

COMUNICADO Nº 37-10

10/12/30

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1. NATAÇÃO PURA

a) II Estágio de Preparação Geral Júnior FPN – 6 a 9 de Janeiro de 2011, Rio Maior

Para o presente estágio da Selecção Nacional Júnior estão convidados os seguintes nadadores:

Masculinos

Femininos

Carlos Pedrosa	CNPD	Ana Marta Miranda	SFUAP
Diogo Silva	CNAL	Ana Neto	FCP
Edgar Ribeiro	SCB	Carolina Martins	CNAC
Gustavo Madureira	AAC	Cátia Martinheira	LDC
Gustavo Santa	SCP	Diana Durães	FOCA
João Rocha	GDNVNF	Lisa Soares	CNA
Miguel Diogo	CNAL	Paula Oliveira	FCP
Pedro Santos	SAD	Victoria Kaminskaya	PIMP
Ricardo Machado	SCB		
Ruben Nunes	GESP		
Tiago Oliveira	LSC		

Nota: Os nadadores deverão ser portadores de todo o equipamento necessário aos treinos de água e de seco.

O enquadramento técnico será assegurado pelos seguintes elementos:

Treinadores Convidados: Carlos Cruchinho (SCP) e Luís Cameira (SCB)

TNJ-NP: Bruno Eça Freitas

TASNJ-NP: Joana Reis

Data: 6 a 9 de Janeiro de 2011

Local: Centro de Estágios e Formação Desportiva de Rio Maior

Concentração: 6 de Janeiro – 16h00

Final: 9 de Janeiro – 11h00

Recordamos ainda que pedidos de dispensa ao abrigo do Decreto-Lei no 272/09, de 01 de Outubro (Regime do Alto Rendimento), por implicarem requisição ao Instituto do Desporto de Portugal terão que ser solicitados previamente à realização deste estágio.

À semelhança do habitual solicitamos aos clubes envolvidos, que diligenciem no sentido do transporte conjunto dos nadadores, em função da zona, a fim de se racionalizarem recursos.

b) Ranking Nacional do Torneio de Fundo de Infantis e Juvenis – Piscina Curta

Disponibilizamos em anexo, a classificação provisória, individual e colectiva do Torneio em assunto.

2. FORMAÇÃO

a) Curso de Treinadores de Grau I / Monitor de Natação – ANDS 2010

APTOS

Alexandre Leal Cunha	Justino Manuel Janeiro
Ana Isabel Domingues	Márcia Aleixo Vilela
André Filipe Ramos	Márcia Costa Soares
André Oliveira Leite	Marta Costa Martins
Cátia Rocha Cascão	Nádia Alexandra Francisco
Cintia Battistell Pascualotto	Pedro Miguel Patrício
Dagmar Emanuel Quintaneiro	Rodrigo Gonçalo Silva
Daniel João Santos Louro	Rodrigo Marques Costa
Filipe Miguel Marques	Rui Vaz Lourenço
Inês Pereira Nunes	Susana Cristina Duarte
João Pedro Rosa	Tiago Miguel Leão
José João Rosa	

b) Curso Nacional de Arbitragem de Águas Abertas 2010

APTOS

Ana Canas	Iuri Ruben Oliveira
Ana Filipa Godinho	Joaquim Crespo
Ana Paula Garcia	Jorge Reis Salgueiro
Ana Rita Ferreira	José Cruz
Andreia Margarido	Luís Reis Sardinha
Bárbara Santos Saramago	Marta Fernandes
Clara Crespo	Ricardo Tito Cordeiro
Constantino Tapum Pereira	Rodolfo Marques
Fernando Gavancha	Sérgio Manso
Igor Rodrigues Ferreira	

c) Curso Elementar de Arbitragem Pólo Aquático – ANALG 2010

APTOS

Alexandra Ferrão	Mário Bergano
André Lavrador	Mário Palma
Joaquim Lavrador	Renato Trindade
Cristiano Joaquim	Ricardo Gonçalves
Filipe Oliveira	Ruben Figueiredo
João Oliveira	

d) Curso Elementar de Arbitragem Pólo Aquático – ANNP 2010

APTOS

Adriana Sofia Gomes Andrade	Nuno André Sousa Marques
Alexandra Luísa Nascimento Silva Barroso Chatillon	Patrícia Garcez Soares
Daniel Cerca Vieira	Pedro Hugo Corte Real Rocha
Diogo Leal Pignatelli Vasconcelos	Pedro Jorge Queirós Ferreira
João Baltar Leite	Ricardo Pedro Moura Sousa
João Filipe Gonçalves Martins	Rogério Daniel Rocha Magalhães
Jorge Fernando Ferreira Carneiro	Ruben Tiago Ribeiro Mata
Luís António Rocha Pacheco	Rui Filipe Queirós Ferreira
Luís Filipe Nazareth Pinheiro Sá Ferreira	Tiago Filipe Oliveira Silva
Mário Ricardo Aires Lisboa	Tiago Paraty

e) Equivalências

Ulisses Amado Ferreira – Treinador de Grau I / Monitor de Natação

Pela FPN



Paulo Frischknecht
Presidente



Ranking por Clubes - Torneio de Fundo

Época 2010 / 2011



Femininos

Juvenis		
<i>Classificação</i>	<i>Clube</i>	<i>Pontuação</i>
1	SAD	3339
2	DNMG	3277
3	CNAC	3166
4	FCP	2993
5	SCP	2830
6	SCB	2767
7	GESL	2614
8	CSM	2283
9	ADP	2239
10	PORTIN	2232
11	EDV	2134
12	AEJ	1953
13	CDN	1832

Infantis A		
<i>Classificação</i>	<i>Clube</i>	<i>Pontuação</i>
1	SCP	3001
2	ASSSCC	2903
3	CNAC	2651
4	GDNVNF	2647
5	LSC	2552
6	DNMG	2424
7	ASC	2406
8	SAD	2334
9	CFV	2267
10	CSM	2119
11	SCB	2108
12	LDC	2086
13	SCE	2063
14	CDE	1916
15	VNC	1777
16	NSIT	1684
17	SAA	1652
18	CDF	1599

Infantis B		
<i>Classificação</i>	<i>Clube</i>	<i>Pontuação</i>
1	ASAL	2065
2	CNA	2038
3	DNMG	2010
4	CNAC	1916
5	VNC	1889
6	LSC	1874
7	CNMC	1801
8	GCF	1779
9	SCE	1732
10	EDV	1547
11	CSM	1411
12	SCA	1310
13	EDL	1127

Masculinos

Juvenis A		
<i>Classificação</i>	<i>Clube</i>	<i>Pontuação</i>
1	SCP	3060
2	CNOL	3025
3	AAC	2952
4	SFUAP	2779
5	CFV	2758
6	SAD	2684
7	CNAC	2673
8	EDV	2558
9	AVFC	2515
10	PIMP	2510
11	CNF	2467
12	CDN	2403
13	ADBA	2400
14	CAFBDP	2230

Juvenis B		
<i>Classificação</i>	<i>Clube</i>	<i>Pontuação</i>
1	CNAC	2999
2	FCP	2784
3	AVFC	2657
4	VNC	2628
5	LDC	2510
6	SCB	2460
7	CNF	2409
8	GESL	2398
9	VSC	2335
10	PORTIN	2327
11	CNAL	2294
12	CDF	1903
13	CDN	1863
14	GCVR	1811
15	CSM	1673

Infantis A		
<i>Classificação</i>	<i>Clube</i>	<i>Pontuação</i>
1	CNAL	2596
2	ANAM	2584
3	SCP	2504
4	SFUAP	2460
5	CNAC	2454
6	ASSSCC	2449
7	SCB	2353
8	PIMP	2308
9	GESL	2288
10	AMINAT	2282
11	LSC	2241
12	FCP	2151
13	CNA	2087
14	CNF	2071
15	OP	2066
16	LDC	2039
17	CSM	2001
18	CDN	1891
19	CFV	1878
20	SCE	1861
21	VNC	1755
22	PORTIN	1640



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Femininos, Infantis A

RANK	NOME	ANO	CLUBE	800 L	400 E	FINA 2010
1	Mariana Cunha Guerra	98	ASSSCC	9:38.96	5:21.55	1121
2	Beatriz Rodrigues Conde	98	SCP	9:47.88	5:28.50	1060
3	Joana Cunha Sousa	98	FOCA	9:54.40	5:35.82	1010
4	Carolina Mantua Guedes	98	SCP	10:09.84	5:33.85	979
5	Mariana Veloso Vitoria	98	CNAB	10:20.86	5:31.69	962
5	Sofia Alexandra Branco	98	SCP	10:11.91	5:36.48	962
7	Ana Raquel Ferreira	98	GCF	10:11.73	5:37.09	960
8	Maria Malaguerra Costa	98	ASSSCC	10:09.22	5:41.51	949
9	Graca Maria Araujo	98	GDNVNF	10:22.10	5:37.45	934
10	Ines Lucas Alves	98	LSC	10:16.83	5:40.67	933
11	Beatriz Pereira Vasconcelos	98	CFV	10:21.70	5:41.57	919
12	Clarisse Matos Lopes	98	SCALAB	10:27.57	5:42.05	904
13	Rita Mateus Lopes	98	CNAC	10:24.35	5:45.65	897
14	Mariana Portugal Costa	98	CNAC	10:20.10	5:48.71	896
15	Maria Carolina Ribeiro	98	FCP	10:23.77	5:47.73	891
16	Catarina Martins Ribeiro	98	DNMG	10:14.38	5:54.79	888
17	Raquel Teixeira Pena	98	SFUAP	10:34.25	5:43.20	885
18	Ana Beatriz Meireles	98	ADF	10:32.89	5:44.84	881
19	Maria Carolina Correia	98	CDL	10:28.81	5:47.90	879
20	Rita Barros Frischknecht	98	SAD	10:26.23	5:50.23	877
21	Rita Maria Ferreira	98	SCA	10:30.89	5:49.07	871
21	Carla Luisa Alves	98	GDNVNF	10:39.49	5:43.93	871
23	Rita Verissimo Damasceno	98	CNAC	10:29.21	5:53.67	858
24	Ligia Alexandra Coimbra	98	ANAM	10:29.16	5:56.22	849
25	Filipa Andreia Costa	98	CIMM	10:29.38	5:57.54	845
26	Ines Conceicao Ferraz	98	LSC	10:23.18	6:02.07	844
27	Margarida Peixoto Pelaio	98	GCF	10:42.12	5:50.28	842
27	Francisca Pereira Rego	98	GDNVNF	10:39.10	5:52.12	842
29	Ana Rita Graca	98	CFV	10:36.70	5:53.97	841
30	Mafalda Alexandra Henriques	98	CFB	10:52.51	5:45.42	840
31	Vera Paiva Vilaca	98	CFB	10:34.97	5:55.80	838
32	Matilde Oliveira Andrade	98	CNAC	10:30.18	5:59.26	837
33	Catarina Goncalves Leal	98	ASAL	10:22.22	6:05.37	836
34	Vanessa Branco Machado	98	ASSSCC	10:33.51	5:58.26	833
35	Sofia Machado Dionisio	98	SCP	10:36.93	5:56.95	831
36	Fabiana Rodrigues Teixeira	98	CSM	10:38.85	5:58.81	821
37	Maria Joao Ribeiro	98	SCB	10:38.06	5:59.85	818
38	Maria Luisa Guerra	98	CNAC	10:36.43	6:03.37	811
39	Helena Rafaela Tome	98	ASC	10:44.93	6:00.45	803
40	Maria Teresa Martins	98	CGA	10:49.16	5:58.08	802
40	Carolina Louro Pinheiro	98	ASC	10:48.79	5:58.30	802
42	Maria Carolina Gaspar	98	ASC	10:48.70	5:58.53	801
43	Adriana Ramalho Alves	98	DNMG	10:52.05	6:01.60	786

44	Joana Quinta Pinto	98	CNA	10:38.83	6:10.97	784
45	Cristiana Vanessa Malho	98	CNAL	11:05.58	5:54.79	783
46	Catarina Antunes Oliveira	98	CNAC	11:02.14	5:56.75	782
47	Maria Rachadell Pereira	98	PORTIN	10:53.34	6:03.03	778
48	Mafalda Ho Santos	98	LSC	11:05.87	5:57.21	775
49	Diana Filipa Portela	98	VSC	11:01.49	6:00.67	771
50	Mariana Manhita Correia	98	TNC	11:09.86	5:57.71	766
51	Mariana Van Ossenbruggen	98	SFUAP	11:11.58	5:58.52	760
52	Beatriz Sofia Norte	98	DNMG	10:57.56	6:10.39	750
53	Salome Pinto Monteiro	98	SCE	11:04.34	6:06.50	748
54	Beatriz Moreira Albuquerque	98	SAD	10:50.70	6:15.79	747
55	Ines Alexandra Jeronimo	98	CMEM	11:06.95	6:05.67	746
56	Vanessa Penas Courela	98	GESL	11:06.06	6:08.38	739
57	Mariana Neto Carrico	98	LDC	11:06.11	6:09.80	735
58	Barbara Sofia Lopes	98	CDE	11:01.31	6:14.68	731
58	Filipa Flambo Sousa	98	LSC	11:17.31	6:05.10	731
60	Catarina Maria Ferreira	98	CNAV	11:18.17	6:06.91	724
61	Rafaela Cunha Mendes	98	CDCA	11:24.23	6:05.38	719
62	Margarida Santos Louro	98	ASSSCC	11:08.33	6:15.04	718
63	Margarida Isabel Salgueiro	98	EFC	11:00.14	6:20.76	717
64	Sofia Alexandra Rolao	98	ANAM	11:19.65	6:10.07	712
65	Laura Chan Conceicao	98	SAD	10:59.75	6:23.85	710
66	Ana Beatriz Freire	98	CCDCML	11:37.75	6:03.68	703
66	Laura Jesus Gomes	98	SCB	11:16.28	6:15.21	703
68	Maria Morgado Franco	98	PORTIN	11:27.52	6:10.17	700
69	Viviana Sofia Pinto	98	EDL	11:27.39	6:13.39	691
70	Rita Sofia Santos	98	CDL	11:11.41	6:23.49	690
70	Raquel Sofia Jorge	98	CCDSM	11:12.96	6:22.62	690
70	Rita Oliveira Noritake	98	ABVE	11:41.04	6:06.64	690
73	Sandra Cristina Gomes	98	SCE	11:25.46	6:16.87	685
74	Ines Sousa Alves	98	LDC	11:36.57	6:12.63	679
75	Barbara Alves Silva	98	LSC	11:40.13	6:12.51	675
76	Ana Baptista Melim	98	CSM	11:35.26	6:15.23	674
77	Joana Gaitto Vitorino	98	LDC	11:46.62	6:10.38	672
78	Carolina Lourenco Matos	98	BSCN	11:35.30	6:20.17	661
78	Antonia Branco Franco	98	VNC	11:32.31	6:21.67	661
80	Erica Caleiras Graca	98	LDC	11:29.64	6:26.32	654
80	Ana Filipa Folha	98	LSC	11:33.64	6:23.78	654
82	Andreia Filipa Sequeira	98	CFE	11:44.32	6:19.56	650
83	Rosa Maria Teixeira	98	CSB	11:47.63	6:24.75	633
84	Catarina Ataide Dias	98	SCE	11:49.21	6:24.78	630
85	Rosario Fatima Ferreira	98	CDE	11:33.15	6:36.10	627
86	Adriana Toste Ferrao	98	NSIT	11:40.43	6:31.85	626
87	Kelly Carolina Pereira	98	CSM	11:24.94	6:43.71	624
88	Teresa Miguel Pinto	98	SCA	11:40.60	6:33.22	622
89	Paula Cristina Dias	98	AMINAT	11:53.73	6:25.42	622
90	Daniela Sofia Serra	98	CLAC	11:57.14	6:24.13	621
91	Madalena Amaro Machado	98	AVFC	11:49.16	6:30.37	617
92	Carlota Ramos Telhado	98	SAA	11:39.56	6:38.41	613

92	Iolanda Santos Samagaio	98	ASSSCC	11:45.81	6:34.08	613
94	Rafaela Ferreira Rodrigues	98	AVFC	11:43.47	6:43.25	597
95	Soraia Rodrigues Parente	98	EDV	11:59.80	6:34.94	593
96	Daniela Filipa Viana	98	SCB	11:56.10	6:39.90	587
97	Catarina Santos Ramos	98	CNOL	12:03.07	6:39.99	577
98	Maria Ines Coelho	98	CDF	12:05.62	6:39.19	576
99	Mariana Martins Rocha	98	VNC	12:08.76	6:41.35	568
100	Beatriz Sofia Silva	98	CDE	12:19.99	6:39.89	558
101	Maria Luis Figueiredo	98	SAA	12:15.50	6:47.15	548
101	Juliana Sa Cardante	98	VNC	12:14.06	6:48.44	548
103	Madalena Henriques Rodrigues	98	CNAC	12:26.57	6:45.36	540
104	Ines Santos Vazquez	98	CDF	12:38.53	6:39.50	538
105	Marta Marques Costa	98	CNPE	12:07.55	6:58.60	537
106	Barbara Brasil Borba	98	NSIT	12:17.09	6:54.18	534
107	Clara Simoes Alves	98	TAC	12:11.20	7:01.21	528
108	Daniela Silva Barcelos	98	NSIT	12:15.49	7:00.27	524
109	Ana Rafaela Sousa	98	SCE	12:26.42	6:57.16	518
110	Isabel Branco Antunes	98	CNP	12:36.61	6:51.71	516
111	Sara Bernardo Mendes	98	FBSC	12:12.69	7:09.75	513
112	Carolina Sofia Xavier	98	CDN	13:13.25	6:36.35	512
113	Claudia Sofia Ribeiro	98	CFV	12:18.60	7:08.66	507
114	Maria Joao Pereira	98	SCM	12:53.10	6:49.76	504
115	Ana Catarina Marques	98	SAA	12:55.93	6:55.08	491
116	Ines Santos Pinho	98	CDF	12:56.21	6:58.35	485
117	Daniela Guerreiro Custodio	98	TNC	13:06.02	6:58.54	476
118	Juliana Pereira Martins	98	CSPR	13:22.39	7:02.93	455
119	Carolina Travassos Silva	98	CAFBDP	12:53.29	7:21.14	452
120	Laura Santos Prior	98	CAPGE	13:13.00	7:16.68	441
121	Maria Ines Pinto	98	SCM	13:39.02	7:12.75	426
122	Rute Isabel Leonardo	98	CNAB	13:23.39	7:21.58	425
123	Catarina Alves Bastos	98	CDF	13:30.59	7:20.20	421
124	Milene Madruga Rodrigues	98	CNH	13:38.34	7:22.72	411
124	Catia Vanessa Nunes	98	NSIT	13:35.71	7:24.33	411
126	Sofia Margarida Clemente	98	GDRTCMM	13:35.24	7:27.56	407
127	Raquel Moreira Pinho	98	AEJ	13:31.04	7:31.35	406
127	Ana Catarina Filipe	98	CSPR	13:41.89	7:24.69	406
129	Ana Rita Taborda	98	GSC	13:47.53	7:34.59	389
130	Rafaela Vieira Marques	98	APEEEJR	14:19.32	7:34.09	368
131	Rita Mouro Almeida	98	APEEEJR	14:34.14	7:48.17	343
131	Adriana Faria Goncalves	98	EMDB	14:20.57	7:55.09	343



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Femininos, Infantis B

RANK	NOME	ANO	CLUBE	800 L	400 E	FINA 2010
1	Ines Margarida Costa	99	SCP	10:57.47	5:50.20	814
2	Joana Beatriz Bernardo	99	FBSC	10:47.99	6:00.23	798
2	Ana Sofia Ferreira	99	PIMP	10:54.93	5:56.03	798
4	Joana Sousa Pereira	99	ASAL	10:57.53	5:59.67	782
5	Ana Margarida Salgueiro	99	CNAB	11:04.32	6:04.72	753
5	Rita Goncalves Passinhas	99	CNA	11:08.20	6:02.83	753
7	Barbara Coimbra Teodosio	99	DNMG	11:04.48	6:07.73	744
8	Maria Dias Neves	99	CNMC	11:11.21	6:05.61	739
9	Maria Leonor Martins	99	GESP	11:04.40	6:12.99	729
10	Ana Miguel Pinto	99	VNC	11:07.96	6:13.68	721
11	Beatriz Paulo Ranito	99	SCP	11:04.54	6:24.28	700
12	Sara Mafra Rocha	99	CNAL	11:30.13	6:09.91	697
13	Maria Eduarda Veiga	99	CNAC	11:23.09	6:14.48	694
14	Ana Raquel Conceicao	99	CNAC	11:15.13	6:20.59	691
15	Maria Santos Silva	99	DNMG	11:17.88	6:21.49	685
16	Tania Cristina Mendes	99	IDV	11:14.78	6:24.34	683
17	Carolina Santos Martins	99	ASAL	11:32.60	6:14.52	680
18	Ana Beatriz La Feria	99	FCP	11:31.95	6:16.75	675
19	Maria Beatriz Dias	99	SCALAB	11:38.01	6:14.95	671
19	Ines Romao Pereira	99	CNA	11:28.80	6:20.16	671
21	Mariana Soares Martinho	99	SCALAB	11:39.66	6:16.38	665
22	Ana Estevinha Silva	99	GCF	11:40.27	6:20.43	654
23	Catarina Filipa Lei	99	SCE	11:38.09	6:24.11	647
24	Catarina Almeida Marques	99	SLB	11:44.73	6:22.67	642
25	Ana Teresa Nascimento	99	LSC	11:47.05	6:22.37	639
26	Rita Costa Amador	99	CGA	11:29.68	6:33.48	637
27	Ana Mafalda Duarte	99	ASSSCC	11:33.56	6:31.41	636
28	Eva Guerreiro Carvalho	99	ANSE	11:43.80	6:28.39	629
29	Mariana Pereira Silva	99	VNC	11:44.03	6:30.77	623
30	Rita Isabel Renda	99	LDC	11:56.63	6:24.37	622
31	Ines Pereira Oliveira	99	GDNVNF	11:46.49	6:29.96	621
32	Ana Caetano Oliveira	99	LSC	11:51.08	6:28.84	618
33	Marta Ferreira Rocha	99	LSC	11:52.33	6:28.33	617
34	Ines Maria Pereira	99	LSC	11:52.90	6:28.64	616
35	Ana Claudia Rosa	99	CNA	11:33.39	6:42.05	614
36	Rita Almeida Freches	99	LSC	11:54.94	6:29.05	613
37	Mariana Freitas Rocha	99	CSM	12:09.45	6:24.91	604
38	Sara Conceicao Peca	99	ASAL	11:55.91	6:33.01	603
39	Catarina Reis Silva	99	SCB	12:00.16	6:31.46	600
40	Ana Vanessa Duarte	99	ASSSCC	11:59.60	6:33.00	598
41	Iara Santos Loureiro	99	CDL	12:13.70	6:27.12	594
42	Ana Catarina Oliveira	99	GESL	12:04.66	6:33.82	589
43	Maria Joao Domingues	99	DNMG	11:42.46	6:52.43	581

44	Filipa Maria Eusebio	99 CFV	11:53.72	6:45.77	578
45	Lara Alexandra Vaz	99 EDV	12:12.86	6:38.15	570
46	Ines Rocha Nunes	99 GCF	11:56.05	6:50.08	566
47	Sandra Patricia Oliveira	99 GCF	12:09.38	6:45.84	559
48	Maria Migueis Teixeira	99 CNIN	11:59.60	6:54.32	555
49	Sara Ramos Castelo	99 SCE	12:26.49	6:38.36	554
50	Carolina Cracel Sousa	99 VNC	12:32.46	6:39.72	545
51	Leonor Paiva Ruiz	99 CFV	12:21.13	6:46.75	543
52	Adriana Trigo Costa	99 OP	12:15.20	6:51.25	541
53	Daniela Neutel Morgado	99 ABPG	12:16.59	6:51.01	540
54	Ana Margarida Gomes	99 CDN	12:15.99	6:52.31	538
55	Catarina Filipa Mosca	99 ANSE	12:56.06	6:32.94	536
56	Ana Carolina Carraco	99 JFP	12:29.71	6:45.74	535
57	Cristiana Daniela Silva	99 CNMC	12:36.27	6:42.00	535
58	Carolina Rocha Silva	99 SCE	12:31.43	6:47.35	531
58	Madalena Nunes Palmeira	99 CNAC	12:49.55	6:38.03	531
60	Bianca Filipa Silva	99 CNMC	12:29.73	6:49.56	527
61	Beatriz Lopes Fernandes	99 AVFC	12:41.69	6:46.53	521
61	Carolina Leal Serra	99 CNTN	12:23.32	6:57.00	521
63	Mariana Azevedo Soares	99 FCP	12:24.47	7:01.75	512
64	Ana Sofia Afonso	99 EDV	12:48.22	6:48.12	511
65	Daniela Filipa Mira	99 GDM	12:28.40	7:01.28	508
66	Catarina Costa Balseiro	99 SCA	13:00.96	6:44.57	506
66	Sofia Alexandra Rodrigues	99 EFC	12:33.56	6:58.96	506
68	Ines Fernandes Moutinho	99 CLAC	12:52.29	6:51.24	501
69	Rita Dias Garrido	99 CNAC	12:27.97	7:12.54	490
70	Carolina Cruz Costa	99 CNMC	12:55.46	6:56.11	489
71	Catarina Costa Fernandes	99 CNOL	12:26.19	7:17.00	486
71	Mariana Gomes Dias	99 GCF	12:40.37	7:06.99	486
73	Joana Parente Faria	99 EDV	12:40.17	7:20.57	466
74	Carolina Costa Fernandes	99 CNOL	13:04.51	7:15.65	450
75	Diana Romao Fialho	99 TAC	13:12.90	7:12.12	448
76	Teresa Carvalho Fonseca	99 SCA	13:25.89	7:07.56	444
77	Marina Sofia Fernandes	99 CNAC	13:23.45	7:10.32	442
77	Ana Hortensia Silva	99 SCB	13:12.38	7:16.30	442
79	Bruna Marisa Fonseca	99 EMDB	13:21.64	7:12.94	439
80	Joana Patricia Dias	99 CNAC	13:09.31	7:21.66	437
80	Madalena Caetano Azevedo	99 CSM	13:23.77	7:13.52	437
82	Marta Silva Felix	99 SCA	13:36.94	7:09.15	433
82	Margarida Bento Mesquita	99 SCA	13:23.49	7:16.36	433
84	Ines Casimiro Anacleto	99 AEJ	13:38.72	7:22.86	411
84	Ana Beatriz Fonseca	99 CAC	13:47.84	7:18.39	411
84	Sara Alexandra Carvalho	99 ABPG	13:52.77	7:15.52	411
87	Mariana Barbosa Vale	99 VNC	13:31.06	7:28.64	409
88	Ana Carolina Silva	99 EDL	13:30.35	7:30.57	407
89	Mariana Amaro Sousa	99 EDL	13:51.96	7:40.82	378
90	Mariana Lopes Silva	99 CAPGE	14:07.14	7:35.30	375
91	Beatriz Isabel Nunes	99 BUZIOS	13:56.39	7:43.84	372
92	Angelica Jose Freitas	99 CSM	14:12.41	7:36.44	370
93	Carolina Correia Almeida	99 NSIT	13:36.61	8:03.41	365

94	Gabriela Rodrigues Anastacio	99 CAC	14:59.49	7:31.01	349
95	Ana Miguel Arrojado	99 CDE	15:02.91	7:35.26	342
95	Ana Maria Sousa	99 EDL	14:27.84	7:52.92	342



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Femininos, Juvenis

RANK	NOME	ANO	CLUBE	800 L	400 E	FINA 2010
1	Filipa Vilas Ruivo	97	DNMG	9:11.83	5:02.87	1316
2	Ines Camacho Fernandes	97	SCP	9:43.97	5:11.49	1159
3	Francisca Gomes Azevedo	97	SAD	9:27.06	5:22.29	1154
4	Barbara Marques Rodrigues	97	SAD	9:28.00	5:22.48	1150
5	Sara Monteiro Meireles	97	GESP	9:47.35	5:14.93	1130
6	Maria Teresa Amorim	97	FCP	9:35.28	5:22.03	1129
7	Daniela Figueiredo Metelo	97	CNAC	9:50.37	5:17.10	1109
8	Ana Filipa Martins	97	FOCA	9:40.60	5:25.93	1094
9	Margarida Domingues Duarte	97	DNMG	9:58.77	5:18.55	1079
10	Beatriz Neves Craveiro	97	CNAC	9:45.43	5:29.26	1064
11	Carolina Sanchez Rodrigues	97	SAD	9:50.60	5:32.48	1035
12	Daniela Teixeira Moreira	97	CNA	10:09.17	5:26.70	1013
13	Rita Teixeira Costa	97	CFB	9:59.47	5:34.17	1004
14	Andreia Margarida Morgado	97	CNAC	9:59.69	5:36.59	993
15	Barbara Sofia Barata	97	SLB	10:23.38	5:24.05	991
16	Beatriz Oliveira Luis	97	PIMP	10:07.89	5:32.88	988
17	Luana Raquel Alves	97	CDAN	10:10.08	5:31.74	987
18	Bruna Elisabete Paulino	97	CNAL	10:21.47	5:26.33	984
19	Matilde Domingues Gameiro	97	CNAC	9:59.07	5:39.52	983
20	Ana Carolina Trindade	97	CNA	10:08.48	5:34.04	981
21	Sara Faria Costa	97	SCB	9:59.11	5:40.08	980
22	Cecilia Branco Almeida	97	GESL	10:01.06	5:40.47	973
23	Iolanda Ribeiro Pinheiro	97	ADP	10:22.92	5:29.10	969
24	Maria Carolina Centeno	97	CNCVG	10:11.83	5:36.57	962
25	Ines Silva Mendes	97	CNAC	10:18.11	5:36.59	947
25	Maria Joao Fernandes	97	FCP	10:05.26	5:44.69	947
27	Ana Sofia Ramos	97	ADF	10:27.59	5:34.86	933
28	Debora Goncalves Patrocinio	97	CNLA	10:23.71	5:38.09	928
29	Diana Sofia Silva	97	SCB	10:30.65	5:34.58	927
30	Ana Catarina Pereira	97	FCP	10:27.13	5:38.95	917
31	Sonia Alexandra Leite	97	VSC	10:28.43	5:39.04	914
32	Mafalda Cristina Pita	97	EFC	10:06.08	5:54.86	908
33	Sofia Alexandra Valinhas	97	GDNVNF	10:45.07	5:33.41	902
34	Joana Crespo Domingues	97	DNMG	10:43.19	5:39.30	882
35	Joana Catarina Ribeiro	97	SAD	10:32.41	5:47.16	874
36	Ana Catarina Serpa	97	SCP	10:41.86	5:43.46	869
37	Ines Pugsley Ferreira	97	PORTIN	10:42.18	5:43.54	867
38	Patricia Daniela Machado	97	SCB	10:26.39	5:54.62	860
38	Soraia Filipa Sousa	97	GESL	10:34.26	5:49.90	860
40	Ana Mafalda Silva	97	TAC	10:33.58	5:50.65	859
41	Ines Sofia Borba	97	CNLA	10:35.74	5:52.42	848
42	Margarida Teixeira Monteiro	97	EDL	10:43.31	5:50.66	839
43	Rute Daniela Simoes	97	CDL	10:31.82	5:58.29	837

44	Ana Sofia Cancado	97	CCDCML	10:48.88	5:49.93	831
45	Melissa Cardoso Relva	97	ADBA	10:58.57	5:45.16	830
46	Sara Filipe Marcos	97	CNOL	10:28.96	6:04.83	823
47	Madalena Maria Ferreira	97	AAC	10:39.86	5:58.07	821
48	Mafalda Dias Filipe	97	CNAC	10:48.71	5:53.78	817
49	Catarina Fernandes Luis	97	CSM	10:38.30	6:01.07	814
50	Beatriz Gomes Soares	97	SCA	10:42.74	6:00.10	808
51	Rita Romao Pereira	97	SCP	10:58.82	5:52.64	802
52	Ines Margarida Ribeiro	97	SAA	10:50.57	5:57.74	801
53	Ines Barreiros Pinto	97	GESL	10:58.10	5:59.75	781
54	Laura Alexandre Dias	97	SLB	11:16.48	5:50.31	780
55	Rita Catarina Miranda	97	SCB	11:06.16	5:59.29	767
55	Nadia Rafaela Leitao	97	EMDS	10:55.69	6:05.44	767
57	Mariana Lourenco Preto	97	LSC	10:45.44	6:13.72	763
58	Mariana Estanislau Aguiar	97	CSM	11:00.36	6:05.84	758
59	Ana Rita Nunes	97	SAA	11:03.78	6:04.72	754
60	Liane Saraiva Ruivaco	97	IDV	11:26.10	5:54.73	750
61	Lais Domingues Velha	97	SCA	10:54.88	6:12.64	748
62	Vera Monica Valente	97	CDE	11:07.81	6:07.28	740
63	Ana Beatriz Pedro	97	PIMP	11:19.27	6:01.54	738
64	Carolina Conceicao Pais	97	CDF	11:18.78	6:02.67	735
64	Carolina Marques Mendes	97	NSIT	11:11.06	6:07.17	735
66	Ana Margarida Santos	97	EDV	11:19.64	6:03.11	733
67	Marta Alexandra Nascimento	97	EDV	11:13.55	6:08.28	728
68	Ana Santos Costa	97	PORTIN	11:21.01	6:06.53	721
69	Violante Pascoal Fontoura	97	VNC	10:56.43	6:24.16	715
70	Nicolina Luis Nunes	97	CSM	11:20.46	6:10.21	711
71	Paula Boschini Belo	97	CNF	11:16.40	6:13.51	708
72	Luana Rafaela Resende	97	AEJ	11:12.87	6:15.93	707
73	Ines Filipa Ferreira	97	CEN	11:28.54	6:11.27	695
74	Filipa Oliveira Andrade	97	AEJ	11:37.15	6:06.99	694
75	Joana Ferreira Baptista	97	CDCA	11:22.85	6:15.75	692
76	Marta Almeida Fernandes	97	NDAP	11:30.53	6:11.76	691
77	Carolina Domingues Borges	97	GRVM	11:17.37	6:21.26	686
78	Ana Carolina Monteiro	97	BUZIOS	11:10.96	6:26.43	684
79	Maria Beatriz Jardim	97	CDN	11:30.42	6:16.08	679
80	Maria Ines Reis	97	ADP	11:35.52	6:15.35	674
81	Cristina Goncalves Lima	97	EDV	11:33.53	6:16.80	673
82	Ana Rita Cacho	97	CNAV	11:40.78	6:15.72	665
83	Ines Rosa Farinha	97	TNC	11:48.12	6:12.29	664
84	Ana Pereira Luis	97	CCDSM	11:36.88	6:22.20	654
85	Simone Felix Malaquias	97	OP	11:28.58	6:28.41	651
86	Soraia Augusto Inacio	97	PORTIN	11:52.74	6:17.55	644
87	Ana Carolina Gomes	97	CNCA	11:35.99	6:27.73	642
88	Beatriz Gomes Ornelas	97	CNF	11:38.97	6:27.91	637
89	Joana Teixeira Dias	97	CSPR	11:33.23	6:32.05	636
89	Filipa Bettencourt Luis	97	CSM	11:43.18	6:25.91	636
91	Mariana Santos Machado	97	CAPGE	11:54.27	6:21.99	631
92	Ana Margarida Marques	97	CDCA	11:53.08	6:23.71	627

93	Rita Pinheiro Goncalves	97	CDN	11:31.09	6:40.51	620
94	Patricia Filipa Barreira	97	NCC	12:01.23	6:23.56	618
95	Maria Miguel Parreira	97	IDV	11:53.74	6:28.28	615
96	Catarina Santos Silva	97	CNAC	12:09.38	6:22.50	610
97	Ana Catarina Oliveira	97	CDF	11:59.29	6:32.17	599
98	Ana Rita Fonseca	97	ADP	12:04.95	6:30.45	596
99	Sofia Rodrigues Pires	97	CSPR	12:10.88	6:28.84	593
100	Beatriz Vicente Santos	97	PORTIN	11:50.00	6:43.52	587
101	Catarina Neves Conceicao	97	CNTN	12:20.06	6:30.03	579
102	Isa Raquel Ramalho	97	AAC	11:59.40	6:44.12	574
103	Catarina Filipa Gomes	97	CSM	12:26.19	6:36.44	558
104	Ana Patricia Correia	97	AEJ	12:12.44	6:47.18	552
105	Catarina Sousa Teixeira	97	CDN	12:14.70	6:55.72	533
106	Margarida Carlos Henriques	97	PORTIN	12:28.87	6:48.37	531



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Masculinos, Infantis A

RANK	NOME	ANO	CLUBE	1500 L	400 E	FINA 2010
1	Alexandre Lages Ribas	97	EDV	17:25.51	4:59.94	1032
2	Joao Pedro Gil	97	ANAM	17:56.08	5:00.27	986
3	Gabriel Jose Lopes	97	CDL	17:57.24	5:07.06	952
4	Francisco Xavier Goncalves	97	CNAC	17:43.52	5:19.46	919
5	Joao Mota Correia	97	PIMP	18:20.79	5:10.33	906
6	Pedro Miguel Rodrigues	97	CNAL	18:20.36	5:14.24	891
7	Andre Alves Basch	97	AMINAT	18:26.18	5:14.22	883
8	Alexandre Miguel Laureano	97	CNAL	18:06.82	5:21.69	879
9	Miguel Monteiro Cruchinho	97	SCP	18:23.73	5:18.63	868
10	Tiago Martim Alves	97	CDAN	18:29.40	5:18.25	863
11	Nuno Leal Horta	97	LDC	18:40.85	5:17.33	854
11	Jose Miguel Santos	97	CNAC	18:18.93	5:24.17	854
13	Eduardo Filipe Carvalheiro	97	ASSSCC	18:25.96	5:22.19	853
14	Nuno Valerio Silva	97	DNMG	18:09.02	5:29.25	849
15	Tiago Bernardo Marques	97	SFUAP	18:45.35	5:17.43	848
16	Joao Pedro Belo	97	SCP	18:31.26	5:22.08	846
17	Vitor Joao Pereira	97	LSC	18:52.88	5:19.54	831
18	Jose Eduardo Felicio	97	CNRM	18:38.70	5:24.51	828
19	Joao Bernardo Jorge	97	CNAL	18:51.25	5:21.30	826
20	Joao Miguel Ferreira	97	FOCA	19:24.93	5:12.84	824
21	Alexandre Valdagua Coutinho	97	ASSSCC	18:38.23	5:28.70	815
21	Joao Vieira Camara	97	CSM	18:28.92	5:31.71	815
23	Ricardo Cansado Lourenco	97	ANAM	18:51.86	5:25.19	811
24	Joao Pedro Sabino	97	SFUAP	18:50.34	5:26.42	809
25	Ivo Pinto Ribeiro	97	FOCA	19:22.30	5:17.48	808
26	Bruno Dias Couto	97	EDV	18:44.70	5:29.15	805
27	Diogo Miguel Nelas	97	SCB	18:54.20	5:26.61	804
28	Guilherme Pereira Dias	97	SFUAP	18:38.42	5:32.11	803
29	Gil Vasco Goncalves	97	CNLA	18:50.15	5:29.15	799
30	Jorge Miguel Nunes	97	FCP	18:34.40	5:36.11	794
31	Bruno Miguel Serrano	97	SCP	19:26.95	5:20.95	790
31	Bruno Daniel Rodrigues	97	SCB	19:02.90	5:27.71	790
33	Miguel Angelo Silvestre	97	CNAL	19:00.50	5:29.08	788
34	Daniel Filipe Cazeiro	97	ANAM	19:01.70	5:28.92	787
35	Eduardo Jose Castelo	97	SCP	19:01.10	5:30.28	783
36	Alexandro Malva Portasio	97	ASSSCC	18:50.46	5:34.71	781
37	Jose Miguel Hilario	97	CNBE	18:54.51	5:35.85	772
38	Andre Sousa Goncalves	97	CNOL	19:05.89	5:32.59	771
39	Joao Paris Santos	97	PIMP	19:21.66	5:27.76	770
40	Diogo Mendes Goncalves	97	ASSSCC	19:10.95	5:31.12	769
41	Joao Manuel Fernandes	97	CNF	18:42.46	5:41.69	768
42	Afonso Miguel Lamy	97	CNA	19:11.96	5:32.50	764
43	Joao Miguel Cardoso	97	GESL	19:19.64	5:30.46	763

43	Tiago Rafael Martins	97	GESL	19:12.52	5:32.66	763
45	Carlos Flores Clara	97	GESL	19:14.22	5:32.33	762
46	David Emanuel Martins	97	SCB	19:27.57	5:29.15	759
47	Joao Andre Gomes	97	CNAL	19:44.88	5:25.12	757
48	Andre Miguel Silva	97	JFP	19:29.11	5:32.11	748
49	Narciso Daniel Correia	97	SCB	19:07.67	5:41.08	742
50	Ricardo Miguel Ribeiro	97	ASAL	19:27.36	5:35.40	740
51	Ricardo Baptista Querido	97	OP	19:24.06	5:36.62	739
52	Filipe Joao Fialho	97	AMINAT	19:15.72	5:42.20	730
53	Pedro Valadas Machado	97	ANSE	19:34.90	5:36.59	728
54	Francisco Miguel Oliveira	97	ASSSCC	18:52.79	5:52.35	727
55	Fabio Alcantara Aires	97	ANSE	19:44.26	5:34.21	726
56	Henrique Silva Renga	97	CEN	19:57.09	5:32.89	720
57	Joao Luis Travanca	97	FCP	19:13.50	5:48.63	715
58	Diogo Duarte Nobrega	97	CSM	19:34.13	5:43.08	709
59	Artur Miguel Marques	97	LSC	19:35.55	5:42.99	709
60	Andre Lima Costa	97	SCE	19:45.34	5:40.65	705
61	Tiago Miguel Pinto	97	ANAM	19:48.64	5:40.02	704
62	Joao Afonso Picao	97	LSC	19:21.03	5:50.76	701
63	Emanuel Falacho Gerardo	97	CNAL	19:59.82	5:40.87	692
64	Filipe Miguel Gomes	97	ASAL	20:03.64	5:41.18	688
65	Octavio Afonso Ferreira	97	CNAC	19:54.15	5:46.37	681
65	Joao Francisco Silva	97	DNMG	20:03.09	5:43.52	681
67	Tomas Machado Vale	97	VNC	19:49.20	5:48.49	680
68	Filipe Carmo Ramos	97	CFV	20:07.16	5:43.65	678
69	Goncalo Frederico Palminha	97	SCP	19:51.50	5:48.95	677
70	Andre Rafael Dinca	97	ABVE	20:13.57	5:42.42	675
70	Daniel Francisco Mendonca	97	SCB	19:47.81	5:50.60	675
72	Francisco Tomas Vieira	97	CDN	19:48.53	5:50.87	674
72	Carlos Braganca Castro	97	CNPD	20:01.87	5:46.26	674
74	Alexandre Silva Ribeiro	97	OP	19:57.36	5:48.22	673
75	David Carrasco Correia	97	CNA	20:11.92	5:44.16	672
76	Ricardo Eduardo Afonso	97	SCB	19:52.63	5:51.06	670
77	Miguel Bruno Colaco	97	AMINAT	20:27.63	5:40.70	669
77	Joao Francisco Pita	97	CDN	19:57.45	5:49.69	669
79	Hugo Vale Pereira	97	CNAC	19:31.08	5:59.86	668
79	Luis Henrique Neves	97	CNAC	19:38.77	5:56.84	668
79	Rodrigo Carlos Albuquerque	97	SCB	20:27.48	5:41.21	668
82	Luis Henrique Silva	97	CNF	20:45.75	5:36.41	667
83	Jose Carlos Piteira	97	AMINAT	20:17.57	5:45.05	665
84	Francisco Sampaio Garcia	97	CNPD	19:57.30	5:53.79	658
85	Hugo Guilherme Trigo	97	SCA	20:25.34	5:45.56	656
86	Simao Miguel Capitao	97	CDF	20:44.28	5:40.78	655
87	Duarte Lourenco Tomas	97	OP	20:15.55	5:49.54	654
88	Bruno Miguel Ramos	97	CNA	20:28.24	5:46.84	651
89	Francisco Tuna Andrade	97	LSC	20:44.27	5:42.65	650
90	Filipe Manuel Ferreira	97	FCP	20:18.41	5:53.14	642
91	Ricardo Basilio Marreiros	97	PORTIN	20:14.79	5:55.63	638
91	Paulo Morgado Pinto	97	CDN	20:21.54	5:53.81	638

93	Miguel Rocha Costa	97	GESL	20:26.76	5:52.18	637
94	Joao Menezes Aguiar	97	CNF	20:52.81	5:45.32	636
95	Jose Rafael Marques	97	PIMP	20:39.24	5:50.29	632
95	Pedro Guilherme Moreira	97	ABVE	20:27.47	5:54.16	632
97	Joao Carlos Gabriel	97	SCALAB	20:50.95	5:47.97	630
98	Ruben Rafael Duarte	97	ESJB	20:58.07	5:46.60	628
99	Joao Ismael Melo	97	GDM	20:05.86	6:03.76	627
100	Pedro Miguel Fernandes	97	LDC	20:46.57	5:50.85	626
101	Rui Pedro Figueiredo	97	AVFC	20:36.15	5:55.65	621
101	Ruben Jose Morim	97	CFV	20:51.03	5:50.97	621
103	Nuno Miguel Caridade	97	CNAC	20:38.32	5:55.47	620
104	Diogo Marques Almeida	97	CNAC	21:09.24	5:49.29	613
105	Francisco Maria Ferraz	97	PIMP	20:43.29	5:57.48	611
106	Luis Filipe Fonseca	97	CFE	20:31.22	6:02.09	610
107	Antonio Pedro Cardoso	97	AVFC	20:12.11	6:09.81	608
108	Joao Ricardo Silva	97	GCF	20:33.88	6:03.73	604
109	Manuel Jose Lucas	97	TAC	20:54.86	5:58.27	600
110	Pedro Jose Goncalves	97	SCB	20:46.24	6:03.04	596
111	Afonso Filipe Gaspar	97	CNAB	20:52.15	6:03.39	590
112	Jose Filipe Rei	97	SCB	20:45.21	6:06.24	589
113	Joao Courelas Goncalves	97	NDAP	20:25.84	6:14.54	587
114	Joao Ricardo Mata	97	CGA	21:03.70	6:01.53	586
114	Luis Pedro Silva	97	CNAC	21:01.71	6:02.03	586
116	Bernardo Ferro Costa	97	SCE	21:56.06	5:49.20	582
117	Joao Filipe Fernandes	97	CFV	21:18.38	6:00.51	579
118	Ricardo Alexandre Correia	97	SCE	21:10.53	6:04.53	574
119	Daniel Lago Pinto	97	EDL	21:15.14	6:05.78	568
120	Bruno Filipe Neves	97	LDC	21:15.62	6:09.78	559
121	Pedro Afonso Machado	97	VNC	21:27.54	6:07.60	555
122	Mauricio Santiago Martins	97	CNAL	21:30.90	6:08.66	551
123	Ricardo Contreiras Jeronimo	97	NDAP	22:48.93	5:50.27	549
124	Jorge Martins Garcia	97	GCF	21:24.31	6:13.73	545
125	Daniel Sousa Gomes	97	PORTIN	21:46.27	6:07.78	543
126	Andre Gustavo Silva	97	SCE	21:32.81	6:12.55	542
127	Joao Pedro Gomes	97	SCE	21:17.78	6:18.10	541
128	Artur Rafael Saramago	97	BUZIOS	21:10.55	6:21.35	539
129	Claudio Filipe Pereira	97	EMDB	21:40.66	6:12.47	537
130	Afonso Antunes Almeida	97	CNBE	21:33.61	6:16.14	534
131	Joao Mauricio Gaspar	97	CNAB	21:40.99	6:15.70	529
132	Manuel Rosa Farinha	97	TNC	22:11.52	6:11.22	521
133	Olavo Martins Maciel	97	VNC	22:08.68	6:11.86	520
134	Antonio Carlos Lima	97	CSPR	22:27.56	6:09.76	515
135	Daniel Gomes Luis	97	CNF	21:59.24	6:21.54	507
135	Francisco Gomes Gouvea	97	CDAN	21:51.07	6:24.38	507
137	Joao Pedro Tarquinio	97	BSCN	22:25.94	6:16.07	502
138	Luis Maria Carvalho	97	CEN	22:39.40	6:13.34	500
139	Jose Miguel Fernandes	97	CNIN	22:04.32	6:27.67	493
140	Daniel Ferreira Felix	97	OP	21:58.49	6:31.26	491
141	Rodrigo Miguel Bagarrao	97	TNC	22:20.59	6:23.94	490

142	Joao Pedro Breda	97	AAC	22:50.55	6:18.31	484
143	Joel Neves Duarte	97	JFP	22:18.67	6:29.55	481
144	Tomas Leal Brito	97	CLAC	22:37.51	6:25.94	477
144	Tiago Nuno Ramos	97	CSM	21:51.93	6:41.91	477
146	Goncalo Costa Serras	97	EFC	22:16.98	6:33.10	476
147	Andre Filipe Correia	97	CDF	22:21.93	6:32.72	474
147	Martim Basilio Gil	97	CLAC	22:59.12	6:21.38	474
149	Antonio Manuel Saldanha	97	SCA	22:43.73	6:26.37	473
150	Joao Barros Mendes	97	AAC	23:18.67	6:17.53	472
151	David Cavaco Rodrigues	97	PORTIN	23:00.00	6:29.09	459
152	Joao Avila Esteves	97	CNH	23:02.98	6:37.47	444
153	Jose Diogo Fonseca	97	ADP	22:47.78	6:48.90	435
154	Miguel Saldanha Albuquerque	97	CNH	23:49.48	6:55.03	396



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RANK	NOME	ANO	CLUBE	1500 L	400 E	FINA 2010
1	Ricardo Goncalves Moura	98	EFC	18:42.52	5:26.92	816
2	Tiago Moises Dinis	98	FBSC	19:11.31	5:37.85	748
3	Miguel Martins Baltazar	98	AMINAT	19:34.93	5:40.44	716
4	Antonio Fernandes Carrico	98	PIMP	19:56.56	5:36.08	709
4	Nuno Miguel Graca	98	CDAN	19:58.98	5:35.47	709
6	Joao Francisco Lopes	98	SCB	19:54.89	5:40.62	698
6	Eduardo Manuel Goncalves	98	NSIT	19:29.81	5:48.44	698
8	Henrique Luis Vargas	98	CNF	19:54.38	5:45.70	683
9	Jose Diogo Fonseca	98	DNMG	19:46.11	5:48.74	682
10	Diogo Rodrigues Freitas	98	SFUAP	20:19.93	5:43.86	666
11	Luis Filipe Soares	98	SCE	20:57.92	5:35.72	661
11	Tiago Martins Boleta	98	LDC	19:51.03	5:55.11	661
13	Goncalo Miguel Nogueira	98	FCP	19:49.44	5:57.11	658
14	Diogo Rodrigues Leitao	98	ADF	19:44.74	6:00.20	654
15	Joao Manuel Pires	98	CNAC	20:12.43	5:52.42	649
16	Joao Alberto Gondar	98	CFV	20:33.13	5:51.34	634
17	Jose Paula Carvalho	98	EMDS	20:52.83	5:47.14	631
18	Andre Farias Carmona	98	GESL	20:22.48	5:59.13	624
19	Filipe Miguel Silveira	98	CNA	20:33.22	5:56.10	622
20	Eduardo Augusto Santiago	98	SAA	20:47.54	5:53.70	617
21	Joao Nuno Rodrigues	98	CNAC	20:27.10	6:01.46	614
22	Leonardo Bom Pinto	98	LSC	20:34.36	6:00.06	612
23	Tomas Mestre Paulo	98	LDC	20:37.82	5:59.78	609
24	Luis Carlos Fonseca	98	ADF	21:12.23	5:51.57	605
25	Andre Magalhaes Moura	98	AVFC	21:17.63	5:51.15	602
25	Guilherme Filipe Pina	98	BSCN	20:50.09	5:58.95	602
25	David Miguel Neves	98	SLB	20:41.11	6:02.04	602
28	Tiago Abrantes Oliveira	98	SAA	20:41.97	6:03.00	599
29	Miguel Filipe Arvana	98	CFE	20:54.86	5:59.48	597
30	Raul Miguel Matzinger	98	GESL	21:03.55	6:01.53	586
31	Filipe Ferreira Luz	98	GESL	20:55.09	6:06.48	581
32	Diogo Alexandre Vicente	98	CNAL	21:31.38	5:57.21	578
33	Joao Afonso Rodrigues	98	CNF	20:57.27	6:09.41	573
34	Joao Carlos Silva	98	GDNVNF	21:18.26	6:03.39	572
35	Joao Jose Laranjeira	98	CDCA	20:51.22	6:13.06	570
36	Pedro Filipe Pires	98	CNAC	21:08.65	6:07.33	569
36	Diogo Vicente Silva	98	DNMG	21:31.51	6:00.80	569
38	Miguel Angelo Martins	98	AMINAT	21:30.30	6:02.66	565
39	Rodrigo Manuel Monteiro	98	SCE	21:41.05	5:59.76	564
40	Diogo Mendes Pereira	98	JFP	20:55.57	6:16.13	561
41	Diogo Manuel Marques	98	ASSSCC	20:42.51	6:22.62	558
42	Leandro Fernandes Mota	98	ASSSCC	21:29.50	6:08.22	553
42	Pedro Miguel Barbosa	98	PIMP	21:28.93	6:08.08	553

44	Diogo Rodrigues Dias	98	ASSSCC	21:15.00	6:13.20	552
45	Andre Filipe Afonseca	98	EMDB	21:31.26	6:10.83	546
45	Rui Filipe Costa	98	EMDB	21:47.52	6:06.17	546
47	Diogo Rafael Santos	98	CGA	21:21.87	6:15.12	544
48	Antonio Francisco Ferreira	98	AVFC	21:28.44	6:13.32	543
49	Martim Silveira Rodrigues	98	CSM	22:01.99	6:06.54	536
50	Pedro Miguel Vieira	98	CGA	21:28.31	6:17.18	535
51	Diogo Pereira Coelho	98	CNAL	21:41.59	6:15.85	529
52	Miguel Saraiva Mateus	98	AMINAT	21:27.79	6:20.81	528
53	Bernardo Monteiro Tormenta	98	CNPE	20:58.43	6:34.39	525
54	Andre Pereira Coelho	98	CNAL	21:51.99	6:17.53	520
55	Bruno Jose Silva	98	SCB	21:32.34	6:24.08	519
56	Francisco Rogerio Santos	98	BSCN	21:25.74	6:28.40	516
56	Ricardo Manuel Monteiro	98	LSC	22:13.41	6:13.07	516
58	Eduardo Luis Mendes	98	CSM	21:36.64	6:26.42	512
59	Diogo Miguel Banha	98	CFE	22:50.43	6:06.08	510
60	Daniel Filipe Paiva	98	CNMC	21:41.79	6:26.39	509
61	Lucas Correia Veloso	98	EMDB	22:35.96	6:11.86	505
62	Dario Fausto Matias	98	CNTN	21:56.13	6:24.69	503
62	Luis Miguel Verissimo	98	TAC	22:41.80	6:11.44	503
64	Afonso Branco Oliveira	98	CGA	22:20.53	6:18.43	501
65	Alexandre Miguel Fabiao	98	CFV	22:42.59	6:12.98	499
66	Joao Manuel Leitao	98	CNAC	22:38.83	6:15.15	496
67	Bruno Miguel Vieira	98	AMINAT	22:44.71	6:14.42	495
68	Francisco Rodrigues Antas	98	EDV	22:16.29	6:23.16	494
69	Joao Miguel Branco	98	SCE	22:20.10	6:22.71	493
70	Joao Pedro Gil	98	EFC	22:13.16	6:29.98	484
71	Diogo Miguel Henriques	98	AMINAT	22:32.55	6:30.38	472
72	Duarte Pinto Ceia	98	GCF	22:50.46	6:25.32	471
73	Jesus Andrade Santos	98	CSM	22:19.42	6:36.04	470
74	Manuel Jose Vidigueira	98	GCF	23:10.15	6:25.43	461
75	Ruben Salvador Roriz	98	VNC	22:42.53	6:35.20	458
76	Joao Pedro Candeias	98	AMINAT	23:31.70	6:26.14	450
77	Joao Eduardo Ilha	98	CNOL	22:37.45	6:43.31	448
78	Joao Antonio Bernardino	98	DNMG	22:33.44	6:46.66	445
79	Ricardo Daniel Pires	98	EDV	23:21.06	6:32.26	444
80	Rodrigo Sousa Costa	98	CAFBDP	23:10.89	6:35.50	443
81	Luis Cardoso Quaresma	98	CSM	22:24.21	6:52.63	442
82	Joao Neves Coelho	98	BUZIOS	22:53.40	6:48.06	433
83	Frederico Manuel Silva	98	PORTIN	24:12.36	6:28.16	428
83	Afonso Silva Nunes	98	CNAB	22:42.07	6:56.24	428
83	Luis Guilherme Freitas	98	CDN	23:22.10	6:41.54	428
86	Ricardo Pereira Coelho	98	CNAL	23:47.19	6:39.75	420
86	Tiago Ricardo Oliveira	98	CNPE	23:04.29	6:52.99	420
86	Bernardo Stephen Henriques	98	CDN	23:19.54	6:48.07	420
89	Patrick Jose Maia	98	CNAC	23:06.83	6:52.92	419
90	Guilherme Oliveira Nunes	98	CNH	23:47.87	6:41.21	417
91	Francisco Duarte Sa	98	CNMC	22:59.39	7:00.36	413
92	Miguel Alexandre Calhau	98	GDRTCMM	24:08.95	6:38.90	411

93	Francisco Miguel Sena	98	PORTIN	23:53.82	6:47.22	405
94	Jose Murteira Patrao	98	CDF	23:56.12	6:52.35	397
95	Miguel Angelo Ferreira	98	CNOL	24:03.08	6:50.92	396
96	Andre Oliveira Gordinho	98	CGA	24:15.98	6:51.28	391
97	Pedro Daniel Figueira	98	CDE	24:10.53	6:58.87	382
98	Joao Ferreira Santos	98	CNTN	23:54.94	7:05.41	380
99	Jorge Diogo Ribeiro	98	EMDB	24:55.56	6:50.04	376
100	Tiago Silva Benedito	98	PORTIN	24:42.19	6:55.43	374
101	Pedro Helder Rodrigues	98	CSM	24:39.14	6:56.81	373
102	Duarte Nuno Espanhol	98	AMINAT	25:11.85	6:49.66	371
103	Afonso Matoso Magalhaes	98	GCF	25:11.54	6:53.67	365
104	Miguel Alexandre Rato	98	CAFBDP	24:27.11	7:11.28	360
105	Henrique Goncalves Malo	98	CNAC	24:32.65	7:15.42	353
106	Joao Pedro Canelas	98	GDRTCMM	24:50.00	7:13.64	348
106	Bruno Miguel Miranda	98	EMDB	25:38.65	7:00.13	348
108	Diogo Pano Menezes	98	CAC	25:38.31	7:09.21	336
109	Alexandre Cerqueira Coelho	98	CDF	25:34.31	7:13.25	334
110	Bruno Filipe Marques	98	SCM	25:47.02	7:09.64	333
111	Jose Eduardo Castanho	98	SCA	25:46.46	7:32.38	310
112	Wagner Goncalo Massa	98	CAFBDP	25:41.56	7:33.88	309
113	Joao Pedro Costa	98	CDN	29:15.96	7:15.91	274
114	Bernardo Silva Alves	98	CSM	26:55.35	8:01.17	264



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RANK	NOME	ANO	CLUBE	1500 L	400 E	FINA 2010
1	Diogo Gomes Sousa	95	CNCVG	16:26.44	4:32.34	1301
2	Joao Duarte Santos	95	CNOL	16:46.18	4:44.94	1180
3	Miguel Bras Sergio	95	ABVE	16:53.41	4:45.03	1166
4	Tomas Correia Silva	95	FCP	16:56.07	4:45.32	1160
5	Joao Andre Neves	95	AAC	16:49.83	4:49.61	1145
6	Miguel Duarte Nascimento	95	PORTIN	17:17.49	4:44.75	1128
7	Tiago Ferreira Azevedo	95	ANAM	17:08.06	4:54.24	1089
8	Guilherme Pedro Coelho	95	CNAC	16:58.92	4:58.39	1082
9	Diogo Miguel Silva	95	SFUAP	17:54.11	4:45.13	1071
9	Duarte Nuno Vieira	95	CDN	16:49.20	5:04.20	1071
11	Afonso Lopes dos Santos	95	PIMP	17:43.63	4:48.28	1067
12	Mauro Filipe Viegas	95	CNOL	17:12.74	4:58.40	1059
13	Andre Augusto Santos	95	SCP	17:45.67	4:51.58	1045
14	Joao Pedro Santos	95	CDE	17:35.53	4:57.84	1027
15	Rafael Filipe Torres	95	SCP	18:05.74	4:50.44	1024
16	Joao Miguel Costa	95	CFV	17:24.43	5:02.56	1021
17	Tiago Miguel Alves	95	ASSSCC	17:30.17	5:01.97	1015
18	Nuno Miguel Feliciano	95	CNAL	17:51.77	4:57.68	1005
19	Afonso Mateus Ribeiro	95	CFB	17:31.26	5:04.69	1000
20	Cesar Filipe Magalhaes	95	FOCA	17:54.50	4:58.92	995
21	Jorge Miguel Telo	95	CNLA	17:27.25	5:07.96	991
21	Gil Vilela Correia	95	SCP	17:33.35	5:06.00	991
23	Daniel Ribeiro Sousa	95	DNMG	17:53.67	5:00.03	990
24	Joao Nuno Abreu	95	VSC	17:59.33	4:58.98	987
25	Andre Machado Vale	95	VNC	17:56.25	5:01.24	980
26	Filipe Maria Ferreira	95	LDC	17:49.75	5:04.67	973
27	Rafael Ferreira Martins	95	DNMG	17:30.64	5:14.10	960
28	Manuel Henrique Alves	95	EDV	17:58.60	5:06.22	954
29	Luis de Oliveira	95	AAC	17:52.21	5:10.12	945
30	Lourenco Moniz Silva	95	CNF	17:46.36	5:14.42	935
31	Pedro Alexandre Bento	95	SAD	18:26.55	5:05.88	919
32	Afonso Godinho Mestre	95	SCP	18:12.18	5:10.60	916
33	Hugo Ricardo Gambutas	95	CFE	18:44.40	5:03.15	911
34	Rui Ferreira Poeira	95	TAC	18:20.68	5:10.26	907
35	Pedro Duarte Dias	95	SAD	18:01.35	5:17.28	903
36	Lourenco Silva Damas	95	GESL	18:32.42	5:10.96	890
37	Bruno Miguel Silva	95	LSC	18:24.07	5:14.09	887
38	Pedro Maria Bessa	95	CFV	18:07.18	5:19.89	886
39	Henrique Jose Marquez	95	CGA	18:54.53	5:07.18	880
40	Mauro Gaspar Ferreira	95	EMDB	19:03.06	5:07.80	869
40	Tiago Sobral Coelho	95	GCST	19:06.96	5:06.75	869
42	Diogo Magalhaes Moura	95	AVFC	18:57.60	5:10.65	862
42	Francisco Xavier Rodrigues	95	AAC	18:23.63	5:20.69	862
42	Duarte Soromenho Daniel	95	SAD	18:15.29	5:23.37	862
42	Antonio Fraga Fragoso	95	CAFBDP	18:48.86	5:13.14	862

46	Joao Miguel Teixeira	95	AVFC	18:23.90	5:20.74	860
47	Edgar Ramos Varela	95	SFUAP	18:43.73	5:15.67	856
48	Carlos Cunha Costa	95	ADF	18:57.59	5:12.44	854
49	Rodrigo Pereira Lopes	95	CNA	18:46.89	5:16.06	852
49	Bernardo Miguel Marques	95	SFUAP	18:50.58	5:14.94	852
51	Mario Guterres Carvalho	95	CFV	18:30.30	5:21.20	851
52	Bruno Filipe Taborda	95	ADBA	18:35.82	5:20.14	849
53	Goncalo Alexandre Rato	95	ASC	18:51.41	5:19.36	834
53	Andre Goncalo Gomes	95	CDN	19:04.81	5:15.57	834
55	Jose Antonio Forte	95	AAC	19:02.47	5:16.64	831
56	Joao Bernardo Saragoca	95	SCALAB	18:31.24	5:27.70	826
57	Joao Antonio Oliveira	95	GCF	18:50.30	5:21.83	825
58	Lucas Alves Moura	95	LDC	18:46.15	5:24.97	819
59	Joao Valentim Compoete	95	CNA	19:16.78	5:16.70	816
59	Miguel Rego Borges	95	CAFBDP	19:07.02	5:19.58	816
61	Diogo Andre Jorge	95	CNAC	18:24.75	5:34.35	812
62	Diogo Ferreira Neto	95	ADBA	19:20.10	5:17.50	810
62	Paulo Andre Silva	95	CNMAIA	18:49.97	5:25.92	810
64	Tadeu Amora Ferreira	95	EDV	19:16.96	5:19.53	805
65	Diogo Jose Nunes	95	EDV	18:45.50	5:30.59	799
66	Miguel Silva Mouro	95	AVFC	18:57.72	5:28.71	793
67	Gil Cruz Fernandes	95	CDAN	19:15.20	5:25.06	786
67	Andre Santos Ramos	95	CNOL	18:56.69	5:31.01	786
69	Francisco Pais Baptista	95	CNAC	18:35.30	5:40.74	779
70	Carlos Dias Inacio	95	PORTIN	19:23.46	5:25.09	778
71	Lauro Arruda Camara	95	CNF	19:13.03	5:30.22	770
72	Tiago Andre Araujo	95	LSC	19:12.76	5:31.04	769
73	Joao Rodrigues Luis	95	CNF	19:26.89	5:28.65	762
74	Mohammad Shams Azad	95	CNPD	19:03.01	5:38.55	755
75	Luis Gabriel Santos	95	GCF	19:23.68	5:31.81	754
76	Francisco Gouveia Pinto	95	PIMP	19:26.54	5:32.30	751
77	Pedro Santos Gomes	95	ADBA	19:17.32	5:38.12	741
78	Tomas Azevedo Ramos	95	SCB	19:13.61	5:39.88	740
79	Diogo Miguel Balsa	95	BUZIOS	19:43.32	5:31.31	737
80	Joao Luis Marques	95	CNF	19:42.76	5:40.56	709
81	Diogo de Sousa	95	GCVR	19:50.45	5:39.32	705
82	Ruben Jordao Fernandes	95	CNMC	19:43.15	5:42.81	701
83	Luis Filipe Cruz	95	SCA	19:46.39	5:43.71	695
84	Jose Diogo Anastacio	95	NSIT	20:09.38	5:37.93	693
85	Ricardo Filipe Ferreira	95	PIMP	20:00.58	5:40.78	692
86	Daniel Costa Serras	95	EFC	19:36.06	5:50.81	686
87	Joao Miguel Salgueiro	95	EFC	19:53.65	5:45.19	685
88	Tomas Lopes Almeida	95	CDCA	20:07.44	5:42.36	680
89	Manuel Luis Sousa	95	CNAC	19:58.16	5:48.40	672
90	Fabio Ruben Costa	95	CDF	20:27.07	5:47.74	649
91	Luis Pedro Gordinho	95	CGA	20:13.04	5:53.58	646
92	Joao Fernando Lopes	95	ADP	21:01.56	5:39.53	646
93	Rafael Soares Matos	95	SAA	20:07.57	5:58.65	637
94	Francisco Marques Calisto	95	CNF	20:07.08	6:04.17	625
95	Marcelo Oliveira Cardoso	95	SCA	20:41.95	5:55.14	618
96	Pedro Filipe Melo	95	SAA	21:29.69	5:46.93	605

97	Joao Diogo Lucas	95	CCDSM	20:48.23	5:59.89	601
98	Fabricio Xavier Costa	95	CSM	20:36.62	6:05.02	598
99	David Esteves Tavares	95	CAPGE	21:08.92	6:12.29	558
100	Hugo Miguel Bettencourt	95	CAFBDP	20:51.83	6:22.07	552
101	Joao Paulo Baptista	95	BSCN	21:20.52	6:13.11	549
102	Joao Pedro Pereira	95	CNH	22:33.83	5:56.68	541
103	Marco Alexandre Araujo	95	CDF	22:17.97	6:04.97	530
104	Antonio Luis Ramos	95	CDN	22:09.24	6:23.33	498
105	Carlos Manuel Peixoto	95	GCVR	22:27.36	6:21.95	490



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RANK	NOME	ANO	CLUBE	1500 L	400 E	FINA 2010
1	Rafael Lourenco Gil	96	CMEM	16:59.04	4:53.20	1109
2	Tomas Miguel Veloso	96	CNAC	17:28.31	4:47.44	1095
3	Rafael Filipe Nunes	96	ANAM	17:13.81	4:52.82	1088
4	Rodrigo Silverio Carmo	96	CNCVG	17:21.63	4:53.04	1073
5	Pedro Ribeiro Santos	96	AVFC	17:00.18	5:00.30	1071
6	Goncalo Cardoso Carmo	96	CNCVG	17:34.54	4:54.51	1045
7	Tiago Manuel Teixeira	96	ADF	17:14.50	5:02.39	1037
8	Joao Miguel Lopes	96	EFC	17:22.78	5:02.86	1021
9	Miguel Duarte Moreira	96	CFB	17:38.76	4:58.49	1019
10	Francisco Jose Fernandes	96	CNAC	17:36.57	5:05.48	988
11	Bruno Miguel Silva	96	FCP	17:43.50	5:06.24	975
12	Miguel Angelo Alves	96	ANAM	17:42.09	5:07.72	970
13	Artur Jose Reis	96	FCP	18:17.28	4:58.70	966
14	Miguel Prata Santos	96	VNC	17:44.76	5:08.41	963
15	Alexandre Lemos Leal	96	LDC	17:40.69	5:10.16	961
16	Guilherme Dias Nunes	96	CNOL	17:27.31	5:15.33	960
17	Andre Filipe Rocha	96	LSC	17:45.14	5:09.78	957
18	Miguel Angelo Cruz	96	GESP	18:11.00	5:04.86	944
19	Pedro Veiguiha Martins	96	SCB	17:44.79	5:13.16	942
20	Jose Pedro Bugalho	96	CNAL	18:07.00	5:06.69	941
21	Pedro Rafael Cintrao	96	NDAP	18:13.10	5:05.64	937
22	Daniel Baptista Relvao	96	AAC	17:35.52	5:20.41	928
23	Andre Filipe Farinha	96	SLB	17:41.70	5:18.88	924
24	Miguel Galeao Lopes	96	PORTIN	18:05.73	5:11.16	923
25	Joao Pedro Cardoso	96	CNAC	17:57.51	5:15.50	916
26	Alessandro Diogo Carvalho	96	AVFC	18:09.49	5:12.18	914
27	Miguel Filipe Pinto	96	GCST	18:04.06	5:15.47	907
28	Paulo Andre Silva	96	CFV	18:25.38	5:09.19	905
29	Leonardo Cardoso Figueiredo	96	CNMAIA	18:39.28	5:06.61	901
30	Nuno Oliveira Noritake	96	ABVE	18:36.45	5:08.73	894
31	Francisco Gouveia Sousa	96	CNF	18:22.80	5:13.72	890
32	Tomas Antonio Azevedo	96	AMINAT	18:21.88	5:14.45	888
32	Pedro Alexandre Oliveira	96	DNMG	18:31.17	5:11.53	888
34	Bruno Campos Neto	96	GESP	18:40.65	5:11.65	877
35	Bruno Miguel Rainho	96	GESL	18:22.98	5:20.66	862
36	Diogo Silva Marzia	96	EFC	18:42.34	5:15.02	861
36	Andre Coelho Oliveira	96	VSC	18:28.43	5:19.15	861
38	Tiago Sequeira Sousa	96	ADBA	18:38.47	5:17.47	856
39	Francisco Abrunhosa Rodrigues	96	FCP	18:54.86	5:15.87	843
40	Joao Celorico Albuquerque	96	SAD	18:38.95	5:22.32	836
41	Antonio Miguel Vitorino	96	VNC	18:53.76	5:18.65	833
42	Tiago Joao Meira	96	VNC	18:29.85	5:26.53	832
43	Bernardo Barbosa Franco	96	LDC	18:44.28	5:22.20	831

43	Joao Goncalo Abreu	96	CDN	18:19.48	5:30.68	831
43	Carlos Diogo Morais	96	NCC	18:44.29	5:22.03	831
46	Mario Jose Barros	96	EDV	18:46.06	5:24.04	822
47	Ricardo Miguel Alves	96	VNC	18:33.46	5:28.75	820
48	Joao Paulo Capitaio	96	CDF	19:04.91	5:19.81	817
49	Stefan Daniel Steinmaier	96	ADF	19:14.52	5:17.92	814
50	Miguel Freitas Marques	96	CSM	18:49.86	5:26.76	807
51	Rui Miguel Cruz	96	CNMAIA	19:29.40	5:16.32	806
52	Bruno Caseiro Dias	96	GESL	19:19.52	5:19.13	804
53	Nuno Goncalo Santos	96	DNMG	18:37.45	5:33.11	801
54	Diogo Serrao Santos	96	SCALAB	18:54.85	5:29.18	794
55	Tiago Lopes Reis	96	FCP	18:56.30	5:29.12	792
56	Filipe Alexandre Gaboleiro	96	CNRM	19:27.02	5:22.46	784
57	Andre da Costa Coelho	96	NSIT	19:36.33	5:20.06	784
58	Joao Goncalves Figueiredo	96	GCF	19:10.94	5:28.26	779
59	Rafael Rocha Ferreira	96	CGA	18:26.19	5:45.21	777
60	Antonio Pedro Silva	96	SCB	19:12.23	5:29.20	775
61	Pedro Miguel Henriques	96	CNCA	18:55.85	5:35.72	772
62	Ian Mesquita Costa	96	JFP	19:05.30	5:34.31	765
62	Sergio Gomes Abreu	96	CNF	19:08.00	5:33.82	765
64	Andre Figueiredo Almeida	96	CNBE	19:13.28	5:34.30	757
64	Filipe Miguel Felix	96	SAD	19:14.80	5:33.81	757
66	Diogo Emanuel Faria	96	CNF	19:22.46	5:32.45	754
67	Ion Caus	96	PORTIN	19:21.09	5:34.51	748
68	Andre Sousa Diogo	96	SCB	19:18.63	5:36.85	743
69	Joao Pedro Viana	96	VNC	19:17.08	5:38.20	741
70	Joao Pedro Machado	96	VSC	19:12.15	5:40.99	737
71	Lourenco Drumond Dias	96	CNF	19:25.78	5:37.89	733
72	Filipe Sebastiao Silva	96	GESL	19:29.42	5:37.07	732
73	Adriano Garcia Cavaco	96	LDC	20:04.41	5:31.20	718
73	Pedro Miguel Primo	96	CLAC	19:49.89	5:35.27	718
75	Rodrigo Guedes Moreira	96	LDC	19:46.13	5:36.71	717
76	Luis Pedro Fernandes	96	LDC	19:17.79	5:47.44	713
77	Fabio Ferreira Marques	96	ADBA	19:31.56	5:43.32	712
78	Matheus Pereira Goncalves	96	EDL	20:05.14	5:34.31	707
79	Carlos Daniel Ramos	96	CDE	19:59.21	5:43.40	685
80	Diogo Filipe Venancio	96	CNAL	19:47.89	5:48.38	681
81	Daniel Silva Cristovao	96	NSIT	19:39.63	5:52.13	679
82	Bernardo Antonio Marques	96	AVFC	20:06.61	5:45.50	672
82	Andre Manuel Bento	96	CNAL	20:20.55	5:41.32	672
84	Duarte Miguel Pires	96	GDRTCMM	20:06.59	5:46.49	670
85	Diogo Guilherme Aguiar	96	CNF	19:53.99	5:52.17	665
86	Fernando Miguel Rodrigues	96	CNCA	19:35.11	6:00.27	663
87	Ricardo Daniel Goncalves	96	GCVR	20:58.11	5:36.29	659
88	Joao Miguel Belchior	96	CNAC	20:16.99	5:47.85	657
89	Miguel Silva Vasques	96	PORTIN	20:10.20	5:50.25	656
90	Marcelo Jose Ferreira	96	AVFC	20:06.82	5:53.42	651
91	Rodrigo Filipe Policarpo	96	CSPR	20:12.46	5:52.76	648
92	Joao Martins Santos	96	CAPGE	20:34.62	5:46.92	645

93	Ricardo Luis Agostinho	96	FBSC	21:00.15	5:43.88	635
94	Nuno Ricardo Goncalves	96	CDCA	20:24.72	6:00.71	618
95	Guilherme Domingues Ferreira	96	NDAP	20:31.28	6:07.18	598
96	Carlos Manuel Figueiredo	96	GCVR	22:07.93	5:45.26	586
97	Andre Filipe Bucho	96	CEN	20:37.11	6:11.82	583
97	Joao Jose Vilela	96	CFV	21:07.68	6:01.56	583
99	Joao Bento Rufino	96	CNOL	20:53.90	6:07.01	581
100	Andre Pombo Dias	96	CNTEJO	21:31.58	6:00.04	571
101	Pedro Coelho Silva	96	CNAC	21:48.58	5:55.94	570
102	Carlos Eira Cruz	96	GCVR	20:57.70	6:12.28	566
103	Pedro Freitas Dinis	96	CAFBPD	20:51.93	6:18.42	559
104	Caio Neves Camacho	96	CDN	20:49.09	6:20.14	558
105	Daniel Baptista Coimbra	96	CDF	21:14.86	6:11.10	557
106	Jose Carlos Rebelo	96	CLAC	21:37.97	6:06.24	551
107	Guilherme Antonio Reis	96	CNTN	21:01.95	6:20.00	548
108	Diogo Andre Hilario	96	CNAB	21:38.43	6:09.22	545
109	Filipe Esteves Focke	96	PORTIN	22:00.18	6:03.67	543
110	Joao Pedro Madeira	96	CEN	21:02.49	6:24.76	539
111	Tiago Filipe Araujo	96	CDF	21:54.28	6:12.13	529
112	Paulo Pereira Caetano	96	CSM	21:26.22	6:37.50	500
113	Alejandro Rachadell Pereira	96	PORTIN	22:45.93	6:14.41	495
113	Joao Filipe Rodrigues	96	JFP	22:18.05	6:22.35	494
113	Eduardo Miguel Magrinho	96	CNP	22:29.86	6:19.14	494
116	Vitor Fernandes Silva	96	CDN	22:18.95	6:33.21	474
117	Jose Miguel Ribeiro	96	GCVR	22:40.70	6:35.14	459