1:20.61	3400m: 44:53.69	1:19.25	4700m: 1:02:13.73	1:20.35
	900m: 11:42.00	1:19.46	2200m: 28:53.28	1:19.85	3500m: 46:13.51	1:19.82	4800m: 1:03:34.81	1:21.08
	1000m: 13:00.12	1:18.12	2300m: 30:12.74	1:19.46	3600m: 47:34.11	1:20.60	4900m: 1:04:55.49	1:20.68
	1100m: 14:18.04	1:17.92	2400m: 31:32.98	1:20.24	3700m: 48:54.43	1:20.32	5000m: 1:06:14.96	1:19.47
	1200m: 15:37.93	1:19.89	2500m: 32:53.08	1:20.10	3800m: 50:13.73	1:19.30		
	1300m: 16:57.16	1:19.23	2600m: 34:13.24	1:20.16	3900m: 51:35.02	1:21.29		

Prova 3  
01-03-2014 - 11:35


Femin., 3000m Livres

Juvenis  
Resultados

Camp Nac Longa Distancia 37:25.43 Mariana Cunha, GUERRA ASSSCC Coimbra 03-03-2012

Pontos: FINA 2013

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Mariana Pinto, ANGELO	F	116788	99	Académica de Coimbra	<b>38:09.84</b>	557	
	100m: 1:14.36	1:14.36	900m: 11:25.57	1:16.37	1700m: 21:38.43	1:16.17	2500m: 31:49.94	1:16.46
	200m: 2:30.41	1:16.05	1000m: 12:42.11	1:16.54	1800m: 22:54.38	1:15.95	2600m: 33:06.70	1:16.76
	300m: 3:47.03	1:16.62	1100m: 13:59.75	1:17.64	1900m: 24:11.01	1:16.63	2700m: 34:23.35	1:16.65
	400m: 5:03.55	1:16.52	1200m: 15:16.45	1:16.70	2000m: 25:27.33	1:16.32	2800m: 35:39.85	1:16.50
	500m: 6:19.84	1:16.29	1300m: 16:33.11	1:16.66	2100m: 26:43.44	1:16.11	2900m: 36:56.52	1:16.67
	600m: 7:36.65	1:16.81	1400m: 17:49.62	1:16.51	2200m: 27:59.30	1:15.86	3000m: 38:09.84	1:13.32
	700m: 8:53.03	1:16.38	1500m: 19:06.24	1:16.62	2300m: 29:16.80	1:17.50		
	800m: 10:09.20	1:16.17	1600m: 20:22.26	1:16.02	2400m: 30:33.48	1:16.68		
2.	Maria Dias, NEVES	F	108078	99	Miranda do Corvo	<b>39:06.08</b>	518	
	100m: 1:16.77	1:16.77	900m: 11:40.05	1:17.63	1700m: 22:06.95	1:18.65	2500m: 32:36.60	1:18.60
	200m: 2:34.53	1:17.76	1000m: 12:57.97	1:17.92	1800m: 23:26.12	1:19.17	2600m: 33:55.28	1:18.68
	300m: 3:52.74	1:18.21	1100m: 14:16.04	1:18.07	1900m: 24:44.45	1:18.33	2700m: 35:14.51	1:19.23
	400m: 5:10.43	1:17.69	1200m: 15:33.76	1:17.72	2000m: 26:03.14	1:18.69	2800m: 36:33.37	1:18.86
	500m: 6:28.76	1:18.33	1300m: 16:52.23	1:18.47	2100m: 27:21.73	1:18.59	2900m: 37:52.08	2:32.71
	600m: 7:46.99	1:18.23	1400m: 18:10.03	1:17.80	2200m: 28:40.04	1:18.31	3000m: 39:06.08	
	700m: 9:04.60	1:17.61	1500m: 19:29.42	1:19.39	2300m: 29:58.99	1:18.95		
	800m: 10:22.42	1:17.82	1600m: 20:48.30	1:18.88	2400m: 31:18.00	1:19.01		
3.	Teresa Miguel, VELOSO	F	103876	00	Clube Náutico Académico	<b>40:20.06</b>	472	
	100m: 1:18.08	1:18.08	900m: 12:04.56	1:19.67	1700m: 22:48.84	1:20.17	2500m: 33:40.29	1:21.44
	200m: 2:38.88	1:20.80	1000m: 13:24.35	1:19.79	1800m: 24:10.25	1:21.41	2600m: 35:00.95	1:20.66
	300m: 4:01.17	1:22.29	1100m: 14:44.41	1:20.06	1900m: 25:31.12	1:20.87	2700m: 36:20.31	1:19.36
	400m: 5:22.47	1:21.30	1200m: 16:05.91	1:21.50	2000m: 26:52.33	1:21.21	2800m: 37:40.23	1:19.92
	500m: 6:43.60	1:21.13	1300m: 17:26.28	1:20.37	2100m: 28:13.05	1:20.72	2900m: 39:00.41	1:20.18
	600m: 8:05.08	1:21.48	1400m: 18:47.59	1:21.31	2200m: 29:34.46	1:21.41	3000m: 40:20.06	1:19.65
	700m: 9:25.37	1:20.29	1500m: 20:07.96	1:20.37	2300m: 30:56.68	1:22.22		
	800m: 10:44.89	1:19.52	1600m: 21:28.67	1:20.71	2400m: 32:18.85	1:22.17		





Campeonato Nacional Longa Distancia FQ  
Povoa de Varzim, 1-3-2014

Prova 3, Femin., 3000m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
4.	Cristiana Daniela, SILVA	F	112043	99	Miranda do Corvo	<b>40:24.13</b>	470		
	100m:	1:18.96	1:18.96	900m:	12:07.34	1:20.91	2500m:	33:41.05	1:21.05
	200m:	2:40.24	1:21.28	1000m:	13:28.00	1:20.73	2600m:	35:02.19	1:21.14
	300m:	4:02.17	1:21.93	1100m:	14:48.13	1:21.44	2700m:	36:23.22	1:21.03
	400m:	5:23.18	1:21.01	1200m:	16:08.62	1:21.33	2800m:	37:44.25	1:21.03
	500m:	6:44.46	1:21.28	1300m:	17:28.76	1:21.55	2900m:	39:04.78	1:20.53
	600m:	8:04.96	1:20.50	1400m:	18:49.26	1:20.78	3000m:	40:24.13	1:19.35
	700m:	9:26.00	1:21.04	1500m:	20:09.76	1:20.50			
	800m:	10:46.59	1:20.59	1600m:	21:30.45	1:20.69			
5.	Maria Ines, FERREIRA	F	116953	00	Miranda do Corvo	<b>40:33.00</b>	465		
	100m:	1:18.67	1:18.67	900m:	12:12.58	1:21.47	2500m:	33:58.32	1:21.23
	200m:	2:40.34	1:21.67	1000m:	13:34.93	1:22.35	2600m:	35:17.93	1:19.61
	300m:	4:02.55	1:22.21	1100m:	14:56.85	1:21.92	2700m:	36:38.46	1:20.53
	400m:	5:24.67	1:22.12	1200m:	16:18.48	1:21.63	2800m:	37:59.03	1:20.57
	500m:	6:46.41	1:21.74	1300m:	17:39.75	1:21.27	2900m:	39:18.20	1:19.17
	600m:	8:08.69	1:22.28	1400m:	19:01.87	1:22.12	3000m:	40:33.00	1:14.80
	700m:	9:29.71	1:21.02	1500m:	20:23.90	1:22.03			
	800m:	10:51.11	1:21.40	1600m:	21:46.22	1:22.32			
6.	Bianca Filipa, SILVA	F	112042	99	Miranda do Corvo	<b>40:45.08</b>	458		
	100m:	1:19.52	1:19.52	900m:	12:14.27	1:21.62	2500m:	33:59.48	1:21.44
	200m:	2:40.97	1:21.45	1000m:	13:36.12	1:21.85	2600m:	35:20.37	1:20.89
	300m:	4:02.87	1:21.90	1100m:	14:57.60	1:21.48	2700m:	36:41.85	1:21.48
	400m:	5:25.19	1:22.32	1200m:	16:19.12	1:21.52	2800m:	38:03.47	1:21.62
	500m:	6:47.11	1:21.92	1300m:	17:40.43	1:21.31	2900m:	39:24.71	1:21.24
	600m:	8:09.23	1:22.12	1400m:	19:02.15	1:21.72	3000m:	40:45.08	1:20.37
	700m:	9:31.22	1:21.99	1500m:	20:23.89	1:21.74			
	800m:	10:52.65	1:21.43	1600m:	21:46.16	1:22.27			
7.	Beatriz Castanheira, DIAS	F	109015	99	Académica de Coimbra	<b>41:13.06</b>	442		
	100m:	1:19.79	1:19.79	900m:	12:14.63	1:22.89	2500m:	34:19.58	1:22.85
	200m:	2:39.84	1:20.05	1000m:	13:37.39	1:22.76	2600m:	35:42.72	1:23.14
	300m:	4:00.63	1:20.79	1100m:	15:00.43	1:23.04	2700m:	37:05.92	1:23.20
	400m:	5:21.84	1:21.21	1200m:	16:23.87	1:23.44	2800m:	38:28.73	1:22.81
	500m:	6:43.59	1:21.75	1300m:	17:46.85	1:22.98	2900m:	39:51.36	1:22.63
	600m:	8:05.94	1:22.35	1400m:	19:10.03	1:23.18	3000m:	41:13.06	1:21.70
	700m:	9:29.31	1:23.37	1500m:	20:33.89	1:23.66			
	800m:	10:51.74	1:22.43	1600m:	21:56.82	1:22.93			
8.	Ana Miguel, REIS	F	108089	00	Columbofila Cantanhedense	<b>41:29.23</b>	434		
	100m:	1:19.38	1:19.38	900m:	12:06.01	1:22.53	2500m:	34:25.08	1:25.16
	200m:	2:39.76	1:20.38	1000m:	13:29.08	1:23.07	2600m:	35:50.18	1:23.10
	300m:	4:00.30	1:20.54	1100m:	14:52.86	1:23.78	2700m:	37:14.69	1:24.51
	400m:	5:20.72	1:20.42	1200m:	16:16.93	1:24.07	2800m:	38:39.61	1:24.92
	500m:	6:40.71	1:19.99	1300m:	17:41.31	1:24.38	2900m:		
	600m:	8:01.04	1:20.33	1400m:	19:05.36	1:24.05	3000m:	41:29.23	
	700m:	9:22.12	1:21.08	1500m:	20:28.85	1:23.49			
	800m:	10:43.48	1:21.36	1600m:	21:52.39	1:23.54			
9.	Mariana Santos, FERREIRA	F	112044	00	Miranda do Corvo	<b>42:30.14</b>	403		
	100m:	1:19.84	1:19.84	900m:	12:24.48	1:22.13	2500m:	35:20.19	1:25.49
	200m:	2:41.54	1:21.70	1000m:	13:48.18	1:23.70	2600m:	36:46.22	1:26.03
	300m:	4:03.71	1:22.17	1100m:	15:13.01	1:24.83	2700m:	38:12.89	1:26.67
	400m:	5:26.07	1:22.36	1200m:	16:38.45	1:25.44	2800m:	39:39.97	1:27.08
	500m:	6:50.67	1:24.60	1300m:	18:04.15	1:25.70	2900m:	42:30.14	2:50.17
	600m:	8:15.02	1:24.35	1400m:	19:31.29	1:27.14			
	700m:	9:36.83	1:21.81	1500m:	20:57.20	1:25.91			
	800m:	11:02.35	1:25.52	1600m:	22:22.45	1:25.25			
10.	Sara Lopes, BARBOSA	F	118181	00	Gespacos	<b>42:32.44</b>	402		
	100m:	1:23.43	1:23.43	900m:	12:37.07	1:24.82	2500m:	35:29.65	1:25.97
	200m:	2:47.84	1:24.41	1000m:	14:02.03	1:24.96	2600m:	36:55.10	1:25.45
	300m:	4:12.42	1:24.58	1100m:	15:26.79	1:24.76	2700m:	38:19.56	1:24.46
	400m:	5:36.97	1:24.55	1200m:	16:51.93	1:25.14	2800m:	39:45.14	1:25.58
	500m:	7:00.79	1:23.82	1300m:	18:17.67	1:25.74	2900m:	41:10.04	1:24.90
	600m:	8:24.32	1:23.53	1400m:	19:44.09	1:26.42	3000m:	42:32.44	1:22.40
	700m:	9:48.17	1:23.85	1500m:	21:10.39	1:26.30			
	800m:	11:12.25	1:24.08	1600m:	22:36.19	1:25.80			
11.	Margarete Leandro, FERNANDES	F	116952	00	Miranda do Corvo	<b>42:40.10</b>	399		
	100m:	1:22.19	1:22.19	900m:	12:39.70	1:23.79	2500m:	35:30.08	1:26.15
	200m:	2:47.96	1:25.77	1000m:	14:04.43	1:24.73	2600m:	36:57.70	1:27.62
	300m:	4:12.69	1:24.73	1100m:	15:29.34	1:24.91	2700m:	38:25.01	1:27.31
	400m:	5:36.49	1:23.80	1200m:	16:54.83	1:25.49	2800m:	39:51.83	1:26.82
	500m:	7:01.84	1:25.35	1300m:	18:21.15	1:26.32	2900m:	41:18.49	1:26.66
	600m:	8:26.07	1:24.23	1400m:	19:46.77	1:25.62	3000m:	42:40.10	1:21.61
	700m:	9:50.74	1:24.67	1500m:	21:13.17	1:26.40			
	800m:	11:15.91	1:25.17	1600m:	22:38.35	1:25.18			

### Campeonato Nacional Longa Distancia FQ Povoa de Varzim, 1-3-2014

#### Prova 3, Femin., 3000m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
12.	Helena Neto, COSTA	F	111309	00	Gespacos	<b>42:52.57</b>	393	
	100m: 1:17.31		900m: 12:30.27		1:23.81	1700m: 24:01.79		1:27.57
	200m: 2:39.46		1000m: 13:55.72		1:25.45	1800m: 25:29.59		1:27.80
	300m: 4:03.19		1100m: 15:21.53		1:25.81	1900m: 26:55.96		1:26.37
	400m: 5:27.07		1200m: 16:47.43		1:25.90	2000m: 28:22.82		1:26.86
	500m: 6:50.84		1300m: 18:12.84		1:25.41	2100m: 29:51.07		1:28.25
	600m: 8:15.80		1400m: 19:38.97		1:26.13	2200m: 31:19.68		1:28.61
	700m: 9:41.72		1500m: 21:06.11		1:27.14	2300m: 32:47.73		1:28.05
	800m: 11:06.46		1600m: 22:34.22		1:28.11	2400m: 34:16.36		1:28.63
13.	Daniela Margarida, PINTO	F	109732	00	Miranda do Corvo	<b>42:54.56</b>	392	
	100m: 1:19.46		900m: 12:30.87		1:24.63	1700m: 24:01.26		1:26.86
	200m: 2:41.01		1000m: 13:55.49		1:24.62	1800m: 25:26.53		1:25.27
	300m: 4:03.25		1100m: 15:20.92		1:25.43	1900m: 26:53.14		1:26.61
	400m: 5:26.45		1200m: 16:48.42		1:27.50	2000m: 28:18.61		1:25.47
	500m: 6:50.30		1300m: 18:15.13		1:26.71	2100m: 29:45.26		1:26.65
	600m: 8:14.75		1400m: 19:41.26		1:26.13	2200m: 31:13.28		1:28.02
	700m: 9:40.38		1500m: 21:07.87		1:26.61	2300m: 32:40.54		1:27.26
	800m: 11:06.24		1600m: 22:34.40		1:26.53	2400m: 34:07.70		1:27.16
14.	Beatriz Neto, COSTA	F	111310	00	Gespacos	<b>44:20.72</b>	355	
	100m: 1:20.78		900m: 12:55.43		1:28.51	1700m: 24:50.47		1:29.28
	200m: 2:46.55		1000m: 14:23.99		1:28.56	1800m: 26:20.38		1:29.91
	300m: 4:12.23		1100m: 15:53.22		1:29.23	1900m: 27:51.04		1:30.66
	400m: 5:38.42		1200m: 17:22.58		1:29.36	2000m: 29:21.17		1:30.13
	500m: 7:03.75		1300m: 18:51.92		1:29.34	2100m: 30:51.92		1:30.75
	600m: 8:30.64		1400m: 20:21.15		1:29.23	2200m: 32:23.09		1:31.17
	700m: 9:58.29		1500m: 21:50.50		1:29.35	2300m: 33:54.93		1:31.84
	800m: 11:26.92		1600m: 23:21.19		1:30.69	2400m: 35:26.46		1:31.53

#### Prova 4

#### Masc., 5000m Livres

#### 17 anos e mais velhos

01-03-2014 - 12:00

Resultados

Camp Nac Longa Distancia Absoluto	54:45.61	Mario Andre, BONANCA	SCP	Rio Maior	13-04-2013
Camp Nac Longa Distancia Jun	56:15.31	Rafael Lourenco, GIL	ANAM	Rio Maior	13-04-2013
Camp Nac Longa Distancia Sen	54:45.61	Mario Andre, BONANCA	SCP	Rio Maior	13-04-2013

Pontos: FINA 2013

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Hugo Alberto, RIBEIRO	M	23114	88	Gespacos	<b>56:39.96</b>	622	
	100m: 1:05.14		1400m: 15:30.91		1:07.45	2700m: 30:16.04		1:08.46
	200m: 2:10.72		1500m: 16:38.56		1:07.65	2800m: 31:24.55		1:08.51
	300m: 3:17.40		1600m: 17:46.01		1:07.45	2900m: 32:33.07		1:08.52
	400m: 4:23.92		1700m: 18:53.67		1:07.66	3000m: 33:41.75		1:08.68
	500m: 5:29.82		1800m: 20:01.79		1:08.12	3100m: 34:50.48		1:08.73
	600m: 6:36.27		1900m: 21:09.87		1:08.08	3200m: 35:59.23		1:08.75
	700m: 7:42.94		2000m: 22:18.24		1:08.37	3300m: 37:08.20		1:08.97
	800m: 8:49.24		2100m: 23:26.56		1:08.32	3400m: 38:16.97		1:08.77
	900m: 9:55.97		2200m: 24:34.80		1:08.24	3500m: 39:25.97		1:09.00
	1000m: 11:02.80		2300m: 25:43.04		1:08.24	3600m: 40:34.98		1:09.01
	1100m: 12:09.68		2400m: 26:51.11		1:08.07	3700m: 41:43.94		1:08.96
	1200m: 13:16.49		2500m: 27:59.16		1:08.05	3800m: 42:52.73		1:08.79
	1300m: 14:23.46		2600m: 29:07.58		1:08.42	3900m: 44:01.50		1:08.77
2.	Pedro Maria, BESSA	M	18656	95	Vilacondense	<b>58:01.63</b>	579	
	100m: 1:07.71		1400m: 16:05.53		1:08.41	2700m: 31:14.55		1:09.42
	200m: 2:16.15		1500m: 17:14.86		1:09.33	2800m: 32:24.82		1:10.27
	300m: 3:25.36		1600m: 18:24.35		1:09.49	2900m: 33:34.50		1:09.68
	400m: 4:34.30		1700m: 19:33.60		1:09.25	3000m: 34:44.20		1:09.70
	500m: 5:44.21		1800m: 20:43.90		1:10.30	3100m: 35:53.96		1:09.76
	600m: 6:54.27		1900m: 21:52.91		1:09.01	3200m: 37:03.47		1:09.51
	700m: 8:03.44		2000m: 23:03.24		1:10.33	3300m: 38:13.46		1:09.99
	800m: 9:12.37		2100m: 24:12.96		1:09.72	3400m: 39:23.38		1:09.92
	900m: 10:21.47		2200m: 25:23.01		1:10.05	3500m: 40:32.94		1:09.56
	1000m: 11:30.42		2300m: 26:33.63		1:10.62	3600m: 41:42.55		1:09.61
	1100m: 12:39.13		2400m: 27:44.96		1:11.33	3700m: 42:52.06		1:09.51
	1200m: 13:48.05		2500m: 28:55.46		1:10.50	3800m: 44:02.17		1:10.11
	1300m: 14:57.12		2600m: 30:05.13		1:09.67	3900m: 45:11.75		1:09.58






## Campeonato Nacional Longa Distancia FQ Povoa de Varzim, 1-3-2014

### Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs			
3.	<b>Tiago Silva, OLIVEIRA</b>	M	15465	94	Leixões Sport Clube	<b>58:32.46</b>	564				
								100m: 1:06.24	1:09.47	4000m: 46:26.58	1:11.82
								200m: 2:14.35	1:09.50	4100m: 47:38.51	1:11.93
								300m: 3:23.66	1:09.97	4200m: 48:50.12	1:11.61
								400m: 4:33.88	1:09.54	4300m: 50:02.98	1:12.86
								500m: 5:44.48	1:09.83	4400m: 51:16.12	1:13.14
								600m: 6:54.83	1:08.26	4500m: 52:29.51	1:13.39
								700m: 8:04.71	1:09.97	4600m: 53:43.13	1:13.62
								800m: 9:13.92	1:08.34	4700m: 54:55.93	1:12.80
								900m: 10:23.64	1:11.08	4800m: 56:08.75	1:12.82
								1000m: 11:32.80	1:10.39	4900m: 57:21.21	1:12.46
								1100m: 12:42.02	1:11.86	5000m: 58:32.46	1:11.25
								1200m: 13:51.00	1:08.98		
								1300m: 15:00.06	1:09.06		
4.	<b>Joao Nuno, PIRES</b>	M	10866	94	Académica de Coimbra	<b>59:20.61</b>	542				
								100m: 1:11.34	1:10.89	4000m: 47:24.37	1:11.93
								200m: 2:22.73	1:11.69	4100m: 48:36.17	1:11.80
								300m: 3:34.61	1:11.44	4200m: 49:47.18	1:11.01
								400m: 4:46.56	1:12.13	4300m: 50:59.05	1:11.87
								500m: 5:56.86	1:12.30	4400m: 52:10.25	1:11.20
								600m: 7:06.40	1:11.93	4500m: 53:21.81	1:11.56
								700m: 8:16.21	1:11.86	4600m: 54:33.55	1:11.74
								800m: 9:25.90	1:11.19	4700m: 55:45.07	1:11.52
								900m: 10:35.85	1:11.26	4800m: 56:56.81	1:11.74
								1000m: 11:45.24	1:12.08	4900m: 58:08.49	1:11.68
								1100m: 12:54.67	1:12.29	5000m: 59:20.61	1:12.12
								1200m: 14:04.73	1:11.93		
								1300m: 15:15.32	1:11.25		
5.	<b>Joao Miguel, COSTA</b>	M	15088	95	Vilacondense	<b>1:03:51.49</b>	435				
								100m: 1:10.80	1:15.53	4000m: 50:40.35	1:17.89
								200m: 2:24.25	1:16.24	4100m: 51:58.40	1:18.05
								300m: 3:38.16	1:15.65	4200m: 53:17.25	1:18.85
								400m: 4:52.25	1:15.81	4300m: 54:36.71	1:19.46
								500m: 6:06.61	1:17.18	4400m: 55:56.08	1:19.37
								600m: 7:20.81	1:15.84	4500m: 57:13.81	1:17.73
								700m: 8:35.87	1:16.39	4600m: 58:33.75	1:19.94
								800m: 9:48.70	1:16.69	4700m: 59:53.55	1:19.80
								900m: 11:04.67	1:22.16	4800m: 1:01:13.73	1:20.18
								1000m: 12:17.61	1:15.09	4900m: 1:02:33.35	1:19.62
								1100m: 13:32.49	1:16.12	5000m: 1:03:51.49	1:18.14
								1200m: 14:47.37	1:17.81		
								1300m: 16:02.68	1:18.28		
6.	<b>Joao Barbosa, MOREIRA</b>	M	11196	94	Clube Náutico Académico	<b>1:04:08.47</b>	429				
								100m: 1:09.74	1:18.61	4000m: 52:43.56	1:17.25
								200m: 2:22.15	1:19.84	4100m: 54:01.54	1:17.98
								300m: 3:35.60	1:20.10	4200m: 55:19.96	1:18.42
								400m: 4:50.02	1:19.91	4300m: 56:37.77	1:17.81
								500m: 6:04.63	1:18.61	4400m: 57:54.79	1:17.02
								600m: 7:19.17	1:19.22	4500m: 59:11.24	1:16.45
								700m: 8:33.27	1:19.19	4600m: 1:00:27.52	1:16.28
								800m: 9:48.32	1:20.67	4700m: 1:01:43.83	1:16.31
								900m: 11:03.91	1:19.40	4800m: 1:02:59.60	1:15.77
								1000m: 12:17.83	1:18.31	4900m: 1:04:08.47	1:08.87
								1100m: 13:32.04	1:20.01		
								1200m: 14:46.29	1:17.61		
								1300m: 16:00.27	1:17.77		
7.	<b>Bernardo Manuel, VALENTE</b>	M	23497	95	Fluvial Portuense	<b>1:04:37.57</b>	419				
								100m: 1:11.75	1:17.30	4000m: 52:43.56	1:17.25
								200m: 2:25.92	1:18.48	4100m: 54:01.54	1:17.98
								300m: 3:40.13	1:18.23	4200m: 55:19.96	1:18.42
								400m: 4:54.19	1:15.91	4300m: 56:37.77	1:17.81
								500m: 6:08.84	1:17.82	4400m: 57:54.79	1:17.02
								600m: 7:22.83	1:16.71	4500m: 59:11.24	1:16.45
								700m: 8:37.51	1:17.39	4600m: 1:00:27.52	1:16.28
								800m: 9:52.77	1:17.20	4700m: 1:01:43.83	1:16.31
								900m: 11:08.51	1:18.21	4800m: 1:02:59.60	1:15.77
								1000m: 12:24.47	1:18.75	4900m: 1:04:08.47	1:08.87
								1100m: 13:40.91	1:18.82		
								1200m: 14:58.01	1:17.80		
								1300m: 16:15.32	1:17.88		










## Campeonato Nacional Longa Distancia FQ Povoa de Varzim, 1-3-2014

### Prova 4, Masc., 5000m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
5.	Ruben Jose, MORIM	M	107935	97	Vilacondense	<b>1:01:32.48</b>	486	
	100m: 1:11.28	1:11.28	1400m: 17:06.83	1:14.88	2700m: 33:06.61	1:13.47	4000m: 50:22.83	1:13.45
	200m: 2:23.00	1:11.72	1500m: 18:20.84	1:14.01	2800m: 34:21.00	1:14.39	4100m: 51:37.48	1:14.65
	300m: 3:34.77	1:11.77	1600m: 19:35.02	1:14.18	2900m: 35:35.26	1:14.26	4200m: 52:52.34	1:14.86
	400m: 4:47.59	1:12.82	1700m: 20:49.63	1:14.61	3000m: 36:49.34	1:14.08	4300m: 54:06.92	1:14.58
	500m: 5:58.98	1:11.39	1800m: 22:03.90	1:14.27	3100m: 38:03.00	1:13.66	4400m: 55:22.08	1:15.16
	600m: 7:11.89	1:12.91	1900m: 23:18.29	1:14.39	3200m: 39:16.46	1:13.46	4500m: 56:37.08	1:15.00
	700m: 8:25.11	1:13.22	2000m: 24:32.32	1:14.03	3300m: 40:30.45	1:13.99	4600m: 57:51.83	1:14.75
	800m: 9:39.19	1:14.08	2100m: 25:46.22	1:13.90	3400m: 41:44.39	1:13.94	4700m: 59:05.87	1:14.04
	900m: 10:53.33	1:14.14	2200m: 26:59.59	1:13.37	3500m: 42:57.51	1:13.12	4800m: 1:00:19.70	1:13.83
	1000m: 12:07.99	1:14.66	2300m: 28:13.58	1:13.99	3600m: 44:10.51	1:13.51	4900m: 1:01:32.48	1:12.78
	1100m: 13:22.26	1:14.27	2400m: 29:26.92	1:13.34	3700m: 45:23.68	1:14.85	5000m: 1:01:32.48	
	1200m: 14:37.25	1:14.99	2500m: 30:40.39	1:13.47	3800m: 46:36.85	1:14.18		
	1300m: 15:51.95	1:14.70	2600m: 31:53.14	1:12.75	3900m: 47:50.02	1:14.67		
6.	Jorge Filipe, MATOS	M	104725	97	Gespacos	<b>1:02:52.47</b>	455	
	100m: 1:12.22	1:12.22	1400m: 17:33.34	1:16.12	2700m: 33:55.19	1:15.49	4000m: 50:20.95	1:15.67
	200m: 2:26.17	1:13.95	1500m: 18:48.55	1:15.21	2800m: 35:11.25	1:16.06	4100m: 51:37.35	1:16.40
	300m: 3:40.82	1:14.65	1600m: 20:03.65	1:15.10	2900m: 36:27.00	1:15.75	4200m: 52:53.55	1:16.20
	400m: 4:55.60	1:14.78	1700m: 21:18.78	1:15.13	3000m: 37:42.70	1:15.70	4300m: 54:09.27	1:15.72
	500m: 6:10.62	1:15.02	1800m: 22:34.86	1:16.08	3100m: 38:58.24	1:15.54	4400m: 55:25.06	1:15.79
	600m: 7:25.30	1:14.68	1900m: 23:50.76	1:15.90	3200m: 40:14.36	1:16.12	4500m: 56:41.06	1:16.00
	700m: 8:40.48	1:15.18	2000m: 25:06.23	1:15.47	3300m: 41:29.70	1:15.34	4600m: 57:56.84	1:15.78
	800m: 9:56.11	1:15.63	2100m: 26:21.40	1:15.17	3400m: 42:45.74	1:16.04	4700m: 59:12.47	1:15.63
	900m: 11:12.29	1:16.18	2200m: 27:36.59	1:15.19	3500m: 44:02.28	1:16.54	4800m: 1:00:27.77	1:15.30
	1000m: 12:28.21	1:15.92	2300m: 28:51.85	1:15.26	3600m: 45:18.06	1:15.78	4900m: 1:01:42.59	1:14.82
	1100m: 13:44.45	1:16.24	2400m: 30:07.37	1:15.52	3700m: 46:34.07	1:16.01	5000m: 1:02:52.47	1:09.88
	1200m: 15:00.97	1:16.52	2500m: 31:24.29	1:16.92	3800m: 47:49.36	1:15.29		
	1300m: 16:17.22	1:16.25	2600m: 32:39.70	1:15.41	3900m: 49:05.28	1:15.92		
7.	Vitor Joao, PEREIRA	M	102545	97	Leixões Sport Clube	<b>1:03:59.08</b>	432	
	100m: 1:06.28	1:06.28	1400m: 17:16.65	1:16.08	2700m: 33:58.04	1:19.07	4000m: 51:00.13	1:20.08
	200m: 2:14.51	1:08.23	1500m: 18:33.47	1:16.82	2800m: 35:16.18	1:18.14	4100m: 52:20.20	1:20.07
	300m: 3:25.41	1:10.90	1600m: 19:49.70	1:16.23	2900m: 36:33.86	1:17.68	4200m: 53:39.68	1:19.48
	400m: 4:37.95	1:12.54	1700m: 21:05.15	1:15.45	3000m: 37:51.86	1:18.00	4300m: 54:58.79	1:19.11
	500m: 5:51.98	1:14.03	1800m: 22:19.12	1:13.97	3100m: 39:10.47	1:18.61	4400m: 56:17.64	1:18.85
	600m: 7:06.93	1:14.95	1900m: 23:32.84	1:13.72	3200m: 40:29.60	1:19.13	4500m: 57:35.10	1:17.46
	700m: 8:22.17	1:15.24	2000m: 24:48.27	1:15.43	3300m: 41:48.59	1:18.99	4600m: 58:51.68	1:16.58
	800m: 9:37.48	1:15.31	2100m: 26:05.75	1:17.48	3400m: 43:07.57	1:18.98	4700m: 1:00:07.88	1:16.20
	900m: 10:53.35	1:15.87	2200m: 27:23.66	1:17.91	3500m: 44:26.00	1:18.43	4800m: 1:01:25.13	1:17.25
	1000m: 12:09.34	1:15.99	2300m: 28:42.54	1:18.88	3600m: 45:45.01	1:19.01	4900m: 1:02:42.84	1:17.71
	1100m: 13:26.58	1:17.24	2400m: 30:01.29	1:18.75	3700m: 47:02.78	1:17.77	5000m: 1:03:59.08	1:16.24
	1200m: 14:44.10	1:17.52	2500m: 31:20.51	1:19.22	3800m: 48:21.05	1:18.27		
	1300m: 16:00.57	1:16.47	2600m: 32:38.97	1:18.46	3900m: 49:40.05	1:19.00		
8.	Filipe Carmo, RAMOS	M	105197	97	Vilacondense	<b>1:04:09.12</b>	429	
	100m: 1:10.94	1:10.94	1400m: 17:27.44	1:16.34	2700m: 34:10.51	1:18.18	4000m: 51:10.19	1:19.05
	200m: 2:24.32	1:13.38	1500m: 18:44.15	1:16.71	2800m: 35:27.56	1:17.05	4100m: 52:29.20	1:19.01
	300m: 3:38.36	1:14.04	1600m: 20:00.91	1:16.76	2900m: 36:45.22	1:17.66	4200m: 53:48.89	1:19.69
	400m: 4:52.71	1:14.35	1700m: 21:17.88	1:16.97	3000m: 38:03.13	1:17.91	4300m: 55:09.23	1:20.34
	500m: 6:07.35	1:14.64	1800m: 22:34.71	1:16.83	3100m: 39:21.02	1:17.89	4400m: 56:28.79	1:19.56
	600m: 7:21.50	1:14.15	1900m: 23:51.95	1:17.24	3200m: 40:39.29	1:18.27	4500m: 57:48.28	1:19.49
	700m: 8:36.43	1:14.93	2000m: 25:08.72	1:16.77	3300m: 41:57.59	1:18.30	4600m: 59:07.78	1:19.50
	800m: 9:51.32	1:14.89	2100m: 26:25.83	1:17.11	3400m: 43:15.09	1:17.50	4700m: 1:00:27.22	1:19.44
	900m: 11:07.96	1:16.64	2200m: 27:43.28	1:17.45	3500m: 44:34.11	1:19.02	4800m: 1:01:46.43	1:19.21
	1000m: 12:23.45	1:15.49	2300m: 29:00.54	1:17.26	3600m: 45:51.91	1:17.80	4900m: 1:03:01.85	1:15.42
	1100m: 13:39.15	1:15.70	2400m: 30:17.98	1:17.44	3700m: 47:11.68	1:19.77	5000m: 1:04:09.12	1:07.27
	1200m: 14:54.95	1:15.80	2500m: 31:35.39	1:17.41	3800m: 48:31.41	1:19.73		
	1300m: 16:11.10	1:16.15	2600m: 32:52.33	1:16.94	3900m: 49:51.14	1:19.73		