

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN  
Faro, 18. - 21.7.2009

Prova 1 Masc., 1500m Livres Open Resultados  
18.7.09 - 9:00

Recorde Nacional Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07
Recorde Nacional Sénior	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07
Recorde Nacional Junior	15:34.51	Fernando Eurico Costa	FPN	Luxemburgo (LUX)	24.1.03
Recorde Nacional Juvenis A	16:00.26	Gustavo Manuel Santa	CNLA	Coimbra	30.5.09
Recorde Nacional Juvenis B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	28.5.05

TAC JUN/SEN Masc 17 +: 16:50.00 / TAC JUV A Masc Juv A: 17:45.00 / TAC JUV B Masc Juv B: 18:05.00

Pontos: FINA 2008

Lugar			Ano			Tempo final	Pts	
<b>Open</b>								
1.	<b>Damien Cattin Vidal</b>		<b>88</b>	<b>Vikings de Rouen</b>		<b>15:38.59</b>	<b>832</b>	
	100m: 59.34	59.34	500m: 5:10.68	1:02.91	900m: 9:23.44	1:03.80	1300m: 13:34.30	1:02.62
	200m: 2:01.92	1:02.58	600m: 6:12.88	1:02.20	1000m: 10:26.74	1:03.30	1400m: 14:36.78	1:02.48
	300m: 3:04.83	1:02.91	700m: 7:16.01	1:03.13	1100m: 11:29.10	1:02.36	1500m: 15:38.59	1:01.81
	400m: 4:07.77	1:02.94	800m: 8:19.64	1:03.63	1200m: 12:31.68	1:02.58		
2.	<b>Paulo Fragueiro Franco</b>		<b>82</b>	<b>Nacional</b>		<b>15:43.81</b>	<b>818</b>	
	<b>MAC</b>							
	100m: 59.60	59.60	500m: 5:10.58	1:03.01	900m: 9:23.31	1:03.67	1300m: 13:38.27	1:04.00
	200m: 2:02.21	1:02.61	600m: 6:13.17	1:02.59	1000m: 10:27.09	1:03.78	1400m: 14:42.06	1:03.79
	300m: 3:04.91	1:02.70	700m: 7:16.06	1:02.89	1100m: 11:30.45	1:03.36	1500m: 15:43.81	1:01.75
	400m: 4:07.57	1:02.66	800m: 8:19.64	1:03.58	1200m: 12:34.27	1:03.82		
3.	<b>Rui Filipe Costa</b>		<b>91</b>	<b>Vitória de Guimarães</b>		<b>16:05.14</b>	<b>765</b>	
	100m: 59.91	59.91	500m: 5:15.28	1:04.70	900m: 9:36.11	1:05.09	1300m: 13:58.33	1:05.64
	200m: 2:02.90	1:02.99	600m: 6:19.81	1:04.53	1000m: 10:41.68	1:05.57	1400m: 15:03.56	1:05.23
	300m: 3:06.49	1:03.59	700m: 7:25.24	1:05.43	1100m: 11:47.25	1:05.57	1500m: 16:05.14	1:01.58
	400m: 4:10.58	1:04.09	800m: 8:31.02	1:05.78	1200m: 12:52.69	1:05.44		
4.	<b>Pedro Fontoura Oliveira</b>		<b>90</b>	<b>Os Belenenses</b>		<b>16:13.51</b>	<b>746</b>	
	100m: 1:01.44	1:01.44	500m: 5:21.81	1:05.13	900m: 9:44.84	1:05.27	1300m: 14:08.36	1:05.65
	200m: 2:05.70	1:04.26	600m: 6:27.62	1:05.81	1000m: 10:50.55	1:05.71	1400m: 15:13.42	1:05.06
	300m: 3:11.06	1:05.36	700m: 7:33.20	1:05.58	1100m: 11:56.40	1:05.85	1500m: 16:13.51	1:00.09
	400m: 4:16.68	1:05.62	800m: 8:39.57	1:06.37	1200m: 13:02.71	1:06.31		
5.	<b>Diogo Banza Pinto</b>		<b>87</b>	<b>Algés</b>		<b>16:17.22</b>	<b>737</b>	
	100m: 1:01.45	1:01.45	500m: 5:22.02	1:05.46	900m: 9:45.15	1:05.80	1300m: 14:08.83	1:05.90
	200m: 2:05.91	1:04.46	600m: 6:28.00	1:05.98	1000m: 10:50.87	1:05.72	1400m: 15:14.99	1:06.16
	300m: 3:11.14	1:05.23	700m: 7:33.41	1:05.41	1100m: 11:56.91	1:06.04	1500m: 16:17.22	1:02.23
	400m: 4:16.56	1:05.42	800m: 8:39.35	1:05.94	1200m: 13:02.93	1:06.02		
6.	<b>Hugo Alberto Ribeiro</b>		<b>88</b>	<b>Vilacondense</b>		<b>16:17.95</b>	<b>735</b>	
	100m: 1:01.04	1:01.04	500m: 5:18.46	1:04.54	900m: 9:40.69	1:06.35	1300m: 14:08.38	1:06.62
	200m: 2:05.07	1:04.03	600m: 6:23.18	1:04.72	1000m: 10:47.41	1:06.72	1400m: 15:15.31	1:06.93
	300m: 3:09.54	1:04.47	700m: 7:28.55	1:05.37	1100m: 11:54.82	1:07.41	1500m: 16:17.95	1:02.64
	400m: 4:13.92	1:04.38	800m: 8:34.34	1:05.79	1200m: 13:01.76	1:06.94		
7.	<b>Diogo Andre Gaspar</b>		<b>90</b>	<b>Uniao Piedense</b>		<b>16:20.26</b>	<b>730</b>	
	100m: 1:00.71	1:00.71	500m: 5:24.78	1:06.64	900m: 9:50.27	1:05.80	1300m: 14:12.38	1:05.08
	200m: 2:05.52	1:04.81	600m: 6:31.28	1:06.50	1000m: 10:56.90	1:06.63	1400m: 15:17.05	1:04.67
	300m: 3:11.36	1:05.84	700m: 7:38.03	1:06.75	1100m: 12:01.90	1:05.00	1500m: 16:20.26	1:03.21
	400m: 4:18.14	1:06.78	800m: 8:44.47	1:06.44	1200m: 13:07.30	1:05.40		
8.	<b>Oscar Ramos Melim</b>		<b>86</b>	<b>Nacional</b>		<b>16:25.48</b>	<b>719</b>	
	100m: 1:02.07	1:02.07	500m: 5:25.54	1:06.11	900m: 9:51.01	1:06.00	1300m: 14:15.65	1:05.24
	200m: 2:07.41	1:05.34	600m: 6:31.90	1:06.36	1000m: 10:57.39	1:06.38	1400m: 15:22.00	1:06.35
	300m: 3:13.24	1:05.83	700m: 7:38.48	1:06.58	1100m: 12:03.52	1:06.13	1500m: 16:25.48	1:03.48
	400m: 4:19.43	1:06.19	800m: 8:45.01	1:06.53	1200m: 13:10.41	1:06.89		

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Prova 1, Masc., 1500m Livres, Open

Lugar			Ano			Tempo final	Pts	
9.	Vasco Miguel Gaspar		90	Uniao Piedense		<b>16:29.98</b>	709	
	100m: 1:00.55	1:00.55	500m: 5:25.28	1:06.82	900m: 9:50.54	1:06.25	1300m: 14:18.33	1:07.02
	200m: 2:05.74	1:05.19	600m: 6:31.98	1:06.70	1000m: 10:57.69	1:07.15	1400m: 15:25.10	1:06.77
	300m: 3:11.49	1:05.75	700m: 7:37.81	1:05.83	1100m: 12:04.46	1:06.77	1500m: 16:29.98	1:04.88
	400m: 4:18.46	1:06.97	800m: 8:44.29	1:06.48	1200m: 13:11.31	1:06.85		
10.	Andre Filipe Lopes		92	Académica de Coimbra		<b>16:30.86</b>	707	
	100m: 1:02.11	1:02.11	500m: 5:27.22	1:07.12	900m: 9:53.26	1:06.36	1300m: 14:19.70	1:07.20
	200m: 2:07.56	1:05.45	600m: 6:34.38	1:07.16	1000m: 10:59.52	1:06.26	1400m: 15:26.69	1:06.99
	300m: 3:13.53	1:05.97	700m: 7:40.74	1:06.36	1100m: 12:05.79	1:06.27	1500m: 16:30.86	1:04.17
	400m: 4:20.10	1:06.57	800m: 8:46.90	1:06.16	1200m: 13:12.50	1:06.71		
11.	Jose Joao Goncalves		91	Leixões		<b>16:31.90</b>	705	
	100m: 1:00.80	1:00.80	500m: 5:22.13	1:06.30	900m: 9:48.74	1:07.61	1300m: 14:18.61	1:07.86
	200m: 2:05.42	1:04.62	600m: 6:28.36	1:06.23	1000m: 10:56.06	1:07.32	1400m: 15:26.07	1:07.46
	300m: 3:10.39	1:04.97	700m: 7:34.46	1:06.10	1100m: 12:03.43	1:07.37	1500m: 16:31.90	1:05.83
	400m: 4:15.83	1:05.44	800m: 8:41.13	1:06.67	1200m: 13:10.75	1:07.32		
12.	Ricardo Manuel Machado MAC		93	Braga		<b>16:36.65</b>	695	
	100m: 1:02.67	1:02.67	500m: 5:30.22	1:07.34	900m: 9:56.94	1:06.45	1300m: 14:24.73	1:07.02
	200m: 2:09.09	1:06.42	600m: 6:36.68	1:06.46	1000m: 11:04.09	1:07.15	1400m: 15:31.68	1:06.95
	300m: 3:16.02	1:06.93	700m: 7:43.63	1:06.95	1100m: 12:11.02	1:06.93	1500m: 16:36.65	1:04.97
	400m: 4:22.88	1:06.86	800m: 8:50.49	1:06.86	1200m: 13:17.71	1:06.69		
13.	Pedro Afonso Gaspar MAC		94	Sporting		<b>16:37.07</b>	694	
	100m: 1:01.02	1:01.02	500m: 5:27.20	1:06.24	900m: 9:55.12	1:06.86	1300m: 14:24.59	1:06.89
	200m: 2:07.20	1:06.18	600m: 6:33.88	1:06.68	1000m: 11:02.52	1:07.40	1400m: 15:31.44	1:06.85
	300m: 3:14.18	1:06.98	700m: 7:40.96	1:07.08	1100m: 12:10.12	1:07.60	1500m: 16:37.07	1:05.63
	400m: 4:20.96	1:06.78	800m: 8:48.26	1:07.30	1200m: 13:17.70	1:07.58		
13.	Tiago Silva Oliveira MAC		94	Leixões		<b>16:37.07</b>	694	
	100m: 1:00.64	1:00.64	500m: 5:26.51	1:06.81	900m: 9:54.20	1:06.97	1300m: 14:24.60	1:07.77
	200m: 2:06.28	1:05.64	600m: 6:33.42	1:06.91	1000m: 11:01.65	1:07.45	1400m: 15:32.32	1:07.72
	300m: 3:12.66	1:06.38	700m: 7:40.29	1:06.87	1100m: 12:09.28	1:07.63	1500m: 16:37.07	1:04.75
	400m: 4:19.70	1:07.04	800m: 8:47.23	1:06.94	1200m: 13:16.83	1:07.55		
15.	Andre Rafael Marinho MAC		93	Uniao Piedense		<b>16:43.96</b>	680	
	100m: 1:00.31	1:00.31	500m: 5:26.77	1:07.61	900m: 9:57.40	1:07.58	1300m: 14:29.80	1:07.78
	200m: 2:05.44	1:05.13	600m: 6:34.73	1:07.96	1000m: 11:05.67	1:08.27	1400m: 15:37.62	1:07.82
	300m: 3:12.02	1:06.58	700m: 7:42.23	1:07.50	1100m: 12:14.08	1:08.41	1500m: 16:43.96	1:06.34
	400m: 4:19.16	1:07.14	800m: 8:49.82	1:07.59	1200m: 13:22.02	1:07.94		
16.	Tiago Manuel Costa		89	Leixões		<b>16:46.48</b>	675	
	100m: 1:01.40	1:01.40	500m: 5:27.30	1:07.57	900m: 9:58.53	1:07.59	1300m: 14:31.16	1:07.92
	200m: 2:06.51	1:05.11	600m: 6:35.36	1:08.06	1000m: 11:06.65	1:08.12	1400m: 15:39.33	1:08.17
	300m: 3:12.62	1:06.11	700m: 7:43.13	1:07.77	1100m: 12:14.25	1:07.60	1500m: 16:46.48	1:07.15
	400m: 4:19.73	1:07.11	800m: 8:50.94	1:07.81	1200m: 13:23.24	1:08.99		
17.	Francisco Miguel Cirurgiao MAC		93	Algés		<b>16:49.93</b>	668	
	100m: 1:03.16	1:03.16	500m: 5:31.56	1:07.29	900m: 10:03.47	1:08.69	1300m: 14:37.03	1:07.13
	200m: 2:09.80	1:06.64	600m: 6:38.93	1:07.37	1000m: 11:12.75	1:09.28	1400m: 15:44.32	1:07.29
	300m: 3:17.19	1:07.39	700m: 7:46.55	1:07.62	1100m: 12:21.65	1:08.90	1500m: 16:49.93	1:05.61
	400m: 4:24.27	1:07.08	800m: 8:54.78	1:08.23	1200m: 13:29.90	1:08.25		

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Prova 1, Masc., 1500m Livres, Open

Lugar			Ano			Tempo final	Pts	
18.	Jorge Miguel Mendes		90	Náutico/Matobra		<b>16:51.80</b>	664	
	<i>FTL</i>							
	100m:	1:01.32 1:01.32	500m:	5:25.37 1:07.66	900m:	9:58.43 1:09.11	1300m:	14:34.45 1:08.95
	200m:	2:05.84 1:04.52	600m:	6:32.82 1:07.45	1000m:	11:07.06 1:08.63	1400m:	15:43.50 1:09.05
	300m:	3:11.28 1:05.44	700m:	7:41.26 1:08.44	1100m:	12:16.20 1:09.14	1500m:	16:51.80 1:08.30
	400m:	4:17.71 1:06.43	800m:	8:49.32 1:08.06	1200m:	13:25.50 1:09.30		
19.	Marcelo Goncalo Pereira		90	Vilacondense		<b>16:56.88</b>	654	
	<i>FTL</i>							
	100m:	1:00.14 1:00.14	500m:	5:27.45 1:08.30	900m:	10:01.57 1:09.07	1300m:	14:39.18 1:09.53
	200m:	2:05.48 1:05.34	600m:	6:35.54 1:08.09	1000m:	11:10.77 1:09.20	1400m:	15:49.02 1:09.84
	300m:	3:11.87 1:06.39	700m:	7:43.85 1:08.31	1100m:	12:20.14 1:09.37	1500m:	16:56.88 1:07.86
	400m:	4:19.15 1:07.28	800m:	8:52.50 1:08.65	1200m:	13:29.65 1:09.51		
20.	Samuel Patricio Queiros		91	Porto/Império Bonança		<b>16:59.78</b>	649	
	<i>FTL</i>							
	100m:	1:04.24 1:04.24	500m:	5:37.63 1:08.41	900m:	10:09.00 1:08.92	1300m:	14:45.05 1:09.02
	200m:	2:12.48 1:08.24	600m:	6:44.17 1:06.54	1000m:	11:18.35 1:09.35	1400m:	15:53.63 1:08.58
	300m:	3:20.95 1:08.47	700m:	7:51.93 1:07.76	1100m:	12:27.15 1:08.80	1500m:	16:59.78 1:06.15
	400m:	4:29.22 1:08.27	800m:	9:00.08 1:08.15	1200m:	13:36.03 1:08.88		
21.	Nuno Rafael Alves		90	Gespaços		<b>17:01.02</b>	646	
	<i>FTL</i>							
	100m:	1:03.88 1:03.88	500m:	5:33.30 1:07.39	900m:	10:07.28 1:09.04	1300m:	14:44.70 1:09.51
	200m:	2:10.89 1:07.01	600m:	6:41.01 1:07.71	1000m:	11:16.44 1:09.16	1400m:	15:54.17 1:09.47
	300m:	3:18.42 1:07.53	700m:	7:49.57 1:08.56	1100m:	12:25.07 1:08.63	1500m:	17:01.02 1:06.85
	400m:	4:25.91 1:07.49	800m:	8:58.24 1:08.67	1200m:	13:35.19 1:10.12		
22.	Paulo Bruno Janeiro		94	Litoral Alentejano		<b>17:11.99</b>	626	
	100m:	1:01.08 1:01.08	500m:	5:32.76 1:09.21	900m:	10:13.63 1:09.86	1300m:	14:55.19 1:10.99
	200m:	2:07.35 1:06.27	600m:	6:43.03 1:10.27	1000m:	11:25.04 1:11.41	1400m:	16:05.73 1:10.54
	300m:	3:14.95 1:07.60	700m:	7:53.54 1:10.51	1100m:	12:34.19 1:09.15	1500m:	17:11.99 1:06.26
	400m:	4:23.55 1:08.60	800m:	9:03.77 1:10.23	1200m:	13:44.20 1:10.01		
23.	Nuno Vieira Malheiro		93	Braga		<b>17:13.23</b>	624	
	100m:	1:04.05 1:04.05	500m:	5:39.69 1:09.44	900m:	10:17.81 1:09.63	1300m:	14:58.55 1:10.61
	200m:	2:12.03 1:07.98	600m:	6:49.30 1:09.61	1000m:	11:27.80 1:09.99	1400m:	16:07.88 1:09.33
	300m:	3:20.93 1:08.90	700m:	7:58.32 1:09.02	1100m:	12:37.69 1:09.89	1500m:	17:13.23 1:05.35
	400m:	4:30.25 1:09.32	800m:	9:08.18 1:09.86	1200m:	13:47.94 1:10.25		
24.	Mario Andre Bonanca		90	Sporting		<b>17:14.91</b>	621	
	<i>FTL</i>							
	100m:	59.90 59.90	500m:	5:25.43 1:07.26	900m:	10:05.91 1:11.34	1300m:	14:53.28 1:12.19
	200m:	2:04.82 1:04.92	600m:	6:33.64 1:08.21	1000m:	11:17.56 1:11.65	1400m:	16:04.72 1:11.44
	300m:	3:11.14 1:06.32	700m:	7:43.54 1:09.90	1100m:	12:29.47 1:11.91	1500m:	17:14.91 1:10.19
	400m:	4:18.17 1:07.03	800m:	8:54.57 1:11.03	1200m:	13:41.09 1:11.62		
25.	Joao Pedro Queijo		93	Maia/Real Seguros		<b>17:15.00</b>	620	
	100m:	1:03.59 1:03.59	500m:	5:41.53 1:09.78	900m:	10:20.68 1:10.49	1300m:	15:01.29 1:09.49
	200m:	2:12.20 1:08.61	600m:	6:50.61 1:09.08	1000m:	11:31.23 1:10.55	1400m:	16:10.16 1:08.87
	300m:	3:21.79 1:09.59	700m:	8:00.57 1:09.96	1100m:	12:41.70 1:10.47	1500m:	17:15.00 1:04.84
	400m:	4:31.75 1:09.96	800m:	9:10.19 1:09.62	1200m:	13:51.80 1:10.10		
26.	Rafael Dias Martins		93	Maia/Real Seguros		<b>17:15.43</b>	620	
	100m:	1:05.46 1:05.46	500m:	5:40.11 1:08.63	900m:	10:21.07 1:10.33	1300m:	15:01.24 1:09.12
	200m:	2:14.65 1:09.19	600m:	6:49.60 1:09.49	1000m:	11:31.69 1:10.62	1400m:	16:10.36 1:09.12
	300m:	3:23.47 1:08.82	700m:	7:59.85 1:10.25	1100m:	12:42.20 1:10.51	1500m:	17:15.43 1:05.07
	400m:	4:31.48 1:08.01	800m:	9:10.74 1:10.89	1200m:	13:52.12 1:09.92		

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Prova 1, Masc., 1500m Livres, Open

Lugar			Ano			Tempo final	Pts	
27.	Guilherme Pereira Gil		93	Uniao Piedense		<b>17:18.04</b>	615	
	100m: 1:03.63	1:03.63	500m: 5:38.30	1:08.99	900m: 10:18.12	1:10.59	1300m: 14:58.35	1:09.82
	200m: 2:11.96	1:08.33	600m: 6:47.66	1:09.36	1000m: 11:27.98	1:09.86	1400m: 16:08.37	1:10.02
	300m: 3:20.82	1:08.86	700m: 7:57.43	1:09.77	1100m: 12:38.42	1:10.44	1500m: 17:18.04	1:09.67
	400m: 4:29.31	1:08.49	800m: 9:07.53	1:10.10	1200m: 13:48.53	1:10.11		
28.	Jose Alberto Martins		94	Vitória de Guimarães		<b>17:26.17</b>	601	
	100m: 1:03.20	1:03.20	500m: 5:42.26	1:10.61	900m: 10:25.65	1:10.51	1300m: 15:08.08	1:11.10
	200m: 2:12.00	1:08.80	600m: 6:53.46	1:11.20	1000m: 11:35.40	1:09.75	1400m: 16:18.53	1:10.45
	300m: 3:21.73	1:09.73	700m: 8:04.26	1:10.80	1100m: 12:46.17	1:10.77	1500m: 17:26.17	1:07.64
	400m: 4:31.65	1:09.92	800m: 9:15.14	1:10.88	1200m: 13:56.98	1:10.81		
29.	Andre Eduardo Infante		94	Sporting		<b>17:27.23</b>	599	
	100m: 1:03.61	1:03.61	500m: 5:46.17	1:10.80	900m: 10:29.00	1:11.11	1300m: 15:13.00	1:10.57
	200m: 2:14.12	1:10.51	600m: 6:56.80	1:10.63	1000m: 11:40.07	1:11.07	1400m: 16:22.63	1:09.63
	300m: 3:24.86	1:10.74	700m: 8:07.38	1:10.58	1100m: 12:50.89	1:10.82	1500m: 17:27.23	1:04.60
	400m: 4:35.37	1:10.51	800m: 9:17.89	1:10.51	1200m: 14:02.43	1:11.54		
30.	Andre Duarte Vaz		93	Ginásio Figueirense		<b>17:28.79</b>	596	
	100m: 1:02.83	1:02.83	500m: 5:41.49	1:10.59	900m: 10:25.11	1:10.90	1300m: 15:09.43	1:11.12
	200m: 2:11.38	1:08.55	600m: 6:52.72	1:11.23	1000m: 11:35.74	1:10.63	1400m: 16:20.64	1:11.21
	300m: 3:20.81	1:09.43	700m: 8:03.46	1:10.74	1100m: 12:47.10	1:11.36	1500m: 17:28.79	1:08.15
	400m: 4:30.90	1:10.09	800m: 9:14.21	1:10.75	1200m: 13:58.31	1:11.21		
31.	Ricardo Mestre Teixeira		93	Sporting		<b>17:37.69</b>	581	
	100m: 1:03.59	1:03.59	500m: 5:41.56	1:09.90	900m: 10:25.55	1:11.86	1300m: 15:14.77	1:12.51
	200m: 2:12.34	1:08.75	600m: 6:51.57	1:10.01	1000m: 11:37.33	1:11.78	1400m: 16:27.04	1:12.27
	300m: 3:21.92	1:09.58	700m: 8:02.39	1:10.82	1100m: 12:49.90	1:12.57	1500m: 17:37.69	1:10.65
	400m: 4:31.66	1:09.74	800m: 9:13.69	1:11.30	1200m: 14:02.26	1:12.36		
32.	Luis Miguel Nogueira		93	Porto/Império Bonança		<b>17:39.61</b>	578	
	100m: 1:03.67	1:03.67	500m: 5:38.65	1:09.91	900m: 10:22.26	1:11.37	1300m: 15:13.03	1:13.93
	200m: 2:11.11	1:07.44	600m: 6:48.74	1:10.09	1000m: 11:33.67	1:11.41	1400m: 16:26.80	1:13.77
	300m: 3:19.56	1:08.45	700m: 7:59.61	1:10.87	1100m: 12:45.96	1:12.29	1500m: 17:39.61	1:12.81
	400m: 4:28.74	1:09.18	800m: 9:10.89	1:11.28	1200m: 13:59.10	1:13.14		
33.	Artiom Viatcheslavovitch Poliakov		93	Os Belenenses		<b>17:41.59</b>	575	
	100m: 1:04.27	1:04.27	500m: 5:43.05	1:10.39	900m: 10:30.26	1:12.16	1300m: 15:18.34	1:12.19
	200m: 2:12.88	1:08.61	600m: 6:54.52	1:11.47	1000m: 11:41.86	1:11.60	1400m: 16:30.91	1:12.57
	300m: 3:22.40	1:09.52	700m: 8:06.23	1:11.71	1100m: 12:54.04	1:12.18	1500m: 17:41.59	1:10.68
	400m: 4:32.66	1:10.26	800m: 9:18.10	1:11.87	1200m: 14:06.15	1:12.11		
34.	Andre Canelas Kaldeich		94	Fluvial Portuense		<b>17:43.29</b>	572	
	100m: 1:04.34	1:04.34	500m: 5:46.64	1:11.23	900m: 10:29.60	1:10.57	1300m: 15:18.36	1:11.73
	200m: 2:13.93	1:09.59	600m: 6:57.18	1:10.54	1000m: 11:41.01	1:11.41	1400m: 16:33.17	1:14.81
	300m: 3:24.88	1:10.95	700m: 8:07.76	1:10.58	1100m: 12:53.43	1:12.42	1500m: 17:43.29	1:10.12
	400m: 4:35.41	1:10.53	800m: 9:19.03	1:11.27	1200m: 14:06.63	1:13.20		
35.	Joao Manuel Borges		94	Ginásio Figueirense		<b>17:50.30</b>	561	
	100m: 1:04.89	1:04.89	500m: 5:50.46	1:12.16	900m: 10:40.61	1:12.72	1300m: 15:28.89	1:12.30
	200m: 2:15.25	1:10.36	600m: 7:02.75	1:12.29	1000m: 11:53.33	1:12.72	1400m: 16:40.79	1:11.90
	300m: 3:26.55	1:11.30	700m: 8:15.60	1:12.85	1100m: 13:04.64	1:11.31	1500m: 17:50.30	1:09.51
	400m: 4:38.30	1:11.75	800m: 9:27.89	1:12.29	1200m: 14:16.59	1:11.95		
36.	Antero Simao Martins		94	Náutico da Marinha Grande		<b>17:58.42</b>	548	
	100m: 1:03.53	1:03.53	500m: 5:49.76	1:12.81	900m: 10:41.49	1:13.07	1300m: 15:34.26	1:13.30
	200m: 2:13.47	1:09.94	600m: 7:02.63	1:12.87	1000m: 11:54.19	1:12.70	1400m: 16:47.01	1:12.75
	300m: 3:24.74	1:11.27	700m: 8:15.51	1:12.88	1100m: 13:07.61	1:13.42	1500m: 17:58.42	1:11.41
	400m: 4:36.95	1:12.21	800m: 9:28.42	1:12.91	1200m: 14:20.96	1:13.35		

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Lugar			Ano			Tempo final	Pts	
37.	Marcelo Santos Saldanha		94	Bombeiros das Caldas Rainha		<b>17:58.95</b>	548	
	100m: 1:02.21	1:02.21	500m: 5:49.73	1:13.06	900m: 10:42.35	1:13.70	1300m: 15:34.81	1:13.31
	200m: 2:12.50	1:10.29	600m: 7:02.44	1:12.71	1000m: 11:55.30	1:12.95	1400m: 16:47.82	1:13.01
	300m: 3:24.14	1:11.64	700m: 8:15.37	1:12.93	1100m: 13:08.32	1:13.02	1500m: 17:58.95	1:11.13
	400m: 4:36.67	1:12.53	800m: 9:28.65	1:13.28	1200m: 14:21.50	1:13.18		
38.	Ivo Andre Lopes		94	20Km de Almeirim		<b>18:06.03</b>	537	
	<i>FTL</i>							
	100m: 1:04.69	1:04.69	500m: 5:50.66	1:12.07	900m: 10:42.26	1:13.41	1300m: 15:39.83	1:14.94
	200m: 2:15.34	1:10.65	600m: 7:03.15	1:12.49	1000m: 11:56.01	1:13.75	1400m: 16:53.19	1:13.36
	300m: 3:27.48	1:12.14	700m: 8:15.96	1:12.81	1100m: 13:10.13	1:14.12	1500m: 18:06.03	1:12.84
	400m: 4:38.59	1:11.11	800m: 9:28.85	1:12.89	1200m: 14:24.89	1:14.76		
39.	Pedro Nuno Ribeiro		93	Porto/Império Bonança		<b>18:06.26</b>	537	
	<i>FTL</i>							
	100m: 1:03.21	1:03.21	500m: 5:47.75	1:11.08	900m: 10:39.83	1:13.56	1300m: 15:35.40	1:14.14
	200m: 2:13.67	1:10.46	600m: 7:00.30	1:12.55	1000m: 11:53.65	1:13.82	1400m: 16:50.53	1:15.13
	300m: 3:25.19	1:11.52	700m: 8:12.94	1:12.64	1100m: 13:07.35	1:13.70	1500m: 18:06.26	1:15.73
	400m: 4:36.67	1:11.48	800m: 9:26.27	1:13.33	1200m: 14:21.26	1:13.91		
40.	Jose Enes Ribeiro		93	Desportiva de Viana		<b>18:16.66</b>	522	
	<i>FTL</i>							
	100m: 1:03.85	1:03.85	500m: 5:50.72	1:12.72	900m: 10:47.28	1:14.80	1300m: 15:47.61	1:15.62
	200m: 2:14.39	1:10.54	600m: 7:04.47	1:13.75	1000m: 12:02.46	1:15.18	1400m: 17:03.66	1:16.05
	300m: 3:26.18	1:11.79	700m: 8:18.18	1:13.71	1100m: 13:17.07	1:14.61	1500m: 18:16.66	1:13.00
	400m: 4:38.00	1:11.82	800m: 9:32.48	1:14.30	1200m: 14:31.99	1:14.92		
41.	Joao Pedro Vieira		94	Naval do Funchal		<b>18:17.63</b>	520	
	<i>FTL</i>							
	100m: 1:04.12	1:04.12	500m: 5:55.23	1:13.91	900m: 10:53.39	1:14.93	1300m: 15:52.03	1:14.80
	200m: 2:15.56	1:11.44	600m: 7:09.80	1:14.57	1000m: 12:07.86	1:14.47	1400m: 17:06.43	1:14.40
	300m: 3:28.50	1:12.94	700m: 8:24.45	1:14.65	1100m: 13:22.36	1:14.50	1500m: 18:17.63	1:11.20
	400m: 4:41.32	1:12.82	800m: 9:38.46	1:14.01	1200m: 14:37.23	1:14.87		
42.	Bernardo Machado Costa		94	Porto/Império Bonança		<b>18:47.08</b>	480	
	<i>FTL</i>							
	100m: 1:04.98	1:04.98	500m: 6:04.51	1:16.68	900m: 11:10.34	1:16.77	1300m: 16:16.65	1:17.33
	200m: 2:17.54	1:12.56	600m: 7:20.93	1:16.42	1000m: 12:26.90	1:16.56	1400m: 17:32.49	1:15.84
	300m: 3:32.48	1:14.94	700m: 8:36.95	1:16.02	1100m: 13:42.88	1:15.98	1500m: 18:47.08	1:14.59
	400m: 4:47.83	1:15.35	800m: 9:53.57	1:16.62	1200m: 14:59.32	1:16.44		
DSQ	Tiago Vitorino Mendes		94	Desportiva Limiana				
	<i>Falsa Partida</i>							

Absoluto

1.	Paulo Fragueiro Franco		82	Nacional		<b>15:43.81</b>	818	
	<i>MAC</i>							
	100m: 59.60	59.60	500m: 5:10.58	1:03.01	900m: 9:23.31	1:03.67	1300m: 13:38.27	1:04.00
	200m: 2:02.21	1:02.61	600m: 6:13.17	1:02.59	1000m: 10:27.09	1:03.78	1400m: 14:42.06	1:03.79
	300m: 3:04.91	1:02.70	700m: 7:16.06	1:02.89	1100m: 11:30.45	1:03.36	1500m: 15:43.81	1:01.75
	400m: 4:07.57	1:02.66	800m: 8:19.64	1:03.58	1200m: 12:34.27	1:03.82		
2.	Rui Filipe Costa		91	Vitória de Guimarães		<b>16:05.14</b>	765	
	100m: 59.91	59.91	500m: 5:15.28	1:04.70	900m: 9:36.11	1:05.09	1300m: 13:58.33	1:05.64
	200m: 2:02.90	1:02.99	600m: 6:19.81	1:04.53	1000m: 10:41.68	1:05.57	1400m: 15:03.56	1:05.23
	300m: 3:06.49	1:03.59	700m: 7:25.24	1:05.43	1100m: 11:47.25	1:05.57	1500m: 16:05.14	1:01.58
	400m: 4:10.58	1:04.09	800m: 8:31.02	1:05.78	1200m: 12:52.69	1:05.44		



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Lugar			Ano			Tempo final	Pts	
3.	Pedro Fontoura Oliveira		90	Os Belenenses		<b>16:13.51</b>	746	
	100m:	1:01.44 1:01.44	500m:	5:21.81 1:05.13	900m:	9:44.84 1:05.27	1300m:	14:08.36 1:05.65
	200m:	2:05.70 1:04.26	600m:	6:27.62 1:05.81	1000m:	10:50.55 1:05.71	1400m:	15:13.42 1:05.06
	300m:	3:11.06 1:05.36	700m:	7:33.20 1:05.58	1100m:	11:56.40 1:05.85	1500m:	16:13.51 1:00.09
	400m:	4:16.68 1:05.62	800m:	8:39.57 1:06.37	1200m:	13:02.71 1:06.31		
4.	Diogo Banza Pinto		87	Algés		<b>16:17.22</b>	737	
	100m:	1:01.45 1:01.45	500m:	5:22.02 1:05.46	900m:	9:45.15 1:05.80	1300m:	14:08.83 1:05.90
	200m:	2:05.91 1:04.46	600m:	6:28.00 1:05.98	1000m:	10:50.87 1:05.72	1400m:	15:14.99 1:06.16
	300m:	3:11.14 1:05.23	700m:	7:33.41 1:05.41	1100m:	11:56.91 1:06.04	1500m:	16:17.22 1:02.23
	400m:	4:16.56 1:05.42	800m:	8:39.35 1:05.94	1200m:	13:02.93 1:06.02		
5.	Hugo Alberto Ribeiro		88	Vilacondense		<b>16:17.95</b>	735	
	100m:	1:01.04 1:01.04	500m:	5:18.46 1:04.54	900m:	9:40.69 1:06.35	1300m:	14:08.38 1:06.62
	200m:	2:05.07 1:04.03	600m:	6:23.18 1:04.72	1000m:	10:47.41 1:06.72	1400m:	15:15.31 1:06.93
	300m:	3:09.54 1:04.47	700m:	7:28.55 1:05.37	1100m:	11:54.82 1:07.41	1500m:	16:17.95 1:02.64
	400m:	4:13.92 1:04.38	800m:	8:34.34 1:05.79	1200m:	13:01.76 1:06.94		
6.	Diogo Andre Gaspar		90	Uniao Piedense		<b>16:20.26</b>	730	
	100m:	1:00.71 1:00.71	500m:	5:24.78 1:06.64	900m:	9:50.27 1:05.80	1300m:	14:12.38 1:05.08
	200m:	2:05.52 1:04.81	600m:	6:31.28 1:06.50	1000m:	10:56.90 1:06.63	1400m:	15:17.05 1:04.67
	300m:	3:11.36 1:05.84	700m:	7:38.03 1:06.75	1100m:	12:01.90 1:05.00	1500m:	16:20.26 1:03.21
	400m:	4:18.14 1:06.78	800m:	8:44.47 1:06.44	1200m:	13:07.30 1:05.40		
7.	Oscar Ramos Melim		86	Nacional		<b>16:25.48</b>	719	
	100m:	1:02.07 1:02.07	500m:	5:25.54 1:06.11	900m:	9:51.01 1:06.00	1300m:	14:15.65 1:05.24
	200m:	2:07.41 1:05.34	600m:	6:31.90 1:06.36	1000m:	10:57.39 1:06.38	1400m:	15:22.00 1:06.35
	300m:	3:13.24 1:05.83	700m:	7:38.48 1:06.58	1100m:	12:03.52 1:06.13	1500m:	16:25.48 1:03.48
	400m:	4:19.43 1:06.19	800m:	8:45.01 1:06.53	1200m:	13:10.41 1:06.89		
8.	Vasco Miguel Gaspar		90	Uniao Piedense		<b>16:29.98</b>	709	
	100m:	1:00.55 1:00.55	500m:	5:25.28 1:06.82	900m:	9:50.54 1:06.25	1300m:	14:18.33 1:07.02
	200m:	2:05.74 1:05.19	600m:	6:31.98 1:06.70	1000m:	10:57.69 1:07.15	1400m:	15:25.10 1:06.77
	300m:	3:11.49 1:05.75	700m:	7:37.81 1:05.83	1100m:	12:04.46 1:06.77	1500m:	16:29.98 1:04.88
	400m:	4:18.46 1:06.97	800m:	8:44.29 1:06.48	1200m:	13:11.31 1:06.85		
9.	Andre Filipe Lopes		92	Académica de Coimbra		<b>16:30.86</b>	707	
	100m:	1:02.11 1:02.11	500m:	5:27.22 1:07.12	900m:	9:53.26 1:06.36	1300m:	14:19.70 1:07.20
	200m:	2:07.56 1:05.45	600m:	6:34.38 1:07.16	1000m:	10:59.52 1:06.26	1400m:	15:26.69 1:06.99
	300m:	3:13.53 1:05.97	700m:	7:40.74 1:06.36	1100m:	12:05.79 1:06.27	1500m:	16:30.86 1:04.17
	400m:	4:20.10 1:06.57	800m:	8:46.90 1:06.16	1200m:	13:12.50 1:06.71		
10.	Jose Joao Goncalves		91	Leixões		<b>16:31.90</b>	705	
	100m:	1:00.80 1:00.80	500m:	5:22.13 1:06.30	900m:	9:48.74 1:07.61	1300m:	14:18.61 1:07.86
	200m:	2:05.42 1:04.62	600m:	6:28.36 1:06.23	1000m:	10:56.06 1:07.32	1400m:	15:26.07 1:07.46
	300m:	3:10.39 1:04.97	700m:	7:34.46 1:06.10	1100m:	12:03.43 1:07.37	1500m:	16:31.90 1:05.83
	400m:	4:15.83 1:05.44	800m:	8:41.13 1:06.67	1200m:	13:10.75 1:07.32		
11.	Ricardo Manuel Machado MAC		93	Braga		<b>16:36.65</b>	695	
	100m:	1:02.67 1:02.67	500m:	5:30.22 1:07.34	900m:	9:56.94 1:06.45	1300m:	14:24.73 1:07.02
	200m:	2:09.09 1:06.42	600m:	6:36.68 1:06.46	1000m:	11:04.09 1:07.15	1400m:	15:31.68 1:06.95
	300m:	3:16.02 1:06.93	700m:	7:43.63 1:06.95	1100m:	12:11.02 1:06.93	1500m:	16:36.65 1:04.97
	400m:	4:22.88 1:06.86	800m:	8:50.49 1:06.86	1200m:	13:17.71 1:06.69		

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Lugar	Ano	Tempo final	Pts
12. Tiago Silva Oliveira MAC	94 Leixões	<b>16:37.07</b>	694
100m: 1:00.64 1:00.64	500m: 5:26.51 1:06.81	900m: 9:54.20 1:06.97	1300m: 14:24.60 1:07.77
200m: 2:06.28 1:05.64	600m: 6:33.42 1:06.91	1000m: 11:01.65 1:07.45	1400m: 15:32.32 1:07.72
300m: 3:12.66 1:06.38	700m: 7:40.29 1:06.87	1100m: 12:09.28 1:07.63	1500m: 16:37.07 1:04.75
400m: 4:19.70 1:07.04	800m: 8:47.23 1:06.94	1200m: 13:16.83 1:07.55	
12. Pedro Afonso Gaspar MAC	94 Sporting	<b>16:37.07</b>	694
100m: 1:01.02 1:01.02	500m: 5:27.20 1:06.24	900m: 9:55.12 1:06.86	1300m: 14:24.59 1:06.89
200m: 2:07.20 1:06.18	600m: 6:33.88 1:06.68	1000m: 11:02.52 1:07.40	1400m: 15:31.44 1:06.85
300m: 3:14.18 1:06.98	700m: 7:40.96 1:07.08	1100m: 12:10.12 1:07.60	1500m: 16:37.07 1:05.63
400m: 4:20.96 1:06.78	800m: 8:48.26 1:07.30	1200m: 13:17.70 1:07.58	
14. Andre Rafael Marinho MAC	93 Uniao Piedense	<b>16:43.96</b>	680
100m: 1:00.31 1:00.31	500m: 5:26.77 1:07.61	900m: 9:57.40 1:07.58	1300m: 14:29.80 1:07.78
200m: 2:05.44 1:05.13	600m: 6:34.73 1:07.96	1000m: 11:05.67 1:08.27	1400m: 15:37.62 1:07.82
300m: 3:12.02 1:06.58	700m: 7:42.23 1:07.50	1100m: 12:14.08 1:08.41	1500m: 16:43.96 1:06.34
400m: 4:19.16 1:07.14	800m: 8:49.82 1:07.59	1200m: 13:22.02 1:07.94	
15. Tiago Manuel Costa MAC	89 Leixões	<b>16:46.48</b>	675
100m: 1:01.40 1:01.40	500m: 5:27.30 1:07.57	900m: 9:58.53 1:07.59	1300m: 14:31.16 1:07.92
200m: 2:06.51 1:05.11	600m: 6:35.36 1:08.06	1000m: 11:06.65 1:08.12	1400m: 15:39.33 1:08.17
300m: 3:12.62 1:06.11	700m: 7:43.13 1:07.77	1100m: 12:14.25 1:07.60	1500m: 16:46.48 1:07.15
400m: 4:19.73 1:07.11	800m: 8:50.94 1:07.81	1200m: 13:23.24 1:08.99	
16. Francisco Miguel Cirurgiao MAC	93 Algés	<b>16:49.93</b>	668
100m: 1:03.16 1:03.16	500m: 5:31.56 1:07.29	900m: 10:03.47 1:08.69	1300m: 14:37.03 1:07.13
200m: 2:09.80 1:06.64	600m: 6:38.93 1:07.37	1000m: 11:12.75 1:09.28	1400m: 15:44.32 1:07.29
300m: 3:17.19 1:07.39	700m: 7:46.55 1:07.62	1100m: 12:21.65 1:08.90	1500m: 16:49.93 1:05.61
400m: 4:24.27 1:07.08	800m: 8:54.78 1:08.23	1200m: 13:29.90 1:08.25	
17. Jorge Miguel Mendes FTL	90 Náutico/Matobra	<b>16:51.80</b>	664
100m: 1:01.32 1:01.32	500m: 5:25.37 1:07.66	900m: 9:58.43 1:09.11	1300m: 14:34.45 1:08.95
200m: 2:05.84 1:04.52	600m: 6:32.82 1:07.45	1000m: 11:07.06 1:08.63	1400m: 15:43.50 1:09.05
300m: 3:11.28 1:05.44	700m: 7:41.26 1:08.44	1100m: 12:16.20 1:09.14	1500m: 16:51.80 1:08.30
400m: 4:17.71 1:06.43	800m: 8:49.32 1:08.06	1200m: 13:25.50 1:09.30	
18. Marcelo Goncalo Pereira FTL	90 Vilacondense	<b>16:56.88</b>	654
100m: 1:00.14 1:00.14	500m: 5:27.45 1:08.30	900m: 10:01.57 1:09.07	1300m: 14:39.18 1:09.53
200m: 2:05.48 1:05.34	600m: 6:35.54 1:08.09	1000m: 11:10.77 1:09.20	1400m: 15:49.02 1:09.84
300m: 3:11.87 1:06.39	700m: 7:43.85 1:08.31	1100m: 12:20.14 1:09.37	1500m: 16:56.88 1:07.86
400m: 4:19.15 1:07.28	800m: 8:52.50 1:08.65	1200m: 13:29.65 1:09.51	
19. Samuel Patricio Queiros FTL	91 Porto/Império Bonança	<b>16:59.78</b>	649
100m: 1:04.24 1:04.24	500m: 5:37.63 1:08.41	900m: 10:09.00 1:08.92	1300m: 14:45.05 1:09.02
200m: 2:12.48 1:08.24	600m: 6:44.17 1:06.54	1000m: 11:18.35 1:09.35	1400m: 15:53.63 1:08.58
300m: 3:20.95 1:08.47	700m: 7:51.93 1:07.76	1100m: 12:27.15 1:08.80	1500m: 16:59.78 1:06.15
400m: 4:29.22 1:08.27	800m: 9:00.08 1:08.15	1200m: 13:36.03 1:08.88	

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Lugar			Ano			Tempo final	Pts					
20.	Nuno Rafael Alves		90	Gespaços		<b>17:01.02</b>	646					
	<i>FTL</i>											
	100m:	1:03.88	1:03.88	500m:	5:33.30	1:07.39	900m:	10:07.28	1:09.04	1300m:	14:44.70	1:09.51
	200m:	2:10.89	1:07.01	600m:	6:41.01	1:07.71	1000m:	11:16.44	1:09.16	1400m:	15:54.17	1:09.47
	300m:	3:18.42	1:07.53	700m:	7:49.57	1:08.56	1100m:	12:25.07	1:08.63	1500m:	17:01.02	1:06.85
	400m:	4:25.91	1:07.49	800m:	8:58.24	1:08.67	1200m:	13:35.19	1:10.12			
21.	Paulo Bruno Janeiro		94	Litoral Alentejano		<b>17:11.99</b>	626					
	100m:	1:01.08	1:01.08	500m:	5:32.76	1:09.21	900m:	10:13.63	1:09.86	1300m:	14:55.19	1:10.99
	200m:	2:07.35	1:06.27	600m:	6:43.03	1:10.27	1000m:	11:25.04	1:11.41	1400m:	16:05.73	1:10.54
	300m:	3:14.95	1:07.60	700m:	7:53.54	1:10.51	1100m:	12:34.19	1:09.15	1500m:	17:11.99	1:06.26
	400m:	4:23.55	1:08.60	800m:	9:03.77	1:10.23	1200m:	13:44.20	1:10.01			
22.	Nuno Vieira Malheiro		93	Braga		<b>17:13.23</b>	624					
	100m:	1:04.05	1:04.05	500m:	5:39.69	1:09.44	900m:	10:17.81	1:09.63	1300m:	14:58.55	1:10.61
	200m:	2:12.03	1:07.98	600m:	6:49.30	1:09.61	1000m:	11:27.80	1:09.99	1400m:	16:07.88	1:09.33
	300m:	3:20.93	1:08.90	700m:	7:58.32	1:09.02	1100m:	12:37.69	1:09.89	1500m:	17:13.23	1:05.35
	400m:	4:30.25	1:09.32	800m:	9:08.18	1:09.86	1200m:	13:47.94	1:10.25			
23.	Mario Andre Bonanca		90	Sporting		<b>17:14.91</b>	621					
	<i>FTL</i>											
	100m:	59.90	59.90	500m:	5:25.43	1:07.26	900m:	10:05.91	1:11.34	1300m:	14:53.28	1:12.19
	200m:	2:04.82	1:04.92	600m:	6:33.64	1:08.21	1000m:	11:17.56	1:11.65	1400m:	16:04.72	1:11.44
	300m:	3:11.14	1:06.32	700m:	7:43.54	1:09.90	1100m:	12:29.47	1:11.91	1500m:	17:14.91	1:10.19
	400m:	4:18.17	1:07.03	800m:	8:54.57	1:11.03	1200m:	13:41.09	1:11.62			
24.	Joao Pedro Queijo		93	Maia/Real Seguros		<b>17:15.00</b>	620					
	100m:	1:03.59	1:03.59	500m:	5:41.53	1:09.78	900m:	10:20.68	1:10.49	1300m:	15:01.29	1:09.49
	200m:	2:12.20	1:08.61	600m:	6:50.61	1:09.08	1000m:	11:31.23	1:10.55	1400m:	16:10.16	1:08.87
	300m:	3:21.79	1:09.59	700m:	8:00.57	1:09.96	1100m:	12:41.70	1:10.47	1500m:	17:15.00	1:04.84
	400m:	4:31.75	1:09.96	800m:	9:10.19	1:09.62	1200m:	13:51.80	1:10.10			
25.	Rafael Dias Martins		93	Maia/Real Seguros		<b>17:15.43</b>	620					
	100m:	1:05.46	1:05.46	500m:	5:40.11	1:08.63	900m:	10:21.07	1:10.33	1300m:	15:01.24	1:09.12
	200m:	2:14.65	1:09.19	600m:	6:49.60	1:09.49	1000m:	11:31.69	1:10.62	1400m:	16:10.36	1:09.12
	300m:	3:23.47	1:08.82	700m:	7:59.85	1:10.25	1100m:	12:42.20	1:10.51	1500m:	17:15.43	1:05.07
	400m:	4:31.48	1:08.01	800m:	9:10.74	1:10.89	1200m:	13:52.12	1:09.92			
26.	Guilherme Pereira Gil		93	Uniao Piedense		<b>17:18.04</b>	615					
	100m:	1:03.63	1:03.63	500m:	5:38.30	1:08.99	900m:	10:18.12	1:10.59	1300m:	14:58.35	1:09.82
	200m:	2:11.96	1:08.33	600m:	6:47.66	1:09.36	1000m:	11:27.98	1:09.86	1400m:	16:08.37	1:10.02
	300m:	3:20.82	1:08.86	700m:	7:57.43	1:09.77	1100m:	12:38.42	1:10.44	1500m:	17:18.04	1:09.67
	400m:	4:29.31	1:08.49	800m:	9:07.53	1:10.10	1200m:	13:48.53	1:10.11			
27.	Jose Alberto Martins		94	Vitória de Guimarães		<b>17:26.17</b>	601					
	100m:	1:03.20	1:03.20	500m:	5:42.26	1:10.61	900m:	10:25.65	1:10.51	1300m:	15:08.08	1:11.10
	200m:	2:12.00	1:08.80	600m:	6:53.46	1:11.20	1000m:	11:35.40	1:09.75	1400m:	16:18.53	1:10.45
	300m:	3:21.73	1:09.73	700m:	8:04.26	1:10.80	1100m:	12:46.17	1:10.77	1500m:	17:26.17	1:07.64
	400m:	4:31.65	1:09.92	800m:	9:15.14	1:10.88	1200m:	13:56.98	1:10.81			
28.	Andre Eduardo Infante		94	Sporting		<b>17:27.23</b>	599					
	100m:	1:03.61	1:03.61	500m:	5:46.17	1:10.80	900m:	10:29.00	1:11.11	1300m:	15:13.00	1:10.57
	200m:	2:14.12	1:10.51	600m:	6:56.80	1:10.63	1000m:	11:40.07	1:11.07	1400m:	16:22.63	1:09.63
	300m:	3:24.86	1:10.74	700m:	8:07.38	1:10.58	1100m:	12:50.89	1:10.82	1500m:	17:27.23	1:04.60
	400m:	4:35.37	1:10.51	800m:	9:17.89	1:10.51	1200m:	14:02.43	1:11.54			



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Lugar			Ano			Tempo final	Pts	
29.	Andre Duarte Vaz		93	Ginásio Figueirense		<b>17:28.79</b>	596	
	100m: 1:02.83	1:02.83	500m: 5:41.49	1:10.59	900m: 10:25.11	1:10.90	1300m: 15:09.43	1:11.12
	200m: 2:11.38	1:08.55	600m: 6:52.72	1:11.23	1000m: 11:35.74	1:10.63	1400m: 16:20.64	1:11.21
	300m: 3:20.81	1:09.43	700m: 8:03.46	1:10.74	1100m: 12:47.10	1:11.36	1500m: 17:28.79	1:08.15
	400m: 4:30.90	1:10.09	800m: 9:14.21	1:10.75	1200m: 13:58.31	1:11.21		
30.	Ricardo Mestre Teixeira		93	Sporting		<b>17:37.69</b>	581	
	100m: 1:03.59	1:03.59	500m: 5:41.56	1:09.90	900m: 10:25.55	1:11.86	1300m: 15:14.77	1:12.51
	200m: 2:12.34	1:08.75	600m: 6:51.57	1:10.01	1000m: 11:37.33	1:11.78	1400m: 16:27.04	1:12.27
	300m: 3:21.92	1:09.58	700m: 8:02.39	1:10.82	1100m: 12:49.90	1:12.57	1500m: 17:37.69	1:10.65
	400m: 4:31.66	1:09.74	800m: 9:13.69	1:11.30	1200m: 14:02.26	1:12.36		
31.	Luis Miguel Nogueira		93	Porto/Império Bonança		<b>17:39.61</b>	578	
	100m: 1:03.67	1:03.67	500m: 5:38.65	1:09.91	900m: 10:22.26	1:11.37	1300m: 15:13.03	1:13.93
	200m: 2:11.11	1:07.44	600m: 6:48.74	1:10.09	1000m: 11:33.67	1:11.41	1400m: 16:26.80	1:13.77
	300m: 3:19.56	1:08.45	700m: 7:59.61	1:10.87	1100m: 12:45.96	1:12.29	1500m: 17:39.61	1:12.81
	400m: 4:28.74	1:09.18	800m: 9:10.89	1:11.28	1200m: 13:59.10	1:13.14		
32.	Artiom Viatcheslavovitch Poliakov		93	Os Belenenses		<b>17:41.59</b>	575	
	100m: 1:04.27	1:04.27	500m: 5:43.05	1:10.39	900m: 10:30.26	1:12.16	1300m: 15:18.34	1:12.19
	200m: 2:12.88	1:08.61	600m: 6:54.52	1:11.47	1000m: 11:41.86	1:11.60	1400m: 16:30.91	1:12.57
	300m: 3:22.40	1:09.52	700m: 8:06.23	1:11.71	1100m: 12:54.04	1:12.18	1500m: 17:41.59	1:10.68
	400m: 4:32.66	1:10.26	800m: 9:18.10	1:11.87	1200m: 14:06.15	1:12.11		
33.	Andre Canelas Kaldeich		94	Fluvial Portuense		<b>17:43.29</b>	572	
	100m: 1:04.34	1:04.34	500m: 5:46.64	1:11.23	900m: 10:29.60	1:10.57	1300m: 15:18.36	1:11.73
	200m: 2:13.93	1:09.59	600m: 6:57.18	1:10.54	1000m: 11:41.01	1:11.41	1400m: 16:33.17	1:14.81
	300m: 3:24.88	1:10.95	700m: 8:07.76	1:10.58	1100m: 12:53.43	1:12.42	1500m: 17:43.29	1:10.12
	400m: 4:35.41	1:10.53	800m: 9:19.03	1:11.27	1200m: 14:06.63	1:13.20		
34.	Joao Manuel Borges		94	Ginásio Figueirense		<b>17:50.30</b>	561	
	100m: 1:04.89	1:04.89	500m: 5:50.46	1:12.16	900m: 10:40.61	1:12.72	1300m: 15:28.89	1:12.30
	200m: 2:15.25	1:10.36	600m: 7:02.75	1:12.29	1000m: 11:53.33	1:12.72	1400m: 16:40.79	1:11.90
	300m: 3:26.55	1:11.30	700m: 8:15.60	1:12.85	1100m: 13:04.64	1:11.31	1500m: 17:50.30	1:09.51
	400m: 4:38.30	1:11.75	800m: 9:27.89	1:12.29	1200m: 14:16.59	1:11.95		
35.	Antero Simao Martins		94	Náutico da Marinha Grande		<b>17:58.42</b>	548	
	100m: 1:03.53	1:03.53	500m: 5:49.76	1:12.81	900m: 10:41.49	1:13.07	1300m: 15:34.26	1:13.30
	200m: 2:13.47	1:09.94	600m: 7:02.63	1:12.87	1000m: 11:54.19	1:12.70	1400m: 16:47.01	1:12.75
	300m: 3:24.74	1:11.27	700m: 8:15.51	1:12.88	1100m: 13:07.61	1:13.42	1500m: 17:58.42	1:11.41
	400m: 4:36.95	1:12.21	800m: 9:28.42	1:12.91	1200m: 14:20.96	1:13.35		
36.	Marcelo Santos Saldanha		94	Bombeiros das Caldas Rainha		<b>17:58.95</b>	548	
	100m: 1:02.21	1:02.21	500m: 5:49.73	1:13.06	900m: 10:42.35	1:13.70	1300m: 15:34.81	1:13.31
	200m: 2:12.50	1:10.29	600m: 7:02.44	1:12.71	1000m: 11:55.30	1:12.95	1400m: 16:47.82	1:13.01
	300m: 3:24.14	1:11.64	700m: 8:15.37	1:12.93	1100m: 13:08.32	1:13.02	1500m: 17:58.95	1:11.13
	400m: 4:36.67	1:12.53	800m: 9:28.65	1:13.28	1200m: 14:21.50	1:13.18		
37.	Ivo Andre Lopes		94	20Km de Almeirim		<b>18:06.03</b>	537	
	<i>FTL</i>							
	100m: 1:04.69	1:04.69	500m: 5:50.66	1:12.07	900m: 10:42.26	1:13.41	1300m: 15:39.83	1:14.94
	200m: 2:15.34	1:10.65	600m: 7:03.15	1:12.49	1000m: 11:56.01	1:13.75	1400m: 16:53.19	1:13.36
	300m: 3:27.48	1:12.14	700m: 8:15.96	1:12.81	1100m: 13:10.13	1:14.12	1500m: 18:06.03	1:12.84
	400m: 4:38.59	1:11.11	800m: 9:28.85	1:12.89	1200m: 14:24.89	1:14.76		

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Lugar	Ano	Tempo final	Pts
38. Pedro Nuno Ribeiro <i>FTL</i>	93 Porto/Império Bonança	<b>18:06.26</b>	537
100m: 1:03.21 1:03.21	500m: 5:47.75 1:11.08	900m: 10:39.83 1:13.56	1300m: 15:35.40 1:14.14
200m: 2:13.67 1:10.46	600m: 7:00.30 1:12.55	1000m: 11:53.65 1:13.82	1400m: 16:50.53 1:15.13
300m: 3:25.19 1:11.52	700m: 8:12.94 1:12.64	1100m: 13:07.35 1:13.70	1500m: 18:06.26 1:15.73
400m: 4:36.67 1:11.48	800m: 9:26.27 1:13.33	1200m: 14:21.26 1:13.91	
39. Jose Enes Ribeiro <i>FTL</i>	93 Desportiva de Viana	<b>18:16.66</b>	522
100m: 1:03.85 1:03.85	500m: 5:50.72 1:12.72	900m: 10:47.28 1:14.80	1300m: 15:47.61 1:15.62
200m: 2:14.39 1:10.54	600m: 7:04.47 1:13.75	1000m: 12:02.46 1:15.18	1400m: 17:03.66 1:16.05
300m: 3:26.18 1:11.79	700m: 8:18.18 1:13.71	1100m: 13:17.07 1:14.61	1500m: 18:16.66 1:13.00
400m: 4:38.00 1:11.82	800m: 9:32.48 1:14.30	1200m: 14:31.99 1:14.92	
40. Joao Pedro Vieira <i>FTL</i>	94 Naval do Funchal	<b>18:17.63</b>	520
100m: 1:04.12 1:04.12	500m: 5:55.23 1:13.91	900m: 10:53.39 1:14.93	1300m: 15:52.03 1:14.80
200m: 2:15.56 1:11.44	600m: 7:09.80 1:14.57	1000m: 12:07.86 1:14.47	1400m: 17:06.43 1:14.40
300m: 3:28.50 1:12.94	700m: 8:24.45 1:14.65	1100m: 13:22.36 1:14.50	1500m: 18:17.63 1:11.20
400m: 4:41.32 1:12.82	800m: 9:38.46 1:14.01	1200m: 14:37.23 1:14.87	
41. Bernardo Machado Costa <i>FTL</i>	94 Porto/Império Bonança	<b>18:47.08</b>	480
100m: 1:04.98 1:04.98	500m: 6:04.51 1:16.68	900m: 11:10.34 1:16.77	1300m: 16:16.65 1:17.33
200m: 2:17.54 1:12.56	600m: 7:20.93 1:16.42	1000m: 12:26.90 1:16.56	1400m: 17:32.49 1:15.84
300m: 3:32.48 1:14.94	700m: 8:36.95 1:16.02	1100m: 13:42.88 1:15.98	1500m: 18:47.08 1:14.59
400m: 4:47.83 1:15.35	800m: 9:53.57 1:16.62	1200m: 14:59.32 1:16.44	
DSQ Tiago Vitorino Mendes <i>Falsa Partida</i>	94 Desportiva Limiana		

Juvenis A

1. Ricardo Manuel Machado <i>MAC</i>	93 Braga	<b>16:36.65</b>	695
100m: 1:02.67 1:02.67	500m: 5:30.22 1:07.34	900m: 9:56.94 1:06.45	1300m: 14:24.73 1:07.02
200m: 2:09.09 1:06.42	600m: 6:36.68 1:06.46	1000m: 11:04.09 1:07.15	1400m: 15:31.68 1:06.95
300m: 3:16.02 1:06.93	700m: 7:43.63 1:06.95	1100m: 12:11.02 1:06.93	1500m: 16:36.65 1:04.97
400m: 4:22.88 1:06.86	800m: 8:50.49 1:06.86	1200m: 13:17.71 1:06.69	
2. Andre Rafael Marinho <i>MAC</i>	93 Uniao Piedense	<b>16:43.96</b>	680
100m: 1:00.31 1:00.31	500m: 5:26.77 1:07.61	900m: 9:57.40 1:07.58	1300m: 14:29.80 1:07.78
200m: 2:05.44 1:05.13	600m: 6:34.73 1:07.96	1000m: 11:05.67 1:08.27	1400m: 15:37.62 1:07.82
300m: 3:12.02 1:06.58	700m: 7:42.23 1:07.50	1100m: 12:14.08 1:08.41	1500m: 16:43.96 1:06.34
400m: 4:19.16 1:07.14	800m: 8:49.82 1:07.59	1200m: 13:22.02 1:07.94	
3. Francisco Miguel Cirurgiao <i>MAC</i>	93 Algés	<b>16:49.93</b>	668
100m: 1:03.16 1:03.16	500m: 5:31.56 1:07.29	900m: 10:03.47 1:08.69	1300m: 14:37.03 1:07.13
200m: 2:09.80 1:06.64	600m: 6:38.93 1:07.37	1000m: 11:12.75 1:09.28	1400m: 15:44.32 1:07.29
300m: 3:17.19 1:07.39	700m: 7:46.55 1:07.62	1100m: 12:21.65 1:08.90	1500m: 16:49.93 1:05.61
400m: 4:24.27 1:07.08	800m: 8:54.78 1:08.23	1200m: 13:29.90 1:08.25	

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Prova 1, Masc., 1500m Livres, Juvenis A

Lugar	Ano		Tempo final		Pts
4.	Nuno Vieira Malheiro	93	Braga	<b>17:13.23</b>	624
	100m: 1:04.05 1:04.05	500m: 5:39.69 1:09.44	900m: 10:17.81 1:09.63	1300m: 14:58.55 1:10.61	
	200m: 2:12.03 1:07.98	600m: 6:49.30 1:09.61	1000m: 11:27.80 1:09.99	1400m: 16:07.88 1:09.33	
	300m: 3:20.93 1:08.90	700m: 7:58.32 1:09.02	1100m: 12:37.69 1:09.89	1500m: 17:13.23 1:05.35	
	400m: 4:30.25 1:09.32	800m: 9:08.18 1:09.86	1200m: 13:47.94 1:10.25		
5.	Joao Pedro Queijo	93	Maia/Real Seguros	<b>17:15.00</b>	620
	100m: 1:03.59 1:03.59	500m: 5:41.53 1:09.78	900m: 10:20.68 1:10.49	1300m: 15:01.29 1:09.49	
	200m: 2:12.20 1:08.61	600m: 6:50.61 1:09.08	1000m: 11:31.23 1:10.55	1400m: 16:10.16 1:08.87	
	300m: 3:21.79 1:09.59	700m: 8:00.57 1:09.96	1100m: 12:41.70 1:10.47	1500m: 17:15.00 1:04.84	
	400m: 4:31.75 1:09.96	800m: 9:10.19 1:09.62	1200m: 13:51.80 1:10.10		
6.	Rafael Dias Martins	93	Maia/Real Seguros	<b>17:15.43</b>	620
	100m: 1:05.46 1:05.46	500m: 5:40.11 1:08.63	900m: 10:21.07 1:10.33	1300m: 15:01.24 1:09.12	
	200m: 2:14.65 1:09.19	600m: 6:49.60 1:09.49	1000m: 11:31.69 1:10.62	1400m: 16:10.36 1:09.12	
	300m: 3:23.47 1:08.82	700m: 7:59.85 1:10.25	1100m: 12:42.20 1:10.51	1500m: 17:15.43 1:05.07	
	400m: 4:31.48 1:08.01	800m: 9:10.74 1:10.89	1200m: 13:52.12 1:09.92		
7.	Guilherme Pereira Gil	93	Uniao Piedense	<b>17:18.04</b>	615
	100m: 1:03.63 1:03.63	500m: 5:38.30 1:08.99	900m: 10:18.12 1:10.59	1300m: 14:58.35 1:09.82	
	200m: 2:11.96 1:08.33	600m: 6:47.66 1:09.36	1000m: 11:27.98 1:09.86	1400m: 16:08.37 1:10.02	
	300m: 3:20.82 1:08.86	700m: 7:57.43 1:09.77	1100m: 12:38.42 1:10.44	1500m: 17:18.04 1:09.67	
	400m: 4:29.31 1:08.49	800m: 9:07.53 1:10.10	1200m: 13:48.53 1:10.11		
8.	Andre Duarte Vaz	93	Ginásio Figueirense	<b>17:28.79</b>	596
	100m: 1:02.83 1:02.83	500m: 5:41.49 1:10.59	900m: 10:25.11 1:10.90	1300m: 15:09.43 1:11.12	
	200m: 2:11.38 1:08.55	600m: 6:52.72 1:11.23	1000m: 11:35.74 1:10.63	1400m: 16:20.64 1:11.21	
	300m: 3:20.81 1:09.43	700m: 8:03.46 1:10.74	1100m: 12:47.10 1:11.36	1500m: 17:28.79 1:08.15	
	400m: 4:30.90 1:10.09	800m: 9:14.21 1:10.75	1200m: 13:58.31 1:11.21		
9.	Ricardo Mestre Teixeira	93	Sporting	<b>17:37.69</b>	581
	100m: 1:03.59 1:03.59	500m: 5:41.56 1:09.90	900m: 10:25.55 1:11.86	1300m: 15:14.77 1:12.51	
	200m: 2:12.34 1:08.75	600m: 6:51.57 1:10.01	1000m: 11:37.33 1:11.78	1400m: 16:27.04 1:12.27	
	300m: 3:21.92 1:09.58	700m: 8:02.39 1:10.82	1100m: 12:49.90 1:12.57	1500m: 17:37.69 1:10.65	
	400m: 4:31.66 1:09.74	800m: 9:13.69 1:11.30	1200m: 14:02.26 1:12.36		
10.	Luis Miguel Nogueira	93	Porto/Império Bonança	<b>17:39.61</b>	578
	100m: 1:03.67 1:03.67	500m: 5:38.65 1:09.91	900m: 10:22.26 1:11.37	1300m: 15:13.03 1:13.93	
	200m: 2:11.11 1:07.44	600m: 6:48.74 1:10.09	1000m: 11:33.67 1:11.41	1400m: 16:26.80 1:13.77	
	300m: 3:19.56 1:08.45	700m: 7:59.61 1:10.87	1100m: 12:45.96 1:12.29	1500m: 17:39.61 1:12.81	
	400m: 4:28.74 1:09.18	800m: 9:10.89 1:11.28	1200m: 13:59.10 1:13.14		
11.	Artiom Viatcheslavovitch Poliakov	93	Os Belenenses	<b>17:41.59</b>	575
	100m: 1:04.27 1:04.27	500m: 5:43.05 1:10.39	900m: 10:30.26 1:12.16	1300m: 15:18.34 1:12.19	
	200m: 2:12.88 1:08.61	600m: 6:54.52 1:11.47	1000m: 11:41.86 1:11.60	1400m: 16:30.91 1:12.57	
	300m: 3:22.40 1:09.52	700m: 8:06.23 1:11.71	1100m: 12:54.04 1:12.18	1500m: 17:41.59 1:10.68	
	400m: 4:32.66 1:10.26	800m: 9:18.10 1:11.87	1200m: 14:06.15 1:12.11		
12.	Pedro Nuno Ribeiro	93	Porto/Império Bonança	<b>18:06.26</b>	537
	<i>FTL</i>				
	100m: 1:03.21 1:03.21	500m: 5:47.75 1:11.08	900m: 10:39.83 1:13.56	1300m: 15:35.40 1:14.14	
	200m: 2:13.67 1:10.46	600m: 7:00.30 1:12.55	1000m: 11:53.65 1:13.82	1400m: 16:50.53 1:15.13	
	300m: 3:25.19 1:11.52	700m: 8:12.94 1:12.64	1100m: 13:07.35 1:13.70	1500m: 18:06.26 1:15.73	
	400m: 4:36.67 1:11.48	800m: 9:26.27 1:13.33	1200m: 14:21.26 1:13.91		

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Lugar	Ano	Tempo final	Pts
13. Jose Enes Ribeiro <i>FTL</i>	93 Desportiva de Viana	<b>18:16.66</b>	522
100m: 1:03.85 1:03.85	500m: 5:50.72 1:12.72	900m: 10:47.28 1:14.80	1300m: 15:47.61 1:15.62
200m: 2:14.39 1:10.54	600m: 7:04.47 1:13.75	1000m: 12:02.46 1:15.18	1400m: 17:03.66 1:16.05
300m: 3:26.18 1:11.79	700m: 8:18.18 1:13.71	1100m: 13:17.07 1:14.61	1500m: 18:16.66 1:13.00
400m: 4:38.00 1:11.82	800m: 9:32.48 1:14.30	1200m: 14:31.99 1:14.92	

Juvenis B

1. Tiago Silva Oliveira <i>MAC</i>	94 Leixões	<b>16:37.07</b>	694
100m: 1:00.64 1:00.64	500m: 5:26.51 1:06.81	900m: 9:54.20 1:06.97	1300m: 14:24.60 1:07.77
200m: 2:06.28 1:05.64	600m: 6:33.42 1:06.91	1000m: 11:01.65 1:07.45	1400m: 15:32.32 1:07.72
300m: 3:12.66 1:06.38	700m: 7:40.29 1:06.87	1100m: 12:09.28 1:07.63	1500m: 16:37.07 1:04.75
400m: 4:19.70 1:07.04	800m: 8:47.23 1:06.94	1200m: 13:16.83 1:07.55	
1. Pedro Afonso Gaspar <i>MAC</i>	94 Sporting	<b>16:37.07</b>	694
100m: 1:01.02 1:01.02	500m: 5:27.20 1:06.24	900m: 9:55.12 1:06.86	1300m: 14:24.59 1:06.89
200m: 2:07.20 1:06.18	600m: 6:33.88 1:06.68	1000m: 11:02.52 1:07.40	1400m: 15:31.44 1:06.85
300m: 3:14.18 1:06.98	700m: 7:40.96 1:07.08	1100m: 12:10.12 1:07.60	1500m: 16:37.07 1:05.63
400m: 4:20.96 1:06.78	800m: 8:48.26 1:07.30	1200m: 13:17.70 1:07.58	
3. Paulo Bruno Janeiro	94 Litoral Alentejano	<b>17:11.99</b>	626
100m: 1:01.08 1:01.08	500m: 5:32.76 1:09.21	900m: 10:13.63 1:09.86	1300m: 14:55.19 1:10.99
200m: 2:07.35 1:06.27	600m: 6:43.03 1:10.27	1000m: 11:25.04 1:11.41	1400m: 16:05.73 1:10.54
300m: 3:14.95 1:07.60	700m: 7:53.54 1:10.51	1100m: 12:34.19 1:09.15	1500m: 17:11.99 1:06.26
400m: 4:23.55 1:08.60	800m: 9:03.77 1:10.23	1200m: 13:44.20 1:10.01	
4. Jose Alberto Martins	94 Vitória de Guimarães	<b>17:26.17</b>	601
100m: 1:03.20 1:03.20	500m: 5:42.26 1:10.61	900m: 10:25.65 1:10.51	1300m: 15:08.08 1:11.10
200m: 2:12.00 1:08.80	600m: 6:53.46 1:11.20	1000m: 11:35.40 1:09.75	1400m: 16:18.53 1:10.45
300m: 3:21.73 1:09.73	700m: 8:04.26 1:10.80	1100m: 12:46.17 1:10.77	1500m: 17:26.17 1:07.64
400m: 4:31.65 1:09.92	800m: 9:15.14 1:10.88	1200m: 13:56.98 1:10.81	
5. Andre Eduardo Infante	94 Sporting	<b>17:27.23</b>	599
100m: 1:03.61 1:03.61	500m: 5:46.17 1:10.80	900m: 10:29.00 1:11.11	1300m: 15:13.00 1:10.57
200m: 2:14.12 1:10.51	600m: 6:56.80 1:10.63	1000m: 11:40.07 1:11.07	1400m: 16:22.63 1:09.63
300m: 3:24.86 1:10.74	700m: 8:07.38 1:10.58	1100m: 12:50.89 1:10.82	1500m: 17:27.23 1:04.60
400m: 4:35.37 1:10.51	800m: 9:17.89 1:10.51	1200m: 14:02.43 1:11.54	
6. Andre Canelas Kaldeich	94 Fluvial Portuense	<b>17:43.29</b>	572
100m: 1:04.34 1:04.34	500m: 5:46.64 1:11.23	900m: 10:29.60 1:10.57	1300m: 15:18.36 1:11.73
200m: 2:13.93 1:09.59	600m: 6:57.18 1:10.54	1000m: 11:41.01 1:11.41	1400m: 16:33.17 1:14.81
300m: 3:24.88 1:10.95	700m: 8:07.76 1:10.58	1100m: 12:53.43 1:12.42	1500m: 17:43.29 1:10.12
400m: 4:35.41 1:10.53	800m: 9:19.03 1:11.27	1200m: 14:06.63 1:13.20	
7. Joao Manuel Borges	94 Ginásio Figueirense	<b>17:50.30</b>	561
100m: 1:04.89 1:04.89	500m: 5:50.46 1:12.16	900m: 10:40.61 1:12.72	1300m: 15:28.89 1:12.30
200m: 2:15.25 1:10.36	600m: 7:02.75 1:12.29	1000m: 11:53.33 1:12.72	1400m: 16:40.79 1:11.90
300m: 3:26.55 1:11.30	700m: 8:15.60 1:12.85	1100m: 13:04.64 1:11.31	1500m: 17:50.30 1:09.51
400m: 4:38.30 1:11.75	800m: 9:27.89 1:12.29	1200m: 14:16.59 1:11.95	
8. Antero Simao Martins	94 Náutico da Marinha Grande	<b>17:58.42</b>	548
100m: 1:03.53 1:03.53	500m: 5:49.76 1:12.81	900m: 10:41.49 1:13.07	1300m: 15:34.26 1:13.30
200m: 2:13.47 1:09.94	600m: 7:02.63 1:12.87	1000m: 11:54.19 1:12.70	1400m: 16:47.01 1:12.75
300m: 3:24.74 1:11.27	700m: 8:15.51 1:12.88	1100m: 13:07.61 1:13.42	1500m: 17:58.42 1:11.41
400m: 4:36.95 1:12.21	800m: 9:28.42 1:12.91	1200m: 14:20.96 1:13.35	

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Prova 1, Masc., 1500m Livres, Juvenis B

Lugar			Ano			Tempo final	Pts	
9.	Marcelo Santos Saldanha		94	Bombeiros das Caldas Rainha		<b>17:58.95</b>	548	
	100m: 1:02.21	1:02.21	500m: 5:49.73	1:13.06	900m: 10:42.35	1:13.70	1300m: 15:34.81	1:13.31
	200m: 2:12.50	1:10.29	600m: 7:02.44	1:12.71	1000m: 11:55.30	1:12.95	1400m: 16:47.82	1:13.01
	300m: 3:24.14	1:11.64	700m: 8:15.37	1:12.93	1100m: 13:08.32	1:13.02	1500m: 17:58.95	1:11.13
	400m: 4:36.67	1:12.53	800m: 9:28.65	1:13.28	1200m: 14:21.50	1:13.18		
10.	Ivo Andre Lopes		94	20Km de Almeirim		<b>18:06.03</b>	537	
	<i>FTL</i>							
	100m: 1:04.69	1:04.69	500m: 5:50.66	1:12.07	900m: 10:42.26	1:13.41	1300m: 15:39.83	1:14.94
	200m: 2:15.34	1:10.65	600m: 7:03.15	1:12.49	1000m: 11:56.01	1:13.75	1400m: 16:53.19	1:13.36
	300m: 3:27.48	1:12.14	700m: 8:15.96	1:12.81	1100m: 13:10.13	1:14.12	1500m: 18:06.03	1:12.84
	400m: 4:38.59	1:11.11	800m: 9:28.85	1:12.89	1200m: 14:24.89	1:14.76		
11.	Joao Pedro Vieira		94	Naval do Funchal		<b>18:17.63</b>	520	
	<i>FTL</i>							
	100m: 1:04.12	1:04.12	500m: 5:55.23	1:13.91	900m: 10:53.39	1:14.93	1300m: 15:52.03	1:14.80
	200m: 2:15.56	1:11.44	600m: 7:09.80	1:14.57	1000m: 12:07.86	1:14.47	1400m: 17:06.43	1:14.40
	300m: 3:28.50	1:12.94	700m: 8:24.45	1:14.65	1100m: 13:22.36	1:14.50	1500m: 18:17.63	1:11.20
	400m: 4:41.32	1:12.82	800m: 9:38.46	1:14.01	1200m: 14:37.23	1:14.87		
12.	Bernardo Machado Costa		94	Porto/Império Bonança		<b>18:47.08</b>	480	
	<i>FTL</i>							
	100m: 1:04.98	1:04.98	500m: 6:04.51	1:16.68	900m: 11:10.34	1:16.77	1300m: 16:16.65	1:17.33
	200m: 2:17.54	1:12.56	600m: 7:20.93	1:16.42	1000m: 12:26.90	1:16.56	1400m: 17:32.49	1:15.84
	300m: 3:32.48	1:14.94	700m: 8:36.95	1:16.02	1100m: 13:42.88	1:15.98	1500m: 18:47.08	1:14.59
	400m: 4:47.83	1:15.35	800m: 9:53.57	1:16.62	1200m: 14:59.32	1:16.44		
DSQ	Tiago Vitorino Mendes		94	Desportiva Limiana				
	<i>Falsa Partida</i>							