

Travessia VII Cais de Santa Cruz  
Santa Cruz, 30/5/2021

Prova 4 3000m Livres 14 anos e mais velhos  
30/05/2021 - 11:00 3000 metros / Atletas (águas abertas) e Populares Resultados

Place Dorsal Name YOB Club/Nation Tempo final diferença

AA 16/17, Masc.

DSCDSQ 305 Afonso Pires Alves 2005 Salesianos do Funchal

AA 18/19, Masc.

1. 301 Emanuel Eloi Vieira 2003 CD Sao Roque **38:57.56**  
100m: 900m: 1700m: 2500m:  
200m: 1000m: 1800m: 2600m:  
300m: 1100m: 1900m: 2700m:  
400m: 1200m: 2000m: 2800m:  
500m: 1300m: 2100m: 2900m:  
600m: 1400m: 2200m: 3000m: 38:57.56  
700m: 1500m: 2300m:  
800m: 1600m: 2400m:

2. 302 Joao Simao Camacho 2003 CD Nacional **42:50.85** + 3:53.29  
100m: 900m: 1700m: 2500m:  
200m: 1000m: 1800m: 2600m:  
300m: 1100m: 1900m: 2700m:  
400m: 1200m: 2000m: 2800m:  
500m: 1300m: 2100m: 2900m:  
600m: 1400m: 2200m: 3000m: 42:50.85  
700m: 1500m: 2300m:  
800m: 1600m: 2400m:

AA 18/19, Femin.

1. 304 Natasha Maria Leca 2003 CD Nacional **45:35.55**  
100m: 900m: 1700m: 2500m:  
200m: 1000m: 1800m: 2600m:  
300m: 1100m: 1900m: 2700m:  
400m: 1200m: 2000m: 2800m:  
500m: 1300m: 2100m: 2900m:  
600m: 1400m: 2200m: 3000m: 45:35.55  
700m: 1500m: 2300m:  
800m: 1600m: 2400m:

AA +20, Masc.

1. 303 Goncalo Almada Nunes 2001 Salesianos do Funchal **42:25.65**  
100m: 900m: 1700m: 2500m:  
200m: 1000m: 1800m: 2600m:  
300m: 1100m: 1900m: 2700m:  
400m: 1200m: 2000m: 2800m:  
500m: 1300m: 2100m: 2900m:  
600m: 1400m: 2200m: 3000m: 42:25.65  
700m: 1500m: 2300m:  
800m: 1600m: 2400m:

AA +20, Femin.

1. 300 Jessica Santos Luis 2000 CD Sao Roque **43:48.23**  
100m: 900m: 1700m: 2500m:  
200m: 1000m: 1800m: 2600m:  
300m: 1100m: 1900m: 2700m:  
400m: 1200m: 2000m: 2800m:  
500m: 1300m: 2100m: 2900m:  
600m: 1400m: 2200m: 3000m: 43:48.23  
700m: 1500m: 2300m:  
800m: 1600m: 2400m:

Travessia VII Cais de Santa Cruz  
Santa Cruz, 30/5/2021

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Prova 4, 3000m Livres

Classificação Geral - ATLETAS, Masc.

1.	301	Emanuel Eloi Vieira	2003	CD Sao Roque	<b>38:57.56</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:	38:57.56
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	303	Goncalo Almada Nunes	2001	Salesianos do Funchal	<b>42:25.65</b>	+ 3:28.09
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	42:25.65
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	302	Joao Simao Camacho	2003	CD Nacional	<b>42:50.85</b>	+ 3:53.29
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	42:50.85
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

DSCDSQ 305 Afonso Pires Alves 2005 Salesianos do Funchal

Classificação Geral - ATLETAS, Femin.

1.	300	Jessica Santos Luis	2000	CD Sao Roque	<b>43:48.23</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:	43:48.23
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	304	Natasha Maria Leca	2003	CD Nacional	<b>45:35.55</b>	+ 1:47.32
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	45:35.55
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		