



Torneio Zonal de Juvenis (Zona Norte)
Mealhada, 12 - 13/12/2020

Prova 1	Masc., 1500m Livres				Juvenis
12/12/2020 - 9:30					Resultados
Recordes Nacionais 25m Absoluto	14:48.89	LOPES Jose Paulo	POR	Felgueiras	22/12/2019
Recordes Nacionais 25m Juv A	15:36.31	COSTA Rui Filipe	POR	Braga	04/03/2007
Recordes Nacionais 25m Juv B	16:09.71	MONTEIRO Luis Miguel	POR	Felgueiras	01/03/1998

Pontos: FINA 2020

Lugar	Ano		Tempo final		Pts
Juvenis B					
1. JEVIC Milan Santos	06	Braga	17:20.60	541	
50m: 29.91 29.91	450m: 5:03.15	34.59	850m: 9:43.42	35.03	1250m: 14:26.05 35.35
100m: 1:02.75 32.84	500m: 5:38.25	35.10	900m: 10:18.78	35.36	1300m: 15:01.31 35.26
150m: 1:36.49 33.74	550m: 6:13.43	35.18	950m: 10:53.96	35.18	1350m: 15:36.82 35.51
200m: 2:10.69 34.20	600m: 6:48.62	35.19	1000m: 11:29.14	35.18	1400m: 16:12.08 35.26
250m: 2:44.87 34.18	650m: 7:23.68	35.06	1050m: 12:04.43	35.29	1450m: 16:47.04 34.96
300m: 3:19.38 34.51	700m: 7:58.43	34.75	1100m: 12:40.17	35.74	1500m: 17:20.60 33.56
350m: 3:53.98 34.60	750m: 8:33.20	34.77	1150m: 13:15.69	35.52	
400m: 4:28.56 34.58	800m: 9:08.39	35.19	1200m: 13:50.70	35.01	
2. ZHUKOV Mark	06	Braga	18:22.00	455	
50m: 31.67 31.67	450m: 5:18.77	36.99	850m: 10:15.82	37.01	1250m: 15:16.16 37.69
100m: 1:05.69 34.02	500m: 5:55.79	37.02	900m: 10:53.63	37.81	1300m: 15:53.91 37.75
150m: 1:40.70 35.01	550m: 6:32.66	36.87	950m: 11:30.93	37.30	1350m: 16:31.27 37.36
200m: 2:16.45 35.75	600m: 7:10.00	37.34	1000m: 12:08.56	37.63	1400m: 17:08.77 37.50
250m: 2:52.44 35.99	650m: 7:47.06	37.06	1050m: 12:45.77	37.21	1450m: 17:46.55 37.78
300m: 3:28.55 36.11	700m: 8:24.34	37.28	1100m: 13:23.40	37.63	1500m: 18:22.00 35.45
350m: 4:04.85 36.30	750m: 9:01.45	37.11	1150m: 14:00.90	37.50	
400m: 4:41.78 36.93	800m: 9:38.81	37.36	1200m: 14:38.47	37.57	
3. DURAO Miguel Costa	06	Braga	18:24.70	452	
50m: 32.12 32.12	600m: 7:12.20	36.72	950m: 11:32.91	36.79	1300m: 15:55.87 37.92
100m: 1:07.29 35.17	650m: 7:49.68	37.48	1000m: 12:10.09	37.18	1350m: 16:33.40 37.53
200m: 2:18.77 1:11.48	700m: 8:27.04	37.36	1050m: 12:48.37	38.28	1400m: 17:10.54 37.14
400m: 4:44.33 2:25.56	750m: 9:04.25	37.21	1100m: 13:25.59	37.22	1450m: 17:48.51 37.97
450m: 5:21.44 37.11	800m: 9:41.37	37.12	1150m: 14:03.24	37.65	1500m: 18:24.70 36.19
500m: 5:58.03 36.59	850m: 10:18.74	37.37	1200m: 14:40.28	37.04	
550m: 6:35.48 37.45	900m: 10:56.12	37.38	1250m: 15:17.95	37.67	
4. LUCAS Joao Neves	06	Columbifila Cantanhedense	18:28.65	447	
50m: 32.73 32.73	450m: 5:22.97	36.81	850m: 10:19.93	37.37	1250m: 15:19.95 37.69
100m: 1:08.06 35.33	500m: 5:59.87	36.90	900m: 10:56.86	36.93	1300m: 15:57.63 37.68
150m: 1:44.03 35.97	550m: 6:36.95	37.08	950m: 11:34.35	37.49	1350m: 16:35.69 38.06
200m: 2:20.33 36.30	600m: 7:13.71	36.76	1000m: 12:11.99	37.64	1400m: 17:13.92 38.23
250m: 2:56.66 36.33	650m: 7:50.95	37.24	1050m: 12:49.76	37.77	1450m: 17:51.89 37.97
300m: 3:33.16 36.50	700m: 8:27.75	36.80	1100m: 13:27.09	37.33	1500m: 18:28.65 36.76
350m: 4:09.58 36.42	750m: 9:04.99	37.24	1150m: 14:04.58	37.49	
400m: 4:46.16 36.58	800m: 9:42.56	37.57	1200m: 14:42.26	37.68	
5. CALHANDRO Guilherme Oliveira	06	Natacao da Maia	18:58.66	413	
50m: 32.10 32.10	450m: 5:29.92	38.87	850m: 10:36.84	37.89	1250m: 15:46.37 39.16
100m: 1:07.07 34.97	500m: 6:07.76	37.84	900m: 11:14.91	38.07	1300m: 16:26.03 39.66
150m: 1:43.67 36.60	550m: 6:46.23	38.47	950m: 11:53.36	38.45	1350m: 17:05.10 39.07
200m: 2:20.39 36.72	600m: 7:25.16	38.93	1000m: 12:31.93	38.57	1400m: 17:43.51 38.41
250m: 2:57.71 37.32	650m: 8:03.47	38.31	1050m: 13:10.59	38.66	1450m: 18:22.28 38.77
300m: 3:35.09 37.38	700m: 8:42.05	38.58	1100m: 13:49.61	39.02	1500m: 18:58.66 36.38
350m: 4:13.45 38.36	750m: 9:20.60	38.55	1150m: 14:28.42	38.81	
400m: 4:51.05 37.60	800m: 9:58.95	38.35	1200m: 15:07.21	38.79	





Torneio Zonal de Juvenis (Zona Norte)
Mealhada, 12 - 13/12/2020

Prova 1, Masc., 1500m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts			
6.	GASPAR Miguel Cunha		06	Columbofila Cantanhedense				19:14.29	396			
	50m:	33.05	33.05	450m:	5:34.67	38.65	850m:	10:47.45	39.06	1250m:	16:01.10	39.36
	100m:	1:09.24	36.19	500m:	6:14.09	39.42	900m:	11:26.59	39.14	1300m:	16:40.24	39.14
	150m:	1:46.07	36.83	550m:	6:53.01	38.92	950m:	12:05.70	39.11	1350m:	17:19.75	39.51
	200m:	2:23.54	37.47	600m:	7:32.09	39.08	1000m:	12:45.10	39.40	1400m:	17:58.46	38.71
	250m:	3:01.26	37.72	650m:	8:11.09	39.00	1050m:	13:24.14	39.04	1450m:	18:37.40	38.94
	300m:	3:39.16	37.90	700m:	8:50.25	39.16	1100m:	14:03.68	39.54	1500m:	19:14.29	36.89
	350m:	4:17.64	38.48	750m:	9:29.31	39.06	1150m:	14:42.64	38.96			
	400m:	4:56.02	38.38	800m:	10:08.39	39.08	1200m:	15:21.74	39.10			

Juvenis A

1.	SOUSA Joao Maria		05	Braga				16:44.85	601			
	50m:	29.76	29.76	450m:	4:55.05	33.70	850m:	9:25.71	33.97	1250m:	13:57.50	33.74
	100m:	1:02.11	32.35	500m:	5:28.54	33.49	900m:	9:59.72	34.01	1300m:	14:31.60	34.10
	150m:	1:35.00	32.89	550m:	6:02.29	33.75	950m:	10:33.86	34.14	1350m:	15:05.08	33.48
	200m:	2:08.27	33.27	600m:	6:36.18	33.89	1000m:	11:07.65	33.79	1400m:	15:38.65	33.57
	250m:	2:41.44	33.17	650m:	7:09.79	33.61	1050m:	11:41.48	33.83	1450m:	16:12.28	33.63
	300m:	3:14.66	33.22	700m:	7:43.61	33.82	1100m:	12:15.76	34.28	1500m:	16:44.85	32.57
	350m:	3:47.94	33.28	750m:	8:17.66	34.05	1150m:	12:49.95	34.19			
	400m:	4:21.35	33.41	800m:	8:51.74	34.08	1200m:	13:23.76	33.81			
2.	CARVALHO Joao Carlos		05	Braga				16:47.82	595			
	50m:	29.84	29.84	450m:	4:55.36	33.64	850m:	9:26.21	34.14	1250m:	13:59.06	34.24
	100m:	1:02.43	32.59	500m:	5:28.90	33.54	900m:	10:00.33	34.12	1300m:	14:33.28	34.22
	150m:	1:35.10	32.67	550m:	6:02.66	33.76	950m:	10:34.44	34.11	1350m:	15:07.05	33.77
	200m:	2:08.48	33.38	600m:	6:36.29	33.63	1000m:	11:08.56	34.12	1400m:	15:40.96	33.91
	250m:	2:41.73	33.25	650m:	7:10.06	33.77	1050m:	11:42.55	33.99	1450m:	16:15.25	34.29
	300m:	3:14.91	33.18	700m:	7:43.94	33.88	1100m:	12:16.66	34.11	1500m:	16:47.82	32.57
	350m:	3:48.18	33.27	750m:	8:17.95	34.01	1150m:	12:50.75	34.09			
	400m:	4:21.72	33.54	800m:	8:52.07	34.12	1200m:	13:24.82	34.07			
3.	CARDOSO Guilherme Maia		05	Columbofila Cantanhedense				16:53.51	585			
	50m:	30.32	30.32	450m:	4:56.69	33.46	850m:	9:27.79	34.11	1250m:	14:03.52	34.69
	100m:	1:02.95	32.63	500m:	5:30.13	33.44	900m:	10:01.74	33.95	1300m:	14:38.11	34.59
	150m:	1:35.88	32.93	550m:	6:03.68	33.55	950m:	10:35.86	34.12	1350m:	15:12.70	34.59
	200m:	2:09.05	33.17	600m:	6:37.34	33.66	1000m:	11:10.62	34.76	1400m:	15:46.64	33.94
	250m:	2:42.71	33.66	650m:	7:11.41	34.07	1050m:	11:45.04	34.42	1450m:	16:20.87	34.23
	300m:	3:16.28	33.57	700m:	7:45.34	33.93	1100m:	12:19.56	34.52	1500m:	16:53.51	32.64
	350m:	3:49.39	33.11	750m:	8:19.28	33.94	1150m:	12:54.16	34.60			
	400m:	4:23.23	33.84	800m:	8:53.68	34.40	1200m:	13:28.83	34.67			
4.	RIBEIRO Tomas Carvalhinho		05	Natacao da Maia				17:20.50	541			
	50m:	30.59	30.59	450m:	5:04.78	35.39	850m:	9:45.98	35.00	1250m:	14:25.49	35.23
	100m:	1:03.58	32.99	500m:	5:39.71	34.93	900m:	10:20.88	34.90	1300m:	15:00.70	35.21
	150m:	1:37.17	33.59	550m:	6:14.70	34.99	950m:	10:55.96	35.08	1350m:	15:36.59	35.89
	200m:	2:11.24	34.07	600m:	6:50.48	35.78	1000m:	11:30.67	34.71	1400m:	16:11.69	35.10
	250m:	2:45.58	34.34	650m:	7:25.42	34.94	1050m:	12:05.94	35.27	1450m:	16:46.79	35.10
	300m:	3:20.30	34.72	700m:	8:00.88	35.46	1100m:	12:40.47	34.53	1500m:	17:20.50	33.71
	350m:	3:54.88	34.58	750m:	8:36.00	35.12	1150m:	13:15.31	34.84			
	400m:	4:29.39	34.51	800m:	9:10.98	34.98	1200m:	13:50.26	34.95			





Torneio Zonal de Juvenis (Zona Norte)
Mealhada, 12 - 13/12/2020

Prova 1, Masc., 1500m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts
5.	LEITE Afonso Martim		05	Foca Quinta da Lixa CNF				17:32.72	522
	50m:	30.94 30.94	450m:	5:04.74	34.48	850m:	9:45.17 35.30	1250m:	14:31.21 36.41
	100m:	1:04.82 33.88	500m:	5:39.00	34.26	900m:	10:20.57 35.40	1300m:	15:07.80 36.59
	150m:	1:39.27 34.45	550m:	6:13.63	34.63	950m:	10:56.36 35.79	1350m:	15:44.42 36.62
	200m:	2:13.35 34.08	600m:	6:48.53	34.90	1000m:	11:31.53 35.17	1400m:	16:21.28 36.86
	250m:	2:46.49 33.14	650m:	7:23.83	35.30	1050m:	12:07.08 35.55	1450m:	16:57.95 36.67
	300m:	3:20.93 34.44	700m:	7:59.18	35.35	1100m:	12:42.82 35.74	1500m:	17:32.72 34.77
	350m:	3:55.49 34.56	750m:	8:34.65	35.47	1150m:	13:18.66 35.84		
	400m:	4:30.26 34.77	800m:	9:09.87	35.22	1200m:	13:54.80 36.14		
6.	GONCALVES Alexandre Ramos		05	Colegio SMLamas				17:33.76	521
	50m:	29.91 29.91	450m:	4:58.90	35.32	850m:	9:44.30 36.76	1250m:	14:35.64 37.27
	100m:	1:02.21 32.30	500m:	5:33.71	34.81	900m:	10:19.34 35.04	1300m:	15:11.73 36.09
	150m:	1:35.33 33.12	550m:	6:09.17	35.46	950m:	10:53.91 34.57	1350m:	15:48.00 36.27
	200m:	2:08.51 33.18	600m:	6:44.79	35.62	1000m:	11:30.87 36.96	1400m:	16:24.48 36.48
	250m:	2:41.69 33.18	650m:	7:20.63	35.84	1050m:	12:08.14 37.27	1450m:	16:58.03 33.55
	300m:	3:15.52 33.83	700m:	7:55.95	35.32	1100m:	12:44.94 36.80	1500m:	17:33.76 35.73
	350m:	3:49.30 33.78	750m:	8:31.80	35.85	1150m:	13:21.76 36.82		
	400m:	4:23.58 34.28	800m:	9:07.54	35.74	1200m:	13:58.37 36.61		
7.	REMELHE Joao Anibal		05	Braga				17:39.85	512
	50m:	31.34 31.34	450m:	5:09.56	35.80	850m:	9:54.74 35.40	1250m:	14:43.91 36.34
	100m:	1:04.87 33.53	500m:	5:44.91	35.35	900m:	10:30.75 36.01	1300m:	15:19.50 35.59
	150m:	1:38.63 33.76	550m:	6:20.83	35.92	950m:	11:06.98 36.23	1350m:	15:55.72 36.22
	200m:	2:12.48 33.85	600m:	6:56.34	35.51	1000m:	11:42.82 35.84	1400m:	16:31.16 35.44
	250m:	2:47.78 35.30	650m:	7:32.26	35.92	1050m:	12:19.11 36.29	1450m:	17:07.05 35.89
	300m:	3:22.69 34.91	700m:	8:07.48	35.22	1100m:	12:55.36 36.25	1500m:	17:39.85 32.80
	350m:	3:58.08 35.39	750m:	8:43.42	35.94	1150m:	13:31.41 36.05		
	400m:	4:33.76 35.68	800m:	9:19.34	35.92	1200m:	14:07.57 36.16		
8.	PAIVA Ruben Ferreira		05	Sanjoanense/FEPSA				17:42.55	508
	50m:	32.60 32.60	450m:	5:19.24	35.74	850m:	10:02.07 35.48	1250m:	14:46.46 35.65
	100m:	1:07.62 35.02	500m:	5:54.76	35.52	900m:	10:37.59 35.52	1300m:	15:22.00 35.54
	150m:	1:43.91 36.29	550m:	6:30.17	35.41	950m:	11:12.92 35.33	1350m:	15:57.12 35.12
	200m:	2:20.06 36.15	600m:	7:05.14	34.97	1000m:	11:48.70 35.78	1400m:	16:32.61 35.49
	250m:	2:56.22 36.16	650m:	7:40.53	35.39	1050m:	12:24.16 35.46	1450m:	17:07.92 35.31
	300m:	3:32.14 35.92	700m:	8:15.65	35.12	1100m:	12:59.53 35.37	1500m:	17:42.55 34.63
	350m:	4:07.33 35.19	750m:	8:50.88	35.23	1150m:	13:35.04 35.51		
	400m:	4:43.50 36.17	800m:	9:26.59	35.71	1200m:	14:10.81 35.77		
9.	GONCALVES Dinis Queiroz		05	Braga				17:50.78	496
	50m:	30.16 30.16	450m:	5:12.32	36.98	850m:	10:09.71 36.95	1250m:	14:59.22 34.52
	100m:	1:03.30 33.14	500m:	5:49.37	37.05	900m:	10:46.67 36.96	1300m:	15:33.74 34.52
	150m:	1:37.24 33.94	550m:	6:26.95	37.58	950m:	11:23.86 37.19	1350m:	16:08.34 34.60
	200m:	2:12.02 34.78	600m:	7:04.19	37.24	1000m:	12:00.22 36.36	1400m:	16:42.22 33.88
	250m:	2:47.19 35.17	650m:	7:41.35	37.16	1050m:	12:36.67 36.45	1450m:	17:16.43 34.21
	300m:	3:22.73 35.54	700m:	8:19.12	37.77	1100m:	13:12.31 35.64	1500m:	17:50.78 34.35
	350m:	3:58.63 35.90	750m:	8:55.67	36.55	1150m:	13:49.01 36.70		
	400m:	4:35.34 36.71	800m:	9:32.76	37.09	1200m:	14:24.70 35.69		





Torneio Zonal de Juvenis (Zona Norte)
Mealhada, 12 - 13/12/2020

Prova 1, Masc., 1500m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts
10.	NETO Vasco Goncalves		05	Porto				17:53.69	492
	50m:	30.64 30.64	450m:	5:07.76	35.54	850m:	10:00.06	37.24	1250m: 14:55.28 36.33
	100m:	1:03.41 32.77	500m:	5:44.08	36.32	900m:	10:37.19	37.13	1300m: 15:31.30 36.02
	150m:	1:37.28 33.87	550m:	6:20.68	36.60	950m:	11:14.44	37.25	1350m: 16:07.05 35.75
	200m:	2:11.51 34.23	600m:	6:56.71	36.03	1000m:	11:51.22	36.78	1400m: 16:43.33 36.28
	250m:	2:46.40 34.89	650m:	7:33.42	36.71	1050m:	12:28.26	37.04	1450m: 17:19.02 35.69
	300m:	3:21.56 35.16	700m:	8:10.13	36.71	1100m:	13:04.98	36.72	1500m: 17:53.69 34.67
	350m:	3:56.60 35.04	750m:	8:46.15	36.02	1150m:	13:41.81	36.83	
	400m:	4:32.22 35.62	800m:	9:22.82	36.67	1200m:	14:18.95	37.14	
11.	SANTOS Goncalo Carvalho		05	Louzan Natacao/EFAPEL				17:53.83	492
	50m:	32.67 32.67	500m:	5:53.45	36.46	900m:	10:43.36	36.11	1300m: 15:33.38 36.11
	100m:	1:07.11 34.44	550m:	6:29.61	36.16	950m:	11:19.12	35.76	1350m: 16:09.47 36.09
	150m:	1:42.19 35.08	600m:	7:05.37	35.76	1000m:	11:55.88	36.76	1400m: 16:45.47 36.00
	200m:	2:16.97 34.78	650m:	7:41.55	36.18	1050m:	12:31.67	35.79	1450m: 17:20.39 34.92
	250m:	2:52.97 36.00	700m:	8:18.49	36.94	1100m:	13:08.66	36.99	1500m: 17:53.83 33.44
	300m:	3:28.28 35.31	750m:	8:54.60	36.11	1150m:	13:45.03	36.37	
	400m:	4:40.30 1:12.02	800m:	9:30.79	36.19	1200m:	14:21.12	36.09	
	450m:	5:16.99 36.69	850m:	10:07.25	36.46	1250m:	14:57.27	36.15	
12.	COSTA Rui Anjos		05	Porto				17:57.50	487
	50m:	32.28 32.28	450m:	5:17.07	35.89	850m:	10:04.85	36.52	1250m: 14:57.74 37.00
	100m:	1:07.14 34.86	500m:	5:52.46	35.39	900m:	10:41.50	36.65	1300m: 15:33.56 35.82
	150m:	1:42.84 35.70	550m:	6:28.60	36.14	950m:	11:17.66	36.16	1350m: 16:10.07 36.51
	200m:	2:18.42 35.58	600m:	7:04.20	35.60	1000m:	11:54.12	36.46	1400m: 16:46.64 36.57
	250m:	2:54.31 35.89	650m:	7:40.16	35.96	1050m:	12:30.59	36.47	1450m: 17:23.05 36.41
	300m:	3:29.67 35.36	700m:	8:16.05	35.89	1100m:	13:07.32	36.73	1500m: 17:57.50 34.45
	350m:	4:05.45 35.78	750m:	8:51.94	35.89	1150m:	13:44.09	36.77	
	400m:	4:41.18 35.73	800m:	9:28.33	36.39	1200m:	14:20.74	36.65	
13.	SILVA Eduardo Costa		05	Porto				18:01.53	482
	50m:	31.16 31.16	450m:	5:17.66	36.51	850m:	10:10.43	36.53	1250m: 15:01.35 36.10
	100m:	1:05.33 34.17	500m:	5:54.02	36.36	900m:	10:46.84	36.41	1300m: 15:37.58 36.23
	150m:	1:40.47 35.14	550m:	6:30.87	36.85	950m:	11:23.26	36.42	1350m: 16:13.91 36.33
	200m:	2:16.43 35.96	600m:	7:07.58	36.71	1000m:	11:59.46	36.20	1400m: 16:50.40 36.49
	250m:	2:52.60 36.17	650m:	7:44.36	36.78	1050m:	12:35.70	36.24	1450m: 17:26.97 36.57
	300m:	3:28.65 36.05	700m:	8:20.66	36.30	1100m:	13:12.17	36.47	1500m: 18:01.53 34.56
	350m:	4:04.78 36.13	750m:	8:57.10	36.44	1150m:	13:48.88	36.71	
	400m:	4:41.15 36.37	800m:	9:33.90	36.80	1200m:	14:25.25	36.37	
14.	TORRES Joao Pedro		05	Porto				18:09.40	471
	50m:	31.62 31.62	450m:	5:14.75	36.75	850m:	10:07.98	37.18	1250m: 15:02.76 37.05
	100m:	1:05.35 33.73	500m:	5:50.73	35.98	900m:	10:45.24	37.26	1300m: 15:41.75 38.99
	150m:	1:39.87 34.52	550m:	6:27.05	36.32	950m:	11:23.25	38.01	1350m: 16:19.28 37.53
	200m:	2:14.98 35.11	600m:	7:03.79	36.74	1000m:	12:00.56	37.31	1400m: 16:57.15 37.87
	250m:	2:50.92 35.94	650m:	7:40.20	36.41	1050m:	12:37.66	37.10	1450m: 17:33.88 36.73
	300m:	3:25.87 34.95	700m:	8:16.46	36.26	1100m:	13:15.44	37.78	1500m: 18:09.40 35.52
	350m:	4:02.23 36.36	750m:	8:53.32	36.86	1150m:	13:50.41	34.97	
	400m:	4:38.00 35.77	800m:	9:30.80	37.48	1200m:	14:25.71	35.30	





Torneio Zonal de Juvenis (Zona Norte)
Mealhada, 12 - 13/12/2020

Prova 1, Masc., 1500m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts
15.	DIAS Pedro Anselmo		05	Academico Viseu				18:23.44	453
	50m:	31.05 31.05	450m:	5:15.72	36.59	850m:	10:13.61 37.76	1250m:	15:16.09 38.01
	100m:	1:05.29 34.24	500m:	5:52.27	36.55	900m:	10:51.54 37.93	1300m:	15:53.37 37.28
	150m:	1:40.04 34.75	550m:	6:29.44	37.17	950m:	11:29.11 37.57	1350m:	16:31.92 38.55
	200m:	2:15.45 35.41	600m:	7:06.38	36.94	1000m:	12:07.00 37.89	1400m:	17:10.24 38.32
	250m:	2:51.33 35.88	650m:	7:43.56	37.18	1050m:	12:44.51 37.51	1450m:	17:47.33 37.09
	300m:	3:27.01 35.68	700m:	8:20.83	37.27	1100m:	13:22.63 38.12	1500m:	18:23.44 36.11
	350m:	4:02.99 35.98	750m:	8:58.77	37.94	1150m:	14:00.42 37.79		
	400m:	4:39.13 36.14	800m:	9:35.85	37.08	1200m:	14:38.08 37.66		
16.	VENTURA Diogo Miguel		05	Foca Quinta da Lixa CNF				18:45.79	427
	50m:	32.04 32.04	450m:	5:19.27	36.64	850m:	10:16.47 37.19	1250m:	15:16.10 37.43
	100m:	1:06.93 34.89	500m:	5:55.86	36.59	900m:	10:53.95 37.48	1300m:	15:53.32 37.22
	150m:	1:42.37 35.44	550m:	6:33.16	37.30	950m:	11:31.20 37.25	1350m:	16:31.07 37.75
	200m:	2:18.13 35.76	600m:	7:10.58	37.42	1000m:	12:08.37 37.17	1400m:	17:08.29 37.22
	250m:	2:53.30 35.17	650m:	7:47.75	37.17	1050m:	12:46.20 37.83	1450m:	18:20.51 1:12.22
	300m:	3:29.26 35.96	700m:	8:24.64	36.89	1100m:	13:23.67 37.47	1500m:	18:45.79 25.28
	350m:	4:05.89 36.63	750m:	9:01.99	37.35	1150m:	14:01.21 37.54		
	400m:	4:42.63 36.74	800m:	9:39.28	37.29	1200m:	14:38.67 37.46		
DNS	ALMEIDA Joao Neves		05	Beatriz Santos-Clube					

