



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

42	Diana Isabel Alves	2010	Benedita	747	11:01.34	6:01.51
43	Luisa Anjos Frischknecht	2010	Naval Setubalense	747	11:04.13	5:59.95
44	Francisca Ramos Ribeiro	2010	Desportiva de Viana	745	11:15.70	5:54.94
45	Madalena Pinto Brito	2010	Naval do Funchal	743	11:18.30	5:53.90
46	Beatriz Paiva Branco	2010	Laranjeiro	740	10:56.03	6:07.15
47	Isabel Silva Rosa	2010	Naval da Horta	736	10:48.65	6:13.29
48	Maria Silva Poeta	2010	Ginasio de Vila Real	735	11:12.62	5:59.39
49	Matilde Santos Vieira	2010	Nautico Marinha Grande	734	11:00.02	6:06.74
50	Mariana Dias Pereira	2010	Alges e Agueda XXI	733	11:03.02	6:05.30
51	Filipa Esteves Guimaraes	2010	Vilacondense	733	11:18.18	5:57.21
52	Jael Alves Rocha	2010	Viana Natacao	731	11:06.60	6:03.71
53	Lara Paixao Silva	2010	Rio Maior	726	10:49.29	6:16.84
54	Leonor Sobreiro Almeida	2010	CASPAE	721	11:20.81	5:59.94
55	Adriana Resende Trindade	2010	Sporting de Espinho	719	11:03.09	6:09.92
56	Ines Senhorinha Silva	2010	Natacao da Maia	718	11:24.96	5:58.49
57	Estela Couto Ribeiro	2010	Sporting	717	11:09.85	6:06.97
58	Matilde Faria Silvestre	2010	Penafiel	715	11:14.55	6:04.98
59	Ana Filipa Silva	2010	O Crasto	711	11:10.54	6:08.71
60	Rita Canas Brito	2010	Naval Setubalense	708	11:13.66	6:07.85
61	Maria Miguel Fernandes	2010	Columbofila Cantanhedense	706	11:05.48	6:13.46
62	Maria Ines Rodrigues	2010	Nautico Academico	701	11:17.30	6:08.26
63	Francisca Sousa Branco	2010	Sporting de Espinho	699	11:12.92	6:11.43
64	Camila Isabel Teixeira	2010	Leixoes	699	11:13.41	6:11.15
65	Leonor Pereira Silva	2010	Obidos	697	11:04.81	6:17.33
66	Clara Sofia Rosa	2010	Desportivo Nacional	692	11:26.57	6:06.47
67	Bianca Pinto Coelho	2010	Leixoes	692	11:22.04	6:09.18
68	Maria Leonor Teixeira	2010	Naval do Funchal	691	11:18.21	6:11.60
69	Sara Marques Lima	2010	CASPAE	687	11:10.24	6:17.60
70	Luana Filipe Reis	2010	Alcobaca	686	11:35.82	6:03.84
71	Debora Silva Inacio	2010	Pimpoes/Cimai	686	11:07.64	6:20.11
72	Beatriz Nunes Leao	2010	Laranjeiro	682	11:08.66	6:20.92
73	Leonor Fonseca Ferreira	2010	Estarreja/PROZINCO	680	11:19.94	6:14.61
74	Marta Afonso Andrez	2010	Braga	680	11:17.13	6:15.98
75	Leonor Mosca Silva	2010	Columbofila Cantanhedense	673	11:23.31	6:15.11
76	Leonor Silva Martins	2010	Obidos	672	11:23.39	6:15.62
77	Mariana Rei Oliveira	2010	Leixoes	669	11:44.18	6:05.86
78	Maria Barafusta Afonso	2010	Naval Setubalense	664	11:28.33	6:15.70
79	Ema Ferreira Estrela	2010	Leixoes	664	11:41.88	6:08.58
80	Eva Santos Jardim	2010	Juventude Atlantico	656	11:26.53	6:19.90
81	Beatriz Ribeiro Moreira	2010	Sporting de Espinho	654	11:40.65	6:13.09
82	Eva Santos Ferreira	2010	O Crasto	651	11:28.48	6:20.96
83	Maria Leonor Lopes	2010	Torres Novas	650	11:33.07	6:18.19
84	Sara Goncalves Vieira	2010	Naval Praia da Vitoria	647	11:26.04	6:24.24
85	Maria Carolina Alves	2010	Ba-Leiria	644	11:17.69	6:30.38
86	Sofia Roma Brizida	2010	Ba-Leiria	643	11:45.38	6:14.65
87	Rita Rocha Ferreira	2010	Benfica	642	11:40.58	6:17.41
88	Luana Silva Valente	2010	Estarreja/PROZINCO	641	11:21.11	6:29.80
89	Sofia Oliveira Freitas	2010	O Crasto	636	11:40.96	6:19.74

90	Leonor Duarte Goncalves	2010	Desportivo de Odemira	635	11:34.88	6:23.55
91	Maria Ines Ponte	2010	Portinado	631	11:39.12	6:22.81
92	Bruna Bacelar Gregorio	2010	Vilacondense	631	11:32.65	6:26.74
93	Vida Sofia Velez	2010	Ba-Leiria	626	11:33.89	6:27.78
94	Carolina Macedo Lopes	2010	Vilacondense	619	11:54.48	6:19.30
95	Rafaela Santos Afonso	2010	Naval de Peniche	618	11:32.47	6:32.14
96	Maria Mendes Cunha	2010	Fafe	614	11:49.89	6:23.65
97	Xiana Castro Silva	2010	Flavitus	614	12:05.93	6:15.53
98	Leonor Teixeira Rodrigues	2010	Feirense	613	11:39.59	6:30.04
99	Nuria Cristina Pires	2010	Vikings	605	11:27.13	6:42.23
100	Mariana Santos Afonso	2010	Naval de Peniche	601	11:47.47	6:30.89
101	Francisca Maria Esteves	2010	Colegio Vasco da Gama	601	11:43.31	6:33.03
102	Sofia Daniela Ferreira	2010	Uniao Coimbra	600	11:43.34	6:33.62
103	Camila Bezerra Vieira	2010	Fluvial Portuense	597	11:50.31	6:31.05
104	Carolina Frois Gomes	2010	Portinado	591	11:48.16	6:34.97
105	Matilde Filipa Amado	2010	Nautico Marinha Grande	590	11:46.90	6:35.83
106	Laura Margarida Ascenso	2010	Nautico Marinha Grande	584	12:01.58	6:30.62
107	Beatriz Ribeiro Veloso	2010	Vigor da Mocidade	579	11:55.89	6:35.97
108	Laura Samora Goncalves	2010	Ba-Leiria	577	11:46.57	6:42.79
109	Ines Alves Ventura	2010	Desportivo de Mora	571	11:50.84	6:42.75
110	Anamar Tavares Ferreira	2010	Gafanha da Encarnacao	564	11:49.67	6:47.73
111	Erica Isabel Sousa	2010	Viana Natacao	545	12:11.48	6:43.56
112	Maria Luisa Guimaraes	2010	CLIP Teams	535	12:16.32	6:45.53
113	Vitoria Cortinhas Pinto	2010	Peso da Regua	524	12:30.18	6:43.39
114	Ines Patricio Felix	2010	Portinado	522	12:29.59	6:45.13
115	Alicia Tais Ferreira	2010	Geslours	522	12:37.71	6:40.87
116	Beatriz Coelho Santos	2010	Atletico Montemor	514	12:16.90	6:56.86
117	Ines Baptista Santos	2010	Feirense	512	12:20.27	6:55.63
118	Mariana Sa Azevedo	2010	Sporting de Espinho	511	12:24.60	6:53.67
119	Filipa Calado Gervasio	2010	Elvense	491	12:41.87	6:55.17
120	Bruna Catarina Guerreiro	2010	Louletano / Loule Concelho	489	12:40.78	6:56.99
121	Maria Francisca Moreira	2010	Bombeiros dos Estoris	475	12:41.52	7:04.56
122	Diana Filipa Rodrigues	2010	Amigos Montanha	474	12:35.32	7:09.56
123	Leonor Melo Pacheco	2010	Bombeiros Ribeira Grande	473	12:57.43	6:56.74
124	Leonor Monteiro Matos	2010	CLIP Teams	469	12:52.35	7:02.35
125	Leonor Filipa Santos	2010	Portinado	457	13:06.28	7:01.65
126	Maria Leonor Ladeiras	2010	Atletico Montemor	454	12:49.38	7:13.55
127	Matilde Sampaio Castro	2010	Fafe	454	13:03.81	7:04.49
128	Maria Margarida Santos	2010	Feirense	453	12:47.22	7:15.21
129	Sofia Pinheiro Pacheco	2010	Obidos	453	12:54.83	7:10.78
130	Maria Lino Padua	2010	Tubaroes de Gaia	447	13:05.23	7:08.82
131	Carolina Pinto Banhudo	2010	Albicastrense	445	13:01.15	7:12.24

Masculinos, Infantis A

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

47	Denis Yerygin	2009	Braga	704	19:23.63	5:43.47
48	Pedro Martim Goncalves	2009	Juventude Atlantico	700	19:47.10	5:37.32
49	Miguel Castro Varela	2009	Fafe	700	19:38.36	5:40.06
50	Xinyang Cheng	2009	Nautico Marinha Grande	698	20:26.04	5:27.19
51	Afonso Cunha Amaral	2009	Alges	696	19:43.72	5:39.62
52	Pedro Moura Pereira	2009	Lousada SXXI	693	20:32.06	5:27.17
53	Bernardo Afonso Guedelha	2009	Benfica	692	19:43.13	5:40.90
54	Manuel Leite Aguiar	2009	Sanjoanense/FEPSA	685	19:42.22	5:43.94
55	Miguel Pereira Carvalho	2009	Ginasio de Vila Real	682	20:07.90	5:36.96
56	Daniel Alexandre Lourenco	2009	Sporting	681	20:05.52	5:37.87
57	Joao Miguel Santos	2009	Estarreja/PROZINCO	675	20:07.17	5:39.62
58	Afonso Cunha Faria	2009	Sao Roque	673	20:16.41	5:37.62
59	Tomas Pinto Barros	2009	Natacao da Maia	670	20:15.19	5:39.05
60	Marc Vedkal	2009	Braga	666	20:45.21	5:32.35
61	Miguel Ratinho Rocha	2009	Naval Setubalense	664	20:09.89	5:42.53
62	Rodrigo Arga Paiva	2009	Geslours	664	20:09.22	5:42.79
63	Antonio Miguel Santos	2009	Fluvial Portuense	661	19:53.85	5:48.49
64	Gustavo Silva Machado	2009	Leixoes	659	20:11.09	5:43.97
65	Lev Surguch	2009	Portinado	652	20:37.95	5:39.10
66	Guilherme Dias Pereira	2009	Academico Viseu	652	20:10.04	5:46.58
67	Luis Azevedo Pinto	2009	Estarreja/PROZINCO	652	19:57.81	5:51.07
68	Francisco Gabriel Freitas	2009	Geslours	652	20:02.71	5:49.50
69	Matias Barros Reis	2009	Fluvial Portuense	651	20:14.14	5:45.89
70	Rafael Aguiar Silva	2009	Fafe	648	20:41.06	5:39.40
71	Goncalo Aires Nogueira	2009	Colegio Efanor	648	20:05.01	5:50.29
72	Gabriel Santiago Ferreira	2009	Uniao Juncalense	647	19:42.46	5:58.68
73	Miguel Filipe Medronheira	2009	Palmela Desporto	643	20:27.87	5:44.88
74	Joao Miguel Rocha	2009	Peso da Regua	643	20:17.31	5:47.75
75	Martim Abalada Vilaca	2009	AONDA-Azeitao	640	20:07.60	5:52.17
76	Goncalo Malha Neto	2009	Galitos / Bresimar	635	20:25.14	5:48.81
77	Jose Moutinho Valente	2009	Fluvial Portuense	635	20:37.74	5:44.74
78	Tiago Joaquim Silva	2009	Galitos / Bresimar	633	20:26.98	5:48.59
79	Rui Melo Pereira	2009	Benfica	633	20:55.39	5:40.82
80	Gustavo Branco Silva	2009	Geslours	629	19:56.52	6:00.90
81	Joao Pedro Sousa	2009	Geslours	628	20:29.06	5:50.11
82	Max Faria Bolotinha	2009	Louletano / Loule Concelho	620	20:42.28	5:49.11
83	Pedro Correia Pestana	2009	Desportivo Nacional	620	20:18.02	5:56.97
84	Leonardo Grakhov Marcal	2009	Fluvial Portuense	620	20:59.68	5:44.33
85	Rafael Alexandre Silva	2009	Louletano / Loule Concelho	618	20:31.42	5:53.37
86	Tomas Pires Oliveira	2009	Colegio Monte Maior	617	20:14.44	5:59.52
87	Andre Raposo Pinheiro	2009	AONDA-Azeitao	615	20:59.23	5:46.34
88	Santiago Jose Pacheco	2009	Alcobaca	609	20:03.23	6:07.22
89	Diogo Soares Marques	2009	Alges	609	20:55.82	5:49.53
90	Rodrigo Paiva Melo	2009	Bombeiros de Ponta Delgada	609	20:51.96	5:50.46
91	Miguel Chagas Vicente	2009	Bombeiros de Ponta Delgada	606	20:56.92	5:50.17
92	Pedro Blanc Capinha	2009	Obidos	604	20:23.60	6:01.91
93	Rafael Neto Fernandes	2009	Academico Viseu	603	20:57.61	5:51.40
94	Maksym Tyshchuk	2009	Nautico Marinha Grande	603	20:47.73	5:54.31
95	Henrique Goncalves Lobo	2009	Famalicao	602	20:22.48	6:03.02
96	Santiago Castanheira Martins	2009	CPCD-Povoa St Iria	600	20:53.77	5:53.82
97	Joao Bernardo Martins	2009	Fafe	597	21:30.45	5:44.88
98	Pedro Fonseca Oliveira	2009	Nautico Marinha Grande	596	21:08.83	5:50.76
99	Duarte Afonso Leite	2009	Laranjeiro	591	20:59.82	5:55.52

100	Andre Bernardes Ferreira	2009	Fluvial Portuense	591	21:00.43	5:55.34
101	Rodrigo Oliveira Santos	2009	Alcobaca	590	21:15.54	5:51.19
102	Hugo Miguel Santos	2009	Pimpoes/Cimai	587	21:16.68	5:52.13
103	Tiago Janeiro Moita	2009	Nautico Academico	582	21:37.69	5:48.69
104	Duarte Oliveira Bernardes	2009	Feirense	574	21:28.28	5:54.52
105	Pedro Morgado Costa	2009	Rio Maior	572	21:10.06	6:00.28
106	Metehan Bayur	2009	Fluvial Portuense	572	21:14.45	5:59.33
107	Francisco Antunes Sousa	2009	Columbofila Cantanhedense	571	21:12.72	5:59.96
108	Antonio Luis Rego	2009	Bombeiros de Ponta Delgada	571	21:09.24	6:01.41
109	Joao Maria Sanguinho	2009	Elvense	570	21:22.19	5:57.68
110	Tomas Lima Ferreira	2009	Ginasio Santo Tirso	570	21:07.11	6:01.98
111	Joao Cesar Guimaraes	2009	CLIP Teams	569	21:36.22	5:54.16
112	Antonio Miguel Bento	2009	Vilacondense	567	20:50.73	6:08.92
113	Tiago Avelino Ferreira	2009	Sporting Caminha	560	21:33.09	5:58.68
114	Gabriel Augusto Alves	2009	Leixoes	559	21:26.91	6:00.81
115	Tomas Bento Anfiloquio	2009	Pimpoes/Cimai	558	21:08.84	6:07.38
116	Rodrigo Cruz Costa	2009	Sanjoanense/FEPSA	553	21:13.00	6:07.96
117	Mateus Inacio Silva	2009	Portinado	548	21:36.20	6:02.90
118	Rubim Dinis Mendes	2009	Fluvial Portuense	545	20:57.03	6:17.55
119	Salvador Miguel Vieira	2009	Propaganda da Natacao	545	21:34.88	6:04.76
120	Bernardo Miguel Oliveira	2009	Salesianos	543	21:56.23	5:59.96
121	Pedro Ramos Fangueiro	2009	Vilacondense	541	20:53.89	6:21.42
122	Joao Miguel Martinho	2009	Desportivo Nacional	534	21:47.53	6:06.23
123	Andre Guilherme Cordeiro	2009	Naval de Peniche	533	21:21.75	6:15.11
124	Dinis Rodrigues Costa	2009	Fafe	529	21:56.60	6:06.48
125	Miguel Araujo Carrico	2009	Famalicao	527	21:46.16	6:09.88
126	Joao Pedro Antonio	2009	Portinado	523	22:20.79	6:02.06
127	Eduardo Afonseca Sousa	2009	Desportivo Nacional	521	22:13.03	6:05.48
128	Antonio Freitas Martins	2009	Desportivo Nacional	516	21:04.62	6:31.17
129	Manuel Maria Sanguinho	2009	Elvense	512	22:05.41	6:11.31
130	Geraldo Alexandre Bernardo	2009	Famalicao	512	22:23.73	6:06.64
131	Afonso Henrique Abreu	2009	Naval do Funchal	510	21:02.29	6:35.06
132	Tiago Eurico Correia	2009	Obidos	507	21:47.18	6:19.79
133	Luis Pedro Valerio	2009	Ba-Leiria	505	22:08.96	6:13.81
134	Afonso Santos Carromeu	2009	Naval Setubalense	505	22:12.14	6:13.01
135	Tomas Martins Albuquerque	2009	Obidos	501	21:45.96	6:23.52
136	Rui Colaco Favas	2009	Tubaroes de Gaia	498	23:03.40	6:03.49
137	Jose Pedro Oliveira	2009	Tubaroes de Gaia	494	22:01.71	6:22.54
138	Santiago Bettencourt Camacho	2009	Juventude Atlantico	491	22:14.33	6:19.56
139	Daniel Bettencourt Medeiros	2009	Naval da Horta	491	22:43.70	6:11.28
140	Vladyslav Babushkin	2009	Nautico Marinha Grande	487	21:55.31	6:28.33
141	Joao Jesus Crespo	2009	Desportivo Nacional	465	22:45.71	6:24.43
142	Octavian Maletchi	2009	Portinado	458	23:26.23	6:17.65
143	Miguel Silva Lima	2009	Nautico Abrantes	453	23:41.78	6:16.35
144	Salvador Araujo Bernardo	2009	Tubaroes de Gaia	452	22:27.47	6:38.54
145	Mateus Basilio Alves	2009	Juventude Atlantico	450	22:47.17	6:33.05
146	Matteo Furlan Demarzo	2009	CLIP Teams	450	23:15.43	6:24.57
147	Joao Rodrigo Coelho	2009	CASPAE	449	23:15.37	6:25.34
148	Gabriel Sa Chambel	2009	CLAC-Entroncamento	448	22:44.14	6:35.49
149	Guilherme Miguel Venancio	2009	Natacao do Fundao/GIRASSOL	448	22:33.30	6:39.24
150	Tomas Matos Machado	2009	CLIP Teams	447	23:44.15	6:19.04
151	Dinis Alexandre Caeiro	2009	Desportivo de Mora	426	23:02.84	6:43.18

152	Manuel Jose Boucas	2009	Sporting Caminha	415	23:55.43	6:34.54
153	Diogo Ribeiro Baptista	2009	Ginasio de Vila Real	406	24:08.89	6:36.62
154	Miguel Amaral Matos	2009	Terceira Clube	396	23:54.76	6:47.45
155	Rodrigo Duque Dias	2009	CLAC-Entroncamento	389	24:04.59	6:49.50
156	Miguel Correia Lourenco	2009	Grandola Sports	375	24:43.11	6:48.88
157	Salvador Pinto Falcao	2009	Atletico Montemor	371	24:29.66	6:55.70
158	Joao Tomas Jardim	2009	Desportivo Nacional	370	24:23.70	6:57.99
159	Bernardo Rodrigues Carvalho	2009	Braga	361	23:30.87	7:26.94
160	Tomas Manuel Lourenco	2009	CCDSerta	357	25:24.68	6:50.69
161	Joao Miguel Alves	2009	Vigor da Mocidade	323	25:47.59	7:12.45
162	Guilherme Lagoa Guerra	2009	Ginasio de Vila Real	282	27:14.09	7:28.07
163	Artur Jose Correia	2009	Flavitus	272	28:00.00	7:27.46



Torneio Nacional de Fundo de Infantis e Juvenis
Época 2022 / 2023



Femininos, Infantis B

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

43	Mafalda Teles Sousa	2011	Pimpoes/Cimai	606	11:48.43	6:28.07
44	Francisca Meneses Goncalves	2011	Geslours	606	11:50.15	6:27.10
45	Beatriz Oliveira Portulez	2011	Columbofila Cantanhedense	605	11:18.91	6:48.68
46	Maria Goncalves Oliveira	2011	Desportivo de Odemira	595	11:59.10	6:27.22
47	Julia Laginha Braz	2011	Lagoa AC	595	11:54.52	6:28.99
48	Leonor Marques Mendes	2011	Gafanha da Encarnacao	593	11:39.98	6:39.31
49	Ines Silva Paiva	2011	Colegio Monte Maior	591	12:09.52	6:23.04
50	Angelina Lutsiv	2011	Lagoa AC	590	12:09.34	6:23.53
51	Ines Rua Fernandes	2011	Ginasio de Vila Real	589	11:53.71	6:32.21
52	Matilde Conde Figueiredo	2011	Condeixa Clube	586	11:43.88	6:40.05
53	Carolina Melo Camejo	2011	Sporting	582	11:34.51	6:48.60
54	Matilde Ventura Martins	2011	Foca Quinta da Lixa CNF	579	12:19.94	6:23.35
55	Camila Beatriz Camilo	2011	Miranda do Corvo	577	12:00.13	6:34.03
56	Laura Cruzeiro Marques	2011	Sporting de Aveiro	571	11:43.29	6:48.02
57	Mafalda Beatriz Goncalves	2011	Desportivo Nacional	567	12:23.18	6:27.17
58	Margarida Escobar Basilio	2011	Porto	564	12:05.81	6:37.42
59	Alice Miranda Cunha	2011	Foca Quinta da Lixa CNF	563	12:02.77	6:39.47
60	Ines Diogo Mestre	2011	Aljustrelense	562	12:03.64	6:39.53
61	Catarina Miguel Encarnacao	2011	Famalicao	559	11:52.74	6:48.16
62	Luiza Lopes Vinhais	2011	Braga	556	12:05.65	6:41.56
63	Ana Matilde Pereira	2011	Naval do Funchal	555	12:15.25	6:36.69
64	Maria Goncalves Santos	2011	Lagoa AC	552	12:35.36	6:27.81
65	Laura Pimenta Goncalves	2011	Braga	549	12:09.12	6:42.80
66	Matilde Sofia Vieira	2011	Desportivo Nacional	548	12:40.19	6:27.49
67	Isabel Lagoa Vieira	2011	Galitos / Bresimar	540	12:15.08	6:43.69
68	Madalena Guimaraes Santos	2011	Leixoes	530	12:05.09	6:55.14
69	Beatriz Marques Gaspar	2011	Nautico Marinha Grande	527	12:18.95	6:47.96
70	Maria Ines Luis	2011	Aljustrelense	526	12:19.14	6:48.80
71	Madalena Carreiro Rodrigues	2011	Benfica	525	12:16.55	6:50.69
72	Mariana Moreira Lopes	2011	Feirense	522	12:08.70	6:57.31
73	Leonor Rebelo Martins	2011	Portinado	520	12:47.31	6:36.88
74	Lara Amorim Cunha	2011	Feirense	520	12:35.72	6:42.88
75	Beatriz Morais Simoes	2011	Famalicao	520	12:22.44	6:50.13
76	Francisca Coelho Lucena	2011	O Crasto	518	12:26.40	6:48.60
77	Valeria Isabel Mata	2011	Naval do Funchal	518	12:38.02	6:42.62
78	Isabella Nascimento Soares	2011	Naval da Horta	517	12:38.02	6:42.89
79	Maria Fatima Pagani	2011	Bombeiros dos Estoris	516	12:20.59	6:53.75
80	Maria Joao Vala	2011	Pimpoes/Cimai	513	12:30.96	6:49.01
81	Ines Duarte Mendes	2011	Colegio Monte Maior	513	12:27.48	6:50.78
82	Ana Leonor Carreto	2011	Nautico Academico	512	12:24.11	6:53.63
83	Constanca Costa Fernandes	2011	Famalicao	509	12:28.35	6:52.64
84	Daniela Oliveira Rodrigues	2011	Famalicao	504	12:19.60	7:00.82
85	Beatriz Soares Silva	2011	Naval da Horta	501	12:20.62	7:02.52
86	Maria Abreu Arrojado	2011	Naval Praia da Vitoria	500	12:49.51	6:45.93
87	Ana Carolina Neves	2011	Estarreja/PROZINCO	499	12:21.62	7:03.04
88	Rita Lino Ferreira	2011	BUZIOS-Coruche	497	12:37.61	6:54.20
89	Isabela Maria Carreira	2011	Uniao Juncalense	494	12:41.02	6:53.65
90	Rita Santos Correia	2011	Vilacondense	494	12:34.60	6:57.67

91	Maria Ines Gomes	2011	Feirense	489	12:41.56	6:56.36
92	Constanca Oliveira Fonseca	2011	Naval Praia da Vitoria	476	12:45.90	7:01.59
93	Leonor Lourenco Sargo	2011	Sao Roque	468	13:01.90	6:57.30
94	Leonor Henrique Fernandes	2011	Portinado	462	13:05.17	6:59.26
95	Carlota Francisco Santos	2011	Nautico Academico	462	13:24.03	6:50.02
96	Leiriia Silviovna Tonkikh	2011	CNLeiria	447	13:05.18	7:08.72
97	Maria Francisca Constantino	2011	Electrico Clube/ FGil.pt	439	13:18.01	7:06.93
98	Ines Martins Farinha	2011	CCDSerta	439	13:47.57	6:53.75
99	Alice Raquel Dias	2011	Desportivo de Mora	432	13:28.40	7:05.83
100	Margarida Paixao Marques	2011	Naval do Funchal	432	13:08.20	7:16.83
101	Ana Matilde Silva	2011	Desportivo Nacional	430	13:06.61	7:19.83
102	Mafalda Rodrigues Meneses	2011	Naval Praia da Vitoria	423	13:18.27	7:17.57
103	Joana Gouveia Freitas	2011	Naval da Horta	422	13:14.88	7:20.24
104	Mariana Costa Martins	2011	Lagoa AC	419	13:44.44	7:06.78
105	Margarida Soares Maia	2011	Nautico Marinha Grande	416	13:24.59	7:18.87
106	Diana Soares Barbosa	2011	Propaganda da Natacao	416	13:05.29	7:30.82
107	Sara Margarida Freitas	2011	Juventude Atlantico	409	13:32.26	7:19.84
108	Ana Matilde Velosa	2011	Juventude Atlantico	405	13:29.34	7:23.57
109	Maria Francisca Simoes	2011	Lagoa AC	394	13:35.16	7:29.26
110	Maria Joao Silva	2011	Terceira Clube	384	13:53.85	7:26.51
111	Gabriela Pereira Louzeiro	2011	Lagoa AC	383	14:04.18	7:22.58
112	Maria Santos Fonseca	2011	CNLeiria	383	13:51.06	7:28.83
113	Sara Soares Pinto	2011	Sao Joao Ver	381	13:36.68	7:39.20
114	Margarida Lopes Rodrigues	2011	Uniao Juncalense	372	13:53.50	7:36.19
115	Daniela Matias Ribeiro	2011	CCDSerta	362	13:56.85	7:42.91
116	Valeria Silva Mescia	2011	CLIP Teams	359	14:15.77	7:34.78
117	Madalena Santos Rolo	2011	CCDSerta	299	14:27.26	8:29.04
118	Mafalda Jesus Calhau	2011	Desportivo de Mora	272	15:15.61	8:31.45

Masculinos, Infantis B

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

47	Tomas Figueiredo Branco	2010	Gafanha da Encarnacao	580	21:13.79	5:55.77
48	Joao Piteira Gaiolas	2010	Nautico Marinha Grande	576	20:29.86	6:12.49
49	Tomas Ricardo Freire	2010	Sporting	574	21:07.95	6:00.13
50	Diogo Alves Castro	2010	Alges	569	21:16.79	5:59.73
51	Rafael Carreiras Marques	2010	Gesloures	562	21:35.44	5:57.51
52	Francisco Suzuki Teixeira	2010	Fafe	557	21:24.42	6:02.47
53	Tiago Joao Olas	2010	Academico Viseu	555	21:37.03	5:59.95
54	Martim Goncalves Lopes	2010	Gesloures	553	21:21.79	6:05.54
55	Guilherme Costa Alves	2010	Benfica	551	21:19.83	6:06.92
56	Tiago Moreira Almeida	2010	Salesianos	546	21:43.54	6:02.40
57	Tiago Neres Santo	2010	Alges	543	21:20.31	6:10.39
58	Afonso Velada Pereira	2010	Sporting	542	21:42.44	6:03.82
59	Henrique Matos Sebroza	2010	Gesloures	541	21:48.90	6:02.71
60	Tiago Filipe Salgueiro	2010	Viana Natacao	540	21:24.15	6:10.55
61	Gustavo Brito Ricardo	2010	Vilacondense	540	21:34.13	6:07.60
62	Guilherme Martins Conceicao	2010	Viver Santarem	538	21:19.60	6:12.90
63	Miguel Belo Santos	2010	Alges	538	21:29.33	6:09.96
64	Simao Sousa Jesus	2010	Nautico Marinha Grande	534	21:46.74	6:06.72
65	Guilherme Novais Moura	2010	Fafe	534	21:51.62	6:05.35
66	Rafael Costa Bastos	2010	Sanjoanense/FEPSA	531	21:29.34	6:13.51
67	Jose Miguel Pais	2010	Natacao do Fundao/GIRASSOL	527	21:23.71	6:17.65
68	Antonio Barros Neves	2010	Sporting de Espinho	524	21:20.56	6:20.25
69	Simao Almeida Carnide	2010	Vieirense	521	21:18.19	6:22.24
70	Tomas Dourado Gomes	2010	Vilacondense	507	21:48.14	6:19.65
71	Lucas Costa Jesus	2010	Nautico Marinha Grande	504	21:33.80	6:26.27
72	Jose Pedro Almeida	2010	Foca Quinta da Lixa CNF	501	22:18.45	6:13.41
73	Rodrigo Saldanha Ferreira	2010	Famalicao	498	22:00.74	6:20.31
74	Francisco Vilar Brito	2010	Vilacondense	497	22:34.32	6:10.98
75	Rafael Vieira Santos	2010	Vilacondense	496	22:33.66	6:11.69
76	Jose Luis Assuncao	2010	Bombeiros dos Estoris	494	21:50.01	6:26.44
77	Miguel Rocha Meneses	2010	Naval Praia da Vitoria	490	22:24.35	6:17.19
78	Goncalo Soares Brito	2010	Bombeiros dos Estoris	489	22:00.97	6:25.30
79	Rodrigo Guedes Ferreira	2010	Feirense	485	22:22.28	6:20.96
80	Tiago Frazao Barra	2010	Rio Maior	480	21:19.10	6:48.26
81	Tomas Maria Horta	2010	Gesloures	479	22:01.89	6:30.63
82	Andre Filipe Costa	2010	Vigor da Mocidade	476	22:25.19	6:24.54
83	Cristiano Rafael Melnychuk	2010	Colegio Vasco da Gama	474	21:24.87	6:49.78
84	Afonso Daniel Carvalhas	2010	AONDA-Azeitao	471	22:51.77	6:19.76
85	Tomas Domingues Reis	2010	Fluvial Portuense	471	22:11.99	6:32.08
86	Rui Ferreirinho Diogo	2010	Albicastrense	469	22:46.21	6:22.65
87	Joao Alves Mendes	2010	Benfica	469	21:44.89	6:44.05
88	Andre Guilherme Anastacio	2010	Nautico Abrantes	462	22:32.87	6:30.39
89	Dinis Goncalves Araujo	2010	Uniao Coimbra	459	22:25.36	6:34.49
90	Tomas Rocha Brito	2010	Naval Praia da Vitoria	456	22:47.71	6:29.12
91	Simao Mota Pinho	2010	Sao Joao Ver	455	22:21.27	6:38.33
92	Afonso Goncalves Leite	2010	CLAC-Entroncamento	453	22:57.20	6:28.05
93	Francisco Antonio Simoes	2010	Ba-Leiria	449	22:48.50	6:32.87
94	Ruben Alexandre Venancio	2010	Estarreja/PROZINCO	444	23:02.34	6:31.36
95	Guilherme Afonso Romao	2010	Vilacondense	444	23:19.97	6:27.14
96	Tiago Malhador Lulak	2010	Louletano / Loule Concelho	442	23:56.87	6:18.50
97	Dinis Lamas Santos	2010	Ba-Leiria	439	23:03.04	6:34.68
98	Martim Pinheiro Cardoso	2010	Peso da Regua	426	23:19.56	6:37.96
99	Rodrigo Santos Souza	2010	Atletico Montemor	408	23:33.19	6:45.75

100	Joao Martim Picarra	2010	Elvense	408	23:16.52	6:52.04
101	Joao Saraiva Paixao	2010	Galitos / Bresimar	405	23:09.08	6:56.35
102	Luis Miguel Reis	2010	Rio Maior	401	23:44.47	6:47.36
103	Lourenco Manuel Palmeiro	2010	BUZIOS-Coruche	381	23:10.27	7:16.74
104	Simao Simoes Diogo	2010	CASPAE	355	24:08.20	7:16.14
105	Tome Francisco Correia	2010	Naval Praia da Vitoria	354	24:56.52	7:00.72
106	Jorge Miguel Santos	2010	Miranda do Corvo	348	25:18.07	6:59.66
107	Tomas Rafael Gaspar	2010	CCDSerta	334	26:00.31	6:59.41
108	Guilherme Abreu Ferreira	2010	Amigos Montanha	332	24:59.33	7:19.56
109	David Pereira Evangelho	2010	Nucleo Sporting da Terceira	259	26:51.85	8:03.30