

Prova de Mar Travessia VI Cais de Santa Cruz  
Santa Cruz, 9/6/2019

Prova 4  
09/06/2019 - 11:00

3000m Livres  
3000 metros / Atletas (águas abertas)

14 anos e mais velhos  
Resultados

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
AA14/15, Femin.						
1.	301	SOUSA, Joana Francisca	2004	Sao Roque	<b>39.09</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:	39.09
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	305	ABREU, Maria Eduarda	2005	Desportivo Nacional	<b>52.39</b>	+ 13.30
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	52.39
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
AA 16/17, Masc.						
1.	300	RODRIGUES, Pedro Reis	2002	Sao Roque	<b>36.28</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:	36.28
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	304	LOPES, Pedro Henrique	2003	Sao Roque	<b>40.10</b>	+ 3.82
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	40.10
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	303	RAMALHO, Joao Caires	2002	Desportivo Nacional	<b>41.15</b>	+ 4.87
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	41.15
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
AA 16/17, Femin.						
1.	307	LECA, Natasha Maria	2003	Desportivo Nacional	<b>52.33</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:	52.33
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

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Prova 4, 3000m Livres

AA 18/19, Femin.

1.	306	LUIS, Jessica Santos	2000	Sao Roque	<b>41.36</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:	41.36
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	302	TELES, Anabela Corte	2001	Individual ANMAD	<b>42.09</b>	+ 0.73
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	42.09
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Classificação Geral - ATLETAS, Masc.

1.	300	RODRIGUES, Pedro Reis	2002	Sao Roque	<b>36.28</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:	36.28
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	304	LOPES, Pedro Henrique	2003	Sao Roque	<b>40.10</b>	+ 3.82
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	40.10
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	303	RAMALHO, Joao Caires	2002	Desportivo Nacional	<b>41.15</b>	+ 4.87
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	41.15
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Classificação Geral - ATLETAS, Femin.

1.	301	SOUSA, Joana Francisca	2004	Sao Roque	<b>39.09</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:	39.09
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

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Prova 4, Femin., 3000m Livres, Classificação Geral - ATLETAS

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
2.	306	LUIS, Jessica Santos	2000	Sao Roque	<b>41.36</b>	+ 2.27
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 41.36	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	302	TELES, Anabela Corte	2001	Individual ANMAD	<b>42.09</b>	+ 3.00
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 42.09	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
4.	307	LECA, Natasha Maria	2003	Desportivo Nacional	<b>52.33</b>	+ 13.24
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 52.33	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
5.	305	ABREU, Maria Eduarda	2005	Desportivo Nacional	<b>52.39</b>	+ 13.30
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 52.39	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		