

Campeonato Nacional Longa Distancia FQ (3 e 5 Km)
Coimbra, 23-2-2013

Prova 4
23-02-2013

Masc., 5000m Livres

Juniores e Seniores
Resultados

Camp Nac Longa Distancia Absoluto	55:06.14	Mario Andre Bonanca	SCP	Rio Maior	14-04-2012
Camp Nac Longa Distancia Jun	56:49.92	Andre Rafael Marinho	SFUAP	Coimbra	09-04-2011
Camp Nac Longa Distancia Sen	55:06.14	Mario Andre Bonanca	SCP	Rio Maior	14-04-2012

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Juniores e Seniores							
1.	Mario Andre Bonanca	90	Sporting	56:48.40		624	
	100m: 1:07.68 1:07.68	1400m: 15:52.50 1:08.11	2700m: 30:44.48 1:08.57	4000m: 45:22.31 1:07.53			
	200m: 2:16.57 1:08.89	1500m: 17:00.68 1:08.18	2800m: 31:53.42 1:08.94	4100m: 46:30.59 1:08.28			
	300m: 3:25.21 1:08.64	1600m: 18:09.48 1:08.80	2900m: 33:02.23 1:08.81	4200m: 47:38.79 1:08.20			
	400m: 4:33.44 1:08.23	1700m: 19:18.28 1:08.80	3000m: 34:10.06 1:07.83	4300m: 48:47.70 1:08.91			
	500m: 5:41.80 1:08.36	1800m: 20:27.46 1:09.18	3100m: 35:16.94 1:06.88	4400m: 49:56.36 1:08.66			
	600m: 6:49.81 1:08.01	1900m: 21:36.72 1:09.26	3200m: 36:23.63 1:06.69	4500m: 51:05.37 1:09.01			
	700m: 7:58.00 1:08.19	2000m: 22:45.15 1:08.43	3300m: 37:32.17 1:08.54	4600m: 52:14.20 1:08.83			
	800m: 9:06.18 1:08.18	2100m: 23:53.67 1:08.52	3400m: 38:40.80 1:08.63	4700m: 53:22.70 1:08.50			
	900m: 10:14.41 1:08.23	2200m: 25:01.93 1:08.26	3500m: 39:49.50 1:08.70	4800m: 54:31.44 1:08.74			
	1000m: 11:21.62 1:07.21	2300m: 26:10.28 1:08.35	3600m: 40:54.20 1:04.70	4900m: 55:39.21 1:07.77			
	1100m: 12:29.38 1:07.76	2400m: 27:18.96 1:08.68	3700m: 42:00.74 1:06.54	5000m: 56:48.40 1:09.19			
	1200m: 13:37.01 1:07.63	2500m: 28:27.54 1:08.58	3800m: 43:07.75 1:07.01				
	1300m: 14:44.39 1:07.38	2600m: 29:35.91 1:08.37	3900m: 44:14.78 1:07.03				
2.	Hugo Alberto Ribeiro	88	Gespacos	57:02.30		617	
	100m: 1:06.70 1:06.70	1400m: 15:53.63 1:08.47	2700m: 30:44.06 1:08.63	4000m: 45:34.47 1:09.24			
	200m: 2:15.50 1:08.80	1500m: 17:02.07 1:08.44	2800m: 31:52.00 1:07.94	4100m: 46:43.50 1:09.03			
	300m: 3:24.08 1:08.58	1600m: 18:10.90 1:08.83	2900m: 32:58.99 1:06.99	4200m: 47:52.20 1:08.70			
	400m: 4:32.44 1:08.36	1700m: 19:19.45 1:08.55	3000m: 34:06.65 1:07.66	4300m: 49:00.81 1:08.61			
	500m: 5:40.42 1:07.98	1800m: 20:27.69 1:08.24	3100m: 35:14.34 1:07.69	4400m: 50:08.94 1:08.13			
	600m: 6:48.44 1:08.02	1900m: 21:35.67 1:07.98	3200m: 36:22.90 1:08.56	4500m: 51:17.28 1:08.34			
	700m: 7:57.01 1:08.57	2000m: 22:43.67 1:08.00	3300m: 37:31.74 1:08.84	4600m: 52:26.36 1:09.08			
	800m: 9:05.27 1:08.26	2100m: 23:51.95 1:08.28	3400m: 38:40.46 1:08.72	4700m: 53:35.26 1:08.90			
	900m: 10:12.95 1:07.68	2200m: 25:00.70 1:08.75	3500m: 39:49.34 1:08.88	4800m: 54:44.40 1:09.14			
	1000m: 11:20.70 1:07.75	2300m: 26:09.49 1:08.79	3600m: 40:58.02 1:08.68	4900m: 55:53.56 1:09.16			
	1100m: 12:28.54 1:07.84	2400m: 27:18.73 1:09.24	3700m: 42:06.86 1:08.84	5000m: 57:02.30 1:08.74			
	1200m: 13:36.69 1:08.15	2500m: 28:27.23 1:08.50	3800m: 43:15.65 1:08.79				
	1300m: 14:45.16 1:08.47	2600m: 29:35.43 1:08.20	3900m: 44:25.23 1:09.58				
3.	Vasco Miguel Gaspar	90	Uniao Piedense	57:17.85		608	
	100m: 1:07.57 1:07.57	1400m: 15:50.85 1:08.18	2700m: 30:44.75 1:08.71	4000m: 45:35.51 1:08.79			
	200m: 2:15.68 1:08.11	1500m: 16:59.51 1:08.66	2800m: 31:53.74 1:08.99	4100m: 46:44.63 1:09.12			
	300m: 3:23.29 1:07.61	1600m: 18:08.77 1:09.26	2900m: 33:02.62 1:08.88	4200m: 47:53.32 1:08.69			
	400m: 4:31.31 1:08.02	1700m: 19:17.76 1:08.99	3000m: 34:10.94 1:08.32	4300m: 49:03.22 1:09.90			
	500m: 5:39.65 1:08.34	1800m: 20:27.35 1:09.59	3100m: 35:19.55 1:08.61	4400m: 50:13.44 1:10.22			
	600m: 6:47.60 1:07.95	1900m: 21:36.30 1:08.95	3200m: 36:28.10 1:08.55	4500m: 51:23.91 1:10.47			
	700m: 7:56.06 1:08.46	2000m: 22:44.82 1:08.52	3300m: 37:36.82 1:08.72	4600m: 52:36.07 1:12.16			
	800m: 9:04.05 1:07.99	2100m: 23:53.23 1:08.41	3400m: 38:44.81 1:07.99	4700m: 53:46.87 1:10.80			
	900m: 10:11.97 1:07.92	2200m: 25:01.50 1:08.27	3500m: 39:52.92 1:08.11	4800m: 54:57.55 1:10.68			
	1000m: 11:19.65 1:07.68	2300m: 26:09.88 1:08.38	3600m: 41:00.98 1:08.06	4900m: 56:08.40 1:10.85			
	1100m: 12:27.18 1:07.53	2400m: 27:18.65 1:08.77	3700m: 42:09.56 1:08.58	5000m: 57:17.85 1:09.45			
	1200m: 13:34.73 1:07.55	2500m: 28:27.24 1:08.59	3800m: 43:18.00 1:08.44				
	1300m: 14:42.67 1:07.94	2600m: 29:36.04 1:08.80	3900m: 44:26.72 1:08.72				
4.	Arseniy Lavrentyev	83	Alges	57:53.64		590	
	100m: 1:08.21 1:08.21	1400m: 16:17.36 1:09.85	2700m: 31:17.98 1:09.48	4000m: 46:18.57 1:09.71			
	200m: 2:18.29 1:10.08	1500m: 17:26.84 1:09.48	2800m: 32:27.28 1:09.30	4100m: 47:28.41 1:09.84			
	300m: 3:28.11 1:09.82	1600m: 18:36.37 1:09.53	2900m: 33:37.02 1:09.74	4200m: 48:38.63 1:10.22			
	400m: 4:38.71 1:10.60	1700m: 19:45.93 1:09.56	3000m: 34:46.81 1:09.79	4300m: 49:48.41 1:09.78			
	500m: 5:48.46 1:09.75	1800m: 20:55.42 1:09.49	3100m: 35:56.64 1:09.83	4400m: 50:57.90 1:09.49			
	600m: 6:58.27 1:09.81	1900m: 22:05.02 1:09.60	3200m: 37:05.98 1:09.34	4500m: 52:08.17 1:10.27			
	700m: 8:07.97 1:09.70	2000m: 23:14.26 1:09.24	3300m: 38:14.82 1:08.84	4600m: 53:17.73 1:09.56			
	800m: 9:17.78 1:09.81	2100m: 24:23.42 1:09.16	3400m: 39:23.45 1:08.63	4700m: 54:27.48 1:09.75			
	900m: 10:27.84 1:10.06	2200m: 25:32.00 1:08.58	3500m: 40:32.28 1:08.83	4800m: 55:36.35 1:08.87			
	1000m: 11:37.52 1:09.68	2300m: 26:40.67 1:08.67	3600m: 41:40.88 1:08.60	4900m: 56:45.67 1:09.32			
	1100m: 12:47.31 1:09.79	2400m: 27:50.04 1:09.37	3700m: 42:49.97 1:09.09	5000m: 57:53.64 1:07.97			
	1200m: 13:57.48 1:10.17	2500m: 28:59.18 1:09.14	3800m: 43:59.27 1:09.30				
	1300m: 15:07.51 1:10.03	2600m: 30:08.50 1:09.32	3900m: 45:08.86 1:09.59				

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Coimbra, 23-2-2013

Prova 4, Masc., 5000m Livres, Juniores e Seniores

Lugar	Nome		Ano	Clube		Tempo Final	TReac	Pts FINA	Pts			
5.	Rafael Lourenco Gil		96	Naval Amorense		57:54.71		589				
	100m:	1:08.37	1:08.37	1400m:	16:16.87	1:09.50	2700m:	31:21.93	1:10.06	4000m:	46:25.84	1:09.89
	200m:	2:18.17	1:09.80	1500m:	17:26.39	1:09.52	2800m:	32:32.13	1:10.20	4100m:	47:35.18	1:09.34
	300m:	3:27.73	1:09.56	1600m:	18:36.16	1:09.77	2900m:	33:41.51	1:09.38	4200m:	48:43.75	1:08.57
	400m:	4:37.09	1:09.36	1700m:	19:45.74	1:09.58	3000m:	34:50.85	1:09.34	4300m:	49:52.79	1:09.04
	500m:	5:45.81	1:08.72	1800m:	20:55.65	1:09.91	3100m:	35:59.91	1:09.06	4400m:	51:04.74	1:11.95
	600m:	6:55.37	1:09.56	1900m:	22:05.23	1:09.58	3200m:	37:08.49	1:08.58	4500m:	52:14.48	1:09.74
	700m:	8:06.97	1:11.60	2000m:	23:14.43	1:09.20	3300m:	38:17.52	1:09.03	4600m:	53:22.84	1:08.36
	800m:	9:17.11	1:10.14	2100m:	24:23.83	1:09.40	3400m:	39:26.30	1:08.78	4700m:	54:31.70	1:08.86
	900m:	10:27.38	1:10.27	2200m:	25:33.02	1:09.19	3500m:	40:35.40	1:09.10	4800m:	55:40.20	1:08.50
	1000m:	11:37.52	1:10.14	2300m:	26:42.69	1:09.67	3600m:	41:44.81	1:09.41	4900m:	56:50.44	1:10.24
	1100m:	12:47.44	1:09.92	2400m:	27:52.43	1:09.74	3700m:	42:55.02	1:10.21	5000m:	57:54.71	1:04.27
	1200m:	13:57.36	1:09.92	2500m:	29:01.97	1:09.54	3800m:	44:05.95	1:10.93			
	1300m:	15:07.37	1:10.01	2600m:	30:11.87	1:09.90	3900m:	45:15.95	1:10.00			
6.	Artiom Viatcheslavovitch Polia93/		93	Estrelas S. Joao Brito		58:27.05		573				
	100m:	1:08.52	1:08.52	1400m:	16:04.10	1:09.60	2700m:	31:17.89	1:10.67	4000m:	46:43.98	1:11.79
	200m:	2:16.71	1:08.19	1500m:	17:13.40	1:09.30	2800m:	32:29.14	1:11.25	4100m:	47:53.42	1:09.44
	300m:	3:24.81	1:08.10	1600m:	18:23.51	1:10.11	2900m:	33:39.36	1:10.22	4200m:	49:03.10	1:09.68
	400m:	4:32.53	1:07.72	1700m:	19:33.25	1:09.74	3000m:	34:49.82	1:10.46	4300m:	50:12.87	1:09.77
	500m:	5:40.89	1:08.36	1800m:	20:43.58	1:10.33	3100m:	36:00.50	1:10.68	4400m:	51:23.22	1:10.35
	600m:	6:49.17	1:08.28	1900m:	21:53.48	1:09.90	3200m:	37:11.60	1:11.10	4500m:	52:33.98	1:10.76
	700m:	7:57.70	1:08.53	2000m:	23:04.22	1:10.74	3300m:	38:23.31	1:11.71	4600m:	53:44.99	1:11.01
	800m:	9:07.03	1:09.33	2100m:	24:15.18	1:10.96	3400m:	39:35.11	1:11.80	4700m:	54:55.76	1:10.77
	900m:	10:15.81	1:08.78	2200m:	25:25.36	1:10.18	3500m:	40:46.96	1:11.85	4800m:	56:06.60	1:10.84
	1000m:	11:25.63	1:09.82	2300m:	26:34.93	1:09.57	3600m:	41:58.36	1:11.40	4900m:	57:17.37	1:10.77
	1100m:	12:35.35	1:09.72	2400m:	27:45.64	1:10.71	3700m:	43:09.67	1:11.31	5000m:	58:27.05	1:09.68
	1200m:	13:45.16	1:09.81	2500m:	28:56.77	1:11.13	3800m:	44:20.96	1:11.29			
	1300m:	14:54.50	1:09.34	2600m:	30:07.22	1:10.45	3900m:	45:32.19	1:11.23			
7.	Hugo Neves Neto		94	Columbofila Cantanheden		58:54.19		560				
	100m:	1:08.80	1:08.80	1400m:	16:16.24	1:09.47	2700m:	31:32.48	1:11.64	4000m:	47:03.60	1:11.96
	200m:	2:18.59	1:09.79	1500m:	17:25.69	1:09.45	2800m:	32:43.99	1:11.51	4100m:	48:14.39	1:10.79
	300m:	3:28.60	1:10.01	1600m:	18:35.21	1:09.52	2900m:	33:55.09	1:11.10	4200m:	49:25.99	1:11.60
	400m:	4:38.79	1:10.19	1700m:	19:45.02	1:09.81	3000m:	35:06.60	1:11.51	4300m:	50:37.15	1:11.16
	500m:	5:48.53	1:09.74	1800m:	20:55.26	1:10.24	3100m:	36:18.13	1:11.53	4400m:	51:48.64	1:11.49
	600m:	6:58.34	1:09.81	1900m:	22:05.31	1:10.05	3200m:	37:29.27	1:11.14	4500m:	53:00.33	1:11.69
	700m:	8:08.05	1:09.71	2000m:	23:14.92	1:09.61	3300m:	38:40.63	1:11.36	4600m:	54:11.79	1:11.46
	800m:	9:17.95	1:09.90	2100m:	24:25.14	1:10.22	3400m:	39:52.14	1:11.51	4700m:	55:23.24	1:11.45
	900m:	10:27.85	1:09.90	2200m:	25:35.63	1:10.49	3500m:	41:03.98	1:11.84	4800m:	56:34.18	1:10.94
	1000m:	11:37.43	1:09.58	2300m:	26:46.42	1:10.79	3600m:	42:15.84	1:11.86	4900m:	57:45.24	1:11.06
	1100m:	12:47.24	1:09.81	2400m:	27:57.79	1:11.37	3700m:	43:27.42	1:11.58	5000m:	58:54.19	1:08.95
	1200m:	13:57.07	1:09.83	2500m:	29:09.00	1:11.21	3800m:	44:39.62	1:12.20			
	1300m:	15:06.77	1:09.70	2600m:	30:20.84	1:11.84	3900m:	45:51.64	1:12.02			
8.	Tiago Silva Oliveira		94	Leixoes		59:53.04		533				
	100m:	1:07.10	1:07.10	1400m:	16:18.31	1:10.17	2700m:	31:52.34	1:11.57	4000m:	47:37.95	1:13.89
	200m:	2:15.66	1:08.56	1500m:	17:29.37	1:11.06	2800m:	33:04.22	1:11.88	4100m:	48:51.52	1:13.57
	300m:	3:24.42	1:08.76	1600m:	18:40.67	1:11.30	2900m:	34:16.71	1:12.49	4200m:	50:05.58	1:14.06
	400m:	4:33.50	1:09.08	1700m:	19:52.38	1:11.71	3000m:	35:28.93	1:12.22	4300m:	51:20.07	1:14.49
	500m:	5:42.72	1:09.22	1800m:	21:03.44	1:11.06	3100m:	36:41.44	1:12.51	4400m:	52:34.23	1:14.16
	600m:	6:51.49	1:08.77	1900m:	22:15.17	1:11.73	3200m:	37:53.43	1:11.99	4500m:	53:48.14	1:13.91
	700m:	8:02.25	1:10.76	2000m:	23:26.87	1:11.70	3300m:	39:05.14	1:11.71	4600m:	55:01.76	1:13.62
	800m:	9:13.14	1:10.89	2100m:	24:38.74	1:11.87	3400m:	40:17.25	1:12.11	4700m:	56:15.43	1:13.67
	900m:	10:23.75	1:10.61	2200m:	25:51.05	1:12.31	3500m:	41:29.93	1:12.68	4800m:	57:29.02	1:13.59
	1000m:	11:34.10	1:10.35	2300m:	27:03.52	1:12.47	3600m:	42:42.94	1:13.01	4900m:	58:41.75	1:12.73
	1100m:	12:45.71	1:11.61	2400m:	28:15.58	1:12.06	3700m:	43:56.68	1:13.74	5000m:	59:53.04	1:11.29
	1200m:	13:57.10	1:11.39	2500m:	29:27.97	1:12.39	3800m:	45:10.36	1:13.68			
	1300m:	15:08.14	1:11.04	2600m:	30:40.77	1:12.80	3900m:	46:24.06	1:13.70			

Campeonato Nacional Longa Distância FQ (3 e 5 Km)
Coimbra, 23-2-2013

Prova 4, Masc., 5000m Livres, Juniores e Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Pedro Maria Bessa	95	Vilacondense	1:00:58.18		505	
	100m: 1:08.12 1:08.12	1400m: 16:30.34 1:12.33	2700m: 32:27.31 1:12.91	4000m: 48:36.58 1:16.41			
	200m: 2:17.68 1:09.56	1500m: 17:43.08 1:12.74	2800m: 33:41.10 1:13.79	4100m: 49:50.72 1:14.14			
	300m: 3:27.69 1:10.01	1600m: 18:56.30 1:13.22	2900m: 34:54.09 1:12.99	4200m: 51:05.44 1:14.72			
	400m: 4:38.15 1:10.46	1700m: 20:10.23 1:13.93	3000m: 36:08.40 1:14.31	4300m: 52:18.98 1:13.54			
	500m: 5:48.73 1:10.58	1800m: 21:24.42 1:14.19	3100m: 37:23.16 1:14.76	4400m: 53:32.94 1:13.96			
	600m: 6:58.99 1:10.26	1900m: 22:38.29 1:13.87	3200m: 38:37.73 1:14.57	4500m: 54:47.99 1:15.05			
	700m: 8:09.98 1:10.99	2000m: 23:51.65 1:13.36	3300m: 39:51.73 1:14.00	4600m: 56:03.18 1:15.19			
	800m: 9:20.94 1:10.96	2100m: 25:04.67 1:13.02	3400m: 41:06.25 1:14.52	4700m: 57:18.25 1:15.07			
	900m: 10:31.74 1:10.80	2200m: 26:18.00 1:13.33	3500m: 42:20.48 1:14.23	4800m: 58:32.65 1:14.40			
	1000m: 11:43.22 1:11.48	2300m: 27:31.68 1:13.68	3600m: 43:35.06 1:14.58	4900m: 59:46.29 1:13.64			
	1100m: 12:55.27 1:12.05	2400m: 28:46.01 1:14.33	3700m: 44:49.64 1:14.58	5000m: 1:00:58.18 1:11.89			
	1200m: 14:06.51 1:11.24	2500m: 30:00.64 1:14.63	3800m: 46:04.86 1:15.22				
	1300m: 15:18.01 1:11.50	2600m: 31:14.40 1:13.76	3900m: 47:20.17 1:15.31				
10.	Joao Luis Silva	94	Geslours	1:01:34.88		490	
	100m: 1:12.10 1:12.10	1400m: 17:00.23 1:12.11	2700m: 32:49.87 1:12.75	4000m: 48:57.72 1:15.41			
	200m: 2:25.02 1:12.92	1500m: 18:13.04 1:12.81	2800m: 34:02.94 1:13.07	4100m: 50:12.85 1:15.13			
	300m: 3:39.11 1:14.09	1600m: 19:26.38 1:13.34	2900m: 35:16.78 1:13.84	4200m: 51:27.45 1:14.60			
	400m: 4:53.57 1:14.46	1700m: 20:39.01 1:12.63	3000m: 36:31.71 1:14.93	4300m: 52:41.90 1:14.45			
	500m: 6:07.17 1:13.60	1800m: 21:52.34 1:13.33	3100m: 37:46.93 1:15.22	4400m: 53:58.28 1:16.38			
	600m: 7:20.25 1:13.08	1900m: 23:05.94 1:13.60	3200m: 39:01.67 1:14.74	4500m: 55:14.47 1:16.19			
	700m: 8:33.35 1:13.10	2000m: 24:19.66 1:13.72	3300m: 40:15.33 1:13.66	4600m: 56:31.81 1:17.34			
	800m: 9:46.29 1:12.94	2100m: 25:32.99 1:13.33	3400m: 41:29.00 1:13.67	4700m: 57:47.68 1:15.87			
	900m: 10:59.00 1:12.71	2200m: 26:46.39 1:13.40	3500m: 42:42.95 1:13.95	4800m: 59:03.82 1:16.14			
	1000m: 12:11.03 1:12.03	2300m: 27:58.91 1:12.52	3600m: 43:57.43 1:14.48	4900m: 1:00:20.29 1:16.47			
	1100m: 13:23.02 1:11.99	2400m: 29:11.53 1:12.62	3700m: 45:12.23 1:14.80	5000m: 1:01:34.88 1:14.59			
	1200m: 14:35.80 1:12.78	2500m: 30:24.34 1:12.81	3800m: 46:27.13 1:14.90				
	1300m: 15:48.12 1:12.32	2600m: 31:37.12 1:12.78	3900m: 47:42.31 1:15.18				
11.	Claudio Alexandre Pinheiro	93	Uniao Piedense	1:01:45.90		486	
	100m: 1:10.31 1:10.31	1400m: 16:50.78 1:12.80	2700m: 32:48.02 1:13.48	4000m: 49:03.73 1:15.65			
	200m: 2:22.54 1:12.23	1500m: 18:03.76 1:12.98	2800m: 34:01.90 1:13.88	4100m: 50:19.59 1:15.86			
	300m: 3:34.71 1:12.17	1600m: 19:16.68 1:12.92	2900m: 35:16.18 1:14.28	4200m: 51:36.33 1:16.74			
	400m: 4:47.56 1:12.85	1700m: 20:30.25 1:13.57	3000m: 36:30.85 1:14.67	4300m: 52:52.81 1:16.48			
	500m: 5:59.98 1:12.42	1800m: 21:44.20 1:13.95	3100m: 37:46.15 1:15.30	4400m: 54:10.16 1:17.35			
	600m: 7:12.02 1:12.04	1900m: 22:58.42 1:14.22	3200m: 39:01.27 1:15.12	4500m: 55:26.96 1:16.80			
	700m: 8:24.31 1:12.29	2000m: 24:12.56 1:14.14	3300m: 40:16.62 1:15.35	4600m: 56:44.15 1:17.19			
	800m: 9:36.38 1:12.07	2100m: 25:26.76 1:14.20	3400m: 41:32.50 1:15.88	4700m: 58:00.38 1:16.23			
	900m: 10:48.54 1:12.16	2200m: 26:40.79 1:14.03	3500m: 42:48.55 1:16.05	4800m: 59:16.72 1:16.34			
	1000m: 12:00.26 1:11.72	2300m: 27:54.05 1:13.26	3600m: 44:02.93 1:14.38	4900m: 1:00:32.51 1:15.79			
	1100m: 13:12.77 1:12.51	2400m: 29:07.72 1:13.67	3700m: 45:17.60 1:14.67	5000m: 1:01:45.90 1:13.39			
	1200m: 14:25.19 1:12.42	2500m: 30:20.97 1:13.25	3800m: 46:32.47 1:14.87				
	1300m: 15:37.98 1:12.79	2600m: 31:34.54 1:13.57	3900m: 47:48.08 1:15.61				
12.	Lucas Monteiro Silva	94	Alges	1:01:52.67		483	
	100m: 1:10.40 1:10.40	1400m: 17:07.42 1:14.65	2700m: 33:14.42 1:14.55	4000m: 49:22.94 1:15.26			
	200m: 2:23.40 1:13.00	1500m: 18:21.66 1:14.24	2800m: 34:28.65 1:14.23	4100m: 50:38.94 1:16.00			
	300m: 3:36.59 1:13.19	1600m: 19:35.66 1:14.00	2900m: 35:43.18 1:14.53	4200m: 51:54.37 1:15.43			
	400m: 4:50.30 1:13.71	1700m: 20:50.61 1:14.95	3000m: 36:57.38 1:14.20	4300m: 53:09.25 1:14.88			
	500m: 6:03.66 1:13.36	1800m: 22:04.84 1:14.23	3100m: 38:11.35 1:13.97	4400m: 54:24.27 1:15.02			
	600m: 7:17.19 1:13.53	1900m: 23:18.46 1:13.62	3200m: 39:25.24 1:13.89	4500m: 55:39.52 1:15.25			
	700m: 8:30.63 1:13.44	2000m: 24:31.50 1:13.04	3300m: 40:39.52 1:14.28	4600m: 56:54.90 1:15.38			
	800m: 9:43.33 1:12.70	2100m: 25:46.43 1:14.93	3400m: 41:53.79 1:14.27	4700m: 58:10.35 1:15.45			
	900m: 10:56.85 1:13.52	2200m: 27:01.14 1:14.71	3500m: 43:08.23 1:14.44	4800m: 59:24.86 1:14.51			
	1000m: 12:10.13 1:13.28	2300m: 28:15.76 1:14.62	3600m: 44:22.78 1:14.55	4900m: 1:00:38.87 1:14.01			
	1100m: 13:23.55 1:13.42	2400m: 29:30.73 1:14.97	3700m: 45:37.28 1:14.50	5000m: 1:01:52.67 1:13.80			
	1200m: 14:37.91 1:14.36	2500m: 30:45.56 1:14.83	3800m: 46:52.63 1:15.35				
	1300m: 15:52.77 1:14.86	2600m: 31:59.87 1:14.31	3900m: 48:07.68 1:15.05				

Campeonato Nacional Longa Distância FQ (3 e 5 Km)
Coimbra, 23-2-2013

Prova 4, Masc., 5000m Livres, Juniores e Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Joao Filipe Costa	96	Sporting	1:02:08.91		477	
	100m: 1:11.94 1:11.94	1400m: 17:16.75 1:15.72	2700m: 33:28.14 1:16.43	4000m: 49:41.85 1:13.66			
	200m: 2:25.47 1:13.53	1500m: 18:32.29 1:15.54	2800m: 34:44.50 1:16.36	4100m: 50:55.65 1:13.80			
	300m: 3:39.04 1:13.57	1600m: 19:47.02 1:14.73	2900m: 36:01.73 1:17.23	4200m: 52:10.29 1:14.64			
	400m: 4:52.62 1:13.58	1700m: 21:01.02 1:14.00	3000m: 37:18.98 1:17.25	4300m: 53:24.55 1:14.26			
	500m: 6:06.35 1:13.73	1800m: 22:15.40 1:14.38	3100m: 38:35.73 1:16.75	4400m: 54:39.88 1:15.33			
	600m: 7:20.25 1:13.90	1900m: 23:29.40 1:14.00	3200m: 39:52.43 1:16.70	4500m: 55:54.77 1:14.89			
	700m: 8:34.00 1:13.75	2000m: 24:43.69 1:14.29	3300m: 41:06.67 1:14.24	4600m: 57:11.00 1:16.23			
	800m: 9:47.61 1:13.61	2100m: 25:56.64 1:12.95	3400m: 42:21.37 1:14.70	4700m: 58:27.86 1:16.86			
	900m: 11:01.76 1:14.15	2200m: 27:09.92 1:13.28	3500m: 43:35.79 1:14.42	4800m: 59:44.53 1:16.67			
	1000m: 12:16.36 1:14.60	2300m: 28:24.21 1:14.29	3600m: 44:49.54 1:13.75	4900m: 1:00:58.86 1:14.33			
	1100m: 13:30.89 1:14.53	2400m: 29:39.79 1:15.58	3700m: 46:02.46 1:12.92	5000m: 1:02:08.91 1:10.05			
	1200m: 14:45.86 1:14.97	2500m: 30:55.60 1:15.81	3800m: 47:15.43 1:12.97				
	1300m: 16:01.03 1:15.17	2600m: 32:11.71 1:16.11	3900m: 48:28.19 1:12.76				
14.	Bruno Miguel Rainho	96	Geslours	1:02:11.84		476	
	100m: 1:11.73 1:11.73	1400m: 16:59.45 1:12.31	2700m: 32:51.26 1:15.35	4000m: 49:17.08 1:16.05			
	200m: 2:24.27 1:12.54	1500m: 18:12.17 1:12.72	2800m: 34:06.57 1:15.31	4100m: 50:33.23 1:16.15			
	300m: 3:36.90 1:12.63	1600m: 19:25.81 1:13.64	2900m: 35:21.79 1:15.22	4200m: 51:50.16 1:16.93			
	400m: 4:49.90 1:13.00	1700m: 20:38.68 1:12.87	3000m: 36:36.22 1:14.43	4300m: 53:07.68 1:17.52			
	500m: 6:03.16 1:13.26	1800m: 21:50.64 1:11.96	3100m: 37:52.14 1:15.92	4400m: 54:26.22 1:18.54			
	600m: 7:16.20 1:13.04	1900m: 23:03.28 1:12.64	3200m: 39:06.16 1:14.02	4500m: 55:45.39 1:19.17			
	700m: 8:29.39 1:13.19	2000m: 24:15.58 1:12.30	3300m: 40:22.55 1:16.39	4600m: 57:03.89 1:18.50			
	800m: 9:42.44 1:13.05	2100m: 25:28.78 1:13.20	3400m: 41:39.82 1:17.27	4700m: 58:20.60 1:16.71			
	900m: 10:55.79 1:13.35	2200m: 26:41.71 1:12.93	3500m: 42:56.87 1:17.05	4800m: 59:38.12 1:17.52			
	1000m: 12:08.86 1:13.07	2300m: 27:54.80 1:13.09	3600m: 44:11.66 1:14.79	4900m: 1:00:55.62 1:17.50			
	1100m: 13:21.52 1:12.66	2400m: 29:07.88 1:13.08	3700m: 45:27.71 1:16.05	5000m: 1:02:11.84 1:16.22			
	1200m: 14:34.41 1:12.89	2500m: 30:21.88 1:14.00	3800m: 46:44.39 1:16.68				
	1300m: 15:47.14 1:12.73	2600m: 31:35.91 1:14.03	3900m: 48:01.03 1:16.64				
15.	Daniel Rento Laureano	95	Leixoes	1:02:32.90		468	
	100m: 1:09.74 1:09.74	1400m: 16:51.05 1:13.20	2700m: 33:00.25 1:15.14	4000m: 49:36.34 1:19.62			
	200m: 2:21.20 1:11.46	1500m: 18:04.63 1:13.58	2800m: 34:15.36 1:15.11	4100m: 50:55.81 1:19.47			
	300m: 3:33.64 1:12.44	1600m: 19:18.47 1:13.84	2900m: 35:29.27 1:13.91	4200m: 52:15.64 1:19.83			
	400m: 4:46.75 1:13.11	1700m: 20:32.69 1:14.22	3000m: 36:45.13 1:15.86	4300m: 53:34.84 1:19.20			
	500m: 5:59.18 1:12.43	1800m: 21:47.05 1:14.36	3100m: 37:59.83 1:14.70	4400m: 54:54.36 1:19.52			
	600m: 7:11.59 1:12.41	1900m: 23:00.98 1:13.93	3200m: 39:15.23 1:15.40	4500m: 56:13.99 1:19.63			
	700m: 8:23.60 1:12.01	2000m: 24:15.22 1:14.24	3300m: 40:31.55 1:16.32	4600m: 57:32.09 1:18.10			
	800m: 9:35.84 1:12.24	2100m: 25:29.37 1:14.15	3400m: 41:48.21 1:16.66	4700m: 58:50.20 1:18.11			
	900m: 10:47.64 1:11.80	2200m: 26:43.44 1:14.07	3500m: 43:05.95 1:17.74	4800m: 1:00:07.87 1:17.67			
	1000m: 11:59.87 1:12.23	2300m: 27:58.33 1:14.89	3600m: 44:23.11 1:17.16	4900m: 1:01:21.83 1:13.96			
	1100m: 13:12.25 1:12.38	2400m: 29:14.15 1:15.82	3700m: 45:40.49 1:17.38	5000m: 1:02:32.90 1:11.07			
	1200m: 14:24.96 1:12.71	2500m: 30:29.97 1:15.82	3800m: 46:58.40 1:17.91				
	1300m: 15:37.85 1:12.89	2600m: 31:45.11 1:15.14	3900m: 48:16.72 1:18.32				
16.	Joao Luis Baeta	94	Viver Santarem	1:02:40.06		465	
	100m: 1:12.00 1:12.00	1400m: 16:58.95 1:14.75	2700m: 33:10.99 1:16.38	4000m: 49:45.52 1:17.72			
	200m: 2:24.46 1:12.46	1500m: 18:13.22 1:14.27	2800m: 34:27.11 1:16.12	4100m: 51:02.55 1:17.03			
	300m: 3:36.69 1:12.23	1600m: 19:27.12 1:13.90	2900m: 35:43.01 1:15.90	4200m: 52:19.15 1:16.60			
	400m: 4:48.40 1:11.71	1700m: 20:41.24 1:14.12	3000m: 36:59.88 1:16.87	4300m: 53:35.69 1:16.54			
	500m: 5:59.76 1:11.36	1800m: 21:55.80 1:14.56	3100m: 38:16.10 1:16.22	4400m: 54:52.78 1:17.09			
	600m: 7:11.27 1:11.51	1900m: 23:09.75 1:13.95	3200m: 39:32.56 1:16.46	4500m: 56:10.07 1:17.29			
	700m: 8:22.46 1:11.19	2000m: 24:23.91 1:14.16	3300m: 40:48.68 1:16.12	4600m: 57:28.70 1:18.63			
	800m: 9:35.32 1:12.86	2100m: 25:37.95 1:14.04	3400m: 42:04.65 1:15.97	4700m: 58:46.39 1:17.69			
	900m: 10:48.73 1:13.41	2200m: 26:53.28 1:15.33	3500m: 43:21.18 1:16.53	4800m: 1:00:04.10 1:17.71			
	1000m: 12:01.90 1:13.17	2300m: 28:08.42 1:15.14	3600m: 44:38.10 1:16.92	4900m: 1:01:22.54 1:18.44			
	1100m: 13:15.62 1:13.72	2400m: 29:23.56 1:15.14	3700m: 45:54.34 1:16.24	5000m: 1:02:40.06 1:17.52			
	1200m: 14:29.75 1:14.13	2500m: 30:39.15 1:15.59	3800m: 47:10.99 1:16.65				
	1300m: 15:44.20 1:14.45	2600m: 31:54.61 1:15.46	3900m: 48:27.80 1:16.81				

Campeonato Nacional Longa Distância FQ (3 e 5 Km)
Coimbra, 23-2-2013

Prova 4, Masc., 5000m Livres, Juniores e Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
17.	Pedro Miguel Henriques	96	Cartaxo	1:04:00.58		436		
	100m: 1:13.30	1:13.30	1400m: 17:37.84	1:15.62	2700m: 34:04.70	1:14.49	4000m: 51:00.55	1:17.18
	200m: 2:28.85	1:15.55	1500m: 18:51.89	1:14.05	2800m: 35:19.28	1:14.58	4100m: 52:17.46	1:16.91
	300m: 3:44.07	1:15.22	1600m: 20:08.13	1:16.24	2900m: 36:37.83	1:18.55	4200m: 53:33.37	1:15.91
	400m: 4:58.13	1:14.06	1700m: 21:24.88	1:16.75	3000m: 37:55.54	1:17.71	4300m: 54:49.13	1:15.76
	500m: 6:13.71	1:15.58	1800m: 22:40.36	1:15.48	3100m: 39:14.60	1:19.06	4400m: 56:07.07	1:17.94
	600m: 7:29.47	1:15.76	1900m: 23:57.15	1:16.79	3200m: 40:34.04	1:19.44	4500m: 57:25.21	1:18.14
	700m: 8:45.38	1:15.91	2000m: 25:12.54	1:15.39	3300m: 41:52.84	1:18.80	4600m: 58:42.78	1:17.57
	800m: 10:01.71	1:16.33	2100m: 26:28.28	1:15.74	3400m: 43:11.40	1:18.56	4700m: 1:00:01.57	1:18.79
	900m: 11:18.83	1:17.12	2200m: 27:43.02	1:14.74	3500m: 44:31.82	1:20.42	4800m: 1:01:21.49	1:19.92
	1000m: 12:35.05	1:16.22	2300m: 28:59.99	1:16.97	3600m: 45:50.99	1:19.17	4900m: 1:02:41.59	1:20.10
	1100m: 13:52.01	1:16.96	2400m: 30:17.94	1:17.95	3700m: 47:10.06	1:19.07	5000m: 1:04:00.58	1:18.99
	1200m: 15:07.20	1:15.19	2500m: 31:34.86	1:16.92	3800m: 48:27.26	1:17.20		
	1300m: 16:22.22	1:15.02	2600m: 32:50.21	1:15.35	3900m: 49:43.37	1:16.11		
18.	Ivo Andre Lopes	94	Viver Santarem	1:05:03.49		415		
	100m: 1:13.40	1:13.40	1400m: 17:38.45	1:16.35	2700m: 34:19.75	1:19.73	4000m: 51:25.47	1:20.53
	200m: 2:28.91	1:15.51	1500m: 18:54.66	1:16.21	2800m: 35:38.77	1:19.02	4100m: 52:47.08	1:21.61
	300m: 3:44.91	1:16.00	1600m: 20:09.76	1:15.10	2900m: 36:58.27	1:19.50	4200m: 54:08.56	1:21.48
	400m: 4:58.35	1:13.44	1700m: 21:24.87	1:15.11	3000m: 38:15.56	1:17.29	4300m: 55:30.55	1:21.99
	500m: 6:13.48	1:15.13	1800m: 22:40.89	1:16.02	3100m: 39:32.32	1:16.76	4400m: 56:52.80	1:22.25
	600m: 7:29.28	1:15.80	1900m: 23:56.97	1:16.08	3200m: 40:49.46	1:17.14	4500m: 58:14.39	1:21.59
	700m: 8:45.15	1:15.87	2000m: 25:12.57	1:15.60	3300m: 42:06.06	1:16.60	4600m: 59:36.23	1:21.84
	800m: 10:01.56	1:16.41	2100m: 26:28.41	1:15.84	3400m: 43:25.65	1:19.59	4700m: 1:00:58.76	1:22.53
	900m: 11:18.38	1:16.82	2200m: 27:42.63	1:14.22	3500m: 44:43.90	1:18.25	4800m: 1:02:21.37	1:22.61
	1000m: 12:34.97	1:16.59	2300m: 29:00.36	1:17.73	3600m: 46:03.21	1:19.31	4900m: 1:03:42.96	1:21.59
	1100m: 13:51.79	1:16.82	2400m: 30:19.85	1:19.49	3700m: 47:23.97	1:20.76	5000m: 1:05:03.49	1:20.53
	1200m: 15:07.25	1:15.46	2500m: 31:40.20	1:20.35	3800m: 48:43.97	1:20.00		
	1300m: 16:22.10	1:14.85	2600m: 33:00.02	1:19.82	3900m: 50:04.94	1:20.97		
19.	Bernardo Filipe Pereira	96	Pimpoes/Cimai	1:05:52.48		400		
	100m: 1:12.59	1:12.59	1400m: 18:12.20	1:19.53	2700m: 35:23.62	1:19.72	4000m: 52:44.83	1:20.19
	200m: 2:28.46	1:15.87	1500m: 19:31.11	1:18.91	2800m: 36:42.65	1:19.03	4100m: 54:05.18	1:20.35
	300m: 3:45.90	1:17.44	1600m: 20:50.51	1:19.40	2900m: 38:02.51	1:19.86	4200m: 55:24.56	1:19.38
	400m: 5:03.96	1:18.06	1700m: 22:09.25	1:18.74	3000m: 39:22.91	1:20.40	4300m: 56:44.49	1:19.93
	500m: 6:21.95	1:17.99	1800m: 23:28.12	1:18.87	3100m: 40:43.07	1:20.16	4400m: 58:04.18	1:19.69
	600m: 7:40.49	1:18.54	1900m: 24:46.79	1:18.67	3200m: 42:03.12	1:20.05	4500m: 59:24.16	1:19.98
	700m: 8:59.63	1:19.14	2000m: 26:05.75	1:18.96	3300m: 43:24.12	1:21.00	4600m: 1:00:43.03	1:18.87
	800m: 10:17.83	1:18.20	2100m: 27:24.26	1:18.51	3400m: 44:44.58	1:20.46	4700m: 1:02:02.01	1:18.98
	900m: 11:36.94	1:19.11	2200m: 28:44.46	1:20.20	3500m: 46:03.90	1:19.32	4800m: 1:03:19.92	1:17.91
	1000m: 12:55.94	1:19.00	2300m: 30:04.60	1:20.14	3600m: 47:25.86	1:21.96	4900m: 1:04:37.41	1:17.49
	1100m: 14:14.48	1:18.54	2400m: 31:24.50	1:19.90	3700m: 48:44.77	1:18.91	5000m: 1:05:52.48	1:15.07
	1200m: 15:33.10	1:18.62	2500m: 32:43.86	1:19.36	3800m: 50:04.81	1:20.04		
	1300m: 16:52.67	1:19.57	2600m: 34:03.90	1:20.04	3900m: 51:24.64	1:19.83		
20.	Antonio Miguel Vitorino	96	Viana Natacao	1:05:55.00		399		
	100m: 1:17.56	1:17.56	1400m: 18:22.83	1:19.76	2700m: 35:56.94	1:22.25	4000m: 53:06.51	1:20.40
	200m: 2:36.81	1:19.25	1500m: 19:40.30	1:17.47	2800m: 37:14.19	1:17.25	4100m: 54:27.92	1:21.41
	300m: 3:56.67	1:19.86	1600m: 21:00.49	1:20.19	2900m: 38:31.87	1:17.68	4200m: 55:49.19	1:21.27
	400m: 5:15.23	1:18.56	1700m: 22:21.01	1:20.52	3000m: 39:51.28	1:19.41	4300m: 57:08.80	1:19.61
	500m: 6:33.92	1:18.69	1800m: 23:42.38	1:21.37	3100m: 41:10.70	1:19.42	4400m: 58:26.92	1:18.12
	600m: 7:53.27	1:19.35	1900m: 25:04.22	1:21.84	3200m: 42:29.54	1:18.84	4500m: 59:44.45	1:17.53
	700m: 9:09.64	1:16.37	2000m: 26:25.96	1:21.74	3300m: 43:49.54	1:20.00	4600m: 1:01:02.04	1:17.59
	800m: 10:27.92	1:18.28	2100m: 27:46.48	1:20.52	3400m: 45:10.40	1:20.86	4700m: 1:02:17.64	1:15.60
	900m: 11:46.70	1:18.78	2200m: 29:07.32	1:20.84	3500m: 46:31.96	1:21.56	4800m: 1:03:32.03	1:14.39
	1000m: 13:05.27	1:18.57	2300m: 30:29.19	1:21.87	3600m: 47:52.74	1:20.78	4900m: 1:04:43.89	1:11.86
	1100m: 14:24.43	1:19.16	2400m: 31:51.30	1:22.11	3700m: 49:07.81	1:15.07	5000m: 1:05:55.00	1:11.11
	1200m: 15:43.76	1:19.33	2500m: 33:12.40	1:21.10	3800m: 50:27.25	1:19.44		
	1300m: 17:03.07	1:19.31	2600m: 34:34.69	1:22.29	3900m: 51:46.11	1:18.86		

Seniores

Campeonato Nacional Longa Distância FQ (3 e 5 Km)
Coimbra, 23-2-2013

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mario Andre Bonanca	90	Sporting	56:48.40		624	
	100m: 1:07.68 1:07.68	1400m: 15:52.50 1:08.11	2700m: 30:44.48 1:08.57	4000m: 45:22.31 1:07.53			
	200m: 2:16.57 1:08.89	1500m: 17:00.68 1:08.18	2800m: 31:53.42 1:08.94	4100m: 46:30.59 1:08.28			
	300m: 3:25.21 1:08.64	1600m: 18:09.48 1:08.80	2900m: 33:02.23 1:08.81	4200m: 47:38.79 1:08.20			
	400m: 4:33.44 1:08.23	1700m: 19:18.28 1:08.80	3000m: 34:10.06 1:07.83	4300m: 48:47.70 1:08.91			
	500m: 5:41.80 1:08.36	1800m: 20:27.46 1:09.18	3100m: 35:16.94 1:06.88	4400m: 49:56.36 1:08.66			
	600m: 6:49.81 1:08.01	1900m: 21:36.72 1:09.26	3200m: 36:23.63 1:06.69	4500m: 51:05.37 1:09.01			
	700m: 7:58.00 1:08.19	2000m: 22:45.15 1:08.43	3300m: 37:32.17 1:08.54	4600m: 52:14.20 1:08.83			
	800m: 9:06.18 1:08.18	2100m: 23:53.67 1:08.52	3400m: 38:40.80 1:08.63	4700m: 53:22.70 1:08.50			
	900m: 10:14.41 1:08.23	2200m: 25:01.93 1:08.26	3500m: 39:49.50 1:08.70	4800m: 54:31.44 1:08.74			
	1000m: 11:21.62 1:07.21	2300m: 26:10.28 1:08.35	3600m: 40:54.20 1:04.70	4900m: 55:39.21 1:07.77			
	1100m: 12:29.38 1:07.76	2400m: 27:18.96 1:08.68	3700m: 42:00.74 1:06.54	5000m: 56:48.40 1:09.19			
	1200m: 13:37.01 1:07.63	2500m: 28:27.54 1:08.58	3800m: 43:07.75 1:07.01				
	1300m: 14:44.39 1:07.38	2600m: 29:35.91 1:08.37	3900m: 44:14.78 1:07.03				
2.	Hugo Alberto Ribeiro	88	Gespacos	57:02.30		617	
	100m: 1:06.70 1:06.70	1400m: 15:53.63 1:08.47	2700m: 30:44.06 1:08.63	4000m: 45:34.47 1:09.24			
	200m: 2:15.50 1:08.80	1500m: 17:02.07 1:08.44	2800m: 31:52.00 1:07.94	4100m: 46:43.50 1:09.03			
	300m: 3:24.08 1:08.58	1600m: 18:10.90 1:08.83	2900m: 32:58.99 1:06.99	4200m: 47:52.20 1:08.70			
	400m: 4:32.44 1:08.36	1700m: 19:19.45 1:08.55	3000m: 34:06.65 1:07.66	4300m: 49:00.81 1:08.61			
	500m: 5:40.42 1:07.98	1800m: 20:27.69 1:08.24	3100m: 35:14.34 1:07.69	4400m: 50:08.94 1:08.13			
	600m: 6:48.44 1:08.02	1900m: 21:35.67 1:07.98	3200m: 36:22.90 1:08.56	4500m: 51:17.28 1:08.34			
	700m: 7:57.01 1:08.57	2000m: 22:43.67 1:08.00	3300m: 37:31.74 1:08.84	4600m: 52:26.36 1:09.08			
	800m: 9:05.27 1:08.26	2100m: 23:51.95 1:08.28	3400m: 38:40.46 1:08.72	4700m: 53:35.26 1:08.90			
	900m: 10:12.95 1:07.68	2200m: 25:00.70 1:08.75	3500m: 39:49.34 1:08.88	4800m: 54:44.40 1:09.14			
	1000m: 11:20.70 1:07.75	2300m: 26:09.49 1:08.79	3600m: 40:58.02 1:08.68	4900m: 55:53.56 1:09.16			
	1100m: 12:28.54 1:07.84	2400m: 27:18.73 1:09.24	3700m: 42:06.86 1:08.84	5000m: 57:02.30 1:08.74			
	1200m: 13:36.69 1:08.15	2500m: 28:27.23 1:08.50	3800m: 43:15.65 1:08.79				
	1300m: 14:45.16 1:08.47	2600m: 29:35.43 1:08.20	3900m: 44:25.23 1:09.58				
3.	Vasco Miguel Gaspar	90	Uniao Piedense	57:17.85		608	
	100m: 1:07.57 1:07.57	1400m: 15:50.85 1:08.18	2700m: 30:44.75 1:08.71	4000m: 45:35.51 1:08.79			
	200m: 2:15.68 1:08.11	1500m: 16:59.51 1:08.66	2800m: 31:53.74 1:08.99	4100m: 46:44.63 1:09.12			
	300m: 3:23.29 1:07.61	1600m: 18:08.77 1:09.26	2900m: 33:02.62 1:08.88	4200m: 47:53.32 1:08.69			
	400m: 4:31.31 1:08.02	1700m: 19:17.76 1:08.99	3000m: 34:10.94 1:08.32	4300m: 49:03.22 1:09.90			
	500m: 5:39.65 1:08.34	1800m: 20:27.35 1:09.59	3100m: 35:19.55 1:08.61	4400m: 50:13.44 1:10.22			
	600m: 6:47.60 1:07.95	1900m: 21:36.30 1:08.95	3200m: 36:28.10 1:08.55	4500m: 51:23.91 1:10.47			
	700m: 7:56.06 1:08.46	2000m: 22:44.82 1:08.52	3300m: 37:36.82 1:08.72	4600m: 52:36.07 1:12.16			
	800m: 9:04.05 1:07.99	2100m: 23:53.23 1:08.41	3400m: 38:44.81 1:07.99	4700m: 53:46.87 1:10.80			
	900m: 10:11.97 1:07.92	2200m: 25:01.50 1:08.27	3500m: 39:52.92 1:08.11	4800m: 54:57.55 1:10.68			
	1000m: 11:19.65 1:07.68	2300m: 26:09.88 1:08.38	3600m: 41:00.98 1:08.06	4900m: 56:08.40 1:10.85			
	1100m: 12:27.18 1:07.53	2400m: 27:18.65 1:08.77	3700m: 42:09.56 1:08.58	5000m: 57:17.85 1:09.45			
	1200m: 13:34.73 1:07.55	2500m: 28:27.24 1:08.59	3800m: 43:18.00 1:08.44				
	1300m: 14:42.67 1:07.94	2600m: 29:36.04 1:08.80	3900m: 44:26.72 1:08.72				
4.	Arseniy Lavrentyev	83	Alges	57:53.64		590	
	100m: 1:08.21 1:08.21	1400m: 16:17.36 1:09.85	2700m: 31:17.98 1:09.48	4000m: 46:18.57 1:09.71			
	200m: 2:18.29 1:10.08	1500m: 17:26.84 1:09.48	2800m: 32:27.28 1:09.30	4100m: 47:28.41 1:09.84			
	300m: 3:28.11 1:09.82	1600m: 18:36.37 1:09.53	2900m: 33:37.02 1:09.74	4200m: 48:38.63 1:10.22			
	400m: 4:38.71 1:10.60	1700m: 19:45.93 1:09.56	3000m: 34:46.81 1:09.79	4300m: 49:48.41 1:09.78			
	500m: 5:48.46 1:09.75	1800m: 20:55.42 1:09.49	3100m: 35:56.64 1:09.83	4400m: 50:57.90 1:09.49			
	600m: 6:58.27 1:09.81	1900m: 22:05.02 1:09.60	3200m: 37:05.98 1:09.34	4500m: 52:08.17 1:10.27			
	700m: 8:07.97 1:09.70	2000m: 23:14.26 1:09.24	3300m: 38:14.82 1:08.84	4600m: 53:17.73 1:09.56			
	800m: 9:17.78 1:09.81	2100m: 24:23.42 1:09.16	3400m: 39:23.45 1:08.63	4700m: 54:27.48 1:09.75			
	900m: 10:27.84 1:10.06	2200m: 25:32.00 1:08.58	3500m: 40:32.28 1:08.83	4800m: 55:36.35 1:08.87			
	1000m: 11:37.52 1:09.68	2300m: 26:40.67 1:08.67	3600m: 41:40.88 1:08.60	4900m: 56:45.67 1:09.32			
	1100m: 12:47.31 1:09.79	2400m: 27:50.04 1:09.37	3700m: 42:49.97 1:09.09	5000m: 57:53.64 1:07.97			
	1200m: 13:57.48 1:10.17	2500m: 28:59.18 1:09.14	3800m: 43:59.27 1:09.30				
	1300m: 15:07.51 1:10.03	2600m: 30:08.50 1:09.32	3900m: 45:08.86 1:09.59				

Campeonato Nacional Longa Distância FQ (3 e 5 Km)
Coimbra, 23-2-2013

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome		Ano	Clube		Tempo Final	TReac	Pts FINA	Pts			
5.	Artiom Viatcheslavovitch Polia	93/		Estrelas S. Joao Brito		58:27.05		573				
	100m:	1:08.52	1:08.52	1400m:	16:04.10	1:09.60	2700m:	31:17.89	1:10.67	4000m:	46:43.98	1:11.79
	200m:	2:16.71	1:08.19	1500m:	17:13.40	1:09.30	2800m:	32:29.14	1:11.25	4100m:	47:53.42	1:09.44
	300m:	3:24.81	1:08.10	1600m:	18:23.51	1:10.11	2900m:	33:39.36	1:10.22	4200m:	49:03.10	1:09.68
	400m:	4:32.53	1:07.72	1700m:	19:33.25	1:09.74	3000m:	34:49.82	1:10.46	4300m:	50:12.87	1:09.77
	500m:	5:40.89	1:08.36	1800m:	20:43.58	1:10.33	3100m:	36:00.50	1:10.68	4400m:	51:23.22	1:10.35
	600m:	6:49.17	1:08.28	1900m:	21:53.48	1:09.90	3200m:	37:11.60	1:11.10	4500m:	52:33.98	1:10.76
	700m:	7:57.70	1:08.53	2000m:	23:04.22	1:10.74	3300m:	38:23.31	1:11.71	4600m:	53:44.99	1:11.01
	800m:	9:07.03	1:09.33	2100m:	24:15.18	1:10.96	3400m:	39:35.11	1:11.80	4700m:	54:55.76	1:10.77
	900m:	10:15.81	1:08.78	2200m:	25:25.36	1:10.18	3500m:	40:46.96	1:11.85	4800m:	56:06.60	1:10.84
	1000m:	11:25.63	1:09.82	2300m:	26:34.93	1:09.57	3600m:	41:58.36	1:11.40	4900m:	57:17.37	1:10.77
	1100m:	12:35.35	1:09.72	2400m:	27:45.64	1:10.71	3700m:	43:09.67	1:11.31	5000m:	58:27.05	1:09.68
	1200m:	13:45.16	1:09.81	2500m:	28:56.77	1:11.13	3800m:	44:20.96	1:11.29			
	1300m:	14:54.50	1:09.34	2600m:	30:07.22	1:10.45	3900m:	45:32.19	1:11.23			
6.	Hugo Neves Neto		94	Columbofila Cantanheden		58:54.19		560				
	100m:	1:08.80	1:08.80	1400m:	16:16.24	1:09.47	2700m:	31:32.48	1:11.64	4000m:	47:03.60	1:11.96
	200m:	2:18.59	1:09.79	1500m:	17:25.69	1:09.45	2800m:	32:43.99	1:11.51	4100m:	48:14.39	1:10.79
	300m:	3:28.60	1:10.01	1600m:	18:35.21	1:09.52	2900m:	33:55.09	1:11.10	4200m:	49:25.99	1:11.60
	400m:	4:38.79	1:10.19	1700m:	19:45.02	1:09.81	3000m:	35:06.60	1:11.51	4300m:	50:37.15	1:11.16
	500m:	5:48.53	1:09.74	1800m:	20:55.26	1:10.24	3100m:	36:18.13	1:11.53	4400m:	51:48.64	1:11.49
	600m:	6:58.34	1:09.81	1900m:	22:05.31	1:10.05	3200m:	37:29.27	1:11.14	4500m:	53:00.33	1:11.69
	700m:	8:08.05	1:09.71	2000m:	23:14.92	1:09.61	3300m:	38:40.63	1:11.36	4600m:	54:11.79	1:11.46
	800m:	9:17.95	1:09.90	2100m:	24:25.14	1:10.22	3400m:	39:52.14	1:11.51	4700m:	55:23.24	1:11.45
	900m:	10:27.85	1:09.90	2200m:	25:35.63	1:10.49	3500m:	41:03.98	1:11.84	4800m:	56:34.18	1:10.94
	1000m:	11:37.43	1:09.58	2300m:	26:46.42	1:10.79	3600m:	42:15.84	1:11.86	4900m:	57:45.24	1:11.06
	1100m:	12:47.24	1:09.81	2400m:	27:57.79	1:11.37	3700m:	43:27.42	1:11.58	5000m:	58:54.19	1:08.95
	1200m:	13:57.07	1:09.83	2500m:	29:09.00	1:11.21	3800m:	44:39.62	1:12.20			
	1300m:	15:06.77	1:09.70	2600m:	30:20.84	1:11.84	3900m:	45:51.64	1:12.02			
7.	Tiago Silva Oliveira		94	Leixoes		59:53.04		533				
	100m:	1:07.10	1:07.10	1400m:	16:18.31	1:10.17	2700m:	31:52.34	1:11.57	4000m:	47:37.95	1:13.89
	200m:	2:15.66	1:08.56	1500m:	17:29.37	1:11.06	2800m:	33:04.22	1:11.88	4100m:	48:51.52	1:13.57
	300m:	3:24.42	1:08.76	1600m:	18:40.67	1:11.30	2900m:	34:16.71	1:12.49	4200m:	50:05.58	1:14.06
	400m:	4:33.50	1:09.08	1700m:	19:52.38	1:11.71	3000m:	35:28.93	1:12.22	4300m:	51:20.07	1:14.49
	500m:	5:42.72	1:09.22	1800m:	21:03.44	1:11.06	3100m:	36:41.44	1:12.51	4400m:	52:34.23	1:14.16
	600m:	6:51.49	1:08.77	1900m:	22:15.17	1:11.73	3200m:	37:53.43	1:11.99	4500m:	53:48.14	1:13.91
	700m:	8:02.25	1:10.76	2000m:	23:26.87	1:11.70	3300m:	39:05.14	1:11.71	4600m:	55:01.76	1:13.62
	800m:	9:13.14	1:10.89	2100m:	24:38.74	1:11.87	3400m:	40:17.25	1:12.11	4700m:	56:15.43	1:13.67
	900m:	10:23.75	1:10.61	2200m:	25:51.05	1:12.31	3500m:	41:29.93	1:12.68	4800m:	57:29.02	1:13.59
	1000m:	11:34.10	1:10.35	2300m:	27:03.52	1:12.47	3600m:	42:42.94	1:13.01	4900m:	58:41.75	1:12.73
	1100m:	12:45.71	1:11.61	2400m:	28:15.58	1:12.06	3700m:	43:56.68	1:13.74	5000m:	59:53.04	1:11.29
	1200m:	13:57.10	1:11.39	2500m:	29:27.97	1:12.39	3800m:	45:10.36	1:13.68			
	1300m:	15:08.14	1:11.04	2600m:	30:40.77	1:12.80	3900m:	46:24.06	1:13.70			
8.	Joao Luis Silva		94	Geslours		1:01:34.88		490				
	100m:	1:12.10	1:12.10	1400m:	17:00.23	1:12.11	2700m:	32:49.87	1:12.75	4000m:	48:57.72	1:15.41
	200m:	2:25.02	1:12.92	1500m:	18:13.04	1:12.81	2800m:	34:02.94	1:13.07	4100m:	50:12.85	1:15.13
	300m:	3:39.11	1:14.09	1600m:	19:26.38	1:13.34	2900m:	35:16.78	1:13.84	4200m:	51:27.45	1:14.60
	400m:	4:53.57	1:14.46	1700m:	20:39.01	1:12.63	3000m:	36:31.71	1:14.93	4300m:	52:41.90	1:14.45
	500m:	6:07.17	1:13.60	1800m:	21:52.34	1:13.33	3100m:	37:46.93	1:15.22	4400m:	53:58.28	1:16.38
	600m:	7:20.25	1:13.08	1900m:	23:05.94	1:13.60	3200m:	39:01.67	1:14.74	4500m:	55:14.47	1:16.19
	700m:	8:33.35	1:13.10	2000m:	24:19.66	1:13.72	3300m:	40:15.33	1:13.66	4600m:	56:31.81	1:17.34
	800m:	9:46.29	1:12.94	2100m:	25:32.99	1:13.33	3400m:	41:29.00	1:13.67	4700m:	57:47.68	1:15.87
	900m:	10:59.00	1:12.71	2200m:	26:46.39	1:13.40	3500m:	42:42.95	1:13.95	4800m:	59:03.82	1:16.14
	1000m:	12:11.03	1:12.03	2300m:	27:58.91	1:12.52	3600m:	43:57.43	1:14.48	4900m:	1:00:20.29	1:16.47
	1100m:	13:23.02	1:11.99	2400m:	29:11.53	1:12.62	3700m:	45:12.23	1:14.80	5000m:	1:01:34.88	1:14.59
	1200m:	14:35.80	1:12.78	2500m:	30:24.34	1:12.81	3800m:	46:27.13	1:14.90			
	1300m:	15:48.12	1:12.32	2600m:	31:37.12	1:12.78	3900m:	47:42.31	1:15.18			

Campeonato Nacional Longa Distância FQ (3 e 5 Km)
Coimbra, 23-2-2013

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
9.	Claudio Alexandre Pinheiro	93	Uniao Piedense	1:01:45.90		486		
	100m: 1:10.31	1:10.31	1400m: 16:50.78	1:12.80	2700m: 32:48.02	1:13.48	4000m: 49:03.73	1:15.65
	200m: 2:22.54	1:12.23	1500m: 18:03.76	1:12.98	2800m: 34:01.90	1:13.88	4100m: 50:19.59	1:15.86
	300m: 3:34.71	1:12.17	1600m: 19:16.68	1:12.92	2900m: 35:16.18	1:14.28	4200m: 51:36.33	1:16.74
	400m: 4:47.56	1:12.85	1700m: 20:30.25	1:13.57	3000m: 36:30.85	1:14.67	4300m: 52:52.81	1:16.48
	500m: 5:59.98	1:12.42	1800m: 21:44.20	1:13.95	3100m: 37:46.15	1:15.30	4400m: 54:10.16	1:17.35
	600m: 7:12.02	1:12.04	1900m: 22:58.42	1:14.22	3200m: 39:01.27	1:15.12	4500m: 55:26.96	1:16.80
	700m: 8:24.31	1:12.29	2000m: 24:12.56	1:14.14	3300m: 40:16.62	1:15.35	4600m: 56:44.15	1:17.19
	800m: 9:36.38	1:12.07	2100m: 25:26.76	1:14.20	3400m: 41:32.50	1:15.88	4700m: 58:00.38	1:16.23
	900m: 10:48.54	1:12.16	2200m: 26:40.79	1:14.03	3500m: 42:48.55	1:16.05	4800m: 59:16.72	1:16.34
	1000m: 12:00.26	1:11.72	2300m: 27:54.05	1:13.26	3600m: 44:02.93	1:14.38	4900m: 1:00:32.51	1:15.79
	1100m: 13:12.77	1:12.51	2400m: 29:07.72	1:13.67	3700m: 45:17.60	1:14.67	5000m: 1:01:45.90	1:13.39
	1200m: 14:25.19	1:12.42	2500m: 30:20.97	1:13.25	3800m: 46:32.47	1:14.87		
	1300m: 15:37.98	1:12.79	2600m: 31:34.54	1:13.57	3900m: 47:48.08	1:15.61		
10.	Lucas Monteiro Silva	94	Alges	1:01:52.67		483		
	100m: 1:10.40	1:10.40	1400m: 17:07.42	1:14.65	2700m: 33:14.42	1:14.55	4000m: 49:22.94	1:15.26
	200m: 2:23.40	1:13.00	1500m: 18:21.66	1:14.24	2800m: 34:28.65	1:14.23	4100m: 50:38.94	1:16.00
	300m: 3:36.59	1:13.19	1600m: 19:35.66	1:14.00	2900m: 35:43.18	1:14.53	4200m: 51:54.37	1:15.43
	400m: 4:50.30	1:13.71	1700m: 20:50.61	1:14.95	3000m: 36:57.38	1:14.20	4300m: 53:09.25	1:14.88
	500m: 6:03.66	1:13.36	1800m: 22:04.84	1:14.23	3100m: 38:11.35	1:13.97	4400m: 54:24.27	1:15.02
	600m: 7:17.19	1:13.53	1900m: 23:18.46	1:13.62	3200m: 39:25.24	1:13.89	4500m: 55:39.52	1:15.25
	700m: 8:30.63	1:13.44	2000m: 24:31.50	1:13.04	3300m: 40:39.52	1:14.28	4600m: 56:54.90	1:15.38
	800m: 9:43.33	1:12.70	2100m: 25:46.43	1:14.93	3400m: 41:53.79	1:14.27	4700m: 58:10.35	1:15.45
	900m: 10:56.85	1:13.52	2200m: 27:01.14	1:14.71	3500m: 43:08.23	1:14.44	4800m: 59:24.86	1:14.51
	1000m: 12:10.13	1:13.28	2300m: 28:15.76	1:14.62	3600m: 44:22.78	1:14.55	4900m: 1:00:38.87	1:14.01
	1100m: 13:23.55	1:13.42	2400m: 29:30.73	1:14.97	3700m: 45:37.28	1:14.50	5000m: 1:01:52.67	1:13.80
	1200m: 14:37.91	1:14.36	2500m: 30:45.56	1:14.83	3800m: 46:52.63	1:15.35		
	1300m: 15:52.77	1:14.86	2600m: 31:59.87	1:14.31	3900m: 48:07.68	1:15.05		
11.	Joao Luis Baeta	94	Viver Santarem	1:02:40.06		465		
	100m: 1:12.00	1:12.00	1400m: 16:58.95	1:14.75	2700m: 33:10.99	1:16.38	4000m: 49:45.52	1:17.72
	200m: 2:24.46	1:12.46	1500m: 18:13.22	1:14.27	2800m: 34:27.11	1:16.12	4100m: 51:02.55	1:17.03
	300m: 3:36.69	1:12.23	1600m: 19:27.12	1:13.90	2900m: 35:43.01	1:15.90	4200m: 52:19.15	1:16.60
	400m: 4:48.40	1:11.71	1700m: 20:41.24	1:14.12	3000m: 36:59.88	1:16.87	4300m: 53:35.69	1:16.54
	500m: 5:59.76	1:11.36	1800m: 21:55.80	1:14.56	3100m: 38:16.10	1:16.22	4400m: 54:52.78	1:17.09
	600m: 7:11.27	1:11.51	1900m: 23:09.75	1:13.95	3200m: 39:32.56	1:16.46	4500m: 56:10.07	1:17.29
	700m: 8:22.46	1:11.19	2000m: 24:23.91	1:14.16	3300m: 40:48.68	1:16.12	4600m: 57:28.70	1:18.63
	800m: 9:35.32	1:12.86	2100m: 25:37.95	1:14.04	3400m: 42:04.65	1:15.97	4700m: 58:46.39	1:17.69
	900m: 10:48.73	1:13.41	2200m: 26:53.28	1:15.33	3500m: 43:21.18	1:16.53	4800m: 1:00:04.10	1:17.71
	1000m: 12:01.90	1:13.17	2300m: 28:08.42	1:15.14	3600m: 44:38.10	1:16.92	4900m: 1:01:22.54	1:18.44
	1100m: 13:15.62	1:13.72	2400m: 29:23.56	1:15.14	3700m: 45:54.34	1:16.24	5000m: 1:02:40.06	1:17.52
	1200m: 14:29.75	1:14.13	2500m: 30:39.15	1:15.59	3800m: 47:10.99	1:16.65		
	1300m: 15:44.20	1:14.45	2600m: 31:54.61	1:15.46	3900m: 48:27.80	1:16.81		
12.	Ivo Andre Lopes	94	Viver Santarem	1:05:03.49		415		
	100m: 1:13.40	1:13.40	1400m: 17:38.45	1:16.35	2700m: 34:19.75	1:19.73	4000m: 51:25.47	1:20.53
	200m: 2:28.91	1:15.51	1500m: 18:54.66	1:16.21	2800m: 35:38.77	1:19.02	4100m: 52:47.08	1:21.61
	300m: 3:44.91	1:16.00	1600m: 20:09.76	1:15.10	2900m: 36:58.27	1:19.50	4200m: 54:08.56	1:21.48
	400m: 4:58.35	1:13.44	1700m: 21:24.87	1:15.11	3000m: 38:15.56	1:17.29	4300m: 55:30.55	1:21.99
	500m: 6:13.48	1:15.13	1800m: 22:40.89	1:16.02	3100m: 39:32.32	1:16.76	4400m: 56:52.80	1:22.25
	600m: 7:29.28	1:15.80	1900m: 23:56.97	1:16.08	3200m: 40:49.46	1:17.14	4500m: 58:14.39	1:21.59
	700m: 8:45.15	1:15.87	2000m: 25:12.57	1:15.60	3300m: 42:06.06	1:16.60	4600m: 59:36.23	1:21.84
	800m: 10:01.56	1:16.41	2100m: 26:28.41	1:15.84	3400m: 43:25.65	1:19.59	4700m: 1:00:58.76	1:22.53
	900m: 11:18.38	1:16.82	2200m: 27:42.63	1:14.22	3500m: 44:43.90	1:18.25	4800m: 1:02:21.37	1:22.61
	1000m: 12:34.97	1:16.59	2300m: 29:00.36	1:17.73	3600m: 46:03.21	1:19.31	4900m: 1:03:42.96	1:21.59
	1100m: 13:51.79	1:16.82	2400m: 30:19.85	1:19.49	3700m: 47:23.97	1:20.76	5000m: 1:05:03.49	1:20.53
	1200m: 15:07.25	1:15.46	2500m: 31:40.20	1:20.35	3800m: 48:43.97	1:20.00		
	1300m: 16:22.10	1:14.85	2600m: 33:00.02	1:19.82	3900m: 50:04.94	1:20.97		

Juniores

Campeonato Nacional Longa Distância FQ (3 e 5 Km)
Coimbra, 23-2-2013

Prova 4, Masc., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafael Lourenco Gil	96	Naval Amorense	57:54.71		589	
	100m: 1:08.37 1:08.37	1400m: 16:16.87 1:09.50	2700m: 31:21.93 1:10.06	4000m: 46:25.84 1:09.89			
	200m: 2:18.17 1:09.80	1500m: 17:26.39 1:09.52	2800m: 32:32.13 1:10.20	4100m: 47:35.18 1:09.34			
	300m: 3:27.73 1:09.56	1600m: 18:36.16 1:09.77	2900m: 33:41.51 1:09.38	4200m: 48:43.75 1:08.57			
	400m: 4:37.09 1:09.36	1700m: 19:45.74 1:09.58	3000m: 34:50.85 1:09.34	4300m: 49:52.79 1:09.04			
	500m: 5:45.81 1:08.72	1800m: 20:55.65 1:09.91	3100m: 35:59.91 1:09.06	4400m: 51:04.74 1:11.95			
	600m: 6:55.37 1:09.56	1900m: 22:05.23 1:09.58	3200m: 37:08.49 1:08.58	4500m: 52:14.48 1:09.74			
	700m: 8:06.97 1:11.60	2000m: 23:14.43 1:09.20	3300m: 38:17.52 1:09.03	4600m: 53:22.84 1:08.36			
	800m: 9:17.11 1:10.14	2100m: 24:23.83 1:09.40	3400m: 39:26.30 1:08.78	4700m: 54:31.70 1:08.86			
	900m: 10:27.38 1:10.27	2200m: 25:33.02 1:09.19	3500m: 40:35.40 1:09.10	4800m: 55:40.20 1:08.50			
	1000m: 11:37.52 1:10.14	2300m: 26:42.69 1:09.67	3600m: 41:44.81 1:09.41	4900m: 56:50.44 1:10.24			
	1100m: 12:47.44 1:09.92	2400m: 27:52.43 1:09.74	3700m: 42:55.02 1:10.21	5000m: 57:54.71 1:04.27			
	1200m: 13:57.36 1:09.92	2500m: 29:01.97 1:09.54	3800m: 44:05.95 1:10.93				
	1300m: 15:07.37 1:10.01	2600m: 30:11.87 1:09.90	3900m: 45:15.95 1:10.00				
2.	Pedro Maria Bessa	95	Vilacondense	1:00:58.18		505	
	100m: 1:08.12 1:08.12	1400m: 16:30.34 1:12.33	2700m: 32:27.31 1:12.91	4000m: 48:36.58 1:16.41			
	200m: 2:17.68 1:09.56	1500m: 17:43.08 1:12.74	2800m: 33:41.10 1:13.79	4100m: 49:50.72 1:14.14			
	300m: 3:27.69 1:10.01	1600m: 18:56.30 1:13.22	2900m: 34:54.09 1:12.99	4200m: 51:05.44 1:14.72			
	400m: 4:38.15 1:10.46	1700m: 20:10.23 1:13.93	3000m: 36:08.40 1:14.31	4300m: 52:18.98 1:13.54			
	500m: 5:48.73 1:10.58	1800m: 21:24.42 1:14.19	3100m: 37:23.16 1:14.76	4400m: 53:32.94 1:13.96			
	600m: 6:58.99 1:10.26	1900m: 22:38.29 1:13.87	3200m: 38:37.73 1:14.57	4500m: 54:47.99 1:15.05			
	700m: 8:09.98 1:10.99	2000m: 23:51.65 1:13.36	3300m: 39:51.73 1:14.00	4600m: 56:03.18 1:15.19			
	800m: 9:20.94 1:10.96	2100m: 25:04.67 1:13.02	3400m: 41:06.25 1:14.52	4700m: 57:18.25 1:15.07			
	900m: 10:31.74 1:10.80	2200m: 26:18.00 1:13.33	3500m: 42:20.48 1:14.23	4800m: 58:32.65 1:14.40			
	1000m: 11:43.22 1:11.48	2300m: 27:31.68 1:13.68	3600m: 43:35.06 1:14.58	4900m: 59:46.29 1:13.64			
	1100m: 12:55.27 1:12.05	2400m: 28:46.01 1:14.33	3700m: 44:49.64 1:14.58	5000m: 1:00:58.18 1:11.89			
	1200m: 14:06.51 1:11.24	2500m: 30:00.64 1:14.63	3800m: 46:04.86 1:15.22				
	1300m: 15:18.01 1:11.50	2600m: 31:14.40 1:13.76	3900m: 47:20.17 1:15.31				
3.	Joao Filipe Costa	96	Sporting	1:02:08.91		477	
	100m: 1:11.94 1:11.94	1400m: 17:16.75 1:15.72	2700m: 33:28.14 1:16.43	4000m: 49:41.85 1:13.66			
	200m: 2:25.47 1:13.53	1500m: 18:32.29 1:15.54	2800m: 34:44.50 1:16.36	4100m: 50:55.65 1:13.80			
	300m: 3:39.04 1:13.57	1600m: 19:47.02 1:14.73	2900m: 36:01.73 1:17.23	4200m: 52:10.29 1:14.64			
	400m: 4:52.62 1:13.58	1700m: 21:01.02 1:14.00	3000m: 37:18.98 1:17.25	4300m: 53:24.55 1:14.26			
	500m: 6:06.35 1:13.73	1800m: 22:15.40 1:14.38	3100m: 38:35.73 1:16.75	4400m: 54:39.88 1:15.33			
	600m: 7:20.25 1:13.90	1900m: 23:29.40 1:14.00	3200m: 39:52.43 1:16.70	4500m: 55:54.77 1:14.89			
	700m: 8:34.00 1:13.75	2000m: 24:43.69 1:14.29	3300m: 41:06.67 1:14.24	4600m: 57:11.00 1:16.23			
	800m: 9:47.61 1:13.61	2100m: 25:56.64 1:12.95	3400m: 42:21.37 1:14.70	4700m: 58:27.86 1:16.86			
	900m: 11:01.76 1:14.15	2200m: 27:09.92 1:13.28	3500m: 43:35.79 1:14.42	4800m: 59:44.53 1:16.67			
	1000m: 12:16.36 1:14.60	2300m: 28:24.21 1:14.29	3600m: 44:49.54 1:13.75	4900m: 1:00:58.86 1:14.33			
	1100m: 13:30.89 1:14.53	2400m: 29:39.79 1:15.58	3700m: 46:02.46 1:12.92	5000m: 1:02:08.91 1:10.05			
	1200m: 14:45.86 1:14.97	2500m: 30:55.60 1:15.81	3800m: 47:15.43 1:12.97				
	1300m: 16:01.03 1:15.17	2600m: 32:11.71 1:16.11	3900m: 48:28.19 1:12.76				
4.	Bruno Miguel Rainho	96	Geslours	1:02:11.84		476	
	100m: 1:11.73 1:11.73	1400m: 16:59.45 1:12.31	2700m: 32:51.26 1:15.35	4000m: 49:17.08 1:16.05			
	200m: 2:24.27 1:12.54	1500m: 18:12.17 1:12.72	2800m: 34:06.57 1:15.31	4100m: 50:33.23 1:16.15			
	300m: 3:36.90 1:12.63	1600m: 19:25.81 1:13.64	2900m: 35:21.79 1:15.22	4200m: 51:50.16 1:16.93			
	400m: 4:49.90 1:13.00	1700m: 20:38.68 1:12.87	3000m: 36:36.22 1:14.43	4300m: 53:07.68 1:17.52			
	500m: 6:03.16 1:13.26	1800m: 21:50.64 1:11.96	3100m: 37:52.14 1:15.92	4400m: 54:26.22 1:18.54			
	600m: 7:16.20 1:13.04	1900m: 23:03.28 1:12.64	3200m: 39:06.16 1:14.02	4500m: 55:45.39 1:19.17			
	700m: 8:29.39 1:13.19	2000m: 24:15.58 1:12.30	3300m: 40:22.55 1:16.39	4600m: 57:03.89 1:18.50			
	800m: 9:42.44 1:13.05	2100m: 25:28.78 1:13.20	3400m: 41:39.82 1:17.27	4700m: 58:20.60 1:16.71			
	900m: 10:55.79 1:13.35	2200m: 26:41.71 1:12.93	3500m: 42:56.87 1:17.05	4800m: 59:38.12 1:17.52			
	1000m: 12:08.86 1:13.07	2300m: 27:54.80 1:13.09	3600m: 44:11.66 1:14.79	4900m: 1:00:55.62 1:17.50			
	1100m: 13:21.52 1:12.66	2400m: 29:07.88 1:13.08	3700m: 45:27.71 1:16.05	5000m: 1:02:11.84 1:16.22			
	1200m: 14:34.41 1:12.89	2500m: 30:21.88 1:14.00	3800m: 46:44.39 1:16.68				
	1300m: 15:47.14 1:12.73	2600m: 31:35.91 1:14.03	3900m: 48:01.03 1:16.64				

Campeonato Nacional Longa Distância FQ (3 e 5 Km)
Coimbra, 23-2-2013

Prova 4, Masc., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Daniel Rento Laureano	95	Leixoes	1:02:32.90		468	
	100m: 1:09.74 1:09.74	1400m: 16:51.05 1:13.20	2700m: 33:00.25 1:15.14	4000m: 49:36.34 1:19.62			
	200m: 2:21.20 1:11.46	1500m: 18:04.63 1:13.58	2800m: 34:15.36 1:15.11	4100m: 50:55.81 1:19.47			
	300m: 3:33.64 1:12.44	1600m: 19:18.47 1:13.84	2900m: 35:29.27 1:13.91	4200m: 52:15.64 1:19.83			
	400m: 4:46.75 1:13.11	1700m: 20:32.69 1:14.22	3000m: 36:45.13 1:15.86	4300m: 53:34.84 1:19.20			
	500m: 5:59.18 1:12.43	1800m: 21:47.05 1:14.36	3100m: 37:59.83 1:14.70	4400m: 54:54.36 1:19.52			
	600m: 7:11.59 1:12.41	1900m: 23:00.98 1:13.93	3200m: 39:15.23 1:15.40	4500m: 56:13.99 1:19.63			
	700m: 8:23.60 1:12.01	2000m: 24:15.22 1:14.24	3300m: 40:31.55 1:16.32	4600m: 57:32.09 1:18.10			
	800m: 9:35.84 1:12.24	2100m: 25:29.37 1:14.15	3400m: 41:48.21 1:16.66	4700m: 58:50.20 1:18.11			
	900m: 10:47.64 1:11.80	2200m: 26:43.44 1:14.07	3500m: 43:05.95 1:17.74	4800m: 1:00:07.87 1:17.67			
	1000m: 11:59.87 1:12.23	2300m: 27:58.33 1:14.89	3600m: 44:23.11 1:17.16	4900m: 1:01:21.83 1:13.96			
	1100m: 13:12.25 1:12.38	2400m: 29:14.15 1:15.82	3700m: 45:40.49 1:17.38	5000m: 1:02:32.90 1:11.07			
	1200m: 14:24.96 1:12.71	2500m: 30:29.97 1:15.82	3800m: 46:58.40 1:17.91				
	1300m: 15:37.85 1:12.89	2600m: 31:45.11 1:15.14	3900m: 48:16.72 1:18.32				
6.	Pedro Miguel Henriques	96	Cartaxo	1:04:00.58		436	
	100m: 1:13.30 1:13.30	1400m: 17:37.84 1:15.62	2700m: 34:04.70 1:14.49	4000m: 51:00.55 1:17.18			
	200m: 2:28.85 1:15.55	1500m: 18:51.89 1:14.05	2800m: 35:19.28 1:14.58	4100m: 52:17.46 1:16.91			
	300m: 3:44.07 1:15.22	1600m: 20:08.13 1:16.24	2900m: 36:37.83 1:18.55	4200m: 53:33.37 1:15.91			
	400m: 4:58.13 1:14.06	1700m: 21:24.88 1:16.75	3000m: 37:55.54 1:17.71	4300m: 54:49.13 1:15.76			
	500m: 6:13.71 1:15.58	1800m: 22:40.36 1:15.48	3100m: 39:14.60 1:19.06	4400m: 56:07.07 1:17.94			
	600m: 7:29.47 1:15.76	1900m: 23:57.15 1:16.79	3200m: 40:34.04 1:19.44	4500m: 57:25.21 1:18.14			
	700m: 8:45.38 1:15.91	2000m: 25:12.54 1:15.39	3300m: 41:52.84 1:18.80	4600m: 58:42.78 1:17.57			
	800m: 10:01.71 1:16.33	2100m: 26:28.28 1:15.74	3400m: 43:11.40 1:18.56	4700m: 1:00:01.57 1:18.79			
	900m: 11:18.83 1:17.12	2200m: 27:43.02 1:14.74	3500m: 44:31.82 1:20.42	4800m: 1:01:21.49 1:19.92			
	1000m: 12:35.05 1:16.22	2300m: 28:59.99 1:16.97	3600m: 45:50.99 1:19.17	4900m: 1:02:41.59 1:20.10			
	1100m: 13:52.01 1:16.96	2400m: 30:17.94 1:17.95	3700m: 47:10.06 1:19.07	5000m: 1:04:00.58 1:18.99			
	1200m: 15:07.20 1:15.19	2500m: 31:34.86 1:16.92	3800m: 48:27.26 1:17.20				
	1300m: 16:22.22 1:15.02	2600m: 32:50.21 1:15.35	3900m: 49:43.37 1:16.11				
7.	Bernardo Filipe Pereira	96	Pimpoes/Cimai	1:05:52.48		400	
	100m: 1:12.59 1:12.59	1400m: 18:12.20 1:19.53	2700m: 35:23.62 1:19.72	4000m: 52:44.83 1:20.19			
	200m: 2:28.46 1:15.87	1500m: 19:31.11 1:18.91	2800m: 36:42.65 1:19.03	4100m: 54:05.18 1:20.35			
	300m: 3:45.90 1:17.44	1600m: 20:50.51 1:19.40	2900m: 38:02.51 1:19.86	4200m: 55:24.56 1:19.38			
	400m: 5:03.96 1:18.06	1700m: 22:09.25 1:18.74	3000m: 39:22.91 1:20.40	4300m: 56:44.49 1:19.93			
	500m: 6:21.95 1:17.99	1800m: 23:28.12 1:18.87	3100m: 40:43.07 1:20.16	4400m: 58:04.18 1:19.69			
	600m: 7:40.49 1:18.54	1900m: 24:46.79 1:18.67	3200m: 42:03.12 1:20.05	4500m: 59:24.16 1:19.98			
	700m: 8:59.63 1:19.14	2000m: 26:05.75 1:18.96	3300m: 43:24.12 1:21.00	4600m: 1:00:43.03 1:18.87			
	800m: 10:17.83 1:18.20	2100m: 27:24.26 1:18.51	3400m: 44:44.58 1:20.46	4700m: 1:02:02.01 1:18.98			
	900m: 11:36.94 1:19.11	2200m: 28:44.46 1:20.20	3500m: 46:03.90 1:19.32	4800m: 1:03:19.92 1:17.91			
	1000m: 12:55.94 1:19.00	2300m: 30:04.60 1:20.14	3600m: 47:25.86 1:21.96	4900m: 1:04:37.41 1:17.49			
	1100m: 14:14.48 1:18.54	2400m: 31:24.50 1:19.90	3700m: 48:44.77 1:18.91	5000m: 1:05:52.48 1:15.07			
	1200m: 15:33.10 1:18.62	2500m: 32:43.86 1:19.36	3800m: 50:04.81 1:20.04				
	1300m: 16:52.67 1:19.57	2600m: 34:03.90 1:20.04	3900m: 51:24.64 1:19.83				
8.	Antonio Miguel Vitorino	96	Viana Natacao	1:05:55.00		399	
	100m: 1:17.56 1:17.56	1400m: 18:22.83 1:19.76	2700m: 35:56.94 1:22.25	4000m: 53:06.51 1:20.40			
	200m: 2:36.81 1:19.25	1500m: 19:40.30 1:17.47	2800m: 37:14.19 1:17.25	4100m: 54:27.92 1:21.41			
	300m: 3:56.67 1:19.86	1600m: 21:00.49 1:20.19	2900m: 38:31.87 1:17.68	4200m: 55:49.19 1:21.27			
	400m: 5:15.23 1:18.56	1700m: 22:21.01 1:20.52	3000m: 39:51.28 1:19.41	4300m: 57:08.80 1:19.61			
	500m: 6:33.92 1:18.69	1800m: 23:42.38 1:21.37	3100m: 41:10.70 1:19.42	4400m: 58:26.92 1:18.12			
	600m: 7:53.27 1:19.35	1900m: 25:04.22 1:21.84	3200m: 42:29.54 1:18.84	4500m: 59:44.45 1:17.53			
	700m: 9:09.64 1:16.37	2000m: 26:25.96 1:21.74	3300m: 43:49.54 1:20.00	4600m: 1:01:02.04 1:17.59			
	800m: 10:27.92 1:18.28	2100m: 27:46.48 1:20.52	3400m: 45:10.40 1:20.86	4700m: 1:02:17.64 1:15.60			
	900m: 11:46.70 1:18.78	2200m: 29:07.32 1:20.84	3500m: 46:31.96 1:21.56	4800m: 1:03:32.03 1:14.39			
	1000m: 13:05.27 1:18.57	2300m: 30:29.19 1:21.87	3600m: 47:52.74 1:20.78	4900m: 1:04:43.89 1:11.86			
	1100m: 14:24.43 1:19.16	2400m: 31:51.30 1:22.11	3700m: 49:07.81 1:15.07	5000m: 1:05:55.00 1:11.11			
	1200m: 15:43.76 1:19.33	2500m: 33:12.40 1:21.10	3800m: 50:27.25 1:19.44				
	1300m: 17:03.07 1:19.31	2600m: 34:34.69 1:22.29	3900m: 51:46.11 1:18.86				