



Campeonato Nacional AA de Verão 3 Km Masters
Gerês, 29-7-2017



Prova 1
29-07-2017 - 12:00

3000m Livres

25 anos e mais velhos
Resultados

| Lugar | Dorsal | Nome | Ano | Clube | Tempo final | diferença |
|------------------------|--------|----------------------------|------|----------------------------|-----------------|------------|
| Absolutos Geral | | | | | | |
| 1. | 81 | FREITAS, Jose Carlos | 1963 | Fluvial Portuense | 37:59.00 | |
| 2. | 157 | ALCHEBAEV, Sergev | 1983 | Russia | 39:02.00 | + 1:03.00 |
| 3. | 89 | INACIO, Mauro Santos | 1984 | Litoral Alentejano | 39:28.00 | + 1:29.00 |
| 4. | 144 | SILVA, Luis Filipe | 1988 | Salesianos | 39:37.00 | + 1:38.00 |
| 5. | 36 | SILVA, Carolina Santos | 1986 | Propaganda da Natacao | 39:51.00 | + 1:52.00 |
| 6. | 68 | COSTA, Rodrigo Marques | 1976 | Litoral Alentejano | 40:51.00 | + 2:52.00 |
| 7. | 136 | SANTOS, Cristiano Almeida | 1990 | Individual ANDS | 41:05.00 | + 3:06.00 |
| 8. | 99 | MALTA, Joao Carlos | 1982 | Salesianos | 41:41.00 | + 3:42.00 |
| 9. | 28 | MATEUS, Susana Maria | 1989 | Litoral Alentejano | 43:35.00 | + 5:36.00 |
| 10. | 42 | ZABORSKAYA, Marina | 1985 | FC Ferreiras | 43:45.00 | + 5:46.00 |
| 11. | 56 | BARTOLO, Edgar Paiva | 1988 | Leixoes | 43:57.00 | + 5:58.00 |
| 12. | 110 | MENESES, Goncalo Goncalves | 1992 | Braga | 43:58.00 | + 5:59.00 |
| 13. | 34 | ROTHES, Ines Maria | 1973 | Fluvial Portuense | 44:04.00 | + 6:05.00 |
| 14. | 61 | COELHO, Cristiano Amaro | 1988 | Fluvial Portuense | 44:08.00 | + 6:09.00 |
| 15. | 143 | SILVA, Jorge Miguel | 1976 | Salesianos | 44:09.00 | + 6:10.00 |
| 16. | 127 | PILEIRA, Luis Paulo | 1968 | Palmela | 45:49.00 | + 7:50.00 |
| 17. | 85 | GONCALVES, Miguel Neto | 1985 | Individual ANCNP | 46:07.00 | + 8:08.00 |
| 18. | 11 | COSTA, Maria Luisa | 1974 | Fluvial Portuense | 46:18.00 | + 8:19.00 |
| 19. | 94 | LOBO, Nuno Silva | 1963 | Fluvial Portuense | 46:49.00 | + 8:50.00 |
| 20. | 31 | OLIVEIRA, Ana Mafalda | 1981 | Natacao da Maia | 46:52.00 | + 8:53.00 |
| 21. | 37 | SILVA, Raquel Alexandra | 1991 | Leixoes | 47:02.00 | + 9:03.00 |
| 22. | 59 | CARVALHO, Frederico Gomes | 1974 | Naval Setubalense | 47:37.00 | + 9:38.00 |
| 23. | 64 | CORREIA, Alberto Vaz | 1955 | Alges | 47:44.00 | + 9:45.00 |
| 24. | 151 | TEJO, Rui Miguel | 1969 | Academica de Coimbra | 47:45.00 | + 9:46.00 |
| 25. | 18 | FOUGO, Rita Claudia | 1988 | Natacao da Maia | 47:48.00 | + 9:49.00 |
| 26. | 115 | NETO, Angelo Miguel | 1982 | Fluvial Portuense | 47:54.00 | + 9:55.00 |
| 27. | 33 | RODRIGUES, Sara Daniela | 1987 | Galitos / Bresimar | 47:55.00 | + 9:56.00 |
| 28. | 135 | SANTOS, Bruno Miguel | 1991 | Propaganda da Natacao | 47:59.00 | + 10:00.00 |
| 29. | 113 | MOREIRA, Paulo Ricardo | 1991 | Propaganda da Natacao | 48:00.00 | + 10:01.00 |
| 30. | 40 | VALENTE, Catia Marisa | 1984 | Luz e Vida | 48:01.00 | + 10:02.00 |
| 31. | 53 | BARROS, Francisco Santos | 1972 | Colegio Monte Maior | 48:02.00 | + 10:03.00 |
| 32. | 153 | TORRES, Paulo Francisco | 1962 | Fluvial Portuense | 48:03.00 | + 10:04.00 |
| 33. | 125 | PINTO, Mario Jose | 1957 | Nautico /Urgicentro-Sanfil | 48:59.00 | + 11:00.00 |
| 34. | 67 | COSTA, Goncalo Miguel | 1982 | Ginasio Clube | 50:14.00 | + 12:15.00 |
| 35. | 71 | DYSON, Stephen Thomas | 1947 | Alges | 50:26.00 | + 12:27.00 |
| 36. | 126 | PIRES, Filipe Pinheiro | 1973 | Foca | 50:35.00 | + 12:36.00 |
| 37. | 74 | FELICIO, Mario Nuno | 1990 | Ginasio Clube | 50:58.00 | + 12:59.00 |
| 38. | 77 | FERREIRA, Miguel Jose | 1970 | Leixoes | 51:05.00 | + 13:06.00 |
| 39. | 80 | FONTES, Miguel Freitas | 1972 | Universitario do Porto | 51:08.00 | + 13:09.00 |
| 40. | 29 | MIRANDA, Laura Manuela | 1967 | Alges | 51:14.00 | + 13:15.00 |
| 41. | 32 | PINTO, Rita Loureiro | 1985 | Ginasio Clube | 51:20.00 | + 13:21.00 |
| 42. | 13 | FARIA, Joana Maria | 1974 | Leixoes | 51:37.00 | + 13:38.00 |
| 43. | 09 | BRANDAO, Maria Teresa | 1969 | Fluvial Portuense | 51:45.00 | + 13:46.00 |





TERRAS DE BOURO
RESERVA MUNDIAL DA BIOSFERA



Campeonato Nacional AA de Verão 3 Km Masters
Gerês, 29-7-2017

Prova 1, Todos, 3000m Livres, Absolutos Geral

| Lugar | Dorsal | Nome | Ano | Clube | Tempo final | diferença |
|-------|--------|-------------------------------|------|-----------------------|-------------------|------------|
| 44. | 93 | LOBO, Armindo Manuel | 1984 | Vitoria Guimaraes | 52:12.00 | + 14:13.00 |
| 45. | 109 | MENDES, Ricardo Antonio | 1955 | Salesianos | 52:42.00 | + 14:43.00 |
| 46. | 17 | FONSECA, Maria Ana | 1982 | Fluvial Portuense | 53:18.00 | + 15:19.00 |
| 47. | 103 | MARTINHO, Antonio Jorge | 1965 | Academica de Coimbra | 53:51.00 | + 15:52.00 |
| 48. | 27 | MARQUES, Patricia Alexandra | 1987 | Natacao da Maia | 53:58.00 | + 15:59.00 |
| 49. | 38 | SILVA, Rita Rebelo | 1979 | Fluvial Portuense | 54:17.00 | + 16:18.00 |
| 50. | 105 | MARTINS, Joao Giao | 1965 | Alges | 54:25.00 | + 16:26.00 |
| 51. | 118 | PACHECO, Filipe Monteiro | 1974 | Leixoes | 54:33.00 | + 16:34.00 |
| 52. | 83 | GOMES, Joao Antonio | 1975 | Leixoes | 54:51.00 | + 16:52.00 |
| 53. | 16 | FERREIRA, Filipa Margarida | 1969 | Fluvial Portuense | 55:09.00 | + 17:10.00 |
| 54. | 120 | PEREIRA, Jose Manuel | 1970 | Palmela | 55:24.00 | + 17:25.00 |
| 55. | 97 | MAGALHAES, Fernando Antonio | 1973 | Leixoes | 55:27.00 | + 17:28.00 |
| 56. | 139 | SEABRA, Henrique Luis | 1961 | Fluvial Portuense | 55:42.00 | + 17:43.00 |
| 57. | 152 | TOJO, Jose Manuel | 1977 | Academica de Coimbra | 56:01.00 | + 18:02.00 |
| 58. | 66 | COSTA, Armando Joao | 1963 | Colegio SMLamas | 56:09.00 | + 18:10.00 |
| 59. | 122 | PEREIRA, Mario Nuno | 1981 | Foca | 57:09.00 | + 19:10.00 |
| 60. | 55 | BARROS, Telmo Alexandre | 1979 | Natacao de Valongo | 57:10.00 | + 19:11.00 |
| 61. | 52 | BARKA, Youssef-Andre | 1963 | Salesianos | 57:12.00 | + 19:13.00 |
| 62. | 128 | RIBEIRO, Jorge Vieira | 1964 | Sporting de Aveiro | 57:15.00 | + 19:16.00 |
| 63. | 30 | OLIVEIRA, Ana Cristina | 1976 | Galitos / Bresimar | 57:19.00 | + 19:20.00 |
| 64. | 65 | CORREIA, Carlos Augusto | 1952 | Masters de Almada | 57:24.00 | + 19:25.00 |
| 65. | 155 | VELEZ, Rui Manuel | 1964 | Luz e Vida | 57:25.00 | + 19:26.00 |
| 66. | 150 | TAVARES, Jose Manuel | 1959 | Avancado EUL | 57:36.00 | + 19:37.00 |
| 67. | 78 | FIGUEIREDO, Francisco Rosario | 1985 | Propaganda da Natacao | 57:38.00 | + 19:39.00 |
| 68. | 142 | SILVA, Filipe Miguel | 1974 | Fluvial Portuense | 57:41.00 | + 19:42.00 |
| 69. | 117 | NOVAIS, Jose Orlando | 1978 | Vitoria Guimaraes | 57:43.00 | + 19:44.00 |
| 70. | 20 | GUIMARAES, Rita Cabral | 1964 | Fluvial Portuense | 57:47.00 | + 19:48.00 |
| 71. | 92 | LIMA, Joao Pedro | 1977 | Geslours | 57:52.00 | + 19:53.00 |
| 72. | 145 | SOCORRO, Fernando Osvaldo | 1972 | Leixoes | 58:02.00 | + 20:03.00 |
| 73. | 03 | ALMEIDA, Graca Maria | 1973 | Leixoes | 58:50.00 | + 20:51.00 |
| 74. | 08 | BLANCO, Catarina Araujo | 1971 | Fluvial Portuense | 58:58.00 | + 20:59.00 |
| 75. | 138 | SANTOS, Urbino Jesus | 1975 | Penafiel | 59:38.00 | + 21:39.00 |
| 76. | 70 | DIAS, Joaquim Jose | 1964 | Leixoes | 59:47.00 | + 21:48.00 |
| 77. | 15 | FERNANDES, Maribel Santos | 1965 | Leixoes | 59:55.00 | + 21:56.00 |
| 78. | 54 | BARROS, Mario Jorge | 1956 | Porto | 59:56.00 | + 21:57.00 |
| 79. | 41 | WISEU, Maria Adriana | 1966 | Leixoes | 1:00:01.00 | + 22:02.00 |
| | 50 | AFONSO, Hugo Andre | 1976 | CCDSerta | 1:00:01.00 | + 22:02.00 |
| 81. | 116 | NEVES, Paulo Alexandre | 1966 | Leixoes | 1:00:22.00 | + 22:23.00 |
| 82. | 01 | AGANTE, Luisa Lopes | 1971 | Leixoes | 1:00:25.00 | + 22:26.00 |
| 83. | 148 | SOUSA, Luis Manuel | 1966 | Fluvial Portuense | 1:00:36.00 | + 22:37.00 |
| 84. | 07 | BARROCA, Maria Gabriel | 1963 | Individual ANALEN | 1:00:37.00 | + 22:38.00 |
| 85. | 134 | SANTINHA, Antonio Manuel | 1969 | Masters de Almada | 1:00:41.00 | + 22:42.00 |
| 86. | 35 | SANTINHA, Fernanda Maria | 1972 | Masters de Almada | 1:00:44.00 | + 22:45.00 |
| 87. | 60 | CARVALHO, Vitor Borges | 1964 | Viana Natacao | 1:00:47.00 | + 22:48.00 |
| 88. | 111 | MENESES, Pedro Bruno | 1962 | Leixoes | 1:01:04.00 | + 23:05.00 |
| 89. | 26 | MALHEIROS, Carmen Silvia | 1981 | Litoral Alentejano | 1:01:27.00 | + 23:28.00 |



Prova 1, Todos, 3000m Livres, Absolutos Geral

| Lugar | Dorsal | Nome | Ano | Clube | Tempo final | diferença |
|-------|--------|-----------------------------|------|----------------------|-------------------|------------|
| 90. | 14 | FERNANDES, Maria Santos | 1962 | Leixoes | 1:01:28.00 | + 23:29.00 |
| 91. | 90 | INVERNEIRO, Pedro Alexandre | 1971 | Fluvial Portuense | 1:01:30.00 | + 23:31.00 |
| 92. | 62 | COELHO, Domingos Pinto | 1952 | Alges | 1:01:42.00 | + 23:43.00 |
| 93. | 154 | TRIGO, Daniel Castro | 1965 | Sporting de Aveiro | 1:01:52.00 | + 23:53.00 |
| 94. | 147 | SOUZA, Jose Fernando | 1963 | Fluvial Portuense | 1:01:58.00 | + 23:59.00 |
| 95. | 06 | BARBOSA, Ana Raquel | 1988 | Gesloures | 1:02:10.00 | + 24:11.00 |
| 96. | 96 | MADEIRA, Diogo Simao | 1986 | Natacao da Maia | 1:02:21.00 | + 24:22.00 |
| 97. | 140 | SERRA, Nuno Alexandre | 1972 | Natacao de Valongo | 1:02:34.00 | + 24:35.00 |
| 98. | 108 | MELO, Antonio Paulo | 1967 | Fluvial Portuense | 1:04:12.00 | + 26:13.00 |
| 99. | 141 | SILVA, Carlos Filipe | 1987 | Foca | 1:04:40.00 | + 26:41.00 |
| 100. | 114 | MORGADO, Jose Luis | 1954 | Fluvial Portuense | 1:04:49.00 | + 26:50.00 |
| 101. | 130 | RUA, Paulo Jorge | 1972 | Leixoes | 1:05:04.00 | + 27:05.00 |
| 102. | 123 | PEREIRA, Norberto Matos | 1975 | Vitoria Guimaraes | 1:05:10.00 | + 27:11.00 |
| 103. | 10 | CANINAS, Maria Madalena | 1963 | Masters de Almada | 1:05:12.00 | + 27:13.00 |
| 104. | 25 | MACHADO, Cristina Isabel | 1967 | Academico Viseu | 1:05:17.00 | + 27:18.00 |
| 105. | 73 | FARIA, Vitorino Fernando | 1973 | Foca | 1:05:19.00 | + 27:20.00 |
| 106. | 51 | AFONSO, Nuno Silva | 1979 | Academica de Coimbra | 1:05:26.00 | + 27:27.00 |
| 107. | 39 | UHLFELDER, Ana Sofia | 1983 | Fluvial Portuense | 1:05:56.00 | + 27:57.00 |
| 108. | 146 | SOUZA, Alberto Sergio | 1963 | Natacao da Maia | 1:05:58.00 | + 27:59.00 |
| 109. | 05 | BARBARA, Ana Bernardo | 1970 | Portinado | 1:06:04.00 | + 28:05.00 |
| 110. | 88 | GUIMARAES, Edgar Manuel | 1980 | Vitoria Guimaraes | 1:06:41.00 | + 28:42.00 |
| 111. | 95 | LUZ, Paulo Filipe | 1959 | Gesloures | 1:06:48.00 | + 28:49.00 |
| 112. | 24 | LIMA, Maria Joao | 1965 | Natacao da Maia | 1:06:51.00 | + 28:52.00 |
| 113. | 04 | AVELANS, Carla Susana | 1975 | Fluvial Portuense | 1:07:31.00 | + 29:32.00 |
| 114. | 12 | CUNHA, Maria Trigueiros | 1964 | Leixoes | 1:07:57.00 | + 29:58.00 |
| 115. | 69 | CUNHA, Antonio Maria | 1971 | Fluvial Portuense | 1:08:10.00 | + 30:11.00 |
| 116. | 21 | KIND, Anette | 1961 | Leixoes | 1:08:29.00 | + 30:30.00 |
| 117. | 156 | VENTURA, Pedro Manuel | 1983 | Penafiel | 1:08:35.00 | + 30:36.00 |
| 118. | 104 | MARTINS, Arnaldo Silva | 1961 | Fluvial Portuense | 1:08:53.00 | + 30:54.00 |
| 119. | 119 | PATRAO, Paulo Jose | 1960 | Alges | 1:09:34.00 | + 31:35.00 |
| 120. | 137 | SANTOS, Sebastiao Ferreira | 1967 | Individual ANDS | 1:10:05.00 | + 32:06.00 |
| 121. | 124 | PEREIRA, Paulo Sergio | 1974 | Fluvial Portuense | 1:10:57.00 | + 32:58.00 |
| 122. | 132 | SALGUEIRO, Luis Vidigal | 1945 | Alges | 1:12:35.00 | + 34:36.00 |
| 123. | 19 | GIAO, Wanda Maria | 1962 | Portinado | 1:14:04.00 | + 36:05.00 |
| 124. | 02 | ALMEIDA, Ana Paula | 1958 | Fluvial Portuense | 1:14:09.00 | + 36:10.00 |
| 125. | 98 | MALHEIROS, Oscar Jose | 1971 | Litoral Alentejano | 1:15:21.00 | + 37:22.00 |
| 126. | 86 | GONCALVES, Pedro Nuno | 1972 | Fluvial Portuense | 1:15:29.00 | + 37:30.00 |
| 127. | 112 | MONTEIRO, Alexandre Augusto | 1971 | Leixoes | 1:15:40.00 | + 37:41.00 |
| 128. | 100 | MARQUES, Antonio Jorge | 1951 | Fluvial Portuense | 1:15:47.00 | + 37:48.00 |
| 129. | 82 | GASPAR, Alexandre Azevedo | 1945 | Alges | 1:16:29.00 | + 38:30.00 |
| 130. | 129 | ROSEIRA, Joao Luis | 1955 | Fluvial Portuense | 1:16:59.00 | + 39:00.00 |
| 131. | 106 | MARTINS, Joao Pedro | 1977 | Galitos / Bresimar | 1:18:56.00 | + 40:57.00 |
| 132. | 22 | LEITE, Joana Isabel | 1980 | Fluvial Portuense | 1:21:30.00 | + 43:31.00 |
| 133. | 102 | MARREIROS, Jose Joaquim | 1946 | Alges | 1:37:22.00 | + 59:23.00 |
| DSQ | 131 | SA, Nuno Manuel | 1971 | Fluvial Portuense | | |

utilizou relógio no pulso durante a competição - OWS 6.10

Prova 1, Todos, 3000m Livres, Absolutos Geral

| Lugar | Dorsal | Nome | Ano | Clube | Tempo final | diferença |
|-------|--------|---------------------------|------|----------------------|-------------|-----------|
| DNS | 75 | FERNANDES, Hugo Miguel | 1990 | Fluvial Portuense | | |
| DNS | 79 | FILHO, Nilton Gomes | 1973 | Fluvial Portuense | | |
| DNS | 87 | GUERRA, Nuno Miguel | 1977 | Fluvial Portuense | | |
| DNS | 23 | LIMA, Isabel Maria | 1969 | Fluvial Portuense | | |
| DNS | 101 | MARQUES, Pedro Jorge | 1978 | Fluvial Portuense | | |
| DNS | 107 | MEDEIROS, Vitor Almeida | 1969 | Fluvial Portuense | | |
| DNS | 149 | SOUSA, Paulo Alexandre | 1972 | FC Ferreiras | | |
| DNS | 121 | PEREIRA, Marcelo Goncalo | 1990 | Foca | | |
| DNS | 84 | GOMES, Jose Maria | 1972 | Ginasio Clube | | |
| DNS | 158 | RIJO, Pedro Lobato | 1991 | Alges | | |
| DNS | 57 | BENTO, Jaime Carlos | 1961 | Alges | | |
| DNS | 63 | CORDEIRO, Pedro Miguel | 1967 | Alges | | |
| DNS | 133 | SANTANA, Fernando Manuel | 1968 | Colegio Monte Maior | | |
| DNS | 76 | FERNANDO, Pedro Alexandre | 1967 | Academica de Coimbra | | |
| DNS | 91 | LACERDA, Ricardo Manuel | 1974 | Academica de Coimbra | | |
| DNS | 72 | FARIA, Eliseu Samuel | 1979 | Vitoria Guimaraes | | |

Absolutos Masc, Masc.

| | | | | | | |
|-----|-----|----------------------------|------|----------------------------|-----------------|------------|
| 1. | 81 | FREITAS, Jose Carlos | 1963 | Fluvial Portuense | 37:59.00 | |
| 2. | 157 | ALCHEBAEV, Sergev | 1983 | Russia | 39:02.00 | + 1:03.00 |
| 3. | 89 | INACIO, Mauro Santos | 1984 | Litoral Alentejano | 39:28.00 | + 1:29.00 |
| 4. | 144 | SILVA, Luis Filipe | 1988 | Salesianos | 39:37.00 | + 1:38.00 |
| 5. | 68 | COSTA, Rodrigo Marques | 1976 | Litoral Alentejano | 40:51.00 | + 2:52.00 |
| 6. | 136 | SANTOS, Cristiano Almeida | 1990 | Individual ANDS | 41:05.00 | + 3:06.00 |
| 7. | 99 | MALTA, Joao Carlos | 1982 | Salesianos | 41:41.00 | + 3:42.00 |
| 8. | 56 | BARTOLO, Edgar Paiva | 1988 | Leixoes | 43:57.00 | + 5:58.00 |
| 9. | 110 | MENESES, Goncalo Goncalves | 1992 | Braga | 43:58.00 | + 5:59.00 |
| 10. | 61 | COELHO, Cristiano Amaro | 1988 | Fluvial Portuense | 44:08.00 | + 6:09.00 |
| 11. | 143 | SILVA, Jorge Miguel | 1976 | Salesianos | 44:09.00 | + 6:10.00 |
| 12. | 127 | PILEIRA, Luis Paulo | 1968 | Palmela | 45:49.00 | + 7:50.00 |
| 13. | 85 | GONCALVES, Miguel Neto | 1985 | Individual ANCP | 46:07.00 | + 8:08.00 |
| 14. | 94 | LOBO, Nuno Silva | 1963 | Fluvial Portuense | 46:49.00 | + 8:50.00 |
| 15. | 59 | CARVALHO, Frederico Gomes | 1974 | Naval Setubalense | 47:37.00 | + 9:38.00 |
| 16. | 64 | CORREIA, Alberto Vaz | 1955 | Alges | 47:44.00 | + 9:45.00 |
| 17. | 151 | TEJO, Rui Miguel | 1969 | Academica de Coimbra | 47:45.00 | + 9:46.00 |
| 18. | 115 | NETO, Angelo Miguel | 1982 | Fluvial Portuense | 47:54.00 | + 9:55.00 |
| 19. | 135 | SANTOS, Bruno Miguel | 1991 | Propaganda da Natacao | 47:59.00 | + 10:00.00 |
| 20. | 113 | MOREIRA, Paulo Ricardo | 1991 | Propaganda da Natacao | 48:00.00 | + 10:01.00 |
| 21. | 53 | BARROS, Francisco Santos | 1972 | Colegio Monte Maior | 48:02.00 | + 10:03.00 |
| 22. | 153 | TORRES, Paulo Francisco | 1962 | Fluvial Portuense | 48:03.00 | + 10:04.00 |
| 23. | 125 | PINTO, Mario Jose | 1957 | Nautico /Urgicentro-Sanfil | 48:59.00 | + 11:00.00 |
| 24. | 67 | COSTA, Goncalo Miguel | 1982 | Ginasio Clube | 50:14.00 | + 12:15.00 |
| 25. | 71 | DYSON, Stephen Thomas | 1947 | Alges | 50:26.00 | + 12:27.00 |
| 26. | 126 | PIRES, Filipe Pinheiro | 1973 | Foca | 50:35.00 | + 12:36.00 |
| 27. | 74 | FELICIO, Mario Nuno | 1990 | Ginasio Clube | 50:58.00 | + 12:59.00 |
| 28. | 77 | FERREIRA, Miguel Jose | 1970 | Leixoes | 51:05.00 | + 13:06.00 |



TERRAS DE BOURO
RESERVA MUNDIAL DA BIOSFERA



Campeonato Nacional AA de Verão 3 Km Masters
Gerês, 29-7-2017

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

| Lugar | Dorsal | Nome | Ano | Clube | Tempo final | diferença |
|-------|--------|-------------------------------|------|------------------------|-------------------|------------|
| 29. | 80 | FONTES, Miguel Freitas | 1972 | Universitario do Porto | 51:08.00 | + 13:09.00 |
| 30. | 93 | LOBO, Armindo Manuel | 1984 | Vitoria Guimaraes | 52:12.00 | + 14:13.00 |
| 31. | 109 | MENDES, Ricardo Antonio | 1955 | Salesianos | 52:42.00 | + 14:43.00 |
| 32. | 103 | MARTINHO, Antonio Jorge | 1965 | Academica de Coimbra | 53:51.00 | + 15:52.00 |
| 33. | 105 | MARTINS, Joao Gao | 1965 | Alges | 54:25.00 | + 16:26.00 |
| 34. | 118 | PACHECO, Filipe Monteiro | 1974 | Leixoes | 54:33.00 | + 16:34.00 |
| 35. | 83 | GOMES, Joao Antonio | 1975 | Leixoes | 54:51.00 | + 16:52.00 |
| 36. | 120 | PEREIRA, Jose Manuel | 1970 | Palmela | 55:24.00 | + 17:25.00 |
| 37. | 97 | MAGALHAES, Fernando Antonio | 1973 | Leixoes | 55:27.00 | + 17:28.00 |
| 38. | 139 | SEABRA, Henrique Luis | 1961 | Fluvial Portuense | 55:42.00 | + 17:43.00 |
| 39. | 152 | TOJO, Jose Manuel | 1977 | Academica de Coimbra | 56:01.00 | + 18:02.00 |
| 40. | 66 | COSTA, Armando Joao | 1963 | Colegio SMLamas | 56:09.00 | + 18:10.00 |
| 41. | 122 | PEREIRA, Mario Nuno | 1981 | Foca | 57:09.00 | + 19:10.00 |
| 42. | 55 | BARROS, Telmo Alexandre | 1979 | Natacao de Valongo | 57:10.00 | + 19:11.00 |
| 43. | 52 | BARKA, Youssef-Andre | 1963 | Salesianos | 57:12.00 | + 19:13.00 |
| 44. | 128 | RIBEIRO, Jorge Vieira | 1964 | Sporting de Aveiro | 57:15.00 | + 19:16.00 |
| 45. | 65 | CORREIA, Carlos Augusto | 1952 | Masters de Almada | 57:24.00 | + 19:25.00 |
| 46. | 155 | VELEZ, Rui Manuel | 1964 | Luz e Vida | 57:25.00 | + 19:26.00 |
| 47. | 150 | TAVARES, Jose Manuel | 1959 | Avancado EUL | 57:36.00 | + 19:37.00 |
| 48. | 78 | FIGUEIREDO, Francisco Rosario | 1985 | Propaganda da Natacao | 57:38.00 | + 19:39.00 |
| 49. | 142 | SILVA, Filipe Miguel | 1974 | Fluvial Portuense | 57:41.00 | + 19:42.00 |
| 50. | 117 | NOVAIS, Jose Orlando | 1978 | Vitoria Guimaraes | 57:43.00 | + 19:44.00 |
| 51. | 92 | LIMA, Joao Pedro | 1977 | Gesloures | 57:52.00 | + 19:53.00 |
| 52. | 145 | SOCORRO, Fernando Osvaldo | 1972 | Leixoes | 58:02.00 | + 20:03.00 |
| 53. | 138 | SANTOS, Urbino Jesus | 1975 | Penafiel | 59:38.00 | + 21:39.00 |
| 54. | 70 | DIAS, Joaquim Jose | 1964 | Leixoes | 59:47.00 | + 21:48.00 |
| 55. | 54 | BARROS, Mario Jorge | 1956 | Porto | 59:56.00 | + 21:57.00 |
| 56. | 50 | AFONSO, Hugo Andre | 1976 | CCDSerta | 1:00:01.00 | + 22:02.00 |
| 57. | 116 | NEVES, Paulo Alexandre | 1966 | Leixoes | 1:00:22.00 | + 22:23.00 |
| 58. | 148 | SOUSA, Luis Manuel | 1966 | Fluvial Portuense | 1:00:36.00 | + 22:37.00 |
| 59. | 134 | SANTINHA, Antonio Manuel | 1969 | Masters de Almada | 1:00:41.00 | + 22:42.00 |
| 60. | 60 | CARVALHO, Vitor Borges | 1964 | Viana Natacao | 1:00:47.00 | + 22:48.00 |
| 61. | 111 | MENESES, Pedro Bruno | 1962 | Leixoes | 1:01:04.00 | + 23:05.00 |
| 62. | 90 | INVERNEIRO, Pedro Alexandre | 1971 | Fluvial Portuense | 1:01:30.00 | + 23:31.00 |
| 63. | 62 | COELHO, Domingos Pinto | 1952 | Alges | 1:01:42.00 | + 23:43.00 |
| 64. | 154 | TRIGO, Daniel Castro | 1965 | Sporting de Aveiro | 1:01:52.00 | + 23:53.00 |
| 65. | 147 | SOUSA, Jose Fernando | 1963 | Fluvial Portuense | 1:01:58.00 | + 23:59.00 |
| 66. | 96 | MADEIRA, Diogo Simao | 1986 | Natacao da Maia | 1:02:21.00 | + 24:22.00 |
| 67. | 140 | SERRA, Nuno Alexandre | 1972 | Natacao de Valongo | 1:02:34.00 | + 24:35.00 |
| 68. | 108 | MELO, Antonio Paulo | 1967 | Fluvial Portuense | 1:04:12.00 | + 26:13.00 |
| 69. | 141 | SILVA, Carlos Filipe | 1987 | Foca | 1:04:40.00 | + 26:41.00 |
| 70. | 114 | MORGADO, Jose Luis | 1954 | Fluvial Portuense | 1:04:49.00 | + 26:50.00 |
| 71. | 130 | RUA, Paulo Jorge | 1972 | Leixoes | 1:05:04.00 | + 27:05.00 |
| 72. | 123 | PEREIRA, Norberto Matos | 1975 | Vitoria Guimaraes | 1:05:10.00 | + 27:11.00 |
| 73. | 73 | FARIA, Vitorino Fernando | 1973 | Foca | 1:05:19.00 | + 27:20.00 |
| 74. | 51 | AFONSO, Nuno Silva | 1979 | Academica de Coimbra | 1:05:26.00 | + 27:27.00 |



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

| Lugar | Dorsal | Nome | Ano | Clube | Tempo final | diferença |
|--|--------|-----------------------------|------|----------------------|-------------------|------------|
| 75. | 146 | SOUZA, Alberto Sergio | 1963 | Natacao da Maia | 1:05:58.00 | + 27:59.00 |
| 76. | 88 | GUIMARAES, Edgar Manuel | 1980 | Vitoria Guimaraes | 1:06:41.00 | + 28:42.00 |
| 77. | 95 | LUZ, Paulo Filipe | 1959 | Geslours | 1:06:48.00 | + 28:49.00 |
| 78. | 69 | CUNHA, Antonio Maria | 1971 | Fluvial Portuense | 1:08:10.00 | + 30:11.00 |
| 79. | 156 | VENTURA, Pedro Manuel | 1983 | Penafiel | 1:08:35.00 | + 30:36.00 |
| 80. | 104 | MARTINS, Arnaldo Silva | 1961 | Fluvial Portuense | 1:08:53.00 | + 30:54.00 |
| 81. | 119 | PATRAO, Paulo Jose | 1960 | Alges | 1:09:34.00 | + 31:35.00 |
| 82. | 137 | SANTOS, Sebastiao Ferreira | 1967 | Individual ANDS | 1:10:05.00 | + 32:06.00 |
| 83. | 124 | PEREIRA, Paulo Sergio | 1974 | Fluvial Portuense | 1:10:57.00 | + 32:58.00 |
| 84. | 132 | SALGUEIRO, Luis Vidigal | 1945 | Alges | 1:12:35.00 | + 34:36.00 |
| 85. | 98 | MALHEIROS, Oscar Jose | 1971 | Litoral Alentejano | 1:15:21.00 | + 37:22.00 |
| 86. | 86 | GONCALVES, Pedro Nuno | 1972 | Fluvial Portuense | 1:15:29.00 | + 37:30.00 |
| 87. | 112 | MONTEIRO, Alexandre Augusto | 1971 | Leixoes | 1:15:40.00 | + 37:41.00 |
| 88. | 100 | MARQUES, Antonio Jorge | 1951 | Fluvial Portuense | 1:15:47.00 | + 37:48.00 |
| 89. | 82 | GASPAR, Alexandre Azevedo | 1945 | Alges | 1:16:29.00 | + 38:30.00 |
| 90. | 129 | ROSEIRA, Joao Luis | 1955 | Fluvial Portuense | 1:16:59.00 | + 39:00.00 |
| 91. | 106 | MARTINS, Joao Pedro | 1977 | Galitos / Bresimar | 1:18:56.00 | + 40:57.00 |
| 92. | 102 | MARREIROS, Jose Joaquim | 1946 | Alges | 1:37:22.00 | + 59:23.00 |
| DSQ | 131 | SA, Nuno Manuel | 1971 | Fluvial Portuense | | |
| <i>utilizou relógio no pulso durante a competição - OWS 6.10</i> | | | | | | |
| DNS | 75 | FERNANDES, Hugo Miguel | 1990 | Fluvial Portuense | | |
| DNS | 79 | FILHO, Nilton Gomes | 1973 | Fluvial Portuense | | |
| DNS | 87 | GUERRA, Nuno Miguel | 1977 | Fluvial Portuense | | |
| DNS | 101 | MARQUES, Pedro Jorge | 1978 | Fluvial Portuense | | |
| DNS | 107 | MEDEIROS, Vitor Almeida | 1969 | Fluvial Portuense | | |
| DNS | 149 | SOUZA, Paulo Alexandre | 1972 | FC Ferreiras | | |
| DNS | 121 | PEREIRA, Marcelo Goncalo | 1990 | Foca | | |
| DNS | 84 | GOMES, Jose Maria | 1972 | Ginasio Clube | | |
| DNS | 158 | RIJO, Pedro Lobato | 1991 | Alges | | |
| DNS | 57 | BENTO, Jaime Carlos | 1961 | Alges | | |
| DNS | 63 | CORDEIRO, Pedro Miguel | 1967 | Alges | | |
| DNS | 133 | SANTANA, Fernando Manuel | 1968 | Colegio Monte Maior | | |
| DNS | 76 | FERNANDO, Pedro Alexandre | 1967 | Academica de Coimbra | | |
| DNS | 91 | LACERDA, Ricardo Manuel | 1974 | Academica de Coimbra | | |
| DNS | 72 | FARIA, Eliseu Samuel | 1979 | Vitoria Guimaraes | | |

Absolutos Fem, Femin.

| | | | | | | |
|----|----|-------------------------|------|-----------------------|-----------------|-----------|
| 1. | 36 | SILVA, Carolina Santos | 1986 | Propaganda da Natacao | 39:51.00 | |
| 2. | 28 | MATEUS, Susana Maria | 1989 | Litoral Alentejano | 43:35.00 | + 3:44.00 |
| 3. | 42 | ZABORSKAYA, Marina | 1985 | FC Ferreiras | 43:45.00 | + 3:54.00 |
| 4. | 34 | ROTHES, Ines Maria | 1973 | Fluvial Portuense | 44:04.00 | + 4:13.00 |
| 5. | 11 | COSTA, Maria Luisa | 1974 | Fluvial Portuense | 46:18.00 | + 6:27.00 |
| 6. | 31 | OLIVEIRA, Ana Mafalda | 1981 | Natacao da Maia | 46:52.00 | + 7:01.00 |
| 7. | 37 | SILVA, Raquel Alexandra | 1991 | Leixoes | 47:02.00 | + 7:11.00 |
| 8. | 18 | FOUGO, Rita Claudia | 1988 | Natacao da Maia | 47:48.00 | + 7:57.00 |
| 9. | 33 | RODRIGUES, Sara Daniela | 1987 | Galitos / Bresimar | 47:55.00 | + 8:04.00 |

Campeonato Nacional AA de Verão 3 Km Masters
Gerês, 29-7-2017

Prova 1, Femin., 3000m Livres, Absolutos Fem

| Lugar | Dorsal | Nome | Ano | Clube | Tempo final | diferença |
|-------|--------|-----------------------------|------|--------------------|-------------------|------------|
| 10. | 40 | VALENTE, Catia Marisa | 1984 | Luz e Vida | 48:01.00 | + 8:10.00 |
| 11. | 29 | MIRANDA, Laura Manuela | 1967 | Alges | 51:14.00 | + 11:23.00 |
| 12. | 32 | PINTO, Rita Loureiro | 1985 | Ginasio Clube | 51:20.00 | + 11:29.00 |
| 13. | 13 | FARIA, Joana Maria | 1974 | Leixoes | 51:37.00 | + 11:46.00 |
| 14. | 09 | BRANDAO, Maria Teresa | 1969 | Fluvial Portuense | 51:45.00 | + 11:54.00 |
| 15. | 17 | FONSECA, Maria Ana | 1982 | Fluvial Portuense | 53:18.00 | + 13:27.00 |
| 16. | 27 | MARQUES, Patricia Alexandra | 1987 | Natacao da Maia | 53:58.00 | + 14:07.00 |
| 17. | 38 | SILVA, Rita Rebelo | 1979 | Fluvial Portuense | 54:17.00 | + 14:26.00 |
| 18. | 16 | FERREIRA, Filipa Margarida | 1969 | Fluvial Portuense | 55:09.00 | + 15:18.00 |
| 19. | 30 | OLIVEIRA, Ana Cristina | 1976 | Galitos / Bresimar | 57:19.00 | + 17:28.00 |
| 20. | 20 | GUIMARAES, Rita Cabral | 1964 | Fluvial Portuense | 57:47.00 | + 17:56.00 |
| 21. | 03 | ALMEIDA, Graca Maria | 1973 | Leixoes | 58:50.00 | + 18:59.00 |
| 22. | 08 | BLANCO, Catarina Araujo | 1971 | Fluvial Portuense | 58:58.00 | + 19:07.00 |
| 23. | 15 | FERNANDES, Maribel Santos | 1965 | Leixoes | 59:55.00 | + 20:04.00 |
| 24. | 41 | WISEU, Maria Adriana | 1966 | Leixoes | 1:00:01.00 | + 20:10.00 |
| 25. | 01 | AGANTE, Luisa Lopes | 1971 | Leixoes | 1:00:25.00 | + 20:34.00 |
| 26. | 07 | BARROCA, Maria Gabriel | 1963 | Individual ANALEN | 1:00:37.00 | + 20:46.00 |
| 27. | 35 | SANTINHA, Fernanda Maria | 1972 | Masters de Almada | 1:00:44.00 | + 20:53.00 |
| 28. | 26 | MALHEIROS, Carmen Silvia | 1981 | Litoral Alentejano | 1:01:27.00 | + 21:36.00 |
| 29. | 14 | FERNANDES, Maria Santos | 1962 | Leixoes | 1:01:28.00 | + 21:37.00 |
| 30. | 06 | BARBOSA, Ana Raquel | 1988 | Gesloures | 1:02:10.00 | + 22:19.00 |
| 31. | 10 | CANINAS, Maria Madalena | 1963 | Masters de Almada | 1:05:12.00 | + 25:21.00 |
| 32. | 25 | MACHADO, Cristina Isabel | 1967 | Academico Viseu | 1:05:17.00 | + 25:26.00 |
| 33. | 39 | UHLFELDER, Ana Sofia | 1983 | Fluvial Portuense | 1:05:56.00 | + 26:05.00 |
| 34. | 05 | BARBARA, Ana Bernardo | 1970 | Portinado | 1:06:04.00 | + 26:13.00 |
| 35. | 24 | LIMA, Maria Joao | 1965 | Natacao da Maia | 1:06:51.00 | + 27:00.00 |
| 36. | 04 | AVELANS, Carla Susana | 1975 | Fluvial Portuense | 1:07:31.00 | + 27:40.00 |
| 37. | 12 | CUNHA, Maria Trigueiros | 1964 | Leixoes | 1:07:57.00 | + 28:06.00 |
| 38. | 21 | KIND, Anette | 1961 | Leixoes | 1:08:29.00 | + 28:38.00 |
| 39. | 19 | GIAO, Wanda Maria | 1962 | Portinado | 1:14:04.00 | + 34:13.00 |
| 40. | 02 | ALMEIDA, Ana Paula | 1958 | Fluvial Portuense | 1:14:09.00 | + 34:18.00 |
| 41. | 22 | LEITE, Joana Isabel | 1980 | Fluvial Portuense | 1:21:30.00 | + 41:39.00 |
| DNS | 23 | LIMA, Isabel Maria | 1969 | Fluvial Portuense | | |

Esc A, Masc.

| | | | | | | |
|-----|-----|----------------------------|------|-----------------------|-----------------|------------|
| 1. | 144 | SILVA, Luis Filipe | 1988 | Salesianos | 39:37.00 | |
| 2. | 136 | SANTOS, Cristiano Almeida | 1990 | Individual ANDS | 41:05.00 | + 1:28.00 |
| 3. | 56 | BARTOLO, Edgar Paiva | 1988 | Leixoes | 43:57.00 | + 4:20.00 |
| 4. | 110 | MENESES, Goncalo Goncalves | 1992 | Braga | 43:58.00 | + 4:21.00 |
| 5. | 61 | COELHO, Cristiano Amaro | 1988 | Fluvial Portuense | 44:08.00 | + 4:31.00 |
| 6. | 135 | SANTOS, Bruno Miguel | 1991 | Propaganda da Natacao | 47:59.00 | + 8:22.00 |
| 7. | 113 | MOREIRA, Paulo Ricardo | 1991 | Propaganda da Natacao | 48:00.00 | + 8:23.00 |
| 8. | 74 | FELICIO, Mario Nuno | 1990 | Ginasio Clube | 50:58.00 | + 11:21.00 |
| DNS | 75 | FERNANDES, Hugo Miguel | 1990 | Fluvial Portuense | | |
| DNS | 121 | PEREIRA, Marcelo Goncalo | 1990 | Foca | | |
| DNS | 158 | RIJO, Pedro Lobato | 1991 | Alges | | |

Prova 1, 3000m Livres

Esc B, Masc.

| | | | | | | |
|----|-----|-------------------------------|------|-----------------------|-------------------|------------|
| 1. | 157 | ALCHEBAEV, Sergev | 1983 | Russia | 39:02.00 | |
| 2. | 89 | INACIO, Mauro Santos | 1984 | Litoral Alentejano | 39:28.00 | + 26.00 |
| 3. | 85 | GONCALVES, Miguel Neto | 1985 | Individual ANCP | 46:07.00 | + 7:05.00 |
| 4. | 93 | LOBO, Armindo Manuel | 1984 | Vitoria Guimaraes | 52:12.00 | + 13:10.00 |
| 5. | 78 | FIGUEIREDO, Francisco Rosario | 1985 | Propaganda da Natacao | 57:38.00 | + 18:36.00 |
| 6. | 96 | MADEIRA, Diogo Simao | 1986 | Natacao da Maia | 1:02:21.00 | + 23:19.00 |
| 7. | 141 | SILVA, Carlos Filipe | 1987 | Foca | 1:04:40.00 | + 25:38.00 |
| 8. | 156 | VENTURA, Pedro Manuel | 1983 | Penafiel | 1:08:35.00 | + 29:33.00 |

Esc C, Masc.

| | | | | | | |
|-----|-----|-------------------------|------|----------------------|-------------------|------------|
| 1. | 99 | MALTA, Joao Carlos | 1982 | Salesianos | 41:41.00 | |
| 2. | 115 | NETO, Angelo Miguel | 1982 | Fluvial Portuense | 47:54.00 | + 6:13.00 |
| 3. | 67 | COSTA, Goncalo Miguel | 1982 | Ginasio Clube | 50:14.00 | + 8:33.00 |
| 4. | 122 | PEREIRA, Mario Nuno | 1981 | Foca | 57:09.00 | + 15:28.00 |
| 5. | 55 | BARROS, Telmo Alexandre | 1979 | Natacao de Valongo | 57:10.00 | + 15:29.00 |
| 6. | 117 | NOVAIS, Jose Orlando | 1978 | Vitoria Guimaraes | 57:43.00 | + 16:02.00 |
| 7. | 51 | AFONSO, Nuno Silva | 1979 | Academica de Coimbra | 1:05:26.00 | + 23:45.00 |
| 8. | 88 | GUIMARAES, Edgar Manuel | 1980 | Vitoria Guimaraes | 1:06:41.00 | + 25:00.00 |
| DNS | 101 | MARQUES, Pedro Jorge | 1978 | Fluvial Portuense | | |
| DNS | 72 | FARIA, Eliseu Samuel | 1979 | Vitoria Guimaraes | | |

Esc D, Masc.

| | | | | | | |
|-----|-----|-----------------------------|------|----------------------|-------------------|------------|
| 1. | 68 | COSTA, Rodrigo Marques | 1976 | Litoral Alentejano | 40:51.00 | |
| 2. | 143 | SILVA, Jorge Miguel | 1976 | Salesianos | 44:09.00 | + 3:18.00 |
| 3. | 59 | CARVALHO, Frederico Gomes | 1974 | Naval Setubalense | 47:37.00 | + 6:46.00 |
| 4. | 126 | PIRES, Filipe Pinheiro | 1973 | Foca | 50:35.00 | + 9:44.00 |
| 5. | 118 | PACHECO, Filipe Monteiro | 1974 | Leixoes | 54:33.00 | + 13:42.00 |
| 6. | 83 | GOMES, Joao Antonio | 1975 | Leixoes | 54:51.00 | + 14:00.00 |
| 7. | 97 | MAGALHAES, Fernando Antonio | 1973 | Leixoes | 55:27.00 | + 14:36.00 |
| 8. | 152 | TOJO, Jose Manuel | 1977 | Academica de Coimbra | 56:01.00 | + 15:10.00 |
| 9. | 142 | SILVA, Filipe Miguel | 1974 | Fluvial Portuense | 57:41.00 | + 16:50.00 |
| 10. | 92 | LIMA, Joao Pedro | 1977 | Gesloures | 57:52.00 | + 17:01.00 |
| 11. | 138 | SANTOS, Urbino Jesus | 1975 | Penafiel | 59:38.00 | + 18:47.00 |
| 12. | 50 | AFONSO, Hugo Andre | 1976 | CCDSerta | 1:00:01.00 | + 19:10.00 |
| 13. | 123 | PEREIRA, Norberto Matos | 1975 | Vitoria Guimaraes | 1:05:10.00 | + 24:19.00 |
| 14. | 73 | FARIA, Vitorino Fernando | 1973 | Foca | 1:05:19.00 | + 24:28.00 |
| 15. | 124 | PEREIRA, Paulo Sergio | 1974 | Fluvial Portuense | 1:10:57.00 | + 30:06.00 |
| 16. | 106 | MARTINS, Joao Pedro | 1977 | Galitos / Bresimar | 1:18:56.00 | + 38:05.00 |
| DNS | 79 | FILHO, Nilton Gomes | 1973 | Fluvial Portuense | | |
| DNS | 87 | GUERRA, Nuno Miguel | 1977 | Fluvial Portuense | | |
| DNS | 91 | LACERDA, Ricardo Manuel | 1974 | Academica de Coimbra | | |

Prova 1, 3000m Livres

Esc E, Masc.

| | | | | | | |
|--|-----|-----------------------------|------|------------------------|-------------------|------------|
| 1. | 127 | PITEIRA, Luis Paulo | 1968 | Palmela | 45:49.00 | |
| 2. | 151 | TEJO, Rui Miguel | 1969 | Academica de Coimbra | 47:45.00 | + 1:56.00 |
| 3. | 53 | BARROS, Francisco Santos | 1972 | Colegio Monte Maior | 48:02.00 | + 2:13.00 |
| 4. | 77 | FERREIRA, Miguel Jose | 1970 | Leixoes | 51:05.00 | + 5:16.00 |
| 5. | 80 | FONTES, Miguel Freitas | 1972 | Universitario do Porto | 51:08.00 | + 5:19.00 |
| 6. | 120 | PEREIRA, Jose Manuel | 1970 | Palmela | 55:24.00 | + 9:35.00 |
| 7. | 145 | SOCORRO, Fernando Osvaldo | 1972 | Leixoes | 58:02.00 | + 12:13.00 |
| 8. | 134 | SANTINHA, Antonio Manuel | 1969 | Masters de Almada | 1:00:41.00 | + 14:52.00 |
| 9. | 90 | INVERNEIRO, Pedro Alexandre | 1971 | Fluvial Portuense | 1:01:30.00 | + 15:41.00 |
| 10. | 140 | SERRA, Nuno Alexandre | 1972 | Natacao de Valongo | 1:02:34.00 | + 16:45.00 |
| 11. | 130 | RUA, Paulo Jorge | 1972 | Leixoes | 1:05:04.00 | + 19:15.00 |
| 12. | 69 | CUNHA, Antonio Maria | 1971 | Fluvial Portuense | 1:08:10.00 | + 22:21.00 |
| 13. | 98 | MALHEIROS, Oscar Jose | 1971 | Litoral Alentejano | 1:15:21.00 | + 29:32.00 |
| 14. | 86 | GONCALVES, Pedro Nuno | 1972 | Fluvial Portuense | 1:15:29.00 | + 29:40.00 |
| 15. | 112 | MONTEIRO, Alexandre Augusto | 1971 | Leixoes | 1:15:40.00 | + 29:51.00 |
| DSQ | 131 | SA, Nuno Manuel | 1971 | Fluvial Portuense | | |
| <i>utilizou relógio no pulso durante a competição - OWS 6.10</i> | | | | | | |
| DNS | 107 | MEDEIROS, Vitor Almeida | 1969 | Fluvial Portuense | | |
| DNS | 149 | SOUSA, Paulo Alexandre | 1972 | FC Ferreiras | | |
| DNS | 84 | GOMES, Jose Maria | 1972 | Ginasio Clube | | |
| DNS | 133 | SANTANA, Fernando Manuel | 1968 | Colegio Monte Maior | | |

Esc F, Masc.

| | | | | | | |
|-----|-----|----------------------------|------|----------------------|-------------------|------------|
| 1. | 81 | FREITAS, Jose Carlos | 1963 | Fluvial Portuense | 37:59.00 | |
| 2. | 94 | LOBO, Nuno Silva | 1963 | Fluvial Portuense | 46:49.00 | + 8:50.00 |
| 3. | 103 | MARTINHO, Antonio Jorge | 1965 | Academica de Coimbra | 53:51.00 | + 15:52.00 |
| 4. | 105 | MARTINS, Joao Gao | 1965 | Alges | 54:25.00 | + 16:26.00 |
| 5. | 66 | COSTA, Armando Joao | 1963 | Colegio SMLamas | 56:09.00 | + 18:10.00 |
| 6. | 52 | BARKA, Youssef-Andre | 1963 | Salesianos | 57:12.00 | + 19:13.00 |
| 7. | 128 | RIBEIRO, Jorge Vieira | 1964 | Sporting de Aveiro | 57:15.00 | + 19:16.00 |
| 8. | 155 | VELEZ, Rui Manuel | 1964 | Luz e Vida | 57:25.00 | + 19:26.00 |
| 9. | 70 | DIAS, Joaquim Jose | 1964 | Leixoes | 59:47.00 | + 21:48.00 |
| 10. | 116 | NEVES, Paulo Alexandre | 1966 | Leixoes | 1:00:22.00 | + 22:23.00 |
| 11. | 148 | SOUSA, Luis Manuel | 1966 | Fluvial Portuense | 1:00:36.00 | + 22:37.00 |
| 12. | 60 | CARVALHO, Vitor Borges | 1964 | Viana Natacao | 1:00:47.00 | + 22:48.00 |
| 13. | 154 | TRIGO, Daniel Castro | 1965 | Sporting de Aveiro | 1:01:52.00 | + 23:53.00 |
| 14. | 147 | SOUSA, Jose Fernando | 1963 | Fluvial Portuense | 1:01:58.00 | + 23:59.00 |
| 15. | 108 | MELO, Antonio Paulo | 1967 | Fluvial Portuense | 1:04:12.00 | + 26:13.00 |
| 16. | 146 | SOUSA, Alberto Sergio | 1963 | Natacao da Maia | 1:05:58.00 | + 27:59.00 |
| 17. | 137 | SANTOS, Sebastiao Ferreira | 1967 | Individual ANDS | 1:10:05.00 | + 32:06.00 |
| DNS | 63 | CORDEIRO, Pedro Miguel | 1967 | Alges | | |
| DNS | 76 | FERNANDO, Pedro Alexandre | 1967 | Academica de Coimbra | | |

Campeonato Nacional AA de Verão 3 Km Masters
Gerês, 29-7-2017

Prova 1, 3000m Livres

Esc G, Masc.

| | | | | | | |
|-----|-----|-------------------------|------|-------------------|-------------------|------------|
| 1. | 153 | TORRES, Paulo Francisco | 1962 | Fluvial Portuense | 48:03.00 | |
| 2. | 139 | SEABRA, Henrique Luis | 1961 | Fluvial Portuense | 55:42.00 | + 7:39.00 |
| 3. | 150 | TAVARES, Jose Manuel | 1959 | Avancado EUL | 57:36.00 | + 9:33.00 |
| 4. | 111 | MENESES, Pedro Bruno | 1962 | Leixoes | 1:01:04.00 | + 13:01.00 |
| 5. | 95 | LUZ, Paulo Filipe | 1959 | Gesloures | 1:06:48.00 | + 18:45.00 |
| 6. | 104 | MARTINS, Arnaldo Silva | 1961 | Fluvial Portuense | 1:08:53.00 | + 20:50.00 |
| 7. | 119 | PATRAO, Paulo Jose | 1960 | Alges | 1:09:34.00 | + 21:31.00 |
| DNS | 57 | BENTO, Jaime Carlos | 1961 | Alges | | |

Esc H, Masc.

| | | | | | | |
|----|-----|-------------------------|------|----------------------------|-------------------|------------|
| 1. | 64 | CORREIA, Alberto Vaz | 1955 | Alges | 47:44.00 | |
| 2. | 125 | PINTO, Mario Jose | 1957 | Nautico /Urgicentro-Sanfil | 48:59.00 | + 1:15.00 |
| 3. | 109 | MENDES, Ricardo Antonio | 1955 | Salesianos | 52:42.00 | + 4:58.00 |
| 4. | 54 | BARROS, Mario Jorge | 1956 | Porto | 59:56.00 | + 12:12.00 |
| 5. | 114 | MORGADO, Jose Luis | 1954 | Fluvial Portuense | 1:04:49.00 | + 17:05.00 |
| 6. | 129 | ROSEIRA, Joao Luis | 1955 | Fluvial Portuense | 1:16:59.00 | + 29:15.00 |

Esc I, Masc.

| | | | | | | |
|----|-----|-------------------------|------|-------------------|-------------------|------------|
| 1. | 65 | CORREIA, Carlos Augusto | 1952 | Masters de Almada | 57:24.00 | |
| 2. | 62 | COELHO, Domingos Pinto | 1952 | Alges | 1:01:42.00 | + 4:18.00 |
| 3. | 100 | MARQUES, Antonio Jorge | 1951 | Fluvial Portuense | 1:15:47.00 | + 18:23.00 |

Esc J, Masc.

| | | | | | | |
|----|-----|---------------------------|------|-------|-------------------|------------|
| 1. | 71 | DYSON, Stephen Thomas | 1947 | Alges | 50:26.00 | |
| 2. | 132 | SALGUEIRO, Luis Vidigal | 1945 | Alges | 1:12:35.00 | + 22:09.00 |
| 3. | 82 | GASPAR, Alexandre Azevedo | 1945 | Alges | 1:16:29.00 | + 26:03.00 |
| 4. | 102 | MARREIROS, Jose Joaquim | 1946 | Alges | 1:37:22.00 | + 46:56.00 |

Esc A, Femin.

| | | | | | | |
|----|----|-------------------------|------|--------------------|-------------------|------------|
| 1. | 28 | MATEUS, Susana Maria | 1989 | Litoral Alentejano | 43:35.00 | |
| 2. | 37 | SILVA, Raquel Alexandra | 1991 | Leixoes | 47:02.00 | + 3:27.00 |
| 3. | 18 | FOUGO, Rita Claudia | 1988 | Natacao da Maia | 47:48.00 | + 4:13.00 |
| 4. | 06 | BARBOSA, Ana Raquel | 1988 | Gesloures | 1:02:10.00 | + 18:35.00 |

Esc B, Femin.

| | | | | | | |
|----|----|-----------------------------|------|-----------------------|-------------------|------------|
| 1. | 36 | SILVA, Carolina Santos | 1986 | Propaganda da Natacao | 39:51.00 | |
| 2. | 42 | ZABORSKAYA, Marina | 1985 | FC Ferreiras | 43:45.00 | + 3:54.00 |
| 3. | 33 | RODRIGUES, Sara Daniela | 1987 | Galitos / Bresimar | 47:55.00 | + 8:04.00 |
| 4. | 40 | VALENTE, Catia Marisa | 1984 | Luz e Vida | 48:01.00 | + 8:10.00 |
| 5. | 32 | PINTO, Rita Loureiro | 1985 | Ginasio Clube | 51:20.00 | + 11:29.00 |
| 6. | 27 | MARQUES, Patricia Alexandra | 1987 | Natacao da Maia | 53:58.00 | + 14:07.00 |
| 7. | 39 | UHLFELDER, Ana Sofia | 1983 | Fluvial Portuense | 1:05:56.00 | + 26:05.00 |

Campeonato Nacional AA de Verão 3 Km Masters
Gerês, 29-7-2017

Prova 1, 3000m Livres

Esc C, Femin.

| | | | | | | |
|----|----|--------------------------|------|--------------------|-------------------|------------|
| 1. | 31 | OLIVEIRA, Ana Mafalda | 1981 | Natacao da Maia | 46:52.00 | |
| 2. | 17 | FONSECA, Maria Ana | 1982 | Fluvial Portuense | 53:18.00 | + 6:26.00 |
| 3. | 38 | SILVA, Rita Rebelo | 1979 | Fluvial Portuense | 54:17.00 | + 7:25.00 |
| 4. | 26 | MALHEIROS, Carmen Silvia | 1981 | Litoral Alentejano | 1:01:27.00 | + 14:35.00 |
| 5. | 22 | LEITE, Joana Isabel | 1980 | Fluvial Portuense | 1:21:30.00 | + 34:38.00 |

Esc D, Femin.

| | | | | | | |
|----|----|------------------------|------|--------------------|-------------------|------------|
| 1. | 34 | ROTHES, Ines Maria | 1973 | Fluvial Portuense | 44:04.00 | |
| 2. | 11 | COSTA, Maria Luisa | 1974 | Fluvial Portuense | 46:18.00 | + 2:14.00 |
| 3. | 13 | FARIA, Joana Maria | 1974 | Leixoes | 51:37.00 | + 7:33.00 |
| 4. | 30 | OLIVEIRA, Ana Cristina | 1976 | Galitos / Bresimar | 57:19.00 | + 13:15.00 |
| 5. | 03 | ALMEIDA, Graca Maria | 1973 | Leixoes | 58:50.00 | + 14:46.00 |
| 6. | 04 | AVELANS, Carla Susana | 1975 | Fluvial Portuense | 1:07:31.00 | + 23:27.00 |

Esc E, Femin.

| | | | | | | |
|-----|----|----------------------------|------|-------------------|-------------------|------------|
| 1. | 09 | BRANDAO, Maria Teresa | 1969 | Fluvial Portuense | 51:45.00 | |
| 2. | 16 | FERREIRA, Filipa Margarida | 1969 | Fluvial Portuense | 55:09.00 | + 3:24.00 |
| 3. | 08 | BLANCO, Catarina Araujo | 1971 | Fluvial Portuense | 58:58.00 | + 7:13.00 |
| 4. | 01 | AGANTE, Luisa Lopes | 1971 | Leixoes | 1:00:25.00 | + 8:40.00 |
| 5. | 35 | SANTINHA, Fernanda Maria | 1972 | Masters de Almada | 1:00:44.00 | + 8:59.00 |
| 6. | 05 | BARBARA, Ana Bernardo | 1970 | Portinado | 1:06:04.00 | + 14:19.00 |
| DNS | 23 | LIMA, Isabel Maria | 1969 | Fluvial Portuense | | |

Esc F, Femin.

| | | | | | | |
|----|----|---------------------------|------|-------------------|-------------------|------------|
| 1. | 29 | MIRANDA, Laura Manuela | 1967 | Alges | 51:14.00 | |
| 2. | 20 | GUIMARAES, Rita Cabral | 1964 | Fluvial Portuense | 57:47.00 | + 6:33.00 |
| 3. | 15 | FERNANDES, Maribel Santos | 1965 | Leixoes | 59:55.00 | + 8:41.00 |
| 4. | 41 | WISEU, Maria Adriana | 1966 | Leixoes | 1:00:01.00 | + 8:47.00 |
| 5. | 07 | BARROCA, Maria Gabriel | 1963 | Individual ANALEN | 1:00:37.00 | + 9:23.00 |
| 6. | 10 | CANINAS, Maria Madalena | 1963 | Masters de Almada | 1:05:12.00 | + 13:58.00 |
| 7. | 25 | MACHADO, Cristina Isabel | 1967 | Academico Viseu | 1:05:17.00 | + 14:03.00 |
| 8. | 24 | LIMA, Maria Joao | 1965 | Natacao da Maia | 1:06:51.00 | + 15:37.00 |
| 9. | 12 | CUNHA, Maria Trigueiros | 1964 | Leixoes | 1:07:57.00 | + 16:43.00 |

Esc G, Femin.

| | | | | | | |
|----|----|-------------------------|------|-------------------|-------------------|------------|
| 1. | 14 | FERNANDES, Maria Santos | 1962 | Leixoes | 1:01:28.00 | |
| 2. | 21 | KIND, Anette | 1961 | Leixoes | 1:08:29.00 | + 7:01.00 |
| 3. | 19 | GIAO, Wanda Maria | 1962 | Portinado | 1:14:04.00 | + 12:36.00 |
| 4. | 02 | ALMEIDA, Ana Paula | 1958 | Fluvial Portuense | 1:14:09.00 | + 12:41.00 |