

Campeonato Interdistrital Juvenis, Juniores, Seniores de Verão
Coimbra, 9 - 12/7/2026

Prova 11 Masc., 1500m Livres 15 anos e mais velhos
10/07/2026 - 16:25 Resultados

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

TA JUN-MASC Jun A/B: 19:41.83 / TA JUVA-MASC Juv A: 20:16.08 / TA JUVB-MASC Juv B: 20:44.64 / TA SEN-MASC SEN/OPEN: 19:07.58

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Juvenis A/B

1. Hugo Ferreira, SILVA	11	Academica de Coimbra	17:00.70	620
100m: 1:04.11 1:04.11	500m: 5:36.53 1:08.27	900m: 10:09.60 1:08.91	1300m: 14:44.99 1:08.99	
200m: 2:12.05 1:07.94	600m: 6:44.56 1:08.03	1000m: 11:18.11 1:08.51	1400m: 15:54.24 1:09.25	
300m: 3:20.12 1:08.07	700m: 7:52.46 1:07.90	1100m: 12:27.05 1:08.94	1500m: 17:00.70 1:06.46	
400m: 4:28.26 1:08.14	800m: 9:00.69 1:08.23	1200m: 13:36.00 1:08.95		
2. Andre Ferreira, SANTOS	10	Academico de Viseu	17:06.19	610
100m: 1:03.73 1:03.73	500m: 5:36.57 1:08.79	900m: 10:13.49 1:09.67	1300m: 14:50.75 1:09.75	
200m: 2:11.07 1:07.34	600m: 6:45.43 1:08.86	1000m: 11:23.34 1:09.85	1400m: 16:00.42 1:09.67	
300m: 3:19.14 1:08.07	700m: 7:54.53 1:09.10	1100m: 12:31.89 1:08.55	1500m: 17:06.19 1:05.77	
400m: 4:27.78 1:08.64	800m: 9:03.82 1:09.29	1200m: 13:41.00 1:09.11		
3. Pedro Pereira, OLIVEIRA	11	Nautico Marinha Grande	17:45.47	545
100m: 1:04.72 1:04.72	500m: 5:49.65 1:12.06	900m: 10:39.54 1:12.77	1300m: 15:28.18 1:11.86	
200m: 2:15.11 1:10.39	600m: 7:01.74 1:12.09	1000m: 11:51.98 1:12.44	1400m: 16:38.68 1:10.50	
300m: 3:25.93 1:10.82	700m: 8:14.16 1:12.42	1100m: 13:04.45 1:12.47	1500m: 17:45.47 1:06.79	
400m: 4:37.59 1:11.66	800m: 9:26.77 1:12.61	1200m: 14:16.32 1:11.87		
4. Dinis Goncalves, ARAUJO	10	Nautico Academico	17:45.55	545
100m: 1:04.26 1:04.26	500m: 5:46.61 1:11.56	900m: 10:36.29 1:12.93	1300m: 15:26.45 1:09.89	
200m: 2:12.96 1:08.70	600m: 6:58.74 1:12.13	1000m: 11:49.88 1:13.59	1400m: 16:37.30 1:10.85	
300m: 3:23.62 1:10.66	700m: 8:10.63 1:11.89	1100m: 13:03.16 1:13.28	1500m: 17:45.55 1:08.25	
400m: 4:35.05 1:11.43	800m: 9:23.36 1:12.73	1200m: 14:16.56 1:13.40		
5. Tiago Joao, OLAS	10	Academico de Viseu	18:12.87	505
100m: 1:06.27 1:06.27	500m: 5:54.58 1:12.86	900m: 10:47.82 1:13.81	1300m: 15:45.93 1:14.97	
200m: 2:17.21 1:10.94	600m: 7:07.62 1:13.04	1000m: 12:01.44 1:13.62	1400m: 17:01.64 1:15.71	
300m: 3:29.51 1:12.30	700m: 8:20.81 1:13.19	1100m: 13:16.02 1:14.58	1500m: 18:12.87 1:11.23	
400m: 4:41.72 1:12.21	800m: 9:34.01 1:13.20	1200m: 14:30.96 1:14.94		
6. Bernardo Bento, DINIS	11	Condeixa Clube	18:25.90	487
100m: 1:07.11 1:07.11	500m: 6:00.01 1:14.18	900m: 10:58.74 1:15.27	1300m: 15:58.34 1:15.01	
200m: 2:19.26 1:12.15	600m: 7:14.14 1:14.13	1000m: 12:13.64 1:14.90	1400m: 17:13.13 1:14.79	
300m: 3:32.42 1:13.16	700m: 8:28.72 1:14.58	1100m: 13:28.69 1:15.05	1500m: 18:25.90 1:12.77	
400m: 4:45.83 1:13.41	800m: 9:43.47 1:14.75	1200m: 14:43.33 1:14.64		
7. Duarte Santos, MATEUS	11	Condeixa Clube	18:31.89	480
100m: 1:09.18 1:09.18	500m: 6:05.53 1:14.76	900m: 11:05.18 1:15.17	1300m: 16:05.86 1:14.98	
200m: 2:22.48 1:13.30	600m: 7:19.86 1:14.33	1000m: 12:20.77 1:15.59	1400m: 17:20.09 1:14.23	
300m: 3:36.46 1:13.98	700m: 8:34.82 1:14.96	1100m: 13:35.70 1:14.93	1500m: 18:31.89 1:11.80	
400m: 4:50.77 1:14.31	800m: 9:50.01 1:15.19	1200m: 14:50.88 1:15.18		
8. Daniel Nunes, FREITAS	11	Columbofila Cantanhedense	18:36.18	474
100m: 1:07.72 1:07.72	500m: 6:04.23 1:14.87	900m: 11:04.68 1:15.37	1300m: 16:08.49 1:16.74	
200m: 2:21.28 1:13.56	600m: 7:19.47 1:15.24	1000m: 12:20.24 1:15.56	1400m: 17:23.67 1:15.18	
300m: 3:35.11 1:13.83	700m: 8:33.70 1:14.23	1100m: 13:35.80 1:15.56	1500m: 18:36.18 1:12.51	
400m: 4:49.36 1:14.25	800m: 9:49.31 1:15.61	1200m: 14:51.75 1:15.95		
9. Eduardo Martim, CARMO	11	Obidos Criativa	21:58.16	288
FTL				
100m: 1:14.42 1:14.42	500m: 7:00.18 1:28.09	900m: 12:58.86 1:30.25	1300m: 19:04.84 1:30.65	
200m: 2:38.01 1:23.59	600m: 8:29.13 1:28.95	1000m: 14:31.57 1:32.71	1400m: 20:33.78 1:28.94	
300m: 4:04.84 1:26.83	700m: 9:57.61 1:28.48	1100m: 16:04.23 1:32.66	1500m: 21:58.16 1:24.38	
400m: 5:32.09 1:27.25	800m: 11:28.61 1:31.00	1200m: 17:34.19 1:29.96		

Campeonato Interdistrital Juvenis, Juniores, Seniores de Verão
Coimbra, 9 - 12/7/2026

Prova 11, Masc., 1500m Livres

Juniores A/B

1.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	16:32.12	675
	100m: 1:02.82 1:02.82	500m: 5:28.42 1:06.07	900m: 9:53.32 1:06.23	1300m: 14:19.41 1:06.90	
	200m: 2:09.14 1:06.32	600m: 6:34.71 1:06.29	1000m: 10:59.72 1:06.40	1400m: 15:26.22 1:06.81	
	300m: 3:15.64 1:06.50	700m: 7:41.12 1:06.41	1100m: 12:05.98 1:06.26	1500m: 16:32.12 1:05.90	
	400m: 4:22.35 1:06.71	800m: 8:47.09 1:05.97	1200m: 13:12.51 1:06.53		
2.	Paulo, KOT	09	Nautico Marinha Grande	16:42.56	654
	100m: 1:02.59 1:02.59	500m: 5:29.52 1:06.73	900m: 9:58.70 1:07.80	1300m: 14:29.32 1:08.04	
	200m: 2:08.94 1:06.35	600m: 6:36.70 1:07.18	1000m: 11:06.23 1:07.53	1400m: 15:36.63 1:07.31	
	300m: 3:15.69 1:06.75	700m: 7:44.20 1:07.50	1100m: 12:13.85 1:07.62	1500m: 16:42.56 1:05.93	
	400m: 4:22.79 1:07.10	800m: 8:50.90 1:06.70	1200m: 13:21.28 1:07.43		
3.	Guilherme Simoes, SOUSA	08	Academica de Coimbra	17:27.33	574
	100m: 1:03.12 1:03.12	500m: 5:41.31 1:10.52	900m: 10:22.81 1:10.68	1300m: 15:08.15 1:11.53	
	200m: 2:11.75 1:08.63	600m: 6:51.76 1:10.45	1000m: 11:33.44 1:10.63	1400m: 16:19.02 1:10.87	
	300m: 3:20.92 1:09.17	700m: 8:01.40 1:09.64	1100m: 12:45.03 1:11.59	1500m: 17:27.33 1:08.31	
	400m: 4:30.79 1:09.87	800m: 9:12.13 1:10.73	1200m: 13:56.62 1:11.59		
4.	Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	17:29.60	570
	100m: 1:04.75 1:04.75	500m: 5:44.12 1:11.38	900m: 10:28.99 1:11.75	1300m: 15:09.71 1:09.36	
	200m: 2:12.88 1:08.13	600m: 6:55.12 1:11.00	1000m: 11:39.77 1:10.78	1400m: 16:20.61 1:10.90	
	300m: 3:22.25 1:09.37	700m: 8:06.41 1:11.29	1100m: 12:48.89 1:09.12	1500m: 17:29.60 1:08.99	
	400m: 4:32.74 1:10.49	800m: 9:17.24 1:10.83	1200m: 14:00.35 1:11.46		
5.	Pedro Miguel, LEITAO	08	CASPAE	18:20.79	494
	100m: 1:08.00 1:08.00	500m: 6:05.62 1:15.14	900m: 11:02.55 1:13.55	1300m: 15:57.99 1:13.57	
	200m: 2:21.24 1:13.24	600m: 7:20.39 1:14.77	1000m: 12:16.55 1:14.00	1400m: 17:11.45 1:13.46	
	300m: 3:36.00 1:14.76	700m: 8:34.68 1:14.29	1100m: 13:30.23 1:13.68	1500m: 18:20.79 1:09.34	
	400m: 4:50.48 1:14.48	800m: 9:49.00 1:14.32	1200m: 14:44.42 1:14.19		
6.	David Ferrador, PEREIRA	09	Nucleo de Pombal	18:58.40	447
	100m: 1:07.54 1:07.54	500m: 6:04.90 1:15.45	900m: 11:12.11 1:18.02	1300m: 16:25.74 1:18.36	
	200m: 2:20.59 1:13.05	600m: 7:21.20 1:16.30	1000m: 12:30.33 1:18.22	1400m: 17:43.52 1:17.78	
	300m: 3:34.83 1:14.24	700m: 8:37.12 1:15.92	1100m: 13:48.82 1:18.49	1500m: 18:58.40 1:14.88	
	400m: 4:49.45 1:14.62	800m: 9:54.09 1:16.97	1200m: 15:07.38 1:18.56		
7.	Jose Claudio, REIS	08	UD Oliveirense/FERSILVA	19:23.01	419
	100m: 1:05.91 1:05.91	500m: 6:19.51 1:18.85	900m: 11:34.90 1:18.53	1300m: 16:50.55 1:18.69	
	200m: 2:23.71 1:17.80	600m: 7:38.47 1:18.96	1000m: 12:54.09 1:19.19	1400m: 18:08.83 1:18.28	
	300m: 3:42.09 1:18.38	700m: 8:57.93 1:19.46	1100m: 14:12.65 1:18.56	1500m: 19:23.01 1:14.18	
	400m: 5:00.66 1:18.57	800m: 10:16.37 1:18.44	1200m: 15:31.86 1:19.21		

SEN/OPEN

1.	Tomas Domingues, REIS		Fluvial Portuense	17:42.86	549
	100m: 1:05.19 1:05.19	500m: 5:47.18 1:11.17	900m: 10:32.09 1:11.60	1300m: 15:21.41 1:12.16	
	200m: 2:14.90 1:09.71	600m: 6:58.30 1:11.12	1000m: 11:44.28 1:12.19	1400m: 16:33.53 1:12.12	
	300m: 3:25.32 1:10.42	700m: 8:09.35 1:11.05	1100m: 12:56.55 1:12.27	1500m: 17:42.86 1:09.33	
	400m: 4:36.01 1:10.69	800m: 9:20.49 1:11.14	1200m: 14:09.25 1:12.70		
2.	Alexandre Ramos, GONCALVES	05	Feirense	17:51.96	535
	100m: 1:02.48 1:02.48	500m: 5:37.79 1:11.48	900m: 10:29.66 1:14.02	1300m: 15:24.29 1:13.40	
	200m: 2:09.51 1:07.03	600m: 6:49.68 1:11.89	1000m: 11:42.52 1:12.86	1400m: 16:38.58 1:14.29	
	300m: 3:17.06 1:07.55	700m: 8:02.56 1:12.88	1100m: 12:56.24 1:13.72	1500m: 17:51.96 1:13.38	
	400m: 4:26.31 1:09.25	800m: 9:15.64 1:13.08	1200m: 14:10.89 1:14.65		
3.	Rodrigo Marques, LIMA	07	CASPAE	18:21.09	494
	100m: 1:08.19 1:08.19	500m: 6:06.17 1:14.65	900m: 11:03.10 1:13.96	1300m: 16:00.30 1:14.63	
	200m: 2:22.27 1:14.08	600m: 7:21.21 1:15.04	1000m: 12:17.64 1:14.54	1400m: 17:14.27 1:13.97	
	300m: 3:36.60 1:14.33	700m: 8:34.78 1:13.57	1100m: 13:31.34 1:13.70	1500m: 18:21.09 1:06.82	
	400m: 4:51.52 1:14.92	800m: 9:49.14 1:14.36	1200m: 14:45.67 1:14.33		
4.	Antonio Pedro, MARTINS	05	Condeixa Clube	18:24.75	489
	100m: 1:07.09 1:07.09	500m: 5:59.20 1:13.44	900m: 10:57.06 1:14.06	1300m: 15:55.44 1:14.42	
	200m: 2:19.83 1:12.74	600m: 7:14.19 1:14.99	1000m: 12:11.28 1:14.22	1400m: 17:10.19 1:14.75	
	300m: 3:32.44 1:12.61	700m: 8:28.53 1:14.34	1100m: 13:26.22 1:14.94	1500m: 18:24.75 1:14.56	
	400m: 4:45.76 1:13.32	800m: 9:43.00 1:14.47	1200m: 14:41.02 1:14.80		

Campeonato Interdistrital Juvenis, Juniores, Seniores de Verão
Coimbra, 9 - 12/7/2026

Prova 11, Masc., 1500m Livres

OPEN

1.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	16:32.12	675
	100m: 1:02.82 1:02.82	500m: 5:28.42 1:06.07	900m: 9:53.32 1:06.23	1300m: 14:19.41 1:06.90	
	200m: 2:09.14 1:06.32	600m: 6:34.71 1:06.29	1000m: 10:59.72 1:06.40	1400m: 15:26.22 1:06.81	
	300m: 3:15.64 1:06.50	700m: 7:41.12 1:06.41	1100m: 12:05.98 1:06.26	1500m: 16:32.12 1:05.90	
	400m: 4:22.35 1:06.71	800m: 8:47.09 1:05.97	1200m: 13:12.51 1:06.53		
2.	Paulo, KOT	09	Nautico Marinha Grande	16:42.56	654
	100m: 1:02.59 1:02.59	500m: 5:29.52 1:06.73	900m: 9:58.70 1:07.80	1300m: 14:29.32 1:08.04	
	200m: 2:08.94 1:06.35	600m: 6:36.70 1:07.18	1000m: 11:06.23 1:07.53	1400m: 15:36.63 1:07.31	
	300m: 3:15.69 1:06.75	700m: 7:44.20 1:07.50	1100m: 12:13.85 1:07.62	1500m: 16:42.56 1:05.93	
	400m: 4:22.79 1:07.10	800m: 8:50.90 1:06.70	1200m: 13:21.28 1:07.43		
3.	Hugo Ferreira, SILVA	11	Academica de Coimbra	17:00.70	620
	100m: 1:04.11 1:04.11	500m: 5:36.53 1:08.27	900m: 10:09.60 1:08.91	1300m: 14:44.99 1:08.99	
	200m: 2:12.05 1:07.94	600m: 6:44.56 1:08.03	1000m: 11:18.11 1:08.51	1400m: 15:54.24 1:09.25	
	300m: 3:20.12 1:08.07	700m: 7:52.46 1:07.90	1100m: 12:27.05 1:08.94	1500m: 17:00.70 1:06.46	
	400m: 4:28.26 1:08.14	800m: 9:00.69 1:08.23	1200m: 13:36.00 1:08.95		
4.	Andre Ferreira, SANTOS	10	Academico de Viseu	17:06.19	610
	100m: 1:03.73 1:03.73	500m: 5:36.57 1:08.79	900m: 10:13.49 1:09.67	1300m: 14:50.75 1:09.75	
	200m: 2:11.07 1:07.34	600m: 6:45.43 1:08.86	1000m: 11:23.34 1:09.85	1400m: 16:00.42 1:09.67	
	300m: 3:19.14 1:08.07	700m: 7:54.53 1:09.10	1100m: 12:31.89 1:08.55	1500m: 17:06.19 1:05.77	
	400m: 4:27.78 1:08.64	800m: 9:03.82 1:09.29	1200m: 13:41.00 1:09.11		
5.	Guilherme Simoes, SOUSA	08	Academica de Coimbra	17:27.33	574
	100m: 1:03.12 1:03.12	500m: 5:41.31 1:10.52	900m: 10:22.81 1:10.68	1300m: 15:08.15 1:11.53	
	200m: 2:11.75 1:08.63	600m: 6:51.76 1:10.45	1000m: 11:33.44 1:10.63	1400m: 16:19.02 1:10.87	
	300m: 3:20.92 1:09.17	700m: 8:01.40 1:09.64	1100m: 12:45.03 1:11.59	1500m: 17:27.33 1:08.31	
	400m: 4:30.79 1:09.87	800m: 9:12.13 1:10.73	1200m: 13:56.62 1:11.59		
6.	Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	17:29.60	570
	100m: 1:04.75 1:04.75	500m: 5:44.12 1:11.38	900m: 10:28.99 1:11.75	1300m: 15:09.71 1:09.36	
	200m: 2:12.88 1:08.13	600m: 6:55.12 1:11.00	1000m: 11:39.77 1:10.78	1400m: 16:20.61 1:10.90	
	300m: 3:22.25 1:09.37	700m: 8:06.41 1:11.29	1100m: 12:48.89 1:09.12	1500m: 17:29.60 1:08.99	
	400m: 4:32.74 1:10.49	800m: 9:17.24 1:10.83	1200m: 14:00.35 1:11.46		
7.	Tomas Domingues, REIS		Fluvial Portuense	17:42.86	549
	100m: 1:05.19 1:05.19	500m: 5:47.18 1:11.17	900m: 10:32.09 1:11.60	1300m: 15:21.41 1:12.16	
	200m: 2:14.90 1:09.71	600m: 6:58.30 1:11.12	1000m: 11:44.28 1:12.19	1400m: 16:33.53 1:12.12	
	300m: 3:25.32 1:10.42	700m: 8:09.35 1:11.05	1100m: 12:56.55 1:12.27	1500m: 17:42.86 1:09.33	
	400m: 4:36.01 1:10.69	800m: 9:20.49 1:11.14	1200m: 14:09.25 1:12.70		
8.	Pedro Pereira, OLIVEIRA	11	Nautico Marinha Grande	17:45.47	545
	100m: 1:04.72 1:04.72	500m: 5:49.65 1:12.06	900m: 10:39.54 1:12.77	1300m: 15:28.18 1:11.86	
	200m: 2:15.11 1:10.39	600m: 7:01.74 1:12.09	1000m: 11:51.98 1:12.44	1400m: 16:38.68 1:10.50	
	300m: 3:25.93 1:10.82	700m: 8:14.16 1:12.42	1100m: 13:04.45 1:12.47	1500m: 17:45.47 1:06.79	
	400m: 4:37.59 1:11.66	800m: 9:26.77 1:12.61	1200m: 14:16.32 1:11.87		
9.	Dinis Goncalves, ARAUJO	10	Nautico Academico	17:45.55	545
	100m: 1:04.26 1:04.26	500m: 5:46.61 1:11.56	900m: 10:36.29 1:12.93	1300m: 15:26.45 1:09.89	
	200m: 2:12.96 1:08.70	600m: 6:58.74 1:12.13	1000m: 11:49.88 1:13.59	1400m: 16:37.30 1:10.85	
	300m: 3:23.62 1:10.66	700m: 8:10.63 1:11.89	1100m: 13:03.16 1:13.28	1500m: 17:45.55 1:08.25	
	400m: 4:35.05 1:11.43	800m: 9:23.36 1:12.73	1200m: 14:16.56 1:13.40		
10.	Alexandre Ramos, GONCALVES	05	Feirense	17:51.96	535
	100m: 1:02.48 1:02.48	500m: 5:37.79 1:11.48	900m: 10:29.66 1:14.02	1300m: 15:24.29 1:13.40	
	200m: 2:09.51 1:07.03	600m: 6:49.68 1:11.89	1000m: 11:42.52 1:12.86	1400m: 16:38.58 1:14.29	
	300m: 3:17.06 1:07.55	700m: 8:02.56 1:12.88	1100m: 12:56.24 1:13.72	1500m: 17:51.96 1:13.38	
	400m: 4:26.31 1:09.25	800m: 9:15.64 1:13.08	1200m: 14:10.89 1:14.65		
11.	Tiago Joao, OLAS	10	Academico de Viseu	18:12.87	505
	100m: 1:06.27 1:06.27	500m: 5:54.58 1:12.86	900m: 10:47.82 1:13.81	1300m: 15:45.93 1:14.97	
	200m: 2:17.21 1:10.94	600m: 7:07.62 1:13.04	1000m: 12:01.44 1:13.62	1400m: 17:01.64 1:15.71	
	300m: 3:29.51 1:12.30	700m: 8:20.81 1:13.19	1100m: 13:16.02 1:14.58	1500m: 18:12.87 1:11.23	
	400m: 4:41.72 1:12.21	800m: 9:34.01 1:13.20	1200m: 14:30.96 1:14.94		

Campeonato Interdistrital Juvenis, Juniores, Seniores de Verão
Coimbra, 9 - 12/7/2026

Prova 11, Masc., 1500m Livres, OPEN

Lugar			Ano						Tempo final	Pts		
12.	Pedro Miguel, LEITAO		08	CASPAE					18:20.79	494		
	100m:	1:08.00	1:08.00	500m:	6:05.62	1:15.14	900m:	11:02.55	1:13.55	1300m:	15:57.99	1:13.57
	200m:	2:21.24	1:13.24	600m:	7:20.39	1:14.77	1000m:	12:16.55	1:14.00	1400m:	17:11.45	1:13.46
	300m:	3:36.00	1:14.76	700m:	8:34.68	1:14.29	1100m:	13:30.23	1:13.68	1500m:	18:20.79	1:09.34
	400m:	4:50.48	1:14.48	800m:	9:49.00	1:14.32	1200m:	14:44.42	1:14.19			
13.	Rodrigo Marques, LIMA		07	CASPAE					18:21.09	494		
	100m:	1:08.19	1:08.19	500m:	6:06.17	1:14.65	900m:	11:03.10	1:13.96	1300m:	16:00.30	1:14.63
	200m:	2:22.27	1:14.08	600m:	7:21.21	1:15.04	1000m:	12:17.64	1:14.54	1400m:	17:14.27	1:13.97
	300m:	3:36.60	1:14.33	700m:	8:34.78	1:13.57	1100m:	13:31.34	1:13.70	1500m:	18:21.09	1:06.82
	400m:	4:51.52	1:14.92	800m:	9:49.14	1:14.36	1200m:	14:45.67	1:14.33			
14.	Antonio Pedro, MARTINS		05	Condeixa Clube					18:24.75	489		
	100m:	1:07.09	1:07.09	500m:	5:59.20	1:13.44	900m:	10:57.06	1:14.06	1300m:	15:55.44	1:14.42
	200m:	2:19.83	1:12.74	600m:	7:14.19	1:14.99	1000m:	12:11.28	1:14.22	1400m:	17:10.19	1:14.75
	300m:	3:32.44	1:12.61	700m:	8:28.53	1:14.34	1100m:	13:26.22	1:14.94	1500m:	18:24.75	1:14.56
	400m:	4:45.76	1:13.32	800m:	9:43.00	1:14.47	1200m:	14:41.02	1:14.80			
15.	Bernardo Bento, DINIS		11	Condeixa Clube					18:25.90	487		
	100m:	1:07.11	1:07.11	500m:	6:00.01	1:14.18	900m:	10:58.74	1:15.27	1300m:	15:58.34	1:15.01
	200m:	2:19.26	1:12.15	600m:	7:14.14	1:14.13	1000m:	12:13.64	1:14.90	1400m:	17:13.13	1:14.79
	300m:	3:32.42	1:13.16	700m:	8:28.72	1:14.58	1100m:	13:28.69	1:15.05	1500m:	18:25.90	1:12.77
	400m:	4:45.83	1:13.41	800m:	9:43.47	1:14.75	1200m:	14:43.33	1:14.64			
16.	Duarte Santos, MATEUS		11	Condeixa Clube					18:31.89	480		
	100m:	1:09.18	1:09.18	500m:	6:05.53	1:14.76	900m:	11:05.18	1:15.17	1300m:	16:05.86	1:14.98
	200m:	2:22.48	1:13.30	600m:	7:19.86	1:14.33	1000m:	12:20.77	1:15.59	1400m:	17:20.09	1:14.23
	300m:	3:36.46	1:13.98	700m:	8:34.82	1:14.96	1100m:	13:35.70	1:14.93	1500m:	18:31.89	1:11.80
	400m:	4:50.77	1:14.31	800m:	9:50.01	1:15.19	1200m:	14:50.88	1:15.18			
17.	Daniel Nunes, FREITAS		11	Columbofila Cantanhedense					18:36.18	474		
	100m:	1:07.72	1:07.72	500m:	6:04.23	1:14.87	900m:	11:04.68	1:15.37	1300m:	16:08.49	1:16.74
	200m:	2:21.28	1:13.56	600m:	7:19.47	1:15.24	1000m:	12:20.24	1:15.56	1400m:	17:23.67	1:15.18
	300m:	3:35.11	1:13.83	700m:	8:33.70	1:14.23	1100m:	13:35.80	1:15.56	1500m:	18:36.18	1:12.51
	400m:	4:49.36	1:14.25	800m:	9:49.31	1:15.61	1200m:	14:51.75	1:15.95			
18.	David Ferrador, PEREIRA		09	Nucleo de Pombal					18:58.40	447		
	100m:	1:07.54	1:07.54	500m:	6:04.90	1:15.45	900m:	11:12.11	1:18.02	1300m:	16:25.74	1:18.36
	200m:	2:20.59	1:13.05	600m:	7:21.20	1:16.30	1000m:	12:30.33	1:18.22	1400m:	17:43.52	1:17.78
	300m:	3:34.83	1:14.24	700m:	8:37.12	1:15.92	1100m:	13:48.82	1:18.49	1500m:	18:58.40	1:14.88
	400m:	4:49.45	1:14.62	800m:	9:54.09	1:16.97	1200m:	15:07.38	1:18.56			
19.	Jose Claudio, REIS		08	UD Oliveirense/FERSILVA					19:23.01	419		
	100m:	1:05.91	1:05.91	500m:	6:19.51	1:18.85	900m:	11:34.90	1:18.53	1300m:	16:50.55	1:18.69
	200m:	2:23.71	1:17.80	600m:	7:38.47	1:18.96	1000m:	12:54.09	1:19.19	1400m:	18:08.83	1:18.28
	300m:	3:42.09	1:18.38	700m:	8:57.93	1:19.46	1100m:	14:12.65	1:18.56	1500m:	19:23.01	1:14.18
	400m:	5:00.66	1:18.57	800m:	10:16.37	1:18.44	1200m:	15:31.86	1:19.21			
20.	Eduardo Martim, CARMO FTL		11	Obidos Criativa					21:58.16	288		
	100m:	1:14.42	1:14.42	500m:	7:00.18	1:28.09	900m:	12:58.86	1:30.25	1300m:	19:04.84	1:30.65
	200m:	2:38.01	1:23.59	600m:	8:29.13	1:28.95	1000m:	14:31.57	1:32.71	1400m:	20:33.78	1:28.94
	300m:	4:04.84	1:26.83	700m:	9:57.61	1:28.48	1100m:	16:04.23	1:32.66	1500m:	21:58.16	1:24.38
	400m:	5:32.09	1:27.25	800m:	11:28.61	1:31.00	1200m:	17:34.19	1:29.96			