

Prova 8 Masc., 1500m Livres Juvenis B  
22-03-2018 - 17:00 Resultados

RN Absoluto 15:15.12 PINA Guilherme Filipe SCP Coimbra 30-03-2017  
RN Juv B 16:30.45 JORGE Duarte Miguel CGA Oeiras 21-07-2016

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>OLIVEIRA Vitor Teixeira</b>	03	Columbofila Cantanhedense	<b>17:11.34</b>	<b>+0,76</b>	<b>602</b>	
	50m: 31.99 31.99	450m: 5:07.48	34.19	850m: 9:43.97	34.20	1250m: 14:19.10	34.27
	100m: 1:05.73 33.74	500m: 5:42.30	34.82	900m: 10:18.52	34.55	1300m: 14:53.72	34.62
	150m: 1:39.79 34.06	550m: 6:16.82	34.52	950m: 10:52.94	34.42	1350m: 15:28.15	34.43
	200m: 2:14.57 34.78	600m: 6:51.43	34.61	1000m: 11:27.52	34.58	1400m: 16:02.75	34.60
	250m: 2:48.66 34.09	650m: 7:25.68	34.25	1050m: 12:01.56	34.04	1450m: 16:37.05	34.30
	300m: 3:23.45 34.79	700m: 8:00.37	34.69	1100m: 12:36.09	34.53	1500m: 17:11.34	34.29
	350m: 3:58.24 34.79	750m: 8:35.00	34.63	1150m: 13:10.22	34.13		
	400m: 4:33.29 35.05	800m: 9:09.77	34.77	1200m: 13:44.83	34.61		
2.	<b>MACHADO Martim Miranda</b>	03	Uniao Coimbra	<b>17:20.15</b>	<b>+0,72</b>	<b>587</b>	
	50m: 30.16 30.16	450m: 5:05.46	34.73	850m: 9:43.24	34.90	1250m: 14:22.27	35.05
	100m: 1:04.05 33.89	500m: 5:40.00	34.54	900m: 10:18.07	34.83	1300m: 14:57.52	35.25
	150m: 1:38.09 34.04	550m: 6:14.67	34.67	950m: 10:53.41	35.34	1350m: 15:33.38	35.86
	200m: 2:12.32 34.23	600m: 6:49.37	34.70	1000m: 11:27.83	34.42	1400m: 16:09.25	35.87
	250m: 2:46.72 34.40	650m: 7:24.05	34.68	1050m: 12:03.10	35.27	1450m: 16:45.14	35.89
	300m: 3:21.32 34.60	700m: 7:58.72	34.67	1100m: 12:37.55	34.45	1500m: 17:20.15	35.01
	350m: 3:56.03 34.71	750m: 8:33.52	34.80	1150m: 13:12.48	34.93		
	400m: 4:30.73 34.70	800m: 9:08.34	34.82	1200m: 13:47.22	34.74		
3.	<b>DIAS Ruben Fonseca</b>	03	Natacao de Valongo	<b>17:36.27</b>	<b>+0,81</b>	<b>560</b>	
	50m: 30.76 30.76	450m: 5:10.17	35.25	850m: 9:54.39	35.76	1250m: 14:41.28	35.37
	100m: 1:04.18 33.42	500m: 5:45.31	35.14	900m: 10:30.03	35.64	1300m: 15:17.64	36.36
	150m: 1:39.08 34.90	550m: 6:20.96	35.65	950m: 11:05.21	35.18	1350m: 15:52.52	34.88
	200m: 2:13.66 34.58	600m: 6:56.34	35.38	1000m: 11:41.50	36.29	1400m: 16:27.87	35.35
	250m: 2:48.82 35.16	650m: 7:31.71	35.37	1050m: 12:17.35	35.85	1450m: 17:02.38	34.51
	300m: 3:23.90 35.08	700m: 8:07.65	35.94	1100m: 12:54.33	36.98	1500m: 17:36.27	33.89
	350m: 3:59.44 35.54	750m: 8:43.21	35.56	1150m: 13:29.74	35.41		
	400m: 4:34.92 35.48	800m: 9:18.63	35.42	1200m: 14:05.91	36.17		
4.	<b>SOUSA Diogo Nunes</b>	03	Vitoria Guimaraes	<b>17:36.91</b>	<b>+0,70</b>	<b>559</b>	
	50m: 30.21 30.21	450m: 5:11.29	34.86	850m: 9:55.91	35.58	1250m: 14:43.83	35.94
	100m: 1:04.45 34.24	500m: 5:46.82	35.53	900m: 10:32.20	36.29	1300m: 15:20.18	36.35
	150m: 1:39.19 34.74	550m: 6:21.67	34.85	950m: 11:07.78	35.58	1350m: 15:55.59	35.41
	200m: 2:14.83 35.64	600m: 6:57.81	36.14	1000m: 11:43.94	36.16	1400m: 16:31.42	35.83
	250m: 2:49.86 35.03	650m: 7:32.97	35.16	1050m: 12:19.69	35.75	1450m: 17:04.93	33.51
	300m: 3:25.78 35.92	700m: 8:08.65	35.68	1100m: 12:55.83	36.14	1500m: 17:36.91	31.98
	350m: 4:00.79 35.01	750m: 8:44.06	35.41	1150m: 13:31.70	35.87		
	400m: 4:36.43 35.64	800m: 9:20.33	36.27	1200m: 14:07.89	36.19		
5.	<b>GOMES Tomas Nogueira</b>	03	Uniao Piedense	<b>17:37.83</b>	<b>+0,67</b>	<b>558</b>	
	50m: 30.68 30.68	450m: 5:11.59	35.61	850m: 9:56.49	35.69	1250m: 14:42.57	35.54
	100m: 1:04.08 33.40	500m: 5:47.26	35.67	900m: 10:32.38	35.89	1300m: 15:18.57	36.00
	150m: 1:38.78 34.70	550m: 6:22.48	35.22	950m: 11:08.46	36.08	1350m: 15:54.41	35.84
	200m: 2:13.80 35.02	600m: 6:58.21	35.73	1000m: 11:44.50	36.04	1400m: 16:29.63	35.22
	250m: 2:48.89 35.09	650m: 7:33.96	35.75	1050m: 12:20.17	35.67	1450m: 17:04.98	35.35
	300m: 3:24.64 35.75	700m: 8:09.57	35.61	1100m: 12:55.85	35.68	1500m: 17:37.83	32.85
	350m: 4:00.20 35.56	750m: 8:44.86	35.29	1150m: 13:31.47	35.62		
	400m: 4:35.98 35.78	800m: 9:20.80	35.94	1200m: 14:07.03	35.56		

Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	<b>SOUSA Guilherme Mendes</b>	03	Nautico Marinha Grande	<b>17:38.51</b>	<b>+0,84</b>	<b>557</b>	
	50m: 29.08 29.08	450m: 5:10.88	35.47	850m: 9:55.47	35.89	1250m: 14:42.97	35.45
	100m: 1:01.85 32.77	500m: 5:46.70	35.82	900m: 10:31.21	35.74	1300m: 15:19.82	36.85
	150m: 1:36.60 34.75	550m: 6:21.83	35.13	950m: 11:06.68	35.47	1350m: 15:55.19	35.37
	200m: 2:12.18 35.58	600m: 6:57.73	35.90	1000m: 11:43.29	36.61	1400m: 16:31.52	36.33
	250m: 2:47.66 35.48	650m: 7:33.22	35.49	1050m: 12:19.32	36.03	1450m: 17:05.00	33.48
	300m: 3:23.64 35.98	700m: 8:08.80	35.58	1100m: 12:55.28	35.96	1500m: 17:38.51	33.51
	350m: 3:59.62 35.98	750m: 8:44.27	35.47	1150m: 13:31.11	35.83		
	400m: 4:35.41 35.79	800m: 9:19.58	35.31	1200m: 14:07.52	36.41		
7.	<b>FARDILHA Manuel Cruz</b>	03	Galitos / Bresimar	<b>17:51.27</b>	<b>+0,82</b>	<b>537</b>	
	50m: 31.09 31.09	450m: 5:11.54	35.62	850m: 10:00.63	36.26	1250m: 14:52.18	36.75
	100m: 1:04.61 33.52	500m: 5:47.64	36.10	900m: 10:37.02	36.39	1300m: 15:28.68	36.50
	150m: 1:39.47 34.86	550m: 6:23.46	35.82	950m: 11:13.33	36.31	1350m: 16:04.74	36.06
	200m: 2:14.37 34.90	600m: 6:59.16	35.70	1000m: 11:49.83	36.50	1400m: 16:40.85	36.11
	250m: 2:49.44 35.07	650m: 7:35.34	36.18	1050m: 12:26.57	36.74	1450m: 17:16.45	35.60
	300m: 3:24.81 35.37	700m: 8:11.64	36.30	1100m: 13:03.24	36.67	1500m: 17:51.27	34.82
	350m: 4:00.31 35.50	750m: 8:47.65	36.01	1150m: 13:39.24	36.00		
	400m: 4:35.92 35.61	800m: 9:24.37	36.72	1200m: 14:15.43	36.19		
8.	<b>RELVAS David Ferreira</b>	03	Nautico Marinha Grande	<b>18:03.90</b>	<b>+0,73</b>	<b>518</b>	
	50m: 30.22 30.22	450m: 5:13.67	36.35	850m: 10:07.88	37.03	1250m: 15:02.99	37.10
	100m: 1:03.99 33.77	500m: 5:50.25	36.58	900m: 10:44.64	36.76	1300m: 15:39.38	36.39
	150m: 1:38.88 34.89	550m: 6:26.95	36.70	950m: 11:21.67	37.03	1350m: 16:16.20	36.82
	200m: 2:14.31 35.43	600m: 7:03.78	36.83	1000m: 11:58.61	36.94	1400m: 16:52.39	36.19
	250m: 2:49.77 35.46	650m: 7:40.77	36.99	1050m: 12:35.70	37.09	1450m: 17:28.90	36.51
	300m: 3:25.54 35.77	700m: 8:17.82	37.05	1100m: 13:12.40	36.70	1500m: 18:03.90	35.00
	350m: 4:01.26 35.72	750m: 8:54.58	36.76	1150m: 13:49.31	36.91		
	400m: 4:37.32 36.06	800m: 9:30.85	36.27	1200m: 14:25.89	36.58		
9.	<b>FERREIRA Joao Carlos</b>	03	Porto	<b>18:12.37</b>	<b>+0,69</b>	<b>506</b>	
	50m: 30.49 30.49	450m: 5:16.94	36.88	850m: 10:12.03	36.83	1250m: 15:08.26	37.33
	100m: 1:04.63 34.14	500m: 5:53.49	36.55	900m: 10:49.41	37.38	1300m: 15:45.73	37.47
	150m: 1:39.80 35.17	550m: 6:30.48	36.99	950m: 11:26.96	37.55	1350m: 16:22.88	37.15
	200m: 2:14.67 34.87	600m: 7:06.96	36.48	1000m: 12:04.38	37.42	1400m: 16:59.92	37.04
	250m: 2:50.55 35.88	650m: 7:44.19	37.23	1050m: 12:41.30	36.92	1450m: 17:36.88	36.96
	300m: 3:27.14 36.59	700m: 8:20.70	36.51	1100m: 13:17.97	36.67	1500m: 18:12.37	35.49
	350m: 4:03.70 36.56	750m: 8:57.69	36.99	1150m: 13:53.87	35.90		
	400m: 4:40.06 36.36	800m: 9:35.20	37.51	1200m: 14:30.93	37.06		
10.	<b>SANTOS Andre Cardoso</b>	03	Academico Viseu	<b>18:23.99</b>	<b>+0,82</b>	<b>491</b>	
	50m: 31.69 31.69	450m: 5:19.59	36.27	850m: 10:14.41	37.16	1250m: 15:16.49	37.83
	100m: 1:07.05 35.36	500m: 5:55.78	36.19	900m: 10:52.20	37.79	1300m: 15:54.52	38.03
	150m: 1:42.85 35.80	550m: 6:31.75	35.97	950m: 11:29.28	37.08	1350m: 16:32.49	37.97
	200m: 2:18.19 35.34	600m: 7:08.62	36.87	1000m: 12:07.07	37.79	1400m: 17:10.37	37.88
	250m: 2:54.24 36.05	650m: 7:46.03	37.41	1050m: 12:44.82	37.75	1450m: 17:47.35	36.98
	300m: 3:30.70 36.46	700m: 8:23.04	37.01	1100m: 13:22.79	37.97	1500m: 18:23.99	36.64
	350m: 4:06.74 36.04	750m: 8:59.92	36.88	1150m: 14:00.75	37.96		
	400m: 4:43.32 36.58	800m: 9:37.25	37.33	1200m: 14:38.66	37.91		
11.	<b>GOMES Goncalo Andre</b>	03	Condeixa Clube	<b>18:30.85</b>	<b>+0,73</b>	<b>482</b>	
	50m: 30.85 30.85	450m: 5:22.29	37.77	850m: 10:23.92	38.02	1250m: 15:25.53	37.54
	100m: 1:05.78 34.93	500m: 5:58.71	36.42	900m: 11:01.89	37.97	1300m: 16:03.49	37.96
	150m: 1:40.89 35.11	550m: 6:36.77	38.06	950m: 11:39.78	37.89	1350m: 16:41.44	37.95
	200m: 2:16.65 35.76	600m: 7:14.73	37.96	1000m: 12:17.88	38.10	1400m: 17:19.29	37.85
	250m: 2:53.54 36.89	650m: 7:51.99	37.26	1050m: 12:55.43	37.55	1450m: 17:55.73	36.44
	300m: 3:30.25 36.71	700m: 8:29.84	37.85	1100m: 13:32.06	36.63	1500m: 18:30.85	35.12
	350m: 4:07.32 37.07	750m: 9:07.10	37.26	1150m: 14:09.74	37.68		
	400m: 4:44.52 37.20	800m: 9:45.90	38.80	1200m: 14:47.99	38.25		

Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNF	MARQUES Andre Costa	03	Famalicao				

Prova 8  
22-03-2018 - 17:00 Masc., 1500m Livres Juvenis A Resultados

RN Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
RN Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FROTA Paulo Andre	02	CASPAE	<b>16:39.67</b>	<b>+0,62</b>	<b>661</b>	
	50m: 30.15 30.15	450m: 4:53.77 33.22	850m: 9:22.54 33.50	1250m: 13:53.41 33.72			
	100m: 1:02.83 32.68	500m: 5:27.41 33.64	900m: 9:56.48 33.94	1300m: 14:27.72 34.31			
	150m: 1:34.86 32.03	550m: 6:00.66 33.25	950m: 10:30.13 33.65	1350m: 15:01.22 33.50			
	200m: 2:07.82 32.96	600m: 6:34.34 33.68	1000m: 11:04.40 34.27	1400m: 15:35.27 34.05			
	250m: 2:40.66 32.84	650m: 7:07.76 33.42	1050m: 11:37.94 33.54	1450m: 16:08.52 33.25			
	300m: 3:14.03 33.37	700m: 7:41.63 33.87	1100m: 12:12.13 34.19	1500m: 16:39.67 31.15			
	350m: 3:47.02 32.99	750m: 8:15.07 33.44	1150m: 12:45.48 33.35				
	400m: 4:20.55 33.53	800m: 8:49.04 33.97	1200m: 13:19.69 34.21				
2.	AMORIM Ivan Emanuel	02	Fluvial Portuense	<b>17:02.43</b>	<b>+0,79</b>	<b>618</b>	
	50m: 29.63 29.63	450m: 5:01.61 34.85	850m: 9:37.42 34.81	1250m: 14:14.43 34.67			
	100m: 1:02.21 32.58	500m: 5:35.83 34.22	900m: 10:11.70 34.28	1300m: 14:48.65 34.22			
	150m: 1:36.01 33.80	550m: 6:10.44 34.61	950m: 10:46.63 34.93	1350m: 15:23.01 34.36			
	200m: 2:09.63 33.62	600m: 6:44.62 34.18	1000m: 11:20.87 34.24	1400m: 15:57.60 34.59			
	250m: 2:43.77 34.14	650m: 7:19.43 34.81	1050m: 11:55.60 34.73	1450m: 16:31.49 33.89			
	300m: 3:17.68 33.91	700m: 7:53.95 34.52	1100m: 12:30.13 34.53	1500m: 17:02.43 30.94			
	350m: 3:52.55 34.87	750m: 8:28.78 34.83	1150m: 13:05.26 35.13				
	400m: 4:26.76 34.21	800m: 9:02.61 33.83	1200m: 13:39.76 34.50				
3.	RODRIGUES Pedro Reis	02	Sao Roque	<b>17:03.20</b>	<b>+0,55</b>	<b>616</b>	
	50m: 29.89 29.89	450m: 4:59.17 34.35	850m: 9:34.66 34.38	1250m: 14:12.85 35.08			
	100m: 1:02.61 32.72	500m: 5:33.63 34.46	900m: 10:08.76 34.10	1300m: 14:47.40 34.55			
	150m: 1:35.87 33.26	550m: 6:08.05 34.42	950m: 10:43.31 34.55	1350m: 15:21.91 34.51			
	200m: 2:09.22 33.35	600m: 6:42.18 34.13	1000m: 11:17.76 34.45	1400m: 15:56.51 34.60			
	250m: 2:42.79 33.57	650m: 7:16.32 34.14	1050m: 11:52.75 34.99	1450m: 16:29.76 33.25			
	300m: 3:16.45 33.66	700m: 7:50.91 34.59	1100m: 12:28.04 35.29	1500m: 17:03.20 33.44			
	350m: 3:50.59 34.14	750m: 8:25.91 35.00	1150m: 13:02.63 34.59				
	400m: 4:24.82 34.23	800m: 9:00.28 34.37	1200m: 13:37.77 35.14				
4.	VEIGAS Hugo Miguel	02	Natacao Olhao	<b>17:06.53</b>	<b>+0,68</b>	<b>610</b>	
	50m: 30.24 30.24	450m: 5:03.20 34.32	850m: 9:37.10 34.53	1250m: 14:15.13 35.06			
	100m: 1:03.20 32.96	500m: 5:37.61 34.41	900m: 10:11.62 34.52	1300m: 14:49.53 34.40			
	150m: 1:36.60 33.40	550m: 6:11.83 34.22	950m: 10:46.31 34.69	1350m: 15:24.54 35.01			
	200m: 2:10.74 34.14	600m: 6:46.18 34.35	1000m: 11:20.87 34.56	1400m: 15:59.35 34.81			
	250m: 2:44.91 34.17	650m: 7:20.11 33.93	1050m: 11:55.72 34.85	1450m: 16:33.76 34.41			
	300m: 3:19.36 34.45	700m: 7:54.04 33.93	1100m: 12:30.31 34.59	1500m: 17:06.53 32.77			
	350m: 3:54.24 34.88	750m: 8:28.23 34.19	1150m: 13:05.33 35.02				
	400m: 4:28.88 34.64	800m: 9:02.57 34.34	1200m: 13:40.07 34.74				

Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	<b>DOMINGOS Ruy Manuel</b>	02	Sporting	<b>17:08.28</b>	<b>+0,79</b>	<b>607</b>	
	50m: 29.51 29.51	450m: 5:01.89	34.25	850m: 9:38.41	34.17	1250m: 14:17.81	34.26
	100m: 1:02.99 33.48	500m: 5:36.51	34.62	900m: 10:13.62	35.21	1300m: 14:53.10	35.29
	150m: 1:36.32 33.33	550m: 6:10.70	34.19	950m: 10:48.56	34.94	1350m: 15:27.26	34.16
	200m: 2:10.64 34.32	600m: 6:45.31	34.61	1000m: 11:24.37	35.81	1400m: 16:02.20	34.94
	250m: 2:44.62 33.98	650m: 7:19.84	34.53	1050m: 11:58.59	34.22	1450m: 16:35.84	33.64
	300m: 3:18.93 34.31	700m: 7:54.88	35.04	1100m: 12:33.85	35.26	1500m: 17:08.28	32.44
	350m: 3:53.22 34.29	750m: 8:29.24	34.36	1150m: 13:08.27	34.42		
	400m: 4:27.64 34.42	800m: 9:04.24	35.00	1200m: 13:43.55	35.28		
6.	<b>AMARAL Francisco Rodriguez</b>	02	Campinho	<b>17:21.49</b>	<b>+0,72</b>	<b>584</b>	
	50m: 29.86 29.86	450m: 5:06.85	34.97	850m: 9:46.77	34.98	1250m: 14:27.89	35.50
	100m: 1:03.14 33.28	500m: 5:41.93	35.08	900m: 10:21.49	34.72	1300m: 15:03.09	35.20
	150m: 1:37.37 34.23	550m: 6:16.60	34.67	950m: 10:56.42	34.93	1350m: 15:38.33	35.24
	200m: 2:12.02 34.65	600m: 6:51.47	34.87	1000m: 11:31.72	35.30	1400m: 16:13.31	34.98
	250m: 2:46.96 34.94	650m: 7:26.76	35.29	1050m: 12:06.79	35.07	1450m: 16:48.19	34.88
	300m: 3:21.73 34.77	700m: 8:01.96	35.20	1100m: 12:41.79	35.00	1500m: 17:21.49	33.30
	350m: 3:56.94 35.21	750m: 8:37.14	35.18	1150m: 13:16.97	35.18		
	400m: 4:31.88 34.94	800m: 9:11.79	34.65	1200m: 13:52.39	35.42		
7.	<b>MONTEIRO Tomas Penha</b>	02	Alges	<b>17:30.42</b>	<b>+0,67</b>	<b>570</b>	
	50m: 30.72 30.72	450m: 5:06.58	34.77	850m: 9:46.44	35.27	1250m: 14:31.52	35.86
	100m: 1:04.59 33.87	500m: 5:41.52	34.94	900m: 10:21.46	35.02	1300m: 15:07.83	36.31
	150m: 1:38.72 34.13	550m: 6:16.43	34.91	950m: 10:56.59	35.13	1350m: 15:44.06	36.23
	200m: 2:12.79 34.07	600m: 6:51.45	35.02	1000m: 11:32.45	35.86	1400m: 16:20.14	36.08
	250m: 2:47.58 34.79	650m: 7:26.41	34.96	1050m: 12:07.93	35.48	1450m: 16:55.60	35.46
	300m: 3:22.16 34.58	700m: 8:01.40	34.99	1100m: 12:43.48	35.55	1500m: 17:30.42	34.82
	350m: 3:57.16 35.00	750m: 8:36.25	34.85	1150m: 13:19.50	36.02		
	400m: 4:31.81 34.65	800m: 9:11.17	34.92	1200m: 13:55.66	36.16		
8.	<b>MARQUES Rui Joao</b>	02	Nautico Academico	<b>17:35.99</b>	<b>+0,81</b>	<b>561</b>	
	50m: 30.71 30.71	450m: 5:08.52	35.58	850m: 9:54.08	35.88	1250m: 14:41.26	35.75
	100m: 1:04.83 34.12	500m: 5:43.87	35.35	900m: 10:29.63	35.55	1300m: 15:16.85	35.59
	150m: 1:38.81 33.98	550m: 6:19.35	35.48	950m: 11:05.46	35.83	1350m: 15:53.06	36.21
	200m: 2:13.31 34.50	600m: 6:55.09	35.74	1000m: 11:41.52	36.06	1400m: 16:28.28	35.22
	250m: 2:47.48 34.17	650m: 7:30.88	35.79	1050m: 12:17.27	35.75	1450m: 17:03.64	35.36
	300m: 3:22.78 35.30	700m: 8:06.45	35.57	1100m: 12:53.62	36.35	1500m: 17:35.99	32.35
	350m: 3:58.06 35.28	750m: 8:42.25	35.80	1150m: 13:29.18	35.56		
	400m: 4:32.94 34.88	800m: 9:18.20	35.95	1200m: 14:05.51	36.33		
9.	<b>RIBEIRO Luis Manuel</b>	02	Porto	<b>17:39.90</b>	<b>+0,70</b>	<b>554</b>	
	50m: 30.86 30.86	450m: 5:15.34	35.91	850m: 10:02.83	35.50	1250m: 14:48.00	35.70
	100m: 1:05.36 34.50	500m: 5:51.31	35.97	900m: 10:38.62	35.79	1300m: 15:23.30	35.30
	150m: 1:40.82 35.46	550m: 6:27.19	35.88	950m: 11:14.24	35.62	1350m: 15:59.27	35.97
	200m: 2:16.02 35.20	600m: 7:03.68	36.49	1000m: 11:49.91	35.67	1400m: 16:34.55	35.28
	250m: 2:51.63 35.61	650m: 7:39.62	35.94	1050m: 12:25.39	35.48	1450m: 17:09.11	34.56
	300m: 3:27.63 36.00	700m: 8:15.97	36.35	1100m: 13:01.39	36.00	1500m: 17:39.90	30.79
	350m: 4:03.52 35.89	750m: 8:51.47	35.50	1150m: 13:36.50	35.11		
	400m: 4:39.43 35.91	800m: 9:27.33	35.86	1200m: 14:12.30	35.80		
10.	<b>ALVES Manuel Landeiro</b>	02	Naval Praia da Vitoria	<b>17:43.32</b>	<b>+0,77</b>	<b>549</b>	
	50m: 31.15 31.15	450m: 5:10.35	35.48	850m: 9:56.25	35.81	1250m: 14:45.08	35.73
	100m: 1:05.32 34.17	500m: 5:46.12	35.77	900m: 10:32.74	36.49	1300m: 15:21.38	36.30
	150m: 1:39.80 34.48	550m: 6:21.36	35.24	950m: 11:08.24	35.50	1350m: 15:57.45	36.07
	200m: 2:14.59 34.79	600m: 6:57.09	35.73	1000m: 11:44.71	36.47	1400m: 16:33.38	35.93
	250m: 2:49.46 34.87	650m: 7:32.71	35.62	1050m: 12:20.51	35.80	1450m: 17:09.26	35.88
	300m: 3:24.75 35.29	700m: 8:08.59	35.88	1100m: 12:56.83	36.32	1500m: 17:43.32	34.06
	350m: 3:59.67 34.92	750m: 8:44.50	35.91	1150m: 13:33.14	36.31		
	400m: 4:34.87 35.20	800m: 9:20.44	35.94	1200m: 14:09.35	36.21		

Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	ROCHA Eduardo Chicralla	02	Sporting	<b>17:44.33</b>	<b>+0,75</b>	<b>548</b>	
	50m: 31.41 31.41	450m: 5:10.79	35.23	850m: 9:55.36	35.88	1250m: 14:45.11	36.52
	100m: 1:05.47 34.06	500m: 5:46.03	35.24	900m: 10:31.36	36.00	1300m: 15:21.61	36.50
	150m: 1:40.02 34.55	550m: 6:21.86	35.83	950m: 11:07.76	36.40	1350m: 15:57.97	36.36
	200m: 2:14.85 34.83	600m: 6:57.23	35.37	1000m: 11:43.97	36.21	1400m: 16:34.09	36.12
	250m: 2:50.19 35.34	650m: 7:32.98	35.75	1050m: 12:19.97	36.00	1450m: 17:09.74	35.65
	300m: 3:25.21 35.02	700m: 8:08.35	35.37	1100m: 12:56.20	36.23	1500m: 17:44.33	34.59
	350m: 4:00.49 35.28	750m: 8:43.94	35.59	1150m: 13:32.52	36.32		
	400m: 4:35.56 35.07	800m: 9:19.48	35.54	1200m: 14:08.59	36.07		
12.	SOUZA Francisco Alves	02	Gesloures	<b>17:44.95</b>	<b>+0,74</b>	<b>547</b>	
	50m: 29.85 29.85	450m: 5:11.82	35.80	850m: 9:56.14	35.25	1250m: 14:46.46	36.36
	100m: 1:03.76 33.91	500m: 5:47.41	35.59	900m: 10:32.43	36.29	1300m: 15:23.14	36.68
	150m: 1:38.40 34.64	550m: 6:22.83	35.42	950m: 11:08.43	36.00	1350m: 15:58.96	35.82
	200m: 2:14.14 35.74	600m: 6:58.54	35.71	1000m: 11:45.00	36.57	1400m: 16:35.15	36.19
	250m: 2:49.49 35.35	650m: 7:33.80	35.26	1050m: 12:20.93	35.93	1450m: 17:10.90	35.75
	300m: 3:24.93 35.44	700m: 8:09.41	35.61	1100m: 12:57.28	36.35	1500m: 17:44.95	34.05
	350m: 4:00.61 35.68	750m: 8:44.57	35.16	1150m: 13:33.23	35.95		
	400m: 4:36.02 35.41	800m: 9:20.89	36.32	1200m: 14:10.10	36.87		
13.	SANTOS Guilherme Clara	02	Estamos Juntos	<b>17:57.99</b>	<b>+0,72</b>	<b>527</b>	
	50m: 30.24 30.24	450m: 5:17.27	36.32	850m: 10:08.26	35.24	1250m: 14:58.82	36.42
	100m: 1:04.95 34.71	500m: 5:54.02	36.75	900m: 10:44.51	36.25	1300m: 15:35.08	36.26
	150m: 1:39.94 34.99	550m: 6:30.38	36.36	950m: 11:20.86	36.35	1350m: 16:11.59	36.51
	200m: 2:15.83 35.89	600m: 7:06.98	36.60	1000m: 11:57.43	36.57	1400m: 16:48.34	36.75
	250m: 2:51.83 36.00	650m: 7:43.67	36.69	1050m: 12:33.44	36.01	1450m: 17:23.94	35.60
	300m: 3:28.19 36.36	700m: 8:19.83	36.16	1100m: 13:10.11	36.67	1500m: 17:57.99	34.05
	350m: 4:04.64 36.45	750m: 8:56.11	36.28	1150m: 13:46.27	36.16		
	400m: 4:40.95 36.31	800m: 9:33.02	36.91	1200m: 14:22.40	36.13		
14.	SALGADO Goncalo Sampaio	02	Famalicao	<b>18:02.10</b>	<b>+0,71</b>	<b>521</b>	
	50m: 30.87 30.87	450m: 5:16.43	35.61	850m: 10:05.81	36.12	1250m: 14:59.51	36.54
	100m: 1:05.63 34.76	500m: 5:52.44	36.01	900m: 10:42.53	36.72	1300m: 15:36.68	37.17
	150m: 1:41.03 35.40	550m: 6:28.29	35.85	950m: 11:18.59	36.06	1350m: 16:13.17	36.49
	200m: 2:16.77 35.74	600m: 7:04.79	36.50	1000m: 11:55.50	36.91	1400m: 16:50.48	37.31
	250m: 2:52.50 35.73	650m: 7:40.70	35.91	1050m: 12:32.46	36.96	1450m: 17:26.66	36.18
	300m: 3:28.39 35.89	700m: 8:17.46	36.76	1100m: 13:09.06	36.60	1500m: 18:02.10	35.44
	350m: 4:04.26 35.87	750m: 8:53.46	36.00	1150m: 13:45.79	36.73		
	400m: 4:40.82 36.56	800m: 9:29.69	36.23	1200m: 14:22.97	37.18		
15.	GARCIA Pedro Picoto	02	Bombeiros Estoris	<b>18:26.60</b>	<b>+0,85</b>	<b>487</b>	
	50m: 31.22 31.22	450m: 5:20.87	37.39	850m: 10:18.34	37.21	1250m: 15:19.67	37.79
	100m: 1:05.30 34.08	500m: 5:58.16	37.29	900m: 10:56.18	37.84	1300m: 15:57.81	38.14
	150m: 1:40.21 34.91	550m: 6:35.10	36.94	950m: 11:33.39	37.21	1350m: 16:35.27	37.46
	200m: 2:16.26 36.05	600m: 7:12.40	37.30	1000m: 12:11.43	38.04	1400m: 17:13.39	38.12
	250m: 2:52.84 36.58	650m: 7:49.38	36.98	1050m: 12:48.84	37.41	1450m: 17:50.05	36.66
	300m: 3:29.35 36.51	700m: 8:26.51	37.13	1100m: 13:26.65	37.81	1500m: 18:26.60	36.55
	350m: 4:06.30 36.95	750m: 9:03.56	37.05	1150m: 14:03.90	37.25		
	400m: 4:43.48 37.18	800m: 9:41.13	37.57	1200m: 14:41.88	37.98		



Prova 8, Masc., 1500m Livres

Prova 8  
22-03-2018 - 17:00

Masc., 1500m Livres

Juniores  
Resultados

RN Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
RN Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
RN Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore (SIN)	30-08-2015

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTO Filipe Miguel <i>Minimos CEJun</i>	00	Benfica	<b>15:32.05</b>	+0,76	816	
	50m: 28.95 28.95	450m: 4:38.91	31.12	850m: 8:45.81	30.65	1250m: 12:55.67	31.40
	100m: 1:00.17 31.22	500m: 5:10.04	31.13	900m: 9:16.69	30.88	1300m: 13:27.16	31.49
	150m: 1:32.00 31.83	550m: 5:40.99	30.95	950m: 9:47.68	30.99	1350m: 13:58.87	31.71
	200m: 2:03.64 31.64	600m: 6:12.02	31.03	1000m: 10:18.74	31.06	1400m: 14:30.58	31.71
	250m: 2:34.55 30.91	650m: 6:42.87	30.85	1050m: 10:49.91	31.17	1450m: 15:02.12	31.54
	300m: 3:05.68 31.13	700m: 7:13.69	30.82	1100m: 11:21.46	31.55	1500m: 15:32.05	29.93
	350m: 3:36.67 30.99	750m: 7:44.41	30.72	1150m: 11:52.90	31.44		
	400m: 4:07.79 31.12	800m: 8:15.16	30.75	1200m: 12:24.27	31.37		
2.	LOPES Jose Paulo <i>Minimos CEJun</i>	00	Braga	<b>15:54.20</b>	+0,67	760	
	50m: 28.79 28.79	450m: 4:34.98	31.21	850m: 8:49.31	32.08	1250m: 13:10.94	32.66
	100m: 58.97 30.18	500m: 5:06.68	31.70	900m: 9:21.94	32.63	1300m: 13:43.84	32.90
	150m: 1:29.70 30.73	550m: 5:38.05	31.37	950m: 9:54.26	32.32	1350m: 14:16.80	32.96
	200m: 2:00.21 30.51	600m: 6:09.80	31.75	1000m: 10:27.05	32.79	1400m: 14:49.83	33.03
	250m: 2:31.10 30.89	650m: 6:41.59	31.79	1050m: 10:59.56	32.51	1450m: 15:22.38	32.55
	300m: 3:01.73 30.63	700m: 7:13.57	31.98	1100m: 11:32.39	32.83	1500m: 15:54.20	31.82
	350m: 3:32.61 30.88	750m: 7:45.01	31.44	1150m: 12:05.03	32.64		
	400m: 4:03.77 31.16	800m: 8:17.23	32.22	1200m: 12:38.28	33.25		
3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>15:59.67</b>	+0,75	747	
	50m: 29.52 29.52	450m: 4:48.03	32.57	850m: 9:05.40	32.31	1250m: 13:21.69	31.93
	100m: 1:01.14 31.62	500m: 5:20.30	32.27	900m: 9:37.80	32.40	1300m: 13:53.57	31.88
	150m: 1:33.31 32.17	550m: 5:52.43	32.13	950m: 10:09.45	31.65	1350m: 14:25.95	32.38
	200m: 2:05.52 32.21	600m: 6:24.57	32.14	1000m: 10:41.38	31.93	1400m: 14:58.30	32.35
	250m: 2:37.87 32.35	650m: 6:56.69	32.12	1050m: 11:13.75	32.37	1450m: 15:29.63	31.33
	300m: 3:10.35 32.48	700m: 7:28.88	32.19	1100m: 11:46.05	32.30	1500m: 15:59.67	30.04
	350m: 3:43.00 32.65	750m: 8:00.73	31.85	1150m: 12:17.99	31.94		
	400m: 4:15.46 32.46	800m: 8:33.09	32.36	1200m: 12:49.76	31.77		
4.	CAILLE Dany Pedro	00	Braga	<b>16:08.32</b>	+0,80	727	
	50m: 29.02 29.02	450m: 4:48.12	32.14	850m: 9:06.47	32.29	1250m: 13:27.64	32.61
	100m: 1:01.17 32.15	500m: 5:20.92	32.80	900m: 9:39.10	32.63	1300m: 14:00.51	32.87
	150m: 1:33.18 32.01	550m: 5:52.67	31.75	950m: 10:11.60	32.50	1350m: 14:33.01	32.50
	200m: 2:05.64 32.46	600m: 6:25.29	32.62	1000m: 10:44.39	32.79	1400m: 15:05.63	32.62
	250m: 2:37.91 32.27	650m: 6:57.19	31.90	1050m: 11:16.95	32.56	1450m: 15:37.71	32.08
	300m: 3:10.78 32.87	700m: 7:29.73	32.54	1100m: 11:49.72	32.77	1500m: 16:08.32	30.61
	350m: 3:42.98 32.20	750m: 8:01.56	31.83	1150m: 12:22.31	32.59		
	400m: 4:15.98 33.00	800m: 8:34.18	32.62	1200m: 12:55.03	32.72		

Prova 8, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	<b>JOSE Diogo Coelho</b>	01	Columbofila Cantanhedense	<b>16:21.15</b>	<b>+0,66</b>	<b>699</b>	
	50m: 29.17 29.17	450m: 4:45.62	32.30	850m: 9:09.50	32.84	1250m: 13:36.19	33.29
	100m: 1:00.99 31.82	500m: 5:18.52	32.90	900m: 9:42.84	33.34	1300m: 14:09.43	33.24
	150m: 1:32.44 31.45	550m: 5:51.36	32.84	950m: 10:15.93	33.09	1350m: 14:42.76	33.33
	200m: 2:04.48 32.04	600m: 6:24.40	33.04	1000m: 10:49.47	33.54	1400m: 15:16.23	33.47
	250m: 2:36.31 31.83	650m: 6:57.59	33.19	1050m: 11:22.59	33.12	1450m: 15:49.24	33.01
	300m: 3:08.28 31.97	700m: 7:30.91	33.32	1100m: 11:56.26	33.67	1500m: 16:21.15	31.91
	350m: 3:40.61 32.33	750m: 8:03.55	32.64	1150m: 12:29.13	32.87		
	400m: 4:13.32 32.71	800m: 8:36.66	33.11	1200m: 13:02.90	33.77		
6.	<b>GOMES Roberto Donald</b>	00	Alges	<b>16:24.66</b>	<b>+0,73</b>	<b>692</b>	
	50m: 28.59 28.59	450m: 4:41.43	32.56	850m: 9:05.46	33.75	1250m: 13:36.62	34.63
	100m: 59.26 30.67	500m: 5:13.61	32.18	900m: 9:38.63	33.17	1300m: 14:10.24	33.62
	150m: 1:30.53 31.27	550m: 5:46.74	33.13	950m: 10:12.35	33.72	1350m: 14:43.95	33.71
	200m: 2:01.64 31.11	600m: 6:19.30	32.56	1000m: 10:45.81	33.46	1400m: 15:18.14	34.19
	250m: 2:33.62 31.98	650m: 6:52.62	33.32	1050m: 11:19.76	33.95	1450m: 15:51.92	33.78
	300m: 3:04.92 31.30	700m: 7:25.26	32.64	1100m: 11:53.63	33.87	1500m: 16:24.66	32.74
	350m: 3:37.24 32.32	750m: 7:58.72	33.46	1150m: 12:28.22	34.59		
	400m: 4:08.87 31.63	800m: 8:31.71	32.99	1200m: 13:01.99	33.77		
7.	<b>NUNES Diogo Barbosa</b>	00	Fluvial Portuense	<b>16:36.21</b>	<b>+0,73</b>	<b>668</b>	
	50m: 29.44 29.44	450m: 4:46.53	32.55	850m: 9:12.96	33.90	1250m: 13:46.83	33.99
	100m: 1:01.06 31.62	500m: 5:19.15	32.62	900m: 9:47.03	34.07	1300m: 14:21.55	34.72
	150m: 1:32.85 31.79	550m: 5:51.89	32.74	950m: 10:20.88	33.85	1350m: 14:55.93	34.38
	200m: 2:05.05 32.20	600m: 6:25.21	33.32	1000m: 10:55.21	34.33	1400m: 15:30.35	34.42
	250m: 2:36.92 31.87	650m: 6:58.58	33.37	1050m: 11:29.21	34.00	1450m: 16:04.60	34.25
	300m: 3:09.28 32.36	700m: 7:31.83	33.25	1100m: 12:03.73	34.52	1500m: 16:36.21	31.61
	350m: 3:41.37 32.09	750m: 8:05.26	33.43	1150m: 12:37.95	34.22		
	400m: 4:13.98 32.61	800m: 8:39.06	33.80	1200m: 13:12.84	34.89		
8.	<b>GOMES Sebastiao Mendes</b>	00	Pimpoes/Cimai	<b>16:36.37</b>	<b>+0,74</b>	<b>668</b>	
	50m: 29.84 29.84	450m: 4:53.55	33.34	850m: 9:21.15	33.99	1250m: 13:55.33	34.11
	100m: 1:02.15 32.31	500m: 5:26.98	33.43	900m: 9:55.84	34.69	1300m: 14:29.14	33.81
	150m: 1:35.36 33.21	550m: 5:59.86	32.88	950m: 10:29.81	33.97	1350m: 15:01.75	32.61
	200m: 2:08.46 33.10	600m: 6:33.32	33.46	1000m: 11:04.06	34.25	1400m: 15:35.81	34.06
	250m: 2:41.11 32.65	650m: 7:07.12	33.80	1050m: 11:38.76	34.70	1450m: 16:06.98	31.17
	300m: 3:14.03 32.92	700m: 7:40.56	33.44	1100m: 12:12.71	33.95	1500m: 16:36.37	29.39
	350m: 3:47.28 33.25	750m: 8:14.29	33.73	1150m: 12:47.67	34.96		
	400m: 4:20.21 32.93	800m: 8:47.16	32.87	1200m: 13:21.22	33.55		
9.	<b>JORGE Duarte Miguel</b>	01	Galitos / Bresimar	<b>16:38.98</b>	<b>+0,79</b>	<b>662</b>	
	50m: 29.37 29.37	450m: 4:50.07	32.76	850m: 9:17.17	33.60	1250m: 13:49.95	33.35
	100m: 1:01.33 31.96	500m: 5:23.53	33.46	900m: 9:51.76	34.59	1300m: 14:23.90	33.95
	150m: 1:32.58 31.25	550m: 5:56.04	32.51	950m: 10:25.38	33.62	1350m: 14:57.38	33.48
	200m: 2:05.84 33.26	600m: 6:29.84	33.80	1000m: 11:00.21	34.83	1400m: 15:32.24	34.86
	250m: 2:38.45 32.61	650m: 7:02.96	33.12	1050m: 11:33.74	33.53	1450m: 16:05.87	33.63
	300m: 3:11.37 32.92	700m: 7:36.84	33.88	1100m: 12:08.34	34.60	1500m: 16:38.98	33.11
	350m: 3:43.71 32.34	750m: 8:09.95	33.11	1150m: 12:42.09	33.75		
	400m: 4:17.31 33.60	800m: 8:43.57	33.62	1200m: 13:16.60	34.51		
10.	<b>JESUS Afonso Guilherme</b>	00	Sporting	<b>16:55.74</b>	<b>+0,72</b>	<b>630</b>	
	50m: 29.60 29.60	450m: 4:59.37	33.84	850m: 9:31.87	33.81	1250m: 14:05.06	34.55
	100m: 1:02.39 32.79	500m: 5:33.77	34.40	900m: 10:05.71	33.84	1300m: 14:39.66	34.60
	150m: 1:35.72 33.33	550m: 6:07.97	34.20	950m: 10:39.50	33.79	1350m: 15:14.13	34.47
	200m: 2:09.35 33.63	600m: 6:42.40	34.43	1000m: 11:13.72	34.22	1400m: 15:48.95	34.82
	250m: 2:42.93 33.58	650m: 7:16.48	34.08	1050m: 11:48.06	34.34	1450m: 16:23.05	34.10
	300m: 3:16.93 34.00	700m: 7:50.73	34.25	1100m: 12:22.07	34.01	1500m: 16:55.74	32.69
	350m: 3:50.96 34.03	750m: 8:24.23	33.50	1150m: 12:56.09	34.02		
	400m: 4:25.53 34.57	800m: 8:58.06	33.83	1200m: 13:30.51	34.42		

Prova 8, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	PEREIRA Jose Maria	01	Sporting	<b>17:01.95</b>	<b>+0,73</b>	<b>619</b>	
	50m: 29.46 29.46	450m: 5:01.10 34.10	850m: 9:34.38 33.98	1250m: 14:09.90 34.67			
	100m: 1:02.81 33.35	500m: 5:35.38 34.28	900m: 10:08.60 34.22	1300m: 14:44.92 35.02			
	150m: 1:36.17 33.36	550m: 6:09.45 34.07	950m: 10:42.78 34.18	1350m: 15:19.44 34.52			
	200m: 2:10.27 34.10	600m: 6:43.53 34.08	1000m: 11:17.05 34.27	1400m: 15:54.21 34.77			
	250m: 2:44.18 33.91	650m: 7:17.59 34.06	1050m: 11:51.47 34.42	1450m: 16:28.23 34.02			
	300m: 3:18.51 34.33	700m: 7:51.93 34.34	1100m: 12:26.13 34.66	1500m: 17:01.95 33.72			
	350m: 3:52.49 33.98	750m: 8:25.96 34.03	1150m: 13:00.57 34.44				
	400m: 4:27.00 34.51	800m: 9:00.40 34.44	1200m: 13:35.23 34.66				
12.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	<b>17:04.97</b>	<b>+0,73</b>	<b>613</b>	
	50m: 30.56 30.56	450m: 4:59.49 33.96	850m: 9:34.54 34.69	1250m: 14:13.70 34.73			
	100m: 1:03.03 32.47	500m: 5:33.87 34.38	900m: 10:09.38 34.84	1300m: 14:48.63 34.93			
	150m: 1:36.06 33.03	550m: 6:08.34 34.47	950m: 10:44.71 35.33	1350m: 15:22.55 33.92			
	200m: 2:09.48 33.42	600m: 6:42.65 34.31	1000m: 11:19.85 35.14	1400m: 15:56.66 34.11			
	250m: 2:42.77 33.29	650m: 7:16.98 34.33	1050m: 11:54.70 34.85	1450m: 16:30.75 34.09			
	300m: 3:16.74 33.97	700m: 7:51.26 34.28	1100m: 12:29.53 34.83	1500m: 17:04.97 34.22			
	350m: 3:51.17 34.43	750m: 8:25.20 33.94	1150m: 13:04.20 34.67				
	400m: 4:25.53 34.36	800m: 8:59.85 34.65	1200m: 13:38.97 34.77				
13.	NEVES Pedro Barata	00	Laranjeiro	<b>17:31.73</b>	<b>+0,76</b>	<b>568</b>	
	50m: 30.22 30.22	450m: 5:05.28 34.58	850m: 9:49.91 35.38	1250m: 14:36.23 35.47			
	100m: 1:04.34 34.12	500m: 5:40.89 35.61	900m: 10:26.12 36.21	1300m: 15:12.36 36.13			
	150m: 1:38.15 33.81	550m: 6:15.94 35.05	950m: 11:01.22 35.10	1350m: 15:47.41 35.05			
	200m: 2:12.72 34.57	600m: 6:52.05 36.11	1000m: 11:37.31 36.09	1400m: 16:22.82 35.41			
	250m: 2:46.61 33.89	650m: 7:26.93 34.88	1050m: 12:12.88 35.57	1450m: 16:57.65 34.83			
	300m: 3:21.28 34.67	700m: 8:02.89 35.96	1100m: 12:49.14 36.26	1500m: 17:31.73 34.08			
	350m: 3:55.58 34.30	750m: 8:38.44 35.55	1150m: 13:24.58 35.44				
	400m: 4:30.70 35.12	800m: 9:14.53 36.09	1200m: 14:00.76 36.18				
14.	BARBARA Goncalo Gualberto	00	Rio Maior	<b>17:41.22</b>	<b>+0,68</b>	<b>552</b>	
	50m: 30.55 30.55	450m: 5:07.55 35.25	850m: 9:51.60 35.76	1250m: 14:39.80 36.08			
	100m: 1:03.87 33.32	500m: 5:42.93 35.38	900m: 10:27.28 35.68	1300m: 15:16.20 36.40			
	150m: 1:38.10 34.23	550m: 6:18.12 35.19	950m: 11:03.14 35.86	1350m: 15:52.43 36.23			
	200m: 2:13.00 34.90	600m: 6:53.25 35.13	1000m: 11:39.23 36.09	1400m: 16:28.74 36.31			
	250m: 2:47.77 34.77	650m: 7:28.84 35.59	1050m: 12:15.37 36.14	1450m: 17:05.43 36.69			
	300m: 3:22.67 34.90	700m: 8:04.42 35.58	1100m: 12:51.52 36.15	1500m: 17:41.22 35.79			
	350m: 3:57.37 34.70	750m: 8:39.91 35.49	1150m: 13:27.42 35.90				
	400m: 4:32.30 34.93	800m: 9:15.84 35.93	1200m: 14:03.72 36.30				



Prova 8, Masc., 1500m Livres

Prova 8 Masc., 1500m Livres Seniores  
22-03-2018 - 17:00 Resultados

RN Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
RN Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>PINA Guilherme Filipe</b> <i>Minimos CEPL</i>	98	Sporting	<b>15:19.87</b>	+0,69	848	
	50m: 28.41 28.41	450m: 4:33.65 30.77	850m: 8:40.52 31.10	1250m: 12:47.72 31.08			
	100m: 58.94 30.53	500m: 5:04.33 30.68	900m: 9:11.43 30.91	1300m: 13:18.54 30.82			
	150m: 1:29.55 30.61	550m: 5:35.22 30.89	950m: 9:42.44 31.01	1350m: 13:49.52 30.98			
	200m: 2:00.05 30.50	600m: 6:05.85 30.63	1000m: 10:13.19 30.75	1400m: 14:20.33 30.81			
	250m: 2:30.87 30.82	650m: 6:36.84 30.99	1050m: 10:44.02 30.83	1450m: 14:50.77 30.44			
	300m: 3:01.40 30.53	700m: 7:07.57 30.73	1100m: 11:14.95 30.93	1500m: 15:19.87 29.10			
	350m: 3:32.31 30.91	750m: 7:38.62 31.05	1150m: 11:45.91 30.96				
	400m: 4:02.88 30.57	800m: 8:09.42 30.80	1200m: 12:16.64 30.73				
2.	<b>GIL Rafael Lourenco</b>	96	Individual ANL	<b>15:40.85</b>	+0,73	793	
	50m: 27.91 27.91	450m: 4:35.36 31.11	850m: 8:46.08 31.61	1250m: 13:01.21 32.05			
	100m: 58.09 30.18	500m: 5:06.42 31.06	900m: 9:17.55 31.47	1300m: 13:33.31 32.10			
	150m: 1:28.89 30.80	550m: 5:37.66 31.24	950m: 9:49.35 31.80	1350m: 14:05.36 32.05			
	200m: 1:59.83 30.94	600m: 6:08.83 31.17	1000m: 10:21.07 31.72	1400m: 14:37.63 32.27			
	250m: 2:30.96 31.13	650m: 6:40.02 31.19	1050m: 10:53.05 31.98	1450m: 15:09.34 31.71			
	300m: 3:01.94 30.98	700m: 7:11.33 31.31	1100m: 11:24.94 31.89	1500m: 15:40.85 31.51			
	350m: 3:33.03 31.09	750m: 7:43.04 31.71	1150m: 11:57.10 32.16				
	400m: 4:04.25 31.22	800m: 8:14.47 31.43	1200m: 12:29.16 32.06				
3.	<b>BATE Miguel Ribeiro</b>	99	Alges	<b>16:10.02</b>	+0,71	724	
	50m: 28.27 28.27	450m: 4:45.38 32.19	850m: 9:05.91 32.57	1250m: 13:28.02 32.62			
	100m: 59.77 31.50	500m: 5:18.16 32.78	900m: 9:38.55 32.64	1300m: 14:01.18 33.16			
	150m: 1:31.41 31.64	550m: 5:50.41 32.25	950m: 10:11.07 32.52	1350m: 14:34.19 33.01			
	200m: 2:03.54 32.13	600m: 6:23.31 32.90	1000m: 10:43.73 32.66	1400m: 15:06.96 32.77			
	250m: 2:35.74 32.20	650m: 6:55.61 32.30	1050m: 11:16.41 32.68	1450m: 15:39.27 32.31			
	300m: 3:08.35 32.61	700m: 7:28.39 32.78	1100m: 11:49.62 33.21	1500m: 16:10.02 30.75			
	350m: 3:40.68 32.33	750m: 8:00.84 32.45	1150m: 12:22.00 32.38				
	400m: 4:13.19 32.51	800m: 8:33.34 32.50	1200m: 12:55.40 33.40				
4.	<b>PINTO Antonio Fernando</b>	99	Estrelas S. Joao de Brito	<b>16:29.25</b>	+0,76	682	
	50m: 27.95 27.95	450m: 4:47.80 32.90	850m: 9:14.26 33.02	1250m: 13:41.93 33.47			
	100m: 58.93 30.98	500m: 5:21.25 33.45	900m: 9:48.03 33.77	1300m: 14:15.66 33.73			
	150m: 1:30.50 31.57	550m: 5:54.38 33.13	950m: 10:21.56 33.53	1350m: 14:49.21 33.55			
	200m: 2:02.88 32.38	600m: 6:27.94 33.56	1000m: 10:55.30 33.74	1400m: 15:23.05 33.84			
	250m: 2:35.52 32.64	650m: 7:01.41 33.47	1050m: 11:28.24 32.94	1450m: 15:56.27 33.22			
	300m: 3:08.82 33.30	700m: 7:34.78 33.37	1100m: 12:01.33 33.09	1500m: 16:29.25 32.98			
	350m: 3:41.49 32.67	750m: 8:07.71 32.93	1150m: 12:34.89 33.56				
	400m: 4:14.90 33.41	800m: 8:41.24 33.53	1200m: 13:08.46 33.57				
5.	<b>REBELO Diogo Nogueira</b>	98	Colegio Monte Maior	<b>16:42.28</b>	+0,71	656	
	50m: 30.12 30.12	450m: 4:58.90 33.85	850m: 9:29.50 33.32	1250m: 13:58.73 33.40			
	100m: 1:03.41 33.29	500m: 5:33.01 34.11	900m: 10:03.23 33.73	1300m: 14:32.45 33.72			
	150m: 1:36.30 32.89	550m: 6:06.85 33.84	950m: 10:36.69 33.46	1350m: 15:05.69 33.24			
	200m: 2:09.88 33.58	600m: 6:40.93 34.08	1000m: 11:10.54 33.85	1400m: 15:38.90 33.21			
	250m: 2:43.21 33.33	650m: 7:14.50 33.57	1050m: 11:43.99 33.45	1450m: 16:11.20 32.30			
	300m: 3:17.47 34.26	700m: 7:48.73 34.23	1100m: 12:17.91 33.92	1500m: 16:42.28 31.08			
	350m: 3:50.91 33.44	750m: 8:22.23 33.50	1150m: 12:51.63 33.72				
	400m: 4:25.05 34.14	800m: 8:56.18 33.95	1200m: 13:25.33 33.70				

Prova 8, Masc., 1500m Livres

Prova 8  
22-03-2018 - 17:00  
Masc., 1500m Livres  
Absolutos Resultados

RN Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
RN Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
RN Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
RN Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore (SIN)	30-08-2015
RN Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
RN Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>PINA Guilherme Filipe</b> <i>Minimos CEPL</i>	98	Sporting	<b>15:19.87</b>	+0,69	848	
	50m: 28.41 28.41	450m: 4:33.65 30.77	850m: 8:40.52 31.10	1250m: 12:47.72 31.08			
	100m: 58.94 30.53	500m: 5:04.33 30.68	900m: 9:11.43 30.91	1300m: 13:18.54 30.82			
	150m: 1:29.55 30.61	550m: 5:35.22 30.89	950m: 9:42.44 31.01	1350m: 13:49.52 30.98			
	200m: 2:00.05 30.50	600m: 6:05.85 30.63	1000m: 10:13.19 30.75	1400m: 14:20.33 30.81			
	250m: 2:30.87 30.82	650m: 6:36.84 30.99	1050m: 10:44.02 30.83	1450m: 14:50.77 30.44			
	300m: 3:01.40 30.53	700m: 7:07.57 30.73	1100m: 11:14.95 30.93	1500m: 15:19.87 29.10			
	350m: 3:32.31 30.91	750m: 7:38.62 31.05	1150m: 11:45.91 30.96				
	400m: 4:02.88 30.57	800m: 8:09.42 30.80	1200m: 12:16.64 30.73				
2.	<b>SANTO Filipe Miguel</b> <i>Minimos CEJun</i>	00	Benfica	<b>15:32.05</b>	+0,76	816	
	50m: 28.95 28.95	450m: 4:38.91 31.12	850m: 8:45.81 30.65	1250m: 12:55.67 31.40			
	100m: 1:00.17 31.22	500m: 5:10.04 31.13	900m: 9:16.69 30.88	1300m: 13:27.16 31.49			
	150m: 1:32.00 31.83	550m: 5:40.99 30.95	950m: 9:47.68 30.99	1350m: 13:58.87 31.71			
	200m: 2:03.64 31.64	600m: 6:12.02 31.03	1000m: 10:18.74 31.06	1400m: 14:30.58 31.71			
	250m: 2:34.55 30.91	650m: 6:42.87 30.85	1050m: 10:49.91 31.17	1450m: 15:02.12 31.54			
	300m: 3:05.68 31.13	700m: 7:13.69 30.82	1100m: 11:21.46 31.55	1500m: 15:32.05 29.93			
	350m: 3:36.67 30.99	750m: 7:44.41 30.72	1150m: 11:52.90 31.44				
	400m: 4:07.79 31.12	800m: 8:15.16 30.75	1200m: 12:24.27 31.37				
3.	<b>GIL Rafael Lourenco</b> <i>Minimos CEJun</i>	96	Individual ANL	<b>15:40.85</b>	+0,73	793	
	50m: 27.91 27.91	450m: 4:35.36 31.11	850m: 8:46.08 31.61	1250m: 13:01.21 32.05			
	100m: 58.09 30.18	500m: 5:06.42 31.06	900m: 9:17.55 31.47	1300m: 13:33.31 32.10			
	150m: 1:28.89 30.80	550m: 5:37.66 31.24	950m: 9:49.35 31.80	1350m: 14:05.36 32.05			
	200m: 1:59.83 30.94	600m: 6:08.83 31.17	1000m: 10:21.07 31.72	1400m: 14:37.63 32.27			
	250m: 2:30.96 31.13	650m: 6:40.02 31.19	1050m: 10:53.05 31.98	1450m: 15:09.34 31.71			
	300m: 3:01.94 30.98	700m: 7:11.33 31.31	1100m: 11:24.94 31.89	1500m: 15:40.85 31.51			
	350m: 3:33.03 31.09	750m: 7:43.04 31.71	1150m: 11:57.10 32.16				
	400m: 4:04.25 31.22	800m: 8:14.47 31.43	1200m: 12:29.16 32.06				
4.	<b>LOPES Jose Paulo</b> <i>Minimos CEJun</i>	00	Braga	<b>15:54.20</b>	+0,67	760	
	50m: 28.79 28.79	450m: 4:34.98 31.21	850m: 8:49.31 32.08	1250m: 13:10.94 32.66			
	100m: 58.97 30.18	500m: 5:06.68 31.70	900m: 9:21.94 32.63	1300m: 13:43.84 32.90			
	150m: 1:29.70 30.73	550m: 5:38.05 31.37	950m: 9:54.26 32.32	1350m: 14:16.80 32.96			
	200m: 2:00.21 30.51	600m: 6:09.80 31.75	1000m: 10:27.05 32.79	1400m: 14:49.83 33.03			
	250m: 2:31.10 30.89	650m: 6:41.59 31.79	1050m: 10:59.56 32.51	1450m: 15:22.38 32.55			
	300m: 3:01.73 30.63	700m: 7:13.57 31.98	1100m: 11:32.39 32.83	1500m: 15:54.20 31.82			
	350m: 3:32.61 30.88	750m: 7:45.01 31.44	1150m: 12:05.03 32.64				
	400m: 4:03.77 31.16	800m: 8:17.23 32.22	1200m: 12:38.28 33.25				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	<b>CARDOSO Diogo Santos</b>	01	Colegio Monte Maior	<b>15:59.67</b>	<b>+0,75</b>	<b>747</b>	
	50m: 29.52 29.52	450m: 4:48.03	32.57	850m: 9:05.40	32.31	1250m: 13:21.69	31.93
	100m: 1:01.14 31.62	500m: 5:20.30	32.27	900m: 9:37.80	32.40	1300m: 13:53.57	31.88
	150m: 1:33.31 32.17	550m: 5:52.43	32.13	950m: 10:09.45	31.65	1350m: 14:25.95	32.38
	200m: 2:05.52 32.21	600m: 6:24.57	32.14	1000m: 10:41.38	31.93	1400m: 14:58.30	32.35
	250m: 2:37.87 32.35	650m: 6:56.69	32.12	1050m: 11:13.75	32.37	1450m: 15:29.63	31.33
	300m: 3:10.35 32.48	700m: 7:28.88	32.19	1100m: 11:46.05	32.30	1500m: 15:59.67	30.04
	350m: 3:43.00 32.65	750m: 8:00.73	31.85	1150m: 12:17.99	31.94		
	400m: 4:15.46 32.46	800m: 8:33.09	32.36	1200m: 12:49.76	31.77		
6.	<b>CAILLE Dany Pedro</b>	00	Braga	<b>16:08.32</b>	<b>+0,80</b>	<b>727</b>	
	50m: 29.02 29.02	450m: 4:48.12	32.14	850m: 9:06.47	32.29	1250m: 13:27.64	32.61
	100m: 1:01.17 32.15	500m: 5:20.92	32.80	900m: 9:39.10	32.63	1300m: 14:00.51	32.87
	150m: 1:33.18 32.01	550m: 5:52.67	31.75	950m: 10:11.60	32.50	1350m: 14:33.01	32.50
	200m: 2:05.64 32.46	600m: 6:25.29	32.62	1000m: 10:44.39	32.79	1400m: 15:05.63	32.62
	250m: 2:37.91 32.27	650m: 6:57.19	31.90	1050m: 11:16.95	32.56	1450m: 15:37.71	32.08
	300m: 3:10.78 32.87	700m: 7:29.73	32.54	1100m: 11:49.72	32.77	1500m: 16:08.32	30.61
	350m: 3:42.98 32.20	750m: 8:01.56	31.83	1150m: 12:22.31	32.59		
	400m: 4:15.98 33.00	800m: 8:34.18	32.62	1200m: 12:55.03	32.72		
7.	<b>BATE Miguel Ribeiro</b>	99	Alges	<b>16:10.02</b>	<b>+0,71</b>	<b>724</b>	
	50m: 28.27 28.27	450m: 4:45.38	32.19	850m: 9:05.91	32.57	1250m: 13:28.02	32.62
	100m: 59.77 31.50	500m: 5:18.16	32.78	900m: 9:38.55	32.64	1300m: 14:01.18	33.16
	150m: 1:31.41 31.64	550m: 5:50.41	32.25	950m: 10:11.07	32.52	1350m: 14:34.19	33.01
	200m: 2:03.54 32.13	600m: 6:23.31	32.90	1000m: 10:43.73	32.66	1400m: 15:06.96	32.77
	250m: 2:35.74 32.20	650m: 6:55.61	32.30	1050m: 11:16.41	32.68	1450m: 15:39.27	32.31
	300m: 3:08.35 32.61	700m: 7:28.39	32.78	1100m: 11:49.62	33.21	1500m: 16:10.02	30.75
	350m: 3:40.68 32.33	750m: 8:00.84	32.45	1150m: 12:22.00	32.38		
	400m: 4:13.19 32.51	800m: 8:33.34	32.50	1200m: 12:55.40	33.40		
8.	<b>JOSE Diogo Coelho</b>	01	Columbifila Cantanhedense	<b>16:21.15</b>	<b>+0,66</b>	<b>699</b>	
	50m: 29.17 29.17	450m: 4:45.62	32.30	850m: 9:09.50	32.84	1250m: 13:36.19	33.29
	100m: 1:00.99 31.82	500m: 5:18.52	32.90	900m: 9:42.84	33.34	1300m: 14:09.43	33.24
	150m: 1:32.44 31.45	550m: 5:51.36	32.84	950m: 10:15.93	33.09	1350m: 14:42.76	33.33
	200m: 2:04.48 32.04	600m: 6:24.40	33.04	1000m: 10:49.47	33.54	1400m: 15:16.23	33.47
	250m: 2:36.31 31.83	650m: 6:57.59	33.19	1050m: 11:22.59	33.12	1450m: 15:49.24	33.01
	300m: 3:08.28 31.97	700m: 7:30.91	33.32	1100m: 11:56.26	33.67	1500m: 16:21.15	31.91
	350m: 3:40.61 32.33	750m: 8:03.55	32.64	1150m: 12:29.13	32.87		
	400m: 4:13.32 32.71	800m: 8:36.66	33.11	1200m: 13:02.90	33.77		
9.	<b>GOMES Roberto Donald</b>	00	Alges	<b>16:24.66</b>	<b>+0,73</b>	<b>692</b>	
	50m: 28.59 28.59	450m: 4:41.43	32.56	850m: 9:05.46	33.75	1250m: 13:36.62	34.63
	100m: 59.26 30.67	500m: 5:13.61	32.18	900m: 9:38.63	33.17	1300m: 14:10.24	33.62
	150m: 1:30.53 31.27	550m: 5:46.74	33.13	950m: 10:12.35	33.72	1350m: 14:43.95	33.71
	200m: 2:01.64 31.11	600m: 6:19.30	32.56	1000m: 10:45.81	33.46	1400m: 15:18.14	34.19
	250m: 2:33.62 31.98	650m: 6:52.62	33.32	1050m: 11:19.76	33.95	1450m: 15:51.92	33.78
	300m: 3:04.92 31.30	700m: 7:25.26	32.64	1100m: 11:53.63	33.87	1500m: 16:24.66	32.74
	350m: 3:37.24 32.32	750m: 7:58.72	33.46	1150m: 12:28.22	34.59		
	400m: 4:08.87 31.63	800m: 8:31.71	32.99	1200m: 13:01.99	33.77		
10.	<b>PINTO Antonio Fernando</b>	99	Estrelas S. Joao de Brito	<b>16:29.25</b>	<b>+0,76</b>	<b>682</b>	
	50m: 27.95 27.95	450m: 4:47.80	32.90	850m: 9:14.26	33.02	1250m: 13:41.93	33.47
	100m: 58.93 30.98	500m: 5:21.25	33.45	900m: 9:48.03	33.77	1300m: 14:15.66	33.73
	150m: 1:30.50 31.57	550m: 5:54.38	33.13	950m: 10:21.56	33.53	1350m: 14:49.21	33.55
	200m: 2:02.88 32.38	600m: 6:27.94	33.56	1000m: 10:55.30	33.74	1400m: 15:23.05	33.84
	250m: 2:35.52 32.64	650m: 7:01.41	33.47	1050m: 11:28.24	32.94	1450m: 15:56.27	33.22
	300m: 3:08.82 33.30	700m: 7:34.78	33.37	1100m: 12:01.33	33.09	1500m: 16:29.25	32.98
	350m: 3:41.49 32.67	750m: 8:07.71	32.93	1150m: 12:34.89	33.56		
	400m: 4:14.90 33.41	800m: 8:41.24	33.53	1200m: 13:08.46	33.57		

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	NUNES Diogo Barbosa	00	Fluvial Portuense	<b>16:36.21</b>	<b>+0,73</b>	<b>668</b>	
	50m: 29.44 29.44	450m: 4:46.53 32.55	850m: 9:12.96 33.90	1250m: 13:46.83 33.99			
	100m: 1:01.06 31.62	500m: 5:19.15 32.62	900m: 9:47.03 34.07	1300m: 14:21.55 34.72			
	150m: 1:32.85 31.79	550m: 5:51.89 32.74	950m: 10:20.88 33.85	1350m: 14:55.93 34.38			
	200m: 2:05.05 32.20	600m: 6:25.21 33.32	1000m: 10:55.21 34.33	1400m: 15:30.35 34.42			
	250m: 2:36.92 31.87	650m: 6:58.58 33.37	1050m: 11:29.21 34.00	1450m: 16:04.60 34.25			
	300m: 3:09.28 32.36	700m: 7:31.83 33.25	1100m: 12:03.73 34.52	1500m: 16:36.21 31.61			
	350m: 3:41.37 32.09	750m: 8:05.26 33.43	1150m: 12:37.95 34.22				
	400m: 4:13.98 32.61	800m: 8:39.06 33.80	1200m: 13:12.84 34.89				
12.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>16:36.37</b>	<b>+0,74</b>	<b>668</b>	
	50m: 29.84 29.84	450m: 4:53.55 33.34	850m: 9:21.15 33.99	1250m: 13:55.33 34.11			
	100m: 1:02.15 32.31	500m: 5:26.98 33.43	900m: 9:55.84 34.69	1300m: 14:29.14 33.81			
	150m: 1:35.36 33.21	550m: 5:59.86 32.88	950m: 10:29.81 33.97	1350m: 15:01.75 32.61			
	200m: 2:08.46 33.10	600m: 6:33.32 33.46	1000m: 11:04.06 34.25	1400m: 15:35.81 34.06			
	250m: 2:41.11 32.65	650m: 7:07.12 33.80	1050m: 11:38.76 34.70	1450m: 16:06.98 31.17			
	300m: 3:14.03 32.92	700m: 7:40.56 33.44	1100m: 12:12.71 33.95	1500m: 16:36.37 29.39			
	350m: 3:47.28 33.25	750m: 8:14.29 33.73	1150m: 12:47.67 34.96				
	400m: 4:20.21 32.93	800m: 8:47.16 32.87	1200m: 13:21.22 33.55				
13.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>16:38.98</b>	<b>+0,79</b>	<b>662</b>	
	50m: 29.37 29.37	450m: 4:50.07 32.76	850m: 9:17.17 33.60	1250m: 13:49.95 33.35			
	100m: 1:01.33 31.96	500m: 5:23.53 33.46	900m: 9:51.76 34.59	1300m: 14:23.90 33.95			
	150m: 1:32.58 31.25	550m: 5:56.04 32.51	950m: 10:25.38 33.62	1350m: 14:57.38 33.48			
	200m: 2:05.84 33.26	600m: 6:29.84 33.80	1000m: 11:00.21 34.83	1400m: 15:32.24 34.86			
	250m: 2:38.45 32.61	650m: 7:02.96 33.12	1050m: 11:33.74 33.53	1450m: 16:05.87 33.63			
	300m: 3:11.37 32.92	700m: 7:36.84 33.88	1100m: 12:08.34 34.60	1500m: 16:38.98 33.11			
	350m: 3:43.71 32.34	750m: 8:09.95 33.11	1150m: 12:42.09 33.75				
	400m: 4:17.31 33.60	800m: 8:43.57 33.62	1200m: 13:16.60 34.51				
14.	FROTA Paulo Andre	02	CASP AE	<b>16:39.67</b>	<b>+0,62</b>	<b>661</b>	
	50m: 30.15 30.15	450m: 4:53.77 33.22	850m: 9:22.54 33.50	1250m: 13:53.41 33.72			
	100m: 1:02.83 32.68	500m: 5:27.41 33.64	900m: 9:56.48 33.94	1300m: 14:27.72 34.31			
	150m: 1:34.86 32.03	550m: 6:00.66 33.25	950m: 10:30.13 33.65	1350m: 15:01.22 33.50			
	200m: 2:07.82 32.96	600m: 6:34.34 33.68	1000m: 11:04.40 34.27	1400m: 15:35.27 34.05			
	250m: 2:40.66 32.84	650m: 7:07.76 33.42	1050m: 11:37.94 33.54	1450m: 16:08.52 33.25			
	300m: 3:14.03 33.37	700m: 7:41.63 33.87	1100m: 12:12.13 34.19	1500m: 16:39.67 31.15			
	350m: 3:47.02 32.99	750m: 8:15.07 33.44	1150m: 12:45.48 33.35				
	400m: 4:20.55 33.53	800m: 8:49.04 33.97	1200m: 13:19.69 34.21				
15.	REBELO Diogo Nogueira	98	Colegio Monte Maior	<b>16:42.28</b>	<b>+0,71</b>	<b>656</b>	
	50m: 30.12 30.12	450m: 4:58.90 33.85	850m: 9:29.50 33.32	1250m: 13:58.73 33.40			
	100m: 1:03.41 33.29	500m: 5:33.01 34.11	900m: 10:03.23 33.73	1300m: 14:32.45 33.72			
	150m: 1:36.30 32.89	550m: 6:06.85 33.84	950m: 10:36.69 33.46	1350m: 15:05.69 33.24			
	200m: 2:09.88 33.58	600m: 6:40.93 34.08	1000m: 11:10.54 33.85	1400m: 15:38.90 33.21			
	250m: 2:43.21 33.33	650m: 7:14.50 33.57	1050m: 11:43.99 33.45	1450m: 16:11.20 32.30			
	300m: 3:17.47 34.26	700m: 7:48.73 34.23	1100m: 12:17.91 33.92	1500m: 16:42.28 31.08			
	350m: 3:50.91 33.44	750m: 8:22.23 33.50	1150m: 12:51.63 33.72				
	400m: 4:25.05 34.14	800m: 8:56.18 33.95	1200m: 13:25.33 33.70				
16.	JESUS Afonso Guilherme	00	Sporting	<b>16:55.74</b>	<b>+0,72</b>	<b>630</b>	
	50m: 29.60 29.60	450m: 4:59.37 33.84	850m: 9:31.87 33.81	1250m: 14:05.06 34.55			
	100m: 1:02.39 32.79	500m: 5:33.77 34.40	900m: 10:05.71 33.84	1300m: 14:39.66 34.60			
	150m: 1:35.72 33.33	550m: 6:07.97 34.20	950m: 10:39.50 33.79	1350m: 15:14.13 34.47			
	200m: 2:09.35 33.63	600m: 6:42.40 34.43	1000m: 11:13.72 34.22	1400m: 15:48.95 34.82			
	250m: 2:42.93 33.58	650m: 7:16.48 34.08	1050m: 11:48.06 34.34	1450m: 16:23.05 34.10			
	300m: 3:16.93 34.00	700m: 7:50.73 34.25	1100m: 12:22.07 34.01	1500m: 16:55.74 32.69			
	350m: 3:50.96 34.03	750m: 8:24.23 33.50	1150m: 12:56.09 34.02				
	400m: 4:25.53 34.57	800m: 8:58.06 33.83	1200m: 13:30.51 34.42				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	PEREIRA Jose Maria	01	Sporting	<b>17:01.95</b>	<b>+0,73</b>	<b>619</b>	
	50m: 29.46 29.46	450m: 5:01.10	34.10	850m: 9:34.38	33.98	1250m: 14:09.90	34.67
	100m: 1:02.81 33.35	500m: 5:35.38	34.28	900m: 10:08.60	34.22	1300m: 14:44.92	35.02
	150m: 1:36.17 33.36	550m: 6:09.45	34.07	950m: 10:42.78	34.18	1350m: 15:19.44	34.52
	200m: 2:10.27 34.10	600m: 6:43.53	34.08	1000m: 11:17.05	34.27	1400m: 15:54.21	34.77
	250m: 2:44.18 33.91	650m: 7:17.59	34.06	1050m: 11:51.47	34.42	1450m: 16:28.23	34.02
	300m: 3:18.51 34.33	700m: 7:51.93	34.34	1100m: 12:26.13	34.66	1500m: 17:01.95	33.72
	350m: 3:52.49 33.98	750m: 8:25.96	34.03	1150m: 13:00.57	34.44		
	400m: 4:27.00 34.51	800m: 9:00.40	34.44	1200m: 13:35.23	34.66		
18.	AMORIM Ivan Emanuel	02	Fluvial Portuense	<b>17:02.43</b>	<b>+0,79</b>	<b>618</b>	
	50m: 29.63 29.63	450m: 5:01.61	34.85	850m: 9:37.42	34.81	1250m: 14:14.43	34.67
	100m: 1:02.21 32.58	500m: 5:35.83	34.22	900m: 10:11.70	34.28	1300m: 14:48.65	34.22
	150m: 1:36.01 33.80	550m: 6:10.44	34.61	950m: 10:46.63	34.93	1350m: 15:23.01	34.36
	200m: 2:09.63 33.62	600m: 6:44.62	34.18	1000m: 11:20.87	34.24	1400m: 15:57.60	34.59
	250m: 2:43.77 34.14	650m: 7:19.43	34.81	1050m: 11:55.60	34.73	1450m: 16:31.49	33.89
	300m: 3:17.68 33.91	700m: 7:53.95	34.52	1100m: 12:30.13	34.53	1500m: 17:02.43	30.94
	350m: 3:52.55 34.87	750m: 8:28.78	34.83	1150m: 13:05.26	35.13		
	400m: 4:26.76 34.21	800m: 9:02.61	33.83	1200m: 13:39.76	34.50		
19.	RODRIGUES Pedro Reis	02	Sao Roque	<b>17:03.20</b>	<b>+0,55</b>	<b>616</b>	
	50m: 29.89 29.89	450m: 4:59.17	34.35	850m: 9:34.66	34.38	1250m: 14:12.85	35.08
	100m: 1:02.61 32.72	500m: 5:33.63	34.46	900m: 10:08.76	34.10	1300m: 14:47.40	34.55
	150m: 1:35.87 33.26	550m: 6:08.05	34.42	950m: 10:43.31	34.55	1350m: 15:21.91	34.51
	200m: 2:09.22 33.35	600m: 6:42.18	34.13	1000m: 11:17.76	34.45	1400m: 15:56.51	34.60
	250m: 2:42.79 33.57	650m: 7:16.32	34.14	1050m: 11:52.75	34.99	1450m: 16:29.76	33.25
	300m: 3:16.45 33.66	700m: 7:50.91	34.59	1100m: 12:28.04	35.29	1500m: 17:03.20	33.44
	350m: 3:50.59 34.14	750m: 8:25.91	35.00	1150m: 13:02.63	34.59		
	400m: 4:24.82 34.23	800m: 9:00.28	34.37	1200m: 13:37.77	35.14		
20.	DIZ Joao Carvalho	01	Columbifila Cantanhedense	<b>17:04.97</b>	<b>+0,73</b>	<b>613</b>	
	50m: 30.56 30.56	450m: 4:59.49	33.96	850m: 9:34.54	34.69	1250m: 14:13.70	34.73
	100m: 1:03.03 32.47	500m: 5:33.87	34.38	900m: 10:09.38	34.84	1300m: 14:48.63	34.93
	150m: 1:36.06 33.03	550m: 6:08.34	34.47	950m: 10:44.71	35.33	1350m: 15:22.55	33.92
	200m: 2:09.48 33.42	600m: 6:42.65	34.31	1000m: 11:19.85	35.14	1400m: 15:56.66	34.11
	250m: 2:42.77 33.29	650m: 7:16.98	34.33	1050m: 11:54.70	34.85	1450m: 16:30.75	34.09
	300m: 3:16.74 33.97	700m: 7:51.26	34.28	1100m: 12:29.53	34.83	1500m: 17:04.97	34.22
	350m: 3:51.17 34.43	750m: 8:25.20	33.94	1150m: 13:04.20	34.67		
	400m: 4:25.53 34.36	800m: 8:59.85	34.65	1200m: 13:38.97	34.77		
21.	VIEGAS Hugo Miguel	02	Natacao Olhao	<b>17:06.53</b>	<b>+0,68</b>	<b>610</b>	
	50m: 30.24 30.24	450m: 5:03.20	34.32	850m: 9:37.10	34.53	1250m: 14:15.13	35.06
	100m: 1:03.20 32.96	500m: 5:37.61	34.41	900m: 10:11.62	34.52	1300m: 14:49.53	34.40
	150m: 1:36.60 33.40	550m: 6:11.83	34.22	950m: 10:46.31	34.69	1350m: 15:24.54	35.01
	200m: 2:10.74 34.14	600m: 6:46.18	34.35	1000m: 11:20.87	34.56	1400m: 15:59.35	34.81
	250m: 2:44.91 34.17	650m: 7:20.11	33.93	1050m: 11:55.72	34.85	1450m: 16:33.76	34.41
	300m: 3:19.36 34.45	700m: 7:54.04	33.93	1100m: 12:30.31	34.59	1500m: 17:06.53	32.77
	350m: 3:54.24 34.88	750m: 8:28.23	34.19	1150m: 13:05.33	35.02		
	400m: 4:28.88 34.64	800m: 9:02.57	34.34	1200m: 13:40.07	34.74		
22.	DOMINGOS Ruy Manuel	02	Sporting	<b>17:08.28</b>	<b>+0,79</b>	<b>607</b>	
	50m: 29.51 29.51	450m: 5:01.89	34.25	850m: 9:38.41	34.17	1250m: 14:17.81	34.26
	100m: 1:02.99 33.48	500m: 5:36.51	34.62	900m: 10:13.62	35.21	1300m: 14:53.10	35.29
	150m: 1:36.32 33.33	550m: 6:10.70	34.19	950m: 10:48.56	34.94	1350m: 15:27.26	34.16
	200m: 2:10.64 34.32	600m: 6:45.31	34.61	1000m: 11:24.37	35.81	1400m: 16:02.20	34.94
	250m: 2:44.62 33.98	650m: 7:19.84	34.53	1050m: 11:58.59	34.22	1450m: 16:35.84	33.64
	300m: 3:18.93 34.31	700m: 7:54.88	35.04	1100m: 12:33.85	35.26	1500m: 17:08.28	32.44
	350m: 3:53.22 34.29	750m: 8:29.24	34.36	1150m: 13:08.27	34.42		
	400m: 4:27.64 34.42	800m: 9:04.24	35.00	1200m: 13:43.55	35.28		



Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	<b>OLIVEIRA Vitor Teixeira</b>	03	Columbofila Cantanhedense	<b>17:11.34</b>	<b>+0,76</b>	<b>602</b>	
	50m: 31.99 31.99	450m: 5:07.48	34.19	850m: 9:43.97	34.20	1250m: 14:19.10	34.27
	100m: 1:05.73 33.74	500m: 5:42.30	34.82	900m: 10:18.52	34.55	1300m: 14:53.72	34.62
	150m: 1:39.79 34.06	550m: 6:16.82	34.52	950m: 10:52.94	34.42	1350m: 15:28.15	34.43
	200m: 2:14.57 34.78	600m: 6:51.43	34.61	1000m: 11:27.52	34.58	1400m: 16:02.75	34.60
	250m: 2:48.66 34.09	650m: 7:25.68	34.25	1050m: 12:01.56	34.04	1450m: 16:37.05	34.30
	300m: 3:23.45 34.79	700m: 8:00.37	34.69	1100m: 12:36.09	34.53	1500m: 17:11.34	34.29
	350m: 3:58.24 34.79	750m: 8:35.00	34.63	1150m: 13:10.22	34.13		
	400m: 4:33.29 35.05	800m: 9:09.77	34.77	1200m: 13:44.83	34.61		
24.	<b>MACHADO Martim Miranda</b>	03	Uniao Coimbra	<b>17:20.15</b>	<b>+0,72</b>	<b>587</b>	
	50m: 30.16 30.16	450m: 5:05.46	34.73	850m: 9:43.24	34.90	1250m: 14:22.27	35.05
	100m: 1:04.05 33.89	500m: 5:40.00	34.54	900m: 10:18.07	34.83	1300m: 14:57.52	35.25
	150m: 1:38.09 34.04	550m: 6:14.67	34.67	950m: 10:53.41	35.34	1350m: 15:33.38	35.86
	200m: 2:12.32 34.23	600m: 6:49.37	34.70	1000m: 11:27.83	34.42	1400m: 16:09.25	35.87
	250m: 2:46.72 34.40	650m: 7:24.05	34.68	1050m: 12:03.10	35.27	1450m: 16:45.14	35.89
	300m: 3:21.32 34.60	700m: 7:58.72	34.67	1100m: 12:37.55	34.45	1500m: 17:20.15	35.01
	350m: 3:56.03 34.71	750m: 8:33.52	34.80	1150m: 13:12.48	34.93		
	400m: 4:30.73 34.70	800m: 9:08.34	34.82	1200m: 13:47.22	34.74		
25.	<b>AMARAL Francisco Rodriguez</b>	02	Campinho	<b>17:21.49</b>	<b>+0,72</b>	<b>584</b>	
	50m: 29.86 29.86	450m: 5:06.85	34.97	850m: 9:46.77	34.98	1250m: 14:27.89	35.50
	100m: 1:03.14 33.28	500m: 5:41.93	35.08	900m: 10:21.49	34.72	1300m: 15:03.09	35.20
	150m: 1:37.37 34.23	550m: 6:16.60	34.67	950m: 10:56.42	34.93	1350m: 15:38.33	35.24
	200m: 2:12.02 34.65	600m: 6:51.47	34.87	1000m: 11:31.72	35.30	1400m: 16:13.31	34.98
	250m: 2:46.96 34.94	650m: 7:26.76	35.29	1050m: 12:06.79	35.07	1450m: 16:48.19	34.88
	300m: 3:21.73 34.77	700m: 8:01.96	35.20	1100m: 12:41.79	35.00	1500m: 17:21.49	33.30
	350m: 3:56.94 35.21	750m: 8:37.14	35.18	1150m: 13:16.97	35.18		
	400m: 4:31.88 34.94	800m: 9:11.79	34.65	1200m: 13:52.39	35.42		
26.	<b>MONTEIRO Tomas Penha</b>	02	Alges	<b>17:30.42</b>	<b>+0,67</b>	<b>570</b>	
	50m: 30.72 30.72	450m: 5:06.58	34.77	850m: 9:46.44	35.27	1250m: 14:31.52	35.86
	100m: 1:04.59 33.87	500m: 5:41.52	34.94	900m: 10:21.46	35.02	1300m: 15:07.83	36.31
	150m: 1:38.72 34.13	550m: 6:16.43	34.91	950m: 10:56.59	35.13	1350m: 15:44.06	36.23
	200m: 2:12.79 34.07	600m: 6:51.45	35.02	1000m: 11:32.45	35.86	1400m: 16:20.14	36.08
	250m: 2:47.58 34.79	650m: 7:26.41	34.96	1050m: 12:07.93	35.48	1450m: 16:55.60	35.46
	300m: 3:22.16 34.58	700m: 8:01.40	34.99	1100m: 12:43.48	35.55	1500m: 17:30.42	34.82
	350m: 3:57.16 35.00	750m: 8:36.25	34.85	1150m: 13:19.50	36.02		
	400m: 4:31.81 34.65	800m: 9:11.17	34.92	1200m: 13:55.66	36.16		
27.	<b>NEVES Pedro Barata</b>	00	Laranjeiro	<b>17:31.73</b>	<b>+0,76</b>	<b>568</b>	
	50m: 30.22 30.22	450m: 5:05.28	34.58	850m: 9:49.91	35.38	1250m: 14:36.23	35.47
	100m: 1:04.34 34.12	500m: 5:40.89	35.61	900m: 10:26.12	36.21	1300m: 15:12.36	36.13
	150m: 1:38.15 33.81	550m: 6:15.94	35.05	950m: 11:01.22	35.10	1350m: 15:47.41	35.05
	200m: 2:12.72 34.57	600m: 6:52.05	36.11	1000m: 11:37.31	36.09	1400m: 16:22.82	35.41
	250m: 2:46.61 33.89	650m: 7:26.93	34.88	1050m: 12:12.88	35.57	1450m: 16:57.65	34.83
	300m: 3:21.28 34.67	700m: 8:02.89	35.96	1100m: 12:49.14	36.26	1500m: 17:31.73	34.08
	350m: 3:55.58 34.30	750m: 8:38.44	35.55	1150m: 13:24.58	35.44		
	400m: 4:30.70 35.12	800m: 9:14.53	36.09	1200m: 14:00.76	36.18		
28.	<b>MARQUES Rui Joao</b>	02	Nautico Academico	<b>17:35.99</b>	<b>+0,81</b>	<b>561</b>	
	50m: 30.71 30.71	450m: 5:08.52	35.58	850m: 9:54.08	35.88	1250m: 14:41.26	35.75
	100m: 1:04.83 34.12	500m: 5:43.87	35.35	900m: 10:29.63	35.55	1300m: 15:16.85	35.59
	150m: 1:38.81 33.98	550m: 6:19.35	35.48	950m: 11:05.46	35.83	1350m: 15:53.06	36.21
	200m: 2:13.31 34.50	600m: 6:55.09	35.74	1000m: 11:41.52	36.06	1400m: 16:28.28	35.22
	250m: 2:47.48 34.17	650m: 7:30.88	35.79	1050m: 12:17.27	35.75	1450m: 17:03.64	35.36
	300m: 3:22.78 35.30	700m: 8:06.45	35.57	1100m: 12:53.62	36.35	1500m: 17:35.99	32.35
	350m: 3:58.06 35.28	750m: 8:42.25	35.80	1150m: 13:29.18	35.56		
	400m: 4:32.94 34.88	800m: 9:18.20	35.95	1200m: 14:05.51	36.33		

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	<b>DIAS Ruben Fonseca</b>	03	Natacao de Valongo	<b>17:36.27</b>	<b>+0,81</b>	<b>560</b>	
	50m: 30.76 30.76	450m: 5:10.17	35.25	850m: 9:54.39	35.76	1250m: 14:41.28	35.37
	100m: 1:04.18 33.42	500m: 5:45.31	35.14	900m: 10:30.03	35.64	1300m: 15:17.64	36.36
	150m: 1:39.08 34.90	550m: 6:20.96	35.65	950m: 11:05.21	35.18	1350m: 15:52.52	34.88
	200m: 2:13.66 34.58	600m: 6:56.34	35.38	1000m: 11:41.50	36.29	1400m: 16:27.87	35.35
	250m: 2:48.82 35.16	650m: 7:31.71	35.37	1050m: 12:17.35	35.85	1450m: 17:02.38	34.51
	300m: 3:23.90 35.08	700m: 8:07.65	35.94	1100m: 12:54.33	36.98	1500m: 17:36.27	33.89
	350m: 3:59.44 35.54	750m: 8:43.21	35.56	1150m: 13:29.74	35.41		
	400m: 4:34.92 35.48	800m: 9:18.63	35.42	1200m: 14:05.91	36.17		
30.	<b>SOUSA Diogo Nunes</b>	03	Vitoria Guimaraes	<b>17:36.91</b>	<b>+0,70</b>	<b>559</b>	
	50m: 30.21 30.21	450m: 5:11.29	34.86	850m: 9:55.91	35.58	1250m: 14:43.83	35.94
	100m: 1:04.45 34.24	500m: 5:46.82	35.53	900m: 10:32.20	36.29	1300m: 15:20.18	36.35
	150m: 1:39.19 34.74	550m: 6:21.67	34.85	950m: 11:07.78	35.58	1350m: 15:55.59	35.41
	200m: 2:14.83 35.64	600m: 6:57.81	36.14	1000m: 11:43.94	36.16	1400m: 16:31.42	35.83
	250m: 2:49.86 35.03	650m: 7:32.97	35.16	1050m: 12:19.69	35.75	1450m: 17:04.93	33.51
	300m: 3:25.78 35.92	700m: 8:08.65	35.68	1100m: 12:55.83	36.14	1500m: 17:36.91	31.98
	350m: 4:00.79 35.01	750m: 8:44.06	35.41	1150m: 13:31.70	35.87		
	400m: 4:36.43 35.64	800m: 9:20.33	36.27	1200m: 14:07.89	36.19		
31.	<b>GOMES Tomas Nogueira</b>	03	Uniao Piedense	<b>17:37.83</b>	<b>+0,67</b>	<b>558</b>	
	50m: 30.68 30.68	450m: 5:11.59	35.61	850m: 9:56.49	35.69	1250m: 14:42.57	35.54
	100m: 1:04.08 33.40	500m: 5:47.26	35.67	900m: 10:32.38	35.89	1300m: 15:18.57	36.00
	150m: 1:38.78 34.70	550m: 6:22.48	35.22	950m: 11:08.46	36.08	1350m: 15:54.41	35.84
	200m: 2:13.80 35.02	600m: 6:58.21	35.73	1000m: 11:44.50	36.04	1400m: 16:29.63	35.22
	250m: 2:48.89 35.09	650m: 7:33.96	35.75	1050m: 12:20.17	35.67	1450m: 17:04.98	35.35
	300m: 3:24.64 35.75	700m: 8:09.57	35.61	1100m: 12:55.85	35.68	1500m: 17:37.83	32.85
	350m: 4:00.20 35.56	750m: 8:44.86	35.29	1150m: 13:31.47	35.62		
	400m: 4:35.98 35.78	800m: 9:20.80	35.94	1200m: 14:07.03	35.56		
32.	<b>SOUSA Guilherme Mendes</b>	03	Nautico Marinha Grande	<b>17:38.51</b>	<b>+0,84</b>	<b>557</b>	
	50m: 29.08 29.08	450m: 5:10.88	35.47	850m: 9:55.47	35.89	1250m: 14:42.97	35.45
	100m: 1:01.85 32.77	500m: 5:46.70	35.82	900m: 10:31.21	35.74	1300m: 15:19.82	36.85
	150m: 1:36.60 34.75	550m: 6:21.83	35.13	950m: 11:06.68	35.47	1350m: 15:55.19	35.37
	200m: 2:12.18 35.58	600m: 6:57.73	35.90	1000m: 11:43.29	36.61	1400m: 16:31.52	36.33
	250m: 2:47.66 35.48	650m: 7:33.22	35.49	1050m: 12:19.32	36.03	1450m: 17:05.00	33.48
	300m: 3:23.64 35.98	700m: 8:08.80	35.58	1100m: 12:55.28	35.96	1500m: 17:38.51	33.51
	350m: 3:59.62 35.98	750m: 8:44.27	35.47	1150m: 13:31.11	35.83		
	400m: 4:35.41 35.79	800m: 9:19.58	35.31	1200m: 14:07.52	36.41		
33.	<b>RIBEIRO Luis Manuel</b>	02	Porto	<b>17:39.90</b>	<b>+0,70</b>	<b>554</b>	
	50m: 30.86 30.86	450m: 5:15.34	35.91	850m: 10:02.83	35.50	1250m: 14:48.00	35.70
	100m: 1:05.36 34.50	500m: 5:51.31	35.97	900m: 10:38.62	35.79	1300m: 15:23.30	35.30
	150m: 1:40.82 35.46	550m: 6:27.19	35.88	950m: 11:14.24	35.62	1350m: 15:59.27	35.97
	200m: 2:16.02 35.20	600m: 7:03.68	36.49	1000m: 11:49.91	35.67	1400m: 16:34.55	35.28
	250m: 2:51.63 35.61	650m: 7:39.62	35.94	1050m: 12:25.39	35.48	1450m: 17:09.11	34.56
	300m: 3:27.63 36.00	700m: 8:15.97	36.35	1100m: 13:01.39	36.00	1500m: 17:39.90	30.79
	350m: 4:03.52 35.89	750m: 8:51.47	35.50	1150m: 13:36.50	35.11		
	400m: 4:39.43 35.91	800m: 9:27.33	35.86	1200m: 14:12.30	35.80		
34.	<b>BARBARA Goncalo Gualberto</b>	00	Rio Maior	<b>17:41.22</b>	<b>+0,68</b>	<b>552</b>	
	50m: 30.55 30.55	450m: 5:07.55	35.25	850m: 9:51.60	35.76	1250m: 14:39.80	36.08
	100m: 1:03.87 33.32	500m: 5:42.93	35.38	900m: 10:27.28	35.68	1300m: 15:16.20	36.40
	150m: 1:38.10 34.23	550m: 6:18.12	35.19	950m: 11:03.14	35.86	1350m: 15:52.43	36.23
	200m: 2:13.00 34.90	600m: 6:53.25	35.13	1000m: 11:39.23	36.09	1400m: 16:28.74	36.31
	250m: 2:47.77 34.77	650m: 7:28.84	35.59	1050m: 12:15.37	36.14	1450m: 17:05.43	36.69
	300m: 3:22.67 34.90	700m: 8:04.42	35.58	1100m: 12:51.52	36.15	1500m: 17:41.22	35.79
	350m: 3:57.37 34.70	750m: 8:39.91	35.49	1150m: 13:27.42	35.90		
	400m: 4:32.30 34.93	800m: 9:15.84	35.93	1200m: 14:03.72	36.30		

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	ALVES Manuel Landeiro	02	Naval Praia da Vitoria	<b>17:43.32</b>	<b>+0,77</b>	<b>549</b>	
	50m: 31.15 31.15	450m: 5:10.35 35.48	850m: 9:56.25 35.81	1250m: 14:45.08 35.73			
	100m: 1:05.32 34.17	500m: 5:46.12 35.77	900m: 10:32.74 36.49	1300m: 15:21.38 36.30			
	150m: 1:39.80 34.48	550m: 6:21.36 35.24	950m: 11:08.24 35.50	1350m: 15:57.45 36.07			
	200m: 2:14.59 34.79	600m: 6:57.09 35.73	1000m: 11:44.71 36.47	1400m: 16:33.38 35.93			
	250m: 2:49.46 34.87	650m: 7:32.71 35.62	1050m: 12:20.51 35.80	1450m: 17:09.26 35.88			
	300m: 3:24.75 35.29	700m: 8:08.59 35.88	1100m: 12:56.83 36.32	1500m: 17:43.32 34.06			
	350m: 3:59.67 34.92	750m: 8:44.50 35.91	1150m: 13:33.14 36.31				
	400m: 4:34.87 35.20	800m: 9:20.44 35.94	1200m: 14:09.35 36.21				
36.	ROCHA Eduardo Chicralla	02	Sporting	<b>17:44.33</b>	<b>+0,75</b>	<b>548</b>	
	50m: 31.41 31.41	450m: 5:10.79 35.23	850m: 9:55.36 35.88	1250m: 14:45.11 36.52			
	100m: 1:05.47 34.06	500m: 5:46.03 35.24	900m: 10:31.36 36.00	1300m: 15:21.61 36.50			
	150m: 1:40.02 34.55	550m: 6:21.86 35.83	950m: 11:07.76 36.40	1350m: 15:57.97 36.36			
	200m: 2:14.85 34.83	600m: 6:57.23 35.37	1000m: 11:43.97 36.21	1400m: 16:34.09 36.12			
	250m: 2:50.19 35.34	650m: 7:32.98 35.75	1050m: 12:19.97 36.00	1450m: 17:09.74 35.65			
	300m: 3:25.21 35.02	700m: 8:08.35 35.37	1100m: 12:56.20 36.23	1500m: 17:44.33 34.59			
	350m: 4:00.49 35.28	750m: 8:43.94 35.59	1150m: 13:32.52 36.32				
	400m: 4:35.56 35.07	800m: 9:19.48 35.54	1200m: 14:08.59 36.07				
37.	SOUZA Francisco Alves	02	Gesloures	<b>17:44.95</b>	<b>+0,74</b>	<b>547</b>	
	50m: 29.85 29.85	450m: 5:11.82 35.80	850m: 9:56.14 35.25	1250m: 14:46.46 36.36			
	100m: 1:03.76 33.91	500m: 5:47.41 35.59	900m: 10:32.43 36.29	1300m: 15:23.14 36.68			
	150m: 1:38.40 34.64	550m: 6:22.83 35.42	950m: 11:08.43 36.00	1350m: 15:58.96 35.82			
	200m: 2:14.14 35.74	600m: 6:58.54 35.71	1000m: 11:45.00 36.57	1400m: 16:35.15 36.19			
	250m: 2:49.49 35.35	650m: 7:33.80 35.26	1050m: 12:20.93 35.93	1450m: 17:10.90 35.75			
	300m: 3:24.93 35.44	700m: 8:09.41 35.61	1100m: 12:57.28 36.35	1500m: 17:44.95 34.05			
	350m: 4:00.61 35.68	750m: 8:44.57 35.16	1150m: 13:33.23 35.95				
	400m: 4:36.02 35.41	800m: 9:20.89 36.32	1200m: 14:10.10 36.87				
38.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	<b>17:51.27</b>	<b>+0,82</b>	<b>537</b>	
	50m: 31.09 31.09	450m: 5:11.54 35.62	850m: 10:00.63 36.26	1250m: 14:52.18 36.75			
	100m: 1:04.61 33.52	500m: 5:47.64 36.10	900m: 10:37.02 36.39	1300m: 15:28.68 36.50			
	150m: 1:39.47 34.86	550m: 6:23.46 35.82	950m: 11:13.33 36.31	1350m: 16:04.74 36.06			
	200m: 2:14.37 34.90	600m: 6:59.16 35.70	1000m: 11:49.83 36.50	1400m: 16:40.85 36.11			
	250m: 2:49.44 35.07	650m: 7:35.34 36.18	1050m: 12:26.57 36.74	1450m: 17:16.45 35.60			
	300m: 3:24.81 35.37	700m: 8:11.64 36.30	1100m: 13:03.24 36.67	1500m: 17:51.27 34.82			
	350m: 4:00.31 35.50	750m: 8:47.65 36.01	1150m: 13:39.24 36.00				
	400m: 4:35.92 35.61	800m: 9:24.37 36.72	1200m: 14:15.43 36.19				
39.	SANTOS Guilherme Clara	02	Estamos Juntos	<b>17:57.99</b>	<b>+0,72</b>	<b>527</b>	
	50m: 30.24 30.24	450m: 5:17.27 36.32	850m: 10:08.26 35.24	1250m: 14:58.82 36.42			
	100m: 1:04.95 34.71	500m: 5:54.02 36.75	900m: 10:44.51 36.25	1300m: 15:35.08 36.26			
	150m: 1:39.94 34.99	550m: 6:30.38 36.36	950m: 11:20.86 36.35	1350m: 16:11.59 36.51			
	200m: 2:15.83 35.89	600m: 7:06.98 36.60	1000m: 11:57.43 36.57	1400m: 16:48.34 36.75			
	250m: 2:51.83 36.00	650m: 7:43.67 36.69	1050m: 12:33.44 36.01	1450m: 17:23.94 35.60			
	300m: 3:28.19 36.36	700m: 8:19.83 36.16	1100m: 13:10.11 36.67	1500m: 17:57.99 34.05			
	350m: 4:04.64 36.45	750m: 8:56.11 36.28	1150m: 13:46.27 36.16				
	400m: 4:40.95 36.31	800m: 9:33.02 36.91	1200m: 14:22.40 36.13				
40.	SALGADO Goncalo Sampaio	02	Famalicao	<b>18:02.10</b>	<b>+0,71</b>	<b>521</b>	
	50m: 30.87 30.87	450m: 5:16.43 35.61	850m: 10:05.81 36.12	1250m: 14:59.51 36.54			
	100m: 1:05.63 34.76	500m: 5:52.44 36.01	900m: 10:42.53 36.72	1300m: 15:36.68 37.17			
	150m: 1:41.03 35.40	550m: 6:28.29 35.85	950m: 11:18.59 36.06	1350m: 16:13.17 36.49			
	200m: 2:16.77 35.74	600m: 7:04.79 36.50	1000m: 11:55.50 36.91	1400m: 16:50.48 37.31			
	250m: 2:52.50 35.73	650m: 7:40.70 35.91	1050m: 12:32.46 36.96	1450m: 17:26.66 36.18			
	300m: 3:28.39 35.89	700m: 8:17.46 36.76	1100m: 13:09.06 36.60	1500m: 18:02.10 35.44			
	350m: 4:04.26 35.87	750m: 8:53.46 36.00	1150m: 13:45.79 36.73				
	400m: 4:40.82 36.56	800m: 9:29.69 36.23	1200m: 14:22.97 37.18				

Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	RELVAS David Ferreira	03	Nautico Marinha Grande	<b>18:03.90</b>	<b>+0,73</b>	<b>518</b>	
	50m: 30.22 30.22	450m: 5:13.67	36.35	850m: 10:07.88	37.03	1250m: 15:02.99	37.10
	100m: 1:03.99 33.77	500m: 5:50.25	36.58	900m: 10:44.64	36.76	1300m: 15:39.38	36.39
	150m: 1:38.88 34.89	550m: 6:26.95	36.70	950m: 11:21.67	37.03	1350m: 16:16.20	36.82
	200m: 2:14.31 35.43	600m: 7:03.78	36.83	1000m: 11:58.61	36.94	1400m: 16:52.39	36.19
	250m: 2:49.77 35.46	650m: 7:40.77	36.99	1050m: 12:35.70	37.09	1450m: 17:28.90	36.51
	300m: 3:25.54 35.77	700m: 8:17.82	37.05	1100m: 13:12.40	36.70	1500m: 18:03.90	35.00
	350m: 4:01.26 35.72	750m: 8:54.58	36.76	1150m: 13:49.31	36.91		
	400m: 4:37.32 36.06	800m: 9:30.85	36.27	1200m: 14:25.89	36.58		
42.	FERREIRA Joao Carlos	03	Porto	<b>18:12.37</b>	<b>+0,69</b>	<b>506</b>	
	50m: 30.49 30.49	450m: 5:16.94	36.88	850m: 10:12.03	36.83	1250m: 15:08.26	37.33
	100m: 1:04.63 34.14	500m: 5:53.49	36.55	900m: 10:49.41	37.38	1300m: 15:45.73	37.47
	150m: 1:39.80 35.17	550m: 6:30.48	36.99	950m: 11:26.96	37.55	1350m: 16:22.88	37.15
	200m: 2:14.67 34.87	600m: 7:06.96	36.48	1000m: 12:04.38	37.42	1400m: 16:59.92	37.04
	250m: 2:50.55 35.88	650m: 7:44.19	37.23	1050m: 12:41.30	36.92	1450m: 17:36.88	36.96
	300m: 3:27.14 36.59	700m: 8:20.70	36.51	1100m: 13:17.97	36.67	1500m: 18:12.37	35.49
	350m: 4:03.70 36.56	750m: 8:57.69	36.99	1150m: 13:53.87	35.90		
	400m: 4:40.06 36.36	800m: 9:35.20	37.51	1200m: 14:30.93	37.06		
43.	SANTOS Andre Cardoso	03	Academico Viseu	<b>18:23.99</b>	<b>+0,82</b>	<b>491</b>	
	50m: 31.69 31.69	450m: 5:19.59	36.27	850m: 10:14.41	37.16	1250m: 15:16.49	37.83
	100m: 1:07.05 35.36	500m: 5:55.78	36.19	900m: 10:52.20	37.79	1300m: 15:54.52	38.03
	150m: 1:42.85 35.80	550m: 6:31.75	35.97	950m: 11:29.28	37.08	1350m: 16:32.49	37.97
	200m: 2:18.19 35.34	600m: 7:08.62	36.87	1000m: 12:07.07	37.79	1400m: 17:10.37	37.88
	250m: 2:54.24 36.05	650m: 7:46.03	37.41	1050m: 12:44.82	37.75	1450m: 17:47.35	36.98
	300m: 3:30.70 36.46	700m: 8:23.04	37.01	1100m: 13:22.79	37.97	1500m: 18:23.99	36.64
	350m: 4:06.74 36.04	750m: 8:59.92	36.88	1150m: 14:00.75	37.96		
	400m: 4:43.32 36.58	800m: 9:37.25	37.33	1200m: 14:38.66	37.91		
44.	GARCIA Pedro Picoto	02	Bombeiros Estoris	<b>18:26.60</b>	<b>+0,85</b>	<b>487</b>	
	50m: 31.22 31.22	450m: 5:20.87	37.39	850m: 10:18.34	37.21	1250m: 15:19.67	37.79
	100m: 1:05.30 34.08	500m: 5:58.16	37.29	900m: 10:56.18	37.84	1300m: 15:57.81	38.14
	150m: 1:40.21 34.91	550m: 6:35.10	36.94	950m: 11:33.39	37.21	1350m: 16:35.27	37.46
	200m: 2:16.26 36.05	600m: 7:12.40	37.30	1000m: 12:11.43	38.04	1400m: 17:13.39	38.12
	250m: 2:52.84 36.58	650m: 7:49.38	36.98	1050m: 12:48.84	37.41	1450m: 17:50.05	36.66
	300m: 3:29.35 36.51	700m: 8:26.51	37.13	1100m: 13:26.65	37.81	1500m: 18:26.60	36.55
	350m: 4:06.30 36.95	750m: 9:03.56	37.05	1150m: 14:03.90	37.25		
	400m: 4:43.48 37.18	800m: 9:41.13	37.57	1200m: 14:41.88	37.98		
45.	GOMES Goncalo Andre	03	Condeixa Clube	<b>18:30.85</b>	<b>+0,73</b>	<b>482</b>	
	50m: 30.85 30.85	450m: 5:22.29	37.77	850m: 10:23.92	38.02	1250m: 15:25.53	37.54
	100m: 1:05.78 34.93	500m: 5:58.71	36.42	900m: 11:01.89	37.97	1300m: 16:03.49	37.96
	150m: 1:40.89 35.11	550m: 6:36.77	38.06	950m: 11:39.78	37.89	1350m: 16:41.44	37.95
	200m: 2:16.65 35.76	600m: 7:14.73	37.96	1000m: 12:17.88	38.10	1400m: 17:19.29	37.85
	250m: 2:53.54 36.89	650m: 7:51.99	37.26	1050m: 12:55.43	37.55	1450m: 17:55.73	36.44
	300m: 3:30.25 36.71	700m: 8:29.84	37.85	1100m: 13:32.06	36.63	1500m: 18:30.85	35.12
	350m: 4:07.32 37.07	750m: 9:07.10	37.26	1150m: 14:09.74	37.68		
	400m: 4:44.52 37.20	800m: 9:45.90	38.80	1200m: 14:47.99	38.25		
DNF	MARQUES Andre Costa	03	Famalicao				