

Prova 44 Masc., 1500m Livres Absoluto
21-12-2014 - 16:10 Resultados

Recordes Nacionais 25m Absoluto	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10-12-2005
Recordes Nacionais 25m Inf B	17:11.29	Andre Vilas Ruivo	DNMG	Leiria	03-03-2013
Recordes Nacionais 25m Inf A	16:13.14	Andre Vilas Ruivo	DNMG	Campo Maior	30-03-2014
Recordes Nacionais 25m Juv B	16:09.71	Luis Miguel Monteiro	FCP	Felgueiras	01-03-1998
Recordes Nacionais 25m Juv A	15:36.31	Rui Filipe Costa	VSC	Braga	04-03-2007
Recordes Nacionais 25m Jun17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	15:25.53	Rafael Lourenco Gil	ANAM	Felgueiras	20-12-2013
Recordes Nacionais 25m Sen	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10-12-2005

TAC-JUN97M Jun18: 16:45.82 / TAC-JUN98M Jun17: 17:00.40 / TAC-SEN94+VM Sen21+: 16:11.81 / TAC-SEN95M Sen20: 16:26.38 / TAC-SEN96M Sen19: 16:36.10

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafael Lourenco Gil	96	Naval Amorense	15:14.94	+0,71	802
	50m: 28.05 28.05	450m: 4:31.93 29.98	850m: 8:35.60 30.61	1250m: 12:41.73 30.96		
	100m: 58.18 30.13	500m: 5:02.09 30.16	900m: 9:06.19 30.59	1300m: 13:12.66 30.93		
	150m: 1:28.82 30.64	550m: 5:32.56 30.47	950m: 9:36.90 30.71	1350m: 13:43.69 31.03		
	200m: 1:59.56 30.74	600m: 6:03.13 30.57	1000m: 10:07.55 30.65	1400m: 14:14.66 30.97		
	250m: 2:30.70 31.14	650m: 6:33.67 30.54	1050m: 10:38.30 30.75	1450m: 14:45.16 30.50		
	300m: 3:01.22 30.52	700m: 7:04.14 30.47	1100m: 11:09.20 30.90	1500m: 15:14.94 29.78		
	350m: 3:31.74 30.52	750m: 7:34.51 30.37	1150m: 11:39.89 30.69			
	400m: 4:01.95 30.21	800m: 8:04.99 30.48	1200m: 12:10.77 30.88			
2.	Joao Alexandre Vital	98	Colegio Monte Maior	15:25.11	+0,66	775
	50m: 27.98 27.98	450m: 4:33.33 30.70	850m: 8:40.29 31.03	1250m: 12:49.26 31.33		
	100m: 57.99 30.01	500m: 5:04.39 31.06	900m: 9:11.40 31.11	1300m: 13:20.60 31.34		
	150m: 1:28.72 30.73	550m: 5:35.18 30.79	950m: 9:42.35 30.95	1350m: 13:51.88 31.28		
	200m: 1:59.49 30.77	600m: 6:05.81 30.63	1000m: 10:13.46 31.11	1400m: 14:23.15 31.27		
	250m: 2:30.43 30.94	650m: 6:36.74 30.93	1050m: 10:44.28 30.82	1450m: 14:53.89 30.74		
	300m: 3:01.10 30.67	700m: 7:07.53 30.79	1100m: 11:15.34 31.06	1500m: 15:25.11 31.22		
	350m: 3:31.86 30.76	750m: 7:38.42 30.89	1150m: 11:46.68 31.34			
	400m: 4:02.63 30.77	800m: 8:09.26 30.84	1200m: 12:17.93 31.25			
3.	Joao Pedro Gil	97	Naval Amorense	15:27.61	+0,69	769
	50m: 27.81 27.81	450m: 4:34.37 31.09	850m: 8:44.41 30.96	1250m: 12:56.17 32.03		
	100m: 58.16 30.35	500m: 5:05.48 31.11	900m: 9:15.77 31.36	1300m: 13:26.95 30.78		
	150m: 1:28.90 30.74	550m: 5:36.63 31.15	950m: 9:47.07 31.30	1350m: 13:57.74 30.79		
	200m: 1:59.77 30.87	600m: 6:07.95 31.32	1000m: 10:18.21 31.14	1400m: 14:27.69 29.95		
	250m: 2:30.70 30.93	650m: 6:38.93 30.98	1050m: 10:49.72 31.51	1450m: 14:58.42 30.73		
	300m: 3:01.58 30.88	700m: 7:10.40 31.47	1100m: 11:20.99 31.27	1500m: 15:27.61 29.19		
	350m: 3:32.40 30.82	750m: 7:42.09 31.69	1150m: 11:52.36 31.37			
	400m: 4:03.28 30.88	800m: 8:13.45 31.36	1200m: 12:24.14 31.78			
4.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	15:33.14	+0,70	756
	50m: 27.92 27.92	450m: 4:34.67 30.85	850m: 8:43.55 30.68	1250m: 12:56.21 31.92		
	100m: 58.32 30.40	500m: 5:05.86 31.19	900m: 9:15.03 31.48	1300m: 13:27.18 30.97		
	150m: 1:29.12 30.80	550m: 5:36.80 30.94	950m: 9:46.51 31.48	1350m: 13:58.44 31.26		
	200m: 2:00.20 31.08	600m: 6:07.96 31.16	1000m: 10:18.13 31.62	1400m: 14:30.47 32.03		
	250m: 2:30.93 30.73	650m: 6:39.27 31.31	1050m: 10:49.68 31.55	1450m: 15:02.08 31.61		
	300m: 3:02.13 31.20	700m: 7:10.64 31.37	1100m: 11:21.10 31.42	1500m: 15:33.14 31.06		
	350m: 3:32.88 30.75	750m: 7:42.20 31.56	1150m: 11:52.61 31.51			
	400m: 4:03.82 30.94	800m: 8:12.87 30.67	1200m: 12:24.29 31.68			

Prova 44, Masc., 1500m Livres, Absoluto

Lugar	Nome		Ano	Clube		Tempo Final	TReac	Pts
5.	Mario Andre Bonanca		90	Sporting		15:33.94	+0,82	754
	50m: 29.26 29.26	450m: 4:38.04	30.78	850m: 8:48.18	31.38	1250m: 12:59.83	31.37	
	100m: 1:00.27 31.01	500m: 5:08.91	30.87	900m: 9:19.68	31.50	1300m: 13:31.52	31.69	
	150m: 1:31.06 30.79	550m: 5:39.87	30.96	950m: 9:50.92	31.24	1350m: 14:02.96	31.44	
	200m: 2:02.35 31.29	600m: 6:11.03	31.16	1000m: 10:22.39	31.47	1400m: 14:34.12	31.16	
	250m: 2:33.98 31.63	650m: 6:42.37	31.34	1050m: 10:53.93	31.54	1450m: 15:04.78	30.66	
	300m: 3:05.33 31.35	700m: 7:13.77	31.40	1100m: 11:25.44	31.51	1500m: 15:33.94	29.16	
	350m: 3:36.33 31.00	750m: 7:45.17	31.40	1150m: 11:57.21	31.77			
	400m: 4:07.26 30.93	800m: 8:16.80	31.63	1200m: 12:28.46	31.25			
6.	Guilherme Filipe Pina		98	Benedita		15:34.77	+0,71	752
	50m: 29.42 29.42	450m: 4:39.88	31.21	850m: 8:49.95	31.14	1250m: 12:59.70	31.59	
	100m: 1:00.59 31.17	500m: 5:11.10	31.22	900m: 9:21.37	31.42	1300m: 13:31.33	31.63	
	150m: 1:31.79 31.20	550m: 5:42.33	31.23	950m: 9:52.47	31.10	1350m: 14:03.05	31.72	
	200m: 2:02.92 31.13	600m: 6:13.60	31.27	1000m: 10:23.53	31.06	1400m: 14:34.38	31.33	
	250m: 2:34.65 31.73	650m: 6:45.03	31.43	1050m: 10:54.54	31.01	1450m: 15:05.35	30.97	
	300m: 3:06.03 31.38	700m: 7:16.20	31.17	1100m: 11:25.60	31.06	1500m: 15:34.77	29.42	
	350m: 3:37.32 31.29	750m: 7:47.48	31.28	1150m: 11:56.77	31.17			
	400m: 4:08.67 31.35	800m: 8:18.81	31.33	1200m: 12:28.11	31.34			
7.	Tiago Silva Oliveira		94	Leixoes		15:38.18	+0,77	743
	50m: 29.06 29.06	450m: 4:39.16	31.14	850m: 8:48.52	31.11	1250m: 13:00.27	31.43	
	100m: 59.91 30.85	500m: 5:10.15	30.99	900m: 9:19.63	31.11	1300m: 13:31.94	31.67	
	150m: 1:31.26 31.35	550m: 5:40.99	30.84	950m: 9:50.78	31.15	1350m: 14:03.61	31.67	
	200m: 2:02.71 31.45	600m: 6:12.08	31.09	1000m: 10:22.04	31.26	1400m: 14:35.31	31.70	
	250m: 2:33.91 31.20	650m: 6:43.40	31.32	1050m: 10:53.72	31.68	1450m: 15:07.28	31.97	
	300m: 3:05.10 31.19	700m: 7:14.54	31.14	1100m: 11:25.21	31.49	1500m: 15:38.18	30.90	
	350m: 3:36.49 31.39	750m: 7:45.79	31.25	1150m: 11:57.44	32.23			
	400m: 4:08.02 31.53	800m: 8:17.41	31.62	1200m: 12:28.84	31.40			
8.	Pedro Miguel Pinotes		89	Sporting		15:44.61	+0,69	728
	50m: 29.35 29.35	450m: 4:41.31	31.92	850m: 8:53.62	31.79	1250m: 13:08.73	31.21	
	100m: 1:00.20 30.85	500m: 5:12.89	31.58	900m: 9:25.52	31.90	1300m: 13:39.94	31.21	
	150m: 1:30.70 30.50	550m: 5:43.92	31.03	950m: 9:57.61	32.09	1350m: 14:11.55	31.61	
	200m: 2:02.32 31.62	600m: 6:15.90	31.98	1000m: 10:29.43	31.82	1400m: 14:42.98	31.43	
	250m: 2:34.44 32.12	650m: 6:47.49	31.59	1050m: 11:01.33	31.90	1450m: 15:14.01	31.03	
	300m: 3:06.06 31.62	700m: 7:19.07	31.58	1100m: 11:33.61	32.28	1500m: 15:44.61	30.60	
	350m: 3:38.01 31.95	750m: 7:50.57	31.50	1150m: 12:05.89	32.28			
	400m: 4:09.39 31.38	800m: 8:21.83	31.26	1200m: 12:37.52	31.63			
9.	Fernando Eurico Costa		85	Leixoes		15:48.54	+0,77	719
	50m: 28.71 28.71	450m: 4:40.47	31.46	850m: 8:55.51	32.08	1250m: 13:11.60	32.10	
	100m: 59.99 31.28	500m: 5:12.09	31.62	900m: 9:27.46	31.95	1300m: 13:43.59	31.99	
	150m: 1:31.21 31.22	550m: 5:43.82	31.73	950m: 9:59.86	32.40	1350m: 14:15.26	31.67	
	200m: 2:02.98 31.77	600m: 6:15.79	31.97	1000m: 10:31.77	31.91	1400m: 14:47.02	31.76	
	250m: 2:34.51 31.53	650m: 6:47.74	31.95	1050m: 11:03.50	31.73	1450m: 15:18.35	31.33	
	300m: 3:05.94 31.43	700m: 7:19.56	31.82	1100m: 11:35.52	32.02	1500m: 15:48.54	30.19	
	350m: 3:37.50 31.56	750m: 7:51.48	31.92	1150m: 12:07.48	31.96			
	400m: 4:09.01 31.51	800m: 8:23.43	31.95	1200m: 12:39.50	32.02			
10.	Joao Andre Neves		95	Academica de Coimbra		15:57.42	+0,73	700
	50m: 28.76 28.76	450m: 4:43.31	31.95	850m: 9:01.21	31.98	1250m: 13:18.63	31.90	
	100m: 1:00.40 31.64	500m: 5:15.68	32.37	900m: 9:33.36	32.15	1300m: 13:50.95	32.32	
	150m: 1:31.91 31.51	550m: 5:48.03	32.35	950m: 10:05.37	32.01	1350m: 14:22.88	31.93	
	200m: 2:03.58 31.67	600m: 6:20.43	32.40	1000m: 10:37.58	32.21	1400m: 14:54.71	31.83	
	250m: 2:35.45 31.87	650m: 6:52.48	32.05	1050m: 11:09.87	32.29	1450m: 15:26.64	31.93	
	300m: 3:07.24 31.79	700m: 7:24.56	32.08	1100m: 11:42.33	32.46	1500m: 15:57.42	30.78	
	350m: 3:39.00 31.76	750m: 7:56.85	32.29	1150m: 12:14.36	32.03			
	400m: 4:11.36 32.36	800m: 8:29.23	32.38	1200m: 12:46.73	32.37			

Prova 44, Masc., 1500m Livres, Absoluto

Lugar	Nome		Ano	Clube		Tempo Final	TReac	Pts				
11.	Joao Luis Travanca		97	Fluvial Portuense		16:11.36	+0,83	670				
	50m:	28.64	28.64	450m:	4:45.45	32.61	850m:	9:06.62	33.00	1250m:	13:28.70	32.64
	100m:	59.58	30.94	500m:	5:18.07	32.62	900m:	9:39.77	33.15	1300m:	14:01.43	32.73
	150m:	1:31.26	31.68	550m:	5:50.96	32.89	950m:	10:12.93	33.16	1350m:	14:34.41	32.98
	200m:	2:03.52	32.26	600m:	6:23.89	32.93	1000m:	10:45.82	32.89	1400m:	15:07.03	32.62
	250m:	2:35.68	32.16	650m:	6:56.05	32.16	1050m:	11:18.36	32.54	1450m:	15:40.00	32.97
	300m:	3:07.78	32.10	700m:	7:28.36	32.31	1100m:	11:51.12	32.76	1500m:	16:11.36	31.36
	350m:	3:40.42	32.64	750m:	8:00.94	32.58	1150m:	12:23.39	32.27			
	400m:	4:12.84	32.42	800m:	8:33.62	32.68	1200m:	12:56.06	32.67			
12.	Pedro Rafael Garcia		96	Academico Viseu		16:16.97	+0,77	658				
	50m:	28.92	28.92	450m:	4:48.24	32.85	850m:	9:11.40	33.05	1250m:	13:34.64	32.95
	100m:	1:00.13	31.21	500m:	5:20.98	32.74	900m:	9:44.34	32.94	1300m:	14:07.69	33.05
	150m:	1:32.05	31.92	550m:	5:53.82	32.84	950m:	10:17.25	32.91	1350m:	14:40.51	32.82
	200m:	2:04.39	32.34	600m:	6:26.98	33.16	1000m:	10:49.99	32.74	1400m:	15:13.48	32.97
	250m:	2:37.02	32.63	650m:	6:59.98	33.00	1050m:	11:23.01	33.02	1450m:	15:46.10	32.62
	300m:	3:09.68	32.66	700m:	7:33.00	33.02	1100m:	11:55.73	32.72	1500m:	16:16.97	30.87
	350m:	3:42.53	32.85	750m:	8:05.61	32.61	1150m:	12:28.69	32.96			
	400m:	4:15.39	32.86	800m:	8:38.35	32.74	1200m:	13:01.69	33.00			
13.	Narciso Daniel Correia		97	Braga		16:17.18	+0,79	658				
	50m:	28.80	28.80	450m:	4:48.15	33.52	850m:	9:10.72	33.04	1250m:	13:35.45	32.79
	100m:	59.57	30.77	500m:	5:20.75	32.60	900m:	9:43.86	33.14	1300m:	14:08.87	33.42
	150m:	1:31.80	32.23	550m:	5:53.08	32.33	950m:	10:16.70	32.84	1350m:	14:42.40	33.53
	200m:	2:04.02	32.22	600m:	6:25.83	32.75	1000m:	10:50.11	33.41	1400m:	15:15.25	32.85
	250m:	2:36.53	32.51	650m:	6:58.69	32.86	1050m:	11:23.15	33.04	1450m:	15:48.47	33.22
	300m:	3:09.15	32.62	700m:	7:32.29	33.60	1100m:	11:56.99	33.84	1500m:	16:17.18	28.71
	350m:	3:41.76	32.61	750m:	8:05.17	32.88	1150m:	12:29.68	32.69			
	400m:	4:14.63	32.87	800m:	8:37.68	32.51	1200m:	13:02.66	32.98			
14.	Joao Nuno Pires		94	Academica de Coimbra		16:17.46	+0,70	657				
	FTL											
	50m:	29.01	29.01	450m:	4:42.72	32.41	850m:	9:04.52	33.05	1250m:	13:32.00	33.48
	100m:	1:00.28	31.27	500m:	5:15.59	32.87	900m:	9:37.82	33.30	1300m:	14:05.33	33.33
	150m:	1:31.74	31.46	550m:	5:48.24	32.65	950m:	10:11.50	33.68	1350m:	14:38.57	33.24
	200m:	2:03.31	31.57	600m:	6:20.77	32.53	1000m:	10:44.85	33.35	1400m:	15:12.12	33.55
	250m:	2:35.06	31.75	650m:	6:53.05	32.28	1050m:	11:18.27	33.42	1450m:	15:45.53	33.41
	300m:	3:06.60	31.54	700m:	7:25.64	32.59	1100m:	11:51.94	33.67	1500m:	16:17.46	31.93
	350m:	3:38.25	31.65	750m:	7:58.52	32.88	1150m:	12:25.27	33.33			
	400m:	4:10.31	32.06	800m:	8:31.47	32.95	1200m:	12:58.52	33.25			
15.	Pedro Veiguinha Martins		96	Braga		16:19.65	+0,79	653				
	50m:	28.79	28.79	450m:	4:47.77	32.77	850m:	9:10.97	32.97	1250m:	13:37.70	33.47
	100m:	1:00.08	31.29	500m:	5:20.52	32.75	900m:	9:44.58	33.61	1300m:	14:11.25	33.55
	150m:	1:32.02	31.94	550m:	5:53.66	33.14	950m:	10:17.39	32.81	1350m:	14:46.03	34.78
	200m:	2:04.09	32.07	600m:	6:26.24	32.58	1000m:	10:50.30	32.91	1400m:	15:19.22	33.19
	250m:	2:36.59	32.50	650m:	6:59.23	32.99	1050m:	11:23.97	33.67	1450m:	15:50.65	31.43
	300m:	3:09.38	32.79	700m:	7:32.37	33.14	1100m:	11:57.32	33.35	1500m:	16:19.65	29.00
	350m:	3:42.26	32.88	750m:	8:05.55	33.18	1150m:	12:30.93	33.61			
	400m:	4:15.00	32.74	800m:	8:38.00	32.45	1200m:	13:04.23	33.30			
16.	Joao Miguel Cardoso		97	Geslours		16:24.84	+0,79	643				
	50m:	29.26	29.26	450m:	4:48.70	32.87	850m:	9:13.48	33.15	1250m:	13:38.94	32.64
	100m:	1:00.95	31.69	500m:	5:21.70	33.00	900m:	9:46.41	32.93	1300m:	14:11.99	33.05
	150m:	1:32.96	32.01	550m:	5:54.84	33.14	950m:	10:19.46	33.05	1350m:	14:45.10	33.11
	200m:	2:05.13	32.17	600m:	6:27.83	32.99	1000m:	10:52.40	32.94	1400m:	15:18.44	33.34
	250m:	2:37.46	32.33	650m:	7:00.99	33.16	1050m:	11:25.62	33.22	1450m:	15:51.99	33.55
	300m:	3:10.02	32.56	700m:	7:33.99	33.00	1100m:	11:59.30	33.68	1500m:	16:24.84	32.85
	350m:	3:42.86	32.84	750m:	8:07.28	33.29	1150m:	12:32.85	33.55			
	400m:	4:15.83	32.97	800m:	8:40.33	33.05	1200m:	13:06.30	33.45			

Prova 44, Masc., 1500m Livres, Absoluto

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
17.	Diogo Manuel Marques			98	Columbofila Cantanhedense			16:26.59		+0,71	639	
	50m:	28.56	28.56	450m:	4:47.83	32.65	850m:	9:10.79	33.52	1250m:	13:39.31	33.76
	100m:	59.96	31.40	500m:	5:20.24	32.41	900m:	9:43.82	33.03	1300m:	14:13.09	33.78
	150m:	1:31.94	31.98	550m:	5:52.80	32.56	950m:	10:17.41	33.59	1350m:	14:46.77	33.68
	200m:	2:04.40	32.46	600m:	6:25.63	32.83	1000m:	10:50.97	33.56	1400m:	15:20.53	33.76
	250m:	2:37.03	32.63	650m:	6:58.29	32.66	1050m:	11:24.24	33.27	1450m:	15:54.51	33.98
	300m:	3:09.82	32.79	700m:	7:31.21	32.92	1100m:	11:57.66	33.42	1500m:	16:26.59	32.08
	350m:	3:42.49	32.67	750m:	8:04.19	32.98	1150m:	12:31.65	33.99			
	400m:	4:15.18	32.69	800m:	8:37.27	33.08	1200m:	13:05.55	33.90			
18.	Vitor Joao Pereira			97	Leixoes			16:27.62		+0,88	637	
	50m:	29.59	29.59	450m:	4:49.29	32.94	850m:	9:13.41	32.65	1250m:	13:40.61	33.32
	100m:	1:01.15	31.56	500m:	5:22.26	32.97	900m:	9:46.60	33.19	1300m:	14:14.15	33.54
	150m:	1:32.91	31.76	550m:	5:55.27	33.01	950m:	10:19.86	33.26	1350m:	14:47.68	33.53
	200m:	2:05.03	32.12	600m:	6:28.24	32.97	1000m:	10:53.14	33.28	1400m:	15:21.57	33.89
	250m:	2:37.66	32.63	650m:	7:01.51	33.27	1050m:	11:26.52	33.38	1450m:	15:55.15	33.58
	300m:	3:10.43	32.77	700m:	7:34.43	32.92	1100m:	11:59.85	33.33	1500m:	16:27.62	32.47
	350m:	3:43.22	32.79	750m:	8:07.55	33.12	1150m:	12:33.56	33.71			
	400m:	4:16.35	33.13	800m:	8:40.76	33.21	1200m:	13:07.29	33.73			
19.	Ruben Jose Morim			97	Vilacondense			16:31.52		+0,81	630	
	50m:	28.66	28.66	450m:	4:49.75	33.03	850m:	9:17.59	33.67	1250m:	13:45.20	33.28
	100m:	59.91	31.25	500m:	5:22.99	33.24	900m:	9:50.86	33.27	1300m:	14:19.20	34.00
	150m:	1:32.39	32.48	550m:	5:56.26	33.27	950m:	10:23.99	33.13	1350m:	14:52.62	33.42
	200m:	2:04.90	32.51	600m:	6:29.65	33.39	1000m:	10:58.03	34.04	1400m:	15:25.96	33.34
	250m:	2:37.69	32.79	650m:	7:03.00	33.35	1050m:	11:31.23	33.20	1450m:	15:59.07	33.11
	300m:	3:10.75	33.06	700m:	7:36.78	33.78	1100m:	12:04.69	33.46	1500m:	16:31.52	32.45
	350m:	3:43.78	33.03	750m:	8:10.39	33.61	1150m:	12:38.12	33.43			
	400m:	4:16.72	32.94	800m:	8:43.92	33.53	1200m:	13:11.92	33.80			
20.	Pedro Maria Bessa FTL			95	Vilacondense			16:34.39		+0,73	624	
	50m:	29.01	29.01	450m:	4:48.26	32.76	850m:	9:11.77	33.50	1250m:	13:43.26	34.39
	100m:	1:00.31	31.30	500m:	5:21.08	32.82	900m:	9:45.01	33.24	1300m:	14:17.64	34.38
	150m:	1:32.09	31.78	550m:	5:53.75	32.67	950m:	10:18.63	33.62	1350m:	14:52.27	34.63
	200m:	2:04.34	32.25	600m:	6:25.71	31.96	1000m:	10:52.46	33.83	1400m:	15:26.85	34.58
	250m:	2:37.14	32.80	650m:	6:58.61	32.90	1050m:	11:26.63	34.17	1450m:	16:00.90	34.05
	300m:	3:09.85	32.71	700m:	7:31.91	33.30	1100m:	12:00.49	33.86	1500m:	16:34.39	33.49
	350m:	3:42.55	32.70	750m:	8:05.13	33.22	1150m:	12:34.59	34.10			
	400m:	4:15.50	32.95	800m:	8:38.27	33.14	1200m:	13:08.87	34.28			
21.	Miguel Angelo Silvestre			97	Alcobaca			16:35.48		+0,75	622	
	50m:	28.87	28.87	450m:	4:48.02	32.65	850m:	9:16.32	34.06	1250m:	13:48.01	33.72
	100m:	1:00.26	31.39	500m:	5:20.89	32.87	900m:	9:50.13	33.81	1300m:	14:21.44	33.43
	150m:	1:32.30	32.04	550m:	5:54.08	33.19	950m:	10:24.24	34.11	1350m:	14:54.91	33.47
	200m:	2:04.52	32.22	600m:	6:27.29	33.21	1000m:	10:58.35	34.11	1400m:	15:28.50	33.59
	250m:	2:36.94	32.42	650m:	7:00.60	33.31	1050m:	11:32.23	33.88	1450m:	16:02.22	33.72
	300m:	3:09.72	32.78	700m:	7:34.47	33.87	1100m:	12:06.15	33.92	1500m:	16:35.48	33.26
	350m:	3:42.53	32.81	750m:	8:08.42	33.95	1150m:	12:40.47	34.32			
	400m:	4:15.37	32.84	800m:	8:42.26	33.84	1200m:	13:14.29	33.82			
22.	Tiago Carlos Santos			98	Naval Amorense			16:35.83		+0,74	622	
	50m:	28.71	28.71	450m:	4:48.30	33.04	850m:	9:18.35	33.90	1250m:	13:47.79	33.59
	100m:	59.52	30.81	500m:	5:21.55	33.25	900m:	9:51.94	33.59	1300m:	14:21.64	33.85
	150m:	1:31.79	32.27	550m:	5:54.81	33.26	950m:	10:25.85	33.91	1350m:	14:55.56	33.92
	200m:	2:04.19	32.40	600m:	6:28.23	33.42	1000m:	10:59.63	33.78	1400m:	15:29.47	33.91
	250m:	2:36.74	32.55	650m:	7:02.27	34.04	1050m:	11:33.27	33.64	1450m:	16:03.20	33.73
	300m:	3:09.32	32.58	700m:	7:36.06	33.79	1100m:	12:07.04	33.77	1500m:	16:35.83	32.63
	350m:	3:42.16	32.84	750m:	8:10.31	34.25	1150m:	12:40.58	33.54			
	400m:	4:15.26	33.10	800m:	8:44.45	34.14	1200m:	13:14.20	33.62			

Prova 44, Masc., 1500m Livres, Absoluto

Lugar	Nome			Ano	Clube		Tempo Final		TReac	Pts		
23.	Afonso Calais Queiroga			98	Uniao Piedense		16:39.03		+0,72	616		
	50m:	29.17	29.17	450m:	4:49.47	32.91	850m:	9:16.14	33.67	1250m:	13:49.46	34.08
	100m:	1:01.04	31.87	500m:	5:22.22	32.75	900m:	9:49.60	33.46	1300m:	14:24.10	34.64
	150m:	1:33.45	32.41	550m:	5:55.21	32.99	950m:	10:23.51	33.91	1350m:	14:57.67	33.57
	200m:	2:05.87	32.42	600m:	6:28.40	33.19	1000m:	10:57.96	34.45	1400m:	15:31.24	33.57
	250m:	2:38.29	32.42	650m:	7:01.89	33.49	1050m:	11:31.94	33.98	1450m:	16:06.00	34.76
	300m:	3:10.79	32.50	700m:	7:35.21	33.32	1100m:	12:05.87	33.93	1500m:	16:39.03	33.03
	350m:	3:43.64	32.85	750m:	8:08.62	33.41	1150m:	12:40.91	35.04			
	400m:	4:16.56	32.92	800m:	8:42.47	33.85	1200m:	13:15.38	34.47			
24.	Alexandre Magno Carvalho			98	Fluvial Portuense		16:40.03		+0,74	614		
	50m:	28.52	28.52	450m:	4:49.63	33.10	850m:	9:18.62	33.34	1250m:	13:50.76	34.22
	100m:	1:00.03	31.51	500m:	5:23.02	33.39	900m:	9:52.48	33.86	1300m:	14:24.95	34.19
	150m:	1:32.32	32.29	550m:	5:56.75	33.73	950m:	10:26.18	33.70	1350m:	14:58.93	33.98
	200m:	2:04.94	32.62	600m:	6:30.35	33.60	1000m:	11:00.43	34.25	1400m:	15:32.91	33.98
	250m:	2:37.50	32.56	650m:	7:04.22	33.87	1050m:	11:34.47	34.04	1450m:	16:06.75	33.84
	300m:	3:10.59	33.09	700m:	7:38.35	34.13	1100m:	12:08.32	33.85	1500m:	16:40.03	33.28
	350m:	3:43.31	32.72	750m:	8:12.25	33.90	1150m:	12:42.37	34.05			
	400m:	4:16.53	33.22	800m:	8:45.28	33.03	1200m:	13:16.54	34.17			
25.	Dario Fausto Matias			98	Torres Novas		16:44.44		+0,86	606		
	50m:	30.45	30.45	450m:	4:56.98	33.40	850m:	9:28.05	33.65	1250m:	13:58.24	33.71
	100m:	1:03.45	33.00	500m:	5:30.78	33.80	900m:	10:01.42	33.37	1300m:	14:32.36	34.12
	150m:	1:36.45	33.00	550m:	6:04.31	33.53	950m:	10:35.12	33.70	1350m:	15:06.00	33.64
	200m:	2:09.82	33.37	600m:	6:38.19	33.88	1000m:	11:09.03	33.91	1400m:	15:39.89	33.89
	250m:	2:43.06	33.24	650m:	7:12.42	34.23	1050m:	11:42.94	33.91	1450m:	16:13.75	33.86
	300m:	3:16.56	33.50	700m:	7:46.78	34.36	1100m:	12:17.09	34.15	1500m:	16:44.44	30.69
	350m:	3:50.18	33.62	750m:	8:20.61	33.83	1150m:	12:50.58	33.49			
	400m:	4:23.58	33.40	800m:	8:54.40	33.79	1200m:	13:24.53	33.95			
26.	Diogo Rosado Leca			98	Colegio Monte Maior		16:45.27		+0,89	604		
	50m:	29.65	29.65	450m:	4:53.71	33.64	850m:	9:21.36	33.99	1250m:	13:56.24	33.61
	100m:	1:01.65	32.00	500m:	5:26.89	33.18	900m:	9:55.46	34.10	1300m:	14:30.57	34.33
	150m:	1:34.20	32.55	550m:	6:00.27	33.38	950m:	10:30.22	34.76	1350m:	15:04.62	34.05
	200m:	2:06.59	32.39	600m:	6:33.65	33.38	1000m:	11:04.74	34.52	1400m:	15:38.84	34.22
	250m:	2:39.58	32.99	650m:	7:06.80	33.15	1050m:	11:39.10	34.36	1450m:	16:12.65	33.81
	300m:	3:13.03	33.45	700m:	7:40.11	33.31	1100m:	12:13.33	34.23	1500m:	16:45.27	32.62
	350m:	3:46.44	33.41	750m:	8:13.44	33.33	1150m:	12:48.06	34.73			
	400m:	4:20.07	33.63	800m:	8:47.37	33.93	1200m:	13:22.63	34.57			
27.	Sergio Gomes Abreu FTL			96	Naval do Funchal		16:48.10		+0,69	599		
	50m:	27.36	27.36	450m:	4:49.93	33.62	850m:	9:20.97	34.20	1250m:	13:57.15	34.58
	100m:	58.32	30.96	500m:	5:23.50	33.57	900m:	9:55.59	34.62	1300m:	14:31.81	34.66
	150m:	1:30.69	32.37	550m:	5:57.43	33.93	950m:	10:30.18	34.59	1350m:	15:06.47	34.66
	200m:	2:03.45	32.76	600m:	6:31.10	33.67	1000m:	11:04.36	34.18	1400m:	15:40.82	34.35
	250m:	2:36.30	32.85	650m:	7:04.60	33.50	1050m:	11:38.78	34.42	1450m:	16:15.17	34.35
	300m:	3:09.51	33.21	700m:	7:38.26	33.66	1100m:	12:13.18	34.40	1500m:	16:48.10	32.93
	350m:	3:42.73	33.22	750m:	8:12.48	34.22	1150m:	12:47.83	34.65			
	400m:	4:16.31	33.58	800m:	8:46.77	34.29	1200m:	13:22.57	34.74			
28.	Jose Diogo Fonseca			98	Nautico da Marinha Grande		16:58.47		+0,75	581		
	50m:	29.87	29.87	450m:	4:59.32	34.03	850m:	9:34.85	34.63	1250m:	14:09.87	34.10
	100m:	1:02.69	32.82	500m:	5:33.48	34.16	900m:	10:08.69	33.84	1300m:	14:44.42	34.55
	150m:	1:35.95	33.26	550m:	6:07.68	34.20	950m:	10:43.50	34.81	1350m:	15:18.61	34.19
	200m:	2:09.77	33.82	600m:	6:42.44	34.76	1000m:	11:17.54	34.04	1400m:	15:53.04	34.43
	250m:	2:43.31	33.54	650m:	7:16.88	34.44	1050m:	11:52.23	34.69	1450m:	16:26.72	33.68
	300m:	3:17.35	34.04	700m:	7:51.59	34.71	1100m:	12:26.81	34.58	1500m:	16:58.47	31.75
	350m:	3:51.00	33.65	750m:	8:25.83	34.24	1150m:	13:01.21	34.40			
	400m:	4:25.29	34.29	800m:	9:00.22	34.39	1200m:	13:35.77	34.56			

Prova 44, Masc., 1500m Livres, Absoluto

Lugar	Nome			Ano	Clube			Tempo Final		TReac	Pts	
29.	Pedro Miguel Vieira			98	Galitos			16:59.59		+0,82	579	
	50m:	29.96	29.96	450m:	4:59.63	34.23	850m:	9:34.82	34.75	1250m:	14:09.55	34.40
	100m:	1:03.15	33.19	500m:	5:33.53	33.90	900m:	10:09.13	34.31	1300m:	14:43.59	34.04
	150m:	1:36.61	33.46	550m:	6:07.70	34.17	950m:	10:43.71	34.58	1350m:	15:17.93	34.34
	200m:	2:10.09	33.48	600m:	6:42.12	34.42	1000m:	11:18.03	34.32	1400m:	15:52.54	34.61
	250m:	2:43.77	33.68	650m:	7:16.75	34.63	1050m:	11:52.22	34.19	1450m:	16:26.60	34.06
	300m:	3:17.52	33.75	700m:	7:51.13	34.38	1100m:	12:26.49	34.27	1500m:	16:59.59	32.99
	350m:	3:51.31	33.79	750m:	8:25.62	34.49	1150m:	13:00.83	34.34			
	400m:	4:25.40	34.09	800m:	9:00.07	34.45	1200m:	13:35.15	34.32			
30.	Duarte Nuno Vieira			95	Desportivo Nacional			18:04.09		+0,68	482	
	FTL											
	50m:	28.62	28.62	450m:	5:06.79	36.49	850m:	10:03.43	37.49	1250m:	15:05.93	37.55
	100m:	1:00.37	31.75	500m:	5:42.54	35.75	900m:	10:41.26	37.83	1300m:	15:44.44	38.51
	150m:	1:33.00	32.63	550m:	6:19.41	36.87	950m:	11:18.95	37.69	1350m:	16:20.94	36.50
	200m:	2:07.29	34.29	600m:	6:56.44	37.03	1000m:	11:57.39	38.44	1400m:	16:56.15	35.21
	250m:	2:42.15	34.86	650m:	7:33.45	37.01	1050m:	12:35.08	37.69	1450m:	17:31.24	35.09
	300m:	3:17.75	35.60	700m:	8:10.12	36.67	1100m:	13:12.95	37.87	1500m:	18:04.09	32.85
	350m:	3:54.04	36.29	750m:	8:47.96	37.84	1150m:	13:50.55	37.60			
	400m:	4:30.30	36.26	800m:	9:25.94	37.98	1200m:	14:28.38	37.83			
DNS	Rafael Ladeiro Santos			98	Geslours							
DNS	Bernardo Leitao Graca			93	Sporting							
DNF	Bruno Jose Silva			98	Braga							

Senior 94+V

1.	Rafael Lourenco Gil			96	Naval Amorense			15:14.94		+0,71	802	
	50m:	28.05	28.05	450m:	4:31.93	29.98	850m:	8:35.60	30.61	1250m:	12:41.73	30.96
	100m:	58.18	30.13	500m:	5:02.09	30.16	900m:	9:06.19	30.59	1300m:	13:12.66	30.93
	150m:	1:28.82	30.64	550m:	5:32.56	30.47	950m:	9:36.90	30.71	1350m:	13:43.69	31.03
	200m:	1:59.56	30.74	600m:	6:03.13	30.57	1000m:	10:07.55	30.65	1400m:	14:14.66	30.97
	250m:	2:30.70	31.14	650m:	6:33.67	30.54	1050m:	10:38.30	30.75	1450m:	14:45.16	30.50
	300m:	3:01.22	30.52	700m:	7:04.14	30.47	1100m:	11:09.20	30.90	1500m:	15:14.94	29.78
	350m:	3:31.74	30.52	750m:	7:34.51	30.37	1150m:	11:39.89	30.69			
	400m:	4:01.95	30.21	800m:	8:04.99	30.48	1200m:	12:10.77	30.88			
2.	Mario Andre Bonanca			90	Sporting			15:33.94		+0,82	754	
	50m:	29.26	29.26	450m:	4:38.04	30.78	850m:	8:48.18	31.38	1250m:	12:59.83	31.37
	100m:	1:00.27	31.01	500m:	5:08.91	30.87	900m:	9:19.68	31.50	1300m:	13:31.52	31.69
	150m:	1:31.06	30.79	550m:	5:39.87	30.96	950m:	9:50.92	31.24	1350m:	14:02.96	31.44
	200m:	2:02.35	31.29	600m:	6:11.03	31.16	1000m:	10:22.39	31.47	1400m:	14:34.12	31.16
	250m:	2:33.98	31.63	650m:	6:42.37	31.34	1050m:	10:53.93	31.54	1450m:	15:04.78	30.66
	300m:	3:05.33	31.35	700m:	7:13.77	31.40	1100m:	11:25.44	31.51	1500m:	15:33.94	29.16
	350m:	3:36.33	31.00	750m:	7:45.17	31.40	1150m:	11:57.21	31.77			
	400m:	4:07.26	30.93	800m:	8:16.80	31.63	1200m:	12:28.46	31.25			
3.	Tiago Silva Oliveira			94	Leixoes			15:38.18		+0,77	743	
	50m:	29.06	29.06	450m:	4:39.16	31.14	850m:	8:48.52	31.11	1250m:	13:00.27	31.43
	100m:	59.91	30.85	500m:	5:10.15	30.99	900m:	9:19.63	31.11	1300m:	13:31.94	31.67
	150m:	1:31.26	31.35	550m:	5:40.99	30.84	950m:	9:50.78	31.15	1350m:	14:03.61	31.67
	200m:	2:02.71	31.45	600m:	6:12.08	31.09	1000m:	10:22.04	31.26	1400m:	14:35.31	31.70
	250m:	2:33.91	31.20	650m:	6:43.40	31.32	1050m:	10:53.72	31.68	1450m:	15:07.28	31.97
	300m:	3:05.10	31.19	700m:	7:14.54	31.14	1100m:	11:25.21	31.49	1500m:	15:38.18	30.90
	350m:	3:36.49	31.39	750m:	7:45.79	31.25	1150m:	11:57.44	32.23			
	400m:	4:08.02	31.53	800m:	8:17.41	31.62	1200m:	12:28.84	31.40			

Prova 44, Masc., 1500m Livres, Senior 94+V

Lugar	Nome		Ano	Clube	Tempo Final		TReac	Pts
4.	Pedro Miguel Pinotes		89	Sporting	15:44.61		+0,69	728
	50m:	29.35 29.35	450m:	4:41.31 31.92	850m:	8:53.62 31.79	1250m:	13:08.73 31.21
	100m:	1:00.20 30.85	500m:	5:12.89 31.58	900m:	9:25.52 31.90	1300m:	13:39.94 31.21
	150m:	1:30.70 30.50	550m:	5:43.92 31.03	950m:	9:57.61 32.09	1350m:	14:11.55 31.61
	200m:	2:02.32 31.62	600m:	6:15.90 31.98	1000m:	10:29.43 31.82	1400m:	14:42.98 31.43
	250m:	2:34.44 32.12	650m:	6:47.49 31.59	1050m:	11:01.33 31.90	1450m:	15:14.01 31.03
	300m:	3:06.06 31.62	700m:	7:19.07 31.58	1100m:	11:33.61 32.28	1500m:	15:44.61 30.60
	350m:	3:38.01 31.95	750m:	7:50.57 31.50	1150m:	12:05.89 32.28		
	400m:	4:09.39 31.38	800m:	8:21.83 31.26	1200m:	12:37.52 31.63		
5.	Fernando Eurico Costa		85	Leixoes	15:48.54		+0,77	719
	50m:	28.71 28.71	450m:	4:40.47 31.46	850m:	8:55.51 32.08	1250m:	13:11.60 32.10
	100m:	59.99 31.28	500m:	5:12.09 31.62	900m:	9:27.46 31.95	1300m:	13:43.59 31.99
	150m:	1:31.21 31.22	550m:	5:43.82 31.73	950m:	9:59.86 32.40	1350m:	14:15.26 31.67
	200m:	2:02.98 31.77	600m:	6:15.79 31.97	1000m:	10:31.77 31.91	1400m:	14:47.02 31.76
	250m:	2:34.51 31.53	650m:	6:47.74 31.95	1050m:	11:03.50 31.73	1450m:	15:18.35 31.33
	300m:	3:05.94 31.43	700m:	7:19.56 31.82	1100m:	11:35.52 32.02	1500m:	15:48.54 30.19
	350m:	3:37.50 31.56	750m:	7:51.48 31.92	1150m:	12:07.48 31.96		
	400m:	4:09.01 31.51	800m:	8:23.43 31.95	1200m:	12:39.50 32.02		
6.	Joao Andre Neves		95	Academica de Coimbra	15:57.42		+0,73	700
	50m:	28.76 28.76	450m:	4:43.31 31.95	850m:	9:01.21 31.98	1250m:	13:18.63 31.90
	100m:	1:00.40 31.64	500m:	5:15.68 32.37	900m:	9:33.36 32.15	1300m:	13:50.95 32.32
	150m:	1:31.91 31.51	550m:	5:48.03 32.35	950m:	10:05.37 32.01	1350m:	14:22.88 31.93
	200m:	2:03.58 31.67	600m:	6:20.43 32.40	1000m:	10:37.58 32.21	1400m:	14:54.71 31.83
	250m:	2:35.45 31.87	650m:	6:52.48 32.05	1050m:	11:09.87 32.29	1450m:	15:26.64 31.93
	300m:	3:07.24 31.79	700m:	7:24.56 32.08	1100m:	11:42.33 32.46	1500m:	15:57.42 30.78
	350m:	3:39.00 31.76	750m:	7:56.85 32.29	1150m:	12:14.36 32.03		
	400m:	4:11.36 32.36	800m:	8:29.23 32.38	1200m:	12:46.73 32.37		
7.	Pedro Rafael Garcia		96	Academico Viseu	16:16.97		+0,77	658
	50m:	28.92 28.92	450m:	4:48.24 32.85	850m:	9:11.40 33.05	1250m:	13:34.64 32.95
	100m:	1:00.13 31.21	500m:	5:20.98 32.74	900m:	9:44.34 32.94	1300m:	14:07.69 33.05
	150m:	1:32.05 31.92	550m:	5:53.82 32.84	950m:	10:17.25 32.91	1350m:	14:40.51 32.82
	200m:	2:04.39 32.34	600m:	6:26.98 33.16	1000m:	10:49.99 32.74	1400m:	15:13.48 32.97
	250m:	2:37.02 32.63	650m:	6:59.98 33.00	1050m:	11:23.01 33.02	1450m:	15:46.10 32.62
	300m:	3:09.68 32.66	700m:	7:33.00 33.02	1100m:	11:55.73 32.72	1500m:	16:16.97 30.87
	350m:	3:42.53 32.85	750m:	8:05.61 32.61	1150m:	12:28.69 32.96		
	400m:	4:15.39 32.86	800m:	8:38.35 32.74	1200m:	13:01.69 33.00		
8.	Joao Nuno Pires FTL		94	Academica de Coimbra	16:17.46		+0,70	657
	50m:	29.01 29.01	450m:	4:42.72 32.41	850m:	9:04.52 33.05	1250m:	13:32.00 33.48
	100m:	1:00.28 31.27	500m:	5:15.59 32.87	900m:	9:37.82 33.30	1300m:	14:05.33 33.33
	150m:	1:31.74 31.46	550m:	5:48.24 32.65	950m:	10:11.50 33.68	1350m:	14:38.57 33.24
	200m:	2:03.31 31.57	600m:	6:20.77 32.53	1000m:	10:44.85 33.35	1400m:	15:12.12 33.55
	250m:	2:35.06 31.75	650m:	6:53.05 32.28	1050m:	11:18.27 33.42	1450m:	15:45.53 33.41
	300m:	3:06.60 31.54	700m:	7:25.64 32.59	1100m:	11:51.94 33.67	1500m:	16:17.46 31.93
	350m:	3:38.25 31.65	750m:	7:58.52 32.88	1150m:	12:25.27 33.33		
	400m:	4:10.31 32.06	800m:	8:31.47 32.95	1200m:	12:58.52 33.25		
9.	Pedro Veigunha Martins		96	Braga	16:19.65		+0,79	653
	50m:	28.79 28.79	450m:	4:47.77 32.77	850m:	9:10.97 32.97	1250m:	13:37.70 33.47
	100m:	1:00.08 31.29	500m:	5:20.52 32.75	900m:	9:44.58 33.61	1300m:	14:11.25 33.55
	150m:	1:32.02 31.94	550m:	5:53.66 33.14	950m:	10:17.39 32.81	1350m:	14:46.03 34.78
	200m:	2:04.09 32.07	600m:	6:26.24 32.58	1000m:	10:50.30 32.91	1400m:	15:19.22 33.19
	250m:	2:36.59 32.50	650m:	6:59.23 32.99	1050m:	11:23.97 33.67	1450m:	15:50.65 31.43
	300m:	3:09.38 32.79	700m:	7:32.37 33.14	1100m:	11:57.32 33.35	1500m:	16:19.65 29.00
	350m:	3:42.26 32.88	750m:	8:05.55 33.18	1150m:	12:30.93 33.61		
	400m:	4:15.00 32.74	800m:	8:38.00 32.45	1200m:	13:04.23 33.30		

Prova 44, Masc., 1500m Livres, Senior 94+V

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Pedro Maria Bessa	95	Vilacondense	16:34.39	+0,73	624
	<i>FTL</i>					
	50m: 29.01 29.01	450m: 4:48.26 32.76	850m: 9:11.77 33.50	1250m: 13:43.26 34.39		
	100m: 1:00.31 31.30	500m: 5:21.08 32.82	900m: 9:45.01 33.24	1300m: 14:17.64 34.38		
	150m: 1:32.09 31.78	550m: 5:53.75 32.67	950m: 10:18.63 33.62	1350m: 14:52.27 34.63		
	200m: 2:04.34 32.25	600m: 6:25.71 31.96	1000m: 10:52.46 33.83	1400m: 15:26.85 34.58		
	250m: 2:37.14 32.80	650m: 6:58.61 32.90	1050m: 11:26.63 34.17	1450m: 16:00.90 34.05		
	300m: 3:09.85 32.71	700m: 7:31.91 33.30	1100m: 12:00.49 33.86	1500m: 16:34.39 33.49		
	350m: 3:42.55 32.70	750m: 8:05.13 33.22	1150m: 12:34.59 34.10			
	400m: 4:15.50 32.95	800m: 8:38.27 33.14	1200m: 13:08.87 34.28			
11.	Sergio Gomes Abreu	96	Naval do Funchal	16:48.10	+0,69	599
	<i>FTL</i>					
	50m: 27.36 27.36	450m: 4:49.93 33.62	850m: 9:20.97 34.20	1250m: 13:57.15 34.58		
	100m: 58.32 30.96	500m: 5:23.50 33.57	900m: 9:55.59 34.62	1300m: 14:31.81 34.66		
	150m: 1:30.69 32.37	550m: 5:57.43 33.93	950m: 10:30.18 34.59	1350m: 15:06.47 34.66		
	200m: 2:03.45 32.76	600m: 6:31.10 33.67	1000m: 11:04.36 34.18	1400m: 15:40.82 34.35		
	250m: 2:36.30 32.85	650m: 7:04.60 33.50	1050m: 11:38.78 34.42	1450m: 16:15.17 34.35		
	300m: 3:09.51 33.21	700m: 7:38.26 33.66	1100m: 12:13.18 34.40	1500m: 16:48.10 32.93		
	350m: 3:42.73 33.22	750m: 8:12.48 34.22	1150m: 12:47.83 34.65			
	400m: 4:16.31 33.58	800m: 8:46.77 34.29	1200m: 13:22.57 34.74			
12.	Duarte Nuno Vieira	95	Desportivo Nacional	18:04.09	+0,68	482
	<i>FTL</i>					
	50m: 28.62 28.62	450m: 5:06.79 36.49	850m: 10:03.43 37.49	1250m: 15:05.93 37.55		
	100m: 1:00.37 31.75	500m: 5:42.54 35.75	900m: 10:41.26 37.83	1300m: 15:44.44 38.51		
	150m: 1:33.00 32.63	550m: 6:19.41 36.87	950m: 11:18.95 37.69	1350m: 16:20.94 36.50		
	200m: 2:07.29 34.29	600m: 6:56.44 37.03	1000m: 11:57.39 38.44	1400m: 16:56.15 35.21		
	250m: 2:42.15 34.86	650m: 7:33.45 37.01	1050m: 12:35.08 37.69	1450m: 17:31.24 35.09		
	300m: 3:17.75 35.60	700m: 8:10.12 36.67	1100m: 13:12.95 37.87	1500m: 18:04.09 32.85		
	350m: 3:54.04 36.29	750m: 8:47.96 37.84	1150m: 13:50.55 37.60			
	400m: 4:30.30 36.26	800m: 9:25.94 37.98	1200m: 14:28.38 37.83			
DNS	Bernardo Leitao Graca	93	Sporting			

Senior 95

1.	Rafael Lourenco Gil	96	Naval Amorense	15:14.94	+0,71	802
	50m: 28.05 28.05	450m: 4:31.93 29.98	850m: 8:35.60 30.61	1250m: 12:41.73 30.96		
	100m: 58.18 30.13	500m: 5:02.09 30.16	900m: 9:06.19 30.59	1300m: 13:12.66 30.93		
	150m: 1:28.82 30.64	550m: 5:32.56 30.47	950m: 9:36.90 30.71	1350m: 13:43.69 31.03		
	200m: 1:59.56 30.74	600m: 6:03.13 30.57	1000m: 10:07.55 30.65	1400m: 14:14.66 30.97		
	250m: 2:30.70 31.14	650m: 6:33.67 30.54	1050m: 10:38.30 30.75	1450m: 14:45.16 30.50		
	300m: 3:01.22 30.52	700m: 7:04.14 30.47	1100m: 11:09.20 30.90	1500m: 15:14.94 29.78		
	350m: 3:31.74 30.52	750m: 7:34.51 30.37	1150m: 11:39.89 30.69			
	400m: 4:01.95 30.21	800m: 8:04.99 30.48	1200m: 12:10.77 30.88			
2.	Mario Andre Bonanca	90	Sporting	15:33.94	+0,82	754
	50m: 29.26 29.26	450m: 4:38.04 30.78	850m: 8:48.18 31.38	1250m: 12:59.83 31.37		
	100m: 1:00.27 31.01	500m: 5:08.91 30.87	900m: 9:19.68 31.50	1300m: 13:31.52 31.69		
	150m: 1:31.06 30.79	550m: 5:39.87 30.96	950m: 9:50.92 31.24	1350m: 14:02.96 31.44		
	200m: 2:02.35 31.29	600m: 6:11.03 31.16	1000m: 10:22.39 31.47	1400m: 14:34.12 31.16		
	250m: 2:33.98 31.63	650m: 6:42.37 31.34	1050m: 10:53.93 31.54	1450m: 15:04.78 30.66		
	300m: 3:05.33 31.35	700m: 7:13.77 31.40	1100m: 11:25.44 31.51	1500m: 15:33.94 29.16		
	350m: 3:36.33 31.00	750m: 7:45.17 31.40	1150m: 11:57.21 31.77			
	400m: 4:07.26 30.93	800m: 8:16.80 31.63	1200m: 12:28.46 31.25			

Prova 44, Masc., 1500m Livres, Senior 95

Lugar	Nome		Ano	Clube		Tempo Final	TReac	Pts
3.	Tiago Silva Oliveira		94	Leixoes		15:38.18	+0,77	743
	50m: 29.06 29.06	450m: 4:39.16	31.14	850m: 8:48.52	31.11	1250m: 13:00.27	31.43	
	100m: 59.91 30.85	500m: 5:10.15	30.99	900m: 9:19.63	31.11	1300m: 13:31.94	31.67	
	150m: 1:31.26 31.35	550m: 5:40.99	30.84	950m: 9:50.78	31.15	1350m: 14:03.61	31.67	
	200m: 2:02.71 31.45	600m: 6:12.08	31.09	1000m: 10:22.04	31.26	1400m: 14:35.31	31.70	
	250m: 2:33.91 31.20	650m: 6:43.40	31.32	1050m: 10:53.72	31.68	1450m: 15:07.28	31.97	
	300m: 3:05.10 31.19	700m: 7:14.54	31.14	1100m: 11:25.21	31.49	1500m: 15:38.18	30.90	
	350m: 3:36.49 31.39	750m: 7:45.79	31.25	1150m: 11:57.44	32.23			
	400m: 4:08.02 31.53	800m: 8:17.41	31.62	1200m: 12:28.84	31.40			
4.	Pedro Miguel Pinotes		89	Sporting		15:44.61	+0,69	728
	50m: 29.35 29.35	450m: 4:41.31	31.92	850m: 8:53.62	31.79	1250m: 13:08.73	31.21	
	100m: 1:00.20 30.85	500m: 5:12.89	31.58	900m: 9:25.52	31.90	1300m: 13:39.94	31.21	
	150m: 1:30.70 30.50	550m: 5:43.92	31.03	950m: 9:57.61	32.09	1350m: 14:11.55	31.61	
	200m: 2:02.32 31.62	600m: 6:15.90	31.98	1000m: 10:29.43	31.82	1400m: 14:42.98	31.43	
	250m: 2:34.44 32.12	650m: 6:47.49	31.59	1050m: 11:01.33	31.90	1450m: 15:14.01	31.03	
	300m: 3:06.06 31.62	700m: 7:19.07	31.58	1100m: 11:33.61	32.28	1500m: 15:44.61	30.60	
	350m: 3:38.01 31.95	750m: 7:50.57	31.50	1150m: 12:05.89	32.28			
	400m: 4:09.39 31.38	800m: 8:21.83	31.26	1200m: 12:37.52	31.63			
5.	Fernando Eurico Costa		85	Leixoes		15:48.54	+0,77	719
	50m: 28.71 28.71	450m: 4:40.47	31.46	850m: 8:55.51	32.08	1250m: 13:11.60	32.10	
	100m: 59.99 31.28	500m: 5:12.09	31.62	900m: 9:27.46	31.95	1300m: 13:43.59	31.99	
	150m: 1:31.21 31.22	550m: 5:43.82	31.73	950m: 9:59.86	32.40	1350m: 14:15.26	31.67	
	200m: 2:02.98 31.77	600m: 6:15.79	31.97	1000m: 10:31.77	31.91	1400m: 14:47.02	31.76	
	250m: 2:34.51 31.53	650m: 6:47.74	31.95	1050m: 11:03.50	31.73	1450m: 15:18.35	31.33	
	300m: 3:05.94 31.43	700m: 7:19.56	31.82	1100m: 11:35.52	32.02	1500m: 15:48.54	30.19	
	350m: 3:37.50 31.56	750m: 7:51.48	31.92	1150m: 12:07.48	31.96			
	400m: 4:09.01 31.51	800m: 8:23.43	31.95	1200m: 12:39.50	32.02			
6.	Joao Andre Neves		95	Academica de Coimbra		15:57.42	+0,73	700
	50m: 28.76 28.76	450m: 4:43.31	31.95	850m: 9:01.21	31.98	1250m: 13:18.63	31.90	
	100m: 1:00.40 31.64	500m: 5:15.68	32.37	900m: 9:33.36	32.15	1300m: 13:50.95	32.32	
	150m: 1:31.91 31.51	550m: 5:48.03	32.35	950m: 10:05.37	32.01	1350m: 14:22.88	31.93	
	200m: 2:03.58 31.67	600m: 6:20.43	32.40	1000m: 10:37.58	32.21	1400m: 14:54.71	31.83	
	250m: 2:35.45 31.87	650m: 6:52.48	32.05	1050m: 11:09.87	32.29	1450m: 15:26.64	31.93	
	300m: 3:07.24 31.79	700m: 7:24.56	32.08	1100m: 11:42.33	32.46	1500m: 15:57.42	30.78	
	350m: 3:39.00 31.76	750m: 7:56.85	32.29	1150m: 12:14.36	32.03			
	400m: 4:11.36 32.36	800m: 8:29.23	32.38	1200m: 12:46.73	32.37			
7.	Pedro Rafael Garcia		96	Academico Viseu		16:16.97	+0,77	658
	50m: 28.92 28.92	450m: 4:48.24	32.85	850m: 9:11.40	33.05	1250m: 13:34.64	32.95	
	100m: 1:00.13 31.21	500m: 5:20.98	32.74	900m: 9:44.34	32.94	1300m: 14:07.69	33.05	
	150m: 1:32.05 31.92	550m: 5:53.82	32.84	950m: 10:17.25	32.91	1350m: 14:40.51	32.82	
	200m: 2:04.39 32.34	600m: 6:26.98	33.16	1000m: 10:49.99	32.74	1400m: 15:13.48	32.97	
	250m: 2:37.02 32.63	650m: 6:59.98	33.00	1050m: 11:23.01	33.02	1450m: 15:46.10	32.62	
	300m: 3:09.68 32.66	700m: 7:33.00	33.02	1100m: 11:55.73	32.72	1500m: 16:16.97	30.87	
	350m: 3:42.53 32.85	750m: 8:05.61	32.61	1150m: 12:28.69	32.96			
	400m: 4:15.39 32.86	800m: 8:38.35	32.74	1200m: 13:01.69	33.00			
8.	Joao Nuno Pires		94	Academica de Coimbra		16:17.46	+0,70	657
	FTL							
	50m: 29.01 29.01	450m: 4:42.72	32.41	850m: 9:04.52	33.05	1250m: 13:32.00	33.48	
	100m: 1:00.28 31.27	500m: 5:15.59	32.87	900m: 9:37.82	33.30	1300m: 14:05.33	33.33	
	150m: 1:31.74 31.46	550m: 5:48.24	32.65	950m: 10:11.50	33.68	1350m: 14:38.57	33.24	
	200m: 2:03.31 31.57	600m: 6:20.77	32.53	1000m: 10:44.85	33.35	1400m: 15:12.12	33.55	
	250m: 2:35.06 31.75	650m: 6:53.05	32.28	1050m: 11:18.27	33.42	1450m: 15:45.53	33.41	
	300m: 3:06.60 31.54	700m: 7:25.64	32.59	1100m: 11:51.94	33.67	1500m: 16:17.46	31.93	
	350m: 3:38.25 31.65	750m: 7:58.52	32.88	1150m: 12:25.27	33.33			
	400m: 4:10.31 32.06	800m: 8:31.47	32.95	1200m: 12:58.52	33.25			

Prova 44, Masc., 1500m Livres, Senior 95

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Pedro Veiguiinha Martins	96	Braga	16:19.65	+0,79	653
	50m: 28.79 28.79	450m: 4:47.77 32.77	850m: 9:10.97 32.97	1250m: 13:37.70 33.47		
	100m: 1:00.08 31.29	500m: 5:20.52 32.75	900m: 9:44.58 33.61	1300m: 14:11.25 33.55		
	150m: 1:32.02 31.94	550m: 5:53.66 33.14	950m: 10:17.39 32.81	1350m: 14:46.03 34.78		
	200m: 2:04.09 32.07	600m: 6:26.24 32.58	1000m: 10:50.30 32.91	1400m: 15:19.22 33.19		
	250m: 2:36.59 32.50	650m: 6:59.23 32.99	1050m: 11:23.97 33.67	1450m: 15:50.65 31.43		
	300m: 3:09.38 32.79	700m: 7:32.37 33.14	1100m: 11:57.32 33.35	1500m: 16:19.65 29.00		
	350m: 3:42.26 32.88	750m: 8:05.55 33.18	1150m: 12:30.93 33.61			
	400m: 4:15.00 32.74	800m: 8:38.00 32.45	1200m: 13:04.23 33.30			
10.	Pedro Maria Bessa	95	Vilacondense	16:34.39	+0,73	624
	<i>FTL</i>					
	50m: 29.01 29.01	450m: 4:48.26 32.76	850m: 9:11.77 33.50	1250m: 13:43.26 34.39		
	100m: 1:00.31 31.30	500m: 5:21.08 32.82	900m: 9:45.01 33.24	1300m: 14:17.64 34.38		
	150m: 1:32.09 31.78	550m: 5:53.75 32.67	950m: 10:18.63 33.62	1350m: 14:52.27 34.63		
	200m: 2:04.34 32.25	600m: 6:25.71 31.96	1000m: 10:52.46 33.83	1400m: 15:26.85 34.58		
	250m: 2:37.14 32.80	650m: 6:58.61 32.90	1050m: 11:26.63 34.17	1450m: 16:00.90 34.05		
	300m: 3:09.85 32.71	700m: 7:31.91 33.30	1100m: 12:00.49 33.86	1500m: 16:34.39 33.49		
	350m: 3:42.55 32.70	750m: 8:05.13 33.22	1150m: 12:34.59 34.10			
	400m: 4:15.50 32.95	800m: 8:38.27 33.14	1200m: 13:08.87 34.28			
11.	Sergio Gomes Abreu	96	Naval do Funchal	16:48.10	+0,69	599
	<i>FTL</i>					
	50m: 27.36 27.36	450m: 4:49.93 33.62	850m: 9:20.97 34.20	1250m: 13:57.15 34.58		
	100m: 58.32 30.96	500m: 5:23.50 33.57	900m: 9:55.59 34.62	1300m: 14:31.81 34.66		
	150m: 1:30.69 32.37	550m: 5:57.43 33.93	950m: 10:30.18 34.59	1350m: 15:06.47 34.66		
	200m: 2:03.45 32.76	600m: 6:31.10 33.67	1000m: 11:04.36 34.18	1400m: 15:40.82 34.35		
	250m: 2:36.30 32.85	650m: 7:04.60 33.50	1050m: 11:38.78 34.42	1450m: 16:15.17 34.35		
	300m: 3:09.51 33.21	700m: 7:38.26 33.66	1100m: 12:13.18 34.40	1500m: 16:48.10 32.93		
	350m: 3:42.73 33.22	750m: 8:12.48 34.22	1150m: 12:47.83 34.65			
	400m: 4:16.31 33.58	800m: 8:46.77 34.29	1200m: 13:22.57 34.74			
12.	Duarte Nuno Vieira	95	Desportivo Nacional	18:04.09	+0,68	482
	<i>FTL</i>					
	50m: 28.62 28.62	450m: 5:06.79 36.49	850m: 10:03.43 37.49	1250m: 15:05.93 37.55		
	100m: 1:00.37 31.75	500m: 5:42.54 35.75	900m: 10:41.26 37.83	1300m: 15:44.44 38.51		
	150m: 1:33.00 32.63	550m: 6:19.41 36.87	950m: 11:18.95 37.69	1350m: 16:20.94 36.50		
	200m: 2:07.29 34.29	600m: 6:56.44 37.03	1000m: 11:57.39 38.44	1400m: 16:56.15 35.21		
	250m: 2:42.15 34.86	650m: 7:33.45 37.01	1050m: 12:35.08 37.69	1450m: 17:31.24 35.09		
	300m: 3:17.75 35.60	700m: 8:10.12 36.67	1100m: 13:12.95 37.87	1500m: 18:04.09 32.85		
	350m: 3:54.04 36.29	750m: 8:47.96 37.84	1150m: 13:50.55 37.60			
	400m: 4:30.30 36.26	800m: 9:25.94 37.98	1200m: 14:28.38 37.83			
DNS	Bernardo Leitao Graca	93	Sporting			

Senior 96

1.	Rafael Lourenco Gil	96	Naval Amorense	15:14.94	+0,71	802
	50m: 28.05 28.05	450m: 4:31.93 29.98	850m: 8:35.60 30.61	1250m: 12:41.73 30.96		
	100m: 58.18 30.13	500m: 5:02.09 30.16	900m: 9:06.19 30.59	1300m: 13:12.66 30.93		
	150m: 1:28.82 30.64	550m: 5:32.56 30.47	950m: 9:36.90 30.71	1350m: 13:43.69 31.03		
	200m: 1:59.56 30.74	600m: 6:03.13 30.57	1000m: 10:07.55 30.65	1400m: 14:14.66 30.97		
	250m: 2:30.70 31.14	650m: 6:33.67 30.54	1050m: 10:38.30 30.75	1450m: 14:45.16 30.50		
	300m: 3:01.22 30.52	700m: 7:04.14 30.47	1100m: 11:09.20 30.90	1500m: 15:14.94 29.78		
	350m: 3:31.74 30.52	750m: 7:34.51 30.37	1150m: 11:39.89 30.69			
	400m: 4:01.95 30.21	800m: 8:04.99 30.48	1200m: 12:10.77 30.88			

Prova 44, Masc., 1500m Livres, Senior 96

Lugar	Nome		Ano	Clube		Tempo Final	TReac	Pts
2.	Mario Andre Bonanca		90	Sporting		15:33.94	+0,82	754
	50m: 29.26 29.26	450m: 4:38.04	30.78	850m: 8:48.18	31.38	1250m: 12:59.83	31.37	
	100m: 1:00.27 31.01	500m: 5:08.91	30.87	900m: 9:19.68	31.50	1300m: 13:31.52	31.69	
	150m: 1:31.06 30.79	550m: 5:39.87	30.96	950m: 9:50.92	31.24	1350m: 14:02.96	31.44	
	200m: 2:02.35 31.29	600m: 6:11.03	31.16	1000m: 10:22.39	31.47	1400m: 14:34.12	31.16	
	250m: 2:33.98 31.63	650m: 6:42.37	31.34	1050m: 10:53.93	31.54	1450m: 15:04.78	30.66	
	300m: 3:05.33 31.35	700m: 7:13.77	31.40	1100m: 11:25.44	31.51	1500m: 15:33.94	29.16	
	350m: 3:36.33 31.00	750m: 7:45.17	31.40	1150m: 11:57.21	31.77			
	400m: 4:07.26 30.93	800m: 8:16.80	31.63	1200m: 12:28.46	31.25			
3.	Tiago Silva Oliveira		94	Leixoes		15:38.18	+0,77	743
	50m: 29.06 29.06	450m: 4:39.16	31.14	850m: 8:48.52	31.11	1250m: 13:00.27	31.43	
	100m: 59.91 30.85	500m: 5:10.15	30.99	900m: 9:19.63	31.11	1300m: 13:31.94	31.67	
	150m: 1:31.26 31.35	550m: 5:40.99	30.84	950m: 9:50.78	31.15	1350m: 14:03.61	31.67	
	200m: 2:02.71 31.45	600m: 6:12.08	31.09	1000m: 10:22.04	31.26	1400m: 14:35.31	31.70	
	250m: 2:33.91 31.20	650m: 6:43.40	31.32	1050m: 10:53.72	31.68	1450m: 15:07.28	31.97	
	300m: 3:05.10 31.19	700m: 7:14.54	31.14	1100m: 11:25.21	31.49	1500m: 15:38.18	30.90	
	350m: 3:36.49 31.39	750m: 7:45.79	31.25	1150m: 11:57.44	32.23			
	400m: 4:08.02 31.53	800m: 8:17.41	31.62	1200m: 12:28.84	31.40			
4.	Pedro Miguel Pinotes		89	Sporting		15:44.61	+0,69	728
	50m: 29.35 29.35	450m: 4:41.31	31.92	850m: 8:53.62	31.79	1250m: 13:08.73	31.21	
	100m: 1:00.20 30.85	500m: 5:12.89	31.58	900m: 9:25.52	31.90	1300m: 13:39.94	31.21	
	150m: 1:30.70 30.50	550m: 5:43.92	31.03	950m: 9:57.61	32.09	1350m: 14:11.55	31.61	
	200m: 2:02.32 31.62	600m: 6:15.90	31.98	1000m: 10:29.43	31.82	1400m: 14:42.98	31.43	
	250m: 2:34.44 32.12	650m: 6:47.49	31.59	1050m: 11:01.33	31.90	1450m: 15:14.01	31.03	
	300m: 3:06.06 31.62	700m: 7:19.07	31.58	1100m: 11:33.61	32.28	1500m: 15:44.61	30.60	
	350m: 3:38.01 31.95	750m: 7:50.57	31.50	1150m: 12:05.89	32.28			
	400m: 4:09.39 31.38	800m: 8:21.83	31.26	1200m: 12:37.52	31.63			
5.	Fernando Eurico Costa		85	Leixoes		15:48.54	+0,77	719
	50m: 28.71 28.71	450m: 4:40.47	31.46	850m: 8:55.51	32.08	1250m: 13:11.60	32.10	
	100m: 59.99 31.28	500m: 5:12.09	31.62	900m: 9:27.46	31.95	1300m: 13:43.59	31.99	
	150m: 1:31.21 31.22	550m: 5:43.82	31.73	950m: 9:59.86	32.40	1350m: 14:15.26	31.67	
	200m: 2:02.98 31.77	600m: 6:15.79	31.97	1000m: 10:31.77	31.91	1400m: 14:47.02	31.76	
	250m: 2:34.51 31.53	650m: 6:47.74	31.95	1050m: 11:03.50	31.73	1450m: 15:18.35	31.33	
	300m: 3:05.94 31.43	700m: 7:19.56	31.82	1100m: 11:35.52	32.02	1500m: 15:48.54	30.19	
	350m: 3:37.50 31.56	750m: 7:51.48	31.92	1150m: 12:07.48	31.96			
	400m: 4:09.01 31.51	800m: 8:23.43	31.95	1200m: 12:39.50	32.02			
6.	Joao Andre Neves		95	Academica de Coimbra		15:57.42	+0,73	700
	50m: 28.76 28.76	450m: 4:43.31	31.95	850m: 9:01.21	31.98	1250m: 13:18.63	31.90	
	100m: 1:00.40 31.64	500m: 5:15.68	32.37	900m: 9:33.36	32.15	1300m: 13:50.95	32.32	
	150m: 1:31.91 31.51	550m: 5:48.03	32.35	950m: 10:05.37	32.01	1350m: 14:22.88	31.93	
	200m: 2:03.58 31.67	600m: 6:20.43	32.40	1000m: 10:37.58	32.21	1400m: 14:54.71	31.83	
	250m: 2:35.45 31.87	650m: 6:52.48	32.05	1050m: 11:09.87	32.29	1450m: 15:26.64	31.93	
	300m: 3:07.24 31.79	700m: 7:24.56	32.08	1100m: 11:42.33	32.46	1500m: 15:57.42	30.78	
	350m: 3:39.00 31.76	750m: 7:56.85	32.29	1150m: 12:14.36	32.03			
	400m: 4:11.36 32.36	800m: 8:29.23	32.38	1200m: 12:46.73	32.37			
7.	Pedro Rafael Garcia		96	Academico Viseu		16:16.97	+0,77	658
	50m: 28.92 28.92	450m: 4:48.24	32.85	850m: 9:11.40	33.05	1250m: 13:34.64	32.95	
	100m: 1:00.13 31.21	500m: 5:20.98	32.74	900m: 9:44.34	32.94	1300m: 14:07.69	33.05	
	150m: 1:32.05 31.92	550m: 5:53.82	32.84	950m: 10:17.25	32.91	1350m: 14:40.51	32.82	
	200m: 2:04.39 32.34	600m: 6:26.98	33.16	1000m: 10:49.99	32.74	1400m: 15:13.48	32.97	
	250m: 2:37.02 32.63	650m: 6:59.98	33.00	1050m: 11:23.01	33.02	1450m: 15:46.10	32.62	
	300m: 3:09.68 32.66	700m: 7:33.00	33.02	1100m: 11:55.73	32.72	1500m: 16:16.97	30.87	
	350m: 3:42.53 32.85	750m: 8:05.61	32.61	1150m: 12:28.69	32.96			
	400m: 4:15.39 32.86	800m: 8:38.35	32.74	1200m: 13:01.69	33.00			

Prova 44, Masc., 1500m Livres, Senior 96

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Joao Nuno Pires	94	Academica de Coimbra	16:17.46	+0,70	657
	<i>FTL</i>					
	50m: 29.01 29.01	450m: 4:42.72 32.41	850m: 9:04.52 33.05	1250m: 13:32.00 33.48		
	100m: 1:00.28 31.27	500m: 5:15.59 32.87	900m: 9:37.82 33.30	1300m: 14:05.33 33.33		
	150m: 1:31.74 31.46	550m: 5:48.24 32.65	950m: 10:11.50 33.68	1350m: 14:38.57 33.24		
	200m: 2:03.31 31.57	600m: 6:20.77 32.53	1000m: 10:44.85 33.35	1400m: 15:12.12 33.55		
	250m: 2:35.06 31.75	650m: 6:53.05 32.28	1050m: 11:18.27 33.42	1450m: 15:45.53 33.41		
	300m: 3:06.60 31.54	700m: 7:25.64 32.59	1100m: 11:51.94 33.67	1500m: 16:17.46 31.93		
	350m: 3:38.25 31.65	750m: 7:58.52 32.88	1150m: 12:25.27 33.33			
	400m: 4:10.31 32.06	800m: 8:31.47 32.95	1200m: 12:58.52 33.25			
9.	Pedro Veigunha Martins	96	Braga	16:19.65	+0,79	653
	50m: 28.79 28.79	450m: 4:47.77 32.77	850m: 9:10.97 32.97	1250m: 13:37.70 33.47		
	100m: 1:00.08 31.29	500m: 5:20.52 32.75	900m: 9:44.58 33.61	1300m: 14:11.25 33.55		
	150m: 1:32.02 31.94	550m: 5:53.66 33.14	950m: 10:17.39 32.81	1350m: 14:46.03 34.78		
	200m: 2:04.09 32.07	600m: 6:26.24 32.58	1000m: 10:50.30 32.91	1400m: 15:19.22 33.19		
	250m: 2:36.59 32.50	650m: 6:59.23 32.99	1050m: 11:23.97 33.67	1450m: 15:50.65 31.43		
	300m: 3:09.38 32.79	700m: 7:32.37 33.14	1100m: 11:57.32 33.35	1500m: 16:19.65 29.00		
	350m: 3:42.26 32.88	750m: 8:05.55 33.18	1150m: 12:30.93 33.61			
	400m: 4:15.00 32.74	800m: 8:38.00 32.45	1200m: 13:04.23 33.30			
10.	Pedro Maria Bessa	95	Vilacondense	16:34.39	+0,73	624
	<i>FTL</i>					
	50m: 29.01 29.01	450m: 4:48.26 32.76	850m: 9:11.77 33.50	1250m: 13:43.26 34.39		
	100m: 1:00.31 31.30	500m: 5:21.08 32.82	900m: 9:45.01 33.24	1300m: 14:17.64 34.38		
	150m: 1:32.09 31.78	550m: 5:53.75 32.67	950m: 10:18.63 33.62	1350m: 14:52.27 34.63		
	200m: 2:04.34 32.25	600m: 6:25.71 31.96	1000m: 10:52.46 33.83	1400m: 15:26.85 34.58		
	250m: 2:37.14 32.80	650m: 6:58.61 32.90	1050m: 11:26.63 34.17	1450m: 16:00.90 34.05		
	300m: 3:09.85 32.71	700m: 7:31.91 33.30	1100m: 12:00.49 33.86	1500m: 16:34.39 33.49		
	350m: 3:42.55 32.70	750m: 8:05.13 33.22	1150m: 12:34.59 34.10			
	400m: 4:15.50 32.95	800m: 8:38.27 33.14	1200m: 13:08.87 34.28			
11.	Sergio Gomes Abreu	96	Naval do Funchal	16:48.10	+0,69	599
	<i>FTL</i>					
	50m: 27.36 27.36	450m: 4:49.93 33.62	850m: 9:20.97 34.20	1250m: 13:57.15 34.58		
	100m: 58.32 30.96	500m: 5:23.50 33.57	900m: 9:55.59 34.62	1300m: 14:31.81 34.66		
	150m: 1:30.69 32.37	550m: 5:57.43 33.93	950m: 10:30.18 34.59	1350m: 15:06.47 34.66		
	200m: 2:03.45 32.76	600m: 6:31.10 33.67	1000m: 11:04.36 34.18	1400m: 15:40.82 34.35		
	250m: 2:36.30 32.85	650m: 7:04.60 33.50	1050m: 11:38.78 34.42	1450m: 16:15.17 34.35		
	300m: 3:09.51 33.21	700m: 7:38.26 33.66	1100m: 12:13.18 34.40	1500m: 16:48.10 32.93		
	350m: 3:42.73 33.22	750m: 8:12.48 34.22	1150m: 12:47.83 34.65			
	400m: 4:16.31 33.58	800m: 8:46.77 34.29	1200m: 13:22.57 34.74			
12.	Duarte Nuno Vieira	95	Desportivo Nacional	18:04.09	+0,68	482
	<i>FTL</i>					
	50m: 28.62 28.62	450m: 5:06.79 36.49	850m: 10:03.43 37.49	1250m: 15:05.93 37.55		
	100m: 1:00.37 31.75	500m: 5:42.54 35.75	900m: 10:41.26 37.83	1300m: 15:44.44 38.51		
	150m: 1:33.00 32.63	550m: 6:19.41 36.87	950m: 11:18.95 37.69	1350m: 16:20.94 36.50		
	200m: 2:07.29 34.29	600m: 6:56.44 37.03	1000m: 11:57.39 38.44	1400m: 16:56.15 35.21		
	250m: 2:42.15 34.86	650m: 7:33.45 37.01	1050m: 12:35.08 37.69	1450m: 17:31.24 35.09		
	300m: 3:17.75 35.60	700m: 8:10.12 36.67	1100m: 13:12.95 37.87	1500m: 18:04.09 32.85		
	350m: 3:54.04 36.29	750m: 8:47.96 37.84	1150m: 13:50.55 37.60			
	400m: 4:30.30 36.26	800m: 9:25.94 37.98	1200m: 14:28.38 37.83			
DNS	Bernardo Leitao Graca	93	Sporting			

Prova 44, Masc., 1500m Livres

Junior 97

1. Joao Pedro Gil	97	Naval Amorense	15:27.61	+0,69	769
50m: 27.81 27.81	450m: 4:34.37 31.09	850m: 8:44.41 30.96	1250m: 12:56.17 32.03		
100m: 58.16 30.35	500m: 5:05.48 31.11	900m: 9:15.77 31.36	1300m: 13:26.95 30.78		
150m: 1:28.90 30.74	550m: 5:36.63 31.15	950m: 9:47.07 31.30	1350m: 13:57.74 30.79		
200m: 1:59.77 30.87	600m: 6:07.95 31.32	1000m: 10:18.21 31.14	1400m: 14:27.69 29.95		
250m: 2:30.70 30.93	650m: 6:38.93 30.98	1050m: 10:49.72 31.51	1450m: 14:58.42 30.73		
300m: 3:01.58 30.88	700m: 7:10.40 31.47	1100m: 11:20.99 31.27	1500m: 15:27.61 29.19		
350m: 3:32.40 30.82	750m: 7:42.09 31.69	1150m: 11:52.36 31.37			
400m: 4:03.28 30.88	800m: 8:13.45 31.36	1200m: 12:24.14 31.78			
2. Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	15:33.14	+0,70	756
50m: 27.92 27.92	450m: 4:34.67 30.85	850m: 8:43.55 30.68	1250m: 12:56.21 31.92		
100m: 58.32 30.40	500m: 5:05.86 31.19	900m: 9:15.03 31.48	1300m: 13:27.18 30.97		
150m: 1:29.12 30.80	550m: 5:36.80 30.94	950m: 9:46.51 31.48	1350m: 13:58.44 31.26		
200m: 2:00.20 31.08	600m: 6:07.96 31.16	1000m: 10:18.13 31.62	1400m: 14:30.47 32.03		
250m: 2:30.93 30.73	650m: 6:39.27 31.31	1050m: 10:49.68 31.55	1450m: 15:02.08 31.61		
300m: 3:02.13 31.20	700m: 7:10.64 31.37	1100m: 11:21.10 31.42	1500m: 15:33.14 31.06		
350m: 3:32.88 30.75	750m: 7:42.20 31.56	1150m: 11:52.61 31.51			
400m: 4:03.82 30.94	800m: 8:12.87 30.67	1200m: 12:24.29 31.68			
3. Joao Luis Travanca	97	Fluvial Portuense	16:11.36	+0,83	670
50m: 28.64 28.64	450m: 4:45.45 32.61	850m: 9:06.62 33.00	1250m: 13:28.70 32.64		
100m: 59.58 30.94	500m: 5:18.07 32.62	900m: 9:39.77 33.15	1300m: 14:01.43 32.73		
150m: 1:31.26 31.68	550m: 5:50.96 32.89	950m: 10:12.93 33.16	1350m: 14:34.41 32.98		
200m: 2:03.52 32.26	600m: 6:23.89 32.93	1000m: 10:45.82 32.89	1400m: 15:07.03 32.62		
250m: 2:35.68 32.16	650m: 6:56.05 32.16	1050m: 11:18.36 32.54	1450m: 15:40.00 32.97		
300m: 3:07.78 32.10	700m: 7:28.36 32.31	1100m: 11:51.12 32.76	1500m: 16:11.36 31.36		
350m: 3:40.42 32.64	750m: 8:00.94 32.58	1150m: 12:23.39 32.27			
400m: 4:12.84 32.42	800m: 8:33.62 32.68	1200m: 12:56.06 32.67			
4. Narciso Daniel Correia	97	Braga	16:17.18	+0,79	658
50m: 28.80 28.80	450m: 4:48.15 33.52	850m: 9:10.72 33.04	1250m: 13:35.45 32.79		
100m: 59.57 30.77	500m: 5:20.75 32.60	900m: 9:43.86 33.14	1300m: 14:08.87 33.42		
150m: 1:31.80 32.23	550m: 5:53.08 32.33	950m: 10:16.70 32.84	1350m: 14:42.40 33.53		
200m: 2:04.02 32.22	600m: 6:25.83 32.75	1000m: 10:50.11 33.41	1400m: 15:15.25 32.85		
250m: 2:36.53 32.51	650m: 6:58.69 32.86	1050m: 11:23.15 33.04	1450m: 15:48.47 33.22		
300m: 3:09.15 32.62	700m: 7:32.29 33.60	1100m: 11:56.99 33.84	1500m: 16:17.18 28.71		
350m: 3:41.76 32.61	750m: 8:05.17 32.88	1150m: 12:29.68 32.69			
400m: 4:14.63 32.87	800m: 8:37.68 32.51	1200m: 13:02.66 32.98			
5. Joao Miguel Cardoso	97	Geslours	16:24.84	+0,79	643
50m: 29.26 29.26	450m: 4:48.70 32.87	850m: 9:13.48 33.15	1250m: 13:38.94 32.64		
100m: 1:00.95 31.69	500m: 5:21.70 33.00	900m: 9:46.41 32.93	1300m: 14:11.99 33.05		
150m: 1:32.96 32.01	550m: 5:54.84 33.14	950m: 10:19.46 33.05	1350m: 14:45.10 33.11		
200m: 2:05.13 32.17	600m: 6:27.83 32.99	1000m: 10:52.40 32.94	1400m: 15:18.44 33.34		
250m: 2:37.46 32.33	650m: 7:00.99 33.16	1050m: 11:25.62 33.22	1450m: 15:51.99 33.55		
300m: 3:10.02 32.56	700m: 7:33.99 33.00	1100m: 11:59.30 33.68	1500m: 16:24.84 32.85		
350m: 3:42.86 32.84	750m: 8:07.28 33.29	1150m: 12:32.85 33.55			
400m: 4:15.83 32.97	800m: 8:40.33 33.05	1200m: 13:06.30 33.45			
6. Vitor Joao Pereira	97	Leixoes	16:27.62	+0,88	637
50m: 29.59 29.59	450m: 4:49.29 32.94	850m: 9:13.41 32.65	1250m: 13:40.61 33.32		
100m: 1:01.15 31.56	500m: 5:22.26 32.97	900m: 9:46.60 33.19	1300m: 14:14.15 33.54		
150m: 1:32.91 31.76	550m: 5:55.27 33.01	950m: 10:19.86 33.26	1350m: 14:47.68 33.53		
200m: 2:05.03 32.12	600m: 6:28.24 32.97	1000m: 10:53.14 33.28	1400m: 15:21.57 33.89		
250m: 2:37.66 32.63	650m: 7:01.51 33.27	1050m: 11:26.52 33.38	1450m: 15:55.15 33.58		
300m: 3:10.43 32.77	700m: 7:34.43 32.92	1100m: 11:59.85 33.33	1500m: 16:27.62 32.47		
350m: 3:43.22 32.79	750m: 8:07.55 33.12	1150m: 12:33.56 33.71			
400m: 4:16.35 33.13	800m: 8:40.76 33.21	1200m: 13:07.29 33.73			

Prova 44, Masc., 1500m Livres, Junior 97

Lugar	Nome			Ano	Clube		Tempo Final		TReac	Pts		
7.	Ruben Jose Morim			97	Vilacondense		16:31.52		+0,81	630		
	50m:	28.66	28.66	450m:	4:49.75	33.03	850m:	9:17.59	33.67	1250m:	13:45.20	33.28
	100m:	59.91	31.25	500m:	5:22.99	33.24	900m:	9:50.86	33.27	1300m:	14:19.20	34.00
	150m:	1:32.39	32.48	550m:	5:56.26	33.27	950m:	10:23.99	33.13	1350m:	14:52.62	33.42
	200m:	2:04.90	32.51	600m:	6:29.65	33.39	1000m:	10:58.03	34.04	1400m:	15:25.96	33.34
	250m:	2:37.69	32.79	650m:	7:03.00	33.35	1050m:	11:31.23	33.20	1450m:	15:59.07	33.11
	300m:	3:10.75	33.06	700m:	7:36.78	33.78	1100m:	12:04.69	33.46	1500m:	16:31.52	32.45
	350m:	3:43.78	33.03	750m:	8:10.39	33.61	1150m:	12:38.12	33.43			
	400m:	4:16.72	32.94	800m:	8:43.92	33.53	1200m:	13:11.92	33.80			
8.	Miguel Angelo Silvestre			97	Alcobaca		16:35.48		+0,75	622		
	50m:	28.87	28.87	450m:	4:48.02	32.65	850m:	9:16.32	34.06	1250m:	13:48.01	33.72
	100m:	1:00.26	31.39	500m:	5:20.89	32.87	900m:	9:50.13	33.81	1300m:	14:21.44	33.43
	150m:	1:32.30	32.04	550m:	5:54.08	33.19	950m:	10:24.24	34.11	1350m:	14:54.91	33.47
	200m:	2:04.52	32.22	600m:	6:27.29	33.21	1000m:	10:58.35	34.11	1400m:	15:28.50	33.59
	250m:	2:36.94	32.42	650m:	7:00.60	33.31	1050m:	11:32.23	33.88	1450m:	16:02.22	33.72
	300m:	3:09.72	32.78	700m:	7:34.47	33.87	1100m:	12:06.15	33.92	1500m:	16:35.48	33.26
	350m:	3:42.53	32.81	750m:	8:08.42	33.95	1150m:	12:40.47	34.32			
	400m:	4:15.37	32.84	800m:	8:42.26	33.84	1200m:	13:14.29	33.82			

Junior 98

1.	Joao Alexandre Vital			98	Colegio Monte Maior			15:25.11		+0,66	775	
	50m:	27.98	27.98	450m:	4:33.33	30.70	850m:	8:40.29	31.03	1250m:	12:49.26	31.33
	100m:	57.99	30.01	500m:	5:04.39	31.06	900m:	9:11.40	31.11	1300m:	13:20.60	31.34
	150m:	1:28.72	30.73	550m:	5:35.18	30.79	950m:	9:42.35	30.95	1350m:	13:51.88	31.28
	200m:	1:59.49	30.77	600m:	6:05.81	30.63	1000m:	10:13.46	31.11	1400m:	14:23.15	31.27
	250m:	2:30.43	30.94	650m:	6:36.74	30.93	1050m:	10:44.28	30.82	1450m:	14:53.89	30.74
	300m:	3:01.10	30.67	700m:	7:07.53	30.79	1100m:	11:15.34	31.06	1500m:	15:25.11	31.22
	350m:	3:31.86	30.76	750m:	7:38.42	30.89	1150m:	11:46.68	31.34			
	400m:	4:02.63	30.77	800m:	8:09.26	30.84	1200m:	12:17.93	31.25			
2.	Guilherme Filipe Pina			98	Benedita			15:34.77		+0,71	752	
	50m:	29.42	29.42	450m:	4:39.88	31.21	850m:	8:49.95	31.14	1250m:	12:59.70	31.59
	100m:	1:00.59	31.17	500m:	5:11.10	31.22	900m:	9:21.37	31.42	1300m:	13:31.33	31.63
	150m:	1:31.79	31.20	550m:	5:42.33	31.23	950m:	9:52.47	31.10	1350m:	14:03.05	31.72
	200m:	2:02.92	31.13	600m:	6:13.60	31.27	1000m:	10:23.53	31.06	1400m:	14:34.38	31.33
	250m:	2:34.65	31.73	650m:	6:45.03	31.43	1050m:	10:54.54	31.01	1450m:	15:05.35	30.97
	300m:	3:06.03	31.38	700m:	7:16.20	31.17	1100m:	11:25.60	31.06	1500m:	15:34.77	29.42
	350m:	3:37.32	31.29	750m:	7:47.48	31.28	1150m:	11:56.77	31.17			
	400m:	4:08.67	31.35	800m:	8:18.81	31.33	1200m:	12:28.11	31.34			
3.	Diogo Manuel Marques			98	Columbofila Cantanhedense			16:26.59		+0,71	639	
	50m:	28.56	28.56	450m:	4:47.83	32.65	850m:	9:10.79	33.52	1250m:	13:39.31	33.76
	100m:	59.96	31.40	500m:	5:20.24	32.41	900m:	9:43.82	33.03	1300m:	14:13.09	33.78
	150m:	1:31.94	31.98	550m:	5:52.80	32.56	950m:	10:17.41	33.59	1350m:	14:46.77	33.68
	200m:	2:04.40	32.46	600m:	6:25.63	32.83	1000m:	10:50.97	33.56	1400m:	15:20.53	33.76
	250m:	2:37.03	32.63	650m:	6:58.29	32.66	1050m:	11:24.24	33.27	1450m:	15:54.51	33.98
	300m:	3:09.82	32.79	700m:	7:31.21	32.92	1100m:	11:57.66	33.42	1500m:	16:26.59	32.08
	350m:	3:42.49	32.67	750m:	8:04.19	32.98	1150m:	12:31.65	33.99			
	400m:	4:15.18	32.69	800m:	8:37.27	33.08	1200m:	13:05.55	33.90			

Prova 44, Masc., 1500m Livres, Junior 98

Lugar	Nome			Ano	Clube		Tempo Final		TReac	Pts		
4.	Tiago Carlos Santos			98	Naval Amorense		16:35.83		+0,74	622		
	50m:	28.71	28.71	450m:	4:48.30	33.04	850m:	9:18.35	33.90	1250m:	13:47.79	33.59
	100m:	59.52	30.81	500m:	5:21.55	33.25	900m:	9:51.94	33.59	1300m:	14:21.64	33.85
	150m:	1:31.79	32.27	550m:	5:54.81	33.26	950m:	10:25.85	33.91	1350m:	14:55.56	33.92
	200m:	2:04.19	32.40	600m:	6:28.23	33.42	1000m:	10:59.63	33.78	1400m:	15:29.47	33.91
	250m:	2:36.74	32.55	650m:	7:02.27	34.04	1050m:	11:33.27	33.64	1450m:	16:03.20	33.73
	300m:	3:09.32	32.58	700m:	7:36.06	33.79	1100m:	12:07.04	33.77	1500m:	16:35.83	32.63
	350m:	3:42.16	32.84	750m:	8:10.31	34.25	1150m:	12:40.58	33.54			
	400m:	4:15.26	33.10	800m:	8:44.45	34.14	1200m:	13:14.20	33.62			
5.	Afonso Calais Queiroga			98	Uniao Piedense		16:39.03		+0,72	616		
	50m:	29.17	29.17	450m:	4:49.47	32.91	850m:	9:16.14	33.67	1250m:	13:49.46	34.08
	100m:	1:01.04	31.87	500m:	5:22.22	32.75	900m:	9:49.60	33.46	1300m:	14:24.10	34.64
	150m:	1:33.45	32.41	550m:	5:55.21	32.99	950m:	10:23.51	33.91	1350m:	14:57.67	33.57
	200m:	2:05.87	32.42	600m:	6:28.40	33.19	1000m:	10:57.96	34.45	1400m:	15:31.24	33.57
	250m:	2:38.29	32.42	650m:	7:01.89	33.49	1050m:	11:31.94	33.98	1450m:	16:06.00	34.76
	300m:	3:10.79	32.50	700m:	7:35.21	33.32	1100m:	12:05.87	33.93	1500m:	16:39.03	33.03
	350m:	3:43.64	32.85	750m:	8:08.62	33.41	1150m:	12:40.91	35.04			
	400m:	4:16.56	32.92	800m:	8:42.47	33.85	1200m:	13:15.38	34.47			
6.	Alexandre Magno Carvalho			98	Fluvial Portuense		16:40.03		+0,74	614		
	50m:	28.52	28.52	450m:	4:49.63	33.10	850m:	9:18.62	33.34	1250m:	13:50.76	34.22
	100m:	1:00.03	31.51	500m:	5:23.02	33.39	900m:	9:52.48	33.86	1300m:	14:24.95	34.19
	150m:	1:32.32	32.29	550m:	5:56.75	33.73	950m:	10:26.18	33.70	1350m:	14:58.93	33.98
	200m:	2:04.94	32.62	600m:	6:30.35	33.60	1000m:	11:00.43	34.25	1400m:	15:32.91	33.98
	250m:	2:37.50	32.56	650m:	7:04.22	33.87	1050m:	11:34.47	34.04	1450m:	16:06.75	33.84
	300m:	3:10.59	33.09	700m:	7:38.35	34.13	1100m:	12:08.32	33.85	1500m:	16:40.03	33.28
	350m:	3:43.31	32.72	750m:	8:12.25	33.90	1150m:	12:42.37	34.05			
	400m:	4:16.53	33.22	800m:	8:45.28	33.03	1200m:	13:16.54	34.17			
7.	Dario Fausto Matias			98	Torres Novas		16:44.44		+0,86	606		
	50m:	30.45	30.45	450m:	4:56.98	33.40	850m:	9:28.05	33.65	1250m:	13:58.24	33.71
	100m:	1:03.45	33.00	500m:	5:30.78	33.80	900m:	10:01.42	33.37	1300m:	14:32.36	34.12
	150m:	1:36.45	33.00	550m:	6:04.31	33.53	950m:	10:35.12	33.70	1350m:	15:06.00	33.64
	200m:	2:09.82	33.37	600m:	6:38.19	33.88	1000m:	11:09.03	33.91	1400m:	15:39.89	33.89
	250m:	2:43.06	33.24	650m:	7:12.42	34.23	1050m:	11:42.94	33.91	1450m:	16:13.75	33.86
	300m:	3:16.56	33.50	700m:	7:46.78	34.36	1100m:	12:17.09	34.15	1500m:	16:44.44	30.69
	350m:	3:50.18	33.62	750m:	8:20.61	33.83	1150m:	12:50.58	33.49			
	400m:	4:23.58	33.40	800m:	8:54.40	33.79	1200m:	13:24.53	33.95			
8.	Diogo Rosado Leca			98	Colegio Monte Maior		16:45.27		+0,89	604		
	50m:	29.65	29.65	450m:	4:53.71	33.64	850m:	9:21.36	33.99	1250m:	13:56.24	33.61
	100m:	1:01.65	32.00	500m:	5:26.89	33.18	900m:	9:55.46	34.10	1300m:	14:30.57	34.33
	150m:	1:34.20	32.55	550m:	6:00.27	33.38	950m:	10:30.22	34.76	1350m:	15:04.62	34.05
	200m:	2:06.59	32.39	600m:	6:33.65	33.38	1000m:	11:04.74	34.52	1400m:	15:38.84	34.22
	250m:	2:39.58	32.99	650m:	7:06.80	33.15	1050m:	11:39.10	34.36	1450m:	16:12.65	33.81
	300m:	3:13.03	33.45	700m:	7:40.11	33.31	1100m:	12:13.33	34.23	1500m:	16:45.27	32.62
	350m:	3:46.44	33.41	750m:	8:13.44	33.33	1150m:	12:48.06	34.73			
	400m:	4:20.07	33.63	800m:	8:47.37	33.93	1200m:	13:22.63	34.57			
9.	Jose Diogo Fonseca			98	Nautico da Marinha Grande		16:58.47		+0,75	581		
	50m:	29.87	29.87	450m:	4:59.32	34.03	850m:	9:34.85	34.63	1250m:	14:09.87	34.10
	100m:	1:02.69	32.82	500m:	5:33.48	34.16	900m:	10:08.69	33.84	1300m:	14:44.42	34.55
	150m:	1:35.95	33.26	550m:	6:07.68	34.20	950m:	10:43.50	34.81	1350m:	15:18.61	34.19
	200m:	2:09.77	33.82	600m:	6:42.44	34.76	1000m:	11:17.54	34.04	1400m:	15:53.04	34.43
	250m:	2:43.31	33.54	650m:	7:16.88	34.44	1050m:	11:52.23	34.69	1450m:	16:26.72	33.68
	300m:	3:17.35	34.04	700m:	7:51.59	34.71	1100m:	12:26.81	34.58	1500m:	16:58.47	31.75
	350m:	3:51.00	33.65	750m:	8:25.83	34.24	1150m:	13:01.21	34.40			
	400m:	4:25.29	34.29	800m:	9:00.22	34.39	1200m:	13:35.77	34.56			

Prova 44, Masc., 1500m Livres, Junior 98

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Pedro Miguel Vieira	98	Galitos	16:59.59	+0,82	579
	50m: 29.96 29.96	450m: 4:59.63	34.23	850m: 9:34.82	34.75	1250m: 14:09.55 34.40
	100m: 1:03.15 33.19	500m: 5:33.53	33.90	900m: 10:09.13	34.31	1300m: 14:43.59 34.04
	150m: 1:36.61 33.46	550m: 6:07.70	34.17	950m: 10:43.71	34.58	1350m: 15:17.93 34.34
	200m: 2:10.09 33.48	600m: 6:42.12	34.42	1000m: 11:18.03	34.32	1400m: 15:52.54 34.61
	250m: 2:43.77 33.68	650m: 7:16.75	34.63	1050m: 11:52.22	34.19	1450m: 16:26.60 34.06
	300m: 3:17.52 33.75	700m: 7:51.13	34.38	1100m: 12:26.49	34.27	1500m: 16:59.59 32.99
	350m: 3:51.31 33.79	750m: 8:25.62	34.49	1150m: 13:00.83	34.34	
	400m: 4:25.40 34.09	800m: 9:00.07	34.45	1200m: 13:35.15	34.32	
DNS	Rafael Ladeiro Santos	98	Geslours			
DNF	Bruno Jose Silva	98	Braga			
EXH	Isidro Carrara Bittini	97	Alges	16:52.06	+0,69	592
	<i>FTL</i>					
	50m: 29.56 29.56	450m: 4:50.69	33.37	850m: 9:23.61	34.61	1250m: 14:00.38 34.39
	100m: 1:01.53 31.97	500m: 5:24.25	33.56	900m: 9:58.07	34.46	1300m: 14:34.84 34.46
	150m: 1:33.53 32.00	550m: 5:57.92	33.67	950m: 10:32.62	34.55	1350m: 15:09.80 34.96
	200m: 2:06.26 32.73	600m: 6:32.10	34.18	1000m: 11:07.46	34.84	1400m: 15:44.77 34.97
	250m: 2:38.62 32.36	650m: 7:06.34	34.24	1050m: 11:42.37	34.91	1450m: 16:19.12 34.35
	300m: 3:11.18 32.56	700m: 7:40.65	34.31	1100m: 12:16.77	34.40	1500m: 16:52.06 32.94
	350m: 3:44.42 33.24	750m: 8:14.86	34.21	1150m: 12:51.43	34.66	
	400m: 4:17.32 32.90	800m: 8:49.00	34.14	1200m: 13:25.99	34.56	