

Prova 34 Masc., 1500m Livres Absolutos  
13-03-2016 Resultados

Rec Nac Absoluto	15:16.22	Fernando Eurico Costa	POR	Bangkok (THA)	14-08-2007
Rec Nac Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005
Rec Nac Juv A	15:45.55	Gustavo Manuel Santa	POR	Tampere (FIN)	23-07-2009
Rec Nac Jun17	15:43.45	Guilherme Filipe Pina	POR	Singapore (SIN)	30-08-2015
Rec Nac Jun18	15:34.51	Fernando Eurico Costa	POR	Luxemburgo (LUX)	24-01-2003
Rec Nac Sen	15:16.22	Fernando Eurico Costa	POR	Bangkok (THA)	14-08-2007

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Guilherme Filipe Pina	98	Benedita	<b>15:31.96</b>	+0,73	816		
<i>Recorde Nacional, Jun 18 e minimos CEJun</i>								
	50m: 28.75	28.75	450m: 4:38.38	31.09	850m: 8:48.05	31.18	1250m: 12:57.31	31.36
	100m: 59.47	30.72	500m: 5:09.70	31.32	900m: 9:19.06	31.01	1300m: 13:28.54	31.23
	150m: 1:30.76	31.29	550m: 5:40.79	31.09	950m: 9:50.22	31.16	1350m: 13:59.75	31.21
	200m: 2:02.18	31.42	600m: 6:11.94	31.15	1000m: 10:21.23	31.01	1400m: 14:30.95	31.20
	250m: 2:33.50	31.32	650m: 6:43.15	31.21	1050m: 10:52.61	31.38	1450m: 15:02.14	31.19
	300m: 3:04.76	31.26	700m: 7:14.50	31.35	1100m: 11:23.60	30.99	1500m: 15:31.96	29.82
	350m: 3:36.03	31.27	750m: 7:45.76	31.26	1150m: 11:54.91	31.31		
	400m: 4:07.29	31.26	800m: 8:16.87	31.11	1200m: 12:25.95	31.04		
2.	Rafael Lourenco Gil	96	Uniao Piedense	<b>15:42.85</b>	+0,70	788		
	50m: 28.60	28.60	450m: 4:38.73	31.03	850m: 8:49.06	31.32	1250m: 13:03.62	31.83
	100m: 59.68	31.08	500m: 5:10.05	31.32	900m: 9:20.78	31.72	1300m: 13:35.64	32.02
	150m: 1:31.17	31.49	550m: 5:41.43	31.38	950m: 9:52.53	31.75	1350m: 14:07.59	31.95
	200m: 2:02.56	31.39	600m: 6:12.33	30.90	1000m: 10:24.38	31.85	1400m: 14:39.99	32.40
	250m: 2:33.98	31.42	650m: 6:43.66	31.33	1050m: 10:56.24	31.86	1450m: 15:11.81	31.82
	300m: 3:05.27	31.29	700m: 7:14.93	31.27	1100m: 11:28.10	31.86	1500m: 15:42.85	31.04
	350m: 3:36.54	31.27	750m: 7:46.35	31.42	1150m: 11:59.99	31.89		
	400m: 4:07.70	31.16	800m: 8:17.74	31.39	1200m: 12:31.79	31.80		
3.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	<b>15:55.10</b>	+0,66	758		
	50m: 28.60	28.60	450m: 4:40.47	31.51	850m: 8:55.37	32.10	1250m: 13:14.03	32.57
	100m: 59.60	31.00	500m: 5:12.14	31.67	900m: 9:27.57	32.20	1300m: 13:46.37	32.34
	150m: 1:31.27	31.67	550m: 5:43.84	31.70	950m: 9:59.89	32.32	1350m: 14:18.98	32.61
	200m: 2:02.93	31.66	600m: 6:15.91	32.07	1000m: 10:31.97	32.08	1400m: 14:51.46	32.48
	250m: 2:34.46	31.53	650m: 6:47.58	31.67	1050m: 11:04.16	32.19	1450m: 15:23.77	32.31
	300m: 3:05.79	31.33	700m: 7:19.38	31.80	1100m: 11:36.40	32.24	1500m: 15:55.10	31.33
	350m: 3:37.38	31.59	750m: 7:51.30	31.92	1150m: 12:09.01	32.61		
	400m: 4:08.96	31.58	800m: 8:23.27	31.97	1200m: 12:41.46	32.45		
4.	Mario Andre Bonanca	90	Sporting	<b>16:02.38</b>	+0,77	741		
	50m: 29.47	29.47	450m: 4:44.30	31.94	850m: 9:02.33	32.65	1250m: 13:22.36	32.78
	100m: 1:01.02	31.55	500m: 5:16.26	31.96	900m: 9:34.75	32.42	1300m: 13:54.72	32.36
	150m: 1:32.96	31.94	550m: 5:48.03	31.77	950m: 10:07.53	32.78	1350m: 14:27.35	32.63
	200m: 2:04.87	31.91	600m: 6:20.16	32.13	1000m: 10:39.81	32.28	1400m: 14:59.56	32.21
	250m: 2:36.74	31.87	650m: 6:52.50	32.34	1050m: 11:12.73	32.92	1450m: 15:31.83	32.27
	300m: 3:08.67	31.93	700m: 7:24.89	32.39	1100m: 11:45.12	32.39	1500m: 16:02.38	30.55
	350m: 3:40.52	31.85	750m: 7:57.25	32.36	1150m: 12:17.31	32.19		
	400m: 4:12.36	31.84	800m: 8:29.68	32.43	1200m: 12:49.58	32.27		
5.	Antonio Fernando Pinto	99	Lousada SXXI	<b>16:03.26</b>	+0,72	739		
	50m: 28.58	28.58	450m: 4:46.54	32.20	850m: 9:03.93	32.31	1250m: 13:22.21	32.24
	100m: 1:00.45	31.87	500m: 5:19.00	32.46	900m: 9:36.21	32.28	1300m: 13:54.99	32.78
	150m: 1:32.55	32.10	550m: 5:51.08	32.08	950m: 10:08.20	31.99	1350m: 14:27.30	32.31
	200m: 2:04.65	32.10	600m: 6:23.24	32.16	1000m: 10:40.52	32.32	1400m: 14:59.68	32.38
	250m: 2:36.86	32.21	650m: 6:54.99	31.75	1050m: 11:12.73	32.21	1450m: 15:31.56	31.88
	300m: 3:09.54	32.68	700m: 7:27.47	32.48	1100m: 11:45.10	32.37	1500m: 16:03.26	31.70
	350m: 3:41.83	32.29	750m: 7:59.38	31.91	1150m: 12:17.13	32.03		
	400m: 4:14.34	32.51	800m: 8:31.62	32.24	1200m: 12:49.97	32.84		

Prova 34, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Jose Paula Carvalho	98	Uniao Piedense	<b>16:12.10</b>	+0,70	719	
	<i>minimos CEJun parcial aos 800 m</i>						
	50m: 27.94 27.94	450m: 4:40.18 31.72	850m: 8:59.75 41.73	1250m: 13:30.82 33.44			
	100m: 58.68 30.74	500m: 5:12.09 31.91	900m: 9:33.71 33.96	1300m: 14:04.23 33.41			
	150m: 1:30.29 31.61	550m: 5:44.05 31.96	950m: 10:08.08 34.37	1350m: 14:37.15 32.92			
	200m: 2:01.82 31.53	600m: 6:15.95 31.90	1000m: 10:42.21 34.13	1400m: 15:10.30 33.15			
	250m: 2:33.50 31.68	650m: 6:47.00 31.05	1050m: 11:16.08 33.87	1450m: 15:42.48 32.18			
	300m: 3:05.09 31.59	700m: 7:18.97 31.97	1100m: 11:49.83 33.75	1500m: 16:12.10 29.62			
	350m: 3:36.59 31.50	750m: 7:49.11 30.14	1150m: 12:24.17 34.34				
	400m: 4:08.46 31.87	800m: 8:18.02 28.91	1200m: 12:57.38 33.21				
7.	Jose Paulo Lopes	00	Braga	<b>16:12.24</b>	+0,69	719	
	50m: 28.96 28.96	450m: 4:47.54 32.61	850m: 9:09.71 32.58	1250m: 13:32.14 32.62			
	100m: 1:00.87 31.91	500m: 5:20.25 32.71	900m: 9:42.41 32.70	1300m: 14:05.03 32.89			
	150m: 1:32.81 31.94	550m: 5:53.48 33.23	950m: 10:15.33 32.92	1350m: 14:37.61 32.58			
	200m: 2:04.95 32.14	600m: 6:26.43 32.95	1000m: 10:48.31 32.98	1400m: 15:10.52 32.91			
	250m: 2:37.17 32.22	650m: 6:59.08 32.65	1050m: 11:20.99 32.68	1450m: 15:42.35 31.83			
	300m: 3:09.52 32.35	700m: 7:31.60 32.52	1100m: 11:53.81 32.82	1500m: 16:12.24 29.89			
	350m: 3:42.16 32.64	750m: 8:04.22 32.62	1150m: 12:26.65 32.84				
	400m: 4:14.93 32.77	800m: 8:37.13 32.91	1200m: 12:59.52 32.87				
8.	Vasco Miguel Gaspar	90	Uniao Piedense	<b>16:13.73</b>	+0,75	715	
	50m: 29.23 29.23	450m: 4:46.09 32.47	850m: 9:08.84 33.14	1250m: 13:32.48 33.10			
	100m: 1:00.66 31.43	500m: 5:18.73 32.64	900m: 9:41.93 33.09	1300m: 14:05.81 33.33			
	150m: 1:32.83 32.17	550m: 5:51.31 32.58	950m: 10:14.66 32.73	1350m: 14:38.23 32.42			
	200m: 2:04.87 32.04	600m: 6:23.94 32.63	1000m: 10:47.62 32.96	1400m: 15:10.60 32.37			
	250m: 2:37.08 32.21	650m: 6:57.28 33.34	1050m: 11:20.78 33.16	1450m: 15:42.70 32.10			
	300m: 3:09.13 32.05	700m: 7:29.84 32.56	1100m: 11:53.47 32.69	1500m: 16:13.73 31.03			
	350m: 3:41.29 32.16	750m: 8:02.88 33.04	1150m: 12:26.49 33.02				
	400m: 4:13.62 32.33	800m: 8:35.70 32.82	1200m: 12:59.38 32.89				
9.	Diogo Manuel Marques	98	Columbofila Cantanhedense	<b>16:21.90</b>	+0,74	698	
	50m: 29.17 29.17	450m: 4:48.61 32.42	850m: 9:12.01 33.26	1250m: 13:37.76 33.38			
	100m: 1:01.30 32.13	500m: 5:21.15 32.54	900m: 9:44.70 32.69	1300m: 14:11.37 33.61			
	150m: 1:33.68 32.38	550m: 5:54.07 32.92	950m: 10:17.76 33.06	1350m: 14:44.20 32.83			
	200m: 2:06.55 32.87	600m: 6:27.00 32.93	1000m: 10:51.14 33.38	1400m: 15:17.16 32.96			
	250m: 2:38.49 31.94	650m: 6:59.69 32.69	1050m: 11:24.36 33.22	1450m: 15:50.10 32.94			
	300m: 3:11.12 32.63	700m: 7:32.65 32.96	1100m: 11:57.72 33.36	1500m: 16:21.90 31.80			
	350m: 3:43.43 32.31	750m: 8:05.75 33.10	1150m: 12:30.90 33.18				
	400m: 4:16.19 32.76	800m: 8:38.75 33.00	1200m: 13:04.38 33.48				
10.	Hugo Alberto Ribeiro	88	Estrelas S.Joao de Brito	<b>16:22.23</b>	+0,99	697	
	50m: 29.57 29.57	450m: 4:50.82 32.68	850m: 9:14.86 33.08	1250m: 13:40.51 32.82			
	100m: 1:01.98 32.41	500m: 5:23.79 32.97	900m: 9:48.21 33.35	1300m: 14:13.50 32.99			
	150m: 1:34.46 32.48	550m: 5:56.44 32.65	950m: 10:21.35 33.14	1350m: 14:46.20 32.70			
	200m: 2:07.02 32.56	600m: 6:29.43 32.99	1000m: 10:54.67 33.32	1400m: 15:19.40 33.20			
	250m: 2:39.59 32.57	650m: 7:02.32 32.89	1050m: 11:27.85 33.18	1450m: 15:51.40 32.00			
	300m: 3:12.50 32.91	700m: 7:35.51 33.19	1100m: 12:01.34 33.49	1500m: 16:22.23 30.83			
	350m: 3:45.21 32.71	750m: 8:08.49 32.98	1150m: 12:34.42 33.08				
	400m: 4:18.14 32.93	800m: 8:41.78 33.29	1200m: 13:07.69 33.27				
11.	Tiago Silva Oliveira	94	Fluivial Portuense	<b>16:25.59</b>	+0,73	690	
	50m: 29.31 29.31	450m: 4:47.53 32.68	850m: 9:13.04 33.31	1250m: 13:39.34 33.36			
	100m: 1:00.87 31.56	500m: 5:20.27 32.74	900m: 9:46.20 33.16	1300m: 14:12.65 33.31			
	150m: 1:33.28 32.41	550m: 5:53.44 33.17	950m: 10:19.16 32.96	1350m: 14:46.30 33.65			
	200m: 2:05.26 31.98	600m: 6:26.41 32.97	1000m: 10:52.26 33.10	1400m: 15:19.97 33.67			
	250m: 2:37.63 32.37	650m: 6:59.54 33.13	1050m: 11:25.71 33.45	1450m: 15:53.20 33.23			
	300m: 3:09.62 31.99	700m: 7:32.94 33.40	1100m: 11:59.09 33.38	1500m: 16:25.59 32.39			
	350m: 3:42.23 32.61	750m: 8:06.18 33.24	1150m: 12:32.44 33.35				
	400m: 4:14.85 32.62	800m: 8:39.73 33.55	1200m: 13:05.98 33.54				

Prova 34, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	<b>Tiago Cunha Costa</b>	99	<b>Sporting</b>	<b>16:33.40</b>	<b>+0,70</b>	<b>674</b>	
	50m: 30.35 30.35	450m: 4:53.70	33.05	850m: 9:19.48	33.39	1250m: 13:46.93	33.32
	100m: 1:02.90 32.55	500m: 5:26.79	33.09	900m: 9:53.04	33.56	1300m: 14:20.53	33.60
	150m: 1:35.58 32.68	550m: 5:59.78	32.99	950m: 10:26.26	33.22	1350m: 14:53.88	33.35
	200m: 2:08.72 33.14	600m: 6:33.06	33.28	1000m: 10:59.82	33.56	1400m: 15:27.58	33.70
	250m: 2:41.55 32.83	650m: 7:06.08	33.02	1050m: 11:33.37	33.55	1450m: 16:00.98	33.40
	300m: 3:14.59 33.04	700m: 7:39.21	33.13	1100m: 12:06.72	33.35	1500m: 16:33.40	32.42
	350m: 3:47.51 32.92	750m: 8:12.62	33.41	1150m: 12:40.06	33.34		
	400m: 4:20.65 33.14	800m: 8:46.09	33.47	1200m: 13:13.61	33.55		
13.	<b>Miguel Ribeiro Bate</b>	99	<b>Alges</b>	<b>16:43.21</b>	<b>+0,80</b>	<b>654</b>	
	50m: 29.71 29.71	450m: 4:56.62	33.19	850m: 9:22.34	33.48	1250m: 13:53.50	34.54
	100m: 1:02.54 32.83	500m: 5:29.93	33.31	900m: 9:56.00	33.66	1300m: 14:28.07	34.57
	150m: 1:35.81 33.27	550m: 6:02.89	32.96	950m: 10:29.48	33.48	1350m: 15:02.46	34.39
	200m: 2:09.18 33.37	600m: 6:35.87	32.98	1000m: 11:03.21	33.73	1400m: 15:36.64	34.18
	250m: 2:42.61 33.43	650m: 7:09.14	33.27	1050m: 11:36.92	33.71	1450m: 16:10.73	34.09
	300m: 3:16.29 33.68	700m: 7:42.24	33.10	1100m: 12:10.99	34.07	1500m: 16:43.21	32.48
	350m: 3:49.79 33.50	750m: 8:15.56	33.32	1150m: 12:44.90	33.91		
	400m: 4:23.43 33.64	800m: 8:48.86	33.30	1200m: 13:18.96	34.06		
14.	<b>Tiago Filipe Campos</b>	99	<b>Scalabiswim</b>	<b>16:45.80</b>	<b>+0,85</b>	<b>649</b>	
	50m: 29.68 29.68	450m: 4:56.01	33.89	850m: 9:28.38	34.31	1250m: 14:00.47	33.95
	100m: 1:02.67 32.99	500m: 5:29.76	33.75	900m: 10:02.57	34.19	1300m: 14:34.49	34.02
	150m: 1:35.94 33.27	550m: 6:03.63	33.87	950m: 10:36.88	34.31	1350m: 15:08.52	34.03
	200m: 2:09.35 33.41	600m: 6:37.62	33.99	1000m: 11:10.75	33.87	1400m: 15:41.32	32.80
	250m: 2:42.50 33.15	650m: 7:11.60	33.98	1050m: 11:44.91	34.16	1450m: 16:14.62	33.30
	300m: 3:15.47 32.97	700m: 7:45.73	34.13	1100m: 12:18.84	33.93	1500m: 16:45.80	31.18
	350m: 3:48.83 33.36	750m: 8:19.82	34.09	1150m: 12:52.93	34.09		
	400m: 4:22.12 33.29	800m: 8:54.07	34.25	1200m: 13:26.52	33.59		
15.	<b>Diogo Coelho Jose</b>	01	<b>Columbofila Cantanhedense</b>	<b>16:46.25</b>	<b>+0,71</b>	<b>648</b>	
	50m: 30.35 30.35	450m: 4:57.15	33.92	850m: 9:27.55	34.10	1250m: 13:59.05	34.35
	100m: 1:03.20 32.85	500m: 5:31.18	34.03	900m: 10:01.36	33.81	1300m: 14:33.62	34.57
	150m: 1:36.59 33.39	550m: 6:05.59	34.41	950m: 10:35.27	33.91	1350m: 15:07.87	34.25
	200m: 2:09.82 33.23	600m: 6:39.36	33.77	1000m: 11:08.88	33.61	1400m: 15:42.00	34.13
	250m: 2:43.02 33.20	650m: 7:13.09	33.73	1050m: 11:42.65	33.77	1450m: 16:14.38	32.38
	300m: 3:16.27 33.25	700m: 7:46.43	33.34	1100m: 12:16.66	34.01	1500m: 16:46.25	31.87
	350m: 3:49.67 33.40	750m: 8:19.73	33.30	1150m: 12:50.68	34.02		
	400m: 4:23.23 33.56	800m: 8:53.45	33.72	1200m: 13:24.70	34.02		
16.	<b>Diogo Barbosa Nunes</b>	00	<b>Fluval Portuense</b>	<b>16:48.87</b>	<b>+0,75</b>	<b>643</b>	
	50m: 29.29 29.29	450m: 4:55.88	34.21	850m: 9:27.82	34.51	1250m: 14:00.71	34.30
	100m: 1:01.89 32.60	500m: 5:29.42	33.54	900m: 10:02.05	34.23	1300m: 14:35.07	34.36
	150m: 1:35.33 33.44	550m: 6:03.40	33.98	950m: 10:36.44	34.39	1350m: 15:08.84	33.77
	200m: 2:08.99 33.66	600m: 6:36.92	33.52	1000m: 11:10.26	33.82	1400m: 15:42.80	33.96
	250m: 2:42.23 33.24	650m: 7:11.22	34.30	1050m: 11:44.32	34.06	1450m: 16:16.32	33.52
	300m: 3:15.17 32.94	700m: 7:44.83	33.61	1100m: 12:18.03	33.71	1500m: 16:48.87	32.55
	350m: 3:48.47 33.30	750m: 8:18.99	34.16	1150m: 12:52.28	34.25		
	400m: 4:21.67 33.20	800m: 8:53.31	34.32	1200m: 13:26.41	34.13		
17.	<b>Diogo Santos Cardoso</b>	01	<b>Colegio Monte Maior</b>	<b>16:51.12</b>	<b>+0,74</b>	<b>639</b>	
	50m: 30.88 30.88	450m: 5:05.12	34.20	850m: 9:35.64	33.52	1250m: 14:05.26	33.92
	100m: 1:05.57 34.69	500m: 5:39.24	34.12	900m: 10:09.45	33.81	1300m: 14:39.19	33.93
	150m: 1:39.77 34.20	550m: 6:12.83	33.59	950m: 10:42.76	33.31	1350m: 15:12.70	33.51
	200m: 2:14.17 34.40	600m: 6:46.74	33.91	1000m: 11:16.45	33.69	1400m: 15:46.46	33.76
	250m: 2:48.24 34.07	650m: 7:20.56	33.82	1050m: 11:49.97	33.52	1450m: 16:19.51	33.05
	300m: 3:22.53 34.29	700m: 7:54.57	34.01	1100m: 12:23.90	33.93	1500m: 16:51.12	31.61
	350m: 3:56.75 34.22	750m: 8:28.18	33.61	1150m: 12:57.67	33.77		
	400m: 4:30.92 34.17	800m: 9:02.12	33.94	1200m: 13:31.34	33.67		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Sergio Filipe Travanca	00	Fluval Portuense	<b>16:51.24</b>	<b>+0,74</b>	<b>639</b>	
	50m: 31.05 31.05	450m: 5:01.64 34.26	850m: 9:31.75 33.62	1250m: 14:03.59 34.29			
	100m: 1:04.64 33.59	500m: 5:35.76 34.12	900m: 10:05.35 33.60	1300m: 14:37.52 33.93			
	150m: 1:38.20 33.56	550m: 6:09.70 33.94	950m: 10:39.23 33.88	1350m: 15:11.97 34.45			
	200m: 2:11.91 33.71	600m: 6:43.59 33.89	1000m: 11:13.21 33.98	1400m: 15:45.37 33.40			
	250m: 2:45.37 33.46	650m: 7:17.53 33.94	1050m: 11:47.10 33.89	1450m: 16:18.51 33.14			
	300m: 3:19.18 33.81	700m: 7:50.86 33.33	1100m: 12:21.23 34.13	1500m: 16:51.24 32.73			
	350m: 3:53.44 34.26	750m: 8:24.24 33.38	1150m: 12:55.25 34.02				
	400m: 4:27.38 33.94	800m: 8:58.13 33.89	1200m: 13:29.30 34.05				
19.	Andre Bras Goncalves	88	Belenenses	<b>16:51.91</b>	<b>+0,73</b>	<b>637</b>	
	50m: 29.25 29.25	450m: 4:56.71 33.60	850m: 9:27.56 34.25	1250m: 14:02.06 34.47			
	100m: 1:01.96 32.71	500m: 5:30.30 33.59	900m: 10:01.37 33.81	1300m: 14:36.31 34.25			
	150m: 1:35.77 33.81	550m: 6:04.05 33.75	950m: 10:35.53 34.16	1350m: 15:10.71 34.40			
	200m: 2:09.17 33.40	600m: 6:37.68 33.63	1000m: 11:09.96 34.43	1400m: 15:44.98 34.27			
	250m: 2:42.77 33.60	650m: 7:11.89 34.21	1050m: 11:44.85 34.89	1450m: 16:19.25 34.27			
	300m: 3:16.07 33.30	700m: 7:45.53 33.64	1100m: 12:19.08 34.23	1500m: 16:51.91 32.66			
	350m: 3:49.92 33.85	750m: 8:19.50 33.97	1150m: 12:53.30 34.22				
	400m: 4:23.11 33.19	800m: 8:53.31 33.81	1200m: 13:27.59 34.29				
20.	Duarte Miguel Jorge	01	Galitos / Bresimar	<b>16:52.25</b>	<b>+0,90</b>	<b>637</b>	
	50m: 30.88 30.88	450m: 4:58.26 33.75	850m: 9:29.74 34.14	1250m: 14:03.30 34.10			
	100m: 1:04.35 33.47	500m: 5:32.44 34.18	900m: 10:03.71 33.97	1300m: 14:37.41 34.11			
	150m: 1:37.52 33.17	550m: 6:06.08 33.64	950m: 10:37.94 34.23	1350m: 15:11.59 34.18			
	200m: 2:10.85 33.33	600m: 6:39.92 33.84	1000m: 11:12.18 34.24	1400m: 15:46.04 34.45			
	250m: 2:44.49 33.64	650m: 7:13.89 33.97	1050m: 11:46.45 34.27	1450m: 16:19.75 33.71			
	300m: 3:17.83 33.34	700m: 7:48.00 34.11	1100m: 12:20.80 34.35	1500m: 16:52.25 32.50			
	350m: 3:50.97 33.14	750m: 8:21.65 33.65	1150m: 12:54.84 34.04				
	400m: 4:24.51 33.54	800m: 8:55.60 33.95	1200m: 13:29.20 34.36				
21.	Joao Andre Neves	95	Academica de Coimbra	<b>16:53.65</b>	<b>+0,70</b>	<b>634</b>	
	50m: 29.99 29.99	450m: 4:56.43 34.09	850m: 9:28.43 33.97	1250m: 14:03.45 34.22			
	100m: 1:02.79 32.80	500m: 5:30.40 33.97	900m: 10:03.31 34.88	1300m: 14:37.49 34.04			
	150m: 1:35.58 32.79	550m: 6:04.29 33.89	950m: 10:37.49 34.18	1350m: 15:12.07 34.58			
	200m: 2:08.40 32.82	600m: 6:38.11 33.82	1000m: 11:11.71 34.22	1400m: 15:46.50 34.43			
	250m: 2:41.71 33.31	650m: 7:11.94 33.83	1050m: 11:46.26 34.55	1450m: 16:20.86 34.36			
	300m: 3:14.91 33.20	700m: 7:46.11 34.17	1100m: 12:20.34 34.08	1500m: 16:53.65 32.79			
	350m: 3:48.50 33.59	750m: 8:20.23 34.12	1150m: 12:54.52 34.18				
	400m: 4:22.34 33.84	800m: 8:54.46 34.23	1200m: 13:29.23 34.71				
22.	Pedro Maria Bessa	95	Nautico /Urgicentro-Sanfil	<b>16:57.91</b>	<b>+0,70</b>	<b>626</b>	
	50m: 29.05 29.05	450m: 4:55.26 33.51	850m: 9:28.76 34.52	1250m: 14:05.16 34.84			
	100m: 1:01.05 32.00	500m: 5:28.75 33.49	900m: 10:03.16 34.40	1300m: 14:40.09 34.93			
	150m: 1:34.01 32.96	550m: 6:02.73 33.98	950m: 10:37.68 34.52	1350m: 15:15.25 35.16			
	200m: 2:07.23 33.22	600m: 6:36.31 33.58	1000m: 11:11.79 34.11	1400m: 15:50.21 34.96			
	250m: 2:40.75 33.52	650m: 7:10.53 34.22	1050m: 11:46.60 34.81	1450m: 16:24.66 34.45			
	300m: 3:14.55 33.80	700m: 7:45.02 34.49	1100m: 12:20.75 34.15	1500m: 16:57.91 33.25			
	350m: 3:47.93 33.38	750m: 8:19.75 34.73	1150m: 12:55.64 34.89				
	400m: 4:21.75 33.82	800m: 8:54.24 34.49	1200m: 13:30.32 34.68				
23.	Diogo Leal Dantas	00	Sporting	<b>17:02.55</b>	<b>+0,62</b>	<b>618</b>	
	50m: 29.54 29.54	450m: 4:59.28 33.99	850m: 9:35.25 34.64	1250m: 14:11.69 34.45			
	100m: 1:02.78 33.24	500m: 5:33.73 34.45	900m: 10:10.32 35.07	1300m: 14:46.50 34.81			
	150m: 1:35.92 33.14	550m: 6:07.81 34.08	950m: 10:44.91 34.59	1350m: 15:20.57 34.07			
	200m: 2:09.77 33.85	600m: 6:42.32 34.51	1000m: 11:19.66 34.75	1400m: 15:55.24 34.67			
	250m: 2:43.05 33.28	650m: 7:16.82 34.50	1050m: 11:53.78 34.12	1450m: 16:29.43 34.19			
	300m: 3:17.19 34.14	700m: 7:51.56 34.74	1100m: 12:28.43 34.65	1500m: 17:02.55 33.12			
	350m: 3:50.84 33.65	750m: 8:25.82 34.26	1150m: 13:02.68 34.25				
	400m: 4:25.29 34.45	800m: 9:00.61 34.79	1200m: 13:37.24 34.56				

Prova 34, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	Afonso Calais Queiroga	98	Uniao Piedense	<b>17:09.26</b>	<b>+0,62</b>	<b>606</b>	
	50m: 29.67 29.67	450m: 4:57.03	34.01	850m: 9:34.40	34.99	1250m: 14:15.10	35.55
	100m: 1:02.39 32.72	500m: 5:31.09	34.06	900m: 10:09.12	34.72	1300m: 14:50.00	34.90
	150m: 1:35.35 32.96	550m: 6:05.38	34.29	950m: 10:45.01	35.89	1350m: 15:25.53	35.53
	200m: 2:08.82 33.47	600m: 6:40.03	34.65	1000m: 11:20.32	35.31	1400m: 16:00.12	34.59
	250m: 2:42.47 33.65	650m: 7:14.75	34.72	1050m: 11:55.48	35.16	1450m: 16:35.17	35.05
	300m: 3:15.78 33.31	700m: 7:49.00	34.25	1100m: 12:30.17	34.69	1500m: 17:09.26	34.09
	350m: 3:49.30 33.52	750m: 8:24.29	35.29	1150m: 13:04.68	34.51		
	400m: 4:23.02 33.72	800m: 8:59.41	35.12	1200m: 13:39.55	34.87		
25.	Joao Santos Mendes	98	Leixoes	<b>17:09.96</b>	<b>+0,71</b>	<b>604</b>	
	50m: 29.54 29.54	450m: 5:02.31	34.91	850m: 9:40.54	34.06	1250m: 14:19.66	34.35
	100m: 1:02.52 32.98	500m: 5:37.39	35.08	900m: 10:15.27	34.73	1300m: 14:54.49	34.83
	150m: 1:36.03 33.51	550m: 6:12.55	35.16	950m: 10:50.32	35.05	1350m: 15:29.38	34.89
	200m: 2:09.75 33.72	600m: 6:47.24	34.69	1000m: 11:25.47	35.15	1400m: 16:04.58	35.20
	250m: 2:43.85 34.10	650m: 7:21.72	34.48	1050m: 12:00.23	34.76	1450m: 16:37.53	32.95
	300m: 3:18.16 34.31	700m: 7:56.36	34.64	1100m: 12:35.41	35.18	1500m: 17:09.96	32.43
	350m: 3:52.60 34.44	750m: 8:31.77	35.41	1150m: 13:10.34	34.93		
	400m: 4:27.40 34.80	800m: 9:06.48	34.71	1200m: 13:45.31	34.97		
26.	Pedro Miguel Santos	01	Porto	<b>17:10.42</b>	<b>+0,70</b>	<b>604</b>	
	50m: 30.93 30.93	450m: 5:04.18	34.37	850m: 9:41.14	34.36	1250m: 14:19.86	35.16
	100m: 1:04.66 33.73	500m: 5:38.90	34.72	900m: 10:15.60	34.46	1300m: 14:54.88	35.02
	150m: 1:38.49 33.83	550m: 6:13.57	34.67	950m: 10:50.19	34.59	1350m: 15:29.76	34.88
	200m: 2:12.79 34.30	600m: 6:48.27	34.70	1000m: 11:24.64	34.45	1400m: 16:04.91	35.15
	250m: 2:47.11 34.32	650m: 7:22.99	34.72	1050m: 11:59.55	34.91	1450m: 16:39.32	34.41
	300m: 3:21.29 34.18	700m: 7:57.72	34.73	1100m: 12:34.58	35.03	1500m: 17:10.42	31.10
	350m: 3:55.51 34.22	750m: 8:32.18	34.46	1150m: 13:09.64	35.06		
	400m: 4:29.81 34.30	800m: 9:06.78	34.60	1200m: 13:44.70	35.06		
27.	Diogo Moreno Bastos	00	Fluvial Portuense	<b>17:10.56</b>	<b>+0,77</b>	<b>603</b>	
	50m: 30.26 30.26	450m: 5:02.49	34.47	850m: 9:40.18	34.94	1250m: 14:18.57	34.70
	100m: 1:03.49 33.23	500m: 5:36.86	34.37	900m: 10:14.72	34.54	1300m: 14:54.33	35.76
	150m: 1:36.83 33.34	550m: 6:11.36	34.50	950m: 10:49.29	34.57	1350m: 15:29.68	35.35
	200m: 2:10.64 33.81	600m: 6:45.82	34.46	1000m: 11:24.20	34.91	1400m: 16:04.65	34.97
	250m: 2:45.09 34.45	650m: 7:20.50	34.68	1050m: 11:59.16	34.96	1450m: 16:38.52	33.87
	300m: 3:19.25 34.16	700m: 7:55.65	35.15	1100m: 12:34.13	34.97	1500m: 17:10.56	32.04
	350m: 3:53.58 34.33	750m: 8:30.42	34.77	1150m: 13:08.76	34.63		
	400m: 4:28.02 34.44	800m: 9:05.24	34.82	1200m: 13:43.87	35.11		
28.	Joao Miguel Cardoso	97	Geslours	<b>17:12.83</b>	<b>+0,82</b>	<b>599</b>	
	50m: 30.20 30.20	450m: 5:04.09	34.78	850m: 9:41.21	34.32	1250m: 14:19.81	35.64
	100m: 1:03.29 33.09	500m: 5:38.02	33.93	900m: 10:15.54	34.33	1300m: 14:54.25	34.44
	150m: 1:37.73 34.44	550m: 6:12.99	34.97	950m: 10:50.00	34.46	1350m: 15:29.67	35.42
	200m: 2:11.72 33.99	600m: 6:47.51	34.52	1000m: 11:24.32	34.32	1400m: 16:04.77	35.10
	250m: 2:46.34 34.62	650m: 7:22.64	35.13	1050m: 11:59.38	35.06	1450m: 16:40.01	35.24
	300m: 3:20.60 34.26	700m: 7:57.31	34.67	1100m: 12:34.08	34.70	1500m: 17:12.83	32.82
	350m: 3:55.31 34.71	750m: 8:32.59	35.28	1150m: 13:09.40	35.32		
	400m: 4:29.31 34.00	800m: 9:06.89	34.30	1200m: 13:44.17	34.77		
29.	Tiago Andre Carvalho	99	Academica de Coimbra	<b>17:14.65</b>	<b>+0,74</b>	<b>596</b>	
	50m: 30.98 30.98	450m: 5:08.32	34.84	850m: 9:45.92	34.59	1250m: 14:24.17	34.86
	100m: 1:05.34 34.36	500m: 5:43.37	35.05	900m: 10:20.90	34.98	1300m: 14:58.58	34.41
	150m: 1:39.69 34.35	550m: 6:17.68	34.31	950m: 10:55.44	34.54	1350m: 15:33.38	34.80
	200m: 2:14.35 34.66	600m: 6:52.41	34.73	1000m: 11:30.58	35.14	1400m: 16:08.06	34.68
	250m: 2:48.55 34.20	650m: 7:27.20	34.79	1050m: 12:05.31	34.73	1450m: 16:42.38	34.32
	300m: 3:23.34 34.79	700m: 8:01.97	34.77	1100m: 12:40.03	34.72	1500m: 17:14.65	32.27
	350m: 3:58.27 34.93	750m: 8:36.78	34.81	1150m: 13:14.56	34.53		
	400m: 4:33.48 35.21	800m: 9:11.33	34.55	1200m: 13:49.31	34.75		

Prova 34, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	Filipe Miguel Santo	00	Sporting	<b>17:16.77</b>	<b>+0,75</b>	<b>592</b>	
	50m: 29.87 29.87	450m: 5:04.24	34.45	850m: 9:41.36	34.36	1250m: 14:21.42	34.89
	100m: 1:02.85 32.98	500m: 5:39.29	35.05	900m: 10:16.48	35.12	1300m: 14:57.00	35.58
	150m: 1:36.44 33.59	550m: 6:13.84	34.55	950m: 10:50.93	34.45	1350m: 15:32.01	35.01
	200m: 2:10.70 34.26	600m: 6:48.70	34.86	1000m: 11:26.23	35.30	1400m: 16:07.52	35.51
	250m: 2:45.15 34.45	650m: 7:22.75	34.05	1050m: 12:00.81	34.58	1450m: 16:41.98	34.46
	300m: 3:20.15 35.00	700m: 7:57.89	35.14	1100m: 12:36.04	35.23	1500m: 17:16.77	34.79
	350m: 3:54.72 34.57	750m: 8:32.16	34.27	1150m: 13:10.95	34.91		
	400m: 4:29.79 35.07	800m: 9:07.00	34.84	1200m: 13:46.53	35.58		
31.	Tomas Gomes Oliveira	99	Nautico Marinha Grande	<b>17:17.63</b>	<b>+0,80</b>	<b>591</b>	
	50m: 30.29 30.29	450m: 5:02.37	34.54	850m: 9:41.80	34.94	1250m: 14:23.86	35.41
	100m: 1:03.77 33.48	500m: 5:37.21	34.84	900m: 10:16.70	34.90	1300m: 14:59.12	35.26
	150m: 1:37.00 33.23	550m: 6:11.88	34.67	950m: 10:52.12	35.42	1350m: 15:34.12	35.00
	200m: 2:10.80 33.80	600m: 6:47.08	35.20	1000m: 11:27.33	35.21	1400m: 16:09.25	35.13
	250m: 2:44.74 33.94	650m: 7:22.00	34.92	1050m: 12:02.64	35.31	1450m: 16:44.15	34.90
	300m: 3:19.03 34.29	700m: 7:57.03	35.03	1100m: 12:37.96	35.32	1500m: 17:17.63	33.48
	350m: 3:53.18 34.15	750m: 8:31.73	34.70	1150m: 13:13.21	35.25		
	400m: 4:27.83 34.65	800m: 9:06.86	35.13	1200m: 13:48.45	35.24		
32.	Joao Luis Travanca	97	Fluval Portuense	<b>17:17.82</b>	<b>+0,91</b>	<b>591</b>	
	50m: 29.68 29.68	450m: 4:59.58	34.89	850m: 9:40.49	35.49	1250m: 14:21.90	36.05
	100m: 1:02.06 32.38	500m: 5:34.17	34.59	900m: 10:15.78	35.29	1300m: 14:58.17	36.27
	150m: 1:35.46 33.40	550m: 6:08.80	34.63	950m: 10:50.56	34.78	1350m: 15:34.16	35.99
	200m: 2:09.09 33.63	600m: 6:43.36	34.56	1000m: 11:24.93	34.37	1400m: 16:09.83	35.67
	250m: 2:42.77 33.68	650m: 7:17.80	34.44	1050m: 11:59.54	34.61	1450m: 16:43.67	33.84
	300m: 3:16.23 33.46	700m: 7:53.16	35.36	1100m: 12:34.23	34.69	1500m: 17:17.82	34.15
	350m: 3:50.21 33.98	750m: 8:29.10	35.94	1150m: 13:09.79	35.56		
	400m: 4:24.69 34.48	800m: 9:05.00	35.90	1200m: 13:45.85	36.06		
33.	Bernardo Marques Goncalves	00	Galitos / Bresimar	<b>17:23.01</b>	<b>+0,73</b>	<b>582</b>	
	50m: 30.85 30.85	450m: 5:06.48	34.91	850m: 9:46.65	35.31	1250m: 14:29.58	35.46
	100m: 1:04.63 33.78	500m: 5:41.26	34.78	900m: 10:21.86	35.21	1300m: 15:04.65	35.07
	150m: 1:38.93 34.30	550m: 6:16.17	34.91	950m: 10:57.20	35.34	1350m: 15:39.98	35.33
	200m: 2:13.37 34.44	600m: 6:51.22	35.05	1000m: 11:32.70	35.50	1400m: 16:15.04	35.06
	250m: 2:47.73 34.36	650m: 7:26.25	35.03	1050m: 12:07.94	35.24	1450m: 16:49.75	34.71
	300m: 3:22.30 34.57	700m: 8:01.20	34.95	1100m: 12:43.36	35.42	1500m: 17:23.01	33.26
	350m: 3:56.97 34.67	750m: 8:36.34	35.14	1150m: 13:18.89	35.53		
	400m: 4:31.57 34.60	800m: 9:11.34	35.00	1200m: 13:54.12	35.23		
34.	Jose Maria Pereira	01	Sporting	<b>17:23.41</b>	<b>+0,73</b>	<b>581</b>	
	50m: 31.40 31.40	450m: 5:10.95	35.24	850m: 9:50.64	35.08	1250m: 14:30.72	35.00
	100m: 1:05.16 33.76	500m: 5:45.88	34.93	900m: 10:25.45	34.81	1300m: 15:05.69	34.97
	150m: 1:40.24 35.08	550m: 6:20.98	35.10	950m: 11:00.68	35.23	1350m: 15:40.68	34.99
	200m: 2:15.00 34.76	600m: 6:55.75	34.77	1000m: 11:35.57	34.89	1400m: 16:15.58	34.90
	250m: 2:50.48 35.48	650m: 7:30.93	35.18	1050m: 12:10.56	34.99	1450m: 16:50.19	34.61
	300m: 3:25.37 34.89	700m: 8:05.80	34.87	1100m: 12:45.46	34.90	1500m: 17:23.41	33.22
	350m: 4:00.87 35.50	750m: 8:40.95	35.15	1150m: 13:20.83	35.37		
	400m: 4:35.71 34.84	800m: 9:15.56	34.61	1200m: 13:55.72	34.89		
35.	Pedro Trindade Silva	98	Belenenses	<b>17:24.12</b>	<b>+0,78</b>	<b>580</b>	
	50m: 30.90 30.90	450m: 5:04.88	34.93	850m: 9:45.50	35.02	1250m: 14:28.27	35.42
	100m: 1:04.93 34.03	500m: 5:39.87	34.99	900m: 10:20.81	35.31	1300m: 15:03.75	35.48
	150m: 1:39.10 34.17	550m: 6:14.64	34.77	950m: 10:55.87	35.06	1350m: 15:39.35	35.60
	200m: 2:13.16 34.06	600m: 6:49.78	35.14	1000m: 11:31.05	35.18	1400m: 16:14.97	35.62
	250m: 2:46.97 33.81	650m: 7:24.76	34.98	1050m: 12:06.62	35.57	1450m: 16:50.01	35.04
	300m: 3:21.25 34.28	700m: 7:59.79	35.03	1100m: 12:41.85	35.23	1500m: 17:24.12	34.11
	350m: 3:55.45 34.20	750m: 8:34.97	35.18	1150m: 13:17.35	35.50		
	400m: 4:29.95 34.50	800m: 9:10.48	35.51	1200m: 13:52.85	35.50		

Prova 34, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	Jose Diogo Fonseca	98	Nautico Marinha Grande	<b>17:25.38</b>	<b>+0,75</b>	<b>578</b>	
	50m: 30.46 30.46	450m: 5:05.28 35.08	850m: 9:46.36 35.46	1250m: 14:30.05 35.56			
	100m: 1:04.01 33.55	500m: 5:40.21 34.93	900m: 10:21.73 35.37	1300m: 15:05.25 35.20			
	150m: 1:38.12 34.11	550m: 6:15.05 34.84	950m: 10:57.04 35.31	1350m: 15:40.83 35.58			
	200m: 2:12.44 34.32	600m: 6:49.93 34.88	1000m: 11:32.57 35.53	1400m: 16:16.55 35.72			
	250m: 2:46.57 34.13	650m: 7:25.06 35.13	1050m: 12:07.72 35.15	1450m: 16:51.90 35.35			
	300m: 3:20.96 34.39	700m: 8:00.23 35.17	1100m: 12:42.98 35.26	1500m: 17:25.38 33.48			
	350m: 3:55.57 34.61	750m: 8:35.81 35.58	1150m: 13:18.21 35.23				
	400m: 4:30.20 34.63	800m: 9:10.90 35.09	1200m: 13:54.49 36.28				
37.	Dario Fausto Matias	98	Torres Novas	<b>17:27.12</b>	<b>+0,77</b>	<b>575</b>	
	50m: 30.84 30.84	450m: 5:07.97 35.24	850m: 9:52.08 35.23	1250m: 14:36.69 35.76			
	100m: 1:05.24 34.40	500m: 5:43.35 35.38	900m: 10:27.51 35.43	1300m: 15:11.82 35.13			
	150m: 1:39.33 34.09	550m: 6:18.67 35.32	950m: 11:03.13 35.62	1350m: 15:46.62 34.80			
	200m: 2:13.65 34.32	600m: 6:54.32 35.65	1000m: 11:38.89 35.76	1400m: 16:21.64 35.02			
	250m: 2:48.25 34.60	650m: 7:29.75 35.43	1050m: 12:14.71 35.82	1450m: 16:56.26 34.62			
	300m: 3:22.93 34.68	700m: 8:05.76 36.01	1100m: 12:50.18 35.47	1500m: 17:27.12 30.86			
	350m: 3:57.87 34.94	750m: 8:41.21 35.45	1150m: 13:25.78 35.60				
	400m: 4:32.73 34.86	800m: 9:16.85 35.64	1200m: 14:00.93 35.15				
38.	Tiago Carlos Santos	98	Uniao Piedense	<b>17:27.14</b>	<b>+0,76</b>	<b>575</b>	
	50m: 30.72 30.72	450m: 5:02.95 34.63	850m: 9:44.26 36.25	1250m: 14:34.27 36.40			
	100m: 1:03.79 33.07	500m: 5:37.63 34.68	900m: 10:20.33 36.07	1300m: 15:10.27 36.00			
	150m: 1:37.68 33.89	550m: 6:12.30 34.67	950m: 10:56.84 36.51	1350m: 15:45.89 35.62			
	200m: 2:11.34 33.66	600m: 6:47.03 34.73	1000m: 11:32.91 36.07	1400m: 16:21.02 35.13			
	250m: 2:45.43 34.09	650m: 7:22.15 35.12	1050m: 12:09.26 36.35	1450m: 16:56.07 35.05			
	300m: 3:19.60 34.17	700m: 7:57.12 34.97	1100m: 12:45.30 36.04	1500m: 17:27.14 31.07			
	350m: 3:53.88 34.28	750m: 8:32.57 35.45	1150m: 13:21.80 36.50				
	400m: 4:28.32 34.44	800m: 9:08.01 35.44	1200m: 13:57.87 36.07				
39.	Goncalo Duarte Santos	00	Natacao de Faro	<b>17:30.82</b>	<b>+0,80</b>	<b>569</b>	
	50m: 31.60 31.60	450m: 5:10.99 34.97	850m: 9:51.88 35.22	1250m: 14:33.65 35.58			
	100m: 1:06.46 34.86	500m: 5:45.86 34.87	900m: 10:26.94 35.06	1300m: 15:09.08 35.43			
	150m: 1:41.28 34.82	550m: 6:20.89 35.03	950m: 11:02.23 35.29	1350m: 15:44.97 35.89			
	200m: 2:16.23 34.95	600m: 6:55.50 34.61	1000m: 11:37.11 34.88	1400m: 16:20.59 35.62			
	250m: 2:51.40 35.17	650m: 7:30.84 35.34	1050m: 12:12.46 35.35	1450m: 16:56.09 35.50			
	300m: 3:26.31 34.91	700m: 8:06.10 35.26	1100m: 12:47.58 35.12	1500m: 17:30.82 34.73			
	350m: 4:01.49 35.18	750m: 8:41.66 35.56	1150m: 13:22.86 35.28				
	400m: 4:36.02 34.53	800m: 9:16.66 35.00	1200m: 13:58.07 35.21				
40.	Joao Carvalho Diz	01	Nautico /Urgicentro-Sanfil	<b>17:35.21</b>	<b>+0,80</b>	<b>562</b>	
	50m: 31.52 31.52	450m: 5:11.02 34.97	850m: 9:51.73 35.22	1250m: 14:37.97 35.75			
	100m: 1:05.65 34.13	500m: 5:46.30 35.28	900m: 10:27.04 35.31	1300m: 15:13.30 35.33			
	150m: 1:40.47 34.82	550m: 6:21.24 34.94	950m: 11:02.77 35.73	1350m: 15:49.15 35.85			
	200m: 2:15.43 34.96	600m: 6:56.28 35.04	1000m: 11:37.97 35.20	1400m: 16:24.95 35.80			
	250m: 2:50.67 35.24	650m: 7:31.10 34.82	1050m: 12:14.06 36.09	1450m: 17:00.68 35.73			
	300m: 3:25.80 35.13	700m: 8:06.41 35.31	1100m: 12:50.17 36.11	1500m: 17:35.21 34.53			
	350m: 4:00.86 35.06	750m: 8:41.28 34.87	1150m: 13:26.38 36.21				
	400m: 4:36.05 35.19	800m: 9:16.51 35.23	1200m: 14:02.22 35.84				
41.	Daniel Nogueira Catalao	00	Uniao Piedense	<b>17:35.40</b>	<b>+0,80</b>	<b>562</b>	
	50m: 32.17 32.17	450m: 5:12.24 35.16	850m: 9:53.60 35.57	1250m: 14:39.67 36.57			
	100m: 1:06.82 34.65	500m: 5:47.08 34.84	900m: 10:29.36 35.76	1300m: 15:14.81 35.14			
	150m: 1:41.81 34.99	550m: 6:22.26 35.18	950m: 11:05.26 35.90	1350m: 15:50.78 35.97			
	200m: 2:17.24 35.43	600m: 6:57.67 35.41	1000m: 11:41.15 35.89	1400m: 16:26.73 35.95			
	250m: 2:52.79 35.55	650m: 7:32.55 34.88	1050m: 12:17.04 35.89	1450m: 17:02.40 35.67			
	300m: 3:27.29 34.50	700m: 8:07.64 35.09	1100m: 12:51.90 34.86	1500m: 17:35.40 33.00			
	350m: 4:02.14 34.85	750m: 8:42.98 35.34	1150m: 13:27.31 35.41				
	400m: 4:37.08 34.94	800m: 9:18.03 35.05	1200m: 14:03.10 35.79				

Prova 34, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	Daniel Silva Bessa	99	Aquatico Pacense	<b>17:35.43</b>	<b>+0,83</b>	<b>562</b>	
	50m: 32.23 32.23	450m: 5:11.60 35.28	850m: 9:54.03 35.73	1250m: 14:40.21 35.89			
	100m: 1:06.68 34.45	500m: 5:46.55 34.95	900m: 10:29.51 35.48	1300m: 15:16.02 35.81			
	150m: 1:41.74 35.06	550m: 6:21.84 35.29	950m: 11:05.52 36.01	1350m: 15:51.90 35.88			
	200m: 2:16.63 34.89	600m: 6:56.90 35.06	1000m: 11:41.01 35.49	1400m: 16:27.38 35.48			
	250m: 2:51.52 34.89	650m: 7:32.07 35.17	1050m: 12:16.93 35.92	1450m: 17:02.64 35.26			
	300m: 3:26.19 34.67	700m: 8:07.54 35.47	1100m: 12:52.50 35.57	1500m: 17:35.43 32.79			
	350m: 4:01.37 35.18	750m: 8:42.94 35.40	1150m: 13:28.48 35.98				
	400m: 4:36.32 34.95	800m: 9:18.30 35.36	1200m: 14:04.32 35.84				
43.	David Dias Lima	00	Vilacondense	<b>17:37.54</b>	<b>+0,79</b>	<b>558</b>	
	50m: 31.35 31.35	450m: 5:11.43 35.41	850m: 9:54.26 35.94	1250m: 14:40.11 35.08			
	100m: 1:05.28 33.93	500m: 5:46.07 34.64	900m: 10:30.23 35.97	1300m: 15:16.13 36.02			
	150m: 1:40.04 34.76	550m: 6:21.10 35.03	950m: 11:06.38 36.15	1350m: 15:52.29 36.16			
	200m: 2:15.11 35.07	600m: 6:55.97 34.87	1000m: 11:42.34 35.96	1400m: 16:27.81 35.52			
	250m: 2:50.79 35.68	650m: 7:31.32 35.35	1050m: 12:17.66 35.32	1450m: 17:02.32 34.51			
	300m: 3:26.49 35.70	700m: 8:06.88 35.56	1100m: 12:53.55 35.89	1500m: 17:37.54 35.22			
	350m: 4:01.42 34.93	750m: 8:42.71 35.83	1150m: 13:29.37 35.82				
	400m: 4:36.02 34.60	800m: 9:18.32 35.61	1200m: 14:05.03 35.66				
44.	Rui Miguel Pires	01	Nautico Marinha Grande	<b>17:38.72</b>	<b>+0,70</b>	<b>556</b>	
	50m: 31.39 31.39	450m: 5:14.57 35.60	850m: 9:59.64 35.07	1250m: 14:43.83 35.04			
	100m: 1:05.78 34.39	500m: 5:50.50 35.93	900m: 10:35.54 35.90	1300m: 15:19.96 36.13			
	150m: 1:41.50 35.72	550m: 6:25.88 35.38	950m: 11:10.85 35.31	1350m: 15:55.18 35.22			
	200m: 2:17.01 35.51	600m: 7:01.70 35.82	1000m: 11:47.00 36.15	1400m: 16:30.33 35.15			
	250m: 2:52.26 35.25	650m: 7:37.38 35.68	1050m: 12:22.42 35.42	1450m: 17:05.35 35.02			
	300m: 3:27.71 35.45	700m: 8:13.25 35.87	1100m: 12:57.96 35.54	1500m: 17:38.72 33.37			
	350m: 4:03.34 35.63	750m: 8:48.70 35.45	1150m: 13:33.00 35.04				
	400m: 4:38.97 35.63	800m: 9:24.57 35.87	1200m: 14:08.79 35.79				
45.	Diogo Ramos Lebre	01	Sporting de Aveiro	<b>17:39.59</b>	<b>+0,83</b>	<b>555</b>	
	50m: 32.49 32.49	450m: 5:18.31 35.17	850m: 9:59.50 35.22	1250m: 14:44.27 35.58			
	100m: 1:08.05 35.56	500m: 5:53.73 35.42	900m: 10:34.82 35.32	1300m: 15:19.85 35.58			
	150m: 1:43.81 35.76	550m: 6:28.90 35.17	950m: 11:10.46 35.64	1350m: 15:55.47 35.62			
	200m: 2:20.00 36.19	600m: 7:04.10 35.20	1000m: 11:46.22 35.76	1400m: 16:30.92 35.45			
	250m: 2:56.03 36.03	650m: 7:39.18 35.08	1050m: 12:22.06 35.84	1450m: 17:06.03 35.11			
	300m: 3:32.09 36.06	700m: 8:14.06 34.88	1100m: 12:57.46 35.40	1500m: 17:39.59 33.56			
	350m: 4:07.59 35.50	750m: 8:49.22 35.16	1150m: 13:32.94 35.48				
	400m: 4:43.14 35.55	800m: 9:24.28 35.06	1200m: 14:08.69 35.75				
46.	Pedro Barata Neves	00	Laranjeiro	<b>17:50.77</b>	<b>+0,70</b>	<b>538</b>	
	50m: 32.94 32.94	450m: 5:19.69 36.40	850m: 10:08.20 36.40	1250m: 14:57.25 36.11			
	100m: 1:07.94 35.00	500m: 5:55.71 36.02	900m: 10:44.23 36.03	1300m: 15:32.82 35.57			
	150m: 1:43.73 35.79	550m: 6:31.63 35.92	950m: 11:20.56 36.33	1350m: 16:08.78 35.96			
	200m: 2:19.42 35.69	600m: 7:07.90 36.27	1000m: 11:56.86 36.30	1400m: 16:44.12 35.34			
	250m: 2:55.57 36.15	650m: 7:44.13 36.23	1050m: 12:33.03 36.17	1450m: 17:18.72 34.60			
	300m: 3:31.36 35.79	700m: 8:19.91 35.78	1100m: 13:09.28 36.25	1500m: 17:50.77 32.05			
	350m: 4:07.50 36.14	750m: 8:55.77 35.86	1150m: 13:45.12 35.84				
	400m: 4:43.29 35.79	800m: 9:31.80 36.03	1200m: 14:21.14 36.02				
47.	Joao Ribeiro Sousa	01	Porto	<b>17:51.55</b>	<b>+0,64</b>	<b>537</b>	
	50m: 31.27 31.27	450m: 5:18.81 36.09	850m: 10:04.39 35.17	1250m: 14:54.50 35.89			
	100m: 1:06.83 35.56	500m: 5:54.67 35.86	900m: 10:41.32 36.93	1300m: 15:31.19 36.69			
	150m: 1:42.18 35.35	550m: 6:30.39 35.72	950m: 11:17.37 36.05	1350m: 16:06.64 35.45			
	200m: 2:17.59 35.41	600m: 7:05.69 35.30	1000m: 11:53.42 36.05	1400m: 16:42.91 36.27			
	250m: 2:53.76 36.17	650m: 7:40.88 35.19	1050m: 12:29.10 35.68	1450m: 17:17.36 34.45			
	300m: 3:30.21 36.45	700m: 8:17.09 36.21	1100m: 13:05.83 36.73	1500m: 17:51.55 34.19			
	350m: 4:06.45 36.24	750m: 8:52.44 35.35	1150m: 13:41.98 36.15				
	400m: 4:42.72 36.27	800m: 9:29.22 36.78	1200m: 14:18.61 36.63				



Prova 34, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
48.	Tomas Quintas Neves	00	Desportiva de Viana	<b>17:59.08</b>	<b>+0,86</b>	<b>525</b>	
	50m: 30.72 30.72	450m: 5:10.64 35.91	850m: 10:02.43 36.64	1250m: 14:58.03 37.22			
	100m: 1:04.41 33.69	500m: 5:46.68 36.04	900m: 10:39.50 37.07	1300m: 15:35.17 37.14			
	150m: 1:38.80 34.39	550m: 6:22.61 35.93	950m: 11:16.39 36.89	1350m: 16:11.73 36.56			
	200m: 2:13.60 34.80	600m: 6:59.19 36.58	1000m: 11:53.89 37.50	1400m: 16:48.35 36.62			
	250m: 2:48.69 35.09	650m: 7:35.35 36.16	1050m: 12:30.69 36.80	1450m: 17:24.10 35.75			
	300m: 3:24.03 35.34	700m: 8:11.86 36.51	1100m: 13:07.41 36.72	1500m: 17:59.08 34.98			
	350m: 3:59.55 35.52	750m: 8:48.70 36.84	1150m: 13:43.72 36.31				
	400m: 4:34.73 35.18	800m: 9:25.79 37.09	1200m: 14:20.81 37.09				
49.	Tiago Douwens Paula	99	Sporting	<b>17:59.79</b>	<b>+0,75</b>	<b>524</b>	
	50m: 31.24 31.24	450m: 5:15.49 36.59	850m: 10:07.13 37.13	1250m: 14:59.14 36.94			
	100m: 1:05.29 34.05	500m: 5:51.49 36.00	900m: 10:43.41 36.28	1300m: 15:35.87 36.73			
	150m: 1:40.29 35.00	550m: 6:28.18 36.69	950m: 11:20.21 36.80	1350m: 16:12.66 36.79			
	200m: 2:15.43 35.14	600m: 7:04.41 36.23	1000m: 11:56.43 36.22	1400m: 16:49.06 36.40			
	250m: 2:50.97 35.54	650m: 7:41.32 36.91	1050m: 12:32.75 36.32	1450m: 17:25.33 36.27			
	300m: 3:26.75 35.78	700m: 8:17.19 35.87	1100m: 13:09.23 36.48	1500m: 17:59.79 34.46			
	350m: 4:02.95 36.20	750m: 8:53.90 36.71	1150m: 13:46.20 36.97				
	400m: 4:38.90 35.95	800m: 9:30.00 36.10	1200m: 14:22.20 36.00				
50.	Joao Diogo Soares	00	Fluval Portuense	<b>18:00.33</b>	<b>+0,74</b>	<b>524</b>	
	50m: 31.13 31.13	450m: 5:10.39 35.71	850m: 10:02.50 37.20	1250m: 14:57.93 36.95			
	100m: 1:04.89 33.76	500m: 5:46.20 35.81	900m: 10:39.25 36.75	1300m: 15:34.92 36.99			
	150m: 1:39.22 34.33	550m: 6:21.92 35.72	950m: 11:16.05 36.80	1350m: 16:11.83 36.91			
	200m: 2:14.00 34.78	600m: 6:58.39 36.47	1000m: 11:53.51 37.46	1400m: 16:48.75 36.92			
	250m: 2:48.94 34.94	650m: 7:34.87 36.48	1050m: 12:30.32 36.81	1450m: 17:25.19 36.44			
	300m: 3:24.05 35.11	700m: 8:11.65 36.78	1100m: 13:07.15 36.83	1500m: 18:00.33 35.14			
	350m: 3:59.42 35.37	750m: 8:48.39 36.74	1150m: 13:44.01 36.86				
	400m: 4:34.68 35.26	800m: 9:25.30 36.91	1200m: 14:20.98 36.97				
51.	Joao Eduardo Ilha	98	Natacao Olhao	<b>18:00.87</b>	<b>+0,84</b>	<b>523</b>	
	50m: 30.27 30.27	450m: 5:16.26 36.26	850m: 10:08.92 36.62	1250m: 15:02.50 36.95			
	100m: 1:04.54 34.27	500m: 5:52.70 36.44	900m: 10:45.50 36.58	1300m: 15:39.37 36.87			
	150m: 1:39.70 35.16	550m: 6:29.30 36.60	950m: 11:22.43 36.93	1350m: 16:16.08 36.71			
	200m: 2:15.18 35.48	600m: 7:05.93 36.63	1000m: 11:58.33 35.90	1400m: 16:52.79 36.71			
	250m: 2:51.16 35.98	650m: 7:42.24 36.31	1050m: 12:35.29 36.96	1450m: 17:28.79 36.00			
	300m: 3:27.13 35.97	700m: 8:18.69 36.45	1100m: 13:12.25 36.96	1500m: 18:00.87 32.08			
	350m: 4:03.66 36.53	750m: 8:55.60 36.91	1150m: 13:48.85 36.60				
	400m: 4:40.00 36.34	800m: 9:32.30 36.70	1200m: 14:25.55 36.70				
52.	Diogo Franco Martins	01	Assoc.20km-Almeirim	<b>18:01.52</b>	<b>+0,84</b>	<b>522</b>	
	50m: 32.39 32.39	450m: 5:21.62 35.93	850m: 10:09.66 36.42	1250m: 15:00.53 36.02			
	100m: 1:08.13 35.74	500m: 5:57.08 35.46	900m: 10:46.16 36.50	1300m: 15:36.75 36.22			
	150m: 1:44.51 36.38	550m: 6:32.59 35.51	950m: 11:22.29 36.13	1350m: 16:13.49 36.74			
	200m: 2:20.23 35.72	600m: 7:08.13 35.54	1000m: 11:58.80 36.51	1400m: 16:50.05 36.56			
	250m: 2:56.95 36.72	650m: 7:44.28 36.15	1050m: 12:35.20 36.40	1450m: 17:26.43 36.38			
	300m: 3:33.27 36.32	700m: 8:20.80 36.52	1100m: 13:11.74 36.54	1500m: 18:01.52 35.09			
	350m: 4:09.25 35.98	750m: 8:57.13 36.33	1150m: 13:48.12 36.38				
	400m: 4:45.69 36.44	800m: 9:33.24 36.11	1200m: 14:24.51 36.39				
53.	Tiago Miguel Novais	00	Desportiva de Viana	<b>18:02.54</b>	<b>+0,78</b>	<b>520</b>	
	50m: 30.61 30.61	450m: 5:18.39 36.18	850m: 10:09.40 35.95	1250m: 15:01.22 36.67			
	100m: 1:05.67 35.06	500m: 5:54.65 36.26	900m: 10:45.47 36.07	1300m: 15:38.49 37.27			
	150m: 1:41.10 35.43	550m: 6:30.83 36.18	950m: 11:21.88 36.41	1350m: 16:15.06 36.57			
	200m: 2:16.82 35.72	600m: 7:07.25 36.42	1000m: 11:58.12 36.24	1400m: 16:52.19 37.13			
	250m: 2:52.88 36.06	650m: 7:43.66 36.41	1050m: 12:34.62 36.50	1450m: 17:28.01 35.82			
	300m: 3:29.27 36.39	700m: 8:20.81 37.15	1100m: 13:11.14 36.52	1500m: 18:02.54 34.53			
	350m: 4:05.93 36.66	750m: 8:57.73 36.92	1150m: 13:47.69 36.55				
	400m: 4:42.21 36.28	800m: 9:33.45 35.72	1200m: 14:24.55 36.86				

Prova 34, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	Alexandre Magno Carvalho	98	Fluval Portuense	<b>18:03.96</b>	<b>+0,68</b>	<b>518</b>	
	50m: 30.31 30.31	450m: 5:10.25 36.15	850m: 10:03.75 37.08	1250m: 15:01.52 37.97			
	100m: 1:03.85 33.54	500m: 5:46.13 35.88	900m: 10:41.13 37.38	1300m: 15:38.14 36.62			
	150m: 1:38.08 34.23	550m: 6:22.85 36.72	950m: 11:18.19 37.06	1350m: 16:15.05 36.91			
	200m: 2:12.94 34.86	600m: 6:59.65 36.80	1000m: 11:55.46 37.27	1400m: 16:51.62 36.57			
	250m: 2:47.58 34.64	650m: 7:36.38 36.73	1050m: 12:32.65 37.19	1450m: 17:28.30 36.68			
	300m: 3:22.92 35.34	700m: 8:13.14 36.76	1100m: 13:09.63 36.98	1500m: 18:03.96 35.66			
	350m: 3:58.53 35.61	750m: 8:49.81 36.67	1150m: 13:47.08 37.45				
	400m: 4:34.10 35.57	800m: 9:26.67 36.86	1200m: 14:23.55 36.47				
55.	Joao Leite Saraiva	01	Famalicao	<b>18:05.85</b>	<b>+0,87</b>	<b>516</b>	
	50m: 32.13 32.13	450m: 5:19.50 36.14	850m: 10:09.53 36.54	1250m: 15:03.70 37.13			
	100m: 1:07.53 35.40	500m: 5:55.88 36.38	900m: 10:46.20 36.67	1300m: 15:40.96 37.26			
	150m: 1:43.14 35.61	550m: 6:32.02 36.14	950m: 11:22.66 36.46	1350m: 16:18.02 37.06			
	200m: 2:19.03 35.89	600m: 7:08.26 36.24	1000m: 11:58.93 36.27	1400m: 16:54.55 36.53			
	250m: 2:54.41 35.38	650m: 7:44.49 36.23	1050m: 12:35.29 36.36	1450m: 17:30.92 36.37			
	300m: 3:30.27 35.86	700m: 8:21.00 36.51	1100m: 13:12.36 37.07	1500m: 18:05.85 34.93			
	350m: 4:06.75 36.48	750m: 8:57.38 36.38	1150m: 13:49.38 37.02				
	400m: 4:43.36 36.61	800m: 9:32.99 35.61	1200m: 14:26.57 37.19				
56.	Joao Mano Costa	01	Braga	<b>18:10.61</b>	<b>+0,84</b>	<b>509</b>	
	50m: 31.68 31.68	450m: 5:16.57 36.11	850m: 10:12.04 36.59	1250m: 15:07.17 36.55			
	100m: 1:06.51 34.83	500m: 5:53.26 36.69	900m: 10:48.88 36.84	1300m: 15:44.09 36.92			
	150m: 1:41.41 34.90	550m: 6:30.00 36.74	950m: 11:25.72 36.84	1350m: 16:20.22 36.13			
	200m: 2:16.98 35.57	600m: 7:07.22 37.22	1000m: 12:02.72 37.00	1400m: 16:58.34 38.12			
	250m: 2:52.19 35.21	650m: 7:44.01 36.79	1050m: 12:39.53 36.81	1450m: 17:34.85 36.51			
	300m: 3:28.48 36.29	700m: 8:21.12 37.11	1100m: 13:16.69 37.16	1500m: 18:10.61 35.76			
	350m: 4:04.36 35.88	750m: 8:58.36 37.24	1150m: 13:53.49 36.80				
	400m: 4:40.46 36.10	800m: 9:35.45 37.09	1200m: 14:30.62 37.13				
57.	Joao Pedro Chagas	01	Tavira Natacao	<b>18:14.39</b>	<b>+0,80</b>	<b>504</b>	
	50m: 32.22 32.22	450m: 5:19.42 36.18	850m: 10:13.73 37.03	1250m: 15:13.27 37.54			
	100m: 1:08.22 36.00	500m: 5:55.75 36.33	900m: 10:50.89 37.16	1300m: 15:50.77 37.50			
	150m: 1:43.93 35.71	550m: 6:32.16 36.41	950m: 11:28.14 37.25	1350m: 16:27.66 36.89			
	200m: 2:19.70 35.77	600m: 7:09.03 36.87	1000m: 12:05.74 37.60	1400m: 17:04.91 37.25			
	250m: 2:55.22 35.52	650m: 7:45.51 36.48	1050m: 12:43.32 37.58	1450m: 17:41.60 36.69			
	300m: 3:31.08 35.86	700m: 8:22.43 36.92	1100m: 13:20.79 37.47	1500m: 18:14.39 32.79			
	350m: 4:06.99 35.91	750m: 8:59.54 37.11	1150m: 13:58.12 37.33				
	400m: 4:43.24 36.25	800m: 9:36.70 37.16	1200m: 14:35.73 37.61				
58.	David Joao Tinoco	01	Columbofila Cantanhedense	<b>18:15.09</b>	<b>+0,61</b>	<b>503</b>	
	50m: 32.18 32.18	450m: 5:19.90 36.73	850m: 10:13.62 37.08	1250m: 15:11.36 37.00			
	100m: 1:07.17 34.99	500m: 5:56.02 36.12	900m: 10:50.92 37.30	1300m: 15:48.85 37.49			
	150m: 1:42.90 35.73	550m: 6:32.67 36.65	950m: 11:27.65 36.73	1350m: 16:25.95 37.10			
	200m: 2:18.14 35.24	600m: 7:09.29 36.62	1000m: 12:05.04 37.39	1400m: 17:03.36 37.41			
	250m: 2:54.35 36.21	650m: 7:45.89 36.60	1050m: 12:42.56 37.52	1450m: 17:40.39 37.03			
	300m: 3:30.51 36.16	700m: 8:22.59 36.70	1100m: 13:19.83 37.27	1500m: 18:15.09 34.70			
	350m: 4:06.67 36.16	750m: 8:59.60 37.01	1150m: 13:56.70 36.87				
	400m: 4:43.17 36.50	800m: 9:36.54 36.94	1200m: 14:34.36 37.66				
59.	Rui Jorge Lopes	00	CLAC-Entroncamento	<b>18:18.69</b>	<b>+0,83</b>	<b>498</b>	
	50m: 31.79 31.79	450m: 5:18.90 36.03	850m: 10:11.42 36.71	1250m: 15:11.34 37.87			
	100m: 1:06.50 34.71	500m: 5:55.12 36.22	900m: 10:48.56 37.14	1300m: 15:49.13 37.79			
	150m: 1:42.35 35.85	550m: 6:31.06 35.94	950m: 11:25.78 37.22	1350m: 16:26.70 37.57			
	200m: 2:18.14 35.79	600m: 7:07.53 36.47	1000m: 12:03.27 37.49	1400m: 17:04.27 37.57			
	250m: 2:54.16 36.02	650m: 7:44.00 36.47	1050m: 12:41.10 37.83	1450m: 17:41.69 37.42			
	300m: 3:30.26 36.10	700m: 8:20.94 36.94	1100m: 13:18.46 37.36	1500m: 18:18.69 37.00			
	350m: 4:06.63 36.37	750m: 8:57.89 36.95	1150m: 13:55.96 37.50				
	400m: 4:42.87 36.24	800m: 9:34.71 36.82	1200m: 14:33.47 37.51				

Prova 34, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
60.	Pedro Simoes Rodrigues	01	Nautico /Urgicentro-Sanfil	<b>18:26.01</b>	<b>+0,81</b>	<b>488</b>	
	50m: 32.56 32.56	450m: 5:24.94 37.25	850m: 10:23.84 37.76	1250m: 15:23.03 37.08			
	100m: 1:07.97 35.41	500m: 6:02.21 37.27	900m: 11:01.48 37.64	1300m: 16:00.37 37.34			
	150m: 1:44.35 36.38	550m: 6:39.36 37.15	950m: 11:38.76 37.28	1350m: 16:37.55 37.18			
	200m: 2:20.45 36.10	600m: 7:16.67 37.31	1000m: 12:15.94 37.18	1400m: 17:14.35 36.80			
	250m: 2:57.03 36.58	650m: 7:54.46 37.79	1050m: 12:53.70 37.76	1450m: 17:51.40 37.05			
	300m: 3:33.68 36.65	700m: 8:31.77 37.31	1100m: 13:31.49 37.79	1500m: 18:26.01 34.61			
	350m: 4:10.79 37.11	750m: 9:08.84 37.07	1150m: 14:09.10 37.61				
	400m: 4:47.69 36.90	800m: 9:46.08 37.24	1200m: 14:45.95 36.85				

Prova 34 Masc., 1500m Livres Juniores Resultados

Rec Nac	Tempo	Nome	País	Local	Data
Rec Nac Absoluto	15:16.22	Fernando Eurico Costa	POR	Bangkok (THA)	14-08-2007
Rec Nac Jun17	15:43.45	Guilherme Filipe Pina	POR	Singapore (SIN)	30-08-2015
Rec Nac Jun18	15:34.51	Fernando Eurico Costa	POR	Luxemburgo (LUX)	24-01-2003

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Guilherme Filipe Pina	98	Benedita	<b>15:31.96</b>	<b>+0,73</b>	<b>816</b>	
	<i>Recorde Nacional, Jun 18 e minimos CEJun</i>						
	50m: 28.75 28.75	450m: 4:38.38 31.09	850m: 8:48.05 31.18	1250m: 12:57.31 31.36			
	100m: 59.47 30.72	500m: 5:09.70 31.32	900m: 9:19.06 31.01	1300m: 13:28.54 31.23			
	150m: 1:30.76 31.29	550m: 5:40.79 31.09	950m: 9:50.22 31.16	1350m: 13:59.75 31.21			
	200m: 2:02.18 31.42	600m: 6:11.94 31.15	1000m: 10:21.23 31.01	1400m: 14:30.95 31.20			
	250m: 2:33.50 31.32	650m: 6:43.15 31.21	1050m: 10:52.61 31.38	1450m: 15:02.14 31.19			
	300m: 3:04.76 31.26	700m: 7:14.50 31.35	1100m: 11:23.60 30.99	1500m: 15:31.96 29.82			
	350m: 3:36.03 31.27	750m: 7:45.76 31.26	1150m: 11:54.91 31.31				
	400m: 4:07.29 31.26	800m: 8:16.87 31.11	1200m: 12:25.95 31.04				
2.	Antonio Fernando Pinto	99	Lousada SXXI	<b>16:03.26</b>	<b>+0,72</b>	<b>739</b>	
	50m: 28.58 28.58	450m: 4:46.54 32.20	850m: 9:03.93 32.31	1250m: 13:22.21 32.24			
	100m: 1:00.45 31.87	500m: 5:19.00 32.46	900m: 9:36.21 32.28	1300m: 13:54.99 32.78			
	150m: 1:32.55 32.10	550m: 5:51.08 32.08	950m: 10:08.20 31.99	1350m: 14:27.30 32.31			
	200m: 2:04.65 32.10	600m: 6:23.24 32.16	1000m: 10:40.52 32.32	1400m: 14:59.68 32.38			
	250m: 2:36.86 32.21	650m: 6:54.99 31.75	1050m: 11:12.73 32.21	1450m: 15:31.56 31.88			
	300m: 3:09.54 32.68	700m: 7:27.47 32.48	1100m: 11:45.10 32.37	1500m: 16:03.26 31.70			
	350m: 3:41.83 32.29	750m: 7:59.38 31.91	1150m: 12:17.13 32.03				
	400m: 4:14.34 32.51	800m: 8:31.62 32.24	1200m: 12:49.97 32.84				
3.	Jose Paula Carvalho	98	Uniao Piedense	<b>16:12.10</b>	<b>+0,70</b>	<b>719</b>	
	<i>minimos CEJun parcial aos 800 m</i>						
	50m: 27.94 27.94	450m: 4:40.18 31.72	850m: 8:59.75 41.73	1250m: 13:30.82 33.44			
	100m: 58.68 30.74	500m: 5:12.09 31.91	900m: 9:33.71 33.96	1300m: 14:04.23 33.41			
	150m: 1:30.29 31.61	550m: 5:44.05 31.96	950m: 10:08.08 34.37	1350m: 14:37.15 32.92			
	200m: 2:01.82 31.53	600m: 6:15.95 31.90	1000m: 10:42.21 34.13	1400m: 15:10.30 33.15			
	250m: 2:33.50 31.68	650m: 6:47.00 31.05	1050m: 11:16.08 33.87	1450m: 15:42.48 32.18			
	300m: 3:05.09 31.59	700m: 7:18.97 31.97	1100m: 11:49.83 33.75	1500m: 16:12.10 29.62			
	350m: 3:36.59 31.50	750m: 7:49.11 30.14	1150m: 12:24.17 34.34				
	400m: 4:08.46 31.87	800m: 8:18.02 28.91	1200m: 12:57.38 33.21				

Prova 34, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	<b>Diogo Manuel Marques</b>	98	Columbofila Cantanhedense	<b>16:21.90</b>	<b>+0,74</b>	<b>698</b>	
	50m: 29.17 29.17	450m: 4:48.61 32.42	850m: 9:12.01 33.26	1250m: 13:37.76 33.38			
	100m: 1:01.30 32.13	500m: 5:21.15 32.54	900m: 9:44.70 32.69	1300m: 14:11.37 33.61			
	150m: 1:33.68 32.38	550m: 5:54.07 32.92	950m: 10:17.76 33.06	1350m: 14:44.20 32.83			
	200m: 2:06.55 32.87	600m: 6:27.00 32.93	1000m: 10:51.14 33.38	1400m: 15:17.16 32.96			
	250m: 2:38.49 31.94	650m: 6:59.69 32.69	1050m: 11:24.36 33.22	1450m: 15:50.10 32.94			
	300m: 3:11.12 32.63	700m: 7:32.65 32.96	1100m: 11:57.72 33.36	1500m: 16:21.90 31.80			
	350m: 3:43.43 32.31	750m: 8:05.75 33.10	1150m: 12:30.90 33.18				
	400m: 4:16.19 32.76	800m: 8:38.75 33.00	1200m: 13:04.38 33.48				
5.	<b>Tiago Cunha Costa</b>	99	Sporting	<b>16:33.40</b>	<b>+0,70</b>	<b>674</b>	
	50m: 30.35 30.35	450m: 4:53.70 33.05	850m: 9:19.48 33.39	1250m: 13:46.93 33.32			
	100m: 1:02.90 32.55	500m: 5:26.79 33.09	900m: 9:53.04 33.56	1300m: 14:20.53 33.60			
	150m: 1:35.58 32.68	550m: 5:59.78 32.99	950m: 10:26.26 33.22	1350m: 14:53.88 33.35			
	200m: 2:08.72 33.14	600m: 6:33.06 33.28	1000m: 10:59.82 33.56	1400m: 15:27.58 33.70			
	250m: 2:41.55 32.83	650m: 7:06.08 33.02	1050m: 11:33.37 33.55	1450m: 16:00.98 33.40			
	300m: 3:14.59 33.04	700m: 7:39.21 33.13	1100m: 12:06.72 33.35	1500m: 16:33.40 32.42			
	350m: 3:47.51 32.92	750m: 8:12.62 33.41	1150m: 12:40.06 33.34				
	400m: 4:20.65 33.14	800m: 8:46.09 33.47	1200m: 13:13.61 33.55				
6.	<b>Miguel Ribeiro Bate</b>	99	Alges	<b>16:43.21</b>	<b>+0,80</b>	<b>654</b>	
	50m: 29.71 29.71	450m: 4:56.62 33.19	850m: 9:22.34 33.48	1250m: 13:53.50 34.54			
	100m: 1:02.54 32.83	500m: 5:29.93 33.31	900m: 9:56.00 33.66	1300m: 14:28.07 34.57			
	150m: 1:35.81 33.27	550m: 6:02.89 32.96	950m: 10:29.48 33.48	1350m: 15:02.46 34.39			
	200m: 2:09.18 33.37	600m: 6:35.87 32.98	1000m: 11:03.21 33.73	1400m: 15:36.64 34.18			
	250m: 2:42.61 33.43	650m: 7:09.14 33.27	1050m: 11:36.92 33.71	1450m: 16:10.73 34.09			
	300m: 3:16.29 33.68	700m: 7:42.24 33.10	1100m: 12:10.99 34.07	1500m: 16:43.21 32.48			
	350m: 3:49.79 33.50	750m: 8:15.56 33.32	1150m: 12:44.90 33.91				
	400m: 4:23.43 33.64	800m: 8:48.86 33.30	1200m: 13:18.96 34.06				
7.	<b>Tiago Filipe Campos</b>	99	Scalabiswim	<b>16:45.80</b>	<b>+0,85</b>	<b>649</b>	
	50m: 29.68 29.68	450m: 4:56.01 33.89	850m: 9:28.38 34.31	1250m: 14:00.47 33.95			
	100m: 1:02.67 32.99	500m: 5:29.76 33.75	900m: 10:02.57 34.19	1300m: 14:34.49 34.02			
	150m: 1:35.94 33.27	550m: 6:03.63 33.87	950m: 10:36.88 34.31	1350m: 15:08.52 34.03			
	200m: 2:09.35 33.41	600m: 6:37.62 33.99	1000m: 11:10.75 33.87	1400m: 15:41.32 32.80			
	250m: 2:42.50 33.15	650m: 7:11.60 33.98	1050m: 11:44.91 34.16	1450m: 16:14.62 33.30			
	300m: 3:15.47 32.97	700m: 7:45.73 34.13	1100m: 12:18.84 33.93	1500m: 16:45.80 31.18			
	350m: 3:48.83 33.36	750m: 8:19.82 34.09	1150m: 12:52.93 34.09				
	400m: 4:22.12 33.29	800m: 8:54.07 34.25	1200m: 13:26.52 33.59				
8.	<b>Afonso Calais Queiroga</b>	98	Uniao Piedense	<b>17:09.26</b>	<b>+0,62</b>	<b>606</b>	
	50m: 29.67 29.67	450m: 4:57.03 34.01	850m: 9:34.40 34.99	1250m: 14:15.10 35.55			
	100m: 1:02.39 32.72	500m: 5:31.09 34.06	900m: 10:09.12 34.72	1300m: 14:50.00 34.90			
	150m: 1:35.35 32.96	550m: 6:05.38 34.29	950m: 10:45.01 35.89	1350m: 15:25.53 35.53			
	200m: 2:08.82 33.47	600m: 6:40.03 34.65	1000m: 11:20.32 35.31	1400m: 16:00.12 34.59			
	250m: 2:42.47 33.65	650m: 7:14.75 34.72	1050m: 11:55.48 35.16	1450m: 16:35.17 35.05			
	300m: 3:15.78 33.31	700m: 7:49.00 34.25	1100m: 12:30.17 34.69	1500m: 17:09.26 34.09			
	350m: 3:49.30 33.52	750m: 8:24.29 35.29	1150m: 13:04.68 34.51				
	400m: 4:23.02 33.72	800m: 8:59.41 35.12	1200m: 13:39.55 34.87				
9.	<b>Joao Santos Mendes</b>	98	Leixoes	<b>17:09.96</b>	<b>+0,71</b>	<b>604</b>	
	50m: 29.54 29.54	450m: 5:02.31 34.91	850m: 9:40.54 34.06	1250m: 14:19.66 34.35			
	100m: 1:02.52 32.98	500m: 5:37.39 35.08	900m: 10:15.27 34.73	1300m: 14:54.49 34.83			
	150m: 1:36.03 33.51	550m: 6:12.55 35.16	950m: 10:50.32 35.05	1350m: 15:29.38 34.89			
	200m: 2:09.75 33.72	600m: 6:47.24 34.69	1000m: 11:25.47 35.15	1400m: 16:04.58 35.20			
	250m: 2:43.85 34.10	650m: 7:21.72 34.48	1050m: 12:00.23 34.76	1450m: 16:37.53 32.95			
	300m: 3:18.16 34.31	700m: 7:56.36 34.64	1100m: 12:35.41 35.18	1500m: 17:09.96 32.43			
	350m: 3:52.60 34.44	750m: 8:31.77 35.41	1150m: 13:10.34 34.93				
	400m: 4:27.40 34.80	800m: 9:06.48 34.71	1200m: 13:45.31 34.97				

Prova 34, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	<b>Tiago Andre Carvalho</b>	99	Academica de Coimbra	<b>17:14.65</b>	<b>+0,74</b>	<b>596</b>	
	50m: 30.98 30.98	450m: 5:08.32 34.84	850m: 9:45.92 34.59	1250m: 14:24.17 34.86			
	100m: 1:05.34 34.36	500m: 5:43.37 35.05	900m: 10:20.90 34.98	1300m: 14:58.58 34.41			
	150m: 1:39.69 34.35	550m: 6:17.68 34.31	950m: 10:55.44 34.54	1350m: 15:33.38 34.80			
	200m: 2:14.35 34.66	600m: 6:52.41 34.73	1000m: 11:30.58 35.14	1400m: 16:08.06 34.68			
	250m: 2:48.55 34.20	650m: 7:27.20 34.79	1050m: 12:05.31 34.73	1450m: 16:42.38 34.32			
	300m: 3:23.34 34.79	700m: 8:01.97 34.77	1100m: 12:40.03 34.72	1500m: 17:14.65 32.27			
	350m: 3:58.27 34.93	750m: 8:36.78 34.81	1150m: 13:14.56 34.53				
	400m: 4:33.48 35.21	800m: 9:11.33 34.55	1200m: 13:49.31 34.75				
11.	<b>Tomas Gomes Oliveira</b>	99	Nautico Marinha Grande	<b>17:17.63</b>	<b>+0,80</b>	<b>591</b>	
	50m: 30.29 30.29	450m: 5:02.37 34.54	850m: 9:41.80 34.94	1250m: 14:23.86 35.41			
	100m: 1:03.77 33.48	500m: 5:37.21 34.84	900m: 10:16.70 34.90	1300m: 14:59.12 35.26			
	150m: 1:37.00 33.23	550m: 6:11.88 34.67	950m: 10:52.12 35.42	1350m: 15:34.12 35.00			
	200m: 2:10.80 33.80	600m: 6:47.08 35.20	1000m: 11:27.33 35.21	1400m: 16:09.25 35.13			
	250m: 2:44.74 33.94	650m: 7:22.00 34.92	1050m: 12:02.64 35.31	1450m: 16:44.15 34.90			
	300m: 3:19.03 34.29	700m: 7:57.03 35.03	1100m: 12:37.96 35.32	1500m: 17:17.63 33.48			
	350m: 3:53.18 34.15	750m: 8:31.73 34.70	1150m: 13:13.21 35.25				
	400m: 4:27.83 34.65	800m: 9:06.86 35.13	1200m: 13:48.45 35.24				
12.	<b>Pedro Trindade Silva</b>	98	Belenenses	<b>17:24.12</b>	<b>+0,78</b>	<b>580</b>	
	50m: 30.90 30.90	450m: 5:04.88 34.93	850m: 9:45.50 35.02	1250m: 14:28.27 35.42			
	100m: 1:04.93 34.03	500m: 5:39.87 34.99	900m: 10:20.81 35.31	1300m: 15:03.75 35.48			
	150m: 1:39.10 34.17	550m: 6:14.64 34.77	950m: 10:55.87 35.06	1350m: 15:39.35 35.60			
	200m: 2:13.16 34.06	600m: 6:49.78 35.14	1000m: 11:31.05 35.18	1400m: 16:14.97 35.62			
	250m: 2:46.97 33.81	650m: 7:24.76 34.98	1050m: 12:06.62 35.57	1450m: 16:50.01 35.04			
	300m: 3:21.25 34.28	700m: 7:59.79 35.03	1100m: 12:41.85 35.23	1500m: 17:24.12 34.11			
	350m: 3:55.45 34.20	750m: 8:34.97 35.18	1150m: 13:17.35 35.50				
	400m: 4:29.95 34.50	800m: 9:10.48 35.51	1200m: 13:52.85 35.50				
13.	<b>Jose Diogo Fonseca</b>	98	Nautico Marinha Grande	<b>17:25.38</b>	<b>+0,75</b>	<b>578</b>	
	50m: 30.46 30.46	450m: 5:05.28 35.08	850m: 9:46.36 35.46	1250m: 14:30.05 35.56			
	100m: 1:04.01 33.55	500m: 5:40.21 34.93	900m: 10:21.73 35.37	1300m: 15:05.25 35.20			
	150m: 1:38.12 34.11	550m: 6:15.05 34.84	950m: 10:57.04 35.31	1350m: 15:40.83 35.58			
	200m: 2:12.44 34.32	600m: 6:49.93 34.88	1000m: 11:32.57 35.53	1400m: 16:16.55 35.72			
	250m: 2:46.57 34.13	650m: 7:25.06 35.13	1050m: 12:07.72 35.15	1450m: 16:51.90 35.35			
	300m: 3:20.96 34.39	700m: 8:00.23 35.17	1100m: 12:42.98 35.26	1500m: 17:25.38 33.48			
	350m: 3:55.57 34.61	750m: 8:35.81 35.58	1150m: 13:18.21 35.23				
	400m: 4:30.20 34.63	800m: 9:10.90 35.09	1200m: 13:54.49 36.28				
14.	<b>Dario Fausto Matias</b>	98	Torres Novas	<b>17:27.12</b>	<b>+0,77</b>	<b>575</b>	
	50m: 30.84 30.84	450m: 5:07.97 35.24	850m: 9:52.08 35.23	1250m: 14:36.69 35.76			
	100m: 1:05.24 34.40	500m: 5:43.35 35.38	900m: 10:27.51 35.43	1300m: 15:11.82 35.13			
	150m: 1:39.33 34.09	550m: 6:18.67 35.32	950m: 11:03.13 35.62	1350m: 15:46.62 34.80			
	200m: 2:13.65 34.32	600m: 6:54.32 35.65	1000m: 11:38.89 35.76	1400m: 16:21.64 35.02			
	250m: 2:48.25 34.60	650m: 7:29.75 35.43	1050m: 12:14.71 35.82	1450m: 16:56.26 34.62			
	300m: 3:22.93 34.68	700m: 8:05.76 36.01	1100m: 12:50.18 35.47	1500m: 17:27.12 30.86			
	350m: 3:57.87 34.94	750m: 8:41.21 35.45	1150m: 13:25.78 35.60				
	400m: 4:32.73 34.86	800m: 9:16.85 35.64	1200m: 14:00.93 35.15				
15.	<b>Tiago Carlos Santos</b>	98	Uniao Piedense	<b>17:27.14</b>	<b>+0,76</b>	<b>575</b>	
	50m: 30.72 30.72	450m: 5:02.95 34.63	850m: 9:44.26 36.25	1250m: 14:34.27 36.40			
	100m: 1:03.79 33.07	500m: 5:37.63 34.68	900m: 10:20.33 36.07	1300m: 15:10.27 36.00			
	150m: 1:37.68 33.89	550m: 6:12.30 34.67	950m: 10:56.84 36.51	1350m: 15:45.89 35.62			
	200m: 2:11.34 33.66	600m: 6:47.03 34.73	1000m: 11:32.91 36.07	1400m: 16:21.02 35.13			
	250m: 2:45.43 34.09	650m: 7:22.15 35.12	1050m: 12:09.26 36.35	1450m: 16:56.07 35.05			
	300m: 3:19.60 34.17	700m: 7:57.12 34.97	1100m: 12:45.30 36.04	1500m: 17:27.14 31.07			
	350m: 3:53.88 34.28	750m: 8:32.57 35.45	1150m: 13:21.80 36.50				
	400m: 4:28.32 34.44	800m: 9:08.01 35.44	1200m: 13:57.87 36.07				

Prova 34, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	Daniel Silva Bessa	99	Aquatico Pacense	<b>17:35.43</b>	+0,83	562	
	50m: 32.23 32.23	450m: 5:11.60 35.28	850m: 9:54.03 35.73	1250m: 14:40.21 35.89			
	100m: 1:06.68 34.45	500m: 5:46.55 34.95	900m: 10:29.51 35.48	1300m: 15:16.02 35.81			
	150m: 1:41.74 35.06	550m: 6:21.84 35.29	950m: 11:05.52 36.01	1350m: 15:51.90 35.88			
	200m: 2:16.63 34.89	600m: 6:56.90 35.06	1000m: 11:41.01 35.49	1400m: 16:27.38 35.48			
	250m: 2:51.52 34.89	650m: 7:32.07 35.17	1050m: 12:16.93 35.92	1450m: 17:02.64 35.26			
	300m: 3:26.19 34.67	700m: 8:07.54 35.47	1100m: 12:52.50 35.57	1500m: 17:35.43 32.79			
	350m: 4:01.37 35.18	750m: 8:42.94 35.40	1150m: 13:28.48 35.98				
	400m: 4:36.32 34.95	800m: 9:18.30 35.36	1200m: 14:04.32 35.84				
17.	Tiago Douwens Paula	99	Sporting	<b>17:59.79</b>	+0,75	524	
	50m: 31.24 31.24	450m: 5:15.49 36.59	850m: 10:07.13 37.13	1250m: 14:59.14 36.94			
	100m: 1:05.29 34.05	500m: 5:51.49 36.00	900m: 10:43.41 36.28	1300m: 15:35.87 36.73			
	150m: 1:40.29 35.00	550m: 6:28.18 36.69	950m: 11:20.21 36.80	1350m: 16:12.66 36.79			
	200m: 2:15.43 35.14	600m: 7:04.41 36.23	1000m: 11:56.43 36.22	1400m: 16:49.06 36.40			
	250m: 2:50.97 35.54	650m: 7:41.32 36.91	1050m: 12:32.75 36.32	1450m: 17:25.33 36.27			
	300m: 3:26.75 35.78	700m: 8:17.19 35.87	1100m: 13:09.23 36.48	1500m: 17:59.79 34.46			
	350m: 4:02.95 36.20	750m: 8:53.90 36.71	1150m: 13:46.20 36.97				
	400m: 4:38.90 35.95	800m: 9:30.00 36.10	1200m: 14:22.20 36.00				
18.	Joao Eduardo Ilha	98	Natacao Olhao	<b>18:00.87</b>	+0,84	523	
	50m: 30.27 30.27	450m: 5:16.26 36.26	850m: 10:08.92 36.62	1250m: 15:02.50 36.95			
	100m: 1:04.54 34.27	500m: 5:52.70 36.44	900m: 10:45.50 36.58	1300m: 15:39.37 36.87			
	150m: 1:39.70 35.16	550m: 6:29.30 36.60	950m: 11:22.43 36.93	1350m: 16:16.08 36.71			
	200m: 2:15.18 35.48	600m: 7:05.93 36.63	1000m: 11:58.33 35.90	1400m: 16:52.79 36.71			
	250m: 2:51.16 35.98	650m: 7:42.24 36.31	1050m: 12:35.29 36.96	1450m: 17:28.79 36.00			
	300m: 3:27.13 35.97	700m: 8:18.69 36.45	1100m: 13:12.25 36.96	1500m: 18:00.87 32.08			
	350m: 4:03.66 36.53	750m: 8:55.60 36.91	1150m: 13:48.85 36.60				
	400m: 4:40.00 36.34	800m: 9:32.30 36.70	1200m: 14:25.55 36.70				
19.	Alexandre Magno Carvalho	98	Fluivial Portuense	<b>18:03.96</b>	+0,68	518	
	50m: 30.31 30.31	450m: 5:10.25 36.15	850m: 10:03.75 37.08	1250m: 15:01.52 37.97			
	100m: 1:03.85 33.54	500m: 5:46.13 35.88	900m: 10:41.13 37.38	1300m: 15:38.14 36.62			
	150m: 1:38.08 34.23	550m: 6:22.85 36.72	950m: 11:18.19 37.06	1350m: 16:15.05 36.91			
	200m: 2:12.94 34.86	600m: 6:59.65 36.80	1000m: 11:55.46 37.27	1400m: 16:51.62 36.57			
	250m: 2:47.58 34.64	650m: 7:36.38 36.73	1050m: 12:32.65 37.19	1450m: 17:28.30 36.68			
	300m: 3:22.92 35.34	700m: 8:13.14 36.76	1100m: 13:09.63 36.98	1500m: 18:03.96 35.66			
	350m: 3:58.53 35.61	750m: 8:49.81 36.67	1150m: 13:47.08 37.45				
	400m: 4:34.10 35.57	800m: 9:26.67 36.86	1200m: 14:23.55 36.47				

Prova 34 Masc., 1500m Livres Junis A Resultados

Rec Nac Absoluto	15:16.22	Fernando Eurico Costa	POR	Bangkok (THA)	14-08-2007
Rec Nac Juv A	15:45.55	Gustavo Manuel Santa	POR	Tampere (FIN)	23-07-2009

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jose Paulo Lopes	00	Braga	<b>16:12.24</b>	+0,69	719	
	50m: 28.96 28.96	450m: 4:47.54 32.61	850m: 9:09.71 32.58	1250m: 13:32.14 32.62			
	100m: 1:00.87 31.91	500m: 5:20.25 32.71	900m: 9:42.41 32.70	1300m: 14:05.03 32.89			
	150m: 1:32.81 31.94	550m: 5:53.48 33.23	950m: 10:15.33 32.92	1350m: 14:37.61 32.58			
	200m: 2:04.95 32.14	600m: 6:26.43 32.95	1000m: 10:48.31 32.98	1400m: 15:10.52 32.91			
	250m: 2:37.17 32.22	650m: 6:59.08 32.65	1050m: 11:20.99 32.68	1450m: 15:42.35 31.83			
	300m: 3:09.52 32.35	700m: 7:31.60 32.52	1100m: 11:53.81 32.82	1500m: 16:12.24 29.89			
	350m: 3:42.16 32.64	750m: 8:04.22 32.62	1150m: 12:26.65 32.84				
	400m: 4:14.93 32.77	800m: 8:37.13 32.91	1200m: 12:59.52 32.87				

Prova 34, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	<b>Diogo Barbosa Nunes</b>	00	Fluval Portuense	<b>16:48.87</b>	<b>+0,75</b>	<b>643</b>	
	50m: 29.29 29.29	450m: 4:55.88	34.21	850m: 9:27.82	34.51	1250m: 14:00.71	34.30
	100m: 1:01.89 32.60	500m: 5:29.42	33.54	900m: 10:02.05	34.23	1300m: 14:35.07	34.36
	150m: 1:35.33 33.44	550m: 6:03.40	33.98	950m: 10:36.44	34.39	1350m: 15:08.84	33.77
	200m: 2:08.99 33.66	600m: 6:36.92	33.52	1000m: 11:10.26	33.82	1400m: 15:42.80	33.96
	250m: 2:42.23 33.24	650m: 7:11.22	34.30	1050m: 11:44.32	34.06	1450m: 16:16.32	33.52
	300m: 3:15.17 32.94	700m: 7:44.83	33.61	1100m: 12:18.03	33.71	1500m: 16:48.87	32.55
	350m: 3:48.47 33.30	750m: 8:18.99	34.16	1150m: 12:52.28	34.25		
	400m: 4:21.67 33.20	800m: 8:53.31	34.32	1200m: 13:26.41	34.13		
3.	<b>Sergio Filipe Travanca</b>	00	Fluval Portuense	<b>16:51.24</b>	<b>+0,74</b>	<b>639</b>	
	50m: 31.05 31.05	450m: 5:01.64	34.26	850m: 9:31.75	33.62	1250m: 14:03.59	34.29
	100m: 1:04.64 33.59	500m: 5:35.76	34.12	900m: 10:05.35	33.60	1300m: 14:37.52	33.93
	150m: 1:38.20 33.56	550m: 6:09.70	33.94	950m: 10:39.23	33.88	1350m: 15:11.97	34.45
	200m: 2:11.91 33.71	600m: 6:43.59	33.89	1000m: 11:13.21	33.98	1400m: 15:45.37	33.40
	250m: 2:45.37 33.46	650m: 7:17.53	33.94	1050m: 11:47.10	33.89	1450m: 16:18.51	33.14
	300m: 3:19.18 33.81	700m: 7:50.86	33.33	1100m: 12:21.23	34.13	1500m: 16:51.24	32.73
	350m: 3:53.44 34.26	750m: 8:24.24	33.38	1150m: 12:55.25	34.02		
	400m: 4:27.38 33.94	800m: 8:58.13	33.89	1200m: 13:29.30	34.05		
4.	<b>Diogo Leal Dantas</b>	00	Sporting	<b>17:02.55</b>	<b>+0,62</b>	<b>618</b>	
	50m: 29.54 29.54	450m: 4:59.28	33.99	850m: 9:35.25	34.64	1250m: 14:11.69	34.45
	100m: 1:02.78 33.24	500m: 5:33.73	34.45	900m: 10:10.32	35.07	1300m: 14:46.50	34.81
	150m: 1:35.92 33.14	550m: 6:07.81	34.08	950m: 10:44.91	34.59	1350m: 15:20.57	34.07
	200m: 2:09.77 33.85	600m: 6:42.32	34.51	1000m: 11:19.66	34.75	1400m: 15:55.24	34.67
	250m: 2:43.05 33.28	650m: 7:16.82	34.50	1050m: 11:53.78	34.12	1450m: 16:29.43	34.19
	300m: 3:17.19 34.14	700m: 7:51.56	34.74	1100m: 12:28.43	34.65	1500m: 17:02.55	33.12
	350m: 3:50.84 33.65	750m: 8:25.82	34.26	1150m: 13:02.68	34.25		
	400m: 4:25.29 34.45	800m: 9:00.61	34.79	1200m: 13:37.24	34.56		
5.	<b>Diogo Moreno Bastos</b>	00	Fluval Portuense	<b>17:10.56</b>	<b>+0,77</b>	<b>603</b>	
	50m: 30.26 30.26	450m: 5:02.49	34.47	850m: 9:40.18	34.94	1250m: 14:18.57	34.70
	100m: 1:03.49 33.23	500m: 5:36.86	34.37	900m: 10:14.72	34.54	1300m: 14:54.33	35.76
	150m: 1:36.83 33.34	550m: 6:11.36	34.50	950m: 10:49.29	34.57	1350m: 15:29.68	35.35
	200m: 2:10.64 33.81	600m: 6:45.82	34.46	1000m: 11:24.20	34.91	1400m: 16:04.65	34.97
	250m: 2:45.09 34.45	650m: 7:20.50	34.68	1050m: 11:59.16	34.96	1450m: 16:38.52	33.87
	300m: 3:19.25 34.16	700m: 7:55.65	35.15	1100m: 12:34.13	34.97	1500m: 17:10.56	32.04
	350m: 3:53.58 34.33	750m: 8:30.42	34.77	1150m: 13:08.76	34.63		
	400m: 4:28.02 34.44	800m: 9:05.24	34.82	1200m: 13:43.87	35.11		
6.	<b>Filipe Miguel Santo</b>	00	Sporting	<b>17:16.77</b>	<b>+0,75</b>	<b>592</b>	
	50m: 29.87 29.87	450m: 5:04.24	34.45	850m: 9:41.36	34.36	1250m: 14:21.42	34.89
	100m: 1:02.85 32.98	500m: 5:39.29	35.05	900m: 10:16.48	35.12	1300m: 14:57.00	35.58
	150m: 1:36.44 33.59	550m: 6:13.84	34.55	950m: 10:50.93	34.45	1350m: 15:32.01	35.01
	200m: 2:10.70 34.26	600m: 6:48.70	34.86	1000m: 11:26.23	35.30	1400m: 16:07.52	35.51
	250m: 2:45.15 34.45	650m: 7:22.75	34.05	1050m: 12:00.81	34.58	1450m: 16:41.98	34.46
	300m: 3:20.15 35.00	700m: 7:57.89	35.14	1100m: 12:36.04	35.23	1500m: 17:16.77	34.79
	350m: 3:54.72 34.57	750m: 8:32.16	34.27	1150m: 13:10.95	34.91		
	400m: 4:29.79 35.07	800m: 9:07.00	34.84	1200m: 13:46.53	35.58		
7.	<b>Bernardo Marques Goncalves</b>	00	Galitos / Bresimar	<b>17:23.01</b>	<b>+0,73</b>	<b>582</b>	
	50m: 30.85 30.85	450m: 5:06.48	34.91	850m: 9:46.65	35.31	1250m: 14:29.58	35.46
	100m: 1:04.63 33.78	500m: 5:41.26	34.78	900m: 10:21.86	35.21	1300m: 15:04.65	35.07
	150m: 1:38.93 34.30	550m: 6:16.17	34.91	950m: 10:57.20	35.34	1350m: 15:39.98	35.33
	200m: 2:13.37 34.44	600m: 6:51.22	35.05	1000m: 11:32.70	35.50	1400m: 16:15.04	35.06
	250m: 2:47.73 34.36	650m: 7:26.25	35.03	1050m: 12:07.94	35.24	1450m: 16:49.75	34.71
	300m: 3:22.30 34.57	700m: 8:01.20	34.95	1100m: 12:43.36	35.42	1500m: 17:23.01	33.26
	350m: 3:56.97 34.67	750m: 8:36.34	35.14	1150m: 13:18.89	35.53		
	400m: 4:31.57 34.60	800m: 9:11.34	35.00	1200m: 13:54.12	35.23		

Prova 34, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Goncalo Duarte Santos	00	Natacao de Faro	<b>17:30.82</b>	<b>+0,80</b>	<b>569</b>	
	50m: 31.60 31.60	450m: 5:10.99	34.97	850m: 9:51.88	35.22	1250m: 14:33.65	35.58
	100m: 1:06.46 34.86	500m: 5:45.86	34.87	900m: 10:26.94	35.06	1300m: 15:09.08	35.43
	150m: 1:41.28 34.82	550m: 6:20.89	35.03	950m: 11:02.23	35.29	1350m: 15:44.97	35.89
	200m: 2:16.23 34.95	600m: 6:55.50	34.61	1000m: 11:37.11	34.88	1400m: 16:20.59	35.62
	250m: 2:51.40 35.17	650m: 7:30.84	35.34	1050m: 12:12.46	35.35	1450m: 16:56.09	35.50
	300m: 3:26.31 34.91	700m: 8:06.10	35.26	1100m: 12:47.58	35.12	1500m: 17:30.82	34.73
	350m: 4:01.49 35.18	750m: 8:41.66	35.56	1150m: 13:22.86	35.28		
	400m: 4:36.02 34.53	800m: 9:16.66	35.00	1200m: 13:58.07	35.21		
9.	Daniel Nogueira Catalao	00	Uniao Piedense	<b>17:35.40</b>	<b>+0,80</b>	<b>562</b>	
	50m: 32.17 32.17	450m: 5:12.24	35.16	850m: 9:53.60	35.57	1250m: 14:39.67	36.57
	100m: 1:06.82 34.65	500m: 5:47.08	34.84	900m: 10:29.36	35.76	1300m: 15:14.81	35.14
	150m: 1:41.81 34.99	550m: 6:22.26	35.18	950m: 11:05.26	35.90	1350m: 15:50.78	35.97
	200m: 2:17.24 35.43	600m: 6:57.67	35.41	1000m: 11:41.15	35.89	1400m: 16:26.73	35.95
	250m: 2:52.79 35.55	650m: 7:32.55	34.88	1050m: 12:17.04	35.89	1450m: 17:02.40	35.67
	300m: 3:27.29 34.50	700m: 8:07.64	35.09	1100m: 12:51.90	34.86	1500m: 17:35.40	33.00
	350m: 4:02.14 34.85	750m: 8:42.98	35.34	1150m: 13:27.31	35.41		
	400m: 4:37.08 34.94	800m: 9:18.03	35.05	1200m: 14:03.10	35.79		
10.	David Dias Lima	00	Vilacondense	<b>17:37.54</b>	<b>+0,79</b>	<b>558</b>	
	50m: 31.35 31.35	450m: 5:11.43	35.41	850m: 9:54.26	35.94	1250m: 14:40.11	35.08
	100m: 1:05.28 33.93	500m: 5:46.07	34.64	900m: 10:30.23	35.97	1300m: 15:16.13	36.02
	150m: 1:40.04 34.76	550m: 6:21.10	35.03	950m: 11:06.38	36.15	1350m: 15:52.29	36.16
	200m: 2:15.11 35.07	600m: 6:55.97	34.87	1000m: 11:42.34	35.96	1400m: 16:27.81	35.52
	250m: 2:50.79 35.68	650m: 7:31.32	35.35	1050m: 12:17.66	35.32	1450m: 17:02.32	34.51
	300m: 3:26.49 35.70	700m: 8:06.88	35.56	1100m: 12:53.55	35.89	1500m: 17:37.54	35.22
	350m: 4:01.42 34.93	750m: 8:42.71	35.83	1150m: 13:29.37	35.82		
	400m: 4:36.02 34.60	800m: 9:18.32	35.61	1200m: 14:05.03	35.66		
11.	Pedro Barata Neves	00	Laranjeiro	<b>17:50.77</b>	<b>+0,70</b>	<b>538</b>	
	50m: 32.94 32.94	450m: 5:19.69	36.40	850m: 10:08.20	36.40	1250m: 14:57.25	36.11
	100m: 1:07.94 35.00	500m: 5:55.71	36.02	900m: 10:44.23	36.03	1300m: 15:32.82	35.57
	150m: 1:43.73 35.79	550m: 6:31.63	35.92	950m: 11:20.56	36.33	1350m: 16:08.78	35.96
	200m: 2:19.42 35.69	600m: 7:07.90	36.27	1000m: 11:56.86	36.30	1400m: 16:44.12	35.34
	250m: 2:55.57 36.15	650m: 7:44.13	36.23	1050m: 12:33.03	36.17	1450m: 17:18.72	34.60
	300m: 3:31.36 35.79	700m: 8:19.91	35.78	1100m: 13:09.28	36.25	1500m: 17:50.77	32.05
	350m: 4:07.50 36.14	750m: 8:55.77	35.86	1150m: 13:45.12	35.84		
	400m: 4:43.29 35.79	800m: 9:31.80	36.03	1200m: 14:21.14	36.02		
12.	Tomas Quintas Neves	00	Desportiva de Viana	<b>17:59.08</b>	<b>+0,86</b>	<b>525</b>	
	50m: 30.72 30.72	450m: 5:10.64	35.91	850m: 10:02.43	36.64	1250m: 14:58.03	37.22
	100m: 1:04.41 33.69	500m: 5:46.68	36.04	900m: 10:39.50	37.07	1300m: 15:35.17	37.14
	150m: 1:38.80 34.39	550m: 6:22.61	35.93	950m: 11:16.39	36.89	1350m: 16:11.73	36.56
	200m: 2:13.60 34.80	600m: 6:59.19	36.58	1000m: 11:53.89	37.50	1400m: 16:48.35	36.62
	250m: 2:48.69 35.09	650m: 7:35.35	36.16	1050m: 12:30.69	36.80	1450m: 17:24.10	35.75
	300m: 3:24.03 35.34	700m: 8:11.86	36.51	1100m: 13:07.41	36.72	1500m: 17:59.08	34.98
	350m: 3:59.55 35.52	750m: 8:48.70	36.84	1150m: 13:43.72	36.31		
	400m: 4:34.73 35.18	800m: 9:25.79	37.09	1200m: 14:20.81	37.09		
13.	Joao Diogo Soares	00	Fluval Portuense	<b>18:00.33</b>	<b>+0,74</b>	<b>524</b>	
	50m: 31.13 31.13	450m: 5:10.39	35.71	850m: 10:02.50	37.20	1250m: 14:57.93	36.95
	100m: 1:04.89 33.76	500m: 5:46.20	35.81	900m: 10:39.25	36.75	1300m: 15:34.92	36.99
	150m: 1:39.22 34.33	550m: 6:21.92	35.72	950m: 11:16.05	36.80	1350m: 16:11.83	36.91
	200m: 2:14.00 34.78	600m: 6:58.39	36.47	1000m: 11:53.51	37.46	1400m: 16:48.75	36.92
	250m: 2:48.94 34.94	650m: 7:34.87	36.48	1050m: 12:30.32	36.81	1450m: 17:25.19	36.44
	300m: 3:24.05 35.11	700m: 8:11.65	36.78	1100m: 13:07.15	36.83	1500m: 18:00.33	35.14
	350m: 3:59.42 35.37	750m: 8:48.39	36.74	1150m: 13:44.01	36.86		
	400m: 4:34.68 35.26	800m: 9:25.30	36.91	1200m: 14:20.98	36.97		



Prova 34, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Tiago Miguel Novais	00	Desportiva de Viana	<b>18:02.54</b>	<b>+0,78</b>	<b>520</b>	
	50m: 30.61 30.61	450m: 5:18.39	36.18	850m: 10:09.40	35.95	1250m: 15:01.22	36.67
	100m: 1:05.67 35.06	500m: 5:54.65	36.26	900m: 10:45.47	36.07	1300m: 15:38.49	37.27
	150m: 1:41.10 35.43	550m: 6:30.83	36.18	950m: 11:21.88	36.41	1350m: 16:15.06	36.57
	200m: 2:16.82 35.72	600m: 7:07.25	36.42	1000m: 11:58.12	36.24	1400m: 16:52.19	37.13
	250m: 2:52.88 36.06	650m: 7:43.66	36.41	1050m: 12:34.62	36.50	1450m: 17:28.01	35.82
	300m: 3:29.27 36.39	700m: 8:20.81	37.15	1100m: 13:11.14	36.52	1500m: 18:02.54	34.53
	350m: 4:05.93 36.66	750m: 8:57.73	36.92	1150m: 13:47.69	36.55		
	400m: 4:42.21 36.28	800m: 9:33.45	35.72	1200m: 14:24.55	36.86		
15.	Rui Jorge Lopes	00	CLAC-Entroncamento	<b>18:18.69</b>	<b>+0,83</b>	<b>498</b>	
	50m: 31.79 31.79	450m: 5:18.90	36.03	850m: 10:11.42	36.71	1250m: 15:11.34	37.87
	100m: 1:06.50 34.71	500m: 5:55.12	36.22	900m: 10:48.56	37.14	1300m: 15:49.13	37.79
	150m: 1:42.35 35.85	550m: 6:31.06	35.94	950m: 11:25.78	37.22	1350m: 16:26.70	37.57
	200m: 2:18.14 35.79	600m: 7:07.53	36.47	1000m: 12:03.27	37.49	1400m: 17:04.27	37.57
	250m: 2:54.16 36.02	650m: 7:44.00	36.47	1050m: 12:41.10	37.83	1450m: 17:41.69	37.42
	300m: 3:30.26 36.10	700m: 8:20.94	36.94	1100m: 13:18.46	37.36	1500m: 18:18.69	37.00
	350m: 4:06.63 36.37	750m: 8:57.89	36.95	1150m: 13:55.96	37.50		
	400m: 4:42.87 36.24	800m: 9:34.71	36.82	1200m: 14:33.47	37.51		

Prova 34 Masc., 1500m Livres Juvenis B  
13-03-2016 Resultados

Rec Nac Absoluto	15:16.22	Fernando Eurico Costa	POR	Bangkok (THA)	14-08-2007
Rec Nac Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Diogo Coelho Jose	01	Columbofila Cantanhedense	<b>16:46.25</b>	<b>+0,71</b>	<b>648</b>	
	50m: 30.35 30.35	450m: 4:57.15	33.92	850m: 9:27.55	34.10	1250m: 13:59.05	34.35
	100m: 1:03.20 32.85	500m: 5:31.18	34.03	900m: 10:01.36	33.81	1300m: 14:33.62	34.57
	150m: 1:36.59 33.39	550m: 6:05.59	34.41	950m: 10:35.27	33.91	1350m: 15:07.87	34.25
	200m: 2:09.82 33.23	600m: 6:39.36	33.77	1000m: 11:08.88	33.61	1400m: 15:42.00	34.13
	250m: 2:43.02 33.20	650m: 7:13.09	33.73	1050m: 11:42.65	33.77	1450m: 16:14.38	32.38
	300m: 3:16.27 33.25	700m: 7:46.43	33.34	1100m: 12:16.66	34.01	1500m: 16:46.25	31.87
	350m: 3:49.67 33.40	750m: 8:19.73	33.30	1150m: 12:50.68	34.02		
	400m: 4:23.23 33.56	800m: 8:53.45	33.72	1200m: 13:24.70	34.02		
2.	Diogo Santos Cardoso	01	Colegio Monte Maior	<b>16:51.12</b>	<b>+0,74</b>	<b>639</b>	
	50m: 30.88 30.88	450m: 5:05.12	34.20	850m: 9:35.64	33.52	1250m: 14:05.26	33.92
	100m: 1:05.57 34.69	500m: 5:39.24	34.12	900m: 10:09.45	33.81	1300m: 14:39.19	33.93
	150m: 1:39.77 34.20	550m: 6:12.83	33.59	950m: 10:42.76	33.31	1350m: 15:12.70	33.51
	200m: 2:14.17 34.40	600m: 6:46.74	33.91	1000m: 11:16.45	33.69	1400m: 15:46.46	33.76
	250m: 2:48.24 34.07	650m: 7:20.56	33.82	1050m: 11:49.97	33.52	1450m: 16:19.51	33.05
	300m: 3:22.53 34.29	700m: 7:54.57	34.01	1100m: 12:23.90	33.93	1500m: 16:51.12	31.61
	350m: 3:56.75 34.22	750m: 8:28.18	33.61	1150m: 12:57.67	33.77		
	400m: 4:30.92 34.17	800m: 9:02.12	33.94	1200m: 13:31.34	33.67		
3.	Duarte Miguel Jorge	01	Galitos / Bresimar	<b>16:52.25</b>	<b>+0,90</b>	<b>637</b>	
	50m: 30.88 30.88	450m: 4:58.26	33.75	850m: 9:29.74	34.14	1250m: 14:03.30	34.10
	100m: 1:04.35 33.47	500m: 5:32.44	34.18	900m: 10:03.71	33.97	1300m: 14:37.41	34.11
	150m: 1:37.52 33.17	550m: 6:06.08	33.64	950m: 10:37.94	34.23	1350m: 15:11.59	34.18
	200m: 2:10.85 33.33	600m: 6:39.92	33.84	1000m: 11:12.18	34.24	1400m: 15:46.04	34.45
	250m: 2:44.49 33.64	650m: 7:13.89	33.97	1050m: 11:46.45	34.27	1450m: 16:19.75	33.71
	300m: 3:17.83 33.34	700m: 7:48.00	34.11	1100m: 12:20.80	34.35	1500m: 16:52.25	32.50
	350m: 3:50.97 33.14	750m: 8:21.65	33.65	1150m: 12:54.84	34.04		
	400m: 4:24.51 33.54	800m: 8:55.60	33.95	1200m: 13:29.20	34.36		

Prova 34, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	<b>Pedro Miguel Santos</b>	01	Porto	<b>17:10.42</b>	<b>+0,70</b>	<b>604</b>	
	50m: 30.93 30.93	450m: 5:04.18	34.37	850m: 9:41.14	34.36	1250m: 14:19.86	35.16
	100m: 1:04.66 33.73	500m: 5:38.90	34.72	900m: 10:15.60	34.46	1300m: 14:54.88	35.02
	150m: 1:38.49 33.83	550m: 6:13.57	34.67	950m: 10:50.19	34.59	1350m: 15:29.76	34.88
	200m: 2:12.79 34.30	600m: 6:48.27	34.70	1000m: 11:24.64	34.45	1400m: 16:04.91	35.15
	250m: 2:47.11 34.32	650m: 7:22.99	34.72	1050m: 11:59.55	34.91	1450m: 16:39.32	34.41
	300m: 3:21.29 34.18	700m: 7:57.72	34.73	1100m: 12:34.58	35.03	1500m: 17:10.42	31.10
	350m: 3:55.51 34.22	750m: 8:32.18	34.46	1150m: 13:09.64	35.06		
	400m: 4:29.81 34.30	800m: 9:06.78	34.60	1200m: 13:44.70	35.06		
5.	<b>Jose Maria Pereira</b>	01	Sporting	<b>17:23.41</b>	<b>+0,73</b>	<b>581</b>	
	50m: 31.40 31.40	450m: 5:10.95	35.24	850m: 9:50.64	35.08	1250m: 14:30.72	35.00
	100m: 1:05.16 33.76	500m: 5:45.88	34.93	900m: 10:25.45	34.81	1300m: 15:05.69	34.97
	150m: 1:40.24 35.08	550m: 6:20.98	35.10	950m: 11:00.68	35.23	1350m: 15:40.68	34.99
	200m: 2:15.00 34.76	600m: 6:55.75	34.77	1000m: 11:35.57	34.89	1400m: 16:15.58	34.90
	250m: 2:50.48 35.48	650m: 7:30.93	35.18	1050m: 12:10.56	34.99	1450m: 16:50.19	34.61
	300m: 3:25.37 34.89	700m: 8:05.80	34.87	1100m: 12:45.46	34.90	1500m: 17:23.41	33.22
	350m: 4:00.87 35.50	750m: 8:40.95	35.15	1150m: 13:20.83	35.37		
	400m: 4:35.71 34.84	800m: 9:15.56	34.61	1200m: 13:55.72	34.89		
6.	<b>Joao Carvalho Diz</b>	01	Nautico /Urgicentro-Sanfil	<b>17:35.21</b>	<b>+0,80</b>	<b>562</b>	
	50m: 31.52 31.52	450m: 5:11.02	34.97	850m: 9:51.73	35.22	1250m: 14:37.97	35.75
	100m: 1:05.65 34.13	500m: 5:46.30	35.28	900m: 10:27.04	35.31	1300m: 15:13.30	35.33
	150m: 1:40.47 34.82	550m: 6:21.24	34.94	950m: 11:02.77	35.73	1350m: 15:49.15	35.85
	200m: 2:15.43 34.96	600m: 6:56.28	35.04	1000m: 11:37.97	35.20	1400m: 16:24.95	35.80
	250m: 2:50.67 35.24	650m: 7:31.10	34.82	1050m: 12:14.06	36.09	1450m: 17:00.68	35.73
	300m: 3:25.80 35.13	700m: 8:06.41	35.31	1100m: 12:50.17	36.11	1500m: 17:35.21	34.53
	350m: 4:00.86 35.06	750m: 8:41.28	34.87	1150m: 13:26.38	36.21		
	400m: 4:36.05 35.19	800m: 9:16.51	35.23	1200m: 14:02.22	35.84		
7.	<b>Rui Miguel Pires</b>	01	Nautico Marinha Grande	<b>17:38.72</b>	<b>+0,70</b>	<b>556</b>	
	50m: 31.39 31.39	450m: 5:14.57	35.60	850m: 9:59.64	35.07	1250m: 14:43.83	35.04
	100m: 1:05.78 34.39	500m: 5:50.50	35.93	900m: 10:35.54	35.90	1300m: 15:19.96	36.13
	150m: 1:41.50 35.72	550m: 6:25.88	35.38	950m: 11:10.85	35.31	1350m: 15:55.18	35.22
	200m: 2:17.01 35.51	600m: 7:01.70	35.82	1000m: 11:47.00	36.15	1400m: 16:30.33	35.15
	250m: 2:52.26 35.25	650m: 7:37.38	35.68	1050m: 12:22.42	35.42	1450m: 17:05.35	35.02
	300m: 3:27.71 35.45	700m: 8:13.25	35.87	1100m: 12:57.96	35.54	1500m: 17:38.72	33.37
	350m: 4:03.34 35.63	750m: 8:48.70	35.45	1150m: 13:33.00	35.04		
	400m: 4:38.97 35.63	800m: 9:24.57	35.87	1200m: 14:08.79	35.79		
8.	<b>Diogo Ramos Lebre</b>	01	Sporting de Aveiro	<b>17:39.59</b>	<b>+0,83</b>	<b>555</b>	
	50m: 32.49 32.49	450m: 5:18.31	35.17	850m: 9:59.50	35.22	1250m: 14:44.27	35.58
	100m: 1:08.05 35.56	500m: 5:53.73	35.42	900m: 10:34.82	35.32	1300m: 15:19.85	35.58
	150m: 1:43.81 35.76	550m: 6:28.90	35.17	950m: 11:10.46	35.64	1350m: 15:55.47	35.62
	200m: 2:20.00 36.19	600m: 7:04.10	35.20	1000m: 11:46.22	35.76	1400m: 16:30.92	35.45
	250m: 2:56.03 36.03	650m: 7:39.18	35.08	1050m: 12:22.06	35.84	1450m: 17:06.03	35.11
	300m: 3:32.09 36.06	700m: 8:14.06	34.88	1100m: 12:57.46	35.40	1500m: 17:39.59	33.56
	350m: 4:07.59 35.50	750m: 8:49.22	35.16	1150m: 13:32.94	35.48		
	400m: 4:43.14 35.55	800m: 9:24.28	35.06	1200m: 14:08.69	35.75		
9.	<b>Joao Ribeiro Sousa</b>	01	Porto	<b>17:51.55</b>	<b>+0,64</b>	<b>537</b>	
	50m: 31.27 31.27	450m: 5:18.81	36.09	850m: 10:04.39	35.17	1250m: 14:54.50	35.89
	100m: 1:06.83 35.56	500m: 5:54.67	35.86	900m: 10:41.32	36.93	1300m: 15:31.19	36.69
	150m: 1:42.18 35.35	550m: 6:30.39	35.72	950m: 11:17.37	36.05	1350m: 16:06.64	35.45
	200m: 2:17.59 35.41	600m: 7:05.69	35.30	1000m: 11:53.42	36.05	1400m: 16:42.91	36.27
	250m: 2:53.76 36.17	650m: 7:40.88	35.19	1050m: 12:29.10	35.68	1450m: 17:17.36	34.45
	300m: 3:30.21 36.45	700m: 8:17.09	36.21	1100m: 13:05.83	36.73	1500m: 17:51.55	34.19
	350m: 4:06.45 36.24	750m: 8:52.44	35.35	1150m: 13:41.98	36.15		
	400m: 4:42.72 36.27	800m: 9:29.22	36.78	1200m: 14:18.61	36.63		

Prova 34, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
10.	Diogo Franco Martins	01	Assoc.20km-Almeirim	<b>18:01.52</b>	<b>+0,84</b>	<b>522</b>		
	50m: 32.39	32.39	450m: 5:21.62	35.93	850m: 10:09.66	36.42	1250m: 15:00.53	36.02
	100m: 1:08.13	35.74	500m: 5:57.08	35.46	900m: 10:46.16	36.50	1300m: 15:36.75	36.22
	150m: 1:44.51	36.38	550m: 6:32.59	35.51	950m: 11:22.29	36.13	1350m: 16:13.49	36.74
	200m: 2:20.23	35.72	600m: 7:08.13	35.54	1000m: 11:58.80	36.51	1400m: 16:50.05	36.56
	250m: 2:56.95	36.72	650m: 7:44.28	36.15	1050m: 12:35.20	36.40	1450m: 17:26.43	36.38
	300m: 3:33.27	36.32	700m: 8:20.80	36.52	1100m: 13:11.74	36.54	1500m: 18:01.52	35.09
	350m: 4:09.25	35.98	750m: 8:57.13	36.33	1150m: 13:48.12	36.38		
	400m: 4:45.69	36.44	800m: 9:33.24	36.11	1200m: 14:24.51	36.39		
11.	Joao Leite Saraiva	01	Famalicao	<b>18:05.85</b>	<b>+0,87</b>	<b>516</b>		
	50m: 32.13	32.13	450m: 5:19.50	36.14	850m: 10:09.53	36.54	1250m: 15:03.70	37.13
	100m: 1:07.53	35.40	500m: 5:55.88	36.38	900m: 10:46.20	36.67	1300m: 15:40.96	37.26
	150m: 1:43.14	35.61	550m: 6:32.02	36.14	950m: 11:22.66	36.46	1350m: 16:18.02	37.06
	200m: 2:19.03	35.89	600m: 7:08.26	36.24	1000m: 11:58.93	36.27	1400m: 16:54.55	36.53
	250m: 2:54.41	35.38	650m: 7:44.49	36.23	1050m: 12:35.29	36.36	1450m: 17:30.92	36.37
	300m: 3:30.27	35.86	700m: 8:21.00	36.51	1100m: 13:12.36	37.07	1500m: 18:05.85	34.93
	350m: 4:06.75	36.48	750m: 8:57.38	36.38	1150m: 13:49.38	37.02		
	400m: 4:43.36	36.61	800m: 9:32.99	35.61	1200m: 14:26.57	37.19		
12.	Joao Mano Costa	01	Braga	<b>18:10.61</b>	<b>+0,84</b>	<b>509</b>		
	50m: 31.68	31.68	450m: 5:16.57	36.11	850m: 10:12.04	36.59	1250m: 15:07.17	36.55
	100m: 1:06.51	34.83	500m: 5:53.26	36.69	900m: 10:48.88	36.84	1300m: 15:44.09	36.92
	150m: 1:41.41	34.90	550m: 6:30.00	36.74	950m: 11:25.72	36.84	1350m: 16:20.22	36.13
	200m: 2:16.98	35.57	600m: 7:07.22	37.22	1000m: 12:02.72	37.00	1400m: 16:58.34	38.12
	250m: 2:52.19	35.21	650m: 7:44.01	36.79	1050m: 12:39.53	36.81	1450m: 17:34.85	36.51
	300m: 3:28.48	36.29	700m: 8:21.12	37.11	1100m: 13:16.69	37.16	1500m: 18:10.61	35.76
	350m: 4:04.36	35.88	750m: 8:58.36	37.24	1150m: 13:53.49	36.80		
	400m: 4:40.46	36.10	800m: 9:35.45	37.09	1200m: 14:30.62	37.13		
13.	Joao Pedro Chagas	01	Tavira Natacao	<b>18:14.39</b>	<b>+0,80</b>	<b>504</b>		
	50m: 32.22	32.22	450m: 5:19.42	36.18	850m: 10:13.73	37.03	1250m: 15:13.27	37.54
	100m: 1:08.22	36.00	500m: 5:55.75	36.33	900m: 10:50.89	37.16	1300m: 15:50.77	37.50
	150m: 1:43.93	35.71	550m: 6:32.16	36.41	950m: 11:28.14	37.25	1350m: 16:27.66	36.89
	200m: 2:19.70	35.77	600m: 7:09.03	36.87	1000m: 12:05.74	37.60	1400m: 17:04.91	37.25
	250m: 2:55.22	35.52	650m: 7:45.51	36.48	1050m: 12:43.32	37.58	1450m: 17:41.60	36.69
	300m: 3:31.08	35.86	700m: 8:22.43	36.92	1100m: 13:20.79	37.47	1500m: 18:14.39	32.79
	350m: 4:06.99	35.91	750m: 8:59.54	37.11	1150m: 13:58.12	37.33		
	400m: 4:43.24	36.25	800m: 9:36.70	37.16	1200m: 14:35.73	37.61		
14.	David Joao Tinoco	01	Columbofila Cantanhedense	<b>18:15.09</b>	<b>+0,61</b>	<b>503</b>		
	50m: 32.18	32.18	450m: 5:19.90	36.73	850m: 10:13.62	37.08	1250m: 15:11.36	37.00
	100m: 1:07.17	34.99	500m: 5:56.02	36.12	900m: 10:50.92	37.30	1300m: 15:48.85	37.49
	150m: 1:42.90	35.73	550m: 6:32.67	36.65	950m: 11:27.65	36.73	1350m: 16:25.95	37.10
	200m: 2:18.14	35.24	600m: 7:09.29	36.62	1000m: 12:05.04	37.39	1400m: 17:03.36	37.41
	250m: 2:54.35	36.21	650m: 7:45.89	36.60	1050m: 12:42.56	37.52	1450m: 17:40.39	37.03
	300m: 3:30.51	36.16	700m: 8:22.59	36.70	1100m: 13:19.83	37.27	1500m: 18:15.09	34.70
	350m: 4:06.67	36.16	750m: 8:59.60	37.01	1150m: 13:56.70	36.87		
	400m: 4:43.17	36.50	800m: 9:36.54	36.94	1200m: 14:34.36	37.66		
15.	Pedro Simoes Rodrigues	01	Nautico /Urgicentro-Sanfil	<b>18:26.01</b>	<b>+0,81</b>	<b>488</b>		
	50m: 32.56	32.56	450m: 5:24.94	37.25	850m: 10:23.84	37.76	1250m: 15:23.03	37.08
	100m: 1:07.97	35.41	500m: 6:02.21	37.27	900m: 11:01.48	37.64	1300m: 16:00.37	37.34
	150m: 1:44.35	36.38	550m: 6:39.36	37.15	950m: 11:38.76	37.28	1350m: 16:37.55	37.18
	200m: 2:20.45	36.10	600m: 7:16.67	37.31	1000m: 12:15.94	37.18	1400m: 17:14.35	36.80
	250m: 2:57.03	36.58	650m: 7:54.46	37.79	1050m: 12:53.70	37.76	1450m: 17:51.40	37.05
	300m: 3:33.68	36.65	700m: 8:31.77	37.31	1100m: 13:31.49	37.79	1500m: 18:26.01	34.61
	350m: 4:10.79	37.11	750m: 9:08.84	37.07	1150m: 14:09.10	37.61		
	400m: 4:47.69	36.90	800m: 9:46.08	37.24	1200m: 14:45.95	36.85		

Prova 34, Masc., 1500m Livres

Prova 34  
13-03-2016

Masc., 1500m Livres

Seniores  
Resultados

Rec Nac Absoluto	15:16.22	Fernando Eurico Costa	POR	Bangkok (THA)	14-08-2007
Rec Nac Sen	15:16.22	Fernando Eurico Costa	POR	Bangkok (THA)	14-08-2007

Pontos: FINA 2016

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rafael Lourenco Gil	96	Uniao Piedense	<b>15:42.85</b>	+0,70	788	
	50m: 28.60 28.60	450m: 4:38.73 31.03	850m: 8:49.06 31.32	1250m: 13:03.62 31.83			
	100m: 59.68 31.08	500m: 5:10.05 31.32	900m: 9:20.78 31.72	1300m: 13:35.64 32.02			
	150m: 1:31.17 31.49	550m: 5:41.43 31.38	950m: 9:52.53 31.75	1350m: 14:07.59 31.95			
	200m: 2:02.56 31.39	600m: 6:12.33 30.90	1000m: 10:24.38 31.85	1400m: 14:39.99 32.40			
	250m: 2:33.98 31.42	650m: 6:43.66 31.33	1050m: 10:56.24 31.86	1450m: 15:11.81 31.82			
	300m: 3:05.27 31.29	700m: 7:14.93 31.27	1100m: 11:28.10 31.86	1500m: 15:42.85 31.04			
	350m: 3:36.54 31.27	750m: 7:46.35 31.42	1150m: 11:59.99 31.89				
	400m: 4:07.70 31.16	800m: 8:17.74 31.39	1200m: 12:31.79 31.80				
2.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	<b>15:55.10</b>	+0,66	758	
	50m: 28.60 28.60	450m: 4:40.47 31.51	850m: 8:55.37 32.10	1250m: 13:14.03 32.57			
	100m: 59.60 31.00	500m: 5:12.14 31.67	900m: 9:27.57 32.20	1300m: 13:46.37 32.34			
	150m: 1:31.27 31.67	550m: 5:43.84 31.70	950m: 9:59.89 32.32	1350m: 14:18.98 32.61			
	200m: 2:02.93 31.66	600m: 6:15.91 32.07	1000m: 10:31.97 32.08	1400m: 14:51.46 32.48			
	250m: 2:34.46 31.53	650m: 6:47.58 31.67	1050m: 11:04.16 32.19	1450m: 15:23.77 32.31			
	300m: 3:05.79 31.33	700m: 7:19.38 31.80	1100m: 11:36.40 32.24	1500m: 15:55.10 31.33			
	350m: 3:37.38 31.59	750m: 7:51.30 31.92	1150m: 12:09.01 32.61				
	400m: 4:08.96 31.58	800m: 8:23.27 31.97	1200m: 12:41.46 32.45				
3.	Mario Andre Bonanca	90	Sporting	<b>16:02.38</b>	+0,77	741	
	50m: 29.47 29.47	450m: 4:44.30 31.94	850m: 9:02.33 32.65	1250m: 13:22.36 32.78			
	100m: 1:01.02 31.55	500m: 5:16.26 31.96	900m: 9:34.75 32.42	1300m: 13:54.72 32.36			
	150m: 1:32.96 31.94	550m: 5:48.03 31.77	950m: 10:07.53 32.78	1350m: 14:27.35 32.63			
	200m: 2:04.87 31.91	600m: 6:20.16 32.13	1000m: 10:39.81 32.28	1400m: 14:59.56 32.21			
	250m: 2:36.74 31.87	650m: 6:52.50 32.34	1050m: 11:12.73 32.92	1450m: 15:31.83 32.27			
	300m: 3:08.67 31.93	700m: 7:24.89 32.39	1100m: 11:45.12 32.39	1500m: 16:02.38 30.55			
	350m: 3:40.52 31.85	750m: 7:57.25 32.36	1150m: 12:17.31 32.19				
	400m: 4:12.36 31.84	800m: 8:29.68 32.43	1200m: 12:49.58 32.27				
4.	Vasco Miguel Gaspar	90	Uniao Piedense	<b>16:13.73</b>	+0,75	715	
	50m: 29.23 29.23	450m: 4:46.09 32.47	850m: 9:08.84 33.14	1250m: 13:32.48 33.10			
	100m: 1:00.66 31.43	500m: 5:18.73 32.64	900m: 9:41.93 33.09	1300m: 14:05.81 33.33			
	150m: 1:32.83 32.17	550m: 5:51.31 32.58	950m: 10:14.66 32.73	1350m: 14:38.23 32.42			
	200m: 2:04.87 32.04	600m: 6:23.94 32.63	1000m: 10:47.62 32.96	1400m: 15:10.60 32.37			
	250m: 2:37.08 32.21	650m: 6:57.28 33.34	1050m: 11:20.78 33.16	1450m: 15:42.70 32.10			
	300m: 3:09.13 32.05	700m: 7:29.84 32.56	1100m: 11:53.47 32.69	1500m: 16:13.73 31.03			
	350m: 3:41.29 32.16	750m: 8:02.88 33.04	1150m: 12:26.49 33.02				
	400m: 4:13.62 32.33	800m: 8:35.70 32.82	1200m: 12:59.38 32.89				
5.	Hugo Alberto Ribeiro	88	Estrelas S.Joao de Brito	<b>16:22.23</b>	+0,99	697	
	50m: 29.57 29.57	450m: 4:50.82 32.68	850m: 9:14.86 33.08	1250m: 13:40.51 32.82			
	100m: 1:01.98 32.41	500m: 5:23.79 32.97	900m: 9:48.21 33.35	1300m: 14:13.50 32.99			
	150m: 1:34.46 32.48	550m: 5:56.44 32.65	950m: 10:21.35 33.14	1350m: 14:46.20 32.70			
	200m: 2:07.02 32.56	600m: 6:29.43 32.99	1000m: 10:54.67 33.32	1400m: 15:19.40 33.20			
	250m: 2:39.59 32.57	650m: 7:02.32 32.89	1050m: 11:27.85 33.18	1450m: 15:51.40 32.00			
	300m: 3:12.50 32.91	700m: 7:35.51 33.19	1100m: 12:01.34 33.49	1500m: 16:22.23 30.83			
	350m: 3:45.21 32.71	750m: 8:08.49 32.98	1150m: 12:34.42 33.08				
	400m: 4:18.14 32.93	800m: 8:41.78 33.29	1200m: 13:07.69 33.27				

Prova 34, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	<b>Tiago Silva Oliveira</b>	94	Fluval Portuense	<b>16:25.59</b>	<b>+0,73</b>	<b>690</b>	
	50m: 29.31 29.31	450m: 4:47.53	32.68	850m: 9:13.04	33.31	1250m: 13:39.34	33.36
	100m: 1:00.87 31.56	500m: 5:20.27	32.74	900m: 9:46.20	33.16	1300m: 14:12.65	33.31
	150m: 1:33.28 32.41	550m: 5:53.44	33.17	950m: 10:19.16	32.96	1350m: 14:46.30	33.65
	200m: 2:05.26 31.98	600m: 6:26.41	32.97	1000m: 10:52.26	33.10	1400m: 15:19.97	33.67
	250m: 2:37.63 32.37	650m: 6:59.54	33.13	1050m: 11:25.71	33.45	1450m: 15:53.20	33.23
	300m: 3:09.62 31.99	700m: 7:32.94	33.40	1100m: 11:59.09	33.38	1500m: 16:25.59	32.39
	350m: 3:42.23 32.61	750m: 8:06.18	33.24	1150m: 12:32.44	33.35		
	400m: 4:14.85 32.62	800m: 8:39.73	33.55	1200m: 13:05.98	33.54		
7.	<b>Andre Bras Goncalves</b>	88	Belenenses	<b>16:51.91</b>	<b>+0,73</b>	<b>637</b>	
	50m: 29.25 29.25	450m: 4:56.71	33.60	850m: 9:27.56	34.25	1250m: 14:02.06	34.47
	100m: 1:01.96 32.71	500m: 5:30.30	33.59	900m: 10:01.37	33.81	1300m: 14:36.31	34.25
	150m: 1:35.77 33.81	550m: 6:04.05	33.75	950m: 10:35.53	34.16	1350m: 15:10.71	34.40
	200m: 2:09.17 33.40	600m: 6:37.68	33.63	1000m: 11:09.96	34.43	1400m: 15:44.98	34.27
	250m: 2:42.77 33.60	650m: 7:11.89	34.21	1050m: 11:44.85	34.89	1450m: 16:19.25	34.27
	300m: 3:16.07 33.30	700m: 7:45.53	33.64	1100m: 12:19.08	34.23	1500m: 16:51.91	32.66
	350m: 3:49.92 33.85	750m: 8:19.50	33.97	1150m: 12:53.30	34.22		
	400m: 4:23.11 33.19	800m: 8:53.31	33.81	1200m: 13:27.59	34.29		
8.	<b>Joao Andre Neves</b>	95	Academica de Coimbra	<b>16:53.65</b>	<b>+0,70</b>	<b>634</b>	
	50m: 29.99 29.99	450m: 4:56.43	34.09	850m: 9:28.43	33.97	1250m: 14:03.45	34.22
	100m: 1:02.79 32.80	500m: 5:30.40	33.97	900m: 10:03.31	34.88	1300m: 14:37.49	34.04
	150m: 1:35.58 32.79	550m: 6:04.29	33.89	950m: 10:37.49	34.18	1350m: 15:12.07	34.58
	200m: 2:08.40 32.82	600m: 6:38.11	33.82	1000m: 11:11.71	34.22	1400m: 15:46.50	34.43
	250m: 2:41.71 33.31	650m: 7:11.94	33.83	1050m: 11:46.26	34.55	1450m: 16:20.86	34.36
	300m: 3:14.91 33.20	700m: 7:46.11	34.17	1100m: 12:20.34	34.08	1500m: 16:53.65	32.79
	350m: 3:48.50 33.59	750m: 8:20.23	34.12	1150m: 12:54.52	34.18		
	400m: 4:22.34 33.84	800m: 8:54.46	34.23	1200m: 13:29.23	34.71		
9.	<b>Pedro Maria Bessa</b>	95	Nautico /Urgicentro-Sanfil	<b>16:57.91</b>	<b>+0,70</b>	<b>626</b>	
	50m: 29.05 29.05	450m: 4:55.26	33.51	850m: 9:28.76	34.52	1250m: 14:05.16	34.84
	100m: 1:01.05 32.00	500m: 5:28.75	33.49	900m: 10:03.16	34.40	1300m: 14:40.09	34.93
	150m: 1:34.01 32.96	550m: 6:02.73	33.98	950m: 10:37.68	34.52	1350m: 15:15.25	35.16
	200m: 2:07.23 33.22	600m: 6:36.31	33.58	1000m: 11:11.79	34.11	1400m: 15:50.21	34.96
	250m: 2:40.75 33.52	650m: 7:10.53	34.22	1050m: 11:46.60	34.81	1450m: 16:24.66	34.45
	300m: 3:14.55 33.80	700m: 7:45.02	34.49	1100m: 12:20.75	34.15	1500m: 16:57.91	33.25
	350m: 3:47.93 33.38	750m: 8:19.75	34.73	1150m: 12:55.64	34.89		
	400m: 4:21.75 33.82	800m: 8:54.24	34.49	1200m: 13:30.32	34.68		
10.	<b>Joao Miguel Cardoso</b>	97	Geslours	<b>17:12.83</b>	<b>+0,82</b>	<b>599</b>	
	50m: 30.20 30.20	450m: 5:04.09	34.78	850m: 9:41.21	34.32	1250m: 14:19.81	35.64
	100m: 1:03.29 33.09	500m: 5:38.02	33.93	900m: 10:15.54	34.33	1300m: 14:54.25	34.44
	150m: 1:37.73 34.44	550m: 6:12.99	34.97	950m: 10:50.00	34.46	1350m: 15:29.67	35.42
	200m: 2:11.72 33.99	600m: 6:47.51	34.52	1000m: 11:24.32	34.32	1400m: 16:04.77	35.10
	250m: 2:46.34 34.62	650m: 7:22.64	35.13	1050m: 11:59.38	35.06	1450m: 16:40.01	35.24
	300m: 3:20.60 34.26	700m: 7:57.31	34.67	1100m: 12:34.08	34.70	1500m: 17:12.83	32.82
	350m: 3:55.31 34.71	750m: 8:32.59	35.28	1150m: 13:09.40	35.32		
	400m: 4:29.31 34.00	800m: 9:06.89	34.30	1200m: 13:44.17	34.77		
11.	<b>Joao Luis Travanca</b>	97	Fluval Portuense	<b>17:17.82</b>	<b>+0,91</b>	<b>591</b>	
	50m: 29.68 29.68	450m: 4:59.58	34.89	850m: 9:40.49	35.49	1250m: 14:21.90	36.05
	100m: 1:02.06 32.38	500m: 5:34.17	34.59	900m: 10:15.78	35.29	1300m: 14:58.17	36.27
	150m: 1:35.46 33.40	550m: 6:08.80	34.63	950m: 10:50.56	34.78	1350m: 15:34.16	35.99
	200m: 2:09.09 33.63	600m: 6:43.36	34.56	1000m: 11:24.93	34.37	1400m: 16:09.83	35.67
	250m: 2:42.77 33.68	650m: 7:17.80	34.44	1050m: 11:59.54	34.61	1450m: 16:43.67	33.84
	300m: 3:16.23 33.46	700m: 7:53.16	35.36	1100m: 12:34.23	34.69	1500m: 17:17.82	34.15
	350m: 3:50.21 33.98	750m: 8:29.10	35.94	1150m: 13:09.79	35.56		
	400m: 4:24.69 34.48	800m: 9:05.00	35.90	1200m: 13:45.85	36.06		