

Prova 8 Masc., 1500m Livres Juvenis B
04-04-2019 - 17:00 Resultados

Rec Nac Absoluto 15:15.12 PINA Guilherme Filipe SCP Coimbra 30-03-2017
Rec Nac Juv B 16:30.45 JORGE Duarte Miguel CGA Oeiras 21-07-2016

PreJun_Masc Juv: 16:25.61 / CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	17:07.93	+0,70	608	
	50m: 29.17 29.17	450m: 5:04.36 34.82	850m: 9:40.80 34.54	1250m: 14:18.04 34.20			
	100m: 1:02.19 33.02	500m: 5:39.43 35.07	900m: 10:15.65 34.85	1300m: 14:52.95 34.91			
	150m: 1:36.51 34.32	550m: 6:13.79 34.36	950m: 10:50.18 34.53	1350m: 15:27.27 34.32			
	200m: 2:10.82 34.31	600m: 6:48.69 34.90	1000m: 11:25.06 34.88	1400m: 16:01.50 34.23			
	250m: 2:45.09 34.27	650m: 7:23.11 34.42	1050m: 11:59.61 34.55	1450m: 16:35.43 33.93			
	300m: 3:19.81 34.72	700m: 7:57.78 34.67	1100m: 12:34.57 34.96	1500m: 17:07.93 32.50			
	350m: 3:54.56 34.75	750m: 8:31.82 34.04	1150m: 13:09.06 34.49				
	400m: 4:29.54 34.98	800m: 9:06.26 34.44	1200m: 13:43.84 34.78				
2.	ALMEIDA Bernardo Victorino	04	Sporting	17:08.59	+0,76	607	
	50m: 29.04 29.04	450m: 5:02.09 34.89	850m: 9:40.47 34.91	1250m: 14:19.10 34.89			
	100m: 1:01.75 32.71	500m: 5:36.61 34.52	900m: 10:15.70 35.23	1300m: 14:53.50 34.40			
	150m: 1:35.89 34.14	550m: 6:11.11 34.50	950m: 10:51.11 35.41	1350m: 15:27.86 34.36			
	200m: 2:10.13 34.24	600m: 6:45.90 34.79	1000m: 11:25.69 34.58	1400m: 16:02.23 34.37			
	250m: 2:44.05 33.92	650m: 7:21.07 35.17	1050m: 12:00.79 35.10	1450m: 16:36.80 34.57			
	300m: 3:18.89 34.84	700m: 7:55.74 34.67	1100m: 12:34.87 34.08	1500m: 17:08.59 31.79			
	350m: 3:53.05 34.16	750m: 8:30.76 35.02	1150m: 13:09.53 34.66				
	400m: 4:27.20 34.15	800m: 9:05.56 34.80	1200m: 13:44.21 34.68				
3.	NUNES Diogo Severino	04	Natacao de Valongo	17:09.22	+0,83	606	
	50m: 30.26 30.26	450m: 5:05.15 34.67	850m: 9:42.90 34.74	1250m: 14:20.49 34.64			
	100m: 1:03.80 33.54	500m: 5:39.42 34.27	900m: 10:17.75 34.85	1300m: 14:55.59 35.10			
	150m: 1:37.93 34.13	550m: 6:13.97 34.55	950m: 10:52.13 34.38	1350m: 15:30.77 35.18			
	200m: 2:12.69 34.76	600m: 6:48.97 35.00	1000m: 11:26.87 34.74	1400m: 16:04.98 34.21			
	250m: 2:47.69 35.00	650m: 7:23.51 34.54	1050m: 12:01.56 34.69	1450m: 16:38.82 33.84			
	300m: 3:21.53 33.84	700m: 7:58.36 34.85	1100m: 12:36.01 34.45	1500m: 17:09.22 30.40			
	350m: 3:56.05 34.52	750m: 8:32.77 34.41	1150m: 13:10.78 34.77				
	400m: 4:30.48 34.43	800m: 9:08.16 35.39	1200m: 13:45.85 35.07				
4.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	17:11.72	+0,76	601	
	50m: 29.94 29.94	450m: 5:05.13 34.60	850m: 9:42.12 34.86	1250m: 14:20.47 34.57			
	100m: 1:03.32 33.38	500m: 5:39.81 34.68	900m: 10:17.07 34.95	1300m: 14:54.97 34.50			
	150m: 1:37.71 34.39	550m: 6:14.21 34.40	950m: 10:52.06 34.99	1350m: 15:29.64 34.67			
	200m: 2:12.32 34.61	600m: 6:49.03 34.82	1000m: 11:26.70 34.64	1400m: 16:03.90 34.26			
	250m: 2:46.74 34.42	650m: 7:23.74 34.71	1050m: 12:01.69 34.99	1450m: 16:38.65 34.75			
	300m: 3:21.37 34.63	700m: 7:58.15 34.41	1100m: 12:36.64 34.95	1500m: 17:11.72 33.07			
	350m: 3:56.19 34.82	750m: 8:32.64 34.49	1150m: 13:11.42 34.78				
	400m: 4:30.53 34.34	800m: 9:07.26 34.62	1200m: 13:45.90 34.48				
5.	CARVALHO Antonio Lombardi	04	Belenenses	17:17.85	+0,79	591	
	50m: 31.00 31.00	450m: 5:09.75 35.41	850m: 9:49.59 35.12	1250m: 14:28.66 34.75			
	100m: 1:05.56 34.56	500m: 5:44.68 34.93	900m: 10:24.00 34.41	1300m: 15:03.31 34.65			
	150m: 1:39.80 34.24	550m: 6:19.52 34.84	950m: 10:59.50 35.50	1350m: 15:37.97 34.66			
	200m: 2:14.38 34.58	600m: 6:54.16 34.64	1000m: 11:33.88 34.38	1400m: 16:12.14 34.17			
	250m: 2:49.35 34.97	650m: 7:29.12 34.96	1050m: 12:09.21 35.33	1450m: 16:46.10 33.96			
	300m: 3:24.18 34.83	700m: 8:04.43 35.31	1100m: 12:43.57 34.36	1500m: 17:17.85 31.75			
	350m: 3:59.50 35.32	750m: 8:39.75 35.32	1150m: 13:18.61 35.04				
	400m: 4:34.34 34.84	800m: 9:14.47 34.72	1200m: 13:53.91 35.30				

Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	17:19.42	+0,81	588	
	50m: 29.82 29.82	450m: 5:00.35 34.38	850m: 9:39.72 34.95	1250m: 14:22.65 35.20			
	100m: 1:02.73 32.91	500m: 5:35.20 34.85	900m: 10:15.12 35.40	1300m: 14:58.30 35.65			
	150m: 1:36.09 33.36	550m: 6:09.62 34.42	950m: 10:50.36 35.24	1350m: 15:33.17 34.87			
	200m: 2:09.68 33.59	600m: 6:44.32 34.70	1000m: 11:25.47 35.11	1400m: 16:09.38 36.21			
	250m: 2:43.36 33.68	650m: 7:19.21 34.89	1050m: 12:00.57 35.10	1450m: 16:44.41 35.03			
	300m: 3:17.42 34.06	700m: 7:54.31 35.10	1100m: 12:36.42 35.85	1500m: 17:19.42 35.01			
	350m: 3:51.53 34.11	750m: 8:29.05 34.74	1150m: 13:11.55 35.13				
	400m: 4:25.97 34.44	800m: 9:04.77 35.72	1200m: 13:47.45 35.90				
7.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	17:27.13	+0,75	575	
	50m: 30.05 30.05	450m: 5:06.45 34.62	850m: 9:47.51 35.55	1250m: 14:32.87 35.76			
	100m: 1:03.48 33.43	500m: 5:41.57 35.12	900m: 10:23.54 36.03	1300m: 15:09.23 36.36			
	150m: 1:37.62 34.14	550m: 6:16.22 34.65	950m: 10:58.93 35.39	1350m: 15:45.26 36.03			
	200m: 2:12.11 34.49	600m: 6:51.32 35.10	1000m: 11:33.94 35.01	1400m: 16:20.84 35.58			
	250m: 2:46.88 34.77	650m: 7:26.21 34.89	1050m: 12:09.48 35.54	1450m: 16:54.73 33.89			
	300m: 3:21.64 34.76	700m: 8:01.22 35.01	1100m: 12:45.24 35.76	1500m: 17:27.13 32.40			
	350m: 3:56.68 35.04	750m: 8:36.62 35.40	1150m: 13:21.06 35.82				
	400m: 4:31.83 35.15	800m: 9:11.96 35.34	1200m: 13:57.11 36.05				
8.	FRASQUILHO Afonso Figueiredo	04	Sporting	17:39.37	+0,92	555	
	50m: 31.40 31.40	450m: 5:17.23 35.84	850m: 10:01.52 35.31	1250m: 14:43.65 36.11			
	100m: 1:06.35 34.95	500m: 5:52.79 35.56	900m: 10:36.77 35.25	1300m: 15:20.38 36.73			
	150m: 1:42.29 35.94	550m: 6:28.45 35.66	950m: 11:11.39 34.62	1350m: 15:54.94 34.56			
	200m: 2:18.19 35.90	600m: 7:03.92 35.47	1000m: 11:46.72 35.33	1400m: 16:30.38 35.44			
	250m: 2:53.90 35.71	650m: 7:39.77 35.85	1050m: 12:22.21 35.49	1450m: 17:05.24 34.86			
	300m: 3:30.02 36.12	700m: 8:15.45 35.68	1100m: 12:57.35 35.14	1500m: 17:39.37 34.13			
	350m: 4:05.80 35.78	750m: 8:50.89 35.44	1150m: 13:32.36 35.01				
	400m: 4:41.39 35.59	800m: 9:26.21 35.32	1200m: 14:07.54 35.18				
9.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	17:43.64	+0,68	549	
	50m: 30.27 30.27	450m: 5:14.22 35.73	850m: 10:02.08 36.11	1250m: 14:48.79 35.75			
	100m: 1:03.98 33.71	500m: 5:50.09 35.87	900m: 10:37.96 35.88	1300m: 15:24.89 36.10			
	150m: 1:39.28 35.30	550m: 6:25.90 35.81	950m: 11:13.46 35.50	1350m: 16:00.69 35.80			
	200m: 2:14.85 35.57	600m: 7:01.88 35.98	1000m: 11:49.41 35.95	1400m: 16:36.00 35.31			
	250m: 2:50.45 35.60	650m: 7:37.47 35.59	1050m: 12:25.41 36.00	1450m: 17:10.02 34.02			
	300m: 3:26.54 36.09	700m: 8:13.31 35.84	1100m: 13:01.36 35.95	1500m: 17:43.64 33.62			
	350m: 4:02.49 35.95	750m: 8:49.75 36.44	1150m: 13:37.01 35.65				
	400m: 4:38.49 36.00	800m: 9:25.97 36.22	1200m: 14:13.04 36.03				
10.	SANTOS Francisco Amaro	04	Geslours	17:47.52	+0,86	543	
	50m: 31.54 31.54	450m: 5:19.20 35.78	850m: 10:04.07 35.74	1250m: 14:51.85 36.29			
	100m: 1:06.83 35.29	500m: 5:54.66 35.46	900m: 10:39.76 35.69	1300m: 15:27.97 36.12			
	150m: 1:42.84 36.01	550m: 6:30.06 35.40	950m: 11:15.61 35.85	1350m: 16:04.00 36.03			
	200m: 2:18.94 36.10	600m: 7:05.31 35.25	1000m: 11:51.51 35.90	1400m: 16:39.86 35.86			
	250m: 2:55.18 36.24	650m: 7:40.98 35.67	1050m: 12:27.46 35.95	1450m: 17:14.43 34.57			
	300m: 3:31.38 36.20	700m: 8:16.60 35.62	1100m: 13:03.27 35.81	1500m: 17:47.52 33.09			
	350m: 4:07.77 36.39	750m: 8:52.54 35.94	1150m: 13:39.47 36.20				
	400m: 4:43.42 35.65	800m: 9:28.33 35.79	1200m: 14:15.56 36.09				

Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	SANTOS Gabriel Moreira	04	Famalicao	17:48.53	+0,77	541	
	50m: 30.77 30.77	450m: 5:12.54 35.99	850m: 9:59.54 35.86	1250m: 14:48.85 35.64			
	100m: 1:04.76 33.99	500m: 5:48.56 36.02	900m: 10:36.10 36.56	1300m: 15:25.16 36.31			
	150m: 1:39.16 34.40	550m: 6:24.03 35.47	950m: 11:12.19 36.09	1350m: 16:01.11 35.95			
	200m: 2:14.30 35.14	600m: 7:00.16 36.13	1000m: 11:48.64 36.45	1400m: 16:37.20 36.09			
	250m: 2:49.55 35.25	650m: 7:36.10 35.94	1050m: 12:24.56 35.92	1450m: 17:13.07 35.87			
	300m: 3:24.71 35.16	700m: 8:11.84 35.74	1100m: 13:00.65 36.09	1500m: 17:48.53 35.46			
	350m: 4:00.27 35.56	750m: 8:47.41 35.57	1150m: 13:36.93 36.28				
	400m: 4:36.55 36.28	800m: 9:23.68 36.27	1200m: 14:13.21 36.28				
12.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	17:48.95	+0,74	541	
	50m: 31.50 31.50	450m: 5:17.60 36.26	850m: 10:05.56 35.85	1250m: 14:53.79 35.86			
	100m: 1:05.83 34.33	500m: 5:53.81 36.21	900m: 10:41.49 35.93	1300m: 15:29.63 35.84			
	150m: 1:41.02 35.19	550m: 6:29.88 36.07	950m: 11:17.40 35.91	1350m: 16:05.29 35.66			
	200m: 2:16.85 35.83	600m: 7:05.86 35.98	1000m: 11:53.49 36.09	1400m: 16:40.65 35.36			
	250m: 2:52.92 36.07	650m: 7:41.88 36.02	1050m: 12:29.53 36.04	1450m: 17:15.31 34.66			
	300m: 3:28.92 36.00	700m: 8:18.07 36.19	1100m: 13:05.71 36.18	1500m: 17:48.95 33.64			
	350m: 4:05.18 36.26	750m: 8:53.84 35.77	1150m: 13:41.75 36.04				
	400m: 4:41.34 36.16	800m: 9:29.71 35.87	1200m: 14:17.93 36.18				
13.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	17:52.80	+0,86	535	
	50m: 30.56 30.56	450m: 5:13.30 36.12	850m: 10:05.48 36.25	1250m: 14:54.29 35.97			
	100m: 1:04.92 34.36	500m: 5:50.08 36.78	900m: 10:41.98 36.50	1300m: 15:30.57 36.28			
	150m: 1:39.54 34.62	550m: 6:26.35 36.27	950m: 11:17.74 35.76	1350m: 16:06.93 36.36			
	200m: 2:14.67 35.13	600m: 7:02.87 36.52	1000m: 11:54.02 36.28	1400m: 16:43.78 36.85			
	250m: 2:50.06 35.39	650m: 7:39.27 36.40	1050m: 12:29.99 35.97	1450m: 17:18.85 35.07			
	300m: 3:25.45 35.39	700m: 8:16.19 36.92	1100m: 13:06.17 36.18	1500m: 17:52.80 33.95			
	350m: 4:01.13 35.68	750m: 8:52.23 36.04	1150m: 13:42.15 35.98				
	400m: 4:37.18 36.05	800m: 9:29.23 37.00	1200m: 14:18.32 36.17				
14.	CARVALHO Martim Henriques	04	Rio Maior	17:55.83	+0,79	530	
	50m: 31.90 31.90	450m: 5:18.30 35.79	850m: 10:07.68 35.58	1250m: 14:57.38 36.47			
	100m: 1:07.37 35.47	500m: 5:54.40 36.10	900m: 10:44.20 36.52	1300m: 15:34.31 36.93			
	150m: 1:43.38 36.01	550m: 6:30.11 35.71	950m: 11:19.75 35.55	1350m: 16:10.26 35.95			
	200m: 2:19.63 36.25	600m: 7:06.32 36.21	1000m: 11:56.13 36.38	1400m: 16:46.51 36.25			
	250m: 2:55.33 35.70	650m: 7:42.67 36.35	1050m: 12:32.07 35.94	1450m: 17:21.79 35.28			
	300m: 3:31.40 36.07	700m: 8:19.41 36.74	1100m: 13:07.86 35.79	1500m: 17:55.83 34.04			
	350m: 4:06.69 35.29	750m: 8:55.61 36.20	1150m: 13:44.08 36.22				
	400m: 4:42.51 35.82	800m: 9:32.10 36.49	1200m: 14:20.91 36.83				
15.	BORGES David Costa	04	Fluvial Portuense	17:59.14	+0,70	525	
	50m: 30.28 30.28	450m: 5:19.01 35.85	850m: 10:10.95 36.32	1250m: 15:01.68 35.88			
	100m: 1:05.51 35.23	500m: 5:55.62 36.61	900m: 10:47.82 36.87	1300m: 15:38.31 36.63			
	150m: 1:41.97 36.46	550m: 6:31.49 35.87	950m: 11:24.44 36.62	1350m: 16:13.90 35.59			
	200m: 2:18.99 37.02	600m: 7:09.00 37.51	1000m: 12:00.94 36.50	1400m: 16:50.27 36.37			
	250m: 2:54.96 35.97	650m: 7:45.07 36.07	1050m: 12:36.57 35.63	1450m: 17:25.00 34.73			
	300m: 3:31.36 36.40	700m: 8:22.04 36.97	1100m: 13:13.18 36.61	1500m: 17:59.14 34.14			
	350m: 4:06.59 35.23	750m: 8:57.74 35.70	1150m: 13:49.13 35.95				
	400m: 4:43.16 36.57	800m: 9:34.63 36.89	1200m: 14:25.80 36.67				

Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	18:00.70	+0,76	523	
	50m: 30.72 30.72	450m: 5:16.16 36.62	850m: 10:07.78 37.43	1250m: 15:02.71 37.29			
	100m: 1:04.53 33.81	500m: 5:52.08 35.92	900m: 10:43.75 35.97	1300m: 15:39.47 36.76			
	150m: 1:39.92 35.39	550m: 6:28.64 36.56	950m: 11:21.48 37.73	1350m: 16:16.72 37.25			
	200m: 2:15.42 35.50	600m: 7:04.77 36.13	1000m: 11:58.25 36.77	1400m: 16:52.47 35.75			
	250m: 2:51.38 35.96	650m: 7:41.45 36.68	1050m: 12:35.46 37.21	1450m: 17:28.71 36.24			
	300m: 3:27.19 35.81	700m: 8:17.74 36.29	1100m: 13:11.73 36.27	1500m: 18:00.70 31.99			
	350m: 4:03.78 36.59	750m: 8:54.69 36.95	1150m: 13:49.08 37.35				
	400m: 4:39.54 35.76	800m: 9:30.35 35.66	1200m: 14:25.42 36.34				
17.	SANTOS Rui Mamede	04	Uniao Coimbra	18:13.96	+0,76	504	
	50m: 30.77 30.77	450m: 5:19.24 37.12	850m: 10:16.30 37.55	1250m: 15:13.21 36.49			
	100m: 1:05.45 34.68	500m: 5:56.17 36.93	900m: 10:53.88 37.58	1300m: 15:50.32 37.11			
	150m: 1:41.12 35.67	550m: 6:33.26 37.09	950m: 11:30.96 37.08	1350m: 16:25.90 35.58			
	200m: 2:17.02 35.90	600m: 7:10.55 37.29	1000m: 12:08.75 37.79	1400m: 17:02.77 36.87			
	250m: 2:53.26 36.24	650m: 7:46.78 36.23	1050m: 12:45.25 36.50	1450m: 17:39.21 36.44			
	300m: 3:29.14 35.88	700m: 8:24.00 37.22	1100m: 13:22.34 37.09	1500m: 18:13.96 34.75			
	350m: 4:05.65 36.51	750m: 9:01.23 37.23	1150m: 13:59.58 37.24				
	400m: 4:42.12 36.47	800m: 9:38.75 37.52	1200m: 14:36.72 37.14				
18.	SANTOS Joao Afonso	04	Sporting	18:32.51	+0,87	479	
	50m: 32.48 32.48	450m: 5:27.73 37.46	850m: 10:28.68 38.29	1250m: 15:27.18 37.95			
	100m: 1:08.09 35.61	500m: 6:05.05 37.32	900m: 11:06.14 37.46	1300m: 16:04.19 37.01			
	150m: 1:44.64 36.55	550m: 6:42.86 37.81	950m: 11:44.05 37.91	1350m: 16:41.75 37.56			
	200m: 2:21.35 36.71	600m: 7:19.74 36.88	1000m: 12:21.11 37.06	1400m: 17:19.19 37.44			
	250m: 2:58.46 37.11	650m: 7:57.49 37.75	1050m: 12:58.24 37.13	1450m: 17:56.65 37.46			
	300m: 3:35.42 36.96	700m: 8:35.00 37.51	1100m: 13:34.61 36.37	1500m: 18:32.51 35.86			
	350m: 4:12.83 37.41	750m: 9:12.88 37.88	1150m: 14:11.85 37.24				
	400m: 4:50.27 37.44	800m: 9:50.39 37.51	1200m: 14:49.23 37.38				
19.	PINTO Guilherme Lobo	04	Foca	18:35.66	+0,79	475	
	50m: 32.30 32.30	450m: 5:25.61 37.15	850m: 10:25.21 37.55	1250m: 15:27.54 37.88			
	100m: 1:08.56 36.26	500m: 6:02.85 37.24	900m: 11:02.89 37.68	1300m: 16:05.70 38.16			
	150m: 1:45.29 36.73	550m: 6:39.89 37.04	950m: 11:40.40 37.51	1350m: 16:43.18 37.48			
	200m: 2:21.87 36.58	600m: 7:17.63 37.74	1000m: 12:18.22 37.82	1400m: 17:20.84 37.66			
	250m: 2:57.96 36.09	650m: 7:54.97 37.34	1050m: 12:55.87 37.65	1450m: 17:58.24 37.40			
	300m: 3:34.61 36.65	700m: 8:32.51 37.54	1100m: 13:33.97 38.10	1500m: 18:35.66 37.42			
	350m: 4:11.18 36.57	750m: 9:10.20 37.69	1150m: 14:11.74 37.77				
	400m: 4:48.46 37.28	800m: 9:47.66 37.46	1200m: 14:49.66 37.92				
20.	GAGO Tiago Charrua	04	Rio Maior	18:45.54	+0,68	463	
	50m: 31.72 31.72	450m: 5:26.16 37.18	850m: 10:28.51 38.27	1250m: 15:33.34 37.37			
	100m: 1:06.97 35.25	500m: 6:03.71 37.55	900m: 11:06.27 37.76	1300m: 16:12.44 39.10			
	150m: 1:43.49 36.52	550m: 6:41.64 37.93	950m: 11:44.22 37.95	1350m: 16:51.33 38.89			
	200m: 2:20.26 36.77	600m: 7:18.94 37.30	1000m: 12:21.63 37.41	1400m: 17:29.23 37.90			
	250m: 2:57.40 37.14	650m: 7:56.51 37.57	1050m: 13:00.04 38.41	1450m: 18:07.70 38.47			
	300m: 3:34.11 36.71	700m: 8:34.15 37.64	1100m: 13:38.88 38.84	1500m: 18:45.54 37.84			
	350m: 4:11.90 37.79	750m: 9:12.26 38.11	1150m: 14:17.38 38.50				
	400m: 4:48.98 37.08	800m: 9:50.24 37.98	1200m: 14:55.97 38.59				

Prova 8, Masc., 1500m Livres

Prova 8 Masc., 1500m Livres Juvenis A
04-04-2019 - 17:00 Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
PreJun_Masc Juv: 16:25.61 / CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / JO Absoluto: 15:00.99					
Pontos: FINA 2019					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MACHADO Martim Miranda	03	Uniao Coimbra	16:42.18	+0,79	656	
	50m: 30.05 30.05	450m: 4:56.57	33.46	850m: 9:26.09	33.56	1250m: 13:55.29	33.59
	100m: 1:02.74 32.69	500m: 5:29.94	33.37	900m: 9:59.69	33.60	1300m: 14:29.07	33.78
	150m: 1:35.91 33.17	550m: 6:03.60	33.66	950m: 10:33.40	33.71	1350m: 15:02.70	33.63
	200m: 2:09.05 33.14	600m: 6:37.46	33.86	1000m: 11:07.39	33.99	1400m: 15:36.52	33.82
	250m: 2:42.60 33.55	650m: 7:11.61	34.15	1050m: 11:41.17	33.78	1450m: 16:09.98	33.46
	300m: 3:16.23 33.63	700m: 7:45.41	33.80	1100m: 12:14.42	33.25	1500m: 16:42.18	32.20
	350m: 3:49.55 33.32	750m: 8:19.21	33.80	1150m: 12:48.26	33.84		
	400m: 4:23.11 33.56	800m: 8:52.53	33.32	1200m: 13:21.70	33.44		
2.	OLIVEIRA Vitor Teixeira	03	Columbifila Cantanhedense	16:53.25	+0,79	635	
	50m: 30.43 30.43	450m: 4:56.38	33.75	850m: 9:27.91	34.05	1250m: 14:00.89	34.95
	100m: 1:02.78 32.35	500m: 5:29.95	33.57	900m: 10:02.11	34.20	1300m: 14:35.86	34.97
	150m: 1:35.90 33.12	550m: 6:04.04	34.09	950m: 10:35.96	33.85	1350m: 15:10.95	35.09
	200m: 2:08.80 32.90	600m: 6:37.81	33.77	1000m: 11:09.73	33.77	1400m: 15:45.60	34.65
	250m: 2:42.38 33.58	650m: 7:12.20	34.39	1050m: 11:43.22	33.49	1450m: 16:20.11	34.51
	300m: 3:15.56 33.18	700m: 7:45.94	33.74	1100m: 12:17.10	33.88	1500m: 16:53.25	33.14
	350m: 3:49.29 33.73	750m: 8:20.15	34.21	1150m: 12:51.33	34.23		
	400m: 4:22.63 33.34	800m: 8:53.86	33.71	1200m: 13:25.94	34.61		
3.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	16:56.83	+0,68	628	
	50m: 29.43 29.43	450m: 4:59.61	33.91	850m: 9:29.59	34.06	1250m: 14:05.64	33.55
	100m: 1:03.22 33.79	500m: 5:33.97	34.36	900m: 10:04.34	34.75	1300m: 14:41.12	35.48
	150m: 1:35.64 32.42	550m: 6:05.88	31.91	950m: 10:39.30	34.96	1350m: 15:14.47	33.35
	200m: 2:09.40 33.76	600m: 6:39.86	33.98	1000m: 11:13.68	34.38	1400m: 15:49.72	35.25
	250m: 2:43.17 33.77	650m: 7:13.30	33.44	1050m: 11:47.31	33.63	1450m: 16:23.51	33.79
	300m: 3:17.50 34.33	700m: 7:47.46	34.16	1100m: 12:22.67	35.36	1500m: 16:56.83	33.32
	350m: 3:51.27 33.77	750m: 8:21.11	33.65	1150m: 12:56.18	33.51		
	400m: 4:25.70 34.43	800m: 8:55.53	34.42	1200m: 13:32.09	35.91		
4.	FERREIRA Joao Carlos	03	Porto	17:23.93	+0,71	580	
	50m: 31.12 31.12	450m: 5:10.78	34.83	850m: 9:50.33	35.25	1250m: 14:31.76	34.87
	100m: 1:05.60 34.48	500m: 5:45.16	34.38	900m: 10:25.54	35.21	1300m: 15:06.80	35.04
	150m: 1:40.57 34.97	550m: 6:19.53	34.37	950m: 11:01.01	35.47	1350m: 15:41.88	35.08
	200m: 2:15.57 35.00	600m: 6:54.36	34.83	1000m: 11:36.22	35.21	1400m: 16:16.58	34.70
	250m: 2:50.82 35.25	650m: 7:29.86	35.50	1050m: 12:10.91	34.69	1450m: 16:51.00	34.42
	300m: 3:25.73 34.91	700m: 8:04.73	34.87	1100m: 12:46.11	35.20	1500m: 17:23.93	32.93
	350m: 4:00.89 35.16	750m: 8:40.23	35.50	1150m: 13:21.66	35.55		
	400m: 4:35.95 35.06	800m: 9:15.08	34.85	1200m: 13:56.89	35.23		
5.	DUARTE Pedro Esteves	03	Cova da Piedade	17:26.64	+0,72	576	
	50m: 30.46 30.46	450m: 5:10.44	34.77	850m: 9:51.00	34.85	1250m: 14:31.69	34.99
	100m: 1:04.77 34.31	500m: 5:45.31	34.87	900m: 10:26.08	35.08	1300m: 15:07.39	35.70
	150m: 1:39.10 34.33	550m: 6:19.82	34.51	950m: 11:00.91	34.83	1350m: 15:42.75	35.36
	200m: 2:14.50 35.40	600m: 6:55.18	35.36	1000m: 11:36.11	35.20	1400m: 16:18.48	35.73
	250m: 2:49.80 35.30	650m: 7:29.88	34.70	1050m: 12:11.09	34.98	1450m: 16:52.90	34.42
	300m: 3:25.29 35.49	700m: 8:05.63	35.75	1100m: 12:46.35	35.26	1500m: 17:26.64	33.74
	350m: 4:00.25 34.96	750m: 8:40.84	35.21	1150m: 13:21.09	34.74		
	400m: 4:35.67 35.42	800m: 9:16.15	35.31	1200m: 13:56.70	35.61		

Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	CANADAS Joao Vasco	03	Rio Maior	17:27.98	+0,75	574	
	50m: 32.01 32.01	450m: 5:10.95 35.10	850m: 9:50.37 35.11	1250m: 14:32.98 35.41			
	100m: 1:06.36 34.35	500m: 5:45.78 34.83	900m: 10:25.34 34.97	1300m: 15:08.29 35.31			
	150m: 1:41.20 34.84	550m: 6:20.81 35.03	950m: 11:00.83 35.49	1350m: 15:43.74 35.45			
	200m: 2:15.91 34.71	600m: 6:55.35 34.54	1000m: 11:36.17 35.34	1400m: 16:18.87 35.13			
	250m: 2:50.91 35.00	650m: 7:30.58 35.23	1050m: 12:11.33 35.16	1450m: 16:54.01 35.14			
	300m: 3:25.90 34.99	700m: 8:05.37 34.79	1100m: 12:46.58 35.25	1500m: 17:27.98 33.97			
	350m: 4:00.94 35.04	750m: 8:40.54 35.17	1150m: 13:22.12 35.54				
	400m: 4:35.85 34.91	800m: 9:15.26 34.72	1200m: 13:57.57 35.45				
7.	PEREIRA Alexandre Alves	03	Braga	17:32.21	+0,80	567	
	50m: 29.83 29.83	450m: 5:09.21 35.44	850m: 9:52.39 35.53	1250m: 14:38.23 36.31			
	100m: 1:03.40 33.57	500m: 5:44.92 35.71	900m: 10:27.84 35.45	1300m: 15:13.86 35.63			
	150m: 1:37.99 34.59	550m: 6:20.29 35.37	950m: 11:03.40 35.56	1350m: 15:49.17 35.31			
	200m: 2:13.06 35.07	600m: 6:55.26 34.97	1000m: 11:38.70 35.30	1400m: 16:24.32 35.15			
	250m: 2:47.83 34.77	650m: 7:30.99 35.73	1050m: 12:14.70 36.00	1450m: 16:59.40 35.08			
	300m: 3:22.88 35.05	700m: 8:06.26 35.27	1100m: 12:50.12 35.42	1500m: 17:32.21 32.81			
	350m: 3:58.23 35.35	750m: 8:41.56 35.30	1150m: 13:26.35 36.23				
	400m: 4:33.77 35.54	800m: 9:16.86 35.30	1200m: 14:01.92 35.57				
8.	DIAS Ruben Fonseca	03	Natacao de Valongo	17:38.98	+0,78	556	
	50m: 30.66 30.66	450m: 5:10.35 35.50	850m: 9:59.52 35.76	1250m: 14:44.60 35.94			
	100m: 1:04.53 33.87	500m: 5:45.99 35.64	900m: 10:36.11 36.59	1300m: 15:20.46 35.86			
	150m: 1:39.44 34.91	550m: 6:21.12 35.13	950m: 11:12.39 36.28	1350m: 15:55.59 35.13			
	200m: 2:15.04 35.60	600m: 6:57.55 36.43	1000m: 11:49.40 37.01	1400m: 16:30.15 34.56			
	250m: 2:49.06 34.02	650m: 7:34.08 36.53	1050m: 12:24.35 34.95	1450m: 17:04.96 34.81			
	300m: 3:24.59 35.53	700m: 8:10.42 36.34	1100m: 12:59.40 35.05	1500m: 17:38.98 34.02			
	350m: 3:59.89 35.30	750m: 8:47.18 36.76	1150m: 13:33.94 34.54				
	400m: 4:34.85 34.96	800m: 9:23.76 36.58	1200m: 14:08.66 34.72				
9.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	17:44.62	+0,71	547	
	50m: 31.02 31.02	450m: 5:13.64 35.86	850m: 9:58.76 35.51	1250m: 14:46.53 36.12			
	100m: 1:05.17 34.15	500m: 5:49.18 35.54	900m: 10:34.46 35.70	1300m: 15:23.21 36.68			
	150m: 1:40.09 34.92	550m: 6:24.95 35.77	950m: 11:10.50 36.04	1350m: 15:59.47 36.26			
	200m: 2:15.35 35.26	600m: 7:00.73 35.78	1000m: 11:45.98 35.48	1400m: 16:35.73 36.26			
	250m: 2:50.88 35.53	650m: 7:36.33 35.60	1050m: 12:21.91 35.93	1450m: 17:11.43 35.70			
	300m: 3:26.77 35.89	700m: 8:11.79 35.46	1100m: 12:58.15 36.24	1500m: 17:44.62 33.19			
	350m: 4:02.48 35.71	750m: 8:47.61 35.82	1150m: 13:34.14 35.99				
	400m: 4:37.78 35.30	800m: 9:23.25 35.64	1200m: 14:10.41 36.27				
10.	NETO Rodrigo Jorge	03	Aquatico Pacense	17:47.14	+0,71	543	
	50m: 31.46 31.46	450m: 5:17.78 35.83	850m: 10:04.23 36.04	1250m: 14:51.76 35.60			
	100m: 1:06.98 35.52	500m: 5:53.76 35.98	900m: 10:39.69 35.46	1300m: 15:27.21 35.45			
	150m: 1:42.95 35.97	550m: 6:29.57 35.81	950m: 11:15.77 36.08	1350m: 16:03.35 36.14			
	200m: 2:18.81 35.86	600m: 7:04.99 35.42	1000m: 11:51.60 35.83	1400m: 16:38.17 34.82			
	250m: 2:54.25 35.44	650m: 7:40.78 35.79	1050m: 12:27.77 36.17	1450m: 17:13.65 35.48			
	300m: 3:30.21 35.96	700m: 8:16.51 35.73	1100m: 13:03.91 36.14	1500m: 17:47.14 33.49			
	350m: 4:05.94 35.73	750m: 8:52.48 35.97	1150m: 13:40.32 36.41				
	400m: 4:41.95 36.01	800m: 9:28.19 35.71	1200m: 14:16.16 35.84				

Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	17:58.87	+0,65	526	
	50m: 30.87 30.87	450m: 5:19.08 35.79	850m: 10:11.32 36.87	1250m: 15:03.42 36.40			
	100m: 1:06.09 35.22	500m: 5:55.30 36.22	900m: 10:47.95 36.63	1300m: 15:40.02 36.60			
	150m: 1:42.03 35.94	550m: 6:31.23 35.93	950m: 11:23.95 36.00	1350m: 16:14.95 34.93			
	200m: 2:18.26 36.23	600m: 7:08.07 36.84	1000m: 12:01.11 37.16	1400m: 16:51.59 36.64			
	250m: 2:54.40 36.14	650m: 7:44.00 35.93	1050m: 12:36.91 35.80	1450m: 17:27.47 35.88			
	300m: 3:30.82 36.42	700m: 8:20.61 36.61	1100m: 13:13.80 36.89	1500m: 17:58.87 31.40			
	350m: 4:07.00 36.18	750m: 8:57.36 36.75	1150m: 13:50.21 36.41				
	400m: 4:43.29 36.29	800m: 9:34.45 37.09	1200m: 14:27.02 36.81				
12.	SA Joao Luis	03	Fluvial Portuense	18:00.36	+0,77	524	
	50m: 31.25 31.25	450m: 5:18.35 35.96	850m: 10:07.36 36.42	1250m: 14:59.61 36.78			
	100m: 1:05.96 34.71	500m: 5:54.25 35.90	900m: 10:43.54 36.18	1300m: 15:35.94 36.33			
	150m: 1:41.92 35.96	550m: 6:30.61 36.36	950m: 11:19.94 36.40	1350m: 16:12.34 36.40			
	200m: 2:17.49 35.57	600m: 7:06.73 36.12	1000m: 11:56.44 36.50	1400m: 16:49.27 36.93			
	250m: 2:53.78 36.29	650m: 7:42.77 36.04	1050m: 12:32.87 36.43	1450m: 17:25.48 36.21			
	300m: 3:30.39 36.61	700m: 8:18.77 36.00	1100m: 13:09.48 36.61	1500m: 18:00.36 34.88			
	350m: 4:06.27 35.88	750m: 8:54.77 36.00	1150m: 13:45.96 36.48				
	400m: 4:42.39 36.12	800m: 9:30.94 36.17	1200m: 14:22.83 36.87				
13.	SANTOS Andre Cardoso	03	Academico Viseu	18:00.47	+0,76	523	
	50m: 30.27 30.27	450m: 5:14.01 36.30	850m: 10:05.61 36.75	1250m: 14:59.18 37.03			
	100m: 1:03.81 33.54	500m: 5:50.35 36.34	900m: 10:41.77 36.16	1300m: 15:35.45 36.27			
	150m: 1:38.68 34.87	550m: 6:26.88 36.53	950m: 11:18.91 37.14	1350m: 16:12.23 36.78			
	200m: 2:14.06 35.38	600m: 7:03.08 36.20	1000m: 11:55.46 36.55	1400m: 16:48.72 36.49			
	250m: 2:49.76 35.70	650m: 7:39.74 36.66	1050m: 12:32.00 36.54	1450m: 17:25.02 36.30			
	300m: 3:25.25 35.49	700m: 8:16.14 36.40	1100m: 13:08.64 36.64	1500m: 18:00.47 35.45			
	350m: 4:01.40 36.15	750m: 8:52.72 36.58	1150m: 13:45.29 36.65				
	400m: 4:37.71 36.31	800m: 9:28.86 36.14	1200m: 14:22.15 36.86				
14.	CARVALHO Tiago Fonseca	03	Naval Povoense	18:01.44	+0,73	522	
	50m: 32.25 32.25	450m: 5:22.73 36.48	850m: 10:14.77 36.85	1250m: 15:04.33 35.87			
	100m: 1:08.07 35.82	500m: 5:58.97 36.24	900m: 10:51.38 36.61	1300m: 15:40.30 35.97			
	150m: 1:44.68 36.61	550m: 6:35.49 36.52	950m: 11:27.78 36.40	1350m: 16:16.46 36.16			
	200m: 2:20.75 36.07	600m: 7:11.88 36.39	1000m: 12:04.27 36.49	1400m: 16:52.47 36.01			
	250m: 2:57.13 36.38	650m: 7:48.23 36.35	1050m: 12:40.29 36.02	1450m: 17:27.60 35.13			
	300m: 3:33.45 36.32	700m: 8:24.78 36.55	1100m: 13:16.26 35.97	1500m: 18:01.44 33.84			
	350m: 4:09.97 36.52	750m: 9:01.49 36.71	1150m: 13:52.43 36.17				
	400m: 4:46.25 36.28	800m: 9:37.92 36.43	1200m: 14:28.46 36.03				
15.	JORGE Tiago Miguel	03	Rio Maior	18:02.73	+0,65	520	
	50m: 31.14 31.14	450m: 5:13.55 35.36	850m: 10:04.27 36.39	1250m: 15:00.23 37.14			
	100m: 1:05.78 34.64	500m: 5:49.76 36.21	900m: 10:41.45 37.18	1300m: 15:37.02 36.79			
	150m: 1:40.71 34.93	550m: 6:25.57 35.81	950m: 11:17.98 36.53	1350m: 16:13.62 36.60			
	200m: 2:15.70 34.99	600m: 7:01.92 36.35	1000m: 11:54.89 36.91	1400m: 16:50.75 37.13			
	250m: 2:50.89 35.19	650m: 7:38.33 36.41	1050m: 12:31.76 36.87	1450m: 17:27.26 36.51			
	300m: 3:26.61 35.72	700m: 8:14.77 36.44	1100m: 13:09.28 37.52	1500m: 18:02.73 35.47			
	350m: 4:02.32 35.71	750m: 8:51.57 36.80	1150m: 13:46.10 36.82				
	400m: 4:38.19 35.87	800m: 9:27.88 36.31	1200m: 14:23.09 36.99				

Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	18:04.00	+0,81	518	
	50m: 30.44 30.44	450m: 5:06.94 35.70	850m: 9:59.16 37.36	1250m: 14:58.93 37.66			
	100m: 1:03.47 33.03	500m: 5:42.90 35.96	900m: 10:36.24 37.08	1300m: 15:36.70 37.77			
	150m: 1:37.40 33.93	550m: 6:19.24 36.34	950m: 11:13.70 37.46	1350m: 16:13.98 37.28			
	200m: 2:11.71 34.31	600m: 6:55.74 36.50	1000m: 11:50.85 37.15	1400m: 16:51.00 37.02			
	250m: 2:46.41 34.70	650m: 7:32.19 36.45	1050m: 12:28.62 37.77	1450m: 17:27.91 36.91			
	300m: 3:21.37 34.96	700m: 8:08.56 36.37	1100m: 13:06.33 37.71	1500m: 18:04.00 36.09			
	350m: 3:56.32 34.95	750m: 8:45.40 36.84	1150m: 13:43.66 37.33				
	400m: 4:31.24 34.92	800m: 9:21.80 36.40	1200m: 14:21.27 37.61				
17.	SILVA Ruben Filipe	03	Foca	18:05.81	+0,96	516	
	50m: 32.03 32.03	450m: 5:22.19 36.56	850m: 10:12.74 36.33	1250m: 15:05.81 36.72			
	100m: 1:07.98 35.95	500m: 5:58.49 36.30	900m: 10:49.31 36.57	1300m: 15:42.36 36.55			
	150m: 1:43.71 35.73	550m: 6:34.63 36.14	950m: 11:25.91 36.60	1350m: 16:18.79 36.43			
	200m: 2:20.07 36.36	600m: 7:10.75 36.12	1000m: 12:02.33 36.42	1400m: 16:55.30 36.51			
	250m: 2:56.45 36.38	650m: 7:46.81 36.06	1050m: 12:39.14 36.81	1450m: 17:30.97 35.67			
	300m: 3:33.07 36.62	700m: 8:23.19 36.38	1100m: 13:15.84 36.70	1500m: 18:05.81 34.84			
	350m: 4:09.56 36.49	750m: 8:59.66 36.47	1150m: 13:52.55 36.71				
	400m: 4:45.63 36.07	800m: 9:36.41 36.75	1200m: 14:29.09 36.54				
18.	TOME Diogo Bernardo	03	Salvaterra de Magos	18:11.10	+0,84	508	
	50m: 30.96 30.96	450m: 5:20.69 36.61	850m: 10:13.59 36.57	1250m: 15:08.00 36.96			
	100m: 1:05.88 34.92	500m: 5:57.50 36.81	900m: 10:50.18 36.59	1300m: 15:44.92 36.92			
	150m: 1:41.92 36.04	550m: 6:33.90 36.40	950m: 11:27.07 36.89	1350m: 16:21.58 36.66			
	200m: 2:18.37 36.45	600m: 7:10.73 36.83	1000m: 12:03.78 36.71	1400m: 16:58.64 37.06			
	250m: 2:54.56 36.19	650m: 7:47.12 36.39	1050m: 12:40.52 36.74	1450m: 17:35.15 36.51			
	300m: 3:31.05 36.49	700m: 8:23.88 36.76	1100m: 13:17.59 37.07	1500m: 18:11.10 35.95			
	350m: 4:07.56 36.51	750m: 9:00.32 36.44	1150m: 13:54.15 36.56				
	400m: 4:44.08 36.52	800m: 9:37.02 36.70	1200m: 14:31.04 36.89				
DNS	VASCONCELOS Bernardo Nunes	03	Foca				
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense				

Prova 8 Masc., 1500m Livres Juniores Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore	30-08-2015

CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARDOSO Diogo Santos	01	Colegio Monte Maior	15:52.96	+0,72	763	
	<i>Minimos CE Jun</i>						
	50m: 29.00 29.00	450m: 4:45.35 31.94	850m: 9:01.41 31.78	1250m: 13:16.76 31.77			
	100m: 1:00.71 31.71	500m: 5:17.88 32.53	900m: 9:33.69 32.28	1300m: 13:48.57 31.81			
	150m: 1:32.50 31.79	550m: 5:49.76 31.88	950m: 10:05.50 31.81	1350m: 14:20.04 31.47			
	200m: 2:04.74 32.24	600m: 6:22.02 32.26	1000m: 10:37.52 32.02	1400m: 14:51.95 31.91			
	250m: 2:36.60 31.86	650m: 6:54.14 32.12	1050m: 11:09.20 31.68	1450m: 15:22.91 30.96			
	300m: 3:08.82 32.22	700m: 7:26.20 32.06	1100m: 11:41.36 32.16	1500m: 15:52.96 30.05			
	350m: 3:41.02 32.20	750m: 7:57.72 31.52	1150m: 12:13.00 31.64				
	400m: 4:13.41 32.39	800m: 8:29.63 31.91	1200m: 12:44.99 31.99				

Prova 8, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	SANTOS Pedro Miguel	01	Porto	16:02.31	+0,72	741	
	50m: 29.24 29.24	450m: 4:43.91 32.18	850m: 8:59.13 32.15	1250m: 13:19.72 33.26			
	100m: 1:01.02 31.78	500m: 5:15.83 31.92	900m: 9:31.60 32.47	1300m: 13:52.51 32.79			
	150m: 1:32.61 31.59	550m: 5:47.76 31.93	950m: 10:05.04 33.44	1350m: 14:25.86 33.35			
	200m: 2:04.00 31.39	600m: 6:19.43 31.67	1000m: 10:37.94 32.90	1400m: 14:58.84 32.98			
	250m: 2:35.99 31.99	650m: 6:51.24 31.81	1050m: 11:09.72 31.78	1450m: 15:31.68 32.84			
	300m: 3:07.94 31.95	700m: 7:23.07 31.83	1100m: 11:41.44 31.72	1500m: 16:02.31 30.63			
	350m: 3:39.89 31.95	750m: 7:55.04 31.97	1150m: 12:14.15 32.71				
	400m: 4:11.73 31.84	800m: 8:26.98 31.94	1200m: 12:46.46 32.31				
3.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	16:02.74	+0,71	740	
	50m: 29.31 29.31	450m: 4:41.51 31.66	850m: 8:59.42 32.64	1250m: 13:20.86 32.84			
	100m: 1:00.53 31.22	500m: 5:13.37 31.86	900m: 9:31.48 32.06	1300m: 13:53.68 32.82			
	150m: 1:31.95 31.42	550m: 5:45.31 31.94	950m: 10:04.78 33.30	1350m: 14:26.70 33.02			
	200m: 2:03.56 31.61	600m: 6:17.38 32.07	1000m: 10:37.56 32.78	1400m: 14:59.55 32.85			
	250m: 2:35.32 31.76	650m: 6:49.44 32.06	1050m: 11:10.20 32.64	1450m: 15:31.58 32.03			
	300m: 3:06.81 31.49	700m: 7:21.83 32.39	1100m: 11:42.39 32.19	1500m: 16:02.74 31.16			
	350m: 3:38.38 31.57	750m: 7:54.27 32.44	1150m: 12:15.21 32.82				
	400m: 4:09.85 31.47	800m: 8:26.78 32.51	1200m: 12:48.02 32.81				
4.	CARVALHO Daniel Luis	02	Braga	16:34.11	+0,84	672	
	50m: 29.49 29.49	450m: 4:53.59 33.28	850m: 9:21.39 33.46	1250m: 13:50.17 33.49			
	100m: 1:01.95 32.46	500m: 5:27.11 33.52	900m: 9:54.81 33.42	1300m: 14:23.71 33.54			
	150m: 1:34.59 32.64	550m: 6:00.53 33.42	950m: 10:28.35 33.54	1350m: 14:56.98 33.27			
	200m: 2:07.54 32.95	600m: 6:34.33 33.80	1000m: 11:01.94 33.59	1400m: 15:30.12 33.14			
	250m: 2:40.38 32.84	650m: 7:07.88 33.55	1050m: 11:35.58 33.64	1450m: 16:02.70 32.58			
	300m: 3:13.57 33.19	700m: 7:41.41 33.53	1100m: 12:09.32 33.74	1500m: 16:34.11 31.41			
	350m: 3:46.90 33.33	750m: 8:14.81 33.40	1150m: 12:42.80 33.48				
	400m: 4:20.31 33.41	800m: 8:47.93 33.12	1200m: 13:16.68 33.88				
5.	NUNES Francisco Costa	02	Salvaterra de Magos	16:45.75	+0,80	649	
	50m: 28.84 28.84	450m: 4:47.58 33.72	850m: 9:20.38 34.65	1250m: 13:54.23 34.09			
	100m: 59.68 30.84	500m: 5:21.34 33.76	900m: 9:54.41 34.03	1300m: 14:28.78 34.55			
	150m: 1:31.17 31.49	550m: 5:55.45 34.11	950m: 10:28.65 34.24	1350m: 15:03.87 35.09			
	200m: 2:02.96 31.79	600m: 6:29.78 34.33	1000m: 11:02.37 33.72	1400m: 15:38.23 34.36			
	250m: 2:35.08 32.12	650m: 7:04.48 34.70	1050m: 11:36.46 34.09	1450m: 16:12.43 34.20			
	300m: 3:07.67 32.59	700m: 7:38.11 33.63	1100m: 12:10.61 34.15	1500m: 16:45.75 33.32			
	350m: 3:40.68 33.01	750m: 8:12.07 33.96	1150m: 12:45.34 34.73				
	400m: 4:13.86 33.18	800m: 8:45.73 33.66	1200m: 13:20.14 34.80				
6.	MONTEIRO Tomas Penha	02	Alges	16:53.17	+0,71	635	
	50m: 29.37 29.37	450m: 4:59.95 34.16	850m: 9:33.08 34.08	1250m: 14:04.75 34.08			
	100m: 1:02.03 32.66	500m: 5:34.01 34.06	900m: 10:06.91 33.83	1300m: 14:38.72 33.97			
	150m: 1:35.39 33.36	550m: 6:08.31 34.30	950m: 10:41.02 34.11	1350m: 15:12.76 34.04			
	200m: 2:09.10 33.71	600m: 6:42.48 34.17	1000m: 11:15.12 34.10	1400m: 15:46.49 33.73			
	250m: 2:43.20 34.10	650m: 7:17.01 34.53	1050m: 11:49.00 33.88	1450m: 16:20.34 33.85			
	300m: 3:17.37 34.17	700m: 7:50.78 33.77	1100m: 12:22.70 33.70	1500m: 16:53.17 32.83			
	350m: 3:51.58 34.21	750m: 8:25.06 34.28	1150m: 12:56.98 34.28				
	400m: 4:25.79 34.21	800m: 8:59.00 33.94	1200m: 13:30.67 33.69				

Prova 8, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	JORGE Duarte Miguel	01	Galitos / Bresimar	16:54.81	+0,78	632	
	50m: 29.15 29.15	450m: 4:49.52 32.79	850m: 9:22.81 34.25	1250m: 14:01.60 34.01			
	100m: 1:01.26 32.11	500m: 5:23.52 34.00	900m: 9:58.34 35.53	1300m: 14:37.24 35.64			
	150m: 1:32.87 31.61	550m: 5:56.83 33.31	950m: 10:32.34 34.00	1350m: 15:11.51 34.27			
	200m: 2:05.52 32.65	600m: 6:31.11 34.28	1000m: 11:07.48 35.14	1400m: 15:46.62 35.11			
	250m: 2:37.50 31.98	650m: 7:04.53 33.42	1050m: 11:41.87 34.39	1450m: 16:20.63 34.01			
	300m: 3:10.80 33.30	700m: 7:39.67 35.14	1100m: 12:17.80 35.93	1500m: 16:54.81 34.18			
	350m: 3:43.21 32.41	750m: 8:13.70 34.03	1150m: 12:52.08 34.28				
	400m: 4:16.73 33.52	800m: 8:48.56 34.86	1200m: 13:27.59 35.51				
8.	JACINTO Rafael Rodrigues	02	Belenenses	17:00.49	+0,77	621	
	50m: 29.76 29.76	450m: 5:00.21 34.03	850m: 9:33.56 33.91	1250m: 14:07.34 33.93			
	100m: 1:02.32 32.56	500m: 5:34.48 34.27	900m: 10:07.95 34.39	1300m: 14:42.01 34.67			
	150m: 1:35.97 33.65	550m: 6:08.38 33.90	950m: 10:41.48 33.53	1350m: 15:16.04 34.03			
	200m: 2:09.80 33.83	600m: 6:42.80 34.42	1000m: 11:16.30 34.82	1400m: 15:50.94 34.90			
	250m: 2:43.62 33.82	650m: 7:16.79 33.99	1050m: 11:50.23 33.93	1450m: 16:25.46 34.52			
	300m: 3:17.75 34.13	700m: 7:51.23 34.44	1100m: 12:24.78 34.55	1500m: 17:00.49 35.03			
	350m: 3:51.84 34.09	750m: 8:25.27 34.04	1150m: 12:59.13 34.35				
	400m: 4:26.18 34.34	800m: 8:59.65 34.38	1200m: 13:33.41 34.28				
9.	RODRIGUES Pedro Reis	02	Sao Roque	17:00.66	+0,70	621	
	50m: 29.54 29.54	450m: 4:56.48 34.67	850m: 9:31.89 35.20	1250m: 14:10.12 35.16			
	100m: 1:01.45 31.91	500m: 5:29.86 33.38	900m: 10:06.56 34.67	1300m: 14:44.06 33.94			
	150m: 1:34.76 33.31	550m: 6:04.19 34.33	950m: 10:41.61 35.05	1350m: 15:18.78 34.72			
	200m: 2:07.47 32.71	600m: 6:38.43 34.24	1000m: 11:16.06 34.45	1400m: 15:53.23 34.45			
	250m: 2:41.05 33.58	650m: 7:12.94 34.51	1050m: 11:51.06 35.00	1450m: 16:27.88 34.65			
	300m: 3:14.24 33.19	700m: 7:47.19 34.25	1100m: 12:25.31 34.25	1500m: 17:00.66 32.78			
	350m: 3:48.55 34.31	750m: 8:22.15 34.96	1150m: 13:00.62 35.31				
	400m: 4:21.81 33.26	800m: 8:56.69 34.54	1200m: 13:34.96 34.34				
10.	SOUSA Nuno Alexandre	02	Clube de Vouzela	17:17.00	+0,74	592	
	50m: 28.68 28.68	450m: 5:00.27 34.38	850m: 9:40.71 35.43	1250m: 14:23.25 34.98			
	100m: 1:00.96 32.28	500m: 5:34.97 34.70	900m: 10:16.39 35.68	1300m: 14:58.71 35.46			
	150m: 1:34.72 33.76	550m: 6:10.27 35.30	950m: 10:51.07 34.68	1350m: 15:34.02 35.31			
	200m: 2:08.13 33.41	600m: 6:44.87 34.60	1000m: 11:26.30 35.23	1400m: 16:09.18 35.16			
	250m: 2:42.28 34.15	650m: 7:20.19 35.32	1050m: 12:02.22 35.92	1450m: 16:43.64 34.46			
	300m: 3:17.05 34.77	700m: 7:54.89 34.70	1100m: 12:37.12 34.90	1500m: 17:17.00 33.36			
	350m: 3:51.73 34.68	750m: 8:30.40 35.51	1150m: 13:12.44 35.32				
	400m: 4:25.89 34.16	800m: 9:05.28 34.88	1200m: 13:48.27 35.83				
11.	SALGADO Goncalo Sampaio	02	Famalicao	17:24.88	+0,76	579	
	50m: 29.38 29.38	450m: 5:01.70 34.88	850m: 9:42.20 35.30	1250m: 14:27.25 35.75			
	100m: 1:02.15 32.77	500m: 5:36.57 34.87	900m: 10:17.34 35.14	1300m: 15:02.82 35.57			
	150m: 1:35.87 33.72	550m: 6:11.55 34.98	950m: 10:53.06 35.72	1350m: 15:39.10 36.28			
	200m: 2:09.84 33.97	600m: 6:46.37 34.82	1000m: 11:28.50 35.44	1400m: 16:14.59 35.49			
	250m: 2:43.83 33.99	650m: 7:21.68 35.31	1050m: 12:04.33 35.83	1450m: 16:50.20 35.61			
	300m: 3:18.22 34.39	700m: 7:56.59 34.91	1100m: 12:39.73 35.40	1500m: 17:24.88 34.68			
	350m: 3:52.41 34.19	750m: 8:31.93 35.34	1150m: 13:15.90 36.17				
	400m: 4:26.82 34.41	800m: 9:06.90 34.97	1200m: 13:51.50 35.60				

Prova 8, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	VIEGAS Hugo Miguel	02	Natacao Olhao	17:34.60	+0,70	563	
	50m: 29.89 29.89	450m: 5:04.92 35.28	850m: 9:48.73 36.04	1250m: 14:37.36 35.96			
	100m: 1:02.70 32.81	500m: 5:40.26 35.34	900m: 10:24.95 36.22	1300m: 15:13.21 35.85			
	150m: 1:36.26 33.56	550m: 6:14.79 34.53	950m: 11:01.23 36.28	1350m: 15:49.12 35.91			
	200m: 2:10.54 34.28	600m: 6:49.92 35.13	1000m: 11:37.17 35.94	1400m: 16:24.87 35.75			
	250m: 2:45.01 34.47	650m: 7:25.34 35.42	1050m: 12:13.25 36.08	1450m: 17:00.22 35.35			
	300m: 3:19.83 34.82	700m: 8:01.02 35.68	1100m: 12:49.40 36.15	1500m: 17:34.60 34.38			
	350m: 3:54.57 34.74	750m: 8:36.76 35.74	1150m: 13:25.44 36.04				
	400m: 4:29.64 35.07	800m: 9:12.69 35.93	1200m: 14:01.40 35.96				
13.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	17:38.56	+0,76	557	
	50m: 30.76 30.76	450m: 5:06.29 35.08	850m: 9:51.06 36.42	1250m: 14:40.80 36.21			
	100m: 1:03.92 33.16	500m: 5:41.59 35.30	900m: 10:27.21 36.15	1300m: 15:16.46 35.66			
	150m: 1:37.94 34.02	550m: 6:17.49 35.90	950m: 11:03.54 36.33	1350m: 15:52.67 36.21			
	200m: 2:12.01 34.07	600m: 6:52.81 35.32	1000m: 11:39.56 36.02	1400m: 16:28.63 35.96			
	250m: 2:46.82 34.81	650m: 7:27.77 34.96	1050m: 12:16.15 36.59	1450m: 17:04.18 35.55			
	300m: 3:21.31 34.49	700m: 8:02.83 35.06	1100m: 12:52.18 36.03	1500m: 17:38.56 34.38			
	350m: 3:56.28 34.97	750m: 8:38.38 35.55	1150m: 13:28.42 36.24				
	400m: 4:31.21 34.93	800m: 9:14.64 36.26	1200m: 14:04.59 36.17				
14.	CASTELEIRO Diogo Alexandre	01	Sporting	17:40.39	+0,78	554	
	50m: 30.92 30.92	450m: 5:14.08 35.62	850m: 9:59.89 36.01	1250m: 14:44.44 35.57			
	100m: 1:05.74 34.82	500m: 5:49.94 35.86	900m: 10:35.74 35.85	1300m: 15:19.97 35.53			
	150m: 1:40.80 35.06	550m: 6:25.17 35.23	950m: 11:11.17 35.43	1350m: 15:55.94 35.97			
	200m: 2:15.98 35.18	600m: 7:01.12 35.95	1000m: 11:46.91 35.74	1400m: 16:31.55 35.61			
	250m: 2:51.38 35.40	650m: 7:36.58 35.46	1050m: 12:22.37 35.46	1450m: 17:06.59 35.04			
	300m: 3:27.05 35.67	700m: 8:12.51 35.93	1100m: 12:58.05 35.68	1500m: 17:40.39 33.80			
	350m: 4:02.85 35.80	750m: 8:47.93 35.42	1150m: 13:33.30 35.25				
	400m: 4:38.46 35.61	800m: 9:23.88 35.95	1200m: 14:08.87 35.57				
15.	MARQUES Rui Joao	02	Nautico Academico	17:54.76	+0,77	532	
	50m: 30.88 30.88	450m: 5:06.73 35.24	850m: 9:56.43 36.98	1250m: 14:51.49 36.13			
	100m: 1:03.62 32.74	500m: 5:42.21 35.48	900m: 10:33.21 36.78	1300m: 15:28.21 36.72			
	150m: 1:37.74 34.12	550m: 6:17.80 35.59	950m: 11:09.46 36.25	1350m: 16:05.43 37.22			
	200m: 2:12.08 34.34	600m: 6:53.99 36.19	1000m: 11:46.66 37.20	1400m: 16:42.83 37.40			
	250m: 2:46.43 34.35	650m: 7:30.34 36.35	1050m: 12:23.21 36.55	1450m: 17:19.22 36.39			
	300m: 3:21.32 34.89	700m: 8:06.55 36.21	1100m: 13:00.58 37.37	1500m: 17:54.76 35.54			
	350m: 3:56.27 34.95	750m: 8:43.14 36.59	1150m: 13:38.72 38.14				
	400m: 4:31.49 35.22	800m: 9:19.45 36.31	1200m: 14:15.36 36.64				

Prova 8, Masc., 1500m Livres

Prova 8 Masc., 1500m Livres Seniores
04-04-2019 - 17:00 Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
CMPL : 15:07.38 / JO Absoluto: 15:00.99					

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	15:22.04	+0,69	843	
	50m: 28.24 28.24	450m: 4:30.59	30.97	850m: 8:37.90	31.22	1250m: 12:47.19	31.47
	100m: 57.80 29.56	500m: 5:01.25	30.66	900m: 9:08.73	30.83	1300m: 13:18.55	31.36
	150m: 1:28.05 30.25	550m: 5:32.39	31.14	950m: 9:39.87	31.14	1350m: 13:49.95	31.40
	200m: 1:58.02 29.97	600m: 6:03.04	30.65	1000m: 10:10.92	31.05	1400m: 14:21.37	31.42
	250m: 2:28.48 30.46	650m: 6:34.14	31.10	1050m: 10:42.12	31.20	1450m: 14:52.47	31.10
	300m: 2:58.62 30.14	700m: 7:04.83	30.69	1100m: 11:13.12	31.00	1500m: 15:22.04	29.57
	350m: 3:29.23 30.61	750m: 7:36.10	31.27	1150m: 11:44.36	31.24		
	400m: 3:59.62 30.39	800m: 8:06.68	30.58	1200m: 12:15.72	31.36		
2.	LOPES Jose Paulo	00	Braga	15:33.78	+0,68	811	
	50m: 28.62 28.62	450m: 4:35.37	31.08	850m: 8:45.85	31.45	1250m: 12:57.78	31.43
	100m: 58.65 30.03	500m: 5:06.70	31.33	900m: 9:17.44	31.59	1300m: 13:29.29	31.51
	150m: 1:29.33 30.68	550m: 5:37.90	31.20	950m: 9:48.99	31.55	1350m: 14:00.85	31.56
	200m: 2:00.10 30.77	600m: 6:09.13	31.23	1000m: 10:20.65	31.66	1400m: 14:32.40	31.55
	250m: 2:31.13 31.03	650m: 6:40.17	31.04	1050m: 10:52.19	31.54	1450m: 15:03.48	31.08
	300m: 3:02.10 30.97	700m: 7:11.47	31.30	1100m: 11:23.73	31.54	1500m: 15:33.78	30.30
	350m: 3:33.27 31.17	750m: 7:42.83	31.36	1150m: 11:55.14	31.41		
	400m: 4:04.29 31.02	800m: 8:14.40	31.57	1200m: 12:26.35	31.21		
3.	GIL Rafael Lourenco	96	Sporting	15:37.13	+0,75	802	
	50m: 28.85 28.85	450m: 4:35.66	31.00	850m: 8:46.16	31.28	1250m: 12:59.79	31.47
	100m: 59.31 30.46	500m: 5:07.02	31.36	900m: 9:17.81	31.65	1300m: 13:31.77	31.98
	150m: 1:29.87 30.56	550m: 5:38.24	31.22	950m: 9:49.26	31.45	1350m: 14:03.30	31.53
	200m: 2:00.75 30.88	600m: 6:09.74	31.50	1000m: 10:21.13	31.87	1400m: 14:35.24	31.94
	250m: 2:31.53 30.78	650m: 6:40.86	31.12	1050m: 10:52.76	31.63	1450m: 15:06.14	30.90
	300m: 3:02.57 31.04	700m: 7:12.11	31.25	1100m: 11:24.64	31.88	1500m: 15:37.13	30.99
	350m: 3:33.53 30.96	750m: 7:43.38	31.27	1150m: 11:56.25	31.61		
	400m: 4:04.66 31.13	800m: 8:14.88	31.50	1200m: 12:28.32	32.07		
4.	CARVALHO Jose Paula	98	Benfica	16:02.26	+0,68	741	
	50m: 29.10 29.10	450m: 4:44.74	32.42	850m: 9:03.56	32.56	1250m: 13:24.12	33.05
	100m: 1:00.52 31.42	500m: 5:17.32	32.58	900m: 9:36.05	32.49	1300m: 13:56.37	32.25
	150m: 1:32.27 31.75	550m: 5:49.35	32.03	950m: 10:08.74	32.69	1350m: 14:29.17	32.80
	200m: 2:03.89 31.62	600m: 6:21.32	31.97	1000m: 10:41.34	32.60	1400m: 15:01.68	32.51
	250m: 2:35.90 32.01	650m: 6:53.82	32.50	1050m: 11:13.56	32.22	1450m: 15:33.25	31.57
	300m: 3:07.93 32.03	700m: 7:25.94	32.12	1100m: 11:45.84	32.28	1500m: 16:02.26	29.01
	350m: 3:40.19 32.26	750m: 7:58.77	32.83	1150m: 12:18.19	32.35		
	400m: 4:12.32 32.13	800m: 8:31.00	32.23	1200m: 12:51.07	32.88		
5.	CAMPOS Tiago Filipe	99	Rio Maior	16:09.05	+0,83	726	
	50m: 28.93 28.93	450m: 4:45.77	32.02	850m: 9:05.70	32.60	1250m: 13:28.65	32.53
	100m: 1:00.63 31.70	500m: 5:18.05	32.28	900m: 9:39.46	33.76	1300m: 14:01.43	32.78
	150m: 1:32.20 31.57	550m: 5:50.06	32.01	950m: 10:12.69	33.23	1350m: 14:33.87	32.44
	200m: 2:04.90 32.70	600m: 6:22.44	32.38	1000m: 10:45.60	32.91	1400m: 15:06.75	32.88
	250m: 2:36.87 31.97	650m: 6:54.77	32.33	1050m: 11:18.53	32.93	1450m: 15:38.60	31.85
	300m: 3:09.28 32.41	700m: 7:27.50	32.73	1100m: 11:50.85	32.32	1500m: 16:09.05	30.45
	350m: 3:41.31 32.03	750m: 7:59.89	32.39	1150m: 12:23.18	32.33		
	400m: 4:13.75 32.44	800m: 8:33.10	33.21	1200m: 12:56.12	32.94		

Prova 8, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SANTO Filipe Miguel	00	Benfica	16:20.50	+0,78	701	
	50m: 28.91 28.91	450m: 4:44.92 33.01	850m: 9:10.84 33.40	1250m: 13:37.59 32.98			
	100m: 59.46 30.55	500m: 5:17.47 32.55	900m: 9:43.85 33.01	1300m: 14:10.92 33.33			
	150m: 1:31.22 31.76	550m: 5:50.47 33.00	950m: 10:17.29 33.44	1350m: 14:44.20 33.28			
	200m: 2:03.21 31.99	600m: 6:23.83 33.36	1000m: 10:50.61 33.32	1400m: 15:17.27 33.07			
	250m: 2:34.64 31.43	650m: 6:57.67 33.84	1050m: 11:24.39 33.78	1450m: 15:49.72 32.45			
	300m: 3:06.33 31.69	700m: 7:30.75 33.08	1100m: 11:57.67 33.28	1500m: 16:20.50 30.78			
	350m: 3:39.39 33.06	750m: 8:04.26 33.51	1150m: 12:31.48 33.81				
	400m: 4:11.91 32.52	800m: 8:37.44 33.18	1200m: 13:04.61 33.13				
7.	NUNES Diogo Barbosa	00	Porto	16:34.06	+0,72	672	
	50m: 28.41 28.41	450m: 4:42.29 32.60	850m: 9:09.00 34.40	1250m: 13:44.48 34.69			
	100m: 59.17 30.76	500m: 5:14.34 32.05	900m: 9:42.95 33.95	1300m: 14:19.18 34.70			
	150m: 1:30.51 31.34	550m: 5:47.11 32.77	950m: 10:17.47 34.52	1350m: 14:53.87 34.69			
	200m: 2:01.71 31.20	600m: 6:19.89 32.78	1000m: 10:51.56 34.09	1400m: 15:28.48 34.61			
	250m: 2:33.40 31.69	650m: 6:53.49 33.60	1050m: 11:25.92 34.36	1450m: 16:02.45 33.97			
	300m: 3:05.02 31.62	700m: 7:27.15 33.66	1100m: 12:00.29 34.37	1500m: 16:34.06 31.61			
	350m: 3:37.44 32.42	750m: 8:01.20 34.05	1150m: 12:35.42 35.13				
	400m: 4:09.69 32.25	800m: 8:34.60 33.40	1200m: 13:09.79 34.37				

Prova 8 Masc., 1500m Livres Absolutos
04-04-2019 - 17:00 Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore	30-08-2015
Rec Nac Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
Rec Nac Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

PreJun_Masc Juv: 16:25.61 / CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / CMPL Sen: 15:07.38 /

JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	15:22.04	+0,69	843	
	50m: 28.24 28.24	450m: 4:30.59 30.97	850m: 8:37.90 31.22	1250m: 12:47.19 31.47			
	100m: 57.80 29.56	500m: 5:01.25 30.66	900m: 9:08.73 30.83	1300m: 13:18.55 31.36			
	150m: 1:28.05 30.25	550m: 5:32.39 31.14	950m: 9:39.87 31.14	1350m: 13:49.95 31.40			
	200m: 1:58.02 29.97	600m: 6:03.04 30.65	1000m: 10:10.92 31.05	1400m: 14:21.37 31.42			
	250m: 2:28.48 30.46	650m: 6:34.14 31.10	1050m: 10:42.12 31.20	1450m: 14:52.47 31.10			
	300m: 2:58.62 30.14	700m: 7:04.83 30.69	1100m: 11:13.12 31.00	1500m: 15:22.04 29.57			
	350m: 3:29.23 30.61	750m: 7:36.10 31.27	1150m: 11:44.36 31.24				
	400m: 3:59.62 30.39	800m: 8:06.68 30.58	1200m: 12:15.72 31.36				
2.	LOPES Jose Paulo	00	Braga	15:33.78	+0,68	811	
	50m: 28.62 28.62	450m: 4:35.37 31.08	850m: 8:45.85 31.45	1250m: 12:57.78 31.43			
	100m: 58.65 30.03	500m: 5:06.70 31.33	900m: 9:17.44 31.59	1300m: 13:29.29 31.51			
	150m: 1:29.33 30.68	550m: 5:37.90 31.20	950m: 9:48.99 31.55	1350m: 14:00.85 31.56			
	200m: 2:00.10 30.77	600m: 6:09.13 31.23	1000m: 10:20.65 31.66	1400m: 14:32.40 31.55			
	250m: 2:31.13 31.03	650m: 6:40.17 31.04	1050m: 10:52.19 31.54	1450m: 15:03.48 31.08			
	300m: 3:02.10 30.97	700m: 7:11.47 31.30	1100m: 11:23.73 31.54	1500m: 15:33.78 30.30			
	350m: 3:33.27 31.17	750m: 7:42.83 31.36	1150m: 11:55.14 31.41				
	400m: 4:04.29 31.02	800m: 8:14.40 31.57	1200m: 12:26.35 31.21				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	GIL Rafael Lourenco	96	Sporting	15:37.13	+0,75	802	
	50m: 28.85 28.85	450m: 4:35.66	31.00	850m: 8:46.16	31.28	1250m: 12:59.79	31.47
	100m: 59.31 30.46	500m: 5:07.02	31.36	900m: 9:17.81	31.65	1300m: 13:31.77	31.98
	150m: 1:29.87 30.56	550m: 5:38.24	31.22	950m: 9:49.26	31.45	1350m: 14:03.30	31.53
	200m: 2:00.75 30.88	600m: 6:09.74	31.50	1000m: 10:21.13	31.87	1400m: 14:35.24	31.94
	250m: 2:31.53 30.78	650m: 6:40.86	31.12	1050m: 10:52.76	31.63	1450m: 15:06.14	30.90
	300m: 3:02.57 31.04	700m: 7:12.11	31.25	1100m: 11:24.64	31.88	1500m: 15:37.13	30.99
	350m: 3:33.53 30.96	750m: 7:43.38	31.27	1150m: 11:56.25	31.61		
	400m: 4:04.66 31.13	800m: 8:14.88	31.50	1200m: 12:28.32	32.07		
4.	CARDOSO Diogo Santos	01	Colegio Monte Maior	15:52.96	+0,72	763	
	<i>Minimos CE Jun</i>						
	50m: 29.00 29.00	450m: 4:45.35	31.94	850m: 9:01.41	31.78	1250m: 13:16.76	31.77
	100m: 1:00.71 31.71	500m: 5:17.88	32.53	900m: 9:33.69	32.28	1300m: 13:48.57	31.81
	150m: 1:32.50 31.79	550m: 5:49.76	31.88	950m: 10:05.50	31.81	1350m: 14:20.04	31.47
	200m: 2:04.74 32.24	600m: 6:22.02	32.26	1000m: 10:37.52	32.02	1400m: 14:51.95	31.91
	250m: 2:36.60 31.86	650m: 6:54.14	32.12	1050m: 11:09.20	31.68	1450m: 15:22.91	30.96
	300m: 3:08.82 32.22	700m: 7:26.20	32.06	1100m: 11:41.36	32.16	1500m: 15:52.96	30.05
	350m: 3:41.02 32.20	750m: 7:57.72	31.52	1150m: 12:13.00	31.64		
	400m: 4:13.41 32.39	800m: 8:29.63	31.91	1200m: 12:44.99	31.99		
5.	CARVALHO Jose Paula	98	Benfica	16:02.26	+0,68	741	
	50m: 29.10 29.10	450m: 4:44.74	32.42	850m: 9:03.56	32.56	1250m: 13:24.12	33.05
	100m: 1:00.52 31.42	500m: 5:17.32	32.58	900m: 9:36.05	32.49	1300m: 13:56.37	32.25
	150m: 1:32.27 31.75	550m: 5:49.35	32.03	950m: 10:08.74	32.69	1350m: 14:29.17	32.80
	200m: 2:03.89 31.62	600m: 6:21.32	31.97	1000m: 10:41.34	32.60	1400m: 15:01.68	32.51
	250m: 2:35.90 32.01	650m: 6:53.82	32.50	1050m: 11:13.56	32.22	1450m: 15:33.25	31.57
	300m: 3:07.93 32.03	700m: 7:25.94	32.12	1100m: 11:45.84	32.28	1500m: 16:02.26	29.01
	350m: 3:40.19 32.26	750m: 7:58.77	32.83	1150m: 12:18.19	32.35		
	400m: 4:12.32 32.13	800m: 8:31.00	32.23	1200m: 12:51.07	32.88		
6.	SANTOS Pedro Miguel	01	Porto	16:02.31	+0,72	741	
	50m: 29.24 29.24	450m: 4:43.91	32.18	850m: 8:59.13	32.15	1250m: 13:19.72	33.26
	100m: 1:01.02 31.78	500m: 5:15.83	31.92	900m: 9:31.60	32.47	1300m: 13:52.51	32.79
	150m: 1:32.61 31.59	550m: 5:47.76	31.93	950m: 10:05.04	33.44	1350m: 14:25.86	33.35
	200m: 2:04.00 31.39	600m: 6:19.43	31.67	1000m: 10:37.94	32.90	1400m: 14:58.84	32.98
	250m: 2:35.99 31.99	650m: 6:51.24	31.81	1050m: 11:09.72	31.78	1450m: 15:31.68	32.84
	300m: 3:07.94 31.95	700m: 7:23.07	31.83	1100m: 11:41.44	31.72	1500m: 16:02.31	30.63
	350m: 3:39.89 31.95	750m: 7:55.04	31.97	1150m: 12:14.15	32.71		
	400m: 4:11.73 31.84	800m: 8:26.98	31.94	1200m: 12:46.46	32.31		
7.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	16:02.74	+0,71	740	
	50m: 29.31 29.31	450m: 4:41.51	31.66	850m: 8:59.42	32.64	1250m: 13:20.86	32.84
	100m: 1:00.53 31.22	500m: 5:13.37	31.86	900m: 9:31.48	32.06	1300m: 13:53.68	32.82
	150m: 1:31.95 31.42	550m: 5:45.31	31.94	950m: 10:04.78	33.30	1350m: 14:26.70	33.02
	200m: 2:03.56 31.61	600m: 6:17.38	32.07	1000m: 10:37.56	32.78	1400m: 14:59.55	32.85
	250m: 2:35.32 31.76	650m: 6:49.44	32.06	1050m: 11:10.20	32.64	1450m: 15:31.58	32.03
	300m: 3:06.81 31.49	700m: 7:21.83	32.39	1100m: 11:42.39	32.19	1500m: 16:02.74	31.16
	350m: 3:38.38 31.57	750m: 7:54.27	32.44	1150m: 12:15.21	32.82		
	400m: 4:09.85 31.47	800m: 8:26.78	32.51	1200m: 12:48.02	32.81		

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	CAMPOS Tiago Filipe	99	Rio Maior	16:09.05	+0,83	726	
	50m: 28.93 28.93	450m: 4:45.77 32.02	850m: 9:05.70 32.60	1250m: 13:28.65 32.53			
	100m: 1:00.63 31.70	500m: 5:18.05 32.28	900m: 9:39.46 33.76	1300m: 14:01.43 32.78			
	150m: 1:32.20 31.57	550m: 5:50.06 32.01	950m: 10:12.69 33.23	1350m: 14:33.87 32.44			
	200m: 2:04.90 32.70	600m: 6:22.44 32.38	1000m: 10:45.60 32.91	1400m: 15:06.75 32.88			
	250m: 2:36.87 31.97	650m: 6:54.77 32.33	1050m: 11:18.53 32.93	1450m: 15:38.60 31.85			
	300m: 3:09.28 32.41	700m: 7:27.50 32.73	1100m: 11:50.85 32.32	1500m: 16:09.05 30.45			
	350m: 3:41.31 32.03	750m: 7:59.89 32.39	1150m: 12:23.18 32.33				
	400m: 4:13.75 32.44	800m: 8:33.10 33.21	1200m: 12:56.12 32.94				
9.	SANTO Filipe Miguel	00	Benfica	16:20.50	+0,78	701	
	50m: 28.91 28.91	450m: 4:44.92 33.01	850m: 9:10.84 33.40	1250m: 13:37.59 32.98			
	100m: 59.46 30.55	500m: 5:17.47 32.55	900m: 9:43.85 33.01	1300m: 14:10.92 33.33			
	150m: 1:31.22 31.76	550m: 5:50.47 33.00	950m: 10:17.29 33.44	1350m: 14:44.20 33.28			
	200m: 2:03.21 31.99	600m: 6:23.83 33.36	1000m: 10:50.61 33.32	1400m: 15:17.27 33.07			
	250m: 2:34.64 31.43	650m: 6:57.67 33.84	1050m: 11:24.39 33.78	1450m: 15:49.72 32.45			
	300m: 3:06.33 31.69	700m: 7:30.75 33.08	1100m: 11:57.67 33.28	1500m: 16:20.50 30.78			
	350m: 3:39.39 33.06	750m: 8:04.26 33.51	1150m: 12:31.48 33.81				
	400m: 4:11.91 32.52	800m: 8:37.44 33.18	1200m: 13:04.61 33.13				
10.	NUNES Diogo Barbosa	00	Porto	16:34.06	+0,72	672	
	50m: 28.41 28.41	450m: 4:42.29 32.60	850m: 9:09.00 34.40	1250m: 13:44.48 34.69			
	100m: 59.17 30.76	500m: 5:14.34 32.05	900m: 9:42.95 33.95	1300m: 14:19.18 34.70			
	150m: 1:30.51 31.34	550m: 5:47.11 32.77	950m: 10:17.47 34.52	1350m: 14:53.87 34.69			
	200m: 2:01.71 31.20	600m: 6:19.89 32.78	1000m: 10:51.56 34.09	1400m: 15:28.48 34.61			
	250m: 2:33.40 31.69	650m: 6:53.49 33.60	1050m: 11:25.92 34.36	1450m: 16:02.45 33.97			
	300m: 3:05.02 31.62	700m: 7:27.15 33.66	1100m: 12:00.29 34.37	1500m: 16:34.06 31.61			
	350m: 3:37.44 32.42	750m: 8:01.20 34.05	1150m: 12:35.42 35.13				
	400m: 4:09.69 32.25	800m: 8:34.60 33.40	1200m: 13:09.79 34.37				
11.	CARVALHO Daniel Luis	02	Braga	16:34.11	+0,84	672	
	50m: 29.49 29.49	450m: 4:53.59 33.28	850m: 9:21.39 33.46	1250m: 13:50.17 33.49			
	100m: 1:01.95 32.46	500m: 5:27.11 33.52	900m: 9:54.81 33.42	1300m: 14:23.71 33.54			
	150m: 1:34.59 32.64	550m: 6:00.53 33.42	950m: 10:28.35 33.54	1350m: 14:56.98 33.27			
	200m: 2:07.54 32.95	600m: 6:34.33 33.80	1000m: 11:01.94 33.59	1400m: 15:30.12 33.14			
	250m: 2:40.38 32.84	650m: 7:07.88 33.55	1050m: 11:35.58 33.64	1450m: 16:02.70 32.58			
	300m: 3:13.57 33.19	700m: 7:41.41 33.53	1100m: 12:09.32 33.74	1500m: 16:34.11 31.41			
	350m: 3:46.90 33.33	750m: 8:14.81 33.40	1150m: 12:42.80 33.48				
	400m: 4:20.31 33.41	800m: 8:47.93 33.12	1200m: 13:16.68 33.88				
12.	MACHADO Martim Miranda	03	Uniao Coimbra	16:42.18	+0,79	656	
	50m: 30.05 30.05	450m: 4:56.57 33.46	850m: 9:26.09 33.56	1250m: 13:55.29 33.59			
	100m: 1:02.74 32.69	500m: 5:29.94 33.37	900m: 9:59.69 33.60	1300m: 14:29.07 33.78			
	150m: 1:35.91 33.17	550m: 6:03.60 33.66	950m: 10:33.40 33.71	1350m: 15:02.70 33.63			
	200m: 2:09.05 33.14	600m: 6:37.46 33.86	1000m: 11:07.39 33.99	1400m: 15:36.52 33.82			
	250m: 2:42.60 33.55	650m: 7:11.61 34.15	1050m: 11:41.17 33.78	1450m: 16:09.98 33.46			
	300m: 3:16.23 33.63	700m: 7:45.41 33.80	1100m: 12:14.42 33.25	1500m: 16:42.18 32.20			
	350m: 3:49.55 33.32	750m: 8:19.21 33.80	1150m: 12:48.26 33.84				
	400m: 4:23.11 33.56	800m: 8:52.53 33.32	1200m: 13:21.70 33.44				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	NUNES Francisco Costa	02	Salvaterra de Magos	16:45.75	+0,80	649	
	50m: 28.84 28.84	450m: 4:47.58 33.72	850m: 9:20.38 34.65	1250m: 13:54.23 34.09			
	100m: 59.68 30.84	500m: 5:21.34 33.76	900m: 9:54.41 34.03	1300m: 14:28.78 34.55			
	150m: 1:31.17 31.49	550m: 5:55.45 34.11	950m: 10:28.65 34.24	1350m: 15:03.87 35.09			
	200m: 2:02.96 31.79	600m: 6:29.78 34.33	1000m: 11:02.37 33.72	1400m: 15:38.23 34.36			
	250m: 2:35.08 32.12	650m: 7:04.48 34.70	1050m: 11:36.46 34.09	1450m: 16:12.43 34.20			
	300m: 3:07.67 32.59	700m: 7:38.11 33.63	1100m: 12:10.61 34.15	1500m: 16:45.75 33.32			
	350m: 3:40.68 33.01	750m: 8:12.07 33.96	1150m: 12:45.34 34.73				
	400m: 4:13.86 33.18	800m: 8:45.73 33.66	1200m: 13:20.14 34.80				
14.	MONTEIRO Tomas Penha	02	Alges	16:53.17	+0,71	635	
	50m: 29.37 29.37	450m: 4:59.95 34.16	850m: 9:33.08 34.08	1250m: 14:04.75 34.08			
	100m: 1:02.03 32.66	500m: 5:34.01 34.06	900m: 10:06.91 33.83	1300m: 14:38.72 33.97			
	150m: 1:35.39 33.36	550m: 6:08.31 34.30	950m: 10:41.02 34.11	1350m: 15:12.76 34.04			
	200m: 2:09.10 33.71	600m: 6:42.48 34.17	1000m: 11:15.12 34.10	1400m: 15:46.49 33.73			
	250m: 2:43.20 34.10	650m: 7:17.01 34.53	1050m: 11:49.00 33.88	1450m: 16:20.34 33.85			
	300m: 3:17.37 34.17	700m: 7:50.78 33.77	1100m: 12:22.70 33.70	1500m: 16:53.17 32.83			
	350m: 3:51.58 34.21	750m: 8:25.06 34.28	1150m: 12:56.98 34.28				
	400m: 4:25.79 34.21	800m: 8:59.00 33.94	1200m: 13:30.67 33.69				
15.	OLIVEIRA Vitor Teixeira	03	Cumbobila Cantanhedense	16:53.25	+0,79	635	
	50m: 30.43 30.43	450m: 4:56.38 33.75	850m: 9:27.91 34.05	1250m: 14:00.89 34.95			
	100m: 1:02.78 32.35	500m: 5:29.95 33.57	900m: 10:02.11 34.20	1300m: 14:35.86 34.97			
	150m: 1:35.90 33.12	550m: 6:04.04 34.09	950m: 10:35.96 33.85	1350m: 15:10.95 35.09			
	200m: 2:08.80 32.90	600m: 6:37.81 33.77	1000m: 11:09.73 33.77	1400m: 15:45.60 34.65			
	250m: 2:42.38 33.58	650m: 7:12.20 34.39	1050m: 11:43.22 33.49	1450m: 16:20.11 34.51			
	300m: 3:15.56 33.18	700m: 7:45.94 33.74	1100m: 12:17.10 33.88	1500m: 16:53.25 33.14			
	350m: 3:49.29 33.73	750m: 8:20.15 34.21	1150m: 12:51.33 34.23				
	400m: 4:22.63 33.34	800m: 8:53.86 33.71	1200m: 13:25.94 34.61				
16.	JORGE Duarte Miguel	01	Galitos / Bresimar	16:54.81	+0,78	632	
	50m: 29.15 29.15	450m: 4:49.52 32.79	850m: 9:22.81 34.25	1250m: 14:01.60 34.01			
	100m: 1:01.26 32.11	500m: 5:23.52 34.00	900m: 9:58.34 35.53	1300m: 14:37.24 35.64			
	150m: 1:32.87 31.61	550m: 5:56.83 33.31	950m: 10:32.34 34.00	1350m: 15:11.51 34.27			
	200m: 2:05.52 32.65	600m: 6:31.11 34.28	1000m: 11:07.48 35.14	1400m: 15:46.62 35.11			
	250m: 2:37.50 31.98	650m: 7:04.53 33.42	1050m: 11:41.87 34.39	1450m: 16:20.63 34.01			
	300m: 3:10.80 33.30	700m: 7:39.67 35.14	1100m: 12:17.80 35.93	1500m: 16:54.81 34.18			
	350m: 3:43.21 32.41	750m: 8:13.70 34.03	1150m: 12:52.08 34.28				
	400m: 4:16.73 33.52	800m: 8:48.56 34.86	1200m: 13:27.59 35.51				
17.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	16:56.83	+0,68	628	
	50m: 29.43 29.43	450m: 4:59.61 33.91	850m: 9:29.59 34.06	1250m: 14:05.64 33.55			
	100m: 1:03.22 33.79	500m: 5:33.97 34.36	900m: 10:04.34 34.75	1300m: 14:41.12 35.48			
	150m: 1:35.64 32.42	550m: 6:05.88 31.91	950m: 10:39.30 34.96	1350m: 15:14.47 33.35			
	200m: 2:09.40 33.76	600m: 6:39.86 33.98	1000m: 11:13.68 34.38	1400m: 15:49.72 35.25			
	250m: 2:43.17 33.77	650m: 7:13.30 33.44	1050m: 11:47.31 33.63	1450m: 16:23.51 33.79			
	300m: 3:17.50 34.33	700m: 7:47.46 34.16	1100m: 12:22.67 35.36	1500m: 16:56.83 33.32			
	350m: 3:51.27 33.77	750m: 8:21.11 33.65	1150m: 12:56.18 33.51				
	400m: 4:25.70 34.43	800m: 8:55.53 34.42	1200m: 13:32.09 35.91				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	JACINTO Rafael Rodrigues	02	Belenenses	17:00.49	+0,77	621	
	50m: 29.76 29.76	450m: 5:00.21 34.03	850m: 9:33.56 33.91	1250m: 14:07.34 33.93			
	100m: 1:02.32 32.56	500m: 5:34.48 34.27	900m: 10:07.95 34.39	1300m: 14:42.01 34.67			
	150m: 1:35.97 33.65	550m: 6:08.38 33.90	950m: 10:41.48 33.53	1350m: 15:16.04 34.03			
	200m: 2:09.80 33.83	600m: 6:42.80 34.42	1000m: 11:16.30 34.82	1400m: 15:50.94 34.90			
	250m: 2:43.62 33.82	650m: 7:16.79 33.99	1050m: 11:50.23 33.93	1450m: 16:25.46 34.52			
	300m: 3:17.75 34.13	700m: 7:51.23 34.44	1100m: 12:24.78 34.55	1500m: 17:00.49 35.03			
	350m: 3:51.84 34.09	750m: 8:25.27 34.04	1150m: 12:59.13 34.35				
	400m: 4:26.18 34.34	800m: 8:59.65 34.38	1200m: 13:33.41 34.28				
19.	RODRIGUES Pedro Reis	02	Sao Roque	17:00.66	+0,70	621	
	50m: 29.54 29.54	450m: 4:56.48 34.67	850m: 9:31.89 35.20	1250m: 14:10.12 35.16			
	100m: 1:01.45 31.91	500m: 5:29.86 33.38	900m: 10:06.56 34.67	1300m: 14:44.06 33.94			
	150m: 1:34.76 33.31	550m: 6:04.19 34.33	950m: 10:41.61 35.05	1350m: 15:18.78 34.72			
	200m: 2:07.47 32.71	600m: 6:38.43 34.24	1000m: 11:16.06 34.45	1400m: 15:53.23 34.45			
	250m: 2:41.05 33.58	650m: 7:12.94 34.51	1050m: 11:51.06 35.00	1450m: 16:27.88 34.65			
	300m: 3:14.24 33.19	700m: 7:47.19 34.25	1100m: 12:25.31 34.25	1500m: 17:00.66 32.78			
	350m: 3:48.55 34.31	750m: 8:22.15 34.96	1150m: 13:00.62 35.31				
	400m: 4:21.81 33.26	800m: 8:56.69 34.54	1200m: 13:34.96 34.34				
20.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	17:07.93	+0,70	608	
	50m: 29.17 29.17	450m: 5:04.36 34.82	850m: 9:40.80 34.54	1250m: 14:18.04 34.20			
	100m: 1:02.19 33.02	500m: 5:39.43 35.07	900m: 10:15.65 34.85	1300m: 14:52.95 34.91			
	150m: 1:36.51 34.32	550m: 6:13.79 34.36	950m: 10:50.18 34.53	1350m: 15:27.27 34.32			
	200m: 2:10.82 34.31	600m: 6:48.69 34.90	1000m: 11:25.06 34.88	1400m: 16:01.50 34.23			
	250m: 2:45.09 34.27	650m: 7:23.11 34.42	1050m: 11:59.61 34.55	1450m: 16:35.43 33.93			
	300m: 3:19.81 34.72	700m: 7:57.78 34.67	1100m: 12:34.57 34.96	1500m: 17:07.93 32.50			
	350m: 3:54.56 34.75	750m: 8:31.82 34.04	1150m: 13:09.06 34.49				
	400m: 4:29.54 34.98	800m: 9:06.26 34.44	1200m: 13:43.84 34.78				
21.	ALMEIDA Bernardo Victorino	04	Sporting	17:08.59	+0,76	607	
	50m: 29.04 29.04	450m: 5:02.09 34.89	850m: 9:40.47 34.91	1250m: 14:19.10 34.89			
	100m: 1:01.75 32.71	500m: 5:36.61 34.52	900m: 10:15.70 35.23	1300m: 14:53.50 34.40			
	150m: 1:35.89 34.14	550m: 6:11.11 34.50	950m: 10:51.11 35.41	1350m: 15:27.86 34.36			
	200m: 2:10.13 34.24	600m: 6:45.90 34.79	1000m: 11:25.69 34.58	1400m: 16:02.23 34.37			
	250m: 2:44.05 33.92	650m: 7:21.07 35.17	1050m: 12:00.79 35.10	1450m: 16:36.80 34.57			
	300m: 3:18.89 34.84	700m: 7:55.74 34.67	1100m: 12:34.87 34.08	1500m: 17:08.59 31.79			
	350m: 3:53.05 34.16	750m: 8:30.76 35.02	1150m: 13:09.53 34.66				
	400m: 4:27.20 34.15	800m: 9:05.56 34.80	1200m: 13:44.21 34.68				
22.	NUNES Diogo Severino	04	Natacao de Valongo	17:09.22	+0,83	606	
	50m: 30.26 30.26	450m: 5:05.15 34.67	850m: 9:42.90 34.74	1250m: 14:20.49 34.64			
	100m: 1:03.80 33.54	500m: 5:39.42 34.27	900m: 10:17.75 34.85	1300m: 14:55.59 35.10			
	150m: 1:37.93 34.13	550m: 6:13.97 34.55	950m: 10:52.13 34.38	1350m: 15:30.77 35.18			
	200m: 2:12.69 34.76	600m: 6:48.97 35.00	1000m: 11:26.87 34.74	1400m: 16:04.98 34.21			
	250m: 2:47.69 35.00	650m: 7:23.51 34.54	1050m: 12:01.56 34.69	1450m: 16:38.82 33.84			
	300m: 3:21.53 33.84	700m: 7:58.36 34.85	1100m: 12:36.01 34.45	1500m: 17:09.22 30.40			
	350m: 3:56.05 34.52	750m: 8:32.77 34.41	1150m: 13:10.78 34.77				
	400m: 4:30.48 34.43	800m: 9:08.16 35.39	1200m: 13:45.85 35.07				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	17:11.72	+0,76	601	
	50m: 29.94 29.94	450m: 5:05.13 34.60	850m: 9:42.12 34.86	1250m: 14:20.47 34.57			
	100m: 1:03.32 33.38	500m: 5:39.81 34.68	900m: 10:17.07 34.95	1300m: 14:54.97 34.50			
	150m: 1:37.71 34.39	550m: 6:14.21 34.40	950m: 10:52.06 34.99	1350m: 15:29.64 34.67			
	200m: 2:12.32 34.61	600m: 6:49.03 34.82	1000m: 11:26.70 34.64	1400m: 16:03.90 34.26			
	250m: 2:46.74 34.42	650m: 7:23.74 34.71	1050m: 12:01.69 34.99	1450m: 16:38.65 34.75			
	300m: 3:21.37 34.63	700m: 7:58.15 34.41	1100m: 12:36.64 34.95	1500m: 17:11.72 33.07			
	350m: 3:56.19 34.82	750m: 8:32.64 34.49	1150m: 13:11.42 34.78				
	400m: 4:30.53 34.34	800m: 9:07.26 34.62	1200m: 13:45.90 34.48				
24.	SOUSA Nuno Alexandre	02	Clube de Vouzela	17:17.00	+0,74	592	
	50m: 28.68 28.68	450m: 5:00.27 34.38	850m: 9:40.71 35.43	1250m: 14:23.25 34.98			
	100m: 1:00.96 32.28	500m: 5:34.97 34.70	900m: 10:16.39 35.68	1300m: 14:58.71 35.46			
	150m: 1:34.72 33.76	550m: 6:10.27 35.30	950m: 10:51.07 34.68	1350m: 15:34.02 35.31			
	200m: 2:08.13 33.41	600m: 6:44.87 34.60	1000m: 11:26.30 35.23	1400m: 16:09.18 35.16			
	250m: 2:42.28 34.15	650m: 7:20.19 35.32	1050m: 12:02.22 35.92	1450m: 16:43.64 34.46			
	300m: 3:17.05 34.77	700m: 7:54.89 34.70	1100m: 12:37.12 34.90	1500m: 17:17.00 33.36			
	350m: 3:51.73 34.68	750m: 8:30.40 35.51	1150m: 13:12.44 35.32				
	400m: 4:25.89 34.16	800m: 9:05.28 34.88	1200m: 13:48.27 35.83				
25.	CARVALHO Antonio Lombardi	04	Belenenses	17:17.85	+0,79	591	
	50m: 31.00 31.00	450m: 5:09.75 35.41	850m: 9:49.59 35.12	1250m: 14:28.66 34.75			
	100m: 1:05.56 34.56	500m: 5:44.68 34.93	900m: 10:24.00 34.41	1300m: 15:03.31 34.65			
	150m: 1:39.80 34.24	550m: 6:19.52 34.84	950m: 10:59.50 35.50	1350m: 15:37.97 34.66			
	200m: 2:14.38 34.58	600m: 6:54.16 34.64	1000m: 11:33.88 34.38	1400m: 16:12.14 34.17			
	250m: 2:49.35 34.97	650m: 7:29.12 34.96	1050m: 12:09.21 35.33	1450m: 16:46.10 33.96			
	300m: 3:24.18 34.83	700m: 8:04.43 35.31	1100m: 12:43.57 34.36	1500m: 17:17.85 31.75			
	350m: 3:59.50 35.32	750m: 8:39.75 35.32	1150m: 13:18.61 35.04				
	400m: 4:34.34 34.84	800m: 9:14.47 34.72	1200m: 13:53.91 35.30				
26.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	17:19.42	+0,81	588	
	50m: 29.82 29.82	450m: 5:00.35 34.38	850m: 9:39.72 34.95	1250m: 14:22.65 35.20			
	100m: 1:02.73 32.91	500m: 5:35.20 34.85	900m: 10:15.12 35.40	1300m: 14:58.30 35.65			
	150m: 1:36.09 33.36	550m: 6:09.62 34.42	950m: 10:50.36 35.24	1350m: 15:33.17 34.87			
	200m: 2:09.68 33.59	600m: 6:44.32 34.70	1000m: 11:25.47 35.11	1400m: 16:09.38 36.21			
	250m: 2:43.36 33.68	650m: 7:19.21 34.89	1050m: 12:00.57 35.10	1450m: 16:44.41 35.03			
	300m: 3:17.42 34.06	700m: 7:54.31 35.10	1100m: 12:36.42 35.85	1500m: 17:19.42 35.01			
	350m: 3:51.53 34.11	750m: 8:29.05 34.74	1150m: 13:11.55 35.13				
	400m: 4:25.97 34.44	800m: 9:04.77 35.72	1200m: 13:47.45 35.90				
27.	FERREIRA Joao Carlos	03	Porto	17:23.93	+0,71	580	
	50m: 31.12 31.12	450m: 5:10.78 34.83	850m: 9:50.33 35.25	1250m: 14:31.76 34.87			
	100m: 1:05.60 34.48	500m: 5:45.16 34.38	900m: 10:25.54 35.21	1300m: 15:06.80 35.04			
	150m: 1:40.57 34.97	550m: 6:19.53 34.37	950m: 11:01.01 35.47	1350m: 15:41.88 35.08			
	200m: 2:15.57 35.00	600m: 6:54.36 34.83	1000m: 11:36.22 35.21	1400m: 16:16.58 34.70			
	250m: 2:50.82 35.25	650m: 7:29.86 35.50	1050m: 12:10.91 34.69	1450m: 16:51.00 34.42			
	300m: 3:25.73 34.91	700m: 8:04.73 34.87	1100m: 12:46.11 35.20	1500m: 17:23.93 32.93			
	350m: 4:00.89 35.16	750m: 8:40.23 35.50	1150m: 13:21.66 35.55				
	400m: 4:35.95 35.06	800m: 9:15.08 34.85	1200m: 13:56.89 35.23				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	SALGADO Goncalo Sampaio	02	Famalicao	17:24.88	+0,76	579	
	50m: 29.38 29.38	450m: 5:01.70 34.88	850m: 9:42.20 35.30	1250m: 14:27.25 35.75			
	100m: 1:02.15 32.77	500m: 5:36.57 34.87	900m: 10:17.34 35.14	1300m: 15:02.82 35.57			
	150m: 1:35.87 33.72	550m: 6:11.55 34.98	950m: 10:53.06 35.72	1350m: 15:39.10 36.28			
	200m: 2:09.84 33.97	600m: 6:46.37 34.82	1000m: 11:28.50 35.44	1400m: 16:14.59 35.49			
	250m: 2:43.83 33.99	650m: 7:21.68 35.31	1050m: 12:04.33 35.83	1450m: 16:50.20 35.61			
	300m: 3:18.22 34.39	700m: 7:56.59 34.91	1100m: 12:39.73 35.40	1500m: 17:24.88 34.68			
	350m: 3:52.41 34.19	750m: 8:31.93 35.34	1150m: 13:15.90 36.17				
	400m: 4:26.82 34.41	800m: 9:06.90 34.97	1200m: 13:51.50 35.60				
29.	DUARTE Pedro Esteves	03	Cova da Piedade	17:26.64	+0,72	576	
	50m: 30.46 30.46	450m: 5:10.44 34.77	850m: 9:51.00 34.85	1250m: 14:31.69 34.99			
	100m: 1:04.77 34.31	500m: 5:45.31 34.87	900m: 10:26.08 35.08	1300m: 15:07.39 35.70			
	150m: 1:39.10 34.33	550m: 6:19.82 34.51	950m: 11:00.91 34.83	1350m: 15:42.75 35.36			
	200m: 2:14.50 35.40	600m: 6:55.18 35.36	1000m: 11:36.11 35.20	1400m: 16:18.48 35.73			
	250m: 2:49.80 35.30	650m: 7:29.88 34.70	1050m: 12:11.09 34.98	1450m: 16:52.90 34.42			
	300m: 3:25.29 35.49	700m: 8:05.63 35.75	1100m: 12:46.35 35.26	1500m: 17:26.64 33.74			
	350m: 4:00.25 34.96	750m: 8:40.84 35.21	1150m: 13:21.09 34.74				
	400m: 4:35.67 35.42	800m: 9:16.15 35.31	1200m: 13:56.70 35.61				
30.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	17:27.13	+0,75	575	
	50m: 30.05 30.05	450m: 5:06.45 34.62	850m: 9:47.51 35.55	1250m: 14:32.87 35.76			
	100m: 1:03.48 33.43	500m: 5:41.57 35.12	900m: 10:23.54 36.03	1300m: 15:09.23 36.36			
	150m: 1:37.62 34.14	550m: 6:16.22 34.65	950m: 10:58.93 35.39	1350m: 15:45.26 36.03			
	200m: 2:12.11 34.49	600m: 6:51.32 35.10	1000m: 11:33.94 35.01	1400m: 16:20.84 35.58			
	250m: 2:46.88 34.77	650m: 7:26.21 34.89	1050m: 12:09.48 35.54	1450m: 16:54.73 33.89			
	300m: 3:21.64 34.76	700m: 8:01.22 35.01	1100m: 12:45.24 35.76	1500m: 17:27.13 32.40			
	350m: 3:56.68 35.04	750m: 8:36.62 35.40	1150m: 13:21.06 35.82				
	400m: 4:31.83 35.15	800m: 9:11.96 35.34	1200m: 13:57.11 36.05				
31.	CANADAS Joao Vasco	03	Rio Maior	17:27.98	+0,75	574	
	50m: 32.01 32.01	450m: 5:10.95 35.10	850m: 9:50.37 35.11	1250m: 14:32.98 35.41			
	100m: 1:06.36 34.35	500m: 5:45.78 34.83	900m: 10:25.34 34.97	1300m: 15:08.29 35.31			
	150m: 1:41.20 34.84	550m: 6:20.81 35.03	950m: 11:00.83 35.49	1350m: 15:43.74 35.45			
	200m: 2:15.91 34.71	600m: 6:55.35 34.54	1000m: 11:36.17 35.34	1400m: 16:18.87 35.13			
	250m: 2:50.91 35.00	650m: 7:30.58 35.23	1050m: 12:11.33 35.16	1450m: 16:54.01 35.14			
	300m: 3:25.90 34.99	700m: 8:05.37 34.79	1100m: 12:46.58 35.25	1500m: 17:27.98 33.97			
	350m: 4:00.94 35.04	750m: 8:40.54 35.17	1150m: 13:22.12 35.54				
	400m: 4:35.85 34.91	800m: 9:15.26 34.72	1200m: 13:57.57 35.45				
32.	PEREIRA Alexandre Alves	03	Braga	17:32.21	+0,80	567	
	50m: 29.83 29.83	450m: 5:09.21 35.44	850m: 9:52.39 35.53	1250m: 14:38.23 36.31			
	100m: 1:03.40 33.57	500m: 5:44.92 35.71	900m: 10:27.84 35.45	1300m: 15:13.86 35.63			
	150m: 1:37.99 34.59	550m: 6:20.29 35.37	950m: 11:03.40 35.56	1350m: 15:49.17 35.31			
	200m: 2:13.06 35.07	600m: 6:55.26 34.97	1000m: 11:38.70 35.30	1400m: 16:24.32 35.15			
	250m: 2:47.83 34.77	650m: 7:30.99 35.73	1050m: 12:14.70 36.00	1450m: 16:59.40 35.08			
	300m: 3:22.88 35.05	700m: 8:06.26 35.27	1100m: 12:50.12 35.42	1500m: 17:32.21 32.81			
	350m: 3:58.23 35.35	750m: 8:41.56 35.30	1150m: 13:26.35 36.23				
	400m: 4:33.77 35.54	800m: 9:16.86 35.30	1200m: 14:01.92 35.57				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	VIEGAS Hugo Miguel	02	Natacao Olhao	17:34.60	+0,70	563	
	50m: 29.89 29.89	450m: 5:04.92 35.28	850m: 9:48.73 36.04	1250m: 14:37.36 35.96			
	100m: 1:02.70 32.81	500m: 5:40.26 35.34	900m: 10:24.95 36.22	1300m: 15:13.21 35.85			
	150m: 1:36.26 33.56	550m: 6:14.79 34.53	950m: 11:01.23 36.28	1350m: 15:49.12 35.91			
	200m: 2:10.54 34.28	600m: 6:49.92 35.13	1000m: 11:37.17 35.94	1400m: 16:24.87 35.75			
	250m: 2:45.01 34.47	650m: 7:25.34 35.42	1050m: 12:13.25 36.08	1450m: 17:00.22 35.35			
	300m: 3:19.83 34.82	700m: 8:01.02 35.68	1100m: 12:49.40 36.15	1500m: 17:34.60 34.38			
	350m: 3:54.57 34.74	750m: 8:36.76 35.74	1150m: 13:25.44 36.04				
	400m: 4:29.64 35.07	800m: 9:12.69 35.93	1200m: 14:01.40 35.96				
34.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	17:38.56	+0,76	557	
	50m: 30.76 30.76	450m: 5:06.29 35.08	850m: 9:51.06 36.42	1250m: 14:40.80 36.21			
	100m: 1:03.92 33.16	500m: 5:41.59 35.30	900m: 10:27.21 36.15	1300m: 15:16.46 35.66			
	150m: 1:37.94 34.02	550m: 6:17.49 35.90	950m: 11:03.54 36.33	1350m: 15:52.67 36.21			
	200m: 2:12.01 34.07	600m: 6:52.81 35.32	1000m: 11:39.56 36.02	1400m: 16:28.63 35.96			
	250m: 2:46.82 34.81	650m: 7:27.77 34.96	1050m: 12:16.15 36.59	1450m: 17:04.18 35.55			
	300m: 3:21.31 34.49	700m: 8:02.83 35.06	1100m: 12:52.18 36.03	1500m: 17:38.56 34.38			
	350m: 3:56.28 34.97	750m: 8:38.38 35.55	1150m: 13:28.42 36.24				
	400m: 4:31.21 34.93	800m: 9:14.64 36.26	1200m: 14:04.59 36.17				
35.	DIAS Ruben Fonseca	03	Natacao de Valongo	17:38.98	+0,78	556	
	50m: 30.66 30.66	450m: 5:10.35 35.50	850m: 9:59.52 35.76	1250m: 14:44.60 35.94			
	100m: 1:04.53 33.87	500m: 5:45.99 35.64	900m: 10:36.11 36.59	1300m: 15:20.46 35.86			
	150m: 1:39.44 34.91	550m: 6:21.12 35.13	950m: 11:12.39 36.28	1350m: 15:55.59 35.13			
	200m: 2:15.04 35.60	600m: 6:57.55 36.43	1000m: 11:49.40 37.01	1400m: 16:30.15 34.56			
	250m: 2:49.06 34.02	650m: 7:34.08 36.53	1050m: 12:24.35 34.95	1450m: 17:04.96 34.81			
	300m: 3:24.59 35.53	700m: 8:10.42 36.34	1100m: 12:59.40 35.05	1500m: 17:38.98 34.02			
	350m: 3:59.89 35.30	750m: 8:47.18 36.76	1150m: 13:33.94 34.54				
	400m: 4:34.85 34.96	800m: 9:23.76 36.58	1200m: 14:08.66 34.72				
36.	FRASQUILHO Afonso Figueiredo	04	Sporting	17:39.37	+0,92	555	
	50m: 31.40 31.40	450m: 5:17.23 35.84	850m: 10:01.52 35.31	1250m: 14:43.65 36.11			
	100m: 1:06.35 34.95	500m: 5:52.79 35.56	900m: 10:36.77 35.25	1300m: 15:20.38 36.73			
	150m: 1:42.29 35.94	550m: 6:28.45 35.66	950m: 11:11.39 34.62	1350m: 15:54.94 34.56			
	200m: 2:18.19 35.90	600m: 7:03.92 35.47	1000m: 11:46.72 35.33	1400m: 16:30.38 35.44			
	250m: 2:53.90 35.71	650m: 7:39.77 35.85	1050m: 12:22.21 35.49	1450m: 17:05.24 34.86			
	300m: 3:30.02 36.12	700m: 8:15.45 35.68	1100m: 12:57.35 35.14	1500m: 17:39.37 34.13			
	350m: 4:05.80 35.78	750m: 8:50.89 35.44	1150m: 13:32.36 35.01				
	400m: 4:41.39 35.59	800m: 9:26.21 35.32	1200m: 14:07.54 35.18				
37.	CASTELEIRO Diogo Alexandre	01	Sporting	17:40.39	+0,78	554	
	50m: 30.92 30.92	450m: 5:14.08 35.62	850m: 9:59.89 36.01	1250m: 14:44.44 35.57			
	100m: 1:05.74 34.82	500m: 5:49.94 35.86	900m: 10:35.74 35.85	1300m: 15:19.97 35.53			
	150m: 1:40.80 35.06	550m: 6:25.17 35.23	950m: 11:11.17 35.43	1350m: 15:55.94 35.97			
	200m: 2:15.98 35.18	600m: 7:01.12 35.95	1000m: 11:46.91 35.74	1400m: 16:31.55 35.61			
	250m: 2:51.38 35.40	650m: 7:36.58 35.46	1050m: 12:22.37 35.46	1450m: 17:06.59 35.04			
	300m: 3:27.05 35.67	700m: 8:12.51 35.93	1100m: 12:58.05 35.68	1500m: 17:40.39 33.80			
	350m: 4:02.85 35.80	750m: 8:47.93 35.42	1150m: 13:33.30 35.25				
	400m: 4:38.46 35.61	800m: 9:23.88 35.95	1200m: 14:08.87 35.57				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
38.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	17:43.64	+0,68	549	
	50m: 30.27 30.27	450m: 5:14.22 35.73	850m: 10:02.08 36.11	1250m: 14:48.79 35.75			
	100m: 1:03.98 33.71	500m: 5:50.09 35.87	900m: 10:37.96 35.88	1300m: 15:24.89 36.10			
	150m: 1:39.28 35.30	550m: 6:25.90 35.81	950m: 11:13.46 35.50	1350m: 16:00.69 35.80			
	200m: 2:14.85 35.57	600m: 7:01.88 35.98	1000m: 11:49.41 35.95	1400m: 16:36.00 35.31			
	250m: 2:50.45 35.60	650m: 7:37.47 35.59	1050m: 12:25.41 36.00	1450m: 17:10.02 34.02			
	300m: 3:26.54 36.09	700m: 8:13.31 35.84	1100m: 13:01.36 35.95	1500m: 17:43.64 33.62			
	350m: 4:02.49 35.95	750m: 8:49.75 36.44	1150m: 13:37.01 35.65				
	400m: 4:38.49 36.00	800m: 9:25.97 36.22	1200m: 14:13.04 36.03				
39.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	17:44.62	+0,71	547	
	50m: 31.02 31.02	450m: 5:13.64 35.86	850m: 9:58.76 35.51	1250m: 14:46.53 36.12			
	100m: 1:05.17 34.15	500m: 5:49.18 35.54	900m: 10:34.46 35.70	1300m: 15:23.21 36.68			
	150m: 1:40.09 34.92	550m: 6:24.95 35.77	950m: 11:10.50 36.04	1350m: 15:59.47 36.26			
	200m: 2:15.35 35.26	600m: 7:00.73 35.78	1000m: 11:45.98 35.48	1400m: 16:35.73 36.26			
	250m: 2:50.88 35.53	650m: 7:36.33 35.60	1050m: 12:21.91 35.93	1450m: 17:11.43 35.70			
	300m: 3:26.77 35.89	700m: 8:11.79 35.46	1100m: 12:58.15 36.24	1500m: 17:44.62 33.19			
	350m: 4:02.48 35.71	750m: 8:47.61 35.82	1150m: 13:34.14 35.99				
	400m: 4:37.78 35.30	800m: 9:23.25 35.64	1200m: 14:10.41 36.27				
40.	NETO Rodrigo Jorge	03	Aquatico Pacense	17:47.14	+0,71	543	
	50m: 31.46 31.46	450m: 5:17.78 35.83	850m: 10:04.23 36.04	1250m: 14:51.76 35.60			
	100m: 1:06.98 35.52	500m: 5:53.76 35.98	900m: 10:39.69 35.46	1300m: 15:27.21 35.45			
	150m: 1:42.95 35.97	550m: 6:29.57 35.81	950m: 11:15.77 36.08	1350m: 16:03.35 36.14			
	200m: 2:18.81 35.86	600m: 7:04.99 35.42	1000m: 11:51.60 35.83	1400m: 16:38.17 34.82			
	250m: 2:54.25 35.44	650m: 7:40.78 35.79	1050m: 12:27.77 36.17	1450m: 17:13.65 35.48			
	300m: 3:30.21 35.96	700m: 8:16.51 35.73	1100m: 13:03.91 36.14	1500m: 17:47.14 33.49			
	350m: 4:05.94 35.73	750m: 8:52.48 35.97	1150m: 13:40.32 36.41				
	400m: 4:41.95 36.01	800m: 9:28.19 35.71	1200m: 14:16.16 35.84				
41.	SANTOS Francisco Amaro	04	Geslourses	17:47.52	+0,86	543	
	50m: 31.54 31.54	450m: 5:19.20 35.78	850m: 10:04.07 35.74	1250m: 14:51.85 36.29			
	100m: 1:06.83 35.29	500m: 5:54.66 35.46	900m: 10:39.76 35.69	1300m: 15:27.97 36.12			
	150m: 1:42.84 36.01	550m: 6:30.06 35.40	950m: 11:15.61 35.85	1350m: 16:04.00 36.03			
	200m: 2:18.94 36.10	600m: 7:05.31 35.25	1000m: 11:51.51 35.90	1400m: 16:39.86 35.86			
	250m: 2:55.18 36.24	650m: 7:40.98 35.67	1050m: 12:27.46 35.95	1450m: 17:14.43 34.57			
	300m: 3:31.38 36.20	700m: 8:16.60 35.62	1100m: 13:03.27 35.81	1500m: 17:47.52 33.09			
	350m: 4:07.77 36.39	750m: 8:52.54 35.94	1150m: 13:39.47 36.20				
	400m: 4:43.42 35.65	800m: 9:28.33 35.79	1200m: 14:15.56 36.09				
42.	SANTOS Gabriel Moreira	04	Famalicao	17:48.53	+0,77	541	
	50m: 30.77 30.77	450m: 5:12.54 35.99	850m: 9:59.54 35.86	1250m: 14:48.85 35.64			
	100m: 1:04.76 33.99	500m: 5:48.56 36.02	900m: 10:36.10 36.56	1300m: 15:25.16 36.31			
	150m: 1:39.16 34.40	550m: 6:24.03 35.47	950m: 11:12.19 36.09	1350m: 16:01.11 35.95			
	200m: 2:14.30 35.14	600m: 7:00.16 36.13	1000m: 11:48.64 36.45	1400m: 16:37.20 36.09			
	250m: 2:49.55 35.25	650m: 7:36.10 35.94	1050m: 12:24.56 35.92	1450m: 17:13.07 35.87			
	300m: 3:24.71 35.16	700m: 8:11.84 35.74	1100m: 13:00.65 36.09	1500m: 17:48.53 35.46			
	350m: 4:00.27 35.56	750m: 8:47.41 35.57	1150m: 13:36.93 36.28				
	400m: 4:36.55 36.28	800m: 9:23.68 36.27	1200m: 14:13.21 36.28				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	17:48.95	+0,74	541	
	50m: 31.50 31.50	450m: 5:17.60 36.26	850m: 10:05.56 35.85	1250m: 14:53.79 35.86			
	100m: 1:05.83 34.33	500m: 5:53.81 36.21	900m: 10:41.49 35.93	1300m: 15:29.63 35.84			
	150m: 1:41.02 35.19	550m: 6:29.88 36.07	950m: 11:17.40 35.91	1350m: 16:05.29 35.66			
	200m: 2:16.85 35.83	600m: 7:05.86 35.98	1000m: 11:53.49 36.09	1400m: 16:40.65 35.36			
	250m: 2:52.92 36.07	650m: 7:41.88 36.02	1050m: 12:29.53 36.04	1450m: 17:15.31 34.66			
	300m: 3:28.92 36.00	700m: 8:18.07 36.19	1100m: 13:05.71 36.18	1500m: 17:48.95 33.64			
	350m: 4:05.18 36.26	750m: 8:53.84 35.77	1150m: 13:41.75 36.04				
	400m: 4:41.34 36.16	800m: 9:29.71 35.87	1200m: 14:17.93 36.18				
44.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	17:52.80	+0,86	535	
	50m: 30.56 30.56	450m: 5:13.30 36.12	850m: 10:05.48 36.25	1250m: 14:54.29 35.97			
	100m: 1:04.92 34.36	500m: 5:50.08 36.78	900m: 10:41.98 36.50	1300m: 15:30.57 36.28			
	150m: 1:39.54 34.62	550m: 6:26.35 36.27	950m: 11:17.74 35.76	1350m: 16:06.93 36.36			
	200m: 2:14.67 35.13	600m: 7:02.87 36.52	1000m: 11:54.02 36.28	1400m: 16:43.78 36.85			
	250m: 2:50.06 35.39	650m: 7:39.27 36.40	1050m: 12:29.99 35.97	1450m: 17:18.85 35.07			
	300m: 3:25.45 35.39	700m: 8:16.19 36.92	1100m: 13:06.17 36.18	1500m: 17:52.80 33.95			
	350m: 4:01.13 35.68	750m: 8:52.23 36.04	1150m: 13:42.15 35.98				
	400m: 4:37.18 36.05	800m: 9:29.23 37.00	1200m: 14:18.32 36.17				
45.	MARQUES Rui Joao	02	Nautico Academico	17:54.76	+0,77	532	
	50m: 30.88 30.88	450m: 5:06.73 35.24	850m: 9:56.43 36.98	1250m: 14:51.49 36.13			
	100m: 1:03.62 32.74	500m: 5:42.21 35.48	900m: 10:33.21 36.78	1300m: 15:28.21 36.72			
	150m: 1:37.74 34.12	550m: 6:17.80 35.59	950m: 11:09.46 36.25	1350m: 16:05.43 37.22			
	200m: 2:12.08 34.34	600m: 6:53.99 36.19	1000m: 11:46.66 37.20	1400m: 16:42.83 37.40			
	250m: 2:46.43 34.35	650m: 7:30.34 36.35	1050m: 12:23.21 36.55	1450m: 17:19.22 36.39			
	300m: 3:21.32 34.89	700m: 8:06.55 36.21	1100m: 13:00.58 37.37	1500m: 17:54.76 35.54			
	350m: 3:56.27 34.95	750m: 8:43.14 36.59	1150m: 13:38.72 38.14				
	400m: 4:31.49 35.22	800m: 9:19.45 36.31	1200m: 14:15.36 36.64				
46.	CARVALHO Martim Henriques	04	Rio Maior	17:55.83	+0,79	530	
	50m: 31.90 31.90	450m: 5:18.30 35.79	850m: 10:07.68 35.58	1250m: 14:57.38 36.47			
	100m: 1:07.37 35.47	500m: 5:54.40 36.10	900m: 10:44.20 36.52	1300m: 15:34.31 36.93			
	150m: 1:43.38 36.01	550m: 6:30.11 35.71	950m: 11:19.75 35.55	1350m: 16:10.26 35.95			
	200m: 2:19.63 36.25	600m: 7:06.32 36.21	1000m: 11:56.13 36.38	1400m: 16:46.51 36.25			
	250m: 2:55.33 35.70	650m: 7:42.67 36.35	1050m: 12:32.07 35.94	1450m: 17:21.79 35.28			
	300m: 3:31.40 36.07	700m: 8:19.41 36.74	1100m: 13:07.86 35.79	1500m: 17:55.83 34.04			
	350m: 4:06.69 35.29	750m: 8:55.61 36.20	1150m: 13:44.08 36.22				
	400m: 4:42.51 35.82	800m: 9:32.10 36.49	1200m: 14:20.91 36.83				
47.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	17:58.87	+0,65	526	
	50m: 30.87 30.87	450m: 5:19.08 35.79	850m: 10:11.32 36.87	1250m: 15:03.42 36.40			
	100m: 1:06.09 35.22	500m: 5:55.30 36.22	900m: 10:47.95 36.63	1300m: 15:40.02 36.60			
	150m: 1:42.03 35.94	550m: 6:31.23 35.93	950m: 11:23.95 36.00	1350m: 16:14.95 34.93			
	200m: 2:18.26 36.23	600m: 7:08.07 36.84	1000m: 12:01.11 37.16	1400m: 16:51.59 36.64			
	250m: 2:54.40 36.14	650m: 7:44.00 35.93	1050m: 12:36.91 35.80	1450m: 17:27.47 35.88			
	300m: 3:30.82 36.42	700m: 8:20.61 36.61	1100m: 13:13.80 36.89	1500m: 17:58.87 31.40			
	350m: 4:07.00 36.18	750m: 8:57.36 36.75	1150m: 13:50.21 36.41				
	400m: 4:43.29 36.29	800m: 9:34.45 37.09	1200m: 14:27.02 36.81				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
48.	BORGES David Costa	04	Fluvial Portuense	17:59.14	+0,70	525	
	50m: 30.28 30.28	450m: 5:19.01 35.85	850m: 10:10.95 36.32	1250m: 15:01.68 35.88			
	100m: 1:05.51 35.23	500m: 5:55.62 36.61	900m: 10:47.82 36.87	1300m: 15:38.31 36.63			
	150m: 1:41.97 36.46	550m: 6:31.49 35.87	950m: 11:24.44 36.62	1350m: 16:13.90 35.59			
	200m: 2:18.99 37.02	600m: 7:09.00 37.51	1000m: 12:00.94 36.50	1400m: 16:50.27 36.37			
	250m: 2:54.96 35.97	650m: 7:45.07 36.07	1050m: 12:36.57 35.63	1450m: 17:25.00 34.73			
	300m: 3:31.36 36.40	700m: 8:22.04 36.97	1100m: 13:13.18 36.61	1500m: 17:59.14 34.14			
	350m: 4:06.59 35.23	750m: 8:57.74 35.70	1150m: 13:49.13 35.95				
	400m: 4:43.16 36.57	800m: 9:34.63 36.89	1200m: 14:25.80 36.67				
49.	SA Joao Luis	03	Fluvial Portuense	18:00.36	+0,77	524	
	50m: 31.25 31.25	450m: 5:18.35 35.96	850m: 10:07.36 36.42	1250m: 14:59.61 36.78			
	100m: 1:05.96 34.71	500m: 5:54.25 35.90	900m: 10:43.54 36.18	1300m: 15:35.94 36.33			
	150m: 1:41.92 35.96	550m: 6:30.61 36.36	950m: 11:19.94 36.40	1350m: 16:12.34 36.40			
	200m: 2:17.49 35.57	600m: 7:06.73 36.12	1000m: 11:56.44 36.50	1400m: 16:49.27 36.93			
	250m: 2:53.78 36.29	650m: 7:42.77 36.04	1050m: 12:32.87 36.43	1450m: 17:25.48 36.21			
	300m: 3:30.39 36.61	700m: 8:18.77 36.00	1100m: 13:09.48 36.61	1500m: 18:00.36 34.88			
	350m: 4:06.27 35.88	750m: 8:54.77 36.00	1150m: 13:45.96 36.48				
	400m: 4:42.39 36.12	800m: 9:30.94 36.17	1200m: 14:22.83 36.87				
50.	SANTOS Andre Cardoso	03	Academico Viseu	18:00.47	+0,76	523	
	50m: 30.27 30.27	450m: 5:14.01 36.30	850m: 10:05.61 36.75	1250m: 14:59.18 37.03			
	100m: 1:03.81 33.54	500m: 5:50.35 36.34	900m: 10:41.77 36.16	1300m: 15:35.45 36.27			
	150m: 1:38.68 34.87	550m: 6:26.88 36.53	950m: 11:18.91 37.14	1350m: 16:12.23 36.78			
	200m: 2:14.06 35.38	600m: 7:03.08 36.20	1000m: 11:55.46 36.55	1400m: 16:48.72 36.49			
	250m: 2:49.76 35.70	650m: 7:39.74 36.66	1050m: 12:32.00 36.54	1450m: 17:25.02 36.30			
	300m: 3:25.25 35.49	700m: 8:16.14 36.40	1100m: 13:08.64 36.64	1500m: 18:00.47 35.45			
	350m: 4:01.40 36.15	750m: 8:52.72 36.58	1150m: 13:45.29 36.65				
	400m: 4:37.71 36.31	800m: 9:28.86 36.14	1200m: 14:22.15 36.86				
51.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	18:00.70	+0,76	523	
	50m: 30.72 30.72	450m: 5:16.16 36.62	850m: 10:07.78 37.43	1250m: 15:02.71 37.29			
	100m: 1:04.53 33.81	500m: 5:52.08 35.92	900m: 10:43.75 35.97	1300m: 15:39.47 36.76			
	150m: 1:39.92 35.39	550m: 6:28.64 36.56	950m: 11:21.48 37.73	1350m: 16:16.72 37.25			
	200m: 2:15.42 35.50	600m: 7:04.77 36.13	1000m: 11:58.25 36.77	1400m: 16:52.47 35.75			
	250m: 2:51.38 35.96	650m: 7:41.45 36.68	1050m: 12:35.46 37.21	1450m: 17:28.71 36.24			
	300m: 3:27.19 35.81	700m: 8:17.74 36.29	1100m: 13:11.73 36.27	1500m: 18:00.70 31.99			
	350m: 4:03.78 36.59	750m: 8:54.69 36.95	1150m: 13:49.08 37.35				
	400m: 4:39.54 35.76	800m: 9:30.35 35.66	1200m: 14:25.42 36.34				
52.	CARVALHO Tiago Fonseca	03	Naval Povoense	18:01.44	+0,73	522	
	50m: 32.25 32.25	450m: 5:22.73 36.48	850m: 10:14.77 36.85	1250m: 15:04.33 35.87			
	100m: 1:08.07 35.82	500m: 5:58.97 36.24	900m: 10:51.38 36.61	1300m: 15:40.30 35.97			
	150m: 1:44.68 36.61	550m: 6:35.49 36.52	950m: 11:27.78 36.40	1350m: 16:16.46 36.16			
	200m: 2:20.75 36.07	600m: 7:11.88 36.39	1000m: 12:04.27 36.49	1400m: 16:52.47 36.01			
	250m: 2:57.13 36.38	650m: 7:48.23 36.35	1050m: 12:40.29 36.02	1450m: 17:27.60 35.13			
	300m: 3:33.45 36.32	700m: 8:24.78 36.55	1100m: 13:16.26 35.97	1500m: 18:01.44 33.84			
	350m: 4:09.97 36.52	750m: 9:01.49 36.71	1150m: 13:52.43 36.17				
	400m: 4:46.25 36.28	800m: 9:37.92 36.43	1200m: 14:28.46 36.03				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	JORGE Tiago Miguel	03	Rio Maior	18:02.73	+0,65	520	
	50m: 31.14 31.14	450m: 5:13.55 35.36	850m: 10:04.27 36.39	1250m: 15:00.23 37.14			
	100m: 1:05.78 34.64	500m: 5:49.76 36.21	900m: 10:41.45 37.18	1300m: 15:37.02 36.79			
	150m: 1:40.71 34.93	550m: 6:25.57 35.81	950m: 11:17.98 36.53	1350m: 16:13.62 36.60			
	200m: 2:15.70 34.99	600m: 7:01.92 36.35	1000m: 11:54.89 36.91	1400m: 16:50.75 37.13			
	250m: 2:50.89 35.19	650m: 7:38.33 36.41	1050m: 12:31.76 36.87	1450m: 17:27.26 36.51			
	300m: 3:26.61 35.72	700m: 8:14.77 36.44	1100m: 13:09.28 37.52	1500m: 18:02.73 35.47			
	350m: 4:02.32 35.71	750m: 8:51.57 36.80	1150m: 13:46.10 36.82				
	400m: 4:38.19 35.87	800m: 9:27.88 36.31	1200m: 14:23.09 36.99				
54.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	18:04.00	+0,81	518	
	50m: 30.44 30.44	450m: 5:06.94 35.70	850m: 9:59.16 37.36	1250m: 14:58.93 37.66			
	100m: 1:03.47 33.03	500m: 5:42.90 35.96	900m: 10:36.24 37.08	1300m: 15:36.70 37.77			
	150m: 1:37.40 33.93	550m: 6:19.24 36.34	950m: 11:13.70 37.46	1350m: 16:13.98 37.28			
	200m: 2:11.71 34.31	600m: 6:55.74 36.50	1000m: 11:50.85 37.15	1400m: 16:51.00 37.02			
	250m: 2:46.41 34.70	650m: 7:32.19 36.45	1050m: 12:28.62 37.77	1450m: 17:27.91 36.91			
	300m: 3:21.37 34.96	700m: 8:08.56 36.37	1100m: 13:06.33 37.71	1500m: 18:04.00 36.09			
	350m: 3:56.32 34.95	750m: 8:45.40 36.84	1150m: 13:43.66 37.33				
	400m: 4:31.24 34.92	800m: 9:21.80 36.40	1200m: 14:21.27 37.61				
55.	SILVA Ruben Filipe	03	Foca	18:05.81	+0,96	516	
	50m: 32.03 32.03	450m: 5:22.19 36.56	850m: 10:12.74 36.33	1250m: 15:05.81 36.72			
	100m: 1:07.98 35.95	500m: 5:58.49 36.30	900m: 10:49.31 36.57	1300m: 15:42.36 36.55			
	150m: 1:43.71 35.73	550m: 6:34.63 36.14	950m: 11:25.91 36.60	1350m: 16:18.79 36.43			
	200m: 2:20.07 36.36	600m: 7:10.75 36.12	1000m: 12:02.33 36.42	1400m: 16:55.30 36.51			
	250m: 2:56.45 36.38	650m: 7:46.81 36.06	1050m: 12:39.14 36.81	1450m: 17:30.97 35.67			
	300m: 3:33.07 36.62	700m: 8:23.19 36.38	1100m: 13:15.84 36.70	1500m: 18:05.81 34.84			
	350m: 4:09.56 36.49	750m: 8:59.66 36.47	1150m: 13:52.55 36.71				
	400m: 4:45.63 36.07	800m: 9:36.41 36.75	1200m: 14:29.09 36.54				
56.	TOME Diogo Bernardo	03	Salvaterra de Magos	18:11.10	+0,84	508	
	50m: 30.96 30.96	450m: 5:20.69 36.61	850m: 10:13.59 36.57	1250m: 15:08.00 36.96			
	100m: 1:05.88 34.92	500m: 5:57.50 36.81	900m: 10:50.18 36.59	1300m: 15:44.92 36.92			
	150m: 1:41.92 36.04	550m: 6:33.90 36.40	950m: 11:27.07 36.89	1350m: 16:21.58 36.66			
	200m: 2:18.37 36.45	600m: 7:10.73 36.83	1000m: 12:03.78 36.71	1400m: 16:58.64 37.06			
	250m: 2:54.56 36.19	650m: 7:47.12 36.39	1050m: 12:40.52 36.74	1450m: 17:35.15 36.51			
	300m: 3:31.05 36.49	700m: 8:23.88 36.76	1100m: 13:17.59 37.07	1500m: 18:11.10 35.95			
	350m: 4:07.56 36.51	750m: 9:00.32 36.44	1150m: 13:54.15 36.56				
	400m: 4:44.08 36.52	800m: 9:37.02 36.70	1200m: 14:31.04 36.89				
57.	SANTOS Rui Mamede	04	Uniao Coimbra	18:13.96	+0,76	504	
	50m: 30.77 30.77	450m: 5:19.24 37.12	850m: 10:16.30 37.55	1250m: 15:13.21 36.49			
	100m: 1:05.45 34.68	500m: 5:56.17 36.93	900m: 10:53.88 37.58	1300m: 15:50.32 37.11			
	150m: 1:41.12 35.67	550m: 6:33.26 37.09	950m: 11:30.96 37.08	1350m: 16:25.90 35.58			
	200m: 2:17.02 35.90	600m: 7:10.55 37.29	1000m: 12:08.75 37.79	1400m: 17:02.77 36.87			
	250m: 2:53.26 36.24	650m: 7:46.78 36.23	1050m: 12:45.25 36.50	1450m: 17:39.21 36.44			
	300m: 3:29.14 35.88	700m: 8:24.00 37.22	1100m: 13:22.34 37.09	1500m: 18:13.96 34.75			
	350m: 4:05.65 36.51	750m: 9:01.23 37.23	1150m: 13:59.58 37.24				
	400m: 4:42.12 36.47	800m: 9:38.75 37.52	1200m: 14:36.72 37.14				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
58.	SANTOS Joao Afonso	04	Sporting	18:32.51	+0,87	479	
	50m: 32.48 32.48	450m: 5:27.73 37.46	850m: 10:28.68 38.29	1250m: 15:27.18 37.95			
	100m: 1:08.09 35.61	500m: 6:05.05 37.32	900m: 11:06.14 37.46	1300m: 16:04.19 37.01			
	150m: 1:44.64 36.55	550m: 6:42.86 37.81	950m: 11:44.05 37.91	1350m: 16:41.75 37.56			
	200m: 2:21.35 36.71	600m: 7:19.74 36.88	1000m: 12:21.11 37.06	1400m: 17:19.19 37.44			
	250m: 2:58.46 37.11	650m: 7:57.49 37.75	1050m: 12:58.24 37.13	1450m: 17:56.65 37.46			
	300m: 3:35.42 36.96	700m: 8:35.00 37.51	1100m: 13:34.61 36.37	1500m: 18:32.51 35.86			
	350m: 4:12.83 37.41	750m: 9:12.88 37.88	1150m: 14:11.85 37.24				
	400m: 4:50.27 37.44	800m: 9:50.39 37.51	1200m: 14:49.23 37.38				
59.	PINTO Guilherme Lobo	04	Foca	18:35.66	+0,79	475	
	50m: 32.30 32.30	450m: 5:25.61 37.15	850m: 10:25.21 37.55	1250m: 15:27.54 37.88			
	100m: 1:08.56 36.26	500m: 6:02.85 37.24	900m: 11:02.89 37.68	1300m: 16:05.70 38.16			
	150m: 1:45.29 36.73	550m: 6:39.89 37.04	950m: 11:40.40 37.51	1350m: 16:43.18 37.48			
	200m: 2:21.87 36.58	600m: 7:17.63 37.74	1000m: 12:18.22 37.82	1400m: 17:20.84 37.66			
	250m: 2:57.96 36.09	650m: 7:54.97 37.34	1050m: 12:55.87 37.65	1450m: 17:58.24 37.40			
	300m: 3:34.61 36.65	700m: 8:32.51 37.54	1100m: 13:33.97 38.10	1500m: 18:35.66 37.42			
	350m: 4:11.18 36.57	750m: 9:10.20 37.69	1150m: 14:11.74 37.77				
	400m: 4:48.46 37.28	800m: 9:47.66 37.46	1200m: 14:49.66 37.92				
60.	GAGO Tiago Charrua	04	Rio Maior	18:45.54	+0,68	463	
	50m: 31.72 31.72	450m: 5:26.16 37.18	850m: 10:28.51 38.27	1250m: 15:33.34 37.37			
	100m: 1:06.97 35.25	500m: 6:03.71 37.55	900m: 11:06.27 37.76	1300m: 16:12.44 39.10			
	150m: 1:43.49 36.52	550m: 6:41.64 37.93	950m: 11:44.22 37.95	1350m: 16:51.33 38.89			
	200m: 2:20.26 36.77	600m: 7:18.94 37.30	1000m: 12:21.63 37.41	1400m: 17:29.23 37.90			
	250m: 2:57.40 37.14	650m: 7:56.51 37.57	1050m: 13:00.04 38.41	1450m: 18:07.70 38.47			
	300m: 3:34.11 36.71	700m: 8:34.15 37.64	1100m: 13:38.88 38.84	1500m: 18:45.54 37.84			
	350m: 4:11.90 37.79	750m: 9:12.26 38.11	1150m: 14:17.38 38.50				
	400m: 4:48.98 37.08	800m: 9:50.24 37.98	1200m: 14:55.97 38.59				
DNS	VASCONCELOS Bernardo Nunes	03	Foca				
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense				
EXH	ACIOLI Victor Hugo	02	Feirense	17:40.41	+0,69	554	
	50m: 29.37 29.37	450m: 5:09.98 35.63	850m: 9:56.49 36.45	1250m: 14:45.34 36.05			
	100m: 1:02.91 33.54	500m: 5:45.32 35.34	900m: 10:32.51 36.02	1300m: 15:21.54 36.20			
	150m: 1:37.84 34.93	550m: 6:21.42 36.10	950m: 11:08.99 36.48	1350m: 15:57.19 35.65			
	200m: 2:13.22 35.38	600m: 6:56.88 35.46	1000m: 11:44.74 35.75	1400m: 16:32.65 35.46			
	250m: 2:48.29 35.07	650m: 7:32.84 35.96	1050m: 12:21.07 36.33	1450m: 17:07.07 34.42			
	300m: 3:23.78 35.49	700m: 8:08.37 35.53	1100m: 12:57.17 36.10	1500m: 17:40.41 33.34			
	350m: 3:58.89 35.11	750m: 8:44.22 35.85	1150m: 13:33.51 36.34				
	400m: 4:34.35 35.46	800m: 9:20.04 35.82	1200m: 14:09.29 35.78				
EXH	VASS Erik Norbert	03	Rio Maior	18:27.39	+0,83	486	
	50m: 32.88 32.88	450m: 5:26.05 36.83	850m: 10:22.41 36.54	1250m: 15:22.49 36.98			
	100m: 1:08.35 35.47	500m: 6:03.11 37.06	900m: 10:59.91 37.50	1300m: 16:00.46 37.97			
	150m: 1:44.43 36.08	550m: 6:40.32 37.21	950m: 11:37.41 37.50	1350m: 16:37.76 37.30			
	200m: 2:21.22 36.79	600m: 7:17.64 37.32	1000m: 12:15.28 37.87	1400m: 17:14.87 37.11			
	250m: 2:57.91 36.69	650m: 7:54.50 36.86	1050m: 12:52.98 37.70	1450m: 17:51.56 36.69			
	300m: 3:34.91 37.00	700m: 8:31.89 37.39	1100m: 13:30.16 37.18	1500m: 18:27.39 35.83			
	350m: 4:11.93 37.02	750m: 9:08.54 36.65	1150m: 14:07.85 37.69				
	400m: 4:49.22 37.29	800m: 9:45.87 37.33	1200m: 14:45.51 37.66				