

Prova 1
11-03-2016 - 17:20

Masc., 800m Livres

Absolutos
Resultados

Rec Nac Absoluto	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007
Rec Nac Juv B	8:45.55	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005
Rec Nac Juv A	8:23.54	Gustavo Manuel Santa	POR	Tampere (FIN)	23-07-2009
Rec Nac Jun17	8:13.49	Gustavo Manuel Santa	POR	Helsinquia (FIN)	17-07-2010
Rec Nac Jun18	8:15.65	Alexandre Valdagua Coutinho	ASSSCC	Coimbra	26-07-2015
Rec Nac Sen	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Guilherme Filipe Pina	98	Benedita	8:09.87	+0,69	786		
	<i>Recorde Nacional, Junior 18, minimos CEJun PL</i>							
	50m: 28.36	28.36	250m: 2:31.08	31.09	450m: 4:35.47	31.09	650m: 6:38.81	31.05
	100m: 58.52	30.16	300m: 3:02.02	30.94	500m: 5:06.19	30.72	700m: 7:09.49	30.68
	150m: 1:29.24	30.72	350m: 3:33.17	31.15	550m: 5:36.97	30.78	750m: 7:40.15	30.66
	200m: 1:59.99	30.75	400m: 4:04.38	31.21	600m: 6:07.76	30.79	800m: 8:09.87	29.72
2.	Rafael Lourenco Gil	96	Uniao Piedense	8:13.28	+0,70	769		
	50m: 28.14	28.14	250m: 2:31.23	31.08	450m: 4:35.83	31.30	650m: 6:40.58	31.26
	100m: 58.54	30.40	300m: 3:02.18	30.95	500m: 5:06.86	31.03	700m: 7:11.82	31.24
	150m: 1:29.28	30.74	350m: 3:33.36	31.18	550m: 5:38.08	31.22	750m: 7:42.81	30.99
	200m: 2:00.15	30.87	400m: 4:04.53	31.17	600m: 6:09.32	31.24	800m: 8:13.28	30.47
3.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	8:14.96	+0,67	762		
	50m: 28.09	28.09	250m: 2:31.28	31.05	450m: 4:36.16	31.22	650m: 6:41.41	31.25
	100m: 58.49	30.40	300m: 3:02.36	31.08	500m: 5:07.47	31.31	700m: 7:12.82	31.41
	150m: 1:29.29	30.80	350m: 3:33.66	31.30	550m: 5:38.68	31.21	750m: 7:44.34	31.52
	200m: 2:00.23	30.94	400m: 4:04.94	31.28	600m: 6:10.16	31.48	800m: 8:14.96	30.62
4.	Antonio Fernando Pinto	99	Lousada SXXI	8:21.47	+0,74	732		
	50m: 28.17	28.17	250m: 2:33.04	31.34	450m: 4:39.68	31.94	650m: 6:47.02	32.01
	100m: 59.01	30.84	300m: 3:04.61	31.57	500m: 5:11.46	31.78	700m: 7:18.86	31.84
	150m: 1:30.27	31.26	350m: 3:36.19	31.58	550m: 5:43.15	31.69	750m: 7:50.68	31.82
	200m: 2:01.70	31.43	400m: 4:07.74	31.55	600m: 6:15.01	31.86	800m: 8:21.47	30.79
5.	Mario Andre Bonanca	90	Sporting	8:21.63	+0,74	732		
	50m: 28.63	28.63	250m: 2:32.20	31.17	450m: 4:37.54	31.73	650m: 6:46.53	32.74
	100m: 59.23	30.60	300m: 3:03.00	30.80	500m: 5:09.02	31.48	700m: 7:18.71	32.18
	150m: 1:30.25	31.02	350m: 3:34.53	31.53	550m: 5:41.38	32.36	750m: 7:51.38	32.67
	200m: 2:01.03	30.78	400m: 4:05.81	31.28	600m: 6:13.79	32.41	800m: 8:21.63	30.25
6.	Andre Filipe Farinha	96	Benfica	8:31.96	+0,64	688		
	50m: 28.57	28.57	250m: 2:35.64	31.96	450m: 4:43.23	31.56	650m: 6:54.63	33.21
	100m: 59.80	31.23	300m: 3:07.65	32.01	500m: 5:15.35	32.12	700m: 7:28.22	33.59
	150m: 1:31.60	31.80	350m: 3:39.56	31.91	550m: 5:48.22	32.87	750m: 8:01.15	32.93
	200m: 2:03.68	32.08	400m: 4:11.67	32.11	600m: 6:21.42	33.20	800m: 8:31.96	30.81
7.	Vasco Miguel Gaspar	90	Uniao Piedense	8:32.16	+0,71	687		
	50m: 28.26	28.26	250m: 2:35.26	31.74	450m: 4:44.96	32.59	650m: 6:56.14	32.57
	100m: 59.94	31.68	300m: 3:07.64	32.38	500m: 5:17.96	33.00	700m: 7:28.58	32.44
	150m: 1:31.55	31.61	350m: 3:39.80	32.16	550m: 5:50.56	32.60	750m: 8:00.84	32.26
	200m: 2:03.52	31.97	400m: 4:12.37	32.57	600m: 6:23.57	33.01	800m: 8:32.16	31.32
8.	Diogo Manuel Marques	98	Columbofila Cantanhedense	8:32.84	+0,71	685		
	50m: 28.59	28.59	250m: 2:35.91	31.95	450m: 4:46.03	32.96	650m: 6:57.08	32.97
	100m: 1:00.32	31.73	300m: 3:07.97	32.06	500m: 5:18.50	32.47	700m: 7:29.54	32.46
	150m: 1:32.24	31.92	350m: 3:40.39	32.42	550m: 5:51.69	33.19	750m: 8:01.90	32.36
	200m: 2:03.96	31.72	400m: 4:13.07	32.68	600m: 6:24.11	32.42	800m: 8:32.84	30.94

Prova 1, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Tiago Silva Oliveira	94	Fluval Portuense	8:37.24	+0,72	667	
	50m: 28.55 28.55	250m: 2:36.57 32.31	450m: 4:46.55	32.65	650m: 6:58.49	33.11	
	100m: 59.96 31.41	300m: 3:08.86 32.29	500m: 5:19.11	32.56	700m: 7:31.90	33.41	
	150m: 1:32.28 32.32	350m: 3:41.45 32.59	550m: 5:52.22	33.11	750m: 8:04.66	32.76	
	200m: 2:04.26 31.98	400m: 4:13.90 32.45	600m: 6:25.38	33.16	800m: 8:37.24	32.58	
10.	Joao Carlos Santos	96	Uniao Piedense	8:37.48	+0,68	666	
	50m: 29.84 29.84	250m: 2:39.39 32.64	450m: 4:50.00	32.99	650m: 7:01.95	33.09	
	100m: 1:01.42 31.58	300m: 3:11.64 32.25	500m: 5:22.66	32.66	700m: 7:34.91	32.96	
	150m: 1:34.35 32.93	350m: 3:44.58 32.94	550m: 5:55.92	33.26	750m: 8:06.81	31.90	
	200m: 2:06.75 32.40	400m: 4:17.01 32.43	600m: 6:28.86	32.94	800m: 8:37.48	30.67	
11.	Hugo Alberto Ribeiro	88	Estrelas S.Joao de Brito	8:38.83	+0,93	661	
	50m: 29.87 29.87	250m: 2:39.70 32.91	450m: 4:50.55	33.12	650m: 7:02.83	32.86	
	100m: 1:01.42 31.55	300m: 3:12.24 32.54	500m: 5:23.58	33.03	700m: 7:35.27	32.44	
	150m: 1:34.29 32.87	350m: 3:44.90 32.66	550m: 5:56.86	33.28	750m: 8:07.58	32.31	
	200m: 2:06.79 32.50	400m: 4:17.43 32.53	600m: 6:29.97	33.11	800m: 8:38.83	31.25	
12.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	8:42.14	+0,71	649	
	50m: 28.56 28.56	250m: 2:36.57 32.43	450m: 4:48.30	33.07	650m: 7:01.82	33.41	
	100m: 59.97 31.41	300m: 3:09.25 32.68	500m: 5:21.28	32.98	700m: 7:36.19	34.37	
	150m: 1:31.83 31.86	350m: 3:42.07 32.82	550m: 5:54.78	33.50	750m: 8:09.61	33.42	
	200m: 2:04.14 32.31	400m: 4:15.23 33.16	600m: 6:28.41	33.63	800m: 8:42.14	32.53	
13.	Goncalo Miguel Nogueira	98	Porto	8:44.61	+0,66	640	
	50m: 29.66 29.66	250m: 2:40.06 32.85	450m: 4:51.57	33.01	650m: 7:05.60	33.68	
	100m: 1:02.00 32.34	300m: 3:12.90 32.84	500m: 5:24.91	33.34	700m: 7:39.54	33.94	
	150m: 1:34.44 32.44	350m: 3:45.74 32.84	550m: 5:58.41	33.50	750m: 8:12.80	33.26	
	200m: 2:07.21 32.77	400m: 4:18.56 32.82	600m: 6:31.92	33.51	800m: 8:44.61	31.81	
14.	Miguel Ribeiro Bate	99	Alges	8:46.54	+0,80	633	
	50m: 28.67 28.67	250m: 2:38.67 32.62	450m: 4:51.81	33.34	650m: 7:06.31	33.51	
	100m: 1:01.01 32.34	300m: 3:11.77 33.10	500m: 5:25.72	33.91	700m: 7:40.46	34.15	
	150m: 1:33.19 32.18	350m: 3:44.80 33.03	550m: 5:58.99	33.27	750m: 8:13.67	33.21	
	200m: 2:06.05 32.86	400m: 4:18.47 33.67	600m: 6:32.80	33.81	800m: 8:46.54	32.87	
15.	Afonso Calais Queiroga	98	Uniao Piedense	8:46.74	+0,65	632	
	50m: 28.75 28.75	250m: 2:38.35 33.13	450m: 4:50.04	33.36	650m: 7:05.67	35.30	
	100m: 1:00.05 31.30	300m: 3:10.72 32.37	500m: 5:22.88	32.84	700m: 7:39.95	34.28	
	150m: 1:32.86 32.81	350m: 3:43.57 32.85	550m: 5:56.96	34.08	750m: 8:14.28	34.33	
	200m: 2:05.22 32.36	400m: 4:16.68 33.11	600m: 6:30.37	33.41	800m: 8:46.74	32.46	
16.	Diogo Barbosa Nunes	00	Fluval Portuense	8:47.76	+0,68	628	
	50m: 28.72 28.72	250m: 2:37.61 33.16	450m: 4:50.96	33.73	650m: 7:07.37	34.11	
	100m: 1:00.13 31.41	300m: 3:10.52 32.91	500m: 5:24.84	33.88	700m: 7:41.69	34.32	
	150m: 1:32.14 32.01	350m: 3:44.24 33.72	550m: 5:59.09	34.25	750m: 8:15.29	33.60	
	200m: 2:04.45 32.31	400m: 4:17.23 32.99	600m: 6:33.26	34.17	800m: 8:47.76	32.47	
17.	Leonardo Peralta Reis	96	Benedita	8:50.54	+0,73	618	
	50m: 29.63 29.63	250m: 2:41.56 33.24	450m: 4:56.67	33.56	650m: 7:12.25	33.45	
	100m: 1:02.58 32.95	300m: 3:15.37 33.81	500m: 5:30.79	34.12	700m: 7:46.36	34.11	
	150m: 1:35.45 32.87	350m: 3:49.04 33.67	550m: 6:04.60	33.81	750m: 8:19.41	33.05	
	200m: 2:08.32 32.87	400m: 4:23.11 34.07	600m: 6:38.80	34.20	800m: 8:50.54	31.13	
18.	Joao Andre Neves	95	Academica de Coimbra	8:50.72	+0,72	618	
	50m: 29.47 29.47	250m: 2:41.74 33.11	450m: 4:56.80	33.44	650m: 7:12.48	33.53	
	100m: 1:02.39 32.92	300m: 3:15.63 33.89	500m: 5:30.99	34.19	700m: 7:46.41	33.93	
	150m: 1:35.34 32.95	350m: 3:49.22 33.59	550m: 6:04.99	34.00	750m: 8:19.73	33.32	
	200m: 2:08.63 33.29	400m: 4:23.36 34.14	600m: 6:38.95	33.96	800m: 8:50.72	30.99	

Prova 1, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Joao Miguel Cardoso	97	Geslours	8:56.05	+0,82	599	
	50m: 29.33 29.33	250m: 2:40.40	33.44	450m: 4:56.71	34.10	650m: 7:14.49	34.77
	100m: 1:01.02 31.69	300m: 3:14.29	33.89	500m: 5:30.52	33.81	700m: 7:49.24	34.75
	150m: 1:33.90 32.88	350m: 3:48.60	34.31	550m: 6:05.19	34.67	750m: 8:23.92	34.68
	200m: 2:06.96 33.06	400m: 4:22.61	34.01	600m: 6:39.72	34.53	800m: 8:56.05	32.13
20.	Sergio Gomes Abreu	96	Naval do Funchal	8:56.90	+0,69	597	
	50m: 29.25 29.25	250m: 2:43.86	33.72	450m: 5:00.24	33.50	650m: 7:16.35	33.56
	100m: 1:02.50 33.25	300m: 3:17.86	34.00	500m: 5:34.00	33.76	700m: 7:50.68	34.33
	150m: 1:36.40 33.90	350m: 3:52.15	34.29	550m: 6:08.14	34.14	750m: 8:24.71	34.03
	200m: 2:10.14 33.74	400m: 4:26.74	34.59	600m: 6:42.79	34.65	800m: 8:56.90	32.19
21.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	8:57.97	+0,74	593	
	50m: 28.93 28.93	250m: 2:39.67	33.54	450m: 4:55.99	34.09	650m: 7:14.56	34.74
	100m: 1:00.42 31.49	300m: 3:13.56	33.89	500m: 5:30.46	34.47	700m: 7:49.37	34.81
	150m: 1:32.90 32.48	350m: 3:47.61	34.05	550m: 6:05.01	34.55	750m: 8:24.14	34.77
	200m: 2:06.13 33.23	400m: 4:21.90	34.29	600m: 6:39.82	34.81	800m: 8:57.97	33.83
22.	Alexandre Magno Carvalho	98	Fluval Portuense	9:02.12	+0,73	580	
	50m: 29.10 29.10	250m: 2:42.79	33.82	450m: 5:00.99	34.51	650m: 7:19.94	34.79
	100m: 1:01.33 32.23	300m: 3:17.48	34.69	500m: 5:35.71	34.72	700m: 7:55.00	35.06
	150m: 1:34.84 33.51	350m: 3:51.66	34.18	550m: 6:10.06	34.35	750m: 8:28.98	33.98
	200m: 2:08.97 34.13	400m: 4:26.48	34.82	600m: 6:45.15	35.09	800m: 9:02.12	33.14
23.	Narciso Daniel Correia	97	Braga	9:03.65	+0,79	575	
	50m: 29.82 29.82	250m: 2:41.77	33.49	450m: 4:59.40	34.26	650m: 7:20.61	34.85
	100m: 1:02.42 32.60	300m: 3:15.91	34.14	500m: 5:34.75	35.35	700m: 7:55.91	35.30
	150m: 1:35.08 32.66	350m: 3:50.50	34.59	550m: 6:10.28	35.53	750m: 8:29.90	33.99
	200m: 2:08.28 33.20	400m: 4:25.14	34.64	600m: 6:45.76	35.48	800m: 9:03.65	33.75
24.	Tiago Andre Carvalho	99	Academica de Coimbra	9:05.19	+0,72	570	
	50m: 29.74 29.74	250m: 2:45.55	34.58	450m: 5:04.02	33.94	650m: 7:22.64	34.34
	100m: 1:02.68 32.94	300m: 3:20.42	34.87	500m: 5:38.97	34.95	700m: 7:57.84	35.20
	150m: 1:36.20 33.52	350m: 3:54.88	34.46	550m: 6:13.20	34.23	750m: 8:32.20	34.36
	200m: 2:10.97 34.77	400m: 4:30.08	35.20	600m: 6:48.30	35.10	800m: 9:05.19	32.99
25.	Andre Alexandre Santos	99	Sporting	9:05.50	+0,84	569	
	50m: 29.92 29.92	250m: 2:44.90	33.92	450m: 5:02.76	34.29	650m: 7:22.25	34.90
	100m: 1:03.01 33.09	300m: 3:19.40	34.50	500m: 5:37.61	34.85	700m: 7:57.58	35.33
	150m: 1:36.71 33.70	350m: 3:53.60	34.20	550m: 6:12.13	34.52	750m: 8:32.00	34.42
	200m: 2:10.98 34.27	400m: 4:28.47	34.87	600m: 6:47.35	35.22	800m: 9:05.50	33.50
26.	Daniel Filipe Paiva	98	Miranda do Corvo	9:08.19	+0,79	561	
	50m: 30.76 30.76	250m: 2:46.59	34.09	450m: 5:04.55	34.22	650m: 7:23.11	34.52
	100m: 1:04.34 33.58	300m: 3:21.28	34.69	500m: 5:39.32	34.77	700m: 7:58.34	35.23
	150m: 1:37.82 33.48	350m: 3:55.29	34.01	550m: 6:13.55	34.23	750m: 8:33.24	34.90
	200m: 2:12.50 34.68	400m: 4:30.33	35.04	600m: 6:48.59	35.04	800m: 9:08.19	34.95
27.	Diogo Rodrigues Freitas	98	Uniao Piedense	9:12.83	+0,78	546	
	50m: 30.03 30.03	250m: 2:44.93	33.86	450m: 5:04.70	35.16	650m: 7:27.16	35.61
	100m: 1:03.15 33.12	300m: 3:19.47	34.54	500m: 5:40.10	35.40	700m: 8:03.20	36.04
	150m: 1:36.93 33.78	350m: 3:54.26	34.79	550m: 6:15.64	35.54	750m: 8:38.44	35.24
	200m: 2:11.07 34.14	400m: 4:29.54	35.28	600m: 6:51.55	35.91	800m: 9:12.83	34.39
28.	Nelson Pereira Malheiros	99	Litoral Alentejano	9:17.37	+0,72	533	
	50m: 31.24 31.24	250m: 2:48.60	35.47	450m: 5:10.40	35.55	650m: 7:32.47	35.83
	100m: 1:04.51 33.27	300m: 3:23.82	35.22	500m: 5:46.02	35.62	700m: 8:07.76	35.29
	150m: 1:38.75 34.24	350m: 3:59.24	35.42	550m: 6:21.71	35.69	750m: 8:43.21	35.45
	200m: 2:13.13 34.38	400m: 4:34.85	35.61	600m: 6:56.64	34.93	800m: 9:17.37	34.16

Prova 1, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	Tiago Douwens Paula	99	Sporting	9:18.74	+0,76	529	
	50m: 30.98 30.98	250m: 2:48.18 35.42	450m: 5:09.89 35.85	650m: 7:33.54 36.13			
	100m: 1:03.87 32.89	300m: 3:22.98 34.80	500m: 5:45.29 35.40	700m: 8:09.41 35.87			
	150m: 1:38.26 34.39	350m: 3:58.71 35.73	550m: 6:21.88 36.59	750m: 8:44.98 35.57			
	200m: 2:12.76 34.50	400m: 4:34.04 35.33	600m: 6:57.41 35.53	800m: 9:18.74 33.76			
30.	Rui Jorge Matias	99	Vilacondense	9:19.59	+0,85	527	
	50m: 31.25 31.25	250m: 2:48.51 35.38	450m: 5:10.81 35.56	650m: 7:34.70 35.89			
	100m: 1:04.28 33.03	300m: 3:24.04 35.53	500m: 5:46.43 35.62	700m: 8:10.67 35.97			
	150m: 1:38.23 33.95	350m: 3:59.55 35.51	550m: 6:22.49 36.06	750m: 8:45.95 35.28			
	200m: 2:13.13 34.90	400m: 4:35.25 35.70	600m: 6:58.81 36.32	800m: 9:19.59 33.64			

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11-03-2016 - 17:20

Rec Nac	Tempo	Nome	Clube	Local	Data
Rec Nac Absoluto	8:05.35	Fernando Eurico Costa	LSC Aveiro	Aveiro	27-07-2007
Rec Nac Jun17	8:13.49	Gustavo Manuel Santa	POR Helsinquia (FIN)	Helsinquia (FIN)	17-07-2010
Rec Nac Jun18	8:15.65	Alexandre Valdagua Coutinho	ASSSCC Coimbra	Coimbra	26-07-2015

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Guilherme Filipe Pina	98	Benedita	8:09.87	+0,69	786	
	<i>Recorde Nacional, Junior 18, minimos CEJun PL</i>						
	50m: 28.36 28.36	250m: 2:31.08 31.09	450m: 4:35.47 31.09	650m: 6:38.81 31.05			
	100m: 58.52 30.16	300m: 3:02.02 30.94	500m: 5:06.19 30.72	700m: 7:09.49 30.68			
	150m: 1:29.24 30.72	350m: 3:33.17 31.15	550m: 5:36.97 30.78	750m: 7:40.15 30.66			
	200m: 1:59.99 30.75	400m: 4:04.38 31.21	600m: 6:07.76 30.79	800m: 8:09.87 29.72			
2.	Antonio Fernando Pinto	99	Lousada SXXI	8:21.47	+0,74	732	
	50m: 28.17 28.17	250m: 2:33.04 31.34	450m: 4:39.68 31.94	650m: 6:47.02 32.01			
	100m: 59.01 30.84	300m: 3:04.61 31.57	500m: 5:11.46 31.78	700m: 7:18.86 31.84			
	150m: 1:30.27 31.26	350m: 3:36.19 31.58	550m: 5:43.15 31.69	750m: 7:50.68 31.82			
	200m: 2:01.70 31.43	400m: 4:07.74 31.55	600m: 6:15.01 31.86	800m: 8:21.47 30.79			
3.	Diogo Manuel Marques	98	Columbofila Cantanhedense	8:32.84	+0,71	685	
	50m: 28.59 28.59	250m: 2:35.91 31.95	450m: 4:46.03 32.96	650m: 6:57.08 32.97			
	100m: 1:00.32 31.73	300m: 3:07.97 32.06	500m: 5:18.50 32.47	700m: 7:29.54 32.46			
	150m: 1:32.24 31.92	350m: 3:40.39 32.42	550m: 5:51.69 33.19	750m: 8:01.90 32.36			
	200m: 2:03.96 31.72	400m: 4:13.07 32.68	600m: 6:24.11 32.42	800m: 8:32.84 30.94			
4.	Goncalo Miguel Nogueira	98	Porto	8:44.61	+0,66	640	
	50m: 29.66 29.66	250m: 2:40.06 32.85	450m: 4:51.57 33.01	650m: 7:05.60 33.68			
	100m: 1:02.00 32.34	300m: 3:12.90 32.84	500m: 5:24.91 33.34	700m: 7:39.54 33.94			
	150m: 1:34.44 32.44	350m: 3:45.74 32.84	550m: 5:58.41 33.50	750m: 8:12.80 33.26			
	200m: 2:07.21 32.77	400m: 4:18.56 32.82	600m: 6:31.92 33.51	800m: 8:44.61 31.81			
5.	Miguel Ribeiro Bate	99	Alges	8:46.54	+0,80	633	
	50m: 28.67 28.67	250m: 2:38.67 32.62	450m: 4:51.81 33.34	650m: 7:06.31 33.51			
	100m: 1:01.01 32.34	300m: 3:11.77 33.10	500m: 5:25.72 33.91	700m: 7:40.46 34.15			
	150m: 1:33.19 32.18	350m: 3:44.80 33.03	550m: 5:58.99 33.27	750m: 8:13.67 33.21			
	200m: 2:06.05 32.86	400m: 4:18.47 33.67	600m: 6:32.80 33.81	800m: 8:46.54 32.87			
6.	Afonso Calais Queiroga	98	Uniao Piedense	8:46.74	+0,65	632	
	50m: 28.75 28.75	250m: 2:38.35 33.13	450m: 4:50.04 33.36	650m: 7:05.67 35.30			
	100m: 1:00.05 31.30	300m: 3:10.72 32.37	500m: 5:22.88 32.84	700m: 7:39.95 34.28			
	150m: 1:32.86 32.81	350m: 3:43.57 32.85	550m: 5:56.96 34.08	750m: 8:14.28 34.33			
	200m: 2:05.22 32.36	400m: 4:16.68 33.11	600m: 6:30.37 33.41	800m: 8:46.74 32.46			

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	8:57.97	+0,74	593	
	50m: 28.93 28.93	250m: 2:39.67 33.54	450m: 4:55.99	34.09	650m: 7:14.56	34.74	
	100m: 1:00.42 31.49	300m: 3:13.56 33.89	500m: 5:30.46	34.47	700m: 7:49.37	34.81	
	150m: 1:32.90 32.48	350m: 3:47.61 34.05	550m: 6:05.01	34.55	750m: 8:24.14	34.77	
	200m: 2:06.13 33.23	400m: 4:21.90 34.29	600m: 6:39.82	34.81	800m: 8:57.97	33.83	
8.	Alexandre Magno Carvalho	98	Fluvial Portuense	9:02.12	+0,73	580	
	50m: 29.10 29.10	250m: 2:42.79 33.82	450m: 5:00.99	34.51	650m: 7:19.94	34.79	
	100m: 1:01.33 32.23	300m: 3:17.48 34.69	500m: 5:35.71	34.72	700m: 7:55.00	35.06	
	150m: 1:34.84 33.51	350m: 3:51.66 34.18	550m: 6:10.06	34.35	750m: 8:28.98	33.98	
	200m: 2:08.97 34.13	400m: 4:26.48 34.82	600m: 6:45.15	35.09	800m: 9:02.12	33.14	
9.	Tiago Andre Carvalho	99	Academica de Coimbra	9:05.19	+0,72	570	
	50m: 29.74 29.74	250m: 2:45.55 34.58	450m: 5:04.02	33.94	650m: 7:22.64	34.34	
	100m: 1:02.68 32.94	300m: 3:20.42 34.87	500m: 5:38.97	34.95	700m: 7:57.84	35.20	
	150m: 1:36.20 33.52	350m: 3:54.88 34.46	550m: 6:13.20	34.23	750m: 8:32.20	34.36	
	200m: 2:10.97 34.77	400m: 4:30.08 35.20	600m: 6:48.30	35.10	800m: 9:05.19	32.99	
10.	Andre Alexandre Santos	99	Sporting	9:05.50	+0,84	569	
	50m: 29.92 29.92	250m: 2:44.90 33.92	450m: 5:02.76	34.29	650m: 7:22.25	34.90	
	100m: 1:03.01 33.09	300m: 3:19.40 34.50	500m: 5:37.61	34.85	700m: 7:57.58	35.33	
	150m: 1:36.71 33.70	350m: 3:53.60 34.20	550m: 6:12.13	34.52	750m: 8:32.00	34.42	
	200m: 2:10.98 34.27	400m: 4:28.47 34.87	600m: 6:47.35	35.22	800m: 9:05.50	33.50	
11.	Daniel Filipe Paiva	98	Miranda do Corvo	9:08.19	+0,79	561	
	50m: 30.76 30.76	250m: 2:46.59 34.09	450m: 5:04.55	34.22	650m: 7:23.11	34.52	
	100m: 1:04.34 33.58	300m: 3:21.28 34.69	500m: 5:39.32	34.77	700m: 7:58.34	35.23	
	150m: 1:37.82 33.48	350m: 3:55.29 34.01	550m: 6:13.55	34.23	750m: 8:33.24	34.90	
	200m: 2:12.50 34.68	400m: 4:30.33 35.04	600m: 6:48.59	35.04	800m: 9:08.19	34.95	
12.	Diogo Rodrigues Freitas	98	Uniao Piedense	9:12.83	+0,78	546	
	50m: 30.03 30.03	250m: 2:44.93 33.86	450m: 5:04.70	35.16	650m: 7:27.16	35.61	
	100m: 1:03.15 33.12	300m: 3:19.47 34.54	500m: 5:40.10	35.40	700m: 8:03.20	36.04	
	150m: 1:36.93 33.78	350m: 3:54.26 34.79	550m: 6:15.64	35.54	750m: 8:38.44	35.24	
	200m: 2:11.07 34.14	400m: 4:29.54 35.28	600m: 6:51.55	35.91	800m: 9:12.83	34.39	
13.	Nelson Pereira Malheiros	99	Litoral Alentejano	9:17.37	+0,72	533	
	50m: 31.24 31.24	250m: 2:48.60 35.47	450m: 5:10.40	35.55	650m: 7:32.47	35.83	
	100m: 1:04.51 33.27	300m: 3:23.82 35.22	500m: 5:46.02	35.62	700m: 8:07.76	35.29	
	150m: 1:38.75 34.24	350m: 3:59.24 35.42	550m: 6:21.71	35.69	750m: 8:43.21	35.45	
	200m: 2:13.13 34.38	400m: 4:34.85 35.61	600m: 6:56.64	34.93	800m: 9:17.37	34.16	
14.	Tiago Douwens Paula	99	Sporting	9:18.74	+0,76	529	
	50m: 30.98 30.98	250m: 2:48.18 35.42	450m: 5:09.89	35.85	650m: 7:33.54	36.13	
	100m: 1:03.87 32.89	300m: 3:22.98 34.80	500m: 5:45.29	35.40	700m: 8:09.41	35.87	
	150m: 1:38.26 34.39	350m: 3:58.71 35.73	550m: 6:21.88	36.59	750m: 8:44.98	35.57	
	200m: 2:12.76 34.50	400m: 4:34.04 35.33	600m: 6:57.41	35.53	800m: 9:18.74	33.76	
15.	Rui Jorge Matias	99	Vilacondense	9:19.59	+0,85	527	
	50m: 31.25 31.25	250m: 2:48.51 35.38	450m: 5:10.81	35.56	650m: 7:34.70	35.89	
	100m: 1:04.28 33.03	300m: 3:24.04 35.53	500m: 5:46.43	35.62	700m: 8:10.67	35.97	
	150m: 1:38.23 33.95	350m: 3:59.55 35.51	550m: 6:22.49	36.06	750m: 8:45.95	35.28	
	200m: 2:13.13 34.90	400m: 4:35.25 35.70	600m: 6:58.81	36.32	800m: 9:19.59	33.64	

Prova 1, Masc., 800m Livres

Prova 1
11-03-2016 - 17:20
Masc., 800m Livres
Juvenis A
Resultados

Rec Nac Absoluto	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007
Rec Nac Juv A	8:23.54	Gustavo Manuel Santa	POR	Tampere (FIN)	23-07-2009

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diogo Barbosa Nunes	00	Fluval Portuense	8:47.76	+0,68	628	
	50m: 28.72 28.72	250m: 2:37.61 33.16	450m: 4:50.96 33.73	650m: 7:07.37 34.11			
	100m: 1:00.13 31.41	300m: 3:10.52 32.91	500m: 5:24.84 33.88	700m: 7:41.69 34.32			
	150m: 1:32.14 32.01	350m: 3:44.24 33.72	550m: 5:59.09 34.25	750m: 8:15.29 33.60			
	200m: 2:04.45 32.31	400m: 4:17.23 32.99	600m: 6:33.26 34.17	800m: 8:47.76 32.47			

Prova 1
11-03-2016 - 17:20
Masc., 800m Livres
Seniores
Resultados

Rec Nac Absoluto	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007
Rec Nac Sen	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafael Lourenco Gil	96	Uniao Piedense	8:13.28	+0,70	769	
	50m: 28.14 28.14	250m: 2:31.23 31.08	450m: 4:35.83 31.30	650m: 6:40.58 31.26			
	100m: 58.54 30.40	300m: 3:02.18 30.95	500m: 5:06.86 31.03	700m: 7:11.82 31.24			
	150m: 1:29.28 30.74	350m: 3:33.36 31.18	550m: 5:38.08 31.22	750m: 7:42.81 30.99			
	200m: 2:00.15 30.87	400m: 4:04.53 31.17	600m: 6:09.32 31.24	800m: 8:13.28 30.47			
2.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	8:14.96	+0,67	762	
	50m: 28.09 28.09	250m: 2:31.28 31.05	450m: 4:36.16 31.22	650m: 6:41.41 31.25			
	100m: 58.49 30.40	300m: 3:02.36 31.08	500m: 5:07.47 31.31	700m: 7:12.82 31.41			
	150m: 1:29.29 30.80	350m: 3:33.66 31.30	550m: 5:38.68 31.21	750m: 7:44.34 31.52			
	200m: 2:00.23 30.94	400m: 4:04.94 31.28	600m: 6:10.16 31.48	800m: 8:14.96 30.62			
3.	Mario Andre Bonanca	90	Sporting	8:21.63	+0,74	732	
	50m: 28.63 28.63	250m: 2:32.20 31.17	450m: 4:37.54 31.73	650m: 6:46.53 32.74			
	100m: 59.23 30.60	300m: 3:03.00 30.80	500m: 5:09.02 31.48	700m: 7:18.71 32.18			
	150m: 1:30.25 31.02	350m: 3:34.53 31.53	550m: 5:41.38 32.36	750m: 7:51.38 32.67			
	200m: 2:01.03 30.78	400m: 4:05.81 31.28	600m: 6:13.79 32.41	800m: 8:21.63 30.25			
4.	Andre Filipe Farinha	96	Benfica	8:31.96	+0,64	688	
	50m: 28.57 28.57	250m: 2:35.64 31.96	450m: 4:43.23 31.56	650m: 6:54.63 33.21			
	100m: 59.80 31.23	300m: 3:07.65 32.01	500m: 5:15.35 32.12	700m: 7:28.22 33.59			
	150m: 1:31.60 31.80	350m: 3:39.56 31.91	550m: 5:48.22 32.87	750m: 8:01.15 32.93			
	200m: 2:03.68 32.08	400m: 4:11.67 32.11	600m: 6:21.42 33.20	800m: 8:31.96 30.81			
5.	Vasco Miguel Gaspar	90	Uniao Piedense	8:32.16	+0,71	687	
	50m: 28.26 28.26	250m: 2:35.26 31.74	450m: 4:44.96 32.59	650m: 6:56.14 32.57			
	100m: 59.94 31.68	300m: 3:07.64 32.38	500m: 5:17.96 33.00	700m: 7:28.58 32.44			
	150m: 1:31.55 31.61	350m: 3:39.80 32.16	550m: 5:50.56 32.60	750m: 8:00.84 32.26			
	200m: 2:03.52 31.97	400m: 4:12.37 32.57	600m: 6:23.57 33.01	800m: 8:32.16 31.32			
6.	Tiago Silva Oliveira	94	Fluval Portuense	8:37.24	+0,72	667	
	50m: 28.55 28.55	250m: 2:36.57 32.31	450m: 4:46.55 32.65	650m: 6:58.49 33.11			
	100m: 59.96 31.41	300m: 3:08.86 32.29	500m: 5:19.11 32.56	700m: 7:31.90 33.41			
	150m: 1:32.28 32.32	350m: 3:41.45 32.59	550m: 5:52.22 33.11	750m: 8:04.66 32.76			
	200m: 2:04.26 31.98	400m: 4:13.90 32.45	600m: 6:25.38 33.16	800m: 8:37.24 32.58			

Prova 1, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Joao Carlos Santos	96	Uniao Piedense	8:37.48	+0,68	666	
	50m: 29.84 29.84	250m: 2:39.39 32.64	450m: 4:50.00	32.99	650m: 7:01.95 33.09		
	100m: 1:01.42 31.58	300m: 3:11.64 32.25	500m: 5:22.66	32.66	700m: 7:34.91 32.96		
	150m: 1:34.35 32.93	350m: 3:44.58 32.94	550m: 5:55.92	33.26	750m: 8:06.81 31.90		
	200m: 2:06.75 32.40	400m: 4:17.01 32.43	600m: 6:28.86	32.94	800m: 8:37.48 30.67		
8.	Hugo Alberto Ribeiro	88	Estrelas S.Joao de Brito	8:38.83	+0,93	661	
	50m: 29.87 29.87	250m: 2:39.70 32.91	450m: 4:50.55	33.12	650m: 7:02.83 32.86		
	100m: 1:01.42 31.55	300m: 3:12.24 32.54	500m: 5:23.58	33.03	700m: 7:35.27 32.44		
	150m: 1:34.29 32.87	350m: 3:44.90 32.66	550m: 5:56.86	33.28	750m: 8:07.58 32.31		
	200m: 2:06.79 32.50	400m: 4:17.43 32.53	600m: 6:29.97	33.11	800m: 8:38.83 31.25		
9.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	8:42.14	+0,71	649	
	50m: 28.56 28.56	250m: 2:36.57 32.43	450m: 4:48.30	33.07	650m: 7:01.82 33.41		
	100m: 59.97 31.41	300m: 3:09.25 32.68	500m: 5:21.28	32.98	700m: 7:36.19 34.37		
	150m: 1:31.83 31.86	350m: 3:42.07 32.82	550m: 5:54.78	33.50	750m: 8:09.61 33.42		
	200m: 2:04.14 32.31	400m: 4:15.23 33.16	600m: 6:28.41	33.63	800m: 8:42.14 32.53		
10.	Leonardo Peralta Reis	96	Benedita	8:50.54	+0,73	618	
	50m: 29.63 29.63	250m: 2:41.56 33.24	450m: 4:56.67	33.56	650m: 7:12.25 33.45		
	100m: 1:02.58 32.95	300m: 3:15.37 33.81	500m: 5:30.79	34.12	700m: 7:46.36 34.11		
	150m: 1:35.45 32.87	350m: 3:49.04 33.67	550m: 6:04.60	33.81	750m: 8:19.41 33.05		
	200m: 2:08.32 32.87	400m: 4:23.11 34.07	600m: 6:38.80	34.20	800m: 8:50.54 31.13		
11.	Joao Andre Neves	95	Academica de Coimbra	8:50.72	+0,72	618	
	50m: 29.47 29.47	250m: 2:41.74 33.11	450m: 4:56.80	33.44	650m: 7:12.48 33.53		
	100m: 1:02.39 32.92	300m: 3:15.63 33.89	500m: 5:30.99	34.19	700m: 7:46.41 33.93		
	150m: 1:35.34 32.95	350m: 3:49.22 33.59	550m: 6:04.99	34.00	750m: 8:19.73 33.32		
	200m: 2:08.63 33.29	400m: 4:23.36 34.14	600m: 6:38.95	33.96	800m: 8:50.72 30.99		
12.	Joao Miguel Cardoso	97	Geslours	8:56.05	+0,82	599	
	50m: 29.33 29.33	250m: 2:40.40 33.44	450m: 4:56.71	34.10	650m: 7:14.49 34.77		
	100m: 1:01.02 31.69	300m: 3:14.29 33.89	500m: 5:30.52	33.81	700m: 7:49.24 34.75		
	150m: 1:33.90 32.88	350m: 3:48.60 34.31	550m: 6:05.19	34.67	750m: 8:23.92 34.68		
	200m: 2:06.96 33.06	400m: 4:22.61 34.01	600m: 6:39.72	34.53	800m: 8:56.05 32.13		
13.	Sergio Gomes Abreu	96	Naval do Funchal	8:56.90	+0,69	597	
	50m: 29.25 29.25	250m: 2:43.86 33.72	450m: 5:00.24	33.50	650m: 7:16.35 33.56		
	100m: 1:02.50 33.25	300m: 3:17.86 34.00	500m: 5:34.00	33.76	700m: 7:50.68 34.33		
	150m: 1:36.40 33.90	350m: 3:52.15 34.29	550m: 6:08.14	34.14	750m: 8:24.71 34.03		
	200m: 2:10.14 33.74	400m: 4:26.74 34.59	600m: 6:42.79	34.65	800m: 8:56.90 32.19		
14.	Narciso Daniel Correia	97	Braga	9:03.65	+0,79	575	
	50m: 29.82 29.82	250m: 2:41.77 33.49	450m: 4:59.40	34.26	650m: 7:20.61 34.85		
	100m: 1:02.42 32.60	300m: 3:15.91 34.14	500m: 5:34.75	35.35	700m: 7:55.91 35.30		
	150m: 1:35.08 32.66	350m: 3:50.50 34.59	550m: 6:10.28	35.53	750m: 8:29.90 33.99		
	200m: 2:08.28 33.20	400m: 4:25.14 34.64	600m: 6:45.76	35.48	800m: 9:03.65 33.75		