

Campeonato Nacional Clubes 2ª Divisão
Leiria, 14- - 15-12-2019



Prova 20
15-12-2019 - 9:35

Masc., 1500m Livres

2ª Divisão MASC
Resultados

RN25 Absoluto	14:49.86	LOPES Jose Paulo	SCB	Glasgow (GBR)	06-12-2019
RN25 Sen	14:49.86	LOPES Jose Paulo	SCB	Glasgow (GBR)	05-12-2019
RN25 Jun18	15:06.77	SANTO Filipe Miguel	SLB	Funchal	26-03-2018
RN25 Jun17	15:05.57	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009
RN25 Juv A	15:36.31	COSTA Rui Filipe	VSC	Braga	04-03-2007
RN25 Juv B	16:09.71	MONTEIRO Luis Miguel	FCP	Felgueiras	01-03-1998
RN25 Inf A	16:13.14	RUIVO Andre Vilas	DNMG	Campo Maior	30-03-2014
RN25 Inf B	17:11.29	RUIVO Andre Vilas	DNMG	Leiria	03-03-2013

Pontos: FINA 2019

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Gustavo Carvalhais	03	121864	Galitos / Bresimar	15:36.34	+0,83	742	25,00
	50m: 27.26 27.26	450m: 4:32.70	31.15	850m: 8:43.07	31.68	1250m: 12:57.69	32.01	
	100m: 56.70 29.44	500m: 5:03.75	31.05	900m: 9:14.62	31.55	1300m: 13:29.72	32.03	
	150m: 1:26.91 30.21	550m: 5:34.89	31.14	950m: 9:46.34	31.72	1350m: 14:01.72	32.00	
	200m: 1:57.51 30.60	600m: 6:06.04	31.15	1000m: 10:18.22	31.88	1400m: 14:33.70	31.98	
	250m: 2:28.29 30.78	650m: 6:37.06	31.02	1050m: 10:49.80	31.58	1450m: 15:05.36	31.66	
	300m: 2:59.23 30.94	700m: 7:08.35	31.29	1100m: 11:21.69	31.89	1500m: 15:36.34	30.98	
	350m: 3:30.33 31.10	750m: 7:39.77	31.42	1150m: 11:53.79	32.10			
	400m: 4:01.55 31.22	800m: 8:11.39	31.62	1200m: 12:25.68	31.89			
2.	DEUS Andre Portugal	02	122429	Naval do Funchal	16:06.71	+0,67	675	23,00
	50m: 28.05 28.05	450m: 4:43.22	32.19	850m: 9:03.25	32.43	1250m: 13:21.49	32.35	
	100m: 58.89 30.84	500m: 5:15.74	32.52	900m: 9:35.51	32.26	1300m: 13:54.73	33.24	
	150m: 1:30.53 31.64	550m: 5:48.27	32.53	950m: 10:07.67	32.16	1350m: 14:28.07	33.34	
	200m: 2:02.11 31.58	600m: 6:20.83	32.56	1000m: 10:39.76	32.09	1400m: 15:01.58	33.51	
	250m: 2:34.23 32.12	650m: 6:53.24	32.41	1050m: 11:11.85	32.09	1450m: 15:34.81	33.23	
	300m: 3:06.60 32.37	700m: 7:25.73	32.49	1100m: 11:44.32	32.47	1500m: 16:06.71	31.90	
	350m: 3:38.71 32.11	750m: 7:58.27	32.54	1150m: 12:16.65	32.33			
	400m: 4:11.03 32.32	800m: 8:30.82	32.55	1200m: 12:49.14	32.49			
3.	COSTA Joao Nogueira	01	124315	Vitoria Guimaraes	16:06.87	+0,74	674	22,00
	50m: 28.58 28.58	450m: 4:49.62	32.67	850m: 9:11.14	32.69	1250m: 13:30.22	32.21	
	100m: 1:00.65 32.07	500m: 5:22.41	32.79	900m: 9:43.79	32.65	1300m: 14:02.38	32.16	
	150m: 1:33.33 32.68	550m: 5:55.05	32.64	950m: 10:16.40	32.61	1350m: 14:34.09	31.71	
	200m: 2:05.84 32.51	600m: 6:27.54	32.49	1000m: 10:48.81	32.41	1400m: 15:06.18	32.09	
	250m: 2:38.60 32.76	650m: 7:00.24	32.70	1050m: 11:20.98	32.17	1450m: 15:37.96	31.78	
	300m: 3:11.42 32.82	700m: 7:32.96	32.72	1100m: 11:53.17	32.19	1500m: 16:06.87	28.91	
	350m: 3:44.21 32.79	750m: 8:05.57	32.61	1150m: 12:25.47	32.30			
	400m: 4:16.95 32.74	800m: 8:38.45	32.88	1200m: 12:58.01	32.54			
4.	TRAVANCA Sergio Filipe	00	117385	Leixoes	16:07.10	+0,71	674	21,00
	50m: 28.83 28.83	450m: 4:49.71	32.77	850m: 9:11.69	32.60	1250m: 13:28.52	32.29	
	100m: 1:00.91 32.08	500m: 5:22.60	32.89	900m: 9:44.04	32.35	1300m: 14:00.47	31.95	
	150m: 1:33.21 32.30	550m: 5:55.37	32.77	950m: 10:16.22	32.18	1350m: 14:32.91	32.44	
	200m: 2:05.79 32.58	600m: 6:28.17	32.80	1000m: 10:47.78	31.56	1400m: 15:05.29	32.38	
	250m: 2:38.39 32.60	650m: 7:00.85	32.68	1050m: 11:19.56	31.78	1450m: 15:36.98	31.69	
	300m: 3:11.20 32.81	700m: 7:33.62	32.77	1100m: 11:51.62	32.06	1500m: 16:07.10	30.12	
	350m: 3:44.00 32.80	750m: 8:06.42	32.80	1150m: 12:23.96	32.34			
	400m: 4:16.94 32.94	800m: 8:39.09	32.67	1200m: 12:56.23	32.27			
5.	NIETO Cristian Fernandez	92	148727	Desportiva de Viana	16:15.84	+0,74	656	20,00
	50m: 29.81 29.81	450m: 4:51.40	33.05	850m: 9:13.27	32.79	1250m: 13:35.04	32.89	
	100m: 1:01.91 32.10	500m: 5:24.49	33.09	900m: 9:45.94	32.67	1300m: 14:07.72	32.68	
	150m: 1:34.22 32.31	550m: 5:57.26	32.77	950m: 10:18.80	32.86	1350m: 14:40.48	32.76	
	200m: 2:06.98 32.76	600m: 6:29.95	32.69	1000m: 10:51.19	32.39	1400m: 15:13.07	32.59	
	250m: 2:39.60 32.62	650m: 7:02.57	32.62	1050m: 11:23.98	32.79	1450m: 15:45.30	32.23	
	300m: 3:12.42 32.82	700m: 7:35.32	32.75	1100m: 11:56.61	32.63	1500m: 16:15.84	30.54	
	350m: 3:45.35 32.93	750m: 8:07.83	32.51	1150m: 12:29.30	32.69			
	400m: 4:18.35 33.00	800m: 8:40.48	32.65	1200m: 13:02.15	32.85			

Campeonato Nacional Clubes 2ª Divisão
Leiria, 14- - 15-12-2019



Prova 20, Masc., 1500m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	NEVES Pedro Barata	00	118137	Laranjeiro	16:17.16	+0,74	653	19,00
	50m: 29.44 29.44	450m: 4:48.04	32.29	850m: 9:10.79	32.67	1250m: 13:34.83	33.09	
	100m: 1:01.01 31.57	500m: 5:20.71	32.67	900m: 9:43.51	32.72	1300m: 14:07.62	32.79	
	150m: 1:33.04 32.03	550m: 5:53.21	32.50	950m: 10:16.20	32.69	1350m: 14:40.82	33.20	
	200m: 2:05.40 32.36	600m: 6:26.37	33.16	1000m: 10:49.17	32.97	1400m: 15:13.69	32.87	
	250m: 2:37.84 32.44	650m: 6:59.28	32.91	1050m: 11:22.18	33.01	1450m: 15:46.19	32.50	
	300m: 3:10.60 32.76	700m: 7:32.46	33.18	1100m: 11:55.36	33.18	1500m: 16:17.16	30.97	
	350m: 3:43.26 32.66	750m: 8:05.27	32.81	1150m: 12:28.64	33.28			
	400m: 4:15.75 32.49	800m: 8:38.12	32.85	1200m: 13:01.74	33.10			
7.	GOMES Goncalo Andre	03	127533	Fundacao Beatriz Santos	16:30.30	+0,68	628	18,00
	50m: 29.10 29.10	450m: 4:53.09	33.38	850m: 9:16.72	33.42	1250m: 13:44.07	33.68	
	100m: 1:01.14 32.04	500m: 5:26.42	33.33	900m: 9:49.75	33.03	1300m: 14:17.93	33.86	
	150m: 1:34.00 32.86	550m: 5:58.63	32.21	950m: 10:23.13	33.38	1350m: 14:51.65	33.72	
	200m: 2:06.83 32.83	600m: 6:31.45	32.82	1000m: 10:56.82	33.69	1400m: 15:25.17	33.52	
	250m: 2:39.93 33.10	650m: 7:04.44	32.99	1050m: 11:30.21	33.39	1450m: 15:58.54	33.37	
	300m: 3:13.13 33.20	700m: 7:37.04	32.60	1100m: 12:03.27	33.06	1500m: 16:30.30	31.76	
	350m: 3:46.38 33.25	750m: 8:10.07	33.03	1150m: 12:36.84	33.57			
	400m: 4:19.71 33.33	800m: 8:43.30	33.23	1200m: 13:10.39	33.55			
8.	CARDOSO Joao Miguel	97	109124	Gesloures	16:32.35	+0,81	624	17,00
	50m: 29.62 29.62	450m: 4:52.72	33.32	850m: 9:21.00	33.34	1250m: 13:47.56	33.63	
	100m: 1:01.32 31.70	500m: 5:25.99	33.27	900m: 9:54.09	33.09	1300m: 14:21.06	33.50	
	150m: 1:33.83 32.51	550m: 5:59.65	33.66	950m: 10:27.60	33.51	1350m: 14:54.39	33.33	
	200m: 2:06.59 32.76	600m: 6:33.36	33.71	1000m: 11:01.01	33.41	1400m: 15:28.34	33.95	
	250m: 2:39.60 33.01	650m: 7:07.06	33.70	1050m: 11:34.21	33.20	1450m: 16:01.36	33.02	
	300m: 3:12.69 33.09	700m: 7:40.67	33.61	1100m: 12:07.57	33.36	1500m: 16:32.35	30.99	
	350m: 3:46.00 33.31	750m: 8:14.28	33.61	1150m: 12:40.84	33.27			
	400m: 4:19.40 33.40	800m: 8:47.66	33.38	1200m: 13:13.93	33.09			
9.	NUNES Diogo Severino	04	128592	Natacao de Valongo	16:42.96	+0,81	604	16,00
	50m: 29.23 29.23	450m: 4:53.82	34.08	850m: 9:25.51	34.27	1250m: 13:58.74	34.35	
	100m: 1:01.72 32.49	500m: 5:27.68	33.86	900m: 10:00.12	34.61	1300m: 14:32.85	34.11	
	150m: 1:34.57 32.85	550m: 6:01.62	33.94	950m: 10:34.51	34.39	1350m: 15:06.56	33.71	
	200m: 2:06.99 32.42	600m: 6:35.84	34.22	1000m: 11:08.67	34.16	1400m: 15:40.03	33.47	
	250m: 2:40.06 33.07	650m: 7:08.56	32.72	1050m: 11:42.59	33.92	1450m: 16:13.04	33.01	
	300m: 3:12.02 31.96	700m: 7:42.68	34.12	1100m: 12:16.98	34.39	1500m: 16:42.96	29.92	
	350m: 3:45.79 33.77	750m: 8:16.83	34.15	1150m: 12:50.15	33.17			
	400m: 4:19.74 33.95	800m: 8:51.24	34.41	1200m: 13:24.39	34.24			
10.	FROTA Paulo Andre	02	124128	Condeixa Clube	16:43.21	+0,68	604	15,00
	50m: 29.67 29.67	450m: 4:55.26	33.93	850m: 9:26.39	34.09	1250m: 13:57.75	33.72	
	100m: 1:01.94 32.27	500m: 5:28.99	33.73	900m: 10:00.45	34.06	1300m: 14:30.03	32.28	
	150m: 1:34.60 32.66	550m: 6:02.61	33.62	950m: 10:34.38	33.93	1350m: 15:04.04	34.01	
	200m: 2:07.78 33.18	600m: 6:36.55	33.94	1000m: 11:08.59	34.21	1400m: 15:37.95	33.91	
	250m: 2:40.94 33.16	650m: 7:10.58	34.03	1050m: 11:42.54	33.95	1450m: 16:11.45	33.50	
	300m: 3:14.24 33.30	700m: 7:44.59	34.01	1100m: 12:16.60	34.06	1500m: 16:43.21	31.76	
	350m: 3:47.61 33.37	750m: 8:18.34	33.75	1150m: 12:50.28	33.68			
	400m: 4:21.33 33.72	800m: 8:52.30	33.96	1200m: 13:24.03	33.75			
11.	SILVA Paulo Filipe	98	117012	Natacao da Maia	16:46.58	+0,79	598	14,00
	50m: 28.75 28.75	450m: 4:54.64	33.43	850m: 9:24.72	34.22	1250m: 13:56.47	34.17	
	100m: 1:01.01 32.26	500m: 5:28.46	33.82	900m: 9:58.60	33.88	1300m: 14:30.54	34.07	
	150m: 1:33.99 32.98	550m: 6:01.90	33.44	950m: 10:32.62	34.02	1350m: 15:04.54	34.00	
	200m: 2:07.42 33.43	600m: 6:34.91	33.01	1000m: 11:06.86	34.24	1400m: 15:39.14	34.60	
	250m: 2:41.29 33.87	650m: 7:08.64	33.73	1050m: 11:40.97	34.11	1450m: 16:13.58	34.44	
	300m: 3:14.59 33.30	700m: 7:42.64	34.00	1100m: 12:14.61	33.64	1500m: 16:46.58	33.00	
	350m: 3:47.93 33.34	750m: 8:16.78	34.14	1150m: 12:48.43	33.82			
	400m: 4:21.21 33.28	800m: 8:50.50	33.72	1200m: 13:22.30	33.87			



Campeonato Nacional Clubes 2ª Divisão
Leiria, 14 - 15-12-2019



Prova 20, Masc., 1500m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CLARA Vítor Belo	04	127243	BA-Leiria	16:51.00	+0,72	590	13,00
	50m: 29.20 29.20	450m: 4:51.60	32.96	850m: 9:21.17	34.35	1250m: 13:57.52	34.96	
	100m: 1:01.93 32.73	500m: 5:24.76	33.16	900m: 9:55.55	34.38	1300m: 14:32.39	34.87	
	150m: 1:34.87 32.94	550m: 5:58.02	33.26	950m: 10:29.88	34.33	1350m: 15:07.22	34.83	
	200m: 2:07.58 32.71	600m: 6:30.92	32.90	1000m: 11:04.60	34.72	1400m: 15:42.11	34.89	
	250m: 2:40.07 32.49	650m: 7:04.41	33.49	1050m: 11:39.09	34.49	1450m: 16:17.03	34.92	
	300m: 3:12.56 32.49	700m: 7:38.65	34.24	1100m: 12:13.26	34.17	1500m: 16:51.00	33.97	
	350m: 3:45.15 32.59	750m: 8:12.60	33.95	1150m: 12:47.78	34.52			
	400m: 4:18.64 33.49	800m: 8:46.82	34.22	1200m: 13:22.56	34.78			
13.	CANADAS Joao Vasco	03	200650	Rio Maior	16:51.02	+0,76	590	12,00
	50m: 30.51 30.51	450m: 4:58.00	33.80	850m: 9:27.85	33.64	1250m: 14:01.38	34.41	
	100m: 1:03.56 33.05	500m: 5:31.63	33.63	900m: 10:02.03	34.18	1300m: 14:35.72	34.34	
	150m: 1:36.83 33.27	550m: 6:04.98	33.35	950m: 10:36.03	34.00	1350m: 15:10.10	34.38	
	200m: 2:10.13 33.30	600m: 6:38.67	33.69	1000m: 11:10.09	34.06	1400m: 15:44.27	34.17	
	250m: 2:43.67 33.54	650m: 7:12.46	33.79	1050m: 11:44.09	34.00	1450m: 16:18.38	34.11	
	300m: 3:17.22 33.55	700m: 7:46.06	33.60	1100m: 12:18.42	34.33	1500m: 16:51.02	32.64	
	350m: 3:50.77 33.55	750m: 8:19.92	33.86	1150m: 12:52.55	34.13			
	400m: 4:24.20 33.43	800m: 8:54.21	34.29	1200m: 13:26.97	34.42			
14.	MORIM Francisco Emanuel	02	118054	Vilacondense	16:53.52	+0,85	585	11,00
	50m: 30.21 30.21	450m: 4:57.97	33.57	850m: 9:31.81	34.59	1250m: 14:06.59	33.90	
	100m: 1:02.77 32.56	500m: 5:31.83	33.86	900m: 10:06.27	34.46	1300m: 14:40.47	33.88	
	150m: 1:36.33 33.56	550m: 6:05.90	34.07	950m: 10:40.51	34.24	1350m: 15:14.39	33.92	
	200m: 2:09.74 33.41	600m: 6:39.80	33.90	1000m: 11:14.93	34.42	1400m: 15:48.17	33.78	
	250m: 2:43.20 33.46	650m: 7:13.78	33.98	1050m: 11:49.23	34.30	1450m: 16:22.22	34.05	
	300m: 3:16.92 33.72	700m: 7:48.29	34.51	1100m: 12:23.48	34.25	1500m: 16:53.52	31.30	
	350m: 3:50.56 33.64	750m: 8:22.56	34.27	1150m: 12:58.12	34.64			
	400m: 4:24.40 33.84	800m: 8:57.22	34.66	1200m: 13:32.69	34.57			
15.	OVIEDO Miguel Freitas	02	130017	Academica de Coimbra	16:56.52	+0,72	580	10,00
	50m: 30.73 30.73	450m: 5:07.12	34.82	850m: 9:38.90	33.87	1250m: 14:10.18	33.09	
	100m: 1:04.86 34.13	500m: 5:41.49	34.37	900m: 10:13.36	34.46	1300m: 14:43.66	33.48	
	150m: 1:39.63 34.77	550m: 6:15.51	34.02	950m: 10:47.37	34.01	1350m: 15:17.81	34.15	
	200m: 2:14.27 34.64	600m: 6:49.91	34.40	1000m: 11:21.97	34.60	1400m: 15:51.86	34.05	
	250m: 2:48.72 34.45	650m: 7:23.47	33.56	1050m: 11:56.20	34.23	1450m: 16:24.97	33.11	
	300m: 3:22.94 34.22	700m: 7:57.14	33.67	1100m: 12:29.71	33.51	1500m: 16:56.52	31.55	
	350m: 3:58.00 35.06	750m: 8:31.12	33.98	1150m: 13:03.52	33.81			
	400m: 4:32.30 34.30	800m: 9:05.03	33.91	1200m: 13:37.09	33.57			
16.	PEREIRA Antonio Sousa	03	201690	Bombeiros Estoris	17:01.73	+0,72	571	9,00
	50m: 29.31 29.31	450m: 5:01.64	34.37	850m: 9:36.80	33.91	1250m: 14:13.65	34.82	
	100m: 1:02.62 33.31	500m: 5:35.73	34.09	900m: 10:11.13	34.33	1300m: 14:48.03	34.38	
	150m: 1:36.54 33.92	550m: 6:10.37	34.64	950m: 10:46.06	34.93	1350m: 15:22.47	34.44	
	200m: 2:10.73 34.19	600m: 6:44.90	34.53	1000m: 11:20.97	34.91	1400m: 15:56.54	34.07	
	250m: 2:44.54 33.81	650m: 7:18.95	34.05	1050m: 11:55.49	34.52	1450m: 16:30.28	33.74	
	300m: 3:19.02 34.48	700m: 7:53.50	34.55	1100m: 12:29.54	34.05	1500m: 17:01.73	31.45	
	350m: 3:53.02 34.00	750m: 8:28.23	34.73	1150m: 13:04.01	34.47			
	400m: 4:27.27 34.25	800m: 9:02.89	34.66	1200m: 13:38.83	34.82			
17.	FERNANDES Rui Afonso	03	125395	Desportivo Nacional	17:04.94	+0,70	566	8,00
	50m: 29.59 29.59	450m: 4:58.36	33.81	850m: 9:31.84	34.66	1250m: 14:11.23	35.03	
	100m: 1:02.39 32.80	500m: 5:32.25	33.89	900m: 10:06.82	34.98	1300m: 14:46.15	34.92	
	150m: 1:36.14 33.75	550m: 6:05.83	33.58	950m: 10:41.65	34.83	1350m: 15:21.63	35.48	
	200m: 2:09.96 33.82	600m: 6:39.68	33.85	1000m: 11:16.68	35.03	1400m: 15:56.72	35.09	
	250m: 2:43.75 33.79	650m: 7:13.48	33.80	1050m: 11:51.71	35.03	1450m: 16:30.93	34.21	
	300m: 3:17.32 33.57	700m: 7:47.93	34.45	1100m: 12:26.57	34.86	1500m: 17:04.94	34.01	
	350m: 3:50.89 33.57	750m: 8:22.46	34.53	1150m: 13:01.23	34.66			
	400m: 4:24.55 33.66	800m: 8:57.18	34.72	1200m: 13:36.20	34.97			



Campeonato Nacional Clubes 2ª Divisão
Leiria, 14- - 15-12-2019



Prova 20, Masc., 1500m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	SA Joao Luis	03	124728	Fluvial Portuense	17:10.05	+0,83	558	7,00
	50m: 30.03 30.03	450m: 5:01.89	34.57	850m: 9:38.86	34.74	1250m: 14:16.50	34.72	
	100m: 1:02.60 32.57	500m: 5:36.21	34.32	900m: 10:13.31	34.45	1300m: 14:51.35	34.85	
	150m: 1:36.62 34.02	550m: 6:10.83	34.62	950m: 10:47.94	34.63	1350m: 15:26.37	35.02	
	200m: 2:11.19 34.57	600m: 6:45.18	34.35	1000m: 11:22.77	34.83	1400m: 16:01.03	34.66	
	250m: 2:45.06 33.87	650m: 7:19.80	34.62	1050m: 11:57.59	34.82	1450m: 16:35.70	34.67	
	300m: 3:19.14 34.08	700m: 7:54.53	34.73	1100m: 12:32.17	34.58	1500m: 17:10.05	34.35	
	350m: 3:53.19 34.05	750m: 8:29.14	34.61	1150m: 13:07.07	34.90			
	400m: 4:27.32 34.13	800m: 9:04.12	34.98	1200m: 13:41.78	34.71			
19.	CARDOSO Filipe Santos	04	130500	Gafanha da Encarnacao	17:16.14	+0,73	548	6,00
	50m: 31.35 31.35	450m: 5:13.45	34.62	850m: 9:53.40	34.69	1250m: 14:29.64	34.62	
	100m: 1:05.76 34.41	500m: 5:48.91	35.46	900m: 10:28.19	34.79	1300m: 15:04.13	34.49	
	150m: 1:41.19 35.43	550m: 6:24.47	35.56	950m: 11:03.22	35.03	1350m: 15:38.56	34.43	
	200m: 2:16.46 35.27	600m: 6:59.32	34.85	1000m: 11:37.55	34.33	1400m: 16:12.08	33.52	
	250m: 2:52.21 35.75	650m: 7:34.05	34.73	1050m: 12:11.80	34.25	1450m: 16:45.19	33.11	
	300m: 3:27.62 35.41	700m: 8:08.81	34.76	1100m: 12:46.17	34.37	1500m: 17:16.14	30.95	
	350m: 4:03.29 35.67	750m: 8:43.98	35.17	1150m: 13:20.52	34.35			
	400m: 4:38.83 35.54	800m: 9:18.71	34.73	1200m: 13:55.02	34.50			
20.	MATRENO Diogo Miguel	03	127652	Torres Novas	17:16.45	+0,72	547	5,00
	50m: 31.03 31.03	450m: 5:09.33	34.78	850m: 9:47.43	34.77	1250m: 14:24.96	34.39	
	100m: 1:05.50 34.47	500m: 5:43.98	34.65	900m: 10:22.41	34.98	1300m: 15:00.18	35.22	
	150m: 1:39.79 34.29	550m: 6:18.71	34.73	950m: 10:57.25	34.84	1350m: 15:35.62	35.44	
	200m: 2:14.58 34.79	600m: 6:53.46	34.75	1000m: 11:31.65	34.40	1400m: 16:10.15	34.53	
	250m: 2:49.71 35.13	650m: 7:28.55	35.09	1050m: 12:06.36	34.71	1450m: 16:44.03	33.88	
	300m: 3:24.30 34.59	700m: 8:03.42	34.87	1100m: 12:40.93	34.57	1500m: 17:16.45	32.42	
	350m: 3:59.53 35.23	750m: 8:37.85	34.43	1150m: 13:15.85	34.92			
	400m: 4:34.55 35.02	800m: 9:12.66	34.81	1200m: 13:50.57	34.72			
21.	SARREIRA Tomas Amor	05	132117	Nautico Marinha Grande	17:17.22	+0,76	546	4,00
	50m: 30.12 30.12	450m: 5:06.66	35.29	850m: 9:45.98	35.07	1250m: 14:26.63	34.70	
	100m: 1:04.31 34.19	500m: 5:41.17	34.51	900m: 10:21.50	35.52	1300m: 15:01.52	34.89	
	150m: 1:38.88 34.57	550m: 6:15.88	34.71	950m: 10:56.70	35.20	1350m: 15:36.52	35.00	
	200m: 2:13.02 34.14	600m: 6:50.51	34.63	1000m: 11:32.27	35.57	1400m: 16:10.87	34.35	
	250m: 2:47.60 34.58	650m: 7:25.59	35.08	1050m: 12:07.42	35.15	1450m: 16:44.79	33.92	
	300m: 3:21.97 34.37	700m: 8:01.15	35.56	1100m: 12:42.06	34.64	1500m: 17:17.22	32.43	
	350m: 3:56.69 34.72	750m: 8:36.35	35.20	1150m: 13:17.08	35.02			
	400m: 4:31.37 34.68	800m: 9:10.91	34.56	1200m: 13:51.93	34.85			
22.	NETO Rodrigo Jorge	03	204423	Aquatico Pacense	17:28.43	+0,71	529	3,00
	50m: 30.86 30.86	450m: 5:09.69	34.98	850m: 9:49.63	35.05	1250m: 14:33.15	35.81	
	100m: 1:05.02 34.16	500m: 5:44.59	34.90	900m: 10:24.80	35.17	1300m: 15:08.85	35.70	
	150m: 1:39.61 34.59	550m: 6:19.47	34.88	950m: 11:00.07	35.27	1350m: 15:44.24	35.39	
	200m: 2:14.52 34.91	600m: 6:54.50	35.03	1000m: 11:35.22	35.15	1400m: 16:19.57	35.33	
	250m: 2:49.49 34.97	650m: 7:29.40	34.90	1050m: 12:10.91	35.69	1450m: 16:54.69	35.12	
	300m: 3:24.52 35.03	700m: 8:04.40	35.00	1100m: 12:46.14	35.23	1500m: 17:28.43	33.74	
	350m: 3:59.62 35.10	750m: 8:39.39	34.99	1150m: 13:21.70	35.56			
	400m: 4:34.71 35.09	800m: 9:14.58	35.19	1200m: 13:57.34	35.64			
23.	LADYKA Antonio Iuri	05	203950	Alcobaca	18:48.51	+0,77	424	2,00
	50m: 31.25 31.25	450m: 5:30.05	38.01	850m: 10:35.45	38.27	1250m: 15:42.68	38.23	
	100m: 1:07.01 35.76	500m: 6:07.13	37.08	900m: 11:13.74	38.29	1300m: 16:20.76	38.08	
	150m: 1:44.20 37.19	550m: 6:44.68	37.55	950m: 11:52.21	38.47	1350m: 16:58.41	37.65	
	200m: 2:21.54 37.34	600m: 7:23.29	38.61	1000m: 12:30.86	38.65	1400m: 17:36.42	38.01	
	250m: 2:59.15 37.61	650m: 8:01.95	38.66	1050m: 13:09.49	38.63	1450m: 18:13.50	37.08	
	300m: 3:36.48 37.33	700m: 8:40.14	38.19	1100m: 13:48.30	38.81	1500m: 18:48.51	35.01	
	350m: 4:14.03 37.55	750m: 9:18.56	38.42	1150m: 14:26.38	38.08			
	400m: 4:52.04 38.01	800m: 9:57.18	38.62	1200m: 15:04.45	38.07			



Prova 20, Masc., 1500m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	NUNES Jose Pedro	05	133265	Ginasio de Vila Real	19:44.58	+0,78	366	1,00
	50m: 31.99	31.99	450m: 5:42.44	40.39	850m: 11:02.75	41.23	1250m: 16:27.66	40.37
	100m: 1:08.26	36.27	500m: 6:21.49	39.05	900m: 11:43.42	40.67	1300m: 17:07.60	39.94
	150m: 1:46.05	37.79	550m: 7:02.38	40.89	950m: 12:24.64	41.22	1350m: 17:47.07	39.47
	200m: 2:24.72	38.67	600m: 7:41.66	39.28	1000m: 13:03.08	38.44	1400m: 18:26.06	38.99
	250m: 3:03.91	39.19	650m: 8:22.34	40.68	1050m: 13:45.17	42.09	1450m: 19:05.36	39.30
	300m: 3:43.31	39.40	700m: 9:02.18	39.84	1100m: 14:25.18	40.01	1500m: 19:44.58	39.22
	350m: 4:22.38	39.07	750m: 9:41.91	39.73	1150m: 15:05.81	40.63		
	400m: 5:02.05	39.67	800m: 10:21.52	39.61	1200m: 15:47.29	41.48		

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