

Prova 2 5000m Livres 15 anos e mais velhos
25-02-2017 Resultados

Camp Nac Longa Distancia Absoluto	53:58.43	Guilherme Filipe Pina	BSCN	Rio Maior	20-02-2016
Camp Nac Longa Distancia Juv B	58:40.78	Paulo Bruno Janeiro	CNLA	Oeiras	11-04-2009
Camp Nac Longa Distancia Juv A	58:01.64	Diogo Barbosa Nunes	CFP	Rio Maior	20-02-2016
Camp Nac Longa Distancia Jun17	54:46.23	Guilherme Filipe Pina	BSCN	Coimbra	18-04-2015
Camp Nac Longa Distancia Jun18	53:58.43	Guilherme Filipe Pina	BSCN	Rio Maior	20-02-2016
Camp Nac Longa Distancia Sen	54:03.60	Rafael Lourenco Gil	SFUAP	Rio Maior	20-02-2016
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 2017

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
-------	------	-----	-------	-------------	-------	----------	-----

Absolutos, Masc.

1. Rafael Lourenco Gil	96	Benfica	55:37.65	658			
100m: 1:04.96	1:04.96	1400m: 15:24.52	1:06.24	2700m: 29:49.25	1:06.89	4000m: 44:23.49	1:07.97
200m: 2:10.53	1:05.57	1500m: 16:31.05	1:06.53	2800m: 30:56.00	1:06.75	4100m: 45:31.06	1:07.57
300m: 3:16.35	1:05.82	1600m: 17:37.36	1:06.31	2900m: 32:03.02	1:07.02	4200m: 46:38.43	1:07.37
400m: 4:21.98	1:05.63	1700m: 18:43.91	1:06.55	3000m: 33:09.98	1:06.96	4300m: 47:45.95	1:07.52
500m: 5:27.95	1:05.97	1800m: 19:50.84	1:06.93	3100m: 34:17.08	1:07.10	4400m: 48:53.06	1:07.11
600m: 6:34.21	1:06.26	1900m: 20:57.20	1:06.36	3200m: 35:24.42	1:07.34	4500m: 50:01.16	1:08.10
700m: 7:40.29	1:06.08	2000m: 22:03.38	1:06.18	3300m: 36:31.36	1:06.94	4600m: 51:09.10	1:07.94
800m: 8:46.02	1:05.73	2100m: 23:10.81	1:07.43	3400m: 37:38.49	1:07.13	4700m: 52:17.08	1:07.98
900m: 9:51.96	1:05.94	2200m: 24:17.96	1:07.15	3500m: 38:46.07	1:07.58	4800m: 53:24.70	1:07.62
1000m: 10:58.51	1:06.55	2300m: 25:23.38	1:05.42	3600m: 39:53.69	1:07.62	4900m: 54:32.22	1:07.52
1100m: 12:05.77	1:07.26	2400m: 26:29.44	1:06.06	3700m: 41:00.88	1:07.19	5000m: 55:37.65	1:05.43
1200m: 13:12.37	1:06.60	2500m: 27:35.83	1:06.39	3800m: 42:08.22	1:07.34		
1300m: 14:18.28	1:05.91	2600m: 28:42.36	1:06.53	3900m: 43:15.52	1:07.30		
2. Diogo Manuel Marques	98	Columbofila Cantanhedense	55:52.03	649			
100m: 1:04.35	1:04.35	1400m: 15:23.92	1:05.13	2700m: 29:53.84	1:07.96	4000m: 44:33.69	1:07.88
200m: 2:10.65	1:06.30	1500m: 16:29.24	1:05.32	2800m: 31:01.79	1:07.95	4100m: 45:41.16	1:07.47
300m: 3:16.84	1:06.19	1600m: 17:35.79	1:06.55	2900m: 32:09.75	1:07.96	4200m: 46:49.06	1:07.90
400m: 4:22.93	1:06.09	1700m: 18:42.41	1:06.62	3000m: 33:17.42	1:07.67	4300m: 47:57.12	1:08.06
500m: 5:29.28	1:06.35	1800m: 19:48.34	1:05.93	3100m: 34:24.88	1:07.46	4400m: 49:05.37	1:08.25
600m: 6:35.64	1:06.36	1900m: 20:54.84	1:06.50	3200m: 35:31.83	1:06.95	4500m: 50:13.49	1:08.12
700m: 7:41.83	1:06.19	2000m: 22:01.87	1:07.03	3300m: 36:39.46	1:07.63	4600m: 51:22.09	1:08.60
800m: 8:48.03	1:06.20	2100m: 23:08.50	1:06.63	3400m: 37:46.46	1:07.00	4700m: 52:30.73	1:08.64
900m: 9:54.49	1:06.46	2200m: 24:16.19	1:07.69	3500m: 38:54.07	1:07.61	4800m: 53:38.81	1:08.08
1000m: 11:00.81	1:06.32	2300m: 25:23.93	1:07.74	3600m: 40:01.73	1:07.66	4900m: 54:46.98	1:08.17
1100m: 12:07.09	1:06.28	2400m: 26:31.22	1:07.29	3700m: 41:09.97	1:08.24	5000m: 55:52.03	1:05.05
1200m: 13:13.20	1:06.11	2500m: 27:38.52	1:07.30	3800m: 42:17.50	1:07.53		
1300m: 14:18.79	1:05.59	2600m: 28:45.88	1:07.36	3900m: 43:25.81	1:08.31		
3. Mario Andre Bonanca	90	Sporting	56:15.95	636			
100m: 1:05.48	1:05.48	1400m: 15:23.95	1:06.29	2700m: 29:55.06	1:07.73	4000m: 44:46.46	1:09.21
200m: 2:11.58	1:06.10	1500m: 16:30.03	1:06.08	2800m: 31:02.50	1:07.44	4100m: 45:55.48	1:09.02
300m: 3:17.77	1:06.19	1600m: 17:36.43	1:06.40	2900m: 32:10.12	1:07.62	4200m: 47:04.38	1:08.90
400m: 4:23.59	1:05.82	1700m: 18:43.41	1:06.98	3000m: 33:18.19	1:08.07	4300m: 48:13.62	1:09.24
500m: 5:29.92	1:06.33	1800m: 19:50.81	1:07.40	3100m: 34:26.49	1:08.30	4400m: 49:23.10	1:09.48
600m: 6:35.73	1:05.81	1900m: 20:57.60	1:06.79	3200m: 35:34.78	1:08.29	4500m: 50:32.29	1:09.19
700m: 7:41.61	1:05.88	2000m: 22:03.86	1:06.26	3300m: 36:43.22	1:08.44	4600m: 51:41.62	1:09.33
800m: 8:47.30	1:05.69	2100m: 23:10.77	1:06.91	3400m: 37:51.77	1:08.55	4700m: 52:50.70	1:09.08
900m: 9:53.21	1:05.91	2200m: 24:18.50	1:07.73	3500m: 39:00.60	1:08.83	4800m: 53:59.68	1:08.98
1000m: 10:59.22	1:06.01	2300m: 25:25.21	1:06.71	3600m: 40:09.91	1:09.31	4900m: 55:08.76	1:09.08
1100m: 12:05.57	1:06.35	2400m: 26:32.10	1:06.89	3700m: 41:18.88	1:08.97	5000m: 56:15.95	1:07.19
1200m: 13:11.88	1:06.31	2500m: 27:39.80	1:07.70	3800m: 42:28.26	1:09.38		
1300m: 14:17.66	1:05.78	2600m: 28:47.33	1:07.53	3900m: 43:37.25	1:08.99		

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts				
4.	Diogo Santos Cardoso	01	Colegio Monte Maior	56:39.38		623					
<i>Melhor Marca dos Campeonatos</i>											
100m:	1:06.88	1:06.88	1400m:	15:52.35	1:08.28	2700m:	30:37.78	1:08.68	4000m:	45:29.38	1:08.61
200m:	2:14.93	1:08.05	1500m:	17:00.51	1:08.16	2800m:	31:46.34	1:08.56	4100m:	46:38.12	1:08.74
300m:	3:23.28	1:08.35	1600m:	18:08.60	1:08.09	2900m:	32:54.96	1:08.62	4200m:	47:46.00	1:07.88
400m:	4:31.87	1:08.59	1700m:	19:16.55	1:07.95	3000m:	34:03.27	1:08.31	4300m:	48:53.68	1:07.68
500m:	5:40.02	1:08.15	1800m:	20:24.41	1:07.86	3100m:	35:11.72	1:08.45	4400m:	50:00.91	1:07.23
600m:	6:48.34	1:08.32	1900m:	21:32.43	1:08.02	3200m:	36:20.09	1:08.37	4500m:	51:07.52	1:06.61
700m:	7:56.17	1:07.83	2000m:	22:40.23	1:07.80	3300m:	37:28.56	1:08.47	4600m:	52:14.82	1:07.30
800m:	9:03.83	1:07.66	2100m:	23:47.70	1:07.47	3400m:	38:37.48	1:08.92	4700m:	53:22.44	1:07.62
900m:	10:12.00	1:08.17	2200m:	24:55.85	1:08.15	3500m:	39:46.12	1:08.64	4800m:	54:29.71	1:07.27
1000m:	11:20.03	1:08.03	2300m:	26:03.94	1:08.09	3600m:	40:54.67	1:08.55	4900m:	55:36.62	1:06.91
1100m:	12:27.90	1:07.87	2400m:	27:12.05	1:08.11	3700m:	42:03.39	1:08.72	5000m:	56:39.38	1:02.76
1200m:	13:35.72	1:07.82	2500m:	28:20.52	1:08.47	3800m:	43:12.22	1:08.83			
1300m:	14:44.07	1:08.35	2600m:	29:29.10	1:08.58	3900m:	44:20.77	1:08.55			
5.	Jose Paula Carvalho	98	Uniao Piedense	56:39.46		623					
100m:	1:06.33	1:06.33	1400m:	15:28.00	1:07.17	2700m:	30:26.14	1:10.41	4000m:	45:27.47	1:08.89
200m:	2:12.33	1:06.00	1500m:	16:34.23	1:06.23	2800m:	31:35.64	1:09.50	4100m:	46:36.94	1:09.47
300m:	3:18.93	1:06.60	1600m:	17:42.47	1:08.24	2900m:	32:45.14	1:09.50	4200m:	47:45.48	1:08.54
400m:	4:25.57	1:06.64	1700m:	18:50.92	1:08.45	3000m:	33:54.83	1:09.69	4300m:	48:53.78	1:08.30
500m:	5:31.15	1:05.58	1800m:	19:59.87	1:08.95	3100m:	35:04.20	1:09.37	4400m:	50:01.41	1:07.63
600m:	6:37.72	1:06.57	1900m:	21:08.88	1:09.01	3200m:	36:13.87	1:09.67	4500m:	51:08.55	1:07.14
700m:	7:43.65	1:05.93	2000m:	22:18.26	1:09.38	3300m:	37:23.69	1:09.82	4600m:	52:15.27	1:06.72
800m:	8:49.40	1:05.75	2100m:	23:27.71	1:09.45	3400m:	38:33.37	1:09.68	4700m:	53:23.33	1:08.06
900m:	9:55.83	1:06.43	2200m:	24:37.75	1:10.04	3500m:	39:43.24	1:09.87	4800m:	54:30.77	1:07.44
1000m:	11:01.05	1:05.22	2300m:	25:46.41	1:08.66	3600m:	40:52.80	1:09.56	4900m:	55:37.66	1:06.89
1100m:	12:07.55	1:06.50	2400m:	26:56.45	1:10.04	3700m:	42:00.26	1:07.46	5000m:	56:39.46	1:01.80
1200m:	13:14.39	1:06.84	2500m:	28:06.10	1:09.65	3800m:	43:09.83	1:09.57			
1300m:	14:20.83	1:06.44	2600m:	29:15.73	1:09.63	3900m:	44:18.58	1:08.75			
6.	Tiago Filipe Campos	99	Rio Maior	56:59.67		612					
100m:	1:05.78	1:05.78	1400m:	15:40.74	1:08.03	2700m:	30:36.36	1:09.68	4000m:	45:35.89	1:08.90
200m:	2:12.14	1:06.36	1500m:	16:48.90	1:08.16	2800m:	31:45.96	1:09.60	4100m:	46:45.17	1:09.28
300m:	3:18.86	1:06.72	1600m:	17:56.98	1:08.08	2900m:	32:55.70	1:09.74	4200m:	47:54.79	1:09.62
400m:	4:25.54	1:06.68	1700m:	19:05.85	1:08.87	3000m:	34:05.33	1:09.63	4300m:	49:05.35	1:10.56
500m:	5:33.53	1:07.99	1800m:	20:13.71	1:07.86	3100m:	35:14.30	1:08.97	4400m:	50:14.05	1:08.70
600m:	6:41.05	1:07.52	1900m:	21:21.98	1:08.27	3200m:	36:24.00	1:09.70	4500m:	51:22.92	1:08.87
700m:	7:48.25	1:07.20	2000m:	22:30.41	1:08.43	3300m:	37:33.80	1:09.80	4600m:	52:31.32	1:08.40
800m:	8:55.61	1:07.36	2100m:	23:39.06	1:08.65	3400m:	38:43.45	1:09.65	4700m:	53:40.36	1:09.04
900m:	10:02.94	1:07.33	2200m:	24:48.34	1:09.28	3500m:	39:52.91	1:09.46	4800m:	54:49.34	1:08.98
1000m:	11:10.50	1:07.56	2300m:	25:57.73	1:09.39	3600m:	41:01.21	1:08.30	4900m:	55:56.34	1:07.00
1100m:	12:17.58	1:07.08	2400m:	27:07.12	1:09.39	3700m:	42:09.61	1:08.40	5000m:	56:59.67	1:03.33
1200m:	13:24.91	1:07.33	2500m:	28:16.70	1:09.58	3800m:	43:18.20	1:08.59			
1300m:	14:32.71	1:07.80	2600m:	29:26.68	1:09.98	3900m:	44:26.99	1:08.79			
7.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	57:39.66		591					
100m:	1:04.70	1:04.70	1400m:	16:04.13	1:09.10	2700m:	31:03.15	1:09.63	4000m:	46:08.79	1:09.93
200m:	2:12.70	1:08.00	1500m:	17:13.63	1:09.50	2800m:	32:12.39	1:09.24	4100m:	47:16.87	1:08.08
300m:	3:21.42	1:08.72	1600m:	18:22.46	1:08.83	2900m:	33:21.41	1:09.02	4200m:	48:26.93	1:10.06
400m:	4:30.86	1:09.44	1700m:	19:31.68	1:09.22	3000m:	34:31.10	1:09.69	4300m:	49:37.16	1:10.23
500m:	5:40.37	1:09.51	1800m:	20:40.93	1:09.25	3100m:	35:40.17	1:09.07	4400m:	50:47.34	1:10.18
600m:	6:50.22	1:09.85	1900m:	21:50.40	1:09.47	3200m:	36:49.54	1:09.37	4500m:	51:57.47	1:10.13
700m:	7:59.48	1:09.26	2000m:	22:59.59	1:09.19	3300m:	37:59.00	1:09.46	4600m:	53:06.78	1:09.31
800m:	9:08.61	1:09.13	2100m:	24:07.70	1:08.11	3400m:	39:08.49	1:09.49	4700m:	54:16.52	1:09.74
900m:	10:18.59	1:09.98	2200m:	25:16.41	1:08.71	3500m:	40:18.52	1:10.03	4800m:	55:25.42	1:08.90
1000m:	11:28.24	1:09.65	2300m:	26:25.19	1:08.78	3600m:	41:28.60	1:10.08	4900m:	56:34.01	1:08.59
1100m:	12:37.42	1:09.18	2400m:	27:34.48	1:09.29	3700m:	42:38.90	1:10.30	5000m:	57:39.66	1:05.65
1200m:	13:46.48	1:09.06	2500m:	28:43.75	1:09.27	3800m:	43:48.68	1:09.78			
1300m:	14:55.03	1:08.55	2600m:	29:53.52	1:09.77	3900m:	44:58.86	1:10.18			

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Diogo Barbosa Nunes	00	Fluval Portuense	57:53.03		584	
	100m: 1:04.68 1:04.68	1400m: 15:43.77 1:09.34	2700m: 30:53.81 1:09.48	4000m: 46:10.08 1:11.08			
	200m: 2:10.78 1:06.10	1500m: 16:53.02 1:09.25	2800m: 32:03.04 1:09.23	4100m: 47:21.40 1:11.32			
	300m: 3:17.35 1:06.57	1600m: 18:02.00 1:08.98	2900m: 33:13.85 1:10.81	4200m: 48:32.49 1:11.09			
	400m: 4:24.42 1:07.07	1700m: 19:11.25 1:09.25	3000m: 34:25.64 1:11.79	4300m: 49:43.83 1:11.34			
	500m: 5:31.37 1:06.95	1800m: 20:21.58 1:10.33	3100m: 35:37.09 1:11.45	4400m: 50:54.76 1:10.93			
	600m: 6:38.79 1:07.42	1900m: 21:31.66 1:10.08	3200m: 36:46.59 1:09.50	4500m: 52:06.28 1:11.52			
	700m: 7:45.75 1:06.96	2000m: 22:40.54 1:08.88	3300m: 37:56.42 1:09.83	4600m: 53:18.23 1:11.95			
	800m: 8:53.22 1:07.47	2100m: 23:50.61 1:10.07	3400m: 39:06.43 1:10.01	4700m: 54:27.41 1:09.18			
	900m: 10:01.66 1:08.44	2200m: 25:01.55 1:10.94	3500m: 40:16.50 1:10.07	4800m: 55:37.04 1:09.63			
	1000m: 11:10.10 1:08.44	2300m: 26:12.70 1:11.15	3600m: 41:26.95 1:10.45	4900m: 56:46.37 1:09.33			
	1100m: 12:17.91 1:07.81	2400m: 27:23.68 1:10.98	3700m: 42:37.01 1:10.06	5000m: 57:53.03 1:06.66			
	1200m: 13:26.14 1:08.23	2500m: 28:34.39 1:10.71	3800m: 43:47.71 1:10.70				
	1300m: 14:34.43 1:08.29	2600m: 29:44.33 1:09.94	3900m: 44:59.00 1:11.29				
9.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	58:36.18		562	
	100m: 1:04.10 1:04.10	1400m: 15:37.24 1:09.49	2700m: 30:53.33 1:11.13	4000m: 46:32.08 1:13.53			
	200m: 2:09.57 1:05.47	1500m: 16:46.88 1:09.64	2800m: 32:03.99 1:10.66	4100m: 47:45.34 1:13.26			
	300m: 3:15.18 1:05.61	1600m: 17:56.98 1:10.10	2900m: 33:14.98 1:10.99	4200m: 48:58.40 1:13.06			
	400m: 4:21.44 1:06.26	1700m: 19:07.05 1:10.07	3000m: 34:25.74 1:10.76	4300m: 50:11.94 1:13.54			
	500m: 5:28.06 1:06.62	1800m: 20:18.30 1:11.25	3100m: 35:37.14 1:11.40	4400m: 51:24.11 1:12.17			
	600m: 6:34.59 1:06.53	1900m: 21:28.95 1:10.65	3200m: 36:48.53 1:11.39	4500m: 52:37.14 1:13.03			
	700m: 7:41.30 1:06.71	2000m: 22:38.55 1:09.60	3300m: 38:00.86 1:12.33	4600m: 53:49.77 1:12.63			
	800m: 8:48.24 1:06.94	2100m: 23:47.90 1:09.35	3400m: 39:13.34 1:12.48	4700m: 55:02.58 1:12.81			
	900m: 9:55.38 1:07.14	2200m: 24:56.06 1:08.16	3500m: 40:26.15 1:12.81	4800m: 56:14.50 1:11.92			
	1000m: 11:03.33 1:07.95	2300m: 26:06.50 1:10.44	3600m: 41:39.09 1:12.94	4900m: 57:25.96 1:11.46			
	1100m: 12:10.97 1:07.64	2400m: 27:18.07 1:11.57	3700m: 42:51.92 1:12.83	5000m: 58:36.18 1:10.22			
	1200m: 13:19.03 1:08.06	2500m: 28:30.65 1:12.58	3800m: 44:05.49 1:13.57				
	1300m: 14:27.75 1:08.72	2600m: 29:42.20 1:11.55	3900m: 45:18.55 1:13.06				
10.	Diogo Coelho Jose	01	Columbofila Cantanhedense	58:42.40		560	
	100m: 1:06.49 1:06.49	1400m: 15:59.13 1:10.30	2700m: 31:18.09 1:12.08	4000m: 46:49.59 1:09.48			
	200m: 2:13.80 1:07.31	1500m: 17:09.65 1:10.52	2800m: 32:30.32 1:12.23	4100m: 48:01.51 1:11.92			
	300m: 3:20.98 1:07.18	1600m: 18:19.17 1:09.52	2900m: 33:42.35 1:12.03	4200m: 49:13.29 1:11.78			
	400m: 4:28.70 1:07.72	1700m: 19:29.30 1:10.13	3000m: 34:54.56 1:12.21	4300m: 50:25.46 1:12.17			
	500m: 5:36.88 1:08.18	1800m: 20:39.79 1:10.49	3100m: 36:06.55 1:11.99	4400m: 51:36.73 1:11.27			
	600m: 6:44.28 1:07.40	1900m: 21:50.95 1:11.16	3200m: 37:18.74 1:12.19	4500m: 52:49.36 1:12.63			
	700m: 7:52.53 1:08.25	2000m: 23:02.49 1:11.54	3300m: 38:30.00 1:11.26	4600m: 54:01.81 1:12.45			
	800m: 9:01.59 1:09.06	2100m: 24:14.02 1:11.53	3400m: 39:42.88 1:12.88	4700m: 55:12.34 1:10.53			
	900m: 10:10.65 1:09.06	2200m: 25:23.40 1:09.38	3500m: 40:53.64 1:10.76	4800m: 56:22.88 1:10.54			
	1000m: 11:19.88 1:09.23	2300m: 26:31.89 1:08.49	3600m: 42:05.56 1:11.92	4900m: 57:33.06 1:10.18			
	1100m: 12:28.88 1:09.00	2400m: 27:42.68 1:10.79	3700m: 43:17.47 1:11.91	5000m: 58:42.40 1:09.34			
	1200m: 13:38.63 1:09.75	2500m: 28:54.69 1:12.01	3800m: 44:27.89 1:10.42				
	1300m: 14:48.83 1:10.20	2600m: 30:06.01 1:11.32	3900m: 45:40.11 1:12.22				
11.	Miguel Caridade Gaspar	99	Academica de Coimbra	58:53.68		554	
	100m: 1:08.45 1:08.45	1400m: 16:23.06 1:10.49	2700m: 31:43.35 1:11.02	4000m: 47:07.50 1:11.51			
	200m: 2:19.54 1:11.09	1500m: 17:33.32 1:10.26	2800m: 32:54.18 1:10.83	4100m: 48:18.98 1:11.48			
	300m: 3:30.31 1:10.77	1600m: 18:43.72 1:10.40	2900m: 34:05.62 1:11.44	4200m: 49:30.14 1:11.16			
	400m: 4:41.17 1:10.86	1700m: 19:54.30 1:10.58	3000m: 35:17.03 1:11.41	4300m: 50:41.04 1:10.90			
	500m: 5:52.16 1:10.99	1800m: 21:05.51 1:11.21	3100m: 36:27.93 1:10.90	4400m: 51:52.27 1:11.23			
	600m: 7:02.54 1:10.38	1900m: 22:16.28 1:10.77	3200m: 37:38.77 1:10.84	4500m: 53:02.40 1:10.13			
	700m: 8:12.76 1:10.22	2000m: 23:26.84 1:10.56	3300m: 38:49.51 1:10.74	4600m: 54:13.31 1:10.91			
	800m: 9:23.03 1:10.27	2100m: 24:37.68 1:10.84	3400m: 40:00.63 1:11.12	4700m: 55:23.71 1:10.40			
	900m: 10:32.55 1:09.52	2200m: 25:48.72 1:11.04	3500m: 41:12.29 1:11.66	4800m: 56:34.06 1:10.35			
	1000m: 11:41.98 1:09.43	2300m: 26:59.65 1:10.93	3600m: 42:23.61 1:11.32	4900m: 57:44.73 1:10.67			
	1100m: 12:51.88 1:09.90	2400m: 28:10.39 1:10.74	3700m: 43:33.98 1:10.37	5000m: 58:53.68 1:08.95			
	1200m: 14:02.19 1:10.31	2500m: 29:21.55 1:11.16	3800m: 44:44.64 1:10.66				
	1300m: 15:12.57 1:10.38	2600m: 30:32.33 1:10.78	3900m: 45:55.99 1:11.35				

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	David Matias Cristino	01	Uniao Piedense	59:02.41		550	
	100m: 1:08.36 1:08.36	1400m: 16:24.65 1:10.97	2700m: 31:44.44 1:11.07	4000m: 47:09.60 1:11.22			
	200m: 2:18.35 1:09.99	1500m: 17:34.56 1:09.91	2800m: 32:56.10 1:11.66	4100m: 48:19.98 1:10.38			
	300m: 3:28.56 1:10.21	1600m: 18:44.59 1:10.03	2900m: 34:06.93 1:10.83	4200m: 49:31.27 1:11.29			
	400m: 4:39.02 1:10.46	1700m: 19:54.66 1:10.07	3000m: 35:17.43 1:10.50	4300m: 50:41.88 1:10.61			
	500m: 5:48.73 1:09.71	1800m: 21:05.81 1:11.15	3100m: 36:28.75 1:11.32	4400m: 51:53.95 1:12.07			
	600m: 6:59.19 1:10.46	1900m: 22:16.53 1:10.72	3200m: 37:40.27 1:11.52	4500m: 53:06.03 1:12.08			
	700m: 8:10.11 1:10.92	2000m: 23:27.32 1:10.79	3300m: 38:51.41 1:11.14	4600m: 54:17.54 1:11.51			
	800m: 9:21.39 1:11.28	2100m: 24:38.38 1:11.06	3400m: 40:02.49 1:11.08	4700m: 55:29.26 1:11.72			
	900m: 10:32.40 1:11.01	2200m: 25:49.33 1:10.95	3500m: 41:14.10 1:11.61	4800m: 56:41.66 1:12.40			
	1000m: 11:42.65 1:10.25	2300m: 27:00.63 1:11.30	3600m: 42:26.01 1:11.91	4900m: 57:52.28 1:10.62			
	1100m: 12:53.01 1:10.36	2400m: 28:11.53 1:10.90	3700m: 43:36.18 1:10.17	5000m: 59:02.41 1:10.13			
	1200m: 14:03.40 1:10.39	2500m: 29:22.51 1:10.98	3800m: 44:47.40 1:11.22				
	1300m: 15:13.68 1:10.28	2600m: 30:33.37 1:10.86	3900m: 45:58.38 1:10.98				
13.	Jose Pedro Sampaio	98	Fluvial Portuense	1:00:23.89		514	
	100m: 1:06.68 1:06.68	1400m: 16:22.55 1:12.66	2700m: 32:10.39 1:12.95	4000m: 48:10.93 1:13.69			
	200m: 2:14.67 1:07.99	1500m: 17:35.97 1:13.42	2800m: 33:25.07 1:14.68	4100m: 49:24.64 1:13.71			
	300m: 3:23.44 1:08.77	1600m: 18:49.13 1:13.16	2900m: 34:38.72 1:13.65	4200m: 50:38.52 1:13.88			
	400m: 4:31.75 1:08.31	1700m: 20:02.45 1:13.32	3000m: 35:53.29 1:14.57	4300m: 51:52.56 1:14.04			
	500m: 5:40.70 1:08.95	1800m: 21:16.41 1:13.96	3100m: 37:07.72 1:14.43	4400m: 53:07.50 1:14.94			
	600m: 6:49.45 1:08.75	1900m: 22:30.61 1:14.20	3200m: 38:21.75 1:14.03	4500m: 54:22.17 1:14.67			
	700m: 7:58.94 1:09.49	2000m: 23:43.84 1:13.23	3300m: 39:34.74 1:12.99	4600m: 55:36.03 1:13.86			
	800m: 9:09.70 1:10.76	2100m: 24:57.07 1:13.23	3400m: 40:48.09 1:13.35	4700m: 56:49.45 1:13.42			
	900m: 10:20.79 1:11.09	2200m: 26:09.49 1:12.42	3500m: 42:02.63 1:14.54	4800m: 58:02.06 1:12.61			
	1000m: 11:32.76 1:11.97	2300m: 27:22.59 1:13.10	3600m: 43:16.91 1:14.28	4900m: 59:13.78 1:11.72			
	1100m: 12:45.09 1:12.33	2400m: 28:34.76 1:12.17	3700m: 44:31.20 1:14.29	5000m: 1:00:23.89 1:10.11			
	1200m: 13:57.24 1:12.15	2500m: 29:46.09 1:11.33	3800m: 45:44.01 1:12.81				
	1300m: 15:09.89 1:12.65	2600m: 30:57.44 1:11.35	3900m: 46:57.24 1:13.23				
14.	Jose Maria Pereira	01	Sporting	1:00:30.35		511	
	100m: 1:09.98 1:09.98	1400m: 16:44.94 1:11.80	2700m: 32:28.78 1:12.74	4000m: 48:20.00 1:12.78			
	200m: 2:22.34 1:12.36	1500m: 17:56.77 1:11.83	2800m: 33:41.89 1:13.11	4100m: 49:33.09 1:13.09			
	300m: 3:34.73 1:12.39	1600m: 19:08.86 1:12.09	2900m: 34:54.32 1:12.43	4200m: 50:46.54 1:13.45			
	400m: 4:47.02 1:12.29	1700m: 20:21.01 1:12.15	3000m: 36:07.77 1:13.45	4300m: 51:59.97 1:13.43			
	500m: 5:58.80 1:11.78	1800m: 21:33.12 1:12.11	3100m: 37:20.95 1:13.18	4400m: 53:13.97 1:14.00			
	600m: 7:10.11 1:11.31	1900m: 22:45.57 1:12.45	3200m: 38:34.52 1:13.57	4500m: 54:27.21 1:13.24			
	700m: 8:21.59 1:11.48	2000m: 23:58.02 1:12.45	3300m: 39:48.14 1:13.62	4600m: 55:40.52 1:13.31			
	800m: 9:32.93 1:11.34	2100m: 25:10.77 1:12.75	3400m: 41:01.41 1:13.27	4700m: 56:53.97 1:13.45			
	900m: 10:44.50 1:11.57	2200m: 26:23.50 1:12.73	3500m: 42:15.12 1:13.71	4800m: 58:07.12 1:13.15			
	1000m: 11:56.82 1:12.32	2300m: 27:36.21 1:12.71	3600m: 43:27.78 1:12.66	4900m: 59:19.46 1:12.34			
	1100m: 13:08.84 1:12.02	2400m: 28:49.84 1:13.63	3700m: 44:40.82 1:13.04	5000m: 1:00:30.35 1:10.89			
	1200m: 14:21.03 1:12.19	2500m: 30:02.88 1:13.04	3800m: 45:54.37 1:13.55				
	1300m: 15:33.14 1:12.11	2600m: 31:16.04 1:13.16	3900m: 47:07.22 1:12.85				
15.	Goncalo Gualberto Barbara	00	Portinado	1:02:25.67		465	
	100m: 1:08.81 1:08.81	1400m: 16:58.45 1:14.40	2700m: 33:14.77 1:15.94	4000m: 49:38.15 1:16.32			
	200m: 2:20.34 1:11.53	1500m: 18:12.43 1:13.98	2800m: 34:30.54 1:15.77	4100m: 50:54.39 1:16.24			
	300m: 3:32.49 1:12.15	1600m: 19:26.64 1:14.21	2900m: 35:45.69 1:15.15	4200m: 52:11.46 1:17.07			
	400m: 4:45.30 1:12.81	1700m: 20:41.47 1:14.83	3000m: 37:01.15 1:15.46	4300m: 53:28.80 1:17.34			
	500m: 5:58.24 1:12.94	1800m: 21:56.01 1:14.54	3100m: 38:16.45 1:15.30	4400m: 54:45.93 1:17.13			
	600m: 7:10.75 1:12.51	1900m: 23:11.04 1:15.03	3200m: 39:32.12 1:15.67	4500m: 56:03.22 1:17.29			
	700m: 8:23.18 1:12.43	2000m: 24:26.04 1:15.00	3300m: 40:47.93 1:15.81	4600m: 57:20.18 1:16.96			
	800m: 9:35.98 1:12.80	2100m: 25:41.26 1:15.22	3400m: 42:03.62 1:15.69	4700m: 58:37.28 1:17.10			
	900m: 10:49.02 1:13.04	2200m: 26:57.01 1:15.75	3500m: 43:19.68 1:16.06	4800m: 59:53.92 1:16.64			
	1000m: 12:02.40 1:13.38	2300m: 28:12.32 1:15.31	3600m: 44:34.57 1:14.89	4900m: 1:01:10.31 1:16.39			
	1100m: 13:16.05 1:13.65	2400m: 29:27.81 1:15.49	3700m: 45:50.15 1:15.58	5000m: 1:02:25.67 1:15.36			
	1200m: 14:29.83 1:13.78	2500m: 30:43.31 1:15.50	3800m: 47:06.35 1:16.20				
	1300m: 15:44.05 1:14.22	2600m: 31:58.83 1:15.52	3900m: 48:21.83 1:15.48				

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	David Joao Tinoco	01	Columbofila Cantanhedens	1:02:35.60		462	
	100m: 1:08.71 1:08.71	1400m: 16:49.53 1:14.19	2700m: 33:13.46 1:17.05	4000m: 49:57.16 1:17.90			
	200m: 2:18.63 1:09.92	1500m: 18:04.82 1:15.29	2800m: 34:30.43 1:16.97	4100m: 51:14.85 1:17.69			
	300m: 3:29.54 1:10.91	1600m: 19:19.52 1:14.70	2900m: 35:46.65 1:16.22	4200m: 52:33.05 1:18.20			
	400m: 4:40.76 1:11.22	1700m: 20:35.00 1:15.48	3000m: 37:03.90 1:17.25	4300m: 53:51.15 1:18.10			
	500m: 5:51.97 1:11.21	1800m: 21:50.50 1:15.50	3100m: 38:20.58 1:16.68	4400m: 55:08.42 1:17.27			
	600m: 7:03.49 1:11.52	1900m: 23:05.47 1:14.97	3200m: 39:38.42 1:17.84	4500m: 56:25.61 1:17.19			
	700m: 8:15.76 1:12.27	2000m: 24:21.55 1:16.08	3300m: 40:55.53 1:17.11	4600m: 57:41.13 1:15.52			
	800m: 9:28.30 1:12.54	2100m: 25:37.00 1:15.45	3400m: 42:12.80 1:17.27	4700m: 58:57.05 1:15.92			
	900m: 10:41.21 1:12.91	2200m: 26:52.65 1:15.65	3500m: 43:29.35 1:16.55	4800m: 1:00:12.67 1:15.62			
	1000m: 11:54.15 1:12.94	2300m: 28:08.27 1:15.62	3600m: 44:46.11 1:16.76	4900m: 1:01:27.64 1:14.97			
	1100m: 13:07.50 1:13.35	2400m: 29:23.44 1:15.17	3700m: 46:03.87 1:17.76	5000m: 1:02:35.60 1:07.96			
	1200m: 14:21.16 1:13.66	2500m: 30:40.29 1:16.85	3800m: 47:21.40 1:17.53				
	1300m: 15:35.34 1:14.18	2600m: 31:56.41 1:16.12	3900m: 48:39.26 1:17.86				
17.	Rui Jorge Lopes	00	CLAC-Entroncamento	1:02:35.67		462	
	100m: 1:11.54 1:11.54	1400m: 17:17.55 1:15.52	2700m: 33:35.03 1:15.11	4000m: 50:07.78 1:16.28			
	200m: 2:24.27 1:12.73	1500m: 18:33.12 1:15.57	2800m: 34:51.35 1:16.32	4100m: 51:24.00 1:16.22			
	300m: 3:37.19 1:12.92	1600m: 19:49.18 1:16.06	2900m: 36:08.14 1:16.79	4200m: 52:39.77 1:15.77			
	400m: 4:51.54 1:14.35	1700m: 21:04.95 1:15.77	3000m: 37:24.53 1:16.39	4300m: 53:55.55 1:15.78			
	500m: 6:05.58 1:14.04	1800m: 22:20.44 1:15.49	3100m: 38:40.70 1:16.17	4400m: 55:11.14 1:15.59			
	600m: 7:19.84 1:14.26	1900m: 23:35.58 1:15.14	3200m: 39:57.59 1:16.89	4500m: 56:26.65 1:15.51			
	700m: 8:34.01 1:14.17	2000m: 24:51.30 1:15.72	3300m: 41:13.49 1:15.90	4600m: 57:41.56 1:14.91			
	800m: 9:48.47 1:14.46	2100m: 26:06.44 1:15.14	3400m: 42:30.67 1:17.18	4700m: 58:56.51 1:14.95			
	900m: 11:02.26 1:13.79	2200m: 27:21.16 1:14.72	3500m: 43:46.96 1:16.29	4800m: 1:00:12.32 1:15.81			
	1000m: 12:16.46 1:14.20	2300m: 28:35.61 1:14.45	3600m: 45:02.75 1:15.79	4900m: 1:01:26.63 1:14.31			
	1100m: 13:31.42 1:14.96	2400m: 29:50.39 1:14.78	3700m: 46:18.93 1:16.18	5000m: 1:02:35.67 1:09.04			
	1200m: 14:46.72 1:15.30	2500m: 31:04.82 1:14.43	3800m: 47:34.88 1:15.95				
	1300m: 16:02.03 1:15.31	2600m: 32:19.92 1:15.10	3900m: 48:51.50 1:16.62				
18.	Andre Gouveia Costa	01	Condeixa Clube	1:05:45.11		398	
	100m: 1:10.58 1:10.58	1400m: 17:49.89 1:19.28	2700m: 35:00.60 1:17.96	4000m: 52:25.39 1:19.90			
	200m: 2:23.06 1:12.48	1500m: 19:09.77 1:19.88	2800m: 36:20.41 1:19.81	4100m: 53:44.72 1:19.33			
	300m: 3:36.16 1:13.10	1600m: 20:29.21 1:19.44	2900m: 37:41.45 1:21.04	4200m: 55:05.48 1:20.76			
	400m: 4:50.85 1:14.69	1700m: 21:49.57 1:20.36	3000m: 39:03.24 1:21.79	4300m: 56:26.41 1:20.93			
	500m: 6:06.98 1:16.13	1800m: 23:10.09 1:20.52	3100m: 40:24.66 1:21.42	4400m: 57:49.05 1:22.64			
	600m: 7:23.53 1:16.55	1900m: 24:30.14 1:20.05	3200m: 41:45.81 1:21.15	4500m: 59:10.19 1:21.14			
	700m: 8:41.17 1:17.64	2000m: 25:51.53 1:21.39	3300m: 43:07.59 1:21.78	4600m: 1:00:30.09 1:19.90			
	800m: 9:58.32 1:17.15	2100m: 27:12.94 1:21.41	3400m: 44:29.85 1:22.26	4700m: 1:01:49.78 1:19.69			
	900m: 11:16.12 1:17.80	2200m: 28:34.25 1:21.31	3500m: 45:52.39 1:22.54	4800m: 1:03:09.84 1:20.06			
	1000m: 12:34.29 1:18.17	2300m: 29:52.07 1:17.82	3600m: 47:10.31 1:17.92	4900m: 1:04:29.74 1:19.90			
	1100m: 13:52.52 1:18.23	2400m: 31:09.69 1:17.62	3700m: 48:28.56 1:18.25	5000m: 1:05:45.11 1:15.37			
	1200m: 15:11.08 1:18.56	2500m: 32:26.46 1:16.77	3800m: 49:47.67 1:19.11				
	1300m: 16:30.61 1:19.53	2600m: 33:42.64 1:16.18	3900m: 51:05.49 1:17.82				
19.	Edgar Filipe Santos	01	Uniao Piedense	1:07:13.46		372	
	100m: 1:11.32 1:11.32	1400m: 18:10.71 1:17.80	2700m: 35:29.65 1:20.98	4000m: 53:31.80 1:24.04			
	200m: 2:26.42 1:15.10	1500m: 19:30.71 1:20.00	2800m: 36:50.09 1:20.44	4100m: 54:56.94 1:25.14			
	300m: 3:43.17 1:16.75	1600m: 20:52.62 1:21.91	2900m: 38:09.62 1:19.53	4200m: 56:20.74 1:23.80			
	400m: 5:00.94 1:17.77	1700m: 22:12.86 1:20.24	3000m: 39:31.99 1:22.37	4300m: 57:43.37 1:22.63			
	500m: 6:19.08 1:18.14	1800m: 23:29.01 1:16.15	3100m: 40:53.93 1:21.94	4400m: 59:06.26 1:22.89			
	600m: 7:37.79 1:18.71	1900m: 24:51.00 1:21.99	3200m: 42:16.65 1:22.72	4500m: 1:00:28.27 1:22.01			
	700m: 8:56.56 1:18.77	2000m: 26:06.94 1:15.94	3300m: 43:40.20 1:23.55	4600m: 1:01:51.76 1:23.49			
	800m: 10:17.08 1:20.52	2100m: 27:24.52 1:17.58	3400m: 45:02.53 1:22.33	4700m: 1:03:14.77 1:23.01			
	900m: 11:36.96 1:19.88	2200m: 28:46.80 1:22.28	3500m: 46:27.39 1:24.86	4800m: 1:04:35.98 1:21.21			
	1000m: 12:55.82 1:18.86	2300m: 30:08.32 1:21.52	3600m: 47:53.52 1:26.13	4900m: 1:05:55.75 1:19.77			
	1100m: 14:14.69 1:18.87	2400m: 31:30.14 1:21.82	3700m: 49:18.44 1:24.92	5000m: 1:07:13.46 1:17.71			
	1200m: 15:33.75 1:19.06	2500m: 32:51.91 1:21.77	3800m: 50:42.89 1:24.45				
	1300m: 16:52.91 1:19.16	2600m: 34:08.67 1:16.76	3900m: 52:07.76 1:24.87				

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
20.	Pedro Bernardo Araujo	00	Condeixa Clube	1:09:09.71		342		
	100m: 1:15.20	1:15.20	1400m: 18:51.52	1:22.81	2700m: 37:08.91	1:25.58	4000m: 55:34.49	1:21.03
	200m: 2:34.71	1:19.51	1500m: 20:14.51	1:22.99	2800m: 38:34.26	1:25.35	4100m: 56:57.37	1:22.88
	300m: 3:54.50	1:19.79	1600m: 21:38.97	1:24.46	2900m: 39:59.94	1:25.68	4200m: 58:18.04	1:20.67
	400m: 5:15.06	1:20.56	1700m: 23:03.88	1:24.91	3000m: 41:25.79	1:25.85	4300m: 59:40.01	1:21.97
	500m: 6:36.31	1:21.25	1800m: 24:28.98	1:25.10	3100m: 42:52.99	1:27.20	4400m: 1:01:01.85	1:21.84
	600m: 7:56.74	1:20.43	1900m: 25:53.56	1:24.58	3200m: 44:19.47	1:26.48	4500m: 1:02:23.73	1:21.88
	700m: 9:17.84	1:21.10	2000m: 27:17.46	1:23.90	3300m: 45:46.37	1:26.90	4600m: 1:03:45.73	1:22.00
	800m: 10:39.21	1:21.37	2100m: 28:38.41	1:20.95	3400m: 47:13.04	1:26.67	4700m: 1:05:08.35	1:22.62
	900m: 12:01.57	1:22.36	2200m: 30:02.77	1:24.36	3500m: 48:38.48	1:25.44	4800m: 1:06:30.17	1:21.82
	1000m: 13:23.75	1:22.18	2300m: 31:27.65	1:24.88	3600m: 50:03.52	1:25.04	4900m: 1:07:51.37	1:21.20
	1100m: 14:44.06	1:20.31	2400m: 32:52.10	1:24.45	3700m: 51:27.63	1:24.11	5000m: 1:09:09.71	1:18.34
	1200m: 16:05.59	1:21.53	2500m: 34:17.51	1:25.41	3800m: 52:51.24	1:23.61		
	1300m: 17:28.71	1:23.12	2600m: 35:43.33	1:25.82	3900m: 54:13.46	1:22.22		

Seniores, Masc.

1.	Rafael Lourenco Gil	96	Benfica	55:37.65		658		
	100m: 1:04.96	1:04.96	1400m: 15:24.52	1:06.24	2700m: 29:49.25	1:06.89	4000m: 44:23.49	1:07.97
	200m: 2:10.53	1:05.57	1500m: 16:31.05	1:06.53	2800m: 30:56.00	1:06.75	4100m: 45:31.06	1:07.57
	300m: 3:16.35	1:05.82	1600m: 17:37.36	1:06.31	2900m: 32:03.02	1:07.02	4200m: 46:38.43	1:07.37
	400m: 4:21.98	1:05.63	1700m: 18:43.91	1:06.55	3000m: 33:09.98	1:06.96	4300m: 47:45.95	1:07.52
	500m: 5:27.95	1:05.97	1800m: 19:50.84	1:06.93	3100m: 34:17.08	1:07.10	4400m: 48:53.06	1:07.11
	600m: 6:34.21	1:06.26	1900m: 20:57.20	1:06.36	3200m: 35:24.42	1:07.34	4500m: 50:01.16	1:08.10
	700m: 7:40.29	1:06.08	2000m: 22:03.38	1:06.18	3300m: 36:31.36	1:06.94	4600m: 51:09.10	1:07.94
	800m: 8:46.02	1:05.73	2100m: 23:10.81	1:07.43	3400m: 37:38.49	1:07.13	4700m: 52:17.08	1:07.98
	900m: 9:51.96	1:05.94	2200m: 24:17.96	1:07.15	3500m: 38:46.07	1:07.58	4800m: 53:24.70	1:07.62
	1000m: 10:58.51	1:06.55	2300m: 25:23.38	1:05.42	3600m: 39:53.69	1:07.62	4900m: 54:32.22	1:07.52
	1100m: 12:05.77	1:07.26	2400m: 26:29.44	1:06.06	3700m: 41:00.88	1:07.19	5000m: 55:37.65	1:05.43
	1200m: 13:12.37	1:06.60	2500m: 27:35.83	1:06.39	3800m: 42:08.22	1:07.34		
	1300m: 14:18.28	1:05.91	2600m: 28:42.36	1:06.53	3900m: 43:15.52	1:07.30		
2.	Diogo Manuel Marques	98	Columbifila Cantanhedense	55:52.03		649		
	100m: 1:04.35	1:04.35	1400m: 15:23.92	1:05.13	2700m: 29:53.84	1:07.96	4000m: 44:33.69	1:07.88
	200m: 2:10.65	1:06.30	1500m: 16:29.24	1:05.32	2800m: 31:01.79	1:07.95	4100m: 45:41.16	1:07.47
	300m: 3:16.84	1:06.19	1600m: 17:35.79	1:06.55	2900m: 32:09.75	1:07.96	4200m: 46:49.06	1:07.90
	400m: 4:22.93	1:06.09	1700m: 18:42.41	1:06.62	3000m: 33:17.42	1:07.67	4300m: 47:57.12	1:08.06
	500m: 5:29.28	1:06.35	1800m: 19:48.34	1:05.93	3100m: 34:24.88	1:07.46	4400m: 49:05.37	1:08.25
	600m: 6:35.64	1:06.36	1900m: 20:54.84	1:06.50	3200m: 35:31.83	1:06.95	4500m: 50:13.49	1:08.12
	700m: 7:41.83	1:06.19	2000m: 22:01.87	1:07.03	3300m: 36:39.46	1:07.63	4600m: 51:22.09	1:08.60
	800m: 8:48.03	1:06.20	2100m: 23:08.50	1:06.63	3400m: 37:46.46	1:07.00	4700m: 52:30.73	1:08.64
	900m: 9:54.49	1:06.46	2200m: 24:16.19	1:07.69	3500m: 38:54.07	1:07.61	4800m: 53:38.81	1:08.08
	1000m: 11:00.81	1:06.32	2300m: 25:23.93	1:07.74	3600m: 40:01.73	1:07.66	4900m: 54:46.98	1:08.17
	1100m: 12:07.09	1:06.28	2400m: 26:31.22	1:07.29	3700m: 41:09.97	1:08.24	5000m: 55:52.03	1:05.05
	1200m: 13:13.20	1:06.11	2500m: 27:38.52	1:07.30	3800m: 42:17.50	1:07.53		
	1300m: 14:18.79	1:05.59	2600m: 28:45.88	1:07.36	3900m: 43:25.81	1:08.31		
3.	Mario Andre Bonanca	90	Sporting	56:15.95		636		
	100m: 1:05.48	1:05.48	1300m: 14:17.66	1:05.78	2500m: 27:39.80	1:07.70	3700m: 41:18.88	1:08.97
	200m: 2:11.58	1:06.10	1400m: 15:23.95	1:06.29	2600m: 28:47.33	1:07.53	3800m: 42:28.26	1:09.38
	300m: 3:17.77	1:06.19	1500m: 16:30.03	1:06.08	2700m: 29:55.06	1:07.73	3900m: 43:37.25	1:08.99
	400m: 4:23.59	1:05.82	1600m: 17:36.43	1:06.40	2800m: 31:02.50	1:07.44	4000m: 44:46.46	1:09.21
	500m: 5:29.92	1:06.33	1700m: 18:43.41	1:06.98	2900m: 32:10.12	1:07.62	4100m: 45:55.48	1:09.02
	600m: 6:35.73	1:05.81	1800m: 19:50.81	1:07.40	3000m: 33:18.19	1:08.07	4200m: 47:04.38	1:08.90
	700m: 7:41.61	1:05.88	1900m: 20:57.60	1:06.79	3100m: 34:26.49	1:08.30	4300m: 48:13.62	1:09.24
	800m: 8:47.30	1:05.69	2000m: 22:03.86	1:06.26	3200m: 35:34.78	1:08.29	4400m: 49:23.10	1:09.48
	900m: 9:53.21	1:05.91	2100m: 23:10.77	1:06.91	3300m: 36:43.22	1:08.44	4500m: 50:32.29	1:09.19
	1000m: 10:59.22	1:06.01	2200m: 24:18.50	1:07.73	3400m: 37:51.77	1:08.55	4600m: 51:41.62	1:09.33
	1100m: 12:05.57	1:06.35	2300m: 25:25.21	1:06.71	3500m: 39:00.60	1:08.83	4700m: 52:50.70	1:09.08
	1200m: 13:11.88	1:06.31	2400m: 26:32.10	1:06.89	3600m: 40:09.91	1:09.31	4800m: 53:59.68	1:08.98

Prova 2, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 55:08.76 1:09.08	5000m: 56:15.95	1:07.19				
4.	Jose Paula Carvalho	98	Uniao Piedense	56:39.46		623	
	100m: 1:06.33 1:06.33	1400m: 15:28.00 1:07.17	2700m: 30:26.14 1:10.41	4000m: 45:27.47 1:08.89			
	200m: 2:12.33 1:06.00	1500m: 16:34.23 1:06.23	2800m: 31:35.64 1:09.50	4100m: 46:36.94 1:09.47			
	300m: 3:18.93 1:06.60	1600m: 17:42.47 1:08.24	2900m: 32:45.14 1:09.50	4200m: 47:45.48 1:08.54			
	400m: 4:25.57 1:06.64	1700m: 18:50.92 1:08.45	3000m: 33:54.83 1:09.69	4300m: 48:53.78 1:08.30			
	500m: 5:31.15 1:05.58	1800m: 19:59.87 1:08.95	3100m: 35:04.20 1:09.37	4400m: 50:01.41 1:07.63			
	600m: 6:37.72 1:06.57	1900m: 21:08.88 1:09.01	3200m: 36:13.87 1:09.67	4500m: 51:08.55 1:07.14			
	700m: 7:43.65 1:05.93	2000m: 22:18.26 1:09.38	3300m: 37:23.69 1:09.82	4600m: 52:15.27 1:06.72			
	800m: 8:49.40 1:05.75	2100m: 23:27.71 1:09.45	3400m: 38:33.37 1:09.68	4700m: 53:23.33 1:08.06			
	900m: 9:55.83 1:06.43	2200m: 24:37.75 1:10.04	3500m: 39:43.24 1:09.87	4800m: 54:30.77 1:07.44			
	1000m: 11:01.05 1:05.22	2300m: 25:46.41 1:08.66	3600m: 40:52.80 1:09.56	4900m: 55:37.66 1:06.89			
	1100m: 12:07.55 1:06.50	2400m: 26:56.45 1:10.04	3700m: 42:00.26 1:07.46	5000m: 56:39.46 1:01.80			
	1200m: 13:14.39 1:06.84	2500m: 28:06.10 1:09.65	3800m: 43:09.83 1:09.57				
	1300m: 14:20.83 1:06.44	2600m: 29:15.73 1:09.63	3900m: 44:18.58 1:08.75				
5.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	58:36.18		562	
	100m: 1:04.10 1:04.10	1400m: 15:37.24 1:09.49	2700m: 30:53.33 1:11.13	4000m: 46:32.08 1:13.53			
	200m: 2:09.57 1:05.47	1500m: 16:46.88 1:09.64	2800m: 32:03.99 1:10.66	4100m: 47:45.34 1:13.26			
	300m: 3:15.18 1:05.61	1600m: 17:56.98 1:10.10	2900m: 33:14.98 1:10.99	4200m: 48:58.40 1:13.06			
	400m: 4:21.44 1:06.26	1700m: 19:07.05 1:10.07	3000m: 34:25.74 1:10.76	4300m: 50:11.94 1:13.54			
	500m: 5:28.06 1:06.62	1800m: 20:18.30 1:11.25	3100m: 35:37.14 1:11.40	4400m: 51:24.11 1:12.17			
	600m: 6:34.59 1:06.53	1900m: 21:28.95 1:10.65	3200m: 36:48.53 1:11.39	4500m: 52:37.14 1:13.03			
	700m: 7:41.30 1:06.71	2000m: 22:38.55 1:09.60	3300m: 38:00.86 1:12.33	4600m: 53:49.77 1:12.63			
	800m: 8:48.24 1:06.94	2100m: 23:47.90 1:09.35	3400m: 39:13.34 1:12.48	4700m: 55:02.58 1:12.81			
	900m: 9:55.38 1:07.14	2200m: 24:56.06 1:08.16	3500m: 40:26.15 1:12.81	4800m: 56:14.50 1:11.92			
	1000m: 11:03.33 1:07.95	2300m: 26:06.50 1:10.44	3600m: 41:39.09 1:12.94	4900m: 57:25.96 1:11.46			
	1100m: 12:10.97 1:07.64	2400m: 27:18.07 1:11.57	3700m: 42:51.92 1:12.83	5000m: 58:36.18 1:10.22			
	1200m: 13:19.03 1:08.06	2500m: 28:30.65 1:12.58	3800m: 44:05.49 1:13.57				
	1300m: 14:27.75 1:08.72	2600m: 29:42.20 1:11.55	3900m: 45:18.55 1:13.06				
6.	Jose Pedro Sampaio	98	Fluvial Portuense	1:00:23.89		514	
	100m: 1:06.68 1:06.68	1400m: 16:22.55 1:12.66	2700m: 32:10.39 1:12.95	4000m: 48:10.93 1:13.69			
	200m: 2:14.67 1:07.99	1500m: 17:35.97 1:13.42	2800m: 33:25.07 1:14.68	4100m: 49:24.64 1:13.71			
	300m: 3:23.44 1:08.77	1600m: 18:49.13 1:13.16	2900m: 34:38.72 1:13.65	4200m: 50:38.52 1:13.88			
	400m: 4:31.75 1:08.31	1700m: 20:02.45 1:13.32	3000m: 35:53.29 1:14.57	4300m: 51:52.56 1:14.04			
	500m: 5:40.70 1:08.95	1800m: 21:16.41 1:13.96	3100m: 37:07.72 1:14.43	4400m: 53:07.50 1:14.94			
	600m: 6:49.45 1:08.75	1900m: 22:30.61 1:14.20	3200m: 38:21.75 1:14.03	4500m: 54:22.17 1:14.67			
	700m: 7:58.94 1:09.49	2000m: 23:43.84 1:13.23	3300m: 39:34.74 1:12.99	4600m: 55:36.03 1:13.86			
	800m: 9:09.70 1:10.76	2100m: 24:57.07 1:13.23	3400m: 40:48.09 1:13.35	4700m: 56:49.45 1:13.42			
	900m: 10:20.79 1:11.09	2200m: 26:09.49 1:12.42	3500m: 42:02.63 1:14.54	4800m: 58:02.06 1:12.61			
	1000m: 11:32.76 1:11.97	2300m: 27:22.59 1:13.10	3600m: 43:16.91 1:14.28	4900m: 59:13.78 1:11.72			
	1100m: 12:45.09 1:12.33	2400m: 28:34.76 1:12.17	3700m: 44:31.20 1:14.29	5000m: 1:00:23.89 1:10.11			
	1200m: 13:57.24 1:12.15	2500m: 29:46.09 1:11.33	3800m: 45:44.01 1:12.81				
	1300m: 15:09.89 1:12.65	2600m: 30:57.44 1:11.35	3900m: 46:57.24 1:13.23				

Juniores, Masc.

1.	Tiago Filipe Campos	99	Rio Maior	56:59.67		612	
	100m: 1:05.78 1:05.78	1100m: 12:17.58 1:07.08	2100m: 23:39.06 1:08.65	3100m: 35:14.30 1:08.97			
	200m: 2:12.14 1:06.36	1200m: 13:24.91 1:07.33	2200m: 24:48.34 1:09.28	3200m: 36:24.00 1:09.70			
	300m: 3:18.86 1:06.72	1300m: 14:32.71 1:07.80	2300m: 25:57.73 1:09.39	3300m: 37:33.80 1:09.80			
	400m: 4:25.54 1:06.68	1400m: 15:40.74 1:08.03	2400m: 27:07.12 1:09.39	3400m: 38:43.45 1:09.65			
	500m: 5:33.53 1:07.99	1500m: 16:48.90 1:08.16	2500m: 28:16.70 1:09.58	3500m: 39:52.91 1:09.46			
	600m: 6:41.05 1:07.52	1600m: 17:56.98 1:08.08	2600m: 29:26.68 1:09.98	3600m: 41:01.21 1:08.30			
	700m: 7:48.25 1:07.20	1700m: 19:05.85 1:08.87	2700m: 30:36.36 1:09.68	3700m: 42:09.61 1:08.40			
	800m: 8:55.61 1:07.36	1800m: 20:13.71 1:07.86	2800m: 31:45.96 1:09.60	3800m: 43:18.20 1:08.59			
	900m: 10:02.94 1:07.33	1900m: 21:21.98 1:08.27	2900m: 32:55.70 1:09.74	3900m: 44:26.99 1:08.79			
	1000m: 11:10.50 1:07.56	2000m: 22:30.41 1:08.43	3000m: 34:05.33 1:09.63	4000m: 45:35.89 1:08.90			

Prova 2, Masc., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4100m: 46:45.17	1:09.28	4400m: 50:14.05	1:08.70	4700m: 53:40.36	1:09.04	5000m: 56:59.67	1:03.33
	4200m: 47:54.79	1:09.62	4500m: 51:22.92	1:08.87	4800m: 54:49.34	1:08.98		
	4300m: 49:05.35	1:10.56	4600m: 52:31.32	1:08.40	4900m: 55:56.34	1:07.00		
2.	Lucas Pereira Bastos	00	Nautico /Urgicentro-Sanfil	57:39.66		591		
	100m: 1:04.70	1:04.70	1400m: 16:04.13	1:09.10	2700m: 31:03.15	1:09.63	4000m: 46:08.79	1:09.93
	200m: 2:12.70	1:08.00	1500m: 17:13.63	1:09.50	2800m: 32:12.39	1:09.24	4100m: 47:16.87	1:08.08
	300m: 3:21.42	1:08.72	1600m: 18:22.46	1:08.83	2900m: 33:21.41	1:09.02	4200m: 48:26.93	1:10.06
	400m: 4:30.86	1:09.44	1700m: 19:31.68	1:09.22	3000m: 34:31.10	1:09.69	4300m: 49:37.16	1:10.23
	500m: 5:40.37	1:09.51	1800m: 20:40.93	1:09.25	3100m: 35:40.17	1:09.07	4400m: 50:47.34	1:10.18
	600m: 6:50.22	1:09.85	1900m: 21:50.40	1:09.47	3200m: 36:49.54	1:09.37	4500m: 51:57.47	1:10.13
	700m: 7:59.48	1:09.26	2000m: 22:59.59	1:09.19	3300m: 37:59.00	1:09.46	4600m: 53:06.78	1:09.31
	800m: 9:08.61	1:09.13	2100m: 24:07.70	1:08.11	3400m: 39:08.49	1:09.49	4700m: 54:16.52	1:09.74
	900m: 10:18.59	1:09.98	2200m: 25:16.41	1:08.71	3500m: 40:18.52	1:10.03	4800m: 55:25.42	1:08.90
	1000m: 11:28.24	1:09.65	2300m: 26:25.19	1:08.78	3600m: 41:28.60	1:10.08	4900m: 56:34.01	1:08.59
	1100m: 12:37.42	1:09.18	2400m: 27:34.48	1:09.29	3700m: 42:38.90	1:10.30	5000m: 57:39.66	1:05.65
	1200m: 13:46.48	1:09.06	2500m: 28:43.75	1:09.27	3800m: 43:48.68	1:09.78		
	1300m: 14:55.03	1:08.55	2600m: 29:53.52	1:09.77	3900m: 44:58.86	1:10.18		
3.	Diogo Barbosa Nunes	00	Fluval Portuense	57:53.03		584		
	100m: 1:04.68	1:04.68	1400m: 15:43.77	1:09.34	2700m: 30:53.81	1:09.48	4000m: 46:10.08	1:11.08
	200m: 2:10.78	1:06.10	1500m: 16:53.02	1:09.25	2800m: 32:03.04	1:09.23	4100m: 47:21.40	1:11.32
	300m: 3:17.35	1:06.57	1600m: 18:02.00	1:08.98	2900m: 33:13.85	1:10.81	4200m: 48:32.49	1:11.09
	400m: 4:24.42	1:07.07	1700m: 19:11.25	1:09.25	3000m: 34:25.64	1:11.79	4300m: 49:43.83	1:11.34
	500m: 5:31.37	1:06.95	1800m: 20:21.58	1:10.33	3100m: 35:37.09	1:11.45	4400m: 50:54.76	1:10.93
	600m: 6:38.79	1:07.42	1900m: 21:31.66	1:10.08	3200m: 36:46.59	1:09.50	4500m: 52:06.28	1:11.52
	700m: 7:45.75	1:06.96	2000m: 22:40.54	1:08.88	3300m: 37:56.42	1:09.83	4600m: 53:18.23	1:11.95
	800m: 8:53.22	1:07.47	2100m: 23:50.61	1:10.07	3400m: 39:06.43	1:10.01	4700m: 54:27.41	1:09.18
	900m: 10:01.66	1:08.44	2200m: 25:01.55	1:10.94	3500m: 40:16.50	1:10.07	4800m: 55:37.04	1:09.63
	1000m: 11:10.10	1:08.44	2300m: 26:12.70	1:11.15	3600m: 41:26.95	1:10.45	4900m: 56:46.37	1:09.33
	1100m: 12:17.91	1:07.81	2400m: 27:23.68	1:10.98	3700m: 42:37.01	1:10.06	5000m: 57:53.03	1:06.66
	1200m: 13:26.14	1:08.23	2500m: 28:34.39	1:10.71	3800m: 43:47.71	1:10.70		
	1300m: 14:34.43	1:08.29	2600m: 29:44.33	1:09.94	3900m: 44:59.00	1:11.29		
4.	Miguel Caridade Gaspar	99	Academica de Coimbra	58:53.68		554		
	100m: 1:08.45	1:08.45	1400m: 16:23.06	1:10.49	2700m: 31:43.35	1:11.02	4000m: 47:07.50	1:11.51
	200m: 2:19.54	1:11.09	1500m: 17:33.32	1:10.26	2800m: 32:54.18	1:10.83	4100m: 48:18.98	1:11.48
	300m: 3:30.31	1:10.77	1600m: 18:43.72	1:10.40	2900m: 34:05.62	1:11.44	4200m: 49:30.14	1:11.16
	400m: 4:41.17	1:10.86	1700m: 19:54.30	1:10.58	3000m: 35:17.03	1:11.41	4300m: 50:41.04	1:10.90
	500m: 5:52.16	1:10.99	1800m: 21:05.51	1:11.21	3100m: 36:27.93	1:10.90	4400m: 51:52.27	1:11.23
	600m: 7:02.54	1:10.38	1900m: 22:16.28	1:10.77	3200m: 37:38.77	1:10.84	4500m: 53:02.40	1:10.13
	700m: 8:12.76	1:10.22	2000m: 23:26.84	1:10.56	3300m: 38:49.51	1:10.74	4600m: 54:13.31	1:10.91
	800m: 9:23.03	1:10.27	2100m: 24:37.68	1:10.84	3400m: 40:00.63	1:11.12	4700m: 55:23.71	1:10.40
	900m: 10:32.55	1:09.52	2200m: 25:48.72	1:11.04	3500m: 41:12.29	1:11.66	4800m: 56:34.06	1:10.35
	1000m: 11:41.98	1:09.43	2300m: 26:59.65	1:10.93	3600m: 42:23.61	1:11.32	4900m: 57:44.73	1:10.67
	1100m: 12:51.88	1:09.90	2400m: 28:10.39	1:10.74	3700m: 43:33.98	1:10.37	5000m: 58:53.68	1:08.95
	1200m: 14:02.19	1:10.31	2500m: 29:21.55	1:11.16	3800m: 44:44.64	1:10.66		
	1300m: 15:12.57	1:10.38	2600m: 30:32.33	1:10.78	3900m: 45:55.99	1:11.35		
5.	Goncalo Gualberto Barbara	00	Portinado	1:02:25.67		465		
	100m: 1:08.81	1:08.81	1300m: 15:44.05	1:14.22	2500m: 30:43.31	1:15.50	3700m: 45:50.15	1:15.58
	200m: 2:20.34	1:11.53	1400m: 16:58.45	1:14.40	2600m: 31:58.83	1:15.52	3800m: 47:06.35	1:16.20
	300m: 3:32.49	1:12.15	1500m: 18:12.43	1:13.98	2700m: 33:14.77	1:15.94	3900m: 48:21.83	1:15.48
	400m: 4:45.30	1:12.81	1600m: 19:26.64	1:14.21	2800m: 34:30.54	1:15.77	4000m: 49:38.15	1:16.32
	500m: 5:58.24	1:12.94	1700m: 20:41.47	1:14.83	2900m: 35:45.69	1:15.15	4100m: 50:54.39	1:16.24
	600m: 7:10.75	1:12.51	1800m: 21:56.01	1:14.54	3000m: 37:01.15	1:15.46	4200m: 52:11.46	1:17.07
	700m: 8:23.18	1:12.43	1900m: 23:11.04	1:15.03	3100m: 38:16.45	1:15.30	4300m: 53:28.80	1:17.34
	800m: 9:35.98	1:12.80	2000m: 24:26.04	1:15.00	3200m: 39:32.12	1:15.67	4400m: 54:45.93	1:17.13
	900m: 10:49.02	1:13.04	2100m: 25:41.26	1:15.22	3300m: 40:47.93	1:15.81	4500m: 56:03.22	1:17.29
	1000m: 12:02.40	1:13.38	2200m: 26:57.01	1:15.75	3400m: 42:03.62	1:15.69	4600m: 57:20.18	1:16.96
	1100m: 13:16.05	1:13.65	2300m: 28:12.32	1:15.31	3500m: 43:19.68	1:16.06	4700m: 58:37.28	1:17.10
	1200m: 14:29.83	1:13.78	2400m: 29:27.81	1:15.49	3600m: 44:34.57	1:14.89	4800m: 59:53.92	1:16.64

Prova 2, Masc., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:01:10.31 1:16.39	5000m1:02:25.67 1:15.36					
6.	Rui Jorge Lopes	00	CLAC-Entroncamento	1:02:35.67		462	
	100m: 1:11.54 1:11.54	1400m: 17:17.55 1:15.52	2700m: 33:35.03 1:15.11	4000m: 50:07.78 1:16.28			
	200m: 2:24.27 1:12.73	1500m: 18:33.12 1:15.57	2800m: 34:51.35 1:16.32	4100m: 51:24.00 1:16.22			
	300m: 3:37.19 1:12.92	1600m: 19:49.18 1:16.06	2900m: 36:08.14 1:16.79	4200m: 52:39.77 1:15.77			
	400m: 4:51.54 1:14.35	1700m: 21:04.95 1:15.77	3000m: 37:24.53 1:16.39	4300m: 53:55.55 1:15.78			
	500m: 6:05.58 1:14.04	1800m: 22:20.44 1:15.49	3100m: 38:40.70 1:16.17	4400m: 55:11.14 1:15.59			
	600m: 7:19.84 1:14.26	1900m: 23:35.58 1:15.14	3200m: 39:57.59 1:16.89	4500m: 56:26.65 1:15.51			
	700m: 8:34.01 1:14.17	2000m: 24:51.30 1:15.72	3300m: 41:13.49 1:15.90	4600m: 57:41.56 1:14.91			
	800m: 9:48.47 1:14.46	2100m: 26:06.44 1:15.14	3400m: 42:30.67 1:17.18	4700m: 58:56.51 1:14.95			
	900m: 11:02.26 1:13.79	2200m: 27:21.16 1:14.72	3500m: 43:46.96 1:16.29	4800m: 1:00:12.32 1:15.81			
	1000m: 12:16.46 1:14.20	2300m: 28:35.61 1:14.45	3600m: 45:02.75 1:15.79	4900m: 1:01:26.63 1:14.31			
	1100m: 13:31.42 1:14.96	2400m: 29:50.39 1:14.78	3700m: 46:18.93 1:16.18	5000m: 1:02:35.67 1:09.04			
	1200m: 14:46.72 1:15.30	2500m: 31:04.82 1:14.43	3800m: 47:34.88 1:15.95				
	1300m: 16:02.03 1:15.31	2600m: 32:19.92 1:15.10	3900m: 48:51.50 1:16.62				
7.	Pedro Bernardo Araujo	00	Condeixa Clube	1:09:09.71		342	
	100m: 1:15.20 1:15.20	1400m: 18:51.52 1:22.81	2700m: 37:08.91 1:25.58	4000m: 55:34.49 1:21.03			
	200m: 2:34.71 1:19.51	1500m: 20:14.51 1:22.99	2800m: 38:34.26 1:25.35	4100m: 56:57.37 1:22.88			
	300m: 3:54.50 1:19.79	1600m: 21:38.97 1:24.46	2900m: 39:59.94 1:25.68	4200m: 58:18.04 1:20.67			
	400m: 5:15.06 1:20.56	1700m: 23:03.88 1:24.91	3000m: 41:25.79 1:25.85	4300m: 59:40.01 1:21.97			
	500m: 6:36.31 1:21.25	1800m: 24:28.98 1:25.10	3100m: 42:52.99 1:27.20	4400m: 1:01:01.85 1:21.84			
	600m: 7:56.74 1:20.43	1900m: 25:53.56 1:24.58	3200m: 44:19.47 1:26.48	4500m: 1:02:23.73 1:21.88			
	700m: 9:17.84 1:21.10	2000m: 27:17.46 1:23.90	3300m: 45:46.37 1:26.90	4600m: 1:03:45.73 1:22.00			
	800m: 10:39.21 1:21.37	2100m: 28:38.41 1:20.95	3400m: 47:13.04 1:26.67	4700m: 1:05:08.35 1:22.62			
	900m: 12:01.57 1:22.36	2200m: 30:02.77 1:24.36	3500m: 48:38.48 1:25.44	4800m: 1:06:30.17 1:21.82			
	1000m: 13:23.75 1:22.18	2300m: 31:27.65 1:24.88	3600m: 50:03.52 1:25.04	4900m: 1:07:51.37 1:21.20			
	1100m: 14:44.06 1:20.31	2400m: 32:52.10 1:24.45	3700m: 51:27.63 1:24.11	5000m: 1:09:09.71 1:18.34			
	1200m: 16:05.59 1:21.53	2500m: 34:17.51 1:25.41	3800m: 52:51.24 1:23.61				
	1300m: 17:28.71 1:23.12	2600m: 35:43.33 1:25.82	3900m: 54:13.46 1:22.22				

Juvenis A, Masc.

1.	Diogo Santos Cardoso	01	Colegio Monte Maior	56:39.38		623	
	<i>Melhor Marca dos Campeonatos</i>						
	100m: 1:06.88 1:06.88	1400m: 15:52.35 1:08.28	2700m: 30:37.78 1:08.68	4000m: 45:29.38 1:08.61			
	200m: 2:14.93 1:08.05	1500m: 17:00.51 1:08.16	2800m: 31:46.34 1:08.56	4100m: 46:38.12 1:08.74			
	300m: 3:23.28 1:08.35	1600m: 18:08.60 1:08.09	2900m: 32:54.96 1:08.62	4200m: 47:46.00 1:07.88			
	400m: 4:31.87 1:08.59	1700m: 19:16.55 1:07.95	3000m: 34:03.27 1:08.31	4300m: 48:53.68 1:07.68			
	500m: 5:40.02 1:08.15	1800m: 20:24.41 1:07.86	3100m: 35:11.72 1:08.45	4400m: 50:00.91 1:07.23			
	600m: 6:48.34 1:08.32	1900m: 21:32.43 1:08.02	3200m: 36:20.09 1:08.37	4500m: 51:07.52 1:06.61			
	700m: 7:56.17 1:07.83	2000m: 22:40.23 1:07.80	3300m: 37:28.56 1:08.47	4600m: 52:14.82 1:07.30			
	800m: 9:03.83 1:07.66	2100m: 23:47.70 1:07.47	3400m: 38:37.48 1:08.92	4700m: 53:22.44 1:07.62			
	900m: 10:12.00 1:08.17	2200m: 24:55.85 1:08.15	3500m: 39:46.12 1:08.64	4800m: 54:29.71 1:07.27			
	1000m: 11:20.03 1:08.03	2300m: 26:03.94 1:08.09	3600m: 40:54.67 1:08.55	4900m: 55:36.62 1:06.91			
	1100m: 12:27.90 1:07.87	2400m: 27:12.05 1:08.11	3700m: 42:03.39 1:08.72	5000m: 56:39.38 1:02.76			
	1200m: 13:35.72 1:07.82	2500m: 28:20.52 1:08.47	3800m: 43:12.22 1:08.83				
	1300m: 14:44.07 1:08.35	2600m: 29:29.10 1:08.58	3900m: 44:20.77 1:08.55				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	Diogo Coelho Jose	01	Columbofila Cantanhedense	58:42.40		560	
	100m: 1:06.49 1:06.49		1400m: 15:59.13 1:10.30	2700m: 31:18.09 1:12.08	4000m: 46:49.59 1:09.48		
	200m: 2:13.80 1:07.31		1500m: 17:09.65 1:10.52	2800m: 32:30.32 1:12.23	4100m: 48:01.51 1:11.92		
	300m: 3:20.98 1:07.18		1600m: 18:19.17 1:09.52	2900m: 33:42.35 1:12.03	4200m: 49:13.29 1:11.78		
	400m: 4:28.70 1:07.72		1700m: 19:29.30 1:10.13	3000m: 34:54.56 1:12.21	4300m: 50:25.46 1:12.17		
	500m: 5:36.88 1:08.18		1800m: 20:39.79 1:10.49	3100m: 36:06.55 1:11.99	4400m: 51:36.73 1:11.27		
	600m: 6:44.28 1:07.40		1900m: 21:50.95 1:11.16	3200m: 37:18.74 1:12.19	4500m: 52:49.36 1:12.63		
	700m: 7:52.53 1:08.25		2000m: 23:02.49 1:11.54	3300m: 38:30.00 1:11.26	4600m: 54:01.81 1:12.45		
	800m: 9:01.59 1:09.06		2100m: 24:14.02 1:11.53	3400m: 39:42.88 1:12.88	4700m: 55:12.34 1:10.53		
	900m: 10:10.65 1:09.06		2200m: 25:23.40 1:09.38	3500m: 40:53.64 1:10.76	4800m: 56:22.88 1:10.54		
	1000m: 11:19.88 1:09.23		2300m: 26:31.89 1:08.49	3600m: 42:05.56 1:11.92	4900m: 57:33.06 1:10.18		
	1100m: 12:28.88 1:09.00		2400m: 27:42.68 1:10.79	3700m: 43:17.47 1:11.91	5000m: 58:42.40 1:09.34		
	1200m: 13:38.63 1:09.75		2500m: 28:54.69 1:12.01	3800m: 44:27.89 1:10.42			
	1300m: 14:48.83 1:10.20		2600m: 30:06.01 1:11.32	3900m: 45:40.11 1:12.22			
3.	David Matias Cristino	01	Uniao Piedense	59:02.41		550	
	100m: 1:08.36 1:08.36		1400m: 16:24.65 1:10.97	2700m: 31:44.44 1:11.07	4000m: 47:09.60 1:11.22		
	200m: 2:18.35 1:09.99		1500m: 17:34.56 1:09.91	2800m: 32:56.10 1:11.66	4100m: 48:19.98 1:10.38		
	300m: 3:28.56 1:10.21		1600m: 18:44.59 1:10.03	2900m: 34:06.93 1:10.83	4200m: 49:31.27 1:11.29		
	400m: 4:39.02 1:10.46		1700m: 19:54.66 1:10.07	3000m: 35:17.43 1:10.50	4300m: 50:41.88 1:10.61		
	500m: 5:48.73 1:09.71		1800m: 21:05.81 1:11.15	3100m: 36:28.75 1:11.32	4400m: 51:53.95 1:12.07		
	600m: 6:59.19 1:10.46		1900m: 22:16.53 1:10.72	3200m: 37:40.27 1:11.52	4500m: 53:06.03 1:12.08		
	700m: 8:10.11 1:10.92		2000m: 23:27.32 1:10.79	3300m: 38:51.41 1:11.14	4600m: 54:17.54 1:11.51		
	800m: 9:21.39 1:11.28		2100m: 24:38.38 1:11.06	3400m: 40:02.49 1:11.08	4700m: 55:29.26 1:11.72		
	900m: 10:32.40 1:11.01		2200m: 25:49.33 1:10.95	3500m: 41:14.10 1:11.61	4800m: 56:41.66 1:12.40		
	1000m: 11:42.65 1:10.25		2300m: 27:00.63 1:11.30	3600m: 42:26.01 1:11.91	4900m: 57:52.28 1:10.62		
	1100m: 12:53.01 1:10.36		2400m: 28:11.53 1:10.90	3700m: 43:36.18 1:10.17	5000m: 59:02.41 1:10.13		
	1200m: 14:03.40 1:10.39		2500m: 29:22.51 1:10.98	3800m: 44:47.40 1:11.22			
	1300m: 15:13.68 1:10.28		2600m: 30:33.37 1:10.86	3900m: 45:58.38 1:10.98			
4.	Jose Maria Pereira	01	Sporting	1:00:30.35		511	
	100m: 1:09.98 1:09.98		1400m: 16:44.94 1:11.80	2700m: 32:28.78 1:12.74	4000m: 48:20.00 1:12.78		
	200m: 2:22.34 1:12.36		1500m: 17:56.77 1:11.83	2800m: 33:41.89 1:13.11	4100m: 49:33.09 1:13.09		
	300m: 3:34.73 1:12.39		1600m: 19:08.86 1:12.09	2900m: 34:54.32 1:12.43	4200m: 50:46.54 1:13.45		
	400m: 4:47.02 1:12.29		1700m: 20:21.01 1:12.15	3000m: 36:07.77 1:13.45	4300m: 51:59.97 1:13.43		
	500m: 5:58.80 1:11.78		1800m: 21:33.12 1:12.11	3100m: 37:20.95 1:13.18	4400m: 53:13.97 1:14.00		
	600m: 7:10.11 1:11.31		1900m: 22:45.57 1:12.45	3200m: 38:34.52 1:13.57	4500m: 54:27.21 1:13.24		
	700m: 8:21.59 1:11.48		2000m: 23:58.02 1:12.45	3300m: 39:48.14 1:13.62	4600m: 55:40.52 1:13.31		
	800m: 9:32.93 1:11.34		2100m: 25:10.77 1:12.75	3400m: 41:01.41 1:13.27	4700m: 56:53.97 1:13.45		
	900m: 10:44.50 1:11.57		2200m: 26:23.50 1:12.73	3500m: 42:15.12 1:13.71	4800m: 58:07.12 1:13.15		
	1000m: 11:56.82 1:12.32		2300m: 27:36.21 1:12.71	3600m: 43:27.78 1:12.66	4900m: 59:19.46 1:12.34		
	1100m: 13:08.84 1:12.02		2400m: 28:49.84 1:13.63	3700m: 44:40.82 1:13.04	5000m: 1:00:30.35 1:10.89		
	1200m: 14:21.03 1:12.19		2500m: 30:02.88 1:13.04	3800m: 45:54.37 1:13.55			
	1300m: 15:33.14 1:12.11		2600m: 31:16.04 1:13.16	3900m: 47:07.22 1:12.85			
5.	David Joao Tinoco	01	Columbofila Cantanhedense	1:02:35.60		462	
	100m: 1:08.71 1:08.71		1400m: 16:49.53 1:14.19	2700m: 33:13.46 1:17.05	4000m: 49:57.16 1:17.90		
	200m: 2:18.63 1:09.92		1500m: 18:04.82 1:15.29	2800m: 34:30.43 1:16.97	4100m: 51:14.85 1:17.69		
	300m: 3:29.54 1:10.91		1600m: 19:19.52 1:14.70	2900m: 35:46.65 1:16.22	4200m: 52:33.05 1:18.20		
	400m: 4:40.76 1:11.22		1700m: 20:35.00 1:15.48	3000m: 37:03.90 1:17.25	4300m: 53:51.15 1:18.10		
	500m: 5:51.97 1:11.21		1800m: 21:50.50 1:15.50	3100m: 38:20.58 1:16.68	4400m: 55:08.42 1:17.27		
	600m: 7:03.49 1:11.52		1900m: 23:05.47 1:14.97	3200m: 39:38.42 1:17.84	4500m: 56:25.61 1:17.19		
	700m: 8:15.76 1:12.27		2000m: 24:21.55 1:16.08	3300m: 40:55.53 1:17.11	4600m: 57:41.13 1:15.52		
	800m: 9:28.30 1:12.54		2100m: 25:37.00 1:15.45	3400m: 42:12.80 1:17.27	4700m: 58:57.05 1:15.92		
	900m: 10:41.21 1:12.91		2200m: 26:52.65 1:15.65	3500m: 43:29.35 1:16.55	4800m: 1:00:12.67 1:15.62		
	1000m: 11:54.15 1:12.94		2300m: 28:08.27 1:15.62	3600m: 44:46.11 1:16.76	4900m: 1:01:27.64 1:14.97		
	1100m: 13:07.50 1:13.35		2400m: 29:23.44 1:15.17	3700m: 46:03.87 1:17.76	5000m: 1:02:35.60 1:07.96		
	1200m: 14:21.16 1:13.66		2500m: 30:40.29 1:16.85	3800m: 47:21.40 1:17.53			
	1300m: 15:35.34 1:14.18		2600m: 31:56.41 1:16.12	3900m: 48:39.26 1:17.86			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Andre Gouveia Costa	01	Condeixa Clube	1:05:45.11		398	
	100m: 1:10.58 1:10.58	1400m: 17:49.89 1:19.28	2700m: 35:00.60 1:17.96	4000m: 52:25.39 1:19.90			
	200m: 2:23.06 1:12.48	1500m: 19:09.77 1:19.88	2800m: 36:20.41 1:19.81	4100m: 53:44.72 1:19.33			
	300m: 3:36.16 1:13.10	1600m: 20:29.21 1:19.44	2900m: 37:41.45 1:21.04	4200m: 55:05.48 1:20.76			
	400m: 4:50.85 1:14.69	1700m: 21:49.57 1:20.36	3000m: 39:03.24 1:21.79	4300m: 56:26.41 1:20.93			
	500m: 6:06.98 1:16.13	1800m: 23:10.09 1:20.52	3100m: 40:24.66 1:21.42	4400m: 57:49.05 1:22.64			
	600m: 7:23.53 1:16.55	1900m: 24:30.14 1:20.05	3200m: 41:45.81 1:21.15	4500m: 59:10.19 1:21.14			
	700m: 8:41.17 1:17.64	2000m: 25:51.53 1:21.39	3300m: 43:07.59 1:21.78	4600m: 1:00:30.09 1:19.90			
	800m: 9:58.32 1:17.15	2100m: 27:12.94 1:21.41	3400m: 44:29.85 1:22.26	4700m: 1:01:49.78 1:19.69			
	900m: 11:16.12 1:17.80	2200m: 28:34.25 1:21.31	3500m: 45:52.39 1:22.54	4800m: 1:03:09.84 1:20.06			
	1000m: 12:34.29 1:18.17	2300m: 29:52.07 1:17.82	3600m: 47:10.31 1:17.92	4900m: 1:04:29.74 1:19.90			
	1100m: 13:52.52 1:18.23	2400m: 31:09.69 1:17.62	3700m: 48:28.56 1:18.25	5000m: 1:05:45.11 1:15.37			
	1200m: 15:11.08 1:18.56	2500m: 32:26.46 1:16.77	3800m: 49:47.67 1:19.11				
	1300m: 16:30.61 1:19.53	2600m: 33:42.64 1:16.18	3900m: 51:05.49 1:17.82				
7.	Edgar Filipe Santos	01	Uniao Piedense	1:07:13.46		372	
	100m: 1:11.32 1:11.32	1400m: 18:10.71 1:17.80	2700m: 35:29.65 1:20.98	4000m: 53:31.80 1:24.04			
	200m: 2:26.42 1:15.10	1500m: 19:30.71 1:20.00	2800m: 36:50.09 1:20.44	4100m: 54:56.94 1:25.14			
	300m: 3:43.17 1:16.75	1600m: 20:52.62 1:21.91	2900m: 38:09.62 1:19.53	4200m: 56:20.74 1:23.80			
	400m: 5:00.94 1:17.77	1700m: 22:12.86 1:20.24	3000m: 39:31.99 1:22.37	4300m: 57:43.37 1:22.63			
	500m: 6:19.08 1:18.14	1800m: 23:29.01 1:16.15	3100m: 40:53.93 1:21.94	4400m: 59:06.26 1:22.89			
	600m: 7:37.79 1:18.71	1900m: 24:51.00 1:21.99	3200m: 42:16.65 1:22.72	4500m: 1:00:28.27 1:22.01			
	700m: 8:56.56 1:18.77	2000m: 26:06.94 1:15.94	3300m: 43:40.20 1:23.55	4600m: 1:01:51.76 1:23.49			
	800m: 10:17.08 1:20.52	2100m: 27:24.52 1:17.58	3400m: 45:02.53 1:22.33	4700m: 1:03:14.77 1:23.01			
	900m: 11:36.96 1:19.88	2200m: 28:46.80 1:22.28	3500m: 46:27.39 1:24.86	4800m: 1:04:35.98 1:21.21			
	1000m: 12:55.82 1:18.86	2300m: 30:08.32 1:21.52	3600m: 47:53.52 1:26.13	4900m: 1:05:55.75 1:19.77			
	1100m: 14:14.69 1:18.87	2400m: 31:30.14 1:21.82	3700m: 49:18.44 1:24.92	5000m: 1:07:13.46 1:17.71			
	1200m: 15:33.75 1:19.06	2500m: 32:51.91 1:21.77	3800m: 50:42.89 1:24.45				
	1300m: 16:52.91 1:19.16	2600m: 34:08.67 1:16.76	3900m: 52:07.76 1:24.87				

Absolutos, Femin.

1.	Angelica Maria Andre	94	Fluvial Portuense	58:15.57		687	
	<i>Melhor Marca dos Campeonatos</i>						
	100m: 1:05.12 1:05.12	1400m: 16:08.66 1:10.92	2700m: 31:22.36 1:10.53	4000m: 46:34.54 1:10.26			
	200m: 2:13.49 1:08.37	1500m: 17:19.60 1:10.94	2800m: 32:32.56 1:10.20	4100m: 47:44.98 1:10.44			
	300m: 3:22.34 1:08.85	1600m: 18:30.02 1:10.42	2900m: 33:42.69 1:10.13	4200m: 48:55.97 1:10.99			
	400m: 4:31.58 1:09.24	1700m: 19:40.29 1:10.27	3000m: 34:53.74 1:11.05	4300m: 50:06.89 1:10.92			
	500m: 5:41.26 1:09.68	1800m: 20:49.82 1:09.53	3100m: 36:04.42 1:10.68	4400m: 51:17.85 1:10.96			
	600m: 6:50.71 1:09.45	1900m: 21:59.36 1:09.54	3200m: 37:14.12 1:09.70	4500m: 52:28.62 1:10.77			
	700m: 7:59.82 1:09.11	2000m: 23:08.91 1:09.55	3300m: 38:23.74 1:09.62	4600m: 53:38.43 1:09.81			
	800m: 9:09.20 1:09.38	2100m: 24:18.93 1:10.02	3400m: 39:33.66 1:09.92	4700m: 54:48.54 1:10.11			
	900m: 10:18.16 1:08.96	2200m: 25:28.62 1:09.69	3500m: 40:43.29 1:09.63	4800m: 55:59.22 1:10.68			
	1000m: 11:27.96 1:09.80	2300m: 26:39.18 1:10.56	3600m: 41:53.70 1:10.41	4900m: 57:09.66 1:10.44			
	1100m: 12:37.84 1:09.88	2400m: 27:49.66 1:10.48	3700m: 43:03.78 1:10.08	5000m: 58:15.57 1:05.91			
	1200m: 13:47.51 1:09.67	2500m: 29:00.85 1:11.19	3800m: 44:14.10 1:10.32				
	1300m: 14:57.74 1:10.23	2600m: 30:11.83 1:10.98	3900m: 45:24.28 1:10.18				
2.	Vania Soares Neves	90	Fluvial Portuense	1:00:16.20		620	
	100m: 1:07.53 1:07.53	1100m: 12:48.59 1:11.31	2100m: 24:48.72 1:12.44	3100m: 36:55.71 1:12.69			
	200m: 2:16.75 1:09.22	1200m: 13:59.99 1:11.40	2200m: 26:01.32 1:12.60	3200m: 38:08.94 1:13.23			
	300m: 3:26.28 1:09.53	1300m: 15:11.84 1:11.85	2300m: 27:14.08 1:12.76	3300m: 39:22.23 1:13.29			
	400m: 4:35.74 1:09.46	1400m: 16:23.48 1:11.64	2400m: 28:27.09 1:13.01	3400m: 40:35.44 1:13.21			
	500m: 5:45.43 1:09.69	1500m: 17:35.65 1:12.17	2500m: 29:39.93 1:12.84	3500m: 41:48.67 1:13.23			
	600m: 6:55.55 1:10.12	1600m: 18:47.78 1:12.13	2600m: 30:52.59 1:12.66	3600m: 43:01.96 1:13.29			
	700m: 8:05.48 1:09.93	1700m: 19:59.42 1:11.64	2700m: 32:05.15 1:12.56	3700m: 44:15.14 1:13.18			
	800m: 9:15.89 1:10.41	1800m: 21:11.63 1:12.21	2800m: 33:17.52 1:12.37	3800m: 45:28.92 1:13.78			
	900m: 10:26.43 1:10.54	1900m: 22:24.17 1:12.54	2900m: 34:30.38 1:12.86	3900m: 46:42.11 1:13.19			
	1000m: 11:37.28 1:10.85	2000m: 23:36.28 1:12.11	3000m: 35:43.02 1:12.64	4000m: 47:56.54 1:14.43			

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4100m: 49:10.50	1:13.96	4400m: 52:52.32	1:13.73	4700m: 56:34.89	1:14.56	5000m: 1:00:16.20	1:13.07
	4200m: 50:24.38	1:13.88	4500m: 54:06.53	1:14.21	4800m: 57:49.20	1:14.31		
	4300m: 51:38.59	1:14.21	4600m: 55:20.33	1:13.80	4900m: 59:03.13	1:13.93		
3.	Raquel Paulo Ranito	94	Sporting	1:01:04.56		596		
	100m: 1:10.16	1:10.16	1400m: 16:44.66	1:12.12	2700m: 32:37.12	1:13.70	4000m: 48:42.48	1:14.46
	200m: 2:22.17	1:12.01	1500m: 17:57.09	1:12.43	2800m: 33:50.98	1:13.86	4100m: 49:57.05	1:14.57
	300m: 3:33.99	1:11.82	1600m: 19:09.91	1:12.82	2900m: 35:04.91	1:13.93	4200m: 51:11.39	1:14.34
	400m: 4:46.06	1:12.07	1700m: 20:22.67	1:12.76	3000m: 36:19.26	1:14.35	4300m: 52:25.75	1:14.36
	500m: 5:57.68	1:11.62	1800m: 21:35.52	1:12.85	3100m: 37:33.15	1:13.89	4400m: 53:39.89	1:14.14
	600m: 7:09.47	1:11.79	1900m: 22:48.47	1:12.95	3200m: 38:47.98	1:14.83	4500m: 54:54.08	1:14.19
	700m: 8:21.16	1:11.69	2000m: 24:01.56	1:13.09	3300m: 40:01.87	1:13.89	4600m: 56:08.54	1:14.46
	800m: 9:32.60	1:11.44	2100m: 25:14.71	1:13.15	3400m: 41:16.26	1:14.39	4700m: 57:23.42	1:14.88
	900m: 10:44.28	1:11.68	2200m: 26:28.06	1:13.35	3500m: 42:30.08	1:13.82	4800m: 58:38.00	1:14.58
	1000m: 11:56.51	1:12.23	2300m: 27:41.85	1:13.79	3600m: 43:44.74	1:14.66	4900m: 59:51.73	1:13.73
	1100m: 13:08.51	1:12.00	2400m: 28:56.12	1:14.27	3700m: 44:59.24	1:14.50	5000m: 1:01:04.56	1:12.83
	1200m: 14:20.54	1:12.03	2500m: 30:09.82	1:13.70	3800m: 46:13.78	1:14.54		
	1300m: 15:32.54	1:12.00	2600m: 31:23.42	1:13.60	3900m: 47:28.02	1:14.24		
4.	Madalena Amaro Machado	98	Fluval Portuense	1:01:16.90		590		
	100m: 1:11.77	1:11.77	1400m: 17:14.38	1:13.56	2700m: 33:17.91	1:13.96	4000m: 49:10.66	1:13.75
	200m: 2:24.66	1:12.89	1500m: 18:28.22	1:13.84	2800m: 34:31.65	1:13.74	4100m: 50:24.28	1:13.62
	300m: 3:38.38	1:13.72	1600m: 19:41.87	1:13.65	2900m: 35:43.87	1:12.22	4200m: 51:37.69	1:13.41
	400m: 4:52.59	1:14.21	1700m: 20:55.75	1:13.88	3000m: 36:56.63	1:12.76	4300m: 52:51.73	1:14.04
	500m: 6:06.41	1:13.82	1800m: 22:09.83	1:14.08	3100m: 38:09.27	1:12.64	4400m: 54:04.96	1:13.23
	600m: 7:20.55	1:14.14	1900m: 23:24.11	1:14.28	3200m: 39:22.57	1:13.30	4500m: 55:18.54	1:13.58
	700m: 8:34.47	1:13.92	2000m: 24:38.05	1:13.94	3300m: 40:36.29	1:13.72	4600m: 56:31.94	1:13.40
	800m: 9:49.24	1:14.77	2100m: 25:51.67	1:13.62	3400m: 41:49.46	1:13.17	4700m: 57:44.99	1:13.05
	900m: 11:05.09	1:15.85	2200m: 27:06.03	1:14.36	3500m: 43:02.21	1:12.75	4800m: 58:56.97	1:11.98
	1000m: 12:19.58	1:14.49	2300m: 28:20.36	1:14.33	3600m: 44:16.09	1:13.88	4900m: 1:00:08.00	1:11.03
	1100m: 13:32.95	1:13.37	2400m: 29:35.07	1:14.71	3700m: 45:29.77	1:13.68	5000m: 1:01:16.90	1:08.90
	1200m: 14:47.04	1:14.09	2500m: 30:49.49	1:14.42	3800m: 46:43.24	1:13.47		
	1300m: 16:00.82	1:13.78	2600m: 32:03.95	1:14.46	3900m: 47:56.91	1:13.67		
5.	Beatriz Paulo Ranito	99	Sporting	1:01:18.46		589		
	100m: 1:11.78	1:11.78	1400m: 16:44.22	1:12.23	2700m: 32:44.41	1:14.44	4000m: 48:59.29	1:15.58
	200m: 2:24.64	1:12.86	1500m: 17:57.14	1:12.92	2800m: 33:59.34	1:14.93	4100m: 50:13.34	1:14.05
	300m: 3:37.71	1:13.07	1600m: 19:10.42	1:13.28	2900m: 35:14.53	1:15.19	4200m: 51:27.16	1:13.82
	400m: 4:49.64	1:11.93	1700m: 20:23.68	1:13.26	3000m: 36:30.43	1:15.90	4300m: 52:40.94	1:13.78
	500m: 6:01.40	1:11.76	1800m: 21:37.24	1:13.56	3100m: 37:44.88	1:14.45	4400m: 53:55.09	1:14.15
	600m: 7:12.70	1:11.30	1900m: 22:50.59	1:13.35	3200m: 38:58.69	1:13.81	4500m: 55:09.57	1:14.48
	700m: 8:23.51	1:10.81	2000m: 24:05.27	1:14.68	3300m: 40:12.71	1:14.02	4600m: 56:23.77	1:14.20
	800m: 9:34.67	1:11.16	2100m: 25:20.12	1:14.85	3400m: 41:26.86	1:14.15	4700m: 57:37.93	1:14.16
	900m: 10:46.05	1:11.38	2200m: 26:34.08	1:13.96	3500m: 42:41.84	1:14.98	4800m: 58:52.35	1:14.42
	1000m: 11:57.20	1:11.15	2300m: 27:48.35	1:14.27	3600m: 43:57.43	1:15.59	4900m: 1:00:06.72	1:14.37
	1100m: 13:08.63	1:11.43	2400m: 29:02.25	1:13.90	3700m: 45:13.09	1:15.66	5000m: 1:01:18.46	1:11.74
	1200m: 14:20.06	1:11.43	2500m: 30:16.16	1:13.91	3800m: 46:28.54	1:15.45		
	1300m: 15:31.99	1:11.93	2600m: 31:29.97	1:13.81	3900m: 47:43.71	1:15.17		
6.	Sara Sofia Alves	01	Columbifila Cantanhedens	1:01:21.12		588		
	100m: 1:10.52	1:10.52	1300m: 15:38.47	1:12.79	2500m: 30:27.51	1:14.66	3700m: 45:23.48	1:14.10
	200m: 2:21.57	1:11.05	1400m: 16:51.47	1:13.00	2600m: 31:41.89	1:14.38	3800m: 46:37.04	1:13.56
	300m: 3:33.36	1:11.79	1500m: 18:04.83	1:13.36	2700m: 32:56.68	1:14.79	3900m: 47:51.08	1:14.04
	400m: 4:45.46	1:12.10	1600m: 19:18.00	1:13.17	2800m: 34:11.91	1:15.23	4000m: 49:04.81	1:13.73
	500m: 5:57.92	1:12.46	1700m: 20:31.79	1:13.79	2900m: 35:27.26	1:15.35	4100m: 50:19.36	1:14.55
	600m: 7:10.36	1:12.44	1800m: 21:46.12	1:14.33	3000m: 36:42.99	1:15.73	4200m: 51:32.48	1:13.12
	700m: 8:22.61	1:12.25	1900m: 23:00.33	1:14.21	3100m: 37:56.52	1:13.53	4300m: 52:46.39	1:13.91
	800m: 9:34.74	1:12.13	2000m: 24:15.66	1:15.33	3200m: 39:10.63	1:14.11	4400m: 54:01.00	1:14.61
	900m: 10:46.85	1:12.11	2100m: 25:30.11	1:14.45	3300m: 40:24.99	1:14.36	4500m: 55:14.88	1:13.88
	1000m: 11:59.27	1:12.42	2200m: 26:44.26	1:14.15	3400m: 41:39.48	1:14.49	4600m: 56:29.40	1:14.52
	1100m: 13:12.61	1:13.34	2300m: 27:58.72	1:14.46	3500m: 42:54.36	1:14.88	4700m: 57:43.73	1:14.33
	1200m: 14:25.68	1:13.07	2400m: 29:12.85	1:14.13	3600m: 44:09.38	1:15.02	4800m: 58:56.87	1:13.14

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:00:10.32 1:13.45	5000m1:01:21.12	1:10.80				
7.	Mariana Amaral Mendes	02	Colegio Monte Maior	1:02:09.97		565	
	100m: 1:12.34 1:12.34	1400m: 17:11.53 1:14.25	2700m: 33:19.68 1:14.43	4000m: 49:35.64 1:15.24			
	200m: 2:25.28 1:12.94	1500m: 18:25.91 1:14.38	2800m: 34:34.27 1:14.59	4100m: 50:51.14 1:15.50			
	300m: 3:38.53 1:13.25	1600m: 19:40.83 1:14.92	2900m: 35:48.87 1:14.60	4200m: 52:07.12 1:15.98			
	400m: 4:51.96 1:13.43	1700m: 20:55.60 1:14.77	3000m: 37:04.02 1:15.15	4300m: 53:22.99 1:15.87			
	500m: 6:05.21 1:13.25	1800m: 22:10.25 1:14.65	3100m: 38:18.88 1:14.86	4400m: 54:38.66 1:15.67			
	600m: 7:19.22 1:14.01	1900m: 23:24.70 1:14.45	3200m: 39:33.85 1:14.97	4500m: 55:54.50 1:15.84			
	700m: 8:33.12 1:13.90	2000m: 24:38.75 1:14.05	3300m: 40:48.63 1:14.78	4600m: 57:09.96 1:15.46			
	800m: 9:46.65 1:13.53	2100m: 25:52.62 1:13.87	3400m: 42:04.14 1:15.51	4700m: 58:25.68 1:15.72			
	900m: 11:00.75 1:14.10	2200m: 27:07.09 1:14.47	3500m: 43:19.51 1:15.37	4800m: 59:41.21 1:15.53			
	1000m: 12:14.75 1:14.00	2300m: 28:21.38 1:14.29	3600m: 44:34.81 1:15.30	4900m: 1:00:56.72 1:15.51			
	1100m: 13:28.90 1:14.15	2400m: 29:35.99 1:14.61	3700m: 45:49.88 1:15.07	5000m: 1:02:09.97 1:13.25			
	1200m: 14:42.99 1:14.09	2500m: 30:50.56 1:14.57	3800m: 47:05.18 1:15.30				
	1300m: 15:57.28 1:14.29	2600m: 32:05.25 1:14.69	3900m: 48:20.40 1:15.22				
8.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	1:02:39.70		552	
	100m: 1:11.30 1:11.30	1400m: 17:00.26 1:14.12	2700m: 33:14.43 1:16.25	4000m: 49:50.69 1:16.57			
	200m: 2:23.19 1:11.89	1500m: 18:14.76 1:14.50	2800m: 34:30.78 1:16.35	4100m: 51:07.05 1:16.36			
	300m: 3:35.29 1:12.10	1600m: 19:29.17 1:14.41	2900m: 35:46.95 1:16.17	4200m: 52:23.81 1:16.76			
	400m: 4:47.65 1:12.36	1700m: 20:43.65 1:14.48	3000m: 37:03.93 1:16.98	4300m: 53:40.81 1:17.00			
	500m: 6:00.13 1:12.48	1800m: 21:58.30 1:14.65	3100m: 38:20.99 1:17.06	4400m: 54:58.69 1:17.88			
	600m: 7:12.82 1:12.69	1900m: 23:12.93 1:14.63	3200m: 39:37.50 1:16.51	4500m: 56:16.55 1:17.86			
	700m: 8:25.85 1:13.03	2000m: 24:27.77 1:14.84	3300m: 40:53.65 1:16.15	4600m: 57:34.09 1:17.54			
	800m: 9:38.79 1:12.94	2100m: 25:42.46 1:14.69	3400m: 42:09.58 1:15.93	4700m: 58:51.45 1:17.36			
	900m: 10:52.17 1:13.38	2200m: 26:57.47 1:15.01	3500m: 43:26.00 1:16.42	4800m: 1:00:08.35 1:16.90			
	1000m: 12:05.41 1:13.24	2300m: 28:12.25 1:14.78	3600m: 44:42.94 1:16.94	4900m: 1:01:24.53 1:16.18			
	1100m: 13:18.93 1:13.52	2400m: 29:27.20 1:14.95	3700m: 45:59.59 1:16.65	5000m: 1:02:39.70 1:15.17			
	1200m: 14:32.72 1:13.79	2500m: 30:42.47 1:15.27	3800m: 47:16.86 1:17.27				
	1300m: 15:46.14 1:13.42	2600m: 31:58.18 1:15.71	3900m: 48:34.12 1:17.26				
9.	Filipa Serrano Rodrigues	01	Uniao Piedense	1:02:51.52		547	
	100m: 1:09.61 1:09.61	1400m: 16:53.24 1:13.76	2700m: 33:16.54 1:15.68	4000m: 49:58.21 1:15.07			
	200m: 2:20.31 1:10.70	1500m: 18:08.05 1:14.81	2800m: 34:31.27 1:14.73	4100m: 51:13.51 1:15.30			
	300m: 3:31.47 1:11.16	1600m: 19:22.83 1:14.78	2900m: 35:46.76 1:15.49	4200m: 52:31.48 1:17.97			
	400m: 4:42.90 1:11.43	1700m: 20:38.60 1:15.77	3000m: 37:03.70 1:16.94	4300m: 53:49.83 1:18.35			
	500m: 5:55.18 1:12.28	1800m: 21:53.97 1:15.37	3100m: 38:20.50 1:16.80	4400m: 55:07.53 1:17.70			
	600m: 7:07.63 1:12.45	1900m: 23:10.10 1:16.13	3200m: 39:38.27 1:17.77	4500m: 56:25.72 1:18.19			
	700m: 8:20.17 1:12.54	2000m: 24:24.91 1:14.81	3300m: 40:56.34 1:18.07	4600m: 57:43.45 1:17.73			
	800m: 9:32.65 1:12.48	2100m: 25:40.67 1:15.76	3400m: 42:14.11 1:17.77	4700m: 59:00.46 1:17.01			
	900m: 10:45.19 1:12.54	2200m: 26:56.47 1:15.80	3500m: 43:32.02 1:17.91	4800m: 1:00:17.36 1:16.90			
	1000m: 11:57.35 1:12.16	2300m: 28:11.59 1:15.12	3600m: 44:50.16 1:18.14	4900m: 1:01:34.91 1:17.55			
	1100m: 13:10.67 1:13.32	2400m: 29:28.27 1:16.68	3700m: 46:08.39 1:18.23	5000m: 1:02:51.52 1:16.61			
	1200m: 14:25.02 1:14.35	2500m: 30:44.17 1:15.90	3800m: 47:26.57 1:18.18				
	1300m: 15:39.48 1:14.46	2600m: 32:00.86 1:16.69	3900m: 48:43.14 1:16.57				
10.	Eva Guerreiro Carvalho	99	Uniao Piedense	1:03:25.06		532	
	100m: 1:11.64 1:11.64	1400m: 17:35.94 1:14.93	2700m: 34:00.40 1:16.68	4000m: 50:41.35 1:18.45			
	200m: 2:26.47 1:14.83	1500m: 18:51.08 1:15.14	2800m: 35:17.94 1:17.54	4100m: 51:57.33 1:15.98			
	300m: 3:41.95 1:15.48	1600m: 20:05.26 1:14.18	2900m: 36:34.39 1:16.45	4200m: 53:14.33 1:17.00			
	400m: 4:57.60 1:15.65	1700m: 21:20.94 1:15.68	3000m: 37:50.91 1:16.52	4300m: 54:31.16 1:16.83			
	500m: 6:12.97 1:15.37	1800m: 22:36.14 1:15.20	3100m: 39:07.03 1:16.12	4400m: 55:47.39 1:16.23			
	600m: 7:28.44 1:15.47	1900m: 23:51.33 1:15.19	3200m: 40:23.63 1:16.60	4500m: 57:04.44 1:17.05			
	700m: 8:44.03 1:15.59	2000m: 25:07.11 1:15.78	3300m: 41:39.89 1:16.26	4600m: 58:21.07 1:16.63			
	800m: 9:59.76 1:15.73	2100m: 26:22.87 1:15.76	3400m: 42:56.34 1:16.45	4700m: 59:37.25 1:16.18			
	900m: 11:16.25 1:16.49	2200m: 27:38.50 1:15.63	3500m: 44:12.73 1:16.39	4800m: 1:00:53.41 1:16.16			
	1000m: 12:32.45 1:16.20	2300m: 28:54.60 1:16.10	3600m: 45:29.57 1:16.84	4900m: 1:02:09.93 1:16.52			
	1100m: 13:48.47 1:16.02	2400m: 30:10.70 1:16.10	3700m: 46:47.33 1:17.76	5000m: 1:03:25.06 1:15.13			
	1200m: 15:04.47 1:16.00	2500m: 31:27.27 1:16.57	3800m: 48:05.14 1:17.81				
	1300m: 16:21.01 1:16.54	2600m: 32:43.72 1:16.45	3900m: 49:22.90 1:17.76				

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Alexandra Couto Frazao	02	Olivais e Moscavide	1:04:01.69		517	
	100m: 1:11.92 1:11.92	1400m: 17:15.95 1:15.38	2700m: 33:57.96 1:18.93	4000m: 51:00.21 1:19.16			
	200m: 2:24.62 1:12.70	1500m: 18:31.91 1:15.96	2800m: 35:16.26 1:18.30	4100m: 52:19.53 1:19.32			
	300m: 3:37.38 1:12.76	1600m: 19:48.80 1:16.89	2900m: 36:34.18 1:17.92	4200m: 53:39.63 1:20.10			
	400m: 4:50.87 1:13.49	1700m: 21:05.50 1:16.70	3000m: 37:52.90 1:18.72	4300m: 54:59.27 1:19.64			
	500m: 6:04.91 1:14.04	1800m: 22:22.52 1:17.02	3100m: 39:11.19 1:18.29	4400m: 56:16.89 1:17.62			
	600m: 7:18.86 1:13.95	1900m: 23:39.03 1:16.51	3200m: 40:29.87 1:18.68	4500m: 57:34.59 1:17.70			
	700m: 8:32.98 1:14.12	2000m: 24:56.37 1:17.34	3300m: 41:48.21 1:18.34	4600m: 58:51.94 1:17.35			
	800m: 9:47.23 1:14.25	2100m: 26:13.03 1:16.66	3400m: 43:06.89 1:18.68	4700m: 1:00:09.27 1:17.33			
	900m: 11:01.67 1:14.44	2200m: 27:30.02 1:16.99	3500m: 44:25.66 1:18.77	4800m: 1:01:26.57 1:17.30			
	1000m: 12:16.51 1:14.84	2300m: 28:47.16 1:17.14	3600m: 45:44.21 1:18.55	4900m: 1:02:43.93 1:17.36			
	1100m: 13:31.13 1:14.62	2400m: 30:04.34 1:17.18	3700m: 47:03.15 1:18.94	5000m: 1:04:01.69 1:17.76			
	1200m: 14:45.54 1:14.41	2500m: 31:21.40 1:17.06	3800m: 48:21.71 1:18.56				
	1300m: 16:00.57 1:15.03	2600m: 32:39.03 1:17.63	3900m: 49:41.05 1:19.34				
12.	Ines Alves Martins	01	Fluvial Portuense	1:06:08.77		469	
	100m: 1:15.65 1:15.65	1400m: 18:28.78 1:20.52	2700m: 35:48.15 1:20.51	4000m: 53:07.05 1:19.73			
	200m: 2:34.67 1:19.02	1500m: 19:48.77 1:19.99	2800m: 37:08.73 1:20.58	4100m: 54:26.30 1:19.25			
	300m: 3:53.03 1:18.36	1600m: 21:08.33 1:19.56	2900m: 38:28.86 1:20.13	4200m: 55:44.89 1:18.59			
	400m: 5:12.68 1:19.65	1700m: 22:27.89 1:19.56	3000m: 39:49.36 1:20.50	4300m: 57:03.46 1:18.57			
	500m: 6:31.94 1:19.26	1800m: 23:47.89 1:20.00	3100m: 41:08.34 1:18.98	4400m: 58:22.06 1:18.60			
	600m: 7:51.95 1:20.01	1900m: 25:08.26 1:20.37	3200m: 42:27.37 1:19.03	4500m: 59:40.85 1:18.79			
	700m: 9:11.33 1:19.38	2000m: 26:28.91 1:20.65	3300m: 43:46.98 1:19.61	4600m: 1:00:59.78 1:18.93			
	800m: 10:30.18 1:18.85	2100m: 27:49.75 1:20.84	3400m: 45:07.25 1:20.27	4700m: 1:02:19.37 1:19.59			
	900m: 11:48.51 1:18.33	2200m: 29:08.98 1:19.23	3500m: 46:26.74 1:19.49	4800m: 1:03:36.79 1:17.42			
	1000m: 13:08.25 1:19.74	2300m: 30:28.27 1:19.29	3600m: 47:46.35 1:19.61	4900m: 1:04:54.10 1:17.31			
	1100m: 14:28.08 1:19.83	2400m: 31:47.23 1:18.96	3700m: 49:06.43 1:20.08	5000m: 1:06:08.77 1:14.67			
	1200m: 15:47.61 1:19.53	2500m: 33:07.47 1:20.24	3800m: 50:27.19 1:20.76				
	1300m: 17:08.26 1:20.65	2600m: 34:27.64 1:20.17	3900m: 51:47.32 1:20.13				
13.	Beatriz Marques Ferreira	00	Campinho	1:06:11.52		468	
	100m: 1:12.29 1:12.29	1400m: 18:00.73 1:19.44	2700m: 35:12.88 1:20.25	4000m: 52:38.62 1:21.71			
	200m: 2:28.13 1:15.84	1500m: 19:20.59 1:19.86	2800m: 36:32.93 1:20.05	4100m: 54:00.14 1:21.52			
	300m: 3:43.97 1:15.84	1600m: 20:40.17 1:19.58	2900m: 37:53.23 1:20.30	4200m: 55:21.78 1:21.64			
	400m: 5:00.48 1:16.51	1700m: 21:59.59 1:19.42	3000m: 39:13.37 1:20.14	4300m: 56:43.65 1:21.87			
	500m: 6:17.40 1:16.92	1800m: 23:18.55 1:18.96	3100m: 40:32.85 1:19.48	4400m: 58:05.25 1:21.60			
	600m: 7:34.54 1:17.14	1900m: 24:37.68 1:19.13	3200m: 41:53.02 1:20.17	4500m: 59:27.26 1:22.01			
	700m: 8:51.66 1:17.12	2000m: 25:56.65 1:18.97	3300m: 43:14.13 1:21.11	4600m: 1:00:50.97 1:23.71			
	800m: 10:09.33 1:17.67	2100m: 27:15.40 1:18.75	3400m: 44:34.94 1:20.81	4700m: 1:02:12.73 1:21.76			
	900m: 11:26.86 1:17.53	2200m: 28:34.06 1:18.66	3500m: 45:56.18 1:21.24	4800m: 1:03:33.76 1:21.03			
	1000m: 12:44.62 1:17.76	2300m: 29:53.24 1:19.18	3600m: 47:15.96 1:19.78	4900m: 1:04:53.59 1:19.83			
	1100m: 14:03.64 1:19.02	2400m: 31:13.29 1:20.05	3700m: 48:36.32 1:20.36	5000m: 1:06:11.52 1:17.93			
	1200m: 15:21.90 1:18.26	2500m: 32:32.88 1:19.59	3800m: 49:56.52 1:20.20				
	1300m: 16:41.29 1:19.39	2600m: 33:52.63 1:19.75	3900m: 51:16.91 1:20.39				
14.	Natacha Sofia Silva	02	Benfica	1:07:32.53		441	
	100m: 1:15.57 1:15.57	1400m: 18:31.26 1:20.56	2700m: 36:08.32 1:22.10	4000m: 54:03.40 1:23.04			
	200m: 2:34.23 1:18.66	1500m: 19:51.28 1:20.02	2800m: 37:30.35 1:22.03	4100m: 55:26.76 1:23.36			
	300m: 3:52.92 1:18.69	1600m: 21:11.48 1:20.20	2900m: 38:53.21 1:22.86	4200m: 56:48.79 1:22.03			
	400m: 5:11.85 1:18.93	1700m: 22:31.97 1:20.49	3000m: 40:16.20 1:22.99	4300m: 58:10.09 1:21.30			
	500m: 6:30.87 1:19.02	1800m: 23:53.82 1:21.85	3100m: 41:38.16 1:21.96	4400m: 59:31.87 1:21.78			
	600m: 7:50.36 1:19.49	1900m: 25:15.07 1:21.25	3200m: 42:59.76 1:21.60	4500m: 1:00:54.16 1:22.29			
	700m: 9:09.73 1:19.37	2000m: 26:36.98 1:21.91	3300m: 44:22.39 1:22.63	4600m: 1:02:14.77 1:20.61			
	800m: 10:29.17 1:19.44	2100m: 27:58.43 1:21.45	3400m: 45:45.18 1:22.79	4700m: 1:03:34.66 1:19.89			
	900m: 11:48.67 1:19.50	2200m: 29:19.16 1:20.73	3500m: 47:08.25 1:23.07	4800m: 1:04:55.43 1:20.77			
	1000m: 13:09.01 1:20.34	2300m: 30:40.27 1:21.11	3600m: 48:32.11 1:23.86	4900m: 1:06:15.12 1:19.69			
	1100m: 14:29.48 1:20.47	2400m: 32:02.25 1:21.98	3700m: 49:53.88 1:21.77	5000m: 1:07:32.53 1:17.41			
	1200m: 15:50.30 1:20.82	2500m: 33:25.10 1:22.85	3800m: 51:16.98 1:23.10				
	1300m: 17:10.70 1:20.40	2600m: 34:46.22 1:21.12	3900m: 52:40.36 1:23.38				

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Sara Lopes Barbosa	00	Aquatico Pacense	1:08:26.00		424	
	100m: 1:18.16 1:18.16	1400m: 18:43.36 1:20.22	2700m: 36:24.80 1:22.42	4000m: 54:30.17 1:24.32			
	200m: 2:37.48 1:19.32	1500m: 20:04.33 1:20.97	2800m: 37:46.98 1:22.18	4100m: 55:54.35 1:24.18			
	300m: 3:57.91 1:20.43	1600m: 21:25.36 1:21.03	2900m: 39:09.76 1:22.78	4200m: 57:18.68 1:24.33			
	400m: 5:18.40 1:20.49	1700m: 22:46.08 1:20.72	3000m: 40:32.50 1:22.74	4300m: 58:42.93 1:24.25			
	500m: 6:38.66 1:20.26	1800m: 24:06.95 1:20.87	3100m: 41:55.43 1:22.93	4400m: 1:00:08.30 1:25.37			
	600m: 7:59.06 1:20.40	1900m: 25:28.48 1:21.53	3200m: 43:19.29 1:23.86	4500m: 1:01:32.88 1:24.58			
	700m: 9:19.12 1:20.06	2000m: 26:50.18 1:21.70	3300m: 44:42.79 1:23.50	4600m: 1:02:57.42 1:24.54			
	800m: 10:39.73 1:20.61	2100m: 28:11.95 1:21.77	3400m: 46:05.61 1:22.82	4700m: 1:04:21.48 1:24.06			
	900m: 11:59.89 1:20.16	2200m: 29:33.63 1:21.68	3500m: 47:29.49 1:23.88	4800m: 1:05:44.43 1:22.95			
	1000m: 13:20.53 1:20.64	2300m: 30:55.56 1:21.93	3600m: 48:52.86 1:23.37	4900m: 1:07:06.66 1:22.23			
	1100m: 14:41.10 1:20.57	2400m: 32:17.89 1:22.33	3700m: 50:17.04 1:24.18	5000m: 1:08:26.00 1:19.34			
	1200m: 16:02.02 1:20.92	2500m: 33:40.09 1:22.20	3800m: 51:40.98 1:23.94				
	1300m: 17:23.14 1:21.12	2600m: 35:02.38 1:22.29	3900m: 53:05.85 1:24.87				
16.	Ana Sofia Ramos	00	Fluvial Portuense	1:09:18.06		408	
	100m: 1:17.58 1:17.58	1400m: 18:59.84 1:22.35	2700m: 36:57.08 1:23.87	4000m: 55:14.05 1:25.39			
	200m: 2:38.46 1:20.88	1500m: 20:21.89 1:22.05	2800m: 38:21.40 1:24.32	4100m: 56:39.07 1:25.02			
	300m: 3:59.32 1:20.86	1600m: 21:43.68 1:21.79	2900m: 39:45.00 1:23.60	4200m: 58:03.81 1:24.74			
	400m: 5:20.34 1:21.02	1700m: 23:06.38 1:22.70	3000m: 41:08.55 1:23.55	4300m: 59:28.87 1:25.06			
	500m: 6:42.33 1:21.99	1800m: 24:28.66 1:22.28	3100m: 42:32.44 1:23.89	4400m: 1:00:53.79 1:24.92			
	600m: 8:04.65 1:22.32	1900m: 25:50.93 1:22.27	3200m: 43:57.02 1:24.58	4500m: 1:02:19.33 1:25.54			
	700m: 9:27.62 1:22.97	2000m: 27:14.22 1:23.29	3300m: 45:21.02 1:24.00	4600m: 1:03:43.40 1:24.07			
	800m: 10:50.79 1:23.17	2100m: 28:37.10 1:22.88	3400m: 46:45.40 1:24.38	4700m: 1:05:07.92 1:24.52			
	900m: 12:10.97 1:20.18	2200m: 30:00.22 1:23.12	3500m: 48:09.69 1:24.29	4800m: 1:06:31.62 1:23.70			
	1000m: 13:32.76 1:21.79	2300m: 31:22.79 1:22.57	3600m: 49:34.37 1:24.68	4900m: 1:07:56.50 1:24.88			
	1100m: 14:53.88 1:21.12	2400m: 32:46.14 1:23.35	3700m: 50:58.57 1:24.20	5000m: 1:09:18.06 1:21.56			
	1200m: 16:15.53 1:21.65	2500m: 34:09.97 1:23.83	3800m: 52:23.51 1:24.94				
	1300m: 17:37.49 1:21.96	2600m: 35:33.21 1:23.24	3900m: 53:48.66 1:25.15				
17.	Angela Filipa Ribeiro	02	Aquatico Pacense	1:11:14.99		375	
	100m: 1:20.04 1:20.04	1400m: 19:38.36 1:25.69	2700m: 38:05.89 1:24.92	4000m: 56:54.29 1:27.69			
	200m: 2:43.41 1:23.37	1500m: 21:03.71 1:25.35	2800m: 39:31.66 1:25.77	4100m: 58:21.39 1:27.10			
	300m: 4:07.87 1:24.46	1600m: 22:27.97 1:24.26	2900m: 40:56.73 1:25.07	4200m: 59:49.08 1:27.69			
	400m: 5:31.39 1:23.52	1700m: 23:53.52 1:25.55	3000m: 42:22.13 1:25.40	4300m: 1:01:16.74 1:27.66			
	500m: 6:56.02 1:24.63	1800m: 25:19.95 1:26.43	3100m: 43:48.11 1:25.98	4400m: 1:02:43.74 1:27.00			
	600m: 8:19.95 1:23.93	1900m: 26:45.26 1:25.31	3200m: 45:15.18 1:27.07	4500m: 1:04:11.04 1:27.30			
	700m: 9:44.59 1:24.64	2000m: 28:10.88 1:25.62	3300m: 46:43.63 1:28.45	4600m: 1:05:38.41 1:27.37			
	800m: 11:08.83 1:24.24	2100m: 29:35.56 1:24.68	3400m: 48:13.19 1:29.56	4700m: 1:07:04.62 1:26.21			
	900m: 12:32.97 1:24.14	2200m: 30:59.85 1:24.29	3500m: 49:39.32 1:26.13	4800m: 1:08:30.32 1:25.70			
	1000m: 13:57.90 1:24.93	2300m: 32:25.45 1:25.60	3600m: 51:05.50 1:26.18	4900m: 1:09:55.58 1:25.26			
	1100m: 15:22.79 1:24.89	2400m: 33:51.91 1:26.46	3700m: 52:31.66 1:26.16	5000m: 1:11:14.99 1:19.41			
	1200m: 16:46.99 1:24.20	2500m: 35:16.25 1:24.34	3800m: 53:59.46 1:27.80				
	1300m: 18:12.67 1:25.68	2600m: 36:40.97 1:24.72	3900m: 55:26.60 1:27.14				
18.	Daniela Filipa Rocha	02	Aquatico Pacense	1:12:36.85		354	
	100m: 1:22.64 1:22.64	1400m: 20:12.50 1:27.10	2700m: 39:17.63 1:27.31	4000m: 58:35.52 1:26.26			
	200m: 2:47.54 1:24.90	1500m: 21:39.36 1:26.86	2800m: 40:45.43 1:27.80	4100m: 1:00:02.14 1:26.62			
	300m: 4:13.57 1:26.03	1600m: 23:06.53 1:27.17	2900m: 42:14.80 1:29.37	4200m: 1:01:27.74 1:25.60			
	400m: 5:40.44 1:26.87	1700m: 24:34.86 1:28.33	3000m: 43:44.80 1:30.00	4300m: 1:02:53.21 1:25.47			
	500m: 7:07.67 1:27.23	1800m: 26:01.79 1:26.93	3100m: 45:13.79 1:28.99	4400m: 1:04:19.06 1:25.85			
	600m: 8:35.56 1:27.89	1900m: 27:29.07 1:27.28	3200m: 46:42.95 1:29.16	4500m: 1:05:43.96 1:24.90			
	700m: 10:02.53 1:26.97	2000m: 28:56.50 1:27.43	3300m: 48:14.12 1:31.17	4600m: 1:07:08.39 1:24.43			
	800m: 11:29.78 1:27.25	2100m: 30:24.55 1:28.05	3400m: 49:44.46 1:30.34	4700m: 1:08:31.11 1:22.72			
	900m: 12:56.84 1:27.06	2200m: 31:54.28 1:29.73	3500m: 51:15.95 1:31.49	4800m: 1:09:53.75 1:22.64			
	1000m: 14:23.56 1:26.72	2300m: 33:23.67 1:29.39	3600m: 52:45.33 1:29.38	4900m: 1:11:16.34 1:22.59			
	1100m: 15:51.04 1:27.48	2400m: 34:54.27 1:30.60	3700m: 54:13.72 1:28.39	5000m: 1:12:36.85 1:20.51			
	1200m: 17:19.55 1:28.51	2500m: 36:25.18 1:30.91	3800m: 55:40.62 1:26.90				
	1300m: 18:45.40 1:25.85	2600m: 37:50.32 1:25.14	3900m: 57:09.26 1:28.64				

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
19.	Ines Pereira Silva	02	Condeixa Clube	1:14:18.67		331		
	100m: 1:20.09	1:20.09	1400m: 19:43.42	1:28.07	2700m: 39:20.02	1:32.34	4000m: 59:15.82	1:33.08
	200m: 2:43.74	1:23.65	1500m: 21:11.34	1:27.92	2800m: 40:53.02	1:33.00	4100m: 1:00:47.90	1:32.08
	300m: 4:07.54	1:23.80	1600m: 22:40.75	1:29.41	2900m: 42:23.16	1:30.14	4200m: 1:02:19.92	1:32.02
	400m: 5:30.97	1:23.43	1700m: 24:10.08	1:29.33	3000m: 43:55.47	1:32.31	4300m: 1:03:51.53	1:31.61
	500m: 6:55.62	1:24.65	1800m: 25:40.04	1:29.96	3100m: 45:28.37	1:32.90	4400m: 1:05:22.16	1:30.63
	600m: 8:20.09	1:24.47	1900m: 27:11.44	1:31.40	3200m: 47:00.99	1:32.62	4500m: 1:06:54.12	1:31.96
	700m: 9:44.88	1:24.79	2000m: 28:41.05	1:29.61	3300m: 48:34.13	1:33.14	4600m: 1:08:24.64	1:30.52
	800m: 11:09.02	1:24.14	2100m: 30:11.33	1:30.28	3400m: 50:03.45	1:29.32	4700m: 1:09:54.97	1:30.33
	900m: 12:33.45	1:24.43	2200m: 31:41.93	1:30.60	3500m: 51:33.26	1:29.81	4800m: 1:11:23.28	1:28.31
	1000m: 13:58.59	1:25.14	2300m: 33:12.09	1:30.16	3600m: 53:04.95	1:31.69	4900m: 1:12:50.61	1:27.33
	1100m: 15:23.61	1:25.02	2400m: 34:44.12	1:32.03	3700m: 54:36.41	1:31.46	5000m: 1:14:18.67	1:28.06
	1200m: 16:48.93	1:25.32	2500m: 36:15.52	1:31.40	3800m: 56:09.82	1:33.41		
	1300m: 18:15.35	1:26.42	2600m: 37:47.68	1:32.16	3900m: 57:42.74	1:32.92		

DNS Joana Victorino Henriques 01 Condeixa Clube

Seniores, Femin.

1.	Angelica Maria Andre	94	Fluvial Portuense	58:15.57		687		
	<i>Melhor Marca dos Campeonatos</i>							
	100m: 1:05.12	1:05.12	1400m: 16:08.66	1:10.92	2700m: 31:22.36	1:10.53	4000m: 46:34.54	1:10.26
	200m: 2:13.49	1:08.37	1500m: 17:19.60	1:10.94	2800m: 32:32.56	1:10.20	4100m: 47:44.98	1:10.44
	300m: 3:22.34	1:08.85	1600m: 18:30.02	1:10.42	2900m: 33:42.69	1:10.13	4200m: 48:55.97	1:10.99
	400m: 4:31.58	1:09.24	1700m: 19:40.29	1:10.27	3000m: 34:53.74	1:11.05	4300m: 50:06.89	1:10.92
	500m: 5:41.26	1:09.68	1800m: 20:49.82	1:09.53	3100m: 36:04.42	1:10.68	4400m: 51:17.85	1:10.96
	600m: 6:50.71	1:09.45	1900m: 21:59.36	1:09.54	3200m: 37:14.12	1:09.70	4500m: 52:28.62	1:10.77
	700m: 7:59.82	1:09.11	2000m: 23:08.91	1:09.55	3300m: 38:23.74	1:09.62	4600m: 53:38.43	1:09.81
	800m: 9:09.20	1:09.38	2100m: 24:18.93	1:10.02	3400m: 39:33.66	1:09.92	4700m: 54:48.54	1:10.11
	900m: 10:18.16	1:08.96	2200m: 25:28.62	1:09.69	3500m: 40:43.29	1:09.63	4800m: 55:59.22	1:10.68
	1000m: 11:27.96	1:09.80	2300m: 26:39.18	1:10.56	3600m: 41:53.70	1:10.41	4900m: 57:09.66	1:10.44
	1100m: 12:37.84	1:09.88	2400m: 27:49.66	1:10.48	3700m: 43:03.78	1:10.08	5000m: 58:15.57	1:05.91
	1200m: 13:47.51	1:09.67	2500m: 29:00.85	1:11.19	3800m: 44:14.10	1:10.32		
	1300m: 14:57.74	1:10.23	2600m: 30:11.83	1:10.98	3900m: 45:24.28	1:10.18		
2.	Vania Soares Neves	90	Fluvial Portuense	1:00:16.20		620		
	100m: 1:07.53	1:07.53	1400m: 16:23.48	1:11.64	2700m: 32:05.15	1:12.56	4000m: 47:56.54	1:14.43
	200m: 2:16.75	1:09.22	1500m: 17:35.65	1:12.17	2800m: 33:17.52	1:12.37	4100m: 49:10.50	1:13.96
	300m: 3:26.28	1:09.53	1600m: 18:47.78	1:12.13	2900m: 34:30.38	1:12.86	4200m: 50:24.38	1:13.88
	400m: 4:35.74	1:09.46	1700m: 19:59.42	1:11.64	3000m: 35:43.02	1:12.64	4300m: 51:38.59	1:14.21
	500m: 5:45.43	1:09.69	1800m: 21:11.63	1:12.21	3100m: 36:55.71	1:12.69	4400m: 52:52.32	1:13.73
	600m: 6:55.55	1:10.12	1900m: 22:24.17	1:12.54	3200m: 38:08.94	1:13.23	4500m: 54:06.53	1:14.21
	700m: 8:05.48	1:09.93	2000m: 23:36.28	1:12.11	3300m: 39:22.23	1:13.29	4600m: 55:20.33	1:13.80
	800m: 9:15.89	1:10.41	2100m: 24:48.72	1:12.44	3400m: 40:35.44	1:13.21	4700m: 56:34.89	1:14.56
	900m: 10:26.43	1:10.54	2200m: 26:01.32	1:12.60	3500m: 41:48.67	1:13.23	4800m: 57:49.20	1:14.31
	1000m: 11:37.28	1:10.85	2300m: 27:14.08	1:12.76	3600m: 43:01.96	1:13.29	4900m: 59:03.13	1:13.93
	1100m: 12:48.59	1:11.31	2400m: 28:27.09	1:13.01	3700m: 44:15.14	1:13.18	5000m: 1:00:16.20	1:13.07
	1200m: 13:59.99	1:11.40	2500m: 29:39.93	1:12.84	3800m: 45:28.92	1:13.78		
	1300m: 15:11.84	1:11.85	2600m: 30:52.59	1:12.66	3900m: 46:42.11	1:13.19		

Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Raquel Paulo Ranito	94	Sporting	1:01:04.56		596	
	100m: 1:10.16 1:10.16	1400m: 16:44.66 1:12.12	2700m: 32:37.12 1:13.70	4000m: 48:42.48 1:14.46			
	200m: 2:22.17 1:12.01	1500m: 17:57.09 1:12.43	2800m: 33:50.98 1:13.86	4100m: 49:57.05 1:14.57			
	300m: 3:33.99 1:11.82	1600m: 19:09.91 1:12.82	2900m: 35:04.91 1:13.93	4200m: 51:11.39 1:14.34			
	400m: 4:46.06 1:12.07	1700m: 20:22.67 1:12.76	3000m: 36:19.26 1:14.35	4300m: 52:25.75 1:14.36			
	500m: 5:57.68 1:11.62	1800m: 21:35.52 1:12.85	3100m: 37:33.15 1:13.89	4400m: 53:39.89 1:14.14			
	600m: 7:09.47 1:11.79	1900m: 22:48.47 1:12.95	3200m: 38:47.98 1:14.83	4500m: 54:54.08 1:14.19			
	700m: 8:21.16 1:11.69	2000m: 24:01.56 1:13.09	3300m: 40:01.87 1:13.89	4600m: 56:08.54 1:14.46			
	800m: 9:32.60 1:11.44	2100m: 25:14.71 1:13.15	3400m: 41:16.26 1:14.39	4700m: 57:23.42 1:14.88			
	900m: 10:44.28 1:11.68	2200m: 26:28.06 1:13.35	3500m: 42:30.08 1:13.82	4800m: 58:38.00 1:14.58			
	1000m: 11:56.51 1:12.23	2300m: 27:41.85 1:13.79	3600m: 43:44.74 1:14.66	4900m: 59:51.73 1:13.73			
	1100m: 13:08.51 1:12.00	2400m: 28:56.12 1:14.27	3700m: 44:59.24 1:14.50	5000m: 1:01:04.56 1:12.83			
	1200m: 14:20.54 1:12.03	2500m: 30:09.82 1:13.70	3800m: 46:13.78 1:14.54				
	1300m: 15:32.54 1:12.00	2600m: 31:23.42 1:13.60	3900m: 47:28.02 1:14.24				
4.	Madalena Amaro Machado	98	Fluvial Portuense	1:01:16.90		590	
	100m: 1:11.77 1:11.77	1400m: 17:14.38 1:13.56	2700m: 33:17.91 1:13.96	4000m: 49:10.66 1:13.75			
	200m: 2:24.66 1:12.89	1500m: 18:28.22 1:13.84	2800m: 34:31.65 1:13.74	4100m: 50:24.28 1:13.62			
	300m: 3:38.38 1:13.72	1600m: 19:41.87 1:13.65	2900m: 35:43.87 1:12.22	4200m: 51:37.69 1:13.41			
	400m: 4:52.59 1:14.21	1700m: 20:55.75 1:13.88	3000m: 36:56.63 1:12.76	4300m: 52:51.73 1:14.04			
	500m: 6:06.41 1:13.82	1800m: 22:09.83 1:14.08	3100m: 38:09.27 1:12.64	4400m: 54:04.96 1:13.23			
	600m: 7:20.55 1:14.14	1900m: 23:24.11 1:14.28	3200m: 39:22.57 1:13.30	4500m: 55:18.54 1:13.58			
	700m: 8:34.47 1:13.92	2000m: 24:38.05 1:13.94	3300m: 40:36.29 1:13.72	4600m: 56:31.94 1:13.40			
	800m: 9:49.24 1:14.77	2100m: 25:51.67 1:13.62	3400m: 41:49.46 1:13.17	4700m: 57:44.99 1:13.05			
	900m: 11:05.09 1:15.85	2200m: 27:06.03 1:14.36	3500m: 43:02.21 1:12.75	4800m: 58:56.97 1:11.98			
	1000m: 12:19.58 1:14.49	2300m: 28:20.36 1:14.33	3600m: 44:16.09 1:13.88	4900m: 1:00:08.00 1:11.03			
	1100m: 13:32.95 1:13.37	2400m: 29:35.07 1:14.71	3700m: 45:29.77 1:13.68	5000m: 1:01:16.90 1:08.90			
	1200m: 14:47.04 1:14.09	2500m: 30:49.49 1:14.42	3800m: 46:43.24 1:13.47				
	1300m: 16:00.82 1:13.78	2600m: 32:03.95 1:14.46	3900m: 47:56.91 1:13.67				
5.	Beatriz Paulo Ranito	99	Sporting	1:01:18.46		589	
	100m: 1:11.78 1:11.78	1400m: 16:44.22 1:12.23	2700m: 32:44.41 1:14.44	4000m: 48:59.29 1:15.58			
	200m: 2:24.64 1:12.86	1500m: 17:57.14 1:12.92	2800m: 33:59.34 1:14.93	4100m: 50:13.34 1:14.05			
	300m: 3:37.71 1:13.07	1600m: 19:10.42 1:13.28	2900m: 35:14.53 1:15.19	4200m: 51:27.16 1:13.82			
	400m: 4:49.64 1:11.93	1700m: 20:23.68 1:13.26	3000m: 36:30.43 1:15.90	4300m: 52:40.94 1:13.78			
	500m: 6:01.40 1:11.76	1800m: 21:37.24 1:13.56	3100m: 37:44.88 1:14.45	4400m: 53:55.09 1:14.15			
	600m: 7:12.70 1:11.30	1900m: 22:50.59 1:13.35	3200m: 38:58.69 1:13.81	4500m: 55:09.57 1:14.48			
	700m: 8:23.51 1:10.81	2000m: 24:05.27 1:14.68	3300m: 40:12.71 1:14.02	4600m: 56:23.77 1:14.20			
	800m: 9:34.67 1:11.16	2100m: 25:20.12 1:14.85	3400m: 41:26.86 1:14.15	4700m: 57:37.93 1:14.16			
	900m: 10:46.05 1:11.38	2200m: 26:34.08 1:13.96	3500m: 42:41.84 1:14.98	4800m: 58:52.35 1:14.42			
	1000m: 11:57.20 1:11.15	2300m: 27:48.35 1:14.27	3600m: 43:57.43 1:15.59	4900m: 1:00:06.72 1:14.37			
	1100m: 13:08.63 1:11.43	2400m: 29:02.25 1:13.90	3700m: 45:13.09 1:15.66	5000m: 1:01:18.46 1:11.74			
	1200m: 14:20.06 1:11.43	2500m: 30:16.16 1:13.91	3800m: 46:28.54 1:15.45				
	1300m: 15:31.99 1:11.93	2600m: 31:29.97 1:13.81	3900m: 47:43.71 1:15.17				
6.	Joana Beatriz Bernardo	99	Fundacao Beatriz Santos	1:02:39.70		552	
	100m: 1:11.30 1:11.30	1400m: 17:00.26 1:14.12	2700m: 33:14.43 1:16.25	4000m: 49:50.69 1:16.57			
	200m: 2:23.19 1:11.89	1500m: 18:14.76 1:14.50	2800m: 34:30.78 1:16.35	4100m: 51:07.05 1:16.36			
	300m: 3:35.29 1:12.10	1600m: 19:29.17 1:14.41	2900m: 35:46.95 1:16.17	4200m: 52:23.81 1:16.76			
	400m: 4:47.65 1:12.36	1700m: 20:43.65 1:14.48	3000m: 37:03.93 1:16.98	4300m: 53:40.81 1:17.00			
	500m: 6:00.13 1:12.48	1800m: 21:58.30 1:14.65	3100m: 38:20.99 1:17.06	4400m: 54:58.69 1:17.88			
	600m: 7:12.82 1:12.69	1900m: 23:12.93 1:14.63	3200m: 39:37.50 1:16.51	4500m: 56:16.55 1:17.86			
	700m: 8:25.85 1:13.03	2000m: 24:27.77 1:14.84	3300m: 40:53.65 1:16.15	4600m: 57:34.09 1:17.54			
	800m: 9:38.79 1:12.94	2100m: 25:42.46 1:14.69	3400m: 42:09.58 1:15.93	4700m: 58:51.45 1:17.36			
	900m: 10:52.17 1:13.38	2200m: 26:57.47 1:15.01	3500m: 43:26.00 1:16.42	4800m: 1:00:08.35 1:16.90			
	1000m: 12:05.41 1:13.24	2300m: 28:12.25 1:14.78	3600m: 44:42.94 1:16.94	4900m: 1:01:24.53 1:16.18			
	1100m: 13:18.93 1:13.52	2400m: 29:27.20 1:14.95	3700m: 45:59.59 1:16.65	5000m: 1:02:39.70 1:15.17			
	1200m: 14:32.72 1:13.79	2500m: 30:42.47 1:15.27	3800m: 47:16.86 1:17.27				
	1300m: 15:46.14 1:13.42	2600m: 31:58.18 1:15.71	3900m: 48:34.12 1:17.26				

Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
7.	Eva Guerreiro Carvalho	99	Uniao Piedense	1:03:25.06		532		
	100m: 1:11.64	1:11.64	1400m: 17:35.94	1:14.93	2700m: 34:00.40	1:16.68	4000m: 50:41.35	1:18.45
	200m: 2:26.47	1:14.83	1500m: 18:51.08	1:15.14	2800m: 35:17.94	1:17.54	4100m: 51:57.33	1:15.98
	300m: 3:41.95	1:15.48	1600m: 20:05.26	1:14.18	2900m: 36:34.39	1:16.45	4200m: 53:14.33	1:17.00
	400m: 4:57.60	1:15.65	1700m: 21:20.94	1:15.68	3000m: 37:50.91	1:16.52	4300m: 54:31.16	1:16.83
	500m: 6:12.97	1:15.37	1800m: 22:36.14	1:15.20	3100m: 39:07.03	1:16.12	4400m: 55:47.39	1:16.23
	600m: 7:28.44	1:15.47	1900m: 23:51.33	1:15.19	3200m: 40:23.63	1:16.60	4500m: 57:04.44	1:17.05
	700m: 8:44.03	1:15.59	2000m: 25:07.11	1:15.78	3300m: 41:39.89	1:16.26	4600m: 58:21.07	1:16.63
	800m: 9:59.76	1:15.73	2100m: 26:22.87	1:15.76	3400m: 42:56.34	1:16.45	4700m: 59:37.25	1:16.18
	900m: 11:16.25	1:16.49	2200m: 27:38.50	1:15.63	3500m: 44:12.73	1:16.39	4800m: 1:00:53.41	1:16.16
	1000m: 12:32.45	1:16.20	2300m: 28:54.60	1:16.10	3600m: 45:29.57	1:16.84	4900m: 1:02:09.93	1:16.52
	1100m: 13:48.47	1:16.02	2400m: 30:10.70	1:16.10	3700m: 46:47.33	1:17.76	5000m: 1:03:25.06	1:15.13
	1200m: 15:04.47	1:16.00	2500m: 31:27.27	1:16.57	3800m: 48:05.14	1:17.81		
	1300m: 16:21.01	1:16.54	2600m: 32:43.72	1:16.45	3900m: 49:22.90	1:17.76		

Juniores, Femin.

1.	Sara Sofia Alves	01	Columbofila Cantanhedenç	1:01:21.12		588		
	100m: 1:10.52	1:10.52	1400m: 16:51.47	1:13.00	2700m: 32:56.68	1:14.79	4000m: 49:04.81	1:13.73
	200m: 2:21.57	1:11.05	1500m: 18:04.83	1:13.36	2800m: 34:11.91	1:15.23	4100m: 50:19.36	1:14.55
	300m: 3:33.36	1:11.79	1600m: 19:18.00	1:13.17	2900m: 35:27.26	1:15.35	4200m: 51:32.48	1:13.12
	400m: 4:45.46	1:12.10	1700m: 20:31.79	1:13.79	3000m: 36:42.99	1:15.73	4300m: 52:46.39	1:13.91
	500m: 5:57.92	1:12.46	1800m: 21:46.12	1:14.33	3100m: 37:56.52	1:13.53	4400m: 54:01.00	1:14.61
	600m: 7:10.36	1:12.44	1900m: 23:00.33	1:14.21	3200m: 39:10.63	1:14.11	4500m: 55:14.88	1:13.88
	700m: 8:22.61	1:12.25	2000m: 24:15.66	1:15.33	3300m: 40:24.99	1:14.36	4600m: 56:29.40	1:14.52
	800m: 9:34.74	1:12.13	2100m: 25:30.11	1:14.45	3400m: 41:39.48	1:14.49	4700m: 57:43.73	1:14.33
	900m: 10:46.85	1:12.11	2200m: 26:44.26	1:14.15	3500m: 42:54.36	1:14.88	4800m: 58:56.87	1:13.14
	1000m: 11:59.27	1:12.42	2300m: 27:58.72	1:14.46	3600m: 44:09.38	1:15.02	4900m: 1:00:10.32	1:13.45
	1100m: 13:12.61	1:13.34	2400m: 29:12.85	1:14.13	3700m: 45:23.48	1:14.10	5000m: 1:01:21.12	1:10.80
	1200m: 14:25.68	1:13.07	2500m: 30:27.51	1:14.66	3800m: 46:37.04	1:13.56		
	1300m: 15:38.47	1:12.79	2600m: 31:41.89	1:14.38	3900m: 47:51.08	1:14.04		
2.	Filipa Serrano Rodrigues	01	Uniao Piedense	1:02:51.52		547		
	100m: 1:09.61	1:09.61	1400m: 16:53.24	1:13.76	2700m: 33:16.54	1:15.68	4000m: 49:58.21	1:15.07
	200m: 2:20.31	1:10.70	1500m: 18:08.05	1:14.81	2800m: 34:31.27	1:14.73	4100m: 51:13.51	1:15.30
	300m: 3:31.47	1:11.16	1600m: 19:22.83	1:14.78	2900m: 35:46.76	1:15.49	4200m: 52:31.48	1:17.97
	400m: 4:42.90	1:11.43	1700m: 20:38.60	1:15.77	3000m: 37:03.70	1:16.94	4300m: 53:49.83	1:18.35
	500m: 5:55.18	1:12.28	1800m: 21:53.97	1:15.37	3100m: 38:20.50	1:16.80	4400m: 55:07.53	1:17.70
	600m: 7:07.63	1:12.45	1900m: 23:10.10	1:16.13	3200m: 39:38.27	1:17.77	4500m: 56:25.72	1:18.19
	700m: 8:20.17	1:12.54	2000m: 24:24.91	1:14.81	3300m: 40:56.34	1:18.07	4600m: 57:43.45	1:17.73
	800m: 9:32.65	1:12.48	2100m: 25:40.67	1:15.76	3400m: 42:14.11	1:17.77	4700m: 59:00.46	1:17.01
	900m: 10:45.19	1:12.54	2200m: 26:56.47	1:15.80	3500m: 43:32.02	1:17.91	4800m: 1:00:17.36	1:16.90
	1000m: 11:57.35	1:12.16	2300m: 28:11.59	1:15.12	3600m: 44:50.16	1:18.14	4900m: 1:01:34.91	1:17.55
	1100m: 13:10.67	1:13.32	2400m: 29:28.27	1:16.68	3700m: 46:08.39	1:18.23	5000m: 1:02:51.52	1:16.61
	1200m: 14:25.02	1:14.35	2500m: 30:44.17	1:15.90	3800m: 47:26.57	1:18.18		
	1300m: 15:39.48	1:14.46	2600m: 32:00.86	1:16.69	3900m: 48:43.14	1:16.57		
3.	Ines Alves Martins	01	Fluvial Portuense	1:06:08.77		469		
	100m: 1:15.65	1:15.65	1300m: 17:08.26	1:20.65	2500m: 33:07.47	1:20.24	3700m: 49:06.43	1:20.08
	200m: 2:34.67	1:19.02	1400m: 18:28.78	1:20.52	2600m: 34:27.64	1:20.17	3800m: 50:27.19	1:20.76
	300m: 3:53.03	1:18.36	1500m: 19:48.77	1:19.99	2700m: 35:48.15	1:20.51	3900m: 51:47.32	1:20.13
	400m: 5:12.68	1:19.65	1600m: 21:08.33	1:19.56	2800m: 37:08.73	1:20.58	4000m: 53:07.05	1:19.73
	500m: 6:31.94	1:19.26	1700m: 22:27.89	1:19.56	2900m: 38:28.86	1:20.13	4100m: 54:26.30	1:19.25
	600m: 7:51.95	1:20.01	1800m: 23:47.89	1:20.00	3000m: 39:49.36	1:20.50	4200m: 55:44.89	1:18.59
	700m: 9:11.33	1:19.38	1900m: 25:08.26	1:20.37	3100m: 41:08.34	1:18.98	4300m: 57:03.46	1:18.57
	800m: 10:30.18	1:18.85	2000m: 26:28.91	1:20.65	3200m: 42:27.37	1:19.03	4400m: 58:22.06	1:18.60
	900m: 11:48.51	1:18.33	2100m: 27:49.75	1:20.84	3300m: 43:46.98	1:19.61	4500m: 59:40.85	1:18.79
	1000m: 13:08.25	1:19.74	2200m: 29:08.98	1:19.23	3400m: 45:07.25	1:20.27	4600m: 1:00:59.78	1:18.93
	1100m: 14:28.08	1:19.83	2300m: 30:28.27	1:19.29	3500m: 46:26.74	1:19.49	4700m: 1:02:19.37	1:19.59
	1200m: 15:47.61	1:19.53	2400m: 31:47.23	1:18.96	3600m: 47:46.35	1:19.61	4800m: 1:03:36.79	1:17.42

Prova 2, Femin., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:04:54.10 1:17.31	5000m1:06:08.77	1:14.67				
4.	Beatriz Marques Ferreira	00	Campinho	1:06:11.52		468	
	100m: 1:12.29 1:12.29	1400m: 18:00.73 1:19.44	2700m: 35:12.88 1:20.25	4000m: 52:38.62 1:21.71			
	200m: 2:28.13 1:15.84	1500m: 19:20.59 1:19.86	2800m: 36:32.93 1:20.05	4100m: 54:00.14 1:21.52			
	300m: 3:43.97 1:15.84	1600m: 20:40.17 1:19.58	2900m: 37:53.23 1:20.30	4200m: 55:21.78 1:21.64			
	400m: 5:00.48 1:16.51	1700m: 21:59.59 1:19.42	3000m: 39:13.37 1:20.14	4300m: 56:43.65 1:21.87			
	500m: 6:17.40 1:16.92	1800m: 23:18.55 1:18.96	3100m: 40:32.85 1:19.48	4400m: 58:05.25 1:21.60			
	600m: 7:34.54 1:17.14	1900m: 24:37.68 1:19.13	3200m: 41:53.02 1:20.17	4500m: 59:27.26 1:22.01			
	700m: 8:51.66 1:17.12	2000m: 25:56.65 1:18.97	3300m: 43:14.13 1:21.11	4600m: 1:00:50.97 1:23.71			
	800m: 10:09.33 1:17.67	2100m: 27:15.40 1:18.75	3400m: 44:34.94 1:20.81	4700m: 1:02:12.73 1:21.76			
	900m: 11:26.86 1:17.53	2200m: 28:34.06 1:18.66	3500m: 45:56.18 1:21.24	4800m: 1:03:33.76 1:21.03			
	1000m: 12:44.62 1:17.76	2300m: 29:53.24 1:19.18	3600m: 47:15.96 1:19.78	4900m: 1:04:53.59 1:19.83			
	1100m: 14:03.64 1:19.02	2400m: 31:13.29 1:20.05	3700m: 48:36.32 1:20.36	5000m: 1:06:11.52 1:17.93			
	1200m: 15:21.90 1:18.26	2500m: 32:32.88 1:19.59	3800m: 49:56.52 1:20.20				
	1300m: 16:41.29 1:19.39	2600m: 33:52.63 1:19.75	3900m: 51:16.91 1:20.39				
5.	Sara Lopes Barbosa	00	Aquatico Pacense	1:08:26.00		424	
	100m: 1:18.16 1:18.16	1400m: 18:43.36 1:20.22	2700m: 36:24.80 1:22.42	4000m: 54:30.17 1:24.32			
	200m: 2:37.48 1:19.32	1500m: 20:04.33 1:20.97	2800m: 37:46.98 1:22.18	4100m: 55:54.35 1:24.18			
	300m: 3:57.91 1:20.43	1600m: 21:25.36 1:21.03	2900m: 39:09.76 1:22.78	4200m: 57:18.68 1:24.33			
	400m: 5:18.40 1:20.49	1700m: 22:46.08 1:20.72	3000m: 40:32.50 1:22.74	4300m: 58:42.93 1:24.25			
	500m: 6:38.66 1:20.26	1800m: 24:06.95 1:20.87	3100m: 41:55.43 1:22.93	4400m: 1:00:08.30 1:25.37			
	600m: 7:59.06 1:20.40	1900m: 25:28.48 1:21.53	3200m: 43:19.29 1:23.86	4500m: 1:01:32.88 1:24.58			
	700m: 9:19.12 1:20.06	2000m: 26:50.18 1:21.70	3300m: 44:42.79 1:23.50	4600m: 1:02:57.42 1:24.54			
	800m: 10:39.73 1:20.61	2100m: 28:11.95 1:21.77	3400m: 46:05.61 1:22.82	4700m: 1:04:21.48 1:24.06			
	900m: 11:59.89 1:20.16	2200m: 29:33.63 1:21.68	3500m: 47:29.49 1:23.88	4800m: 1:05:44.43 1:22.95			
	1000m: 13:20.53 1:20.64	2300m: 30:55.56 1:21.93	3600m: 48:52.86 1:23.37	4900m: 1:07:06.66 1:22.23			
	1100m: 14:41.10 1:20.57	2400m: 32:17.89 1:22.33	3700m: 50:17.04 1:24.18	5000m: 1:08:26.00 1:19.34			
	1200m: 16:02.02 1:20.92	2500m: 33:40.09 1:22.20	3800m: 51:40.98 1:23.94				
	1300m: 17:23.14 1:21.12	2600m: 35:02.38 1:22.29	3900m: 53:05.85 1:24.87				
6.	Ana Sofia Ramos	00	Fluvial Portuense	1:09:18.06		408	
	100m: 1:17.58 1:17.58	1400m: 18:59.84 1:22.35	2700m: 36:57.08 1:23.87	4000m: 55:14.05 1:25.39			
	200m: 2:38.46 1:20.88	1500m: 20:21.89 1:22.05	2800m: 38:21.40 1:24.32	4100m: 56:39.07 1:25.02			
	300m: 3:59.32 1:20.86	1600m: 21:43.68 1:21.79	2900m: 39:45.00 1:23.60	4200m: 58:03.81 1:24.74			
	400m: 5:20.34 1:21.02	1700m: 23:06.38 1:22.70	3000m: 41:08.55 1:23.55	4300m: 59:28.87 1:25.06			
	500m: 6:42.33 1:21.99	1800m: 24:28.66 1:22.28	3100m: 42:32.44 1:23.89	4400m: 1:00:53.79 1:24.92			
	600m: 8:04.65 1:22.32	1900m: 25:50.93 1:22.27	3200m: 43:57.02 1:24.58	4500m: 1:02:19.33 1:25.54			
	700m: 9:27.62 1:22.97	2000m: 27:14.22 1:23.29	3300m: 45:21.02 1:24.00	4600m: 1:03:43.40 1:24.07			
	800m: 10:50.79 1:23.17	2100m: 28:37.10 1:22.88	3400m: 46:45.40 1:24.38	4700m: 1:05:07.92 1:24.52			
	900m: 12:10.97 1:20.18	2200m: 30:00.22 1:23.12	3500m: 48:09.69 1:24.29	4800m: 1:06:31.62 1:23.70			
	1000m: 13:32.76 1:21.79	2300m: 31:22.79 1:22.57	3600m: 49:34.37 1:24.68	4900m: 1:07:56.50 1:24.88			
	1100m: 14:53.88 1:21.12	2400m: 32:46.14 1:23.35	3700m: 50:58.57 1:24.20	5000m: 1:09:18.06 1:21.56			
	1200m: 16:15.53 1:21.65	2500m: 34:09.97 1:23.83	3800m: 52:23.51 1:24.94				
	1300m: 17:37.49 1:21.96	2600m: 35:33.21 1:23.24	3900m: 53:48.66 1:25.15				

DNS Joana Victorino Henriques 01 Condeixa Clube

Juvenis A, Femin.

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mariana Amaral Mendes	02	Colegio Monte Maior	1:02:09.97		565	
	100m: 1:12.34 1:12.34	1400m: 17:11.53 1:14.25	2700m: 33:19.68 1:14.43	4000m: 49:35.64 1:15.24			
	200m: 2:25.28 1:12.94	1500m: 18:25.91 1:14.38	2800m: 34:34.27 1:14.59	4100m: 50:51.14 1:15.50			
	300m: 3:38.53 1:13.25	1600m: 19:40.83 1:14.92	2900m: 35:48.87 1:14.60	4200m: 52:07.12 1:15.98			
	400m: 4:51.96 1:13.43	1700m: 20:55.60 1:14.77	3000m: 37:04.02 1:15.15	4300m: 53:22.99 1:15.87			
	500m: 6:05.21 1:13.25	1800m: 22:10.25 1:14.65	3100m: 38:18.88 1:14.86	4400m: 54:38.66 1:15.67			
	600m: 7:19.22 1:14.01	1900m: 23:24.70 1:14.45	3200m: 39:33.85 1:14.97	4500m: 55:54.50 1:15.84			
	700m: 8:33.12 1:13.90	2000m: 24:38.75 1:14.05	3300m: 40:48.63 1:14.78	4600m: 57:09.96 1:15.46			
	800m: 9:46.65 1:13.53	2100m: 25:52.62 1:13.87	3400m: 42:04.14 1:15.51	4700m: 58:25.68 1:15.72			
	900m: 11:00.75 1:14.10	2200m: 27:07.09 1:14.47	3500m: 43:19.51 1:15.37	4800m: 59:41.21 1:15.53			
	1000m: 12:14.75 1:14.00	2300m: 28:21.38 1:14.29	3600m: 44:34.81 1:15.30	4900m: 1:00:56.72 1:15.51			
	1100m: 13:28.90 1:14.15	2400m: 29:35.99 1:14.61	3700m: 45:49.88 1:15.07	5000m: 1:02:09.97 1:13.25			
	1200m: 14:42.99 1:14.09	2500m: 30:50.56 1:14.57	3800m: 47:05.18 1:15.30				
	1300m: 15:57.28 1:14.29	2600m: 32:05.25 1:14.69	3900m: 48:20.40 1:15.22				
2.	Alexandra Couto Frazao	02	Olivais e Moscavide	1:04:01.69		517	
	100m: 1:11.92 1:11.92	1400m: 17:15.95 1:15.38	2700m: 33:57.96 1:18.93	4000m: 51:00.21 1:19.16			
	200m: 2:24.62 1:12.70	1500m: 18:31.91 1:15.96	2800m: 35:16.26 1:18.30	4100m: 52:19.53 1:19.32			
	300m: 3:37.38 1:12.76	1600m: 19:48.80 1:16.89	2900m: 36:34.18 1:17.92	4200m: 53:39.63 1:20.10			
	400m: 4:50.87 1:13.49	1700m: 21:05.50 1:16.70	3000m: 37:52.90 1:18.72	4300m: 54:59.27 1:19.64			
	500m: 6:04.91 1:14.04	1800m: 22:22.52 1:17.02	3100m: 39:11.19 1:18.29	4400m: 56:16.89 1:17.62			
	600m: 7:18.86 1:13.95	1900m: 23:39.03 1:16.51	3200m: 40:29.87 1:18.68	4500m: 57:34.59 1:17.70			
	700m: 8:32.98 1:14.12	2000m: 24:56.37 1:17.34	3300m: 41:48.21 1:18.34	4600m: 58:51.94 1:17.35			
	800m: 9:47.23 1:14.25	2100m: 26:13.03 1:16.66	3400m: 43:06.89 1:18.68	4700m: 1:00:09.27 1:17.33			
	900m: 11:01.67 1:14.44	2200m: 27:30.02 1:16.99	3500m: 44:25.66 1:18.77	4800m: 1:01:26.57 1:17.30			
	1000m: 12:16.51 1:14.84	2300m: 28:47.16 1:17.14	3600m: 45:44.21 1:18.55	4900m: 1:02:43.93 1:17.36			
	1100m: 13:31.13 1:14.62	2400m: 30:04.34 1:17.18	3700m: 47:03.15 1:18.94	5000m: 1:04:01.69 1:17.76			
	1200m: 14:45.54 1:14.41	2500m: 31:21.40 1:17.06	3800m: 48:21.71 1:18.56				
	1300m: 16:00.57 1:15.03	2600m: 32:39.03 1:17.63	3900m: 49:41.05 1:19.34				
3.	Natacha Sofia Silva	02	Benfica	1:07:32.53		441	
	100m: 1:15.57 1:15.57	1400m: 18:31.26 1:20.56	2700m: 36:08.32 1:22.10	4000m: 54:03.40 1:23.04			
	200m: 2:34.23 1:18.66	1500m: 19:51.28 1:20.02	2800m: 37:30.35 1:22.03	4100m: 55:26.76 1:23.36			
	300m: 3:52.92 1:18.69	1600m: 21:11.48 1:20.20	2900m: 38:53.21 1:22.86	4200m: 56:48.79 1:22.03			
	400m: 5:11.85 1:18.93	1700m: 22:31.97 1:20.49	3000m: 40:16.20 1:22.99	4300m: 58:10.09 1:21.30			
	500m: 6:30.87 1:19.02	1800m: 23:53.82 1:21.85	3100m: 41:38.16 1:21.96	4400m: 59:31.87 1:21.78			
	600m: 7:50.36 1:19.49	1900m: 25:15.07 1:21.25	3200m: 42:59.76 1:21.60	4500m: 1:00:54.16 1:22.29			
	700m: 9:09.73 1:19.37	2000m: 26:36.98 1:21.91	3300m: 44:22.39 1:22.63	4600m: 1:02:14.77 1:20.61			
	800m: 10:29.17 1:19.44	2100m: 27:58.43 1:21.45	3400m: 45:45.18 1:22.79	4700m: 1:03:34.66 1:19.89			
	900m: 11:48.67 1:19.50	2200m: 29:19.16 1:20.73	3500m: 47:08.25 1:23.07	4800m: 1:04:55.43 1:20.77			
	1000m: 13:09.01 1:20.34	2300m: 30:40.27 1:21.11	3600m: 48:32.11 1:23.86	4900m: 1:06:15.12 1:19.69			
	1100m: 14:29.48 1:20.47	2400m: 32:02.25 1:21.98	3700m: 49:53.88 1:21.77	5000m: 1:07:32.53 1:17.41			
	1200m: 15:50.30 1:20.82	2500m: 33:25.10 1:22.85	3800m: 51:16.98 1:23.10				
	1300m: 17:10.70 1:20.40	2600m: 34:46.22 1:21.12	3900m: 52:40.36 1:23.38				
4.	Angela Filipa Ribeiro	02	Aquatico Pacense	1:11:14.99		375	
	100m: 1:20.04 1:20.04	1400m: 19:38.36 1:25.69	2700m: 38:05.89 1:24.92	4000m: 56:54.29 1:27.69			
	200m: 2:43.41 1:23.37	1500m: 21:03.71 1:25.35	2800m: 39:31.66 1:25.77	4100m: 58:21.39 1:27.10			
	300m: 4:07.87 1:24.46	1600m: 22:27.97 1:24.26	2900m: 40:56.73 1:25.07	4200m: 59:49.08 1:27.69			
	400m: 5:31.39 1:23.52	1700m: 23:53.52 1:25.55	3000m: 42:22.13 1:25.40	4300m: 1:01:16.74 1:27.66			
	500m: 6:56.02 1:24.63	1800m: 25:19.95 1:26.43	3100m: 43:48.11 1:25.98	4400m: 1:02:43.74 1:27.00			
	600m: 8:19.95 1:23.93	1900m: 26:45.26 1:25.31	3200m: 45:15.18 1:27.07	4500m: 1:04:11.04 1:27.30			
	700m: 9:44.59 1:24.64	2000m: 28:10.88 1:25.62	3300m: 46:43.63 1:28.45	4600m: 1:05:38.41 1:27.37			
	800m: 11:08.83 1:24.24	2100m: 29:35.56 1:24.68	3400m: 48:13.19 1:29.56	4700m: 1:07:04.62 1:26.21			
	900m: 12:32.97 1:24.14	2200m: 30:59.85 1:24.29	3500m: 49:39.32 1:26.13	4800m: 1:08:30.32 1:25.70			
	1000m: 13:57.90 1:24.93	2300m: 32:25.45 1:25.60	3600m: 51:05.50 1:26.18	4900m: 1:09:55.58 1:25.26			
	1100m: 15:22.79 1:24.89	2400m: 33:51.91 1:26.46	3700m: 52:31.66 1:26.16	5000m: 1:11:14.99 1:19.41			
	1200m: 16:46.99 1:24.20	2500m: 35:16.25 1:24.34	3800m: 53:59.46 1:27.80				
	1300m: 18:12.67 1:25.68	2600m: 36:40.97 1:24.72	3900m: 55:26.60 1:27.14				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
5.	Daniela Filipa Rocha	02	Aquatico Pacense	1:12:36.85		354		
	100m: 1:22.64	1:22.64	1400m: 20:12.50	1:27.10	2700m: 39:17.63	1:27.31	4000m: 58:35.52	1:26.26
	200m: 2:47.54	1:24.90	1500m: 21:39.36	1:26.86	2800m: 40:45.43	1:27.80	4100m: 1:00:02.14	1:26.62
	300m: 4:13.57	1:26.03	1600m: 23:06.53	1:27.17	2900m: 42:14.80	1:29.37	4200m: 1:01:27.74	1:25.60
	400m: 5:40.44	1:26.87	1700m: 24:34.86	1:28.33	3000m: 43:44.80	1:30.00	4300m: 1:02:53.21	1:25.47
	500m: 7:07.67	1:27.23	1800m: 26:01.79	1:26.93	3100m: 45:13.79	1:28.99	4400m: 1:04:19.06	1:25.85
	600m: 8:35.56	1:27.89	1900m: 27:29.07	1:27.28	3200m: 46:42.95	1:29.16	4500m: 1:05:43.96	1:24.90
	700m: 10:02.53	1:26.97	2000m: 28:56.50	1:27.43	3300m: 48:14.12	1:31.17	4600m: 1:07:08.39	1:24.43
	800m: 11:29.78	1:27.25	2100m: 30:24.55	1:28.05	3400m: 49:44.46	1:30.34	4700m: 1:08:31.11	1:22.72
	900m: 12:56.84	1:27.06	2200m: 31:54.28	1:29.73	3500m: 51:15.95	1:31.49	4800m: 1:09:53.75	1:22.64
	1000m: 14:23.56	1:26.72	2300m: 33:23.67	1:29.39	3600m: 52:45.33	1:29.38	4900m: 1:11:16.34	1:22.59
	1100m: 15:51.04	1:27.48	2400m: 34:54.27	1:30.60	3700m: 54:13.72	1:28.39	5000m: 1:12:36.85	1:20.51
	1200m: 17:19.55	1:28.51	2500m: 36:25.18	1:30.91	3800m: 55:40.62	1:26.90		
	1300m: 18:45.40	1:25.85	2600m: 37:50.32	1:25.14	3900m: 57:09.26	1:28.64		
6.	Ines Pereira Silva	02	Condeixa Clube	1:14:18.67		331		
	100m: 1:20.09	1:20.09	1400m: 19:43.42	1:28.07	2700m: 39:20.02	1:32.34	4000m: 59:15.82	1:33.08
	200m: 2:43.74	1:23.65	1500m: 21:11.34	1:27.92	2800m: 40:53.02	1:33.00	4100m: 1:00:47.90	1:32.08
	300m: 4:07.54	1:23.80	1600m: 22:40.75	1:29.41	2900m: 42:23.16	1:30.14	4200m: 1:02:19.92	1:32.02
	400m: 5:30.97	1:23.43	1700m: 24:10.08	1:29.33	3000m: 43:55.47	1:32.31	4300m: 1:03:51.53	1:31.61
	500m: 6:55.62	1:24.65	1800m: 25:40.04	1:29.96	3100m: 45:28.37	1:32.90	4400m: 1:05:22.16	1:30.63
	600m: 8:20.09	1:24.47	1900m: 27:11.44	1:31.40	3200m: 47:00.99	1:32.62	4500m: 1:06:54.12	1:31.96
	700m: 9:44.88	1:24.79	2000m: 28:41.05	1:29.61	3300m: 48:34.13	1:33.14	4600m: 1:08:24.64	1:30.52
	800m: 11:09.02	1:24.14	2100m: 30:11.33	1:30.28	3400m: 50:03.45	1:29.32	4700m: 1:09:54.97	1:30.33
	900m: 12:33.45	1:24.43	2200m: 31:41.93	1:30.60	3500m: 51:33.26	1:29.81	4800m: 1:11:23.28	1:28.31
	1000m: 13:58.59	1:25.14	2300m: 33:12.09	1:30.16	3600m: 53:04.95	1:31.69	4900m: 1:12:50.61	1:27.33
	1100m: 15:23.61	1:25.02	2400m: 34:44.12	1:32.03	3700m: 54:36.41	1:31.46	5000m: 1:14:18.67	1:28.06
	1200m: 16:48.93	1:25.32	2500m: 36:15.52	1:31.40	3800m: 56:09.82	1:33.41		
	1300m: 18:15.35	1:26.42	2600m: 37:47.68	1:32.16	3900m: 57:42.74	1:32.92		