

Prova de Mar do Caniçal
Caniçal, 5/10/2019

Prova 5
05/10/2019 - 11:15

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	51:37.69	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	51:37.69
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA2 (40 aos 54 anos), Masc.

1.	401	SOUSA, Joao Pedro	1974	Naval do Funchal	47:32.48	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	47:32.48
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	407	MATEUS, Osvaldo Roseira	1976	Desportivo Nacional	1:10:41.56	+ 23:09.08
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m	1:10:41.56
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	412	GONCALVES, Antonio Humberto	1972	Desportivo Nacional	1:19:58.64	+ 32:26.16
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m	1:19:58.64
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA2 (40 aos 54 anos), Femin.

1.	406	SANTOS, Mayra Sousa	1979	Naval do Funchal	57:10.45	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	57:10.45
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	409	SILVA, Catarina Grace	1977	Naval do Funchal	1:10:36.08	+ 13:25.63
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m	1:10:36.08
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

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Prova 5, 3000m Livres

Master AA3 (55 e mais velhos), Masc.

1.	405	FERREIRA, Jose Araujo	1965	Desportivo Nacional	52:55.24	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	52:55.24
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	413	PEREIRA, Joao Manuel	1959	GD Corticeiras	1:12:58.53	+ 20:03.29
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m	1:12:58.53
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Classificação Geral - MASTERS, Masc.

1.	401	SOUSA, Joao Pedro	1974	Naval do Funchal	47:32.48	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	47:32.48
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	404	FREITAS, Pedro Ideia	1989	Naval do Funchal	51:37.69	+ 4:05.21
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	51:37.69
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	405	FERREIRA, Jose Araujo	1965	Desportivo Nacional	52:55.24	+ 5:22.76
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	52:55.24
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
4.	407	MATEUS, Osvaldo Roseira	1976	Desportivo Nacional	1:10:41.56	+ 23:09.08
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m	1:10:41.56
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

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Prova 5, Masc., 3000m Livres, Classificação Geral - MASTERS

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
5.	413	PEREIRA, Joao Manuel	1959	GD Corticeiras	1:12:58.53	+ 25:26.05
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m 1:12:58.53	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
6.	412	GONCALVES, Antonio Humberto	1972	Desportivo Nacional	1:19:58.64	+ 32:26.16
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m 1:19:58.64	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Classificação Geral - MASTERS, Femin.

1.	406	SANTOS, Mayra Sousa	1979	Naval do Funchal	57:10.45	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 57:10.45	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	409	SILVA, Catarina Grace	1977	Naval do Funchal	1:10:36.08	+ 13:25.63
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m 1:10:36.08	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		