

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Prova 1 Masc., 1500m Livres Open
29-07-2010 - 9:00 Resultados

Rec Nac Open	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14-08-2007
Rec Nac Inf B	17:21.58	Pedro Fontoura Oliveira	CFB	Restelo	27-07-2003
Rec Nac Inf A	16:43.48	Pedro Fontoura Oliveira	CFB	Rio Maior	19-06-2004
Rec Nac Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005
Rec Nac Juv A	15:45.55	Gustavo Manuel Santa	FPN	Tampere (FIN)	23-07-2009
Rec Nac Jun	15:34.51	Fernando Eurico Costa	FPN	Luxemburgo (LUX)	24-01-2003
Rec Nac Sen	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14-08-2007

TAC SEN/JUN2 Masc 18 +: 16:50.00 / TAC JUN1 Masc 17: 17:02.50 / TAC JUV A Masc Juv A: 17:36.00 /

TAC JUV B Masc Juv B: 18:00.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Open

1.	Fernando Eurico Costa	85	Individual Norte de Portugal	15:45.13	+0.75	792	
	100m: 1:00.35 1:00.35	500m: 5:14.57 1:03.66	900m: 9:28.18 1:02.39	1300m: 13:39.99 1:03.04			
	200m: 2:03.68 1:03.33	600m: 6:18.21 1:03.64	1000m: 10:30.56 1:02.38	1400m: 14:42.65 1:02.66			
	300m: 3:07.32 1:03.64	700m: 7:21.92 1:03.71	1100m: 11:34.10 1:03.54	1500m: 15:45.13 1:02.48			
	400m: 4:10.91 1:03.59	800m: 8:25.79 1:03.87	1200m: 12:36.95 1:02.85				
2.	Paulo Fragueiro Franco	82	Nacional	15:51.38	+0.97	776	
	100m: 1:00.21 1:00.21	500m: 5:14.34 1:03.60	900m: 9:29.46 1:03.56	1300m: 13:44.98 1:03.64			
	200m: 2:03.72 1:03.51	600m: 6:18.04 1:03.70	1000m: 10:33.37 1:03.91	1400m: 14:48.97 1:03.99			
	300m: 3:07.08 1:03.36	700m: 7:21.99 1:03.95	1100m: 11:37.44 1:04.07	1500m: 15:51.38 1:02.41			
	400m: 4:10.74 1:03.66	800m: 8:25.90 1:03.91	1200m: 12:41.34 1:03.90				
3.	Gustavo Manuel Santa	93	Litoral Alentejano	16:00.68	+0.77	754	
	100m: 1:00.50 1:00.50	500m: 5:15.53 1:03.78	900m: 9:30.41 1:03.73	1300m: 13:51.38 1:05.56			
	200m: 2:04.59 1:04.09	600m: 6:19.01 1:03.48	1000m: 10:34.63 1:04.22	1400m: 14:57.47 1:06.09			
	300m: 3:07.83 1:03.24	700m: 7:22.83 1:03.82	1100m: 11:40.58 1:05.95	1500m: 16:00.68 1:03.21			
	400m: 4:11.75 1:03.92	800m: 8:26.68 1:03.85	1200m: 12:45.82 1:05.24				
4.	Tiago Silva Oliveira	94	Leixoes	16:12.85	+0.81	726	
	100m: 1:02.03 1:02.03	500m: 5:20.45 1:04.78	900m: 9:42.10 1:05.67	1300m: 14:04.40 1:06.00			
	200m: 2:07.45 1:05.42	600m: 6:26.00 1:05.55	1000m: 10:47.35 1:05.25	1400m: 15:09.97 1:05.57			
	300m: 3:12.23 1:04.78	700m: 7:31.32 1:05.32	1100m: 11:52.86 1:05.51	1500m: 16:12.85 1:02.88			
	400m: 4:15.67 1:03.44	800m: 8:36.43 1:05.11	1200m: 12:58.40 1:05.54				
5.	Rui Filipe Costa	91	Vitoria de Guimaraes	16:14.71	+0.73	722	
	100m: 1:00.48 1:00.48	500m: 5:19.28 1:05.16	900m: 9:42.18 1:06.17	1300m: 14:06.93 1:05.70			
	200m: 2:04.69 1:04.21	600m: 6:24.48 1:05.20	1000m: 10:48.63 1:06.45	1400m: 15:12.54 1:05.61			
	300m: 3:09.36 1:04.67	700m: 7:30.03 1:05.55	1100m: 11:55.06 1:06.43	1500m: 16:14.71 1:02.17			
	400m: 4:14.12 1:04.76	800m: 8:36.01 1:05.98	1200m: 13:01.23 1:06.17				
6.	Mario Andre Bonanca	90	Sporting	16:18.49	+0.85	714	
	100m: 1:01.78 1:01.78	500m: 5:21.58 1:05.39	900m: 9:43.46 1:05.62	1300m: 14:07.88 1:06.36			
	200m: 2:06.98 1:05.20	600m: 6:26.65 1:05.07	1000m: 10:48.98 1:05.52	1400m: 15:14.09 1:06.21			
	300m: 3:11.63 1:04.65	700m: 7:32.23 1:05.58	1100m: 11:55.34 1:06.36	1500m: 16:18.49 1:04.40			
	400m: 4:16.19 1:04.56	800m: 8:37.84 1:05.61	1200m: 13:01.52 1:06.18				
7.	Andre Filipe Lopes	92	Academica de Coimbra	16:23.83	+0.72	702	
	100m: 1:01.84 1:01.84	500m: 5:24.42 1:05.73	900m: 9:47.73 1:06.15	1300m: 14:11.82 1:06.42			
	200m: 2:07.52 1:05.68	600m: 6:30.12 1:05.70	1000m: 10:53.46 1:05.73	1400m: 15:18.43 1:06.61			
	300m: 3:13.05 1:05.53	700m: 7:35.91 1:05.79	1100m: 11:59.26 1:05.80	1500m: 16:23.83 1:05.40			
	400m: 4:18.69 1:05.64	800m: 8:41.58 1:05.67	1200m: 13:05.40 1:06.14				

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Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Diogo Andre Gaspar	90	Uniao Piedense	16:29.31	+0.82	690	
	100m: 1:00.95 1:00.95	500m: 5:22.25 1:06.19	900m: 9:49.23 1:06.68	1300m: 14:16.84 1:06.89			
	200m: 2:05.78 1:04.83	600m: 6:28.78 1:06.53	1000m: 10:56.06 1:06.83	1400m: 15:23.95 1:07.11			
	300m: 3:10.17 1:04.39	700m: 7:35.31 1:06.53	1100m: 12:02.78 1:06.72	1500m: 16:29.31 1:05.36			
	400m: 4:16.06 1:05.89	800m: 8:42.55 1:07.24	1200m: 13:09.95 1:07.17				
9.	Paulo Bruno Janeiro	94	Litoral Alentejano	16:29.64	+0.79	690	
	100m: 1:02.23 1:02.23	500m: 5:24.95 1:04.95	900m: 9:48.75 1:06.43	1300m: 14:17.44 1:07.60			
	200m: 2:08.22 1:05.99	600m: 6:30.49 1:05.54	1000m: 10:55.42 1:06.67	1400m: 15:24.47 1:07.03			
	300m: 3:14.08 1:05.86	700m: 7:36.53 1:06.04	1100m: 12:02.61 1:07.19	1500m: 16:29.64 1:05.17			
	400m: 4:20.00 1:05.92	800m: 8:42.32 1:05.79	1200m: 13:09.84 1:07.23				
10.	Ahmed Shatti	94	Kuwait	16:34.94	+0.77	679	
	100m: 1:02.74 1:02.74	500m: 5:29.88 1:06.84	900m: 9:58.17 1:06.88	1300m: 14:25.71 1:06.78			
	200m: 2:09.63 1:06.89	600m: 6:37.28 1:07.40	1000m: 11:04.98 1:06.81	1400m: 15:32.04 1:06.33			
	300m: 3:16.21 1:06.58	700m: 7:44.24 1:06.96	1100m: 12:11.88 1:06.90	1500m: 16:34.94 1:02.90			
	400m: 4:23.04 1:06.83	800m: 8:51.29 1:07.05	1200m: 13:18.93 1:07.05				
11.	Miguel Monteiro Diogo	93	Alcobaca	16:36.22	+0.74	676	
	100m: 1:02.45 1:02.45	500m: 5:28.26 1:06.79	900m: 9:53.30 1:06.02	1300m: 14:23.40 1:07.94			
	200m: 2:08.43 1:05.98	600m: 6:34.47 1:06.21	1000m: 10:59.84 1:06.54	1400m: 15:31.60 1:08.20			
	300m: 3:14.92 1:06.49	700m: 7:40.74 1:06.27	1100m: 12:07.24 1:07.40	1500m: 16:36.22 1:04.62			
	400m: 4:21.47 1:06.55	800m: 8:47.28 1:06.54	1200m: 13:15.46 1:08.22				
12.	Ricardo Manuel Machado	93	Braga	16:37.22	+0.87	674	
	100m: 1:02.85 1:02.85	500m: 5:25.60 1:06.01	900m: 9:54.89 1:08.36	1300m: 14:27.39 1:08.05			
	200m: 2:08.37 1:05.52	600m: 6:31.72 1:06.12	1000m: 11:02.50 1:07.61	1400m: 15:34.43 1:07.04			
	300m: 3:13.77 1:05.40	700m: 7:38.94 1:07.22	1100m: 12:11.12 1:08.62	1500m: 16:37.22 1:02.79			
	400m: 4:19.59 1:05.82	800m: 8:46.53 1:07.59	1200m: 13:19.34 1:08.22				
13.	Vasco Miguel Gaspar	90	Uniao Piedense	16:37.85	+0.81	673	
	100m: 1:03.35 1:03.35	500m: 5:25.43 1:06.65	900m: 9:55.18 1:07.25	1300m: 14:26.98 1:07.91			
	200m: 2:08.28 1:04.93	600m: 6:32.89 1:07.46	1000m: 11:02.99 1:07.81	1400m: 15:33.83 1:06.85			
	300m: 3:13.15 1:04.87	700m: 7:40.29 1:07.40	1100m: 12:11.06 1:08.07	1500m: 16:37.85 1:04.02			
	400m: 4:18.78 1:05.63	800m: 8:47.93 1:07.64	1200m: 13:19.07 1:08.01				
14.	Daniel Ricardo Viegas	83	Amadora	16:38.23	+0.84	672	
	100m: 1:01.90 1:01.90	500m: 5:27.51 1:07.08	900m: 9:59.99 1:07.31	1300m: 14:26.95 1:07.26			
	200m: 2:07.52 1:05.62	600m: 6:35.48 1:07.97	1000m: 11:06.67 1:06.68	1400m: 15:33.43 1:06.48			
	300m: 3:13.60 1:06.08	700m: 7:44.34 1:08.86	1100m: 12:13.30 1:06.63	1500m: 16:38.23 1:04.80			
	400m: 4:20.43 1:06.83	800m: 8:52.68 1:08.34	1200m: 13:19.69 1:06.39				
15.	Nuno Vieira Malheiro	93	Braga	16:38.36	+0.92	672	
	100m: 1:04.17 1:04.17	500m: 5:33.76 1:07.72	900m: 10:02.36 1:06.82	1300m: 14:27.43 1:06.34			
	200m: 2:11.71 1:07.54	600m: 6:40.96 1:07.20	1000m: 11:08.73 1:06.37	1400m: 15:34.30 1:06.87			
	300m: 3:18.67 1:06.96	700m: 7:48.41 1:07.45	1100m: 12:14.64 1:05.91	1500m: 16:38.36 1:04.06			
	400m: 4:26.04 1:07.37	800m: 8:55.54 1:07.13	1200m: 13:21.09 1:06.45				
16.	Abdullah Al Bader	91	Kuwait	16:38.65	+0.83	671	
	100m: 1:03.00 1:03.00	500m: 5:27.56 1:07.06	900m: 9:58.93 1:07.51	1300m: 14:29.94 1:07.72			
	200m: 2:08.25 1:05.25	600m: 6:35.63 1:08.07	1000m: 11:06.10 1:07.17	1400m: 15:36.53 1:06.59			
	300m: 3:14.21 1:05.96	700m: 7:43.92 1:08.29	1100m: 12:14.36 1:08.26	1500m: 16:38.65 1:02.12			
	400m: 4:20.50 1:06.29	800m: 8:51.42 1:07.50	1200m: 13:22.22 1:07.86				
17.	Andre Rafael Marinho	93	Uniao Piedense	16:44.18	+0.99	660	
	100m: 1:02.59 1:02.59	500m: 5:29.62 1:06.88	900m: 9:58.96 1:07.25	1300m: 14:29.84 1:07.95			
	200m: 2:09.09 1:06.50	600m: 6:36.84 1:07.22	1000m: 11:06.25 1:07.29	1400m: 15:37.74 1:07.90			
	300m: 3:15.82 1:06.73	700m: 7:44.31 1:07.47	1100m: 12:13.73 1:07.48	1500m: 16:44.18 1:06.44			
	400m: 4:22.74 1:06.92	800m: 8:51.71 1:07.40	1200m: 13:21.89 1:08.16				

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Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Diogo Banza Pinto	87	Alges	16:44.51	+0.83	659	
	100m: 1:01.14 1:01.14	500m: 5:22.97 1:06.06	900m: 9:53.33 1:08.74	1300m: 14:28.52 1:08.76			
	200m: 2:05.93 1:04.79	600m: 6:29.42 1:06.45	1000m: 11:02.35 1:09.02	1400m: 15:37.68 1:09.16			
	300m: 3:11.04 1:05.11	700m: 7:36.88 1:07.46	1100m: 12:11.08 1:08.73	1500m: 16:44.51 1:06.83			
	400m: 4:16.91 1:05.87	800m: 8:44.59 1:07.71	1200m: 13:19.76 1:08.68				
19.	Pedro Afonso Gaspar	94	Sporting	16:44.82	+0.76	659	
	100m: 1:03.82 1:03.82	500m: 5:30.07 1:07.39	900m: 9:59.22 1:07.54	1300m: 14:30.71 1:08.06			
	200m: 2:09.28 1:05.46	600m: 6:37.35 1:07.28	1000m: 11:06.90 1:07.68	1400m: 15:38.70 1:07.99			
	300m: 3:15.47 1:06.19	700m: 7:44.47 1:07.12	1100m: 12:14.92 1:08.02	1500m: 16:44.82 1:06.12			
	400m: 4:22.68 1:07.21	800m: 8:51.68 1:07.21	1200m: 13:22.65 1:07.73				
20.	Joao Nuno Pires	94	Nautico/Matobra	16:47.81	+0.76	653	
	100m: 1:02.40 1:02.40	500m: 5:28.53 1:07.01	900m: 9:59.74 1:08.45	1300m: 14:32.16 1:08.69			
	200m: 2:08.35 1:05.95	600m: 6:36.25 1:07.72	1000m: 11:07.64 1:07.90	1400m: 15:40.24 1:08.08			
	300m: 3:14.75 1:06.40	700m: 7:44.26 1:08.01	1100m: 12:15.36 1:07.72	1500m: 16:47.81 1:07.57			
	400m: 4:21.52 1:06.77	800m: 8:51.29 1:07.03	1200m: 13:23.47 1:08.11				
21.	Tomas Correia Silva	95	Porto/Dolce Vita	16:55.32	+0.72	639	
	100m: 1:01.85 1:01.85	500m: 5:32.64 1:08.59	900m: 10:05.51 1:08.20	1300m: 14:37.88 1:08.69			
	200m: 2:08.48 1:06.63	600m: 6:40.96 1:08.32	1000m: 11:13.21 1:07.70	1400m: 15:46.39 1:08.51			
	300m: 3:15.95 1:07.47	700m: 7:49.39 1:08.43	1100m: 12:20.97 1:07.76	1500m: 16:55.32 1:08.93			
	400m: 4:24.05 1:08.10	800m: 8:57.31 1:07.92	1200m: 13:29.19 1:08.22				
22.	Luis Miguel Nogueira	93	Porto/Dolce Vita	16:59.95	+0.85	630	
	100m: 1:01.77 1:01.77	500m: 5:30.46 1:08.23	900m: 10:04.75 1:08.77	1300m: 14:41.71 1:09.77			
	200m: 2:07.97 1:06.20	600m: 6:38.60 1:08.14	1000m: 11:13.55 1:08.80	1400m: 15:51.39 1:09.68			
	300m: 3:14.59 1:06.62	700m: 7:47.26 1:08.66	1100m: 12:22.54 1:08.99	1500m: 16:59.95 1:08.56			
	400m: 4:22.23 1:07.64	800m: 8:55.98 1:08.72	1200m: 13:31.94 1:09.40				
23.	Joao Duarte Santos	95	Natacao de Olhao	17:02.45	+0.72	625	
	100m: 1:02.09 1:02.09	500m: 5:33.46 1:08.20	900m: 10:05.65 1:08.06	1300m: 14:43.71 1:09.78			
	200m: 2:08.96 1:06.87	600m: 6:41.42 1:07.96	1000m: 11:14.23 1:08.58	1400m: 15:53.80 1:10.09			
	300m: 3:16.83 1:07.87	700m: 7:49.52 1:08.10	1100m: 12:23.59 1:09.36	1500m: 17:02.45 1:08.65			
	400m: 4:25.26 1:08.43	800m: 8:57.59 1:08.07	1200m: 13:33.93 1:10.34				
24.	Rui Miguel Lopes	94	Natacao de Olhao	17:13.83	+0.85	605	
	100m: 1:03.30 1:03.30	500m: 5:36.69 1:08.74	900m: 10:15.11 1:10.41	1300m: 14:55.32 1:09.45			
	200m: 2:10.99 1:07.69	600m: 6:45.85 1:09.16	1000m: 11:25.21 1:10.10	1400m: 16:05.11 1:09.79			
	300m: 3:18.94 1:07.95	700m: 7:55.15 1:09.30	1100m: 12:35.37 1:10.16	1500m: 17:13.83 1:08.72			
	400m: 4:27.95 1:09.01	800m: 9:04.70 1:09.55	1200m: 13:45.87 1:10.50				
25.	Oscar Ramos Melim	86	Nacional	17:18.59	+0.87	597	
	<i>FTL</i>						
	100m: 1:03.34 1:03.34	500m: 5:35.12 1:09.22	900m: 10:16.53 1:10.83	1300m: 14:58.73 1:11.01			
	200m: 2:10.20 1:06.86	600m: 6:44.85 1:09.73	1000m: 11:27.57 1:11.04	1400m: 16:09.10 1:10.37			
	300m: 3:17.27 1:07.07	700m: 7:55.26 1:10.41	1100m: 12:37.77 1:10.20	1500m: 17:18.59 1:09.49			
	400m: 4:25.90 1:08.63	800m: 9:05.70 1:10.44	1200m: 13:47.72 1:09.95				
26.	Guilherme Pedro Coelho	95	Nautico/Matobra	17:23.86	+0.56	588	
	100m: 1:03.85 1:03.85	500m: 5:42.77 1:09.98	900m: 10:23.35 1:10.62	1300m: 15:04.74 1:10.33			
	200m: 2:13.05 1:09.20	600m: 6:52.30 1:09.53	1000m: 11:33.89 1:10.54	1400m: 16:15.14 1:10.40			
	300m: 3:22.95 1:09.90	700m: 8:02.31 1:10.01	1100m: 12:43.80 1:09.91	1500m: 17:23.86 1:08.72			
	400m: 4:32.79 1:09.84	800m: 9:12.73 1:10.42	1200m: 13:54.41 1:10.61				
27.	Andre Eduardo Infante	94	Sporting	17:25.81	+0.79	584	
	100m: 1:04.33 1:04.33	500m: 5:40.68 1:09.60	900m: 10:24.63 1:11.03	1300m: 15:07.87 1:11.10			
	200m: 2:12.45 1:08.12	600m: 6:50.87 1:10.19	1000m: 11:35.45 1:10.82	1400m: 16:18.50 1:10.63			
	300m: 3:21.19 1:08.74	700m: 8:01.82 1:10.95	1100m: 12:45.94 1:10.49	1500m: 17:25.81 1:07.31			
	400m: 4:31.08 1:09.89	800m: 9:13.60 1:11.78	1200m: 13:56.77 1:10.83				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	David Rodrigues Luis	95	Colegio Vasco da Gama	17:26.30	+0.78	583	
	100m: 1:04.80 1:04.80	500m: 5:43.40 1:10.18	900m: 10:24.32 1:10.76	1300m: 15:08.37 1:10.92			
	200m: 2:13.14 1:08.34	600m: 6:53.55 1:10.15	1000m: 11:35.32 1:11.00	1400m: 16:20.21 1:11.84			
	300m: 3:22.89 1:09.75	700m: 8:03.53 1:09.98	1100m: 12:46.73 1:11.41	1500m: 17:26.30 1:06.09			
	400m: 4:33.22 1:10.33	800m: 9:13.56 1:10.03	1200m: 13:57.45 1:10.72				
29.	Joao Barbosa Moreira	94	Nautico/Matobra	17:26.36	+0.85	583	
	100m: 1:03.73 1:03.73	500m: 5:43.15 1:10.47	900m: 10:23.74 1:10.17	1300m: 15:07.67 1:10.99			
	200m: 2:12.92 1:09.19	600m: 6:53.39 1:10.24	1000m: 11:34.81 1:11.07	1400m: 16:18.90 1:11.23			
	300m: 3:22.73 1:09.81	700m: 8:03.09 1:09.70	1100m: 12:45.96 1:11.15	1500m: 17:26.36 1:07.46			
	400m: 4:32.68 1:09.95	800m: 9:13.57 1:10.48	1200m: 13:56.68 1:10.72				
30.	Gil Vilela Correia	95	Sporting	17:26.41	+0.76	583	
	100m: 1:02.39 1:02.39	500m: 5:42.92 1:10.71	900m: 10:25.06 1:10.65	1300m: 15:07.26 1:10.50			
	200m: 2:11.93 1:09.54	600m: 6:53.35 1:10.43	1000m: 11:35.65 1:10.59	1400m: 16:17.75 1:10.49			
	300m: 3:21.44 1:09.51	700m: 8:04.02 1:10.67	1100m: 12:45.86 1:10.21	1500m: 17:26.41 1:08.66			
	400m: 4:32.21 1:10.77	800m: 9:14.41 1:10.39	1200m: 13:56.76 1:10.90				
31.	Tiago Ferreira Azevedo	95	Naval Amorense	17:28.33	+0.70	580	
	100m: 1:03.08 1:03.08	500m: 5:39.88 1:10.61	900m: 10:26.98 1:11.41	1300m: 15:09.97 1:10.28			
	200m: 2:10.28 1:07.20	600m: 6:51.53 1:11.65	1000m: 11:38.02 1:11.04	1400m: 16:20.33 1:10.36			
	300m: 3:18.90 1:08.62	700m: 8:03.92 1:12.39	1100m: 12:48.25 1:10.23	1500m: 17:28.33 1:08.00			
	400m: 4:29.27 1:10.37	800m: 9:15.57 1:11.65	1200m: 13:59.69 1:11.44				
32.	Francisco Miguel Cirurgiao FTL	93	Alges	17:34.17	+0.76	571	
	100m: 1:03.42 1:03.42	500m: 5:39.36 1:11.61	900m: 10:25.42 1:11.99	1300m: 15:12.30 1:11.88			
	200m: 2:10.18 1:06.76	600m: 6:50.49 1:11.13	1000m: 11:36.42 1:11.00	1400m: 16:24.26 1:11.96			
	300m: 3:17.86 1:07.68	700m: 8:01.39 1:10.90	1100m: 12:48.30 1:11.88	1500m: 17:34.17 1:09.91			
	400m: 4:27.75 1:09.89	800m: 9:13.43 1:12.04	1200m: 14:00.42 1:12.12				
33.	Duarte Nuno Vieira	95	Nacional	17:36.07	+0.77	567	
	100m: 1:06.22 1:06.22	500m: 5:50.35 1:09.72	900m: 10:32.16 1:10.45	1300m: 15:16.66 1:11.23			
	200m: 2:17.81 1:11.59	600m: 7:01.54 1:11.19	1000m: 11:43.46 1:11.30	1400m: 16:26.77 1:10.11			
	300m: 3:29.23 1:11.42	700m: 8:11.77 1:10.23	1100m: 12:53.80 1:10.34	1500m: 17:36.07 1:09.30			
	400m: 4:40.63 1:11.40	800m: 9:21.71 1:09.94	1200m: 14:05.43 1:11.63				
34.	Carlos Miguel Araujo FTL	94	Famalicao	17:37.62	+0.80	565	
	100m: 1:04.31 1:04.31	500m: 5:44.23 1:10.36	900m: 10:29.22 1:11.74	1300m: 15:16.76 1:11.67			
	200m: 2:13.71 1:09.40	600m: 6:55.07 1:10.84	1000m: 11:41.46 1:12.24	1400m: 16:27.86 1:11.10			
	300m: 3:23.46 1:09.75	700m: 8:06.26 1:11.19	1100m: 12:53.28 1:11.82	1500m: 17:37.62 1:09.76			
	400m: 4:33.87 1:10.41	800m: 9:17.48 1:11.22	1200m: 14:05.09 1:11.81				
35.	Joao Manuel Borges FTL	94	Ginasio Figueirense	17:40.23	+0.88	561	
	100m: 1:03.84 1:03.84	500m: 5:47.76 1:11.54	900m: 10:34.76 1:11.97	1300m: 15:19.92 1:11.17			
	200m: 2:13.58 1:09.74	600m: 6:59.73 1:11.97	1000m: 11:46.16 1:11.40	1400m: 16:30.59 1:10.67			
	300m: 3:24.87 1:11.29	700m: 8:11.66 1:11.93	1100m: 12:57.47 1:11.31	1500m: 17:40.23 1:09.64			
	400m: 4:36.22 1:11.35	800m: 9:22.79 1:11.13	1200m: 14:08.75 1:11.28				
36.	Jaafar Boulard FTL	92	Kuwait	17:42.77	+0.89	557	
	100m: 1:03.17 1:03.17	500m: 5:43.54 1:11.32	900m: 10:32.90 1:12.20	1300m: 15:22.48 1:11.57			
	200m: 2:11.39 1:08.22	600m: 6:55.77 1:12.23	1000m: 11:46.31 1:13.41	1400m: 16:33.15 1:10.67			
	300m: 3:22.19 1:10.80	700m: 8:07.86 1:12.09	1100m: 12:58.45 1:12.14	1500m: 17:42.77 1:09.62			
	400m: 4:32.22 1:10.03	800m: 9:20.70 1:12.84	1200m: 14:10.91 1:12.46				

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Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	Joao Nuno Abreu	95	Vitoria de Guimaraes	17:43.69	+0.80	555	
	100m: 1:04.71 1:04.71	500m: 5:47.67 1:11.61	900m: 10:33.76 1:11.48	1300m: 15:21.68 1:12.24			
	200m: 2:13.81 1:09.10	600m: 6:59.09 1:11.42	1000m: 11:45.56 1:11.80	1400m: 16:33.48 1:11.80			
	300m: 3:24.56 1:10.75	700m: 8:10.62 1:11.53	1100m: 12:57.40 1:11.84	1500m: 17:43.69 1:10.21			
	400m: 4:36.06 1:11.50	800m: 9:22.28 1:11.66	1200m: 14:09.44 1:12.04				
38.	Cesar Filipe Magalhaes	95	Foca	17:54.18	+0.89	539	
	100m: 1:06.12 1:06.12	500m: 5:51.24 1:11.40	900m: 10:39.92 1:12.46	1300m: 15:29.80 1:12.75			
	200m: 2:16.84 1:10.72	600m: 7:03.47 1:12.23	1000m: 11:52.02 1:12.10	1400m: 16:42.77 1:12.97			
	300m: 3:28.09 1:11.25	700m: 8:15.59 1:12.12	1100m: 13:04.28 1:12.26	1500m: 17:54.18 1:11.41			
	400m: 4:39.84 1:11.75	800m: 9:27.46 1:11.87	1200m: 14:17.05 1:12.77				
39.	Mohammad Shams Azad FTL	95	Naval de Ponta Delgada	18:19.08	+0.80	503	
	100m: 1:03.69 1:03.69	500m: 5:55.91 1:14.43	900m: 10:54.53 1:14.61	1300m: 15:50.05 1:14.40			
	200m: 2:15.61 1:11.92	600m: 7:10.74 1:14.83	1000m: 12:07.94 1:13.41	1400m: 17:04.97 1:14.92			
	300m: 3:28.62 1:13.01	700m: 8:25.30 1:14.56	1100m: 13:21.58 1:13.64	1500m: 18:19.08 1:14.11			
	400m: 4:41.48 1:12.86	800m: 9:39.92 1:14.62	1200m: 14:35.65 1:14.07				
40.	Joao Bernardo Saragoca FTL	95	Scalabisport	18:24.90	+0.94	495	
	100m: 1:05.13 1:05.13	500m: 5:52.37 1:12.76	900m: 10:50.05 1:16.21	1300m: 15:53.88 1:16.86			
	200m: 2:16.34 1:11.21	600m: 7:05.02 1:12.65	1000m: 12:05.88 1:15.83	1400m: 17:10.29 1:16.41			
	300m: 3:27.97 1:11.63	700m: 8:19.05 1:14.03	1100m: 13:21.70 1:15.82	1500m: 18:24.90 1:14.61			
	400m: 4:39.61 1:11.64	800m: 9:33.84 1:14.79	1200m: 14:37.02 1:15.32				

Juvenis B

1.	Tomas Correia Silva	95	Porto/Dolce Vita	16:55.32	+0.72	639	
	100m: 1:01.85 1:01.85	500m: 5:32.64 1:08.59	900m: 10:05.51 1:08.20	1300m: 14:37.88 1:08.69			
	200m: 2:08.48 1:06.63	600m: 6:40.96 1:08.32	1000m: 11:13.21 1:07.70	1400m: 15:46.39 1:08.51			
	300m: 3:15.95 1:07.47	700m: 7:49.39 1:08.43	1100m: 12:20.97 1:07.76	1500m: 16:55.32 1:08.93			
	400m: 4:24.05 1:08.10	800m: 8:57.31 1:07.92	1200m: 13:29.19 1:08.22				
2.	Joao Duarte Santos	95	Natacao de Olhao	17:02.45	+0.72	625	
	100m: 1:02.09 1:02.09	500m: 5:33.46 1:08.20	900m: 10:05.65 1:08.06	1300m: 14:43.71 1:09.78			
	200m: 2:08.96 1:06.87	600m: 6:41.42 1:07.96	1000m: 11:14.23 1:08.58	1400m: 15:53.80 1:10.09			
	300m: 3:16.83 1:07.87	700m: 7:49.52 1:08.10	1100m: 12:23.59 1:09.36	1500m: 17:02.45 1:08.65			
	400m: 4:25.26 1:08.43	800m: 8:57.59 1:08.07	1200m: 13:33.93 1:10.34				
3.	Guilherme Pedro Coelho	95	Nautico/Matobra	17:23.86	+0.56	588	
	100m: 1:03.85 1:03.85	500m: 5:42.77 1:09.98	900m: 10:23.35 1:10.62	1300m: 15:04.74 1:10.33			
	200m: 2:13.05 1:09.20	600m: 6:52.30 1:09.53	1000m: 11:33.89 1:10.54	1400m: 16:15.14 1:10.40			
	300m: 3:22.95 1:09.90	700m: 8:02.31 1:10.01	1100m: 12:43.80 1:09.91	1500m: 17:23.86 1:08.72			
	400m: 4:32.79 1:09.84	800m: 9:12.73 1:10.42	1200m: 13:54.41 1:10.61				
4.	David Rodrigues Luis	95	Colegio Vasco da Gama	17:26.30	+0.78	583	
	100m: 1:04.80 1:04.80	500m: 5:43.40 1:10.18	900m: 10:24.32 1:10.76	1300m: 15:08.37 1:10.92			
	200m: 2:13.14 1:08.34	600m: 6:53.55 1:10.15	1000m: 11:35.32 1:11.00	1400m: 16:20.21 1:11.84			
	300m: 3:22.89 1:09.75	700m: 8:03.53 1:09.98	1100m: 12:46.73 1:11.41	1500m: 17:26.30 1:06.09			
	400m: 4:33.22 1:10.33	800m: 9:13.56 1:10.03	1200m: 13:57.45 1:10.72				
5.	Gil Vilela Correia	95	Sporting	17:26.41	+0.76	583	
	100m: 1:02.39 1:02.39	500m: 5:42.92 1:10.71	900m: 10:25.06 1:10.65	1300m: 15:07.26 1:10.50			
	200m: 2:11.93 1:09.54	600m: 6:53.35 1:10.43	1000m: 11:35.65 1:10.59	1400m: 16:17.75 1:10.49			
	300m: 3:21.44 1:09.51	700m: 8:04.02 1:10.67	1100m: 12:45.86 1:10.21	1500m: 17:26.41 1:08.66			
	400m: 4:32.21 1:10.77	800m: 9:14.41 1:10.39	1200m: 13:56.76 1:10.90				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Tiago Ferreira Azevedo	95	Naval Amorense	17:28.33	+0.70	580	
	100m: 1:03.08 1:03.08	500m: 5:39.88 1:10.61	900m: 10:26.98 1:11.41	1300m: 15:09.97 1:10.28			
	200m: 2:10.28 1:07.20	600m: 6:51.53 1:11.65	1000m: 11:38.02 1:11.04	1400m: 16:20.33 1:10.36			
	300m: 3:18.90 1:08.62	700m: 8:03.92 1:12.39	1100m: 12:48.25 1:10.23	1500m: 17:28.33 1:08.00			
	400m: 4:29.27 1:10.37	800m: 9:15.57 1:11.65	1200m: 13:59.69 1:11.44				
7.	Duarte Nuno Vieira	95	Nacional	17:36.07	+0.77	567	
	100m: 1:06.22 1:06.22	500m: 5:50.35 1:09.72	900m: 10:32.16 1:10.45	1300m: 15:16.66 1:11.23			
	200m: 2:17.81 1:11.59	600m: 7:01.54 1:11.19	1000m: 11:43.46 1:11.30	1400m: 16:26.77 1:10.11			
	300m: 3:29.23 1:11.42	700m: 8:11.77 1:10.23	1100m: 12:53.80 1:10.34	1500m: 17:36.07 1:09.30			
	400m: 4:40.63 1:11.40	800m: 9:21.71 1:09.94	1200m: 14:05.43 1:11.63				
8.	Joao Nuno Abreu	95	Vitoria de Guimaraes	17:43.69	+0.80	555	
	100m: 1:04.71 1:04.71	500m: 5:47.67 1:11.61	900m: 10:33.76 1:11.48	1300m: 15:21.68 1:12.24			
	200m: 2:13.81 1:09.10	600m: 6:59.09 1:11.42	1000m: 11:45.56 1:11.80	1400m: 16:33.48 1:11.80			
	300m: 3:24.56 1:10.75	700m: 8:10.62 1:11.53	1100m: 12:57.40 1:11.84	1500m: 17:43.69 1:10.21			
	400m: 4:36.06 1:11.50	800m: 9:22.28 1:11.66	1200m: 14:09.44 1:12.04				
9.	Cesar Filipe Magalhaes	95	Foca	17:54.18	+0.89	539	
	100m: 1:06.12 1:06.12	500m: 5:51.24 1:11.40	900m: 10:39.92 1:12.46	1300m: 15:29.80 1:12.75			
	200m: 2:16.84 1:10.72	600m: 7:03.47 1:12.23	1000m: 11:52.02 1:12.10	1400m: 16:42.77 1:12.97			
	300m: 3:28.09 1:11.25	700m: 8:15.59 1:12.12	1100m: 13:04.28 1:12.26	1500m: 17:54.18 1:11.41			
	400m: 4:39.84 1:11.75	800m: 9:27.46 1:11.87	1200m: 14:17.05 1:12.77				
10.	Mohammad Shams Azad FTL	95	Naval de Ponta Delgada	18:19.08	+0.80	503	
	100m: 1:03.69 1:03.69	500m: 5:55.91 1:14.43	900m: 10:54.53 1:14.61	1300m: 15:50.05 1:14.40			
	200m: 2:15.61 1:11.92	600m: 7:10.74 1:14.83	1000m: 12:07.94 1:13.41	1400m: 17:04.97 1:14.92			
	300m: 3:28.62 1:13.01	700m: 8:25.30 1:14.56	1100m: 13:21.58 1:13.64	1500m: 18:19.08 1:14.11			
	400m: 4:41.48 1:12.86	800m: 9:39.92 1:14.62	1200m: 14:35.65 1:14.07				
11.	Joao Bernardo Saragoca FTL	95	Scalabisport	18:24.90	+0.94	495	
	100m: 1:05.13 1:05.13	500m: 5:52.37 1:12.76	900m: 10:50.05 1:16.21	1300m: 15:53.88 1:16.86			
	200m: 2:16.34 1:11.21	600m: 7:05.02 1:12.65	1000m: 12:05.88 1:15.83	1400m: 17:10.29 1:16.41			
	300m: 3:27.97 1:11.63	700m: 8:19.05 1:14.03	1100m: 13:21.70 1:15.82	1500m: 18:24.90 1:14.61			
	400m: 4:39.61 1:11.64	800m: 9:33.84 1:14.79	1200m: 14:37.02 1:15.32				

Juvenis A

1.	Tiago Silva Oliveira	94	Leixoes	16:12.85	+0.81	726	
	100m: 1:02.03 1:02.03	500m: 5:20.45 1:04.78	900m: 9:42.10 1:05.67	1300m: 14:04.40 1:06.00			
	200m: 2:07.45 1:05.42	600m: 6:26.00 1:05.55	1000m: 10:47.35 1:05.25	1400m: 15:09.97 1:05.57			
	300m: 3:12.23 1:04.78	700m: 7:31.32 1:05.32	1100m: 11:52.86 1:05.51	1500m: 16:12.85 1:02.88			
	400m: 4:15.67 1:03.44	800m: 8:36.43 1:05.11	1200m: 12:58.40 1:05.54				
2.	Paulo Bruno Janeiro	94	Litoral Alentejano	16:29.64	+0.79	690	
	100m: 1:02.23 1:02.23	500m: 5:24.95 1:04.95	900m: 9:48.75 1:06.43	1300m: 14:17.44 1:07.60			
	200m: 2:08.22 1:05.99	600m: 6:30.49 1:05.54	1000m: 10:55.42 1:06.67	1400m: 15:24.47 1:07.03			
	300m: 3:14.08 1:05.86	700m: 7:36.53 1:06.04	1100m: 12:02.61 1:07.19	1500m: 16:29.64 1:05.17			
	400m: 4:20.00 1:05.92	800m: 8:42.32 1:05.79	1200m: 13:09.84 1:07.23				
3.	Pedro Afonso Gaspar	94	Sporting	16:44.82	+0.76	659	
	100m: 1:03.82 1:03.82	500m: 5:30.07 1:07.39	900m: 9:59.22 1:07.54	1300m: 14:30.71 1:08.06			
	200m: 2:09.28 1:05.46	600m: 6:37.35 1:07.28	1000m: 11:06.90 1:07.68	1400m: 15:38.70 1:07.99			
	300m: 3:15.47 1:06.19	700m: 7:44.47 1:07.12	1100m: 12:14.92 1:08.02	1500m: 16:44.82 1:06.12			
	400m: 4:22.68 1:07.21	800m: 8:51.68 1:07.21	1200m: 13:22.65 1:07.73				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Joao Nuno Pires	94	Nautico/Matobra	16:47.81	+0.76	653	
	100m: 1:02.40 1:02.40	500m: 5:28.53 1:07.01	900m: 9:59.74 1:08.45	1300m: 14:32.16 1:08.69			
	200m: 2:08.35 1:05.95	600m: 6:36.25 1:07.72	1000m: 11:07.64 1:07.90	1400m: 15:40.24 1:08.08			
	300m: 3:14.75 1:06.40	700m: 7:44.26 1:08.01	1100m: 12:15.36 1:07.72	1500m: 16:47.81 1:07.57			
	400m: 4:21.52 1:06.77	800m: 8:51.29 1:07.03	1200m: 13:23.47 1:08.11				
5.	Rui Miguel Lopes	94	Natacao de Olhao	17:13.83	+0.85	605	
	100m: 1:03.30 1:03.30	500m: 5:36.69 1:08.74	900m: 10:15.11 1:10.41	1300m: 14:55.32 1:09.45			
	200m: 2:10.99 1:07.69	600m: 6:45.85 1:09.16	1000m: 11:25.21 1:10.10	1400m: 16:05.11 1:09.79			
	300m: 3:18.94 1:07.95	700m: 7:55.15 1:09.30	1100m: 12:35.37 1:10.16	1500m: 17:13.83 1:08.72			
	400m: 4:27.95 1:09.01	800m: 9:04.70 1:09.55	1200m: 13:45.87 1:10.50				
6.	Andre Eduardo Infante	94	Sporting	17:25.81	+0.79	584	
	100m: 1:04.33 1:04.33	500m: 5:40.68 1:09.60	900m: 10:24.63 1:11.03	1300m: 15:07.87 1:11.10			
	200m: 2:12.45 1:08.12	600m: 6:50.87 1:10.19	1000m: 11:35.45 1:10.82	1400m: 16:18.50 1:10.63			
	300m: 3:21.19 1:08.74	700m: 8:01.82 1:10.95	1100m: 12:45.94 1:10.49	1500m: 17:25.81 1:07.31			
	400m: 4:31.08 1:09.89	800m: 9:13.60 1:11.78	1200m: 13:56.77 1:10.83				
7.	Joao Barbosa Moreira	94	Nautico/Matobra	17:26.36	+0.85	583	
	100m: 1:03.73 1:03.73	500m: 5:43.15 1:10.47	900m: 10:23.74 1:10.17	1300m: 15:07.67 1:10.99			
	200m: 2:12.92 1:09.19	600m: 6:53.39 1:10.24	1000m: 11:34.81 1:11.07	1400m: 16:18.90 1:11.23			
	300m: 3:22.73 1:09.81	700m: 8:03.09 1:09.70	1100m: 12:45.96 1:11.15	1500m: 17:26.36 1:07.46			
	400m: 4:32.68 1:09.95	800m: 9:13.57 1:10.48	1200m: 13:56.68 1:10.72				
8.	Carlos Miguel Araujo FTL	94	Famalicao	17:37.62	+0.80	565	
	100m: 1:04.31 1:04.31	500m: 5:44.23 1:10.36	900m: 10:29.22 1:11.74	1300m: 15:16.76 1:11.67			
	200m: 2:13.71 1:09.40	600m: 6:55.07 1:10.84	1000m: 11:41.46 1:12.24	1400m: 16:27.86 1:11.10			
	300m: 3:23.46 1:09.75	700m: 8:06.26 1:11.19	1100m: 12:53.28 1:11.82	1500m: 17:37.62 1:09.76			
	400m: 4:33.87 1:10.41	800m: 9:17.48 1:11.22	1200m: 14:05.09 1:11.81				
9.	Joao Manuel Borges FTL	94	Ginasio Figueirense	17:40.23	+0.88	561	
	100m: 1:03.84 1:03.84	500m: 5:47.76 1:11.54	900m: 10:34.76 1:11.97	1300m: 15:19.92 1:11.17			
	200m: 2:13.58 1:09.74	600m: 6:59.73 1:11.97	1000m: 11:46.16 1:11.40	1400m: 16:30.59 1:10.67			
	300m: 3:24.87 1:11.29	700m: 8:11.66 1:11.93	1100m: 12:57.47 1:11.31	1500m: 17:40.23 1:09.64			
	400m: 4:36.22 1:11.35	800m: 9:22.79 1:11.13	1200m: 14:08.75 1:11.28				

Absolutos

1.	Fernando Eurico Costa	85	Individual Norte de Portugal	15:45.13	+0.75	792	
	100m: 1:00.35 1:00.35	500m: 5:14.57 1:03.66	900m: 9:28.18 1:02.39	1300m: 13:39.99 1:03.04			
	200m: 2:03.68 1:03.33	600m: 6:18.21 1:03.64	1000m: 10:30.56 1:02.38	1400m: 14:42.65 1:02.66			
	300m: 3:07.32 1:03.64	700m: 7:21.92 1:03.71	1100m: 11:34.10 1:03.54	1500m: 15:45.13 1:02.48			
	400m: 4:10.91 1:03.59	800m: 8:25.79 1:03.87	1200m: 12:36.95 1:02.85				
2.	Paulo Fragueiro Franco	82	Nacional	15:51.38	+0.97	776	
	100m: 1:00.21 1:00.21	500m: 5:14.34 1:03.60	900m: 9:29.46 1:03.56	1300m: 13:44.98 1:03.64			
	200m: 2:03.72 1:03.51	600m: 6:18.04 1:03.70	1000m: 10:33.37 1:03.91	1400m: 14:48.97 1:03.99			
	300m: 3:07.08 1:03.36	700m: 7:21.99 1:03.95	1100m: 11:37.44 1:04.07	1500m: 15:51.38 1:02.41			
	400m: 4:10.74 1:03.66	800m: 8:25.90 1:03.91	1200m: 12:41.34 1:03.90				
3.	Gustavo Manuel Santa	93	Litoral Alentejano	16:00.68	+0.77	754	
	100m: 1:00.50 1:00.50	500m: 5:15.53 1:03.78	900m: 9:30.41 1:03.73	1300m: 13:51.38 1:05.56			
	200m: 2:04.59 1:04.09	600m: 6:19.01 1:03.48	1000m: 10:34.63 1:04.22	1400m: 14:57.47 1:06.09			
	300m: 3:07.83 1:03.24	700m: 7:22.83 1:03.82	1100m: 11:40.58 1:05.95	1500m: 16:00.68 1:03.21			
	400m: 4:11.75 1:03.92	800m: 8:26.68 1:03.85	1200m: 12:45.82 1:05.24				

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Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Tiago Silva Oliveira	94	Leixoes	16:12.85	+0.81	726	
	100m: 1:02.03 1:02.03	500m: 5:20.45 1:04.78	900m: 9:42.10 1:05.67	1300m: 14:04.40 1:06.00			
	200m: 2:07.45 1:05.42	600m: 6:26.00 1:05.55	1000m: 10:47.35 1:05.25	1400m: 15:09.97 1:05.57			
	300m: 3:12.23 1:04.78	700m: 7:31.32 1:05.32	1100m: 11:52.86 1:05.51	1500m: 16:12.85 1:02.88			
	400m: 4:15.67 1:03.44	800m: 8:36.43 1:05.11	1200m: 12:58.40 1:05.54				
5.	Rui Filipe Costa	91	Vitoria de Guimaraes	16:14.71	+0.73	722	
	100m: 1:00.48 1:00.48	500m: 5:19.28 1:05.16	900m: 9:42.18 1:06.17	1300m: 14:06.93 1:05.70			
	200m: 2:04.69 1:04.21	600m: 6:24.48 1:05.20	1000m: 10:48.63 1:06.45	1400m: 15:12.54 1:05.61			
	300m: 3:09.36 1:04.67	700m: 7:30.03 1:05.55	1100m: 11:55.06 1:06.43	1500m: 16:14.71 1:02.17			
	400m: 4:14.12 1:04.76	800m: 8:36.01 1:05.98	1200m: 13:01.23 1:06.17				
6.	Mario Andre Bonanca	90	Sporting	16:18.49	+0.85	714	
	100m: 1:01.78 1:01.78	500m: 5:21.58 1:05.39	900m: 9:43.46 1:05.62	1300m: 14:07.88 1:06.36			
	200m: 2:06.98 1:05.20	600m: 6:26.65 1:05.07	1000m: 10:48.98 1:05.52	1400m: 15:14.09 1:06.21			
	300m: 3:11.63 1:04.65	700m: 7:32.23 1:05.58	1100m: 11:55.34 1:06.36	1500m: 16:18.49 1:04.40			
	400m: 4:16.19 1:04.56	800m: 8:37.84 1:05.61	1200m: 13:01.52 1:06.18				
7.	Andre Filipe Lopes	92	Academica de Coimbra	16:23.83	+0.72	702	
	100m: 1:01.84 1:01.84	500m: 5:24.42 1:05.73	900m: 9:47.73 1:06.15	1300m: 14:11.82 1:06.42			
	200m: 2:07.52 1:05.68	600m: 6:30.12 1:05.70	1000m: 10:53.46 1:05.73	1400m: 15:18.43 1:06.61			
	300m: 3:13.05 1:05.53	700m: 7:35.91 1:05.79	1100m: 11:59.26 1:05.80	1500m: 16:23.83 1:05.40			
	400m: 4:18.69 1:05.64	800m: 8:41.58 1:05.67	1200m: 13:05.40 1:06.14				
8.	Diogo Andre Gaspar	90	Uniao Piedense	16:29.31	+0.82	690	
	100m: 1:00.95 1:00.95	500m: 5:22.25 1:06.19	900m: 9:49.23 1:06.68	1300m: 14:16.84 1:06.89			
	200m: 2:05.78 1:04.83	600m: 6:28.78 1:06.53	1000m: 10:56.06 1:06.83	1400m: 15:23.95 1:07.11			
	300m: 3:10.17 1:04.39	700m: 7:35.31 1:06.53	1100m: 12:02.78 1:06.72	1500m: 16:29.31 1:05.36			
	400m: 4:16.06 1:05.89	800m: 8:42.55 1:07.24	1200m: 13:09.95 1:07.17				
9.	Paulo Bruno Janeiro	94	Litoral Alentejano	16:29.64	+0.79	690	
	100m: 1:02.23 1:02.23	500m: 5:24.95 1:04.95	900m: 9:48.75 1:06.43	1300m: 14:17.44 1:07.60			
	200m: 2:08.22 1:05.99	600m: 6:30.49 1:05.54	1000m: 10:55.42 1:06.67	1400m: 15:24.47 1:07.03			
	300m: 3:14.08 1:05.86	700m: 7:36.53 1:06.04	1100m: 12:02.61 1:07.19	1500m: 16:29.64 1:05.17			
	400m: 4:20.00 1:05.92	800m: 8:42.32 1:05.79	1200m: 13:09.84 1:07.23				
10.	Miguel Monteiro Diogo	93	Alcobaca	16:36.22	+0.74	676	
	100m: 1:02.45 1:02.45	500m: 5:28.26 1:06.79	900m: 9:53.30 1:06.02	1300m: 14:23.40 1:07.94			
	200m: 2:08.43 1:05.98	600m: 6:34.47 1:06.21	1000m: 10:59.84 1:06.54	1400m: 15:31.60 1:08.20			
	300m: 3:14.92 1:06.49	700m: 7:40.74 1:06.27	1100m: 12:07.24 1:07.40	1500m: 16:36.22 1:04.62			
	400m: 4:21.47 1:06.55	800m: 8:47.28 1:06.54	1200m: 13:15.46 1:08.22				
11.	Ricardo Manuel Machado	93	Braga	16:37.22	+0.87	674	
	100m: 1:02.85 1:02.85	500m: 5:25.60 1:06.01	900m: 9:54.89 1:08.36	1300m: 14:27.39 1:08.05			
	200m: 2:08.37 1:05.52	600m: 6:31.72 1:06.12	1000m: 11:02.50 1:07.61	1400m: 15:34.43 1:07.04			
	300m: 3:13.77 1:05.40	700m: 7:38.94 1:07.22	1100m: 12:11.12 1:08.62	1500m: 16:37.22 1:02.79			
	400m: 4:19.59 1:05.82	800m: 8:46.53 1:07.59	1200m: 13:19.34 1:08.22				
12.	Vasco Miguel Gaspar	90	Uniao Piedense	16:37.85	+0.81	673	
	100m: 1:03.35 1:03.35	500m: 5:25.43 1:06.65	900m: 9:55.18 1:07.25	1300m: 14:26.98 1:07.91			
	200m: 2:08.28 1:04.93	600m: 6:32.89 1:07.46	1000m: 11:02.99 1:07.81	1400m: 15:33.83 1:06.85			
	300m: 3:13.15 1:04.87	700m: 7:40.29 1:07.40	1100m: 12:11.06 1:08.07	1500m: 16:37.85 1:04.02			
	400m: 4:18.78 1:05.63	800m: 8:47.93 1:07.64	1200m: 13:19.07 1:08.01				
13.	Daniel Ricardo Viegas	83	Amadora	16:38.23	+0.84	672	
	100m: 1:01.90 1:01.90	500m: 5:27.51 1:07.08	900m: 9:59.99 1:07.31	1300m: 14:26.95 1:07.26			
	200m: 2:07.52 1:05.62	600m: 6:35.48 1:07.97	1000m: 11:06.67 1:06.68	1400m: 15:33.43 1:06.48			
	300m: 3:13.60 1:06.08	700m: 7:44.34 1:08.86	1100m: 12:13.30 1:06.63	1500m: 16:38.23 1:04.80			
	400m: 4:20.43 1:06.83	800m: 8:52.68 1:08.34	1200m: 13:19.69 1:06.39				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Nuno Vieira Malheiro	93	Braga	16:38.36	+0.92	672	
	100m: 1:04.17 1:04.17	500m: 5:33.76 1:07.72	900m: 10:02.36 1:06.82	1300m: 14:27.43 1:06.34			
	200m: 2:11.71 1:07.54	600m: 6:40.96 1:07.20	1000m: 11:08.73 1:06.37	1400m: 15:34.30 1:06.87			
	300m: 3:18.67 1:06.96	700m: 7:48.41 1:07.45	1100m: 12:14.64 1:05.91	1500m: 16:38.36 1:04.06			
	400m: 4:26.04 1:07.37	800m: 8:55.54 1:07.13	1200m: 13:21.09 1:06.45				
15.	Andre Rafael Marinho	93	Uniao Piedense	16:44.18	+0.99	660	
	100m: 1:02.59 1:02.59	500m: 5:29.62 1:06.88	900m: 9:58.96 1:07.25	1300m: 14:29.84 1:07.95			
	200m: 2:09.09 1:06.50	600m: 6:36.84 1:07.22	1000m: 11:06.25 1:07.29	1400m: 15:37.74 1:07.90			
	300m: 3:15.82 1:06.73	700m: 7:44.31 1:07.47	1100m: 12:13.73 1:07.48	1500m: 16:44.18 1:06.44			
	400m: 4:22.74 1:06.92	800m: 8:51.71 1:07.40	1200m: 13:21.89 1:08.16				
16.	Diogo Banza Pinto	87	Alges	16:44.51	+0.83	659	
	100m: 1:01.14 1:01.14	500m: 5:22.97 1:06.06	900m: 9:53.33 1:08.74	1300m: 14:28.52 1:08.76			
	200m: 2:05.93 1:04.79	600m: 6:29.42 1:06.45	1000m: 11:02.35 1:09.02	1400m: 15:37.68 1:09.16			
	300m: 3:11.04 1:05.11	700m: 7:36.88 1:07.46	1100m: 12:11.08 1:08.73	1500m: 16:44.51 1:06.83			
	400m: 4:16.91 1:05.87	800m: 8:44.59 1:07.71	1200m: 13:19.76 1:08.68				
17.	Pedro Afonso Gaspar	94	Sporting	16:44.82	+0.76	659	
	100m: 1:03.82 1:03.82	500m: 5:30.07 1:07.39	900m: 9:59.22 1:07.54	1300m: 14:30.71 1:08.06			
	200m: 2:09.28 1:05.46	600m: 6:37.35 1:07.28	1000m: 11:06.90 1:07.68	1400m: 15:38.70 1:07.99			
	300m: 3:15.47 1:06.19	700m: 7:44.47 1:07.12	1100m: 12:14.92 1:08.02	1500m: 16:44.82 1:06.12			
	400m: 4:22.68 1:07.21	800m: 8:51.68 1:07.21	1200m: 13:22.65 1:07.73				
18.	Joao Nuno Pires	94	Nautico/Matobra	16:47.81	+0.76	653	
	100m: 1:02.40 1:02.40	500m: 5:28.53 1:07.01	900m: 9:59.74 1:08.45	1300m: 14:32.16 1:08.69			
	200m: 2:08.35 1:05.95	600m: 6:36.25 1:07.72	1000m: 11:07.64 1:07.90	1400m: 15:40.24 1:08.08			
	300m: 3:14.75 1:06.40	700m: 7:44.26 1:08.01	1100m: 12:15.36 1:07.72	1500m: 16:47.81 1:07.57			
	400m: 4:21.52 1:06.77	800m: 8:51.29 1:07.03	1200m: 13:23.47 1:08.11				
19.	Tomas Correia Silva	95	Porto/Dolce Vita	16:55.32	+0.72	639	
	100m: 1:01.85 1:01.85	500m: 5:32.64 1:08.59	900m: 10:05.51 1:08.20	1300m: 14:37.88 1:08.69			
	200m: 2:08.48 1:06.63	600m: 6:40.96 1:08.32	1000m: 11:13.21 1:07.70	1400m: 15:46.39 1:08.51			
	300m: 3:15.95 1:07.47	700m: 7:49.39 1:08.43	1100m: 12:20.97 1:07.76	1500m: 16:55.32 1:08.93			
	400m: 4:24.05 1:08.10	800m: 8:57.31 1:07.92	1200m: 13:29.19 1:08.22				
20.	Luis Miguel Nogueira	93	Porto/Dolce Vita	16:59.95	+0.85	630	
	100m: 1:01.77 1:01.77	500m: 5:30.46 1:08.23	900m: 10:04.75 1:08.77	1300m: 14:41.71 1:09.77			
	200m: 2:07.97 1:06.20	600m: 6:38.60 1:08.14	1000m: 11:13.55 1:08.80	1400m: 15:51.39 1:09.68			
	300m: 3:14.59 1:06.62	700m: 7:47.26 1:08.66	1100m: 12:22.54 1:08.99	1500m: 16:59.95 1:08.56			
	400m: 4:22.23 1:07.64	800m: 8:55.98 1:08.72	1200m: 13:31.94 1:09.40				
21.	Joao Duarte Santos	95	Natacao de Olhao	17:02.45	+0.72	625	
	100m: 1:02.09 1:02.09	500m: 5:33.46 1:08.20	900m: 10:05.65 1:08.06	1300m: 14:43.71 1:09.78			
	200m: 2:08.96 1:06.87	600m: 6:41.42 1:07.96	1000m: 11:14.23 1:08.58	1400m: 15:53.80 1:10.09			
	300m: 3:16.83 1:07.87	700m: 7:49.52 1:08.10	1100m: 12:23.59 1:09.36	1500m: 17:02.45 1:08.65			
	400m: 4:25.26 1:08.43	800m: 8:57.59 1:08.07	1200m: 13:33.93 1:10.34				
22.	Rui Miguel Lopes	94	Natacao de Olhao	17:13.83	+0.85	605	
	100m: 1:03.30 1:03.30	500m: 5:36.69 1:08.74	900m: 10:15.11 1:10.41	1300m: 14:55.32 1:09.45			
	200m: 2:10.99 1:07.69	600m: 6:45.85 1:09.16	1000m: 11:25.21 1:10.10	1400m: 16:05.11 1:09.79			
	300m: 3:18.94 1:07.95	700m: 7:55.15 1:09.30	1100m: 12:35.37 1:10.16	1500m: 17:13.83 1:08.72			
	400m: 4:27.95 1:09.01	800m: 9:04.70 1:09.55	1200m: 13:45.87 1:10.50				
23.	Oscar Ramos Melim	86	Nacional	17:18.59	+0.87	597	
	FTL						
	100m: 1:03.34 1:03.34	500m: 5:35.12 1:09.22	900m: 10:16.53 1:10.83	1300m: 14:58.73 1:11.01			
	200m: 2:10.20 1:06.86	600m: 6:44.85 1:09.73	1000m: 11:27.57 1:11.04	1400m: 16:09.10 1:10.37			
	300m: 3:17.27 1:07.07	700m: 7:55.26 1:10.41	1100m: 12:37.77 1:10.20	1500m: 17:18.59 1:09.49			
	400m: 4:25.90 1:08.63	800m: 9:05.70 1:10.44	1200m: 13:47.72 1:09.95				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	Guilherme Pedro Coelho	95	Nautico/Matobra	17:23.86	+0.56	588	
	100m: 1:03.85 1:03.85	500m: 5:42.77 1:09.98	900m: 10:23.35 1:10.62	1300m: 15:04.74 1:10.33			
	200m: 2:13.05 1:09.20	600m: 6:52.30 1:09.53	1000m: 11:33.89 1:10.54	1400m: 16:15.14 1:10.40			
	300m: 3:22.95 1:09.90	700m: 8:02.31 1:10.01	1100m: 12:43.80 1:09.91	1500m: 17:23.86 1:08.72			
	400m: 4:32.79 1:09.84	800m: 9:12.73 1:10.42	1200m: 13:54.41 1:10.61				
25.	Andre Eduardo Infante	94	Sporting	17:25.81	+0.79	584	
	100m: 1:04.33 1:04.33	500m: 5:40.68 1:09.60	900m: 10:24.63 1:11.03	1300m: 15:07.87 1:11.10			
	200m: 2:12.45 1:08.12	600m: 6:50.87 1:10.19	1000m: 11:35.45 1:10.82	1400m: 16:18.50 1:10.63			
	300m: 3:21.19 1:08.74	700m: 8:01.82 1:10.95	1100m: 12:45.94 1:10.49	1500m: 17:25.81 1:07.31			
	400m: 4:31.08 1:09.89	800m: 9:13.60 1:11.78	1200m: 13:56.77 1:10.83				
26.	David Rodrigues Luis	95	Colegio Vasco da Gama	17:26.30	+0.78	583	
	100m: 1:04.80 1:04.80	500m: 5:43.40 1:10.18	900m: 10:24.32 1:10.76	1300m: 15:08.37 1:10.92			
	200m: 2:13.14 1:08.34	600m: 6:53.55 1:10.15	1000m: 11:35.32 1:11.00	1400m: 16:20.21 1:11.84			
	300m: 3:22.89 1:09.75	700m: 8:03.53 1:09.98	1100m: 12:46.73 1:11.41	1500m: 17:26.30 1:06.09			
	400m: 4:33.22 1:10.33	800m: 9:13.56 1:10.03	1200m: 13:57.45 1:10.72				
27.	Joao Barbosa Moreira	94	Nautico/Matobra	17:26.36	+0.85	583	
	100m: 1:03.73 1:03.73	500m: 5:43.15 1:10.47	900m: 10:23.74 1:10.17	1300m: 15:07.67 1:10.99			
	200m: 2:12.92 1:09.19	600m: 6:53.39 1:10.24	1000m: 11:34.81 1:11.07	1400m: 16:18.90 1:11.23			
	300m: 3:22.73 1:09.81	700m: 8:03.09 1:09.70	1100m: 12:45.96 1:11.15	1500m: 17:26.36 1:07.46			
	400m: 4:32.68 1:09.95	800m: 9:13.57 1:10.48	1200m: 13:56.68 1:10.72				
28.	Gil Vilela Correia	95	Sporting	17:26.41	+0.76	583	
	100m: 1:02.39 1:02.39	500m: 5:42.92 1:10.71	900m: 10:25.06 1:10.65	1300m: 15:07.26 1:10.50			
	200m: 2:11.93 1:09.54	600m: 6:53.35 1:10.43	1000m: 11:35.65 1:10.59	1400m: 16:17.75 1:10.49			
	300m: 3:21.44 1:09.51	700m: 8:04.02 1:10.67	1100m: 12:45.86 1:10.21	1500m: 17:26.41 1:08.66			
	400m: 4:32.21 1:10.77	800m: 9:14.41 1:10.39	1200m: 13:56.76 1:10.90				
29.	Tiago Ferreira Azevedo	95	Naval Amorense	17:28.33	+0.70	580	
	100m: 1:03.08 1:03.08	500m: 5:39.88 1:10.61	900m: 10:26.98 1:11.41	1300m: 15:09.97 1:10.28			
	200m: 2:10.28 1:07.20	600m: 6:51.53 1:11.65	1000m: 11:38.02 1:11.04	1400m: 16:20.33 1:10.36			
	300m: 3:18.90 1:08.62	700m: 8:03.92 1:12.39	1100m: 12:48.25 1:10.23	1500m: 17:28.33 1:08.00			
	400m: 4:29.27 1:10.37	800m: 9:15.57 1:11.65	1200m: 13:59.69 1:11.44				
30.	Francisco Miguel Cirurgiao FTL	93	Alges	17:34.17	+0.76	571	
	100m: 1:03.42 1:03.42	500m: 5:39.36 1:11.61	900m: 10:25.42 1:11.99	1300m: 15:12.30 1:11.88			
	200m: 2:10.18 1:06.76	600m: 6:50.49 1:11.13	1000m: 11:36.42 1:11.00	1400m: 16:24.26 1:11.96			
	300m: 3:17.86 1:07.68	700m: 8:01.39 1:10.90	1100m: 12:48.30 1:11.88	1500m: 17:34.17 1:09.91			
	400m: 4:27.75 1:09.89	800m: 9:13.43 1:12.04	1200m: 14:00.42 1:12.12				
31.	Duarte Nuno Vieira	95	Nacional	17:36.07	+0.77	567	
	100m: 1:06.22 1:06.22	500m: 5:50.35 1:09.72	900m: 10:32.16 1:10.45	1300m: 15:16.66 1:11.23			
	200m: 2:17.81 1:11.59	600m: 7:01.54 1:11.19	1000m: 11:43.46 1:11.30	1400m: 16:26.77 1:10.11			
	300m: 3:29.23 1:11.42	700m: 8:11.77 1:10.23	1100m: 12:53.80 1:10.34	1500m: 17:36.07 1:09.30			
	400m: 4:40.63 1:11.40	800m: 9:21.71 1:09.94	1200m: 14:05.43 1:11.63				
32.	Carlos Miguel Araujo FTL	94	Famalicao	17:37.62	+0.80	565	
	100m: 1:04.31 1:04.31	500m: 5:44.23 1:10.36	900m: 10:29.22 1:11.74	1300m: 15:16.76 1:11.67			
	200m: 2:13.71 1:09.40	600m: 6:55.07 1:10.84	1000m: 11:41.46 1:12.24	1400m: 16:27.86 1:11.10			
	300m: 3:23.46 1:09.75	700m: 8:06.26 1:11.19	1100m: 12:53.28 1:11.82	1500m: 17:37.62 1:09.76			
	400m: 4:33.87 1:10.41	800m: 9:17.48 1:11.22	1200m: 14:05.09 1:11.81				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	Joao Manuel Borges <i>FTL</i>	94	Ginasio Figueirense	17:40.23	+0.88	561	
	100m: 1:03.84 1:03.84	500m: 5:47.76 1:11.54	900m: 10:34.76 1:11.97	1300m: 15:19.92 1:11.17			
	200m: 2:13.58 1:09.74	600m: 6:59.73 1:11.97	1000m: 11:46.16 1:11.40	1400m: 16:30.59 1:10.67			
	300m: 3:24.87 1:11.29	700m: 8:11.66 1:11.93	1100m: 12:57.47 1:11.31	1500m: 17:40.23 1:09.64			
	400m: 4:36.22 1:11.35	800m: 9:22.79 1:11.13	1200m: 14:08.75 1:11.28				
34.	Joao Nuno Abreu	95	Vitoria de Guimaraes	17:43.69	+0.80	555	
	100m: 1:04.71 1:04.71	500m: 5:47.67 1:11.61	900m: 10:33.76 1:11.48	1300m: 15:21.68 1:12.24			
	200m: 2:13.81 1:09.10	600m: 6:59.09 1:11.42	1000m: 11:45.56 1:11.80	1400m: 16:33.48 1:11.80			
	300m: 3:24.56 1:10.75	700m: 8:10.62 1:11.53	1100m: 12:57.40 1:11.84	1500m: 17:43.69 1:10.21			
	400m: 4:36.06 1:11.50	800m: 9:22.28 1:11.66	1200m: 14:09.44 1:12.04				
35.	Cesar Filipe Magalhaes	95	Foca	17:54.18	+0.89	539	
	100m: 1:06.12 1:06.12	500m: 5:51.24 1:11.40	900m: 10:39.92 1:12.46	1300m: 15:29.80 1:12.75			
	200m: 2:16.84 1:10.72	600m: 7:03.47 1:12.23	1000m: 11:52.02 1:12.10	1400m: 16:42.77 1:12.97			
	300m: 3:28.09 1:11.25	700m: 8:15.59 1:12.12	1100m: 13:04.28 1:12.26	1500m: 17:54.18 1:11.41			
	400m: 4:39.84 1:11.75	800m: 9:27.46 1:11.87	1200m: 14:17.05 1:12.77				
36.	Mohammad Shams Azad <i>FTL</i>	95	Naval de Ponta Delgada	18:19.08	+0.80	503	
	100m: 1:03.69 1:03.69	500m: 5:55.91 1:14.43	900m: 10:54.53 1:14.61	1300m: 15:50.05 1:14.40			
	200m: 2:15.61 1:11.92	600m: 7:10.74 1:14.83	1000m: 12:07.94 1:13.41	1400m: 17:04.97 1:14.92			
	300m: 3:28.62 1:13.01	700m: 8:25.30 1:14.56	1100m: 13:21.58 1:13.64	1500m: 18:19.08 1:14.11			
	400m: 4:41.48 1:12.86	800m: 9:39.92 1:14.62	1200m: 14:35.65 1:14.07				
37.	Joao Bernardo Saragoca <i>FTL</i>	95	Scalabisport	18:24.90	+0.94	495	
	100m: 1:05.13 1:05.13	500m: 5:52.37 1:12.76	900m: 10:50.05 1:16.21	1300m: 15:53.88 1:16.86			
	200m: 2:16.34 1:11.21	600m: 7:05.02 1:12.65	1000m: 12:05.88 1:15.83	1400m: 17:10.29 1:16.41			
	300m: 3:27.97 1:11.63	700m: 8:19.05 1:14.03	1100m: 13:21.70 1:15.82	1500m: 18:24.90 1:14.61			
	400m: 4:39.61 1:11.64	800m: 9:33.84 1:14.79	1200m: 14:37.02 1:15.32				

Seniores

1.	Fernando Eurico Costa	85	Individual Norte de Portugal	15:45.13	+0.75	792	
	100m: 1:00.35 1:00.35	500m: 5:14.57 1:03.66	900m: 9:28.18 1:02.39	1300m: 13:39.99 1:03.04			
	200m: 2:03.68 1:03.33	600m: 6:18.21 1:03.64	1000m: 10:30.56 1:02.38	1400m: 14:42.65 1:02.66			
	300m: 3:07.32 1:03.64	700m: 7:21.92 1:03.71	1100m: 11:34.10 1:03.54	1500m: 15:45.13 1:02.48			
	400m: 4:10.91 1:03.59	800m: 8:25.79 1:03.87	1200m: 12:36.95 1:02.85				
2.	Paulo Fragueiro Franco	82	Nacional	15:51.38	+0.97	776	
	100m: 1:00.21 1:00.21	500m: 5:14.34 1:03.60	900m: 9:29.46 1:03.56	1300m: 13:44.98 1:03.64			
	200m: 2:03.72 1:03.51	600m: 6:18.04 1:03.70	1000m: 10:33.37 1:03.91	1400m: 14:48.97 1:03.99			
	300m: 3:07.08 1:03.36	700m: 7:21.99 1:03.95	1100m: 11:37.44 1:04.07	1500m: 15:51.38 1:02.41			
	400m: 4:10.74 1:03.66	800m: 8:25.90 1:03.91	1200m: 12:41.34 1:03.90				
3.	Rui Filipe Costa	91	Vitoria de Guimaraes	16:14.71	+0.73	722	
	100m: 1:00.48 1:00.48	500m: 5:19.28 1:05.16	900m: 9:42.18 1:06.17	1300m: 14:06.93 1:05.70			
	200m: 2:04.69 1:04.21	600m: 6:24.48 1:05.20	1000m: 10:48.63 1:06.45	1400m: 15:12.54 1:05.61			
	300m: 3:09.36 1:04.67	700m: 7:30.03 1:05.55	1100m: 11:55.06 1:06.43	1500m: 16:14.71 1:02.17			
	400m: 4:14.12 1:04.76	800m: 8:36.01 1:05.98	1200m: 13:01.23 1:06.17				
4.	Mario Andre Bonanca	90	Sporting	16:18.49	+0.85	714	
	100m: 1:01.78 1:01.78	500m: 5:21.58 1:05.39	900m: 9:43.46 1:05.62	1300m: 14:07.88 1:06.36			
	200m: 2:06.98 1:05.20	600m: 6:26.65 1:05.07	1000m: 10:48.98 1:05.52	1400m: 15:14.09 1:06.21			
	300m: 3:11.63 1:04.65	700m: 7:32.23 1:05.58	1100m: 11:55.34 1:06.36	1500m: 16:18.49 1:04.40			
	400m: 4:16.19 1:04.56	800m: 8:37.84 1:05.61	1200m: 13:01.52 1:06.18				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Diogo Andre Gaspar	90	Uniao Piedense	16:29.31	+0.82	690	
	100m: 1:00.95 1:00.95	500m: 5:22.25 1:06.19	900m: 9:49.23 1:06.68	1300m: 14:16.84 1:06.89			
	200m: 2:05.78 1:04.83	600m: 6:28.78 1:06.53	1000m: 10:56.06 1:06.83	1400m: 15:23.95 1:07.11			
	300m: 3:10.17 1:04.39	700m: 7:35.31 1:06.53	1100m: 12:02.78 1:06.72	1500m: 16:29.31 1:05.36			
	400m: 4:16.06 1:05.89	800m: 8:42.55 1:07.24	1200m: 13:09.95 1:07.17				
6.	Vasco Miguel Gaspar	90	Uniao Piedense	16:37.85	+0.81	673	
	100m: 1:03.35 1:03.35	500m: 5:25.43 1:06.65	900m: 9:55.18 1:07.25	1300m: 14:26.98 1:07.91			
	200m: 2:08.28 1:04.93	600m: 6:32.89 1:07.46	1000m: 11:02.99 1:07.81	1400m: 15:33.83 1:06.85			
	300m: 3:13.15 1:04.87	700m: 7:40.29 1:07.40	1100m: 12:11.06 1:08.07	1500m: 16:37.85 1:04.02			
	400m: 4:18.78 1:05.63	800m: 8:47.93 1:07.64	1200m: 13:19.07 1:08.01				
7.	Daniel Ricardo Viegas	83	Amadora	16:38.23	+0.84	672	
	100m: 1:01.90 1:01.90	500m: 5:27.51 1:07.08	900m: 9:59.99 1:07.31	1300m: 14:26.95 1:07.26			
	200m: 2:07.52 1:05.62	600m: 6:35.48 1:07.97	1000m: 11:06.67 1:06.68	1400m: 15:33.43 1:06.48			
	300m: 3:13.60 1:06.08	700m: 7:44.34 1:08.86	1100m: 12:13.30 1:06.63	1500m: 16:38.23 1:04.80			
	400m: 4:20.43 1:06.83	800m: 8:52.68 1:08.34	1200m: 13:19.69 1:06.39				
8.	Diogo Banza Pinto	87	Alges	16:44.51	+0.83	659	
	100m: 1:01.14 1:01.14	500m: 5:22.97 1:06.06	900m: 9:53.33 1:08.74	1300m: 14:28.52 1:08.76			
	200m: 2:05.93 1:04.79	600m: 6:29.42 1:06.45	1000m: 11:02.35 1:09.02	1400m: 15:37.68 1:09.16			
	300m: 3:11.04 1:05.11	700m: 7:36.88 1:07.46	1100m: 12:11.08 1:08.73	1500m: 16:44.51 1:06.83			
	400m: 4:16.91 1:05.87	800m: 8:44.59 1:07.71	1200m: 13:19.76 1:08.68				
9.	Oscar Ramos Melim FTL	86	Nacional	17:18.59	+0.87	597	
	100m: 1:03.34 1:03.34	500m: 5:35.12 1:09.22	900m: 10:16.53 1:10.83	1300m: 14:58.73 1:11.01			
	200m: 2:10.20 1:06.86	600m: 6:44.85 1:09.73	1000m: 11:27.57 1:11.04	1400m: 16:09.10 1:10.37			
	300m: 3:17.27 1:07.07	700m: 7:55.26 1:10.41	1100m: 12:37.77 1:10.20	1500m: 17:18.59 1:09.49			
	400m: 4:25.90 1:08.63	800m: 9:05.70 1:10.44	1200m: 13:47.72 1:09.95				

Juniores2

1.	Andre Filipe Lopes	92	Academica de Coimbra	16:23.83	+0.72	702	
	100m: 1:01.84 1:01.84	500m: 5:24.42 1:05.73	900m: 9:47.73 1:06.15	1300m: 14:11.82 1:06.42			
	200m: 2:07.52 1:05.68	600m: 6:30.12 1:05.70	1000m: 10:53.46 1:05.73	1400m: 15:18.43 1:06.61			
	300m: 3:13.05 1:05.53	700m: 7:35.91 1:05.79	1100m: 11:59.26 1:05.80	1500m: 16:23.83 1:05.40			
	400m: 4:18.69 1:05.64	800m: 8:41.58 1:05.67	1200m: 13:05.40 1:06.14				

Juniores1

1.	Gustavo Manuel Santa	93	Litoral Alentejano	16:00.68	+0.77	754	
	100m: 1:00.50 1:00.50	500m: 5:15.53 1:03.78	900m: 9:30.41 1:03.73	1300m: 13:51.38 1:05.56			
	200m: 2:04.59 1:04.09	600m: 6:19.01 1:03.48	1000m: 10:34.63 1:04.22	1400m: 14:57.47 1:06.09			
	300m: 3:07.83 1:03.24	700m: 7:22.83 1:03.82	1100m: 11:40.58 1:05.95	1500m: 16:00.68 1:03.21			
	400m: 4:11.75 1:03.92	800m: 8:26.68 1:03.85	1200m: 12:45.82 1:05.24				
2.	Miguel Monteiro Diogo	93	Alcobaca	16:36.22	+0.74	676	
	100m: 1:02.45 1:02.45	500m: 5:28.26 1:06.79	900m: 9:53.30 1:06.02	1300m: 14:23.40 1:07.94			
	200m: 2:08.43 1:05.98	600m: 6:34.47 1:06.21	1000m: 10:59.84 1:06.54	1400m: 15:31.60 1:08.20			
	300m: 3:14.92 1:06.49	700m: 7:40.74 1:06.27	1100m: 12:07.24 1:07.40	1500m: 16:36.22 1:04.62			
	400m: 4:21.47 1:06.55	800m: 8:47.28 1:06.54	1200m: 13:15.46 1:08.22				
3.	Ricardo Manuel Machado	93	Braga	16:37.22	+0.87	674	
	100m: 1:02.85 1:02.85	500m: 5:25.60 1:06.01	900m: 9:54.89 1:08.36	1300m: 14:27.39 1:08.05			
	200m: 2:08.37 1:05.52	600m: 6:31.72 1:06.12	1000m: 11:02.50 1:07.61	1400m: 15:34.43 1:07.04			
	300m: 3:13.77 1:05.40	700m: 7:38.94 1:07.22	1100m: 12:11.12 1:08.62	1500m: 16:37.22 1:02.79			
	400m: 4:19.59 1:05.82	800m: 8:46.53 1:07.59	1200m: 13:19.34 1:08.22				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Nuno Vieira Malheiro	93	Braga	16:38.36	+0.92	672	
	100m: 1:04.17 1:04.17	500m: 5:33.76 1:07.72	900m: 10:02.36 1:06.82	1300m: 14:27.43 1:06.34			
	200m: 2:11.71 1:07.54	600m: 6:40.96 1:07.20	1000m: 11:08.73 1:06.37	1400m: 15:34.30 1:06.87			
	300m: 3:18.67 1:06.96	700m: 7:48.41 1:07.45	1100m: 12:14.64 1:05.91	1500m: 16:38.36 1:04.06			
	400m: 4:26.04 1:07.37	800m: 8:55.54 1:07.13	1200m: 13:21.09 1:06.45				
5.	Andre Rafael Marinho	93	Uniao Piedense	16:44.18	+0.99	660	
	100m: 1:02.59 1:02.59	500m: 5:29.62 1:06.88	900m: 9:58.96 1:07.25	1300m: 14:29.84 1:07.95			
	200m: 2:09.09 1:06.50	600m: 6:36.84 1:07.22	1000m: 11:06.25 1:07.29	1400m: 15:37.74 1:07.90			
	300m: 3:15.82 1:06.73	700m: 7:44.31 1:07.47	1100m: 12:13.73 1:07.48	1500m: 16:44.18 1:06.44			
	400m: 4:22.74 1:06.92	800m: 8:51.71 1:07.40	1200m: 13:21.89 1:08.16				
6.	Luis Miguel Nogueira	93	Porto/Dolce Vita	16:59.95	+0.85	630	
	100m: 1:01.77 1:01.77	500m: 5:30.46 1:08.23	900m: 10:04.75 1:08.77	1300m: 14:41.71 1:09.77			
	200m: 2:07.97 1:06.20	600m: 6:38.60 1:08.14	1000m: 11:13.55 1:08.80	1400m: 15:51.39 1:09.68			
	300m: 3:14.59 1:06.62	700m: 7:47.26 1:08.66	1100m: 12:22.54 1:08.99	1500m: 16:59.95 1:08.56			
	400m: 4:22.23 1:07.64	800m: 8:55.98 1:08.72	1200m: 13:31.94 1:09.40				
7.	Francisco Miguel Cirurgiao	93	Alges	17:34.17	+0.76	571	
	<i>FTL</i>						
	100m: 1:03.42 1:03.42	500m: 5:39.36 1:11.61	900m: 10:25.42 1:11.99	1300m: 15:12.30 1:11.88			
	200m: 2:10.18 1:06.76	600m: 6:50.49 1:11.13	1000m: 11:36.42 1:11.00	1400m: 16:24.26 1:11.96			
	300m: 3:17.86 1:07.68	700m: 8:01.39 1:10.90	1100m: 12:48.30 1:11.88	1500m: 17:34.17 1:09.91			
	400m: 4:27.75 1:09.89	800m: 9:13.43 1:12.04	1200m: 14:00.42 1:12.12				