

Prova 44
22-12-2019 - 16:00

Masc., 1500m Livres

Absolutos
Resultados

RN25 Absoluto	14:49.86	LOPES Jose Paulo	SCB	Glasgow (GBR)	05-12-2019
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

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. LOPES Jose Paulo 00 Braga **14:48.89** +0,65 868
Rec Nacional, Minimos CMundo PC, Sen e Abs

50m:	26.33	26.33	450m:	4:22.33	29.72	850m:	8:21.38	30.04	1250m:	12:21.81	29.84
100m:	55.39	29.06	500m:	4:52.21	29.88	900m:	8:51.23	29.85	1300m:	12:51.65	29.84
150m:	1:24.54	29.15	550m:	5:21.94	29.73	950m:	9:21.25	30.02	1350m:	13:21.74	30.09
200m:	1:54.04	29.50	600m:	5:52.06	30.12	1000m:	9:51.25	30.00	1400m:	13:51.54	29.80
250m:	2:23.66	29.62	650m:	6:21.92	29.86	1050m:	10:21.72	30.47	1450m:	14:21.00	29.46
300m:	2:53.16	29.50	700m:	6:51.67	29.75	1100m:	10:51.87	30.15	1500m:	14:48.89	27.89
350m:	3:22.77	29.61	750m:	7:21.43	29.76	1150m:	11:21.93	30.06			
400m:	3:52.61	29.84	800m:	7:51.34	29.91	1200m:	11:51.97	30.04			

2. CARDOSO Diogo Santos 01 Colegio Monte Maior **15:19.83** +0,80 783

50m:	28.83	28.83	450m:	4:37.83	31.18	850m:	8:44.14	30.72	1250m:	12:49.88	30.84
100m:	59.68	30.85	500m:	5:08.97	31.14	900m:	9:14.78	30.64	1300m:	13:20.49	30.61
150m:	1:30.97	31.29	550m:	5:39.75	30.78	950m:	9:45.58	30.80	1350m:	13:50.95	30.46
200m:	2:02.14	31.17	600m:	6:10.76	31.01	1000m:	10:16.23	30.65	1400m:	14:21.37	30.42
250m:	2:33.50	31.36	650m:	6:41.74	30.98	1050m:	10:46.80	30.57	1450m:	14:51.31	29.94
300m:	3:04.52	31.02	700m:	7:12.27	30.53	1100m:	11:17.35	30.55	1500m:	15:19.83	28.52
350m:	3:35.49	30.97	750m:	7:42.71	30.44	1150m:	11:48.09	30.74			
400m:	4:06.65	31.16	800m:	8:13.42	30.71	1200m:	12:19.04	30.95			

3. GIL Rafael Lourenco 96 Sporting **15:30.28** +0,73 757

50m:	27.22	27.22	450m:	4:29.75	30.97	850m:	8:39.20	31.54	1250m:	12:52.61	31.91
100m:	56.43	29.21	500m:	5:00.56	30.81	900m:	9:10.63	31.43	1300m:	13:24.57	31.96
150m:	1:26.44	30.01	550m:	5:31.60	31.04	950m:	9:42.35	31.72	1350m:	13:56.52	31.95
200m:	2:00.20	30.24	600m:	6:02.72	31.12	1000m:	10:14.02	31.67	1400m:	14:27.93	31.41
250m:	2:27.03	30.35	650m:	6:33.81	31.09	1050m:	10:45.82	31.80	1450m:	14:59.19	31.26
300m:	2:57.50	30.47	700m:	7:04.99	31.18	1100m:	11:17.36	31.54	1500m:	15:30.28	31.09
350m:	3:27.96	30.46	750m:	7:36.37	31.38	1150m:	11:49.11	31.75			
400m:	3:58.78	30.82	800m:	8:07.66	31.29	1200m:	12:20.70	31.59			

4. SANTOS Pedro Miguel 01 Porto **15:42.37** +0,62 728

50m:	28.21	28.21	450m:	4:36.45	31.25	850m:	8:46.83	31.72	1250m:	13:02.85	32.28
100m:	58.63	30.42	500m:	5:07.63	31.18	900m:	9:18.50	31.67	1300m:	13:35.14	32.29
150m:	1:28.96	30.33	550m:	5:38.96	31.33	950m:	9:50.37	31.87	1350m:	14:07.39	32.25
200m:	2:00.20	31.24	600m:	6:10.53	31.57	1000m:	10:22.40	32.03	1400m:	14:39.35	31.96
250m:	2:31.48	31.28	650m:	6:42.04	31.51	1050m:	10:54.63	32.23	1450m:	15:11.36	32.01
300m:	3:02.81	31.33	700m:	7:12.75	30.71	1100m:	11:26.22	31.59	1500m:	15:42.37	31.01
350m:	3:33.94	31.13	750m:	7:43.77	31.02	1150m:	11:58.19	31.97			
400m:	4:05.20	31.26	800m:	8:15.11	31.34	1200m:	12:30.57	32.38			

5. NUNES Diogo Barbosa 00 Porto **16:14.40** +0,66 659

50m:	28.20	28.20	450m:	4:39.40	32.00	850m:	8:59.69	32.58	1250m:	13:27.48	33.69
100m:	58.91	30.71	500m:	5:11.67	32.27	900m:	9:32.46	32.77	1300m:	14:01.05	33.57
150m:	1:29.91	31.00	550m:	5:43.99	32.32	950m:	10:06.00	33.54	1350m:	14:35.06	34.01
200m:	2:01.05	31.14	600m:	6:16.26	32.27	1000m:	10:39.38	33.38	1400m:	15:08.61	33.55
250m:	2:32.20	31.15	650m:	6:48.84	32.58	1050m:	11:12.60	33.22	1450m:	15:42.03	33.42
300m:	3:03.88	31.68	700m:	7:21.67	32.83	1100m:	11:46.45	33.85	1500m:	16:14.40	32.37
350m:	3:35.51	31.63	750m:	7:54.24	32.57	1150m:	12:20.40	33.95			
400m:	4:07.40	31.89	800m:	8:27.11	32.87	1200m:	12:53.79	33.39			



Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	CRUZ Miguel Duarte <i>Rec Nacional S15</i>	99 S15	Belenenses	17:29.93	+0,77	526	
	50m: 31.39 31.39	450m: 5:06.67	34.83	850m: 9:47.48	35.40	1250m: 14:32.35	35.86
	100m: 1:05.37 33.98	500m: 5:41.64	34.97	900m: 10:22.80	35.32	1300m: 15:08.13	35.78
	150m: 1:38.62 33.25	550m: 6:16.65	35.01	950m: 10:58.25	35.45	1350m: 15:43.94	35.81
	200m: 2:13.00 34.38	600m: 6:51.62	34.97	1000m: 11:34.06	35.81	1400m: 16:20.06	36.12
	250m: 2:47.63 34.63	650m: 7:26.66	35.04	1050m: 12:09.75	35.69	1450m: 16:55.92	35.86
	300m: 3:22.29 34.66	700m: 8:01.74	35.08	1100m: 12:45.34	35.59	1500m: 17:29.93	34.01
	350m: 3:56.98 34.69	750m: 8:36.81	35.07	1150m: 13:20.77	35.43		
	400m: 4:31.84 34.86	800m: 9:12.08	35.27	1200m: 13:56.49	35.72		

Juniores

1.	CARVALHO Daniel Luis	02	Braga	16:00.02	+0,78	689	
	50m: 28.23 28.23	450m: 4:39.41	32.01	850m: 8:58.71	32.12	1250m: 13:18.73	32.69
	100m: 59.19 30.96	500m: 5:11.48	32.07	900m: 9:30.81	32.10	1300m: 13:51.49	32.76
	150m: 1:30.36 31.17	550m: 5:43.61	32.13	950m: 10:03.11	32.30	1350m: 14:23.83	32.34
	200m: 2:01.61 31.25	600m: 6:16.19	32.58	1000m: 10:35.81	32.70	1400m: 14:56.49	32.66
	250m: 2:32.85 31.24	650m: 6:48.87	32.68	1050m: 11:08.27	32.46	1450m: 15:28.67	32.18
	300m: 3:04.29 31.44	700m: 7:21.66	32.79	1100m: 11:40.94	32.67	1500m: 16:00.02	31.35
	350m: 3:35.85 31.56	750m: 7:54.14	32.48	1150m: 12:13.57	32.63		
	400m: 4:07.40 31.55	800m: 8:26.59	32.45	1200m: 12:46.04	32.47		
2.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	16:05.07		678	
	50m: 27.27 27.27	450m: 4:38.56	41.63	850m: 9:04.30	32.95	1250m: 13:24.02	32.43
	100m: 56.39 29.12	500m: 5:13.38	34.82	900m: 9:36.77	32.47	1300m: 13:56.78	32.76
	150m: 1:25.76 29.37	550m: 5:47.23	33.85	950m: 10:09.48	32.71	1350m: 14:29.09	32.31
	200m: 1:55.77 30.01	600m: 6:20.33	33.10	1000m: 10:42.13	32.65	1400m: 15:01.28	32.19
	250m: 2:25.55 29.78	650m: 6:53.16	32.83	1050m: 11:14.95	32.82	1450m: 15:33.39	32.11
	300m: 2:55.90 30.35	700m: 7:26.07	32.91	1100m: 11:47.76	32.81	1500m: 16:05.07	31.68
	350m: 3:26.52 30.62	750m: 7:58.78	32.71	1150m: 12:19.39	31.63		
	400m: 3:56.93 30.41	800m: 8:31.35	32.57	1200m: 12:51.59	32.20		
3.	DEUS Andre Portugal	02	Naval do Funchal	16:07.82	+0,72	672	
	50m: 28.05 28.05	450m: 4:42.13	32.33	850m: 9:03.66	32.60	1250m: 13:25.96	32.92
	100m: 58.57 30.52	500m: 5:14.96	32.83	900m: 9:36.62	32.96	1300m: 13:58.88	32.92
	150m: 1:29.80 31.23	550m: 5:47.55	32.59	950m: 10:09.14	32.52	1350m: 14:31.71	32.83
	200m: 2:01.29 31.49	600m: 6:20.12	32.57	1000m: 10:41.97	32.83	1400m: 15:04.36	32.65
	250m: 2:33.31 32.02	650m: 6:52.84	32.72	1050m: 11:14.79	32.82	1450m: 15:36.46	32.10
	300m: 3:05.39 32.08	700m: 7:25.48	32.64	1100m: 11:47.36	32.57	1500m: 16:07.82	31.36
	350m: 3:37.54 32.15	750m: 7:58.23	32.75	1150m: 12:20.22	32.86		
	400m: 4:09.80 32.26	800m: 8:31.06	32.83	1200m: 12:53.04	32.82		
4.	MACHADO Martim Miranda	03	Uniao Coimbra	16:08.59	+0,78	671	
	50m: 29.42 29.42	450m: 4:49.24	32.21	850m: 9:08.08	32.56	1250m: 13:27.95	32.39
	100m: 1:01.12 31.70	500m: 5:21.43	32.19	900m: 9:40.53	32.45	1300m: 14:00.19	32.24
	150m: 1:33.46 32.34	550m: 5:53.96	32.53	950m: 10:13.07	32.54	1350m: 14:32.83	32.64
	200m: 2:06.37 32.91	600m: 6:26.37	32.41	1000m: 10:45.38	32.31	1400m: 15:05.19	32.36
	250m: 2:39.38 33.01	650m: 6:58.58	32.21	1050m: 11:17.93	32.55	1450m: 15:37.91	32.72
	300m: 3:11.70 32.32	700m: 7:30.68	32.10	1100m: 11:50.58	32.65	1500m: 16:08.59	30.68
	350m: 3:44.24 32.54	750m: 8:03.07	32.39	1150m: 12:22.95	32.37		
	400m: 4:17.03 32.79	800m: 8:35.52	32.45	1200m: 12:55.56	32.61		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	LOPES Luis Afonso	03	Viver Santarem	16:11.97	+0,67	664	
	50m: 29.31 29.31	450m: 4:50.42	32.32	850m: 9:11.23	31.75	1250m: 13:31.66	32.85
	100m: 1:01.70 32.39	500m: 5:22.67	32.25	900m: 9:43.55	32.32	1300m: 14:04.49	32.83
	150m: 1:34.09 32.39	550m: 5:55.33	32.66	950m: 10:16.28	32.73	1350m: 14:37.25	32.76
	200m: 2:07.05 32.96	600m: 6:28.12	32.79	1000m: 10:48.98	32.70	1400m: 15:09.57	32.32
	250m: 2:40.13 33.08	650m: 7:01.01	32.89	1050m: 11:21.16	32.18	1450m: 15:41.79	32.22
	300m: 3:12.86 32.73	700m: 7:33.73	32.72	1100m: 11:53.58	32.42	1500m: 16:11.97	30.18
	350m: 3:45.55 32.69	750m: 8:06.37	32.64	1150m: 12:25.83	32.25		
	400m: 4:18.10 32.55	800m: 8:39.48	33.11	1200m: 12:58.81	32.98		
6.	RIBEIRO Luis Manuel	02	Porto	16:15.74	+0,68	656	
	50m: 29.00 29.00	450m: 4:48.30	32.49	850m: 9:10.76	32.81	1250m: 13:33.56	33.11
	100m: 1:00.22 31.22	500m: 5:21.17	32.87	900m: 9:43.57	32.81	1300m: 14:06.28	32.72
	150m: 1:32.13 31.91	550m: 5:54.01	32.84	950m: 10:15.85	32.28	1350m: 14:39.29	33.01
	200m: 2:04.57 32.44	600m: 6:26.77	32.76	1000m: 10:48.66	32.81	1400m: 15:12.86	33.57
	250m: 2:37.01 32.44	650m: 6:59.33	32.56	1050m: 11:21.42	32.76	1450m: 15:45.54	32.68
	300m: 3:10.09 33.08	700m: 7:31.99	32.66	1100m: 11:54.88	33.46	1500m: 16:15.74	30.20
	350m: 3:43.09 33.00	750m: 8:04.96	32.97	1150m: 12:27.81	32.93		
	400m: 4:15.81 32.72	800m: 8:37.95	32.99	1200m: 13:00.45	32.64		
7.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	16:27.71	+0,66	632	
	50m: 29.07 29.07	450m: 4:49.80	32.38	850m: 9:12.59	33.43	1250m: 13:41.30	33.54
	100m: 1:01.31 32.24	500m: 5:22.26	32.46	900m: 9:46.17	33.58	1300m: 14:14.75	33.45
	150m: 1:33.66 32.35	550m: 5:54.78	32.52	950m: 10:19.95	33.78	1350m: 14:48.26	33.51
	200m: 2:06.53 32.87	600m: 6:27.54	32.76	1000m: 10:53.34	33.39	1400m: 15:22.31	34.05
	250m: 2:39.23 32.70	650m: 7:00.15	32.61	1050m: 11:27.05	33.71	1450m: 15:56.04	33.73
	300m: 3:11.94 32.71	700m: 7:32.94	32.79	1100m: 12:00.66	33.61	1500m: 16:27.71	31.67
	350m: 3:44.81 32.87	750m: 8:06.02	33.08	1150m: 12:34.09	33.43		
	400m: 4:17.42 32.61	800m: 8:39.16	33.14	1200m: 13:07.76	33.67		
8.	RODRIGUES Pedro Reis	02	Sao Roque	16:33.98	+0,75	621	
	50m: 29.07 29.07	450m: 4:51.52	33.31	850m: 9:20.25	33.73	1250m: 13:50.66	33.87
	100m: 1:01.22 32.15	500m: 5:25.02	33.50	900m: 9:53.76	33.51	1300m: 14:24.26	33.60
	150m: 1:33.56 32.34	550m: 5:58.50	33.48	950m: 10:27.41	33.65	1350m: 14:57.86	33.60
	200m: 2:06.42 32.86	600m: 6:31.84	33.34	1000m: 11:01.36	33.95	1400m: 15:30.87	33.01
	250m: 2:39.44 33.02	650m: 7:05.48	33.64	1050m: 11:35.22	33.86	1450m: 16:03.23	32.36
	300m: 3:12.11 32.67	700m: 7:39.00	33.52	1100m: 12:08.91	33.69	1500m: 16:33.98	30.75
	350m: 3:44.99 32.88	750m: 8:12.65	33.65	1150m: 12:42.89	33.98		
	400m: 4:18.21 33.22	800m: 8:46.52	33.87	1200m: 13:16.79	33.90		
9.	COUTINHO Guilherme Pereira	03	Viver Santarem	16:36.66	+0,66	616	
	50m: 29.71 29.71	450m: 4:53.58	33.31	850m: 9:22.75	33.50	1250m: 13:51.66	33.86
	100m: 1:01.40 31.69	500m: 5:26.86	33.28	900m: 9:56.29	33.54	1300m: 14:25.15	33.49
	150m: 1:33.77 32.37	550m: 6:00.62	33.76	950m: 10:29.96	33.67	1350m: 14:58.38	33.23
	200m: 2:06.51 32.74	600m: 6:34.25	33.63	1000m: 11:03.71	33.75	1400m: 15:32.26	33.88
	250m: 2:39.61 33.10	650m: 7:08.42	34.17	1050m: 11:37.22	33.51	1450m: 16:05.12	32.86
	300m: 3:13.13 33.52	700m: 7:42.12	33.70	1100m: 12:10.70	33.48	1500m: 16:36.66	31.54
	350m: 3:46.64 33.51	750m: 8:15.49	33.37	1150m: 12:44.21	33.51		
	400m: 4:20.27 33.63	800m: 8:49.25	33.76	1200m: 13:17.80	33.59		
10.	PEREIRA Alexandre Alves	03	Braga	16:52.43	+0,72	587	
	50m: 29.51 29.51	450m: 4:54.79	34.11	850m: 9:26.45	34.10	1250m: 14:02.51	34.69
	100m: 1:01.40 31.89	500m: 5:28.71	33.92	900m: 10:00.70	34.25	1300m: 14:37.54	35.03
	150m: 1:33.74 32.34	550m: 6:02.24	33.53	950m: 10:35.07	34.37	1350m: 15:12.23	34.69
	200m: 2:06.52 32.78	600m: 6:36.24	34.00	1000m: 11:10.01	34.94	1400m: 15:47.29	35.06
	250m: 2:40.05 33.53	650m: 7:09.97	33.73	1050m: 11:44.42	34.41	1450m: 16:21.37	34.08
	300m: 3:13.48 33.43	700m: 7:43.93	33.96	1100m: 12:18.72	34.30	1500m: 16:52.43	31.06
	350m: 3:47.15 33.67	750m: 8:18.07	34.14	1150m: 12:53.16	34.44		
	400m: 4:20.68 33.53	800m: 8:52.35	34.28	1200m: 13:27.82	34.66		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	DIAS Ruben Fonseca	03	Natacao de Valongo	16:52.71	+0,71	587	
	50m: 29.55 29.55	450m: 4:55.07	34.23	850m: 9:30.06	34.62	1250m: 14:07.69	35.34
	100m: 1:01.49 31.94	500m: 5:29.10	34.03	900m: 10:05.58	35.52	1300m: 14:40.92	33.23
	150m: 1:34.05 32.56	550m: 6:03.28	34.18	950m: 10:40.36	34.78	1350m: 15:15.23	34.31
	200m: 2:07.03 32.98	600m: 6:37.18	33.90	1000m: 11:15.00	34.64	1400m: 15:49.18	33.95
	250m: 2:40.33 33.30	650m: 7:11.53	34.35	1050m: 11:48.81	33.81	1450m: 16:22.19	33.01
	300m: 3:13.96 33.63	700m: 7:46.10	34.57	1100m: 12:23.81	35.00	1500m: 16:52.71	30.52
	350m: 3:46.63 32.67	750m: 8:21.17	35.07	1150m: 12:57.50	33.69		
	400m: 4:20.84 34.21	800m: 8:55.44	34.27	1200m: 13:32.35	34.85		
12.	SANTOS Andre Cardoso	03	Academico Viseu	16:52.86	+0,82	586	
	50m: 30.15 30.15	450m: 5:01.34	33.96	850m: 9:33.14	33.83	1250m: 14:06.21	34.63
	100m: 1:03.22 33.07	500m: 5:35.34	34.00	900m: 10:07.46	34.32	1300m: 14:40.12	33.91
	150m: 1:36.97 33.75	550m: 6:09.32	33.98	950m: 10:41.29	33.83	1350m: 15:14.29	34.17
	200m: 2:11.16 34.19	600m: 6:43.47	34.15	1000m: 11:15.15	33.86	1400m: 15:48.33	34.04
	250m: 2:45.22 34.06	650m: 7:17.33	33.86	1050m: 11:49.11	33.96	1450m: 16:21.89	33.56
	300m: 3:19.37 34.15	700m: 7:51.25	33.92	1100m: 12:23.51	34.40	1500m: 16:52.86	30.97
	350m: 3:53.41 34.04	750m: 8:25.60	34.35	1150m: 12:57.44	33.93		
	400m: 4:27.38 33.97	800m: 8:59.31	33.71	1200m: 13:31.58	34.14		
13.	JACINTO Rafael Rodrigues	02	Belenenses	16:57.10	+0,72	579	
	50m: 29.25 29.25	450m: 4:54.61	33.98	850m: 9:28.21	34.48	1250m: 14:07.44	35.06
	100m: 1:01.90 32.65	500m: 5:28.41	33.80	900m: 10:02.87	34.66	1300m: 14:42.23	34.79
	150m: 1:34.52 32.62	550m: 6:02.58	34.17	950m: 10:37.76	34.89	1350m: 15:17.27	35.04
	200m: 2:07.46 32.94	600m: 6:36.68	34.10	1000m: 11:12.57	34.81	1400m: 15:51.72	34.45
	250m: 2:40.58 33.12	650m: 7:10.91	34.23	1050m: 11:47.18	34.61	1450m: 16:24.91	33.19
	300m: 3:14.10 33.52	700m: 7:44.90	33.99	1100m: 12:22.03	34.85	1500m: 16:57.10	32.19
	350m: 3:47.30 33.20	750m: 8:19.08	34.18	1150m: 12:57.20	35.17		
	400m: 4:20.63 33.33	800m: 8:53.73	34.65	1200m: 13:32.38	35.18		
14.	SALGADO Goncalo Sampaio	02	Famalicao	16:58.92	+0,78	576	
	50m: 29.13 29.13	450m: 4:54.61	33.46	850m: 9:28.18	34.64	1250m: 14:06.88	34.90
	100m: 1:01.75 32.62	500m: 5:28.46	33.85	900m: 10:02.88	34.70	1300m: 14:42.03	35.15
	150m: 1:34.89 33.14	550m: 6:02.48	34.02	950m: 10:37.49	34.61	1350m: 15:16.93	34.90
	200m: 2:07.96 33.07	600m: 6:36.49	34.01	1000m: 11:12.02	34.53	1400m: 15:51.63	34.70
	250m: 2:41.14 33.18	650m: 7:10.53	34.04	1050m: 11:46.76	34.74	1450m: 16:25.78	34.15
	300m: 3:14.64 33.50	700m: 7:44.77	34.24	1100m: 12:21.77	35.01	1500m: 16:58.92	33.14
	350m: 3:47.84 33.20	750m: 8:18.92	34.15	1150m: 12:56.80	35.03		
	400m: 4:21.15 33.31	800m: 8:53.54	34.62	1200m: 13:31.98	35.18		
15.	ALVES Manuel Landeiro	02	Naval Praia da Vitoria	17:00.33		574	
	50m: 31.40 31.40	450m: 4:56.74	33.36	850m: 9:27.11	34.36	1250m: 14:05.29	34.94
	100m: 1:04.77 33.37	500m: 5:30.63	33.89	900m: 10:01.12	34.01	1300m: 14:40.53	35.24
	150m: 1:37.40 32.63	550m: 6:04.20	33.57	950m: 10:35.25	34.13	1350m: 15:15.44	34.91
	200m: 2:10.20 32.80	600m: 6:37.54	33.34	1000m: 11:10.03	34.78	1400m: 15:51.10	35.66
	250m: 2:43.42 33.22	650m: 7:11.21	33.67	1050m: 11:44.90	34.87	1450m: 16:26.15	35.05
	300m: 3:16.61 33.19	700m: 7:45.20	33.99	1100m: 12:19.85	34.95	1500m: 17:00.33	34.18
	350m: 3:50.09 33.48	750m: 8:19.04	33.84	1150m: 12:55.24	35.39		
	400m: 4:23.38 33.29	800m: 8:52.75	33.71	1200m: 13:30.35	35.11		
16.	NUNES Francisco Costa	02	Sporting	17:02.84	+0,76	569	
	50m: 29.03 29.03	450m: 4:52.76	34.54	850m: 9:32.14	34.83	1250m: 14:10.63	35.36
	100m: 1:00.65 31.62	500m: 5:27.70	34.94	900m: 10:07.24	35.10	1300m: 14:45.83	35.20
	150m: 1:33.10 32.45	550m: 6:02.71	35.01	950m: 10:42.10	34.86	1350m: 15:20.48	34.65
	200m: 2:06.22 33.12	600m: 6:38.03	35.32	1000m: 11:17.05	34.95	1400m: 15:54.95	34.47
	250m: 2:38.93 32.71	650m: 7:13.25	35.22	1050m: 11:51.04	33.99	1450m: 16:29.48	34.53
	300m: 3:11.25 32.32	700m: 7:47.80	34.55	1100m: 12:24.80	33.76	1500m: 17:02.84	33.36
	350m: 3:44.46 33.21	750m: 8:22.15	34.35	1150m: 13:00.08	35.28		
	400m: 4:18.22 33.76	800m: 8:57.31	35.16	1200m: 13:35.27	35.19		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
17.	FERREIRA Joao Carlos	03	Porto	17:27.34	+0,77	530	
	50m: 30.40 30.40	450m: 4:59.71	35.29	850m: 9:46.15	35.51	1250m: 14:31.61	35.31
	100m: 1:02.54 32.14	500m: 5:35.19	35.48	900m: 10:22.26	36.11	1300m: 15:07.11	35.50
	150m: 1:35.12 32.58	550m: 6:10.88	35.69	950m: 10:57.84	35.58	1350m: 15:42.63	35.52
	200m: 2:08.09 32.97	600m: 6:47.14	36.26	1000m: 11:33.75	35.91	1400m: 16:17.75	35.12
	250m: 2:41.68 33.59	650m: 7:23.25	36.11	1050m: 12:09.46	35.71	1450m: 16:53.24	35.49
	300m: 3:15.42 33.74	700m: 7:58.96	35.71	1100m: 12:44.97	35.51	1500m: 17:27.34	34.10
	350m: 3:49.48 34.06	750m: 8:35.07	36.11	1150m: 13:20.72	35.75		
	400m: 4:24.42 34.94	800m: 9:10.64	35.57	1200m: 13:56.30	35.58		
18.	DUARTE Pedro Esteves	03	Cova da Piedade	17:55.04	+0,79	490	
	50m: 30.85 30.85	450m: 5:17.50	36.16	850m: 10:05.34	36.07	1250m: 14:55.00	36.29
	100m: 1:04.89 34.04	500m: 5:53.48	35.98	900m: 10:41.26	35.92	1300m: 15:31.45	36.45
	150m: 1:40.43 35.54	550m: 6:29.39	35.91	950m: 11:17.10	35.84	1350m: 16:08.07	36.62
	200m: 2:16.29 35.86	600m: 7:05.07	35.68	1000m: 11:53.14	36.04	1400m: 16:44.34	36.27
	250m: 2:52.34 36.05	650m: 7:41.06	35.99	1050m: 12:29.35	36.21	1450m: 17:19.83	35.49
	300m: 3:28.82 36.48	700m: 8:17.08	36.02	1100m: 13:05.60	36.25	1500m: 17:55.04	35.21
	350m: 4:05.17 36.35	750m: 8:53.27	36.19	1150m: 13:42.36	36.76		
	400m: 4:41.34 36.17	800m: 9:29.27	36.00	1200m: 14:18.71	36.35		
DNS	ACIOLI Victor Hugo	02	Feirense				