

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 23 **Masc., 800m Livres** **Juvenis A**
02/04/2022 - 9:00 **Resultados**

Rec Nac Absoluto 7:52.68 LOPES Jose Paulo POR Budapeste (HUN) 22/05/2021
 Rec Nac Juv A 8:23.54 SANTA Gustavo Manuel POR Tampere (FIN) 23/07/2009

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOUREIRO Bruno Silva	06	Porto	8:53.23	+0,69	609	
	50m: 29.98 29.98	250m: 2:45.11 33.32	450m: 4:59.98 33.45	650m: 7:14.01 33.22			
	100m: 1:03.67 33.69	300m: 3:19.21 34.10	500m: 5:32.90 32.92	700m: 7:47.83 33.82			
	150m: 1:37.67 34.00	350m: 3:52.62 33.41	550m: 6:06.70 33.80	750m: 8:21.00 33.17			
	200m: 2:11.79 34.12	400m: 4:26.53 33.91	600m: 6:40.79 34.09	800m: 8:53.23 32.23			
2.	ALVES Andre Correia	06	Uniao Piedense	8:58.30	+0,72	592	
	50m: 29.57 29.57	250m: 2:45.23 33.86	450m: 5:01.22 33.87	650m: 7:18.39 33.89			
	100m: 1:02.62 33.05	300m: 3:19.01 33.78	500m: 5:35.36 34.14	700m: 7:52.18 33.79			
	150m: 1:37.14 34.52	350m: 3:53.09 34.08	550m: 6:10.25 34.89	750m: 8:25.89 33.71			
	200m: 2:11.37 34.23	400m: 4:27.35 34.26	600m: 6:44.50 34.25	800m: 8:58.30 32.41			
3.	BAPTISTA Guilherme Fernandes	06	Benfica	9:04.03	+0,76	573	
	50m: 29.68 29.68	250m: 2:45.66 33.96	450m: 5:03.22 34.70	650m: 7:22.88 34.53			
	100m: 1:03.29 33.61	300m: 3:19.81 34.15	500m: 5:37.83 34.61	700m: 7:57.97 35.09			
	150m: 1:37.50 34.21	350m: 3:54.07 34.26	550m: 6:12.94 35.11	750m: 8:31.98 34.01			
	200m: 2:11.70 34.20	400m: 4:28.52 34.45	600m: 6:48.35 35.41	800m: 9:04.03 32.05			
4.	FARIA Eduardo Nuno	06	Braga	9:04.06	+0,74	573	
	50m: 30.38 30.38	250m: 2:46.75 34.65	450m: 5:05.11 34.37	650m: 7:24.84 34.49			
	100m: 1:03.37 32.99	300m: 3:21.50 34.75	500m: 5:40.26 35.15	700m: 7:59.22 34.38			
	150m: 1:37.56 34.19	350m: 3:55.89 34.39	550m: 6:15.24 34.98	750m: 8:32.14 32.92			
	200m: 2:12.10 34.54	400m: 4:30.74 34.85	600m: 6:50.35 35.11	800m: 9:04.06 31.92			
5.	FRAZAO Francisco Couto	06	Uniao Coimbra	9:06.67	+0,66	565	
	50m: 30.84 30.84	250m: 2:49.90 34.50	450m: 5:09.92 33.88	650m: 7:26.68 33.90			
	100m: 1:05.21 34.37	300m: 3:24.84 34.94	500m: 5:44.41 34.49	700m: 8:00.68 34.00			
	150m: 1:40.30 35.09	350m: 4:00.71 35.87	550m: 6:18.57 34.16	750m: 8:34.53 33.85			
	200m: 2:15.40 35.10	400m: 4:36.04 35.33	600m: 6:52.78 34.21	800m: 9:06.67 32.14			
6.	CORREIA Tiago Almeida	06	Natacao do Montijo	9:10.03	+0,78	555	
	50m: 29.63 29.63	250m: 2:46.64 35.40	450m: 5:08.69 35.45	650m: 7:29.39 35.03			
	100m: 1:02.16 32.53	300m: 3:22.18 35.54	500m: 5:43.93 35.24	700m: 8:04.71 35.32			
	150m: 1:36.69 34.53	350m: 3:57.74 35.56	550m: 6:19.09 35.16	750m: 8:38.39 33.68			
	200m: 2:11.24 34.55	400m: 4:33.24 35.50	600m: 6:54.36 35.27	800m: 9:10.03 31.64			
7.	DURAO Miguel Costa	06	Braga	9:11.31	+0,66	551	
	50m: 29.95 29.95	250m: 2:46.90 34.59	450m: 5:06.86 35.16	650m: 7:27.65 34.93			
	100m: 1:03.40 33.45	300m: 3:21.63 34.73	500m: 5:42.11 35.25	700m: 8:02.99 35.34			
	150m: 1:37.92 34.52	350m: 3:56.81 35.18	550m: 6:17.62 35.51	750m: 8:38.08 35.09			
	200m: 2:12.31 34.39	400m: 4:31.70 34.89	600m: 6:52.72 35.10	800m: 9:11.31 33.23			
8.	BARROS Joao Carlos	06	Fluvial Portuense	9:11.44	+0,67	551	
	50m: 31.38 31.38	250m: 2:50.10 34.94	450m: 5:10.34 34.91	650m: 7:30.32 35.24			
	100m: 1:05.12 33.74	300m: 3:25.46 35.36	500m: 5:45.07 34.73	700m: 8:05.11 34.79			
	150m: 1:39.84 34.72	350m: 4:00.30 34.84	550m: 6:19.91 34.84	750m: 8:38.53 33.42			
	200m: 2:15.16 35.32	400m: 4:35.43 35.13	600m: 6:55.08 35.17	800m: 9:11.44 32.91			
9.	BRANDAO Afonso Aires	06	Desportiva de Viana	9:12.69	+0,63	547	
	50m: 30.12 30.12	250m: 2:49.84 35.57	450m: 5:12.71 35.85	650m: 7:33.37 34.59			
	100m: 1:04.11 33.99	300m: 3:25.32 35.48	500m: 5:48.07 35.36	700m: 8:07.64 34.27			
	150m: 1:39.21 35.10	350m: 4:01.07 35.75	550m: 6:23.33 35.26	750m: 8:40.58 32.94			
	200m: 2:14.27 35.06	400m: 4:36.86 35.79	600m: 6:58.78 35.45	800m: 9:12.69 32.11			

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 23, Masc., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	JEVIC Milan Santos	06	Braga	9:12.77	+0,82	547	
	50m: 29.84 29.84	250m: 2:46.86 34.67	450m: 5:07.21 35.38	650m: 7:28.73 35.24			
	100m: 1:03.39 33.55	300m: 3:21.77 34.91	500m: 5:42.76 35.55	700m: 8:04.39 35.66			
	150m: 1:37.51 34.12	350m: 3:56.46 34.69	550m: 6:18.16 35.40	750m: 8:38.77 34.38			
	200m: 2:12.19 34.68	400m: 4:31.83 35.37	600m: 6:53.49 35.33	800m: 9:12.77 34.00			
11.	SANTOS Rui Miguel	06	Famalicao	9:19.72	+0,85	527	
	50m: 29.98 29.98	250m: 2:48.77 35.70	450m: 5:11.37 35.60	650m: 7:36.31 36.71			
	100m: 1:03.72 33.74	300m: 3:24.19 35.42	500m: 5:47.34 35.97	700m: 8:11.68 35.37			
	150m: 1:38.26 34.54	350m: 3:59.76 35.57	550m: 6:23.23 35.89	750m: 8:46.40 34.72			
	200m: 2:13.07 34.81	400m: 4:35.77 36.01	600m: 6:59.60 36.37	800m: 9:19.72 33.32			
12.	SIMÕES Manuel Costa	06	Uniao Piedense	9:29.68	+0,68	499	
	50m: 30.09 30.09	250m: 2:48.23 35.69	450m: 5:12.74 36.34	650m: 7:40.31 37.00			
	100m: 1:03.21 33.12	300m: 3:24.03 35.80	500m: 5:49.55 36.81	700m: 8:17.33 37.02			
	150m: 1:37.75 34.54	350m: 4:00.06 36.03	550m: 6:26.51 36.96	750m: 8:53.96 36.63			
	200m: 2:12.54 34.79	400m: 4:36.40 36.34	600m: 7:03.31 36.80	800m: 9:29.68 35.72			

Prova 23 **Masc., 800m Livres** **Juvenis B**
02/04/2022 - 9:00 **Resultados**

Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Juv B	8:37.90	CLARA Vitor Belo	ADBA	Coimbra	14/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ASMAR Axel Guedes	07	Sporting	9:14.88	+0,67	540	
	50m: 29.57 29.57	250m: 2:47.75 35.49	450m: 5:09.23 35.48	650m: 7:31.28 35.54			
	100m: 1:03.06 33.49	300m: 3:22.91 35.16	500m: 5:44.75 35.52	700m: 8:06.61 35.33			
	150m: 1:37.55 34.49	350m: 3:58.45 35.54	550m: 6:20.62 35.87	750m: 8:41.19 34.58			
	200m: 2:12.26 34.71	400m: 4:33.75 35.30	600m: 6:55.74 35.12	800m: 9:14.88 33.69			
2.	LARANJO Filipe Manso	07	Desportiva de Viana	9:15.17	+0,72	540	
	50m: 30.74 30.74	250m: 2:49.79 34.71	450m: 5:12.21 36.02	650m: 7:35.12 35.92			
	100m: 1:04.86 34.12	300m: 3:25.10 35.31	500m: 5:48.11 35.90	700m: 8:09.69 34.57			
	150m: 1:39.75 34.89	350m: 4:01.33 36.23	550m: 6:23.68 35.57	750m: 8:43.67 33.98			
	200m: 2:15.08 35.33	400m: 4:36.19 34.86	600m: 6:59.20 35.52	800m: 9:15.17 31.50			
3.	ROQUE Afonso Dinis	07	Ba-Leiria	9:20.34	+0,80	525	
	50m: 29.34 29.34	250m: 2:47.50 35.38	450m: 5:12.01 35.85	650m: 7:35.44 34.62			
	100m: 1:02.31 32.97	300m: 3:23.85 36.35	500m: 5:48.58 36.57	700m: 8:10.82 35.38			
	150m: 1:36.64 34.33	350m: 3:59.82 35.97	550m: 6:24.77 36.19	750m: 8:46.35 35.53			
	200m: 2:12.12 35.48	400m: 4:36.16 36.34	600m: 7:00.82 36.05	800m: 9:20.34 33.99			
4.	MESQUITA Tomas Afonso	07	Benfica	9:24.88	+0,67	512	
	50m: 31.24 31.24	250m: 2:52.43 36.07	450m: 5:16.05 35.94	650m: 7:38.30 35.51			
	100m: 1:05.83 34.59	300m: 3:28.25 35.82	500m: 5:51.84 35.79	700m: 8:14.48 36.18			
	150m: 1:41.00 35.17	350m: 4:04.23 35.98	550m: 6:27.13 35.29	750m: 8:49.93 35.45			
	200m: 2:16.36 35.36	400m: 4:40.11 35.88	600m: 7:02.79 35.66	800m: 9:24.88 34.95			
5.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	9:25.45	+0,81	511	
	50m: 30.31 30.31	250m: 2:47.75 35.21	450m: 5:10.57 35.71	650m: 7:36.11 36.27			
	100m: 1:03.44 33.13	300m: 3:23.21 35.46	500m: 5:46.76 36.19	700m: 8:12.83 36.72			
	150m: 1:37.95 34.51	350m: 3:59.17 35.96	550m: 6:23.61 36.85	750m: 8:49.19 36.36			
	200m: 2:12.54 34.59	400m: 4:34.86 35.69	600m: 6:59.84 36.23	800m: 9:25.45 36.26			

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 23, Masc., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	BORGES Rodrigo Costa	07	Fluvial Portuense	9:26.76	+0,65	507	
	50m: 30.39 30.39	250m: 2:51.97 36.06	450m: 5:16.44 35.96	650m: 7:40.87 35.77			
	100m: 1:04.93 34.54	300m: 3:28.10 36.13	500m: 5:52.60 36.16	700m: 8:17.07 36.20			
	150m: 1:40.37 35.44	350m: 4:04.27 36.17	550m: 6:28.71 36.11	750m: 8:52.33 35.26			
	200m: 2:15.91 35.54	400m: 4:40.48 36.21	600m: 7:05.10 36.39	800m: 9:26.76 34.43			
7.	CARAPINHA Joao Pedro	07	Uniao Piedense	9:33.16	+0,78	490	
	50m: 31.86 31.86	250m: 2:53.79 35.34	450m: 5:18.13 35.81	650m: 7:44.19 36.43			
	100m: 1:06.61 34.75	300m: 3:30.00 36.21	500m: 5:54.61 36.48	700m: 8:20.95 36.76			
	150m: 1:42.25 35.64	350m: 4:06.25 36.25	550m: 6:30.96 36.35	750m: 8:57.17 36.22			
	200m: 2:18.45 36.20	400m: 4:42.32 36.07	600m: 7:07.76 36.80	800m: 9:33.16 35.99			
8.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	10:05.79	+0,77	415	
	50m: 32.44 32.44	250m: 3:01.67 38.10	450m: 5:35.74 38.90	650m: 8:10.81 38.68			
	100m: 1:08.32 35.88	300m: 3:40.03 38.36	500m: 6:14.84 39.10	700m: 8:49.72 38.91			
	150m: 1:45.56 37.24	350m: 4:17.99 37.96	550m: 6:53.36 38.52	750m: 9:28.05 38.33			
	200m: 2:23.57 38.01	400m: 4:56.84 38.85	600m: 7:32.13 38.77	800m: 10:05.79 37.74			

Prova 23 **Masc., 800m Livres** **Juvenis**
02/04/2022 - 9:00 **Resultados**

Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	8:37.90	CLARA Vitor Belo	ADBA	Coimbra	14/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOUREIRO Bruno Silva	06	Porto	8:53.23	+0,69	609	
	50m: 29.98 29.98	250m: 2:45.11 33.32	450m: 4:59.98 33.45	650m: 7:14.01 33.22			
	100m: 1:03.67 33.69	300m: 3:19.21 34.10	500m: 5:32.90 32.92	700m: 7:47.83 33.82			
	150m: 1:37.67 34.00	350m: 3:52.62 33.41	550m: 6:06.70 33.80	750m: 8:21.00 33.17			
	200m: 2:11.79 34.12	400m: 4:26.53 33.91	600m: 6:40.79 34.09	800m: 8:53.23 32.23			
2.	ALVES Andre Correia	06	Uniao Piedense	8:58.30	+0,72	592	
	50m: 29.57 29.57	250m: 2:45.23 33.86	450m: 5:01.22 33.87	650m: 7:18.39 33.89			
	100m: 1:02.62 33.05	300m: 3:19.01 33.78	500m: 5:35.36 34.14	700m: 7:52.18 33.79			
	150m: 1:37.14 34.52	350m: 3:53.09 34.08	550m: 6:10.25 34.89	750m: 8:25.89 33.71			
	200m: 2:11.37 34.23	400m: 4:27.35 34.26	600m: 6:44.50 34.25	800m: 8:58.30 32.41			
3.	BAPTISTA Guilherme Fernandes	06	Benfica	9:04.03	+0,76	573	
	50m: 29.68 29.68	250m: 2:45.66 33.96	450m: 5:03.22 34.70	650m: 7:22.88 34.53			
	100m: 1:03.29 33.61	300m: 3:19.81 34.15	500m: 5:37.83 34.61	700m: 7:57.97 35.09			
	150m: 1:37.50 34.21	350m: 3:54.07 34.26	550m: 6:12.94 35.11	750m: 8:31.98 34.01			
	200m: 2:11.70 34.20	400m: 4:28.52 34.45	600m: 6:48.35 35.41	800m: 9:04.03 32.05			
4.	FARIA Eduardo Nuno	06	Braga	9:04.06	+0,74	573	
	50m: 30.38 30.38	250m: 2:46.75 34.65	450m: 5:05.11 34.37	650m: 7:24.84 34.49			
	100m: 1:03.37 32.99	300m: 3:21.50 34.75	500m: 5:40.26 35.15	700m: 7:59.22 34.38			
	150m: 1:37.56 34.19	350m: 3:55.89 34.39	550m: 6:15.24 34.98	750m: 8:32.14 32.92			
	200m: 2:12.10 34.54	400m: 4:30.74 34.85	600m: 6:50.35 35.11	800m: 9:04.06 31.92			
5.	FRAZAO Francisco Couto	06	Uniao Coimbra	9:06.67	+0,66	565	
	50m: 30.84 30.84	250m: 2:49.90 34.50	450m: 5:09.92 33.88	650m: 7:26.68 33.90			
	100m: 1:05.21 34.37	300m: 3:24.84 34.94	500m: 5:44.41 34.49	700m: 8:00.68 34.00			
	150m: 1:40.30 35.09	350m: 4:00.71 35.87	550m: 6:18.57 34.16	750m: 8:34.53 33.85			
	200m: 2:15.40 35.10	400m: 4:36.04 35.33	600m: 6:52.78 34.21	800m: 9:06.67 32.14			

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 23, Masc., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	CORREIA Tiago Almeida	06	Natacao do Montijo	9:10.03	+0,78	555	
	50m: 29.63 29.63	250m: 2:46.64	35.40	450m: 5:08.69	35.45	650m: 7:29.39	35.03
	100m: 1:02.16 32.53	300m: 3:22.18	35.54	500m: 5:43.93	35.24	700m: 8:04.71	35.32
	150m: 1:36.69 34.53	350m: 3:57.74	35.56	550m: 6:19.09	35.16	750m: 8:38.39	33.68
	200m: 2:11.24 34.55	400m: 4:33.24	35.50	600m: 6:54.36	35.27	800m: 9:10.03	31.64
7.	DURAO Miguel Costa	06	Braga	9:11.31	+0,66	551	
	50m: 29.95 29.95	250m: 2:46.90	34.59	450m: 5:06.86	35.16	650m: 7:27.65	34.93
	100m: 1:03.40 33.45	300m: 3:21.63	34.73	500m: 5:42.11	35.25	700m: 8:02.99	35.34
	150m: 1:37.92 34.52	350m: 3:56.81	35.18	550m: 6:17.62	35.51	750m: 8:38.08	35.09
	200m: 2:12.31 34.39	400m: 4:31.70	34.89	600m: 6:52.72	35.10	800m: 9:11.31	33.23
8.	BARROS Joao Carlos	06	Fluvial Portuense	9:11.44	+0,67	551	
	50m: 31.38 31.38	250m: 2:50.10	34.94	450m: 5:10.34	34.91	650m: 7:30.32	35.24
	100m: 1:05.12 33.74	300m: 3:25.46	35.36	500m: 5:45.07	34.73	700m: 8:05.11	34.79
	150m: 1:39.84 34.72	350m: 4:00.30	34.84	550m: 6:19.91	34.84	750m: 8:38.53	33.42
	200m: 2:15.16 35.32	400m: 4:35.43	35.13	600m: 6:55.08	35.17	800m: 9:11.44	32.91
9.	BRANDAO Afonso Aires	06	Desportiva de Viana	9:12.69	+0,63	547	
	50m: 30.12 30.12	250m: 2:49.84	35.57	450m: 5:12.71	35.85	650m: 7:33.37	34.59
	100m: 1:04.11 33.99	300m: 3:25.32	35.48	500m: 5:48.07	35.36	700m: 8:07.64	34.27
	150m: 1:39.21 35.10	350m: 4:01.07	35.75	550m: 6:23.33	35.26	750m: 8:40.58	32.94
	200m: 2:14.27 35.06	400m: 4:36.86	35.79	600m: 6:58.78	35.45	800m: 9:12.69	32.11
10.	JEVIC Milan Santos	06	Braga	9:12.77	+0,82	547	
	50m: 29.84 29.84	250m: 2:46.86	34.67	450m: 5:07.21	35.38	650m: 7:28.73	35.24
	100m: 1:03.39 33.55	300m: 3:21.77	34.91	500m: 5:42.76	35.55	700m: 8:04.39	35.66
	150m: 1:37.51 34.12	350m: 3:56.46	34.69	550m: 6:18.16	35.40	750m: 8:38.77	34.38
	200m: 2:12.19 34.68	400m: 4:31.83	35.37	600m: 6:53.49	35.33	800m: 9:12.77	34.00
11.	ASMAR Axel Guedes	07	Sporting	9:14.88	+0,67	540	
	50m: 29.57 29.57	250m: 2:47.75	35.49	450m: 5:09.23	35.48	650m: 7:31.28	35.54
	100m: 1:03.06 33.49	300m: 3:22.91	35.16	500m: 5:44.75	35.52	700m: 8:06.61	35.33
	150m: 1:37.55 34.49	350m: 3:58.45	35.54	550m: 6:20.62	35.87	750m: 8:41.19	34.58
	200m: 2:12.26 34.71	400m: 4:33.75	35.30	600m: 6:55.74	35.12	800m: 9:14.88	33.69
12.	LARANJO Filipe Manso	07	Desportiva de Viana	9:15.17	+0,72	540	
	50m: 30.74 30.74	250m: 2:49.79	34.71	450m: 5:12.21	36.02	650m: 7:35.12	35.92
	100m: 1:04.86 34.12	300m: 3:25.10	35.31	500m: 5:48.11	35.90	700m: 8:09.69	34.57
	150m: 1:39.75 34.89	350m: 4:01.33	36.23	550m: 6:23.68	35.57	750m: 8:43.67	33.98
	200m: 2:15.08 35.33	400m: 4:36.19	34.86	600m: 6:59.20	35.52	800m: 9:15.17	31.50
13.	SANTOS Rui Miguel	06	Famalicao	9:19.72	+0,85	527	
	50m: 29.98 29.98	250m: 2:48.77	35.70	450m: 5:11.37	35.60	650m: 7:36.31	36.71
	100m: 1:03.72 33.74	300m: 3:24.19	35.42	500m: 5:47.34	35.97	700m: 8:11.68	35.37
	150m: 1:38.26 34.54	350m: 3:59.76	35.57	550m: 6:23.23	35.89	750m: 8:46.40	34.72
	200m: 2:13.07 34.81	400m: 4:35.77	36.01	600m: 6:59.60	36.37	800m: 9:19.72	33.32
14.	ROQUE Afonso Dinis	07	Ba-Leiria	9:20.34	+0,80	525	
	50m: 29.34 29.34	250m: 2:47.50	35.38	450m: 5:12.01	35.85	650m: 7:35.44	34.62
	100m: 1:02.31 32.97	300m: 3:23.85	36.35	500m: 5:48.58	36.57	700m: 8:10.82	35.38
	150m: 1:36.64 34.33	350m: 3:59.82	35.97	550m: 6:24.77	36.19	750m: 8:46.35	35.53
	200m: 2:12.12 35.48	400m: 4:36.16	36.34	600m: 7:00.82	36.05	800m: 9:20.34	33.99

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 23, Masc., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MESQUITA Tomas Afonso	07	Benfica	9:24.88	+0,67	512	
	50m: 31.24 31.24	250m: 2:52.43 36.07	450m: 5:16.05 35.94	650m: 7:38.30 35.51			
	100m: 1:05.83 34.59	300m: 3:28.25 35.82	500m: 5:51.84 35.79	700m: 8:14.48 36.18			
	150m: 1:41.00 35.17	350m: 4:04.23 35.98	550m: 6:27.13 35.29	750m: 8:49.93 35.45			
	200m: 2:16.36 35.36	400m: 4:40.11 35.88	600m: 7:02.79 35.66	800m: 9:24.88 34.95			
16.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	9:25.45	+0,81	511	
	50m: 30.31 30.31	250m: 2:47.75 35.21	450m: 5:10.57 35.71	650m: 7:36.11 36.27			
	100m: 1:03.44 33.13	300m: 3:23.21 35.46	500m: 5:46.76 36.19	700m: 8:12.83 36.72			
	150m: 1:37.95 34.51	350m: 3:59.17 35.96	550m: 6:23.61 36.85	750m: 8:49.19 36.36			
	200m: 2:12.54 34.59	400m: 4:34.86 35.69	600m: 6:59.84 36.23	800m: 9:25.45 36.26			
17.	BORGES Rodrigo Costa	07	Fluvial Portuense	9:26.76	+0,65	507	
	50m: 30.39 30.39	250m: 2:51.97 36.06	450m: 5:16.44 35.96	650m: 7:40.87 35.77			
	100m: 1:04.93 34.54	300m: 3:28.10 36.13	500m: 5:52.60 36.16	700m: 8:17.07 36.20			
	150m: 1:40.37 35.44	350m: 4:04.27 36.17	550m: 6:28.71 36.11	750m: 8:52.33 35.26			
	200m: 2:15.91 35.54	400m: 4:40.48 36.21	600m: 7:05.10 36.39	800m: 9:26.76 34.43			
18.	SIMÕES Manuel Costa	06	Uniao Piedense	9:29.68	+0,68	499	
	50m: 30.09 30.09	250m: 2:48.23 35.69	450m: 5:12.74 36.34	650m: 7:40.31 37.00			
	100m: 1:03.21 33.12	300m: 3:24.03 35.80	500m: 5:49.55 36.81	700m: 8:17.33 37.02			
	150m: 1:37.75 34.54	350m: 4:00.06 36.03	550m: 6:26.51 36.96	750m: 8:53.96 36.63			
	200m: 2:12.54 34.79	400m: 4:36.40 36.34	600m: 7:03.31 36.80	800m: 9:29.68 35.72			
19.	CARAPINHA Joao Pedro	07	Uniao Piedense	9:33.16	+0,78	490	
	50m: 31.86 31.86	250m: 2:53.79 35.34	450m: 5:18.13 35.81	650m: 7:44.19 36.43			
	100m: 1:06.61 34.75	300m: 3:30.00 36.21	500m: 5:54.61 36.48	700m: 8:20.95 36.76			
	150m: 1:42.25 35.64	350m: 4:06.25 36.25	550m: 6:30.96 36.35	750m: 8:57.17 36.22			
	200m: 2:18.45 36.20	400m: 4:42.32 36.07	600m: 7:07.76 36.80	800m: 9:33.16 35.99			
20.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	10:05.79	+0,77	415	
	50m: 32.44 32.44	250m: 3:01.67 38.10	450m: 5:35.74 38.90	650m: 8:10.81 38.68			
	100m: 1:08.32 35.88	300m: 3:40.03 38.36	500m: 6:14.84 39.10	700m: 8:49.72 38.91			
	150m: 1:45.56 37.24	350m: 4:17.99 37.96	550m: 6:53.36 38.52	750m: 9:28.05 38.33			
	200m: 2:23.57 38.01	400m: 4:56.84 38.85	600m: 7:32.13 38.77	800m: 10:05.79 37.74			
EXH	TIGRE Pedro Bethlem	06	Sporting	8:54.00	+0,61	606	
	50m: 29.70 29.70	250m: 2:44.11 33.69	450m: 4:59.27 33.78	650m: 7:15.14 33.86			
	100m: 1:02.95 33.25	300m: 3:17.85 33.74	500m: 5:33.50 34.23	700m: 7:49.55 34.41			
	150m: 1:36.80 33.85	350m: 3:51.53 33.68	550m: 6:06.95 33.45	750m: 8:22.28 32.73			
	200m: 2:10.42 33.62	400m: 4:25.49 33.96	600m: 6:41.28 34.33	800m: 8:54.00 31.72			