

Prova 11
24/07/2026 - 17:22

Masc., 1500m Livres

Absolutos
Resultados

RN 50m Open	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	30/03/2017
RN 50m Sen	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	30/03/2017
RN 50m Jun 18	15:23.46	PINA, Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016
RN 50m Jun 17	15:42.78	PEREIRA, Rui Silva	POR	Samorin (SVK)	02/07/2025
RN 50m Juv A	15:45.55	SANTA, Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
RN 50m Juv B	16:11.75	PEREIRA, Rui Silva	POR	Coimbra	27/05/2023

Pontos: AQUA 2026

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
Juvenis							
1.	MONTEIRO, Afonso Carvalho	10	POR	Famalicão	16:36.80	+0,69	666
	100m: 1:02.07 1:02.07	500m: 5:28.68	1:06.63	900m: 9:56.73	1:06.71	1300m: 14:25.06	1:06.97
	200m: 2:08.60 1:06.53	600m: 6:35.81	1:07.13	1000m: 11:03.89	1:07.16	1400m: 15:32.37	1:07.31
	300m: 3:15.32 1:06.72	700m: 7:42.83	1:07.02	1100m: 12:10.93	1:07.04	1500m: 16:36.80	1:04.43
	400m: 4:22.05 1:06.73	800m: 8:50.02	1:07.19	1200m: 13:18.09	1:07.16		
2.	SILVA, Hugo Ferreira	11	POR	Aac	16:50.98	+0,68	638
	100m: 1:03.84 1:03.84	500m: 5:36.14	1:07.73	900m: 10:08.85	1:08.08	1300m: 14:40.76	1:08.16
	200m: 2:12.29 1:08.45	600m: 6:44.53	1:08.39	1000m: 11:16.80	1:07.95	1400m: 15:48.36	1:07.60
	300m: 3:20.46 1:08.17	700m: 7:52.80	1:08.27	1100m: 12:24.96	1:08.16	1500m: 16:50.98	1:02.62
	400m: 4:28.41 1:07.95	800m: 9:00.77	1:07.97	1200m: 13:32.60	1:07.64		
3.	SANTOS, Andre Ferreira	10	POR	Academico Viseu Futebol Clube	16:51.88	+0,69	637
	100m: 1:03.77 1:03.77	500m: 5:36.63	1:07.98	900m: 10:08.62	1:08.30	1300m: 14:39.08	1:08.25
	200m: 2:12.11 1:08.34	600m: 6:44.76	1:08.13	1000m: 11:16.36	1:07.74	1400m: 15:46.82	1:07.74
	300m: 3:20.42 1:08.31	700m: 7:52.61	1:07.85	1100m: 12:23.97	1:07.61	1500m: 16:51.88	1:05.06
	400m: 4:28.65 1:08.23	800m: 9:00.32	1:07.71	1200m: 13:30.83	1:06.86		
4.	PAULO, Bernardo Goncalves	11	POR	União Piedense	16:53.28	+0,71	634
	100m: 1:02.93 1:02.93	500m: 5:36.71	1:08.58	900m: 10:10.03	1:08.50	1300m: 14:40.69	1:07.45
	200m: 2:10.65 1:07.72	600m: 6:44.84	1:08.13	1000m: 11:18.09	1:08.06	1400m: 15:47.58	1:06.89
	300m: 3:19.68 1:09.03	700m: 7:53.13	1:08.29	1100m: 12:25.76	1:07.67	1500m: 16:53.28	1:05.70
	400m: 4:28.13 1:08.45	800m: 9:01.53	1:08.40	1200m: 13:33.24	1:07.48		
5.	DIAS, Rodrigo Ferrao	10	POR	Sporting	17:03.82	+0,74	615
	100m: 1:03.38 1:03.38	500m: 5:35.64	1:08.50	900m: 10:10.02	1:08.57	1300m: 14:48.54	1:10.06
	200m: 2:10.97 1:07.59	600m: 6:43.74	1:08.10	1000m: 11:18.84	1:08.82	1400m: 15:57.30	1:08.76
	300m: 3:19.06 1:08.09	700m: 7:52.44	1:08.70	1100m: 12:28.93	1:10.09	1500m: 17:03.82	1:06.52
	400m: 4:27.14 1:08.08	800m: 9:01.45	1:09.01	1200m: 13:38.48	1:09.55		
6.	ALPOIM, Diogo Corte-Real	11	POR	Viana Natacao	17:14.40	+0,69	596
	100m: 1:05.37 1:05.37	500m: 5:37.39	1:07.67	900m: 10:10.74	1:08.36	1300m: 14:53.79	1:11.35
	200m: 2:13.66 1:08.29	600m: 6:45.61	1:08.22	1000m: 11:20.42	1:09.68	1400m: 16:05.05	1:11.26
	300m: 3:21.98 1:08.32	700m: 7:53.65	1:08.04	1100m: 12:31.44	1:11.02	1500m: 17:14.40	1:09.35
	400m: 4:29.72 1:07.74	800m: 9:02.38	1:08.73	1200m: 13:42.44	1:11.00		
7.	RIBEIRO, Dinis Aresta	10	POR	Sporting	17:15.10	+0,73	595
	100m: 1:03.05 1:03.05	500m: 5:37.03	1:08.67	900m: 10:12.46	1:09.67	1300m: 14:54.28	1:10.81
	200m: 2:10.89 1:07.84	600m: 6:45.51	1:08.48	1000m: 11:22.44	1:09.98	1400m: 16:05.56	1:11.28
	300m: 3:19.90 1:09.01	700m: 7:54.00	1:08.49	1100m: 12:33.13	1:10.69	1500m: 17:15.10	1:09.54
	400m: 4:28.36 1:08.46	800m: 9:02.79	1:08.79	1200m: 13:43.47	1:10.34		

Prova 11, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
8.	PEREIRA, Guilherme Valente	10	POR	ADRCCI Monte Maior	17:21.78	+0,72	583
	100m: 1:04.88 1:04.88	500m: 5:38.79	1:08.50	900m: 10:17.64	1:10.27	1300m: 15:01.07	1:11.14
	200m: 2:13.75 1:08.87	600m: 6:47.52	1:08.73	1000m: 11:28.28	1:10.64	1400m: 16:11.84	1:10.77
	300m: 3:22.13 1:08.38	700m: 7:56.83	1:09.31	1100m: 12:38.98	1:10.70	1500m: 17:21.78	1:09.94
	400m: 4:30.29 1:08.16	800m: 9:07.37	1:10.54	1200m: 13:49.93	1:10.95		
9.	SILVA, Joao Nascimento	11	POR	Porto	17:26.86	+0,69	575
	100m: 1:05.02 1:05.02	500m: 5:43.57	1:09.67	900m: 10:25.59	1:10.05	1300m: 15:08.54	1:10.99
	200m: 2:14.44 1:09.42	600m: 6:54.06	1:10.49	1000m: 11:36.26	1:10.67	1400m: 16:18.88	1:10.34
	300m: 3:23.94 1:09.50	700m: 8:04.90	1:10.84	1100m: 12:46.96	1:10.70	1500m: 17:26.86	1:07.98
	400m: 4:33.90 1:09.96	800m: 9:15.54	1:10.64	1200m: 13:57.55	1:10.59		
10.	PINTO, Dinis Vieira	11	POR	Braga	17:32.59	+0,81	565
	100m: 1:04.34 1:04.34	500m: 5:46.89	1:11.14	900m: 10:30.44	1:11.22	1300m: 15:13.54	1:10.54
	200m: 2:14.70 1:10.36	600m: 6:56.82	1:09.93	1000m: 11:40.72	1:10.28	1400m: 16:24.39	1:10.85
	300m: 3:25.01 1:10.31	700m: 8:07.74	1:10.92	1100m: 12:51.80	1:11.08	1500m: 17:32.59	1:08.20
	400m: 4:35.75 1:10.74	800m: 9:19.22	1:11.48	1200m: 14:03.00	1:11.20		
11.	RETRE, Goncalo Alexandre	10	POR	Louletano / Loule Aqui e Agora	17:32.71	+0,77	565
	100m: 1:05.26 1:05.26	500m: 5:46.77	1:11.02	900m: 10:30.17	1:10.85	1300m: 15:14.85	1:11.09
	200m: 2:14.76 1:09.50	600m: 6:57.39	1:10.62	1000m: 11:41.27	1:11.10	1400m: 16:25.71	1:10.86
	300m: 3:24.86 1:10.10	700m: 8:08.39	1:11.00	1100m: 12:52.49	1:11.22	1500m: 17:32.71	1:07.00
	400m: 4:35.75 1:10.89	800m: 9:19.32	1:10.93	1200m: 14:03.76	1:11.27		
12.	ARAUJO, Dinis Goncalves	10	POR	Cnac	17:35.59	+0,68	561
	100m: 1:05.11 1:05.11	500m: 5:45.73	1:11.13	900m: 10:30.94	1:11.04	1300m: 15:14.67	1:11.17
	200m: 2:14.16 1:09.05	600m: 6:57.00	1:11.27	1000m: 11:41.88	1:10.94	1400m: 16:25.83	1:11.16
	300m: 3:23.65 1:09.49	700m: 8:08.58	1:11.58	1100m: 12:52.65	1:10.77	1500m: 17:35.59	1:09.76
	400m: 4:34.60 1:10.95	800m: 9:19.90	1:11.32	1200m: 14:03.50	1:10.85		
13.	DIOGO, Vicente Abrantes	11	POR	Columbofila Cantanhedense	17:38.26	+0,71	556
	100m: 1:04.83 1:04.83	500m: 5:46.50	1:10.92	900m: 10:31.31	1:11.68	1300m: 15:17.65	1:11.84
	200m: 2:15.22 1:10.39	600m: 6:57.43	1:10.93	1000m: 11:42.68	1:11.37	1400m: 16:29.23	1:11.58
	300m: 3:24.96 1:09.74	700m: 8:08.88	1:11.45	1100m: 12:54.63	1:11.95	1500m: 17:38.26	1:09.03
	400m: 4:35.58 1:10.62	800m: 9:19.63	1:10.75	1200m: 14:05.81	1:11.18		
14.	OLIVEIRA, Pedro Pereira	11	POR	Nautico Marinha Grande	17:44.26	+0,64	547
	100m: 1:03.49 1:03.49	500m: 5:45.86	1:12.33	900m: 10:35.03	1:12.33	1300m: 15:24.50	1:12.44
	200m: 2:12.35 1:08.86	600m: 6:57.86	1:12.00	1000m: 11:47.22	1:12.19	1400m: 16:36.01	1:11.51
	300m: 3:22.23 1:09.88	700m: 8:10.65	1:12.79	1100m: 12:59.72	1:12.50	1500m: 17:44.26	1:08.25
	400m: 4:33.53 1:11.30	800m: 9:22.70	1:12.05	1200m: 14:12.06	1:12.34		
15.	BARRA, Tiago Frazao	10	POR	Rio Maior	17:52.21	+0,61	535
	100m: 1:06.50 1:06.50	500m: 5:51.29	1:11.39	900m: 10:39.48	1:12.44	1300m: 15:29.49	1:12.66
	200m: 2:17.14 1:10.64	600m: 7:02.82	1:11.53	1000m: 11:51.63	1:12.15	1400m: 16:41.63	1:12.14
	300m: 3:28.43 1:11.29	700m: 8:14.58	1:11.76	1100m: 13:04.08	1:12.45	1500m: 17:52.21	1:10.58
	400m: 4:39.90 1:11.47	800m: 9:27.04	1:12.46	1200m: 14:16.83	1:12.75		
16.	RAMOS, Aron Coelho	11	POR	Vilacondense	17:55.01	+0,80	531
	100m: 1:06.39 1:06.39	500m: 5:51.88	1:11.54	900m: 10:40.51	1:12.29	1300m: 15:32.53	1:13.21
	200m: 2:17.36 1:10.97	600m: 7:03.90	1:12.02	1000m: 11:53.84	1:13.33	1400m: 16:45.06	1:12.53
	300m: 3:28.38 1:11.02	700m: 8:16.11	1:12.21	1100m: 13:06.45	1:12.61	1500m: 17:55.01	1:09.95
	400m: 4:40.34 1:11.96	800m: 9:28.22	1:12.11	1200m: 14:19.32	1:12.87		

Prova 11, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
17.	RAPOSO, Mateus Medeiros	10	POR	Clube Desportivo Nacional	17:58.23	+0,78	526
	100m: 1:06.43 1:06.43	500m: 5:56.66	1:13.45	900m: 10:48.46	1:12.15	1300m: 15:38.05	1:11.90
	200m: 2:17.82 1:11.39	600m: 7:10.06	1:13.40	1000m: 12:00.84	1:12.38	1400m: 16:49.08	1:11.03
	300m: 3:30.15 1:12.33	700m: 8:23.00	1:12.94	1100m: 13:13.60	1:12.76	1500m: 17:58.23	1:09.15
	400m: 4:43.21 1:13.06	800m: 9:36.31	1:13.31	1200m: 14:26.15	1:12.55		
18.	REIS, Tomas Domingues	10	POR	Fluvial Portuense	18:01.13	+0,68	522
	100m: 1:05.84 1:05.84	500m: 5:54.15	1:12.90	900m: 10:46.03	1:12.94	1300m: 15:38.56	1:12.98
	200m: 2:17.00 1:11.16	600m: 7:06.91	1:12.76	1000m: 11:59.46	1:13.43	1400m: 16:50.47	1:11.91
	300m: 3:28.78 1:11.78	700m: 8:20.02	1:13.11	1100m: 13:12.65	1:13.19	1500m: 18:01.13	1:10.66
	400m: 4:41.25 1:12.47	800m: 9:33.09	1:13.07	1200m: 14:25.58	1:12.93		
19.	MENDES, Rodrigo Cunha	11	POR	Lousada Séc.XXI	18:03.42	+0,75	519
	100m: 1:08.37 1:08.37	500m: 6:02.62	1:13.76	900m: 10:53.83	1:12.54	1300m: 15:42.78	1:12.01
	200m: 2:21.74 1:13.37	600m: 7:15.88	1:13.26	1000m: 12:06.44	1:12.61	1400m: 16:54.25	1:11.47
	300m: 3:35.36 1:13.62	700m: 8:28.80	1:12.92	1100m: 13:18.61	1:12.17	1500m: 18:03.42	1:09.17
	400m: 4:48.86 1:13.50	800m: 9:41.29	1:12.49	1200m: 14:30.77	1:12.16		
20.	PINHO, Pedro Nuno	11	POR	Porto	18:13.89		504
	100m: 1:06.44 1:06.44	500m: 5:57.94	1:13.41	900m: 10:51.88	1:13.90	1300m: 15:46.48	1:13.53
	200m: 2:18.67 1:12.23	600m: 7:11.08	1:13.14	1000m: 12:06.26	1:14.38	1400m: 17:01.11	1:14.63
	300m: 3:31.46 1:12.79	700m: 8:24.29	1:13.21	1100m: 13:19.49	1:13.23	1500m: 18:13.89	1:12.78
	400m: 4:44.53 1:13.07	800m: 9:37.98	1:13.69	1200m: 14:32.95	1:13.46		
21.	DINIS, Bernardo Bento	11	POR	Condeixa Aqua Clube	18:18.29	+0,75	498
	100m: 1:06.07 1:06.07	500m: 6:01.03	1:14.29	900m: 10:56.73	1:13.39	1300m: 15:52.75	1:13.95
	200m: 2:18.94 1:12.87	600m: 7:15.70	1:14.67	1000m: 12:10.19	1:13.46	1400m: 17:06.47	1:13.72
	300m: 3:32.79 1:13.85	700m: 8:29.83	1:14.13	1100m: 13:24.67	1:14.48	1500m: 18:18.29	1:11.82
	400m: 4:46.74 1:13.95	800m: 9:43.34	1:13.51	1200m: 14:38.80	1:14.13		
22.	FERNANDES, Gustavo Rolim	11	POR	Colegio Efanor	18:26.84	+0,67	486
	100m: 1:05.72 1:05.72	500m: 5:57.51	1:14.00	900m: 10:55.79	1:15.06	1300m: 15:59.39	1:15.68
	200m: 2:17.24 1:11.52	600m: 7:11.13	1:13.62	1000m: 12:12.61	1:16.82	1400m: 17:13.72	1:14.33
	300m: 3:30.13 1:12.89	700m: 8:25.38	1:14.25	1100m: 13:27.85	1:15.24	1500m: 18:26.84	1:13.12
	400m: 4:43.51 1:13.38	800m: 9:40.73	1:15.35	1200m: 14:43.71	1:15.86		
23.	RODRIGUES, Joao Marcelino	11	POR	Sporting	18:31.91	+0,80	480
	100m: 1:09.26 1:09.26	500m: 6:02.70	1:14.02	900m: 11:01.29	1:14.78	1300m: 16:03.43	1:15.75
	200m: 2:21.37 1:12.11	600m: 7:17.90	1:15.20	1000m: 12:16.19	1:14.90	1400m: 17:18.68	1:15.25
	300m: 3:34.90 1:13.53	700m: 8:32.09	1:14.19	1100m: 13:31.61	1:15.42	1500m: 18:31.91	1:13.23
	400m: 4:48.68 1:13.78	800m: 9:46.51	1:14.42	1200m: 14:47.68	1:16.07		
24.	FREITAS, Daniel Nunes	11	POR	Columbifila Cantanhedense	18:37.10	+0,77	473
	100m: 1:07.72 1:07.72	500m: 6:03.77	1:14.33	900m: 11:07.19	1:17.06	1300m: 16:09.67	1:16.11
	200m: 2:20.81 1:13.09	600m: 7:18.64	1:14.87	1000m: 12:22.75	1:15.56	1400m: 17:25.14	1:15.47
	300m: 3:34.98 1:14.17	700m: 8:34.15	1:15.51	1100m: 13:38.45	1:15.70	1500m: 18:37.10	1:11.96
	400m: 4:49.44 1:14.46	800m: 9:50.13	1:15.98	1200m: 14:53.56	1:15.11		
25.	SILVA, Alexandre Antonio	11	POR	Naval Do Funchal	18:44.90	+0,69	463
	100m: 1:09.37 1:09.37	500m: 6:09.58	1:14.70	900m: 11:10.67	1:15.96	1300m: 16:15.90	1:16.00
	200m: 2:24.71 1:15.34	600m: 7:24.39	1:14.81	1000m: 12:27.16	1:16.49	1400m: 17:32.05	1:16.15
	300m: 3:39.67 1:14.96	700m: 8:39.28	1:14.89	1100m: 13:43.25	1:16.09	1500m: 18:44.90	1:12.85
	400m: 4:54.88 1:15.21	800m: 9:54.71	1:15.43	1200m: 14:59.90	1:16.65		

Prova 11, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
26.	MATEUS, Duarte Santos	11	POR	Condeixa Aqua Clube	19:16.21		427
	100m: 1:11.26 1:11.26	500m: 6:19.44	1:17.48	900m: 11:30.75	1:18.36	1300m: 16:43.54	1:17.98
	200m: 2:27.41 1:16.15	600m: 7:36.76	1:17.32	1000m: 12:49.03	1:18.28	1400m: 18:01.28	1:17.74
	300m: 3:44.91 1:17.50	700m: 8:54.42	1:17.66	1100m: 14:06.68	1:17.65	1500m: 19:16.21	1:14.93
	400m: 5:01.96 1:17.05	800m: 10:12.39	1:17.97	1200m: 15:25.56	1:18.88		

Juniores

1.	SEVIERI, Alexander Gama	09	POR	Porto	16:28.45	+0,70	683
	100m: 1:00.66 1:00.66	500m: 5:24.92	1:06.70	900m: 9:51.96	1:07.11	1300m: 14:18.99	1:06.99
	200m: 2:05.97 1:05.31	600m: 6:31.64	1:06.72	1000m: 10:58.92	1:06.96	1400m: 15:24.80	1:05.81
	300m: 3:12.17 1:06.20	700m: 7:38.23	1:06.59	1100m: 12:05.48	1:06.56	1500m: 16:28.45	1:03.65
	400m: 4:18.22 1:06.05	800m: 8:44.85	1:06.62	1200m: 13:12.00	1:06.52		
2.	CANELAS, Tiago Andre	08	POR	Porto	16:29.74	+0,64	680
	100m: 1:01.46 1:01.46	500m: 5:21.27	1:05.13	900m: 9:45.33	1:06.57	1300m: 14:15.36	1:07.79
	200m: 2:06.24 1:04.78	600m: 6:27.28	1:06.01	1000m: 10:52.49	1:07.16	1400m: 15:23.67	1:08.31
	300m: 3:11.30 1:05.06	700m: 7:32.87	1:05.59	1100m: 11:59.95	1:07.46	1500m: 16:29.74	1:06.07
	400m: 4:16.14 1:04.84	800m: 8:38.76	1:05.89	1200m: 13:07.57	1:07.62		
3.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	16:31.74	+0,70	676
	100m: 1:02.48 1:02.48	500m: 5:26.05	1:05.69	900m: 9:51.93	1:06.65	1300m: 14:19.23	1:07.10
	200m: 2:08.14 1:05.66	600m: 6:32.35	1:06.30	1000m: 10:58.59	1:06.66	1400m: 15:25.93	1:06.70
	300m: 3:14.18 1:06.04	700m: 7:38.89	1:06.54	1100m: 12:05.35	1:06.76	1500m: 16:31.74	1:05.81
	400m: 4:20.36 1:06.18	800m: 8:45.28	1:06.39	1200m: 13:12.13	1:06.78		
4.	KOT, Paulo	09	POR	Nautico Marinha Grande	16:40.53	+0,76	658
	100m: 1:02.48 1:02.48	500m: 5:27.94	1:06.70	900m: 9:55.95	1:07.34	1300m: 14:26.26	1:07.53
	200m: 2:08.59 1:06.11	600m: 6:34.81	1:06.87	1000m: 11:03.46	1:07.51	1400m: 15:34.22	1:07.96
	300m: 3:14.78 1:06.19	700m: 7:41.80	1:06.99	1100m: 12:10.92	1:07.46	1500m: 16:40.53	1:06.31
	400m: 4:21.24 1:06.46	800m: 8:48.61	1:06.81	1200m: 13:18.73	1:07.81		
5.	MONIZ, Rafael Lin	09	POR	Palmela Desporto	16:55.96	+0,71	629
	100m: 1:01.17 1:01.17	500m: 5:31.82	1:08.33	900m: 10:05.20	1:07.62	1300m: 14:39.72	1:08.63
	200m: 2:07.66 1:06.49	600m: 6:40.23	1:08.41	1000m: 11:14.52	1:09.32	1400m: 15:48.54	1:08.82
	300m: 3:15.35 1:07.69	700m: 7:48.89	1:08.66	1100m: 12:22.95	1:08.43	1500m: 16:55.96	1:07.42
	400m: 4:23.49 1:08.14	800m: 8:57.58	1:08.69	1200m: 13:31.09	1:08.14		
6.	OLIVEIRA, Jose Pedro	09	POR	Tubaroes de Gaia	17:16.61	+0,65	592
	100m: 1:03.79 1:03.79	500m: 5:39.20	1:08.37	900m: 10:16.84	1:09.71	1300m: 14:58.26	1:10.47
	200m: 2:12.89 1:09.10	600m: 6:48.67	1:09.47	1000m: 11:26.72	1:09.88	1400m: 16:08.51	1:10.25
	300m: 3:21.43 1:08.54	700m: 7:57.42	1:08.75	1100m: 12:37.30	1:10.58	1500m: 17:16.61	1:08.10
	400m: 4:30.83 1:09.40	800m: 9:07.13	1:09.71	1200m: 13:47.79	1:10.49		
7.	FERREIRA, Andre Bernardes	09	POR	Fluvial Portuense	17:32.60	+0,67	565
	100m: 1:03.47 1:03.47	500m: 5:41.57	1:10.14	900m: 10:26.85	1:10.44	1300m: 15:12.17	1:11.41
	200m: 2:11.88 1:08.41	600m: 6:53.38	1:11.81	1000m: 11:37.73	1:10.88	1400m: 16:23.93	1:11.76
	300m: 3:21.51 1:09.63	700m: 8:04.73	1:11.35	1100m: 12:49.03	1:11.30	1500m: 17:32.60	1:08.67
	400m: 4:31.43 1:09.92	800m: 9:16.41	1:11.68	1200m: 14:00.76	1:11.73		

Prova 11, Masc., 1500m Livres

Seniores

1. BORGES, Rodrigo Costa	07	POR	Porto	15:31.16	+0,64	817
100m: 58.94 58.94	500m: 5:07.96	1:02.52	900m: 9:18.90	1:02.34	1300m: 13:29.68	1:02.48
200m: 2:01.12 1:02.18	600m: 6:10.39	1:02.43	1000m: 10:21.65	1:02.75	1400m: 14:31.93	1:02.25
300m: 3:03.27 1:02.15	700m: 7:13.49	1:03.10	1100m: 11:24.61	1:02.96	1500m: 15:31.16	59.23
400m: 4:05.44 1:02.17	800m: 8:16.56	1:03.07	1200m: 12:27.20	1:02.59		
2. LOUREIRO, Bruno Silva	06	POR	Porto	16:09.36	+0,77	724
100m: 1:00.91 1:00.91	500m: 5:21.02	1:04.55	900m: 9:40.95	1:05.14	1300m: 14:00.86	1:05.35
200m: 2:05.92 1:05.01	600m: 6:26.28	1:05.26	1000m: 10:45.71	1:04.76	1400m: 15:06.23	1:05.37
300m: 3:11.17 1:05.25	700m: 7:31.22	1:04.94	1100m: 11:50.58	1:04.87	1500m: 16:09.36	1:03.13
400m: 4:16.47 1:05.30	800m: 8:35.81	1:04.59	1200m: 12:55.51	1:04.93		
3. ASMAR, Axel Guedes	07	POR	Sporting	16:11.79	+0,59	719
100m: 1:02.79 1:02.79	500m: 5:21.14	1:05.17	900m: 9:42.56	1:04.81	1300m: 14:04.34	1:05.69
200m: 2:06.65 1:03.86	600m: 6:27.14	1:06.00	1000m: 10:47.83	1:05.27	1400m: 15:09.50	1:05.16
300m: 3:11.16 1:04.51	700m: 7:32.57	1:05.43	1100m: 11:53.21	1:05.38	1500m: 16:11.79	1:02.29
400m: 4:15.97 1:04.81	800m: 8:37.75	1:05.18	1200m: 12:58.65	1:05.44		
4. SIMOES, Bernardo Jorge	04	POR	Os Belenenses	16:15.14	+0,73	711
100m: 1:00.61 1:00.61	500m: 5:21.39	1:05.12	900m: 9:42.75	1:05.26	1300m: 14:04.52	1:05.53
200m: 2:05.86 1:05.25	600m: 6:26.96	1:05.57	1000m: 10:48.04	1:05.29	1400m: 15:10.62	1:06.10
300m: 3:11.28 1:05.42	700m: 7:32.24	1:05.28	1100m: 11:53.28	1:05.24	1500m: 16:15.14	1:04.52
400m: 4:16.27 1:04.99	800m: 8:37.49	1:05.25	1200m: 12:58.99	1:05.71		
5. SARREIRA, Tomas Amor	05	POR	Porto	16:23.40	+0,78	694
100m: 1:00.94 1:00.94	500m: 5:20.42	1:05.52	900m: 9:43.72	1:06.12	1300m: 14:11.15	1:07.22
200m: 2:05.09 1:04.15	600m: 6:26.38	1:05.96	1000m: 10:50.19	1:06.47	1400m: 15:18.26	1:07.11
300m: 3:09.66 1:04.57	700m: 7:31.87	1:05.49	1100m: 11:57.31	1:07.12	1500m: 16:23.40	1:05.14
400m: 4:14.90 1:05.24	800m: 8:37.60	1:05.73	1200m: 13:03.93	1:06.62		
EXH HALIKA, Eithan	09	ISR	Porto	16:56.12	+0,64	629
100m: 1:04.24 1:04.24	500m: 5:38.62	1:08.99	900m: 10:12.87	1:08.67	1300m: 14:44.33	1:07.90
200m: 2:12.49 1:08.25	600m: 6:47.17	1:08.55	1000m: 11:21.13	1:08.26	1400m: 15:52.21	1:07.88
300m: 3:20.90 1:08.41	700m: 7:55.72	1:08.55	1100m: 12:28.89	1:07.76	1500m: 16:56.12	1:03.91
400m: 4:29.63 1:08.73	800m: 9:04.20	1:08.48	1200m: 13:36.43	1:07.54		
EXH DESOUSA, Ryan Lukas	11	POR	ACSintra	17:53.49	+0,64	533
100m: 1:05.34 1:05.34	500m: 5:54.01	1:11.90	900m: 10:45.22	1:12.39	1300m: 15:34.28	1:12.66
200m: 2:17.35 1:12.01	600m: 7:06.92	1:12.91	1000m: 11:57.74	1:12.52	1400m: 16:45.02	1:10.74
300m: 3:29.35 1:12.00	700m: 8:19.58	1:12.66	1100m: 13:10.09	1:12.35	1500m: 17:53.49	1:08.47
400m: 4:42.11 1:12.76	800m: 9:32.83	1:13.25	1200m: 14:21.62	1:11.53		
EXH HALABI, Yair Verman	11	ISR	Porto	18:10.90	+0,68	508
100m: 1:07.71 1:07.71	500m: 5:57.54	1:12.57	900m: 10:50.02	1:13.23	1300m: 15:44.72	1:14.04
200m: 2:19.54 1:11.83	600m: 7:10.81	1:13.27	1000m: 12:03.24	1:13.22	1400m: 16:58.52	1:13.80
300m: 3:32.05 1:12.51	700m: 8:24.00	1:13.19	1100m: 13:16.78	1:13.54	1500m: 18:10.90	1:12.38
400m: 4:44.97 1:12.92	800m: 9:36.79	1:12.79	1200m: 14:30.68	1:13.90		
EXH BELEZAS, Ricardo Andrade	91	POR	Os Belenenses	18:22.53	+0,76	492
100m: 1:06.90 1:06.90	500m: 5:59.03	1:13.81	900m: 10:57.89	1:15.39	1300m: 15:58.73	1:14.71
200m: 2:18.94 1:12.04	600m: 7:13.13	1:14.10	1000m: 12:13.07	1:15.18	1400m: 17:12.86	1:14.13
300m: 3:31.77 1:12.83	700m: 8:27.63	1:14.50	1100m: 13:28.63	1:15.56	1500m: 18:22.53	1:09.67
400m: 4:45.22 1:13.45	800m: 9:42.50	1:14.87	1200m: 14:44.02	1:15.39		