

Prova 1 08/12/2023 - 17:20	Masc., 800m Livres					Absolutos Resultados
RN25 Open	7:42.14	LOPES Jose Paulo	SCB	Felgueiras	20/12/2019	
RN25 Sen	7:42.14	LOPES Jose Paulo	SCB	Felgueiras	20/12/2019	
RN25 Jun18	7:56.76	PINA Guilherme Filipe	BSCN	Porto	11/12/2015	
RN25 Jun17	8:00.80	SANTA Gustavo Manuel	CNLA	Leiria	06/12/2009	

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	LOPES Jose Paulo	00	Braga	7:48.28	+0,68	849
	50m: 26.69 26.69	250m: 2:23.81 29.50	450m: 4:22.19 29.11	650m: 6:20.55 29.70		
	100m: 55.51 28.82	300m: 2:53.47 29.66	500m: 4:51.43 29.24	700m: 6:50.45 29.90		
	150m: 1:24.87 29.36	350m: 3:23.17 29.70	550m: 5:21.17 29.74	750m: 7:19.84 29.39		
	200m: 1:54.31 29.44	400m: 3:53.08 29.91	600m: 5:50.85 29.68	800m: 7:48.28 28.44		
2.	AMARAL Francisco Rodriguez	02	Porto	7:58.96	+0,80	793
	50m: 27.62 27.62	250m: 2:26.91 29.98	450m: 4:27.23 30.19	650m: 6:28.67 30.33		
	100m: 57.32 29.70	300m: 2:56.84 29.93	500m: 4:57.46 30.23	700m: 6:59.22 30.55		
	150m: 1:27.27 29.95	350m: 3:26.85 30.01	550m: 5:27.98 30.52	750m: 7:29.60 30.38		
	200m: 1:56.93 29.66	400m: 3:57.04 30.19	600m: 5:58.34 30.36	800m: 7:58.96 29.36		
3.	SARREIRA Tomas Amor	05	Porto	8:04.95	+0,73	764
	50m: 27.32 27.32	250m: 2:28.35 30.25	450m: 4:30.75 30.46	650m: 6:33.48 30.72		
	100m: 57.43 30.11	300m: 2:59.00 30.65	500m: 5:01.27 30.52	700m: 7:04.32 30.84		
	150m: 1:27.82 30.39	350m: 3:29.62 30.62	550m: 5:31.89 30.62	750m: 7:35.07 30.75		
	200m: 1:58.10 30.28	400m: 4:00.29 30.67	600m: 6:02.76 30.87	800m: 8:04.95 29.88		
4.	CARDOSO Diogo Santos	01	Sporting	8:08.18	+0,74	749
	50m: 28.40 28.40	250m: 2:31.82 30.91	450m: 4:35.01 30.98	650m: 6:37.98 30.68		
	100m: 59.14 30.74	300m: 3:02.50 30.68	500m: 5:05.82 30.81	700m: 7:08.65 30.67		
	150m: 1:29.98 30.84	350m: 3:33.26 30.76	550m: 5:36.53 30.71	750m: 7:39.07 30.42		
	200m: 2:00.91 30.93	400m: 4:04.03 30.77	600m: 6:07.30 30.77	800m: 8:08.18 29.11		
5.	SANTOS Ricardo Matias	05	Louzan Natacao/EFAPEL	8:18.21	+0,70	705
	50m: 27.62 27.62	250m: 2:32.29 31.64	450m: 4:39.69 31.78	650m: 6:47.30 31.86		
	100m: 58.15 30.53	300m: 3:04.05 31.76	500m: 5:11.66 31.97	700m: 7:18.93 31.63		
	150m: 1:29.17 31.02	350m: 3:35.93 31.88	550m: 5:43.69 32.03	750m: 7:49.98 31.05		
	200m: 2:00.65 31.48	400m: 4:07.91 31.98	600m: 6:15.44 31.75	800m: 8:18.21 28.23		
6.	FERRAO Gabriel Carvalho	05	Benfica	8:21.80	+0,59	690
	50m: 27.43 27.43	250m: 2:32.28 31.37	450m: 4:38.84 31.61	650m: 6:46.41 32.35		
	100m: 58.13 30.70	300m: 3:03.74 31.46	500m: 5:10.31 31.47	700m: 7:18.44 32.03		
	150m: 1:29.22 31.09	350m: 3:35.33 31.59	550m: 5:42.04 31.73	750m: 7:50.42 31.98		
	200m: 2:00.91 31.69	400m: 4:07.23 31.90	600m: 6:14.06 32.02	800m: 8:21.80 31.38		
7.	CARVALHO Goncalo Renato	04	Porto	8:31.75	+0,72	650
	50m: 28.64 28.64	250m: 2:34.19 31.66	450m: 4:42.59 32.21	650m: 6:53.24 32.81		
	100m: 59.78 31.14	300m: 3:06.16 31.97	500m: 5:15.19 32.60	700m: 7:26.35 33.11		
	150m: 1:31.00 31.22	350m: 3:38.13 31.97	550m: 5:47.64 32.45	750m: 7:59.41 33.06		
	200m: 2:02.53 31.53	400m: 4:10.38 32.25	600m: 6:20.43 32.79	800m: 8:31.75 32.34		
8.	ABREU Sergio Gomes	96	Naval do Funchal	8:31.99	+0,68	649
	50m: 27.43 27.43	250m: 2:35.88 32.58	450m: 4:46.27 32.84	650m: 6:58.18 32.75		
	100m: 58.62 31.19	300m: 3:08.44 32.56	500m: 5:19.15 32.88	700m: 7:30.70 32.52		
	150m: 1:30.70 32.08	350m: 3:40.76 32.32	550m: 5:52.19 33.04	750m: 8:02.92 32.22		
	200m: 2:03.30 32.60	400m: 4:13.43 32.67	600m: 6:25.43 33.24	800m: 8:31.99 29.07		



Prova 1, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	SOUSA Joao Maria	05	Braga	8:35.64	+0,70	635	
	50m: 27.74 27.74	250m: 2:34.05	32.05 450m: 4:43.88	32.71	650m: 6:56.58	33.46	
	100m: 58.57 30.83	300m: 3:06.25	32.20 500m: 5:16.80	32.92	700m: 7:29.94	33.36	
	150m: 1:30.12 31.55	350m: 3:38.66	32.41 550m: 5:49.73	32.93	750m: 8:03.29	33.35	
	200m: 2:02.00 31.88	400m: 4:11.17	32.51 600m: 6:23.12	33.39	800m: 8:35.64	32.35	
10.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	8:42.21	+0,62	612	
	50m: 29.62 29.62	250m: 2:40.94	33.18 450m: 4:54.21	32.98	650m: 7:06.07	33.00	
	100m: 1:01.92 32.30	300m: 3:14.31	33.37 500m: 5:27.25	33.04	700m: 7:38.66	32.59	
	150m: 1:34.84 32.92	350m: 3:47.78	33.47 550m: 6:00.34	33.09	750m: 8:10.61	31.95	
	200m: 2:07.76 32.92	400m: 4:21.23	33.45 600m: 6:33.07	32.73	800m: 8:42.21	31.60	
11.	SILVA Afonso Carvalho	05	Famalicao	8:42.59	+0,67	610	
	50m: 28.84 28.84	250m: 2:38.58	32.74 450m: 4:51.08	33.04	650m: 7:04.12	33.48	
	100m: 1:00.72 31.88	300m: 3:11.82	33.24 500m: 5:24.03	32.95	700m: 7:37.42	33.30	
	150m: 1:33.20 32.48	350m: 3:45.14	33.32 550m: 5:57.15	33.12	750m: 8:10.43	33.01	
	200m: 2:05.84 32.64	400m: 4:18.04	32.90 600m: 6:30.64	33.49	800m: 8:42.59	32.16	
12.	GOMES Marcio Fernandes	04	Braga	8:42.71	+0,76	610	
	50m: 29.35 29.35	250m: 2:37.30	32.56 450m: 4:50.09	33.57	650m: 7:04.71	33.78	
	100m: 1:00.34 30.99	300m: 3:10.00	32.70 500m: 5:23.45	33.36	700m: 7:38.38	33.67	
	150m: 1:32.31 31.97	350m: 3:43.06	33.06 550m: 5:57.19	33.74	750m: 8:11.92	33.54	
	200m: 2:04.74 32.43	400m: 4:16.52	33.46 600m: 6:30.93	33.74	800m: 8:42.71	30.79	
13.	GONCALVES Alexandre Ramos	05	Sao Joao Ver	8:44.61	+0,74	603	
	50m: 29.61 29.61	250m: 2:38.11	32.74 450m: 4:50.08	33.40	650m: 7:05.03	34.05	
	100m: 1:01.20 31.59	300m: 3:10.87	32.76 500m: 5:23.69	33.61	700m: 7:38.83	33.80	
	150m: 1:33.06 31.86	350m: 3:43.79	32.92 550m: 5:57.23	33.54	750m: 8:12.22	33.39	
	200m: 2:05.37 32.31	400m: 4:16.68	32.89 600m: 6:30.98	33.75	800m: 8:44.61	32.39	
14.	TORRES Joao Pedro	05	Porto	8:54.57	+0,79	570	
	50m: 29.15 29.15	250m: 2:40.19	33.46 450m: 4:56.00	33.53	650m: 7:13.89	34.59	
	100m: 1:01.28 32.13	300m: 3:14.24	34.05 500m: 5:29.98	33.98	700m: 7:48.15	34.26	
	150m: 1:33.65 32.37	350m: 3:48.40	34.16 550m: 6:04.57	34.59	750m: 8:21.87	33.72	
	200m: 2:06.73 33.08	400m: 4:22.47	34.07 600m: 6:39.30	34.73	800m: 8:54.57	32.70	

Juniiores

1.	LOUREIRO Bruno Silva	06	Porto	8:21.34	+0,72	691	
	50m: 28.05 28.05	250m: 2:32.71	31.63 450m: 4:39.46	31.74	650m: 6:47.55	32.08	
	100m: 58.65 30.60	300m: 3:04.05	31.34 500m: 5:11.56	32.10	700m: 7:19.57	32.02	
	150m: 1:29.65 31.00	350m: 3:35.96	31.91 550m: 5:43.65	32.09	750m: 7:51.25	31.68	
	200m: 2:01.08 31.43	400m: 4:07.72	31.76 600m: 6:15.47	31.82	800m: 8:21.34	30.09	
2.	BORGES Rodrigo Costa	07	Fluvial Portuense	8:24.17	+0,66	680	
	50m: 27.91 27.91	250m: 2:33.90	31.89 450m: 4:42.63	32.32	650m: 6:51.38	31.80	
	100m: 58.67 30.76	300m: 3:06.16	32.26 500m: 5:15.14	32.51	700m: 7:22.93	31.55	
	150m: 1:30.02 31.35	350m: 3:38.13	31.97 550m: 5:47.17	32.03	750m: 7:54.03	31.10	
	200m: 2:02.01 31.99	400m: 4:10.31	32.18 600m: 6:19.58	32.41	800m: 8:24.17	30.14	
3.	CASTRO Vasco Monteiro	06	Porto	8:32.54	+0,88	647	
	50m: 28.89 28.89	250m: 2:37.22	32.19 450m: 4:46.86	32.43	650m: 6:57.96	32.62	
	100m: 1:00.47 31.58	300m: 3:09.62	32.40 500m: 5:19.52	32.66	700m: 7:30.31	32.35	
	150m: 1:32.74 32.27	350m: 3:41.91	32.29 550m: 5:52.39	32.87	750m: 8:02.22	31.91	
	200m: 2:05.03 32.29	400m: 4:14.43	32.52 600m: 6:25.34	32.95	800m: 8:32.54	30.32	



Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	ASMAR Axel Guedes	07	Sporting	8:32.78	+0,62	646	
	50m: 28.22 28.22	250m: 2:36.03	32.17 450m: 4:45.93	32.58	650m: 6:57.04	32.72	
	100m: 59.58 31.36	300m: 3:08.20	32.17 500m: 5:18.53	32.60	700m: 7:29.07	32.03	
	150m: 1:31.61 32.03	350m: 3:40.70	32.50 550m: 5:51.80	33.27	750m: 8:01.86	32.79	
	200m: 2:03.86 32.25	400m: 4:13.35	32.65 600m: 6:24.32	32.52	800m: 8:32.78	30.92	
5.	ALVES Andre Correia	06	Benfica	8:35.21	+0,64	637	
	50m: 29.35 29.35	250m: 2:37.49	32.28 450m: 4:47.35	32.23	650m: 6:58.94	32.66	
	100m: 1:00.90 31.55	300m: 3:09.93	32.44 500m: 5:20.31	32.96	700m: 7:31.72	32.78	
	150m: 1:32.92 32.02	350m: 3:42.48	32.55 550m: 5:53.24	32.93	750m: 8:04.31	32.59	
	200m: 2:05.21 32.29	400m: 4:15.12	32.64 600m: 6:26.28	33.04	800m: 8:35.21	30.90	
6.	COSTA Antonio Miguel	07	Fafe	8:35.30	+0,71	637	
	50m: 28.99 28.99	250m: 2:36.83	32.55 450m: 4:47.73	32.35	650m: 6:59.40	32.76	
	100m: 1:00.13 31.14	300m: 3:09.20	32.37 500m: 5:20.53	32.80	700m: 7:32.24	32.84	
	150m: 1:32.01 31.88	350m: 3:42.37	33.17 550m: 5:53.68	33.15	750m: 8:05.15	32.91	
	200m: 2:04.28 32.27	400m: 4:15.38	33.01 600m: 6:26.64	32.96	800m: 8:35.30	30.15	
7.	RODRIGUES Gil Afonso	07	Fluial Portuense	8:37.45	+0,70	629	
	50m: 28.80 28.80	250m: 2:37.01	32.64 450m: 4:47.87	33.03	650m: 7:00.48	32.96	
	100m: 1:00.57 31.77	300m: 3:09.39	32.38 500m: 5:21.23	33.36	700m: 7:34.05	33.57	
	150m: 1:32.38 31.81	350m: 3:42.06	32.67 550m: 5:54.44	33.21	750m: 8:06.84	32.79	
	200m: 2:04.37 31.99	400m: 4:14.84	32.78 600m: 6:27.52	33.08	800m: 8:37.45	30.61	
8.	GOMES Miguel Braga	07	Sporting	8:39.66	+0,70	621	
	50m: 29.47 29.47	250m: 2:40.60	32.56 450m: 4:51.65	32.46	650m: 7:02.77	32.49	
	100m: 1:02.06 32.59	300m: 3:13.80	33.20 500m: 5:24.51	32.86	700m: 7:35.71	32.94	
	150m: 1:35.00 32.94	350m: 3:46.58	32.78 550m: 5:57.40	32.89	750m: 8:07.78	32.07	
	200m: 2:08.04 33.04	400m: 4:19.19	32.61 600m: 6:30.28	32.88	800m: 8:39.66	31.88	
9.	TEMUDO Jose Maria	06	Rio Maior	8:42.73	+0,65	610	
	50m: 28.63 28.63	250m: 2:37.40	32.79 450m: 4:50.19	33.29	650m: 7:04.31	33.47	
	100m: 1:00.27 31.64	300m: 3:10.50	33.10 500m: 5:23.71	33.52	700m: 7:37.81	33.50	
	150m: 1:32.24 31.97	350m: 3:43.65	33.15 550m: 5:57.32	33.61	750m: 8:10.85	33.04	
	200m: 2:04.61 32.37	400m: 4:16.90	33.25 600m: 6:30.84	33.52	800m: 8:42.73	31.88	
10.	GOMES Joao Almeida	06	Nacional de Natacao	8:44.31	+0,64	604	
	50m: 28.86 28.86	250m: 2:38.74	33.07 450m: 4:52.02	33.62	650m: 7:06.22	33.67	
	100m: 1:00.66 31.80	300m: 3:11.79	33.05 500m: 5:25.75	33.73	700m: 7:39.79	33.57	
	150m: 1:32.99 32.33	350m: 3:45.08	33.29 550m: 5:59.33	33.58	750m: 8:12.99	33.20	
	200m: 2:05.67 32.68	400m: 4:18.40	33.32 600m: 6:32.55	33.22	800m: 8:44.31	31.32	
11.	RITA Francisco Xavier	07	Vieirense	8:46.06	+0,71	598	
	50m: 28.64 28.64	250m: 2:39.76	32.77 450m: 4:54.26	33.70	650m: 7:07.60	32.98	
	100m: 1:00.96 32.32	300m: 3:13.29	33.53 500m: 5:27.89	33.63	700m: 7:40.78	33.18	
	150m: 1:33.97 33.01	350m: 3:46.99	33.70 550m: 6:01.34	33.45	750m: 8:13.68	32.90	
	200m: 2:06.99 33.02	400m: 4:20.56	33.57 600m: 6:34.62	33.28	800m: 8:46.06	32.38	
12.	MARQUES Joao Ferreira	06	Academica de Coimbra	8:47.38	+0,73	594	
	50m: 29.94 29.94	250m: 2:42.54	33.50 450m: 4:56.97	33.52	650m: 7:09.74	33.06	
	100m: 1:02.58 32.64	300m: 3:16.32	33.78 500m: 5:30.25	33.28	700m: 7:42.54	32.80	
	150m: 1:35.65 33.07	350m: 3:49.76	33.44 550m: 6:03.26	33.01	750m: 8:15.36	32.82	
	200m: 2:09.04 33.39	400m: 4:23.45	33.69 600m: 6:36.68	33.42	800m: 8:47.38	32.02	
13.	LARANJO Filipe Manso	07	Desportiva de Viana	8:48.98	+0,80	589	
	50m: 28.25 28.25	250m: 2:39.15	33.41 450m: 4:52.35	33.50	650m: 7:08.09	33.79	
	100m: 1:00.06 31.81	300m: 3:12.37	33.22 500m: 5:25.97	33.62	700m: 7:42.16	34.07	
	150m: 1:32.71 32.65	350m: 3:45.52	33.15 550m: 5:59.75	33.78	750m: 8:15.77	33.61	
	200m: 2:05.74 33.03	400m: 4:18.85	33.33 600m: 6:34.30	34.55	800m: 8:48.98	33.21	



Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	COSTA Andre Leitao	07	Fafe	8:50.30	+0,65	584	
	50m: 29.22 29.22	250m: 2:40.35	33.35 450m: 4:55.02	34.26	650m: 7:10.35	34.01	
	100m: 1:01.23 32.01	300m: 3:13.67	33.32 500m: 5:28.32	33.30	700m: 7:44.50	34.15	
	150m: 1:33.93 32.70	350m: 3:47.70	34.03 550m: 6:02.01	33.69	750m: 8:18.83	34.33	
	200m: 2:07.00 33.07	400m: 4:20.76	33.06 600m: 6:36.34	34.33	800m: 8:50.30	31.47	
15.	OLIVEIRA Marco Dimitar	07	Nautico Academico	8:51.43	+0,84	580	
	50m: 28.94 28.94	250m: 2:41.37	33.77 450m: 4:56.64	33.68	650m: 7:11.19	33.40	
	100m: 1:00.95 32.01	300m: 3:14.99	33.62 500m: 5:30.25	33.61	700m: 7:44.91	33.72	
	150m: 1:34.06 33.11	350m: 3:48.99	34.00 550m: 6:03.76	33.51	750m: 8:18.91	34.00	
	200m: 2:07.60 33.54	400m: 4:22.96	33.97 600m: 6:37.79	34.03	800m: 8:51.43	32.52	
16.	JORGE Pedro Crispim	06	Uniao Piedense	8:52.13	+0,72	578	
	50m: 28.30 28.30	250m: 2:37.49	33.10 450m: 4:52.35	34.27	650m: 7:10.57	34.76	
	100m: 59.55 31.25	300m: 3:10.52	33.03 500m: 5:26.57	34.22	700m: 7:44.98	34.41	
	150m: 1:31.65 32.10	350m: 3:43.68	33.16 550m: 6:01.53	34.96	750m: 8:19.17	34.19	
	200m: 2:04.39 32.74	400m: 4:18.08	34.40 600m: 6:35.81	34.28	800m: 8:52.13	32.96	
17.	PEREIRA Tomas Veiga	06	Nautico Academico	8:52.47	+0,77	577	
	50m: 29.54 29.54	250m: 2:42.13	33.53 450m: 4:56.55	33.88	650m: 7:12.29	34.01	
	100m: 1:02.07 32.53	300m: 3:15.76	33.63 500m: 5:30.71	34.16	700m: 7:46.64	34.35	
	150m: 1:35.30 33.23	350m: 3:49.14	33.38 550m: 6:04.55	33.84	750m: 8:20.46	33.82	
	200m: 2:08.60 33.30	400m: 4:22.67	33.53 600m: 6:38.28	33.73	800m: 8:52.47	32.01	
18.	NOGUEIRA Afonso Miguel	07	Braga	8:52.48	+0,98	577	
	50m: 29.56 29.56	250m: 2:41.71	33.46 450m: 4:56.51	33.85	650m: 7:12.63	33.78	
	100m: 1:01.90 32.34	300m: 3:15.42	33.71 500m: 5:30.57	34.06	700m: 7:46.91	34.28	
	150m: 1:35.16 33.26	350m: 3:49.01	33.59 550m: 6:04.75	34.18	750m: 8:21.03	34.12	
	200m: 2:08.25 33.09	400m: 4:22.66	33.65 600m: 6:38.85	34.10	800m: 8:52.48	31.45	
19.	MATOS Rodrigo Onofre	06	Belenenses	8:52.64	+0,76	576	
	50m: 29.13 29.13	250m: 2:42.34	33.78 450m: 4:58.48	34.15	650m: 7:13.50	33.67	
	100m: 1:01.80 32.67	300m: 3:16.05	33.71 500m: 5:32.48	34.00	700m: 7:47.02	33.52	
	150m: 1:34.82 33.02	350m: 3:50.10	34.05 550m: 6:06.25	33.77	750m: 8:20.10	33.08	
	200m: 2:08.56 33.74	400m: 4:24.33	34.23 600m: 6:39.83	33.58	800m: 8:52.64	32.54	
20.	PINTO Guilherme Romeira	07	Sporting de Espinho	8:56.30	+0,70	565	
	50m: 29.95 29.95	250m: 2:42.57	33.33 450m: 4:58.05	33.99	650m: 7:15.13	34.49	
	100m: 1:02.78 32.83	300m: 3:16.45	33.88 500m: 5:32.17	34.12	700m: 7:49.79	34.66	
	150m: 1:35.89 33.11	350m: 3:50.09	33.64 550m: 6:06.27	34.10	750m: 8:23.87	34.08	
	200m: 2:09.24 33.35	400m: 4:24.06	33.97 600m: 6:40.64	34.37	800m: 8:56.30	32.43	
21.	NETO Ricardo Freitas	06	Sporting	8:56.59	+0,75	564	
	50m: 30.09 30.09	250m: 2:43.43	33.82 450m: 4:58.68	33.98	650m: 7:15.33	34.55	
	100m: 1:02.83 32.74	300m: 3:17.17	33.74 500m: 5:32.51	33.83	700m: 7:49.92	34.59	
	150m: 1:35.96 33.13	350m: 3:51.02	33.85 550m: 6:06.71	34.20	750m: 8:23.96	34.04	
	200m: 2:09.61 33.65	400m: 4:24.70	33.68 600m: 6:40.78	34.07	800m: 8:56.59	32.63	
22.	CARVALHO Daniel Casaca	07	Colegio Vasco da Gama	8:58.64	+0,74	557	
	50m: 29.27 29.27	250m: 2:41.80	33.44 450m: 4:57.45	34.99	650m: 7:16.03	34.97	
	100m: 1:02.50 33.23	300m: 3:15.60	33.80 500m: 5:31.71	34.26	700m: 7:50.29	34.26	
	150m: 1:35.05 32.55	350m: 3:48.04	32.44 550m: 6:06.56	34.85	750m: 8:24.78	34.49	
	200m: 2:08.36 33.31	400m: 4:22.46	34.42 600m: 6:41.06	34.50	800m: 8:58.64	33.86	
23.	PINHO Afonso Formigo	06	Torres Novas	9:00.32	+0,65	552	
	50m: 29.43 29.43	250m: 2:43.20	33.50 450m: 5:00.05	34.58	650m: 7:18.45	34.61	
	100m: 1:02.09 32.66	300m: 3:16.83	33.63 500m: 5:34.76	34.71	700m: 7:53.45	35.00	
	150m: 1:35.72 33.63	350m: 3:51.18	34.35 550m: 6:09.26	34.50	750m: 8:27.64	34.19	
	200m: 2:09.70 33.98	400m: 4:25.47	34.29 600m: 6:43.84	34.58	800m: 9:00.32	32.68	



Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
24.	SILVA David Ferreira	07	Academica de Coimbra	9:01.64	+0,69	548	
	50m: 30.78 30.78	250m: 2:43.70	33.66 450m: 5:00.37	34.49	650m: 7:18.71	34.72	
	100m: 1:03.48 32.70	300m: 3:17.70	34.00 500m: 5:34.68	34.31	700m: 7:53.33	34.62	
	150m: 1:36.62 33.14	350m: 3:51.54	33.84 550m: 6:09.20	34.52	750m: 8:27.91	34.58	
	200m: 2:10.04 33.42	400m: 4:25.88	34.34 600m: 6:43.99	34.79	800m: 9:01.64	33.73	
25.	SANTOS Rui Miguel	06	Famalicao	9:04.10	+0,86	541	
	50m: 28.83 28.83	250m: 2:43.64	34.06 450m: 5:00.49	34.34	650m: 7:21.21	34.79	
	100m: 1:00.92 32.09	300m: 3:17.73	34.09 500m: 5:35.89	35.40	700m: 7:55.79	34.58	
	150m: 1:34.91 33.99	350m: 3:51.67	33.94 550m: 6:11.45	35.56	750m: 8:30.53	34.74	
	200m: 2:09.58 34.67	400m: 4:26.15	34.48 600m: 6:46.42	34.97	800m: 9:04.10	33.57	
26.	CHAO Tiago Ventura	06	Naval Setubalense	9:07.21	+0,67	532	
	50m: 29.18 29.18	250m: 2:43.19	34.06 450m: 5:01.90	35.08	650m: 7:22.62	35.42	
	100m: 1:01.83 32.65	300m: 3:17.45	34.26 500m: 5:36.72	34.82	700m: 7:58.33	35.71	
	150m: 1:35.34 33.51	350m: 3:51.90	34.45 550m: 6:11.78	35.06	750m: 8:33.56	35.23	
	200m: 2:09.13 33.79	400m: 4:26.82	34.92 600m: 6:47.20	35.42	800m: 9:07.21	33.65	
27.	MARQUES Duarte Cachulo	07	Condeixa Clube	9:11.17	+0,69	520	
	50m: 28.65 28.65	250m: 2:41.66	34.15 450m: 5:01.73	35.00	650m: 7:25.14	35.74	
	100m: 1:00.57 31.92	300m: 3:16.14	34.48 500m: 5:37.63	35.90	700m: 8:01.47	36.33	
	150m: 1:33.95 33.38	350m: 3:51.11	34.97 550m: 6:13.79	36.16	750m: 8:37.27	35.80	
	200m: 2:07.51 33.56	400m: 4:26.73	35.62 600m: 6:49.40	35.61	800m: 9:11.17	33.90	
28.	SANTOS Tomas Alexandre	07	BUZIOS-Coruche	9:25.89	+0,90	481	
	50m: 30.31 30.31	250m: 2:50.79	35.66 450m: 5:14.51	36.11	650m: 7:39.46	36.41	
	100m: 1:04.49 34.18	300m: 3:26.40	35.61 500m: 5:50.65	36.14	700m: 8:15.78	36.32	
	150m: 1:39.98 35.49	350m: 4:02.31	35.91 550m: 6:26.90	36.25	750m: 8:51.24	35.46	
	200m: 2:15.13 35.15	400m: 4:38.40	36.09 600m: 7:03.05	36.15	800m: 9:25.89	34.65	
EXH	MONTFORT Nicolas Filip	05	Alges	8:21.30	+0,70	692	
	50m: 27.58 27.58	250m: 2:32.55	31.66 450m: 4:39.95	32.07	650m: 6:48.38	32.01	
	100m: 57.74 30.16	300m: 3:04.04	31.49 500m: 5:12.31	32.36	700m: 7:20.42	32.04	
	150m: 1:29.30 31.56	350m: 3:36.19	32.15 550m: 5:44.45	32.14	750m: 7:51.82	31.40	
	200m: 2:00.89 31.59	400m: 4:07.88	31.69 600m: 6:16.37	31.92	800m: 8:21.30	29.48	
EXH	TIGRE Pedro Bethlem	06	Sporting	8:27.20	+0,66	668	
	50m: 27.38 27.38	250m: 2:30.72	31.15 450m: 4:38.68	32.24	650m: 6:50.77	32.90	
	100m: 57.70 30.32	300m: 3:02.30	31.58 500m: 5:11.52	32.84	700m: 7:23.83	33.06	
	150m: 1:28.55 30.85	350m: 3:34.37	32.07 550m: 5:44.96	33.44	750m: 7:55.99	32.16	
	200m: 1:59.57 31.02	400m: 4:06.44	32.07 600m: 6:17.87	32.91	800m: 8:27.20	31.21	
EXH	SILVA Arthur Santos	06	Belenenses	9:04.99	+0,73	538	
	50m: 30.29 30.29	250m: 2:43.64	33.53 450m: 5:00.22	34.45	650m: 7:19.44	34.89	
	100m: 1:03.24 32.95	300m: 3:17.55	33.91 500m: 5:34.82	34.60	700m: 7:54.69	35.25	
	150m: 1:36.79 33.55	350m: 3:51.67	34.12 550m: 6:09.71	34.89	750m: 8:30.18	35.49	
	200m: 2:10.11 33.32	400m: 4:25.77	34.10 600m: 6:44.55	34.84	800m: 9:04.99	34.81	
EXH	CRUZ Miguel Duarte	99 S15	Belenenses	9:14.43	+0,64	511	
	50m: 30.89 30.89	250m: 2:49.97	35.32 450m: 5:11.33	35.36	650m: 7:32.91	35.54	
	100m: 1:04.70 33.81	300m: 3:25.26	35.29 500m: 5:46.48	35.15	700m: 8:07.32	34.41	
	150m: 1:39.42 34.72	350m: 4:00.87	35.61 550m: 6:21.99	35.51	750m: 8:41.58	34.26	
	200m: 2:14.65 35.23	400m: 4:35.97	35.10 600m: 6:57.37	35.38	800m: 9:14.43	32.85	

