

Prova de Mar de Câmara de Lobos  
Câmara de Lobos, 29/9/2019

Prova 5  
29/09/2019 - 11:00

3000m Livres  
3000 metros / Masters (águas abertas) e Populares

25 anos e mais velhos  
Resultados

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
Master AA1 (25 aos 39 anos), Masc.						
1.	404	FREITAS, Pedro Ideia	1989	Naval do Funchal	<b>29:28.16</b>	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	29:28.16
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA2 (40 aos 54 anos), Masc.

1.	401	SOUSA, Joao Pedro	1974	Naval do Funchal	<b>28:11.09</b>	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	28:11.09
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	406	FERREIRA, Jose Araujo	1965	Desportivo Nacional	<b>31:42.02</b>	+ 3:30.93
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	31:42.02
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	407	MATEUS, Osvaldo Roseira	1976	Desportivo Nacional	<b>34:13.07</b>	+ 6:01.98
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	34:13.07
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA2 (40 aos 54 anos), Femin.

1.	402	GOMES, Susana Clara	1977	Naval do Funchal	<b>29:12.19</b>	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	29:12.19
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	405	SANTOS, Mayra Sousa	1979	Naval do Funchal	<b>33:06.03</b>	+ 3:53.84
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	33:06.03
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

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Prova 5, Femin., 3000m Livres, Master AA2 (40 aos 54 anos)

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
3.	409	SILVA, Catarina Grace	1977	Naval do Funchal	<b>40:51.83</b>	+ 11:39.64
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 40:51.83	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Classificação Geral - MASTERS, Masc.

1.	401	SOUSA, Joao Pedro	1974	Naval do Funchal	<b>28:11.09</b>	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 28:11.09	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	404	FREITAS, Pedro Ideia	1989	Naval do Funchal	<b>29:28.16</b>	+ 1:17.07
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
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	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 31:42.02	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
4.	407	MATEUS, Osvaldo Roseira	1976	Desportivo Nacional	<b>34:13.07</b>	+ 6:01.98
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 34:13.07	
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Prova 5, Femin., 3000m Livres, Classificação Geral - MASTERS

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	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 40:51.83	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		