

Prova 2  
24/02/2024 - 15:15

5000m Livres

16 anos e mais velhos  
Resultados

Pontos: FINA 2023

Lugar	Idade		Tempo final		Pts		
<b>AA 16/17, Femin.</b>							
<b>1. MESQUITA, Mafalda Martins</b>	<b>17</b>		<b>Famalicao</b>		<b>1:02:44.16 541</b>		
100m: 1:14.08	1:14.08	1400m: 17:35.33	1:15.57	2700m: 33:50.96	1:14.97	4000m: 50:14.45	1:16.01
200m: 2:29.67	1:15.59	1500m: 18:50.12	1:14.79	2800m: 35:05.78	1:14.82	4100m: 51:30.11	1:15.66
300m: 3:45.52	1:15.85	1600m: 20:04.77	1:14.65	2900m: 36:21.23	1:15.45	4200m: 52:45.96	1:15.85
400m: 5:01.24	1:15.72	1700m: 21:20.34	1:15.57	3000m: 37:36.82	1:15.59	4300m: 54:01.72	1:15.76
500m: 6:16.91	1:15.67	1800m: 22:35.70	1:15.36	3100m: 38:52.71	1:15.89	4400m: 55:17.59	1:15.87
600m: 7:32.59	1:15.68	1900m: 23:51.18	1:15.48	3200m: 40:08.22	1:15.51	4500m: 56:33.35	1:15.76
700m: 8:47.86	1:15.27	2000m: 25:06.59	1:15.41	3300m: 41:23.70	1:15.48	4600m: 57:48.73	1:15.38
800m: 10:03.50	1:15.64	2100m: 26:22.08	1:15.49	3400m: 42:39.39	1:15.69	4700m: 59:03.67	1:14.94
900m: 11:19.06	1:15.56	2200m: 27:37.35	1:15.27	3500m: 43:55.22	1:15.83	4800m: 1:00:18.49	1:14.82
1000m: 12:34.59	1:15.53	2300m: 28:51.86	1:14.51	3600m: 45:10.84	1:15.62	4900m: 1:01:32.19	1:13.70
1100m: 13:49.59	1:15.00	2400m: 30:06.32	1:14.46	3700m: 46:26.75	1:15.91	5000m: 1:02:44.16	1:11.97
1200m: 15:04.60	1:15.01	2500m: 31:20.96	1:14.64	3800m: 47:42.50	1:15.75		
1300m: 16:19.76	1:15.16	2600m: 32:35.99	1:15.03	3900m: 48:58.44	1:15.94		
<b>2. AGUILAR, Marta Andre</b>	<b>17</b>		<b>Cnac</b>		<b>1:03:21.64 525</b>		
100m: 1:14.70	1:14.70	1400m: 17:37.21	1:15.33	2700m: 33:53.94	1:15.64	4000m: 50:28.55	1:17.65
200m: 2:30.56	1:15.86	1500m: 18:52.16	1:14.95	2800m: 35:09.34	1:15.40	4100m: 51:45.49	1:16.94
300m: 3:46.14	1:15.58	1600m: 20:07.59	1:15.43	2900m: 36:26.13	1:16.79	4200m: 53:03.35	1:17.86
400m: 5:02.23	1:16.09	1700m: 21:23.16	1:15.57	3000m: 37:42.20	1:16.07	4300m: 54:20.97	1:17.62
500m: 6:18.30	1:16.07	1800m: 22:38.84	1:15.68	3100m: 38:58.07	1:15.87	4400m: 55:38.78	1:17.81
600m: 7:34.16	1:15.86	1900m: 23:54.56	1:15.72	3200m: 40:14.40	1:16.33	4500m: 56:56.73	1:17.95
700m: 8:50.02	1:15.86	2000m: 25:10.69	1:16.13	3300m: 41:30.45	1:16.05	4600m: 58:14.38	1:17.65
800m: 10:05.64	1:15.62	2100m: 26:25.11	1:14.42	3400m: 42:46.76	1:16.31	4700m: 59:32.05	1:17.67
900m: 11:21.08	1:15.44	2200m: 27:39.45	1:14.34	3500m: 44:02.46	1:15.70	4800m: 1:00:49.05	1:17.00
1000m: 12:36.04	1:14.96	2300m: 28:53.37	1:13.92	3600m: 45:19.39	1:16.93	4900m: 1:02:05.45	1:16.40
1100m: 13:51.35	1:15.31	2400m: 30:08.04	1:14.67	3700m: 46:36.00	1:16.61	5000m: 1:03:21.64	1:16.19
1200m: 15:06.81	1:15.46	2500m: 31:22.84	1:14.80	3800m: 47:53.29	1:17.29		
1300m: 16:21.88	1:15.07	2600m: 32:38.30	1:15.46	3900m: 49:10.90	1:17.61		
<b>3. SANTOS, Leonor Castanho</b>	<b>17</b>		<b>Sporting</b>		<b>1:04:18.15 502</b>		
100m: 1:11.48	1:11.48	1400m: 17:44.64	1:17.77	2700m: 34:37.18	1:16.71	4000m: 51:26.52	1:17.89
200m: 2:25.95	1:14.47	1500m: 19:02.45	1:17.81	2800m: 35:54.17	1:16.99	4100m: 52:44.56	1:18.04
300m: 3:40.75	1:14.80	1600m: 20:21.51	1:19.06	2900m: 37:11.08	1:16.91	4200m: 54:02.24	1:17.68
400m: 4:56.32	1:15.57	1700m: 21:40.20	1:18.69	3000m: 38:28.59	1:17.51	4300m: 55:20.23	1:17.99
500m: 6:12.22	1:15.90	1800m: 22:58.93	1:18.73	3100m: 39:45.35	1:16.76	4400m: 56:37.06	1:16.83
600m: 7:28.33	1:16.11	1900m: 24:17.03	1:18.10	3200m: 41:02.57	1:17.22	4500m: 57:54.95	1:17.89
700m: 8:44.95	1:16.62	2000m: 25:34.88	1:17.85	3300m: 42:19.91	1:17.34	4600m: 59:12.34	1:17.39
800m: 10:01.32	1:16.37	2100m: 26:51.61	1:16.73	3400m: 43:37.75	1:17.84	4700m: 1:00:29.50	1:17.16
900m: 11:17.96	1:16.64	2200m: 28:08.96	1:17.35	3500m: 44:55.67	1:17.92	4800m: 1:01:46.80	1:17.30
1000m: 12:34.74	1:16.78	2300m: 29:26.65	1:17.69	3600m: 46:13.80	1:18.13	4900m: 1:03:03.27	1:16.47
1100m: 13:51.36	1:16.62	2400m: 30:45.10	1:18.45	3700m: 47:31.98	1:18.18	5000m: 1:04:18.15	1:14.88
1200m: 15:08.98	1:17.62	2500m: 32:03.27	1:18.17	3800m: 48:50.66	1:18.68		
1300m: 16:26.87	1:17.89	2600m: 33:20.47	1:17.20	3900m: 50:08.63	1:17.97		
<b>4. FERREIRA, Carolina Amadeu</b>	<b>16</b>		<b>Leixoes Sport Clube</b>		<b>1:04:43.06 493</b>		
100m: 1:10.94	1:10.94	1400m: 17:43.47	1:17.51	2700m: 34:37.79	1:18.22	4000m: 51:39.95	1:19.19
200m: 2:26.18	1:15.24	1500m: 19:00.81	1:17.34	2800m: 35:55.54	1:17.75	4100m: 52:58.66	1:18.71
300m: 3:41.55	1:15.37	1600m: 20:18.24	1:17.43	2900m: 37:13.35	1:17.81	4200m: 54:17.64	1:18.98
400m: 4:56.97	1:15.42	1700m: 21:35.99	1:17.75	3000m: 38:31.91	1:18.56	4300m: 55:36.71	1:19.07
500m: 6:12.92	1:15.95	1800m: 22:53.34	1:17.35	3100m: 39:50.49	1:18.58	4400m: 56:56.39	1:19.68
600m: 7:29.37	1:16.45	1900m: 24:11.23	1:17.89	3200m: 41:09.52	1:19.03	4500m: 58:15.44	1:19.05
700m: 8:45.80	1:16.43	2000m: 25:31.27	1:20.04	3300m: 42:28.21	1:18.69	4600m: 59:34.02	1:18.58
800m: 10:02.67	1:16.87	2100m: 26:48.12	1:16.85	3400m: 43:47.31	1:19.10	4700m: 1:00:52.04	1:18.02
900m: 11:19.68	1:17.01	2200m: 28:06.01	1:17.89	3500m: 45:05.86	1:18.55	4800m: 1:02:10.12	1:18.08
1000m: 12:36.13	1:16.45	2300m: 29:24.13	1:18.12	3600m: 46:24.03	1:18.17	4900m: 1:03:27.30	1:17.18
1100m: 13:52.42	1:16.29	2400m: 30:42.19	1:18.06	3700m: 47:42.80	1:18.77	5000m: 1:04:43.06	1:15.76
1200m: 15:09.03	1:16.61	2500m: 32:00.83	1:18.64	3800m: 49:01.80	1:19.00		
1300m: 16:25.96	1:16.93	2600m: 33:19.57	1:18.74	3900m: 50:20.76	1:18.96		

Prova 2, Femin., 5000m Livres, AA 16/17

Lugar			Idade			Tempo final	Pts	
5.	SOARES, Leonor Carvalho		16	Porto		<b>1:05:16.26</b>	480	
	100m: 1:14.24	1:14.24	1400m: 17:55.33	1:17.61	2700m: 34:50.47	1:19.22	4000m: 52:01.13	1:19.33
	200m: 2:30.33	1:16.09	1500m: 19:12.97	1:17.64	2800m: 36:09.44	1:18.97	4100m: 53:21.29	1:20.16
	300m: 3:46.88	1:16.55	1600m: 20:30.58	1:17.61	2900m: 37:28.56	1:19.12	4200m: 54:41.57	1:20.28
	400m: 5:03.51	1:16.63	1700m: 21:48.10	1:17.52	3000m: 38:47.83	1:19.27	4300m: 56:01.54	1:19.97
	500m: 6:20.20	1:16.69	1800m: 23:05.83	1:17.73	3100m: 40:06.98	1:19.15	4400m: 57:21.74	1:20.20
	600m: 7:37.27	1:17.07	1900m: 24:23.75	1:17.92	3200m: 41:26.64	1:19.66	4500m: 58:41.89	1:20.15
	700m: 8:54.36	1:17.09	2000m: 25:41.83	1:18.08	3300m: 42:45.90	1:19.26	4600m: 1:00:01.56	1:19.67
	800m: 10:11.22	1:16.86	2100m: 26:59.78	1:17.95	3400m: 44:05.13	1:19.23	4700m: 1:01:21.81	1:20.25
	900m: 11:28.31	1:17.09	2200m: 28:17.95	1:18.17	3500m: 45:24.63	1:19.50	4800m: 1:02:40.77	1:18.96
	1000m: 12:45.44	1:17.13	2300m: 29:35.92	1:17.97	3600m: 46:43.93	1:19.30	4900m: 1:03:59.71	1:18.94
	1100m: 14:02.99	1:17.55	2400m: 30:54.36	1:18.44	3700m: 48:03.13	1:19.20	5000m: 1:05:16.26	1:16.55
	1200m: 15:20.13	1:17.14	2500m: 32:12.59	1:18.23	3800m: 49:22.46	1:19.33		
	1300m: 16:37.72	1:17.59	2600m: 33:31.25	1:18.66	3900m: 50:41.80	1:19.34		

6.	BAIONA, Raquel Santos		16	Adrcimm		<b>1:07:25.33</b>	436	
	100m: 1:16.82	1:16.82	1400m: 18:27.56	1:20.77	2700m: 36:14.31	1:23.16	4000m: 54:01.93	1:20.03
	200m: 2:35.01	1:18.19	1500m: 19:49.22	1:21.66	2800m: 37:38.27	1:23.96	4100m: 55:21.58	1:19.65
	300m: 3:53.32	1:18.31	1600m: 21:10.85	1:21.63	2900m: 39:02.39	1:24.12	4200m: 56:42.66	1:21.08
	400m: 5:11.04	1:17.72	1700m: 22:32.31	1:21.46	3000m: 40:26.00	1:23.61	4300m: 58:04.15	1:21.49
	500m: 6:29.26	1:18.22	1800m: 23:53.58	1:21.27	3100m: 41:50.00	1:24.00	4400m: 59:25.57	1:21.42
	600m: 7:47.60	1:18.34	1900m: 25:14.60	1:21.02	3200m: 43:12.91	1:22.91	4500m: 1:00:46.54	1:20.97
	700m: 9:06.20	1:18.60	2000m: 26:35.90	1:21.30	3300m: 44:34.72	1:21.81	4600m: 1:02:07.20	1:20.66
	800m: 10:24.77	1:18.57	2100m: 27:58.25	1:22.35	3400m: 45:55.70	1:20.98	4700m: 1:03:27.55	1:20.35
	900m: 11:44.29	1:19.52	2200m: 29:20.63	1:22.38	3500m: 47:17.36	1:21.66	4800m: 1:04:47.73	1:20.18
	1000m: 13:04.81	1:20.52	2300m: 30:42.49	1:21.86	3600m: 48:38.58	1:21.22	4900m: 1:06:07.22	1:19.49
	1100m: 14:25.40	1:20.59	2400m: 32:04.99	1:22.50	3700m: 49:59.20	1:20.62	5000m: 1:07:25.33	1:18.11
	1200m: 15:46.13	1:20.73	2500m: 33:28.05	1:23.06	3800m: 51:20.50	1:21.30		
	1300m: 17:06.79	1:20.66	2600m: 34:51.15	1:23.10	3900m: 52:41.90	1:21.40		

7.	NEVES, Rita Isabel		16	Condeixa Aqua Clube		<b>1:07:56.76</b>	426	
	100m: 1:18.87	1:18.87	1400m: 18:49.70	1:22.18	2700m: 36:49.41	1:23.48	4000m: 54:32.77	1:21.00
	200m: 2:39.38	1:20.51	1500m: 20:11.93	1:22.23	2800m: 38:12.67	1:23.26	4100m: 55:53.74	1:20.97
	300m: 4:00.23	1:20.85	1600m: 21:34.37	1:22.44	2900m: 39:35.27	1:22.60	4200m: 57:15.50	1:21.76
	400m: 5:20.80	1:20.57	1700m: 22:57.16	1:22.79	3000m: 40:58.14	1:22.87	4300m: 58:36.95	1:21.45
	500m: 6:41.44	1:20.64	1800m: 24:19.43	1:22.27	3100m: 42:20.71	1:22.57	4400m: 59:58.08	1:21.13
	600m: 8:02.36	1:20.92	1900m: 25:41.95	1:22.52	3200m: 43:43.16	1:22.45	4500m: 1:01:18.17	1:20.09
	700m: 9:22.57	1:20.21	2000m: 27:05.75	1:23.80	3300m: 45:04.87	1:21.71	4600m: 1:02:38.46	1:20.29
	800m: 10:43.27	1:20.70	2100m: 28:27.94	1:22.19	3400m: 46:26.48	1:21.61	4700m: 1:03:58.88	1:20.42
	900m: 12:03.74	1:20.47	2200m: 29:50.91	1:22.97	3500m: 47:48.17	1:21.69	4800m: 1:05:18.33	1:19.45
	1000m: 13:24.17	1:20.43	2300m: 31:14.17	1:23.26	3600m: 49:09.23	1:21.06	4900m: 1:06:38.89	1:20.56
	1100m: 14:45.00	1:20.83	2400m: 32:37.81	1:23.64	3700m: 50:30.00	1:20.77	5000m: 1:07:56.76	1:17.87
	1200m: 16:05.85	1:20.85	2500m: 34:01.63	1:23.82	3800m: 51:51.34	1:21.34		
	1300m: 17:27.52	1:21.67	2600m: 35:25.93	1:24.30	3900m: 53:11.77	1:20.43		

doente VIANA, Matilde Violante 17 CNLeiria

AA 16/17, Masc.

1.	PEREIRA, Rui Silva		16	Adrcimm		<b>56:20.33</b>	633	
	100m: 1:06.87	1:06.87	1400m: 15:39.59	1:07.29	2700m: 30:15.77	1:07.45	4000m: 45:00.55	1:08.64
	200m: 2:14.46	1:07.59	1500m: 16:46.08	1:06.49	2800m: 31:23.86	1:08.09	4100m: 46:08.53	1:07.98
	300m: 3:21.77	1:07.31	1600m: 17:52.42	1:06.34	2900m: 32:30.98	1:07.12	4200m: 47:16.91	1:08.38
	400m: 4:29.88	1:08.11	1700m: 18:59.17	1:06.75	3000m: 33:38.84	1:07.86	4300m: 48:24.42	1:07.51
	500m: 5:37.56	1:07.68	1800m: 20:06.25	1:07.08	3100m: 34:46.94	1:08.10	4400m: 49:33.05	1:08.63
	600m: 6:44.44	1:06.88	1900m: 21:14.47	1:08.22	3200m: 35:55.06	1:08.12	4500m: 50:41.61	1:08.56
	700m: 7:50.94	1:06.50	2000m: 22:22.42	1:07.95	3300m: 37:03.32	1:08.26	4600m: 51:49.83	1:08.22
	800m: 8:57.56	1:06.62	2100m: 23:29.49	1:07.07	3400m: 38:11.13	1:07.81	4700m: 52:58.08	1:08.25
	900m: 10:04.56	1:07.00	2200m: 24:36.91	1:07.42	3500m: 39:18.54	1:07.41	4800m: 54:05.83	1:07.75
	1000m: 11:11.11	1:06.55	2300m: 25:44.63	1:07.72	3600m: 40:26.75	1:08.21	4900m: 55:13.34	1:07.51
	1100m: 12:17.82	1:06.71	2400m: 26:52.36	1:07.73	3700m: 41:34.73	1:07.98	5000m: 56:20.33	1:06.99
	1200m: 13:25.30	1:07.48	2500m: 28:00.26	1:07.90	3800m: 42:43.25	1:08.52		
	1300m: 14:32.30	1:07.00	2600m: 29:08.32	1:08.06	3900m: 43:51.91	1:08.66		

Prova 2, Masc., 5000m Livres, AA 16/17

Lugar		Idade						Tempo final	Pts			
2.	MEDEIROS, Miguel Fragoso	16	Porto					<b>56:35.72</b>	<b>625</b>			
	100m:	1:06.94	1:06.94	1400m:	15:40.21	1:06.77	2700m:	30:17.21	1:07.74	4000m:	45:09.19	1:09.11
	200m:	2:14.52	1:07.58	1500m:	16:47.16	1:06.95	2800m:	31:24.99	1:07.78	4100m:	46:17.57	1:08.38
	300m:	3:22.15	1:07.63	1600m:	17:54.20	1:07.04	2900m:	32:33.01	1:08.02	4200m:	47:26.18	1:08.61
	400m:	4:29.95	1:07.80	1700m:	19:01.25	1:07.05	3000m:	33:41.20	1:08.19	4300m:	48:35.12	1:08.94
	500m:	5:37.80	1:07.85	1800m:	20:08.66	1:07.41	3100m:	34:49.52	1:08.32	4400m:	49:44.26	1:09.14
	600m:	6:45.16	1:07.36	1900m:	21:16.10	1:07.44	3200m:	35:57.96	1:08.44	4500m:	50:53.24	1:08.98
	700m:	7:52.06	1:06.90	2000m:	22:23.69	1:07.59	3300m:	37:06.43	1:08.47	4600m:	52:02.40	1:09.16
	800m:	8:58.80	1:06.74	2100m:	23:31.20	1:07.51	3400m:	38:15.22	1:08.79	4700m:	53:11.38	1:08.98
	900m:	10:05.90	1:07.10	2200m:	24:38.76	1:07.56	3500m:	39:24.15	1:08.93	4800m:	54:20.41	1:09.03
	1000m:	11:12.79	1:06.89	2300m:	25:46.18	1:07.42	3600m:	40:33.00	1:08.85	4900m:	55:29.27	1:08.86
	1100m:	12:19.68	1:06.89	2400m:	26:53.95	1:07.77	3700m:	41:41.96	1:08.96	5000m:	56:35.72	1:06.45
	1200m:	13:26.73	1:07.05	2500m:	28:01.68	1:07.73	3800m:	42:51.08	1:09.12			
	1300m:	14:33.44	1:06.71	2600m:	29:09.47	1:07.79	3900m:	44:00.08	1:09.00			
3.	PEIXOTO, Tomas Pinto	16	Porto					<b>57:22.57</b>	<b>599</b>			
	100m:	1:06.17	1:06.17	1400m:	15:49.80	1:08.16	2700m:	30:44.02	1:09.20	4000m:	45:49.13	1:09.41
	200m:	2:14.04	1:07.87	1500m:	16:58.60	1:08.80	2800m:	31:53.94	1:09.92	4100m:	46:57.98	1:08.85
	300m:	3:21.96	1:07.92	1600m:	18:07.59	1:08.99	2900m:	33:03.36	1:09.42	4200m:	48:07.23	1:09.25
	400m:	4:29.95	1:07.99	1700m:	19:16.19	1:08.60	3000m:	34:13.12	1:09.76	4300m:	49:16.74	1:09.51
	500m:	5:37.96	1:08.01	1800m:	20:24.70	1:08.51	3100m:	35:23.20	1:10.08	4400m:	50:25.95	1:09.21
	600m:	6:45.93	1:07.97	1900m:	21:33.39	1:08.69	3200m:	36:32.87	1:09.67	4500m:	51:35.60	1:09.65
	700m:	7:53.93	1:08.00	2000m:	22:42.31	1:08.92	3300m:	37:42.65	1:09.78	4600m:	52:45.03	1:09.43
	800m:	9:01.95	1:08.02	2100m:	23:50.63	1:08.32	3400m:	38:52.49	1:09.84	4700m:	53:54.35	1:09.32
	900m:	10:09.96	1:08.01	2200m:	24:58.70	1:08.07	3500m:	40:02.01	1:09.52	4800m:	55:04.27	1:09.92
	1000m:	11:17.82	1:07.86	2300m:	26:07.48	1:08.78	3600m:	41:11.71	1:09.70	4900m:	56:14.14	1:09.87
	1100m:	12:25.63	1:07.81	2400m:	27:16.83	1:09.35	3700m:	42:20.76	1:09.05	5000m:	57:22.57	1:08.43
	1200m:	13:33.80	1:08.17	2500m:	28:26.60	1:09.77	3800m:	43:30.32	1:09.56			
	1300m:	14:41.64	1:07.84	2600m:	29:34.82	1:08.22	3900m:	44:39.72	1:09.40			
4.	ASMAR, Axel Guedes	17	Sporting					<b>58:06.59</b>	<b>577</b>			
	100m:	1:08.59	1:08.59	1400m:	16:15.98	1:08.92	2700m:	31:13.45	1:09.39	4000m:	46:32.77	1:11.06
	200m:	2:19.01	1:10.42	1500m:	17:23.55	1:07.57	2800m:	32:23.16	1:09.71	4100m:	47:43.64	1:10.87
	300m:	3:30.01	1:11.00	1600m:	18:31.34	1:07.79	2900m:	33:33.63	1:10.47	4200m:	48:54.20	1:10.56
	400m:	4:40.70	1:10.69	1700m:	19:39.68	1:08.34	3000m:	34:43.40	1:09.77	4300m:	50:05.21	1:11.01
	500m:	5:51.76	1:11.06	1800m:	20:48.00	1:08.32	3100m:	35:54.37	1:10.97	4400m:	51:14.56	1:09.35
	600m:	7:02.38	1:10.62	1900m:	21:56.64	1:08.64	3200m:	37:04.93	1:10.56	4500m:	52:24.10	1:09.54
	700m:	8:12.10	1:09.72	2000m:	23:05.93	1:09.29	3300m:	38:15.76	1:10.83	4600m:	53:33.39	1:09.29
	800m:	9:21.33	1:09.23	2100m:	24:15.84	1:09.91	3400m:	39:26.51	1:10.75	4700m:	54:42.00	1:08.61
	900m:	10:30.83	1:09.50	2200m:	25:25.31	1:09.47	3500m:	40:38.34	1:11.83	4800m:	55:50.57	1:08.57
	1000m:	11:39.88	1:09.05	2300m:	26:34.39	1:09.08	3600m:	41:48.77	1:10.43	4900m:	56:59.55	1:08.98
	1100m:	12:48.91	1:09.03	2400m:	27:43.70	1:09.31	3700m:	42:59.98	1:11.21	5000m:	58:06.59	1:07.04
	1200m:	13:58.03	1:09.12	2500m:	28:53.75	1:10.05	3800m:	44:11.07	1:11.09			
	1300m:	15:07.06	1:09.03	2600m:	30:04.06	1:10.31	3900m:	45:21.71	1:10.64			
5.	BORGES, Rodrigo Costa	17	Fluvial Portuense					<b>58:23.15</b>	<b>569</b>			
	100m:	1:06.72	1:06.72	1400m:	16:04.25	1:09.96	2700m:	31:09.88	1:10.03	4000m:	46:27.76	1:11.22
	200m:	2:13.94	1:07.22	1500m:	17:13.40	1:09.15	2800m:	32:20.22	1:10.34	4100m:	47:39.65	1:11.89
	300m:	3:22.07	1:08.13	1600m:	18:22.37	1:08.97	2900m:	33:30.33	1:10.11	4200m:	48:51.60	1:11.95
	400m:	4:30.16	1:08.09	1700m:	19:32.23	1:09.86	3000m:	34:40.62	1:10.29	4300m:	50:03.70	1:12.10
	500m:	5:38.56	1:08.40	1800m:	20:41.56	1:09.33	3100m:	35:51.17	1:10.55	4400m:	51:15.77	1:12.07
	600m:	6:47.29	1:08.73	1900m:	21:51.37	1:09.81	3200m:	37:01.07	1:09.90	4500m:	52:27.70	1:11.93
	700m:	7:56.85	1:09.56	2000m:	23:01.29	1:09.92	3300m:	38:11.78	1:10.71	4600m:	53:39.21	1:11.51
	800m:	9:06.33	1:09.48	2100m:	24:11.07	1:09.78	3400m:	39:23.00	1:11.22	4700m:	54:51.59	1:12.38
	900m:	10:15.84	1:09.51	2200m:	25:20.82	1:09.75	3500m:	40:33.48	1:10.48	4800m:	56:02.91	1:11.32
	1000m:	11:25.17	1:09.33	2300m:	26:30.21	1:09.39	3600m:	41:44.72	1:11.24	4900m:	57:13.86	1:10.95
	1100m:	12:34.83	1:09.66	2400m:	27:39.86	1:09.65	3700m:	42:55.23	1:10.51	5000m:	58:23.15	1:09.29
	1200m:	13:44.55	1:09.72	2500m:	28:49.36	1:09.50	3800m:	44:05.65	1:10.42			
	1300m:	14:54.29	1:09.74	2600m:	29:59.85	1:10.49	3900m:	45:16.54	1:10.89			

Prova 2, Masc., 5000m Livres, AA 16/17

Lugar			Idade					Tempo final	Pts	
<b>6.</b>	<b>SOARES, Goncalo Augusto</b>		<b>16</b>	<b>Porto</b>				<b>59:32.14</b>	<b>536</b>	
	100m:	1:08.62 1:08.62	1400m:	16:34.80 1:11.32	2700m:	32:02.91 1:11.49	4000m:	47:40.09 1:12.23		
	200m:	2:19.44 1:10.82	1500m:	17:45.65 1:10.85	2800m:	33:14.85 1:11.94	4100m:	48:52.03 1:11.94		
	300m:	3:30.63 1:11.19	1600m:	18:57.40 1:11.75	2900m:	34:26.74 1:11.89	4200m:	50:03.33 1:11.30		
	400m:	4:41.62 1:10.99	1700m:	20:08.73 1:11.33	3000m:	35:38.95 1:12.21	4300m:	51:14.34 1:11.01		
	500m:	5:52.73 1:11.11	1800m:	21:20.20 1:11.47	3100m:	36:51.23 1:12.28	4400m:	52:25.39 1:11.05		
	600m:	7:04.27 1:11.54	1900m:	22:31.33 1:11.13	3200m:	38:03.02 1:11.79	4500m:	53:36.58 1:11.19		
	700m:	8:15.37 1:11.10	2000m:	23:42.75 1:11.42	3300m:	39:14.64 1:11.62	4600m:	54:47.72 1:11.14		
	800m:	9:26.96 1:11.59	2100m:	24:54.03 1:11.28	3400m:	40:26.95 1:12.31	4700m:	55:58.95 1:11.23		
	900m:	10:38.03 1:11.07	2200m:	26:05.38 1:11.35	3500m:	41:39.07 1:12.12	4800m:	57:10.50 1:11.55		
	1000m:	11:49.48 1:11.45	2300m:	27:17.51 1:12.13	3600m:	42:51.08 1:12.01	4900m:	58:21.81 1:11.31		
	1100m:	13:00.78 1:11.30	2400m:	28:28.29 1:10.78	3700m:	44:03.72 1:12.64	5000m:	59:32.14 1:10.33		
	1200m:	14:12.50 1:11.72	2500m:	29:39.88 1:11.59	3800m:	45:15.57 1:11.85				
	1300m:	15:23.48 1:10.98	2600m:	30:51.42 1:11.54	3900m:	46:27.86 1:12.29				
<b>7.</b>	<b>CANELAS, Tiago Andre</b>		<b>16</b>	<b>Fluvial Portuense</b>				<b>59:36.08</b>	<b>535</b>	
	100m:	1:06.03 1:06.03	1400m:	16:04.33 1:09.72	2700m:	31:21.00 1:10.96	4000m:	47:04.57 1:13.89		
	200m:	2:14.32 1:08.29	1500m:	17:14.39 1:10.06	2800m:	32:32.41 1:11.41	4100m:	48:18.82 1:14.25		
	300m:	3:23.15 1:08.83	1600m:	18:24.13 1:09.74	2900m:	33:43.90 1:11.49	4200m:	49:33.44 1:14.62		
	400m:	4:32.25 1:09.10	1700m:	19:33.94 1:09.81	3000m:	34:55.44 1:11.54	4300m:	50:48.42 1:14.98		
	500m:	5:40.96 1:08.71	1800m:	20:44.32 1:10.38	3100m:	36:07.90 1:12.46	4400m:	52:03.69 1:15.27		
	600m:	6:49.97 1:09.01	1900m:	21:54.69 1:10.37	3200m:	37:20.04 1:12.14	4500m:	53:19.40 1:15.71		
	700m:	7:59.07 1:09.10	2000m:	23:05.50 1:10.81	3300m:	38:32.22 1:12.18	4600m:	54:35.22 1:15.82		
	800m:	9:08.08 1:09.01	2100m:	24:15.93 1:10.43	3400m:	39:44.46 1:12.24	4700m:	55:51.01 1:15.79		
	900m:	10:17.39 1:09.31	2200m:	25:26.34 1:10.41	3500m:	40:57.16 1:12.70	4800m:	57:06.51 1:15.50		
	1000m:	11:26.78 1:09.39	2300m:	26:36.73 1:10.39	3600m:	42:09.90 1:12.74	4900m:	58:21.73 1:15.22		
	1100m:	12:35.62 1:08.84	2400m:	27:47.74 1:11.01	3700m:	43:23.18 1:13.28	5000m:	59:36.08 1:14.35		
	1200m:	13:45.07 1:09.45	2500m:	28:58.78 1:11.04	3800m:	44:36.65 1:13.47				
	1300m:	14:54.61 1:09.54	2600m:	30:10.04 1:11.26	3900m:	45:50.68 1:14.03				
<b>8.</b>	<b>RODRIGUES, Rafael Pereira</b>		<b>16</b>	<b>Condeixa Aqua Clube</b>				<b>59:46.68</b>	<b>530</b>	
	100m:	1:09.63 1:09.63	1400m:	16:31.51 1:10.95	2700m:	31:55.47 1:10.87	4000m:	47:32.13 1:12.78		
	200m:	2:20.80 1:11.17	1500m:	17:42.32 1:10.81	2800m:	33:06.89 1:11.42	4100m:	48:45.48 1:13.35		
	300m:	3:32.50 1:11.70	1600m:	18:53.12 1:10.80	2900m:	34:18.66 1:11.77	4200m:	49:59.08 1:13.60		
	400m:	4:43.71 1:11.21	1700m:	20:04.25 1:11.13	3000m:	35:30.15 1:11.49	4300m:	51:12.28 1:13.20		
	500m:	5:54.90 1:11.19	1800m:	21:15.65 1:11.40	3100m:	36:41.70 1:11.55	4400m:	52:25.82 1:13.54		
	600m:	7:05.56 1:10.66	1900m:	22:26.99 1:11.34	3200m:	37:53.47 1:11.77	4500m:	53:39.81 1:13.99		
	700m:	8:16.17 1:10.61	2000m:	23:38.53 1:11.54	3300m:	39:04.85 1:11.38	4600m:	54:54.10 1:14.29		
	800m:	9:27.10 1:10.93	2100m:	24:49.76 1:11.23	3400m:	40:16.55 1:11.70	4700m:	56:07.99 1:13.89		
	900m:	10:37.71 1:10.61	2200m:	26:00.54 1:10.78	3500m:	41:28.69 1:12.14	4800m:	57:21.62 1:13.63		
	1000m:	11:48.21 1:10.50	2300m:	27:11.97 1:11.43	3600m:	42:41.19 1:12.50	4900m:	58:34.62 1:13.00		
	1100m:	12:58.70 1:10.49	2400m:	28:22.60 1:10.63	3700m:	43:54.01 1:12.82	5000m:	59:46.68 1:12.06		
	1200m:	14:09.49 1:10.79	2500m:	29:33.44 1:10.84	3800m:	45:06.63 1:12.62				
	1300m:	15:20.56 1:11.07	2600m:	30:44.60 1:11.16	3900m:	46:19.35 1:12.72				
<b>9.</b>	<b>OLIVEIRA, Marco Dimitar</b>		<b>17</b>	<b>Cnac</b>				<b>1:01:08.18</b>	<b>495</b>	
	100m:	1:07.35 1:07.35	1400m:	16:37.67 1:13.09	2700m:	32:30.27 1:14.07	4000m:	48:34.96 1:14.52		
	200m:	2:16.99 1:09.64	1500m:	17:50.38 1:12.71	2800m:	33:44.20 1:13.93	4100m:	49:50.03 1:15.07		
	300m:	3:27.85 1:10.86	1600m:	19:03.60 1:13.22	2900m:	34:56.22 1:12.02	4200m:	51:05.58 1:15.55		
	400m:	4:38.72 1:10.87	1700m:	20:16.74 1:13.14	3000m:	36:08.59 1:12.37	4300m:	52:21.26 1:15.68		
	500m:	5:49.74 1:11.02	1800m:	21:30.05 1:13.31	3100m:	37:21.37 1:12.78	4400m:	53:37.10 1:15.84		
	600m:	7:00.88 1:11.14	1900m:	22:43.50 1:13.45	3200m:	38:36.14 1:14.77	4500m:	54:52.89 1:15.79		
	700m:	8:11.73 1:10.85	2000m:	23:56.54 1:13.04	3300m:	39:51.39 1:15.25	4600m:	56:09.01 1:16.12		
	800m:	9:23.74 1:12.01	2100m:	25:09.47 1:12.93	3400m:	41:06.10 1:14.71	4700m:	57:24.76 1:15.75		
	900m:	10:35.40 1:11.66	2200m:	26:22.23 1:12.76	3500m:	42:22.30 1:16.20	4800m:	58:39.86 1:15.10		
	1000m:	11:47.62 1:12.22	2300m:	27:35.48 1:13.25	3600m:	43:38.97 1:16.67	4900m:	59:55.31 1:15.45		
	1100m:	12:59.73 1:12.11	2400m:	28:48.72 1:13.24	3700m:	44:52.28 1:13.31	5000m:	1:01:08.18 1:12.87		
	1200m:	14:12.15 1:12.42	2500m:	30:02.67 1:13.95	3800m:	46:06.05 1:13.77				
	1300m:	15:24.58 1:12.43	2600m:	31:16.20 1:13.53	3900m:	47:20.44 1:14.39				

Prova 2, Masc., 5000m Livres, AA 16/17

Lugar		Idade		Tempo final	Pts
10.	MARQUES, Duarte Cachulo	17	Condeixa Aqua Clube	<b>1:01:25.89</b>	488
	100m: 1:05.79 1:05.79	1400m: 16:47.84 1:14.05	2700m: 33:06.76 1:14.55	4000m: 49:06.68 1:15.49	
	200m: 2:14.29 1:08.50	1500m: 18:03.93 1:16.09	2800m: 34:21.31 1:14.55	4100m: 50:21.33 1:14.65	
	300m: 3:24.23 1:09.94	1600m: 19:20.16 1:16.23	2900m: 35:35.55 1:14.24	4200m: 51:35.75 1:14.42	
	400m: 4:35.47 1:11.24	1700m: 20:36.69 1:16.53	3000m: 36:50.30 1:14.75	4300m: 52:50.14 1:14.39	
	500m: 5:47.30 1:11.83	1800m: 21:53.09 1:16.40	3100m: 38:02.14 1:11.84	4400m: 54:05.47 1:15.33	
	600m: 6:59.12 1:11.82	1900m: 23:09.65 1:16.56	3200m: 39:15.50 1:13.36	4500m: 55:20.15 1:14.68	
	700m: 8:10.82 1:11.70	2000m: 24:25.11 1:15.46	3300m: 40:27.68 1:12.18	4600m: 56:33.88 1:13.73	
	800m: 9:23.11 1:12.29	2100m: 25:38.16 1:13.05	3400m: 41:40.53 1:12.85	4700m: 57:47.58 1:13.70	
	900m: 10:36.58 1:13.47	2200m: 26:51.63 1:13.47	3500m: 42:54.09 1:13.56	4800m: 59:01.51 1:13.93	
	1000m: 11:49.41 1:12.83	2300m: 28:07.29 1:15.66	3600m: 44:08.72 1:14.63	4900m: 1:00:15.34 1:13.83	
	1100m: 13:03.31 1:13.90	2400m: 29:21.70 1:14.41	3700m: 45:22.53 1:13.81	5000m: 1:01:25.89 1:10.55	
	1200m: 14:17.93 1:14.62	2500m: 30:37.25 1:15.55	3800m: 46:36.63 1:14.10		
	1300m: 15:33.79 1:15.86	2600m: 31:52.21 1:14.96	3900m: 47:51.19 1:14.56		

AA 18/19, Femin.

1.	LOPES, Daniela Magalhaes	19	Famalicao	<b>1:01:00.45</b>	588
	100m: 1:10.25 1:10.25	1400m: 16:47.23 1:12.31	2700m: 32:34.62 1:13.61	4000m: 48:36.19 1:14.68	
	200m: 2:21.94 1:11.69	1500m: 18:00.23 1:13.00	2800m: 33:48.40 1:13.78	4100m: 49:51.10 1:14.91	
	300m: 3:33.65 1:11.71	1600m: 19:12.80 1:12.57	2900m: 35:02.68 1:14.28	4200m: 51:05.94 1:14.84	
	400m: 4:45.44 1:11.79	1700m: 20:24.99 1:12.19	3000m: 36:16.76 1:14.08	4300m: 52:20.71 1:14.77	
	500m: 5:57.28 1:11.84	1800m: 21:37.41 1:12.42	3100m: 37:30.42 1:13.66	4400m: 53:35.30 1:14.59	
	600m: 7:09.64 1:12.36	1900m: 22:50.14 1:12.73	3200m: 38:44.06 1:13.64	4500m: 54:50.58 1:15.28	
	700m: 8:21.91 1:12.27	2000m: 24:03.05 1:12.91	3300m: 39:58.40 1:14.34	4600m: 56:05.73 1:15.15	
	800m: 9:33.95 1:12.04	2100m: 25:15.84 1:12.79	3400m: 41:12.29 1:13.89	4700m: 57:20.72 1:14.99	
	900m: 10:46.07 1:12.12	2200m: 26:28.86 1:13.02	3500m: 42:26.15 1:13.86	4800m: 58:35.45 1:14.73	
	1000m: 11:58.09 1:12.02	2300m: 27:41.74 1:12.88	3600m: 43:39.45 1:13.30	4900m: 59:49.36 1:13.91	
	1100m: 13:10.18 1:12.09	2400m: 28:54.68 1:12.94	3700m: 44:53.20 1:13.75	5000m: 1:01:00.45 1:11.09	
	1200m: 14:22.48 1:12.30	2500m: 30:07.75 1:13.07	3800m: 46:07.43 1:14.23		
	1300m: 15:34.92 1:12.44	2600m: 31:21.01 1:13.26	3900m: 47:21.51 1:14.08		
2.	LOPES, Francisca Macedo	19	Vilacondense	<b>1:02:41.43</b>	542
	100m: 1:13.18 1:13.18	1400m: 17:20.43 1:14.30	2700m: 33:34.19 1:15.63	4000m: 49:59.15 1:16.84	
	200m: 2:27.28 1:14.10	1500m: 18:34.99 1:14.56	2800m: 34:49.12 1:14.93	4100m: 51:14.76 1:15.61	
	300m: 3:41.49 1:14.21	1600m: 19:49.45 1:14.46	2900m: 36:04.36 1:15.24	4200m: 52:31.22 1:16.46	
	400m: 4:56.10 1:14.61	1700m: 21:04.28 1:14.83	3000m: 37:19.37 1:15.01	4300m: 53:47.55 1:16.33	
	500m: 6:10.47 1:14.37	1800m: 22:19.46 1:15.18	3100m: 38:34.90 1:15.53	4400m: 55:04.18 1:16.63	
	600m: 7:24.79 1:14.32	1900m: 23:34.19 1:14.73	3200m: 39:50.12 1:15.22	4500m: 56:20.95 1:16.77	
	700m: 8:39.55 1:14.76	2000m: 24:49.46 1:15.27	3300m: 41:05.82 1:15.70	4600m: 57:38.62 1:17.67	
	800m: 9:53.88 1:14.33	2100m: 26:04.52 1:15.06	3400m: 42:21.87 1:16.05	4700m: 58:56.08 1:17.46	
	900m: 11:08.24 1:14.36	2200m: 27:19.02 1:14.50	3500m: 43:37.65 1:15.78	4800m: 1:00:13.16 1:17.08	
	1000m: 12:22.51 1:14.27	2300m: 28:33.62 1:14.60	3600m: 44:54.05 1:16.40	4900m: 1:01:28.58 1:15.42	
	1100m: 13:37.18 1:14.67	2400m: 29:48.20 1:14.58	3700m: 46:10.03 1:15.98	5000m: 1:02:41.43 1:12.85	
	1200m: 14:51.60 1:14.42	2500m: 31:03.33 1:15.13	3800m: 47:26.08 1:16.05		
	1300m: 16:06.13 1:14.53	2600m: 32:18.56 1:15.23	3900m: 48:42.31 1:16.23		
3.	FARIA, Leonor Verissimo	18	Cnac	<b>1:02:52.11</b>	538
	100m: 1:14.43 1:14.43	1400m: 17:34.06 1:15.11	2700m: 33:50.25 1:14.77	4000m: 50:14.54 1:15.94	
	200m: 2:30.00 1:15.57	1500m: 18:48.97 1:14.91	2800m: 35:05.60 1:15.35	4100m: 51:30.17 1:15.63	
	300m: 3:45.65 1:15.65	1600m: 20:04.11 1:15.14	2900m: 36:21.09 1:15.49	4200m: 52:45.91 1:15.74	
	400m: 5:01.43 1:15.78	1700m: 21:19.83 1:15.72	3000m: 37:36.61 1:15.52	4300m: 54:01.71 1:15.80	
	500m: 6:16.94 1:15.51	1800m: 22:35.31 1:15.48	3100m: 38:52.53 1:15.92	4400m: 55:17.64 1:15.93	
	600m: 7:32.73 1:15.79	1900m: 23:50.84 1:15.53	3200m: 40:08.00 1:15.47	4500m: 56:33.76 1:16.12	
	700m: 8:48.04 1:15.31	2000m: 25:06.15 1:15.31	3300m: 41:23.57 1:15.57	4600m: 57:49.51 1:15.75	
	800m: 10:03.48 1:15.44	2100m: 26:21.73 1:15.58	3400m: 42:39.32 1:15.75	4700m: 59:05.53 1:16.02	
	900m: 11:18.98 1:15.50	2200m: 27:36.88 1:15.15	3500m: 43:55.08 1:15.76	4800m: 1:00:21.57 1:16.04	
	1000m: 12:34.38 1:15.40	2300m: 28:51.48 1:14.60	3600m: 45:10.82 1:15.74	4900m: 1:01:37.34 1:15.77	
	1100m: 13:49.09 1:14.71	2400m: 30:06.09 1:14.61	3700m: 46:26.87 1:16.05	5000m: 1:02:52.11 1:14.77	
	1200m: 15:03.95 1:14.86	2500m: 31:20.72 1:14.63	3800m: 47:42.57 1:15.70		
	1300m: 16:18.95 1:15.00	2600m: 32:35.48 1:14.76	3900m: 48:58.60 1:16.03		

Prova 2, Femin., 5000m Livres, AA 18/19

Lugar		Idade						Tempo final	Pts		
4.	SA, Maria Luis	18	Fluvial Portuense					<b>1:04:34.50</b>	<b>496</b>		
	100m:	1:11.95	1400m:	17:30.88	1:16.80	2700m:	34:19.18	1:18.71	4000m:	51:23.11	1:18.98
	200m:	2:25.02	1500m:	18:47.55	1:16.67	2800m:	35:36.80	1:17.62	4100m:	52:42.07	1:18.96
	300m:	3:38.93	1600m:	20:04.63	1:17.08	2900m:	36:55.93	1:19.13	4200m:	54:00.80	1:18.73
	400m:	4:53.32	1700m:	21:21.75	1:17.12	3000m:	38:14.02	1:18.09	4300m:	55:19.71	1:18.91
	500m:	6:08.67	1800m:	22:39.65	1:17.90	3100m:	39:31.96	1:17.94	4400m:	56:38.40	1:18.69
	600m:	7:22.83	1900m:	23:56.95	1:17.30	3200m:	40:50.28	1:18.32	4500m:	57:57.97	1:19.57
	700m:	8:38.37	2000m:	25:14.10	1:17.15	3300m:	42:08.72	1:18.44	4600m:	59:17.55	1:19.58
	800m:	9:53.96	2100m:	26:31.39	1:17.29	3400m:	43:27.18	1:18.46	4700m:	1:00:36.79	1:19.24
	900m:	11:09.71	2200m:	27:48.68	1:17.29	3500m:	44:46.17	1:18.99	4800m:	1:01:56.38	1:19.59
	1000m:	12:25.21	2300m:	29:06.49	1:17.81	3600m:	46:05.64	1:19.47	4900m:	1:03:15.64	1:19.26
	1100m:	13:41.55	2400m:	30:24.47	1:17.98	3700m:	47:24.94	1:19.30	5000m:	1:04:34.50	1:18.86
	1200m:	14:57.86	2500m:	31:42.18	1:17.71	3800m:	48:44.16	1:19.22			
	1300m:	16:14.08	2600m:	33:00.47	1:18.29	3900m:	50:04.13	1:19.97			

		Idade						Tempo final	Pts		
5.	FERREIRA, Maria Neto	18	Cnac					<b>1:07:20.89</b>	<b>437</b>		
	100m:	1:11.44	1400m:	18:10.39	1:21.13	2700m:	35:43.00	1:22.36	4000m:	53:41.23	1:23.99
	200m:	2:26.72	1500m:	19:30.78	1:20.39	2800m:	37:06.14	1:23.14	4100m:	55:04.96	1:23.73
	300m:	3:42.61	1600m:	20:51.64	1:20.86	2900m:	38:28.60	1:22.46	4200m:	56:27.56	1:22.60
	400m:	4:58.67	1700m:	22:13.27	1:21.63	3000m:	39:49.09	1:20.49	4300m:	57:50.32	1:22.76
	500m:	6:16.26	1800m:	23:33.01	1:19.74	3100m:	41:10.79	1:21.70	4400m:	59:13.11	1:22.79
	600m:	7:34.65	1900m:	24:52.61	1:19.60	3200m:	42:31.87	1:21.08	4500m:	1:00:35.86	1:22.75
	700m:	8:53.59	2000m:	26:11.76	1:19.15	3300m:	43:55.18	1:23.31	4600m:	1:01:57.30	1:21.44
	800m:	10:11.07	2100m:	27:32.14	1:20.38	3400m:	45:19.23	1:24.05	4700m:	1:03:19.78	1:22.48
	900m:	11:29.28	2200m:	28:54.12	1:21.98	3500m:	46:42.76	1:23.53	4800m:	1:04:41.93	1:22.15
	1000m:	12:48.35	2300m:	30:16.55	1:22.43	3600m:	48:06.38	1:23.62	4900m:	1:06:02.03	1:20.10
	1100m:	14:08.95	2400m:	31:38.09	1:21.54	3700m:	49:29.60	1:23.22	5000m:	1:07:20.89	1:18.86
	1200m:	15:28.91	2500m:	32:59.63	1:21.54	3800m:	50:53.63	1:24.03			
	1300m:	16:49.26	2600m:	34:20.64	1:21.01	3900m:	52:17.24	1:23.61			

AA 18/19, Masc.

		Idade						Tempo final	Pts		
1.	SARREIRA, Tomas Amor	19	Porto					<b>55:42.18</b>	<b>655</b>		
	100m:	1:05.34	1400m:	15:28.05	1:06.50	2700m:	29:52.20	1:06.93	4000m:	44:25.80	1:07.37
	200m:	2:11.37	1500m:	16:34.47	1:06.42	2800m:	30:59.13	1:06.93	4100m:	45:33.34	1:07.54
	300m:	3:17.23	1600m:	17:41.19	1:06.72	2900m:	32:06.04	1:06.91	4200m:	46:40.95	1:07.61
	400m:	4:23.21	1700m:	18:47.88	1:06.69	3000m:	33:13.09	1:07.05	4300m:	47:48.53	1:07.58
	500m:	5:28.89	1800m:	19:54.68	1:06.80	3100m:	34:20.10	1:07.01	4400m:	48:56.40	1:07.87
	600m:	6:34.93	1900m:	21:01.26	1:06.58	3200m:	35:26.96	1:06.86	4500m:	50:04.14	1:07.74
	700m:	7:41.59	2000m:	22:08.09	1:06.83	3300m:	36:34.02	1:07.06	4600m:	51:12.35	1:08.21
	800m:	8:48.07	2100m:	23:13.63	1:05.54	3400m:	37:41.25	1:07.23	4700m:	52:20.32	1:07.97
	900m:	9:54.75	2200m:	24:19.50	1:05.87	3500m:	38:48.42	1:07.17	4800m:	53:28.74	1:08.42
	1000m:	11:01.49	2300m:	25:25.57	1:06.07	3600m:	39:55.77	1:07.35	4900m:	54:36.50	1:07.76
	1100m:	12:08.61	2400m:	26:32.05	1:06.48	3700m:	41:03.16	1:07.39	5000m:	55:42.18	1:05.68
	1200m:	13:15.09	2500m:	27:38.63	1:06.58	3800m:	42:10.47	1:07.31			
	1300m:	14:21.55	2600m:	28:45.27	1:06.64	3900m:	43:18.43	1:07.96			

		Idade						Tempo final	Pts		
2.	SANTOS, Ricardo Matias	19	Louzan Natacao/EFAPEL					<b>55:58.94</b>	<b>645</b>		
	100m:	1:06.16	1400m:	15:37.52	1:06.95	2700m:	30:08.56	1:07.29	4000m:	44:45.51	1:07.84
	200m:	2:12.98	1500m:	16:44.71	1:07.19	2800m:	31:16.08	1:07.52	4100m:	45:52.51	1:07.00
	300m:	3:20.36	1600m:	17:51.50	1:06.79	2900m:	32:23.11	1:07.03	4200m:	46:59.66	1:07.15
	400m:	4:27.68	1700m:	18:58.39	1:06.89	3000m:	33:30.25	1:07.14	4300m:	48:06.85	1:07.19
	500m:	5:35.04	1800m:	20:05.38	1:06.99	3100m:	34:37.37	1:07.12	4400m:	49:14.63	1:07.78
	600m:	6:42.11	1900m:	21:12.44	1:07.06	3200m:	35:44.54	1:07.17	4500m:	50:22.62	1:07.99
	700m:	7:49.12	2000m:	22:19.37	1:06.93	3300m:	36:51.74	1:07.20	4600m:	51:30.64	1:08.02
	800m:	8:56.22	2100m:	23:26.75	1:07.38	3400m:	37:59.01	1:07.27	4700m:	52:38.87	1:08.23
	900m:	10:02.96	2200m:	24:33.18	1:06.43	3500m:	39:06.32	1:07.31	4800m:	53:46.88	1:08.01
	1000m:	11:09.89	2300m:	25:40.11	1:06.93	3600m:	40:13.78	1:07.46	4900m:	54:54.40	1:07.52
	1100m:	12:16.72	2400m:	26:47.12	1:07.01	3700m:	41:21.40	1:07.62	5000m:	55:58.94	1:04.54
	1200m:	13:23.77	2500m:	27:54.28	1:07.16	3800m:	42:29.58	1:08.18			
	1300m:	14:30.57	2600m:	29:01.27	1:06.99	3900m:	43:37.67	1:08.09			

Prova 2, Masc., 5000m Livres, AA 18/19

Lugar	Idade		Porto		Tempo final		Pts	
<b>3.</b>	<b>LOUREIRO, Bruno Silva</b>		<b>18</b>		<b>Porto</b>		<b>56:16.23 635</b>	
	100m: 1:06.67	1:06.67	1400m: 15:39.54	1:07.01	2700m: 30:16.33	1:07.80	4000m: 45:00.61	1:08.66
	200m: 2:14.31	1:07.64	1500m: 16:45.22	1:05.68	2800m: 31:24.01	1:07.68	4100m: 46:08.83	1:08.22
	300m: 3:22.27	1:07.96	1600m: 17:51.86	1:06.64	2900m: 32:31.76	1:07.75	4200m: 47:17.08	1:08.25
	400m: 4:30.27	1:08.00	1700m: 18:59.13	1:07.27	3000m: 33:39.14	1:07.38	4300m: 48:23.82	1:06.74
	500m: 5:37.46	1:07.19	1800m: 20:06.54	1:07.41	3100m: 34:47.25	1:08.11	4400m: 49:31.00	1:07.18
	600m: 6:44.94	1:07.48	1900m: 21:14.82	1:08.28	3200m: 35:55.36	1:08.11	4500m: 50:38.68	1:07.68
	700m: 7:51.62	1:06.68	2000m: 22:22.68	1:07.86	3300m: 37:03.29	1:07.93	4600m: 51:45.45	1:06.77
	800m: 8:58.26	1:06.64	2100m: 23:29.38	1:06.70	3400m: 38:10.57	1:07.28	4700m: 52:52.97	1:07.52
	900m: 10:05.09	1:06.83	2200m: 24:37.05	1:07.67	3500m: 39:18.79	1:08.22	4800m: 54:01.19	1:08.22
	1000m: 11:11.96	1:06.87	2300m: 25:44.82	1:07.77	3600m: 40:26.99	1:08.20	4900m: 55:09.28	1:08.09
	1100m: 12:18.27	1:06.31	2400m: 26:52.82	1:08.00	3700m: 41:34.98	1:07.99	5000m: 56:16.23	1:06.95
	1200m: 13:25.25	1:06.98	2500m: 28:00.48	1:07.66	3800m: 42:43.61	1:08.63		
	1300m: 14:32.53	1:07.28	2600m: 29:08.53	1:08.05	3900m: 43:51.95	1:08.34		
<b>4.</b>	<b>CASTRO, Vasco Monteiro</b>		<b>18</b>		<b>Porto</b>		<b>58:10.74 575</b>	
	100m: 1:07.52	1:07.52	1400m: 15:51.02	1:08.42	2700m: 30:57.02	1:10.45	4000m: 46:17.86	1:11.16
	200m: 2:15.18	1:07.66	1500m: 16:59.37	1:08.35	2800m: 32:07.53	1:10.51	4100m: 47:28.93	1:11.07
	300m: 3:22.83	1:07.65	1600m: 18:08.42	1:09.05	2900m: 33:18.50	1:10.97	4200m: 48:40.30	1:11.37
	400m: 4:30.95	1:08.12	1700m: 19:17.47	1:09.05	3000m: 34:28.62	1:10.12	4300m: 49:51.79	1:11.49
	500m: 5:38.75	1:07.80	1800m: 20:26.34	1:08.87	3100m: 35:38.68	1:10.06	4400m: 51:03.76	1:11.97
	600m: 6:46.47	1:07.72	1900m: 21:35.71	1:09.37	3200m: 36:49.37	1:10.69	4500m: 52:15.51	1:11.75
	700m: 7:54.68	1:08.21	2000m: 22:45.26	1:09.55	3300m: 37:59.72	1:10.35	4600m: 53:28.02	1:12.51
	800m: 9:02.48	1:07.80	2100m: 23:55.61	1:10.35	3400m: 39:10.48	1:10.76	4700m: 54:40.64	1:12.62
	900m: 10:10.36	1:07.88	2200m: 25:05.27	1:09.66	3500m: 40:21.82	1:01.34	4800m: 55:51.10	1:10.46
	1000m: 11:18.53	1:08.17	2300m: 26:15.29	1:10.02	3600m: 41:26.57	1:14.75	4900m: 57:01.61	1:10.51
	1100m: 12:26.49	1:07.96	2400m: 27:25.48	1:10.19	3700m: 42:43.62	1:17.05	5000m: 58:10.74	1:09.13
	1200m: 13:34.76	1:08.27	2500m: 28:36.14	1:10.66	3800m: 43:55.13	1:11.51		
	1300m: 14:42.60	1:07.84	2600m: 29:46.57	1:10.43	3900m: 45:06.70	1:11.57		
<b>5.</b>	<b>GONCALVES, Alexandre Ramos</b>		<b>19</b>		<b>Sporting Clube Sao Joao Ver</b>		<b>1:01:04.72 497</b>	
	100m: 1:06.06	1:06.06	1400m: 16:30.83	1:12.93	2700m: 32:28.91	1:14.74	4000m: 48:42.69	1:14.36
	200m: 2:13.86	1:07.80	1500m: 17:43.76	1:12.93	2800m: 33:43.59	1:14.68	4100m: 49:57.28	1:14.59
	300m: 3:22.92	1:09.06	1600m: 18:57.17	1:13.41	2900m: 34:58.53	1:14.94	4200m: 51:11.92	1:14.64
	400m: 4:32.29	1:09.37	1700m: 20:10.62	1:13.45	3000m: 36:14.82	1:16.29	4300m: 52:26.95	1:15.03
	500m: 5:42.25	1:09.96	1800m: 21:24.72	1:14.10	3100m: 37:30.56	1:15.74	4400m: 53:42.89	1:15.94
	600m: 6:51.99	1:09.74	1900m: 22:38.65	1:13.93	3200m: 38:46.22	1:15.66	4500m: 54:57.48	1:14.59
	700m: 8:02.17	1:10.18	2000m: 23:52.21	1:13.56	3300m: 40:02.46	1:16.24	4600m: 56:11.96	1:14.48
	800m: 9:14.76	1:12.59	2100m: 25:06.13	1:13.92	3400m: 41:17.48	1:15.02	4700m: 57:26.45	1:14.49
	900m: 10:26.56	1:11.80	2200m: 26:21.36	1:15.23	3500m: 42:33.29	1:15.81	4800m: 58:40.09	1:13.64
	1000m: 11:39.58	1:13.02	2300m: 27:35.31	1:13.95	3600m: 43:46.97	1:13.68	4900m: 59:52.56	1:12.47
	1100m: 12:52.28	1:12.70	2400m: 28:48.12	1:12.81	3700m: 44:59.95	1:12.98	5000m: 1:01:04.72	1:12.16
	1200m: 14:05.43	1:13.15	2500m: 30:01.14	1:13.02	3800m: 46:14.10	1:14.15		
	1300m: 15:17.90	1:12.47	2600m: 31:14.17	1:13.03	3900m: 47:28.33	1:14.23		
<b>6.</b>	<b>MARQUES, Jose Miguel</b>		<b>18</b>		<b>Condeixa Aqua Clube</b>		<b>1:02:13.88 470</b>	
	100m: 1:10.47	1:10.47	1400m: 17:11.92	1:14.73	2700m: 33:23.26	1:15.66	4000m: 49:43.52	1:15.58
	200m: 2:23.22	1:12.75	1500m: 18:25.70	1:13.78	2800m: 34:39.00	1:15.74	4100m: 50:59.09	1:15.57
	300m: 3:36.85	1:13.63	1600m: 19:39.18	1:13.48	2900m: 35:54.82	1:15.82	4200m: 52:15.13	1:16.04
	400m: 4:51.28	1:14.43	1700m: 20:53.78	1:14.60	3000m: 37:09.91	1:15.09	4300m: 53:31.10	1:15.97
	500m: 6:05.63	1:14.35	1800m: 22:08.13	1:14.35	3100m: 38:24.97	1:15.06	4400m: 54:47.78	1:16.68
	600m: 7:19.69	1:14.06	1900m: 23:22.02	1:13.89	3200m: 39:40.31	1:15.34	4500m: 56:03.83	1:16.05
	700m: 8:34.03	1:14.34	2000m: 24:36.50	1:14.48	3300m: 40:56.18	1:15.87	4600m: 57:19.05	1:15.22
	800m: 9:48.82	1:14.79	2100m: 25:50.80	1:14.30	3400m: 42:11.58	1:15.40	4700m: 58:34.65	1:15.60
	900m: 11:03.93	1:15.11	2200m: 27:05.85	1:15.05	3500m: 43:26.88	1:15.30	4800m: 59:48.90	1:14.25
	1000m: 12:17.59	1:13.66	2300m: 28:21.18	1:15.33	3600m: 44:41.38	1:14.50	4900m: 1:01:03.24	1:14.34
	1100m: 13:31.54	1:13.95	2400m: 29:35.62	1:14.44	3700m: 45:57.44	1:16.06	5000m: 1:02:13.88	1:10.64
	1200m: 14:43.52	1:11.98	2500m: 30:51.57	1:15.95	3800m: 47:12.61	1:15.17		
	1300m: 15:57.19	1:13.67	2600m: 32:07.60	1:16.03	3900m: 48:27.94	1:15.33		

Prova 2, Masc., 5000m Livres, AA 18/19

Lugar			Idade			Tempo final	Pts	
<b>7.</b>	<b>MARTINS, Antonio Pedro</b>		<b>19</b>	<b>Clube Uniao 1919</b>		<b>1:03:02.39</b>	<b>452</b>	
	100m: 1:12.41	1:12.41	1400m: 17:10.91	1:15.78	2700m: 33:36.55	1:15.38	4000m: 50:01.35	1:17.08
	200m: 2:25.31	1:12.90	1500m: 18:25.11	1:14.20	2800m: 34:51.80	1:15.25	4100m: 51:19.00	1:17.65
	300m: 3:38.40	1:13.09	1600m: 19:41.15	1:16.04	2900m: 36:06.56	1:14.76	4200m: 52:37.44	1:18.44
	400m: 4:51.61	1:13.21	1700m: 20:56.58	1:15.43	3000m: 37:21.42	1:14.86	4300m: 53:55.52	1:18.08
	500m: 6:04.69	1:13.08	1800m: 22:12.12	1:15.54	3100m: 38:36.17	1:14.75	4400m: 55:14.05	1:18.53
	600m: 7:17.63	1:12.94	1900m: 23:28.74	1:16.62	3200m: 39:51.40	1:15.23	4500m: 56:33.19	1:19.14
	700m: 8:30.68	1:13.05	2000m: 24:44.35	1:15.61	3300m: 41:06.00	1:14.60	4600m: 57:51.60	1:18.41
	800m: 9:44.20	1:13.52	2100m: 26:00.38	1:16.03	3400m: 42:22.37	1:16.37	4700m: 59:10.30	1:18.70
	900m: 10:57.38	1:13.18	2200m: 27:16.66	1:16.28	3500m: 43:38.83	1:16.46	4800m: 1:00:28.98	1:18.68
	1000m: 12:11.52	1:14.14	2300m: 28:33.55	1:16.89	3600m: 44:53.77	1:14.94	4900m: 1:01:47.76	1:18.78
	1100m: 13:25.53	1:14.01	2400m: 29:49.29	1:15.74	3700m: 46:09.89	1:16.12	5000m: 1:03:02.39	1:14.63
	1200m: 14:40.31	1:14.78	2500m: 31:05.83	1:16.54	3800m: 47:26.62	1:16.73		
	1300m: 15:55.13	1:14.82	2600m: 32:21.17	1:15.34	3900m: 48:44.27	1:17.65		

AA 20+, Femin.

<b>1.</b>	<b>ANDRE, Angelica Maria</b>		<b>30</b>	<b>Porto</b>		<b>58:17.27</b>	<b>675</b>	
	100m: 1:07.71	1:07.71	1400m: 16:04.53	1:08.83	2700m: 31:07.91	1:10.08	4000m: 46:24.71	1:10.94
	200m: 2:16.21	1:08.50	1500m: 17:13.45	1:08.92	2800m: 32:17.91	1:10.00	4100m: 47:35.91	1:11.20
	300m: 3:25.72	1:09.51	1600m: 18:22.16	1:08.71	2900m: 33:27.61	1:09.70	4200m: 48:47.46	1:11.55
	400m: 4:35.21	1:09.49	1700m: 19:31.24	1:09.08	3000m: 34:37.55	1:09.94	4300m: 49:58.68	1:11.22
	500m: 5:44.09	1:08.88	1800m: 20:40.30	1:09.06	3100m: 35:47.66	1:10.11	4400m: 51:09.09	1:10.41
	600m: 6:53.61	1:09.52	1900m: 21:50.09	1:09.79	3200m: 36:58.13	1:10.47	4500m: 52:19.97	1:10.88
	700m: 8:02.36	1:08.75	2000m: 22:59.85	1:09.76	3300m: 38:08.55	1:10.42	4600m: 53:31.15	1:11.18
	800m: 9:11.31	1:08.95	2100m: 24:09.71	1:09.86	3400m: 39:19.30	1:10.75	4700m: 54:42.95	1:11.80
	900m: 10:20.52	1:09.21	2200m: 25:18.94	1:09.23	3500m: 40:30.39	1:11.09	4800m: 55:54.71	1:11.76
	1000m: 11:29.26	1:08.74	2300m: 26:28.68	1:09.74	3600m: 41:41.30	1:10.91	4900m: 57:06.72	1:12.01
	1100m: 12:38.30	1:09.04	2400m: 27:38.23	1:09.55	3700m: 42:52.28	1:10.98	5000m: 58:17.27	1:10.55
	1200m: 13:47.13	1:08.83	2500m: 28:47.99	1:09.76	3800m: 44:03.45	1:11.17		
	1300m: 14:55.70	1:08.57	2600m: 29:57.83	1:09.84	3900m: 45:13.77	1:10.32		
<b>2.</b>	<b>MENDES, Mariana Amaral</b>		<b>22</b>	<b>Sporting</b>		<b>58:40.52</b>	<b>661</b>	
	100m: 1:09.57	1:09.57	1400m: 16:21.08	1:09.84	2700m: 31:35.52	1:10.19	4000m: 46:53.95	1:10.88
	200m: 2:20.01	1:10.44	1500m: 17:31.21	1:10.13	2800m: 32:45.90	1:10.38	4100m: 48:04.91	1:10.96
	300m: 3:30.27	1:10.26	1600m: 18:41.24	1:10.03	2900m: 33:56.43	1:10.53	4200m: 49:15.74	1:10.83
	400m: 4:40.42	1:10.15	1700m: 19:51.32	1:10.08	3000m: 35:06.95	1:10.52	4300m: 50:26.81	1:11.07
	500m: 5:50.81	1:10.39	1800m: 21:01.92	1:10.60	3100m: 36:17.37	1:10.42	4400m: 51:37.89	1:11.08
	600m: 7:01.20	1:10.39	1900m: 22:12.23	1:10.31	3200m: 37:28.20	1:10.83	4500m: 52:48.63	1:10.74
	700m: 8:11.13	1:09.93	2000m: 23:22.54	1:10.31	3300m: 38:38.74	1:10.54	4600m: 54:00.14	1:11.51
	800m: 9:21.12	1:09.99	2100m: 24:32.94	1:10.40	3400m: 39:49.58	1:10.84	4700m: 55:10.90	1:10.76
	900m: 10:31.04	1:09.92	2200m: 25:43.50	1:10.56	3500m: 41:00.38	1:10.80	4800m: 56:21.66	1:10.76
	1000m: 11:41.14	1:10.10	2300m: 26:53.94	1:10.44	3600m: 42:11.09	1:10.71	4900m: 57:31.98	1:10.32
	1100m: 12:51.06	1:09.92	2400m: 28:04.39	1:10.45	3700m: 43:21.72	1:10.63	5000m: 58:40.52	1:08.54
	1200m: 14:01.23	1:10.17	2500m: 29:15.06	1:10.67	3800m: 44:32.35	1:10.63		
	1300m: 15:11.24	1:10.01	2600m: 30:25.33	1:10.27	3900m: 45:43.07	1:10.72		
<b>3.</b>	<b>RODRIGUES, Helena Nunes</b>		<b>21</b>	<b>Condeixa Aqua Clube</b>		<b>1:01:25.18</b>	<b>577</b>	
	100m: 1:11.17	1:11.17	1400m: 16:59.43	1:13.05	2700m: 32:56.07	1:14.10	4000m: 49:03.86	1:15.38
	200m: 2:23.99	1:12.82	1500m: 18:12.43	1:13.00	2800m: 34:09.97	1:13.90	4100m: 50:18.38	1:14.52
	300m: 3:37.39	1:13.40	1600m: 19:25.98	1:13.55	2900m: 35:24.34	1:14.37	4200m: 51:32.79	1:14.41
	400m: 4:50.74	1:13.35	1700m: 20:39.52	1:13.54	3000m: 36:38.22	1:13.88	4300m: 52:47.46	1:14.67
	500m: 6:04.17	1:13.43	1800m: 21:52.81	1:13.29	3100m: 37:51.79	1:13.57	4400m: 54:02.40	1:14.94
	600m: 7:16.73	1:12.56	1900m: 23:06.40	1:13.59	3200m: 39:05.51	1:13.72	4500m: 55:17.12	1:14.72
	700m: 8:29.12	1:12.39	2000m: 24:19.94	1:13.54	3300m: 40:19.15	1:13.64	4600m: 56:30.77	1:13.65
	800m: 9:42.02	1:12.90	2100m: 25:33.19	1:13.25	3400m: 41:33.53	1:14.38	4700m: 57:44.84	1:14.07
	900m: 10:54.37	1:12.35	2200m: 26:46.94	1:13.75	3500m: 42:48.08	1:14.55	4800m: 58:58.77	1:13.93
	1000m: 12:07.62	1:13.25	2300m: 28:00.80	1:13.86	3600m: 44:02.80	1:14.72	4900m: 1:00:12.64	1:13.87
	1100m: 13:20.00	1:12.38	2400m: 29:14.93	1:14.13	3700m: 45:17.95	1:15.15	5000m: 1:01:25.18	1:12.54
	1200m: 14:33.14	1:13.14	2500m: 30:28.51	1:13.58	3800m: 46:33.28	1:15.33		
	1300m: 15:46.38	1:13.24	2600m: 31:41.97	1:13.46	3900m: 47:48.48	1:15.20		



Prova 2, Femin., 5000m Livres, AA 20+

Lugar	Idade		Tempo final		Pts		
<b>4. PIMENTEL, Marta Lima</b>	<b>20</b>	<b>Porto</b>	<b>1:03:10.46</b>	<b>530</b>			
100m: 1:14.31	1:14.31	1400m: 17:28.17	1:15.06	2700m: 33:51.32	1:16.13	4000m: 50:20.12	1:16.73
200m: 2:29.40	1:15.09	1500m: 18:42.97	1:14.80	2800m: 35:07.12	1:15.80	4100m: 51:36.64	1:16.52
300m: 3:44.23	1:14.83	1600m: 19:57.94	1:14.97	2900m: 36:23.11	1:15.99	4200m: 52:53.22	1:16.58
400m: 4:59.06	1:14.83	1700m: 21:13.30	1:15.36	3000m: 37:38.54	1:15.43	4300m: 54:10.18	1:16.96
500m: 6:14.16	1:15.10	1800m: 22:28.67	1:15.37	3100m: 38:54.10	1:15.56	4400m: 55:27.49	1:17.31
600m: 7:29.07	1:14.91	1900m: 23:44.19	1:15.52	3200m: 40:10.02	1:15.92	4500m: 56:44.99	1:17.50
700m: 8:44.15	1:15.08	2000m: 24:59.96	1:15.77	3300m: 41:25.70	1:15.68	4600m: 58:02.61	1:17.62
800m: 9:58.95	1:14.80	2100m: 26:15.62	1:15.66	3400m: 42:42.03	1:16.33	4700m: 59:20.18	1:17.57
900m: 11:13.83	1:14.88	2200m: 27:31.07	1:15.45	3500m: 43:57.90	1:15.87	4800m: 1:00:37.77	1:17.59
1000m: 12:28.63	1:14.80	2300m: 28:47.08	1:16.01	3600m: 45:14.22	1:16.32	4900m: 1:01:54.90	1:17.13
1100m: 13:43.44	1:14.81	2400m: 30:03.35	1:16.27	3700m: 46:30.56	1:16.34	5000m: 1:03:10.46	1:15.56
1200m: 14:58.18	1:14.74	2500m: 31:19.04	1:15.69	3800m: 47:47.17	1:16.61		
1300m: 16:13.11	1:14.93	2600m: 32:35.19	1:16.15	3900m: 49:03.39	1:16.22		
<b>5. SILVA, Ines Martins</b>	<b>20</b>	<b>Vilacondense</b>	<b>1:05:58.21</b>	<b>465</b>			
100m: 1:14.14	1:14.14	1400m: 17:50.72	1:17.09	2700m: 34:48.70	1:19.28	4000m: 52:29.63	1:23.79
200m: 2:30.23	1:16.09	1500m: 19:08.82	1:18.10	2800m: 36:09.41	1:20.71	4100m: 53:52.10	1:22.47
300m: 3:46.42	1:16.19	1600m: 20:26.20	1:17.38	2900m: 37:30.25	1:20.84	4200m: 55:15.09	1:22.99
400m: 5:02.83	1:16.41	1700m: 21:43.97	1:17.77	3000m: 38:51.51	1:21.26	4300m: 56:38.62	1:23.53
500m: 6:19.64	1:16.81	1800m: 23:01.71	1:17.74	3100m: 40:13.08	1:21.57	4400m: 58:01.67	1:23.05
600m: 7:35.95	1:16.31	1900m: 24:19.13	1:17.42	3200m: 41:34.37	1:21.29	4500m: 59:23.30	1:21.63
700m: 8:51.98	1:16.03	2000m: 25:37.03	1:17.90	3300m: 42:55.74	1:21.37	4600m: 1:00:43.76	1:20.46
800m: 10:08.10	1:16.12	2100m: 26:54.86	1:17.83	3400m: 44:16.87	1:21.13	4700m: 1:02:03.11	1:19.35
900m: 11:24.88	1:16.78	2200m: 28:13.38	1:18.52	3500m: 45:38.07	1:21.20	4800m: 1:03:22.24	1:19.13
1000m: 12:41.42	1:16.54	2300m: 29:32.71	1:19.33	3600m: 47:00.14	1:22.07	4900m: 1:04:41.67	1:19.43
1100m: 13:58.62	1:17.20	2400m: 30:51.61	1:18.90	3700m: 48:21.48	1:21.34	5000m: 1:05:58.21	1:16.54
1200m: 15:15.84	1:17.22	2500m: 32:10.17	1:18.56	3800m: 49:43.58	1:22.10		
1300m: 16:33.63	1:17.79	2600m: 33:29.42	1:19.25	3900m: 51:05.84	1:22.26		
doente DURAES, Diana Margarida	28	Benfica					
doente VIANA, Carolina Pereira	20	Sporting					

AA 20+, Masc.

<b>1. AMARAL, Francisco Rodriguez</b>	<b>22</b>	<b>Porto</b>	<b>54:51.64</b>	<b>686</b>			
100m: 1:05.69	1:05.69	1400m: 15:26.97	1:05.83	2700m: 29:42.23	1:05.73	4000m: 44:04.82	1:06.01
200m: 2:12.41	1:06.72	1500m: 16:32.39	1:05.42	2800m: 30:48.08	1:05.85	4100m: 45:08.59	1:03.77
300m: 3:19.05	1:06.64	1600m: 17:37.98	1:05.59	2900m: 31:53.98	1:05.90	4200m: 46:12.52	1:03.93
400m: 4:25.87	1:06.82	1700m: 18:44.10	1:06.12	3000m: 33:00.32	1:06.34	4300m: 47:16.80	1:04.28
500m: 5:32.31	1:06.44	1800m: 19:49.96	1:05.86	3100m: 34:06.93	1:06.61	4400m: 48:21.62	1:04.82
600m: 6:38.49	1:06.18	1900m: 20:56.09	1:06.13	3200m: 35:14.05	1:07.12	4500m: 49:26.49	1:04.87
700m: 7:44.49	1:06.00	2000m: 22:01.88	1:05.79	3300m: 36:20.19	1:06.14	4600m: 50:31.42	1:04.93
800m: 8:50.57	1:06.08	2100m: 23:06.94	1:05.06	3400m: 37:26.56	1:06.37	4700m: 51:36.28	1:04.86
900m: 9:56.67	1:06.10	2200m: 24:12.10	1:05.16	3500m: 38:33.00	1:06.44	4800m: 52:41.56	1:05.28
1000m: 11:03.11	1:06.44	2300m: 25:18.08	1:05.98	3600m: 39:39.68	1:06.68	4900m: 53:47.56	1:06.00
1100m: 12:09.39	1:06.28	2400m: 26:24.37	1:06.29	3700m: 40:46.05	1:06.37	5000m: 54:51.64	1:04.08
1200m: 13:15.24	1:05.85	2500m: 27:30.47	1:06.10	3800m: 41:52.68	1:06.63		
1300m: 14:21.14	1:05.90	2600m: 28:36.50	1:06.03	3900m: 42:58.81	1:06.13		
<b>2. CARDOSO, Diogo Santos</b>	<b>23</b>	<b>Sporting</b>	<b>54:58.90</b>	<b>681</b>			
100m: 1:05.47	1:05.47	1300m: 14:20.82	1:06.07	2500m: 27:30.01	1:05.91	3700m: 40:45.94	1:06.48
200m: 2:12.25	1:06.78	1400m: 15:26.51	1:05.69	2600m: 28:35.97	1:05.96	3800m: 41:52.43	1:06.49
300m: 3:18.94	1:06.69	1500m: 16:32.04	1:05.53	2700m: 29:41.63	1:05.66	3900m: 42:58.66	1:06.23
400m: 4:25.69	1:06.75	1600m: 17:37.66	1:05.62	2800m: 30:47.57	1:05.94	4000m: 44:05.00	1:06.34
500m: 5:32.04	1:06.35	1700m: 18:43.70	1:06.04	2900m: 31:53.59	1:06.02	4100m: 45:10.19	1:05.19
600m: 6:38.24	1:06.20	1800m: 19:49.51	1:05.81	3000m: 33:00.04	1:06.45	4200m: 46:15.64	1:05.45
700m: 7:44.37	1:06.13	1900m: 20:55.66	1:06.15	3100m: 34:06.83	1:06.79	4300m: 47:21.43	1:05.79
800m: 8:50.31	1:05.94	2000m: 22:01.36	1:05.70	3200m: 35:13.98	1:07.15	4400m: 48:27.74	1:06.31
900m: 9:56.67	1:06.36	2100m: 23:06.30	1:04.94	3300m: 36:20.11	1:06.13	4500m: 49:33.36	1:05.62
1000m: 11:03.01	1:06.34	2200m: 24:11.56	1:05.26	3400m: 37:26.35	1:06.24	4600m: 50:38.94	1:05.58
1100m: 12:08.90	1:05.89	2300m: 25:17.86	1:06.30	3500m: 38:32.93	1:06.58	4700m: 51:44.82	1:05.88
1200m: 13:14.75	1:05.85	2400m: 26:24.10	1:06.24	3600m: 39:39.46	1:06.53	4800m: 52:50.56	1:05.74

Prova 2, Masc., 5000m Livres, AA 20+

Lugar	Idade				Tempo final				Pts		
	4900m: 53:56.15	1:05.59	5000m: 54:58.90	1:02.75							
<b>3. RIBEIRO, Hugo Alberto</b>	<b>36 Leixoes Sport Clube</b>				<b>57:40.93</b>				<b>590</b>		
100m:	1:06.83	1:06.83	1400m:	15:48.18	1:08.53	2700m:	30:50.53	1:09.54	4000m:	46:04.83	1:10.62
200m:	2:14.30	1:07.47	1500m:	16:56.79	1:08.61	2800m:	32:00.98	1:10.45	4100m:	47:15.52	1:10.69
300m:	3:21.86	1:07.56	1600m:	18:05.76	1:08.97	2900m:	33:11.47	1:10.49	4200m:	48:25.90	1:10.38
400m:	4:29.95	1:08.09	1700m:	19:14.52	1:08.76	3000m:	34:21.58	1:10.11	4300m:	49:36.28	1:10.38
500m:	5:37.84	1:07.89	1800m:	20:23.90	1:09.38	3100m:	35:31.67	1:10.09	4400m:	50:46.26	1:09.98
600m:	6:45.41	1:07.57	1900m:	21:32.68	1:08.78	3200m:	36:41.82	1:10.15	4500m:	51:56.41	1:10.15
700m:	7:52.55	1:07.14	2000m:	22:42.09	1:09.41	3300m:	37:52.43	1:10.61	4600m:	53:06.25	1:09.84
800m:	8:59.78	1:07.23	2100m:	23:51.13	1:09.04	3400m:	39:02.70	1:10.27	4700m:	54:16.09	1:09.84
900m:	10:07.43	1:07.65	2200m:	25:00.84	1:09.71	3500m:	40:13.29	1:10.59	4800m:	55:26.01	1:09.92
1000m:	11:15.14	1:07.71	2300m:	26:10.88	1:10.04	3600m:	41:23.18	1:09.89	4900m:	56:35.58	1:09.57
1100m:	12:22.93	1:07.79	2400m:	27:21.17	1:10.29	3700m:	42:33.17	1:09.99	5000m:	57:40.93	1:05.35
1200m:	13:31.19	1:08.26	2500m:	28:31.33	1:10.16	3800m:	43:43.81	1:10.64			
1300m:	14:39.65	1:08.46	2600m:	29:40.99	1:09.66	3900m:	44:54.21	1:10.40			
<b>4. CARVALHO, Goncalo Renato</b>	<b>20 Porto</b>				<b>57:48.51</b>				<b>586</b>		
100m:	1:07.31	1:07.31	1400m:	15:51.87	1:09.55	2700m:	30:59.69	1:10.19	4000m:	46:10.46	1:09.68
200m:	2:14.99	1:07.68	1500m:	17:00.93	1:09.06	2800m:	32:09.83	1:10.14	4100m:	47:20.51	1:10.05
300m:	3:22.41	1:07.42	1600m:	18:10.37	1:09.44	2900m:	33:20.10	1:10.27	4200m:	48:30.97	1:10.46
400m:	4:30.27	1:07.86	1700m:	19:20.31	1:09.94	3000m:	34:30.00	1:09.90	4300m:	49:41.48	1:10.51
500m:	5:38.01	1:07.74	1800m:	20:30.18	1:09.87	3100m:	35:39.97	1:09.97	4400m:	50:51.84	1:10.36
600m:	6:45.43	1:07.42	1900m:	21:39.88	1:09.70	3200m:	36:49.66	1:09.69	4500m:	52:02.04	1:10.20
700m:	7:52.84	1:07.41	2000m:	22:49.57	1:09.69	3300m:	38:00.01	1:10.35	4600m:	53:11.68	1:09.64
800m:	9:00.43	1:07.59	2100m:	23:59.49	1:09.92	3400m:	39:10.69	1:10.68	4700m:	54:21.29	1:09.61
900m:	10:08.33	1:07.90	2200m:	25:08.93	1:09.44	3500m:	40:21.20	1:10.51	4800m:	55:31.19	1:09.90
1000m:	11:16.39	1:08.06	2300m:	26:19.05	1:10.12	3600m:	41:31.31	1:10.11	4900m:	56:40.50	1:09.31
1100m:	12:24.81	1:08.42	2400m:	27:29.16	1:10.11	3700m:	42:40.92	1:09.61	5000m:	57:48.51	1:08.01
1200m:	13:33.30	1:08.49	2500m:	28:39.48	1:10.32	3800m:	43:51.07	1:10.15			
1300m:	14:42.32	1:09.02	2600m:	29:49.50	1:10.02	3900m:	45:00.78	1:09.71			
<b>5. RIBEIRO, Diogo Filipe</b>	<b>22 Leixoes Sport Clube</b>				<b>1:03:20.89</b>				<b>445</b>		
100m:	1:09.77	1:09.77	1400m:	17:21.27	1:15.39	2700m:	33:55.07	1:17.49	4000m:	50:38.19	1:17.20
200m:	2:21.99	1:12.22	1500m:	18:36.74	1:15.47	2800m:	35:13.15	1:18.08	4100m:	51:54.18	1:15.99
300m:	3:35.81	1:13.82	1600m:	19:51.83	1:15.09	2900m:	36:30.65	1:17.50	4200m:	53:10.67	1:16.49
400m:	4:50.31	1:14.50	1700m:	21:07.32	1:15.49	3000m:	37:48.17	1:17.52	4300m:	54:27.11	1:16.44
500m:	6:05.28	1:14.97	1800m:	22:23.29	1:15.97	3100m:	39:05.70	1:17.53	4400m:	55:44.54	1:17.43
600m:	7:20.31	1:15.03	1900m:	23:39.38	1:16.09	3200m:	40:22.77	1:17.07	4500m:	57:01.77	1:17.23
700m:	8:36.08	1:15.77	2000m:	24:55.50	1:16.12	3300m:	41:40.32	1:17.55	4600m:	58:19.13	1:17.36
800m:	9:51.16	1:15.08	2100m:	26:11.32	1:15.82	3400m:	42:57.62	1:17.30	4700m:	59:36.41	1:17.28
900m:	11:06.17	1:15.01	2200m:	27:28.20	1:16.88	3500m:	44:15.07	1:17.45	4800m:	1:00:52.31	1:15.90
1000m:	12:21.14	1:14.97	2300m:	28:45.36	1:17.16	3600m:	45:32.54	1:17.47	4900m:	1:02:07.61	1:15.30
1100m:	13:36.06	1:14.92	2400m:	30:02.25	1:16.89	3700m:	46:48.88	1:16.34	5000m:	1:03:20.89	1:13.28
1200m:	14:51.18	1:15.12	2500m:	31:19.88	1:17.63	3800m:	48:04.84	1:15.96			
1300m:	16:05.88	1:14.70	2600m:	32:37.58	1:17.70	3900m:	49:20.99	1:16.15			