

Prova 44 Masc., 1500m Livres Absolutos
10/12/2023 - 16:00 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

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	LOPES Jose Paulo	00	Braga	14:56.04	+0,67	844		
	50m: 27.41	27.41	450m: 4:28.07	30.10	850m: 8:28.42	30.03	1250m: 12:28.47	30.32
	100m: 57.40	29.99	500m: 4:58.30	30.23	900m: 8:58.30	29.88	1300m: 12:58.30	29.83
	150m: 1:27.23	29.83	550m: 5:28.28	29.98	950m: 9:28.44	30.14	1350m: 13:28.24	29.94
	200m: 1:57.24	30.01	600m: 5:58.35	30.07	1000m: 9:58.48	30.04	1400m: 13:58.16	29.92
	250m: 2:27.37	30.13	650m: 6:28.43	30.08	1050m: 10:28.29	29.81	1450m: 14:27.55	29.39
	300m: 2:57.62	30.25	700m: 6:58.51	30.08	1100m: 10:58.22	29.93	1500m: 14:56.04	28.49
	350m: 3:27.82	30.20	750m: 7:28.54	30.03	1150m: 11:28.11	29.89		
	400m: 3:57.97	30.15	800m: 7:58.39	29.85	1200m: 11:58.15	30.04		
2.	AMARAL Francisco Rodriguez	02	Porto	15:17.69	+0,85	785		
	50m: 28.26	28.26	450m: 4:34.13	30.80	850m: 8:40.87	30.74	1250m: 12:48.20	31.04
	100m: 58.51	30.25	500m: 5:05.16	31.03	900m: 9:11.67	30.80	1300m: 13:19.08	30.88
	150m: 1:29.13	30.62	550m: 5:36.09	30.93	950m: 9:42.53	30.86	1350m: 13:49.89	30.81
	200m: 2:00.06	30.93	600m: 6:06.86	30.77	1000m: 10:13.36	30.83	1400m: 14:20.33	30.44
	250m: 2:30.78	30.72	650m: 6:37.69	30.83	1050m: 10:44.39	31.03	1450m: 14:50.07	29.74
	300m: 3:01.62	30.84	700m: 7:08.51	30.82	1100m: 11:15.38	30.99	1500m: 15:17.69	27.62
	350m: 3:32.47	30.85	750m: 7:39.33	30.82	1150m: 11:46.41	31.03		
	400m: 4:03.33	30.86	800m: 8:10.13	30.80	1200m: 12:17.16	30.75		
3.	CARDOSO Diogo Santos	01	Sporting	15:17.98	+0,76	785		
	50m: 28.55	28.55	450m: 4:36.22	31.05	850m: 8:42.50	30.58	1250m: 12:48.45	30.42
	100m: 59.27	30.72	500m: 5:06.95	30.73	900m: 9:13.27	30.77	1300m: 13:18.87	30.42
	150m: 1:30.27	31.00	550m: 5:37.80	30.85	950m: 9:44.16	30.89	1350m: 13:49.30	30.43
	200m: 2:01.22	30.95	600m: 6:08.57	30.77	1000m: 10:14.85	30.69	1400m: 14:19.82	30.52
	250m: 2:32.21	30.99	650m: 6:39.51	30.94	1050m: 10:45.56	30.71	1450m: 14:49.94	30.12
	300m: 3:03.26	31.05	700m: 7:10.36	30.85	1100m: 11:16.27	30.71	1500m: 15:17.98	28.04
	350m: 3:34.22	30.96	750m: 7:41.18	30.82	1150m: 11:47.13	30.86		
	400m: 4:05.17	30.95	800m: 8:11.92	30.74	1200m: 12:18.03	30.90		
4.	SARREIRA Tomas Amor	05	Porto	15:27.53	+0,70	761		
	50m: 27.31	27.31	450m: 4:35.03	30.94	850m: 8:43.84	31.16	1250m: 12:52.79	31.26
	100m: 57.84	30.53	500m: 5:06.21	31.18	900m: 9:14.93	31.09	1300m: 13:23.92	31.13
	150m: 1:28.88	31.04	550m: 5:37.53	31.32	950m: 9:46.05	31.12	1350m: 13:55.24	31.32
	200m: 1:59.74	30.86	600m: 6:08.90	31.37	1000m: 10:17.22	31.17	1400m: 14:26.45	31.21
	250m: 2:30.81	31.07	650m: 6:39.77	30.87	1050m: 10:48.44	31.22	1450m: 14:57.49	31.04
	300m: 3:02.06	31.25	700m: 7:10.77	31.00	1100m: 11:19.26	30.82	1500m: 15:27.53	30.04
	350m: 3:33.05	30.99	750m: 7:41.71	30.94	1150m: 11:50.40	31.14		
	400m: 4:04.09	31.04	800m: 8:12.68	30.97	1200m: 12:21.53	31.13		
5.	SANTOS Ricardo Matias	05	Louzan Natacao/EFAPEL	15:42.02	+0,71	726		
	50m: 28.05	28.05	450m: 4:41.03	31.77	850m: 8:54.14	31.47	1250m: 13:07.35	31.52
	100m: 58.87	30.82	500m: 5:12.95	31.92	900m: 9:25.80	31.66	1300m: 13:39.03	31.68
	150m: 1:30.61	31.74	550m: 5:44.58	31.63	950m: 9:57.47	31.67	1350m: 14:10.63	31.60
	200m: 2:02.53	31.92	600m: 6:16.13	31.55	1000m: 10:29.26	31.79	1400m: 14:41.99	31.36
	250m: 2:34.14	31.61	650m: 6:47.65	31.52	1050m: 11:00.83	31.57	1450m: 15:12.70	30.71
	300m: 3:05.88	31.74	700m: 7:19.39	31.74	1100m: 11:32.63	31.80	1500m: 15:42.02	29.32
	350m: 3:37.62	31.74	750m: 7:50.85	31.46	1150m: 12:04.18	31.55		
	400m: 4:09.26	31.64	800m: 8:22.67	31.82	1200m: 12:35.83	31.65		



Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	SOUSA Joao Maria	05	Braga	16:24.55	+0,73	636	
	50m: 28.67 28.67	450m: 4:47.42	32.92 850m: 9:11.91	33.09	1250m: 13:39.09	33.68	
	100m: 1:00.14 31.47	500m: 5:20.60	33.18 900m: 9:45.04	33.13	1300m: 14:12.59	33.50	
	150m: 1:32.34 32.20	550m: 5:53.60	33.00 950m: 10:18.23	33.19	1350m: 14:46.26	33.67	
	200m: 2:04.40 32.06	600m: 6:26.61	33.01 1000m: 10:51.69	33.46	1400m: 15:19.69	33.43	
	250m: 2:36.56 32.16	650m: 6:59.61	33.00 1050m: 11:24.89	33.20	1450m: 15:52.90	33.21	
	300m: 3:08.93 32.37	700m: 7:32.71	33.10 1100m: 11:58.36	33.47	1500m: 16:24.55	31.65	
	350m: 3:41.54 32.61	750m: 8:05.79	33.08 1150m: 12:31.93	33.57			
	400m: 4:14.50 32.96	800m: 8:38.82	33.03 1200m: 13:05.41	33.48			
7.	CARVALHO Goncalo Renato	04	Porto	16:25.01	+0,74	635	
	50m: 28.97 28.97	450m: 4:44.69	32.38 850m: 9:08.26	33.60	1250m: 13:37.18	33.59	
	100m: 1:00.69 31.72	500m: 5:17.04	32.35 900m: 9:41.84	33.58	1300m: 14:11.17	33.99	
	150m: 1:32.47 31.78	550m: 5:49.50	32.46 950m: 10:15.77	33.93	1350m: 14:44.89	33.72	
	200m: 2:04.03 31.56	600m: 6:22.24	32.74 1000m: 10:49.06	33.29	1400m: 15:18.69	33.80	
	250m: 2:35.93 31.90	650m: 6:55.31	33.07 1050m: 11:22.67	33.61	1450m: 15:52.59	33.90	
	300m: 3:08.05 32.12	700m: 7:28.25	32.94 1100m: 11:56.13	33.46	1500m: 16:25.01	32.42	
	350m: 3:40.14 32.09	750m: 8:01.31	33.06 1150m: 12:29.91	33.78			
	400m: 4:12.31 32.17	800m: 8:34.66	33.35 1200m: 13:03.59	33.68			
8.	SANTOS Goncalo Duarte	00	Vikings	16:28.03	+0,76	629	
	50m: 28.57 28.57	450m: 4:50.88	33.04 850m: 9:15.43	33.27	1250m: 13:41.18	33.38	
	100m: 1:00.12 31.55	500m: 5:23.70	32.82 900m: 9:48.56	33.13	1300m: 14:14.67	33.49	
	150m: 1:32.70 32.58	550m: 5:56.54	32.84 950m: 10:21.71	33.15	1350m: 14:48.20	33.53	
	200m: 2:05.72 33.02	600m: 6:29.43	32.89 1000m: 10:54.97	33.26	1400m: 15:21.77	33.57	
	250m: 2:38.71 32.99	650m: 7:02.76	33.33 1050m: 11:28.12	33.15	1450m: 15:55.82	34.05	
	300m: 3:11.57 32.86	700m: 7:35.84	33.08 1100m: 12:01.37	33.25	1500m: 16:28.03	32.21	
	350m: 3:44.66 33.09	750m: 8:08.87	33.03 1150m: 12:34.66	33.29			
	400m: 4:17.84 33.18	800m: 8:42.16	33.29 1200m: 13:07.80	33.14			
9.	GOMES Marcio Fernandes	04	Braga	16:33.46	+0,69	619	
	50m: 29.60 29.60	450m: 4:49.02	33.07 850m: 9:15.16	33.53	1250m: 13:45.69	34.00	
	100m: 1:01.12 31.52	500m: 5:21.81	32.79 900m: 9:48.54	33.38	1300m: 14:19.84	34.15	
	150m: 1:33.20 32.08	550m: 5:54.99	33.18 950m: 10:22.09	33.55	1350m: 14:53.93	34.09	
	200m: 2:05.56 32.36	600m: 6:28.31	33.32 1000m: 10:55.59	33.50	1400m: 15:28.02	34.09	
	250m: 2:37.99 32.43	650m: 7:01.39	33.08 1050m: 11:29.48	33.89	1450m: 16:01.47	33.45	
	300m: 3:10.59 32.60	700m: 7:34.51	33.12 1100m: 12:03.48	34.00	1500m: 16:33.46	31.99	
	350m: 3:43.37 32.78	750m: 8:08.07	33.56 1150m: 12:37.48	34.00			
	400m: 4:15.95 32.58	800m: 8:41.63	33.56 1200m: 13:11.69	34.21			
10.	GONCALVES Alexandre Ramos	05	Sao Joao Ver	16:52.94	+0,70	584	
	50m: 29.32 29.32	450m: 4:52.19	33.31 850m: 9:25.59	34.44	1250m: 14:02.40	34.82	
	100m: 1:00.99 31.67	500m: 5:26.10	33.91 900m: 9:59.80	34.21	1300m: 14:37.48	35.08	
	150m: 1:33.22 32.23	550m: 6:00.07	33.97 950m: 10:34.18	34.38	1350m: 15:12.02	34.54	
	200m: 2:05.80 32.58	600m: 6:34.22	34.15 1000m: 11:08.55	34.37	1400m: 15:46.32	34.30	
	250m: 2:38.74 32.94	650m: 7:08.28	34.06 1050m: 11:43.24	34.69	1450m: 16:19.93	33.61	
	300m: 3:12.18 33.44	700m: 7:42.84	34.56 1100m: 12:17.77	34.53	1500m: 16:52.94	33.01	
	350m: 3:45.42 33.24	750m: 8:16.95	34.11 1150m: 12:52.95	35.18			
	400m: 4:18.88 33.46	800m: 8:51.15	34.20 1200m: 13:27.58	34.63			
11.	TORRES Joao Pedro	05	Porto	17:27.87	+0,75	527	
	50m: 29.74 29.74	450m: 5:03.42	35.11 850m: 9:47.50	35.69	1250m: 14:33.77	35.64	
	100m: 1:02.69 32.95	500m: 5:38.79	35.37 900m: 10:23.44	35.94	1300m: 15:09.79	36.02	
	150m: 1:36.09 33.40	550m: 6:13.94	35.15 950m: 10:59.19	35.75	1350m: 15:45.00	35.21	
	200m: 2:10.14 34.05	600m: 6:49.73	35.79 1000m: 11:35.33	36.14	1400m: 16:19.82	34.82	
	250m: 2:44.38 34.24	650m: 7:25.07	35.34 1050m: 12:10.81	35.48	1450m: 16:54.57	34.75	
	300m: 3:19.14 34.76	700m: 8:00.84	35.77 1100m: 12:46.61	35.80	1500m: 17:27.87	33.30	
	350m: 3:53.39 34.25	750m: 8:36.37	35.53 1150m: 13:22.42	35.81			
	400m: 4:28.31 34.92	800m: 9:11.81	35.44 1200m: 13:58.13	35.71			



Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DNS	FERRAO Gabriel Carvalho	05	Benfica				
DNS	CARDOSO Filipe Santos	04	Gafanha da Encarnacao				

Juniiores

1.	LOUREIRO Bruno Silva	06	Porto	15:41.66	+0,70	727	
	50m: 29.06 29.06	450m: 4:42.63	31.56	850m: 8:54.70	31.52	1250m: 13:07.17	31.94
	100m: 1:00.54 31.48	500m: 5:13.98	31.35	900m: 9:26.29	31.59	1300m: 13:38.68	31.51
	150m: 1:32.55 32.01	550m: 5:45.82	31.84	950m: 9:58.07	31.78	1350m: 14:10.19	31.51
	200m: 2:04.11 31.56	600m: 6:17.23	31.41	1000m: 10:28.84	30.77	1400m: 14:41.42	31.23
	250m: 2:35.85 31.74	650m: 6:48.62	31.39	1050m: 11:00.51	31.67	1450m: 15:12.48	31.06
	300m: 3:07.59 31.74	700m: 7:20.22	31.60	1100m: 11:32.08	31.57	1500m: 15:41.66	29.18
	350m: 3:39.29 31.70	750m: 7:51.59	31.37	1150m: 12:03.63	31.55		
	400m: 4:11.07 31.78	800m: 8:23.18	31.59	1200m: 12:35.23	31.60		
2.	BORGES Rodrigo Costa	07	Fluvial Portuense	15:57.87	+0,66	691	
	50m: 27.98 27.98	450m: 4:42.51	32.22	850m: 9:01.40	32.44	1250m: 13:20.65	32.08
	100m: 58.67 30.69	500m: 5:14.92	32.41	900m: 9:33.95	32.55	1300m: 13:52.39	31.74
	150m: 1:30.10 31.43	550m: 5:47.19	32.27	950m: 10:06.63	32.68	1350m: 14:24.71	32.32
	200m: 2:02.09 31.99	600m: 6:19.67	32.48	1000m: 10:39.06	32.43	1400m: 14:56.69	31.98
	250m: 2:34.02 31.93	650m: 6:51.88	32.21	1050m: 11:11.29	32.23	1450m: 15:28.06	31.37
	300m: 3:06.01 31.99	700m: 7:24.28	32.40	1100m: 11:43.37	32.08	1500m: 15:57.87	29.81
	350m: 3:38.16 32.15	750m: 7:56.69	32.41	1150m: 12:15.94	32.57		
	400m: 4:10.29 32.13	800m: 8:28.96	32.27	1200m: 12:48.57	32.63		
3.	CASTRO Vasco Monteiro	06	Porto	16:14.88	+0,86	655	
	50m: 28.92 28.92	450m: 4:50.28	32.76	850m: 9:09.64	32.25	1250m: 13:31.83	32.94
	100m: 1:00.67 31.75	500m: 5:22.79	32.51	900m: 9:42.35	32.71	1300m: 14:04.74	32.91
	150m: 1:33.39 32.72	550m: 5:54.98	32.19	950m: 10:15.10	32.75	1350m: 14:37.50	32.76
	200m: 2:05.89 32.50	600m: 6:27.08	32.10	1000m: 10:47.82	32.72	1400m: 15:10.35	32.85
	250m: 2:38.68 32.79	650m: 6:59.62	32.54	1050m: 11:20.30	32.48	1450m: 15:43.09	32.74
	300m: 3:11.54 32.86	700m: 7:32.37	32.75	1100m: 11:53.41	33.11	1500m: 16:14.88	31.79
	350m: 3:44.51 32.97	750m: 8:04.85	32.48	1150m: 12:25.97	32.56		
	400m: 4:17.52 33.01	800m: 8:37.39	32.54	1200m: 12:58.89	32.92		
4.	ASMAR Axel Guedes	07	Sporting	16:25.86	+0,64	633	
	50m: 28.63 28.63	450m: 4:46.13	32.46	850m: 9:11.15	33.31	1250m: 13:40.25	33.96
	100m: 1:00.12 31.49	500m: 5:18.44	32.31	900m: 9:44.65	33.50	1300m: 14:13.88	33.63
	150m: 1:32.02 31.90	550m: 5:51.39	32.95	950m: 10:18.20	33.55	1350m: 14:47.54	33.66
	200m: 2:04.34 32.32	600m: 6:24.57	33.18	1000m: 10:51.95	33.75	1400m: 15:20.89	33.35
	250m: 2:36.39 32.05	650m: 6:57.41	32.84	1050m: 11:25.60	33.65	1450m: 15:54.20	33.31
	300m: 3:08.59 32.20	700m: 7:30.41	33.00	1100m: 11:59.00	33.40	1500m: 16:25.86	31.66
	350m: 3:41.02 32.43	750m: 8:04.32	33.91	1150m: 12:32.87	33.87		
	400m: 4:13.67 32.65	800m: 8:37.84	33.52	1200m: 13:06.29	33.42		
5.	MATOS Rodrigo Onofre	06	Belenenses	16:43.11	+0,75	601	
	50m: 28.82 28.82	450m: 4:56.97	33.77	850m: 9:25.96	33.51	1250m: 13:56.35	33.65
	100m: 1:02.06 33.24	500m: 5:30.60	33.63	900m: 9:59.99	34.03	1300m: 14:30.33	33.98
	150m: 1:35.50 33.44	550m: 6:04.34	33.74	950m: 10:33.77	33.78	1350m: 15:03.96	33.63
	200m: 2:09.19 33.69	600m: 6:37.96	33.62	1000m: 11:07.89	34.12	1400m: 15:37.74	33.78
	250m: 2:42.71 33.52	650m: 7:11.73	33.77	1050m: 11:41.44	33.55	1450m: 16:11.16	33.42
	300m: 3:16.19 33.48	700m: 7:45.22	33.49	1100m: 12:15.41	33.97	1500m: 16:43.11	31.95
	350m: 3:49.56 33.37	750m: 8:18.91	33.69	1150m: 12:49.07	33.66		
	400m: 4:23.20 33.64	800m: 8:52.45	33.54	1200m: 13:22.70	33.63		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	COSTA Antonio Miguel	07	Fafe	16:47.03	+0,72	594	
	50m: 29.65 29.65	450m: 4:51.58	33.25 850m: 9:23.53	33.89	1250m: 13:57.78	34.35	
	100m: 1:01.21 31.56	500m: 5:25.32	33.74 900m: 9:57.70	34.17	1300m: 14:32.12	34.34	
	150m: 1:33.59 32.38	550m: 5:59.06	33.74 950m: 10:31.98	34.28	1350m: 15:06.46	34.34	
	200m: 2:06.31 32.72	600m: 6:33.00	33.94 1000m: 11:06.27	34.29	1400m: 15:40.51	34.05	
	250m: 2:39.19 32.88	650m: 7:07.22	34.22 1050m: 11:40.63	34.36	1450m: 16:14.47	33.96	
	300m: 3:12.25 33.06	700m: 7:41.28	34.06 1100m: 12:14.77	34.14	1500m: 16:47.03	32.56	
	350m: 3:45.27 33.02	750m: 8:15.21	33.93 1150m: 12:49.10	34.33			
	400m: 4:18.33 33.06	800m: 8:49.64	34.43 1200m: 13:23.43	34.33			
7.	CARVALHO Daniel Casaca	07	Colegio Vasco da Gama	16:52.34	+0,73	585	
	50m: 29.57 29.57	450m: 4:58.66	33.83 850m: 9:30.41	34.24	1250m: 14:03.15	33.79	
	100m: 1:02.47 32.90	500m: 5:32.30	33.64 900m: 10:04.49	34.08	1300m: 14:37.14	33.99	
	150m: 1:36.25 33.78	550m: 6:06.17	33.87 950m: 10:39.08	34.59	1350m: 15:11.26	34.12	
	200m: 2:09.94 33.69	600m: 6:40.19	34.02 1000m: 11:13.44	34.36	1400m: 15:45.15	33.89	
	250m: 2:43.28 33.34	650m: 7:14.07	33.88 1050m: 11:47.42	33.98	1450m: 16:19.25	34.10	
	300m: 3:17.33 34.05	700m: 7:48.17	34.10 1100m: 12:21.63	34.21	1500m: 16:52.34	33.09	
	350m: 3:51.37 34.04	750m: 8:22.33	34.16 1150m: 12:55.38	33.75			
	400m: 4:24.83 33.46	800m: 8:56.17	33.84 1200m: 13:29.36	33.98			
8.	OLIVEIRA Marco Dimitar	07	Nautico Academico	16:54.79	+0,84	581	
	50m: 29.56 29.56	450m: 4:56.37	33.79 850m: 9:29.50	34.06	1250m: 14:03.72	34.59	
	100m: 1:01.78 32.22	500m: 5:30.65	34.28 900m: 10:03.80	34.30	1300m: 14:38.38	34.66	
	150m: 1:34.75 32.97	550m: 6:04.84	34.19 950m: 10:37.77	33.97	1350m: 15:12.86	34.48	
	200m: 2:08.10 33.35	600m: 6:39.04	34.20 1000m: 11:12.12	34.35	1400m: 15:47.28	34.42	
	250m: 2:41.61 33.51	650m: 7:13.48	34.44 1050m: 11:46.00	33.88	1450m: 16:21.76	34.48	
	300m: 3:15.39 33.78	700m: 7:47.42	33.94 1100m: 12:20.80	34.80	1500m: 16:54.79	33.03	
	350m: 3:48.88 33.49	750m: 8:21.55	34.13 1150m: 12:54.90	34.10			
	400m: 4:22.58 33.70	800m: 8:55.44	33.89 1200m: 13:29.13	34.23			
9.	JORGE Pedro Crispim	06	Uniao Piedense	16:56.11	+0,75	578	
	50m: 29.70 29.70	450m: 4:58.64	34.60 850m: 9:37.46	34.81	1250m: 14:09.86	34.05	
	100m: 1:01.82 32.12	500m: 5:33.33	34.69 900m: 10:12.95	35.49	1300m: 14:44.17	34.31	
	150m: 1:34.39 32.57	550m: 6:08.46	35.13 950m: 10:48.27	35.32	1350m: 15:18.06	33.89	
	200m: 2:07.47 33.08	600m: 6:43.05	34.59 1000m: 11:22.10	33.83	1400m: 15:51.38	33.32	
	250m: 2:41.21 33.74	650m: 7:17.99	34.94 1050m: 11:54.65	32.55	1450m: 16:24.48	33.10	
	300m: 3:15.69 34.48	700m: 7:53.03	35.04 1100m: 12:28.08	33.43	1500m: 16:56.11	31.63	
	350m: 3:49.71 34.02	750m: 8:28.23	35.20 1150m: 13:01.77	33.69			
	400m: 4:24.04 34.33	800m: 9:02.65	34.42 1200m: 13:35.81	34.04			
10.	PEREIRA Tomas Veiga	06	Nautico Academico	16:57.60	+0,80	576	
	50m: 30.15 30.15	450m: 4:58.23	33.99 850m: 9:30.54	33.83	1250m: 14:06.08	34.50	
	100m: 1:03.06 32.91	500m: 5:32.01	33.78 900m: 10:04.74	34.20	1300m: 14:40.63	34.55	
	150m: 1:36.43 33.37	550m: 6:06.15	34.14 950m: 10:39.38	34.64	1350m: 15:15.07	34.44	
	200m: 2:09.87 33.44	600m: 6:40.28	34.13 1000m: 11:13.85	34.47	1400m: 15:49.74	34.67	
	250m: 2:43.50 33.63	650m: 7:14.21	33.93 1050m: 11:48.20	34.35	1450m: 16:24.03	34.29	
	300m: 3:17.04 33.54	700m: 7:48.30	34.09 1100m: 12:22.56	34.36	1500m: 16:57.60	33.57	
	350m: 3:50.61 33.57	750m: 8:22.78	34.48 1150m: 12:56.80	34.24			
	400m: 4:24.24 33.63	800m: 8:56.71	33.93 1200m: 13:31.58	34.78			
11.	GOMES Miguel Braga	07	Sporting	16:58.24	+0,72	575	
	50m: 29.40 29.40	450m: 4:56.23	33.71 850m: 9:29.03	34.25	1250m: 14:05.57	34.63	
	100m: 1:01.86 32.46	500m: 5:30.17	33.94 900m: 10:03.24	34.21	1300m: 14:40.49	34.92	
	150m: 1:34.97 33.11	550m: 6:04.06	33.89 950m: 10:37.69	34.45	1350m: 15:14.82	34.33	
	200m: 2:08.32 33.35	600m: 6:38.03	33.97 1000m: 11:12.23	34.54	1400m: 15:49.97	35.15	
	250m: 2:41.70 33.38	650m: 7:11.97	33.94 1050m: 11:46.65	34.42	1450m: 16:24.64	34.67	
	300m: 3:15.34 33.64	700m: 7:46.32	34.35 1100m: 12:21.42	34.77	1500m: 16:58.24	33.60	
	350m: 3:48.96 33.62	750m: 8:20.63	34.31 1150m: 12:56.23	34.81			
	400m: 4:22.52 33.56	800m: 8:54.78	34.15 1200m: 13:30.94	34.71			



Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	DURAO Miguel Costa	06	Braga	16:59.35	+0,72	573	
	50m: 29.55 29.55	450m: 4:56.00	33.87 850m: 9:31.37	34.60	1250m: 14:08.90	34.93	
	100m: 1:01.99 32.44	500m: 5:30.57	34.57 900m: 10:05.77	34.40	1300m: 14:43.36	34.46	
	150m: 1:35.01 33.02	550m: 6:04.53	33.96 950m: 10:40.18	34.41	1350m: 15:17.98	34.62	
	200m: 2:08.09 33.08	600m: 6:39.05	34.52 1000m: 11:15.00	34.82	1400m: 15:52.67	34.69	
	250m: 2:41.33 33.24	650m: 7:13.55	34.50 1050m: 11:49.79	34.79	1450m: 16:26.48	33.81	
	300m: 3:14.85 33.52	700m: 7:47.75	34.20 1100m: 12:24.70	34.91	1500m: 16:59.35	32.87	
	350m: 3:48.49 33.64	750m: 8:22.36	34.61 1150m: 12:59.34	34.64			
	400m: 4:22.13 33.64	800m: 8:56.77	34.41 1200m: 13:33.97	34.63			
13.	NOGUEIRA Afonso Miguel	07	Braga	16:59.56	+0,80	573	
	50m: 29.98 29.98	450m: 4:58.15	33.99 850m: 9:32.88	34.38	1250m: 14:10.02	34.62	
	100m: 1:02.55 32.57	500m: 5:32.19	34.04 900m: 10:07.43	34.55	1300m: 14:44.33	34.31	
	150m: 1:35.75 33.20	550m: 6:06.40	34.21 950m: 10:41.95	34.52	1350m: 15:18.79	34.46	
	200m: 2:08.97 33.22	600m: 6:40.76	34.36 1000m: 11:16.78	34.83	1400m: 15:53.09	34.30	
	250m: 2:42.38 33.41	650m: 7:15.25	34.49 1050m: 11:51.30	34.52	1450m: 16:27.23	34.14	
	300m: 3:16.08 33.70	700m: 7:49.97	34.72 1100m: 12:25.74	34.44	1500m: 16:59.56	32.33	
	350m: 3:49.77 33.69	750m: 8:24.03	34.06 1150m: 13:00.53	34.79			
	400m: 4:24.16 34.39	800m: 8:58.50	34.47 1200m: 13:35.40	34.87			
14.	COSTA Andre Leitao	07	Fafe	17:03.99	+0,67	565	
	50m: 29.46 29.46	450m: 4:58.25	34.21 850m: 9:34.48	34.53	1250m: 14:12.04	35.18	
	100m: 1:01.61 32.15	500m: 5:33.36	35.11 900m: 10:08.48	34.00	1300m: 14:46.69	34.65	
	150m: 1:34.56 32.95	550m: 6:07.70	34.34 950m: 10:43.46	34.98	1350m: 15:21.81	35.12	
	200m: 2:08.23 33.67	600m: 6:42.14	34.44 1000m: 11:17.18	33.72	1400m: 15:57.07	35.26	
	250m: 2:41.81 33.58	650m: 7:16.74	34.60 1050m: 11:51.76	34.58	1450m: 16:31.25	34.18	
	300m: 3:15.47 33.66	700m: 7:51.30	34.56 1100m: 12:27.42	35.66	1500m: 17:03.99	32.74	
	350m: 3:49.72 34.25	750m: 8:25.76	34.46 1150m: 13:02.21	34.79			
	400m: 4:24.04 34.32	800m: 8:59.95	34.19 1200m: 13:36.86	34.65			
15.	SILVA David Ferreira	07	Academica de Coimbra	17:09.19	+0,63	557	
	50m: 30.65 30.65	450m: 5:04.35	34.48 850m: 9:39.64	34.50	1250m: 14:16.48	34.78	
	100m: 1:03.83 33.18	500m: 5:38.63	34.28 900m: 10:14.10	34.46	1300m: 14:51.33	34.85	
	150m: 1:37.72 33.89	550m: 6:13.10	34.47 950m: 10:48.51	34.41	1350m: 15:26.57	35.24	
	200m: 2:11.84 34.12	600m: 6:47.25	34.15 1000m: 11:23.09	34.58	1400m: 16:01.45	34.88	
	250m: 2:46.16 34.32	650m: 7:21.88	34.63 1050m: 11:57.61	34.52	1450m: 16:36.29	34.84	
	300m: 3:20.68 34.52	700m: 7:56.14	34.26 1100m: 12:31.99	34.38	1500m: 17:09.19	32.90	
	350m: 3:55.42 34.74	750m: 8:30.59	34.45 1150m: 13:06.84	34.85			
	400m: 4:29.87 34.45	800m: 9:05.14	34.55 1200m: 13:41.70	34.86			
16.	NETO Ricardo Freitas	06	Sporting	17:11.20	+0,70	553	
	50m: 29.81 29.81	450m: 5:00.57	34.43 850m: 9:38.29	34.55	1250m: 14:18.49	34.86	
	100m: 1:02.30 32.49	500m: 5:35.22	34.65 900m: 10:13.56	35.27	1300m: 14:53.47	34.98	
	150m: 1:35.81 33.51	550m: 6:09.75	34.53 950m: 10:48.64	35.08	1350m: 15:28.43	34.96	
	200m: 2:09.48 33.67	600m: 6:44.38	34.63 1000m: 11:23.66	35.02	1400m: 16:03.44	35.01	
	250m: 2:43.21 33.73	650m: 7:19.28	34.90 1050m: 11:58.52	34.86	1450m: 16:38.35	34.91	
	300m: 3:17.46 34.25	700m: 7:54.03	34.75 1100m: 12:33.48	34.96	1500m: 17:11.20	32.85	
	350m: 3:51.74 34.28	750m: 8:29.09	35.06 1150m: 13:08.45	34.97			
	400m: 4:26.14 34.40	800m: 9:03.74	34.65 1200m: 13:43.63	35.18			
17.	MARQUES Jose Miguel	06	Condeixa Clube	17:12.41	+0,76	551	
	50m: 30.34 30.34	450m: 5:02.11	34.24 850m: 9:38.52	34.61	1250m: 14:18.00	35.33	
	100m: 1:03.71 33.37	500m: 5:36.49	34.38 900m: 10:13.30	34.78	1300m: 14:53.12	35.12	
	150m: 1:37.57 33.86	550m: 6:10.70	34.21 950m: 10:48.36	35.06	1350m: 15:28.46	35.34	
	200m: 2:11.39 33.82	600m: 6:45.27	34.57 1000m: 11:23.23	34.87	1400m: 16:04.05	35.59	
	250m: 2:45.28 33.89	650m: 7:19.95	34.68 1050m: 11:57.84	34.61	1450m: 16:39.11	35.06	
	300m: 3:19.30 34.02	700m: 7:54.58	34.63 1100m: 12:32.51	34.67	1500m: 17:12.41	33.30	
	350m: 3:53.40 34.10	750m: 8:29.16	34.58 1150m: 13:07.44	34.93			
	400m: 4:27.87 34.47	800m: 9:03.91	34.75 1200m: 13:42.67	35.23			



Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
18.	CHAO Tiago Ventura	06	Naval Setubalense	17:16.01	+0,68	546	
	50m: 29.62 29.62	450m: 5:00.14	34.48 850m: 9:38.92	35.00	1250m: 14:20.33	35.21	
	100m: 1:02.31 32.69	500m: 5:34.79	34.65 900m: 10:14.17	35.25	1300m: 14:55.66	35.33	
	150m: 1:35.70 33.39	550m: 6:09.70	34.91 950m: 10:49.32	35.15	1350m: 15:31.09	35.43	
	200m: 2:09.55 33.85	600m: 6:44.43	34.73 1000m: 11:24.42	35.10	1400m: 16:06.60	35.51	
	250m: 2:43.29 33.74	650m: 7:19.14	34.71 1050m: 11:59.33	34.91	1450m: 16:41.82	35.22	
	300m: 3:17.27 33.98	700m: 7:54.18	35.04 1100m: 12:34.91	35.58	1500m: 17:16.01	34.19	
	350m: 3:51.44 34.17	750m: 8:29.20	35.02 1150m: 13:10.08	35.17			
	400m: 4:25.66 34.22	800m: 9:03.92	34.72 1200m: 13:45.12	35.04			
19.	CARREIRA Duarte Maria	07	Porto	17:16.31	+0,68	545	
	50m: 31.06 31.06	450m: 5:08.53	34.68 850m: 9:46.14	34.64	1250m: 14:23.95	34.92	
	100m: 1:05.22 34.16	500m: 5:43.16	34.63 900m: 10:20.96	34.82	1300m: 14:58.51	34.56	
	150m: 1:40.02 34.80	550m: 6:17.77	34.61 950m: 10:55.43	34.47	1350m: 15:33.00	34.49	
	200m: 2:14.97 34.95	600m: 6:52.61	34.84 1000m: 11:30.11	34.68	1400m: 16:07.61	34.61	
	250m: 2:49.41 34.44	650m: 7:27.40	34.79 1050m: 12:04.67	34.56	1450m: 16:42.25	34.64	
	300m: 3:24.22 34.81	700m: 8:02.26	34.86 1100m: 12:39.48	34.81	1500m: 17:16.31	34.06	
	350m: 3:59.12 34.90	750m: 8:36.96	34.70 1150m: 13:14.23	34.75			
	400m: 4:33.85 34.73	800m: 9:11.50	34.54 1200m: 13:49.03	34.80			
20.	SANTOS Rui Miguel	06	Famalicao	17:21.57	+0,74	537	
	50m: 28.53 28.53	450m: 5:01.81	35.38 850m: 9:43.52	35.21	1250m: 14:27.19	35.80	
	100m: 1:00.74 32.21	500m: 5:37.10	35.29 900m: 10:19.25	35.73	1300m: 15:03.61	36.42	
	150m: 1:33.63 32.89	550m: 6:12.03	34.93 950m: 10:55.41	36.16	1350m: 15:38.97	35.36	
	200m: 2:07.21 33.58	600m: 6:47.45	35.42 1000m: 11:31.03	35.62	1400m: 16:13.68	34.71	
	250m: 2:41.88 34.67	650m: 7:22.66	35.21 1050m: 12:06.00	34.97	1450m: 16:47.80	34.12	
	300m: 3:16.59 34.71	700m: 7:57.85	35.19 1100m: 12:41.30	35.30	1500m: 17:21.57	33.77	
	350m: 3:51.32 34.73	750m: 8:32.83	34.98 1150m: 13:15.89	34.59			
	400m: 4:26.43 35.11	800m: 9:08.31	35.48 1200m: 13:51.39	35.50			
21.	CONCEICAO Rodrigo Santos	06	Naval Povoense	17:24.50	+0,69	533	
	50m: 29.68 29.68	450m: 5:04.38	34.54 850m: 9:42.91	35.55	1250m: 14:28.58	35.71	
	100m: 1:03.22 33.54	500m: 5:38.74	34.36 900m: 10:18.51	35.60	1300m: 15:04.41	35.83	
	150m: 1:37.34 34.12	550m: 6:13.18	34.44 950m: 10:54.33	35.82	1350m: 15:40.42	36.01	
	200m: 2:11.85 34.51	600m: 6:47.94	34.76 1000m: 11:29.84	35.51	1400m: 16:16.41	35.99	
	250m: 2:46.12 34.27	650m: 7:22.71	34.77 1050m: 12:05.64	35.80	1450m: 16:51.81	35.40	
	300m: 3:20.59 34.47	700m: 7:57.44	34.73 1100m: 12:41.30	35.66	1500m: 17:24.50	32.69	
	350m: 3:55.39 34.80	750m: 8:32.27	34.83 1150m: 13:17.00	35.70			
	400m: 4:29.84 34.45	800m: 9:07.36	35.09 1200m: 13:52.87	35.87			
22.	SARAGOCA Eduardo Sousa	07	Viana Natacao	17:59.93	+0,74	482	
	50m: 30.48 30.48	450m: 5:10.69	35.56 850m: 10:01.25	36.49	1250m: 14:56.64	37.09	
	100m: 1:04.34 33.86	500m: 5:46.17	35.48 900m: 10:37.84	36.59	1300m: 15:33.95	37.31	
	150m: 1:38.92 34.58	550m: 6:22.54	36.37 950m: 11:14.62	36.78	1350m: 16:11.07	37.12	
	200m: 2:13.53 34.61	600m: 6:58.68	36.14 1000m: 11:51.42	36.80	1400m: 16:47.71	36.64	
	250m: 2:48.70 35.17	650m: 7:35.06	36.38 1050m: 12:28.49	37.07	1450m: 17:24.46	36.75	
	300m: 3:24.00 35.30	700m: 8:11.63	36.57 1100m: 13:05.55	37.06	1500m: 17:59.93	35.47	
	350m: 3:59.54 35.54	750m: 8:48.13	36.50 1150m: 13:42.63	37.08			
	400m: 4:35.13 35.59	800m: 9:24.76	36.63 1200m: 14:19.55	36.92			
23.	SANTOS Tomas Alexandre	07	BUZIOS-Coruche	18:07.40	+0,79	472	
	50m: 30.10 30.10	450m: 5:15.33	36.58 850m: 10:10.69	36.90	1250m: 15:07.00	36.79	
	100m: 1:04.31 34.21	500m: 5:51.79	36.46 900m: 10:47.59	36.90	1300m: 15:43.77	36.77	
	150m: 1:39.55 35.24	550m: 6:28.51	36.72 950m: 11:24.67	37.08	1350m: 16:19.98	36.21	
	200m: 2:14.86 35.31	600m: 7:05.34	36.83 1000m: 12:02.26	37.59	1400m: 16:56.41	36.43	
	250m: 2:50.53 35.67	650m: 7:42.29	36.95 1050m: 12:39.41	37.15	1450m: 17:32.31	35.90	
	300m: 3:26.39 35.86	700m: 8:19.45	37.16 1100m: 13:16.97	37.56	1500m: 18:07.40	35.09	
	350m: 4:02.63 36.24	750m: 8:56.62	37.17 1150m: 13:53.63	36.66			
	400m: 4:38.75 36.12	800m: 9:33.79	37.17 1200m: 14:30.21	36.58			



RUMO A PARIS 2024
 Campeonato Nacional Juniores e Seniores PC
 Leiria, 08 a 10 de Dezembro de 2023



Prova 44, Masc., 1500m Livres

EXH	TIGRE Pedro Bethlem	06	Sporting		16:09.24	+0,70	667
	50m: 29.00 29.00	450m: 4:49.87	32.86	850m: 9:11.31	32.57	1250m: 13:30.36	32.61
	100m: 1:00.98 31.98	500m: 5:22.75	32.88	900m: 9:43.69	32.38	1300m: 14:02.42	32.06
	150m: 1:33.37 32.39	550m: 5:55.90	33.15	950m: 10:16.29	32.60	1350m: 14:34.57	32.15
	200m: 2:05.80 32.43	600m: 6:28.66	32.76	1000m: 10:48.36	32.07	1400m: 15:07.03	32.46
	250m: 2:38.39 32.59	650m: 7:01.12	32.46	1050m: 11:19.93	31.57	1450m: 15:38.69	31.66
	300m: 3:11.37 32.98	700m: 7:34.01	32.89	1100m: 11:52.49	32.56	1500m: 16:09.24	30.55
	350m: 3:44.25 32.88	750m: 8:06.62	32.61	1150m: 12:25.09	32.60		
	400m: 4:17.01 32.76	800m: 8:38.74	32.12	1200m: 12:57.75	32.66		
EXH	SILVA Arthur Santos	06	Belenenses		17:31.76	+0,69	522
	50m: 30.22 30.22	450m: 5:03.02	34.98	850m: 9:47.28	35.86	1250m: 14:34.23	35.93
	100m: 1:03.17 32.95	500m: 5:38.20	35.18	900m: 10:23.41	36.13	1300m: 15:10.16	35.93
	150m: 1:37.08 33.91	550m: 6:13.47	35.27	950m: 10:59.42	36.01	1350m: 15:46.04	35.88
	200m: 2:10.84 33.76	600m: 6:49.19	35.72	1000m: 11:35.29	35.87	1400m: 16:21.80	35.76
	250m: 2:44.82 33.98	650m: 7:24.65	35.46	1050m: 12:10.94	35.65	1450m: 16:57.42	35.62
	300m: 3:18.81 33.99	700m: 8:00.21	35.56	1100m: 12:46.78	35.84	1500m: 17:31.76	34.34
	350m: 3:53.33 34.52	750m: 8:35.85	35.64	1150m: 13:22.57	35.79		
	400m: 4:28.04 34.71	800m: 9:11.42	35.57	1200m: 13:58.30	35.73		

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL

PATROCINADOR OFICIAL

PARCEIROS INSTITUCIONAIS



PARCEIROS

