

Prova 44 Masc., 1500m Livres 17 anos e mais velhos
13-12-2015 - 11:25 Resultados

Recordes Nacionais 25m Absoluto	15:04.78	Fernando Eurico Costa	POR	Trieste (ITA)	10-12-2005
Recordes Nacionais 25m Jun17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun18	15:09.03	Joao Alexandre Vital	SCP	Vila Real Stº Antonio	07-11-2015
Recordes Nacionais 25m Sen	15:04.78	Fernando Eurico Costa	POR	Trieste (ITA)	10-12-2005

TAC_B-JUNM Jun: 17:17.56 / TAC_B-SENM Sen: 16:29.03

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
1.	Rafael Lourenco Gil <i>Rec Nacional, Sen e Abs</i>	96	Uniao Piedense	15:00.65	+0,69	840	
	50m: 27.30 27.30	450m: 4:26.03	30.14	850m: 8:28.35	30.29	1250m: 12:29.97	30.11
	100m: 56.48 29.18	500m: 4:56.27	30.24	900m: 8:58.28	29.93	1300m: 13:00.37	30.40
	150m: 1:25.93 29.45	550m: 5:26.47	30.20	950m: 9:28.49	30.21	1350m: 13:30.67	30.30
	200m: 1:55.82 29.89	600m: 5:56.83	30.36	1000m: 9:58.76	30.27	1400m: 14:01.49	30.82
	250m: 2:25.77 29.95	650m: 6:27.24	30.41	1050m: 10:29.09	30.33	1450m: 14:31.65	30.16
	300m: 2:55.80 30.03	700m: 6:57.60	30.36	1100m: 10:59.22	30.13	1500m: 15:00.65	29.00
	350m: 3:25.82 30.02	750m: 7:27.95	30.35	1150m: 11:29.64	30.42		
	400m: 3:55.89 30.07	800m: 7:58.06	30.11	1200m: 11:59.86	30.22		
2.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	15:28.85	+0,70	766	
	50m: 27.96 27.96	450m: 4:32.74	30.93	850m: 8:42.57	31.61	1250m: 12:53.38	31.21
	100m: 58.00 30.04	500m: 5:03.99	31.25	900m: 9:13.85	31.28	1300m: 13:24.63	31.25
	150m: 1:28.41 30.41	550m: 5:34.94	30.95	950m: 9:45.01	31.16	1350m: 13:55.94	31.31
	200m: 1:58.55 30.14	600m: 6:06.25	31.31	1000m: 10:16.47	31.46	1400m: 14:27.05	31.11
	250m: 2:29.35 30.80	650m: 6:37.23	30.98	1050m: 10:47.82	31.35	1450m: 14:58.43	31.38
	300m: 3:00.15 30.80	700m: 7:08.35	31.12	1100m: 11:19.29	31.47	1500m: 15:28.85	30.42
	350m: 3:30.58 30.43	750m: 7:39.44	31.09	1150m: 11:50.73	31.44		
	400m: 4:01.81 31.23	800m: 8:10.96	31.52	1200m: 12:22.17	31.44		
3.	Vasco Miguel Gaspar	90	Uniao Piedense	15:30.43	+0,75	762	
	50m: 27.88 27.88	450m: 4:36.35	31.41	850m: 8:46.84	31.50	1250m: 12:58.45	31.01
	100m: 58.73 30.85	500m: 5:07.71	31.36	900m: 9:18.67	31.83	1300m: 13:29.34	30.89
	150m: 1:29.51 30.78	550m: 5:38.94	31.23	950m: 9:49.97	31.30	1350m: 14:00.59	31.25
	200m: 2:00.42 30.91	600m: 6:10.47	31.53	1000m: 10:21.55	31.58	1400m: 14:31.81	31.22
	250m: 2:31.34 30.92	650m: 6:41.39	30.92	1050m: 10:53.37	31.82	1450m: 15:01.86	30.05
	300m: 3:02.56 31.22	700m: 7:12.49	31.10	1100m: 11:24.76	31.39	1500m: 15:30.43	28.57
	350m: 3:33.63 31.07	750m: 7:43.91	31.42	1150m: 11:55.98	31.22		
	400m: 4:04.94 31.31	800m: 8:15.34	31.43	1200m: 12:27.44	31.46		
4.	Mario Andre Bonanca	90	Sporting	15:30.54	+0,86	762	
	50m: 28.12 28.12	450m: 4:36.30	31.29	850m: 8:46.84	31.72	1250m: 12:57.50	30.66
	100m: 59.01 30.89	500m: 5:07.49	31.19	900m: 9:18.59	31.75	1300m: 13:28.11	30.61
	150m: 1:29.86 30.85	550m: 5:38.62	31.13	950m: 9:50.10	31.51	1350m: 13:59.02	30.91
	200m: 2:00.79 30.93	600m: 6:09.86	31.24	1000m: 10:21.62	31.52	1400m: 14:30.50	31.48
	250m: 2:31.71 30.92	650m: 6:40.84	30.98	1050m: 10:53.13	31.51	1450m: 15:01.77	31.27
	300m: 3:02.71 31.00	700m: 7:11.91	31.07	1100m: 11:24.45	31.32	1500m: 15:30.54	28.77
	350m: 3:33.91 31.20	750m: 7:43.47	31.56	1150m: 11:55.66	31.21		
	400m: 4:05.01 31.10	800m: 8:15.12	31.65	1200m: 12:26.84	31.18		

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Joao Pedro Gil	97	Alges	15:45.70	+0,69	726
	50m: 27.74 27.74	450m: 4:35.98 31.65	850m: 8:51.68 32.36	1250m: 13:06.75 32.20		
	100m: 57.86 30.12	500m: 5:07.67 31.69	900m: 9:23.87 32.19	1300m: 13:38.61 31.86		
	150m: 1:28.52 30.66	550m: 5:39.35 31.68	950m: 9:55.55 31.68	1350m: 14:10.52 31.91		
	200m: 1:59.50 30.98	600m: 6:11.10 31.75	1000m: 10:27.24 31.69	1400m: 14:42.63 32.11		
	250m: 2:30.72 31.22	650m: 6:43.21 32.11	1050m: 10:59.07 31.83	1450m: 15:14.41 31.78		
	300m: 3:01.89 31.17	700m: 7:15.09 31.88	1100m: 11:30.74 31.67	1500m: 15:45.70 31.29		
	350m: 3:32.90 31.01	750m: 7:47.41 32.32	1150m: 12:02.41 31.67			
	400m: 4:04.33 31.43	800m: 8:19.32 31.91	1200m: 12:34.55 32.14			
6.	Hugo Alberto Ribeiro	88	Estrelas S. Joao de Brito	15:48.16	+0,97	720
	50m: 28.23 28.23	450m: 4:36.74 31.67	850m: 8:52.25 32.32	1250m: 13:11.15 31.86		
	100m: 58.90 30.67	500m: 5:08.39 31.65	900m: 9:24.61 32.36	1300m: 13:42.98 31.83		
	150m: 1:29.75 30.85	550m: 5:40.09 31.70	950m: 9:57.09 32.48	1350m: 14:15.02 32.04		
	200m: 2:00.61 30.86	600m: 6:11.90 31.81	1000m: 10:29.61 32.52	1400m: 14:46.89 31.87		
	250m: 2:31.68 31.07	650m: 6:43.89 31.99	1050m: 11:02.37 32.76	1450m: 15:18.36 31.47		
	300m: 3:02.68 31.00	700m: 7:15.73 31.84	1100m: 11:34.78 32.41	1500m: 15:48.16 29.80		
	350m: 3:33.71 31.03	750m: 7:47.83 32.10	1150m: 12:07.27 32.49			
	400m: 4:05.07 31.36	800m: 8:19.93 32.10	1200m: 12:39.29 32.02			
7.	Tiago Silva Oliveira	94	Fluvial Portuense	15:53.82	+0,77	707
	50m: 28.03 28.03	450m: 4:37.06 32.13	850m: 8:52.75 32.25	1250m: 13:12.57 32.26		
	100m: 58.62 30.59	500m: 5:08.91 31.85	900m: 9:25.04 32.29	1300m: 13:44.86 32.29		
	150m: 1:29.37 30.75	550m: 5:40.74 31.83	950m: 9:57.54 32.50	1350m: 14:17.55 32.69		
	200m: 2:00.27 30.90	600m: 6:12.48 31.74	1000m: 10:30.02 32.48	1400m: 14:50.09 32.54		
	250m: 2:30.95 30.68	650m: 6:44.40 31.92	1050m: 11:02.60 32.58	1450m: 15:22.33 32.24		
	300m: 3:01.78 30.83	700m: 7:16.47 32.07	1100m: 11:35.43 32.83	1500m: 15:53.82 31.49		
	350m: 3:33.10 31.32	750m: 7:48.38 31.91	1150m: 12:08.01 32.58			
	400m: 4:04.93 31.83	800m: 8:20.50 32.12	1200m: 12:40.31 32.30			
8.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	15:56.97	+0,76	700
	50m: 28.17 28.17	450m: 4:38.72 31.89	850m: 8:55.92 32.30	1250m: 13:15.30 32.51		
	100m: 58.94 30.77	500m: 5:10.53 31.81	900m: 9:28.09 32.17	1300m: 13:47.48 32.18		
	150m: 1:29.92 30.98	550m: 5:42.35 31.82	950m: 10:00.42 32.33	1350m: 14:20.40 32.92		
	200m: 2:01.05 31.13	600m: 6:14.40 32.05	1000m: 10:33.06 32.64	1400m: 14:52.67 32.27		
	250m: 2:32.37 31.32	650m: 6:46.56 32.16	1050m: 11:05.03 31.97	1450m: 15:25.49 32.82		
	300m: 3:03.89 31.52	700m: 7:18.90 32.34	1100m: 11:37.67 32.64	1500m: 15:56.97 31.48		
	350m: 3:35.38 31.49	750m: 7:51.38 32.48	1150m: 12:10.32 32.65			
	400m: 4:06.83 31.45	800m: 8:23.62 32.24	1200m: 12:42.79 32.47			
9.	Joao Andre Neves	95	Academica de Coimbra	16:08.53	+0,77	676
	50m: 28.54 28.54	450m: 4:44.53 32.31	850m: 9:04.81 32.47	1250m: 13:25.73 33.08		
	100m: 59.55 31.01	500m: 5:17.24 32.71	900m: 9:37.37 32.56	1300m: 13:58.24 32.51		
	150m: 1:31.12 31.57	550m: 5:49.51 32.27	950m: 10:09.97 32.60	1350m: 14:31.07 32.83		
	200m: 2:03.07 31.95	600m: 6:21.96 32.45	1000m: 10:42.31 32.34	1400m: 15:03.69 32.62		
	250m: 2:35.24 32.17	650m: 6:54.69 32.73	1050m: 11:14.56 32.25	1450m: 15:36.15 32.46		
	300m: 3:07.75 32.51	700m: 7:27.40 32.71	1100m: 11:47.38 32.82	1500m: 16:08.53 32.38		
	350m: 3:40.14 32.39	750m: 7:59.71 32.31	1150m: 12:19.95 32.57			
	400m: 4:12.22 32.08	800m: 8:32.34 32.63	1200m: 12:52.65 32.70			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Pedro Miguel Silva	94	Colegio Monte Maior	16:10.67	+0,71	671
	50m: 28.98 28.98	450m: 4:46.35 32.55	850m: 9:06.34 32.57	1250m: 13:26.79 32.74		
	100m: 1:00.73 31.75	500m: 5:18.90 32.55	900m: 9:38.65 32.31	1300m: 13:59.66 32.87		
	150m: 1:32.60 31.87	550m: 5:51.34 32.44	950m: 10:11.02 32.37	1350m: 14:32.98 33.32		
	200m: 2:04.80 32.20	600m: 6:23.92 32.58	1000m: 10:43.49 32.47	1400m: 15:05.57 32.59		
	250m: 2:36.99 32.19	650m: 6:56.36 32.44	1050m: 11:15.94 32.45	1450m: 15:38.59 33.02		
	300m: 3:09.18 32.19	700m: 7:28.66 32.30	1100m: 11:48.62 32.68	1500m: 16:10.67 32.08		
	350m: 3:41.45 32.27	750m: 8:01.20 32.54	1150m: 12:21.25 32.63			
	400m: 4:13.80 32.35	800m: 8:33.77 32.57	1200m: 12:54.05 32.80			
11.	Rui Pedro Faria	94	Famalicao	16:11.86	+0,77	669
	50m: 29.10 29.10	450m: 4:44.72 32.68	850m: 9:05.87 32.90	1250m: 13:28.69 33.18		
	100m: 59.99 30.89	500m: 5:17.60 32.88	900m: 9:38.39 32.52	1300m: 14:01.76 33.07		
	150m: 1:31.65 31.66	550m: 5:50.28 32.68	950m: 10:11.24 32.85	1350m: 14:34.71 32.95		
	200m: 2:03.69 32.04	600m: 6:22.77 32.49	1000m: 10:43.99 32.75	1400m: 15:07.53 32.82		
	250m: 2:35.70 32.01	650m: 6:55.25 32.48	1050m: 11:16.78 32.79	1450m: 15:40.45 32.92		
	300m: 3:07.79 32.09	700m: 7:27.91 32.66	1100m: 11:49.73 32.95	1500m: 16:11.86 31.41		
	350m: 3:39.95 32.16	750m: 8:00.43 32.52	1150m: 12:22.64 32.91			
	400m: 4:12.04 32.09	800m: 8:32.97 32.54	1200m: 12:55.51 32.87			
12.	Pedro Veiguinha Martins	96	Braga	16:24.30	+0,83	644
	50m: 29.29 29.29	450m: 4:46.74 33.06	850m: 9:12.26 33.55	1250m: 13:40.54 32.87		
	100m: 1:00.45 31.16	500m: 5:19.84 33.10	900m: 9:46.28 34.02	1300m: 14:13.40 32.86		
	150m: 1:32.03 31.58	550m: 5:52.69 32.85	950m: 10:19.74 33.46	1350m: 14:46.83 33.43		
	200m: 2:03.81 31.78	600m: 6:25.94 33.25	1000m: 10:53.40 33.66	1400m: 15:20.33 33.50		
	250m: 2:35.98 32.17	650m: 6:59.00 33.06	1050m: 11:27.27 33.87	1450m: 15:52.89 32.56		
	300m: 3:08.32 32.34	700m: 7:32.14 33.14	1100m: 12:00.81 33.54	1500m: 16:24.30 31.41		
	350m: 3:40.81 32.49	750m: 8:05.47 33.33	1150m: 12:34.50 33.69			
	400m: 4:13.68 32.87	800m: 8:38.71 33.24	1200m: 13:07.67 33.17			
13.	Joao Miguel Cardoso	97	Gesloures	16:25.40	+0,76	642
	50m: 29.61 29.61	450m: 4:52.69 32.96	850m: 9:17.52 33.19	1250m: 13:41.32 33.24		
	100m: 1:01.82 32.21	500m: 5:25.93 33.24	900m: 9:50.04 32.52	1300m: 14:14.25 32.93		
	150m: 1:34.26 32.44	550m: 5:58.79 32.86	950m: 10:22.75 32.71	1350m: 14:47.26 33.01		
	200m: 2:07.47 33.21	600m: 6:31.68 32.89	1000m: 10:55.75 33.00	1400m: 15:20.25 32.99		
	250m: 2:40.50 33.03	650m: 7:04.82 33.14	1050m: 11:28.51 32.76	1450m: 15:53.61 33.36		
	300m: 3:13.48 32.98	700m: 7:37.81 32.99	1100m: 12:01.51 33.00	1500m: 16:25.40 31.79		
	350m: 3:46.68 33.20	750m: 8:11.16 33.35	1150m: 12:34.67 33.16			
	400m: 4:19.73 33.05	800m: 8:44.33 33.17	1200m: 13:08.08 33.41			
14.	Sergio Gomes Abreu	96	Naval do Funchal	16:26.24	+0,72	640
	50m: 28.71 28.71	450m: 4:49.10 32.72	850m: 9:14.00 33.08	1250m: 13:41.54 33.19		
	100m: 1:00.51 31.80	500m: 5:22.53 33.43	900m: 9:47.22 33.22	1300m: 14:14.95 33.41		
	150m: 1:32.60 32.09	550m: 5:55.68 33.15	950m: 10:20.42 33.20	1350m: 14:48.34 33.39		
	200m: 2:05.52 32.92	600m: 6:28.10 32.42	1000m: 10:53.72 33.30	1400m: 15:22.08 33.74		
	250m: 2:38.00 32.48	650m: 7:01.63 33.53	1050m: 11:27.29 33.57	1450m: 15:55.40 33.32		
	300m: 3:10.67 32.67	700m: 7:34.38 32.75	1100m: 12:00.97 33.68	1500m: 16:26.24 30.84		
	350m: 3:43.70 33.03	750m: 8:07.55 33.17	1150m: 12:34.61 33.64			
	400m: 4:16.38 32.68	800m: 8:40.92 33.37	1200m: 13:08.35 33.74			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Narciso Daniel Correia	97	Braga	16:26.91	+0,77	639
	50m: 28.98 28.98	450m: 4:47.02 32.71	850m: 9:11.01 33.66	1250m: 13:41.00 34.04		
	100m: 1:00.19 31.21	500m: 5:19.80 32.78	900m: 9:44.19 33.18	1300m: 14:14.97 33.97		
	150m: 1:32.05 31.86	550m: 5:52.52 32.72	950m: 10:18.16 33.97	1350m: 14:48.38 33.41		
	200m: 2:04.15 32.10	600m: 6:24.91 32.39	1000m: 10:52.24 34.08	1400m: 15:22.25 33.87		
	250m: 2:36.63 32.48	650m: 6:58.10 33.19	1050m: 11:25.40 33.16	1450m: 15:54.80 32.55		
	300m: 3:09.11 32.48	700m: 7:31.88 33.78	1100m: 11:59.21 33.81	1500m: 16:26.91 32.11		
	350m: 3:41.62 32.51	750m: 8:04.10 32.22	1150m: 12:33.14 33.93			
	400m: 4:14.31 32.69	800m: 8:37.35 33.25	1200m: 13:06.96 33.82			
16.	Duarte Nuno Vieira	95	Desportivo Nacional	16:46.94	+0,66	601
	<i>FTL</i>					
	50m: 28.40 28.40	450m: 4:53.65 33.68	850m: 9:28.73 34.36	1250m: 14:00.39 33.91		
	100m: 1:00.00 31.60	500m: 5:27.51 33.86	900m: 10:03.77 35.04	1300m: 14:34.08 33.69		
	150m: 1:32.74 32.74	550m: 6:01.64 34.13	950m: 10:37.97 34.20	1350m: 15:08.14 34.06		
	200m: 2:05.83 33.09	600m: 6:35.74 34.10	1000m: 11:12.25 34.28	1400m: 15:41.94 33.80		
	250m: 2:39.39 33.56	650m: 7:09.82 34.08	1050m: 11:46.05 33.80	1450m: 16:15.55 33.61		
	300m: 3:12.93 33.54	700m: 7:44.38 34.56	1100m: 12:19.86 33.81	1500m: 16:46.94 31.39		
	350m: 3:46.55 33.62	750m: 8:19.02 34.64	1150m: 12:53.54 33.68			
	400m: 4:19.97 33.42	800m: 8:54.37 35.35	1200m: 13:26.48 32.94			
17.	Joao Luis Travanca	97	Fluvial Portuense	16:53.63	+0,82	589
	<i>FTL</i>					
	50m: 29.11 29.11	450m: 4:54.17 33.65	850m: 9:26.99 35.04	1250m: 14:00.41 34.28		
	100m: 1:00.63 31.52	500m: 5:27.60 33.43	900m: 10:01.59 34.60	1300m: 14:34.97 34.56		
	150m: 1:32.69 32.06	550m: 6:01.35 33.75	950m: 10:35.96 34.37	1350m: 15:10.32 35.35		
	200m: 2:05.29 32.60	600m: 6:35.53 34.18	1000m: 11:09.39 33.43	1400m: 15:45.19 34.87		
	250m: 2:38.56 33.27	650m: 7:09.78 34.25	1050m: 11:44.19 34.80	1450m: 16:20.18 34.99		
	300m: 3:12.58 34.02	700m: 7:43.41 33.63	1100m: 12:18.41 34.22	1500m: 16:53.63 33.45		
	350m: 3:46.71 34.13	750m: 8:17.15 33.74	1150m: 12:53.03 34.62			
	400m: 4:20.52 33.81	800m: 8:51.95 34.80	1200m: 13:26.13 33.10			

Juniores

1.	Guilherme Filipe Pina	98	Benedita	15:11.25	+0,72	811
	50m: 27.73 27.73	450m: 4:30.51 30.63	850m: 8:34.90 30.33	1250m: 12:40.45 31.09		
	100m: 57.73 30.00	500m: 5:00.95 30.44	900m: 9:05.19 30.29	1300m: 13:11.41 30.96		
	150m: 1:27.87 30.14	550m: 5:31.59 30.64	950m: 9:35.76 30.57	1350m: 13:41.94 30.53		
	200m: 1:58.09 30.22	600m: 6:02.15 30.56	1000m: 10:06.10 30.34	1400m: 14:12.33 30.39		
	250m: 2:28.54 30.45	650m: 6:32.82 30.67	1050m: 10:36.73 30.63	1450m: 14:42.57 30.24		
	300m: 2:59.18 30.64	700m: 7:03.45 30.63	1100m: 11:07.49 30.76	1500m: 15:11.25 28.68		
	350m: 3:29.39 30.21	750m: 7:33.80 30.35	1150m: 11:38.60 31.11			
	400m: 3:59.88 30.49	800m: 8:04.57 30.77	1200m: 12:09.36 30.76			
2.	Joao Alexandre Vital	98	Sporting	15:11.44	+0,55	811
	50m: 28.08 28.08	450m: 4:34.63 30.74	850m: 8:37.03 29.89	1250m: 12:40.32 30.99		
	100m: 58.26 30.18	500m: 5:05.29 30.66	900m: 9:07.22 30.19	1300m: 13:11.18 30.86		
	150m: 1:29.07 30.81	550m: 5:36.20 30.91	950m: 9:37.49 30.27	1350m: 13:42.01 30.83		
	200m: 1:59.94 30.87	600m: 6:06.86 30.66	1000m: 10:07.46 29.97	1400m: 14:12.77 30.76		
	250m: 2:31.10 31.16	650m: 6:37.04 30.18	1050m: 10:37.79 30.33	1450m: 14:42.95 30.18		
	300m: 3:01.81 30.71	700m: 7:07.63 30.59	1100m: 11:08.03 30.24	1500m: 15:11.44 28.49		
	350m: 3:32.76 30.95	750m: 7:37.39 29.76	1150m: 11:38.41 30.38			
	400m: 4:03.89 31.13	800m: 8:07.14 29.75	1200m: 12:09.33 30.92			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
3.	Jose Paula Carvalho	98	Uniao Piedense	15:52.00	+0,75	712
	50m: 28.05 28.05	450m: 4:41.20 31.90	850m: 8:59.46 32.11	1250m: 13:17.10 32.14		
	100m: 58.56 30.51	500m: 5:13.38 32.18	900m: 9:31.98 32.52	1300m: 13:49.37 32.27		
	150m: 1:30.08 31.52	550m: 5:45.73 32.35	950m: 10:04.02 32.04	1350m: 14:20.36 30.99		
	200m: 2:01.65 31.57	600m: 6:18.02 32.29	1000m: 10:36.01 31.99	1400m: 14:51.66 31.30		
	250m: 2:33.39 31.74	650m: 6:50.44 32.42	1050m: 11:08.11 32.10	1450m: 15:22.81 31.15		
	300m: 3:05.35 31.96	700m: 7:22.69 32.25	1100m: 11:39.85 31.74	1500m: 15:52.00 29.19		
	350m: 3:37.25 31.90	750m: 7:55.10 32.41	1150m: 12:11.85 32.00			
	400m: 4:09.30 32.05	800m: 8:27.35 32.25	1200m: 12:44.96 33.11			
4.	Diogo Manuel Marques	98	Columbofila Cantanhedense	15:54.05	+0,72	707
	50m: 28.10 28.10	450m: 4:40.14 31.89	850m: 8:56.33 32.20	1250m: 13:14.15 32.39		
	100m: 59.03 30.93	500m: 5:11.89 31.75	900m: 9:28.35 32.02	1300m: 13:46.57 32.42		
	150m: 1:30.20 31.17	550m: 5:43.60 31.71	950m: 10:00.36 32.01	1350m: 14:18.85 32.28		
	200m: 2:01.85 31.65	600m: 6:15.83 32.23	1000m: 10:32.37 32.01	1400m: 14:51.20 32.35		
	250m: 2:33.23 31.38	650m: 6:48.00 32.17	1050m: 11:04.49 32.12	1450m: 15:23.62 32.42		
	300m: 3:05.12 31.89	700m: 7:19.92 31.92	1100m: 11:36.97 32.48	1500m: 15:54.05 30.43		
	350m: 3:36.73 31.61	750m: 7:51.82 31.90	1150m: 12:09.30 32.33			
	400m: 4:08.25 31.52	800m: 8:24.13 32.31	1200m: 12:41.76 32.46			
5.	Miguel Ribeiro Bate	99	Alges	16:16.59	+0,78	659
	50m: 28.94 28.94	450m: 4:47.00 32.33	850m: 9:07.99 32.78	1250m: 13:32.74 33.64		
	100m: 1:00.57 31.63	500m: 5:19.40 32.40	900m: 9:40.35 32.36	1300m: 14:05.92 33.18		
	150m: 1:32.63 32.06	550m: 5:52.04 32.64	950m: 10:13.28 32.93	1350m: 14:39.06 33.14		
	200m: 2:04.88 32.25	600m: 6:24.68 32.64	1000m: 10:46.20 32.92	1400m: 15:12.08 33.02		
	250m: 2:37.21 32.33	650m: 6:56.93 32.25	1050m: 11:19.39 33.19	1450m: 15:44.60 32.52		
	300m: 3:09.80 32.59	700m: 7:29.56 32.63	1100m: 11:52.58 33.19	1500m: 16:16.59 31.99		
	350m: 3:42.35 32.55	750m: 8:02.38 32.82	1150m: 12:25.66 33.08			
	400m: 4:14.67 32.32	800m: 8:35.21 32.83	1200m: 12:59.10 33.44			
6.	Goncalo Miguel Nogueira	98	Porto	16:24.64	+0,71	643
	50m: 29.24 29.24	450m: 4:49.77 32.83	850m: 9:17.46 33.40	1250m: 13:43.24 32.72		
	100m: 1:01.16 31.92	500m: 5:23.15 33.38	900m: 9:50.80 33.34	1300m: 14:15.79 32.55		
	150m: 1:33.18 32.02	550m: 5:56.57 33.42	950m: 10:24.04 33.24	1350m: 14:48.90 33.11		
	200m: 2:05.56 32.38	600m: 6:30.03 33.46	1000m: 10:57.61 33.57	1400m: 15:21.82 32.92		
	250m: 2:38.28 32.72	650m: 7:03.78 33.75	1050m: 11:31.21 33.60	1450m: 15:54.05 32.23		
	300m: 3:11.13 32.85	700m: 7:37.38 33.60	1100m: 12:04.85 33.64	1500m: 16:24.64 30.59		
	350m: 3:43.90 32.77	750m: 8:10.71 33.33	1150m: 12:37.81 32.96			
	400m: 4:16.94 33.04	800m: 8:44.06 33.35	1200m: 13:10.52 32.71			
7.	Diogo Nogueira Rebelo	98	Colegio Monte Maior	16:25.70	+0,75	641
	50m: 29.70 29.70	450m: 4:50.64 32.71	850m: 9:16.37 33.17	1250m: 13:47.13 33.74		
	100m: 1:01.61 31.91	500m: 5:23.54 32.90	900m: 9:50.03 33.66	1300m: 14:19.84 32.71		
	150m: 1:34.15 32.54	550m: 5:56.74 33.20	950m: 10:24.28 34.25	1350m: 14:52.02 32.18		
	200m: 2:06.94 32.79	600m: 6:29.94 33.20	1000m: 10:58.06 33.78	1400m: 15:24.02 32.00		
	250m: 2:39.77 32.83	650m: 7:03.36 33.42	1050m: 11:31.88 33.82	1450m: 15:55.76 31.74		
	300m: 3:12.54 32.77	700m: 7:36.38 33.02	1100m: 12:05.42 33.54	1500m: 16:25.70 29.94		
	350m: 3:45.24 32.70	750m: 8:09.81 33.43	1150m: 12:39.59 34.17			
	400m: 4:17.93 32.69	800m: 8:43.20 33.39	1200m: 13:13.39 33.80			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
8.	Tiago Cunha Costa	99	Sporting	16:31.34	+0,69	630	
	50m: 29.03 29.03	450m: 4:52.23	33.18	850m: 9:20.32	33.38	1250m: 13:48.09	33.24
	100m: 1:01.05 32.02	500m: 5:25.70	33.47	900m: 9:54.03	33.71	1300m: 14:20.98	32.89
	150m: 1:33.93 32.88	550m: 5:59.39	33.69	950m: 10:27.80	33.77	1350m: 14:54.12	33.14
	200m: 2:07.14 33.21	600m: 6:32.86	33.47	1000m: 11:01.32	33.52	1400m: 15:26.95	32.83
	250m: 2:40.29 33.15	650m: 7:06.39	33.53	1050m: 11:34.61	33.29	1450m: 15:59.60	32.65
	300m: 3:13.17 32.88	700m: 7:39.83	33.44	1100m: 12:07.97	33.36	1500m: 16:31.34	31.74
	350m: 3:46.11 32.94	750m: 8:13.68	33.85	1150m: 12:41.48	33.51		
	400m: 4:19.05 32.94	800m: 8:46.94	33.26	1200m: 13:14.85	33.37		
9.	Diogo Rosado Leca	98	Colegio Monte Maior	16:33.01	+0,75	627	
	50m: 28.80 28.80	450m: 4:52.13	33.34	850m: 9:19.82	33.21	1250m: 13:45.90	33.35
	100m: 1:00.25 31.45	500m: 5:26.46	34.33	900m: 9:53.10	33.28	1300m: 14:19.17	33.27
	150m: 1:32.50 32.25	550m: 6:00.67	34.21	950m: 10:26.52	33.42	1350m: 14:53.13	33.96
	200m: 2:05.35 32.85	600m: 6:33.65	32.98	1000m: 10:59.89	33.37	1400m: 15:27.24	34.11
	250m: 2:38.33 32.98	650m: 7:06.79	33.14	1050m: 11:33.25	33.36	1450m: 16:00.43	33.19
	300m: 3:11.72 33.39	700m: 7:39.93	33.14	1100m: 12:06.25	33.00	1500m: 16:33.01	32.58
	350m: 3:45.33 33.61	750m: 8:13.20	33.27	1150m: 12:39.41	33.16		
	400m: 4:18.79 33.46	800m: 8:46.61	33.41	1200m: 13:12.55	33.14		
10.	Tiago Andre Carvalho	99	Academica de Coimbra	16:34.88	+0,78	623	
	50m: 29.04 29.04	450m: 4:53.36	33.53	850m: 9:18.55	33.13	1250m: 13:48.36	34.18
	100m: 1:01.12 32.08	500m: 5:26.29	32.93	900m: 9:52.02	33.47	1300m: 14:22.26	33.90
	150m: 1:34.19 33.07	550m: 5:59.39	33.10	950m: 10:25.31	33.29	1350m: 14:55.98	33.72
	200m: 2:07.37 33.18	600m: 6:32.64	33.25	1000m: 10:58.99	33.68	1400m: 15:29.58	33.60
	250m: 2:40.49 33.12	650m: 7:06.14	33.50	1050m: 11:32.77	33.78	1450m: 16:02.73	33.15
	300m: 3:13.67 33.18	700m: 7:39.19	33.05	1100m: 12:06.53	33.76	1500m: 16:34.88	32.15
	350m: 3:46.85 33.18	750m: 8:12.33	33.14	1150m: 12:40.35	33.82		
	400m: 4:19.83 32.98	800m: 8:45.42	33.09	1200m: 13:14.18	33.83		
11.	Pedro Trindade Silva	98	Belenenses	16:36.90	+0,81	620	
	50m: 29.72 29.72	450m: 4:57.54	34.13	850m: 9:26.37	33.31	1250m: 13:53.94	33.54
	100m: 1:02.25 32.53	500m: 5:31.28	33.74	900m: 10:00.03	33.66	1300m: 14:27.53	33.59
	150m: 1:35.35 33.10	550m: 6:05.23	33.95	950m: 10:33.56	33.53	1350m: 15:00.67	33.14
	200m: 2:08.79 33.44	600m: 6:38.71	33.48	1000m: 11:07.28	33.72	1400m: 15:33.54	32.87
	250m: 2:41.85 33.06	650m: 7:12.63	33.92	1050m: 11:40.72	33.44	1450m: 16:05.94	32.40
	300m: 3:15.30 33.45	700m: 7:46.38	33.75	1100m: 12:13.86	33.14	1500m: 16:36.90	30.96
	350m: 3:49.07 33.77	750m: 8:19.73	33.35	1150m: 12:47.08	33.22		
	400m: 4:23.41 34.34	800m: 8:53.06	33.33	1200m: 13:20.40	33.32		
12.	Afonso Calais Queiroga	98	Uniao Piedense	16:40.19	+0,71	613	
	50m: 28.99 28.99	450m: 4:56.85	33.75	850m: 9:23.38	33.56	1250m: 13:50.98	34.28
	100m: 1:01.64 32.65	500m: 5:30.27	33.42	900m: 9:56.82	33.44	1300m: 14:24.56	33.58
	150m: 1:34.96 33.32	550m: 6:04.22	33.95	950m: 10:30.15	33.33	1350m: 14:59.23	34.67
	200m: 2:08.33 33.37	600m: 6:37.10	32.88	1000m: 11:03.40	33.25	1400m: 15:32.96	33.73
	250m: 2:42.24 33.91	650m: 7:09.99	32.89	1050m: 11:36.51	33.11	1450m: 16:07.58	34.62
	300m: 3:15.65 33.41	700m: 7:43.22	33.23	1100m: 12:10.63	34.12	1500m: 16:40.19	32.61
	350m: 3:49.44 33.79	750m: 8:16.44	33.22	1150m: 12:43.11	32.48		
	400m: 4:23.10 33.66	800m: 8:49.82	33.38	1200m: 13:16.70	33.59		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Diogo Rodrigues Freitas	98	Uniao Piedense	16:40.75	+0,83	612
	50m: 29.39 29.39	450m: 4:54.87 33.67	850m: 9:26.31 34.09	1250m: 13:55.59 33.55		
	100m: 1:01.95 32.56	500m: 5:28.90 34.03	900m: 10:00.44 34.13	1300m: 14:28.94 33.35		
	150m: 1:34.80 32.85	550m: 6:03.25 34.35	950m: 10:34.47 34.03	1350m: 15:02.63 33.69		
	200m: 2:07.78 32.98	600m: 6:37.07 33.82	1000m: 11:08.16 33.69	1400m: 15:36.38 33.75		
	250m: 2:41.09 33.31	650m: 7:10.90 33.83	1050m: 11:41.69 33.53	1450m: 16:09.55 33.17		
	300m: 3:14.51 33.42	700m: 7:44.78 33.88	1100m: 12:15.32 33.63	1500m: 16:40.75 31.20		
	350m: 3:47.76 33.25	750m: 8:18.52 33.74	1150m: 12:48.46 33.14			
	400m: 4:21.20 33.44	800m: 8:52.22 33.70	1200m: 13:22.04 33.58			
14.	Rui Jorge Matias	99	Vilacondense	16:40.76	+0,73	612
	50m: 29.23 29.23	450m: 4:56.03 33.70	850m: 9:26.55 34.02	1250m: 13:56.87 33.52		
	100m: 1:02.04 32.81	500m: 5:30.03 34.00	900m: 10:00.95 34.40	1300m: 14:30.20 33.33		
	150m: 1:34.76 32.72	550m: 6:03.51 33.48	950m: 10:34.75 33.80	1350m: 15:03.52 33.32		
	200m: 2:08.41 33.65	600m: 6:37.37 33.86	1000m: 11:08.43 33.68	1400m: 15:37.38 33.86		
	250m: 2:42.35 33.94	650m: 7:11.45 34.08	1050m: 11:42.16 33.73	1450m: 16:10.68 33.30		
	300m: 3:15.35 33.00	700m: 7:45.35 33.90	1100m: 12:15.89 33.73	1500m: 16:40.76 30.08		
	350m: 3:48.79 33.44	750m: 8:18.95 33.60	1150m: 12:49.85 33.96			
	400m: 4:22.33 33.54	800m: 8:52.53 33.58	1200m: 13:23.35 33.50			
15.	Joao Francisco Machado	99	Nautico /Urgicentro-Sanfil	16:44.47	+0,79	606
	50m: 29.57 29.57	450m: 4:55.14 33.47	850m: 9:23.13 33.38	1250m: 13:55.11 34.18		
	100m: 1:02.11 32.54	500m: 5:28.50 33.36	900m: 9:56.79 33.66	1300m: 14:29.49 34.38		
	150m: 1:35.14 33.03	550m: 6:01.98 33.48	950m: 10:30.87 34.08	1350m: 15:03.72 34.23		
	200m: 2:08.53 33.39	600m: 6:35.76 33.78	1000m: 11:05.03 34.16	1400m: 15:37.91 34.19		
	250m: 2:41.70 33.17	650m: 7:09.09 33.33	1050m: 11:38.72 33.69	1450m: 16:11.98 34.07		
	300m: 3:15.04 33.34	700m: 7:42.76 33.67	1100m: 12:12.53 33.81	1500m: 16:44.47 32.49		
	350m: 3:48.26 33.22	750m: 8:16.27 33.51	1150m: 12:46.55 34.02			
	400m: 4:21.67 33.41	800m: 8:49.75 33.48	1200m: 13:20.93 34.38			
16.	Tiago Douwens Paula	99	Sporting	16:45.42	+0,77	604
	50m: 30.30 30.30	450m: 4:57.60 33.55	850m: 9:25.15 33.58	1250m: 13:55.91 34.14		
	100m: 1:03.05 32.75	500m: 5:31.05 33.45	900m: 9:58.81 33.66	1300m: 14:30.02 34.11		
	150m: 1:36.01 32.96	550m: 6:04.51 33.46	950m: 10:32.33 33.52	1350m: 15:03.55 33.53		
	200m: 2:09.39 33.38	600m: 6:37.86 33.35	1000m: 11:06.22 33.89	1400m: 15:37.57 34.02		
	250m: 2:42.94 33.55	650m: 7:11.27 33.41	1050m: 11:39.94 33.72	1450m: 16:11.76 34.19		
	300m: 3:16.49 33.55	700m: 7:44.74 33.47	1100m: 12:13.57 33.63	1500m: 16:45.42 33.66		
	350m: 3:50.18 33.69	750m: 8:18.09 33.35	1150m: 12:47.63 34.06			
	400m: 4:24.05 33.87	800m: 8:51.57 33.48	1200m: 13:21.77 34.14			
17.	Joao Santos Mendes	98	Leixoes	16:45.46	+0,71	604
	50m: 29.26 29.26	450m: 4:54.66 33.70	850m: 9:27.13 33.67	1250m: 13:59.86 34.17		
	100m: 1:01.82 32.56	500m: 5:28.58 33.92	900m: 10:00.63 33.50	1300m: 14:33.39 33.53		
	150m: 1:34.39 32.57	550m: 6:02.34 33.76	950m: 10:33.71 33.08	1350m: 15:06.98 33.59		
	200m: 2:07.38 32.99	600m: 6:36.71 34.37	1000m: 11:07.62 33.91	1400m: 15:40.95 33.97		
	250m: 2:40.57 33.19	650m: 7:11.08 34.37	1050m: 11:42.57 34.95	1450m: 16:13.64 32.69		
	300m: 3:13.83 33.26	700m: 7:45.67 34.59	1100m: 12:17.37 34.80	1500m: 16:45.46 31.82		
	350m: 3:47.32 33.49	750m: 8:19.76 34.09	1150m: 12:51.39 34.02			
	400m: 4:20.96 33.64	800m: 8:53.46 33.70	1200m: 13:25.69 34.30			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
18.	Dario Fausto Matias	98	Torres Novas	16:45.65	+0,77	604
	50m: 29.36 29.36	450m: 4:57.21 33.96	850m: 9:29.01 34.13	1250m: 13:59.06 32.96		
	100m: 1:02.03 32.67	500m: 5:31.01 33.80	900m: 10:03.09 34.08	1300m: 14:32.50 33.44		
	150m: 1:35.27 33.24	550m: 6:04.95 33.94	950m: 10:36.98 33.89	1350m: 15:06.02 33.52		
	200m: 2:08.98 33.71	600m: 6:38.76 33.81	1000m: 11:11.02 34.04	1400m: 15:40.06 34.04		
	250m: 2:42.30 33.32	650m: 7:12.95 34.19	1050m: 11:44.77 33.75	1450m: 16:13.75 33.69		
	300m: 3:15.73 33.43	700m: 7:46.87 33.92	1100m: 12:18.38 33.61	1500m: 16:45.65 31.90		
	350m: 3:49.26 33.53	750m: 8:20.92 34.05	1150m: 12:52.32 33.94			
	400m: 4:23.25 33.99	800m: 8:54.88 33.96	1200m: 13:26.10 33.78			
19.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	16:45.94	+0,85	603
	50m: 29.51 29.51	450m: 4:54.38 33.46	850m: 9:24.28 34.16	1250m: 13:58.12 34.20		
	100m: 1:01.75 32.24	500m: 5:28.14 33.76	900m: 9:58.74 34.46	1300m: 14:32.35 34.23		
	150m: 1:34.47 32.72	550m: 6:01.57 33.43	950m: 10:33.08 34.34	1350m: 15:06.75 34.40		
	200m: 2:07.55 33.08	600m: 6:34.94 33.37	1000m: 11:07.37 34.29	1400m: 15:40.76 34.01		
	250m: 2:40.85 33.30	650m: 7:08.67 33.73	1050m: 11:41.80 34.43	1450m: 16:14.46 33.70		
	300m: 3:13.98 33.13	700m: 7:42.38 33.71	1100m: 12:15.75 33.95	1500m: 16:45.94 31.48		
	350m: 3:47.41 33.43	750m: 8:16.24 33.86	1150m: 12:49.83 34.08			
	400m: 4:20.92 33.51	800m: 8:50.12 33.88	1200m: 13:23.92 34.09			
20.	Jose Pedro Fernandes	99	Braga	16:46.53	+0,80	602
	50m: 29.25 29.25	450m: 4:53.43 33.64	850m: 9:24.73 33.89	1250m: 13:58.43 34.84		
	100m: 1:01.08 31.83	500m: 5:27.34 33.91	900m: 9:58.57 33.84	1300m: 14:32.66 34.23		
	150m: 1:33.62 32.54	550m: 6:01.22 33.88	950m: 10:32.76 34.19	1350m: 15:05.94 33.28		
	200m: 2:06.89 33.27	600m: 6:35.17 33.95	1000m: 11:06.94 34.18	1400m: 15:40.33 34.39		
	250m: 2:40.15 33.26	650m: 7:08.92 33.75	1050m: 11:41.09 34.15	1450m: 16:14.91 34.58		
	300m: 3:13.47 33.32	700m: 7:42.97 34.05	1100m: 12:14.97 33.88	1500m: 16:46.53 31.62		
	350m: 3:46.57 33.10	750m: 8:17.11 34.14	1150m: 12:49.10 34.13			
	400m: 4:19.79 33.22	800m: 8:50.84 33.73	1200m: 13:23.59 34.49			
21.	Alexandre Magno Carvalho	98	Fluvial Portuense	16:46.96	+0,77	601
	50m: 28.82 28.82	450m: 4:52.82 33.54	850m: 9:24.21 33.75	1250m: 13:59.68 34.14		
	100m: 1:01.06 32.24	500m: 5:26.43 33.61	900m: 9:58.72 34.51	1300m: 14:33.32 33.64		
	150m: 1:33.82 32.76	550m: 5:59.71 33.28	950m: 10:33.55 34.83	1350m: 15:07.52 34.20		
	200m: 2:06.86 33.04	600m: 6:33.29 33.58	1000m: 11:07.80 34.25	1400m: 15:41.56 34.04		
	250m: 2:39.71 32.85	650m: 7:07.15 33.86	1050m: 11:42.20 34.40	1450m: 16:14.71 33.15		
	300m: 3:12.97 33.26	700m: 7:41.47 34.32	1100m: 12:16.67 34.47	1500m: 16:46.96 32.25		
	350m: 3:46.13 33.16	750m: 8:15.98 34.51	1150m: 12:51.16 34.49			
	400m: 4:19.28 33.15	800m: 8:50.46 34.48	1200m: 13:25.54 34.38			
22.	Jose Diogo Fonseca	98	Nautico Marinha Grande	16:47.17	+0,74	601
	50m: 29.59 29.59	450m: 4:52.82 33.43	850m: 9:25.11 34.02	1250m: 13:59.20 34.21		
	100m: 1:01.67 32.08	500m: 5:26.44 33.62	900m: 9:59.26 34.15	1300m: 14:33.21 34.01		
	150m: 1:34.06 32.39	550m: 6:00.21 33.77	950m: 10:33.58 34.32	1350m: 15:07.22 34.01		
	200m: 2:06.67 32.61	600m: 6:34.38 34.17	1000m: 11:07.93 34.35	1400m: 15:41.51 34.29		
	250m: 2:39.40 32.73	650m: 7:08.27 33.89	1050m: 11:41.92 33.99	1450m: 16:15.03 33.52		
	300m: 3:12.57 33.17	700m: 7:42.76 34.49	1100m: 12:16.67 34.75	1500m: 16:47.17 32.14		
	350m: 3:45.85 33.28	750m: 8:16.88 34.12	1150m: 12:50.85 34.18			
	400m: 4:19.39 33.54	800m: 8:51.09 34.21	1200m: 13:24.99 34.14			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
23.	Duarte Filipe Rodrigues	99	Alges	16:53.19	+0,91	590
	50m: 29.77 29.77	450m: 4:53.63 33.38	850m: 9:22.20 33.95	1250m: 13:58.61 34.98		
	100m: 1:02.09 32.32	500m: 5:26.86 33.23	900m: 9:56.52 34.32	1300m: 14:33.79 35.18		
	150m: 1:34.80 32.71	550m: 6:00.13 33.27	950m: 10:30.71 34.19	1350m: 15:08.78 34.99		
	200m: 2:07.97 33.17	600m: 6:33.41 33.28	1000m: 11:04.94 34.23	1400m: 15:43.98 35.20		
	250m: 2:40.97 33.00	650m: 7:06.84 33.43	1050m: 11:39.45 34.51	1450m: 16:18.90 34.92		
	300m: 3:13.95 32.98	700m: 7:40.64 33.80	1100m: 12:14.08 34.63	1500m: 16:53.19 34.29		
	350m: 3:47.03 33.08	750m: 8:14.55 33.91	1150m: 12:48.62 34.54			
	400m: 4:20.25 33.22	800m: 8:48.25 33.70	1200m: 13:23.63 35.01			
24.	Bernardo Graca Rodrigues	99	Alges	16:54.66	+0,68	588
	50m: 30.02 30.02	450m: 4:57.43 33.74	850m: 9:26.91 33.65	1250m: 14:00.88 34.41		
	100m: 1:02.65 32.63	500m: 5:31.04 33.61	900m: 10:00.84 33.93	1300m: 14:36.00 35.12		
	150m: 1:35.96 33.31	550m: 6:04.70 33.66	950m: 10:34.99 34.15	1350m: 15:10.91 34.91		
	200m: 2:09.16 33.20	600m: 6:38.37 33.67	1000m: 11:09.06 34.07	1400m: 15:45.94 35.03		
	250m: 2:42.59 33.43	650m: 7:12.22 33.85	1050m: 11:43.16 34.10	1450m: 16:20.84 34.90		
	300m: 3:16.28 33.69	700m: 7:45.93 33.71	1100m: 12:17.39 34.23	1500m: 16:54.66 33.82		
	350m: 3:49.80 33.52	750m: 8:19.67 33.74	1150m: 12:51.75 34.36			
	400m: 4:23.69 33.89	800m: 8:53.26 33.59	1200m: 13:26.47 34.72			
25.	Daniel Filipe Paiva	98	Miranda do Corvo	17:02.92	+0,85	573
	50m: 31.34 31.34	450m: 5:02.99 34.20	850m: 9:39.89 34.84	1250m: 14:14.64 34.50		
	100m: 1:04.49 33.15	500m: 5:37.35 34.36	900m: 10:14.17 34.28	1300m: 14:48.63 33.99		
	150m: 1:38.05 33.56	550m: 6:12.10 34.75	950m: 10:48.19 34.02	1350m: 15:22.90 34.27		
	200m: 2:11.75 33.70	600m: 6:46.93 34.83	1000m: 11:22.71 34.52	1400m: 15:56.87 33.97		
	250m: 2:46.01 34.26	650m: 7:21.66 34.73	1050m: 11:56.99 34.28	1450m: 16:30.60 33.73		
	300m: 3:20.26 34.25	700m: 7:56.13 34.47	1100m: 12:31.28 34.29	1500m: 17:02.92 32.32		
	350m: 3:54.56 34.30	750m: 8:30.60 34.47	1150m: 13:05.64 34.36			
	400m: 4:28.79 34.23	800m: 9:05.05 34.45	1200m: 13:40.14 34.50			
26.	Andre Alexandre Santos	99	Sporting	17:03.02	+0,90	573
	50m: 30.50 30.50	450m: 4:58.10 33.99	850m: 9:32.14 34.15	1250m: 14:11.39 35.23		
	100m: 1:03.26 32.76	500m: 5:31.78 33.68	900m: 10:06.59 34.45	1300m: 14:46.25 34.86		
	150m: 1:36.27 33.01	550m: 6:06.26 34.48	950m: 10:41.14 34.55	1350m: 15:21.12 34.87		
	200m: 2:09.62 33.35	600m: 6:40.75 34.49	1000m: 11:15.64 34.50	1400m: 15:55.47 34.35		
	250m: 2:42.91 33.29	650m: 7:15.01 34.26	1050m: 11:50.88 35.24	1450m: 16:29.91 34.44		
	300m: 3:16.50 33.59	700m: 7:49.24 34.23	1100m: 12:26.32 35.44	1500m: 17:03.02 33.11		
	350m: 3:50.27 33.77	750m: 8:23.27 34.03	1150m: 13:01.29 34.97			
	400m: 4:24.11 33.84	800m: 8:57.99 34.72	1200m: 13:36.16 34.87			
27.	Jose Ricardo Ribeiro	99	Fluvial Portuense	17:03.16	+0,72	573
	50m: 29.47 29.47	450m: 4:57.66 34.53	850m: 9:36.12 34.84	1250m: 14:14.43 35.39		
	100m: 1:01.37 31.90	500m: 5:32.31 34.65	900m: 10:10.82 34.70	1300m: 14:48.45 34.02		
	150m: 1:34.46 33.09	550m: 6:06.90 34.59	950m: 10:45.70 34.88	1350m: 15:22.79 34.34		
	200m: 2:07.89 33.43	600m: 6:41.79 34.89	1000m: 11:19.88 34.18	1400m: 15:57.29 34.50		
	250m: 2:40.88 32.99	650m: 7:16.72 34.93	1050m: 11:55.16 35.28	1450m: 16:31.72 34.43		
	300m: 3:14.60 33.72	700m: 7:51.80 35.08	1100m: 12:29.77 34.61	1500m: 17:03.16 31.44		
	350m: 3:48.98 34.38	750m: 8:26.68 34.88	1150m: 13:04.33 34.56			
	400m: 4:23.13 34.15	800m: 9:01.28 34.60	1200m: 13:39.04 34.71			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
28.	Daniel Silva Bessa	99	Aquatico Pacense	17:14.59	+0,83	554	
	50m: 30.51 30.51	450m: 4:57.82	33.87	850m: 9:33.13	34.95	1250m: 14:17.12	35.65
	100m: 1:02.99 32.48	500m: 5:31.67	33.85	900m: 10:08.25	35.12	1300m: 14:53.46	36.34
	150m: 1:36.31 33.32	550m: 6:05.52	33.85	950m: 10:43.51	35.26	1350m: 15:29.06	35.60
	200m: 2:09.67 33.36	600m: 6:39.54	34.02	1000m: 11:18.94	35.43	1400m: 16:04.62	35.56
	250m: 2:43.14 33.47	650m: 7:13.69	34.15	1050m: 11:54.48	35.54	1450m: 16:39.81	35.19
	300m: 3:16.77 33.63	700m: 7:48.35	34.66	1100m: 12:30.16	35.68	1500m: 17:14.59	34.78
	350m: 3:50.34 33.57	750m: 8:23.00	34.65	1150m: 13:05.76	35.60		
	400m: 4:23.95 33.61	800m: 8:58.18	35.18	1200m: 13:41.47	35.71		
29.	Eduardo Cardoso Lopes	99	Louletano / Loule Concelho	17:17.59	+0,73	549	
	<i>FTL</i>						
	50m: 29.12 29.12	450m: 5:02.38	35.35	850m: 9:44.45	35.17	1250m: 14:26.50	34.85
	100m: 1:00.98 31.86	500m: 5:37.72	35.34	900m: 10:19.56	35.11	1300m: 15:01.64	35.14
	150m: 1:33.91 32.93	550m: 6:13.21	35.49	950m: 10:54.47	34.91	1350m: 15:37.21	35.57
	200m: 2:07.92 34.01	600m: 6:48.34	35.13	1000m: 11:29.48	35.01	1400m: 16:12.25	35.04
	250m: 2:42.19 34.27	650m: 7:23.64	35.30	1050m: 12:05.24	35.76	1450m: 16:46.29	34.04
	300m: 3:16.92 34.73	700m: 7:58.67	35.03	1100m: 12:40.67	35.43	1500m: 17:17.59	31.30
	350m: 3:51.78 34.86	750m: 8:33.94	35.27	1150m: 13:16.31	35.64		
	400m: 4:27.03 35.25	800m: 9:09.28	35.34	1200m: 13:51.65	35.34		
30.	Nelson Pereira Malheiros	99	Litoral Alentejano	17:23.56	+0,73	540	
	<i>FTL</i>						
	50m: 30.54 30.54	450m: 5:02.22	34.55	850m: 9:40.39	34.78	1250m: 14:28.12	36.18
	100m: 1:03.94 33.40	500m: 5:36.87	34.65	900m: 10:15.49	35.10	1300m: 15:04.28	36.16
	150m: 1:37.18 33.24	550m: 6:11.80	34.93	950m: 10:51.25	35.76	1350m: 15:40.13	35.85
	200m: 2:10.96 33.78	600m: 6:46.59	34.79	1000m: 11:27.00	35.75	1400m: 16:16.19	36.06
	250m: 2:44.99 34.03	650m: 7:21.40	34.81	1050m: 12:03.78	36.78	1450m: 16:50.69	34.50
	300m: 3:19.07 34.08	700m: 7:56.15	34.75	1100m: 12:39.65	35.87	1500m: 17:23.56	32.87
	350m: 3:53.46 34.39	750m: 8:30.72	34.57	1150m: 13:15.19	35.54		
	400m: 4:27.67 34.21	800m: 9:05.61	34.89	1200m: 13:51.94	36.75		
DNS	Tiago Filipe Campos	99	Scalabiswim				
WDR	Rafael Ladeiro Santos	98	Gesloures				