

RUMO A PARIS 2024

Campeonato Nacional Clubes 2ª Divisão

Estarreja, 4- - 5-12-2021



Prova 20 2ª Divisão MASC
 05-12-2021 - 9:35 Resultados

Prova	Tempo	Nome	Clube	Data
RN25 Absoluto	14:48.89	LOPES Jose Paulo	SCB Felgueiras	22-12-2019
RN25 Sen	14:48.89	LOPES Jose Paulo	SCB Felgueiras	22-12-2019
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 2021

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREZ-GODOY BRAGELI Miguel	04	215009	Natacao Olhao	16:04.47	+0,76	679	25,00
	50m: 29.14 29.14		450m: 4:47.70 32.28	850m: 9:07.41 32.46	1250m: 13:28.16 32.27			
	100m: 1:01.71 32.57		500m: 5:19.97 32.27	900m: 9:40.40 32.99	1300m: 14:00.60 32.44			
	150m: 1:35.07 33.36		550m: 5:52.45 32.48	950m: 10:13.54 33.14	1350m: 14:32.77 32.17			
	200m: 2:07.67 32.60		600m: 6:24.89 32.44	1000m: 10:45.85 32.31	1400m: 15:05.21 32.44			
	250m: 2:39.49 31.82		650m: 6:57.52 32.63	1050m: 11:18.16 32.31	1450m: 15:35.17 29.96			
	300m: 3:11.37 31.88		700m: 7:29.88 32.36	1100m: 11:50.81 32.65	1500m: 16:04.47 29.30			
	350m: 3:43.22 31.85		750m: 8:02.67 32.79	1150m: 12:23.25 32.44				
	400m: 4:15.42 32.20		800m: 8:34.95 32.28	1200m: 12:55.89 32.64				
2.	SARREIRA Tomas Amor	05	132117	Nautico Marinha Grande	16:18.12	+0,75	651	23,00
	50m: 29.38 29.38		450m: 4:52.50 32.95	850m: 9:13.53 33.00	1250m: 13:35.06 32.80			
	100m: 1:02.19 32.81		500m: 5:25.38 32.88	900m: 9:46.31 32.78	1300m: 14:08.51 33.45			
	150m: 1:35.49 33.30		550m: 5:58.04 32.66	950m: 10:19.11 32.80	1350m: 14:41.45 32.94			
	200m: 2:08.55 33.06		600m: 6:30.86 32.82	1000m: 10:51.90 32.79	1400m: 15:14.04 32.59			
	250m: 2:41.64 33.09		650m: 7:03.35 32.49	1050m: 11:24.94 33.04	1450m: 15:47.19 33.15			
	300m: 3:14.20 32.56		700m: 7:36.00 32.65	1100m: 11:57.24 32.30	1500m: 16:18.12 30.93			
	350m: 3:46.90 32.70		750m: 8:08.19 32.19	1150m: 12:29.39 32.15				
	400m: 4:19.55 32.65		800m: 8:40.53 32.34	1200m: 13:02.26 32.87				
3.	NIETO Cristian Fernandez	92	148727	Desportiva de Viana	16:23.92	+0,74	640	22,00
	50m: 29.96 29.96		450m: 4:50.37 32.56	850m: 9:14.55 33.28	1250m: 13:39.26 33.20			
	100m: 1:02.20 32.24		500m: 5:23.19 32.82	900m: 9:47.97 33.42	1300m: 14:12.35 33.09			
	150m: 1:34.30 32.10		550m: 5:55.88 32.69	950m: 10:20.96 32.99	1350m: 14:45.43 33.08			
	200m: 2:07.05 32.75		600m: 6:28.88 33.00	1000m: 10:53.93 32.97	1400m: 15:18.67 33.24			
	250m: 2:39.77 32.72		650m: 7:01.99 33.11	1050m: 11:26.93 33.00	1450m: 15:51.95 33.28			
	300m: 3:12.49 32.72		700m: 7:35.08 33.09	1100m: 11:59.95 33.02	1500m: 16:23.92 31.97			
	350m: 3:44.97 32.48		750m: 8:08.31 33.23	1150m: 12:32.82 32.87				
	400m: 4:17.81 32.84		800m: 8:41.27 32.96	1200m: 13:06.06 33.24				
4.	ANSELMO Raul Sousa	05	130950	Bombeiros de Ponta Delgada	16:28.05	+0,73	632	21,00
	50m: 29.14 29.14		450m: 4:49.80 33.30	850m: 9:14.47 33.08	1250m: 13:41.96 33.56			
	100m: 1:00.37 31.23		500m: 5:22.79 32.99	900m: 9:48.03 33.56	1300m: 14:15.55 33.59			
	150m: 1:32.51 32.14		550m: 5:55.91 33.12	950m: 10:21.60 33.57	1350m: 14:49.19 33.64			
	200m: 2:04.87 32.36		600m: 6:29.10 33.19	1000m: 10:54.94 33.34	1400m: 15:22.63 33.44			
	250m: 2:37.72 32.85		650m: 7:02.04 32.94	1050m: 11:28.33 33.39	1450m: 15:56.33 33.70			
	300m: 3:10.59 32.87		700m: 7:34.98 32.94	1100m: 12:01.75 33.42	1500m: 16:28.05 31.72			
	350m: 3:43.57 32.98		750m: 8:08.17 33.19	1150m: 12:34.94 33.19				
	400m: 4:16.50 32.93		800m: 8:41.39 33.22	1200m: 13:08.40 33.46				

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNecedor OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	RIBEIRO Hugo Alberto	88	23114	Leixoes	16:39.31	+0,86	611	20,00
	50m: 29.91 29.91	450m: 4:58.40	33.53	850m: 9:25.62	32.91	1250m: 13:55.67	34.09	
	100m: 1:02.94 33.03	500m: 5:31.94	33.54	900m: 9:59.16	33.54	1300m: 14:29.23	33.56	
	150m: 1:36.07 33.13	550m: 6:05.73	33.79	950m: 10:32.68	33.52	1350m: 15:02.89	33.66	
	200m: 2:09.71 33.64	600m: 6:39.39	33.66	1000m: 11:06.13	33.45	1400m: 15:36.15	33.26	
	250m: 2:43.36 33.65	650m: 7:12.74	33.35	1050m: 11:39.71	33.58	1450m: 16:09.23	33.08	
	300m: 3:17.31 33.95	700m: 7:46.17	33.43	1100m: 12:13.55	33.84	1500m: 16:39.31	30.08	
	350m: 3:51.21 33.90	750m: 8:19.65	33.48	1150m: 12:47.62	34.07			
	400m: 4:24.87 33.66	800m: 8:52.71	33.06	1200m: 13:21.58	33.96			
6.	SANTOS Goncalo Duarte	00	111095	Vikings	16:47.05	+0,73	597	19,00
	50m: 30.12 30.12	450m: 5:00.19	33.43	850m: 9:30.02	33.85	1250m: 13:59.88	33.58	
	100m: 1:03.70 33.58	500m: 5:34.12	33.93	900m: 10:03.89	33.87	1300m: 14:33.77	33.89	
	150m: 1:37.51 33.81	550m: 6:07.70	33.58	950m: 10:37.75	33.86	1350m: 15:07.78	34.01	
	200m: 2:10.99 33.48	600m: 6:41.64	33.94	1000m: 11:11.28	33.53	1400m: 15:41.91	34.13	
	250m: 2:44.96 33.97	650m: 7:15.15	33.51	1050m: 11:44.84	33.56	1450m: 16:15.19	33.28	
	300m: 3:19.01 34.05	700m: 7:49.00	33.85	1100m: 12:18.73	33.89	1500m: 16:47.05	31.86	
	350m: 3:52.79 33.78	750m: 8:22.60	33.60	1150m: 12:52.36	33.63			
	400m: 4:26.76 33.97	800m: 8:56.17	33.57	1200m: 13:26.30	33.94			
7.	CLARA Vitor Belo	04	127243	Ba-Leiria	16:58.79	+0,83	576	18,00
	50m: 29.19 29.19	450m: 4:54.88	33.25	850m: 9:24.33	34.20	1250m: 14:03.86	35.14	
	100m: 1:01.92 32.73	500m: 5:27.62	32.74	900m: 9:58.99	34.66	1300m: 14:38.96	35.10	
	150m: 1:35.42 33.50	550m: 6:00.54	32.92	950m: 10:34.13	35.14	1350m: 15:14.10	35.14	
	200m: 2:08.49 33.07	600m: 6:33.90	33.36	1000m: 11:09.03	34.90	1400m: 15:49.70	35.60	
	250m: 2:41.95 33.46	650m: 7:07.41	33.51	1050m: 11:43.45	34.42	1450m: 16:25.38	35.68	
	300m: 3:15.12 33.17	700m: 7:41.43	34.02	1100m: 12:18.65	35.20	1500m: 16:58.79	33.41	
	350m: 3:48.52 33.40	750m: 8:15.36	33.93	1150m: 12:53.59	34.94			
	400m: 4:21.63 33.11	800m: 8:50.13	34.77	1200m: 13:28.72	35.13			
8.	LOPES Tomas Teixeira	02	122006	Vitoria Guimaraes	17:02.24	+0,65	570	17,00
	50m: 28.13 28.13	450m: 4:39.91	31.21	900m: 10:16.95	1:52.09	1300m: 14:46.95	33.57	
	100m: 59.51 31.38	500m: 5:11.46	31.55	950m: 10:50.44	33.49	1350m: 15:20.45	33.50	
	150m: 1:31.07 31.56	550m: 5:43.04	31.58	1000m: 11:25.35	34.91	1400m: 15:54.33	33.88	
	200m: 2:02.63 31.56	600m: 6:14.73	31.69	1050m: 11:58.23	32.88	1450m: 16:28.94	34.61	
	250m: 2:34.34 31.71	650m: 6:46.74	32.01	1100m: 12:32.04	33.81	1500m: 17:02.24	33.30	
	300m: 3:05.86 31.52	700m: 7:18.83	32.09	1150m: 13:05.45	33.41			
	350m: 3:37.45 31.59	750m: 7:51.80	32.97	1200m: 13:39.27	33.82			
	400m: 4:08.70 31.25	800m: 8:24.86	33.06	1250m: 14:13.38	34.11			
9.	NUNES Diogo Severino	04	128592	Natacao de Valongo	17:07.26	+0,81	562	16,00
	50m: 29.50 29.50	450m: 4:59.01	34.11	850m: 9:34.60	34.73	1250m: 14:13.95	35.12	
	100m: 1:02.81 33.31	500m: 5:33.27	34.26	900m: 10:09.27	34.67	1300m: 14:49.14	35.19	
	150m: 1:36.56 33.75	550m: 6:07.22	33.95	950m: 10:43.73	34.46	1350m: 15:24.37	35.23	
	200m: 2:10.15 33.59	600m: 6:41.70	34.48	1000m: 11:18.63	34.90	1400m: 15:59.31	34.94	
	250m: 2:43.88 33.73	650m: 7:16.30	34.60	1050m: 11:53.31	34.68	1450m: 16:33.92	34.61	
	300m: 3:17.41 33.53	700m: 7:51.07	34.77	1100m: 12:28.32	35.01	1500m: 17:07.26	33.34	
	350m: 3:50.99 33.58	750m: 8:25.15	34.08	1150m: 13:03.43	35.11			
	400m: 4:24.90 33.91	800m: 8:59.87	34.72	1200m: 13:38.83	35.40			

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	GONCALVES Alexandre Ramos	05	128601	Colegio Efanor	17:07.62	+0,69	562	15,00
	50m: 29.80 29.80		450m: 4:59.35	33.72	850m: 9:34.57	34.61	1250m: 14:16.20	34.49
	100m: 1:02.79 32.99		500m: 5:33.08	33.73	900m: 10:09.99	35.42	1300m: 14:51.60	35.40
	150m: 1:36.40 33.61		550m: 6:07.18	34.10	950m: 10:44.83	34.84	1350m: 15:26.02	34.42
	200m: 2:09.90 33.50		600m: 6:41.51	34.33	1000m: 11:20.13	35.30	1400m: 16:00.30	34.28
	250m: 2:43.90 34.00		650m: 7:15.91	34.40	1050m: 11:55.68	35.55	1450m: 16:34.34	34.04
	300m: 3:17.80 33.90		700m: 7:50.41	34.50	1100m: 12:30.67	34.99	1500m: 17:07.62	33.28
	350m: 3:51.56 33.76		750m: 8:25.17	34.76	1150m: 13:05.82	35.15		
	400m: 4:25.63 34.07		800m: 8:59.96	34.79	1200m: 13:41.71	35.89		
11.	ASCENSO Daniel Alexandre	03	131377	Geslours	17:08.57	+0,82	560	14,00
	50m: 30.80 30.80		450m: 5:06.94	34.71	850m: 9:43.15	34.38	1250m: 14:19.28	34.73
	100m: 1:04.42 33.62		500m: 5:41.66	34.72	900m: 10:17.56	34.41	1300m: 14:53.81	34.53
	150m: 1:38.66 34.24		550m: 6:16.44	34.78	950m: 10:51.85	34.29	1350m: 15:28.36	34.55
	200m: 2:13.30 34.64		600m: 6:51.10	34.66	1000m: 11:26.36	34.51	1400m: 16:02.36	34.00
	250m: 2:48.12 34.82		650m: 7:25.61	34.51	1050m: 12:00.69	34.33	1450m: 16:36.49	34.13
	300m: 3:22.54 34.42		700m: 7:59.93	34.32	1100m: 12:35.26	34.57	1500m: 17:08.57	32.08
	350m: 3:57.48 34.94		750m: 8:34.42	34.49	1150m: 13:10.16	34.90		
	400m: 4:32.23 34.75		800m: 9:08.77	34.35	1200m: 13:44.55	34.39		
12.	LIMA Tiago Diniz	04	132172	Estarreja	17:10.84	+0,74	556	13,00
	50m: 30.19 30.19		450m: 5:00.38	33.51	850m: 9:37.25	34.97	1250m: 14:17.99	35.28
	100m: 1:03.25 33.06		500m: 5:34.81	34.43	900m: 10:12.23	34.98	1300m: 14:53.05	35.06
	150m: 1:36.96 33.71		550m: 6:08.79	33.98	950m: 10:47.13	34.90	1350m: 15:28.12	35.07
	200m: 2:10.57 33.61		600m: 6:42.82	34.03	1000m: 11:22.00	34.87	1400m: 16:03.15	35.03
	250m: 2:44.42 33.85		650m: 7:17.39	34.57	1050m: 11:57.21	35.21	1450m: 16:38.13	34.98
	300m: 3:18.49 34.07		700m: 7:52.30	34.91	1100m: 12:32.32	35.11	1500m: 17:10.84	32.71
	350m: 3:52.67 34.18		750m: 8:27.13	34.83	1150m: 13:07.42	35.10		
	400m: 4:26.87 34.20		800m: 9:02.28	35.15	1200m: 13:42.71	35.29		
13.	RIBEIRO Tomas Carvalhinho	05	131799	Natacao da Maia	17:25.85	+0,73	533	12,00
	50m: 30.04 30.04		450m: 5:08.81	35.34	850m: 9:52.51	35.16	1250m: 14:33.11	35.16
	100m: 1:03.60 33.56		500m: 5:44.05	35.24	900m: 10:27.76	35.25	1300m: 15:08.06	34.95
	150m: 1:38.02 34.42		550m: 6:19.57	35.52	950m: 11:02.99	35.23	1350m: 15:43.18	35.12
	200m: 2:12.63 34.61		600m: 6:54.93	35.36	1000m: 11:38.05	35.06	1400m: 16:18.15	34.97
	250m: 2:48.05 35.42		650m: 7:30.38	35.45	1050m: 12:12.97	34.92	1450m: 16:52.99	34.84
	300m: 3:22.90 34.85		700m: 8:05.96	35.58	1100m: 12:48.19	35.22	1500m: 17:25.85	32.86
	350m: 3:58.26 35.36		750m: 8:41.53	35.57	1150m: 13:23.10	34.91		
	400m: 4:33.47 35.21		800m: 9:17.35	35.82	1200m: 13:57.95	34.85		
14.	DIAS Pedro Anselmo	05	200309	Academico Viseu	17:25.91	+0,78	533	11,00
	50m: 29.96 29.96		450m: 5:02.75	35.06	850m: 9:47.70	35.80	1250m: 14:32.36	35.56
	100m: 1:02.59 32.63		500m: 5:37.85	35.10	900m: 10:23.41	35.71	1300m: 15:08.53	36.17
	150m: 1:36.33 33.74		550m: 6:13.21	35.36	950m: 10:58.79	35.38	1350m: 15:43.53	35.00
	200m: 2:10.42 34.09		600m: 6:48.87	35.66	1000m: 11:34.34	35.55	1400m: 16:18.64	35.11
	250m: 2:44.49 34.07		650m: 7:24.62	35.75	1050m: 12:10.29	35.95	1450m: 16:53.37	34.73
	300m: 3:18.49 34.00		700m: 7:59.96	35.34	1100m: 12:45.92	35.63	1500m: 17:25.91	32.54
	350m: 3:52.92 34.43		750m: 8:35.83	35.87	1150m: 13:21.28	35.36		
	400m: 4:27.69 34.77		800m: 9:11.90	36.07	1200m: 13:56.80	35.52		



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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MALFEITO Martim Rebelo	02	129023	Natacao de Lisboa	17:28.65	+0,74	528	10,00
	50m: 29.48 29.48	450m: 5:02.28	35.52	850m: 9:47.58	35.90	1250m: 14:33.94	34.94	
	100m: 1:01.85 32.37	500m: 5:38.18	35.90	900m: 10:23.27	35.69	1300m: 15:09.66	35.72	
	150m: 1:35.10 33.25	550m: 6:13.71	35.53	950m: 10:59.51	36.24	1350m: 15:45.03	35.37	
	200m: 2:08.94 33.84	600m: 6:49.80	36.09	1000m: 11:36.00	36.49	1400m: 16:20.29	35.26	
	250m: 2:42.72 33.78	650m: 7:25.13	35.33	1050m: 12:11.22	35.22	1450m: 16:55.52	35.23	
	300m: 3:17.05 34.33	700m: 8:01.32	36.19	1100m: 12:47.42	36.20	1500m: 17:28.65	33.13	
	350m: 3:51.79 34.74	750m: 8:36.47	35.15	1150m: 13:23.37	35.95			
	400m: 4:26.76 34.97	800m: 9:11.68	35.21	1200m: 13:59.00	35.63			
16.	DIAS Andre Vicente	05	132697	Desportivo Nacional	17:45.93	+0,72	503	9,00
	50m: 29.49 29.49	450m: 5:11.22	35.87	850m: 10:00.41	36.22	1250m: 14:48.76	35.39	
	100m: 1:03.18 33.69	500m: 5:47.35	36.13	900m: 10:37.06	36.65	1300m: 15:24.81	36.05	
	150m: 1:37.89 34.71	550m: 6:23.08	35.73	950m: 11:13.60	36.54	1350m: 15:59.88	35.07	
	200m: 2:13.00 35.11	600m: 6:59.32	36.24	1000m: 11:49.90	36.30	1400m: 16:35.76	35.88	
	250m: 2:48.53 35.53	650m: 7:35.32	36.00	1050m: 12:25.87	35.97	1450m: 17:10.95	35.19	
	300m: 3:23.99 35.46	700m: 8:11.22	35.90	1100m: 13:01.97	36.10	1500m: 17:45.93	34.98	
	350m: 3:59.50 35.51	750m: 8:47.67	36.45	1150m: 13:38.33	36.36			
	400m: 4:35.35 35.85	800m: 9:24.19	36.52	1200m: 14:13.37	35.04			
17.	ALVES Manuel Landeiro	02	122314	Naval Praia da Vitoria	17:53.02	+0,96	493	8,00
	50m: 31.55 31.55	450m: 5:17.08	36.04	850m: 10:07.27	35.84	1250m: 14:57.20	36.07	
	100m: 1:06.01 34.46	500m: 5:53.31	36.23	900m: 10:43.26	35.99	1300m: 15:32.87	35.67	
	150m: 1:41.29 35.28	550m: 6:29.47	36.16	950m: 11:19.62	36.36	1350m: 16:08.35	35.48	
	200m: 2:17.23 35.94	600m: 7:05.82	36.35	1000m: 11:55.95	36.33	1400m: 16:43.94	35.59	
	250m: 2:52.85 35.62	650m: 7:42.04	36.22	1050m: 12:32.48	36.53	1450m: 17:19.21	35.27	
	300m: 3:28.82 35.97	700m: 8:18.60	36.56	1100m: 13:08.60	36.12	1500m: 17:53.02	33.81	
	350m: 4:05.06 36.24	750m: 8:54.90	36.30	1150m: 13:44.93	36.33			
	400m: 4:41.04 35.98	800m: 9:31.43	36.53	1200m: 14:21.13	36.20			
18.	PINHO Afonso Formigo	06	129956	Torres Novas	18:09.64	+0,81	471	7,00
	50m: 32.01 32.01	450m: 5:22.91	37.13	850m: 10:17.27	36.62	1250m: 15:08.29	36.84	
	100m: 1:07.50 35.49	500m: 5:59.48	36.57	900m: 10:53.63	36.36	1300m: 15:44.94	36.65	
	150m: 1:43.14 35.64	550m: 6:36.39	36.91	950m: 11:29.93	36.30	1350m: 16:21.25	36.31	
	200m: 2:19.80 36.66	600m: 7:13.32	36.93	1000m: 12:06.13	36.20	1400m: 16:57.75	36.50	
	250m: 2:56.44 36.64	650m: 7:50.19	36.87	1050m: 12:42.58	36.45	1450m: 17:34.29	36.54	
	300m: 3:33.28 36.84	700m: 8:27.08	36.89	1100m: 13:18.83	36.25	1500m: 18:09.64	35.35	
	350m: 4:09.63 36.35	750m: 9:04.07	36.99	1150m: 13:55.29	36.46			
	400m: 4:45.78 36.15	800m: 9:40.65	36.58	1200m: 14:31.45	36.16			
19.	CARNEIRO Henrique Rocha	05	132879	Aquatico Pacense	18:14.31	+0,95	465	6,00
	50m: 31.57 31.57	450m: 5:18.91	36.79	850m: 10:14.52	36.69	1250m: 15:12.59	36.98	
	100m: 1:06.29 34.72	500m: 5:55.33	36.42	900m: 10:51.86	37.34	1300m: 15:49.78	37.19	
	150m: 1:41.88 35.59	550m: 6:32.21	36.88	950m: 11:29.65	37.79	1350m: 16:26.97	37.19	
	200m: 2:17.40 35.52	600m: 7:09.47	37.26	1000m: 12:06.25	36.60	1400m: 17:04.06	37.09	
	250m: 2:53.21 35.81	650m: 7:46.78	37.31	1050m: 12:43.07	36.82	1450m: 17:40.71	36.65	
	300m: 3:29.31 36.10	700m: 8:23.66	36.88	1100m: 13:19.72	36.65	1500m: 18:14.31	33.60	
	350m: 4:05.96 36.65	750m: 9:00.54	36.88	1150m: 13:58.04	38.32			
	400m: 4:42.12 36.16	800m: 9:37.83	37.29	1200m: 14:35.61	37.57			

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	KOBAYASHI Bruno Shinji	02	123019	Vilacondense	18:14.78	+0,70	464	5,00
	50m: 31.52 31.52	450m: 5:18.21	36.75	850m: 10:12.54	36.48	1250m: 15:11.98	37.51	
	100m: 1:05.77 34.25	500m: 5:54.96	36.75	900m: 10:49.79	37.25	1300m: 15:49.65	37.67	
	150m: 1:41.40 35.63	550m: 6:32.20	37.24	950m: 11:27.60	37.81	1350m: 16:26.61	36.96	
	200m: 2:17.20 35.80	600m: 7:08.74	36.54	1000m: 12:04.91	37.31	1400m: 17:04.08	37.47	
	250m: 2:53.33 36.13	650m: 7:45.27	36.53	1050m: 12:42.67	37.76	1450m: 17:40.23	36.15	
	300m: 3:29.51 36.18	700m: 8:22.20	36.93	1100m: 13:19.98	37.31	1500m: 18:14.78	34.55	
	350m: 4:05.49 35.98	750m: 8:59.07	36.87	1150m: 13:57.41	37.43			
	400m: 4:41.46 35.97	800m: 9:36.06	36.99	1200m: 14:34.47	37.06			
21.	SERRA Joao Luis	97	123049	Laranjeiro	18:19.79	+0,91	458	4,00
	50m: 32.10 32.10	450m: 5:16.58	36.28	850m: 10:12.97	37.44	1250m: 15:11.96	37.92	
	100m: 1:06.82 34.72	500m: 5:52.89	36.31	900m: 10:50.10	37.13	1300m: 15:50.05	38.09	
	150m: 1:41.82 35.00	550m: 6:29.43	36.54	950m: 11:27.47	37.37	1350m: 16:27.83	37.78	
	200m: 2:16.86 35.04	600m: 7:06.32	36.89	1000m: 12:04.84	37.37	1400m: 17:05.50	37.67	
	250m: 2:52.31 35.45	650m: 7:43.44	37.12	1050m: 12:42.47	37.63	1450m: 17:43.38	37.88	
	300m: 3:28.28 35.97	700m: 8:20.89	37.45	1100m: 13:19.70	37.23	1500m: 18:19.79	36.41	
	350m: 4:04.12 35.84	750m: 8:58.19	37.30	1150m: 13:56.94	37.24			
	400m: 4:40.30 36.18	800m: 9:35.53	37.34	1200m: 14:34.04	37.10			
22.	SANTOS Eduardo Pinto	06	130476	Feirense	18:43.68	+0,69	429	3,00
	50m: 32.29 32.29	450m: 5:32.39	38.51	850m: 10:35.16	37.77	1250m: 15:37.67	37.56	
	100m: 1:08.14 35.85	500m: 6:10.65	38.26	900m: 11:13.13	37.97	1300m: 16:15.33	37.66	
	150m: 1:44.94 36.80	550m: 6:48.60	37.95	950m: 11:51.28	38.15	1350m: 16:53.00	37.67	
	200m: 2:22.03 37.09	600m: 7:26.63	38.03	1000m: 12:29.00	37.72	1400m: 17:30.91	37.91	
	250m: 2:59.67 37.64	650m: 8:04.41	37.78	1050m: 13:06.84	37.84	1450m: 18:07.78	36.87	
	300m: 3:37.75 38.08	700m: 8:42.21	37.80	1100m: 13:44.39	37.55	1500m: 18:43.68	35.90	
	350m: 4:15.72 37.97	750m: 9:19.93	37.72	1150m: 14:22.36	37.97			
	400m: 4:53.88 38.16	800m: 9:57.39	37.46	1200m: 15:00.11	37.75			
DSQ	MARQUES Jose Miguel	06	202999	Condeixa Clube				-
	SW 4.4 - Falsa partida							

