

Prova de Mar do Porto Santo / Dia da Marinha
Porto Santo, 11/5/2019

Prova 7 3000m Livres 25 anos e mais velhos
11/05/2019 - 11:30 3000 metros / Masters (águas abertas) Resultados

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
Master AA1 (25 aos 39 anos), Masc.						
1.	352	FREITAS, Pedro Ideia	1989	Clube Naval do Funchal	26:00.50	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 26:00.50	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA2 (40 aos 54 anos), Masc.

1.	350	SOUSA, Joao Pedro	1974	Clube Naval do Funchal	22:54.19	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 22:54.19	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	351	SOUSA, Pedro Miguel	1978	Salesianos do Funchal	25:26.72	+ 2:32.53
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 25:26.72	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	354	MATEUS, Osvaldo Roseira	1976	Desportivo Nacional	28:49.34	+ 5:55.15
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 28:49.34	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA2 (40 aos 54 anos), Femin.

1.	353	SANTOS, Mayra Sousa	1979	Clube Naval do Funchal	26:34.62	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 26:34.62	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Absoluto, Masc.

Prova de Mar do Porto Santo / Dia da Marinha
Porto Santo, 11/5/2019

Prova 7, Masc., 3000m Livres, Absoluto

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
1.	350	SOUSA, Joao Pedro	1974	Clube Naval do Funchal	22:54.19	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 22:54.19	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	351	SOUSA, Pedro Miguel	1978	Salesianos do Funchal	25:26.72	+ 2:32.53
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 25:26.72	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	352	FREITAS, Pedro Ideia	1989	Clube Naval do Funchal	26:00.50	+ 3:06.31
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 26:00.50	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
4.	354	MATEUS, Osvaldo Roseira	1976	Desportivo Nacional	28:49.34	+ 5:55.15
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 28:49.34	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Absoluto, Femin.

1.	353	SANTOS, Mayra Sousa	1979	Clube Naval do Funchal	26:34.62	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 26:34.62	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		