

Taça de Fundo
Coimbra, 28/1/2024

Prova 2 Masc., 1500m Livres 13 anos e mais velhos
28/01/2024 - 10:20 Resultados

Recordes Nacionais 50m Open	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	30/03/2017
Recordes Nacionais 50m Sen	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	30/03/2017
Recordes Nacionais 50m 18	15:23.46	PINA, Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016
Recordes Nacionais 50m 17	15:43.45	PINA, Guilherme Filipe	POR	Singapore (SGP)	30/08/2015
Recordes Nacionais 50m Juv A	15:45.55	SANTA, Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
Recordes Nacionais 50m Juv B	16:11.75	PEREIRA, Rui Silva	POR	Coimbra	27/05/2023
Recordes Nacionais 50m Inf A	16:43.48	OLIVEIRA, Pedro Fontoura	CFB	Rio Maior	19/06/2004
Recordes Nacionais 50m Inf B	17:21.58	OLIVEIRA, Pedro Fontoura	CFB	Restelo	27/07/2003

Lugar Ano Tempo final Pts

Inf A/B

1. PEREIRA, Lourenco Simao 10 Miranda do Corvo **20:03.41** -
 100m: 1:16.32 1:16.32 500m: 6:38.36 1:20.42 900m: 11:58.88 1:20.24 1300m: 17:23.09 1:21.58
 200m: 2:37.30 1:20.98 600m: 7:58.07 1:19.71 1000m: 13:19.21 1:20.33 1400m: 18:44.97 1:21.88
 300m: 3:58.01 1:20.71 700m: 9:18.10 1:20.03 1100m: 14:39.88 1:20.67 1500m: 20:03.41 1:18.44
 400m: 5:17.94 1:19.93 800m: 10:38.64 1:20.54 1200m: 16:01.51 1:21.63
2. SILVA, Hugo Ferreira 11 Academica de Coimbra **20:53.98** -
 100m: 1:20.32 1:20.32 500m: 6:57.03 1:24.60 900m: 12:34.51 1:23.64 1300m: 18:09.96 1:23.94
 200m: 2:44.86 1:24.54 600m: 8:22.10 1:25.07 1000m: 13:58.63 1:24.12 1400m: 19:34.47 1:24.51
 300m: 4:08.27 1:23.41 700m: 9:46.75 1:24.65 1100m: 15:21.85 1:23.22 1500m: 20:53.98 1:19.51
 400m: 5:32.43 1:24.16 800m: 11:10.87 1:24.12 1200m: 16:46.02 1:24.17
3. DINIS, Bernardo Bento 11 Condeixa Clube **21:05.39** -
 100m: 1:18.46 1:18.46 500m: 7:01.07 1:25.95 900m: 12:43.59 1:25.18 1300m: 18:23.80 1:25.45
 200m: 2:43.23 1:24.77 600m: 8:27.19 1:26.12 1000m: 14:08.43 1:24.84 1400m: 19:48.26 1:24.46
 300m: 4:09.22 1:25.99 700m: 9:52.78 1:25.59 1100m: 15:33.75 1:25.32 1500m: 21:05.39 1:17.13
 400m: 5:35.12 1:25.90 800m: 11:18.41 1:25.63 1200m: 16:58.35 1:24.60
4. MARQUES, Goncalo Nunes 11 Condeixa Clube **21:42.08** -
 100m: 1:24.86 1:24.86 500m: 7:22.32 1:29.16 900m: 13:13.55 1:26.92 1300m: 18:56.94 1:26.27
 200m: 2:54.16 1:29.30 600m: 8:51.53 1:29.21 1000m: 14:40.19 1:26.64 1400m: 20:22.21 1:25.27
 300m: 4:23.84 1:29.68 700m: 10:18.44 1:26.91 1100m: 16:05.46 1:25.27 1500m: 21:42.08 1:19.87
 400m: 5:53.16 1:29.32 800m: 11:46.63 1:28.19 1200m: 17:30.67 1:25.21
5. ARAUJO, Dinis Goncalves 10 Uniao Coimbra **21:53.82** -
 100m: 1:18.90 1:18.90 500m: 7:10.17 1:28.22 900m: 13:03.73 1:28.31 1300m: 18:58.52 1:29.00
 200m: 2:46.16 1:27.26 600m: 8:38.75 1:28.58 1000m: 14:32.19 1:28.46 1400m: 20:27.15 1:28.63
 300m: 4:14.23 1:28.07 700m: 10:06.94 1:28.19 1100m: 16:00.43 1:28.24 1500m: 21:53.82 1:26.67
 400m: 5:41.95 1:27.72 800m: 11:35.42 1:28.48 1200m: 17:29.52 1:29.09
6. FERRAZ, Leonardo Fonseca 11 Academica de Coimbra **22:40.71** -
 100m: 1:21.29 1:21.29 500m: 7:23.09 1:30.66 900m: 13:32.47 1:32.14 1300m: 19:41.86 1:31.99
 200m: 2:50.50 1:29.21 600m: 8:56.06 1:32.97 1000m: 15:03.56 1:31.09 1400m: 21:12.20 1:30.34
 300m: 4:21.38 1:30.88 700m: 10:28.09 1:32.03 1100m: 16:37.81 1:34.25 1500m: 22:40.71 1:28.51
 400m: 5:52.43 1:31.05 800m: 12:00.33 1:32.24 1200m: 18:09.87 1:32.06
7. PEREIRA, Pedro Emanuel 10 Academica de Coimbra **24:05.04** -
 100m: 1:27.17 1:27.17 500m: 7:47.84 1:36.96 900m: 14:16.35 1:37.31 1300m: 20:53.05 1:39.54
 200m: 3:01.47 1:34.30 600m: 9:23.11 1:35.27 1000m: 15:55.71 1:39.36 1400m: 22:32.10 1:39.05
 300m: 4:36.83 1:35.36 700m: 11:01.39 1:38.28 1100m: 17:34.55 1:38.84 1500m: 24:05.04 1:32.94
 400m: 6:10.88 1:34.05 800m: 12:39.04 1:37.65 1200m: 19:13.51 1:38.96
8. CHANTRE, Guilherme Goncalves 11 Miranda do Corvo **24:13.95** -
 100m: 1:28.10 1:28.10 500m: 7:49.20 1:37.02 900m: 14:20.46 1:37.92 1300m: 20:57.36 1:39.62
 200m: 3:01.81 1:33.71 600m: 9:26.15 1:36.95 1000m: 15:58.90 1:38.44 1400m: 22:35.59 1:38.23
 300m: 4:36.83 1:35.02 700m: 11:04.04 1:37.89 1100m: 17:37.53 1:38.63 1500m: 24:13.95 1:38.36
 400m: 6:12.18 1:35.35 800m: 12:42.54 1:38.50 1200m: 19:17.74 1:40.21
9. SANTOS, Jorge Miguel 10 Miranda do Corvo **24:14.25** -
 100m: 1:26.42 1:26.42 500m: 7:49.58 1:36.96 900m: 14:24.50 1:40.45 1300m: 21:06.16 1:40.95
 200m: 3:00.89 1:34.47 600m: 9:27.50 1:37.92 1000m: 16:05.58 1:41.08 1400m: 22:46.66 1:40.50
 300m: 4:37.31 1:36.42 700m: 11:04.68 1:37.18 1100m: 17:45.78 1:40.20 1500m: 24:14.25 1:27.59
 400m: 6:12.62 1:35.31 800m: 12:44.05 1:39.37 1200m: 19:25.21 1:39.43

Taça de Fundo
Coimbra, 28/1/2024

Prova 2, Masc., 1500m Livres, Inf A/B

Lugar			Ano					Tempo final	Pts
10.	ESTEVES, Ruben Silva		11	Condeixa Clube				25:04.98	-
	100m:	1:35.72	1:35.72	500m:	8:23.98	1:41.18	900m:	15:12.17	1:42.88
	200m:	3:17.79	1:42.07	600m:	10:05.09	1:41.11	1000m:	16:55.20	1:43.03
	300m:	5:00.34	1:42.55	700m:	11:46.70	1:41.61	1100m:	18:37.16	1:41.96
	400m:	6:42.80	1:42.46	800m:	13:29.29	1:42.59	1200m:	20:18.59	1:41.43
				1300m:	21:58.70	1:40.11	1400m:	23:37.06	1:38.36
				1500m:	25:04.98	1:27.92			

Juv B

1.	GASPAR, Joao Nuno		09	Condeixa Clube				18:53.91	9,00
	100m:	1:08.43	1:08.43	500m:	6:13.30	1:17.20	900m:	11:21.64	1:17.07
	200m:	2:23.24	1:14.81	600m:	7:31.14	1:17.84	1000m:	12:38.15	1:16.51
	300m:	3:39.24	1:16.00	700m:	8:48.55	1:17.41	1100m:	13:54.35	1:16.20
	400m:	4:56.10	1:16.86	800m:	10:04.57	1:16.02	1200m:	15:07.89	1:13.54
				1300m:	16:25.01	1:17.12	1400m:	17:43.90	1:18.89
				1500m:	18:53.91	1:10.01			
2.	GASPAR, Guilherme Andre		09	Nautico Academico				19:44.48	7,00
	100m:	1:11.12	1:11.12	500m:	6:26.52	1:19.48	900m:	11:48.91	1:20.43
	200m:	2:30.06	1:18.94	600m:	7:47.09	1:20.57	1000m:	13:08.39	1:19.48
	300m:	3:47.79	1:17.73	700m:	9:08.14	1:21.05	1100m:	14:28.32	1:19.93
	400m:	5:07.04	1:19.25	800m:	10:28.48	1:20.34	1200m:	15:47.63	1:19.31
				1300m:	17:08.35	1:20.72	1400m:	18:26.99	1:18.64
				1500m:	19:44.48	1:17.49			
3.	PEREIRA, Tomas Rafael		09	Nautico Academico				20:06.88	6,00
	100m:	1:10.48	1:10.48	500m:	6:30.95	1:20.28	900m:	11:58.01	1:22.68
	200m:	2:28.83	1:18.35	600m:	7:50.60	1:19.65	1000m:	13:20.01	1:22.00
	300m:	3:49.23	1:20.40	700m:	9:13.27	1:22.67	1100m:	14:42.83	1:22.82
	400m:	5:10.67	1:21.44	800m:	10:35.33	1:22.06	1200m:	16:04.75	1:21.92
				1300m:	17:26.82	1:22.07	1400m:	18:47.67	1:20.85
				1500m:	20:06.88	1:19.21			
4.	MOITA, Tiago Janeiro		09	Nautico Academico				20:50.40	5,00
	100m:	1:17.71	1:17.71	500m:	6:48.59	1:23.47	900m:	12:23.48	1:22.92
	200m:	2:39.60	1:21.89	600m:	8:12.51	1:23.92	1000m:	13:47.99	1:24.51
	300m:	4:02.24	1:22.64	700m:	9:36.82	1:24.31	1100m:	15:11.74	1:23.75
	400m:	5:25.12	1:22.88	800m:	11:00.56	1:23.74	1200m:	16:36.78	1:25.04
				1300m:	18:02.17	1:25.39	1400m:	19:27.43	1:25.26
				1500m:	20:50.40	1:22.97			
5.	COSTA, Jose Pedro		09	Nautico Academico				20:55.26	4,00
	100m:	1:17.06	1:17.06	500m:	6:49.00	1:24.19	900m:	12:28.79	1:26.56
	200m:	2:37.98	1:20.92	600m:	8:13.48	1:24.48	1000m:	13:55.83	1:27.04
	300m:	4:00.91	1:22.93	700m:	9:37.25	1:23.77	1100m:	15:22.77	1:26.94
	400m:	5:24.81	1:23.90	800m:	11:02.23	1:24.98	1200m:	16:47.56	1:24.79
				1300m:	18:11.40	1:23.84	1400m:	19:33.84	1:22.44
				1500m:	20:55.26	1:21.42			
6.	SOUSA, Francisco Antunes		09	Columbofila Cantanhedense				21:14.86	3,00
	100m:	1:13.62	1:13.62	500m:	6:48.62	1:26.16	900m:	12:37.41	1:27.62
	200m:	2:36.19	1:22.57	600m:	8:15.28	1:26.66	1000m:	14:04.68	1:27.27
	300m:	3:58.45	1:22.26	700m:	9:42.44	1:27.16	1100m:	15:32.14	1:27.46
	400m:	5:22.46	1:24.01	800m:	11:09.79	1:27.35	1200m:	16:59.98	1:27.84
				1300m:	18:27.60	1:27.62	1400m:	19:54.13	1:26.53
				1500m:	21:14.86	1:20.73			
7.	COELHO, Joao Rodrigo		09	Academica de Coimbra				22:22.85	2,00
	100m:	1:27.70	1:27.70	500m:	7:32.86	1:30.83	900m:	13:31.91	1:30.29
	200m:	2:59.69	1:31.99	600m:	9:02.30	1:29.44	1000m:	15:02.81	1:30.90
	300m:	4:30.72	1:31.03	700m:	10:32.32	1:30.02	1100m:	16:33.66	1:30.85
	400m:	6:02.03	1:31.31	800m:	12:01.62	1:29.30	1200m:	18:03.48	1:29.82
				1300m:	19:33.70	1:30.22	1400m:	21:02.25	1:28.55
				1500m:	22:22.85	1:20.60			
8.	SILVA, Ricardo Cesar		09	Academica de Coimbra				22:25.54	1,00
	100m:	1:20.40	1:20.40	500m:	7:25.18	1:33.18	900m:	13:33.51	1:32.32
	200m:	2:49.71	1:29.31	600m:	8:57.09	1:31.91	1000m:	15:03.15	1:29.64
	300m:	4:20.71	1:31.00	700m:	10:29.29	1:32.20	1100m:	16:35.21	1:32.06
	400m:	5:52.00	1:31.29	800m:	12:01.19	1:31.90	1200m:	18:06.68	1:31.47
				1300m:	19:36.02	1:29.34	1400m:	21:04.21	1:28.19
				1500m:	22:25.54	1:21.33			

Juv A

1.	SOUSA, Guilherme Simoes		08	Nautico Academico				18:02.43	9,00
	100m:	1:06.27	1:06.27	500m:	5:51.87	1:12.18	900m:	10:42.41	1:13.34
	200m:	2:17.40	1:11.13	600m:	7:04.24	1:12.37	1000m:	11:55.91	1:13.50
	300m:	3:28.16	1:10.76	700m:	8:16.49	1:12.25	1100m:	13:09.85	1:13.94
	400m:	4:39.69	1:11.53	800m:	9:29.07	1:12.58	1200m:	14:23.71	1:13.86
				1300m:	15:37.04	1:13.33	1400m:	16:51.12	1:14.08
				1500m:	18:02.43	1:11.31			

Taça de Fundo
Coimbra, 28/1/2024

Prova 2, Masc., 1500m Livres, Juv A

Lugar	Ano		Tempo final		Pts
2.	PEREIRA, Salvador Correia	08	Condeixa Clube	18:28.08	7,00
	100m: 1:05.59 1:05.59	500m: 5:50.97 1:12.70	900m: 10:43.87 1:14.57	1300m: 15:54.20 1:17.58	
	200m: 2:16.55 1:10.96	600m: 7:02.75 1:11.78	1000m: 12:01.85 1:17.98	1400m: 17:11.87 1:17.67	
	300m: 3:26.14 1:09.59	700m: 8:15.99 1:13.24	1100m: 13:19.42 1:17.57	1500m: 18:28.08 1:16.21	
	400m: 4:38.27 1:12.13	800m: 9:29.30 1:13.31	1200m: 14:36.62 1:17.20		
3.	PASCOAL, Martim Nobre	08	Columbifila Cantanhedense	18:32.42	6,00
	100m: 1:09.51 1:09.51	500m: 6:05.01 1:14.24	900m: 11:04.41 1:14.90	1300m: 16:02.76 1:14.81	
	200m: 2:23.25 1:13.74	600m: 7:19.19 1:14.18	1000m: 12:18.83 1:14.42	1400m: 17:18.54 1:15.78	
	300m: 3:36.56 1:13.31	700m: 8:34.33 1:15.14	1100m: 13:33.32 1:14.49	1500m: 18:32.42 1:13.88	
	400m: 4:50.77 1:14.21	800m: 9:49.51 1:15.18	1200m: 14:47.95 1:14.63		
4.	MAIA, Samuel Dinis	08	Miranda do Corvo	18:35.99	5,00
	100m: 1:08.01 1:08.01	500m: 6:05.77 1:15.61	900m: 11:06.91 1:15.63	1300m: 16:08.17 1:15.82	
	200m: 2:21.25 1:13.24	600m: 7:20.96 1:15.19	1000m: 12:21.58 1:14.67	1400m: 17:23.68 1:15.51	
	300m: 3:35.08 1:13.83	700m: 8:36.90 1:15.94	1100m: 13:36.31 1:14.73	1500m: 18:35.99 1:12.31	
	400m: 4:50.16 1:15.08	800m: 9:51.28 1:14.38	1200m: 14:52.35 1:16.04		
5.	PEREIRA, Francisco Fernandes	08	Academica de Coimbra	18:54.55	4,00
	100m: 1:11.51 1:11.51	500m: 6:15.89 1:16.13	900m: 11:22.72 1:16.96	1300m: 16:27.95 1:16.40	
	200m: 2:26.41 1:14.90	600m: 7:32.33 1:16.44	1000m: 12:39.57 1:16.85	1400m: 17:43.95 1:16.00	
	300m: 3:42.94 1:16.53	700m: 8:48.89 1:16.56	1100m: 13:55.63 1:16.06	1500m: 18:54.55 1:10.60	
	400m: 4:59.76 1:16.82	800m: 10:05.76 1:16.87	1200m: 15:11.55 1:15.92		
6.	SILVA, Rodrigo Mosca	08	Columbifila Cantanhedense	18:55.29	3,00
	100m: 1:10.31 1:10.31	500m: 6:17.64 1:17.18	900m: 11:24.13 1:17.11	1300m: 16:28.48 1:16.26	
	200m: 2:26.16 1:15.85	600m: 7:33.28 1:15.64	1000m: 12:40.64 1:16.51	1400m: 17:44.05 1:15.57	
	300m: 3:43.38 1:17.22	700m: 8:50.59 1:17.31	1100m: 13:56.02 1:15.38	1500m: 18:55.29 1:11.24	
	400m: 5:00.46 1:17.08	800m: 10:07.02 1:16.43	1200m: 15:12.22 1:16.20		
7.	RIBEIRO, Tiago Cravino	08	Nautico Academico	21:10.55	2,00
	100m: 1:13.97 1:13.97	500m: 6:49.45 1:24.37	900m: 12:28.30 1:25.25	1300m: 18:19.72 1:27.75	
	200m: 2:37.86 1:23.89	600m: 8:13.31 1:23.86	1000m: 13:55.47 1:27.17	1400m: 19:46.59 1:26.87	
	300m: 4:01.30 1:23.44	700m: 9:37.32 1:24.01	1100m: 15:22.76 1:27.29	1500m: 21:10.55 1:23.96	
	400m: 5:25.08 1:23.78	800m: 11:03.05 1:25.73	1200m: 16:51.97 1:29.21		

Jun

1.	OLIVEIRA, Marco Dimitar	07	Nautico Academico	17:30.89	9,00
	100m: 1:03.85 1:03.85	500m: 5:42.12 1:09.97	900m: 10:24.80 1:10.79	1300m: 15:10.12 1:11.55	
	200m: 2:13.50 1:09.65	600m: 6:52.63 1:10.51	1000m: 11:35.48 1:10.68	1400m: 16:21.18 1:11.06	
	300m: 3:22.75 1:09.25	700m: 8:03.24 1:10.61	1100m: 12:46.85 1:11.37	1500m: 17:30.89 1:09.71	
	400m: 4:32.15 1:09.40	800m: 9:14.01 1:10.77	1200m: 13:58.57 1:11.72		
2.	PEREIRA, Tomas Veiga	06	Nautico Academico	17:39.66	7,00
	100m: 1:05.98 1:05.98	500m: 5:50.16 1:11.66	900m: 10:33.94 1:11.19	1300m: 15:17.84 1:11.34	
	200m: 2:16.81 1:10.83	600m: 7:01.07 1:10.91	1000m: 11:44.90 1:10.96	1400m: 16:29.03 1:11.19	
	300m: 3:27.11 1:10.30	700m: 8:11.91 1:10.84	1100m: 12:55.48 1:10.58	1500m: 17:39.66 1:10.63	
	400m: 4:38.50 1:11.39	800m: 9:22.75 1:10.84	1200m: 14:06.50 1:11.02		
3.	FRAZAO, Francisco Couto	06	Academica de Coimbra	17:52.21	6,00
	100m: 1:06.26 1:06.26	500m: 5:53.25 1:11.87	900m: 10:42.53 1:12.72	1300m: 15:29.22 1:11.71	
	200m: 2:17.84 1:11.58	600m: 7:04.93 1:11.68	1000m: 11:54.64 1:12.11	1400m: 16:41.74 1:12.52	
	300m: 3:29.24 1:11.40	700m: 8:17.39 1:12.46	1100m: 13:05.66 1:11.02	1500m: 17:52.21 1:10.47	
	400m: 4:41.38 1:12.14	800m: 9:29.81 1:12.42	1200m: 14:17.51 1:11.85		
4.	MARQUES, Jose Miguel	06	Condeixa Clube	17:58.99	5,00
	100m: 1:08.62 1:08.62	500m: 5:56.85 1:11.32	900m: 10:43.09 1:12.37	1300m: 15:34.49 1:13.20	
	200m: 2:21.34 1:12.72	600m: 7:07.56 1:10.71	1000m: 11:55.96 1:12.87	1400m: 16:48.15 1:13.66	
	300m: 3:33.73 1:12.39	700m: 8:19.21 1:11.65	1100m: 13:08.12 1:12.16	1500m: 17:58.99 1:10.84	
	400m: 4:45.53 1:11.80	800m: 9:30.72 1:11.51	1200m: 14:21.29 1:13.17		
5.	FERREIRA, Joao Rafael	06	Nautico Academico	18:38.56	4,00
	100m: 1:07.25 1:07.25	500m: 6:01.94 1:15.10	900m: 11:06.42 1:16.41	1300m: 16:09.93 1:15.72	
	200m: 2:19.87 1:12.62	600m: 7:17.35 1:15.41	1000m: 12:22.51 1:16.09	1400m: 17:25.70 1:15.77	
	300m: 3:32.93 1:13.06	700m: 8:33.57 1:16.22	1100m: 13:38.68 1:16.17	1500m: 18:38.56 1:12.86	
	400m: 4:46.84 1:13.91	800m: 9:50.01 1:16.44	1200m: 14:54.21 1:15.53		

Taça de Fundo
Coimbra, 28/1/2024

Prova 2, Masc., 1500m Livres, Jun

Lugar			Ano					Tempo final	Pts			
6.	MARQUES, Joao Ferreira		06	Academica de Coimbra				18:40.52	3,00			
	100m:	1:07.20	1:07.20	500m:	5:56.11	1:12.95	900m:	10:58.25	1:16.83	1300m:	16:08.25	1:17.47
	200m:	2:18.65	1:11.45	600m:	7:10.03	1:13.92	1000m:	12:16.26	1:18.01	1400m:	17:24.95	1:16.70
	300m:	3:30.13	1:11.48	700m:	8:25.94	1:15.91	1100m:	13:33.65	1:17.39	1500m:	18:40.52	1:15.57
	400m:	4:43.16	1:13.03	800m:	9:41.42	1:15.48	1200m:	14:50.78	1:17.13			
7.	MARQUES, Duarte Cachulo		07	Condeixa Clube				18:55.69	2,00			
	100m:	1:02.73	1:02.73	500m:	5:54.79	1:17.09	900m:	11:06.42	1:18.58	1300m:	16:23.80	1:17.37
	200m:	2:12.30	1:09.57	600m:	7:13.11	1:18.32	1000m:	12:27.25	1:20.83	1400m:	17:40.86	1:17.06
	300m:	3:23.96	1:11.66	700m:	8:30.14	1:17.03	1100m:	13:46.14	1:18.89	1500m:	18:55.69	1:14.83
	400m:	4:37.70	1:13.74	800m:	9:47.84	1:17.70	1200m:	15:06.43	1:20.29			
8.	LIMA, Rodrigo Marques		07	CASPAE				19:19.43	1,00			
	100m:	1:10.67	1:10.67	500m:	6:21.99	1:18.10	900m:	11:34.13	1:17.86	1300m:	16:49.14	1:19.17
	200m:	2:28.10	1:17.43	600m:	7:39.67	1:17.68	1000m:	12:52.70	1:18.57	1400m:	18:06.01	1:16.87
	300m:	3:46.13	1:18.03	700m:	8:58.09	1:18.42	1100m:	14:11.89	1:19.19	1500m:	19:19.43	1:13.42
	400m:	5:03.89	1:17.76	800m:	10:16.27	1:18.18	1200m:	15:29.97	1:18.08			

Sen

1.	MARQUES, Gustavo Pires		04	Uniao Coimbra				17:23.55	9,00			
	100m:	1:02.38	1:02.38	500m:	5:38.52	1:09.65	900m:	10:19.03	1:10.49	1300m:	15:01.59	1:11.41
	200m:	2:11.10	1:08.72	600m:	6:48.29	1:09.77	1000m:	11:29.34	1:10.31	1400m:	16:12.91	1:11.32
	300m:	3:19.97	1:08.87	700m:	7:58.46	1:10.17	1100m:	12:39.43	1:10.09	1500m:	17:23.55	1:10.64
	400m:	4:28.87	1:08.90	800m:	9:08.54	1:10.08	1200m:	13:50.18	1:10.75			
2.	MARTINS, Antonio Pedro		05	Uniao Coimbra				18:24.80	7,00			
	100m:	1:10.30	1:10.30	500m:	6:00.94	1:12.92	900m:	10:55.85	1:13.83	1300m:	15:57.52	1:15.22
	200m:	2:23.10	1:12.80	600m:	7:13.95	1:13.01	1000m:	12:10.79	1:14.94	1400m:	17:13.28	1:15.76
	300m:	3:35.62	1:12.52	700m:	8:27.63	1:13.68	1100m:	13:25.90	1:15.11	1500m:	18:24.80	1:11.52
	400m:	4:48.02	1:12.40	800m:	9:42.02	1:14.39	1200m:	14:42.30	1:16.40			
3.	GERALDO, Tomas Cardoso		05	Condeixa Clube				18:44.18	6,00			
	100m:	1:07.82	1:07.82	500m:	6:05.74	1:15.79	900m:	11:11.98	1:17.77	1300m:	16:15.62	1:16.43
	200m:	2:21.25	1:13.43	600m:	7:20.78	1:15.04	1000m:	12:28.16	1:16.18	1400m:	17:30.39	1:14.77
	300m:	3:35.44	1:14.19	700m:	8:37.29	1:16.51	1100m:	13:43.81	1:15.65	1500m:	18:44.18	1:13.79
	400m:	4:49.95	1:14.51	800m:	9:54.21	1:16.92	1200m:	14:59.19	1:15.38			
4.	MERUJE, Joaquim Agra		01	Academica de Coimbra				18:58.38	5,00			
	100m:	1:09.29	1:09.29	500m:	6:14.27	1:16.86	900m:	11:23.02	1:15.71	1300m:	16:27.38	1:16.50
	200m:	2:24.50	1:15.21	600m:	7:32.13	1:17.86	1000m:	12:38.44	1:15.42	1400m:	17:43.97	1:16.59
	300m:	3:40.65	1:16.15	700m:	8:49.91	1:17.78	1100m:	13:54.68	1:16.24	1500m:	18:58.38	1:14.41
	400m:	4:57.41	1:16.76	800m:	10:07.31	1:17.40	1200m:	15:10.88	1:16.20			