

Prova 1 Masc., 1500m Livres 17 anos e mais velhos  
20-12-2013 - 16:30 Resultados

Recordes Nacionais 25m Absoluto	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10-12-2005
Recordes Nacionais 25m Jun 17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun 18	15:28.27	Egas de Sousa Bastos	ADF	Fafe	01-05-2001
Recordes Nacionais 25m Sen	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10-12-2005

TAC-JUN1M Jun 17 50m: 17:32.35 - 25m: 17:11.30 / TAC-JUN2M Jun 18: 16:56.43 / TAC-SENM Sen: 16:31.64

Pontos: FINA 2013

Lugar Nome Ano NFed Clube Tempo Final TReac Pts FINA Pts Pts

Juniores

1. Rafael Lourenco Gil	96	105234	Naval Amorense	<b>15:25.53</b>	<b>+0,76</b>	<b>774</b>		
<i>Recorde Nacional</i>								
50m:	28.20	28.20	450m:	4:32.24	30.87	850m:	8:43.45	31.56
100m:	58.75	30.55	500m:	5:03.53	31.29	900m:	9:14.59	31.14
150m:	1:29.38	30.63	550m:	5:34.88	31.35	950m:	9:45.97	31.38
200m:	1:59.77	30.39	600m:	6:06.38	31.50	1000m:	10:16.74	30.77
250m:	2:29.65	29.88	650m:	6:37.76	31.38	1050m:	10:47.50	30.76
300m:	2:59.87	30.22	700m:	7:09.07	31.31	1100m:	11:18.68	31.18
350m:	3:30.63	30.76	750m:	7:40.42	31.35	1150m:	11:49.68	31.00
400m:	4:01.37	30.74	800m:	8:11.89	31.47	1200m:	12:20.74	31.06
2. Joao Pedro Gil	97	108343	Naval Amorense	<b>15:46.79</b>	<b>+0,72</b>	<b>723</b>		
50m:	28.17	28.17	450m:	4:40.15	31.49	850m:	8:53.97	31.92
100m:	59.29	31.12	500m:	5:11.95	31.80	900m:	9:26.06	32.09
150m:	1:30.71	31.42	550m:	5:43.78	31.83	950m:	9:57.53	31.47
200m:	2:02.28	31.57	600m:	6:15.25	31.47	1000m:	10:29.87	32.34
250m:	2:33.79	31.51	650m:	6:46.89	31.64	1050m:	11:02.32	32.45
300m:	3:05.15	31.36	700m:	7:18.43	31.54	1100m:	11:34.20	31.88
350m:	3:36.95	31.80	750m:	7:50.34	31.91	1150m:	12:06.34	32.14
400m:	4:08.66	31.71	800m:	8:22.05	31.71	1200m:	12:38.77	32.43
3. Goncalo Cardoso Carmo	96	101124	Colegio Vasco da Gama	<b>15:51.09</b>	<b>+0,64</b>	<b>714</b>		
50m:	27.71	27.71	450m:	4:37.21	31.89	850m:	8:52.63	32.12
100m:	57.72	30.01	500m:	5:08.88	31.67	900m:	9:24.73	32.10
150m:	1:28.53	30.81	550m:	5:40.56	31.68	950m:	9:56.82	32.09
200m:	1:59.90	31.37	600m:	6:12.62	32.06	1000m:	10:28.99	32.17
250m:	2:31.12	31.22	650m:	6:44.44	31.82	1050m:	11:00.71	31.72
300m:	3:02.56	31.44	700m:	7:16.44	32.00	1100m:	11:32.47	31.76
350m:	3:33.87	31.31	750m:	7:48.44	32.00	1150m:	12:04.66	32.19
400m:	4:05.32	31.45	800m:	8:20.51	32.07	1200m:	12:37.12	32.46
4. Tomas Risso Fernandes	96	111208	Colegio Vasco da Gama	<b>16:05.26</b>	<b>+0,73</b>	<b>683</b>		
50m:	28.92	28.92	450m:	4:46.60	32.35	850m:	9:05.40	32.95
100m:	1:00.33	31.41	500m:	5:18.90	32.30	900m:	9:38.05	32.65
150m:	1:32.30	31.97	550m:	5:50.98	32.08	950m:	10:10.36	32.31
200m:	2:04.66	32.36	600m:	6:23.22	32.24	1000m:	10:42.67	32.31
250m:	2:37.13	32.47	650m:	6:55.76	32.54	1050m:	11:15.51	32.84
300m:	3:09.41	32.28	700m:	7:27.82	32.06	1100m:	11:47.39	31.88
350m:	3:41.90	32.49	750m:	8:00.33	32.51	1150m:	12:19.22	31.83
400m:	4:14.25	32.35	800m:	8:32.45	32.12	1200m:	12:51.88	32.66
5. Joao Miguel Cardoso	97	109124	Geslours	<b>16:16.89</b>	<b>+0,87</b>	<b>658</b>		
50m:	29.19	29.19	450m:	4:48.12	32.63	850m:	9:11.53	32.74
100m:	1:00.68	31.49	500m:	5:20.85	32.73	900m:	9:44.45	32.92
150m:	1:33.19	32.51	550m:	5:53.52	32.67	950m:	10:17.20	32.75
200m:	2:05.59	32.40	600m:	6:26.18	32.66	1000m:	10:49.93	32.73
250m:	2:38.05	32.46	650m:	6:59.28	33.10	1050m:	11:22.69	32.76
300m:	3:10.53	32.48	700m:	7:32.67	33.39	1100m:	11:55.62	32.93
350m:	3:42.83	32.30	750m:	8:05.65	32.98	1150m:	12:28.55	32.93
400m:	4:15.49	32.66	800m:	8:38.79	33.14	1200m:	13:01.50	32.95

Prova 1, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
6.	Vitor Joao Pereira	97	102545	Leixoes	<b>16:19.09</b>	<b>+0,86</b>	<b>654</b>		
	50m: 28.87	28.87	450m: 4:50.37	32.54	850m: 9:13.38	32.96	1250m: 13:36.66	32.74	
	100m: 1:00.59	31.72	500m: 5:22.86	32.49	900m: 9:46.40	33.02	1300m: 14:09.50	32.84	
	150m: 1:32.84	32.25	550m: 5:55.38	32.52	950m: 10:18.99	32.59	1350m: 14:42.59	33.09	
	200m: 2:05.79	32.95	600m: 6:28.01	32.63	1000m: 10:51.65	32.66	1400m: 15:15.67	33.08	
	250m: 2:38.75	32.96	650m: 7:01.10	33.09	1050m: 11:24.46	32.81	1450m: 15:48.17	32.50	
	300m: 3:11.83	33.08	700m: 7:34.24	33.14	1100m: 11:57.57	33.11	1500m: 16:19.09	30.92	
	350m: 3:44.83	33.00	750m: 8:07.38	33.14	1150m: 12:30.77	33.20			
	400m: 4:17.83	33.00	800m: 8:40.42	33.04	1200m: 13:03.92	33.15			
7.	Pedro Veigunha Martins	96	107233	Braga	<b>16:36.47</b>	<b>+0,81</b>	<b>620</b>		
	50m: 27.85	27.85	450m: 4:49.81	33.25	850m: 9:20.22	33.81	1250m: 13:49.31	34.34	
	100m: 59.00	31.15	500m: 5:23.59	33.78	900m: 9:53.76	33.54	1300m: 14:22.56	33.25	
	150m: 1:31.67	32.67	550m: 5:57.26	33.67	950m: 10:27.20	33.44	1350m: 14:56.22	33.66	
	200m: 2:04.84	33.17	600m: 6:31.14	33.88	1000m: 11:00.75	33.55	1400m: 15:30.36	34.14	
	250m: 2:37.90	33.06	650m: 7:05.16	34.02	1050m: 11:33.77	33.02	1450m: 16:04.36	34.00	
	300m: 3:10.27	32.37	700m: 7:38.90	33.74	1100m: 12:07.31	33.54	1500m: 16:36.47	32.11	
	350m: 3:43.47	33.20	750m: 8:12.69	33.79	1150m: 12:41.05	33.74			
	400m: 4:16.56	33.09	800m: 8:46.41	33.72	1200m: 13:14.97	33.92			
8.	Henrique Mourinho Neves	97	110561	Alges	<b>16:37.71</b>	<b>+0,71</b>	<b>618</b>		
	50m: 28.97	28.97	450m: 4:52.48	33.26	850m: 9:20.81	33.51	1250m: 13:51.54	33.84	
	100m: 1:00.28	31.31	500m: 5:26.10	33.62	900m: 9:54.24	33.43	1300m: 14:25.17	33.63	
	150m: 1:32.83	32.55	550m: 5:59.40	33.30	950m: 10:28.29	34.05	1350m: 14:58.69	33.52	
	200m: 2:05.99	33.16	600m: 6:32.93	33.53	1000m: 11:02.43	34.14	1400m: 15:32.64	33.95	
	250m: 2:39.25	33.26	650m: 7:06.53	33.60	1050m: 11:36.30	33.87	1450m: 16:06.04	33.40	
	300m: 3:12.58	33.33	700m: 7:40.12	33.59	1100m: 12:10.25	33.95	1500m: 16:37.71	31.67	
	350m: 3:45.96	33.38	750m: 8:13.92	33.80	1150m: 12:43.92	33.67			
	400m: 4:19.22	33.26	800m: 8:47.30	33.38	1200m: 13:17.70	33.78			
9.	Miguel Angelo Silvestre	97	103538	Alcobaca	<b>16:40.20</b>	<b>+0,69</b>	<b>613</b>		
	50m: 28.31	28.31	450m: 4:50.41	32.93	850m: 9:18.14	33.74	1250m: 13:50.06	33.68	
	100m: 59.98	31.67	500m: 5:23.30	32.89	900m: 9:52.26	34.12	1300m: 14:24.17	34.11	
	150m: 1:32.44	32.46	550m: 5:56.44	33.14	950m: 10:26.41	34.15	1350m: 14:57.95	33.78	
	200m: 2:05.40	32.96	600m: 6:29.71	33.27	1000m: 11:00.34	33.93	1400m: 15:32.12	34.17	
	250m: 2:38.39	32.99	650m: 7:03.19	33.48	1050m: 11:34.01	33.67	1450m: 16:06.39	34.27	
	300m: 3:11.46	33.07	700m: 7:36.79	33.60	1100m: 12:08.05	34.04	1500m: 16:40.20	33.81	
	350m: 3:44.40	32.94	750m: 8:10.52	33.73	1150m: 12:42.39	34.34			
	400m: 4:17.48	33.08	800m: 8:44.40	33.88	1200m: 13:16.38	33.99			
10.	Ricardo Eduardo Afonso	97	105414	Braga	<b>16:42.45</b>	<b>+0,75</b>	<b>609</b>		
	50m: 29.07	29.07	450m: 4:54.86	34.27	850m: 9:26.67	33.90	1250m: 13:58.95	34.00	
	100m: 1:01.08	32.01	500m: 5:28.84	33.98	900m: 10:00.47	33.80	1300m: 14:32.87	33.92	
	150m: 1:33.98	32.90	550m: 6:02.43	33.59	950m: 10:34.68	34.21	1350m: 15:06.63	33.76	
	200m: 2:07.44	33.46	600m: 6:36.55	34.12	1000m: 11:08.78	34.10	1400m: 15:40.52	33.89	
	250m: 2:40.86	33.42	650m: 7:10.62	34.07	1050m: 11:43.01	34.23	1450m: 16:13.48	32.96	
	300m: 3:13.75	32.89	700m: 7:44.68	34.06	1100m: 12:17.22	34.21	1500m: 16:42.45	28.97	
	350m: 3:47.10	33.35	750m: 8:18.81	34.13	1150m: 12:50.99	33.77			
	400m: 4:20.59	33.49	800m: 8:52.77	33.96	1200m: 13:24.95	33.96			
11.	Bruno Miguel Rainho	96	111214	Gesloures	<b>16:43.83</b>	<b>+0,97</b>	<b>607</b>		
	50m: 29.57	29.57	450m: 4:52.60	33.04	850m: 9:20.62	33.57	1250m: 13:53.49	34.66	
	100m: 1:01.77	32.20	500m: 5:26.10	33.50	900m: 9:54.86	34.24	1300m: 14:28.14	34.65	
	150m: 1:34.45	32.68	550m: 5:59.42	33.32	950m: 10:28.71	33.85	1350m: 15:02.59	34.45	
	200m: 2:07.52	33.07	600m: 6:32.42	33.00	1000m: 11:02.15	33.44	1400m: 15:36.96	34.37	
	250m: 2:40.62	33.10	650m: 7:05.74	33.32	1050m: 11:36.08	33.93	1450m: 16:11.08	34.12	
	300m: 3:14.15	33.53	700m: 7:39.61	33.87	1100m: 12:10.28	34.20	1500m: 16:43.83	32.75	
	350m: 3:46.91	32.76	750m: 8:13.26	33.65	1150m: 12:44.66	34.38			
	400m: 4:19.56	32.65	800m: 8:47.05	33.79	1200m: 13:18.83	34.17			
12.	Narciso Daniel Correia	97	111197	Braga	<b>16:44.07</b>	<b>+0,88</b>	<b>606</b>		
	50m: 29.35	29.35	450m: 4:55.09	33.28	850m: 9:25.76	33.82	1250m: 13:58.25	34.11	
	100m: 1:01.88	32.53	500m: 5:28.67	33.58	900m: 9:59.80	34.04	1300m: 14:32.23	33.98	
	150m: 1:35.35	33.47	550m: 6:02.24	33.57	950m: 10:33.77	33.97	1350m: 15:06.57	34.34	
	200m: 2:08.57	33.22	600m: 6:35.97	33.73	1000m: 11:07.78	34.01	1400m: 15:40.45	33.88	
	250m: 2:42.09	33.52	650m: 7:09.69	33.72	1050m: 11:41.78	34.00	1450m: 16:13.45	33.00	
	300m: 3:15.60	33.51	700m: 7:43.89	34.20	1100m: 12:15.96	34.18	1500m: 16:44.07	30.62	
	350m: 3:48.72	33.12	750m: 8:17.73	33.84	1150m: 12:49.94	33.98			
	400m: 4:21.81	33.09	800m: 8:51.94	34.21	1200m: 13:24.14	34.20			

Prova 1, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Rafael Rocha Ferreira	96	103871	Galitos	<b>16:44.66</b>	<b>+1,13</b>	<b>605</b>		
	50m: 29.48 29.48			450m: 4:51.80 33.45	850m: 9:22.60 33.81	1250m: 13:55.81 34.20			
	100m: 1:00.87 31.39			500m: 5:25.08 33.28	900m: 9:57.22 34.62	1300m: 14:29.84 34.03			
	150m: 1:33.04 32.17			550m: 5:58.58 33.50	950m: 10:31.51 34.29	1350m: 15:03.92 34.08			
	200m: 2:05.73 32.69			600m: 6:32.70 34.12	1000m: 11:05.60 34.09	1400m: 15:37.74 33.82			
	250m: 2:38.84 33.11			650m: 7:06.52 33.82	1050m: 11:39.80 34.20	1450m: 16:11.62 33.88			
	300m: 3:11.96 33.12			700m: 7:40.59 34.07	1100m: 12:14.03 34.23	1500m: 16:44.66 33.04			
	350m: 3:45.23 33.27			750m: 8:14.39 33.80	1150m: 12:47.68 33.65				
	400m: 4:18.35 33.12			800m: 8:48.79 34.40	1200m: 13:21.61 33.93				
14.	David Nunes Sousa	96	112204	Famalicao	<b>16:50.26</b>	<b>+0,75</b>	<b>595</b>		
	50m: 29.82 29.82			450m: 4:56.21 33.64	850m: 9:26.43 34.16	1250m: 14:00.61 34.38			
	100m: 1:02.11 32.29			500m: 5:29.62 33.41	900m: 10:00.58 34.15	1300m: 14:35.75 35.14			
	150m: 1:35.19 33.08			550m: 6:03.47 33.85	950m: 10:34.61 34.03	1350m: 15:09.86 34.11			
	200m: 2:08.14 32.95			600m: 6:36.87 33.40	1000m: 11:08.35 33.74	1400m: 15:44.21 34.35			
	250m: 2:41.82 33.68			650m: 7:10.98 34.11	1050m: 11:43.08 34.73	1450m: 16:18.54 34.33			
	300m: 3:15.59 33.77			700m: 7:44.90 33.92	1100m: 12:17.43 34.35	1500m: 16:50.26 31.72			
	350m: 3:49.05 33.46			750m: 8:18.45 33.55	1150m: 12:51.62 34.19				
	400m: 4:22.57 33.52			800m: 8:52.27 33.82	1200m: 13:26.23 34.61				
15.	David Emanuel Martins	97	105429	Braga	<b>17:05.01</b>	<b>+0,85</b>	<b>570</b>		
	50m: 29.91 29.91			450m: 4:58.89 34.10	850m: 9:35.11 34.66	1250m: 14:14.50 35.29			
	100m: 1:02.79 32.88			500m: 5:33.06 34.17	900m: 10:09.57 34.46	1300m: 14:48.17 33.67			
	150m: 1:36.01 33.22			550m: 6:07.42 34.36	950m: 10:44.51 34.94	1350m: 15:23.77 35.60			
	200m: 2:09.54 33.53			600m: 6:41.76 34.34	1000m: 11:19.14 34.63	1400m: 15:59.05 35.28			
	250m: 2:43.29 33.75			650m: 7:16.54 34.78	1050m: 11:53.83 34.69	1450m: 16:33.22 34.17			
	300m: 3:17.04 33.75			700m: 7:51.11 34.57	1100m: 12:28.65 34.82	1500m: 17:05.01 31.79			
	350m: 3:50.98 33.94			750m: 8:25.94 34.83	1150m: 13:03.86 35.21				
	400m: 4:24.79 33.81			800m: 9:00.45 34.51	1200m: 13:39.21 35.35				
16.	Carlos Daniel Ramos	96	110520	Estarreja	<b>17:06.41</b>	<b>+0,78</b>	<b>568</b>		
	<i>FTL</i>								
	50m: 30.17 30.17			450m: 5:01.00 34.31	850m: 9:38.45 34.94	1250m: 14:15.90 34.58			
	100m: 1:02.92 32.75			500m: 5:35.75 34.75	900m: 10:12.86 34.41	1300m: 14:50.52 34.62			
	150m: 1:36.61 33.69			550m: 6:10.01 34.26	950m: 10:47.69 34.83	1350m: 15:24.85 34.33			
	200m: 2:10.47 33.86			600m: 6:44.52 34.51	1000m: 11:22.22 34.53	1400m: 15:59.65 34.80			
	250m: 2:44.50 34.03			650m: 7:19.70 35.18	1050m: 11:56.96 34.74	1450m: 16:34.03 34.38			
	300m: 3:18.21 33.71			700m: 7:54.24 34.54	1100m: 12:31.58 34.62	1500m: 17:06.41 32.38			
	350m: 3:52.44 34.23			750m: 8:28.72 34.48	1150m: 13:06.30 34.72				
	400m: 4:26.69 34.25			800m: 9:03.51 34.79	1200m: 13:41.32 35.02				
17.	Andre Sousa Goncalves	97	105368	Natacao de Olhao	<b>17:12.44</b>	<b>+0,82</b>	<b>558</b>		
	<i>FTL</i>								
	50m: 29.49 29.49			450m: 4:59.53 34.92	850m: 9:39.70 34.89	1250m: 14:20.81 35.44			
	100m: 1:01.48 31.99			500m: 5:34.31 34.78	900m: 10:14.70 35.00	1300m: 14:55.61 34.80			
	150m: 1:34.39 32.91			550m: 6:09.24 34.93	950m: 10:49.93 35.23	1350m: 15:30.55 34.94			
	200m: 2:07.80 33.41			600m: 6:44.18 34.94	1000m: 11:25.42 35.49	1400m: 16:05.43 34.88			
	250m: 2:41.81 34.01			650m: 7:19.33 35.15	1050m: 12:00.66 35.24	1450m: 16:39.27 33.84			
	300m: 3:15.79 33.98			700m: 7:54.71 35.38	1100m: 12:35.69 35.03	1500m: 17:12.44 33.17			
	350m: 3:49.97 34.18			750m: 8:29.81 35.10	1150m: 13:10.47 34.78				
	400m: 4:24.61 34.64			800m: 9:04.81 35.00	1200m: 13:45.37 34.90				
18.	Miguel Rocha Costa	97	111870	Gesloures	<b>17:26.49</b>	<b>+0,80</b>	<b>536</b>		
	<i>FTL</i>								
	50m: 30.02 30.02			450m: 5:05.13 35.41	850m: 9:44.67 35.37	1250m: 14:31.63 36.39			
	100m: 1:03.25 33.23			500m: 5:40.58 35.45	900m: 10:20.13 35.46	1300m: 15:07.60 35.97			
	150m: 1:37.12 33.87			550m: 6:15.45 34.87	950m: 10:56.41 36.28	1350m: 15:41.81 34.21			
	200m: 2:11.49 34.37			600m: 6:49.91 34.46	1000m: 11:32.26 35.85	1400m: 16:16.26 34.45			
	250m: 2:45.69 34.20			650m: 7:24.66 34.75	1050m: 12:08.43 36.17	1450m: 16:51.81 35.55			
	300m: 3:20.20 34.51			700m: 7:59.33 34.67	1100m: 12:44.38 35.95	1500m: 17:26.49 34.68			
	350m: 3:54.85 34.65			750m: 8:34.13 34.80	1150m: 13:20.26 35.88				
	400m: 4:29.72 34.87			800m: 9:09.30 35.17	1200m: 13:55.24 34.98				

Prova 1, Masc., 1500m Livres

Seniores

1. Pedro Miguel Pinotes	89	26732	Sporting	<b>15:23.53</b>	+0,77	779	
50m: 28.02	28.02	450m: 4:32.60	31.26	850m: 8:43.83	31.64	1250m: 12:54.40	30.47
100m: 58.78	30.76	500m: 5:03.87	31.27	900m: 9:14.97	31.14	1300m: 13:24.79	30.39
150m: 1:29.20	30.42	550m: 5:35.29	31.42	950m: 9:46.68	31.71	1350m: 13:54.35	29.56
200m: 1:59.42	30.22	600m: 6:06.72	31.43	1000m: 10:18.33	31.65	1400m: 14:23.84	29.49
250m: 2:29.42	30.00	650m: 6:38.11	31.39	1050m: 10:49.90	31.57	1450m: 14:53.97	30.13
300m: 2:59.72	30.30	700m: 7:09.10	30.99	1100m: 11:21.32	31.42	1500m: 15:23.53	29.56
350m: 3:30.63	30.91	750m: 7:40.58	31.48	1150m: 11:52.96	31.64		
400m: 4:01.34	30.71	800m: 8:12.19	31.61	1200m: 12:23.93	30.97		
2. Vasco Miguel Gaspar	90	26500	Uniao Piedense	<b>15:39.21</b>	+0,72	741	
50m: 28.10	28.10	450m: 4:36.85	31.41	850m: 8:48.59	31.49	1250m: 13:02.89	31.76
100m: 59.09	30.99	500m: 5:08.29	31.44	900m: 9:20.39	31.80	1300m: 13:34.73	31.84
150m: 1:29.94	30.85	550m: 5:39.52	31.23	950m: 9:51.84	31.45	1350m: 14:06.35	31.62
200m: 2:01.01	31.07	600m: 6:11.01	31.49	1000m: 10:23.64	31.80	1400m: 14:37.80	31.45
250m: 2:32.02	31.01	650m: 6:42.32	31.31	1050m: 10:55.23	31.59	1450m: 15:09.18	31.38
300m: 3:03.29	31.27	700m: 7:13.75	31.43	1100m: 11:27.17	31.94	1500m: 15:39.21	30.03
350m: 3:34.26	30.97	750m: 7:45.51	31.76	1150m: 11:59.34	32.17		
400m: 4:05.44	31.18	800m: 8:17.10	31.59	1200m: 12:31.13	31.79		
3. Mario Andre Bonanca	90	12773	Sporting	<b>15:39.37</b>	+0,83	741	
50m: 27.66	27.66	450m: 4:35.34	31.53	850m: 8:49.27	31.66	1250m: 13:05.79	31.64
100m: 58.48	30.82	500m: 5:07.22	31.88	900m: 9:21.20	31.93	1300m: 13:37.40	31.61
150m: 1:29.41	30.93	550m: 5:39.25	32.03	950m: 9:53.27	32.07	1350m: 14:08.66	31.26
200m: 1:59.97	30.56	600m: 6:11.19	31.94	1000m: 10:25.61	32.34	1400m: 14:39.70	31.04
250m: 2:30.54	30.57	650m: 6:42.60	31.41	1050m: 10:57.56	31.95	1450m: 15:10.86	31.16
300m: 3:01.54	31.00	700m: 7:14.20	31.60	1100m: 11:29.86	32.30	1500m: 15:39.37	28.51
350m: 3:32.67	31.13	750m: 7:45.93	31.73	1150m: 12:02.18	32.32		
400m: 4:03.81	31.14	800m: 8:17.61	31.68	1200m: 12:34.15	31.97		
4. Tiago Silva Oliveira	94	15465	Leixoes	<b>15:57.42</b>	+0,77	700	
50m: 27.93	27.93	450m: 4:40.16	31.83	850m: 8:58.94	32.92	1250m: 13:19.63	31.72
100m: 58.65	30.72	500m: 5:11.92	31.76	900m: 9:31.71	32.77	1300m: 13:51.52	31.89
150m: 1:29.90	31.25	550m: 5:44.17	32.25	950m: 10:04.17	32.46	1350m: 14:23.61	32.09
200m: 2:00.96	31.06	600m: 6:16.34	32.17	1000m: 10:36.38	32.21	1400m: 14:55.83	32.22
250m: 2:32.03	31.07	650m: 6:48.54	32.20	1050m: 11:09.32	32.94	1450m: 15:27.19	31.36
300m: 3:03.83	31.80	700m: 7:21.02	32.48	1100m: 11:42.34	33.02	1500m: 15:57.42	30.23
350m: 3:36.05	32.22	750m: 7:53.72	32.70	1150m: 12:15.36	33.02		
400m: 4:08.33	32.28	800m: 8:26.02	32.30	1200m: 12:47.91	32.55		
5. Hugo Alberto Ribeiro	88	23114	Gespacos	<b>15:57.70</b>	+1,00	699	
50m: 28.13	28.13	450m: 4:39.48	31.73	850m: 8:58.94	32.54	1250m: 13:20.99	32.62
100m: 58.63	30.50	500m: 5:11.46	31.98	900m: 9:31.61	32.67	1300m: 13:53.12	32.13
150m: 1:29.76	31.13	550m: 5:43.78	32.32	950m: 10:03.78	32.17	1350m: 14:25.16	32.04
200m: 2:01.11	31.35	600m: 6:15.94	32.16	1000m: 10:36.47	32.69	1400m: 14:56.86	31.70
250m: 2:32.56	31.45	650m: 6:48.28	32.34	1050m: 11:09.63	33.16	1450m: 15:28.26	31.40
300m: 3:03.92	31.36	700m: 7:20.87	32.59	1100m: 11:42.61	32.98	1500m: 15:57.70	29.44
350m: 3:35.93	32.01	750m: 7:53.68	32.81	1150m: 12:15.51	32.90		
400m: 4:07.75	31.82	800m: 8:26.40	32.72	1200m: 12:48.37	32.86		
6. Artiom Viatcheslavovitch Poliakov	93	11114	Estrelas S. Joao de Brito	<b>16:04.99</b>	+0,70	683	
50m: 27.93	27.93	450m: 4:38.11	31.45	850m: 8:58.97	32.57	1250m: 13:22.05	32.70
100m: 58.97	31.04	500m: 5:10.78	32.67	900m: 9:31.94	32.97	1300m: 13:54.96	32.91
150m: 1:29.99	31.02	550m: 5:42.93	32.15	950m: 10:04.72	32.78	1350m: 14:28.20	33.24
200m: 2:00.72	30.73	600m: 6:15.89	32.96	1000m: 10:37.92	33.20	1400m: 15:00.85	32.65
250m: 2:31.67	30.95	650m: 6:48.44	32.55	1050m: 11:10.26	32.34	1450m: 15:33.13	32.28
300m: 3:03.01	31.34	700m: 7:21.03	32.59	1100m: 11:43.21	32.95	1500m: 16:04.99	31.86
350m: 3:34.47	31.46	750m: 7:53.53	32.50	1150m: 12:16.29	33.08		
400m: 4:06.66	32.19	800m: 8:26.40	32.87	1200m: 12:49.35	33.06		

Prova 1, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	<b>Bernardo Leitao Graca</b>	93	14838	Sporting	<b>16:06.98</b>	<b>+0,74</b>	<b>679</b>		
	50m: 27.62	27.62	450m: 4:41.62	32.26	850m: 9:00.88	32.00	1250m: 13:25.20	33.29	
	100m: 58.57	30.95	500m: 5:13.80	32.18	900m: 9:33.19	32.31	1300m: 13:57.87	32.67	
	150m: 1:30.16	31.59	550m: 5:46.09	32.29	950m: 10:06.07	32.88	1350m: 14:30.51	32.64	
	200m: 2:02.06	31.90	600m: 6:18.44	32.35	1000m: 10:38.63	32.56	1400m: 15:03.95	33.44	
	250m: 2:33.76	31.70	650m: 6:50.74	32.30	1050m: 11:11.23	32.60	1450m: 15:36.34	32.39	
	300m: 3:05.62	31.86	700m: 7:23.52	32.78	1100m: 11:44.78	33.55	1500m: 16:06.98	30.64	
	350m: 3:37.64	32.02	750m: 7:56.29	32.77	1150m: 12:18.36	33.58			
	400m: 4:09.36	31.72	800m: 8:28.88	32.59	1200m: 12:51.91	33.55			
8.	<b>Pedro Maria Bessa</b>	95	18656	Vilacondense	<b>16:07.61</b>	<b>+0,78</b>	<b>678</b>		
	50m: 28.64	28.64	450m: 4:47.32	32.53	850m: 9:06.31	32.41	1250m: 13:29.05	32.97	
	100m: 1:00.30	31.66	500m: 5:19.93	32.61	900m: 9:39.16	32.85	1300m: 14:01.89	32.84	
	150m: 1:32.28	31.98	550m: 5:52.34	32.41	950m: 10:11.66	32.50	1350m: 14:33.78	31.89	
	200m: 2:04.91	32.63	600m: 6:24.71	32.37	1000m: 10:44.29	32.63	1400m: 15:06.87	33.09	
	250m: 2:37.36	32.45	650m: 6:56.85	32.14	1050m: 11:17.07	32.78	1450m: 15:38.99	32.12	
	300m: 3:09.87	32.51	700m: 7:28.98	32.13	1100m: 11:50.23	33.16	1500m: 16:07.61	28.62	
	350m: 3:42.35	32.48	750m: 8:01.37	32.39	1150m: 12:22.98	32.75			
	400m: 4:14.79	32.44	800m: 8:33.90	32.53	1200m: 12:56.08	33.10			
9.	<b>Rui Filipe Costa</b>	91	24004	Vitoria de Guimaraes	<b>16:07.62</b>	<b>+0,76</b>	<b>678</b>		
	50m: 28.44	28.44	450m: 4:44.81	32.43	850m: 9:06.46	32.78	1250m: 13:29.02	32.85	
	100m: 59.78	31.34	500m: 5:17.40	32.59	900m: 9:39.40	32.94	1300m: 14:01.92	32.90	
	150m: 1:31.45	31.67	550m: 5:50.14	32.74	950m: 10:11.98	32.58	1350m: 14:34.37	32.45	
	200m: 2:03.46	32.01	600m: 6:22.60	32.46	1000m: 10:44.59	32.61	1400m: 15:06.97	32.60	
	250m: 2:35.58	32.12	650m: 6:55.28	32.68	1050m: 11:17.30	32.71	1450m: 15:38.77	31.80	
	300m: 3:07.69	32.11	700m: 7:27.98	32.70	1100m: 11:49.92	32.62	1500m: 16:07.62	28.85	
	350m: 3:40.07	32.38	750m: 8:00.73	32.75	1150m: 12:23.14	33.22			
	400m: 4:12.38	32.31	800m: 8:33.68	32.95	1200m: 12:56.17	33.03			
10.	<b>Hugo Neves Neto</b>	94	110453	Columbofila Cantanhedense	<b>16:17.29</b>	<b>+0,86</b>	<b>658</b>		
	50m: 28.55	28.55	450m: 4:44.65	32.56	850m: 9:05.94	32.90	1250m: 13:31.00	32.98	
	100m: 59.48	30.93	500m: 5:16.90	32.25	900m: 9:39.15	33.21	1300m: 14:04.07	33.07	
	150m: 1:31.27	31.79	550m: 5:49.31	32.41	950m: 10:12.03	32.88	1350m: 14:37.65	33.58	
	200m: 2:03.31	32.04	600m: 6:21.94	32.63	1000m: 10:45.22	33.19	1400m: 15:10.95	33.30	
	250m: 2:35.41	32.10	650m: 6:54.44	32.50	1050m: 11:18.23	33.01	1450m: 15:44.67	33.72	
	300m: 3:07.42	32.01	700m: 7:27.02	32.58	1100m: 11:51.55	33.32	1500m: 16:17.29	32.62	
	350m: 3:39.89	32.47	750m: 7:59.82	32.80	1150m: 12:24.77	33.22			
	400m: 4:12.09	32.20	800m: 8:33.04	33.22	1200m: 12:58.02	33.25			
11.	<b>Joao Nuno Pires</b>	94	10866	Academica de Coimbra	<b>16:20.65</b>	<b>+0,73</b>	<b>651</b>		
	50m: 29.80	29.80	450m: 4:51.47	32.70	850m: 9:13.12	32.83	1250m: 13:36.30	32.96	
	100m: 1:02.24	32.44	500m: 5:23.88	32.41	900m: 9:45.75	32.63	1300m: 14:09.31	33.01	
	150m: 1:34.83	32.59	550m: 5:56.48	32.60	950m: 10:18.62	32.87	1350m: 14:42.28	32.97	
	200m: 2:07.62	32.79	600m: 6:29.30	32.82	1000m: 10:51.19	32.57	1400m: 15:15.43	33.15	
	250m: 2:40.58	32.96	650m: 7:02.19	32.89	1050m: 11:24.07	32.88	1450m: 15:48.34	32.91	
	300m: 3:13.39	32.81	700m: 7:34.86	32.67	1100m: 11:57.19	33.12	1500m: 16:20.65	32.31	
	350m: 3:46.16	32.77	750m: 8:07.52	32.66	1150m: 12:30.33	33.14			
	400m: 4:18.77	32.61	800m: 8:40.29	32.77	1200m: 13:03.34	33.01			
12.	<b>Artur Manuel Ferreira</b>	95	101981	Porto	<b>16:20.66</b>	<b>+0,85</b>	<b>651</b>		
	50m: 29.14	29.14	450m: 4:47.56	32.64	850m: 9:11.92	32.18	1250m: 13:36.10	33.35	
	100m: 1:00.73	31.59	500m: 5:20.65	33.09	900m: 9:44.52	32.60	1300m: 14:08.98	32.88	
	150m: 1:32.88	32.15	550m: 5:53.85	33.20	950m: 10:17.62	33.10	1350m: 14:41.76	32.78	
	200m: 2:05.14	32.26	600m: 6:26.86	33.01	1000m: 10:50.40	32.78	1400m: 15:15.24	33.48	
	250m: 2:37.35	32.21	650m: 6:59.92	33.06	1050m: 11:23.41	33.01	1450m: 15:48.12	32.88	
	300m: 3:09.64	32.29	700m: 7:33.00	33.08	1100m: 11:56.70	33.29	1500m: 16:20.66	32.54	
	350m: 3:42.21	32.57	750m: 8:06.22	33.22	1150m: 12:29.76	33.06			
	400m: 4:14.92	32.71	800m: 8:39.74	33.52	1200m: 13:02.75	32.99			
13.	<b>Duarte Nuno Vieira</b>	95	104151	Desportivo Nacional	<b>16:21.43</b>	<b>+0,74</b>	<b>649</b>		
	50m: 28.32	28.32	450m: 4:47.86	32.66	850m: 9:13.56	33.35	1250m: 13:39.89	33.56	
	100m: 1:00.36	32.04	500m: 5:21.03	33.17	900m: 9:46.65	33.09	1300m: 14:12.93	33.04	
	150m: 1:32.71	32.35	550m: 5:54.21	33.18	950m: 10:19.82	33.17	1350m: 14:45.65	32.72	
	200m: 2:05.08	32.37	600m: 6:27.26	33.05	1000m: 10:53.26	33.44	1400m: 15:19.29	33.64	
	250m: 2:37.80	32.72	650m: 7:00.34	33.08	1050m: 11:26.69	33.43	1450m: 15:51.94	32.65	
	300m: 3:10.23	32.43	700m: 7:33.42	33.08	1100m: 11:59.79	33.10	1500m: 16:21.43	29.49	
	350m: 3:42.79	32.56	750m: 8:06.93	33.51	1150m: 12:33.16	33.37			
	400m: 4:15.20	32.41	800m: 8:40.21	33.28	1200m: 13:06.33	33.17			

Prova 1, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Andre Rafael Marinho	93	10643	Uniao Piedense	<b>16:25.40</b>	<b>+0,89</b>	<b>642</b>		
	50m: 28.22	28.22	450m: 4:45.44	32.82	850m: 9:10.82	33.35	1250m: 13:39.01	33.34	
	100m: 59.05	30.83	500m: 5:18.57	33.13	900m: 9:44.40	33.58	1300m: 14:12.49	33.48	
	150m: 1:30.71	31.66	550m: 5:51.54	32.97	950m: 10:18.01	33.61	1350m: 14:45.52	33.03	
	200m: 2:02.59	31.88	600m: 6:24.50	32.96	1000m: 10:51.39	33.38	1400m: 15:19.14	33.62	
	250m: 2:34.74	32.15	650m: 6:57.82	33.32	1050m: 11:24.92	33.53	1450m: 15:52.81	33.67	
	300m: 3:06.95	32.21	700m: 7:30.97	33.15	1100m: 11:58.63	33.71	1500m: 16:25.40	32.59	
	350m: 3:39.66	32.71	750m: 8:04.65	33.68	1150m: 12:32.09	33.46			
	400m: 4:12.62	32.96	800m: 8:37.47	32.82	1200m: 13:05.67	33.58			
WDR	Gustavo Manuel Santa	93	26492	Sporting					
EXH	Isidro Carrara Bittini	97	127257	Alges	<b>16:37.64</b>	<b>+0,72</b>	<b>618</b>		
	50m: 28.59	28.59	450m: 4:51.94	33.41	850m: 9:19.60	32.97	1250m: 13:52.32	33.53	
	100m: 1:00.13	31.54	500m: 5:25.55	33.61	900m: 9:53.34	33.74	1300m: 14:25.99	33.67	
	150m: 1:32.75	32.62	550m: 5:58.83	33.28	950m: 10:28.10	34.76	1350m: 14:59.77	33.78	
	200m: 2:05.89	33.14	600m: 6:32.73	33.90	1000m: 11:02.72	34.62	1400m: 15:33.62	33.85	
	250m: 2:38.94	33.05	650m: 7:06.20	33.47	1050m: 11:36.91	34.19	1450m: 16:06.57	32.95	
	300m: 3:12.48	33.54	700m: 7:39.72	33.52	1100m: 12:11.02	34.11	1500m: 16:37.64	31.07	
	350m: 3:45.68	33.20	750m: 8:13.33	33.61	1150m: 12:44.95	33.93			
	400m: 4:18.53	32.85	800m: 8:46.63	33.30	1200m: 13:18.79	33.84			