

Prova 2 5000m Livres 16 anos e mais velhos  
24-02-2018 Resultados

MMarca Absoluto	53:58.43	PINA Guilherme Filipe	BSCN	Rio Maior	20-02-2016
MMarca AA20+	54:03.60	GIL Rafael Lourenco	SFUAP	Rio Maior	20-02-2016
MMarca AA1819	53:58.43	PINA Guilherme Filipe	BSCN	Rio Maior	20-02-2016
MMarca AA1617	54:46.23	PINA Guilherme Filipe	BSCN	Coimbra	18-04-2015
MMarca Absoluto	57:53.99	MACHADO Florbela Cavaco	ASSSCC	Rio Maior	13-04-2013
MMarca AA20+	58:15.57	ANDRE Angelica Maria	CFP	Rio Maior	25-02-2017
MMarca AA1819	59:26.88	MACHADO Florbela Cavaco	ASSSCC	Rio Maior	26-04-2014
MMarca AA1617	57:53.99	MACHADO Florbela Cavaco	ASSSCC	Rio Maior	13-04-2013

Pontos: FINA 2017

Lugar Nome Ano Clube Tempo Final TReac Pts FINA Pts

Absolutos, Masc.

1. PINA Guilherme Filipe	98	Sporting	<b>54:27.69</b>	701
100m: 1:04.29 1:04.29	1400m: 15:05.83 1:04.56	2700m: 29:16.70 1:06.37	4000m: 43:34.85 1:06.12	
200m: 2:10.12 1:05.83	1500m: 16:10.53 1:04.70	2800m: 30:23.15 1:06.45	4100m: 44:41.02 1:06.17	
300m: 3:15.79 1:05.67	1600m: 17:15.25 1:04.72	2900m: 31:29.78 1:06.63	4200m: 45:46.76 1:05.74	
400m: 4:21.24 1:05.45	1700m: 18:20.31 1:05.06	3000m: 32:36.75 1:06.97	4300m: 46:51.24 1:04.48	
500m: 5:26.34 1:05.10	1800m: 19:25.27 1:04.96	3100m: 33:42.25 1:05.50	4400m: 47:56.56 1:05.32	
600m: 6:31.30 1:04.96	1900m: 20:30.53 1:05.26	3200m: 34:47.29 1:05.04	4500m: 49:01.92 1:05.36	
700m: 7:36.53 1:05.23	2000m: 21:36.04 1:05.51	3300m: 35:53.08 1:05.79	4600m: 50:07.10 1:05.18	
800m: 8:40.62 1:04.09	2100m: 22:41.65 1:05.61	3400m: 36:58.72 1:05.64	4700m: 51:12.81 1:05.71	
900m: 9:44.68 1:04.06	2200m: 23:46.94 1:05.29	3500m: 38:04.82 1:06.10	4800m: 52:18.32 1:05.51	
1000m: 10:48.72 1:04.04	2300m: 24:52.62 1:05.68	3600m: 39:10.76 1:05.94	4900m: 53:24.09 1:05.77	
1100m: 11:51.02 1:03.78	2400m: 25:58.27 1:05.65	3700m: 40:16.63 1:05.87	5000m: 54:27.69 1:03.60	
1200m: 12:56.79 1:04.29	2500m: 27:04.42 1:06.15	3800m: 41:22.73 1:06.10		
1300m: 14:01.27 1:04.48	2600m: 28:10.33 1:05.91	3900m: 42:28.73 1:06.00		
2. SANTO Filipe Miguel	00	Benfica	<b>55:01.55</b>	680
100m: 1:04.43 1:04.43	1400m: 15:06.32 1:05.01	2700m: 29:16.68 1:06.23	4000m: 43:54.15 1:07.40	
200m: 2:09.77 1:05.34	1500m: 16:11.73 1:05.41	2800m: 30:23.15 1:06.47	4100m: 45:01.23 1:07.08	
300m: 3:14.79 1:05.02	1600m: 17:17.32 1:05.59	2900m: 31:29.90 1:06.75	4200m: 46:08.13 1:06.90	
400m: 4:19.60 1:04.81	1700m: 18:22.92 1:05.60	3000m: 32:36.95 1:07.05	4300m: 47:15.40 1:07.27	
500m: 5:24.60 1:05.00	1800m: 19:28.88 1:05.96	3100m: 33:44.15 1:07.20	4400m: 48:22.70 1:07.30	
600m: 6:28.95 1:04.35	1900m: 20:34.40 1:05.52	3200m: 34:52.37 1:08.22	4500m: 49:29.65 1:06.95	
700m: 7:33.45 1:04.50	2000m: 21:39.27 1:04.87	3300m: 36:00.35 1:07.98	4600m: 50:36.94 1:07.29	
800m: 8:37.92 1:04.47	2100m: 22:44.22 1:04.95	3400m: 37:08.26 1:07.91	4700m: 51:44.02 1:07.08	
900m: 9:42.20 1:04.28	2200m: 23:48.96 1:04.74	3500m: 38:16.12 1:07.86	4800m: 52:51.37 1:07.35	
1000m: 10:46.83 1:04.63	2300m: 24:53.85 1:04.89	3600m: 39:23.99 1:07.87	4900m: 53:57.60 1:06.23	
1100m: 11:51.02 1:04.19	2400m: 25:58.85 1:05.00	3700m: 40:31.27 1:07.28	5000m: 55:01.55 1:03.95	
1200m: 12:56.11 1:05.09	2500m: 27:04.25 1:05.40	3800m: 41:39.20 1:07.93		
1300m: 14:01.31 1:05.20	2600m: 28:10.45 1:06.20	3900m: 42:46.75 1:07.55		
3. CARVALHO Jose Paula	98	Uniao Piedense	<b>55:20.14</b>	668
100m: 1:04.85 1:04.85	1400m: 15:20.27 1:05.76	2700m: 29:48.69 1:07.57	4000m: 44:20.56 1:06.52	
200m: 2:10.59 1:05.74	1500m: 16:26.09 1:05.82	2800m: 30:55.92 1:07.23	4100m: 45:26.71 1:06.15	
300m: 3:16.70 1:06.11	1600m: 17:31.90 1:05.81	2900m: 32:03.09 1:07.17	4200m: 46:33.24 1:06.53	
400m: 4:22.44 1:05.74	1700m: 18:38.24 1:06.34	3000m: 33:10.36 1:07.27	4300m: 47:39.68 1:06.44	
500m: 5:27.96 1:05.52	1800m: 19:44.41 1:06.17	3100m: 34:17.11 1:06.75	4400m: 48:45.85 1:06.17	
600m: 6:33.89 1:05.93	1900m: 20:51.52 1:07.11	3200m: 35:23.61 1:06.50	4500m: 49:52.03 1:06.18	
700m: 7:39.87 1:05.98	2000m: 21:58.33 1:06.81	3300m: 36:30.48 1:06.87	4600m: 50:57.73 1:05.70	
800m: 8:45.69 1:05.82	2100m: 23:04.75 1:06.42	3400m: 37:38.12 1:07.64	4700m: 52:03.32 1:05.59	
900m: 9:51.89 1:06.20	2200m: 24:11.98 1:07.23	3500m: 38:45.38 1:07.26	4800m: 53:09.49 1:06.17	
1000m: 10:57.70 1:05.81	2300m: 25:19.25 1:07.27	3600m: 39:52.64 1:07.26	4900m: 54:15.28 1:05.79	
1100m: 12:03.34 1:05.64	2400m: 26:26.44 1:07.19	3700m: 41:00.20 1:07.56	5000m: 55:20.14 1:04.86	
1200m: 13:08.78 1:05.44	2500m: 27:33.75 1:07.31	3800m: 42:07.33 1:07.13		
1300m: 14:14.51 1:05.73	2600m: 28:41.12 1:07.37	3900m: 43:14.04 1:06.71		

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	<b>CARDOSO Diogo Santos</b>	01	Colegio Monte Maior	<b>55:30.77</b>		<b>662</b>	
	100m: 1:09.03 1:09.03	1400m: 15:50.62 1:06.41	2700m: 30:20.56 1:06.50	4000m: 44:40.77 1:06.13			
	200m: 2:18.96 1:09.93	1500m: 16:57.61 1:06.99	2800m: 31:26.76 1:06.20	4100m: 45:46.60 1:05.83			
	300m: 3:27.78 1:08.82	1600m: 18:04.22 1:06.61	2900m: 32:33.23 1:06.47	4200m: 46:51.50 1:04.90			
	400m: 4:37.12 1:09.34	1700m: 19:11.43 1:07.21	3000m: 33:39.86 1:06.63	4300m: 47:56.63 1:05.13			
	500m: 5:45.21 1:08.09	1800m: 20:18.04 1:06.61	3100m: 34:46.13 1:06.27	4400m: 49:02.33 1:05.70			
	600m: 6:53.03 1:07.82	1900m: 21:24.76 1:06.72	3200m: 35:52.25 1:06.12	4500m: 50:08.04 1:05.71			
	700m: 8:00.17 1:07.14	2000m: 22:31.55 1:06.79	3300m: 36:58.60 1:06.35	4600m: 51:13.57 1:05.53			
	800m: 9:07.56 1:07.39	2100m: 23:38.83 1:07.28	3400m: 38:05.05 1:06.45	4700m: 52:18.95 1:05.38			
	900m: 10:14.84 1:07.28	2200m: 24:45.68 1:06.85	3500m: 39:11.09 1:06.04	4800m: 53:23.87 1:04.92			
	1000m: 11:22.40 1:07.56	2300m: 25:52.93 1:07.25	3600m: 40:17.22 1:06.13	4900m: 54:28.58 1:04.71			
	1100m: 12:29.57 1:07.17	2400m: 26:59.83 1:06.90	3700m: 41:22.82 1:05.60	5000m: 55:30.77 1:02.19			
	1200m: 13:37.10 1:07.53	2500m: 28:07.41 1:07.58	3800m: 42:28.72 1:05.90				
	1300m: 14:44.21 1:07.11	2600m: 29:14.06 1:06.65	3900m: 43:34.64 1:05.92				
5.	<b>CAILLE Dany Pedro</b>	00	Braga	<b>56:12.32</b>		<b>638</b>	
	100m: 1:06.30 1:06.30	1400m: 15:34.81 1:06.72	2700m: 30:08.29 1:07.60	4000m: 44:51.43 1:07.79			
	200m: 2:13.47 1:07.17	1500m: 16:41.33 1:06.52	2800m: 31:16.03 1:07.74	4100m: 45:59.09 1:07.66			
	300m: 3:20.45 1:06.98	1600m: 17:48.07 1:06.74	2900m: 32:23.84 1:07.81	4200m: 47:07.04 1:07.95			
	400m: 4:27.50 1:07.05	1700m: 18:55.37 1:07.30	3000m: 33:31.89 1:08.05	4300m: 48:15.50 1:08.46			
	500m: 5:34.24 1:06.74	1800m: 20:02.61 1:07.24	3100m: 34:39.76 1:07.87	4400m: 49:24.38 1:08.88			
	600m: 6:40.97 1:06.73	1900m: 21:09.83 1:07.22	3200m: 35:47.17 1:07.41	4500m: 50:32.95 1:08.57			
	700m: 7:47.79 1:06.82	2000m: 22:16.95 1:07.12	3300m: 36:55.62 1:08.45	4600m: 51:41.75 1:08.80			
	800m: 8:54.73 1:06.94	2100m: 23:24.11 1:07.16	3400m: 38:04.27 1:08.65	4700m: 52:50.29 1:08.54			
	900m: 10:01.95 1:07.22	2200m: 24:31.69 1:07.58	3500m: 39:11.61 1:07.34	4800m: 53:58.66 1:08.37			
	1000m: 11:08.65 1:06.70	2300m: 25:38.98 1:07.29	3600m: 40:19.21 1:07.60	4900m: 55:07.00 1:08.34			
	1100m: 12:15.50 1:06.85	2400m: 26:46.03 1:07.05	3700m: 41:27.20 1:07.99	5000m: 56:12.32 1:05.32			
	1200m: 13:21.87 1:06.37	2500m: 27:53.09 1:07.06	3800m: 42:35.53 1:08.33				
	1300m: 14:28.09 1:06.22	2600m: 29:00.69 1:07.60	3900m: 43:43.64 1:08.11				
6.	<b>GIL Rafael Lourenco</b>	96	Individual ANL	<b>56:13.38</b>		<b>637</b>	
	100m: 1:04.91 1:04.91	1400m: 15:21.94 1:06.83	2700m: 30:02.27 1:08.52	4000m: 44:50.34 1:08.34			
	200m: 2:10.86 1:05.95	1500m: 16:28.94 1:07.00	2800m: 31:10.30 1:08.03	4100m: 45:58.68 1:08.34			
	300m: 3:16.18 1:05.32	1600m: 17:35.67 1:06.73	2900m: 32:18.73 1:08.43	4200m: 47:07.25 1:08.57			
	400m: 4:21.75 1:05.57	1700m: 18:42.39 1:06.72	3000m: 33:26.99 1:08.26	4300m: 48:16.01 1:08.76			
	500m: 5:27.24 1:05.49	1800m: 19:49.25 1:06.86	3100m: 34:35.16 1:08.17	4400m: 49:25.27 1:09.26			
	600m: 6:32.60 1:05.36	1900m: 20:56.52 1:07.27	3200m: 35:43.45 1:08.29	4500m: 50:33.98 1:08.71			
	700m: 7:38.16 1:05.56	2000m: 22:04.39 1:07.87	3300m: 36:51.16 1:07.71	4600m: 51:43.20 1:09.22			
	800m: 8:43.98 1:05.82	2100m: 23:12.33 1:07.94	3400m: 37:59.19 1:08.03	4700m: 52:52.05 1:08.85			
	900m: 9:49.67 1:05.69	2200m: 24:20.37 1:08.04	3500m: 39:07.32 1:08.13	4800m: 54:00.21 1:08.16			
	1000m: 10:55.87 1:06.20	2300m: 25:28.53 1:08.16	3600m: 40:16.44 1:09.12	4900m: 55:07.50 1:07.29			
	1100m: 12:02.12 1:06.25	2400m: 26:36.92 1:08.39	3700m: 41:24.23 1:07.79	5000m: 56:13.38 1:05.88			
	1200m: 13:08.66 1:06.54	2500m: 27:45.33 1:08.41	3800m: 42:32.66 1:08.43				
	1300m: 14:15.11 1:06.45	2600m: 28:53.75 1:08.42	3900m: 43:42.00 1:09.34				
7.	<b>CAMPOS Tiago Filipe</b>	99	Rio Maior	<b>56:18.03</b>		<b>634</b>	
	100m: 1:05.02 1:05.02	1400m: 15:24.68 1:06.53	2700m: 30:02.32 1:08.20	4000m: 44:56.84 1:09.02			
	200m: 2:11.12 1:06.10	1500m: 16:31.98 1:07.30	2800m: 31:10.65 1:08.33	4100m: 46:06.40 1:09.56			
	300m: 3:16.91 1:05.79	1600m: 17:38.95 1:06.97	2900m: 32:18.19 1:07.54	4200m: 47:15.69 1:09.29			
	400m: 4:22.89 1:05.98	1700m: 18:46.44 1:07.49	3000m: 33:26.29 1:08.10	4300m: 48:24.67 1:08.98			
	500m: 5:28.83 1:05.94	1800m: 19:53.98 1:07.54	3100m: 34:35.04 1:08.75	4400m: 49:33.72 1:09.05			
	600m: 6:35.20 1:06.37	1900m: 21:01.52 1:07.54	3200m: 35:44.24 1:09.20	4500m: 50:42.09 1:08.37			
	700m: 7:41.49 1:06.29	2000m: 22:09.35 1:07.83	3300m: 36:52.75 1:08.51	4600m: 51:50.66 1:08.57			
	800m: 8:47.67 1:06.18	2100m: 23:17.14 1:07.79	3400m: 38:01.63 1:08.88	4700m: 52:58.49 1:07.83			
	900m: 9:54.16 1:06.49	2200m: 24:24.87 1:07.73	3500m: 39:11.25 1:09.62	4800m: 54:06.96 1:08.47			
	1000m: 11:00.21 1:06.05	2300m: 25:32.00 1:07.13	3600m: 40:20.44 1:09.19	4900m: 55:14.20 1:07.24			
	1100m: 12:05.94 1:05.73	2400m: 26:39.39 1:07.39	3700m: 41:29.70 1:09.26	5000m: 56:18.03 1:03.83			
	1200m: 13:12.15 1:06.21	2500m: 27:46.67 1:07.28	3800m: 42:38.85 1:09.15				
	1300m: 14:18.15 1:06.00	2600m: 28:54.12 1:07.45	3900m: 43:47.82 1:08.97				

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	<b>NUNES Diogo Barbosa</b>	00	<b>Fluvial Portuense</b>	<b>57:05.32</b>		<b>608</b>	
	100m: 1:06.53 1:06.53	1400m: 15:38.87 1:08.07	2700m: 30:39.91 1:10.28	4000m: 45:35.23 1:10.23			
	200m: 2:13.32 1:06.79	1500m: 16:47.13 1:08.26	2800m: 31:49.62 1:09.71	4100m: 46:43.97 1:08.74			
	300m: 3:20.07 1:06.75	1600m: 17:56.22 1:09.09	2900m: 32:58.86 1:09.24	4200m: 47:53.58 1:09.61			
	400m: 4:26.72 1:06.65	1700m: 19:04.60 1:08.38	3000m: 34:08.53 1:09.67	4300m: 49:03.06 1:09.48			
	500m: 5:33.73 1:07.01	1800m: 20:13.20 1:08.60	3100m: 35:17.73 1:09.20	4400m: 50:12.44 1:09.38			
	600m: 6:40.24 1:06.51	1900m: 21:22.68 1:09.48	3200m: 36:26.74 1:09.01	4500m: 51:21.93 1:09.49			
	700m: 7:47.43 1:07.19	2000m: 22:32.06 1:09.38	3300m: 37:35.40 1:08.66	4600m: 52:31.15 1:09.22			
	800m: 8:54.58 1:07.15	2100m: 23:41.93 1:09.87	3400m: 38:43.92 1:08.52	4700m: 53:40.57 1:09.42			
	900m: 10:01.48 1:06.90	2200m: 24:51.61 1:09.68	3500m: 39:52.03 1:08.11	4800m: 54:49.11 1:08.54			
	1000m: 11:08.78 1:07.30	2300m: 26:00.51 1:08.90	3600m: 40:59.62 1:07.59	4900m: 55:58.19 1:09.08			
	1100m: 12:16.24 1:07.46	2400m: 27:10.69 1:10.18	3700m: 42:07.78 1:08.16	5000m: 57:05.32 1:07.13			
	1200m: 13:23.21 1:06.97	2500m: 28:20.27 1:09.58	3800m: 43:16.22 1:08.44				
	1300m: 14:30.80 1:07.59	2600m: 29:29.63 1:09.36	3900m: 44:25.00 1:08.78				
9.	<b>SILVA Pedro Miguel</b>	94	<b>Colegio Monte Maior</b>	<b>57:24.48</b>		<b>598</b>	
	100m: 1:09.81 1:09.81	1400m: 16:00.76 1:07.86	2700m: 30:46.78 1:08.24	4000m: 45:44.93 1:10.03			
	200m: 2:19.22 1:09.41	1500m: 17:08.82 1:08.06	2800m: 31:55.65 1:08.87	4100m: 46:54.83 1:09.90			
	300m: 3:28.32 1:09.10	1600m: 18:16.95 1:08.13	2900m: 33:04.00 1:08.35	4200m: 48:05.19 1:10.36			
	400m: 4:38.19 1:09.87	1700m: 19:25.59 1:08.64	3000m: 34:12.69 1:08.69	4300m: 49:15.02 1:09.83			
	500m: 5:46.76 1:08.57	1800m: 20:33.52 1:07.93	3100m: 35:21.09 1:08.40	4400m: 50:25.31 1:10.29			
	600m: 6:55.01 1:08.25	1900m: 21:41.41 1:07.89	3200m: 36:29.97 1:08.88	4500m: 51:35.12 1:09.81			
	700m: 8:03.25 1:08.24	2000m: 22:50.16 1:08.75	3300m: 37:39.68 1:09.71	4600m: 52:44.90 1:09.78			
	800m: 9:11.27 1:08.02	2100m: 23:58.06 1:07.90	3400m: 38:48.40 1:08.72	4700m: 53:55.32 1:10.42			
	900m: 10:19.13 1:07.86	2200m: 25:05.63 1:07.57	3500m: 39:58.03 1:09.63	4800m: 55:05.11 1:09.79			
	1000m: 11:28.07 1:08.94	2300m: 26:14.18 1:08.55	3600m: 41:07.60 1:09.57	4900m: 56:14.77 1:09.66			
	1100m: 12:36.89 1:08.82	2400m: 27:22.04 1:07.86	3700m: 42:16.38 1:08.78	5000m: 57:24.48 1:09.71			
	1200m: 13:44.63 1:07.74	2500m: 28:30.60 1:08.56	3800m: 43:25.56 1:09.18				
	1300m: 14:52.90 1:08.27	2600m: 29:38.54 1:07.94	3900m: 44:34.90 1:09.34				
10.	<b>JOSE Diogo Coelho</b>	01	<b>Columbifila Cantanhedense</b>	<b>57:33.27</b>		<b>594</b>	
	100m: 1:05.74 1:05.74	1400m: 15:46.89 1:09.23	2700m: 30:56.28 1:10.59	4000m: 45:59.56 1:08.75			
	200m: 2:11.96 1:06.22	1500m: 16:56.29 1:09.40	2800m: 32:06.84 1:10.56	4100m: 47:09.34 1:09.78			
	300m: 3:18.44 1:06.48	1600m: 18:05.62 1:09.33	2900m: 33:17.47 1:10.63	4200m: 48:18.00 1:08.66			
	400m: 4:24.98 1:06.54	1700m: 19:15.24 1:09.62	3000m: 34:28.07 1:10.60	4300m: 49:28.14 1:10.14			
	500m: 5:32.00 1:07.02	1800m: 20:24.91 1:09.67	3100m: 35:38.66 1:10.59	4400m: 50:38.32 1:10.18			
	600m: 6:39.60 1:07.60	1900m: 21:35.25 1:10.34	3200m: 36:48.38 1:09.72	4500m: 51:48.62 1:10.30			
	700m: 7:47.44 1:07.84	2000m: 22:45.56 1:10.31	3300m: 37:58.19 1:09.81	4600m: 52:58.40 1:09.78			
	800m: 8:55.30 1:07.86	2100m: 23:55.11 1:09.55	3400m: 39:07.28 1:09.09	4700m: 54:07.51 1:09.11			
	900m: 10:02.95 1:07.65	2200m: 25:05.26 1:10.15	3500m: 40:16.24 1:08.96	4800m: 55:16.40 1:08.89			
	1000m: 11:11.27 1:08.32	2300m: 26:15.19 1:09.93	3600m: 41:24.54 1:08.30	4900m: 56:25.22 1:08.82			
	1100m: 12:19.73 1:08.46	2400m: 27:25.57 1:10.38	3700m: 42:33.11 1:08.57	5000m: 57:33.27 1:08.05			
	1200m: 13:28.42 1:08.69	2500m: 28:35.98 1:10.41	3800m: 43:41.99 1:08.88				
	1300m: 14:37.66 1:09.24	2600m: 29:45.69 1:09.71	3900m: 44:50.81 1:08.82				
11.	<b>BASTOS Lucas Pereira</b>	00	<b>Nautico Academico</b>	<b>57:43.28</b>		<b>589</b>	
	100m: 1:07.55 1:07.55	1400m: 16:20.45 1:09.57	2700m: 31:18.85 1:09.60	4000m: 46:19.22 1:09.80			
	200m: 2:17.39 1:09.84	1500m: 17:29.33 1:08.88	2800m: 32:28.44 1:09.59	4100m: 47:27.82 1:08.60			
	300m: 3:27.26 1:09.87	1600m: 18:38.25 1:08.92	2900m: 33:37.94 1:09.50	4200m: 48:36.56 1:08.74			
	400m: 4:37.97 1:10.71	1700m: 19:47.46 1:09.21	3000m: 34:47.39 1:09.45	4300m: 49:44.97 1:08.41			
	500m: 5:48.76 1:10.79	1800m: 20:56.50 1:09.04	3100m: 35:56.23 1:08.84	4400m: 50:53.36 1:08.39			
	600m: 6:59.77 1:11.01	1900m: 22:05.67 1:09.17	3200m: 37:05.59 1:09.36	4500m: 52:01.31 1:07.95			
	700m: 8:10.59 1:10.82	2000m: 23:15.00 1:09.33	3300m: 38:14.37 1:08.78	4600m: 53:09.61 1:08.30			
	800m: 9:20.94 1:10.35	2100m: 24:23.95 1:08.95	3400m: 39:23.34 1:08.97	4700m: 54:18.46 1:08.85			
	900m: 10:31.33 1:10.39	2200m: 25:32.87 1:08.92	3500m: 40:32.54 1:09.20	4800m: 55:27.30 1:08.84			
	1000m: 11:41.79 1:10.46	2300m: 26:41.73 1:08.86	3600m: 41:41.44 1:08.90	4900m: 56:35.61 1:08.31			
	1100m: 12:52.18 1:10.39	2400m: 27:50.65 1:08.92	3700m: 42:50.54 1:09.10	5000m: 57:43.28 1:07.67			
	1200m: 14:01.36 1:09.18	2500m: 28:59.89 1:09.24	3800m: 43:59.78 1:09.24				
	1300m: 15:10.88 1:09.52	2600m: 30:09.25 1:09.36	3900m: 45:09.42 1:09.64				

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	FROTA Paulo Andre	02	CASP AE	<b>57:59.57</b>		<b>580</b>	
	100m: 1:07.28 1:07.28	1400m: 15:54.67 1:08.97	2700m: 30:57.96 1:09.71	4000m: 46:08.61 1:10.21			
	200m: 2:14.49 1:07.21	1500m: 17:03.42 1:08.75	2800m: 32:07.61 1:09.65	4100m: 47:18.98 1:10.37			
	300m: 3:21.87 1:07.38	1600m: 18:12.97 1:09.55	2900m: 33:17.44 1:09.83	4200m: 48:29.57 1:10.59			
	400m: 4:30.32 1:08.45	1700m: 19:22.10 1:09.13	3000m: 34:27.38 1:09.94	4300m: 49:40.90 1:11.33			
	500m: 5:38.42 1:08.10	1800m: 20:31.79 1:09.69	3100m: 35:37.59 1:10.21	4400m: 50:52.02 1:11.12			
	600m: 6:45.99 1:07.57	1900m: 21:40.85 1:09.06	3200m: 36:47.79 1:10.20	4500m: 52:02.53 1:10.51			
	700m: 7:54.08 1:08.09	2000m: 22:50.22 1:09.37	3300m: 37:57.22 1:09.43	4600m: 53:14.08 1:11.55			
	800m: 9:02.71 1:08.63	2100m: 24:00.15 1:09.93	3400m: 39:07.52 1:10.30	4700m: 54:25.72 1:11.64			
	900m: 10:11.53 1:08.82	2200m: 25:09.97 1:09.82	3500m: 40:17.65 1:10.13	4800m: 55:37.84 1:12.12			
	1000m: 11:19.82 1:08.29	2300m: 26:19.63 1:09.66	3600m: 41:27.35 1:09.70	4900m: 56:49.90 1:12.06			
	1100m: 12:28.44 1:08.62	2400m: 27:29.12 1:09.49	3700m: 42:37.77 1:10.42	5000m: 57:59.57 1:09.67			
	1200m: 13:36.79 1:08.35	2500m: 28:38.78 1:09.66	3800m: 43:47.89 1:10.12				
	1300m: 14:45.70 1:08.91	2600m: 29:48.25 1:09.47	3900m: 44:58.40 1:10.51				
13.	AMORIM Ivan Emanuel	02	Fluvial Portuense	<b>58:26.20</b>		<b>567</b>	
	100m: 1:08.34 1:08.34	1400m: 16:15.44 1:09.80	2700m: 31:26.76 1:10.04	4000m: 46:44.76 1:11.03			
	200m: 2:17.42 1:09.08	1500m: 17:25.24 1:09.80	2800m: 32:36.82 1:10.06	4100m: 47:55.02 1:10.26			
	300m: 3:27.03 1:09.61	1600m: 18:34.96 1:09.72	2900m: 33:46.82 1:10.00	4200m: 49:06.25 1:11.23			
	400m: 4:36.75 1:09.72	1700m: 19:44.63 1:09.67	3000m: 34:56.97 1:10.15	4300m: 50:16.88 1:10.63			
	500m: 5:46.41 1:09.66	1800m: 20:54.44 1:09.81	3100m: 36:07.29 1:10.32	4400m: 51:27.83 1:10.95			
	600m: 6:56.04 1:09.63	1900m: 22:04.53 1:10.09	3200m: 37:17.48 1:10.19	4500m: 52:38.47 1:10.64			
	700m: 8:05.86 1:09.82	2000m: 23:14.57 1:10.04	3300m: 38:28.05 1:10.57	4600m: 53:49.14 1:10.67			
	800m: 9:15.83 1:09.97	2100m: 24:24.23 1:09.66	3400m: 39:38.63 1:10.58	4700m: 54:59.29 1:10.15			
	900m: 10:26.21 1:10.38	2200m: 25:34.39 1:10.16	3500m: 40:49.17 1:10.54	4800m: 56:09.38 1:10.09			
	1000m: 11:36.24 1:10.03	2300m: 26:44.75 1:10.36	3600m: 41:59.95 1:10.78	4900m: 57:19.26 1:09.88			
	1100m: 12:46.06 1:09.82	2400m: 27:55.34 1:10.59	3700m: 43:11.70 1:11.75	5000m: 58:26.20 1:06.94			
	1200m: 13:55.64 1:09.58	2500m: 29:06.39 1:11.05	3800m: 44:22.64 1:10.94				
	1300m: 15:05.64 1:10.00	2600m: 30:16.72 1:10.33	3900m: 45:33.73 1:11.09				
14.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	<b>59:32.58</b>		<b>536</b>	
	100m: 1:09.39 1:09.39	1400m: 16:15.86 1:09.85	2700m: 31:47.97 1:11.42	4000m: 47:28.02 1:13.02			
	200m: 2:19.62 1:10.23	1500m: 17:25.68 1:09.82	2800m: 32:59.73 1:11.76	4100m: 48:41.41 1:13.39			
	300m: 3:29.27 1:09.65	1600m: 18:35.85 1:10.17	2900m: 34:11.96 1:12.23	4200m: 49:54.29 1:12.88			
	400m: 4:39.88 1:10.61	1700m: 19:45.21 1:09.36	3000m: 35:24.34 1:12.38	4300m: 51:07.50 1:13.21			
	500m: 5:49.08 1:09.20	1800m: 20:56.41 1:11.20	3100m: 36:37.14 1:12.80	4400m: 52:21.25 1:13.75			
	600m: 6:58.44 1:09.36	1900m: 22:08.77 1:12.36	3200m: 37:50.15 1:13.01	4500m: 53:34.19 1:12.94			
	700m: 8:07.91 1:09.47	2000m: 23:21.72 1:12.95	3300m: 39:03.18 1:13.03	4600m: 54:46.15 1:11.96			
	800m: 9:17.38 1:09.47	2100m: 24:34.83 1:13.11	3400m: 40:16.53 1:13.35	4700m: 55:57.70 1:11.55			
	900m: 10:27.17 1:09.79	2200m: 25:48.13 1:13.30	3500m: 41:27.91 1:11.38	4800m: 57:09.00 1:11.30			
	1000m: 11:36.86 1:09.69	2300m: 27:00.61 1:12.48	3600m: 42:38.31 1:10.40	4900m: 58:21.04 1:12.04			
	1100m: 12:46.54 1:09.68	2400m: 28:12.86 1:12.25	3700m: 43:50.13 1:11.82	5000m: 59:32.58 1:11.54			
	1200m: 13:56.35 1:09.81	2500m: 29:24.32 1:11.46	3800m: 45:02.52 1:12.39				
	1300m: 15:06.01 1:09.66	2600m: 30:36.55 1:12.23	3900m: 46:15.00 1:12.48				
15.	BARBARA Goncalo Gualberto	00	Rio Maior	<b>59:36.63</b>		<b>534</b>	
	100m: 1:11.13 1:11.13	1400m: 16:36.49 1:11.38	2700m: 32:06.17 1:12.35	4000m: 47:38.51 1:11.56			
	200m: 2:22.62 1:11.49	1500m: 17:48.24 1:11.75	2800m: 33:18.18 1:12.01	4100m: 48:50.79 1:12.28			
	300m: 3:33.87 1:11.25	1600m: 18:58.91 1:10.67	2900m: 34:29.99 1:11.81	4200m: 50:02.49 1:11.70			
	400m: 4:46.07 1:12.20	1700m: 20:10.27 1:11.36	3000m: 35:42.45 1:12.46	4300m: 51:14.33 1:11.84			
	500m: 5:57.95 1:11.88	1800m: 21:21.75 1:11.48	3100m: 36:54.59 1:12.14	4400m: 52:26.71 1:12.38			
	600m: 7:09.36 1:11.41	1900m: 22:32.95 1:11.20	3200m: 38:06.31 1:11.72	4500m: 53:38.59 1:11.88			
	700m: 8:20.62 1:11.26	2000m: 23:44.70 1:11.75	3300m: 39:17.81 1:11.50	4600m: 54:50.56 1:11.97			
	800m: 9:31.57 1:10.95	2100m: 24:56.00 1:11.30	3400m: 40:29.20 1:11.39	4700m: 56:02.50 1:11.94			
	900m: 10:42.30 1:10.73	2200m: 26:07.30 1:11.30	3500m: 41:40.72 1:11.52	4800m: 57:14.45 1:11.95			
	1000m: 11:52.65 1:10.35	2300m: 27:18.47 1:11.17	3600m: 42:52.25 1:11.53	4900m: 58:26.00 1:11.55			
	1100m: 13:02.97 1:10.32	2400m: 28:30.15 1:11.68	3700m: 44:03.75 1:11.50	5000m: 59:36.63 1:10.63			
	1200m: 14:13.98 1:11.01	2500m: 29:41.83 1:11.68	3800m: 45:15.44 1:11.69				
	1300m: 15:25.11 1:11.13	2600m: 30:53.82 1:11.99	3900m: 46:26.95 1:11.51				

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	<b>GASPAR Miguel Caridade</b>	99	Academica de Coimbra	<b>59:51.08</b>		<b>528</b>	
	100m: 1:10.07 1:10.07	1400m: 16:38.98 1:11.28	2700m: 32:10.50 1:12.34	4000m: 47:50.41 1:12.81			
	200m: 2:21.24 1:11.17	1500m: 17:50.57 1:11.59	2800m: 33:22.75 1:12.25	4100m: 49:02.75 1:12.34			
	300m: 3:32.65 1:11.41	1600m: 19:01.92 1:11.35	2900m: 34:34.93 1:12.18	4200m: 50:15.44 1:12.69			
	400m: 4:44.21 1:11.56	1700m: 20:13.76 1:11.84	3000m: 35:47.35 1:12.42	4300m: 51:27.53 1:12.09			
	500m: 5:55.84 1:11.63	1800m: 21:25.34 1:11.58	3100m: 36:58.75 1:11.40	4400m: 52:39.70 1:12.17			
	600m: 7:07.19 1:11.35	1900m: 22:36.99 1:11.65	3200m: 38:10.91 1:12.16	4500m: 53:51.95 1:12.25			
	700m: 8:18.80 1:11.61	2000m: 23:48.50 1:11.51	3300m: 39:22.88 1:11.97	4600m: 55:04.54 1:12.59			
	800m: 9:30.29 1:11.49	2100m: 24:59.02 1:10.52	3400m: 40:34.99 1:12.11	4700m: 56:16.49 1:11.95			
	900m: 10:41.76 1:11.47	2200m: 26:10.91 1:11.89	3500m: 41:47.36 1:12.37	4800m: 57:28.82 1:12.33			
	1000m: 11:53.43 1:11.67	2300m: 27:22.57 1:11.66	3600m: 42:59.50 1:12.14	4900m: 58:39.94 1:11.12			
	1100m: 13:05.02 1:11.59	2400m: 28:34.48 1:11.91	3700m: 44:12.31 1:12.81	5000m: 59:51.08 1:11.14			
	1200m: 14:16.30 1:11.28	2500m: 29:46.30 1:11.82	3800m: 45:25.18 1:12.87				
	1300m: 15:27.70 1:11.40	2600m: 30:58.16 1:11.86	3900m: 46:37.60 1:12.42				
17.	<b>CRISTINO David Matias</b>	01	Uniao Piedense	<b>1:00:00.06</b>		<b>524</b>	
	100m: 1:07.65 1:07.65	1400m: 16:19.58 1:11.90	2700m: 32:06.32 1:13.81	4000m: 47:57.57 1:14.20			
	200m: 2:16.75 1:09.10	1500m: 17:30.06 1:10.48	2800m: 33:18.25 1:11.93	4100m: 49:10.66 1:13.09			
	300m: 3:25.48 1:08.73	1600m: 18:41.97 1:11.91	2900m: 34:29.84 1:11.59	4200m: 50:23.58 1:12.92			
	400m: 4:35.29 1:09.81	1700m: 19:53.36 1:11.39	3000m: 35:41.76 1:11.92	4300m: 51:37.08 1:13.50			
	500m: 5:44.80 1:09.51	1800m: 21:05.40 1:12.04	3100m: 36:53.96 1:12.20	4400m: 52:49.72 1:12.64			
	600m: 6:54.86 1:10.06	1900m: 22:18.16 1:12.76	3200m: 38:06.16 1:12.20	4500m: 54:03.39 1:13.67			
	700m: 8:04.65 1:09.79	2000m: 23:31.15 1:12.99	3300m: 39:19.33 1:13.17	4600m: 55:16.87 1:13.48			
	800m: 9:15.06 1:10.41	2100m: 24:44.92 1:13.77	3400m: 40:32.79 1:13.46	4700m: 56:29.37 1:12.50			
	900m: 10:25.35 1:10.29	2200m: 25:57.67 1:12.75	3500m: 41:46.53 1:13.74	4800m: 57:40.79 1:11.42			
	1000m: 11:35.64 1:10.29	2300m: 27:11.74 1:14.07	3600m: 43:01.84 1:15.31	4900m: 58:51.82 1:11.03			
	1100m: 12:45.87 1:10.23	2400m: 28:24.64 1:12.90	3700m: 44:16.81 1:14.97	5000m: 1:00:00.06 1:08.24			
	1200m: 13:56.96 1:11.09	2500m: 29:38.02 1:13.38	3800m: 45:30.21 1:13.40				
	1300m: 15:07.68 1:10.72	2600m: 30:52.51 1:14.49	3900m: 46:43.37 1:13.16				
18.	<b>TRAVASSOS Rodrigo Alexanc02</b>	CASP AE		<b>1:02:05.51</b>		<b>473</b>	
	100m: 1:07.90 1:07.90	1400m: 16:45.72 1:14.70	2700m: 32:57.34 1:16.59	4000m: 49:26.53 1:16.83			
	200m: 2:17.47 1:09.57	1500m: 17:59.86 1:14.14	2800m: 34:13.11 1:15.77	4100m: 50:43.24 1:16.71			
	300m: 3:27.49 1:10.02	1600m: 19:14.77 1:14.91	2900m: 35:29.63 1:16.52	4200m: 52:00.27 1:17.03			
	400m: 4:37.52 1:10.03	1700m: 20:29.21 1:14.44	3000m: 36:46.57 1:16.94	4300m: 53:16.67 1:16.40			
	500m: 5:48.41 1:10.89	1800m: 21:43.57 1:14.36	3100m: 38:02.77 1:16.20	4400m: 54:32.85 1:16.18			
	600m: 6:59.55 1:11.14	1900m: 22:57.67 1:14.10	3200m: 39:18.32 1:15.55	4500m: 55:49.60 1:16.75			
	700m: 8:11.36 1:11.81	2000m: 24:12.51 1:14.84	3300m: 40:34.83 1:16.51	4600m: 57:06.68 1:17.08			
	800m: 9:23.50 1:12.14	2100m: 25:25.72 1:13.21	3400m: 41:50.56 1:15.73	4700m: 58:22.57 1:15.89			
	900m: 10:36.42 1:12.92	2200m: 26:40.66 1:14.94	3500m: 43:06.60 1:16.04	4800m: 59:37.35 1:14.78			
	1000m: 11:49.53 1:13.11	2300m: 27:55.66 1:15.00	3600m: 44:22.06 1:15.46	4900m: 1:00:51.60 1:14.25			
	1100m: 13:03.21 1:13.68	2400m: 29:10.21 1:14.55	3700m: 45:37.45 1:15.39	5000m: 1:02:05.51 1:13.91			
	1200m: 14:16.71 1:13.50	2500m: 30:25.63 1:15.42	3800m: 46:53.58 1:16.13				
	1300m: 15:31.02 1:14.31	2600m: 31:40.75 1:15.12	3900m: 48:09.70 1:16.12				

Absolutos, Femin.

1.	<b>ANDRE Angelica Maria</b>	94	Fluvial Portuense	<b>56:58.19</b>		<b>735</b>	
	<i>Melhor Marca dos Campeonatos</i>						
	100m: 1:05.99 1:05.99	1100m: 12:24.89 1:07.96	2100m: 23:47.82 1:08.74	3100m: 35:15.54 1:08.68			
	200m: 2:13.45 1:07.46	1200m: 13:32.74 1:07.85	2200m: 24:56.71 1:08.89	3200m: 36:23.82 1:08.28			
	300m: 3:21.18 1:07.73	1300m: 14:40.92 1:08.18	2300m: 26:05.32 1:08.61	3300m: 37:32.11 1:08.29			
	400m: 4:29.12 1:07.94	1400m: 15:49.25 1:08.33	2400m: 27:13.77 1:08.45	3400m: 38:40.54 1:08.43			
	500m: 5:37.17 1:08.05	1500m: 16:57.42 1:08.17	2500m: 28:22.50 1:08.73	3500m: 39:48.76 1:08.22			
	600m: 6:45.10 1:07.93	1600m: 18:05.33 1:07.91	2600m: 29:30.87 1:08.37	3600m: 40:56.95 1:08.19			
	700m: 7:52.94 1:07.84	1700m: 19:13.36 1:08.03	2700m: 30:39.57 1:08.70	3700m: 42:05.60 1:08.65			
	800m: 9:00.93 1:07.99	1800m: 20:21.66 1:08.30	2800m: 31:48.96 1:09.39	3800m: 43:14.46 1:08.86			
	900m: 10:08.92 1:07.99	1900m: 21:30.33 1:08.67	2900m: 32:57.83 1:08.87	3900m: 44:23.22 1:08.76			
	1000m: 11:16.93 1:08.01	2000m: 22:39.08 1:08.75	3000m: 34:06.86 1:09.03	4000m: 45:32.51 1:09.29			



Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4100m: 46:41.47	1:08.96	4400m: 50:08.83	1:09.14	4700m: 53:35.81	1:08.72	5000m: 56:58.19	1:05.20
	4200m: 47:50.76	1:09.29	4500m: 51:18.00	1:09.17	4800m: 54:44.55	1:08.74		
	4300m: 48:59.69	1:08.93	4600m: 52:27.09	1:09.09	4900m: 55:52.99	1:08.44		
<b>2.</b>	<b>ANDRE Leticia Maia</b>	<b>02</b>	<b>Benfica</b>	<b>1:00:59.51</b>		<b>599</b>		
	100m: 1:11.24	1:11.24	1400m: 16:35.73	1:11.61	2700m: 32:17.07	1:13.43	4000m: 48:12.74	1:15.29
	200m: 2:23.73	1:12.49	1500m: 17:47.24	1:11.51	2800m: 33:30.35	1:13.28	4100m: 49:27.75	1:15.01
	300m: 3:35.08	1:11.35	1600m: 18:59.04	1:11.80	2900m: 34:43.19	1:12.84	4200m: 50:43.82	1:16.07
	400m: 4:46.07	1:10.99	1700m: 20:10.90	1:11.86	3000m: 35:56.36	1:13.17	4300m: 52:00.76	1:16.94
	500m: 5:57.24	1:11.17	1800m: 21:23.02	1:12.12	3100m: 37:08.87	1:12.51	4400m: 53:18.52	1:17.76
	600m: 7:08.28	1:11.04	1900m: 22:35.07	1:12.05	3200m: 38:21.29	1:12.42	4500m: 54:36.64	1:18.12
	700m: 8:18.81	1:10.53	2000m: 23:47.17	1:12.10	3300m: 39:34.13	1:12.84	4600m: 55:55.65	1:19.01
	800m: 9:29.03	1:10.22	2100m: 24:59.00	1:11.83	3400m: 40:47.19	1:13.06	4700m: 57:15.48	1:19.83
	900m: 10:39.56	1:10.53	2200m: 26:11.27	1:12.27	3500m: 42:00.87	1:13.68	4800m: 58:32.83	1:17.35
	1000m: 11:50.35	1:10.79	2300m: 27:24.05	1:12.78	3600m: 43:14.40	1:13.53	4900m: 59:48.04	1:15.21
	1100m: 13:01.36	1:11.01	2400m: 28:37.49	1:13.44	3700m: 44:28.19	1:13.79	5000m: 1:00:59.51	1:11.47
	1200m: 14:12.67	1:11.31	2500m: 29:51.00	1:13.51	3800m: 45:42.75	1:14.56		
	1300m: 15:24.12	1:11.45	2600m: 31:03.64	1:12.64	3900m: 46:57.45	1:14.70		
<b>3.</b>	<b>NEVES Vania Soares</b>	<b>90</b>	<b>Fluvial Portuense</b>	<b>1:01:03.37</b>		<b>597</b>		
	100m: 1:10.89	1:10.89	1400m: 16:55.65	1:13.53	2700m: 32:47.97	1:13.63	4000m: 48:46.40	1:12.79
	200m: 2:23.35	1:12.46	1500m: 18:09.03	1:13.38	2800m: 34:02.26	1:14.29	4100m: 49:59.40	1:13.00
	300m: 3:35.97	1:12.62	1600m: 19:22.52	1:13.49	2900m: 35:17.06	1:14.80	4200m: 51:12.47	1:13.07
	400m: 4:48.55	1:12.58	1700m: 20:35.49	1:12.97	3000m: 36:31.44	1:14.38	4300m: 52:26.20	1:13.73
	500m: 6:00.72	1:12.17	1800m: 21:48.51	1:13.02	3100m: 37:45.80	1:14.36	4400m: 53:40.16	1:13.96
	600m: 7:13.19	1:12.47	1900m: 23:01.27	1:12.76	3200m: 39:00.17	1:14.37	4500m: 54:54.63	1:14.47
	700m: 8:25.63	1:12.44	2000m: 24:14.11	1:12.84	3300m: 40:14.88	1:14.71	4600m: 56:08.84	1:14.21
	800m: 9:38.06	1:12.43	2100m: 25:27.06	1:12.95	3400m: 41:29.89	1:15.01	4700m: 57:24.06	1:15.22
	900m: 10:50.94	1:12.88	2200m: 26:40.43	1:13.37	3500m: 42:44.25	1:14.36	4800m: 58:37.75	1:13.69
	1000m: 12:03.92	1:12.98	2300m: 27:54.12	1:13.69	3600m: 43:56.81	1:12.56	4900m: 59:51.15	1:13.40
	1100m: 13:16.27	1:12.35	2400m: 29:07.57	1:13.45	3700m: 45:08.95	1:12.14	5000m: 1:01:03.37	1:12.22
	1200m: 14:28.94	1:12.67	2500m: 30:20.76	1:13.19	3800m: 46:21.00	1:12.05		
	1300m: 15:42.12	1:13.18	2600m: 31:34.34	1:13.58	3900m: 47:33.61	1:12.61		
<b>4.</b>	<b>FRAZAO Alexandra Couto</b>	<b>02</b>	<b>CASPAE</b>	<b>1:01:21.92</b>		<b>588</b>		
	100m: 1:08.52	1:08.52	1400m: 16:51.65	1:12.60	2700m: 32:48.87	1:13.80	4000m: 48:59.35	1:14.90
	200m: 2:19.58	1:11.06	1500m: 18:04.52	1:12.87	2800m: 34:02.69	1:13.82	4100m: 50:14.40	1:15.05
	300m: 3:30.99	1:11.41	1600m: 19:17.31	1:12.79	2900m: 35:17.31	1:14.62	4200m: 51:29.98	1:15.58
	400m: 4:42.69	1:11.70	1700m: 20:30.62	1:13.31	3000m: 36:31.61	1:14.30	4300m: 52:45.48	1:15.50
	500m: 5:54.17	1:11.48	1800m: 21:44.17	1:13.55	3100m: 37:45.97	1:14.36	4400m: 54:01.18	1:15.70
	600m: 7:06.00	1:11.83	1900m: 22:57.95	1:13.78	3200m: 39:00.39	1:14.42	4500m: 55:16.15	1:14.97
	700m: 8:18.61	1:12.61	2000m: 24:11.96	1:14.01	3300m: 40:14.99	1:14.60	4600m: 56:28.19	1:12.04
	800m: 9:31.11	1:12.50	2100m: 25:26.25	1:14.29	3400m: 41:29.93	1:14.94	4700m: 57:41.19	1:13.00
	900m: 10:43.85	1:12.74	2200m: 26:39.68	1:13.43	3500m: 42:45.22	1:15.29	4800m: 58:54.58	1:13.39
	1000m: 11:57.18	1:13.33	2300m: 27:52.93	1:13.25	3600m: 43:59.78	1:14.56	4900m: 1:00:08.10	1:13.52
	1100m: 13:10.80	1:13.62	2400m: 29:06.23	1:13.30	3700m: 45:14.92	1:15.14	5000m: 1:01:21.92	1:13.82
	1200m: 14:25.04	1:14.24	2500m: 30:20.17	1:13.94	3800m: 46:29.83	1:14.91		
	1300m: 15:39.05	1:14.01	2600m: 31:35.07	1:14.90	3900m: 47:44.45	1:14.62		
<b>5.</b>	<b>ALVES Sara Sofia</b>	<b>01</b>	<b>Columbifila Cantanhedens</b>	<b>1:01:33.39</b>		<b>582</b>		
	100m: 1:11.34	1:11.34	1300m: 15:39.51	1:12.44	2500m: 30:21.59	1:13.45	3700m: 45:14.68	1:15.00
	200m: 2:23.59	1:12.25	1400m: 16:51.72	1:12.21	2600m: 31:34.96	1:13.37	3800m: 46:29.99	1:15.31
	300m: 3:35.99	1:12.40	1500m: 18:04.69	1:12.97	2700m: 32:48.40	1:13.44	3900m: 47:44.76	1:14.77
	400m: 4:48.51	1:12.52	1600m: 19:17.81	1:13.12	2800m: 34:02.36	1:13.96	4000m: 48:59.40	1:14.64
	500m: 6:00.50	1:11.99	1700m: 20:30.78	1:12.97	2900m: 35:17.38	1:15.02	4100m: 50:14.29	1:14.89
	600m: 7:12.87	1:12.37	1800m: 21:44.84	1:14.06	3000m: 36:31.60	1:14.22	4200m: 51:30.24	1:15.95
	700m: 8:25.19	1:12.32	1900m: 22:58.39	1:13.55	3100m: 37:46.24	1:14.64	4300m: 52:45.45	1:15.21
	800m: 9:37.82	1:12.63	2000m: 24:12.50	1:14.11	3200m: 39:00.55	1:14.31	4400m: 54:01.18	1:15.73
	900m: 10:50.73	1:12.91	2100m: 25:26.73	1:14.23	3300m: 40:15.29	1:14.74	4500m: 55:16.91	1:15.73
	1000m: 12:03.29	1:12.56	2200m: 26:40.67	1:13.94	3400m: 41:30.20	1:14.91	4600m: 56:31.59	1:14.68
	1100m: 13:15.26	1:11.97	2300m: 27:54.43	1:13.76	3500m: 42:45.10	1:14.90	4700m: 57:47.20	1:15.61
	1200m: 14:27.07	1:11.81	2400m: 29:08.14	1:13.71	3600m: 43:59.68	1:14.58	4800m: 59:03.39	1:16.19

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:00:19.16 1:15.77	5000m1:01:33.39 1:14.23					
6.	<b>MENDES Mariana Amaral</b>	02	<b>Colegio Monte Maior</b>	<b>1:01:55.43</b>		<b>572</b>	
	100m: 1:11.79 1:11.79	1400m: 17:01.31 1:13.85	2700m: 33:02.74 1:14.44	4000m: 49:18.01 1:15.71			
	200m: 2:24.64 1:12.85	1500m: 18:14.99 1:13.68	2800m: 34:17.39 1:14.65	4100m: 50:33.73 1:15.72			
	300m: 3:37.37 1:12.73	1600m: 19:28.84 1:13.85	2900m: 35:32.21 1:14.82	4200m: 51:49.15 1:15.42			
	400m: 4:49.87 1:12.50	1700m: 20:42.56 1:13.72	3000m: 36:47.14 1:14.93	4300m: 53:04.96 1:15.81			
	500m: 6:02.42 1:12.55	1800m: 21:56.03 1:13.47	3100m: 38:02.13 1:14.99	4400m: 54:21.29 1:16.33			
	600m: 7:15.09 1:12.67	1900m: 23:09.69 1:13.66	3200m: 39:16.72 1:14.59	4500m: 55:37.44 1:16.15			
	700m: 8:27.80 1:12.71	2000m: 24:23.77 1:14.08	3300m: 40:31.18 1:14.46	4600m: 56:53.50 1:16.06			
	800m: 9:40.88 1:13.08	2100m: 25:37.61 1:13.84	3400m: 41:45.94 1:14.76	4700m: 58:09.65 1:16.15			
	900m: 10:53.89 1:13.01	2200m: 26:51.51 1:13.90	3500m: 43:00.94 1:15.00	4800m: 59:25.51 1:15.86			
	1000m: 12:07.17 1:13.28	2300m: 28:05.37 1:13.86	3600m: 44:16.18 1:15.24	4900m: 1:00:41.31 1:15.80			
	1100m: 13:20.62 1:13.45	2400m: 29:19.84 1:14.47	3700m: 45:31.50 1:15.32	5000m: 1:01:55.43 1:14.12			
	1200m: 14:34.15 1:13.53	2500m: 30:34.11 1:14.27	3800m: 46:46.98 1:15.48				
	1300m: 15:47.46 1:13.31	2600m: 31:48.30 1:14.19	3900m: 48:02.30 1:15.32				
7.	<b>RODRIGUES Filipa Serrano</b>	01	<b>Benfica</b>	<b>1:02:44.06</b>		<b>550</b>	
	100m: 1:11.36 1:11.36	1400m: 16:52.65 1:13.75	2700m: 33:15.69 1:16.79	4000m: 49:52.93 1:17.21			
	200m: 2:24.02 1:12.66	1500m: 18:06.77 1:14.12	2800m: 34:32.37 1:16.68	4100m: 51:10.24 1:17.31			
	300m: 3:36.53 1:12.51	1600m: 19:21.52 1:14.75	2900m: 35:49.37 1:17.00	4200m: 52:27.87 1:17.63			
	400m: 4:48.24 1:11.71	1700m: 20:37.12 1:15.60	3000m: 37:05.78 1:16.41	4300m: 53:45.89 1:18.02			
	500m: 5:59.98 1:11.74	1800m: 21:52.42 1:15.30	3100m: 38:22.29 1:16.51	4400m: 55:03.78 1:17.89			
	600m: 7:11.52 1:11.54	1900m: 23:08.00 1:15.58	3200m: 39:37.99 1:15.70	4500m: 56:21.48 1:17.70			
	700m: 8:23.01 1:11.49	2000m: 24:23.58 1:15.58	3300m: 40:53.64 1:15.65	4600m: 57:38.90 1:17.42			
	800m: 9:35.08 1:12.07	2100m: 25:39.07 1:15.49	3400m: 42:10.13 1:16.49	4700m: 58:55.54 1:16.64			
	900m: 10:47.71 1:12.63	2200m: 26:54.90 1:15.83	3500m: 43:27.52 1:17.39	4800m: 1:00:12.89 1:17.35			
	1000m: 12:00.26 1:12.55	2300m: 28:10.71 1:15.81	3600m: 44:44.65 1:17.13	4900m: 1:01:28.98 1:16.09			
	1100m: 13:12.89 1:12.63	2400m: 29:26.86 1:16.15	3700m: 46:00.82 1:16.17	5000m: 1:02:44.06 1:15.08			
	1200m: 14:25.75 1:12.86	2500m: 30:42.86 1:16.00	3800m: 47:17.87 1:17.05				
	1300m: 15:38.90 1:13.15	2600m: 31:58.90 1:16.04	3900m: 48:35.72 1:17.85				
8.	<b>MACHADO Madalena Amaro</b>	98	<b>Fluvial Portuense</b>	<b>1:03:38.93</b>		<b>527</b>	
	100m: 1:11.04 1:11.04	1400m: 17:41.42 1:16.04	2700m: 34:21.97 1:16.90	4000m: 51:02.56 1:16.49			
	200m: 2:26.41 1:15.37	1500m: 18:57.96 1:16.54	2800m: 35:39.72 1:17.75	4100m: 52:18.18 1:15.62			
	300m: 3:41.41 1:15.00	1600m: 20:14.15 1:16.19	2900m: 36:57.19 1:17.47	4200m: 53:34.94 1:16.76			
	400m: 4:57.55 1:16.14	1700m: 21:30.20 1:16.05	3000m: 38:14.34 1:17.15	4300m: 54:50.55 1:15.61			
	500m: 6:12.86 1:15.31	1800m: 22:47.29 1:17.09	3100m: 39:30.49 1:16.15	4400m: 56:06.87 1:16.32			
	600m: 7:29.10 1:16.24	1900m: 24:04.82 1:17.53	3200m: 40:47.98 1:17.49	4500m: 57:23.34 1:16.47			
	700m: 8:45.36 1:16.26	2000m: 25:22.50 1:17.68	3300m: 42:04.79 1:16.81	4600m: 58:40.56 1:17.22			
	800m: 10:02.08 1:16.72	2100m: 26:39.42 1:16.92	3400m: 43:22.50 1:17.71	4700m: 59:56.64 1:16.08			
	900m: 11:18.57 1:16.49	2200m: 27:56.94 1:17.52	3500m: 44:38.86 1:16.36	4800m: 1:01:12.44 1:15.80			
	1000m: 12:35.25 1:16.68	2300m: 29:13.96 1:17.02	3600m: 45:54.68 1:15.82	4900m: 1:02:26.96 1:14.52			
	1100m: 13:51.34 1:16.09	2400m: 30:31.20 1:17.24	3700m: 47:11.76 1:17.08	5000m: 1:03:38.93 1:11.97			
	1200m: 15:08.79 1:17.45	2500m: 31:48.82 1:17.62	3800m: 48:29.40 1:17.64				
	1300m: 16:25.38 1:16.59	2600m: 33:05.07 1:16.25	3900m: 49:46.07 1:16.67				
9.	<b>CARVALHO Eva Guerreiro</b>	99	<b>Benfica</b>	<b>1:03:41.78</b>		<b>525</b>	
	100m: 1:14.61 1:14.61	1400m: 17:44.95 1:16.27	2700m: 34:08.04 1:16.19	4000m: 50:58.21 1:18.96			
	200m: 2:30.96 1:16.35	1500m: 19:01.53 1:16.58	2800m: 35:24.72 1:16.68	4100m: 52:17.48 1:19.27			
	300m: 3:47.36 1:16.40	1600m: 20:18.07 1:16.54	2900m: 36:41.20 1:16.48	4200m: 53:36.82 1:19.34			
	400m: 5:03.91 1:16.55	1700m: 21:34.75 1:16.68	3000m: 37:58.36 1:17.16	4300m: 54:54.73 1:17.91			
	500m: 6:20.46 1:16.55	1800m: 22:52.10 1:17.35	3100m: 39:15.78 1:17.42	4400m: 56:09.33 1:14.60			
	600m: 7:35.96 1:15.50	1900m: 24:08.43 1:16.33	3200m: 40:32.68 1:16.90	4500m: 57:24.13 1:14.80			
	700m: 8:51.55 1:15.59	2000m: 25:25.12 1:16.69	3300m: 41:49.91 1:17.23	4600m: 58:38.62 1:14.49			
	800m: 10:07.32 1:15.77	2100m: 26:40.55 1:15.43	3400m: 43:07.45 1:17.54	4700m: 59:52.99 1:14.37			
	900m: 11:22.91 1:15.59	2200m: 27:54.29 1:13.74	3500m: 44:25.46 1:18.01	4800m: 1:01:09.40 1:16.41			
	1000m: 12:39.47 1:16.56	2300m: 29:08.11 1:13.82	3600m: 45:43.47 1:18.01	4900m: 1:02:25.89 1:16.49			
	1100m: 13:55.92 1:16.45	2400m: 30:22.27 1:14.16	3700m: 47:01.30 1:17.83	5000m: 1:03:41.78 1:15.89			
	1200m: 15:12.02 1:16.10	2500m: 31:36.56 1:14.29	3800m: 48:20.21 1:18.91				
	1300m: 16:28.68 1:16.66	2600m: 32:51.85 1:15.29	3900m: 49:39.25 1:19.04				

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MARTINS Ines Alves	01	Fluvial Portuense	<b>1:04:13.44</b>		<b>513</b>	
	100m: 1:13.28 1:13.28	1400m: 17:39.44 1:16.68	2700m: 34:26.39 1:17.36	4000m: 51:22.23 1:18.54			
	200m: 2:27.76 1:14.48	1500m: 18:55.76 1:16.32	2800m: 35:44.98 1:18.59	4100m: 52:39.90 1:17.67			
	300m: 3:42.30 1:14.54	1600m: 20:11.81 1:16.05	2900m: 37:03.15 1:18.17	4200m: 53:57.20 1:17.30			
	400m: 4:57.29 1:14.99	1700m: 21:28.79 1:16.98	3000m: 38:20.79 1:17.64	4300m: 55:14.10 1:16.90			
	500m: 6:12.96 1:15.67	1800m: 22:45.88 1:17.09	3100m: 39:38.20 1:17.41	4400m: 56:31.17 1:17.07			
	600m: 7:28.51 1:15.55	1900m: 24:03.32 1:17.44	3200m: 40:55.20 1:17.00	4500m: 57:48.39 1:17.22			
	700m: 8:44.92 1:16.41	2000m: 25:21.64 1:18.32	3300m: 42:12.83 1:17.63	4600m: 59:06.11 1:17.72			
	800m: 10:01.10 1:16.18	2100m: 26:39.08 1:17.44	3400m: 43:31.64 1:18.81	4700m: 1:00:23.86 1:17.75			
	900m: 11:17.21 1:16.11	2200m: 27:57.45 1:18.37	3500m: 44:50.25 1:18.61	4800m: 1:01:42.55 1:18.69			
	1000m: 12:34.16 1:16.95	2300m: 29:15.85 1:18.40	3600m: 46:08.90 1:18.65	4900m: 1:02:58.99 1:16.44			
	1100m: 13:50.43 1:16.27	2400m: 30:33.99 1:18.14	3700m: 47:26.88 1:17.98	5000m: 1:04:13.44 1:14.45			
	1200m: 15:06.53 1:16.10	2500m: 31:51.17 1:17.18	3800m: 48:45.24 1:18.36				
	1300m: 16:22.76 1:16.23	2600m: 33:09.03 1:17.86	3900m: 50:03.69 1:18.45				
11.	ANGELO Mariana Pinto	99	Academica de Coimbra	<b>1:04:28.97</b>		<b>506</b>	
	100m: 1:12.32 1:12.32	1400m: 17:40.66 1:16.22	2700m: 34:29.79 1:18.80	4000m: 51:26.60 1:18.81			
	200m: 2:27.20 1:14.88	1500m: 18:57.70 1:17.04	2800m: 35:48.44 1:18.65	4100m: 52:44.87 1:18.27			
	300m: 3:41.93 1:14.73	1600m: 20:14.94 1:17.24	2900m: 37:06.62 1:18.18	4200m: 54:03.58 1:18.71			
	400m: 4:57.08 1:15.15	1700m: 21:32.56 1:17.62	3000m: 38:24.67 1:18.05	4300m: 55:22.56 1:18.98			
	500m: 6:12.64 1:15.56	1800m: 22:50.56 1:18.00	3100m: 39:42.35 1:17.68	4400m: 56:42.02 1:19.46			
	600m: 7:28.76 1:16.12	1900m: 24:08.68 1:18.12	3200m: 40:59.97 1:17.62	4500m: 58:00.95 1:18.93			
	700m: 8:45.06 1:16.30	2000m: 25:26.44 1:17.76	3300m: 42:18.12 1:18.15	4600m: 59:18.53 1:17.58			
	800m: 10:01.65 1:16.59	2100m: 26:43.47 1:17.03	3400m: 43:35.99 1:17.87	4700m: 1:00:37.06 1:18.53			
	900m: 11:17.88 1:16.23	2200m: 28:00.73 1:17.26	3500m: 44:54.26 1:18.27	4800m: 1:01:54.39 1:17.33			
	1000m: 12:34.60 1:16.72	2300m: 29:17.61 1:16.88	3600m: 46:12.79 1:18.53	4900m: 1:03:12.48 1:18.09			
	1100m: 13:50.83 1:16.23	2400m: 30:35.07 1:17.46	3700m: 47:30.96 1:18.17	5000m: 1:04:28.97 1:16.49			
	1200m: 15:07.79 1:16.96	2500m: 31:53.10 1:18.03	3800m: 48:49.12 1:18.16				
	1300m: 16:24.44 1:16.65	2600m: 33:10.99 1:17.89	3900m: 50:07.79 1:18.67				
12.	SANTO Ana Luisa	95	Benfica	<b>1:04:32.60</b>		<b>505</b>	
	100m: 1:15.61 1:15.61	1400m: 17:50.00 1:16.67	2700m: 34:37.12 1:17.83	4000m: 51:31.56 1:18.03			
	200m: 2:32.15 1:16.54	1500m: 19:07.28 1:17.28	2800m: 35:54.78 1:17.66	4100m: 52:48.83 1:17.27			
	300m: 3:48.64 1:16.49	1600m: 20:24.86 1:17.58	2900m: 37:12.46 1:17.68	4200m: 54:06.52 1:17.69			
	400m: 5:05.15 1:16.51	1700m: 21:42.48 1:17.62	3000m: 38:30.80 1:18.34	4300m: 55:25.54 1:19.02			
	500m: 6:21.60 1:16.45	1800m: 23:00.21 1:17.73	3100m: 39:48.93 1:18.13	4400m: 56:44.42 1:18.88			
	600m: 7:37.59 1:15.99	1900m: 24:18.20 1:17.99	3200m: 41:07.73 1:18.80	4500m: 58:03.71 1:19.29			
	700m: 8:53.96 1:16.37	2000m: 25:35.66 1:17.46	3300m: 42:25.98 1:18.25	4600m: 59:22.69 1:18.98			
	800m: 10:10.51 1:16.55	2100m: 26:52.32 1:16.66	3400m: 43:44.71 1:18.73	4700m: 1:00:41.71 1:19.02			
	900m: 11:27.15 1:16.64	2200m: 28:09.11 1:16.79	3500m: 45:02.95 1:18.24	4800m: 1:01:59.08 1:17.37			
	1000m: 12:43.89 1:16.74	2300m: 29:26.70 1:17.59	3600m: 46:21.22 1:18.27	4900m: 1:03:16.74 1:17.66			
	1100m: 14:00.41 1:16.52	2400m: 30:44.13 1:17.43	3700m: 47:38.16 1:16.94	5000m: 1:04:32.60 1:15.86			
	1200m: 15:16.72 1:16.31	2500m: 32:01.97 1:17.84	3800m: 48:55.38 1:17.22				
	1300m: 16:33.33 1:16.61	2600m: 33:19.29 1:17.32	3900m: 50:13.53 1:18.15				
13.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>1:04:44.45</b>		<b>500</b>	
	100m: 1:11.30 1:11.30	1400m: 17:43.83 1:17.56	2700m: 34:34.73 1:18.29	4000m: 51:38.71 1:19.26			
	200m: 2:25.46 1:14.16	1500m: 19:01.61 1:17.78	2800m: 35:52.88 1:18.15	4100m: 52:57.60 1:18.89			
	300m: 3:41.29 1:15.83	1600m: 20:19.08 1:17.47	2900m: 37:11.36 1:18.48	4200m: 54:16.25 1:18.65			
	400m: 4:57.75 1:16.46	1700m: 21:36.89 1:17.81	3000m: 38:29.58 1:18.22	4300m: 55:35.83 1:19.58			
	500m: 6:13.78 1:16.03	1800m: 22:54.09 1:17.20	3100m: 39:47.59 1:18.01	4400m: 56:55.35 1:19.52			
	600m: 7:30.05 1:16.27	1900m: 24:11.79 1:17.70	3200m: 41:05.93 1:18.34	4500m: 58:15.21 1:19.86			
	700m: 8:46.15 1:16.10	2000m: 25:29.17 1:17.38	3300m: 42:24.71 1:18.78	4600m: 59:34.15 1:18.94			
	800m: 10:02.85 1:16.70	2100m: 26:45.49 1:16.32	3400m: 43:44.19 1:19.48	4700m: 1:00:53.24 1:19.09			
	900m: 11:19.46 1:16.61	2200m: 28:03.21 1:17.72	3500m: 45:03.78 1:19.59	4800m: 1:02:11.38 1:18.14			
	1000m: 12:36.05 1:16.59	2300m: 29:21.83 1:18.62	3600m: 46:23.30 1:19.52	4900m: 1:03:28.31 1:16.93			
	1100m: 13:52.64 1:16.59	2400m: 30:39.76 1:17.93	3700m: 47:42.55 1:19.25	5000m: 1:04:44.45 1:16.14			
	1200m: 15:09.24 1:16.60	2500m: 31:58.99 1:19.23	3800m: 49:00.55 1:18.00				
	1300m: 16:26.27 1:17.03	2600m: 33:16.44 1:17.45	3900m: 50:19.45 1:18.90				



Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	<b>VARANDAS Joana Filipa</b>	02	Laranjeiro	<b>1:04:53.37</b>		<b>497</b>	
	100m: 1:13.84 1:13.84	1400m: 17:51.02	1:18.35	2700m: 34:53.43	1:17.84	4000m: 51:53.07	1:18.50
	200m: 2:28.83 1:14.99	1500m: 19:09.34	1:18.32	2800m: 36:10.87	1:17.44	4100m: 53:12.25	1:19.18
	300m: 3:43.93 1:15.10	1600m: 20:28.66	1:19.32	2900m: 37:28.87	1:18.00	4200m: 54:30.63	1:18.38
	400m: 4:59.57 1:15.64	1700m: 21:47.63	1:18.97	3000m: 38:46.48	1:17.61	4300m: 55:49.68	1:19.05
	500m: 6:15.73 1:16.16	1800m: 23:06.70	1:19.07	3100m: 40:05.05	1:18.57	4400m: 57:08.18	1:18.50
	600m: 7:32.41 1:16.68	1900m: 24:26.10	1:19.40	3200m: 41:24.03	1:18.98	4500m: 58:27.33	1:19.15
	700m: 8:48.72 1:16.31	2000m: 25:44.18	1:18.08	3300m: 42:42.22	1:18.19	4600m: 59:45.92	1:18.59
	800m: 10:05.62 1:16.90	2100m: 27:03.66	1:19.48	3400m: 44:00.69	1:18.47	4700m: 1:01:03.53	1:17.61
	900m: 11:22.86 1:17.24	2200m: 28:22.04	1:18.38	3500m: 45:19.57	1:18.88	4800m: 1:02:19.85	1:16.32
	1000m: 12:40.26 1:17.40	2300m: 29:40.77	1:18.73	3600m: 46:39.06	1:19.49	4900m: 1:03:37.45	1:17.60
	1100m: 13:57.49 1:17.23	2400m: 30:59.13	1:18.36	3700m: 47:57.81	1:18.75	5000m: 1:04:53.37	1:15.92
	1200m: 15:14.73 1:17.24	2500m: 32:17.80	1:18.67	3800m: 49:15.90	1:18.09		
	1300m: 16:32.67 1:17.94	2600m: 33:35.59	1:17.79	3900m: 50:34.57	1:18.67		
15.	<b>LOPES Ariana Santos</b>	00	Estarreja	<b>1:05:01.58</b>		<b>494</b>	
	100m: 1:13.63 1:13.63	1400m: 17:59.69	1:18.01	2700m: 34:53.71	1:17.61	4000m: 51:55.39	1:19.36
	200m: 2:29.68 1:16.05	1500m: 19:17.36	1:17.67	2800m: 36:11.54	1:17.83	4100m: 53:13.81	1:18.42
	300m: 3:45.94 1:16.26	1600m: 20:34.95	1:17.59	2900m: 37:28.95	1:17.41	4200m: 54:32.32	1:18.51
	400m: 5:02.12 1:16.18	1700m: 21:52.72	1:17.77	3000m: 38:47.35	1:18.40	4300m: 55:51.23	1:18.91
	500m: 6:18.83 1:16.71	1800m: 23:11.18	1:18.46	3100m: 40:05.53	1:18.18	4400m: 57:10.66	1:19.43
	600m: 7:35.96 1:17.13	1900m: 24:29.66	1:18.48	3200m: 41:25.25	1:19.72	4500m: 58:28.68	1:18.02
	700m: 8:53.66 1:17.70	2000m: 25:47.92	1:18.26	3300m: 42:44.00	1:18.75	4600m: 59:47.74	1:19.06
	800m: 10:11.14 1:17.48	2100m: 27:06.61	1:18.69	3400m: 44:02.44	1:18.44	4700m: 1:01:06.83	1:19.09
	900m: 11:28.73 1:17.59	2200m: 28:23.54	1:16.93	3500m: 45:21.36	1:18.92	4800m: 1:02:25.65	1:18.82
	1000m: 12:46.76 1:18.03	2300m: 29:41.69	1:18.15	3600m: 46:41.00	1:19.64	4900m: 1:03:44.48	1:18.83
	1100m: 14:05.45 1:18.69	2400m: 30:59.91	1:18.22	3700m: 47:58.58	1:17.58	5000m: 1:05:01.58	1:17.10
	1200m: 15:23.38 1:17.93	2500m: 32:18.01	1:18.10	3800m: 49:17.06	1:18.48		
	1300m: 16:41.68 1:18.30	2600m: 33:36.10	1:18.09	3900m: 50:36.03	1:18.97		
16.	<b>RIESENBERGER Bruna Martii97</b>	Laranjeiro		<b>1:05:11.09</b>		<b>490</b>	
	100m: 1:14.83 1:14.83	1400m: 17:40.08	1:17.29	2700m: 34:34.59	1:19.26	4000m: 51:56.66	1:20.17
	200m: 2:30.17 1:15.34	1500m: 18:56.89	1:16.81	2800m: 35:53.92	1:19.33	4100m: 53:17.03	1:20.37
	300m: 3:45.76 1:15.59	1600m: 20:13.60	1:16.71	2900m: 37:13.54	1:19.62	4200m: 54:35.86	1:18.83
	400m: 5:01.12 1:15.36	1700m: 21:31.17	1:17.57	3000m: 38:33.02	1:19.48	4300m: 55:55.90	1:20.04
	500m: 6:16.94 1:15.82	1800m: 22:48.91	1:17.74	3100m: 39:53.75	1:20.73	4400m: 57:16.91	1:21.01
	600m: 7:32.40 1:15.46	1900m: 24:06.66	1:17.75	3200m: 41:13.73	1:19.98	4500m: 58:37.80	1:20.89
	700m: 8:48.05 1:15.65	2000m: 25:24.02	1:17.36	3300m: 42:33.51	1:19.78	4600m: 59:57.78	1:19.98
	800m: 10:03.47 1:15.42	2100m: 26:42.63	1:18.61	3400m: 43:53.27	1:19.76	4700m: 1:01:17.16	1:19.38
	900m: 11:18.38 1:14.91	2200m: 28:01.00	1:18.37	3500m: 45:13.91	1:20.64	4800m: 1:02:36.41	1:19.25
	1000m: 12:34.60 1:16.22	2300m: 29:19.38	1:18.38	3600m: 46:34.53	1:20.62	4900m: 1:03:54.92	1:18.51
	1100m: 13:50.52 1:15.92	2400m: 30:37.64	1:18.26	3700m: 47:54.86	1:20.33	5000m: 1:05:11.09	1:16.17
	1200m: 15:06.42 1:15.90	2500m: 31:56.29	1:18.65	3800m: 49:15.61	1:20.75		
	1300m: 16:22.79 1:16.37	2600m: 33:15.33	1:19.04	3900m: 50:36.49	1:20.88		
17.	<b>FERNANDES Maria Joao</b>	97	Fluvial Portuense	<b>1:05:19.32</b>		<b>487</b>	
	100m: 1:13.10 1:13.10	1400m: 17:59.97	1:18.31	2700m: 34:54.76	1:18.92	4000m: 52:02.02	1:19.95
	200m: 2:29.98 1:16.88	1500m: 19:18.21	1:18.24	2800m: 36:12.89	1:18.13	4100m: 53:22.06	1:20.04
	300m: 3:47.37 1:17.39	1600m: 20:36.12	1:17.91	2900m: 37:31.33	1:18.44	4200m: 54:43.05	1:20.99
	400m: 5:04.74 1:17.37	1700m: 21:54.48	1:18.36	3000m: 38:50.53	1:19.20	4300m: 56:03.07	1:20.02
	500m: 6:22.49 1:17.75	1800m: 23:12.80	1:18.32	3100m: 40:09.00	1:18.47	4400m: 57:23.50	1:20.43
	600m: 7:39.54 1:17.05	1900m: 24:30.14	1:17.34	3200m: 41:28.37	1:19.37	4500m: 58:42.29	1:18.79
	700m: 8:56.69 1:17.15	2000m: 25:48.39	1:18.25	3300m: 42:47.39	1:19.02	4600m: 1:00:01.54	1:19.25
	800m: 10:14.25 1:17.56	2100m: 27:06.56	1:18.17	3400m: 44:06.23	1:18.84	4700m: 1:01:20.86	1:19.32
	900m: 11:31.69 1:17.44	2200m: 28:24.07	1:17.51	3500m: 45:25.54	1:19.31	4800m: 1:02:40.99	1:20.13
	1000m: 12:48.36 1:16.67	2300m: 29:41.84	1:17.77	3600m: 46:43.50	1:17.96	4900m: 1:04:01.24	1:20.25
	1100m: 14:06.21 1:17.85	2400m: 31:00.02	1:18.18	3700m: 48:02.92	1:19.42	5000m: 1:05:19.32	1:18.08
	1200m: 15:23.99 1:17.78	2500m: 32:18.09	1:18.07	3800m: 49:22.59	1:19.67		
	1300m: 16:41.66 1:17.67	2600m: 33:35.84	1:17.75	3900m: 50:42.07	1:19.48		

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	<b>FERREIRA Beatriz Marques</b>	00	Campinho	<b>1:06:34.22</b>		<b>460</b>	
	100m: 1:13.11 1:13.11	1400m: 18:03.92 1:18.81	2700m: 35:22.53 1:20.75	4000m: 53:01.46 1:21.94			
	200m: 2:30.16 1:17.05	1500m: 19:24.00 1:20.08	2800m: 36:43.36 1:20.83	4100m: 54:23.30 1:21.84			
	300m: 3:46.81 1:16.65	1600m: 20:42.94 1:18.94	2900m: 38:04.43 1:21.07	4200m: 55:44.70 1:21.40			
	400m: 5:03.64 1:16.83	1700m: 22:02.37 1:19.43	3000m: 39:24.83 1:20.40	4300m: 57:06.07 1:21.37			
	500m: 6:20.24 1:16.60	1800m: 23:22.30 1:19.93	3100m: 40:46.90 1:22.07	4400m: 58:27.54 1:21.47			
	600m: 7:37.43 1:17.19	1900m: 24:41.74 1:19.44	3200m: 42:09.32 1:22.42	4500m: 59:49.23 1:21.69			
	700m: 8:54.38 1:16.95	2000m: 26:01.19 1:19.45	3300m: 43:30.34 1:21.02	4600m: 1:01:10.63 1:21.40			
	800m: 10:11.31 1:16.93	2100m: 27:21.39 1:20.20	3400m: 44:52.88 1:22.54	4700m: 1:02:31.92 1:21.29			
	900m: 11:29.78 1:18.47	2200m: 28:41.63 1:20.24	3500m: 46:13.41 1:20.53	4800m: 1:03:53.75 1:21.83			
	1000m: 12:48.82 1:19.04	2300m: 30:02.34 1:20.71	3600m: 47:34.48 1:21.07	4900m: 1:05:14.74 1:20.99			
	1100m: 14:07.25 1:18.43	2400m: 31:21.58 1:19.24	3700m: 48:55.40 1:20.92	5000m: 1:06:34.22 1:19.48			
	1200m: 15:26.25 1:19.00	2500m: 32:42.06 1:20.48	3800m: 50:16.93 1:21.53				
	1300m: 16:45.11 1:18.86	2600m: 34:01.78 1:19.72	3900m: 51:39.52 1:22.59				
19.	<b>BARBOSA Sara Lopes</b>	00	Aquatico Pacense	<b>1:08:43.33</b>		<b>418</b>	
	100m: 1:16.73 1:16.73	1400m: 18:37.83 1:21.04	2700m: 36:24.38 1:23.88	4000m: 54:39.28 1:26.19			
	200m: 2:35.94 1:19.21	1500m: 19:59.32 1:21.49	2800m: 37:47.97 1:23.59	4100m: 56:03.76 1:24.48			
	300m: 3:55.30 1:19.36	1600m: 21:19.86 1:20.54	2900m: 39:11.90 1:23.93	4200m: 57:28.53 1:24.77			
	400m: 5:15.50 1:20.20	1700m: 22:40.92 1:21.06	3000m: 40:35.45 1:23.55	4300m: 58:53.16 1:24.63			
	500m: 6:35.88 1:20.38	1800m: 24:02.58 1:21.66	3100m: 41:58.95 1:23.50	4400m: 1:00:17.37 1:24.21			
	600m: 7:56.08 1:20.20	1900m: 25:23.95 1:21.37	3200m: 43:22.53 1:23.58	4500m: 1:01:42.10 1:24.73			
	700m: 9:16.01 1:19.93	2000m: 26:45.57 1:21.62	3300m: 44:47.01 1:24.48	4600m: 1:03:07.10 1:25.00			
	800m: 10:35.80 1:19.79	2100m: 28:07.50 1:21.93	3400m: 46:11.71 1:24.70	4700m: 1:04:31.58 1:24.48			
	900m: 11:55.47 1:19.67	2200m: 29:29.70 1:22.20	3500m: 47:35.42 1:23.71	4800m: 1:05:56.33 1:24.75			
	1000m: 13:15.28 1:19.81	2300m: 30:52.42 1:22.72	3600m: 48:59.67 1:24.25	4900m: 1:07:20.37 1:24.04			
	1100m: 14:35.73 1:20.45	2400m: 32:14.91 1:22.49	3700m: 50:23.59 1:23.92	5000m: 1:08:43.33 1:22.96			
	1200m: 15:56.25 1:20.52	2500m: 33:37.24 1:22.33	3800m: 51:48.06 1:24.47				
	1300m: 17:16.79 1:20.54	2600m: 35:00.50 1:23.26	3900m: 53:13.09 1:25.03				
20.	<b>BAPTISTA Sara Tavares</b>	00	Feirense	<b>1:14:51.86</b>		<b>323</b>	
	100m: 1:21.67 1:21.67	1400m: 20:41.25 1:30.10	2700m: 40:11.30 1:30.51	4000m: 59:54.60 1:30.69			
	200m: 2:48.73 1:27.06	1500m: 22:10.33 1:29.08	2800m: 41:42.27 1:30.97	4100m: 1:01:25.68 1:31.08			
	300m: 4:17.44 1:28.71	1600m: 23:38.85 1:28.52	2900m: 43:13.34 1:31.07	4200m: 1:02:56.35 1:30.67			
	400m: 5:47.15 1:29.71	1700m: 25:08.41 1:29.56	3000m: 44:43.96 1:30.62	4300m: 1:04:27.14 1:30.79			
	500m: 7:16.60 1:29.45	1800m: 26:38.38 1:29.97	3100m: 46:14.42 1:30.46	4400m: 1:05:58.66 1:31.52			
	600m: 8:46.10 1:29.50	1900m: 28:08.40 1:30.02	3200m: 47:45.47 1:31.05	4500m: 1:07:28.81 1:30.15			
	700m: 10:15.12 1:29.02	2000m: 29:38.22 1:29.82	3300m: 49:16.49 1:31.02	4600m: 1:08:58.10 1:29.29			
	800m: 11:43.61 1:28.49	2100m: 31:08.22 1:30.00	3400m: 50:48.67 1:32.18	4700m: 1:10:26.80 1:28.70			
	900m: 13:13.83 1:30.22	2200m: 32:38.40 1:30.18	3500m: 52:19.96 1:31.29	4800m: 1:11:56.25 1:29.45			
	1000m: 14:42.74 1:28.91	2300m: 34:09.12 1:30.72	3600m: 53:50.71 1:30.75	4900m: 1:13:24.58 1:28.33			
	1100m: 16:12.36 1:29.62	2400m: 35:39.79 1:30.67	3700m: 55:21.72 1:31.01	5000m: 1:14:51.86 1:27.28			
	1200m: 17:42.03 1:29.67	2500m: 37:10.75 1:30.96	3800m: 56:53.80 1:32.08				
	1300m: 19:11.15 1:29.12	2600m: 38:40.79 1:30.04	3900m: 58:23.91 1:30.11				

AA20+, Masc.

1.	<b>PINA Guilherme Filipe</b>	98	Sporting	<b>54:27.69</b>		<b>701</b>	
	100m: 1:04.29 1:04.29	1300m: 14:01.27 1:04.48	2500m: 27:04.42 1:06.15	3700m: 40:16.63 1:05.87			
	200m: 2:10.12 1:05.83	1400m: 15:05.83 1:04.56	2600m: 28:10.33 1:05.91	3800m: 41:22.73 1:06.10			
	300m: 3:15.79 1:05.67	1500m: 16:10.53 1:04.70	2700m: 29:16.70 1:06.37	3900m: 42:28.73 1:06.00			
	400m: 4:21.24 1:05.45	1600m: 17:15.25 1:04.72	2800m: 30:23.15 1:06.45	4000m: 43:34.85 1:06.12			
	500m: 5:26.34 1:05.10	1700m: 18:20.31 1:05.06	2900m: 31:29.78 1:06.63	4100m: 44:41.02 1:06.17			
	600m: 6:31.30 1:04.96	1800m: 19:25.27 1:04.96	3000m: 32:36.75 1:06.97	4200m: 45:46.76 1:05.74			
	700m: 7:36.53 1:05.23	1900m: 20:30.53 1:05.26	3100m: 33:42.25 1:05.50	4300m: 46:51.24 1:04.48			
	800m: 8:40.62 1:04.09	2000m: 21:36.04 1:05.51	3200m: 34:47.29 1:05.04	4400m: 47:56.56 1:05.32			
	900m: 9:44.68 1:04.06	2100m: 22:41.65 1:05.61	3300m: 35:53.08 1:05.79	4500m: 49:01.92 1:05.36			
	1000m: 10:48.72 1:04.04	2200m: 23:46.94 1:05.29	3400m: 36:58.72 1:05.64	4600m: 50:07.10 1:05.18			
	1100m: 11:52.50 1:03.78	2300m: 24:52.62 1:05.68	3500m: 38:04.82 1:06.10	4700m: 51:12.81 1:05.71			
	1200m: 12:56.79 1:04.29	2400m: 25:58.27 1:05.65	3600m: 39:10.76 1:05.94	4800m: 52:18.32 1:05.51			

Prova 2, Masc., 5000m Livres, AA20+

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 53:24.09 1:05.77	5000m: 54:27.69	1:03.60				
2.	<b>CARVALHO Jose Paula</b>	98	Uniao Piedense	<b>55:20.14</b>		668	
	100m: 1:04.85 1:04.85	1400m: 15:20.27 1:05.76	2700m: 29:48.69 1:07.57	4000m: 44:20.56 1:06.52			
	200m: 2:10.59 1:05.74	1500m: 16:26.09 1:05.82	2800m: 30:55.92 1:07.23	4100m: 45:26.71 1:06.15			
	300m: 3:16.70 1:06.11	1600m: 17:31.90 1:05.81	2900m: 32:03.09 1:07.17	4200m: 46:33.24 1:06.53			
	400m: 4:22.44 1:05.74	1700m: 18:38.24 1:06.34	3000m: 33:10.36 1:07.27	4300m: 47:39.68 1:06.44			
	500m: 5:27.96 1:05.52	1800m: 19:44.41 1:06.17	3100m: 34:17.11 1:06.75	4400m: 48:45.85 1:06.17			
	600m: 6:33.89 1:05.93	1900m: 20:51.52 1:07.11	3200m: 35:23.61 1:06.50	4500m: 49:52.03 1:06.18			
	700m: 7:39.87 1:05.98	2000m: 21:58.33 1:06.81	3300m: 36:30.48 1:06.87	4600m: 50:57.73 1:05.70			
	800m: 8:45.69 1:05.82	2100m: 23:04.75 1:06.42	3400m: 37:38.12 1:07.64	4700m: 52:03.32 1:05.59			
	900m: 9:51.89 1:06.20	2200m: 24:11.98 1:07.23	3500m: 38:45.38 1:07.26	4800m: 53:09.49 1:06.17			
	1000m: 10:57.70 1:05.81	2300m: 25:19.25 1:07.27	3600m: 39:52.64 1:07.26	4900m: 54:15.28 1:05.79			
	1100m: 12:03.34 1:05.64	2400m: 26:26.44 1:07.19	3700m: 41:00.20 1:07.56	5000m: 55:20.14 1:04.86			
	1200m: 13:08.78 1:05.44	2500m: 27:33.75 1:07.31	3800m: 42:07.33 1:07.13				
	1300m: 14:14.51 1:05.73	2600m: 28:41.12 1:07.37	3900m: 43:14.04 1:06.71				
3.	<b>GIL Rafael Lourenco</b>	96	Individual ANL	<b>56:13.38</b>		637	
	100m: 1:04.91 1:04.91	1400m: 15:21.94 1:06.83	2700m: 30:02.27 1:08.52	4000m: 44:50.34 1:08.34			
	200m: 2:10.86 1:05.95	1500m: 16:28.94 1:07.00	2800m: 31:10.30 1:08.03	4100m: 45:58.68 1:08.34			
	300m: 3:16.18 1:05.32	1600m: 17:35.67 1:06.73	2900m: 32:18.73 1:08.43	4200m: 47:07.25 1:08.57			
	400m: 4:21.75 1:05.57	1700m: 18:42.39 1:06.72	3000m: 33:26.99 1:08.26	4300m: 48:16.01 1:08.76			
	500m: 5:27.24 1:05.49	1800m: 19:49.25 1:06.86	3100m: 34:35.16 1:08.17	4400m: 49:25.27 1:09.26			
	600m: 6:32.60 1:05.36	1900m: 20:56.52 1:07.27	3200m: 35:43.45 1:08.29	4500m: 50:33.98 1:08.71			
	700m: 7:38.16 1:05.56	2000m: 22:04.39 1:07.87	3300m: 36:51.16 1:07.71	4600m: 51:43.20 1:09.22			
	800m: 8:43.98 1:05.82	2100m: 23:12.33 1:07.94	3400m: 37:59.19 1:08.03	4700m: 52:52.05 1:08.85			
	900m: 9:49.67 1:05.69	2200m: 24:20.37 1:08.04	3500m: 39:07.32 1:08.13	4800m: 54:00.21 1:08.16			
	1000m: 10:55.87 1:06.20	2300m: 25:28.53 1:08.16	3600m: 40:16.44 1:09.12	4900m: 55:07.50 1:07.29			
	1100m: 12:02.12 1:06.25	2400m: 26:36.92 1:08.39	3700m: 41:24.23 1:07.79	5000m: 56:13.38 1:05.88			
	1200m: 13:08.66 1:06.54	2500m: 27:45.33 1:08.41	3800m: 42:32.66 1:08.43				
	1300m: 14:15.11 1:06.45	2600m: 28:53.75 1:08.42	3900m: 43:42.00 1:09.34				
4.	<b>SILVA Pedro Miguel</b>	94	Colegio Monte Maior	<b>57:24.48</b>		598	
	100m: 1:09.81 1:09.81	1400m: 16:00.76 1:07.86	2700m: 30:46.78 1:08.24	4000m: 45:44.93 1:10.03			
	200m: 2:19.22 1:09.41	1500m: 17:08.82 1:08.06	2800m: 31:55.65 1:08.87	4100m: 46:54.83 1:09.90			
	300m: 3:28.32 1:09.10	1600m: 18:16.95 1:08.13	2900m: 33:04.00 1:08.35	4200m: 48:05.19 1:10.36			
	400m: 4:38.19 1:09.87	1700m: 19:25.59 1:08.64	3000m: 34:12.69 1:08.69	4300m: 49:15.02 1:09.83			
	500m: 5:46.76 1:08.57	1800m: 20:33.52 1:07.93	3100m: 35:21.09 1:08.40	4400m: 50:25.31 1:10.29			
	600m: 6:55.01 1:08.25	1900m: 21:41.41 1:07.89	3200m: 36:29.97 1:08.88	4500m: 51:35.12 1:09.81			
	700m: 8:03.25 1:08.24	2000m: 22:50.16 1:08.75	3300m: 37:39.68 1:09.71	4600m: 52:44.90 1:09.78			
	800m: 9:11.27 1:08.02	2100m: 23:58.06 1:07.90	3400m: 38:48.40 1:08.72	4700m: 53:55.32 1:10.42			
	900m: 10:19.13 1:07.86	2200m: 25:05.63 1:07.57	3500m: 39:58.03 1:09.63	4800m: 55:05.11 1:09.79			
	1000m: 11:28.07 1:08.94	2300m: 26:14.18 1:08.55	3600m: 41:07.60 1:09.57	4900m: 56:14.77 1:09.66			
	1100m: 12:36.89 1:08.82	2400m: 27:22.04 1:07.86	3700m: 42:16.38 1:08.78	5000m: 57:24.48 1:09.71			
	1200m: 13:44.63 1:07.74	2500m: 28:30.60 1:08.56	3800m: 43:25.56 1:09.18				
	1300m: 14:52.90 1:08.27	2600m: 29:38.54 1:07.94	3900m: 44:34.90 1:09.34				

AA20+, Femin.

Prova 2, Femin., 5000m Livres, AA20+

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>56:58.19</b>		<b>735</b>		
<i>Melhor Marca dos Campeonatos</i>								
	100m: 1:05.99	1:05.99	1400m: 15:49.25	1:08.33	2700m: 30:39.57	1:08.70	4000m: 45:32.51	1:09.29
	200m: 2:13.45	1:07.46	1500m: 16:57.42	1:08.17	2800m: 31:48.96	1:09.39	4100m: 46:41.47	1:08.96
	300m: 3:21.18	1:07.73	1600m: 18:05.33	1:07.91	2900m: 32:57.83	1:08.87	4200m: 47:50.76	1:09.29
	400m: 4:29.12	1:07.94	1700m: 19:13.36	1:08.03	3000m: 34:06.86	1:09.03	4300m: 48:59.69	1:08.93
	500m: 5:37.17	1:08.05	1800m: 20:21.66	1:08.30	3100m: 35:15.54	1:08.68	4400m: 50:08.83	1:09.14
	600m: 6:45.10	1:07.93	1900m: 21:30.33	1:08.67	3200m: 36:23.82	1:08.28	4500m: 51:18.00	1:09.17
	700m: 7:52.94	1:07.84	2000m: 22:39.08	1:08.75	3300m: 37:32.11	1:08.29	4600m: 52:27.09	1:09.09
	800m: 9:00.93	1:07.99	2100m: 23:47.82	1:08.74	3400m: 38:40.54	1:08.43	4700m: 53:35.81	1:08.72
	900m: 10:08.92	1:07.99	2200m: 24:56.71	1:08.89	3500m: 39:48.76	1:08.22	4800m: 54:44.55	1:08.74
	1000m: 11:16.93	1:08.01	2300m: 26:05.32	1:08.61	3600m: 40:56.95	1:08.19	4900m: 55:52.99	1:08.44
	1100m: 12:24.89	1:07.96	2400m: 27:13.77	1:08.45	3700m: 42:05.60	1:08.65	5000m: 56:58.19	1:05.20
	1200m: 13:32.74	1:07.85	2500m: 28:22.50	1:08.73	3800m: 43:14.46	1:08.86		
	1300m: 14:40.92	1:08.18	2600m: 29:30.87	1:08.37	3900m: 44:23.22	1:08.76		
2.	NEVES Vania Soares	90	Fluvial Portuense	<b>1:01:03.37</b>		<b>597</b>		
	100m: 1:10.89	1:10.89	1400m: 16:55.65	1:13.53	2700m: 32:47.97	1:13.63	4000m: 48:46.40	1:12.79
	200m: 2:23.35	1:12.46	1500m: 18:09.03	1:13.38	2800m: 34:02.26	1:14.29	4100m: 49:59.40	1:13.00
	300m: 3:35.97	1:12.62	1600m: 19:22.52	1:13.49	2900m: 35:17.06	1:14.80	4200m: 51:12.47	1:13.07
	400m: 4:48.55	1:12.58	1700m: 20:35.49	1:12.97	3000m: 36:31.44	1:14.38	4300m: 52:26.20	1:13.73
	500m: 6:00.72	1:12.17	1800m: 21:48.51	1:13.02	3100m: 37:45.80	1:14.36	4400m: 53:40.16	1:13.96
	600m: 7:13.19	1:12.47	1900m: 23:01.27	1:12.76	3200m: 39:00.17	1:14.37	4500m: 54:54.63	1:14.47
	700m: 8:25.63	1:12.44	2000m: 24:14.11	1:12.84	3300m: 40:14.88	1:14.71	4600m: 56:08.84	1:14.21
	800m: 9:38.06	1:12.43	2100m: 25:27.06	1:12.95	3400m: 41:29.89	1:15.01	4700m: 57:24.06	1:15.22
	900m: 10:50.94	1:12.88	2200m: 26:40.43	1:13.37	3500m: 42:44.25	1:14.36	4800m: 58:37.75	1:13.69
	1000m: 12:03.92	1:12.98	2300m: 27:54.12	1:13.69	3600m: 43:56.81	1:12.56	4900m: 59:51.15	1:13.40
	1100m: 13:16.27	1:12.35	2400m: 29:07.57	1:13.45	3700m: 45:08.95	1:12.14	5000m: 1:01:03.37	1:12.22
	1200m: 14:28.94	1:12.67	2500m: 30:20.76	1:13.19	3800m: 46:21.00	1:12.05		
	1300m: 15:42.12	1:13.18	2600m: 31:34.34	1:13.58	3900m: 47:33.61	1:12.61		
3.	MACHADO Madalena Amaro	98	Fluvial Portuense	<b>1:03:38.93</b>		<b>527</b>		
	100m: 1:11.04	1:11.04	1400m: 17:41.42	1:16.04	2700m: 34:21.97	1:16.90	4000m: 51:02.56	1:16.49
	200m: 2:26.41	1:15.37	1500m: 18:57.96	1:16.54	2800m: 35:39.72	1:17.75	4100m: 52:18.18	1:15.62
	300m: 3:41.41	1:15.00	1600m: 20:14.15	1:16.19	2900m: 36:57.19	1:17.47	4200m: 53:34.94	1:16.76
	400m: 4:57.55	1:16.14	1700m: 21:30.20	1:16.05	3000m: 38:14.34	1:17.15	4300m: 54:50.55	1:15.61
	500m: 6:12.86	1:15.31	1800m: 22:47.29	1:17.09	3100m: 39:30.49	1:16.15	4400m: 56:06.87	1:16.32
	600m: 7:29.10	1:16.24	1900m: 24:04.82	1:17.53	3200m: 40:47.98	1:17.49	4500m: 57:23.34	1:16.47
	700m: 8:45.36	1:16.26	2000m: 25:22.50	1:17.68	3300m: 42:04.79	1:16.81	4600m: 58:40.56	1:17.22
	800m: 10:02.08	1:16.72	2100m: 26:39.42	1:16.92	3400m: 43:22.50	1:17.71	4700m: 59:56.64	1:16.08
	900m: 11:18.57	1:16.49	2200m: 27:56.94	1:17.52	3500m: 44:38.86	1:16.36	4800m: 1:01:12.44	1:15.80
	1000m: 12:35.25	1:16.68	2300m: 29:13.96	1:17.02	3600m: 45:54.68	1:15.82	4900m: 1:02:26.96	1:14.52
	1100m: 13:51.34	1:16.09	2400m: 30:31.20	1:17.24	3700m: 47:11.76	1:17.08	5000m: 1:03:38.93	1:11.97
	1200m: 15:08.79	1:17.45	2500m: 31:48.82	1:17.62	3800m: 48:29.40	1:17.64		
	1300m: 16:25.38	1:16.59	2600m: 33:05.07	1:16.25	3900m: 49:46.07	1:16.67		
4.	SANTO Ana Luisa	95	Benfica	<b>1:04:32.60</b>		<b>505</b>		
	100m: 1:15.61	1:15.61	1400m: 17:50.00	1:16.67	2700m: 34:37.12	1:17.83	4000m: 51:31.56	1:18.03
	200m: 2:32.15	1:16.54	1500m: 19:07.28	1:17.28	2800m: 35:54.78	1:17.66	4100m: 52:48.83	1:17.27
	300m: 3:48.64	1:16.49	1600m: 20:24.86	1:17.58	2900m: 37:12.46	1:17.68	4200m: 54:06.52	1:17.69
	400m: 5:05.15	1:16.51	1700m: 21:42.48	1:17.62	3000m: 38:30.80	1:18.34	4300m: 55:25.54	1:19.02
	500m: 6:21.60	1:16.45	1800m: 23:00.21	1:17.73	3100m: 39:48.93	1:18.13	4400m: 56:44.42	1:18.88
	600m: 7:37.59	1:15.99	1900m: 24:18.20	1:17.99	3200m: 41:07.73	1:18.80	4500m: 58:03.71	1:19.29
	700m: 8:53.96	1:16.37	2000m: 25:35.66	1:17.46	3300m: 42:25.98	1:18.25	4600m: 59:22.69	1:18.98
	800m: 10:10.51	1:16.55	2100m: 26:52.32	1:16.66	3400m: 43:44.71	1:18.73	4700m: 1:00:41.71	1:19.02
	900m: 11:27.15	1:16.64	2200m: 28:09.11	1:16.79	3500m: 45:02.95	1:18.24	4800m: 1:01:59.08	1:17.37
	1000m: 12:43.89	1:16.74	2300m: 29:26.70	1:17.59	3600m: 46:21.22	1:18.27	4900m: 1:03:16.74	1:17.66
	1100m: 14:00.41	1:16.52	2400m: 30:44.13	1:17.43	3700m: 47:38.16	1:16.94	5000m: 1:04:32.60	1:15.86
	1200m: 15:16.72	1:16.31	2500m: 32:01.97	1:17.84	3800m: 48:55.38	1:17.22		
	1300m: 16:33.33	1:16.61	2600m: 33:19.29	1:17.32	3900m: 50:13.53	1:18.15		

Prova 2, Femin., 5000m Livres, AA20+

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
5.	RIESENBERGER Bruna Marti	97	Laranjeiro	<b>1:05:11.09</b>		<b>490</b>						
	100m:	1:14.83	1:14.83	1400m:	17:40.08	1:17.29	2700m:	34:34.59	1:19.26	4000m:	51:56.66	1:20.17
	200m:	2:30.17	1:15.34	1500m:	18:56.89	1:16.81	2800m:	35:53.92	1:19.33	4100m:	53:17.03	1:20.37
	300m:	3:45.76	1:15.59	1600m:	20:13.60	1:16.71	2900m:	37:13.54	1:19.62	4200m:	54:35.86	1:18.83
	400m:	5:01.12	1:15.36	1700m:	21:31.17	1:17.57	3000m:	38:33.02	1:19.48	4300m:	55:55.90	1:20.04
	500m:	6:16.94	1:15.82	1800m:	22:48.91	1:17.74	3100m:	39:53.75	1:20.73	4400m:	57:16.91	1:21.01
	600m:	7:32.40	1:15.46	1900m:	24:06.66	1:17.75	3200m:	41:13.73	1:19.98	4500m:	58:37.80	1:20.89
	700m:	8:48.05	1:15.65	2000m:	25:24.02	1:17.36	3300m:	42:33.51	1:19.78	4600m:	59:57.78	1:19.98
	800m:	10:03.47	1:15.42	2100m:	26:42.63	1:18.61	3400m:	43:53.27	1:19.76	4700m:	1:01:17.16	1:19.38
	900m:	11:18.38	1:14.91	2200m:	28:01.00	1:18.37	3500m:	45:13.91	1:20.64	4800m:	1:02:36.41	1:19.25
	1000m:	12:34.60	1:16.22	2300m:	29:19.38	1:18.38	3600m:	46:34.53	1:20.62	4900m:	1:03:54.92	1:18.51
	1100m:	13:50.52	1:15.92	2400m:	30:37.64	1:18.26	3700m:	47:54.86	1:20.33	5000m:	1:05:11.09	1:16.17
	1200m:	15:06.42	1:15.90	2500m:	31:56.29	1:18.65	3800m:	49:15.61	1:20.75			
	1300m:	16:22.79	1:16.37	2600m:	33:15.33	1:19.04	3900m:	50:36.49	1:20.88			
6.	FERNANDES Maria Joao	97	Fluvial Portuense	<b>1:05:19.32</b>		<b>487</b>						
	100m:	1:13.10	1:13.10	1400m:	17:59.97	1:18.31	2700m:	34:54.76	1:18.92	4000m:	52:02.02	1:19.95
	200m:	2:29.98	1:16.88	1500m:	19:18.21	1:18.24	2800m:	36:12.89	1:18.13	4100m:	53:22.06	1:20.04
	300m:	3:47.37	1:17.39	1600m:	20:36.12	1:17.91	2900m:	37:31.33	1:18.44	4200m:	54:43.05	1:20.99
	400m:	5:04.74	1:17.37	1700m:	21:54.48	1:18.36	3000m:	38:50.53	1:19.20	4300m:	56:03.07	1:20.02
	500m:	6:22.49	1:17.75	1800m:	23:12.80	1:18.32	3100m:	40:09.00	1:18.47	4400m:	57:23.50	1:20.43
	600m:	7:39.54	1:17.05	1900m:	24:30.14	1:17.34	3200m:	41:28.37	1:19.37	4500m:	58:42.29	1:18.79
	700m:	8:56.69	1:17.15	2000m:	25:48.39	1:18.25	3300m:	42:47.39	1:19.02	4600m:	1:00:01.54	1:19.25
	800m:	10:14.25	1:17.56	2100m:	27:06.56	1:18.17	3400m:	44:06.23	1:18.84	4700m:	1:01:20.86	1:19.32
	900m:	11:31.69	1:17.44	2200m:	28:24.07	1:17.51	3500m:	45:25.54	1:19.31	4800m:	1:02:40.99	1:20.13
	1000m:	12:48.36	1:16.67	2300m:	29:41.84	1:17.77	3600m:	46:43.50	1:17.96	4900m:	1:04:01.24	1:20.25
	1100m:	14:06.21	1:17.85	2400m:	31:00.02	1:18.18	3700m:	48:02.92	1:19.42	5000m:	1:05:19.32	1:18.08
	1200m:	15:23.99	1:17.78	2500m:	32:18.09	1:18.07	3800m:	49:22.59	1:19.67			
	1300m:	16:41.66	1:17.67	2600m:	33:35.84	1:17.75	3900m:	50:42.07	1:19.48			

AA1819, Masc.

1.	SANTO Filipe Miguel	00	Benfica	<b>55:01.55</b>		<b>680</b>						
	100m:	1:04.43	1:04.43	1400m:	15:06.32	1:05.01	2700m:	29:16.68	1:06.23	4000m:	43:54.15	1:07.40
	200m:	2:09.77	1:05.34	1500m:	16:11.73	1:05.41	2800m:	30:23.15	1:06.47	4100m:	45:01.23	1:07.08
	300m:	3:14.79	1:05.02	1600m:	17:17.32	1:05.59	2900m:	31:29.90	1:06.75	4200m:	46:08.13	1:06.90
	400m:	4:19.60	1:04.81	1700m:	18:22.92	1:05.60	3000m:	32:36.95	1:07.05	4300m:	47:15.40	1:07.27
	500m:	5:24.60	1:05.00	1800m:	19:28.88	1:05.96	3100m:	33:44.15	1:07.20	4400m:	48:22.70	1:07.30
	600m:	6:28.95	1:04.35	1900m:	20:34.40	1:05.52	3200m:	34:52.37	1:08.22	4500m:	49:29.65	1:06.95
	700m:	7:33.45	1:04.50	2000m:	21:39.27	1:04.87	3300m:	36:00.35	1:07.98	4600m:	50:36.94	1:07.29
	800m:	8:37.92	1:04.47	2100m:	22:44.22	1:04.95	3400m:	37:08.26	1:07.91	4700m:	51:44.02	1:07.08
	900m:	9:42.20	1:04.28	2200m:	23:48.96	1:04.74	3500m:	38:16.12	1:07.86	4800m:	52:51.37	1:07.35
	1000m:	10:46.83	1:04.63	2300m:	24:53.85	1:04.89	3600m:	39:23.99	1:07.87	4900m:	53:57.60	1:06.23
	1100m:	11:51.02	1:04.19	2400m:	25:58.85	1:05.00	3700m:	40:31.27	1:07.28	5000m:	55:01.55	1:03.95
	1200m:	12:56.11	1:05.09	2500m:	27:04.25	1:05.40	3800m:	41:39.20	1:07.93			
	1300m:	14:01.31	1:05.20	2600m:	28:10.45	1:06.20	3900m:	42:46.75	1:07.55			
2.	CAILLE Dany Pedro	00	Braga	<b>56:12.32</b>		<b>638</b>						
	100m:	1:06.30	1:06.30	1300m:	14:28.09	1:06.22	2500m:	27:53.09	1:07.06	3700m:	41:27.20	1:07.99
	200m:	2:13.47	1:07.17	1400m:	15:34.81	1:06.72	2600m:	29:00.69	1:07.60	3800m:	42:35.53	1:08.33
	300m:	3:20.45	1:06.98	1500m:	16:41.33	1:06.52	2700m:	30:08.29	1:07.60	3900m:	43:43.64	1:08.11
	400m:	4:27.50	1:07.05	1600m:	17:48.07	1:06.74	2800m:	31:16.03	1:07.74	4000m:	44:51.43	1:07.79
	500m:	5:34.24	1:06.74	1700m:	18:55.37	1:07.30	2900m:	32:23.84	1:07.81	4100m:	45:59.09	1:07.66
	600m:	6:40.97	1:06.73	1800m:	20:02.61	1:07.24	3000m:	33:31.89	1:08.05	4200m:	47:07.04	1:07.95
	700m:	7:47.79	1:06.82	1900m:	21:09.83	1:07.22	3100m:	34:39.76	1:07.87	4300m:	48:15.50	1:08.46
	800m:	8:54.73	1:06.94	2000m:	22:16.95	1:07.12	3200m:	35:47.17	1:07.41	4400m:	49:24.38	1:08.88
	900m:	10:01.95	1:07.22	2100m:	23:24.11	1:07.16	3300m:	36:55.62	1:08.45	4500m:	50:32.95	1:08.57
	1000m:	11:08.65	1:06.70	2200m:	24:31.69	1:07.58	3400m:	38:04.27	1:08.65	4600m:	51:41.75	1:08.80
	1100m:	12:15.50	1:06.85	2300m:	25:38.98	1:07.29	3500m:	39:11.61	1:07.34	4700m:	52:50.29	1:08.54
	1200m:	13:21.87	1:06.37	2400m:	26:46.03	1:07.05	3600m:	40:19.21	1:07.60	4800m:	53:58.66	1:08.37



Prova 2, Masc., 5000m Livres, AA1819

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 55:07.00 1:08.34	5000m: 56:12.32 1:05.32					
3.	<b>CAMPOS Tiago Filipe</b>	99	Rio Maior	<b>56:18.03</b>		<b>634</b>	
	100m: 1:05.02 1:05.02	1400m: 15:24.68 1:06.53	2700m: 30:02.32 1:08.20	4000m: 44:56.84 1:09.02			
	200m: 2:11.12 1:06.10	1500m: 16:31.98 1:07.30	2800m: 31:10.65 1:08.33	4100m: 46:06.40 1:09.56			
	300m: 3:16.91 1:05.79	1600m: 17:38.95 1:06.97	2900m: 32:18.19 1:07.54	4200m: 47:15.69 1:09.29			
	400m: 4:22.89 1:05.98	1700m: 18:46.44 1:07.49	3000m: 33:26.29 1:08.10	4300m: 48:24.67 1:08.98			
	500m: 5:28.83 1:05.94	1800m: 19:53.98 1:07.54	3100m: 34:35.04 1:08.75	4400m: 49:33.72 1:09.05			
	600m: 6:35.20 1:06.37	1900m: 21:01.52 1:07.54	3200m: 35:44.24 1:09.20	4500m: 50:42.09 1:08.37			
	700m: 7:41.49 1:06.29	2000m: 22:09.35 1:07.83	3300m: 36:52.75 1:08.51	4600m: 51:50.66 1:08.57			
	800m: 8:47.67 1:06.18	2100m: 23:17.14 1:07.79	3400m: 38:01.63 1:08.88	4700m: 52:58.49 1:07.83			
	900m: 9:54.16 1:06.49	2200m: 24:24.87 1:07.73	3500m: 39:11.25 1:09.62	4800m: 54:06.96 1:08.47			
	1000m: 11:00.21 1:06.05	2300m: 25:32.00 1:07.13	3600m: 40:20.44 1:09.19	4900m: 55:14.20 1:07.24			
	1100m: 12:05.94 1:05.73	2400m: 26:39.39 1:07.39	3700m: 41:29.70 1:09.26	5000m: 56:18.03 1:03.83			
	1200m: 13:12.15 1:06.21	2500m: 27:46.67 1:07.28	3800m: 42:38.85 1:09.15				
	1300m: 14:18.15 1:06.00	2600m: 28:54.12 1:07.45	3900m: 43:47.82 1:08.97				
4.	<b>NUNES Diogo Barbosa</b>	00	Fluvial Portuense	<b>57:05.32</b>		<b>608</b>	
	100m: 1:06.53 1:06.53	1400m: 15:38.87 1:08.07	2700m: 30:39.91 1:10.28	4000m: 45:35.23 1:10.23			
	200m: 2:13.32 1:06.79	1500m: 16:47.13 1:08.26	2800m: 31:49.62 1:09.71	4100m: 46:43.97 1:08.74			
	300m: 3:20.07 1:06.75	1600m: 17:56.22 1:09.09	2900m: 32:58.86 1:09.24	4200m: 47:53.58 1:09.61			
	400m: 4:26.72 1:06.65	1700m: 19:04.60 1:08.38	3000m: 34:08.53 1:09.67	4300m: 49:03.06 1:09.48			
	500m: 5:33.73 1:07.01	1800m: 20:13.20 1:08.60	3100m: 35:17.73 1:09.20	4400m: 50:12.44 1:09.38			
	600m: 6:40.24 1:06.51	1900m: 21:22.68 1:09.48	3200m: 36:26.74 1:09.01	4500m: 51:21.93 1:09.49			
	700m: 7:47.43 1:07.19	2000m: 22:32.06 1:09.38	3300m: 37:35.40 1:08.66	4600m: 52:31.15 1:09.22			
	800m: 8:54.58 1:07.15	2100m: 23:41.93 1:09.87	3400m: 38:43.92 1:08.52	4700m: 53:40.57 1:09.42			
	900m: 10:01.48 1:06.90	2200m: 24:51.61 1:09.68	3500m: 39:52.03 1:08.11	4800m: 54:49.11 1:08.54			
	1000m: 11:08.78 1:07.30	2300m: 26:00.51 1:08.90	3600m: 40:59.62 1:07.59	4900m: 55:58.19 1:09.08			
	1100m: 12:16.24 1:07.46	2400m: 27:10.69 1:10.18	3700m: 42:07.78 1:08.16	5000m: 57:05.32 1:07.13			
	1200m: 13:23.21 1:06.97	2500m: 28:20.27 1:09.58	3800m: 43:16.22 1:08.44				
	1300m: 14:30.80 1:07.59	2600m: 29:29.63 1:09.36	3900m: 44:25.00 1:08.78				
5.	<b>BASTOS Lucas Pereira</b>	00	Nautico Academico	<b>57:43.28</b>		<b>589</b>	
	100m: 1:07.55 1:07.55	1400m: 16:20.45 1:09.57	2700m: 31:18.85 1:09.60	4000m: 46:19.22 1:09.80			
	200m: 2:17.39 1:09.84	1500m: 17:29.33 1:08.88	2800m: 32:28.44 1:09.59	4100m: 47:27.82 1:08.60			
	300m: 3:27.26 1:09.87	1600m: 18:38.25 1:08.92	2900m: 33:37.94 1:09.50	4200m: 48:36.56 1:08.74			
	400m: 4:37.97 1:10.71	1700m: 19:47.46 1:09.21	3000m: 34:47.39 1:09.45	4300m: 49:44.97 1:08.41			
	500m: 5:48.76 1:10.79	1800m: 20:56.50 1:09.04	3100m: 35:56.23 1:08.84	4400m: 50:53.36 1:08.39			
	600m: 6:59.77 1:11.01	1900m: 22:05.67 1:09.17	3200m: 37:05.59 1:09.36	4500m: 52:01.31 1:07.95			
	700m: 8:10.59 1:10.82	2000m: 23:15.00 1:09.33	3300m: 38:14.37 1:08.78	4600m: 53:09.61 1:08.30			
	800m: 9:20.94 1:10.35	2100m: 24:23.95 1:08.95	3400m: 39:23.34 1:08.97	4700m: 54:18.46 1:08.85			
	900m: 10:31.33 1:10.39	2200m: 25:32.87 1:08.92	3500m: 40:32.54 1:09.20	4800m: 55:27.30 1:08.84			
	1000m: 11:41.79 1:10.46	2300m: 26:41.73 1:08.86	3600m: 41:41.44 1:08.90	4900m: 56:35.61 1:08.31			
	1100m: 12:52.18 1:10.39	2400m: 27:50.65 1:08.92	3700m: 42:50.54 1:09.10	5000m: 57:43.28 1:07.67			
	1200m: 14:01.36 1:09.18	2500m: 28:59.89 1:09.24	3800m: 43:59.78 1:09.24				
	1300m: 15:10.88 1:09.52	2600m: 30:09.25 1:09.36	3900m: 45:09.42 1:09.64				
6.	<b>BARBARA Goncalo Gualberto</b>	00	Rio Maior	<b>59:36.63</b>		<b>534</b>	
	100m: 1:11.13 1:11.13	1400m: 16:36.49 1:11.38	2700m: 32:06.17 1:12.35	4000m: 47:38.51 1:11.56			
	200m: 2:22.62 1:11.49	1500m: 17:48.24 1:11.75	2800m: 33:18.18 1:12.01	4100m: 48:50.79 1:12.28			
	300m: 3:33.87 1:11.25	1600m: 18:58.91 1:10.67	2900m: 34:29.99 1:11.81	4200m: 50:02.49 1:11.70			
	400m: 4:46.07 1:12.20	1700m: 20:10.27 1:11.36	3000m: 35:42.45 1:12.46	4300m: 51:14.33 1:11.84			
	500m: 5:57.95 1:11.88	1800m: 21:21.75 1:11.48	3100m: 36:54.59 1:12.14	4400m: 52:26.71 1:12.38			
	600m: 7:09.36 1:11.41	1900m: 22:32.95 1:11.20	3200m: 38:06.31 1:11.72	4500m: 53:38.59 1:11.88			
	700m: 8:20.62 1:11.26	2000m: 23:44.70 1:11.75	3300m: 39:17.81 1:11.50	4600m: 54:50.56 1:11.97			
	800m: 9:31.57 1:10.95	2100m: 24:56.00 1:11.30	3400m: 40:29.20 1:11.39	4700m: 56:02.50 1:11.94			
	900m: 10:42.30 1:10.73	2200m: 26:07.30 1:11.30	3500m: 41:40.72 1:11.52	4800m: 57:14.45 1:11.95			
	1000m: 11:52.65 1:10.35	2300m: 27:18.47 1:11.17	3600m: 42:52.25 1:11.53	4900m: 58:26.00 1:11.55			
	1100m: 13:02.97 1:10.32	2400m: 28:30.15 1:11.68	3700m: 44:03.75 1:11.50	5000m: 59:36.63 1:10.63			
	1200m: 14:13.98 1:11.01	2500m: 29:41.83 1:11.68	3800m: 45:15.44 1:11.69				
	1300m: 15:25.11 1:11.13	2600m: 30:53.82 1:11.99	3900m: 46:26.95 1:11.51				

Prova 2, Masc., 5000m Livres, AA1819

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	<b>GASPAR Miguel Caridade</b>	99	<b>Academica de Coimbra</b>	<b>59:51.08</b>		<b>528</b>	
	100m: 1:10.07 1:10.07	1400m: 16:38.98 1:11.28	2700m: 32:10.50 1:12.34	4000m: 47:50.41 1:12.81			
	200m: 2:21.24 1:11.17	1500m: 17:50.57 1:11.59	2800m: 33:22.75 1:12.25	4100m: 49:02.75 1:12.34			
	300m: 3:32.65 1:11.41	1600m: 19:01.92 1:11.35	2900m: 34:34.93 1:12.18	4200m: 50:15.44 1:12.69			
	400m: 4:44.21 1:11.56	1700m: 20:13.76 1:11.84	3000m: 35:47.35 1:12.42	4300m: 51:27.53 1:12.09			
	500m: 5:55.84 1:11.63	1800m: 21:25.34 1:11.58	3100m: 36:58.75 1:11.40	4400m: 52:39.70 1:12.17			
	600m: 7:07.19 1:11.35	1900m: 22:36.99 1:11.65	3200m: 38:10.91 1:12.16	4500m: 53:51.95 1:12.25			
	700m: 8:18.80 1:11.61	2000m: 23:48.50 1:11.51	3300m: 39:22.88 1:11.97	4600m: 55:04.54 1:12.59			
	800m: 9:30.29 1:11.49	2100m: 24:59.02 1:10.52	3400m: 40:34.99 1:12.11	4700m: 56:16.49 1:11.95			
	900m: 10:41.76 1:11.47	2200m: 26:10.91 1:11.89	3500m: 41:47.36 1:12.37	4800m: 57:28.82 1:12.33			
	1000m: 11:53.43 1:11.67	2300m: 27:22.57 1:11.66	3600m: 42:59.50 1:12.14	4900m: 58:39.94 1:11.12			
	1100m: 13:05.02 1:11.59	2400m: 28:34.48 1:11.91	3700m: 44:12.31 1:12.81	5000m: 59:51.08 1:11.14			
	1200m: 14:16.30 1:11.28	2500m: 29:46.30 1:11.82	3800m: 45:25.18 1:12.87				
	1300m: 15:27.70 1:11.40	2600m: 30:58.16 1:11.86	3900m: 46:37.60 1:12.42				

AA1819, Femin.

1.	<b>CARVALHO Eva Guerreiro</b>	99	<b>Benfica</b>	<b>1:03:41.78</b>		<b>525</b>	
	100m: 1:14.61 1:14.61	1400m: 17:44.95 1:16.27	2700m: 34:08.04 1:16.19	4000m: 50:58.21 1:18.96			
	200m: 2:30.96 1:16.35	1500m: 19:01.53 1:16.58	2800m: 35:24.72 1:16.68	4100m: 52:17.48 1:19.27			
	300m: 3:47.36 1:16.40	1600m: 20:18.07 1:16.54	2900m: 36:41.20 1:16.48	4200m: 53:36.82 1:19.34			
	400m: 5:03.91 1:16.55	1700m: 21:34.75 1:16.68	3000m: 37:58.36 1:17.16	4300m: 54:54.73 1:17.91			
	500m: 6:20.46 1:16.55	1800m: 22:52.10 1:17.35	3100m: 39:15.78 1:17.42	4400m: 56:09.33 1:14.60			
	600m: 7:35.96 1:15.50	1900m: 24:08.43 1:16.33	3200m: 40:32.68 1:16.90	4500m: 57:24.13 1:14.80			
	700m: 8:51.55 1:15.59	2000m: 25:25.12 1:16.69	3300m: 41:49.91 1:17.23	4600m: 58:38.62 1:14.49			
	800m: 10:07.32 1:15.77	2100m: 26:40.55 1:15.43	3400m: 43:07.45 1:17.54	4700m: 59:52.99 1:14.37			
	900m: 11:22.91 1:15.59	2200m: 27:54.29 1:13.74	3500m: 44:25.46 1:18.01	4800m: 1:01:09.40 1:16.41			
	1000m: 12:39.47 1:16.56	2300m: 29:08.11 1:13.82	3600m: 45:43.47 1:18.01	4900m: 1:02:25.89 1:16.49			
	1100m: 13:55.92 1:16.45	2400m: 30:22.27 1:14.16	3700m: 47:01.30 1:17.83	5000m: 1:03:41.78 1:15.89			
	1200m: 15:12.02 1:16.10	2500m: 31:36.56 1:14.29	3800m: 48:20.21 1:18.91				
	1300m: 16:28.68 1:16.66	2600m: 32:51.85 1:15.29	3900m: 49:39.25 1:19.04				
2.	<b>ANGELO Mariana Pinto</b>	99	<b>Academica de Coimbra</b>	<b>1:04:28.97</b>		<b>506</b>	
	100m: 1:12.32 1:12.32	1400m: 17:40.66 1:16.22	2700m: 34:29.79 1:18.80	4000m: 51:26.60 1:18.81			
	200m: 2:27.20 1:14.88	1500m: 18:57.70 1:17.04	2800m: 35:48.44 1:18.65	4100m: 52:44.87 1:18.27			
	300m: 3:41.93 1:14.73	1600m: 20:14.94 1:17.24	2900m: 37:06.62 1:18.18	4200m: 54:03.58 1:18.71			
	400m: 4:57.08 1:15.15	1700m: 21:32.56 1:17.62	3000m: 38:24.67 1:18.05	4300m: 55:22.56 1:18.98			
	500m: 6:12.64 1:15.56	1800m: 22:50.56 1:18.00	3100m: 39:42.35 1:17.68	4400m: 56:42.02 1:19.46			
	600m: 7:28.76 1:16.12	1900m: 24:08.68 1:18.12	3200m: 40:59.97 1:17.62	4500m: 58:00.95 1:18.93			
	700m: 8:45.06 1:16.30	2000m: 25:26.44 1:17.76	3300m: 42:18.12 1:18.15	4600m: 59:18.53 1:17.58			
	800m: 10:01.65 1:16.59	2100m: 26:43.47 1:17.03	3400m: 43:35.99 1:17.87	4700m: 1:00:37.06 1:18.53			
	900m: 11:17.88 1:16.23	2200m: 28:00.73 1:17.26	3500m: 44:54.26 1:18.27	4800m: 1:01:54.39 1:17.33			
	1000m: 12:34.60 1:16.72	2300m: 29:17.61 1:16.88	3600m: 46:12.79 1:18.53	4900m: 1:03:12.48 1:18.09			
	1100m: 13:50.83 1:16.23	2400m: 30:35.07 1:17.46	3700m: 47:30.96 1:18.17	5000m: 1:04:28.97 1:16.49			
	1200m: 15:07.79 1:16.96	2500m: 31:53.10 1:18.03	3800m: 48:49.12 1:18.16				
	1300m: 16:24.44 1:16.65	2600m: 33:10.99 1:17.89	3900m: 50:07.79 1:18.67				
3.	<b>MESTRE Catarina Martins</b>	00	<b>Natacao de Lisboa</b>	<b>1:04:44.45</b>		<b>500</b>	
	100m: 1:11.30 1:11.30	1300m: 16:26.27 1:17.03	2500m: 31:58.99 1:19.23	3700m: 47:42.55 1:19.25			
	200m: 2:25.46 1:14.16	1400m: 17:43.83 1:17.56	2600m: 33:16.44 1:17.45	3800m: 49:00.55 1:18.00			
	300m: 3:41.29 1:15.83	1500m: 19:01.61 1:17.78	2700m: 34:34.73 1:18.29	3900m: 50:19.45 1:18.90			
	400m: 4:57.75 1:16.46	1600m: 20:19.08 1:17.47	2800m: 35:52.88 1:18.15	4000m: 51:38.71 1:19.26			
	500m: 6:13.78 1:16.03	1700m: 21:36.89 1:17.81	2900m: 37:11.36 1:18.48	4100m: 52:57.60 1:18.89			
	600m: 7:30.05 1:16.27	1800m: 22:54.09 1:17.20	3000m: 38:29.58 1:18.22	4200m: 54:16.25 1:18.65			
	700m: 8:46.15 1:16.10	1900m: 24:11.79 1:17.70	3100m: 39:47.59 1:18.01	4300m: 55:35.83 1:19.58			
	800m: 10:02.85 1:16.70	2000m: 25:29.17 1:17.38	3200m: 41:05.93 1:18.34	4400m: 56:55.35 1:19.52			
	900m: 11:19.46 1:16.61	2100m: 26:45.49 1:16.32	3300m: 42:24.71 1:18.78	4500m: 58:15.21 1:19.86			
	1000m: 12:36.05 1:16.59	2200m: 28:03.21 1:17.72	3400m: 43:44.19 1:19.48	4600m: 59:34.15 1:18.94			
	1100m: 13:52.64 1:16.59	2300m: 29:21.83 1:18.62	3500m: 45:03.78 1:19.59	4700m: 1:00:53.24 1:19.09			
	1200m: 15:09.24 1:16.60	2400m: 30:39.76 1:17.93	3600m: 46:23.30 1:19.52	4800m: 1:02:11.38 1:18.14			

Prova 2, Femin., 5000m Livres, AA1819

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m1:03:28.31 1:16.93	5000m1:04:44.45	1:16.14				
4.	<b>LOPES Ariana Santos</b>	<b>00</b>	<b>Estarreja</b>	<b>1:05:01.58</b>		<b>494</b>	
	100m: 1:13.63 1:13.63	1400m: 17:59.69 1:18.01	2700m: 34:53.71 1:17.61	4000m: 51:55.39 1:19.36			
	200m: 2:29.68 1:16.05	1500m: 19:17.36 1:17.67	2800m: 36:11.54 1:17.83	4100m: 53:13.81 1:18.42			
	300m: 3:45.94 1:16.26	1600m: 20:34.95 1:17.59	2900m: 37:28.95 1:17.41	4200m: 54:32.32 1:18.51			
	400m: 5:02.12 1:16.18	1700m: 21:52.72 1:17.77	3000m: 38:47.35 1:18.40	4300m: 55:51.23 1:18.91			
	500m: 6:18.83 1:16.71	1800m: 23:11.18 1:18.46	3100m: 40:05.53 1:18.18	4400m: 57:10.66 1:19.43			
	600m: 7:35.96 1:17.13	1900m: 24:29.66 1:18.48	3200m: 41:25.25 1:19.72	4500m: 58:28.68 1:18.02			
	700m: 8:53.66 1:17.70	2000m: 25:47.92 1:18.26	3300m: 42:44.00 1:18.75	4600m: 59:47.74 1:19.06			
	800m: 10:11.14 1:17.48	2100m: 27:06.61 1:18.69	3400m: 44:02.44 1:18.44	4700m: 1:01:06.83 1:19.09			
	900m: 11:28.73 1:17.59	2200m: 28:23.54 1:16.93	3500m: 45:21.36 1:18.92	4800m: 1:02:25.65 1:18.82			
	1000m: 12:46.76 1:18.03	2300m: 29:41.69 1:18.15	3600m: 46:41.00 1:19.64	4900m: 1:03:44.48 1:18.83			
	1100m: 14:05.45 1:18.69	2400m: 30:59.91 1:18.22	3700m: 47:58.58 1:17.58	5000m: 1:05:01.58 1:17.10			
	1200m: 15:23.38 1:17.93	2500m: 32:18.01 1:18.10	3800m: 49:17.06 1:18.48				
	1300m: 16:41.68 1:18.30	2600m: 33:36.10 1:18.09	3900m: 50:36.03 1:18.97				
5.	<b>FERREIRA Beatriz Marques</b>	<b>00</b>	<b>Campinho</b>	<b>1:06:34.22</b>		<b>460</b>	
	100m: 1:13.11 1:13.11	1400m: 18:03.92 1:18.81	2700m: 35:22.53 1:20.75	4000m: 53:01.46 1:21.94			
	200m: 2:30.16 1:17.05	1500m: 19:24.00 1:20.08	2800m: 36:43.36 1:20.83	4100m: 54:23.30 1:21.84			
	300m: 3:46.81 1:16.65	1600m: 20:42.94 1:18.94	2900m: 38:04.43 1:21.07	4200m: 55:44.70 1:21.40			
	400m: 5:03.64 1:16.83	1700m: 22:02.37 1:19.43	3000m: 39:24.83 1:20.40	4300m: 57:06.07 1:21.37			
	500m: 6:20.24 1:16.60	1800m: 23:22.30 1:19.93	3100m: 40:46.90 1:22.07	4400m: 58:27.54 1:21.47			
	600m: 7:37.43 1:17.19	1900m: 24:41.74 1:19.44	3200m: 42:09.32 1:22.42	4500m: 59:49.23 1:21.69			
	700m: 8:54.38 1:16.95	2000m: 26:01.19 1:19.45	3300m: 43:30.34 1:21.02	4600m: 1:01:10.63 1:21.40			
	800m: 10:11.31 1:16.93	2100m: 27:21.39 1:20.20	3400m: 44:52.88 1:22.54	4700m: 1:02:31.92 1:21.29			
	900m: 11:29.78 1:18.47	2200m: 28:41.63 1:20.24	3500m: 46:13.41 1:20.53	4800m: 1:03:53.75 1:21.83			
	1000m: 12:48.82 1:19.04	2300m: 30:02.34 1:20.71	3600m: 47:34.48 1:21.07	4900m: 1:05:14.74 1:20.99			
	1100m: 14:07.25 1:18.43	2400m: 31:21.58 1:19.24	3700m: 48:55.40 1:20.92	5000m: 1:06:34.22 1:19.48			
	1200m: 15:26.25 1:19.00	2500m: 32:42.06 1:20.48	3800m: 50:16.93 1:21.53				
	1300m: 16:45.11 1:18.86	2600m: 34:01.78 1:19.72	3900m: 51:39.52 1:22.59				
6.	<b>BARBOSA Sara Lopes</b>	<b>00</b>	<b>Aquatico Pacense</b>	<b>1:08:43.33</b>		<b>418</b>	
	100m: 1:16.73 1:16.73	1400m: 18:37.83 1:21.04	2700m: 36:24.38 1:23.88	4000m: 54:39.28 1:26.19			
	200m: 2:35.94 1:19.21	1500m: 19:59.32 1:21.49	2800m: 37:47.97 1:23.59	4100m: 56:03.76 1:24.48			
	300m: 3:55.30 1:19.36	1600m: 21:19.86 1:20.54	2900m: 39:11.90 1:23.93	4200m: 57:28.53 1:24.77			
	400m: 5:15.50 1:20.20	1700m: 22:40.92 1:21.06	3000m: 40:35.45 1:23.55	4300m: 58:53.16 1:24.63			
	500m: 6:35.88 1:20.38	1800m: 24:02.58 1:21.66	3100m: 41:58.95 1:23.50	4400m: 1:00:17.37 1:24.21			
	600m: 7:56.08 1:20.20	1900m: 25:23.95 1:21.37	3200m: 43:22.53 1:23.58	4500m: 1:01:42.10 1:24.73			
	700m: 9:16.01 1:19.93	2000m: 26:45.57 1:21.62	3300m: 44:47.01 1:24.48	4600m: 1:03:07.10 1:25.00			
	800m: 10:35.80 1:19.79	2100m: 28:07.50 1:21.93	3400m: 46:11.71 1:24.70	4700m: 1:04:31.58 1:24.48			
	900m: 11:55.47 1:19.67	2200m: 29:29.70 1:22.20	3500m: 47:35.42 1:23.71	4800m: 1:05:56.33 1:24.75			
	1000m: 13:15.28 1:19.81	2300m: 30:52.42 1:22.72	3600m: 48:59.67 1:24.25	4900m: 1:07:20.37 1:24.04			
	1100m: 14:35.73 1:20.45	2400m: 32:14.91 1:22.49	3700m: 50:23.59 1:23.92	5000m: 1:08:43.33 1:22.96			
	1200m: 15:56.25 1:20.52	2500m: 33:37.24 1:22.33	3800m: 51:48.06 1:24.47				
	1300m: 17:16.79 1:20.54	2600m: 35:00.50 1:23.26	3900m: 53:13.09 1:25.03				
7.	<b>BAPTISTA Sara Tavares</b>	<b>00</b>	<b>Feirense</b>	<b>1:14:51.86</b>		<b>323</b>	
	100m: 1:21.67 1:21.67	1400m: 20:41.25 1:30.10	2700m: 40:11.30 1:30.51	4000m: 59:54.60 1:30.69			
	200m: 2:48.73 1:27.06	1500m: 22:10.33 1:29.08	2800m: 41:42.27 1:30.97	4100m: 1:01:25.68 1:31.08			
	300m: 4:17.44 1:28.71	1600m: 23:38.85 1:28.52	2900m: 43:13.34 1:31.07	4200m: 1:02:56.35 1:30.67			
	400m: 5:47.15 1:29.71	1700m: 25:08.41 1:29.56	3000m: 44:43.96 1:30.62	4300m: 1:04:27.14 1:30.79			
	500m: 7:16.60 1:29.45	1800m: 26:38.38 1:29.97	3100m: 46:14.42 1:30.46	4400m: 1:05:58.66 1:31.52			
	600m: 8:46.10 1:29.50	1900m: 28:08.40 1:30.02	3200m: 47:45.47 1:31.05	4500m: 1:07:28.81 1:30.15			
	700m: 10:15.12 1:29.02	2000m: 29:38.22 1:29.82	3300m: 49:16.49 1:31.02	4600m: 1:08:58.10 1:29.29			
	800m: 11:43.61 1:28.49	2100m: 31:08.22 1:30.00	3400m: 50:48.67 1:32.18	4700m: 1:10:26.80 1:28.70			
	900m: 13:13.83 1:30.22	2200m: 32:38.40 1:30.18	3500m: 52:19.96 1:31.29	4800m: 1:11:56.25 1:29.45			
	1000m: 14:42.74 1:28.91	2300m: 34:09.12 1:30.72	3600m: 53:50.71 1:30.75	4900m: 1:13:24.58 1:28.33			
	1100m: 16:12.36 1:29.62	2400m: 35:39.79 1:30.67	3700m: 55:21.72 1:31.01	5000m: 1:14:51.86 1:27.28			
	1200m: 17:42.03 1:29.67	2500m: 37:10.75 1:30.96	3800m: 56:53.80 1:32.08				
	1300m: 19:11.15 1:29.12	2600m: 38:40.79 1:30.04	3900m: 58:23.91 1:30.11				

Prova 2, 5000m Livres

AA1617, Masc.

<b>1. CARDOSO Diogo Santos</b>		<b>01</b>	<b>Colegio Monte Maior</b>	<b>55:30.77</b>	<b>662</b>						
100m:	1:09.03	1:09.03	1400m:	15:50.62	1:06.41	2700m:	30:20.56	1:06.50	4000m:	44:40.77	1:06.13
200m:	2:18.96	1:09.93	1500m:	16:57.61	1:06.99	2800m:	31:26.76	1:06.20	4100m:	45:46.60	1:05.83
300m:	3:27.78	1:08.82	1600m:	18:04.22	1:06.61	2900m:	32:33.23	1:06.47	4200m:	46:51.50	1:04.90
400m:	4:37.12	1:09.34	1700m:	19:11.43	1:07.21	3000m:	33:39.86	1:06.63	4300m:	47:56.63	1:05.13
500m:	5:45.21	1:08.09	1800m:	20:18.04	1:06.61	3100m:	34:46.13	1:06.27	4400m:	49:02.33	1:05.70
600m:	6:53.03	1:07.82	1900m:	21:24.76	1:06.72	3200m:	35:52.25	1:06.12	4500m:	50:08.04	1:05.71
700m:	8:00.17	1:07.14	2000m:	22:31.55	1:06.79	3300m:	36:58.60	1:06.35	4600m:	51:13.57	1:05.53
800m:	9:07.56	1:07.39	2100m:	23:38.83	1:07.28	3400m:	38:05.05	1:06.45	4700m:	52:18.95	1:05.38
900m:	10:14.84	1:07.28	2200m:	24:45.68	1:06.85	3500m:	39:11.09	1:06.04	4800m:	53:23.87	1:04.92
1000m:	11:22.40	1:07.56	2300m:	25:52.93	1:07.25	3600m:	40:17.22	1:06.13	4900m:	54:28.58	1:04.71
1100m:	12:29.57	1:07.17	2400m:	26:59.83	1:06.90	3700m:	41:22.82	1:05.60	5000m:	55:30.77	1:02.19
1200m:	13:37.10	1:07.53	2500m:	28:07.41	1:07.58	3800m:	42:28.72	1:05.90			
1300m:	14:44.21	1:07.11	2600m:	29:14.06	1:06.65	3900m:	43:34.64	1:05.92			
<b>2. JOSE Diogo Coelho</b>		<b>01</b>	<b>Columbofila Cantanhedense</b>	<b>57:33.27</b>	<b>594</b>						
100m:	1:05.74	1:05.74	1400m:	15:46.89	1:09.23	2700m:	30:56.28	1:10.59	4000m:	45:59.56	1:08.75
200m:	2:11.96	1:06.22	1500m:	16:56.29	1:09.40	2800m:	32:06.84	1:10.56	4100m:	47:09.34	1:09.78
300m:	3:18.44	1:06.48	1600m:	18:05.62	1:09.33	2900m:	33:17.47	1:10.63	4200m:	48:18.00	1:08.66
400m:	4:24.98	1:06.54	1700m:	19:15.24	1:09.62	3000m:	34:28.07	1:10.60	4300m:	49:28.14	1:10.14
500m:	5:32.00	1:07.02	1800m:	20:24.91	1:09.67	3100m:	35:38.66	1:10.59	4400m:	50:38.32	1:10.18
600m:	6:39.60	1:07.60	1900m:	21:35.25	1:10.34	3200m:	36:48.38	1:09.72	4500m:	51:48.62	1:10.30
700m:	7:47.44	1:07.84	2000m:	22:45.56	1:10.31	3300m:	37:58.19	1:09.81	4600m:	52:58.40	1:09.78
800m:	8:55.30	1:07.86	2100m:	23:55.11	1:09.55	3400m:	39:07.28	1:09.09	4700m:	54:07.51	1:09.11
900m:	10:02.95	1:07.65	2200m:	25:05.26	1:10.15	3500m:	40:16.24	1:08.96	4800m:	55:16.40	1:08.89
1000m:	11:11.27	1:08.32	2300m:	26:15.19	1:09.93	3600m:	41:24.54	1:08.30	4900m:	56:25.22	1:08.82
1100m:	12:19.73	1:08.46	2400m:	27:25.57	1:10.38	3700m:	42:33.11	1:08.57	5000m:	57:33.27	1:08.05
1200m:	13:28.42	1:08.69	2500m:	28:35.98	1:10.41	3800m:	43:41.99	1:08.88			
1300m:	14:37.66	1:09.24	2600m:	29:45.69	1:09.71	3900m:	44:50.81	1:08.82			
<b>3. FROTA Paulo Andre</b>		<b>02</b>	<b>CASP AE</b>	<b>57:59.57</b>	<b>580</b>						
100m:	1:07.28	1:07.28	1400m:	15:54.67	1:08.97	2700m:	30:57.96	1:09.71	4000m:	46:08.61	1:10.21
200m:	2:14.49	1:07.21	1500m:	17:03.42	1:08.75	2800m:	32:07.61	1:09.65	4100m:	47:18.98	1:10.37
300m:	3:21.87	1:07.38	1600m:	18:12.97	1:09.55	2900m:	33:17.44	1:09.83	4200m:	48:29.57	1:10.59
400m:	4:30.32	1:08.45	1700m:	19:22.10	1:09.13	3000m:	34:27.38	1:09.94	4300m:	49:40.90	1:11.33
500m:	5:38.42	1:08.10	1800m:	20:31.79	1:09.69	3100m:	35:37.59	1:10.21	4400m:	50:52.02	1:11.12
600m:	6:45.99	1:07.57	1900m:	21:40.85	1:09.06	3200m:	36:47.79	1:10.20	4500m:	52:02.53	1:10.51
700m:	7:54.08	1:08.09	2000m:	22:50.22	1:09.37	3300m:	37:57.22	1:09.43	4600m:	53:14.08	1:11.55
800m:	9:02.71	1:08.63	2100m:	24:00.15	1:09.93	3400m:	39:07.52	1:10.30	4700m:	54:25.72	1:11.64
900m:	10:11.53	1:08.82	2200m:	25:09.97	1:09.82	3500m:	40:17.65	1:10.13	4800m:	55:37.84	1:12.12
1000m:	11:19.82	1:08.29	2300m:	26:19.63	1:09.66	3600m:	41:27.35	1:09.70	4900m:	56:49.90	1:12.06
1100m:	12:28.44	1:08.62	2400m:	27:29.12	1:09.49	3700m:	42:37.77	1:10.42	5000m:	57:59.57	1:09.67
1200m:	13:36.79	1:08.35	2500m:	28:38.78	1:09.66	3800m:	43:47.89	1:10.12			
1300m:	14:45.70	1:08.91	2600m:	29:48.25	1:09.47	3900m:	44:58.40	1:10.51			
<b>4. AMORIM Ivan Emanuel</b>		<b>02</b>	<b>Fluvial Portuense</b>	<b>58:26.20</b>	<b>567</b>						
100m:	1:08.34	1:08.34	1400m:	16:15.44	1:09.80	2700m:	31:26.76	1:10.04	4000m:	46:44.76	1:11.03
200m:	2:17.42	1:09.08	1500m:	17:25.24	1:09.80	2800m:	32:36.82	1:10.06	4100m:	47:55.02	1:10.26
300m:	3:27.03	1:09.61	1600m:	18:34.96	1:09.72	2900m:	33:46.82	1:10.00	4200m:	49:06.25	1:11.23
400m:	4:36.75	1:09.72	1700m:	19:44.63	1:09.67	3000m:	34:56.97	1:10.15	4300m:	50:16.88	1:10.63
500m:	5:46.41	1:09.66	1800m:	20:54.44	1:09.81	3100m:	36:07.29	1:10.32	4400m:	51:27.83	1:10.95
600m:	6:56.04	1:09.63	1900m:	22:04.53	1:10.09	3200m:	37:17.48	1:10.19	4500m:	52:38.47	1:10.64
700m:	8:05.86	1:09.82	2000m:	23:14.57	1:10.04	3300m:	38:28.05	1:10.57	4600m:	53:49.14	1:10.67
800m:	9:15.83	1:09.97	2100m:	24:24.23	1:09.66	3400m:	39:38.63	1:10.58	4700m:	54:59.29	1:10.15
900m:	10:26.21	1:10.38	2200m:	25:34.39	1:10.16	3500m:	40:49.17	1:10.54	4800m:	56:09.38	1:10.09
1000m:	11:36.24	1:10.03	2300m:	26:44.75	1:10.36	3600m:	41:59.95	1:10.78	4900m:	57:19.26	1:09.88
1100m:	12:46.06	1:09.82	2400m:	27:55.34	1:10.59	3700m:	43:11.70	1:11.75	5000m:	58:26.20	1:06.94
1200m:	13:55.64	1:09.58	2500m:	29:06.39	1:11.05	3800m:	44:22.64	1:10.94			
1300m:	15:05.64	1:10.00	2600m:	30:16.72	1:10.33	3900m:	45:33.73	1:11.09			

Prova 2, Masc., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	<b>59:32.58</b>		<b>536</b>	
	100m: 1:09.39 1:09.39		1400m: 16:15.86 1:09.85	2700m: 31:47.97 1:11.42	4000m: 47:28.02 1:13.02		
	200m: 2:19.62 1:10.23		1500m: 17:25.68 1:09.82	2800m: 32:59.73 1:11.76	4100m: 48:41.41 1:13.39		
	300m: 3:29.27 1:09.65		1600m: 18:35.85 1:10.17	2900m: 34:11.96 1:12.23	4200m: 49:54.29 1:12.88		
	400m: 4:39.88 1:10.61		1700m: 19:45.21 1:09.36	3000m: 35:24.34 1:12.38	4300m: 51:07.50 1:13.21		
	500m: 5:49.08 1:09.20		1800m: 20:56.41 1:11.20	3100m: 36:37.14 1:12.80	4400m: 52:21.25 1:13.75		
	600m: 6:58.44 1:09.36		1900m: 22:08.77 1:12.36	3200m: 37:50.15 1:13.01	4500m: 53:34.19 1:12.94		
	700m: 8:07.91 1:09.47		2000m: 23:21.72 1:12.95	3300m: 39:03.18 1:13.03	4600m: 54:46.15 1:11.96		
	800m: 9:17.38 1:09.47		2100m: 24:34.83 1:13.11	3400m: 40:16.53 1:13.35	4700m: 55:57.70 1:11.55		
	900m: 10:27.17 1:09.79		2200m: 25:48.13 1:13.30	3500m: 41:27.91 1:11.38	4800m: 57:09.00 1:11.30		
	1000m: 11:36.86 1:09.69		2300m: 27:00.61 1:12.48	3600m: 42:38.31 1:10.40	4900m: 58:21.04 1:12.04		
	1100m: 12:46.54 1:09.68		2400m: 28:12.86 1:12.25	3700m: 43:50.13 1:11.82	5000m: 59:32.58 1:11.54		
	1200m: 13:56.35 1:09.81		2500m: 29:24.32 1:11.46	3800m: 45:02.52 1:12.39			
	1300m: 15:06.01 1:09.66		2600m: 30:36.55 1:12.23	3900m: 46:15.00 1:12.48			
6.	CRISTINO David Matias	01	Uniao Piedense	<b>1:00:00.06</b>		<b>524</b>	
	100m: 1:07.65 1:07.65		1400m: 16:19.58 1:11.90	2700m: 32:06.32 1:13.81	4000m: 47:57.57 1:14.20		
	200m: 2:16.75 1:09.10		1500m: 17:30.06 1:10.48	2800m: 33:18.25 1:11.93	4100m: 49:10.66 1:13.09		
	300m: 3:25.48 1:08.73		1600m: 18:41.97 1:11.91	2900m: 34:29.84 1:11.59	4200m: 50:23.58 1:12.92		
	400m: 4:35.29 1:09.81		1700m: 19:53.36 1:11.39	3000m: 35:41.76 1:11.92	4300m: 51:37.08 1:13.50		
	500m: 5:44.80 1:09.51		1800m: 21:05.40 1:12.04	3100m: 36:53.96 1:12.20	4400m: 52:49.72 1:12.64		
	600m: 6:54.86 1:10.06		1900m: 22:18.16 1:12.76	3200m: 38:06.16 1:12.20	4500m: 54:03.39 1:13.67		
	700m: 8:04.65 1:09.79		2000m: 23:31.15 1:12.99	3300m: 39:19.33 1:13.17	4600m: 55:16.87 1:13.48		
	800m: 9:15.06 1:10.41		2100m: 24:44.92 1:13.77	3400m: 40:32.79 1:13.46	4700m: 56:29.37 1:12.50		
	900m: 10:25.35 1:10.29		2200m: 25:57.67 1:12.75	3500m: 41:46.53 1:13.74	4800m: 57:40.79 1:11.42		
	1000m: 11:35.64 1:10.29		2300m: 27:11.74 1:14.07	3600m: 43:01.84 1:15.31	4900m: 58:51.82 1:11.03		
	1100m: 12:45.87 1:10.23		2400m: 28:24.64 1:12.90	3700m: 44:16.81 1:14.97	5000m: 1:00:00.06 1:08.24		
	1200m: 13:56.96 1:11.09		2500m: 29:38.02 1:13.38	3800m: 45:30.21 1:13.40			
	1300m: 15:07.68 1:10.72		2600m: 30:52.51 1:14.49	3900m: 46:43.37 1:13.16			
7.	TRAVASSOS Rodrigo Alexanc	02	CASP AE	<b>1:02:05.51</b>		<b>473</b>	
	100m: 1:07.90 1:07.90		1400m: 16:45.72 1:14.70	2700m: 32:57.34 1:16.59	4000m: 49:26.53 1:16.83		
	200m: 2:17.47 1:09.57		1500m: 17:59.86 1:14.14	2800m: 34:13.11 1:15.77	4100m: 50:43.24 1:16.71		
	300m: 3:27.49 1:10.02		1600m: 19:14.77 1:14.91	2900m: 35:29.63 1:16.52	4200m: 52:00.27 1:17.03		
	400m: 4:37.52 1:10.03		1700m: 20:29.21 1:14.44	3000m: 36:46.57 1:16.94	4300m: 53:16.67 1:16.40		
	500m: 5:48.41 1:10.89		1800m: 21:43.57 1:14.36	3100m: 38:02.77 1:16.20	4400m: 54:32.85 1:16.18		
	600m: 6:59.55 1:11.14		1900m: 22:57.67 1:14.10	3200m: 39:18.32 1:15.55	4500m: 55:49.60 1:16.75		
	700m: 8:11.36 1:11.81		2000m: 24:12.51 1:14.84	3300m: 40:34.83 1:16.51	4600m: 57:06.68 1:17.08		
	800m: 9:23.50 1:12.14		2100m: 25:25.72 1:13.21	3400m: 41:50.56 1:15.73	4700m: 58:22.57 1:15.89		
	900m: 10:36.42 1:12.92		2200m: 26:40.66 1:14.94	3500m: 43:06.60 1:16.04	4800m: 59:37.35 1:14.78		
	1000m: 11:49.53 1:13.11		2300m: 27:55.66 1:15.00	3600m: 44:22.06 1:15.46	4900m: 1:00:51.60 1:14.25		
	1100m: 13:03.21 1:13.68		2400m: 29:10.21 1:14.55	3700m: 45:37.45 1:15.39	5000m: 1:02:05.51 1:13.91		
	1200m: 14:16.71 1:13.50		2500m: 30:25.63 1:15.42	3800m: 46:53.58 1:16.13			
	1300m: 15:31.02 1:14.31		2600m: 31:40.75 1:15.12	3900m: 48:09.70 1:16.12			

AA1617, Femin.

1.	ANDRE Leticia Maia	02	Benfica	<b>1:00:59.51</b>		<b>599</b>	
	100m: 1:11.24 1:11.24		1300m: 15:24.12 1:11.45	2500m: 29:51.00 1:13.51	3700m: 44:28.19 1:13.79		
	200m: 2:23.73 1:12.49		1400m: 16:35.73 1:11.61	2600m: 31:03.64 1:12.64	3800m: 45:42.75 1:14.56		
	300m: 3:35.08 1:11.35		1500m: 17:47.24 1:11.51	2700m: 32:17.07 1:13.43	3900m: 46:57.45 1:14.70		
	400m: 4:46.07 1:10.99		1600m: 18:59.04 1:11.80	2800m: 33:30.35 1:13.28	4000m: 48:12.74 1:15.29		
	500m: 5:57.24 1:11.17		1700m: 20:10.90 1:11.86	2900m: 34:43.19 1:12.84	4100m: 49:27.75 1:15.01		
	600m: 7:08.28 1:11.04		1800m: 21:23.02 1:12.12	3000m: 35:56.36 1:13.17	4200m: 50:43.82 1:16.07		
	700m: 8:18.81 1:10.53		1900m: 22:35.07 1:12.05	3100m: 37:08.87 1:12.51	4300m: 52:00.76 1:16.94		
	800m: 9:29.03 1:10.22		2000m: 23:47.17 1:12.10	3200m: 38:21.29 1:12.42	4400m: 53:18.52 1:17.76		
	900m: 10:39.56 1:10.53		2100m: 24:59.00 1:11.83	3300m: 39:34.13 1:12.84	4500m: 54:36.64 1:18.12		
	1000m: 11:50.35 1:10.79		2200m: 26:11.27 1:12.27	3400m: 40:47.19 1:13.06	4600m: 55:55.65 1:19.01		
	1100m: 13:01.36 1:11.01		2300m: 27:24.05 1:12.78	3500m: 42:00.87 1:13.68	4700m: 57:15.48 1:19.83		
	1200m: 14:12.67 1:11.31		2400m: 28:37.49 1:13.44	3600m: 43:14.40 1:13.53	4800m: 58:32.83 1:17.35		



Prova 2, Femin., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 59:48.04 1:15.21	5000m: 1:00:59.51 1:11.47					
<b>2.</b>	<b>FRAZAO Alexandra Couto</b>	<b>02</b>	<b>CASPAE</b>	<b>1:01:21.92</b>		<b>588</b>	
	100m: 1:08.52 1:08.52	1400m: 16:51.65 1:12.60	2700m: 32:48.87 1:13.80	4000m: 48:59.35 1:14.90			
	200m: 2:19.58 1:11.06	1500m: 18:04.52 1:12.87	2800m: 34:02.69 1:13.82	4100m: 50:14.40 1:15.05			
	300m: 3:30.99 1:11.41	1600m: 19:17.31 1:12.79	2900m: 35:17.31 1:14.62	4200m: 51:29.98 1:15.58			
	400m: 4:42.69 1:11.70	1700m: 20:30.62 1:13.31	3000m: 36:31.61 1:14.30	4300m: 52:45.48 1:15.50			
	500m: 5:54.17 1:11.48	1800m: 21:44.17 1:13.55	3100m: 37:45.97 1:14.36	4400m: 54:01.18 1:15.70			
	600m: 7:06.00 1:11.83	1900m: 22:57.95 1:13.78	3200m: 39:00.39 1:14.42	4500m: 55:16.15 1:14.97			
	700m: 8:18.61 1:12.61	2000m: 24:11.96 1:14.01	3300m: 40:14.99 1:14.60	4600m: 56:28.19 1:12.04			
	800m: 9:31.11 1:12.50	2100m: 25:26.25 1:14.29	3400m: 41:29.93 1:14.94	4700m: 57:41.19 1:13.00			
	900m: 10:43.85 1:12.74	2200m: 26:39.68 1:13.43	3500m: 42:45.22 1:15.29	4800m: 58:54.58 1:13.39			
	1000m: 11:57.18 1:13.33	2300m: 27:52.93 1:13.25	3600m: 43:59.78 1:14.56	4900m: 1:00:08.10 1:13.52			
	1100m: 13:10.80 1:13.62	2400m: 29:06.23 1:13.30	3700m: 45:14.92 1:15.14	5000m: 1:01:21.92 1:13.82			
	1200m: 14:25.04 1:14.24	2500m: 30:20.17 1:13.94	3800m: 46:29.83 1:14.91				
	1300m: 15:39.05 1:14.01	2600m: 31:35.07 1:14.90	3900m: 47:44.45 1:14.62				
<b>3.</b>	<b>ALVES Sara Sofia</b>	<b>01</b>	<b>Columbofila Cantanhedens</b>	<b>1:01:33.39</b>		<b>582</b>	
	100m: 1:11.34 1:11.34	1400m: 16:51.72 1:12.21	2700m: 32:48.40 1:13.44	4000m: 48:59.40 1:14.64			
	200m: 2:23.59 1:12.25	1500m: 18:04.69 1:12.97	2800m: 34:02.36 1:13.96	4100m: 50:14.29 1:14.89			
	300m: 3:35.99 1:12.40	1600m: 19:17.81 1:13.12	2900m: 35:17.38 1:15.02	4200m: 51:30.24 1:15.95			
	400m: 4:48.51 1:12.52	1700m: 20:30.78 1:12.97	3000m: 36:31.60 1:14.22	4300m: 52:45.45 1:15.21			
	500m: 6:00.50 1:11.99	1800m: 21:44.84 1:14.06	3100m: 37:46.24 1:14.64	4400m: 54:01.18 1:15.73			
	600m: 7:12.87 1:12.37	1900m: 22:58.39 1:13.55	3200m: 39:00.55 1:14.31	4500m: 55:16.91 1:15.73			
	700m: 8:25.19 1:12.32	2000m: 24:12.50 1:14.11	3300m: 40:15.29 1:14.74	4600m: 56:31.59 1:14.68			
	800m: 9:37.82 1:12.63	2100m: 25:26.73 1:14.23	3400m: 41:30.20 1:14.91	4700m: 57:47.20 1:15.61			
	900m: 10:50.73 1:12.91	2200m: 26:40.67 1:13.94	3500m: 42:45.10 1:14.90	4800m: 59:03.39 1:16.19			
	1000m: 12:03.29 1:12.56	2300m: 27:54.43 1:13.76	3600m: 43:59.68 1:14.58	4900m: 1:00:19.16 1:15.77			
	1100m: 13:15.26 1:11.97	2400m: 29:08.14 1:13.71	3700m: 45:14.68 1:15.00	5000m: 1:01:33.39 1:14.23			
	1200m: 14:27.07 1:11.81	2500m: 30:21.59 1:13.45	3800m: 46:29.99 1:15.31				
	1300m: 15:39.51 1:12.44	2600m: 31:34.96 1:13.37	3900m: 47:44.76 1:14.77				
<b>4.</b>	<b>MENDES Mariana Amaral</b>	<b>02</b>	<b>Colegio Monte Maior</b>	<b>1:01:55.43</b>		<b>572</b>	
	100m: 1:11.79 1:11.79	1400m: 17:01.31 1:13.85	2700m: 33:02.74 1:14.44	4000m: 49:18.01 1:15.71			
	200m: 2:24.64 1:12.85	1500m: 18:14.99 1:13.68	2800m: 34:17.39 1:14.65	4100m: 50:33.73 1:15.72			
	300m: 3:37.37 1:12.73	1600m: 19:28.84 1:13.85	2900m: 35:32.21 1:14.82	4200m: 51:49.15 1:15.42			
	400m: 4:49.87 1:12.50	1700m: 20:42.56 1:13.72	3000m: 36:47.14 1:14.93	4300m: 53:04.96 1:15.81			
	500m: 6:02.42 1:12.55	1800m: 21:56.03 1:13.47	3100m: 38:02.13 1:14.99	4400m: 54:21.29 1:16.33			
	600m: 7:15.09 1:12.67	1900m: 23:09.69 1:13.66	3200m: 39:16.72 1:14.59	4500m: 55:37.44 1:16.15			
	700m: 8:27.80 1:12.71	2000m: 24:23.77 1:14.08	3300m: 40:31.18 1:14.46	4600m: 56:53.50 1:16.06			
	800m: 9:40.88 1:13.08	2100m: 25:37.61 1:13.84	3400m: 41:45.94 1:14.76	4700m: 58:09.65 1:16.15			
	900m: 10:53.89 1:13.01	2200m: 26:51.51 1:13.90	3500m: 43:00.94 1:15.00	4800m: 59:25.51 1:15.86			
	1000m: 12:07.17 1:13.28	2300m: 28:05.37 1:13.86	3600m: 44:16.18 1:15.24	4900m: 1:00:41.31 1:15.80			
	1100m: 13:20.62 1:13.45	2400m: 29:19.84 1:14.47	3700m: 45:31.50 1:15.32	5000m: 1:01:55.43 1:14.12			
	1200m: 14:34.15 1:13.53	2500m: 30:34.11 1:14.27	3800m: 46:46.98 1:15.48				
	1300m: 15:47.46 1:13.31	2600m: 31:48.30 1:14.19	3900m: 48:02.30 1:15.32				
<b>5.</b>	<b>RODRIGUES Filipa Serrano</b>	<b>01</b>	<b>Benfica</b>	<b>1:02:44.06</b>		<b>550</b>	
	100m: 1:11.36 1:11.36	1400m: 16:52.65 1:13.75	2700m: 33:15.69 1:16.79	4000m: 49:52.93 1:17.21			
	200m: 2:24.02 1:12.66	1500m: 18:06.77 1:14.12	2800m: 34:32.37 1:16.68	4100m: 51:10.24 1:17.31			
	300m: 3:36.53 1:12.51	1600m: 19:21.52 1:14.75	2900m: 35:49.37 1:17.00	4200m: 52:27.87 1:17.63			
	400m: 4:48.24 1:11.71	1700m: 20:37.12 1:15.60	3000m: 37:05.78 1:16.41	4300m: 53:45.89 1:18.02			
	500m: 5:59.98 1:11.74	1800m: 21:52.42 1:15.30	3100m: 38:22.29 1:16.51	4400m: 55:03.78 1:17.89			
	600m: 7:11.52 1:11.54	1900m: 23:08.00 1:15.58	3200m: 39:37.99 1:15.70	4500m: 56:21.48 1:17.70			
	700m: 8:23.01 1:11.49	2000m: 24:23.58 1:15.58	3300m: 40:53.64 1:15.65	4600m: 57:38.90 1:17.42			
	800m: 9:35.08 1:12.07	2100m: 25:39.07 1:15.49	3400m: 42:10.13 1:16.49	4700m: 58:55.54 1:16.64			
	900m: 10:47.71 1:12.63	2200m: 26:54.90 1:15.83	3500m: 43:27.52 1:17.39	4800m: 1:00:12.89 1:17.35			
	1000m: 12:00.26 1:12.55	2300m: 28:10.71 1:15.81	3600m: 44:44.65 1:17.13	4900m: 1:01:28.98 1:16.09			
	1100m: 13:12.89 1:12.63	2400m: 29:26.86 1:16.15	3700m: 46:00.82 1:16.17	5000m: 1:02:44.06 1:15.08			
	1200m: 14:25.75 1:12.86	2500m: 30:42.86 1:16.00	3800m: 47:17.87 1:17.05				
	1300m: 15:38.90 1:13.15	2600m: 31:58.90 1:16.04	3900m: 48:35.72 1:17.85				

Prova 2, Femin., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MARTINS Ines Alves	01	Fluvial Portuense	<b>1:04:13.44</b>		<b>513</b>	
	100m: 1:13.28 1:13.28	1400m: 17:39.44 1:16.68	2700m: 34:26.39 1:17.36	4000m: 51:22.23 1:18.54			
	200m: 2:27.76 1:14.48	1500m: 18:55.76 1:16.32	2800m: 35:44.98 1:18.59	4100m: 52:39.90 1:17.67			
	300m: 3:42.30 1:14.54	1600m: 20:11.81 1:16.05	2900m: 37:03.15 1:18.17	4200m: 53:57.20 1:17.30			
	400m: 4:57.29 1:14.99	1700m: 21:28.79 1:16.98	3000m: 38:20.79 1:17.64	4300m: 55:14.10 1:16.90			
	500m: 6:12.96 1:15.67	1800m: 22:45.88 1:17.09	3100m: 39:38.20 1:17.41	4400m: 56:31.17 1:17.07			
	600m: 7:28.51 1:15.55	1900m: 24:03.32 1:17.44	3200m: 40:55.20 1:17.00	4500m: 57:48.39 1:17.22			
	700m: 8:44.92 1:16.41	2000m: 25:21.64 1:18.32	3300m: 42:12.83 1:17.63	4600m: 59:06.11 1:17.72			
	800m: 10:01.10 1:16.18	2100m: 26:39.08 1:17.44	3400m: 43:31.64 1:18.81	4700m: 1:00:23.86 1:17.75			
	900m: 11:17.21 1:16.11	2200m: 27:57.45 1:18.37	3500m: 44:50.25 1:18.61	4800m: 1:01:42.55 1:18.69			
	1000m: 12:34.16 1:16.95	2300m: 29:15.85 1:18.40	3600m: 46:08.90 1:18.65	4900m: 1:02:58.99 1:16.44			
	1100m: 13:50.43 1:16.27	2400m: 30:33.99 1:18.14	3700m: 47:26.88 1:17.98	5000m: 1:04:13.44 1:14.45			
	1200m: 15:06.53 1:16.10	2500m: 31:51.17 1:17.18	3800m: 48:45.24 1:18.36				
	1300m: 16:22.76 1:16.23	2600m: 33:09.03 1:17.86	3900m: 50:03.69 1:18.45				
7.	VARANDAS Joana Filipa	02	Laranjeiro	<b>1:04:53.37</b>		<b>497</b>	
	100m: 1:13.84 1:13.84	1400m: 17:51.02 1:18.35	2700m: 34:53.43 1:17.84	4000m: 51:53.07 1:18.50			
	200m: 2:28.83 1:14.99	1500m: 19:09.34 1:18.32	2800m: 36:10.87 1:17.44	4100m: 53:12.25 1:19.18			
	300m: 3:43.93 1:15.10	1600m: 20:28.66 1:19.32	2900m: 37:28.87 1:18.00	4200m: 54:30.63 1:18.38			
	400m: 4:59.57 1:15.64	1700m: 21:47.63 1:18.97	3000m: 38:46.48 1:17.61	4300m: 55:49.68 1:19.05			
	500m: 6:15.73 1:16.16	1800m: 23:06.70 1:19.07	3100m: 40:05.05 1:18.57	4400m: 57:08.18 1:18.50			
	600m: 7:32.41 1:16.68	1900m: 24:26.10 1:19.40	3200m: 41:24.03 1:18.98	4500m: 58:27.33 1:19.15			
	700m: 8:48.72 1:16.31	2000m: 25:44.18 1:18.08	3300m: 42:42.22 1:18.19	4600m: 59:45.92 1:18.59			
	800m: 10:05.62 1:16.90	2100m: 27:03.66 1:19.48	3400m: 44:00.69 1:18.47	4700m: 1:00:23.86 1:17.61			
	900m: 11:22.86 1:17.24	2200m: 28:22.04 1:18.38	3500m: 45:19.57 1:18.88	4800m: 1:02:19.85 1:16.32			
	1000m: 12:40.26 1:17.40	2300m: 29:40.77 1:18.73	3600m: 46:39.06 1:19.49	4900m: 1:03:37.45 1:17.60			
	1100m: 13:57.49 1:17.23	2400m: 30:59.13 1:18.36	3700m: 47:57.81 1:18.75	5000m: 1:04:53.37 1:15.92			
	1200m: 15:14.73 1:17.24	2500m: 32:17.80 1:18.67	3800m: 49:15.90 1:18.09				
	1300m: 16:32.67 1:17.94	2600m: 33:35.59 1:17.79	3900m: 50:34.57 1:18.67				
EXH	QUEIROZ Ana Rita	02	CASP AE	<b>1:02:08.53</b>		<b>566</b>	
	100m: 1:11.35 1:11.35	1400m: 17:11.54 1:15.40	2700m: 33:29.93 1:13.22	4000m: 49:42.19 1:15.32			
	200m: 2:23.15 1:11.80	1500m: 18:27.14 1:15.60	2800m: 34:44.06 1:14.13	4100m: 50:57.78 1:15.59			
	300m: 3:35.17 1:12.02	1600m: 19:43.83 1:16.69	2900m: 35:58.39 1:14.33	4200m: 52:13.55 1:15.77			
	400m: 4:47.93 1:12.76	1700m: 21:00.23 1:16.40	3000m: 37:13.95 1:15.56	4300m: 53:29.41 1:15.86			
	500m: 6:00.94 1:13.01	1800m: 22:17.19 1:16.96	3100m: 38:27.03 1:13.08	4400m: 54:44.49 1:15.08			
	600m: 7:14.56 1:13.62	1900m: 23:34.38 1:17.19	3200m: 39:41.41 1:14.38	4500m: 55:58.91 1:14.42			
	700m: 8:28.21 1:13.65	2000m: 24:51.33 1:16.95	3300m: 40:55.91 1:14.50	4600m: 57:13.70 1:14.79			
	800m: 9:42.47 1:14.26	2100m: 26:07.18 1:15.85	3400m: 42:11.22 1:15.31	4700m: 58:29.15 1:15.45			
	900m: 10:56.90 1:14.43	2200m: 27:22.53 1:15.35	3500m: 43:26.66 1:15.44	4800m: 59:43.79 1:14.64			
	1000m: 12:11.67 1:14.77	2300m: 28:35.99 1:13.46	3600m: 44:41.88 1:15.22	4900m: 1:00:57.24 1:13.45			
	1100m: 13:25.79 1:14.12	2400m: 29:49.52 1:13.53	3700m: 45:57.06 1:15.18	5000m: 1:02:08.53 1:11.29			
	1200m: 14:40.63 1:14.84	2500m: 31:03.83 1:14.31	3800m: 47:11.90 1:14.84				
	1300m: 15:56.14 1:15.51	2600m: 32:16.71 1:12.88	3900m: 48:26.87 1:14.97				