

Prova 2 5000m Livres 15 anos e mais velhos
20-02-2016 - 11:25 Resultados

Camp Nac Longa Distancia Absoluto	54:39.91	Mario Andre Bonanca	SCP	Rio Maior	26-04-2014
Camp Nac Longa Distancia Juv B	58:40.78	Paulo Bruno Janeiro	CNLA	Oeiras	11-04-2009
Camp Nac Longa Distancia Juv A	58:48.65	Tiago Cunha Costa	SCP	Coimbra	18-04-2015
Camp Nac Longa Distancia Jun17	54:46.23	Guilherme Filipe Pina	BSCN	Coimbra	18-04-2015
Camp Nac Longa Distancia Jun18	55:05.15	Guilherme Filipe Pina	BSCN	Coimbra	16-01-2016
Camp Nac Longa Distancia Sen	54:39.91	Mario Andre Bonanca	SCP	Rio Maior	26-04-2014
Camp Nac Longa Distancia Absoluto	57:53.99	Florbela Cavaco Machado	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia Juv A	1:00:41.73	Florbela Cavaco Machado	ASSSCC	Coimbra	09-04-2011
Camp Nac Longa Distancia Jun16	59:30.20	Florbela Cavaco Machado	ASSSCC	Rio Maior	14-04-2012
Camp Nac Longa Distancia Jun17	57:53.99	Florbela Cavaco Machado	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia Sen	58:38.87	Angelica Maria Andre	CFP	Povoa de Varzim	01-03-2014

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Absolutos, Masc.

1. Guilherme Filipe Pina 98 Benedita 53:58.43 720

Melhor Marca dos Campeonatos

100m:	1:04.67	1:04.67	1400m:	15:02.97	1:03.95	2700m:	29:03.66	1:05.47	4000m:	43:05.43	1:04.56
200m:	2:09.99	1:05.32	1500m:	16:06.49	1:03.52	2800m:	30:09.06	1:05.40	4100m:	44:10.33	1:04.90
300m:	3:15.04	1:05.05	1600m:	17:10.38	1:03.89	2900m:	31:14.25	1:05.19	4200m:	45:15.67	1:05.34
400m:	4:20.23	1:05.19	1700m:	18:14.81	1:04.43	3000m:	32:19.52	1:05.27	4300m:	46:21.00	1:05.33
500m:	5:25.02	1:04.79	1800m:	19:20.07	1:05.26	3100m:	33:24.68	1:05.16	4400m:	47:26.56	1:05.56
600m:	6:29.99	1:04.97	1900m:	20:25.23	1:05.16	3200m:	34:30.33	1:05.65	4500m:	48:32.75	1:06.19
700m:	7:34.61	1:04.62	2000m:	21:30.51	1:05.28	3300m:	35:36.18	1:05.85	4600m:	49:38.39	1:05.64
800m:	8:39.19	1:04.58	2100m:	22:35.14	1:04.63	3400m:	36:42.16	1:05.98	4700m:	50:43.87	1:05.48
900m:	9:42.93	1:03.74	2200m:	23:38.70	1:03.56	3500m:	37:45.36	1:03.20	4800m:	51:49.18	1:05.31
1000m:	10:46.99	1:04.06	2300m:	24:42.81	1:04.11	3600m:	38:49.09	1:03.73	4900m:	52:54.11	1:04.93
1100m:	11:51.28	1:04.29	2400m:	25:48.17	1:05.36	3700m:	39:52.58	1:03.49	5000m:	53:58.43	1:04.32
1200m:	12:55.25	1:03.97	2500m:	26:53.79	1:05.62	3800m:	40:56.51	1:03.93			
1300m:	13:59.02	1:03.77	2600m:	27:58.19	1:04.40	3900m:	42:00.87	1:04.36			

2. Rafael Lourenco Gil 96 Uniao Piedense 54:03.60 717

Melhor Marca dos Campeonatos

100m:	1:04.92	1:04.92	1400m:	15:03.88	1:04.09	2700m:	29:04.00	1:05.66	4000m:	43:12.05	1:05.87
200m:	2:10.30	1:05.38	1500m:	16:07.43	1:03.55	2800m:	30:09.05	1:05.05	4100m:	44:18.18	1:06.13
300m:	3:15.87	1:05.57	1600m:	17:11.34	1:03.91	2900m:	31:14.21	1:05.16	4200m:	45:24.03	1:05.85
400m:	4:20.97	1:05.10	1700m:	18:15.35	1:04.01	3000m:	32:19.76	1:05.55	4300m:	46:29.90	1:05.87
500m:	5:25.94	1:04.97	1800m:	19:20.20	1:04.85	3100m:	33:24.83	1:05.07	4400m:	47:35.53	1:05.63
600m:	6:30.90	1:04.96	1900m:	20:25.50	1:05.30	3200m:	34:30.56	1:05.73	4500m:	48:41.17	1:05.64
700m:	7:35.53	1:04.63	2000m:	21:30.71	1:05.21	3300m:	35:36.43	1:05.87	4600m:	49:46.19	1:05.02
800m:	8:39.99	1:04.46	2100m:	22:35.70	1:04.99	3400m:	36:42.66	1:06.23	4700m:	50:51.41	1:05.22
900m:	9:44.20	1:04.21	2200m:	23:39.09	1:03.39	3500m:	37:46.33	1:03.67	4800m:	51:56.22	1:04.81
1000m:	10:47.38	1:03.18	2300m:	24:43.32	1:04.23	3600m:	38:50.48	1:04.15	4900m:	53:01.17	1:04.95
1100m:	11:51.97	1:04.59	2400m:	25:48.33	1:05.01	3700m:	39:55.42	1:04.94	5000m:	54:03.60	1:02.43
1200m:	12:56.18	1:04.21	2500m:	26:53.96	1:05.63	3800m:	41:00.73	1:05.31			
1300m:	13:59.79	1:03.61	2600m:	27:58.34	1:04.38	3900m:	42:06.18	1:05.45			

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Mario Andre Bonanca	90	Sporting	54:47.43		688	
	100m: 1:05.65 1:05.65	1400m: 15:04.77 1:04.49	2700m: 29:18.17 1:06.17	4000m: 43:43.92 1:06.77			
	200m: 2:10.83 1:05.18	1500m: 16:09.22 1:04.45	2800m: 30:24.73 1:06.56	4100m: 44:50.16 1:06.24			
	300m: 3:16.50 1:05.67	1600m: 17:14.25 1:05.03	2900m: 31:31.44 1:06.71	4200m: 45:56.69 1:06.53			
	400m: 4:21.20 1:04.70	1700m: 18:19.17 1:04.92	3000m: 32:37.98 1:06.54	4300m: 47:02.99 1:06.30			
	500m: 5:26.32 1:05.12	1800m: 19:24.20 1:05.03	3100m: 33:44.18 1:06.20	4400m: 48:09.73 1:06.74			
	600m: 6:31.06 1:04.74	1900m: 20:29.43 1:05.23	3200m: 34:50.61 1:06.43	4500m: 49:16.87 1:07.14			
	700m: 7:35.60 1:04.54	2000m: 21:34.83 1:05.40	3300m: 35:56.99 1:06.38	4600m: 50:23.59 1:06.72			
	800m: 8:39.92 1:04.32	2100m: 22:40.20 1:05.37	3400m: 37:03.66 1:06.67	4700m: 51:30.36 1:06.77			
	900m: 9:44.20 1:04.28	2200m: 23:46.11 1:05.91	3500m: 38:10.39 1:06.73	4800m: 52:37.10 1:06.74			
	1000m: 10:48.04 1:03.84	2300m: 24:52.92 1:06.81	3600m: 39:16.88 1:06.49	4900m: 53:43.01 1:05.91			
	1100m: 11:52.13 1:04.09	2400m: 25:59.26 1:06.34	3700m: 40:23.58 1:06.70	5000m: 54:47.43 1:04.42			
	1200m: 12:56.14 1:04.01	2500m: 27:05.75 1:06.49	3800m: 41:30.51 1:06.93				
	1300m: 14:00.28 1:04.14	2600m: 28:12.00 1:06.25	3900m: 42:37.15 1:06.64				
4.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	55:32.15		661	
	100m: 1:05.00 1:05.00	1400m: 15:14.24 1:05.75	2700m: 29:38.98 1:06.82	4000m: 44:15.89 1:08.31			
	200m: 2:10.46 1:05.46	1500m: 16:20.41 1:06.17	2800m: 30:46.53 1:07.55	4100m: 45:23.29 1:07.40			
	300m: 3:15.95 1:05.49	1600m: 17:26.37 1:05.96	2900m: 31:54.53 1:08.00	4200m: 46:29.87 1:06.58			
	400m: 4:20.91 1:04.96	1700m: 18:32.75 1:06.38	3000m: 33:01.96 1:07.43	4300m: 47:37.68 1:07.81			
	500m: 5:26.18 1:05.27	1800m: 19:39.78 1:07.03	3100m: 34:09.19 1:07.23	4400m: 48:45.43 1:07.75			
	600m: 6:31.23 1:05.05	1900m: 20:46.64 1:06.86	3200m: 35:16.10 1:06.91	4500m: 49:54.34 1:08.91			
	700m: 7:36.22 1:04.99	2000m: 21:53.48 1:06.84	3300m: 36:23.33 1:07.23	4600m: 51:03.02 1:08.68			
	800m: 8:40.79 1:04.57	2100m: 23:00.17 1:06.69	3400m: 37:30.65 1:07.32	4700m: 52:10.68 1:07.66			
	900m: 9:46.10 1:05.31	2200m: 24:06.69 1:06.52	3500m: 38:37.67 1:07.02	4800m: 53:17.75 1:07.07			
	1000m: 10:51.61 1:05.51	2300m: 25:12.55 1:05.86	3600m: 39:45.30 1:07.63	4900m: 54:26.03 1:08.28			
	1100m: 11:57.44 1:05.83	2400m: 26:18.69 1:06.14	3700m: 40:52.89 1:07.59	5000m: 55:32.15 1:06.12			
	1200m: 13:02.72 1:05.28	2500m: 27:25.23 1:06.54	3800m: 42:00.50 1:07.61				
	1300m: 14:08.49 1:05.77	2600m: 28:32.16 1:06.93	3900m: 43:07.58 1:07.08				
5.	Joao Alexandre Vital	98	Sporting	55:56.81		647	
	100m: 1:05.89 1:05.89	1400m: 15:14.80 1:05.91	2700m: 29:46.42 1:07.63	4000m: 44:31.91 1:08.45			
	200m: 2:11.35 1:05.46	1500m: 16:20.71 1:05.91	2800m: 30:54.37 1:07.95	4100m: 45:40.54 1:08.63			
	300m: 3:16.71 1:05.36	1600m: 17:26.71 1:06.00	2900m: 32:02.22 1:07.85	4200m: 46:49.11 1:08.57			
	400m: 4:21.73 1:05.02	1700m: 18:33.37 1:06.66	3000m: 33:10.11 1:07.89	4300m: 47:57.85 1:08.74			
	500m: 5:27.02 1:05.29	1800m: 19:40.27 1:06.90	3100m: 34:17.84 1:07.73	4400m: 49:06.64 1:08.79			
	600m: 6:32.23 1:05.21	1900m: 20:47.46 1:07.19	3200m: 35:25.50 1:07.66	4500m: 50:15.28 1:08.64			
	700m: 7:37.04 1:04.81	2000m: 21:54.78 1:07.32	3300m: 36:33.50 1:08.00	4600m: 51:23.82 1:08.54			
	800m: 8:41.95 1:04.91	2100m: 23:01.93 1:07.15	3400m: 37:41.38 1:07.88	4700m: 52:32.36 1:08.54			
	900m: 9:47.05 1:05.10	2200m: 24:09.09 1:07.16	3500m: 38:50.12 1:08.74	4800m: 53:40.74 1:08.38			
	1000m: 10:52.25 1:05.20	2300m: 25:16.42 1:07.33	3600m: 39:58.53 1:08.41	4900m: 54:48.80 1:08.06			
	1100m: 11:57.57 1:05.32	2400m: 26:23.89 1:07.47	3700m: 41:06.81 1:08.28	5000m: 55:56.81 1:08.01			
	1200m: 13:03.17 1:05.60	2500m: 27:31.25 1:07.36	3800m: 42:15.16 1:08.35				
	1300m: 14:08.89 1:05.72	2600m: 28:38.79 1:07.54	3900m: 43:23.46 1:08.30				
6.	Vasco Miguel Gaspar	90	Uniao Piedense	56:17.87		635	
	100m: 1:05.23 1:05.23	1300m: 14:20.29 1:06.96	2500m: 27:51.40 1:07.64	3700m: 41:25.09 1:07.69			
	200m: 2:10.95 1:05.72	1400m: 15:27.33 1:07.04	2600m: 28:58.97 1:07.57	3800m: 42:33.26 1:08.17			
	300m: 3:16.64 1:05.69	1500m: 16:34.39 1:07.06	2700m: 30:06.75 1:07.78	3900m: 43:41.99 1:08.73			
	400m: 4:22.33 1:05.69	1600m: 17:41.43 1:07.04	2800m: 31:14.38 1:07.63	4000m: 44:50.40 1:08.41			
	500m: 5:27.92 1:05.59	1700m: 18:48.82 1:07.39	2900m: 32:21.94 1:07.56	4100m: 45:58.58 1:08.18			
	600m: 6:33.60 1:05.68	1800m: 19:56.62 1:07.80	3000m: 33:29.64 1:07.70	4200m: 47:06.86 1:08.28			
	700m: 7:39.97 1:06.37	1900m: 21:04.35 1:07.73	3100m: 34:37.09 1:07.45	4300m: 48:15.74 1:08.88			
	800m: 8:46.45 1:06.48	2000m: 22:11.92 1:07.57	3200m: 35:45.49 1:08.40	4400m: 49:24.22 1:08.48			
	900m: 9:53.10 1:06.65	2100m: 23:19.75 1:07.83	3300m: 36:53.05 1:07.56	4500m: 50:33.32 1:09.10			
	1000m: 10:59.74 1:06.64	2200m: 24:28.06 1:08.31	3400m: 38:01.11 1:08.06	4600m: 51:42.29 1:08.97			
	1100m: 12:06.44 1:06.70	2300m: 25:35.78 1:07.72	3500m: 39:09.19 1:08.08	4700m: 52:51.53 1:09.24			
	1200m: 13:13.33 1:06.89	2400m: 26:43.76 1:07.98	3600m: 40:17.40 1:08.21	4800m: 54:00.30 1:08.77			

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 55:09.47 1:09.17	5000m: 56:17.87	1:08.40				
7.	Diogo Manuel Marques	98	Columbofila Cantanhedense	56:43.65		620	
	100m: 1:05.48 1:05.48	1400m: 15:38.37 1:07.66	2700m: 30:22.26 1:09.16	4000m: 45:23.32 1:07.42			
	200m: 2:11.65 1:06.17	1500m: 16:46.71 1:08.34	2800m: 31:31.46 1:09.20	4100m: 46:31.04 1:07.72			
	300m: 3:17.51 1:05.86	1600m: 17:54.76 1:08.05	2900m: 32:40.29 1:08.83	4200m: 47:39.33 1:08.29			
	400m: 4:23.20 1:05.69	1700m: 19:01.54 1:06.78	3000m: 33:49.22 1:08.93	4300m: 48:47.53 1:08.20			
	500m: 5:30.22 1:07.02	1800m: 20:07.69 1:06.15	3100m: 34:57.42 1:08.20	4400m: 49:56.23 1:08.70			
	600m: 6:37.52 1:07.30	1900m: 21:15.04 1:07.35	3200m: 36:06.58 1:09.16	4500m: 51:04.21 1:07.98			
	700m: 7:45.12 1:07.60	2000m: 22:22.65 1:07.61	3300m: 37:16.48 1:09.90	4600m: 52:12.05 1:07.84			
	800m: 8:51.65 1:06.53	2100m: 23:31.08 1:08.43	3400m: 38:26.46 1:09.98	4700m: 53:20.26 1:08.21			
	900m: 9:59.31 1:07.66	2200m: 24:39.83 1:08.75	3500m: 39:36.13 1:09.67	4800m: 54:28.72 1:08.46			
	1000m: 11:07.30 1:07.99	2300m: 25:47.58 1:07.75	3600m: 40:46.35 1:10.22	4900m: 55:37.00 1:08.28			
	1100m: 12:15.14 1:07.84	2400m: 26:55.89 1:08.31	3700m: 41:56.20 1:09.85	5000m: 56:43.65 1:06.65			
	1200m: 13:22.94 1:07.80	2500m: 28:04.34 1:08.45	3800m: 43:05.88 1:09.68				
	1300m: 14:30.71 1:07.77	2600m: 29:13.10 1:08.76	3900m: 44:15.90 1:10.02				
8.	Tiago Silva Oliveira	94	Fluvial Portuense	56:53.86		615	
	100m: 1:04.58 1:04.58	1400m: 15:38.57 1:07.86	2700m: 30:22.28 1:08.97	4000m: 45:25.09 1:09.10			
	200m: 2:10.92 1:06.34	1500m: 16:46.63 1:08.06	2800m: 31:31.42 1:09.14	4100m: 46:33.62 1:08.53			
	300m: 3:17.53 1:06.61	1600m: 17:54.70 1:08.07	2900m: 32:40.26 1:08.84	4200m: 47:41.71 1:08.09			
	400m: 4:24.15 1:06.62	1700m: 19:02.39 1:07.69	3000m: 33:49.14 1:08.88	4300m: 48:50.17 1:08.46			
	500m: 5:30.42 1:06.27	1800m: 20:08.15 1:05.76	3100m: 34:57.22 1:08.08	4400m: 49:59.31 1:09.14			
	600m: 6:37.56 1:07.14	1900m: 21:15.40 1:07.25	3200m: 36:06.66 1:09.44	4500m: 51:09.38 1:10.07			
	700m: 7:44.82 1:07.26	2000m: 22:22.80 1:07.40	3300m: 37:16.60 1:09.94	4600m: 52:18.99 1:09.61			
	800m: 8:51.98 1:07.16	2100m: 23:31.20 1:08.40	3400m: 38:26.41 1:09.81	4700m: 53:28.52 1:09.53			
	900m: 9:59.69 1:07.71	2200m: 24:39.92 1:08.72	3500m: 39:36.37 1:09.96	4800m: 54:37.90 1:09.38			
	1000m: 11:07.55 1:07.86	2300m: 25:47.74 1:07.82	3600m: 40:46.22 1:09.85	4900m: 55:47.15 1:09.25			
	1100m: 12:15.33 1:07.78	2400m: 26:56.26 1:08.52	3700m: 41:56.10 1:09.88	5000m: 56:53.86 1:06.71			
	1200m: 13:22.89 1:07.56	2500m: 28:04.57 1:08.31	3800m: 43:05.98 1:09.88				
	1300m: 14:30.71 1:07.82	2600m: 29:13.31 1:08.74	3900m: 44:15.99 1:10.01				
9.	Hugo Alberto Ribeiro	88	Estrelas S. Joao de Brito	56:55.32		614	
	100m: 1:06.43 1:06.43	1400m: 15:34.13 1:07.55	2700m: 30:28.08 1:08.68	4000m: 45:26.18 1:08.81			
	200m: 2:12.27 1:05.84	1500m: 16:42.30 1:08.17	2800m: 31:36.98 1:08.90	4100m: 46:35.34 1:09.16			
	300m: 3:18.29 1:06.02	1600m: 17:50.38 1:08.08	2900m: 32:45.91 1:08.93	4200m: 47:44.71 1:09.37			
	400m: 4:24.09 1:05.80	1700m: 18:58.93 1:08.55	3000m: 33:55.22 1:09.31	4300m: 48:54.54 1:09.83			
	500m: 5:30.61 1:06.52	1800m: 20:07.60 1:08.67	3100m: 35:04.45 1:09.23	4400m: 50:04.26 1:09.72			
	600m: 6:36.99 1:06.38	1900m: 21:16.37 1:08.77	3200m: 36:14.26 1:09.81	4500m: 51:13.95 1:09.69			
	700m: 7:43.41 1:06.42	2000m: 22:25.41 1:09.04	3300m: 37:23.87 1:09.61	4600m: 52:23.38 1:09.43			
	800m: 8:50.09 1:06.68	2100m: 23:34.67 1:09.26	3400m: 38:33.57 1:09.70	4700m: 53:33.12 1:09.74			
	900m: 9:57.26 1:07.17	2200m: 24:43.90 1:09.23	3500m: 39:42.59 1:09.02	4800m: 54:42.65 1:09.53			
	1000m: 11:04.57 1:07.31	2300m: 25:52.97 1:09.07	3600m: 40:51.35 1:08.76	4900m: 55:51.62 1:08.97			
	1100m: 12:11.92 1:07.35	2400m: 27:02.36 1:09.39	3700m: 42:00.12 1:08.77	5000m: 56:55.32 1:03.70			
	1200m: 13:19.26 1:07.34	2500m: 28:11.41 1:09.05	3800m: 43:08.86 1:08.74				
	1300m: 14:26.58 1:07.32	2600m: 29:19.40 1:07.99	3900m: 44:17.37 1:08.51				
10.	Tiago Cunha Costa	99	Sporting	57:03.55		609	
	100m: 1:07.28 1:07.28	1200m: 13:33.90 1:07.78	2300m: 26:05.73 1:08.53	3400m: 38:43.85 1:09.02			
	200m: 2:15.13 1:07.85	1300m: 14:41.96 1:08.06	2400m: 27:14.22 1:08.49	3500m: 39:52.54 1:08.69			
	300m: 3:23.28 1:08.15	1400m: 15:50.00 1:08.04	2500m: 28:22.76 1:08.54	3600m: 41:01.73 1:09.19			
	400m: 4:31.58 1:08.30	1500m: 16:58.37 1:08.37	2600m: 29:31.42 1:08.66	3700m: 42:10.68 1:08.95			
	500m: 5:39.78 1:08.20	1600m: 18:06.84 1:08.47	2700m: 30:40.39 1:08.97	3800m: 43:20.10 1:09.42			
	600m: 6:47.63 1:07.85	1700m: 19:15.12 1:08.28	2800m: 31:49.85 1:09.46	3900m: 44:29.58 1:09.48			
	700m: 7:55.50 1:07.87	1800m: 20:23.81 1:08.69	2900m: 32:58.88 1:09.03	4000m: 45:38.68 1:09.10			
	800m: 9:03.30 1:07.80	1900m: 21:31.90 1:08.09	3000m: 34:08.03 1:09.15	4100m: 46:47.71 1:09.03			
	900m: 10:10.95 1:07.65	2000m: 22:40.74 1:08.84	3100m: 35:16.80 1:08.77	4200m: 47:57.05 1:09.34			
	1000m: 11:18.45 1:07.50	2100m: 23:49.01 1:08.27	3200m: 36:25.92 1:09.12	4300m: 49:06.24 1:09.19			
	1100m: 12:26.12 1:07.67	2200m: 24:57.20 1:08.19	3300m: 37:34.83 1:08.91	4400m: 50:15.36 1:09.12			

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4500m: 51:24.67	1:09.31	4700m: 53:41.83	1:08.55	4900m: 55:57.45	1:07.56		
	4600m: 52:33.28	1:08.61	4800m: 54:49.89	1:08.06	5000m: 57:03.55	1:06.10		
11.	Diogo Barbosa Nunes	00	Fluvial Portuense	58:01.64		579		
	<i>Melhor Marca dos Campeonatos</i>							
	100m: 1:05.57	1:05.57	1400m: 16:03.14	1:08.80	2700m: 31:11.56	1:09.85	4000m: 46:22.97	1:10.60
	200m: 2:14.15	1:08.58	1500m: 17:11.47	1:08.33	2800m: 32:20.82	1:09.26	4100m: 47:32.71	1:09.74
	300m: 3:23.19	1:09.04	1600m: 18:20.36	1:08.89	2900m: 33:31.03	1:10.21	4200m: 48:43.13	1:10.42
	400m: 4:32.52	1:09.33	1700m: 19:28.91	1:08.55	3000m: 34:41.54	1:10.51	4300m: 49:53.63	1:10.50
	500m: 5:42.17	1:09.65	1800m: 20:37.77	1:08.86	3100m: 35:50.79	1:09.25	4400m: 51:03.84	1:10.21
	600m: 6:51.15	1:08.98	1900m: 21:47.44	1:09.67	3200m: 37:00.64	1:09.85	4500m: 52:13.69	1:09.85
	700m: 7:59.72	1:08.57	2000m: 22:57.63	1:10.19	3300m: 38:10.37	1:09.73	4600m: 53:24.84	1:11.15
	800m: 9:09.41	1:09.69	2100m: 24:08.25	1:10.62	3400m: 39:20.94	1:10.57	4700m: 54:35.46	1:10.62
	900m: 10:18.26	1:08.85	2200m: 25:19.89	1:11.64	3500m: 40:31.42	1:10.48	4800m: 55:46.19	1:10.73
	1000m: 11:27.01	1:08.75	2300m: 26:30.28	1:10.39	3600m: 41:42.53	1:11.11	4900m: 56:56.31	1:10.12
	1100m: 12:36.20	1:09.19	2400m: 27:40.81	1:10.53	3700m: 42:52.72	1:10.19	5000m: 58:01.64	1:05.33
	1200m: 13:45.26	1:09.06	2500m: 28:51.53	1:10.72	3800m: 44:02.56	1:09.84		
	1300m: 14:54.34	1:09.08	2600m: 30:01.71	1:10.18	3900m: 45:12.37	1:09.81		
12.	Jose Paula Carvalho	98	Uniao Piedense	58:25.55		568		
	100m: 1:05.43	1:05.43	1400m: 16:02.80	1:10.81	2700m: 31:15.01	1:10.93	4000m: 46:36.06	1:11.61
	200m: 2:13.63	1:08.20	1500m: 17:11.84	1:09.04	2800m: 32:25.94	1:10.93	4100m: 47:47.44	1:11.38
	300m: 3:22.53	1:08.90	1600m: 18:22.02	1:10.18	2900m: 33:36.92	1:10.98	4200m: 48:59.51	1:12.07
	400m: 4:31.69	1:09.16	1700m: 19:33.26	1:11.24	3000m: 34:47.50	1:10.58	4300m: 50:11.40	1:11.89
	500m: 5:40.85	1:09.16	1800m: 20:44.14	1:10.88	3100m: 35:57.41	1:09.91	4400m: 51:22.56	1:11.16
	600m: 6:50.93	1:10.08	1900m: 21:54.48	1:10.34	3200m: 37:07.63	1:10.22	4500m: 52:34.81	1:12.25
	700m: 8:00.62	1:09.69	2000m: 23:03.24	1:08.76	3300m: 38:16.50	1:08.87	4600m: 53:46.64	1:11.83
	800m: 9:07.97	1:07.35	2100m: 24:15.40	1:12.16	3400m: 39:27.09	1:10.59	4700m: 54:58.62	1:11.98
	900m: 10:16.32	1:08.35	2200m: 25:26.56	1:11.16	3500m: 40:38.00	1:10.91	4800m: 56:09.60	1:10.98
	1000m: 11:24.82	1:08.50	2300m: 26:35.62	1:09.06	3600m: 41:48.35	1:10.35	4900m: 57:19.96	1:10.36
	1100m: 12:33.53	1:08.71	2400m: 27:45.94	1:10.32	3700m: 43:00.95	1:12.60	5000m: 58:25.55	1:05.59
	1200m: 13:41.84	1:08.31	2500m: 28:56.07	1:10.13	3800m: 44:12.57	1:11.62		
	1300m: 14:51.99	1:10.15	2600m: 30:04.08	1:08.01	3900m: 45:24.45	1:11.88		
13.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	58:28.43		566		
	100m: 1:07.17	1:07.17	1400m: 16:08.88	1:09.90	2700m: 31:20.44	1:10.53	4000m: 46:35.82	1:11.65
	200m: 2:16.89	1:09.72	1500m: 17:19.39	1:10.51	2800m: 32:31.10	1:10.66	4100m: 47:47.32	1:11.50
	300m: 3:27.07	1:10.18	1600m: 18:30.01	1:10.62	2900m: 33:41.66	1:10.56	4200m: 48:59.16	1:11.84
	400m: 4:37.55	1:10.48	1700m: 19:40.23	1:10.22	3000m: 34:51.50	1:09.84	4300m: 50:11.12	1:11.96
	500m: 5:47.47	1:09.92	1800m: 20:50.11	1:09.88	3100m: 36:00.87	1:09.37	4400m: 51:22.54	1:11.42
	600m: 6:56.03	1:08.56	1900m: 22:00.23	1:10.12	3200m: 37:10.36	1:09.49	4500m: 52:34.51	1:11.97
	700m: 8:04.27	1:08.24	2000m: 23:11.15	1:10.92	3300m: 38:20.37	1:10.01	4600m: 53:46.75	1:12.24
	800m: 9:12.35	1:08.08	2100m: 24:21.15	1:10.00	3400m: 39:30.30	1:09.93	4700m: 54:58.44	1:11.69
	900m: 10:21.16	1:08.81	2200m: 25:30.88	1:09.73	3500m: 40:40.21	1:09.91	4800m: 56:09.54	1:11.10
	1000m: 11:29.92	1:08.76	2300m: 26:40.60	1:09.72	3600m: 41:49.74	1:09.53	4900m: 57:19.96	1:10.42
	1100m: 12:39.08	1:09.16	2400m: 27:50.58	1:09.98	3700m: 43:00.79	1:11.05	5000m: 58:28.43	1:08.47
	1200m: 13:48.92	1:09.84	2500m: 28:59.90	1:09.32	3800m: 44:12.47	1:11.68		
	1300m: 14:58.98	1:10.06	2600m: 30:09.91	1:10.01	3900m: 45:24.17	1:11.70		

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Afonso Calais Queiroga	98	Uniao Piedense	59:53.17		527	
	100m: 1:06.70 1:06.70	1400m: 16:37.43 1:13.98	2700m: 32:24.97 1:12.64	4000m: 48:05.72 1:10.04			
	200m: 2:16.92 1:10.22	1500m: 17:49.66 1:12.23	2800m: 33:37.00 1:12.03	4100m: 49:15.47 1:09.75			
	300m: 3:27.34 1:10.42	1600m: 19:02.87 1:13.21	2900m: 34:50.86 1:13.86	4200m: 50:25.91 1:10.44			
	400m: 4:37.78 1:10.44	1700m: 20:15.99 1:13.12	3000m: 36:04.26 1:13.40	4300m: 51:35.98 1:10.07			
	500m: 5:48.25 1:10.47	1800m: 21:29.66 1:13.67	3100m: 37:16.33 1:12.07	4400m: 52:47.00 1:11.02			
	600m: 6:58.71 1:10.46	1900m: 22:43.46 1:13.80	3200m: 38:29.30 1:12.97	4500m: 53:57.84 1:10.84			
	700m: 8:10.12 1:11.41	2000m: 23:56.98 1:13.52	3300m: 39:42.36 1:13.06	4600m: 55:08.55 1:10.71			
	800m: 9:21.94 1:11.82	2100m: 25:10.40 1:13.42	3400m: 40:55.24 1:12.88	4700m: 56:18.90 1:10.35			
	900m: 10:33.08 1:11.14	2200m: 26:23.35 1:12.95	3500m: 42:07.28 1:12.04	4800m: 57:29.87 1:10.97			
	1000m: 11:45.32 1:12.24	2300m: 27:35.98 1:12.63	3600m: 43:20.31 1:13.03	4900m: 58:41.31 1:11.44			
	1100m: 12:58.04 1:12.72	2400m: 28:48.97 1:12.99	3700m: 44:32.84 1:12.53	5000m: 59:53.17 1:11.86			
	1200m: 14:10.75 1:12.71	2500m: 30:00.57 1:11.60	3800m: 45:44.82 1:11.98				
	1300m: 15:23.45 1:12.70	2600m: 31:12.33 1:11.76	3900m: 46:55.68 1:10.86				
15.	Filipe Miguel Santo	00	Sporting	59:59.14		524	
	100m: 1:09.12 1:09.12	1400m: 16:27.50 1:11.69	2700m: 32:02.00 1:11.78	4000m: 47:50.17 1:12.89			
	200m: 2:20.04 1:10.92	1500m: 17:39.27 1:11.77	2800m: 33:14.29 1:12.29	4100m: 49:03.11 1:12.94			
	300m: 3:30.75 1:10.71	1600m: 18:51.29 1:12.02	2900m: 34:26.54 1:12.25	4200m: 50:16.21 1:13.10			
	400m: 4:40.50 1:09.75	1700m: 20:03.39 1:12.10	3000m: 35:39.64 1:13.10	4300m: 51:29.28 1:13.07			
	500m: 5:50.29 1:09.79	1800m: 21:14.94 1:11.55	3100m: 36:52.78 1:13.14	4400m: 52:41.91 1:12.63			
	600m: 6:59.89 1:09.60	1900m: 22:27.14 1:12.20	3200m: 38:05.25 1:12.47	4500m: 53:55.05 1:13.14			
	700m: 8:10.16 1:10.27	2000m: 23:38.69 1:11.55	3300m: 39:18.47 1:13.22	4600m: 55:08.35 1:13.30			
	800m: 9:20.89 1:10.73	2100m: 24:50.21 1:11.52	3400m: 40:31.87 1:13.40	4700m: 56:21.32 1:12.97			
	900m: 10:31.50 1:10.61	2200m: 26:02.09 1:11.88	3500m: 41:45.47 1:13.60	4800m: 57:34.37 1:13.05			
	1000m: 11:42.45 1:10.95	2300m: 27:14.21 1:12.12	3600m: 42:58.40 1:12.93	4900m: 58:47.21 1:12.84			
	1100m: 12:53.43 1:10.98	2400m: 28:26.13 1:11.92	3700m: 44:10.76 1:12.36	5000m: 59:59.14 1:11.93			
	1200m: 14:04.35 1:10.92	2500m: 29:38.34 1:12.21	3800m: 45:23.86 1:13.10				
	1300m: 15:15.81 1:11.46	2600m: 30:50.22 1:11.88	3900m: 46:37.28 1:13.42				
16.	Andre Alexandre Santos	99	Sporting	1:00:56.53		500	
	100m: 1:09.53 1:09.53	1400m: 16:45.87 1:13.37	2700m: 32:30.67 1:14.23	4000m: 48:34.11 1:14.09			
	200m: 2:20.63 1:11.10	1500m: 17:59.49 1:13.62	2800m: 33:44.92 1:14.25	4100m: 49:49.04 1:14.93			
	300m: 3:32.17 1:11.54	1600m: 19:11.51 1:12.02	2900m: 35:00.27 1:15.35	4200m: 51:04.25 1:15.21			
	400m: 4:44.33 1:12.16	1700m: 20:23.06 1:11.55	3000m: 36:15.78 1:15.51	4300m: 52:15.93 1:11.68			
	500m: 5:56.25 1:11.92	1800m: 21:35.16 1:12.10	3100m: 37:30.40 1:14.62	4400m: 53:29.74 1:13.81			
	600m: 7:07.95 1:11.70	1900m: 22:47.03 1:11.87	3200m: 38:44.40 1:14.00	4500m: 54:44.82 1:15.08			
	700m: 8:19.66 1:11.71	2000m: 23:58.36 1:11.33	3300m: 39:56.71 1:12.31	4600m: 55:58.80 1:13.98			
	800m: 9:30.97 1:11.31	2100m: 25:10.97 1:12.61	3400m: 41:09.35 1:12.64	4700m: 57:14.93 1:16.13			
	900m: 10:42.72 1:11.75	2200m: 26:23.19 1:12.22	3500m: 42:23.62 1:14.27	4800m: 58:29.32 1:14.39			
	1000m: 11:54.13 1:11.41	2300m: 27:36.35 1:13.16	3600m: 43:36.68 1:13.06	4900m: 59:44.10 1:14.78			
	1100m: 13:06.68 1:12.55	2400m: 28:49.66 1:13.31	3700m: 44:51.02 1:14.34	5000m: 1:00:56.53 1:12.43			
	1200m: 14:18.96 1:12.28	2500m: 30:02.71 1:13.05	3800m: 46:05.63 1:14.61				
	1300m: 15:32.50 1:13.54	2600m: 31:16.44 1:13.73	3900m: 47:20.02 1:14.39				
17.	Diogo Moreno Bastos	00	Fluvial Portuense	1:01:56.65		476	
	100m: 1:11.19 1:11.19	1300m: 15:49.40 1:14.08	2500m: 30:57.01 1:16.74	3700m: 45:59.03 1:14.62			
	200m: 2:22.86 1:11.67	1400m: 17:04.40 1:15.00	2600m: 32:13.48 1:16.47	3800m: 47:12.94 1:13.91			
	300m: 3:35.29 1:12.43	1500m: 18:19.38 1:14.98	2700m: 33:29.65 1:16.17	3900m: 48:27.84 1:14.90			
	400m: 4:47.94 1:12.65	1600m: 19:34.21 1:14.83	2800m: 34:45.08 1:15.43	4000m: 49:42.16 1:14.32			
	500m: 6:00.64 1:12.70	1700m: 20:48.90 1:14.69	2900m: 36:00.46 1:15.38	4100m: 50:55.83 1:13.67			
	600m: 7:14.12 1:13.48	1800m: 22:03.77 1:14.87	3000m: 37:15.03 1:14.57	4200m: 52:09.35 1:13.52			
	700m: 8:27.11 1:12.99	1900m: 23:19.40 1:15.63	3100m: 38:30.07 1:15.04	4300m: 53:22.72 1:13.37			
	800m: 9:40.52 1:13.41	2000m: 24:34.87 1:15.47	3200m: 39:45.03 1:14.96	4400m: 54:36.16 1:13.44			
	900m: 10:53.82 1:13.30	2100m: 25:50.56 1:15.69	3300m: 41:00.12 1:15.09	4500m: 55:50.37 1:14.21			
	1000m: 12:07.43 1:13.61	2200m: 27:06.77 1:16.21	3400m: 42:15.41 1:15.29	4600m: 57:04.10 1:13.73			
	1100m: 13:21.54 1:14.11	2300m: 28:23.68 1:16.91	3500m: 43:30.69 1:15.28	4700m: 58:18.66 1:14.56			
	1200m: 14:35.32 1:13.78	2400m: 29:40.27 1:16.59	3600m: 44:44.41 1:13.72	4800m: 59:33.07 1:14.41			

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:00:47.10 1:14.03	5000m1:01:56.65	1:09.55				
18.	Daniel Nogueira Catalao	00	Uniao Piedense	1:03:14.03		448	
	100m: 1:09.85 1:09.85	1400m: 16:46.07 1:13.58	2700m: 33:06.07 1:18.77	4000m: 50:09.51 1:18.73			
	200m: 2:21.21 1:11.36	1500m: 17:59.68 1:13.61	2800m: 34:24.09 1:18.02	4100m: 51:28.71 1:19.20			
	300m: 3:32.95 1:11.74	1600m: 19:12.32 1:12.64	2900m: 35:42.20 1:18.11	4200m: 52:48.55 1:19.84			
	400m: 4:45.10 1:12.15	1700m: 20:23.93 1:11.61	3000m: 37:00.62 1:18.42	4300m: 54:07.02 1:18.47			
	500m: 5:56.66 1:11.56	1800m: 21:39.78 1:15.85	3100m: 38:19.13 1:18.51	4400m: 55:26.01 1:18.99			
	600m: 7:08.39 1:11.73	1900m: 22:52.63 1:12.85	3200m: 39:37.62 1:18.49	4500m: 56:46.69 1:20.68			
	700m: 8:20.09 1:11.70	2000m: 24:06.81 1:14.18	3300m: 40:56.48 1:18.86	4600m: 58:04.54 1:17.85			
	800m: 9:31.59 1:11.50	2100m: 25:20.68 1:13.87	3400m: 42:16.38 1:19.90	4700m: 59:22.51 1:17.97			
	900m: 10:43.23 1:11.64	2200m: 26:37.45 1:16.77	3500m: 43:35.94 1:19.56	4800m: 1:00:40.54 1:18.03			
	1000m: 11:54.91 1:11.68	2300m: 27:54.92 1:17.47	3600m: 44:54.75 1:18.81	4900m: 1:01:58.40 1:17.86			
	1100m: 13:07.02 1:12.11	2400m: 29:12.61 1:17.69	3700m: 46:12.95 1:18.20	5000m: 1:03:14.03 1:15.63			
	1200m: 14:19.08 1:12.06	2500m: 30:29.83 1:17.22	3800m: 47:31.34 1:18.39				
	1300m: 15:32.49 1:13.41	2600m: 31:47.30 1:17.47	3900m: 48:50.78 1:19.44				
19.	Nuno Correia Sousa	00	Fluvial Portuense	1:03:21.66		445	
	100m: 1:09.01 1:09.01	1400m: 17:04.46 1:15.31	2700m: 33:32.25 1:18.01	4000m: 50:25.48 1:18.94			
	200m: 2:20.80 1:11.79	1500m: 18:19.32 1:14.86	2800m: 34:49.72 1:17.47	4100m: 51:45.23 1:19.75			
	300m: 3:33.56 1:12.76	1600m: 19:34.22 1:14.90	2900m: 36:07.67 1:17.95	4200m: 53:04.96 1:19.73			
	400m: 4:46.14 1:12.58	1700m: 20:48.55 1:14.33	3000m: 37:25.34 1:17.67	4300m: 54:23.93 1:18.97			
	500m: 5:59.53 1:13.39	1800m: 22:03.61 1:15.06	3100m: 38:41.99 1:16.65	4400m: 55:42.23 1:18.30			
	600m: 7:13.06 1:13.53	1900m: 23:19.54 1:15.93	3200m: 39:59.57 1:17.58	4500m: 57:00.22 1:17.99			
	700m: 8:26.50 1:13.44	2000m: 24:34.46 1:14.92	3300m: 41:18.10 1:18.53	4600m: 58:17.75 1:17.53			
	800m: 9:39.72 1:13.22	2100m: 25:50.66 1:16.20	3400m: 42:35.43 1:17.33	4700m: 59:35.69 1:17.94			
	900m: 10:53.18 1:13.46	2200m: 27:06.63 1:15.97	3500m: 43:53.42 1:17.99	4800m: 1:00:52.42 1:16.73			
	1000m: 12:06.83 1:13.65	2300m: 28:23.71 1:17.08	3600m: 45:10.97 1:17.55	4900m: 1:02:08.40 1:15.98			
	1100m: 13:20.99 1:14.16	2400m: 29:40.48 1:16.77	3700m: 46:29.60 1:18.63	5000m: 1:03:21.66 1:13.26			
	1200m: 14:34.71 1:13.72	2500m: 30:57.56 1:17.08	3800m: 47:47.80 1:18.20				
	1300m: 15:49.15 1:14.44	2600m: 32:14.24 1:16.68	3900m: 49:06.54 1:18.74				
DNF	Tiago Filipe Campos	99	Scalabiswim				
	100m: 1:05.51 1:05.51	1400m: 16:21.29 1:12.81	2700m: 32:35.11 1:16.45	4000m:			
	200m: 2:13.70 1:08.19	1500m: 17:34.16 1:12.87	2800m:	4100m:			
	300m: 3:22.47 1:08.77	1600m: 18:47.86 1:13.70	2900m:	4200m:			
	400m: 4:31.87 1:09.40	1700m: 20:01.90 1:14.04	3000m:	4300m:			
	500m: 5:40.96 1:09.09	1800m: 21:16.47 1:14.57	3100m:	4400m:			
	600m: 6:51.18 1:10.22	1900m: 22:30.71 1:14.24	3200m:	4500m:			
	700m: 8:01.08 1:09.90	2000m: 23:45.60 1:14.89	3300m:	4600m:			
	800m: 9:11.07 1:09.99	2100m: 25:00.64 1:15.04	3400m:	4700m:			
	900m: 10:22.10 1:11.03	2200m: 26:16.00 1:15.36	3500m:	4800m:			
	1000m: 11:32.91 1:10.81	2300m: 27:31.39 1:15.39	3600m:	4900m:			
	1100m: 12:44.80 1:11.89	2400m: 28:46.44 1:15.05	3700m:	5000m:			
	1200m: 13:56.71 1:11.91	2500m: 30:01.65 1:15.21	3800m:				
	1300m: 15:08.48 1:11.77	2600m: 31:18.66 1:17.01	3900m:				

Seniores, Masc.

Prova 2, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
1.	Rafael Lourenco Gil	96	Uniao Piedense	54:03.60		717						
<i>Melhor Marca dos Campeonatos</i>												
	100m:	1:04.92	1:04.92	1400m:	15:03.88	1:04.09	2700m:	29:04.00	1:05.66	4000m:	43:12.05	1:05.87
	200m:	2:10.30	1:05.38	1500m:	16:07.43	1:03.55	2800m:	30:09.05	1:05.05	4100m:	44:18.18	1:06.13
	300m:	3:15.87	1:05.57	1600m:	17:11.34	1:03.91	2900m:	31:14.21	1:05.16	4200m:	45:24.03	1:05.85
	400m:	4:20.97	1:05.10	1700m:	18:15.35	1:04.01	3000m:	32:19.76	1:05.55	4300m:	46:29.90	1:05.87
	500m:	5:25.94	1:04.97	1800m:	19:20.20	1:04.85	3100m:	33:24.83	1:05.07	4400m:	47:35.53	1:05.63
	600m:	6:30.90	1:04.96	1900m:	20:25.50	1:05.30	3200m:	34:30.56	1:05.73	4500m:	48:41.17	1:05.64
	700m:	7:35.53	1:04.63	2000m:	21:30.71	1:05.21	3300m:	35:36.43	1:05.87	4600m:	49:46.19	1:05.02
	800m:	8:39.99	1:04.46	2100m:	22:35.70	1:04.99	3400m:	36:42.66	1:06.23	4700m:	50:51.41	1:05.22
	900m:	9:44.20	1:04.21	2200m:	23:39.09	1:03.39	3500m:	37:46.33	1:03.67	4800m:	51:56.22	1:04.81
	1000m:	10:47.38	1:03.18	2300m:	24:43.32	1:04.23	3600m:	38:50.48	1:04.15	4900m:	53:01.17	1:04.95
	1100m:	11:51.97	1:04.59	2400m:	25:48.33	1:05.01	3700m:	39:55.42	1:04.94	5000m:	54:03.60	1:02.43
	1200m:	12:56.18	1:04.21	2500m:	26:53.96	1:05.63	3800m:	41:00.73	1:05.31			
	1300m:	13:59.79	1:03.61	2600m:	27:58.34	1:04.38	3900m:	42:06.18	1:05.45			
2.	Mario Andre Bonanca	90	Sporting	54:47.43		688						
	100m:	1:05.65	1:05.65	1400m:	15:04.77	1:04.49	2700m:	29:18.17	1:06.17	4000m:	43:43.92	1:06.77
	200m:	2:10.83	1:05.18	1500m:	16:09.22	1:04.45	2800m:	30:24.73	1:06.56	4100m:	44:50.16	1:06.24
	300m:	3:16.50	1:05.67	1600m:	17:14.25	1:05.03	2900m:	31:31.44	1:06.71	4200m:	45:56.69	1:06.53
	400m:	4:21.20	1:04.70	1700m:	18:19.17	1:04.92	3000m:	32:37.98	1:06.54	4300m:	47:02.99	1:06.30
	500m:	5:26.32	1:05.12	1800m:	19:24.20	1:05.03	3100m:	33:44.18	1:06.20	4400m:	48:09.73	1:06.74
	600m:	6:31.06	1:04.74	1900m:	20:29.43	1:05.23	3200m:	34:50.61	1:06.43	4500m:	49:16.87	1:07.14
	700m:	7:35.60	1:04.54	2000m:	21:34.83	1:05.40	3300m:	35:56.99	1:06.38	4600m:	50:23.59	1:06.72
	800m:	8:39.92	1:04.32	2100m:	22:40.20	1:05.37	3400m:	37:03.66	1:06.67	4700m:	51:30.36	1:06.77
	900m:	9:44.20	1:04.28	2200m:	23:46.11	1:05.91	3500m:	38:10.39	1:06.73	4800m:	52:37.10	1:06.74
	1000m:	10:48.04	1:03.84	2300m:	24:52.92	1:06.81	3600m:	39:16.88	1:06.49	4900m:	53:43.01	1:05.91
	1100m:	11:52.13	1:04.09	2400m:	25:59.26	1:06.34	3700m:	40:23.58	1:06.70	5000m:	54:47.43	1:04.42
	1200m:	12:56.14	1:04.01	2500m:	27:05.75	1:06.49	3800m:	41:30.51	1:06.93			
	1300m:	14:00.28	1:04.14	2600m:	28:12.00	1:06.25	3900m:	42:37.15	1:06.64			
3.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	55:32.15		661						
	100m:	1:05.00	1:05.00	1400m:	15:14.24	1:05.75	2700m:	29:38.98	1:06.82	4000m:	44:15.89	1:08.31
	200m:	2:10.46	1:05.46	1500m:	16:20.41	1:06.17	2800m:	30:46.53	1:07.55	4100m:	45:23.29	1:07.40
	300m:	3:15.95	1:05.49	1600m:	17:26.37	1:05.96	2900m:	31:54.53	1:08.00	4200m:	46:29.87	1:06.58
	400m:	4:20.91	1:04.96	1700m:	18:32.75	1:06.38	3000m:	33:01.96	1:07.43	4300m:	47:37.68	1:07.81
	500m:	5:26.18	1:05.27	1800m:	19:39.78	1:07.03	3100m:	34:09.19	1:07.23	4400m:	48:45.43	1:07.75
	600m:	6:31.23	1:05.05	1900m:	20:46.64	1:06.86	3200m:	35:16.10	1:06.91	4500m:	49:54.34	1:08.91
	700m:	7:36.22	1:04.99	2000m:	21:53.48	1:06.84	3300m:	36:23.33	1:07.23	4600m:	51:03.02	1:08.68
	800m:	8:40.79	1:04.57	2100m:	23:00.17	1:06.69	3400m:	37:30.65	1:07.32	4700m:	52:10.68	1:07.66
	900m:	9:46.10	1:05.31	2200m:	24:06.69	1:06.52	3500m:	38:37.67	1:07.02	4800m:	53:17.75	1:07.07
	1000m:	10:51.61	1:05.51	2300m:	25:12.55	1:05.86	3600m:	39:45.30	1:07.63	4900m:	54:26.03	1:08.28
	1100m:	11:57.44	1:05.83	2400m:	26:18.69	1:06.14	3700m:	40:52.89	1:07.59	5000m:	55:32.15	1:06.12
	1200m:	13:02.72	1:05.28	2500m:	27:25.23	1:06.54	3800m:	42:00.50	1:07.61			
	1300m:	14:08.49	1:05.77	2600m:	28:32.16	1:06.93	3900m:	43:07.58	1:07.08			
4.	Vasco Miguel Gaspar	90	Uniao Piedense	56:17.87		635						
	100m:	1:05.23	1:05.23	1200m:	13:13.33	1:06.89	2300m:	25:35.78	1:07.72	3400m:	38:01.11	1:08.06
	200m:	2:10.95	1:05.72	1300m:	14:20.29	1:06.96	2400m:	26:43.76	1:07.98	3500m:	39:09.19	1:08.08
	300m:	3:16.64	1:05.69	1400m:	15:27.33	1:07.04	2500m:	27:51.40	1:07.64	3600m:	40:17.40	1:08.21
	400m:	4:22.33	1:05.69	1500m:	16:34.39	1:07.06	2600m:	28:58.97	1:07.57	3700m:	41:25.09	1:07.69
	500m:	5:27.92	1:05.59	1600m:	17:41.43	1:07.04	2700m:	30:06.75	1:07.78	3800m:	42:33.26	1:08.17
	600m:	6:33.60	1:05.68	1700m:	18:48.82	1:07.39	2800m:	31:14.38	1:07.63	3900m:	43:41.99	1:08.73
	700m:	7:39.97	1:06.37	1800m:	19:56.62	1:07.80	2900m:	32:21.94	1:07.56	4000m:	44:50.40	1:08.41
	800m:	8:46.45	1:06.48	1900m:	21:04.35	1:07.73	3000m:	33:29.64	1:07.70	4100m:	45:58.58	1:08.18
	900m:	9:53.10	1:06.65	2000m:	22:11.92	1:07.57	3100m:	34:37.09	1:07.45	4200m:	47:06.86	1:08.28
	1000m:	10:59.74	1:06.64	2100m:	23:19.75	1:07.83	3200m:	35:45.49	1:08.40	4300m:	48:15.74	1:08.88
	1100m:	12:06.44	1:06.70	2200m:	24:28.06	1:08.31	3300m:	36:53.05	1:07.56	4400m:	49:24.22	1:08.48

Prova 2, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4500m: 50:33.32	1:09.10	4700m: 52:51.53	1:09.24	4900m: 55:09.47	1:09.17		
	4600m: 51:42.29	1:08.97	4800m: 54:00.30	1:08.77	5000m: 56:17.87	1:08.40		
5.	Tiago Silva Oliveira	94	Fluvial Portuense	56:53.86		615		
	100m: 1:04.58	1:04.58	1400m: 15:38.57	1:07.86	2700m: 30:22.28	1:08.97	4000m: 45:25.09	1:09.10
	200m: 2:10.92	1:06.34	1500m: 16:46.63	1:08.06	2800m: 31:31.42	1:09.14	4100m: 46:33.62	1:08.53
	300m: 3:17.53	1:06.61	1600m: 17:54.70	1:08.07	2900m: 32:40.26	1:08.84	4200m: 47:41.71	1:08.09
	400m: 4:24.15	1:06.62	1700m: 19:02.39	1:07.69	3000m: 33:49.14	1:08.88	4300m: 48:50.17	1:08.46
	500m: 5:30.42	1:06.27	1800m: 20:08.15	1:05.76	3100m: 34:57.22	1:08.08	4400m: 49:59.31	1:09.14
	600m: 6:37.56	1:07.14	1900m: 21:15.40	1:07.25	3200m: 36:06.66	1:09.44	4500m: 51:09.38	1:10.07
	700m: 7:44.82	1:07.26	2000m: 22:22.80	1:07.40	3300m: 37:16.60	1:09.94	4600m: 52:18.99	1:09.61
	800m: 8:51.98	1:07.16	2100m: 23:31.20	1:08.40	3400m: 38:26.41	1:09.81	4700m: 53:28.52	1:09.53
	900m: 9:59.69	1:07.71	2200m: 24:39.92	1:08.72	3500m: 39:36.37	1:09.96	4800m: 54:37.90	1:09.38
	1000m: 11:07.55	1:07.86	2300m: 25:47.74	1:07.82	3600m: 40:46.22	1:09.85	4900m: 55:47.15	1:09.25
	1100m: 12:15.33	1:07.78	2400m: 26:56.26	1:08.52	3700m: 41:56.10	1:09.88	5000m: 56:53.86	1:06.71
	1200m: 13:22.89	1:07.56	2500m: 28:04.57	1:08.31	3800m: 43:05.98	1:09.88		
	1300m: 14:30.71	1:07.82	2600m: 29:13.31	1:08.74	3900m: 44:15.99	1:10.01		
6.	Hugo Alberto Ribeiro	88	Estrelas S. Joao de Brito	56:55.32		614		
	100m: 1:06.43	1:06.43	1400m: 15:34.13	1:07.55	2700m: 30:28.08	1:08.68	4000m: 45:26.18	1:08.81
	200m: 2:12.27	1:05.84	1500m: 16:42.30	1:08.17	2800m: 31:36.98	1:08.90	4100m: 46:35.34	1:09.16
	300m: 3:18.29	1:06.02	1600m: 17:50.38	1:08.08	2900m: 32:45.91	1:08.93	4200m: 47:44.71	1:09.37
	400m: 4:24.09	1:05.80	1700m: 18:58.93	1:08.55	3000m: 33:55.22	1:09.31	4300m: 48:54.54	1:09.83
	500m: 5:30.61	1:06.52	1800m: 20:07.60	1:08.67	3100m: 35:04.45	1:09.23	4400m: 50:04.26	1:09.72
	600m: 6:36.99	1:06.38	1900m: 21:16.37	1:08.77	3200m: 36:14.26	1:09.81	4500m: 51:13.95	1:09.69
	700m: 7:43.41	1:06.42	2000m: 22:25.41	1:09.04	3300m: 37:23.87	1:09.61	4600m: 52:23.38	1:09.43
	800m: 8:50.09	1:06.68	2100m: 23:34.67	1:09.26	3400m: 38:33.57	1:09.70	4700m: 53:33.12	1:09.74
	900m: 9:57.26	1:07.17	2200m: 24:43.90	1:09.23	3500m: 39:42.59	1:09.02	4800m: 54:42.65	1:09.53
	1000m: 11:04.57	1:07.31	2300m: 25:52.97	1:09.07	3600m: 40:51.35	1:08.76	4900m: 55:51.62	1:08.97
	1100m: 12:11.92	1:07.35	2400m: 27:02.36	1:09.39	3700m: 42:00.12	1:08.77	5000m: 56:55.32	1:03.70
	1200m: 13:19.26	1:07.34	2500m: 28:11.41	1:09.05	3800m: 43:08.86	1:08.74		
	1300m: 14:26.58	1:07.32	2600m: 29:19.40	1:07.99	3900m: 44:17.37	1:08.51		

Juniores, Masc.

1.	Guilherme Filipe Pina	98	Benedita	53:58.43		720		
	<i>Melhor Marca dos Campeonatos</i>							
	100m: 1:04.67	1:04.67	1400m: 15:02.97	1:03.95	2700m: 29:03.66	1:05.47	4000m: 43:05.43	1:04.56
	200m: 2:09.99	1:05.32	1500m: 16:06.49	1:03.52	2800m: 30:09.06	1:05.40	4100m: 44:10.33	1:04.90
	300m: 3:15.04	1:05.05	1600m: 17:10.38	1:03.89	2900m: 31:14.25	1:05.19	4200m: 45:15.67	1:05.34
	400m: 4:20.23	1:05.19	1700m: 18:14.81	1:04.43	3000m: 32:19.52	1:05.27	4300m: 46:21.00	1:05.33
	500m: 5:25.02	1:04.79	1800m: 19:20.07	1:05.26	3100m: 33:24.68	1:05.16	4400m: 47:26.56	1:05.56
	600m: 6:29.99	1:04.97	1900m: 20:25.23	1:05.16	3200m: 34:30.33	1:05.65	4500m: 48:32.75	1:06.19
	700m: 7:34.61	1:04.62	2000m: 21:30.51	1:05.28	3300m: 35:36.18	1:05.85	4600m: 49:38.39	1:05.64
	800m: 8:39.19	1:04.58	2100m: 22:35.14	1:04.63	3400m: 36:42.16	1:05.98	4700m: 50:43.87	1:05.48
	900m: 9:42.93	1:03.74	2200m: 23:38.70	1:03.56	3500m: 37:45.36	1:03.20	4800m: 51:49.18	1:05.31
	1000m: 10:46.99	1:04.06	2300m: 24:42.81	1:04.11	3600m: 38:49.09	1:03.73	4900m: 52:54.11	1:04.93
	1100m: 11:51.28	1:04.29	2400m: 25:48.17	1:05.36	3700m: 39:52.58	1:03.49	5000m: 53:58.43	1:04.32
	1200m: 12:55.25	1:03.97	2500m: 26:53.79	1:05.62	3800m: 40:56.51	1:03.93		
	1300m: 13:59.02	1:03.77	2600m: 27:58.19	1:04.40	3900m: 42:00.87	1:04.36		

Prova 2, Masc., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	Joao Alexandre Vital	98	Sporting	55:56.81		647	
	100m: 1:05.89 1:05.89	1400m: 15:14.80 1:05.91	2700m: 29:46.42 1:07.63	4000m: 44:31.91 1:08.45			
	200m: 2:11.35 1:05.46	1500m: 16:20.71 1:05.91	2800m: 30:54.37 1:07.95	4100m: 45:40.54 1:08.63			
	300m: 3:16.71 1:05.36	1600m: 17:26.71 1:06.00	2900m: 32:02.22 1:07.85	4200m: 46:49.11 1:08.57			
	400m: 4:21.73 1:05.02	1700m: 18:33.37 1:06.66	3000m: 33:10.11 1:07.89	4300m: 47:57.85 1:08.74			
	500m: 5:27.02 1:05.29	1800m: 19:40.27 1:06.90	3100m: 34:17.84 1:07.73	4400m: 49:06.64 1:08.79			
	600m: 6:32.23 1:05.21	1900m: 20:47.46 1:07.19	3200m: 35:25.50 1:07.66	4500m: 50:15.28 1:08.64			
	700m: 7:37.04 1:04.81	2000m: 21:54.78 1:07.32	3300m: 36:33.50 1:08.00	4600m: 51:23.82 1:08.54			
	800m: 8:41.95 1:04.91	2100m: 23:01.93 1:07.15	3400m: 37:41.38 1:07.88	4700m: 52:32.36 1:08.54			
	900m: 9:47.05 1:05.10	2200m: 24:09.09 1:07.16	3500m: 38:50.12 1:08.74	4800m: 53:40.74 1:08.38			
	1000m: 10:52.25 1:05.20	2300m: 25:16.42 1:07.33	3600m: 39:58.53 1:08.41	4900m: 54:48.80 1:08.06			
	1100m: 11:57.57 1:05.32	2400m: 26:23.89 1:07.47	3700m: 41:06.81 1:08.28	5000m: 55:56.81 1:08.01			
	1200m: 13:03.17 1:05.60	2500m: 27:31.25 1:07.36	3800m: 42:15.16 1:08.35				
	1300m: 14:08.89 1:05.72	2600m: 28:38.79 1:07.54	3900m: 43:23.46 1:08.30				
3.	Diogo Manuel Marques	98	Columbofila Cantanhedense	56:43.65		620	
	100m: 1:05.48 1:05.48	1400m: 15:38.37 1:07.66	2700m: 30:22.26 1:09.16	4000m: 45:23.32 1:07.42			
	200m: 2:11.65 1:06.17	1500m: 16:46.71 1:08.34	2800m: 31:31.46 1:09.20	4100m: 46:31.04 1:07.72			
	300m: 3:17.51 1:05.86	1600m: 17:54.76 1:08.05	2900m: 32:40.29 1:08.83	4200m: 47:39.33 1:08.29			
	400m: 4:23.20 1:05.69	1700m: 19:01.54 1:06.78	3000m: 33:49.22 1:08.93	4300m: 48:47.53 1:08.20			
	500m: 5:30.22 1:07.02	1800m: 20:07.69 1:06.15	3100m: 34:57.42 1:08.20	4400m: 49:56.23 1:08.70			
	600m: 6:37.52 1:07.30	1900m: 21:15.04 1:07.35	3200m: 36:06.58 1:09.16	4500m: 51:04.21 1:07.98			
	700m: 7:45.12 1:07.60	2000m: 22:22.65 1:07.61	3300m: 37:16.48 1:09.90	4600m: 52:12.05 1:07.84			
	800m: 8:51.65 1:06.53	2100m: 23:31.08 1:08.43	3400m: 38:26.46 1:09.98	4700m: 53:20.26 1:08.21			
	900m: 9:59.31 1:07.66	2200m: 24:39.83 1:08.75	3500m: 39:36.13 1:09.67	4800m: 54:28.72 1:08.46			
	1000m: 11:07.30 1:07.99	2300m: 25:47.58 1:07.75	3600m: 40:46.35 1:10.22	4900m: 55:37.00 1:08.28			
	1100m: 12:15.14 1:07.84	2400m: 26:55.89 1:08.31	3700m: 41:56.20 1:09.85	5000m: 56:43.65 1:06.65			
	1200m: 13:22.94 1:07.80	2500m: 28:04.34 1:08.45	3800m: 43:05.88 1:09.68				
	1300m: 14:30.71 1:07.77	2600m: 29:13.10 1:08.76	3900m: 44:15.90 1:10.02				
4.	Tiago Cunha Costa	99	Sporting	57:03.55		609	
	100m: 1:07.28 1:07.28	1400m: 15:50.00 1:08.04	2700m: 30:40.39 1:08.97	4000m: 45:38.68 1:09.10			
	200m: 2:15.13 1:07.85	1500m: 16:58.37 1:08.37	2800m: 31:49.85 1:09.46	4100m: 46:47.71 1:09.03			
	300m: 3:23.28 1:08.15	1600m: 18:06.84 1:08.47	2900m: 32:58.88 1:09.03	4200m: 47:57.05 1:09.34			
	400m: 4:31.58 1:08.30	1700m: 19:15.12 1:08.28	3000m: 34:08.03 1:09.15	4300m: 49:06.24 1:09.19			
	500m: 5:39.78 1:08.20	1800m: 20:23.81 1:08.69	3100m: 35:16.80 1:08.77	4400m: 50:15.36 1:09.12			
	600m: 6:47.63 1:07.85	1900m: 21:31.90 1:08.09	3200m: 36:25.92 1:09.12	4500m: 51:24.67 1:09.31			
	700m: 7:55.50 1:07.87	2000m: 22:40.74 1:08.84	3300m: 37:34.83 1:08.91	4600m: 52:33.28 1:08.61			
	800m: 9:03.30 1:07.80	2100m: 23:49.01 1:08.27	3400m: 38:43.85 1:09.02	4700m: 53:41.83 1:08.55			
	900m: 10:10.95 1:07.65	2200m: 24:57.20 1:08.19	3500m: 39:52.54 1:08.69	4800m: 54:49.89 1:08.06			
	1000m: 11:18.45 1:07.50	2300m: 26:05.73 1:08.53	3600m: 41:01.73 1:09.19	4900m: 55:57.45 1:07.56			
	1100m: 12:26.12 1:07.67	2400m: 27:14.22 1:08.49	3700m: 42:10.68 1:08.95	5000m: 57:03.55 1:06.10			
	1200m: 13:33.90 1:07.78	2500m: 28:22.76 1:08.54	3800m: 43:20.10 1:09.42				
	1300m: 14:41.96 1:08.06	2600m: 29:31.42 1:08.66	3900m: 44:29.58 1:09.48				
5.	Jose Paula Carvalho	98	Uniao Piedense	58:25.55		568	
	100m: 1:05.43 1:05.43	1300m: 14:51.99 1:10.15	2500m: 28:56.07 1:10.13	3700m: 43:00.95 1:12.60			
	200m: 2:13.63 1:08.20	1400m: 16:02.80 1:10.81	2600m: 30:04.08 1:08.01	3800m: 44:12.57 1:11.62			
	300m: 3:22.53 1:08.90	1500m: 17:11.84 1:09.04	2700m: 31:15.01 1:10.93	3900m: 45:24.45 1:11.88			
	400m: 4:31.69 1:09.16	1600m: 18:22.02 1:10.18	2800m: 32:25.94 1:10.93	4000m: 46:36.06 1:11.61			
	500m: 5:40.85 1:09.16	1700m: 19:33.26 1:11.24	2900m: 33:36.92 1:10.98	4100m: 47:47.44 1:11.38			
	600m: 6:50.93 1:10.08	1800m: 20:44.14 1:10.88	3000m: 34:47.50 1:10.58	4200m: 48:59.51 1:12.07			
	700m: 8:00.62 1:09.69	1900m: 21:54.48 1:10.34	3100m: 35:57.41 1:09.91	4300m: 50:11.40 1:11.89			
	800m: 9:07.97 1:07.35	2000m: 23:03.24 1:08.76	3200m: 37:07.63 1:10.22	4400m: 51:22.56 1:11.16			
	900m: 10:16.32 1:08.35	2100m: 24:15.40 1:12.16	3300m: 38:16.50 1:08.87	4500m: 52:34.81 1:12.25			
	1000m: 11:24.82 1:08.50	2200m: 25:26.56 1:11.16	3400m: 39:27.09 1:10.59	4600m: 53:46.64 1:11.83			
	1100m: 12:33.53 1:08.71	2300m: 26:35.62 1:09.06	3500m: 40:38.00 1:10.91	4700m: 54:58.62 1:11.98			
	1200m: 13:41.84 1:08.31	2400m: 27:45.94 1:10.32	3600m: 41:48.35 1:10.35	4800m: 56:09.60 1:10.98			

Prova 2, Masc., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 57:19.96 1:10.36	5000m: 58:25.55	1:05.59				
6.	Afonso Calais Queiroga	98	Uniao Piedense	59:53.17		527	
	100m: 1:06.70 1:06.70	1400m: 16:37.43 1:13.98	2700m: 32:24.97 1:12.64	4000m: 48:05.72 1:10.04			
	200m: 2:16.92 1:10.22	1500m: 17:49.66 1:12.23	2800m: 33:37.00 1:12.03	4100m: 49:15.47 1:09.75			
	300m: 3:27.34 1:10.42	1600m: 19:02.87 1:13.21	2900m: 34:50.86 1:13.86	4200m: 50:25.91 1:10.44			
	400m: 4:37.78 1:10.44	1700m: 20:15.99 1:13.12	3000m: 36:04.26 1:13.40	4300m: 51:35.98 1:10.07			
	500m: 5:48.25 1:10.47	1800m: 21:29.66 1:13.67	3100m: 37:16.33 1:12.07	4400m: 52:47.00 1:11.02			
	600m: 6:58.71 1:10.46	1900m: 22:43.46 1:13.80	3200m: 38:29.30 1:12.97	4500m: 53:57.84 1:10.84			
	700m: 8:10.12 1:11.41	2000m: 23:56.98 1:13.52	3300m: 39:42.36 1:13.06	4600m: 55:08.55 1:10.71			
	800m: 9:21.94 1:11.82	2100m: 25:10.40 1:13.42	3400m: 40:55.24 1:12.88	4700m: 56:18.90 1:10.35			
	900m: 10:33.08 1:11.14	2200m: 26:23.35 1:12.95	3500m: 42:07.28 1:12.04	4800m: 57:29.87 1:10.97			
	1000m: 11:45.32 1:12.24	2300m: 27:35.98 1:12.63	3600m: 43:20.31 1:13.03	4900m: 58:41.31 1:11.44			
	1100m: 12:58.04 1:12.72	2400m: 28:48.97 1:12.99	3700m: 44:32.84 1:12.53	5000m: 59:53.17 1:11.86			
	1200m: 14:10.75 1:12.71	2500m: 30:00.57 1:11.60	3800m: 45:44.82 1:11.98				
	1300m: 15:23.45 1:12.70	2600m: 31:12.33 1:11.76	3900m: 46:55.68 1:10.86				
7.	Andre Alexandre Santos	99	Sporting	1:00:56.53		500	
	100m: 1:09.53 1:09.53	1400m: 16:45.87 1:13.37	2700m: 32:30.67 1:14.23	4000m: 48:34.11 1:14.09			
	200m: 2:20.63 1:11.10	1500m: 17:59.49 1:13.62	2800m: 33:44.92 1:14.25	4100m: 49:49.04 1:14.93			
	300m: 3:32.17 1:11.54	1600m: 19:11.51 1:12.02	2900m: 35:00.27 1:15.35	4200m: 51:04.25 1:15.21			
	400m: 4:44.33 1:12.16	1700m: 20:23.06 1:11.55	3000m: 36:15.78 1:15.51	4300m: 52:15.93 1:11.68			
	500m: 5:56.25 1:11.92	1800m: 21:35.16 1:12.10	3100m: 37:30.40 1:14.62	4400m: 53:29.74 1:13.81			
	600m: 7:07.95 1:11.70	1900m: 22:47.03 1:11.87	3200m: 38:44.40 1:14.00	4500m: 54:44.82 1:15.08			
	700m: 8:19.66 1:11.71	2000m: 23:58.36 1:11.33	3300m: 39:56.71 1:12.31	4600m: 55:58.80 1:13.98			
	800m: 9:30.97 1:11.31	2100m: 25:10.97 1:12.61	3400m: 41:09.35 1:12.64	4700m: 57:14.93 1:16.13			
	900m: 10:42.72 1:11.75	2200m: 26:23.19 1:12.22	3500m: 42:23.62 1:14.27	4800m: 58:29.32 1:14.39			
	1000m: 11:54.13 1:11.41	2300m: 27:36.35 1:13.16	3600m: 43:36.68 1:13.06	4900m: 59:44.10 1:14.78			
	1100m: 13:06.68 1:12.55	2400m: 28:49.66 1:13.31	3700m: 44:51.02 1:14.34	5000m: 1:00:56.53 1:12.43			
	1200m: 14:18.96 1:12.28	2500m: 30:02.71 1:13.05	3800m: 46:05.63 1:14.61				
	1300m: 15:32.50 1:13.54	2600m: 31:16.44 1:13.73	3900m: 47:20.02 1:14.39				
DNF	Tiago Filipe Campos	99	Scalabiswim				
	100m: 1:05.51 1:05.51	1400m: 16:21.29 1:12.81	2700m: 32:35.11 1:16.45	4000m:			
	200m: 2:13.70 1:08.19	1500m: 17:34.16 1:12.87	2800m:	4100m:			
	300m: 3:22.47 1:08.77	1600m: 18:47.86 1:13.70	2900m:	4200m:			
	400m: 4:31.87 1:09.40	1700m: 20:01.90 1:14.04	3000m:	4300m:			
	500m: 5:40.96 1:09.09	1800m: 21:16.47 1:14.57	3100m:	4400m:			
	600m: 6:51.18 1:10.22	1900m: 22:30.71 1:14.24	3200m:	4500m:			
	700m: 8:01.08 1:09.90	2000m: 23:45.60 1:14.89	3300m:	4600m:			
	800m: 9:11.07 1:09.99	2100m: 25:00.64 1:15.04	3400m:	4700m:			
	900m: 10:22.10 1:11.03	2200m: 26:16.00 1:15.36	3500m:	4800m:			
	1000m: 11:32.91 1:10.81	2300m: 27:31.39 1:15.39	3600m:	4900m:			
	1100m: 12:44.80 1:11.89	2400m: 28:46.44 1:15.05	3700m:	5000m:			
	1200m: 13:56.71 1:11.91	2500m: 30:01.65 1:15.21	3800m:				
	1300m: 15:08.48 1:11.77	2600m: 31:18.66 1:17.01	3900m:				

Juvenis A, Masc.

Prova 2, Masc., 5000m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts				
1.	Diogo Barbosa Nunes	00	Fluvial Portuense	58:01.64		579					
<i>Melhor Marca dos Campeonatos</i>											
100m:	1:05.57	1:05.57	1400m:	16:03.14	1:08.80	2700m:	31:11.56	1:09.85	4000m:	46:22.97	1:10.60
200m:	2:14.15	1:08.58	1500m:	17:11.47	1:08.33	2800m:	32:20.82	1:09.26	4100m:	47:32.71	1:09.74
300m:	3:23.19	1:09.04	1600m:	18:20.36	1:08.89	2900m:	33:31.03	1:10.21	4200m:	48:43.13	1:10.42
400m:	4:32.52	1:09.33	1700m:	19:28.91	1:08.55	3000m:	34:41.54	1:10.51	4300m:	49:53.63	1:10.50
500m:	5:42.17	1:09.65	1800m:	20:37.77	1:08.86	3100m:	35:50.79	1:09.25	4400m:	51:03.84	1:10.21
600m:	6:51.15	1:08.98	1900m:	21:47.44	1:09.67	3200m:	37:00.64	1:09.85	4500m:	52:13.69	1:09.85
700m:	7:59.72	1:08.57	2000m:	22:57.63	1:10.19	3300m:	38:10.37	1:09.73	4600m:	53:24.84	1:11.15
800m:	9:09.41	1:09.69	2100m:	24:08.25	1:10.62	3400m:	39:20.94	1:10.57	4700m:	54:35.46	1:10.62
900m:	10:18.26	1:08.85	2200m:	25:19.89	1:11.64	3500m:	40:31.42	1:10.48	4800m:	55:46.19	1:10.73
1000m:	11:27.01	1:08.75	2300m:	26:30.28	1:10.39	3600m:	41:42.53	1:11.11	4900m:	56:56.31	1:10.12
1100m:	12:36.20	1:09.19	2400m:	27:40.81	1:10.53	3700m:	42:52.72	1:10.19	5000m:	58:01.64	1:05.33
1200m:	13:45.26	1:09.06	2500m:	28:51.53	1:10.72	3800m:	44:02.56	1:09.84			
1300m:	14:54.34	1:09.08	2600m:	30:01.71	1:10.18	3900m:	45:12.37	1:09.81			
2.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	58:28.43		566					
100m:	1:07.17	1:07.17	1400m:	16:08.88	1:09.90	2700m:	31:20.44	1:10.53	4000m:	46:35.82	1:11.65
200m:	2:16.89	1:09.72	1500m:	17:19.39	1:10.51	2800m:	32:31.10	1:10.66	4100m:	47:47.32	1:11.50
300m:	3:27.07	1:10.18	1600m:	18:30.01	1:10.62	2900m:	33:41.66	1:10.56	4200m:	48:59.16	1:11.84
400m:	4:37.55	1:10.48	1700m:	19:40.23	1:10.22	3000m:	34:51.50	1:09.84	4300m:	50:11.12	1:11.96
500m:	5:47.47	1:09.92	1800m:	20:50.11	1:09.88	3100m:	36:00.87	1:09.37	4400m:	51:22.54	1:11.42
600m:	6:56.03	1:08.56	1900m:	22:00.23	1:10.12	3200m:	37:10.36	1:09.49	4500m:	52:34.51	1:11.97
700m:	8:04.27	1:08.24	2000m:	23:11.15	1:10.92	3300m:	38:20.37	1:10.01	4600m:	53:46.75	1:12.24
800m:	9:12.35	1:08.08	2100m:	24:21.15	1:10.00	3400m:	39:30.30	1:09.93	4700m:	54:58.44	1:11.69
900m:	10:21.16	1:08.81	2200m:	25:30.88	1:09.73	3500m:	40:40.21	1:09.91	4800m:	56:09.54	1:11.10
1000m:	11:29.92	1:08.76	2300m:	26:40.60	1:09.72	3600m:	41:49.74	1:09.53	4900m:	57:19.96	1:10.42
1100m:	12:39.08	1:09.16	2400m:	27:50.58	1:09.98	3700m:	43:00.79	1:11.05	5000m:	58:28.43	1:08.47
1200m:	13:48.92	1:09.84	2500m:	28:59.90	1:09.32	3800m:	44:12.47	1:11.68			
1300m:	14:58.98	1:10.06	2600m:	30:09.91	1:10.01	3900m:	45:24.17	1:11.70			
3.	Filipe Miguel Santo	00	Sporting	59:59.14		524					
100m:	1:09.12	1:09.12	1400m:	16:27.50	1:11.69	2700m:	32:02.00	1:11.78	4000m:	47:50.17	1:12.89
200m:	2:20.04	1:10.92	1500m:	17:39.27	1:11.77	2800m:	33:14.29	1:12.29	4100m:	49:03.11	1:12.94
300m:	3:30.75	1:10.71	1600m:	18:51.29	1:12.02	2900m:	34:26.54	1:12.25	4200m:	50:16.21	1:13.10
400m:	4:40.50	1:09.75	1700m:	20:03.39	1:12.10	3000m:	35:39.64	1:13.10	4300m:	51:29.28	1:13.07
500m:	5:50.29	1:09.79	1800m:	21:14.94	1:11.55	3100m:	36:52.78	1:13.14	4400m:	52:41.91	1:12.63
600m:	6:59.89	1:09.60	1900m:	22:27.14	1:12.20	3200m:	38:05.25	1:12.47	4500m:	53:55.05	1:13.14
700m:	8:10.16	1:10.27	2000m:	23:38.69	1:11.55	3300m:	39:18.47	1:13.22	4600m:	55:08.35	1:13.30
800m:	9:20.89	1:10.73	2100m:	24:50.21	1:11.52	3400m:	40:31.87	1:13.40	4700m:	56:21.32	1:12.97
900m:	10:31.50	1:10.61	2200m:	26:02.09	1:11.88	3500m:	41:45.47	1:13.60	4800m:	57:34.37	1:13.05
1000m:	11:42.45	1:10.95	2300m:	27:14.21	1:12.12	3600m:	42:58.40	1:12.93	4900m:	58:47.21	1:12.84
1100m:	12:53.43	1:10.98	2400m:	28:26.13	1:11.92	3700m:	44:10.76	1:12.36	5000m:	59:59.14	1:11.93
1200m:	14:04.35	1:10.92	2500m:	29:38.34	1:12.21	3800m:	45:23.86	1:13.10			
1300m:	15:15.81	1:11.46	2600m:	30:50.22	1:11.88	3900m:	46:37.28	1:13.42			
4.	Diogo Moreno Bastos	00	Fluvial Portuense	1:01:56.65		476					
100m:	1:11.19	1:11.19	1200m:	14:35.32	1:13.78	2300m:	28:23.68	1:16.91	3400m:	42:15.41	1:15.29
200m:	2:22.86	1:11.67	1300m:	15:49.40	1:14.08	2400m:	29:40.27	1:16.59	3500m:	43:30.69	1:15.28
300m:	3:35.29	1:12.43	1400m:	17:04.40	1:15.00	2500m:	30:57.01	1:16.74	3600m:	44:44.41	1:13.72
400m:	4:47.94	1:12.65	1500m:	18:19.38	1:14.98	2600m:	32:13.48	1:16.47	3700m:	45:59.03	1:14.62
500m:	6:00.64	1:12.70	1600m:	19:34.21	1:14.83	2700m:	33:29.65	1:16.17	3800m:	47:12.94	1:13.91
600m:	7:14.12	1:13.48	1700m:	20:48.90	1:14.69	2800m:	34:45.08	1:15.43	3900m:	48:27.84	1:14.90
700m:	8:27.11	1:12.99	1800m:	22:03.77	1:14.87	2900m:	36:00.46	1:15.38	4000m:	49:42.16	1:14.32
800m:	9:40.52	1:13.41	1900m:	23:19.40	1:15.63	3000m:	37:15.03	1:14.57	4100m:	50:55.83	1:13.67
900m:	10:53.82	1:13.30	2000m:	24:34.87	1:15.47	3100m:	38:30.07	1:15.04	4200m:	52:09.35	1:13.52
1000m:	12:07.43	1:13.61	2100m:	25:50.56	1:15.69	3200m:	39:45.03	1:14.96	4300m:	53:22.72	1:13.37
1100m:	13:21.54	1:14.11	2200m:	27:06.77	1:16.21	3300m:	41:00.12	1:15.09	4400m:	54:36.16	1:13.44

Prova 2, Masc., 5000m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4500m: 55:50.37	1:14.21	4700m: 58:18.66	1:14.56	4900m: 1:00:47.10	1:14.03		
	4600m: 57:04.10	1:13.73	4800m: 59:33.07	1:14.41	5000m: 1:01:56.65	1:09.55		
5.	Daniel Nogueira Catalao	00	Uniao Piedense	1:03:14.03		448		
	100m: 1:09.85	1:09.85	1400m: 16:46.07	1:13.58	2700m: 33:06.07	1:18.77	4000m: 50:09.51	1:18.73
	200m: 2:21.21	1:11.36	1500m: 17:59.68	1:13.61	2800m: 34:24.09	1:18.02	4100m: 51:28.71	1:19.20
	300m: 3:32.95	1:11.74	1600m: 19:12.32	1:12.64	2900m: 35:42.20	1:18.11	4200m: 52:48.55	1:19.84
	400m: 4:45.10	1:12.15	1700m: 20:23.93	1:11.61	3000m: 37:00.62	1:18.42	4300m: 54:07.02	1:18.47
	500m: 5:56.66	1:11.56	1800m: 21:39.78	1:15.85	3100m: 38:19.13	1:18.51	4400m: 55:26.01	1:18.99
	600m: 7:08.39	1:11.73	1900m: 22:52.63	1:12.85	3200m: 39:37.62	1:18.49	4500m: 56:46.69	1:20.68
	700m: 8:20.09	1:11.70	2000m: 24:06.81	1:14.18	3300m: 40:56.48	1:18.86	4600m: 58:04.54	1:17.85
	800m: 9:31.59	1:11.50	2100m: 25:20.68	1:13.87	3400m: 42:16.38	1:19.90	4700m: 59:22.51	1:17.97
	900m: 10:43.23	1:11.64	2200m: 26:37.45	1:16.77	3500m: 43:35.94	1:19.56	4800m: 1:00:40.54	1:18.03
	1000m: 11:54.91	1:11.68	2300m: 27:54.92	1:17.47	3600m: 44:54.75	1:18.81	4900m: 1:01:58.40	1:17.86
	1100m: 13:07.02	1:12.11	2400m: 29:12.61	1:17.69	3700m: 46:12.95	1:18.20	5000m: 1:03:14.03	1:15.63
	1200m: 14:19.08	1:12.06	2500m: 30:29.83	1:17.22	3800m: 47:31.34	1:18.39		
	1300m: 15:32.49	1:13.41	2600m: 31:47.30	1:17.47	3900m: 48:50.78	1:19.44		
6.	Nuno Correia Sousa	00	Fluvial Portuense	1:03:21.66		445		
	100m: 1:09.01	1:09.01	1400m: 17:04.46	1:15.31	2700m: 33:32.25	1:18.01	4000m: 50:25.48	1:18.94
	200m: 2:20.80	1:11.79	1500m: 18:19.32	1:14.86	2800m: 34:49.72	1:17.47	4100m: 51:45.23	1:19.75
	300m: 3:33.56	1:12.76	1600m: 19:34.22	1:14.90	2900m: 36:07.67	1:17.95	4200m: 53:04.96	1:19.73
	400m: 4:46.14	1:12.58	1700m: 20:48.55	1:14.33	3000m: 37:25.34	1:17.67	4300m: 54:23.93	1:18.97
	500m: 5:59.53	1:13.39	1800m: 22:03.61	1:15.06	3100m: 38:41.99	1:16.65	4400m: 55:42.23	1:18.30
	600m: 7:13.06	1:13.53	1900m: 23:19.54	1:15.93	3200m: 39:59.57	1:17.58	4500m: 57:00.22	1:17.99
	700m: 8:26.50	1:13.44	2000m: 24:34.46	1:14.92	3300m: 41:18.10	1:18.53	4600m: 58:17.75	1:17.53
	800m: 9:39.72	1:13.22	2100m: 25:50.66	1:16.20	3400m: 42:35.43	1:17.33	4700m: 59:35.69	1:17.94
	900m: 10:53.18	1:13.46	2200m: 27:06.63	1:15.97	3500m: 43:53.42	1:17.99	4800m: 1:00:52.42	1:16.73
	1000m: 12:06.83	1:13.65	2300m: 28:23.71	1:17.08	3600m: 45:10.97	1:17.55	4900m: 1:02:08.40	1:15.98
	1100m: 13:20.99	1:14.16	2400m: 29:40.48	1:16.77	3700m: 46:29.60	1:18.63	5000m: 1:03:21.66	1:13.26
	1200m: 14:34.71	1:13.72	2500m: 30:57.56	1:17.08	3800m: 47:47.80	1:18.20		
	1300m: 15:49.15	1:14.44	2600m: 32:14.24	1:16.68	3900m: 49:06.54	1:18.74		

Absolutos, Femin.

1.	Angelica Maria Andre	94	Fluvial Portuense	1:00:05.12		632		
	100m: 1:09.28	1:09.28	1400m: 16:34.93	1:11.70	2700m: 32:06.17	1:12.58	4000m: 47:57.86	1:13.59
	200m: 2:19.89	1:10.61	1500m: 17:47.52	1:12.59	2800m: 33:19.58	1:13.41	4100m: 49:11.71	1:13.85
	300m: 3:30.94	1:11.05	1600m: 18:58.90	1:11.38	2900m: 34:33.19	1:13.61	4200m: 50:25.59	1:13.88
	400m: 4:42.22	1:11.28	1700m: 20:10.11	1:11.21	3000m: 35:46.44	1:13.25	4300m: 51:39.36	1:13.77
	500m: 5:53.77	1:11.55	1800m: 21:21.17	1:11.06	3100m: 37:00.09	1:13.65	4400m: 52:52.54	1:13.18
	600m: 7:04.72	1:10.95	1900m: 22:32.08	1:10.91	3200m: 38:13.14	1:13.05	4500m: 54:05.80	1:13.26
	700m: 8:16.09	1:11.37	2000m: 23:42.98	1:10.90	3300m: 39:26.32	1:13.18	4600m: 55:18.75	1:12.95
	800m: 9:27.45	1:11.36	2100m: 24:53.83	1:10.85	3400m: 40:39.21	1:12.89	4700m: 56:31.08	1:12.33
	900m: 10:38.28	1:10.83	2200m: 26:04.88	1:11.05	3500m: 41:52.11	1:12.90	4800m: 57:43.49	1:12.41
	1000m: 11:49.05	1:10.77	2300m: 27:16.25	1:11.37	3600m: 43:04.78	1:12.67	4900m: 58:55.74	1:12.25
	1100m: 13:00.17	1:11.12	2400m: 28:28.16	1:11.91	3700m: 44:17.57	1:12.79	5000m: 1:00:05.12	1:09.38
	1200m: 14:11.41	1:11.24	2500m: 29:40.69	1:12.53	3800m: 45:30.62	1:13.05		
	1300m: 15:23.23	1:11.82	2600m: 30:53.59	1:12.90	3900m: 46:44.27	1:13.65		

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	Vania Soares Neves	90	Fluval Portuense	1:00:45.68		611	
	100m: 1:09.39 1:09.39	1400m: 16:35.20 1:11.68	2700m: 32:20.53 1:13.81	4000m: 48:19.76 1:14.58			
	200m: 2:20.02 1:10.63	1500m: 17:47.66 1:12.46	2800m: 33:34.18 1:13.65	4100m: 49:33.95 1:14.19			
	300m: 3:30.94 1:10.92	1600m: 18:59.36 1:11.70	2900m: 34:47.58 1:13.40	4200m: 50:48.17 1:14.22			
	400m: 4:42.39 1:11.45	1700m: 20:10.62 1:11.26	3000m: 36:01.19 1:13.61	4300m: 52:02.91 1:14.74			
	500m: 5:53.85 1:11.46	1800m: 21:22.00 1:11.38	3100m: 37:15.26 1:14.07	4400m: 53:17.93 1:15.02			
	600m: 7:04.88 1:11.03	1900m: 22:34.30 1:12.30	3200m: 38:28.24 1:12.98	4500m: 54:32.86 1:14.93			
	700m: 8:16.08 1:11.20	2000m: 23:47.08 1:12.78	3300m: 39:41.43 1:13.19	4600m: 55:47.79 1:14.93			
	800m: 9:27.54 1:11.46	2100m: 24:59.76 1:12.68	3400m: 40:54.82 1:13.39	4700m: 57:02.74 1:14.95			
	900m: 10:38.54 1:11.00	2200m: 26:12.57 1:12.81	3500m: 42:08.84 1:14.02	4800m: 58:17.89 1:15.15			
	1000m: 11:49.35 1:10.81	2300m: 27:25.80 1:13.23	3600m: 43:22.76 1:13.92	4900m: 59:32.69 1:14.80			
	1100m: 13:00.43 1:11.08	2400m: 28:39.37 1:13.57	3700m: 44:36.86 1:14.10	5000m: 1:00:45.68 1:12.99			
	1200m: 14:11.88 1:11.45	2500m: 29:53.07 1:13.70	3800m: 45:51.21 1:14.35				
	1300m: 15:23.52 1:11.64	2600m: 31:06.72 1:13.65	3900m: 47:05.18 1:13.97				
3.	Sara Sofia Alves	01	Columbifila Cantanheden	1:02:54.64		551	
	100m: 1:10.89 1:10.89	1400m: 17:18.29 1:16.32	2700m: 33:34.52 1:14.86	4000m: 50:06.20 1:17.06			
	200m: 2:23.18 1:12.29	1500m: 18:34.32 1:16.03	2800m: 34:49.00 1:14.48	4100m: 51:23.72 1:17.52			
	300m: 3:35.35 1:12.17	1600m: 19:50.01 1:15.69	2900m: 36:04.52 1:15.52	4200m: 52:40.95 1:17.23			
	400m: 4:48.44 1:13.09	1700m: 21:05.56 1:15.55	3000m: 37:19.95 1:15.43	4300m: 53:57.27 1:16.32			
	500m: 6:01.28 1:12.84	1800m: 22:20.65 1:15.09	3100m: 38:36.65 1:16.70	4400m: 55:14.89 1:17.62			
	600m: 7:15.38 1:14.10	1900m: 23:36.31 1:15.66	3200m: 39:53.46 1:16.81	4500m: 56:31.49 1:16.60			
	700m: 8:30.05 1:14.67	2000m: 24:51.15 1:14.84	3300m: 41:10.42 1:16.96	4600m: 57:48.48 1:16.99			
	800m: 9:45.13 1:15.08	2100m: 26:05.18 1:14.03	3400m: 42:26.87 1:16.45	4700m: 59:05.85 1:17.37			
	900m: 11:00.33 1:15.20	2200m: 27:17.24 1:12.06	3500m: 43:42.66 1:15.79	4800m: 1:00:21.93 1:16.08			
	1000m: 12:15.45 1:15.12	2300m: 28:32.09 1:14.85	3600m: 45:00.22 1:17.56	4900m: 1:01:38.72 1:16.79			
	1100m: 13:30.96 1:15.51	2400m: 29:47.32 1:15.23	3700m: 46:16.24 1:16.02	5000m: 1:02:54.64 1:15.92			
	1200m: 14:46.33 1:15.37	2500m: 31:03.55 1:16.23	3800m: 47:32.83 1:16.59				
	1300m: 16:01.97 1:15.64	2600m: 32:19.66 1:16.11	3900m: 48:49.14 1:16.31				
4.	Maria Beatriz Dias	99	Scalabiswim	1:03:10.46		544	
	100m: 1:11.09 1:11.09	1400m: 17:24.65 1:15.84	2700m: 33:48.88 1:16.04	4000m: 50:26.66 1:16.88			
	200m: 2:23.77 1:12.68	1500m: 18:40.24 1:15.59	2800m: 35:04.97 1:16.09	4100m: 51:43.74 1:17.08			
	300m: 3:37.35 1:13.58	1600m: 19:55.40 1:15.16	2900m: 36:21.32 1:16.35	4200m: 53:00.45 1:16.71			
	400m: 4:51.37 1:14.02	1700m: 21:10.29 1:14.89	3000m: 37:38.08 1:16.76	4300m: 54:17.43 1:16.98			
	500m: 6:05.92 1:14.55	1800m: 22:25.21 1:14.92	3100m: 38:54.54 1:16.46	4400m: 55:34.17 1:16.74			
	600m: 7:20.66 1:14.74	1900m: 23:40.91 1:15.70	3200m: 40:11.61 1:17.07	4500m: 56:50.73 1:16.56			
	700m: 8:35.53 1:14.87	2000m: 24:56.92 1:16.01	3300m: 41:28.34 1:16.73	4600m: 58:07.50 1:16.77			
	800m: 9:50.55 1:15.02	2100m: 26:13.10 1:16.18	3400m: 42:44.71 1:16.37	4700m: 59:24.42 1:16.92			
	900m: 11:06.20 1:15.65	2200m: 27:28.96 1:15.86	3500m: 44:01.23 1:16.52	4800m: 1:00:41.32 1:16.90			
	1000m: 12:21.60 1:15.40	2300m: 28:44.95 1:15.99	3600m: 45:18.13 1:16.90	4900m: 1:01:57.01 1:15.69			
	1100m: 13:36.88 1:15.28	2400m: 30:00.61 1:15.66	3700m: 46:35.34 1:17.21	5000m: 1:03:10.46 1:13.45			
	1200m: 14:52.69 1:15.81	2500m: 31:16.70 1:16.09	3800m: 47:52.44 1:17.10				
	1300m: 16:08.81 1:16.12	2600m: 32:32.84 1:16.14	3900m: 49:09.78 1:17.34				
5.	Maria Joao Fernandes	97	Vilacondense	1:04:07.25		520	
	100m: 1:13.39 1:13.39	1300m: 16:13.96 1:15.78	2500m: 31:33.03 1:16.40	3700m: 47:11.28 1:17.20			
	200m: 2:27.65 1:14.26	1400m: 17:30.32 1:16.36	2600m: 32:48.29 1:15.26	3800m: 48:29.19 1:17.91			
	300m: 3:41.53 1:13.88	1500m: 18:47.15 1:16.83	2700m: 34:03.92 1:15.63	3900m: 49:47.69 1:18.50			
	400m: 4:55.60 1:14.07	1600m: 20:03.49 1:16.34	2800m: 35:20.26 1:16.34	4000m: 51:05.92 1:18.23			
	500m: 6:10.63 1:15.03	1700m: 21:19.85 1:16.36	2900m: 36:36.24 1:15.98	4100m: 52:24.32 1:18.40			
	600m: 7:26.17 1:15.54	1800m: 22:36.38 1:16.53	3000m: 37:53.36 1:17.12	4200m: 53:42.13 1:17.81			
	700m: 8:41.14 1:14.97	1900m: 23:52.52 1:16.14	3100m: 39:09.89 1:16.53	4300m: 55:01.18 1:19.05			
	800m: 9:56.03 1:14.89	2000m: 25:08.88 1:16.36	3200m: 40:27.44 1:17.55	4400m: 56:19.47 1:18.29			
	900m: 11:11.16 1:15.13	2100m: 26:25.78 1:16.90	3300m: 41:44.93 1:17.49	4500m: 57:38.13 1:18.66			
	1000m: 12:26.92 1:15.76	2200m: 27:42.85 1:17.07	3400m: 43:04.99 1:20.06	4600m: 58:56.50 1:18.37			
	1100m: 13:42.34 1:15.42	2300m: 29:01.14 1:18.29	3500m: 44:23.58 1:18.59	4700m: 1:00:15.96 1:19.46			
	1200m: 14:58.18 1:15.84	2400m: 30:16.63 1:15.49	3600m: 45:54.08 1:30.50	4800m: 1:01:33.18 1:17.22			

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:02:50.91 1:17.73	5000m1:04:07.25 1:16.34					
6.	Mariana Pinto Angelo	99	Academica de Coimbra	1:04:32.76		510	
	100m: 1:14.06 1:14.06	1400m: 17:51.81 1:17.35	2700m: 34:38.69 1:18.69	4000m: 51:35.85 1:17.49			
	200m: 2:30.58 1:16.52	1500m: 19:09.24 1:17.43	2800m: 35:56.29 1:17.60	4100m: 52:53.57 1:17.72			
	300m: 3:47.15 1:16.57	1600m: 20:26.50 1:17.26	2900m: 37:14.39 1:18.10	4200m: 54:11.37 1:17.80			
	400m: 5:03.73 1:16.58	1700m: 21:43.40 1:16.90	3000m: 38:32.37 1:17.98	4300m: 55:28.72 1:17.35			
	500m: 6:20.07 1:16.34	1800m: 23:00.35 1:16.95	3100m: 39:50.36 1:17.99	4400m: 56:46.89 1:18.17			
	600m: 7:36.48 1:16.41	1900m: 24:17.43 1:17.08	3200m: 41:08.62 1:18.26	4500m: 58:04.80 1:17.91			
	700m: 8:53.29 1:16.81	2000m: 25:34.86 1:17.43	3300m: 42:26.75 1:18.13	4600m: 59:23.36 1:18.56			
	800m: 10:09.85 1:16.56	2100m: 26:52.31 1:17.45	3400m: 43:45.01 1:18.26	4700m: 1:00:41.44 1:18.08			
	900m: 11:26.82 1:16.97	2200m: 28:09.93 1:17.62	3500m: 45:03.78 1:18.77	4800m: 1:01:59.58 1:18.14			
	1000m: 12:43.43 1:16.61	2300m: 29:27.80 1:17.87	3600m: 46:22.45 1:18.67	4900m: 1:03:16.81 1:17.23			
	1100m: 14:00.15 1:16.72	2400m: 30:45.20 1:17.40	3700m: 47:41.18 1:18.73	5000m: 1:04:32.76 1:15.95			
	1200m: 15:17.34 1:17.19	2500m: 32:03.09 1:17.89	3800m: 48:59.64 1:18.46				
	1300m: 16:34.46 1:17.12	2600m: 33:20.00 1:16.91	3900m: 50:18.36 1:18.72				
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	1:06:02.90		476	
	100m: 1:16.18 1:16.18	1400m: 18:41.90 1:21.12	2700m: 35:57.61 1:20.15	4000m: 52:59.49 1:18.71			
	200m: 2:35.68 1:19.50	1500m: 20:03.26 1:21.36	2800m: 37:16.83 1:19.22	4100m: 54:17.64 1:18.15			
	300m: 3:55.98 1:20.30	1600m: 21:24.28 1:21.02	2900m: 38:34.20 1:17.37	4200m: 55:36.05 1:18.41			
	400m: 5:16.49 1:20.51	1700m: 22:44.23 1:19.95	3000m: 39:52.32 1:18.12	4300m: 56:54.94 1:18.89			
	500m: 6:37.43 1:20.94	1800m: 24:02.41 1:18.18	3100m: 41:10.20 1:17.88	4400m: 58:13.81 1:18.87			
	600m: 7:58.40 1:20.97	1900m: 25:21.30 1:18.89	3200m: 42:28.28 1:18.08	4500m: 59:32.90 1:19.09			
	700m: 9:19.34 1:20.94	2000m: 26:40.45 1:19.15	3300m: 43:46.14 1:17.86	4600m: 1:00:51.71 1:18.81			
	800m: 10:38.91 1:19.57	2100m: 27:59.83 1:19.38	3400m: 45:04.54 1:18.40	4700m: 1:02:09.88 1:18.17			
	900m: 11:58.57 1:19.66	2200m: 29:19.49 1:19.66	3500m: 46:23.50 1:18.96	4800m: 1:03:27.92 1:18.04			
	1000m: 13:18.60 1:20.03	2300m: 30:38.62 1:19.13	3600m: 47:42.89 1:19.39	4900m: 1:04:45.84 1:17.92			
	1100m: 14:38.88 1:20.28	2400m: 31:58.33 1:19.71	3700m: 49:03.62 1:20.73	5000m: 1:06:02.90 1:17.06			
	1200m: 15:59.62 1:20.74	2500m: 33:17.64 1:19.31	3800m: 50:23.08 1:19.46				
	1300m: 17:20.78 1:21.16	2600m: 34:37.46 1:19.82	3900m: 51:40.78 1:17.70				
8.	Beatriz Paulo Ranito	99	Sporting	1:06:10.12		473	
	100m: 1:12.48 1:12.48	1400m: 17:53.23 1:16.66	2700m: 35:16.81 1:21.04	4000m: 52:47.51 1:20.52			
	200m: 2:28.50 1:16.02	1500m: 19:10.79 1:17.56	2800m: 36:36.88 1:20.07	4100m: 54:08.62 1:21.11			
	300m: 3:43.51 1:15.01	1600m: 20:28.77 1:17.98	2900m: 37:56.68 1:19.80	4200m: 55:30.18 1:21.56			
	400m: 5:00.46 1:16.95	1700m: 21:48.53 1:19.76	3000m: 39:16.86 1:20.18	4300m: 56:50.83 1:20.65			
	500m: 6:18.55 1:18.09	1800m: 23:08.48 1:19.95	3100m: 40:37.85 1:20.99	4400m: 58:11.71 1:20.88			
	600m: 7:37.54 1:18.99	1900m: 24:28.37 1:19.89	3200m: 41:58.47 1:20.62	4500m: 59:31.90 1:20.19			
	700m: 8:56.98 1:19.44	2000m: 25:48.79 1:20.42	3300m: 43:19.76 1:21.29	4600m: 1:00:51.43 1:19.53			
	800m: 10:15.46 1:18.48	2100m: 27:09.77 1:20.98	3400m: 44:41.00 1:21.24	4700m: 1:02:12.45 1:21.02			
	900m: 11:31.89 1:16.43	2200m: 28:29.84 1:20.07	3500m: 46:02.92 1:21.92	4800m: 1:03:32.15 1:19.70			
	1000m: 12:47.79 1:15.90	2300m: 29:50.30 1:20.46	3600m: 47:24.20 1:21.28	4900m: 1:04:51.97 1:19.82			
	1100m: 14:03.44 1:15.65	2400m: 31:12.04 1:21.74	3700m: 48:46.16 1:21.96	5000m: 1:06:10.12 1:18.15			
	1200m: 15:19.95 1:16.51	2500m: 32:33.80 1:21.76	3800m: 50:05.90 1:19.74				
	1300m: 16:36.57 1:16.62	2600m: 33:55.77 1:21.97	3900m: 51:26.99 1:21.09				
9.	Sofia Prates Silvestre	95	Naval Amorense	1:06:18.79		470	
	100m: 1:11.33 1:11.33	1200m: 15:09.46 1:17.74	2300m: 29:33.94 1:17.96	3400m: 44:13.64 1:20.51			
	200m: 2:24.37 1:13.04	1300m: 16:27.01 1:17.55	2400m: 30:52.88 1:18.94	3500m: 45:35.12 1:21.48			
	300m: 3:38.50 1:14.13	1400m: 17:44.83 1:17.82	2500m: 32:12.60 1:19.72	3600m: 46:56.37 1:21.25			
	400m: 4:53.98 1:15.48	1500m: 19:02.88 1:18.05	2600m: 33:32.32 1:19.72	3700m: 48:17.62 1:21.25			
	500m: 6:10.10 1:16.12	1600m: 20:21.37 1:18.49	2700m: 34:52.24 1:19.92	3800m: 49:38.91 1:21.29			
	600m: 7:26.73 1:16.63	1700m: 21:40.21 1:18.84	2800m: 36:12.46 1:20.22	3900m: 51:01.43 1:22.52			
	700m: 8:43.61 1:16.88	1800m: 22:59.21 1:19.00	2900m: 37:32.47 1:20.01	4000m: 52:24.72 1:23.29			
	800m: 10:00.25 1:16.64	1900m: 24:18.29 1:19.08	3000m: 38:51.90 1:19.43	4100m: 53:48.57 1:23.85			
	900m: 11:17.42 1:17.17	2000m: 25:37.45 1:19.16	3100m: 40:12.10 1:20.20	4200m: 55:12.27 1:23.70			
	1000m: 12:34.52 1:17.10	2100m: 26:56.52 1:19.07	3200m: 41:32.40 1:20.30	4300m: 56:35.97 1:23.70			
	1100m: 13:51.72 1:17.20	2200m: 28:15.98 1:19.46	3300m: 42:53.13 1:20.73	4400m: 57:59.48 1:23.51			

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4500m: 59:24.02	1:24.54	4700m1:02:11.75	1:23.74	4900m1:04:57.37	1:22.13		
	4600m1:00:48.01	1:23.99	4800m1:03:35.24	1:23.49	5000m1:06:18.79	1:21.42		
10.	Ines Figueira Santos	00	Uniao Piedense	1:06:47.93		460		
	100m: 1:16.66	1:16.66	1400m: 18:26.80	1:21.00	2700m: 36:01.04	1:20.52	4000m: 53:35.69	1:21.09
	200m: 2:35.29	1:18.63	1500m: 19:48.16	1:21.36	2800m: 37:22.48	1:21.44	4100m: 54:55.85	1:20.16
	300m: 3:53.59	1:18.30	1600m: 21:09.54	1:21.38	2900m: 38:44.21	1:21.73	4200m: 56:16.44	1:20.59
	400m: 5:11.93	1:18.34	1700m: 22:30.64	1:21.10	3000m: 40:06.05	1:21.84	4300m: 57:36.99	1:20.55
	500m: 6:29.49	1:17.56	1800m: 23:52.79	1:22.15	3100m: 41:27.34	1:21.29	4400m: 58:57.51	1:20.52
	600m: 7:47.70	1:18.21	1900m: 25:14.15	1:21.36	3200m: 42:47.93	1:20.59	4500m: 1:00:18.37	1:20.86
	700m: 9:05.91	1:18.21	2000m: 26:35.84	1:21.69	3300m: 44:08.21	1:20.28	4600m: 1:01:38.78	1:20.41
	800m: 10:24.96	1:19.05	2100m: 27:56.95	1:21.11	3400m: 45:29.42	1:21.21	4700m: 1:02:57.59	1:18.81
	900m: 11:44.45	1:19.49	2200m: 29:17.76	1:20.81	3500m: 46:50.95	1:21.53	4800m: 1:04:15.48	1:17.89
	1000m: 13:04.65	1:20.20	2300m: 30:38.73	1:20.97	3600m: 48:11.71	1:20.76	4900m: 1:05:32.53	1:17.05
	1100m: 14:24.91	1:20.26	2400m: 32:00.31	1:21.58	3700m: 49:32.82	1:21.11	5000m: 1:06:47.93	1:15.40
	1200m: 15:45.01	1:20.10	2500m: 33:21.29	1:20.98	3800m: 50:53.59	1:20.77		
	1300m: 17:05.80	1:20.79	2600m: 34:40.52	1:19.23	3900m: 52:14.60	1:21.01		
11.	Mariana Silva Ramos	00	Sporting	1:06:51.65		459		
	100m: 1:16.49	1:16.49	1400m: 18:34.43	1:20.86	2700m: 36:11.57	1:21.75	4000m: 53:38.18	1:20.98
	200m: 2:34.40	1:17.91	1500m: 19:55.73	1:21.30	2800m: 37:32.54	1:20.97	4100m: 54:58.67	1:20.49
	300m: 3:52.71	1:18.31	1600m: 21:16.62	1:20.89	2900m: 38:52.13	1:19.59	4200m: 56:18.70	1:20.03
	400m: 5:10.72	1:18.01	1700m: 22:37.68	1:21.06	3000m: 40:12.14	1:20.01	4300m: 57:38.38	1:19.68
	500m: 6:29.52	1:18.80	1800m: 23:58.53	1:20.85	3100m: 41:32.03	1:19.89	4400m: 58:57.88	1:19.50
	600m: 7:48.39	1:18.87	1900m: 25:19.92	1:21.39	3200m: 42:52.15	1:20.12	4500m: 1:00:17.51	1:19.63
	700m: 9:08.22	1:19.83	2000m: 26:41.27	1:21.35	3300m: 44:12.57	1:20.42	4600m: 1:01:37.65	1:20.14
	800m: 10:28.05	1:19.83	2100m: 28:02.33	1:21.06	3400m: 45:33.13	1:20.56	4700m: 1:02:56.88	1:19.23
	900m: 11:48.89	1:20.84	2200m: 29:23.68	1:21.35	3500m: 46:53.84	1:20.71	4800m: 1:04:16.58	1:19.70
	1000m: 13:10.10	1:21.21	2300m: 30:44.76	1:21.08	3600m: 48:14.67	1:20.83	4900m: 1:05:34.90	1:18.32
	1100m: 14:31.12	1:21.02	2400m: 32:06.16	1:21.40	3700m: 49:35.41	1:20.74	5000m: 1:06:51.65	1:16.75
	1200m: 15:52.54	1:21.42	2500m: 33:28.07	1:21.91	3800m: 50:56.01	1:20.60		
	1300m: 17:13.57	1:21.03	2600m: 34:49.82	1:21.75	3900m: 52:17.20	1:21.19		
12.	Ines Alves Martins	01	Fluvial Portuense	1:07:44.96		441		
	100m: 1:14.52	1:14.52	1400m: 18:39.28	1:21.42	2700m: 36:30.50	1:22.21	4000m: 54:19.14	1:22.52
	200m: 2:32.91	1:18.39	1500m: 20:01.23	1:21.95	2800m:		4100m: 55:41.22	1:22.08
	300m: 3:51.83	1:18.92	1600m: 21:23.16	1:21.93	2900m: 39:14.41		4200m: 57:02.43	1:21.21
	400m: 5:11.16	1:19.33	1700m: 22:44.94	1:21.78	3000m: 40:36.22	1:21.81	4300m: 58:23.92	1:21.49
	500m: 6:30.77	1:19.61	1800m: 24:07.04	1:22.10	3100m: 41:57.87	1:21.65	4400m: 59:45.59	1:21.67
	600m: 7:50.49	1:19.72	1900m: 25:29.42	1:22.38	3200m: 43:20.35	1:22.48	4500m: 1:01:06.92	1:21.33
	700m: 9:10.58	1:20.09	2000m: 26:53.02	1:23.60	3300m: 44:43.13	1:22.78	4600m: 1:02:27.98	1:21.06
	800m: 10:31.39	1:20.81	2100m: 28:16.16	1:23.14	3400m: 46:05.70	1:22.57	4700m: 1:03:48.84	1:20.86
	900m: 11:52.05	1:20.66	2200m: 29:39.77	1:23.61	3500m: 47:27.77	1:22.07	4800m: 1:05:08.82	1:19.98
	1000m: 13:14.02	1:21.97	2300m: 31:01.31	1:21.54	3600m: 48:49.30	1:21.53	4900m: 1:06:27.63	1:18.81
	1100m: 14:35.22	1:21.20	2400m: 32:24.04	1:22.73	3700m: 50:11.46	1:22.16	5000m: 1:07:44.96	1:17.33
	1200m: 15:56.55	1:21.33	2500m: 33:46.13	1:22.09	3800m: 51:34.03	1:22.57		
	1300m: 17:17.86	1:21.31	2600m: 35:08.29	1:22.16	3900m: 52:56.62	1:22.59		
13.	Ana Sofia Ramos	00	Fluvial Portuense	1:07:45.03		441		
	100m: 1:16.47	1:16.47	1100m: 14:37.27	1:19.96	2100m: 28:07.61	1:20.99	3100m: 41:45.30	1:23.01
	200m: 2:36.18	1:19.71	1200m: 15:57.57	1:20.30	2200m: 29:29.36	1:21.75	3200m: 43:06.77	1:21.47
	300m: 3:55.58	1:19.40	1300m: 17:18.88	1:21.31	2300m: 30:51.46	1:22.10	3300m: 44:28.35	1:21.58
	400m: 5:15.69	1:20.11	1400m: 18:39.57	1:20.69	2400m: 32:13.47	1:22.01	3400m: 45:50.52	1:22.17
	500m: 6:35.79	1:20.10	1500m: 20:00.58	1:21.01	2500m: 33:35.41	1:21.94	3500m: 47:13.17	1:22.65
	600m: 7:55.77	1:19.98	1600m: 21:21.61	1:21.03	2600m: 34:56.46	1:21.05	3600m: 48:35.68	1:22.51
	700m: 9:16.03	1:20.26	1700m: 22:42.60	1:20.99	2700m: 36:17.32	1:20.86	3700m: 49:58.40	1:22.72
	800m: 10:36.25	1:20.22	1800m: 24:04.07	1:21.47	2800m: 37:38.72	1:21.40	3800m: 51:20.66	1:22.26
	900m: 11:56.69	1:20.44	1900m: 25:25.48	1:21.41	2900m: 39:00.16	1:21.44	3900m: 52:42.71	1:22.05
	1000m: 13:17.31	1:20.62	2000m: 26:46.62	1:21.14	3000m: 40:22.29	1:22.13	4000m: 54:05.59	1:22.88

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4100m: 55:27.84	1:22.25	4400m: 59:35.54	1:21.69	4700m: 1:03:42.49	1:21.85	5000m: 1:07:45.03	1:18.35
	4200m: 56:51.40	1:23.56	4500m: 1:00:58.25	1:22.71	4800m: 1:05:04.77	1:22.28		
	4300m: 58:13.85	1:22.45	4600m: 1:02:20.64	1:22.39	4900m: 1:06:26.68	1:21.91		
14.	Sara Lopes Barbosa	00	Aquatico Pacense	1:09:03.78		416		
	100m: 1:16.70	1:16.70	1400m: 18:40.13	1:20.83	2700m: 36:31.88	1:23.18	4000m: 55:00.97	1:26.24
	200m: 2:36.22	1:19.52	1500m: 20:01.16	1:21.03	2800m: 37:55.31	1:23.43	4100m: 56:27.12	1:26.15
	300m: 3:55.69	1:19.47	1600m: 21:22.34	1:21.18	2900m: 39:19.71	1:24.40	4200m: 57:53.13	1:26.01
	400m: 5:15.70	1:20.01	1700m: 22:44.31	1:21.97	3000m: 40:44.88	1:25.17	4300m: 59:18.46	1:25.33
	500m: 6:35.69	1:19.99	1800m: 24:06.37	1:22.06	3100m: 42:09.83	1:24.95	4400m: 1:00:42.86	1:24.40
	600m: 7:55.83	1:20.14	1900m: 25:28.85	1:22.48	3200m: 43:34.56	1:24.73	4500m: 1:02:06.60	1:23.74
	700m: 9:16.16	1:20.33	2000m: 26:51.60	1:22.75	3300m: 44:59.62	1:25.06	4600m: 1:03:30.73	1:24.13
	800m: 10:36.28	1:20.12	2100m: 28:14.71	1:23.11	3400m: 46:25.01	1:25.39	4700m: 1:04:55.10	1:24.37
	900m: 11:56.74	1:20.46	2200m: 29:37.65	1:22.94	3500m: 47:49.81	1:24.80	4800m: 1:06:19.24	1:24.14
	1000m: 13:17.47	1:20.73	2300m: 31:00.84	1:23.19	3600m: 49:14.85	1:25.04	4900m: 1:07:42.42	1:23.18
	1100m: 14:37.71	1:20.24	2400m: 32:23.09	1:22.25	3700m: 50:41.07	1:26.22	5000m: 1:09:03.78	1:21.36
	1200m: 15:58.46	1:20.75	2500m: 33:45.72	1:22.63	3800m: 52:07.80	1:26.73		
	1300m: 17:19.30	1:20.84	2600m: 35:08.70	1:22.98	3900m: 53:34.73	1:26.93		
15.	Diana Penas Ezequiel	01	Benedita	1:09:05.01		416		
	100m: 1:17.16	1:17.16	1400m: 18:56.78	1:22.61	2700m: 37:00.52	1:24.31	4000m: 55:13.46	1:25.27
	200m: 2:37.35	1:20.19	1500m: 20:20.09	1:23.31	2800m: 38:24.96	1:24.44	4100m: 56:39.05	1:25.59
	300m: 3:57.90	1:20.55	1600m: 21:42.23	1:22.14	2900m: 39:49.47	1:24.51	4200m: 58:03.21	1:24.16
	400m: 5:19.04	1:21.14	1700m: 23:05.01	1:22.78	3000m: 41:11.46	1:21.99	4300m: 59:27.54	1:24.33
	500m: 6:39.91	1:20.87	1800m: 24:27.80	1:22.79	3100m: 42:34.48	1:23.02	4400m: 1:00:51.79	1:24.25
	600m: 8:00.63	1:20.72	1900m: 25:52.01	1:24.21	3200m: 43:57.89	1:23.41	4500m: 1:02:14.19	1:22.40
	700m: 9:20.73	1:20.10	2000m: 27:14.68	1:22.67	3300m: 45:21.55	1:23.66	4600m: 1:03:38.43	1:24.24
	800m: 10:41.21	1:20.48	2100m: 28:38.06	1:23.38	3400m: 46:45.68	1:24.13	4700m: 1:05:02.08	1:23.65
	900m: 12:02.78	1:21.57	2200m: 30:01.44	1:23.38	3500m: 48:10.00	1:24.32	4800m: 1:06:24.76	1:22.68
	1000m: 13:25.24	1:22.46	2300m: 31:25.38	1:23.94	3600m: 49:34.57	1:24.57	4900m: 1:07:46.22	1:21.46
	1100m: 14:47.48	1:22.24	2400m: 32:48.92	1:23.54	3700m: 50:58.16	1:23.59	5000m: 1:09:05.01	1:18.79
	1200m: 16:10.37	1:22.89	2500m: 34:12.68	1:23.76	3800m: 52:23.35	1:25.19		
	1300m: 17:34.17	1:23.80	2600m: 35:36.21	1:23.53	3900m: 53:48.19	1:24.84		

Seniores, Femin.

1.	Angelica Maria Andre	94	Fluvial Portuense	1:00:05.12		632		
	100m: 1:09.28	1:09.28	1400m: 16:34.93	1:11.70	2700m: 32:06.17	1:12.58	4000m: 47:57.86	1:13.59
	200m: 2:19.89	1:10.61	1500m: 17:47.52	1:12.59	2800m: 33:19.58	1:13.41	4100m: 49:11.71	1:13.85
	300m: 3:30.94	1:11.05	1600m: 18:58.90	1:11.38	2900m: 34:33.19	1:13.61	4200m: 50:25.59	1:13.88
	400m: 4:42.22	1:11.28	1700m: 20:10.11	1:11.21	3000m: 35:46.44	1:13.25	4300m: 51:39.36	1:13.77
	500m: 5:53.77	1:11.55	1800m: 21:21.17	1:11.06	3100m: 37:00.09	1:13.65	4400m: 52:52.54	1:13.18
	600m: 7:04.72	1:10.95	1900m: 22:32.08	1:10.91	3200m: 38:13.14	1:13.05	4500m: 54:05.80	1:13.26
	700m: 8:16.09	1:11.37	2000m: 23:42.98	1:10.90	3300m: 39:26.32	1:13.18	4600m: 55:18.75	1:12.95
	800m: 9:27.45	1:11.36	2100m: 24:53.83	1:10.85	3400m: 40:39.21	1:12.89	4700m: 56:31.08	1:12.33
	900m: 10:38.28	1:10.83	2200m: 26:04.88	1:11.05	3500m: 41:52.11	1:12.90	4800m: 57:43.49	1:12.41
	1000m: 11:49.05	1:10.77	2300m: 27:16.25	1:11.37	3600m: 43:04.78	1:12.67	4900m: 58:55.74	1:12.25
	1100m: 13:00.17	1:11.12	2400m: 28:28.16	1:11.91	3700m: 44:17.57	1:12.79	5000m: 1:00:05.12	1:09.38
	1200m: 14:11.41	1:11.24	2500m: 29:40.69	1:12.53	3800m: 45:30.62	1:13.05		
	1300m: 15:23.23	1:11.82	2600m: 30:53.59	1:12.90	3900m: 46:44.27	1:13.65		

Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	Vania Soares Neves	90	Fluvial Portuense	1:00:45.68		611	
	100m: 1:09.39 1:09.39	1400m: 16:35.20 1:11.68	2700m: 32:20.53 1:13.81	4000m: 48:19.76 1:14.58			
	200m: 2:20.02 1:10.63	1500m: 17:47.66 1:12.46	2800m: 33:34.18 1:13.65	4100m: 49:33.95 1:14.19			
	300m: 3:30.94 1:10.92	1600m: 18:59.36 1:11.70	2900m: 34:47.58 1:13.40	4200m: 50:48.17 1:14.22			
	400m: 4:42.39 1:11.45	1700m: 20:10.62 1:11.26	3000m: 36:01.19 1:13.61	4300m: 52:02.91 1:14.74			
	500m: 5:53.85 1:11.46	1800m: 21:22.00 1:11.38	3100m: 37:15.26 1:14.07	4400m: 53:17.93 1:15.02			
	600m: 7:04.88 1:11.03	1900m: 22:34.30 1:12.30	3200m: 38:28.24 1:12.98	4500m: 54:32.86 1:14.93			
	700m: 8:16.08 1:11.20	2000m: 23:47.08 1:12.78	3300m: 39:41.43 1:13.19	4600m: 55:47.79 1:14.93			
	800m: 9:27.54 1:11.46	2100m: 24:59.76 1:12.68	3400m: 40:54.82 1:13.39	4700m: 57:02.74 1:14.95			
	900m: 10:38.54 1:11.00	2200m: 26:12.57 1:12.81	3500m: 42:08.84 1:14.02	4800m: 58:17.89 1:15.15			
	1000m: 11:49.35 1:10.81	2300m: 27:25.80 1:13.23	3600m: 43:22.76 1:13.92	4900m: 59:32.69 1:14.80			
	1100m: 13:00.43 1:11.08	2400m: 28:39.37 1:13.57	3700m: 44:36.86 1:14.10	5000m: 1:00:45.68 1:12.99			
	1200m: 14:11.88 1:11.45	2500m: 29:53.07 1:13.70	3800m: 45:51.21 1:14.35				
	1300m: 15:23.52 1:11.64	2600m: 31:06.72 1:13.65	3900m: 47:05.18 1:13.97				
3.	Maria Joao Fernandes	97	Vilacondense	1:04:07.25		520	
	100m: 1:13.39 1:13.39	1400m: 17:30.32 1:16.36	2700m: 34:03.92 1:15.63	4000m: 51:05.92 1:18.23			
	200m: 2:27.65 1:14.26	1500m: 18:47.15 1:16.83	2800m: 35:20.26 1:16.34	4100m: 52:24.32 1:18.40			
	300m: 3:41.53 1:13.88	1600m: 20:03.49 1:16.34	2900m: 36:36.24 1:15.98	4200m: 53:42.13 1:17.81			
	400m: 4:55.60 1:14.07	1700m: 21:19.85 1:16.36	3000m: 37:53.36 1:17.12	4300m: 55:01.18 1:19.05			
	500m: 6:10.63 1:15.03	1800m: 22:36.38 1:16.53	3100m: 39:09.89 1:16.53	4400m: 56:19.47 1:18.29			
	600m: 7:26.17 1:15.54	1900m: 23:52.52 1:16.14	3200m: 40:27.44 1:17.55	4500m: 57:38.13 1:18.66			
	700m: 8:41.14 1:14.97	2000m: 25:08.88 1:16.36	3300m: 41:44.93 1:17.49	4600m: 58:56.50 1:18.37			
	800m: 9:56.03 1:14.89	2100m: 26:25.78 1:16.90	3400m: 43:04.99 1:20.06	4700m: 1:00:15.96 1:19.46			
	900m: 11:11.16 1:15.13	2200m: 27:42.85 1:17.07	3500m: 44:23.58 1:18.59	4800m: 1:01:33.18 1:17.22			
	1000m: 12:26.92 1:15.76	2300m: 29:01.14 1:18.29	3600m: 45:54.08 1:30.50	4900m: 1:02:50.91 1:17.73			
	1100m: 13:42.34 1:15.42	2400m: 30:16.63 1:15.49	3700m: 47:11.28 1:17.20	5000m: 1:04:07.25 1:16.34			
	1200m: 14:58.18 1:15.84	2500m: 31:33.03 1:16.40	3800m: 48:29.19 1:17.91				
	1300m: 16:13.96 1:15.78	2600m: 32:48.29 1:15.26	3900m: 49:47.69 1:18.50				
4.	Sofia Prates Silvestre	95	Naval Amorense	1:06:18.79		470	
	100m: 1:11.33 1:11.33	1400m: 17:44.83 1:17.82	2700m: 34:52.24 1:19.92	4000m: 52:24.72 1:23.29			
	200m: 2:24.37 1:13.04	1500m: 19:02.88 1:18.05	2800m: 36:12.46 1:20.22	4100m: 53:48.57 1:23.85			
	300m: 3:38.50 1:14.13	1600m: 20:21.37 1:18.49	2900m: 37:32.47 1:20.01	4200m: 55:12.27 1:23.70			
	400m: 4:53.98 1:15.48	1700m: 21:40.21 1:18.84	3000m: 38:51.90 1:19.43	4300m: 56:35.97 1:23.70			
	500m: 6:10.10 1:16.12	1800m: 22:59.21 1:19.00	3100m: 40:12.10 1:20.20	4400m: 57:59.48 1:23.51			
	600m: 7:26.73 1:16.63	1900m: 24:18.29 1:19.08	3200m: 41:32.40 1:20.30	4500m: 59:24.02 1:24.54			
	700m: 8:43.61 1:16.88	2000m: 25:37.45 1:19.16	3300m: 42:53.13 1:20.73	4600m: 1:00:48.01 1:23.99			
	800m: 10:00.25 1:16.64	2100m: 26:56.52 1:19.07	3400m: 44:13.64 1:20.51	4700m: 1:02:11.75 1:23.74			
	900m: 11:17.42 1:17.17	2200m: 28:15.98 1:19.46	3500m: 45:35.12 1:21.48	4800m: 1:03:35.24 1:23.49			
	1000m: 12:34.52 1:17.10	2300m: 29:33.94 1:17.96	3600m: 46:56.37 1:21.25	4900m: 1:04:57.37 1:22.13			
	1100m: 13:51.72 1:17.20	2400m: 30:52.88 1:18.94	3700m: 48:17.62 1:21.25	5000m: 1:06:18.79 1:21.42			
	1200m: 15:09.46 1:17.74	2500m: 32:12.60 1:19.72	3800m: 49:38.91 1:21.29				
	1300m: 16:27.01 1:17.55	2600m: 33:32.32 1:19.72	3900m: 51:01.43 1:22.52				

Juniores, Femin.

Prova 2, Femin., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Maria Beatriz Dias	99	Scalabiswim	1:03:10.46		544	
	100m: 1:11.09 1:11.09	1400m: 17:24.65 1:15.84	2700m: 33:48.88 1:16.04	4000m: 50:26.66 1:16.88			
	200m: 2:23.77 1:12.68	1500m: 18:40.24 1:15.59	2800m: 35:04.97 1:16.09	4100m: 51:43.74 1:17.08			
	300m: 3:37.35 1:13.58	1600m: 19:55.40 1:15.16	2900m: 36:21.32 1:16.35	4200m: 53:00.45 1:16.71			
	400m: 4:51.37 1:14.02	1700m: 21:10.29 1:14.89	3000m: 37:38.08 1:16.76	4300m: 54:17.43 1:16.98			
	500m: 6:05.92 1:14.55	1800m: 22:25.21 1:14.92	3100m: 38:54.54 1:16.46	4400m: 55:34.17 1:16.74			
	600m: 7:20.66 1:14.74	1900m: 23:40.91 1:15.70	3200m: 40:11.61 1:17.07	4500m: 56:50.73 1:16.56			
	700m: 8:35.53 1:14.87	2000m: 24:56.92 1:16.01	3300m: 41:28.34 1:16.73	4600m: 58:07.50 1:16.77			
	800m: 9:50.55 1:15.02	2100m: 26:13.10 1:16.18	3400m: 42:44.71 1:16.37	4700m: 59:24.42 1:16.92			
	900m: 11:06.20 1:15.65	2200m: 27:28.96 1:15.86	3500m: 44:01.23 1:16.52	4800m: 1:00:41.32 1:16.90			
	1000m: 12:21.60 1:15.40	2300m: 28:44.95 1:15.99	3600m: 45:18.13 1:16.90	4900m: 1:01:57.01 1:15.69			
	1100m: 13:36.88 1:15.28	2400m: 30:00.61 1:15.66	3700m: 46:35.34 1:17.21	5000m: 1:03:10.46 1:13.45			
	1200m: 14:52.69 1:15.81	2500m: 31:16.70 1:16.09	3800m: 47:52.44 1:17.10				
	1300m: 16:08.81 1:16.12	2600m: 32:32.84 1:16.14	3900m: 49:09.78 1:17.34				
2.	Mariana Pinto Angelo	99	Academica de Coimbra	1:04:32.76		510	
	100m: 1:14.06 1:14.06	1400m: 17:51.81 1:17.35	2700m: 34:38.69 1:18.69	4000m: 51:35.85 1:17.49			
	200m: 2:30.58 1:16.52	1500m: 19:09.24 1:17.43	2800m: 35:56.29 1:17.60	4100m: 52:53.57 1:17.72			
	300m: 3:47.15 1:16.57	1600m: 20:26.50 1:17.26	2900m: 37:14.39 1:18.10	4200m: 54:11.37 1:17.80			
	400m: 5:03.73 1:16.58	1700m: 21:43.40 1:16.90	3000m: 38:32.37 1:17.98	4300m: 55:28.72 1:17.35			
	500m: 6:20.07 1:16.34	1800m: 23:00.35 1:16.95	3100m: 39:50.36 1:17.99	4400m: 56:46.89 1:18.17			
	600m: 7:36.48 1:16.41	1900m: 24:17.43 1:17.08	3200m: 41:08.62 1:18.26	4500m: 58:04.80 1:17.91			
	700m: 8:53.29 1:16.81	2000m: 25:34.86 1:17.43	3300m: 42:26.75 1:18.13	4600m: 59:23.36 1:18.56			
	800m: 10:09.85 1:16.56	2100m: 26:52.31 1:17.45	3400m: 43:45.01 1:18.26	4700m: 1:00:41.44 1:18.08			
	900m: 11:26.82 1:16.97	2200m: 28:09.93 1:17.62	3500m: 45:03.78 1:18.77	4800m: 1:01:59.58 1:18.14			
	1000m: 12:43.43 1:16.61	2300m: 29:27.80 1:17.87	3600m: 46:22.45 1:18.67	4900m: 1:03:16.81 1:17.23			
	1100m: 14:00.15 1:16.72	2400m: 30:45.20 1:17.40	3700m: 47:41.18 1:18.73	5000m: 1:04:32.76 1:15.95			
	1200m: 15:17.34 1:17.19	2500m: 32:03.09 1:17.89	3800m: 48:59.64 1:18.46				
	1300m: 16:34.46 1:17.12	2600m: 33:20.00 1:16.91	3900m: 50:18.36 1:18.72				
3.	Eva Guerreiro Carvalho	99	Uniao Piedense	1:06:02.90		476	
	100m: 1:16.18 1:16.18	1400m: 18:41.90 1:21.12	2700m: 35:57.61 1:20.15	4000m: 52:59.49 1:18.71			
	200m: 2:35.68 1:19.50	1500m: 20:03.26 1:21.36	2800m: 37:16.83 1:19.22	4100m: 54:17.64 1:18.15			
	300m: 3:55.98 1:20.30	1600m: 21:24.28 1:21.02	2900m: 38:34.20 1:17.37	4200m: 55:36.05 1:18.41			
	400m: 5:16.49 1:20.51	1700m: 22:44.23 1:19.95	3000m: 39:52.32 1:18.12	4300m: 56:54.94 1:18.89			
	500m: 6:37.43 1:20.94	1800m: 24:02.41 1:18.18	3100m: 41:10.20 1:17.88	4400m: 58:13.81 1:18.87			
	600m: 7:58.40 1:20.97	1900m: 25:21.30 1:18.89	3200m: 42:28.28 1:18.08	4500m: 59:32.90 1:19.09			
	700m: 9:19.34 1:20.94	2000m: 26:40.45 1:19.15	3300m: 43:46.14 1:17.86	4600m: 1:00:51.71 1:18.81			
	800m: 10:38.91 1:19.57	2100m: 27:59.83 1:19.38	3400m: 45:04.54 1:18.40	4700m: 1:02:09.88 1:18.17			
	900m: 11:58.57 1:19.66	2200m: 29:19.49 1:19.66	3500m: 46:23.50 1:18.96	4800m: 1:03:27.92 1:18.04			
	1000m: 13:18.60 1:20.03	2300m: 30:38.62 1:19.13	3600m: 47:42.89 1:19.39	4900m: 1:04:45.84 1:17.92			
	1100m: 14:38.88 1:20.28	2400m: 31:58.33 1:19.71	3700m: 49:03.62 1:20.73	5000m: 1:06:02.90 1:17.06			
	1200m: 15:59.62 1:20.74	2500m: 33:17.64 1:19.31	3800m: 50:23.08 1:19.46				
	1300m: 17:20.78 1:21.16	2600m: 34:37.46 1:19.82	3900m: 51:40.78 1:17.70				
4.	Beatriz Paulo Ranito	99	Sporting	1:06:10.12		473	
	100m: 1:12.48 1:12.48	1300m: 16:36.57 1:16.62	2500m: 32:33.80 1:21.76	3700m: 48:46.16 1:21.96			
	200m: 2:28.50 1:16.02	1400m: 17:53.23 1:16.66	2600m: 33:55.77 1:21.97	3800m: 50:05.90 1:19.74			
	300m: 3:43.51 1:15.01	1500m: 19:10.79 1:17.56	2700m: 35:16.81 1:21.04	3900m: 51:26.99 1:21.09			
	400m: 5:00.46 1:16.95	1600m: 20:28.77 1:17.98	2800m: 36:36.88 1:20.07	4000m: 52:47.51 1:20.52			
	500m: 6:18.55 1:18.09	1700m: 21:48.53 1:19.76	2900m: 37:56.68 1:19.80	4100m: 54:08.62 1:21.11			
	600m: 7:37.54 1:18.99	1800m: 23:08.48 1:19.95	3000m: 39:16.86 1:20.18	4200m: 55:30.18 1:21.56			
	700m: 8:56.98 1:19.44	1900m: 24:28.37 1:19.89	3100m: 40:37.85 1:20.99	4300m: 56:50.83 1:20.65			
	800m: 10:15.46 1:18.48	2000m: 25:48.79 1:20.42	3200m: 41:58.47 1:20.62	4400m: 58:11.71 1:20.88			
	900m: 11:31.89 1:16.43	2100m: 27:09.77 1:20.98	3300m: 43:19.76 1:21.29	4500m: 59:31.90 1:20.19			
	1000m: 12:47.79 1:15.90	2200m: 28:29.84 1:20.07	3400m: 44:41.00 1:21.24	4600m: 1:00:51.43 1:19.53			
	1100m: 14:03.44 1:15.65	2300m: 29:50.30 1:20.46	3500m: 46:02.92 1:21.92	4700m: 1:02:12.45 1:21.02			
	1200m: 15:19.95 1:16.51	2400m: 31:12.04 1:21.74	3600m: 47:24.20 1:21.28	4800m: 1:03:32.15 1:19.70			

Prova 2, Femin., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:04:51.97 1:19.82	5000m1:06:10.12	1:18.15				
5.	Ines Figueira Santos	00	Uniao Piedense	1:06:47.93		460	
	100m: 1:16.66 1:16.66	1400m: 18:26.80 1:21.00	2700m: 36:01.04 1:20.52	4000m: 53:35.69 1:21.09			
	200m: 2:35.29 1:18.63	1500m: 19:48.16 1:21.36	2800m: 37:22.48 1:21.44	4100m: 54:55.85 1:20.16			
	300m: 3:53.59 1:18.30	1600m: 21:09.54 1:21.38	2900m: 38:44.21 1:21.73	4200m: 56:16.44 1:20.59			
	400m: 5:11.93 1:18.34	1700m: 22:30.64 1:21.10	3000m: 40:06.05 1:21.84	4300m: 57:36.99 1:20.55			
	500m: 6:29.49 1:17.56	1800m: 23:52.79 1:22.15	3100m: 41:27.34 1:21.29	4400m: 58:57.51 1:20.52			
	600m: 7:47.70 1:18.21	1900m: 25:14.15 1:21.36	3200m: 42:47.93 1:20.59	4500m: 1:00:18.37 1:20.86			
	700m: 9:05.91 1:18.21	2000m: 26:35.84 1:21.69	3300m: 44:08.21 1:20.28	4600m: 1:01:38.78 1:20.41			
	800m: 10:24.96 1:19.05	2100m: 27:56.95 1:21.11	3400m: 45:29.42 1:21.21	4700m: 1:02:57.59 1:18.81			
	900m: 11:44.45 1:19.49	2200m: 29:17.76 1:20.81	3500m: 46:50.95 1:21.53	4800m: 1:04:15.48 1:17.89			
	1000m: 13:04.65 1:20.20	2300m: 30:38.73 1:20.97	3600m: 48:11.71 1:20.76	4900m: 1:05:32.53 1:17.05			
	1100m: 14:24.91 1:20.26	2400m: 32:00.31 1:21.58	3700m: 49:32.82 1:21.11	5000m: 1:06:47.93 1:15.40			
	1200m: 15:45.01 1:20.10	2500m: 33:21.29 1:20.98	3800m: 50:53.59 1:20.77				
	1300m: 17:05.80 1:20.79	2600m: 34:40.52 1:19.23	3900m: 52:14.60 1:21.01				
6.	Mariana Silva Ramos	00	Sporting	1:06:51.65		459	
	100m: 1:16.49 1:16.49	1400m: 18:34.43 1:20.86	2700m: 36:11.57 1:21.75	4000m: 53:38.18 1:20.98			
	200m: 2:34.40 1:17.91	1500m: 19:55.73 1:21.30	2800m: 37:32.54 1:20.97	4100m: 54:58.67 1:20.49			
	300m: 3:52.71 1:18.31	1600m: 21:16.62 1:20.89	2900m: 38:52.13 1:19.59	4200m: 56:18.70 1:20.03			
	400m: 5:10.72 1:18.01	1700m: 22:37.68 1:21.06	3000m: 40:12.14 1:20.01	4300m: 57:38.38 1:19.68			
	500m: 6:29.52 1:18.80	1800m: 23:58.53 1:20.85	3100m: 41:32.03 1:19.89	4400m: 58:57.88 1:19.50			
	600m: 7:48.39 1:18.87	1900m: 25:19.92 1:21.39	3200m: 42:52.15 1:20.12	4500m: 1:00:17.51 1:19.63			
	700m: 9:08.22 1:19.83	2000m: 26:41.27 1:21.35	3300m: 44:12.57 1:20.42	4600m: 1:01:37.65 1:20.14			
	800m: 10:28.05 1:19.83	2100m: 28:02.33 1:21.06	3400m: 45:33.13 1:20.56	4700m: 1:02:56.88 1:19.23			
	900m: 11:48.89 1:20.84	2200m: 29:23.68 1:21.35	3500m: 46:53.84 1:20.71	4800m: 1:04:16.58 1:19.70			
	1000m: 13:10.10 1:21.21	2300m: 30:44.76 1:21.08	3600m: 48:14.67 1:20.83	4900m: 1:05:34.90 1:18.32			
	1100m: 14:31.12 1:21.02	2400m: 32:06.16 1:21.40	3700m: 49:35.41 1:20.74	5000m: 1:06:51.65 1:16.75			
	1200m: 15:52.54 1:21.42	2500m: 33:28.07 1:21.91	3800m: 50:56.01 1:20.60				
	1300m: 17:13.57 1:21.03	2600m: 34:49.82 1:21.75	3900m: 52:17.20 1:21.19				
7.	Ana Sofia Ramos	00	Fluval Portuense	1:07:45.03		441	
	100m: 1:16.47 1:16.47	1400m: 18:39.57 1:20.69	2700m: 36:17.32 1:20.86	4000m: 54:05.59 1:22.88			
	200m: 2:36.18 1:19.71	1500m: 20:00.58 1:21.01	2800m: 37:38.72 1:21.40	4100m: 55:27.84 1:22.25			
	300m: 3:55.58 1:19.40	1600m: 21:21.61 1:21.03	2900m: 39:00.16 1:21.44	4200m: 56:51.40 1:23.56			
	400m: 5:15.69 1:20.11	1700m: 22:42.60 1:20.99	3000m: 40:22.29 1:22.13	4300m: 58:13.85 1:22.45			
	500m: 6:35.79 1:20.10	1800m: 24:04.07 1:21.47	3100m: 41:45.30 1:23.01	4400m: 59:35.54 1:21.69			
	600m: 7:55.77 1:19.98	1900m: 25:25.48 1:21.41	3200m: 43:06.77 1:21.47	4500m: 1:00:58.25 1:22.71			
	700m: 9:16.03 1:20.26	2000m: 26:46.62 1:21.14	3300m: 44:28.35 1:21.58	4600m: 1:02:20.64 1:22.39			
	800m: 10:36.25 1:20.22	2100m: 28:07.61 1:20.99	3400m: 45:50.52 1:22.17	4700m: 1:03:42.49 1:21.85			
	900m: 11:56.69 1:20.44	2200m: 29:29.36 1:21.75	3500m: 47:13.17 1:22.65	4800m: 1:05:04.77 1:22.28			
	1000m: 13:17.31 1:20.62	2300m: 30:51.46 1:22.10	3600m: 48:35.68 1:22.51	4900m: 1:06:26.68 1:21.91			
	1100m: 14:37.27 1:19.96	2400m: 32:13.47 1:22.01	3700m: 49:58.40 1:22.72	5000m: 1:07:45.03 1:18.35			
	1200m: 15:57.57 1:20.30	2500m: 33:35.41 1:21.94	3800m: 51:20.66 1:22.26				
	1300m: 17:18.88 1:21.31	2600m: 34:56.46 1:21.05	3900m: 52:42.71 1:22.05				
8.	Sara Lopes Barbosa	00	Aquatico Pacense	1:09:03.78		416	
	100m: 1:16.70 1:16.70	1200m: 15:58.46 1:20.75	2300m: 31:00.84 1:23.19	3400m: 46:25.01 1:25.39			
	200m: 2:36.22 1:19.52	1300m: 17:19.30 1:20.84	2400m: 32:23.09 1:22.25	3500m: 47:49.81 1:24.80			
	300m: 3:55.69 1:19.47	1400m: 18:40.13 1:20.83	2500m: 33:45.72 1:22.63	3600m: 49:14.85 1:25.04			
	400m: 5:15.70 1:20.01	1500m: 20:01.16 1:21.03	2600m: 35:08.70 1:22.98	3700m: 50:41.07 1:26.22			
	500m: 6:35.69 1:19.99	1600m: 21:22.34 1:21.18	2700m: 36:31.88 1:23.18	3800m: 52:07.80 1:26.73			
	600m: 7:55.83 1:20.14	1700m: 22:44.31 1:21.97	2800m: 37:55.31 1:23.43	3900m: 53:34.73 1:26.93			
	700m: 9:16.16 1:20.33	1800m: 24:06.37 1:22.06	2900m: 39:19.71 1:24.40	4000m: 55:00.97 1:26.24			
	800m: 10:36.28 1:20.12	1900m: 25:28.85 1:22.48	3000m: 40:44.88 1:25.17	4100m: 56:27.12 1:26.15			
	900m: 11:56.74 1:20.46	2000m: 26:51.60 1:22.75	3100m: 42:09.83 1:24.95	4200m: 57:53.13 1:26.01			
	1000m: 13:17.47 1:20.73	2100m: 28:14.71 1:23.11	3200m: 43:34.56 1:24.73	4300m: 59:18.46 1:25.33			
	1100m: 14:37.71 1:20.24	2200m: 29:37.65 1:22.94	3300m: 44:59.62 1:25.06	4400m: 1:00:42.86 1:24.40			

Prova 2, Femin., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4500m1:02:06.60	1:23.74	4700m1:04:55.10	1:24.37	4900m1:07:42.42	1:23.18	
	4600m1:03:30.73	1:24.13	4800m1:06:19.24	1:24.14	5000m1:09:03.78	1:21.36	

Juvenis A, Femin.

1. Sara Sofia Alves	01	Columbofila Cantanhedens	1:02:54.64	551			
100m: 1:10.89	1:10.89	1400m: 17:18.29	1:16.32	2700m: 33:34.52	1:14.86	4000m: 50:06.20	1:17.06
200m: 2:23.18	1:12.29	1500m: 18:34.32	1:16.03	2800m: 34:49.00	1:14.48	4100m: 51:23.72	1:17.52
300m: 3:35.35	1:12.17	1600m: 19:50.01	1:15.69	2900m: 36:04.52	1:15.52	4200m: 52:40.95	1:17.23
400m: 4:48.44	1:13.09	1700m: 21:05.56	1:15.55	3000m: 37:19.95	1:15.43	4300m: 53:57.27	1:16.32
500m: 6:01.28	1:12.84	1800m: 22:20.65	1:15.09	3100m: 38:36.65	1:16.70	4400m: 55:14.89	1:17.62
600m: 7:15.38	1:14.10	1900m: 23:36.31	1:15.66	3200m: 39:53.46	1:16.81	4500m: 56:31.49	1:16.60
700m: 8:30.05	1:14.67	2000m: 24:51.15	1:14.84	3300m: 41:10.42	1:16.96	4600m: 57:48.48	1:16.99
800m: 9:45.13	1:15.08	2100m: 26:05.18	1:14.03	3400m: 42:26.87	1:16.45	4700m: 59:05.85	1:17.37
900m: 11:00.33	1:15.20	2200m: 27:17.24	1:12.06	3500m: 43:42.66	1:15.79	4800m: 1:00:21.93	1:16.08
1000m: 12:15.45	1:15.12	2300m: 28:32.09	1:14.85	3600m: 45:00.22	1:17.56	4900m: 1:01:38.72	1:16.79
1100m: 13:30.96	1:15.51	2400m: 29:47.32	1:15.23	3700m: 46:16.24	1:16.02	5000m: 1:02:54.64	1:15.92
1200m: 14:46.33	1:15.37	2500m: 31:03.55	1:16.23	3800m: 47:32.83	1:16.59		
1300m: 16:01.97	1:15.64	2600m: 32:19.66	1:16.11	3900m: 48:49.14	1:16.31		
2. Ines Alves Martins	01	Fluvial Portuense	1:07:44.96	441			
100m: 1:14.52	1:14.52	1400m: 18:39.28	1:21.42	2700m: 36:30.50	1:22.21	4000m: 54:19.14	1:22.52
200m: 2:32.91	1:18.39	1500m: 20:01.23	1:21.95	2800m:		4100m: 55:41.22	1:22.08
300m: 3:51.83	1:18.92	1600m: 21:23.16	1:21.93	2900m: 39:14.41		4200m: 57:02.43	1:21.21
400m: 5:11.16	1:19.33	1700m: 22:44.94	1:21.78	3000m: 40:36.22	1:21.81	4300m: 58:23.92	1:21.49
500m: 6:30.77	1:19.61	1800m: 24:07.04	1:22.10	3100m: 41:57.87	1:21.65	4400m: 59:45.59	1:21.67
600m: 7:50.49	1:19.72	1900m: 25:29.42	1:22.38	3200m: 43:20.35	1:22.48	4500m: 1:01:06.92	1:21.33
700m: 9:10.58	1:20.09	2000m: 26:53.02	1:23.60	3300m: 44:43.13	1:22.78	4600m: 1:02:27.98	1:21.06
800m: 10:31.39	1:20.81	2100m: 28:16.16	1:23.14	3400m: 46:05.70	1:22.57	4700m: 1:03:48.84	1:20.86
900m: 11:52.05	1:20.66	2200m: 29:39.77	1:23.61	3500m: 47:27.77	1:22.07	4800m: 1:05:08.82	1:19.98
1000m: 13:14.02	1:21.97	2300m: 31:01.31	1:21.54	3600m: 48:49.30	1:21.53	4900m: 1:06:27.63	1:18.81
1100m: 14:35.22	1:21.20	2400m: 32:24.04	1:22.73	3700m: 50:11.46	1:22.16	5000m: 1:07:44.96	1:17.33
1200m: 15:56.55	1:21.33	2500m: 33:46.13	1:22.09	3800m: 51:34.03	1:22.57		
1300m: 17:17.86	1:21.31	2600m: 35:08.29	1:22.16	3900m: 52:56.62	1:22.59		
3. Diana Penas Ezequiel	01	Benedita	1:09:05.01	416			
100m: 1:17.16	1:17.16	1400m: 18:56.78	1:22.61	2700m: 37:00.52	1:24.31	4000m: 55:13.46	1:25.27
200m: 2:37.35	1:20.19	1500m: 20:20.09	1:23.31	2800m: 38:24.96	1:24.44	4100m: 56:39.05	1:25.59
300m: 3:57.90	1:20.55	1600m: 21:42.23	1:22.14	2900m: 39:49.47	1:24.51	4200m: 58:03.21	1:24.16
400m: 5:19.04	1:21.14	1700m: 23:05.01	1:22.78	3000m: 41:11.46	1:21.99	4300m: 59:27.54	1:24.33
500m: 6:39.91	1:20.87	1800m: 24:27.80	1:22.79	3100m: 42:34.48	1:23.02	4400m: 1:00:51.79	1:24.25
600m: 8:00.63	1:20.72	1900m: 25:52.01	1:24.21	3200m: 43:57.89	1:23.41	4500m: 1:02:14.19	1:22.40
700m: 9:20.73	1:20.10	2000m: 27:14.68	1:22.67	3300m: 45:21.55	1:23.66	4600m: 1:03:38.43	1:24.24
800m: 10:41.21	1:20.48	2100m: 28:38.06	1:23.38	3400m: 46:45.68	1:24.13	4700m: 1:05:02.08	1:23.65
900m: 12:02.78	1:21.57	2200m: 30:01.44	1:23.38	3500m: 48:10.00	1:24.32	4800m: 1:06:24.76	1:22.68
1000m: 13:25.24	1:22.46	2300m: 31:25.38	1:23.94	3600m: 49:34.57	1:24.57	4900m: 1:07:46.22	1:21.46
1100m: 14:47.48	1:22.24	2400m: 32:48.92	1:23.54	3700m: 50:58.16	1:23.59	5000m: 1:09:05.01	1:18.79
1200m: 16:10.37	1:22.89	2500m: 34:12.68	1:23.76	3800m: 52:23.35	1:25.19		
1300m: 17:34.17	1:23.80	2600m: 35:36.21	1:23.53	3900m: 53:48.19	1:24.84		