

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 42 Masc., 1500m Livres Absolutos
04-12-2011 - 11:25 Resultados

Rec. Nac. 25m Absoluto	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10-12-2005
Rec. Nac. 25m Jun	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Rec. Nac. 25m Sen	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10-12-2005

TAC - Masc Sen: 16:33.00; Jun2: 16:33.00; Jun1: 16:52.86

Pontos: FINA 2011

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos								
1.	Gustavo Manuel Santa	93	26492	Sporting	15:16.33	+0,81	798	
	100m: 58.73	57.73	500m: 5:01.14	1:00.88	900m: 9:08.75	1:01.70	1300m: 13:15.92	1:01.80
	200m: 1:58.64	1:00.91	600m: 6:03.19	1:02.05	1000m: 10:10.71	1:01.96	1400m: 14:17.41	1:01.49
	300m: 2:59.42	1:00.78	700m: 7:05.36	1:02.17	1100m: 11:12.92	1:02.21	1500m: 15:16.33	58.92
	400m: 4:00.26	1:00.84	800m: 8:07.05	1:01.69	1200m: 12:14.12	1:01.20		
2.	Rui Filipe Costa	91	24004	Vitoria de Guimaraes	15:33.13	+0,79	756	
	100m: 58.12	58.12	500m: 5:07.92	1:02.81	900m: 9:19.27	1:03.05	1300m: 13:31.53	1:03.19
	200m: 1:59.87	1:01.75	600m: 6:10.49	1:02.57	1000m: 10:22.44	1:03.17	1400m: 14:34.12	1:02.59
	300m: 3:02.19	1:02.32	700m: 7:13.31	1:02.82	1100m: 11:25.30	1:02.86	1500m: 15:33.13	59.01
	400m: 4:05.11	1:02.92	800m: 8:16.22	1:02.91	1200m: 12:28.34	1:03.04		
3.	Vasco Miguel Gaspar	90	26500	Uniao Piedense	15:35.72	+0,79	749	
	100m: 58.84	58.84	500m: 5:08.44	1:02.87	900m: 9:19.47	1:03.04	1300m: 13:31.51	1:03.06
	200m: 2:00.44	1:01.60	600m: 6:10.95	1:02.51	1000m: 10:22.30	1:02.83	1400m: 14:34.56	1:03.05
	300m: 3:02.66	1:02.22	700m: 7:13.72	1:02.77	1100m: 11:25.29	1:02.99	1500m: 15:35.72	1:01.16
	400m: 4:05.57	1:02.91	800m: 8:16.43	1:02.71	1200m: 12:28.45	1:03.16		
4.	Diogo Andre Gaspar	90	25544	Uniao Piedense	15:43.17	+0,80	732	
	100m: 59.41	59.41	500m: 5:09.98	1:03.06	900m: 9:21.94	1:02.88	1300m: 13:36.67	1:04.06
	200m: 2:01.72	1:02.31	600m: 6:12.71	1:02.73	1000m: 10:25.62	1:03.68	1400m: 14:40.63	1:03.96
	300m: 3:04.32	1:02.60	700m: 7:15.54	1:02.83	1100m: 11:28.66	1:03.04	1500m: 15:43.17	1:02.54
	400m: 4:06.92	1:02.60	800m: 8:19.06	1:03.52	1200m: 12:32.61	1:03.95		
5.	Miguel Monteiro Diogo	93	10164	Nautico/Matobra	15:46.87	+0,72	723	
	100m: 58.38	58.38	500m: 5:11.21	1:03.23	900m: 9:25.46	1:03.54	1300m: 13:40.49	1:03.93
	200m: 2:01.47	1:03.09	600m: 6:14.80	1:03.59	1000m: 10:29.14	1:03.68	1400m: 14:43.92	1:03.43
	300m: 3:04.97	1:03.50	700m: 7:18.14	1:03.34	1100m: 11:33.08	1:03.94	1500m: 15:46.87	1:02.95
	400m: 4:07.98	1:03.01	800m: 8:21.92	1:03.78	1200m: 12:36.56	1:03.48		
6.	Paulo Fragueiro Franco	82	24393	Nacional	15:52.28	+0,78	711	
	100m: 59.71	59.71	500m: 5:08.12	1:02.36	900m: 9:21.88	1:04.14	1300m: 13:41.40	1:05.69
	200m: 2:01.85	1:02.14	600m: 6:10.45	1:02.33	1000m: 10:26.77	1:04.89	1400m: 14:47.69	1:06.29
	300m: 3:03.63	1:01.78	700m: 7:13.84	1:03.39	1100m: 11:30.79	1:04.02	1500m: 15:52.28	1:04.59
	400m: 4:05.76	1:02.13	800m: 8:17.74	1:03.90	1200m: 12:35.71	1:04.92		
7.	Hugo Alberto Ribeiro	88	23114	Gespacos	15:56.32	+0,97	702	
	100m: 59.39	59.39	500m: 5:12.42	1:03.49	900m: 9:27.95	1:04.35	1300m: 13:49.65	1:05.53
	200m: 2:02.17	1:02.78	600m: 6:16.13	1:03.71	1000m: 10:32.96	1:05.01	1400m: 14:54.45	1:04.80
	300m: 3:05.41	1:03.24	700m: 7:19.75	1:03.62	1100m: 11:38.78	1:05.82	1500m: 15:56.32	1:01.87
	400m: 4:08.93	1:03.52	800m: 8:23.60	1:03.85	1200m: 12:44.12	1:05.34		
8.	Mario Andre Bonanca	90	12773	Sporting	15:58.27	+0,90	698	
	100m: 59.35	59.35	500m: 5:11.01	1:03.65	900m: 9:29.68	1:05.06	1300m: 13:49.54	1:05.15
	200m: 2:01.75	1:02.40	600m: 6:15.23	1:04.22	1000m: 10:34.58	1:04.90	1400m: 14:54.77	1:05.23
	300m: 3:04.69	1:02.94	700m: 7:19.85	1:04.62	1100m: 11:39.12	1:04.54	1500m: 15:58.27	1:03.50
	400m: 4:07.36	1:02.67	800m: 8:24.62	1:04.77	1200m: 12:44.39	1:05.27		
9.	Andre Rafael Marinho	93	10643	Uniao Piedense	16:01.03	+0,86	692	
	100m: 1:00.23	1:00.23	500m: 5:18.73	1:05.00	900m: 9:38.82	1:04.99	1300m: 13:54.72	1:03.60
	200m: 2:04.04	1:03.81	600m: 6:24.25	1:05.52	1000m: 10:43.26	1:04.44	1400m: 14:58.17	1:03.45
	300m: 3:08.77	1:04.73	700m: 7:28.99	1:04.74	1100m: 11:47.23	1:03.97	1500m: 16:01.03	1:02.86
	400m: 4:13.73	1:04.96	800m: 8:33.83	1:04.84	1200m: 12:51.12	1:03.89		

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- - 4-12-2011

Prova 42, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Ricardo Manuel Machado	93	13278	Braga	16:14.16	+0,89	664	
	100m: 59.99	59.99	500m: 5:18.73	1:05.29	900m: 9:38.97	1:05.13	1300m: 14:02.24	1:06.85
	200m: 2:04.18	1:04.19	600m: 6:24.38	1:05.65	1000m: 10:43.98	1:05.01	1400m: 15:08.71	1:06.47
	300m: 3:08.91	1:04.73	700m: 7:28.86	1:04.48	1100m: 11:49.07	1:05.09	1500m: 16:14.16	1:05.45
	400m: 4:13.44	1:04.53	800m: 8:33.84	1:04.98	1200m: 12:55.39	1:06.32		
11.	Rui Miguel Lopes	94	106253	Natacao Olhao	16:20.21	+0,83	652	
	100m: 1:00.95	1:00.95	500m: 5:22.64	1:04.90	900m: 9:45.71	1:06.33	1300m: 14:09.51	1:06.10
	200m: 2:05.89	1:04.94	600m: 6:27.90	1:05.26	1000m: 10:51.77	1:06.06	1400m: 15:16.09	1:06.58
	300m: 3:11.91	1:06.02	700m: 7:33.60	1:05.70	1100m: 11:57.41	1:05.64	1500m: 16:20.21	1:04.12
	400m: 4:17.74	1:05.83	800m: 8:39.38	1:05.78	1200m: 13:03.41	1:06.00		
12.	Nuno Vieira Malheiro	93	13279	Braga	16:23.34	+0,80	646	
	100m: 1:02.35	1:02.35	500m: 5:25.16	1:05.33	900m: 9:50.24	1:05.86	1300m: 14:14.03	1:06.04
	200m: 2:08.28	1:05.93	600m: 6:31.45	1:06.29	1000m: 10:55.89	1:05.65	1400m: 15:20.24	1:06.21
	300m: 3:13.89	1:05.61	700m: 7:37.92	1:06.47	1100m: 12:02.14	1:06.25	1500m: 16:23.34	1:03.10
	400m: 4:19.83	1:05.94	800m: 8:44.38	1:06.46	1200m: 13:07.99	1:05.85		
13.	Paulo Andre Dias	92	23406	Gespacos	16:24.81	+0,82	643	
	100m: 1:02.71	1:02.71	500m: 5:25.37	1:05.43	900m: 9:49.72	1:05.66	1300m: 14:14.53	1:06.07
	200m: 2:08.48	1:05.77	600m: 6:31.66	1:06.29	1000m: 10:55.38	1:05.66	1400m: 15:21.06	1:06.53
	300m: 3:14.08	1:05.60	700m: 7:37.76	1:06.10	1100m: 12:02.28	1:06.90	1500m: 16:24.81	1:03.75
	400m: 4:19.94	1:05.86	800m: 8:44.06	1:06.30	1200m: 13:08.46	1:06.18		
14.	Daniel Ricardo Viegas	83	22441	Amadora	16:29.38	+0,82	634	
	100m: 1:02.42	1:02.42	500m: 5:25.30	1:05.54	900m: 9:51.03	1:06.80	1300m: 14:19.16	1:07.18
	200m: 2:08.29	1:05.87	600m: 6:31.31	1:06.01	1000m: 10:58.25	1:07.22	1400m: 15:25.77	1:06.61
	300m: 3:13.98	1:05.69	700m: 7:37.59	1:06.28	1100m: 12:04.76	1:06.51	1500m: 16:29.38	1:03.61
	400m: 4:19.76	1:05.78	800m: 8:44.23	1:06.64	1200m: 13:11.98	1:07.22		
15.	Artur Manuel Ferreira	95	101981	Porto	16:34.76	+0,86	624	
	100m: 1:00.13	1:00.13	500m: 5:26.37	1:07.12	900m: 9:56.78	1:07.56	1300m: 14:24.78	1:06.53
	200m: 2:05.95	1:05.82	600m: 6:34.04	1:07.67	1000m: 11:04.38	1:07.60	1400m: 15:31.46	1:06.68
	300m: 3:12.20	1:06.25	700m: 7:41.71	1:07.67	1100m: 12:11.12	1:06.74	1500m: 16:34.76	1:03.30
	400m: 4:19.25	1:07.05	800m: 8:49.22	1:07.51	1200m: 13:18.25	1:07.13		
16.	Duarte Nuno Vieira	95	104151	Nacional	16:35.58	+0,76	622	
	100m: 1:01.87	1:01.87	500m: 5:29.07	1:06.63	900m: 9:57.70	1:06.90	1300m: 14:24.64	1:06.45
	200m: 2:08.74	1:06.87	600m: 6:36.43	1:07.36	1000m: 11:04.83	1:07.13	1400m: 15:31.05	1:06.41
	300m: 3:15.39	1:06.65	700m: 7:43.74	1:07.31	1100m: 12:11.13	1:06.30	1500m: 16:35.58	1:04.53
	400m: 4:22.44	1:07.05	800m: 8:50.80	1:07.06	1200m: 13:18.19	1:07.06		
17.	Cesar Filipe Magalhaes FTL	95	15473	Foca	17:01.06	+0,82	577	
	100m: 1:04.28	1:04.28	500m: 5:33.98	1:07.69	900m: 10:08.61	1:09.28	1300m: 14:44.67	1:08.64
	200m: 2:11.10	1:06.82	600m: 6:42.04	1:08.06	1000m: 11:17.92	1:09.31	1400m: 15:53.95	1:09.28
	300m: 3:18.60	1:07.50	700m: 7:50.37	1:08.33	1100m: 12:27.20	1:09.28	1500m: 17:01.06	1:07.11
	400m: 4:26.29	1:07.69	800m: 8:59.33	1:08.96	1200m: 13:36.03	1:08.83		
18.	Bruno Miranda Sousa FTL	93	106109	Desportiva de Viana	17:01.46	+0,98	576	
	100m: 1:02.51	1:02.51	500m: 5:28.86	1:07.37	900m: 10:05.31	1:09.35	1300m: 14:44.10	1:10.16
	200m: 2:08.99	1:06.48	600m: 6:37.53	1:08.67	1000m: 11:14.87	1:09.56	1400m: 15:54.22	1:10.12
	300m: 3:14.85	1:05.86	700m: 7:46.90	1:09.37	1100m: 12:23.86	1:08.99	1500m: 17:01.46	1:07.24
	400m: 4:21.49	1:06.64	800m: 8:55.96	1:09.06	1200m: 13:33.94	1:10.08		
19.	Andre Filipe Fernandes FTL	95	101173	Amadora	17:01.71	+0,77	576	
	100m: 1:02.82	1:02.82	500m: 5:33.11	1:08.10	900m: 10:07.14	1:08.88	1300m: 14:43.23	1:09.22
	200m: 2:10.26	1:07.44	600m: 6:41.23	1:08.12	1000m: 11:16.25	1:09.11	1400m: 15:53.16	1:09.93
	300m: 3:17.95	1:07.69	700m: 7:49.56	1:08.33	1100m: 12:24.84	1:08.59	1500m: 17:01.71	1:08.55
	400m: 4:25.01	1:07.06	800m: 8:58.26	1:08.70	1200m: 13:34.01	1:09.17		

Campeonatos Absolutos de Portugal PC (Jun e Sen)
Silves, 2- 4-12-2011

Prova 42, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	Gustavo Lopes Ribeiro	95	100433	Academica de Coimbra	17:05.81	+0,94	569	
	<i>FTL</i>							
	100m: 1:02.27	1:02.27	500m: 5:33.05	1:08.98	900m: 10:09.29	1:09.26	1300m: 14:48.17	1:09.62
	200m: 2:09.02	1:06.75	600m: 6:41.68	1:08.63	1000m: 11:18.89	1:09.60	1400m: 15:58.40	1:10.23
	300m: 3:16.31	1:07.29	700m: 7:50.45	1:08.77	1100m: 12:28.47	1:09.58	1500m: 17:05.81	1:07.41
	400m: 4:24.07	1:07.76	800m: 9:00.03	1:09.58	1200m: 13:38.55	1:10.08		

Seniores

1.	Gustavo Manuel Santa	93	26492	Sporting	15:16.33	+0,81	798	
	100m: 57.73	57.73	500m: 5:01.14	1:00.88	900m: 9:08.75	1:01.70	1300m: 13:15.92	1:01.80
	200m: 1:58.64	1:00.91	600m: 6:03.19	1:02.05	1000m: 10:10.71	1:01.96	1400m: 14:17.41	1:01.49
	300m: 2:59.42	1:00.78	700m: 7:05.36	1:02.17	1100m: 11:12.92	1:02.21	1500m: 15:16.33	58.92
	400m: 4:00.26	1:00.84	800m: 8:07.05	1:01.69	1200m: 12:14.12	1:01.20		
2.	Rui Filipe Costa	91	24004	Vitoria de Guimaraes	15:33.13	+0,79	756	
	100m: 58.12	58.12	500m: 5:07.92	1:02.81	900m: 9:19.27	1:03.05	1300m: 13:31.53	1:03.19
	200m: 1:59.87	1:01.75	600m: 6:10.49	1:02.57	1000m: 10:22.44	1:03.17	1400m: 14:34.12	1:02.59
	300m: 3:02.19	1:02.32	700m: 7:13.31	1:02.82	1100m: 11:25.30	1:02.86	1500m: 15:33.13	59.01
	400m: 4:05.11	1:02.92	800m: 8:16.22	1:02.91	1200m: 12:28.34	1:03.04		
3.	Vasco Miguel Gaspar	90	26500	Uniao Piedense	15:35.72	+0,79	749	
	100m: 58.84	58.84	500m: 5:08.44	1:02.87	900m: 9:19.47	1:03.04	1300m: 13:31.51	1:03.06
	200m: 2:00.44	1:01.60	600m: 6:10.95	1:02.51	1000m: 10:22.30	1:02.83	1400m: 14:34.56	1:03.05
	300m: 3:02.66	1:02.22	700m: 7:13.72	1:02.77	1100m: 11:25.29	1:02.99	1500m: 15:35.72	1:01.16
	400m: 4:05.57	1:02.91	800m: 8:16.43	1:02.71	1200m: 12:28.45	1:03.16		
4.	Diogo Andre Gaspar	90	25544	Uniao Piedense	15:43.17	+0,80	732	
	100m: 59.41	59.41	500m: 5:09.98	1:03.06	900m: 9:21.94	1:02.88	1300m: 13:36.67	1:04.06
	200m: 2:01.72	1:02.31	600m: 6:12.71	1:02.73	1000m: 10:25.62	1:03.68	1400m: 14:40.63	1:03.96
	300m: 3:04.32	1:02.60	700m: 7:15.54	1:02.83	1100m: 11:28.66	1:03.04	1500m: 15:43.17	1:02.54
	400m: 4:06.92	1:02.60	800m: 8:19.06	1:03.52	1200m: 12:32.61	1:03.95		
5.	Miguel Monteiro Diogo	93	10164	Nautico/Matobra	15:46.87	+0,72	723	
	100m: 58.38	58.38	500m: 5:11.21	1:03.23	900m: 9:25.46	1:03.54	1300m: 13:40.49	1:03.93
	200m: 2:01.47	1:03.09	600m: 6:14.80	1:03.59	1000m: 10:29.14	1:03.68	1400m: 14:43.92	1:03.43
	300m: 3:04.97	1:03.50	700m: 7:18.14	1:03.34	1100m: 11:33.08	1:03.94	1500m: 15:46.87	1:02.95
	400m: 4:07.98	1:03.01	800m: 8:21.92	1:03.78	1200m: 12:36.56	1:03.48		
6.	Paulo Fragueiro Franco	82	24393	Nacional	15:52.28	+0,78	711	
	100m: 59.71	59.71	500m: 5:08.12	1:02.36	900m: 9:21.88	1:04.14	1300m: 13:41.40	1:05.69
	200m: 2:01.85	1:02.14	600m: 6:10.45	1:02.33	1000m: 10:26.77	1:04.89	1400m: 14:47.69	1:06.29
	300m: 3:03.63	1:01.78	700m: 7:13.84	1:03.39	1100m: 11:30.79	1:04.02	1500m: 15:52.28	1:04.59
	400m: 4:05.76	1:02.13	800m: 8:17.74	1:03.90	1200m: 12:35.71	1:04.92		
7.	Hugo Alberto Ribeiro	88	23114	Gespacos	15:56.32	+0,97	702	
	100m: 59.39	59.39	500m: 5:12.42	1:03.49	900m: 9:27.95	1:04.35	1300m: 13:49.65	1:05.53
	200m: 2:02.17	1:02.78	600m: 6:16.13	1:03.71	1000m: 10:32.96	1:05.01	1400m: 14:54.45	1:04.80
	300m: 3:05.41	1:03.24	700m: 7:19.75	1:03.62	1100m: 11:38.78	1:05.82	1500m: 15:56.32	1:01.87
	400m: 4:08.93	1:03.52	800m: 8:23.60	1:03.85	1200m: 12:44.12	1:05.34		
8.	Mario Andre Bonanca	90	12773	Sporting	15:58.27	+0,90	698	
	100m: 59.35	59.35	500m: 5:11.01	1:03.65	900m: 9:29.68	1:05.06	1300m: 13:49.54	1:05.15
	200m: 2:01.75	1:02.40	600m: 6:15.23	1:04.22	1000m: 10:34.58	1:04.90	1400m: 14:54.77	1:05.23
	300m: 3:04.69	1:02.94	700m: 7:19.85	1:04.62	1100m: 11:39.12	1:04.54	1500m: 15:58.27	1:03.50
	400m: 4:07.36	1:02.67	800m: 8:24.62	1:04.77	1200m: 12:44.39	1:05.27		
9.	Andre Rafael Marinho	93	10643	Uniao Piedense	16:01.03	+0,86	692	
	100m: 1:00.23	1:00.23	500m: 5:18.73	1:05.00	900m: 9:38.82	1:04.99	1300m: 13:54.72	1:03.60
	200m: 2:04.04	1:03.81	600m: 6:24.25	1:05.52	1000m: 10:43.26	1:04.44	1400m: 14:58.17	1:03.45
	300m: 3:08.77	1:04.73	700m: 7:28.99	1:04.74	1100m: 11:47.23	1:03.97	1500m: 16:01.03	1:02.86
	400m: 4:13.73	1:04.96	800m: 8:33.83	1:04.84	1200m: 12:51.12	1:03.89		

Campeonatos Absolutos de Portugal PC (Jun e Sen)
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Prova 42, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Ricardo Manuel Machado	93	13278	Braga	16:14.16	+0,89	664	
	100m: 59.99	59.99	500m: 5:18.73	1:05.29	900m: 9:38.97	1:05.13	1300m: 14:02.24	1:06.85
	200m: 2:04.18	1:04.19	600m: 6:24.38	1:05.65	1000m: 10:43.98	1:05.01	1400m: 15:08.71	1:06.47
	300m: 3:08.91	1:04.73	700m: 7:28.86	1:04.48	1100m: 11:49.07	1:05.09	1500m: 16:14.16	1:05.45
	400m: 4:13.44	1:04.53	800m: 8:33.84	1:04.98	1200m: 12:55.39	1:06.32		
11.	Nuno Vieira Malheiro	93	13279	Braga	16:23.34	+0,80	646	
	100m: 1:02.35	1:02.35	500m: 5:25.16	1:05.33	900m: 9:50.24	1:05.86	1300m: 14:14.03	1:06.04
	200m: 2:08.28	1:05.93	600m: 6:31.45	1:06.29	1000m: 10:55.89	1:05.65	1400m: 15:20.24	1:06.21
	300m: 3:13.89	1:05.61	700m: 7:37.92	1:06.47	1100m: 12:02.14	1:06.25	1500m: 16:23.34	1:03.10
	400m: 4:19.83	1:05.94	800m: 8:44.38	1:06.46	1200m: 13:07.99	1:05.85		
12.	Paulo Andre Dias	92	23406	Gespacos	16:24.81	+0,82	643	
	100m: 1:02.71	1:02.71	500m: 5:25.37	1:05.43	900m: 9:49.72	1:05.66	1300m: 14:14.53	1:06.07
	200m: 2:08.48	1:05.77	600m: 6:31.66	1:06.29	1000m: 10:55.38	1:05.66	1400m: 15:21.06	1:06.53
	300m: 3:14.08	1:05.60	700m: 7:37.76	1:06.10	1100m: 12:02.28	1:06.90	1500m: 16:24.81	1:03.75
	400m: 4:19.94	1:05.86	800m: 8:44.06	1:06.30	1200m: 13:08.46	1:06.18		
13.	Daniel Ricardo Viegas	83	22441	Amadora	16:29.38	+0,82	634	
	100m: 1:02.42	1:02.42	500m: 5:25.30	1:05.54	900m: 9:51.03	1:06.80	1300m: 14:19.16	1:07.18
	200m: 2:08.29	1:05.87	600m: 6:31.31	1:06.01	1000m: 10:58.25	1:07.22	1400m: 15:25.77	1:06.61
	300m: 3:13.98	1:05.69	700m: 7:37.59	1:06.28	1100m: 12:04.76	1:06.51	1500m: 16:29.38	1:03.61
	400m: 4:19.76	1:05.78	800m: 8:44.23	1:06.64	1200m: 13:11.98	1:07.22		
14.	Bruno Miranda Sousa FTL	93	106109	Desportiva de Viana	17:01.46	+0,98	576	
	100m: 1:02.51	1:02.51	500m: 5:28.86	1:07.37	900m: 10:05.31	1:09.35	1300m: 14:44.10	1:10.16
	200m: 2:08.99	1:06.48	600m: 6:37.53	1:08.67	1000m: 11:14.87	1:09.56	1400m: 15:54.22	1:10.12
	300m: 3:14.85	1:05.86	700m: 7:46.90	1:09.37	1100m: 12:23.86	1:08.99	1500m: 17:01.46	1:07.24
	400m: 4:21.49	1:06.64	800m: 8:55.96	1:09.06	1200m: 13:33.94	1:10.08		
Juniores1								
1.	Artur Manuel Ferreira	95	101981	Porto	16:34.76	+0,86	624	
	100m: 1:00.13	1:00.13	500m: 5:26.37	1:07.12	900m: 9:56.78	1:07.56	1300m: 14:24.78	1:06.53
	200m: 2:05.95	1:05.82	600m: 6:34.04	1:07.67	1000m: 11:04.38	1:07.60	1400m: 15:31.46	1:06.68
	300m: 3:12.20	1:06.25	700m: 7:41.71	1:07.67	1100m: 12:11.12	1:06.74	1500m: 16:34.76	1:03.30
	400m: 4:19.25	1:07.05	800m: 8:49.22	1:07.51	1200m: 13:18.25	1:07.13		
2.	Duarte Nuno Vieira	95	104151	Nacional	16:35.58	+0,76	622	
	100m: 1:01.87	1:01.87	500m: 5:29.07	1:06.63	900m: 9:57.70	1:06.90	1300m: 14:24.64	1:06.45
	200m: 2:08.74	1:06.87	600m: 6:36.43	1:07.36	1000m: 11:04.83	1:07.13	1400m: 15:31.05	1:06.41
	300m: 3:15.39	1:06.65	700m: 7:43.74	1:07.31	1100m: 12:11.13	1:06.30	1500m: 16:35.58	1:04.53
	400m: 4:22.44	1:07.05	800m: 8:50.80	1:07.06	1200m: 13:18.19	1:07.06		
3.	Cesar Filipe Magalhaes FTL	95	15473	Foca	17:01.06	+0,82	577	
	100m: 1:04.28	1:04.28	500m: 5:33.98	1:07.69	900m: 10:08.61	1:09.28	1300m: 14:44.67	1:08.64
	200m: 2:11.10	1:06.82	600m: 6:42.04	1:08.06	1000m: 11:17.92	1:09.31	1400m: 15:53.95	1:09.28
	300m: 3:18.60	1:07.50	700m: 7:50.37	1:08.33	1100m: 12:27.20	1:09.28	1500m: 17:01.06	1:07.11
	400m: 4:26.29	1:07.69	800m: 8:59.33	1:08.96	1200m: 13:36.03	1:08.83		
4.	Andre Filipe Fernandes FTL	95	101173	Amadora	17:01.71	+0,77	576	
	100m: 1:02.82	1:02.82	500m: 5:33.11	1:08.10	900m: 10:07.14	1:08.88	1300m: 14:43.23	1:09.22
	200m: 2:10.26	1:07.44	600m: 6:41.23	1:08.12	1000m: 11:16.25	1:09.11	1400m: 15:53.16	1:09.93
	300m: 3:17.95	1:07.69	700m: 7:49.56	1:08.33	1100m: 12:24.84	1:08.59	1500m: 17:01.71	1:08.55
	400m: 4:25.01	1:07.06	800m: 8:58.26	1:08.70	1200m: 13:34.01	1:09.17		
5.	Gustavo Lopes Ribeiro FTL	95	100433	Academica de Coimbra	17:05.81	+0,94	569	
	100m: 1:02.27	1:02.27	500m: 5:33.05	1:08.98	900m: 10:09.29	1:09.26	1300m: 14:48.17	1:09.62
	200m: 2:09.02	1:06.75	600m: 6:41.68	1:08.63	1000m: 11:18.89	1:09.60	1400m: 15:58.40	1:10.23
	300m: 3:16.31	1:07.29	700m: 7:50.45	1:08.77	1100m: 12:28.47	1:09.58	1500m: 17:05.81	1:07.41
	400m: 4:24.07	1:07.76	800m: 9:00.03	1:09.58	1200m: 13:38.55	1:10.08		

Campeonatos Absolutos de Portugal PC (Jun e Sen)
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Prova 42, Masc., 1500m Livres

Juniores2

1. Rui Miguel Lopes	94	106253	Natacao Olhao	16:20.21	+0,83	652					
100m:	1:00.95	1:00.95	500m:	5:22.64	1:04.90	900m:	9:45.71	1:06.33	1300m:	14:09.51	1:06.10
200m:	2:05.89	1:04.94	600m:	6:27.90	1:05.26	1000m:	10:51.77	1:06.06	1400m:	15:16.09	1:06.58
300m:	3:11.91	1:06.02	700m:	7:33.60	1:05.70	1100m:	11:57.41	1:05.64	1500m:	16:20.21	1:04.12
400m:	4:17.74	1:05.83	800m:	8:39.38	1:05.78	1200m:	13:03.41	1:06.00			