

Prova 4	Masc., 5000m Livres					Absoluto
13-04-2013 - 16:45						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 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Juniores

1. Rafael Lourenco Gil 96 Naval Amorense **56:15.31** 636

Melhor Registo dos Campeonatos

100m:	1:06.87	1:06.87	1400m:	15:30.47	1:06.48	2700m:	30:09.15	1:08.16	4000m:	44:56.82	1:08.29
200m:	2:12.89	1:06.02	1500m:	16:37.53	1:07.06	2800m:	31:17.47	1:08.32	4100m:	46:06.24	1:09.42
300m:	3:19.14	1:06.25	1600m:	17:44.61	1:07.08	2900m:	32:24.48	1:07.01	4200m:	47:14.69	1:08.45
400m:	4:25.71	1:06.57	1700m:	18:51.52	1:06.91	3000m:	33:32.01	1:07.53	4300m:	48:23.00	1:08.31
500m:	5:32.55	1:06.84	1800m:	19:59.39	1:07.87	3100m:	34:40.32	1:08.31	4400m:	49:31.72	1:08.72
600m:	6:38.57	1:06.02	1900m:	21:06.44	1:07.05	3200m:	35:48.16	1:07.84	4500m:	50:39.74	1:08.02
700m:	7:44.72	1:06.15	2000m:	22:13.90	1:07.46	3300m:	36:56.73	1:08.57	4600m:	51:47.74	1:08.00
800m:	8:50.85	1:06.13	2100m:	23:20.89	1:06.99	3400m:	38:04.60	1:07.87	4700m:	52:55.82	1:08.08
900m:	9:57.22	1:06.37	2200m:	24:29.86	1:08.97	3500m:	39:14.11	1:09.51	4800m:	54:03.98	1:08.16
1000m:	11:03.70	1:06.48	2300m:	25:37.56	1:07.70	3600m:	40:22.70	1:08.59	4900m:	55:11.24	1:07.26
1100m:	12:10.33	1:06.63	2400m:	26:45.88	1:08.32	3700m:	41:31.77	1:09.07	5000m:	56:15.31	1:04.07
1200m:	13:17.24	1:06.91	2500m:	27:53.24	1:07.36	3800m:	42:40.05	1:08.28			
1300m:	14:23.99	1:06.75	2600m:	29:00.99	1:07.75	3900m:	43:48.53	1:08.48			

2. Pedro Maria Bessa 95 Vilacondense **59:24.18** 540

100m:	1:08.17	1:08.17	1400m:	16:01.09	1:09.40	2700m:	31:30.20	1:12.92	4000m:	47:25.44	1:14.50
200m:	2:16.52	1:08.35	1500m:	17:12.06	1:10.97	2800m:	32:42.61	1:12.41	4100m:	48:37.49	1:12.05
300m:	3:24.83	1:08.31	1600m:	18:22.40	1:10.34	2900m:	33:55.78	1:13.17	4200m:	49:49.71	1:12.22
400m:	4:33.42	1:08.59	1700m:	19:32.86	1:10.46	3000m:	35:09.29	1:13.51	4300m:	51:02.24	1:12.53
500m:	5:41.72	1:08.30	1800m:	20:43.52	1:10.66	3100m:	36:22.44	1:13.15	4400m:	52:14.90	1:12.66
600m:	6:49.96	1:08.24	1900m:	21:54.43	1:10.91	3200m:	37:34.65	1:12.21	4500m:	53:27.74	1:12.84
700m:	7:58.46	1:08.50	2000m:	23:06.56	1:12.13	3300m:	38:48.11	1:13.46	4600m:	54:40.10	1:12.36
800m:	9:06.68	1:08.22	2100m:	24:18.46	1:11.90	3400m:	40:01.96	1:13.85	4700m:	55:51.57	1:11.47
900m:	10:14.92	1:08.24	2200m:	25:29.76	1:11.30	3500m:	41:15.28	1:13.32	4800m:	57:03.56	1:11.99
1000m:	11:23.99	1:09.07	2300m:	26:41.40	1:11.64	3600m:	42:28.61	1:13.33	4900m:	58:14.99	1:11.43
1100m:	12:33.11	1:09.12	2400m:	27:53.63	1:12.23	3700m:	43:42.47	1:13.86	5000m:	59:24.18	1:09.19
1200m:	13:42.34	1:09.23	2500m:	29:05.67	1:12.04	3800m:	44:56.54	1:14.07			
1300m:	14:51.69	1:09.35	2600m:	30:17.28	1:11.61	3900m:	46:10.94	1:14.40			

3. Joao Filipe Costa 96 Sporting **1:01:54.13** 477

100m:	1:11.33	1:11.33	1400m:	17:15.21	1:14.56	2700m:	33:27.33	1:15.51	4000m:	49:41.99	1:16.15
200m:	2:25.09	1:13.76	1500m:	18:29.61	1:14.40	2800m:	34:41.73	1:14.40	4100m:	50:56.71	1:14.72
300m:	3:38.93	1:13.84	1600m:	19:44.29	1:14.68	2900m:	35:55.17	1:13.44	4200m:	52:09.76	1:13.05
400m:	4:53.03	1:14.10	1700m:	20:59.09	1:14.80	3000m:	37:09.31	1:14.14	4300m:	53:23.44	1:13.68
500m:	6:06.82	1:13.79	1800m:	22:13.78	1:14.69	3100m:	38:23.77	1:14.46	4400m:	54:37.56	1:14.12
600m:	7:20.44	1:13.62	1900m:	23:27.71	1:13.93	3200m:	39:38.76	1:14.99	4500m:	55:51.96	1:14.40
700m:	8:34.25	1:13.81	2000m:	24:42.52	1:14.81	3300m:	40:53.76	1:15.00	4600m:	57:04.67	1:12.71
800m:	9:48.45	1:14.20	2100m:	25:56.58	1:14.06	3400m:	42:08.83	1:15.07	4700m:	58:17.33	1:12.66
900m:	11:02.60	1:14.15	2200m:	27:10.90	1:14.32	3500m:	43:24.06	1:15.23	4800m:	59:30.75	1:13.42
1000m:	12:16.62	1:14.02	2300m:	28:26.18	1:15.28	3600m:	44:38.93	1:14.87	4900m:	1:00:43.11	1:12.36
1100m:	13:31.43	1:14.81	2400m:	29:41.30	1:15.12	3700m:	45:54.35	1:15.42	5000m:	1:01:54.13	1:11.02
1200m:	14:46.14	1:14.71	2500m:	30:56.51	1:15.21	3800m:	47:10.05	1:15.70			
1300m:	16:00.65	1:14.51	2600m:	32:11.82	1:15.31	3900m:	48:25.84	1:15.79			

Prova 4, Masc., 5000m Livres

Seniores

1. Mario Andre Bonanca	90	Sporting	54:45.61	690
<i>Melhor Registo dos Campeonatos</i>				
100m: 1:06.42	1:06.42	1400m: 15:22.35	1:05.10	2700m: 29:32.19
200m: 2:13.05	1:06.63	1500m: 16:27.44	1:05.09	2800m: 30:37.84
300m: 3:19.04	1:05.99	1600m: 17:32.54	1:05.10	2900m: 31:43.59
400m: 4:25.72	1:06.68	1700m: 18:37.49	1:04.95	3000m: 32:49.54
500m: 5:31.81	1:06.09	1800m: 19:42.77	1:05.28	3100m: 33:55.08
600m: 6:37.97	1:06.16	1900m: 20:47.78	1:05.01	3200m: 35:00.52
700m: 7:44.02	1:06.05	2000m: 21:52.77	1:04.99	3300m: 36:06.33
800m: 8:49.64	1:05.62	2100m: 22:58.53	1:05.76	3400m: 37:12.36
900m: 9:55.30	1:05.66	2200m: 24:03.75	1:05.22	3500m: 38:18.14
1000m: 11:01.09	1:05.79	2300m: 25:09.28	1:05.53	3600m: 39:23.98
1100m: 12:06.67	1:05.58	2400m: 26:15.15	1:05.87	3700m: 40:30.09
1200m: 13:11.96	1:05.29	2500m: 27:21.07	1:05.92	3800m: 41:35.95
1300m: 14:17.25	1:05.29	2600m: 28:26.45	1:05.38	3900m: 42:41.94
				4000m: 43:48.32
				4100m: 44:54.71
				4200m: 46:00.20
				4300m: 47:06.27
				4400m: 48:12.27
				4500m: 49:18.75
				4600m: 50:24.80
				4700m: 51:30.86
				4800m: 52:36.53
				4900m: 53:41.80
				5000m: 54:45.61
				1:06.38
				1:06.39
				1:05.49
				1:06.07
				1:06.00
				1:06.48
				1:06.05
				1:06.06
				1:05.67
				1:05.27
				1:03.81
2. Vasco Miguel Gaspar	90	Uniao Piedense	55:57.46	646
100m: 1:06.45	1:06.45	1400m: 15:22.75	1:05.09	2700m: 29:51.61
200m: 2:12.32	1:05.87	1500m: 16:28.15	1:05.40	2800m: 30:59.93
300m: 3:18.68	1:06.36	1600m: 17:33.79	1:05.64	2900m: 32:08.17
400m: 4:25.39	1:06.71	1700m: 18:39.76	1:05.97	3000m: 33:16.15
500m: 5:31.97	1:06.58	1800m: 19:46.22	1:06.46	3100m: 34:23.92
600m: 6:38.13	1:06.16	1900m: 20:52.57	1:06.35	3200m: 35:31.65
700m: 7:44.01	1:05.88	2000m: 21:59.76	1:07.19	3300m: 36:39.28
800m: 8:49.71	1:05.70	2100m: 23:06.22	1:06.46	3400m: 37:47.31
900m: 9:55.48	1:05.77	2200m: 24:12.84	1:06.62	3500m: 38:55.88
1000m: 11:01.22	1:05.74	2300m: 25:19.74	1:06.90	3600m: 40:04.72
1100m: 12:06.84	1:05.62	2400m: 26:27.39	1:07.65	3700m: 41:13.46
1200m: 13:12.16	1:05.32	2500m: 27:35.28	1:07.89	3800m: 42:21.98
1300m: 14:17.66	1:05.50	2600m: 28:43.10	1:07.82	3900m: 43:29.93
				1:08.51
				1:08.32
				1:08.24
				1:07.98
				1:07.77
				1:07.73
				1:07.63
				1:08.03
				1:08.57
				1:08.84
				1:08.74
				1:08.52
				1:07.95
				44:38.24
				45:46.80
				46:55.49
				48:04.48
				49:12.63
				50:20.73
				51:28.58
				52:36.02
				53:42.86
				54:50.77
				55:57.46
				1:08.31
				1:08.56
				1:08.69
				1:08.99
				1:08.15
				1:08.10
				1:07.85
				1:07.44
				1:06.84
				1:07.91
				1:06.69
3. Tiago Silva Oliveira	94	Leixoes	56:37.59	624
100m: 1:05.82	1:05.82	1400m: 15:40.40	1:08.25	2700m: 30:33.08
200m: 2:12.96	1:07.14	1500m: 16:48.61	1:08.21	2800m: 31:41.79
300m: 3:19.85	1:06.89	1600m: 17:57.17	1:08.56	2900m: 32:50.32
400m: 4:26.71	1:06.86	1700m: 19:05.59	1:08.42	3000m: 33:59.18
500m: 5:34.10	1:07.39	1800m: 20:14.17	1:08.58	3100m: 35:07.04
600m: 6:41.24	1:07.14	1900m: 21:22.76	1:08.59	3200m: 36:14.31
700m: 7:48.23	1:06.99	2000m: 22:31.66	1:08.90	3300m: 37:21.50
800m: 8:55.40	1:07.17	2100m: 23:40.46	1:08.80	3400m: 38:29.05
900m: 10:02.90	1:07.50	2200m: 24:49.25	1:08.79	3500m: 39:37.22
1000m: 11:10.41	1:07.51	2300m: 25:58.38	1:09.13	3600m: 40:45.27
1100m: 12:16.62	1:06.21	2400m: 27:07.33	1:08.95	3700m: 41:53.50
1200m: 13:24.16	1:07.54	2500m: 28:15.90	1:08.57	3800m: 43:01.52
1300m: 14:32.15	1:07.99	2600m: 29:24.37	1:08.47	3900m: 44:09.91
				1:08.71
				1:08.71
				1:08.53
				1:08.86
				1:07.86
				1:07.27
				1:07.19
				1:07.55
				1:08.17
				1:08.05
				1:08.23
				1:08.02
				1:08.39
				45:18.12
				46:26.74
				47:35.04
				48:43.58
				49:51.95
				51:00.20
				52:08.81
				53:16.90
				54:24.99
				55:33.28
				56:37.59
				1:08.21
				1:08.62
				1:08.30
				1:08.54
				1:08.37
				1:08.25
				1:08.61
				1:08.09
				1:08.09
				1:08.29
				1:04.31
4. Artiom Viatcheslavovitch Poliakov	93	Estrelas S. Joao Brito	57:00.82	611
100m: 1:05.38	1:05.38	1400m: 15:40.44	1:08.27	2700m: 30:32.85
200m: 2:12.33	1:06.95	1500m: 16:48.48	1:08.04	2800m: 31:41.47
300m: 3:19.33	1:07.00	1600m: 17:56.88	1:08.40	2900m: 32:50.33
400m: 4:26.32	1:06.99	1700m: 19:05.41	1:08.53	3000m: 33:59.15
500m: 5:33.13	1:06.81	1800m: 20:13.82	1:08.41	3100m: 35:07.70
600m: 6:39.87	1:06.74	1900m: 21:22.63	1:08.81	3200m: 36:15.92
700m: 7:47.02	1:07.15	2000m: 22:31.53	1:08.90	3300m: 37:24.86
800m: 8:54.15	1:07.13	2100m: 23:40.27	1:08.74	3400m: 38:33.48
900m: 10:01.43	1:07.28	2200m: 24:49.04	1:08.77	3500m: 39:42.05
1000m: 11:08.81	1:07.38	2300m: 25:58.19	1:09.15	3600m: 40:50.71
1100m: 12:16.12	1:07.31	2400m: 27:07.06	1:08.87	3700m: 41:59.46
1200m: 13:23.90	1:07.78	2500m: 28:15.62	1:08.56	3800m: 43:08.43
1300m: 14:32.17	1:08.27	2600m: 29:24.05	1:08.43	3900m: 44:18.05
				1:08.80
				1:08.62
				1:08.86
				1:08.82
				1:08.55
				1:08.22
				1:08.94
				1:08.62
				1:08.57
				1:08.66
				1:08.75
				1:08.97
				1:09.62
				45:27.28
				46:35.86
				47:45.29
				48:54.93
				50:04.43
				51:14.34
				52:24.14
				53:33.24
				54:43.45
				55:53.07
				57:00.82
				1:09.23
				1:08.58
				1:09.43
				1:09.64
				1:09.50
				1:09.91
				1:09.80
				1:09.10
				1:10.21
				1:09.62
				1:07.75

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Arseniy Lavrentyev	83	Alges	58:30.60		565	
	100m: 1:07.15 1:07.15	1400m: 16:04.73	1:09.38	2700m: 31:04.42	1:09.65	4000m: 46:26.93	1:11.73
	200m: 2:15.60 1:08.45	1500m: 17:14.02	1:09.29	2800m: 32:14.78	1:10.36	4100m: 47:37.88	1:10.95
	300m: 3:23.91 1:08.31	1600m: 18:22.97	1:08.95	2900m: 33:25.42	1:10.64	4200m: 48:50.38	1:12.50
	400m: 4:32.56 1:08.65	1700m: 19:31.99	1:09.02	3000m: 34:35.60	1:10.18	4300m: 50:02.69	1:12.31
	500m: 5:41.55 1:08.99	1800m: 20:41.28	1:09.29	3100m: 35:46.18	1:10.58	4400m: 51:15.41	1:12.72
	600m: 6:50.27 1:08.72	1900m: 21:50.70	1:09.42	3200m: 36:56.92	1:10.74	4500m: 52:27.98	1:12.57
	700m: 7:59.21 1:08.94	2000m: 23:00.61	1:09.91	3300m: 38:07.78	1:10.86	4600m: 53:40.64	1:12.66
	800m: 9:08.60 1:09.39	2100m: 24:09.74	1:09.13	3400m: 39:19.85	1:12.07	4700m: 54:53.49	1:12.85
	900m: 10:18.17 1:09.57	2200m: 25:19.15	1:09.41	3500m: 40:31.55	1:11.70	4800m: 56:05.09	1:11.60
	1000m: 11:27.63 1:09.46	2300m: 26:27.68	1:08.53	3600m: 41:41.42	1:09.87	4900m: 57:17.97	1:12.88
	1100m: 12:36.80 1:09.17	2400m: 27:36.10	1:08.42	3700m: 42:52.19	1:10.77	5000m: 58:30.60	1:12.63
	1200m: 13:46.27 1:09.47	2500m: 28:45.23	1:09.13	3800m: 44:03.57	1:11.38		
	1300m: 14:55.35 1:09.08	2600m: 29:54.77	1:09.54	3900m: 45:15.20	1:11.63		
6.	Hugo Neves Neto	94	Columbofila Cantanhedense	58:31.50		565	
	100m: 1:07.40 1:07.40	1400m: 16:01.39	1:09.32	2700m: 31:14.91	1:11.05	4000m: 46:40.89	1:11.55
	200m: 2:14.53 1:07.13	1500m: 17:11.38	1:09.99	2800m: 32:25.42	1:10.51	4100m: 47:52.44	1:11.55
	300m: 3:22.11 1:07.58	1600m: 18:21.30	1:09.92	2900m: 33:36.52	1:11.10	4200m: 49:03.70	1:11.26
	400m: 4:30.27 1:08.16	1700m: 19:31.24	1:09.94	3000m: 34:47.29	1:10.77	4300m: 50:14.90	1:11.20
	500m: 5:38.81 1:08.54	1800m: 20:40.66	1:09.42	3100m: 35:58.33	1:11.04	4400m: 51:26.89	1:11.99
	600m: 6:47.41 1:08.60	1900m: 21:50.27	1:09.61	3200m: 37:09.73	1:11.40	4500m: 52:37.87	1:10.98
	700m: 7:56.19 1:08.78	2000m: 23:00.17	1:09.90	3300m: 38:20.93	1:11.20	4600m: 53:49.48	1:11.61
	800m: 9:04.90 1:08.71	2100m: 24:10.13	1:09.96	3400m: 39:31.77	1:10.84	4700m: 55:00.55	1:11.07
	900m: 10:14.34 1:09.44	2200m: 25:20.09	1:09.96	3500m: 40:43.13	1:11.36	4800m: 56:12.17	1:11.62
	1000m: 11:23.62 1:09.28	2300m: 26:30.59	1:10.50	3600m: 41:54.50	1:11.37	4900m: 57:23.08	1:10.91
	1100m: 12:33.21 1:09.59	2400m: 27:41.23	1:10.64	3700m: 43:05.54	1:11.04	5000m: 58:31.50	1:08.42
	1200m: 13:42.43 1:09.22	2500m: 28:52.79	1:11.56	3800m: 44:17.64	1:12.10		
	1300m: 14:52.07 1:09.64	2600m: 30:03.86	1:11.07	3900m: 45:29.34	1:11.70		
7.	Joao Luis Silva	94	GesLoures	1:03:08.56		450	
	100m: 1:11.34 1:11.34	1400m: 17:31.86	1:15.40	2700m: 33:58.31	1:15.87	4000m: 50:30.80	1:15.35
	200m: 2:24.86 1:13.52	1500m: 18:47.58	1:15.72	2800m: 35:15.01	1:16.70	4100m: 51:46.73	1:15.93
	300m: 3:39.48 1:14.62	1600m: 20:02.83	1:15.25	2900m: 36:31.48	1:16.47	4200m: 53:02.64	1:15.91
	400m: 4:54.09 1:14.61	1700m: 21:18.15	1:15.32	3000m: 37:48.50	1:17.02	4300m: 54:18.25	1:15.61
	500m: 6:09.50 1:15.41	1800m: 22:33.31	1:15.16	3100m: 39:05.97	1:17.47	4400m: 55:34.28	1:16.03
	600m: 7:25.16 1:15.66	1900m: 23:48.95	1:15.64	3200m: 40:23.07	1:17.10	4500m: 56:50.18	1:15.90
	700m: 8:40.60 1:15.44	2000m: 25:04.68	1:15.73	3300m: 41:39.03	1:15.96	4600m: 58:06.22	1:16.04
	800m: 9:56.74 1:16.14	2100m: 26:20.66	1:15.98	3400m: 42:55.08	1:16.05	4700m: 59:21.54	1:15.32
	900m: 11:12.29 1:15.55	2200m: 27:36.66	1:16.00	3500m: 44:11.36	1:16.28	4800m: 1:00:37.40	1:15.86
	1000m: 12:29.01 1:16.72	2300m: 28:53.12	1:16.46	3600m: 45:27.69	1:16.33	4900m: 1:01:52.76	1:15.36
	1100m: 13:44.35 1:15.34	2400m: 30:09.56	1:16.44	3700m: 46:44.08	1:16.39	5000m: 1:03:08.56	1:15.80
	1200m: 15:00.22 1:15.87	2500m: 31:26.11	1:16.55	3800m: 48:00.21	1:16.13		
	1300m: 16:16.46 1:16.24	2600m: 32:42.44	1:16.33	3900m: 49:15.45	1:15.24		

Absoluto

1.	Mario Andre Bonanca	90	Sporting	54:45.61		690	
	<i>Melhor Registo dos Campeonatos</i>						
	100m: 1:06.42 1:06.42	1200m: 13:11.96	1:05.29	2300m: 25:09.28	1:05.53	3400m: 37:12.36	1:06.03
	200m: 2:13.05 1:06.63	1300m: 14:17.25	1:05.29	2400m: 26:15.15	1:05.87	3500m: 38:18.14	1:05.78
	300m: 3:19.04 1:05.99	1400m: 15:22.35	1:05.10	2500m: 27:21.07	1:05.92	3600m: 39:23.98	1:05.84
	400m: 4:25.72 1:06.68	1500m: 16:27.44	1:05.09	2600m: 28:26.45	1:05.38	3700m: 40:30.09	1:06.11
	500m: 5:31.81 1:06.09	1600m: 17:32.54	1:05.10	2700m: 29:32.19	1:05.74	3800m: 41:35.95	1:05.86
	600m: 6:37.97 1:06.16	1700m: 18:37.49	1:04.95	2800m: 30:37.84	1:05.65	3900m: 42:41.94	1:05.99
	700m: 7:44.02 1:06.05	1800m: 19:42.77	1:05.28	2900m: 31:43.59	1:05.75	4000m: 43:48.32	1:06.38
	800m: 8:49.64 1:05.62	1900m: 20:47.78	1:05.01	3000m: 32:49.54	1:05.95	4100m: 44:54.71	1:06.39
	900m: 9:55.30 1:05.66	2000m: 21:52.77	1:04.99	3100m: 33:55.08	1:05.54	4200m: 46:00.20	1:05.49
	1000m: 11:01.09 1:05.79	2100m: 22:58.53	1:05.76	3200m: 35:00.52	1:05.44	4300m: 47:06.27	1:06.07
	1100m: 12:06.67 1:05.58	2200m: 24:03.75	1:05.22	3300m: 36:06.33	1:05.81	4400m: 48:12.27	1:06.00

Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4500m: 49:18.75 1:06.48	4700m: 51:30.86 1:06.06	4900m: 53:41.80 1:05.27				
	4600m: 50:24.80 1:06.05	4800m: 52:36.53 1:05.67	5000m: 54:45.61 1:03.81				
2.	Vasco Miguel Gaspar	90	Uniao Piedense	55:57.46		646	
	100m: 1:06.45 1:06.45	1400m: 15:22.75 1:05.09	2700m: 29:51.61 1:08.51	4000m: 44:38.24 1:08.31			
	200m: 2:12.32 1:05.87	1500m: 16:28.15 1:05.40	2800m: 30:59.93 1:08.32	4100m: 45:46.80 1:08.56			
	300m: 3:18.68 1:06.36	1600m: 17:33.79 1:05.64	2900m: 32:08.17 1:08.24	4200m: 46:55.49 1:08.69			
	400m: 4:25.39 1:06.71	1700m: 18:39.76 1:05.97	3000m: 33:16.15 1:07.98	4300m: 48:04.48 1:08.99			
	500m: 5:31.97 1:06.58	1800m: 19:46.22 1:06.46	3100m: 34:23.92 1:07.77	4400m: 49:12.63 1:08.15			
	600m: 6:38.13 1:06.16	1900m: 20:52.57 1:06.35	3200m: 35:31.65 1:07.73	4500m: 50:20.73 1:08.10			
	700m: 7:44.01 1:05.88	2000m: 21:59.76 1:07.19	3300m: 36:39.28 1:07.63	4600m: 51:28.58 1:07.85			
	800m: 8:49.71 1:05.70	2100m: 23:06.22 1:06.46	3400m: 37:47.31 1:08.03	4700m: 52:36.02 1:07.44			
	900m: 9:55.48 1:05.77	2200m: 24:12.84 1:06.62	3500m: 38:55.88 1:08.57	4800m: 53:42.86 1:06.84			
	1000m: 11:01.22 1:05.74	2300m: 25:19.74 1:06.90	3600m: 40:04.72 1:08.84	4900m: 54:50.77 1:07.91			
	1100m: 12:06.84 1:05.62	2400m: 26:27.39 1:07.65	3700m: 41:13.46 1:08.74	5000m: 55:57.46 1:06.69			
	1200m: 13:12.16 1:05.32	2500m: 27:35.28 1:07.89	3800m: 42:21.98 1:08.52				
	1300m: 14:17.66 1:05.50	2600m: 28:43.10 1:07.82	3900m: 43:29.93 1:07.95				
3.	Rafael Lourenco Gil	96	Naval Amorense	56:15.31		636	
	<i>Melhor Registo dos Campeonatos</i>						
	100m: 1:06.87 1:06.87	1400m: 15:30.47 1:06.48	2700m: 30:09.15 1:08.16	4000m: 44:56.82 1:08.29			
	200m: 2:12.89 1:06.02	1500m: 16:37.53 1:07.06	2800m: 31:17.47 1:08.32	4100m: 46:06.24 1:09.42			
	300m: 3:19.14 1:06.25	1600m: 17:44.61 1:07.08	2900m: 32:24.48 1:07.01	4200m: 47:14.69 1:08.45			
	400m: 4:25.71 1:06.57	1700m: 18:51.52 1:06.91	3000m: 33:32.01 1:07.53	4300m: 48:23.00 1:08.31			
	500m: 5:32.55 1:06.84	1800m: 19:59.39 1:07.87	3100m: 34:40.32 1:08.31	4400m: 49:31.72 1:08.72			
	600m: 6:38.57 1:06.02	1900m: 21:06.44 1:07.05	3200m: 35:48.16 1:07.84	4500m: 50:39.74 1:08.02			
	700m: 7:44.72 1:06.15	2000m: 22:13.90 1:07.46	3300m: 36:56.73 1:08.57	4600m: 51:47.74 1:08.00			
	800m: 8:50.85 1:06.13	2100m: 23:20.89 1:06.99	3400m: 38:04.60 1:07.87	4700m: 52:55.82 1:08.08			
	900m: 9:57.22 1:06.37	2200m: 24:29.86 1:08.97	3500m: 39:14.11 1:09.51	4800m: 54:03.98 1:08.16			
	1000m: 11:03.70 1:06.48	2300m: 25:37.56 1:07.70	3600m: 40:22.70 1:08.59	4900m: 55:11.24 1:07.26			
	1100m: 12:10.33 1:06.63	2400m: 26:45.88 1:08.32	3700m: 41:31.77 1:09.07	5000m: 56:15.31 1:04.07			
	1200m: 13:17.24 1:06.91	2500m: 27:53.24 1:07.36	3800m: 42:40.05 1:08.28				
	1300m: 14:23.99 1:06.75	2600m: 29:00.99 1:07.75	3900m: 43:48.53 1:08.48				
4.	Tiago Silva Oliveira	94	Leixoes	56:37.59		624	
	100m: 1:05.82 1:05.82	1400m: 15:40.40 1:08.25	2700m: 30:33.08 1:08.71	4000m: 45:18.12 1:08.21			
	200m: 2:12.96 1:07.14	1500m: 16:48.61 1:08.21	2800m: 31:41.79 1:08.71	4100m: 46:26.74 1:08.62			
	300m: 3:19.85 1:06.89	1600m: 17:57.17 1:08.56	2900m: 32:50.32 1:08.53	4200m: 47:35.04 1:08.30			
	400m: 4:26.71 1:06.86	1700m: 19:05.59 1:08.42	3000m: 33:59.18 1:08.86	4300m: 48:43.58 1:08.54			
	500m: 5:34.10 1:07.39	1800m: 20:14.17 1:08.58	3100m: 35:07.04 1:07.86	4400m: 49:51.95 1:08.37			
	600m: 6:41.24 1:07.14	1900m: 21:22.76 1:08.59	3200m: 36:14.31 1:07.27	4500m: 51:00.20 1:08.25			
	700m: 7:48.23 1:06.99	2000m: 22:31.66 1:08.90	3300m: 37:21.50 1:07.19	4600m: 52:08.81 1:08.61			
	800m: 8:55.40 1:07.17	2100m: 23:40.46 1:08.80	3400m: 38:29.05 1:07.55	4700m: 53:16.90 1:08.09			
	900m: 10:02.90 1:07.50	2200m: 24:49.25 1:08.79	3500m: 39:37.22 1:08.17	4800m: 54:24.99 1:08.09			
	1000m: 11:10.41 1:07.51	2300m: 25:58.38 1:09.13	3600m: 40:45.27 1:08.05	4900m: 55:33.28 1:08.29			
	1100m: 12:16.62 1:06.21	2400m: 27:07.33 1:08.95	3700m: 41:53.50 1:08.23	5000m: 56:37.59 1:04.31			
	1200m: 13:24.16 1:07.54	2500m: 28:15.90 1:08.57	3800m: 43:01.52 1:08.02				
	1300m: 14:32.15 1:07.99	2600m: 29:24.37 1:08.47	3900m: 44:09.91 1:08.39				
5.	Artiom Viatcheslavovitch Poliakov	93	Estrelas S. Joao Brito	57:00.82		611	
	100m: 1:05.38 1:05.38	1300m: 14:32.17 1:08.27	2500m: 28:15.62 1:08.56	3700m: 41:59.46 1:08.75			
	200m: 2:12.33 1:06.95	1400m: 15:40.44 1:08.27	2600m: 29:24.05 1:08.43	3800m: 43:08.43 1:08.97			
	300m: 3:19.33 1:07.00	1500m: 16:48.48 1:08.04	2700m: 30:32.85 1:08.80	3900m: 44:18.05 1:09.62			
	400m: 4:26.32 1:06.99	1600m: 17:56.88 1:08.40	2800m: 31:41.47 1:08.62	4000m: 45:27.28 1:09.23			
	500m: 5:33.13 1:06.81	1700m: 19:05.41 1:08.53	2900m: 32:50.33 1:08.86	4100m: 46:35.86 1:08.58			
	600m: 6:39.87 1:06.74	1800m: 20:13.82 1:08.41	3000m: 33:59.15 1:08.82	4200m: 47:45.29 1:09.43			
	700m: 7:47.02 1:07.15	1900m: 21:22.63 1:08.81	3100m: 35:07.70 1:08.55	4300m: 48:54.93 1:09.64			
	800m: 8:54.15 1:07.13	2000m: 22:31.53 1:08.90	3200m: 36:15.92 1:08.22	4400m: 50:04.43 1:09.50			
	900m: 10:01.43 1:07.28	2100m: 23:40.27 1:08.74	3300m: 37:24.86 1:08.94	4500m: 51:14.34 1:09.91			
	1000m: 11:08.81 1:07.38	2200m: 24:49.04 1:08.77	3400m: 38:33.48 1:08.62	4600m: 52:24.14 1:09.80			
	1100m: 12:16.12 1:07.31	2300m: 25:58.19 1:09.15	3500m: 39:42.05 1:08.57	4700m: 53:33.24 1:09.10			
	1200m: 13:23.90 1:07.78	2400m: 27:07.06 1:08.87	3600m: 40:50.71 1:08.66	4800m: 54:43.45 1:10.21			

Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 55:53.07 1:09.62	5000m: 57:00.82 1:07.75					
6.	Arseniy Lavrentyev	83	Alges	58:30.60		565	
	100m: 1:07.15 1:07.15	1400m: 16:04.73 1:09.38	2700m: 31:04.42 1:09.65	4000m: 46:26.93 1:11.73			
	200m: 2:15.60 1:08.45	1500m: 17:14.02 1:09.29	2800m: 32:14.78 1:10.36	4100m: 47:37.88 1:10.95			
	300m: 3:23.91 1:08.31	1600m: 18:22.97 1:08.95	2900m: 33:25.42 1:10.64	4200m: 48:50.38 1:12.50			
	400m: 4:32.56 1:08.65	1700m: 19:31.99 1:09.02	3000m: 34:35.60 1:10.18	4300m: 50:02.69 1:12.31			
	500m: 5:41.55 1:08.99	1800m: 20:41.28 1:09.29	3100m: 35:46.18 1:10.58	4400m: 51:15.41 1:12.72			
	600m: 6:50.27 1:08.72	1900m: 21:50.70 1:09.42	3200m: 36:56.92 1:10.74	4500m: 52:27.98 1:12.57			
	700m: 7:59.21 1:08.94	2000m: 23:00.61 1:09.91	3300m: 38:07.78 1:10.86	4600m: 53:40.64 1:12.66			
	800m: 9:08.60 1:09.39	2100m: 24:09.74 1:09.13	3400m: 39:19.85 1:12.07	4700m: 54:53.49 1:12.85			
	900m: 10:18.17 1:09.57	2200m: 25:19.15 1:09.41	3500m: 40:31.55 1:11.70	4800m: 56:05.09 1:11.60			
	1000m: 11:27.63 1:09.46	2300m: 26:27.68 1:08.53	3600m: 41:41.42 1:09.87	4900m: 57:17.97 1:12.88			
	1100m: 12:36.80 1:09.17	2400m: 27:36.10 1:08.42	3700m: 42:52.19 1:10.77	5000m: 58:30.60 1:12.63			
	1200m: 13:46.27 1:09.47	2500m: 28:45.23 1:09.13	3800m: 44:03.57 1:11.38				
	1300m: 14:55.35 1:09.08	2600m: 29:54.77 1:09.54	3900m: 45:15.20 1:11.63				
7.	Hugo Neves Neto	94	Columbofila Cantanhedense	58:31.50		565	
	100m: 1:07.40 1:07.40	1400m: 16:01.39 1:09.32	2700m: 31:14.91 1:11.05	4000m: 46:40.89 1:11.55			
	200m: 2:14.53 1:07.13	1500m: 17:11.38 1:09.99	2800m: 32:25.42 1:10.51	4100m: 47:52.44 1:11.55			
	300m: 3:22.11 1:07.58	1600m: 18:21.30 1:09.92	2900m: 33:36.52 1:11.10	4200m: 49:03.70 1:11.26			
	400m: 4:30.27 1:08.16	1700m: 19:31.24 1:09.94	3000m: 34:47.29 1:10.77	4300m: 50:14.90 1:11.20			
	500m: 5:38.81 1:08.54	1800m: 20:40.66 1:09.42	3100m: 35:58.33 1:11.04	4400m: 51:26.89 1:11.99			
	600m: 6:47.41 1:08.60	1900m: 21:50.27 1:09.61	3200m: 37:09.73 1:11.40	4500m: 52:37.87 1:10.98			
	700m: 7:56.19 1:08.78	2000m: 23:00.17 1:09.90	3300m: 38:20.93 1:11.20	4600m: 53:49.48 1:11.61			
	800m: 9:04.90 1:08.71	2100m: 24:10.13 1:09.96	3400m: 39:31.77 1:10.84	4700m: 55:00.55 1:11.07			
	900m: 10:14.34 1:09.44	2200m: 25:20.09 1:09.96	3500m: 40:43.13 1:11.36	4800m: 56:12.17 1:11.62			
	1000m: 11:23.62 1:09.28	2300m: 26:30.59 1:10.50	3600m: 41:54.50 1:11.37	4900m: 57:23.08 1:10.91			
	1100m: 12:33.21 1:09.59	2400m: 27:41.23 1:10.64	3700m: 43:05.54 1:11.04	5000m: 58:31.50 1:08.42			
	1200m: 13:42.43 1:09.22	2500m: 28:52.79 1:11.56	3800m: 44:17.64 1:12.10				
	1300m: 14:52.07 1:09.64	2600m: 30:03.86 1:11.07	3900m: 45:29.34 1:11.70				
8.	Pedro Maria Bessa	95	Vilacondense	59:24.18		540	
	100m: 1:08.17 1:08.17	1400m: 16:01.09 1:09.40	2700m: 31:30.20 1:12.92	4000m: 47:25.44 1:14.50			
	200m: 2:16.52 1:08.35	1500m: 17:12.06 1:10.97	2800m: 32:42.61 1:12.41	4100m: 48:37.49 1:12.05			
	300m: 3:24.83 1:08.31	1600m: 18:22.40 1:10.34	2900m: 33:55.78 1:13.17	4200m: 49:49.71 1:12.22			
	400m: 4:33.42 1:08.59	1700m: 19:32.86 1:10.46	3000m: 35:09.29 1:13.51	4300m: 51:02.24 1:12.53			
	500m: 5:41.72 1:08.30	1800m: 20:43.52 1:10.66	3100m: 36:22.44 1:13.15	4400m: 52:14.90 1:12.66			
	600m: 6:49.96 1:08.24	1900m: 21:54.43 1:10.91	3200m: 37:34.65 1:12.21	4500m: 53:27.74 1:12.84			
	700m: 7:58.46 1:08.50	2000m: 23:06.56 1:12.13	3300m: 38:48.11 1:13.46	4600m: 54:40.10 1:12.36			
	800m: 9:06.68 1:08.22	2100m: 24:18.46 1:11.90	3400m: 40:01.96 1:13.85	4700m: 55:51.57 1:11.47			
	900m: 10:14.92 1:08.24	2200m: 25:29.76 1:11.30	3500m: 41:15.28 1:13.32	4800m: 57:03.56 1:11.99			
	1000m: 11:23.99 1:09.07	2300m: 26:41.40 1:11.64	3600m: 42:28.61 1:13.33	4900m: 58:14.99 1:11.43			
	1100m: 12:33.11 1:09.12	2400m: 27:53.63 1:12.23	3700m: 43:42.47 1:13.86	5000m: 59:24.18 1:09.19			
	1200m: 13:42.34 1:09.23	2500m: 29:05.67 1:12.04	3800m: 44:56.54 1:14.07				
	1300m: 14:51.69 1:09.35	2600m: 30:17.28 1:11.61	3900m: 46:10.94 1:14.40				
9.	Joao Filipe Costa	96	Sporting	1:01:54.13		477	
	100m: 1:11.33 1:11.33	1400m: 17:15.21 1:14.56	2700m: 33:27.33 1:15.51	4000m: 49:41.99 1:16.15			
	200m: 2:25.09 1:13.76	1500m: 18:29.61 1:14.40	2800m: 34:41.73 1:14.40	4100m: 50:56.71 1:14.72			
	300m: 3:38.93 1:13.84	1600m: 19:44.29 1:14.68	2900m: 35:55.17 1:13.44	4200m: 52:09.76 1:13.05			
	400m: 4:53.03 1:14.10	1700m: 20:59.09 1:14.80	3000m: 37:09.31 1:14.14	4300m: 53:23.44 1:13.68			
	500m: 6:06.82 1:13.79	1800m: 22:13.78 1:14.69	3100m: 38:23.77 1:14.46	4400m: 54:37.56 1:14.12			
	600m: 7:20.44 1:13.62	1900m: 23:27.71 1:13.93	3200m: 39:38.76 1:14.99	4500m: 55:51.96 1:14.40			
	700m: 8:34.25 1:13.81	2000m: 24:42.52 1:14.81	3300m: 40:53.76 1:15.00	4600m: 57:04.67 1:12.71			
	800m: 9:48.45 1:14.20	2100m: 25:56.58 1:14.06	3400m: 42:08.83 1:15.07	4700m: 58:17.33 1:12.66			
	900m: 11:02.60 1:14.15	2200m: 27:10.90 1:14.32	3500m: 43:24.06 1:15.23	4800m: 59:30.75 1:13.42			
	1000m: 12:16.62 1:14.02	2300m: 28:26.18 1:15.28	3600m: 44:38.93 1:14.87	4900m: 1:00:43.11 1:12.36			
	1100m: 13:31.43 1:14.81	2400m: 29:41.30 1:15.12	3700m: 45:54.35 1:15.42	5000m: 1:01:54.13 1:11.02			
	1200m: 14:46.14 1:14.71	2500m: 30:56.51 1:15.21	3800m: 47:10.05 1:15.70				
	1300m: 16:00.65 1:14.51	2600m: 32:11.82 1:15.31	3900m: 48:25.84 1:15.79				

Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
10.	Joao Luis Silva	94	GesLoures	1:03:08.56		450		
	100m: 1:11.34	1:11.34	1400m: 17:31.86	1:15.40	2700m: 33:58.31	1:15.87	4000m: 50:30.80	1:15.35
	200m: 2:24.86	1:13.52	1500m: 18:47.58	1:15.72	2800m: 35:15.01	1:16.70	4100m: 51:46.73	1:15.93
	300m: 3:39.48	1:14.62	1600m: 20:02.83	1:15.25	2900m: 36:31.48	1:16.47	4200m: 53:02.64	1:15.91
	400m: 4:54.09	1:14.61	1700m: 21:18.15	1:15.32	3000m: 37:48.50	1:17.02	4300m: 54:18.25	1:15.61
	500m: 6:09.50	1:15.41	1800m: 22:33.31	1:15.16	3100m: 39:05.97	1:17.47	4400m: 55:34.28	1:16.03
	600m: 7:25.16	1:15.66	1900m: 23:48.95	1:15.64	3200m: 40:23.07	1:17.10	4500m: 56:50.18	1:15.90
	700m: 8:40.60	1:15.44	2000m: 25:04.68	1:15.73	3300m: 41:39.03	1:15.96	4600m: 58:06.22	1:16.04
	800m: 9:56.74	1:16.14	2100m: 26:20.66	1:15.98	3400m: 42:55.08	1:16.05	4700m: 59:21.54	1:15.32
	900m: 11:12.29	1:15.55	2200m: 27:36.66	1:16.00	3500m: 44:11.36	1:16.28	4800m: 1:00:37.40	1:15.86
	1000m: 12:29.01	1:16.72	2300m: 28:53.12	1:16.46	3600m: 45:27.69	1:16.33	4900m: 1:01:52.76	1:15.36
	1100m: 13:44.35	1:15.34	2400m: 30:09.56	1:16.44	3700m: 46:44.08	1:16.39	5000m: 1:03:08.56	1:15.80
	1200m: 15:00.22	1:15.87	2500m: 31:26.11	1:16.55	3800m: 48:00.21	1:16.13		
	1300m: 16:16.46	1:16.24	2600m: 32:42.44	1:16.33	3900m: 49:15.45	1:15.24		