

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

Prova 5 3000m Livres 25 anos e mais velhos
30/05/2021 - 11:00 3000 metros / Masters (águas abertas) e Populares Resultados

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
Master AA1 (25 aos 39 anos), Masc.						
1.	357	Joao Sousa Goncalves	1990	Naval do Funchal	52:31.88	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 52:31.88	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	358	Goncalo Jardim Silva	1989	Salesianos do Funchal	55:25.87	+ 2:53.99
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 55:25.87	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA2 (40 aos 54 anos), Masc.

1.	350	Joao Pedro Sousa	1974	Naval do Funchal	40:31.16	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 40:31.16	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	355	Ricardo Abreu Correia	1980	Naval do Funchal	49:33.99	+ 9:02.83
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 49:33.99	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	361	Aurelio Davide Gois	1975	GD Corticeiras	51:30.13	+ 10:58.97
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 51:30.13	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA2 (40 aos 54 anos), Femin.

1.	351	Carla Patricia Telo	1971	Naval do Funchal	43:03.55	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 43:03.55	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

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

Place	Dorsal	Name	YOB	Club/Nation	Tempo final	diferença
2.	354	Mayra Souza Santos	1979	Salesianos do Funchal	45:47.70	+ 2:44.15
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 45:47.70	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	363	Ana Bernardo Barbara	1970	Lagoa Academico	59:18.32	+ 16:14.77
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 59:18.32	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
4.	360	Filipa Henriques Freitas	1977	Salesianos do Funchal	59:32.20	+ 16:28.65
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 59:32.20	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA3 (55 e mais velhos), Masc.

1.	353	Jose Araujo Ferreira	1965	CD Nacional	41:32.77	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 41:32.77	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	359	Joaquim Jose Fernandes	1961	GD Corticeiras	49:47.72	+ 8:14.95
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m: 49:47.72	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

Master AA3 (55 e mais velhos), Femin.

1.	364	Ana Paula Barreto	1964	CD Nacional	1:09:25.03	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m 1:09:25.03	
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

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Prova 5, 3000m Livres

Classificação Geral - MASTERS, Masc.

1.	350	Joao Pedro Sousa	1974	Naval do Funchal	40:31.16	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	40:31.16
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	353	Jose Araujo Ferreira	1965	CD Nacional	41:32.77	+ 1:01.61
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	41:32.77
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	355	Ricardo Abreu Correia	1980	Naval do Funchal	49:33.99	+ 9:02.83
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	49:33.99
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
4.	359	Joaquim Jose Fernandes	1961	GD Corticeiras	49:47.72	+ 9:16.56
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	49:47.72
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
5.	361	Aurelio Davide Gois	1975	GD Corticeiras	51:30.13	+ 10:58.97
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	51:30.13
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
6.	357	Joao Sousa Goncalves	1990	Naval do Funchal	52:31.88	+ 12:00.72
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	52:31.88
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
7.	358	Goncalo Jardim Silva	1989	Salesianos do Funchal	55:25.87	+ 14:54.71
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	55:25.87
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		

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Classificação Geral - MASTERS, Femin.

1.	351	Carla Patricia Telo	1971	Naval do Funchal	43:03.55	
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	43:03.55
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
2.	354	Mayra Souza Santos	1979	Salesianos do Funchal	45:47.70	+ 2:44.15
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	45:47.70
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
3.	363	Ana Bernardo Barbara	1970	Lagoa Academico	59:18.32	+ 16:14.77
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	59:18.32
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
4.	360	Filipa Henriques Freitas	1977	Salesianos do Funchal	59:32.20	+ 16:28.65
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	59:32.20
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		
5.	364	Ana Paula Barreto	1964	CD Nacional	1:09:25.03	+ 26:21.48
	100m:	900m:		1700m:	2500m:	
	200m:	1000m:		1800m:	2600m:	
	300m:	1100m:		1900m:	2700m:	
	400m:	1200m:		2000m:	2800m:	
	500m:	1300m:		2100m:	2900m:	
	600m:	1400m:		2200m:	3000m:	1:09:25.03
	700m:	1500m:		2300m:		
	800m:	1600m:		2400m:		