

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Pova de Varzim, 4- - 7-8-2011

Prova 1 Masc., 1500m Livres Absoluto
04-08-2011 - 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
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 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Open

1.	Thomas Sunter	92	Co Sheffield	15:32.79	+0,89	824	
	100m: 58.83 58.83	500m: 5:05.36 1:01.89	900m: 9:15.76 1:02.44	1300m: 13:27.81 1:03.15			
	200m: 2:00.22 1:01.39	600m: 6:08.03 1:02.67	1000m: 10:18.49 1:02.73	1400m: 14:31.11 1:03.30			
	300m: 3:01.97 1:01.75	700m: 7:10.29 1:02.26	1100m: 11:21.68 1:03.19	1500m: 15:32.79 1:01.68			
	400m: 4:03.47 1:01.50	800m: 8:13.32 1:03.03	1200m: 12:24.66 1:02.98				
2.	Daniel Cocking	90	Co Sheffield	15:45.44	+0,80	791	
	100m: 1:00.82 1:00.82	500m: 5:14.30 1:03.40	900m: 9:27.42 1:03.30	1300m: 13:40.65 1:03.34			
	200m: 2:03.81 1:02.99	600m: 6:17.33 1:03.03	1000m: 10:30.64 1:03.22	1400m: 14:43.90 1:03.25			
	300m: 3:07.37 1:03.56	700m: 7:20.81 1:03.48	1100m: 11:33.59 1:02.95	1500m: 15:45.44 1:01.54			
	400m: 4:10.90 1:03.53	800m: 8:24.12 1:03.31	1200m: 12:37.31 1:03.72				
3.	Paulo Fragueiro Franco	82	Nacional	16:05.45	+0,82	743	
	100m: 1:00.76 1:00.76	500m: 5:16.21 1:04.00	900m: 9:34.66 1:05.10	1300m: 13:56.51 1:05.87			
	200m: 2:04.44 1:03.68	600m: 6:20.17 1:03.96	1000m: 10:39.96 1:05.30	1400m: 15:01.79 1:05.28			
	300m: 3:08.03 1:03.59	700m: 7:24.69 1:04.52	1100m: 11:45.09 1:05.13	1500m: 16:05.45 1:03.66			
	400m: 4:12.21 1:04.18	800m: 8:29.56 1:04.87	1200m: 12:50.64 1:05.55				
4.	Rui Filipe Costa	91	Vitoria de Guimaraes	16:09.50	+0,74	734	
	100m: 59.76 59.76	500m: 5:19.00 1:05.51	900m: 9:40.93 1:05.60	1300m: 14:03.87 1:05.89			
	200m: 2:03.74 1:03.98	600m: 6:24.49 1:05.49	1000m: 10:46.44 1:05.51	1400m: 15:09.10 1:05.23			
	300m: 3:08.58 1:04.84	700m: 7:29.88 1:05.39	1100m: 11:52.16 1:05.72	1500m: 16:09.50 1:00.40			
	400m: 4:13.49 1:04.91	800m: 8:35.33 1:05.45	1200m: 12:57.98 1:05.82				
5.	Diogo Andre Gaspar	90	Uniao Piedense	16:11.62	+0,79	729	
	100m: 59.60 59.60	500m: 5:18.36 1:05.46	900m: 9:41.90 1:05.74	1300m: 14:03.65 1:05.45			
	200m: 2:03.66 1:04.06	600m: 6:23.94 1:05.58	1000m: 10:47.51 1:05.61	1400m: 15:08.14 1:04.49			
	300m: 3:08.21 1:04.55	700m: 7:30.32 1:06.38	1100m: 11:52.81 1:05.30	1500m: 16:11.62 1:03.48			
	400m: 4:12.90 1:04.69	800m: 8:36.16 1:05.84	1200m: 12:58.20 1:05.39				
6.	Mario Andre Bonanca	90	Sporting	16:13.31	+0,83	725	
	100m: 1:00.52 1:00.52	500m: 5:15.31 1:04.02	900m: 9:39.05 1:06.38	1300m: 14:02.79 1:06.13			
	200m: 2:03.76 1:03.24	600m: 6:20.60 1:05.29	1000m: 10:44.91 1:05.86	1400m: 15:08.69 1:05.90			
	300m: 3:07.68 1:03.92	700m: 7:26.33 1:05.73	1100m: 11:50.76 1:05.85	1500m: 16:13.31 1:04.62			
	400m: 4:11.29 1:03.61	800m: 8:32.67 1:06.34	1200m: 12:56.66 1:05.90				
7.	Vasco Miguel Gaspar	90	Uniao Piedense	16:17.90	+0,80	715	
	100m: 1:02.46 1:02.46	500m: 5:22.60 1:05.30	900m: 9:44.19 1:05.52	1300m: 14:07.96 1:05.73			
	200m: 2:07.92 1:05.46	600m: 6:27.62 1:05.02	1000m: 10:50.43 1:06.24	1400m: 15:14.08 1:06.12			
	300m: 3:12.43 1:04.51	700m: 7:33.10 1:05.48	1100m: 11:56.68 1:06.25	1500m: 16:17.90 1:03.82			
	400m: 4:17.30 1:04.87	800m: 8:38.67 1:05.57	1200m: 13:02.23 1:05.55				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Pova de Varzim, 4- - 7-8-2011

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Tiago Silva Oliveira	94	Leixoes	16:24.05	+0,87	701	
	100m: 1:00.38 1:00.38	500m: 5:18.44 1:05.05	900m: 9:43.28 1:06.85	1300m: 14:11.33 1:06.99			
	200m: 2:04.36 1:03.98	600m: 6:23.84 1:05.40	1000m: 10:50.22 1:06.94	1400m: 15:18.22 1:06.89			
	300m: 3:08.52 1:04.16	700m: 7:30.17 1:06.33	1100m: 11:57.26 1:07.04	1500m: 16:24.05 1:05.83			
	400m: 4:13.39 1:04.87	800m: 8:36.43 1:06.26	1200m: 13:04.34 1:07.08				
9.	Hugo Alberto Ribeiro	88	Gespacos	16:25.90	+0,92	698	
	100m: 1:01.95 1:01.95	500m: 5:23.91 1:05.61	900m: 9:47.30 1:06.09	1300m: 14:15.14 1:07.61			
	200m: 2:07.79 1:05.84	600m: 6:29.36 1:05.45	1000m: 10:53.90 1:06.60	1400m: 15:22.27 1:07.13			
	300m: 3:13.04 1:05.25	700m: 7:35.36 1:06.00	1100m: 12:00.78 1:06.88	1500m: 16:25.90 1:03.63			
	400m: 4:18.30 1:05.26	800m: 8:41.21 1:05.85	1200m: 13:07.53 1:06.75				
10.	Ricardo Manuel Machado	93	Braga	16:37.87	+0,94	673	
	100m: 1:01.35 1:01.35	500m: 5:24.38 1:07.00	900m: 9:53.71 1:07.87	1300m: 14:24.54 1:07.56			
	200m: 2:05.46 1:04.11	600m: 6:31.28 1:06.90	1000m: 11:01.35 1:07.64	1400m: 15:31.65 1:07.11			
	300m: 3:10.90 1:05.44	700m: 7:38.32 1:07.04	1100m: 12:09.15 1:07.80	1500m: 16:37.87 1:06.22			
	400m: 4:17.38 1:06.48	800m: 8:45.84 1:07.52	1200m: 13:16.98 1:07.83				
11.	Matthew Jayne	95	Swim Wales	16:40.96	+0,75	666	
	100m: 1:03.19 1:03.19	500m: 5:29.74 1:06.90	900m: 9:56.76 1:06.87	1300m: 14:27.93 1:08.14			
	200m: 2:09.73 1:06.54	600m: 6:35.99 1:06.25	1000m: 11:04.47 1:07.71	1400m: 15:35.57 1:07.64			
	300m: 3:16.04 1:06.31	700m: 7:42.69 1:06.70	1100m: 12:12.11 1:07.64	1500m: 16:40.96 1:05.39			
	400m: 4:22.84 1:06.80	800m: 8:49.89 1:07.20	1200m: 13:19.79 1:07.68				
12.	Andre Rafael Marinho	93	Uniao Piedense	16:41.11	+0,88	666	
	100m: 1:02.49 1:02.49	500m: 5:27.52 1:06.73	900m: 9:56.51 1:07.54	1300m: 14:27.94 1:07.86			
	200m: 2:08.26 1:05.77	600m: 6:34.58 1:07.06	1000m: 11:04.34 1:07.83	1400m: 15:35.88 1:07.94			
	300m: 3:14.58 1:06.32	700m: 7:41.63 1:07.05	1100m: 12:12.34 1:08.00	1500m: 16:41.11 1:05.23			
	400m: 4:20.79 1:06.21	800m: 8:48.97 1:07.34	1200m: 13:20.08 1:07.74				
13.	Nuno Vieira Malheiro	93	Braga	16:47.59	+1,05	653	
	100m: 1:03.44 1:03.44	500m: 5:29.91 1:07.27	900m: 10:02.91 1:08.13	1300m: 14:34.87 1:07.99			
	200m: 2:10.17 1:06.73	600m: 6:38.07 1:08.16	1000m: 11:11.07 1:08.16	1400m: 15:42.32 1:07.45			
	300m: 3:16.17 1:06.00	700m: 7:46.13 1:08.06	1100m: 12:19.28 1:08.21	1500m: 16:47.59 1:05.27			
	400m: 4:22.64 1:06.47	800m: 8:54.78 1:08.65	1200m: 13:26.88 1:07.60				
14.	Joao Duarte Santos	95	Natacao de Olhao	16:48.56	+0,70	652	
	100m: 1:02.09 1:02.09	500m: 5:31.61 1:07.34	900m: 10:02.99 1:08.28	1300m: 14:36.31 1:08.49			
	200m: 2:09.75 1:07.66	600m: 6:39.08 1:07.47	1000m: 11:10.99 1:08.00	1400m: 15:43.89 1:07.58			
	300m: 3:17.05 1:07.30	700m: 7:46.79 1:07.71	1100m: 12:19.79 1:08.80	1500m: 16:48.56 1:04.67			
	400m: 4:24.27 1:07.22	800m: 8:54.71 1:07.92	1200m: 13:27.82 1:08.03				
15.	Paulo Andre Dias FTL	92	Gespacos	16:50.85	+0,92	647	
	100m: 1:02.74 1:02.74	500m: 5:32.11 1:07.97	900m: 10:05.75 1:08.22	1300m: 14:38.07 1:07.96			
	200m: 2:09.67 1:06.93	600m: 6:40.47 1:08.36	1000m: 11:13.85 1:08.10	1400m: 15:45.51 1:07.44			
	300m: 3:16.59 1:06.92	700m: 7:48.88 1:08.41	1100m: 12:22.19 1:08.34	1500m: 16:50.85 1:05.34			
	400m: 4:24.14 1:07.55	800m: 8:57.53 1:08.65	1200m: 13:30.11 1:07.92				
16.	Rui Miguel Lopes	94	Natacao de Olhao	16:53.56	+0,86	642	
	100m: 1:02.24 1:02.24	500m: 5:32.43 1:07.62	900m: 10:05.91 1:08.42	1300m: 14:39.21 1:08.42			
	200m: 2:09.86 1:07.62	600m: 6:40.52 1:08.09	1000m: 11:14.18 1:08.27	1400m: 15:47.89 1:08.68			
	300m: 3:17.69 1:07.83	700m: 7:48.95 1:08.43	1100m: 12:22.62 1:08.44	1500m: 16:53.56 1:05.67			
	400m: 4:24.81 1:07.12	800m: 8:57.49 1:08.54	1200m: 13:30.79 1:08.17				
17.	Andre Filipe Farinha	96	Benfica	16:57.54	+0,72	634	
	100m: 1:02.57 1:02.57	500m: 5:27.15 1:06.77	900m: 10:00.65 1:09.37	1300m: 14:39.34 1:09.92			
	200m: 2:08.32 1:05.75	600m: 6:34.59 1:07.44	1000m: 11:09.99 1:09.34	1400m: 15:50.69 1:11.35			
	300m: 3:14.06 1:05.74	700m: 7:42.40 1:07.81	1100m: 12:19.42 1:09.43	1500m: 16:57.54 1:06.85			
	400m: 4:20.38 1:06.32	800m: 8:51.28 1:08.88	1200m: 13:29.42 1:10.00				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Pova de Varzim, 4- - 7-8-2011

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Cesar Filipe Magalhaes	95	Foca	16:57.87	+0,89	634	
	100m: 1:03.85 1:03.85	500m: 5:36.22 1:08.55	900m: 10:10.99 1:08.47	1300m: 14:42.83 1:08.40			
	200m: 2:10.55 1:06.70	600m: 6:44.92 1:08.70	1000m: 11:18.40 1:07.41	1400m: 15:51.15 1:08.32			
	300m: 3:18.63 1:08.08	700m: 7:53.66 1:08.74	1100m: 12:26.24 1:07.84	1500m: 16:57.87 1:06.72			
	400m: 4:27.67 1:09.04	800m: 9:02.52 1:08.86	1200m: 13:34.43 1:08.19				
19.	Daniel Ricardo Viegas	83	Amadora	17:00.17	+0,79	630	
	<i>FTL</i>						
	100m: 1:03.41 1:03.41	500m: 5:33.09 1:08.29	900m: 10:08.66 1:09.28	1300m: 14:45.63 1:09.24			
	200m: 2:10.00 1:06.59	600m: 6:41.92 1:08.83	1000m: 11:17.84 1:09.18	1400m: 15:54.05 1:08.42			
	300m: 3:16.97 1:06.97	700m: 7:50.50 1:08.58	1100m: 12:27.28 1:09.44	1500m: 17:00.17 1:06.12			
	400m: 4:24.80 1:07.83	800m: 8:59.38 1:08.88	1200m: 13:36.39 1:09.11				
20.	Miguel Prata Santos	96	Viana Natacao	17:05.26	+0,85	620	
	100m: 1:02.93 1:02.93	500m: 5:33.39 1:08.05	900m: 10:10.23 1:09.85	1300m: 14:48.52 1:09.68			
	200m: 2:10.51 1:07.58	600m: 6:41.74 1:08.35	1000m: 11:20.75 1:10.52	1400m: 15:57.70 1:09.18			
	300m: 3:17.37 1:06.86	700m: 7:50.73 1:08.99	1100m: 12:29.16 1:08.41	1500m: 17:05.26 1:07.56			
	400m: 4:25.34 1:07.97	800m: 9:00.38 1:09.65	1200m: 13:38.84 1:09.68				
21.	Pedro Afonso Gaspar	94	Individual Santarem	17:05.98	+1,05	619	
	<i>FTL</i>						
	100m: 1:03.22 1:03.22	500m: 5:32.99 1:08.34	900m: 10:08.99 1:09.17	1300m: 14:47.75 1:10.07			
	200m: 2:10.05 1:06.83	600m: 6:41.62 1:08.63	1000m: 11:18.25 1:09.26	1400m: 15:57.82 1:10.07			
	300m: 3:17.33 1:07.28	700m: 7:50.55 1:08.93	1100m: 12:27.76 1:09.51	1500m: 17:05.98 1:08.16			
	400m: 4:24.65 1:07.32	800m: 8:59.82 1:09.27	1200m: 13:37.68 1:09.92				
22.	Pedro Veiginha Martins	96	Braga	17:09.99	+0,83	612	
	100m: 1:05.17 1:05.17	500m: 5:36.85 1:08.37	900m: 10:13.71 1:09.37	1300m: 14:53.79 1:10.30			
	200m: 2:11.29 1:06.12	600m: 6:45.65 1:08.80	1000m: 11:23.33 1:09.62	1400m: 16:03.94 1:10.15			
	300m: 3:19.16 1:07.87	700m: 7:54.46 1:08.81	1100m: 12:32.94 1:09.61	1500m: 17:09.99 1:06.05			
	400m: 4:28.48 1:09.32	800m: 9:04.34 1:09.88	1200m: 13:43.49 1:10.55				
23.	Joao Andre Neves	95	Academica de Coimbra	17:16.11	+0,84	601	
	100m: 1:02.73 1:02.73	500m: 5:37.67 1:08.93	900m: 10:14.89 1:09.20	1300m: 14:55.73 1:10.42			
	200m: 2:10.86 1:08.13	600m: 6:46.67 1:09.00	1000m: 11:24.92 1:10.03	1400m: 16:06.15 1:10.42			
	300m: 3:19.56 1:08.70	700m: 7:55.66 1:08.99	1100m: 12:35.14 1:10.22	1500m: 17:16.11 1:09.96			
	400m: 4:28.74 1:09.18	800m: 9:05.69 1:10.03	1200m: 13:45.31 1:10.17				
24.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	17:17.97	+0,76	598	
	100m: 1:02.69 1:02.69	500m: 5:36.62 1:09.03	900m: 10:14.21 1:09.64	1300m: 14:56.96 1:11.00			
	200m: 2:10.75 1:08.06	600m: 6:45.81 1:09.19	1000m: 11:24.32 1:10.11	1400m: 16:08.45 1:11.49			
	300m: 3:19.16 1:08.41	700m: 7:54.96 1:09.15	1100m: 12:34.66 1:10.34	1500m: 17:17.97 1:09.52			
	400m: 4:27.59 1:08.43	800m: 9:04.57 1:09.61	1200m: 13:45.96 1:11.30				
25.	Tomas Miguel Veloso	96	Nautico/Matobra	17:19.06	+0,78	596	
	100m: 1:03.36 1:03.36	500m: 5:35.54 1:08.12	900m: 10:12.16 1:09.82	1300m: 14:56.92 1:12.71			
	200m: 2:10.84 1:07.48	600m: 6:44.18 1:08.64	1000m: 11:22.36 1:10.20	1400m: 16:08.22 1:11.30			
	300m: 3:19.01 1:08.17	700m: 7:52.92 1:08.74	1100m: 12:33.84 1:11.48	1500m: 17:19.06 1:10.84			
	400m: 4:27.42 1:08.41	800m: 9:02.34 1:09.42	1200m: 13:44.21 1:10.37				
26.	Andre Filipe Fernandes	95	Amadora	17:21.28	+0,84	592	
	100m: 1:06.01 1:06.01	500m: 5:41.40 1:09.12	900m: 10:21.03 1:10.26	1300m: 15:01.70 1:10.42			
	200m: 2:14.97 1:08.96	600m: 6:51.34 1:09.94	1000m: 11:30.95 1:09.92	1400m: 16:12.36 1:10.66			
	300m: 3:24.11 1:09.14	700m: 8:00.85 1:09.51	1100m: 12:40.79 1:09.84	1500m: 17:21.28 1:08.92			
	400m: 4:32.28 1:08.17	800m: 9:10.77 1:09.92	1200m: 13:51.28 1:10.49				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povia de Varzim, 4- 7-8-2011

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	Artur Manuel Ferreira	95	Porto/Dolce Vita	17:28.11	+0,76	580	
	100m: 1:04.41 1:04.41	500m: 5:42.05 1:09.51	900m: 10:25.22 1:10.82	1300m: 15:07.81 1:10.88			
	200m: 2:13.72 1:09.31	600m: 6:52.89 1:10.84	1000m: 11:35.87 1:10.65	1400m: 16:18.67 1:10.86			
	300m: 3:23.06 1:09.34	700m: 8:03.29 1:10.40	1100m: 12:46.58 1:10.71	1500m: 17:28.11 1:09.44			
	400m: 4:32.54 1:09.48	800m: 9:14.40 1:11.11	1200m: 13:56.93 1:10.35				
28.	Gustavo Lopes Ribeiro	95	Academica de Coimbra	17:30.01		577	
	100m: 1:05.39 1:05.39	500m: 5:46.38 1:10.54	900m: 10:29.27 1:10.84	1300m: 15:13.36 1:10.74			
	200m: 2:15.23 1:09.84	600m: 6:56.72 1:10.34	1000m: 11:40.64 1:11.37	1400m: 16:23.53 1:10.17			
	300m: 3:25.12 1:09.89	700m: 8:07.42 1:10.70	1100m: 12:51.53 1:10.89	1500m: 17:30.01 1:06.48			
	400m: 4:35.84 1:10.72	800m: 9:18.43 1:11.01	1200m: 14:02.62 1:11.09				
29.	Joao Duarte Marafona	95	Vilacondense	17:31.54	+0,94	575	
	100m: 1:05.10 1:05.10	500m: 5:45.51 1:10.94	900m: 10:31.62 1:11.59	1300m: 15:14.98 1:10.67			
	200m: 2:13.91 1:08.81	600m: 6:56.65 1:11.14	1000m: 11:42.88 1:11.26	1400m: 16:25.67 1:10.69			
	300m: 3:24.10 1:10.19	700m: 8:08.67 1:12.02	1100m: 12:54.09 1:11.21	1500m: 17:31.54 1:05.87			
	400m: 4:34.57 1:10.47	800m: 9:20.03 1:11.36	1200m: 14:04.31 1:10.22				
30.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	17:31.93	+0,95	574	
	100m: 1:05.32 1:05.32	500m: 5:48.16 1:10.78	900m: 10:32.04 1:11.10	1300m: 15:15.89 1:10.69			
	200m: 2:15.84 1:10.52	600m: 6:59.30 1:11.14	1000m: 11:43.11 1:11.07	1400m: 16:25.96 1:10.07			
	300m: 3:26.53 1:10.69	700m: 8:10.20 1:10.90	1100m: 12:54.20 1:11.09	1500m: 17:31.93 1:05.97			
	400m: 4:37.38 1:10.85	800m: 9:20.94 1:10.74	1200m: 14:05.20 1:11.00				
31.	Bruno Miranda Sousa	93	Desportiva de Viana	17:32.74	+1,05	573	
	<i>FTL</i>						
	100m: 1:02.57 1:02.57	500m: 5:38.89 1:10.30	900m: 10:24.58 1:11.58	1300m: 15:12.71 1:11.72			
	200m: 2:10.54 1:07.97	600m: 6:49.86 1:10.97	1000m: 11:36.40 1:11.82	1400m: 16:23.52 1:10.81			
	300m: 3:19.08 1:08.54	700m: 8:01.45 1:11.59	1100m: 12:48.45 1:12.05	1500m: 17:32.74 1:09.22			
	400m: 4:28.59 1:09.51	800m: 9:13.00 1:11.55	1200m: 14:00.99 1:12.54				
32.	Guilherme Dias Nunes	96	Natacao de Olhao	17:34.32	+0,69	570	
	100m: 1:05.04 1:05.04	500m: 5:45.38 1:10.17	900m: 10:28.77 1:10.87	1300m: 15:13.84 1:11.33			
	200m: 2:14.53 1:09.49	600m: 6:56.18 1:10.80	1000m: 11:40.05 1:11.28	1400m: 16:24.78 1:10.94			
	300m: 3:24.46 1:09.93	700m: 8:06.86 1:10.68	1100m: 12:51.16 1:11.11	1500m: 17:34.32 1:09.54			
	400m: 4:35.21 1:10.75	800m: 9:17.90 1:11.04	1200m: 14:02.51 1:11.35				
33.	Rafael Lourenco Gil	96	Monteges	17:35.86	+0,95	568	
	100m: 1:04.16 1:04.16	500m: 5:39.06 1:09.30	900m: 10:22.92 1:11.73	1300m: 15:13.90 1:12.71			
	200m: 2:11.96 1:07.80	600m: 6:49.10 1:10.04	1000m: 11:34.79 1:11.87	1400m: 16:24.96 1:11.06			
	300m: 3:20.49 1:08.53	700m: 7:59.89 1:10.79	1100m: 12:47.89 1:13.10	1500m: 17:35.86 1:10.90			
	400m: 4:29.76 1:09.27	800m: 9:11.19 1:11.30	1200m: 14:01.19 1:13.30				
34.	Duarte Nuno Vieira	95	Nacional	17:37.35	+0,77	565	
	<i>FTL</i>						
	100m: 1:05.74 1:05.74	500m: 5:47.86 1:10.04	900m: 10:32.39 1:11.32	1300m: 15:17.34 1:10.32			
	200m: 2:16.93 1:11.19	600m: 6:58.19 1:10.33	1000m: 11:44.17 1:11.78	1400m: 16:28.72 1:11.38			
	300m: 3:27.33 1:10.40	700m: 8:09.81 1:11.62	1100m: 12:56.24 1:12.07	1500m: 17:37.35 1:08.63			
	400m: 4:37.82 1:10.49	800m: 9:21.07 1:11.26	1200m: 14:07.02 1:10.78				
35.	Joao Miguel Costa	95	Vilacondense	17:43.04	+0,75	556	
	<i>FTL</i>						
	100m: 1:04.48 1:04.48	500m: 5:46.67 1:11.96	900m: 10:33.12 1:11.86	1300m: 15:22.45 1:12.02			
	200m: 2:13.40 1:08.92	600m: 6:57.84 1:11.17	1000m: 11:46.54 1:13.42	1400m: 16:33.97 1:11.52			
	300m: 3:23.86 1:10.46	700m: 8:09.35 1:11.51	1100m: 12:59.08 1:12.54	1500m: 17:43.04 1:09.07			
	400m: 4:34.71 1:10.85	800m: 9:21.26 1:11.91	1200m: 14:10.43 1:11.35				

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Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	David Nunes Sousa	96	Famalicao	17:43.44	+0,86	556	
	100m: 1:05.15 1:05.15	500m: 5:46.71 1:10.72	900m: 10:30.39 1:11.24	1300m: 15:20.01 1:12.78			
	200m: 2:15.20 1:10.05	600m: 6:57.71 1:11.00	1000m: 11:42.38 1:11.99	1400m: 16:32.83 1:12.82			
	300m: 3:25.60 1:10.40	700m: 8:08.68 1:10.97	1100m: 12:54.77 1:12.39	1500m: 17:43.44 1:10.61			
	400m: 4:35.99 1:10.39	800m: 9:19.15 1:10.47	1200m: 14:07.23 1:12.46				
37.	Guilherme Pedro Coelho	95	Nautico/Matobra	17:48.36	+0,64	548	
	<i>FTL</i>						
	100m: 1:04.48 1:04.48	500m: 5:47.29 1:11.45	900m: 10:33.62 1:12.28	1300m: 15:23.46 1:12.62			
	200m: 2:14.17 1:09.69	600m: 6:57.62 1:10.33	1000m: 11:46.30 1:12.68	1400m: 16:36.31 1:12.85			
	300m: 3:24.70 1:10.53	700m: 8:09.36 1:11.74	1100m: 12:57.99 1:11.69	1500m: 17:48.36 1:12.05			
	400m: 4:35.84 1:11.14	800m: 9:21.34 1:11.98	1200m: 14:10.84 1:12.85				
38.	Jose Carlos Teixeira	96	Foca	17:49.01	+0,89	547	
	100m: 1:04.36 1:04.36	500m: 5:47.88 1:11.69	900m: 10:34.31 1:11.53	1300m: 15:22.91 1:12.69			
	200m: 2:14.16 1:09.80	600m: 6:59.16 1:11.28	1000m: 11:46.44 1:12.13	1400m: 16:36.58 1:13.67			
	300m: 3:25.13 1:10.97	700m: 8:10.74 1:11.58	1100m: 12:58.07 1:11.63	1500m: 17:49.01 1:12.43			
	400m: 4:36.19 1:11.06	800m: 9:22.78 1:12.04	1200m: 14:10.22 1:12.15				
39.	Joao Nuno Abreu	95	Vitoria de Guimaraes	17:55.22	+0,85	538	
	<i>FTL</i>						
	100m: 1:04.56 1:04.56	500m: 5:48.45 1:12.01	900m: 10:40.05 1:12.77	1300m: 15:31.55 1:12.73			
	200m: 2:13.97 1:09.41	600m: 7:01.34 1:12.89	1000m: 11:52.58 1:12.53	1400m: 16:44.47 1:12.92			
	300m: 3:24.67 1:10.70	700m: 8:14.31 1:12.97	1100m: 13:06.07 1:13.49	1500m: 17:55.22 1:10.75			
	400m: 4:36.44 1:11.77	800m: 9:27.28 1:12.97	1200m: 14:18.82 1:12.75				
40.	Pedro Ribeiro Santos	96	Academico Viseu	17:55.94	+0,76	537	
	100m: 1:01.97 1:01.97	500m: 5:46.59 1:12.63	900m: 10:40.52 1:13.65	1300m: 15:32.95 1:12.04			
	200m: 2:10.97 1:09.00	600m: 6:59.69 1:13.10	1000m: 11:53.86 1:13.34	1400m: 16:45.99 1:13.04			
	300m: 3:21.20 1:10.23	700m: 8:13.14 1:13.45	1100m: 13:07.22 1:13.36	1500m: 17:55.94 1:09.95			
	400m: 4:33.96 1:12.76	800m: 9:26.87 1:13.73	1200m: 14:20.91 1:13.69				
41.	Tomas Antonio Azevedo	96	Aminata	18:09.49	+0,83	517	
	<i>FTL</i>						
	100m: 1:05.61 1:05.61	500m: 5:54.38 1:12.53	900m: 10:47.51 1:13.47	1300m: 15:43.88 1:14.04			
	200m: 2:16.97 1:11.36	600m: 7:07.30 1:12.92	1000m: 12:01.57 1:14.06	1400m: 16:57.41 1:13.53			
	300m: 3:28.95 1:11.98	700m: 8:20.60 1:13.30	1100m: 13:15.56 1:13.99	1500m: 18:09.49 1:12.08			
	400m: 4:41.85 1:12.90	800m: 9:34.04 1:13.44	1200m: 14:29.84 1:14.28				
42.	Joao Miguel Lopes	96	Electrico	18:13.91	+0,84	511	
	<i>FTL</i>						
	100m: 1:07.24 1:07.24	500m: 5:58.70 1:13.85	900m: 10:50.22 1:13.08	1300m: 15:46.03 1:14.89			
	200m: 2:18.84 1:11.60	600m: 7:12.32 1:13.62	1000m: 12:03.05 1:12.83	1400m: 17:00.96 1:14.93			
	300m: 3:31.45 1:12.61	700m: 8:24.31 1:11.99	1100m: 13:17.13 1:14.08	1500m: 18:13.91 1:12.95			
	400m: 4:44.85 1:13.40	800m: 9:37.14 1:12.83	1200m: 14:31.14 1:14.01				
43.	Gil Silva Santos	96	Gespacos	18:34.08	+0,93	483	
	<i>FTL</i>						
	100m: 1:05.84 1:05.84	500m: 5:56.86 1:13.92	900m: 10:58.57 1:16.04	1300m: 16:04.61 1:16.69			
	200m: 2:17.36 1:11.52	600m: 7:11.80 1:14.94	1000m: 12:14.81 1:16.24	1400m: 17:20.21 1:15.60			
	300m: 3:30.14 1:12.78	700m: 8:26.83 1:15.03	1100m: 13:30.81 1:16.00	1500m: 18:34.08 1:13.87			
	400m: 4:42.94 1:12.80	800m: 9:42.53 1:15.70	1200m: 14:47.92 1:17.11				

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Prova 1, Masc., 1500m Livres

Juvenis B

1. Andre Filipe Farinha	96	Benfica	16:57.54	+0,72	634
100m: 1:02.57 1:02.57	500m: 5:27.15 1:06.77	900m: 10:00.65 1:09.37	1300m: 14:39.34 1:09.92		
200m: 2:08.32 1:05.75	600m: 6:34.59 1:07.44	1000m: 11:09.99 1:09.34	1400m: 15:50.69 1:11.35		
300m: 3:14.06 1:05.74	700m: 7:42.40 1:07.81	1100m: 12:19.42 1:09.43	1500m: 16:57.54 1:06.85		
400m: 4:20.38 1:06.32	800m: 8:51.28 1:08.88	1200m: 13:29.42 1:10.00			
2. Miguel Prata Santos	96	Viana Natacao	17:05.26	+0,85	620
100m: 1:02.93 1:02.93	500m: 5:33.39 1:08.05	900m: 10:10.23 1:09.85	1300m: 14:48.52 1:09.68		
200m: 2:10.51 1:07.58	600m: 6:41.74 1:08.35	1000m: 11:20.75 1:10.52	1400m: 15:57.70 1:09.18		
300m: 3:17.37 1:06.86	700m: 7:50.73 1:08.99	1100m: 12:29.16 1:08.41	1500m: 17:05.26 1:07.56		
400m: 4:25.34 1:07.97	800m: 9:00.38 1:09.65	1200m: 13:38.84 1:09.68			
3. Pedro Veiguinha Martins	96	Braga	17:09.99	+0,83	612
100m: 1:05.17 1:05.17	500m: 5:36.85 1:08.37	900m: 10:13.71 1:09.37	1300m: 14:53.79 1:10.30		
200m: 2:11.29 1:06.12	600m: 6:45.65 1:08.80	1000m: 11:23.33 1:09.62	1400m: 16:03.94 1:10.15		
300m: 3:19.16 1:07.87	700m: 7:54.46 1:08.81	1100m: 12:32.94 1:09.61	1500m: 17:09.99 1:06.05		
400m: 4:28.48 1:09.32	800m: 9:04.34 1:09.88	1200m: 13:43.49 1:10.55			
4. Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	17:17.97	+0,76	598
100m: 1:02.69 1:02.69	500m: 5:36.62 1:09.03	900m: 10:14.21 1:09.64	1300m: 14:56.96 1:11.00		
200m: 2:10.75 1:08.06	600m: 6:45.81 1:09.19	1000m: 11:24.32 1:10.11	1400m: 16:08.45 1:11.49		
300m: 3:19.16 1:08.41	700m: 7:54.96 1:09.15	1100m: 12:34.66 1:10.34	1500m: 17:17.97 1:09.52		
400m: 4:27.59 1:08.43	800m: 9:04.57 1:09.61	1200m: 13:45.96 1:11.30			
5. Tomas Miguel Veloso	96	Nautico/Matobra	17:19.06	+0,78	596
100m: 1:03.36 1:03.36	500m: 5:35.54 1:08.12	900m: 10:12.16 1:09.82	1300m: 14:56.92 1:12.71		
200m: 2:10.84 1:07.48	600m: 6:44.18 1:08.64	1000m: 11:22.36 1:10.20	1400m: 16:08.22 1:11.30		
300m: 3:19.01 1:08.17	700m: 7:52.92 1:08.74	1100m: 12:33.84 1:11.48	1500m: 17:19.06 1:10.84		
400m: 4:27.42 1:08.41	800m: 9:02.34 1:09.42	1200m: 13:44.21 1:10.37			
6. Miguel Filipe Pinto	96	Ginasio Santo Tirso	17:31.93	+0,95	574
100m: 1:05.32 1:05.32	500m: 5:48.16 1:10.78	900m: 10:32.04 1:11.10	1300m: 15:15.89 1:10.69		
200m: 2:15.84 1:10.52	600m: 6:59.30 1:11.14	1000m: 11:43.11 1:11.07	1400m: 16:25.96 1:10.07		
300m: 3:26.53 1:10.69	700m: 8:10.20 1:10.90	1100m: 12:54.20 1:11.09	1500m: 17:31.93 1:05.97		
400m: 4:37.38 1:10.85	800m: 9:20.94 1:10.74	1200m: 14:05.20 1:11.00			
7. Guilherme Dias Nunes	96	Natacao de Olhao	17:34.32	+0,69	570
100m: 1:05.04 1:05.04	500m: 5:45.38 1:10.17	900m: 10:28.77 1:10.87	1300m: 15:13.84 1:11.33		
200m: 2:14.53 1:09.49	600m: 6:56.18 1:10.80	1000m: 11:40.05 1:11.28	1400m: 16:24.78 1:10.94		
300m: 3:24.46 1:09.93	700m: 8:06.86 1:10.68	1100m: 12:51.16 1:11.11	1500m: 17:34.32 1:09.54		
400m: 4:35.21 1:10.75	800m: 9:17.90 1:11.04	1200m: 14:02.51 1:11.35			
8. Rafael Lourenco Gil	96	Monteges	17:35.86	+0,95	568
100m: 1:04.16 1:04.16	500m: 5:39.06 1:09.30	900m: 10:22.92 1:11.73	1300m: 15:13.90 1:12.71		
200m: 2:11.96 1:07.80	600m: 6:49.10 1:10.04	1000m: 11:34.79 1:11.87	1400m: 16:24.96 1:11.06		
300m: 3:20.49 1:08.53	700m: 7:59.89 1:10.79	1100m: 12:47.89 1:13.10	1500m: 17:35.86 1:10.90		
400m: 4:29.76 1:09.27	800m: 9:11.19 1:11.30	1200m: 14:01.19 1:13.30			
9. David Nunes Sousa	96	Famalicao	17:43.44	+0,86	556
100m: 1:05.15 1:05.15	500m: 5:46.71 1:10.72	900m: 10:30.39 1:11.24	1300m: 15:20.01 1:12.78		
200m: 2:15.20 1:10.05	600m: 6:57.71 1:11.00	1000m: 11:42.38 1:11.99	1400m: 16:32.83 1:12.82		
300m: 3:25.60 1:10.40	700m: 8:08.68 1:10.97	1100m: 12:54.77 1:12.39	1500m: 17:43.44 1:10.61		
400m: 4:35.99 1:10.39	800m: 9:19.15 1:10.47	1200m: 14:07.23 1:12.46			
10. Jose Carlos Teixeira	96	Foca	17:49.01	+0,89	547
100m: 1:04.36 1:04.36	500m: 5:47.88 1:11.69	900m: 10:34.31 1:11.53	1300m: 15:22.91 1:12.69		
200m: 2:14.16 1:09.80	600m: 6:59.16 1:11.28	1000m: 11:46.44 1:12.13	1400m: 16:36.58 1:13.67		
300m: 3:25.13 1:10.97	700m: 8:10.74 1:11.58	1100m: 12:58.07 1:11.63	1500m: 17:49.01 1:12.43		
400m: 4:36.19 1:11.06	800m: 9:22.78 1:12.04	1200m: 14:10.22 1:12.15			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Pedro Ribeiro Santos	96	Academico Viseu	17:55.94	+0,76	537	
	100m: 1:01.97 1:01.97	500m: 5:46.59 1:12.63	900m: 10:40.52 1:13.65	1300m: 15:32.95 1:12.04			
	200m: 2:10.97 1:09.00	600m: 6:59.69 1:13.10	1000m: 11:53.86 1:13.34	1400m: 16:45.99 1:13.04			
	300m: 3:21.20 1:10.23	700m: 8:13.14 1:13.45	1100m: 13:07.22 1:13.36	1500m: 17:55.94 1:09.95			
	400m: 4:33.96 1:12.76	800m: 9:26.87 1:13.73	1200m: 14:20.91 1:13.69				
12.	Tomas Antonio Azevedo	96	Aminata	18:09.49	+0,83	517	
	<i>FTL</i>						
	100m: 1:05.61 1:05.61	500m: 5:54.38 1:12.53	900m: 10:47.51 1:13.47	1300m: 15:43.88 1:14.04			
	200m: 2:16.97 1:11.36	600m: 7:07.30 1:12.92	1000m: 12:01.57 1:14.06	1400m: 16:57.41 1:13.53			
	300m: 3:28.95 1:11.98	700m: 8:20.60 1:13.30	1100m: 13:15.56 1:13.99	1500m: 18:09.49 1:12.08			
	400m: 4:41.85 1:12.90	800m: 9:34.04 1:13.44	1200m: 14:29.84 1:14.28				
13.	Joao Miguel Lopes	96	Electrico	18:13.91	+0,84	511	
	<i>FTL</i>						
	100m: 1:07.24 1:07.24	500m: 5:58.70 1:13.85	900m: 10:50.22 1:13.08	1300m: 15:46.03 1:14.89			
	200m: 2:18.84 1:11.60	600m: 7:12.32 1:13.62	1000m: 12:03.05 1:12.83	1400m: 17:00.96 1:14.93			
	300m: 3:31.45 1:12.61	700m: 8:24.31 1:11.99	1100m: 13:17.13 1:14.08	1500m: 18:13.91 1:12.95			
	400m: 4:44.85 1:13.40	800m: 9:37.14 1:12.83	1200m: 14:31.14 1:14.01				
14.	Gil Silva Santos	96	Gespacos	18:34.08	+0,93	483	
	<i>FTL</i>						
	100m: 1:05.84 1:05.84	500m: 5:56.86 1:13.92	900m: 10:58.57 1:16.04	1300m: 16:04.61 1:16.69			
	200m: 2:17.36 1:11.52	600m: 7:11.80 1:14.94	1000m: 12:14.81 1:16.24	1400m: 17:20.21 1:15.60			
	300m: 3:30.14 1:12.78	700m: 8:26.83 1:15.03	1100m: 13:30.81 1:16.00	1500m: 18:34.08 1:13.87			
	400m: 4:42.94 1:12.80	800m: 9:42.53 1:15.70	1200m: 14:47.92 1:17.11				

Juvenis A

1.	Joao Duarte Santos	95	Natacao de Olhao	16:48.56	+0,70	652	
	100m: 1:02.09 1:02.09	500m: 5:31.61 1:07.34	900m: 10:02.99 1:08.28	1300m: 14:36.31 1:08.49			
	200m: 2:09.75 1:07.66	600m: 6:39.08 1:07.47	1000m: 11:10.99 1:08.00	1400m: 15:43.89 1:07.58			
	300m: 3:17.05 1:07.30	700m: 7:46.79 1:07.71	1100m: 12:19.79 1:08.80	1500m: 16:48.56 1:04.67			
	400m: 4:24.27 1:07.22	800m: 8:54.71 1:07.92	1200m: 13:27.82 1:08.03				
2.	Cesar Filipe Magalhaes	95	Foca	16:57.87	+0,89	634	
	100m: 1:03.85 1:03.85	500m: 5:36.22 1:08.55	900m: 10:10.99 1:08.47	1300m: 14:42.83 1:08.40			
	200m: 2:10.55 1:06.70	600m: 6:44.92 1:08.70	1000m: 11:18.40 1:07.41	1400m: 15:51.15 1:08.32			
	300m: 3:18.63 1:08.08	700m: 7:53.66 1:08.74	1100m: 12:26.24 1:07.84	1500m: 16:57.87 1:06.72			
	400m: 4:27.67 1:09.04	800m: 9:02.52 1:08.86	1200m: 13:34.43 1:08.19				
3.	Joao Andre Neves	95	Academica de Coimbra	17:16.11	+0,84	601	
	100m: 1:02.73 1:02.73	500m: 5:37.67 1:08.93	900m: 10:14.89 1:09.20	1300m: 14:55.73 1:10.42			
	200m: 2:10.86 1:08.13	600m: 6:46.67 1:09.00	1000m: 11:24.92 1:10.03	1400m: 16:06.15 1:10.42			
	300m: 3:19.56 1:08.70	700m: 7:55.66 1:08.99	1100m: 12:35.14 1:10.22	1500m: 17:16.11 1:09.96			
	400m: 4:28.74 1:09.18	800m: 9:05.69 1:10.03	1200m: 13:45.31 1:10.17				
4.	Andre Filipe Fernandes	95	Amadora	17:21.28	+0,84	592	
	100m: 1:06.01 1:06.01	500m: 5:41.40 1:09.12	900m: 10:21.03 1:10.26	1300m: 15:01.70 1:10.42			
	200m: 2:14.97 1:08.96	600m: 6:51.34 1:09.94	1000m: 11:30.95 1:09.92	1400m: 16:12.36 1:10.66			
	300m: 3:24.11 1:09.14	700m: 8:00.85 1:09.51	1100m: 12:40.79 1:09.84	1500m: 17:21.28 1:08.92			
	400m: 4:32.28 1:08.17	800m: 9:10.77 1:09.92	1200m: 13:51.28 1:10.49				
5.	Artur Manuel Ferreira	95	Porto/Dolce Vita	17:28.11	+0,76	580	
	100m: 1:04.41 1:04.41	500m: 5:42.05 1:09.51	900m: 10:25.22 1:10.82	1300m: 15:07.81 1:10.88			
	200m: 2:13.72 1:09.31	600m: 6:52.89 1:10.84	1000m: 11:35.87 1:10.65	1400m: 16:18.67 1:10.86			
	300m: 3:23.06 1:09.34	700m: 8:03.29 1:10.40	1100m: 12:46.58 1:10.71	1500m: 17:28.11 1:09.44			
	400m: 4:32.54 1:09.48	800m: 9:14.40 1:11.11	1200m: 13:56.93 1:10.35				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povia de Varzim, 4- - 7-8-2011

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Gustavo Lopes Ribeiro	95	Academica de Coimbra	17:30.01		577	
	100m: 1:05.39 1:05.39	500m: 5:46.38 1:10.54	900m: 10:29.27 1:10.84	1300m: 15:13.36 1:10.74			
	200m: 2:15.23 1:09.84	600m: 6:56.72 1:10.34	1000m: 11:40.64 1:11.37	1400m: 16:23.53 1:10.17			
	300m: 3:25.12 1:09.89	700m: 8:07.42 1:10.70	1100m: 12:51.53 1:10.89	1500m: 17:30.01 1:06.48			
	400m: 4:35.84 1:10.72	800m: 9:18.43 1:11.01	1200m: 14:02.62 1:11.09				
7.	Joao Duarte Marafona	95	Vilacondense	17:31.54	+0,94	575	
	100m: 1:05.10 1:05.10	500m: 5:45.51 1:10.94	900m: 10:31.62 1:11.59	1300m: 15:14.98 1:10.67			
	200m: 2:13.91 1:08.81	600m: 6:56.65 1:11.14	1000m: 11:42.88 1:11.26	1400m: 16:25.67 1:10.69			
	300m: 3:24.10 1:10.19	700m: 8:08.67 1:12.02	1100m: 12:54.09 1:11.21	1500m: 17:31.54 1:05.87			
	400m: 4:34.57 1:10.47	800m: 9:20.03 1:11.36	1200m: 14:04.31 1:10.22				
8.	Duarte Nuno Vieira	95	Nacional	17:37.35	+0,77	565	
	<i>FTL</i>						
	100m: 1:05.74 1:05.74	500m: 5:47.86 1:10.04	900m: 10:32.39 1:11.32	1300m: 15:17.34 1:10.32			
	200m: 2:16.93 1:11.19	600m: 6:58.19 1:10.33	1000m: 11:44.17 1:11.78	1400m: 16:28.72 1:11.38			
	300m: 3:27.33 1:10.40	700m: 8:09.81 1:11.62	1100m: 12:56.24 1:12.07	1500m: 17:37.35 1:08.63			
	400m: 4:37.82 1:10.49	800m: 9:21.07 1:11.26	1200m: 14:07.02 1:10.78				
9.	Joao Miguel Costa	95	Vilacondense	17:43.04	+0,75	556	
	<i>FTL</i>						
	100m: 1:04.48 1:04.48	500m: 5:46.67 1:11.96	900m: 10:33.12 1:11.86	1300m: 15:22.45 1:12.02			
	200m: 2:13.40 1:08.92	600m: 6:57.84 1:11.17	1000m: 11:46.54 1:13.42	1400m: 16:33.97 1:11.52			
	300m: 3:23.86 1:10.46	700m: 8:09.35 1:11.51	1100m: 12:59.08 1:12.54	1500m: 17:43.04 1:09.07			
	400m: 4:34.71 1:10.85	800m: 9:21.26 1:11.91	1200m: 14:10.43 1:11.35				
10.	Guilherme Pedro Coelho	95	Nautico/Matobra	17:48.36	+0,64	548	
	<i>FTL</i>						
	100m: 1:04.48 1:04.48	500m: 5:47.29 1:11.45	900m: 10:33.62 1:12.28	1300m: 15:23.46 1:12.62			
	200m: 2:14.17 1:09.69	600m: 6:57.62 1:10.33	1000m: 11:46.30 1:12.68	1400m: 16:36.31 1:12.85			
	300m: 3:24.70 1:10.53	700m: 8:09.36 1:11.74	1100m: 12:57.99 1:11.69	1500m: 17:48.36 1:12.05			
	400m: 4:35.84 1:11.14	800m: 9:21.34 1:11.98	1200m: 14:10.84 1:12.85				
11.	Joao Nuno Abreu	95	Vitoria de Guimaraes	17:55.22	+0,85	538	
	<i>FTL</i>						
	100m: 1:04.56 1:04.56	500m: 5:48.45 1:12.01	900m: 10:40.05 1:12.77	1300m: 15:31.55 1:12.73			
	200m: 2:13.97 1:09.41	600m: 7:01.34 1:12.89	1000m: 11:52.58 1:12.53	1400m: 16:44.47 1:12.92			
	300m: 3:24.67 1:10.70	700m: 8:14.31 1:12.97	1100m: 13:06.07 1:13.49	1500m: 17:55.22 1:10.75			
	400m: 4:36.44 1:11.77	800m: 9:27.28 1:12.97	1200m: 14:18.82 1:12.75				

Absolutos

1.	Paulo Fragueiro Franco	82	Nacional	16:05.45	+0,82	743	
	100m: 1:00.76 1:00.76	500m: 5:16.21 1:04.00	900m: 9:34.66 1:05.10	1300m: 13:56.51 1:05.87			
	200m: 2:04.44 1:03.68	600m: 6:20.17 1:03.96	1000m: 10:39.96 1:05.30	1400m: 15:01.79 1:05.28			
	300m: 3:08.03 1:03.59	700m: 7:24.69 1:04.52	1100m: 11:45.09 1:05.13	1500m: 16:05.45 1:03.66			
	400m: 4:12.21 1:04.18	800m: 8:29.56 1:04.87	1200m: 12:50.64 1:05.55				
2.	Rui Filipe Costa	91	Vitoria de Guimaraes	16:09.50	+0,74	734	
	100m: 59.76 59.76	500m: 5:19.00 1:05.51	900m: 9:40.93 1:05.60	1300m: 14:03.87 1:05.89			
	200m: 2:03.74 1:03.98	600m: 6:24.49 1:05.49	1000m: 10:46.44 1:05.51	1400m: 15:09.10 1:05.23			
	300m: 3:08.58 1:04.84	700m: 7:29.88 1:05.39	1100m: 11:52.16 1:05.72	1500m: 16:09.50 1:00.40			
	400m: 4:13.49 1:04.91	800m: 8:35.33 1:05.45	1200m: 12:57.98 1:05.82				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Pova de Varzim, 4- - 7-8-2011

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Diogo Andre Gaspar	90	Uniao Piedense	16:11.62	+0,79	729	
	100m: 59.60 59.60	500m: 5:18.36 1:05.46	900m: 9:41.90 1:05.74	1300m: 14:03.65 1:05.45			
	200m: 2:03.66 1:04.06	600m: 6:23.94 1:05.58	1000m: 10:47.51 1:05.61	1400m: 15:08.14 1:04.49			
	300m: 3:08.21 1:04.55	700m: 7:30.32 1:06.38	1100m: 11:52.81 1:05.30	1500m: 16:11.62 1:03.48			
	400m: 4:12.90 1:04.69	800m: 8:36.16 1:05.84	1200m: 12:58.20 1:05.39				
4.	Mario Andre Bonanca	90	Sporting	16:13.31	+0,83	725	
	100m: 1:00.52 1:00.52	500m: 5:15.31 1:04.02	900m: 9:39.05 1:06.38	1300m: 14:02.79 1:06.13			
	200m: 2:03.76 1:03.24	600m: 6:20.60 1:05.29	1000m: 10:44.91 1:05.86	1400m: 15:08.69 1:05.90			
	300m: 3:07.68 1:03.92	700m: 7:26.33 1:05.73	1100m: 11:50.76 1:05.85	1500m: 16:13.31 1:04.62			
	400m: 4:11.29 1:03.61	800m: 8:32.67 1:06.34	1200m: 12:56.66 1:05.90				
5.	Vasco Miguel Gaspar	90	Uniao Piedense	16:17.90	+0,80	715	
	100m: 1:02.46 1:02.46	500m: 5:22.60 1:05.30	900m: 9:44.19 1:05.52	1300m: 14:07.96 1:05.73			
	200m: 2:07.92 1:05.46	600m: 6:27.62 1:05.02	1000m: 10:50.43 1:06.24	1400m: 15:14.08 1:06.12			
	300m: 3:12.43 1:04.51	700m: 7:33.10 1:05.48	1100m: 11:56.68 1:06.25	1500m: 16:17.90 1:03.82			
	400m: 4:17.30 1:04.87	800m: 8:38.67 1:05.57	1200m: 13:02.23 1:05.55				
6.	Tiago Silva Oliveira	94	Leixoes	16:24.05	+0,87	701	
	100m: 1:00.38 1:00.38	500m: 5:18.44 1:05.05	900m: 9:43.28 1:06.85	1300m: 14:11.33 1:06.99			
	200m: 2:04.36 1:03.98	600m: 6:23.84 1:05.40	1000m: 10:50.22 1:06.94	1400m: 15:18.22 1:06.89			
	300m: 3:08.52 1:04.16	700m: 7:30.17 1:06.33	1100m: 11:57.26 1:07.04	1500m: 16:24.05 1:05.83			
	400m: 4:13.39 1:04.87	800m: 8:36.43 1:06.26	1200m: 13:04.34 1:07.08				
7.	Hugo Alberto Ribeiro	88	Gespacos	16:25.90	+0,92	698	
	100m: 1:01.95 1:01.95	500m: 5:23.91 1:05.61	900m: 9:47.30 1:06.09	1300m: 14:15.14 1:07.61			
	200m: 2:07.79 1:05.84	600m: 6:29.36 1:05.45	1000m: 10:53.90 1:06.60	1400m: 15:22.27 1:07.13			
	300m: 3:13.04 1:05.25	700m: 7:35.36 1:06.00	1100m: 12:00.78 1:06.88	1500m: 16:25.90 1:03.63			
	400m: 4:18.30 1:05.26	800m: 8:41.21 1:05.85	1200m: 13:07.53 1:06.75				
8.	Ricardo Manuel Machado	93	Braga	16:37.87	+0,94	673	
	100m: 1:01.35 1:01.35	500m: 5:24.38 1:07.00	900m: 9:53.71 1:07.87	1300m: 14:24.54 1:07.56			
	200m: 2:05.46 1:04.11	600m: 6:31.28 1:06.90	1000m: 11:01.35 1:07.64	1400m: 15:31.65 1:07.11			
	300m: 3:10.90 1:05.44	700m: 7:38.32 1:07.04	1100m: 12:09.15 1:07.80	1500m: 16:37.87 1:06.22			
	400m: 4:17.38 1:06.48	800m: 8:45.84 1:07.52	1200m: 13:16.98 1:07.83				
9.	Andre Rafael Marinho	93	Uniao Piedense	16:41.11	+0,88	666	
	100m: 1:02.49 1:02.49	500m: 5:27.52 1:06.73	900m: 9:56.51 1:07.54	1300m: 14:27.94 1:07.86			
	200m: 2:08.26 1:05.77	600m: 6:34.58 1:07.06	1000m: 11:04.34 1:07.83	1400m: 15:35.88 1:07.94			
	300m: 3:14.58 1:06.32	700m: 7:41.63 1:07.05	1100m: 12:12.34 1:08.00	1500m: 16:41.11 1:05.23			
	400m: 4:20.79 1:06.21	800m: 8:48.97 1:07.34	1200m: 13:20.08 1:07.74				
10.	Nuno Vieira Malheiro	93	Braga	16:47.59	+1,05	653	
	100m: 1:03.44 1:03.44	500m: 5:29.91 1:07.27	900m: 10:02.91 1:08.13	1300m: 14:34.87 1:07.99			
	200m: 2:10.17 1:06.73	600m: 6:38.07 1:08.16	1000m: 11:11.07 1:08.16	1400m: 15:42.32 1:07.45			
	300m: 3:16.17 1:06.00	700m: 7:46.13 1:08.06	1100m: 12:19.28 1:08.21	1500m: 16:47.59 1:05.27			
	400m: 4:22.64 1:06.47	800m: 8:54.78 1:08.65	1200m: 13:26.88 1:07.60				
11.	Joao Duarte Santos	95	Natacao de Olhao	16:48.56	+0,70	652	
	100m: 1:02.09 1:02.09	500m: 5:31.61 1:07.34	900m: 10:02.99 1:08.28	1300m: 14:36.31 1:08.49			
	200m: 2:09.75 1:07.66	600m: 6:39.08 1:07.47	1000m: 11:10.99 1:08.00	1400m: 15:43.89 1:07.58			
	300m: 3:17.05 1:07.30	700m: 7:46.79 1:07.71	1100m: 12:19.79 1:08.80	1500m: 16:48.56 1:04.67			
	400m: 4:24.27 1:07.22	800m: 8:54.71 1:07.92	1200m: 13:27.82 1:08.03				
12.	Paulo Andre Dias	92	Gespacos	16:50.85	+0,92	647	
	FTL						
	100m: 1:02.74 1:02.74	500m: 5:32.11 1:07.97	900m: 10:05.75 1:08.22	1300m: 14:38.07 1:07.96			
	200m: 2:09.67 1:06.93	600m: 6:40.47 1:08.36	1000m: 11:13.85 1:08.10	1400m: 15:45.51 1:07.44			
	300m: 3:16.59 1:06.92	700m: 7:48.88 1:08.41	1100m: 12:22.19 1:08.34	1500m: 16:50.85 1:05.34			
	400m: 4:24.14 1:07.55	800m: 8:57.53 1:08.65	1200m: 13:30.11 1:07.92				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Rui Miguel Lopes	94	Natacao de Olhao	16:53.56	+0,86	642	
	100m: 1:02.24 1:02.24	500m: 5:32.43 1:07.62	900m: 10:05.91 1:08.42	1300m: 14:39.21 1:08.42			
	200m: 2:09.86 1:07.62	600m: 6:40.52 1:08.09	1000m: 11:14.18 1:08.27	1400m: 15:47.89 1:08.68			
	300m: 3:17.69 1:07.83	700m: 7:48.95 1:08.43	1100m: 12:22.62 1:08.44	1500m: 16:53.56 1:05.67			
	400m: 4:24.81 1:07.12	800m: 8:57.49 1:08.54	1200m: 13:30.79 1:08.17				
14.	Andre Filipe Farinha	96	Benfica	16:57.54	+0,72	634	
	100m: 1:02.57 1:02.57	500m: 5:27.15 1:06.77	900m: 10:00.65 1:09.37	1300m: 14:39.34 1:09.92			
	200m: 2:08.32 1:05.75	600m: 6:34.59 1:07.44	1000m: 11:09.99 1:09.34	1400m: 15:50.69 1:11.35			
	300m: 3:14.06 1:05.74	700m: 7:42.40 1:07.81	1100m: 12:19.42 1:09.43	1500m: 16:57.54 1:06.85			
	400m: 4:20.38 1:06.32	800m: 8:51.28 1:08.88	1200m: 13:29.42 1:10.00				
15.	Cesar Filipe Magalhaes	95	Foca	16:57.87	+0,89	634	
	100m: 1:03.85 1:03.85	500m: 5:36.22 1:08.55	900m: 10:10.99 1:08.47	1300m: 14:42.83 1:08.40			
	200m: 2:10.55 1:06.70	600m: 6:44.92 1:08.70	1000m: 11:18.40 1:07.41	1400m: 15:51.15 1:08.32			
	300m: 3:18.63 1:08.08	700m: 7:53.66 1:08.74	1100m: 12:26.24 1:07.84	1500m: 16:57.87 1:06.72			
	400m: 4:27.67 1:09.04	800m: 9:02.52 1:08.86	1200m: 13:34.43 1:08.19				
16.	Daniel Ricardo Viegas	83	Amadora	17:00.17	+0,79	630	
	<i>FTL</i>						
	100m: 1:03.41 1:03.41	500m: 5:33.09 1:08.29	900m: 10:08.66 1:09.28	1300m: 14:45.63 1:09.24			
	200m: 2:10.00 1:06.59	600m: 6:41.92 1:08.83	1000m: 11:17.84 1:09.18	1400m: 15:54.05 1:08.42			
	300m: 3:16.97 1:06.97	700m: 7:50.50 1:08.58	1100m: 12:27.28 1:09.44	1500m: 17:00.17 1:06.12			
	400m: 4:24.80 1:07.83	800m: 8:59.38 1:08.88	1200m: 13:36.39 1:09.11				
17.	Miguel Prata Santos	96	Viana Natacao	17:05.26	+0,85	620	
	100m: 1:02.93 1:02.93	500m: 5:33.39 1:08.05	900m: 10:10.23 1:09.85	1300m: 14:48.52 1:09.68			
	200m: 2:10.51 1:07.58	600m: 6:41.74 1:08.35	1000m: 11:20.75 1:10.52	1400m: 15:57.70 1:09.18			
	300m: 3:17.37 1:06.86	700m: 7:50.73 1:08.99	1100m: 12:29.16 1:08.41	1500m: 17:05.26 1:07.56			
	400m: 4:25.34 1:07.97	800m: 9:00.38 1:09.65	1200m: 13:38.84 1:09.68				
18.	Pedro Afonso Gaspar	94	Individual Santarem	17:05.98	+1,05	619	
	<i>FTL</i>						
	100m: 1:03.22 1:03.22	500m: 5:32.99 1:08.34	900m: 10:08.99 1:09.17	1300m: 14:47.75 1:10.07			
	200m: 2:10.05 1:06.83	600m: 6:41.62 1:08.63	1000m: 11:18.25 1:09.26	1400m: 15:57.82 1:10.07			
	300m: 3:17.33 1:07.28	700m: 7:50.55 1:08.93	1100m: 12:27.76 1:09.51	1500m: 17:05.98 1:08.16			
	400m: 4:24.65 1:07.32	800m: 8:59.82 1:09.27	1200m: 13:37.68 1:09.92				
19.	Pedro Veiguiha Martins	96	Braga	17:09.99	+0,83	612	
	100m: 1:05.17 1:05.17	500m: 5:36.85 1:08.37	900m: 10:13.71 1:09.37	1300m: 14:53.79 1:10.30			
	200m: 2:11.29 1:06.12	600m: 6:45.65 1:08.80	1000m: 11:23.33 1:09.62	1400m: 16:03.94 1:10.15			
	300m: 3:19.16 1:07.87	700m: 7:54.46 1:08.81	1100m: 12:32.94 1:09.61	1500m: 17:09.99 1:06.05			
	400m: 4:28.48 1:09.32	800m: 9:04.34 1:09.88	1200m: 13:43.49 1:10.55				
20.	Joao Andre Neves	95	Academica de Coimbra	17:16.11	+0,84	601	
	100m: 1:02.73 1:02.73	500m: 5:37.67 1:08.93	900m: 10:14.89 1:09.20	1300m: 14:55.73 1:10.42			
	200m: 2:10.86 1:08.13	600m: 6:46.67 1:09.00	1000m: 11:24.92 1:10.03	1400m: 16:06.15 1:10.42			
	300m: 3:19.56 1:08.70	700m: 7:55.66 1:08.99	1100m: 12:35.14 1:10.22	1500m: 17:16.11 1:09.96			
	400m: 4:28.74 1:09.18	800m: 9:05.69 1:10.03	1200m: 13:45.31 1:10.17				
21.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	17:17.97	+0,76	598	
	100m: 1:02.69 1:02.69	500m: 5:36.62 1:09.03	900m: 10:14.21 1:09.64	1300m: 14:56.96 1:11.00			
	200m: 2:10.75 1:08.06	600m: 6:45.81 1:09.19	1000m: 11:24.32 1:10.11	1400m: 16:08.45 1:11.49			
	300m: 3:19.16 1:08.41	700m: 7:54.96 1:09.15	1100m: 12:34.66 1:10.34	1500m: 17:17.97 1:09.52			
	400m: 4:27.59 1:08.43	800m: 9:04.57 1:09.61	1200m: 13:45.96 1:11.30				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
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Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	Tomas Miguel Veloso	96	Nautico/Matobra	17:19.06	+0,78	596	
	100m: 1:03.36 1:03.36	500m: 5:35.54 1:08.12	900m: 10:12.16 1:09.82	1300m: 14:56.92 1:12.71			
	200m: 2:10.84 1:07.48	600m: 6:44.18 1:08.64	1000m: 11:22.36 1:10.20	1400m: 16:08.22 1:11.30			
	300m: 3:19.01 1:08.17	700m: 7:52.92 1:08.74	1100m: 12:33.84 1:11.48	1500m: 17:19.06 1:10.84			
	400m: 4:27.42 1:08.41	800m: 9:02.34 1:09.42	1200m: 13:44.21 1:10.37				
23.	Andre Filipe Fernandes	95	Amadora	17:21.28	+0,84	592	
	100m: 1:06.01 1:06.01	500m: 5:41.40 1:09.12	900m: 10:21.03 1:10.26	1300m: 15:01.70 1:10.42			
	200m: 2:14.97 1:08.96	600m: 6:51.34 1:09.94	1000m: 11:30.95 1:09.92	1400m: 16:12.36 1:10.66			
	300m: 3:24.11 1:09.14	700m: 8:00.85 1:09.51	1100m: 12:40.79 1:09.84	1500m: 17:21.28 1:08.92			
	400m: 4:32.28 1:08.17	800m: 9:10.77 1:09.92	1200m: 13:51.28 1:10.49				
24.	Artur Manuel Ferreira	95	Porto/Dolce Vita	17:28.11	+0,76	580	
	100m: 1:04.41 1:04.41	500m: 5:42.05 1:09.51	900m: 10:25.22 1:10.82	1300m: 15:07.81 1:10.88			
	200m: 2:13.72 1:09.31	600m: 6:52.89 1:10.84	1000m: 11:35.87 1:10.65	1400m: 16:18.67 1:10.86			
	300m: 3:23.06 1:09.34	700m: 8:03.29 1:10.40	1100m: 12:46.58 1:10.71	1500m: 17:28.11 1:09.44			
	400m: 4:32.54 1:09.48	800m: 9:14.40 1:11.11	1200m: 13:56.93 1:10.35				
25.	Gustavo Lopes Ribeiro	95	Academica de Coimbra	17:30.01		577	
	100m: 1:05.39 1:05.39	500m: 5:46.38 1:10.54	900m: 10:29.27 1:10.84	1300m: 15:13.36 1:10.74			
	200m: 2:15.23 1:09.84	600m: 6:56.72 1:10.34	1000m: 11:40.64 1:11.37	1400m: 16:23.53 1:10.17			
	300m: 3:25.12 1:09.89	700m: 8:07.42 1:10.70	1100m: 12:51.53 1:10.89	1500m: 17:30.01 1:06.48			
	400m: 4:35.84 1:10.72	800m: 9:18.43 1:11.01	1200m: 14:02.62 1:11.09				
26.	Joao Duarte Marafona	95	Vilacondense	17:31.54	+0,94	575	
	100m: 1:05.10 1:05.10	500m: 5:45.51 1:10.94	900m: 10:31.62 1:11.59	1300m: 15:14.98 1:10.67			
	200m: 2:13.91 1:08.81	600m: 6:56.65 1:11.14	1000m: 11:42.88 1:11.26	1400m: 16:25.67 1:10.69			
	300m: 3:24.10 1:10.19	700m: 8:08.67 1:12.02	1100m: 12:54.09 1:11.21	1500m: 17:31.54 1:05.87			
	400m: 4:34.57 1:10.47	800m: 9:20.03 1:11.36	1200m: 14:04.31 1:10.22				
27.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	17:31.93	+0,95	574	
	100m: 1:05.32 1:05.32	500m: 5:48.16 1:10.78	900m: 10:32.04 1:11.10	1300m: 15:15.89 1:10.69			
	200m: 2:15.84 1:10.52	600m: 6:59.30 1:11.14	1000m: 11:43.11 1:11.07	1400m: 16:25.96 1:10.07			
	300m: 3:26.53 1:10.69	700m: 8:10.20 1:10.90	1100m: 12:54.20 1:11.09	1500m: 17:31.93 1:05.97			
	400m: 4:37.38 1:10.85	800m: 9:20.94 1:10.74	1200m: 14:05.20 1:11.00				
28.	Bruno Miranda Sousa	93	Desportiva de Viana	17:32.74	+1,05	573	
	<i>FTL</i>						
	100m: 1:02.57 1:02.57	500m: 5:38.89 1:10.30	900m: 10:24.58 1:11.58	1300m: 15:12.71 1:11.72			
	200m: 2:10.54 1:07.97	600m: 6:49.86 1:10.97	1000m: 11:36.40 1:11.82	1400m: 16:23.52 1:10.81			
	300m: 3:19.08 1:08.54	700m: 8:01.45 1:11.59	1100m: 12:48.45 1:12.05	1500m: 17:32.74 1:09.22			
	400m: 4:28.59 1:09.51	800m: 9:13.00 1:11.55	1200m: 14:00.99 1:12.54				
29.	Guilherme Dias Nunes	96	Natacao de Olhao	17:34.32	+0,69	570	
	100m: 1:05.04 1:05.04	500m: 5:45.38 1:10.17	900m: 10:28.77 1:10.87	1300m: 15:13.84 1:11.33			
	200m: 2:14.53 1:09.49	600m: 6:56.18 1:10.80	1000m: 11:40.05 1:11.28	1400m: 16:24.78 1:10.94			
	300m: 3:24.46 1:09.93	700m: 8:06.86 1:10.68	1100m: 12:51.16 1:11.11	1500m: 17:34.32 1:09.54			
	400m: 4:35.21 1:10.75	800m: 9:17.90 1:11.04	1200m: 14:02.51 1:11.35				
30.	Rafael Lourenco Gil	96	Monteges	17:35.86	+0,95	568	
	100m: 1:04.16 1:04.16	500m: 5:39.06 1:09.30	900m: 10:22.92 1:11.73	1300m: 15:13.90 1:12.71			
	200m: 2:11.96 1:07.80	600m: 6:49.10 1:10.04	1000m: 11:34.79 1:11.87	1400m: 16:24.96 1:11.06			
	300m: 3:20.49 1:08.53	700m: 7:59.89 1:10.79	1100m: 12:47.89 1:13.10	1500m: 17:35.86 1:10.90			
	400m: 4:29.76 1:09.27	800m: 9:11.19 1:11.30	1200m: 14:01.19 1:13.30				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Pova de Varzim, 4- - 7-8-2011

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
31.	Duarte Nuno Vieira <i>FTL</i>	95	Nacional	17:37.35	+0,77	565	
	100m: 1:05.74 1:05.74	500m: 5:47.86 1:10.04	900m: 10:32.39 1:11.32	1300m: 15:17.34 1:10.32			
	200m: 2:16.93 1:11.19	600m: 6:58.19 1:10.33	1000m: 11:44.17 1:11.78	1400m: 16:28.72 1:11.38			
	300m: 3:27.33 1:10.40	700m: 8:09.81 1:11.62	1100m: 12:56.24 1:12.07	1500m: 17:37.35 1:08.63			
	400m: 4:37.82 1:10.49	800m: 9:21.07 1:11.26	1200m: 14:07.02 1:10.78				
32.	Joao Miguel Costa <i>FTL</i>	95	Vilacondense	17:43.04	+0,75	556	
	100m: 1:04.48 1:04.48	500m: 5:46.67 1:11.96	900m: 10:33.12 1:11.86	1300m: 15:22.45 1:12.02			
	200m: 2:13.40 1:08.92	600m: 6:57.84 1:11.17	1000m: 11:46.54 1:13.42	1400m: 16:33.97 1:11.52			
	300m: 3:23.86 1:10.46	700m: 8:09.35 1:11.51	1100m: 12:59.08 1:12.54	1500m: 17:43.04 1:09.07			
	400m: 4:34.71 1:10.85	800m: 9:21.26 1:11.91	1200m: 14:10.43 1:11.35				
33.	David Nunes Sousa <i>FTL</i>	96	Famalicao	17:43.44	+0,86	556	
	100m: 1:05.15 1:05.15	500m: 5:46.71 1:10.72	900m: 10:30.39 1:11.24	1300m: 15:20.01 1:12.78			
	200m: 2:15.20 1:10.05	600m: 6:57.71 1:11.00	1000m: 11:42.38 1:11.99	1400m: 16:32.83 1:12.82			
	300m: 3:25.60 1:10.40	700m: 8:08.68 1:10.97	1100m: 12:54.77 1:12.39	1500m: 17:43.44 1:10.61			
	400m: 4:35.99 1:10.39	800m: 9:19.15 1:10.47	1200m: 14:07.23 1:12.46				
34.	Guilherme Pedro Coelho <i>FTL</i>	95	Nautico/Matobra	17:48.36	+0,64	548	
	100m: 1:04.48 1:04.48	500m: 5:47.29 1:11.45	900m: 10:33.62 1:12.28	1300m: 15:23.46 1:12.62			
	200m: 2:14.17 1:09.69	600m: 6:57.62 1:10.33	1000m: 11:46.30 1:12.68	1400m: 16:36.31 1:12.85			
	300m: 3:24.70 1:10.53	700m: 8:09.36 1:11.74	1100m: 12:57.99 1:11.69	1500m: 17:48.36 1:12.05			
	400m: 4:35.84 1:11.14	800m: 9:21.34 1:11.98	1200m: 14:10.84 1:12.85				
35.	Jose Carlos Teixeira <i>FTL</i>	96	Foca	17:49.01	+0,89	547	
	100m: 1:04.36 1:04.36	500m: 5:47.88 1:11.69	900m: 10:34.31 1:11.53	1300m: 15:22.91 1:12.69			
	200m: 2:14.16 1:09.80	600m: 6:59.16 1:11.28	1000m: 11:46.44 1:12.13	1400m: 16:36.58 1:13.67			
	300m: 3:25.13 1:10.97	700m: 8:10.74 1:11.58	1100m: 12:58.07 1:11.63	1500m: 17:49.01 1:12.43			
	400m: 4:36.19 1:11.06	800m: 9:22.78 1:12.04	1200m: 14:10.22 1:12.15				
36.	Joao Nuno Abreu <i>FTL</i>	95	Vitoria de Guimaraes	17:55.22	+0,85	538	
	100m: 1:04.56 1:04.56	500m: 5:48.45 1:12.01	900m: 10:40.05 1:12.77	1300m: 15:31.55 1:12.73			
	200m: 2:13.97 1:09.41	600m: 7:01.34 1:12.89	1000m: 11:52.58 1:12.53	1400m: 16:44.47 1:12.92			
	300m: 3:24.67 1:10.70	700m: 8:14.31 1:12.97	1100m: 13:06.07 1:13.49	1500m: 17:55.22 1:10.75			
	400m: 4:36.44 1:11.77	800m: 9:27.28 1:12.97	1200m: 14:18.82 1:12.75				
37.	Pedro Ribeiro Santos <i>FTL</i>	96	Academico Viseu	17:55.94	+0,76	537	
	100m: 1:01.97 1:01.97	500m: 5:46.59 1:12.63	900m: 10:40.52 1:13.65	1300m: 15:32.95 1:12.04			
	200m: 2:10.97 1:09.00	600m: 6:59.69 1:13.10	1000m: 11:53.86 1:13.34	1400m: 16:45.99 1:13.04			
	300m: 3:21.20 1:10.23	700m: 8:13.14 1:13.45	1100m: 13:07.22 1:13.36	1500m: 17:55.94 1:09.95			
	400m: 4:33.96 1:12.76	800m: 9:26.87 1:13.73	1200m: 14:20.91 1:13.69				
38.	Tomas Antonio Azevedo <i>FTL</i>	96	Aminata	18:09.49	+0,83	517	
	100m: 1:05.61 1:05.61	500m: 5:54.38 1:12.53	900m: 10:47.51 1:13.47	1300m: 15:43.88 1:14.04			
	200m: 2:16.97 1:11.36	600m: 7:07.30 1:12.92	1000m: 12:01.57 1:14.06	1400m: 16:57.41 1:13.53			
	300m: 3:28.95 1:11.98	700m: 8:20.60 1:13.30	1100m: 13:15.56 1:13.99	1500m: 18:09.49 1:12.08			
	400m: 4:41.85 1:12.90	800m: 9:34.04 1:13.44	1200m: 14:29.84 1:14.28				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	Joao Miguel Lopes	96	Electrico	18:13.91	+0,84	511	
	<i>FTL</i>						
	100m: 1:07.24 1:07.24	500m: 5:58.70 1:13.85	900m: 10:50.22 1:13.08	1300m: 15:46.03 1:14.89			
	200m: 2:18.84 1:11.60	600m: 7:12.32 1:13.62	1000m: 12:03.05 1:12.83	1400m: 17:00.96 1:14.93			
	300m: 3:31.45 1:12.61	700m: 8:24.31 1:11.99	1100m: 13:17.13 1:14.08	1500m: 18:13.91 1:12.95			
	400m: 4:44.85 1:13.40	800m: 9:37.14 1:12.83	1200m: 14:31.14 1:14.01				
40.	Gil Silva Santos	96	Gespacos	18:34.08	+0,93	483	
	<i>FTL</i>						
	100m: 1:05.84 1:05.84	500m: 5:56.86 1:13.92	900m: 10:58.57 1:16.04	1300m: 16:04.61 1:16.69			
	200m: 2:17.36 1:11.52	600m: 7:11.80 1:14.94	1000m: 12:14.81 1:16.24	1400m: 17:20.21 1:15.60			
	300m: 3:30.14 1:12.78	700m: 8:26.83 1:15.03	1100m: 13:30.81 1:16.00	1500m: 18:34.08 1:13.87			
	400m: 4:42.94 1:12.80	800m: 9:42.53 1:15.70	1200m: 14:47.92 1:17.11				

Jun1

1.	Tiago Silva Oliveira	94	Leixoes	16:24.05	+0,87	701	
	100m: 1:00.38 1:00.38	500m: 5:18.44 1:05.05	900m: 9:43.28 1:06.85	1300m: 14:11.33 1:06.99			
	200m: 2:04.36 1:03.98	600m: 6:23.84 1:05.40	1000m: 10:50.22 1:06.94	1400m: 15:18.22 1:06.89			
	300m: 3:08.52 1:04.16	700m: 7:30.17 1:06.33	1100m: 11:57.26 1:07.04	1500m: 16:24.05 1:05.83			
	400m: 4:13.39 1:04.87	800m: 8:36.43 1:06.26	1200m: 13:04.34 1:07.08				
2.	Rui Miguel Lopes	94	Natacao de Olhao	16:53.56	+0,86	642	
	100m: 1:02.24 1:02.24	500m: 5:32.43 1:07.62	900m: 10:05.91 1:08.42	1300m: 14:39.21 1:08.42			
	200m: 2:09.86 1:07.62	600m: 6:40.52 1:08.09	1000m: 11:14.18 1:08.27	1400m: 15:47.89 1:08.68			
	300m: 3:17.69 1:07.83	700m: 7:48.95 1:08.43	1100m: 12:22.62 1:08.44	1500m: 16:53.56 1:05.67			
	400m: 4:24.81 1:07.12	800m: 8:57.49 1:08.54	1200m: 13:30.79 1:08.17				
3.	Pedro Afonso Gaspar	94	Individual Santarem	17:05.98	+1,05	619	
	<i>FTL</i>						
	100m: 1:03.22 1:03.22	500m: 5:32.99 1:08.34	900m: 10:08.99 1:09.17	1300m: 14:47.75 1:10.07			
	200m: 2:10.05 1:06.83	600m: 6:41.62 1:08.63	1000m: 11:18.25 1:09.26	1400m: 15:57.82 1:10.07			
	300m: 3:17.33 1:07.28	700m: 7:50.55 1:08.93	1100m: 12:27.76 1:09.51	1500m: 17:05.98 1:08.16			
	400m: 4:24.65 1:07.32	800m: 8:59.82 1:09.27	1200m: 13:37.68 1:09.92				

Sen/Jun2

1.	Paulo Fragueiro Franco	82	Nacional	16:05.45	+0,82	743	
	100m: 1:00.76 1:00.76	500m: 5:16.21 1:04.00	900m: 9:34.66 1:05.10	1300m: 13:56.51 1:05.87			
	200m: 2:04.44 1:03.68	600m: 6:20.17 1:03.96	1000m: 10:39.96 1:05.30	1400m: 15:01.79 1:05.28			
	300m: 3:08.03 1:03.59	700m: 7:24.69 1:04.52	1100m: 11:45.09 1:05.13	1500m: 16:05.45 1:03.66			
	400m: 4:12.21 1:04.18	800m: 8:29.56 1:04.87	1200m: 12:50.64 1:05.55				
2.	Rui Filipe Costa	91	Vitoria de Guimaraes	16:09.50	+0,74	734	
	100m: 59.76 59.76	500m: 5:19.00 1:05.51	900m: 9:40.93 1:05.60	1300m: 14:03.87 1:05.89			
	200m: 2:03.74 1:03.98	600m: 6:24.49 1:05.49	1000m: 10:46.44 1:05.51	1400m: 15:09.10 1:05.23			
	300m: 3:08.58 1:04.84	700m: 7:29.88 1:05.39	1100m: 11:52.16 1:05.72	1500m: 16:09.50 1:00.40			
	400m: 4:13.49 1:04.91	800m: 8:35.33 1:05.45	1200m: 12:57.98 1:05.82				
3.	Diogo Andre Gaspar	90	Uniao Piedense	16:11.62	+0,79	729	
	100m: 59.60 59.60	500m: 5:18.36 1:05.46	900m: 9:41.90 1:05.74	1300m: 14:03.65 1:05.45			
	200m: 2:03.66 1:04.06	600m: 6:23.94 1:05.58	1000m: 10:47.51 1:05.61	1400m: 15:08.14 1:04.49			
	300m: 3:08.21 1:04.55	700m: 7:30.32 1:06.38	1100m: 11:52.81 1:05.30	1500m: 16:11.62 1:03.48			
	400m: 4:12.90 1:04.69	800m: 8:36.16 1:05.84	1200m: 12:58.20 1:05.39				

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Pova de Varzim, 4- - 7-8-2011

Prova 1, Masc., 1500m Livres, Sen/Jun2

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Mario Andre Bonanca	90	Sporting	16:13.31	+0,83	725	
	100m: 1:00.52 1:00.52	500m: 5:15.31 1:04.02	900m: 9:39.05 1:06.38	1300m: 14:02.79 1:06.13			
	200m: 2:03.76 1:03.24	600m: 6:20.60 1:05.29	1000m: 10:44.91 1:05.86	1400m: 15:08.69 1:05.90			
	300m: 3:07.68 1:03.92	700m: 7:26.33 1:05.73	1100m: 11:50.76 1:05.85	1500m: 16:13.31 1:04.62			
	400m: 4:11.29 1:03.61	800m: 8:32.67 1:06.34	1200m: 12:56.66 1:05.90				
5.	Vasco Miguel Gaspar	90	Uniao Piedense	16:17.90	+0,80	715	
	100m: 1:02.46 1:02.46	500m: 5:22.60 1:05.30	900m: 9:44.19 1:05.52	1300m: 14:07.96 1:05.73			
	200m: 2:07.92 1:05.46	600m: 6:27.62 1:05.02	1000m: 10:50.43 1:06.24	1400m: 15:14.08 1:06.12			
	300m: 3:12.43 1:04.51	700m: 7:33.10 1:05.48	1100m: 11:56.68 1:06.25	1500m: 16:17.90 1:03.82			
	400m: 4:17.30 1:04.87	800m: 8:38.67 1:05.57	1200m: 13:02.23 1:05.55				
6.	Hugo Alberto Ribeiro	88	Gespacos	16:25.90	+0,92	698	
	100m: 1:01.95 1:01.95	500m: 5:23.91 1:05.61	900m: 9:47.30 1:06.09	1300m: 14:15.14 1:07.61			
	200m: 2:07.79 1:05.84	600m: 6:29.36 1:05.45	1000m: 10:53.90 1:06.60	1400m: 15:22.27 1:07.13			
	300m: 3:13.04 1:05.25	700m: 7:35.36 1:06.00	1100m: 12:00.78 1:06.88	1500m: 16:25.90 1:03.63			
	400m: 4:18.30 1:05.26	800m: 8:41.21 1:05.85	1200m: 13:07.53 1:06.75				
7.	Ricardo Manuel Machado	93	Braga	16:37.87	+0,94	673	
	100m: 1:01.35 1:01.35	500m: 5:24.38 1:07.00	900m: 9:53.71 1:07.87	1300m: 14:24.54 1:07.56			
	200m: 2:05.46 1:04.11	600m: 6:31.28 1:06.90	1000m: 11:01.35 1:07.64	1400m: 15:31.65 1:07.11			
	300m: 3:10.90 1:05.44	700m: 7:38.32 1:07.04	1100m: 12:09.15 1:07.80	1500m: 16:37.87 1:06.22			
	400m: 4:17.38 1:06.48	800m: 8:45.84 1:07.52	1200m: 13:16.98 1:07.83				
8.	Andre Rafael Marinho	93	Uniao Piedense	16:41.11	+0,88	666	
	100m: 1:02.49 1:02.49	500m: 5:27.52 1:06.73	900m: 9:56.51 1:07.54	1300m: 14:27.94 1:07.86			
	200m: 2:08.26 1:05.77	600m: 6:34.58 1:07.06	1000m: 11:04.34 1:07.83	1400m: 15:35.88 1:07.94			
	300m: 3:14.58 1:06.32	700m: 7:41.63 1:07.05	1100m: 12:12.34 1:08.00	1500m: 16:41.11 1:05.23			
	400m: 4:20.79 1:06.21	800m: 8:48.97 1:07.34	1200m: 13:20.08 1:07.74				
9.	Nuno Vieira Malheiro	93	Braga	16:47.59	+1,05	653	
	100m: 1:03.44 1:03.44	500m: 5:29.91 1:07.27	900m: 10:02.91 1:08.13	1300m: 14:34.87 1:07.99			
	200m: 2:10.17 1:06.73	600m: 6:38.07 1:08.16	1000m: 11:11.07 1:08.16	1400m: 15:42.32 1:07.45			
	300m: 3:16.17 1:06.00	700m: 7:46.13 1:08.06	1100m: 12:19.28 1:08.21	1500m: 16:47.59 1:05.27			
	400m: 4:22.64 1:06.47	800m: 8:54.78 1:08.65	1200m: 13:26.88 1:07.60				
10.	Paulo Andre Dias	92	Gespacos	16:50.85	+0,92	647	
	FTL						
	100m: 1:02.74 1:02.74	500m: 5:32.11 1:07.97	900m: 10:05.75 1:08.22	1300m: 14:38.07 1:07.96			
	200m: 2:09.67 1:06.93	600m: 6:40.47 1:08.36	1000m: 11:13.85 1:08.10	1400m: 15:45.51 1:07.44			
	300m: 3:16.59 1:06.92	700m: 7:48.88 1:08.41	1100m: 12:22.19 1:08.34	1500m: 16:50.85 1:05.34			
	400m: 4:24.14 1:07.55	800m: 8:57.53 1:08.65	1200m: 13:30.11 1:07.92				
11.	Daniel Ricardo Viegas	83	Amadora	17:00.17	+0,79	630	
	FTL						
	100m: 1:03.41 1:03.41	500m: 5:33.09 1:08.29	900m: 10:08.66 1:09.28	1300m: 14:45.63 1:09.24			
	200m: 2:10.00 1:06.59	600m: 6:41.92 1:08.83	1000m: 11:17.84 1:09.18	1400m: 15:54.05 1:08.42			
	300m: 3:16.97 1:06.97	700m: 7:50.50 1:08.58	1100m: 12:27.28 1:09.44	1500m: 17:00.17 1:06.12			
	400m: 4:24.80 1:07.83	800m: 8:59.38 1:08.88	1200m: 13:36.39 1:09.11				
12.	Bruno Miranda Sousa	93	Desportiva de Viana	17:32.74	+1,05	573	
	FTL						
	100m: 1:02.57 1:02.57	500m: 5:38.89 1:10.30	900m: 10:24.58 1:11.58	1300m: 15:12.71 1:11.72			
	200m: 2:10.54 1:07.97	600m: 6:49.86 1:10.97	1000m: 11:36.40 1:11.82	1400m: 16:23.52 1:10.81			
	300m: 3:19.08 1:08.54	700m: 8:01.45 1:11.59	1100m: 12:48.45 1:12.05	1500m: 17:32.74 1:09.22			
	400m: 4:28.59 1:09.51	800m: 9:13.00 1:11.55	1200m: 14:00.99 1:12.54				