

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

Prova 5
09/06/2019 - 11:00

3000m Livres
3000 metros / Masters (águas abertas)

25 anos e mais velhos
Resultados

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
Master AA1 (25 aos 39 anos), Masc.						
1.	352	FREITAS, Pedro Ideia	1989	Naval do Funchal	43.26	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	43.26
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	355	MARTINS, Duarte Gouveia	1983	Naval do Funchal	44.42	+ 1.16
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	44.42
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
Master AA2 (40 aos 54 anos), Masc.						
1.	350	SOUSA, Joao Pedro	1974	Naval do Funchal	39.27	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	39.27
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	357	MATEUS, Osvaldo Roseira	1976	Desportivo Nacional	47.47	+ 8.20
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	47.47
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
Master AA2 (40 aos 54 anos), Femin.						
1.	351	SANTOS, Mayra Sousa	1979	Naval do Funchal	46.31	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	46.31
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	358	GOUVEIA, Rubina Lara	1974	Naval do Funchal	51.15	+ 4.84
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	51.15
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

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Santa Cruz, 9/6/2019

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

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
3.	356	SILVA, Catarina Grace	1977	Naval do Funchal	59.51	+ 13.20
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 59.51	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA3 (55 e mais velhos), Masc.

1.	353	FERNANDES, Joaquim Jose	1961	Corticeiras	49.19	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 49.19	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	354	PEREIRA, Joao Manuel	1959	Corticeiras	58.47	+ 9.28
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 58.47	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Classificação Geral - MASTERS, Masc.

1.	350	SOUSA, Joao Pedro	1974	Naval do Funchal	39.27	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 39.27	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	352	FREITAS, Pedro Ideia	1989	Naval do Funchal	43.26	+ 3.99
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 43.26	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	355	MARTINS, Duarte Gouveia	1983	Naval do Funchal	44.42	+ 5.15
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 44.42	
	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
4.	357	MATEUS, Osvaldo Roseira	1976	Desportivo Nacional	47.47	+ 8.20
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 47.47	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
5.	353	FERNANDES, Joaquim Jose	1961	Corticeiras	49.19	+ 9.92
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 49.19	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
6.	354	PEREIRA, Joao Manuel	1959	Corticeiras	58.47	+ 19.20
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 58.47	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Classificação Geral - MASTERS, Femin.

1.	351	SANTOS, Mayra Sousa	1979	Naval do Funchal	46.31	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 46.31	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	358	GOUVEIA, Rubina Lara	1974	Naval do Funchal	51.15	+ 4.84
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 51.15	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	356	SILVA, Catarina Grace	1977	Naval do Funchal	59.51	+ 13.20
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 59.51	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		