



CAMPEONATO NACIONAL DE FUNDO

TEMPOS DE REFERÊNCIA 2026

		FEMININO/WOMEN			MASCULINO/MEN		
ESCALÕES		400E	800L	1500L	400E	800L	1500L
A	25-29	08:25,77	15:26,64	28:57,45	07:43,32	13:50,12	25:56,47
B	30-34	08:38,64	15:52,38	29:45,71	07:52,36	13:56,55	26:08,53
C	35-39	09:06,98	16:18,12	30:33,97	07:58,79	14:17,15	26:47,17
D	40-44	09:26,28	17:09,60	32:10,50	08:09,06	14:28,72	27:08,86
E	45-49	10:04,39	18:39,69	34:59,42	08:21,93	15:00,90	28:09,19
F	50-54	11:02,81	19:56,91	37:24,21	08:59,15	15:52,38	29:45,71
G	55-59	11:54,28	21:01,26	39:24,86	09:33,68	16:56,78	31:46,37
H	60-64	12:26,46	22:24,91	42:01,72	10:11,33	18:13,95	34:11,16
I	65-69	13:50,12	24:01,44	45:02,70	11:28,55	19:31,17	36:35,94
J	70-74	16:18,12	25:57,27	48:39,38	12:45,76	21:27,00	40:13,13
K	75-79	19:18,30	29:48,93	55:54,24	14:26,64	23:22,83	43:50,31
L	80-84	21:01,26	32:10,50	01:00:19,69	16:43,86	25:31,53	47:51,62
M	85-89	22:34,21	36:15,08	01:07:58,18	18:01,08	28:57,45	54:17,72
N	90-94	27:40,23	42:54,00	01:20:26,25	21:52,74	33:27,72	01:02:44,48

PARCEIROS INSTITUCIONAIS



PATROCINADORES OFICIAIS



PARCEIRO OFICIAL



PARCEIROS



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