



Campeonato Nacional AA de Verão 3 Km Masters - OPEN
OW National Championship Summer 3km Masters - OPEN
Praia da Vitoria, 4-8-2018

Prova 1 3000m Livres 25 anos e mais velhos
04-08-2018 Resultados

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
Esc A, Masc.						
1.	103	SANTOS, Cristiano Almeida	1990	Atletismo Ferreira do Zezere	44:01.32	
2.	53	CORDEIRO, Diogo Andre	1990	Masters de Almada	45:08.66	+ 1:07.34
3.	50	BOTAS, David Miguel	1990	Academica de Coimbra	46:40.33	+ 2:39.01
4.	59	FELICIO, Mario Nuno	1990	Ginasio Clube	46:49.13	+ 2:47.81
5.	90	PATRICIO, Filipe Cruz	1990	Palmela Desporto	48:26.34	+ 4:25.02
6.	44	ALMEIDA, Jorge Nuno	1989	Ginasio Clube	53:24.37	+ 9:23.05
Esc B, Masc.						
1.	65	FREDERICO, Francisco Henrique	1984	Colegio Monte Maior	44:30.33	
2.	105	SANTOS, Miguel Baceira	1984	Academica de Coimbra	56:37.46	+ 12:07.13
Esc C, Masc.						
1.	89	OLIVEIRA, Joao Andre	1979	Galitos / Bresimar	47:04.01	
2.	41	AFONSO, Nuno Silva	1979	Academica de Coimbra	1:08:05.21	+ 21:01.20
Esc D, Masc.						
1.	58	COSTA, Rodrigo Marques	1976	Litoral Alentejano	41:55.70	
2.	78	MARQUES, Rui Montenegro	1975	Alges	47:43.69	+ 5:47.99
3.	40	AFONSO, Hugo Andre	1976	CCDSerta	51:51.40	+ 9:55.70
4.	68	GOMES, Joao Antonio	1975	Leixoes	52:03.43	+ 10:07.73
5.	118	TOJO, Jose Manuel	1977	Academica de Coimbra	54:07.67	+ 12:11.97
6.	45	AMANTES, Ricardo Bruno	1974	Nacional de Natacao	54:27.13	+ 12:31.43
7.	123	ESTEVES, Alexander	1977	Individual	58:26.78	+ 16:31.08
DNS	94	QUARESMA, Carlos Goulao	1978	Luz e Vida		
Esc E, Masc.						
1.	104	SANTOS, Eurico Manuel	1970	Colegio Monte Maior	45:19.23	
2.	116	TEJO, Rui Miguel	1969	Academica de Coimbra	49:11.57	+ 3:52.34
3.	48	BARROS, Francisco Jose	1972	Porto	50:36.01	+ 5:16.78
4.	69	GOMES, Jose Maria	1972	Ginasio Clube	54:20.63	+ 9:01.40
5.	91	PEREIRA, Jose Manuel	1970	Palmela Desporto	54:38.09	+ 9:18.86
6.	109	SILVA, Pedro Nuno	1973	Academica de Coimbra	56:27.28	+ 11:08.05
7.	122	KNEPPECK, Christoph	1971	Angra late Clube	56:38.05	+ 11:18.82
8.	82	MEDEIROS, Vitor Almeida	1969	Fluvial Portuense	56:44.72	+ 11:25.49
9.	101	SANTINHA, Antonio Manuel	1969	Masters de Almada	59:34.36	+ 14:15.13
10.	70	GONCALVES, Pedro Nuno	1972	Fluvial Portuense	1:04:25.38	+ 19:06.15





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Esc F, Masc.

1.	93	PILEIRA, Luis Paulo	1968	Palmela Desporto	44:29.28	
2.	100	SANTANA, Fernando Manuel	1968	Colegio Monte Maior	52:34.39	+ 8:05.11
3.	80	MARTINHO, Antonio Jorge	1965	Academica de Coimbra	53:49.72	+ 9:20.44
4.	121	VELEZ, Rui Manuel	1964	Luz e Vida	56:49.32	+ 12:20.04
5.	60	FERNANDES, Jorge Manuel	1965	Millennium BCP	57:38.30	+ 13:09.02
6.	114	SOUSA, Luis Manuel	1966	Fluvial Portuense	1:03:46.84	+ 19:17.56
7.	106	SANTOS, Sebastiao Ferreira	1967	Atletismo Ferreira do Zezere	1:06:11.89	+ 21:42.61
8.	112	SILVA, Rui Manuel	1964	Academica de Coimbra	1:06:28.17	+ 21:58.89

Esc G, Masc.

1.	119	TORRES, Paulo Francisco	1962	Fluvial Portuense	46:55.74	
2.	74	LOBO, Nuno Silva	1963	Fluvial Portuense	46:57.40	+ 1.66
3.	108	SILVA, Joao Manuel	1963	Millennium BCP	48:15.98	+ 1:20.24
4.	117	TEODOSIO, Jose Virgulino	1962	Luz e Vida	51:21.17	+ 4:25.43
5.	107	SEABRA, Henrique Luis	1961	Fluvial Portuense	53:25.00	+ 6:29.26
6.	84	MENESES, Pedro Bruno	1962	Leixoes	56:11.79	+ 9:16.05
7.	113	SOUSA, Jose Fernando	1963	Fluvial Portuense	1:01:14.84	+ 14:19.10
8.	75	LUZ, Paulo Filipe	1959	Gesloures	1:06:07.51	+ 19:11.77
9.	95	RODRIGUES, Paulo Fernando	1963	Colegio Monte Maior	1:13:43.13	+ 26:47.39
10.	57	CORREIA, Paulo Manuel	1960	Alges	1:16:33.69	+ 29:37.95
OTL	81	MARTINS, Arnaldo Silva	1961	Fluvial Portuense		+ 30:54.46

Esc H, Masc.

1.	54	CORREIA, Alberto Vaz	1955	Salesianos	47:04.84	
2.	85	MORGADO, Jose Luis	1954	Fluvial Portuense	1:06:08.69	+ 19:03.85
3.	97	ROSEIRA, Joao Luis	1955	Fluvial Portuense	1:18:47.78	+ 31:42.94

Esc I, Masc.

1.	55	CORREIA, Carlos Augusto	1952	Masters de Almada	56:46.28	
2.	52	COELHO, Domingos Pinto	1952	Alges	57:35.43	+ 49.15
3.	83	MELO, Mario Jorge	1951	Colegio Monte Maior	1:01:12.92	+ 4:26.64
4.	76	MARQUES, Antonio Jorge	1951	Fluvial Portuense	1:12:21.34	+ 15:35.06

Esc J, Masc.

1.	49	BASTO, Antonio Bessone	1945	Alges	56:50.03	
2.	99	SALGUEIRO, Luis Vidigal	1945	Alges	1:09:16.31	+ 12:26.28
3.	66	GASPAR, Alexandre Azevedo	1945	Alges	1:24:43.72	+ 27:53.69
4.	79	MARREIROS, Jose Joaquim	1946	Alges	1:25:29.87	+ 28:39.84





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Esc L, Masc.

1. 115 TEIXEIRA, Joao Rodrigues 1937 Academica de Coimbra **1:33:54.95**

Esc A, Femin.

1. 110 SILVA, Raquel Alexandra 1991 Leixoes **47:18.12**

Esc B, Femin.

1. 96 RODRIGUES, Sara Daniela 1987 Galitos / Bresimar **48:49.72**
2. 64 FOUGO, Rita Claudia 1988 Natacao da Maia **50:39.91** + 1:50.19
3. 92 PINTO, Rita Loureiro 1985 Ginasio Clube **51:44.14** + 2:54.42
4. 47 BARBOSA, Ana Raquel 1988 Gesloures **57:27.73** + 8:38.01

Esc C, Femin.

1. 88 OLIVEIRA, Ana Mafalda 1981 Natacao da Maia **50:39.45**
2. 72 INACIO, Alexandra Adelinovna 1983 Colegio Monte Maior **51:58.16** + 1:18.71
3. 63 FONSECA, Maria Ana 1982 Fluvial Portuense **52:32.31** + 1:52.86
4. 120 UHLFELDER, Ana Sofia 1983 Fluvial Portuense **1:06:54.41** + 16:14.96

Esc D, Femin.

1. 111 SILVA, Rita Rijo 1975 Colegio Monte Maior **58:33.02**
2. 87 OLIVEIRA, Ana Cristina 1976 Galitos / Bresimar **1:05:35.89** + 7:02.87

Esc E, Femin.

1. 98 ROTHES, Ines Maria 1973 Fluvial Portuense **47:10.45**
2. 77 MARQUES, Helena Sofia 1973 Millennium BCP **53:21.81** + 6:11.36
3. 61 FERREIRA, Filipa Margarida 1969 Fluvial Portuense **53:28.47** + 6:18.02
4. 43 ALMEIDA, Graca Maria 1973 Leixoes **57:45.37** + 10:34.92
5. 102 SANTINHA, Fernanda Maria 1972 Masters de Almada **1:03:07.78** + 15:57.33
6. 46 BARBARA, Ana Bernardo 1970 Portinado **1:03:47.34** + 16:36.89
7. 42 AGANTE, Luisa Lopes 1971 Ginasio Clube **1:04:45.57** + 17:35.12
DNS 86 MOTA, Susana Conceicao 1971 Nadadores dos Estoris

Esc F, Femin.

1. 62 FERREIRA, Isabel Baptista 1967 Colegio Monte Maior **46:47.45**
2. 71 GUIMARAES, Rita Cabral 1964 Fluvial Portuense **56:56.64** + 10:09.19
3. 56 CORREIA, Maria Isabel 1964 Luz e Vida **1:05:30.44** + 18:42.99

Esc G, Femin.

1. 73 KRAEVA, Elena Nikolaevna 1961 Colegio Monte Maior **47:00.80**
2. 67 GIAO, Wanda Maria 1962 Portinado **1:03:50.70** + 16:49.90
3. 51 CANINAS, Maria Madalena 1963 Masters de Almada **1:06:36.88** + 19:36.08





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Absolutos Geral

1.	58	COSTA, Rodrigo Marques	1976	Litoral Alentejano	41:55.70	
2.	103	SANTOS, Cristiano Almeida	1990	Atletismo Ferreira do Zezere	44:01.32	+ 2:05.62
3.	93	PILEIRA, Luis Paulo	1968	Palmela Desporto	44:29.28	+ 2:33.58
4.	65	FREDERICO, Francisco Henrique	1984	Colegio Monte Maior	44:30.33	+ 2:34.63
5.	53	CORDEIRO, Diogo Andre	1990	Masters de Almada	45:08.66	+ 3:12.96
6.	104	SANTOS, Eurico Manuel	1970	Colegio Monte Maior	45:19.23	+ 3:23.53
7.	50	BOTAS, David Miguel	1990	Academica de Coimbra	46:40.33	+ 4:44.63
8.	62	FERREIRA, Isabel Baptista	1967	Colegio Monte Maior	46:47.45	+ 4:51.75
9.	59	FELICIO, Mario Nuno	1990	Ginasio Clube	46:49.13	+ 4:53.43
10.	119	TORRES, Paulo Francisco	1962	Fluvial Portuense	46:55.74	+ 5:00.04
11.	74	LOBO, Nuno Silva	1963	Fluvial Portuense	46:57.40	+ 5:01.70
12.	73	KRAEVA, Elena Nikolaevna	1961	Colegio Monte Maior	47:00.80	+ 5:05.10
13.	89	OLIVEIRA, Joao Andre	1979	Galitos / Bresimar	47:04.01	+ 5:08.31
14.	54	CORREIA, Alberto Vaz	1955	Salesianos	47:04.84	+ 5:09.14
15.	98	ROTHES, Ines Maria	1973	Fluvial Portuense	47:10.45	+ 5:14.75
16.	110	SILVA, Raquel Alexandra	1991	Leixoes	47:18.12	+ 5:22.42
17.	78	MARQUES, Rui Montenegro	1975	Alges	47:43.69	+ 5:47.99
18.	108	SILVA, Joao Manuel	1963	Millennium BCP	48:15.98	+ 6:20.28
19.	90	PATRICIO, Filipe Cruz	1990	Palmela Desporto	48:26.34	+ 6:30.64
20.	96	RODRIGUES, Sara Daniela	1987	Galitos / Bresimar	48:49.72	+ 6:54.02
21.	116	TEJO, Rui Miguel	1969	Academica de Coimbra	49:11.57	+ 7:15.87
22.	48	BARROS, Francisco Jose	1972	Porto	50:36.01	+ 8:40.31
23.	88	OLIVEIRA, Ana Mafalda	1981	Natacao da Maia	50:39.45	+ 8:43.75
24.	64	FOUGO, Rita Claudia	1988	Natacao da Maia	50:39.91	+ 8:44.21
25.	117	TEODOSIO, Jose Virgulino	1962	Luz e Vida	51:21.17	+ 9:25.47
26.	92	PINTO, Rita Loureiro	1985	Ginasio Clube	51:44.14	+ 9:48.44
27.	40	AFONSO, Hugo Andre	1976	CCDSerta	51:51.40	+ 9:55.70
28.	72	INACIO, Alexandra Adelinovna	1983	Colegio Monte Maior	51:58.16	+ 10:02.46
29.	68	GOMES, Joao Antonio	1975	Leixoes	52:03.43	+ 10:07.73
30.	63	FONSECA, Maria Ana	1982	Fluvial Portuense	52:32.31	+ 10:36.61
31.	100	SANTANA, Fernando Manuel	1968	Colegio Monte Maior	52:34.39	+ 10:38.69
32.	77	MARQUES, Helena Sofia	1973	Millennium BCP	53:21.81	+ 11:26.11
33.	44	ALMEIDA, Jorge Nuno	1989	Ginasio Clube	53:24.37	+ 11:28.67
34.	107	SEABRA, Henrique Luis	1961	Fluvial Portuense	53:25.00	+ 11:29.30
35.	61	FERREIRA, Filipa Margarida	1969	Fluvial Portuense	53:28.47	+ 11:32.77
36.	80	MARTINHO, Antonio Jorge	1965	Academica de Coimbra	53:49.72	+ 11:54.02
37.	118	TOJO, Jose Manuel	1977	Academica de Coimbra	54:07.67	+ 12:11.97
38.	69	GOMES, Jose Maria	1972	Ginasio Clube	54:20.63	+ 12:24.93
39.	45	AMANTES, Ricardo Bruno	1974	Nacional de Natacao	54:27.13	+ 12:31.43
40.	91	PEREIRA, Jose Manuel	1970	Palmela Desporto	54:38.09	+ 12:42.39
41.	84	MENESES, Pedro Bruno	1962	Leixoes	56:11.79	+ 14:16.09
42.	109	SILVA, Pedro Nuno	1973	Academica de Coimbra	56:27.28	+ 14:31.58
43.	105	SANTOS, Miguel Baceira	1984	Academica de Coimbra	56:37.46	+ 14:41.76
44.	122	KNEPPECK, Christoph	1971	Angra late Clube	56:38.05	+ 14:42.35





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Prova 1, Todos, 3000m Livres, Absolutos Geral

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
45.	82	MEDEIROS, Vitor Almeida	1969	Fluvial Portuense	56:44.72	+ 14:49.02
46.	55	CORREIA, Carlos Augusto	1952	Masters de Almada	56:46.28	+ 14:50.58
47.	121	VELEZ, Rui Manuel	1964	Luz e Vida	56:49.32	+ 14:53.62
48.	49	BASTO, Antonio Bessone	1945	Alges	56:50.03	+ 14:54.33
49.	71	GUIMARAES, Rita Cabral	1964	Fluvial Portuense	56:56.64	+ 15:00.94
50.	47	BARBOSA, Ana Raquel	1988	Gesloures	57:27.73	+ 15:32.03
51.	52	COELHO, Domingos Pinto	1952	Alges	57:35.43	+ 15:39.73
52.	60	FERNANDES, Jorge Manuel	1965	Millennium BCP	57:38.30	+ 15:42.60
53.	43	ALMEIDA, Graca Maria	1973	Leixoes	57:45.37	+ 15:49.67
54.	123	ESTEVES, Alexander	1977	Individual	58:26.78	+ 16:31.08
55.	111	SILVA, Rita Rijo	1975	Colegio Monte Maior	58:33.02	+ 16:37.32
56.	101	SANTINHA, Antonio Manuel	1969	Masters de Almada	59:34.36	+ 17:38.66
57.	83	MELO, Mario Jorge	1951	Colegio Monte Maior	1:01:12.92	+ 19:17.22
58.	113	SOUZA, Jose Fernando	1963	Fluvial Portuense	1:01:14.84	+ 19:19.14
59.	102	SANTINHA, Fernanda Maria	1972	Masters de Almada	1:03:07.78	+ 21:12.08
60.	114	SOUZA, Luis Manuel	1966	Fluvial Portuense	1:03:46.84	+ 21:51.14
61.	46	BARBARA, Ana Bernardo	1970	Portinado	1:03:47.34	+ 21:51.64
62.	67	GIAO, Wanda Maria	1962	Portinado	1:03:50.70	+ 21:55.00
63.	70	GONCALVES, Pedro Nuno	1972	Fluvial Portuense	1:04:25.38	+ 22:29.68
64.	42	AGANTE, Luisa Lopes	1971	Ginasio Clube	1:04:45.57	+ 22:49.87
65.	56	CORREIA, Maria Isabel	1964	Luz e Vida	1:05:30.44	+ 23:34.74
66.	87	OLIVEIRA, Ana Cristina	1976	Galitos / Bresimar	1:05:35.89	+ 23:40.19
67.	75	LUZ, Paulo Filipe	1959	Gesloures	1:06:07.51	+ 24:11.81
68.	85	MORGADO, Jose Luis	1954	Fluvial Portuense	1:06:08.69	+ 24:12.99
69.	106	SANTOS, Sebastiao Ferreira	1967	Atletismo Ferreira do Zezere	1:06:11.89	+ 24:16.19
70.	112	SILVA, Rui Manuel	1964	Academica de Coimbra	1:06:28.17	+ 24:32.47
71.	51	CANINAS, Maria Madalena	1963	Masters de Almada	1:06:36.88	+ 24:41.18
72.	120	UHLFELDER, Ana Sofia	1983	Fluvial Portuense	1:06:54.41	+ 24:58.71
73.	41	AFONSO, Nuno Silva	1979	Academica de Coimbra	1:08:05.21	+ 26:09.51
74.	99	SALGUEIRO, Luis Vidigal	1945	Alges	1:09:16.31	+ 27:20.61
75.	76	MARQUES, Antonio Jorge	1951	Fluvial Portuense	1:12:21.34	+ 30:25.64
76.	95	RODRIGUES, Paulo Fernando	1963	Colegio Monte Maior	1:13:43.13	+ 31:47.43
77.	57	CORREIA, Paulo Manuel	1960	Alges	1:16:33.69	+ 34:37.99
78.	97	ROSEIRA, Joao Luis	1955	Fluvial Portuense	1:18:47.78	+ 36:52.08
79.	66	GASPAR, Alexandre Azevedo	1945	Alges	1:24:43.72	+ 42:48.02
80.	79	MARREIROS, Jose Joaquim	1946	Alges	1:25:29.87	+ 43:34.17
81.	115	TEIXEIRA, Joao Rodrigues	1937	Academica de Coimbra	1:33:54.95	+ 51:59.25
DNS	94	QUARESMA, Carlos Goulao	1978	Luz e Vida		
DNS	86	MOTA, Susana Conceicao	1971	Nadadores dos Estoris		
OTL	81	MARTINS, Arnaldo Silva	1961	Fluvial Portuense		+ 35:54.50

ORGANIZAÇÃO



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Prova 1, 3000m Livres

Absolutos Masc, Masc.

1.	58	COSTA, Rodrigo Marques	1976	Litoral Alentejano	41:55.70	
2.	103	SANTOS, Cristiano Almeida	1990	Atletismo Ferreira do Zezere	44:01.32	+ 2:05.62
3.	93	PILEIRA, Luis Paulo	1968	Palmela Desporto	44:29.28	+ 2:33.58
4.	65	FREDERICO, Francisco Henrique	1984	Colegio Monte Maior	44:30.33	+ 2:34.63
5.	53	CORDEIRO, Diogo Andre	1990	Masters de Almada	45:08.66	+ 3:12.96
6.	104	SANTOS, Eurico Manuel	1970	Colegio Monte Maior	45:19.23	+ 3:23.53
7.	50	BOTAS, David Miguel	1990	Academica de Coimbra	46:40.33	+ 4:44.63
8.	59	FELICIO, Mario Nuno	1990	Ginasio Clube	46:49.13	+ 4:53.43
9.	119	TORRES, Paulo Francisco	1962	Fluvial Portuense	46:55.74	+ 5:00.04
10.	74	LOBO, Nuno Silva	1963	Fluvial Portuense	46:57.40	+ 5:01.70
11.	89	OLIVEIRA, Joao Andre	1979	Galitos / Bresimar	47:04.01	+ 5:08.31
12.	54	CORREIA, Alberto Vaz	1955	Salesianos	47:04.84	+ 5:09.14
13.	78	MARQUES, Rui Montenegro	1975	Alges	47:43.69	+ 5:47.99
14.	108	SILVA, Joao Manuel	1963	Millennium BCP	48:15.98	+ 6:20.28
15.	90	PATRICIO, Filipe Cruz	1990	Palmela Desporto	48:26.34	+ 6:30.64
16.	116	TEJO, Rui Miguel	1969	Academica de Coimbra	49:11.57	+ 7:15.87
17.	48	BARROS, Francisco Jose	1972	Porto	50:36.01	+ 8:40.31
18.	117	TEODOSIO, Jose Virgulino	1962	Luz e Vida	51:21.17	+ 9:25.47
19.	40	AFONSO, Hugo Andre	1976	CCDSerta	51:51.40	+ 9:55.70
20.	68	GOMES, Joao Antonio	1975	Leixoes	52:03.43	+ 10:07.73
21.	100	SANTANA, Fernando Manuel	1968	Colegio Monte Maior	52:34.39	+ 10:38.69
22.	44	ALMEIDA, Jorge Nuno	1989	Ginasio Clube	53:24.37	+ 11:28.67
23.	107	SEABRA, Henrique Luis	1961	Fluvial Portuense	53:25.00	+ 11:29.30
24.	80	MARTINHO, Antonio Jorge	1965	Academica de Coimbra	53:49.72	+ 11:54.02
25.	118	TOJO, Jose Manuel	1977	Academica de Coimbra	54:07.67	+ 12:11.97
26.	69	GOMES, Jose Maria	1972	Ginasio Clube	54:20.63	+ 12:24.93
27.	45	AMANTES, Ricardo Bruno	1974	Nacional de Natacao	54:27.13	+ 12:31.43
28.	91	PEREIRA, Jose Manuel	1970	Palmela Desporto	54:38.09	+ 12:42.39
29.	84	MENESES, Pedro Bruno	1962	Leixoes	56:11.79	+ 14:16.09
30.	109	SILVA, Pedro Nuno	1973	Academica de Coimbra	56:27.28	+ 14:31.58
31.	105	SANTOS, Miguel Baceira	1984	Academica de Coimbra	56:37.46	+ 14:41.76
32.	122	KNEPPECK, Christoph	1971	Angra late Clube	56:38.05	+ 14:42.35
33.	82	MEDEIROS, Vitor Almeida	1969	Fluvial Portuense	56:44.72	+ 14:49.02
34.	55	CORREIA, Carlos Augusto	1952	Masters de Almada	56:46.28	+ 14:50.58
35.	121	VELEZ, Rui Manuel	1964	Luz e Vida	56:49.32	+ 14:53.62
36.	49	BASTO, Antonio Bessone	1945	Alges	56:50.03	+ 14:54.33
37.	52	COELHO, Domingos Pinto	1952	Alges	57:35.43	+ 15:39.73
38.	60	FERNANDES, Jorge Manuel	1965	Millennium BCP	57:38.30	+ 15:42.60
39.	123	ESTEVES, Alexander	1977	Individual	58:26.78	+ 16:31.08
40.	101	SANTINHA, Antonio Manuel	1969	Masters de Almada	59:34.36	+ 17:38.66
41.	83	MELO, Mario Jorge	1951	Colegio Monte Maior	1:01:12.92	+ 19:17.22
42.	113	SOUSA, Jose Fernando	1963	Fluvial Portuense	1:01:14.84	+ 19:19.14
43.	114	SOUSA, Luis Manuel	1966	Fluvial Portuense	1:03:46.84	+ 21:51.14
44.	70	GONCALVES, Pedro Nuno	1972	Fluvial Portuense	1:04:25.38	+ 22:29.68





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Prova 1, Masc., 3000m Livres, Absolutos Masc

Lugar	Dorsal	Nome	Ano	Clube	Tempo final	diferença
45.	75	LUZ, Paulo Filipe	1959	Gesloures	1:06:07.51	+ 24:11.81
46.	85	MORGADO, Jose Luis	1954	Fluvial Portuense	1:06:08.69	+ 24:12.99
47.	106	SANTOS, Sebastiao Ferreira	1967	Atletismo Ferreira do Zezere	1:06:11.89	+ 24:16.19
48.	112	SILVA, Rui Manuel	1964	Academica de Coimbra	1:06:28.17	+ 24:32.47
49.	41	AFONSO, Nuno Silva	1979	Academica de Coimbra	1:08:05.21	+ 26:09.51
50.	99	SALGUEIRO, Luis Vidigal	1945	Alges	1:09:16.31	+ 27:20.61
51.	76	MARQUES, Antonio Jorge	1951	Fluvial Portuense	1:12:21.34	+ 30:25.64
52.	95	RODRIGUES, Paulo Fernando	1963	Colegio Monte Maior	1:13:43.13	+ 31:47.43
53.	57	CORREIA, Paulo Manuel	1960	Alges	1:16:33.69	+ 34:37.99
54.	97	ROSEIRA, Joao Luis	1955	Fluvial Portuense	1:18:47.78	+ 36:52.08
55.	66	GASPAR, Alexandre Azevedo	1945	Alges	1:24:43.72	+ 42:48.02
56.	79	MARREIROS, Jose Joaquim	1946	Alges	1:25:29.87	+ 43:34.17
57.	115	TEIXEIRA, Joao Rodrigues	1937	Academica de Coimbra	1:33:54.95	+ 51:59.25
DNS	94	QUARESMA, Carlos Goulao	1978	Luz e Vida		
OTL	81	MARTINS, Arnaldo Silva	1961	Fluvial Portuense		+ 35:54.50

Absolutos Fem, Femin.

1.	62	FERREIRA, Isabel Baptista	1967	Colegio Monte Maior	46:47.45	
2.	73	KRAEVA, Elena Nikolaevna	1961	Colegio Monte Maior	47:00.80	+ 13.35
3.	98	ROTHES, Ines Maria	1973	Fluvial Portuense	47:10.45	+ 23.00
4.	110	SILVA, Raquel Alexandra	1991	Leixoes	47:18.12	+ 30.67
5.	96	RODRIGUES, Sara Daniela	1987	Galitos / Bresimar	48:49.72	+ 2:02.27
6.	88	OLIVEIRA, Ana Mafalda	1981	Natacao da Maia	50:39.45	+ 3:52.00
7.	64	FOUGO, Rita Claudia	1988	Natacao da Maia	50:39.91	+ 3:52.46
8.	92	PINTO, Rita Loureiro	1985	Ginasio Clube	51:44.14	+ 4:56.69
9.	72	INACIO, Alexandra Adelinovna	1983	Colegio Monte Maior	51:58.16	+ 5:10.71
10.	63	FONSECA, Maria Ana	1982	Fluvial Portuense	52:32.31	+ 5:44.86
11.	77	MARQUES, Helena Sofia	1973	Millennium BCP	53:21.81	+ 6:34.36
12.	61	FERREIRA, Filipa Margarida	1969	Fluvial Portuense	53:28.47	+ 6:41.02
13.	71	GUIMARAES, Rita Cabral	1964	Fluvial Portuense	56:56.64	+ 10:09.19
14.	47	BARBOSA, Ana Raquel	1988	Gesloures	57:27.73	+ 10:40.28
15.	43	ALMEIDA, Graca Maria	1973	Leixoes	57:45.37	+ 10:57.92
16.	111	SILVA, Rita Rijo	1975	Colegio Monte Maior	58:33.02	+ 11:45.57
17.	102	SANTINHA, Fernanda Maria	1972	Masters de Almada	1:03:07.78	+ 16:20.33
18.	46	BARBARA, Ana Bernardo	1970	Portinado	1:03:47.34	+ 16:59.89
19.	67	GIAO, Wanda Maria	1962	Portinado	1:03:50.70	+ 17:03.25
20.	42	AGANTE, Luisa Lopes	1971	Ginasio Clube	1:04:45.57	+ 17:58.12
21.	56	CORREIA, Maria Isabel	1964	Luz e Vida	1:05:30.44	+ 18:42.99
22.	87	OLIVEIRA, Ana Cristina	1976	Galitos / Bresimar	1:05:35.89	+ 18:48.44
23.	51	CANINAS, Maria Madalena	1963	Masters de Almada	1:06:36.88	+ 19:49.43
24.	120	UHLFELDER, Ana Sofia	1983	Fluvial Portuense	1:06:54.41	+ 20:06.96
DNS	86	MOTA, Susana Conceicao	1971	Nadadores dos Estoris		

