

Campeonato Nacional de Infantis PL
Lisboa, 22 - 24-7-2011

Prova 19 Masc., 1500m Livres Infantis
24-07-2011 - 9:00 Resultados

Rec Nac Absoluto	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

TAC Masc Inf A Inf A: 18:52.00 / TAC Masc Inf B Inf B: 19:40.00

Pontos: FINA 2011

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts
Infantis B							
1.	Ricardo Goncalves MOURA	98	107577	Electrico	18:20.07		502
	100m: 1:07.58 1:07.58			500m: 6:01.93 1:14.64	900m: 10:59.21 1:14.79	1300m: 15:55.71 1:13.97	
	200m: 2:19.87 1:12.29			600m: 7:16.33 1:14.40	1000m: 12:13.51 1:14.30	1400m: 17:08.91 1:13.20	
	300m: 3:33.31 1:13.44			700m: 8:30.26 1:13.93	1100m: 13:27.84 1:14.33	1500m: 18:20.07 1:11.16	
	400m: 4:47.29 1:13.98			800m: 9:44.42 1:14.16	1200m: 14:41.74 1:13.90		
2.	Miguel Martins BALTAZAR	98	104338	Aminata	18:26.43	+1.04	493
	100m: 1:08.89 1:08.89			500m: 6:06.28 1:14.27	900m: 11:03.09 1:14.23	1300m: 15:59.79 1:14.18	
	200m: 2:23.04 1:14.15			600m: 7:20.59 1:14.31	1000m: 12:17.22 1:14.13	1400m: 17:13.55 1:13.76	
	300m: 3:37.58 1:14.54			700m: 8:34.99 1:14.40	1100m: 13:31.37 1:14.15	1500m: 18:26.43 1:12.88	
	400m: 4:52.01 1:14.43			800m: 9:48.86 1:13.87	1200m: 14:45.61 1:14.24		
3.	Jose Diogo FONSECA	98	112714	Nautico da Marinha Grande	18:36.90	+0.61	480
	100m: 1:07.62 1:07.62			500m: 6:05.66 1:15.15	900m: 11:06.13 1:15.37	1300m: 16:06.79 1:14.95	
	200m: 2:21.46 1:13.84			600m: 7:20.95 1:15.29	1000m: 12:21.36 1:15.23	1400m: 17:22.58 1:15.79	
	300m: 3:35.61 1:14.15			700m: 8:35.78 1:14.83	1100m: 13:36.22 1:14.86	1500m: 18:36.90 1:14.32	
	400m: 4:50.51 1:14.90			800m: 9:50.76 1:14.98	1200m: 14:51.84 1:15.62		
4.	Joao Costa FERREIRA	98	119632	Famalicao	18:43.72	+0.88	471
	100m: 1:09.15 1:09.15			500m: 6:06.62 1:14.99	900m: 11:07.25 1:15.58	1300m: 16:11.81 1:17.14	
	200m: 2:22.56 1:13.41			600m: 7:21.75 1:15.13	1000m: 12:23.11 1:15.86	1400m: 17:29.27 1:17.46	
	300m: 3:36.98 1:14.42			700m: 8:36.28 1:14.53	1100m: 13:38.63 1:15.52	1500m: 18:43.72 1:14.45	
	400m: 4:51.63 1:14.65			800m: 9:51.67 1:15.39	1200m: 14:54.67 1:16.04		
5.	Leonardo Bom PINTO	98	120168	Leixoes	18:50.04	+0.98	463
	100m: 1:09.48 1:09.48			500m: 6:09.25 1:15.79	900m: 11:15.22 1:16.08	1300m: 16:21.01 1:16.88	
	200m: 2:23.98 1:14.50			600m: 7:25.40 1:16.15	1000m: 12:31.21 1:15.99	1400m: 17:37.07 1:16.06	
	300m: 3:38.71 1:14.73			700m: 8:43.44 1:18.04	1100m: 13:48.08 1:16.87	1500m: 18:50.04 1:12.97	
	400m: 4:53.46 1:14.75			800m: 9:59.14 1:15.70	1200m: 15:04.13 1:16.05		
6.	Pedro Goncalves NETO	98	102038	Porto/Dolce Vita	18:54.65	+0.87	457
	100m: 1:07.68 1:07.68			500m: 6:07.84 1:15.54	900m: 11:08.60 1:16.32	1300m: 16:19.58 1:17.86	
	200m: 2:22.40 1:14.72			600m: 7:23.66 1:15.82	1000m: 12:25.61 1:17.01	1400m: 17:37.91 1:18.33	
	300m: 3:37.47 1:15.07			700m: 8:37.78 1:14.12	1100m: 13:43.17 1:17.56	1500m: 18:54.65 1:16.74	
	400m: 4:52.30 1:14.83			800m: 9:52.28 1:14.50	1200m: 15:01.72 1:18.55		
7.	Diogo Manuel MARQUES	98	118567	SCC/Oryzon Energias	18:59.07	+0.73	452
	100m: 1:08.32 1:08.32			500m: 6:13.27 1:16.78	900m: 11:20.10 1:16.81	1300m: 16:28.64 1:16.37	
	200m: 2:24.34 1:16.02			600m: 7:29.67 1:16.40	1000m: 12:37.20 1:17.10	1400m: 17:46.01 1:17.37	
	300m: 3:40.26 1:15.92			700m: 8:45.85 1:16.18	1100m: 13:54.82 1:17.62	1500m: 18:59.07 1:13.06	
	400m: 4:56.49 1:16.23			800m: 10:03.29 1:17.44	1200m: 15:12.27 1:17.45		
8.	Joao Carlos SILVA	98	108379	Famalicao	19:06.33	+0.73	444
	100m: 1:07.96 1:07.96			500m: 6:13.89 1:17.21	900m: 11:22.86 1:18.22	1300m: 16:36.57 1:18.35	
	200m: 2:23.71 1:15.75			600m: 7:30.75 1:16.86	1000m: 12:41.40 1:18.54	1400m: 17:53.95 1:17.38	
	300m: 3:40.02 1:16.31			700m: 8:47.04 1:16.29	1100m: 14:00.40 1:19.00	1500m: 19:06.33 1:12.38	
	400m: 4:56.68 1:16.66			800m: 10:04.64 1:17.60	1200m: 15:18.22 1:17.82		
9.	Luis Filipe RIBEIRO	98	107564	Braga	19:06.70		443
	100m: 1:10.54 1:10.54			500m: 6:17.11 1:16.21	900m: 11:24.56 1:17.71	1300m: 16:34.97 1:17.73	
	200m: 2:27.66 1:17.12			600m: 7:33.80 1:16.69	1000m: 12:41.87 1:17.31	1400m: 17:51.81 1:16.84	
	300m: 3:44.38 1:16.72			700m: 8:50.47 1:16.67	1100m: 13:59.30 1:17.43	1500m: 19:06.70 1:14.89	
	400m: 5:00.90 1:16.52			800m: 10:06.85 1:16.38	1200m: 15:17.24 1:17.94		

Campeonato Nacional de Infantis PL
Lisboa, 22- - 24-7-2011

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

Lugar	Nome	Ano	Licença	Clube	Tp final		TReac	Pts
10.	Goncalo Miguel NOGUEIRA	98	104471	Porto/Dolce Vita	19:09.22	+0.77	440	
	100m: 1:11.57 1:11.57	500m: 6:17.22 1:17.02	900m: 11:26.98 1:17.91	1300m: 16:37.10 1:17.26				
	200m: 2:27.29 1:15.72	600m: 7:34.41 1:17.19	1000m: 12:44.76 1:17.78	1400m: 17:54.88 1:17.78				
	300m: 3:43.10 1:15.81	700m: 8:51.41 1:17.00	1100m: 14:01.82 1:17.06	1500m: 19:09.22 1:14.34				
	400m: 5:00.20 1:17.10	800m: 10:09.07 1:17.66	1200m: 15:19.84 1:18.02					
11.	Jose Pedro PINTO	98	100797	Braga	19:17.87	+0.97	430	
	100m: 1:09.28 1:09.28	500m: 6:17.41 1:18.28	900m: 11:29.32 1:17.93	1300m: 16:43.23 1:18.62				
	200m: 2:24.91 1:15.63	600m: 7:35.36 1:17.95	1000m: 12:47.52 1:18.20	1400m: 18:01.57 1:18.34				
	300m: 3:41.93 1:17.02	700m: 8:53.50 1:18.14	1100m: 14:06.00 1:18.48	1500m: 19:17.87 1:16.30				
	400m: 4:59.13 1:17.20	800m: 10:11.39 1:17.89	1200m: 15:24.61 1:18.61					
12.	Bruno Jose SILVA	98	107560	Braga	19:28.37		419	
	100m: 1:12.04 1:12.04	500m: 6:26.88 1:18.32	900m: 11:41.65 1:18.12	1300m: 16:53.68 1:18.50				
	200m: 2:30.37 1:18.33	600m: 7:45.66 1:18.78	1000m: 12:59.54 1:17.89	1400m: 18:12.38 1:18.70				
	300m: 3:50.06 1:19.69	700m: 9:04.49 1:18.83	1100m: 14:16.93 1:17.39	1500m: 19:28.37 1:15.99				
	400m: 5:08.56 1:18.50	800m: 10:23.53 1:19.04	1200m: 15:35.18 1:18.25					
13.	Diogo Rodrigues LEITAO	98	112233	Fafe	19:36.73	+0.92	410	
	100m: 1:11.29 1:11.29	500m: 6:21.44 1:17.58	900m: 11:38.08 1:20.39	1300m: 16:55.27 1:19.95				
	200m: 2:27.93 1:16.64	600m: 7:40.08 1:18.64	1000m: 12:57.93 1:19.85	1400m: 18:16.83 1:21.56				
	300m: 3:45.82 1:17.89	700m: 8:59.23 1:19.15	1100m: 14:16.90 1:18.97	1500m: 19:36.73 1:19.90				
	400m: 5:03.86 1:18.04	800m: 10:17.69 1:18.46	1200m: 15:35.32 1:18.42					
14.	Eduardo Manuel GONCALVES	98	112562	Nucleo Sportinguista	19:38.97	+0.80	408	
	100m: 1:12.61 1:12.61	500m: 6:27.13 1:19.51	900m: 11:45.90 1:18.79	1300m: 17:06.81 1:20.92				
	200m: 2:30.06 1:17.45	600m: 7:47.38 1:20.25	1000m: 13:05.62 1:19.72	1400m: 18:26.42 1:19.61				
	300m: 3:48.32 1:18.26	700m: 9:07.14 1:19.76	1100m: 14:26.97 1:21.35	1500m: 19:38.97 1:12.55				
	400m: 5:07.62 1:19.30	800m: 10:27.11 1:19.97	1200m: 15:45.89 1:18.92					
15.	Diogo Mendes PEREIRA FTL	98	107783	Freguesia de Paiao	19:59.84	+0.89	387	
	100m: 1:13.52 1:13.52	500m: 6:33.67 1:20.19	900m: 11:57.46 1:21.98	1300m: 17:23.12 1:21.95				
	200m: 2:33.44 1:19.92	600m: 7:54.51 1:20.84	1000m: 13:18.16 1:20.70	1400m: 18:43.78 1:20.66				
	300m: 3:52.61 1:19.17	700m: 9:15.30 1:20.79	1100m: 14:38.81 1:20.65	1500m: 19:59.84 1:16.06				
	400m: 5:13.48 1:20.87	800m: 10:35.48 1:20.18	1200m: 16:01.17 1:22.36					
16.	Diogo Rafael SANTOS FTL	98	110597	Galitos	20:00.99	+0.77	386	
	100m: 1:10.70 1:10.70	500m: 6:22.52 1:19.47	900m: 11:46.39 1:20.69	1300m: 17:19.18 1:24.09				
	200m: 2:26.80 1:16.10	600m: 7:42.74 1:20.22	1000m: 13:08.49 1:22.10	1400m: 18:42.39 1:23.21				
	300m: 3:44.38 1:17.58	700m: 9:04.72 1:21.98	1100m: 14:31.48 1:22.99	1500m: 20:00.99 1:18.60				
	400m: 5:03.05 1:18.67	800m: 10:25.70 1:20.98	1200m: 15:55.09 1:23.61					

Infantis A

1.	Joao Pedro GIL	97	108343	Naval Amorense	17:34.33	+0.77	570	
	100m: 1:06.06 1:06.06	500m: 5:50.09 1:10.96	900m: 10:35.95 1:11.46	1300m: 15:18.62 1:11.31				
	200m: 2:16.65 1:10.59	600m: 7:01.85 1:11.76	1000m: 11:47.75 1:11.80	1400m: 16:28.74 1:10.12				
	300m: 3:27.34 1:10.69	700m: 8:12.78 1:10.93	1100m: 12:56.98 1:09.23	1500m: 17:34.33 1:05.59				
	400m: 4:39.13 1:11.79	800m: 9:24.49 1:11.71	1200m: 14:07.31 1:10.33					
2.	Vitor Joao PEREIRA	97	102545	Leixoes	17:43.90	+0.89	555	
	100m: 1:05.97 1:05.97	500m: 5:49.91 1:11.03	900m: 10:35.00 1:11.48	1300m: 15:21.89 1:12.71				
	200m: 2:17.01 1:11.04	600m: 7:00.92 1:11.01	1000m: 11:46.66 1:11.66	1400m: 16:33.71 1:11.82				
	300m: 3:27.57 1:10.56	700m: 8:12.58 1:11.66	1100m: 12:57.46 1:10.80	1500m: 17:43.90 1:10.19				
	400m: 4:38.88 1:11.31	800m: 9:23.52 1:10.94	1200m: 14:09.18 1:11.72					
3.	Francisco Xavier GONCALVES	97	26878	Nautico/Matobra	17:48.29	+0.85	548	
	100m: 1:05.75 1:05.75	500m: 5:49.46 1:11.18	900m: 10:35.10 1:11.51	1300m: 15:24.39 1:12.81				
	200m: 2:16.39 1:10.64	600m: 7:00.85 1:11.39	1000m: 11:47.27 1:12.17	1400m: 16:37.32 1:12.93				
	300m: 3:27.28 1:10.89	700m: 8:12.30 1:11.45	1100m: 12:58.87 1:11.60	1500m: 17:48.29 1:10.97				
	400m: 4:38.28 1:11.00	800m: 9:23.59 1:11.29	1200m: 14:11.58 1:12.71					

Campeonato Nacional de Infantis PL
Lisboa, 22 - 24-7-2011

Prova 19, Masc., 1500m Livres, Infantis A

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts
4.	Eduardo Filipe CARVALHEIRO	97	102768	SCC/Oryzon Energias	17:59.34	+0.85	531
	100m: 1:06.05 1:06.05	500m: 5:51.05 1:11.07	900m: 10:43.08 1:12.81	1300m: 15:36.06 1:13.62			
	200m: 2:17.16 1:11.11	600m: 7:03.93 1:12.88	1000m: 11:55.69 1:12.61	1400m: 16:48.65 1:12.59			
	300m: 3:28.17 1:11.01	700m: 8:17.05 1:13.12	1100m: 13:09.43 1:13.74	1500m: 17:59.34 1:10.69			
	400m: 4:39.98 1:11.81	800m: 9:30.27 1:13.22	1200m: 14:22.44 1:13.01				
5.	Nuno Valerio SILVA	97	110973	Nautico da Marinha Grande	17:59.62	+0.84	531
	100m: 1:07.30 1:07.30	500m: 5:55.65 1:12.09	900m: 10:46.26 1:12.64	1300m: 15:38.88 1:13.22			
	200m: 2:19.43 1:12.13	600m: 7:08.12 1:12.47	1000m: 11:59.34 1:13.08	1400m: 16:50.92 1:12.04			
	300m: 3:31.64 1:12.21	700m: 8:20.93 1:12.81	1100m: 13:12.44 1:13.10	1500m: 17:59.62 1:08.70			
	400m: 4:43.56 1:11.92	800m: 9:33.62 1:12.69	1200m: 14:25.66 1:13.22				
6.	Tiago Ribeiro COSTA	97	104534	Famalicao	18:00.77	+0.78	529
	100m: 1:07.54 1:07.54	500m: 5:56.35 1:12.34	900m: 10:46.36 1:12.44	1300m: 15:39.00 1:13.15			
	200m: 2:19.68 1:12.14	600m: 7:08.67 1:12.32	1000m: 11:59.47 1:13.11	1400m: 16:51.18 1:12.18			
	300m: 3:31.79 1:12.11	700m: 8:21.34 1:12.67	1100m: 13:12.58 1:13.11	1500m: 18:00.77 1:09.59			
	400m: 4:44.01 1:12.22	800m: 9:33.92 1:12.58	1200m: 14:25.85 1:13.27				
7.	Andre Sousa GONCALVES	97	105368	Natacao de Olhao	18:06.87		520
	100m: 1:08.62 1:08.62	500m: 6:01.57 1:14.28	900m: 10:54.39 1:13.13	1300m: 15:46.60 1:12.95			
	200m: 2:21.66 1:13.04	600m: 7:15.38 1:13.81	1000m: 12:07.98 1:13.59	1400m: 16:58.67 1:12.07			
	300m: 3:34.99 1:13.33	700m: 8:27.44 1:12.06	1100m: 13:20.15 1:12.17	1500m: 18:06.87 1:08.20			
	400m: 4:47.29 1:12.30	800m: 9:41.26 1:13.82	1200m: 14:33.65 1:13.50				
8.	Joao Vieira CAMARA	97	101035	Maritimo	18:07.86	+0.76	519
	100m: 1:07.95 1:07.95	500m: 6:02.27 1:13.69	900m: 10:56.35 1:13.26	1300m: 15:46.73 1:12.79			
	200m: 2:21.12 1:13.17	600m: 7:16.20 1:13.93	1000m: 12:08.65 1:12.30	1400m: 16:59.32 1:12.59			
	300m: 3:34.70 1:13.58	700m: 8:29.72 1:13.52	1100m: 13:20.87 1:12.22	1500m: 18:07.86 1:08.54			
	400m: 4:48.58 1:13.88	800m: 9:43.09 1:13.37	1200m: 14:33.94 1:13.07				
9.	Andre Alves BASCH	97	26484	Aminata	18:09.75		516
	100m: 1:05.58 1:05.58	500m: 5:52.42 1:12.93	900m: 10:45.71 1:13.50	1300m: 15:43.00 1:14.62			
	200m: 2:16.65 1:11.07	600m: 7:05.72 1:13.30	1000m: 11:59.56 1:13.85	1400m: 16:57.26 1:14.26			
	300m: 3:27.78 1:11.13	700m: 8:18.57 1:12.85	1100m: 13:13.81 1:14.25	1500m: 18:09.75 1:12.49			
	400m: 4:39.49 1:11.71	800m: 9:32.21 1:13.64	1200m: 14:28.38 1:14.57				
10.	Jose Miguel HILARIO	97	102906	Beja	18:24.61	+0.86	496
	100m: 1:08.32 1:08.32	500m: 6:07.44 1:14.55	900m: 11:04.50 1:13.96	1300m: 16:00.14 1:13.52			
	200m: 2:22.73 1:14.41	600m: 7:20.11 1:12.67	1000m: 12:18.76 1:14.26	1400m: 17:14.84 1:14.70			
	300m: 3:37.56 1:14.83	700m: 8:34.94 1:14.83	1100m: 13:31.29 1:12.53	1500m: 18:24.61 1:09.77			
	400m: 4:52.89 1:15.33	800m: 9:50.54 1:15.60	1200m: 14:46.62 1:15.33				
11.	Diogo Miguel NELAS	97	105636	Braga	18:25.73	+1.31	494
	100m: 1:06.67 1:06.67	500m: 6:02.99 1:14.90	900m: 11:00.88 1:14.87	1300m: 15:59.87 1:14.33			
	200m: 2:19.18 1:12.51	600m: 7:17.01 1:14.02	1000m: 12:15.93 1:15.05	1400m: 17:14.37 1:14.50			
	300m: 3:33.38 1:14.20	700m: 8:31.32 1:14.31	1100m: 13:30.48 1:14.55	1500m: 18:25.73 1:11.36			
	400m: 4:48.09 1:14.71	800m: 9:46.01 1:14.69	1200m: 14:45.54 1:15.06				
12.	Joao Miguel FERREIRA	97	103044	Foca	18:29.88	+0.79	489
	100m: 1:08.11 1:08.11	500m: 6:05.41 1:14.70	900m: 11:05.87 1:15.35	1300m: 16:04.33 1:14.41			
	200m: 2:21.98 1:13.87	600m: 7:21.28 1:15.87	1000m: 12:20.54 1:14.67	1400m: 17:19.04 1:14.71			
	300m: 3:35.70 1:13.72	700m: 8:35.45 1:14.17	1100m: 13:35.46 1:14.92	1500m: 18:29.88 1:10.84			
	400m: 4:50.71 1:15.01	800m: 9:50.52 1:15.07	1200m: 14:49.92 1:14.46				
13.	Carlos Flores CLARA	97	117120	Geslourses	18:32.06	+1.01	486
	100m: 1:09.39 1:09.39	500m: 6:11.74 1:15.41	900m: 11:14.57 1:15.38	1300m: 16:11.26 1:13.12			
	200m: 2:24.95 1:15.56	600m: 7:28.07 1:16.33	1000m: 12:30.32 1:15.75	1400m: 17:24.03 1:12.77			
	300m: 3:40.42 1:15.47	700m: 8:44.01 1:15.94	1100m: 13:44.28 1:13.96	1500m: 18:32.06 1:08.03			
	400m: 4:56.33 1:15.91	800m: 9:59.19 1:15.18	1200m: 14:58.14 1:13.86				
14.	Jose Miguel VENTURA	97	105113	Fundacao Beatriz Santos	18:32.23	+0.86	486
	100m: 1:09.63 1:09.63	500m: 6:08.61 1:14.38	900m: 11:10.66 1:15.33	1300m: 16:10.28 1:14.35			
	200m: 2:24.18 1:14.55	600m: 7:23.44 1:14.83	1000m: 12:26.70 1:16.04	1400m: 17:23.19 1:12.91			
	300m: 3:38.87 1:14.69	700m: 8:39.57 1:16.13	1100m: 13:41.25 1:14.55	1500m: 18:32.23 1:09.04			
	400m: 4:54.23 1:15.36	800m: 9:55.33 1:15.76	1200m: 14:55.93 1:14.68				

Campeonato Nacional de Infantis PL
Lisboa, 22 - 24-7-2011

Prova 19, Masc., 1500m Livres, Infantis A

Lugar	Nome	Ano	Licença	Clube	Tp final	TReac	Pts
15.	Jorge Miguel NUNES	97	102008	Porto/Dolce Vita	18:37.48	+0.93	479
	100m: 1:08.03 1:08.03	500m: 6:06.39 1:14.52	900m: 11:06.65 1:15.34	1300m: 16:07.75 1:15.12			
	200m: 2:22.49 1:14.46	600m: 7:21.20 1:14.81	1000m: 12:21.58 1:14.93	1400m: 17:23.30 1:15.55			
	300m: 3:37.33 1:14.84	700m: 8:36.21 1:15.01	1100m: 13:37.06 1:15.48	1500m: 18:37.48 1:14.18			
	400m: 4:51.87 1:14.54	800m: 9:51.31 1:15.10	1200m: 14:52.63 1:15.57				
16.	Joao Afonso PICAIO	97	102842	Leixoes	18:38.95	+0.99	477
	100m: 1:09.17 1:09.17	500m: 6:08.71 1:14.57	900m: 11:10.47 1:15.66	1300m: 16:11.35 1:14.51			
	200m: 2:24.22 1:15.05	600m: 7:23.52 1:14.81	1000m: 12:25.78 1:15.31	1400m: 17:27.42 1:16.07			
	300m: 3:39.12 1:14.90	700m: 8:39.04 1:15.52	1100m: 13:41.32 1:15.54	1500m: 18:38.95 1:11.53			
	400m: 4:54.14 1:15.02	800m: 9:54.81 1:15.77	1200m: 14:56.84 1:15.52				
17.	Narciso Daniel CORREIA	97	111197	Braga	18:40.33	+1.00	475
	100m: 1:07.51 1:07.51	500m: 6:03.43 1:14.17	900m: 11:06.66 1:16.32	1300m: 16:11.39 1:16.66			
	200m: 2:21.42 1:13.91	600m: 7:17.68 1:14.25	1000m: 12:23.06 1:16.40	1400m: 17:27.18 1:15.79			
	300m: 3:34.73 1:13.31	700m: 8:33.62 1:15.94	1100m: 13:37.55 1:14.49	1500m: 18:40.33 1:13.15			
	400m: 4:49.26 1:14.53	800m: 9:50.34 1:16.72	1200m: 14:54.73 1:17.18				
18.	Alexandre Miguel LAUREANO	97	105802	Alcobaca	18:40.87	+0.72	475
	100m: 1:08.23 1:08.23	500m: 6:06.79 1:14.99	900m: 11:08.97 1:15.69	1300m: 16:12.93 1:15.79			
	200m: 2:22.24 1:14.01	600m: 7:22.16 1:15.37	1000m: 12:24.81 1:15.84	1400m: 17:28.58 1:15.65			
	300m: 3:36.83 1:14.59	700m: 8:38.03 1:15.87	1100m: 13:40.48 1:15.67	1500m: 18:40.87 1:12.29			
	400m: 4:51.80 1:14.97	800m: 9:53.28 1:15.25	1200m: 14:57.14 1:16.66				
19.	Daniel Francisco MENDONCA	97	111180	Braga	18:47.54		466
	100m: 1:09.15 1:09.15	500m: 6:11.67 1:15.43	900m: 11:15.13 1:15.62	1300m: 16:19.80 1:16.57			
	200m: 2:24.37 1:15.22	600m: 7:27.48 1:15.81	1000m: 12:31.11 1:15.98	1400m: 17:35.80 1:16.00			
	300m: 3:40.18 1:15.81	700m: 8:43.58 1:16.10	1100m: 13:47.19 1:16.08	1500m: 18:47.54 1:11.74			
	400m: 4:56.24 1:16.06	800m: 9:59.51 1:15.93	1200m: 15:03.23 1:16.04				
20.	Hugo Vale PEREIRA	97	106981	Nautico/Matobra	18:48.85	+0.84	465
	100m: 1:10.13 1:10.13	500m: 6:10.38 1:15.07	900m: 11:15.08 1:16.25	1300m: 16:19.70 1:15.51			
	200m: 2:24.97 1:14.84	600m: 7:26.39 1:16.01	1000m: 12:31.35 1:16.27	1400m: 17:35.01 1:15.31			
	300m: 3:39.81 1:14.84	700m: 8:42.66 1:16.27	1100m: 13:48.07 1:16.72	1500m: 18:48.85 1:13.84			
	400m: 4:55.31 1:15.50	800m: 9:58.83 1:16.17	1200m: 15:04.19 1:16.12				
21.	Jose Eduardo FELICIO	97	101396	Rio Maior	18:51.91	+0.77	461
	100m: 1:10.65 1:10.65	500m: 6:16.29 1:16.01	900m: 11:18.84 1:16.20	1300m: 16:23.10 1:15.83			
	200m: 2:27.02 1:16.37	600m: 7:31.25 1:14.96	1000m: 12:35.25 1:16.41	1400m: 17:38.83 1:15.73			
	300m: 3:43.92 1:16.90	700m: 8:46.71 1:15.46	1100m: 13:51.24 1:15.99	1500m: 18:51.91 1:13.08			
	400m: 5:00.28 1:16.36	800m: 10:02.64 1:15.93	1200m: 15:07.27 1:16.03				
22.	Ricardo Eduardo AFONSO FTL	97	105414	Braga	19:03.27	+1.16	447
	100m: 1:09.25 1:09.25	500m: 6:13.41 1:17.26	900m: 11:20.93 1:16.08	1300m: 16:34.03 1:19.27			
	200m: 2:24.05 1:14.80	600m: 7:30.07 1:16.66	1000m: 12:38.86 1:17.93	1400m: 17:50.48 1:16.45			
	300m: 3:39.66 1:15.61	700m: 8:47.24 1:17.17	1100m: 13:56.46 1:17.60	1500m: 19:03.27 1:12.79			
	400m: 4:56.15 1:16.49	800m: 10:04.85 1:17.61	1200m: 15:14.76 1:18.30				
23.	Francisco Sampaio GARCIA FTL	97	14319	Naval de Ponta Delgada	19:05.75	+0.76	444
	100m: 1:10.16 1:10.16	500m: 6:18.18 1:17.45	900m: 11:26.92 1:17.04	1300m: 16:34.22 1:17.24			
	200m: 2:26.76 1:16.60	600m: 7:35.11 1:16.93	1000m: 12:43.50 1:16.58	1400m: 17:50.91 1:16.69			
	300m: 3:43.56 1:16.80	700m: 8:52.69 1:17.58	1100m: 13:59.88 1:16.38	1500m: 19:05.75 1:14.84			
	400m: 5:00.73 1:17.17	800m: 10:09.88 1:17.19	1200m: 15:16.98 1:17.10				
24.	Joao Manuel FERNANDES FTL	97	101065	Naval do Funchal	19:10.56	+0.78	439
	100m: 1:11.04 1:11.04	500m: 6:17.76 1:17.26	900m: 11:26.98 1:16.95	1300m: 16:36.83 1:18.47			
	200m: 2:27.02 1:15.98	600m: 7:34.98 1:17.22	1000m: 12:43.91 1:16.93	1400m: 17:54.79 1:17.96			
	300m: 3:43.52 1:16.50	700m: 8:52.59 1:17.61	1100m: 14:01.30 1:17.39	1500m: 19:10.56 1:15.77			
	400m: 5:00.50 1:16.98	800m: 10:10.03 1:17.44	1200m: 15:18.36 1:17.06				