

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA
Funchal, 01 a 04 de Agosto de 2019



Prova 1 Masc., 1500m Livres Juvenis
01-08-2019 - 17:05 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
Rec Nac Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	16:34.77	+1,00	671	
	50m: 30.22 30.22	450m: 4:59.32	33.84	850m: 9:26.60	33.53	1250m: 13:51.25	33.06
	100m: 1:03.36 33.14	500m: 5:33.11	33.79	900m: 9:59.91	33.31	1300m: 14:24.48	33.23
	150m: 1:36.89 33.53	550m: 6:06.92	33.81	950m: 10:32.93	33.02	1350m: 14:57.59	33.11
	200m: 2:10.38 33.49	600m: 6:40.47	33.55	1000m: 11:06.35	33.42	1400m: 15:30.99	33.40
	250m: 2:44.03 33.65	650m: 7:13.40	32.93	1050m: 11:39.17	32.82	1450m: 16:03.17	32.18
	300m: 3:17.83 33.80	700m: 7:46.85	33.45	1100m: 12:12.46	33.29	1500m: 16:34.77	31.60
	350m: 3:51.61 33.78	750m: 8:19.99	33.14	1150m: 12:45.17	32.71		
	400m: 4:25.48 33.87	800m: 8:53.07	33.08	1200m: 13:18.19	33.02		
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	16:42.58	+0,77	655	
	50m: 29.33 29.33	450m: 4:58.40	33.66	850m: 9:29.59	33.88	1250m: 13:58.89	33.26
	100m: 1:02.12 32.79	500m: 5:32.55	34.15	900m: 10:03.60	34.01	1300m: 14:32.21	33.32
	150m: 1:35.56 33.44	550m: 6:06.51	33.96	950m: 10:37.33	33.73	1350m: 15:04.96	32.75
	200m: 2:09.58 34.02	600m: 6:40.38	33.87	1000m: 11:11.14	33.81	1400m: 15:38.11	33.15
	250m: 2:43.24 33.66	650m: 7:14.06	33.68	1050m: 11:44.54	33.40	1450m: 16:10.30	32.19
	300m: 3:17.17 33.93	700m: 7:48.07	34.01	1100m: 12:18.44	33.90	1500m: 16:42.58	32.28
	350m: 3:50.87 33.70	750m: 8:21.86	33.79	1150m: 12:51.96	33.52		
	400m: 4:24.74 33.87	800m: 8:55.71	33.85	1200m: 13:25.63	33.67		
3.	ALMEIDA Bernardo Victorino	04	Sporting	16:46.01	+0,67	649	
	50m: 29.08 29.08	450m: 4:58.78	34.14	850m: 9:28.72	33.71	1250m: 13:59.16	33.48
	100m: 1:01.77 32.69	500m: 5:32.88	34.10	900m: 10:02.79	34.07	1300m: 14:33.06	33.90
	150m: 1:34.80 33.03	550m: 6:06.20	33.32	950m: 10:36.77	33.98	1350m: 15:07.09	34.03
	200m: 2:08.61 33.81	600m: 6:39.88	33.68	1000m: 11:10.52	33.75	1400m: 15:41.15	34.06
	250m: 2:42.39 33.78	650m: 7:13.64	33.76	1050m: 11:44.60	34.08	1450m: 16:14.51	33.36
	300m: 3:16.44 34.05	700m: 7:47.56	33.92	1100m: 12:17.86	33.26	1500m: 16:46.01	31.50
	350m: 3:50.53 34.09	750m: 8:21.07	33.51	1150m: 12:51.66	33.80		
	400m: 4:24.64 34.11	800m: 8:55.01	33.94	1200m: 13:25.68	34.02		
4.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	16:47.88	+0,70	645	
	50m: 30.30 30.30	450m: 5:00.87	32.77	850m: 9:29.92	33.72	1250m: 14:00.72	33.33
	100m: 1:03.66 33.36	500m: 5:34.40	33.53	900m: 10:03.65	33.73	1300m: 14:35.36	34.64
	150m: 1:37.33 33.67	550m: 6:07.83	33.43	950m: 10:37.72	34.07	1350m: 15:08.97	33.61
	200m: 2:11.49 34.16	600m: 6:41.64	33.81	1000m: 11:11.52	33.80	1400m: 15:42.80	33.83
	250m: 2:45.50 34.01	650m: 7:14.93	33.29	1050m: 11:45.49	33.97	1450m: 16:16.14	33.34
	300m: 3:19.63 34.13	700m: 7:48.57	33.64	1100m: 12:19.39	33.90	1500m: 16:47.88	31.74
	350m: 3:53.56 33.93	750m: 8:22.84	34.27	1150m: 12:53.66	34.27		
	400m: 4:28.10 34.54	800m: 8:56.20	33.36	1200m: 13:27.39	33.73		
5.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	16:55.44	+0,70	631	
	50m: 28.93 28.93	450m: 4:58.48	33.87	850m: 9:30.27	34.01	1250m: 14:04.46	34.12
	100m: 1:01.60 32.67	500m: 5:32.39	33.91	900m: 10:04.99	34.72	1300m: 14:39.20	34.74
	150m: 1:34.92 33.32	550m: 6:06.40	34.01	950m: 10:39.00	34.01	1350m: 15:13.26	34.06
	200m: 2:08.93 34.01	600m: 6:40.39	33.99	1000m: 11:13.77	34.77	1400m: 15:48.12	34.86
	250m: 2:42.75 33.82	650m: 7:14.26	33.87	1050m: 11:47.47	33.70	1450m: 16:21.80	33.68
	300m: 3:16.77 34.02	700m: 7:48.41	34.15	1100m: 12:21.99	34.52	1500m: 16:55.44	33.64
	350m: 3:50.70 33.93	750m: 8:22.25	33.84	1150m: 12:55.70	33.71		
	400m: 4:24.61 33.91	800m: 8:56.26	34.01	1200m: 13:30.34	34.64		



Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	17:07.25	+0,74	609	
	50m: 30.12 30.12	450m: 5:03.39 34.09	850m: 9:37.01 34.31	1250m: 14:15.76 35.10			
	100m: 1:03.51 33.39	500m: 5:36.98 33.59	900m: 10:11.51 34.50	1300m: 14:50.82 35.06			
	150m: 1:37.88 34.37	550m: 6:11.14 34.16	950m: 10:46.27 34.76	1350m: 15:25.56 34.74			
	200m: 2:11.62 33.74	600m: 6:45.08 33.94	1000m: 11:21.25 34.98	1400m: 16:00.25 34.69			
	250m: 2:46.33 34.71	650m: 7:19.41 34.33	1050m: 11:56.16 34.91	1450m: 16:34.11 33.86			
	300m: 3:21.02 34.69	700m: 7:53.65 34.24	1100m: 12:30.72 34.56	1500m: 17:07.25 33.14			
	350m: 3:55.34 34.32	750m: 8:28.16 34.51	1150m: 13:06.00 35.28				
	400m: 4:29.30 33.96	800m: 9:02.70 34.54	1200m: 13:40.66 34.66				
7.	DUARTE Pedro Esteves	03	Cova da Piedade	17:08.19	+0,66	607	
	50m: 30.63 30.63	450m: 5:08.78 34.72	850m: 9:42.57 34.08	1250m: 14:19.06 34.60			
	100m: 1:04.83 34.20	500m: 5:43.66 34.88	900m: 10:16.98 34.41	1300m: 14:53.83 34.77			
	150m: 1:39.43 34.60	550m: 6:17.44 33.78	950m: 10:51.19 34.21	1350m: 15:28.46 34.63			
	200m: 2:14.09 34.66	600m: 6:51.51 34.07	1000m: 11:25.70 34.51	1400m: 16:02.94 34.48			
	250m: 2:48.89 34.80	650m: 7:25.62 34.11	1050m: 12:00.32 34.62	1450m: 16:36.88 33.94			
	300m: 3:24.00 35.11	700m: 8:00.03 34.41	1100m: 12:35.00 34.68	1500m: 17:08.19 31.31			
	350m: 3:58.98 34.98	750m: 8:34.14 34.11	1150m: 13:09.73 34.73				
	400m: 4:34.06 35.08	800m: 9:08.49 34.35	1200m: 13:44.46 34.73				
8.	SANTOS Andre Cardoso	03	Academico Viseu	17:08.27	+0,69	607	
	50m: 30.57 30.57	450m: 5:08.34 35.06	850m: 9:44.49 33.84	1250m: 14:19.27 34.99			
	100m: 1:04.38 33.81	500m: 5:43.10 34.76	900m: 10:18.41 33.92	1300m: 14:53.94 34.67			
	150m: 1:38.97 34.59	550m: 6:17.88 34.78	950m: 10:52.76 34.35	1350m: 15:28.62 34.68			
	200m: 2:13.39 34.42	600m: 6:52.19 34.31	1000m: 11:27.20 34.44	1400m: 16:03.13 34.51			
	250m: 2:48.54 35.15	650m: 7:27.15 34.96	1050m: 12:01.35 34.15	1450m: 16:37.22 34.09			
	300m: 3:23.25 34.71	700m: 8:01.51 34.36	1100m: 12:35.54 34.19	1500m: 17:08.27 31.05			
	350m: 3:58.17 34.92	750m: 8:36.19 34.68	1150m: 13:09.75 34.21				
	400m: 4:33.28 35.11	800m: 9:10.65 34.46	1200m: 13:44.28 34.53				
9.	PEREIRA Alexandre Alves	03	Braga	17:08.39	+0,79	607	
	50m: 29.29 29.29	450m: 5:01.68 34.71	850m: 9:40.53 35.37	1250m: 14:18.19 34.92			
	100m: 1:02.25 32.96	500m: 5:36.32 34.64	900m: 10:15.49 34.96	1300m: 14:52.91 34.72			
	150m: 1:36.03 33.78	550m: 6:11.20 34.88	950m: 10:50.31 34.82	1350m: 15:27.73 34.82			
	200m: 2:09.69 33.66	600m: 6:45.73 34.53	1000m: 11:25.29 34.98	1400m: 16:02.39 34.66			
	250m: 2:43.66 33.97	650m: 7:20.49 34.76	1050m: 12:00.35 35.06	1450m: 16:36.45 34.06			
	300m: 3:17.85 34.19	700m: 7:55.32 34.83	1100m: 12:34.78 34.43	1500m: 17:08.39 31.94			
	350m: 3:52.40 34.55	750m: 8:30.18 34.86	1150m: 13:08.98 34.20				
	400m: 4:26.97 34.57	800m: 9:05.16 34.98	1200m: 13:43.27 34.29				
10.	CARVALHO Martim Henriques	04	Rio Maior	17:15.46	+0,70	595	
	50m: 30.31 30.31	450m: 5:04.24 34.32	850m: 9:41.30 34.54	1250m: 14:22.86 35.24			
	100m: 1:04.30 33.99	500m: 5:39.19 34.95	900m: 10:16.84 35.54	1300m: 14:58.67 35.81			
	150m: 1:38.39 34.09	550m: 6:13.59 34.40	950m: 10:51.38 34.54	1350m: 15:33.38 34.71			
	200m: 2:13.18 34.79	600m: 6:48.56 34.97	1000m: 11:26.69 35.31	1400m: 16:08.31 34.93			
	250m: 2:47.05 33.87	650m: 7:22.97 34.41	1050m: 12:01.99 35.30	1450m: 16:42.42 34.11			
	300m: 3:21.14 34.09	700m: 7:57.83 34.86	1100m: 12:37.33 35.34	1500m: 17:15.46 33.04			
	350m: 3:55.33 34.19	750m: 8:32.12 34.29	1150m: 13:12.13 34.80				
	400m: 4:29.92 34.59	800m: 9:06.76 34.64	1200m: 13:47.62 35.49				
11.	DIAS Ruben Fonseca	03	Natacao de Valongo	17:24.12	+0,74	580	
	50m: 30.31 30.31	450m: 5:03.76 34.21	850m: 9:43.89 35.31	1250m: 14:32.02 36.20			
	100m: 1:03.38 33.07	500m: 5:38.90 35.14	900m: 10:19.36 35.47	1300m: 15:07.33 35.31			
	150m: 1:37.29 33.91	550m: 6:13.83 34.93	950m: 10:55.39 36.03	1350m: 15:42.69 35.36			
	200m: 2:11.94 34.65	600m: 6:48.46 34.63	1000m: 11:31.90 36.51	1400m: 16:18.27 35.58			
	250m: 2:46.11 34.17	650m: 7:23.07 34.61	1050m: 12:07.52 35.62	1450m: 16:51.11 32.84			
	300m: 3:20.63 34.52	700m: 7:58.36 35.29	1100m: 12:43.64 36.12	1500m: 17:24.12 33.01			
	350m: 3:54.75 34.12	750m: 8:33.59 35.23	1150m: 13:19.44 35.80				
	400m: 4:29.55 34.80	800m: 9:08.58 34.99	1200m: 13:55.82 36.38				

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CANADAS Joao Vasco	03	Rio Maior	17:24.78	+0,72	579	
	50m: 30.91 30.91	450m: 5:09.05 34.63	850m: 9:50.25 35.24	1250m: 14:33.08 35.19			
	100m: 1:05.18 34.27	500m: 5:43.83 34.78	900m: 10:25.42 35.17	1300m: 15:08.26 35.18			
	150m: 1:40.07 34.89	550m: 6:18.87 35.04	950m: 11:01.07 35.65	1350m: 15:43.41 35.15			
	200m: 2:14.80 34.73	600m: 6:53.85 34.98	1000m: 11:36.27 35.20	1400m: 16:18.33 34.92			
	250m: 2:49.76 34.96	650m: 7:29.01 35.16	1050m: 12:11.90 35.63	1450m: 16:52.09 33.76			
	300m: 3:24.58 34.82	700m: 8:04.26 35.25	1100m: 12:47.20 35.30	1500m: 17:24.78 32.69			
	350m: 3:59.44 34.86	750m: 8:39.62 35.36	1150m: 13:22.58 35.38				
	400m: 4:34.42 34.98	800m: 9:15.01 35.39	1200m: 13:57.89 35.31				
13.	NUNES Diogo Severino	04	Natacao de Valongo	17:26.30	+0,79	576	
	50m: 29.17 29.17	450m: 5:02.41 35.24	850m: 9:44.29 35.73	1250m: 14:29.56 35.84			
	100m: 1:02.08 32.91	500m: 5:37.43 35.02	900m: 10:19.86 35.57	1300m: 15:05.50 35.94			
	150m: 1:35.28 33.20	550m: 6:12.45 35.02	950m: 10:55.56 35.70	1350m: 15:40.98 35.48			
	200m: 2:09.10 33.82	600m: 6:47.55 35.10	1000m: 11:31.09 35.53	1400m: 16:16.54 35.56			
	250m: 2:43.44 34.34	650m: 7:22.81 35.26	1050m: 12:06.81 35.72	1450m: 16:51.85 35.31			
	300m: 3:18.06 34.62	700m: 7:57.94 35.13	1100m: 12:42.39 35.58	1500m: 17:26.30 34.45			
	350m: 3:52.71 34.65	750m: 8:33.49 35.55	1150m: 13:18.20 35.81				
	400m: 4:27.17 34.46	800m: 9:08.56 35.07	1200m: 13:53.72 35.52				
14.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	17:27.24	+0,84	575	
	50m: 31.15 31.15	450m: 5:11.34 34.90	850m: 9:52.35 35.11	1250m: 14:34.04 35.50			
	100m: 1:05.38 34.23	500m: 5:46.79 35.45	900m: 10:27.56 35.21	1300m: 15:09.61 35.57			
	150m: 1:40.27 34.89	550m: 6:21.66 34.87	950m: 11:02.61 35.05	1350m: 15:44.53 34.92			
	200m: 2:15.92 35.65	600m: 6:56.75 35.09	1000m: 11:37.61 35.00	1400m: 16:19.50 34.97			
	250m: 2:51.13 35.21	650m: 7:31.64 34.89	1050m: 12:12.88 35.27	1450m: 16:53.76 34.26			
	300m: 3:26.25 35.12	700m: 8:06.98 35.34	1100m: 12:48.04 35.16	1500m: 17:27.24 33.48			
	350m: 4:01.21 34.96	750m: 8:42.36 35.38	1150m: 13:23.19 35.15				
	400m: 4:36.44 35.23	800m: 9:17.24 34.88	1200m: 13:58.54 35.35				
15.	SANTOS Rui Mamede	04	Uniao Coimbra	17:32.09	+0,67	567	
	50m: 29.67 29.67	450m: 5:07.18 34.57	850m: 9:48.08 35.26	1250m: 14:34.00 35.78			
	100m: 1:03.18 33.51	500m: 5:41.89 34.71	900m: 10:23.61 35.53	1300m: 15:10.07 36.07			
	150m: 1:37.85 34.67	550m: 6:17.13 35.24	950m: 10:59.52 35.91	1350m: 15:46.24 36.17			
	200m: 2:13.33 35.48	600m: 6:52.35 35.22	1000m: 11:34.75 35.23	1400m: 16:22.38 36.14			
	250m: 2:48.16 34.83	650m: 7:26.95 34.60	1050m: 12:10.64 35.89	1450m: 16:58.25 35.87			
	300m: 3:23.00 34.84	700m: 8:02.52 35.57	1100m: 12:45.97 35.33	1500m: 17:32.09 33.84			
	350m: 3:58.29 35.29	750m: 8:37.30 34.78	1150m: 13:22.21 36.24				
	400m: 4:32.61 34.32	800m: 9:12.82 35.52	1200m: 13:58.22 36.01				
16.	FRASQUILHO Afonso Figueiredo	04	Sporting	17:32.23	+0,80	567	
	50m: 30.06 30.06	450m: 5:07.77 35.35	850m: 9:50.77 35.24	1250m: 14:34.80 35.21			
	100m: 1:03.35 33.29	500m: 5:43.60 35.83	900m: 10:26.17 35.40	1300m: 15:10.44 35.64			
	150m: 1:37.92 34.57	550m: 6:18.48 34.88	950m: 11:02.27 36.10	1350m: 15:46.14 35.70			
	200m: 2:13.04 35.12	600m: 6:54.30 35.82	1000m: 11:37.42 35.15	1400m: 16:22.65 36.51			
	250m: 2:47.66 34.62	650m: 7:29.50 35.20	1050m: 12:13.22 35.80	1450m: 16:57.36 34.71			
	300m: 3:22.78 35.12	700m: 8:05.39 35.89	1100m: 12:49.10 35.88	1500m: 17:32.23 34.87			
	350m: 3:57.73 34.95	750m: 8:40.29 34.90	1150m: 13:24.49 35.39				
	400m: 4:32.42 34.69	800m: 9:15.53 35.24	1200m: 13:59.59 35.10				
17.	CARVALHO Goncalo Renato	04	Porto	17:36.31	+0,71	560	
	50m: 31.55 31.55	450m: 5:11.61 35.19	850m: 9:54.88 35.63	1250m: 14:41.28 35.33			
	100m: 1:05.90 34.35	500m: 5:46.96 35.35	900m: 10:30.84 35.96	1300m: 15:16.87 35.59			
	150m: 1:40.73 34.83	550m: 6:22.14 35.18	950m: 11:06.61 35.77	1350m: 15:52.02 35.15			
	200m: 2:15.48 34.75	600m: 6:57.59 35.45	1000m: 11:42.14 35.53	1400m: 16:27.32 35.30			
	250m: 2:50.56 35.08	650m: 7:32.62 35.03	1050m: 12:18.22 36.08	1450m: 17:02.38 35.06			
	300m: 3:25.93 35.37	700m: 8:08.02 35.40	1100m: 12:54.17 35.95	1500m: 17:36.31 33.93			
	350m: 4:01.07 35.14	750m: 8:43.31 35.29	1150m: 13:29.83 35.66				
	400m: 4:36.42 35.35	800m: 9:19.25 35.94	1200m: 14:05.95 36.12				

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	17:37.02	+0,69	559	
	50m: 31.94 31.94	450m: 5:14.18 35.25	850m: 9:56.17 35.31	1250m: 14:41.03 35.22			
	100m: 1:06.74 34.80	500m: 5:49.72 35.54	900m: 10:31.71 35.54	1300m: 15:16.70 35.67			
	150m: 1:41.94 35.20	550m: 6:24.71 34.99	950m: 11:07.19 35.48	1350m: 15:52.21 35.51			
	200m: 2:17.21 35.27	600m: 6:59.88 35.17	1000m: 11:42.66 35.47	1400m: 16:28.06 35.85			
	250m: 2:52.35 35.14	650m: 7:35.10 35.22	1050m: 12:18.26 35.60	1450m: 17:02.92 34.86			
	300m: 3:28.09 35.74	700m: 8:10.42 35.32	1100m: 12:54.20 35.94	1500m: 17:37.02 34.10			
	350m: 4:03.40 35.31	750m: 8:45.79 35.37	1150m: 13:29.85 35.65				
	400m: 4:38.93 35.53	800m: 9:20.86 35.07	1200m: 14:05.81 35.96				
19.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	17:38.35	+0,74	557	
	50m: 30.97 30.97	450m: 5:11.77 35.07	850m: 9:55.21 35.39	1250m: 14:41.32 36.34			
	100m: 1:05.40 34.43	500m: 5:47.01 35.24	900m: 10:31.08 35.87	1300m: 15:17.45 36.13			
	150m: 1:40.68 35.28	550m: 6:22.22 35.21	950m: 11:06.69 35.61	1350m: 15:53.46 36.01			
	200m: 2:15.93 35.25	600m: 6:57.84 35.62	1000m: 11:42.16 35.47	1400m: 16:29.87 36.41			
	250m: 2:51.10 35.17	650m: 7:32.97 35.13	1050m: 12:17.92 35.76	1450m: 17:04.61 34.74			
	300m: 3:26.49 35.39	700m: 8:08.82 35.85	1100m: 12:53.47 35.55	1500m: 17:38.35 33.74			
	350m: 4:01.67 35.18	750m: 8:44.12 35.30	1150m: 13:29.19 35.72				
	400m: 4:36.70 35.03	800m: 9:19.82 35.70	1200m: 14:04.98 35.79				
20.	COSTA Hugo Alexandre	03	Natacao de Valongo	17:44.06	+0,80	548	
	50m: 30.52 30.52	450m: 5:11.54 35.82	850m: 10:00.10 36.35	1250m: 14:49.45 36.31			
	100m: 1:04.70 34.18	500m: 5:47.60 36.06	900m: 10:36.33 36.23	1300m: 15:25.29 35.84			
	150m: 1:39.66 34.96	550m: 6:23.57 35.97	950m: 11:12.80 36.47	1350m: 16:01.08 35.79			
	200m: 2:14.62 34.96	600m: 6:59.64 36.07	1000m: 11:49.18 36.38	1400m: 16:36.49 35.41			
	250m: 2:49.58 34.96	650m: 7:35.63 35.99	1050m: 12:25.28 36.10	1450m: 17:11.35 34.86			
	300m: 3:24.97 35.39	700m: 8:11.93 36.30	1100m: 13:01.20 35.92	1500m: 17:44.06 32.71			
	350m: 4:00.45 35.48	750m: 8:48.15 36.22	1150m: 13:37.03 35.83				
	400m: 4:35.72 35.27	800m: 9:23.75 35.60	1200m: 14:13.14 36.11				
21.	CARVALHO Antonio Lombardi	04	Belenenses	17:45.09	+0,71	546	
	50m: 30.92 30.92	450m: 5:14.29 35.88	850m: 10:03.73 36.41	1250m: 14:47.80 35.77			
	100m: 1:05.12 34.20	500m: 5:50.32 36.03	900m: 10:38.97 35.24	1300m: 15:24.10 36.30			
	150m: 1:39.59 34.47	550m: 6:26.63 36.31	950m: 11:14.93 35.96	1350m: 16:00.13 36.03			
	200m: 2:15.15 35.56	600m: 7:02.70 36.07	1000m: 11:50.79 35.86	1400m: 16:36.15 36.02			
	250m: 2:50.53 35.38	650m: 7:38.88 36.18	1050m: 12:26.08 35.29	1450m: 17:10.72 34.57			
	300m: 3:25.91 35.38	700m: 8:14.85 35.97	1100m: 13:00.85 34.77	1500m: 17:45.09 34.37			
	350m: 4:02.03 36.12	750m: 8:50.70 35.85	1150m: 13:36.28 35.43				
	400m: 4:38.41 36.38	800m: 9:27.32 36.62	1200m: 14:12.03 35.75				
22.	CARVALHO Tiago Fonseca	03	Naval Povoense	17:45.35	+0,67	546	
	50m: 29.68 29.68	450m: 5:12.76 36.22	850m: 10:01.17 36.59	1250m: 14:49.84 35.68			
	100m: 1:03.07 33.39	500m: 5:48.32 35.56	900m: 10:36.84 35.67	1300m: 15:26.18 36.34			
	150m: 1:37.41 34.34	550m: 6:24.77 36.45	950m: 11:13.16 36.32	1350m: 16:02.04 35.86			
	200m: 2:12.81 35.40	600m: 7:00.80 36.03	1000m: 11:49.51 36.35	1400m: 16:37.68 35.64			
	250m: 2:48.67 35.86	650m: 7:36.62 35.82	1050m: 12:25.57 36.06	1450m: 17:11.38 33.70			
	300m: 3:24.73 36.06	700m: 8:12.65 36.03	1100m: 13:01.70 36.13	1500m: 17:45.35 33.97			
	350m: 4:00.57 35.84	750m: 8:48.58 35.93	1150m: 13:37.70 36.00				
	400m: 4:36.54 35.97	800m: 9:24.58 36.00	1200m: 14:14.16 36.46				
23.	ARAUJO Joao Guilherme	03	Natacao da Maia	17:46.75	+0,86	544	
	50m: 30.49 30.49	450m: 5:12.78 35.51	850m: 9:59.93 35.67	1250m: 14:48.54 36.18			
	100m: 1:04.72 34.23	500m: 5:48.46 35.68	900m: 10:36.36 36.43	1300m: 15:24.85 36.31			
	150m: 1:40.03 35.31	550m: 6:24.44 35.98	950m: 11:12.24 35.88	1350m: 16:01.05 36.20			
	200m: 2:15.45 35.42	600m: 7:00.37 35.93	1000m: 11:48.52 36.28	1400m: 16:37.18 36.13			
	250m: 2:51.02 35.57	650m: 7:35.98 35.61	1050m: 12:23.98 35.46	1450m: 17:12.46 35.28			
	300m: 3:26.52 35.50	700m: 8:11.81 35.83	1100m: 13:00.40 36.42	1500m: 17:46.75 34.29			
	350m: 4:01.76 35.24	750m: 8:48.00 36.19	1150m: 13:36.14 35.74				
	400m: 4:37.27 35.51	800m: 9:24.26 36.26	1200m: 14:12.36 36.22				

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	17:47.31	+0,72	543	
	50m: 31.59 31.59	450m: 5:15.65 36.25	850m: 10:05.20 36.59	1250m: 14:49.75 35.86			
	100m: 1:05.39 33.80	500m: 5:52.14 36.49	900m: 10:41.46 36.26	1300m: 15:25.34 35.59			
	150m: 1:41.02 35.63	550m: 6:28.56 36.42	950m: 11:18.07 36.61	1350m: 16:01.04 35.70			
	200m: 2:16.39 35.37	600m: 7:04.73 36.17	1000m: 11:52.70 34.63	1400m: 16:36.53 35.49			
	250m: 2:52.27 35.88	650m: 7:39.44 34.71	1050m: 12:27.62 34.92	1450m: 17:12.93 36.40			
	300m: 3:27.65 35.38	700m: 8:15.82 36.38	1100m: 13:03.12 35.50	1500m: 17:47.31 34.38			
	350m: 4:03.72 36.07	750m: 8:52.02 36.20	1150m: 13:38.47 35.35				
	400m: 4:39.40 35.68	800m: 9:28.61 36.59	1200m: 14:13.89 35.42				
25.	PINTO Guilherme Lobo	04	Foca	17:47.70	+0,68	542	
	50m: 31.02 31.02	450m: 5:15.05 35.51	850m: 10:01.18 35.42	1250m: 14:50.37 36.08			
	100m: 1:05.72 34.70	500m: 5:50.99 35.94	900m: 10:37.37 36.19	1300m: 15:26.26 35.89			
	150m: 1:41.39 35.67	550m: 6:26.79 35.80	950m: 11:13.59 36.22	1350m: 16:02.15 35.89			
	200m: 2:17.08 35.69	600m: 7:02.39 35.60	1000m: 11:49.60 36.01	1400m: 16:37.89 35.74			
	250m: 2:52.65 35.57	650m: 7:38.22 35.83	1050m: 12:25.71 36.11	1450m: 17:13.11 35.22			
	300m: 3:28.17 35.52	700m: 8:13.85 35.63	1100m: 13:01.91 36.20	1500m: 17:47.70 34.59			
	350m: 4:03.95 35.78	750m: 8:49.78 35.93	1150m: 13:38.03 36.12				
	400m: 4:39.54 35.59	800m: 9:25.76 35.98	1200m: 14:14.29 36.26				
26.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	17:48.54	+0,75	541	
	50m: 30.94 30.94	450m: 5:14.68 35.92	850m: 10:02.25 35.95	1250m: 14:50.80 36.09			
	100m: 1:05.42 34.48	500m: 5:50.42 35.74	900m: 10:38.36 36.11	1300m: 15:26.52 35.72			
	150m: 1:41.10 35.68	550m: 6:26.63 36.21	950m: 11:14.76 36.40	1350m: 16:02.49 35.97			
	200m: 2:16.71 35.61	600m: 7:02.39 35.76	1000m: 11:50.83 36.07	1400m: 16:37.90 35.41			
	250m: 2:51.74 35.03	650m: 7:38.15 35.76	1050m: 12:27.07 36.24	1450m: 17:13.57 35.67			
	300m: 3:27.10 35.36	700m: 8:14.30 36.15	1100m: 13:03.00 35.93	1500m: 17:48.54 34.97			
	350m: 4:03.04 35.94	750m: 8:50.32 36.02	1150m: 13:38.90 35.90				
	400m: 4:38.76 35.72	800m: 9:26.30 35.98	1200m: 14:14.71 35.81				
27.	TSYKAL Daniel	04	Alcobaca	17:49.63	+0,65	539	
	50m: 30.95 30.95	450m: 5:17.99 36.40	850m: 10:07.89 36.00	1250m: 14:53.64 35.77			
	100m: 1:05.52 34.57	500m: 5:54.46 36.47	900m: 10:43.48 35.59	1300m: 15:29.60 35.96			
	150m: 1:40.96 35.44	550m: 6:30.72 36.26	950m: 11:19.24 35.76	1350m: 16:05.27 35.67			
	200m: 2:16.93 35.97	600m: 7:06.97 36.25	1000m: 11:55.09 35.85	1400m: 16:40.85 35.58			
	250m: 2:52.84 35.91	650m: 7:43.36 36.39	1050m: 12:30.38 35.29	1450m: 17:15.94 35.09			
	300m: 3:29.21 36.37	700m: 8:19.76 36.40	1100m: 13:06.16 35.78	1500m: 17:49.63 33.69			
	350m: 4:05.31 36.10	750m: 8:55.62 35.86	1150m: 13:42.08 35.92				
	400m: 4:41.59 36.28	800m: 9:31.89 36.27	1200m: 14:17.87 35.79				
28.	SANTOS Francisco Amaro	04	Gesloures	17:50.52	+0,81	538	
	50m: 30.97 30.97	450m: 5:16.09 36.19	850m: 10:03.20 36.18	1250m: 14:51.40 36.07			
	100m: 1:05.36 34.39	500m: 5:51.72 35.63	900m: 10:39.18 35.98	1300m: 15:27.34 35.94			
	150m: 1:40.62 35.26	550m: 6:27.50 35.78	950m: 11:15.03 35.85	1350m: 16:03.38 36.04			
	200m: 2:16.13 35.51	600m: 7:03.43 35.93	1000m: 11:51.17 36.14	1400m: 16:39.42 36.04			
	250m: 2:51.95 35.82	650m: 7:39.42 35.99	1050m: 12:26.87 35.70	1450m: 17:15.38 35.96			
	300m: 3:27.65 35.70	700m: 8:14.96 35.54	1100m: 13:02.98 36.11	1500m: 17:50.52 35.14			
	350m: 4:03.75 36.10	750m: 8:51.12 36.16	1150m: 13:39.08 36.10				
	400m: 4:39.90 36.15	800m: 9:27.02 35.90	1200m: 14:15.33 36.25				
29.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	17:51.23	+0,87	537	
	50m: 32.14 32.14	450m: 5:17.63 35.60	850m: 10:05.25 35.94	1250m: 14:52.65 35.66			
	100m: 1:07.36 35.22	500m: 5:53.73 36.10	900m: 10:41.26 36.01	1300m: 15:29.05 36.40			
	150m: 1:42.54 35.18	550m: 6:29.60 35.87	950m: 11:17.02 35.76	1350m: 16:04.93 35.88			
	200m: 2:18.01 35.47	600m: 7:05.65 36.05	1000m: 11:53.40 36.38	1400m: 16:40.70 35.77			
	250m: 2:54.10 36.09	650m: 7:41.51 35.86	1050m: 12:29.46 36.06	1450m: 17:16.24 35.54			
	300m: 3:30.05 35.95	700m: 8:17.18 35.67	1100m: 13:05.17 35.71	1500m: 17:51.23 34.99			
	350m: 4:05.73 35.68	750m: 8:53.15 35.97	1150m: 13:40.76 35.59				
	400m: 4:42.03 36.30	800m: 9:29.31 36.16	1200m: 14:16.99 36.23				

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	FERREIRA Joao Carlos	03	Porto	17:52.06	+0,76	536	
	50m: 30.86 30.86	450m: 5:11.68 35.26	850m: 10:00.72 36.03	1250m: 14:51.79 36.34			
	100m: 1:05.19 34.33	500m: 5:47.51 35.83	900m: 10:36.44 35.72	1300m: 15:28.61 36.82			
	150m: 1:40.06 34.87	550m: 6:22.78 35.27	950m: 11:12.79 36.35	1350m: 16:05.06 36.45			
	200m: 2:15.33 35.27	600m: 6:59.01 36.23	1000m: 11:49.24 36.45	1400m: 16:41.42 36.36			
	250m: 2:50.74 35.41	650m: 7:35.59 36.58	1050m: 12:25.18 35.94	1450m: 17:17.63 36.21			
	300m: 3:26.16 35.42	700m: 8:11.39 35.80	1100m: 13:02.29 37.11	1500m: 17:52.06 34.43			
	350m: 4:01.16 35.00	750m: 8:47.79 36.40	1150m: 13:38.74 36.45				
	400m: 4:36.42 35.26	800m: 9:24.69 36.90	1200m: 14:15.45 36.71				
31.	SANTOS Gabriel Moreira	04	Famalicao	17:52.94	+0,72	535	
	50m: 29.40 29.40	450m: 5:09.72 34.92	850m: 9:58.16 36.31	1250m: 14:51.92 36.72			
	100m: 1:02.98 33.58	500m: 5:45.32 35.60	900m: 10:35.12 36.96	1300m: 15:28.76 36.84			
	150m: 1:37.45 34.47	550m: 6:20.73 35.41	950m: 11:11.38 36.26	1350m: 16:05.08 36.32			
	200m: 2:12.65 35.20	600m: 6:56.57 35.84	1000m: 11:48.49 37.11	1400m: 16:41.50 36.42			
	250m: 2:48.04 35.39	650m: 7:32.47 35.90	1050m: 12:24.73 36.24	1450m: 17:17.46 35.96			
	300m: 3:23.67 35.63	700m: 8:08.48 36.01	1100m: 13:01.55 36.82	1500m: 17:52.94 35.48			
	350m: 3:58.75 35.08	750m: 8:44.87 36.39	1150m: 13:38.33 36.78				
	400m: 4:34.80 36.05	800m: 9:21.85 36.98	1200m: 14:15.20 36.87				
32.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	17:55.76	+0,86	530	
	50m: 31.04 31.04	450m: 5:16.39 36.26	850m: 10:08.40 36.65	1250m: 14:57.84 36.51			
	100m: 1:05.58 34.54	500m: 5:52.50 36.11	900m: 10:44.36 35.96	1300m: 15:34.47 36.63			
	150m: 1:40.97 35.39	550m: 6:28.93 36.43	950m: 11:20.69 36.33	1350m: 16:10.78 36.31			
	200m: 2:16.53 35.56	600m: 7:05.61 36.68	1000m: 11:56.34 35.65	1400m: 16:46.72 35.94			
	250m: 2:52.07 35.54	650m: 7:41.60 35.99	1050m: 12:32.70 36.36	1450m: 17:22.08 35.36			
	300m: 3:28.01 35.94	700m: 8:18.52 36.92	1100m: 13:08.55 35.85	1500m: 17:55.76 33.68			
	350m: 4:03.97 35.96	750m: 8:55.04 36.52	1150m: 13:45.50 36.95				
	400m: 4:40.13 36.16	800m: 9:31.75 36.71	1200m: 14:21.33 35.83				
33.	CRISTINO Guilherme Matias	03	Uniao Piedense	17:56.19	+0,84	530	
	50m: 31.62 31.62	450m: 5:13.88 35.36	850m: 10:03.48 36.39	1250m: 14:55.23 36.36			
	100m: 1:06.15 34.53	500m: 5:49.86 35.98	900m: 10:40.61 37.13	1300m: 15:31.40 36.17			
	150m: 1:41.25 35.10	550m: 6:25.40 35.54	950m: 11:16.72 36.11	1350m: 16:07.57 36.17			
	200m: 2:16.85 35.60	600m: 7:01.85 36.45	1000m: 11:53.72 37.00	1400m: 16:44.21 36.64			
	250m: 2:51.96 35.11	650m: 7:38.20 36.35	1050m: 12:29.56 35.84	1450m: 17:20.82 36.61			
	300m: 3:27.55 35.59	700m: 8:14.41 36.21	1100m: 13:06.03 36.47	1500m: 17:56.19 35.37			
	350m: 4:02.94 35.39	750m: 8:50.92 36.51	1150m: 13:42.38 36.35				
	400m: 4:38.52 35.58	800m: 9:27.09 36.17	1200m: 14:18.87 36.49				
34.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	17:59.16	+0,65	525	
	50m: 30.86 30.86	450m: 5:14.50 35.79	850m: 10:01.93 35.93	1250m: 14:54.89 35.94			
	100m: 1:04.88 34.02	500m: 5:50.79 36.29	900m: 10:37.90 35.97	1300m: 15:32.27 37.38			
	150m: 1:39.96 35.08	550m: 6:25.56 34.77	950m: 11:14.66 36.76	1350m: 16:09.81 37.54			
	200m: 2:15.88 35.92	600m: 7:01.08 35.52	1000m: 11:50.60 35.94	1400m: 16:47.50 37.69			
	250m: 2:51.50 35.62	650m: 7:37.03 35.95	1050m: 12:27.69 37.09	1450m: 17:23.90 36.40			
	300m: 3:27.17 35.67	700m: 8:13.35 36.32	1100m: 13:04.92 37.23	1500m: 17:59.16 35.26			
	350m: 4:02.75 35.58	750m: 8:49.84 36.49	1150m: 13:41.54 36.62				
	400m: 4:38.71 35.96	800m: 9:26.00 36.16	1200m: 14:18.95 37.41				
35.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	17:59.91	+0,70	524	
	50m: 31.35 31.35	450m: 5:14.88 36.26	850m: 10:06.73 36.42	1250m: 15:00.86 36.87			
	100m: 1:05.46 34.11	500m: 5:51.30 36.42	900m: 10:43.39 36.66	1300m: 15:37.53 36.67			
	150m: 1:40.45 34.99	550m: 6:27.73 36.43	950m: 11:19.11 35.72	1350m: 16:13.96 36.43			
	200m: 2:15.87 35.42	600m: 7:04.36 36.63	1000m: 11:56.14 37.03	1400m: 16:50.43 36.47			
	250m: 2:51.07 35.20	650m: 7:40.13 35.77	1050m: 12:32.63 36.49	1450m: 17:26.27 35.84			
	300m: 3:26.83 35.76	700m: 8:16.66 36.53	1100m: 13:09.60 36.97	1500m: 17:59.91 33.64			
	350m: 4:02.51 35.68	750m: 8:53.52 36.86	1150m: 13:46.94 37.34				
	400m: 4:38.62 36.11	800m: 9:30.31 36.79	1200m: 14:23.99 37.05				

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	BARAONA Andre Azevedo	04	Natacao do Montijo	18:01.40	+0,74	522	
	50m: 30.37 30.37	450m: 5:14.92	35.83	850m: 10:07.51	36.53	1250m: 15:00.62	36.95
	100m: 1:04.05 33.68	500m: 5:51.18	36.26	900m: 10:43.41	35.90	1300m: 15:37.74	37.12
	150m: 1:39.51 35.46	550m: 6:27.61	36.43	950m: 11:20.09	36.68	1350m: 16:14.28	36.54
	200m: 2:14.99 35.48	600m: 7:04.44	36.83	1000m: 11:56.73	36.64	1400m: 16:50.99	36.71
	250m: 2:50.67 35.68	650m: 7:41.26	36.82	1050m: 12:33.69	36.96	1450m: 17:26.80	35.81
	300m: 3:26.55 35.88	700m: 8:17.37	36.11	1100m: 13:10.34	36.65	1500m: 18:01.40	34.60
	350m: 4:02.84 36.29	750m: 8:54.22	36.85	1150m: 13:47.20	36.86		
	400m: 4:39.09 36.25	800m: 9:30.98	36.76	1200m: 14:23.67	36.47		
37.	SILVA Ruben Filipe	03	Foca	18:02.10	+0,89	521	
	50m: 31.15 31.15	450m: 5:18.08	36.27	850m: 10:09.07	36.95	1250m: 15:01.00	36.66
	100m: 1:06.22 35.07	500m: 5:54.12	36.04	900m: 10:45.50	36.43	1300m: 15:37.10	36.10
	150m: 1:41.74 35.52	550m: 6:30.43	36.31	950m: 11:22.12	36.62	1350m: 16:13.76	36.66
	200m: 2:17.74 36.00	600m: 7:06.67	36.24	1000m: 11:58.22	36.10	1400m: 16:50.50	36.74
	250m: 2:54.02 36.28	650m: 7:43.39	36.72	1050m: 12:34.86	36.64	1450m: 17:26.76	36.26
	300m: 3:29.80 35.78	700m: 8:19.31	35.92	1100m: 13:11.26	36.40	1500m: 18:02.10	35.34
	350m: 4:06.01 36.21	750m: 8:55.74	36.43	1150m: 13:48.24	36.98		
	400m: 4:41.81 35.80	800m: 9:32.12	36.38	1200m: 14:24.34	36.10		
38.	UVA Francisco Sousa	04	Alges	18:05.37	+0,71	516	
	50m: 31.67 31.67	450m: 5:22.65	36.07	850m: 10:14.92	36.40	1250m: 15:04.94	36.26
	100m: 1:06.90 35.23	500m: 5:59.37	36.72	900m: 10:51.35	36.43	1300m: 15:41.65	36.71
	150m: 1:43.00 36.10	550m: 6:35.99	36.62	950m: 11:27.20	35.85	1350m: 16:17.58	35.93
	200m: 2:19.48 36.48	600m: 7:12.82	36.83	1000m: 12:03.84	36.64	1400m: 16:54.29	36.71
	250m: 2:56.20 36.72	650m: 7:49.21	36.39	1050m: 12:39.99	36.15	1450m: 17:30.00	35.71
	300m: 3:32.96 36.76	700m: 8:26.04	36.83	1100m: 13:16.78	36.79	1500m: 18:05.37	35.37
	350m: 4:09.90 36.94	750m: 9:02.10	36.06	1150m: 13:52.31	35.53		
	400m: 4:46.58 36.68	800m: 9:38.52	36.42	1200m: 14:28.68	36.37		
39.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	18:06.31	+0,77	515	
	50m: 33.79 33.79	450m: 5:24.26	36.46	850m: 10:15.85	36.29	1250m: 15:08.34	36.21
	100m: 1:10.30 36.51	500m: 6:00.94	36.68	900m: 10:52.42	36.57	1300m: 15:44.87	36.53
	150m: 1:46.49 36.19	550m: 6:36.96	36.02	950m: 11:28.73	36.31	1350m: 16:20.88	36.01
	200m: 2:22.96 36.47	600m: 7:13.66	36.70	1000m: 12:05.54	36.81	1400m: 16:57.00	36.12
	250m: 2:58.88 35.92	650m: 7:49.89	36.23	1050m: 12:41.72	36.18	1450m: 17:32.24	35.24
	300m: 3:35.62 36.74	700m: 8:26.31	36.42	1100m: 13:18.58	36.86	1500m: 18:06.31	34.07
	350m: 4:11.23 35.61	750m: 9:02.88	36.57	1150m: 13:55.47	36.89		
	400m: 4:47.80 36.57	800m: 9:39.56	36.68	1200m: 14:32.13	36.66		
40.	RODRIGUES Rodrigo Reis	04	Sao Roque	18:13.54	+0,60	505	
	50m: 30.54 30.54	450m: 5:17.90	36.27	850m: 10:13.46	37.26	1250m: 15:10.80	37.11
	100m: 1:05.05 34.51	500m: 5:54.54	36.64	900m: 10:50.66	37.20	1300m: 15:48.54	37.74
	150m: 1:40.59 35.54	550m: 6:31.01	36.47	950m: 11:27.75	37.09	1350m: 16:24.91	36.37
	200m: 2:16.79 36.20	600m: 7:08.01	37.00	1000m: 12:05.06	37.31	1400m: 17:02.00	37.09
	250m: 2:52.64 35.85	650m: 7:44.89	36.88	1050m: 12:42.48	37.42	1450m: 17:37.57	35.57
	300m: 3:28.96 36.32	700m: 8:22.27	37.38	1100m: 13:19.26	36.78	1500m: 18:13.54	35.97
	350m: 4:05.10 36.14	750m: 8:58.89	36.62	1150m: 13:56.49	37.23		
	400m: 4:41.63 36.53	800m: 9:36.20	37.31	1200m: 14:33.69	37.20		
41.	MATOS Gil Amaral	04	Academia Acores	18:26.84	+0,69	487	
	50m: 33.40 33.40	450m: 5:30.91	36.88	850m: 10:26.64	36.87	1250m: 15:25.16	36.97
	100m: 1:10.00 36.60	500m: 6:08.13	37.22	900m: 11:04.09	37.45	1300m: 16:03.30	38.14
	150m: 1:47.11 37.11	550m: 6:44.60	36.47	950m: 11:41.44	37.35	1350m: 16:39.52	36.22
	200m: 2:24.96 37.85	600m: 7:21.50	36.90	1000m: 12:19.06	37.62	1400m: 17:16.08	36.56
	250m: 3:02.11 37.15	650m: 7:57.93	36.43	1050m: 12:56.17	37.11	1450m: 17:51.90	35.82
	300m: 3:39.27 37.16	700m: 8:35.57	37.64	1100m: 13:33.72	37.55	1500m: 18:26.84	34.94
	350m: 4:16.39 37.12	750m: 9:11.94	36.37	1150m: 14:11.11	37.39		
	400m: 4:54.03 37.64	800m: 9:49.77	37.83	1200m: 14:48.19	37.08		

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	TOME Diogo Bernardo	03	Salvaterra de Magos	18:41.59	+0,78	468	
	50m: 31.38 31.38	450m: 5:25.84 37.21	850m: 10:26.49 37.84	1250m: 15:31.59 38.20			
	100m: 1:06.83 35.45	500m: 6:03.39 37.55	900m: 11:04.54 38.05	1300m: 16:09.96 38.37			
	150m: 1:43.07 36.24	550m: 6:40.66 37.27	950m: 11:42.22 37.68	1350m: 16:47.94 37.98			
	200m: 2:20.16 37.09	600m: 7:18.23 37.57	1000m: 12:20.45 38.23	1400m: 17:26.32 38.38			
	250m: 2:56.98 36.82	650m: 7:55.38 37.15	1050m: 12:58.53 38.08	1450m: 18:04.08 37.76			
	300m: 3:34.23 37.25	700m: 8:33.15 37.77	1100m: 13:36.80 38.27	1500m: 18:41.59 37.51			
	350m: 4:11.24 37.01	750m: 9:10.64 37.49	1150m: 14:14.95 38.15				
	400m: 4:48.63 37.39	800m: 9:48.65 38.01	1200m: 14:53.39 38.44				

Prova 1 Masc., 1500m Livres Open 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
Rec Nac Inf A	16:43.48	OLIVEIRA Pedro Fontoura	CFB	Rio Maior	19-06-2004
Rec Nac Inf B	17:21.58	OLIVEIRA Pedro Fontoura	CFB	Restelo	27-07-2003

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	15:25.72	+0,67	833	
	50m: 27.92 27.92	450m: 4:35.03 31.17	850m: 8:42.77 30.75	1250m: 12:51.99 31.01			
	100m: 58.46 30.54	500m: 5:06.17 31.14	900m: 9:13.80 31.03	1300m: 13:23.55 31.56			
	150m: 1:28.79 30.33	550m: 5:37.29 31.12	950m: 9:44.79 30.99	1350m: 13:54.54 30.99			
	200m: 1:59.86 31.07	600m: 6:08.76 31.47	1000m: 10:15.88 31.09	1400m: 14:25.70 31.16			
	250m: 2:30.76 30.90	650m: 6:39.60 30.84	1050m: 10:46.67 30.79	1450m: 14:56.20 30.50			
	300m: 3:01.66 30.90	700m: 7:10.49 30.89	1100m: 11:18.03 31.36	1500m: 15:25.72 29.52			
	350m: 3:32.68 31.02	750m: 7:41.07 30.58	1150m: 11:49.41 31.38				
	400m: 4:03.86 31.18	800m: 8:12.02 30.95	1200m: 12:20.98 31.57				
2.	PINA Guilherme Filipe	98	Sporting	15:46.96	+0,75	778	
	50m: 28.38 28.38	450m: 4:35.06 31.08	850m: 8:47.40 32.06	1250m: 13:06.62 32.42			
	100m: 58.89 30.51	500m: 5:06.26 31.20	900m: 9:19.58 32.18	1300m: 13:39.02 32.40			
	150m: 1:29.29 30.40	550m: 5:37.44 31.18	950m: 9:51.84 32.26	1350m: 14:11.01 31.99			
	200m: 2:00.09 30.80	600m: 6:09.02 31.58	1000m: 10:24.29 32.45	1400m: 14:43.23 32.22			
	250m: 2:30.79 30.70	650m: 6:40.12 31.10	1050m: 10:56.35 32.06	1450m: 15:15.18 31.95			
	300m: 3:01.76 30.97	700m: 7:11.67 31.55	1100m: 11:29.07 32.72	1500m: 15:46.96 31.78			
	350m: 3:32.83 31.07	750m: 7:43.31 31.64	1150m: 12:01.49 32.42				
	400m: 4:03.98 31.15	800m: 8:15.34 32.03	1200m: 12:34.20 32.71				
3.	GIL Rafael Lourenco	96	Sporting	15:54.10	+0,71	760	
	50m: 28.75 28.75	450m: 4:37.24 31.44	850m: 8:52.20 32.07	1250m: 13:11.59 32.78			
	100m: 59.61 30.86	500m: 5:08.96 31.72	900m: 9:24.50 32.30	1300m: 13:44.26 32.67			
	150m: 1:30.07 30.46	550m: 5:40.63 31.67	950m: 9:56.99 32.49	1350m: 14:16.89 32.63			
	200m: 2:01.04 30.97	600m: 6:12.35 31.72	1000m: 10:29.19 32.20	1400m: 14:49.69 32.80			
	250m: 2:31.99 30.95	650m: 6:44.31 31.96	1050m: 11:01.42 32.23	1450m: 15:22.08 32.39			
	300m: 3:03.12 31.13	700m: 7:16.18 31.87	1100m: 11:34.05 32.63	1500m: 15:54.10 32.02			
	350m: 3:34.27 31.15	750m: 7:48.22 32.04	1150m: 12:06.48 32.43				
	400m: 4:05.80 31.53	800m: 8:20.13 31.91	1200m: 12:38.81 32.33				

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA
Funchal, 01 a 04 de Agosto de 2019



Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	SANTOS Pedro Miguel	01	Porto	16:12.01	+0,68	719	
	50m: 28.92 28.92	450m: 4:43.99	32.29	850m: 9:06.50	33.21	1250m: 13:28.80	32.48
	100m: 1:00.47 31.55	500m: 5:16.48	32.49	900m: 9:39.86	33.36	1300m: 14:01.91	33.11
	150m: 1:31.74 31.27	550m: 5:48.73	32.25	950m: 10:12.99	33.13	1350m: 14:34.46	32.55
	200m: 2:03.60 31.86	600m: 6:21.62	32.89	1000m: 10:45.99	33.00	1400m: 15:07.47	33.01
	250m: 2:35.45 31.85	650m: 6:54.16	32.54	1050m: 11:18.02	32.03	1450m: 15:39.95	32.48
	300m: 3:07.67 32.22	700m: 7:27.32	33.16	1100m: 11:50.47	32.45	1500m: 16:12.01	32.06
	350m: 3:39.60 31.93	750m: 8:00.13	32.81	1150m: 12:23.34	32.87		
	400m: 4:11.70 32.10	800m: 8:33.29	33.16	1200m: 12:56.32	32.98		
5.	NUNES Diogo Barbosa	00	Porto	16:15.57	+0,76	711	
	50m: 29.31 29.31	450m: 4:44.82	32.19	850m: 9:06.81	32.95	1250m: 13:30.32	32.90
	100m: 1:00.75 31.44	500m: 5:17.53	32.71	900m: 9:39.91	33.10	1300m: 14:03.43	33.11
	150m: 1:32.22 31.47	550m: 5:49.72	32.19	950m: 10:12.72	32.81	1350m: 14:36.65	33.22
	200m: 2:03.94 31.72	600m: 6:22.42	32.70	1000m: 10:45.57	32.85	1400m: 15:10.31	33.66
	250m: 2:35.51 31.57	650m: 6:54.91	32.49	1050m: 11:18.40	32.83	1450m: 15:43.72	33.41
	300m: 3:08.04 32.53	700m: 7:27.91	33.00	1100m: 11:51.52	33.12	1500m: 16:15.57	31.85
	350m: 3:40.12 32.08	750m: 8:00.80	32.89	1150m: 12:24.34	32.82		
	400m: 4:12.63 32.51	800m: 8:33.86	33.06	1200m: 12:57.42	33.08		
6.	DEUS Andre Portugal	02	Naval do Funchal	16:21.76	+0,59	698	
	50m: 28.51 28.51	450m: 4:47.89	32.72	850m: 9:14.43	33.20	1250m: 13:40.11	32.98
	100m: 59.71 31.20	500m: 5:21.32	33.43	900m: 9:48.10	33.67	1300m: 14:12.89	32.78
	150m: 1:31.66 31.95	550m: 5:54.30	32.98	950m: 10:20.98	32.88	1350m: 14:45.09	32.20
	200m: 2:03.84 32.18	600m: 6:27.73	33.43	1000m: 10:54.40	33.42	1400m: 15:17.73	32.64
	250m: 2:36.74 32.90	650m: 7:00.92	33.19	1050m: 11:27.58	33.18	1450m: 15:49.88	32.15
	300m: 3:09.51 32.77	700m: 7:34.34	33.42	1100m: 12:00.65	33.07	1500m: 16:21.76	31.88
	350m: 3:42.28 32.77	750m: 8:07.72	33.38	1150m: 12:34.22	33.57		
	400m: 4:15.17 32.89	800m: 8:41.23	33.51	1200m: 13:07.13	32.91		
7.	CARVALHO Daniel Luis	02	Braga	16:22.41	+0,85	696	
	50m: 29.08 29.08	450m: 4:49.23	33.08	850m: 9:13.76	32.93	1250m: 13:39.70	33.40
	100m: 1:00.66 31.58	500m: 5:21.96	32.73	900m: 9:46.90	33.14	1300m: 14:12.63	32.93
	150m: 1:32.94 32.28	550m: 5:55.08	33.12	950m: 10:20.10	33.20	1350m: 14:45.32	32.69
	200m: 2:05.27 32.33	600m: 6:28.15	33.07	1000m: 10:53.40	33.30	1400m: 15:18.25	32.93
	250m: 2:37.68 32.41	650m: 7:01.22	33.07	1050m: 11:26.62	33.22	1450m: 15:50.75	32.50
	300m: 3:10.39 32.71	700m: 7:34.64	33.42	1100m: 11:59.98	33.36	1500m: 16:22.41	31.66
	350m: 3:43.27 32.88	750m: 8:07.67	33.03	1150m: 12:33.05	33.07		
	400m: 4:16.15 32.88	800m: 8:40.83	33.16	1200m: 13:06.30	33.25		
8.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	16:34.77	+1,00	671	
	50m: 30.22 30.22	450m: 4:59.32	33.84	850m: 9:26.60	33.53	1250m: 13:51.25	33.06
	100m: 1:03.36 33.14	500m: 5:33.11	33.79	900m: 9:59.91	33.31	1300m: 14:24.48	33.23
	150m: 1:36.89 33.53	550m: 6:06.92	33.81	950m: 10:32.93	33.02	1350m: 14:57.59	33.11
	200m: 2:10.38 33.49	600m: 6:40.47	33.55	1000m: 11:06.35	33.42	1400m: 15:30.99	33.40
	250m: 2:44.03 33.65	650m: 7:13.40	32.93	1050m: 11:39.17	32.82	1450m: 16:03.17	32.18
	300m: 3:17.83 33.80	700m: 7:46.85	33.45	1100m: 12:12.46	33.29	1500m: 16:34.77	31.60
	350m: 3:51.61 33.78	750m: 8:19.99	33.14	1150m: 12:45.17	32.71		
	400m: 4:25.48 33.87	800m: 8:53.07	33.08	1200m: 13:18.19	33.02		
9.	JORGE Duarte Miguel	01	Galitos / Bresimar	16:41.36	+0,74	658	
	50m: 28.81 28.81	450m: 4:47.56	32.90	850m: 9:15.20	33.53	1250m: 13:49.58	34.35
	100m: 1:00.22 31.41	500m: 5:21.26	33.70	900m: 9:49.44	34.24	1300m: 14:24.53	34.95
	150m: 1:31.62 31.40	550m: 5:54.32	33.06	950m: 10:23.01	33.57	1350m: 14:58.75	34.22
	200m: 2:03.98 32.36	600m: 6:27.92	33.60	1000m: 10:57.61	34.60	1400m: 15:33.66	34.91
	250m: 2:36.24 32.26	650m: 7:01.28	33.36	1050m: 11:31.71	34.10	1450m: 16:07.81	34.15
	300m: 3:09.01 32.77	700m: 7:34.74	33.46	1100m: 12:06.54	34.83	1500m: 16:41.36	33.55
	350m: 3:41.60 32.59	750m: 8:07.76	33.02	1150m: 12:41.16	34.62		
	400m: 4:14.66 33.06	800m: 8:41.67	33.91	1200m: 13:15.23	34.07		



Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	16:42.58	+0,77	655	
	50m: 29.33 29.33	450m: 4:58.40	33.66	850m: 9:29.59	33.88	1250m: 13:58.89	33.26
	100m: 1:02.12 32.79	500m: 5:32.55	34.15	900m: 10:03.60	34.01	1300m: 14:32.21	33.32
	150m: 1:35.56 33.44	550m: 6:06.51	33.96	950m: 10:37.33	33.73	1350m: 15:04.96	32.75
	200m: 2:09.58 34.02	600m: 6:40.38	33.87	1000m: 11:11.14	33.81	1400m: 15:38.11	33.15
	250m: 2:43.24 33.66	650m: 7:14.06	33.68	1050m: 11:44.54	33.40	1450m: 16:10.30	32.19
	300m: 3:17.17 33.93	700m: 7:48.07	34.01	1100m: 12:18.44	33.90	1500m: 16:42.58	32.28
	350m: 3:50.87 33.70	750m: 8:21.86	33.79	1150m: 12:51.96	33.52		
	400m: 4:24.74 33.87	800m: 8:55.71	33.85	1200m: 13:25.63	33.67		
11.	ALMEIDA Bernardo Victorino	04	Sporting	16:46.01	+0,67	649	
	50m: 29.08 29.08	450m: 4:58.78	34.14	850m: 9:28.72	33.71	1250m: 13:59.16	33.48
	100m: 1:01.77 32.69	500m: 5:32.88	34.10	900m: 10:02.79	34.07	1300m: 14:33.06	33.90
	150m: 1:34.80 33.03	550m: 6:06.20	33.32	950m: 10:36.77	33.98	1350m: 15:07.09	34.03
	200m: 2:08.61 33.81	600m: 6:39.88	33.68	1000m: 11:10.52	33.75	1400m: 15:41.15	34.06
	250m: 2:42.39 33.78	650m: 7:13.64	33.76	1050m: 11:44.60	34.08	1450m: 16:14.51	33.36
	300m: 3:16.44 34.05	700m: 7:47.56	33.92	1100m: 12:17.86	33.26	1500m: 16:46.01	31.50
	350m: 3:50.53 34.09	750m: 8:21.07	33.51	1150m: 12:51.66	33.80		
	400m: 4:24.64 34.11	800m: 8:55.01	33.94	1200m: 13:25.68	34.02		
12.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	16:47.88	+0,70	645	
	50m: 30.30 30.30	450m: 5:00.87	32.77	850m: 9:29.92	33.72	1250m: 14:00.72	33.33
	100m: 1:03.66 33.36	500m: 5:34.40	33.53	900m: 10:03.65	33.73	1300m: 14:35.36	34.64
	150m: 1:37.33 33.67	550m: 6:07.83	33.43	950m: 10:37.72	34.07	1350m: 15:08.97	33.61
	200m: 2:11.49 34.16	600m: 6:41.64	33.81	1000m: 11:11.52	33.80	1400m: 15:42.80	33.83
	250m: 2:45.50 34.01	650m: 7:14.93	33.29	1050m: 11:45.49	33.97	1450m: 16:16.14	33.34
	300m: 3:19.63 34.13	700m: 7:48.57	33.64	1100m: 12:19.39	33.90	1500m: 16:47.88	31.74
	350m: 3:53.56 33.93	750m: 8:22.84	34.27	1150m: 12:53.66	34.27		
	400m: 4:28.10 34.54	800m: 8:56.20	33.36	1200m: 13:27.39	33.73		
13.	AMARAL Francisco Rodriguez	02	Campinho	16:49.01	+0,68	643	
	50m: 29.49 29.49	450m: 4:48.36	33.17	850m: 9:16.64	33.90	1250m: 13:54.31	34.79
	100m: 1:00.75 31.26	500m: 5:21.60	33.24	900m: 9:51.08	34.44	1300m: 14:29.74	35.43
	150m: 1:32.89 32.14	550m: 5:54.70	33.10	950m: 10:25.31	34.23	1350m: 15:04.99	35.25
	200m: 2:04.90 32.01	600m: 6:28.20	33.50	1000m: 11:00.24	34.93	1400m: 15:40.78	35.79
	250m: 2:37.66 32.76	650m: 7:01.67	33.47	1050m: 11:34.79	34.55	1450m: 16:15.93	35.15
	300m: 3:09.95 32.29	700m: 7:35.15	33.48	1100m: 12:09.87	35.08	1500m: 16:49.01	33.08
	350m: 3:42.46 32.51	750m: 8:08.93	33.78	1150m: 12:44.51	34.64		
	400m: 4:15.19 32.73	800m: 8:42.74	33.81	1200m: 13:19.52	35.01		
14.	FROTA Paulo Andre	02	Condeixa Clube	16:49.07	+0,67	643	
	50m: 29.88 29.88	450m: 4:53.32	33.82	850m: 9:25.80	34.03	1250m: 13:59.54	34.47
	100m: 1:01.49 31.61	500m: 5:27.17	33.85	900m: 10:00.46	34.66	1300m: 14:34.09	34.55
	150m: 1:33.69 32.20	550m: 6:01.03	33.86	950m: 10:34.03	33.57	1350m: 15:07.93	33.84
	200m: 2:06.28 32.59	600m: 6:35.16	34.13	1000m: 11:08.11	34.08	1400m: 15:41.97	34.04
	250m: 2:38.87 32.59	650m: 7:09.01	33.85	1050m: 11:41.87	33.76	1450m: 16:15.84	33.87
	300m: 3:12.39 33.52	700m: 7:43.33	34.32	1100m: 12:16.43	34.56	1500m: 16:49.07	33.23
	350m: 3:45.71 33.32	750m: 8:17.46	34.13	1150m: 12:50.33	33.90		
	400m: 4:19.50 33.79	800m: 8:51.77	34.31	1200m: 13:25.07	34.74		
15.	COSTA Joao Nogueira	01	Vitoria Guimaraes	16:49.92	+0,77	641	
	50m: 28.52 28.52	450m: 4:59.08	34.09	850m: 9:33.81	33.40	1250m: 14:06.26	33.39
	100m: 1:00.70 32.18	500m: 5:33.68	34.60	900m: 10:08.46	34.65	1300m: 14:40.15	33.89
	150m: 1:33.71 33.01	550m: 6:07.45	33.77	950m: 10:41.99	33.53	1350m: 15:13.71	33.56
	200m: 2:08.00 34.29	600m: 6:42.66	35.21	1000m: 11:16.51	34.52	1400m: 15:47.68	33.97
	250m: 2:41.51 33.51	650m: 7:16.76	34.10	1050m: 11:50.24	33.73	1450m: 16:19.04	31.36
	300m: 3:15.93 34.42	700m: 7:51.59	34.83	1100m: 12:25.33	35.09	1500m: 16:49.92	30.88
	350m: 3:49.96 34.03	750m: 8:25.57	33.98	1150m: 12:58.83	33.50		
	400m: 4:24.99 35.03	800m: 9:00.41	34.84	1200m: 13:32.87	34.04		

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	RODRIGUES Pedro Reis	02	Sao Roque	16:52.38	+0,79	636	
	50m: 29.20 29.20	450m: 4:56.59 33.87	850m: 9:31.21 34.69	1250m: 14:06.04 34.55			
	100m: 1:01.59 32.39	500m: 5:30.67 34.08	900m: 10:05.79 34.58	1300m: 14:40.67 34.63			
	150m: 1:34.48 32.89	550m: 6:04.99 34.32	950m: 10:39.64 33.85	1350m: 15:13.86 33.19			
	200m: 2:07.72 33.24	600m: 6:39.30 34.31	1000m: 11:13.49 33.85	1400m: 15:47.25 33.39			
	250m: 2:41.24 33.52	650m: 7:13.70 34.40	1050m: 11:48.41 34.92	1450m: 16:20.35 33.10			
	300m: 3:15.12 33.88	700m: 7:47.95 34.25	1100m: 12:22.85 34.44	1500m: 16:52.38 32.03			
	350m: 3:49.22 34.10	750m: 8:22.36 34.41	1150m: 12:57.09 34.24				
	400m: 4:22.72 33.50	800m: 8:56.52 34.16	1200m: 13:31.49 34.40				
17.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	16:55.44	+0,70	631	
	50m: 28.93 28.93	450m: 4:58.48 33.87	850m: 9:30.27 34.01	1250m: 14:04.46 34.12			
	100m: 1:01.60 32.67	500m: 5:32.39 33.91	900m: 10:04.99 34.72	1300m: 14:39.20 34.74			
	150m: 1:34.92 33.32	550m: 6:06.40 34.01	950m: 10:39.00 34.01	1350m: 15:13.26 34.06			
	200m: 2:08.93 34.01	600m: 6:40.39 33.99	1000m: 11:13.77 34.77	1400m: 15:48.12 34.86			
	250m: 2:42.75 33.82	650m: 7:14.26 33.87	1050m: 11:47.47 33.70	1450m: 16:21.80 33.68			
	300m: 3:16.77 34.02	700m: 7:48.41 34.15	1100m: 12:21.99 34.52	1500m: 16:55.44 33.64			
	350m: 3:50.70 33.93	750m: 8:22.25 33.84	1150m: 12:55.70 33.71				
	400m: 4:24.61 33.91	800m: 8:56.26 34.01	1200m: 13:30.34 34.64				
18.	JACINTO Rafael Rodrigues	02	Belenenses	17:00.31	+0,77	622	
	50m: 30.03 30.03	450m: 4:59.67 34.01	850m: 9:34.23 34.53	1250m: 14:11.82 34.30			
	100m: 1:02.31 32.28	500m: 5:33.98 34.31	900m: 10:09.20 34.97	1300m: 14:46.81 34.99			
	150m: 1:35.75 33.44	550m: 6:08.08 34.10	950m: 10:43.24 34.04	1350m: 15:21.13 34.32			
	200m: 2:09.57 33.82	600m: 6:42.61 34.53	1000m: 11:18.25 35.01	1400m: 15:55.40 34.27			
	250m: 2:43.10 33.53	650m: 7:16.53 33.92	1050m: 11:52.91 34.66	1450m: 16:29.29 33.89			
	300m: 3:17.07 33.97	700m: 7:50.95 34.42	1100m: 12:27.75 34.84	1500m: 17:00.31 31.02			
	350m: 3:51.14 34.07	750m: 8:25.10 34.15	1150m: 13:02.47 34.72				
	400m: 4:25.66 34.52	800m: 8:59.70 34.60	1200m: 13:37.52 35.05				
19.	MONTEIRO Tomas Penha	02	Alges	17:00.79	+0,71	621	
	50m: 30.31 30.31	450m: 5:01.43 33.93	850m: 9:33.27 34.02	1250m: 14:09.45 34.70			
	100m: 1:03.72 33.41	500m: 5:35.45 34.02	900m: 10:07.67 34.40	1300m: 14:44.45 35.00			
	150m: 1:37.47 33.75	550m: 6:09.20 33.75	950m: 10:41.62 33.95	1350m: 15:18.75 34.30			
	200m: 2:11.30 33.83	600m: 6:42.96 33.76	1000m: 11:16.37 34.75	1400m: 15:53.37 34.62			
	250m: 2:44.93 33.63	650m: 7:16.67 33.71	1050m: 11:50.47 34.10	1450m: 16:28.22 34.85			
	300m: 3:19.17 34.24	700m: 7:50.85 34.18	1100m: 12:25.28 34.81	1500m: 17:00.79 32.57			
	350m: 3:53.16 33.99	750m: 8:24.89 34.04	1150m: 12:59.93 34.65				
	400m: 4:27.50 34.34	800m: 8:59.25 34.36	1200m: 13:34.75 34.82				
20.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	17:07.25	+0,74	609	
	50m: 30.12 30.12	450m: 5:03.39 34.09	850m: 9:37.01 34.31	1250m: 14:15.76 35.10			
	100m: 1:03.51 33.39	500m: 5:36.98 33.59	900m: 10:11.51 34.50	1300m: 14:50.82 35.06			
	150m: 1:37.88 34.37	550m: 6:11.14 34.16	950m: 10:46.27 34.76	1350m: 15:25.56 34.74			
	200m: 2:11.62 33.74	600m: 6:45.08 33.94	1000m: 11:21.25 34.98	1400m: 16:00.25 34.69			
	250m: 2:46.33 34.71	650m: 7:19.41 34.33	1050m: 11:56.16 34.91	1450m: 16:34.11 33.86			
	300m: 3:21.02 34.69	700m: 7:53.65 34.24	1100m: 12:30.72 34.56	1500m: 17:07.25 33.14			
	350m: 3:55.34 34.32	750m: 8:28.16 34.51	1150m: 13:06.00 35.28				
	400m: 4:29.30 33.96	800m: 9:02.70 34.54	1200m: 13:40.66 34.66				
21.	DUARTE Pedro Esteves	03	Cova da Piedade	17:08.19	+0,66	607	
	50m: 30.63 30.63	450m: 5:08.78 34.72	850m: 9:42.57 34.08	1250m: 14:19.06 34.60			
	100m: 1:04.83 34.20	500m: 5:43.66 34.88	900m: 10:16.98 34.41	1300m: 14:53.83 34.77			
	150m: 1:39.43 34.60	550m: 6:17.44 33.78	950m: 10:51.19 34.21	1350m: 15:28.46 34.63			
	200m: 2:14.09 34.66	600m: 6:51.51 34.07	1000m: 11:25.70 34.51	1400m: 16:02.94 34.48			
	250m: 2:48.89 34.80	650m: 7:25.62 34.11	1050m: 12:00.32 34.62	1450m: 16:36.88 33.94			
	300m: 3:24.00 35.11	700m: 8:00.03 34.41	1100m: 12:35.00 34.68	1500m: 17:08.19 31.31			
	350m: 3:58.98 34.98	750m: 8:34.14 34.11	1150m: 13:09.73 34.73				
	400m: 4:34.06 35.08	800m: 9:08.49 34.35	1200m: 13:44.46 34.73				

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	SANTOS Andre Cardoso	03	Academico Viseu	17:08.27	+0,69	607	
	50m: 30.57 30.57	450m: 5:08.34	35.06	850m: 9:44.49	33.84	1250m: 14:19.27	34.99
	100m: 1:04.38 33.81	500m: 5:43.10	34.76	900m: 10:18.41	33.92	1300m: 14:53.94	34.67
	150m: 1:38.97 34.59	550m: 6:17.88	34.78	950m: 10:52.76	34.35	1350m: 15:28.62	34.68
	200m: 2:13.39 34.42	600m: 6:52.19	34.31	1000m: 11:27.20	34.44	1400m: 16:03.13	34.51
	250m: 2:48.54 35.15	650m: 7:27.15	34.96	1050m: 12:01.35	34.15	1450m: 16:37.22	34.09
	300m: 3:23.25 34.71	700m: 8:01.51	34.36	1100m: 12:35.54	34.19	1500m: 17:08.27	31.05
	350m: 3:58.17 34.92	750m: 8:36.19	34.68	1150m: 13:09.75	34.21		
	400m: 4:33.28 35.11	800m: 9:10.65	34.46	1200m: 13:44.28	34.53		
23.	PEREIRA Alexandre Alves	03	Braga	17:08.39	+0,79	607	
	50m: 29.29 29.29	450m: 5:01.68	34.71	850m: 9:40.53	35.37	1250m: 14:18.19	34.92
	100m: 1:02.25 32.96	500m: 5:36.32	34.64	900m: 10:15.49	34.96	1300m: 14:52.91	34.72
	150m: 1:36.03 33.78	550m: 6:11.20	34.88	950m: 10:50.31	34.82	1350m: 15:27.73	34.82
	200m: 2:09.69 33.66	600m: 6:45.73	34.53	1000m: 11:25.29	34.98	1400m: 16:02.39	34.66
	250m: 2:43.66 33.97	650m: 7:20.49	34.76	1050m: 12:00.35	35.06	1450m: 16:36.45	34.06
	300m: 3:17.85 34.19	700m: 7:55.32	34.83	1100m: 12:34.78	34.43	1500m: 17:08.39	31.94
	350m: 3:52.40 34.55	750m: 8:30.18	34.86	1150m: 13:08.98	34.20		
	400m: 4:26.97 34.57	800m: 9:05.16	34.98	1200m: 13:43.27	34.29		
24.	SALGADO Goncalo Sampaio	02	Famalicao	17:13.89	+0,80	597	
	50m: 29.94 29.94	450m: 5:04.26	34.83	850m: 9:43.06	34.88	1250m: 14:21.43	34.69
	100m: 1:03.28 33.34	500m: 5:38.91	34.65	900m: 10:17.99	34.93	1300m: 14:56.15	34.72
	150m: 1:37.13 33.85	550m: 6:13.98	35.07	950m: 10:52.85	34.86	1350m: 15:30.94	34.79
	200m: 2:11.26 34.13	600m: 6:48.64	34.66	1000m: 11:27.64	34.79	1400m: 16:05.71	34.77
	250m: 2:45.60 34.34	650m: 7:23.24	34.60	1050m: 12:02.62	34.98	1450m: 16:40.38	34.67
	300m: 3:20.10 34.50	700m: 7:58.20	34.96	1100m: 12:37.34	34.72	1500m: 17:13.89	33.51
	350m: 3:54.90 34.80	750m: 8:33.14	34.94	1150m: 13:12.21	34.87		
	400m: 4:29.43 34.53	800m: 9:08.18	35.04	1200m: 13:46.74	34.53		
25.	MARQUES Rui Joao	02	Nautico Academico	17:15.25	+0,67	595	
	50m: 32.13 32.13	450m: 5:05.42	34.25	850m: 9:41.04	34.53	1250m: 14:20.80	35.26
	100m: 1:06.56 34.43	500m: 5:39.98	34.56	900m: 10:16.17	35.13	1300m: 14:56.52	35.72
	150m: 1:40.31 33.75	550m: 6:14.12	34.14	950m: 10:50.94	34.77	1350m: 15:31.69	35.17
	200m: 2:14.64 34.33	600m: 6:48.80	34.68	1000m: 11:26.46	35.52	1400m: 16:07.66	35.97
	250m: 2:48.60 33.96	650m: 7:23.19	34.39	1050m: 12:01.02	34.56	1450m: 16:41.91	34.25
	300m: 3:23.02 34.42	700m: 7:57.51	34.32	1100m: 12:35.91	34.89	1500m: 17:15.25	33.34
	350m: 3:56.94 33.92	750m: 8:31.98	34.47	1150m: 13:10.41	34.50		
	400m: 4:31.17 34.23	800m: 9:06.51	34.53	1200m: 13:45.54	35.13		
26.	CARVALHO Martim Henriques	04	Rio Maior	17:15.46	+0,70	595	
	50m: 30.31 30.31	450m: 5:04.24	34.32	850m: 9:41.30	34.54	1250m: 14:22.86	35.24
	100m: 1:04.30 33.99	500m: 5:39.19	34.95	900m: 10:16.84	35.54	1300m: 14:58.67	35.81
	150m: 1:38.39 34.09	550m: 6:13.59	34.40	950m: 10:51.38	34.54	1350m: 15:33.38	34.71
	200m: 2:13.18 34.79	600m: 6:48.56	34.97	1000m: 11:26.69	35.31	1400m: 16:08.31	34.93
	250m: 2:47.05 33.87	650m: 7:22.97	34.41	1050m: 12:01.99	35.30	1450m: 16:42.42	34.11
	300m: 3:21.14 34.09	700m: 7:57.83	34.86	1100m: 12:37.33	35.34	1500m: 17:15.46	33.04
	350m: 3:55.33 34.19	750m: 8:32.12	34.29	1150m: 13:12.13	34.80		
	400m: 4:29.92 34.59	800m: 9:06.76	34.64	1200m: 13:47.62	35.49		
27.	DIAS Ruben Fonseca	03	Natacao de Valongo	17:24.12	+0,74	580	
	50m: 30.31 30.31	450m: 5:03.76	34.21	850m: 9:43.89	35.31	1250m: 14:32.02	36.20
	100m: 1:03.38 33.07	500m: 5:38.90	35.14	900m: 10:19.36	35.47	1300m: 15:07.33	35.31
	150m: 1:37.29 33.91	550m: 6:13.83	34.93	950m: 10:55.39	36.03	1350m: 15:42.69	35.36
	200m: 2:11.94 34.65	600m: 6:48.46	34.63	1000m: 11:31.90	36.51	1400m: 16:18.27	35.58
	250m: 2:46.11 34.17	650m: 7:23.07	34.61	1050m: 12:07.52	35.62	1450m: 16:51.11	32.84
	300m: 3:20.63 34.52	700m: 7:58.36	35.29	1100m: 12:43.64	36.12	1500m: 17:24.12	33.01
	350m: 3:54.75 34.12	750m: 8:33.59	35.23	1150m: 13:19.44	35.80		
	400m: 4:29.55 34.80	800m: 9:08.58	34.99	1200m: 13:55.82	36.38		

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	CANADAS Joao Vasco	03	Rio Maior	17:24.78	+0,72	579	
	50m: 30.91 30.91	450m: 5:09.05 34.63	850m: 9:50.25 35.24	1250m: 14:33.08 35.19			
	100m: 1:05.18 34.27	500m: 5:43.83 34.78	900m: 10:25.42 35.17	1300m: 15:08.26 35.18			
	150m: 1:40.07 34.89	550m: 6:18.87 35.04	950m: 11:01.07 35.65	1350m: 15:43.41 35.15			
	200m: 2:14.80 34.73	600m: 6:53.85 34.98	1000m: 11:36.27 35.20	1400m: 16:18.33 34.92			
	250m: 2:49.76 34.96	650m: 7:29.01 35.16	1050m: 12:11.90 35.63	1450m: 16:52.09 33.76			
	300m: 3:24.58 34.82	700m: 8:04.26 35.25	1100m: 12:47.20 35.30	1500m: 17:24.78 32.69			
	350m: 3:59.44 34.86	750m: 8:39.62 35.36	1150m: 13:22.58 35.38				
	400m: 4:34.42 34.98	800m: 9:15.01 35.39	1200m: 13:57.89 35.31				
29.	NUNES Diogo Severino	04	Natacao de Valongo	17:26.30	+0,79	576	
	50m: 29.17 29.17	450m: 5:02.41 35.24	850m: 9:44.29 35.73	1250m: 14:29.56 35.84			
	100m: 1:02.08 32.91	500m: 5:37.43 35.02	900m: 10:19.86 35.57	1300m: 15:05.50 35.94			
	150m: 1:35.28 33.20	550m: 6:12.45 35.02	950m: 10:55.56 35.70	1350m: 15:40.98 35.48			
	200m: 2:09.10 33.82	600m: 6:47.55 35.10	1000m: 11:31.09 35.53	1400m: 16:16.54 35.56			
	250m: 2:43.44 34.34	650m: 7:22.81 35.26	1050m: 12:06.81 35.72	1450m: 16:51.85 35.31			
	300m: 3:18.06 34.62	700m: 7:57.94 35.13	1100m: 12:42.39 35.58	1500m: 17:26.30 34.45			
	350m: 3:52.71 34.65	750m: 8:33.49 35.55	1150m: 13:18.20 35.81				
	400m: 4:27.17 34.46	800m: 9:08.56 35.07	1200m: 13:53.72 35.52				
30.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	17:27.24	+0,84	575	
	50m: 31.15 31.15	450m: 5:11.34 34.90	850m: 9:52.35 35.11	1250m: 14:34.04 35.50			
	100m: 1:05.38 34.23	500m: 5:46.79 35.45	900m: 10:27.56 35.21	1300m: 15:09.61 35.57			
	150m: 1:40.27 34.89	550m: 6:21.66 34.87	950m: 11:02.61 35.05	1350m: 15:44.53 34.92			
	200m: 2:15.92 35.65	600m: 6:56.75 35.09	1000m: 11:37.61 35.00	1400m: 16:19.50 34.97			
	250m: 2:51.13 35.21	650m: 7:31.64 34.89	1050m: 12:12.88 35.27	1450m: 16:53.76 34.26			
	300m: 3:26.25 35.12	700m: 8:06.98 35.34	1100m: 12:48.04 35.16	1500m: 17:27.24 33.48			
	350m: 4:01.21 34.96	750m: 8:42.36 35.38	1150m: 13:23.19 35.15				
	400m: 4:36.44 35.23	800m: 9:17.24 34.88	1200m: 13:58.54 35.35				
31.	SANTOS Rui Mamede	04	Uniao Coimbra	17:32.09	+0,67	567	
	50m: 29.67 29.67	450m: 5:07.18 34.57	850m: 9:48.08 35.26	1250m: 14:34.00 35.78			
	100m: 1:03.18 33.51	500m: 5:41.89 34.71	900m: 10:23.61 35.53	1300m: 15:10.07 36.07			
	150m: 1:37.85 34.67	550m: 6:17.13 35.24	950m: 10:59.52 35.91	1350m: 15:46.24 36.17			
	200m: 2:13.33 35.48	600m: 6:52.35 35.22	1000m: 11:34.75 35.23	1400m: 16:22.38 36.14			
	250m: 2:48.16 34.83	650m: 7:26.95 34.60	1050m: 12:10.64 35.89	1450m: 16:58.25 35.87			
	300m: 3:23.00 34.84	700m: 8:02.52 35.57	1100m: 12:45.97 35.33	1500m: 17:32.09 33.84			
	350m: 3:58.29 35.29	750m: 8:37.30 34.78	1150m: 13:22.21 36.24				
	400m: 4:32.61 34.32	800m: 9:12.82 35.52	1200m: 13:58.22 36.01				
32.	FRASQUILHO Afonso Figueiredo	04	Sporting	17:32.23	+0,80	567	
	50m: 30.06 30.06	450m: 5:07.77 35.35	850m: 9:50.77 35.24	1250m: 14:34.80 35.21			
	100m: 1:03.35 33.29	500m: 5:43.60 35.83	900m: 10:26.17 35.40	1300m: 15:10.44 35.64			
	150m: 1:37.92 34.57	550m: 6:18.48 34.88	950m: 11:02.27 36.10	1350m: 15:46.14 35.70			
	200m: 2:13.04 35.12	600m: 6:54.30 35.82	1000m: 11:37.42 35.15	1400m: 16:22.65 36.51			
	250m: 2:47.66 34.62	650m: 7:29.50 35.20	1050m: 12:13.22 35.80	1450m: 16:57.36 34.71			
	300m: 3:22.78 35.12	700m: 8:05.39 35.89	1100m: 12:49.10 35.88	1500m: 17:32.23 34.87			
	350m: 3:57.73 34.95	750m: 8:40.29 34.90	1150m: 13:24.49 35.39				
	400m: 4:32.42 34.69	800m: 9:15.53 35.24	1200m: 13:59.59 35.10				
33.	CARVALHO Goncalo Renato	04	Porto	17:36.31	+0,71	560	
	50m: 31.55 31.55	450m: 5:11.61 35.19	850m: 9:54.88 35.63	1250m: 14:41.28 35.33			
	100m: 1:05.90 34.35	500m: 5:46.96 35.35	900m: 10:30.84 35.96	1300m: 15:16.87 35.59			
	150m: 1:40.73 34.83	550m: 6:22.14 35.18	950m: 11:06.61 35.77	1350m: 15:52.02 35.15			
	200m: 2:15.48 34.75	600m: 6:57.59 35.45	1000m: 11:42.14 35.53	1400m: 16:27.32 35.30			
	250m: 2:50.56 35.08	650m: 7:32.62 35.03	1050m: 12:18.22 36.08	1450m: 17:02.38 35.06			
	300m: 3:25.93 35.37	700m: 8:08.02 35.40	1100m: 12:54.17 35.95	1500m: 17:36.31 33.93			
	350m: 4:01.07 35.14	750m: 8:43.31 35.29	1150m: 13:29.83 35.66				
	400m: 4:36.42 35.35	800m: 9:19.25 35.94	1200m: 14:05.95 36.12				

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	17:37.02	+0,69	559	
	50m: 31.94 31.94	450m: 5:14.18 35.25	850m: 9:56.17 35.31	1250m: 14:41.03 35.22			
	100m: 1:06.74 34.80	500m: 5:49.72 35.54	900m: 10:31.71 35.54	1300m: 15:16.70 35.67			
	150m: 1:41.94 35.20	550m: 6:24.71 34.99	950m: 11:07.19 35.48	1350m: 15:52.21 35.51			
	200m: 2:17.21 35.27	600m: 6:59.88 35.17	1000m: 11:42.66 35.47	1400m: 16:28.06 35.85			
	250m: 2:52.35 35.14	650m: 7:35.10 35.22	1050m: 12:18.26 35.60	1450m: 17:02.92 34.86			
	300m: 3:28.09 35.74	700m: 8:10.42 35.32	1100m: 12:54.20 35.94	1500m: 17:37.02 34.10			
	350m: 4:03.40 35.31	750m: 8:45.79 35.37	1150m: 13:29.85 35.65				
	400m: 4:38.93 35.53	800m: 9:20.86 35.07	1200m: 14:05.81 35.96				
35.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	17:38.35	+0,74	557	
	50m: 30.97 30.97	450m: 5:11.77 35.07	850m: 9:55.21 35.39	1250m: 14:41.32 36.34			
	100m: 1:05.40 34.43	500m: 5:47.01 35.24	900m: 10:31.08 35.87	1300m: 15:17.45 36.13			
	150m: 1:40.68 35.28	550m: 6:22.22 35.21	950m: 11:06.69 35.61	1350m: 15:53.46 36.01			
	200m: 2:15.93 35.25	600m: 6:57.84 35.62	1000m: 11:42.16 35.47	1400m: 16:29.87 36.41			
	250m: 2:51.10 35.17	650m: 7:32.97 35.13	1050m: 12:17.92 35.76	1450m: 17:04.61 34.74			
	300m: 3:26.49 35.39	700m: 8:08.82 35.85	1100m: 12:53.47 35.55	1500m: 17:38.35 33.74			
	350m: 4:01.67 35.18	750m: 8:44.12 35.30	1150m: 13:29.19 35.72				
	400m: 4:36.70 35.03	800m: 9:19.82 35.70	1200m: 14:04.98 35.79				
36.	COSTA Hugo Alexandre	03	Natacao de Valongo	17:44.06	+0,80	548	
	50m: 30.52 30.52	450m: 5:11.54 35.82	850m: 10:00.10 36.35	1250m: 14:49.45 36.31			
	100m: 1:04.70 34.18	500m: 5:47.60 36.06	900m: 10:36.33 36.23	1300m: 15:25.29 35.84			
	150m: 1:39.66 34.96	550m: 6:23.57 35.97	950m: 11:12.80 36.47	1350m: 16:01.08 35.79			
	200m: 2:14.62 34.96	600m: 6:59.64 36.07	1000m: 11:49.18 36.38	1400m: 16:36.49 35.41			
	250m: 2:49.58 34.96	650m: 7:35.63 35.99	1050m: 12:25.28 36.10	1450m: 17:11.35 34.86			
	300m: 3:24.97 35.39	700m: 8:11.93 36.30	1100m: 13:01.20 35.92	1500m: 17:44.06 32.71			
	350m: 4:00.45 35.48	750m: 8:48.15 36.22	1150m: 13:37.03 35.83				
	400m: 4:35.72 35.27	800m: 9:23.75 35.60	1200m: 14:13.14 36.11				
37.	CARVALHO Antonio Lombardi	04	Belenenses	17:45.09	+0,71	546	
	50m: 30.92 30.92	450m: 5:14.29 35.88	850m: 10:03.73 36.41	1250m: 14:47.80 35.77			
	100m: 1:05.12 34.20	500m: 5:50.32 36.03	900m: 10:38.97 35.24	1300m: 15:24.10 36.30			
	150m: 1:39.59 34.47	550m: 6:26.63 36.31	950m: 11:14.93 35.96	1350m: 16:00.13 36.03			
	200m: 2:15.15 35.56	600m: 7:02.70 36.07	1000m: 11:50.79 35.86	1400m: 16:36.15 36.02			
	250m: 2:50.53 35.38	650m: 7:38.88 36.18	1050m: 12:26.08 35.29	1450m: 17:10.72 34.57			
	300m: 3:25.91 35.38	700m: 8:14.85 35.97	1100m: 13:00.85 34.77	1500m: 17:45.09 34.37			
	350m: 4:02.03 36.12	750m: 8:50.70 35.85	1150m: 13:36.28 35.43				
	400m: 4:38.41 36.38	800m: 9:27.32 36.62	1200m: 14:12.03 35.75				
38.	CARVALHO Tiago Fonseca	03	Naval Povoense	17:45.35	+0,67	546	
	50m: 29.68 29.68	450m: 5:12.76 36.22	850m: 10:01.17 36.59	1250m: 14:49.84 35.68			
	100m: 1:03.07 33.39	500m: 5:48.32 35.56	900m: 10:36.84 35.67	1300m: 15:26.18 36.34			
	150m: 1:37.41 34.34	550m: 6:24.77 36.45	950m: 11:13.16 36.32	1350m: 16:02.04 35.86			
	200m: 2:12.81 35.40	600m: 7:00.80 36.03	1000m: 11:49.51 36.35	1400m: 16:37.68 35.64			
	250m: 2:48.67 35.86	650m: 7:36.62 35.82	1050m: 12:25.57 36.06	1450m: 17:11.38 33.70			
	300m: 3:24.73 36.06	700m: 8:12.65 36.03	1100m: 13:01.70 36.13	1500m: 17:45.35 33.97			
	350m: 4:00.57 35.84	750m: 8:48.58 35.93	1150m: 13:37.70 36.00				
	400m: 4:36.54 35.97	800m: 9:24.58 36.00	1200m: 14:14.16 36.46				
39.	ARAUJO Joao Guilherme	03	Natacao da Maia	17:46.75	+0,86	544	
	50m: 30.49 30.49	450m: 5:12.78 35.51	850m: 9:59.93 35.67	1250m: 14:48.54 36.18			
	100m: 1:04.72 34.23	500m: 5:48.46 35.68	900m: 10:36.36 36.43	1300m: 15:24.85 36.31			
	150m: 1:40.03 35.31	550m: 6:24.44 35.98	950m: 11:12.24 35.88	1350m: 16:01.05 36.20			
	200m: 2:15.45 35.42	600m: 7:00.37 35.93	1000m: 11:48.52 36.28	1400m: 16:37.18 36.13			
	250m: 2:51.02 35.57	650m: 7:35.98 35.61	1050m: 12:23.98 35.46	1450m: 17:12.46 35.28			
	300m: 3:26.52 35.50	700m: 8:11.81 35.83	1100m: 13:00.40 36.42	1500m: 17:46.75 34.29			
	350m: 4:01.76 35.24	750m: 8:48.00 36.19	1150m: 13:36.14 35.74				
	400m: 4:37.27 35.51	800m: 9:24.26 36.26	1200m: 14:12.36 36.22				

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	ACIOLI Victor Hugo	02	Feirense	17:47.17	+0,67	543	
	50m: 29.47 29.47	450m: 5:08.34	35.59	850m: 9:57.07	36.34	1250m: 14:48.83	36.26
	100m: 1:02.38 32.91	500m: 5:44.27	35.93	900m: 10:33.40	36.33	1300m: 15:25.34	36.51
	150m: 1:36.65 34.27	550m: 6:19.98	35.71	950m: 11:09.96	36.56	1350m: 16:01.27	35.93
	200m: 2:11.47 34.82	600m: 6:55.94	35.96	1000m: 11:46.18	36.22	1400m: 16:37.85	36.58
	250m: 2:46.27 34.80	650m: 7:32.19	36.25	1050m: 12:22.41	36.23	1450m: 17:13.25	35.40
	300m: 3:21.93 35.66	700m: 8:08.19	36.00	1100m: 12:59.07	36.66	1500m: 17:47.17	33.92
	350m: 3:57.27 35.34	750m: 8:44.34	36.15	1150m: 13:35.54	36.47		
	400m: 4:32.75 35.48	800m: 9:20.73	36.39	1200m: 14:12.57	37.03		
41.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	17:47.31	+0,72	543	
	50m: 31.59 31.59	450m: 5:15.65	36.25	850m: 10:05.20	36.59	1250m: 14:49.75	35.86
	100m: 1:05.39 33.80	500m: 5:52.14	36.49	900m: 10:41.46	36.26	1300m: 15:25.34	35.59
	150m: 1:41.02 35.63	550m: 6:28.56	36.42	950m: 11:18.07	36.61	1350m: 16:01.04	35.70
	200m: 2:16.39 35.37	600m: 7:04.73	36.17	1000m: 11:52.70	34.63	1400m: 16:36.53	35.49
	250m: 2:52.27 35.88	650m: 7:39.44	34.71	1050m: 12:27.62	34.92	1450m: 17:12.93	36.40
	300m: 3:27.65 35.38	700m: 8:15.82	36.38	1100m: 13:03.12	35.50	1500m: 17:47.31	34.38
	350m: 4:03.72 36.07	750m: 8:52.02	36.20	1150m: 13:38.47	35.35		
	400m: 4:39.40 35.68	800m: 9:28.61	36.59	1200m: 14:13.89	35.42		
42.	PINTO Guilherme Lobo	04	Foca	17:47.70	+0,68	542	
	50m: 31.02 31.02	450m: 5:15.05	35.51	850m: 10:01.18	35.42	1250m: 14:50.37	36.08
	100m: 1:05.72 34.70	500m: 5:50.99	35.94	900m: 10:37.37	36.19	1300m: 15:26.26	35.89
	150m: 1:41.39 35.67	550m: 6:26.79	35.80	950m: 11:13.59	36.22	1350m: 16:02.15	35.89
	200m: 2:17.08 35.69	600m: 7:02.39	35.60	1000m: 11:49.60	36.01	1400m: 16:37.89	35.74
	250m: 2:52.65 35.57	650m: 7:38.22	35.83	1050m: 12:25.71	36.11	1450m: 17:13.11	35.22
	300m: 3:28.17 35.52	700m: 8:13.85	35.63	1100m: 13:01.91	36.20	1500m: 17:47.70	34.59
	350m: 4:03.95 35.78	750m: 8:49.78	35.93	1150m: 13:38.03	36.12		
	400m: 4:39.54 35.59	800m: 9:25.76	35.98	1200m: 14:14.29	36.26		
43.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	17:48.54	+0,75	541	
	50m: 30.94 30.94	450m: 5:14.68	35.92	850m: 10:02.25	35.95	1250m: 14:50.80	36.09
	100m: 1:05.42 34.48	500m: 5:50.42	35.74	900m: 10:38.36	36.11	1300m: 15:26.52	35.72
	150m: 1:41.10 35.68	550m: 6:26.63	36.21	950m: 11:14.76	36.40	1350m: 16:02.49	35.97
	200m: 2:16.71 35.61	600m: 7:02.39	35.76	1000m: 11:50.83	36.07	1400m: 16:37.90	35.41
	250m: 2:51.74 35.03	650m: 7:38.15	35.76	1050m: 12:27.07	36.24	1450m: 17:13.57	35.67
	300m: 3:27.10 35.36	700m: 8:14.30	36.15	1100m: 13:03.00	35.93	1500m: 17:48.54	34.97
	350m: 4:03.04 35.94	750m: 8:50.32	36.02	1150m: 13:38.90	35.90		
	400m: 4:38.76 35.72	800m: 9:26.30	35.98	1200m: 14:14.71	35.81		
44.	TSYKAL Daniel	04	Alcobaca	17:49.63	+0,65	539	
	50m: 30.95 30.95	450m: 5:17.99	36.40	850m: 10:07.89	36.00	1250m: 14:53.64	35.77
	100m: 1:05.52 34.57	500m: 5:54.46	36.47	900m: 10:43.48	35.59	1300m: 15:29.60	35.96
	150m: 1:40.96 35.44	550m: 6:30.72	36.26	950m: 11:19.24	35.76	1350m: 16:05.27	35.67
	200m: 2:16.93 35.97	600m: 7:06.97	36.25	1000m: 11:55.09	35.85	1400m: 16:40.85	35.58
	250m: 2:52.84 35.91	650m: 7:43.36	36.39	1050m: 12:30.38	35.29	1450m: 17:15.94	35.09
	300m: 3:29.21 36.37	700m: 8:19.76	36.40	1100m: 13:06.16	35.78	1500m: 17:49.63	33.69
	350m: 4:05.31 36.10	750m: 8:55.62	35.86	1150m: 13:42.08	35.92		
	400m: 4:41.59 36.28	800m: 9:31.89	36.27	1200m: 14:17.87	35.79		
45.	SANTOS Francisco Amaro	04	Gesloures	17:50.52	+0,81	538	
	50m: 30.97 30.97	450m: 5:16.09	36.19	850m: 10:03.20	36.18	1250m: 14:51.40	36.07
	100m: 1:05.36 34.39	500m: 5:51.72	35.63	900m: 10:39.18	35.98	1300m: 15:27.34	35.94
	150m: 1:40.62 35.26	550m: 6:27.50	35.78	950m: 11:15.03	35.85	1350m: 16:03.38	36.04
	200m: 2:16.13 35.51	600m: 7:03.43	35.93	1000m: 11:51.17	36.14	1400m: 16:39.42	36.04
	250m: 2:51.95 35.82	650m: 7:39.42	35.99	1050m: 12:26.87	35.70	1450m: 17:15.38	35.96
	300m: 3:27.65 35.70	700m: 8:14.96	35.54	1100m: 13:02.98	36.11	1500m: 17:50.52	35.14
	350m: 4:03.75 36.10	750m: 8:51.12	36.16	1150m: 13:39.08	36.10		
	400m: 4:39.90 36.15	800m: 9:27.02	35.90	1200m: 14:15.33	36.25		

Campeonato Nacional de Juvenis
Campeonato Nacional Absolutos de Portugal OPEN-CIMAI/MYRTHA
Funchal, 01 a 04 de Agosto de 2019



Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
46.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	17:51.23	+0,87	537	
	50m: 32.14 32.14	450m: 5:17.63 35.60	850m: 10:05.25 35.94	1250m: 14:52.65 35.66			
	100m: 1:07.36 35.22	500m: 5:53.73 36.10	900m: 10:41.26 36.01	1300m: 15:29.05 36.40			
	150m: 1:42.54 35.18	550m: 6:29.60 35.87	950m: 11:17.02 35.76	1350m: 16:04.93 35.88			
	200m: 2:18.01 35.47	600m: 7:05.65 36.05	1000m: 11:53.40 36.38	1400m: 16:40.70 35.77			
	250m: 2:54.10 36.09	650m: 7:41.51 35.86	1050m: 12:29.46 36.06	1450m: 17:16.24 35.54			
	300m: 3:30.05 35.95	700m: 8:17.18 35.67	1100m: 13:05.17 35.71	1500m: 17:51.23 34.99			
	350m: 4:05.73 35.68	750m: 8:53.15 35.97	1150m: 13:40.76 35.59				
	400m: 4:42.03 36.30	800m: 9:29.31 36.16	1200m: 14:16.99 36.23				
47.	FERREIRA Joao Carlos	03	Porto	17:52.06	+0,76	536	
	50m: 30.86 30.86	450m: 5:11.68 35.26	850m: 10:00.72 36.03	1250m: 14:51.79 36.34			
	100m: 1:05.19 34.33	500m: 5:47.51 35.83	900m: 10:36.44 35.72	1300m: 15:28.61 36.82			
	150m: 1:40.06 34.87	550m: 6:22.78 35.27	950m: 11:12.79 36.35	1350m: 16:05.06 36.45			
	200m: 2:15.33 35.27	600m: 6:59.01 36.23	1000m: 11:49.24 36.45	1400m: 16:41.42 36.36			
	250m: 2:50.74 35.41	650m: 7:35.59 36.58	1050m: 12:25.18 35.94	1450m: 17:17.63 36.21			
	300m: 3:26.16 35.42	700m: 8:11.39 35.80	1100m: 13:02.29 37.11	1500m: 17:52.06 34.43			
	350m: 4:01.16 35.00	750m: 8:47.79 36.40	1150m: 13:38.74 36.45				
	400m: 4:36.42 35.26	800m: 9:24.69 36.90	1200m: 14:15.45 36.71				
48.	SANTOS Gabriel Moreira	04	Famalicao	17:52.94	+0,72	535	
	50m: 29.40 29.40	450m: 5:09.72 34.92	850m: 9:58.16 36.31	1250m: 14:51.92 36.72			
	100m: 1:02.98 33.58	500m: 5:45.32 35.60	900m: 10:35.12 36.96	1300m: 15:28.76 36.84			
	150m: 1:37.45 34.47	550m: 6:20.73 35.41	950m: 11:11.38 36.26	1350m: 16:05.08 36.32			
	200m: 2:12.65 35.20	600m: 6:56.57 35.84	1000m: 11:48.49 37.11	1400m: 16:41.50 36.42			
	250m: 2:48.04 35.39	650m: 7:32.47 35.90	1050m: 12:24.73 36.24	1450m: 17:17.46 35.96			
	300m: 3:23.67 35.63	700m: 8:08.48 36.01	1100m: 13:01.55 36.82	1500m: 17:52.94 35.48			
	350m: 3:58.75 35.08	750m: 8:44.87 36.39	1150m: 13:38.33 36.78				
	400m: 4:34.80 36.05	800m: 9:21.85 36.98	1200m: 14:15.20 36.87				
49.	LOPES Miguel Sanches	01	Academico Viseu	17:53.44	+0,67	534	
	50m: 30.70 30.70	450m: 5:09.31 34.83	850m: 9:56.60 36.49	1250m: 14:50.81 36.50			
	100m: 1:04.63 33.93	500m: 5:44.28 34.97	900m: 10:33.49 36.89	1300m: 15:28.57 37.76			
	150m: 1:39.48 34.85	550m: 6:19.33 35.05	950m: 11:10.80 37.31	1350m: 16:05.00 36.43			
	200m: 2:14.29 34.81	600m: 6:54.97 35.64	1000m: 11:47.51 36.71	1400m: 16:41.65 36.65			
	250m: 2:49.40 35.11	650m: 7:30.67 35.70	1050m: 12:23.95 36.44	1450m: 17:17.33 35.68			
	300m: 3:24.46 35.06	700m: 8:06.72 36.05	1100m: 13:00.80 36.85	1500m: 17:53.44 36.11			
	350m: 3:59.57 35.11	750m: 8:43.30 36.58	1150m: 13:37.27 36.47				
	400m: 4:34.48 34.91	800m: 9:20.11 36.81	1200m: 14:14.31 37.04				
50.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	17:55.76	+0,86	530	
	50m: 31.04 31.04	450m: 5:16.39 36.26	850m: 10:08.40 36.65	1250m: 14:57.84 36.51			
	100m: 1:05.58 34.54	500m: 5:52.50 36.11	900m: 10:44.36 35.96	1300m: 15:34.47 36.63			
	150m: 1:40.97 35.39	550m: 6:28.93 36.43	950m: 11:20.69 36.33	1350m: 16:10.78 36.31			
	200m: 2:16.53 35.56	600m: 7:05.61 36.68	1000m: 11:56.34 35.65	1400m: 16:46.72 35.94			
	250m: 2:52.07 35.54	650m: 7:41.60 35.99	1050m: 12:32.70 36.36	1450m: 17:22.08 35.36			
	300m: 3:28.01 35.94	700m: 8:18.52 36.92	1100m: 13:08.55 35.85	1500m: 17:55.76 33.68			
	350m: 4:03.97 35.96	750m: 8:55.04 36.52	1150m: 13:45.50 36.95				
	400m: 4:40.13 36.16	800m: 9:31.75 36.71	1200m: 14:21.33 35.83				
51.	CRISTINO Guilherme Matias	03	Uniao Piedense	17:56.19	+0,84	530	
	50m: 31.62 31.62	450m: 5:13.88 35.36	850m: 10:03.48 36.39	1250m: 14:55.23 36.36			
	100m: 1:06.15 34.53	500m: 5:49.86 35.98	900m: 10:40.61 37.13	1300m: 15:31.40 36.17			
	150m: 1:41.25 35.10	550m: 6:25.40 35.54	950m: 11:16.72 36.11	1350m: 16:07.57 36.17			
	200m: 2:16.85 35.60	600m: 7:01.85 36.45	1000m: 11:53.72 37.00	1400m: 16:44.21 36.64			
	250m: 2:51.96 35.11	650m: 7:38.20 36.35	1050m: 12:29.56 35.84	1450m: 17:20.82 36.61			
	300m: 3:27.55 35.59	700m: 8:14.41 36.21	1100m: 13:06.03 36.47	1500m: 17:56.19 35.37			
	350m: 4:02.94 35.39	750m: 8:50.92 36.51	1150m: 13:42.38 36.35				
	400m: 4:38.52 35.58	800m: 9:27.09 36.17	1200m: 14:18.87 36.49				

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	17:59.16	+0,65	525	
	50m: 30.86 30.86	450m: 5:14.50 35.79	850m: 10:01.93 35.93	1250m: 14:54.89 35.94			
	100m: 1:04.88 34.02	500m: 5:50.79 36.29	900m: 10:37.90 35.97	1300m: 15:32.27 37.38			
	150m: 1:39.96 35.08	550m: 6:25.56 34.77	950m: 11:14.66 36.76	1350m: 16:09.81 37.54			
	200m: 2:15.88 35.92	600m: 7:01.08 35.52	1000m: 11:50.60 35.94	1400m: 16:47.50 37.69			
	250m: 2:51.50 35.62	650m: 7:37.03 35.95	1050m: 12:27.69 37.09	1450m: 17:23.90 36.40			
	300m: 3:27.17 35.67	700m: 8:13.35 36.32	1100m: 13:04.92 37.23	1500m: 17:59.16 35.26			
	350m: 4:02.75 35.58	750m: 8:49.84 36.49	1150m: 13:41.54 36.62				
	400m: 4:38.71 35.96	800m: 9:26.00 36.16	1200m: 14:18.95 37.41				
53.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	17:59.91	+0,70	524	
	50m: 31.35 31.35	450m: 5:14.88 36.26	850m: 10:06.73 36.42	1250m: 15:00.86 36.87			
	100m: 1:05.46 34.11	500m: 5:51.30 36.42	900m: 10:43.39 36.66	1300m: 15:37.53 36.67			
	150m: 1:40.45 34.99	550m: 6:27.73 36.43	950m: 11:19.11 35.72	1350m: 16:13.96 36.43			
	200m: 2:15.87 35.42	600m: 7:04.36 36.63	1000m: 11:56.14 37.03	1400m: 16:50.43 36.47			
	250m: 2:51.07 35.20	650m: 7:40.13 35.77	1050m: 12:32.63 36.49	1450m: 17:26.27 35.84			
	300m: 3:26.83 35.76	700m: 8:16.66 36.53	1100m: 13:09.60 36.97	1500m: 17:59.91 33.64			
	350m: 4:02.51 35.68	750m: 8:53.52 36.86	1150m: 13:46.94 37.34				
	400m: 4:38.62 36.11	800m: 9:30.31 36.79	1200m: 14:23.99 37.05				
54.	BARAONA Andre Azevedo	04	Natacao do Montijo	18:01.40	+0,74	522	
	50m: 30.37 30.37	450m: 5:14.92 35.83	850m: 10:07.51 36.53	1250m: 15:00.62 36.95			
	100m: 1:04.05 33.68	500m: 5:51.18 36.26	900m: 10:43.41 35.90	1300m: 15:37.74 37.12			
	150m: 1:39.51 35.46	550m: 6:27.61 36.43	950m: 11:20.09 36.68	1350m: 16:14.28 36.54			
	200m: 2:14.99 35.48	600m: 7:04.44 36.83	1000m: 11:56.73 36.64	1400m: 16:50.99 36.71			
	250m: 2:50.67 35.68	650m: 7:41.26 36.82	1050m: 12:33.69 36.96	1450m: 17:26.80 35.81			
	300m: 3:26.55 35.88	700m: 8:17.37 36.11	1100m: 13:10.34 36.65	1500m: 18:01.40 34.60			
	350m: 4:02.84 36.29	750m: 8:54.22 36.85	1150m: 13:47.20 36.86				
	400m: 4:39.09 36.25	800m: 9:30.98 36.76	1200m: 14:23.67 36.47				
55.	SILVA Ruben Filipe	03	Foca	18:02.10	+0,89	521	
	50m: 31.15 31.15	450m: 5:18.08 36.27	850m: 10:09.07 36.95	1250m: 15:01.00 36.66			
	100m: 1:06.22 35.07	500m: 5:54.12 36.04	900m: 10:45.50 36.43	1300m: 15:37.10 36.10			
	150m: 1:41.74 35.52	550m: 6:30.43 36.31	950m: 11:22.12 36.62	1350m: 16:13.76 36.66			
	200m: 2:17.74 36.00	600m: 7:06.67 36.24	1000m: 11:58.22 36.10	1400m: 16:50.50 36.74			
	250m: 2:54.02 36.28	650m: 7:43.39 36.72	1050m: 12:34.86 36.64	1450m: 17:26.76 36.26			
	300m: 3:29.80 35.78	700m: 8:19.31 35.92	1100m: 13:11.26 36.40	1500m: 18:02.10 35.34			
	350m: 4:06.01 36.21	750m: 8:55.74 36.43	1150m: 13:48.24 36.98				
	400m: 4:41.81 35.80	800m: 9:32.12 36.38	1200m: 14:24.34 36.10				
56.	UVA Francisco Sousa	04	Alges	18:05.37	+0,71	516	
	50m: 31.67 31.67	450m: 5:22.65 36.07	850m: 10:14.92 36.40	1250m: 15:04.94 36.26			
	100m: 1:06.90 35.23	500m: 5:59.37 36.72	900m: 10:51.35 36.43	1300m: 15:41.65 36.71			
	150m: 1:43.00 36.10	550m: 6:35.99 36.62	950m: 11:27.20 35.85	1350m: 16:17.58 35.93			
	200m: 2:19.48 36.48	600m: 7:12.82 36.83	1000m: 12:03.84 36.64	1400m: 16:54.29 36.71			
	250m: 2:56.20 36.72	650m: 7:49.21 36.39	1050m: 12:39.99 36.15	1450m: 17:30.00 35.71			
	300m: 3:32.96 36.76	700m: 8:26.04 36.83	1100m: 13:16.78 36.79	1500m: 18:05.37 35.37			
	350m: 4:09.90 36.94	750m: 9:02.10 36.06	1150m: 13:52.31 35.53				
	400m: 4:46.58 36.68	800m: 9:38.52 36.42	1200m: 14:28.68 36.37				
57.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	18:06.31	+0,77	515	
	50m: 33.79 33.79	450m: 5:24.26 36.46	850m: 10:15.85 36.29	1250m: 15:08.34 36.21			
	100m: 1:10.30 36.51	500m: 6:00.94 36.68	900m: 10:52.42 36.57	1300m: 15:44.87 36.53			
	150m: 1:46.49 36.19	550m: 6:36.96 36.02	950m: 11:28.73 36.31	1350m: 16:20.88 36.01			
	200m: 2:22.96 36.47	600m: 7:13.66 36.70	1000m: 12:05.54 36.81	1400m: 16:57.00 36.12			
	250m: 2:58.88 35.92	650m: 7:49.89 36.23	1050m: 12:41.72 36.18	1450m: 17:32.24 35.24			
	300m: 3:35.62 36.74	700m: 8:26.31 36.42	1100m: 13:18.58 36.86	1500m: 18:06.31 34.07			
	350m: 4:11.23 35.61	750m: 9:02.88 36.57	1150m: 13:55.47 36.89				
	400m: 4:47.80 36.57	800m: 9:39.56 36.68	1200m: 14:32.13 36.66				

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
58.	RODRIGUES Rodrigo Reis	04	Sao Roque	18:13.54	+0,60	505	
	50m: 30.54 30.54	450m: 5:17.90	36.27	850m: 10:13.46	37.26	1250m: 15:10.80	37.11
	100m: 1:05.05 34.51	500m: 5:54.54	36.64	900m: 10:50.66	37.20	1300m: 15:48.54	37.74
	150m: 1:40.59 35.54	550m: 6:31.01	36.47	950m: 11:27.75	37.09	1350m: 16:24.91	36.37
	200m: 2:16.79 36.20	600m: 7:08.01	37.00	1000m: 12:05.06	37.31	1400m: 17:02.00	37.09
	250m: 2:52.64 35.85	650m: 7:44.89	36.88	1050m: 12:42.48	37.42	1450m: 17:37.57	35.57
	300m: 3:28.96 36.32	700m: 8:22.27	37.38	1100m: 13:19.26	36.78	1500m: 18:13.54	35.97
	350m: 4:05.10 36.14	750m: 8:58.89	36.62	1150m: 13:56.49	37.23		
	400m: 4:41.63 36.53	800m: 9:36.20	37.31	1200m: 14:33.69	37.20		
59.	MATOS Gil Amaral	04	Academia Acores	18:26.84	+0,69	487	
	50m: 33.40 33.40	450m: 5:30.91	36.88	850m: 10:26.64	36.87	1250m: 15:25.16	36.97
	100m: 1:10.00 36.60	500m: 6:08.13	37.22	900m: 11:04.09	37.45	1300m: 16:03.30	38.14
	150m: 1:47.11 37.11	550m: 6:44.60	36.47	950m: 11:41.44	37.35	1350m: 16:39.52	36.22
	200m: 2:24.96 37.85	600m: 7:21.50	36.90	1000m: 12:19.06	37.62	1400m: 17:16.08	36.56
	250m: 3:02.11 37.15	650m: 7:57.93	36.43	1050m: 12:56.17	37.11	1450m: 17:51.90	35.82
	300m: 3:39.27 37.16	700m: 8:35.57	37.64	1100m: 13:33.72	37.55	1500m: 18:26.84	34.94
	350m: 4:16.39 37.12	750m: 9:11.94	36.37	1150m: 14:11.11	37.39		
	400m: 4:54.03 37.64	800m: 9:49.77	37.83	1200m: 14:48.19	37.08		
60.	TOME Diogo Bernardo	03	Salvaterra de Magos	18:41.59	+0,78	468	
	50m: 31.38 31.38	450m: 5:25.84	37.21	850m: 10:26.49	37.84	1250m: 15:31.59	38.20
	100m: 1:06.83 35.45	500m: 6:03.39	37.55	900m: 11:04.54	38.05	1300m: 16:09.96	38.37
	150m: 1:43.07 36.24	550m: 6:40.66	37.27	950m: 11:42.22	37.68	1350m: 16:47.94	37.98
	200m: 2:20.16 37.09	600m: 7:18.23	37.57	1000m: 12:20.45	38.23	1400m: 17:26.32	38.38
	250m: 2:56.98 36.82	650m: 7:55.38	37.15	1050m: 12:58.53	38.08	1450m: 18:04.08	37.76
	300m: 3:34.23 37.25	700m: 8:33.15	37.77	1100m: 13:36.80	38.27	1500m: 18:41.59	37.51
	350m: 4:11.24 37.01	750m: 9:10.64	37.49	1150m: 14:14.95	38.15		
	400m: 4:48.63 37.39	800m: 9:48.65	38.01	1200m: 14:53.39	38.44		

Prova 1 Masc., 1500m Livres Absolutos
01-08-2019 - 17:05 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

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	15:25.72	+0,67	833	
	50m: 27.92 27.92	450m: 4:35.03	31.17	850m: 8:42.77	30.75	1250m: 12:51.99	31.01
	100m: 58.46 30.54	500m: 5:06.17	31.14	900m: 9:13.80	31.03	1300m: 13:23.55	31.56
	150m: 1:28.79 30.33	550m: 5:37.29	31.12	950m: 9:44.79	30.99	1350m: 13:54.54	30.99
	200m: 1:59.86 31.07	600m: 6:08.76	31.47	1000m: 10:15.88	31.09	1400m: 14:25.70	31.16
	250m: 2:30.76 30.90	650m: 6:39.60	30.84	1050m: 10:46.67	30.79	1450m: 14:56.20	30.50
	300m: 3:01.66 30.90	700m: 7:10.49	30.89	1100m: 11:18.03	31.36	1500m: 15:25.72	29.52
	350m: 3:32.68 31.02	750m: 7:41.07	30.58	1150m: 11:49.41	31.38		
	400m: 4:03.86 31.18	800m: 8:12.02	30.95	1200m: 12:20.98	31.57		

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	PINA Guilherme Filipe	98	Sporting	15:46.96	+0,75	778	
	50m: 28.38 28.38	450m: 4:35.06	31.08	850m: 8:47.40	32.06	1250m: 13:06.62	32.42
	100m: 58.89 30.51	500m: 5:06.26	31.20	900m: 9:19.58	32.18	1300m: 13:39.02	32.40
	150m: 1:29.29 30.40	550m: 5:37.44	31.18	950m: 9:51.84	32.26	1350m: 14:11.01	31.99
	200m: 2:00.09 30.80	600m: 6:09.02	31.58	1000m: 10:24.29	32.45	1400m: 14:43.23	32.22
	250m: 2:30.79 30.70	650m: 6:40.12	31.10	1050m: 10:56.35	32.06	1450m: 15:15.18	31.95
	300m: 3:01.76 30.97	700m: 7:11.67	31.55	1100m: 11:29.07	32.72	1500m: 15:46.96	31.78
	350m: 3:32.83 31.07	750m: 7:43.31	31.64	1150m: 12:01.49	32.42		
	400m: 4:03.98 31.15	800m: 8:15.34	32.03	1200m: 12:34.20	32.71		
3.	GIL Rafael Lourenco	96	Sporting	15:54.10	+0,71	760	
	50m: 28.75 28.75	450m: 4:37.24	31.44	850m: 8:52.20	32.07	1250m: 13:11.59	32.78
	100m: 59.61 30.86	500m: 5:08.96	31.72	900m: 9:24.50	32.30	1300m: 13:44.26	32.67
	150m: 1:30.07 30.46	550m: 5:40.63	31.67	950m: 9:56.99	32.49	1350m: 14:16.89	32.63
	200m: 2:01.04 30.97	600m: 6:12.35	31.72	1000m: 10:29.19	32.20	1400m: 14:49.69	32.80
	250m: 2:31.99 30.95	650m: 6:44.31	31.96	1050m: 11:01.42	32.23	1450m: 15:22.08	32.39
	300m: 3:03.12 31.13	700m: 7:16.18	31.87	1100m: 11:34.05	32.63	1500m: 15:54.10	32.02
	350m: 3:34.27 31.15	750m: 7:48.22	32.04	1150m: 12:06.48	32.43		
	400m: 4:05.80 31.53	800m: 8:20.13	31.91	1200m: 12:38.81	32.33		
4.	SANTOS Pedro Miguel	01	Porto	16:12.01	+0,68	719	
	50m: 28.92 28.92	450m: 4:43.99	32.29	850m: 9:06.50	33.21	1250m: 13:28.80	32.48
	100m: 1:00.47 31.55	500m: 5:16.48	32.49	900m: 9:39.86	33.36	1300m: 14:01.91	33.11
	150m: 1:31.74 31.27	550m: 5:48.73	32.25	950m: 10:12.99	33.13	1350m: 14:34.46	32.55
	200m: 2:03.60 31.86	600m: 6:21.62	32.89	1000m: 10:45.99	33.00	1400m: 15:07.47	33.01
	250m: 2:35.45 31.85	650m: 6:54.16	32.54	1050m: 11:18.02	32.03	1450m: 15:39.95	32.48
	300m: 3:07.67 32.22	700m: 7:27.32	33.16	1100m: 11:50.47	32.45	1500m: 16:12.01	32.06
	350m: 3:39.60 31.93	750m: 8:00.13	32.81	1150m: 12:23.34	32.87		
	400m: 4:11.70 32.10	800m: 8:33.29	33.16	1200m: 12:56.32	32.98		
5.	NUNES Diogo Barbosa	00	Porto	16:15.57	+0,76	711	
	50m: 29.31 29.31	450m: 4:44.82	32.19	850m: 9:06.81	32.95	1250m: 13:30.32	32.90
	100m: 1:00.75 31.44	500m: 5:17.53	32.71	900m: 9:39.91	33.10	1300m: 14:03.43	33.11
	150m: 1:32.22 31.47	550m: 5:49.72	32.19	950m: 10:12.72	32.81	1350m: 14:36.65	33.22
	200m: 2:03.94 31.72	600m: 6:22.42	32.70	1000m: 10:45.57	32.85	1400m: 15:10.31	33.66
	250m: 2:35.51 31.57	650m: 6:54.91	32.49	1050m: 11:18.40	32.83	1450m: 15:43.72	33.41
	300m: 3:08.04 32.53	700m: 7:27.91	33.00	1100m: 11:51.52	33.12	1500m: 16:15.57	31.85
	350m: 3:40.12 32.08	750m: 8:00.80	32.89	1150m: 12:24.34	32.82		
	400m: 4:12.63 32.51	800m: 8:33.86	33.06	1200m: 12:57.42	33.08		
6.	DEUS Andre Portugal	02	Naval do Funchal	16:21.76	+0,59	698	
	50m: 28.51 28.51	450m: 4:47.89	32.72	850m: 9:14.43	33.20	1250m: 13:40.11	32.98
	100m: 59.71 31.20	500m: 5:21.32	33.43	900m: 9:48.10	33.67	1300m: 14:12.89	32.78
	150m: 1:31.66 31.95	550m: 5:54.30	32.98	950m: 10:20.98	32.88	1350m: 14:45.09	32.20
	200m: 2:03.84 32.18	600m: 6:27.73	33.43	1000m: 10:54.40	33.42	1400m: 15:17.73	32.64
	250m: 2:36.74 32.90	650m: 7:00.92	33.19	1050m: 11:27.58	33.18	1450m: 15:49.88	32.15
	300m: 3:09.51 32.77	700m: 7:34.34	33.42	1100m: 12:00.65	33.07	1500m: 16:21.76	31.88
	350m: 3:42.28 32.77	750m: 8:07.72	33.38	1150m: 12:34.22	33.57		
	400m: 4:15.17 32.89	800m: 8:41.23	33.51	1200m: 13:07.13	32.91		
7.	CARVALHO Daniel Luis	02	Braga	16:22.41	+0,85	696	
	50m: 29.08 29.08	450m: 4:49.23	33.08	850m: 9:13.76	32.93	1250m: 13:39.70	33.40
	100m: 1:00.66 31.58	500m: 5:21.96	32.73	900m: 9:46.90	33.14	1300m: 14:12.63	32.93
	150m: 1:32.94 32.28	550m: 5:55.08	33.12	950m: 10:20.10	33.20	1350m: 14:45.32	32.69
	200m: 2:05.27 32.33	600m: 6:28.15	33.07	1000m: 10:53.40	33.30	1400m: 15:18.25	32.93
	250m: 2:37.68 32.41	650m: 7:01.22	33.07	1050m: 11:26.62	33.22	1450m: 15:50.75	32.50
	300m: 3:10.39 32.71	700m: 7:34.64	33.42	1100m: 11:59.98	33.36	1500m: 16:22.41	31.66
	350m: 3:43.27 32.88	750m: 8:07.67	33.03	1150m: 12:33.05	33.07		
	400m: 4:16.15 32.88	800m: 8:40.83	33.16	1200m: 13:06.30	33.25		

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	JORGE Duarte Miguel	01	Galitos / Bresimar	16:41.36	+0,74	658	
	50m: 28.81 28.81	450m: 4:47.56	32.90	850m: 9:15.20	33.53	1250m: 13:49.58	34.35
	100m: 1:00.22 31.41	500m: 5:21.26	33.70	900m: 9:49.44	34.24	1300m: 14:24.53	34.95
	150m: 1:31.62 31.40	550m: 5:54.32	33.06	950m: 10:23.01	33.57	1350m: 14:58.75	34.22
	200m: 2:03.98 32.36	600m: 6:27.92	33.60	1000m: 10:57.61	34.60	1400m: 15:33.66	34.91
	250m: 2:36.24 32.26	650m: 7:01.28	33.36	1050m: 11:31.71	34.10	1450m: 16:07.81	34.15
	300m: 3:09.01 32.77	700m: 7:34.74	33.46	1100m: 12:06.54	34.83	1500m: 16:41.36	33.55
	350m: 3:41.60 32.59	750m: 8:07.76	33.02	1150m: 12:41.16	34.62		
	400m: 4:14.66 33.06	800m: 8:41.67	33.91	1200m: 13:15.23	34.07		
9.	AMARAL Francisco Rodriguez	02	Campinho	16:49.01	+0,68	643	
	50m: 29.49 29.49	450m: 4:48.36	33.17	850m: 9:16.64	33.90	1250m: 13:54.31	34.79
	100m: 1:00.75 31.26	500m: 5:21.60	33.24	900m: 9:51.08	34.44	1300m: 14:29.74	35.43
	150m: 1:32.89 32.14	550m: 5:54.70	33.10	950m: 10:25.31	34.23	1350m: 15:04.99	35.25
	200m: 2:04.90 32.01	600m: 6:28.20	33.50	1000m: 11:00.24	34.93	1400m: 15:40.78	35.79
	250m: 2:37.66 32.76	650m: 7:01.67	33.47	1050m: 11:34.79	34.55	1450m: 16:15.93	35.15
	300m: 3:09.95 32.29	700m: 7:35.15	33.48	1100m: 12:09.87	35.08	1500m: 16:49.01	33.08
	350m: 3:42.46 32.51	750m: 8:08.93	33.78	1150m: 12:44.51	34.64		
	400m: 4:15.19 32.73	800m: 8:42.74	33.81	1200m: 13:19.52	35.01		
10.	FROTA Paulo Andre	02	Condeixa Clube	16:49.07	+0,67	643	
	50m: 29.88 29.88	450m: 4:53.32	33.82	850m: 9:25.80	34.03	1250m: 13:59.54	34.47
	100m: 1:01.49 31.61	500m: 5:27.17	33.85	900m: 10:00.46	34.66	1300m: 14:34.09	34.55
	150m: 1:33.69 32.20	550m: 6:01.03	33.86	950m: 10:34.03	33.57	1350m: 15:07.93	33.84
	200m: 2:06.28 32.59	600m: 6:35.16	34.13	1000m: 11:08.11	34.08	1400m: 15:41.97	34.04
	250m: 2:38.87 32.59	650m: 7:09.01	33.85	1050m: 11:41.87	33.76	1450m: 16:15.84	33.87
	300m: 3:12.39 33.52	700m: 7:43.33	34.32	1100m: 12:16.43	34.56	1500m: 16:49.07	33.23
	350m: 3:45.71 33.32	750m: 8:17.46	34.13	1150m: 12:50.33	33.90		
	400m: 4:19.50 33.79	800m: 8:51.77	34.31	1200m: 13:25.07	34.74		
11.	COSTA Joao Nogueira	01	Vitoria Guimaraes	16:49.92	+0,77	641	
	50m: 28.52 28.52	450m: 4:59.08	34.09	850m: 9:33.81	33.40	1250m: 14:06.26	33.39
	100m: 1:00.70 32.18	500m: 5:33.68	34.60	900m: 10:08.46	34.65	1300m: 14:40.15	33.89
	150m: 1:33.71 33.01	550m: 6:07.45	33.77	950m: 10:41.99	33.53	1350m: 15:13.71	33.56
	200m: 2:08.00 34.29	600m: 6:42.66	35.21	1000m: 11:16.51	34.52	1400m: 15:47.68	33.97
	250m: 2:41.51 33.51	650m: 7:16.76	34.10	1050m: 11:50.24	33.73	1450m: 16:19.04	31.36
	300m: 3:15.93 34.42	700m: 7:51.59	34.83	1100m: 12:25.33	35.09	1500m: 16:49.92	30.88
	350m: 3:49.96 34.03	750m: 8:25.57	33.98	1150m: 12:58.83	33.50		
	400m: 4:24.99 35.03	800m: 9:00.41	34.84	1200m: 13:32.87	34.04		
12.	RODRIGUES Pedro Reis	02	Sao Roque	16:52.38	+0,79	636	
	50m: 29.20 29.20	450m: 4:56.59	33.87	850m: 9:31.21	34.69	1250m: 14:06.04	34.55
	100m: 1:01.59 32.39	500m: 5:30.67	34.08	900m: 10:05.79	34.58	1300m: 14:40.67	34.63
	150m: 1:34.48 32.89	550m: 6:04.99	34.32	950m: 10:39.64	33.85	1350m: 15:13.86	33.19
	200m: 2:07.72 33.24	600m: 6:39.30	34.31	1000m: 11:13.49	33.85	1400m: 15:47.25	33.39
	250m: 2:41.24 33.52	650m: 7:13.70	34.40	1050m: 11:48.41	34.92	1450m: 16:20.35	33.10
	300m: 3:15.12 33.88	700m: 7:47.95	34.25	1100m: 12:22.85	34.44	1500m: 16:52.38	32.03
	350m: 3:49.22 34.10	750m: 8:22.36	34.41	1150m: 12:57.09	34.24		
	400m: 4:22.72 33.50	800m: 8:56.52	34.16	1200m: 13:31.49	34.40		
13.	JACINTO Rafael Rodrigues	02	Belenenses	17:00.31	+0,77	622	
	50m: 30.03 30.03	450m: 4:59.67	34.01	850m: 9:34.23	34.53	1250m: 14:11.82	34.30
	100m: 1:02.31 32.28	500m: 5:33.98	34.31	900m: 10:09.20	34.97	1300m: 14:46.81	34.99
	150m: 1:35.75 33.44	550m: 6:08.08	34.10	950m: 10:43.24	34.04	1350m: 15:21.13	34.32
	200m: 2:09.57 33.82	600m: 6:42.61	34.53	1000m: 11:18.25	35.01	1400m: 15:55.40	34.27
	250m: 2:43.10 33.53	650m: 7:16.53	33.92	1050m: 11:52.91	34.66	1450m: 16:29.29	33.89
	300m: 3:17.07 33.97	700m: 7:50.95	34.42	1100m: 12:27.75	34.84	1500m: 17:00.31	31.02
	350m: 3:51.14 34.07	750m: 8:25.10	34.15	1150m: 13:02.47	34.72		
	400m: 4:25.66 34.52	800m: 8:59.70	34.60	1200m: 13:37.52	35.05		

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	MONTEIRO Tomas Penha	02	Alges	17:00.79	+0,71	621	
	50m: 30.31 30.31	450m: 5:01.43	33.93	850m: 9:33.27	34.02	1250m: 14:09.45	34.70
	100m: 1:03.72 33.41	500m: 5:35.45	34.02	900m: 10:07.67	34.40	1300m: 14:44.45	35.00
	150m: 1:37.47 33.75	550m: 6:09.20	33.75	950m: 10:41.62	33.95	1350m: 15:18.75	34.30
	200m: 2:11.30 33.83	600m: 6:42.96	33.76	1000m: 11:16.37	34.75	1400m: 15:53.37	34.62
	250m: 2:44.93 33.63	650m: 7:16.67	33.71	1050m: 11:50.47	34.10	1450m: 16:28.22	34.85
	300m: 3:19.17 34.24	700m: 7:50.85	34.18	1100m: 12:25.28	34.81	1500m: 17:00.79	32.57
	350m: 3:53.16 33.99	750m: 8:24.89	34.04	1150m: 12:59.93	34.65		
	400m: 4:27.50 34.34	800m: 8:59.25	34.36	1200m: 13:34.75	34.82		
15.	SALGADO Goncalo Sampaio	02	Famalicao	17:13.89	+0,80	597	
	50m: 29.94 29.94	450m: 5:04.26	34.83	850m: 9:43.06	34.88	1250m: 14:21.43	34.69
	100m: 1:03.28 33.34	500m: 5:38.91	34.65	900m: 10:17.99	34.93	1300m: 14:56.15	34.72
	150m: 1:37.13 33.85	550m: 6:13.98	35.07	950m: 10:52.85	34.86	1350m: 15:30.94	34.79
	200m: 2:11.26 34.13	600m: 6:48.64	34.66	1000m: 11:27.64	34.79	1400m: 16:05.71	34.77
	250m: 2:45.60 34.34	650m: 7:23.24	34.60	1050m: 12:02.62	34.98	1450m: 16:40.38	34.67
	300m: 3:20.10 34.50	700m: 7:58.20	34.96	1100m: 12:37.34	34.72	1500m: 17:13.89	33.51
	350m: 3:54.90 34.80	750m: 8:33.14	34.94	1150m: 13:12.21	34.87		
	400m: 4:29.43 34.53	800m: 9:08.18	35.04	1200m: 13:46.74	34.53		
16.	MARQUES Rui Joao	02	Nautico Academico	17:15.25	+0,67	595	
	50m: 32.13 32.13	450m: 5:05.42	34.25	850m: 9:41.04	34.53	1250m: 14:20.80	35.26
	100m: 1:06.56 34.43	500m: 5:39.98	34.56	900m: 10:16.17	35.13	1300m: 14:56.52	35.72
	150m: 1:40.31 33.75	550m: 6:14.12	34.14	950m: 10:50.94	34.77	1350m: 15:31.69	35.17
	200m: 2:14.64 34.33	600m: 6:48.80	34.68	1000m: 11:26.46	35.52	1400m: 16:07.66	35.97
	250m: 2:48.60 33.96	650m: 7:23.19	34.39	1050m: 12:01.02	34.56	1450m: 16:41.91	34.25
	300m: 3:23.02 34.42	700m: 7:57.51	34.32	1100m: 12:35.91	34.89	1500m: 17:15.25	33.34
	350m: 3:56.94 33.92	750m: 8:31.98	34.47	1150m: 13:10.41	34.50		
	400m: 4:31.17 34.23	800m: 9:06.51	34.53	1200m: 13:45.54	35.13		
17.	LOPES Miguel Sanches	01	Academico Viseu	17:53.44	+0,67	534	
	50m: 30.70 30.70	450m: 5:09.31	34.83	850m: 9:56.60	36.49	1250m: 14:50.81	36.50
	100m: 1:04.63 33.93	500m: 5:44.28	34.97	900m: 10:33.49	36.89	1300m: 15:28.57	37.76
	150m: 1:39.48 34.85	550m: 6:19.33	35.05	950m: 11:10.80	37.31	1350m: 16:05.00	36.43
	200m: 2:14.29 34.81	600m: 6:54.97	35.64	1000m: 11:47.51	36.71	1400m: 16:41.65	36.65
	250m: 2:49.40 35.11	650m: 7:30.67	35.70	1050m: 12:23.95	36.44	1450m: 17:17.33	35.68
	300m: 3:24.46 35.06	700m: 8:06.72	36.05	1100m: 13:00.80	36.85	1500m: 17:53.44	36.11
	350m: 3:59.57 35.11	750m: 8:43.30	36.58	1150m: 13:37.27	36.47		
	400m: 4:34.48 34.91	800m: 9:20.11	36.81	1200m: 14:14.31	37.04		