

Prova 2 5000m Livres 16 anos e mais velhos
24-02-2019 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	56:58.19	ANDRE Angelica Maria	CFP	Coimbra	24-02-2018
MMarca AA20+	56:58.19	ANDRE Angelica Maria	CFP	Coimbra	24-02-2018
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 2019

Lugar Nome Ano Clube Tempo Final TReac Pts FINA Pts

AA20+, Masc.

1. PINA Guilherme Filipe 98 Sporting **53:28.85** 740
Melhor Marca dos Campeonatos

100m:	1:03.73	1:03.73	1400m:	14:51.60	1:04.01	2700m:	28:45.53	1:04.05	4000m:	42:43.83	1:05.02
200m:	2:07.66	1:03.93	1500m:	15:55.62	1:04.02	2800m:	29:50.36	1:04.83	4100m:	43:48.48	1:04.65
300m:	3:11.63	1:03.97	1600m:	16:59.38	1:03.76	2900m:	30:54.67	1:04.31	4200m:	44:53.05	1:04.57
400m:	4:15.38	1:03.75	1700m:	18:03.22	1:03.84	3000m:	31:58.84	1:04.17	4300m:	45:57.86	1:04.81
500m:	5:19.05	1:03.67	1800m:	19:07.33	1:04.11	3100m:	33:02.87	1:04.03	4400m:	47:02.86	1:05.00
600m:	6:22.41	1:03.36	1900m:	20:11.26	1:03.93	3200m:	34:07.12	1:04.25	4500m:	48:07.62	1:04.76
700m:	7:26.11	1:03.70	2000m:	21:15.55	1:04.29	3300m:	35:11.51	1:04.39	4600m:	49:12.60	1:04.98
800m:	8:29.55	1:03.44	2100m:	22:19.79	1:04.24	3400m:	36:16.13	1:04.62	4700m:	50:17.30	1:04.70
900m:	9:33.32	1:03.77	2200m:	23:23.92	1:04.13	3500m:	37:20.80	1:04.67	4800m:	51:22.30	1:05.00
1000m:	10:36.86	1:03.54	2300m:	24:28.47	1:04.55	3600m:	38:25.09	1:04.29	4900m:	52:27.28	1:04.98
1100m:	11:40.32	1:03.46	2400m:	25:32.83	1:04.36	3700m:	39:29.16	1:04.07	5000m:	53:28.85	1:01.57
1200m:	12:43.84	1:03.52	2500m:	26:37.50	1:04.67	3800m:	40:34.04	1:04.88			
1300m:	13:47.59	1:03.75	2600m:	27:41.48	1:03.98	3900m:	41:38.81	1:04.77			

2. GIL Rafael Lourenco 96 Sporting **55:35.45** 659

100m:	1:04.03	1:04.03	1400m:	15:14.26	1:05.78	2700m:	29:39.00	1:07.69	4000m:	44:16.25	1:08.01
200m:	2:09.07	1:05.04	1500m:	16:20.32	1:06.06	2800m:	30:46.31	1:07.31	4100m:	45:24.44	1:08.19
300m:	3:14.28	1:05.21	1600m:	17:26.64	1:06.32	2900m:	31:53.82	1:07.51	4200m:	46:32.42	1:07.98
400m:	4:19.48	1:05.20	1700m:	18:32.63	1:05.99	3000m:	33:01.48	1:07.66	4300m:	47:40.90	1:08.48
500m:	5:24.72	1:05.24	1800m:	19:39.12	1:06.49	3100m:	34:07.82	1:06.34	4400m:	48:49.13	1:08.23
600m:	6:29.75	1:05.03	1900m:	20:45.39	1:06.27	3200m:	35:15.23	1:07.41	4500m:	49:57.20	1:08.07
700m:	7:34.95	1:05.20	2000m:	21:51.49	1:06.10	3300m:	36:22.63	1:07.40	4600m:	51:05.47	1:08.27
800m:	8:40.46	1:05.51	2100m:	22:57.32	1:05.83	3400m:	37:29.68	1:07.05	4700m:	52:13.29	1:07.82
900m:	9:45.64	1:05.18	2200m:	24:03.81	1:06.49	3500m:	38:37.17	1:07.49	4800m:	53:20.98	1:07.69
1000m:	10:50.97	1:05.33	2300m:	25:10.47	1:06.66	3600m:	39:44.92	1:07.75	4900m:	54:28.77	1:07.79
1100m:	11:56.55	1:05.58	2400m:	26:17.05	1:06.58	3700m:	40:52.21	1:07.29	5000m:	55:35.45	1:06.68
1200m:	13:02.53	1:05.98	2500m:	27:23.73	1:06.68	3800m:	42:00.48	1:08.27			
1300m:	14:08.48	1:05.95	2600m:	28:31.31	1:07.58	3900m:	43:08.24	1:07.76			

3. CAMPOS Tiago Filipe 99 Rio Maior **56:39.76** 622

100m:	1:04.48	1:04.48	1400m:	15:31.72	1:08.11	2700m:	30:25.54	1:08.69	4000m:	45:18.80	1:09.44
200m:	2:08.46	1:03.98	1500m:	16:39.49	1:07.77	2800m:	31:33.91	1:08.37	4100m:	46:27.94	1:09.14
300m:	3:12.92	1:04.46	1600m:	17:47.75	1:08.26	2900m:	32:42.07	1:08.16	4200m:	47:36.35	1:08.41
400m:	4:18.80	1:05.88	1700m:	18:55.79	1:08.04	3000m:	33:50.86	1:08.79	4300m:	48:45.19	1:08.84
500m:	5:25.22	1:06.42	1800m:	20:04.32	1:08.53	3100m:	34:59.74	1:08.88	4400m:	49:54.17	1:08.98
600m:	6:32.10	1:06.88	1900m:	21:12.73	1:08.41	3200m:	36:07.94	1:08.20	4500m:	51:03.17	1:09.00
700m:	7:39.29	1:07.19	2000m:	22:21.66	1:08.93	3300m:	37:15.89	1:07.95	4600m:	52:11.81	1:08.64
800m:	8:46.39	1:07.10	2100m:	23:30.46	1:08.80	3400m:	38:24.42	1:08.53	4700m:	53:18.71	1:06.90
900m:	9:53.46	1:07.07	2200m:	24:39.65	1:09.19	3500m:	39:33.10	1:08.68	4800m:	54:26.19	1:07.48
1000m:	11:00.70	1:07.24	2300m:	25:49.27	1:09.62	3600m:	40:42.07	1:08.97	4900m:	55:33.24	1:07.05
1100m:	12:08.02	1:07.32	2400m:	26:58.20	1:08.93	3700m:	41:50.67	1:08.60	5000m:	56:39.76	1:06.52
1200m:	13:15.75	1:07.73	2500m:	28:07.47	1:09.27	3800m:	43:00.19	1:09.52			
1300m:	14:23.61	1:07.86	2600m:	29:16.85	1:09.38	3900m:	44:09.36	1:09.17			

DNS CARVALHO Jose Paula 98 Benfica

Prova 2, 5000m Livres

AA20+, Femin.

1. DURAES Diana Margarida	96	Benfica	56:45.17	731
<i>Melhor Marca dos Campeonatos</i>				
100m: 1:08.68	1:08.68	1400m: 15:57.01	1:07.79	2700m: 30:38.76
200m: 2:17.04	1:08.36	1500m: 17:04.69	1:07.68	2800m: 31:46.61
300m: 3:25.68	1:08.64	1600m: 18:12.47	1:07.78	2900m: 32:54.53
400m: 4:34.12	1:08.44	1700m: 19:20.14	1:07.67	3000m: 34:02.69
500m: 5:42.71	1:08.59	1800m: 20:27.68	1:07.54	3100m: 35:10.64
600m: 6:51.57	1:08.86	1900m: 21:35.68	1:08.00	3200m: 36:18.75
700m: 8:00.41	1:08.84	2000m: 22:43.63	1:07.95	3300m: 37:26.53
800m: 9:08.72	1:08.31	2100m: 23:51.64	1:08.01	3400m: 38:35.03
900m: 10:17.21	1:08.49	2200m: 24:59.46	1:07.82	3500m: 39:43.43
1000m: 11:25.57	1:08.36	2300m: 26:07.33	1:07.87	3600m: 40:51.88
1100m: 12:33.55	1:07.98	2400m: 27:15.13	1:07.80	3700m: 42:00.04
1200m: 13:41.38	1:07.83	2500m: 28:23.04	1:07.91	3800m: 43:08.66
1300m: 14:49.22	1:07.84	2600m: 29:30.58	1:07.54	3900m: 44:17.00
4000m: 45:25.01	1:08.01			
4100m: 46:32.97	1:07.96			
4200m: 47:40.91	1:07.94			
4300m: 48:48.92	1:08.01			
4400m: 49:57.23	1:08.31			
4500m: 51:05.64	1:08.41			
4600m: 52:13.94	1:08.30			
4700m: 53:22.19	1:08.25			
4800m: 54:30.14	1:07.95			
4900m: 55:38.25	1:08.11			
5000m: 56:45.17	1:06.92			
2. ANDRE Angelica Maria	94	Fluvial Portuense	58:47.99	657
100m: 1:08.50	1:08.50	1400m: 16:15.78	1:10.95	2700m: 31:42.96
200m: 2:17.32	1:08.82	1500m: 17:26.84	1:11.06	2800m: 32:54.67
300m: 3:26.21	1:08.89	1600m: 18:37.94	1:11.10	2900m: 34:06.64
400m: 4:35.87	1:09.66	1700m: 19:49.41	1:11.47	3000m: 35:19.03
500m: 5:45.57	1:09.70	1800m: 21:00.98	1:11.57	3100m: 36:30.61
600m: 6:55.00	1:09.43	1900m: 22:12.40	1:11.42	3200m: 37:42.52
700m: 8:04.37	1:09.37	2000m: 23:23.85	1:11.45	3300m: 38:54.08
800m: 9:13.40	1:09.03	2100m: 24:34.80	1:10.95	3400m: 40:05.67
900m: 10:22.81	1:09.41	2200m: 25:45.60	1:10.80	3500m: 41:16.86
1000m: 11:32.94	1:10.13	2300m: 26:56.57	1:10.97	3600m: 42:27.56
1100m: 12:43.40	1:10.46	2400m: 28:07.61	1:11.04	3700m: 43:38.00
1200m: 13:54.07	1:10.67	2500m: 29:19.02	1:11.41	3800m: 44:48.57
1300m: 15:04.83	1:10.76	2600m: 30:31.18	1:12.16	3900m: 45:59.22
4000m: 47:10.03	1:10.81			
4100m: 48:20.15	1:10.12			
4200m: 49:31.02	1:10.87			
4300m: 50:42.22	1:11.20			
4400m: 51:53.28	1:11.06			
4500m: 53:04.05	1:10.77			
4600m: 54:14.22	1:10.17			
4700m: 55:24.56	1:10.34			
4800m: 56:33.96	1:09.40			
4900m: 57:42.93	1:08.97			
5000m: 58:47.99	1:05.06			
3. ANGELO Mariana Pinto	99	Academica de Coimbra	1:04:58.00	487
100m: 1:14.61	1:14.61	1400m: 17:45.78	1:16.57	2700m: 34:38.81
200m: 2:30.39	1:15.78	1500m: 19:02.79	1:17.01	2800m: 35:57.16
300m: 3:45.91	1:15.52	1600m: 20:19.90	1:17.11	2900m: 37:15.56
400m: 5:01.93	1:16.02	1700m: 21:37.21	1:17.31	3000m: 38:33.74
500m: 6:18.04	1:16.11	1800m: 22:54.81	1:17.60	3100m: 39:51.90
600m: 7:34.13	1:16.09	1900m: 24:12.58	1:17.77	3200m: 41:09.97
700m: 8:50.40	1:16.27	2000m: 25:30.57	1:17.99	3300m: 42:28.59
800m: 10:07.07	1:16.67	2100m: 26:48.34	1:17.77	3400m: 43:46.83
900m: 11:23.55	1:16.48	2200m: 28:06.29	1:17.95	3500m: 45:06.01
1000m: 12:39.57	1:16.02	2300m: 29:24.20	1:17.91	3600m: 46:24.86
1100m: 13:56.22	1:16.65	2400m: 30:42.91	1:18.71	3700m: 47:43.66
1200m: 15:12.30	1:16.08	2500m: 32:01.65	1:18.74	3800m: 49:02.71
1300m: 16:29.21	1:16.91	2600m: 33:20.55	1:18.90	3900m: 50:22.31
4000m: 51:41.74	1:19.43			
4100m: 53:00.97	1:19.23			
4200m: 54:20.41	1:19.44			
4300m: 55:39.86	1:19.45			
4400m: 56:59.52	1:19.66			
4500m: 58:18.94	1:19.42			
4600m: 59:39.18	1:20.24			
4700m: 1:00:59.27	1:20.09			
4800m: 1:02:19.58	1:20.31			
4900m: 1:03:39.83	1:20.25			
5000m: 1:04:58.00	1:18.17			
4. FERNANDES Maria Joao	97	Fluvial Portuense	1:05:33.52	474
100m: 1:14.60	1:14.60	1400m: 17:59.20	1:17.87	2700m: 35:00.25
200m: 2:31.39	1:16.79	1500m: 19:16.86	1:17.66	2800m: 36:19.67
300m: 3:47.82	1:16.43	1600m: 20:35.96	1:19.10	2900m: 37:38.51
400m: 5:04.67	1:16.85	1700m: 21:54.61	1:18.65	3000m: 38:58.13
500m: 6:21.01	1:16.34	1800m: 23:12.74	1:18.13	3100m: 40:17.31
600m: 7:37.82	1:16.81	1900m: 24:31.43	1:18.69	3200m: 41:36.88
700m: 8:54.55	1:16.73	2000m: 25:49.61	1:18.18	3300m: 42:56.74
800m: 10:11.61	1:17.06	2100m: 27:07.72	1:18.11	3400m: 44:16.80
900m: 11:29.54	1:17.93	2200m: 28:26.58	1:18.86	3500m: 45:36.69
1000m: 12:47.60	1:18.06	2300m: 29:45.08	1:18.50	3600m: 46:56.71
1100m: 14:05.43	1:17.83	2400m: 31:03.41	1:18.33	3700m: 48:16.88
1200m: 15:23.22	1:17.79	2500m: 32:22.19	1:18.78	3800m: 49:37.38
1300m: 16:41.33	1:18.11	2600m: 33:41.34	1:19.15	3900m: 50:57.71
4000m: 52:17.88	1:20.17			
4100m: 53:37.98	1:20.10			
4200m: 54:57.96	1:19.98			
4300m: 56:18.71	1:20.75			
4400m: 57:38.91	1:20.20			
4500m: 58:58.63	1:19.72			
4600m: 1:00:17.54	1:18.91			
4700m: 1:01:36.92	1:19.38			
4800m: 1:02:56.27	1:19.35			
4900m: 1:04:15.17	1:18.90			
5000m: 1:05:33.52	1:18.35			

Prova 2, 5000m Livres

AA1819, Masc.

1. CARDOSO Diogo Santos	01	Colegio Monte Maior	56:01.13	644
100m: 1:08.03 1:08.03	1400m: 15:43.43 1:06.75	2700m: 30:13.09 1:07.52	4000m: 44:53.79 1:06.63	
200m: 2:16.15 1:08.12	1500m: 16:50.51 1:07.08	2800m: 31:20.44 1:07.35	4100m: 46:00.90 1:07.11	
300m: 3:23.74 1:07.59	1600m: 17:57.33 1:06.82	2900m: 32:27.67 1:07.23	4200m: 47:08.19 1:07.29	
400m: 4:31.82 1:08.08	1700m: 19:03.94 1:06.61	3000m: 33:34.63 1:06.96	4300m: 48:15.34 1:07.15	
500m: 5:39.88 1:08.06	1800m: 20:10.63 1:06.69	3100m: 34:41.76 1:07.13	4400m: 49:22.44 1:07.10	
600m: 6:47.34 1:07.46	1900m: 21:16.24 1:05.61	3200m: 35:50.18 1:08.42	4500m: 50:29.67 1:07.23	
700m: 7:54.96 1:07.62	2000m: 22:22.51 1:06.27	3300m: 37:01.41 1:11.23	4600m: 51:36.69 1:07.02	
800m: 9:01.85 1:06.89	2100m: 23:29.05 1:06.54	3400m: 38:09.29 1:07.88	4700m: 52:43.66 1:06.97	
900m: 10:08.94 1:07.09	2200m: 24:35.64 1:06.59	3500m: 39:16.96 1:07.67	4800m: 53:50.32 1:06.66	
1000m: 11:15.89 1:06.95	2300m: 25:43.25 1:07.61	3600m: 40:24.77 1:07.81	4900m: 54:56.45 1:06.13	
1100m: 12:22.71 1:06.82	2400m: 26:50.73 1:07.48	3700m: 41:32.70 1:07.93	5000m: 56:01.13 1:04.68	
1200m: 13:29.86 1:07.15	2500m: 27:58.06 1:07.33	3800m: 42:40.36 1:07.66		
1300m: 14:36.68 1:06.82	2600m: 29:05.57 1:07.51	3900m: 43:47.16 1:06.80		

2. NUNES Diogo Barbosa	00	Porto	57:14.39	604
100m: 1:04.92 1:04.92	1400m: 15:38.07 1:08.58	2700m: 30:35.19 1:09.53	4000m: 45:38.99 1:09.85	
200m: 2:10.47 1:05.55	1500m: 16:46.74 1:08.67	2800m: 31:44.57 1:09.38	4100m: 46:49.00 1:10.01	
300m: 3:17.62 1:07.15	1600m: 17:56.01 1:09.27	2900m: 32:53.96 1:09.39	4200m: 47:59.05 1:10.05	
400m: 4:24.61 1:06.99	1700m: 19:04.98 1:08.97	3000m: 34:03.67 1:09.71	4300m: 49:09.24 1:10.19	
500m: 5:30.36 1:05.75	1800m: 20:13.71 1:08.73	3100m: 35:13.19 1:09.52	4400m: 50:19.11 1:09.87	
600m: 6:36.19 1:05.83	1900m: 21:22.26 1:08.55	3200m: 36:22.54 1:09.35	4500m: 51:28.87 1:09.76	
700m: 7:43.09 1:06.90	2000m: 22:31.58 1:09.32	3300m: 37:32.31 1:09.77	4600m: 52:38.81 1:09.94	
800m: 8:50.54 1:07.45	2100m: 23:40.62 1:09.04	3400m: 38:42.05 1:09.74	4700m: 53:47.54 1:08.73	
900m: 9:57.53 1:06.99	2200m: 24:49.53 1:08.91	3500m: 39:52.03 1:09.98	4800m: 54:57.82 1:10.28	
1000m: 11:05.45 1:07.92	2300m: 25:58.72 1:09.19	3600m: 41:01.43 1:09.40	4900m: 56:06.87 1:09.05	
1100m: 12:13.52 1:08.07	2400m: 27:07.76 1:09.04	3700m: 42:10.74 1:09.31	5000m: 57:14.39 1:07.52	
1200m: 13:21.49 1:07.97	2500m: 28:16.64 1:08.88	3800m: 43:19.84 1:09.10		
1300m: 14:29.49 1:08.00	2600m: 29:25.66 1:09.02	3900m: 44:29.14 1:09.30		

3. BARBARA Goncalo Gualberto	00	Rio Maior	58:49.96	556
100m: 1:07.84 1:07.84	1400m: 16:03.37 1:09.71	2700m: 31:22.57 1:11.40	4000m: 46:53.84 1:12.09	
200m: 2:16.52 1:08.68	1500m: 17:13.23 1:09.86	2800m: 32:33.71 1:11.14	4100m: 48:05.55 1:11.71	
300m: 3:25.23 1:08.71	1600m: 18:23.33 1:10.10	2900m: 33:45.01 1:11.30	4200m: 49:17.72 1:12.17	
400m: 4:33.96 1:08.73	1700m: 19:33.68 1:10.35	3000m: 34:56.58 1:11.57	4300m: 50:29.52 1:11.80	
500m: 5:42.81 1:08.85	1800m: 20:43.77 1:10.09	3100m: 36:08.06 1:11.48	4400m: 51:41.56 1:12.04	
600m: 6:51.50 1:08.69	1900m: 21:54.41 1:10.64	3200m: 37:19.79 1:11.73	4500m: 52:53.49 1:11.93	
700m: 8:00.12 1:08.62	2000m: 23:04.79 1:10.38	3300m: 38:31.49 1:11.70	4600m: 54:05.29 1:11.80	
800m: 9:08.78 1:08.66	2100m: 24:15.59 1:10.80	3400m: 39:43.02 1:11.53	4700m: 55:17.02 1:11.73	
900m: 10:17.05 1:08.27	2200m: 25:26.25 1:10.66	3500m: 40:54.91 1:11.89	4800m: 56:28.61 1:11.59	
1000m: 11:25.88 1:08.83	2300m: 26:37.18 1:10.93	3600m: 42:06.63 1:11.72	4900m: 57:39.78 1:11.17	
1100m: 12:34.88 1:09.00	2400m: 27:48.39 1:11.21	3700m: 43:18.24 1:11.61	5000m: 58:49.96 1:10.18	
1200m: 13:44.27 1:09.39	2500m: 28:59.78 1:11.39	3800m: 44:30.18 1:11.94		
1300m: 14:53.66 1:09.39	2600m: 30:11.17 1:11.39	3900m: 45:41.75 1:11.57		

4. PEREIRA Jose Maria	01	Sporting	1:00:47.09	504
100m: 1:09.03 1:09.03	1400m: 16:44.44 1:13.13	2700m: 32:38.11 1:13.66	4000m: 48:36.64 1:13.36	
200m: 2:19.50 1:10.47	1500m: 17:57.63 1:13.19	2800m: 33:51.25 1:13.14	4100m: 49:50.49 1:13.85	
300m: 3:31.10 1:11.60	1600m: 19:10.92 1:13.29	2900m: 35:04.74 1:13.49	4200m: 51:04.17 1:13.68	
400m: 4:42.76 1:11.66	1700m: 20:24.09 1:13.17	3000m: 36:18.85 1:14.11	4300m: 52:17.66 1:13.49	
500m: 5:54.29 1:11.53	1800m: 21:37.29 1:13.20	3100m: 37:32.91 1:14.06	4400m: 53:30.70 1:13.04	
600m: 7:06.03 1:11.74	1900m: 22:50.91 1:13.62	3200m: 38:46.83 1:13.92	4500m: 54:43.95 1:13.25	
700m: 8:17.44 1:11.41	2000m: 24:04.22 1:13.31	3300m: 40:00.87 1:14.04	4600m: 55:57.49 1:13.54	
800m: 9:29.18 1:11.74	2100m: 25:17.29 1:13.07	3400m: 41:14.56 1:13.69	4700m: 57:10.48 1:12.99	
900m: 10:41.12 1:11.94	2200m: 26:30.82 1:13.53	3500m: 42:28.48 1:13.92	4800m: 58:23.48 1:13.00	
1000m: 11:53.34 1:12.22	2300m: 27:44.31 1:13.49	3600m: 43:42.10 1:13.62	4900m: 59:36.30 1:12.82	
1100m: 13:05.89 1:12.55	2400m: 28:58.10 1:13.79	3700m: 44:55.43 1:13.33	5000m: 1:00:47.09 1:10.79	
1200m: 14:18.62 1:12.73	2500m: 30:11.36 1:13.26	3800m: 46:09.62 1:14.19		
1300m: 15:31.31 1:12.69	2600m: 31:24.45 1:13.09	3900m: 47:23.28 1:13.66		

DNS LOPES Jose Paulo 00 Braga

Prova 2, Masc., 5000m Livres, AA1819

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	JOSE Diogo Coelho	01	Columbofila Cantanhedense				

AA1819, Femin.

1. MARTINS Ines Alves	01	Porto	1:03:30.90	521			
100m: 1:14.14	1:14.14	1400m: 17:34.13	1:15.92	2700m: 34:08.01	1:16.86	4000m: 50:47.06	1:17.26
200m: 2:29.07	1:14.93	1500m: 18:50.08	1:15.95	2800m: 35:25.08	1:17.07	4100m: 52:04.31	1:17.25
300m: 3:43.94	1:14.87	1600m: 20:06.11	1:16.03	2900m: 36:41.98	1:16.90	4200m: 53:21.23	1:16.92
400m: 4:58.93	1:14.99	1700m: 21:22.36	1:16.25	3000m: 37:58.81	1:16.83	4300m: 54:37.83	1:16.60
500m: 6:14.38	1:15.45	1800m: 22:38.98	1:16.62	3100m: 39:15.53	1:16.72	4400m: 55:54.54	1:16.71
600m: 7:30.14	1:15.76	1900m: 23:55.66	1:16.68	3200m: 40:32.39	1:16.86	4500m: 57:11.02	1:16.48
700m: 8:45.31	1:15.17	2000m: 25:12.25	1:16.59	3300m: 41:49.53	1:17.14	4600m: 58:27.37	1:16.35
800m: 10:00.45	1:15.14	2100m: 26:28.84	1:16.59	3400m: 43:06.42	1:16.89	4700m: 59:43.74	1:16.37
900m: 11:16.26	1:15.81	2200m: 27:45.66	1:16.82	3500m: 44:23.28	1:16.86	4800m: 1:00:59.99	1:16.25
1000m: 12:32.06	1:15.80	2300m: 29:02.33	1:16.67	3600m: 45:39.89	1:16.61	4900m: 1:02:16.37	1:16.38
1100m: 13:46.93	1:14.87	2400m: 30:18.48	1:16.15	3700m: 46:56.64	1:16.75	5000m: 1:03:30.90	1:14.53
1200m: 15:02.41	1:15.48	2500m: 31:34.87	1:16.39	3800m: 48:13.11	1:16.47		
1300m: 16:18.21	1:15.80	2600m: 32:51.15	1:16.28	3900m: 49:29.80	1:16.69		

AA1617, Masc.

1. TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	58:13.78	573			
100m: 1:05.90	1:05.90	1400m: 15:59.73	1:09.63	2700m: 31:09.36	1:10.24	4000m: 46:35.43	1:11.16
200m: 2:12.99	1:07.09	1500m: 17:09.01	1:09.28	2800m: 32:19.84	1:10.48	4100m: 47:45.50	1:10.07
300m: 3:20.41	1:07.42	1600m: 18:18.29	1:09.28	2900m: 33:31.08	1:11.24	4200m: 48:55.07	1:09.57
400m: 4:28.39	1:07.98	1700m: 19:28.27	1:09.98	3000m: 34:42.67	1:11.59	4300m: 50:04.59	1:09.52
500m: 5:37.12	1:08.73	1800m: 20:38.04	1:09.77	3100m: 35:54.10	1:11.43	4400m: 51:14.09	1:09.50
600m: 6:45.68	1:08.56	1900m: 21:47.61	1:09.57	3200m: 37:05.67	1:11.57	4500m: 52:23.72	1:09.63
700m: 7:54.70	1:09.02	2000m: 22:57.87	1:10.26	3300m: 38:16.89	1:11.22	4600m: 53:34.23	1:10.51
800m: 9:03.57	1:08.87	2100m: 24:08.06	1:10.19	3400m: 39:28.52	1:11.63	4700m: 54:45.16	1:10.93
900m: 10:12.99	1:09.42	2200m: 25:17.93	1:09.87	3500m: 40:39.50	1:10.98	4800m: 55:56.66	1:11.50
1000m: 11:22.48	1:09.49	2300m: 26:28.50	1:10.57	3600m: 41:50.17	1:10.67	4900m: 57:05.92	1:09.26
1100m: 12:31.79	1:09.31	2400m: 27:38.44	1:09.94	3700m: 43:01.43	1:11.26	5000m: 58:13.78	1:07.86
1200m: 13:40.99	1:09.20	2500m: 28:48.82	1:10.38	3800m: 44:12.64	1:11.21		
1300m: 14:50.10	1:09.11	2600m: 29:59.12	1:10.30	3900m: 45:24.27	1:11.63		

2. MACHADO Martim Miranda	03	Uniao Coimbra	59:30.87	537			
100m: 1:07.85	1:07.85	1400m: 16:14.40	1:10.72	2700m: 32:09.19	1:16.24	4000m: 47:42.86	1:11.92
200m: 2:17.12	1:09.27	1500m: 17:25.20	1:10.80	2800m: 33:25.42	1:16.23	4100m: 48:54.68	1:11.82
300m: 3:26.22	1:09.10	1600m: 18:36.23	1:11.03	2900m: 34:40.85	1:15.43	4200m: 50:05.25	1:10.57
400m: 4:35.41	1:09.19	1700m: 19:47.88	1:11.65	3000m: 35:53.57	1:12.72	4300m: 51:17.48	1:12.23
500m: 5:44.61	1:09.20	1800m: 21:00.41	1:12.53	3100m: 37:05.25	1:11.68	4400m: 52:27.83	1:10.35
600m: 6:54.23	1:09.62	1900m: 22:12.96	1:12.55	3200m: 38:16.65	1:11.40	4500m: 53:38.21	1:10.38
700m: 8:04.06	1:09.83	2000m: 23:26.20	1:13.24	3300m: 39:27.68	1:11.03	4600m: 54:49.31	1:11.10
800m: 9:13.60	1:09.54	2100m: 24:39.45	1:13.25	3400m: 40:37.84	1:10.16	4700m: 56:00.78	1:11.47
900m: 10:22.75	1:09.15	2200m: 25:52.85	1:13.40	3500m: 41:47.72	1:09.88	4800m: 57:11.52	1:10.74
1000m: 11:32.67	1:09.92	2300m: 27:06.62	1:13.77	3600m: 42:57.47	1:09.75	4900m: 58:22.91	1:11.39
1100m: 12:42.45	1:09.78	2400m: 28:22.10	1:15.48	3700m: 44:07.93	1:10.46	5000m: 59:30.87	1:07.96
1200m: 13:52.98	1:10.53	2500m: 29:37.45	1:15.35	3800m: 45:19.65	1:11.72		
1300m: 15:03.68	1:10.70	2600m: 30:52.95	1:15.50	3900m: 46:30.94	1:11.29		

Prova 2, Masc., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	AMARAL Francisco Rodriguez	02	Campinho	59:40.49		533	
	100m: 1:08.61 1:08.61	1400m: 16:25.21 1:11.28	2700m: 31:51.79 1:12.51	4000m: 47:34.45 1:13.70			
	200m: 2:18.83 1:10.22	1500m: 17:36.94 1:11.73	2800m: 33:04.43 1:12.64	4100m: 48:47.60 1:13.15			
	300m: 3:29.16 1:10.33	1600m: 18:47.33 1:10.39	2900m: 34:17.28 1:12.85	4200m: 50:01.60 1:14.00			
	400m: 4:39.36 1:10.20	1700m: 19:57.39 1:10.06	3000m: 35:29.00 1:11.72	4300m: 51:15.25 1:13.65			
	500m: 5:49.56 1:10.20	1800m: 21:08.15 1:10.76	3100m: 36:41.06 1:12.06	4400m: 52:29.59 1:14.34			
	600m: 6:59.53 1:09.97	1900m: 22:18.79 1:10.64	3200m: 37:54.17 1:13.11	4500m: 53:43.80 1:14.21			
	700m: 8:09.82 1:10.29	2000m: 23:29.78 1:10.99	3300m: 39:06.67 1:12.50	4600m: 54:57.73 1:13.93			
	800m: 9:20.32 1:10.50	2100m: 24:40.37 1:10.59	3400m: 40:19.17 1:12.50	4700m: 56:10.93 1:13.20			
	900m: 10:31.05 1:10.73	2200m: 25:51.01 1:10.64	3500m: 41:31.10 1:11.93	4800m: 57:24.60 1:13.67			
	1000m: 11:41.54 1:10.49	2300m: 27:02.36 1:11.35	3600m: 42:42.13 1:11.03	4900m: 58:35.01 1:10.41			
	1100m: 12:52.42 1:10.88	2400m: 28:14.20 1:11.84	3700m: 43:54.61 1:12.48	5000m: 59:40.49 1:05.48			
	1200m: 14:03.16 1:10.74	2500m: 29:26.56 1:12.36	3800m: 45:07.79 1:13.18				
	1300m: 15:13.93 1:10.77	2600m: 30:39.28 1:12.72	3900m: 46:20.75 1:12.96				
4.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	59:40.81		533	
	100m: 1:11.43 1:11.43	1400m: 16:28.39 1:10.29	2700m: 31:54.07 1:11.51	4000m: 47:34.41 1:13.71			
	200m: 2:23.79 1:12.36	1500m: 17:38.92 1:10.53	2800m: 33:05.91 1:11.84	4100m: 48:47.30 1:12.89			
	300m: 3:36.01 1:12.22	1600m: 18:49.23 1:10.31	2900m: 34:16.92 1:11.01	4200m: 50:01.45 1:14.15			
	400m: 4:48.97 1:12.96	1700m: 19:59.71 1:10.48	3000m: 35:28.53 1:11.61	4300m: 51:15.38 1:13.93			
	500m: 5:58.27 1:09.30	1800m: 21:09.97 1:10.26	3100m: 36:40.47 1:11.94	4400m: 52:29.32 1:13.94			
	600m: 7:06.97 1:08.70	1900m: 22:20.37 1:10.40	3200m: 37:53.56 1:13.09	4500m: 53:43.72 1:14.40			
	700m: 8:17.28 1:10.31	2000m: 23:31.93 1:11.56	3300m: 39:05.68 1:12.12	4600m: 54:57.37 1:13.65			
	800m: 9:27.77 1:10.49	2100m: 24:42.74 1:10.81	3400m: 40:17.92 1:12.24	4700m: 56:10.95 1:13.58			
	900m: 10:37.84 1:10.07	2200m: 25:55.39 1:12.65	3500m: 41:30.47 1:12.55	4800m: 57:24.48 1:13.53			
	1000m: 11:47.44 1:09.60	2300m: 27:06.68 1:11.29	3600m: 42:42.13 1:11.66	4900m: 58:34.13 1:09.65			
	1100m: 12:57.84 1:10.40	2400m: 28:19.11 1:12.43	3700m: 43:54.40 1:12.27	5000m: 59:40.81 1:06.68			
	1200m: 14:07.68 1:09.84	2500m: 29:30.98 1:11.87	3800m: 45:07.59 1:13.19				
	1300m: 15:18.10 1:10.42	2600m: 30:42.56 1:11.58	3900m: 46:20.70 1:13.11				
5.	CARVALHO Daniel Luis	02	Braga	1:00:12.18		519	
	100m: 1:09.43 1:09.43	1400m: 16:36.74 1:12.90	2700m: 32:31.76 1:13.52	4000m: 48:12.50 1:12.69			
	200m: 2:19.85 1:10.42	1500m: 17:49.62 1:12.88	2800m: 33:44.96 1:13.20	4100m: 49:24.89 1:12.39			
	300m: 3:30.00 1:10.15	1600m: 19:03.24 1:13.62	2900m: 34:57.12 1:12.16	4200m: 50:36.81 1:11.92			
	400m: 4:40.70 1:10.70	1700m: 20:17.17 1:13.93	3000m: 36:08.90 1:11.78	4300m: 51:49.49 1:12.68			
	500m: 5:51.33 1:10.63	1800m: 21:30.24 1:13.07	3100m: 37:20.62 1:11.72	4400m: 53:02.44 1:12.95			
	600m: 7:02.63 1:11.30	1900m: 22:43.46 1:13.22	3200m: 38:32.51 1:11.89	4500m: 54:15.17 1:12.73			
	700m: 8:14.52 1:11.89	2000m: 23:57.11 1:13.65	3300m: 39:44.17 1:11.66	4600m: 55:27.22 1:12.05			
	800m: 9:25.95 1:11.43	2100m: 25:10.45 1:13.34	3400m: 40:55.94 1:11.77	4700m: 56:39.73 1:12.51			
	900m: 10:37.04 1:11.09	2200m: 26:24.50 1:14.05	3500m: 42:08.38 1:12.44	4800m: 57:51.75 1:12.02			
	1000m: 11:48.03 1:10.99	2300m: 27:38.18 1:13.68	3600m: 43:20.79 1:12.41	4900m: 59:02.71 1:10.96			
	1100m: 12:59.71 1:11.68	2400m: 28:51.17 1:12.99	3700m: 44:33.36 1:12.57	5000m: 1:00:12.18 1:09.47			
	1200m: 14:11.64 1:11.93	2500m: 30:05.39 1:14.22	3800m: 45:46.69 1:13.33				
	1300m: 15:23.84 1:12.20	2600m: 31:18.24 1:12.85	3900m: 46:59.81 1:13.12				
6.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhed	1:03:24.75		444	
	100m: 1:09.11 1:09.11	1400m: 16:40.75 1:14.93	2700m: 33:12.69 1:18.49	4000m: 50:25.99 1:19.78			
	200m: 2:19.21 1:10.10	1500m: 17:54.91 1:14.16	2800m: 34:30.68 1:17.99	4100m: 51:46.71 1:20.72			
	300m: 3:29.88 1:10.67	1600m: 19:09.79 1:14.88	2900m: 35:49.74 1:19.06	4200m: 53:07.75 1:21.04			
	400m: 4:40.66 1:10.78	1700m: 20:24.58 1:14.79	3000m: 37:08.61 1:18.87	4300m: 54:29.53 1:21.78			
	500m: 5:52.01 1:11.35	1800m: 21:39.87 1:15.29	3100m: 38:28.14 1:19.53	4400m: 55:47.10 1:17.57			
	600m: 7:03.76 1:11.75	1900m: 22:55.63 1:15.76	3200m: 39:46.87 1:18.73	4500m: 57:03.54 1:16.44			
	700m: 8:15.31 1:11.55	2000m: 24:11.52 1:15.89	3300m: 41:05.56 1:18.69	4600m: 58:20.51 1:16.97			
	800m: 9:25.69 1:10.38	2100m: 25:27.85 1:16.33	3400m: 42:26.03 1:20.47	4700m: 59:37.51 1:17.00			
	900m: 10:36.36 1:10.67	2200m: 26:44.33 1:16.48	3500m: 43:45.78 1:19.75	4800m: 1:00:53.30 1:15.79			
	1000m: 11:47.05 1:10.69	2300m: 28:01.33 1:17.00	3600m: 45:05.95 1:20.17	4900m: 1:02:09.45 1:16.15			
	1100m: 12:58.65 1:11.60	2400m: 29:18.71 1:17.38	3700m: 46:25.96 1:20.01	5000m: 1:03:24.75 1:15.30			
	1200m: 14:11.41 1:12.76	2500m: 30:36.83 1:18.12	3800m: 47:46.31 1:20.35				
	1300m: 15:25.82 1:14.41	2600m: 31:54.20 1:17.37	3900m: 49:06.21 1:19.90				

Prova 2, Masc., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SALGADO Goncalo Sampaio	02	Famalicao	1:03:30.64		442	
	100m: 1:09.25 1:09.25	1400m: 16:54.22	1:13.14	2700m: 33:17.16	1:17.73	4000m: 50:06.15	1:18.29
	200m: 2:20.93 1:11.68	1500m: 18:08.17	1:13.95	2800m: 34:34.54	1:17.38	4100m: 51:24.94	1:18.79
	300m: 3:33.74 1:12.81	1600m: 19:22.48	1:14.31	2900m: 35:51.19	1:16.65	4200m: 52:44.94	1:20.00
	400m: 4:47.11 1:13.37	1700m: 20:37.36	1:14.88	3000m: 37:08.31	1:17.12	4300m: 54:06.21	1:21.27
	500m: 5:59.82 1:12.71	1800m: 21:52.04	1:14.68	3100m: 38:26.08	1:17.77	4400m: 55:27.01	1:20.80
	600m: 7:11.92 1:12.10	1900m: 23:07.00	1:14.96	3200m: 39:43.22	1:17.14	4500m: 56:48.43	1:21.42
	700m: 8:24.60 1:12.68	2000m: 24:22.33	1:15.33	3300m: 41:01.42	1:18.20	4600m: 58:09.29	1:20.86
	800m: 9:37.04 1:12.44	2100m: 25:37.30	1:14.97	3400m: 42:19.16	1:17.74	4700m: 59:30.36	1:21.07
	900m: 10:49.51 1:12.47	2200m: 26:53.09	1:15.79	3500m: 43:36.60	1:17.44	4800m: 1:00:50.93	1:20.57
	1000m: 12:01.72 1:12.21	2300m: 28:09.12	1:16.03	3600m: 44:53.43	1:16.83	4900m: 1:02:10.28	1:19.35
	1100m: 13:14.62 1:12.90	2400m: 29:25.91	1:16.79	3700m: 46:10.69	1:17.26	5000m: 1:03:30.64	1:20.36
	1200m: 14:27.96 1:13.34	2500m: 30:42.92	1:17.01	3800m: 47:28.80	1:18.11		
	1300m: 15:41.08 1:13.12	2600m: 31:59.43	1:16.51	3900m: 48:47.86	1:19.06		

DNS FROTA Paulo Andre 02 Condeixa Clube

AA1617, Femin.

1.	ROSA Mafalda Sofia	03	Rio Maior	1:00:02.59		617	
	100m: 1:10.98 1:10.98	1400m: 16:27.55	1:11.49	2700m: 31:59.81	1:12.41	4000m: 47:44.81	1:13.50
	200m: 2:21.25 1:10.27	1500m: 17:39.02	1:11.47	2800m: 33:12.48	1:12.67	4100m: 48:58.32	1:13.51
	300m: 3:31.12 1:09.87	1600m: 18:50.13	1:11.11	2900m: 34:24.71	1:12.23	4200m: 50:12.08	1:13.76
	400m: 4:41.13 1:10.01	1700m: 20:01.53	1:11.40	3000m: 35:37.05	1:12.34	4300m: 51:26.08	1:14.00
	500m: 5:50.95 1:09.82	1800m: 21:12.67	1:11.14	3100m: 36:48.82	1:11.77	4400m: 52:40.04	1:13.96
	600m: 7:01.16 1:10.21	1900m: 22:23.92	1:11.25	3200m: 38:01.20	1:12.38	4500m: 53:54.29	1:14.25
	700m: 8:11.39 1:10.23	2000m: 23:35.29	1:11.37	3300m: 39:13.28	1:12.08	4600m: 55:08.46	1:14.17
	800m: 9:21.80 1:10.41	2100m: 24:47.02	1:11.73	3400m: 40:25.81	1:12.53	4700m: 56:22.67	1:14.21
	900m: 10:32.57 1:10.77	2200m: 25:59.05	1:12.03	3500m: 41:38.31	1:12.50	4800m: 57:36.42	1:13.75
	1000m: 11:43.05 1:10.48	2300m: 27:11.02	1:11.97	3600m: 42:50.82	1:12.51	4900m: 58:49.64	1:13.22
	1100m: 12:53.74 1:10.69	2400m: 28:23.03	1:12.01	3700m: 44:04.32	1:13.50	5000m: 1:00:02.59	1:12.95
	1200m: 14:04.79 1:11.05	2500m: 29:35.24	1:12.21	3800m: 45:17.83	1:13.51		
	1300m: 15:16.06 1:11.27	2600m: 30:47.40	1:12.16	3900m: 46:31.31	1:13.48		
2.	MENDES Mariana Amaral	02	Colegio Monte Maior	1:00:46.11		595	
	100m: 1:11.86 1:11.86	1400m: 16:49.37	1:12.60	2700m: 32:41.18	1:13.43	4000m: 48:35.88	1:13.57
	200m: 2:24.00 1:12.14	1500m: 18:02.16	1:12.79	2800m: 33:54.51	1:13.33	4100m: 49:49.23	1:13.35
	300m: 3:36.08 1:12.08	1600m: 19:15.43	1:13.27	2900m: 35:08.34	1:13.83	4200m: 51:03.02	1:13.79
	400m: 4:47.70 1:11.62	1700m: 20:28.47	1:13.04	3000m: 36:21.96	1:13.62	4300m: 52:16.79	1:13.77
	500m: 5:59.63 1:11.93	1800m: 21:42.08	1:13.61	3100m: 37:35.60	1:13.64	4400m: 53:30.26	1:13.47
	600m: 7:11.07 1:11.44	1900m: 22:54.77	1:12.69	3200m: 38:49.01	1:13.41	4500m: 54:44.12	1:13.86
	700m: 8:22.94 1:11.87	2000m: 24:08.17	1:13.40	3300m: 40:02.52	1:13.51	4600m: 55:57.12	1:13.00
	800m: 9:34.94 1:12.00	2100m: 25:21.50	1:13.33	3400m: 41:16.30	1:13.78	4700m: 57:10.12	1:13.00
	900m: 10:46.94 1:12.00	2200m: 26:34.90	1:13.40	3500m: 42:29.12	1:12.82	4800m: 58:23.01	1:12.89
	1000m: 11:58.95 1:12.01	2300m: 27:48.16	1:13.26	3600m: 43:42.07	1:12.95	4900m: 59:35.28	1:12.27
	1100m: 13:11.43 1:12.48	2400m: 29:01.22	1:13.06	3700m: 44:55.45	1:13.38	5000m: 1:00:46.11	1:10.83
	1200m: 14:23.81 1:12.38	2500m: 30:14.43	1:13.21	3800m: 46:08.75	1:13.30		
	1300m: 15:36.77 1:12.96	2600m: 31:27.75	1:13.32	3900m: 47:22.31	1:13.56		
3.	QUEIROZ Ana Rita	02	Condeixa Clube	1:03:09.68		530	
	100m: 1:11.40 1:11.40	1200m: 14:29.35	1:14.23	2300m: 28:21.04	1:17.03	3400m: 42:25.99	1:17.47
	200m: 2:23.26 1:11.86	1300m: 15:44.22	1:14.87	2400m: 29:37.31	1:16.27	3500m: 43:42.25	1:16.26
	300m: 3:35.07 1:11.81	1400m: 16:59.64	1:15.42	2500m: 30:53.62	1:16.31	3600m: 44:57.61	1:15.36
	400m: 4:47.64 1:12.57	1500m: 18:14.19	1:14.55	2600m: 32:10.23	1:16.61	3700m: 46:15.67	1:18.06
	500m: 5:59.80 1:12.16	1600m: 19:29.65	1:15.46	2700m: 33:26.91	1:16.68	3800m: 47:33.83	1:18.16
	600m: 7:11.92 1:12.12	1700m: 20:45.10	1:15.45	2800m: 34:44.02	1:17.11	3900m: 48:52.37	1:18.54
	700m: 8:23.78 1:11.86	1800m: 22:00.96	1:15.86	2900m: 36:01.06	1:17.04	4000m: 50:10.94	1:18.57
	800m: 9:35.92 1:12.14	1900m: 23:16.81	1:15.85	3000m: 37:17.97	1:16.91	4100m: 51:28.57	1:17.63
	900m: 10:48.60 1:12.68	2000m: 24:32.33	1:15.52	3100m: 38:34.20	1:16.23	4200m: 52:47.03	1:18.46
	1000m: 12:01.69 1:13.09	2100m: 25:47.88	1:15.55	3200m: 39:51.22	1:17.02	4300m: 54:05.75	1:18.72
	1100m: 13:15.12 1:13.43	2200m: 27:04.01	1:16.13	3300m: 41:08.52	1:17.30	4400m: 55:24.21	1:18.46

Prova 2, Femin., 5000m Livres, AA1617

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4500m: 56:42.73	1:18.52	4700m: 59:18.28	1:17.80	4900m: 1:01:53.28	1:17.60		
	4600m: 58:00.48	1:17.75	4800m: 1:00:35.68	1:17.40	5000m: 1:03:09.68	1:16.40		
4.	SILVA Natacha Sofia	02	Benfica	1:04:43.97		493		
	100m: 1:16.83	1:16.83	1400m: 18:02.73	1:16.64	2700m: 34:55.87	1:17.89	4000m: 51:52.78	1:17.35
	200m: 2:35.27	1:18.44	1500m: 19:20.59	1:17.86	2800m: 36:14.32	1:18.45	4100m: 53:11.02	1:18.24
	300m: 3:53.56	1:18.29	1600m: 20:38.12	1:17.53	2900m: 37:32.85	1:18.53	4200m: 54:28.56	1:17.54
	400m: 5:11.11	1:17.55	1700m: 21:55.70	1:17.58	3000m: 38:51.16	1:18.31	4300m: 55:46.39	1:17.83
	500m: 6:28.21	1:17.10	1800m: 23:13.59	1:17.89	3100m: 40:09.67	1:18.51	4400m: 57:03.51	1:17.12
	600m: 7:45.45	1:17.24	1900m: 24:31.89	1:18.30	3200m: 41:27.96	1:18.29	4500m: 58:20.46	1:16.95
	700m: 9:02.73	1:17.28	2000m: 25:50.47	1:18.58	3300m: 42:45.76	1:17.80	4600m: 59:37.53	1:17.07
	800m: 10:19.61	1:16.88	2100m: 27:08.11	1:17.64	3400m: 44:04.69	1:18.93	4700m: 1:00:54.94	1:17.41
	900m: 11:36.69	1:17.08	2200m: 28:26.01	1:17.90	3500m: 45:23.61	1:18.92	4800m: 1:02:11.81	1:16.87
	1000m: 12:53.95	1:17.26	2300m: 29:43.63	1:17.62	3600m: 46:41.93	1:18.32	4900m: 1:03:28.85	1:17.04
	1100m: 14:11.10	1:17.15	2400m: 31:01.52	1:17.89	3700m: 47:59.57	1:17.64	5000m: 1:04:43.97	1:15.12
	1200m: 15:28.36	1:17.26	2500m: 32:20.04	1:18.52	3800m: 49:17.40	1:17.83		
	1300m: 16:46.09	1:17.73	2600m: 33:37.98	1:17.94	3900m: 50:35.43	1:18.03		
5.	SOUSA Ines Matos	03	Uniao Coimbra	1:05:46.51		469		
	100m: 1:13.71	1:13.71	1400m: 18:02.26	1:18.47	2700m: 35:17.04	1:18.76	4000m: 52:28.86	1:19.38
	200m: 2:29.95	1:16.24	1500m: 19:21.20	1:18.94	2800m: 36:36.03	1:18.99	4100m: 53:48.46	1:19.60
	300m: 3:46.44	1:16.49	1600m: 20:40.82	1:19.62	2900m: 37:55.17	1:19.14	4200m: 55:08.31	1:19.85
	400m: 5:03.06	1:16.62	1700m: 22:00.55	1:19.73	3000m: 39:14.61	1:19.44	4300m: 56:27.94	1:19.63
	500m: 6:20.31	1:17.25	1800m: 23:19.85	1:19.30	3100m: 40:32.79	1:18.18	4400m: 57:48.20	1:20.26
	600m: 7:37.38	1:17.07	1900m: 24:40.23	1:20.38	3200m: 41:51.74	1:18.95	4500m: 59:08.32	1:20.12
	700m: 8:54.87	1:17.49	2000m: 25:59.89	1:19.66	3300m: 43:10.43	1:18.69	4600m: 1:00:28.21	1:19.89
	800m: 10:12.98	1:18.11	2100m: 27:19.94	1:20.05	3400m: 44:30.32	1:19.89	4700m: 1:01:48.24	1:20.03
	900m: 11:31.36	1:18.38	2200m: 28:39.80	1:19.86	3500m: 45:49.55	1:19.23	4800m: 1:03:08.19	1:19.95
	1000m: 12:50.04	1:18.68	2300m: 29:59.35	1:19.55	3600m: 47:09.92	1:20.37	4900m: 1:04:28.25	1:20.06
	1100m: 14:08.28	1:18.24	2400m: 31:19.68	1:20.33	3700m: 48:29.52	1:19.60	5000m: 1:05:46.51	1:18.26
	1200m: 15:26.06	1:17.78	2500m: 32:39.01	1:19.33	3800m: 49:49.34	1:19.82		
	1300m: 16:43.79	1:17.73	2600m: 33:58.28	1:19.27	3900m: 51:09.48	1:20.14		
6.	MAGALHAES Ines Filipa	02	Aquatico Pacense	1:11:56.05		359		
	100m: 1:21.25	1:21.25	1400m: 19:53.81	1:26.34	2700m: 38:37.55	1:26.85	4000m: 57:32.01	1:27.84
	200m: 2:46.85	1:25.60	1500m: 21:19.00	1:25.19	2800m: 40:04.16	1:26.61	4100m: 59:00.18	1:28.17
	300m: 4:13.06	1:26.21	1600m: 22:44.25	1:25.25	2900m: 41:31.98	1:27.82	4200m: 1:00:28.03	1:27.85
	400m: 5:39.11	1:26.05	1700m: 24:10.31	1:26.06	3000m: 42:59.08	1:27.10	4300m: 1:01:54.30	1:26.27
	500m: 7:04.41	1:25.30	1800m: 25:36.03	1:25.72	3100m: 44:24.92	1:25.84	4400m: 1:03:21.02	1:26.72
	600m: 8:29.89	1:25.48	1900m: 27:02.55	1:26.52	3200m: 45:51.23	1:26.31	4500m: 1:04:48.27	1:27.25
	700m: 9:54.65	1:24.76	2000m: 28:28.98	1:26.43	3300m: 47:19.04	1:27.81	4600m: 1:06:13.89	1:25.62
	800m: 11:19.65	1:25.00	2100m: 29:55.25	1:26.27	3400m: 48:46.32	1:27.28	4700m: 1:07:40.31	1:26.42
	900m: 12:44.92	1:25.27	2200m: 31:21.52	1:26.27	3500m: 50:13.68	1:27.36	4800m: 1:09:06.50	1:26.19
	1000m: 14:10.07	1:25.15	2300m: 32:48.27	1:26.75	3600m: 51:41.23	1:27.55	4900m: 1:10:32.57	1:26.07
	1100m: 15:35.10	1:25.03	2400m: 34:15.71	1:27.44	3700m: 53:08.41	1:27.18	5000m: 1:11:56.05	1:23.48
	1200m: 17:00.98	1:25.88	2500m: 35:43.64	1:27.93	3800m: 54:36.49	1:28.08		
	1300m: 18:27.47	1:26.49	2600m: 37:10.70	1:27.06	3900m: 56:04.17	1:27.68		

DNS FRAZAO Alexandra Couto 02 Condeixa Clube

Absolutos, Masc.

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	PINA Guilherme Filipe	98	Sporting	53:28.85		740		
<i>Melhor Marca dos Campeonatos</i>								
	100m: 1:03.73	1:03.73	1400m: 14:51.60	1:04.01	2700m: 28:45.53	1:04.05	4000m: 42:43.83	1:05.02
	200m: 2:07.66	1:03.93	1500m: 15:55.62	1:04.02	2800m: 29:50.36	1:04.83	4100m: 43:48.48	1:04.65
	300m: 3:11.63	1:03.97	1600m: 16:59.38	1:03.76	2900m: 30:54.67	1:04.31	4200m: 44:53.05	1:04.57
	400m: 4:15.38	1:03.75	1700m: 18:03.22	1:03.84	3000m: 31:58.84	1:04.17	4300m: 45:57.86	1:04.81
	500m: 5:19.05	1:03.67	1800m: 19:07.33	1:04.11	3100m: 33:02.87	1:04.03	4400m: 47:02.86	1:05.00
	600m: 6:22.41	1:03.36	1900m: 20:11.26	1:03.93	3200m: 34:07.12	1:04.25	4500m: 48:07.62	1:04.76
	700m: 7:26.11	1:03.70	2000m: 21:15.55	1:04.29	3300m: 35:11.51	1:04.39	4600m: 49:12.60	1:04.98
	800m: 8:29.55	1:03.44	2100m: 22:19.79	1:04.24	3400m: 36:16.13	1:04.62	4700m: 50:17.30	1:04.70
	900m: 9:33.32	1:03.77	2200m: 23:23.92	1:04.13	3500m: 37:20.80	1:04.67	4800m: 51:22.30	1:05.00
	1000m: 10:36.86	1:03.54	2300m: 24:28.47	1:04.55	3600m: 38:25.09	1:04.29	4900m: 52:27.28	1:04.98
	1100m: 11:40.32	1:03.46	2400m: 25:32.83	1:04.36	3700m: 39:29.16	1:04.07	5000m: 53:28.85	1:01.57
	1200m: 12:43.84	1:03.52	2500m: 26:37.50	1:04.67	3800m: 40:34.04	1:04.88		
	1300m: 13:47.59	1:03.75	2600m: 27:41.48	1:03.98	3900m: 41:38.81	1:04.77		
2.	GIL Rafael Lourenco	96	Sporting	55:35.45		659		
	100m: 1:04.03	1:04.03	1400m: 15:14.26	1:05.78	2700m: 29:39.00	1:07.69	4000m: 44:16.25	1:08.01
	200m: 2:09.07	1:05.04	1500m: 16:20.32	1:06.06	2800m: 30:46.31	1:07.31	4100m: 45:24.44	1:08.19
	300m: 3:14.28	1:05.21	1600m: 17:26.64	1:06.32	2900m: 31:53.82	1:07.51	4200m: 46:32.42	1:07.98
	400m: 4:19.48	1:05.20	1700m: 18:32.63	1:05.99	3000m: 33:01.48	1:07.66	4300m: 47:40.90	1:08.48
	500m: 5:24.72	1:05.24	1800m: 19:39.12	1:06.49	3100m: 34:07.82	1:06.34	4400m: 48:49.13	1:08.23
	600m: 6:29.75	1:05.03	1900m: 20:45.39	1:06.27	3200m: 35:15.23	1:07.41	4500m: 49:57.20	1:08.07
	700m: 7:34.95	1:05.20	2000m: 21:51.49	1:06.10	3300m: 36:22.63	1:07.40	4600m: 51:05.47	1:08.27
	800m: 8:40.46	1:05.51	2100m: 22:57.32	1:05.83	3400m: 37:29.68	1:07.05	4700m: 52:13.29	1:07.82
	900m: 9:45.64	1:05.18	2200m: 24:03.81	1:06.49	3500m: 38:37.17	1:07.49	4800m: 53:20.98	1:07.69
	1000m: 10:50.97	1:05.33	2300m: 25:10.47	1:06.66	3600m: 39:44.92	1:07.75	4900m: 54:28.77	1:07.79
	1100m: 11:56.55	1:05.58	2400m: 26:17.05	1:06.58	3700m: 40:52.21	1:07.29	5000m: 55:35.45	1:06.68
	1200m: 13:02.53	1:05.98	2500m: 27:23.73	1:06.68	3800m: 42:00.48	1:08.27		
	1300m: 14:08.48	1:05.95	2600m: 28:31.31	1:07.58	3900m: 43:08.24	1:07.76		
3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	56:01.13		644		
	100m: 1:08.03	1:08.03	1400m: 15:43.43	1:06.75	2700m: 30:13.09	1:07.52	4000m: 44:53.79	1:06.63
	200m: 2:16.15	1:08.12	1500m: 16:50.51	1:07.08	2800m: 31:20.44	1:07.35	4100m: 46:00.90	1:07.11
	300m: 3:23.74	1:07.59	1600m: 17:57.33	1:06.82	2900m: 32:27.67	1:07.23	4200m: 47:08.19	1:07.29
	400m: 4:31.82	1:08.08	1700m: 19:03.94	1:06.61	3000m: 33:34.63	1:06.96	4300m: 48:15.34	1:07.15
	500m: 5:39.88	1:08.06	1800m: 20:10.63	1:06.69	3100m: 34:41.76	1:07.13	4400m: 49:22.44	1:07.10
	600m: 6:47.34	1:07.46	1900m: 21:16.24	1:05.61	3200m: 35:50.18	1:08.42	4500m: 50:29.67	1:07.23
	700m: 7:54.96	1:07.62	2000m: 22:22.51	1:06.27	3300m: 37:01.41	1:11.23	4600m: 51:36.69	1:07.02
	800m: 9:01.85	1:06.89	2100m: 23:29.05	1:06.54	3400m: 38:09.29	1:07.88	4700m: 52:43.66	1:06.97
	900m: 10:08.94	1:07.09	2200m: 24:35.64	1:06.59	3500m: 39:16.96	1:07.67	4800m: 53:50.32	1:06.66
	1000m: 11:15.89	1:06.95	2300m: 25:43.25	1:07.61	3600m: 40:24.77	1:07.81	4900m: 54:56.45	1:06.13
	1100m: 12:22.71	1:06.82	2400m: 26:50.73	1:07.48	3700m: 41:32.70	1:07.93	5000m: 56:01.13	1:04.68
	1200m: 13:29.86	1:07.15	2500m: 27:58.06	1:07.33	3800m: 42:40.36	1:07.66		
	1300m: 14:36.68	1:06.82	2600m: 29:05.57	1:07.51	3900m: 43:47.16	1:06.80		
4.	CAMPOS Tiago Filipe	99	Rio Maior	56:39.76		622		
	100m: 1:04.48	1:04.48	1400m: 15:31.72	1:08.11	2700m: 30:25.54	1:08.69	4000m: 45:18.80	1:09.44
	200m: 2:08.46	1:03.98	1500m: 16:39.49	1:07.77	2800m: 31:33.91	1:08.37	4100m: 46:27.94	1:09.14
	300m: 3:12.92	1:04.46	1600m: 17:47.75	1:08.26	2900m: 32:42.07	1:08.16	4200m: 47:36.35	1:08.41
	400m: 4:18.80	1:05.88	1700m: 18:55.79	1:08.04	3000m: 33:50.86	1:08.79	4300m: 48:45.19	1:08.84
	500m: 5:25.22	1:06.42	1800m: 20:04.32	1:08.53	3100m: 34:59.74	1:08.88	4400m: 49:54.17	1:08.98
	600m: 6:32.10	1:06.88	1900m: 21:12.73	1:08.41	3200m: 36:07.94	1:08.20	4500m: 51:03.17	1:09.00
	700m: 7:39.29	1:07.19	2000m: 22:21.66	1:08.93	3300m: 37:15.89	1:07.95	4600m: 52:11.81	1:08.64
	800m: 8:46.39	1:07.10	2100m: 23:30.46	1:08.80	3400m: 38:24.42	1:08.53	4700m: 53:18.71	1:06.90
	900m: 9:53.46	1:07.07	2200m: 24:39.65	1:09.19	3500m: 39:33.10	1:08.68	4800m: 54:26.19	1:07.48
	1000m: 11:00.70	1:07.24	2300m: 25:49.27	1:09.62	3600m: 40:42.07	1:08.97	4900m: 55:33.24	1:07.05
	1100m: 12:08.02	1:07.32	2400m: 26:58.20	1:08.93	3700m: 41:50.67	1:08.60	5000m: 56:39.76	1:06.52
	1200m: 13:15.75	1:07.73	2500m: 28:07.47	1:09.27	3800m: 43:00.19	1:09.52		
	1300m: 14:23.61	1:07.86	2600m: 29:16.85	1:09.38	3900m: 44:09.36	1:09.17		

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	NUNES Diogo Barbosa	00	Porto	57:14.39		604	
	100m: 1:04.92 1:04.92	1400m: 15:38.07 1:08.58	2700m: 30:35.19 1:09.53	4000m: 45:38.99 1:09.85			
	200m: 2:10.47 1:05.55	1500m: 16:46.74 1:08.67	2800m: 31:44.57 1:09.38	4100m: 46:49.00 1:10.01			
	300m: 3:17.62 1:07.15	1600m: 17:56.01 1:09.27	2900m: 32:53.96 1:09.39	4200m: 47:59.05 1:10.05			
	400m: 4:24.61 1:06.99	1700m: 19:04.98 1:08.97	3000m: 34:03.67 1:09.71	4300m: 49:09.24 1:10.19			
	500m: 5:30.36 1:05.75	1800m: 20:13.71 1:08.73	3100m: 35:13.19 1:09.52	4400m: 50:19.11 1:09.87			
	600m: 6:36.19 1:05.83	1900m: 21:22.26 1:08.55	3200m: 36:22.54 1:09.35	4500m: 51:28.87 1:09.76			
	700m: 7:43.09 1:06.90	2000m: 22:31.58 1:09.32	3300m: 37:32.31 1:09.77	4600m: 52:38.81 1:09.94			
	800m: 8:50.54 1:07.45	2100m: 23:40.62 1:09.04	3400m: 38:42.05 1:09.74	4700m: 53:47.54 1:08.73			
	900m: 9:57.53 1:06.99	2200m: 24:49.53 1:08.91	3500m: 39:52.03 1:09.98	4800m: 54:57.82 1:10.28			
	1000m: 11:05.45 1:07.92	2300m: 25:58.72 1:09.19	3600m: 41:01.43 1:09.40	4900m: 56:06.87 1:09.05			
	1100m: 12:13.52 1:08.07	2400m: 27:07.76 1:09.04	3700m: 42:10.74 1:09.31	5000m: 57:14.39 1:07.52			
	1200m: 13:21.49 1:07.97	2500m: 28:16.64 1:08.88	3800m: 43:19.84 1:09.10				
	1300m: 14:29.49 1:08.00	2600m: 29:25.66 1:09.02	3900m: 44:29.14 1:09.30				
6.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	58:13.78		573	
	100m: 1:05.90 1:05.90	1400m: 15:59.73 1:09.63	2700m: 31:09.36 1:10.24	4000m: 46:35.43 1:11.16			
	200m: 2:12.99 1:07.09	1500m: 17:09.01 1:09.28	2800m: 32:19.84 1:10.48	4100m: 47:45.50 1:10.07			
	300m: 3:20.41 1:07.42	1600m: 18:18.29 1:09.28	2900m: 33:31.08 1:11.24	4200m: 48:55.07 1:09.57			
	400m: 4:28.39 1:07.98	1700m: 19:28.27 1:09.98	3000m: 34:42.67 1:11.59	4300m: 50:04.59 1:09.52			
	500m: 5:37.12 1:08.73	1800m: 20:38.04 1:09.77	3100m: 35:54.10 1:11.43	4400m: 51:14.09 1:09.50			
	600m: 6:45.68 1:08.56	1900m: 21:47.61 1:09.57	3200m: 37:05.67 1:11.57	4500m: 52:23.72 1:09.63			
	700m: 7:54.70 1:09.02	2000m: 22:57.87 1:10.26	3300m: 38:16.89 1:11.22	4600m: 53:34.23 1:10.51			
	800m: 9:03.57 1:08.87	2100m: 24:08.06 1:10.19	3400m: 39:28.52 1:11.63	4700m: 54:45.16 1:10.93			
	900m: 10:12.99 1:09.42	2200m: 25:17.93 1:09.87	3500m: 40:39.50 1:10.98	4800m: 55:56.66 1:11.50			
	1000m: 11:22.48 1:09.49	2300m: 26:28.50 1:10.57	3600m: 41:50.17 1:10.67	4900m: 57:05.92 1:09.26			
	1100m: 12:31.79 1:09.31	2400m: 27:38.44 1:09.94	3700m: 43:01.43 1:11.26	5000m: 58:13.78 1:07.86			
	1200m: 13:40.99 1:09.20	2500m: 28:48.82 1:10.38	3800m: 44:12.64 1:11.21				
	1300m: 14:50.10 1:09.11	2600m: 29:59.12 1:10.30	3900m: 45:24.27 1:11.63				
7.	BARBARA Goncalo Gualberto	00	Rio Maior	58:49.96		556	
	100m: 1:07.84 1:07.84	1400m: 16:03.37 1:09.71	2700m: 31:22.57 1:11.40	4000m: 46:53.84 1:12.09			
	200m: 2:16.52 1:08.68	1500m: 17:13.23 1:09.86	2800m: 32:33.71 1:11.14	4100m: 48:05.55 1:11.71			
	300m: 3:25.23 1:08.71	1600m: 18:23.33 1:10.10	2900m: 33:45.01 1:11.30	4200m: 49:17.72 1:12.17			
	400m: 4:33.96 1:08.73	1700m: 19:33.68 1:10.35	3000m: 34:56.58 1:11.57	4300m: 50:29.52 1:11.80			
	500m: 5:42.81 1:08.85	1800m: 20:43.77 1:10.09	3100m: 36:08.06 1:11.48	4400m: 51:41.56 1:12.04			
	600m: 6:51.50 1:08.69	1900m: 21:54.41 1:10.64	3200m: 37:19.79 1:11.73	4500m: 52:53.49 1:11.93			
	700m: 8:00.12 1:08.62	2000m: 23:04.79 1:10.38	3300m: 38:31.49 1:11.70	4600m: 54:05.29 1:11.80			
	800m: 9:08.78 1:08.66	2100m: 24:15.59 1:10.80	3400m: 39:43.02 1:11.53	4700m: 55:17.02 1:11.73			
	900m: 10:17.05 1:08.27	2200m: 25:26.25 1:10.66	3500m: 40:54.91 1:11.89	4800m: 56:28.61 1:11.59			
	1000m: 11:25.88 1:08.83	2300m: 26:37.18 1:10.93	3600m: 42:06.63 1:11.72	4900m: 57:39.78 1:11.17			
	1100m: 12:34.88 1:09.00	2400m: 27:48.39 1:11.21	3700m: 43:18.24 1:11.61	5000m: 58:49.96 1:10.18			
	1200m: 13:44.27 1:09.39	2500m: 28:59.78 1:11.39	3800m: 44:30.18 1:11.94				
	1300m: 14:53.66 1:09.39	2600m: 30:11.17 1:11.39	3900m: 45:41.75 1:11.57				
8.	MACHADO Martim Miranda	03	Uniao Coimbra	59:30.87		537	
	100m: 1:07.85 1:07.85	1400m: 16:14.40 1:10.72	2700m: 32:09.19 1:16.24	4000m: 47:42.86 1:11.92			
	200m: 2:17.12 1:09.27	1500m: 17:25.20 1:10.80	2800m: 33:25.42 1:16.23	4100m: 48:54.68 1:11.82			
	300m: 3:26.22 1:09.10	1600m: 18:36.23 1:11.03	2900m: 34:40.85 1:15.43	4200m: 50:05.25 1:10.57			
	400m: 4:35.41 1:09.19	1700m: 19:47.88 1:11.65	3000m: 35:53.57 1:12.72	4300m: 51:17.48 1:12.23			
	500m: 5:44.61 1:09.20	1800m: 21:00.41 1:12.53	3100m: 37:05.25 1:11.68	4400m: 52:27.83 1:10.35			
	600m: 6:54.23 1:09.62	1900m: 22:12.96 1:12.55	3200m: 38:16.65 1:11.40	4500m: 53:38.21 1:10.38			
	700m: 8:04.06 1:09.83	2000m: 23:26.20 1:13.24	3300m: 39:27.68 1:11.03	4600m: 54:49.31 1:11.10			
	800m: 9:13.60 1:09.54	2100m: 24:39.45 1:13.25	3400m: 40:37.84 1:10.16	4700m: 56:00.78 1:11.47			
	900m: 10:22.75 1:09.15	2200m: 25:52.85 1:13.40	3500m: 41:47.72 1:09.88	4800m: 57:11.52 1:10.74			
	1000m: 11:32.67 1:09.92	2300m: 27:06.62 1:13.77	3600m: 42:57.47 1:09.75	4900m: 58:22.91 1:11.39			
	1100m: 12:42.45 1:09.78	2400m: 28:22.10 1:15.48	3700m: 44:07.93 1:10.46	5000m: 59:30.87 1:07.96			
	1200m: 13:52.98 1:10.53	2500m: 29:37.45 1:15.35	3800m: 45:19.65 1:11.72				
	1300m: 15:03.68 1:10.70	2600m: 30:52.95 1:15.50	3900m: 46:30.94 1:11.29				

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	AMARAL Francisco Rodriguez	02	Campinho	59:40.49		533	
	100m: 1:08.61 1:08.61	1400m: 16:25.21 1:11.28	2700m: 31:51.79 1:12.51	4000m: 47:34.45 1:13.70			
	200m: 2:18.83 1:10.22	1500m: 17:36.94 1:11.73	2800m: 33:04.43 1:12.64	4100m: 48:47.60 1:13.15			
	300m: 3:29.16 1:10.33	1600m: 18:47.33 1:10.39	2900m: 34:17.28 1:12.85	4200m: 50:01.60 1:14.00			
	400m: 4:39.36 1:10.20	1700m: 19:57.39 1:10.06	3000m: 35:29.00 1:11.72	4300m: 51:15.25 1:13.65			
	500m: 5:49.56 1:10.20	1800m: 21:08.15 1:10.76	3100m: 36:41.06 1:12.06	4400m: 52:29.59 1:14.34			
	600m: 6:59.53 1:09.97	1900m: 22:18.79 1:10.64	3200m: 37:54.17 1:13.11	4500m: 53:43.80 1:14.21			
	700m: 8:09.82 1:10.29	2000m: 23:29.78 1:10.99	3300m: 39:06.67 1:12.50	4600m: 54:57.73 1:13.93			
	800m: 9:20.32 1:10.50	2100m: 24:40.37 1:10.59	3400m: 40:19.17 1:12.50	4700m: 56:10.93 1:13.20			
	900m: 10:31.05 1:10.73	2200m: 25:51.01 1:10.64	3500m: 41:31.10 1:11.93	4800m: 57:24.60 1:13.67			
	1000m: 11:41.54 1:10.49	2300m: 27:02.36 1:11.35	3600m: 42:42.13 1:11.03	4900m: 58:35.01 1:10.41			
	1100m: 12:52.42 1:10.88	2400m: 28:14.20 1:11.84	3700m: 43:54.61 1:12.48	5000m: 59:40.49 1:05.48			
	1200m: 14:03.16 1:10.74	2500m: 29:26.56 1:12.36	3800m: 45:07.79 1:13.18				
	1300m: 15:13.93 1:10.77	2600m: 30:39.28 1:12.72	3900m: 46:20.75 1:12.96				
10.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	59:40.81		533	
	100m: 1:11.43 1:11.43	1400m: 16:28.39 1:10.29	2700m: 31:54.07 1:11.51	4000m: 47:34.41 1:13.71			
	200m: 2:23.79 1:12.36	1500m: 17:38.92 1:10.53	2800m: 33:05.91 1:11.84	4100m: 48:47.30 1:12.89			
	300m: 3:36.01 1:12.22	1600m: 18:49.23 1:10.31	2900m: 34:16.92 1:11.01	4200m: 50:01.45 1:14.15			
	400m: 4:48.97 1:12.96	1700m: 19:59.71 1:10.48	3000m: 35:28.53 1:11.61	4300m: 51:15.38 1:13.93			
	500m: 5:58.27 1:09.30	1800m: 21:09.97 1:10.26	3100m: 36:40.47 1:11.94	4400m: 52:29.32 1:13.94			
	600m: 7:06.97 1:08.70	1900m: 22:20.37 1:10.40	3200m: 37:53.56 1:13.09	4500m: 53:43.72 1:14.40			
	700m: 8:17.28 1:10.31	2000m: 23:31.93 1:11.56	3300m: 39:05.68 1:12.12	4600m: 54:57.37 1:13.65			
	800m: 9:27.77 1:10.49	2100m: 24:42.74 1:10.81	3400m: 40:17.92 1:12.24	4700m: 56:10.95 1:13.58			
	900m: 10:37.84 1:10.07	2200m: 25:55.39 1:12.65	3500m: 41:30.47 1:12.55	4800m: 57:24.48 1:13.53			
	1000m: 11:47.44 1:09.60	2300m: 27:06.68 1:11.29	3600m: 42:42.13 1:11.66	4900m: 58:34.13 1:09.65			
	1100m: 12:57.84 1:10.40	2400m: 28:19.11 1:12.43	3700m: 43:54.40 1:12.27	5000m: 59:40.81 1:06.68			
	1200m: 14:07.68 1:09.84	2500m: 29:30.98 1:11.87	3800m: 45:07.59 1:13.19				
	1300m: 15:18.10 1:10.42	2600m: 30:42.56 1:11.58	3900m: 46:20.70 1:13.11				
11.	CARVALHO Daniel Luis	02	Braga	1:00:12.18		519	
	100m: 1:09.43 1:09.43	1400m: 16:36.74 1:12.90	2700m: 32:31.76 1:13.52	4000m: 48:12.50 1:12.69			
	200m: 2:19.85 1:10.42	1500m: 17:49.62 1:12.88	2800m: 33:44.96 1:13.20	4100m: 49:24.89 1:12.39			
	300m: 3:30.00 1:10.15	1600m: 19:03.24 1:13.62	2900m: 34:57.12 1:12.16	4200m: 50:36.81 1:11.92			
	400m: 4:40.70 1:10.70	1700m: 20:17.17 1:13.93	3000m: 36:08.90 1:11.78	4300m: 51:49.49 1:12.68			
	500m: 5:51.33 1:10.63	1800m: 21:30.24 1:13.07	3100m: 37:20.62 1:11.72	4400m: 53:02.44 1:12.95			
	600m: 7:02.63 1:11.30	1900m: 22:43.46 1:13.22	3200m: 38:32.51 1:11.89	4500m: 54:15.17 1:12.73			
	700m: 8:14.52 1:11.89	2000m: 23:57.11 1:13.65	3300m: 39:44.17 1:11.66	4600m: 55:27.22 1:12.05			
	800m: 9:25.95 1:11.43	2100m: 25:10.45 1:13.34	3400m: 40:55.94 1:11.77	4700m: 56:39.73 1:12.51			
	900m: 10:37.04 1:11.09	2200m: 26:24.50 1:14.05	3500m: 42:08.38 1:12.44	4800m: 57:51.75 1:12.02			
	1000m: 11:48.03 1:10.99	2300m: 27:38.18 1:13.68	3600m: 43:20.79 1:12.41	4900m: 59:02.71 1:10.96			
	1100m: 12:59.71 1:11.68	2400m: 28:51.17 1:12.99	3700m: 44:33.36 1:12.57	5000m: 1:00:12.18 1:09.47			
	1200m: 14:11.64 1:11.93	2500m: 30:05.39 1:14.22	3800m: 45:46.69 1:13.33				
	1300m: 15:23.84 1:12.20	2600m: 31:18.24 1:12.85	3900m: 46:59.81 1:13.12				
12.	PEREIRA Jose Maria	01	Sporting	1:00:47.09		504	
	100m: 1:09.03 1:09.03	1400m: 16:44.44 1:13.13	2700m: 32:38.11 1:13.66	4000m: 48:36.64 1:13.36			
	200m: 2:19.50 1:10.47	1500m: 17:57.63 1:13.19	2800m: 33:51.25 1:13.14	4100m: 49:50.49 1:13.85			
	300m: 3:31.10 1:11.60	1600m: 19:10.92 1:13.29	2900m: 35:04.74 1:13.49	4200m: 51:04.17 1:13.68			
	400m: 4:42.76 1:11.66	1700m: 20:24.09 1:13.17	3000m: 36:18.85 1:14.11	4300m: 52:17.66 1:13.49			
	500m: 5:54.29 1:11.53	1800m: 21:37.29 1:13.20	3100m: 37:32.91 1:14.06	4400m: 53:30.70 1:13.04			
	600m: 7:06.03 1:11.74	1900m: 22:50.91 1:13.62	3200m: 38:46.83 1:13.92	4500m: 54:43.95 1:13.25			
	700m: 8:17.44 1:11.41	2000m: 24:04.22 1:13.31	3300m: 40:00.87 1:14.04	4600m: 55:57.49 1:13.54			
	800m: 9:29.18 1:11.74	2100m: 25:17.29 1:13.07	3400m: 41:14.56 1:13.69	4700m: 57:10.48 1:12.99			
	900m: 10:41.12 1:11.94	2200m: 26:30.82 1:13.53	3500m: 42:28.48 1:13.92	4800m: 58:23.48 1:13.00			
	1000m: 11:53.34 1:12.22	2300m: 27:44.31 1:13.49	3600m: 43:42.10 1:13.62	4900m: 59:36.30 1:12.82			
	1100m: 13:05.89 1:12.55	2400m: 28:58.10 1:13.79	3700m: 44:55.43 1:13.33	5000m: 1:00:47.09 1:10.79			
	1200m: 14:18.62 1:12.73	2500m: 30:11.36 1:13.26	3800m: 46:09.62 1:14.19				
	1300m: 15:31.31 1:12.69	2600m: 31:24.45 1:13.09	3900m: 47:23.28 1:13.66				

Prova 2, Masc., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhede	1:03:24.75		444	
	100m: 1:09.11 1:09.11	1400m: 16:40.75	1:14.93	2700m: 33:12.69	1:18.49	4000m: 50:25.99	1:19.78
	200m: 2:19.21 1:10.10	1500m: 17:54.91	1:14.16	2800m: 34:30.68	1:17.99	4100m: 51:46.71	1:20.72
	300m: 3:29.88 1:10.67	1600m: 19:09.79	1:14.88	2900m: 35:49.74	1:19.06	4200m: 53:07.75	1:21.04
	400m: 4:40.66 1:10.78	1700m: 20:24.58	1:14.79	3000m: 37:08.61	1:18.87	4300m: 54:29.53	1:21.78
	500m: 5:52.01 1:11.35	1800m: 21:39.87	1:15.29	3100m: 38:28.14	1:19.53	4400m: 55:47.10	1:17.57
	600m: 7:03.76 1:11.75	1900m: 22:55.63	1:15.76	3200m: 39:46.87	1:18.73	4500m: 57:03.54	1:16.44
	700m: 8:15.31 1:11.55	2000m: 24:11.52	1:15.89	3300m: 41:05.56	1:18.69	4600m: 58:20.51	1:16.97
	800m: 9:25.69 1:10.38	2100m: 25:27.85	1:16.33	3400m: 42:26.03	1:20.47	4700m: 59:37.51	1:17.00
	900m: 10:36.36 1:10.67	2200m: 26:44.33	1:16.48	3500m: 43:45.78	1:19.75	4800m: 1:00:53.30	1:15.79
	1000m: 11:47.05 1:10.69	2300m: 28:01.33	1:17.00	3600m: 45:05.95	1:20.17	4900m: 1:02:09.45	1:16.15
	1100m: 12:58.65 1:11.60	2400m: 29:18.71	1:17.38	3700m: 46:25.96	1:20.01	5000m: 1:03:24.75	1:15.30
	1200m: 14:11.41 1:12.76	2500m: 30:36.83	1:18.12	3800m: 47:46.31	1:20.35		
	1300m: 15:25.82 1:14.41	2600m: 31:54.20	1:17.37	3900m: 49:06.21	1:19.90		
14.	SALGADO Goncalo Sampaio	02	Famalicao	1:03:30.64		442	
	100m: 1:09.25 1:09.25	1400m: 16:54.22	1:13.14	2700m: 33:17.16	1:17.73	4000m: 50:06.15	1:18.29
	200m: 2:20.93 1:11.68	1500m: 18:08.17	1:13.95	2800m: 34:34.54	1:17.38	4100m: 51:24.94	1:18.79
	300m: 3:33.74 1:12.81	1600m: 19:22.48	1:14.31	2900m: 35:51.19	1:16.65	4200m: 52:44.94	1:20.00
	400m: 4:47.11 1:13.37	1700m: 20:37.36	1:14.88	3000m: 37:08.31	1:17.12	4300m: 54:06.21	1:21.27
	500m: 5:59.82 1:12.71	1800m: 21:52.04	1:14.68	3100m: 38:26.08	1:17.77	4400m: 55:27.01	1:20.80
	600m: 7:11.92 1:12.10	1900m: 23:07.00	1:14.96	3200m: 39:43.22	1:17.14	4500m: 56:48.43	1:21.42
	700m: 8:24.60 1:12.68	2000m: 24:22.33	1:15.33	3300m: 41:01.42	1:18.20	4600m: 58:09.29	1:20.86
	800m: 9:37.04 1:12.44	2100m: 25:37.30	1:14.97	3400m: 42:19.16	1:17.74	4700m: 59:30.36	1:21.07
	900m: 10:49.51 1:12.47	2200m: 26:53.09	1:15.79	3500m: 43:36.60	1:17.44	4800m: 1:00:50.93	1:20.57
	1000m: 12:01.72 1:12.21	2300m: 28:09.12	1:16.03	3600m: 44:53.43	1:16.83	4900m: 1:02:10.28	1:19.35
	1100m: 13:14.62 1:12.90	2400m: 29:25.91	1:16.79	3700m: 46:10.69	1:17.26	5000m: 1:03:30.64	1:20.36
	1200m: 14:27.96 1:13.34	2500m: 30:42.92	1:17.01	3800m: 47:28.80	1:18.11		
	1300m: 15:41.08 1:13.12	2600m: 31:59.43	1:16.51	3900m: 48:47.86	1:19.06		
DNS	FROTA Paulo Andre	02	Condeixa Clube				
DNS	LOPES Jose Paulo	00	Braga				
DNS	JOSE Diogo Coelho	01	Columbofila Cantanhedense				
DNS	CARVALHO Jose Paula	98	Benfica				

Absolutos, Femin.

1.	DURAES Diana Margarida	96	Benfica	56:45.17		731	
	<i>Melhor Marca dos Campeonatos</i>						
	100m: 1:08.68 1:08.68	1400m: 15:57.01	1:07.79	2700m: 30:38.76	1:08.18	4000m: 45:25.01	1:08.01
	200m: 2:17.04 1:08.36	1500m: 17:04.69	1:07.68	2800m: 31:46.61	1:07.85	4100m: 46:32.97	1:07.96
	300m: 3:25.68 1:08.64	1600m: 18:12.47	1:07.78	2900m: 32:54.53	1:07.92	4200m: 47:40.91	1:07.94
	400m: 4:34.12 1:08.44	1700m: 19:20.14	1:07.67	3000m: 34:02.69	1:08.16	4300m: 48:48.92	1:08.01
	500m: 5:42.71 1:08.59	1800m: 20:27.68	1:07.54	3100m: 35:10.64	1:07.95	4400m: 49:57.23	1:08.31
	600m: 6:51.57 1:08.86	1900m: 21:35.68	1:08.00	3200m: 36:18.75	1:08.11	4500m: 51:05.64	1:08.41
	700m: 8:00.41 1:08.84	2000m: 22:43.63	1:07.95	3300m: 37:26.53	1:07.78	4600m: 52:13.94	1:08.30
	800m: 9:08.72 1:08.31	2100m: 23:51.64	1:08.01	3400m: 38:35.03	1:08.50	4700m: 53:22.19	1:08.25
	900m: 10:17.21 1:08.49	2200m: 24:59.46	1:07.82	3500m: 39:43.43	1:08.40	4800m: 54:30.14	1:07.95
	1000m: 11:25.57 1:08.36	2300m: 26:07.33	1:07.87	3600m: 40:51.88	1:08.45	4900m: 55:38.25	1:08.11
	1100m: 12:33.55 1:07.98	2400m: 27:15.13	1:07.80	3700m: 42:00.04	1:08.16	5000m: 56:45.17	1:06.92
	1200m: 13:41.38 1:07.83	2500m: 28:23.04	1:07.91	3800m: 43:08.66	1:08.62		
	1300m: 14:49.22 1:07.84	2600m: 29:30.58	1:07.54	3900m: 44:17.00	1:08.34		

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	ANDRE Angelica Maria	94	Fluvial Portuense	58:47.99		657	
	100m: 1:08.50 1:08.50	1400m: 16:15.78 1:10.95	2700m: 31:42.96 1:11.78	4000m: 47:10.03 1:10.81			
	200m: 2:17.32 1:08.82	1500m: 17:26.84 1:11.06	2800m: 32:54.67 1:11.71	4100m: 48:20.15 1:10.12			
	300m: 3:26.21 1:08.89	1600m: 18:37.94 1:11.10	2900m: 34:06.64 1:11.97	4200m: 49:31.02 1:10.87			
	400m: 4:35.87 1:09.66	1700m: 19:49.41 1:11.47	3000m: 35:19.03 1:12.39	4300m: 50:42.22 1:11.20			
	500m: 5:45.57 1:09.70	1800m: 21:00.98 1:11.57	3100m: 36:30.61 1:11.58	4400m: 51:53.28 1:11.06			
	600m: 6:55.00 1:09.43	1900m: 22:12.40 1:11.42	3200m: 37:42.52 1:11.91	4500m: 53:04.05 1:10.77			
	700m: 8:04.37 1:09.37	2000m: 23:23.85 1:11.45	3300m: 38:54.08 1:11.56	4600m: 54:14.22 1:10.17			
	800m: 9:13.40 1:09.03	2100m: 24:34.80 1:10.95	3400m: 40:05.67 1:11.59	4700m: 55:24.56 1:10.34			
	900m: 10:22.81 1:09.41	2200m: 25:45.60 1:10.80	3500m: 41:16.86 1:11.19	4800m: 56:33.96 1:09.40			
	1000m: 11:32.94 1:10.13	2300m: 26:56.57 1:10.97	3600m: 42:27.56 1:10.70	4900m: 57:42.93 1:08.97			
	1100m: 12:43.40 1:10.46	2400m: 28:07.61 1:11.04	3700m: 43:38.00 1:10.44	5000m: 58:47.99 1:05.06			
	1200m: 13:54.07 1:10.67	2500m: 29:19.02 1:11.41	3800m: 44:48.57 1:10.57				
	1300m: 15:04.83 1:10.76	2600m: 30:31.18 1:12.16	3900m: 45:59.22 1:10.65				
3.	ROSA Mafalda Sofia	03	Rio Maior	1:00:02.59		617	
	100m: 1:10.98 1:10.98	1400m: 16:27.55 1:11.49	2700m: 31:59.81 1:12.41	4000m: 47:44.81 1:13.50			
	200m: 2:21.25 1:10.27	1500m: 17:39.02 1:11.47	2800m: 33:12.48 1:12.67	4100m: 48:58.32 1:13.51			
	300m: 3:31.12 1:09.87	1600m: 18:50.13 1:11.11	2900m: 34:24.71 1:12.23	4200m: 50:12.08 1:13.76			
	400m: 4:41.13 1:10.01	1700m: 20:01.53 1:11.40	3000m: 35:37.05 1:12.34	4300m: 51:26.08 1:14.00			
	500m: 5:50.95 1:09.82	1800m: 21:12.67 1:11.14	3100m: 36:48.82 1:11.77	4400m: 52:40.04 1:13.96			
	600m: 7:01.16 1:10.21	1900m: 22:23.92 1:11.25	3200m: 38:01.20 1:12.38	4500m: 53:54.29 1:14.25			
	700m: 8:11.39 1:10.23	2000m: 23:35.29 1:11.37	3300m: 39:13.28 1:12.08	4600m: 55:08.46 1:14.17			
	800m: 9:21.80 1:10.41	2100m: 24:47.02 1:11.73	3400m: 40:25.81 1:12.53	4700m: 56:22.67 1:14.21			
	900m: 10:32.57 1:10.77	2200m: 25:59.05 1:12.03	3500m: 41:38.31 1:12.50	4800m: 57:36.42 1:13.75			
	1000m: 11:43.05 1:10.48	2300m: 27:11.02 1:11.97	3600m: 42:50.82 1:12.51	4900m: 58:49.64 1:13.22			
	1100m: 12:53.74 1:10.69	2400m: 28:23.03 1:12.01	3700m: 44:04.32 1:13.50	5000m: 1:00:02.59 1:12.95			
	1200m: 14:04.79 1:11.05	2500m: 29:35.24 1:12.21	3800m: 45:17.83 1:13.51				
	1300m: 15:16.06 1:11.27	2600m: 30:47.40 1:12.16	3900m: 46:31.31 1:13.48				
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	1:00:46.11		595	
	100m: 1:11.86 1:11.86	1400m: 16:49.37 1:12.60	2700m: 32:41.18 1:13.43	4000m: 48:35.88 1:13.57			
	200m: 2:24.00 1:12.14	1500m: 18:02.16 1:12.79	2800m: 33:54.51 1:13.33	4100m: 49:49.23 1:13.35			
	300m: 3:36.08 1:12.08	1600m: 19:15.43 1:13.27	2900m: 35:08.34 1:13.83	4200m: 51:03.02 1:13.79			
	400m: 4:47.70 1:11.62	1700m: 20:28.47 1:13.04	3000m: 36:21.96 1:13.62	4300m: 52:16.79 1:13.77			
	500m: 5:59.63 1:11.93	1800m: 21:42.08 1:13.61	3100m: 37:35.60 1:13.64	4400m: 53:30.26 1:13.47			
	600m: 7:11.07 1:11.44	1900m: 22:54.77 1:12.69	3200m: 38:49.01 1:13.41	4500m: 54:44.12 1:13.86			
	700m: 8:22.94 1:11.87	2000m: 24:08.17 1:13.40	3300m: 40:02.52 1:13.51	4600m: 55:57.12 1:13.00			
	800m: 9:34.94 1:12.00	2100m: 25:21.50 1:13.33	3400m: 41:16.30 1:13.78	4700m: 57:10.12 1:13.00			
	900m: 10:46.94 1:12.00	2200m: 26:34.90 1:13.40	3500m: 42:29.12 1:12.82	4800m: 58:23.01 1:12.89			
	1000m: 11:58.95 1:12.01	2300m: 27:48.16 1:13.26	3600m: 43:42.07 1:12.95	4900m: 59:35.28 1:12.27			
	1100m: 13:11.43 1:12.48	2400m: 29:01.22 1:13.06	3700m: 44:55.45 1:13.38	5000m: 1:00:46.11 1:10.83			
	1200m: 14:23.81 1:12.38	2500m: 30:14.43 1:13.21	3800m: 46:08.75 1:13.30				
	1300m: 15:36.77 1:12.96	2600m: 31:27.75 1:13.32	3900m: 47:22.31 1:13.56				
5.	QUEIROZ Ana Rita	02	Condeixa Clube	1:03:09.68		530	
	100m: 1:11.40 1:11.40	1400m: 16:59.64 1:15.42	2700m: 33:26.91 1:16.68	4000m: 50:10.94 1:18.57			
	200m: 2:23.26 1:11.86	1500m: 18:14.19 1:14.55	2800m: 34:44.02 1:17.11	4100m: 51:28.57 1:17.63			
	300m: 3:35.07 1:11.81	1600m: 19:29.65 1:15.46	2900m: 36:01.06 1:17.04	4200m: 52:47.03 1:18.46			
	400m: 4:47.64 1:12.57	1700m: 20:45.10 1:15.45	3000m: 37:17.97 1:16.91	4300m: 54:05.75 1:18.72			
	500m: 5:59.80 1:12.16	1800m: 22:00.96 1:15.86	3100m: 38:34.20 1:16.23	4400m: 55:24.21 1:18.46			
	600m: 7:11.92 1:12.12	1900m: 23:16.81 1:15.85	3200m: 39:51.22 1:17.02	4500m: 56:42.73 1:18.52			
	700m: 8:23.78 1:11.86	2000m: 24:32.33 1:15.52	3300m: 41:08.52 1:17.30	4600m: 58:00.48 1:17.75			
	800m: 9:35.92 1:12.14	2100m: 25:47.88 1:15.55	3400m: 42:25.99 1:17.47	4700m: 59:18.28 1:17.80			
	900m: 10:48.60 1:12.68	2200m: 27:04.01 1:16.13	3500m: 43:42.25 1:16.26	4800m: 1:00:35.68 1:17.40			
	1000m: 12:01.69 1:13.09	2300m: 28:21.04 1:17.03	3600m: 44:57.61 1:15.36	4900m: 1:01:53.28 1:17.60			
	1100m: 13:15.12 1:13.43	2400m: 29:37.31 1:16.27	3700m: 46:15.67 1:18.06	5000m: 1:03:09.68 1:16.40			
	1200m: 14:29.35 1:14.23	2500m: 30:53.62 1:16.31	3800m: 47:33.83 1:18.16				
	1300m: 15:44.22 1:14.87	2600m: 32:10.23 1:16.61	3900m: 48:52.37 1:18.54				

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MARTINS Ines Alves	01	Porto	1:03:30.90		521	
	100m: 1:14.14 1:14.14	1400m: 17:34.13 1:15.92	2700m: 34:08.01 1:16.86	4000m: 50:47.06 1:17.26			
	200m: 2:29.07 1:14.93	1500m: 18:50.08 1:15.95	2800m: 35:25.08 1:17.07	4100m: 52:04.31 1:17.25			
	300m: 3:43.94 1:14.87	1600m: 20:06.11 1:16.03	2900m: 36:41.98 1:16.90	4200m: 53:21.23 1:16.92			
	400m: 4:58.93 1:14.99	1700m: 21:22.36 1:16.25	3000m: 37:58.81 1:16.83	4300m: 54:37.83 1:16.60			
	500m: 6:14.38 1:15.45	1800m: 22:38.98 1:16.62	3100m: 39:15.53 1:16.72	4400m: 55:54.54 1:16.71			
	600m: 7:30.14 1:15.76	1900m: 23:55.66 1:16.68	3200m: 40:32.39 1:16.86	4500m: 57:11.02 1:16.48			
	700m: 8:45.31 1:15.17	2000m: 25:12.25 1:16.59	3300m: 41:49.53 1:17.14	4600m: 58:27.37 1:16.35			
	800m: 10:00.45 1:15.14	2100m: 26:28.84 1:16.59	3400m: 43:06.42 1:16.89	4700m: 59:43.74 1:16.37			
	900m: 11:16.26 1:15.81	2200m: 27:45.66 1:16.82	3500m: 44:23.28 1:16.86	4800m: 1:00:59.99 1:16.25			
	1000m: 12:32.06 1:15.80	2300m: 29:02.33 1:16.67	3600m: 45:39.89 1:16.61	4900m: 1:02:16.37 1:16.38			
	1100m: 13:46.93 1:14.87	2400m: 30:18.48 1:16.15	3700m: 46:56.64 1:16.75	5000m: 1:03:30.90 1:14.53			
	1200m: 15:02.41 1:15.48	2500m: 31:34.87 1:16.39	3800m: 48:13.11 1:16.47				
	1300m: 16:18.21 1:15.80	2600m: 32:51.15 1:16.28	3900m: 49:29.80 1:16.69				
7.	SILVA Natacha Sofia	02	Benfica	1:04:43.97		493	
	100m: 1:16.83 1:16.83	1400m: 18:02.73 1:16.64	2700m: 34:55.87 1:17.89	4000m: 51:52.78 1:17.35			
	200m: 2:35.27 1:18.44	1500m: 19:20.59 1:17.86	2800m: 36:14.32 1:18.45	4100m: 53:11.02 1:18.24			
	300m: 3:53.56 1:18.29	1600m: 20:38.12 1:17.53	2900m: 37:32.85 1:18.53	4200m: 54:28.56 1:17.54			
	400m: 5:11.11 1:17.55	1700m: 21:55.70 1:17.58	3000m: 38:51.16 1:18.31	4300m: 55:46.39 1:17.83			
	500m: 6:28.21 1:17.10	1800m: 23:13.59 1:17.89	3100m: 40:09.67 1:18.51	4400m: 57:03.51 1:17.12			
	600m: 7:45.45 1:17.24	1900m: 24:31.89 1:18.30	3200m: 41:27.96 1:18.29	4500m: 58:20.46 1:16.95			
	700m: 9:02.73 1:17.28	2000m: 25:50.47 1:18.58	3300m: 42:45.76 1:17.80	4600m: 59:37.53 1:17.07			
	800m: 10:19.61 1:16.88	2100m: 27:08.11 1:17.64	3400m: 44:04.69 1:18.93	4700m: 1:00:54.94 1:17.41			
	900m: 11:36.69 1:17.08	2200m: 28:26.01 1:17.90	3500m: 45:23.61 1:18.92	4800m: 1:02:11.81 1:16.87			
	1000m: 12:53.95 1:17.26	2300m: 29:43.63 1:17.62	3600m: 46:41.93 1:18.32	4900m: 1:03:28.85 1:17.04			
	1100m: 14:11.10 1:17.15	2400m: 31:01.52 1:17.89	3700m: 47:59.57 1:17.64	5000m: 1:04:43.97 1:15.12			
	1200m: 15:28.36 1:17.26	2500m: 32:20.04 1:18.52	3800m: 49:17.40 1:17.83				
	1300m: 16:46.09 1:17.73	2600m: 33:37.98 1:17.94	3900m: 50:35.43 1:18.03				
8.	ANGELO Mariana Pinto	99	Academica de Coimbra	1:04:58.00		487	
	100m: 1:14.61 1:14.61	1400m: 17:45.78 1:16.57	2700m: 34:38.81 1:18.26	4000m: 51:41.74 1:19.43			
	200m: 2:30.39 1:15.78	1500m: 19:02.79 1:17.01	2800m: 35:57.16 1:18.35	4100m: 53:00.97 1:19.23			
	300m: 3:45.91 1:15.52	1600m: 20:19.90 1:17.11	2900m: 37:15.56 1:18.40	4200m: 54:20.41 1:19.44			
	400m: 5:01.93 1:16.02	1700m: 21:37.21 1:17.31	3000m: 38:33.74 1:18.18	4300m: 55:39.86 1:19.45			
	500m: 6:18.04 1:16.11	1800m: 22:54.81 1:17.60	3100m: 39:51.90 1:18.16	4400m: 56:59.52 1:19.66			
	600m: 7:34.13 1:16.09	1900m: 24:12.58 1:17.77	3200m: 41:09.97 1:18.07	4500m: 58:18.94 1:19.42			
	700m: 8:50.40 1:16.27	2000m: 25:30.57 1:17.99	3300m: 42:28.59 1:18.62	4600m: 59:39.18 1:20.24			
	800m: 10:07.07 1:16.67	2100m: 26:48.34 1:17.77	3400m: 43:46.83 1:18.24	4700m: 1:00:59.27 1:20.09			
	900m: 11:23.55 1:16.48	2200m: 28:06.29 1:17.95	3500m: 45:06.01 1:19.18	4800m: 1:02:19.58 1:20.31			
	1000m: 12:39.57 1:16.02	2300m: 29:24.20 1:17.91	3600m: 46:24.86 1:18.85	4900m: 1:03:39.83 1:20.25			
	1100m: 13:56.22 1:16.65	2400m: 30:42.91 1:18.71	3700m: 47:43.66 1:18.80	5000m: 1:04:58.00 1:18.17			
	1200m: 15:12.30 1:16.08	2500m: 32:01.65 1:18.74	3800m: 49:02.71 1:19.05				
	1300m: 16:29.21 1:16.91	2600m: 33:20.55 1:18.90	3900m: 50:22.31 1:19.60				
9.	FERNANDES Maria Joao	97	Fluvial Portuense	1:05:33.52		474	
	100m: 1:14.60 1:14.60	1400m: 17:59.20 1:17.87	2700m: 35:00.25 1:18.91	4000m: 52:17.88 1:20.17			
	200m: 2:31.39 1:16.79	1500m: 19:16.86 1:17.66	2800m: 36:19.67 1:19.42	4100m: 53:37.98 1:20.10			
	300m: 3:47.82 1:16.43	1600m: 20:35.96 1:19.10	2900m: 37:38.51 1:18.84	4200m: 54:57.96 1:19.98			
	400m: 5:04.67 1:16.85	1700m: 21:54.61 1:18.65	3000m: 38:58.13 1:19.62	4300m: 56:18.71 1:20.75			
	500m: 6:21.01 1:16.34	1800m: 23:12.74 1:18.13	3100m: 40:17.31 1:19.18	4400m: 57:38.91 1:20.20			
	600m: 7:37.82 1:16.81	1900m: 24:31.43 1:18.69	3200m: 41:36.88 1:19.57	4500m: 58:58.63 1:19.72			
	700m: 8:54.55 1:16.73	2000m: 25:49.61 1:18.18	3300m: 42:56.74 1:19.86	4600m: 1:00:17.54 1:18.91			
	800m: 10:11.61 1:17.06	2100m: 27:07.72 1:18.11	3400m: 44:16.80 1:20.06	4700m: 1:01:36.92 1:19.38			
	900m: 11:29.54 1:17.93	2200m: 28:26.58 1:18.86	3500m: 45:36.69 1:19.89	4800m: 1:02:56.27 1:19.35			
	1000m: 12:47.60 1:18.06	2300m: 29:45.08 1:18.50	3600m: 46:56.71 1:20.02	4900m: 1:04:15.17 1:18.90			
	1100m: 14:05.43 1:17.83	2400m: 31:03.41 1:18.33	3700m: 48:16.88 1:20.17	5000m: 1:05:33.52 1:18.35			
	1200m: 15:23.22 1:17.79	2500m: 32:22.19 1:18.78	3800m: 49:37.38 1:20.50				
	1300m: 16:41.33 1:18.11	2600m: 33:41.34 1:19.15	3900m: 50:57.71 1:20.33				

Prova 2, Femin., 5000m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SOUZA Ines Matos	03	Uniao Coimbra	1:05:46.51		469	
	100m: 1:13.71 1:13.71	1400m: 18:02.26	1:18.47	2700m: 35:17.04	1:18.76	4000m: 52:28.86	1:19.38
	200m: 2:29.95 1:16.24	1500m: 19:21.20	1:18.94	2800m: 36:36.03	1:18.99	4100m: 53:48.46	1:19.60
	300m: 3:46.44 1:16.49	1600m: 20:40.82	1:19.62	2900m: 37:55.17	1:19.14	4200m: 55:08.31	1:19.85
	400m: 5:03.06 1:16.62	1700m: 22:00.55	1:19.73	3000m: 39:14.61	1:19.44	4300m: 56:27.94	1:19.63
	500m: 6:20.31 1:17.25	1800m: 23:19.85	1:19.30	3100m: 40:32.79	1:18.18	4400m: 57:48.20	1:20.26
	600m: 7:37.38 1:17.07	1900m: 24:40.23	1:20.38	3200m: 41:51.74	1:18.95	4500m: 59:08.32	1:20.12
	700m: 8:54.87 1:17.49	2000m: 25:59.89	1:19.66	3300m: 43:10.43	1:18.69	4600m: 1:00:28.21	1:19.89
	800m: 10:12.98 1:18.11	2100m: 27:19.94	1:20.05	3400m: 44:30.32	1:19.89	4700m: 1:01:48.24	1:20.03
	900m: 11:31.36 1:18.38	2200m: 28:39.80	1:19.86	3500m: 45:49.55	1:19.23	4800m: 1:03:08.19	1:19.95
	1000m: 12:50.04 1:18.68	2300m: 29:59.35	1:19.55	3600m: 47:09.92	1:20.37	4900m: 1:04:28.25	1:20.06
	1100m: 14:08.28 1:18.24	2400m: 31:19.68	1:20.33	3700m: 48:29.52	1:19.60	5000m: 1:05:46.51	1:18.26
	1200m: 15:26.06 1:17.78	2500m: 32:39.01	1:19.33	3800m: 49:49.34	1:19.82		
	1300m: 16:43.79 1:17.73	2600m: 33:58.28	1:19.27	3900m: 51:09.48	1:20.14		

11.	MAGALHAES Ines Filipa	02	Aquatico Pacense	1:11:56.05		359	
	100m: 1:21.25 1:21.25	1400m: 19:53.81	1:26.34	2700m: 38:37.55	1:26.85	4000m: 57:32.01	1:27.84
	200m: 2:46.85 1:25.60	1500m: 21:19.00	1:25.19	2800m: 40:04.16	1:26.61	4100m: 59:00.18	1:28.17
	300m: 4:13.06 1:26.21	1600m: 22:44.25	1:25.25	2900m: 41:31.98	1:27.82	4200m: 1:00:28.03	1:27.85
	400m: 5:39.11 1:26.05	1700m: 24:10.31	1:26.06	3000m: 42:59.08	1:27.10	4300m: 1:01:54.30	1:26.27
	500m: 7:04.41 1:25.30	1800m: 25:36.03	1:25.72	3100m: 44:24.92	1:25.84	4400m: 1:03:21.02	1:26.72
	600m: 8:29.89 1:25.48	1900m: 27:02.55	1:26.52	3200m: 45:51.23	1:26.31	4500m: 1:04:48.27	1:27.25
	700m: 9:54.65 1:24.76	2000m: 28:28.98	1:26.43	3300m: 47:19.04	1:27.81	4600m: 1:06:13.89	1:25.62
	800m: 11:19.65 1:25.00	2100m: 29:55.25	1:26.27	3400m: 48:46.32	1:27.28	4700m: 1:07:40.31	1:26.42
	900m: 12:44.92 1:25.27	2200m: 31:21.52	1:26.27	3500m: 50:13.68	1:27.36	4800m: 1:09:06.50	1:26.19
	1000m: 14:10.07 1:25.15	2300m: 32:48.27	1:26.75	3600m: 51:41.23	1:27.55	4900m: 1:10:32.57	1:26.07
	1100m: 15:35.10 1:25.03	2400m: 34:15.71	1:27.44	3700m: 53:08.41	1:27.18	5000m: 1:11:56.05	1:23.48
	1200m: 17:00.98 1:25.88	2500m: 35:43.64	1:27.93	3800m: 54:36.49	1:28.08		
	1300m: 18:27.47 1:26.49	2600m: 37:10.70	1:27.06	3900m: 56:04.17	1:27.68		

DNS FRAZAO Alexandra Couto 02 Condeixa Clube

EXH	CHEROUATI Souad Nefissa	89	Benfica	59:39.18		629	
	100m: 1:09.87 1:09.87	1400m: 16:19.24	1:10.43	2700m: 31:52.47	1:12.01	4000m: 47:34.19	1:13.20
	200m: 2:19.80 1:09.93	1500m: 17:30.03	1:10.79	2800m: 33:04.92	1:12.45	4100m: 48:47.11	1:12.92
	300m: 3:29.24 1:09.44	1600m: 18:41.19	1:11.16	2900m: 34:17.33	1:12.41	4200m: 49:59.92	1:12.81
	400m: 4:38.86 1:09.62	1700m: 19:52.45	1:11.26	3000m: 35:29.36	1:12.03	4300m: 51:12.07	1:12.15
	500m: 5:48.67 1:09.81	1800m: 21:03.99	1:11.54	3100m: 36:41.68	1:12.32	4400m: 52:24.18	1:12.11
	600m: 6:58.61 1:09.94	1900m: 22:15.63	1:11.64	3200m: 37:53.67	1:11.99	4500m: 53:36.85	1:12.67
	700m: 8:08.50 1:09.89	2000m: 23:27.59	1:11.96	3300m: 39:05.95	1:12.28	4600m: 54:49.72	1:12.87
	800m: 9:18.17 1:09.67	2100m: 24:39.67	1:12.08	3400m: 40:18.19	1:12.24	4700m: 56:02.67	1:12.95
	900m: 10:27.91 1:09.74	2200m: 25:51.92	1:12.25	3500m: 41:30.25	1:12.06	4800m: 57:15.30	1:12.63
	1000m: 11:38.01 1:10.10	2300m: 27:03.98	1:12.06	3600m: 42:42.88	1:12.63	4900m: 58:28.53	1:13.23
	1100m: 12:48.30 1:10.29	2400m: 28:15.89	1:11.91	3700m: 43:55.15	1:12.27	5000m: 59:39.18	1:10.65
	1200m: 13:58.38 1:10.08	2500m: 29:28.06	1:12.17	3800m: 45:07.67	1:12.52		
	1300m: 15:08.81 1:10.43	2600m: 30:40.46	1:12.40	3900m: 46:20.99	1:13.32		

EXH	DIAS Simao Pedro	02	Natacao da Guarda	1:04:21.13		425	
	100m: 1:08.72 1:08.72	1400m: 17:27.94	1:17.93	2700m: 34:24.05	1:19.40	4000m: 51:18.76	1:17.33
	200m: 2:20.59 1:11.87	1500m: 18:44.55	1:16.61	2800m: 35:43.89	1:19.84	4100m: 52:36.43	1:17.67
	300m: 3:33.84 1:13.25	1600m: 20:01.59	1:17.04	2900m: 37:02.26	1:18.37	4200m: 53:53.17	1:16.74
	400m: 4:47.08 1:13.24	1700m: 21:19.60	1:18.01	3000m: 38:20.54	1:18.28	4300m: 55:11.12	1:17.95
	500m: 6:00.07 1:12.99	1800m: 22:37.86	1:18.26	3100m: 39:38.81	1:18.27	4400m: 56:28.81	1:17.69
	600m: 7:15.04 1:14.97	1900m: 23:55.31	1:17.45	3200m: 40:56.39	1:17.58	4500m: 57:47.49	1:18.68
	700m: 8:28.61 1:13.57	2000m: 25:13.27	1:17.96	3300m: 42:13.67	1:17.28	4600m: 59:06.93	1:19.44
	800m: 9:43.79 1:15.18	2100m: 26:30.89	1:17.62	3400m: 43:32.09	1:18.42	4700m: 1:00:26.05	1:19.12
	900m: 11:00.08 1:16.29	2200m: 27:48.94	1:18.05	3500m: 44:52.50	1:20.41	4800m: 1:01:45.29	1:19.24
	1000m: 12:16.52 1:16.44	2300m: 29:07.93	1:18.99	3600m: 46:10.04	1:17.54	4900m: 1:03:05.25	1:19.96
	1100m: 13:33.55 1:17.03	2400m: 30:26.90	1:18.97	3700m: 47:28.92	1:18.88	5000m: 1:04:21.13	1:15.88
	1200m: 14:51.42 1:17.87	2500m: 31:46.20	1:19.30	3800m: 48:45.47	1:16.55		
	1300m: 16:10.01 1:18.59	2600m: 33:04.65	1:18.45	3900m: 50:01.43	1:15.96		