

Prova 32  
26/07/2026 - 17:10

Masc., 800m Livres

Absolutos  
Resultados

|               |         |                        |     |                        |            |
|---------------|---------|------------------------|-----|------------------------|------------|
| RN 50m Open   | 7:52.68 | LOPES, Jose Paulo      | POR | Budapest (HUN)         | 22/05/2021 |
| RN 50m Sen    | 7:52.68 | LOPES, Jose Paulo      | POR | Budapest (HUN)         | 22/05/2021 |
| RN 50m Jun 18 | 8:06.97 | PINA, Guilherme Filipe | POR | Hodmezovasarhely (HUN) | 09/07/2016 |
| RN 50m Jun 17 | 8:13.49 | SANTA, Gustavo Manuel  | POR | Helsinki (FIN)         | 17/07/2010 |
| RN 50m Juv A  | 8:23.54 | SANTA, Gustavo Manuel  | POR | Tampere (FIN)          | 23/07/2009 |
| RN 50m Juv B  | 8:32.97 | PEREIRA, Rui Silva     | POR | Coimbra                | 28/05/2023 |

Pontos: AQUA 2026

| Lugar   | Nome                       | Ano                   | Nac                   | Clube                         | TFinal  | TReac | AQUA |
|---------|----------------------------|-----------------------|-----------------------|-------------------------------|---------|-------|------|
| Juvenis |                            |                       |                       |                               |         |       |      |
| 1.      | MONTEIRO, Afonso Carvalho  | 10                    | POR                   | Famalicão                     | 8:49.25 | +0,69 | 623  |
|         | 100m: 1:01.72 1:01.72      | 300m: 3:14.81 1:07.07 | 500m: 5:29.99 1:07.44 | 700m: 7:44.63 1:07.48         |         |       |      |
|         | 200m: 2:07.74 1:06.02      | 400m: 4:22.55 1:07.74 | 600m: 6:37.15 1:07.16 | 800m: 8:49.25 1:04.62         |         |       |      |
| 2.      | ALPOIM, Diogo Corte-Real   | 11                    | POR                   | Viana Natacao                 | 8:50.64 | +0,65 | 618  |
|         | 100m: 1:01.13 1:01.13      | 300m: 3:15.12 1:07.18 | 500m: 5:30.11 1:07.41 | 700m: 7:45.28 1:07.42         |         |       |      |
|         | 200m: 2:07.94 1:06.81      | 400m: 4:22.70 1:07.58 | 600m: 6:37.86 1:07.75 | 800m: 8:50.64 1:05.36         |         |       |      |
| 3.      | SILVA, Hugo Ferreira       | 11                    | POR                   | Aac                           | 8:51.01 | +0,69 | 617  |
|         | 100m: 1:02.68 1:02.68      | 300m: 3:17.17 1:07.51 | 500m: 5:31.69 1:07.23 | 700m: 7:46.40 1:07.40         |         |       |      |
|         | 200m: 2:09.66 1:06.98      | 400m: 4:24.46 1:07.29 | 600m: 6:39.00 1:07.31 | 800m: 8:51.01 1:04.61         |         |       |      |
| 4.      | SANTOS, Andre Ferreira     | 10                    | POR                   | Academico Viseu Futebol Clube | 8:52.26 | +0,69 | 612  |
|         | 100m: 1:03.02 1:03.02      | 300m: 3:17.29 1:07.50 | 500m: 5:32.06 1:07.58 | 700m: 7:46.98 1:07.08         |         |       |      |
|         | 200m: 2:09.79 1:06.77      | 400m: 4:24.48 1:07.19 | 600m: 6:39.90 1:07.84 | 800m: 8:52.26 1:05.28         |         |       |      |
| 5.      | PAULO, Bernardo Goncalves  | 11                    | POR                   | União Piedense                | 8:58.31 | +0,69 | 592  |
|         | 100m: 1:02.52 1:02.52      | 300m: 3:17.98 1:07.92 | 500m: 5:33.89 1:08.17 | 700m: 7:50.99 1:08.33         |         |       |      |
|         | 200m: 2:10.06 1:07.54      | 400m: 4:25.72 1:07.74 | 600m: 6:42.66 1:08.77 | 800m: 8:58.31 1:07.32         |         |       |      |
| 6.      | DIAS, Rodrigo Ferrao       | 10                    | POR                   | Sporting                      | 9:00.95 | +0,69 | 583  |
|         | 100m: 1:03.23 1:03.23      | 300m: 3:20.86 1:08.85 | 500m: 5:37.65 1:08.17 | 700m: 7:55.15 1:08.65         |         |       |      |
|         | 200m: 2:12.01 1:08.78      | 400m: 4:29.48 1:08.62 | 600m: 6:46.50 1:08.85 | 800m: 9:00.95 1:05.80         |         |       |      |
| 7.      | PEREIRA, Guilherme Valente | 10                    | POR                   | ADRCCI Monte Maior            | 9:01.70 | +0,64 | 581  |
|         | 100m: 1:03.30 1:03.30      | 300m: 3:18.07 1:07.78 | 500m: 5:34.25 1:08.29 | 700m: 7:53.38 1:09.99         |         |       |      |
|         | 200m: 2:10.29 1:06.99      | 400m: 4:25.96 1:07.89 | 600m: 6:43.39 1:09.14 | 800m: 9:01.70 1:08.32         |         |       |      |
| 8.      | PINTO, Dinis Vieira        | 11                    | POR                   | Braga                         | 9:06.95 | +0,80 | 564  |
|         | 100m: 1:04.32 1:04.32      | 300m: 3:23.33 1:09.09 | 500m: 5:42.25 1:09.30 | 700m: 8:01.39 1:08.80         |         |       |      |
|         | 200m: 2:14.24 1:09.92      | 400m: 4:32.95 1:09.62 | 600m: 6:52.59 1:10.34 | 800m: 9:06.95 1:05.56         |         |       |      |
| 9.      | PACHECO, David Filipe      | 10                    | POR                   | BUZIOS - Coruche              | 9:08.97 | +0,69 | 558  |
|         | 100m: 1:02.28 1:02.28      | 300m: 3:18.82 1:08.46 | 500m: 5:38.09 1:09.93 | 700m: 7:59.50 1:10.80         |         |       |      |
|         | 200m: 2:10.36 1:08.08      | 400m: 4:28.16 1:09.34 | 600m: 6:48.70 1:10.61 | 800m: 9:08.97 1:09.47         |         |       |      |
| 10.     | SILVA, Joao Nascimento     | 11                    | POR                   | Porto                         | 9:09.13 | +0,70 | 558  |
|         | 100m: 1:04.16 1:04.16      | 300m: 3:21.70 1:08.92 | 500m: 5:39.40 1:09.15 | 700m: 7:59.70 1:10.45         |         |       |      |
|         | 200m: 2:12.78 1:08.62      | 400m: 4:30.25 1:08.55 | 600m: 6:49.25 1:09.85 | 800m: 9:09.13 1:09.43         |         |       |      |
| 11.     | ARAUJO, Dinis Goncalves    | 10                    | POR                   | Cnac                          | 9:09.55 | +0,70 | 556  |
|         | 100m: 1:03.53 1:03.53      | 300m: 3:22.82 1:09.92 | 500m: 5:43.58 1:10.20 | 700m: 8:02.68 1:09.38         |         |       |      |
|         | 200m: 2:12.90 1:09.37      | 400m: 4:33.38 1:10.56 | 600m: 6:53.30 1:09.72 | 800m: 9:09.55 1:06.87         |         |       |      |
| 12.     | RIBEIRO, Dinis Aresta      | 10                    | POR                   | Sporting                      | 9:11.30 | +0,73 | 551  |
|         | 100m: 1:03.89 1:03.89      | 300m: 3:21.48 1:09.03 | 500m: 5:40.75 1:09.76 | 700m: 8:01.84 1:10.82         |         |       |      |
|         | 200m: 2:12.45 1:08.56      | 400m: 4:30.99 1:09.51 | 600m: 6:51.02 1:10.27 | 800m: 9:11.30 1:09.46         |         |       |      |

Prova 32, Masc., 800m Livres, Juvenis

| Lugar | Nome                       | Ano           | Nac     | Clube                          | TFinal         | TReac   | AQUA |
|-------|----------------------------|---------------|---------|--------------------------------|----------------|---------|------|
| 13.   | RETRE, Goncalo Alexandre   | 10            | POR     | Louletano / Loule Aqui e Agora | <b>9:13.08</b> | +0,74   | 546  |
|       | 100m: 1:03.85 1:03.85      | 300m: 3:22.96 | 1:10.06 | 500m: 5:44.06 1:10.41          | 700m: 8:04.90  | 1:09.87 |      |
|       | 200m: 2:12.90 1:09.05      | 400m: 4:33.65 | 1:10.69 | 600m: 6:55.03 1:10.97          | 800m: 9:13.08  | 1:08.18 |      |
| 14.   | TOMAS, Rodrigo Cardoso     | 10            | POR     | Alcobaca                       | <b>9:16.48</b> | +0,61   | 536  |
|       | 100m: 1:04.27 1:04.27      | 300m: 3:23.67 | 1:09.88 | 500m: 5:44.86 1:10.27          | 700m: 8:07.24  | 1:11.38 |      |
|       | 200m: 2:13.79 1:09.52      | 400m: 4:34.59 | 1:10.92 | 600m: 6:55.86 1:11.00          | 800m: 9:16.48  | 1:09.24 |      |
| 15.   | RAMOS, Aron Coelho         | 11            | POR     | Vilacondense                   | <b>9:16.51</b> | +0,72   | 536  |
|       | 100m: 1:05.20 1:05.20      | 300m: 3:25.71 | 1:09.26 | 500m: 5:48.67 1:11.39          | 700m: 8:09.72  | 1:10.46 |      |
|       | 200m: 2:16.45 1:11.25      | 400m: 4:37.28 | 1:11.57 | 600m: 6:59.26 1:10.59          | 800m: 9:16.51  | 1:06.79 |      |
| 16.   | PENSO, Tiago Daniel        | 11            | POR     | Gcvr                           | <b>9:18.52</b> | +0,67   | 530  |
|       | 100m: 1:04.18 1:04.18      | 300m: 3:24.41 | 1:09.81 | 500m: 5:45.73 1:10.61          | 700m: 8:09.55  | 1:11.50 |      |
|       | 200m: 2:14.60 1:10.42      | 400m: 4:35.12 | 1:10.71 | 600m: 6:58.05 1:12.32          | 800m: 9:18.52  | 1:08.97 |      |
| 17.   | REIS, Tomas Domingues      | 10            | POR     | Fluvial Portuense              | <b>9:19.21</b> | +0,62   | 528  |
|       | 100m: 1:03.79 1:03.79      | 300m: 3:24.14 | 1:10.61 | 500m: 5:47.84 1:12.14          | 700m: 8:11.33  | 1:11.61 |      |
|       | 200m: 2:13.53 1:09.74      | 400m: 4:35.70 | 1:11.56 | 600m: 6:59.72 1:11.88          | 800m: 9:19.21  | 1:07.88 |      |
| 18.   | ROQUE, Martim Duarte       | 11            | POR     | CNLeiria - VOID                | <b>9:20.99</b> | +0,70   | 523  |
|       | 100m: 1:05.86 1:05.86      | 300m: 3:27.81 | 1:10.75 | 500m: 5:50.15 1:10.81          | 700m: 8:12.13  | 1:10.19 |      |
|       | 200m: 2:17.06 1:11.20      | 400m: 4:39.34 | 1:11.53 | 600m: 7:01.94 1:11.79          | 800m: 9:20.99  | 1:08.86 |      |
| 19.   | BARRA, Tiago Frazao        | 10            | POR     | Rio Maior                      | <b>9:22.95</b> | +0,58   | 518  |
|       | 100m: 1:05.37 1:05.37      | 300m: 3:28.27 | 1:12.00 | 500m: 5:50.83 1:10.74          | 700m: 8:13.36  | 1:11.40 |      |
|       | 200m: 2:16.27 1:10.90      | 400m: 4:40.09 | 1:11.82 | 600m: 7:01.96 1:11.13          | 800m: 9:22.95  | 1:09.59 |      |
| 20.   | VALENTE, Santiago Vagos    | 11            | POR     | Galitos / Bresimar             | <b>9:25.06</b> | +0,71   | 512  |
|       | 100m: 1:02.70 1:02.70      | 300m: 3:24.80 | 1:11.51 | 500m: 5:49.65 1:12.75          | 700m: 8:16.04  | 1:12.84 |      |
|       | 200m: 2:13.29 1:10.59      | 400m: 4:36.90 | 1:12.10 | 600m: 7:03.20 1:13.55          | 800m: 9:25.06  | 1:09.02 |      |
| 21.   | MENDES, Rodrigo Cunha      | 11            | POR     | Lousada Séc.XXI                | <b>9:25.49</b> | +0,73   | 511  |
|       | 100m: 1:05.24 1:05.24      | 300m: 3:28.88 | 1:11.94 | 500m: 5:53.43 1:12.12          | 700m: 8:17.25  | 1:11.99 |      |
|       | 200m: 2:16.94 1:11.70      | 400m: 4:41.31 | 1:12.43 | 600m: 7:05.26 1:11.83          | 800m: 9:25.49  | 1:08.24 |      |
| 22.   | RAPOSO, Mateus Medeiros    | 10            | POR     | Clube Desportivo Nacional      | <b>9:32.00</b> | +0,77   | 493  |
|       | 100m: 1:05.65 1:05.65      | 300m: 3:29.76 | 1:12.49 | 500m: 5:55.72 1:12.47          | 700m: 8:22.21  | 1:12.85 |      |
|       | 200m: 2:17.27 1:11.62      | 400m: 4:43.25 | 1:13.49 | 600m: 7:09.36 1:13.64          | 800m: 9:32.00  | 1:09.79 |      |
| 23.   | PINHO, Pedro Nuno          | 11            | POR     | Porto                          | <b>9:33.12</b> | +0,72   | 490  |
|       | 100m: 1:05.54 1:05.54      | 300m: 3:28.97 | 1:11.76 | 500m: 5:54.94 1:13.29          | 700m: 8:21.44  | 1:13.28 |      |
|       | 200m: 2:17.21 1:11.67      | 400m: 4:41.65 | 1:12.68 | 600m: 7:08.16 1:13.22          | 800m: 9:33.12  | 1:11.68 |      |
| 24.   | LUCIO, Lourenco Perestrelo | 11            | POR     | Naval Do Funchal               | <b>9:35.13</b> | +0,65   | 485  |
|       | 100m: 1:05.09 1:05.09      | 300m: 3:30.09 | 1:13.05 | 500m: 5:56.19 1:13.18          | 700m: 8:25.00  | 1:14.42 |      |
|       | 200m: 2:17.04 1:11.95      | 400m: 4:43.01 | 1:12.92 | 600m: 7:10.58 1:14.39          | 800m: 9:35.13  | 1:10.13 |      |
| 25.   | DINIS, Bernardo Bento      | 11            | POR     | Condeixa Aqua Clube            | <b>9:35.17</b> | +0,80   | 485  |
|       | 100m: 1:06.64 1:06.64      | 300m: 3:31.97 | 1:13.45 | 500m: 5:57.58 1:12.76          | 700m: 8:23.91  | 1:13.15 |      |
|       | 200m: 2:18.52 1:11.88      | 400m: 4:44.82 | 1:12.85 | 600m: 7:10.76 1:13.18          | 800m: 9:35.17  | 1:11.26 |      |
| 26.   | FERNANDES, Gustavo Rolim   | 11            | POR     | Colegio Efanor                 | <b>9:40.38</b> | +0,81   | 472  |
|       | 100m: 1:05.33 1:05.33      | 300m: 3:30.83 | 1:13.09 | 500m: 5:59.12 1:14.27          | 700m: 8:28.02  | 1:14.34 |      |
|       | 200m: 2:17.74 1:12.41      | 400m: 4:44.85 | 1:14.02 | 600m: 7:13.68 1:14.56          | 800m: 9:40.38  | 1:12.36 |      |

Prova 32, Masc., 800m Livres, Juvenis

| Lugar | Nome                                          | Ano           | Nac     | Clube                         | TFinal         | TReac         | AQUA    |
|-------|-----------------------------------------------|---------------|---------|-------------------------------|----------------|---------------|---------|
| 27.   | RODRIGUES, Joao Marcelino                     | 11            | POR     | Sporting                      | <b>9:42.62</b> | +0,80         | 467     |
|       | 100m: 1:08.76 1:08.76                         | 300m: 3:36.30 | 1:14.28 | 500m: 6:04.46                 | 1:14.49        | 700m: 8:31.24 | 1:13.06 |
|       | 200m: 2:22.02 1:13.26                         | 400m: 4:49.97 | 1:13.67 | 600m: 7:18.18                 | 1:13.72        | 800m: 9:42.62 | 1:11.38 |
| 28.   | MATEUS, Duarte Santos                         | 11            | POR     | Condeixa Aqua Clube           | <b>9:42.83</b> | +0,88         | 466     |
|       | 100m: 1:08.94 1:08.94                         | 300m: 3:36.67 | 1:14.19 | 500m: 6:04.63                 | 1:14.26        | 700m: 8:32.24 | 1:13.86 |
|       | 200m: 2:22.48 1:13.54                         | 400m: 4:50.37 | 1:13.70 | 600m: 7:18.38                 | 1:13.75        | 800m: 9:42.83 | 1:10.59 |
| 29.   | FERNANDES, Simao Pascoal                      | 11            | POR     | ADRCI Monte Maior             | <b>9:47.03</b> |               | 456     |
|       | 100m: 1:05.82 1:05.82                         | 300m: 3:31.06 | 1:13.14 | 500m: 6:01.27                 | 1:14.63        | 700m: 8:31.99 | 1:15.91 |
|       | 200m: 2:17.92 1:12.10                         | 400m: 4:46.64 | 1:15.58 | 600m: 7:16.08                 | 1:14.81        | 800m: 9:47.03 | 1:15.04 |
| DSQ   | OLAS, Tiago Joao                              | 10            | POR     | Academico Viseu Futebol Clube |                |               |         |
|       | 10.2.1 - O(a) atleta nao completou o percurso |               |         |                               |                |               |         |

Juniores

|     |                              |               |         |                                |                |               |         |
|-----|------------------------------|---------------|---------|--------------------------------|----------------|---------------|---------|
| 1.  | MEDEIROS, Miguel Fragoso     | 08            | POR     | Vitória Sport Clube            | <b>8:26.36</b> | +0,75         | 711     |
|     | 100m: 58.16 58.16            | 300m: 3:01.86 | 1:02.31 | 500m: 5:10.78                  | 1:05.15        | 700m: 7:22.08 | 1:05.83 |
|     | 200m: 1:59.55 1:01.39        | 400m: 4:05.63 | 1:03.77 | 600m: 6:16.25                  | 1:05.47        | 800m: 8:26.36 | 1:04.28 |
| 2.  | CANELAS, Tiago Andre         | 08            | POR     | Porto                          | <b>8:34.49</b> | +0,69         | 678     |
|     | 100m: 1:00.70 1:00.70        | 300m: 3:08.67 | 1:03.56 | 500m: 5:18.45                  | 1:05.17        | 700m: 7:30.17 | 1:06.16 |
|     | 200m: 2:05.11 1:04.41        | 400m: 4:13.28 | 1:04.61 | 600m: 6:24.01                  | 1:05.56        | 800m: 8:34.49 | 1:04.32 |
| 3.  | SEVIERI, Alexander Gama      | 09            | POR     | Porto                          | <b>8:45.66</b> | +0,68         | 636     |
|     | 100m: 1:01.07 1:01.07        | 300m: 3:13.58 | 1:06.09 | 500m: 5:28.10                  | 1:07.28        | 700m: 7:41.06 | 1:06.03 |
|     | 200m: 2:07.49 1:06.42        | 400m: 4:20.82 | 1:07.24 | 600m: 6:35.03                  | 1:06.93        | 800m: 8:45.66 | 1:04.60 |
| 4.  | KOT, Paulo                   | 09            | POR     | Nautico Marinha Grande         | <b>8:46.80</b> | +0,75         | 632     |
|     | 100m: 1:01.34 1:01.34        | 300m: 3:13.20 | 1:06.78 | 500m: 5:27.85                  | 1:07.75        | 700m: 7:42.91 | 1:07.61 |
|     | 200m: 2:06.42 1:05.08        | 400m: 4:20.10 | 1:06.90 | 600m: 6:35.30                  | 1:07.45        | 800m: 8:46.80 | 1:03.89 |
| 5.  | RODRIGUES, Rafael Pereira    | 08            | POR     | Condeixa Aqua Clube            | <b>8:47.75</b> | +0,67         | 628     |
|     | 100m: 1:02.32 1:02.32        | 300m: 3:14.98 | 1:06.65 | 500m: 5:28.93                  | 1:06.99        | 700m: 7:42.74 | 1:07.01 |
|     | 200m: 2:08.33 1:06.01        | 400m: 4:21.94 | 1:06.96 | 600m: 6:35.73                  | 1:06.80        | 800m: 8:47.75 | 1:05.01 |
| 6.  | MARRAZES, Guilherme Meireles | 09            | POR     | Nautico Marinha Grande         | <b>8:49.88</b> | +0,64         | 621     |
|     | 100m: 1:03.15 1:03.15        | 300m: 3:18.09 | 1:07.82 | 500m: 5:32.72                  | 1:07.50        | 700m: 7:46.15 | 1:06.23 |
|     | 200m: 2:10.27 1:07.12        | 400m: 4:25.22 | 1:07.13 | 600m: 6:39.92                  | 1:07.20        | 800m: 8:49.88 | 1:03.73 |
| 7.  | MONIZ, Rafael Lin            | 09            | POR     | Palmela Desporto               | <b>8:51.33</b> | +0,73         | 616     |
|     | 100m: 1:01.27 1:01.27        | 300m: 3:15.23 | 1:07.34 | 500m: 5:30.70                  | 1:07.42        | 700m: 7:45.99 | 1:07.65 |
|     | 200m: 2:07.89 1:06.62        | 400m: 4:23.28 | 1:08.05 | 600m: 6:38.34                  | 1:07.64        | 800m: 8:51.33 | 1:05.34 |
| 8.  | FERREIRA, Andre Bernardes    | 09            | POR     | Fluvial Portuense              | <b>8:57.05</b> | +0,68         | 596     |
|     | 100m: 1:03.45 1:03.45        | 300m: 3:18.20 | 1:06.99 | 500m: 5:34.54                  | 1:08.31        | 700m: 7:50.82 | 1:08.28 |
|     | 200m: 2:11.21 1:07.76        | 400m: 4:26.23 | 1:08.03 | 600m: 6:42.54                  | 1:08.00        | 800m: 8:57.05 | 1:06.23 |
| 9.  | OLIVEIRA, Jose Pedro         | 09            | POR     | Tubaroes de Gaia               | <b>9:03.09</b> | +0,65         | 576     |
|     | 100m: 1:03.13 1:03.13        | 300m: 3:17.51 | 1:07.44 | 500m: 5:36.16                  | 1:09.72        | 700m: 7:55.46 | 1:09.63 |
|     | 200m: 2:10.07 1:06.94        | 400m: 4:26.44 | 1:08.93 | 600m: 6:45.83                  | 1:09.67        | 800m: 9:03.09 | 1:07.63 |
| 10. | SILVA, Rafael Alexandre      | 09            | POR     | Louletano / Loule Aqui e Agora | <b>9:18.58</b> | +0,71         | 530     |
|     | 100m: 1:03.90 1:03.90        | 300m: 3:23.57 | 1:10.41 | 500m: 5:45.44                  | 1:10.92        | 700m: 8:07.96 | 1:11.66 |
|     | 200m: 2:13.16 1:09.26        | 400m: 4:34.52 | 1:10.95 | 600m: 6:56.30                  | 1:10.86        | 800m: 9:18.58 | 1:10.62 |

Prova 32, Masc., 800m Livres

Seniores

|                              |               |         |                    |         |               |         |  |                |       |     |
|------------------------------|---------------|---------|--------------------|---------|---------------|---------|--|----------------|-------|-----|
| 1. BORGES, Rodrigo Costa     | 07            | POR     | Porto              |         |               |         |  | <b>8:08.18</b> | +0,67 | 794 |
| 100m: 57.67 57.67            | 300m: 3:00.67 | 1:01.82 | 500m: 5:04.65      | 1:02.15 | 700m: 7:09.09 | 1:02.02 |  |                |       |     |
| 200m: 1:58.85 1:01.18        | 400m: 4:02.50 | 1:01.83 | 600m: 6:07.07      | 1:02.42 | 800m: 8:08.18 | 59.09   |  |                |       |     |
| 2. SIMOES, Bernardo Jorge    | 04            | POR     | Os Belenenses      |         |               |         |  | <b>8:27.88</b> | +0,72 | 705 |
| 100m: 59.17 59.17            | 300m: 3:08.06 | 1:04.96 | 500m: 5:17.37      | 1:04.43 | 700m: 7:26.86 | 1:04.50 |  |                |       |     |
| 200m: 2:03.10 1:03.93        | 400m: 4:12.94 | 1:04.88 | 600m: 6:22.36      | 1:04.99 | 800m: 8:27.88 | 1:01.02 |  |                |       |     |
| 3. ASMAR, Axel Guedes        | 07            | POR     | Sporting           |         |               |         |  | <b>8:29.34</b> | +0,67 | 699 |
| 100m: 1:00.77 1:00.77        | 300m: 3:08.51 | 1:03.88 | 500m: 5:17.91      | 1:04.98 | 700m: 7:27.33 | 1:04.55 |  |                |       |     |
| 200m: 2:04.63 1:03.86        | 400m: 4:12.93 | 1:04.42 | 600m: 6:22.78      | 1:04.87 | 800m: 8:29.34 | 1:02.01 |  |                |       |     |
| 4. LOUREIRO, Bruno Silva     | 06            | POR     | Porto              |         |               |         |  | <b>8:29.40</b> | +0,70 | 699 |
| 100m: 59.92 59.92            | 300m: 3:08.31 | 1:04.90 | 500m: 5:16.19      | 1:03.94 | 700m: 7:26.41 | 1:05.13 |  |                |       |     |
| 200m: 2:03.41 1:03.49        | 400m: 4:12.25 | 1:03.94 | 600m: 6:21.28      | 1:05.09 | 800m: 8:29.40 | 1:02.99 |  |                |       |     |
| 5. SARREIRA, Tomas Amor      | 05            | POR     | Porto              |         |               |         |  | <b>8:37.71</b> | +0,74 | 666 |
| 100m: 1:00.56 1:00.56        | 300m: 3:09.43 | 1:04.38 | 500m: 5:20.87      | 1:06.02 | 700m: 7:33.42 | 1:06.29 |  |                |       |     |
| 200m: 2:05.05 1:04.49        | 400m: 4:14.85 | 1:05.42 | 600m: 6:27.13      | 1:06.26 | 800m: 8:37.71 | 1:04.29 |  |                |       |     |
| 6. COSTA, Andre Leitao       | 07            | POR     | Braga              |         |               |         |  | <b>8:38.93</b> | +0,80 | 661 |
| 100m: 1:01.12 1:01.12        | 300m: 3:11.73 | 1:05.67 | 500m: 5:24.36      | 1:06.25 | 700m: 7:35.79 | 1:04.80 |  |                |       |     |
| 200m: 2:06.06 1:04.94        | 400m: 4:18.11 | 1:06.38 | 600m: 6:30.99      | 1:06.63 | 800m: 8:38.93 | 1:03.14 |  |                |       |     |
| 7. MATOS, Rodrigo Onofre     | 06            | POR     | ADRCCI Monte Maior |         |               |         |  | <b>8:49.24</b> | +0,78 | 623 |
| 100m: 1:01.65 1:01.65        | 300m: 3:14.63 | 1:06.70 | 500m: 5:29.33      | 1:06.84 | 700m: 7:44.60 | 1:07.40 |  |                |       |     |
| 200m: 2:07.93 1:06.28        | 400m: 4:22.49 | 1:07.86 | 600m: 6:37.20      | 1:07.87 | 800m: 8:49.24 | 1:04.64 |  |                |       |     |
| EXH DESOUSA, Ryan Lukas      | 11            | POR     | ACSintra           |         |               |         |  | <b>9:17.49</b> | +0,67 | 533 |
| 100m: 1:04.64 1:04.64        | 300m: 3:28.09 | 1:11.57 | 500m: 5:51.74      | 1:11.55 | 700m: 8:11.09 | 1:09.76 |  |                |       |     |
| 200m: 2:16.52 1:11.88        | 400m: 4:40.19 | 1:12.10 | 600m: 7:01.33      | 1:09.59 | 800m: 9:17.49 | 1:06.40 |  |                |       |     |
| EXH HALABI, Yair Verman      | 11            | ISR     | Porto              |         |               |         |  | <b>9:31.48</b> | +0,69 | 495 |
| 100m: 1:05.67 1:05.67        | 300m: 3:27.85 | 1:11.47 | 500m: 5:52.33      | 1:12.57 | 700m: 8:18.93 | 1:13.44 |  |                |       |     |
| 200m: 2:16.38 1:10.71        | 400m: 4:39.76 | 1:11.91 | 600m: 7:05.49      | 1:13.16 | 800m: 9:31.48 | 1:12.55 |  |                |       |     |
| EXH BELEZAS, Ricardo Andrade | 91            | POR     | Os Belenenses      |         |               |         |  | <b>9:34.60</b> | +0,75 | 487 |
| 100m: 1:04.76 1:04.76        | 300m: 3:28.57 | 1:12.55 | 500m: 5:56.53      | 1:14.18 | 700m: 8:24.73 | 1:13.75 |  |                |       |     |
| 200m: 2:16.02 1:11.26        | 400m: 4:42.35 | 1:13.78 | 600m: 7:10.98      | 1:14.45 | 800m: 9:34.60 | 1:09.87 |  |                |       |     |