

Prova 20 Masc., 1500m Livres 2ª Divisao MASC
04/12/2022 - 9:45 Resultados

RN25 Absoluto	14:39.82	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	20/12/2021
RN25 Sen	14:39.82	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	20/12/2021
RN25 Jun18	15:06.77	Filipe Miguel SANTO	SLB	Funchal	26/03/2018
RN25 Jun17	15:05.57	Gustavo Manuel SANTA	CNLA	Leiria	06/12/2009
RN25 Juv A	15:36.31	Rui Filipe COSTA	VSC	Braga	04/03/2007
RN25 Juv B	16:09.71	Luis Miguel MONTEIRO	FCP	Felgueiras	01/03/1998
RN25 Inf A	16:13.14	Andre Vilas RUIVO	DNMG	Campo Maior	30/03/2014
RN25 Inf B	17:11.29	Andre Vilas RUIVO	DNMG	Leiria	03/03/2013

Lugar	Nome	T. Reaçao	Sexo	Licença	Ano	Clube	Tempo Final	Pts
1.	Tomas Amor SARREIRA	+0,79	M	132117	05	Nautico Marinha Grande	15:51.47	28,00
	50m: 27.43	27.43	450m: 4:39.78	31.83	850m: 8:55.63	32.01	1250m: 13:12.50	32.50
	100m: 58.10	30.67	500m: 5:12.00	32.22	900m: 9:27.59	31.96	1300m: 13:44.48	31.98
	150m: 1:29.61	31.51	550m: 5:44.00	32.00	950m: 9:59.92	32.33	1350m: 14:16.81	32.33
	200m: 2:01.20	31.59	600m: 6:16.03	32.03	1000m: 10:32.03	32.11	1400m: 14:49.18	32.37
	250m: 2:32.58	31.38	650m: 6:48.26	32.23	1050m: 11:03.56	31.53	1450m: 15:21.02	31.84
	300m: 3:04.55	31.97	700m: 7:20.26	32.00	1100m: 11:35.53	31.97	1500m: 15:51.47	30.45
	350m: 3:36.22	31.67	750m: 7:52.10	31.84	1150m: 12:07.84	32.31		
	400m: 4:07.95	31.73	800m: 8:23.62	31.52	1200m: 12:40.00	32.16		
2.	Hugo Alberto RIBEIRO	+0,96	M	23114	88	Leixoes	16:26.36	26,00
	50m: 29.49	29.49	450m: 4:52.00	33.14	850m: 9:17.60	33.26	1250m: 13:44.95	33.36
	100m: 1:01.47	31.98	500m: 5:25.21	33.21	900m: 9:50.91	33.31	1300m: 14:17.74	32.79
	150m: 1:34.14	32.67	550m: 5:58.38	33.17	950m: 10:24.28	33.37	1350m: 14:50.43	32.69
	200m: 2:06.78	32.64	600m: 6:31.51	33.13	1000m: 10:57.65	33.37	1400m: 15:23.19	32.76
	250m: 2:39.70	32.92	650m: 7:04.74	33.23	1050m: 11:31.14	33.49	1450m: 15:55.91	32.72
	300m: 3:12.65	32.95	700m: 7:38.03	33.29	1100m: 12:04.58	33.44	1500m: 16:26.36	30.45
	350m: 3:45.66	33.01	750m: 8:11.12	33.09	1150m: 12:38.10	33.52		
	400m: 4:18.86	33.20	800m: 8:44.34	33.22	1200m: 13:11.59	33.49		
3.	Filipe Santos CARDOSO	+0,88	M	130500	04	Gafanha da Encarnacao	16:32.52	25,00
	50m: 29.46	29.46	450m: 4:57.91	33.77	850m: 9:26.94	33.53	1250m: 13:52.30	33.13
	100m: 1:02.39	32.93	500m: 5:31.88	33.97	900m: 10:00.20	33.26	1300m: 14:24.88	32.58
	150m: 1:35.89	33.50	550m: 6:05.66	33.78	950m: 10:33.47	33.27	1350m: 14:57.43	32.55
	200m: 2:09.12	33.23	600m: 6:39.52	33.86	1000m: 11:06.69	33.22	1400m: 15:30.04	32.61
	250m: 2:42.72	33.60	650m: 7:12.87	33.35	1050m: 11:39.73	33.04	1450m: 16:02.40	32.36
	300m: 3:16.35	33.63	700m: 7:46.30	33.43	1100m: 12:12.78	33.05	1500m: 16:32.52	30.12
	350m: 3:50.18	33.83	750m: 8:19.87	33.57	1150m: 12:45.89	33.11		
	400m: 4:24.14	33.96	800m: 8:53.41	33.54	1200m: 13:19.17	33.28		
4.	Pedro Crispim JORGE	+0,72	M	148340	06	Uniao Piedense	16:32.94	24,00
	50m: 29.72	29.72	450m: 4:56.55	33.86	850m: 9:22.13	32.17	1250m: 13:48.79	33.41
	100m: 1:02.11	32.39	500m: 5:29.28	32.73	900m: 9:55.23	33.10	1300m: 14:22.14	33.35
	150m: 1:35.35	33.24	550m: 6:02.69	33.41	950m: 10:28.52	33.29	1350m: 14:55.63	33.49
	200m: 2:08.66	33.31	600m: 6:36.22	33.53	1000m: 11:01.68	33.16	1400m: 15:29.22	33.59
	250m: 2:42.01	33.35	650m: 7:09.54	33.32	1050m: 11:35.47	33.79	1450m: 16:02.11	32.89
	300m: 3:15.53	33.52	700m: 7:42.83	33.29	1100m: 12:08.75	33.28	1500m: 16:32.94	30.83
	350m: 3:49.31	33.78	750m: 8:16.33	33.50	1150m: 12:41.86	33.11		
	400m: 4:22.69	33.38	800m: 8:49.96	33.63	1200m: 13:15.38	33.52		
5.	Afonso Martim LEITE	+0,95	M	127335	05	Foca Quinta da Lixa CNF	16:36.78	23,00
	50m: 29.11	29.11	450m: 4:48.62	33.22	850m: 9:15.57	33.45	1250m: 13:46.98	34.09
	100m: 1:00.66	31.55	500m: 5:21.85	33.23	900m: 9:48.94	33.37	1300m: 14:21.01	34.03
	150m: 1:32.68	32.02	550m: 5:54.98	33.13	950m: 10:22.82	33.88	1350m: 14:55.53	34.52
	200m: 2:04.73	32.05	600m: 6:28.08	33.10	1000m: 10:56.60	33.78	1400m: 15:30.00	34.47
	250m: 2:37.04	32.31	650m: 7:01.58	33.50	1050m: 11:30.45	33.85	1450m: 16:03.86	33.86
	300m: 3:09.51	32.47	700m: 7:34.88	33.30	1100m: 12:04.23	33.78	1500m: 16:36.78	32.92
	350m: 3:42.51	33.00	750m: 8:08.62	33.74	1150m: 12:38.72	34.49		
	400m: 4:15.40	32.89	800m: 8:42.12	33.50	1200m: 13:12.89	34.17		

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

Lugar	Nome	T. Reaçao	Sexo	Licenca	Ano	Clube	Tempo Final	Pts
6.	Goncalo Duarte SANTOS	+0,68	M	111095	00	Vikings	16:44.11	22,00
	50m: 28.91 28.91			450m: 4:57.98 33.82		850m: 9:28.30 33.32	1250m: 13:57.92 33.84	
	100m: 1:01.57 32.66			500m: 5:31.73 33.75		900m: 10:01.95 33.65	1300m: 14:31.85 33.93	
	150m: 1:35.29 33.72			550m: 6:05.76 34.03		950m: 10:35.54 33.59	1350m: 15:05.64 33.79	
	200m: 2:09.08 33.79			600m: 6:40.05 34.29		1000m: 11:09.28 33.74	1400m: 15:39.40 33.76	
	250m: 2:36.16 27.08			650m: 7:13.77 33.72		1050m: 11:42.95 33.67	1450m: 16:12.72 33.32	
	300m: 3:16.68 40.52			700m: 7:47.58 33.81		1100m: 12:16.46 33.51	1500m: 16:44.11 31.39	
	350m: 3:50.34 33.66			750m: 8:21.43 33.85		1150m: 12:50.30 33.84		
	400m: 4:24.16 33.82			800m: 8:54.98 33.55		1200m: 13:24.08 33.78		
7.	Filipe Manso LARANJO	+0,85	M	202281	07	Desportiva de Viana	16:45.90	21,00
	50m: 30.55 30.55			450m: 5:00.34 33.80		850m: 9:31.76 33.95	1250m: 14:01.73 33.58	
	100m: 1:03.95 33.40			500m: 5:34.60 34.26		900m: 10:05.70 33.94	1300m: 14:35.32 33.59	
	150m: 1:37.29 33.34			550m: 6:08.49 33.89		950m: 10:39.76 34.06	1350m: 15:08.54 33.22	
	200m: 2:11.27 33.98			600m: 6:42.06 33.57		1000m: 11:13.33 33.57	1400m: 15:41.85 33.31	
	250m: 2:45.04 33.77			650m: 7:15.95 33.89		1050m: 11:47.03 33.70	1450m: 16:14.83 32.98	
	300m: 3:18.81 33.77			700m: 7:49.79 33.84		1100m: 12:20.98 33.95	1500m: 16:45.90 31.07	
	350m: 3:52.77 33.96			750m: 8:23.81 34.02		1150m: 12:54.42 33.44		
	400m: 4:26.54 33.77			800m: 8:57.81 34.00		1200m: 13:28.15 33.73		
8.	Guilherme Costa SOARES	+0,83	M	201093	08	Vilacondense	16:54.23	20,00
	50m: 31.38 31.38			450m: 5:00.91 33.40		850m: 9:31.76 33.50	1250m: 14:04.63 33.78	
	100m: 1:04.89 33.51			500m: 5:34.94 34.03		900m: 10:05.82 34.04	1300m: 14:39.12 34.49	
	150m: 1:39.16 34.27			550m: 6:09.20 34.26		950m: 10:39.77 33.95	1350m: 15:13.63 34.51	
	200m: 2:12.35 33.19			600m: 6:42.86 33.66		1000m: 11:13.76 33.99	1400m: 15:47.66 34.03	
	250m: 2:46.01 33.66			650m: 7:16.68 33.82		1050m: 11:47.87 34.11	1450m: 16:22.00 34.34	
	300m: 3:19.92 33.91			700m: 7:50.63 33.95		1100m: 12:21.66 33.79	1500m: 16:54.23 32.23	
	350m: 3:53.83 33.91			750m: 8:24.41 33.78		1150m: 12:55.82 34.16		
	400m: 4:27.51 33.68			800m: 8:58.28 33.87		1200m: 13:29.85 34.03		
9.	Martim Miranda MACHADO	+0,92	M	123726	03	Sao Roque	16:59.03	19,00
	50m: 30.13 30.13			450m: 4:56.59 33.89		850m: 9:33.84 34.93	1250m: 14:08.19 33.95	
	100m: 1:02.37 32.24			500m: 5:30.87 34.28		900m: 10:08.92 35.08	1300m: 14:42.78 34.59	
	150m: 1:35.15 32.78			550m: 6:05.17 34.30		950m: 10:43.67 34.75	1350m: 15:17.56 34.78	
	200m: 2:08.09 32.94			600m: 6:39.23 34.06		1000m: 11:17.54 33.87	1400m: 15:51.74 34.18	
	250m: 2:41.36 33.27			650m: 7:13.80 34.57		1050m: 11:51.30 33.76	1450m: 16:26.05 34.31	
	300m: 3:14.75 33.39			700m: 7:48.67 34.87		1100m: 12:25.34 34.04	1500m: 16:59.03 32.98	
	350m: 3:48.74 33.99			750m: 8:23.87 35.20		1150m: 12:59.54 34.20		
	400m: 4:22.70 33.96			800m: 8:58.91 35.04		1200m: 13:34.24 34.70		
10.	Rui Miguel SANTOS	+0,83	M	204083	06	Famalicao	16:59.81	18,00
	50m: 29.08 29.08			450m: 4:57.96 34.02		850m: 9:32.37 34.53	1250m: 14:07.26 34.76	
	100m: 1:01.71 32.63			500m: 5:31.72 33.76		900m: 10:06.57 34.20	1300m: 14:41.59 34.33	
	150m: 1:34.99 33.28			550m: 6:05.79 34.07		950m: 10:40.83 34.26	1350m: 15:15.82 34.23	
	200m: 2:08.73 33.74			600m: 6:40.26 34.47		1000m: 11:15.30 34.47	1400m: 15:51.50 35.68	
	250m: 2:42.45 33.72			650m: 7:14.42 34.16		1050m: 11:49.07 33.77	1450m: 16:26.36 34.86	
	300m: 3:16.08 33.63			700m: 7:48.74 34.32		1100m: 12:22.75 33.68	1500m: 16:59.81 33.45	
	350m: 3:49.86 33.78			750m: 8:23.18 34.44		1150m: 12:57.60 34.85		
	400m: 4:23.94 34.08			800m: 8:57.84 34.66		1200m: 13:32.50 34.90		
11.	Alexandre Ramos GONCALVES	+0,89	M	128601	05	Colegio Efanor	17:03.25	17,00
	50m: 29.85 29.85			450m: 4:58.29 34.36		850m: 9:31.50 34.35	1250m: 14:10.49 35.15	
	100m: 1:02.24 32.39			500m: 5:32.07 33.78		900m: 10:05.97 34.47	1300m: 14:45.21 34.72	
	150m: 1:35.31 33.07			550m: 6:05.76 33.69		950m: 10:40.72 34.75	1350m: 15:20.36 35.15	
	200m: 2:08.82 33.51			600m: 6:40.11 34.35		1000m: 11:15.30 34.58	1400m: 15:55.58 35.22	
	250m: 2:42.47 33.65			650m: 7:14.31 34.20		1050m: 11:49.82 34.52	1450m: 16:29.82 34.24	
	300m: 3:16.54 34.07			700m: 7:48.48 34.17		1100m: 12:24.76 34.94	1500m: 17:03.25 33.43	
	350m: 3:50.36 33.82			750m: 8:22.91 34.43		1150m: 12:59.71 34.95		
	400m: 4:23.93 33.57			800m: 8:57.15 34.24		1200m: 13:35.34 35.63		
12.	Duarte Ramos NUNES	+0,68	M	131915	07	Galitos / Bresimar	17:06.94	16,00
	50m: 29.72 29.72			450m: 4:59.91 34.37		850m: 9:35.97 34.45	1250m: 14:15.97 35.55	
	100m: 1:02.21 32.49			500m: 5:34.31 34.40		900m: 10:10.61 34.64	1300m: 14:50.60 34.63	
	150m: 1:35.57 33.36			550m: 6:08.38 34.07		950m: 10:45.74 35.13	1350m: 15:24.98 34.38	
	200m: 2:09.19 33.62			600m: 6:42.37 33.99		1000m: 11:20.68 34.94	1400m: 15:59.44 34.46	
	250m: 2:43.04 33.85			650m: 7:17.18 34.81		1050m: 11:55.86 35.18	1450m: 16:34.42 34.98	
	300m: 3:16.95 33.91			700m: 7:51.70 34.52		1100m: 12:30.54 34.68	1500m: 17:06.94 32.52	
	350m: 3:51.20 34.25			750m: 8:26.78 35.08		1150m: 13:05.30 34.76		
	400m: 4:25.54 34.34			800m: 9:01.52 34.74		1200m: 13:40.42 35.12		

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

Lugar	Nome	T. Reaçao	Sexo	Licenca	Ano	Clube	Tempo Final	Pts
13.	Rodrigo Costa BORGES	+0,46	M	133190	07	Fluvial Portuense	17:11.45	15,00
	50m: 29.37	29.37	450m: 5:04.19	34.89	850m: 9:43.97	34.87	1250m: 14:20.91	34.87
	100m: 1:02.16	32.79	500m: 5:39.09	34.90	900m: 10:18.86	34.89	1300m: 14:55.29	34.38
	150m: 1:36.40	34.24	550m: 6:14.12	35.03	950m: 10:53.06	34.20	1350m: 15:29.91	34.62
	200m: 2:10.93	34.53	600m: 6:48.72	34.60	1000m: 11:27.68	34.62	1400m: 16:04.42	34.51
	250m: 2:45.32	34.39	650m: 7:23.82	35.10	1050m: 12:02.51	34.83	1450m: 16:37.96	33.54
	300m: 3:20.05	34.73	700m: 7:59.22	35.40	1100m: 12:36.57	34.06	1500m: 17:11.45	33.49
	350m: 3:54.66	34.61	750m: 8:34.28	35.06	1150m: 13:11.16	34.59		
	400m: 4:29.30	34.64	800m: 9:09.10	34.82	1200m: 13:46.04	34.88		
14.	Tiago Miguel TROMBINHAS	+0,71	M	201495	04	Colegio Monte Maior	17:14.19	14,00
	50m: 29.41	29.41	450m: 5:01.29	34.84	850m: 9:37.59	35.05	1250m: 14:23.94	35.27
	100m: 1:01.68	32.27	500m: 5:36.37	35.08	900m: 10:18.16	35.39	1300m: 14:58.65	34.71
	150m: 1:35.00	33.32	550m: 6:11.87	35.50	950m: 10:53.49	35.33	1350m: 15:33.47	34.82
	200m: 2:08.95	33.95	600m: 6:46.79	34.92	1000m: 11:28.51	35.02	1400m: 16:08.05	34.58
	250m: 2:42.97	34.02	650m: 7:22.10	35.31	1050m: 12:03.55	35.04	1450m: 16:42.27	34.22
	300m: 3:17.25	34.28	700m: 7:57.53	35.43	1100m: 12:38.83	35.28	1500m: 17:14.19	31.92
	350m: 3:51.77	34.52	750m: 8:32.52	34.99	1150m: 13:13.90	35.07		
	400m: 4:26.45	34.68	800m: 9:07.72	35.20	1200m: 13:48.67	34.77		
15.	Jose Miguel MARQUES	+0,87	M	202999	06	Condeixa Clube	17:15.70	13,00
	50m: 30.44	30.44	450m: 5:01.69	34.12	850m: 9:42.77	34.71	1250m: 14:20.35	35.27
	100m: 1:03.06	32.62	500m: 5:35.83	34.14	900m: 10:12.69	35.10	1300m: 14:55.67	35.32
	150m: 1:36.82	33.76	550m: 6:10.21	34.38	950m: 10:48.34	35.65	1350m: 15:31.24	35.57
	200m: 2:11.04	34.22	600m: 6:44.51	34.30	1000m: 11:23.67	35.33	1400m: 16:06.89	35.65
	250m: 2:45.39	34.35	650m: 7:19.06	34.55	1050m: 11:59.49	35.82	1450m: 16:41.77	34.88
	300m: 3:19.43	34.04	700m: 7:53.41	34.35	1100m: 12:34.64	35.15	1500m: 17:15.70	33.93
	350m: 3:53.68	34.25	750m: 8:28.26	34.85	1150m: 13:09.72	35.08		
	400m: 4:27.57	33.89	800m: 9:02.88	34.62	1200m: 13:45.08	35.36		
16.	Tomas Carvalhinho RIBEIRO	+0,78	M	131799	05	Natacao da Maia	17:22.12	12,00
	50m: 30.21	30.21	450m: 5:05.05	34.97	850m: 9:46.30	35.51	1250m: 14:28.41	34.83
	100m: 1:03.96	33.75	500m: 5:40.04	34.99	900m: 10:21.89	35.59	1300m: 15:03.34	34.93
	150m: 1:37.84	33.88	550m: 6:14.79	34.75	950m: 10:57.49	35.60	1350m: 15:38.24	34.90
	200m: 2:12.03	34.19	600m: 6:49.87	35.08	1000m: 11:32.95	35.46	1400m: 16:13.38	35.14
	250m: 2:46.54	34.51	650m: 7:25.02	35.15	1050m: 12:08.32	35.37	1450m: 16:48.48	35.10
	300m: 3:21.03	34.49	700m: 8:00.37	35.35	1100m: 12:43.65	35.33	1500m: 17:22.12	33.64
	350m: 3:55.55	34.52	750m: 8:35.54	35.17	1150m: 13:18.71	35.06		
	400m: 4:30.08	34.53	800m: 9:10.79	35.25	1200m: 13:53.58	34.87		
17.	Antonio GLAVATSKYY	+0,79	M	129573	05	Academica de Coimbra	17:23.46	11,00
	50m: 30.09	30.09	450m: 5:05.46	35.24	850m: 9:45.18	34.60	1250m: 14:28.01	35.48
	100m: 1:02.73	32.64	500m: 5:40.27	34.81	900m: 10:20.68	35.50	1300m: 15:02.86	34.85
	150m: 1:36.59	33.86	550m: 6:15.44	35.17	950m: 10:55.64	34.96	1350m: 15:38.57	35.71
	200m: 2:10.92	34.33	600m: 6:49.88	34.44	1000m: 11:31.01	35.37	1400m: 16:14.16	35.59
	250m: 2:45.59	34.67	650m: 7:24.59	34.71	1050m: 12:06.12	35.11	1450m: 16:49.83	35.67
	300m: 3:20.67	35.08	700m: 7:59.64	35.05	1100m: 12:41.55	35.43	1500m: 17:23.46	33.63
	350m: 3:55.46	34.79	750m: 8:35.06	35.42	1150m: 13:17.51	35.96		
	400m: 4:30.22	34.76	800m: 9:10.58	35.52	1200m: 13:52.53	35.02		
18.	Afonso Formigo PINHO	+0,88	M	129956	06	Torres Novas	17:37.29	10,00
	50m: 30.87	30.87	450m: 5:13.65	36.35	850m: 10:00.47	35.54	1250m: 14:44.03	35.71
	100m: 1:04.86	33.99	500m: 5:48.97	35.32	900m: 10:35.91	35.44	1300m: 15:19.44	35.41
	150m: 1:39.70	34.84	550m: 6:24.89	35.92	950m: 11:11.65	35.74	1350m: 15:54.94	35.50
	200m: 2:15.07	35.37	600m: 7:00.90	36.01	1000m: 11:47.08	35.43	1400m: 16:29.91	34.97
	250m: 2:50.34	35.27	650m: 7:36.80	35.90	1050m: 12:22.72	35.64	1450m: 17:04.49	34.58
	300m: 3:25.76	35.42	700m: 8:12.58	35.78	1100m: 12:58.08	35.36	1500m: 17:37.29	32.80
	350m: 4:01.38	35.62	750m: 8:48.64	36.06	1150m: 13:33.14	35.06		
	400m: 4:37.30	35.92	800m: 9:24.93	36.29	1200m: 14:08.32	35.18		
19.	Joao Luis SERRA	+0,90	M	123049	97	Laranjeiro	17:43.67	9,00
	50m: 31.64	31.64	450m: 5:13.90	35.41	850m: 10:00.27	35.84	1250m: 14:45.59	35.81
	100m: 1:05.82	34.18	500m: 5:49.48	35.58	900m: 10:35.87	35.60	1300m: 15:21.27	35.68
	150m: 1:40.77	34.95	550m: 6:25.25	35.77	950m: 11:11.59	35.72	1350m: 15:57.00	35.73
	200m: 2:16.37	35.60	600m: 7:00.94	35.69	1000m: 11:47.45	35.86	1400m: 16:33.17	36.17
	250m: 2:51.44	35.07	650m: 7:36.84	35.90	1050m: 12:23.09	35.64	1450m: 17:09.21	36.04
	300m: 3:26.98	35.54	700m: 8:12.83	35.99	1100m: 12:58.60	35.51	1500m: 17:43.67	34.46
	350m: 4:02.62	35.64	750m: 8:48.80	35.97	1150m: 13:34.16	35.56		
	400m: 4:38.49	35.87	800m: 9:24.43	35.63	1200m: 14:09.78	35.62		

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

Lugar	Nome	T. Reaçao	Sexo	Licenca	Ano	Clube	Tempo Final	Pts
20.	Romao Noronha BRAZ	+0,80	M	127443	04	Natacao de Lisboa	17:49.55	8,00
	50m: 30.63 30.63			450m: 5:13.62 36.43		850m: 10:01.31 36.06	1250m: 14:52.07 36.96	
	100m: 1:04.71 34.08			500m: 5:49.26 35.64		900m: 10:36.93 35.62	1300m: 15:28.41 36.34	
	150m: 1:39.43 34.72			550m: 6:25.48 36.22		950m: 11:12.67 35.74	1350m: 16:04.64 36.23	
	200m: 2:14.41 34.98			600m: 7:01.68 36.20		1000m: 11:49.07 36.40	1400m: 16:40.73 36.09	
	250m: 2:49.98 35.57			650m: 7:36.99 35.31		1050m: 12:24.92 35.85	1450m: 17:16.19 35.46	
	300m: 3:25.33 35.35			700m: 8:13.27 36.28		1100m: 13:01.31 36.39	1500m: 17:49.55 33.36	
	350m: 4:01.18 35.85			750m: 8:49.03 35.76		1150m: 13:37.80 36.49		
	400m: 4:37.19 36.01			800m: 9:25.25 36.22		1200m: 14:15.11 37.31		
21.	Guilherme Salvador CHAVECA	+0,93	M	152809	05	Portinado	18:05.42	7,00
	50m: 30.98 30.98			450m: 5:15.71 36.18		850m: 10:09.65 36.66	1250m: 15:05.32 36.57	
	100m: 1:05.36 34.38			500m: 5:52.39 36.68		900m: 10:46.54 36.89	1300m: 15:42.23 36.91	
	150m: 1:40.36 35.00			550m: 6:29.03 36.64		950m: 11:24.10 37.56	1350m: 16:18.96 36.73	
	200m: 2:16.03 35.67			600m: 7:05.53 36.50		1000m: 12:01.03 36.93	1400m: 16:55.57 36.61	
	250m: 2:51.66 35.63			650m: 7:42.39 36.86		1050m: 12:37.87 36.84	1450m: 17:31.62 36.05	
	300m: 3:27.66 36.00			700m: 8:19.43 37.04		1100m: 13:14.80 36.93	1500m: 18:05.42 33.80	
	350m: 4:03.48 35.82			750m: 8:56.35 36.92		1150m: 13:51.43 36.63		
	400m: 4:39.53 36.05			800m: 9:32.99 36.64		1200m: 14:28.75 37.32		
22.	Joao Miguel VITORIA	+0,76	M	204687	08	Academico Viseu	18:07.92	6,00
	50m: 31.69 31.69			450m: 5:21.18 36.02		850m: 10:15.06 36.84	1250m: 15:07.92 36.92	
	100m: 1:07.13 35.44			500m: 5:57.45 36.27		900m: 10:51.51 36.45	1300m: 15:44.53 36.61	
	150m: 1:43.34 36.21			550m: 6:34.23 36.78		950m: 11:28.25 36.74	1350m: 16:20.80 36.27	
	200m: 2:19.60 36.26			600m: 7:10.99 36.76		1000m: 12:04.82 36.57	1400m: 16:57.43 36.63	
	250m: 2:56.14 36.54			650m: 7:47.91 36.92		1050m: 12:41.50 36.68	1450m: 17:34.57 37.14	
	300m: 3:32.58 36.44			700m: 8:24.71 36.80		1100m: 13:18.07 36.57	1500m: 18:07.92 33.35	
	350m: 4:09.12 36.54			750m: 9:01.65 36.94		1150m: 13:54.60 36.53		
	400m: 4:45.16 36.04			800m: 9:38.22 36.57		1200m: 14:31.00 36.40		
23.	Manuel Fernando TEIXEIRA	+0,80	M	129401	04	Natacao de Valongo	18:12.61	5,00
	50m: 30.06 30.06			450m: 5:14.23 35.73		850m: 10:11.45 36.42	1250m: 15:04.93 37.98	
	100m: 1:04.55 34.49			500m: 5:49.92 35.69		900m: 10:38.09 36.64	1300m: 15:43.21 38.28	
	150m: 1:39.98 35.43			550m: 6:25.55 35.63		950m: 11:15.54 37.45	1350m: 16:21.24 38.03	
	200m: 2:15.73 35.75			600m: 7:01.39 35.84		1000m: 11:53.90 38.36	1400m: 16:58.03 36.79	
	250m: 2:51.40 35.67			650m: 7:36.98 35.59		1050m: 12:31.56 37.66	1450m: 17:36.20 38.17	
	300m: 3:26.91 35.51			700m: 8:12.94 35.96		1100m: 13:09.67 38.11	1500m: 18:12.61 36.41	
	350m: 4:02.56 35.65			750m: 8:48.92 35.98		1150m: 13:48.46 38.79		
	400m: 4:38.50 35.94			800m: 9:25.03 36.11		1200m: 14:26.95 38.49		
24.	Rodrigo Ladeira SANTOS	+0,89	M	103363	97	Geslours	18:14.76	4,00
	50m: 29.42 29.42			450m: 5:12.33 36.24		850m: 10:11.43 37.25	1250m: 15:08.30 36.60	
	100m: 1:02.22 32.80			500m: 5:48.86 36.53		900m: 10:48.88 37.45	1300m: 15:45.31 37.01	
	150m: 1:36.99 34.77			550m: 6:26.04 37.18		950m: 11:26.13 37.25	1350m: 16:22.87 37.56	
	200m: 2:12.40 35.41			600m: 7:03.63 37.59		1000m: 12:03.94 37.81	1400m: 17:01.39 38.52	
	250m: 2:47.84 35.44			650m: 7:41.25 37.62		1050m: 12:41.35 37.41	1450m: 17:38.26 36.87	
	300m: 3:23.88 36.04			700m: 8:18.60 37.35		1100m: 13:18.00 36.65	1500m: 18:14.76 36.50	
	350m: 3:59.75 35.87			750m: 8:56.15 37.55		1150m: 13:54.67 36.67		
	400m: 4:36.09 36.34			800m: 9:34.18 38.03		1200m: 14:31.70 37.03		
25.	Henrique Rocha CARNEIRO	+0,91	M	132879	05	Aquatico Pacense	18:28.42	3,00
	50m: 30.38 30.38			450m: 5:16.82 36.87		850m: 10:14.84 37.77	1250m: 15:19.74 38.11	
	100m: 1:05.11 34.73			500m: 5:53.23 36.41		900m: 10:52.60 37.76	1300m: 15:57.68 37.94	
	150m: 1:40.53 35.42			550m: 6:30.49 37.26		950m: 11:30.56 37.96	1350m: 16:36.55 38.87	
	200m: 2:15.73 35.20			600m: 7:08.47 37.98		1000m: 12:09.08 38.52	1400m: 17:15.11 38.56	
	250m: 2:51.60 35.87			650m: 7:45.65 37.18		1050m: 12:47.21 38.13	1450m: 17:52.50 37.39	
	300m: 3:27.33 35.73			700m: 8:22.92 37.27		1100m: 13:25.81 38.60	1500m: 18:28.42 35.92	
	350m: 4:03.75 36.42			750m: 9:00.38 37.46		1150m: 14:03.24 37.43		
	400m: 4:39.95 36.20			800m: 9:37.07 36.69		1200m: 14:41.63 38.39		
26.	Guilherme Corte COSTA	+0,79	M	132693	07	Desportivo Nacional	18:33.10	2,00
	50m: 31.52 31.52			450m: 5:18.85 36.76		850m: 10:17.94 37.69	1250m: 15:24.91 38.79	
	100m: 1:05.72 34.20			500m: 5:55.63 36.78		900m: 10:55.88 37.94	1300m: 16:03.28 38.37	
	150m: 1:41.09 35.37			550m: 6:32.84 37.21		950m: 11:34.20 38.32	1350m: 16:41.43 38.15	
	200m: 2:16.75 35.66			600m: 7:10.41 37.57		1000m: 12:13.20 39.00	1400m: 17:20.06 38.63	
	250m: 2:52.77 36.02			650m: 7:47.61 37.20		1050m: 12:51.48 38.28	1450m: 17:57.70 37.64	
	300m: 3:29.26 36.49			700m: 8:25.21 37.60		1100m: 13:29.88 38.40	1500m: 18:33.10 35.40	
	350m: 4:05.65 36.39			750m: 9:02.57 37.36		1150m: 14:08.05 38.17		
	400m: 4:42.09 36.44			800m: 9:40.25 37.68		1200m: 14:46.12 38.07		

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

Lugar	Nome	T. Reaçao	Sexo	Licença	Ano	Clube	Tempo Final	Pts				
27.	Tiago Oliveira DIEZ		M	201433	08	Naval Praia da Vitoria	20:52.81	1,00				
	50m:	33.86		450m:	6:02.62	43.06	850m:	11:41.39	42.77	1250m:	17:21.97	42.66
	100m:	1:13.14	39.28	500m:	6:46.03	43.41	900m:	12:22.77	41.38	1300m:	18:04.23	42.26
	150m:	1:53.01	39.87	550m:	7:27.54	41.51	950m:	13:05.77	43.00	1350m:	18:47.15	42.92
	200m:	2:33.60	40.59	600m:	8:10.32	42.78	1000m:	13:48.81	43.04	1400m:	19:29.13	41.98
	250m:	3:14.09	40.49	650m:	8:52.73	42.41	1050m:	14:32.03	43.22	1450m:	20:11.58	42.45
	300m:	3:55.44	41.35	700m:	9:35.76	43.03	1100m:	15:14.48	42.45	1500m:	20:52.81	41.23
	350m:	4:37.52	42.08	750m:	10:16.62	40.86	1150m:	15:56.12	41.64			
	400m:	5:19.56	42.04	800m:	10:58.62	42.00	1200m:	16:39.31	43.19			