1 - 1ª Sessão 07/11/2026 - 9:00

Prova 1 — Masc., 1500m Livres — Juvenil A
07/11/2026 - 9:00 — Resultados

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Duarte Moura Mendes	11	Torres Novas	**17:40.77**		508	

50m:	33.18	33.18	450m:	5:14.55	35.35	850m:	9:59.95	35.69	1250m:	14:47.70	36.07
100m:	1:07.89	34.71	500m:	5:50.02	35.47	900m:	10:35.81	35.86	1300m:	15:23.77	36.07
150m:	1:42.49	34.60	550m:	6:25.54	35.52	950m:	11:12.13	36.32	1350m:	15:59.91	36.14
200m:	2:17.50	35.01	600m:	7:01.26	35.72	1000m:	11:47.72	35.59	1400m:	16:34.61	34.70
250m:	2:52.78	35.28	650m:	7:36.97	35.71	1050m:	12:22.91	35.19	1450m:	17:08.58	33.97
300m:	3:28.10	35.32	700m:	8:12.92	35.95	1100m:	12:59.05	36.14	1500m:	17:40.77	32.19
350m:	4:03.70	35.60	750m:	8:49.18	36.26	1150m:	13:35.40	36.35			
400m:	4:39.20	35.50	800m:	9:24.26	35.08	1200m:	14:11.63	36.23			

2.	Francisco Maria Dias	11	Torres Novas	**18:00.22**		481					
50m:	34.01	34.01	450m:	5:20.95	35.96	850m:	10:13.56	36.64	1250m:	15:03.96	35.57
100m:	1:09.74	35.73	500m:	5:57.27	36.32	900m:	10:50.51	36.95	1300m:	15:39.88	35.92
150m:	1:45.95	36.21	550m:	6:33.42	36.15	950m:	11:27.76	37.25	1350m:	16:15.18	35.30
200m:	2:22.24	36.29	600m:	7:09.98	36.56	1000m:	12:04.35	36.59	1400m:	16:50.98	35.80
250m:	2:58.21	35.97	650m:	7:46.94	36.96	1050m:	12:40.90	36.55	1450m:	17:26.79	35.81
300m:	3:34.45	36.24	700m:	8:23.45	36.51	1100m:	13:18.27	37.37	1500m:	18:00.22	33.43
350m:	4:09.81	35.36	750m:	9:00.19	36.74	1150m:	13:53.24	34.97			
400m:	4:44.99	35.18	800m:	9:36.92	36.73	1200m:	14:28.39	35.15			

3.	Martim Miguel Santos	11	Rio Maior	**18:32.00**		441					
50m:	35.12	35.12	450m:	5:28.52	37.23	850m:	10:27.42	37.29	1250m:	15:26.82	37.63
100m:	1:10.87	35.75	500m:	6:05.43	36.91	900m:	11:05.19	37.77	1300m:	16:03.92	37.10
150m:	1:46.70	35.83	550m:	6:42.51	37.08	950m:	11:42.66	37.47	1350m:	16:42.04	38.12
200m:	2:23.79	37.09	600m:	7:19.93	37.42	1000m:	12:19.91	37.25	1400m:	17:20.34	38.30
250m:	3:00.23	36.44	650m:	7:57.29	37.36	1050m:	12:57.52	37.61	1450m:	17:57.35	37.01
300m:	3:36.43	36.20	700m:	8:34.99	37.70	1100m:	13:34.92	37.40	1500m:	18:32.00	34.65
350m:	4:13.23	36.80	750m:	9:12.82	37.83	1150m:	14:11.84	36.92			
400m:	4:51.29	38.06	800m:	9:50.13	37.31	1200m:	14:49.19	37.35			

4.	Manuel Maria Moniz	11	20Km de Almeirim	**19:00.70**		409					
50m:	33.89	33.89	450m:	5:38.97	38.59	850m:	10:44.98	38.12	1250m:	15:54.25	38.27
100m:	1:09.90	36.01	500m:	6:17.67	38.70	900m:	11:23.67	38.69	1300m:	16:32.91	38.66
150m:	1:47.45	37.55	550m:	6:55.07	37.40	950m:	12:02.21	38.54	1350m:	17:11.48	38.57
200m:	2:26.39	38.94	600m:	7:32.99	37.92	1000m:	12:40.81	38.60	1400m:	17:49.23	37.75
250m:	3:04.65	38.26	650m:	8:11.69	38.70	1050m:	13:19.92	39.11	1450m:	18:28.99	39.76
300m:	3:42.97	38.32	700m:	8:50.49	38.80	1100m:	13:58.33	38.41	1500m:	19:00.70	31.71
350m:	4:21.74	38.77	750m:	9:28.56	38.07	1150m:	14:37.04	38.71			
400m:	5:00.38	38.64	800m:	10:06.86	38.30	1200m:	15:15.98	38.94			

5.	Artur Alexandre Silva	11	20Km de Almeirim	**19:16.24**		392					
50m:	35.60	35.60	450m:	5:42.90	39.08	850m:	10:56.00	39.52	1250m:	16:07.72	38.58
100m:	1:12.33	36.73	500m:	6:21.54	38.64	900m:	11:34.63	38.63	1300m:	16:46.83	39.11
150m:	1:50.18	37.85	550m:	7:01.29	39.75	950m:	12:13.69	39.06	1350m:	17:25.52	38.69
200m:	2:28.78	38.60	600m:	7:39.97	38.68	1000m:	12:52.81	39.12	1400m:	18:04.42	38.90
250m:	3:07.69	38.91	650m:	8:18.88	38.91	1050m:	13:31.60	38.79	1450m:	18:42.19	37.77
300m:	3:45.86	38.17	700m:	8:57.82	38.94	1100m:	14:10.09	38.49	1500m:	19:16.24	34.05
350m:	4:24.98	39.12	750m:	9:37.61	39.79	1150m:	14:49.88	39.79			
400m:	5:03.82	38.84	800m:	10:16.48	38.87	1200m:	15:29.14	39.26			

6.	Heliodoro Joao Sombreireiro	11	BUZIOS - Coruche	**19:34.68**		374					
50m:	34.46	34.46	450m:	5:42.01	38.88	850m:	11:00.15	39.85	1250m:	16:18.74	40.07
100m:	1:12.32	37.86	500m:	6:21.58	39.57	900m:	11:40.71	40.56	1300m:	16:58.70	39.96
150m:	1:49.82	37.50	550m:	7:00.79	39.21	950m:	12:20.03	39.32	1350m:	17:39.07	40.37
200m:	2:27.78	37.96	600m:	7:40.74	39.95	1000m:	13:00.58	40.55	1400m:	18:18.85	39.78
250m:	3:06.56	38.78	650m:	8:21.02	40.28	1050m:	13:40.64	40.06	1450m:	18:58.00	39.15
300m:	3:45.47	38.91	700m:	9:01.77	40.75	1100m:	14:20.76	40.12	1500m:	19:34.68	36.68
350m:	4:23.89	38.42	750m:	9:41.07	39.30	1150m:	14:59.58	38.82			
400m:	5:03.13	39.24	800m:	10:20.30	39.23	1200m:	15:38.67	39.09			

Prova 1, Masc., 1500m Livres, Juvenil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Antonio Francisco Rouxinol	11	BUZIOS - Coruche	**20:01.72**		349	

50m:	37.86	37.86	450m:	5:55.20	40.52	850m:	11:22.31	40.76	1250m:	16:46.23	39.85
100m:	1:16.44	38.58	500m:	6:36.10	40.90	900m:	12:02.36	40.05	1300m:	17:26.18	39.95
150m:	1:55.01	38.57	550m:	7:17.30	41.20	950m:	12:43.03	40.67	1350m:	18:05.80	39.62
200m:	2:34.31	39.30	600m:	7:58.68	41.38	1000m:	13:23.71	40.68	1400m:	18:45.04	39.24
250m:	3:13.81	39.50	650m:	8:38.73	40.05	1050m:	14:04.78	41.07	1450m:	19:23.39	38.35
300m:	3:53.16	39.35	700m:	9:19.91	41.18	1100m:	14:45.52	40.74	1500m:	20:01.72	38.33
350m:	4:33.74	40.58	750m:	10:00.65	40.74	1150m:	15:25.51	39.99			
400m:	5:14.68	40.94	800m:	10:41.55	40.90	1200m:	16:06.38	40.87			

8.	Eduardo Domingos Rosa	11	BUZIOS - Coruche	**20:13.73**		339					
50m:	36.37	36.37	450m:	5:59.92	40.82	850m:	11:27.87	40.74	1250m:	16:56.70	40.83
100m:	1:14.94	38.57	500m:	6:40.95	41.03	900m:	12:09.54	41.67	1300m:	17:36.52	39.82
150m:	1:54.90	39.96	550m:	7:21.58	40.63	950m:	12:51.09	41.55	1350m:	18:16.57	40.05
200m:	2:35.34	40.44	600m:	8:02.31	40.73	1000m:	13:32.47	41.38	1400m:	18:56.24	39.67
250m:	3:16.30	40.96	650m:	8:43.46	41.15	1050m:	14:13.24	40.77	1450m:	19:36.47	40.23
300m:	3:56.89	40.59	700m:	9:25.30	41.84	1100m:	14:54.45	41.21	1500m:	20:13.73	37.26
350m:	4:37.53	40.64	750m:	10:06.02	40.72	1150m:	15:35.27	40.82			
400m:	5:19.10	41.57	800m:	10:47.13	41.11	1200m:	16:15.87	40.60			

9.	Sebastiao Maria Borlinhas	11	BUZIOS - Coruche	**20:21.49**		333					
50m:	37.76	37.76	450m:	6:06.00	41.45	850m:	11:31.72	40.88	1250m:	17:02.47	41.92
100m:	1:17.92	40.16	500m:	6:47.44	41.44	900m:	12:12.87	41.15	1300m:	17:43.97	41.50
150m:	1:58.39	40.47	550m:	7:27.71	40.27	950m:	12:54.13	41.26	1350m:	18:24.36	40.39
200m:	2:39.25	40.86	600m:	8:07.71	40.00	1000m:	13:35.23	41.10	1400m:	19:04.58	40.22
250m:	3:20.65	41.40	650m:	8:48.32	40.61	1050m:	14:16.73	41.50	1450m:	19:44.03	39.45
300m:	4:01.90	41.25	700m:	9:29.45	41.13	1100m:	14:58.28	41.55	1500m:	20:21.49	37.46
350m:	4:43.22	41.32	750m:	10:09.79	40.34	1150m:	15:39.74	41.46			
400m:	5:24.55	41.33	800m:	10:50.84	41.05	1200m:	16:20.55	40.81			

10.	Diogo Chambel Santos	11	Nautico Abrantes	**20:24.56**		330					
50m:	38.78	38.78	450m:	6:06.04	40.73	850m:	11:32.68	41.23	1250m:	17:02.62	41.40
100m:	1:19.13	40.35	500m:	6:46.91	40.87	900m:	12:13.62	40.94	1300m:	17:43.67	41.05
150m:	1:59.92	40.79	550m:	7:28.36	41.45	950m:	12:54.79	41.17	1350m:	18:24.63	40.96
200m:	2:40.97	41.05	600m:	8:09.66	41.30	1000m:	13:36.39	41.60	1400m:	19:05.25	40.62
250m:	3:21.97	41.00	650m:	8:49.98	40.32	1050m:	14:17.47	41.08	1450m:	19:45.45	40.20
300m:	4:02.92	40.95	700m:	9:30.20	40.22	1100m:	14:58.91	41.44	1500m:	20:24.56	39.11
350m:	4:43.91	40.99	750m:	10:10.91	40.71	1150m:	15:40.54	41.63			
400m:	5:25.31	41.40	800m:	10:51.45	40.54	1200m:	16:21.22	40.68			

11.	Abel Elias Ramos	11	Gualdim Pais	**21:01.72**		302					
50m:	38.86	38.86	500m:	6:54.91	42.23	900m:	12:33.49	43.16	1300m:	18:15.71	41.45
100m:	1:19.37	40.51	550m:	7:36.40	41.49	950m:	13:15.54	42.05	1350m:	18:58.57	42.86
150m:	2:01.02	41.65	600m:	8:19.14	42.74	1000m:	13:58.68	43.14	1400m:	19:39.57	41.00
200m:	2:42.35	41.33	650m:	9:01.72	42.58	1050m:	14:41.51	42.83	1450m:	20:20.97	41.40
300m:	4:05.71	1:23.36	700m:	9:43.64	41.92	1100m:	15:23.89	42.38	1500m:	21:01.72	40.75
350m:	4:48.62	42.91	750m:	10:26.32	42.68	1150m:	16:07.39	43.50			
400m:	5:31.03	42.41	800m:	11:08.48	42.16	1200m:	16:50.98	43.59			
450m:	6:12.68	41.65	850m:	11:50.33	41.85	1250m:	17:34.26	43.28			

12.	Gabriel Antonio Marques	11	Nautico Abrantes	**21:39.53**		276					
50m:	40.23	40.23	450m:	6:15.57	42.08	850m:	12:04.56	43.47	1250m:	18:01.40	44.67
100m:	1:21.71	41.48	500m:	6:58.63	43.06	900m:	12:49.04	44.48	1300m:	18:45.81	44.41
150m:	2:03.40	41.69	550m:	7:42.06	43.43	950m:	13:33.67	44.63	1350m:	19:29.99	44.18
200m:	2:45.51	42.11	600m:	8:25.71	43.65	1000m:	14:17.96	44.29	1400m:	20:14.16	44.17
250m:	3:26.68	41.17	650m:	9:09.08	43.37	1050m:	15:02.53	44.57	1450m:	20:57.86	43.70
300m:	4:09.28	42.60	700m:	9:52.91	43.83	1100m:	15:47.00	44.47	1500m:	21:39.53	41.67
350m:	4:51.19	41.91	750m:	10:37.25	44.34	1150m:	16:32.51	45.51			
400m:	5:33.49	42.30	800m:	11:21.09	43.84	1200m:	17:16.73	44.22			

13.	Rodrigo Miguel Alcobia	11	Clube de Natacao Ferreira do Z	**22:42.46**		240					
50m:	39.14	39.14	450m:	6:26.30	44.81	850m:	11:52.63	47.71	1250m:	18:50.83	46.62
100m:	1:19.16	40.02	500m:	7:12.19	45.89	900m:	12:39.15	46.52	1300m:	19:37.27	46.44
150m:	2:01.32	42.16	550m:	7:58.01	45.82	950m:	14:12.14	1:32.99	1350m:	20:24.05	46.78
200m:	2:44.80	43.48	600m:	8:44.90	46.89	1000m:	14:58.06	45.92	1400m:	21:10.45	46.40
250m:	3:28.63	43.83	650m:	9:32.23	47.33	1050m:	15:43.20	45.14	1450m:	21:56.91	46.46
300m:	4:12.60	43.97	700m:	9:52.69	20.46	1100m:	16:30.91	47.71	1500m:	22:42.46	45.55
350m:	4:57.47	44.87	750m:	10:19.62	26.93	1150m:	17:17.68	46.77			
400m:	5:41.49	44.02	800m:	11:04.92	45.30	1200m:	18:04.21	46.53			

Prova 1, Masc., 1500m Livres, Juvenil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
14.	Goncalo Sa Senra	11	Natacao Guarda	**23:00.46**		230	

50m:	41.25	41.25	450m:	6:47.71	47.40	850m:	13:01.94	46.44	1250m:	19:16.60	46.73
100m:	1:24.83	43.58	500m:	7:34.83	47.12	900m:	13:48.73	46.79	1300m:	20:03.69	47.09
150m:	2:09.37	44.54	550m:	8:22.25	47.42	950m:	14:36.63	47.90	1350m:	20:50.31	46.62
200m:	2:55.00	45.63	600m:	9:09.40	47.15	1000m:	15:23.37	46.74	1400m:	21:35.82	45.51
250m:	3:40.98	45.98	650m:	9:56.22	46.82	1050m:	16:08.87	45.50	1450m:	22:19.46	43.64
300m:	4:27.82	46.84	700m:	10:42.08	45.86	1100m:	16:56.15	47.28	1500m:	23:00.46	41.00
350m:	5:13.15	45.33	750m:	11:28.81	46.73	1150m:	17:42.60	46.45			
400m:	6:00.31	47.16	800m:	12:15.50	46.69	1200m:	18:29.87	47.27			

DSQ	Rui Manuel Douvens	11	CCDSerta				

Prova 1 — Masc., 1500m Livres — Juvenil B
07/11/2026 - 9:00 — Resultados

Pontos: AQUA 2026

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Martim Rocha Silva	12	Gualdim Pais	**18:12.15**		466	

50m:	34.70	34.70	450m:	5:21.06	36.00	850m:	10:14.27	37.20	1250m:	15:09.78	37.36
100m:	1:10.32	35.62	500m:	5:57.55	36.49	900m:	10:51.29	37.02	1300m:	15:47.44	37.66
150m:	1:46.05	35.73	550m:	6:33.86	36.31	950m:	11:27.43	36.14	1350m:	16:24.31	36.87
200m:	2:21.86	35.81	600m:	7:10.03	36.17	1000m:	12:04.61	37.18	1400m:	17:01.15	36.84
250m:	2:57.73	35.87	650m:	7:46.72	36.69	1050m:	12:41.77	37.16	1450m:	17:37.65	36.50
300m:	3:33.05	35.32	700m:	8:23.47	36.75	1100m:	13:18.74	36.97	1500m:	18:12.15	34.50
350m:	4:09.22	36.17	750m:	9:00.50	37.03	1150m:	13:55.84	37.10			
400m:	4:45.06	35.84	800m:	9:37.07	36.57	1200m:	14:32.42	36.58			

2.	Matias Rafael Pacheco	12	BUZIOS - Coruche	**18:40.40**		431	

50m:	35.76	35.76	450m:	5:34.80	38.14	850m:	10:35.01	37.80	1250m:	15:34.49	37.84
100m:	1:12.23	36.47	500m:	6:11.89	37.09	900m:	11:11.81	36.80	1300m:	16:11.31	36.82
150m:	1:49.30	37.07	550m:	6:49.18	37.29	950m:	11:49.16	37.35	1350m:	16:48.82	37.51
200m:	2:26.57	37.27	600m:	7:27.06	37.88	1000m:	12:27.02	37.86	1400m:	17:26.86	38.04
250m:	3:04.01	37.44	650m:	8:04.67	37.61	1050m:	13:04.57	37.55	1450m:	18:03.40	36.54
300m:	3:41.60	37.59	700m:	8:41.91	37.24	1100m:	13:42.27	37.70	1500m:	18:40.40	37.00
350m:	4:19.52	37.92	750m:	9:19.39	37.48	1150m:	14:19.15	36.88			
400m:	4:56.66	37.14	800m:	9:57.21	37.82	1200m:	14:56.65	37.50			

3.	Salvador Henrique Vieira	12	Torres Novas	**18:55.41**		414	

50m:	35.95	35.95	450m:	5:40.45	38.73	850m:	10:44.02	38.11	1250m:	15:48.41	38.16
100m:	1:13.56	37.61	500m:	6:18.67	38.22	900m:	11:22.68	38.66	1300m:	16:26.22	37.81
150m:	1:50.98	37.42	550m:	6:55.87	37.20	950m:	12:00.50	37.82	1350m:	17:04.80	38.58
200m:	2:29.20	38.22	600m:	7:33.43	37.56	1000m:	12:38.41	37.91	1400m:	17:42.64	37.84
250m:	3:07.37	38.17	650m:	8:11.39	37.96	1050m:	13:16.28	37.87	1450m:	18:20.40	37.76
300m:	3:45.15	37.78	700m:	8:49.81	38.42	1100m:	13:54.57	38.29	1500m:	18:55.41	35.01
350m:	4:23.14	37.99	750m:	9:28.29	38.48	1150m:	14:32.46	37.89			
400m:	5:01.72	38.58	800m:	10:05.91	37.62	1200m:	15:10.25	37.79			

4.	Rodrigo Miranda Rosa	12	Uniao Samorense	**19:23.13**		385	

50m:	34.54	34.54	450m:	5:45.07	39.28	850m:	10:57.44	39.75	1250m:	16:12.07	39.69
100m:	1:11.71	37.17	500m:	6:24.06	38.99	900m:	11:36.89	39.45	1300m:	16:50.53	38.46
150m:	1:50.41	38.70	550m:	7:03.00	38.94	950m:	12:16.27	39.38	1350m:	17:29.73	39.20
200m:	2:29.65	39.24	600m:	7:42.24	39.24	1000m:	12:55.35	39.08	1400m:	18:08.56	38.83
250m:	3:09.34	39.69	650m:	8:21.02	38.78	1050m:	13:34.57	39.22	1450m:	18:47.55	38.99
300m:	3:48.61	39.27	700m:	9:00.07	39.05	1100m:	14:14.07	39.50	1500m:	19:23.13	35.58
350m:	4:27.22	38.61	750m:	9:39.15	39.08	1150m:	14:53.16	39.09			
400m:	5:05.79	38.57	800m:	10:17.69	38.54	1200m:	15:32.38	39.22			

5.	Goncalo Maria Costa	12	Elvense	**19:36.28**		373	

50m:	36.43	36.43	450m:	5:45.73	39.24	850m:	11:01.36	40.11	1250m:	16:20.66	39.48
100m:	1:13.74	37.31	500m:	6:25.21	39.48	900m:	11:40.29	38.93	1300m:	17:00.01	39.35
150m:	1:52.23	38.49	550m:	7:04.72	39.51	950m:	12:20.41	40.12	1350m:	17:40.53	40.52
200m:	2:30.99	38.76	600m:	7:43.42	38.70	1000m:	12:59.90	39.49	1400m:	18:20.27	39.74
250m:	3:10.02	39.03	650m:	8:23.08	39.66	1050m:	13:40.02	40.12	1450m:	18:58.97	38.70
300m:	3:48.29	38.27	700m:	9:02.63	39.55	1100m:	14:20.52	40.50	1500m:	19:36.28	37.31
350m:	4:26.92	38.63	750m:	9:42.42	39.79	1150m:	15:00.96	40.44			
400m:	5:06.49	39.57	800m:	10:21.25	38.83	1200m:	15:41.18	40.22			

Prova 1, Masc., 1500m Livres, Juvenil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
6.	Santiago Raposo Fernandes	12	20Km de Almeirim	**20:27.21**		328	

50m:	36.57	36.57	450m:	5:59.16	40.97	850m:	11:31.07	42.54	1250m:	17:07.57	42.21
100m:	1:15.64	39.07	500m:	6:41.76	42.60	900m:	12:13.01	41.94	1300m:	17:49.04	41.47
150m:	1:55.96	40.32	550m:	7:22.68	40.92	950m:	12:54.33	41.32	1350m:	18:30.28	41.24
200m:	2:35.65	39.69	600m:	8:05.34	42.66	1000m:	13:37.68	43.35	1400m:	19:13.53	43.25
250m:	3:15.86	40.21	650m:	8:45.20	39.86	1050m:	14:19.51	41.83	1450m:	19:52.20	38.67
300m:	3:56.37	40.51	700m:	9:26.07	40.87	1100m:	15:01.95	42.44	1500m:	20:27.21	35.01
350m:	4:37.31	40.94	750m:	10:09.13	43.06	1150m:	15:43.62	41.67			
400m:	5:18.19	40.88	800m:	10:48.53	39.40	1200m:	16:25.36	41.74			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Duarte Belchior Munhao	12	Elvense	**20:52.59**		309	

50m:	38.64	38.64	450m:	6:12.93	42.23	850m:	11:50.25	42.48	1250m:	17:28.21	42.34
100m:	1:19.18	40.54	500m:	6:55.44	42.51	900m:	12:20.12	29.87	1300m:	18:10.39	42.18
150m:	2:00.97	41.79	550m:	7:36.89	41.45	950m:	13:14.73	54.61	1350m:	18:51.83	41.44
200m:	2:42.92	41.95	600m:	8:18.93	42.04	1000m:	13:57.11	42.38	1400m:	19:34.11	42.28
250m:	3:24.40	41.48	650m:	9:01.35	42.42	1050m:	14:39.72	42.61	1450m:	20:14.27	40.16
300m:	4:06.50	42.10	700m:	9:43.06	41.71	1100m:	15:22.08	42.36	1500m:	20:52.59	38.32
350m:	4:48.49	41.99	750m:	10:25.15	42.09	1150m:	16:03.89	41.81			
400m:	5:30.70	42.21	800m:	11:07.77	42.62	1200m:	16:45.87	41.98			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
8.	Lourenco Filipe Costa	12	20Km de Almeirim	**21:33.24**		280	

50m:	37.63	37.63	450m:	6:10.04	43.30	850m:	12:04.42	44.33	1250m:	18:03.46	44.97
100m:	1:18.22	40.59	500m:	6:54.51	44.47	900m:	12:47.88	43.46	1300m:	18:45.01	41.55
150m:	1:57.60	39.38	550m:	7:39.12	44.61	950m:	13:32.30	44.42	1350m:	19:28.29	43.28
200m:	2:39.18	41.58	600m:	8:22.73	43.61	1000m:	14:17.39	45.09	1400m:	20:12.78	44.49
250m:	3:20.31	41.13	650m:	9:07.32	44.59	1050m:	15:02.77	45.38	1450m:	20:55.34	42.56
300m:	4:02.52	42.21	700m:	9:51.76	44.44	1100m:	15:47.34	44.57	1500m:	21:33.24	37.90
350m:	4:44.62	42.10	750m:	10:36.02	44.26	1150m:	16:32.87	45.53			
400m:	5:26.74	42.12	800m:	11:20.09	44.07	1200m:	17:18.49	45.62			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
9.	Tomas Martins Azevedo	12	Natacao do Fundao / YesEnerg	**21:42.63**		274	

50m:	38.66	38.66	450m:	6:29.92	44.47	850m:	12:21.77	42.87	1250m:	18:12.79	44.70
100m:	1:21.94	43.28	500m:	7:13.85	43.93	900m:	13:06.69	44.92	1300m:	18:56.74	43.95
150m:	2:04.92	42.98	550m:	7:57.94	44.09	950m:	13:49.50	42.81	1350m:	19:40.23	43.49
200m:	2:48.66	43.74	600m:	8:42.24	44.30	1000m:	14:32.15	42.65	1400m:	20:24.99	44.76
250m:	3:33.27	44.61	650m:	9:25.77	43.53	1050m:	15:16.05	43.90	1450m:	21:07.22	42.23
300m:	4:17.76	44.49	700m:	10:09.85	44.08	1100m:	15:58.54	42.49	1500m:	21:42.63	35.41
350m:	5:01.35	43.59	750m:	10:53.59	43.74	1150m:	16:42.77	44.23			
400m:	5:45.45	44.10	800m:	11:38.90	45.31	1200m:	17:28.09	45.32			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
10.	Sandro Jose Tomas	12	BUZIOS - Coruche	**21:47.02**		272	

50m:	39.46	39.46	450m:	6:25.79	43.40	850m:	12:18.42	45.17	1250m:	18:15.50	45.67
100m:	1:22.53	43.07	500m:	7:09.81	44.02	900m:	13:02.93	44.51	1300m:	18:56.64	41.14
150m:	2:05.25	42.72	550m:	7:54.31	44.50	950m:	13:46.86	43.93	1350m:	19:40.82	44.18
200m:	2:48.81	43.56	600m:	8:36.55	42.24	1000m:	14:32.00	45.14	1400m:	20:26.37	45.55
250m:	3:33.48	44.67	650m:	9:20.20	43.65	1050m:	15:16.08	44.08	1450m:	21:09.00	42.63
300m:	4:17.03	43.55	700m:	10:04.47	44.27	1100m:	16:00.73	44.65	1500m:	21:47.02	38.02
350m:	4:58.84	41.81	750m:	10:48.39	43.92	1150m:	16:45.44	44.71			
400m:	5:42.39	43.55	800m:	11:33.25	44.86	1200m:	17:29.83	44.39			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
11.	Martim Silva Bernardo	12	Viver Santarem	**21:50.59**		269	

50m:	40.80	40.80	450m:	6:27.05	43.43	850m:	12:20.00	44.66	1250m:	18:12.98	43.97
100m:	1:23.87	43.07	500m:	7:10.89	43.84	900m:	13:03.94	43.94	1300m:	18:57.24	44.26
150m:	2:07.15	43.28	550m:	7:54.78	43.89	950m:	13:48.43	44.49	1350m:	19:41.44	44.20
200m:	2:49.81	42.66	600m:	8:38.22	43.44	1000m:	14:33.25	44.82	1400m:	20:24.45	43.01
250m:	3:33.10	43.29	650m:	9:22.70	44.48	1050m:	15:17.13	43.88	1450m:	21:06.60	42.15
300m:	4:16.60	43.50	700m:	10:06.98	44.28	1100m:	16:01.18	44.05	1500m:	21:50.59	43.99
350m:	4:59.97	43.37	750m:	10:50.95	43.97	1150m:	16:45.18	44.00			
400m:	5:43.62	43.65	800m:	11:35.34	44.39	1200m:	17:29.01	43.83			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
12.	Sergio Ricardo Alves	12	CCDSerta	**22:00.29**		263	

50m:	41.98	41.98	450m:	6:31.16	44.54	850m:	12:26.91	45.25	1250m:	18:26.74	45.67
100m:	1:24.60	42.62	500m:	7:14.92	43.76	900m:	13:11.12	44.21	1300m:	19:10.06	43.32
150m:	2:07.53	42.93	550m:	7:59.73	44.81	950m:	13:55.95	44.83	1350m:	19:52.87	42.81
200m:	2:50.69	43.16	600m:	8:44.02	44.29	1000m:	14:40.58	44.63	1400m:	20:36.37	43.50
250m:	3:34.96	44.27	650m:	9:28.08	44.06	1050m:	15:25.41	44.83	1450m:	21:18.96	42.59
300m:	4:19.43	44.47	700m:	10:12.52	44.44	1100m:	16:10.03	44.62	1500m:	22:00.29	41.33
350m:	5:02.89	43.46	750m:	10:57.22	44.70	1150m:	16:56.19	46.16			
400m:	5:46.62	43.73	800m:	11:41.66	44.44	1200m:	17:41.07	44.88			

Prova 1, Masc., 1500m Livres, Juvenil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
13.	Simao Teixeira Fernandes	12	Natacao do Fundao / YesEnerg	**22:03.40**		262	

50m:	37.32	37.32	450m:	6:27.46	43.52	850m:	12:24.40	45.48	1250m:	18:28.88	46.41
100m:	1:20.84	43.52	500m:	7:11.67	44.21	900m:	13:09.38	44.98	1300m:	19:14.39	45.51
150m:	2:04.71	43.87	550m:	7:55.38	43.71	950m:	13:54.18	44.80	1350m:	19:59.14	44.75
200m:	2:48.04	43.33	600m:	8:39.22	43.84	1000m:	14:39.34	45.16	1400m:	20:43.43	44.29
250m:	3:32.67	44.63	650m:	9:24.17	44.95	1050m:	15:25.67	46.33	1450m:	21:26.93	43.50
300m:	4:16.16	43.49	700m:	10:08.81	44.64	1100m:	16:10.66	44.99	1500m:	22:03.40	36.47
350m:	4:59.71	43.55	750m:	10:53.09	44.28	1150m:	16:56.31	45.65			
400m:	5:43.94	44.23	800m:	11:38.92	45.83	1200m:	17:42.47	46.16			

14.	Afonso Ferreira Cruz	12	CLAC-Entroncamento	**22:28.89**		247					
50m:	40.75	40.75	450m:	6:42.47	46.55	850m:	12:49.54	45.32	1250m:	18:54.12	45.55
100m:	1:24.40	43.65	500m:	7:28.13	45.66	900m:	13:35.76	46.22	1300m:	19:39.07	44.95
150m:	2:08.10	43.70	550m:	8:14.25	46.12	950m:	14:21.72	45.96	1350m:	20:23.84	44.77
200m:	2:53.46	45.36	600m:	9:00.10	45.85	1000m:	15:06.58	44.86	1400m:	21:08.63	44.79
250m:	3:39.87	46.41	650m:	9:44.77	44.67	1050m:	15:51.60	45.02	1450m:	21:50.69	42.06
300m:	4:25.91	46.04	700m:	10:31.55	46.78	1100m:	16:38.21	46.61	1500m:	22:28.89	38.20
350m:	5:10.46	44.55	750m:	11:18.18	46.63	1150m:	17:23.66	45.45			
400m:	5:55.92	45.46	800m:	12:04.22	46.04	1200m:	18:08.57	44.91			

15.	Joao Francisco Monteiro	12	BUZIOS - Coruche	**23:54.87**		205					
50m:	43.22	43.22	450m:	7:02.63	47.74	850m:	13:27.03	48.23	1250m:	19:56.91	48.73
100m:	1:28.51	45.29	500m:	7:50.06	47.43	900m:	14:15.63	48.60	1300m:	20:46.36	49.45
150m:	2:15.92	47.41	550m:	8:37.57	47.51	950m:	15:04.56	48.93	1350m:	21:34.38	48.02
200m:	3:03.65	47.73	600m:	9:25.77	48.20	1000m:	15:53.58	49.02	1400m:	22:22.63	48.25
250m:	3:50.93	47.28	650m:	10:13.49	47.72	1050m:	16:41.61	48.03	1450m:	23:09.41	46.78
300m:	4:38.32	47.39	700m:	11:02.09	48.60	1100m:	17:30.24	48.63	1500m:	23:54.87	45.46
350m:	5:26.42	48.10	750m:	11:50.07	47.98	1150m:	18:19.54	49.30			
400m:	6:14.89	48.47	800m:	12:38.80	48.73	1200m:	19:08.18	48.64			

16.	Martim Farinha Nunes	12	CCDSerta	**24:36.28**		188					
50m:	43.96	43.96	450m:	7:09.89	49.96	850m:	13:47.17	50.44	1250m:	20:34.58	50.04
100m:	1:30.38	46.42	500m:	7:59.12	49.23	900m:	14:39.04	51.87	1300m:	21:24.51	49.93
150m:	2:18.15	47.77	550m:	8:45.56	46.44	950m:	15:29.32	50.28	1350m:	22:13.61	49.10
200m:	3:05.66	47.51	600m:	9:35.78	50.22	1000m:	16:21.33	52.01	1400m:	23:02.60	48.99
250m:	3:53.11	47.45	650m:	10:25.95	50.17	1050m:	17:14.18	52.85	1450m:	23:50.61	48.01
300m:	4:40.55	47.44	700m:	11:16.91	50.96	1100m:	18:05.29	51.11	1500m:	24:36.28	45.67
350m:	5:30.27	49.72	750m:	12:06.75	49.84	1150m:	18:55.22	49.93			
400m:	6:19.93	49.66	800m:	12:56.73	49.98	1200m:	19:44.54	49.32			

17.	Antonio Beirao Valente	12	Natacao do Fundao / YesEnerg	**25:18.57**		173					
50m:	43.87	43.87	450m:	7:24.01	51.34	850m:	14:12.89	51.72	1250m:	21:09.77	52.14
100m:	1:31.99	48.12	500m:	8:13.81	49.80	900m:	15:05.15	52.26	1300m:	22:01.82	52.05
150m:	2:21.12	49.13	550m:	9:04.93	51.12	950m:	15:56.96	51.81	1350m:	22:53.50	51.68
200m:	3:11.61	50.49	600m:	9:55.53	50.60	1000m:	16:49.62	52.66	1400m:	23:45.43	51.93
250m:	4:02.02	50.41	650m:	10:46.28	50.75	1050m:	17:41.54	51.92	1450m:	24:34.87	49.44
300m:	4:51.47	49.45	700m:	11:38.60	52.32	1100m:	18:32.18	50.64	1500m:	25:18.57	43.70
350m:	5:42.19	50.72	750m:	12:29.49	50.89	1150m:	19:25.45	53.27			
400m:	6:32.67	50.48	800m:	13:21.17	51.68	1200m:	20:17.63	52.18			

EXH	Duarte Jose Matos	10	CCDSerta	**20:00.17**		351					
50m:	34.70	34.70	450m:	5:44.74	40.31	850m:	11:11.11	40.85	1250m:	16:40.94	41.35
100m:	1:11.50	36.80	500m:	6:25.67	40.93	900m:	11:51.77	40.66	1300m:	17:22.23	41.29
150m:	1:50.11	38.61	550m:	7:06.60	40.93	950m:	12:32.54	40.77	1350m:	18:02.68	40.45
200m:	2:28.28	38.17	600m:	7:47.64	41.04	1000m:	13:14.05	41.51	1400m:	18:43.84	41.16
250m:	3:06.28	38.00	650m:	8:28.15	40.51	1050m:	13:54.78	40.73	1450m:	19:23.44	39.60
300m:	3:45.13	38.85	700m:	9:08.85	40.70	1100m:	14:36.80	42.02	1500m:	20:00.17	36.73
350m:	4:24.93	39.80	750m:	9:49.64	40.79	1150m:	15:17.98	41.18			
400m:	5:04.43	39.50	800m:	10:30.26	40.62	1200m:	15:59.59	41.61			