

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 4 Masc., 5000m Livres Absoluto
14-04-2012 Resultados

Rec Camp Nac Longa Distancia Absoluto	55:21.73	Mario Andre Bonanca	SCP	Póvoa do Varzim	17-04-2010
Rec Camp Nac Longa Distancia Jun	56:49.92	Andre Rafael Marinho	SFUAP	Coimbra	09-04-2011
Rec Camp Nac Longa Distancia Sen	55:21.73	Mario Andre Bonanca	SCP	Póvoa do Varzim	17-04-2010

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts				
Absoluto											
1.	Mario Andre Bonanca	90	Sporting	55:06.14		684					
Recorde dos Campeonatos, Senior e Absoluto											
100m:	1:06.78	1:06.78	1400m:	15:35.88	1:06.31	2700m:	29:48.61	1:05.54	4000m:	44:03.64	1:06.30
200m:	2:13.63	1:06.85	1500m:	16:42.48	1:06.60	2800m:	30:54.07	1:05.46	4100m:	45:09.90	1:06.26
300m:	3:21.08	1:07.45	1600m:	17:47.44	1:04.96	2900m:	31:59.91	1:05.84	4200m:	46:16.48	1:06.58
400m:	4:28.18	1:07.10	1700m:	18:52.80	1:05.36	3000m:	33:06.09	1:06.18	4300m:	47:23.22	1:06.74
500m:	5:35.56	1:07.38	1800m:	19:58.27	1:05.47	3100m:	34:11.39	1:05.30	4400m:	48:29.75	1:06.53
600m:	6:42.45	1:06.89	1900m:	21:03.89	1:05.62	3200m:	35:17.11	1:05.72	4500m:	49:36.52	1:06.77
700m:	7:49.54	1:07.09	2000m:	22:09.46	1:05.57	3300m:	36:22.43	1:05.32	4600m:	50:43.14	1:06.62
800m:	8:56.73	1:07.19	2100m:	23:15.13	1:05.67	3400m:	37:28.02	1:05.59	4700m:	51:49.44	1:06.30
900m:	10:03.37	1:06.64	2200m:	24:20.83	1:05.70	3500m:	38:34.14	1:06.12	4800m:	52:56.12	1:06.68
1000m:	11:10.19	1:06.82	2300m:	25:26.44	1:05.61	3600m:	39:39.73	1:05.59	4900m:	54:02.37	1:06.25
1100m:	12:16.59	1:06.40	2400m:	26:31.72	1:05.28	3700m:	40:45.18	1:05.45	5000m:	55:06.14	1:03.77
1200m:	13:23.08	1:06.49	2500m:	27:37.38	1:05.66	3800m:	41:51.20	1:06.02			
1300m:	14:29.57	1:06.49	2600m:	28:43.07	1:05.69	3900m:	42:57.34	1:06.14			
2.	Vasco Miguel Gaspar	90	Uniao Piedense	56:08.61		647					
100m:	1:05.89	1:05.89	1400m:	15:36.83	1:06.87	2700m:	30:00.69	1:07.16	4000m:	44:43.69	1:08.17
200m:	2:12.97	1:07.08	1500m:	16:43.23	1:06.40	2800m:	31:08.22	1:07.53	4100m:	45:52.16	1:08.47
300m:	3:20.29	1:07.32	1600m:	17:48.95	1:05.72	2900m:	32:15.73	1:07.51	4200m:	47:00.10	1:07.94
400m:	4:27.63	1:07.34	1700m:	18:54.51	1:05.56	3000m:	33:22.86	1:07.13	4300m:	48:08.57	1:08.47
500m:	5:35.01	1:07.38	1800m:	20:00.27	1:05.76	3100m:	34:30.04	1:07.18	4400m:	49:16.95	1:08.38
600m:	6:42.23	1:07.22	1900m:	21:06.24	1:05.97	3200m:	35:37.84	1:07.80	4500m:	50:25.54	1:08.59
700m:	7:49.12	1:06.89	2000m:	22:12.24	1:06.00	3300m:	36:45.70	1:07.86	4600m:	51:34.34	1:08.80
800m:	8:56.00	1:06.88	2100m:	23:18.20	1:05.96	3400m:	37:53.38	1:07.68	4700m:	52:43.38	1:09.04
900m:	10:02.98	1:06.98	2200m:	24:24.61	1:06.41	3500m:	39:01.29	1:07.91	4800m:	53:51.89	1:08.51
1000m:	11:09.70	1:06.72	2300m:	25:31.43	1:06.82	3600m:	40:09.60	1:08.31	4900m:	55:00.83	1:08.94
1100m:	12:16.39	1:06.69	2400m:	26:38.45	1:07.02	3700m:	41:18.14	1:08.54	5000m:	56:08.61	1:07.78
1200m:	13:23.13	1:06.74	2500m:	27:46.11	1:07.66	3800m:	42:26.83	1:08.69			
1300m:	14:29.96	1:06.83	2600m:	28:53.53	1:07.42	3900m:	43:35.52	1:08.69			
3.	Hugo Alberto Ribeiro	88	Gespacos	56:12.91		644					
100m:	1:06.00	1:06.00	1400m:	15:36.38	1:06.71	2700m:	30:09.29	1:08.32	4000m:	44:56.91	1:08.79
200m:	2:12.97	1:06.97	1500m:	16:43.32	1:06.94	2800m:	31:17.07	1:07.78	4100m:	46:05.80	1:08.89
300m:	3:20.43	1:07.46	1600m:	17:50.09	1:06.77	2900m:	32:24.30	1:07.23	4200m:	47:14.50	1:08.70
400m:	4:27.70	1:07.27	1700m:	18:56.59	1:06.50	3000m:	33:31.28	1:06.98	4300m:	48:22.78	1:08.28
500m:	5:34.95	1:07.25	1800m:	20:02.53	1:05.94	3100m:	34:38.21	1:06.93	4400m:	49:30.97	1:08.19
600m:	6:42.13	1:07.18	1900m:	21:08.58	1:06.05	3200m:	35:45.53	1:07.32	4500m:	50:38.82	1:07.85
700m:	7:49.12	1:06.99	2000m:	22:15.16	1:06.58	3300m:	36:53.42	1:07.89	4600m:	51:46.41	1:07.59
800m:	8:55.86	1:06.74	2100m:	23:22.26	1:07.10	3400m:	38:02.06	1:08.64	4700m:	52:54.47	1:08.06
900m:	10:02.79	1:06.93	2200m:	24:29.45	1:07.19	3500m:	39:10.75	1:08.69	4800m:	54:01.95	1:07.48
1000m:	11:09.50	1:06.71	2300m:	25:37.03	1:07.58	3600m:	40:19.61	1:08.86	4900m:	55:09.97	1:08.02
1100m:	12:16.15	1:06.65	2400m:	26:44.80	1:07.77	3700m:	41:28.73	1:09.12	5000m:	56:12.91	1:02.94
1200m:	13:22.83	1:06.68	2500m:	27:52.83	1:08.03	3800m:	42:38.51	1:09.78			
1300m:	14:29.67	1:06.84	2600m:	29:00.97	1:08.14	3900m:	43:48.12	1:09.61			

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome		Ano	Clube		Tempo Final	TReac	Pts FINA	Pts			
4.	Artiom Viatcheslavovitch Poliakov	83	Alges			56:16.24		642				
	100m:	1:06.66	1:06.66	1400m:	15:36.92	1:06.87	2700m:	30:17.52	1:07.32	4000m:	44:55.47	1:07.55
	200m:	2:13.36	1:06.70	1500m:	16:43.90	1:06.98	2800m:	31:24.64	1:07.12	4100m:	46:02.97	1:07.50
	300m:	3:20.65	1:07.29	1600m:	17:50.75	1:06.85	2900m:	32:31.71	1:07.07	4200m:	47:10.78	1:07.81
	400m:	4:27.94	1:07.29	1700m:	18:58.34	1:07.59	3000m:	33:38.96	1:07.25	4300m:	48:18.69	1:07.91
	500m:	5:35.11	1:07.17	1800m:	20:06.40	1:08.06	3100m:	34:46.42	1:07.46	4400m:	49:26.93	1:08.24
	600m:	6:42.11	1:07.00	1900m:	21:14.48	1:08.08	3200m:	35:53.81	1:07.39	4500m:	50:35.18	1:08.25
	700m:	7:49.06	1:06.95	2000m:	22:22.84	1:08.36	3300m:	37:01.44	1:07.63	4600m:	51:42.98	1:07.80
	800m:	8:55.99	1:06.93	2100m:	23:31.51	1:08.67	3400m:	38:09.12	1:07.68	4700m:	52:52.75	1:09.77
	900m:	10:02.94	1:06.95	2200m:	24:39.49	1:07.98	3500m:	39:16.77	1:07.65	4800m:	54:02.06	1:09.31
	1000m:	11:09.78	1:06.84	2300m:	25:47.10	1:07.61	3600m:	40:24.42	1:07.65	4900m:	55:09.02	1:06.96
	1100m:	12:16.54	1:06.76	2400m:	26:54.57	1:07.47	3700m:	41:32.30	1:07.88	5000m:	56:16.24	1:07.22
	1200m:	13:23.03	1:06.49	2500m:	28:02.71	1:08.14	3800m:	42:40.01	1:07.71			
	1300m:	14:30.05	1:07.02	2600m:	29:10.20	1:07.49	3900m:	43:47.92	1:07.91			
5.	Arseniy Lavrentyev		83	Alges		56:23.49		638				
	100m:	1:05.89	1:05.89	1400m:	15:37.93	1:06.82	2700m:	30:10.85	1:07.62	4000m:	44:55.49	1:07.97
	200m:	2:12.80	1:06.91	1500m:	16:44.67	1:06.74	2800m:	31:18.66	1:07.81	4100m:	46:04.28	1:08.79
	300m:	3:20.26	1:07.46	1600m:	17:51.51	1:06.84	2900m:	32:26.40	1:07.74	4200m:	47:12.81	1:08.53
	400m:	4:27.81	1:07.55	1700m:	18:58.37	1:06.86	3000m:	33:34.60	1:08.20	4300m:	48:22.07	1:09.26
	500m:	5:35.05	1:07.24	1800m:	20:05.13	1:06.76	3100m:	34:42.77	1:08.17	4400m:	49:30.90	1:08.83
	600m:	6:42.29	1:07.24	1900m:	21:11.95	1:06.82	3200m:	35:50.85	1:08.08	4500m:	50:39.99	1:09.09
	700m:	7:49.56	1:07.27	2000m:	22:19.20	1:07.25	3300m:	36:58.97	1:08.12	4600m:	51:49.24	1:09.25
	800m:	8:56.66	1:07.10	2100m:	23:26.32	1:07.12	3400m:	38:07.67	1:08.70	4700m:	52:58.00	1:08.76
	900m:	10:03.79	1:07.13	2200m:	24:33.45	1:07.13	3500m:	39:15.51	1:07.84	4800m:	54:06.57	1:08.57
	1000m:	11:10.92	1:07.13	2300m:	25:41.07	1:07.62	3600m:	40:23.80	1:08.29	4900m:	55:14.92	1:08.35
	1100m:	12:17.62	1:06.70	2400m:	26:48.09	1:07.02	3700m:	41:31.82	1:08.02	5000m:	56:23.49	1:08.57
	1200m:	13:24.50	1:06.88	2500m:	27:55.50	1:07.41	3800m:	42:39.57	1:07.75			
	1300m:	14:31.11	1:06.61	2600m:	29:03.23	1:07.73	3900m:	43:47.52	1:07.95			
6.	Tiago Silva Oliveira		94	Leixoes		57:47.13		593				
	100m:	1:05.74	1:05.74	1400m:	15:40.32	1:06.59	2700m:	30:23.27	1:08.69	4000m:	45:35.74	1:11.68
	200m:	2:12.76	1:07.02	1500m:	16:47.70	1:07.38	2800m:	31:32.15	1:08.88	4100m:	46:47.80	1:12.06
	300m:	3:20.70	1:07.94	1600m:	17:55.13	1:07.43	2900m:	32:40.91	1:08.76	4200m:	48:00.48	1:12.68
	400m:	4:28.56	1:07.86	1700m:	19:02.40	1:07.27	3000m:	33:50.50	1:09.59	4300m:	49:13.22	1:12.74
	500m:	5:35.67	1:07.11	1800m:	20:09.66	1:07.26	3100m:	34:59.69	1:09.19	4400m:	50:26.74	1:13.52
	600m:	6:43.04	1:07.37	1900m:	21:17.47	1:07.81	3200m:	36:09.37	1:09.68	4500m:	51:40.55	1:13.81
	700m:	7:50.10	1:07.06	2000m:	22:25.72	1:08.25	3300m:	37:19.34	1:09.97	4600m:	52:54.70	1:14.15
	800m:	8:57.66	1:07.56	2100m:	23:33.18	1:07.46	3400m:	38:29.89	1:10.55	4700m:	54:08.92	1:14.22
	900m:	10:05.19	1:07.53	2200m:	24:41.25	1:08.07	3500m:	39:40.65	1:10.76	4800m:	55:22.79	1:13.87
	1000m:	11:12.28	1:07.09	2300m:	25:49.32	1:08.07	3600m:	40:50.93	1:10.28	4900m:	56:35.99	1:13.20
	1100m:	12:19.91	1:07.63	2400m:	26:57.70	1:08.38	3700m:	42:01.52	1:10.59	5000m:	57:47.13	1:11.14
	1200m:	13:26.66	1:06.75	2500m:	28:06.20	1:08.50	3800m:	43:12.84	1:11.32			
	1300m:	14:33.73	1:07.07	2600m:	29:14.58	1:08.38	3900m:	44:24.06	1:11.22			
7.	Paulo Andre Dias		92	Gespacos		57:51.70		591				
	100m:	1:06.19	1:06.19	1400m:	15:59.44	1:09.26	2700m:	31:02.54	1:09.65	4000m:	46:10.55	1:10.03
	200m:	2:13.45	1:07.26	1500m:	17:08.58	1:09.14	2800m:	32:11.99	1:09.45	4100m:	47:20.67	1:10.12
	300m:	3:21.16	1:07.71	1600m:	18:17.23	1:08.65	2900m:	33:22.14	1:10.15	4200m:	48:30.75	1:10.08
	400m:	4:29.04	1:07.88	1700m:	19:26.57	1:09.34	3000m:	34:31.49	1:09.35	4300m:	49:40.65	1:09.90
	500m:	5:36.76	1:07.72	1800m:	20:35.72	1:09.15	3100m:	35:41.20	1:09.71	4400m:	50:50.74	1:10.09
	600m:	6:44.96	1:08.20	1900m:	21:45.21	1:09.49	3200m:	36:51.17	1:09.97	4500m:	52:01.05	1:10.31
	700m:	7:53.94	1:08.98	2000m:	22:54.80	1:09.59	3300m:	38:01.43	1:10.26	4600m:	53:11.57	1:10.52
	800m:	9:03.16	1:09.22	2100m:	24:04.24	1:09.44	3400m:	39:11.40	1:09.97	4700m:	54:22.65	1:11.08
	900m:	10:12.76	1:09.60	2200m:	25:14.03	1:09.79	3500m:	40:20.96	1:09.56	4800m:	55:32.77	1:10.12
	1000m:	11:21.91	1:09.15	2300m:	26:24.01	1:09.98	3600m:	41:30.46	1:09.50	4900m:	56:43.16	1:10.39
	1100m:	12:31.73	1:09.82	2400m:	27:33.82	1:09.81	3700m:	42:40.30	1:09.84	5000m:	57:51.70	1:08.54
	1200m:	13:40.86	1:09.13	2500m:	28:43.24	1:09.42	3800m:	43:50.49	1:10.19			
	1300m:	14:50.18	1:09.32	2600m:	29:52.89	1:09.65	3900m:	45:00.52	1:10.03			

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Joao Nuno Pires	94	Academica de Coimbra	59:09.95		552	
	100m: 1:08.43 1:08.43	1400m: 16:18.36 1:09.96	2700m: 31:33.24 1:10.35	4000m: 46:57.67 1:12.57			
	200m: 2:18.17 1:09.74	1500m: 17:28.66 1:10.30	2800m: 32:43.50 1:10.26	4100m: 48:11.12 1:13.45			
	300m: 3:28.10 1:09.93	1600m: 18:38.68 1:10.02	2900m: 33:54.58 1:11.08	4200m: 49:24.11 1:12.99			
	400m: 4:38.16 1:10.06	1700m: 19:48.94 1:10.26	3000m: 35:05.59 1:11.01	4300m: 50:37.60 1:13.49			
	500m: 5:48.40 1:10.24	1800m: 20:59.12 1:10.18	3100m: 36:17.12 1:11.53	4400m: 51:50.74 1:13.14			
	600m: 6:58.27 1:09.87	1900m: 22:08.70 1:09.58	3200m: 37:27.65 1:10.53	4500m: 53:03.85 1:13.11			
	700m: 8:08.27 1:10.00	2000m: 23:18.86 1:10.16	3300m: 38:38.52 1:10.87	4600m: 54:17.24 1:13.39			
	800m: 9:18.04 1:09.77	2100m: 24:29.26 1:10.40	3400m: 39:49.12 1:10.60	4700m: 55:30.40 1:13.16			
	900m: 10:28.07 1:10.03	2200m: 25:40.15 1:10.89	3500m: 40:59.87 1:10.75	4800m: 56:43.93 1:13.53			
	1000m: 11:38.13 1:10.06	2300m: 26:51.05 1:10.90	3600m: 42:09.96 1:10.09	4900m: 57:57.21 1:13.28			
	1100m: 12:48.01 1:09.88	2400m: 28:01.49 1:10.44	3700m: 43:21.24 1:11.28	5000m: 59:09.95 1:12.74			
	1200m: 13:58.32 1:10.31	2500m: 29:12.34 1:10.85	3800m: 44:32.89 1:11.65				
	1300m: 15:08.40 1:10.08	2600m: 30:22.89 1:10.55	3900m: 45:45.10 1:12.21				
9.	Hugo Neves Neto	94	SCC/Orizon Energias	59:31.63		542	
	100m: 1:08.25 1:08.25	1400m: 16:17.92 1:10.52	2700m: 31:41.52 1:11.84	4000m: 47:19.96 1:13.16			
	200m: 2:17.71 1:09.46	1500m: 17:28.18 1:10.26	2800m: 32:53.34 1:11.82	4100m: 48:32.66 1:12.70			
	300m: 3:27.69 1:09.98	1600m: 18:38.78 1:10.60	2900m: 34:05.03 1:11.69	4200m: 49:45.98 1:13.32			
	400m: 4:37.95 1:10.26	1700m: 19:49.43 1:10.65	3000m: 35:17.39 1:12.36	4300m: 50:59.62 1:13.64			
	500m: 5:47.97 1:10.02	1800m: 20:59.70 1:10.27	3100m: 36:28.98 1:11.59	4400m: 52:12.43 1:12.81			
	600m: 6:58.35 1:10.38	1900m: 22:10.42 1:10.72	3200m: 37:41.29 1:12.31	4500m: 53:25.99 1:13.56			
	700m: 8:08.18 1:09.83	2000m: 23:21.09 1:10.67	3300m: 38:52.88 1:11.59	4600m: 54:39.32 1:13.33			
	800m: 9:17.98 1:09.80	2100m: 24:32.57 1:11.48	3400m: 40:05.11 1:12.23	4700m: 55:52.93 1:13.61			
	900m: 10:27.70 1:09.72	2200m: 25:43.62 1:11.05	3500m: 41:17.13 1:12.02	4800m: 57:06.77 1:13.84			
	1000m: 11:37.81 1:10.11	2300m: 26:54.82 1:11.20	3600m: 42:29.80 1:12.67	4900m: 58:20.66 1:13.89			
	1100m: 12:47.48 1:09.67	2400m: 28:06.26 1:11.44	3700m: 43:41.64 1:11.84	5000m: 59:31.63 1:10.97			
	1200m: 13:57.31 1:09.83	2500m: 29:18.08 1:11.82	3800m: 44:54.12 1:12.48				
	1300m: 15:07.40 1:10.09	2600m: 30:29.68 1:11.60	3900m: 46:06.80 1:12.68				
10.	Joao Miguel Costa	95	Vilacondense	1:03:29.02		447	
	100m: 1:08.74 1:08.74	1400m: 16:40.09 1:14.21	2700m: 32:53.78 1:16.82	4000m: 50:04.09 1:20.68			
	200m: 2:18.46 1:09.72	1500m: 17:53.64 1:13.55	2800m: 34:10.74 1:16.96	4100m: 51:25.18 1:21.09			
	300m: 3:28.45 1:09.99	1600m: 19:08.49 1:14.85	2900m: 35:28.38 1:17.64	4200m: 52:46.72 1:21.54			
	400m: 4:38.73 1:10.28	1700m: 20:23.01 1:14.52	3000m: 36:47.02 1:18.64	4300m: 54:06.93 1:20.21			
	500m: 5:49.00 1:10.27	1800m: 21:36.76 1:13.75	3100m: 38:06.10 1:19.08	4400m: 55:28.32 1:21.39			
	600m: 6:59.44 1:10.44	1900m: 22:51.88 1:15.12	3200m: 39:26.05 1:19.95	4500m: 56:50.04 1:21.72			
	700m: 8:10.21 1:10.77	2000m: 24:06.28 1:14.40	3300m: 40:44.79 1:18.74	4600m: 58:11.37 1:21.33			
	800m: 9:21.79 1:11.58	2100m: 25:21.56 1:15.28	3400m: 42:04.48 1:19.69	4700m: 59:30.49 1:19.12			
	900m: 10:33.86 1:12.07	2200m: 26:36.02 1:14.46	3500m: 43:23.33 1:18.85	4800m: 1:00:50.08 1:19.59			
	1000m: 11:45.85 1:11.99	2300m: 27:50.36 1:14.34	3600m: 44:42.93 1:19.60	4900m: 1:02:10.11 1:20.03			
	1100m: 12:58.58 1:12.73	2400m: 29:05.73 1:15.37	3700m: 46:01.83 1:18.90	5000m: 1:03:29.02 1:18.91			
	1200m: 14:11.81 1:13.23	2500m: 30:21.09 1:15.36	3800m: 47:22.15 1:20.32				
	1300m: 15:25.88 1:14.07	2600m: 31:36.96 1:15.87	3900m: 48:43.41 1:21.26				

Juniores

1.	Tiago Silva Oliveira	94	Leixoes	57:47.13		593	
	100m: 1:05.74 1:05.74	1100m: 12:19.91 1:07.63	2100m: 23:33.18 1:07.46	3100m: 34:59.69 1:09.19			
	200m: 2:12.76 1:07.02	1200m: 13:26.66 1:06.75	2200m: 24:41.25 1:08.07	3200m: 36:09.37 1:09.68			
	300m: 3:20.70 1:07.94	1300m: 14:33.73 1:07.07	2300m: 25:49.32 1:08.07	3300m: 37:19.34 1:09.97			
	400m: 4:28.56 1:07.86	1400m: 15:40.32 1:06.59	2400m: 26:57.70 1:08.38	3400m: 38:29.89 1:10.55			
	500m: 5:35.67 1:07.11	1500m: 16:47.70 1:07.38	2500m: 28:06.20 1:08.50	3500m: 39:40.65 1:10.76			
	600m: 6:43.04 1:07.37	1600m: 17:55.13 1:07.43	2600m: 29:14.58 1:08.38	3600m: 40:50.93 1:10.28			
	700m: 7:50.10 1:07.06	1700m: 19:02.40 1:07.27	2700m: 30:23.27 1:08.69	3700m: 42:01.52 1:10.59			
	800m: 8:57.66 1:07.56	1800m: 20:09.66 1:07.26	2800m: 31:32.15 1:08.88	3800m: 43:12.84 1:11.32			
	900m: 10:05.19 1:07.53	1900m: 21:17.47 1:07.81	2900m: 32:40.91 1:08.76	3900m: 44:24.06 1:11.22			
	1000m: 11:12.28 1:07.09	2000m: 22:25.72 1:08.25	3000m: 33:50.50 1:09.59	4000m: 45:35.74 1:11.68			

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 4, Masc., 5000m Livres, Juniores

Lugar	Nome		Ano	Clube		Tempo Final	TReac	Pts FINA		Pts		
	4100m:	46:47.80	1:12.06	4400m:	50:26.74	1:13.52	4700m:	54:08.92	1:14.22	5000m:	57:47.13	1:11.14
	4200m:	48:00.48	1:12.68	4500m:	51:40.55	1:13.81	4800m:	55:22.79	1:13.87			
	4300m:	49:13.22	1:12.74	4600m:	52:54.70	1:14.15	4900m:	56:35.99	1:13.20			
2.	Joao Nuno Pires		94	Academica de Coimbra		59:09.95				552		
	100m:	1:08.43	1:08.43	1400m:	16:18.36	1:09.96	2700m:	31:33.24	1:10.35	4000m:	46:57.67	1:12.57
	200m:	2:18.17	1:09.74	1500m:	17:28.66	1:10.30	2800m:	32:43.50	1:10.26	4100m:	48:11.12	1:13.45
	300m:	3:28.10	1:09.93	1600m:	18:38.68	1:10.02	2900m:	33:54.58	1:11.08	4200m:	49:24.11	1:12.99
	400m:	4:38.16	1:10.06	1700m:	19:48.94	1:10.26	3000m:	35:05.59	1:11.01	4300m:	50:37.60	1:13.49
	500m:	5:48.40	1:10.24	1800m:	20:59.12	1:10.18	3100m:	36:17.12	1:11.53	4400m:	51:50.74	1:13.14
	600m:	6:58.27	1:09.87	1900m:	22:08.70	1:09.58	3200m:	37:27.65	1:10.53	4500m:	53:03.85	1:13.11
	700m:	8:08.27	1:10.00	2000m:	23:18.86	1:10.16	3300m:	38:38.52	1:10.87	4600m:	54:17.24	1:13.39
	800m:	9:18.04	1:09.77	2100m:	24:29.26	1:10.40	3400m:	39:49.12	1:10.60	4700m:	55:30.40	1:13.16
	900m:	10:28.07	1:10.03	2200m:	25:40.15	1:10.89	3500m:	40:59.87	1:10.75	4800m:	56:43.93	1:13.53
	1000m:	11:38.13	1:10.06	2300m:	26:51.05	1:10.90	3600m:	42:09.96	1:10.09	4900m:	57:57.21	1:13.28
	1100m:	12:48.01	1:09.88	2400m:	28:01.49	1:10.44	3700m:	43:21.24	1:11.28	5000m:	59:09.95	1:12.74
	1200m:	13:58.32	1:10.31	2500m:	29:12.34	1:10.85	3800m:	44:32.89	1:11.65			
	1300m:	15:08.40	1:10.08	2600m:	30:22.89	1:10.55	3900m:	45:45.10	1:12.21			
3.	Hugo Neves Neto		94	SCC/Orizon Energias		59:31.63				542		
	100m:	1:08.25	1:08.25	1400m:	16:17.92	1:10.52	2700m:	31:41.52	1:11.84	4000m:	47:19.96	1:13.16
	200m:	2:17.71	1:09.46	1500m:	17:28.18	1:10.26	2800m:	32:53.34	1:11.82	4100m:	48:32.66	1:12.70
	300m:	3:27.69	1:09.98	1600m:	18:38.78	1:10.60	2900m:	34:05.03	1:11.69	4200m:	49:45.98	1:13.32
	400m:	4:37.95	1:10.26	1700m:	19:49.43	1:10.65	3000m:	35:17.39	1:12.36	4300m:	50:59.62	1:13.64
	500m:	5:47.97	1:10.02	1800m:	20:59.70	1:10.27	3100m:	36:28.98	1:11.59	4400m:	52:12.43	1:12.81
	600m:	6:58.35	1:10.38	1900m:	22:10.42	1:10.72	3200m:	37:41.29	1:12.31	4500m:	53:25.99	1:13.56
	700m:	8:08.18	1:09.83	2000m:	23:21.09	1:10.67	3300m:	38:52.88	1:11.59	4600m:	54:39.32	1:13.33
	800m:	9:17.98	1:09.80	2100m:	24:32.57	1:11.48	3400m:	40:05.11	1:12.23	4700m:	55:52.93	1:13.61
	900m:	10:27.70	1:09.72	2200m:	25:43.62	1:11.05	3500m:	41:17.13	1:12.02	4800m:	57:06.77	1:13.84
	1000m:	11:37.81	1:10.11	2300m:	26:54.82	1:11.20	3600m:	42:29.80	1:12.67	4900m:	58:20.66	1:13.89
	1100m:	12:47.48	1:09.67	2400m:	28:06.26	1:11.44	3700m:	43:41.64	1:11.84	5000m:	59:31.63	1:10.97
	1200m:	13:57.31	1:09.83	2500m:	29:18.08	1:11.82	3800m:	44:54.12	1:12.48			
	1300m:	15:07.40	1:10.09	2600m:	30:29.68	1:11.60	3900m:	46:06.80	1:12.68			
4.	Joao Miguel Costa		95	Vilacondense		1:03:29.02				447		
	100m:	1:08.74	1:08.74	1400m:	16:40.09	1:14.21	2700m:	32:53.78	1:16.82	4000m:	50:04.09	1:20.68
	200m:	2:18.46	1:09.72	1500m:	17:53.64	1:13.55	2800m:	34:10.74	1:16.96	4100m:	51:25.18	1:21.09
	300m:	3:28.45	1:09.99	1600m:	19:08.49	1:14.85	2900m:	35:28.38	1:17.64	4200m:	52:46.72	1:21.54
	400m:	4:38.73	1:10.28	1700m:	20:23.01	1:14.52	3000m:	36:47.02	1:18.64	4300m:	54:06.93	1:20.21
	500m:	5:49.00	1:10.27	1800m:	21:36.76	1:13.75	3100m:	38:06.10	1:19.08	4400m:	55:28.32	1:21.39
	600m:	6:59.44	1:10.44	1900m:	22:51.88	1:15.12	3200m:	39:26.05	1:19.95	4500m:	56:50.04	1:21.72
	700m:	8:10.21	1:10.77	2000m:	24:06.28	1:14.40	3300m:	40:44.79	1:18.74	4600m:	58:11.37	1:21.33
	800m:	9:21.79	1:11.58	2100m:	25:21.56	1:15.28	3400m:	42:04.48	1:19.69	4700m:	59:30.49	1:19.12
	900m:	10:33.86	1:12.07	2200m:	26:36.02	1:14.46	3500m:	43:23.33	1:18.85	4800m:	1:00:50.08	1:19.59
	1000m:	11:45.85	1:11.99	2300m:	27:50.36	1:14.34	3600m:	44:42.93	1:19.60	4900m:	1:02:10.11	1:20.03
	1100m:	12:58.58	1:12.73	2400m:	29:05.73	1:15.37	3700m:	46:01.83	1:18.90	5000m:	1:03:29.02	1:18.91
	1200m:	14:11.81	1:13.23	2500m:	30:21.09	1:15.36	3800m:	47:22.15	1:20.32			
	1300m:	15:25.88	1:14.07	2600m:	31:36.96	1:15.87	3900m:	48:43.41	1:21.26			

Seniores

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Mario Andre Bonanca	90	Sporting	55:06.14		684		
Recorde dos Campeonatos, Senior e Absoluto								
	100m: 1:06.78	1:06.78	1400m: 15:35.88	1:06.31	2700m: 29:48.61	1:05.54	4000m: 44:03.64	1:06.30
	200m: 2:13.63	1:06.85	1500m: 16:42.48	1:06.60	2800m: 30:54.07	1:05.46	4100m: 45:09.90	1:06.26
	300m: 3:21.08	1:07.45	1600m: 17:47.44	1:04.96	2900m: 31:59.91	1:05.84	4200m: 46:16.48	1:06.58
	400m: 4:28.18	1:07.10	1700m: 18:52.80	1:05.36	3000m: 33:06.09	1:06.18	4300m: 47:23.22	1:06.74
	500m: 5:35.56	1:07.38	1800m: 19:58.27	1:05.47	3100m: 34:11.39	1:05.30	4400m: 48:29.75	1:06.53
	600m: 6:42.45	1:06.89	1900m: 21:03.89	1:05.62	3200m: 35:17.11	1:05.72	4500m: 49:36.52	1:06.77
	700m: 7:49.54	1:07.09	2000m: 22:09.46	1:05.57	3300m: 36:22.43	1:05.32	4600m: 50:43.14	1:06.62
	800m: 8:56.73	1:07.19	2100m: 23:15.13	1:05.67	3400m: 37:28.02	1:05.59	4700m: 51:49.44	1:06.30
	900m: 10:03.37	1:06.64	2200m: 24:20.83	1:05.70	3500m: 38:34.14	1:06.12	4800m: 52:56.12	1:06.68
	1000m: 11:10.19	1:06.82	2300m: 25:26.44	1:05.61	3600m: 39:39.73	1:05.59	4900m: 54:02.37	1:06.25
	1100m: 12:16.59	1:06.40	2400m: 26:31.72	1:05.28	3700m: 40:45.18	1:05.45	5000m: 55:06.14	1:03.77
	1200m: 13:23.08	1:06.49	2500m: 27:37.38	1:05.66	3800m: 41:51.20	1:06.02		
	1300m: 14:29.57	1:06.49	2600m: 28:43.07	1:05.69	3900m: 42:57.34	1:06.14		
2.	Vasco Miguel Gaspar	90	Uniao Piedense	56:08.61		647		
	100m: 1:05.89	1:05.89	1400m: 15:36.83	1:06.87	2700m: 30:00.69	1:07.16	4000m: 44:43.69	1:08.17
	200m: 2:12.97	1:07.08	1500m: 16:43.23	1:06.40	2800m: 31:08.22	1:07.53	4100m: 45:52.16	1:08.47
	300m: 3:20.29	1:07.32	1600m: 17:48.95	1:05.72	2900m: 32:15.73	1:07.51	4200m: 47:00.10	1:07.94
	400m: 4:27.63	1:07.34	1700m: 18:54.51	1:05.56	3000m: 33:22.86	1:07.13	4300m: 48:08.57	1:08.47
	500m: 5:35.01	1:07.38	1800m: 20:00.27	1:05.76	3100m: 34:30.04	1:07.18	4400m: 49:16.95	1:08.38
	600m: 6:42.23	1:07.22	1900m: 21:06.24	1:05.97	3200m: 35:37.84	1:07.80	4500m: 50:25.54	1:08.59
	700m: 7:49.12	1:06.89	2000m: 22:12.24	1:06.00	3300m: 36:45.70	1:07.86	4600m: 51:34.34	1:08.80
	800m: 8:56.00	1:06.88	2100m: 23:18.20	1:05.96	3400m: 37:53.38	1:07.68	4700m: 52:43.38	1:09.04
	900m: 10:02.98	1:06.98	2200m: 24:24.61	1:06.41	3500m: 39:01.29	1:07.91	4800m: 53:51.89	1:08.51
	1000m: 11:09.70	1:06.72	2300m: 25:31.43	1:06.82	3600m: 40:09.60	1:08.31	4900m: 55:00.83	1:08.94
	1100m: 12:16.39	1:06.69	2400m: 26:38.45	1:07.02	3700m: 41:18.14	1:08.54	5000m: 56:08.61	1:07.78
	1200m: 13:23.13	1:06.74	2500m: 27:46.11	1:07.66	3800m: 42:26.83	1:08.69		
	1300m: 14:29.96	1:06.83	2600m: 28:53.53	1:07.42	3900m: 43:35.52	1:08.69		
3.	Hugo Alberto Ribeiro	88	Gespacos	56:12.91		644		
	100m: 1:06.00	1:06.00	1400m: 15:36.38	1:06.71	2700m: 30:09.29	1:08.32	4000m: 44:56.91	1:08.79
	200m: 2:12.97	1:06.97	1500m: 16:43.32	1:06.94	2800m: 31:17.07	1:07.78	4100m: 46:05.80	1:08.89
	300m: 3:20.43	1:07.46	1600m: 17:50.09	1:06.77	2900m: 32:24.30	1:07.23	4200m: 47:14.50	1:08.70
	400m: 4:27.70	1:07.27	1700m: 18:56.59	1:06.50	3000m: 33:31.28	1:06.98	4300m: 48:22.78	1:08.28
	500m: 5:34.95	1:07.25	1800m: 20:02.53	1:05.94	3100m: 34:38.21	1:06.93	4400m: 49:30.97	1:08.19
	600m: 6:42.13	1:07.18	1900m: 21:08.58	1:06.05	3200m: 35:45.53	1:07.32	4500m: 50:38.82	1:07.85
	700m: 7:49.12	1:06.99	2000m: 22:15.16	1:06.58	3300m: 36:53.42	1:07.89	4600m: 51:46.41	1:07.59
	800m: 8:55.86	1:06.74	2100m: 23:22.26	1:07.10	3400m: 38:02.06	1:08.64	4700m: 52:54.47	1:08.06
	900m: 10:02.79	1:06.93	2200m: 24:29.45	1:07.19	3500m: 39:10.75	1:08.69	4800m: 54:01.95	1:07.48
	1000m: 11:09.50	1:06.71	2300m: 25:37.03	1:07.58	3600m: 40:19.61	1:08.86	4900m: 55:09.97	1:08.02
	1100m: 12:16.15	1:06.65	2400m: 26:44.80	1:07.77	3700m: 41:28.73	1:09.12	5000m: 56:12.91	1:02.94
	1200m: 13:22.83	1:06.68	2500m: 27:52.83	1:08.03	3800m: 42:38.51	1:09.78		
	1300m: 14:29.67	1:06.84	2600m: 29:00.97	1:08.14	3900m: 43:48.12	1:09.61		
4.	Artiom Viatcheslavovitch Poliakov	88	Alges	56:16.24		642		
	100m: 1:06.66	1:06.66	1300m: 14:30.05	1:07.02	2500m: 28:02.71	1:08.14	3700m: 41:32.30	1:07.88
	200m: 2:13.36	1:06.70	1400m: 15:36.92	1:06.87	2600m: 29:10.20	1:07.49	3800m: 42:40.01	1:07.71
	300m: 3:20.65	1:07.29	1500m: 16:43.90	1:06.98	2700m: 30:17.52	1:07.32	3900m: 43:47.92	1:07.91
	400m: 4:27.94	1:07.29	1600m: 17:50.75	1:06.85	2800m: 31:24.64	1:07.12	4000m: 44:55.47	1:07.55
	500m: 5:35.11	1:07.17	1700m: 18:58.34	1:07.59	2900m: 32:31.71	1:07.07	4100m: 46:02.97	1:07.50
	600m: 6:42.11	1:07.00	1800m: 20:06.40	1:08.06	3000m: 33:38.96	1:07.25	4200m: 47:10.78	1:07.81
	700m: 7:49.06	1:06.95	1900m: 21:14.48	1:08.08	3100m: 34:46.42	1:07.46	4300m: 48:18.69	1:07.91
	800m: 8:55.99	1:06.93	2000m: 22:22.84	1:08.36	3200m: 35:53.81	1:07.39	4400m: 49:26.93	1:08.24
	900m: 10:02.94	1:06.95	2100m: 23:31.51	1:08.67	3300m: 37:01.44	1:07.63	4500m: 50:35.18	1:08.25
	1000m: 11:09.78	1:06.84	2200m: 24:39.49	1:07.98	3400m: 38:09.12	1:07.68	4600m: 51:42.98	1:07.80
	1100m: 12:16.54	1:06.76	2300m: 25:47.10	1:07.61	3500m: 39:16.77	1:07.65	4700m: 52:52.75	1:09.77
	1200m: 13:23.03	1:06.49	2400m: 26:54.57	1:07.47	3600m: 40:24.42	1:07.65	4800m: 54:02.06	1:09.31

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 55:09.02 1:06.96	5000m: 56:16.24	1:07.22				
5.	Arseniy Lavrentyev	83	Alges	56:23.49		638	
	100m: 1:05.89 1:05.89	1400m: 15:37.93 1:06.82	2700m: 30:10.85 1:07.62	4000m: 44:55.49 1:07.97			
	200m: 2:12.80 1:06.91	1500m: 16:44.67 1:06.74	2800m: 31:18.66 1:07.81	4100m: 46:04.28 1:08.79			
	300m: 3:20.26 1:07.46	1600m: 17:51.51 1:06.84	2900m: 32:26.40 1:07.74	4200m: 47:12.81 1:08.53			
	400m: 4:27.81 1:07.55	1700m: 18:58.37 1:06.86	3000m: 33:34.60 1:08.20	4300m: 48:22.07 1:09.26			
	500m: 5:35.05 1:07.24	1800m: 20:05.13 1:06.76	3100m: 34:42.77 1:08.17	4400m: 49:30.90 1:08.83			
	600m: 6:42.29 1:07.24	1900m: 21:11.95 1:06.82	3200m: 35:50.85 1:08.08	4500m: 50:39.99 1:09.09			
	700m: 7:49.56 1:07.27	2000m: 22:19.20 1:07.25	3300m: 36:58.97 1:08.12	4600m: 51:49.24 1:09.25			
	800m: 8:56.66 1:07.10	2100m: 23:26.32 1:07.12	3400m: 38:07.67 1:08.70	4700m: 52:58.00 1:08.76			
	900m: 10:03.79 1:07.13	2200m: 24:33.45 1:07.13	3500m: 39:15.51 1:07.84	4800m: 54:06.57 1:08.57			
	1000m: 11:10.92 1:07.13	2300m: 25:41.07 1:07.62	3600m: 40:23.80 1:08.29	4900m: 55:14.92 1:08.35			
	1100m: 12:17.62 1:06.70	2400m: 26:48.09 1:07.02	3700m: 41:31.82 1:08.02	5000m: 56:23.49 1:08.57			
	1200m: 13:24.50 1:06.88	2500m: 27:55.50 1:07.41	3800m: 42:39.57 1:07.75				
	1300m: 14:31.11 1:06.61	2600m: 29:03.23 1:07.73	3900m: 43:47.52 1:07.95				
6.	Paulo Andre Dias	92	Gespacos	57:51.70		591	
	100m: 1:06.19 1:06.19	1400m: 15:59.44 1:09.26	2700m: 31:02.54 1:09.65	4000m: 46:10.55 1:10.03			
	200m: 2:13.45 1:07.26	1500m: 17:08.58 1:09.14	2800m: 32:11.99 1:09.45	4100m: 47:20.67 1:10.12			
	300m: 3:21.16 1:07.71	1600m: 18:17.23 1:08.65	2900m: 33:22.14 1:10.15	4200m: 48:30.75 1:10.08			
	400m: 4:29.04 1:07.88	1700m: 19:26.57 1:09.34	3000m: 34:31.49 1:09.35	4300m: 49:40.65 1:09.90			
	500m: 5:36.76 1:07.72	1800m: 20:35.72 1:09.15	3100m: 35:41.20 1:09.71	4400m: 50:50.74 1:10.09			
	600m: 6:44.96 1:08.20	1900m: 21:45.21 1:09.49	3200m: 36:51.17 1:09.97	4500m: 52:01.05 1:10.31			
	700m: 7:53.94 1:08.98	2000m: 22:54.80 1:09.59	3300m: 38:01.43 1:10.26	4600m: 53:11.57 1:10.52			
	800m: 9:03.16 1:09.22	2100m: 24:04.24 1:09.44	3400m: 39:11.40 1:09.97	4700m: 54:22.65 1:11.08			
	900m: 10:12.76 1:09.60	2200m: 25:14.03 1:09.79	3500m: 40:20.96 1:09.56	4800m: 55:32.77 1:10.12			
	1000m: 11:21.91 1:09.15	2300m: 26:24.01 1:09.98	3600m: 41:30.46 1:09.50	4900m: 56:43.16 1:10.39			
	1100m: 12:31.73 1:09.82	2400m: 27:33.82 1:09.81	3700m: 42:40.30 1:09.84	5000m: 57:51.70 1:08.54			
	1200m: 13:40.86 1:09.13	2500m: 28:43.24 1:09.42	3800m: 43:50.49 1:10.19				
	1300m: 14:50.18 1:09.32	2600m: 29:52.89 1:09.65	3900m: 45:00.52 1:10.03				