

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 1
25/02/2023

3000m Livres

14 - 15 anos
Resultados

MMarca Absoluto	33:37.15	PINA Guilherme Filipe	BSCN	Rio Maior	26/04/2014
MMarca AA15	34:04.66	MARQUES Diogo Manuel	ASSSCC	Rio Maior	13/04/2013
MMarca Absoluto	36:06.47	ROSA Mafalda Sofia	CNRM	Coimbra	24/02/2018
MMarca AA1415	36:06.47	ROSA Mafalda Sofia	CNRM	Coimbra	24/02/2018

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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AA1415, Femin.

1.	FERREIRA Carolina Amadeu				08	Leixoes		38:20.38		512		
	100m:	1:14.38	1:14.38	900m:	11:26.19	1:16.08	1700m:	21:40.14	1:16.89	2500m:	31:57.93	1:17.18
	200m:	2:32.00	1:17.62	1000m:	12:42.56	1:16.37	1800m:	22:56.57	1:16.43	2600m:	33:15.07	1:17.14
	300m:	3:49.59	1:17.59	1100m:	13:58.91	1:16.35	1900m:	24:14.87	1:18.30	2700m:	34:32.20	1:17.13
	400m:	5:05.90	1:16.31	1200m:	15:15.60	1:16.69	2000m:	25:32.02	1:17.15	2800m:	35:49.65	1:17.45
	500m:	6:22.39	1:16.49	1300m:	16:32.31	1:16.71	2100m:	26:49.12	1:17.10	2900m:	37:05.93	1:16.28
	600m:	7:38.50	1:16.11	1400m:	17:49.14	1:16.83	2200m:	28:06.32	1:17.20	3000m:	38:20.38	1:14.45
	700m:	8:54.50	1:16.00	1500m:	19:06.14	1:17.00	2300m:	29:23.64	1:17.32			
	800m:	10:10.11	1:15.61	1600m:	20:23.25	1:17.11	2400m:	30:40.75	1:17.11			
2.	BARBOSA Sofia Teixeira				08	Porto		39:17.96		475		
	100m:	1:14.79	1:14.79	900m:	11:29.57	1:17.60	1700m:	21:58.79	1:19.14	2500m:	32:37.63	1:20.97
	200m:	2:31.01	1:16.22	1000m:	12:47.00	1:17.43	1800m:	23:17.90	1:19.11	2600m:	33:58.16	1:20.53
	300m:	3:46.72	1:15.71	1100m:	14:05.63	1:18.63	1900m:	24:37.10	1:19.20	2700m:	35:19.02	1:20.86
	400m:	5:02.55	1:15.83	1200m:	15:24.03	1:18.40	2000m:	25:56.54	1:19.44	2800m:	36:39.50	1:20.48
	500m:	6:19.54	1:16.99	1300m:	16:42.56	1:18.53	2100m:	27:15.74	1:19.20	2900m:	37:59.76	1:20.26
	600m:	7:36.70	1:17.16	1400m:	18:01.66	1:19.10	2200m:	28:35.46	1:19.72	3000m:	39:17.96	1:18.20
	700m:	8:54.73	1:18.03	1500m:	19:20.64	1:18.98	2300m:	29:56.08	1:20.62			
	800m:	10:11.97	1:17.24	1600m:	20:39.65	1:19.01	2400m:	31:16.66	1:20.58			
3.	AMBRUS Beatriz Alves				09	Porto		39:21.17		473		
	100m:	1:13.46	1:13.46	900m:	11:34.42	1:18.25	1700m:	22:03.06	1:19.00	2500m:	32:42.03	1:21.04
	200m:	2:30.71	1:17.25	1000m:	12:53.03	1:18.61	1800m:	23:21.88	1:18.82	2600m:	34:03.59	1:21.56
	300m:	3:47.64	1:16.93	1100m:	14:10.88	1:17.85	1900m:	24:40.84	1:18.96	2700m:	35:24.67	1:21.08
	400m:	5:05.06	1:17.42	1200m:	15:29.56	1:18.68	2000m:	26:00.53	1:19.69	2800m:	36:44.64	1:19.97
	500m:	6:22.42	1:17.36	1300m:	16:48.31	1:18.75	2100m:	27:20.81	1:20.28	2900m:	38:03.84	1:19.20
	600m:	7:39.78	1:17.36	1400m:	18:06.46	1:18.15	2200m:	28:40.74	1:19.93	3000m:	39:21.17	1:17.33
	700m:	8:56.09	1:16.31	1500m:	19:25.46	1:19.00	2300m:	30:00.96	1:20.22			
	800m:	10:16.17	1:20.08	1600m:	20:44.06	1:18.60	2400m:	31:20.99	1:20.03			
4.	LUIZ Margarida Maria				08	Lagoa AC		39:24.41		472		
	100m:	1:15.45	1:15.45	900m:	11:46.55	1:19.49	1700m:	22:22.65	1:18.46	2500m:	32:53.38	1:19.44
	200m:	2:33.15	1:17.70	1000m:	13:05.89	1:19.34	1800m:	23:41.42	1:18.77	2600m:	34:13.21	1:19.83
	300m:	3:51.87	1:18.72	1100m:	14:25.00	1:19.11	1900m:	25:00.45	1:19.03	2700m:	35:32.06	1:18.85
	400m:	5:11.41	1:19.54	1200m:	15:44.88	1:19.88	2000m:	26:18.63	1:18.18	2800m:	36:51.52	1:19.46
	500m:	6:30.36	1:18.95	1300m:	17:04.65	1:19.77	2100m:	27:36.88	1:18.25	2900m:	38:09.72	1:18.20
	600m:	7:49.04	1:18.68	1400m:	18:24.72	1:20.07	2200m:	28:55.95	1:19.07	3000m:	39:24.41	1:14.69
	700m:	9:08.05	1:19.01	1500m:	19:44.74	1:20.02	2300m:	30:14.99	1:19.04			
	800m:	10:27.06	1:19.01	1600m:	21:04.19	1:19.45	2400m:	31:33.94	1:18.95			
5.	JORGE Sofia Pereira				08	Galitos / Bresimar		39:50.66		456		
	100m:	1:12.96	1:12.96	900m:	11:54.23	1:20.05	1700m:	22:39.80	1:20.22	2500m:	33:23.39	1:20.49
	200m:	2:33.80	1:20.84	1000m:	13:13.31	1:19.08	1800m:	24:00.28	1:20.48	2600m:	34:43.75	1:20.36
	300m:	3:53.90	1:20.10	1100m:	14:32.90	1:19.59	1900m:	25:21.35	1:21.07	2700m:	36:01.16	1:17.41
	400m:	5:14.55	1:20.65	1200m:	15:52.95	1:20.05	2000m:	26:41.91	1:20.56	2800m:	37:19.11	1:17.95
	500m:	6:35.02	1:20.47	1300m:	17:14.11	1:21.16	2100m:	28:02.60	1:20.69	2900m:	38:35.25	1:16.14
	600m:	7:54.65	1:19.63	1400m:	18:35.90	1:21.79	2200m:	29:23.00	1:20.40	3000m:	39:50.66	1:15.41
	700m:	9:14.54	1:19.89	1500m:	19:57.94	1:22.04	2300m:	30:43.50	1:20.50			
	800m:	10:34.18	1:19.64	1600m:	21:19.58	1:21.64	2400m:	32:02.90	1:19.40			

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 1, Femin., 3000m Livres, AA1415

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	BAIONA Raquel Santos	08	Colegio Monte Maior	39:53.25		455	
	100m: 1:11.03 1:11.03	900m: 11:41.49 1:19.14	1700m: 22:12.63 1:19.76	2500m: 33:07.60 1:22.86			
	200m: 2:32.03 1:21.00	1000m: 13:01.27 1:19.78	1800m: 23:32.42 1:19.79	2600m: 34:30.17 1:22.57			
	300m: 3:51.87 1:19.84	1100m: 14:19.49 1:18.22	1900m: 24:52.56 1:20.14	2700m: 35:52.74 1:22.57			
	400m: 5:10.92 1:19.05	1200m: 15:37.95 1:18.46	2000m: 26:13.52 1:20.96	2800m: 37:13.95 1:21.21			
	500m: 6:29.10 1:18.18	1300m: 16:56.60 1:18.65	2100m: 27:35.77 1:22.25	2900m: 38:33.60 1:19.65			
	600m: 7:46.52 1:17.42	1400m: 18:15.20 1:18.60	2200m: 28:58.63 1:22.86	3000m: 39:53.25 1:19.65			
	700m: 9:04.25 1:17.73	1500m: 19:33.87 1:18.67	2300m: 30:21.95 1:23.32				
	800m: 10:22.35 1:18.10	1600m: 20:52.87 1:19.00	2400m: 31:44.74 1:22.79				
7.	CRUZ Constanca Lopes	09	Colegio Monte Maior	39:58.21		452	
	100m: 1:15.73 1:15.73	900m: 11:50.32 1:20.46	1700m: 22:32.27 1:19.92	2500m: 33:19.29 1:21.43			
	200m: 2:34.58 1:18.85	1000m: 13:11.51 1:21.19	1800m: 23:54.73 1:22.46	2600m: 34:39.71 1:20.42			
	300m: 3:52.71 1:18.13	1100m: 14:30.94 1:19.43	1900m: 25:15.40 1:20.67	2700m: 36:00.69 1:20.98			
	400m: 5:10.84 1:18.13	1200m: 15:50.71 1:19.77	2000m: 26:36.08 1:20.68	2800m: 37:22.35 1:21.66			
	500m: 6:29.94 1:19.10	1300m: 17:11.69 1:20.98	2100m: 27:55.84 1:19.76	2900m: 38:40.89 1:18.54			
	600m: 7:49.69 1:19.75	1400m: 18:32.32 1:20.63	2200m: 29:16.28 1:20.44	3000m: 39:58.21 1:17.32			
	700m: 9:08.33 1:18.64	1500m: 19:52.24 1:19.92	2300m: 30:36.16 1:19.88				
	800m: 10:29.86 1:21.53	1600m: 21:12.35 1:20.11	2400m: 31:57.86 1:21.70				
8.	GONCALVES Leonor Queiroz	09	Braga	39:58.45		452	
	100m: 1:13.28 1:13.28	900m: 11:37.58 1:19.53	1700m: 22:15.83 1:20.06	2500m: 33:12.25 1:22.88			
	200m: 2:29.64 1:16.36	1000m: 12:56.35 1:18.77	1800m: 23:33.78 1:17.95	2600m: 34:36.17 1:23.92			
	300m: 3:46.57 1:16.93	1100m: 14:14.65 1:18.30	1900m: 24:58.42 1:24.64	2700m: 35:57.71 1:21.54			
	400m: 5:03.74 1:17.17	1200m: 15:33.95 1:19.30	2000m: 26:20.49 1:22.07	2800m: 37:18.24 1:20.53			
	500m: 6:22.30 1:18.56	1300m: 16:53.34 1:19.39	2100m: 27:43.03 1:22.54	2900m: 38:39.73 1:21.49			
	600m: 7:40.79 1:18.49	1400m: 18:13.79 1:20.45	2200m: 29:05.98 1:22.95	3000m: 39:58.45 1:18.72			
	700m: 8:59.68 1:18.89	1500m: 19:34.25 1:20.46	2300m: 30:28.97 1:22.99				
	800m: 10:18.05 1:18.37	1600m: 20:55.77 1:21.52	2400m: 31:49.37 1:20.40				
9.	PINTO Maria Carvalho	09	Viana Natacao	40:03.77		449	
	100m: 1:13.98 1:13.98	900m: 11:34.27 1:18.22	1700m: 22:17.13 1:21.36	2500m: 33:13.37 1:22.85			
	200m: 2:31.37 1:17.39	1000m: 12:52.65 1:18.38	1800m: 23:38.37 1:21.24	2600m: 34:35.65 1:22.28			
	300m: 3:48.37 1:17.00	1100m: 14:11.73 1:19.08	1900m: 24:59.37 1:21.00	2700m: 35:58.80 1:23.15			
	400m: 5:05.40 1:17.03	1200m: 15:31.98 1:20.25	2000m: 26:20.98 1:21.61	2800m: 37:21.20 1:22.40			
	500m: 6:23.05 1:17.65	1300m: 16:53.55 1:21.57	2100m: 27:43.03 1:22.05	2900m: 38:41.87 1:20.67			
	600m: 7:40.48 1:17.43	1400m: 18:14.52 1:20.97	2200m: 29:05.59 1:22.56	3000m: 40:03.77 1:21.90			
	700m: 8:58.34 1:17.86	1500m: 19:35.30 1:20.78	2300m: 30:28.27 1:22.68				
	800m: 10:16.05 1:17.71	1600m: 20:55.77 1:20.47	2400m: 31:50.52 1:22.25				
10.	CORTESAO Maria Manuel	08	Nautico Academico	40:27.61		436	
	100m: 1:14.68 1:14.68	900m: 11:54.20 1:20.51	1700m: 22:42.08 1:21.14	2500m: 33:37.87 1:22.16			
	200m: 2:34.35 1:19.67	1000m: 13:14.36 1:20.16	1800m: 24:03.18 1:21.10	2600m: 34:59.91 1:22.04			
	300m: 3:53.56 1:19.21	1100m: 13:34.57 20.21	1900m: 25:24.68 1:21.50	2700m: 36:22.48 1:22.57			
	400m: 5:13.47 1:19.91	1200m: 15:55.29 2:20.72	2000m: 26:46.27 1:21.59	2800m: 37:44.64 1:22.16			
	500m: 6:33.46 1:19.99	1300m: 17:16.05 1:20.76	2100m: 28:08.51 1:22.24	2900m: 39:06.23 1:21.59			
	600m: 7:53.64 1:20.18	1400m: 18:37.38 1:21.33	2200m: 29:30.67 1:22.16	3000m: 40:27.61 1:21.38			
	700m: 9:13.54 1:19.90	1500m: 19:58.66 1:21.28	2300m: 30:53.56 1:22.89				
	800m: 10:33.69 1:20.15	1600m: 21:20.94 1:22.28	2400m: 32:15.71 1:22.15				
11.	SANTOS Joana Almeida	09	Galitos / Bresimar	40:48.81		424	
	100m: 1:15.02 1:15.02	900m: 11:53.90 1:21.36	1700m: 22:50.05 1:23.23	2500m: 33:53.59 1:23.88			
	200m: 2:34.36 1:19.34	1000m: 13:14.96 1:21.06	1800m: 24:12.58 1:22.53	2600m: 35:18.46 1:24.87			
	300m: 3:53.56 1:19.20	1100m: 14:34.57 1:19.61	1900m: 25:35.61 1:23.03	2700m: 36:44.41 1:25.95			
	400m: 5:13.26 1:19.70	1200m: 15:56.14 1:21.57	2000m: 26:58.63 1:23.02	2800m: 38:08.16 1:23.75			
	500m: 6:32.87 1:19.61	1300m: 17:18.48 1:22.34	2100m: 28:20.90 1:22.27	3000m: 40:48.81 2:40.65			
	600m: 7:52.70 1:19.83	1400m: 18:41.19 1:22.71	2200m: 29:43.27 1:22.37				
	700m: 9:12.39 1:19.69	1500m: 20:04.46 1:23.27	2300m: 31:06.25 1:22.98				
	800m: 10:32.54 1:20.15	1600m: 21:26.82 1:22.36	2400m: 32:29.71 1:23.46				

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 1, Femin., 3000m Livres, AA1415

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	BARBOSA Bruna Maria	08	Aquatico Pacense	42:11.61		384	
	100m: 1:19.55 1:19.55	900m: 12:29.53	1:27.09	1700m: 23:51.50	1:24.58	2500m: 35:15.24	1:25.38
	200m: 2:41.22 1:21.67	1000m: 13:55.98	1:26.45	1800m: 25:17.14	1:25.64	2600m: 36:40.37	1:25.13
	300m: 4:02.63 1:21.41	1100m: 15:21.29	1:25.31	1900m: 26:43.82	1:26.68	2700m: 38:05.50	1:25.13
	400m: 5:24.77 1:22.14	1200m: 16:47.35	1:26.06	2000m: 28:09.06	1:25.24	2800m: 39:29.18	1:23.68
	500m: 6:47.71 1:22.94	1300m: 18:12.76	1:25.41	2100m: 29:34.85	1:25.79	2900m: 40:51.51	1:22.33
	600m: 8:11.44 1:23.73	1400m: 19:37.90	1:25.14	2200m: 31:00.37	1:25.52	3000m: 42:11.61	1:20.10
	700m: 9:36.24 1:24.80	1500m: 21:02.48	1:24.58	2300m: 32:24.49	1:24.12		
	800m: 11:02.44 1:26.20	1600m: 22:26.92	1:24.44	2400m: 33:49.86	1:25.37		

AA15, Masc.

1.	PEREIRA Rui Silva	08	Colegio Monte Maior	34:42.38		585	
	100m: 1:07.85 1:07.85	900m: 10:25.19	1:10.47	1700m: 19:41.77	1:09.41	2500m: 28:59.86	1:09.95
	200m: 2:16.48 1:08.63	1000m: 11:33.98	1:08.79	1800m: 20:51.41	1:09.64	2600m: 30:09.23	1:09.37
	300m: 3:26.55 1:10.07	1100m: 12:42.93	1:08.95	1900m: 21:59.86	1:08.45	2700m: 31:18.58	1:09.35
	400m: 4:36.52 1:09.97	1200m: 13:52.04	1:09.11	2000m: 23:09.58	1:09.72	2800m: 32:28.20	1:09.62
	500m: 5:45.34 1:08.82	1300m: 15:03.11	1:11.07	2100m: 24:19.01	1:09.43	2900m: 33:36.10	1:07.90
	600m: 6:54.19 1:08.85	1400m: 16:13.43	1:10.32	2200m: 25:29.23	1:10.22	3000m: 34:42.38	1:06.28
	700m: 8:03.99 1:09.80	1500m: 17:24.03	1:10.60	2300m: 26:39.49	1:10.26		
	800m: 9:14.72 1:10.73	1600m: 18:32.36	1:08.33	2400m: 27:49.91	1:10.42		
2.	MEDEIROS Miguel Fragoso	08	Porto	35:28.91		547	
	100m: 1:08.53 1:08.53	900m: 10:31.92	1:10.86	1700m: 20:01.22	1:11.39	2500m: 29:34.00	1:11.84
	200m: 2:18.27 1:09.74	1000m: 11:42.96	1:11.04	1800m: 21:12.67	1:11.45	2600m: 30:45.72	1:11.72
	300m: 3:28.39 1:10.12	1100m: 12:53.71	1:10.75	1900m: 22:24.55	1:11.88	2700m: 31:57.34	1:11.62
	400m: 4:38.72 1:10.33	1200m: 14:04.39	1:10.68	2000m: 23:36.39	1:11.84	2800m: 33:08.89	1:11.55
	500m: 5:49.09 1:10.37	1300m: 15:15.66	1:11.27	2100m: 24:47.69	1:11.30	2900m: 34:20.00	1:11.11
	600m: 6:59.76 1:10.67	1400m: 16:26.86	1:11.20	2200m: 25:58.84	1:11.15	3000m: 35:28.91	1:08.91
	700m: 8:10.39 1:10.63	1500m: 17:38.31	1:11.45	2300m: 27:10.33	1:11.49		
	800m: 9:21.06 1:10.67	1600m: 18:49.83	1:11.52	2400m: 28:22.16	1:11.83		
3.	SOARES Goncalo Augusto	08	Porto	35:31.73		545	
	100m: 1:10.93 1:10.93	900m: 10:44.15	1:10.88	1700m: 20:11.33	1:11.06	2500m: 29:38.17	1:11.54
	200m: 2:21.90 1:10.97	1000m: 11:55.08	1:10.93	1800m: 21:22.17	1:10.84	2600m: 30:48.27	1:10.10
	300m: 3:34.03 1:12.13	1100m: 13:05.28	1:10.20	1900m: 22:33.14	1:10.97	2700m: 31:59.52	1:11.25
	400m: 4:45.59 1:11.56	1200m: 14:16.02	1:10.74	2000m: 23:44.25	1:11.11	2800m: 33:10.44	1:10.92
	500m: 5:57.68 1:12.09	1300m: 15:26.75	1:10.73	2100m: 24:54.60	1:10.35	2900m: 34:21.10	1:10.66
	600m: 7:09.62 1:11.94	1400m: 16:37.79	1:11.04	2200m: 26:04.99	1:10.39	3000m: 35:31.73	1:10.63
	700m: 8:21.48 1:11.86	1500m: 17:49.06	1:11.27	2300m: 27:15.89	1:10.90		
	800m: 9:33.27 1:11.79	1600m: 19:00.27	1:11.21	2400m: 28:26.63	1:10.74		
4.	CANELAS Tiago Andre	08	Fluvial Portuense	35:41.38		538	
	100m: 1:10.30 1:10.30	900m: 10:44.56	1:10.99	1700m: 20:11.58	1:11.90	2500m: 29:39.35	1:11.12
	200m: 2:21.55 1:11.25	1000m: 11:54.81	1:10.25	1800m: 21:21.72	1:10.14	2600m: 30:50.53	1:11.18
	300m: 3:33.72 1:12.17	1100m: 13:04.63	1:09.82	1900m: 22:33.12	1:11.40	2700m: 32:02.57	1:12.04
	400m: 4:45.67 1:11.95	1200m: 14:15.13	1:10.50	2000m: 23:44.94	1:11.82	2800m: 33:15.49	1:12.92
	500m: 5:57.84 1:12.17	1300m: 15:25.71	1:10.58	2100m: 24:55.18	1:10.24	2900m: 34:29.14	1:13.65
	600m: 7:09.92 1:12.08	1400m: 16:36.35	1:10.64	2200m: 26:06.84	1:11.66	3000m: 35:41.38	1:12.24
	700m: 8:21.98 1:12.06	1500m: 17:48.03	1:11.68	2300m: 27:17.51	1:10.67		
	800m: 9:33.57 1:11.59	1600m: 18:59.68	1:11.65	2400m: 28:28.23	1:10.72		

Campeonato Nacional de Longa Distancia 3 e 5Km
Coimbra, 25/2/2023



Prova 1, Masc., 3000m Livres, AA15

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	RODRIGUES Rafael Pereira	08	Condeixa Clube	36:27.02		505	
	100m: 1:13.84 1:13.84	900m: 10:55.74 1:11.97	1700m: 20:35.81 1:13.42	2500m: 30:21.37 1:13.45			
	200m: 2:27.55 1:13.71	1000m: 12:08.05 1:12.31	1800m: 21:49.24 1:13.43	2600m: 31:34.03 1:12.66			
	300m: 3:41.85 1:14.30	1100m: 13:19.13 1:11.08	1900m: 23:02.14 1:12.90	2700m: 32:47.76 1:13.73			
	400m: 4:55.58 1:13.73	1200m: 14:31.36 1:12.23	2000m: 24:15.57 1:13.43	2800m: 34:01.07 1:13.31			
	500m: 6:09.05 1:13.47	1300m: 15:43.89 1:12.53	2100m: 25:27.64 1:12.07	2900m: 35:14.86 1:13.79			
	600m: 7:19.98 1:10.93	1400m: 16:56.56 1:12.67	2200m: 26:41.09 1:13.45	3000m: 36:27.02 1:12.16			
	700m: 8:31.76 1:11.78	1500m: 18:09.90 1:13.34	2300m: 27:54.69 1:13.60				
	800m: 9:43.77 1:12.01	1600m: 19:22.39 1:12.49	2400m: 29:07.92 1:13.23				
6.	SOUZA Guilherme Simoes	08	Nautico Academico	36:35.25		499	
	100m: 1:12.46 1:12.46	900m: 10:57.37 1:12.45	1700m: 20:37.87 1:13.27	2500m: 30:26.35 1:14.23			
	200m: 2:25.59 1:13.13	1000m: 12:09.73 1:12.36	1800m: 21:50.54 1:12.67	2600m: 31:40.73 1:14.38			
	300m: 3:38.73 1:13.14	1100m: 13:21.33 1:11.60	1900m: 23:03.34 1:12.80	2700m: 32:55.86 1:15.13			
	400m: 4:52.54 1:13.81	1200m: 14:33.84 1:12.51	2000m: 24:16.25 1:12.91	2800m: 34:11.02 1:15.16			
	500m: 6:06.49 1:13.95	1300m: 15:45.98 1:12.14	2100m: 25:28.99 1:12.74	2900m: 35:25.39 1:14.37			
	600m: 7:19.54 1:13.05	1400m: 16:58.43 1:12.45	2200m: 26:42.92 1:13.93	3000m: 36:35.25 1:09.86			
	700m: 8:32.13 1:12.59	1500m: 18:11.53 1:13.10	2300m: 27:57.59 1:14.67				
	800m: 9:44.92 1:12.79	1600m: 19:24.60 1:13.07	2400m: 29:12.12 1:14.53				
7.	SOUZA Santiago Boica	08	Vieirense	38:09.67		440	
	100m: 1:12.43 1:12.43	900m: 11:28.30 1:18.43	1700m: 21:39.69 1:17.41	2500m: 31:53.01 1:16.59			
	200m: 2:27.72 1:15.29	1000m: 12:44.85 1:16.55	1800m: 22:57.29 1:17.60	2600m: 33:10.33 1:17.32			
	300m: 3:44.24 1:16.52	1100m: 14:01.33 1:16.48	1900m: 24:13.89 1:16.60	2700m: 34:25.34 1:15.01			
	400m: 5:01.43 1:17.19	1200m: 15:18.98 1:17.65	2000m: 25:30.03 1:16.14	2800m: 35:41.17 1:15.83			
	500m: 6:19.51 1:18.08	1300m: 16:36.25 1:17.27	2100m: 26:45.58 1:15.55	2900m: 36:56.66 1:15.49			
	600m: 7:37.19 1:17.68	1400m: 17:50.65 1:14.40	2200m: 28:01.13 1:15.55	3000m: 38:09.67 1:13.01			
	700m: 8:53.92 1:16.73	1500m: 19:07.29 1:16.64	2300m: 29:19.99 1:18.86				
	800m: 10:09.87 1:15.95	1600m: 20:22.28 1:14.99	2400m: 30:36.42 1:16.43				
8.	FARDILHA Antonio Cruz	08	Galitos / Bresimar	38:58.30		413	
	100m: 1:15.00 1:15.00	900m: 11:39.69 1:18.57	1700m: 22:13.34 1:19.17	2500m: 32:35.85 1:17.59			
	200m: 2:32.43 1:17.43	1000m: 12:58.24 1:18.55	1800m: 23:32.34 1:19.00	2600m: 33:52.43 1:16.58			
	300m: 3:50.21 1:17.78	1100m: 14:16.89 1:18.65	1900m: 24:50.82 1:18.48	2700m: 35:10.52 1:18.09			
	400m: 5:08.45 1:18.24	1200m: 15:34.93 1:18.04	2000m: 26:08.71 1:17.89	2800m: 36:27.72 1:17.20			
	500m: 6:26.96 1:18.51	1300m: 16:54.63 1:19.70	2100m: 27:27.00 1:18.29	2900m: 37:43.90 1:16.18			
	600m: 7:45.10 1:18.14	1400m: 18:14.51 1:19.88	2200m: 28:43.93 1:16.93	3000m: 38:58.30 1:14.40			
	700m: 9:02.76 1:17.66	1500m: 19:34.27 1:19.76	2300m: 30:01.02 1:17.09				
	800m: 10:21.12 1:18.36	1600m: 20:54.17 1:19.90	2400m: 31:18.26 1:17.24				

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



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