

Campeonato Nacional Longa Distancia - Fase Final  
Coimbra, 18-4-2015

Prova 4 18-04-2015	Masc., 5000m Livres					Absoluto Resultados
Camp Nac Longa Distancia Absoluto	54:39.91	Mario Andre Bonanca	SCP	Rio Maior		26-04-2014
Camp Nac Longa Distancia Juv B	58:40.78	Paulo Bruno Janeiro	CNLA	Oeiras		11-04-2009
Camp Nac Longa Distancia Juv A	59:32.11	Tiago Cunha Costa	SCP	Rio Maior		28-02-2015
Camp Nac Longa Distancia Jun17	56:13.45	Guilherme Filipe Pina	BSCN	Rio Maior		28-02-2015
Camp Nac Longa Distancia Jun18	55:08.20	Rafael Lourenco Gil	ANAM	Rio Maior		26-04-2014
Camp Nac Longa Distancia Sen	54:39.91	Mario Andre Bonanca	SCP	Rio Maior		26-04-2014

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA
1.	<b>Guilherme Filipe Pina</b> <i>, Melhor Marca Campeonatos, Jun 17</i>	98	Benedita	<b>54:46.23</b>		689
	100m: 1:04.75 1:04.75	1400m: 15:13.83	1:05.37	2700m: 29:25.36	1:05.05	4000m: 43:42.72 1:06.84
	200m: 2:09.78 1:05.03	1500m: 16:18.97	1:05.14	2800m: 30:30.52	1:05.16	4100m: 44:49.52 1:06.80
	300m: 3:14.86 1:05.08	1600m: 17:24.35	1:05.38	2900m: 31:35.98	1:05.46	4200m: 45:56.31 1:06.79
	400m: 4:19.83 1:04.97	1700m: 18:29.63	1:05.28	3000m: 32:41.61	1:05.63	4300m: 47:02.93 1:06.62
	500m: 5:25.04 1:05.21	1800m: 19:35.00	1:05.37	3100m: 33:46.78	1:05.17	4400m: 48:09.20 1:06.27
	600m: 6:30.30 1:05.26	1900m: 20:40.81	1:05.81	3200m: 34:52.31	1:05.53	4500m: 49:15.64 1:06.44
	700m: 7:35.92 1:05.62	2000m: 21:46.56	1:05.75	3300m: 35:58.30	1:05.99	4600m: 50:22.23 1:06.59
	800m: 8:41.60 1:05.68	2100m: 22:52.18	1:05.62	3400m: 37:04.04	1:05.74	4700m: 51:28.87 1:06.64
	900m: 9:46.78 1:05.18	2200m: 23:57.88	1:05.70	3500m: 38:10.10	1:06.06	4800m: 52:35.67 1:06.80
	1000m: 10:51.96 1:05.18	2300m: 25:03.67	1:05.79	3600m: 39:16.63	1:06.53	4900m: 53:42.13 1:06.46
	1100m: 11:57.06 1:05.10	2400m: 26:09.51	1:05.84	3700m: 40:23.08	1:06.45	5000m: 54:46.23 1:04.10
	1200m: 13:02.72 1:05.66	2500m: 27:15.05	1:05.54	3800m: 41:29.39	1:06.31	
	1300m: 14:08.46 1:05.74	2600m: 28:20.31	1:05.26	3900m: 42:35.88	1:06.49	
2.	<b>Alexandre Valdagua Coutinho</b>	97	Columbofila Cantanheden	<b>55:12.96</b>		673
	100m: 1:04.09 1:04.09	1400m: 15:12.45	1:06.49	2700m: 29:27.07	1:04.99	4000m: 43:55.99 1:07.53
	200m: 2:08.60 1:04.51	1500m: 16:18.66	1:06.21	2800m: 30:32.75	1:05.68	4100m: 45:03.38 1:07.39
	300m: 3:13.08 1:04.48	1600m: 17:24.43	1:05.77	2900m: 31:39.00	1:06.25	4200m: 46:11.27 1:07.89
	400m: 4:17.45 1:04.37	1700m: 18:30.06	1:05.63	3000m: 32:44.96	1:05.96	4300m: 47:19.02 1:07.75
	500m: 5:22.67 1:05.22	1800m: 19:36.22	1:06.16	3100m: 33:50.97	1:06.01	4400m: 48:26.66 1:07.64
	600m: 6:28.28 1:05.61	1900m: 20:42.34	1:06.12	3200m: 34:57.75	1:06.78	4500m: 49:34.51 1:07.85
	700m: 7:34.03 1:05.75	2000m: 21:48.06	1:05.72	3300m: 36:04.62	1:06.87	4600m: 50:42.97 1:08.46
	800m: 8:39.50 1:05.47	2100m: 22:54.12	1:06.06	3400m: 37:11.46	1:06.84	4700m: 51:50.65 1:07.68
	900m: 9:43.96 1:04.46	2200m: 23:59.42	1:05.30	3500m: 38:18.78	1:07.32	4800m: 52:58.81 1:08.16
	1000m: 10:49.04 1:05.08	2300m: 25:04.95	1:05.53	3600m: 39:26.07	1:07.29	4900m: 54:07.34 1:08.53
	1100m: 11:54.87 1:05.83	2400m: 26:10.74	1:05.79	3700m: 40:33.04	1:06.97	5000m: 55:12.96 1:05.62
	1200m: 13:00.04 1:05.17	2500m: 27:16.26	1:05.52	3800m: 41:40.77	1:07.73	
	1300m: 14:05.96 1:05.92	2600m: 28:22.08	1:05.82	3900m: 42:48.46	1:07.69	
3.	<b>Rafael Lourenco Gil</b>	96	Naval Amorense	<b>55:32.24</b>		661
	100m: 1:02.65 1:02.65	1400m: 15:12.61	1:06.45	2700m: 29:35.49	1:06.26	4000m: 44:12.28 1:08.86
	200m: 2:06.98 1:04.33	1500m: 16:19.07	1:06.46	2800m: 30:41.54	1:06.05	4100m: 45:20.39 1:08.11
	300m: 3:11.64 1:04.66	1600m: 17:25.18	1:06.11	2900m: 31:47.82	1:06.28	4200m: 46:27.61 1:07.22
	400m: 4:17.07 1:05.43	1700m: 18:30.61	1:05.43	3000m: 32:54.41	1:06.59	4300m: 47:34.82 1:07.21
	500m: 5:22.41 1:05.34	1800m: 19:36.36	1:05.75	3100m: 34:00.58	1:06.17	4400m: 48:42.47 1:07.65
	600m: 6:28.09 1:05.68	1900m: 20:42.06	1:05.70	3200m: 35:07.08	1:06.50	4500m: 49:50.38 1:07.91
	700m: 7:33.97 1:05.88	2000m: 21:48.33	1:06.27	3300m: 36:14.46	1:07.38	4600m: 50:58.65 1:08.27
	800m: 8:39.56 1:05.59	2100m: 22:55.03	1:06.70	3400m: 37:21.85	1:07.39	4700m: 52:07.26 1:08.61
	900m: 9:43.63 1:04.07	2200m: 24:01.75	1:06.72	3500m: 38:29.90	1:08.05	4800m: 53:16.23 1:08.97
	1000m: 10:48.09 1:04.46	2300m: 25:08.51	1:06.76	3600m: 39:38.17	1:08.27	4900m: 54:24.85 1:08.62
	1100m: 11:53.49 1:05.40	2400m: 26:15.55	1:07.04	3700m: 40:46.21	1:08.04	5000m: 55:32.24 1:07.39
	1200m: 12:59.79 1:06.30	2500m: 27:22.55	1:07.00	3800m: 41:54.67	1:08.46	
	1300m: 14:06.16 1:06.37	2600m: 28:29.23	1:06.68	3900m: 43:03.42	1:08.75	

Campeonato Nacional Longa Distancia - Fase Final  
Coimbra, 18-4-2015

Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA
4.	<b>Tiago Silva Oliveira</b>	<b>94</b>	<b>Leixoes</b>	<b>55:53.19</b>		<b>649</b>
	100m: 1:02.81 1:02.81	1400m: 15:12.52 1:06.62	2700m: 29:30.63 1:07.13	4000m: 44:23.75 1:08.35		
	200m: 2:07.23 1:04.42	1500m: 16:18.81 1:06.29	2800m: 30:38.14 1:07.51	4100m: 45:32.48 1:08.73		
	300m: 3:11.77 1:04.54	1600m: 17:24.59 1:05.78	2900m: 31:45.98 1:07.84	4200m: 46:40.60 1:08.12		
	400m: 4:17.25 1:05.48	1700m: 18:29.75 1:05.16	3000m: 32:54.48 1:08.50	4300m: 47:48.86 1:08.26		
	500m: 5:22.64 1:05.39	1800m: 19:35.12 1:05.37	3100m: 34:02.18 1:07.70	4400m: 48:57.11 1:08.25		
	600m: 6:28.17 1:05.53	1900m: 20:40.78 1:05.66	3200m: 35:10.99 1:08.81	4500m: 50:05.89 1:08.78		
	700m: 7:33.72 1:05.55	2000m: 21:46.57 1:05.79	3300m: 36:19.98 1:08.99	4600m: 51:15.10 1:09.21		
	800m: 8:38.18 1:04.46	2100m: 22:52.44 1:05.87	3400m: 37:29.42 1:09.44	4700m: 52:24.37 1:09.27		
	900m: 9:43.34 1:05.16	2200m: 23:58.14 1:05.70	3500m: 38:38.54 1:09.12	4800m: 53:34.08 1:09.71		
	1000m: 10:48.32 1:04.98	2300m: 25:04.07 1:05.93	3600m: 39:47.62 1:09.08	4900m: 54:44.01 1:09.93		
	1100m: 11:53.59 1:05.27	2400m: 26:10.05 1:05.98	3700m: 40:56.87 1:09.25	5000m: 55:53.19 1:09.18		
	1200m: 12:59.71 1:06.12	2500m: 27:16.56 1:06.51	3800m: 42:06.29 1:09.42			
	1300m: 14:05.90 1:06.19	2600m: 28:23.50 1:06.94	3900m: 43:15.40 1:09.11			
5.	<b>Vasco Miguel Gaspar</b>	<b>90</b>	<b>Uniao Piedense</b>	<b>56:10.77</b>		<b>639</b>
	100m: 1:03.94 1:03.94	1400m: 15:19.41 1:06.70	2700m: 29:57.25 1:08.50	4000m: 44:45.26 1:08.95		
	200m: 2:08.95 1:05.01	1500m: 16:26.31 1:06.90	2800m: 31:05.09 1:07.84	4100m: 45:53.23 1:07.97		
	300m: 3:14.21 1:05.26	1600m: 17:33.11 1:06.80	2900m: 32:13.30 1:08.21	4200m: 47:01.71 1:08.48		
	400m: 4:19.40 1:05.19	1700m: 18:40.53 1:07.42	3000m: 33:21.44 1:08.14	4300m: 48:09.81 1:08.10		
	500m: 5:25.45 1:06.05	1800m: 19:47.78 1:07.25	3100m: 34:29.23 1:07.79	4400m: 49:16.86 1:07.05		
	600m: 6:30.92 1:05.47	1900m: 20:55.13 1:07.35	3200m: 35:37.49 1:08.26	4500m: 50:25.40 1:08.54		
	700m: 7:36.84 1:05.92	2000m: 22:02.20 1:07.07	3300m: 36:46.12 1:08.63	4600m: 51:33.92 1:08.52		
	800m: 8:42.56 1:05.72	2100m: 23:09.64 1:07.44	3400m: 37:54.29 1:08.17	4700m: 52:42.90 1:08.98		
	900m: 9:48.11 1:05.55	2200m: 24:17.42 1:07.78	3500m: 39:02.05 1:07.76	4800m: 53:52.18 1:09.28		
	1000m: 10:54.24 1:06.13	2300m: 25:25.06 1:07.64	3600m: 40:10.44 1:08.39	4900m: 55:01.48 1:09.30		
	1100m: 11:59.97 1:05.73	2400m: 26:32.93 1:07.87	3700m: 41:18.71 1:08.27	5000m: 56:10.77 1:09.29		
	1200m: 13:06.40 1:06.43	2500m: 27:40.93 1:08.00	3800m: 42:27.32 1:08.61			
	1300m: 14:12.71 1:06.31	2600m: 28:48.75 1:07.82	3900m: 43:36.31 1:08.99			
6.	<b>Diogo Manuel Marques</b>	<b>98</b>	<b>Columbofila Cantanheden</b>	<b>57:07.56</b>		<b>607</b>
	100m: 1:04.87 1:04.87	1400m: 15:49.48 1:08.80	2700m: 30:40.99 1:08.63	4000m: 45:33.81 1:08.14		
	200m: 2:10.33 1:05.46	1500m: 16:58.52 1:09.04	2800m: 31:48.78 1:07.79	4100m: 46:42.54 1:08.73		
	300m: 3:17.16 1:06.83	1600m: 18:07.45 1:08.93	2900m: 32:56.99 1:08.21	4200m: 47:52.24 1:09.70		
	400m: 4:24.78 1:07.62	1700m: 19:15.90 1:08.45	3000m: 34:05.99 1:09.00	4300m: 49:02.22 1:09.98		
	500m: 5:32.85 1:08.07	1800m: 20:24.05 1:08.15	3100m: 35:14.93 1:08.94	4400m: 50:12.16 1:09.94		
	600m: 6:40.82 1:07.97	1900m: 21:33.03 1:08.98	3200m: 36:24.28 1:09.35	4500m: 51:21.64 1:09.48		
	700m: 7:49.49 1:08.67	2000m: 22:41.75 1:08.72	3300m: 37:33.87 1:09.59	4600m: 52:31.71 1:10.07		
	800m: 8:57.73 1:08.24	2100m: 23:50.92 1:09.17	3400m: 38:43.34 1:09.47	4700m: 53:41.53 1:09.82		
	900m: 10:05.80 1:08.07	2200m: 25:00.29 1:09.37	3500m: 39:52.32 1:08.98	4800m: 54:52.14 1:10.61		
	1000m: 11:14.46 1:08.66	2300m: 26:09.61 1:09.32	3600m: 41:00.82 1:08.50	4900m: 56:01.24 1:09.10		
	1100m: 12:23.29 1:08.83	2400m: 27:16.85 1:07.24	3700m: 42:09.13 1:08.31	5000m: 57:07.56 1:06.32		
	1200m: 13:31.89 1:08.60	2500m: 28:24.12 1:07.27	3800m: 43:17.27 1:08.14			
	1300m: 14:40.68 1:08.79	2600m: 29:32.36 1:08.24	3900m: 44:25.67 1:08.40			
7.	<b>Tiago Cunha Costa</b>	<b>99</b>	<b>Sporting</b>	<b>58:48.65</b>		<b>557</b>
	<i>Melhor Marca Campeonatos, Juv A</i>					
	100m: 1:07.04 1:07.04	1400m: 16:14.75 1:10.43	2700m: 31:31.04 1:10.74	4000m: 46:59.29 1:11.55		
	200m: 2:15.67 1:08.63	1500m: 17:25.23 1:10.48	2800m: 32:41.78 1:10.74	4100m: 48:10.96 1:11.67		
	300m: 3:25.04 1:09.37	1600m: 18:35.42 1:10.19	2900m: 33:52.50 1:10.72	4200m: 49:22.50 1:11.54		
	400m: 4:34.36 1:09.32	1700m: 19:45.86 1:10.44	3000m: 35:03.16 1:10.66	4300m: 50:34.37 1:11.87		
	500m: 5:43.98 1:09.62	1800m: 20:55.49 1:09.63	3100m: 36:14.20 1:11.04	4400m: 51:45.70 1:11.33		
	600m: 6:53.25 1:09.27	1900m: 22:05.57 1:10.08	3200m: 37:25.51 1:11.31	4500m: 52:56.76 1:11.06		
	700m: 8:03.22 1:09.97	2000m: 23:15.13 1:09.56	3300m: 38:36.83 1:11.32	4600m: 54:07.54 1:10.78		
	800m: 9:13.25 1:10.03	2100m: 24:25.73 1:10.60	3400m: 39:48.66 1:11.83	4700m: 55:18.44 1:10.90		
	900m: 10:23.10 1:09.85	2200m: 25:36.43 1:10.70	3500m: 41:00.30 1:11.64	4800m: 56:29.30 1:10.86		
	1000m: 11:33.41 1:10.31	2300m: 26:47.48 1:11.05	3600m: 42:12.22 1:11.92	4900m: 57:39.94 1:10.64		
	1100m: 12:43.52 1:10.11	2400m: 27:58.53 1:11.05	3700m: 43:23.98 1:11.76	5000m: 58:48.65 1:10.71		
	1200m: 13:53.97 1:10.45	2500m: 29:09.07 1:10.54	3800m: 44:35.86 1:11.88			
	1300m: 15:04.32 1:10.35	2600m: 30:20.30 1:11.23	3900m: 45:47.74 1:11.88			

Campeonato Nacional Longa Distancia - Fase Final  
Coimbra, 18-4-2015

Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA
8.	<b>Tiago Filipe Campos</b>	99	Scalabiswim	<b>1:00:27.03</b>		<b>512</b>
	100m: 1:06.04 1:06.04	1400m: 16:07.65 1:10.46	2700m: 31:54.52 1:13.46	4000m: 48:11.11 1:12.76		
	200m: 2:14.91 1:08.87	1500m: 17:18.52 1:10.87	2800m: 33:07.65 1:13.13	4100m: 49:23.97 1:12.86		
	300m: 3:24.55 1:09.64	1600m: 18:30.63 1:12.11	2900m: 34:22.05 1:14.40	4200m: 50:36.21 1:12.24		
	400m: 4:34.34 1:09.79	1700m: 19:43.02 1:12.39	3000m: 35:37.05 1:15.00	4300m: 51:48.71 1:12.50		
	500m: 5:43.83 1:09.49	1800m: 20:56.08 1:13.06	3100m: 36:53.29 1:16.24	4400m: 53:01.67 1:12.96		
	600m: 6:53.33 1:09.50	1900m: 22:09.63 1:13.55	3200m: 38:09.28 1:15.99	4500m: 54:15.02 1:13.35		
	700m: 8:02.86 1:09.53	2000m: 23:23.48 1:13.85	3300m: 39:24.88 1:15.60	4600m: 55:28.26 1:13.24		
	800m: 9:11.20 1:08.34	2100m: 24:35.93 1:12.45	3400m: 40:41.02 1:16.14	4700m: 56:42.89 1:14.63		
	900m: 10:19.77 1:08.57	2200m: 25:49.46 1:13.53	3500m: 41:55.78 1:14.76	4800m: 57:57.94 1:15.05		
	1000m: 11:28.36 1:08.59	2300m: 27:02.42 1:12.96	3600m: 43:12.24 1:16.46	4900m: 59:12.90 1:14.96		
	1100m: 12:37.83 1:09.47	2400m: 28:15.70 1:13.28	3700m: 44:28.82 1:16.58	5000m: 1:00:27.03 1:14.13		
	1200m: 13:47.35 1:09.52	2500m: 29:28.17 1:12.47	3800m: 45:43.96 1:15.14			
	1300m: 14:57.19 1:09.84	2600m: 30:41.06 1:12.89	3900m: 46:58.35 1:14.39			
9.	<b>Tiago Andre Carvalho</b>	99	Academica de Coimbra	<b>1:00:47.77</b>		<b>504</b>
	100m: 1:08.54 1:08.54	1400m: 16:31.41 1:11.10	2700m: 32:04.47 1:11.99	4000m: 47:58.42 1:15.13		
	200m: 2:19.68 1:11.14	1500m: 17:42.50 1:11.09	2800m: 33:16.86 1:12.39	4100m: 49:13.47 1:15.05		
	300m: 3:30.91 1:11.23	1600m: 18:54.13 1:11.63	2900m: 34:29.42 1:12.56	4200m: 50:28.84 1:15.37		
	400m: 4:42.07 1:11.16	1700m: 20:05.67 1:11.54	3000m: 35:41.51 1:12.09	4300m: 51:44.77 1:15.93		
	500m: 5:53.73 1:11.66	1800m: 21:18.07 1:12.40	3100m: 36:53.98 1:12.47	4400m: 53:00.93 1:16.16		
	600m: 7:04.69 1:10.96	1900m: 22:29.71 1:11.64	3200m: 38:06.75 1:12.77	4500m: 54:17.41 1:16.48		
	700m: 8:15.46 1:10.77	2000m: 23:41.44 1:11.73	3300m: 39:19.96 1:13.21	4600m: 55:34.31 1:16.90		
	800m: 9:26.03 1:10.57	2100m: 24:52.71 1:11.27	3400m: 40:33.29 1:13.33	4700m: 56:52.70 1:18.39		
	900m: 10:36.39 1:10.36	2200m: 26:04.07 1:11.36	3500m: 41:46.88 1:13.59	4800m: 58:11.51 1:18.81		
	1000m: 11:47.35 1:10.96	2300m: 27:15.83 1:11.76	3600m: 43:00.25 1:13.37	4900m: 59:30.07 1:18.56		
	1100m: 12:58.30 1:10.95	2400m: 28:27.78 1:11.95	3700m: 44:14.19 1:13.94	5000m: 1:00:47.77 1:17.70		
	1200m: 14:09.11 1:10.81	2500m: 29:39.91 1:12.13	3800m: 45:28.56 1:14.37			
	1300m: 15:20.31 1:11.20	2600m: 30:52.48 1:12.57	3900m: 46:43.29 1:14.73			
10.	<b>Joao Magalhaes Nunes</b>	99	Belenenses	<b>1:01:14.23</b>		<b>493</b>
	100m: 1:10.25 1:10.25	1400m: 16:51.07 1:12.19	2700m: 32:44.53 1:13.59	4000m: 48:42.96 1:12.02		
	200m: 2:22.79 1:12.54	1500m: 18:03.94 1:12.87	2800m: 33:59.60 1:15.07	4100m: 49:55.83 1:12.87		
	300m: 3:34.48 1:11.69	1600m: 19:16.07 1:12.13	2900m: 35:15.29 1:15.69	4200m: 51:10.63 1:14.80		
	400m: 4:46.27 1:11.79	1700m: 20:29.32 1:13.25	3000m: 36:30.96 1:15.67	4300m: 52:26.54 1:15.91		
	500m: 5:58.33 1:12.06	1800m: 21:42.32 1:13.00	3100m: 37:43.96 1:13.00	4400m: 53:43.15 1:16.61		
	600m: 7:10.62 1:12.29	1900m: 22:55.83 1:13.51	3200m: 38:56.93 1:12.97	4500m: 55:00.29 1:17.14		
	700m: 8:22.84 1:12.22	2000m: 24:08.67 1:12.84	3300m: 40:10.73 1:13.80	4600m: 56:16.33 1:16.04		
	800m: 9:35.63 1:12.79	2100m: 25:21.70 1:13.03	3400m: 41:25.06 1:14.33	4700m: 57:32.07 1:15.74		
	900m: 10:48.79 1:13.16	2200m: 26:34.73 1:13.03	3500m: 42:39.10 1:14.04	4800m: 58:47.73 1:15.66		
	1000m: 12:01.05 1:12.26	2300m: 27:47.93 1:13.20	3600m: 43:52.65 1:13.55	4900m: 1:00:02.42 1:14.69		
	1100m: 13:14.07 1:13.02	2400m: 29:02.28 1:14.35	3700m: 45:06.05 1:13.40	5000m: 1:01:14.23 1:11.81		
	1200m: 14:26.36 1:12.29	2500m: 30:16.45 1:14.17	3800m: 46:18.65 1:12.60			
	1300m: 15:38.88 1:12.52	2600m: 31:30.94 1:14.49	3900m: 47:30.94 1:12.29			

Campeonato Nacional Longa Distancia - Fase Final  
Coimbra, 18-4-2015

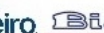
Prova 4, Masc., 5000m Livres

Prova 4 Masc., 5000m Livres Seniores  
18-04-2015 Resultados

Camp Nac Longa Distancia Absoluto	54:39.91	Mario Andre Bonanca	SCP	Rio Maior	26-04-2014
Camp Nac Longa Distancia Sen	54:39.91	Mario Andre Bonanca	SCP	Rio Maior	26-04-2014

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA
1.	Rafael Lourenco Gil	96	Naval Amorense	<b>55:32.24</b>		661
	100m: 1:02.65 1:02.65	1400m: 15:12.61 1:06.45	2700m: 29:35.49 1:06.26	4000m: 44:12.28 1:08.86		
	200m: 2:06.98 1:04.33	1500m: 16:19.07 1:06.46	2800m: 30:41.54 1:06.05	4100m: 45:20.39 1:08.11		
	300m: 3:11.64 1:04.66	1600m: 17:25.18 1:06.11	2900m: 31:47.82 1:06.28	4200m: 46:27.61 1:07.22		
	400m: 4:17.07 1:05.43	1700m: 18:30.61 1:05.43	3000m: 32:54.41 1:06.59	4300m: 47:34.82 1:07.21		
	500m: 5:22.41 1:05.34	1800m: 19:36.36 1:05.75	3100m: 34:00.58 1:06.17	4400m: 48:42.47 1:07.65		
	600m: 6:28.09 1:05.68	1900m: 20:42.06 1:05.70	3200m: 35:07.08 1:06.50	4500m: 49:50.38 1:07.91		
	700m: 7:33.97 1:05.88	2000m: 21:48.33 1:06.27	3300m: 36:14.46 1:07.38	4600m: 50:58.65 1:08.27		
	800m: 8:39.56 1:05.59	2100m: 22:55.03 1:06.70	3400m: 37:21.85 1:07.39	4700m: 52:07.26 1:08.61		
	900m: 9:43.63 1:04.07	2200m: 24:01.75 1:06.72	3500m: 38:29.90 1:08.05	4800m: 53:16.23 1:08.97		
	1000m: 10:48.09 1:04.46	2300m: 25:08.51 1:06.76	3600m: 39:38.17 1:08.27	4900m: 54:24.85 1:08.62		
	1100m: 11:53.49 1:05.40	2400m: 26:15.55 1:07.04	3700m: 40:46.21 1:08.04	5000m: 55:32.24 1:07.39		
	1200m: 12:59.79 1:06.30	2500m: 27:22.55 1:07.00	3800m: 41:54.67 1:08.46			
	1300m: 14:06.16 1:06.37	2600m: 28:29.23 1:06.68	3900m: 43:03.42 1:08.75			
2.	Tiago Silva Oliveira	94	Leixoes	<b>55:53.19</b>		649
	100m: 1:02.81 1:02.81	1400m: 15:12.52 1:06.62	2700m: 29:30.63 1:07.13	4000m: 44:23.75 1:08.35		
	200m: 2:07.23 1:04.42	1500m: 16:18.81 1:06.29	2800m: 30:38.14 1:07.51	4100m: 45:32.48 1:08.73		
	300m: 3:11.77 1:04.54	1600m: 17:24.59 1:05.78	2900m: 31:45.98 1:07.84	4200m: 46:40.60 1:08.12		
	400m: 4:17.25 1:05.48	1700m: 18:29.75 1:05.16	3000m: 32:54.48 1:08.50	4300m: 47:48.86 1:08.26		
	500m: 5:22.64 1:05.39	1800m: 19:35.12 1:05.37	3100m: 34:02.18 1:07.70	4400m: 48:57.11 1:08.25		
	600m: 6:28.17 1:05.53	1900m: 20:40.78 1:05.66	3200m: 35:10.99 1:08.81	4500m: 50:05.89 1:08.78		
	700m: 7:33.72 1:05.55	2000m: 21:46.57 1:05.79	3300m: 36:19.98 1:08.99	4600m: 51:15.10 1:09.21		
	800m: 8:38.18 1:04.46	2100m: 22:52.44 1:05.87	3400m: 37:29.42 1:09.44	4700m: 52:24.37 1:09.27		
	900m: 9:43.34 1:05.16	2200m: 23:58.14 1:05.70	3500m: 38:38.54 1:09.12	4800m: 53:34.08 1:09.71		
	1000m: 10:48.32 1:04.98	2300m: 25:04.07 1:05.93	3600m: 39:47.62 1:09.08	4900m: 54:44.01 1:09.93		
	1100m: 11:53.59 1:05.27	2400m: 26:10.05 1:05.98	3700m: 40:56.87 1:09.25	5000m: 55:53.19 1:09.18		
	1200m: 12:59.71 1:06.12	2500m: 27:16.56 1:06.51	3800m: 42:06.29 1:09.42			
	1300m: 14:05.90 1:06.19	2600m: 28:23.50 1:06.94	3900m: 43:15.40 1:09.11			
3.	Vasco Miguel Gaspar	90	Uniao Piedense	<b>56:10.77</b>		639
	100m: 1:03.94 1:03.94	1400m: 15:19.41 1:06.70	2700m: 29:57.25 1:08.50	4000m: 44:45.26 1:08.95		
	200m: 2:08.95 1:05.01	1500m: 16:26.31 1:06.90	2800m: 31:05.09 1:07.84	4100m: 45:53.23 1:07.97		
	300m: 3:14.21 1:05.26	1600m: 17:33.11 1:06.80	2900m: 32:13.30 1:08.21	4200m: 47:01.71 1:08.48		
	400m: 4:19.40 1:05.19	1700m: 18:40.53 1:07.42	3000m: 33:21.44 1:08.14	4300m: 48:09.81 1:08.10		
	500m: 5:25.45 1:06.05	1800m: 19:47.78 1:07.25	3100m: 34:29.23 1:07.79	4400m: 49:16.86 1:07.05		
	600m: 6:30.92 1:05.47	1900m: 20:55.13 1:07.35	3200m: 35:37.49 1:08.26	4500m: 50:25.40 1:08.54		
	700m: 7:36.84 1:05.92	2000m: 22:02.20 1:07.07	3300m: 36:46.12 1:08.63	4600m: 51:33.92 1:08.52		
	800m: 8:42.56 1:05.72	2100m: 23:09.64 1:07.44	3400m: 37:54.29 1:08.17	4700m: 52:42.90 1:08.98		
	900m: 9:48.11 1:05.55	2200m: 24:17.42 1:07.78	3500m: 39:02.05 1:07.76	4800m: 53:52.18 1:09.28		
	1000m: 10:54.24 1:06.13	2300m: 25:25.06 1:07.64	3600m: 40:10.44 1:08.39	4900m: 55:01.48 1:09.30		
	1100m: 11:59.97 1:05.73	2400m: 26:32.93 1:07.87	3700m: 41:18.71 1:08.27	5000m: 56:10.77 1:09.29		
	1200m: 13:06.40 1:06.43	2500m: 27:40.93 1:08.00	3800m: 42:27.32 1:08.61			
	1300m: 14:12.71 1:06.31	2600m: 28:48.75 1:07.82	3900m: 43:36.31 1:08.99			



Campeonato Nacional Longa Distancia - Fase Final  
Coimbra, 18-4-2015

Prova 4, Masc., 5000m Livres

Prova 4 Masc., 5000m Livres Juniores  
18-04-2015 Resultados

Camp Nac Longa Distancia Absoluto	54:39.91	Mario Andre Bonanca	SCP	Rio Maior	26-04-2014
Camp Nac Longa Distancia Jun17	56:13.45	Guilherme Filipe Pina	BSCN	Rio Maior	28-02-2015
Camp Nac Longa Distancia Jun18	55:08.20	Rafael Lourenco Gil	ANAM	Rio Maior	26-04-2014

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA					
1.	Guilherme Filipe Pina	98	Benedita	<b>54:46.23</b>		689					
<i>, Melhor Marca Campeonatos, Jun 17</i>											
100m:	1:04.75	1:04.75	1400m:	15:13.83	1:05.37	2700m:	29:25.36	1:05.05	4000m:	43:42.72	1:06.84
200m:	2:09.78	1:05.03	1500m:	16:18.97	1:05.14	2800m:	30:30.52	1:05.16	4100m:	44:49.52	1:06.80
300m:	3:14.86	1:05.08	1600m:	17:24.35	1:05.38	2900m:	31:35.98	1:05.46	4200m:	45:56.31	1:06.79
400m:	4:19.83	1:04.97	1700m:	18:29.63	1:05.28	3000m:	32:41.61	1:05.63	4300m:	47:02.93	1:06.62
500m:	5:25.04	1:05.21	1800m:	19:35.00	1:05.37	3100m:	33:46.78	1:05.17	4400m:	48:09.20	1:06.27
600m:	6:30.30	1:05.26	1900m:	20:40.81	1:05.81	3200m:	34:52.31	1:05.53	4500m:	49:15.64	1:06.44
700m:	7:35.92	1:05.62	2000m:	21:46.56	1:05.75	3300m:	35:58.30	1:05.99	4600m:	50:22.23	1:06.59
800m:	8:41.60	1:05.68	2100m:	22:52.18	1:05.62	3400m:	37:04.04	1:05.74	4700m:	51:28.87	1:06.64
900m:	9:46.78	1:05.18	2200m:	23:57.88	1:05.70	3500m:	38:10.10	1:06.06	4800m:	52:35.67	1:06.80
1000m:	10:51.96	1:05.18	2300m:	25:03.67	1:05.79	3600m:	39:16.63	1:06.53	4900m:	53:42.13	1:06.46
1100m:	11:57.06	1:05.10	2400m:	26:09.51	1:05.84	3700m:	40:23.08	1:06.45	5000m:	54:46.23	1:04.10
1200m:	13:02.72	1:05.66	2500m:	27:15.05	1:05.54	3800m:	41:29.39	1:06.31			
1300m:	14:08.46	1:05.74	2600m:	28:20.31	1:05.26	3900m:	42:35.88	1:06.49			
2.	Alexandre Valdagua Coutinho	97	Columbofila Cantanheden	<b>55:12.96</b>		673					
100m:	1:04.09	1:04.09	1400m:	15:12.45	1:06.49	2700m:	29:27.07	1:04.99	4000m:	43:55.99	1:07.53
200m:	2:08.60	1:04.51	1500m:	16:18.66	1:06.21	2800m:	30:32.75	1:05.68	4100m:	45:03.38	1:07.39
300m:	3:13.08	1:04.48	1600m:	17:24.43	1:05.77	2900m:	31:39.00	1:06.25	4200m:	46:11.27	1:07.89
400m:	4:17.45	1:04.37	1700m:	18:30.06	1:05.63	3000m:	32:44.96	1:05.96	4300m:	47:19.02	1:07.75
500m:	5:22.67	1:05.22	1800m:	19:36.22	1:06.16	3100m:	33:50.97	1:06.01	4400m:	48:26.66	1:07.64
600m:	6:28.28	1:05.61	1900m:	20:42.34	1:06.12	3200m:	34:57.75	1:06.78	4500m:	49:34.51	1:07.85
700m:	7:34.03	1:05.75	2000m:	21:48.06	1:05.72	3300m:	36:04.62	1:06.87	4600m:	50:42.97	1:08.46
800m:	8:39.50	1:05.47	2100m:	22:54.12	1:06.06	3400m:	37:11.46	1:06.84	4700m:	51:50.65	1:07.68
900m:	9:43.96	1:04.46	2200m:	23:59.42	1:05.30	3500m:	38:18.78	1:07.32	4800m:	52:58.81	1:08.16
1000m:	10:49.04	1:05.08	2300m:	25:04.95	1:05.53	3600m:	39:26.07	1:07.29	4900m:	54:07.34	1:08.53
1100m:	11:54.87	1:05.83	2400m:	26:10.74	1:05.79	3700m:	40:33.04	1:06.97	5000m:	55:12.96	1:05.62
1200m:	13:00.04	1:05.17	2500m:	27:16.26	1:05.52	3800m:	41:40.77	1:07.73			
1300m:	14:05.96	1:05.92	2600m:	28:22.08	1:05.82	3900m:	42:48.46	1:07.69			
3.	Diogo Manuel Marques	98	Columbofila Cantanheden	<b>57:07.56</b>		607					
100m:	1:04.87	1:04.87	1400m:	15:49.48	1:08.80	2700m:	30:40.99	1:08.63	4000m:	45:33.81	1:08.14
200m:	2:10.33	1:05.46	1500m:	16:58.52	1:09.04	2800m:	31:48.78	1:07.79	4100m:	46:42.54	1:08.73
300m:	3:17.16	1:06.83	1600m:	18:07.45	1:08.93	2900m:	32:56.99	1:08.21	4200m:	47:52.24	1:09.70
400m:	4:24.78	1:07.62	1700m:	19:15.90	1:08.45	3000m:	34:05.99	1:09.00	4300m:	49:02.22	1:09.98
500m:	5:32.85	1:08.07	1800m:	20:24.05	1:08.15	3100m:	35:14.93	1:08.94	4400m:	50:12.16	1:09.94
600m:	6:40.82	1:07.97	1900m:	21:33.03	1:08.98	3200m:	36:24.28	1:09.35	4500m:	51:21.64	1:09.48
700m:	7:49.49	1:08.67	2000m:	22:41.75	1:08.72	3300m:	37:33.87	1:09.59	4600m:	52:31.71	1:10.07
800m:	8:57.73	1:08.24	2100m:	23:50.92	1:09.17	3400m:	38:43.34	1:09.47	4700m:	53:41.53	1:09.82
900m:	10:05.80	1:08.07	2200m:	25:00.29	1:09.37	3500m:	39:52.32	1:08.98	4800m:	54:52.14	1:10.61
1000m:	11:14.46	1:08.66	2300m:	26:09.61	1:09.32	3600m:	41:00.82	1:08.50	4900m:	56:01.24	1:09.10
1100m:	12:23.29	1:08.83	2400m:	27:16.85	1:07.24	3700m:	42:09.13	1:08.31	5000m:	57:07.56	1:06.32
1200m:	13:31.89	1:08.60	2500m:	28:24.12	1:07.27	3800m:	43:17.27	1:08.14			
1300m:	14:40.68	1:08.79	2600m:	29:32.36	1:08.24	3900m:	44:25.67	1:08.40			





Campeonato Nacional Longa Distancia - Fase Final  
Coimbra, 18-4-2015

Prova 4, Masc., 5000m Livres

Prova 4 Masc., 5000m Livres Juvenis A  
18-04-2015 Resultados

Camp Nac Longa Distancia Absoluto	54:39.91	Mario Andre Bonanca	SCP	Rio Maior	26-04-2014
Camp Nac Longa Distancia Juv A	59:32.11	Tiago Cunha Costa	SCP	Rio Maior	28-02-2015

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA		
1.	<b>Tiago Cunha Costa</b> <i>, Melhor Marca Campeonatos, Juv A</i>	99	Sporting	<b>58:48.65</b>		557		
	100m: 1:07.04	1:07.04	1400m: 16:14.75	1:10.43	2700m: 31:31.04	1:10.74	4000m: 46:59.29	1:11.55
	200m: 2:15.67	1:08.63	1500m: 17:25.23	1:10.48	2800m: 32:41.78	1:10.74	4100m: 48:10.96	1:11.67
	300m: 3:25.04	1:09.37	1600m: 18:35.42	1:10.19	2900m: 33:52.50	1:10.72	4200m: 49:22.50	1:11.54
	400m: 4:34.36	1:09.32	1700m: 19:45.86	1:10.44	3000m: 35:03.16	1:10.66	4300m: 50:34.37	1:11.87
	500m: 5:43.98	1:09.62	1800m: 20:55.49	1:09.63	3100m: 36:14.20	1:11.04	4400m: 51:45.70	1:11.33
	600m: 6:53.25	1:09.27	1900m: 22:05.57	1:10.08	3200m: 37:25.51	1:11.31	4500m: 52:56.76	1:11.06
	700m: 8:03.22	1:09.97	2000m: 23:15.13	1:09.56	3300m: 38:36.83	1:11.32	4600m: 54:07.54	1:10.78
	800m: 9:13.25	1:10.03	2100m: 24:25.73	1:10.60	3400m: 39:48.66	1:11.83	4700m: 55:18.44	1:10.90
	900m: 10:23.10	1:09.85	2200m: 25:36.43	1:10.70	3500m: 41:00.30	1:11.64	4800m: 56:29.30	1:10.86
	1000m: 11:33.41	1:10.31	2300m: 26:47.48	1:11.05	3600m: 42:12.22	1:11.92	4900m: 57:39.94	1:10.64
	1100m: 12:43.52	1:10.11	2400m: 27:58.53	1:11.05	3700m: 43:23.98	1:11.76	5000m: 58:48.65	1:08.71
	1200m: 13:53.97	1:10.45	2500m: 29:09.07	1:10.54	3800m: 44:35.86	1:11.88		
	1300m: 15:04.32	1:10.35	2600m: 30:20.30	1:11.23	3900m: 45:47.74	1:11.88		
2.	<b>Tiago Filipe Campos</b>	99	Scalabiswim	<b>1:00:27.03</b>		512		
	100m: 1:06.04	1:06.04	1400m: 16:07.65	1:10.46	2700m: 31:54.52	1:13.46	4000m: 48:11.11	1:12.76
	200m: 2:14.91	1:08.87	1500m: 17:18.52	1:10.87	2800m: 33:07.65	1:13.13	4100m: 49:23.97	1:12.86
	300m: 3:24.55	1:09.64	1600m: 18:30.63	1:12.11	2900m: 34:22.05	1:14.40	4200m: 50:36.21	1:12.24
	400m: 4:34.34	1:09.79	1700m: 19:43.02	1:12.39	3000m: 35:37.05	1:15.00	4300m: 51:48.71	1:12.50
	500m: 5:43.83	1:09.49	1800m: 20:56.08	1:13.06	3100m: 36:53.29	1:16.24	4400m: 53:01.67	1:12.96
	600m: 6:53.33	1:09.50	1900m: 22:09.63	1:13.55	3200m: 38:09.28	1:15.99	4500m: 54:15.02	1:13.35
	700m: 8:02.86	1:09.53	2000m: 23:23.48	1:13.85	3300m: 39:24.88	1:15.60	4600m: 55:28.26	1:13.24
	800m: 9:11.20	1:08.34	2100m: 24:35.93	1:12.45	3400m: 40:41.02	1:16.14	4700m: 56:42.89	1:14.63
	900m: 10:19.77	1:08.57	2200m: 25:49.46	1:13.53	3500m: 41:55.78	1:14.76	4800m: 57:57.94	1:15.05
	1000m: 11:28.36	1:08.59	2300m: 27:02.42	1:12.96	3600m: 43:12.24	1:16.46	4900m: 59:12.90	1:14.96
	1100m: 12:37.83	1:09.47	2400m: 28:15.70	1:13.28	3700m: 44:28.82	1:16.58	5000m: 1:00:27.03	1:14.13
	1200m: 13:47.35	1:09.52	2500m: 29:28.17	1:12.47	3800m: 45:43.96	1:15.14		
	1300m: 14:57.19	1:09.84	2600m: 30:41.06	1:12.89	3900m: 46:58.35	1:14.39		
3.	<b>Tiago Andre Carvalho</b>	99	Academica de Coimbra	<b>1:00:47.77</b>		504		
	100m: 1:08.54	1:08.54	1400m: 16:31.41	1:11.10	2700m: 32:04.47	1:11.99	4000m: 47:58.42	1:15.13
	200m: 2:19.68	1:11.14	1500m: 17:42.50	1:11.09	2800m: 33:16.86	1:12.39	4100m: 49:13.47	1:15.05
	300m: 3:30.91	1:11.23	1600m: 18:54.13	1:11.63	2900m: 34:29.42	1:12.56	4200m: 50:28.84	1:15.37
	400m: 4:42.07	1:11.16	1700m: 20:05.67	1:11.54	3000m: 35:41.51	1:12.09	4300m: 51:44.77	1:15.93
	500m: 5:53.73	1:11.66	1800m: 21:18.07	1:12.40	3100m: 36:53.98	1:12.47	4400m: 53:00.93	1:16.16
	600m: 7:04.69	1:10.96	1900m: 22:29.71	1:11.64	3200m: 38:06.75	1:12.77	4500m: 54:17.41	1:16.48
	700m: 8:15.46	1:10.77	2000m: 23:41.44	1:11.73	3300m: 39:19.96	1:13.21	4600m: 55:34.31	1:16.90
	800m: 9:26.03	1:10.57	2100m: 24:52.71	1:11.27	3400m: 40:33.29	1:13.33	4700m: 56:52.70	1:18.39
	900m: 10:36.39	1:10.36	2200m: 26:04.07	1:11.36	3500m: 41:46.88	1:13.59	4800m: 58:11.51	1:18.81
	1000m: 11:47.35	1:10.96	2300m: 27:15.83	1:11.76	3600m: 43:00.25	1:13.37	4900m: 59:30.07	1:18.56
	1100m: 12:58.30	1:10.95	2400m: 28:27.78	1:11.95	3700m: 44:14.19	1:13.94	5000m: 1:00:47.77	1:17.70
	1200m: 14:09.11	1:10.81	2500m: 29:39.91	1:12.13	3800m: 45:28.56	1:14.37		
	1300m: 15:20.31	1:11.20	2600m: 30:52.48	1:12.57	3900m: 46:43.29	1:14.73		



Campeonato Nacional Longa Distancia - Fase Final  
Coimbra, 18-4-2015

Prova 4, Masc., 5000m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA		
4.	Joao Magalhaes Nunes	99	Belenenses	<b>1:01:14.23</b>		493		
	100m: 1:10.25	1:10.25	1400m: 16:51.07	1:12.19	2700m: 32:44.53	1:13.59	4000m: 48:42.96	1:12.02
	200m: 2:22.79	1:12.54	1500m: 18:03.94	1:12.87	2800m: 33:59.60	1:15.07	4100m: 49:55.83	1:12.87
	300m: 3:34.48	1:11.69	1600m: 19:16.07	1:12.13	2900m: 35:15.29	1:15.69	4200m: 51:10.63	1:14.80
	400m: 4:46.27	1:11.79	1700m: 20:29.32	1:13.25	3000m: 36:30.96	1:15.67	4300m: 52:26.54	1:15.91
	500m: 5:58.33	1:12.06	1800m: 21:42.32	1:13.00	3100m: 37:43.96	1:13.00	4400m: 53:43.15	1:16.61
	600m: 7:10.62	1:12.29	1900m: 22:55.83	1:13.51	3200m: 38:56.93	1:12.97	4500m: 55:00.29	1:17.14
	700m: 8:22.84	1:12.22	2000m: 24:08.67	1:12.84	3300m: 40:10.73	1:13.80	4600m: 56:16.33	1:16.04
	800m: 9:35.63	1:12.79	2100m: 25:21.70	1:13.03	3400m: 41:25.06	1:14.33	4700m: 57:32.07	1:15.74
	900m: 10:48.79	1:13.16	2200m: 26:34.73	1:13.03	3500m: 42:39.10	1:14.04	4800m: 58:47.73	1:15.66
	1000m: 12:01.05	1:12.26	2300m: 27:47.93	1:13.20	3600m: 43:52.65	1:13.55	4900m: 1:00:02.42	1:14.69
	1100m: 13:14.07	1:13.02	2400m: 29:02.28	1:14.35	3700m: 45:06.05	1:13.40	5000m: 1:01:14.23	1:11.81
	1200m: 14:26.36	1:12.29	2500m: 30:16.45	1:14.17	3800m: 46:18.65	1:12.60		
	1300m: 15:38.88	1:12.52	2600m: 31:30.94	1:14.49	3900m: 47:30.94	1:12.29		

