



Torneio Regional de Fundo Para Infantis e Juvenis  
Época 2022 / 2023



Femininos, Infantis A

RANK	NOME	ANO	CLUBE	FINA 2022	800 L	400 E
1	Leonor Nunes Cardeal	2010	Academico Viseu	<b>1015</b>	10:00.81	5:24.47
2	Maria Neto Simoes	2010	Condeixa Clube	<b>1009</b>	9:56.34	5:28.37
3	Camila Duarte Marcelo	2010	Condeixa Clube	<b>993</b>	9:59.52	5:30.18
4	Rita Lucas Santos	2010	Condeixa Clube	<b>988</b>	10:07.73	5:26.50
5	Leonor Sombreiro Martins	2010	BUZIOS-Coruche	<b>948</b>	10:05.61	5:37.13
6	Carolina Ratola Taveira	2010	Galitos / Bresimar	<b>944</b>	10:30.58	5:24.98
7	Maria Rita Cunha	2010	Colegio Efanor	<b>940</b>	10:15.12	5:33.54
8	Ana Laura Nogueira	2010	Braga	<b>902</b>	10:24.92	5:37.50
9	Rita Braga Gomes	2010	Sporting	<b>899</b>	10:25.38	5:37.95
10	Leticia Alves Castro	2010	Braga	<b>893</b>	10:25.52	5:39.28
11	Constanca Lourenco Azevedo	2010	Lagoa AC	<b>878</b>	10:33.97	5:38.80
12	Ana Jose Marques	2010	Braga	<b>875</b>	10:09.70	5:54.28
13	Laura Helena Amorim	2010	Nautico Marinha Grande	<b>861</b>	10:30.20	5:45.45
14	Carolina Melo Lopes	2010	Portinado	<b>851</b>	10:29.47	5:48.32
15	Catarina Sousa Oliveira	2010	Colegio Efanor	<b>840</b>	10:33.34	5:49.17
16	Beatriz Costa Diniz	2010	Sporting	<b>838</b>	10:37.93	5:47.19
17	Bianca Balbino Mendes	2010	Naval de Peniche	<b>832</b>	10:27.36	5:55.53
18	Barbara Balbino Mendes	2010	Naval de Peniche	<b>824</b>	10:26.78	5:58.44
19	Maria Madalena Fernandes	2010	Alges	<b>818</b>	10:35.71	5:54.26
20	Joana Alexandra Silva	2010	CPCD-Povoa St Iria	<b>813</b>	10:40.11	5:53.10
21	Cloe Canadas Nogueira	2010	Colegio Efanor	<b>813</b>	10:49.22	5:48.19
22	Madalena Gracio Pedroso	2010	Nautico Marinha Grande	<b>811</b>	10:33.41	5:57.96
23	Leonor Silva Oliveira	2010	Galitos / Bresimar	<b>807</b>	10:39.64	5:55.03
24	Sofia Rodrigues Costa	2010	Porto	<b>807</b>	10:39.19	5:55.36
25	Mariana Mesquita Fernandes	2010	Braga	<b>805</b>	11:01.35	5:44.18
26	Isabel Gouveia Leitao	2010	Naval do Funchal	<b>799</b>	10:47.77	5:53.00
27	Maria Ines Mesquita	2010	Ginasio de Vila Real	<b>792</b>	10:35.28	6:02.84
28	Ines Ribeiro Melo	2010	Galitos / Bresimar	<b>784</b>	10:55.22	5:53.40
29	Carolina Escrevente Guerra	2010	Alges	<b>781</b>	10:57.50	5:53.00
30	Gabriela Parreira	2010	Sporting	<b>778</b>	10:41.24	6:03.50
31	Raquel Domingues Re	2010	Sporting de Aveiro	<b>767</b>	10:58.94	5:56.48
32	Leonor Antunes Paiva	2010	Nautico Academico	<b>765</b>	10:52.68	6:00.71
33	Mariana Bagagem Carvalho	2010	Miranda do Corvo	<b>763</b>	10:49.06	6:03.45
34	Alicia Del Rio Bernat	2010	Alges	<b>761</b>	11:08.54	5:53.40
35	Maria Rita Filipe	2010	Gesloures	<b>761</b>	11:00.27	5:57.81
36	Luana Raquel Monteiro	2010	Palmela Desporto	<b>761</b>	11:01.51	5:56.97
37	Sofia Rodrigues Vasconcelos	2010	Galitos / Bresimar	<b>758</b>	10:49.78	6:04.83
38	Marta Silva Fernandes	2010	Porto	<b>756</b>	10:55.16	6:02.27
39	Leonor Silva Jesus	2010	Galitos / Bresimar	<b>753</b>	11:00.98	5:59.94
40	Victoria Sales Proenca	2010	Benfica	<b>752</b>	11:05.27	5:58.09
41	Mariana Bernardo Silvestre	2010	Nautico Academico	<b>747</b>	11:09.72	5:56.99
42	Diana Isabel Alves	2010	Benedita	<b>747</b>	11:01.34	6:01.51
43	Luisa Anjos Frischknecht	2010	Naval Setubalense	<b>747</b>	11:04.13	5:59.95
44	Francisca Ramos Ribeiro	2010	Desportiva de Viana	<b>745</b>	11:15.70	5:54.94
45	Madalena Pinto Brito	2010	Naval do Funchal	<b>743</b>	11:18.30	5:53.90
46	Beatriz Paiva Branco	2010	Laranjeiro	<b>740</b>	10:56.03	6:07.15

47	Isabel Silva Rosa	2010	Naval da Horta	<b>736</b>	10:48.65	6:13.29
48	Maria Silva Poeta	2010	Ginasio de Vila Real	<b>735</b>	11:12.62	5:59.39
49	Matilde Santos Vieira	2010	Nautico Marinha Grande	<b>734</b>	11:00.02	6:06.74
50	Mariana Dias Pereira	2010	Alges e Agueda XXI	<b>733</b>	11:03.02	6:05.30
51	Filipa Esteves Guimaraes	2010	Vilacondense	<b>733</b>	11:18.18	5:57.21
52	Jael Alves Rocha	2010	Viana Natacao	<b>731</b>	11:06.60	6:03.71
53	Lara Paixao Silva	2010	Rio Maior	<b>726</b>	10:49.29	6:16.84
54	Leonor Sobreiro Almeida	2010	CASPAE	<b>721</b>	11:20.81	5:59.94
55	Adriana Resende Trindade	2010	Sporting de Espinho	<b>719</b>	11:03.09	6:09.92
56	Ines Senhorinha Silva	2010	Natacao da Maia	<b>718</b>	11:24.96	5:58.49
57	Estela Couto Ribeiro	2010	Sporting	<b>717</b>	11:09.85	6:06.97
58	Matilde Faria Silvestre	2010	Penafiel	<b>715</b>	11:14.55	6:04.98
59	Ana Filipa Silva	2010	O Crasto	<b>711</b>	11:10.54	6:08.71
60	Rita Canas Brito	2010	Naval Setubalense	<b>708</b>	11:13.66	6:07.85
61	Maria Miguel Fernandes	2010	Columbofila Cantanhedense	<b>706</b>	11:05.48	6:13.46
62	Maria Ines Rodrigues	2010	Nautico Academico	<b>701</b>	11:17.30	6:08.26
63	Francisca Sousa Branco	2010	Sporting de Espinho	<b>699</b>	11:12.92	6:11.43
64	Camila Isabel Teixeira	2010	Leixoes	<b>699</b>	11:13.41	6:11.15
65	Leonor Pereira Silva	2010	Obidos	<b>697</b>	11:04.81	6:17.33
66	Clara Sofia Rosa	2010	Desportivo Nacional	<b>692</b>	11:26.57	6:06.47
67	Bianca Pinto Coelho	2010	Leixoes	<b>692</b>	11:22.04	6:09.18
68	Maria Leonor Teixeira	2010	Naval do Funchal	<b>691</b>	11:18.21	6:11.60
69	Sara Marques Lima	2010	CASPAE	<b>687</b>	11:10.24	6:17.60
70	Luana Filipe Reis	2010	Alcobaca	<b>686</b>	11:35.82	6:03.84
71	Debora Silva Inacio	2010	Pimpoes/Cimai	<b>686</b>	11:07.64	6:20.11
72	Beatriz Nunes Leao	2010	Laranjeiro	<b>682</b>	11:08.66	6:20.92
73	Leonor Fonseca Ferreira	2010	Estarreja/PROZINCO	<b>680</b>	11:19.94	6:14.61
74	Marta Afonso Andrez	2010	Braga	<b>680</b>	11:17.13	6:15.98
75	Leonor Mosca Silva	2010	Columbofila Cantanhedense	<b>673</b>	11:23.31	6:15.11
76	Leonor Silva Martins	2010	Obidos	<b>672</b>	11:23.39	6:15.62
77	Mariana Rei Oliveira	2010	Leixoes	<b>669</b>	11:44.18	6:05.86
78	Maria Barafusta Afonso	2010	Naval Setubalense	<b>664</b>	11:28.33	6:15.70
79	Ema Ferreira Estrela	2010	Leixoes	<b>664</b>	11:41.88	6:08.58
80	Eva Santos Jardim	2010	Juventude Atlantico	<b>656</b>	11:26.53	6:19.90
81	Beatriz Ribeiro Moreira	2010	Sporting de Espinho	<b>654</b>	11:40.65	6:13.09
82	Eva Santos Ferreira	2010	O Crasto	<b>651</b>	11:28.48	6:20.96
83	Maria Leonor Lopes	2010	Torres Novas	<b>650</b>	11:33.07	6:18.19
84	Sara Goncalves Vieira	2010	Naval Praia da Vitoria	<b>647</b>	11:26.04	6:24.24
85	Maria Carolina Alves	2010	Ba-Leiria	<b>644</b>	11:17.69	6:30.38
86	Sofia Roma Brizida	2010	Ba-Leiria	<b>643</b>	11:45.38	6:14.65
87	Rita Rocha Ferreira	2010	Benfica	<b>642</b>	11:40.58	6:17.41
88	Luana Silva Valente	2010	Estarreja/PROZINCO	<b>641</b>	11:21.11	6:29.80
89	Sofia Oliveira Freitas	2010	O Crasto	<b>636</b>	11:40.96	6:19.74
90	Leonor Duarte Goncalves	2010	Desportivo de Odemira	<b>635</b>	11:34.88	6:23.55
91	Maria Ines Ponte	2010	Portinado	<b>631</b>	11:39.12	6:22.81
92	Bruna Bacelar Gregorio	2010	Vilacondense	<b>631</b>	11:32.65	6:26.74
93	Vida Sofia Velez	2010	Ba-Leiria	<b>626</b>	11:33.89	6:27.78
94	Carolina Macedo Lopes	2010	Vilacondense	<b>619</b>	11:54.48	6:19.30
95	Rafaela Santos Afonso	2010	Naval de Peniche	<b>618</b>	11:32.47	6:32.14
96	Maria Mendes Cunha	2010	Fafe	<b>614</b>	11:49.89	6:23.65
97	Xiana Castro Silva	2010	Flavitus	<b>614</b>	12:05.93	6:15.53
98	Leonor Teixeira Rodrigues	2010	Feirense	<b>613</b>	11:39.59	6:30.04
99	Nuria Cristina Pires	2010	Vikings	<b>605</b>	11:27.13	6:42.23

100	Mariana Santos Afonso	2010	Naval de Peniche	<b>601</b>	11:47.47	6:30.89
101	Francisca Maria Esteves	2010	Colegio Vasco da Gama	<b>601</b>	11:43.31	6:33.03
102	Sofia Daniela Ferreira	2010	Uniao Coimbra	<b>600</b>	11:43.34	6:33.62
103	Camila Bezerra Vieira	2010	Fluvial Portuense	<b>597</b>	11:50.31	6:31.05
104	Carolina Frois Gomes	2010	Portinado	<b>591</b>	11:48.16	6:34.97
105	Matilde Filipa Amado	2010	Nautico Marinha Grande	<b>590</b>	11:46.90	6:35.83
106	Laura Margarida Ascenso	2010	Nautico Marinha Grande	<b>584</b>	12:01.58	6:30.62
107	Beatriz Ribeiro Veloso	2010	Vigor da Mocidade	<b>579</b>	11:55.89	6:35.97
108	Laura Samora Goncalves	2010	Ba-Leiria	<b>577</b>	11:46.57	6:42.79
109	Ines Alves Ventura	2010	Desportivo de Mora	<b>571</b>	11:50.84	6:42.75
110	Anamar Tavares Ferreira	2010	Gafanha da Encarnacao	<b>564</b>	11:49.67	6:47.73
111	Erica Isabel Sousa	2010	Viana Natacao	<b>545</b>	12:11.48	6:43.56
112	Maria Luisa Guimaraes	2010	CLIP Teams	<b>535</b>	12:16.32	6:45.53
113	Vitoria Cortinhas Pinto	2010	Peso da Regua	<b>524</b>	12:30.18	6:43.39
114	Ines Patricio Felix	2010	Portinado	<b>522</b>	12:29.59	6:45.13
115	Alicia Tais Ferreira	2010	Gesloures	<b>522</b>	12:37.71	6:40.87
116	Beatriz Coelho Santos	2010	Atletico Montemor	<b>514</b>	12:16.90	6:56.86
117	Ines Baptista Santos	2010	Feirense	<b>512</b>	12:20.27	6:55.63
118	Mariana Sa Azevedo	2010	Sporting de Espinho	<b>511</b>	12:24.60	6:53.67
119	Filipa Calado Gervasio	2010	Elvense	<b>491</b>	12:41.87	6:55.17
120	Bruna Catarina Guerreiro	2010	Louletano / Loule Concelho	<b>489</b>	12:40.78	6:56.99
121	Maria Francisca Moreira	2010	Bombeiros dos Estoris	<b>475</b>	12:41.52	7:04.56
122	Diana Filipa Rodrigues	2010	Amigos Montanha	<b>474</b>	12:35.32	7:09.56
123	Leonor Melo Pacheco	2010	Bombeiros Ribeira Grande	<b>473</b>	12:57.43	6:56.74
124	Leonor Monteiro Matos	2010	CLIP Teams	<b>469</b>	12:52.35	7:02.35
125	Leonor Filipa Santos	2010	Portinado	<b>457</b>	13:06.28	7:01.65
126	Maria Leonor Ladeiras	2010	Atletico Montemor	<b>454</b>	12:49.38	7:13.55
127	Matilde Sampaio Castro	2010	Fafe	<b>454</b>	13:03.81	7:04.49
128	Maria Margarida Santos	2010	Feirense	<b>453</b>	12:47.22	7:15.21
129	Sofia Pinheiro Pacheco	2010	Obidos	<b>453</b>	12:54.83	7:10.78
130	Maria Lino Padua	2010	Tubaroes de Gaia	<b>447</b>	13:05.23	7:08.82
131	Carolina Pinto Banhudo	2010	Albicastrense	<b>445</b>	13:01.15	7:12.24



Torneio Regional de Fundo Para Infantis e Juvenis  
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Femininos, Infantis B

RANK	NOME	ANO	CLUBE	FINA 2022	800 L	400 E
1	Valeria Koslova	2011	Braga	<b>881</b>	10:18.56	5:46.84
2	Ana Filipa Serra	2011	CPCD-Povoa St Iria	<b>836</b>	10:37.98	5:47.76
3	Margarida Santos Moura	2011	Sporting	<b>832</b>	10:37.58	5:49.03
4	Zoe Pinho Nunes	2011	Sporting de Aveiro	<b>786</b>	10:49.57	5:55.68
5	Ana Mao de Ferro	2011	Sporting	<b>782</b>	10:46.20	5:59.29
6	Anastasiya Prymachenko	2011	Nucleo de Pombal	<b>767</b>	10:53.67	5:59.45
7	Margarida Almeida Ferreira	2011	Sporting	<b>756</b>	10:50.38	6:05.19
8	Alice Machado Capareira	2011	Academia Acores	<b>746</b>	11:06.15	5:59.23
9	Mariana Fernandes Cunha	2011	Foca Quinta da Lixa CNF	<b>743</b>	10:58.34	6:04.36
10	Leonor Mota Alves	2011	Nautico Marinha Grande	<b>728</b>	11:12.56	6:01.89
11	Benedita Gomes Prata	2011	Fluvial Portuense	<b>723</b>	11:10.26	6:04.45
12	Carlota Sa Santos	2011	Nucleo de Pombal	<b>722</b>	11:04.05	6:08.80
13	Madalena Ferreira Baldo	2011	Colegio Monte Maior	<b>713</b>	11:14.58	6:05.45
14	Carolina Damas Pita	2011	Nautico Academico	<b>703</b>	11:08.64	6:12.70
15	Francisca Moreira Feliciano	2011	Alcobaca	<b>703</b>	11:12.30	6:10.55
16	Maria Rendeiro Correia	2011	Alges	<b>699</b>	11:19.83	6:07.58
17	Sofia Hryhorivna Holub	2011	Braga	<b>696</b>	11:10.16	6:13.97
18	Leonor Coelho Silva	2011	Vikings	<b>677</b>	11:20.66	6:15.33
19	Bianca Arouca Pinto	2011	Leixoes	<b>674</b>	11:18.92	6:17.33
20	Beatriz Freitas Rodrigues	2011	Leixoes	<b>672</b>	11:18.63	6:18.28
21	Mariana Cangueiro Igreja	2011	CLIP Teams	<b>666</b>	11:39.71	6:08.95
22	Joana Rebelo Sousa	2011	Porto	<b>663</b>	11:23.38	6:19.19
23	Ines Freitas Abrantes	2011	Colegio Monte Maior	<b>662</b>	11:29.23	6:15.90
24	Vera Franca Jesus	2011	Naval do Funchal	<b>662</b>	11:16.29	6:23.88
25	Sara Silva Campos	2011	Laranjeiro	<b>659</b>	11:22.73	6:21.13
26	Sofia Sytnyk	2011	Braga	<b>650</b>	11:30.21	6:19.94
27	Matilde Sofia Pereira	2011	Nautico Academico	<b>649</b>	11:27.40	6:22.43
28	Mariana Lopes Oliveira	2011	Naval do Funchal	<b>648</b>	11:30.68	6:20.93
29	Benedita Maria Lagarinhos	2011	Viver Santarem	<b>647</b>	11:46.57	6:12.81
30	Eva Magiyeva	2011	Lagoa AC	<b>642</b>	11:46.68	6:14.58
31	Luisa Goncalves Andrade	2011	Porto	<b>639</b>	11:31.72	6:23.59
32	Yara Clemente Goncalves	2011	Porto	<b>639</b>	11:39.98	6:19.04
33	Sofia Barroca Pereira	2011	BUZIOS-Coruche	<b>636</b>	11:08.41	6:41.50
34	Madalena Correia Gomes	2011	Colegio Monte Maior	<b>636</b>	11:26.01	6:28.54
35	Frederica Vinhas Vieira	2011	Campinho	<b>632</b>	11:35.90	6:24.26
36	Alice Maria Rodrigues	2011	Academico Viseu	<b>630</b>	11:27.98	6:30.13
37	Constanca Faria Gomes	2011	Famalicao	<b>628</b>	11:34.00	6:26.91
38	Isabel Grilo Oliveira	2011	Lagoa AC	<b>623</b>	11:50.75	6:19.49
39	Leticia Coelho Silva	2011	Vikings	<b>620</b>	11:17.00	6:42.53
40	Margarida Pinho Formigo	2011	Torres Novas	<b>618</b>	11:33.55	6:32.01
41	Sara Ferreira Santos	2011	Columbofila Cantanhedense	<b>616</b>	11:43.38	6:26.49
42	Ines Afonso Borges	2011	Sporting de Espinho	<b>608</b>	11:51.08	6:25.87
43	Mafalda Teles Sousa	2011	Pimpoes/Cimai	<b>606</b>	11:48.43	6:28.07
44	Francisca Meneses Goncalves	2011	Gesloures	<b>606</b>	11:50.15	6:27.10
45	Beatriz Oliveira Portulez	2011	Columbofila Cantanhedense	<b>605</b>	11:18.91	6:48.68
46	Maria Goncalves Oliveira	2011	Desportivo de Odemira	<b>595</b>	11:59.10	6:27.22

47	Julia Laginha Braz	2011	Lagoa AC	<b>595</b>	11:54.52	6:28.99
48	Leonor Marques Mendes	2011	Gafanha da Encarnacao	<b>593</b>	11:39.98	6:39.31
49	Ines Silva Paiva	2011	Colegio Monte Maior	<b>591</b>	12:09.52	6:23.04
50	Angelina Lutsiv	2011	Lagoa AC	<b>590</b>	12:09.34	6:23.53
51	Ines Rua Fernandes	2011	Ginasio de Vila Real	<b>589</b>	11:53.71	6:32.21
52	Matilde Conde Figueiredo	2011	Condeixa Clube	<b>586</b>	11:43.88	6:40.05
53	Carolina Melo Camejo	2011	Sporting	<b>582</b>	11:34.51	6:48.60
54	Matilde Ventura Martins	2011	Foca Quinta da Lixa CNF	<b>579</b>	12:19.94	6:23.35
55	Camila Beatriz Camilo	2011	Miranda do Corvo	<b>577</b>	12:00.13	6:34.03
56	Laura Cruzeiro Marques	2011	Sporting de Aveiro	<b>571</b>	11:43.29	6:48.02
57	Mafalda Beatriz Goncalves	2011	Desportivo Nacional	<b>567</b>	12:23.18	6:27.17
58	Margarida Escobar Basilio	2011	Porto	<b>564</b>	12:05.81	6:37.42
59	Alice Miranda Cunha	2011	Foca Quinta da Lixa CNF	<b>563</b>	12:02.77	6:39.47
60	Ines Diogo Mestre	2011	Aljustrelense	<b>562</b>	12:03.64	6:39.53
61	Catarina Miguel Encarnacao	2011	Famalicao	<b>559</b>	11:52.74	6:48.16
62	Luiza Lopes Vinhais	2011	Braga	<b>556</b>	12:05.65	6:41.56
63	Ana Matilde Pereira	2011	Naval do Funchal	<b>555</b>	12:15.25	6:36.69
64	Maria Goncalves Santos	2011	Lagoa AC	<b>552</b>	12:35.36	6:27.81
65	Laura Pimenta Goncalves	2011	Braga	<b>549</b>	12:09.12	6:42.80
66	Matilde Sofia Vieira	2011	Desportivo Nacional	<b>548</b>	12:40.19	6:27.49
67	Isabel Lagoa Vieira	2011	Galitos / Bresimar	<b>540</b>	12:15.08	6:43.69
68	Madalena Guimaraes Santos	2011	Leixoes	<b>530</b>	12:05.09	6:55.14
69	Beatriz Marques Gaspar	2011	Nautico Marinha Grande	<b>527</b>	12:18.95	6:47.96
70	Maria Ines Luis	2011	Aljustrelense	<b>526</b>	12:19.14	6:48.80
71	Madalena Carreiro Rodrigues	2011	Benfica	<b>525</b>	12:16.55	6:50.69
72	Mariana Moreira Lopes	2011	Feirense	<b>522</b>	12:08.70	6:57.31
73	Leonor Rebelo Martins	2011	Portinado	<b>520</b>	12:47.31	6:36.88
74	Lara Amorim Cunha	2011	Feirense	<b>520</b>	12:35.72	6:42.88
75	Beatriz Morais Simoes	2011	Famalicao	<b>520</b>	12:22.44	6:50.13
76	Francisca Coelho Lucena	2011	O Crasto	<b>518</b>	12:26.40	6:48.60
77	Valeria Isabel Mata	2011	Naval do Funchal	<b>518</b>	12:38.02	6:42.62
78	Isabella Nascimento Soares	2011	Naval da Horta	<b>517</b>	12:38.02	6:42.89
79	Maria Fatima Pagani	2011	Bombeiros dos Estoris	<b>516</b>	12:20.59	6:53.75
80	Maria Joao Vala	2011	Pimpoes/Cimai	<b>513</b>	12:30.96	6:49.01
81	Ines Duarte Mendes	2011	Colegio Monte Maior	<b>513</b>	12:27.48	6:50.78
82	Ana Leonor Carreto	2011	Nautico Academico	<b>512</b>	12:24.11	6:53.63
83	Constanca Costa Fernandes	2011	Famalicao	<b>509</b>	12:28.35	6:52.64
84	Daniela Oliveira Rodrigues	2011	Famalicao	<b>504</b>	12:19.60	7:00.82
85	Beatriz Soares Silva	2011	Naval da Horta	<b>501</b>	12:20.62	7:02.52
86	Maria Abreu Arrojado	2011	Naval Praia da Vitoria	<b>500</b>	12:49.51	6:45.93
87	Ana Carolina Neves	2011	Estarreja/PROZINCO	<b>499</b>	12:21.62	7:03.04
88	Rita Lino Ferreira	2011	BUZIOS-Coruche	<b>497</b>	12:37.61	6:54.20
89	Isabela Maria Carreira	2011	Uniao Juncalense	<b>494</b>	12:41.02	6:53.65
90	Rita Santos Correia	2011	Vilacondense	<b>494</b>	12:34.60	6:57.67
91	Maria Ines Gomes	2011	Feirense	<b>489</b>	12:41.56	6:56.36
92	Constanca Oliveira Fonseca	2011	Naval Praia da Vitoria	<b>476</b>	12:45.90	7:01.59
93	Leonor Lourenco Sargo	2011	Sao Roque	<b>468</b>	13:01.90	6:57.30
94	Leonor Henrique Fernandes	2011	Portinado	<b>462</b>	13:05.17	6:59.26
95	Carlota Francisco Santos	2011	Nautico Academico	<b>462</b>	13:24.03	6:50.02
96	Leiriia Silviovna Tonkikh	2011	CNLeiria	<b>447</b>	13:05.18	7:08.72
97	Maria Francisca Constantino	2011	Electrico Clube/ FGil.pt	<b>439</b>	13:18.01	7:06.93
98	Ines Martins Farinha	2011	CCDSerta	<b>439</b>	13:47.57	6:53.75
99	Alice Raquel Dias	2011	Desportivo de Mora	<b>432</b>	13:28.40	7:05.83

100	Margarida Paixao Marques	2011	Naval do Funchal	<b>432</b>	13:08.20	7:16.83
101	Ana Matilde Silva	2011	Desportivo Nacional	<b>430</b>	13:06.61	7:19.83
102	Mafalda Rodrigues Meneses	2011	Naval Praia da Vitoria	<b>423</b>	13:18.27	7:17.57
103	Joana Gouveia Freitas	2011	Naval da Horta	<b>422</b>	13:14.88	7:20.24
104	Mariana Costa Martins	2011	Lagoa AC	<b>419</b>	13:44.44	7:06.78
105	Margarida Soares Maia	2011	Nautico Marinha Grande	<b>416</b>	13:24.59	7:18.87
106	Diana Soares Barbosa	2011	Propaganda da Natacao	<b>416</b>	13:05.29	7:30.82
107	Sara Margarida Freitas	2011	Juventude Atlantico	<b>409</b>	13:32.26	7:19.84
108	Ana Matilde Velosa	2011	Juventude Atlantico	<b>405</b>	13:29.34	7:23.57
109	Maria Francisca Simoes	2011	Lagoa AC	<b>394</b>	13:35.16	7:29.26
110	Maria Joao Silva	2011	Terceira Clube	<b>384</b>	13:53.85	7:26.51
111	Gabriela Pereira Louzeiro	2011	Lagoa AC	<b>383</b>	14:04.18	7:22.58
112	Maria Santos Fonseca	2011	CNLeiria	<b>383</b>	13:51.06	7:28.83
113	Sara Soares Pinto	2011	Sao Joao Ver	<b>381</b>	13:36.68	7:39.20
114	Margarida Lopes Rodrigues	2011	Uniao Juncalense	<b>372</b>	13:53.50	7:36.19
115	Daniela Matias Ribeiro	2011	CCDSerta	<b>362</b>	13:56.85	7:42.91
116	Valeria Silva Mescia	2011	CLIP Teams	<b>359</b>	14:15.77	7:34.78
117	Madalena Santos Rolo	2011	CCDSerta	<b>299</b>	14:27.26	8:29.04
118	Mafalda Jesus Calhau	2011	Desportivo de Mora	<b>272</b>	15:15.61	8:31.45

**Masculinos, Infantis A**

RANK	NOME	ANO	CLUBE	FINA 2022	1500 L	400 E
1	Diogo Damasceno Reis	2009	Sporting	<b>946</b>	18:16.24	4:58.85
2	Miguel Reis Oliveira	2009	Braga	<b>932</b>	18:00.85	5:06.01
3	Paulo Kot	2009	Nautico Marinha Grande	<b>892</b>	18:03.95	5:14.49
4	Martim Cunha Macedo	2009	Natacao da Maia	<b>892</b>	18:01.65	5:15.10
5	Tomas Pascoal Ferreira	2009	Ba-Leiria	<b>882</b>	18:27.49	5:09.82
6	Xavier Jesus Valente	2009	Colegio Vasco da Gama	<b>877</b>	18:30.48	5:09.91
7	Guilherme Pereira Novais	2009	Fafe	<b>868</b>	18:48.67	5:07.23
8	Tomas Rafael Pereira	2009	Nautico Academico	<b>851</b>	18:32.54	5:16.06
9	Rafael Rui Sampaio	2009	Famalicao	<b>849</b>	18:33.14	5:16.19
10	Dinis Valente Rocha	2009	Estarreja/PROZINCO	<b>847</b>	18:59.71	5:09.26
11	Guilherme Meireles Marrazes	2009	Nautico Marinha Grande	<b>844</b>	18:44.65	5:14.03
12	Martim Chambel Pinto	2009	Colegio Monte Maior	<b>836</b>	18:24.66	5:22.31
13	Raul Ventura Barros	2009	Braga	<b>809</b>	18:53.27	5:20.59
14	Francisco Carvalho Silva	2009	Naval Praia da Vitoria	<b>809</b>	19:09.28	5:16.10
15	Jesus Alberto Mejias	2009	Vikings	<b>804</b>	18:52.61	5:22.36
16	Salvador Freitas Andrade	2009	Naval do Funchal	<b>804</b>	18:51.89	5:22.36
17	Paulo Junio Fernandes	2009	Alges	<b>800</b>	19:07.12	5:18.99
18	Francisco Nunes Roque	2009	Benfica	<b>783</b>	19:20.11	5:20.14
19	Rafael Lin Moniz	2009	Naval Setubalense	<b>779</b>	19:13.99	5:23.05
20	Martim Alexandre Mesquita	2009	Nautico Marinha Grande	<b>771</b>	19:26.24	5:21.55
21	Diogo Filipe Cardoso	2009	Natacao de Olhao	<b>769</b>	18:50.39	5:33.32
22	Guilherme Andre Gaspar	2009	Nautico Academico	<b>764</b>	19:07.51	5:29.07
23	Alexandre Shubin	2009	Campinho	<b>763</b>	19:06.05	5:29.80
24	Miguel Bera Fonseca	2009	Benfica	<b>763</b>	19:06.53	5:30.04
25	Afonso Maria Bento	2009	Albicastrense	<b>761</b>	19:09.16	5:29.75
26	Pedro Vidal Guedes	2009	Gafanha da Encarnacao	<b>759</b>	18:53.77	5:35.30
27	Filipe Saldanha Costa	2009	O Crasto	<b>757</b>	19:50.12	5:19.22
28	Santiago Agostinho Parreira	2009	Pimpoes/Cimai	<b>757</b>	19:24.72	5:25.94
29	Ricardo Jorge Jesus	2009	Leixoes	<b>751</b>	19:15.76	5:30.41
30	Hugo Pacheco Godinho	2009	Sporting	<b>749</b>	19:23.14	5:28.68
31	Xavier Rosa Madeira	2009	Laranjeiro	<b>747</b>	19:32.08	5:26.85
32	Vasco Alexandre Martins	2009	Colegio Monte Maior	<b>745</b>	19:03.19	5:36.73
33	Joao Nuno Gaspar	2009	Condeixa Clube	<b>735</b>	19:00.94	5:40.71
34	Dinis Lima Moreno	2009	Braga	<b>734</b>	19:03.45	5:40.15
35	Jose Pedro Costa	2009	Nautico Academico	<b>732</b>	18:59.64	5:42.31
36	Bernardo Silva Deus	2009	Fluvial Portuense	<b>732</b>	19:34.12	5:30.89
37	Alexandre Lima Santos	2009	Fluvial Portuense	<b>732</b>	19:14.60	5:37.06
38	Joao Bernardo Silva	2009	Desportivo Nacional	<b>727</b>	19:45.66	5:28.94
39	Rodrigo Duarte Narigueta	2009	Palmela Desporto	<b>719</b>	19:46.23	5:31.27
40	David Ferrador Pereira	2009	Nucleo de Pombal	<b>715</b>	19:20.13	5:40.76
41	David Emanuel Tome	2009	Gesloures	<b>715</b>	20:00.85	5:28.43
42	Santiago Marques Gomes	2009	Ba-Leiria	<b>713</b>	19:28.47	5:38.76
43	Henrique Martins Joaquim	2009	Ba-Leiria	<b>711</b>	19:48.95	5:33.07
44	Tiago Loureiro Dias	2009	Alcobaca	<b>710</b>	20:21.49	5:24.78
45	Rodrigo Teixeira Pinto	2009	Foca Quinta da Lixa CNF	<b>709</b>	19:16.90	5:44.07
46	Pedro Guedes Caldas	2009	Benfica	<b>706</b>	19:19.35	5:44.22
47	Denis Yerygin	2009	Braga	<b>704</b>	19:23.63	5:43.47
48	Pedro Martim Goncalves	2009	Juventude Atlantico	<b>700</b>	19:47.10	5:37.32
49	Miguel Castro Varela	2009	Fafe	<b>700</b>	19:38.36	5:40.06
50	Xinyang Cheng	2009	Nautico Marinha Grande	<b>698</b>	20:26.04	5:27.19
51	Afonso Cunha Amaral	2009	Alges	<b>696</b>	19:43.72	5:39.62
52	Pedro Moura Pereira	2009	Lousada SXXI	<b>693</b>	20:32.06	5:27.17

53	Bernardo Afonso Guedelha	2009	Benfica	<b>692</b>	19:43.13	5:40.90
54	Manuel Leite Aguiar	2009	Sanjoanense/FEPSA	<b>685</b>	19:42.22	5:43.94
55	Miguel Pereira Carvalho	2009	Ginasio de Vila Real	<b>682</b>	20:07.90	5:36.96
56	Daniel Alexandre Lourenco	2009	Sporting	<b>681</b>	20:05.52	5:37.87
57	Joao Miguel Santos	2009	Estarreja/PROZINCO	<b>675</b>	20:07.17	5:39.62
58	Afonso Cunha Faria	2009	Sao Roque	<b>673</b>	20:16.41	5:37.62
59	Tomas Pinto Barros	2009	Natacao da Maia	<b>670</b>	20:15.19	5:39.05
60	Marc Vedkal	2009	Braga	<b>666</b>	20:45.21	5:32.35
61	Miguel Ratinho Rocha	2009	Naval Setubalense	<b>664</b>	20:09.89	5:42.53
62	Rodrigo Arga Paiva	2009	Gesloures	<b>664</b>	20:09.22	5:42.79
63	Antonio Miguel Santos	2009	Fluvial Portuense	<b>661</b>	19:53.85	5:48.49
64	Gustavo Silva Machado	2009	Leixoes	<b>659</b>	20:11.09	5:43.97
65	Lev Surguch	2009	Portinado	<b>652</b>	20:37.95	5:39.10
66	Guilherme Dias Pereira	2009	Academico Viseu	<b>652</b>	20:10.04	5:46.58
67	Luis Azevedo Pinto	2009	Estarreja/PROZINCO	<b>652</b>	19:57.81	5:51.07
68	Francisco Gabriel Freitas	2009	Gesloures	<b>652</b>	20:02.71	5:49.50
69	Matias Barros Reis	2009	Fluvial Portuense	<b>651</b>	20:14.14	5:45.89
70	Rafael Aguiar Silva	2009	Fafe	<b>648</b>	20:41.06	5:39.40
71	Goncalo Aires Nogueira	2009	Colegio Efanor	<b>648</b>	20:05.01	5:50.29
72	Gabriel Santiago Ferreira	2009	Uniao Juncalense	<b>647</b>	19:42.46	5:58.68
73	Miguel Filipe Medronheira	2009	Palmela Desporto	<b>643</b>	20:27.87	5:44.88
74	Joao Miguel Rocha	2009	Peso da Regua	<b>643</b>	20:17.31	5:47.75
75	Martim Abalada Vilaca	2009	AONDA-Azeitao	<b>640</b>	20:07.60	5:52.17
76	Goncalo Malha Neto	2009	Galitos / Bresimar	<b>635</b>	20:25.14	5:48.81
77	Jose Moutinho Valente	2009	Fluvial Portuense	<b>635</b>	20:37.74	5:44.74
78	Tiago Joaquim Silva	2009	Galitos / Bresimar	<b>633</b>	20:26.98	5:48.59
79	Rui Melo Pereira	2009	Benfica	<b>633</b>	20:55.39	5:40.82
80	Gustavo Branco Silva	2009	Gesloures	<b>629</b>	19:56.52	6:00.90
81	Joao Pedro Sousa	2009	Gesloures	<b>628</b>	20:29.06	5:50.11
82	Max Faria Bolotinha	2009	Louletano / Loule Concelho	<b>620</b>	20:42.28	5:49.11
83	Pedro Correia Pestana	2009	Desportivo Nacional	<b>620</b>	20:18.02	5:56.97
84	Leonardo Grakhov Marcal	2009	Fluvial Portuense	<b>620</b>	20:59.68	5:44.33
85	Rafael Alexandre Silva	2009	Louletano / Loule Concelho	<b>618</b>	20:31.42	5:53.37
86	Tomas Pires Oliveira	2009	Colegio Monte Maior	<b>617</b>	20:14.44	5:59.52
87	Andre Raposo Pinheiro	2009	AONDA-Azeitao	<b>615</b>	20:59.23	5:46.34
88	Santiago Jose Pacheco	2009	Alcobaca	<b>609</b>	20:03.23	6:07.22
89	Diogo Soares Marques	2009	Alges	<b>609</b>	20:55.82	5:49.53
90	Rodrigo Paiva Melo	2009	Bombeiros de Ponta Delgada	<b>609</b>	20:51.96	5:50.46
91	Miguel Chagas Vicente	2009	Bombeiros de Ponta Delgada	<b>606</b>	20:56.92	5:50.17
92	Pedro Blanc Capinha	2009	Obidos	<b>604</b>	20:23.60	6:01.91
93	Rafael Neto Fernandes	2009	Academico Viseu	<b>603</b>	20:57.61	5:51.40
94	Maksym Tyshchuk	2009	Nautico Marinha Grande	<b>603</b>	20:47.73	5:54.31
95	Henrique Goncalves Lobo	2009	Famalicao	<b>602</b>	20:22.48	6:03.02
96	Santiago Castanheira Martins	2009	CPCD-Povoa St Iria	<b>600</b>	20:53.77	5:53.82
97	Joao Bernardo Martins	2009	Fafe	<b>597</b>	21:30.45	5:44.88
98	Pedro Fonseca Oliveira	2009	Nautico Marinha Grande	<b>596</b>	21:08.83	5:50.76
99	Duarte Afonso Leite	2009	Laranjeiro	<b>591</b>	20:59.82	5:55.52
100	Andre Bernardes Ferreira	2009	Fluvial Portuense	<b>591</b>	21:00.43	5:55.34
101	Rodrigo Oliveira Santos	2009	Alcobaca	<b>590</b>	21:15.54	5:51.19
102	Hugo Miguel Santos	2009	Pimpoes/Cimai	<b>587</b>	21:16.68	5:52.13
103	Tiago Janeiro Moita	2009	Nautico Academico	<b>582</b>	21:37.69	5:48.69
104	Duarte Oliveira Bernardes	2009	Feirense	<b>574</b>	21:28.28	5:54.52
105	Pedro Morgado Costa	2009	Rio Maior	<b>572</b>	21:10.06	6:00.28
106	Metehan Bayur	2009	Fluvial Portuense	<b>572</b>	21:14.45	5:59.33
107	Francisco Antunes Sousa	2009	Columbofila Cantanhedense	<b>571</b>	21:12.72	5:59.96
108	Antonio Luis Rego	2009	Bombeiros de Ponta Delgada	<b>571</b>	21:09.24	6:01.41
109	Joao Maria Sanguinho	2009	Elvense	<b>570</b>	21:22.19	5:57.68
110	Tomas Lima Ferreira	2009	Ginasio Santo Tirso	<b>570</b>	21:07.11	6:01.98
111	Joao Cesar Guimaraes	2009	CLIP Teams	<b>569</b>	21:36.22	5:54.16



112	Antonio Miguel Bento	2009	Vilacondense	<b>567</b>	20:50.73	6:08.92
113	Tiago Avelino Ferreira	2009	Sporting Caminha	<b>560</b>	21:33.09	5:58.68
114	Gabriel Augusto Alves	2009	Leixoes	<b>559</b>	21:26.91	6:00.81
115	Tomas Bento Anfiloquio	2009	Pimpoes/Cimai	<b>558</b>	21:08.84	6:07.38
116	Rodrigo Cruz Costa	2009	Sanjoanense/FEPSA	<b>553</b>	21:13.00	6:07.96
117	Mateus Inacio Silva	2009	Portinado	<b>548</b>	21:36.20	6:02.90
118	Rubim Dinis Mendes	2009	Fluvial Portuense	<b>545</b>	20:57.03	6:17.55
119	Salvador Miguel Vieira	2009	Propaganda da Natacao	<b>545</b>	21:34.88	6:04.76
120	Bernardo Miguel Oliveira	2009	Salesianos	<b>543</b>	21:56.23	5:59.96
121	Pedro Ramos Figueiro	2009	Vilacondense	<b>541</b>	20:53.89	6:21.42
122	Joao Miguel Martinho	2009	Desportivo Nacional	<b>534</b>	21:47.53	6:06.23
123	Andre Guilherme Cordeiro	2009	Naval de Peniche	<b>533</b>	21:21.75	6:15.11
124	Dinis Rodrigues Costa	2009	Fafe	<b>529</b>	21:56.60	6:06.48
125	Miguel Araujo Carrico	2009	Famalicao	<b>527</b>	21:46.16	6:09.88
126	Joao Pedro Antonio	2009	Portinado	<b>523</b>	22:20.79	6:02.06
127	Eduardo Afonseca Sousa	2009	Desportivo Nacional	<b>521</b>	22:13.03	6:05.48
128	Antonio Freitas Martins	2009	Desportivo Nacional	<b>516</b>	21:04.62	6:31.17
129	Manuel Maria Sanguinho	2009	Elvense	<b>512</b>	22:05.41	6:11.31
130	Geraldo Alexandre Bernardo	2009	Famalicao	<b>512</b>	22:23.73	6:06.64
131	Afonso Henrique Abreu	2009	Naval do Funchal	<b>510</b>	21:02.29	6:35.06
132	Tiago Eurico Correia	2009	Obidos	<b>507</b>	21:47.18	6:19.79
133	Luis Pedro Valerio	2009	Ba-Leiria	<b>505</b>	22:08.96	6:13.81
134	Afonso Santos Carromeu	2009	Naval Setubalense	<b>505</b>	22:12.14	6:13.01
135	Tomas Martins Albuquerque	2009	Obidos	<b>501</b>	21:45.96	6:23.52
136	Rui Colaco Favas	2009	Tubaroes de Gaia	<b>498</b>	23:03.40	6:03.49
137	Jose Pedro Oliveira	2009	Tubaroes de Gaia	<b>494</b>	22:01.71	6:22.54
138	Santiago Bettencourt Camacho	2009	Juventude Atlantico	<b>491</b>	22:14.33	6:19.56
139	Daniel Bettencourt Medeiros	2009	Naval da Horta	<b>491</b>	22:43.70	6:11.28
140	Vladyslav Babushkin	2009	Nautico Marinha Grande	<b>487</b>	21:55.31	6:28.33
141	Joao Jesus Crespo	2009	Desportivo Nacional	<b>465</b>	22:45.71	6:24.43
142	Octavian Maletchi	2009	Portinado	<b>458</b>	23:26.23	6:17.65
143	Miguel Silva Lima	2009	Nautico Abrantes	<b>453</b>	23:41.78	6:16.35
144	Salvador Araujo Bernardo	2009	Tubaroes de Gaia	<b>452</b>	22:27.47	6:38.54
145	Mateus Basilio Alves	2009	Juventude Atlantico	<b>450</b>	22:47.17	6:33.05
146	Matteo Furlan Demarzo	2009	CLIP Teams	<b>450</b>	23:15.43	6:24.57
147	Joao Rodrigo Coelho	2009	CASPAE	<b>449</b>	23:15.37	6:25.34
148	Gabriel Sa Chambel	2009	CLAC-Entroncamento	<b>448</b>	22:44.14	6:35.49
149	Guilherme Miguel Venancio	2009	Natacao do Fundao/GIRASSOL	<b>448</b>	22:33.30	6:39.24
150	Tomas Matos Machado	2009	CLIP Teams	<b>447</b>	23:44.15	6:19.04
151	Dinis Alexandre Caeiro	2009	Desportivo de Mora	<b>426</b>	23:02.84	6:43.18
152	Manuel Jose Boucas	2009	Sporting Caminha	<b>415</b>	23:55.43	6:34.54
153	Diogo Ribeiro Baptista	2009	Ginasio de Vila Real	<b>406</b>	24:08.89	6:36.62
154	Miguel Amaral Matos	2009	Terceira Clube	<b>396</b>	23:54.76	6:47.45
155	Rodrigo Duque Dias	2009	CLAC-Entroncamento	<b>389</b>	24:04.59	6:49.50
156	Miguel Correia Lourenco	2009	Grandola Sports	<b>375</b>	24:43.11	6:48.88
157	Salvador Pinto Falcao	2009	Atletico Montemor	<b>371</b>	24:29.66	6:55.70
158	Joao Tomas Jardim	2009	Desportivo Nacional	<b>370</b>	24:23.70	6:57.99
159	Bernardo Rodrigues Carvalho	2009	Braga	<b>361</b>	23:30.87	7:26.94
160	Tomas Manuel Lourenco	2009	CCDSerta	<b>357</b>	25:24.68	6:50.69
161	Joao Miguel Alves	2009	Vigor da Mocidade	<b>323</b>	25:47.59	7:12.45
162	Guilherme Lagoa Guerra	2009	Ginasio de Vila Real	<b>282</b>	27:14.09	7:28.07
163	Artur Jose Correia	2009	Flavitus	<b>272</b>	28:00.00	7:27.46

**Masculinos, Infantis B**

RANK	NOME	ANO	CLUBE	FINA 2022	1500 L	400 E
1	Antonio Antunes Jorge	2010	Alcobaca	<b>904</b>	18:11.14	5:09.28
2	David Filipe Pacheco	2010	BUZIOS-Coruche	<b>888</b>	17:52.99	5:19.35
3	Afonso Carvalho Monteiro	2010	Famalicao	<b>774</b>	19:01.89	5:27.83
4	Renato Ferreira Mimoso	2010	Benfica	<b>772</b>	19:05.17	5:27.41
5	Martim Frederico Marques	2010	CPCD-Povoa St Iria	<b>767</b>	19:22.79	5:23.89
6	Dinis Aresta Ribeiro	2010	Sporting	<b>761</b>	19:30.72	5:23.32
7	Tomas Alexandre Sousa	2010	Academico Viseu	<b>757</b>	19:13.23	5:29.53
8	Rodolfo Junior Alecrim	2010	Ba-Leiria	<b>724</b>	19:37.84	5:32.04
9	Guilherme Bernardo Martinho	2010	Natacao do Fundao/GIRASSOL	<b>715</b>	20:13.20	5:25.55
10	Daniel Filipe Jorge	2010	Rio Maior	<b>710</b>	19:25.27	5:40.59
11	Antonio Carimbo Godinho	2010	Fisica Torres Vedras	<b>690</b>	19:52.33	5:38.90
12	Ruben Goncalo Alonso	2010	Foca Quinta da Lixa CNF	<b>687</b>	20:17.04	5:32.82
13	Manuel Von Ferreira	2010	Porto	<b>686</b>	20:10.56	5:35.00
14	Hugo Leitao Condon	2010	Naval de Faro	<b>675</b>	19:58.65	5:41.93
15	Tomas Manuel Palmeiro	2010	Nautico Marinha Grande	<b>670</b>	19:44.20	5:48.53
16	Arseniy Vedkal	2010	Braga	<b>665</b>	19:47.37	5:49.38
17	Neil Merad	2010	Benfica	<b>664</b>	19:59.30	5:46.12
18	Andre Huang	2010	Gesloures	<b>660</b>	20:19.58	5:41.10
19	Francisco Freitas Melo	2010	Bombeiros de Ponta Delgada	<b>657</b>	20:23.76	5:41.09
20	Rafael Moreira Assuncao	2010	Feirense	<b>655</b>	20:21.23	5:42.50
21	Tomas Rodrigues Oliveira	2010	Fisica Torres Vedras	<b>651</b>	20:12.03	5:46.65
22	Francisco Lourenco Pedrosa	2010	Nautico Marinha Grande	<b>650</b>	19:50.42	5:54.74
23	Santiago Marques Pereira	2010	Columbofila Cantanhedense	<b>649</b>	20:14.16	5:46.79
24	Afonso Manuel Gomes	2010	Sporting	<b>645</b>	20:42.37	5:40.04
25	David Xavier Almeida	2010	Ba-Leiria	<b>643</b>	20:40.47	5:41.48
26	Afonso Oliveira Ribeiro	2010	Famalicao	<b>642</b>	20:16.04	5:48.69
27	Martim Marino Brilha	2010	Vikings	<b>639</b>	20:01.78	5:54.41
28	Francisco Martins Simoes	2010	Nautico Academico	<b>638</b>	20:26.42	5:47.17
29	Guilherme Valente Pereira	2010	Colegio Monte Maior	<b>633</b>	20:31.46	5:47.67
30	Miguel Santiago Lemos	2010	Porto	<b>623</b>	20:53.71	5:44.94
31	Manuel Maria Santos	2010	Colegio Monte Maior	<b>622</b>	20:22.15	5:54.41
32	Guilherme Rodrigues Cabral	2010	Pimpoes/Cimai	<b>621</b>	20:51.47	5:46.04
33	Rodrigo Cardoso Tomas	2010	Uniao Juncalense	<b>621</b>	20:17.71	5:56.60
34	Guilherme Costa Rebelo	2010	Pimpoes/Cimai	<b>615</b>	21:01.89	5:45.54
35	Rodrigo Almeida Marques	2010	Braga	<b>615</b>	20:25.94	5:56.13
36	Lucas Ferreira Gaspar	2010	Vieirense	<b>614</b>	19:57.67	6:07.16
37	Rodrigo Miguel Matias	2010	Nautico Academico	<b>609</b>	20:28.66	5:57.81
38	Andre Ferreira Santos	2010	Academico Viseu	<b>604</b>	20:14.36	6:05.43
39	Pedro Cerejo Carvalho	2010	Vilacondense	<b>600</b>	20:26.78	6:02.08
40	Alexandre Ribeiro Mendonca	2010	Portinado	<b>599</b>	20:51.57	5:54.35
41	Goncalo Alexandre Retre	2010	Naval de Faro	<b>596</b>	20:32.83	6:02.11
42	Diogo Rodrigues Sousa	2010	Alges	<b>596</b>	21:35.47	5:44.03
43	Filipe Antonio Couto	2010	Porto	<b>595</b>	20:44.10	5:58.72
44	Francisco Reis Pinto	2010	Alges	<b>590</b>	20:58.48	5:56.08
45	Gabriel Krempel Varela	2010	Pimpoes/Cimai	<b>584</b>	20:52.72	6:00.46
46	Afonso Rodrigues Ferreira	2010	Desportivo de Odemira	<b>583</b>	20:41.53	6:05.10
47	Tomas Figueiredo Branco	2010	Gafanha da Encarnacao	<b>580</b>	21:13.79	5:55.77
48	Joao Piteira Gaiolas	2010	Nautico Marinha Grande	<b>576</b>	20:29.86	6:12.49
49	Tomas Ricardo Freire	2010	Sporting	<b>574</b>	21:07.95	6:00.13
50	Diogo Alves Castro	2010	Alges	<b>569</b>	21:16.79	5:59.73
51	Rafael Carreiras Marques	2010	Gesloures	<b>562</b>	21:35.44	5:57.51
52	Francisco Suzuki Teixeira	2010	Fafe	<b>557</b>	21:24.42	6:02.47

53	Tiago Joao OIas	2010	Academico Viseu	<b>555</b>	21:37.03	5:59.95
54	Martim Goncalves Lopes	2010	Gesloures	<b>553</b>	21:21.79	6:05.54
55	Guilherme Costa Alves	2010	Benfica	<b>551</b>	21:19.83	6:06.92
56	Tiago Moreira Almeida	2010	Salesianos	<b>546</b>	21:43.54	6:02.40
57	Tiago Neres Santo	2010	Alges	<b>543</b>	21:20.31	6:10.39
58	Afonso Velada Pereira	2010	Sporting	<b>542</b>	21:42.44	6:03.82
59	Henrique Matos Sebroza	2010	Gesloures	<b>541</b>	21:48.90	6:02.71
60	Tiago Filipe Salgueiro	2010	Viana Natacao	<b>540</b>	21:24.15	6:10.55
61	Gustavo Brito Ricardo	2010	Vilacondense	<b>540</b>	21:34.13	6:07.60
62	Guilherme Martins Conceicao	2010	Viver Santarem	<b>538</b>	21:19.60	6:12.90
63	Miguel Belo Santos	2010	Alges	<b>538</b>	21:29.33	6:09.96
64	Simao Sousa Jesus	2010	Nautico Marinha Grande	<b>534</b>	21:46.74	6:06.72
65	Guilherme Novais Moura	2010	Fafe	<b>534</b>	21:51.62	6:05.35
66	Rafael Costa Bastos	2010	Sanjoanense/FEPSA	<b>531</b>	21:29.34	6:13.51
67	Jose Miguel Pais	2010	Natacao do Fundao/GIRASSOL	<b>527</b>	21:23.71	6:17.65
68	Antonio Barros Neves	2010	Sporting de Espinho	<b>524</b>	21:20.56	6:20.25
69	Simao Almeida Carnide	2010	Vieirense	<b>521</b>	21:18.19	6:22.24
70	Tomas Dourado Gomes	2010	Vilacondense	<b>507</b>	21:48.14	6:19.65
71	Lucas Costa Jesus	2010	Nautico Marinha Grande	<b>504</b>	21:33.80	6:26.27
72	Jose Pedro Almeida	2010	Foca Quinta da Lixa CNF	<b>501</b>	22:18.45	6:13.41
73	Rodrigo Saldanha Ferreira	2010	Famalicao	<b>498</b>	22:00.74	6:20.31
74	Francisco Vilar Brito	2010	Vilacondense	<b>497</b>	22:34.32	6:10.98
75	Rafael Vieira Santos	2010	Vilacondense	<b>496</b>	22:33.66	6:11.69
76	Jose Luis Assuncao	2010	Bombeiros dos Estoris	<b>494</b>	21:50.01	6:26.44
77	Miguel Rocha Meneses	2010	Naval Praia da Vitoria	<b>490</b>	22:24.35	6:17.19
78	Goncalo Soares Brito	2010	Bombeiros dos Estoris	<b>489</b>	22:00.97	6:25.30
79	Rodrigo Guedes Ferreira	2010	Feirense	<b>485</b>	22:22.28	6:20.96
80	Tiago Frazao Barra	2010	Rio Maior	<b>480</b>	21:19.10	6:48.26
81	Tomas Maria Horta	2010	Gesloures	<b>479</b>	22:01.89	6:30.63
82	Andre Filipe Costa	2010	Vigor da Mocidade	<b>476</b>	22:25.19	6:24.54
83	Cristiano Rafael Melnychuk	2010	Colegio Vasco da Gama	<b>474</b>	21:24.87	6:49.78
84	Afonso Daniel Carvalhas	2010	AONDA-Azeitao	<b>471</b>	22:51.77	6:19.76
85	Tomas Domingues Reis	2010	Fluvial Portuense	<b>471</b>	22:11.99	6:32.08
86	Rui Ferreirinho Diogo	2010	Albicastrense	<b>469</b>	22:46.21	6:22.65
87	Joao Alves Mendes	2010	Benfica	<b>469</b>	21:44.89	6:44.05
88	Andre Guilherme Anastacio	2010	Nautico Abrantes	<b>462</b>	22:32.87	6:30.39
89	Dinis Goncalves Araujo	2010	Uniao Coimbra	<b>459</b>	22:25.36	6:34.49
90	Tomas Rocha Brito	2010	Naval Praia da Vitoria	<b>456</b>	22:47.71	6:29.12
91	Simao Mota Pinho	2010	Sao Joao Ver	<b>455</b>	22:21.27	6:38.33
92	Afonso Goncalves Leite	2010	CLAC-Entroncamento	<b>453</b>	22:57.20	6:28.05
93	Francisco Antonio Simoes	2010	Ba-Leiria	<b>449</b>	22:48.50	6:32.87
94	Ruben Alexandre Venancio	2010	Estarreja/PROZINCO	<b>444</b>	23:02.34	6:31.36
95	Guilherme Afonso Romao	2010	Vilacondense	<b>444</b>	23:19.97	6:27.14
96	Tiago Malhador Lulak	2010	Louletano / Loule Concelho	<b>442</b>	23:56.87	6:18.50
97	Dinis Lamas Santos	2010	Ba-Leiria	<b>439</b>	23:03.04	6:34.68
98	Martim Pinheiro Cardoso	2010	Peso da Regua	<b>426</b>	23:19.56	6:37.96
99	Rodrigo Santos Souza	2010	Atletico Montemor	<b>408</b>	23:33.19	6:45.75
100	Joao Martim Picarra	2010	Elvense	<b>408</b>	23:16.52	6:52.04
101	Joao Saraiva Paixao	2010	Galitos / Bresimar	<b>405</b>	23:09.08	6:56.35
102	Luis Miguel Reis	2010	Rio Maior	<b>401</b>	23:44.47	6:47.36
103	Lourenco Manuel Palmeiro	2010	BUZIOS-Coruche	<b>381</b>	23:10.27	7:16.74
104	Simao Simoes Diogo	2010	CASPAE	<b>355</b>	24:08.20	7:16.14
105	Tome Francisco Correia	2010	Naval Praia da Vitoria	<b>354</b>	24:56.52	7:00.72
106	Jorge Miguel Santos	2010	Miranda do Corvo	<b>348</b>	25:18.07	6:59.66
107	Tomas Rafael Gaspar	2010	CCDSerta	<b>334</b>	26:00.31	6:59.41
108	Guilherme Abreu Ferreira	2010	Amigos Montanha	<b>332</b>	24:59.33	7:19.56
109	David Pereira Evangelho	2010	Nucleo Sporting da Terceira	<b>259</b>	26:51.85	8:03.30

