

Campeonato Nacional Clubes 2ª Divisão
 Estarreja, 2 - 3/12/2023

Prova 20	Masc., 1500m Livres				2ª Divisão MASC
03/12/2023 - 9:35					Resultados
RN25 Open	14:39.82	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	20/12/2021
RN25 Sen	14:39.82	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	20/12/2021
RN25 Jun18	15:06.77	SANTO Filipe Miguel	SLB	Funchal	26/03/2018
RN25 Jun17	15:05.57	SANTA Gustavo Manuel	CNLA	Leiria	06/12/2009
RN25 Juv A	15:36.31	COSTA Rui Filipe	VSC	Braga	04/03/2007
RN25 Juv B	15:55.78	PEREIRA Rui Silva	POR	Tomar	14/01/2023
RN25 Inf A	16:13.14	RUIVO Andre Vilas	DNMG	Campo Maior	30/03/2014
RN25 Inf B	17:11.29	RUIVO Andre Vilas	DNMG	Leiria	03/03/2013

Pontos: FINA 2023

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Ricardo Matias	05	209305	Louzan Natacao/EFAPEL	15:57.86	+0,67	691	25,00
	50m: 28.67 28.67	450m: 4:45.69	32.35	850m: 9:03.45	32.18	1250m: 13:20.65	32.21	
	100m: 1:00.42 31.75	500m: 5:18.18	32.49	900m: 9:35.74	32.29	1300m: 13:52.64	31.99	
	150m: 1:32.77 32.35	550m: 5:50.38	32.20	950m: 10:07.94	32.20	1350m: 14:24.62	31.98	
	200m: 2:05.08 32.31	600m: 6:22.71	32.33	1000m: 10:40.14	32.20	1400m: 14:56.37	31.75	
	250m: 2:36.85 31.77	650m: 6:55.04	32.33	1050m: 11:12.21	32.07	1450m: 15:28.13	31.76	
	300m: 3:08.72 31.87	700m: 7:27.23	32.19	1100m: 11:44.16	31.95	1500m: 15:57.86	29.73	
	350m: 3:40.84 32.12	750m: 7:59.25	32.02	1150m: 12:16.24	32.08			
	400m: 4:13.34 32.50	800m: 8:31.27	32.02	1200m: 12:48.44	32.20			
2.	RIBEIRO Hugo Alberto	88	23114	Leixoes	16:02.45	+0,90	681	23,00
	50m: 28.77 28.77	450m: 4:45.67	32.39	850m: 9:03.87	32.19	1250m: 13:21.95	32.05	
	100m: 1:00.24 31.47	500m: 5:18.03	32.36	900m: 9:36.02	32.15	1300m: 13:54.45	32.50	
	150m: 1:32.43 32.19	550m: 5:50.46	32.43	950m: 10:08.30	32.28	1350m: 14:26.99	32.54	
	200m: 2:04.70 32.27	600m: 6:22.76	32.30	1000m: 10:40.51	32.21	1400m: 14:59.26	32.27	
	250m: 2:36.88 32.18	650m: 6:55.10	32.34	1050m: 11:12.77	32.26	1450m: 15:31.48	32.22	
	300m: 3:08.86 31.98	700m: 7:27.33	32.23	1100m: 11:45.19	32.42	1500m: 16:02.45	30.97	
	350m: 3:41.04 32.18	750m: 7:59.50	32.17	1150m: 12:17.47	32.28			
	400m: 4:13.28 32.24	800m: 8:31.68	32.18	1200m: 12:49.90	32.43			
3.	CARDOSO Filipe Santos	04	130500	Gafanha da Encarnacao	16:39.44	+0,64	608	22,00
	50m: 29.93 29.93	450m: 5:00.29	33.94	850m: 9:30.59	33.62	1250m: 13:58.15	32.94	
	100m: 1:02.97 33.04	500m: 5:34.32	34.03	900m: 10:04.18	33.59	1300m: 14:31.07	32.92	
	150m: 1:36.50 33.53	550m: 6:08.21	33.89	950m: 10:37.73	33.55	1350m: 15:03.86	32.79	
	200m: 2:10.47 33.97	600m: 6:41.84	33.63	1000m: 11:11.65	33.92	1400m: 15:36.01	32.15	
	250m: 2:44.26 33.79	650m: 7:15.66	33.82	1050m: 11:45.16	33.51	1450m: 16:08.22	32.21	
	300m: 3:18.11 33.85	700m: 7:49.69	34.03	1100m: 12:18.95	33.79	1500m: 16:39.44	31.22	
	350m: 3:52.28 34.17	750m: 8:23.29	33.60	1150m: 12:52.12	33.17			
	400m: 4:26.35 34.07	800m: 8:56.97	33.68	1200m: 13:25.21	33.09			
4.	RODRIGUES Rafael Pereira	08	205593	Condeixa Clube	16:39.89	+0,84	607	21,00
	50m: 30.44 30.44	450m: 4:58.50	33.70	850m: 9:24.78	33.44	1250m: 13:52.12	33.58	
	100m: 1:03.24 32.80	500m: 5:32.15	33.65	900m: 9:58.20	33.42	1300m: 14:25.79	33.67	
	150m: 1:36.60 33.36	550m: 6:05.15	33.00	950m: 10:31.53	33.33	1350m: 14:59.56	33.77	
	200m: 2:10.17 33.57	600m: 6:37.99	32.84	1000m: 11:04.98	33.45	1400m: 15:33.32	33.76	
	250m: 2:44.10 33.93	650m: 7:11.26	33.27	1050m: 11:38.29	33.31	1450m: 16:06.98	33.66	
	300m: 3:17.78 33.68	700m: 7:44.54	33.28	1100m: 12:11.68	33.39	1500m: 16:39.89	32.91	
	350m: 3:51.20 33.42	750m: 8:17.76	33.22	1150m: 12:44.91	33.23			
	400m: 4:24.80 33.60	800m: 8:51.34	33.58	1200m: 13:18.54	33.63			
5.	KOT Paulo	09	144468	Nautico Marinha Grande	16:46.30	+0,70	596	20,00
	50m: 29.27 29.27	450m: 4:57.21	33.97	850m: 9:28.92	33.67	1250m: 13:59.53	33.45	
	100m: 1:01.66 32.39	500m: 5:31.21	34.00	900m: 10:02.53	33.61	1300m: 14:33.61	34.08	
	150m: 1:34.45 32.79	550m: 6:05.37	34.16	950m: 10:36.31	33.78	1350m: 15:07.97	34.36	
	200m: 2:07.43 32.98	600m: 6:39.51	34.14	1000m: 11:09.96	33.65	1400m: 15:42.19	34.22	
	250m: 2:40.96 33.53	650m: 7:13.34	33.83	1050m: 11:44.41	34.45	1450m: 16:15.22	33.03	
	300m: 3:14.71 33.75	700m: 7:47.09	33.75	1100m: 12:18.07	33.66	1500m: 16:46.30	31.08	
	350m: 3:49.12 34.41	750m: 8:20.81	33.72	1150m: 12:51.98	33.91			
	400m: 4:23.24 34.12	800m: 8:55.25	34.44	1200m: 13:26.08	34.10			

Campeonato Nacional Clubes 2ª Divisão
 Estarreja, 2 - 3/12/2023

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
6.	LARANJO Filipe Manso	07	202281	Desportiva de Viana	16:46.68	+0,87	595	19,00	
	50m: 29.18 29.18		450m: 4:57.17	34.23	850m: 9:29.57	34.65	1250m: 14:01.05	33.72	
	100m: 1:01.14 31.96		500m: 5:30.47	33.30	900m: 10:03.24	33.67	1300m: 14:34.76	33.71	
	150m: 1:34.33 33.19		550m: 6:04.25	33.78	950m: 10:37.16	33.92	1350m: 15:08.60	33.84	
	200m: 2:07.85 33.52		600m: 6:38.46	34.21	1000m: 11:11.44	34.28	1400m: 15:42.50	33.90	
	250m: 2:41.42 33.57		650m: 7:12.72	34.26	1050m: 11:45.10	33.66	1450m: 16:15.55	33.05	
	300m: 3:15.00 33.58		700m: 7:46.28	33.56	1100m: 12:19.30	34.20	1500m: 16:46.68	31.13	
	350m: 3:48.83 33.83		750m: 8:21.14	34.86	1150m: 12:53.57	34.27			
	400m: 4:22.94 34.11		800m: 8:54.92	33.78	1200m: 13:27.33	33.76			
7.	OLIVEIRA Marco Dimitar	07	209588	Nautico Academico	16:47.03	+0,81	594	18,00	
	50m: 29.46 29.46		450m: 4:56.64	33.74	850m: 9:29.03	34.00	1250m: 14:01.60	34.13	
	100m: 1:01.46 32.00		500m: 5:30.32	33.68	900m: 10:03.05	34.02	1300m: 14:35.00	33.40	
	150m: 1:34.42 32.96		550m: 6:04.19	33.87	950m: 10:37.33	34.28	1350m: 15:08.95	33.95	
	200m: 2:08.20 33.78		600m: 6:38.26	34.07	1000m: 11:11.51	34.18	1400m: 15:42.68	33.73	
	250m: 2:41.68 33.48		650m: 7:12.36	34.10	1050m: 11:45.25	33.74	1450m: 16:16.21	33.53	
	300m: 3:15.29 33.61		700m: 7:46.61	34.25	1100m: 12:19.42	34.17	1500m: 16:47.03	30.82	
	350m: 3:48.87 33.58		750m: 8:21.18	34.57	1150m: 12:53.72	34.30			
	400m: 4:22.90 34.03		800m: 8:55.03	33.85	1200m: 13:27.47	33.75			
8.	MARQUES Joao Ferreira	06	201190	Academica de Coimbra	16:55.50	+0,74	579	17,00	
	50m: 29.91 29.91		450m: 4:58.07	34.19	850m: 9:30.28	34.15	1250m: 14:06.06	34.58	
	100m: 1:02.22 32.31		500m: 5:31.99	33.92	900m: 10:04.83	34.55	1300m: 14:40.46	34.40	
	150m: 1:35.46 33.24		550m: 6:05.79	33.80	950m: 10:39.31	34.48	1350m: 15:14.91	34.45	
	200m: 2:09.10 33.64		600m: 6:39.67	33.88	1000m: 11:13.67	34.36	1400m: 15:48.82	33.91	
	250m: 2:42.52 33.42		650m: 7:13.75	34.08	1050m: 11:48.30	34.63	1450m: 16:22.85	34.03	
	300m: 3:16.31 33.79		700m: 7:47.69	33.94	1100m: 12:22.75	34.45	1500m: 16:55.50	32.65	
	350m: 3:49.98 33.67		750m: 8:21.67	33.98	1150m: 12:56.91	34.16			
	400m: 4:23.88 33.90		800m: 8:56.13	34.46	1200m: 13:31.48	34.57			
9.	SOARES Guilherme Costa	08	201093	Vilacondense	16:57.87	+0,81	575	16,00	
	50m: 30.05 30.05		450m: 4:53.55	32.95	850m: 9:24.39	34.60	1250m: 14:03.25	35.36	
	100m: 1:02.58 32.53		500m: 5:27.01	33.46	900m: 9:59.37	34.98	1300m: 14:37.92	34.67	
	150m: 1:35.74 33.16		550m: 6:00.33	33.32	950m: 10:34.65	35.28	1350m: 15:13.81	35.89	
	200m: 2:08.80 33.06		600m: 6:33.55	33.22	1000m: 11:09.74	35.09	1400m: 15:49.30	35.49	
	250m: 2:41.63 32.83		650m: 7:07.28	33.73	1050m: 11:44.09	34.35	1450m: 16:23.49	34.19	
	300m: 3:14.58 32.95		700m: 7:41.17	33.89	1100m: 12:18.57	34.48	1500m: 16:57.87	34.38	
	350m: 3:47.66 33.08		750m: 8:15.19	34.02	1150m: 12:53.20	34.63			
	400m: 4:20.60 32.94		800m: 8:49.79	34.60	1200m: 13:27.89	34.69			
10.	MACEDO Martim Cunha	09	204594	Natacao da Maia	16:58.77	+0,73	574	15,00	
	50m: 30.77 30.77		450m: 5:04.23	34.03	850m: 9:38.09	34.31	1250m: 14:12.80	34.66	
	100m: 1:04.68 33.91		500m: 5:38.52	34.29	900m: 10:12.21	34.12	1300m: 14:46.90	34.10	
	150m: 1:39.57 34.89		550m: 6:12.58	34.06	950m: 10:46.60	34.39	1350m: 15:20.51	33.61	
	200m: 2:13.37 33.80		600m: 6:46.83	34.25	1000m: 11:21.05	34.45	1400m: 15:54.71	34.20	
	250m: 2:47.52 34.15		650m: 7:20.92	34.09	1050m: 11:55.53	34.48	1450m: 16:28.03	33.32	
	300m: 3:21.77 34.25		700m: 7:55.04	34.12	1100m: 12:30.00	34.47	1500m: 16:58.77	30.74	
	350m: 3:55.98 34.21		750m: 8:29.20	34.16	1150m: 13:04.17	34.17			
	400m: 4:30.20 34.22		800m: 9:03.78	34.58	1200m: 13:38.14	33.97			
11.	PINHO Afonso Formigo	06	129956	Torres Novas	17:01.37	+0,70	570	14,00	
	50m: 29.99 29.99		450m: 5:03.13	34.78	850m: 9:37.68	34.27	1250m: 14:12.30	34.32	
	100m: 1:03.21 33.22		500m: 5:37.96	34.83	900m: 10:11.99	34.31	1300m: 14:46.52	34.22	
	150m: 1:37.14 33.93		550m: 6:12.16	34.20	950m: 10:46.33	34.34	1350m: 15:20.92	34.40	
	200m: 2:11.20 34.06		600m: 6:46.45	34.29	1000m: 11:20.58	34.25	1400m: 15:55.33	34.41	
	250m: 2:45.12 33.92		650m: 7:20.85	34.40	1050m: 11:54.80	34.22	1450m: 16:28.79	33.46	
	300m: 3:19.43 34.31		700m: 7:55.36	34.51	1100m: 12:29.10	34.30	1500m: 17:01.37	32.58	
	350m: 3:53.78 34.35		750m: 8:29.36	34.00	1150m: 13:03.52	34.42			
	400m: 4:28.35 34.57		800m: 9:03.41	34.05	1200m: 13:37.98	34.46			

Campeonato Nacional Clubes 2ª Divisão
 Estarreja, 2 - 3/12/2023

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	FERNANDES Ricardo Figueiredo	08	205881	Colegio Monte Maior	17:09.12	+0,87	557	13,00	
	50m: 29.24	29.24	450m: 4:59.06	34.22	850m: 9:37.44	34.71	1250m: 14:15.09	34.97	
	100m: 1:01.91	32.67	500m: 5:33.82	34.76	900m: 10:12.29	34.85	1300m: 14:50.16	35.07	
	150m: 1:35.76	33.85	550m: 6:08.73	34.91	950m: 10:47.18	34.89	1350m: 15:25.95	35.79	
	200m: 2:09.58	33.82	600m: 6:42.93	34.20	1000m: 11:21.57	34.39	1400m: 16:01.41	35.46	
	250m: 2:43.54	33.96	650m: 7:18.04	35.11	1050m: 11:55.58	34.01	1450m: 16:36.35	34.94	
	300m: 3:17.26	33.72	700m: 7:53.04	35.00	1100m: 12:30.31	34.73	1500m: 17:09.12	32.77	
	350m: 3:51.09	33.83	750m: 8:28.04	35.00	1150m: 13:04.77	34.46			
	400m: 4:24.84	33.75	800m: 9:02.73	34.69	1200m: 13:40.12	35.35			
13.	CARVALHO Daniel Casaca	07	205098	Colegio Vasco da Gama	17:09.40	+0,87	556	12,00	
	50m: 28.95	28.95	450m: 5:00.16	34.54	850m: 9:38.86	34.67	1250m: 14:19.02	35.40	
	100m: 1:01.88	32.93	500m: 5:34.74	34.58	900m: 10:12.83	33.97	1300m: 14:53.24	34.22	
	150m: 1:35.33	33.45	550m: 6:09.54	34.80	950m: 10:48.03	35.20	1350m: 15:27.81	34.57	
	200m: 2:09.19	33.86	600m: 6:44.88	35.34	1000m: 11:22.81	34.78	1400m: 16:02.36	34.55	
	250m: 2:42.85	33.66	650m: 7:19.39	34.51	1050m: 11:57.54	34.73	1450m: 16:36.26	33.90	
	300m: 3:16.73	33.88	700m: 7:54.56	35.17	1100m: 12:33.04	35.50	1500m: 17:09.40	33.14	
	350m: 3:51.40	34.67	750m: 8:29.55	34.99	1150m: 13:08.76	35.72			
	400m: 4:25.62	34.22	800m: 9:04.19	34.64	1200m: 13:43.62	34.86			
14.	AITA Yuri Toth	07	213454	Viana Natacao	17:41.52	+0,72	507	11,00	
	50m: 31.97	31.97	450m: 5:16.80	35.49	850m: 10:01.33	35.59	1250m: 14:49.53	35.73	
	100m: 1:06.70	34.73	500m: 5:51.94	35.14	900m: 10:37.17	35.84	1300m: 15:25.02	35.49	
	150m: 1:42.26	35.56	550m: 6:27.16	35.22	950m: 11:13.37	36.20	1350m: 16:00.62	35.60	
	200m: 2:17.99	35.73	600m: 7:02.53	35.37	1000m: 11:49.44	36.07	1400m: 16:36.30	35.68	
	250m: 2:53.70	35.71	650m: 7:38.65	36.12	1050m: 12:25.39	35.95	1450m: 17:09.74	33.44	
	300m: 3:29.54	35.84	700m: 8:14.41	35.76	1100m: 13:01.41	36.02	1500m: 17:41.52	31.78	
	350m: 4:05.45	35.91	750m: 8:49.81	35.40	1150m: 13:37.55	36.14			
	400m: 4:41.31	35.86	800m: 9:25.74	35.93	1200m: 14:13.80	36.25			
15.	GONCALVES Pedro Sousa	06	129459	Natacao Olhao	17:45.61	+0,73	501	10,00	
	50m: 30.35	30.35	450m: 5:14.03	35.74	850m: 10:00.69	36.09	1250m: 14:50.22	36.21	
	100m: 1:04.27	33.92	500m: 5:50.34	36.31	900m: 10:36.81	36.12	1300m: 15:25.61	35.39	
	150m: 1:39.22	34.95	550m: 6:26.49	36.15	950m: 11:12.54	35.73	1350m: 16:00.49	34.88	
	200m: 2:14.71	35.49	600m: 7:02.22	35.73	1000m: 11:48.45	35.91	1400m: 16:35.67	35.18	
	250m: 2:50.17	35.46	650m: 7:37.98	35.76	1050m: 12:24.78	36.33	1450m: 17:11.69	36.02	
	300m: 3:26.27	36.10	700m: 8:14.32	36.34	1100m: 13:01.45	36.67	1500m: 17:45.61	33.92	
	350m: 4:02.01	35.74	750m: 8:49.91	35.59	1150m: 13:37.65	36.20			
	400m: 4:38.29	36.28	800m: 9:24.60	34.69	1200m: 14:14.01	36.36			
16.	SERRA Joao Luis	97	123049	Laranjeiro	17:46.39	+0,69	500	9,00	
	50m: 31.93	31.93	450m: 5:12.57	35.54	850m: 9:58.37	35.65	1250m: 14:45.95	36.16	
	100m: 1:06.04	34.11	500m: 5:48.10	35.53	900m: 10:33.83	35.46	1300m: 15:22.40	36.45	
	150m: 1:40.47	34.43	550m: 6:23.76	35.66	950m: 11:09.57	35.74	1350m: 15:58.50	36.10	
	200m: 2:15.40	34.93	600m: 6:59.46	35.70	1000m: 11:45.56	35.99	1400m: 16:34.87	36.37	
	250m: 2:50.60	35.20	650m: 7:35.18	35.72	1050m: 12:21.54	35.98	1450m: 17:11.01	36.14	
	300m: 3:25.92	35.32	700m: 8:11.10	35.92	1100m: 12:57.60	36.06	1500m: 17:46.39	35.38	
	350m: 4:01.39	35.47	750m: 8:46.81	35.71	1150m: 13:33.65	36.05			
	400m: 4:37.03	35.64	800m: 9:22.72	35.91	1200m: 14:09.79	36.14			
17.	FRANCISCO Tiago Serradas	05	202567	Ba-Leiria	17:48.62	+0,89	497	8,00	
	50m: 30.68	30.68	450m: 5:15.46	36.95	850m: 10:06.38	35.73	1250m: 14:52.29	35.74	
	100m: 1:04.24	33.56	500m: 5:51.85	36.39	900m: 10:42.42	36.04	1300m: 15:28.18	35.89	
	150m: 1:38.96	34.72	550m: 6:28.76	36.91	950m: 11:17.52	35.10	1350m: 16:04.86	36.68	
	200m: 2:14.19	35.23	600m: 7:05.12	36.36	1000m: 11:53.47	35.95	1400m: 16:39.99	35.13	
	250m: 2:50.12	35.93	650m: 7:41.68	36.56	1050m: 12:29.46	35.99	1450m: 17:14.46	34.47	
	300m: 3:26.45	36.33	700m: 8:17.90	36.22	1100m: 13:05.90	36.44	1500m: 17:48.62	34.16	
	350m: 4:02.36	35.91	750m: 8:54.39	36.49	1150m: 13:40.78	34.88			
	400m: 4:38.51	36.15	800m: 9:30.65	36.26	1200m: 14:16.55	35.77			

Campeonato Nacional Clubes 2ª Divisão
 Estarreja, 2 - 3/12/2023

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	FREIXIEIRO Francisco Guilherme	08	208642	Rio Maior	17:51.68	+0,76	493		7,00
	50m: 31.55 31.55		450m: 5:12.70	35.77	850m: 10:00.33	36.09	1250m: 14:50.75	36.60	
	100m: 1:05.45 33.90		500m: 5:48.35	35.65	900m: 10:36.22	35.89	1300m: 15:27.07	36.32	
	150m: 1:40.82 35.37		550m: 6:24.08	35.73	950m: 11:12.83	36.61	1350m: 16:03.88	36.81	
	200m: 2:15.67 34.85		600m: 7:00.01	35.93	1000m: 11:49.25	36.42	1400m: 16:39.98	36.10	
	250m: 2:50.67 35.00		650m: 7:36.03	36.02	1050m: 12:25.79	36.54	1450m: 17:16.45	36.47	
	300m: 3:25.95 35.28		700m: 8:12.31	36.28	1100m: 13:01.97	36.18	1500m: 17:51.68	35.23	
	350m: 4:01.28 35.33		750m: 8:48.21	35.90	1150m: 13:38.33	36.36			
	400m: 4:36.93 35.65		800m: 9:24.24	36.03	1200m: 14:14.15	35.82			
19.	AZEVEDO Rafael Sousa	06	204674	Viver Santarem	17:56.78	+0,76	486		6,00
	50m: 30.89 30.89		450m: 5:13.18	35.72	850m: 10:04.76	36.55	1250m: 14:57.28	36.45	
	100m: 1:04.40 33.51		500m: 5:48.65	35.47	900m: 10:41.77	37.01	1300m: 15:34.27	36.99	
	150m: 1:39.17 34.77		550m: 6:25.92	37.27	950m: 11:17.95	36.18	1350m: 16:11.52	37.25	
	200m: 2:14.36 35.19		600m: 7:01.86	35.94	1000m: 11:54.35	36.40	1400m: 16:47.97	36.45	
	250m: 2:49.71 35.35		650m: 7:38.31	36.45	1050m: 12:31.32	36.97	1450m: 17:24.42	36.45	
	300m: 3:25.82 36.11		700m: 8:15.07	36.76	1100m: 13:08.18	36.86	1500m: 17:56.78	32.36	
	350m: 4:01.77 35.95		750m: 8:51.74	36.67	1150m: 13:44.51	36.33			
	400m: 4:37.46 35.69		800m: 9:28.21	36.47	1200m: 14:20.83	36.32			
20.	SOARES Marco Santos	08	203332	Natacao de Valongo	18:01.10	+0,92	480		5,00
	50m: 31.41 31.41		450m: 5:21.41	36.62	850m: 10:12.13	36.29	1250m: 15:02.96	36.36	
	100m: 1:06.68 35.27		500m: 5:58.07	36.66	900m: 10:48.31	36.18	1300m: 15:39.79	36.83	
	150m: 1:42.51 35.83		550m: 6:34.83	36.76	950m: 11:24.74	36.43	1350m: 16:15.90	36.11	
	200m: 2:18.73 36.22		600m: 7:10.93	36.10	1000m: 12:01.13	36.39	1400m: 16:51.65	35.75	
	250m: 2:54.83 36.10		650m: 7:47.09	36.16	1050m: 12:37.30	36.17	1450m: 17:28.08	36.43	
	300m: 3:31.44 36.61		700m: 8:23.47	36.38	1100m: 13:13.80	36.50	1500m: 18:01.10	33.02	
	350m: 4:08.34 36.90		750m: 8:59.57	36.10	1150m: 13:50.24	36.44			
	400m: 4:44.79 36.45		800m: 9:35.84	36.27	1200m: 14:26.60	36.36			
21.	OLIVEIRA Paulo Jorge	08	205716	Estarreja/PROZINCO	18:06.62	+0,80	473		4,00
	50m: 31.19 31.19		450m: 5:13.57	36.08	850m: 10:05.28	36.47	1250m: 15:02.12	37.56	
	100m: 1:05.00 33.81		500m: 5:49.56	35.99	900m: 10:42.15	36.87	1300m: 15:39.67	37.55	
	150m: 1:39.64 34.64		550m: 6:25.55	35.99	950m: 11:18.49	36.34	1350m: 16:17.13	37.46	
	200m: 2:14.73 35.09		600m: 7:02.26	36.71	1000m: 11:55.52	37.03	1400m: 16:54.09	36.96	
	250m: 2:49.81 35.08		650m: 7:38.88	36.62	1050m: 12:32.72	37.20	1450m: 17:31.20	37.11	
	300m: 3:25.46 35.65		700m: 8:15.65	36.77	1100m: 13:10.18	37.46	1500m: 18:06.62	35.42	
	350m: 4:01.44 35.98		750m: 8:52.19	36.54	1150m: 13:47.08	36.90			
	400m: 4:37.49 36.05		800m: 9:28.81	36.62	1200m: 14:24.56	37.48			
22.	CANSADO Ricardo Paixao	07	208134	Aminata	18:37.96	+0,92	434		3,00
	50m: 32.58 32.58		450m: 5:32.70	38.07	850m: 10:32.93	37.51	1250m: 15:34.38	37.66	
	100m: 1:08.88 36.30		500m: 6:11.02	38.32	900m: 11:10.41	37.48	1300m: 16:12.37	37.99	
	150m: 1:45.35 36.47		550m: 6:48.65	37.63	950m: 11:48.45	38.04	1350m: 16:49.63	37.26	
	200m: 2:22.79 37.44		600m: 7:26.05	37.40	1000m: 12:25.22	36.77	1400m: 17:27.20	37.57	
	250m: 3:00.30 37.51		650m: 8:03.70	37.65	1050m: 13:02.92	37.70	1450m: 18:04.35	37.15	
	300m: 3:37.70 37.40		700m: 8:40.80	37.10	1100m: 13:41.38	38.46	1500m: 18:37.96	33.61	
	350m: 4:16.18 38.48		750m: 9:18.51	37.71	1150m: 14:18.87	37.49			
	400m: 4:54.63 38.45		800m: 9:55.42	36.91	1200m: 14:56.72	37.85			
23.	PACHECO Santiago Jose	09	210696	Alcobaca	18:51.22	+0,83	419		2,00
	50m: 31.95 31.95		450m: 5:33.52	38.31	850m: 10:42.32	38.29	1250m: 15:47.79	37.90	
	100m: 1:07.80 35.85		500m: 6:12.20	38.68	900m: 11:20.49	38.17	1300m: 16:24.92	37.13	
	150m: 1:45.10 37.30		550m: 6:50.75	38.55	950m: 11:58.45	37.96	1350m: 17:02.48	37.56	
	200m: 2:22.61 37.51		600m: 7:29.19	38.44	1000m: 12:36.47	38.02	1400m: 17:39.25	36.77	
	250m: 3:00.25 37.64		650m: 8:08.08	38.89	1050m: 13:15.09	38.62	1450m: 18:15.83	36.58	
	300m: 3:38.67 38.42		700m: 8:46.45	38.37	1100m: 13:53.27	38.18	1500m: 18:51.22	35.39	
	350m: 4:16.76 38.09		750m: 9:25.25	38.80	1150m: 14:31.28	38.01			
	400m: 4:55.21 38.45		800m: 10:04.03	38.78	1200m: 15:09.89	38.61			
DSQ	PACHECO Rafael Dinis	07	204593	Aquatico Pacense					- -
	403 - Falsa partida - SW 4.4								