

X Peniche a Nadar - Águas Abertas 2026
Peniche, 22/8/2026

Prova 1 22/08/2026	1500m Livres	14 - 94 anos Resultados
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Lugar	Dorsal	Nome	Ano	Clube	Tempo final
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14 - 15 anos, Femin.

1.	181	Margarida Pinho, FORMIGO	2011	Natação Torres Novas	26:03.75
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 26:03.75
	400m:	800m:		1200m:	
2.		Laura, VARELA	2012	Individual	38:59.66
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 38:59.66
	400m:	800m:		1200m:	

14 - 15 anos, Masc.

1.		Salvador Henrique, VIEIRA	2012	Clube de Natação de Torres No	23:39.82
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 23:39.82
	400m:	800m:		1200m:	
2.		Henrique, CABRAL	2012	Individual	33:51.70
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 33:51.70
	400m:	800m:		1200m:	

16 - 17 anos, Masc.

1.	166	Gabriel, VARELA	2010	Individual	22:28.50
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 22:28.50
	400m:	800m:		1200m:	

18 - 19 anos, Masc.

1.		Rodrigo, VICENTE	2007	Pedrogão Triatlo	30:48.91
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 30:48.91
	400m:	800m:		1200m:	

20 - 24 anos, Femin.

1.		Maty, NDOYE	2004	Individual	23:28.12
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 23:28.12
	400m:	800m:		1200m:	
2.		Julia, FALLER	2002	Individual	33:13.88
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 33:13.88
	400m:	800m:		1200m:	

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Prova 1, 1500m Livres

20 - 24 anos, Masc.

1.	151	Afonso Formigo, PINHO	2006	Natação Torres Novas	23:09.03
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 23:09.03
	400m:	800m:		1200m:	
2.		Eduardo, TOMÉ	2002	Individual	30:38.06
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 30:38.06
	400m:	800m:		1200m:	
3.	158	Daniel, CORREIA	2004	Individual	31:26.66
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 31:26.66
	400m:	800m:		1200m:	
4.	159	Diogo, VIEIRA	2005	Individual	32:23.31
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 32:23.31
	400m:	800m:		1200m:	

GRUPO 1, Femin.

1.	181	Margarida Pinho, FORMIGO	2011	Natação Torres Novas	26:03.75
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 26:03.75
	400m:	800m:		1200m:	
2.		Laura, VARELA	2012	Individual	38:59.66
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 38:59.66
	400m:	800m:		1200m:	

GRUPO 1, Masc.

1.	166	Gabriel, VARELA	2010	Individual	22:28.50
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 22:28.50
	400m:	800m:		1200m:	
2.		Salvador Henrique, VIEIRA	2012	Clube de Natação de Torres Novas	23:39.82
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 23:39.82
	400m:	800m:		1200m:	
3.		Henrique, CABRAL	2012	Individual	33:51.70
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 33:51.70
	400m:	800m:		1200m:	

GRUPO 2, Femin.

1.		Maty, NDOYE	2004	Individual	23:28.12
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 23:28.12
	400m:	800m:		1200m:	

X Peniche a Nadar - Águas Abertas 2026
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Prova 1, Femin., 1500m Livres, GRUPO 2

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
2.		Julia, FALLER	2002	Individual	33:13.88
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	33:13.88
	400m:	800m:	1200m:		

GRUPO 2, Masc.

1.	151	Afonso Formigo, PINHO	2006	Natação Torres Novas	23:09.03
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	23:09.03
	400m:	800m:	1200m:		
2.		Eduardo, TOMÉ	2002	Individual	30:38.06
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:38.06
	400m:	800m:	1200m:		
3.		Rodrigo, VICENTE	2007	Pedrogão Triatlo	30:48.91
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:48.91
	400m:	800m:	1200m:		
4.	158	Daniel, CORREIA	2004	Individual	31:26.66
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:26.66
	400m:	800m:	1200m:		
5.	159	Diogo, VIEIRA	2005	Individual	32:23.31
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	32:23.31
	400m:	800m:	1200m:		

25 - 29 anos, Femin.

1.		Jia-Ming, SHI	2000	Individual	29:14.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	29:14.63
	400m:	800m:	1200m:		
2.		Maya, CONNUT	1998	Individual	31:25.44
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:25.44
	400m:	800m:	1200m:		
3.	153	Alice Carolina, PACHECO	1998	Individual	33:13.28
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	33:13.28
	400m:	800m:	1200m:		
4.	175	Laura, FERREIRA	1999	Individual	42:55.16
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	42:55.16
	400m:	800m:	1200m:		

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Prova 1, Femin., 1500m Livres, 25 - 29 anos

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
5.		Sofia Lopes, AGOSTINHO	1997	Individual	49:08.70
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	49:08.70
	400m:	800m:	1200m:		

25 - 29 anos, Masc.

1.		Yohann, NDOYE	2000	Individual	20:16.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	20:16.63
	400m:	800m:	1200m:		
2.	152	Alexandre, ALVES	2000	Individual	31:47.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:47.63
	400m:	800m:	1200m:		
3.		Florian, FALLER	2000	Individual	38:59.66
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	38:59.66
	400m:	800m:	1200m:		
4.	163	Francisco Antunes, PRETA	1997	Individual	49:07.70
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	49:07.70
	400m:	800m:	1200m:		

30 - 34 anos, Femin.

1.		Julia, MALINSKA	1992	Individual	31:50.03
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:50.03
	400m:	800m:	1200m:		
2.		Nilis, MADERT	1995	Individual	32:51.20
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	32:51.20
	400m:	800m:	1200m:		
3.	184	Marta Oliveira, MARTINS	1992	Individual	44:46.78
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	44:46.78
	400m:	800m:	1200m:		
4.	150	Adriana, AFONSO	1996	Individual	57:18.78
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	57:18.78
	400m:	800m:	1200m:		

30 - 34 anos, Masc.

1.	182	Mario Thomaz, APRA	1995	Individual	31:41.53
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:41.53
	400m:	800m:	1200m:		

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Prova 1, Masc., 1500m Livres, 30 - 34 anos

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
2.	207	Vitor, ALVEIRINHO	1994	Individual	35:18.56
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	35:18.56
	400m:	800m:	1200m:		

GRUPO 3, Femin.

1.		Jia-Ming, SHI	2000	Individual	29:14.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	29:14.63
	400m:	800m:	1200m:		
2.		Maya, CONNUT	1998	Individual	31:25.44
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:25.44
	400m:	800m:	1200m:		
3.		Julia, MALINSKA	1992	Individual	31:50.03
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:50.03
	400m:	800m:	1200m:		
4.		Nilis, MADERT	1995	Individual	32:51.20
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	32:51.20
	400m:	800m:	1200m:		
5.	153	Alice Carolina, PACHECO	1998	Individual	33:13.28
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	33:13.28
	400m:	800m:	1200m:		
6.	175	Laura, FERREIRA	1999	Individual	42:55.16
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	42:55.16
	400m:	800m:	1200m:		
7.	184	Marta Oliveira, MARTINS	1992	Individual	44:46.78
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	44:46.78
	400m:	800m:	1200m:		
8.		Sofia Lopes, AGOSTINHO	1997	Individual	49:08.70
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	49:08.70
	400m:	800m:	1200m:		
9.	150	Adriana, AFONSO	1996	Individual	57:18.78
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	57:18.78
	400m:	800m:	1200m:		

X Peniche a Nadar - Águas Abertas 2026
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Prova 1, 1500m Livres

GRUPO 3, Masc.

1.		Yohann, NDOYE	2000	Individual	20:16.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	20:16.63
	400m:	800m:	1200m:		
2.	182	Mario Thomaz, APRA	1995	Individual	31:41.53
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:41.53
	400m:	800m:	1200m:		
3.	152	Alexandre, ALVES	2000	Individual	31:47.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:47.63
	400m:	800m:	1200m:		
4.	207	Vitor, ALVEIRINHO	1994	Individual	35:18.56
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	35:18.56
	400m:	800m:	1200m:		
5.		Florian, FALLER	2000	Individual	38:59.66
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	38:59.66
	400m:	800m:	1200m:		
6.	163	Francisco Antunes, PRETA	1997	Individual	49:07.70
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	49:07.70
	400m:	800m:	1200m:		

35 - 39 anos, Femin.

1.	202	Tânia, ANTUNES	1988	Individual	32:36.53
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	32:36.53
	400m:	800m:	1200m:		
2.		Anna, DUDETSKAIA	1991	Individual	38:35.31
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	38:35.31
	400m:	800m:	1200m:		
3.	172	Joana Rebelo, BASTOS	1988	Individual	41:26.34
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	41:26.34
	400m:	800m:	1200m:		

35 - 39 anos, Masc.

1.	161	Felipe, MORAES	1987	Individual	26:03.88
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	26:03.88
	400m:	800m:	1200m:		

X Peniche a Nadar - Águas Abertas 2026
Peniche, 22/8/2026

Prova 1, Masc., 1500m Livres, 35 - 39 anos

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
2.		Fábio, BRANCO	1989	Individual	27:14.28
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	27:14.28
	400m:	800m:	1200m:		
3.	196	Raul, LINO	1990	Individual	34:29.38
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	34:29.38
	400m:	800m:	1200m:		
4.	206	Tiago, OLIVEIRA	1987	Individual	38:47.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	38:47.63
	400m:	800m:	1200m:		

40 - 44 anos, Femin.

1.	155	Ana Constantino, AMARAL	1985	Académica de Coimbra	31:42.98
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:42.98
	400m:	800m:	1200m:		
2.	170	Inês, TOMÉ	1986	Individual	33:57.91
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	33:57.91
	400m:	800m:	1200m:		

40 - 44 anos, Masc.

1.	194	Pedro Daniel, CORREIA	1982	Individual	30:40.66
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:40.66
	400m:	800m:	1200m:		
2.	191	Nuno Rafael, GOMES	1986	ERICEIRA	31:24.48
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:24.48
	400m:	800m:	1200m:		
3.	168	Hugo Pereira, LINO	1985	Individual	31:28.23
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:28.23
	400m:	800m:	1200m:		
4.	180	Marco André, PEQUENO	1986	ERICEIRA	32:33.84
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	32:33.84
	400m:	800m:	1200m:		
5.	197	Roger, VICENTE	1982	Individual	33:14.66
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	33:14.66
	400m:	800m:	1200m:		

X Peniche a Nadar - Águas Abertas 2026
Peniche, 22/8/2026

Prova 1, Masc., 1500m Livres, 40 - 44 anos

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
6.	186	Nelson, RAFAEL	1983	Individual	34:25.48
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	34:25.48
	400m:	800m:	1200m:		
7.	160	Fábio José, CEREJO	1985	Individual	35:59.28
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	35:59.28
	400m:	800m:	1200m:		
8.	208	Vitor, TAVARES	1982	Individual	38:34.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	38:34.63
	400m:	800m:	1200m:		

GRUPO 4, Femin.

1.	155	Ana Constantino, AMARAL	1985	Académica de Coimbra	31:42.98
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:42.98
	400m:	800m:	1200m:		
2.	202	Tânia, ANTUNES	1988	Individual	32:36.53
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	32:36.53
	400m:	800m:	1200m:		
3.	170	Inês, TOMÉ	1986	Individual	33:57.91
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	33:57.91
	400m:	800m:	1200m:		
4.		Anna, DUDETSKAIA	1991	Individual	38:35.31
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	38:35.31
	400m:	800m:	1200m:		
5.	172	Joana Rebelo, BASTOS	1988	Individual	41:26.34
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	41:26.34
	400m:	800m:	1200m:		

GRUPO 4, Masc.

1.	161	Felipe, MORAES	1987	Individual	26:03.88
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	26:03.88
	400m:	800m:	1200m:		
2.		Fábio, BRANCO	1989	Individual	27:14.28
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	27:14.28
	400m:	800m:	1200m:		

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Prova 1, Masc., 1500m Livres, GRUPO 4

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
3.	194	Pedro Daniel, CORREIA	1982	Individual	30:40.66
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:40.66
	400m:	800m:	1200m:		
4.	191	Nuno Rafael, GOMES	1986	ERICEIRA	31:24.48
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:24.48
	400m:	800m:	1200m:		
5.	168	Hugo Pereira, LINO	1985	Individual	31:28.23
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:28.23
	400m:	800m:	1200m:		
6.	180	Marco André, PEQUENO	1986	ERICEIRA	32:33.84
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	32:33.84
	400m:	800m:	1200m:		
7.	197	Roger, VICENTE	1982	Individual	33:14.66
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	33:14.66
	400m:	800m:	1200m:		
8.	186	Nelson, RAFAEL	1983	Individual	34:25.48
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	34:25.48
	400m:	800m:	1200m:		
9.	196	Raul, LINO	1990	Individual	34:29.38
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	34:29.38
	400m:	800m:	1200m:		
10.	160	Fábio José, CEREJO	1985	Individual	35:59.28
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	35:59.28
	400m:	800m:	1200m:		
11.	208	Vitor, TAVARES	1982	Individual	38:34.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	38:34.63
	400m:	800m:	1200m:		
12.	206	Tiago, OLIVEIRA	1987	Individual	38:47.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	38:47.63
	400m:	800m:	1200m:		

45 - 49 anos, Femin.

1.		Denise Veberling, LORENZONI	1980	Venda do Pinheiro	30:35.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:35.63
	400m:	800m:	1200m:		

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Prova 1, Femin., 1500m Livres, 45 - 49 anos

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
2.		Sara Filipa, REIS	1978	Individual	30:49.56
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:49.56
	400m:	800m:	1200m:		
3.		Montserrat, MARTINEZ	1981	Individual	33:12.38
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	33:12.38
	400m:	800m:	1200m:		

45 - 49 anos, Masc.

1.	179	Luis, RUFINO	1981	Individual	26:18.73
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	26:18.73
	400m:	800m:	1200m:		
2.	169	Humberto Bernardes, CABRAL	1979	Individual	27:00.78
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	27:00.78
	400m:	800m:	1200m:		
3.		Filipe, POUSEIRO	1979	Pedrogão Triatlo	30:20.78
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:20.78
	400m:	800m:	1200m:		
4.	193	Pedro André, FERNANDES	1979	Individual	30:27.48
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:27.48
	400m:	800m:	1200m:		
5.	167	Henrique, AVELAR	1980	Individual	30:46.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:46.63
	400m:	800m:	1200m:		
6.	203	Telmo Filipe, PENA	1977	Individual	31:11.09
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:11.09
	400m:	800m:	1200m:		
7.	189	Nuno, SANCHEZ	1980	Individual	31:20.59
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:20.59
	400m:	800m:	1200m:		
8.		David, MAITRE	1980	Individual	31:25.44
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:25.44
	400m:	800m:	1200m:		
9.		Nuno, ALMEIDA	1977	Individual	55:25.13
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	55:25.13
	400m:	800m:	1200m:		

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Prova 1, 1500m Livres

50 - 54 anos, Masc.

1.		Hugo André, AFONSO	1976	Futebol Clube Ferreiras	25:44.98
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 25:44.98
	400m:	800m:		1200m:	
2.	190	Nuno António, ROSADO	1976	Individual	31:16.20
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 31:16.20
	400m:	800m:		1200m:	
3.	173	João António, ROSA	1974	Individual	31:17.28
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 31:17.28
	400m:	800m:		1200m:	
4.	195	Pedro, FERREIRA	1974	Individual	32:49.70
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 32:49.70
	400m:	800m:		1200m:	
5.	156	Anibal, ROSA	1974	Individual	33:01.59
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 33:01.59
	400m:	800m:		1200m:	

GRUPO 5, Femin.

1.		Denise Veberling, LORENZONI	1980	Venda do Pinheiro	30:35.63
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 30:35.63
	400m:	800m:		1200m:	
2.		Sara Filipa, REIS	1978	Individual	30:49.56
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 30:49.56
	400m:	800m:		1200m:	
3.		Montserrat, MARTINEZ	1981	Individual	33:12.38
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 33:12.38
	400m:	800m:		1200m:	

GRUPO 5, Masc.

1.		Hugo André, AFONSO	1976	Futebol Clube Ferreiras	25:44.98
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 25:44.98
	400m:	800m:		1200m:	
2.	179	Luis, RUFINO	1981	Individual	26:18.73
	100m:	500m:		900m:	1300m:
	200m:	600m:		1000m:	1400m:
	300m:	700m:		1100m:	1500m: 26:18.73
	400m:	800m:		1200m:	

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Prova 1, Masc., 1500m Livres, GRUPO 5

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
3.	169	Humberto Bernardes, CABRAL	1979	Individual	27:00.78
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	27:00.78
	400m:	800m:	1200m:		
4.		Filipe, POUSEIRO	1979	Pedrogão Triatlo	30:20.78
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:20.78
	400m:	800m:	1200m:		
5.	193	Pedro André, FERNANDES	1979	Individual	30:27.48
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:27.48
	400m:	800m:	1200m:		
6.	167	Henrique, AVELAR	1980	Individual	30:46.63
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	30:46.63
	400m:	800m:	1200m:		
7.	203	Telmo Filipe, PENA	1977	Individual	31:11.09
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:11.09
	400m:	800m:	1200m:		
8.	190	Nuno António, ROSADO	1976	Individual	31:16.20
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:16.20
	400m:	800m:	1200m:		
9.	173	João António, ROSA	1974	Individual	31:17.28
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:17.28
	400m:	800m:	1200m:		
10.	189	Nuno, SANCHEZ	1980	Individual	31:20.59
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:20.59
	400m:	800m:	1200m:		
11.		David, MAITRE	1980	Individual	31:25.44
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:25.44
	400m:	800m:	1200m:		
12.	195	Pedro, FERREIRA	1974	Individual	32:49.70
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	32:49.70
	400m:	800m:	1200m:		
13.	156	Anibal, ROSA	1974	Individual	33:01.59
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	33:01.59
	400m:	800m:	1200m:		
14.		Nuno, ALMEIDA	1977	Individual	55:25.13
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	55:25.13
	400m:	800m:	1200m:		

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Prova 1, 1500m Livres

55 - 59 anos, Femin.

1.	Anne-Catherine, ANTUNES	1968	USF	41:05.73
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	41:05.73
400m:	800m:	1200m:		

55 - 59 anos, Masc.

1. 100	Jaime Frederico, FERREIRA	1967	Nadadores Estoris	26:08.23
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	26:08.23
400m:	800m:	1200m:		
2.	Helder Manuel, SILVA	1970	Individual	39:15.13
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	39:15.13
400m:	800m:	1200m:		
3.	Xavier, FUUGERAT	1967	USF	52:49.28
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	52:49.28
400m:	800m:	1200m:		

60 - 64 anos, Masc.

1. 162	Fernando Mesquita, GABRIEL	1964	Individual	28:50.98
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	28:50.98
400m:	800m:	1200m:		
2. 101	Miguel, SAN - PAYO	1962	Nadadores Estoris	31:02.09
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	31:02.09
400m:	800m:	1200m:		

GRUPO 6, Femin.

1.	Anne-Catherine, ANTUNES	1968	USF	41:05.73
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	41:05.73
400m:	800m:	1200m:		

GRUPO 6, Masc.

1. 100	Jaime Frederico, FERREIRA	1967	Nadadores Estoris	26:08.23
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	26:08.23
400m:	800m:	1200m:		
2. 162	Fernando Mesquita, GABRIEL	1964	Individual	28:50.98
100m:	500m:	900m:	1300m:	
200m:	600m:	1000m:	1400m:	
300m:	700m:	1100m:	1500m:	28:50.98
400m:	800m:	1200m:		

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Prova 1, Masc., 1500m Livres, GRUPO 6

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
3.	101	Miguel, SAN - PAYO	1962	Nadadores Estoris	31:02.09
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	31:02.09
	400m:	800m:	1200m:		
4.		Helder Manuel, SILVA	1970	Individual	39:15.13
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	39:15.13
	400m:	800m:	1200m:		
5.		Xavier, FUUGERAT	1967	USF	52:49.28
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	52:49.28
	400m:	800m:	1200m:		

65 - 69 anos, Masc.

1.	171	Jaime Carlos, BENTO	1961	Sport Algés e Dafundo	25:02.88
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	25:02.88
	400m:	800m:	1200m:		
2.		José, PEIXOTO	1958	Individual	41:06.09
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	41:06.09
	400m:	800m:	1200m:		

70 - 74 anos, Masc.

1.	157	António, MARÇAL	1955	Pimpões/ Cimai	39:19.70
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	39:19.70
	400m:	800m:	1200m:		

GRUPO 7, Masc.

1.	171	Jaime Carlos, BENTO	1961	Sport Algés e Dafundo	25:02.88
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	25:02.88
	400m:	800m:	1200m:		
2.	157	António, MARÇAL	1955	Pimpões/ Cimai	39:19.70
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	39:19.70
	400m:	800m:	1200m:		
3.		José, PEIXOTO	1958	Individual	41:06.09
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	41:06.09
	400m:	800m:	1200m:		

75 - 79 anos, Masc.

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Prova 1, Masc., 1500m Livres, 75 - 79 anos

Lugar	Dorsal	Nome	Ano	Clube	Tempo final
1.	154	Amilcar Manuel, RIBEIRAL	1948	Sport Algés e Dafundo	52:28.53
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	52:28.53
	400m:	800m:	1200m:		

GRUPO 8, Masc.

1.	154	Amilcar Manuel, RIBEIRAL	1948	Sport Algés e Dafundo	52:28.53
	100m:	500m:	900m:	1300m:	
	200m:	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	52:28.53
	400m:	800m:	1200m:		