

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 1 Open
28/07/2023 - 17:40 Resultados
Masc., 800m Livres

Recordes Nacionais 50m Open	7:52.68	LOPES, Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Recordes Nacionais 50m Sen	7:52.68	LOPES, Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Recordes Nacionais 50m Jun18	8:06.97	PINA, Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09/07/2016
Recordes Nacionais 50m Jun17	8:13.49	SANTA, Gustavo Manuel	POR	Helsinki (FIN)	17/07/2010
Recordes Nacionais 50m Juv A	8:23.54	SANTA, Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
Recordes Nacionais 50m Juv B	8:32.97	PEREIRA, Rui Silva	POR	Coimbra	28/05/2023
Recordes Nacionais 50m Inf A	8:54.25	OLIVEIRA, Pedro Fontoura	CFB	Lisboa	29/05/2004
Recordes Nacionais 50m Inf B	9:12.56	OLIVEIRA, Pedro Fontoura	CFB	Lisboa	27/07/2003

DOHA2024 : 7:53.11

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	MEDEIROS, Miguel Fragoso	08		Porto	8:50.66	+0,61	618	
	50m: 30.01	30.01	250m: 2:38.50	32.74	450m: 4:53.03	33.83	650m: 7:09.83	34.17
	100m: 1:01.44	31.43	300m: 3:11.85	33.35	500m: 5:27.16	34.13	700m: 7:44.19	34.36
	150m: 1:33.21	31.77	350m: 3:45.46	33.61	550m: 6:01.36	34.20	750m: 8:17.95	33.76
	200m: 2:05.76	32.55	400m: 4:19.20	33.74	600m: 6:35.66	34.30	800m: 8:50.66	32.71
2.	CANELAS, Tiago Andre	08		Fluvial Portuense	8:57.52	+0,55	595	
	50m: 30.32	30.32	250m: 2:42.33	33.65	450m: 4:59.35	34.34	650m: 7:17.23	34.35
	100m: 1:02.63	32.31	300m: 3:16.55	34.22	500m: 5:33.93	34.58	700m: 7:51.57	34.34
	150m: 1:35.23	32.60	350m: 3:50.77	34.22	550m: 6:08.48	34.55	750m: 8:25.27	33.70
	200m: 2:08.68	33.45	400m: 4:25.01	34.24	600m: 6:42.88	34.40	800m: 8:57.52	32.25
3.	SOARES, Goncalo Augusto	08		Porto	9:05.29	+0,80	570	
	50m: 30.52	30.52	250m: 2:43.72	34.01	450m: 5:01.81	34.55	650m: 7:21.26	35.19
	100m: 1:02.91	32.39	300m: 3:17.75	34.03	500m: 5:36.50	34.69	700m: 7:56.60	35.34
	150m: 1:36.23	33.32	350m: 3:52.47	34.72	550m: 6:11.40	34.90	750m: 8:31.31	34.71
	200m: 2:09.71	33.48	400m: 4:27.26	34.79	600m: 6:46.07	34.67	800m: 9:05.29	33.98
4.	LIMA, Rodrigo Silva	08		Porto	9:11.23	+0,72	551	
	50m: 30.89	30.89	250m: 2:46.97	33.97	450m: 5:05.71	34.31	650m: 7:26.20	34.65
	100m: 1:04.44	33.55	300m: 3:21.74	34.77	500m: 5:41.05	35.34	700m: 8:02.00	35.80
	150m: 1:38.38	33.94	350m: 3:56.23	34.49	550m: 6:16.07	35.02	750m: 8:36.60	34.60
	200m: 2:13.00	34.62	400m: 4:31.40	35.17	600m: 6:51.55	35.48	800m: 9:11.23	34.63
5.	FERNANDES, Ricardo Figueir	08		Colegio Monte Maior	9:14.70	+0,89	541	
	50m: 31.20	31.20	250m: 2:49.13	35.33	450m: 5:10.60	35.75	650m: 7:32.59	35.98
	100m: 1:04.48	33.28	300m: 3:24.44	35.31	500m: 5:45.87	35.27	700m: 8:07.71	35.12
	150m: 1:39.33	34.85	350m: 3:59.86	35.42	550m: 6:21.31	35.44	750m: 8:42.81	35.10
	200m: 2:13.80	34.47	400m: 4:34.85	34.99	600m: 6:56.61	35.30	800m: 9:14.70	31.89
6.	LOPES, Gustavo Miguel	08		Porto	9:15.42	+0,78	539	
	50m: 30.87	30.87	250m: 2:49.29	35.66	450m: 5:10.69	35.77	650m: 7:32.99	35.80
	100m: 1:03.83	32.96	300m: 3:24.60	35.31	500m: 5:46.07	35.38	700m: 8:08.47	35.48
	150m: 1:38.71	34.88	350m: 3:59.78	35.18	550m: 6:21.87	35.80	750m: 8:43.38	34.91
	200m: 2:13.63	34.92	400m: 4:34.92	35.14	600m: 6:57.19	35.32	800m: 9:15.42	32.04

Prova 1, Masc., 800m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	OLIVEIRA, Paulo Jorge	08		Estarreja/PROZINCO	9:20.67	+0,69	524	
	50m: 30.91 30.91	250m: 2:49.45	34.86	450m: 5:12.08	35.80	650m: 7:35.42	35.78	
	100m: 1:04.95 34.04	300m: 3:25.12	35.67	500m: 5:47.79	35.71	700m: 8:11.38	35.96	
	150m: 1:39.19 34.24	350m: 4:00.54	35.42	550m: 6:23.26	35.47	750m: 8:47.02	35.64	
	200m: 2:14.59 35.40	400m: 4:36.28	35.74	600m: 6:59.64	36.38	800m: 9:20.67	33.65	
8.	SILVA, Guilherme Martins	08		Academico Viseu	9:21.26	+0,76	522	
	50m: 31.07 31.07	250m: 2:50.44	35.20	450m: 5:13.45	35.43	650m: 7:37.77	35.15	
	100m: 1:05.30 34.23	300m: 3:26.25	35.81	500m: 5:50.04	36.59	700m: 8:14.19	36.42	
	150m: 1:39.94 34.64	350m: 4:01.76	35.51	550m: 6:26.04	36.00	750m: 8:49.15	34.96	
	200m: 2:15.24 35.30	400m: 4:38.02	36.26	600m: 7:02.62	36.58	800m: 9:21.26	32.11	
9.	ANJOS, Nuno Miguel	08		Galitos / Bresimar	9:26.89	+0,71	507	
	50m: 30.42 30.42	250m: 2:50.06	35.42	450m: 5:14.65	36.33	650m: 7:40.55	36.13	
	100m: 1:04.23 33.81	300m: 3:25.93	35.87	500m: 5:51.38	36.73	700m: 8:16.96	36.41	
	150m: 1:39.49 35.26	350m: 4:01.76	35.83	550m: 6:27.65	36.27	750m: 8:52.52	35.56	
	200m: 2:14.64 35.15	400m: 4:38.32	36.56	600m: 7:04.42	36.77	800m: 9:26.89	34.37	
10.	MONTEIRO, Joao Pedro	08		BUZIOS-Coruche	9:27.61	+0,72	505	
	50m: 31.42 31.42	250m: 2:53.06	35.88	450m: 5:17.23	36.50	650m: 7:41.84	36.00	
	100m: 1:05.92 34.50	300m: 3:28.29	35.23	500m: 5:52.45	35.22	700m: 8:17.57	35.73	
	150m: 1:41.73 35.81	350m: 4:04.80	36.51	550m: 6:29.43	36.98	750m: 8:53.07	35.50	
	200m: 2:17.18 35.45	400m: 4:40.73	35.93	600m: 7:05.84	36.41	800m: 9:27.61	34.54	
11.	PEREIRA, Salvador Correia	08		Condeixa Clube	9:30.10	+0,75	498	
	50m: 32.67 32.67	250m: 2:55.25	35.96	450m: 5:19.84	36.93	650m: 7:44.51	36.31	
	100m: 1:08.46 35.79	300m: 3:31.08	35.83	500m: 5:55.80	35.96	700m: 8:20.00	35.49	
	150m: 1:43.71 35.25	350m: 4:07.08	36.00	550m: 6:32.35	36.55	750m: 8:56.23	36.23	
	200m: 2:19.29 35.58	400m: 4:42.91	35.83	600m: 7:08.20	35.85	800m: 9:30.10	33.87	
DNS	SOUSA, Guilherme Simoes	08		Nautico Academico				

Juvenis A

1.	BORGES, Rodrigo Costa	07		Fluvial Portuense	8:48.54	+0,61	625	
	50m: 28.75 28.75	250m: 2:40.76	33.53	450m: 4:56.63	33.96	650m: 7:12.32	33.59	
	100m: 1:00.81 32.06	300m: 3:14.92	34.16	500m: 5:30.58	33.95	700m: 7:45.15	32.83	
	150m: 1:33.68 32.87	350m: 3:48.68	33.76	550m: 6:04.65	34.07	750m: 8:17.86	32.71	
	200m: 2:07.23 33.55	400m: 4:22.67	33.99	600m: 6:38.73	34.08	800m: 8:48.54	30.68	
2.	LARANJO, Filipe Manso	07		Desportiva de Viana	8:48.83	+0,71	624	
	50m: 28.83 28.83	250m: 2:40.13	32.89	450m: 4:55.95	33.99	650m: 7:12.32	34.21	
	100m: 1:00.93 32.10	300m: 3:14.21	34.08	500m: 5:29.82	33.87	700m: 7:45.62	33.30	
	150m: 1:33.65 32.72	350m: 3:48.30	34.09	550m: 6:04.08	34.26	750m: 8:17.64	32.02	
	200m: 2:07.24 33.59	400m: 4:21.96	33.66	600m: 6:38.11	34.03	800m: 8:48.83	31.19	

Prova 1, Masc., 800m Livres, Juvenis A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	MARQUES, Duarte Cachulo	07		Condeixa Clube	8:52.48	+0,65	612	
	50m: 28.94	28.94	250m: 2:40.12	32.89	450m: 4:55.71	33.67	650m: 7:12.15	33.88
	100m: 1:01.08	32.14	300m: 3:14.27	34.15	500m: 5:29.64	33.93	700m: 7:46.17	34.02
	150m: 1:33.78	32.70	350m: 3:48.12	33.85	550m: 6:03.78	34.14	750m: 8:19.85	33.68
	200m: 2:07.23	33.45	400m: 4:22.04	33.92	600m: 6:38.27	34.49	800m: 8:52.48	32.63
4.	ASMAR, Axel Guedes	07		Sporting	8:55.04	+0,71	603	
	50m: 28.90	28.90	250m: 2:40.87	33.91	450m: 4:56.83	34.17	650m: 7:13.60	34.10
	100m: 1:01.02	32.12	300m: 3:14.67	33.80	500m: 5:31.10	34.27	700m: 7:47.59	33.99
	150m: 1:33.73	32.71	350m: 3:48.66	33.99	550m: 6:05.33	34.23	750m: 8:21.99	34.40
	200m: 2:06.96	33.23	400m: 4:22.66	34.00	600m: 6:39.50	34.17	800m: 8:55.04	33.05
5.	FERREIRA, Miguel Guedes	07		Porto	9:00.96	+0,86	583	
	50m: 29.90	29.90	250m: 2:43.35	34.09	450m: 5:00.42	34.45	650m: 7:18.63	34.67
	100m: 1:01.94	32.04	300m: 3:17.38	34.03	500m: 5:34.61	34.19	700m: 7:53.18	34.55
	150m: 1:35.73	33.79	350m: 3:51.76	34.38	550m: 6:09.49	34.88	750m: 8:27.51	34.33
	200m: 2:09.26	33.53	400m: 4:25.97	34.21	600m: 6:43.96	34.47	800m: 9:00.96	33.45
6.	OLIVEIRA, Marco Dimitar	07		Nautico Academico	9:09.99	+0,78	555	
	50m: 29.79	29.79	250m: 2:45.28	34.38	450m: 5:05.00	34.86	650m: 7:25.94	35.12
	100m: 1:02.44	32.65	300m: 3:20.35	35.07	500m: 5:40.19	35.19	700m: 8:01.16	35.22
	150m: 1:36.16	33.72	350m: 3:55.08	34.73	550m: 6:15.25	35.06	750m: 8:35.75	34.59
	200m: 2:10.90	34.74	400m: 4:30.14	35.06	600m: 6:50.82	35.57	800m: 9:09.99	34.24
7.	RITA, Francisco Xavier	07		Vieirense	9:12.92	+0,79	546	
	50m: 30.77	30.77	250m: 2:50.09	35.39	450m: 5:10.84	35.42	650m: 7:31.26	34.93
	100m: 1:04.61	33.84	300m: 3:24.95	34.86	500m: 5:45.79	34.95	700m: 8:05.60	34.34
	150m: 1:39.87	35.26	350m: 4:00.33	35.38	550m: 6:21.13	35.34	750m: 8:39.79	34.19
	200m: 2:14.70	34.83	400m: 4:35.42	35.09	600m: 6:56.33	35.20	800m: 9:12.92	33.13
8.	NOGUEIRA, Afonso Miguel	07		Braga	9:12.93	+0,80	546	
	50m: 29.59	29.59	250m: 2:47.60	34.32	450m: 5:07.23	34.89	650m: 7:29.28	35.61
	100m: 1:03.51	33.92	300m: 3:22.50	34.90	500m: 5:42.53	35.30	700m: 8:04.70	35.42
	150m: 1:38.61	35.10	350m: 3:57.35	34.85	550m: 6:17.81	35.28	750m: 8:39.76	35.06
	200m: 2:13.28	34.67	400m: 4:32.34	34.99	600m: 6:53.67	35.86	800m: 9:12.93	33.17
9.	COSTA, Andre Leitao	07		Fafe	9:16.62	+0,72	535	
	50m: 30.84	30.84	250m: 2:50.20	34.79	450m: 5:10.93	34.35	650m: 7:33.17	35.43
	100m: 1:05.33	34.49	300m: 3:25.91	35.71	500m: 5:46.69	35.76	700m: 8:09.42	36.25
	150m: 1:40.29	34.96	350m: 4:00.85	34.94	550m: 6:21.97	35.28	750m: 8:43.16	33.74
	200m: 2:15.41	35.12	400m: 4:36.58	35.73	600m: 6:57.74	35.77	800m: 9:16.62	33.46
10.	CARVALHO, Daniel Casaca	07		Colegio Vasco da Gama	9:26.41	+0,87	508	
	50m: 28.74	28.74	250m: 2:47.37	36.55	450m: 5:11.78	36.51	650m: 7:38.40	36.91
	100m: 1:01.34	32.60	300m: 3:22.49	35.12	500m: 5:48.94	37.16	700m: 8:14.83	36.43
	150m: 1:36.21	34.87	350m: 3:58.76	36.27	550m: 6:24.87	35.93	750m: 8:51.03	36.20
	200m: 2:10.82	34.61	400m: 4:35.27	36.51	600m: 7:01.49	36.62	800m: 9:26.41	35.38

Prova 1, Masc., 800m Livres, Juvenis A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	SARAGOCA, Eduardo Sousa	07		Viana Natacao	9:29.69	+0,85	499	
	50m: 30.77	30.77	250m: 2:52.50	35.31	450m: 5:15.91	35.39	650m: 7:41.01	35.67
	100m: 1:05.91	35.14	300m: 3:28.82	36.32	500m: 5:52.32	36.41	700m: 8:18.01	37.00
	150m: 1:41.33	35.42	350m: 4:04.14	35.32	550m: 6:28.40	36.08	750m: 8:53.62	35.61
	200m: 2:17.19	35.86	400m: 4:40.52	36.38	600m: 7:05.34	36.94	800m: 9:29.69	36.07
12.	JESUS, David Martins	07		Sao Roque	9:46.09	+0,58	459	
	50m: 30.13	30.13	250m: 2:53.70	37.06	450m: 5:24.22	37.69	650m: 7:55.37	37.83
	100m: 1:03.91	33.78	300m: 3:31.11	37.41	500m: 6:02.20	37.98	700m: 8:33.21	37.84
	150m: 1:39.93	36.02	350m: 4:08.34	37.23	550m: 6:39.70	37.50	750m: 9:10.30	37.09
	200m: 2:16.64	36.71	400m: 4:46.53	38.19	600m: 7:17.54	37.84	800m: 9:46.09	35.79

Juniores

1.	SARREIRA, Tomas Amor	05		Nautico Marinha Grande	8:30.23	+0,69	695	
	50m: 28.18	28.18	250m: 2:35.76	32.25	450m: 4:44.66	32.14	650m: 6:54.59	32.45
	100m: 59.28	31.10	300m: 3:07.96	32.20	500m: 5:16.93	32.27	700m: 7:26.81	32.22
	150m: 1:31.16	31.88	350m: 3:40.40	32.44	550m: 5:49.42	32.49	750m: 7:59.17	32.36
	200m: 2:03.51	32.35	400m: 4:12.52	32.12	600m: 6:22.14	32.72	800m: 8:30.23	31.06
2.	LOUREIRO, Bruno Silva	06		Porto	8:40.14	+0,76	656	
	50m: 29.22	29.22	250m: 2:38.96	32.81	450m: 4:49.79	32.38	650m: 7:02.16	33.28
	100m: 1:00.91	31.69	300m: 3:11.79	32.83	500m: 5:22.74	32.95	700m: 7:35.19	33.03
	150m: 1:33.49	32.58	350m: 3:44.65	32.86	550m: 5:55.70	32.96	750m: 8:07.79	32.60
	200m: 2:06.15	32.66	400m: 4:17.41	32.76	600m: 6:28.88	33.18	800m: 8:40.14	32.35
3.	CARDOSO, Guilherme Maia	05		Columbofila Cantanhedense	8:42.62	+0,71	647	
	50m: 29.58	29.58	250m: 2:39.34	32.70	450m: 4:51.68	33.14	650m: 7:05.04	33.06
	100m: 1:01.24	31.66	300m: 3:12.20	32.86	500m: 5:25.30	33.62	700m: 7:38.70	33.66
	150m: 1:33.73	32.49	350m: 3:45.26	33.06	550m: 5:58.40	33.10	750m: 8:11.01	32.31
	200m: 2:06.64	32.91	400m: 4:18.54	33.28	600m: 6:31.98	33.58	800m: 8:42.62	31.61
4.	FRAZAO, Francisco Couto	06		Individual ANC	8:43.55	+0,71	644	
	50m: 30.17	30.17	250m: 2:42.36	32.90	450m: 4:55.48	33.13	650m: 7:08.57	32.70
	100m: 1:02.52	32.35	300m: 3:15.26	32.90	500m: 5:29.17	33.69	700m: 7:41.02	32.45
	150m: 1:35.80	33.28	350m: 3:48.84	33.58	550m: 6:02.38	33.21	750m: 8:13.46	32.44
	200m: 2:09.46	33.66	400m: 4:22.35	33.51	600m: 6:35.87	33.49	800m: 8:43.55	30.09
5.	GONCALVES, Alexandre Ram	05		Sao Joao Ver	8:48.16	+0,70	627	
	50m: 29.58	29.58	250m: 2:40.10	33.37	450m: 4:53.76	33.65	650m: 7:08.31	33.68
	100m: 1:01.31	31.73	300m: 3:13.09	32.99	500m: 5:27.26	33.50	700m: 7:42.11	33.80
	150m: 1:34.14	32.83	350m: 3:46.77	33.68	550m: 6:00.82	33.56	750m: 8:16.00	33.89
	200m: 2:06.73	32.59	400m: 4:20.11	33.34	600m: 6:34.63	33.81	800m: 8:48.16	32.16

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SOUSA, Joao Maria	05		Braga	8:50.26	+0,73	619	
	50m: 29.32 29.32	250m: 2:40.33	33.31	450m: 4:54.32	33.50	650m: 7:09.70	33.85	
	100m: 1:01.38 32.06	300m: 3:13.68	33.35	500m: 5:28.20	33.88	700m: 7:43.72	34.02	
	150m: 1:34.30 32.92	350m: 3:47.01	33.33	550m: 6:01.85	33.65	750m: 8:17.40	33.68	
	200m: 2:07.02 32.72	400m: 4:20.82	33.81	600m: 6:35.85	34.00	800m: 8:50.26	32.86	
7.	PEREIRA, Manuel Angelo	05		Sporting	8:51.60	+0,74	615	
	50m: 30.26 30.26	250m: 2:43.16	33.71	450m: 4:58.22	33.67	650m: 7:13.42	33.46	
	100m: 1:02.85 32.59	300m: 3:17.00	33.84	500m: 5:32.13	33.91	700m: 7:46.79	33.37	
	150m: 1:36.02 33.17	350m: 3:50.57	33.57	550m: 6:05.96	33.83	750m: 8:19.62	32.83	
	200m: 2:09.45 33.43	400m: 4:24.55	33.98	600m: 6:39.96	34.00	800m: 8:51.60	31.98	
8.	TEMUDO, Jose Maria	06		Rio Maior	8:55.93	+0,63	600	
	50m: 29.69 29.69	250m: 2:45.44	34.43	450m: 5:01.79	34.34	650m: 7:16.99	32.99	
	100m: 1:03.19 33.50	300m: 3:19.34	33.90	500m: 5:35.85	34.06	700m: 7:50.60	33.61	
	150m: 1:37.22 34.03	350m: 3:53.48	34.14	550m: 6:10.19	34.34	750m: 8:24.01	33.41	
	200m: 2:11.01 33.79	400m: 4:27.45	33.97	600m: 6:44.00	33.81	800m: 8:55.93	31.92	
9.	LUCAS, Joao Neves	06		Columbofila Cantanhedense	8:57.57	+0,69	594	
	50m: 30.04 30.04	250m: 2:43.96	33.88	450m: 5:00.44	34.41	650m: 7:17.09	34.11	
	100m: 1:02.47 32.43	300m: 3:17.56	33.60	500m: 5:34.33	33.89	700m: 7:51.33	34.24	
	150m: 1:36.24 33.77	350m: 3:51.98	34.42	550m: 6:08.89	34.56	750m: 8:25.05	33.72	
	200m: 2:10.08 33.84	400m: 4:26.03	34.05	600m: 6:42.98	34.09	800m: 8:57.57	32.52	
10.	MARQUES, Jose Miguel	06		Condeixa Clube	8:59.12	+0,66	589	
	50m: 29.05 29.05	250m: 2:42.32	33.68	450m: 4:59.23	34.03	650m: 7:18.03	34.46	
	100m: 1:01.69 32.64	300m: 3:16.43	34.11	500m: 5:33.54	34.31	700m: 7:53.15	35.12	
	150m: 1:34.78 33.09	350m: 3:50.51	34.08	550m: 6:08.50	34.96	750m: 8:27.33	34.18	
	200m: 2:08.64 33.86	400m: 4:25.20	34.69	600m: 6:43.57	35.07	800m: 8:59.12	31.79	
11.	ALVES, Andre Correia	06		Uniao Piedense	9:02.11	+0,66	580	
	50m: 29.61 29.61	250m: 2:43.28	33.75	450m: 5:00.27	33.85	650m: 7:19.32	34.57	
	100m: 1:02.27 32.66	300m: 3:17.64	34.36	500m: 5:35.06	34.79	700m: 7:54.34	35.02	
	150m: 1:35.55 33.28	350m: 3:51.69	34.05	550m: 6:09.57	34.51	750m: 8:28.57	34.23	
	200m: 2:09.53 33.98	400m: 4:26.42	34.73	600m: 6:44.75	35.18	800m: 9:02.11	33.54	
12.	FARIA, Eduardo Nuno	06		Braga	9:03.36	+0,73	576	
	50m: 29.72 29.72	250m: 2:43.10	33.81	450m: 5:00.58	34.33	650m: 7:19.91	35.08	
	100m: 1:02.36 32.64	300m: 3:17.35	34.25	500m: 5:35.32	34.74	700m: 7:55.55	35.64	
	150m: 1:35.58 33.22	350m: 3:51.61	34.26	550m: 6:10.22	34.90	750m: 8:29.53	33.98	
	200m: 2:09.29 33.71	400m: 4:26.25	34.64	600m: 6:44.83	34.61	800m: 9:03.36	33.83	
13.	GOMES, Joao Almeida	06		Nacional de Natacao	9:03.45	+0,62	575	
	50m: 29.39 29.39	250m: 2:45.18	34.32	450m: 5:02.90	34.48	650m: 7:21.63	34.30	
	100m: 1:02.55 33.16	300m: 3:19.29	34.11	500m: 5:37.93	35.03	700m: 7:56.33	34.70	
	150m: 1:36.85 34.30	350m: 3:53.62	34.33	550m: 6:12.73	34.80	750m: 8:30.20	33.87	
	200m: 2:10.86 34.01	400m: 4:28.42	34.80	600m: 6:47.33	34.60	800m: 9:03.45	33.25	

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	TORRES, Joao Pedro	05	Porto	9:06.80	+0,75	565	
	50m: 30.33 30.33	250m: 2:41.28	32.94	450m: 4:59.94	34.77	650m: 7:23.20	36.07
	100m: 1:03.27 32.94	300m: 3:15.09	33.81	500m: 5:35.51	35.57	700m: 7:58.75	35.55
	150m: 1:35.49 32.22	350m: 3:49.92	34.83	550m: 6:11.23	35.72	750m: 8:33.75	35.00
	200m: 2:08.34 32.85	400m: 4:25.17	35.25	600m: 6:47.13	35.90	800m: 9:06.80	33.05
15.	DURAO, Miguel Costa	06	Braga	9:07.54	+0,71	563	
	50m: 29.19 29.19	250m: 2:43.93	35.03	450m: 5:03.52	35.30	650m: 7:24.25	35.08
	100m: 1:01.52 32.33	300m: 3:18.26	34.33	500m: 5:38.52	35.00	700m: 7:59.43	35.18
	150m: 1:35.30 33.78	350m: 3:53.26	35.00	550m: 6:13.84	35.32	750m: 8:34.61	35.18
	200m: 2:08.90 33.60	400m: 4:28.22	34.96	600m: 6:49.17	35.33	800m: 9:07.54	32.93
16.	GONCALVES, Jose Luis	05	Fafe	9:11.26	+0,78	551	
	50m: 30.55 30.55	250m: 2:47.80	34.64	450m: 5:07.66	35.13	650m: 7:28.88	34.95
	100m: 1:04.06 33.51	300m: 3:22.97	35.17	500m: 5:42.31	34.65	700m: 8:04.41	35.53
	150m: 1:38.61 34.55	350m: 3:57.62	34.65	550m: 6:17.49	35.18	750m: 8:37.89	33.48
	200m: 2:13.16 34.55	400m: 4:32.53	34.91	600m: 6:53.93	36.44	800m: 9:11.26	33.37
17.	JEVIC, Milan Santos	06	Braga	9:11.87	+0,73	549	
	50m: 30.30 30.30	250m: 2:48.78	35.58	450m: 5:09.02	33.30	650m: 7:30.78	36.81
	100m: 1:03.55 33.25	300m: 3:24.34	35.56	500m: 5:42.94	33.92	700m: 8:06.24	35.46
	150m: 1:38.22 34.67	350m: 4:00.41	36.07	550m: 6:18.35	35.41	750m: 8:39.37	33.13
	200m: 2:13.20 34.98	400m: 4:35.72	35.31	600m: 6:53.97	35.62	800m: 9:11.87	32.50
18.	FERREIRA, Abel Renato	05	Alges e Agueda XXI	9:12.50	+0,67	547	
	50m: 31.04 31.04	250m: 2:48.10	34.59	450m: 5:06.69	34.63	650m: 7:27.39	35.55
	100m: 1:04.74 33.70	300m: 3:22.84	34.74	500m: 5:41.30	34.61	700m: 8:02.97	35.58
	150m: 1:39.42 34.68	350m: 3:57.76	34.92	550m: 6:16.54	35.24	750m: 8:38.39	35.42
	200m: 2:13.51 34.09	400m: 4:32.06	34.30	600m: 6:51.84	35.30	800m: 9:12.50	34.11
19.	JORGE, Pedro Crispim	06	Uniao Piedense	9:13.65	+0,68	544	
	50m: 29.69 29.69	250m: 2:47.26	34.65	450m: 5:08.86	35.05	650m: 7:29.99	34.88
	100m: 1:03.07 33.38	300m: 3:22.08	34.82	500m: 5:44.19	35.33	700m: 8:05.63	35.64
	150m: 1:37.70 34.63	350m: 3:57.76	35.68	550m: 6:19.98	35.79	750m: 8:39.95	34.32
	200m: 2:12.61 34.91	400m: 4:33.81	36.05	600m: 6:55.11	35.13	800m: 9:13.65	33.70
20.	PAIVA, Ruben Ferreira	05	Sanjoanense/FEPSA	9:15.86	+0,81	538	
	50m: 31.59 31.59	250m: 2:51.04	35.21	450m: 5:11.47	34.93	650m: 7:31.79	35.04
	100m: 1:05.69 34.10	300m: 3:26.05	35.01	500m: 5:46.57	35.10	700m: 8:06.51	34.72
	150m: 1:40.83 35.14	350m: 4:01.37	35.32	550m: 6:21.78	35.21	750m: 8:41.40	34.89
	200m: 2:15.83 35.00	400m: 4:36.54	35.17	600m: 6:56.75	34.97	800m: 9:15.86	34.46
21.	TONA, Luca Valentino	06	Pimpoes/Cimai	9:16.62	+0,71	535	
	50m: 31.10 31.10	250m: 2:49.49	35.20	450m: 5:10.24	35.25	650m: 7:32.84	35.73
	100m: 1:05.27 34.17	300m: 3:24.71	35.22	500m: 5:45.36	35.12	700m: 8:08.60	35.76
	150m: 1:39.99 34.72	350m: 3:59.67	34.96	550m: 6:21.22	35.86	750m: 8:43.18	34.58
	200m: 2:14.29 34.30	400m: 4:34.99	35.32	600m: 6:57.11	35.89	800m: 9:16.62	33.44

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	CHAO, Tiago Ventura	06		Naval Setubalense	9:18.44	+0,65	530	
	50m: 29.92	29.92	250m: 2:48.41	34.90	450m: 5:11.20	35.38	650m: 7:33.99	35.59
	100m: 1:03.83	33.91	300m: 3:24.36	35.95	500m: 5:46.90	35.70	700m: 8:09.84	35.85
	150m: 1:38.23	34.40	350m: 3:59.97	35.61	550m: 6:22.47	35.57	750m: 8:44.83	34.99
	200m: 2:13.51	35.28	400m: 4:35.82	35.85	600m: 6:58.40	35.93	800m: 9:18.44	33.61
23.	CORREIA, Tiago Almeida	06		Natacao do Montijo	9:18.58	+0,73	530	
	50m: 29.04	29.04	250m: 2:47.48	35.24	450m: 5:10.56	35.55	650m: 7:33.94	35.73
	100m: 1:02.73	33.69	300m: 3:23.33	35.85	500m: 5:46.25	35.69	700m: 8:10.09	36.15
	150m: 1:37.10	34.37	350m: 3:58.87	35.54	550m: 6:22.23	35.98	750m: 8:45.03	34.94
	200m: 2:12.24	35.14	400m: 4:35.01	36.14	600m: 6:58.21	35.98	800m: 9:18.58	33.55
24.	NETO, Ricardo Freitas	06		Sporting	9:19.42	+0,73	527	
	50m: 30.16	30.16	250m: 2:48.15	34.84	450m: 5:09.35	34.90	650m: 7:32.32	35.32
	100m: 1:03.73	33.57	300m: 3:23.85	35.70	500m: 5:45.28	35.93	700m: 8:08.65	36.33
	150m: 1:38.19	34.46	350m: 3:58.73	34.88	550m: 6:20.74	35.46	750m: 8:44.63	35.98
	200m: 2:13.31	35.12	400m: 4:34.45	35.72	600m: 6:57.00	36.26	800m: 9:19.42	34.79

Seniores

1.	AMARAL, Francisco Rodrigue:02			Porto	8:16.52	+0,70	755	
	50m: 28.69	28.69	250m: 2:33.81	31.42	450m: 4:40.15	31.63	650m: 6:45.75	30.59
	100m: 59.72	31.03	300m: 3:05.63	31.82	500m: 5:12.18	32.03	700m: 7:16.42	30.67
	150m: 1:31.03	31.31	350m: 3:37.07	31.44	550m: 5:44.16	31.98	750m: 7:46.76	30.34
	200m: 2:02.39	31.36	400m: 4:08.52	31.45	600m: 6:15.16	31.00	800m: 8:16.52	29.76
2.	CARDOSO, Diogo Santos	01		Sporting	8:18.24	+0,78	747	
	50m: 28.98	28.98	250m: 2:33.88	31.46	450m: 4:40.07	31.87	650m: 6:46.30	30.96
	100m: 1:00.11	31.13	300m: 3:05.37	31.49	500m: 5:12.03	31.96	700m: 7:17.19	30.89
	150m: 1:31.26	31.15	350m: 3:36.76	31.39	550m: 5:43.98	31.95	750m: 7:48.34	31.15
	200m: 2:02.42	31.16	400m: 4:08.20	31.44	600m: 6:15.34	31.36	800m: 8:18.24	29.90
3.	MARQUES, Gustavo Pires	04		Uniao Coimbra	8:31.83	+0,69	689	
	50m: 28.59	28.59	250m: 2:35.07	31.64	450m: 4:44.17	32.90	650m: 6:56.32	33.46
	100m: 1:00.12	31.53	300m: 3:06.87	31.80	500m: 5:17.05	32.88	700m: 7:29.23	32.91
	150m: 1:31.77	31.65	350m: 3:39.02	32.15	550m: 5:49.98	32.93	750m: 8:01.81	32.58
	200m: 2:03.43	31.66	400m: 4:11.27	32.25	600m: 6:22.86	32.88	800m: 8:31.83	30.02
4.	PARDO PERNAS, Martin	02		Fluvial De Lugo	8:32.21	+0,82	687	
	50m: 28.53	28.53	250m: 2:36.62	31.60	450m: 4:45.50	31.86	650m: 6:57.32	32.97
	100m: 1:00.47	31.94	300m: 3:09.30	32.68	500m: 5:18.62	33.12	700m: 7:30.56	33.24
	150m: 1:32.46	31.99	350m: 3:40.93	31.63	550m: 5:51.12	32.50	750m: 8:03.24	32.68
	200m: 2:05.02	32.56	400m: 4:13.64	32.71	600m: 6:24.35	33.23	800m: 8:32.21	28.97

Prova 1, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	ALAMO MUNOZ, Alberto	04		Circulo Mercantil	8:43.29	+0,75	644	
	50m: 28.63	28.63	250m: 2:39.71	32.95	450m: 4:51.76	33.01	650m: 7:04.77	33.23
	100m: 1:00.98	32.35	300m: 3:12.56	32.85	500m: 5:25.15	33.39	700m: 7:38.57	33.80
	150m: 1:33.81	32.83	350m: 3:45.58	33.02	550m: 5:58.33	33.18	750m: 8:11.33	32.76
	200m: 2:06.76	32.95	400m: 4:18.75	33.17	600m: 6:31.54	33.21	800m: 8:43.29	31.96
6.	CARVALHO, Goncalo Renato	04		Porto	8:47.46	+0,74	629	
	50m: 29.67	29.67	250m: 2:40.00	33.10	450m: 4:53.08	33.41	650m: 7:07.55	33.85
	100m: 1:01.73	32.06	300m: 3:13.14	33.14	500m: 5:26.42	33.34	700m: 7:41.18	33.63
	150m: 1:34.21	32.48	350m: 3:46.36	33.22	550m: 6:00.19	33.77	750m: 8:14.97	33.79
	200m: 2:06.90	32.69	400m: 4:19.67	33.31	600m: 6:33.70	33.51	800m: 8:47.46	32.49
7.	GOMES, Marcio Fernandes	04		Braga	8:53.70	+0,66	607	
	50m: 29.71	29.71	250m: 2:41.38	33.40	450m: 4:56.57	33.98	650m: 7:12.84	34.06
	100m: 1:02.14	32.43	300m: 3:14.82	33.44	500m: 5:30.86	34.29	700m: 7:47.12	34.28
	150m: 1:35.10	32.96	350m: 3:48.74	33.92	550m: 6:04.81	33.95	750m: 8:21.41	34.29
	200m: 2:07.98	32.88	400m: 4:22.59	33.85	600m: 6:38.78	33.97	800m: 8:53.70	32.29
8.	ABREU, Sergio Gomes	96		Naval do Funchal	8:56.75	+0,73	597	
	50m: 28.89	28.89	250m: 2:40.82	33.23	450m: 4:57.07	33.92	650m: 7:15.14	34.59
	100m: 1:01.54	32.65	300m: 3:14.74	33.92	500m: 5:31.60	34.53	700m: 7:49.73	34.59
	150m: 1:34.21	32.67	350m: 3:48.80	34.06	550m: 6:05.94	34.34	750m: 8:23.88	34.15
	200m: 2:07.59	33.38	400m: 4:23.15	34.35	600m: 6:40.55	34.61	800m: 8:56.75	32.87
9.	MUNIZ MEJUTO, Angel	96		Madrid Moscardo	9:07.19	+0,75	564	
	50m: 30.38	30.38	250m: 2:45.04	34.74	450m: 5:03.65	35.45	650m: 7:24.09	35.67
	100m: 1:02.99	32.61	300m: 3:19.08	34.04	500m: 5:38.12	34.47	700m: 7:58.92	34.83
	150m: 1:36.82	33.83	350m: 3:53.82	34.74	550m: 6:13.33	35.21	750m: 8:33.86	34.94
	200m: 2:10.30	33.48	400m: 4:28.20	34.38	600m: 6:48.42	35.09	800m: 9:07.19	33.33
10.	CARDOSO, Filipe Santos	04		Gafanha da Encarnacao	9:08.07	+0,63	561	
	50m: 30.47	30.47	250m: 2:47.52	34.50	450m: 5:07.51	34.42	650m: 7:26.44	34.21
	100m: 1:04.05	33.58	300m: 3:22.90	35.38	500m: 5:42.38	34.87	700m: 8:01.14	34.70
	150m: 1:38.16	34.11	350m: 3:57.70	34.80	550m: 6:17.05	34.67	750m: 8:34.89	33.75
	200m: 2:13.02	34.86	400m: 4:33.09	35.39	600m: 6:52.23	35.18	800m: 9:08.07	33.18
11.	TROMBINHAS, Tiago Miguel	04		Colegio Monte Maior	9:12.49	+0,67	548	
	50m: 29.08	29.08	250m: 2:44.70	34.75	450m: 5:04.54	34.90	650m: 7:27.85	35.81
	100m: 1:01.83	32.75	300m: 3:19.46	34.76	500m: 5:40.64	36.10	700m: 8:03.44	35.59
	150m: 1:35.29	33.46	350m: 3:54.03	34.57	550m: 6:15.98	35.34	750m: 8:38.41	34.97
	200m: 2:09.95	34.66	400m: 4:29.64	35.61	600m: 6:52.04	36.06	800m: 9:12.49	34.08
12.	LIMA, Tiago Diniz	04		Estarreja/PROZINCO	9:37.85	+0,68	478	
	50m: 29.77	29.77	250m: 2:49.63	36.33	450m: 5:17.02	37.11	650m: 7:46.50	37.09
	100m: 1:02.93	33.16	300m: 3:26.12	36.49	500m: 5:54.24	37.22	700m: 8:24.18	37.68
	150m: 1:37.98	35.05	350m: 4:02.79	36.67	550m: 6:32.14	37.90	750m: 9:01.33	37.15
	200m: 2:13.30	35.32	400m: 4:39.91	37.12	600m: 7:09.41	37.27	800m: 9:37.85	36.52

Prova 1, Masc., 800m Livres

Open

1. AMARAL, Francisco Rodrigue:02	Porto	8:16.52	+0,70	755
50m: 28.69 28.69	250m: 2:33.81 31.42	450m: 4:40.15 31.63	650m: 6:45.75 30.59	
100m: 59.72 31.03	300m: 3:05.63 31.82	500m: 5:12.18 32.03	700m: 7:16.42 30.67	
150m: 1:31.03 31.31	350m: 3:37.07 31.44	550m: 5:44.16 31.98	750m: 7:46.76 30.34	
200m: 2:02.39 31.36	400m: 4:08.52 31.45	600m: 6:15.16 31.00	800m: 8:16.52 29.76	
2. CARDOSO, Diogo Santos 01	Sporting	8:18.24	+0,78	747
50m: 28.98 28.98	250m: 2:33.88 31.46	450m: 4:40.07 31.87	650m: 6:46.30 30.96	
100m: 1:00.11 31.13	300m: 3:05.37 31.49	500m: 5:12.03 31.96	700m: 7:17.19 30.89	
150m: 1:31.26 31.15	350m: 3:36.76 31.39	550m: 5:43.98 31.95	750m: 7:48.34 31.15	
200m: 2:02.42 31.16	400m: 4:08.20 31.44	600m: 6:15.34 31.36	800m: 8:18.24 29.90	
3. SARREIRA, Tomas Amor 05	Nautico Marinha Grande	8:30.23	+0,69	695
50m: 28.18 28.18	250m: 2:35.76 32.25	450m: 4:44.66 32.14	650m: 6:54.59 32.45	
100m: 59.28 31.10	300m: 3:07.96 32.20	500m: 5:16.93 32.27	700m: 7:26.81 32.22	
150m: 1:31.16 31.88	350m: 3:40.40 32.44	550m: 5:49.42 32.49	750m: 7:59.17 32.36	
200m: 2:03.51 32.35	400m: 4:12.52 32.12	600m: 6:22.14 32.72	800m: 8:30.23 31.06	
4. MARQUES, Gustavo Pires 04	Uniao Coimbra	8:31.83	+0,69	689
50m: 28.59 28.59	250m: 2:35.07 31.64	450m: 4:44.17 32.90	650m: 6:56.32 33.46	
100m: 1:00.12 31.53	300m: 3:06.87 31.80	500m: 5:17.05 32.88	700m: 7:29.23 32.91	
150m: 1:31.77 31.65	350m: 3:39.02 32.15	550m: 5:49.98 32.93	750m: 8:01.81 32.58	
200m: 2:03.43 31.66	400m: 4:11.27 32.25	600m: 6:22.86 32.88	800m: 8:31.83 30.02	
5. PARDO PERNAS, Martin 02	Fluvial De Lugo	8:32.21	+0,82	687
50m: 28.53 28.53	250m: 2:36.62 31.60	450m: 4:45.50 31.86	650m: 6:57.32 32.97	
100m: 1:00.47 31.94	300m: 3:09.30 32.68	500m: 5:18.62 33.12	700m: 7:30.56 33.24	
150m: 1:32.46 31.99	350m: 3:40.93 31.63	550m: 5:51.12 32.50	750m: 8:03.24 32.68	
200m: 2:05.02 32.56	400m: 4:13.64 32.71	600m: 6:24.35 33.23	800m: 8:32.21 28.97	
6. LOUREIRO, Bruno Silva 06	Porto	8:40.14	+0,76	656
50m: 29.22 29.22	250m: 2:38.96 32.81	450m: 4:49.79 32.38	650m: 7:02.16 33.28	
100m: 1:00.91 31.69	300m: 3:11.79 32.83	500m: 5:22.74 32.95	700m: 7:35.19 33.03	
150m: 1:33.49 32.58	350m: 3:44.65 32.86	550m: 5:55.70 32.96	750m: 8:07.79 32.60	
200m: 2:06.15 32.66	400m: 4:17.41 32.76	600m: 6:28.88 33.18	800m: 8:40.14 32.35	
7. CARDOSO, Guilherme Maia 05	Columbofila Cantanhedense	8:42.62	+0,71	647
50m: 29.58 29.58	250m: 2:39.34 32.70	450m: 4:51.68 33.14	650m: 7:05.04 33.06	
100m: 1:01.24 31.66	300m: 3:12.20 32.86	500m: 5:25.30 33.62	700m: 7:38.70 33.66	
150m: 1:33.73 32.49	350m: 3:45.26 33.06	550m: 5:58.40 33.10	750m: 8:11.01 32.31	
200m: 2:06.64 32.91	400m: 4:18.54 33.28	600m: 6:31.98 33.58	800m: 8:42.62 31.61	
8. ALAMO MUNOZ, Alberto 04	Circulo Mercantil	8:43.29	+0,75	644
50m: 28.63 28.63	250m: 2:39.71 32.95	450m: 4:51.76 33.01	650m: 7:04.77 33.23	
100m: 1:00.98 32.35	300m: 3:12.56 32.85	500m: 5:25.15 33.39	700m: 7:38.57 33.80	
150m: 1:33.81 32.83	350m: 3:45.58 33.02	550m: 5:58.33 33.18	750m: 8:11.33 32.76	
200m: 2:06.76 32.95	400m: 4:18.75 33.17	600m: 6:31.54 33.21	800m: 8:43.29 31.96	

Prova 1, Masc., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	FRAZAO, Francisco Couto	06		Individual ANC	8:43.55	+0,71	644	
	50m: 30.17	30.17	250m: 2:42.36	32.90	450m: 4:55.48	33.13	650m: 7:08.57	32.70
	100m: 1:02.52	32.35	300m: 3:15.26	32.90	500m: 5:29.17	33.69	700m: 7:41.02	32.45
	150m: 1:35.80	33.28	350m: 3:48.84	33.58	550m: 6:02.38	33.21	750m: 8:13.46	32.44
	200m: 2:09.46	33.66	400m: 4:22.35	33.51	600m: 6:35.87	33.49	800m: 8:43.55	30.09
10.	CARVALHO, Goncalo Renato	04		Porto	8:47.46	+0,74	629	
	50m: 29.67	29.67	250m: 2:40.00	33.10	450m: 4:53.08	33.41	650m: 7:07.55	33.85
	100m: 1:01.73	32.06	300m: 3:13.14	33.14	500m: 5:26.42	33.34	700m: 7:41.18	33.63
	150m: 1:34.21	32.48	350m: 3:46.36	33.22	550m: 6:00.19	33.77	750m: 8:14.97	33.79
	200m: 2:06.90	32.69	400m: 4:19.67	33.31	600m: 6:33.70	33.51	800m: 8:47.46	32.49
11.	GONCALVES, Alexandre Ram	05		Sao Joao Ver	8:48.16	+0,70	627	
	50m: 29.58	29.58	250m: 2:40.10	33.37	450m: 4:53.76	33.65	650m: 7:08.31	33.68
	100m: 1:01.31	31.73	300m: 3:13.09	32.99	500m: 5:27.26	33.50	700m: 7:42.11	33.80
	150m: 1:34.14	32.83	350m: 3:46.77	33.68	550m: 6:00.82	33.56	750m: 8:16.00	33.89
	200m: 2:06.73	32.59	400m: 4:20.11	33.34	600m: 6:34.63	33.81	800m: 8:48.16	32.16
12.	BORGES, Rodrigo Costa	07		Fluvial Portuense	8:48.54	+0,61	625	
	50m: 28.75	28.75	250m: 2:40.76	33.53	450m: 4:56.63	33.96	650m: 7:12.32	33.59
	100m: 1:00.81	32.06	300m: 3:14.92	34.16	500m: 5:30.58	33.95	700m: 7:45.15	32.83
	150m: 1:33.68	32.87	350m: 3:48.68	33.76	550m: 6:04.65	34.07	750m: 8:17.86	32.71
	200m: 2:07.23	33.55	400m: 4:22.67	33.99	600m: 6:38.73	34.08	800m: 8:48.54	30.68
13.	LARANJO, Filipe Manso	07		Desportiva de Viana	8:48.83	+0,71	624	
	50m: 28.83	28.83	250m: 2:40.13	32.89	450m: 4:55.95	33.99	650m: 7:12.32	34.21
	100m: 1:00.93	32.10	300m: 3:14.21	34.08	500m: 5:29.82	33.87	700m: 7:45.62	33.30
	150m: 1:33.65	32.72	350m: 3:48.30	34.09	550m: 6:04.08	34.26	750m: 8:17.64	32.02
	200m: 2:07.24	33.59	400m: 4:21.96	33.66	600m: 6:38.11	34.03	800m: 8:48.83	31.19
14.	SOUSA, Joao Maria	05		Braga	8:50.26	+0,73	619	
	50m: 29.32	29.32	250m: 2:40.33	33.31	450m: 4:54.32	33.50	650m: 7:09.70	33.85
	100m: 1:01.38	32.06	300m: 3:13.68	33.35	500m: 5:28.20	33.88	700m: 7:43.72	34.02
	150m: 1:34.30	32.92	350m: 3:47.01	33.33	550m: 6:01.85	33.65	750m: 8:17.40	33.68
	200m: 2:07.02	32.72	400m: 4:20.82	33.81	600m: 6:35.85	34.00	800m: 8:50.26	32.86
15.	MEDEIROS, Miguel Fragoso	08		Porto	8:50.66	+0,61	618	
	50m: 30.01	30.01	250m: 2:38.50	32.74	450m: 4:53.03	33.83	650m: 7:09.83	34.17
	100m: 1:01.44	31.43	300m: 3:11.85	33.35	500m: 5:27.16	34.13	700m: 7:44.19	34.36
	150m: 1:33.21	31.77	350m: 3:45.46	33.61	550m: 6:01.36	34.20	750m: 8:17.95	33.76
	200m: 2:05.76	32.55	400m: 4:19.20	33.74	600m: 6:35.66	34.30	800m: 8:50.66	32.71
16.	PEREIRA, Manuel Angelo	05		Sporting	8:51.60	+0,74	615	
	50m: 30.26	30.26	250m: 2:43.16	33.71	450m: 4:58.22	33.67	650m: 7:13.42	33.46
	100m: 1:02.85	32.59	300m: 3:17.00	33.84	500m: 5:32.13	33.91	700m: 7:46.79	33.37
	150m: 1:36.02	33.17	350m: 3:50.57	33.57	550m: 6:05.96	33.83	750m: 8:19.62	32.83
	200m: 2:09.45	33.43	400m: 4:24.55	33.98	600m: 6:39.96	34.00	800m: 8:51.60	31.98

Prova 1, Masc., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	MARQUES, Duarte Cachulo	07		Condeixa Clube	8:52.48	+0,65	612	
	50m: 28.94	28.94	250m: 2:40.12	32.89	450m: 4:55.71	33.67	650m: 7:12.15	33.88
	100m: 1:01.08	32.14	300m: 3:14.27	34.15	500m: 5:29.64	33.93	700m: 7:46.17	34.02
	150m: 1:33.78	32.70	350m: 3:48.12	33.85	550m: 6:03.78	34.14	750m: 8:19.85	33.68
	200m: 2:07.23	33.45	400m: 4:22.04	33.92	600m: 6:38.27	34.49	800m: 8:52.48	32.63
18.	GOMES, Marcio Fernandes	04		Braga	8:53.70	+0,66	607	
	50m: 29.71	29.71	250m: 2:41.38	33.40	450m: 4:56.57	33.98	650m: 7:12.84	34.06
	100m: 1:02.14	32.43	300m: 3:14.82	33.44	500m: 5:30.86	34.29	700m: 7:47.12	34.28
	150m: 1:35.10	32.96	350m: 3:48.74	33.92	550m: 6:04.81	33.95	750m: 8:21.41	34.29
	200m: 2:07.98	32.88	400m: 4:22.59	33.85	600m: 6:38.78	33.97	800m: 8:53.70	32.29
19.	ASMAR, Axel Guedes	07		Sporting	8:55.04	+0,71	603	
	50m: 28.90	28.90	250m: 2:40.87	33.91	450m: 4:56.83	34.17	650m: 7:13.60	34.10
	100m: 1:01.02	32.12	300m: 3:14.67	33.80	500m: 5:31.10	34.27	700m: 7:47.59	33.99
	150m: 1:33.73	32.71	350m: 3:48.66	33.99	550m: 6:05.33	34.23	750m: 8:21.99	34.40
	200m: 2:06.96	33.23	400m: 4:22.66	34.00	600m: 6:39.50	34.17	800m: 8:55.04	33.05
20.	TEMUDO, Jose Maria	06		Rio Maior	8:55.93	+0,63	600	
	50m: 29.69	29.69	250m: 2:45.44	34.43	450m: 5:01.79	34.34	650m: 7:16.99	32.99
	100m: 1:03.19	33.50	300m: 3:19.34	33.90	500m: 5:35.85	34.06	700m: 7:50.60	33.61
	150m: 1:37.22	34.03	350m: 3:53.48	34.14	550m: 6:10.19	34.34	750m: 8:24.01	33.41
	200m: 2:11.01	33.79	400m: 4:27.45	33.97	600m: 6:44.00	33.81	800m: 8:55.93	31.92
21.	ABREU, Sergio Gomes	96		Naval do Funchal	8:56.75	+0,73	597	
	50m: 28.89	28.89	250m: 2:40.82	33.23	450m: 4:57.07	33.92	650m: 7:15.14	34.59
	100m: 1:01.54	32.65	300m: 3:14.74	33.92	500m: 5:31.60	34.53	700m: 7:49.73	34.59
	150m: 1:34.21	32.67	350m: 3:48.80	34.06	550m: 6:05.94	34.34	750m: 8:23.88	34.15
	200m: 2:07.59	33.38	400m: 4:23.15	34.35	600m: 6:40.55	34.61	800m: 8:56.75	32.87
22.	CANELAS, Tiago Andre	08		Fluvial Portuense	8:57.52	+0,55	595	
	50m: 30.32	30.32	250m: 2:42.33	33.65	450m: 4:59.35	34.34	650m: 7:17.23	34.35
	100m: 1:02.63	32.31	300m: 3:16.55	34.22	500m: 5:33.93	34.58	700m: 7:51.57	34.34
	150m: 1:35.23	32.60	350m: 3:50.77	34.22	550m: 6:08.48	34.55	750m: 8:25.27	33.70
	200m: 2:08.68	33.45	400m: 4:25.01	34.24	600m: 6:42.88	34.40	800m: 8:57.52	32.25
23.	LUCAS, Joao Neves	06		Columbofila Cantanhedense	8:57.57	+0,69	594	
	50m: 30.04	30.04	250m: 2:43.96	33.88	450m: 5:00.44	34.41	650m: 7:17.09	34.11
	100m: 1:02.47	32.43	300m: 3:17.56	33.60	500m: 5:34.33	33.89	700m: 7:51.33	34.24
	150m: 1:36.24	33.77	350m: 3:51.98	34.42	550m: 6:08.89	34.56	750m: 8:25.05	33.72
	200m: 2:10.08	33.84	400m: 4:26.03	34.05	600m: 6:42.98	34.09	800m: 8:57.57	32.52
24.	MARQUES, Jose Miguel	06		Condeixa Clube	8:59.12	+0,66	589	
	50m: 29.05	29.05	250m: 2:42.32	33.68	450m: 4:59.23	34.03	650m: 7:18.03	34.46
	100m: 1:01.69	32.64	300m: 3:16.43	34.11	500m: 5:33.54	34.31	700m: 7:53.15	35.12
	150m: 1:34.78	33.09	350m: 3:50.51	34.08	550m: 6:08.50	34.96	750m: 8:27.33	34.18
	200m: 2:08.64	33.86	400m: 4:25.20	34.69	600m: 6:43.57	35.07	800m: 8:59.12	31.79

Prova 1, Masc., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	FERREIRA, Miguel Guedes	07		Porto	9:00.96	+0,86	583	
	50m: 29.90	29.90	250m: 2:43.35	34.09	450m: 5:00.42	34.45	650m: 7:18.63	34.67
	100m: 1:01.94	32.04	300m: 3:17.38	34.03	500m: 5:34.61	34.19	700m: 7:53.18	34.55
	150m: 1:35.73	33.79	350m: 3:51.76	34.38	550m: 6:09.49	34.88	750m: 8:27.51	34.33
	200m: 2:09.26	33.53	400m: 4:25.97	34.21	600m: 6:43.96	34.47	800m: 9:00.96	33.45
26.	ALVES, Andre Correia	06		Uniao Piedense	9:02.11	+0,66	580	
	50m: 29.61	29.61	250m: 2:43.28	33.75	450m: 5:00.27	33.85	650m: 7:19.32	34.57
	100m: 1:02.27	32.66	300m: 3:17.64	34.36	500m: 5:35.06	34.79	700m: 7:54.34	35.02
	150m: 1:35.55	33.28	350m: 3:51.69	34.05	550m: 6:09.57	34.51	750m: 8:28.57	34.23
	200m: 2:09.53	33.98	400m: 4:26.42	34.73	600m: 6:44.75	35.18	800m: 9:02.11	33.54
27.	FARIA, Eduardo Nuno	06		Braga	9:03.36	+0,73	576	
	50m: 29.72	29.72	250m: 2:43.10	33.81	450m: 5:00.58	34.33	650m: 7:19.91	35.08
	100m: 1:02.36	32.64	300m: 3:17.35	34.25	500m: 5:35.32	34.74	700m: 7:55.55	35.64
	150m: 1:35.58	33.22	350m: 3:51.61	34.26	550m: 6:10.22	34.90	750m: 8:29.53	33.98
	200m: 2:09.29	33.71	400m: 4:26.25	34.64	600m: 6:44.83	34.61	800m: 9:03.36	33.83
28.	GOMES, Joao Almeida	06		Nacional de Natacao	9:03.45	+0,62	575	
	50m: 29.39	29.39	250m: 2:45.18	34.32	450m: 5:02.90	34.48	650m: 7:21.63	34.30
	100m: 1:02.55	33.16	300m: 3:19.29	34.11	500m: 5:37.93	35.03	700m: 7:56.33	34.70
	150m: 1:36.85	34.30	350m: 3:53.62	34.33	550m: 6:12.73	34.80	750m: 8:30.20	33.87
	200m: 2:10.86	34.01	400m: 4:28.42	34.80	600m: 6:47.33	34.60	800m: 9:03.45	33.25
29.	SOARES, Goncalo Augusto	08		Porto	9:05.29	+0,80	570	
	50m: 30.52	30.52	250m: 2:43.72	34.01	450m: 5:01.81	34.55	650m: 7:21.26	35.19
	100m: 1:02.91	32.39	300m: 3:17.75	34.03	500m: 5:36.50	34.69	700m: 7:56.60	35.34
	150m: 1:36.23	33.32	350m: 3:52.47	34.72	550m: 6:11.40	34.90	750m: 8:31.31	34.71
	200m: 2:09.71	33.48	400m: 4:27.26	34.79	600m: 6:46.07	34.67	800m: 9:05.29	33.98
30.	TORRES, Joao Pedro	05		Porto	9:06.80	+0,75	565	
	50m: 30.33	30.33	250m: 2:41.28	32.94	450m: 4:59.94	34.77	650m: 7:23.20	36.07
	100m: 1:03.27	32.94	300m: 3:15.09	33.81	500m: 5:35.51	35.57	700m: 7:58.75	35.55
	150m: 1:35.49	32.22	350m: 3:49.92	34.83	550m: 6:11.23	35.72	750m: 8:33.75	35.00
	200m: 2:08.34	32.85	400m: 4:25.17	35.25	600m: 6:47.13	35.90	800m: 9:06.80	33.05
31.	MUNIZ MEJUTO, Angel	96		Madrid Moscardo	9:07.19	+0,75	564	
	50m: 30.38	30.38	250m: 2:45.04	34.74	450m: 5:03.65	35.45	650m: 7:24.09	35.67
	100m: 1:02.99	32.61	300m: 3:19.08	34.04	500m: 5:38.12	34.47	700m: 7:58.92	34.83
	150m: 1:36.82	33.83	350m: 3:53.82	34.74	550m: 6:13.33	35.21	750m: 8:33.86	34.94
	200m: 2:10.30	33.48	400m: 4:28.20	34.38	600m: 6:48.42	35.09	800m: 9:07.19	33.33
32.	DURAO, Miguel Costa	06		Braga	9:07.54	+0,71	563	
	50m: 29.19	29.19	250m: 2:43.93	35.03	450m: 5:03.52	35.30	650m: 7:24.25	35.08
	100m: 1:01.52	32.33	300m: 3:18.26	34.33	500m: 5:38.52	35.00	700m: 7:59.43	35.18
	150m: 1:35.30	33.78	350m: 3:53.26	35.00	550m: 6:13.84	35.32	750m: 8:34.61	35.18
	200m: 2:08.90	33.60	400m: 4:28.22	34.96	600m: 6:49.17	35.33	800m: 9:07.54	32.93

Prova 1, Masc., 800m Livres, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	CARDOSO, Filipe Santos	04	Gafanha da Encarnacao	9:08.07	+0,63	561	
	50m: 30.47 30.47	250m: 2:47.52	34.50	450m: 5:07.51	34.42	650m: 7:26.44	34.21
	100m: 1:04.05 33.58	300m: 3:22.90	35.38	500m: 5:42.38	34.87	700m: 8:01.14	34.70
	150m: 1:38.16 34.11	350m: 3:57.70	34.80	550m: 6:17.05	34.67	750m: 8:34.89	33.75
	200m: 2:13.02 34.86	400m: 4:33.09	35.39	600m: 6:52.23	35.18	800m: 9:08.07	33.18
34.	OLIVEIRA, Marco Dimitar	07	Nautico Academico	9:09.99	+0,78	555	
	50m: 29.79 29.79	250m: 2:45.28	34.38	450m: 5:05.00	34.86	650m: 7:25.94	35.12
	100m: 1:02.44 32.65	300m: 3:20.35	35.07	500m: 5:40.19	35.19	700m: 8:01.16	35.22
	150m: 1:36.16 33.72	350m: 3:55.08	34.73	550m: 6:15.25	35.06	750m: 8:35.75	34.59
	200m: 2:10.90 34.74	400m: 4:30.14	35.06	600m: 6:50.82	35.57	800m: 9:09.99	34.24
35.	LIMA, Rodrigo Silva	08	Porto	9:11.23	+0,72	551	
	50m: 30.89 30.89	250m: 2:46.97	33.97	450m: 5:05.71	34.31	650m: 7:26.20	34.65
	100m: 1:04.44 33.55	300m: 3:21.74	34.77	500m: 5:41.05	35.34	700m: 8:02.00	35.80
	150m: 1:38.38 33.94	350m: 3:56.23	34.49	550m: 6:16.07	35.02	750m: 8:36.60	34.60
	200m: 2:13.00 34.62	400m: 4:31.40	35.17	600m: 6:51.55	35.48	800m: 9:11.23	34.63
36.	GONCALVES, Jose Luis	05	Fafe	9:11.26	+0,78	551	
	50m: 30.55 30.55	250m: 2:47.80	34.64	450m: 5:07.66	35.13	650m: 7:28.88	34.95
	100m: 1:04.06 33.51	300m: 3:22.97	35.17	500m: 5:42.31	34.65	700m: 8:04.41	35.53
	150m: 1:38.61 34.55	350m: 3:57.62	34.65	550m: 6:17.49	35.18	750m: 8:37.89	33.48
	200m: 2:13.16 34.55	400m: 4:32.53	34.91	600m: 6:53.93	36.44	800m: 9:11.26	33.37
37.	JEVIC, Milan Santos	06	Braga	9:11.87	+0,73	549	
	50m: 30.30 30.30	250m: 2:48.78	35.58	450m: 5:09.02	33.30	650m: 7:30.78	36.81
	100m: 1:03.55 33.25	300m: 3:24.34	35.56	500m: 5:42.94	33.92	700m: 8:06.24	35.46
	150m: 1:38.22 34.67	350m: 4:00.41	36.07	550m: 6:18.35	35.41	750m: 8:39.37	33.13
	200m: 2:13.20 34.98	400m: 4:35.72	35.31	600m: 6:53.97	35.62	800m: 9:11.87	32.50
38.	TROMBINHAS, Tiago Miguel	04	Colegio Monte Maior	9:12.49	+0,67	548	
	50m: 29.08 29.08	250m: 2:44.70	34.75	450m: 5:04.54	34.90	650m: 7:27.85	35.81
	100m: 1:01.83 32.75	300m: 3:19.46	34.76	500m: 5:40.64	36.10	700m: 8:03.44	35.59
	150m: 1:35.29 33.46	350m: 3:54.03	34.57	550m: 6:15.98	35.34	750m: 8:38.41	34.97
	200m: 2:09.95 34.66	400m: 4:29.64	35.61	600m: 6:52.04	36.06	800m: 9:12.49	34.08
39.	FERREIRA, Abel Renato	05	Alges e Agueda XXI	9:12.50	+0,67	547	
	50m: 31.04 31.04	250m: 2:48.10	34.59	450m: 5:06.69	34.63	650m: 7:27.39	35.55
	100m: 1:04.74 33.70	300m: 3:22.84	34.74	500m: 5:41.30	34.61	700m: 8:02.97	35.58
	150m: 1:39.42 34.68	350m: 3:57.76	34.92	550m: 6:16.54	35.24	750m: 8:38.39	35.42
	200m: 2:13.51 34.09	400m: 4:32.06	34.30	600m: 6:51.84	35.30	800m: 9:12.50	34.11
40.	RITA, Francisco Xavier	07	Vieirense	9:12.92	+0,79	546	
	50m: 30.77 30.77	250m: 2:50.09	35.39	450m: 5:10.84	35.42	650m: 7:31.26	34.93
	100m: 1:04.61 33.84	300m: 3:24.95	34.86	500m: 5:45.79	34.95	700m: 8:05.60	34.34
	150m: 1:39.87 35.26	350m: 4:00.33	35.38	550m: 6:21.13	35.34	750m: 8:39.79	34.19
	200m: 2:14.70 34.83	400m: 4:35.42	35.09	600m: 6:56.33	35.20	800m: 9:12.92	33.13

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 1, Masc., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	NOGUEIRA, Afonso Miguel	07		Braga	9:12.93	+0,80	546	
	50m: 29.59 29.59	250m: 2:47.60	34.32	450m: 5:07.23	34.89	650m: 7:29.28	35.61	
	100m: 1:03.51 33.92	300m: 3:22.50	34.90	500m: 5:42.53	35.30	700m: 8:04.70	35.42	
	150m: 1:38.61 35.10	350m: 3:57.35	34.85	550m: 6:17.81	35.28	750m: 8:39.76	35.06	
	200m: 2:13.28 34.67	400m: 4:32.34	34.99	600m: 6:53.67	35.86	800m: 9:12.93	33.17	
42.	JORGE, Pedro Crispim	06		Uniao Piedense	9:13.65	+0,68	544	
	50m: 29.69 29.69	250m: 2:47.26	34.65	450m: 5:08.86	35.05	650m: 7:29.99	34.88	
	100m: 1:03.07 33.38	300m: 3:22.08	34.82	500m: 5:44.19	35.33	700m: 8:05.63	35.64	
	150m: 1:37.70 34.63	350m: 3:57.76	35.68	550m: 6:19.98	35.79	750m: 8:39.95	34.32	
	200m: 2:12.61 34.91	400m: 4:33.81	36.05	600m: 6:55.11	35.13	800m: 9:13.65	33.70	
43.	FERNANDES, Ricardo Figueir08o	08o		Colegio Monte Maior	9:14.70	+0,89	541	
	50m: 31.20 31.20	250m: 2:49.13	35.33	450m: 5:10.60	35.75	650m: 7:32.59	35.98	
	100m: 1:04.48 33.28	300m: 3:24.44	35.31	500m: 5:45.87	35.27	700m: 8:07.71	35.12	
	150m: 1:39.33 34.85	350m: 3:59.86	35.42	550m: 6:21.31	35.44	750m: 8:42.81	35.10	
	200m: 2:13.80 34.47	400m: 4:34.85	34.99	600m: 6:56.61	35.30	800m: 9:14.70	31.89	
44.	LOPES, Gustavo Miguel	08		Porto	9:15.42	+0,78	539	
	50m: 30.87 30.87	250m: 2:49.29	35.66	450m: 5:10.69	35.77	650m: 7:32.99	35.80	
	100m: 1:03.83 32.96	300m: 3:24.60	35.31	500m: 5:46.07	35.38	700m: 8:08.47	35.48	
	150m: 1:38.71 34.88	350m: 3:59.78	35.18	550m: 6:21.87	35.80	750m: 8:43.38	34.91	
	200m: 2:13.63 34.92	400m: 4:34.92	35.14	600m: 6:57.19	35.32	800m: 9:15.42	32.04	
45.	PAIVA, Ruben Ferreira	05		Sanjoanense/FEPSA	9:15.86	+0,81	538	
	50m: 31.59 31.59	250m: 2:51.04	35.21	450m: 5:11.47	34.93	650m: 7:31.79	35.04	
	100m: 1:05.69 34.10	300m: 3:26.05	35.01	500m: 5:46.57	35.10	700m: 8:06.51	34.72	
	150m: 1:40.83 35.14	350m: 4:01.37	35.32	550m: 6:21.78	35.21	750m: 8:41.40	34.89	
	200m: 2:15.83 35.00	400m: 4:36.54	35.17	600m: 6:56.75	34.97	800m: 9:15.86	34.46	
46.	COSTA, Andre Leitao	07		Fafe	9:16.62	+0,72	535	
	50m: 30.84 30.84	250m: 2:50.20	34.79	450m: 5:10.93	34.35	650m: 7:33.17	35.43	
	100m: 1:05.33 34.49	300m: 3:25.91	35.71	500m: 5:46.69	35.76	700m: 8:09.42	36.25	
	150m: 1:40.29 34.96	350m: 4:00.85	34.94	550m: 6:21.97	35.28	750m: 8:43.16	33.74	
	200m: 2:15.41 35.12	400m: 4:36.58	35.73	600m: 6:57.74	35.77	800m: 9:16.62	33.46	
	TONA, Luca Valentino	06		Pimpoes/Cimai	9:16.62	+0,71	535	
	50m: 31.10 31.10	250m: 2:49.49	35.20	450m: 5:10.24	35.25	650m: 7:32.84	35.73	
	100m: 1:05.27 34.17	300m: 3:24.71	35.22	500m: 5:45.36	35.12	700m: 8:08.60	35.76	
	150m: 1:39.99 34.72	350m: 3:59.67	34.96	550m: 6:21.22	35.86	750m: 8:43.18	34.58	
	200m: 2:14.29 34.30	400m: 4:34.99	35.32	600m: 6:57.11	35.89	800m: 9:16.62	33.44	
48.	CHAO, Tiago Ventura	06		Naval Setubalense	9:18.44	+0,65	530	
	50m: 29.92 29.92	250m: 2:48.41	34.90	450m: 5:11.20	35.38	650m: 7:33.99	35.59	
	100m: 1:03.83 33.91	300m: 3:24.36	35.95	500m: 5:46.90	35.70	700m: 8:09.84	35.85	
	150m: 1:38.23 34.40	350m: 3:59.97	35.61	550m: 6:22.47	35.57	750m: 8:44.83	34.99	
	200m: 2:13.51 35.28	400m: 4:35.82	35.85	600m: 6:58.40	35.93	800m: 9:18.44	33.61	

Campeonato Nacional Juvenis, Juniores e Seniores-Open
Campeonato Nacional Juvenis, Juniores e Seniores
Coimbra, 28 - 30 de Julho de 2023

Prova 1, Masc., 800m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
49.	CORREIA, Tiago Almeida	06		Natacao do Montijo	9:18.58	+0,73	530	
	50m: 29.04 29.04	250m: 2:47.48	35.24	450m: 5:10.56	35.55	650m: 7:33.94	35.73	
	100m: 1:02.73 33.69	300m: 3:23.33	35.85	500m: 5:46.25	35.69	700m: 8:10.09	36.15	
	150m: 1:37.10 34.37	350m: 3:58.87	35.54	550m: 6:22.23	35.98	750m: 8:45.03	34.94	
	200m: 2:12.24 35.14	400m: 4:35.01	36.14	600m: 6:58.21	35.98	800m: 9:18.58	33.55	
50.	NETO, Ricardo Freitas	06		Sporting	9:19.42	+0,73	527	
	50m: 30.16 30.16	250m: 2:48.15	34.84	450m: 5:09.35	34.90	650m: 7:32.32	35.32	
	100m: 1:03.73 33.57	300m: 3:23.85	35.70	500m: 5:45.28	35.93	700m: 8:08.65	36.33	
	150m: 1:38.19 34.46	350m: 3:58.73	34.88	550m: 6:20.74	35.46	750m: 8:44.63	35.98	
	200m: 2:13.31 35.12	400m: 4:34.45	35.72	600m: 6:57.00	36.26	800m: 9:19.42	34.79	
51.	OLIVEIRA, Paulo Jorge	08		Estarreja/PROZINCO	9:20.67	+0,69	524	
	50m: 30.91 30.91	250m: 2:49.45	34.86	450m: 5:12.08	35.80	650m: 7:35.42	35.78	
	100m: 1:04.95 34.04	300m: 3:25.12	35.67	500m: 5:47.79	35.71	700m: 8:11.38	35.96	
	150m: 1:39.19 34.24	350m: 4:00.54	35.42	550m: 6:23.26	35.47	750m: 8:47.02	35.64	
	200m: 2:14.59 35.40	400m: 4:36.28	35.74	600m: 6:59.64	36.38	800m: 9:20.67	33.65	
52.	SILVA, Guilherme Martins	08		Academico Viseu	9:21.26	+0,76	522	
	50m: 31.07 31.07	250m: 2:50.44	35.20	450m: 5:13.45	35.43	650m: 7:37.77	35.15	
	100m: 1:05.30 34.23	300m: 3:26.25	35.81	500m: 5:50.04	36.59	700m: 8:14.19	36.42	
	150m: 1:39.94 34.64	350m: 4:01.76	35.51	550m: 6:26.04	36.00	750m: 8:49.15	34.96	
	200m: 2:15.24 35.30	400m: 4:38.02	36.26	600m: 7:02.62	36.58	800m: 9:21.26	32.11	
53.	CARVALHO, Daniel Casaca	07		Colegio Vasco da Gama	9:26.41	+0,87	508	
	50m: 28.74 28.74	250m: 2:47.37	36.55	450m: 5:11.78	36.51	650m: 7:38.40	36.91	
	100m: 1:01.34 32.60	300m: 3:22.49	35.12	500m: 5:48.94	37.16	700m: 8:14.83	36.43	
	150m: 1:36.21 34.87	350m: 3:58.76	36.27	550m: 6:24.87	35.93	750m: 8:51.03	36.20	
	200m: 2:10.82 34.61	400m: 4:35.27	36.51	600m: 7:01.49	36.62	800m: 9:26.41	35.38	
54.	ANJOS, Nuno Miguel	08		Galitos / Bresimar	9:26.89	+0,71	507	
	50m: 30.42 30.42	250m: 2:50.06	35.42	450m: 5:14.65	36.33	650m: 7:40.55	36.13	
	100m: 1:04.23 33.81	300m: 3:25.93	35.87	500m: 5:51.38	36.73	700m: 8:16.96	36.41	
	150m: 1:39.49 35.26	350m: 4:01.76	35.83	550m: 6:27.65	36.27	750m: 8:52.52	35.56	
	200m: 2:14.64 35.15	400m: 4:38.32	36.56	600m: 7:04.42	36.77	800m: 9:26.89	34.37	
55.	MONTEIRO, Joao Pedro	08		BUZIOS-Coruche	9:27.61	+0,72	505	
	50m: 31.42 31.42	250m: 2:53.06	35.88	450m: 5:17.23	36.50	650m: 7:41.84	36.00	
	100m: 1:05.92 34.50	300m: 3:28.29	35.23	500m: 5:52.45	35.22	700m: 8:17.57	35.73	
	150m: 1:41.73 35.81	350m: 4:04.80	36.51	550m: 6:29.43	36.98	750m: 8:53.07	35.50	
	200m: 2:17.18 35.45	400m: 4:40.73	35.93	600m: 7:05.84	36.41	800m: 9:27.61	34.54	
56.	SARAGOCA, Eduardo Sousa	07		Viana Natacao	9:29.69	+0,85	499	
	50m: 30.77 30.77	250m: 2:52.50	35.31	450m: 5:15.91	35.39	650m: 7:41.01	35.67	
	100m: 1:05.91 35.14	300m: 3:28.82	36.32	500m: 5:52.32	36.41	700m: 8:18.01	37.00	
	150m: 1:41.33 35.42	350m: 4:04.14	35.32	550m: 6:28.40	36.08	750m: 8:53.62	35.61	
	200m: 2:17.19 35.86	400m: 4:40.52	36.38	600m: 7:05.34	36.94	800m: 9:29.69	36.07	

Prova 1, Masc., 800m Livres, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	PEREIRA, Salvador Correia	08	Condeixa Clube	9:30.10	+0,75	498	
	50m: 32.67 32.67	250m: 2:55.25	35.96 450m: 5:19.84	36.93	650m: 7:44.51	36.31	
	100m: 1:08.46 35.79	300m: 3:31.08	35.83 500m: 5:55.80	35.96	700m: 8:20.00	35.49	
	150m: 1:43.71 35.25	350m: 4:07.08	36.00 550m: 6:32.35	36.55	750m: 8:56.23	36.23	
	200m: 2:19.29 35.58	400m: 4:42.91	35.83 600m: 7:08.20	35.85	800m: 9:30.10	33.87	
58.	LIMA, Tiago Diniz	04	Estarreja/PROZINCO	9:37.85	+0,68	478	
	50m: 29.77 29.77	250m: 2:49.63	36.33 450m: 5:17.02	37.11	650m: 7:46.50	37.09	
	100m: 1:02.93 33.16	300m: 3:26.12	36.49 500m: 5:54.24	37.22	700m: 8:24.18	37.68	
	150m: 1:37.98 35.05	350m: 4:02.79	36.67 550m: 6:32.14	37.90	750m: 9:01.33	37.15	
	200m: 2:13.30 35.32	400m: 4:39.91	37.12 600m: 7:09.41	37.27	800m: 9:37.85	36.52	
59.	JESUS, David Martins	07	Sao Roque	9:46.09	+0,58	459	
	50m: 30.13 30.13	250m: 2:53.70	37.06 450m: 5:24.22	37.69	650m: 7:55.37	37.83	
	100m: 1:03.91 33.78	300m: 3:31.11	37.41 500m: 6:02.20	37.98	700m: 8:33.21	37.84	
	150m: 1:39.93 36.02	350m: 4:08.34	37.23 550m: 6:39.70	37.50	750m: 9:10.30	37.09	
	200m: 2:16.64 36.71	400m: 4:46.53	38.19 600m: 7:17.54	37.84	800m: 9:46.09	35.79	
DNS	SOUSA, Guilherme Simoes	08	Nautico Academico				