

Campeonato Nacional de Juvenis PL
Oeiras, 25- - 27-3-2011

Prova 19 Masc., 1500m Livres Juvenis
27-03-2011 - 9:00 Resultados

Recordes Nacionais 50m Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14-08-2007
Recordes Nacionais 50m Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005
Recordes Nacionais 50m Juv A	15:45.55	Gustavo Manuel Santa	FPN	Tampere (FIN)	23-07-2009

TAC Masc Juv A Juv A: 17:55.00 / TAC Masc Juv B Juv B: 18:20.00

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juvenis B						
1.	Pedro Ribeiro Santos	96	Academico Viseu	17:11.18	+0,75	610
	100m: 1:02.66 1:02.66	500m: 5:39.79 1:09.55	900m: 10:18.43 1:09.30	1300m: 14:55.96 1:09.20		
	200m: 2:11.77 1:09.11	600m: 6:49.78 1:09.99	1000m: 11:27.93 1:09.50	1400m: 16:04.57 1:08.61		
	300m: 3:20.98 1:09.21	700m: 7:59.53 1:09.75	1100m: 12:37.51 1:09.58	1500m: 17:11.18 1:06.61		
	400m: 4:30.24 1:09.26	800m: 9:09.13 1:09.60	1200m: 13:46.76 1:09.25			
2.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	17:14.52	+0,79	604
	100m: 1:05.51 1:05.51	500m: 5:40.82 1:09.31	900m: 10:19.40 1:08.71	1300m: 14:57.04 1:09.53		
	200m: 2:13.47 1:07.96	600m: 6:50.26 1:09.44	1000m: 11:28.72 1:09.32	1400m: 16:07.05 1:10.01		
	300m: 3:22.37 1:08.90	700m: 8:00.82 1:10.56	1100m: 12:38.07 1:09.35	1500m: 17:14.52 1:07.47		
	400m: 4:31.51 1:09.14	800m: 9:10.69 1:09.87	1200m: 13:47.51 1:09.44			
3.	Andre Filipe Farinha	96	Benfica	17:20.52	+0,79	593
	100m: 1:06.40 1:06.40	500m: 5:44.33 1:10.41	900m: 10:26.47 1:10.50	1300m: 15:04.84 1:08.81		
	200m: 2:15.24 1:08.84	600m: 6:54.37 1:10.04	1000m: 11:37.22 1:10.75	1400m: 16:14.01 1:09.17		
	300m: 3:23.97 1:08.73	700m: 8:05.07 1:10.70	1100m: 12:47.07 1:09.85	1500m: 17:20.52 1:06.51		
	400m: 4:33.92 1:09.95	800m: 9:15.97 1:10.90	1200m: 13:56.03 1:08.96			
4.	Miguel Prata Santos	96	Viana Natacao	17:22.42	+0,77	590
	100m: 1:03.93 1:03.93	500m: 5:43.09 1:08.70	900m: 10:23.39 1:10.07	1300m: 15:05.10 1:10.72		
	200m: 2:14.07 1:10.14	600m: 6:53.76 1:10.67	1000m: 11:34.12 1:10.73	1400m: 16:14.68 1:09.58		
	300m: 3:24.26 1:10.19	700m: 8:03.63 1:09.87	1100m: 12:43.86 1:09.74	1500m: 17:22.42 1:07.74		
	400m: 4:34.39 1:10.13	800m: 9:13.32 1:09.69	1200m: 13:54.38 1:10.52			
5.	Pedro Veiguinha Martins	96	Braga	17:23.14	+0,71	589
	100m: 1:03.85 1:03.85	500m: 5:46.21 1:10.85	900m: 10:28.20 1:11.07	1300m: 15:08.70 1:09.58		
	200m: 2:14.82 1:10.97	600m: 6:56.18 1:09.97	1000m: 11:38.92 1:10.72	1400m: 16:17.89 1:09.19		
	300m: 3:23.39 1:08.57	700m: 8:06.41 1:10.23	1100m: 12:49.17 1:10.25	1500m: 17:23.14 1:05.25		
	400m: 4:35.36 1:11.97	800m: 9:17.13 1:10.72	1200m: 13:59.12 1:09.95			
6.	Rafael Lourenco Gil	96	Monteges	17:32.00	+0,77	574
	100m: 1:04.20 1:04.20	500m: 5:39.87 1:09.45	900m: 10:22.25 1:10.86	1300m: 15:08.73 1:11.99		
	200m: 2:12.56 1:08.36	600m: 6:49.92 1:10.05	1000m: 11:33.63 1:11.38	1400m: 16:21.08 1:12.35		
	300m: 3:21.34 1:08.78	700m: 8:00.77 1:10.85	1100m: 12:45.35 1:11.72	1500m: 17:32.00 1:10.92		
	400m: 4:30.42 1:09.08	800m: 9:11.39 1:10.62	1200m: 13:56.74 1:11.39			
7.	Guilherme Dias Nunes	96	Natacao de Olhao	17:37.88	+0,69	565
	100m: 1:06.26 1:06.26	500m: 5:49.02 1:11.03	900m: 10:31.31 1:10.68	1300m: 15:15.28 1:10.83		
	200m: 2:16.55 1:10.29	600m: 6:59.60 1:10.58	1000m: 11:42.70 1:11.39	1400m: 16:26.14 1:10.86		
	300m: 3:27.49 1:10.94	700m: 8:10.06 1:10.46	1100m: 12:53.35 1:10.65	1500m: 17:37.88 1:11.74		
	400m: 4:37.99 1:10.50	800m: 9:20.63 1:10.57	1200m: 14:04.45 1:11.10			
8.	Joao Carlos Santos	96	Naval Amorense	17:45.45	+0,77	553
	100m: 1:04.53 1:04.53	500m: 5:44.76 1:10.86	900m: 10:29.51 1:11.35	1300m: 15:23.01 1:13.25		
	200m: 2:13.96 1:09.43	600m: 6:56.42 1:11.66	1000m: 11:42.33 1:12.82	1400m: 16:35.77 1:12.76		
	300m: 3:23.90 1:09.94	700m: 8:06.83 1:10.41	1100m: 12:56.12 1:13.79	1500m: 17:45.45 1:09.68		
	400m: 4:33.90 1:10.00	800m: 9:18.16 1:11.33	1200m: 14:09.76 1:13.64			

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Oeiras, 25- - 27-3-2011

Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Bruno Miguel Silva	96	Porto/Dolce Vita	17:48.08	+0,94	548
	100m: 1:03.38 1:03.38	500m: 5:45.70 1:12.23	900m: 10:33.93 1:12.49	1300m: 15:24.37 1:13.06		
	200m: 2:12.74 1:09.36	600m: 6:57.55 1:11.85	1000m: 11:46.26 1:12.33	1400m: 16:37.48 1:13.11		
	300m: 3:23.05 1:10.31	700m: 8:09.29 1:11.74	1100m: 12:58.64 1:12.38	1500m: 17:48.08 1:10.60		
	400m: 4:33.47 1:10.42	800m: 9:21.44 1:12.15	1200m: 14:11.31 1:12.67			
10.	Tomas Antonio Azevedo	96	Aminata	18:00.78	+0,71	529
	100m: 1:07.56 1:07.56	500m: 5:55.59 1:12.55	900m: 10:46.13 1:12.64	1300m: 15:38.44 1:12.89		
	200m: 2:19.28 1:11.72	600m: 7:08.15 1:12.56	1000m: 11:59.16 1:13.03	1400m: 16:50.95 1:12.51		
	300m: 3:30.96 1:11.68	700m: 8:20.56 1:12.41	1100m: 13:12.38 1:13.22	1500m: 18:00.78 1:09.83		
	400m: 4:43.04 1:12.08	800m: 9:33.49 1:12.93	1200m: 14:25.55 1:13.17			
11.	Jose Pedro Bugalho	96	Alcobaca	18:00.90	+0,80	529
	100m: 1:08.02 1:08.02	500m: 6:00.30 1:12.87	900m: 10:48.70 1:11.80	1300m: 15:38.77 1:11.89		
	200m: 2:20.71 1:12.69	600m: 7:13.41 1:13.11	1000m: 12:01.33 1:12.63	1400m: 16:51.06 1:12.29		
	300m: 3:34.21 1:13.50	700m: 8:25.31 1:11.90	1100m: 13:13.97 1:12.64	1500m: 18:00.90 1:09.84		
	400m: 4:47.43 1:13.22	800m: 9:36.90 1:11.59	1200m: 14:26.88 1:12.91			
12.	Andre Filipe Rocha	96	Leixoes	18:01.88	+0,69	528
	100m: 1:04.28 1:04.28	500m: 5:50.00 1:11.89	900m: 10:41.38 1:13.37	1300m: 15:36.02 1:14.10		
	200m: 2:14.34 1:10.06	600m: 7:02.53 1:12.53	1000m: 11:54.34 1:12.96	1400m: 16:50.75 1:14.73		
	300m: 3:25.54 1:11.20	700m: 8:15.21 1:12.68	1100m: 13:08.04 1:13.70	1500m: 18:01.88 1:11.13		
	400m: 4:38.11 1:12.57	800m: 9:28.01 1:12.80	1200m: 14:21.92 1:13.88			
13.	Joao Pedro Cardoso	96	Nautico/Matobra	18:05.39	+0,79	523
	100m: 1:08.56 1:08.56	500m: 5:57.84 1:12.41	900m: 10:47.29 1:12.32	1300m: 15:40.28 1:14.14		
	200m: 2:20.67 1:12.11	600m: 7:10.13 1:12.29	1000m: 12:00.12 1:12.83	1400m: 16:53.46 1:13.18		
	300m: 3:33.09 1:12.42	700m: 8:22.30 1:12.17	1100m: 13:13.37 1:13.25	1500m: 18:05.39 1:11.93		
	400m: 4:45.43 1:12.34	800m: 9:34.97 1:12.67	1200m: 14:26.14 1:12.77			
14.	Alexandre Lemos Leal	96	Louletano/ Loule Concelho	18:10.24	+0,77	516
	100m: 1:08.68 1:08.68	500m: 6:00.53 1:13.31	900m: 10:54.52 1:13.92	1300m: 15:47.99 1:13.18		
	200m: 2:21.39 1:12.71	600m: 7:13.32 1:12.79	1000m: 12:07.89 1:13.37	1400m: 17:00.61 1:12.62		
	300m: 3:34.24 1:12.85	700m: 8:27.08 1:13.76	1100m: 13:21.18 1:13.29	1500m: 18:10.24 1:09.63		
	400m: 4:47.22 1:12.98	800m: 9:40.60 1:13.52	1200m: 14:34.81 1:13.63			
15.	David Nunes Sousa	96	Famalicao	18:11.87	+0,96	513
	100m: 1:05.16 1:05.16	500m: 5:54.55 1:12.26	900m: 10:49.41 1:14.02	1300m: 15:46.82 1:14.62		
	200m: 2:16.53 1:11.37	600m: 7:08.00 1:13.45	1000m: 12:03.92 1:14.51	1400m: 17:01.76 1:14.94		
	300m: 3:29.21 1:12.68	700m: 8:21.28 1:13.28	1100m: 13:18.62 1:14.70	1500m: 18:11.87 1:10.11		
	400m: 4:42.29 1:13.08	800m: 9:35.39 1:14.11	1200m: 14:32.20 1:13.58			
16.	Bruno Miguel Rainho	96	Geslours	18:24.09	+0,87	496
	<i>FTL</i>					
	100m: 1:09.10 1:09.10	500m: 6:04.47 1:13.86	900m: 10:58.90 1:14.38	1300m: 15:56.66 1:14.60		
	200m: 2:23.42 1:14.32	600m: 7:17.14 1:12.67	1000m: 12:12.83 1:13.93	1400m: 17:11.63 1:14.97		
	300m: 3:37.35 1:13.93	700m: 8:31.59 1:14.45	1100m: 13:27.49 1:14.66	1500m: 18:24.09 1:12.46		
	400m: 4:50.61 1:13.26	800m: 9:44.52 1:12.93	1200m: 14:42.06 1:14.57			
17.	Joao Miguel Lopes	96	Electrico Clube	18:29.02	+0,82	490
	<i>FTL</i>					
	100m: 1:07.67 1:07.67	500m: 5:55.89 1:12.75	900m: 10:53.42 1:16.44	1300m: 15:59.50 1:15.71		
	200m: 2:19.51 1:11.84	600m: 7:09.53 1:13.64	1000m: 12:10.36 1:16.94	1400m: 17:15.64 1:16.14		
	300m: 3:31.08 1:11.57	700m: 8:24.56 1:15.03	1100m: 13:27.34 1:16.98	1500m: 18:29.02 1:13.38		
	400m: 4:43.14 1:12.06	800m: 9:36.98 1:12.42	1200m: 14:43.79 1:16.45			

Campeonato Nacional de Juvenis PL
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Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Daniel Baptista Relvao FTL	96	Associacao Academica	18:29.65	+0,84	489
	100m: 1:08.00 1:08.00	500m: 6:03.78 1:14.05	900m: 11:04.02 1:15.18	1300m: 16:03.92 1:15.23		
	200m: 2:21.89 1:13.89	600m: 7:18.29 1:14.51	1000m: 12:18.88 1:14.86	1400m: 17:18.74 1:14.82		
	300m: 3:35.78 1:13.89	700m: 8:33.58 1:15.29	1100m: 13:33.49 1:14.61	1500m: 18:29.65 1:10.91		
	400m: 4:49.73 1:13.95	800m: 9:48.84 1:15.26	1200m: 14:48.69 1:15.20			
19.	Diogo Dias Pinheiro FTL	96	Sporting	18:59.58	+0,76	451
	100m: 1:09.08 1:09.08	500m: 6:04.84 1:14.65	900m: 11:09.45 1:18.18	1300m: 16:23.73 1:19.02		
	200m: 2:22.61 1:13.53	600m: 7:19.21 1:14.37	1000m: 12:25.28 1:15.83	1400m: 17:42.37 1:18.64		
	300m: 3:36.83 1:14.22	700m: 8:33.21 1:14.00	1100m: 13:44.68 1:19.40	1500m: 18:59.58 1:17.21		
	400m: 4:50.19 1:13.36	800m: 9:51.27 1:18.06	1200m: 15:04.71 1:20.03			
20.	Joao Goncalo Abreu FTL	96	Nacional	19:08.84	+0,77	441
	100m: 1:07.92 1:07.92	500m: 6:05.13 1:16.19	900m: 11:20.38 1:19.00	1300m: 16:37.05 1:19.72		
	200m: 2:20.51 1:12.59	600m: 7:22.59 1:17.46	1000m: 12:40.36 1:19.98	1400m: 17:54.94 1:17.89		
	300m: 3:34.27 1:13.76	700m: 8:41.91 1:19.32	1100m: 13:58.97 1:18.61	1500m: 19:08.84 1:13.90		
	400m: 4:48.94 1:14.67	800m: 10:01.38 1:19.47	1200m: 15:17.33 1:18.36			

Juvenis A

1.	Joao Andre Neves	95	Associacao Academica	17:01.90	+0,66	626
	100m: 1:02.15 1:02.15	500m: 5:34.33 1:08.13	900m: 10:08.93 1:08.65	1300m: 14:45.09 1:08.93		
	200m: 2:09.87 1:07.72	600m: 6:42.61 1:08.28	1000m: 11:17.96 1:09.03	1400m: 15:54.30 1:09.21		
	300m: 3:18.14 1:08.27	700m: 7:51.38 1:08.77	1100m: 12:27.17 1:09.21	1500m: 17:01.90 1:07.60		
	400m: 4:26.20 1:08.06	800m: 9:00.28 1:08.90	1200m: 13:36.16 1:08.99			
2.	Gustavo Lopes Ribeiro	95	Associacao Academica	17:19.50	+0,79	595
	100m: 1:04.89 1:04.89	500m: 5:44.76 1:09.72	900m: 10:24.99 1:10.05	1300m: 15:05.41 1:09.88		
	200m: 2:14.89 1:10.00	600m: 6:54.59 1:09.83	1000m: 11:35.22 1:10.23	1400m: 16:15.19 1:09.78		
	300m: 3:24.90 1:10.01	700m: 8:04.62 1:10.03	1100m: 12:45.22 1:10.00	1500m: 17:19.50 1:04.31		
	400m: 4:35.04 1:10.14	800m: 9:14.94 1:10.32	1200m: 13:55.53 1:10.31			
3.	Guilherme Pedro Coelho	95	Nautico/Matobra	17:29.32	+0,73	578
	100m: 1:03.46 1:03.46	500m: 5:40.95 1:08.98	900m: 10:23.55 1:11.08	1300m: 15:08.59 1:11.77		
	200m: 2:12.64 1:09.18	600m: 6:51.16 1:10.21	1000m: 11:34.37 1:10.82	1400m: 16:19.80 1:11.21		
	300m: 3:22.22 1:09.58	700m: 8:01.62 1:10.46	1100m: 12:45.32 1:10.95	1500m: 17:29.32 1:09.52		
	400m: 4:31.97 1:09.75	800m: 9:12.47 1:10.85	1200m: 13:56.82 1:11.50			
4.	Artur Manuel Ferreira	95	Porto/Dolce Vita	17:30.40	+0,83	577
	100m: 1:05.72 1:05.72	500m: 5:48.71 1:10.94	900m: 10:30.59 1:10.47	1300m: 15:13.31 1:10.31		
	200m: 2:16.28 1:10.56	600m: 7:00.34 1:11.63	1000m: 11:41.52 1:10.93	1400m: 16:23.04 1:09.73		
	300m: 3:27.14 1:10.86	700m: 8:09.86 1:09.52	1100m: 12:51.76 1:10.24	1500m: 17:30.40 1:07.36		
	400m: 4:37.77 1:10.63	800m: 9:20.12 1:10.26	1200m: 14:03.00 1:11.24			
5.	Joao Nuno Abreu	95	Vitoria de Guimaraes	17:30.87	+0,71	576
	100m: 1:04.47 1:04.47	500m: 5:44.74 1:10.38	900m: 10:28.53 1:10.88	1300m: 15:11.45 1:10.87		
	200m: 2:14.30 1:09.83	600m: 6:55.65 1:10.91	1000m: 11:39.18 1:10.65	1400m: 16:22.19 1:10.74		
	300m: 3:24.24 1:09.94	700m: 8:06.67 1:11.02	1100m: 12:49.67 1:10.49	1500m: 17:30.87 1:08.68		
	400m: 4:34.36 1:10.12	800m: 9:17.65 1:10.98	1200m: 14:00.58 1:10.91			
6.	Cesar Filipe Magalhaes	95	Foca	17:44.03	+0,85	555
	100m: 1:06.74 1:06.74	500m: 5:53.98 1:12.32	900m: 10:39.81 1:09.73	1300m: 15:22.62 1:11.28		
	200m: 2:18.90 1:12.16	600m: 7:06.88 1:12.90	1000m: 11:49.78 1:09.97	1400m: 16:33.84 1:11.22		
	300m: 3:30.23 1:11.33	700m: 8:19.05 1:12.17	1100m: 13:00.38 1:10.60	1500m: 17:44.03 1:10.19		
	400m: 4:41.66 1:11.43	800m: 9:30.08 1:11.03	1200m: 14:11.34 1:10.96			

Campeonato Nacional de Juvenis PL
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Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Lourenco Moniz Silva	95	Naval do Funchal	17:46.71	+0,77	551
	100m: 1:05.66 1:05.66	500m: 5:48.96 1:10.67	900m: 10:33.88 1:11.86	1300m: 15:24.19 1:13.33		
	200m: 2:17.13 1:11.47	600m: 7:00.69 1:11.73	1000m: 11:45.92 1:12.04	1400m: 16:37.18 1:12.99		
	300m: 3:27.50 1:10.37	700m: 8:10.89 1:10.20	1100m: 12:58.23 1:12.31	1500m: 17:46.71 1:09.53		
	400m: 4:38.29 1:10.79	800m: 9:22.02 1:11.13	1200m: 14:10.86 1:12.63			
8.	Gil Vilela Correia	95	Sporting	17:49.02	+0,72	547
	100m: 1:04.53 1:04.53	500m: 5:46.67 1:11.33	900m: 10:34.36 1:12.60	1300m: 15:24.87 1:13.32		
	200m: 2:14.15 1:09.62	600m: 6:57.83 1:11.16	1000m: 11:46.84 1:12.48	1400m: 16:37.74 1:12.87		
	300m: 3:24.81 1:10.66	700m: 8:09.62 1:11.79	1100m: 12:59.17 1:12.33	1500m: 17:49.02 1:11.28		
	400m: 4:35.34 1:10.53	800m: 9:21.76 1:12.14	1200m: 14:11.55 1:12.38			
9.	Joao Duarte Marafona	95	Vilacondense	17:49.40	+0,96	546
	100m: 1:06.14 1:06.14	500m: 5:52.65 1:09.78	900m: 10:39.45 1:12.42	1300m: 15:28.64 1:11.73		
	200m: 2:18.15 1:12.01	600m: 7:03.19 1:10.54	1000m: 11:51.68 1:12.23	1400m: 16:41.49 1:12.85		
	300m: 3:30.52 1:12.37	700m: 8:14.39 1:11.20	1100m: 13:03.93 1:12.25	1500m: 17:49.40 1:07.91		
	400m: 4:42.87 1:12.35	800m: 9:27.03 1:12.64	1200m: 14:16.91 1:12.98			
10.	Daniel Costa Vieira	95	Porto/Dolce Vita	17:49.44	+0,81	546
	100m: 1:05.07 1:05.07	500m: 5:52.77 1:13.08	900m: 10:43.12 1:12.32	1300m: 15:29.49 1:11.72		
	200m: 2:15.54 1:10.47	600m: 7:05.58 1:12.81	1000m: 11:55.00 1:11.88	1400m: 16:41.15 1:11.66		
	300m: 3:27.66 1:12.12	700m: 8:18.34 1:12.76	1100m: 13:06.53 1:11.53	1500m: 17:49.44 1:08.29		
	400m: 4:39.69 1:12.03	800m: 9:30.80 1:12.46	1200m: 14:17.77 1:11.24			
11.	Duarte Nuno Vieira	95	Nacional	17:54.25	+0,80	539
	100m: 1:05.56 1:05.56	500m: 5:52.68 1:11.34	900m: 10:44.52 1:12.79	1300m: 15:32.40 1:11.33		
	200m: 2:17.39 1:11.83	600m: 7:05.04 1:12.36	1000m: 11:56.64 1:12.12	1400m: 16:44.92 1:12.52		
	300m: 3:29.02 1:11.63	700m: 8:18.29 1:13.25	1100m: 13:09.35 1:12.71	1500m: 17:54.25 1:09.33		
	400m: 4:41.34 1:12.32	800m: 9:31.73 1:13.44	1200m: 14:21.07 1:11.72			
12.	Jorge Miguel Telo	95	Litoral Alentejano	18:03.82	+0,72	525
	<i>FTL</i>					
	100m: 1:08.64 1:08.64	500m: 5:56.76 1:11.54	900m: 10:44.70 1:11.97	1300m: 15:38.33 1:13.99		
	200m: 2:21.28 1:12.64	600m: 7:08.71 1:11.95	1000m: 11:57.06 1:12.36	1400m: 16:52.40 1:14.07		
	300m: 3:33.20 1:11.92	700m: 8:20.49 1:11.78	1100m: 13:10.83 1:13.77	1500m: 18:03.82 1:11.42		
	400m: 4:45.22 1:12.02	800m: 9:32.73 1:12.24	1200m: 14:24.34 1:13.51			
13.	Tiago Miguel Alves	95	SCC / Oryzon Energias	18:09.39	+0,79	517
	<i>FTL</i>					
	100m: 1:07.40 1:07.40	500m: 5:50.54 1:12.33	900m: 10:43.51 1:13.34	1300m: 15:41.70 1:15.11		
	200m: 2:17.51 1:10.11	600m: 7:02.98 1:12.44	1000m: 11:57.44 1:13.93	1400m: 16:56.31 1:14.61		
	300m: 3:27.56 1:10.05	700m: 8:16.94 1:13.96	1100m: 13:11.36 1:13.92	1500m: 18:09.39 1:13.08		
	400m: 4:38.21 1:10.65	800m: 9:30.17 1:13.23	1200m: 14:26.59 1:15.23			
14.	Rafael Ferreira Martins	95	Nautico da Marinha Grande	18:25.87	+0,82	494
	<i>FTL</i>					
	100m: 1:07.70 1:07.70	500m: 6:00.69 1:13.24	900m: 10:55.47 1:14.70	1300m: 15:55.32 1:15.19		
	200m: 2:20.60 1:12.90	600m: 7:14.37 1:13.68	1000m: 12:09.97 1:14.50	1400m: 17:11.22 1:15.90		
	300m: 3:33.88 1:13.28	700m: 8:28.00 1:13.63	1100m: 13:24.76 1:14.79	1500m: 18:25.87 1:14.65		
	400m: 4:47.45 1:13.57	800m: 9:40.77 1:12.77	1200m: 14:40.13 1:15.37			
15.	Joao Miguel Costa	95	Vilacondense	18:52.28	+0,72	460
	<i>FTL</i>					
	100m: 1:07.10 1:07.10	500m: 6:05.27 1:15.23	900m: 11:10.61 1:17.02	1300m: 16:20.61 1:17.32		
	200m: 2:20.61 1:13.51	600m: 7:20.97 1:15.70	1000m: 12:27.38 1:16.77	1400m: 17:36.74 1:16.13		
	300m: 3:34.80 1:14.19	700m: 8:36.86 1:15.89	1100m: 13:45.14 1:17.76	1500m: 18:52.28 1:15.54		
	400m: 4:50.04 1:15.24	800m: 9:53.59 1:16.73	1200m: 15:03.29 1:18.15			