

Prova 1
13-04-2013 - 10:00

Masc., 3000m Livres

Juvenis
Resultados

Camp Nac Longa Distancia 35:08.71 Eduardo Filipe Carvalheiro ASSCC Coimbra 23-02-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	34:04.38		618		
<i>Melhor Registo dos Campeonatos</i>								
	100m: 1:05.57	1:05.57	900m: 10:05.19	1:08.35	1700m: 19:13.92	1:08.90	2500m: 28:24.69	1:08.71
	200m: 2:11.17	1:05.60	1000m: 11:13.03	1:07.84	1800m: 20:23.04	1:09.12	2600m: 29:34.18	1:09.49
	300m: 3:18.26	1:07.09	1100m: 12:21.74	1:08.71	1900m: 21:32.13	1:09.09	2700m: 30:43.86	1:09.68
	400m: 4:25.66	1:07.40	1200m: 13:29.96	1:08.22	2000m: 22:41.40	1:09.27	2800m: 31:53.52	1:09.66
	500m: 5:33.22	1:07.56	1300m: 14:38.70	1:08.74	2100m: 23:49.47	1:08.07	2900m: 33:02.23	1:08.71
	600m: 6:40.85	1:07.63	1400m: 15:47.97	1:09.27	2200m: 24:58.48	1:09.01	3000m: 34:04.38	1:02.15
	700m: 7:48.89	1:08.04	1500m: 16:56.67	1:08.70	2300m: 26:07.19	1:08.71		
	800m: 8:56.84	1:07.95	1600m: 18:05.02	1:08.35	2400m: 27:15.98	1:08.79		
2.	Diogo Manuel Marques	98	Columbofila Cantanhedense	34:04.66		618		
	100m: 1:06.22	1:06.22	900m: 10:07.50	1:07.91	1700m: 19:13.77	1:08.73	2500m: 28:24.51	1:09.60
	200m: 2:12.92	1:06.70	1000m: 11:15.54	1:08.04	1800m: 20:22.63	1:08.86	2600m: 29:33.92	1:09.41
	300m: 3:21.08	1:08.16	1100m: 12:24.22	1:08.68	1900m: 21:31.76	1:09.13	2700m: 30:43.39	1:09.47
	400m: 4:29.02	1:07.94	1200m: 13:32.68	1:08.46	2000m: 22:40.63	1:08.87	2800m: 31:53.12	1:09.73
	500m: 5:36.37	1:07.35	1300m: 14:41.40	1:08.72	2100m: 23:49.34	1:08.71	2900m: 33:01.64	1:08.52
	600m: 6:44.35	1:07.98	1400m: 15:49.69	1:08.29	2200m: 24:58.09	1:08.75	3000m: 34:04.66	1:03.02
	700m: 7:51.31	1:06.96	1500m: 16:56.82	1:07.13	2300m: 26:06.73	1:08.64		
	800m: 8:59.59	1:08.28	1600m: 18:05.04	1:08.22	2400m: 27:14.91	1:08.18		
3.	Eduardo Filipe Carvalheiro	97	Columbofila Cantanhedense	35:06.21		565		
	100m: 1:06.52	1:06.52	900m: 10:16.76	1:09.82	1700m: 19:35.94	1:11.00	2500m: 29:05.80	1:13.07
	200m: 2:13.27	1:06.75	1000m: 11:24.42	1:07.66	1800m: 20:47.18	1:11.24	2600m: 30:18.77	1:12.97
	300m: 3:21.22	1:07.95	1100m: 12:32.86	1:08.44	1900m: 21:57.31	1:10.13	2700m: 31:31.28	1:12.51
	400m: 4:29.77	1:08.55	1200m: 13:42.46	1:09.60	2000m: 23:07.28	1:09.97	2800m: 32:43.64	1:12.36
	500m: 5:38.11	1:08.34	1300m: 14:52.41	1:09.95	2100m: 24:17.23	1:09.95	2900m: 33:55.82	1:12.18
	600m: 6:47.73	1:09.62	1400m: 16:02.81	1:10.40	2200m: 25:28.44	1:11.21	3000m: 35:06.21	1:10.39
	700m: 7:57.47	1:09.74	1500m: 17:13.64	1:10.83	2300m: 26:40.20	1:11.76		
	800m: 9:06.94	1:09.47	1600m: 18:24.94	1:11.30	2400m: 27:52.73	1:12.53		
4.	Vitor Joao Pereira	97	Leixoes	35:36.87		541		
	100m: 1:06.62	1:06.62	900m: 10:16.78	1:09.77	1700m: 19:50.04	1:11.02	2500m: 29:28.52	1:14.14
	200m: 2:13.59	1:06.97	1000m: 11:25.49	1:08.71	1800m: 21:01.04	1:11.00	2600m: 30:42.49	1:13.97
	300m: 3:21.52	1:07.93	1100m: 12:37.71	1:12.22	1900m: 22:12.90	1:11.86	2700m: 31:55.46	1:12.97
	400m: 4:30.02	1:08.50	1200m: 13:50.43	1:12.72	2000m: 23:24.59	1:11.69	2800m: 33:09.79	1:14.33
	500m: 5:38.52	1:08.50	1300m: 15:03.01	1:12.58	2100m: 24:36.45	1:11.86	2900m: 34:24.07	1:14.28
	600m: 6:47.80	1:09.28	1400m: 16:15.39	1:12.38	2200m: 25:48.44	1:11.99	3000m: 35:36.87	1:12.80
	700m: 7:57.63	1:09.83	1500m: 17:27.57	1:12.18	2300m: 27:01.34	1:12.90		
	800m: 9:07.01	1:09.38	1600m: 18:39.02	1:11.45	2400m: 28:14.38	1:13.04		
5.	Joao Miguel Cardoso	97	GesLoures	35:55.02		528		
	100m: 1:07.89	1:07.89	900m: 10:41.75	1:11.69	1700m: 20:18.66	1:11.87	2500m: 29:59.40	1:12.93
	200m: 2:18.61	1:10.72	1000m: 11:53.48	1:11.73	1800m: 21:31.33	1:12.67	2600m: 31:13.07	1:13.67
	300m: 3:30.31	1:11.70	1100m: 13:05.70	1:12.22	1900m: 22:42.58	1:11.25	2700m: 32:25.61	1:12.54
	400m: 4:42.87	1:12.56	1200m: 14:18.33	1:12.63	2000m: 23:55.08	1:12.50	2800m: 33:38.08	1:12.47
	500m: 5:54.95	1:12.08	1300m: 15:29.90	1:11.57	2100m: 25:07.79	1:12.71	2900m: 34:47.85	1:09.77
	600m: 7:06.80	1:11.85	1400m: 16:41.95	1:12.05	2200m: 26:20.39	1:12.60	3000m: 35:55.02	1:07.17
	700m: 8:18.25	1:11.45	1500m: 17:54.25	1:12.30	2300m: 27:32.99	1:12.60		
	800m: 9:30.06	1:11.81	1600m: 19:06.79	1:12.54	2400m: 28:46.47	1:13.48		

Prova 1, Masc., 3000m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Isidro Carrara Bittini	97	Alges	36:58.53		484	
	100m: 1:12.69 1:12.69	900m: 11:09.30 1:13.38	1700m: 20:57.64 1:13.74	2500m: 30:48.27 1:14.33			
	200m: 2:28.29 1:15.60	1000m: 12:21.96 1:12.66	1800m: 22:10.87 1:13.23	2600m: 32:03.01 1:14.74			
	300m: 3:43.74 1:15.45	1100m: 13:35.52 1:13.56	1900m: 23:23.75 1:12.88	2700m: 33:17.29 1:14.28			
	400m: 4:58.80 1:15.06	1200m: 14:49.51 1:13.99	2000m: 24:36.67 1:12.92	2800m: 34:31.35 1:14.06			
	500m: 6:13.61 1:14.81	1300m: 16:03.15 1:13.64	2100m: 25:50.13 1:13.46	2900m: 35:46.16 1:14.81			
	600m: 7:27.87 1:14.26	1400m: 17:17.14 1:13.99	2200m: 27:04.16 1:14.03	3000m: 36:58.53 1:12.37			
	700m: 8:42.33 1:14.46	1500m: 18:30.70 1:13.56	2300m: 28:18.99 1:14.83				
	800m: 9:55.92 1:13.59	1600m: 19:43.90 1:13.20	2400m: 29:33.94 1:14.95				
7.	Henrique Mourinho Neves	97	Alges	37:08.92		477	
	100m: 1:10.31 1:10.31	900m: 11:10.61 1:13.74	1700m: 21:08.50 1:14.67	2500m: 31:03.27 1:13.33			
	200m: 2:24.61 1:14.30	1000m: 12:25.22 1:14.61	1800m: 22:23.63 1:15.13	2600m: 32:16.58 1:13.31			
	300m: 3:40.01 1:15.40	1100m: 13:40.28 1:15.06	1900m: 23:38.79 1:15.16	2700m: 33:29.99 1:13.41			
	400m: 4:55.53 1:15.52	1200m: 14:55.47 1:15.19	2000m: 24:55.33 1:16.54	2800m: 34:43.65 1:13.66			
	500m: 6:11.00 1:15.47	1300m: 16:10.25 1:14.78	2100m: 26:09.41 1:14.08	2900m: 35:56.59 1:12.94			
	600m: 7:27.28 1:16.28	1400m: 17:24.84 1:14.59	2200m: 27:23.46 1:14.05	3000m: 37:08.92 1:12.33			
	700m: 8:42.65 1:15.37	1500m: 18:39.60 1:14.76	2300m: 28:37.31 1:13.85				
	800m: 9:56.87 1:14.22	1600m: 19:53.83 1:14.23	2400m: 29:49.94 1:12.63				
8.	Leandro Miguel Baptista	98	Leixoes	37:18.69		471	
	100m: 1:10.76 1:10.76	900m: 11:10.60 1:15.12	1700m: 21:06.18 1:14.45	2500m: 31:05.52 1:15.35			
	200m: 2:25.34 1:14.58	1000m: 12:25.50 1:14.90	1800m: 22:20.37 1:14.19	2600m: 32:20.99 1:15.47			
	300m: 3:40.46 1:15.12	1100m: 13:41.32 1:15.82	1900m: 23:35.01 1:14.64	2700m: 33:36.38 1:15.39			
	400m: 4:55.42 1:14.96	1200m: 14:56.64 1:15.32	2000m: 24:50.84 1:15.83	2800m: 34:51.84 1:15.46			
	500m: 6:10.46 1:15.04	1300m: 16:11.18 1:14.54	2100m: 26:05.83 1:14.99	2900m: 36:06.18 1:14.34			
	600m: 7:25.43 1:14.97	1400m: 17:25.47 1:14.29	2200m: 27:19.93 1:14.10	3000m: 37:18.69 1:12.51			
	700m: 8:40.98 1:15.55	1500m: 18:38.11 1:12.64	2300m: 28:34.82 1:14.89				
	800m: 9:55.48 1:14.50	1600m: 19:51.73 1:13.62	2400m: 29:50.17 1:15.35				
9.	Marco Andre Fernandes	97	Gespacos	37:57.68		447	
	100m: 1:12.07 1:12.07	900m: 11:11.88 1:15.37	1700m: 21:15.55 1:15.52	2500m: 31:33.76 1:17.94			
	200m: 2:26.48 1:14.41	1000m: 12:26.30 1:14.42	1800m: 22:32.13 1:16.58	2600m: 32:50.92 1:17.16			
	300m: 3:41.08 1:14.60	1100m: 13:42.23 1:15.93	1900m: 23:48.79 1:16.66	2700m: 34:08.23 1:17.31			
	400m: 4:55.61 1:14.53	1200m: 14:57.52 1:15.29	2000m: 25:05.83 1:17.04	2800m: 35:24.97 1:16.74			
	500m: 6:10.56 1:14.95	1300m: 16:12.80 1:15.28	2100m: 26:22.65 1:16.82	2900m: 36:41.80 1:16.83			
	600m: 7:25.94 1:15.38	1400m: 17:28.60 1:15.80	2200m: 27:40.46 1:17.81	3000m: 37:57.68 1:15.88			
	700m: 8:41.48 1:15.54	1500m: 18:44.36 1:15.76	2300m: 28:58.24 1:17.78				
	800m: 9:56.51 1:15.03	1600m: 20:00.03 1:15.67	2400m: 30:15.82 1:17.58				
EXH	Guilherme Pereira Dias	97	Sporting	35:58.19		525	
	100m: 1:09.26 1:09.26	900m: 10:44.38 1:11.16	1700m: 20:17.49 1:11.80	2500m: 29:57.64 1:13.27			
	200m: 2:21.71 1:12.45	1000m: 11:55.87 1:11.49	1800m: 21:29.57 1:12.08	2600m: 31:10.16 1:12.52			
	300m: 3:34.11 1:12.40	1100m: 13:07.34 1:11.47	1900m: 22:41.59 1:12.02	2700m: 32:22.12 1:11.96			
	400m: 4:46.26 1:12.15	1200m: 14:19.17 1:11.83	2000m: 23:54.14 1:12.55	2800m: 33:34.51 1:12.39			
	500m: 5:58.33 1:12.07	1300m: 15:30.98 1:11.81	2100m: 25:06.64 1:12.50	2900m: 34:46.62 1:12.11			
	600m: 7:10.40 1:12.07	1400m: 16:42.62 1:11.64	2200m: 26:19.04 1:12.40	3000m: 35:58.19 1:11.57			
	700m: 8:22.28 1:11.88	1500m: 17:54.20 1:11.58	2300m: 27:31.83 1:12.79				
	800m: 9:33.22 1:10.94	1600m: 19:05.69 1:11.49	2400m: 28:44.37 1:12.54				

Prova 2
13-04-2013 - 10:40

Femin., 5000m Livres

Absoluto
Resultados

Camp Nac Longa Distancia Absoluto	58:10.00	Florbela Cavaco Machado	ASSSCC	Coimbra	23-02-2013
Camp Nac Longa Distancia Jun	59:30.20	Florbela Cavaco Machado	ASSSCC	Rio Maior	14-04-2012
Camp Nac Longa Distancia Sen	58:10.00	Florbela Cavaco Machado	ASSSCC	Coimbra	23-02-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Juniores

1. Mariana Cunha Guerra	98	Columbofila Cantanhedense	1:03:46.24	553			
100m: 1:10.67	1:10.67	1400m: 17:11.02	1:16.37	2700m: 34:01.15	1:18.38	4000m: 51:01.74	1:19.03
200m: 2:24.07	1:13.40	1500m: 18:27.71	1:16.69	2800m: 35:19.57	1:18.42	4100m: 52:20.20	1:18.46
300m: 3:37.74	1:13.67	1600m: 19:44.99	1:17.28	2900m: 36:38.50	1:18.93	4200m: 53:38.19	1:17.99
400m: 4:51.09	1:13.35	1700m: 21:03.07	1:18.08	3000m: 37:57.00	1:18.50	4300m: 54:55.39	1:17.20
500m: 6:04.75	1:13.66	1800m: 22:20.79	1:17.72	3100m: 39:15.14	1:18.14	4400m: 56:13.25	1:17.86
600m: 7:18.01	1:13.26	1900m: 23:38.73	1:17.94	3200m: 40:33.55	1:18.41	4500m: 57:29.42	1:16.17
700m: 8:31.37	1:13.36	2000m: 24:55.08	1:16.35	3300m: 41:52.15	1:18.60	4600m: 58:45.75	1:16.33
800m: 9:44.67	1:13.30	2100m: 26:13.38	1:18.30	3400m: 43:10.87	1:18.72	4700m: 1:00:02.03	1:16.28
900m: 10:58.38	1:13.71	2200m: 27:30.76	1:17.38	3500m: 44:30.52	1:19.65	4800m: 1:01:17.78	1:15.75
1000m: 12:12.11	1:13.73	2300m: 28:48.54	1:17.78	3600m: 45:48.48	1:17.96	4900m: 1:02:32.56	1:14.78
1100m: 13:26.25	1:14.14	2400m: 30:06.65	1:18.11	3700m: 47:06.22	1:17.74	5000m: 1:03:46.24	1:13.68
1200m: 14:40.11	1:13.86	2500m: 31:24.93	1:18.28	3800m: 48:24.45	1:18.23		
1300m: 15:54.65	1:14.54	2600m: 32:42.77	1:17.84	3900m: 49:42.71	1:18.26		
2. Cecilia Branco Almeida	97	GesLoures	1:04:31.81	534			
100m: 1:15.46	1:15.46	1400m: 17:53.36	1:17.02	2700m: 34:35.27	1:16.77	4000m: 51:27.71	1:18.88
200m: 2:32.36	1:16.90	1500m: 19:10.10	1:16.74	2800m: 35:51.91	1:16.64	4100m: 52:45.65	1:17.94
300m: 3:48.82	1:16.46	1600m: 20:27.47	1:17.37	2900m: 37:09.50	1:17.59	4200m: 54:04.17	1:18.52
400m: 5:05.47	1:16.65	1700m: 21:44.41	1:16.94	3000m: 38:26.96	1:17.46	4300m: 55:23.32	1:19.15
500m: 6:22.70	1:17.23	1800m: 23:01.18	1:16.77	3100m: 39:43.98	1:17.02	4400m: 56:42.49	1:19.17
600m: 7:40.17	1:17.47	1900m: 24:18.18	1:17.00	3200m: 41:01.53	1:17.55	4500m: 58:02.22	1:19.73
700m: 8:57.31	1:17.14	2000m: 25:35.31	1:17.13	3300m: 42:19.21	1:17.68	4600m: 59:20.99	1:18.77
800m: 10:14.50	1:17.19	2100m: 26:52.85	1:17.54	3400m: 43:36.84	1:17.63	4700m: 1:00:40.22	1:19.23
900m: 11:31.24	1:16.74	2200m: 28:10.15	1:17.30	3500m: 44:55.02	1:18.18	4800m: 1:01:58.88	1:18.66
1000m: 12:47.00	1:15.76	2300m: 29:26.80	1:16.65	3600m: 46:13.56	1:18.54	4900m: 1:03:16.98	1:18.10
1100m: 14:03.32	1:16.32	2400m: 30:44.33	1:17.53	3700m: 47:31.79	1:18.23	5000m: 1:04:31.81	1:14.83
1200m: 15:19.61	1:16.29	2500m: 32:01.58	1:17.25	3800m: 48:50.38	1:18.59		
1300m: 16:36.34	1:16.73	2600m: 33:18.50	1:16.92	3900m: 50:08.83	1:18.45		
3. Clarisse Matos Lopes	98	Viver Santarem	1:05:19.78	514			
100m: 1:15.25	1:15.25	1400m: 18:01.62	1:18.36	2700m: 35:12.81	1:19.98	4000m: 52:26.55	1:18.23
200m: 2:32.35	1:17.10	1500m: 19:20.14	1:18.52	2800m: 36:32.92	1:20.11	4100m: 53:45.26	1:18.71
300m: 3:48.96	1:16.61	1600m: 20:38.93	1:18.79	2900m: 37:54.48	1:21.56	4200m: 55:04.11	1:18.85
400m: 5:05.50	1:16.54	1700m: 21:58.04	1:19.11	3000m: 39:14.63	1:20.15	4300m: 56:23.41	1:19.30
500m: 6:22.54	1:17.04	1800m: 23:16.72	1:18.68	3100m: 40:34.99	1:20.36	4400m: 57:42.50	1:19.09
600m: 7:40.18	1:17.64	1900m: 24:35.92	1:19.20	3200m: 41:54.28	1:19.29	4500m: 59:02.15	1:19.65
700m: 8:57.37	1:17.19	2000m: 25:54.50	1:18.58	3300m: 43:13.46	1:19.18	4600m: 1:00:17.47	1:15.32
800m: 10:14.65	1:17.28	2100m: 27:13.72	1:19.22	3400m: 44:32.67	1:19.21	4700m: 1:01:33.09	1:15.62
900m: 11:31.99	1:17.34	2200m: 28:33.28	1:19.56	3500m: 45:52.32	1:19.65	4800m: 1:02:48.76	1:15.67
1000m: 12:48.74	1:16.75	2300m: 29:53.21	1:19.93	3600m: 47:11.86	1:19.54	4900m: 1:04:04.74	1:15.98
1100m: 14:05.99	1:17.25	2400m: 31:12.89	1:19.68	3700m: 48:31.87	1:20.01	5000m: 1:05:19.78	1:15.04
1200m: 15:25.03	1:19.04	2500m: 32:32.69	1:19.80	3800m: 49:49.98	1:18.11		
1300m: 16:43.26	1:18.23	2600m: 33:52.83	1:20.14	3900m: 51:08.32	1:18.34		

Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4500m: 55:42.71	1:15.45	4700m: 58:13.74	1:15.25	4900m: 1:00:43.81	1:14.75		
	4600m: 56:58.49	1:15.78	4800m: 59:29.06	1:15.32	5000m: 1:01:55.89	1:12.08		
4.	Vania Soares Neves	90	Viana Natacao	1:02:17.78		593		
	100m: 1:11.88	1:11.88	1400m: 17:08.05	1:14.30	2700m: 33:15.88	1:15.11	4000m: 49:36.71	1:16.48
	200m: 2:25.31	1:13.43	1500m: 18:22.11	1:14.06	2800m: 34:30.86	1:14.98	4100m: 50:53.32	1:16.61
	300m: 3:38.88	1:13.57	1600m: 19:35.92	1:13.81	2900m: 35:45.04	1:14.18	4200m: 52:09.66	1:16.34
	400m: 4:52.43	1:13.55	1700m: 20:50.24	1:14.32	3000m: 36:59.55	1:14.51	4300m: 53:26.10	1:16.44
	500m: 6:05.81	1:13.38	1800m: 22:04.66	1:14.42	3100m: 38:14.31	1:14.76	4400m: 54:42.72	1:16.62
	600m: 7:18.78	1:12.97	1900m: 23:19.48	1:14.82	3200m: 39:28.73	1:14.42	4500m: 55:59.79	1:17.07
	700m: 8:31.75	1:12.97	2000m: 24:33.94	1:14.46	3300m: 40:44.73	1:16.00	4600m: 57:15.96	1:16.17
	800m: 9:44.98	1:13.23	2100m: 25:48.26	1:14.32	3400m: 41:59.89	1:15.16	4700m: 58:32.08	1:16.12
	900m: 10:58.34	1:13.36	2200m: 27:02.55	1:14.29	3500m: 43:15.30	1:15.41	4800m: 59:48.04	1:15.96
	1000m: 12:12.00	1:13.66	2300m: 28:16.66	1:14.11	3600m: 44:31.50	1:16.20	4900m: 1:01:03.68	1:15.64
	1100m: 13:26.05	1:14.05	2400m: 29:31.18	1:14.52	3700m: 45:47.48	1:15.98	5000m: 1:02:17.78	1:14.10
	1200m: 14:39.87	1:13.82	2500m: 30:46.03	1:14.85	3800m: 47:04.05	1:16.57		
	1300m: 15:53.75	1:13.88	2600m: 32:00.77	1:14.74	3900m: 48:20.23	1:16.18		
5.	Helena Paula Carvalho	95	Uniao Piedense	1:02:32.01		587		
	100m: 1:08.98	1:08.98	1400m: 17:05.93	1:14.58	2700m: 33:21.19	1:15.94	4000m: 49:54.10	1:16.62
	200m: 2:21.00	1:12.02	1500m: 18:20.45	1:14.52	2800m: 34:37.51	1:16.32	4100m: 51:11.12	1:17.02
	300m: 3:33.79	1:12.79	1600m: 19:35.28	1:14.83	2900m: 35:53.86	1:16.35	4200m: 52:28.51	1:17.39
	400m: 4:46.48	1:12.69	1700m: 20:50.00	1:14.72	3000m: 37:10.30	1:16.44	4300m: 53:43.82	1:15.31
	500m: 5:59.79	1:13.31	1800m: 22:04.65	1:14.65	3100m: 38:26.72	1:16.42	4400m: 55:00.46	1:16.64
	600m: 7:13.43	1:13.64	1900m: 23:19.51	1:14.86	3200m: 39:43.32	1:16.60	4500m: 56:16.53	1:16.07
	700m: 8:27.03	1:13.60	2000m: 24:34.37	1:14.86	3300m: 41:00.10	1:16.78	4600m: 57:32.81	1:16.28
	800m: 9:40.98	1:13.95	2100m: 25:49.05	1:14.68	3400m: 42:16.21	1:16.11	4700m: 58:48.43	1:15.62
	900m: 10:54.63	1:13.65	2200m: 27:03.66	1:14.61	3500m: 43:32.65	1:16.44	4800m: 1:00:03.94	1:15.51
	1000m: 12:08.95	1:14.32	2300m: 28:19.12	1:15.46	3600m: 44:49.30	1:16.65	4900m: 1:01:19.48	1:15.54
	1100m: 13:22.91	1:13.96	2400m: 29:34.48	1:15.36	3700m: 46:05.29	1:15.99	5000m: 1:02:32.01	1:12.53
	1200m: 14:37.04	1:14.13	2500m: 30:49.77	1:15.29	3800m: 47:21.26	1:15.97		
	1300m: 15:51.35	1:14.31	2600m: 32:05.25	1:15.48	3900m: 48:37.48	1:16.22		
6.	Leonor Mourinho Neves	95	Sporting	1:04:05.78		545		
	100m: 1:12.41	1:12.41	1400m: 17:35.45	1:16.82	2700m: 34:17.91	1:17.67	4000m: 51:07.89	1:18.15
	200m: 2:26.78	1:14.37	1500m: 18:52.19	1:16.74	2800m: 35:35.29	1:17.38	4100m: 52:26.11	1:18.22
	300m: 3:41.21	1:14.43	1600m: 20:08.97	1:16.78	2900m: 36:53.20	1:17.91	4200m: 53:44.76	1:18.65
	400m: 4:55.56	1:14.35	1700m: 21:25.90	1:16.93	3000m: 38:10.55	1:17.35	4300m: 55:02.31	1:17.55
	500m: 6:10.54	1:14.98	1800m: 22:42.60	1:16.70	3100m: 39:27.90	1:17.35	4400m: 56:20.48	1:18.17
	600m: 7:25.54	1:15.00	1900m: 23:59.69	1:17.09	3200m: 40:45.36	1:17.46	4500m: 57:38.69	1:18.21
	700m: 8:41.25	1:15.71	2000m: 25:16.92	1:17.23	3300m: 42:02.86	1:17.50	4600m: 58:57.06	1:18.37
	800m: 9:56.98	1:15.73	2100m: 26:33.73	1:16.81	3400m: 43:20.28	1:17.42	4700m: 1:00:14.40	1:17.34
	900m: 11:12.92	1:15.94	2200m: 27:50.63	1:16.90	3500m: 44:37.94	1:17.66	4800m: 1:01:32.22	1:17.82
	1000m: 12:28.89	1:15.97	2300m: 29:07.92	1:17.29	3600m: 45:55.44	1:17.50	4900m: 1:02:49.71	1:17.49
	1100m: 13:45.36	1:16.47	2400m: 30:25.67	1:17.75	3700m: 47:13.34	1:17.90	5000m: 1:04:05.78	1:16.07
	1200m: 15:01.65	1:16.29	2500m: 31:43.05	1:17.38	3800m: 48:31.63	1:18.29		
	1300m: 16:18.63	1:16.98	2600m: 33:00.24	1:17.19	3900m: 49:49.74	1:18.11		

Absoluto

Prova 2, Femin., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Clarisse Matos Lopes	98	Viver Santarem	1:05:19.78		514	
	100m: 1:15.25 1:15.25	1400m: 18:01.62	1:18.36	2700m: 35:12.81	1:19.98	4000m: 52:26.55	1:18.23
	200m: 2:32.35 1:17.10	1500m: 19:20.14	1:18.52	2800m: 36:32.92	1:20.11	4100m: 53:45.26	1:18.71
	300m: 3:48.96 1:16.61	1600m: 20:38.93	1:18.79	2900m: 37:54.48	1:21.56	4200m: 55:04.11	1:18.85
	400m: 5:05.50 1:16.54	1700m: 21:58.04	1:19.11	3000m: 39:14.63	1:20.15	4300m: 56:23.41	1:19.30
	500m: 6:22.54 1:17.04	1800m: 23:16.72	1:18.68	3100m: 40:34.99	1:20.36	4400m: 57:42.50	1:19.09
	600m: 7:40.18 1:17.64	1900m: 24:35.92	1:19.20	3200m: 41:54.28	1:19.29	4500m: 59:02.15	1:19.65
	700m: 8:57.37 1:17.19	2000m: 25:54.50	1:18.58	3300m: 43:13.46	1:19.18	4600m: 1:00:17.47	1:15.32
	800m: 10:14.65 1:17.28	2100m: 27:13.72	1:19.22	3400m: 44:32.67	1:19.21	4700m: 1:01:33.09	1:15.62
	900m: 11:31.99 1:17.34	2200m: 28:33.28	1:19.56	3500m: 45:52.32	1:19.65	4800m: 1:02:48.76	1:15.67
	1000m: 12:48.74 1:16.75	2300m: 29:53.21	1:19.93	3600m: 47:11.86	1:19.54	4900m: 1:04:04.74	1:15.98
	1100m: 14:05.99 1:17.25	2400m: 31:12.89	1:19.68	3700m: 48:31.87	1:20.01	5000m: 1:05:19.78	1:15.04
	1200m: 15:25.03 1:19.04	2500m: 32:32.69	1:19.80	3800m: 49:49.98	1:18.11		
	1300m: 16:43.26 1:18.23	2600m: 33:52.83	1:20.14	3900m: 51:08.32	1:18.34		
10.	Maria Joao Fernandes	97	Vilacondense	1:05:31.48		510	
	100m: 1:11.52 1:11.52	1400m: 17:44.99	1:17.68	2700m: 34:48.78	1:19.49	4000m: 52:09.19	1:21.56
	200m: 2:26.08 1:14.56	1500m: 19:03.00	1:18.01	2800m: 36:07.52	1:18.74	4100m: 53:30.08	1:20.89
	300m: 3:41.13 1:15.05	1600m: 20:21.19	1:18.19	2900m: 37:26.80	1:19.28	4200m: 54:51.11	1:21.03
	400m: 4:56.59 1:15.46	1700m: 21:39.59	1:18.40	3000m: 38:45.19	1:18.39	4300m: 56:12.31	1:21.20
	500m: 6:12.21 1:15.62	1800m: 22:58.39	1:18.80	3100m: 40:05.27	1:20.08	4400m: 57:33.48	1:21.17
	600m: 7:28.15 1:15.94	1900m: 24:16.67	1:18.28	3200m: 41:25.26	1:19.99	4500m: 58:54.59	1:21.11
	700m: 8:44.41 1:16.26	2000m: 25:35.05	1:18.38	3300m: 42:45.42	1:20.16	4600m: 1:00:15.24	1:20.65
	800m: 10:00.65 1:16.24	2100m: 26:54.31	1:19.26	3400m: 44:05.92	1:20.50	4700m: 1:01:35.85	1:20.61
	900m: 11:17.44 1:16.79	2200m: 28:13.19	1:18.88	3500m: 45:25.66	1:19.74	4800m: 1:02:56.25	1:20.40
	1000m: 12:34.56 1:17.12	2300m: 29:33.14	1:19.95	3600m: 46:46.32	1:20.66	4900m: 1:04:14.99	1:18.74
	1100m: 13:51.92 1:17.36	2400m: 30:51.42	1:18.28	3700m: 48:06.54	1:20.22	5000m: 1:05:31.48	1:16.49
	1200m: 15:09.10 1:17.18	2500m: 32:10.49	1:19.07	3800m: 49:26.95	1:20.41		
	1300m: 16:27.31 1:18.21	2600m: 33:29.29	1:18.80	3900m: 50:47.63	1:20.68		

Prova 3
13-04-2013 - 16:00

Femin., 3000m Livres

Juvenis
Resultados

Camp Nac Longa Distancia	37:25.43	Mariana Cunha Guerra	ASSSCC	Coimbra	03-03-2012
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Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Beatriz Dias	99	Viver Santarem	38:33.15		541	
	100m: 1:16.30 1:16.30	900m: 11:26.74	1:16.19	1700m: 21:42.29	1:18.39	2500m: 32:00.84	1:17.57
	200m: 2:33.09 1:16.79	1000m: 12:43.17	1:16.43	1800m: 23:00.47	1:18.18	2600m: 33:18.54	1:17.70
	300m: 3:49.63 1:16.54	1100m: 13:59.39	1:16.22	1900m: 24:18.93	1:18.46	2700m: 34:37.21	1:18.67
	400m: 5:05.90 1:16.27	1200m: 15:15.35	1:15.96	2000m: 25:35.99	1:17.06	2800m: 35:56.15	1:18.94
	500m: 6:21.90 1:16.00	1300m: 16:31.62	1:16.27	2100m: 26:52.86	1:16.87	2900m: 37:15.73	1:19.58
	600m: 7:37.99 1:16.09	1400m: 17:48.40	1:16.78	2200m: 28:09.46	1:16.60	3000m: 38:33.15	1:17.42
	700m: 8:54.25 1:16.26	1500m: 19:05.84	1:17.44	2300m: 29:26.09	1:16.63		
	800m: 10:10.55 1:16.30	1600m: 20:23.90	1:18.06	2400m: 30:43.27	1:17.18		
2.	Beatriz Paulo Ranito	99	Sporting	38:55.26		525	
	100m: 1:14.92 1:14.92	900m: 11:27.07	1:16.19	1700m: 21:39.97	1:16.89	2500m: 32:05.71	1:20.27
	200m: 2:31.99 1:17.07	1000m: 12:43.42	1:16.35	1800m: 22:56.88	1:16.91	2600m: 33:26.19	1:20.48
	300m: 3:48.62 1:16.63	1100m: 13:59.50	1:16.08	1900m: 24:14.35	1:17.47	2700m: 34:47.84	1:21.65
	400m: 5:06.00 1:17.38	1200m: 15:15.66	1:16.16	2000m: 25:32.17	1:17.82	2800m: 36:10.17	1:22.33
	500m: 6:22.23 1:16.23	1300m: 16:31.95	1:16.29	2100m: 26:50.24	1:18.07	2900m: 37:33.09	1:22.92
	600m: 7:38.35 1:16.12	1400m: 17:48.68	1:16.73	2200m: 28:08.44	1:18.20	3000m: 38:55.26	1:22.17
	700m: 8:54.44 1:16.09	1500m: 19:05.88	1:17.20	2300m: 29:26.69	1:18.25		
	800m: 10:10.88 1:16.44	1600m: 20:23.08	1:17.20	2400m: 30:45.44	1:18.75		

Prova 3, Femin., 3000m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Ana Mafalda Duarte	99	Columbofila Cantanhedense	41:29.26		434	
	100m: 1:18.71 1:18.71	900m: 12:09.29 1:22.88	1700m: 23:19.61 1:24.63	2500m: 34:36.06 1:24.84			
	200m: 2:40.39 1:21.68	1000m: 13:32.08 1:22.79	1800m: 24:44.35 1:24.74	2600m: 35:59.69 1:23.63			
	300m: 4:01.44 1:21.05	1100m: 14:55.70 1:23.62	1900m: 26:08.91 1:24.56	2700m: 37:24.24 1:24.55			
	400m: 5:21.83 1:20.39	1200m: 16:19.87 1:24.17	2000m: 27:33.14 1:24.23	2800m: 38:47.54 1:23.30			
	500m: 6:42.47 1:20.64	1300m: 17:43.25 1:23.38	2100m: 28:57.59 1:24.45	2900m: 40:09.47 1:21.93			
	600m: 8:03.32 1:20.85	1400m: 19:07.69 1:24.44	2200m: 30:21.90 1:24.31	3000m: 41:29.26 1:19.79			
	700m: 9:24.69 1:21.37	1500m: 20:31.01 1:23.32	2300m: 31:46.86 1:24.96				
	800m: 10:46.41 1:21.72	1600m: 21:54.98 1:23.97	2400m: 33:11.22 1:24.36				
4.	Joana Sofia Amado	99	Cartaxo	43:50.88		367	
	100m: 1:19.08 1:19.08	900m: 12:17.29 1:24.33	1700m: 23:45.02 1:28.37	2500m: 36:02.29 1:34.87			
	200m: 2:39.37 1:20.29	1000m: 13:42.35 1:25.06	1800m: 25:14.39 1:29.37	2600m: 37:36.00 1:33.71			
	300m: 4:00.03 1:20.66	1100m: 15:06.67 1:24.32	1900m: 26:43.74 1:29.35	2700m: 39:10.88 1:34.88			
	400m: 5:21.39 1:21.36	1200m: 16:32.76 1:26.09	2000m: 28:14.39 1:30.65	2800m: 40:44.83 1:33.95			
	500m: 6:43.16 1:21.77	1300m: 17:59.24 1:26.48	2100m: 29:46.08 1:31.69	2900m: 42:19.01 1:34.18			
	600m: 8:05.44 1:22.28	1400m: 19:23.79 1:24.55	2200m: 31:17.96 1:31.88	3000m: 43:50.88 1:31.87			
	700m: 9:29.24 1:23.80	1500m: 20:49.64 1:25.85	2300m: 32:52.03 1:34.07				
	800m: 10:52.96 1:23.72	1600m: 22:16.65 1:27.01	2400m: 34:27.42 1:35.39				
5.	Ana Vanessa Duarte	99	Columbofila Cantanhedense	44:04.57		362	
	100m: 1:22.36 1:22.36	900m: 12:58.65 1:28.70	1700m: 24:47.42 1:28.33	2500m: 36:42.63 1:29.67			
	200m: 2:48.85 1:26.49	1000m: 14:26.35 1:27.70	1800m: 26:16.39 1:28.97	2600m: 38:12.07 1:29.44			
	300m: 4:15.79 1:26.94	1100m: 15:54.19 1:27.84	1900m: 27:44.66 1:28.27	2700m: 39:41.31 1:29.24			
	400m: 5:42.00 1:26.21	1200m: 17:22.39 1:28.20	2000m: 29:14.59 1:29.93	2800m: 41:10.34 1:29.03			
	500m: 7:09.01 1:27.01	1300m: 18:51.60 1:29.21	2100m: 30:43.88 1:29.29	2900m: 42:38.82 1:28.48			
	600m: 8:35.32 1:26.31	1400m: 20:21.46 1:29.86	2200m: 32:13.28 1:29.40	3000m: 44:04.57 1:25.75			
	700m: 10:02.27 1:26.95	1500m: 21:50.33 1:28.87	2300m: 33:42.82 1:29.54				
	800m: 11:29.95 1:27.68	1600m: 23:19.09 1:28.76	2400m: 35:12.96 1:30.14				

Prova 4 Masc., 5000m Livres Absoluto 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	
<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				

Prova 4, Masc., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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				

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 1:05.74	4000m: 43:48.32 1:06.38			
	200m: 2:13.05 1:06.63	1500m: 16:27.44 1:05.09	2800m: 30:37.84 1:05.65	4100m: 44:54.71 1:06.39			
	300m: 3:19.04 1:05.99	1600m: 17:32.54 1:05.10	2900m: 31:43.59 1:05.75	4200m: 46:00.20 1:05.49			
	400m: 4:25.72 1:06.68	1700m: 18:37.49 1:04.95	3000m: 32:49.54 1:05.95	4300m: 47:06.27 1:06.07			
	500m: 5:31.81 1:06.09	1800m: 19:42.77 1:05.28	3100m: 33:55.08 1:05.54	4400m: 48:12.27 1:06.00			
	600m: 6:37.97 1:06.16	1900m: 20:47.78 1:05.01	3200m: 35:00.52 1:05.44	4500m: 49:18.75 1:06.48			
	700m: 7:44.02 1:06.05	2000m: 21:52.77 1:04.99	3300m: 36:06.33 1:05.81	4600m: 50:24.80 1:06.05			
	800m: 8:49.64 1:05.62	2100m: 22:58.53 1:05.76	3400m: 37:12.36 1:06.03	4700m: 51:30.86 1:06.06			
	900m: 9:55.30 1:05.66	2200m: 24:03.75 1:05.22	3500m: 38:18.14 1:05.78	4800m: 52:36.53 1:05.67			
	1000m: 11:01.09 1:05.79	2300m: 25:09.28 1:05.53	3600m: 39:23.98 1:05.84	4900m: 53:41.80 1:05.27			
	1100m: 12:06.67 1:05.58	2400m: 26:15.15 1:05.87	3700m: 40:30.09 1:06.11	5000m: 54:45.61 1:03.81			
	1200m: 13:11.96 1:05.29	2500m: 27:21.07 1:05.92	3800m: 41:35.95 1:05.86				
	1300m: 14:17.25 1:05.29	2600m: 28:26.45 1:05.38	3900m: 42:41.94 1:05.99				
2.	Vasco Miguel Gaspar	90	Uniao Piedense	55:57.46		646	
	100m: 1:06.45 1:06.45	1200m: 13:12.16 1:05.32	2300m: 25:19.74 1:06.90	3400m: 37:47.31 1:08.03			
	200m: 2:12.32 1:05.87	1300m: 14:17.66 1:05.50	2400m: 26:27.39 1:07.65	3500m: 38:55.88 1:08.57			
	300m: 3:18.68 1:06.36	1400m: 15:22.75 1:05.09	2500m: 27:35.28 1:07.89	3600m: 40:04.72 1:08.84			
	400m: 4:25.39 1:06.71	1500m: 16:28.15 1:05.40	2600m: 28:43.10 1:07.82	3700m: 41:13.46 1:08.74			
	500m: 5:31.97 1:06.58	1600m: 17:33.79 1:05.64	2700m: 29:51.61 1:08.51	3800m: 42:21.98 1:08.52			
	600m: 6:38.13 1:06.16	1700m: 18:39.76 1:05.97	2800m: 30:59.93 1:08.32	3900m: 43:29.93 1:07.95			
	700m: 7:44.01 1:05.88	1800m: 19:46.22 1:06.46	2900m: 32:08.17 1:08.24	4000m: 44:38.24 1:08.31			
	800m: 8:49.71 1:05.70	1900m: 20:52.57 1:06.35	3000m: 33:16.15 1:07.98	4100m: 45:46.80 1:08.56			
	900m: 9:55.48 1:05.77	2000m: 21:59.76 1:07.19	3100m: 34:23.92 1:07.77	4200m: 46:55.49 1:08.69			
	1000m: 11:01.22 1:05.74	2100m: 23:06.22 1:06.46	3200m: 35:31.65 1:07.73	4300m: 48:04.48 1:08.99			
	1100m: 12:06.84 1:05.62	2200m: 24:12.84 1:06.62	3300m: 36:39.28 1:07.63	4400m: 49:12.63 1:08.15			

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4500m: 50:20.73 1:08.10	4700m: 52:36.02 1:07.44	4900m: 54:50.77 1:07.91				
	4600m: 51:28.58 1:07.85	4800m: 53:42.86 1:06.84	5000m: 55:57.46 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 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				
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 1:08.80	4000m: 45:27.28 1:09.23			
	200m: 2:12.33 1:06.95	1500m: 16:48.48 1:08.04	2800m: 31:41.47 1:08.62	4100m: 46:35.86 1:08.58			
	300m: 3:19.33 1:07.00	1600m: 17:56.88 1:08.40	2900m: 32:50.33 1:08.86	4200m: 47:45.29 1:09.43			
	400m: 4:26.32 1:06.99	1700m: 19:05.41 1:08.53	3000m: 33:59.15 1:08.82	4300m: 48:54.93 1:09.64			
	500m: 5:33.13 1:06.81	1800m: 20:13.82 1:08.41	3100m: 35:07.70 1:08.55	4400m: 50:04.43 1:09.50			
	600m: 6:39.87 1:06.74	1900m: 21:22.63 1:08.81	3200m: 36:15.92 1:08.22	4500m: 51:14.34 1:09.91			
	700m: 7:47.02 1:07.15	2000m: 22:31.53 1:08.90	3300m: 37:24.86 1:08.94	4600m: 52:24.14 1:09.80			
	800m: 8:54.15 1:07.13	2100m: 23:40.27 1:08.74	3400m: 38:33.48 1:08.62	4700m: 53:33.24 1:09.10			
	900m: 10:01.43 1:07.28	2200m: 24:49.04 1:08.77	3500m: 39:42.05 1:08.57	4800m: 54:43.45 1:10.21			
	1000m: 11:08.81 1:07.38	2300m: 25:58.19 1:09.15	3600m: 40:50.71 1:08.66	4900m: 55:53.07 1:09.62			
	1100m: 12:16.12 1:07.31	2400m: 27:07.06 1:08.87	3700m: 41:59.46 1:08.75	5000m: 57:00.82 1:07.75			
	1200m: 13:23.90 1:07.78	2500m: 28:15.62 1:08.56	3800m: 43:08.43 1:08.97				
	1300m: 14:32.17 1:08.27	2600m: 29:24.05 1:08.43	3900m: 44:18.05 1:09.62				
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				

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
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	1400m: 15:22.35	1:05.10	2700m: 29:32.19	1:05.74	4000m: 43:48.32	1:06.38
	200m: 2:13.05	1:06.63	1500m: 16:27.44	1:05.09	2800m: 30:37.84	1:05.65	4100m: 44:54.71	1:06.39
	300m: 3:19.04	1:05.99	1600m: 17:32.54	1:05.10	2900m: 31:43.59	1:05.75	4200m: 46:00.20	1:05.49
	400m: 4:25.72	1:06.68	1700m: 18:37.49	1:04.95	3000m: 32:49.54	1:05.95	4300m: 47:06.27	1:06.07
	500m: 5:31.81	1:06.09	1800m: 19:42.77	1:05.28	3100m: 33:55.08	1:05.54	4400m: 48:12.27	1:06.00
	600m: 6:37.97	1:06.16	1900m: 20:47.78	1:05.01	3200m: 35:00.52	1:05.44	4500m: 49:18.75	1:06.48
	700m: 7:44.02	1:06.05	2000m: 21:52.77	1:04.99	3300m: 36:06.33	1:05.81	4600m: 50:24.80	1:06.05
	800m: 8:49.64	1:05.62	2100m: 22:58.53	1:05.76	3400m: 37:12.36	1:06.03	4700m: 51:30.86	1:06.06
	900m: 9:55.30	1:05.66	2200m: 24:03.75	1:05.22	3500m: 38:18.14	1:05.78	4800m: 52:36.53	1:05.67
	1000m: 11:01.09	1:05.79	2300m: 25:09.28	1:05.53	3600m: 39:23.98	1:05.84	4900m: 53:41.80	1:05.27
	1100m: 12:06.67	1:05.58	2400m: 26:15.15	1:05.87	3700m: 40:30.09	1:06.11	5000m: 54:45.61	1:03.81
	1200m: 13:11.96	1:05.29	2500m: 27:21.07	1:05.92	3800m: 41:35.95	1:05.86		
	1300m: 14:17.25	1:05.29	2600m: 28:26.45	1:05.38	3900m: 42:41.94	1:05.99		
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	1100m: 12:10.33	1:06.63	2100m: 23:20.89	1:06.99	3100m: 34:40.32	1:08.31
	200m: 2:12.89	1:06.02	1200m: 13:17.24	1:06.91	2200m: 24:29.86	1:08.97	3200m: 35:48.16	1:07.84
	300m: 3:19.14	1:06.25	1300m: 14:23.99	1:06.75	2300m: 25:37.56	1:07.70	3300m: 36:56.73	1:08.57
	400m: 4:25.71	1:06.57	1400m: 15:30.47	1:06.48	2400m: 26:45.88	1:08.32	3400m: 38:04.60	1:07.87
	500m: 5:32.55	1:06.84	1500m: 16:37.53	1:07.06	2500m: 27:53.24	1:07.36	3500m: 39:14.11	1:09.51
	600m: 6:38.57	1:06.02	1600m: 17:44.61	1:07.08	2600m: 29:00.99	1:07.75	3600m: 40:22.70	1:08.59
	700m: 7:44.72	1:06.15	1700m: 18:51.52	1:06.91	2700m: 30:09.15	1:08.16	3700m: 41:31.77	1:09.07
	800m: 8:50.85	1:06.13	1800m: 19:59.39	1:07.87	2800m: 31:17.47	1:08.32	3800m: 42:40.05	1:08.28
	900m: 9:57.22	1:06.37	1900m: 21:06.44	1:07.05	2900m: 32:24.48	1:07.01	3900m: 43:48.53	1:08.48
	1000m: 11:03.70	1:06.48	2000m: 22:13.90	1:07.46	3000m: 33:32.01	1:07.53	4000m: 44:56.82	1:08.29

Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4100m: 46:06.24 1:09.42	4400m: 49:31.72 1:08.72	4700m: 52:55.82 1:08.08	5000m: 56:15.31 1:04.07			
	4200m: 47:14.69 1:08.45	4500m: 50:39.74 1:08.02	4800m: 54:03.98 1:08.16				
	4300m: 48:23.00 1:08.31	4600m: 51:47.74 1:08.00	4900m: 55:11.24 1:07.26				
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	1400m: 15:40.44 1:08.27	2700m: 30:32.85 1:08.80	4000m: 45:27.28 1:09.23			
	200m: 2:12.33 1:06.95	1500m: 16:48.48 1:08.04	2800m: 31:41.47 1:08.62	4100m: 46:35.86 1:08.58			
	300m: 3:19.33 1:07.00	1600m: 17:56.88 1:08.40	2900m: 32:50.33 1:08.86	4200m: 47:45.29 1:09.43			
	400m: 4:26.32 1:06.99	1700m: 19:05.41 1:08.53	3000m: 33:59.15 1:08.82	4300m: 48:54.93 1:09.64			
	500m: 5:33.13 1:06.81	1800m: 20:13.82 1:08.41	3100m: 35:07.70 1:08.55	4400m: 50:04.43 1:09.50			
	600m: 6:39.87 1:06.74	1900m: 21:22.63 1:08.81	3200m: 36:15.92 1:08.22	4500m: 51:14.34 1:09.91			
	700m: 7:47.02 1:07.15	2000m: 22:31.53 1:08.90	3300m: 37:24.86 1:08.94	4600m: 52:24.14 1:09.80			
	800m: 8:54.15 1:07.13	2100m: 23:40.27 1:08.74	3400m: 38:33.48 1:08.62	4700m: 53:33.24 1:09.10			
	900m: 10:01.43 1:07.28	2200m: 24:49.04 1:08.77	3500m: 39:42.05 1:08.57	4800m: 54:43.45 1:10.21			
	1000m: 11:08.81 1:07.38	2300m: 25:58.19 1:09.15	3600m: 40:50.71 1:08.66	4900m: 55:53.07 1:09.62			
	1100m: 12:16.12 1:07.31	2400m: 27:07.06 1:08.87	3700m: 41:59.46 1:08.75	5000m: 57:00.82 1:07.75			
	1200m: 13:23.90 1:07.78	2500m: 28:15.62 1:08.56	3800m: 43:08.43 1:08.97				
	1300m: 14:32.17 1:08.27	2600m: 29:24.05 1:08.43	3900m: 44:18.05 1:09.62				
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	1300m: 14:52.07 1:09.64	2500m: 28:52.79 1:11.56	3700m: 43:05.54 1:11.04			
	200m: 2:14.53 1:07.13	1400m: 16:01.39 1:09.32	2600m: 30:03.86 1:11.07	3800m: 44:17.64 1:12.10			
	300m: 3:22.11 1:07.58	1500m: 17:11.38 1:09.99	2700m: 31:14.91 1:11.05	3900m: 45:29.34 1:11.70			
	400m: 4:30.27 1:08.16	1600m: 18:21.30 1:09.92	2800m: 32:25.42 1:10.51	4000m: 46:40.89 1:11.55			
	500m: 5:38.81 1:08.54	1700m: 19:31.24 1:09.94	2900m: 33:36.52 1:11.10	4100m: 47:52.44 1:11.55			
	600m: 6:47.41 1:08.60	1800m: 20:40.66 1:09.42	3000m: 34:47.29 1:10.77	4200m: 49:03.70 1:11.26			
	700m: 7:56.19 1:08.78	1900m: 21:50.27 1:09.61	3100m: 35:58.33 1:11.04	4300m: 50:14.90 1:11.20			
	800m: 9:04.90 1:08.71	2000m: 23:00.17 1:09.90	3200m: 37:09.73 1:11.40	4400m: 51:26.89 1:11.99			
	900m: 10:14.34 1:09.44	2100m: 24:10.13 1:09.96	3300m: 38:20.93 1:11.20	4500m: 52:37.87 1:10.98			
	1000m: 11:23.62 1:09.28	2200m: 25:20.09 1:09.96	3400m: 39:31.77 1:10.84	4600m: 53:49.48 1:11.61			
	1100m: 12:33.21 1:09.59	2300m: 26:30.59 1:10.50	3500m: 40:43.13 1:11.36	4700m: 55:00.55 1:11.07			
	1200m: 13:42.43 1:09.22	2400m: 27:41.23 1:10.64	3600m: 41:54.50 1:11.37	4800m: 56:12.17 1:11.62			

Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 57:23.08 1:10.91	5000m: 58:31.50	1:08.42				
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				
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				