

Prova 38	Masc., 1500m Livres					Open
30/07/2023 - 16:00						Resultados
Recordes Nacionais 50m Open	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra		30/03/2017
Recordes Nacionais 50m Sen	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra		30/03/2017
Recordes Nacionais 50m Jun18	15:23.46	PINA, Guilherme Filipe	POR	Hodmezovasarhely (HUN)		07/07/2016
Recordes Nacionais 50m Jun17	15:43.45	PINA, Guilherme Filipe	POR	Singapore (SGP)		30/08/2015
Recordes Nacionais 50m Juv A	15:45.55	SANTA, Gustavo Manuel	POR	Tampere (FIN)		23/07/2009
Recordes Nacionais 50m Juv B	16:11.75	PEREIRA, Rui Silva	POR	Coimbra		27/05/2023
Recordes Nacionais 50m Inf A	16:43.48	OLIVEIRA, Pedro Fontoura	CFB	Rio Maior		19/06/2004
Recordes Nacionais 50m Inf B	17:21.58	OLIVEIRA, Pedro Fontoura	CFB	Restelo		27/07/2003

DOHA2024 : 15:04.64

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	MEDEIROS, Miguel Fragoso	08		Porto	16:52.68	+0,75	636	
	50m: 30.46 30.46	450m: 5:01.11	34.12	850m: 9:31.93	33.39	1250m: 14:03.05	34.39	
	100m: 1:03.19 32.73	500m: 5:34.72	33.61	900m: 10:05.08	33.15	1300m: 14:37.40	34.35	
	150m: 1:36.85 33.66	550m: 6:08.72	34.00	950m: 10:38.74	33.66	1350m: 15:11.92	34.52	
	200m: 2:10.35 33.50	600m: 6:42.63	33.91	1000m: 11:12.46	33.72	1400m: 15:46.30	34.38	
	250m: 2:44.51 34.16	650m: 7:16.78	34.15	1050m: 11:46.50	34.04	1450m: 16:20.49	34.19	
	300m: 3:18.43 33.92	700m: 7:50.78	34.00	1100m: 12:20.41	33.91	1500m: 16:52.68	32.19	
	350m: 3:52.78 34.35	750m: 8:24.84	34.06	1150m: 12:54.35	33.94			
	400m: 4:26.99 34.21	800m: 8:58.54	33.70	1200m: 13:28.66	34.31			
2.	PEIXOTO, Tomas Pinto	08		Porto	16:59.00	+0,55	624	
	50m: 30.37 30.37	450m: 5:00.82	33.88	850m: 9:32.32	33.88	1250m: 14:07.42	34.72	
	100m: 1:03.19 32.82	500m: 5:34.70	33.88	900m: 10:06.24	33.92	1300m: 14:42.17	34.75	
	150m: 1:36.82 33.63	550m: 6:08.46	33.76	950m: 10:40.57	34.33	1350m: 15:17.06	34.89	
	200m: 2:10.38 33.56	600m: 6:42.31	33.85	1000m: 11:14.80	34.23	1400m: 15:51.51	34.45	
	250m: 2:44.40 34.02	650m: 7:16.49	34.18	1050m: 11:49.30	34.50	1450m: 16:25.58	34.07	
	300m: 3:18.46 34.06	700m: 7:50.37	33.88	1100m: 12:23.74	34.44	1500m: 16:59.00	33.42	
	350m: 3:52.72 34.26	750m: 8:24.57	34.20	1150m: 12:58.17	34.43			
	400m: 4:26.94 34.22	800m: 8:58.44	33.87	1200m: 13:32.70	34.53			
3.	CANELAS, Tiago Andre	08		Fluvial Portuense	17:15.84	+0,69	594	
	50m: 30.24 30.24	450m: 5:01.82	34.38	850m: 9:41.24	34.90	1250m: 14:22.52	35.06	
	100m: 1:03.19 32.95	500m: 5:35.77	33.95	900m: 10:16.18	34.94	1300m: 14:58.03	35.51	
	150m: 1:37.12 33.93	550m: 6:10.33	34.56	950m: 10:51.64	35.46	1350m: 15:32.97	34.94	
	200m: 2:10.65 33.53	600m: 6:45.36	35.03	1000m: 11:27.15	35.51	1400m: 16:08.28	35.31	
	250m: 2:45.22 34.57	650m: 7:20.64	35.28	1050m: 12:02.37	35.22	1450m: 16:43.12	34.84	
	300m: 3:18.82 33.60	700m: 7:55.77	35.13	1100m: 12:37.42	35.05	1500m: 17:15.84	32.72	
	350m: 3:53.38 34.56	750m: 8:31.08	35.31	1150m: 13:12.31	34.89			
	400m: 4:27.44 34.06	800m: 9:06.34	35.26	1200m: 13:47.46	35.15			

Prova 38, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	FERNANDES, Ricardo Figueiredo	08		Colegio Monte Maior	17:24.66	+0,89	579	
	50m: 31.15	31.15	450m: 5:09.01	34.83	850m: 9:49.25	35.57	1250m: 14:30.86	35.39
	100m: 1:04.76	33.61	500m: 5:43.52	34.51	900m: 10:24.33	35.08	1300m: 15:06.43	35.57
	150m: 1:39.33	34.57	550m: 6:18.63	35.11	950m: 10:59.90	35.57	1350m: 15:41.78	35.35
	200m: 2:14.19	34.86	600m: 6:53.11	34.48	1000m: 11:34.82	34.92	1400m: 16:17.16	35.38
	250m: 2:49.31	35.12	650m: 7:28.70	35.59	1050m: 12:10.16	35.34	1450m: 16:51.51	34.35
	300m: 3:23.67	34.36	700m: 8:03.47	34.77	1100m: 12:45.16	35.00	1500m: 17:24.66	33.15
	350m: 3:59.25	35.58	750m: 8:39.02	35.55	1150m: 13:20.51	35.35		
	400m: 4:34.18	34.93	800m: 9:13.68	34.66	1200m: 13:55.47	34.96		
5.	LIMA, Rodrigo Silva	08		Porto	17:27.74	+0,78	574	
	50m: 31.97	31.97	450m: 5:09.09	34.81	850m: 9:48.63	35.34	1250m: 14:31.70	35.57
	100m: 1:05.49	33.52	500m: 5:43.33	34.24	900m: 10:23.75	35.12	1300m: 15:07.21	35.51
	150m: 1:40.36	34.87	550m: 6:18.38	35.05	950m: 10:59.11	35.36	1350m: 15:42.90	35.69
	200m: 2:14.72	34.36	600m: 6:53.11	34.73	1000m: 11:34.45	35.34	1400m: 16:18.22	35.32
	250m: 2:49.60	34.88	650m: 7:28.35	35.24	1050m: 12:09.78	35.33	1450m: 16:53.29	35.07
	300m: 3:24.26	34.66	700m: 8:03.11	34.76	1100m: 12:45.14	35.36	1500m: 17:27.74	34.45
	350m: 3:59.59	35.33	750m: 8:38.45	35.34	1150m: 13:20.79	35.65		
	400m: 4:34.28	34.69	800m: 9:13.29	34.84	1200m: 13:56.13	35.34		
6.	RODRIGUES, Rafael Pereira	08		Condeixa Clube	17:38.24	+0,77	557	
	50m: 31.28	31.28	450m: 5:12.49	35.05	850m: 9:55.81	35.20	1250m: 14:40.51	35.46
	100m: 1:05.68	34.40	500m: 5:48.40	35.91	900m: 10:31.47	35.66	1300m: 15:16.50	35.99
	150m: 1:40.21	34.53	550m: 6:23.37	34.97	950m: 11:06.81	35.34	1350m: 15:51.93	35.43
	200m: 2:15.52	35.31	600m: 6:58.95	35.58	1000m: 11:42.63	35.82	1400m: 16:27.69	35.76
	250m: 2:50.82	35.30	650m: 7:34.26	35.31	1050m: 12:17.99	35.36	1450m: 17:03.13	35.44
	300m: 3:26.56	35.74	700m: 8:09.82	35.56	1100m: 12:53.99	36.00	1500m: 17:38.24	35.11
	350m: 4:01.74	35.18	750m: 8:44.84	35.02	1150m: 13:29.34	35.35		
	400m: 4:37.44	35.70	800m: 9:20.61	35.77	1200m: 14:05.05	35.71		
7.	LOPES, Gustavo Miguel	08		Porto	17:43.94	+0,76	548	
	50m: 31.12	31.12	450m: 5:12.70	35.89	850m: 9:59.07	36.03	1250m: 14:46.08	36.06
	100m: 1:04.48	33.36	500m: 5:48.57	35.87	900m: 10:34.78	35.71	1300m: 15:22.28	36.20
	150m: 1:39.71	35.23	550m: 6:24.54	35.97	950m: 11:10.73	35.95	1350m: 15:58.12	35.84
	200m: 2:15.13	35.42	600m: 7:00.19	35.65	1000m: 11:46.54	35.81	1400m: 16:34.14	36.02
	250m: 2:50.56	35.43	650m: 7:35.86	35.67	1050m: 12:22.77	36.23	1450m: 17:10.03	35.89
	300m: 3:26.11	35.55	700m: 8:11.39	35.53	1100m: 12:58.32	35.55	1500m: 17:43.94	33.91
	350m: 4:01.64	35.53	750m: 8:47.31	35.92	1150m: 13:34.32	36.00		
	400m: 4:36.81	35.17	800m: 9:23.04	35.73	1200m: 14:10.02	35.70		
8.	SOARES, Goncalo Augusto	08		Porto	17:56.18	+0,78	530	
	50m: 31.23	31.23	450m: 5:13.50	34.93	850m: 9:59.54	35.76	1250m: 14:49.35	36.38
	100m: 1:06.19	34.96	500m: 5:49.03	35.53	900m: 10:35.70	36.16	1300m: 15:26.82	37.47
	150m: 1:40.93	34.74	550m: 6:24.13	35.10	950m: 11:11.19	35.49	1350m: 16:04.09	37.27
	200m: 2:16.64	35.71	600m: 7:00.27	36.14	1000m: 11:47.82	36.63	1400m: 16:42.42	38.33
	250m: 2:51.73	35.09	650m: 7:35.61	35.34	1050m: 12:23.04	35.22	1450m: 17:19.36	36.94
	300m: 3:27.64	35.91	700m: 8:11.81	36.20	1100m: 12:59.88	36.84	1500m: 17:56.18	36.82
	350m: 4:02.87	35.23	750m: 8:47.72	35.91	1150m: 13:36.15	36.27		
	400m: 4:38.57	35.70	800m: 9:23.78	36.06	1200m: 14:12.97	36.82		

Prova 38, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	CUNHA, Joaquim Antonio	08		Nautico Academico	18:05.03	+0,72		517
	50m: 32.09 32.09	450m: 5:18.97	36.17	850m: 10:09.22	36.51	1250m: 15:02.89	36.86	
	100m: 1:06.97 34.88	500m: 5:54.73	35.76	900m: 10:45.75	36.53	1300m: 15:39.90	37.01	
	150m: 1:42.80 35.83	550m: 6:30.96	36.23	950m: 11:22.39	36.64	1350m: 16:17.06	37.16	
	200m: 2:18.72 35.92	600m: 7:06.98	36.02	1000m: 11:58.95	36.56	1400m: 16:53.71	36.65	
	250m: 2:55.11 36.39	650m: 7:43.58	36.60	1050m: 12:35.28	36.33	1450m: 17:30.30	36.59	
	300m: 3:30.95 35.84	700m: 8:19.83	36.25	1100m: 13:12.05	36.77	1500m: 18:05.03	34.73	
	350m: 4:07.03 36.08	750m: 8:56.22	36.39	1150m: 13:49.02	36.97			
	400m: 4:42.80 35.77	800m: 9:32.71	36.49	1200m: 14:26.03	37.01			
10.	PEREIRA, Salvador Correia	08		Condeixa Clube	18:08.42	+0,74		512
	50m: 33.44 33.44	450m: 5:21.25	35.83	850m: 10:14.39	36.27	1250m: 15:08.76	36.98	
	100m: 1:09.49 36.05	500m: 5:57.69	36.44	900m: 10:50.79	36.40	1300m: 15:45.36	36.60	
	150m: 1:45.89 36.40	550m: 6:34.57	36.88	950m: 11:27.96	37.17	1350m: 16:22.03	36.67	
	200m: 2:22.22 36.33	600m: 7:11.49	36.92	1000m: 12:04.66	36.70	1400m: 16:58.45	36.42	
	250m: 2:57.84 35.62	650m: 7:48.22	36.73	1050m: 12:41.56	36.90	1450m: 17:34.27	35.82	
	300m: 3:33.49 35.65	700m: 8:24.84	36.62	1100m: 13:18.22	36.66	1500m: 18:08.42	34.15	
	350m: 4:09.16 35.67	750m: 9:01.43	36.59	1150m: 13:54.65	36.43			
	400m: 4:45.42 36.26	800m: 9:38.12	36.69	1200m: 14:31.78	37.13			
11.	BATISTA, Miguel Duarte	08		Academico Viseu	18:14.33	+0,88		504
	50m: 33.06 33.06	450m: 5:25.75	36.18	850m: 10:16.82	36.34	1250m: 15:11.15	36.65	
	100m: 1:09.32 36.26	500m: 6:01.58	35.83	900m: 10:53.87	37.05	1300m: 15:48.54	37.39	
	150m: 1:45.98 36.66	550m: 6:37.73	36.15	950m: 11:30.06	36.19	1350m: 16:25.36	36.82	
	200m: 2:22.70 36.72	600m: 7:14.37	36.64	1000m: 12:07.19	37.13	1400m: 17:02.76	37.40	
	250m: 2:59.20 36.50	650m: 7:50.95	36.58	1050m: 12:43.44	36.25	1450m: 17:39.22	36.46	
	300m: 3:36.21 37.01	700m: 8:27.53	36.58	1100m: 13:20.50	37.06	1500m: 18:14.33	35.11	
	350m: 4:12.75 36.54	750m: 9:03.89	36.36	1150m: 13:57.43	36.93			
	400m: 4:49.57 36.82	800m: 9:40.48	36.59	1200m: 14:34.50	37.07			
12.	GARCIA, Afonso Gago	08		Benfica	18:16.89	+0,58		500
	50m: 31.73 31.73	450m: 5:19.07	36.76	850m: 10:13.91	36.96	1250m: 15:11.82	37.10	
	100m: 1:06.52 34.79	500m: 5:56.29	37.22	900m: 10:50.86	36.95	1300m: 15:48.76	36.94	
	150m: 1:41.19 34.67	550m: 6:32.62	36.33	950m: 11:28.32	37.46	1350m: 16:25.89	37.13	
	200m: 2:16.63 35.44	600m: 7:08.94	36.32	1000m: 12:05.32	37.00	1400m: 17:02.99	37.10	
	250m: 2:52.60 35.97	650m: 7:46.92	37.98	1050m: 12:42.86	37.54	1450m: 17:40.18	37.19	
	300m: 3:28.66 36.06	700m: 8:23.44	36.52	1100m: 13:19.91	37.05	1500m: 18:16.89	36.71	
	350m: 4:05.85 37.19	750m: 9:00.48	37.04	1150m: 13:57.15	37.24			
	400m: 4:42.31 36.46	800m: 9:36.95	36.47	1200m: 14:34.72	37.57			
13.	GONCALVES, Luis Pedro	08		Braga	18:25.12	+0,80		489
	50m: 31.95 31.95	450m: 5:24.32	37.21	850m: 10:17.29	36.30	1250m: 15:20.10	37.75	
	100m: 1:07.65 35.70	500m: 6:01.23	36.91	900m: 10:55.10	37.81	1300m: 15:58.06	37.96	
	150m: 1:43.58 35.93	550m: 6:38.34	37.11	950m: 11:32.76	37.66	1350m: 16:33.73	35.67	
	200m: 2:20.30 36.72	600m: 7:14.84	36.50	1000m: 12:10.54	37.78	1400m: 17:11.09	37.36	
	250m: 2:56.81 36.51	650m: 7:51.17	36.33	1050m: 12:47.97	37.43	1450m: 17:48.33	37.24	
	300m: 3:33.46 36.65	700m: 8:27.81	36.64	1100m: 13:25.91	37.94	1500m: 18:25.12	36.79	
	350m: 4:10.06 36.60	750m: 9:03.98	36.17	1150m: 14:04.02	38.11			
	400m: 4:47.11 37.05	800m: 9:40.99	37.01	1200m: 14:42.35	38.33			

Prova 38, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	SOUSA, Guilherme Simoes	08	Nautico Academico				

Juvenis A

1. ASMAR, Axel Guedes	07	Sporting	16:55.93	+0,63	630
50m: 29.29 29.29	450m: 4:55.01 33.89	850m: 9:28.16 34.50	1250m: 14:04.44 35.32		
100m: 1:01.58 32.29	500m: 5:28.74 33.73	900m: 10:02.99 34.83	1300m: 14:38.41 33.97		
150m: 1:34.38 32.80	550m: 6:03.14 34.40	950m: 10:37.38 34.39	1350m: 15:13.14 34.73		
200m: 2:07.09 32.71	600m: 6:37.01 33.87	1000m: 11:11.34 33.96	1400m: 15:47.86 34.72		
250m: 2:40.45 33.36	650m: 7:11.21 34.20	1050m: 11:45.75 34.41	1450m: 16:22.82 34.96		
300m: 3:13.78 33.33	700m: 7:45.32 34.11	1100m: 12:20.17 34.42	1500m: 16:55.93 33.11		
350m: 3:47.56 33.78	750m: 8:19.74 34.42	1150m: 12:55.05 34.88			
400m: 4:21.12 33.56	800m: 8:53.66 33.92	1200m: 13:29.12 34.07			
2. MARQUES, Duarte Cachulo	07	Condeixa Clube	17:03.14	+0,64	616
50m: 28.97 28.97	450m: 4:58.23 34.00	850m: 9:33.04 34.60	1250m: 14:11.22 34.94		
100m: 1:01.52 32.55	500m: 5:32.36 34.13	900m: 10:07.83 34.79	1300m: 14:46.24 35.02		
150m: 1:34.99 33.47	550m: 6:06.30 33.94	950m: 10:42.69 34.86	1350m: 15:20.90 34.66		
200m: 2:08.34 33.35	600m: 6:40.76 34.46	1000m: 11:17.18 34.49	1400m: 15:55.47 34.57		
250m: 2:42.39 34.05	650m: 7:14.90 34.14	1050m: 11:51.79 34.61	1450m: 16:29.79 34.32		
300m: 3:16.21 33.82	700m: 7:49.18 34.28	1100m: 12:26.66 34.87	1500m: 17:03.14 33.35		
350m: 3:50.04 33.83	750m: 8:23.95 34.77	1150m: 13:01.63 34.97			
400m: 4:24.23 34.19	800m: 8:58.44 34.49	1200m: 13:36.28 34.65			
3. FERREIRA, Miguel Guedes	07	Porto	17:13.89	+0,66	597
50m: 30.06 30.06	450m: 5:04.41 35.14	850m: 9:44.12 35.05	1250m: 14:21.74 34.49		
100m: 1:03.28 33.22	500m: 5:39.07 34.66	900m: 10:19.16 35.04	1300m: 14:56.39 34.65		
150m: 1:36.58 33.30	550m: 6:14.35 35.28	950m: 10:53.72 34.56	1350m: 15:31.13 34.74		
200m: 2:10.73 34.15	600m: 6:49.36 35.01	1000m: 11:28.33 34.61	1400m: 16:05.93 34.80		
250m: 2:45.27 34.54	650m: 7:24.22 34.86	1050m: 12:03.07 34.74	1450m: 16:40.04 34.11		
300m: 3:19.86 34.59	700m: 7:59.13 34.91	1100m: 12:37.76 34.69	1500m: 17:13.89 33.85		
350m: 3:54.78 34.92	750m: 8:34.04 34.91	1150m: 13:12.52 34.76			
400m: 4:29.27 34.49	800m: 9:09.07 35.03	1200m: 13:47.25 34.73			
4. OLIVEIRA, Marco Dimitar	07	Nautico Academico	17:22.42	+0,72	583
50m: 30.32 30.32	450m: 5:05.90 34.83	850m: 9:45.40 34.97	1250m: 14:27.65 36.07		
100m: 1:03.57 33.25	500m: 5:40.89 34.99	900m: 10:20.21 34.81	1300m: 15:03.22 35.57		
150m: 1:37.66 34.09	550m: 6:15.81 34.92	950m: 10:55.27 35.06	1350m: 15:38.67 35.45		
200m: 2:12.36 34.70	600m: 6:50.23 34.42	1000m: 11:30.24 34.97	1400m: 16:14.06 35.39		
250m: 2:46.95 34.59	650m: 7:25.34 35.11	1050m: 12:05.69 35.45	1450m: 16:49.08 35.02		
300m: 3:21.45 34.50	700m: 8:00.52 35.18	1100m: 12:40.60 34.91	1500m: 17:22.42 33.34		
350m: 3:56.28 34.83	750m: 8:35.57 35.05	1150m: 13:16.29 35.69			
400m: 4:31.07 34.79	800m: 9:10.43 34.86	1200m: 13:51.58 35.29			

Prova 38, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CARVALHO, Daniel Casaca	07		Colegio Vasco da Gama	17:31.27	+0,83		568
	50m: 30.68 30.68	450m: 5:11.62	35.71	850m: 9:53.83	35.02	1250m: 14:36.53	35.26	
	100m: 1:04.73 34.05	500m: 5:48.51	36.89	900m: 10:29.19	35.36	1300m: 15:12.43	35.90	
	150m: 1:39.23 34.50	550m: 6:24.50	35.99	950m: 11:03.98	34.79	1350m: 15:47.93	35.50	
	200m: 2:14.48 35.25	600m: 6:59.76	35.26	1000m: 11:40.13	36.15	1400m: 16:22.80	34.87	
	250m: 2:49.52 35.04	650m: 7:34.19	34.43	1050m: 12:14.62	34.49	1450m: 16:57.44	34.64	
	300m: 3:24.76 35.24	700m: 8:09.11	34.92	1100m: 12:50.02	35.40	1500m: 17:31.27	33.83	
	350m: 4:00.11 35.35	750m: 8:43.72	34.61	1150m: 13:25.36	35.34			
	400m: 4:35.91 35.80	800m: 9:18.81	35.09	1200m: 14:01.27	35.91			
6.	BORGES, Rodrigo Costa	07		Fluvial Portuense	17:36.03	+0,56		561
	50m: 29.25 29.25	450m: 5:08.47	35.52	850m: 9:54.22	36.12	1250m: 14:39.89	35.75	
	100m: 1:02.50 33.25	500m: 5:43.97	35.50	900m: 10:29.67	35.45	1300m: 15:15.27	35.38	
	150m: 1:36.79 34.29	550m: 6:19.56	35.59	950m: 11:05.60	35.93	1350m: 15:50.64	35.37	
	200m: 2:11.97 35.18	600m: 6:55.32	35.76	1000m: 11:41.14	35.54	1400m: 16:26.20	35.56	
	250m: 2:47.64 35.67	650m: 7:31.21	35.89	1050m: 12:16.65	35.51	1450m: 17:01.37	35.17	
	300m: 3:22.66 35.02	700m: 8:06.53	35.32	1100m: 12:52.37	35.72	1500m: 17:36.03	34.66	
	350m: 3:58.08 35.42	750m: 8:42.09	35.56	1150m: 13:28.38	36.01			
	400m: 4:32.95 34.87	800m: 9:18.10	36.01	1200m: 14:04.14	35.76			
7.	GOMES, Miguel Braga	07		Sporting	17:37.11	+0,73		559
	50m: 30.25 30.25	450m: 5:07.73	35.40	850m: 9:52.25	35.84	1250m: 14:38.42	35.81	
	100m: 1:03.72 33.47	500m: 5:42.73	35.00	900m: 10:27.89	35.64	1300m: 15:14.15	35.73	
	150m: 1:37.98 34.26	550m: 6:18.07	35.34	950m: 11:03.81	35.92	1350m: 15:50.51	36.36	
	200m: 2:12.56 34.58	600m: 6:53.32	35.25	1000m: 11:39.36	35.55	1400m: 16:26.49	35.98	
	250m: 2:47.43 34.87	650m: 7:29.09	35.77	1050m: 12:15.63	36.27	1450m: 17:02.31	35.82	
	300m: 3:22.17 34.74	700m: 8:04.54	35.45	1100m: 12:51.15	35.52	1500m: 17:37.11	34.80	
	350m: 3:57.10 34.93	750m: 8:40.78	36.24	1150m: 13:27.33	36.18			
	400m: 4:32.33 35.23	800m: 9:16.41	35.63	1200m: 14:02.61	35.28			
8.	SANTOS, Tomas Alexandre	07		BUZIOS-Coruche	17:41.35	+0,78		552
	50m: 29.78 29.78	450m: 5:09.78	35.43	850m: 9:55.21	35.92	1250m: 14:43.63	35.81	
	100m: 1:03.29 33.51	500m: 5:45.55	35.77	900m: 10:31.06	35.85	1300m: 15:19.78	36.15	
	150m: 1:38.13 34.84	550m: 6:20.81	35.26	950m: 11:07.42	36.36	1350m: 15:55.39	35.61	
	200m: 2:13.33 35.20	600m: 6:56.77	35.96	1000m: 11:43.41	35.99	1400m: 16:31.55	36.16	
	250m: 2:48.27 34.94	650m: 7:32.35	35.58	1050m: 12:19.19	35.78	1450m: 17:06.66	35.11	
	300m: 3:23.42 35.15	700m: 8:07.92	35.57	1100m: 12:55.49	36.30	1500m: 17:41.35	34.69	
	350m: 3:58.76 35.34	750m: 8:43.47	35.55	1150m: 13:31.52	36.03			
	400m: 4:34.35 35.59	800m: 9:19.29	35.82	1200m: 14:07.82	36.30			
9.	SILVA, David Ferreira	07		Academica de Coimbra	17:44.96	+0,66		547
	50m: 31.54 31.54	450m: 5:10.37	35.70	850m: 9:57.26	36.09	1250m: 14:47.33	36.78	
	100m: 1:05.26 33.72	500m: 5:45.92	35.55	900m: 10:33.17	35.91	1300m: 15:23.35	36.02	
	150m: 1:39.79 34.53	550m: 6:21.92	36.00	950m: 11:09.60	36.43	1350m: 15:59.44	36.09	
	200m: 2:14.35 34.56	600m: 6:57.59	35.67	1000m: 11:45.63	36.03	1400m: 16:35.56	36.12	
	250m: 2:49.14 34.79	650m: 7:33.50	35.91	1050m: 12:21.93	36.30	1450m: 17:11.43	35.87	
	300m: 3:24.20 35.06	700m: 8:09.26	35.76	1100m: 12:58.10	36.17	1500m: 17:44.96	33.53	
	350m: 3:59.36 35.16	750m: 8:45.25	35.99	1150m: 13:34.38	36.28			
	400m: 4:34.67 35.31	800m: 9:21.17	35.92	1200m: 14:10.55	36.17			

Prova 38, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	18:01.61	+0,64	522	
	50m: 31.35 31.35	450m: 5:17.21	36.05 850m: 10:08.62	36.75	1250m: 15:02.93	36.87	
	100m: 1:05.87 34.52	500m: 5:53.82	36.61 900m: 10:44.84	36.22	1300m: 15:39.54	36.61	
	150m: 1:41.08 35.21	550m: 6:29.90	36.08 950m: 11:21.56	36.72	1350m: 16:16.35	36.81	
	200m: 2:17.07 35.99	600m: 7:06.39	36.49 1000m: 11:58.84	37.28	1400m: 16:52.64	36.29	
	250m: 2:52.67 35.60	650m: 7:42.84	36.45 1050m: 12:35.46	36.62	1450m: 17:28.30	35.66	
	300m: 3:29.07 36.40	700m: 8:19.02	36.18 1100m: 13:12.25	36.79	1500m: 18:01.61	33.31	
	350m: 4:04.89 35.82	750m: 8:55.66	36.64 1150m: 13:49.39	37.14			
	400m: 4:41.16 36.27	800m: 9:31.87	36.21 1200m: 14:26.06	36.67			
11.	NOGUEIRA, Afonso Miguel	07	Braga	18:03.18	+0,78	519	
	50m: 30.77 30.77	450m: 5:11.28	36.34 850m: 10:04.49	37.26	1250m: 15:01.06	37.25	
	100m: 1:04.62 33.85	500m: 5:47.08	35.80 900m: 10:41.61	37.12	1300m: 15:37.93	36.87	
	150m: 1:39.76 35.14	550m: 6:23.77	36.69 950m: 11:18.76	37.15	1350m: 16:15.05	37.12	
	200m: 2:14.18 34.42	600m: 7:00.34	36.57 1000m: 11:55.57	36.81	1400m: 16:51.50	36.45	
	250m: 2:49.61 35.43	650m: 7:36.99	36.65 1050m: 12:33.15	37.58	1450m: 17:28.39	36.89	
	300m: 3:24.45 34.84	700m: 8:13.69	36.70 1100m: 13:10.16	37.01	1500m: 18:03.18	34.79	
	350m: 4:00.02 35.57	750m: 8:50.82	37.13 1150m: 13:47.22	37.06			
	400m: 4:34.94 34.92	800m: 9:27.23	36.41 1200m: 14:23.81	36.59			
12.	MELNYK, Eugenio	07	Rio Maior	18:18.00	+0,79	499	
	50m: 31.49 31.49	450m: 5:18.36	36.56 850m: 10:15.73	36.97	1250m: 15:16.69	37.71	
	100m: 1:06.92 35.43	500m: 5:55.09	36.73 900m: 10:52.92	37.19	1300m: 15:54.30	37.61	
	150m: 1:42.80 35.88	550m: 6:32.10	37.01 950m: 11:30.10	37.18	1350m: 16:31.57	37.27	
	200m: 2:18.22 35.42	600m: 7:09.34	37.24 1000m: 12:07.98	37.88	1400m: 17:06.47	34.90	
	250m: 2:53.73 35.51	650m: 7:46.86	37.52 1050m: 12:45.73	37.75	1450m: 17:42.53	36.06	
	300m: 3:29.30 35.57	700m: 8:24.61	37.75 1100m: 13:23.35	37.62	1500m: 18:18.00	35.47	
	350m: 4:05.52 36.22	750m: 9:01.81	37.20 1150m: 14:01.61	38.26			
	400m: 4:41.80 36.28	800m: 9:38.76	36.95 1200m: 14:38.98	37.37			
13.	COSTA, Andre Leitao	07	Fafe	18:21.57	+0,65	494	
	50m: 31.35 31.35	450m: 5:17.57	35.91 850m: 10:12.21	36.76	1250m: 15:13.05	37.63	
	100m: 1:06.58 35.23	500m: 5:54.60	37.03 900m: 10:49.77	37.56	1300m: 15:51.42	38.37	
	150m: 1:41.28 34.70	550m: 6:30.17	35.57 950m: 11:27.21	37.44	1350m: 16:29.39	37.97	
	200m: 2:17.51 36.23	600m: 7:07.30	37.13 1000m: 12:04.65	37.44	1400m: 17:07.70	38.31	
	250m: 2:52.79 35.28	650m: 7:43.52	36.22 1050m: 12:42.09	37.44	1450m: 17:45.08	37.38	
	300m: 3:29.20 36.41	700m: 8:21.03	37.51 1100m: 13:20.18	38.09	1500m: 18:21.57	36.49	
	350m: 4:04.97 35.77	750m: 8:57.87	36.84 1150m: 13:57.39	37.21			
	400m: 4:41.66 36.69	800m: 9:35.45	37.58 1200m: 14:35.42	38.03			
DNS	ROQUE, Joao Dinis	07	Sporting				

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

Prova 38, Masc., 1500m Livres
Juniores

1. SARREIRA, Tomas Amor	05	Nautico Marinha Grande	16:18.77	+0,72	704
50m: 28.69 28.69	450m: 4:50.96 33.08	850m: 9:14.41 33.24	1250m: 13:38.07 32.70		
100m: 1:00.41 31.72	500m: 5:23.80 32.84	900m: 9:47.65 33.24	1300m: 14:10.66 32.59		
150m: 1:33.13 32.72	550m: 5:56.70 32.90	950m: 10:20.66 33.01	1350m: 14:43.38 32.72		
200m: 2:05.93 32.80	600m: 6:29.60 32.90	1000m: 10:53.90 33.24	1400m: 15:16.13 32.75		
250m: 2:38.88 32.95	650m: 7:02.65 33.05	1050m: 11:27.00 33.10	1450m: 15:48.10 31.97		
300m: 3:11.75 32.87	700m: 7:35.45 32.80	1100m: 11:59.93 32.93	1500m: 16:18.77 30.67		
350m: 3:44.80 33.05	750m: 8:08.17 32.72	1150m: 12:33.01 33.08			
400m: 4:17.88 33.08	800m: 8:41.17 33.00	1200m: 13:05.37 32.36			
2. LOUREIRO, Bruno Silva	06	Porto	16:21.18	+0,76	699
50m: 29.37 29.37	450m: 4:51.65 33.02	850m: 9:15.17 32.64	1250m: 13:38.46 32.53		
100m: 1:01.89 32.52	500m: 5:24.70 33.05	900m: 9:48.28 33.11	1300m: 14:11.42 32.96		
150m: 1:34.50 32.61	550m: 5:57.32 32.62	950m: 10:20.97 32.69	1350m: 14:44.22 32.80		
200m: 2:07.47 32.97	600m: 6:30.55 33.23	1000m: 10:54.13 33.16	1400m: 15:17.21 32.99		
250m: 2:40.16 32.69	650m: 7:03.57 33.02	1050m: 11:26.99 32.86	1450m: 15:49.74 32.53		
300m: 3:13.21 33.05	700m: 7:36.72 33.15	1100m: 12:00.07 33.08	1500m: 16:21.18 31.44		
350m: 3:45.81 32.60	750m: 8:09.40 32.68	1150m: 12:33.26 33.19			
400m: 4:18.63 32.82	800m: 8:42.53 33.13	1200m: 13:05.93 32.67			
3. FRAZAO, Francisco Couto	06	Individual ANC	16:42.55	+0,69	655
50m: 29.80 29.80	450m: 4:55.72 33.29	850m: 9:24.06 33.53	1250m: 13:54.92 33.69		
100m: 1:02.39 32.59	500m: 5:29.17 33.45	900m: 9:58.13 34.07	1300m: 14:29.09 34.17		
150m: 1:35.64 33.25	550m: 6:02.37 33.20	950m: 10:31.88 33.75	1350m: 15:02.89 33.80		
200m: 2:08.96 33.32	600m: 6:35.95 33.58	1000m: 11:06.02 34.14	1400m: 15:36.85 33.96		
250m: 2:41.95 32.99	650m: 7:08.98 33.03	1050m: 11:39.60 33.58	1450m: 16:09.74 32.89		
300m: 3:15.58 33.63	700m: 7:42.94 33.96	1100m: 12:13.42 33.82	1500m: 16:42.55 32.81		
350m: 3:48.93 33.35	750m: 8:16.57 33.63	1150m: 12:47.26 33.84			
400m: 4:22.43 33.50	800m: 8:50.53 33.96	1200m: 13:21.23 33.97			
4. CARDOSO, Guilherme Maia	05	Columbofila Cantanhedense	16:46.32	+0,71	648
50m: 30.06 30.06	450m: 4:57.18 33.20	850m: 9:27.32 33.76	1250m: 13:59.13 33.72		
100m: 1:02.63 32.57	500m: 5:31.30 34.12	900m: 10:01.43 34.11	1300m: 14:33.40 34.27		
150m: 1:35.69 33.06	550m: 6:04.44 33.14	950m: 10:35.32 33.89	1350m: 15:07.02 33.62		
200m: 2:09.21 33.52	600m: 6:38.45 34.01	1000m: 11:09.44 34.12	1400m: 15:40.84 33.82		
250m: 2:42.42 33.21	650m: 7:11.83 33.38	1050m: 11:43.13 33.69	1450m: 16:13.85 33.01		
300m: 3:16.34 33.92	700m: 7:45.92 34.09	1100m: 12:17.43 34.30	1500m: 16:46.32 32.47		
350m: 3:49.78 33.44	750m: 8:19.65 33.73	1150m: 12:51.12 33.69			
400m: 4:23.98 34.20	800m: 8:53.56 33.91	1200m: 13:25.41 34.29			
5. SOUSA, Joao Maria	05	Braga	16:59.04	+0,75	624
50m: 29.77 29.77	450m: 4:57.51 33.92	850m: 9:29.57 34.44	1250m: 14:07.22 34.87		
100m: 1:02.01 32.24	500m: 5:31.41 33.90	900m: 10:03.93 34.36	1300m: 14:42.22 35.00		
150m: 1:35.19 33.18	550m: 6:05.21 33.80	950m: 10:38.44 34.51	1350m: 15:16.97 34.75		
200m: 2:08.40 33.21	600m: 6:39.30 34.09	1000m: 11:13.09 34.65	1400m: 15:51.68 34.71		
250m: 2:42.05 33.65	650m: 7:13.14 33.84	1050m: 11:47.84 34.75	1450m: 16:25.90 34.22		
300m: 3:15.78 33.73	700m: 7:47.18 34.04	1100m: 12:22.69 34.85	1500m: 16:59.04 33.14		
350m: 3:49.77 33.99	750m: 8:20.98 33.80	1150m: 12:57.40 34.71			
400m: 4:23.59 33.82	800m: 8:55.13 34.15	1200m: 13:32.35 34.95			

Prova 38, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	PEREIRA, Manuel Angelo	05		Sporting	17:00.73	+0,71	621	
	50m: 30.80 30.80	450m: 5:03.24	34.33	850m: 9:38.96	34.77	1250m: 14:14.31	34.18	
	100m: 1:04.01 33.21	500m: 5:37.25	34.01	900m: 10:13.29	34.33	1300m: 14:48.19	33.88	
	150m: 1:37.93 33.92	550m: 6:11.92	34.67	950m: 10:48.11	34.82	1350m: 15:22.18	33.99	
	200m: 2:11.65 33.72	600m: 6:46.20	34.28	1000m: 11:22.55	34.44	1400m: 15:56.59	34.41	
	250m: 2:46.20 34.55	650m: 7:21.03	34.83	1050m: 11:57.41	34.86	1450m: 16:29.40	32.81	
	300m: 3:20.23 34.03	700m: 7:55.24	34.21	1100m: 12:31.36	33.95	1500m: 17:00.73	31.33	
	350m: 3:54.95 34.72	750m: 8:29.87	34.63	1150m: 13:05.96	34.60			
	400m: 4:28.91 33.96	800m: 9:04.19	34.32	1200m: 13:40.13	34.17			
7.	GONCALVES, Alexandre Ramos	05		Sao Joao Ver	17:05.42	+0,71	612	
	50m: 29.85 29.85	450m: 4:57.58	34.19	850m: 9:34.09	34.60	1250m: 14:13.96	34.77	
	100m: 1:02.14 32.29	500m: 5:31.67	34.09	900m: 10:09.21	35.12	1300m: 14:49.32	35.36	
	150m: 1:35.43 33.29	550m: 6:05.95	34.28	950m: 10:44.51	35.30	1350m: 15:23.44	34.12	
	200m: 2:08.62 33.19	600m: 6:40.78	34.83	1000m: 11:19.21	34.70	1400m: 15:58.19	34.75	
	250m: 2:42.31 33.69	650m: 7:15.68	34.90	1050m: 11:53.88	34.67	1450m: 16:32.40	34.21	
	300m: 3:15.80 33.49	700m: 7:50.30	34.62	1100m: 12:28.55	34.67	1500m: 17:05.42	33.02	
	350m: 3:49.75 33.95	750m: 8:25.03	34.73	1150m: 13:03.54	34.99			
	400m: 4:23.39 33.64	800m: 8:59.49	34.46	1200m: 13:39.19	35.65			
8.	CASTRO, Vasco Monteiro	06		Porto	17:10.13	+0,84	604	
	50m: 30.59 30.59	450m: 5:01.12	34.47	850m: 9:39.10	34.84	1250m: 14:18.19	34.45	
	100m: 1:03.97 33.38	500m: 5:35.83	34.71	900m: 10:14.02	34.92	1300m: 14:53.18	34.99	
	150m: 1:37.53 33.56	550m: 6:10.54	34.71	950m: 10:48.89	34.87	1350m: 15:28.40	35.22	
	200m: 2:10.87 33.34	600m: 6:45.44	34.90	1000m: 11:23.86	34.97	1400m: 16:03.33	34.93	
	250m: 2:44.44 33.57	650m: 7:20.24	34.80	1050m: 11:58.85	34.99	1450m: 16:37.72	34.39	
	300m: 3:18.36 33.92	700m: 7:54.87	34.63	1100m: 12:33.97	35.12	1500m: 17:10.13	32.41	
	350m: 3:52.53 34.17	750m: 8:29.43	34.56	1150m: 13:08.78	34.81			
	400m: 4:26.65 34.12	800m: 9:04.26	34.83	1200m: 13:43.74	34.96			
9.	PEREIRA, Tomas Veiga	06		Nautico Academico	17:16.02	+0,86	594	
	50m: 31.10 31.10	450m: 5:08.22	34.82	850m: 9:46.12	34.76	1250m: 14:23.02	34.66	
	100m: 1:05.15 34.05	500m: 5:42.90	34.68	900m: 10:20.68	34.56	1300m: 14:58.20	35.18	
	150m: 1:39.85 34.70	550m: 6:17.86	34.96	950m: 10:55.31	34.63	1350m: 15:32.99	34.79	
	200m: 2:14.29 34.44	600m: 6:52.53	34.67	1000m: 11:29.80	34.49	1400m: 16:07.69	34.70	
	250m: 2:49.06 34.77	650m: 7:27.62	35.09	1050m: 12:04.50	34.70	1450m: 16:42.26	34.57	
	300m: 3:23.90 34.84	700m: 8:02.30	34.68	1100m: 12:39.23	34.73	1500m: 17:16.02	33.76	
	350m: 3:58.66 34.76	750m: 8:37.01	34.71	1150m: 13:13.85	34.62			
	400m: 4:33.40 34.74	800m: 9:11.36	34.35	1200m: 13:48.36	34.51			
10.	JORGE, Pedro Crispim	06		Uniao Piedense	17:21.65	+0,65	584	
	50m: 29.38 29.38	450m: 5:00.48	34.51	850m: 9:40.55	34.47	1250m: 14:24.84	35.46	
	100m: 1:02.54 33.16	500m: 5:35.85	35.37	900m: 10:16.20	35.65	1300m: 15:00.89	36.05	
	150m: 1:35.66 33.12	550m: 6:10.83	34.98	950m: 10:51.59	35.39	1350m: 15:36.38	35.49	
	200m: 2:09.90 34.24	600m: 6:45.91	35.08	1000m: 11:27.52	35.93	1400m: 16:11.89	35.51	
	250m: 2:43.71 33.81	650m: 7:20.99	35.08	1050m: 12:02.88	35.36	1450m: 16:46.86	34.97	
	300m: 3:17.73 34.02	700m: 7:56.11	35.12	1100m: 12:38.54	35.66	1500m: 17:21.65	34.79	
	350m: 3:51.55 33.82	750m: 8:31.12	35.01	1150m: 13:13.22	34.68			
	400m: 4:25.97 34.42	800m: 9:06.08	34.96	1200m: 13:49.38	36.16			

Prova 38, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	LUCAS, Joao Neves	06		Columbofila Cantanhedense	17:24.04	+0,67	580	
	50m: 30.61 30.61	450m: 5:06.84	34.94	850m: 9:46.34	34.96	1250m: 14:28.92	35.54	
	100m: 1:04.50 33.89	500m: 5:41.73	34.89	900m: 10:21.53	35.19	1300m: 15:04.34	35.42	
	150m: 1:38.83 34.33	550m: 6:16.19	34.46	950m: 10:56.71	35.18	1350m: 15:39.78	35.44	
	200m: 2:13.09 34.26	600m: 6:51.17	34.98	1000m: 11:31.73	35.02	1400m: 16:15.75	35.97	
	250m: 2:47.81 34.72	650m: 7:26.10	34.93	1050m: 12:07.08	35.35	1450m: 16:50.48	34.73	
	300m: 3:22.72 34.91	700m: 8:01.01	34.91	1100m: 12:42.50	35.42	1500m: 17:24.04	33.56	
	350m: 3:57.11 34.39	750m: 8:36.11	35.10	1150m: 13:17.69	35.19			
	400m: 4:31.90 34.79	800m: 9:11.38	35.27	1200m: 13:53.38	35.69			
12.	DURAO, Miguel Costa	06		Braga	17:25.68	+0,69	577	
	50m: 30.57 30.57	450m: 5:06.69	35.18	850m: 9:48.79	35.06	1250m: 14:31.55	35.62	
	100m: 1:04.60 34.03	500m: 5:41.78	35.09	900m: 10:23.92	35.13	1300m: 15:06.97	35.42	
	150m: 1:38.96 34.36	550m: 6:16.66	34.88	950m: 10:59.14	35.22	1350m: 15:42.01	35.04	
	200m: 2:13.38 34.42	600m: 6:52.00	35.34	1000m: 11:34.63	35.49	1400m: 16:17.32	35.31	
	250m: 2:47.52 34.14	650m: 7:27.59	35.59	1050m: 12:10.01	35.38	1450m: 16:52.07	34.75	
	300m: 3:22.24 34.72	700m: 8:02.99	35.40	1100m: 12:45.64	35.63	1500m: 17:25.68	33.61	
	350m: 3:56.66 34.42	750m: 8:38.24	35.25	1150m: 13:20.95	35.31			
	400m: 4:31.51 34.85	800m: 9:13.73	35.49	1200m: 13:55.93	34.98			
13.	MATOS, Rodrigo Onofre	06		Belenenses	17:39.63	+0,70	555	
	50m: 30.37 30.37	450m: 5:13.71	35.89	850m: 9:59.28	35.53	1250m: 14:44.12	36.11	
	100m: 1:05.03 34.66	500m: 5:48.41	34.70	900m: 10:34.94	35.66	1300m: 15:20.50	36.38	
	150m: 1:40.18 35.15	550m: 6:24.41	36.00	950m: 11:10.08	35.14	1350m: 15:56.39	35.89	
	200m: 2:15.81 35.63	600m: 7:00.42	36.01	1000m: 11:45.95	35.87	1400m: 16:32.14	35.75	
	250m: 2:51.61 35.80	650m: 7:36.38	35.96	1050m: 12:21.69	35.74	1450m: 17:05.65	33.51	
	300m: 3:26.98 35.37	700m: 8:12.04	35.66	1100m: 12:57.53	35.84	1500m: 17:39.63	33.98	
	350m: 4:02.77 35.79	750m: 8:48.29	36.25	1150m: 13:33.52	35.99			
	400m: 4:37.82 35.05	800m: 9:23.75	35.46	1200m: 14:08.01	34.49			
14.	JEVIC, Milan Santos	06		Braga	17:42.89	+0,76	550	
	50m: 28.21 28.21	450m: 5:09.27	36.77	850m: 10:02.55	36.37	1250m: 14:49.18	35.49	
	100m: 1:01.62 33.41	500m: 5:46.69	37.42	900m: 10:38.97	36.42	1300m: 15:26.04	36.86	
	150m: 1:35.23 33.61	550m: 6:23.27	36.58	950m: 11:14.99	36.02	1350m: 16:01.88	35.84	
	200m: 2:09.88 34.65	600m: 7:00.71	37.44	1000m: 11:51.27	36.28	1400m: 16:36.96	35.08	
	250m: 2:44.23 34.35	650m: 7:37.44	36.73	1050m: 12:25.42	34.15	1450m: 17:09.71	32.75	
	300m: 3:19.62 35.39	700m: 8:15.80	38.36	1100m: 13:02.26	36.84	1500m: 17:42.89	33.18	
	350m: 3:55.43 35.81	750m: 8:49.75	33.95	1150m: 13:37.34	35.08			
	400m: 4:32.50 37.07	800m: 9:26.18	36.43	1200m: 14:13.69	36.35			
15.	FERREIRA, Abel Renato	05		Alges e Agueda XXI	17:44.92	+0,70	547	
	50m: 30.94 30.94	450m: 5:07.33	34.80	850m: 9:50.18	35.72	1250m: 14:43.02	36.98	
	100m: 1:04.78 33.84	500m: 5:42.63	35.30	900m: 10:25.85	35.67	1300m: 15:19.96	36.94	
	150m: 1:39.34 34.56	550m: 6:17.23	34.60	950m: 11:01.93	36.08	1350m: 15:56.66	36.70	
	200m: 2:13.90 34.56	600m: 6:52.80	35.57	1000m: 11:38.57	36.64	1400m: 16:33.24	36.58	
	250m: 2:48.88 34.98	650m: 7:27.64	34.84	1050m: 12:15.29	36.72	1450m: 17:09.05	35.81	
	300m: 3:23.43 34.55	700m: 8:03.41	35.77	1100m: 12:52.19	36.90	1500m: 17:44.92	35.87	
	350m: 3:57.71 34.28	750m: 8:38.70	35.29	1150m: 13:28.90	36.71			
	400m: 4:32.53 34.82	800m: 9:14.46	35.76	1200m: 14:06.04	37.14			

Prova 38, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	CONCEICAO, Rodrigo Santos	06		Naval Povoense	17:46.04	+0,69	545	
	50m: 30.16	30.16	450m: 5:09.49	35.57	850m: 9:55.48	36.17	1250m: 14:47.91	36.63
	100m: 1:03.91	33.75	500m: 5:44.69	35.20	900m: 10:31.93	36.45	1300m: 15:24.99	37.08
	150m: 1:38.46	34.55	550m: 6:20.28	35.59	950m: 11:08.49	36.56	1350m: 16:01.11	36.12
	200m: 2:13.20	34.74	600m: 6:55.93	35.65	1000m: 11:44.86	36.37	1400m: 16:37.70	36.59
	250m: 2:48.45	35.25	650m: 7:31.77	35.84	1050m: 12:21.33	36.47	1450m: 17:13.65	35.95
	300m: 3:23.47	35.02	700m: 8:07.43	35.66	1100m: 12:58.02	36.69	1500m: 17:46.04	32.39
	350m: 3:58.72	35.25	750m: 8:43.50	36.07	1150m: 13:34.72	36.70		
	400m: 4:33.92	35.20	800m: 9:19.31	35.81	1200m: 14:11.28	36.56		
17.	PAIVA, Ruben Ferreira	05		Sanjoanense/FEPSA	17:47.55	+0,82	543	
	50m: 31.50	31.50	450m: 5:13.84	35.62	850m: 10:00.37	35.94	1250m: 14:48.29	36.03
	100m: 1:05.88	34.38	500m: 5:49.41	35.57	900m: 10:36.23	35.86	1300m: 15:24.33	36.04
	150m: 1:41.38	35.50	550m: 6:24.94	35.53	950m: 11:12.01	35.78	1350m: 16:00.62	36.29
	200m: 2:16.53	35.15	600m: 7:00.76	35.82	1000m: 11:47.96	35.95	1400m: 16:36.37	35.75
	250m: 2:51.98	35.45	650m: 7:36.65	35.89	1050m: 12:24.19	36.23	1450m: 17:12.16	35.79
	300m: 3:27.50	35.52	700m: 8:12.61	35.96	1100m: 13:00.24	36.05	1500m: 17:47.55	35.39
	350m: 4:02.94	35.44	750m: 8:48.65	36.04	1150m: 13:36.24	36.00		
	400m: 4:38.22	35.28	800m: 9:24.43	35.78	1200m: 14:12.26	36.02		
18.	PINHO, Afonso Formigo	06		Torres Novas	17:54.64	+0,67	532	
	50m: 29.78	29.78	450m: 5:09.72	35.92	850m: 9:59.46	36.53	1250m: 14:52.48	37.04
	100m: 1:02.52	32.74	500m: 5:45.77	36.05	900m: 10:35.53	36.07	1300m: 15:29.09	36.61
	150m: 1:37.15	34.63	550m: 6:21.97	36.20	950m: 11:12.32	36.79	1350m: 16:06.51	37.42
	200m: 2:11.77	34.62	600m: 6:57.77	35.80	1000m: 11:48.66	36.34	1400m: 16:43.08	36.57
	250m: 2:47.14	35.37	650m: 7:34.14	36.37	1050m: 12:25.36	36.70	1450m: 17:19.31	36.23
	300m: 3:22.74	35.60	700m: 8:10.11	35.97	1100m: 13:01.70	36.34	1500m: 17:54.64	35.33
	350m: 3:58.36	35.62	750m: 8:46.92	36.81	1150m: 13:38.78	37.08		
	400m: 4:33.80	35.44	800m: 9:22.93	36.01	1200m: 14:15.44	36.66		
19.	CORREIA, Tiago Almeida	06		Natacao do Montijo	17:56.24	+0,56	530	
	50m: 30.01	30.01	450m: 5:12.11	35.83	850m: 10:01.53	36.45	1250m: 14:54.00	36.82
	100m: 1:04.26	34.25	500m: 5:48.21	36.10	900m: 10:37.71	36.18	1300m: 15:30.80	36.80
	150m: 1:39.37	35.11	550m: 6:24.07	35.86	950m: 11:14.35	36.64	1350m: 16:07.30	36.50
	200m: 2:14.38	35.01	600m: 7:00.04	35.97	1000m: 11:50.99	36.64	1400m: 16:44.29	36.99
	250m: 2:49.70	35.32	650m: 7:36.34	36.30	1050m: 12:27.74	36.75	1450m: 17:21.11	36.82
	300m: 3:24.98	35.28	700m: 8:12.67	36.33	1100m: 13:04.38	36.64	1500m: 17:56.24	35.13
	350m: 4:00.74	35.76	750m: 8:48.92	36.25	1150m: 13:40.66	36.28		
	400m: 4:36.28	35.54	800m: 9:25.08	36.16	1200m: 14:17.18	36.52		
20.	NETO, Ricardo Freitas	06		Sporting	17:57.60	+0,71	528	
	50m: 30.81	30.81	450m: 5:14.68	35.25	850m: 10:03.51	35.77	1250m: 14:56.19	36.25
	100m: 1:06.24	35.43	500m: 5:51.04	36.36	900m: 10:40.17	36.66	1300m: 15:33.51	37.32
	150m: 1:41.37	35.13	550m: 6:26.67	35.63	950m: 11:16.23	36.06	1350m: 16:09.86	36.35
	200m: 2:17.35	35.98	600m: 7:03.10	36.43	1000m: 11:53.70	37.47	1400m: 16:46.68	36.82
	250m: 2:52.33	34.98	650m: 7:38.99	35.89	1050m: 12:29.80	36.10	1450m: 17:22.64	35.96
	300m: 3:28.24	35.91	700m: 8:15.27	36.28	1100m: 13:06.44	36.64	1500m: 17:57.60	34.96
	350m: 4:03.37	35.13	750m: 8:51.27	36.00	1150m: 13:42.99	36.55		
	400m: 4:39.43	36.06	800m: 9:27.74	36.47	1200m: 14:19.94	36.95		

Prova 38, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	SILVA, Arthur Santos	06		Belenenses	18:03.48	+0,67		519
	50m: 30.85	30.85	450m: 5:12.90	35.99	850m: 10:04.64	36.94	1250m: 15:00.88	37.57
	100m: 1:05.03	34.18	500m: 5:49.06	36.16	900m: 10:41.85	37.21	1300m: 15:37.64	36.76
	150m: 1:39.57	34.54	550m: 6:25.18	36.12	950m: 11:18.60	36.75	1350m: 16:14.28	36.64
	200m: 2:14.56	34.99	600m: 7:01.45	36.27	1000m: 11:55.35	36.75	1400m: 16:51.23	36.95
	250m: 2:50.01	35.45	650m: 7:37.84	36.39	1050m: 12:32.35	37.00	1450m: 17:28.05	36.82
	300m: 3:25.24	35.23	700m: 8:14.20	36.36	1100m: 13:09.11	36.76	1500m: 18:03.48	35.43
	350m: 4:01.06	35.82	750m: 8:50.98	36.78	1150m: 13:45.68	36.57		
	400m: 4:36.91	35.85	800m: 9:27.70	36.72	1200m: 14:23.31	37.63		

DSQ SANTOS, Ricardo Matias 05 CPFZ - Natacao
 4.2 - Falsa Partida – SW 4.4

Seniores

1.	CARDOSO, Diogo Santos	01		Sporting	15:42.72	+0,71		788
	50m: 29.60	29.60	450m: 4:44.47	31.77	850m: 8:57.11	31.24	1250m: 13:08.01	31.38
	100m: 1:01.38	31.78	500m: 5:16.18	31.71	900m: 9:28.41	31.30	1300m: 13:39.30	31.29
	150m: 1:33.69	32.31	550m: 5:48.01	31.83	950m: 9:59.74	31.33	1350m: 14:10.77	31.47
	200m: 2:05.78	32.09	600m: 6:19.68	31.67	1000m: 10:31.07	31.33	1400m: 14:41.94	31.17
	250m: 2:37.36	31.58	650m: 6:51.28	31.60	1050m: 11:02.33	31.26	1450m: 15:13.04	31.10
	300m: 3:09.03	31.67	700m: 7:22.90	31.62	1100m: 11:33.77	31.44	1500m: 15:42.72	29.68
	350m: 3:40.83	31.80	750m: 7:54.54	31.64	1150m: 12:05.20	31.43		
	400m: 4:12.70	31.87	800m: 8:25.87	31.33	1200m: 12:36.63	31.43		
2.	CAMPOS, Tiago Filipe	99		Rio Maior	15:49.02	+0,78		773
	50m: 29.62	29.62	450m: 4:45.23	31.97	850m: 8:59.53	31.91	1250m: 13:12.94	31.52
	100m: 1:01.59	31.97	500m: 5:17.06	31.83	900m: 9:31.14	31.61	1300m: 13:44.71	31.77
	150m: 1:33.84	32.25	550m: 5:49.07	32.01	950m: 10:02.88	31.74	1350m: 14:16.33	31.62
	200m: 2:06.02	32.18	600m: 6:20.64	31.57	1000m: 10:34.46	31.58	1400m: 14:48.04	31.71
	250m: 2:37.92	31.90	650m: 6:52.53	31.89	1050m: 11:06.25	31.79	1450m: 15:19.38	31.34
	300m: 3:09.56	31.64	700m: 7:24.19	31.66	1100m: 11:38.01	31.76	1500m: 15:49.02	29.64
	350m: 3:41.46	31.90	750m: 7:56.05	31.86	1150m: 12:09.75	31.74		
	400m: 4:13.26	31.80	800m: 8:27.62	31.57	1200m: 12:41.42	31.67		
3.	AMARAL, Francisco Rodriguez	02		Porto	15:59.63	+0,78		747
	50m: 29.89	29.89	450m: 4:46.21	32.15	850m: 9:01.61	31.91	1250m: 13:19.15	32.42
	100m: 1:01.78	31.89	500m: 5:18.19	31.98	900m: 9:33.55	31.94	1300m: 13:51.10	31.95
	150m: 1:34.29	32.51	550m: 5:50.29	32.10	950m: 10:05.45	31.90	1350m: 14:23.51	32.41
	200m: 2:06.35	32.06	600m: 6:22.31	32.02	1000m: 10:37.47	32.02	1400m: 14:56.03	32.52
	250m: 2:38.41	32.06	650m: 6:54.16	31.85	1050m: 11:09.47	32.00	1450m: 15:28.39	32.36
	300m: 3:10.00	31.59	700m: 7:26.13	31.97	1100m: 11:42.07	32.60	1500m: 15:59.63	31.24
	350m: 3:42.14	32.14	750m: 7:57.95	31.82	1150m: 12:14.43	32.36		
	400m: 4:14.06	31.92	800m: 8:29.70	31.75	1200m: 12:46.73	32.30		

Prova 38, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	MARQUES, Gustavo Pires	04		Uniao Coimbra	16:20.05	+0,68	702	
	50m: 29.75	29.75	450m: 4:49.35	32.65	850m: 9:14.66	32.74	1250m: 13:37.77	32.93
	100m: 1:02.22	32.47	500m: 5:22.34	32.99	900m: 9:47.30	32.64	1300m: 14:10.49	32.72
	150m: 1:34.68	32.46	550m: 5:55.33	32.99	950m: 10:20.35	33.05	1350m: 14:43.66	33.17
	200m: 2:07.18	32.50	600m: 6:28.52	33.19	1000m: 10:53.07	32.72	1400m: 15:16.32	32.66
	250m: 2:39.48	32.30	650m: 7:02.02	33.50	1050m: 11:25.78	32.71	1450m: 15:48.79	32.47
	300m: 3:11.49	32.01	700m: 7:35.16	33.14	1100m: 11:58.71	32.93	1500m: 16:20.05	31.26
	350m: 3:44.09	32.60	750m: 8:08.86	33.70	1150m: 12:31.74	33.03		
	400m: 4:16.70	32.61	800m: 8:41.92	33.06	1200m: 13:04.84	33.10		
5.	CARVALHO, Goncalo Renato	04		Porto	16:54.12	+0,72	633	
	50m: 30.69	30.69	450m: 4:56.91	33.40	850m: 9:27.93	33.85	1250m: 14:03.12	34.43
	100m: 1:03.66	32.97	500m: 5:30.76	33.85	900m: 10:02.21	34.28	1300m: 14:37.70	34.58
	150m: 1:36.94	33.28	550m: 6:04.29	33.53	950m: 10:36.29	34.08	1350m: 15:11.94	34.24
	200m: 2:09.97	33.03	600m: 6:38.41	34.12	1000m: 11:10.70	34.41	1400m: 15:46.46	34.52
	250m: 2:43.27	33.30	650m: 7:12.11	33.70	1050m: 11:45.14	34.44	1450m: 16:20.50	34.04
	300m: 3:16.92	33.65	700m: 7:46.21	34.10	1100m: 12:19.85	34.71	1500m: 16:54.12	33.62
	350m: 3:49.90	32.98	750m: 8:20.09	33.88	1150m: 12:53.92	34.07		
	400m: 4:23.51	33.61	800m: 8:54.08	33.99	1200m: 13:28.69	34.77		
6.	ALAMO MUNOZ, Alberto	04		Circulo Mercantil	16:58.21	+0,78	625	
	50m: 29.15	29.15	450m: 4:58.40	34.15	850m: 9:31.79	34.28	1250m: 14:06.01	34.32
	100m: 1:01.64	32.49	500m: 5:32.52	34.12	900m: 10:05.69	33.90	1300m: 14:40.56	34.55
	150m: 1:35.07	33.43	550m: 6:06.70	34.18	950m: 10:40.25	34.56	1350m: 15:15.18	34.62
	200m: 2:08.60	33.53	600m: 6:40.86	34.16	1000m: 11:14.73	34.48	1400m: 15:49.56	34.38
	250m: 2:42.34	33.74	650m: 7:14.95	34.09	1050m: 11:48.80	34.07	1450m: 16:24.61	35.05
	300m: 3:16.15	33.81	700m: 7:49.11	34.16	1100m: 12:22.96	34.16	1500m: 16:58.21	33.60
	350m: 3:50.36	34.21	750m: 8:23.36	34.25	1150m: 12:57.28	34.32		
	400m: 4:24.25	33.89	800m: 8:57.51	34.15	1200m: 13:31.69	34.41		
7.	GOMES, Marcio Fernandes	04		Braga	17:14.03	+0,67	597	
	50m: 30.80	30.80	450m: 5:01.21	33.64	850m: 9:38.56	35.12	1250m: 14:20.44	35.27
	100m: 1:04.28	33.48	500m: 5:35.76	34.55	900m: 10:13.96	35.40	1300m: 14:55.87	35.43
	150m: 1:37.75	33.47	550m: 6:10.08	34.32	950m: 10:48.99	35.03	1350m: 15:31.23	35.36
	200m: 2:11.48	33.73	600m: 6:44.94	34.86	1000m: 11:24.28	35.29	1400m: 16:06.52	35.29
	250m: 2:45.16	33.68	650m: 7:19.26	34.32	1050m: 11:59.48	35.20	1450m: 16:40.79	34.27
	300m: 3:19.21	34.05	700m: 7:54.12	34.86	1100m: 12:34.90	35.42	1500m: 17:14.03	33.24
	350m: 3:53.09	33.88	750m: 8:28.68	34.56	1150m: 13:09.83	34.93		
	400m: 4:27.57	34.48	800m: 9:03.44	34.76	1200m: 13:45.17	35.34		

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

Prova 38, Masc., 1500m Livres
Open

1. CARDOSO, Diogo Santos	01	Sporting	15:42.72	+0,71	788
50m: 29.60 29.60	450m: 4:44.47 31.77	850m: 8:57.11 31.24	1250m: 13:08.01 31.38		
100m: 1:01.38 31.78	500m: 5:16.18 31.71	900m: 9:28.41 31.30	1300m: 13:39.30 31.29		
150m: 1:33.69 32.31	550m: 5:48.01 31.83	950m: 9:59.74 31.33	1350m: 14:10.77 31.47		
200m: 2:05.78 32.09	600m: 6:19.68 31.67	1000m: 10:31.07 31.33	1400m: 14:41.94 31.17		
250m: 2:37.36 31.58	650m: 6:51.28 31.60	1050m: 11:02.33 31.26	1450m: 15:13.04 31.10		
300m: 3:09.03 31.67	700m: 7:22.90 31.62	1100m: 11:33.77 31.44	1500m: 15:42.72 29.68		
350m: 3:40.83 31.80	750m: 7:54.54 31.64	1150m: 12:05.20 31.43			
400m: 4:12.70 31.87	800m: 8:25.87 31.33	1200m: 12:36.63 31.43			
2. CAMPOS, Tiago Filipe	99	Rio Maior	15:49.02	+0,78	773
50m: 29.62 29.62	450m: 4:45.23 31.97	850m: 8:59.53 31.91	1250m: 13:12.94 31.52		
100m: 1:01.59 31.97	500m: 5:17.06 31.83	900m: 9:31.14 31.61	1300m: 13:44.71 31.77		
150m: 1:33.84 32.25	550m: 5:49.07 32.01	950m: 10:02.88 31.74	1350m: 14:16.33 31.62		
200m: 2:06.02 32.18	600m: 6:20.64 31.57	1000m: 10:34.46 31.58	1400m: 14:48.04 31.71		
250m: 2:37.92 31.90	650m: 6:52.53 31.89	1050m: 11:06.25 31.79	1450m: 15:19.38 31.34		
300m: 3:09.56 31.64	700m: 7:24.19 31.66	1100m: 11:38.01 31.76	1500m: 15:49.02 29.64		
350m: 3:41.46 31.90	750m: 7:56.05 31.86	1150m: 12:09.75 31.74			
400m: 4:13.26 31.80	800m: 8:27.62 31.57	1200m: 12:41.42 31.67			
3. AMARAL, Francisco Rodriguez	02	Porto	15:59.63	+0,78	747
50m: 29.89 29.89	450m: 4:46.21 32.15	850m: 9:01.61 31.91	1250m: 13:19.15 32.42		
100m: 1:01.78 31.89	500m: 5:18.19 31.98	900m: 9:33.55 31.94	1300m: 13:51.10 31.95		
150m: 1:34.29 32.51	550m: 5:50.29 32.10	950m: 10:05.45 31.90	1350m: 14:23.51 32.41		
200m: 2:06.35 32.06	600m: 6:22.31 32.02	1000m: 10:37.47 32.02	1400m: 14:56.03 32.52		
250m: 2:38.41 32.06	650m: 6:54.16 31.85	1050m: 11:09.47 32.00	1450m: 15:28.39 32.36		
300m: 3:10.00 31.59	700m: 7:26.13 31.97	1100m: 11:42.07 32.60	1500m: 15:59.63 31.24		
350m: 3:42.14 32.14	750m: 7:57.95 31.82	1150m: 12:14.43 32.36			
400m: 4:14.06 31.92	800m: 8:29.70 31.75	1200m: 12:46.73 32.30			
4. SARREIRA, Tomas Amor	05	Nautico Marinha Grande	16:18.77	+0,72	704
50m: 28.69 28.69	450m: 4:50.96 33.08	850m: 9:14.41 33.24	1250m: 13:38.07 32.70		
100m: 1:00.41 31.72	500m: 5:23.80 32.84	900m: 9:47.65 33.24	1300m: 14:10.66 32.59		
150m: 1:33.13 32.72	550m: 5:56.70 32.90	950m: 10:20.66 33.01	1350m: 14:43.38 32.72		
200m: 2:05.93 32.80	600m: 6:29.60 32.90	1000m: 10:53.90 33.24	1400m: 15:16.13 32.75		
250m: 2:38.88 32.95	650m: 7:02.65 33.05	1050m: 11:27.00 33.10	1450m: 15:48.10 31.97		
300m: 3:11.75 32.87	700m: 7:35.45 32.80	1100m: 11:59.93 32.93	1500m: 16:18.77 30.67		
350m: 3:44.80 33.05	750m: 8:08.17 32.72	1150m: 12:33.01 33.08			
400m: 4:17.88 33.08	800m: 8:41.17 33.00	1200m: 13:05.37 32.36			
5. MARQUES, Gustavo Pires	04	Uniao Coimbra	16:20.05	+0,68	702
50m: 29.75 29.75	450m: 4:49.35 32.65	850m: 9:14.66 32.74	1250m: 13:37.77 32.93		
100m: 1:02.22 32.47	500m: 5:22.34 32.99	900m: 9:47.30 32.64	1300m: 14:10.49 32.72		
150m: 1:34.68 32.46	550m: 5:55.33 32.99	950m: 10:20.35 33.05	1350m: 14:43.66 33.17		
200m: 2:07.18 32.50	600m: 6:28.52 33.19	1000m: 10:53.07 32.72	1400m: 15:16.32 32.66		
250m: 2:39.48 32.30	650m: 7:02.02 33.50	1050m: 11:25.78 32.71	1450m: 15:48.79 32.47		
300m: 3:11.49 32.01	700m: 7:35.16 33.14	1100m: 11:58.71 32.93	1500m: 16:20.05 31.26		
350m: 3:44.09 32.60	750m: 8:08.86 33.70	1150m: 12:31.74 33.03			
400m: 4:16.70 32.61	800m: 8:41.92 33.06	1200m: 13:04.84 33.10			

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	LOUREIRO, Bruno Silva	06		Porto	16:21.18	+0,76	699	
	50m: 29.37 29.37	450m: 4:51.65	33.02	850m: 9:15.17	32.64	1250m: 13:38.46	32.53	
	100m: 1:01.89 32.52	500m: 5:24.70	33.05	900m: 9:48.28	33.11	1300m: 14:11.42	32.96	
	150m: 1:34.50 32.61	550m: 5:57.32	32.62	950m: 10:20.97	32.69	1350m: 14:44.22	32.80	
	200m: 2:07.47 32.97	600m: 6:30.55	33.23	1000m: 10:54.13	33.16	1400m: 15:17.21	32.99	
	250m: 2:40.16 32.69	650m: 7:03.57	33.02	1050m: 11:26.99	32.86	1450m: 15:49.74	32.53	
	300m: 3:13.21 33.05	700m: 7:36.72	33.15	1100m: 12:00.07	33.08	1500m: 16:21.18	31.44	
	350m: 3:45.81 32.60	750m: 8:09.40	32.68	1150m: 12:33.26	33.19			
	400m: 4:18.63 32.82	800m: 8:42.53	33.13	1200m: 13:05.93	32.67			
7.	FRAZAO, Francisco Couto	06		Individual ANC	16:42.55	+0,69	655	
	50m: 29.80 29.80	450m: 4:55.72	33.29	850m: 9:24.06	33.53	1250m: 13:54.92	33.69	
	100m: 1:02.39 32.59	500m: 5:29.17	33.45	900m: 9:58.13	34.07	1300m: 14:29.09	34.17	
	150m: 1:35.64 33.25	550m: 6:02.37	33.20	950m: 10:31.88	33.75	1350m: 15:02.89	33.80	
	200m: 2:08.96 33.32	600m: 6:35.95	33.58	1000m: 11:06.02	34.14	1400m: 15:36.85	33.96	
	250m: 2:41.95 32.99	650m: 7:08.98	33.03	1050m: 11:39.60	33.58	1450m: 16:09.74	32.89	
	300m: 3:15.58 33.63	700m: 7:42.94	33.96	1100m: 12:13.42	33.82	1500m: 16:42.55	32.81	
	350m: 3:48.93 33.35	750m: 8:16.57	33.63	1150m: 12:47.26	33.84			
	400m: 4:22.43 33.50	800m: 8:50.53	33.96	1200m: 13:21.23	33.97			
8.	CARDOSO, Guilherme Maia	05		Columbofila Cantanhedense	16:46.32	+0,71	648	
	50m: 30.06 30.06	450m: 4:57.18	33.20	850m: 9:27.32	33.76	1250m: 13:59.13	33.72	
	100m: 1:02.63 32.57	500m: 5:31.30	34.12	900m: 10:01.43	34.11	1300m: 14:33.40	34.27	
	150m: 1:35.69 33.06	550m: 6:04.44	33.14	950m: 10:35.32	33.89	1350m: 15:07.02	33.62	
	200m: 2:09.21 33.52	600m: 6:38.45	34.01	1000m: 11:09.44	34.12	1400m: 15:40.84	33.82	
	250m: 2:42.42 33.21	650m: 7:11.83	33.38	1050m: 11:43.13	33.69	1450m: 16:13.85	33.01	
	300m: 3:16.34 33.92	700m: 7:45.92	34.09	1100m: 12:17.43	34.30	1500m: 16:46.32	32.47	
	350m: 3:49.78 33.44	750m: 8:19.65	33.73	1150m: 12:51.12	33.69			
	400m: 4:23.98 34.20	800m: 8:53.56	33.91	1200m: 13:25.41	34.29			
9.	MEDEIROS, Miguel Fragoso	08		Porto	16:52.68	+0,75	636	
	50m: 30.46 30.46	450m: 5:01.11	34.12	850m: 9:31.93	33.39	1250m: 14:03.05	34.39	
	100m: 1:03.19 32.73	500m: 5:34.72	33.61	900m: 10:05.08	33.15	1300m: 14:37.40	34.35	
	150m: 1:36.85 33.66	550m: 6:08.72	34.00	950m: 10:38.74	33.66	1350m: 15:11.92	34.52	
	200m: 2:10.35 33.50	600m: 6:42.63	33.91	1000m: 11:12.46	33.72	1400m: 15:46.30	34.38	
	250m: 2:44.51 34.16	650m: 7:16.78	34.15	1050m: 11:46.50	34.04	1450m: 16:20.49	34.19	
	300m: 3:18.43 33.92	700m: 7:50.78	34.00	1100m: 12:20.41	33.91	1500m: 16:52.68	32.19	
	350m: 3:52.78 34.35	750m: 8:24.84	34.06	1150m: 12:54.35	33.94			
	400m: 4:26.99 34.21	800m: 8:58.54	33.70	1200m: 13:28.66	34.31			
10.	CARVALHO, Goncalo Renato	04		Porto	16:54.12	+0,72	633	
	50m: 30.69 30.69	450m: 4:56.91	33.40	850m: 9:27.93	33.85	1250m: 14:03.12	34.43	
	100m: 1:03.66 32.97	500m: 5:30.76	33.85	900m: 10:02.21	34.28	1300m: 14:37.70	34.58	
	150m: 1:36.94 33.28	550m: 6:04.29	33.53	950m: 10:36.29	34.08	1350m: 15:11.94	34.24	
	200m: 2:09.97 33.03	600m: 6:38.41	34.12	1000m: 11:10.70	34.41	1400m: 15:46.46	34.52	
	250m: 2:43.27 33.30	650m: 7:12.11	33.70	1050m: 11:45.14	34.44	1450m: 16:20.50	34.04	
	300m: 3:16.92 33.65	700m: 7:46.21	34.10	1100m: 12:19.85	34.71	1500m: 16:54.12	33.62	
	350m: 3:49.90 32.98	750m: 8:20.09	33.88	1150m: 12:53.92	34.07			
	400m: 4:23.51 33.61	800m: 8:54.08	33.99	1200m: 13:28.69	34.77			

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	ASMAR, Axel Guedes	07		Sporting	16:55.93	+0,63	630	
	50m: 29.29 29.29	450m: 4:55.01	33.89	850m: 9:28.16	34.50	1250m: 14:04.44	35.32	
	100m: 1:01.58 32.29	500m: 5:28.74	33.73	900m: 10:02.99	34.83	1300m: 14:38.41	33.97	
	150m: 1:34.38 32.80	550m: 6:03.14	34.40	950m: 10:37.38	34.39	1350m: 15:13.14	34.73	
	200m: 2:07.09 32.71	600m: 6:37.01	33.87	1000m: 11:11.34	33.96	1400m: 15:47.86	34.72	
	250m: 2:40.45 33.36	650m: 7:11.21	34.20	1050m: 11:45.75	34.41	1450m: 16:22.82	34.96	
	300m: 3:13.78 33.33	700m: 7:45.32	34.11	1100m: 12:20.17	34.42	1500m: 16:55.93	33.11	
	350m: 3:47.56 33.78	750m: 8:19.74	34.42	1150m: 12:55.05	34.88			
	400m: 4:21.12 33.56	800m: 8:53.66	33.92	1200m: 13:29.12	34.07			
12.	ALAMO MUNOZ, Alberto	04		Circulo Mercantil	16:58.21	+0,78	625	
	50m: 29.15 29.15	450m: 4:58.40	34.15	850m: 9:31.79	34.28	1250m: 14:06.01	34.32	
	100m: 1:01.64 32.49	500m: 5:32.52	34.12	900m: 10:05.69	33.90	1300m: 14:40.56	34.55	
	150m: 1:35.07 33.43	550m: 6:06.70	34.18	950m: 10:40.25	34.56	1350m: 15:15.18	34.62	
	200m: 2:08.60 33.53	600m: 6:40.86	34.16	1000m: 11:14.73	34.48	1400m: 15:49.56	34.38	
	250m: 2:42.34 33.74	650m: 7:14.95	34.09	1050m: 11:48.80	34.07	1450m: 16:24.61	35.05	
	300m: 3:16.15 33.81	700m: 7:49.11	34.16	1100m: 12:22.96	34.16	1500m: 16:58.21	33.60	
	350m: 3:50.36 34.21	750m: 8:23.36	34.25	1150m: 12:57.28	34.32			
	400m: 4:24.25 33.89	800m: 8:57.51	34.15	1200m: 13:31.69	34.41			
13.	PEIXOTO, Tomas Pinto	08		Porto	16:59.00	+0,55	624	
	50m: 30.37 30.37	450m: 5:00.82	33.88	850m: 9:32.32	33.88	1250m: 14:07.42	34.72	
	100m: 1:03.19 32.82	500m: 5:34.70	33.88	900m: 10:06.24	33.92	1300m: 14:42.17	34.75	
	150m: 1:36.82 33.63	550m: 6:08.46	33.76	950m: 10:40.57	34.33	1350m: 15:17.06	34.89	
	200m: 2:10.38 33.56	600m: 6:42.31	33.85	1000m: 11:14.80	34.23	1400m: 15:51.51	34.45	
	250m: 2:44.40 34.02	650m: 7:16.49	34.18	1050m: 11:49.30	34.50	1450m: 16:25.58	34.07	
	300m: 3:18.46 34.06	700m: 7:50.37	33.88	1100m: 12:23.74	34.44	1500m: 16:59.00	33.42	
	350m: 3:52.72 34.26	750m: 8:24.57	34.20	1150m: 12:58.17	34.43			
	400m: 4:26.94 34.22	800m: 8:58.44	33.87	1200m: 13:32.70	34.53			
14.	SOUSA, Joao Maria	05		Braga	16:59.04	+0,75	624	
	50m: 29.77 29.77	450m: 4:57.51	33.92	850m: 9:29.57	34.44	1250m: 14:07.22	34.87	
	100m: 1:02.01 32.24	500m: 5:31.41	33.90	900m: 10:03.93	34.36	1300m: 14:42.22	35.00	
	150m: 1:35.19 33.18	550m: 6:05.21	33.80	950m: 10:38.44	34.51	1350m: 15:16.97	34.75	
	200m: 2:08.40 33.21	600m: 6:39.30	34.09	1000m: 11:13.09	34.65	1400m: 15:51.68	34.71	
	250m: 2:42.05 33.65	650m: 7:13.14	33.84	1050m: 11:47.84	34.75	1450m: 16:25.90	34.22	
	300m: 3:15.78 33.73	700m: 7:47.18	34.04	1100m: 12:22.69	34.85	1500m: 16:59.04	33.14	
	350m: 3:49.77 33.99	750m: 8:20.98	33.80	1150m: 12:57.40	34.71			
	400m: 4:23.59 33.82	800m: 8:55.13	34.15	1200m: 13:32.35	34.95			
15.	PEREIRA, Manuel Angelo	05		Sporting	17:00.73	+0,71	621	
	50m: 30.80 30.80	450m: 5:03.24	34.33	850m: 9:38.96	34.77	1250m: 14:14.31	34.18	
	100m: 1:04.01 33.21	500m: 5:37.25	34.01	900m: 10:13.29	34.33	1300m: 14:48.19	33.88	
	150m: 1:37.93 33.92	550m: 6:11.92	34.67	950m: 10:48.11	34.82	1350m: 15:22.18	33.99	
	200m: 2:11.65 33.72	600m: 6:46.20	34.28	1000m: 11:22.55	34.44	1400m: 15:56.59	34.41	
	250m: 2:46.20 34.55	650m: 7:21.03	34.83	1050m: 11:57.41	34.86	1450m: 16:29.40	32.81	
	300m: 3:20.23 34.03	700m: 7:55.24	34.21	1100m: 12:31.36	33.95	1500m: 17:00.73	31.33	
	350m: 3:54.95 34.72	750m: 8:29.87	34.63	1150m: 13:05.96	34.60			
	400m: 4:28.91 33.96	800m: 9:04.19	34.32	1200m: 13:40.13	34.17			

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	MARQUES, Duarte Cachulo	07		Condeixa Clube	17:03.14	+0,64		616
	50m: 28.97	28.97	450m: 4:58.23	34.00	850m: 9:33.04	34.60	1250m: 14:11.22	34.94
	100m: 1:01.52	32.55	500m: 5:32.36	34.13	900m: 10:07.83	34.79	1300m: 14:46.24	35.02
	150m: 1:34.99	33.47	550m: 6:06.30	33.94	950m: 10:42.69	34.86	1350m: 15:20.90	34.66
	200m: 2:08.34	33.35	600m: 6:40.76	34.46	1000m: 11:17.18	34.49	1400m: 15:55.47	34.57
	250m: 2:42.39	34.05	650m: 7:14.90	34.14	1050m: 11:51.79	34.61	1450m: 16:29.79	34.32
	300m: 3:16.21	33.82	700m: 7:49.18	34.28	1100m: 12:26.66	34.87	1500m: 17:03.14	33.35
	350m: 3:50.04	33.83	750m: 8:23.95	34.77	1150m: 13:01.63	34.97		
	400m: 4:24.23	34.19	800m: 8:58.44	34.49	1200m: 13:36.28	34.65		
17.	GONCALVES, Alexandre Ramos	05		Sao Joao Ver	17:05.42	+0,71		612
	50m: 29.85	29.85	450m: 4:57.58	34.19	850m: 9:34.09	34.60	1250m: 14:13.96	34.77
	100m: 1:02.14	32.29	500m: 5:31.67	34.09	900m: 10:09.21	35.12	1300m: 14:49.32	35.36
	150m: 1:35.43	33.29	550m: 6:05.95	34.28	950m: 10:44.51	35.30	1350m: 15:23.44	34.12
	200m: 2:08.62	33.19	600m: 6:40.78	34.83	1000m: 11:19.21	34.70	1400m: 15:58.19	34.75
	250m: 2:42.31	33.69	650m: 7:15.68	34.90	1050m: 11:53.88	34.67	1450m: 16:32.40	34.21
	300m: 3:15.80	33.49	700m: 7:50.30	34.62	1100m: 12:28.55	34.67	1500m: 17:05.42	33.02
	350m: 3:49.75	33.95	750m: 8:25.03	34.73	1150m: 13:03.54	34.99		
	400m: 4:23.39	33.64	800m: 8:59.49	34.46	1200m: 13:39.19	35.65		
18.	CASTRO, Vasco Monteiro	06		Porto	17:10.13	+0,84		604
	50m: 30.59	30.59	450m: 5:01.12	34.47	850m: 9:39.10	34.84	1250m: 14:18.19	34.45
	100m: 1:03.97	33.38	500m: 5:35.83	34.71	900m: 10:14.02	34.92	1300m: 14:53.18	34.99
	150m: 1:37.53	33.56	550m: 6:10.54	34.71	950m: 10:48.89	34.87	1350m: 15:28.40	35.22
	200m: 2:10.87	33.34	600m: 6:45.44	34.90	1000m: 11:23.86	34.97	1400m: 16:03.33	34.93
	250m: 2:44.44	33.57	650m: 7:20.24	34.80	1050m: 11:58.85	34.99	1450m: 16:37.72	34.39
	300m: 3:18.36	33.92	700m: 7:54.87	34.63	1100m: 12:33.97	35.12	1500m: 17:10.13	32.41
	350m: 3:52.53	34.17	750m: 8:29.43	34.56	1150m: 13:08.78	34.81		
	400m: 4:26.65	34.12	800m: 9:04.26	34.83	1200m: 13:43.74	34.96		
19.	FERREIRA, Miguel Guedes	07		Porto	17:13.89	+0,66		597
	50m: 30.06	30.06	450m: 5:04.41	35.14	850m: 9:44.12	35.05	1250m: 14:21.74	34.49
	100m: 1:03.28	33.22	500m: 5:39.07	34.66	900m: 10:19.16	35.04	1300m: 14:56.39	34.65
	150m: 1:36.58	33.30	550m: 6:14.35	35.28	950m: 10:53.72	34.56	1350m: 15:31.13	34.74
	200m: 2:10.73	34.15	600m: 6:49.36	35.01	1000m: 11:28.33	34.61	1400m: 16:05.93	34.80
	250m: 2:45.27	34.54	650m: 7:24.22	34.86	1050m: 12:03.07	34.74	1450m: 16:40.04	34.11
	300m: 3:19.86	34.59	700m: 7:59.13	34.91	1100m: 12:37.76	34.69	1500m: 17:13.89	33.85
	350m: 3:54.78	34.92	750m: 8:34.04	34.91	1150m: 13:12.52	34.76		
	400m: 4:29.27	34.49	800m: 9:09.07	35.03	1200m: 13:47.25	34.73		
20.	GOMES, Marcio Fernandes	04		Braga	17:14.03	+0,67		597
	50m: 30.80	30.80	450m: 5:01.21	33.64	850m: 9:38.56	35.12	1250m: 14:20.44	35.27
	100m: 1:04.28	33.48	500m: 5:35.76	34.55	900m: 10:13.96	35.40	1300m: 14:55.87	35.43
	150m: 1:37.75	33.47	550m: 6:10.08	34.32	950m: 10:48.99	35.03	1350m: 15:31.23	35.36
	200m: 2:11.48	33.73	600m: 6:44.94	34.86	1000m: 11:24.28	35.29	1400m: 16:06.52	35.29
	250m: 2:45.16	33.68	650m: 7:19.26	34.32	1050m: 11:59.48	35.20	1450m: 16:40.79	34.27
	300m: 3:19.21	34.05	700m: 7:54.12	34.86	1100m: 12:34.90	35.42	1500m: 17:14.03	33.24
	350m: 3:53.09	33.88	750m: 8:28.68	34.56	1150m: 13:09.83	34.93		
	400m: 4:27.57	34.48	800m: 9:03.44	34.76	1200m: 13:45.17	35.34		

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	CANELAS, Tiago Andre	08		Fluvial Portuense	17:15.84	+0,69	594	
	50m: 30.24 30.24	450m: 5:01.82	34.38	850m: 9:41.24	34.90	1250m: 14:22.52	35.06	
	100m: 1:03.19 32.95	500m: 5:35.77	33.95	900m: 10:16.18	34.94	1300m: 14:58.03	35.51	
	150m: 1:37.12 33.93	550m: 6:10.33	34.56	950m: 10:51.64	35.46	1350m: 15:32.97	34.94	
	200m: 2:10.65 33.53	600m: 6:45.36	35.03	1000m: 11:27.15	35.51	1400m: 16:08.28	35.31	
	250m: 2:45.22 34.57	650m: 7:20.64	35.28	1050m: 12:02.37	35.22	1450m: 16:43.12	34.84	
	300m: 3:18.82 33.60	700m: 7:55.77	35.13	1100m: 12:37.42	35.05	1500m: 17:15.84	32.72	
	350m: 3:53.38 34.56	750m: 8:31.08	35.31	1150m: 13:12.31	34.89			
	400m: 4:27.44 34.06	800m: 9:06.34	35.26	1200m: 13:47.46	35.15			
22.	PEREIRA, Tomas Veiga	06		Nautico Academico	17:16.02	+0,86	594	
	50m: 31.10 31.10	450m: 5:08.22	34.82	850m: 9:46.12	34.76	1250m: 14:23.02	34.66	
	100m: 1:05.15 34.05	500m: 5:42.90	34.68	900m: 10:20.68	34.56	1300m: 14:58.20	35.18	
	150m: 1:39.85 34.70	550m: 6:17.86	34.96	950m: 10:55.31	34.63	1350m: 15:32.99	34.79	
	200m: 2:14.29 34.44	600m: 6:52.53	34.67	1000m: 11:29.80	34.49	1400m: 16:07.69	34.70	
	250m: 2:49.06 34.77	650m: 7:27.62	35.09	1050m: 12:04.50	34.70	1450m: 16:42.26	34.57	
	300m: 3:23.90 34.84	700m: 8:02.30	34.68	1100m: 12:39.23	34.73	1500m: 17:16.02	33.76	
	350m: 3:58.66 34.76	750m: 8:37.01	34.71	1150m: 13:13.85	34.62			
	400m: 4:33.40 34.74	800m: 9:11.36	34.35	1200m: 13:48.36	34.51			
23.	JORGE, Pedro Crispim	06		Uniao Piedense	17:21.65	+0,65	584	
	50m: 29.38 29.38	450m: 5:00.48	34.51	850m: 9:40.55	34.47	1250m: 14:24.84	35.46	
	100m: 1:02.54 33.16	500m: 5:35.85	35.37	900m: 10:16.20	35.65	1300m: 15:00.89	36.05	
	150m: 1:35.66 33.12	550m: 6:10.83	34.98	950m: 10:51.59	35.39	1350m: 15:36.38	35.49	
	200m: 2:09.90 34.24	600m: 6:45.91	35.08	1000m: 11:27.52	35.93	1400m: 16:11.89	35.51	
	250m: 2:43.71 33.81	650m: 7:20.99	35.08	1050m: 12:02.88	35.36	1450m: 16:46.86	34.97	
	300m: 3:17.73 34.02	700m: 7:56.11	35.12	1100m: 12:38.54	35.66	1500m: 17:21.65	34.79	
	350m: 3:51.55 33.82	750m: 8:31.12	35.01	1150m: 13:13.22	34.68			
	400m: 4:25.97 34.42	800m: 9:06.08	34.96	1200m: 13:49.38	36.16			
24.	OLIVEIRA, Marco Dimitar	07		Nautico Academico	17:22.42	+0,72	583	
	50m: 30.32 30.32	450m: 5:05.90	34.83	850m: 9:45.40	34.97	1250m: 14:27.65	36.07	
	100m: 1:03.57 33.25	500m: 5:40.89	34.99	900m: 10:20.21	34.81	1300m: 15:03.22	35.57	
	150m: 1:37.66 34.09	550m: 6:15.81	34.92	950m: 10:55.27	35.06	1350m: 15:38.67	35.45	
	200m: 2:12.36 34.70	600m: 6:50.23	34.42	1000m: 11:30.24	34.97	1400m: 16:14.06	35.39	
	250m: 2:46.95 34.59	650m: 7:25.34	35.11	1050m: 12:05.69	35.45	1450m: 16:49.08	35.02	
	300m: 3:21.45 34.50	700m: 8:00.52	35.18	1100m: 12:40.60	34.91	1500m: 17:22.42	33.34	
	350m: 3:56.28 34.83	750m: 8:35.57	35.05	1150m: 13:16.29	35.69			
	400m: 4:31.07 34.79	800m: 9:10.43	34.86	1200m: 13:51.58	35.29			
25.	LUCAS, Joao Neves	06		Columbofila Cantanhedense	17:24.04	+0,67	580	
	50m: 30.61 30.61	450m: 5:06.84	34.94	850m: 9:46.34	34.96	1250m: 14:28.92	35.54	
	100m: 1:04.50 33.89	500m: 5:41.73	34.89	900m: 10:21.53	35.19	1300m: 15:04.34	35.42	
	150m: 1:38.83 34.33	550m: 6:16.19	34.46	950m: 10:56.71	35.18	1350m: 15:39.78	35.44	
	200m: 2:13.09 34.26	600m: 6:51.17	34.98	1000m: 11:31.73	35.02	1400m: 16:15.75	35.97	
	250m: 2:47.81 34.72	650m: 7:26.10	34.93	1050m: 12:07.08	35.35	1450m: 16:50.48	34.73	
	300m: 3:22.72 34.91	700m: 8:01.01	34.91	1100m: 12:42.50	35.42	1500m: 17:24.04	33.56	
	350m: 3:57.11 34.39	750m: 8:36.11	35.10	1150m: 13:17.69	35.19			
	400m: 4:31.90 34.79	800m: 9:11.38	35.27	1200m: 13:53.38	35.69			

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	FERNANDES, Ricardo Figueiredo	08		Colegio Monte Maior	17:24.66	+0,89	579	
	50m: 31.15	31.15	450m: 5:09.01	34.83	850m: 9:49.25	35.57	1250m: 14:30.86	35.39
	100m: 1:04.76	33.61	500m: 5:43.52	34.51	900m: 10:24.33	35.08	1300m: 15:06.43	35.57
	150m: 1:39.33	34.57	550m: 6:18.63	35.11	950m: 10:59.90	35.57	1350m: 15:41.78	35.35
	200m: 2:14.19	34.86	600m: 6:53.11	34.48	1000m: 11:34.82	34.92	1400m: 16:17.16	35.38
	250m: 2:49.31	35.12	650m: 7:28.70	35.59	1050m: 12:10.16	35.34	1450m: 16:51.51	34.35
	300m: 3:23.67	34.36	700m: 8:03.47	34.77	1100m: 12:45.16	35.00	1500m: 17:24.66	33.15
	350m: 3:59.25	35.58	750m: 8:39.02	35.55	1150m: 13:20.51	35.35		
	400m: 4:34.18	34.93	800m: 9:13.68	34.66	1200m: 13:55.47	34.96		
27.	DURAO, Miguel Costa	06		Braga	17:25.68	+0,69	577	
	50m: 30.57	30.57	450m: 5:06.69	35.18	850m: 9:48.79	35.06	1250m: 14:31.55	35.62
	100m: 1:04.60	34.03	500m: 5:41.78	35.09	900m: 10:23.92	35.13	1300m: 15:06.97	35.42
	150m: 1:38.96	34.36	550m: 6:16.66	34.88	950m: 10:59.14	35.22	1350m: 15:42.01	35.04
	200m: 2:13.38	34.42	600m: 6:52.00	35.34	1000m: 11:34.63	35.49	1400m: 16:17.32	35.31
	250m: 2:47.52	34.14	650m: 7:27.59	35.59	1050m: 12:10.01	35.38	1450m: 16:52.07	34.75
	300m: 3:22.24	34.72	700m: 8:02.99	35.40	1100m: 12:45.64	35.63	1500m: 17:25.68	33.61
	350m: 3:56.66	34.42	750m: 8:38.24	35.25	1150m: 13:20.95	35.31		
	400m: 4:31.51	34.85	800m: 9:13.73	35.49	1200m: 13:55.93	34.98		
28.	LIMA, Rodrigo Silva	08		Porto	17:27.74	+0,78	574	
	50m: 31.97	31.97	450m: 5:09.09	34.81	850m: 9:48.63	35.34	1250m: 14:31.70	35.57
	100m: 1:05.49	33.52	500m: 5:43.33	34.24	900m: 10:23.75	35.12	1300m: 15:07.21	35.51
	150m: 1:40.36	34.87	550m: 6:18.38	35.05	950m: 10:59.11	35.36	1350m: 15:42.90	35.69
	200m: 2:14.72	34.36	600m: 6:53.11	34.73	1000m: 11:34.45	35.34	1400m: 16:18.22	35.32
	250m: 2:49.60	34.88	650m: 7:28.35	35.24	1050m: 12:09.78	35.33	1450m: 16:53.29	35.07
	300m: 3:24.26	34.66	700m: 8:03.11	34.76	1100m: 12:45.14	35.36	1500m: 17:27.74	34.45
	350m: 3:59.59	35.33	750m: 8:38.45	35.34	1150m: 13:20.79	35.65		
	400m: 4:34.28	34.69	800m: 9:13.29	34.84	1200m: 13:56.13	35.34		
29.	CARVALHO, Daniel Casaca	07		Colegio Vasco da Gama	17:31.27	+0,83	568	
	50m: 30.68	30.68	450m: 5:11.62	35.71	850m: 9:53.83	35.02	1250m: 14:36.53	35.26
	100m: 1:04.73	34.05	500m: 5:48.51	36.89	900m: 10:29.19	35.36	1300m: 15:12.43	35.90
	150m: 1:39.23	34.50	550m: 6:24.50	35.99	950m: 11:03.98	34.79	1350m: 15:47.93	35.50
	200m: 2:14.48	35.25	600m: 6:59.76	35.26	1000m: 11:40.13	36.15	1400m: 16:22.80	34.87
	250m: 2:49.52	35.04	650m: 7:34.19	34.43	1050m: 12:14.62	34.49	1450m: 16:57.44	34.64
	300m: 3:24.76	35.24	700m: 8:09.11	34.92	1100m: 12:50.02	35.40	1500m: 17:31.27	33.83
	350m: 4:00.11	35.35	750m: 8:43.72	34.61	1150m: 13:25.36	35.34		
	400m: 4:35.91	35.80	800m: 9:18.81	35.09	1200m: 14:01.27	35.91		
30.	BORGES, Rodrigo Costa	07		Fluvial Portuense	17:36.03	+0,56	561	
	50m: 29.25	29.25	450m: 5:08.47	35.52	850m: 9:54.22	36.12	1250m: 14:39.89	35.75
	100m: 1:02.50	33.25	500m: 5:43.97	35.50	900m: 10:29.67	35.45	1300m: 15:15.27	35.38
	150m: 1:36.79	34.29	550m: 6:19.56	35.59	950m: 11:05.60	35.93	1350m: 15:50.64	35.37
	200m: 2:11.97	35.18	600m: 6:55.32	35.76	1000m: 11:41.14	35.54	1400m: 16:26.20	35.56
	250m: 2:47.64	35.67	650m: 7:31.21	35.89	1050m: 12:16.65	35.51	1450m: 17:01.37	35.17
	300m: 3:22.66	35.02	700m: 8:06.53	35.32	1100m: 12:52.37	35.72	1500m: 17:36.03	34.66
	350m: 3:58.08	35.42	750m: 8:42.09	35.56	1150m: 13:28.38	36.01		
	400m: 4:32.95	34.87	800m: 9:18.10	36.01	1200m: 14:04.14	35.76		

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
31.	GOMES, Miguel Braga	07		Sporting	17:37.11	+0,73	559	
	50m: 30.25 30.25	450m: 5:07.73	35.40	850m: 9:52.25	35.84	1250m: 14:38.42	35.81	
	100m: 1:03.72 33.47	500m: 5:42.73	35.00	900m: 10:27.89	35.64	1300m: 15:14.15	35.73	
	150m: 1:37.98 34.26	550m: 6:18.07	35.34	950m: 11:03.81	35.92	1350m: 15:50.51	36.36	
	200m: 2:12.56 34.58	600m: 6:53.32	35.25	1000m: 11:39.36	35.55	1400m: 16:26.49	35.98	
	250m: 2:47.43 34.87	650m: 7:29.09	35.77	1050m: 12:15.63	36.27	1450m: 17:02.31	35.82	
	300m: 3:22.17 34.74	700m: 8:04.54	35.45	1100m: 12:51.15	35.52	1500m: 17:37.11	34.80	
	350m: 3:57.10 34.93	750m: 8:40.78	36.24	1150m: 13:27.33	36.18			
	400m: 4:32.33 35.23	800m: 9:16.41	35.63	1200m: 14:02.61	35.28			
32.	RODRIGUES, Rafael Pereira	08		Condeixa Clube	17:38.24	+0,77	557	
	50m: 31.28 31.28	450m: 5:12.49	35.05	850m: 9:55.81	35.20	1250m: 14:40.51	35.46	
	100m: 1:05.68 34.40	500m: 5:48.40	35.91	900m: 10:31.47	35.66	1300m: 15:16.50	35.99	
	150m: 1:40.21 34.53	550m: 6:23.37	34.97	950m: 11:06.81	35.34	1350m: 15:51.93	35.43	
	200m: 2:15.52 35.31	600m: 6:58.95	35.58	1000m: 11:42.63	35.82	1400m: 16:27.69	35.76	
	250m: 2:50.82 35.30	650m: 7:34.26	35.31	1050m: 12:17.99	35.36	1450m: 17:03.13	35.44	
	300m: 3:26.56 35.74	700m: 8:09.82	35.56	1100m: 12:53.99	36.00	1500m: 17:38.24	35.11	
	350m: 4:01.74 35.18	750m: 8:44.84	35.02	1150m: 13:29.34	35.35			
	400m: 4:37.44 35.70	800m: 9:20.61	35.77	1200m: 14:05.05	35.71			
33.	MATOS, Rodrigo Onofre	06		Belenenses	17:39.63	+0,70	555	
	50m: 30.37 30.37	450m: 5:13.71	35.89	850m: 9:59.28	35.53	1250m: 14:44.12	36.11	
	100m: 1:05.03 34.66	500m: 5:48.41	34.70	900m: 10:34.94	35.66	1300m: 15:20.50	36.38	
	150m: 1:40.18 35.15	550m: 6:24.41	36.00	950m: 11:10.08	35.14	1350m: 15:56.39	35.89	
	200m: 2:15.81 35.63	600m: 7:00.42	36.01	1000m: 11:45.95	35.87	1400m: 16:32.14	35.75	
	250m: 2:51.61 35.80	650m: 7:36.38	35.96	1050m: 12:21.69	35.74	1450m: 17:05.65	33.51	
	300m: 3:26.98 35.37	700m: 8:12.04	35.66	1100m: 12:57.53	35.84	1500m: 17:39.63	33.98	
	350m: 4:02.77 35.79	750m: 8:48.29	36.25	1150m: 13:33.52	35.99			
	400m: 4:37.82 35.05	800m: 9:23.75	35.46	1200m: 14:08.01	34.49			
34.	SANTOS, Tomas Alexandre	07		BUZIOS-Coruche	17:41.35	+0,78	552	
	50m: 29.78 29.78	450m: 5:09.78	35.43	850m: 9:55.21	35.92	1250m: 14:43.63	35.81	
	100m: 1:03.29 33.51	500m: 5:45.55	35.77	900m: 10:31.06	35.85	1300m: 15:19.78	36.15	
	150m: 1:38.13 34.84	550m: 6:20.81	35.26	950m: 11:07.42	36.36	1350m: 15:55.39	35.61	
	200m: 2:13.33 35.20	600m: 6:56.77	35.96	1000m: 11:43.41	35.99	1400m: 16:31.55	36.16	
	250m: 2:48.27 34.94	650m: 7:32.35	35.58	1050m: 12:19.19	35.78	1450m: 17:06.66	35.11	
	300m: 3:23.42 35.15	700m: 8:07.92	35.57	1100m: 12:55.49	36.30	1500m: 17:41.35	34.69	
	350m: 3:58.76 35.34	750m: 8:43.47	35.55	1150m: 13:31.52	36.03			
	400m: 4:34.35 35.59	800m: 9:19.29	35.82	1200m: 14:07.82	36.30			
35.	JEVIC, Milan Santos	06		Braga	17:42.89	+0,76	550	
	50m: 28.21 28.21	450m: 5:09.27	36.77	850m: 10:02.55	36.37	1250m: 14:49.18	35.49	
	100m: 1:01.62 33.41	500m: 5:46.69	37.42	900m: 10:38.97	36.42	1300m: 15:26.04	36.86	
	150m: 1:35.23 33.61	550m: 6:23.27	36.58	950m: 11:14.99	36.02	1350m: 16:01.88	35.84	
	200m: 2:09.88 34.65	600m: 7:00.71	37.44	1000m: 11:51.27	36.28	1400m: 16:36.96	35.08	
	250m: 2:44.23 34.35	650m: 7:37.44	36.73	1050m: 12:25.42	34.15	1450m: 17:09.71	32.75	
	300m: 3:19.62 35.39	700m: 8:15.80	38.36	1100m: 13:02.26	36.84	1500m: 17:42.89	33.18	
	350m: 3:55.43 35.81	750m: 8:49.75	33.95	1150m: 13:37.34	35.08			
	400m: 4:32.50 37.07	800m: 9:26.18	36.43	1200m: 14:13.69	36.35			

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	LOPES, Gustavo Miguel	08	Porto	17:43.94	+0,76	548	
	50m: 31.12 31.12	450m: 5:12.70	35.89	850m: 9:59.07	36.03	1250m: 14:46.08	36.06
	100m: 1:04.48 33.36	500m: 5:48.57	35.87	900m: 10:34.78	35.71	1300m: 15:22.28	36.20
	150m: 1:39.71 35.23	550m: 6:24.54	35.97	950m: 11:10.73	35.95	1350m: 15:58.12	35.84
	200m: 2:15.13 35.42	600m: 7:00.19	35.65	1000m: 11:46.54	35.81	1400m: 16:34.14	36.02
	250m: 2:50.56 35.43	650m: 7:35.86	35.67	1050m: 12:22.77	36.23	1450m: 17:10.03	35.89
	300m: 3:26.11 35.55	700m: 8:11.39	35.53	1100m: 12:58.32	35.55	1500m: 17:43.94	33.91
	350m: 4:01.64 35.53	750m: 8:47.31	35.92	1150m: 13:34.32	36.00		
	400m: 4:36.81 35.17	800m: 9:23.04	35.73	1200m: 14:10.02	35.70		
37.	FERREIRA, Abel Renato	05	Alges e Agueda XXI	17:44.92	+0,70	547	
	50m: 30.94 30.94	450m: 5:07.33	34.80	850m: 9:50.18	35.72	1250m: 14:43.02	36.98
	100m: 1:04.78 33.84	500m: 5:42.63	35.30	900m: 10:25.85	35.67	1300m: 15:19.96	36.94
	150m: 1:39.34 34.56	550m: 6:17.23	34.60	950m: 11:01.93	36.08	1350m: 15:56.66	36.70
	200m: 2:13.90 34.56	600m: 6:52.80	35.57	1000m: 11:38.57	36.64	1400m: 16:33.24	36.58
	250m: 2:48.88 34.98	650m: 7:27.64	34.84	1050m: 12:15.29	36.72	1450m: 17:09.05	35.81
	300m: 3:23.43 34.55	700m: 8:03.41	35.77	1100m: 12:52.19	36.90	1500m: 17:44.92	35.87
	350m: 3:57.71 34.28	750m: 8:38.70	35.29	1150m: 13:28.90	36.71		
	400m: 4:32.53 34.82	800m: 9:14.46	35.76	1200m: 14:06.04	37.14		
38.	SILVA, David Ferreira	07	Academica de Coimbra	17:44.96	+0,66	547	
	50m: 31.54 31.54	450m: 5:10.37	35.70	850m: 9:57.26	36.09	1250m: 14:47.33	36.78
	100m: 1:05.26 33.72	500m: 5:45.92	35.55	900m: 10:33.17	35.91	1300m: 15:23.35	36.02
	150m: 1:39.79 34.53	550m: 6:21.92	36.00	950m: 11:09.60	36.43	1350m: 15:59.44	36.09
	200m: 2:14.35 34.56	600m: 6:57.59	35.67	1000m: 11:45.63	36.03	1400m: 16:35.56	36.12
	250m: 2:49.14 34.79	650m: 7:33.50	35.91	1050m: 12:21.93	36.30	1450m: 17:11.43	35.87
	300m: 3:24.20 35.06	700m: 8:09.26	35.76	1100m: 12:58.10	36.17	1500m: 17:44.96	33.53
	350m: 3:59.36 35.16	750m: 8:45.25	35.99	1150m: 13:34.38	36.28		
	400m: 4:34.67 35.31	800m: 9:21.17	35.92	1200m: 14:10.55	36.17		
39.	CONCEICAO, Rodrigo Santos	06	Naval Povoense	17:46.04	+0,69	545	
	50m: 30.16 30.16	450m: 5:09.49	35.57	850m: 9:55.48	36.17	1250m: 14:47.91	36.63
	100m: 1:03.91 33.75	500m: 5:44.69	35.20	900m: 10:31.93	36.45	1300m: 15:24.99	37.08
	150m: 1:38.46 34.55	550m: 6:20.28	35.59	950m: 11:08.49	36.56	1350m: 16:01.11	36.12
	200m: 2:13.20 34.74	600m: 6:55.93	35.65	1000m: 11:44.86	36.37	1400m: 16:37.70	36.59
	250m: 2:48.45 35.25	650m: 7:31.77	35.84	1050m: 12:21.33	36.47	1450m: 17:13.65	35.95
	300m: 3:23.47 35.02	700m: 8:07.43	35.66	1100m: 12:58.02	36.69	1500m: 17:46.04	32.39
	350m: 3:58.72 35.25	750m: 8:43.50	36.07	1150m: 13:34.72	36.70		
	400m: 4:33.92 35.20	800m: 9:19.31	35.81	1200m: 14:11.28	36.56		
40.	PAIVA, Ruben Ferreira	05	Sanjoanense/FEPSA	17:47.55	+0,82	543	
	50m: 31.50 31.50	450m: 5:13.84	35.62	850m: 10:00.37	35.94	1250m: 14:48.29	36.03
	100m: 1:05.88 34.38	500m: 5:49.41	35.57	900m: 10:36.23	35.86	1300m: 15:24.33	36.04
	150m: 1:41.38 35.50	550m: 6:24.94	35.53	950m: 11:12.01	35.78	1350m: 16:00.62	36.29
	200m: 2:16.53 35.15	600m: 7:00.76	35.82	1000m: 11:47.96	35.95	1400m: 16:36.37	35.75
	250m: 2:51.98 35.45	650m: 7:36.65	35.89	1050m: 12:24.19	36.23	1450m: 17:12.16	35.79
	300m: 3:27.50 35.52	700m: 8:12.61	35.96	1100m: 13:00.24	36.05	1500m: 17:47.55	35.39
	350m: 4:02.94 35.44	750m: 8:48.65	36.04	1150m: 13:36.24	36.00		
	400m: 4:38.22 35.28	800m: 9:24.43	35.78	1200m: 14:12.26	36.02		

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	PINHO, Afonso Formigo	06		Torres Novas	17:54.64	+0,67	532	
	50m: 29.78 29.78	450m: 5:09.72	35.92	850m: 9:59.46	36.53	1250m: 14:52.48	37.04	
	100m: 1:02.52 32.74	500m: 5:45.77	36.05	900m: 10:35.53	36.07	1300m: 15:29.09	36.61	
	150m: 1:37.15 34.63	550m: 6:21.97	36.20	950m: 11:12.32	36.79	1350m: 16:06.51	37.42	
	200m: 2:11.77 34.62	600m: 6:57.77	35.80	1000m: 11:48.66	36.34	1400m: 16:43.08	36.57	
	250m: 2:47.14 35.37	650m: 7:34.14	36.37	1050m: 12:25.36	36.70	1450m: 17:19.31	36.23	
	300m: 3:22.74 35.60	700m: 8:10.11	35.97	1100m: 13:01.70	36.34	1500m: 17:54.64	35.33	
	350m: 3:58.36 35.62	750m: 8:46.92	36.81	1150m: 13:38.78	37.08			
	400m: 4:33.80 35.44	800m: 9:22.93	36.01	1200m: 14:15.44	36.66			
42.	SOARES, Goncalo Augusto	08		Porto	17:56.18	+0,78	530	
	50m: 31.23 31.23	450m: 5:13.50	34.93	850m: 9:59.54	35.76	1250m: 14:49.35	36.38	
	100m: 1:06.19 34.96	500m: 5:49.03	35.53	900m: 10:35.70	36.16	1300m: 15:26.82	37.47	
	150m: 1:40.93 34.74	550m: 6:24.13	35.10	950m: 11:11.19	35.49	1350m: 16:04.09	37.27	
	200m: 2:16.64 35.71	600m: 7:00.27	36.14	1000m: 11:47.82	36.63	1400m: 16:42.42	38.33	
	250m: 2:51.73 35.09	650m: 7:35.61	35.34	1050m: 12:23.04	35.22	1450m: 17:19.36	36.94	
	300m: 3:27.64 35.91	700m: 8:11.81	36.20	1100m: 12:59.88	36.84	1500m: 17:56.18	36.82	
	350m: 4:02.87 35.23	750m: 8:47.72	35.91	1150m: 13:36.15	36.27			
	400m: 4:38.57 35.70	800m: 9:23.78	36.06	1200m: 14:12.97	36.82			
43.	CORREIA, Tiago Almeida	06		Natacao do Montijo	17:56.24	+0,56	530	
	50m: 30.01 30.01	450m: 5:12.11	35.83	850m: 10:01.53	36.45	1250m: 14:54.00	36.82	
	100m: 1:04.26 34.25	500m: 5:48.21	36.10	900m: 10:37.71	36.18	1300m: 15:30.80	36.80	
	150m: 1:39.37 35.11	550m: 6:24.07	35.86	950m: 11:14.35	36.64	1350m: 16:07.30	36.50	
	200m: 2:14.38 35.01	600m: 7:00.04	35.97	1000m: 11:50.99	36.64	1400m: 16:44.29	36.99	
	250m: 2:49.70 35.32	650m: 7:36.34	36.30	1050m: 12:27.74	36.75	1450m: 17:21.11	36.82	
	300m: 3:24.98 35.28	700m: 8:12.67	36.33	1100m: 13:04.38	36.64	1500m: 17:56.24	35.13	
	350m: 4:00.74 35.76	750m: 8:48.92	36.25	1150m: 13:40.66	36.28			
	400m: 4:36.28 35.54	800m: 9:25.08	36.16	1200m: 14:17.18	36.52			
44.	NETO, Ricardo Freitas	06		Sporting	17:57.60	+0,71	528	
	50m: 30.81 30.81	450m: 5:14.68	35.25	850m: 10:03.51	35.77	1250m: 14:56.19	36.25	
	100m: 1:06.24 35.43	500m: 5:51.04	36.36	900m: 10:40.17	36.66	1300m: 15:33.51	37.32	
	150m: 1:41.37 35.13	550m: 6:26.67	35.63	950m: 11:16.23	36.06	1350m: 16:09.86	36.35	
	200m: 2:17.35 35.98	600m: 7:03.10	36.43	1000m: 11:53.70	37.47	1400m: 16:46.68	36.82	
	250m: 2:52.33 34.98	650m: 7:38.99	35.89	1050m: 12:29.80	36.10	1450m: 17:22.64	35.96	
	300m: 3:28.24 35.91	700m: 8:15.27	36.28	1100m: 13:06.44	36.64	1500m: 17:57.60	34.96	
	350m: 4:03.37 35.13	750m: 8:51.27	36.00	1150m: 13:42.99	36.55			
	400m: 4:39.43 36.06	800m: 9:27.74	36.47	1200m: 14:19.94	36.95			
45.	OLIVEIRA, Afonso Miguel	07		Juventude Atlantico	18:01.61	+0,64	522	
	50m: 31.35 31.35	450m: 5:17.21	36.05	850m: 10:08.62	36.75	1250m: 15:02.93	36.87	
	100m: 1:05.87 34.52	500m: 5:53.82	36.61	900m: 10:44.84	36.22	1300m: 15:39.54	36.61	
	150m: 1:41.08 35.21	550m: 6:29.90	36.08	950m: 11:21.56	36.72	1350m: 16:16.35	36.81	
	200m: 2:17.07 35.99	600m: 7:06.39	36.49	1000m: 11:58.84	37.28	1400m: 16:52.64	36.29	
	250m: 2:52.67 35.60	650m: 7:42.84	36.45	1050m: 12:35.46	36.62	1450m: 17:28.30	35.66	
	300m: 3:29.07 36.40	700m: 8:19.02	36.18	1100m: 13:12.25	36.79	1500m: 18:01.61	33.31	
	350m: 4:04.89 35.82	750m: 8:55.66	36.64	1150m: 13:49.39	37.14			
	400m: 4:41.16 36.27	800m: 9:31.87	36.21	1200m: 14:26.06	36.67			

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

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
46.	NOGUEIRA, Afonso Miguel	07		Braga	18:03.18	+0,78		519
	50m: 30.77 30.77	450m: 5:11.28	36.34	850m: 10:04.49	37.26	1250m: 15:01.06	37.25	
	100m: 1:04.62 33.85	500m: 5:47.08	35.80	900m: 10:41.61	37.12	1300m: 15:37.93	36.87	
	150m: 1:39.76 35.14	550m: 6:23.77	36.69	950m: 11:18.76	37.15	1350m: 16:15.05	37.12	
	200m: 2:14.18 34.42	600m: 7:00.34	36.57	1000m: 11:55.57	36.81	1400m: 16:51.50	36.45	
	250m: 2:49.61 35.43	650m: 7:36.99	36.65	1050m: 12:33.15	37.58	1450m: 17:28.39	36.89	
	300m: 3:24.45 34.84	700m: 8:13.69	36.70	1100m: 13:10.16	37.01	1500m: 18:03.18	34.79	
	350m: 4:00.02 35.57	750m: 8:50.82	37.13	1150m: 13:47.22	37.06			
	400m: 4:34.94 34.92	800m: 9:27.23	36.41	1200m: 14:23.81	36.59			
47.	SILVA, Arthur Santos	06		Belenenses	18:03.48	+0,67		519
	50m: 30.85 30.85	450m: 5:12.90	35.99	850m: 10:04.64	36.94	1250m: 15:00.88	37.57	
	100m: 1:05.03 34.18	500m: 5:49.06	36.16	900m: 10:41.85	37.21	1300m: 15:37.64	36.76	
	150m: 1:39.57 34.54	550m: 6:25.18	36.12	950m: 11:18.60	36.75	1350m: 16:14.28	36.64	
	200m: 2:14.56 34.99	600m: 7:01.45	36.27	1000m: 11:55.35	36.75	1400m: 16:51.23	36.95	
	250m: 2:50.01 35.45	650m: 7:37.84	36.39	1050m: 12:32.35	37.00	1450m: 17:28.05	36.82	
	300m: 3:25.24 35.23	700m: 8:14.20	36.36	1100m: 13:09.11	36.76	1500m: 18:03.48	35.43	
	350m: 4:01.06 35.82	750m: 8:50.98	36.78	1150m: 13:45.68	36.57			
	400m: 4:36.91 35.85	800m: 9:27.70	36.72	1200m: 14:23.31	37.63			
48.	CUNHA, Joaquim Antonio	08		Nautico Academico	18:05.03	+0,72		517
	50m: 32.09 32.09	450m: 5:18.97	36.17	850m: 10:09.22	36.51	1250m: 15:02.89	36.86	
	100m: 1:06.97 34.88	500m: 5:54.73	35.76	900m: 10:45.75	36.53	1300m: 15:39.90	37.01	
	150m: 1:42.80 35.83	550m: 6:30.96	36.23	950m: 11:22.39	36.64	1350m: 16:17.06	37.16	
	200m: 2:18.72 35.92	600m: 7:06.98	36.02	1000m: 11:58.95	36.56	1400m: 16:53.71	36.65	
	250m: 2:55.11 36.39	650m: 7:43.58	36.60	1050m: 12:35.28	36.33	1450m: 17:30.30	36.59	
	300m: 3:30.95 35.84	700m: 8:19.83	36.25	1100m: 13:12.05	36.77	1500m: 18:05.03	34.73	
	350m: 4:07.03 36.08	750m: 8:56.22	36.39	1150m: 13:49.02	36.97			
	400m: 4:42.80 35.77	800m: 9:32.71	36.49	1200m: 14:26.03	37.01			
49.	PEREIRA, Salvador Correia	08		Condeixa Clube	18:08.42	+0,74		512
	50m: 33.44 33.44	450m: 5:21.25	35.83	850m: 10:14.39	36.27	1250m: 15:08.76	36.98	
	100m: 1:09.49 36.05	500m: 5:57.69	36.44	900m: 10:50.79	36.40	1300m: 15:45.36	36.60	
	150m: 1:45.89 36.40	550m: 6:34.57	36.88	950m: 11:27.96	37.17	1350m: 16:22.03	36.67	
	200m: 2:22.22 36.33	600m: 7:11.49	36.92	1000m: 12:04.66	36.70	1400m: 16:58.45	36.42	
	250m: 2:57.84 35.62	650m: 7:48.22	36.73	1050m: 12:41.56	36.90	1450m: 17:34.27	35.82	
	300m: 3:33.49 35.65	700m: 8:24.84	36.62	1100m: 13:18.22	36.66	1500m: 18:08.42	34.15	
	350m: 4:09.16 35.67	750m: 9:01.43	36.59	1150m: 13:54.65	36.43			
	400m: 4:45.42 36.26	800m: 9:38.12	36.69	1200m: 14:31.78	37.13			
50.	BATISTA, Miguel Duarte	08		Academico Viseu	18:14.33	+0,88		504
	50m: 33.06 33.06	450m: 5:25.75	36.18	850m: 10:16.82	36.34	1250m: 15:11.15	36.65	
	100m: 1:09.32 36.26	500m: 6:01.58	35.83	900m: 10:53.87	37.05	1300m: 15:48.54	37.39	
	150m: 1:45.98 36.66	550m: 6:37.73	36.15	950m: 11:30.06	36.19	1350m: 16:25.36	36.82	
	200m: 2:22.70 36.72	600m: 7:14.37	36.64	1000m: 12:07.19	37.13	1400m: 17:02.76	37.40	
	250m: 2:59.20 36.50	650m: 7:50.95	36.58	1050m: 12:43.44	36.25	1450m: 17:39.22	36.46	
	300m: 3:36.21 37.01	700m: 8:27.53	36.58	1100m: 13:20.50	37.06	1500m: 18:14.33	35.11	
	350m: 4:12.75 36.54	750m: 9:03.89	36.36	1150m: 13:57.43	36.93			
	400m: 4:49.57 36.82	800m: 9:40.48	36.59	1200m: 14:34.50	37.07			

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
51.	GARCIA, Afonso Gago	08		Benfica	18:16.89	+0,58	500	
	50m: 31.73	31.73	450m: 5:19.07	36.76	850m: 10:13.91	36.96	1250m: 15:11.82	37.10
	100m: 1:06.52	34.79	500m: 5:56.29	37.22	900m: 10:50.86	36.95	1300m: 15:48.76	36.94
	150m: 1:41.19	34.67	550m: 6:32.62	36.33	950m: 11:28.32	37.46	1350m: 16:25.89	37.13
	200m: 2:16.63	35.44	600m: 7:08.94	36.32	1000m: 12:05.32	37.00	1400m: 17:02.99	37.10
	250m: 2:52.60	35.97	650m: 7:46.92	37.98	1050m: 12:42.86	37.54	1450m: 17:40.18	37.19
	300m: 3:28.66	36.06	700m: 8:23.44	36.52	1100m: 13:19.91	37.05	1500m: 18:16.89	36.71
	350m: 4:05.85	37.19	750m: 9:00.48	37.04	1150m: 13:57.15	37.24		
	400m: 4:42.31	36.46	800m: 9:36.95	36.47	1200m: 14:34.72	37.57		
52.	MELNYK, Eugenio	07		Rio Maior	18:18.00	+0,79	499	
	50m: 31.49	31.49	450m: 5:18.36	36.56	850m: 10:15.73	36.97	1250m: 15:16.69	37.71
	100m: 1:06.92	35.43	500m: 5:55.09	36.73	900m: 10:52.92	37.19	1300m: 15:54.30	37.61
	150m: 1:42.80	35.88	550m: 6:32.10	37.01	950m: 11:30.10	37.18	1350m: 16:31.57	37.27
	200m: 2:18.22	35.42	600m: 7:09.34	37.24	1000m: 12:07.98	37.88	1400m: 17:06.47	34.90
	250m: 2:53.73	35.51	650m: 7:46.86	37.52	1050m: 12:45.73	37.75	1450m: 17:42.53	36.06
	300m: 3:29.30	35.57	700m: 8:24.61	37.75	1100m: 13:23.35	37.62	1500m: 18:18.00	35.47
	350m: 4:05.52	36.22	750m: 9:01.81	37.20	1150m: 14:01.61	38.26		
	400m: 4:41.80	36.28	800m: 9:38.76	36.95	1200m: 14:38.98	37.37		
53.	COSTA, Andre Leitao	07		Fafe	18:21.57	+0,65	494	
	50m: 31.35	31.35	450m: 5:17.57	35.91	850m: 10:12.21	36.76	1250m: 15:13.05	37.63
	100m: 1:06.58	35.23	500m: 5:54.60	37.03	900m: 10:49.77	37.56	1300m: 15:51.42	38.37
	150m: 1:41.28	34.70	550m: 6:30.17	35.57	950m: 11:27.21	37.44	1350m: 16:29.39	37.97
	200m: 2:17.51	36.23	600m: 7:07.30	37.13	1000m: 12:04.65	37.44	1400m: 17:07.70	38.31
	250m: 2:52.79	35.28	650m: 7:43.52	36.22	1050m: 12:42.09	37.44	1450m: 17:45.08	37.38
	300m: 3:29.20	36.41	700m: 8:21.03	37.51	1100m: 13:20.18	38.09	1500m: 18:21.57	36.49
	350m: 4:04.97	35.77	750m: 8:57.87	36.84	1150m: 13:57.39	37.21		
	400m: 4:41.66	36.69	800m: 9:35.45	37.58	1200m: 14:35.42	38.03		
54.	GONCALVES, Luis Pedro	08		Braga	18:25.12	+0,80	489	
	50m: 31.95	31.95	450m: 5:24.32	37.21	850m: 10:17.29	36.30	1250m: 15:20.10	37.75
	100m: 1:07.65	35.70	500m: 6:01.23	36.91	900m: 10:55.10	37.81	1300m: 15:58.06	37.96
	150m: 1:43.58	35.93	550m: 6:38.34	37.11	950m: 11:32.76	37.66	1350m: 16:33.73	35.67
	200m: 2:20.30	36.72	600m: 7:14.84	36.50	1000m: 12:10.54	37.78	1400m: 17:11.09	37.36
	250m: 2:56.81	36.51	650m: 7:51.17	36.33	1050m: 12:47.97	37.43	1450m: 17:48.33	37.24
	300m: 3:33.46	36.65	700m: 8:27.81	36.64	1100m: 13:25.91	37.94	1500m: 18:25.12	36.79
	350m: 4:10.06	36.60	750m: 9:03.98	36.17	1150m: 14:04.02	38.11		
	400m: 4:47.11	37.05	800m: 9:40.99	37.01	1200m: 14:42.35	38.33		

Prova 38, Masc., 1500m Livres, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	SANTOS, Ricardo Matias <i>4.2 - Falsa Partida – SW 4.4</i>	05	CPFZ - Natacao				
DNS	SOUSA, Guilherme Simoes	08	Nautico Academico				
DNS	ROQUE, Joao Dinis	07	Sporting				
EXH	CRUZ, Miguel Duarte	99 S15 H	Belenenses	18:51.39	+0,66	456	
	50m: 31.66 31.66	450m: 5:29.58 37.86	850m: 10:34.82 37.84	1250m: 15:40.83 38.39			
	100m: 1:08.04 36.38	500m: 6:07.85 38.27	900m: 11:13.12 38.30	1300m: 16:19.75 38.92			
	150m: 1:44.42 36.38	550m: 6:45.85 38.00	950m: 11:51.09 37.97	1350m: 16:57.81 38.06			
	200m: 2:21.95 37.53	600m: 7:24.35 38.50	1000m: 12:29.23 38.14	1400m: 17:36.34 38.53			
	250m: 2:58.77 36.82	650m: 8:02.50 38.15	1050m: 13:07.09 37.86	1450m: 18:14.19 37.85			
	300m: 3:36.38 37.61	700m: 8:40.68 38.18	1100m: 13:45.78 38.69	1500m: 18:51.39 37.20			
	350m: 4:13.74 37.36	750m: 9:18.71 38.03	1150m: 14:24.09 38.31				
	400m: 4:51.72 37.98	800m: 9:56.98 38.27	1200m: 15:02.44 38.35				