

Prova 20 Masc., 1500m Livres 2ª Divisão 2ª Divisão MASC Resultados
03-12-2017 - 9:35

Rec Nac 25 metros Absoluto	15:00.65	GIL Rafael Lourenco	SFUAP	Porto	13-12-2015
Rec Nac 25 metros Inf B	17:11.29	RUIVO Andre Vilas	DNMG	Leiria	03-03-2013
Rec Nac 25 metros Inf A	16:13.14	RUIVO Andre Vilas	DNMG	Campo Maior	30-03-2014
Rec Nac 25 metros Juv B	16:09.71	MONTEIRO Luis Miguel	FCP	Felgueiras	01-03-1998
Rec Nac 25 metros Juv A	15:36.31	COSTA Rui Filipe	VSC	Braga	04-03-2007
Rec Nac 25 metros Jun17	15:05.57	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009
Rec Nac 25 metros Jun18	15:09.03	VITAL Joao Alexandre	SCP	Vila Real Stº Antonio	07-11-2015
Rec Nac 25 metros Sen	15:00.65	GIL Rafael Lourenco	SFUAP	Porto	13-12-2015

Pontos: FINA 2017

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NUNES Diogo Barbosa	00	110529	Fluvial Portuense	16:07.63	+0,80	673	25,00
	50m: 28.61 28.61			450m: 4:46.99 32.62	850m: 9:06.33 32.33	1250m: 13:25.66 32.68		
	100m: 1:00.46 31.85			500m: 5:19.21 32.22	900m: 9:38.54 32.21	1300m: 13:58.46 32.80		
	150m: 1:32.34 31.88			550m: 5:51.69 32.48	950m: 10:10.91 32.37	1350m: 14:31.11 32.65		
	200m: 2:04.10 31.76			600m: 6:24.07 32.38	1000m: 10:43.45 32.54	1400m: 15:03.60 32.49		
	250m: 2:36.66 32.56			650m: 6:56.46 32.39	1050m: 11:15.78 32.33	1450m: 15:35.97 32.37		
	300m: 3:09.00 32.34			700m: 7:29.11 32.65	1100m: 11:48.32 32.54	1500m: 16:07.63 31.66		
	350m: 3:41.72 32.72			750m: 8:01.55 32.44	1150m: 12:20.63 32.31			
	400m: 4:14.37 32.65			800m: 8:34.00 32.45	1200m: 12:52.98 32.35			
2.	GOMES Sebastiao Mendes	00	117930	Pimpoes/Cimai	16:12.79	+0,88	662	23,00
	50m: 29.12 29.12			450m: 4:48.06 33.26	850m: 9:08.16 32.29	1250m: 13:30.62 32.59		
	100m: 1:00.51 31.39			500m: 5:20.22 32.16	900m: 9:40.47 32.31	1300m: 14:03.92 33.30		
	150m: 1:32.95 32.44			550m: 5:52.90 32.68	950m: 10:13.41 32.94	1350m: 14:36.42 32.50		
	200m: 2:04.90 31.95			600m: 6:25.42 32.52	1000m: 10:46.31 32.90	1400m: 15:09.51 33.09		
	250m: 2:37.05 32.15			650m: 6:57.86 32.44	1050m: 11:19.41 33.10	1450m: 15:40.96 31.45		
	300m: 3:09.23 32.18			700m: 7:31.12 33.26	1100m: 11:52.33 32.92	1500m: 16:12.79 31.83		
	350m: 3:41.93 32.70			750m: 8:03.46 32.34	1150m: 12:24.39 32.06			
	400m: 4:14.80 32.87			800m: 8:35.87 32.41	1200m: 12:58.03 33.64			
3.	LEBRE Diogo Ramos	01	122294	Sporting de Aveiro	16:21.75	+0,85	644	22,00
	50m: 28.46 28.46			450m: 4:46.72 32.82	850m: 9:10.95 33.09	1250m: 13:37.45 33.17		
	100m: 59.49 31.03			500m: 5:19.26 32.54	900m: 9:44.23 33.28	1300m: 14:10.90 33.45		
	150m: 1:31.60 32.11			550m: 5:52.11 32.85	950m: 10:17.85 33.62	1350m: 14:44.26 33.36		
	200m: 2:03.65 32.05			600m: 6:25.12 33.01	1000m: 10:51.12 33.27	1400m: 15:17.98 33.72		
	250m: 2:36.07 32.42			650m: 6:58.01 32.89	1050m: 11:24.81 33.69	1450m: 15:51.17 33.19		
	300m: 3:08.65 32.58			700m: 7:31.44 33.43	1100m: 11:57.71 32.90	1500m: 16:21.75 30.58		
	350m: 3:41.14 32.49			750m: 8:05.04 33.60	1150m: 12:30.93 33.22			
	400m: 4:13.90 32.76			800m: 8:37.86 32.82	1200m: 13:04.28 33.35			
4.	NIETO Cristian Fernandez	92	148727	Desportiva de Viana	16:29.59	+0,78	629	21,00
	50m: 29.94 29.94			450m: 4:49.59 32.53	850m: 9:13.99 33.52	1250m: 13:43.38 33.42		
	100m: 1:01.82 31.88			500m: 5:22.31 32.72	900m: 9:47.54 33.55	1300m: 14:17.11 33.73		
	150m: 1:34.43 32.61			550m: 5:55.19 32.88	950m: 10:21.03 33.49	1350m: 14:50.52 33.41		
	200m: 2:07.06 32.63			600m: 6:27.92 32.73	1000m: 10:54.81 33.78	1400m: 15:24.24 33.72		
	250m: 2:39.39 32.33			650m: 7:00.97 33.05	1050m: 11:28.54 33.73	1450m: 15:57.25 33.01		
	300m: 3:12.04 32.65			700m: 7:34.03 33.06	1100m: 12:02.39 33.85	1500m: 16:29.59 32.34		
	350m: 3:44.55 32.51			750m: 8:07.25 33.22	1150m: 12:36.30 33.91			
	400m: 4:17.06 32.51			800m: 8:40.47 33.22	1200m: 13:09.96 33.66			
5.	NEVES Pedro Barata	00	118137	Laranjeiro	16:37.48	+0,81	614	20,00
	50m: 30.02 30.02			450m: 4:56.99 33.71	850m: 9:27.17 33.74	1250m: 13:56.25 33.65		
	100m: 1:02.38 32.36			500m: 5:30.65 33.66	900m: 10:01.26 34.09	1300m: 14:29.62 33.37		
	150m: 1:35.17 32.79			550m: 6:04.13 33.48	950m: 10:35.11 33.85	1350m: 15:02.80 33.18		
	200m: 2:08.72 33.55			600m: 6:38.14 34.01	1000m: 11:08.53 33.42	1400m: 15:35.30 32.50		
	250m: 2:42.24 33.52			650m: 7:11.93 33.79	1050m: 11:41.87 33.34	1450m: 16:07.20 31.90		
	300m: 3:16.04 33.80			700m: 7:45.76 33.83	1100m: 12:15.45 33.58	1500m: 16:37.48 30.28		
	350m: 3:49.73 33.69			750m: 8:19.57 33.81	1150m: 12:48.93 33.48			
	400m: 4:23.28 33.55			800m: 8:53.43 33.86	1200m: 13:22.60 33.67			

Prova 20, Masc., 1500m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	GASPAR Miguel Caridade	99	108624	Academica de Coimbra	16:39.60	+0,79	610	19,00
	50m: 30.20 30.20		450m: 4:57.60	33.57	850m: 9:26.86	33.83	1250m: 13:55.25	33.39
	100m: 1:03.30 33.10		500m: 5:31.26	33.66	900m: 10:00.39	33.53	1300m: 14:28.96	33.71
	150m: 1:36.71 33.41		550m: 6:04.69	33.43	950m: 10:34.25	33.86	1350m: 15:02.66	33.70
	200m: 2:09.99 33.28		600m: 6:38.32	33.63	1000m: 11:07.72	33.47	1400m: 15:35.39	32.73
	250m: 2:43.38 33.39		650m: 7:11.93	33.61	1050m: 11:41.23	33.51	1450m: 16:07.72	32.33
	300m: 3:16.83 33.45		700m: 7:45.69	33.76	1100m: 12:15.17	33.94	1500m: 16:39.60	31.88
	350m: 3:50.51 33.68		750m: 7:52.23	6.54	1150m: 12:48.77	33.60		
	400m: 4:24.03 33.52		800m: 8:53.03	1:00.80	1200m: 13:21.86	33.09		
7.	SILVA Andre Lopes	99	117819	Nautico Marinha Grande	16:48.69	+0,79	594	18,00
	50m: 29.13 29.13		450m: 4:54.56	33.56	850m: 9:26.52	33.88	1250m: 13:59.13	34.24
	100m: 1:01.25 32.12		500m: 5:28.17	33.61	900m: 10:00.49	33.97	1300m: 14:33.52	34.39
	150m: 1:34.30 33.05		550m: 6:01.87	33.70	950m: 10:34.56	34.07	1350m: 15:06.71	33.19
	200m: 2:07.42 33.12		600m: 6:36.05	34.18	1000m: 11:08.63	34.07	1400m: 15:41.38	34.67
	250m: 2:40.69 33.27		650m: 7:10.15	34.10	1050m: 11:42.27	33.64	1450m: 16:15.63	34.25
	300m: 3:14.00 33.31		700m: 7:44.15	34.00	1100m: 12:16.14	33.87	1500m: 16:48.69	33.06
	350m: 3:47.28 33.28		750m: 8:18.23	34.08	1150m: 12:50.48	34.34		
	400m: 4:21.00 33.72		800m: 8:52.64	34.41	1200m: 13:24.89	34.41		
8.	LIMA David Dias	00	118183	Vilacondense	16:56.68	+0,84	580	17,00
	50m: 29.84 29.84		450m: 4:58.04	33.66	850m: 9:32.14	34.76	1250m: 14:07.93	34.53
	100m: 1:02.68 32.84		500m: 5:32.11	34.07	900m: 10:06.50	34.36	1300m: 14:42.24	34.31
	150m: 1:36.36 33.68		550m: 6:06.29	34.18	950m: 10:40.72	34.22	1350m: 15:16.71	34.47
	200m: 2:10.21 33.85		600m: 6:40.25	33.96	1000m: 11:15.39	34.67	1400m: 15:50.91	34.20
	250m: 2:43.77 33.56		650m: 7:14.39	34.14	1050m: 11:49.44	34.05	1450m: 16:24.59	33.68
	300m: 3:17.34 33.57		700m: 7:48.59	34.20	1100m: 12:23.68	34.24	1500m: 16:56.68	32.09
	350m: 3:50.60 33.26		750m: 8:22.97	34.38	1150m: 12:58.86	35.18		
	400m: 4:24.38 33.78		800m: 8:57.38	34.41	1200m: 13:33.40	34.54		
9.	FREIRE Tiago Mendonca	01	116898	Leixoes	16:59.54	+0,72	575	16,00
	50m: 29.40 29.40		450m: 4:58.21	34.10	850m: 9:34.29	34.59	1250m: 14:09.92	34.12
	100m: 1:01.98 32.58		500m: 5:32.61	34.40	900m: 10:08.74	34.45	1300m: 14:44.19	34.27
	150m: 1:34.85 32.87		550m: 6:06.92	34.31	950m: 10:43.43	34.69	1350m: 15:18.50	34.31
	200m: 2:08.50 33.65		600m: 6:41.22	34.30	1000m: 11:17.86	34.43	1400m: 15:53.03	34.53
	250m: 2:42.32 33.82		650m: 7:15.88	34.66	1050m: 11:52.36	34.50	1450m: 16:26.79	33.76
	300m: 3:16.18 33.86		700m: 7:50.45	34.57	1100m: 12:26.82	34.46	1500m: 16:59.54	32.75
	350m: 3:50.11 33.93		750m: 8:25.10	34.65	1150m: 13:01.32	34.50		
	400m: 4:24.11 34.00		800m: 8:59.70	34.60	1200m: 13:35.80	34.48		
10.	SILVA Francisco Sousa	01	123676	Alcobaca	17:01.46	+0,72	572	15,00
	50m: 29.62 29.62		450m: 4:57.18	34.10	850m: 9:32.43	34.50	1250m: 14:10.35	34.63
	100m: 1:01.78 32.16		500m: 5:30.96	33.78	900m: 10:06.89	34.46	1300m: 14:45.15	34.80
	150m: 1:35.04 33.26		550m: 6:05.31	34.35	950m: 10:41.59	34.70	1350m: 15:19.94	34.79
	200m: 2:08.26 33.22		600m: 6:39.68	34.37	1000m: 11:16.56	34.97	1400m: 15:54.76	34.82
	250m: 2:41.62 33.36		650m: 7:13.98	34.30	1050m: 11:51.34	34.78	1450m: 16:28.84	34.08
	300m: 3:15.41 33.79		700m: 7:48.42	34.44	1100m: 12:26.32	34.98	1500m: 17:01.46	32.62
	350m: 3:49.20 33.79		750m: 8:23.63	35.21	1150m: 13:00.76	34.44		
	400m: 4:23.08 33.88		800m: 8:57.93	34.30	1200m: 13:35.72	34.96		
11.	FERREIRA Nuno Filipe	00	119654	Foca	17:02.39	+0,78	570	14,00
	50m: 30.29 30.29		450m: 5:01.22	34.20	850m: 9:36.27	34.42	1250m: 14:11.56	34.57
	100m: 1:03.50 33.21		500m: 5:35.61	34.39	900m: 10:10.59	34.32	1300m: 14:45.87	34.31
	150m: 1:37.23 33.73		550m: 6:09.81	34.20	950m: 10:44.82	34.23	1350m: 15:20.08	34.21
	200m: 2:11.10 33.87		600m: 6:44.18	34.37	1000m: 11:19.49	34.67	1400m: 15:54.86	34.78
	250m: 2:44.97 33.87		650m: 7:18.64	34.46	1050m: 11:53.77	34.28	1450m: 16:29.07	34.21
	300m: 3:19.05 34.08		700m: 7:52.82	34.18	1100m: 12:28.02	34.25	1500m: 17:02.39	33.32
	350m: 3:53.03 33.98		750m: 8:27.08	34.26	1150m: 13:02.57	34.55		
	400m: 4:27.02 33.99		800m: 9:01.85	34.77	1200m: 13:36.99	34.42		
12.	RODRIGUES Joao Andre	99	122968	Gesloures	17:03.89	+0,69	568	13,00
	50m: 30.23 30.23		450m: 5:02.28	34.39	850m: 9:37.71	34.43	1250m: 14:13.75	34.82
	100m: 1:03.51 33.28		500m: 5:36.51	34.23	900m: 10:12.19	34.48	1300m: 14:48.40	34.65
	150m: 1:37.03 33.52		550m: 6:10.98	34.47	950m: 10:46.95	34.76	1350m: 15:23.07	34.67
	200m: 2:10.84 33.81		600m: 6:45.08	34.10	1000m: 11:21.31	34.36	1400m: 15:57.48	34.41
	250m: 2:44.80 33.96		650m: 7:19.52	34.44	1050m: 11:55.54	34.23	1450m: 16:31.68	34.20
	300m: 3:19.18 34.38		700m: 7:53.99	34.47	1100m: 12:29.79	34.25	1500m: 17:03.89	32.21
	350m: 3:53.53 34.35		750m: 8:28.81	34.82	1150m: 13:04.19	34.40		
	400m: 4:27.89 34.36		800m: 9:03.28	34.47	1200m: 13:38.93	34.74		

Prova 20, Masc., 1500m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	RAMOS Filipe Asseiceira	00	123620	Torres Novas	17:09.76	+0,81	558	12,00
	50m: 30.85 30.85		450m: 5:02.22	34.30	850m: 9:38.50	34.70	1250m: 14:17.88	35.20
	100m: 1:04.07 33.22		500m: 5:36.46	34.24	900m: 10:13.67	35.17	1300m: 14:52.76	34.88
	150m: 1:37.78 33.71		550m: 6:11.00	34.54	950m: 10:48.46	34.79	1350m: 15:27.26	34.50
	200m: 2:11.69 33.91		600m: 6:45.19	34.19	1000m: 11:22.79	34.33	1400m: 16:01.73	34.47
	250m: 2:45.57 33.88		650m: 7:19.74	34.55	1050m: 11:57.77	34.98	1450m: 16:36.34	34.61
	300m: 3:19.73 34.16		700m: 7:54.53	34.79	1100m: 12:32.57	34.80	1500m: 17:09.76	33.42
	350m: 3:53.75 34.02		750m: 8:29.57	35.04	1150m: 13:07.51	34.94		
	400m: 4:27.92 34.17		800m: 9:03.80	34.23	1200m: 13:42.68	35.17		
14.	LOPES Miguel Sanches	01	125038	Academico Viseu	17:15.26	+0,72	549	11,00
	50m: 30.12 30.12		450m: 5:02.17	34.21	850m: 9:38.08	34.51	1250m: 14:19.48	35.67
	100m: 1:03.16 33.04		500m: 5:36.57	34.40	900m: 10:12.93	34.85	1300m: 14:55.40	35.92
	150m: 1:37.13 33.97		550m: 6:10.82	34.25	950m: 10:47.87	34.94	1350m: 15:30.29	34.89
	200m: 2:11.43 34.30		600m: 6:45.33	34.51	1000m: 11:22.46	34.59	1400m: 16:05.20	34.91
	250m: 2:45.47 34.04		650m: 7:19.66	34.33	1050m: 11:57.73	35.27	1450m: 16:40.50	35.30
	300m: 3:19.53 34.06		700m: 7:54.33	34.67	1100m: 12:32.87	35.14	1500m: 17:15.26	34.76
	350m: 3:53.89 34.36		750m: 8:28.79	34.46	1150m: 13:08.15	35.28		
	400m: 4:27.96 34.07		800m: 9:03.57	34.78	1200m: 13:43.81	35.66		
15.	GARCIA Pedro Picoto	02	129958	Bombeiros Estoris	17:16.28	+0,82	548	10,00
	50m: 30.47 30.47		450m: 5:06.23	34.80	850m: 9:44.93	34.66	1250m: 14:25.15	35.30
	100m: 1:03.88 33.41		500m: 5:40.87	34.64	900m: 10:19.97	35.04	1300m: 14:59.90	34.75
	150m: 1:37.84 33.96		550m: 6:15.95	35.08	950m: 10:54.93	34.96	1350m: 15:34.61	34.71
	200m: 2:12.25 34.41		600m: 6:50.64	34.69	1000m: 11:29.84	34.91	1400m: 16:09.37	34.76
	250m: 2:46.84 34.59		650m: 7:25.90	35.26	1050m: 12:04.73	34.89	1450m: 16:43.62	34.25
	300m: 3:21.82 34.98		700m: 8:00.71	34.81	1100m: 12:39.90	35.17	1500m: 17:16.28	32.66
	350m: 3:56.56 34.74		750m: 8:35.65	34.94	1150m: 13:14.92	35.02		
	400m: 4:31.43 34.87		800m: 9:10.27	34.62	1200m: 13:49.85	34.93		
16.	MOREIRA Ricardo Jorge	01	122012	Natacao de Valongo	17:18.21	+0,79	545	9,00
	50m: 29.08 29.08		450m: 5:02.93	34.67	850m: 9:42.46	35.06	1250m: 14:24.58	35.66
	100m: 1:02.14 33.06		500m: 5:37.57	34.64	900m: 10:17.52	35.06	1300m: 14:59.85	35.27
	150m: 1:35.99 33.85		550m: 6:12.37	34.80	950m: 10:52.82	35.30	1350m: 15:34.73	34.88
	200m: 2:10.38 34.39		600m: 6:47.22	34.85	1000m: 11:28.19	35.37	1400m: 16:09.59	34.86
	250m: 2:44.55 34.17		650m: 7:22.20	34.98	1050m: 12:03.48	35.29	1450m: 16:44.69	35.10
	300m: 3:19.04 34.49		700m: 7:57.17	34.97	1100m: 12:38.81	35.33	1500m: 17:18.21	33.52
	350m: 3:53.68 34.64		750m: 8:32.19	35.02	1150m: 13:14.33	35.52		
	400m: 4:28.26 34.58		800m: 9:07.40	35.21	1200m: 13:48.92	34.59		
17.	MARCOS Alexandre Teixeira	00	122679	Louletano / Loule Concelho	17:30.47	+0,72	526	8,00
	50m: 30.43 30.43		450m: 5:11.13	36.08	850m: 9:55.20	35.24	1250m: 14:37.81	34.61
	100m: 1:04.50 34.07		500m: 5:46.92	35.79	900m: 10:30.44	35.24	1300m: 15:13.44	35.63
	150m: 1:38.92 34.42		550m: 6:22.71	35.79	950m: 11:05.79	35.35	1350m: 15:48.98	35.54
	200m: 2:13.91 34.99		600m: 6:58.53	35.82	1000m: 11:41.05	35.26	1400m: 16:23.99	35.01
	250m: 2:49.02 35.11		650m: 7:34.28	35.75	1050m: 12:16.50	35.45	1450m: 16:58.71	34.72
	300m: 3:24.22 35.20		700m: 8:09.88	35.60	1100m: 12:52.05	35.55	1500m: 17:30.47	31.76
	350m: 3:59.34 35.12		750m: 8:45.49	35.61	1150m: 13:27.66	35.61		
	400m: 4:35.05 35.71		800m: 9:19.96	34.47	1200m: 14:03.20	35.54		
18.	JORGE Tiago Andre	00	119683	Ba/Bomcar	17:30.90	+0,76	525	7,00
	50m: 29.72 29.72		450m: 5:03.12	34.52	850m: 9:43.28	35.25	1250m: 14:31.17	36.41
	100m: 1:02.96 33.24		500m: 5:37.75	34.63	900m: 10:18.82	35.54	1300m: 15:06.99	35.82
	150m: 1:37.30 34.34		550m: 6:12.19	34.44	950m: 10:54.54	35.72	1350m: 15:43.19	36.20
	200m: 2:11.82 34.52		600m: 6:47.15	34.96	1000m: 11:30.70	36.16	1400m: 16:19.68	36.49
	250m: 2:45.55 33.73		650m: 7:22.27	35.12	1050m: 12:06.52	35.82	1450m: 16:55.89	36.21
	300m: 3:19.85 34.30		700m: 7:57.33	35.06	1100m: 12:42.58	36.06	1500m: 17:30.90	35.01
	350m: 3:53.99 34.14		750m: 8:32.62	35.29	1150m: 13:18.77	36.19		
	400m: 4:28.60 34.61		800m: 9:08.03	35.41	1200m: 13:54.76	35.99		
19.	BRANCO Joao Pedro	01	132221	Aquatico Pacense	17:31.14	+0,81	525	6,00
	50m: 30.82 30.82		450m: 5:07.14	34.95	850m: 9:49.89	35.64	1250m: 14:36.38	35.62
	100m: 1:04.00 33.18		500m: 5:42.53	35.39	900m: 10:25.36	35.47	1300m: 15:12.09	35.71
	150m: 1:37.89 33.89		550m: 6:17.60	35.07	950m: 11:01.22	35.86	1350m: 15:47.78	35.69
	200m: 2:12.42 34.53		600m: 6:52.49	34.89	1000m: 11:37.27	36.05	1400m: 16:23.86	36.08
	250m: 2:47.12 34.70		650m: 7:27.94	35.45	1050m: 12:13.30	36.03	1450m: 16:59.32	35.46
	300m: 3:22.02 34.90		700m: 8:03.12	35.18	1100m: 12:49.48	36.18	1500m: 17:31.14	31.82
	350m: 3:57.26 35.24		750m: 8:38.56	35.44	1150m: 13:24.93	35.45		
	400m: 4:32.19 34.93		800m: 9:14.25	35.69	1200m: 14:00.76	35.83		

Prova 20, Masc., 1500m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	OLIVEIRA David Miguel	01	125696	Estarreja	18:01.51	+0,76	482	5,00
	50m: 30.37 30.37		450m: 5:15.86	36.09	850m: 10:08.71	37.36	1250m: 15:01.41	36.58
	100m: 1:04.85 34.48		500m: 5:52.37	36.51	900m: 10:45.34	36.63	1300m: 15:36.91	35.50
	150m: 1:39.86 35.01		550m: 6:28.67	36.30	950m: 11:22.11	36.77	1350m: 16:12.89	35.98
	200m: 2:15.69 35.83		600m: 7:04.97	36.30	1000m: 11:59.07	36.96	1400m: 16:49.84	36.95
	250m: 2:51.52 35.83		650m: 7:41.54	36.57	1050m: 12:35.51	36.44	1450m: 17:26.79	36.95
	300m: 3:27.37 35.85		700m: 8:18.19	36.65	1100m: 13:12.49	36.98	1500m: 18:01.51	34.72
	350m: 4:03.47 36.10		750m: 8:54.35	36.16	1150m: 13:48.65	36.16		
	400m: 4:39.77 36.30		800m: 9:31.35	37.00	1200m: 14:24.83	36.18		
21.	OLIVEIRA Gil Diogo	01	153316	Gafanha da Encarnacao	18:11.12	+0,87	469	4,00
	50m: 31.09 31.09		450m: 5:14.89	36.56	850m: 10:07.70	36.87	1250m: 15:03.52	37.17
	100m: 1:05.16 34.07		500m: 5:51.83	36.94	900m: 10:45.43	37.73	1300m: 15:41.77	38.25
	150m: 1:39.77 34.61		550m: 6:28.06	36.23	950m: 11:21.54	36.11	1350m: 16:19.77	38.00
	200m: 2:15.55 35.78		600m: 7:05.09	37.03	1000m: 11:58.61	37.07	1400m: 16:58.09	38.32
	250m: 2:50.11 34.56		650m: 7:41.08	35.99	1050m: 12:35.60	36.99	1450m: 17:34.77	36.68
	300m: 3:26.40 36.29		700m: 8:17.83	36.75	1100m: 13:12.71	37.11	1500m: 18:11.12	36.35
	350m: 4:01.91 35.51		750m: 8:55.00	37.17	1150m: 13:49.26	36.55		
	400m: 4:38.33 36.42		800m: 9:30.83	35.83	1200m: 14:26.35	37.09		
22.	MARTINS Samuel Dias	02	122190	Colegio SMLamas	18:33.03	+0,73	442	3,00
	50m: 31.11 31.11		450m: 5:22.33	37.53	850m: 10:23.72	38.12	1250m: 15:29.58	37.89
	100m: 1:05.54 34.43		500m: 5:59.56	37.23	900m: 11:01.89	38.17	1300m: 16:06.12	36.54
	150m: 1:41.03 35.49		550m: 6:36.94	37.38	950m: 11:39.79	37.90	1350m: 16:43.78	37.66
	200m: 2:16.95 35.92		600m: 7:14.52	37.58	1000m: 12:17.85	38.06	1400m: 17:21.54	37.76
	250m: 2:53.42 36.47		650m: 7:51.97	37.45	1050m: 12:56.39	38.54	1450m: 17:59.06	37.52
	300m: 3:30.35 36.93		700m: 8:29.71	37.74	1100m: 13:34.99	38.60	1500m: 18:33.03	33.97
	350m: 4:07.61 37.26		750m: 9:07.64	37.93	1150m: 14:13.50	38.51		
	400m: 4:44.80 37.19		800m: 9:45.60	37.96	1200m: 14:51.69	38.19		
23.	GONCALVES Jose Joao	01	124415	Amigos da Montanha/Becri	18:35.28	+0,70	439	2,00
	50m: 30.08 30.08		450m: 5:23.81	37.71	850m: 10:27.20	38.18	1250m: 15:32.31	37.27
	100m: 1:04.07 33.99		500m: 6:01.31	37.50	900m: 11:05.26	38.06	1300m: 16:08.76	36.45
	150m: 1:40.62 36.55		550m: 6:38.81	37.50	950m: 11:43.75	38.49	1350m: 16:46.40	37.64
	200m: 2:17.28 36.66		600m: 7:16.75	37.94	1000m: 12:22.22	38.47	1400m: 17:23.68	37.28
	250m: 2:54.40 37.12		650m: 7:54.65	37.90	1050m: 13:00.95	38.73	1450m: 18:00.53	36.85
	300m: 3:31.43 37.03		700m: 8:32.25	37.60	1100m: 13:39.33	38.38	1500m: 18:35.28	34.75
	350m: 4:08.84 37.41		750m: 9:10.65	38.40	1150m: 14:17.69	38.36		
	400m: 4:46.10 37.26		800m: 9:49.02	38.37	1200m: 14:55.04	37.35		
24.	CALCONA Joao Filipe	02	127051	Aminata	19:14.92	+0,90	395	1,00
	50m: 34.32 34.32		450m: 5:45.10	38.61	850m: 10:54.34	39.04	1250m: 16:04.29	38.60
	100m: 1:12.81 38.49		500m: 6:24.00	38.90	900m: 11:33.23	38.89	1300m: 16:43.33	39.04
	150m: 1:51.82 39.01		550m: 7:02.50	38.50	950m: 12:12.15	38.92	1350m: 17:22.07	38.74
	200m: 2:31.04 39.22		600m: 7:41.08	38.58	1000m: 12:50.75	38.60	1400m: 18:00.35	38.28
	250m: 3:09.68 38.64		650m: 8:19.37	38.29	1050m: 13:29.46	38.71	1450m: 18:38.46	38.11
	300m: 3:48.59 38.91		700m: 8:58.05	38.68	1100m: 14:08.29	38.83	1500m: 19:14.92	36.46
	350m: 4:27.41 38.82		750m: 9:36.50	38.45	1150m: 14:47.05	38.76		
	400m: 5:06.49 39.08		800m: 10:15.30	38.80	1200m: 15:25.69	38.64		