

Prova 2  
25/02/2024

Masc., 1500m Livres

Master  
Resultados

Master A A: 25:23.00 / Master B B: 26:03.00 / Master C C: 28:18.00 / Master D D: 28:50.00 / Master E E: 29:08.00 /  
Master F F: 32:11.00 / Master G G: 31:16.00 / Master H H: 30:15.00 / Master I I: 33:34.00 / Master J J: 35:40.50 /  
Master K K: 42:56.00 / Master L L: 48:35.00 / Master M M: 1:20:00.00

Pontos: DSV Masters 22

Lugar	Idade	Tempo final	Pts
<b>Master</b>			
<b>1. SILVA, Pedro Miguel</b>	<b>30 Adrcimm</b>	<b>17:24.99</b>	<b>695</b>
100m: 1:05.51 1:05.51	500m: 5:41.05 1:08.67	900m: 10:20.07 1:09.67	1300m: 15:04.85 1:11.16
200m: 2:13.95 1:08.44	600m: 6:50.64 1:09.59	1000m: 11:31.41 1:11.34	1400m: 16:16.12 1:11.27
300m: 3:22.81 1:08.86	700m: 8:00.39 1:09.75	1100m: 12:42.50 1:11.09	1500m: 17:24.99 1:08.87
400m: 4:32.38 1:09.57	800m: 9:10.40 1:10.01	1200m: 13:53.69 1:11.19	
<b>2. LOPES, Pedro Frágoso</b>	<b>34 Porto</b>	<b>18:44.78</b>	<b>557</b>
100m: 1:11.33 1:11.33	500m: 6:11.49 1:15.60	900m: 11:15.25 1:16.36	1300m: 16:18.09 1:15.47
200m: 2:25.62 1:14.29	600m: 7:26.71 1:15.22	1000m: 12:31.30 1:16.05	1400m: 17:32.84 1:14.75
300m: 3:40.79 1:15.17	700m: 8:42.73 1:16.02	1100m: 13:46.74 1:15.44	1500m: 18:44.78 1:11.94
400m: 4:55.89 1:15.10	800m: 9:58.89 1:16.16	1200m: 15:02.62 1:15.88	
<b>3. RUAS, Bruno Miguel</b>	<b>35 Sporting</b>	<b>18:48.57</b>	<b>756</b>
100m: 1:11.93 1:11.93	500m: 6:11.69 1:15.88	900m: 11:16.66 1:16.60	1300m: 16:21.67 1:15.81
200m: 2:26.50 1:14.57	600m: 7:27.90 1:16.21	1000m: 12:32.90 1:16.24	1400m: 17:39.42 1:17.75
300m: 3:40.76 1:14.26	700m: 8:43.73 1:15.83	1100m: 13:49.16 1:16.26	1500m: 18:48.57 1:09.15
400m: 4:55.81 1:15.05	800m: 10:00.06 1:16.33	1200m: 15:05.86 1:16.70	
<b>4. FERREIRA, Ricardo Regufe</b>	<b>44 Fluvial Portuense</b>	<b>18:51.41</b>	<b>701</b>
100m: 1:13.28 1:13.28	500m: 6:15.34 1:15.10	900m: 11:16.27 1:15.99	1300m: 16:17.86 1:14.94
200m: 2:28.72 1:15.44	600m: 7:29.96 1:14.62	1000m: 12:32.02 1:15.75	1400m: 17:30.35 1:12.49
300m: 3:44.37 1:15.65	700m: 8:45.51 1:15.55	1100m: 13:47.37 1:15.35	1500m: 18:51.41 1:21.06
400m: 5:00.24 1:15.87	800m: 10:00.28 1:14.77	1200m: 15:02.92 1:15.55	
<b>5. PASSOS, Francisco Zamith</b>	<b>41 Ginásio Sto. Tirso</b>	<b>19:09.67</b>	<b>669</b>
100m: 1:12.35 1:12.35	500m: 6:17.73 1:17.71	900m: 11:31.47 1:18.44	1300m: 16:42.13 1:18.26
200m: 2:26.97 1:14.62	600m: 7:35.82 1:18.09	1000m: 12:47.30 1:15.83	1400m: 17:59.54 1:17.41
300m: 3:43.02 1:16.05	700m: 8:54.18 1:18.36	1100m: 14:05.87 1:18.57	1500m: 19:09.67 1:10.13
400m: 5:00.02 1:17.00	800m: 10:13.03 1:18.85	1200m: 15:23.87 1:18.00	
<b>6. SANTOS, Joao Miguel</b>	<b>43 CNLeiria</b>	<b>19:17.83</b>	<b>655</b>
100m: 1:11.65 1:11.65	500m: 6:16.33 1:16.85	900m: 11:27.02 1:18.53	1300m: 16:43.73 1:19.14
200m: 2:26.60 1:14.95	600m: 7:33.34 1:17.01	1000m: 12:46.17 1:19.15	1400m: 18:02.12 1:18.39
300m: 3:42.71 1:16.11	700m: 8:50.82 1:17.48	1100m: 14:05.22 1:19.05	1500m: 19:17.83 1:15.71
400m: 4:59.48 1:16.77	800m: 10:08.49 1:17.67	1200m: 15:24.59 1:19.37	
<b>7. RIBEIRO, Joao Paulo</b>	<b>32 CNLeiria</b>	<b>19:27.38</b>	<b>498</b>
100m: 1:14.12 1:14.12	500m: 6:32.43 1:19.56	900m: 11:48.46 1:19.85	1300m: 16:54.85 1:16.07
200m: 2:32.22 1:18.10	600m: 7:51.44 1:19.01	1000m: 13:08.67 1:20.21	1400m: 18:09.77 1:14.92
300m: 3:52.03 1:19.81	700m: 9:09.73 1:18.29	1100m: 14:23.41 1:14.74	1500m: 19:27.38 1:17.61
400m: 5:12.87 1:20.84	800m: 10:28.61 1:18.88	1200m: 15:38.78 1:15.37	
<b>8. NEVES, Diogo Ferreira</b>	<b>26 Natacao de Valongo</b>	<b>19:31.16</b>	<b>601</b>
100m: 1:09.96 1:09.96	500m: 6:12.36 1:16.74	900m: 11:30.06 1:20.71	1300m: 16:51.95 1:19.63
200m: 2:24.22 1:14.26	600m: 7:30.79 1:18.43	1000m: 12:50.98 1:20.92	1400m: 18:11.75 1:19.80
300m: 3:39.48 1:15.26	700m: 8:49.71 1:18.92	1100m: 14:11.61 1:20.63	1500m: 19:31.16 1:19.41
400m: 4:55.62 1:16.14	800m: 10:09.35 1:19.64	1200m: 15:32.32 1:20.71	
<b>9. COURAS, Ivan Mauricio</b>	<b>43 Fluvial Portuense</b>	<b>19:35.58</b>	<b>625</b>
100m: 1:15.39 1:15.39	500m: 6:31.46 1:19.68	900m: 11:48.10 1:19.69	1300m: 17:03.14 1:18.11
200m: 2:33.82 1:18.43	600m: 7:51.02 1:19.56	1000m: 13:08.24 1:20.14	1400m: 18:20.83 1:17.69
300m: 3:52.22 1:18.40	700m: 9:09.27 1:18.25	1100m: 14:26.83 1:18.59	1500m: 19:35.58 1:14.75
400m: 5:11.78 1:19.56	800m: 10:28.41 1:19.14	1200m: 15:45.03 1:18.20	

Prova 2, Masc., 1500m Livres, Master

Lugar	Nome		Idade	Local		Tempo final	Pts					
10.	COSTA, Rodrigo Marques		48	Litoral Alentejano		<b>19:42.41</b>	663					
	100m:	1:11.93	1:11.93	500m:	6:14.60	1:16.85	900m:	11:32.06	1:20.69	1300m:	17:02.06	1:22.44
	200m:	2:26.86	1:14.93	600m:	7:32.22	1:17.62	1000m:	12:54.24	1:22.18	1400m:	18:23.84	1:21.78
	300m:	3:42.09	1:15.23	700m:	8:51.50	1:19.28	1100m:	14:16.62	1:22.38	1500m:	19:42.41	1:18.57
	400m:	4:57.75	1:15.66	800m:	10:11.37	1:19.87	1200m:	15:39.62	1:23.00			
11.	QUEIROS, Samuel Patricio		33	Porto		<b>19:44.69</b>	477					
	100m:	1:13.61	1:13.61	500m:	6:32.48	1:19.73	900m:	11:49.05	1:19.33	1300m:	17:06.66	1:19.47
	200m:	2:31.97	1:18.36	600m:	7:52.28	1:19.80	1000m:	13:08.89	1:19.84	1400m:	18:26.99	1:20.33
	300m:	3:51.72	1:19.75	700m:	9:10.91	1:18.63	1100m:	14:27.69	1:18.80	1500m:	19:44.69	1:17.70
	400m:	5:12.75	1:21.03	800m:	10:29.72	1:18.81	1200m:	15:47.19	1:19.50			
12.	BARBOSA, Celso Ruben		47	Porto		<b>20:00.79</b>	633					
	100m:	1:14.12	1:14.12	500m:	6:34.81	1:20.62	900m:	11:59.43	1:21.39	1300m:	17:25.02	1:21.94
	200m:	2:33.53	1:19.41	600m:	7:55.15	1:20.34	1000m:	13:21.25	1:21.82	1400m:	18:45.87	1:20.85
	300m:	3:54.06	1:20.53	700m:	9:16.64	1:21.49	1100m:	14:41.54	1:20.29	1500m:	20:00.79	1:14.92
	400m:	5:14.19	1:20.13	800m:	10:38.04	1:21.40	1200m:	16:03.08	1:21.54			
13.	ROQUE, Jorge Manuel		34	Porto		<b>20:01.62</b>	457					
	100m:	1:07.65	1:07.65	500m:	6:13.06	1:18.52	900m:	11:38.70	1:23.32	1300m:	17:15.74	1:24.63
	200m:	2:21.52	1:13.87	600m:	7:32.52	1:19.46	1000m:	13:01.80	1:23.10	1400m:	18:39.15	1:23.41
	300m:	3:37.17	1:15.65	700m:	8:53.68	1:21.16	1100m:	14:26.50	1:24.70	1500m:	20:01.62	1:22.47
	400m:	4:54.54	1:17.37	800m:	10:15.38	1:21.70	1200m:	15:51.11	1:24.61			
14.	MENESES, Goncalo Goncalves		32	Braga		<b>20:07.38</b>	450					
	100m:	1:16.74	1:16.74	500m:	6:34.70	1:19.76	900m:	11:57.68	1:21.80	1300m:	17:25.44	1:22.52
	200m:	2:35.09	1:18.35	600m:	7:54.47	1:19.77	1000m:	13:19.46	1:21.78	1400m:	18:47.77	1:22.33
	300m:	3:55.04	1:19.95	700m:	9:15.18	1:20.71	1100m:	14:40.96	1:21.50	1500m:	20:07.38	1:19.61
	400m:	5:14.94	1:19.90	800m:	10:35.88	1:20.70	1200m:	16:02.92	1:21.96			
15.	CARVALHO, Joao Carlos		34	LPS		<b>20:10.58</b>	447					
	100m:	1:15.77	1:15.77	500m:	6:36.04	1:20.40	900m:	12:01.57	1:21.88	1300m:	17:29.44	1:21.70
	200m:	2:35.17	1:19.40	600m:	7:57.01	1:20.97	1000m:	13:23.90	1:22.33	1400m:	18:51.50	1:22.06
	300m:	3:55.36	1:20.19	700m:	9:17.78	1:20.77	1100m:	14:46.14	1:22.24	1500m:	20:10.58	1:19.08
	400m:	5:15.64	1:20.28	800m:	10:39.69	1:21.91	1200m:	16:07.74	1:21.60			
16.	SILVA, Luis Filipe		36	Leixoes Sport Club		<b>20:14.99</b>	606					
	100m:	1:15.23	1:15.23	500m:	6:36.93	1:20.55	900m:	12:05.07	1:22.17	1300m:	17:34.60	1:22.53
	200m:	2:33.99	1:18.76	600m:	7:58.12	1:21.19	1000m:	13:27.20	1:22.13	1400m:	18:56.66	1:22.06
	300m:	3:55.05	1:21.06	700m:	9:20.41	1:22.29	1100m:	14:49.76	1:22.56	1500m:	20:14.99	1:18.33
	400m:	5:16.38	1:21.33	800m:	10:42.90	1:22.49	1200m:	16:12.07	1:22.31			
17.	PORTELA, Antonio Luis		49	Fluvial Portuense		<b>20:27.90</b>	592					
	100m:	1:14.73	1:14.73	500m:	6:36.52	1:21.07	900m:	12:07.01	1:23.54	1300m:	17:42.66	1:24.37
	200m:	2:33.99	1:19.26	600m:	7:58.39	1:21.87	1000m:	13:30.49	1:23.48	1400m:	19:06.56	1:23.90
	300m:	3:54.78	1:20.79	700m:	9:20.76	1:22.37	1100m:	14:54.11	1:23.62	1500m:	20:27.90	1:21.34
	400m:	5:15.45	1:20.67	800m:	10:43.47	1:22.71	1200m:	16:18.29	1:24.18			
18.	BENTO, Jaime Carlos		63	Sport Alges e Dafundo		<b>20:52.13</b>	893					
	100m:	1:18.42	1:18.42	500m:	6:54.41	1:23.98	900m:	12:31.48	1:24.31	1300m:	18:09.29	1:23.77
	200m:	2:41.75	1:23.33	600m:	8:18.75	1:24.34	1000m:	13:56.46	1:24.98	1400m:	19:32.43	1:23.14
	300m:	4:06.45	1:24.70	700m:	9:43.29	1:24.54	1100m:	15:21.03	1:24.57	1500m:	20:52.13	1:19.70
	400m:	5:30.43	1:23.98	800m:	11:07.17	1:23.88	1200m:	16:45.52	1:24.49			
19.	LETCHER, Richard Roy		55	CCD Associacao De Nadadores Dos E		<b>20:56.22</b>	666					
	100m:	1:19.64	1:19.64	500m:	6:55.16	1:24.12	900m:	12:34.78	1:25.13	1300m:	18:12.15	1:24.02
	200m:	2:42.30	1:22.66	600m:	8:20.22	1:25.06	1000m:	13:59.15	1:24.37	1400m:	19:36.00	1:23.85
	300m:	4:06.43	1:24.13	700m:	9:45.19	1:24.97	1100m:	15:24.10	1:24.95	1500m:	20:56.22	1:20.22
	400m:	5:31.04	1:24.61	800m:	11:09.65	1:24.46	1200m:	16:48.13	1:24.03			

Prova 2, Masc., 1500m Livres, Master

Lugar	Idade	Tempo final	Pts
20. PIRES, Miguel Pinheiro	46 Fluvial Portuense	<b>20:56.65</b>	552
100m: 1:19.53 1:19.53	500m: 6:57.88 1:24.82	900m: 12:34.35 1:24.20	1300m: 18:11.34 1:24.90
200m: 2:43.11 1:23.58	600m: 8:21.75 1:23.87	1000m: 13:58.28 1:23.93	1400m: 19:36.32 1:24.98
300m: 4:08.26 1:25.15	700m: 9:45.94 1:24.19	1100m: 15:22.38 1:24.10	1500m: 20:56.65 1:20.33
400m: 5:33.06 1:24.80	800m: 11:10.15 1:24.21	1200m: 16:46.44 1:24.06	
21. ALMEIDA, Diogo Pedroso	47 Adrcimm	<b>21:19.20</b>	524
100m: 1:21.65 1:21.65	500m: 7:01.04 1:24.16	900m: 12:39.33 1:24.88	1300m: 18:21.62 1:27.74
200m: 2:45.89 1:24.24	600m: 8:26.23 1:25.19	1000m: 14:04.13 1:24.80	1400m: 19:51.22 1:29.60
300m: 4:11.22 1:25.33	700m: 9:49.92 1:23.69	1100m: 15:28.69 1:24.56	1500m: 21:19.20 1:27.98
400m: 5:36.88 1:25.66	800m: 11:14.45 1:24.53	1200m: 16:53.88 1:25.19	
22. TEJO, Paulo Jorge	53 Academica de Coimbra	<b>21:26.63</b>	555
100m: 1:21.22 1:21.22	500m: 6:56.38 1:25.15	900m: 12:41.43 1:26.83	1300m: 18:34.07 1:27.87
200m: 2:43.44 1:22.22	600m: 8:22.01 1:25.63	1000m: 14:09.13 1:27.70	1400m: 20:03.31 1:29.24
300m: 4:06.67 1:23.23	700m: 9:47.97 1:25.96	1100m: 15:37.91 1:28.78	1500m: 21:26.63 1:23.32
400m: 5:31.23 1:24.56	800m: 11:14.60 1:26.63	1200m: 17:06.20 1:28.29	
23. TABORDA, Bruno Filipe	29 CNLeiria	<b>21:26.79</b>	453
100m: 1:14.00 1:14.00	500m: 6:47.27 1:26.00	900m: 12:38.25 1:28.34	1300m: 18:32.56 1:29.56
200m: 2:33.43 1:19.43	600m: 8:14.47 1:27.20	1000m: 14:06.31 1:28.06	1400m: 20:01.62 1:29.06
300m: 3:56.47 1:23.04	700m: 9:41.72 1:27.25	1100m: 15:35.42 1:29.11	1500m: 21:26.79 1:25.17
400m: 5:21.27 1:24.80	800m: 11:09.91 1:28.19	1200m: 17:03.00 1:27.58	
24. RIBEIRO, Luis Manuel	33 Foca	<b>21:27.62</b>	371
100m: 1:18.25 1:18.25	500m: 7:04.54 1:28.26	900m: 12:57.70 1:27.44	1300m: 18:48.50 1:27.26
200m: 2:42.52 1:24.27	600m: 8:32.90 1:28.36	1000m: 14:25.12 1:27.42	1400m: 20:11.42 1:22.92
300m: 4:08.66 1:26.14	700m: 10:01.98 1:29.08	1100m: 15:53.62 1:28.50	1500m: 21:27.62 1:16.20
400m: 5:36.28 1:27.62	800m: 11:30.26 1:28.28	1200m: 17:21.24 1:27.62	
25. OLIVEIRA, Carlos Jorge	60 Clube Natacao Masters de Almada	<b>21:31.35</b>	814
100m: 1:20.87 1:20.87	500m: 7:09.05 1:27.35	900m: 12:55.42 1:25.85	1300m: 18:40.21 1:26.34
200m: 2:47.14 1:26.27	600m: 8:36.04 1:26.99	1000m: 14:22.06 1:26.64	1400m: 20:06.76 1:26.55
300m: 4:14.49 1:27.35	700m: 10:02.84 1:26.80	1100m: 15:48.01 1:25.95	1500m: 21:31.35 1:24.59
400m: 5:41.70 1:27.21	800m: 11:29.57 1:26.73	1200m: 17:13.87 1:25.86	
26. PIMENTEL, Pedro Filipe	40 Foca	<b>21:33.46</b>	469
100m: 1:17.62 1:17.62	500m: 6:58.15 1:27.06	900m: 12:46.71 1:27.47	1300m: 18:37.55 1:27.45
200m: 2:40.53 1:22.91	600m: 8:24.94 1:26.79	1000m: 14:15.01 1:28.30	1400m: 20:05.23 1:27.68
300m: 4:04.78 1:24.25	700m: 9:51.95 1:27.01	1100m: 15:42.76 1:27.75	1500m: 21:33.46 1:28.23
400m: 5:31.09 1:26.31	800m: 11:19.24 1:27.29	1200m: 17:10.10 1:27.34	
27. SOUSA, Paulo Alexandre	52 Lagoa Academico Clube	<b>21:37.51</b>	541
100m: 1:25.26 1:25.26	500m: 7:14.22 1:27.17	900m: 13:00.69 1:26.30	1300m: 18:46.78 1:26.74
200m: 2:51.97 1:26.71	600m: 8:41.25 1:27.03	1000m: 14:27.05 1:26.36	1400m: 20:13.45 1:26.67
300m: 4:19.85 1:27.88	700m: 10:07.52 1:26.27	1100m: 15:53.01 1:25.96	1500m: 21:37.51 1:24.06
400m: 5:47.05 1:27.20	800m: 11:34.39 1:26.87	1200m: 17:20.04 1:27.03	
28. HENRIQUES, Miguel Duarte	36 CNLeiria	<b>21:44.74</b>	489
100m: 1:18.23 1:18.23	500m: 7:01.86 1:26.97	900m: 12:53.10 1:28.24	1300m: 18:49.08 1:28.25
200m: 2:42.46 1:24.23	600m: 8:29.37 1:27.51	1000m: 14:21.39 1:28.29	1400m: 20:18.19 1:29.11
300m: 4:07.87 1:25.41	700m: 9:56.95 1:27.58	1100m: 15:50.94 1:29.55	1500m: 21:44.74 1:26.55
400m: 5:34.89 1:27.02	800m: 11:24.86 1:27.91	1200m: 17:20.83 1:29.89	
29. SANTOS, Bruno Miguel	48 Centro Desp. Universitario do Porto	<b>21:50.01</b>	488
100m: 1:15.59 1:15.59	500m: 6:57.06 1:28.28	900m: 12:52.73 1:28.96	1300m: 18:54.53 1:30.62
200m: 2:38.20 1:22.61	600m: 8:25.47 1:28.41	1000m: 14:22.74 1:30.01	1400m: 20:24.25 1:29.72
300m: 4:02.75 1:24.55	700m: 9:54.93 1:29.46	1100m: 15:52.84 1:30.10	1500m: 21:50.01 1:25.76
400m: 5:28.78 1:26.03	800m: 11:23.77 1:28.84	1200m: 17:23.91 1:31.07	

Prova 2, Masc., 1500m Livres, Master

Lugar	Nome		Idade	Clube		Tempo final	Pts					
30.	FIALHO, Andre Filipe		42	Pimpoes/Cimai		<b>21:57.95</b>	444					
	100m:	1:22.39	1:22.39	500m:	7:18.44	1:29.09	900m:	13:13.43	1:28.82	1300m:	19:07.00	1:28.39
	200m:	2:50.28	1:27.89	600m:	8:46.54	1:28.10	1000m:	14:41.79	1:28.36	1400m:	20:34.47	1:27.47
	300m:	4:18.61	1:28.33	700m:	10:15.89	1:29.35	1100m:	16:09.96	1:28.17	1500m:	21:57.95	1:23.48
	400m:	5:49.35	1:30.74	800m:	11:44.61	1:28.72	1200m:	17:38.61	1:28.65			
31.	MACEDO, Joao Miguel		50	Leixoes Sport Club		<b>22:15.92</b>	496					
	100m:	1:22.50	1:22.50	500m:	7:21.98	1:30.26	900m:	13:22.73	1:30.83	1300m:	19:24.43	1:30.67
	200m:	2:51.75	1:29.25	600m:	8:51.79	1:29.81	1000m:	14:52.78	1:30.05	1400m:	20:52.53	1:28.10
	300m:	4:22.42	1:30.67	700m:	10:21.73	1:29.94	1100m:	16:23.65	1:30.87	1500m:	22:15.92	1:23.39
	400m:	5:51.72	1:29.30	800m:	11:51.90	1:30.17	1200m:	17:53.76	1:30.11			
32.	FAISCA, Rui Pedro		48	Adrcimm		<b>22:27.34</b>	448					
	100m:	1:22.94	1:22.94	500m:	7:18.52	1:29.86	900m:	13:18.62	1:30.64	1300m:	19:25.23	1:32.44
	200m:	2:49.86	1:26.92	600m:	8:47.88	1:29.36	1000m:	14:50.10	1:31.48	1400m:	20:58.02	1:32.79
	300m:	4:18.99	1:29.13	700m:	10:17.55	1:29.67	1100m:	16:21.44	1:31.34	1500m:	22:27.34	1:29.32
	400m:	5:48.66	1:29.67	800m:	11:47.98	1:30.43	1200m:	17:52.79	1:31.35			
33.	MACHADO, Pedro Ricardo		37	Famalicao		<b>22:32.66</b>	439					
	100m:	1:21.81	1:21.81	500m:	7:10.54	1:29.86	900m:	13:15.92	1:32.24	1300m:	19:27.60	1:34.62
	200m:	2:46.05	1:24.24	600m:	8:40.55	1:30.01	1000m:	14:48.46	1:32.54	1400m:	21:01.95	1:34.35
	300m:	4:12.50	1:26.45	700m:	10:12.11	1:31.56	1100m:	16:20.49	1:32.03	1500m:	22:32.66	1:30.71
	400m:	5:40.68	1:28.18	800m:	11:43.68	1:31.57	1200m:	17:52.98	1:32.49			
34.	RIBEIRO, Celso Fernando		55	Porto		<b>22:32.81</b>	533					
	100m:	1:26.43	1:26.43	500m:	7:34.40	1:33.53	900m:	13:42.60	1:30.69	1300m:	19:40.23	1:30.01
	200m:	2:56.79	1:30.36	600m:	9:07.85	1:33.45	1000m:	15:11.41	1:28.81	1400m:	21:08.77	1:28.54
	300m:	4:28.51	1:31.72	700m:	10:39.87	1:32.02	1100m:	16:40.36	1:28.95	1500m:	22:32.81	1:24.04
	400m:	6:00.87	1:32.36	800m:	12:11.91	1:32.04	1200m:	18:10.22	1:29.86			
35.	MATOS, Luis Miguel		32	Vitoria Sport Clube		<b>22:36.85</b>	317					
	100m:	1:20.44	1:20.44	500m:	7:19.90	1:30.50	900m:	13:27.89	1:32.85	1300m:	19:37.85	1:33.33
	200m:	2:47.99	1:27.55	600m:	8:51.29	1:31.39	1000m:	15:00.20	1:32.31	1400m:	21:09.31	1:31.46
	300m:	4:18.49	1:30.50	700m:	10:22.64	1:31.35	1100m:	16:32.28	1:32.08	1500m:	22:36.85	1:27.54
	400m:	5:49.40	1:30.91	800m:	11:55.04	1:32.40	1200m:	18:04.52	1:32.24			
36.	GALHARDO, Joao Andre		36	RIA Aqua Tavira		<b>22:41.52</b>	430					
	100m:	1:24.75	1:24.75	500m:	7:21.77	1:30.01	900m:	13:26.30	1:31.70	1300m:	19:39.87	1:33.34
	200m:	2:52.57	1:27.82	600m:	8:51.90	1:30.13	1000m:	14:59.52	1:33.22	1400m:	21:12.18	1:32.31
	300m:	4:22.30	1:29.73	700m:	10:23.09	1:31.19	1100m:	16:32.89	1:33.37	1500m:	22:41.52	1:29.34
	400m:	5:51.76	1:29.46	800m:	11:54.60	1:31.51	1200m:	18:06.53	1:33.64			
37.	CARVALHO, Frederico Gomes		50	Litoral Alentejano		<b>22:50.07</b>	459					
	100m:	1:22.05	1:22.05	500m:	7:29.03	1:33.05	900m:	13:38.90	1:32.00	1300m:	19:49.55	1:32.83
	200m:	2:52.81	1:30.76	600m:	9:00.88	1:31.85	1000m:	15:11.13	1:32.23	1400m:	21:22.72	1:33.17
	300m:	4:23.96	1:31.15	700m:	10:34.15	1:33.27	1100m:	16:43.42	1:32.29	1500m:	22:50.07	1:27.35
	400m:	5:55.98	1:32.02	800m:	12:06.90	1:32.75	1200m:	18:16.72	1:33.30			
38.	MORAIS, Pedro Joao		38	Alges e Agueda XXI		<b>22:59.75</b>	413					
	100m:	1:20.15	1:20.15	500m:	7:25.65	1:33.62	900m:	13:42.93	1:34.70	1300m:	20:00.93	1:34.18
	200m:	2:48.32	1:28.17	600m:	8:58.77	1:33.12	1000m:	15:16.82	1:33.89	1400m:	21:34.67	1:33.74
	300m:	4:19.31	1:30.99	700m:	10:34.16	1:35.39	1100m:	16:51.99	1:35.17	1500m:	22:59.75	1:25.08
	400m:	5:52.03	1:32.72	800m:	12:08.23	1:34.07	1200m:	18:26.75	1:34.76			
39.	BARROS, Francisco Santos		52	Porto		<b>23:00.29</b>	449					
	100m:	1:26.11	1:26.11	500m:	7:37.55	1:33.01	900m:	13:47.79	1:33.26	1300m:	20:01.27	1:32.78
	200m:	2:58.29	1:32.18	600m:	9:09.61	1:32.06	1000m:	15:21.17	1:33.38	1400m:	21:33.32	1:32.05
	300m:	4:31.38	1:33.09	700m:	10:42.10	1:32.49	1100m:	16:55.16	1:33.99	1500m:	23:00.29	1:26.97
	400m:	6:04.54	1:33.16	800m:	12:14.53	1:32.43	1200m:	18:28.49	1:33.33			

Prova 2, Masc., 1500m Livres, Master

Lugar	Idade		Tempo final		Pts
40. LOBO, Armindo Manuel	40	Vitoria Sport Clube	<b>23:06.68</b>	381	
100m: 1:24.04 1:24.04	500m: 7:33.76 1:33.94	900m: 13:50.87 1:34.50	1300m: 20:06.00 1:34.13		
200m: 2:54.28 1:30.24	600m: 9:07.93 1:34.17	1000m: 15:24.69 1:33.82	1400m: 21:39.42 1:33.42		
300m: 4:26.24 1:31.96	700m: 10:42.24 1:34.31	1100m: 16:58.37 1:33.68	1500m: 23:06.68 1:27.26		
400m: 5:59.82 1:33.58	800m: 12:16.37 1:34.13	1200m: 18:31.87 1:33.50			
41. OLIVEIRA, Carlos Miguel	46	Estarreja/PROZINCO	<b>23:08.47</b>	409	
100m: 1:20.63 1:20.63	500m: 7:20.62 1:32.81	900m: 13:41.09 1:35.96	1300m: 20:00.80 1:35.36		
200m: 2:46.73 1:26.10	600m: 8:53.97 1:33.35	1000m: 15:15.76 1:34.67	1400m: 21:35.79 1:34.99		
300m: 4:16.15 1:29.42	700m: 10:29.78 1:35.81	1100m: 16:50.45 1:34.69	1500m: 23:08.47 1:32.68		
400m: 5:47.81 1:31.66	800m: 12:05.13 1:35.35	1200m: 18:25.44 1:34.99			
42. PEREIRA, Jose Manuel	54	Pdem	<b>23:09.47</b>	440	
100m: 1:23.54 1:23.54	500m: 7:33.53 1:33.83	900m: 13:51.15 1:34.15	1300m: 20:06.97 1:34.54		
200m: 2:53.37 1:29.83	600m: 9:07.85 1:34.32	1000m: 15:24.66 1:33.51	1400m: 21:40.19 1:33.22		
300m: 4:26.02 1:32.65	700m: 10:42.79 1:34.94	1100m: 16:58.73 1:34.07	1500m: 23:09.47 1:29.28		
400m: 5:59.70 1:33.68	800m: 12:17.00 1:34.21	1200m: 18:32.43 1:33.70			
43. SALUSTIANO, Humberto Melo	33	LPS	<b>23:12.53</b>	293	
100m: 1:29.23 1:29.23	500m: 7:46.91 1:34.65	900m: 14:04.63 1:34.95	1300m: 20:16.71 1:34.51		
200m: 3:01.96 1:32.73	600m: 9:21.84 1:34.93	1000m: 15:37.28 1:32.65	1400m: 21:50.46 1:33.75		
300m: 4:37.03 1:35.07	700m: 10:55.83 1:33.99	1100m: 17:09.72 1:32.44	1500m: 23:12.53 1:22.07		
400m: 6:12.26 1:35.23	800m: 12:29.68 1:33.85	1200m: 18:42.20 1:32.48			
44. BARROSO, Jose Miguel	62	Fluvial Portuense	<b>23:13.74</b>	647	
100m: 1:29.80 1:29.80	500m: 7:46.69 1:34.61	900m: 13:58.48 1:32.76	1300m: 20:10.49 1:32.78		
200m: 3:02.72 1:32.92	600m: 9:20.96 1:34.27	1000m: 15:31.92 1:33.44	1400m: 21:44.33 1:33.84		
300m: 4:37.05 1:34.33	700m: 10:53.75 1:32.79	1100m: 17:05.11 1:33.19	1500m: 23:13.74 1:29.41		
400m: 6:12.08 1:35.03	800m: 12:25.72 1:31.97	1200m: 18:37.71 1:32.60			
45. TROVISCO, Pedro Nuno	47	Natacao da Maia	<b>23:15.14</b>	404	
100m: 1:28.92 1:28.92	500m: 7:42.71 1:33.16	900m: 13:56.62 1:33.78	1300m: 20:12.34 1:33.38		
200m: 3:02.39 1:33.47	600m: 9:15.60 1:32.89	1000m: 15:30.67 1:34.05	1400m: 21:46.01 1:33.67		
300m: 4:35.91 1:33.52	700m: 10:48.73 1:33.13	1100m: 17:04.25 1:33.58	1500m: 23:15.14 1:29.13		
400m: 6:09.55 1:33.64	800m: 12:22.84 1:34.11	1200m: 18:38.96 1:34.71			
46. RODRIGUES, Marcelo Porto	42	Natacao de Valongo	<b>23:17.48</b>	372	
100m: 1:25.98 1:25.98	500m: 7:34.97 1:33.69	900m: 13:51.59 1:34.99	1300m: 20:14.53 1:36.42		
200m: 2:56.45 1:30.47	600m: 9:08.42 1:33.45	1000m: 15:26.65 1:35.06	1400m: 21:50.36 1:35.83		
300m: 4:28.74 1:32.29	700m: 10:42.25 1:33.83	1100m: 17:02.43 1:35.78	1500m: 23:17.48 1:27.12		
400m: 6:01.28 1:32.54	800m: 12:16.60 1:34.35	1200m: 18:38.11 1:35.68			
47. CASAS, Adelino Jose	58	Individual ANL	<b>23:18.18</b>	483	
100m: 1:27.02 1:27.02	500m: 7:34.91 1:33.78	900m: 13:50.83 1:34.55	1300m: 20:13.90 1:35.78		
200m: 2:57.65 1:30.63	600m: 9:08.37 1:33.46	1000m: 15:25.90 1:35.07	1400m: 21:47.52 1:33.62		
300m: 4:29.05 1:31.40	700m: 10:41.97 1:33.60	1100m: 17:01.75 1:35.85	1500m: 23:18.18 1:30.66		
400m: 6:01.13 1:32.08	800m: 12:16.28 1:34.31	1200m: 18:38.12 1:36.37			
48. CARVALHO, Daniel Mata	29	Pimpoes/Cimai	<b>23:23.44</b>	349	
100m: 1:28.45 1:28.45	500m: 7:49.54 1:34.73	900m: 14:04.68 1:33.93	1300m: 20:21.32 1:33.08		
200m: 3:02.79 1:34.34	600m: 9:24.60 1:35.06	1000m: 15:39.58 1:34.90	1400m: 21:53.48 1:32.16		
300m: 4:38.88 1:36.09	700m: 10:57.83 1:33.23	1100m: 17:12.96 1:33.38	1500m: 23:23.44 1:29.96		
400m: 6:14.81 1:35.93	800m: 12:30.75 1:32.92	1200m: 18:48.24 1:35.28			
49. FIGUEIREDO, Luis Rosario	35	Ginásio Sto. Tirso	<b>23:26.88</b>	390	
100m: 1:21.89 1:21.89	500m: 7:33.19 1:34.74	900m: 13:54.81 1:36.67	1300m: 20:22.72 1:37.70		
200m: 2:51.72 1:29.83	600m: 9:07.48 1:34.29	1000m: 15:30.36 1:35.55	1400m: 21:59.18 1:36.46		
300m: 4:24.43 1:32.71	700m: 10:42.60 1:35.12	1100m: 17:08.13 1:37.77	1500m: 23:26.88 1:27.70		
400m: 5:58.45 1:34.02	800m: 12:18.14 1:35.54	1200m: 18:45.02 1:36.89			

Prova 2, Masc., 1500m Livres, Master

Lugar	Nome		Idade	Clube		Tempo final	Pts	
50.	FERREIRA, Miguel Jose		54	Leixoes Sport Club		<b>23:27.81</b>	423	
	100m: 1:29.29	1:29.29	500m: 7:50.04	1:36.01	900m: 14:05.41	1:34.17	1300m: 20:22.87	1:33.84
	200m: 3:03.27	1:33.98	600m: 9:24.42	1:34.38	1000m: 15:40.06	1:34.65	1400m: 21:58.13	1:35.26
	300m: 4:38.39	1:35.12	700m: 10:57.87	1:33.45	1100m: 17:14.85	1:34.79	1500m: 23:27.81	1:29.68
	400m: 6:14.03	1:35.64	800m: 12:31.24	1:33.37	1200m: 18:49.03	1:34.18		
51.	ARAUJO, Jose Luis		31	Grupo dos Amigos da Natacao-AC		<b>23:28.88</b>	283	
	100m: 1:22.13	1:22.13	500m: 7:37.04	1:35.92	900m: 13:59.67	1:36.01	1300m: 20:21.79	1:37.30
	200m: 2:52.40	1:30.27	600m: 9:12.47	1:35.43	1000m: 15:33.07	1:33.40	1400m: 21:58.58	1:36.79
	300m: 4:26.31	1:33.91	700m: 10:47.79	1:35.32	1100m: 17:07.19	1:34.12	1500m: 23:28.88	1:30.30
	400m: 6:01.12	1:34.81	800m: 12:23.66	1:35.87	1200m: 18:44.49	1:37.30		
52.	MAVIOSO, Vitor Manuel		68	Individual ANL		<b>23:30.33</b>	705	
	100m: 1:28.72	1:28.72	500m: 7:45.04	1:34.53	900m: 14:04.85	1:35.16	1300m: 20:25.35	1:35.05
	200m: 3:02.61	1:33.89	600m: 9:19.54	1:34.50	1000m: 15:39.99	1:35.14	1400m: 22:00.44	1:35.09
	300m: 4:36.78	1:34.17	700m: 10:54.70	1:35.16	1100m: 17:15.03	1:35.04	1500m: 23:30.33	1:29.89
	400m: 6:10.51	1:33.73	800m: 12:29.69	1:34.99	1200m: 18:50.30	1:35.27		
53.	MARTINS, Marcelo Jose		53	Fluvial Portuense		<b>23:33.38</b>	418	
	100m: 1:22.26	1:22.26	500m: 7:39.04	1:36.02	900m: 14:01.24	1:35.93	1300m: 20:26.69	1:35.59
	200m: 2:52.82	1:30.56	600m: 9:13.74	1:34.70	1000m: 15:37.73	1:36.49	1400m: 22:02.53	1:35.84
	300m: 4:28.96	1:36.14	700m: 10:51.13	1:37.39	1100m: 17:12.29	1:34.56	1500m: 23:33.38	1:30.85
	400m: 6:03.02	1:34.06	800m: 12:25.31	1:34.18	1200m: 18:51.10	1:38.81		
54.	AMIM, Caio Herculano		41	Pimpoes/Cimai		<b>23:34.41</b>	359	
	100m: 1:28.23	1:28.23	500m: 7:45.90	1:35.42	900m: 14:07.72	1:34.98	1300m: 20:30.61	1:36.49
	200m: 3:01.02	1:32.79	600m: 9:21.55	1:35.65	1000m: 15:42.71	1:34.99	1400m: 22:05.68	1:35.07
	300m: 4:35.40	1:34.38	700m: 10:56.88	1:35.33	1100m: 17:18.37	1:35.66	1500m: 23:34.41	1:28.73
	400m: 6:10.48	1:35.08	800m: 12:32.74	1:35.86	1200m: 18:54.12	1:35.75		
55.	OLIVEIRA, Jorge Miguel		44	Natacao de Valongo		<b>23:37.91</b>	356	
	100m: 1:30.09	1:30.09	500m: 7:48.63	1:35.23	900m: 14:09.95	1:34.90	1300m: 20:29.14	1:35.38
	200m: 3:03.70	1:33.61	600m: 9:25.06	1:36.43	1000m: 15:44.77	1:34.82	1400m: 22:05.42	1:36.28
	300m: 4:38.21	1:34.51	700m: 10:59.87	1:34.81	1100m: 17:19.81	1:35.04	1500m: 23:37.91	1:32.49
	400m: 6:13.40	1:35.19	800m: 12:35.05	1:35.18	1200m: 18:53.76	1:33.95		
56.	AFONSO, Hugo Andre		48	CCDSerta		<b>23:43.42</b>	380	
	100m: 1:28.73	1:28.73	500m: 7:52.62	1:35.39	900m: 14:14.97	1:35.82	1300m: 20:39.41	1:36.41
	200m: 3:04.65	1:35.92	600m: 9:27.84	1:35.22	1000m: 15:51.43	1:36.46	1400m: 22:14.40	1:34.99
	300m: 4:40.90	1:36.25	700m: 11:03.16	1:35.32	1100m: 17:26.77	1:35.34	1500m: 23:43.42	1:29.02
	400m: 6:17.23	1:36.33	800m: 12:39.15	1:35.99	1200m: 19:03.00	1:36.23		
57.	GOULAO, Carlos Soares		49	Galitos / Bresimar		<b>23:46.52</b>	377	
	100m: 1:29.38	1:29.38	500m: 7:51.22	1:35.23	900m: 14:13.78	1:35.57	1300m: 20:38.70	1:35.36
	200m: 3:04.79	1:35.41	600m: 9:27.30	1:36.08	1000m: 15:49.68	1:35.90	1400m: 22:14.80	1:36.10
	300m: 4:40.43	1:35.64	700m: 11:02.80	1:35.50	1100m: 17:26.53	1:36.85	1500m: 23:46.52	1:31.72
	400m: 6:15.99	1:35.56	800m: 12:38.21	1:35.41	1200m: 19:03.34	1:36.81		
58.	MARTINS, Joao Giau		59	Adrcimm		<b>23:49.25</b>	452	
	100m: 1:34.11	1:34.11	500m: 7:57.69	1:36.03	900m: 14:19.35	1:35.99	1300m: 20:41.26	1:35.09
	200m: 3:10.15	1:36.04	600m: 9:32.64	1:34.95	1000m: 15:55.36	1:36.01	1400m: 22:16.87	1:35.61
	300m: 4:45.82	1:35.67	700m: 11:07.93	1:35.29	1100m: 17:31.10	1:35.74	1500m: 23:49.25	1:32.38
	400m: 6:21.66	1:35.84	800m: 12:43.36	1:35.43	1200m: 19:06.17	1:35.07		
59.	TEJO, Rui Miguel		55	Academica de Coimbra		<b>23:57.21</b>	444	
	100m: 1:28.16	1:28.16	500m: 7:48.77	1:35.25	900m: 14:13.50	1:36.78	1300m: 20:44.08	1:38.02
	200m: 3:01.91	1:33.75	600m: 9:24.56	1:35.79	1000m: 15:51.28	1:37.78	1400m: 22:22.04	1:37.96
	300m: 4:37.43	1:35.52	700m: 11:00.70	1:36.14	1100m: 17:28.91	1:37.63	1500m: 23:57.21	1:35.17
	400m: 6:13.52	1:36.09	800m: 12:36.72	1:36.02	1200m: 19:06.06	1:37.15		

Prova 2, Masc., 1500m Livres, Master

Lugar			Idade			Tempo final	Pts	
60.	COSTA, Armando Joao		61	Clube Desportivo Feirense		<b>24:01.63</b>	585	
	100m: 1:27.66	1:27.66	500m: 7:57.62	1:39.08	900m: 14:30.66	1:37.52	1300m: 20:56.94	1:36.16
	200m: 3:04.09	1:36.43	600m: 9:37.06	1:39.44	1000m: 16:07.61	1:36.95	1400m: 22:31.98	1:35.04
	300m: 4:40.66	1:36.57	700m: 11:16.10	1:39.04	1100m: 17:44.11	1:36.50	1500m: 24:01.63	1:29.65
	400m: 6:18.54	1:37.88	800m: 12:53.14	1:37.04	1200m: 19:20.78	1:36.67		
61.	ROCHA, Andre Rosado		46	Pimpoes/Cimai		<b>24:02.21</b>	365	
	100m: 1:23.11	1:23.11	500m: 7:35.09	1:37.96	900m: 14:11.74	1:38.59	1300m: 20:49.85	1:39.99
	200m: 2:51.52	1:28.41	600m: 9:13.34	1:38.25	1000m: 15:51.52	1:39.78	1400m: 22:29.76	1:39.91
	300m: 4:23.22	1:31.70	700m: 10:53.40	1:40.06	1100m: 17:29.80	1:38.28	1500m: 24:02.21	1:32.45
	400m: 5:57.13	1:33.91	800m: 12:33.15	1:39.75	1200m: 19:09.86	1:40.06		
62.	BERNARDO, Luis Miguel		63	Fluvial Portuense		<b>24:05.49</b>	580	
	100m: 1:28.20	1:28.20	500m: 7:48.03	1:36.43	900m: 14:18.93	1:37.34	1300m: 20:49.97	1:38.35
	200m: 3:00.73	1:32.53	600m: 9:24.72	1:36.69	1000m: 15:56.42	1:37.49	1400m: 22:29.17	1:39.20
	300m: 4:35.64	1:34.91	700m: 11:02.10	1:37.38	1100m: 17:34.32	1:37.90	1500m: 24:05.49	1:36.32
	400m: 6:11.60	1:35.96	800m: 12:41.59	1:39.49	1200m: 19:11.62	1:37.30		
63.	CARRILHO, Miguel Angelo		35	Cnatril		<b>24:14.07</b>	353	
	100m: 1:17.45	1:17.45	500m: 7:26.24	1:37.83	900m: 14:08.00	1:42.89	1300m: 20:57.70	1:41.77
	200m: 2:42.26	1:24.81	600m: 9:04.59	1:38.35	1000m: 15:51.22	1:43.22	1400m: 22:37.30	1:39.60
	300m: 4:13.48	1:31.22	700m: 10:43.21	1:38.62	1100m: 17:32.58	1:41.36	1500m: 24:14.07	1:36.77
	400m: 5:48.41	1:34.93	800m: 12:25.11	1:41.90	1200m: 19:15.93	1:43.35		
64.	PINTO, Mario Jose		67	Clube Uniao 1919		<b>24:17.97</b>	638	
	100m: 1:31.26	1:31.26	500m: 8:00.97	1:37.97	900m: 14:30.34	1:37.07	1300m: 21:05.60	1:39.86
	200m: 3:07.79	1:36.53	600m: 9:38.24	1:37.27	1000m: 16:08.80	1:38.46	1400m: 22:43.81	1:38.21
	300m: 4:45.63	1:37.84	700m: 11:15.37	1:37.13	1100m: 17:46.66	1:37.86	1500m: 24:17.97	1:34.16
	400m: 6:23.00	1:37.37	800m: 12:53.27	1:37.90	1200m: 19:25.74	1:39.08		
65.	PINHO, Jose Pedro		38	Leixoes Sport Club		<b>24:37.98</b>	336	
	100m: 1:30.34	1:30.34	500m: 8:01.92	1:38.64	900m: 14:36.71	1:38.69	1300m: 21:18.00	1:40.90
	200m: 3:06.63	1:36.29	600m: 9:41.19	1:39.27	1000m: 16:16.21	1:39.50	1400m: 22:59.00	1:41.00
	300m: 4:44.40	1:37.77	700m: 11:19.97	1:38.78	1100m: 17:56.37	1:40.16	1500m: 24:37.98	1:38.98
	400m: 6:23.28	1:38.88	800m: 12:58.02	1:38.05	1200m: 19:37.04	1:40.67		
66.	RIBEIRO, Tiago Goncalo		44	Pimpoes/Cimai		<b>24:39.11</b>	314	
	100m: 1:29.64	1:29.64	500m: 8:09.22	1:39.87	900m: 14:50.76	1:40.43	1300m: 21:28.71	1:39.85
	200m: 3:08.07	1:38.43	600m: 9:49.79	1:40.57	1000m: 16:29.86	1:39.10	1400m: 23:04.95	1:36.24
	300m: 4:48.26	1:40.19	700m: 11:30.60	1:40.81	1100m: 18:10.18	1:40.32	1500m: 24:39.11	1:34.16
	400m: 6:29.35	1:41.09	800m: 13:10.33	1:39.73	1200m: 19:48.86	1:38.68		
67.	TORRE, Carlos Alberto		28	Braga		<b>24:42.12</b>	296	
	100m: 1:27.67	1:27.67	500m: 7:58.43	1:39.78	900m: 14:36.94	1:42.38	1300m: 21:27.45	1:42.23
	200m: 3:02.33	1:34.66	600m: 9:36.45	1:38.02	1000m: 16:19.65	1:42.71	1400m: 23:07.99	1:40.54
	300m: 4:39.98	1:37.65	700m: 11:15.63	1:39.18	1100m: 18:01.46	1:41.81	1500m: 24:42.12	1:34.13
	400m: 6:18.65	1:38.67	800m: 12:54.56	1:38.93	1200m: 19:45.22	1:43.76		
68.	IDA, Hamilton Kenji		51	Vitoria Sport Clube		<b>24:44.69</b>	361	
	100m: 1:28.58	1:28.58	500m: 7:57.54	1:39.76	900m: 14:38.80	1:41.59	1300m: 21:26.28	1:42.76
	200m: 3:03.18	1:34.60	600m: 9:37.01	1:39.47	1000m: 16:19.61	1:40.81	1400m: 23:07.11	1:40.83
	300m: 4:39.98	1:36.80	700m: 11:16.98	1:39.97	1100m: 18:01.16	1:41.55	1500m: 24:44.69	1:37.58
	400m: 6:17.78	1:37.80	800m: 12:57.21	1:40.23	1200m: 19:43.52	1:42.36		
69.	RODRIGUES, Andre Filipe		30	Grupo dos Amigos da Natacao-AC		<b>24:46.49</b>	241	
	100m: 1:25.12	1:25.12	500m: 8:00.37	1:42.81	900m: 14:52.11	1:40.14	1300m: 21:35.32	1:39.26
	200m: 2:58.02	1:32.90	600m: 9:43.72	1:43.35	1000m: 16:33.16	1:41.05	1400m: 23:14.11	1:38.79
	300m: 4:36.65	1:38.63	700m: 11:27.87	1:44.15	1100m: 18:14.70	1:41.54	1500m: 24:46.49	1:32.38
	400m: 6:17.56	1:40.91	800m: 13:11.97	1:44.10	1200m: 19:56.06	1:41.36		

Prova 2, Masc., 1500m Livres, Master

Lugar	Nome		Idade	Clube	Tempo final				Pts			
70.	FERNANDES, Andre Manuel		36	LPS	<b>24:49.74</b>				328			
	100m:	1:24.09	1:24.09	500m:	7:52.16	1:39.99	900m:	14:41.10	1:42.88	1300m:	21:32.10	1:42.43
	200m:	2:56.58	1:32.49	600m:	9:33.39	1:41.23	1000m:	16:23.86	1:42.76	1400m:	23:13.23	1:41.13
	300m:	4:34.20	1:37.62	700m:	11:15.37	1:41.98	1100m:	18:06.92	1:43.06	1500m:	24:49.74	1:36.51
	400m:	6:12.17	1:37.97	800m:	12:58.22	1:42.85	1200m:	19:49.67	1:42.75			
71.	CRUZ, Jose Antonio		40	Adrcimm	<b>24:55.15</b>				304			
	100m:	1:34.83	1:34.83	500m:	8:19.06	1:41.09	900m:	15:04.40	1:41.06	1300m:	21:42.90	1:38.42
	200m:	3:16.87	1:42.04	600m:	9:59.83	1:40.77	1000m:	16:43.98	1:39.58	1400m:	23:19.88	1:36.98
	300m:	4:57.63	1:40.76	700m:	11:41.65	1:41.82	1100m:	18:24.13	1:40.15	1500m:	24:55.15	1:35.27
	400m:	6:37.97	1:40.34	800m:	13:23.34	1:41.69	1200m:	20:04.48	1:40.35			
72.	LIMA, Jorge Sequeira		57	Electrico Futebol Clube	<b>24:59.79</b>				391			
	100m:	1:31.19	1:31.19	500m:	8:07.75	1:39.63	900m:	14:54.00	1:43.08	1300m:	21:43.23	1:42.42
	200m:	3:08.75	1:37.56	600m:	9:48.35	1:40.60	1000m:	16:35.54	1:41.54	1400m:	23:24.57	1:41.34
	300m:	4:47.45	1:38.70	700m:	11:29.48	1:41.13	1100m:	18:18.43	1:42.89	1500m:	24:59.79	1:35.22
	400m:	6:28.12	1:40.67	800m:	13:10.92	1:41.44	1200m:	20:00.81	1:42.38			
73.	MOREIRA, Flavio Martins		54	Academica de Coimbra	<b>25:04.10</b>				347			
	100m:	1:29.79	1:29.79	500m:	8:08.11	1:41.78	900m:	14:58.16	1:42.83	1300m:	21:47.08	1:42.30
	200m:	3:06.05	1:36.26	600m:	9:50.36	1:42.25	1000m:	16:40.81	1:42.65	1400m:	23:26.84	1:39.76
	300m:	4:45.84	1:39.79	700m:	11:33.06	1:42.70	1100m:	18:22.94	1:42.13	1500m:	25:04.10	1:37.26
	400m:	6:26.33	1:40.49	800m:	13:15.33	1:42.27	1200m:	20:04.78	1:41.84			
74.	MARTINHO, Antonio Jorge		59	Academica de Coimbra	<b>25:05.68</b>				386			
	100m:	1:29.70	1:29.70	500m:	8:08.34	1:41.55	900m:	14:58.27	1:42.38	1300m:	21:47.21	1:41.78
	200m:	3:06.45	1:36.75	600m:	9:51.07	1:42.73	1000m:	16:40.91	1:42.64	1400m:	23:28.39	1:41.18
	300m:	4:46.27	1:39.82	700m:	11:33.43	1:42.36	1100m:	18:23.19	1:42.28	1500m:	25:05.68	1:37.29
	400m:	6:26.79	1:40.52	800m:	13:15.89	1:42.46	1200m:	20:05.43	1:42.24			
75.	GOMES, Luis Miguel		53	Natacao da Maia	<b>25:17.32</b>				338			
	100m:	1:35.32	1:35.32	500m:	8:22.13	1:42.75	900m:	15:10.25	1:41.43	1300m:	22:00.74	1:42.58
	200m:	3:15.41	1:40.09	600m:	10:04.93	1:42.80	1000m:	16:53.54	1:43.29	1400m:	23:42.11	1:41.37
	300m:	4:56.68	1:41.27	700m:	11:46.55	1:41.62	1100m:	18:35.87	1:42.33	1500m:	25:17.32	1:35.21
	400m:	6:39.38	1:42.70	800m:	13:28.82	1:42.27	1200m:	20:18.16	1:42.29			
76.	MENDES, Ricardo Antonio		69	Salesianos	<b>25:19.09</b>				564			
	100m:	1:35.01	1:35.01	500m:	8:21.48	1:41.37	900m:	15:09.09	1:41.48	1300m:	22:00.55	1:43.50
	200m:	3:16.58	1:41.57	600m:	10:03.74	1:42.26	1000m:	16:52.51	1:43.42	1400m:	23:43.22	1:42.67
	300m:	4:58.44	1:41.86	700m:	11:45.62	1:41.88	1100m:	18:34.68	1:42.17	1500m:	25:19.09	1:35.87
	400m:	6:40.11	1:41.67	800m:	13:27.61	1:41.99	1200m:	20:17.05	1:42.37			
77.	AFONSO, Carlos Eduardo		39	Natacao da Maia	<b>25:24.75</b>				306			
	100m:	1:28.07	1:28.07	500m:	8:10.71	1:44.29	900m:	15:07.61	1:45.50	1300m:	22:00.27	1:44.20
	200m:	3:03.15	1:35.08	600m:	9:55.74	1:45.03	1000m:	16:51.31	1:43.70	1400m:	23:41.01	1:40.74
	300m:	4:42.68	1:39.53	700m:	11:39.01	1:43.27	1100m:	18:33.62	1:42.31	1500m:	25:24.75	1:43.74
	400m:	6:26.42	1:43.74	800m:	13:22.11	1:43.10	1200m:	20:16.07	1:42.45			
78.	KAMOLOV, Rinat		53	Alges e Agueda XXI	<b>25:25.09</b>				333			
	100m:	1:31.76	1:31.76	500m:	8:14.00	1:43.91	900m:	15:10.29	1:43.32	1300m:	22:02.21	1:43.07
	200m:	3:09.11	1:37.35	600m:	9:58.84	1:44.84	1000m:	16:53.77	1:43.48	1400m:	23:46.41	1:44.20
	300m:	4:47.60	1:38.49	700m:	11:43.10	1:44.26	1100m:	18:36.33	1:42.56	1500m:	25:25.09	1:38.68
	400m:	6:30.09	1:42.49	800m:	13:26.97	1:43.87	1200m:	20:19.14	1:42.81			
79.	GONCALVES, Oscar Filipe		66	Fluvial Portuense	<b>25:30.50</b>				552			
	100m:	1:36.24	1:36.24	500m:	8:30.34	1:42.82	900m:	15:20.29	1:42.53	1300m:	22:09.84	1:42.56
	200m:	3:20.15	1:43.91	600m:	10:12.45	1:42.11	1000m:	17:02.64	1:42.35	1400m:	23:52.06	1:42.22
	300m:	5:04.89	1:44.74	700m:	11:55.56	1:43.11	1100m:	18:44.75	1:42.11	1500m:	25:30.50	1:38.44
	400m:	6:47.52	1:42.63	800m:	13:37.76	1:42.20	1200m:	20:27.28	1:42.53			



Prova 2, Masc., 1500m Livres, Master

Lugar	Nome		Idade	Clube		Tempo final	Pts					
80.	CARITA, Antonio Carlos		59	Academica de Coimbra		<b>25:31.36</b>	367					
	100m:	1:35.02	1:35.02	500m:	8:23.44	1:42.46	900m:	15:13.10	1:42.91	1300m:	22:08.64	1:43.49
	200m:	3:15.27	1:40.25	600m:	10:05.36	1:41.92	1000m:	16:56.58	1:43.48	1400m:	23:51.67	1:43.03
	300m:	4:58.31	1:43.04	700m:	11:47.61	1:42.25	1100m:	18:41.13	1:44.55	1500m:	25:31.36	1:39.69
	400m:	6:40.98	1:42.67	800m:	13:30.19	1:42.58	1200m:	20:25.15	1:44.02			
81.	GONCALVES, Nuno Telmo		47	Sporting		<b>25:44.23</b>	297					
	100m:	1:30.63	1:30.63	500m:	8:14.99	1:44.98	900m:	15:14.07	1:45.81	1300m:	22:14.06	1:45.52
	200m:	3:08.47	1:37.84	600m:	9:59.90	1:44.91	1000m:	17:00.15	1:46.08	1400m:	24:00.67	1:46.61
	300m:	4:47.78	1:39.31	700m:	11:44.26	1:44.36	1100m:	18:45.15	1:45.00	1500m:	25:44.23	1:43.56
	400m:	6:30.01	1:42.23	800m:	13:28.26	1:44.00	1200m:	20:28.54	1:43.39			
82.	MORA, Luis Ricardo		46	Academica de Coimbra		<b>25:46.86</b>	296					
	100m:	1:29.74	1:29.74	500m:	8:24.06	1:45.44	900m:	15:24.58	1:45.42	1300m:	22:27.86	1:45.58
	200m:	3:10.18	1:40.44	600m:	10:09.45	1:45.39	1000m:	17:11.00	1:46.42	1400m:	24:12.99	1:45.13
	300m:	4:54.01	1:43.83	700m:	11:54.04	1:44.59	1100m:	18:56.38	1:45.38	1500m:	25:46.86	1:33.87
	400m:	6:38.62	1:44.61	800m:	13:39.16	1:45.12	1200m:	20:42.28	1:45.90			
83.	ROMAO, Joao Filipe		47	Lagoa Academico Clube		<b>25:47.63</b>	296					
	100m:	1:32.94	1:32.94	500m:	8:30.93	1:45.66	900m:	15:30.26	1:44.03	1300m:	22:31.15	1:45.40
	200m:	3:16.57	1:43.63	600m:	10:16.11	1:45.18	1000m:	17:15.45	1:45.19	1400m:	24:14.87	1:43.72
	300m:	5:01.16	1:44.59	700m:	12:01.38	1:45.27	1100m:	19:00.09	1:44.64	1500m:	25:47.63	1:32.76
	400m:	6:45.27	1:44.11	800m:	13:46.23	1:44.85	1200m:	20:45.75	1:45.66			
84.	ISABEL, Rui Jorge		35	Pimpoes/Cimai		<b>26:00.72</b>	285					
	100m:	1:33.23	1:33.23	500m:	8:27.19	1:46.52	900m:	15:30.72	1:46.70	1300m:	22:33.96	1:48.04
	200m:	3:13.03	1:39.80	600m:	10:12.65	1:45.46	1000m:	17:17.71	1:46.99	1400m:	24:20.08	1:46.12
	300m:	4:55.20	1:42.17	700m:	11:59.27	1:46.62	1100m:	19:01.50	1:43.79	1500m:	26:00.72	1:40.64
	400m:	6:40.67	1:45.47	800m:	13:44.02	1:44.75	1200m:	20:45.92	1:44.42			
85.	GASPAR, Ricardo Madeira		35	Ba-Leiria		<b>26:09.34</b>	281					
	100m:	1:29.91	1:29.91	500m:	8:30.54	1:47.57	900m:	15:37.53	1:46.50	1300m:	22:45.05	1:46.50
	200m:	3:10.20	1:40.29	600m:	10:17.32	1:46.78	1000m:	17:24.23	1:46.70	1400m:	24:31.64	1:46.59
	300m:	4:55.94	1:45.74	700m:	12:03.73	1:46.41	1100m:	19:11.14	1:46.91	1500m:	26:09.34	1:37.70
	400m:	6:42.97	1:47.03	800m:	13:51.03	1:47.30	1200m:	20:58.55	1:47.41			
86.	ALVES, Fernando Jose		55	Salesianos		<b>26:20.61</b>	334					
	100m:	1:37.94	1:37.94	500m:	8:46.17	1:47.75	900m:	15:50.32	1:44.73	1300m:	22:55.96	1:45.81
	200m:	3:23.48	1:45.54	600m:	10:32.97	1:46.80	1000m:	17:36.20	1:45.88	1400m:	24:42.88	1:46.92
	300m:	5:10.82	1:47.34	700m:	12:19.60	1:46.63	1100m:	19:23.11	1:46.91	1500m:	26:20.61	1:37.73
	400m:	6:58.42	1:47.60	800m:	14:05.59	1:45.99	1200m:	21:10.15	1:47.04			
87.	FERRAZ, Francisco Antonio		54	Pimpoes/Cimai		<b>26:20.93</b>	299					
	100m:	1:40.61	1:40.61	500m:	8:45.53	1:48.06	900m:	15:51.26	1:47.17	1300m:	22:58.78	1:47.66
	200m:	3:26.55	1:45.94	600m:	10:32.93	1:47.40	1000m:	17:37.32	1:46.06	1400m:	24:46.38	1:47.60
	300m:	5:11.35	1:44.80	700m:	12:18.57	1:45.64	1100m:	19:24.18	1:46.86	1500m:	26:20.93	1:34.55
	400m:	6:57.47	1:46.12	800m:	14:04.09	1:45.52	1200m:	21:11.12	1:46.94			
88.	CARDOSO, Vitor Manuel		52	Natacao de Valongo		<b>26:23.89</b>	297					
	100m:	1:33.18	1:33.18	500m:	8:38.35	1:47.42	900m:	15:46.65	1:45.82	1300m:	22:55.11	1:48.71
	200m:	3:17.30	1:44.12	600m:	10:25.46	1:47.11	1000m:	17:31.87	1:45.22	1400m:	24:43.76	1:48.65
	300m:	5:03.80	1:46.50	700m:	12:13.18	1:47.72	1100m:	19:18.83	1:46.96	1500m:	26:23.89	1:40.13
	400m:	6:50.93	1:47.13	800m:	14:00.83	1:47.65	1200m:	21:06.40	1:47.57			
89.	MOREIRA, Celso Ilidio		44	Alges e Agueda XXI		<b>26:26.64</b>	254					
	100m:	1:29.24	1:29.24	500m:	8:26.82	1:47.13	900m:	15:37.11	1:48.07	1300m:	22:54.86	1:50.28
	200m:	3:09.40	1:40.16	600m:	10:14.26	1:47.44	1000m:	17:25.67	1:48.56	1400m:	24:43.59	1:48.73
	300m:	4:53.64	1:44.24	700m:	12:00.84	1:46.58	1100m:	19:15.07	1:49.40	1500m:	26:26.64	1:43.05
	400m:	6:39.69	1:46.05	800m:	13:49.04	1:48.20	1200m:	21:04.58	1:49.51			

Prova 2, Masc., 1500m Livres, Master

Lugar	Idade		Tempo final		Pts
90.	FARIA, Eliseu Samuel	45	Vitoria Sport Clube	<b>26:26.91</b>	274
	100m: 1:32.07 1:32.07	500m: 8:32.94 1:47.33	900m: 15:40.22 1:47.39	1300m: 22:56.04 1:49.66	
	200m: 3:13.90 1:41.83	600m: 10:19.54 1:46.60	1000m: 17:28.03 1:47.81	1400m: 24:45.07 1:49.03	
	300m: 4:59.17 1:45.27	700m: 12:05.79 1:46.25	1100m: 19:16.60 1:48.57	1500m: 26:26.91 1:41.84	
	400m: 6:45.61 1:46.44	800m: 13:52.83 1:47.04	1200m: 21:06.38 1:49.78		
91.	DIAS, Francisco Jose	55	Lagoa Academico Clube	<b>26:32.35</b>	327
	100m: 1:37.19 1:37.19	500m: 8:48.68 1:49.93	900m: 15:58.57 1:46.34	1300m: 23:07.07 1:47.13	
	200m: 3:23.13 1:45.94	600m: 10:37.44 1:48.76	1000m: 17:45.91 1:47.34	1400m: 24:54.86 1:47.79	
	300m: 5:10.37 1:47.24	700m: 12:24.87 1:47.43	1100m: 19:32.49 1:46.58	1500m: 26:32.35 1:37.49	
	400m: 6:58.75 1:48.38	800m: 14:12.23 1:47.36	1200m: 21:19.94 1:47.45		
92.	SANTINHA, Antonio Manuel	55	Clube Natacao Masters de Almada	<b>26:38.97</b>	323
	100m: 1:42.52 1:42.52	500m: 8:54.29 1:48.29	900m: 16:06.32 1:48.07	1300m: 23:14.17 1:45.83	
	200m: 3:30.30 1:47.78	600m: 10:41.93 1:47.64	1000m: 17:52.91 1:46.59	1400m: 24:59.25 1:45.08	
	300m: 5:17.76 1:47.46	700m: 12:30.27 1:48.34	1100m: 19:40.55 1:47.64	1500m: 26:38.97 1:39.72	
	400m: 7:06.00 1:48.24	800m: 14:18.25 1:47.98	1200m: 21:28.34 1:47.79		
93.	ALVES, Rayan Gava	29	Obidos Criativa, EEM	<b>26:40.55</b>	235
	<i>Standard Time</i>				
	100m: 1:39.07 1:39.07	500m: 8:55.58 1:51.30	900m: 16:10.18 1:48.87	1300m: 23:14.10 1:45.52	
	200m: 3:23.77 1:44.70	600m: 10:44.15 1:48.57	1000m: 17:55.73 1:45.55	1400m: 24:58.84 1:44.74	
	300m: 5:12.29 1:48.52	700m: 12:32.24 1:48.09	1100m: 19:41.97 1:46.24	1500m: 26:40.55 1:41.71	
	400m: 7:04.28 1:51.99	800m: 14:21.31 1:49.07	1200m: 21:28.58 1:46.61		
94.	PEREIRA, Artur Jose	55	Geslours	<b>26:41.33</b>	321
	100m: 1:36.95 1:36.95	500m: 8:42.87 1:48.03	900m: 15:54.77 1:47.41	1300m: 23:06.75 1:49.66	
	200m: 3:19.93 1:42.98	600m: 10:31.35 1:48.48	1000m: 17:42.43 1:47.66	1400m: 24:56.10 1:49.35	
	300m: 5:06.55 1:46.62	700m: 12:19.34 1:47.99	1100m: 19:29.89 1:47.46	1500m: 26:41.33 1:45.23	
	400m: 6:54.84 1:48.29	800m: 14:07.36 1:48.02	1200m: 21:17.09 1:47.20		
95.	MENDES, Joao Pedro	29	CNLeiria	<b>26:42.88</b>	234
	<i>Standard Time</i>				
	100m: 1:30.25 1:30.25	500m: 8:36.18 1:48.59	900m: 15:54.53 1:50.37	1300m: 23:14.78 1:47.44	
	200m: 3:13.77 1:43.52	600m: 10:25.06 1:48.88	1000m: 17:46.38 1:51.85	1400m: 25:00.94 1:46.16	
	300m: 4:59.88 1:46.11	700m: 12:14.30 1:49.24	1100m: 19:38.27 1:51.89	1500m: 26:42.88 1:41.94	
	400m: 6:47.59 1:47.71	800m: 14:04.16 1:49.86	1200m: 21:27.34 1:49.07		
96.	LETRA, Ricardo Jorge	39	Vieirense	<b>26:43.09</b>	263
	100m: 1:38.70 1:38.70	500m: 8:50.68 1:48.71	900m: 16:03.43 1:47.64	1300m: 23:17.28 1:48.46	
	200m: 3:25.63 1:46.93	600m: 10:38.74 1:48.06	1000m: 17:51.92 1:48.49	1400m: 25:04.53 1:47.25	
	300m: 5:12.96 1:47.33	700m: 12:27.02 1:48.28	1100m: 19:40.39 1:48.47	1500m: 26:43.09 1:38.56	
	400m: 7:01.97 1:49.01	800m: 14:15.79 1:48.77	1200m: 21:28.82 1:48.43		
97.	RIBEIRO, Antonio Manuel	55	Natacao da Maia	<b>26:45.02</b>	319
	100m: 1:36.84 1:36.84	500m: 8:42.11 1:48.06	900m: 15:55.33 1:48.46	1300m: 23:10.44 1:48.90	
	200m: 3:20.19 1:43.35	600m: 10:30.33 1:48.22	1000m: 17:44.08 1:48.75	1400m: 24:58.96 1:48.52	
	300m: 5:06.65 1:46.46	700m: 12:18.67 1:48.34	1100m: 19:32.64 1:48.56	1500m: 26:45.02 1:46.06	
	400m: 6:54.05 1:47.40	800m: 14:06.87 1:48.20	1200m: 21:21.54 1:48.90		
98.	PEREIRA, Norberto Matos	49	Vitoria Sport Clube	<b>26:50.92</b>	262
	100m: 1:33.26 1:33.26	500m: 8:38.86 1:47.77	900m: 15:53.58 1:49.81	1300m: 23:08.35 1:48.28	
	200m: 3:16.94 1:43.68	600m: 10:26.70 1:47.84	1000m: 17:42.75 1:49.17	1400m: 25:03.52 1:55.17	
	300m: 5:04.02 1:47.08	700m: 12:14.75 1:48.05	1100m: 19:31.37 1:48.62	1500m: 26:50.92 1:47.40	
	400m: 6:51.09 1:47.07	800m: 14:03.77 1:49.02	1200m: 21:20.07 1:48.70		
99.	BOGA, Pedro Nuno	39	Porto	<b>26:54.06</b>	258
	100m: 1:37.43 1:37.43	500m: 8:51.90 1:50.50	900m: 16:10.99 1:49.16	1300m: 23:31.11 1:49.75	
	200m: 3:22.75 1:45.32	600m: 10:41.86 1:49.96	1000m: 18:02.09 1:51.10	1400m: 25:16.97 1:45.86	
	300m: 5:10.58 1:47.83	700m: 12:31.57 1:49.71	1100m: 19:52.16 1:50.07	1500m: 26:54.06 1:37.09	
	400m: 7:01.40 1:50.82	800m: 14:21.83 1:50.26	1200m: 21:41.36 1:49.20		

Prova 2, Masc., 1500m Livres, Master

Lugar	Nome		Idade	Clube		Tempo final	Pts					
100.	PEREIRA, Helder Henriques		45	Clube de Campismo Luz e Vida		<b>26:57.98</b>	259					
	100m:	1:35.01	1:35.01	500m:	8:44.02	1:49.00	900m:	15:58.86	1:47.69	1300m:	23:18.17	1:52.56
	200m:	3:18.97	1:43.96	600m:	10:33.30	1:49.28	1000m:	17:46.19	1:47.33	1400m:	25:10.52	1:52.35
	300m:	5:06.21	1:47.24	700m:	12:22.03	1:48.73	1100m:	19:35.86	1:49.67	1500m:	26:57.98	1:47.46
	400m:	6:55.02	1:48.81	800m:	14:11.17	1:49.14	1200m:	21:25.61	1:49.75			
101.	PINHEIRO, Rui Miguel		48	Natacao da Maia		<b>27:06.49</b>	255					
	100m:	1:35.99	1:35.99	500m:	8:54.22	1:49.90	900m:	16:11.90	1:49.59	1300m:	23:31.70	1:50.65
	200m:	3:25.51	1:49.52	600m:	10:43.73	1:49.51	1000m:	18:02.07	1:50.17	1400m:	25:22.18	1:50.48
	300m:	5:15.53	1:50.02	700m:	12:33.10	1:49.37	1100m:	19:50.07	1:48.00	1500m:	27:06.49	1:44.31
	400m:	7:04.32	1:48.79	800m:	14:22.31	1:49.21	1200m:	21:41.05	1:50.98			
102.	NEVES, Ricardo Duarte		32	Ba-Leiria		<b>27:07.79</b>	183					
	<i>Standard Time</i>											
	100m:	1:39.32	1:39.32	500m:	8:50.29	1:46.48	900m:	16:07.67	1:50.83	1300m:	23:35.99	1:52.53
	200m:	3:24.19	1:44.87	600m:	10:37.14	1:46.85	1000m:	17:58.95	1:51.28	1400m:	25:17.08	1:41.09
	300m:	5:12.96	1:48.77	700m:	12:27.59	1:50.45	1100m:	19:49.36	1:50.41	1500m:	27:07.79	1:50.71
	400m:	7:03.81	1:50.85	800m:	14:16.84	1:49.25	1200m:	21:43.46	1:54.10			
103.	COELHO, Ruben Filipe		42	Geslours		<b>27:10.93</b>	234					
	100m:	1:36.40	1:36.40	500m:	8:50.12	1:49.48	900m:	16:11.10	1:49.49	1300m:	23:31.94	1:51.28
	200m:	3:22.56	1:46.16	600m:	10:39.73	1:49.61	1000m:	18:01.40	1:50.30	1400m:	25:23.05	1:51.11
	300m:	5:11.47	1:48.91	700m:	12:30.82	1:51.09	1100m:	19:50.23	1:48.83	1500m:	27:10.93	1:47.88
	400m:	7:00.64	1:49.17	800m:	14:21.61	1:50.79	1200m:	21:40.66	1:50.43			
104.	CARVALHO, Vitor Borges		60	Viana Natacao		<b>27:19.59</b>	397					
	100m:	1:34.82	1:34.82	500m:	8:43.35	1:49.95	900m:	16:06.76	1:50.92	1300m:	23:36.47	1:53.63
	200m:	3:19.15	1:44.33	600m:	10:34.30	1:50.95	1000m:	17:59.16	1:52.40	1400m:	25:28.83	1:52.36
	300m:	5:05.46	1:46.31	700m:	12:24.38	1:50.08	1100m:	19:51.61	1:52.45	1500m:	27:19.59	1:50.76
	400m:	6:53.40	1:47.94	800m:	14:15.84	1:51.46	1200m:	21:42.84	1:51.23			
105.	FANGUEIRO, Rui Neves		42	Vilacondense		<b>27:21.27</b>	229					
	100m:	1:37.17	1:37.17	500m:	8:52.95	1:49.29	900m:	16:12.94	1:49.51	1300m:	23:45.92	1:54.01
	200m:	3:24.09	1:46.92	600m:	10:44.14	1:51.19	1000m:	18:05.83	1:52.89	1400m:	25:38.94	1:53.02
	300m:	5:13.22	1:49.13	700m:	12:33.76	1:49.62	1100m:	19:58.59	1:52.76	1500m:	27:21.27	1:42.33
	400m:	7:03.66	1:50.44	800m:	14:23.43	1:49.67	1200m:	21:51.91	1:53.32			
106.	GOUVEIA, Pedro Santos		43	Academica de Coimbra		<b>27:21.62</b>	229					
	100m:	1:36.15	1:36.15	500m:	8:43.74	1:51.19	900m:	16:05.61	1:51.36	1300m:	23:36.41	1:53.89
	200m:	3:20.80	1:44.65	600m:	10:33.59	1:49.85	1000m:	17:57.67	1:52.06	1400m:	25:30.42	1:54.01
	300m:	5:05.04	1:44.24	700m:	12:23.25	1:49.66	1100m:	19:50.41	1:52.74	1500m:	27:21.62	1:51.20
	400m:	6:52.55	1:47.51	800m:	14:14.25	1:51.00	1200m:	21:42.52	1:52.11			
107.	SILVA, Rui Manuel		60	Academica de Coimbra		<b>27:27.60</b>	392					
	100m:	1:42.00	1:42.00	500m:	9:09.58	1:52.76	900m:	16:34.00	1:52.16	1300m:	23:54.82	1:49.70
	200m:	3:31.29	1:49.29	600m:	10:59.35	1:49.77	1000m:	18:25.36	1:51.36	1400m:	25:44.55	1:49.73
	300m:	5:23.50	1:52.21	700m:	12:49.31	1:49.96	1100m:	20:15.22	1:49.86	1500m:	27:27.60	1:43.05
	400m:	7:16.82	1:53.32	800m:	14:41.84	1:52.53	1200m:	22:05.12	1:49.90			
108.	FERREIRA, Nuno Ricardo		39	Estarreja/PROZINCO		<b>27:28.80</b>	242					
	100m:	1:38.32	1:38.32	500m:	8:49.58	1:50.73	900m:	16:15.99	1:51.02	1300m:	23:46.41	1:53.84
	200m:	3:22.09	1:43.77	600m:	10:41.18	1:51.60	1000m:	18:08.12	1:52.13	1400m:	25:39.01	1:52.60
	300m:	5:10.05	1:47.96	700m:	12:33.55	1:52.37	1100m:	20:00.47	1:52.35	1500m:	27:28.80	1:49.79
	400m:	6:58.85	1:48.80	800m:	14:24.97	1:51.42	1200m:	21:52.57	1:52.10			
109.	FERREIRA, Hugo Manuel		45	Natacao da Maia		<b>27:30.35</b>	244					
	100m:	1:36.89	1:36.89	500m:	9:03.27	1:50.91	900m:	16:30.76	1:52.90	1300m:	23:54.89	1:52.15
	200m:	3:25.13	1:48.24	600m:	10:53.63	1:50.36	1000m:	18:20.48	1:49.72	1400m:	25:45.07	1:50.18
	300m:	5:17.75	1:52.62	700m:	12:46.62	1:52.99	1100m:	20:11.29	1:50.81	1500m:	27:30.35	1:45.28
	400m:	7:12.36	1:54.61	800m:	14:37.86	1:51.24	1200m:	22:02.74	1:51.45			

Prova 2, Masc., 1500m Livres, Master

Lugar	Idade		Tempo final		Pts
110.	GONCALVES, Pedro Miguel 41 Vilacondense		<b>27:32.91</b>		225
	100m: 1:32.97 1:32.97	500m: 8:55.47 1:53.48	900m: 16:25.55 1:53.41	1300m: 23:56.26 1:52.94	
	200m: 3:18.88 1:45.91	600m: 10:48.40 1:52.93	1000m: 18:17.65 1:52.10	1400m: 25:47.60 1:51.34	
	300m: 5:09.81 1:50.93	700m: 12:39.94 1:51.54	1100m: 20:10.35 1:52.70	1500m: 27:32.91 1:45.31	
	400m: 7:01.99 1:52.18	800m: 14:32.14 1:52.20	1200m: 22:03.32 1:52.97		
111.	NOVAIS, Jose Orlando 46 Vitoria Sport Clube		<b>27:33.09</b>		242
	100m: 1:34.55 1:34.55	500m: 8:44.62 1:48.53	900m: 16:13.63 1:52.20	1300m: 23:51.80 1:54.97	
	200m: 3:19.81 1:45.26	600m: 10:37.27 1:52.65	1000m: 18:06.99 1:53.36	1400m: 25:45.93 1:54.13	
	300m: 5:07.42 1:47.61	700m: 12:29.80 1:52.53	1100m: 20:01.46 1:54.47	1500m: 27:33.09 1:47.16	
	400m: 6:56.09 1:48.67	800m: 14:21.43 1:51.63	1200m: 21:56.83 1:55.37		
112.	CORREIA, Carlos Augusto 72 Clube Natacao Masters de Almada		<b>27:33.12</b>		497
	100m: 1:43.86 1:43.86	500m: 9:04.27 1:49.95	900m: 16:25.59 1:49.91	1300m: 23:52.96 1:53.12	
	200m: 3:34.62 1:50.76	600m: 10:54.38 1:50.11	1000m: 18:16.50 1:50.91	1400m: 25:44.31 1:51.35	
	300m: 5:24.27 1:49.65	700m: 12:45.08 1:50.70	1100m: 20:08.27 1:51.77	1500m: 27:33.12 1:48.81	
	400m: 7:14.32 1:50.05	800m: 14:35.68 1:50.60	1200m: 21:59.84 1:51.57		
113.	PINHO, Manuel Alberto 63 Natacao da Maia		<b>27:35.81</b>		386
	100m: 1:37.33 1:37.33	500m: 8:55.73 1:51.15	900m: 16:25.41 1:50.93	1300m: 23:51.32 1:51.83	
	200m: 3:24.39 1:47.06	600m: 10:46.61 1:50.88	1000m: 18:16.19 1:50.78	1400m: 25:42.85 1:51.53	
	300m: 5:14.15 1:49.76	700m: 12:38.90 1:52.29	1100m: 20:05.71 1:49.52	1500m: 27:35.81 1:52.96	
	400m: 7:04.58 1:50.43	800m: 14:34.48 1:55.58	1200m: 21:59.49 1:53.78		
114.	AFONSO, Nuno Silva 45 Academica de Coimbra		<b>27:37.99</b>		240
	100m: 1:35.41 1:35.41	500m: 8:59.91 1:52.04	900m: 16:30.72 1:52.79	1300m: 24:02.48 1:52.56	
	200m: 3:22.51 1:47.10	600m: 10:52.46 1:52.55	1000m: 18:23.83 1:53.11	1400m: 25:53.34 1:50.86	
	300m: 5:14.83 1:52.32	700m: 12:44.95 1:52.49	1100m: 20:17.40 1:53.57	1500m: 27:37.99 1:44.65	
	400m: 7:07.87 1:53.04	800m: 14:37.93 1:52.98	1200m: 22:09.92 1:52.52		
115.	CAMPOS, Bruno Goncalo 48 Clube de Campismo Luz e Vida		<b>27:42.43</b>		238
	100m: 1:36.83 1:36.83	500m: 8:59.13 1:53.46	900m: 16:29.26 1:52.98	1300m: 24:01.28 1:53.41	
	200m: 3:22.61 1:45.78	600m: 10:52.29 1:53.16	1000m: 18:20.28 1:51.02	1400m: 25:54.77 1:53.49	
	300m: 5:12.85 1:50.24	700m: 12:44.64 1:52.35	1100m: 20:14.56 1:54.28	1500m: 27:42.43 1:47.66	
	400m: 7:05.67 1:52.82	800m: 14:36.28 1:51.64	1200m: 22:07.87 1:53.31		
116.	AMBRUS, Attila-Janos 50 Centro Desp. Universitario do Porto		<b>27:43.09</b>		257
	100m: 1:35.73 1:35.73	500m: 8:48.53 1:51.91	900m: 16:21.45 1:52.81	1300m: 24:00.65 1:54.98	
	200m: 3:19.68 1:43.95	600m: 10:42.71 1:54.18	1000m: 18:15.99 1:54.54	1400m: 25:52.56 1:51.91	
	300m: 5:07.20 1:47.52	700m: 12:35.50 1:52.79	1100m: 20:09.98 1:53.99	1500m: 27:43.09 1:50.53	
	400m: 6:56.62 1:49.42	800m: 14:28.64 1:53.14	1200m: 22:05.67 1:55.69		
117.	LEITE, Bruno Gabriel 40 Braga		<b>27:43.45</b>		220
	100m: 1:41.57 1:41.57	500m: 9:06.07 1:51.82	900m: 16:38.68 1:54.55	1300m: 24:03.43 1:53.88	
	200m: 3:31.73 1:50.16	600m: 10:58.97 1:52.90	1000m: 18:29.84 1:51.16	1400m: 25:54.72 1:51.29	
	300m: 5:22.47 1:50.74	700m: 12:51.30 1:52.33	1100m: 20:18.76 1:48.92	1500m: 27:43.45 1:48.73	
	400m: 7:14.25 1:51.78	800m: 14:44.13 1:52.83	1200m: 22:09.55 1:50.79		
118.	CASTRO, Francisco Leite 35 CNLeiria		<b>27:53.04</b>		232
	100m: 1:42.14 1:42.14	500m: 9:08.22 1:55.16	900m: 16:48.71 1:54.55	1300m: 24:16.58 1:52.65	
	200m: 3:32.83 1:50.69	600m: 11:04.47 1:56.25	1000m: 18:41.58 1:52.87	1400m: 26:06.55 1:49.97	
	300m: 5:21.36 1:48.53	700m: 12:59.64 1:55.17	1100m: 20:31.19 1:49.61	1500m: 27:53.04 1:46.49	
	400m: 7:13.06 1:51.70	800m: 14:54.16 1:54.52	1200m: 22:23.93 1:52.74		
119.	ANTUNES, Luis Miguel 56 Leixoes Sport Club		<b>28:14.87</b>		271
	100m: 1:41.83 1:41.83	500m: 9:12.28 1:54.68	900m: 16:50.69 1:54.50	1300m: 24:29.88 1:54.92	
	200m: 3:34.68 1:52.85	600m: 11:06.44 1:54.16	1000m: 18:46.69 1:56.00	1400m: 26:25.57 1:55.69	
	300m: 5:25.56 1:50.88	700m: 13:01.14 1:54.70	1100m: 20:40.61 1:53.92	1500m: 28:14.87 1:49.30	
	400m: 7:17.60 1:52.04	800m: 14:56.19 1:55.05	1200m: 22:34.96 1:54.35		

Prova 2, Masc., 1500m Livres, Master

Lugar			Idade			Tempo final			Pts
120.	SARVIA, Paolo		65	Centro Desp. Universitario do Porto		<b>28:14.93</b>			406
	100m: 1:41.19	1:41.19	500m: 9:04.56	1:53.07	900m: 16:38.96	1:54.60	1300m: 24:22.21	1:58.38	
	200m: 3:27.87	1:46.68	600m: 10:57.44	1:52.88	1000m: 18:33.12	1:54.16	1400m: 26:19.73	1:57.52	
	300m: 5:18.58	1:50.71	700m: 12:50.68	1:53.24	1100m: 20:29.17	1:56.05	1500m: 28:14.93	1:55.20	
	400m: 7:11.49	1:52.91	800m: 14:44.36	1:53.68	1200m: 22:23.83	1:54.66			
121.	CAMPOS, Joao Paulo		59	Natacao da Maia		<b>28:25.56</b>			266
	100m: 1:36.73	1:36.73	500m: 9:13.06	1:55.61	900m: 16:50.72	1:55.70	1300m: 24:38.07	1:57.94	
	200m: 3:26.61	1:49.88	600m: 11:07.01	1:53.95	1000m: 18:47.22	1:56.50	1400m: 26:34.89	1:56.82	
	300m: 5:20.39	1:53.78	700m: 13:01.45	1:54.44	1100m: 20:43.15	1:55.93	1500m: 28:25.56	1:50.67	
	400m: 7:17.45	1:57.06	800m: 14:55.02	1:53.57	1200m: 22:40.13	1:56.98			
122.	VIEIRA, Luis Filipe		66	Obidos Criativa, EEM		<b>28:35.24</b>			392
	100m: 1:33.74	1:33.74	500m: 9:07.38	1:58.01	900m: 16:47.52	1:55.31	1300m: 24:42.30	1:58.96	
	200m: 3:22.05	1:48.31	600m: 11:01.58	1:54.20	1000m: 18:44.89	1:57.37	1400m: 26:40.41	1:58.11	
	300m: 5:14.12	1:52.07	700m: 12:57.53	1:55.95	1100m: 20:43.51	1:58.62	1500m: 28:35.24	1:54.83	
	400m: 7:09.37	1:55.25	800m: 14:52.21	1:54.68	1200m: 22:43.34	1:59.83			
123.	ALBUQUERQUE, Nuno Carlos		60	Braga		<b>28:35.75</b>			347
	100m: 1:38.73	1:38.73	500m: 9:14.16	1:56.19	900m: 16:59.66	1:56.46	1300m: 24:45.60	1:57.53	
	200m: 3:28.84	1:50.11	600m: 11:11.24	1:57.08	1000m: 18:56.85	1:57.19	1400m: 26:43.93	1:58.33	
	300m: 5:22.52	1:53.68	700m: 13:07.84	1:56.60	1100m: 20:52.48	1:55.63	1500m: 28:35.75	1:51.82	
	400m: 7:17.97	1:55.45	800m: 15:03.20	1:55.36	1200m: 22:48.07	1:55.59			
124.	MOUTINHO, Manuel Jose		47	Natacao da Maia		<b>28:35.98</b>			217
	100m: 1:40.16	1:40.16	500m: 9:19.89	1:56.43	900m: 17:04.49	1:56.64	1300m: 24:51.11	1:55.48	
	200m: 3:31.55	1:51.39	600m: 11:15.71	1:55.82	1000m: 19:01.90	1:57.41	1400m: 26:45.54	1:54.43	
	300m: 5:27.02	1:55.47	700m: 13:11.06	1:55.35	1100m: 20:59.25	1:57.35	1500m: 28:35.98	1:50.44	
	400m: 7:23.46	1:56.44	800m: 15:07.85	1:56.79	1200m: 22:55.63	1:56.38			
125.	SILVA, Paulo Jorge		54	CNLeiria		<b>28:39.08</b>			232
	100m: 1:37.33	1:37.33	500m: 9:10.29	1:56.04	900m: 16:59.63	1:57.94	1300m: 24:47.00	1:55.73	
	200m: 3:25.37	1:48.04	600m: 11:06.77	1:56.48	1000m: 18:57.09	1:57.46	1400m: 26:43.95	1:56.95	
	300m: 5:19.49	1:54.12	700m: 13:04.00	1:57.23	1100m: 20:54.20	1:57.11	1500m: 28:39.08	1:55.13	
	400m: 7:14.25	1:54.76	800m: 15:01.69	1:57.69	1200m: 22:51.27	1:57.07			
126.	QUECEDO, Jose Gerardo		67	Obidos Criativa, EEM		<b>28:46.45</b>			384
	100m: 1:41.36	1:41.36	500m: 9:22.92	1:56.45	900m: 17:12.07	1:58.11	1300m: 25:04.52	1:57.07	
	200m: 3:34.17	1:52.81	600m: 11:19.51	1:56.59	1000m: 19:10.75	1:58.68	1400m: 27:00.17	1:55.65	
	300m: 5:30.36	1:56.19	700m: 13:17.00	1:57.49	1100m: 21:08.48	1:57.73	1500m: 28:46.45	1:46.28	
	400m: 7:26.47	1:56.11	800m: 15:13.96	1:56.96	1200m: 23:07.45	1:58.97			
127.	GRILO, Francisco Jose		60	Braga		<b>28:53.53</b>			336
	100m: 1:40.30	1:40.30	500m: 9:25.35	1:58.35	900m: 17:20.39	1:59.33	1300m: 25:11.22	1:57.72	
	200m: 3:34.60	1:54.30	600m: 11:23.66	1:58.31	1000m: 19:18.10	1:57.71	1400m: 27:06.84	1:55.62	
	300m: 5:30.19	1:55.59	700m: 13:21.67	1:58.01	1100m: 21:16.08	1:57.98	1500m: 28:53.53	1:46.69	
	400m: 7:27.00	1:56.81	800m: 15:21.06	1:59.39	1200m: 23:13.50	1:57.42			
128.	GASPAR, Duarte Miguel		40	Pdcm		<b>28:54.27</b>			194
	<i>Standard Time</i>								
	100m: 1:39.49	1:39.49	500m: 9:18.83	1:57.77	900m: 17:12.18	1:57.66	1300m: 25:08.16	1:59.43	
	200m: 3:31.32	1:51.83	600m: 11:16.77	1:57.94	1000m: 19:10.92	1:58.74	1400m: 27:05.67	1:57.51	
	300m: 5:26.33	1:55.01	700m: 13:15.87	1:59.10	1100m: 21:10.45	1:59.53	1500m: 28:54.27	1:48.60	
	400m: 7:21.06	1:54.73	800m: 15:14.52	1:58.65	1200m: 23:08.73	1:58.28			
129.	APARICIO, Tiago Miguel		35	Grupo dos Amigos da Natacao-AC		<b>28:54.97</b>			208
	<i>Standard Time</i>								
	100m: 1:40.46	1:40.46	500m: 9:18.89	1:55.63	900m: 17:05.99	1:57.16	1300m: 24:58.32	1:59.17	
	200m: 3:31.53	1:51.07	600m: 11:15.90	1:57.01	1000m: 19:03.70	1:57.71	1400m: 26:59.39	2:01.07	
	300m: 5:27.56	1:56.03	700m: 13:11.04	1:55.14	1100m: 20:59.60	1:55.90	1500m: 28:54.97	1:55.58	
	400m: 7:23.26	1:55.70	800m: 15:08.83	1:57.79	1200m: 22:59.15	1:59.55			

Prova 2, Masc., 1500m Livres, Master

Lugar	Nome		Idade	Clube		Tempo final	Pts					
130.	LOUREIRO, Luis Miguel		56	Fluvial Portuense		<b>28:57.44</b>	251					
	100m:	1:44.85	1:44.85	500m:	9:25.85	1:56.61	900m:	17:14.58	1:58.58	1300m:	25:06.03	1:57.46
	200m:	3:38.43	1:53.58	600m:	11:21.98	1:56.13	1000m:	19:12.28	1:57.70	1400m:	27:03.39	1:57.36
	300m:	5:34.21	1:55.78	700m:	13:17.89	1:55.91	1100m:	21:10.44	1:58.16	1500m:	28:57.44	1:54.05
	400m:	7:29.24	1:55.03	800m:	15:16.00	1:58.11	1200m:	23:08.57	1:58.13			
131.	COSTA, Andre Vilhena		56	Vilacondense		<b>29:06.50</b>	247					
	100m:	1:40.38	1:40.38	500m:	9:25.66	1:56.31	900m:	17:19.91	1:57.91	1300m:	25:13.50	1:58.54
	200m:	3:35.46	1:55.08	600m:	11:24.44	1:58.78	1000m:	19:18.21	1:58.30	1400m:	27:11.95	1:58.45
	300m:	5:31.97	1:56.51	700m:	13:23.38	1:58.94	1100m:	21:16.63	1:58.42	1500m:	29:06.50	1:54.55
	400m:	7:29.35	1:57.38	800m:	15:22.00	1:58.62	1200m:	23:14.96	1:58.33			
132.	FERREIRA, Jose Antonio		66	Leixoes Sport Club		<b>29:07.72</b>	370					
	100m:	1:39.94	1:39.94	500m:	9:29.28	1:57.42	900m:	17:20.93	1:58.63	1300m:	25:15.26	1:57.81
	200m:	3:34.51	1:54.57	600m:	11:26.94	1:57.66	1000m:	19:20.42	1:59.49	1400m:	27:13.08	1:57.82
	300m:	5:33.06	1:58.55	700m:	13:21.52	1:54.58	1100m:	21:19.60	1:59.18	1500m:	29:07.72	1:54.64
	400m:	7:31.86	1:58.80	800m:	15:22.30	2:00.78	1200m:	23:17.45	1:57.85			
133.	COSTA, Jorge Jose		44	Vitoria Sport Clube		<b>29:13.12</b>	188					
	<i>Standard Time</i>											
	100m:	1:43.85	1:43.85	500m:	9:32.26	1:58.85	900m:	17:20.36	1:56.09	1300m:	25:10.97	1:58.37
	200m:	3:37.22	1:53.37	600m:	11:29.68	1:57.42	1000m:	19:17.34	1:56.98	1400m:	27:10.14	1:59.17
	300m:	5:33.89	1:56.67	700m:	13:27.61	1:57.93	1100m:	21:14.16	1:56.82	1500m:	29:13.12	2:02.98
	400m:	7:33.41	1:59.52	800m:	15:24.27	1:56.66	1200m:	23:12.60	1:58.44			
134.	TEIXEIRA, Joao Castro		63	Asc		<b>29:19.58</b>	321					
	100m:	1:43.88	1:43.88	500m:	9:34.77	1:58.34	900m:	17:26.53	1:57.25	1300m:	25:19.16	1:58.65
	200m:	3:39.67	1:55.79	600m:	11:32.91	1:58.14	1000m:	19:24.00	1:57.47	1400m:	27:18.84	1:59.68
	300m:	5:37.77	1:58.10	700m:	13:31.37	1:58.46	1100m:	21:21.89	1:57.89	1500m:	29:19.58	2:00.74
	400m:	7:36.43	1:58.66	800m:	15:29.28	1:57.91	1200m:	23:20.51	1:58.62			
135.	SANTOS, Manuel Fernando		63	Gafanha da Encarnacao		<b>29:32.17</b>	315					
	100m:	1:50.84	1:50.84	500m:	9:49.57	1:59.95	900m:	17:46.40	1:58.76	1300m:	25:39.40	1:57.18
	200m:	3:50.26	1:59.42	600m:	11:48.86	1:59.29	1000m:	19:44.29	1:57.89	1400m:	27:31.35	1:51.95
	300m:	5:49.36	1:59.10	700m:	13:48.84	1:59.98	1100m:	21:43.48	1:59.19	1500m:	29:32.17	2:00.82
	400m:	7:49.62	2:00.26	800m:	15:47.64	1:58.80	1200m:	23:42.22	1:58.74			
136.	COSTA, Nuno Ramalho		52	Clube de Campismo Luz e Vida		<b>29:32.37</b>	212					
	100m:	1:41.15	1:41.15	500m:	9:42.77	2:02.51	900m:	17:43.59	1:59.59	1300m:	25:40.02	1:59.00
	200m:	3:36.19	1:55.04	600m:	11:43.11	2:00.34	1000m:	19:41.99	1:58.40	1400m:	27:40.35	2:00.33
	300m:	5:37.85	2:01.66	700m:	13:44.25	2:01.14	1100m:	21:41.53	1:59.54	1500m:	29:32.37	1:52.02
	400m:	7:40.26	2:02.41	800m:	15:44.00	1:59.75	1200m:	23:41.02	1:59.49			
137.	TRIGO, Daniel Castro		59	Sporting Clube de Aveiro		<b>29:33.34</b>	236					
	100m:	1:54.26	1:54.26	500m:	9:50.41	1:59.10	900m:	17:50.25	1:59.86	1300m:	25:43.76	1:59.37
	200m:	3:53.27	1:59.01	600m:	11:52.53	2:02.12	1000m:	19:48.42	1:58.17	1400m:	27:40.34	1:56.58
	300m:	5:52.16	1:58.89	700m:	13:52.06	1:59.53	1100m:	21:47.13	1:58.71	1500m:	29:33.34	1:53.00
	400m:	7:51.31	1:59.15	800m:	15:50.39	1:58.33	1200m:	23:44.39	1:57.26			
138.	FERNANDES, Celso Abreu		57	Sporting Clube de Aveiro		<b>29:38.75</b>	234					
	100m:	1:43.04	1:43.04	500m:	9:34.89	2:01.71	900m:	17:36.82	2:00.24	1300m:	25:42.86	2:00.66
	200m:	3:35.32	1:52.28	600m:	11:35.95	2:01.06	1000m:	19:39.80	2:02.98	1400m:	27:44.25	2:01.39
	300m:	5:32.99	1:57.67	700m:	13:35.63	1:59.68	1100m:	21:41.43	2:01.63	1500m:	29:38.75	1:54.50
	400m:	7:33.18	2:00.19	800m:	15:36.58	2:00.95	1200m:	23:42.20	2:00.77			
139.	RODRIGUES, Carlos Miguel		48	Alges e Agueda XXI		<b>29:45.05</b>	192					
	<i>Standard Time</i>											
	100m:	1:52.66	1:52.66	500m:	9:49.35	1:58.29	900m:	17:42.28	1:59.71	1300m:	25:41.58	2:01.63
	200m:	3:50.82	1:58.16	600m:	11:46.29	1:56.94	1000m:	19:41.38	1:59.10	1400m:	27:42.73	2:01.15
	300m:	5:50.43	1:59.61	700m:	13:43.96	1:57.67	1100m:	21:40.70	1:59.32	1500m:	29:45.05	2:02.32
	400m:	7:51.06	2:00.63	800m:	15:42.57	1:58.61	1200m:	23:39.95	1:59.25			

Prova 2, Masc., 1500m Livres, Master

Lugar	Idade	Tempo final	Pts
140. SANTOS, Filipe Ribeiro <i>Standard Time</i>	48 Pimpoes/Cimai	<b>29:58.07</b>	188
100m: 1:47.76 1:47.76	500m: 9:50.29 2:01.77	900m: 17:57.74 2:02.71	1300m: 26:00.75 1:58.63
200m: 3:46.23 1:58.47	600m: 11:52.13 2:01.84	1000m: 19:59.42 2:01.68	1400m: 28:01.84 2:01.09
300m: 5:47.31 2:01.08	700m: 13:53.49 2:01.36	1100m: 22:03.11 2:03.69	1500m: 29:58.07 1:56.23
400m: 7:48.52 2:01.21	800m: 15:55.03 2:01.54	1200m: 24:02.12 1:59.01	
141. CANITO, Carlos Filipe	55 Natacao de Valongo	<b>30:06.20</b>	224
100m: 2:00.16 2:00.16	500m: 10:19.53 2:04.73	900m: 18:20.13 1:59.11	1300m: 26:15.00 1:56.67
200m: 4:04.66 2:04.50	600m: 12:21.48 2:01.95	1000m: 20:19.82 1:59.69	1400m: 28:14.54 1:59.54
300m: 6:13.65 2:08.99	700m: 14:20.93 1:59.45	1100m: 22:20.78 2:00.96	1500m: 30:06.20 1:51.66
400m: 8:14.80 2:01.15	800m: 16:21.02 2:00.09	1200m: 24:18.33 1:57.55	
142. CARDOSO, Vitor Manuel	59 Gesloures	<b>30:11.48</b>	222
100m: 1:48.84 1:48.84	500m: 9:45.36 1:59.49	900m: 17:51.88 2:02.64	1300m: 26:07.96 2:04.12
200m: 3:46.64 1:57.80	600m: 11:46.35 2:00.99	1000m: 19:53.55 2:01.67	1400m: 28:11.16 2:03.20
300m: 5:46.77 2:00.13	700m: 13:47.63 2:01.28	1100m: 21:59.12 2:05.57	1500m: 30:11.48 2:00.32
400m: 7:45.87 1:59.10	800m: 15:49.24 2:01.61	1200m: 24:03.84 2:04.72	
143. GUERRA, Nelson Jesus <i>Standard Time</i>	48 Veiense	<b>30:16.69</b>	183
100m: 1:49.55 1:49.55	500m: 9:58.92 2:01.93	900m: 18:08.73 2:02.24	1300m: 26:18.67 2:01.83
200m: 3:51.72 2:02.17	600m: 12:01.23 2:02.31	1000m: 20:10.62 2:01.89	1400m: 28:20.46 2:01.79
300m: 5:55.05 2:03.33	700m: 14:04.46 2:03.23	1100m: 22:14.41 2:03.79	1500m: 30:16.69 1:56.23
400m: 7:56.99 2:01.94	800m: 16:06.49 2:02.03	1200m: 24:16.84 2:02.43	
144. BAPTISTA, Jose Manuel	55 Leixoes Sport Club	<b>30:32.08</b>	214
100m: 1:58.72 1:58.72	500m: 10:11.21 2:03.60	900m: 18:22.24 2:02.88	1300m: 26:29.72 2:01.75
200m: 4:01.39 2:02.67	600m: 12:14.08 2:02.87	1000m: 20:24.33 2:02.09	1400m: 28:32.13 2:02.41
300m: 6:04.27 2:02.88	700m: 14:16.11 2:02.03	1100m: 22:25.67 2:01.34	1500m: 30:32.08 1:59.95
400m: 8:07.61 2:03.34	800m: 16:19.36 2:03.25	1200m: 24:27.97 2:02.30	
145. LOO, Josephus Stephanus <i>Standard Time</i>	63 Obidos Criativa, EEM	<b>30:37.12</b>	282
100m: 1:52.14 1:52.14	500m: 10:02.98 2:03.30	900m: 18:16.44 2:02.63	1300m: 26:33.92 2:05.05
200m: 3:54.11 2:01.97	600m: 12:07.72 2:04.74	1000m: 20:20.62 2:04.18	1400m: 28:35.71 2:01.79
300m: 5:56.44 2:02.33	700m: 14:10.10 2:02.38	1100m: 22:25.37 2:04.75	1500m: 30:37.12 2:01.41
400m: 7:59.68 2:03.24	800m: 16:13.81 2:03.71	1200m: 24:28.87 2:03.50	
146. OLIVEIRA, Joao Pedro	50 Natacao de Valongo	<b>30:43.11</b>	188
100m: 1:45.80 1:45.80	500m: 9:50.03 2:03.79	900m: 18:11.95 2:04.22	1300m: 26:33.77 2:06.37
200m: 3:41.45 1:55.65	600m: 11:57.71 2:07.68	1000m: 20:16.78 2:04.83	1400m: 28:39.79 2:06.02
300m: 5:42.91 2:01.46	700m: 14:03.54 2:05.83	1100m: 22:20.53 2:03.75	1500m: 30:43.11 2:03.32
400m: 7:46.24 2:03.33	800m: 16:07.73 2:04.19	1200m: 24:27.40 2:06.87	
147. ALMEIDA, David Manuel	52 Natacao da Maia	<b>30:52.96</b>	185
100m: 1:50.87 1:50.87	500m: 10:04.02 2:03.62	900m: 18:22.12 2:04.92	1300m: 26:45.65 2:05.19
200m: 3:52.74 2:01.87	600m: 12:06.50 2:02.48	1000m: 20:28.58 2:06.46	1400m: 28:49.49 2:03.84
300m: 5:57.23 2:04.49	700m: 14:12.30 2:05.80	1100m: 22:34.62 2:06.04	1500m: 30:52.96 2:03.47
400m: 8:00.40 2:03.17	800m: 16:17.20 2:04.90	1200m: 24:40.46 2:05.84	
148. INGOLFSRUD, Geir	81 Toensberg	<b>30:57.84</b>	529
100m: 1:53.49 1:53.49	500m: 10:01.51 2:04.50	900m: 18:20.03 2:05.95	1300m: 26:47.60 2:07.50
200m: 3:52.62 1:59.13	600m: 12:05.86 2:04.35	1000m: 20:28.42 2:08.39	1400m: 28:55.29 2:07.69
300m: 5:53.93 2:01.31	700m: 14:10.53 2:04.67	1100m: 22:33.31 2:04.89	1500m: 30:57.84 2:02.55
400m: 7:57.01 2:03.08	800m: 16:14.08 2:03.55	1200m: 24:40.10 2:06.79	

Prova 2, Masc., 1500m Livres, Master

Lugar	Idade	Tempo final	Pts
149. ONOFRE, Jose Alexandre <i>Standard Time</i>	43 Estarreja/PROZINCO	<b>31:04.47</b>	156
100m: 1:50.84 1:50.84	500m: 10:11.39 2:07.04	900m: 18:34.36 2:06.65	1300m: 27:01.76 2:06.43
200m: 3:52.84 2:02.00	600m: 12:16.66 2:05.27	1000m: 20:40.20 2:05.84	1400m: 29:09.01 2:07.25
300m: 5:59.05 2:06.21	700m: 14:22.53 2:05.87	1100m: 22:47.87 2:07.67	1500m: 31:04.47 1:55.46
400m: 8:04.35 2:05.30	800m: 16:27.71 2:05.18	1200m: 24:55.33 2:07.46	
150. MOREIRA, Raul Antonio	55 Viegense	<b>31:04.94</b>	203
100m: 1:45.33 1:45.33	500m: 10:00.74 2:05.32	900m: 18:30.67 2:08.18	1300m: 27:01.44 2:06.20
200m: 3:46.28 2:00.95	600m: 12:05.89 2:05.15	1000m: 20:40.09 2:09.42	1400m: 29:09.41 2:07.97
300m: 5:51.68 2:05.40	700m: 14:14.19 2:08.30	1100m: 22:47.94 2:07.85	1500m: 31:04.94 1:55.53
400m: 7:55.42 2:03.74	800m: 16:22.49 2:08.30	1200m: 24:55.24 2:07.30	
151. COELHO, Domingos Pinto	72 Sport Alges e Dafundo	<b>31:18.42</b>	338
100m: 1:55.48 1:55.48	500m: 10:19.28 2:06.10	900m: 18:47.02 2:07.22	1300m: 27:15.19 2:06.38
200m: 4:00.27 2:04.79	600m: 12:25.56 2:06.28	1000m: 20:54.62 2:07.60	1400m: 29:19.97 2:04.78
300m: 6:06.47 2:06.20	700m: 14:33.19 2:07.63	1100m: 23:03.00 2:08.38	1500m: 31:18.42 1:58.45
400m: 8:13.18 2:06.71	800m: 16:39.80 2:06.61	1200m: 25:08.81 2:05.81	
152. PORTO, Carlos Manuel	73 Sport Alges e Dafundo	<b>31:22.05</b>	337
100m: 1:56.47 1:56.47	500m: 10:20.92 2:08.28	900m: 18:49.80 2:05.71	1300m: 27:14.01 2:04.86
200m: 4:00.13 2:03.66	600m: 12:28.22 2:07.30	1000m: 20:56.35 2:06.55	1400m: 29:18.22 2:04.21
300m: 6:06.33 2:06.20	700m: 14:34.97 2:06.75	1100m: 23:03.12 2:06.77	1500m: 31:22.05 2:03.83
400m: 8:12.64 2:06.31	800m: 16:44.09 2:09.12	1200m: 25:09.15 2:06.03	
153. MADAIL, Jose Henrique	70 Galitos / Bresimar	<b>31:44.97</b>	325
100m: 1:58.22 1:58.22	500m: 10:20.21 2:05.01	900m: 18:57.02 2:11.25	1300m: 27:31.23 2:09.53
200m: 4:02.85 2:04.63	600m: 12:26.90 2:06.69	1000m: 21:04.15 2:07.13	1400m: 29:40.91 2:09.68
300m: 6:09.06 2:06.21	700m: 14:36.21 2:09.31	1100m: 23:12.42 2:08.27	1500m: 31:44.97 2:04.06
400m: 8:15.20 2:06.14	800m: 16:45.77 2:09.56	1200m: 25:21.70 2:09.28	
154. GUERRA, Andre Castanheira <i>Standard Time</i>	42 Natacao da Maia	<b>31:47.62</b>	146
100m: 1:56.66 1:56.66	500m: 10:30.04 2:07.54	900m: 19:05.32 2:07.75	1300m: 27:34.87 2:07.05
200m: 4:05.42 2:08.76	600m: 12:39.94 2:09.90	1000m: 21:13.64 2:08.32	1400m: 29:41.55 2:06.68
300m: 6:12.71 2:07.29	700m: 14:48.92 2:08.98	1100m: 23:22.06 2:08.42	1500m: 31:47.62 2:06.07
400m: 8:22.50 2:09.79	800m: 16:57.57 2:08.65	1200m: 25:27.82 2:05.76	
155. BARROS, Mario Jorge	68 Porto	<b>31:50.64</b>	283
100m: 1:58.66 1:58.66	500m: 10:37.87 2:10.24	900m: 19:13.03 2:07.12	1300m: 27:48.49 2:08.98
200m: 4:07.84 2:09.18	600m: 12:47.10 2:09.23	1000m: 21:22.22 2:09.19	1400m: 29:55.66 2:07.17
300m: 6:17.79 2:09.95	700m: 14:57.11 2:10.01	1100m: 23:30.49 2:08.27	1500m: 31:50.64 1:54.98
400m: 8:27.63 2:09.84	800m: 17:05.91 2:08.80	1200m: 25:39.51 2:09.02	
156. MOTA, Carlos Alberto <i>Standard Time</i>	50 Lagoa Academico Clube	<b>32:11.15</b>	164
100m: 1:51.67 1:51.67	500m: 10:21.47 2:11.29	900m: 19:01.77 2:15.03	1300m: 28:02.42 2:18.15
200m: 3:55.94 2:04.27	600m: 12:29.08 2:07.61	1000m: 21:16.88 2:15.11	1400m: 30:15.24 2:12.82
300m: 6:02.65 2:06.71	700m: 14:36.88 2:07.80	1100m: 23:28.60 2:11.72	1500m: 32:11.15 1:55.91
400m: 8:10.18 2:07.53	800m: 16:46.74 2:09.86	1200m: 25:44.27 2:15.67	
157. PINTO, Paulo Monteiro <i>Standard Time</i>	60 Porto	<b>32:39.04</b>	233
100m: 1:57.65 1:57.65	500m: 10:38.35 2:12.14	900m: 19:26.93 2:11.48	1300m: 28:16.45 2:12.83
200m: 4:05.49 2:07.84	600m: 12:52.08 2:13.73	1000m: 21:39.55 2:12.62	1400m: 30:29.51 2:13.06
300m: 6:14.94 2:09.45	700m: 15:03.18 2:11.10	1100m: 23:51.37 2:11.82	1500m: 32:39.04 2:09.53
400m: 8:26.21 2:11.27	800m: 17:15.45 2:12.27	1200m: 26:03.62 2:12.25	



Prova 2, Masc., 1500m Livres, Master

Lugar	Nome	Idade	Clube	Tempo final	Pts
158.	SA, Rui Jorge <i>Standard Time</i>	53	Pimpoes/Cimai	<b>32:52.08</b>	154
	100m: 1:39.55 1:39.55	500m: 10:26.34 2:16.23	900m: 19:32.30 2:14.50	1300m: 28:33.70 2:13.57	
	200m: 3:43.21 2:03.66	600m: 12:44.39 2:18.05	1000m: 21:47.55 2:15.25	1400m: 30:42.74 2:09.04	
	300m: 5:53.56 2:10.35	700m: 15:01.11 2:16.72	1100m: 24:01.21 2:13.66	1500m: 32:52.08 2:09.34	
	400m: 8:10.11 2:16.55	800m: 17:17.80 2:16.69	1200m: 26:20.13 2:18.92		
159.	PIRES, Ricardo Andre <i>Standard Time</i>	34	CNLeiria	<b>33:04.56</b>	101
	100m: 1:55.16 1:55.16	500m: 10:37.76 2:13.15	900m: 19:38.32 2:16.35	1300m: 28:46.15 2:13.96	
	200m: 3:59.36 2:04.20	600m: 12:50.39 2:12.63	1000m: 21:55.01 2:16.69	1400m: 30:58.41 2:12.26	
	300m: 6:08.53 2:09.17	700m: 15:06.41 2:16.02	1100m: 24:14.11 2:19.10	1500m: 33:04.56 2:06.15	
	400m: 8:24.61 2:16.08	800m: 17:21.97 2:15.56	1200m: 26:32.19 2:18.08		
160.	RAPOSO, Jose Alexandre	69	Sporting Clube de Aveiro	<b>33:22.26</b>	246
	100m: 2:07.13 2:07.13	500m: 11:02.18 2:14.28	900m: 20:07.66 2:14.19	1300m: 29:07.18 2:14.50	
	200m: 4:19.61 2:12.48	600m: 13:22.64 2:20.46	1000m: 22:23.88 2:16.22	1400m: 31:20.41 2:13.23	
	300m: 6:32.73 2:13.12	700m: 15:38.16 2:15.52	1100m: 24:36.83 2:12.95	1500m: 33:22.26 2:01.85	
	400m: 8:47.90 2:15.17	800m: 17:53.47 2:15.31	1200m: 26:52.68 2:15.85		
161.	MELO, Mario Jorge	73	Adrcimm	<b>33:22.91</b>	279
	100m: 2:02.07 2:02.07	500m: 11:00.51 2:15.43	900m: 20:08.40 2:16.58	1300m: 29:08.65 2:15.77	
	200m: 4:14.82 2:12.75	600m: 13:17.35 2:16.84	1000m: 22:23.80 2:15.40	1400m: 31:21.50 2:12.85	
	300m: 6:29.89 2:15.07	700m: 15:33.72 2:16.37	1100m: 24:39.06 2:15.26	1500m: 33:22.91 2:01.41	
	400m: 8:45.08 2:15.19	800m: 17:51.82 2:18.10	1200m: 26:52.88 2:13.82		
162.	MOURAO, Luis Joao <i>Standard Time</i>	62	Natacao de Valongo	<b>33:34.76</b>	214
	100m: 1:57.22 1:57.22	500m: 10:27.58 2:11.09	900m: 19:27.93 2:18.47	1300m: 28:50.44 2:24.32	
	200m: 4:00.69 2:03.47	600m: 12:39.14 2:11.56	1000m: 21:46.55 2:18.62	1400m: 31:14.27 2:23.83	
	300m: 6:08.55 2:07.86	700m: 14:53.83 2:14.69	1100m: 24:04.99 2:18.44	1500m: 33:34.76 2:20.49	
	400m: 8:16.49 2:07.94	800m: 17:09.46 2:15.63	1200m: 26:26.12 2:21.13		
163.	BORREGO, Hugo Alexandre <i>Standard Time</i>	52	Sporting Clube de Aveiro	<b>35:25.50</b>	123
	100m: 1:59.47 1:59.47	500m: 11:20.16 2:23.71	900m: 21:02.10 2:25.25	1300m: 30:48.85 2:26.42	
	200m: 4:15.92 2:16.45	600m: 13:44.90 2:24.74	1000m: 23:29.73 2:27.63	1400m: 33:11.72 2:22.87	
	300m: 6:34.41 2:18.49	700m: 16:10.81 2:25.91	1100m: 25:56.36 2:26.63	1500m: 35:25.50 2:13.78	
	400m: 8:56.45 2:22.04	800m: 18:36.85 2:26.04	1200m: 28:22.43 2:26.07		
164.	GASPAR, Alexandre Azevedo	79	Sport Alges e Dafundo	<b>38:50.31</b>	222
	100m: 2:19.64 2:19.64	500m: 12:29.76 2:36.53	900m: 22:58.32 2:37.16	1300m: 33:32.37 2:38.39	
	200m: 4:50.04 2:30.40	600m: 15:04.06 2:34.30	1000m: 25:37.46 2:39.14	1400m: 36:14.58 2:42.21	
	300m: 7:21.17 2:31.13	700m: 17:40.89 2:36.83	1100m: 28:15.86 2:38.40	1500m: 38:50.31 2:35.73	
	400m: 9:53.23 2:32.06	800m: 20:21.16 2:40.27	1200m: 30:53.98 2:38.12		
165.	NETO, Manuel Filipe <i>Standard Time</i>	65	Estarreja/PROZINCO	<b>39:09.09</b>	152
	100m: 2:06.34 2:06.34	500m: 12:32.89 2:40.05	900m: 23:04.98 2:39.35	1300m: 33:54.82 2:42.20	
	200m: 4:38.16 2:31.82	600m: 15:10.66 2:37.77	1000m: 25:47.03 2:42.05	1400m: 36:34.44 2:39.62	
	300m: 7:15.57 2:37.41	700m: 17:48.32 2:37.66	1100m: 28:29.35 2:42.32	1500m: 39:09.09 2:34.65	
	400m: 9:52.84 2:37.27	800m: 20:25.63 2:37.31	1200m: 31:12.62 2:43.27		
166.	CABRAL, Luis Pereira	75	Academica de Coimbra	<b>39:38.58</b>	209
	100m: 2:25.91 2:25.91	500m: 12:52.22 2:38.40	900m: 23:36.45 2:42.50	1300m: 34:25.07 2:41.03	
	200m: 5:00.16 2:34.25	600m: 15:30.35 2:38.13	1000m: 26:18.09 2:41.64	1400m: 37:06.23 2:41.16	
	300m: 7:36.57 2:36.41	700m: 18:11.77 2:41.42	1100m: 29:00.58 2:42.49	1500m: 39:38.58 2:32.35	
	400m: 10:13.82 2:37.25	800m: 20:53.95 2:42.18	1200m: 31:44.04 2:43.46		

Prova 2, Masc., 1500m Livres, Master

Lugar	Idade	Tempo final	Pts
167. TEIXEIRA, Joao Rodrigues	87 Academica de Coimbra	<b>57:23.26</b>	492
100m: 3:29.48 3:29.48	500m: 17:28.73 4:04.62	900m: 32:11.87 4:04.79	1300m: 49:21.93 4:48.20
200m: 6:46.36 3:16.88	600m: 20:51.82 3:23.09	1000m: 35:54.71 3:42.84	1400m: 53:25.97 4:04.04
300m: 10:01.62 3:15.26	700m: 24:30.61 3:38.79	1100m: 40:36.86 4:42.15	1500m: 57:23.26 3:57.29
400m: 13:24.11 3:22.49	800m: 28:07.08 3:36.47	1200m: 44:33.73 3:56.87	
DSQ SANTOS, Alexandre Miguel	49 Fluvial Portuense		
<i>102 - O(a) atleta não completou o percurso - SW 10.2</i>			
DSQ GOMES, Pedro Emanuel	36 Natacao de Valongo		
<i>102 - O(a) atleta não completou o percurso - SW 10.2</i>			

Master A

1. NEVES, Diogo Ferreira	26 Natacao de Valongo	<b>19:31.16</b>	601
100m: 1:09.96 1:09.96	500m: 6:12.36 1:16.74	900m: 11:30.06 1:20.71	1300m: 16:51.95 1:19.63
200m: 2:24.22 1:14.26	600m: 7:30.79 1:18.43	1000m: 12:50.98 1:20.92	1400m: 18:11.75 1:19.80
300m: 3:39.48 1:15.26	700m: 8:49.71 1:18.92	1100m: 14:11.61 1:20.63	1500m: 19:31.16 1:19.41
400m: 4:55.62 1:16.14	800m: 10:09.35 1:19.64	1200m: 15:32.32 1:20.71	
2. TABORDA, Bruno Filipe	29 CNLeiria	<b>21:26.79</b>	453
100m: 1:14.00 1:14.00	500m: 6:47.27 1:26.00	900m: 12:38.25 1:28.34	1300m: 18:32.56 1:29.56
200m: 2:33.43 1:19.43	600m: 8:14.47 1:27.20	1000m: 14:06.31 1:28.06	1400m: 20:01.62 1:29.06
300m: 3:56.47 1:23.04	700m: 9:41.72 1:27.25	1100m: 15:35.42 1:29.11	1500m: 21:26.79 1:25.17
400m: 5:21.27 1:24.80	800m: 11:09.91 1:28.19	1200m: 17:03.00 1:27.58	
3. CARVALHO, Daniel Mata	29 Pimpoes/Cimai	<b>23:23.44</b>	349
100m: 1:28.45 1:28.45	500m: 7:49.54 1:34.73	900m: 14:04.68 1:33.93	1300m: 20:21.32 1:33.08
200m: 3:02.79 1:34.34	600m: 9:24.60 1:35.06	1000m: 15:39.58 1:34.90	1400m: 21:53.48 1:32.16
300m: 4:38.88 1:36.09	700m: 10:57.83 1:33.23	1100m: 17:12.96 1:33.38	1500m: 23:23.44 1:29.96
400m: 6:14.81 1:35.93	800m: 12:30.75 1:32.92	1200m: 18:48.24 1:35.28	
4. TORRE, Carlos Alberto	28 Braga	<b>24:42.12</b>	296
100m: 1:27.67 1:27.67	500m: 7:58.43 1:39.78	900m: 14:36.94 1:42.38	1300m: 21:27.45 1:42.23
200m: 3:02.33 1:34.66	600m: 9:36.45 1:38.02	1000m: 16:19.65 1:42.71	1400m: 23:07.99 1:40.54
300m: 4:39.98 1:37.65	700m: 11:15.63 1:39.18	1100m: 18:01.46 1:41.81	1500m: 24:42.12 1:34.13
400m: 6:18.65 1:38.67	800m: 12:54.56 1:38.93	1200m: 19:45.22 1:43.76	
5. ALVES, Rayan Gava	29 Obidos Criativa, EEM	<b>26:40.55</b>	235
<i>Standard Time</i>			
100m: 1:39.07 1:39.07	500m: 8:55.58 1:51.30	900m: 16:10.18 1:48.87	1300m: 23:14.10 1:45.52
200m: 3:23.77 1:44.70	600m: 10:44.15 1:48.57	1000m: 17:55.73 1:45.55	1400m: 24:58.84 1:44.74
300m: 5:12.29 1:48.52	700m: 12:32.24 1:48.09	1100m: 19:41.97 1:46.24	1500m: 26:40.55 1:41.71
400m: 7:04.28 1:51.99	800m: 14:21.31 1:49.07	1200m: 21:28.58 1:46.61	
6. MENDES, Joao Pedro	29 CNLeiria	<b>26:42.88</b>	234
<i>Standard Time</i>			
100m: 1:30.25 1:30.25	500m: 8:36.18 1:48.59	900m: 15:54.53 1:50.37	1300m: 23:14.78 1:47.44
200m: 3:13.77 1:43.52	600m: 10:25.06 1:48.88	1000m: 17:46.38 1:51.85	1400m: 25:00.94 1:46.16
300m: 4:59.88 1:46.11	700m: 12:14.30 1:49.24	1100m: 19:38.27 1:51.89	1500m: 26:42.88 1:41.94
400m: 6:47.59 1:47.71	800m: 14:04.16 1:49.86	1200m: 21:27.34 1:49.07	

Prova 2, Masc., 1500m Livres

Master B

1. SILVA, Pedro Miguel	30	Adrcimm	<b>17:24.99</b>	695
100m: 1:05.51 1:05.51	500m: 5:41.05 1:08.67	900m: 10:20.07 1:09.67	1300m: 15:04.85 1:11.16	
200m: 2:13.95 1:08.44	600m: 6:50.64 1:09.59	1000m: 11:31.41 1:11.34	1400m: 16:16.12 1:11.27	
300m: 3:22.81 1:08.86	700m: 8:00.39 1:09.75	1100m: 12:42.50 1:11.09	1500m: 17:24.99 1:08.87	
400m: 4:32.38 1:09.57	800m: 9:10.40 1:10.01	1200m: 13:53.69 1:11.19		
2. LOPES, Pedro Fragoso	34	Porto	<b>18:44.78</b>	557
100m: 1:11.33 1:11.33	500m: 6:11.49 1:15.60	900m: 11:15.25 1:16.36	1300m: 16:18.09 1:15.47	
200m: 2:25.62 1:14.29	600m: 7:26.71 1:15.22	1000m: 12:31.30 1:16.05	1400m: 17:32.84 1:14.75	
300m: 3:40.79 1:15.17	700m: 8:42.73 1:16.02	1100m: 13:46.74 1:15.44	1500m: 18:44.78 1:11.94	
400m: 4:55.89 1:15.10	800m: 9:58.89 1:16.16	1200m: 15:02.62 1:15.88		
3. RIBEIRO, Joao Paulo	32	CNLeiria	<b>19:27.38</b>	498
100m: 1:14.12 1:14.12	500m: 6:32.43 1:19.56	900m: 11:48.46 1:19.85	1300m: 16:54.85 1:16.07	
200m: 2:32.22 1:18.10	600m: 7:51.44 1:19.01	1000m: 13:08.67 1:20.21	1400m: 18:09.77 1:14.92	
300m: 3:52.03 1:19.81	700m: 9:09.73 1:18.29	1100m: 14:23.41 1:14.74	1500m: 19:27.38 1:17.61	
400m: 5:12.87 1:20.84	800m: 10:28.61 1:18.88	1200m: 15:38.78 1:15.37		
4. QUEIROS, Samuel Patricio	33	Porto	<b>19:44.69</b>	477
100m: 1:13.61 1:13.61	500m: 6:32.48 1:19.73	900m: 11:49.05 1:19.33	1300m: 17:06.66 1:19.47	
200m: 2:31.97 1:18.36	600m: 7:52.28 1:19.80	1000m: 13:08.89 1:19.84	1400m: 18:26.99 1:20.33	
300m: 3:51.72 1:19.75	700m: 9:10.91 1:18.63	1100m: 14:27.69 1:18.80	1500m: 19:44.69 1:17.70	
400m: 5:12.75 1:21.03	800m: 10:29.72 1:18.81	1200m: 15:47.19 1:19.50		
5. ROQUE, Jorge Manuel	34	Porto	<b>20:01.62</b>	457
100m: 1:07.65 1:07.65	500m: 6:13.06 1:18.52	900m: 11:38.70 1:23.32	1300m: 17:15.74 1:24.63	
200m: 2:21.52 1:13.87	600m: 7:32.52 1:19.46	1000m: 13:01.80 1:23.10	1400m: 18:39.15 1:23.41	
300m: 3:37.17 1:15.65	700m: 8:53.68 1:21.16	1100m: 14:26.50 1:24.70	1500m: 20:01.62 1:22.47	
400m: 4:54.54 1:17.37	800m: 10:15.38 1:21.70	1200m: 15:51.11 1:24.61		
6. MENESES, Goncalo Goncalves	32	Braga	<b>20:07.38</b>	450
100m: 1:16.74 1:16.74	500m: 6:34.70 1:19.76	900m: 11:57.68 1:21.80	1300m: 17:25.44 1:22.52	
200m: 2:35.09 1:18.35	600m: 7:54.47 1:19.77	1000m: 13:19.46 1:21.78	1400m: 18:47.77 1:22.33	
300m: 3:55.04 1:19.95	700m: 9:15.18 1:20.71	1100m: 14:40.96 1:21.50	1500m: 20:07.38 1:19.61	
400m: 5:14.94 1:19.90	800m: 10:35.88 1:20.70	1200m: 16:02.92 1:21.96		
7. CARVALHO, Joao Carlos	34	LPS	<b>20:10.58</b>	447
100m: 1:15.77 1:15.77	500m: 6:36.04 1:20.40	900m: 12:01.57 1:21.88	1300m: 17:29.44 1:21.70	
200m: 2:35.17 1:19.40	600m: 7:57.01 1:20.97	1000m: 13:23.90 1:22.33	1400m: 18:51.50 1:22.06	
300m: 3:55.36 1:20.19	700m: 9:17.78 1:20.77	1100m: 14:46.14 1:22.24	1500m: 20:10.58 1:19.08	
400m: 5:15.64 1:20.28	800m: 10:39.69 1:21.91	1200m: 16:07.74 1:21.60		
8. RIBEIRO, Luis Manuel	33	Foca	<b>21:27.62</b>	371
100m: 1:18.25 1:18.25	500m: 7:04.54 1:28.26	900m: 12:57.70 1:27.44	1300m: 18:48.50 1:27.26	
200m: 2:42.52 1:24.27	600m: 8:32.90 1:28.36	1000m: 14:25.12 1:27.42	1400m: 20:11.42 1:22.92	
300m: 4:08.66 1:26.14	700m: 10:01.98 1:29.08	1100m: 15:53.62 1:28.50	1500m: 21:27.62 1:16.20	
400m: 5:36.28 1:27.62	800m: 11:30.26 1:28.28	1200m: 17:21.24 1:27.62		
9. MATOS, Luis Miguel	32	Vitoria Sport Clube	<b>22:36.85</b>	317
100m: 1:20.44 1:20.44	500m: 7:19.90 1:30.50	900m: 13:27.89 1:32.85	1300m: 19:37.85 1:33.33	
200m: 2:47.99 1:27.55	600m: 8:51.29 1:31.39	1000m: 15:00.20 1:32.31	1400m: 21:09.31 1:31.46	
300m: 4:18.49 1:30.50	700m: 10:22.64 1:31.35	1100m: 16:32.28 1:32.08	1500m: 22:36.85 1:27.54	
400m: 5:49.40 1:30.91	800m: 11:55.04 1:32.40	1200m: 18:04.52 1:32.24		
10. SALUSTIANO, Humberto Melo	33	LPS	<b>23:12.53</b>	293
100m: 1:29.23 1:29.23	500m: 7:46.91 1:34.65	900m: 14:04.63 1:34.95	1300m: 20:16.71 1:34.51	
200m: 3:01.96 1:32.73	600m: 9:21.84 1:34.93	1000m: 15:37.28 1:32.65	1400m: 21:50.46 1:33.75	
300m: 4:37.03 1:35.07	700m: 10:55.83 1:33.99	1100m: 17:09.72 1:32.44	1500m: 23:12.53 1:22.07	
400m: 6:12.26 1:35.23	800m: 12:29.68 1:33.85	1200m: 18:42.20 1:32.48		

Prova 2, Masc., 1500m Livres, Master B

Lugar	Idade	Tempo final	Pts
11. ARAUJO, Jose Luis	31 Grupo dos Amigos da Natacao-AC	<b>23:28.88</b>	283
100m: 1:22.13 1:22.13	500m: 7:37.04 1:35.92	900m: 13:59.67 1:36.01	1300m: 20:21.79 1:37.30
200m: 2:52.40 1:30.27	600m: 9:12.47 1:35.43	1000m: 15:33.07 1:33.40	1400m: 21:58.58 1:36.79
300m: 4:26.31 1:33.91	700m: 10:47.79 1:35.32	1100m: 17:07.19 1:34.12	1500m: 23:28.88 1:30.30
400m: 6:01.12 1:34.81	800m: 12:23.66 1:35.87	1200m: 18:44.49 1:37.30	
12. RODRIGUES, Andre Filipe	30 Grupo dos Amigos da Natacao-AC	<b>24:46.49</b>	241
100m: 1:25.12 1:25.12	500m: 8:00.37 1:42.81	900m: 14:52.11 1:40.14	1300m: 21:35.32 1:39.26
200m: 2:58.02 1:32.90	600m: 9:43.72 1:43.35	1000m: 16:33.16 1:41.05	1400m: 23:14.11 1:38.79
300m: 4:36.65 1:38.63	700m: 11:27.87 1:44.15	1100m: 18:14.70 1:41.54	1500m: 24:46.49 1:32.38
400m: 6:17.56 1:40.91	800m: 13:11.97 1:44.10	1200m: 19:56.06 1:41.36	
13. NEVES, Ricardo Duarte	32 Ba-Leiria	<b>27:07.79</b>	183
<i>Standard Time</i>			
100m: 1:39.32 1:39.32	500m: 8:50.29 1:46.48	900m: 16:07.67 1:50.83	1300m: 23:35.99 1:52.53
200m: 3:24.19 1:44.87	600m: 10:37.14 1:46.85	1000m: 17:58.95 1:51.28	1400m: 25:17.08 1:41.09
300m: 5:12.96 1:48.77	700m: 12:27.59 1:50.45	1100m: 19:49.36 1:50.41	1500m: 27:07.79 1:50.71
400m: 7:03.81 1:50.85	800m: 14:16.84 1:49.25	1200m: 21:43.46 1:54.10	
14. PIRES, Ricardo Andre	34 CNLeiria	<b>33:04.56</b>	101
<i>Standard Time</i>			
100m: 1:55.16 1:55.16	500m: 10:37.76 2:13.15	900m: 19:38.32 2:16.35	1300m: 28:46.15 2:13.96
200m: 3:59.36 2:04.20	600m: 12:50.39 2:12.63	1000m: 21:55.01 2:16.69	1400m: 30:58.41 2:12.26
300m: 6:08.53 2:09.17	700m: 15:06.41 2:16.02	1100m: 24:14.11 2:19.10	1500m: 33:04.56 2:06.15
400m: 8:24.61 2:16.08	800m: 17:21.97 2:15.56	1200m: 26:32.19 2:18.08	

Master C

1. RUAS, Bruno Miguel	35 Sporting	<b>18:48.57</b>	756
100m: 1:11.93 1:11.93	500m: 6:11.69 1:15.88	900m: 11:16.66 1:16.60	1300m: 16:21.67 1:15.81
200m: 2:26.50 1:14.57	600m: 7:27.90 1:16.21	1000m: 12:32.90 1:16.24	1400m: 17:39.42 1:17.75
300m: 3:40.76 1:14.26	700m: 8:43.73 1:15.83	1100m: 13:49.16 1:16.26	1500m: 18:48.57 1:09.15
400m: 4:55.81 1:15.05	800m: 10:00.06 1:16.33	1200m: 15:05.86 1:16.70	
2. SILVA, Luis Filipe	36 Leixoes Sport Club	<b>20:14.99</b>	606
100m: 1:15.23 1:15.23	500m: 6:36.93 1:20.55	900m: 12:05.07 1:22.17	1300m: 17:34.60 1:22.53
200m: 2:33.99 1:18.76	600m: 7:58.12 1:21.19	1000m: 13:27.20 1:22.13	1400m: 18:56.66 1:22.06
300m: 3:55.05 1:21.06	700m: 9:20.41 1:22.29	1100m: 14:49.76 1:22.56	1500m: 20:14.99 1:18.33
400m: 5:16.38 1:21.33	800m: 10:42.90 1:22.49	1200m: 16:12.07 1:22.31	
3. HENRIQUES, Miguel Duarte	36 CNLeiria	<b>21:44.74</b>	489
100m: 1:18.23 1:18.23	500m: 7:01.86 1:26.97	900m: 12:53.10 1:28.24	1300m: 18:49.08 1:28.25
200m: 2:42.46 1:24.23	600m: 8:29.37 1:27.51	1000m: 14:21.39 1:28.29	1400m: 20:18.19 1:29.11
300m: 4:07.87 1:25.41	700m: 9:56.95 1:27.58	1100m: 15:50.94 1:29.55	1500m: 21:44.74 1:26.55
400m: 5:34.89 1:27.02	800m: 11:24.86 1:27.91	1200m: 17:20.83 1:29.89	
4. MACHADO, Pedro Ricardo	37 Famalicao	<b>22:32.66</b>	439
100m: 1:21.81 1:21.81	500m: 7:10.54 1:29.86	900m: 13:15.92 1:32.24	1300m: 19:27.60 1:34.62
200m: 2:46.05 1:24.24	600m: 8:40.55 1:30.01	1000m: 14:48.46 1:32.54	1400m: 21:01.95 1:34.35
300m: 4:12.50 1:26.45	700m: 10:12.11 1:31.56	1100m: 16:20.49 1:32.03	1500m: 22:32.66 1:30.71
400m: 5:40.68 1:28.18	800m: 11:43.68 1:31.57	1200m: 17:52.98 1:32.49	
5. GALHARDO, Joao Andre	36 RIA Aqua Tavira	<b>22:41.52</b>	430
100m: 1:24.75 1:24.75	500m: 7:21.77 1:30.01	900m: 13:26.30 1:31.70	1300m: 19:39.87 1:33.34
200m: 2:52.57 1:27.82	600m: 8:51.90 1:30.13	1000m: 14:59.52 1:33.22	1400m: 21:12.18 1:32.31
300m: 4:22.30 1:29.73	700m: 10:23.09 1:31.19	1100m: 16:32.89 1:33.37	1500m: 22:41.52 1:29.34
400m: 5:51.76 1:29.46	800m: 11:54.60 1:31.51	1200m: 18:06.53 1:33.64	

Prova 2, Masc., 1500m Livres, Master C

Lugar	Idade		Tempo final		Pts
6.	MORAIS, Pedro Joao	38	Alges e Agueda XXI	<b>22:59.75</b>	413
	100m: 1:20.15 1:20.15	500m: 7:25.65 1:33.62	900m: 13:42.93 1:34.70	1300m: 20:00.93 1:34.18	
	200m: 2:48.32 1:28.17	600m: 8:58.77 1:33.12	1000m: 15:16.82 1:33.89	1400m: 21:34.67 1:33.74	
	300m: 4:19.31 1:30.99	700m: 10:34.16 1:35.39	1100m: 16:51.99 1:35.17	1500m: 22:59.75 1:25.08	
	400m: 5:52.03 1:32.72	800m: 12:08.23 1:34.07	1200m: 18:26.75 1:34.76		
7.	FIGUEIREDO, Luis Rosario	35	Ginásio Sto. Tirso	<b>23:26.88</b>	390
	100m: 1:21.89 1:21.89	500m: 7:33.19 1:34.74	900m: 13:54.81 1:36.67	1300m: 20:22.72 1:37.70	
	200m: 2:51.72 1:29.83	600m: 9:07.48 1:34.29	1000m: 15:30.36 1:35.55	1400m: 21:59.18 1:36.46	
	300m: 4:24.43 1:32.71	700m: 10:42.60 1:35.12	1100m: 17:08.13 1:37.77	1500m: 23:26.88 1:27.70	
	400m: 5:58.45 1:34.02	800m: 12:18.14 1:35.54	1200m: 18:45.02 1:36.89		
8.	CARRILHO, Miguel Angelo	35	Cnatriil	<b>24:14.07</b>	353
	100m: 1:17.45 1:17.45	500m: 7:26.24 1:37.83	900m: 14:08.00 1:42.89	1300m: 20:57.70 1:41.77	
	200m: 2:42.26 1:24.81	600m: 9:04.59 1:38.35	1000m: 15:51.22 1:43.22	1400m: 22:37.30 1:39.60	
	300m: 4:13.48 1:31.22	700m: 10:43.21 1:38.62	1100m: 17:32.58 1:41.36	1500m: 24:14.07 1:36.77	
	400m: 5:48.41 1:34.93	800m: 12:25.11 1:41.90	1200m: 19:15.93 1:43.35		
9.	PINHO, Jose Pedro	38	Leixoes Sport Club	<b>24:37.98</b>	336
	100m: 1:30.34 1:30.34	500m: 8:01.92 1:38.64	900m: 14:36.71 1:38.69	1300m: 21:18.00 1:40.96	
	200m: 3:06.63 1:36.29	600m: 9:41.19 1:39.27	1000m: 16:16.21 1:39.50	1400m: 22:59.00 1:41.00	
	300m: 4:44.40 1:37.77	700m: 11:19.97 1:38.78	1100m: 17:56.37 1:40.16	1500m: 24:37.98 1:38.98	
	400m: 6:23.28 1:38.88	800m: 12:58.02 1:38.05	1200m: 19:37.04 1:40.67		
10.	FERNANDES, Andre Manuel	36	LPS	<b>24:49.74</b>	328
	100m: 1:24.09 1:24.09	500m: 7:52.16 1:39.99	900m: 14:41.10 1:42.88	1300m: 21:32.10 1:42.43	
	200m: 2:56.58 1:32.49	600m: 9:33.39 1:41.23	1000m: 16:23.86 1:42.76	1400m: 23:13.23 1:41.13	
	300m: 4:34.20 1:37.62	700m: 11:15.37 1:41.98	1100m: 18:06.92 1:43.06	1500m: 24:49.74 1:36.51	
	400m: 6:12.17 1:37.97	800m: 12:58.22 1:42.85	1200m: 19:49.67 1:42.75		
11.	AFONSO, Carlos Eduardo	39	Natacao da Maia	<b>25:24.75</b>	306
	100m: 1:28.07 1:28.07	500m: 8:10.71 1:44.29	900m: 15:07.61 1:45.50	1300m: 22:00.27 1:44.20	
	200m: 3:03.15 1:35.08	600m: 9:55.74 1:45.03	1000m: 16:51.31 1:43.70	1400m: 23:41.01 1:40.74	
	300m: 4:42.68 1:39.53	700m: 11:39.01 1:43.27	1100m: 18:33.62 1:42.31	1500m: 25:24.75 1:43.74	
	400m: 6:26.42 1:43.74	800m: 13:22.11 1:43.10	1200m: 20:16.07 1:42.45		
12.	ISABEL, Rui Jorge	35	Pimpoes/Cimai	<b>26:00.72</b>	285
	100m: 1:33.23 1:33.23	500m: 8:27.19 1:46.52	900m: 15:30.72 1:46.70	1300m: 22:33.96 1:48.04	
	200m: 3:13.03 1:39.80	600m: 10:12.65 1:45.46	1000m: 17:17.71 1:46.99	1400m: 24:20.08 1:46.12	
	300m: 4:55.20 1:42.17	700m: 11:59.27 1:46.62	1100m: 19:01.50 1:43.79	1500m: 26:00.72 1:40.64	
	400m: 6:40.67 1:45.47	800m: 13:44.02 1:44.75	1200m: 20:45.92 1:44.42		
13.	GASPAR, Ricardo Madeira	35	Ba-Leiria	<b>26:09.34</b>	281
	100m: 1:29.91 1:29.91	500m: 8:30.54 1:47.57	900m: 15:37.53 1:46.50	1300m: 22:45.05 1:46.50	
	200m: 3:10.20 1:40.29	600m: 10:17.32 1:46.78	1000m: 17:24.23 1:46.70	1400m: 24:31.64 1:46.59	
	300m: 4:55.94 1:45.74	700m: 12:03.73 1:46.41	1100m: 19:11.14 1:46.91	1500m: 26:09.34 1:37.70	
	400m: 6:42.97 1:47.03	800m: 13:51.03 1:47.30	1200m: 20:58.55 1:47.41		
14.	LETRA, Ricardo Jorge	39	Vieirense	<b>26:43.09</b>	263
	100m: 1:38.70 1:38.70	500m: 8:50.68 1:48.71	900m: 16:03.43 1:47.64	1300m: 23:17.28 1:48.46	
	200m: 3:25.63 1:46.93	600m: 10:38.74 1:48.06	1000m: 17:51.92 1:48.49	1400m: 25:04.53 1:47.25	
	300m: 5:12.96 1:47.33	700m: 12:27.02 1:48.28	1100m: 19:40.39 1:48.47	1500m: 26:43.09 1:38.56	
	400m: 7:01.97 1:49.01	800m: 14:15.79 1:48.77	1200m: 21:28.82 1:48.43		
15.	BOGA, Pedro Nuno	39	Porto	<b>26:54.06</b>	258
	100m: 1:37.43 1:37.43	500m: 8:51.90 1:50.50	900m: 16:10.99 1:49.16	1300m: 23:31.11 1:49.75	
	200m: 3:22.75 1:45.32	600m: 10:41.86 1:49.96	1000m: 18:02.09 1:51.10	1400m: 25:16.97 1:45.86	
	300m: 5:10.58 1:47.83	700m: 12:31.57 1:49.71	1100m: 19:52.16 1:50.07	1500m: 26:54.06 1:37.09	
	400m: 7:01.40 1:50.82	800m: 14:21.83 1:50.26	1200m: 21:41.36 1:49.20		

Prova 2, Masc., 1500m Livres, Master C

Lugar	Idade	Tempo final	Pts
16. FERREIRA, Nuno Ricardo	39 Estarreja/PROZINCO	<b>27:28.80</b>	242
100m: 1:38.32 1:38.32	500m: 8:49.58 1:50.73	900m: 16:15.99 1:51.02	1300m: 23:46.41 1:53.84
200m: 3:22.09 1:43.77	600m: 10:41.18 1:51.60	1000m: 18:08.12 1:52.13	1400m: 25:39.01 1:52.60
300m: 5:10.05 1:47.96	700m: 12:33.55 1:52.37	1100m: 20:00.47 1:52.35	1500m: 27:28.80 1:49.79
400m: 6:58.85 1:48.80	800m: 14:24.97 1:51.42	1200m: 21:52.57 1:52.10	
17. CASTRO, Francisco Leite	35 CNLeiria	<b>27:53.04</b>	232
100m: 1:42.14 1:42.14	500m: 9:08.22 1:55.16	900m: 16:48.71 1:54.55	1300m: 24:16.58 1:52.65
200m: 3:32.83 1:50.69	600m: 11:04.47 1:56.25	1000m: 18:41.58 1:52.87	1400m: 26:06.55 1:49.97
300m: 5:21.36 1:48.53	700m: 12:59.64 1:55.17	1100m: 20:31.19 1:49.61	1500m: 27:53.04 1:46.49
400m: 7:13.06 1:51.70	800m: 14:54.16 1:54.52	1200m: 22:23.93 1:52.74	
18. APARICIO, Tiago Miguel	35 Grupo dos Amigos da Natacao-AC	<b>28:54.97</b>	208
<i>Standard Time</i>			
100m: 1:40.46 1:40.46	500m: 9:18.89 1:55.63	900m: 17:05.99 1:57.16	1300m: 24:58.32 1:59.17
200m: 3:31.53 1:51.07	600m: 11:15.90 1:57.01	1000m: 19:03.70 1:57.71	1400m: 26:59.39 2:01.07
300m: 5:27.56 1:56.03	700m: 13:11.04 1:55.14	1100m: 20:59.60 1:55.90	1500m: 28:54.97 1:55.58
400m: 7:23.26 1:55.70	800m: 15:08.83 1:57.79	1200m: 22:59.15 1:59.55	
DSQ GOMES, Pedro Emanuel	36 Natacao de Valongo		
<i>102 - O(a) atleta não completou o percurso - SW 10.2</i>			

Master D

1. FERREIRA, Ricardo Regufe	44 Fluvial Portuense	<b>18:51.41</b>	701
100m: 1:13.28 1:13.28	500m: 6:15.34 1:15.10	900m: 11:16.27 1:15.99	1300m: 16:17.86 1:14.94
200m: 2:28.72 1:15.44	600m: 7:29.96 1:14.62	1000m: 12:32.02 1:15.75	1400m: 17:30.35 1:12.49
300m: 3:44.37 1:15.65	700m: 8:45.51 1:15.55	1100m: 13:47.37 1:15.35	1500m: 18:51.41 1:21.06
400m: 5:00.24 1:15.87	800m: 10:00.28 1:14.77	1200m: 15:02.92 1:15.55	
2. PASSOS, Francisco Zamith	41 Ginásio Sto. Tirso	<b>19:09.67</b>	669
100m: 1:12.35 1:12.35	500m: 6:17.73 1:17.71	900m: 11:31.47 1:18.44	1300m: 16:42.13 1:18.26
200m: 2:26.97 1:14.62	600m: 7:35.82 1:18.09	1000m: 12:47.30 1:15.83	1400m: 17:59.54 1:17.41
300m: 3:43.02 1:16.05	700m: 8:54.18 1:18.36	1100m: 14:05.87 1:18.57	1500m: 19:09.67 1:10.13
400m: 5:00.02 1:17.00	800m: 10:13.03 1:18.85	1200m: 15:23.87 1:18.00	
3. SANTOS, Joao Miguel	43 CNLeiria	<b>19:17.83</b>	655
100m: 1:11.65 1:11.65	500m: 6:16.33 1:16.85	900m: 11:27.02 1:18.53	1300m: 16:43.73 1:19.14
200m: 2:26.60 1:14.95	600m: 7:33.34 1:17.01	1000m: 12:46.17 1:19.15	1400m: 18:02.12 1:18.39
300m: 3:42.71 1:16.11	700m: 8:50.82 1:17.48	1100m: 14:05.22 1:19.05	1500m: 19:17.83 1:15.71
400m: 4:59.48 1:16.77	800m: 10:08.49 1:17.67	1200m: 15:24.59 1:19.37	
4. COURAS, Ivan Mauricio	43 Fluvial Portuense	<b>19:35.58</b>	625
100m: 1:15.39 1:15.39	500m: 6:31.46 1:19.68	900m: 11:48.10 1:19.69	1300m: 17:03.14 1:18.11
200m: 2:33.82 1:18.43	600m: 7:51.02 1:19.56	1000m: 13:08.24 1:20.14	1400m: 18:20.83 1:17.69
300m: 3:52.22 1:18.40	700m: 9:09.27 1:18.25	1100m: 14:26.83 1:18.59	1500m: 19:35.58 1:14.75
400m: 5:11.78 1:19.56	800m: 10:28.41 1:19.14	1200m: 15:45.03 1:18.20	
5. PIMENTEL, Pedro Filipe	40 Foca	<b>21:33.46</b>	469
100m: 1:17.62 1:17.62	500m: 6:58.15 1:27.06	900m: 12:46.71 1:27.47	1300m: 18:37.55 1:27.45
200m: 2:40.53 1:22.91	600m: 8:24.94 1:26.79	1000m: 14:15.01 1:28.30	1400m: 20:05.23 1:27.68
300m: 4:04.78 1:24.25	700m: 9:51.95 1:27.01	1100m: 15:42.76 1:27.75	1500m: 21:33.46 1:28.23
400m: 5:31.09 1:26.31	800m: 11:19.24 1:27.29	1200m: 17:10.10 1:27.34	
6. FIALHO, Andre Filipe	42 Pimpoes/Cimai	<b>21:57.95</b>	444
100m: 1:22.39 1:22.39	500m: 7:18.44 1:29.09	900m: 13:13.43 1:28.82	1300m: 19:07.00 1:28.39
200m: 2:50.28 1:27.89	600m: 8:46.54 1:28.10	1000m: 14:41.79 1:28.36	1400m: 20:34.47 1:27.47
300m: 4:18.61 1:28.33	700m: 10:15.89 1:29.35	1100m: 16:09.96 1:28.17	1500m: 21:57.95 1:23.48
400m: 5:49.35 1:30.74	800m: 11:44.61 1:28.72	1200m: 17:38.61 1:28.65	

Prova 2, Masc., 1500m Livres, Master D

Lugar	Idade		Tempo final		Pts
7.	LOBO, Armindo Manuel	40	Vitoria Sport Clube	<b>23:06.68</b>	381
	100m: 1:24.04 1:24.04	500m: 7:33.76 1:33.94	900m: 13:50.87 1:34.50	1300m: 20:06.00 1:34.13	
	200m: 2:54.28 1:30.24	600m: 9:07.93 1:34.17	1000m: 15:24.69 1:33.82	1400m: 21:39.42 1:33.42	
	300m: 4:26.24 1:31.96	700m: 10:42.24 1:34.31	1100m: 16:58.37 1:33.68	1500m: 23:06.68 1:27.26	
	400m: 5:59.82 1:33.58	800m: 12:16.37 1:34.13	1200m: 18:31.87 1:33.50		
8.	RODRIGUES, Marcelo Porto	42	Natacao de Valongo	<b>23:17.48</b>	372
	100m: 1:25.98 1:25.98	500m: 7:34.97 1:33.69	900m: 13:51.59 1:34.99	1300m: 20:14.53 1:36.42	
	200m: 2:56.45 1:30.47	600m: 9:08.42 1:33.45	1000m: 15:26.65 1:35.06	1400m: 21:50.36 1:35.83	
	300m: 4:28.74 1:32.29	700m: 10:42.25 1:33.83	1100m: 17:02.43 1:35.78	1500m: 23:17.48 1:27.12	
	400m: 6:01.28 1:32.54	800m: 12:16.60 1:34.35	1200m: 18:38.11 1:35.68		
9.	AMIM, Caio Herculano	41	Pimpoes/Cimai	<b>23:34.41</b>	359
	100m: 1:28.23 1:28.23	500m: 7:45.90 1:35.42	900m: 14:07.72 1:34.98	1300m: 20:30.61 1:36.49	
	200m: 3:01.02 1:32.79	600m: 9:21.55 1:35.65	1000m: 15:42.71 1:34.99	1400m: 22:05.68 1:35.07	
	300m: 4:35.40 1:34.38	700m: 10:56.88 1:35.33	1100m: 17:18.37 1:35.66	1500m: 23:34.41 1:28.73	
	400m: 6:10.48 1:35.08	800m: 12:32.74 1:35.86	1200m: 18:54.12 1:35.75		
10.	OLIVEIRA, Jorge Miguel	44	Natacao de Valongo	<b>23:37.91</b>	356
	100m: 1:30.09 1:30.09	500m: 7:48.63 1:35.23	900m: 14:09.95 1:34.90	1300m: 20:29.14 1:35.38	
	200m: 3:03.70 1:33.61	600m: 9:25.06 1:36.43	1000m: 15:44.77 1:34.82	1400m: 22:05.42 1:36.28	
	300m: 4:38.21 1:34.51	700m: 10:59.87 1:34.81	1100m: 17:19.81 1:35.04	1500m: 23:37.91 1:32.49	
	400m: 6:13.40 1:35.19	800m: 12:35.05 1:35.18	1200m: 18:53.76 1:33.95		
11.	RIBEIRO, Tiago Goncalo	44	Pimpoes/Cimai	<b>24:39.11</b>	314
	100m: 1:29.64 1:29.64	500m: 8:09.22 1:39.87	900m: 14:50.76 1:40.43	1300m: 21:28.71 1:39.85	
	200m: 3:08.07 1:38.43	600m: 9:49.79 1:40.57	1000m: 16:29.86 1:39.10	1400m: 23:04.95 1:36.24	
	300m: 4:48.26 1:40.19	700m: 11:30.60 1:40.81	1100m: 18:10.18 1:40.32	1500m: 24:39.11 1:34.16	
	400m: 6:29.35 1:41.09	800m: 13:10.33 1:39.73	1200m: 19:48.86 1:38.68		
12.	CRUZ, Jose Antonio	40	Adrcimm	<b>24:55.15</b>	304
	100m: 1:34.83 1:34.83	500m: 8:19.06 1:41.09	900m: 15:04.40 1:41.06	1300m: 21:42.90 1:38.42	
	200m: 3:16.87 1:42.04	600m: 9:59.83 1:40.77	1000m: 16:43.98 1:39.58	1400m: 23:19.88 1:36.98	
	300m: 4:57.63 1:40.76	700m: 11:41.65 1:41.82	1100m: 18:24.13 1:40.15	1500m: 24:55.15 1:35.27	
	400m: 6:37.97 1:40.34	800m: 13:23.34 1:41.69	1200m: 20:04.48 1:40.35		
13.	MOREIRA, Celso Ilidio	44	Alges e Agueda XXI	<b>26:26.64</b>	254
	100m: 1:29.24 1:29.24	500m: 8:26.82 1:47.13	900m: 15:37.11 1:48.07	1300m: 22:54.86 1:50.28	
	200m: 3:09.40 1:40.16	600m: 10:14.26 1:47.44	1000m: 17:25.67 1:48.56	1400m: 24:43.59 1:48.73	
	300m: 4:53.64 1:44.24	700m: 12:00.84 1:46.58	1100m: 19:15.07 1:49.40	1500m: 26:26.64 1:43.05	
	400m: 6:39.69 1:46.05	800m: 13:49.04 1:48.20	1200m: 21:04.58 1:49.51		
14.	COELHO, Ruben Filipe	42	Gesloures	<b>27:10.93</b>	234
	100m: 1:36.40 1:36.40	500m: 8:50.12 1:49.48	900m: 16:11.10 1:49.49	1300m: 23:31.94 1:51.28	
	200m: 3:22.56 1:46.16	600m: 10:39.73 1:49.61	1000m: 18:01.40 1:50.30	1400m: 25:23.05 1:51.11	
	300m: 5:11.47 1:48.91	700m: 12:30.82 1:51.09	1100m: 19:50.23 1:48.83	1500m: 27:10.93 1:47.88	
	400m: 7:00.64 1:49.17	800m: 14:21.61 1:50.79	1200m: 21:40.66 1:50.43		
15.	FANGUEIRO, Rui Neves	42	Vilacondense	<b>27:21.27</b>	229
	100m: 1:37.17 1:37.17	500m: 8:52.95 1:49.29	900m: 16:12.94 1:49.51	1300m: 23:45.92 1:54.01	
	200m: 3:24.09 1:46.92	600m: 10:44.14 1:51.19	1000m: 18:05.83 1:52.89	1400m: 25:38.94 1:53.02	
	300m: 5:13.22 1:49.13	700m: 12:33.76 1:49.62	1100m: 19:58.59 1:52.76	1500m: 27:21.27 1:42.33	
	400m: 7:03.66 1:50.44	800m: 14:23.43 1:49.67	1200m: 21:51.91 1:53.32		
16.	GOUVEIA, Pedro Santos	43	Academica de Coimbra	<b>27:21.62</b>	229
	100m: 1:36.15 1:36.15	500m: 8:43.74 1:51.19	900m: 16:05.61 1:51.36	1300m: 23:36.41 1:53.89	
	200m: 3:20.80 1:44.65	600m: 10:33.59 1:49.85	1000m: 17:57.67 1:52.06	1400m: 25:30.42 1:54.01	
	300m: 5:05.04 1:44.24	700m: 12:23.25 1:49.66	1100m: 19:50.41 1:52.74	1500m: 27:21.62 1:51.20	
	400m: 6:52.55 1:47.51	800m: 14:14.25 1:51.00	1200m: 21:42.52 1:52.11		

Prova 2, Masc., 1500m Livres, Master D

Lugar	Nome		Idade	Clube		Tempo final	Pts					
17.	GONCALVES, Pedro Miguel		41	Vilacondense		<b>27:32.91</b>	225					
	100m:	1:32.97	1:32.97	500m:	8:55.47	1:53.48	900m:	16:25.55	1:53.41	1300m:	23:56.26	1:52.94
	200m:	3:18.88	1:45.91	600m:	10:48.40	1:52.93	1000m:	18:17.65	1:52.10	1400m:	25:47.60	1:51.34
	300m:	5:09.81	1:50.93	700m:	12:39.94	1:51.54	1100m:	20:10.35	1:52.70	1500m:	27:32.91	1:45.31
	400m:	7:01.99	1:52.18	800m:	14:32.14	1:52.20	1200m:	22:03.32	1:52.97			
18.	LEITE, Bruno Gabriel		40	Braga		<b>27:43.45</b>	220					
	100m:	1:41.57	1:41.57	500m:	9:06.07	1:51.82	900m:	16:38.68	1:54.55	1300m:	24:03.43	1:53.88
	200m:	3:31.73	1:50.16	600m:	10:58.97	1:52.90	1000m:	18:29.84	1:51.16	1400m:	25:54.72	1:51.29
	300m:	5:22.47	1:50.74	700m:	12:51.30	1:52.33	1100m:	20:18.76	1:48.92	1500m:	27:43.45	1:48.73
	400m:	7:14.25	1:51.78	800m:	14:44.13	1:52.83	1200m:	22:09.55	1:50.79			
19.	GASPAR, Duarte Miguel		40	Pdcm		<b>28:54.27</b>	194					
	<i>Standard Time</i>											
	100m:	1:39.49	1:39.49	500m:	9:18.83	1:57.77	900m:	17:12.18	1:57.66	1300m:	25:08.16	1:59.43
	200m:	3:31.32	1:51.83	600m:	11:16.77	1:57.94	1000m:	19:10.92	1:58.74	1400m:	27:05.67	1:57.51
	300m:	5:26.33	1:55.01	700m:	13:15.87	1:59.10	1100m:	21:10.45	1:59.53	1500m:	28:54.27	1:48.60
	400m:	7:21.06	1:54.73	800m:	15:14.52	1:58.65	1200m:	23:08.73	1:58.28			
20.	COSTA, Jorge Jose		44	Vitoria Sport Clube		<b>29:13.12</b>	188					
	<i>Standard Time</i>											
	100m:	1:43.85	1:43.85	500m:	9:32.26	1:58.85	900m:	17:20.36	1:56.09	1300m:	25:10.97	1:58.37
	200m:	3:37.22	1:53.37	600m:	11:29.68	1:57.42	1000m:	19:17.34	1:56.98	1400m:	27:10.14	1:59.17
	300m:	5:33.89	1:56.67	700m:	13:27.61	1:57.93	1100m:	21:14.16	1:56.82	1500m:	29:13.12	2:02.98
	400m:	7:33.41	1:59.52	800m:	15:24.27	1:56.66	1200m:	23:12.60	1:58.44			
21.	ONOFRE, Jose Alexandre		43	Estarreja/PROZINCO		<b>31:04.47</b>	156					
	<i>Standard Time</i>											
	100m:	1:50.84	1:50.84	500m:	10:11.39	2:07.04	900m:	18:34.36	2:06.65	1300m:	27:01.76	2:06.43
	200m:	3:52.84	2:02.00	600m:	12:16.66	2:05.27	1000m:	20:40.20	2:05.84	1400m:	29:09.01	2:07.25
	300m:	5:59.05	2:06.21	700m:	14:22.53	2:05.87	1100m:	22:47.87	2:07.67	1500m:	31:04.47	1:55.46
	400m:	8:04.35	2:05.30	800m:	16:27.71	2:05.18	1200m:	24:55.33	2:07.46			
22.	GUERRA, Andre Castanheira		42	Natacao da Maia		<b>31:47.62</b>	146					
	<i>Standard Time</i>											
	100m:	1:56.66	1:56.66	500m:	10:30.04	2:07.54	900m:	19:05.32	2:07.75	1300m:	27:34.87	2:07.05
	200m:	4:05.42	2:08.76	600m:	12:39.94	2:09.90	1000m:	21:13.64	2:08.32	1400m:	29:41.55	2:06.68
	300m:	6:12.71	2:07.29	700m:	14:48.92	2:08.98	1100m:	23:22.06	2:08.42	1500m:	31:47.62	2:06.07
	400m:	8:22.50	2:09.79	800m:	16:57.57	2:08.65	1200m:	25:27.82	2:05.76			

Master E

1.	COSTA, Rodrigo Marques		48	Litoral Alentejano		<b>19:42.41</b>	663					
	100m:	1:11.93	1:11.93	500m:	6:14.60	1:16.85	900m:	11:32.06	1:20.69	1300m:	17:02.06	1:22.44
	200m:	2:26.86	1:14.93	600m:	7:32.22	1:17.62	1000m:	12:54.24	1:22.18	1400m:	18:23.84	1:21.78
	300m:	3:42.09	1:15.23	700m:	8:51.50	1:19.28	1100m:	14:16.62	1:22.38	1500m:	19:42.41	1:18.57
	400m:	4:57.75	1:15.66	800m:	10:11.37	1:19.87	1200m:	15:39.62	1:23.00			
2.	BARBOSA, Celso Ruben		47	Porto		<b>20:00.79</b>	633					
	100m:	1:14.12	1:14.12	500m:	6:34.81	1:20.62	900m:	11:59.43	1:21.39	1300m:	17:25.02	1:21.94
	200m:	2:33.53	1:19.41	600m:	7:55.15	1:20.34	1000m:	13:21.25	1:21.82	1400m:	18:45.87	1:20.85
	300m:	3:54.06	1:20.53	700m:	9:16.64	1:21.49	1100m:	14:41.54	1:20.29	1500m:	20:00.79	1:14.92
	400m:	5:14.19	1:20.13	800m:	10:38.04	1:21.40	1200m:	16:03.08	1:21.54			
3.	PORTELA, Antonio Luis		49	Fluvial Portuense		<b>20:27.90</b>	592					
	100m:	1:14.73	1:14.73	500m:	6:36.52	1:21.07	900m:	12:07.01	1:23.54	1300m:	17:42.66	1:24.37
	200m:	2:33.99	1:19.26	600m:	7:58.39	1:21.87	1000m:	13:30.49	1:23.48	1400m:	19:06.56	1:23.90
	300m:	3:54.78	1:20.79	700m:	9:20.76	1:22.37	1100m:	14:54.11	1:23.62	1500m:	20:27.90	1:21.34
	400m:	5:15.45	1:20.67	800m:	10:43.47	1:22.71	1200m:	16:18.29	1:24.18			



Prova 2, Masc., 1500m Livres, Master E

Lugar	Idade		Tempo final		Pts
4. PIRES, Miguel Pinheiro	46	Fluvial Portuense	<b>20:56.65</b>	552	
100m: 1:19.53 1:19.53	500m: 6:57.88 1:24.82	900m: 12:34.35 1:24.20	1300m: 18:11.34 1:24.90		
200m: 2:43.11 1:23.58	600m: 8:21.75 1:23.87	1000m: 13:58.28 1:23.93	1400m: 19:36.32 1:24.98		
300m: 4:08.26 1:25.15	700m: 9:45.94 1:24.19	1100m: 15:22.38 1:24.10	1500m: 20:56.65 1:20.33		
400m: 5:33.06 1:24.80	800m: 11:10.15 1:24.21	1200m: 16:46.44 1:24.06			
5. ALMEIDA, Diogo Pedroso	47	Adrcimm	<b>21:19.20</b>	524	
100m: 1:21.65 1:21.65	500m: 7:01.04 1:24.16	900m: 12:39.33 1:24.88	1300m: 18:21.62 1:27.74		
200m: 2:45.89 1:24.24	600m: 8:26.23 1:25.19	1000m: 14:04.13 1:24.80	1400m: 19:51.22 1:29.60		
300m: 4:11.22 1:25.33	700m: 9:49.92 1:23.69	1100m: 15:28.69 1:24.56	1500m: 21:19.20 1:27.98		
400m: 5:36.88 1:25.66	800m: 11:14.45 1:24.53	1200m: 16:53.88 1:25.19			
6. SANTOS, Bruno Miguel	48	Centro Desp. Universitario do Porto	<b>21:50.01</b>	488	
100m: 1:15.59 1:15.59	500m: 6:57.06 1:28.28	900m: 12:52.73 1:28.96	1300m: 18:54.53 1:30.62		
200m: 2:38.20 1:22.61	600m: 8:25.47 1:28.41	1000m: 14:22.74 1:30.01	1400m: 20:24.25 1:29.72		
300m: 4:02.75 1:24.55	700m: 9:54.93 1:29.46	1100m: 15:52.84 1:30.10	1500m: 21:50.01 1:25.76		
400m: 5:28.78 1:26.03	800m: 11:23.77 1:28.84	1200m: 17:23.91 1:31.07			
7. FAISCA, Rui Pedro	48	Adrcimm	<b>22:27.34</b>	448	
100m: 1:22.94 1:22.94	500m: 7:18.52 1:29.86	900m: 13:18.62 1:30.64	1300m: 19:25.23 1:32.44		
200m: 2:49.86 1:26.92	600m: 8:47.88 1:29.36	1000m: 14:50.10 1:31.48	1400m: 20:58.02 1:32.79		
300m: 4:18.99 1:29.13	700m: 10:17.55 1:29.67	1100m: 16:21.44 1:31.34	1500m: 22:27.34 1:29.32		
400m: 5:48.66 1:29.67	800m: 11:47.98 1:30.43	1200m: 17:52.79 1:31.35			
8. OLIVEIRA, Carlos Miguel	46	Estarreja/PROZINCO	<b>23:08.47</b>	409	
100m: 1:20.63 1:20.63	500m: 7:20.62 1:32.81	900m: 13:41.09 1:35.96	1300m: 20:00.80 1:35.36		
200m: 2:46.73 1:26.10	600m: 8:53.97 1:33.35	1000m: 15:15.76 1:34.67	1400m: 21:35.79 1:34.99		
300m: 4:16.15 1:29.42	700m: 10:29.78 1:35.81	1100m: 16:50.45 1:34.69	1500m: 23:08.47 1:32.68		
400m: 5:47.81 1:31.66	800m: 12:05.13 1:35.35	1200m: 18:25.44 1:34.99			
9. TROVISCO, Pedro Nuno	47	Natacao da Maia	<b>23:15.14</b>	404	
100m: 1:28.92 1:28.92	500m: 7:42.71 1:33.16	900m: 13:56.62 1:33.78	1300m: 20:12.34 1:33.38		
200m: 3:02.39 1:33.47	600m: 9:15.60 1:32.89	1000m: 15:30.67 1:34.05	1400m: 21:46.01 1:33.67		
300m: 4:35.91 1:33.52	700m: 10:48.73 1:33.13	1100m: 17:04.25 1:33.58	1500m: 23:15.14 1:29.13		
400m: 6:09.55 1:33.64	800m: 12:22.84 1:34.11	1200m: 18:38.96 1:34.71			
10. AFONSO, Hugo Andre	48	CCDSerta	<b>23:43.42</b>	380	
100m: 1:28.73 1:28.73	500m: 7:52.62 1:35.39	900m: 14:14.97 1:35.82	1300m: 20:39.41 1:36.41		
200m: 3:04.65 1:35.92	600m: 9:27.84 1:35.22	1000m: 15:51.43 1:36.46	1400m: 22:14.40 1:34.99		
300m: 4:40.90 1:36.25	700m: 11:03.16 1:35.32	1100m: 17:26.77 1:35.34	1500m: 23:43.42 1:29.02		
400m: 6:17.23 1:36.33	800m: 12:39.15 1:35.99	1200m: 19:03.00 1:36.23			
11. GOULAO, Carlos Soares	49	Galitos / Bresimar	<b>23:46.52</b>	377	
100m: 1:29.38 1:29.38	500m: 7:51.22 1:35.23	900m: 14:13.78 1:35.57	1300m: 20:38.70 1:35.36		
200m: 3:04.79 1:35.41	600m: 9:27.30 1:36.08	1000m: 15:49.68 1:35.90	1400m: 22:14.80 1:36.10		
300m: 4:40.43 1:35.64	700m: 11:02.80 1:35.50	1100m: 17:26.53 1:36.85	1500m: 23:46.52 1:31.72		
400m: 6:15.99 1:35.56	800m: 12:38.21 1:35.41	1200m: 19:03.34 1:36.81			
12. ROCHA, Andre Rosado	46	Pimpoes/Cimai	<b>24:02.21</b>	365	
100m: 1:23.11 1:23.11	500m: 7:35.09 1:37.96	900m: 14:11.74 1:38.59	1300m: 20:49.85 1:39.99		
200m: 2:51.52 1:28.41	600m: 9:13.34 1:38.25	1000m: 15:51.52 1:39.78	1400m: 22:29.76 1:39.91		
300m: 4:23.22 1:31.70	700m: 10:53.40 1:40.06	1100m: 17:29.80 1:38.28	1500m: 24:02.21 1:32.45		
400m: 5:57.13 1:33.91	800m: 12:33.15 1:39.75	1200m: 19:09.86 1:40.06			
13. GONCALVES, Nuno Telmo	47	Sporting	<b>25:44.23</b>	297	
100m: 1:30.63 1:30.63	500m: 8:14.99 1:44.98	900m: 15:14.07 1:45.81	1300m: 22:14.06 1:45.52		
200m: 3:08.47 1:37.84	600m: 9:59.90 1:44.91	1000m: 17:00.15 1:46.08	1400m: 24:00.67 1:46.61		
300m: 4:47.78 1:39.31	700m: 11:44.26 1:44.36	1100m: 18:45.15 1:45.00	1500m: 25:44.23 1:43.56		
400m: 6:30.01 1:42.23	800m: 13:28.26 1:44.00	1200m: 20:28.54 1:43.39			

Prova 2, Masc., 1500m Livres, Master E

Lugar	Idade		Tempo final		Pts
14.	MORA, Luis Ricardo	46	Academica de Coimbra	<b>25:46.86</b>	296
	100m: 1:29.74 1:29.74	500m: 8:24.06 1:45.44	900m: 15:24.58 1:45.42	1300m: 22:27.86 1:45.58	
	200m: 3:10.18 1:40.44	600m: 10:09.45 1:45.39	1000m: 17:11.00 1:46.42	1400m: 24:12.99 1:45.13	
	300m: 4:54.01 1:43.83	700m: 11:54.04 1:44.59	1100m: 18:56.38 1:45.38	1500m: 25:46.86 1:33.87	
	400m: 6:38.62 1:44.61	800m: 13:39.16 1:45.12	1200m: 20:42.28 1:45.90		
15.	ROMAO, Joao Filipe	47	Lagoa Academico Clube	<b>25:47.63</b>	296
	100m: 1:32.94 1:32.94	500m: 8:30.93 1:45.66	900m: 15:30.26 1:44.03	1300m: 22:31.15 1:45.40	
	200m: 3:16.57 1:43.63	600m: 10:16.11 1:45.18	1000m: 17:15.45 1:45.19	1400m: 24:14.87 1:43.72	
	300m: 5:01.16 1:44.59	700m: 12:01.38 1:45.27	1100m: 19:00.09 1:44.64	1500m: 25:47.63 1:32.76	
	400m: 6:45.27 1:44.11	800m: 13:46.23 1:44.85	1200m: 20:45.75 1:45.66		
16.	FARIA, Eliseu Samuel	45	Vitoria Sport Clube	<b>26:26.91</b>	274
	100m: 1:32.07 1:32.07	500m: 8:32.94 1:47.33	900m: 15:40.22 1:47.39	1300m: 22:56.04 1:49.66	
	200m: 3:13.90 1:41.83	600m: 10:19.54 1:46.60	1000m: 17:28.03 1:47.81	1400m: 24:45.07 1:49.03	
	300m: 4:59.17 1:45.27	700m: 12:05.79 1:46.25	1100m: 19:16.60 1:48.57	1500m: 26:26.91 1:41.84	
	400m: 6:45.61 1:46.44	800m: 13:52.83 1:47.04	1200m: 21:06.38 1:49.78		
17.	PEREIRA, Norberto Matos	49	Vitoria Sport Clube	<b>26:50.92</b>	262
	100m: 1:33.26 1:33.26	500m: 8:38.86 1:47.77	900m: 15:53.58 1:49.81	1300m: 23:08.35 1:48.28	
	200m: 3:16.94 1:43.68	600m: 10:26.70 1:47.84	1000m: 17:42.75 1:49.17	1400m: 25:03.52 1:55.17	
	300m: 5:04.02 1:47.08	700m: 12:14.75 1:48.05	1100m: 19:31.37 1:48.62	1500m: 26:50.92 1:47.40	
	400m: 6:51.09 1:47.07	800m: 14:03.77 1:49.02	1200m: 21:20.07 1:48.70		
18.	PEREIRA, Helder Henriques	45	Clube de Campismo Luz e Vida	<b>26:57.98</b>	259
	100m: 1:35.01 1:35.01	500m: 8:44.02 1:49.00	900m: 15:58.86 1:47.69	1300m: 23:18.17 1:52.56	
	200m: 3:18.97 1:43.96	600m: 10:33.30 1:49.28	1000m: 17:46.19 1:47.33	1400m: 25:10.52 1:52.35	
	300m: 5:06.21 1:47.24	700m: 12:22.03 1:48.73	1100m: 19:35.86 1:49.67	1500m: 26:57.98 1:47.46	
	400m: 6:55.02 1:48.81	800m: 14:11.17 1:49.14	1200m: 21:25.61 1:49.75		
19.	PINHEIRO, Rui Miguel	48	Natacao da Maia	<b>27:06.49</b>	255
	100m: 1:35.99 1:35.99	500m: 8:54.22 1:49.90	900m: 16:11.90 1:49.59	1300m: 23:31.70 1:50.65	
	200m: 3:25.51 1:49.52	600m: 10:43.73 1:49.51	1000m: 18:02.07 1:50.17	1400m: 25:22.18 1:50.48	
	300m: 5:15.53 1:50.02	700m: 12:33.10 1:49.37	1100m: 19:50.07 1:48.00	1500m: 27:06.49 1:44.31	
	400m: 7:04.32 1:48.79	800m: 14:22.31 1:49.21	1200m: 21:41.05 1:50.98		
20.	FERREIRA, Hugo Manuel	45	Natacao da Maia	<b>27:30.35</b>	244
	100m: 1:36.89 1:36.89	500m: 9:03.27 1:50.91	900m: 16:30.76 1:52.90	1300m: 23:54.89 1:52.15	
	200m: 3:25.13 1:48.24	600m: 10:53.63 1:50.36	1000m: 18:20.48 1:49.72	1400m: 25:45.07 1:50.18	
	300m: 5:17.75 1:52.62	700m: 12:46.62 1:52.99	1100m: 20:11.29 1:50.81	1500m: 27:30.35 1:45.28	
	400m: 7:12.36 1:54.61	800m: 14:37.86 1:51.24	1200m: 22:02.74 1:51.45		
21.	NOVAIS, Jose Orlando	46	Vitoria Sport Clube	<b>27:33.09</b>	242
	100m: 1:34.55 1:34.55	500m: 8:44.62 1:48.53	900m: 16:13.63 1:52.20	1300m: 23:51.80 1:54.97	
	200m: 3:19.81 1:45.26	600m: 10:37.27 1:52.65	1000m: 18:06.99 1:53.36	1400m: 25:45.93 1:54.13	
	300m: 5:07.42 1:47.61	700m: 12:29.80 1:52.53	1100m: 20:01.46 1:54.47	1500m: 27:33.09 1:47.16	
	400m: 6:56.09 1:48.67	800m: 14:21.43 1:51.63	1200m: 21:56.83 1:55.37		
22.	AFONSO, Nuno Silva	45	Academica de Coimbra	<b>27:37.99</b>	240
	100m: 1:35.41 1:35.41	500m: 8:59.91 1:52.04	900m: 16:30.72 1:52.79	1300m: 24:02.48 1:52.56	
	200m: 3:22.51 1:47.10	600m: 10:52.46 1:52.55	1000m: 18:23.83 1:53.11	1400m: 25:53.34 1:50.86	
	300m: 5:14.83 1:52.32	700m: 12:44.95 1:52.49	1100m: 20:17.40 1:53.57	1500m: 27:37.99 1:44.65	
	400m: 7:07.87 1:53.04	800m: 14:37.93 1:52.98	1200m: 22:09.92 1:52.52		
23.	CAMPOS, Bruno Goncalo	48	Clube de Campismo Luz e Vida	<b>27:42.43</b>	238
	100m: 1:36.83 1:36.83	500m: 8:59.13 1:53.46	900m: 16:29.26 1:52.98	1300m: 24:01.28 1:53.41	
	200m: 3:22.61 1:45.78	600m: 10:52.29 1:53.16	1000m: 18:20.28 1:51.02	1400m: 25:54.77 1:53.49	
	300m: 5:12.85 1:50.24	700m: 12:44.64 1:52.35	1100m: 20:14.56 1:54.28	1500m: 27:42.43 1:47.66	
	400m: 7:05.67 1:52.82	800m: 14:36.28 1:51.64	1200m: 22:07.87 1:53.31		

Prova 2, Masc., 1500m Livres, Master E

Lugar	Idade	Tempo final	Pts
24. MOUTINHO, Manuel Jose	47 Natacao da Maia	<b>28:35.98</b>	217
100m: 1:40.16 1:40.16	500m: 9:19.89 1:56.43	900m: 17:04.49 1:56.64	1300m: 24:51.11 1:55.48
200m: 3:31.55 1:51.39	600m: 11:15.71 1:55.82	1000m: 19:01.90 1:57.41	1400m: 26:45.54 1:54.43
300m: 5:27.02 1:55.47	700m: 13:11.06 1:55.35	1100m: 20:59.25 1:57.35	1500m: 28:35.98 1:50.44
400m: 7:23.46 1:56.44	800m: 15:07.85 1:56.79	1200m: 22:55.63 1:56.38	
25. RODRIGUES, Carlos Miguel	48 Alges e Agueda XXI	<b>29:45.05</b>	192
<i>Standard Time</i>			
100m: 1:52.66 1:52.66	500m: 9:49.35 1:58.29	900m: 17:42.28 1:59.71	1300m: 25:41.58 2:01.63
200m: 3:50.82 1:58.16	600m: 11:46.29 1:56.94	1000m: 19:41.38 1:59.10	1400m: 27:42.73 2:01.15
300m: 5:50.43 1:59.61	700m: 13:43.96 1:57.67	1100m: 21:40.70 1:59.32	1500m: 29:45.05 2:02.32
400m: 7:51.06 2:00.63	800m: 15:42.57 1:58.61	1200m: 23:39.95 1:59.25	
26. SANTOS, Filipe Ribeiro	48 Pimpoes/Cimai	<b>29:58.07</b>	188
<i>Standard Time</i>			
100m: 1:47.76 1:47.76	500m: 9:50.29 2:01.77	900m: 17:57.74 2:02.71	1300m: 26:00.75 1:58.63
200m: 3:46.23 1:58.47	600m: 11:52.13 2:01.84	1000m: 19:59.42 2:01.68	1400m: 28:01.84 2:01.09
300m: 5:47.31 2:01.08	700m: 13:53.49 2:01.36	1100m: 22:03.11 2:03.69	1500m: 29:58.07 1:56.23
400m: 7:48.52 2:01.21	800m: 15:55.03 2:01.54	1200m: 24:02.12 1:59.01	
27. GUERRA, Nelson Jesus	48 Viegense	<b>30:16.69</b>	183
<i>Standard Time</i>			
100m: 1:49.55 1:49.55	500m: 9:58.92 2:01.93	900m: 18:08.73 2:02.24	1300m: 26:18.67 2:01.83
200m: 3:51.72 2:02.17	600m: 12:01.23 2:02.31	1000m: 20:10.62 2:01.89	1400m: 28:20.46 2:01.79
300m: 5:55.05 2:03.33	700m: 14:04.46 2:03.23	1100m: 22:14.41 2:03.79	1500m: 30:16.69 1:56.23
400m: 7:56.99 2:01.94	800m: 16:06.49 2:02.03	1200m: 24:16.84 2:02.43	
DSQ SANTOS, Alexandre Miguel	49 Fluvial Portuense		
<i>102 - O(a) atleta não completou o percurso - SW 10.2</i>			

Master F

1. TEJO, Paulo Jorge	53 Academica de Coimbra	<b>21:26.63</b>	555
100m: 1:21.22 1:21.22	500m: 6:56.38 1:25.15	900m: 12:41.43 1:26.83	1300m: 18:34.07 1:27.87
200m: 2:43.44 1:22.22	600m: 8:22.01 1:25.63	1000m: 14:09.13 1:27.70	1400m: 20:03.31 1:29.24
300m: 4:06.67 1:23.23	700m: 9:47.97 1:25.96	1100m: 15:37.91 1:28.78	1500m: 21:26.63 1:23.32
400m: 5:31.23 1:24.56	800m: 11:14.60 1:26.63	1200m: 17:06.20 1:28.29	
2. SOUSA, Paulo Alexandre	52 Lagoa Academico Clube	<b>21:37.51</b>	541
100m: 1:25.26 1:25.26	500m: 7:14.22 1:27.17	900m: 13:00.69 1:26.30	1300m: 18:46.78 1:26.74
200m: 2:51.97 1:26.71	600m: 8:41.25 1:27.03	1000m: 14:27.05 1:26.36	1400m: 20:13.45 1:26.67
300m: 4:19.85 1:27.88	700m: 10:07.52 1:26.27	1100m: 15:53.01 1:25.96	1500m: 21:37.51 1:24.06
400m: 5:47.05 1:27.20	800m: 11:34.39 1:26.87	1200m: 17:20.04 1:27.03	
3. MACEDO, Joao Miguel	50 Leixoes Sport Club	<b>22:15.92</b>	496
100m: 1:22.50 1:22.50	500m: 7:21.98 1:30.26	900m: 13:22.73 1:30.83	1300m: 19:24.43 1:30.67
200m: 2:51.75 1:29.25	600m: 8:51.79 1:29.81	1000m: 14:52.78 1:30.05	1400m: 20:52.53 1:28.10
300m: 4:22.42 1:30.67	700m: 10:21.73 1:29.94	1100m: 16:23.65 1:30.87	1500m: 22:15.92 1:23.39
400m: 5:51.72 1:29.30	800m: 11:51.90 1:30.17	1200m: 17:53.76 1:30.11	
4. CARVALHO, Frederico Gomes	50 Litoral Alentejano	<b>22:50.07</b>	459
100m: 1:22.05 1:22.05	500m: 7:29.03 1:33.05	900m: 13:38.90 1:32.00	1300m: 19:49.55 1:32.83
200m: 2:52.81 1:30.76	600m: 9:00.88 1:31.85	1000m: 15:11.13 1:32.23	1400m: 21:22.72 1:33.17
300m: 4:23.96 1:31.15	700m: 10:34.15 1:33.27	1100m: 16:43.42 1:32.29	1500m: 22:50.07 1:27.35
400m: 5:55.98 1:32.02	800m: 12:06.90 1:32.75	1200m: 18:16.72 1:33.30	
5. BARROS, Francisco Santos	52 Porto	<b>23:00.29</b>	449
100m: 1:26.11 1:26.11	500m: 7:37.55 1:33.01	900m: 13:47.79 1:33.26	1300m: 20:01.27 1:32.78
200m: 2:58.29 1:32.18	600m: 9:09.61 1:32.06	1000m: 15:21.17 1:33.38	1400m: 21:33.32 1:32.05
300m: 4:31.38 1:33.09	700m: 10:42.10 1:32.49	1100m: 16:55.16 1:33.99	1500m: 23:00.29 1:26.97
400m: 6:04.54 1:33.16	800m: 12:14.53 1:32.43	1200m: 18:28.49 1:33.33	

Prova 2, Masc., 1500m Livres, Master F

Lugar	Nome		Idade	Clube	Tempo final	Pts	
6.	PEREIRA, Jose Manuel		54	Pdem	<b>23:09.47</b>	440	
	100m:	1:23.54 1:23.54	500m:	7:33.53 1:33.83	900m:	13:51.15 1:34.15	
	200m:	2:53.37 1:29.83	600m:	9:07.85 1:34.32	1000m:	15:24.66 1:33.51	
	300m:	4:26.02 1:32.65	700m:	10:42.79 1:34.94	1100m:	16:58.73 1:34.07	
	400m:	5:59.70 1:33.68	800m:	12:17.00 1:34.21	1200m:	18:32.43 1:33.70	
1300m:	20:06.97 1:34.54		1400m:	21:40.19 1:33.22		1500m:	23:09.47 1:29.28
7.	FERREIRA, Miguel Jose		54	Leixoes Sport Club	<b>23:27.81</b>	423	
	100m:	1:29.29 1:29.29	500m:	7:50.04 1:36.01	900m:	14:05.41 1:34.17	
	200m:	3:03.27 1:33.98	600m:	9:24.42 1:34.38	1000m:	15:40.06 1:34.65	
	300m:	4:38.39 1:35.12	700m:	10:57.87 1:33.45	1100m:	17:14.85 1:34.79	
	400m:	6:14.03 1:35.64	800m:	12:31.24 1:33.37	1200m:	18:49.03 1:34.18	
1300m:	20:22.87 1:33.84		1400m:	21:58.13 1:35.26		1500m:	23:27.81 1:29.68
8.	MARTINS, Marcelo Jose		53	Fluvial Portuense	<b>23:33.38</b>	418	
	100m:	1:22.26 1:22.26	500m:	7:39.04 1:36.02	900m:	14:01.24 1:35.93	
	200m:	2:52.82 1:30.56	600m:	9:13.74 1:34.70	1000m:	15:37.73 1:36.49	
	300m:	4:28.96 1:36.14	700m:	10:51.13 1:37.39	1100m:	17:12.29 1:34.56	
	400m:	6:03.02 1:34.06	800m:	12:25.31 1:34.18	1200m:	18:51.10 1:38.81	
1300m:	20:26.69 1:35.59		1400m:	22:02.53 1:35.84		1500m:	23:33.38 1:30.85
9.	IDA, Hamilton Kenji		51	Vitoria Sport Clube	<b>24:44.69</b>	361	
	100m:	1:28.58 1:28.58	500m:	7:57.54 1:39.76	900m:	14:38.80 1:41.59	
	200m:	3:03.18 1:34.60	600m:	9:37.01 1:39.47	1000m:	16:19.61 1:40.81	
	300m:	4:39.98 1:36.80	700m:	11:16.98 1:39.97	1100m:	18:01.16 1:41.55	
	400m:	6:17.78 1:37.80	800m:	12:57.21 1:40.23	1200m:	19:43.52 1:42.36	
1300m:	21:26.28 1:42.76		1400m:	23:07.11 1:40.83		1500m:	24:44.69 1:37.58
10.	MOREIRA, Flavio Martins		54	Academica de Coimbra	<b>25:04.10</b>	347	
	100m:	1:29.79 1:29.79	500m:	8:08.11 1:41.78	900m:	14:58.16 1:42.83	
	200m:	3:06.05 1:36.26	600m:	9:50.36 1:42.25	1000m:	16:40.81 1:42.65	
	300m:	4:45.84 1:39.79	700m:	11:33.06 1:42.70	1100m:	18:22.94 1:42.13	
	400m:	6:26.33 1:40.49	800m:	13:15.33 1:42.27	1200m:	20:04.78 1:41.84	
1300m:	21:47.08 1:42.30		1400m:	23:26.84 1:39.76		1500m:	25:04.10 1:37.26
11.	GOMES, Luis Miguel		53	Natacao da Maia	<b>25:17.32</b>	338	
	100m:	1:35.32 1:35.32	500m:	8:22.13 1:42.75	900m:	15:10.25 1:41.43	
	200m:	3:15.41 1:40.09	600m:	10:04.93 1:42.80	1000m:	16:53.54 1:43.29	
	300m:	4:56.68 1:41.27	700m:	11:46.55 1:41.62	1100m:	18:35.87 1:42.33	
	400m:	6:39.38 1:42.70	800m:	13:28.82 1:42.27	1200m:	20:18.16 1:42.29	
1300m:	22:00.74 1:42.58		1400m:	23:42.11 1:41.37		1500m:	25:17.32 1:35.21
12.	KAMOLOV, Rinat		53	Alges e Agueda XXI	<b>25:25.09</b>	333	
	100m:	1:31.76 1:31.76	500m:	8:14.00 1:43.91	900m:	15:10.29 1:43.32	
	200m:	3:09.11 1:37.35	600m:	9:58.84 1:44.84	1000m:	16:53.77 1:43.48	
	300m:	4:47.60 1:38.49	700m:	11:43.10 1:44.26	1100m:	18:36.33 1:42.56	
	400m:	6:30.09 1:42.49	800m:	13:26.97 1:43.87	1200m:	20:19.14 1:42.81	
1300m:	22:02.21 1:43.07		1400m:	23:46.41 1:44.20		1500m:	25:25.09 1:38.68
13.	FERRAZ, Francisco Antonio		54	Pimpoes/Cimai	<b>26:20.93</b>	299	
	100m:	1:40.61 1:40.61	500m:	8:45.53 1:48.06	900m:	15:51.26 1:47.17	
	200m:	3:26.55 1:45.94	600m:	10:32.93 1:47.40	1000m:	17:37.32 1:46.06	
	300m:	5:11.35 1:44.80	700m:	12:18.57 1:45.64	1100m:	19:24.18 1:46.86	
	400m:	6:57.47 1:46.12	800m:	14:04.09 1:45.52	1200m:	21:11.12 1:46.94	
1300m:	22:58.78 1:47.66		1400m:	24:46.38 1:47.60		1500m:	26:20.93 1:34.55
14.	CARDOSO, Vitor Manuel		52	Natacao de Valongo	<b>26:23.89</b>	297	
	100m:	1:33.18 1:33.18	500m:	8:38.35 1:47.42	900m:	15:46.65 1:45.82	
	200m:	3:17.30 1:44.12	600m:	10:25.46 1:47.11	1000m:	17:31.87 1:45.22	
	300m:	5:03.80 1:46.50	700m:	12:13.18 1:47.72	1100m:	19:18.83 1:46.96	
	400m:	6:50.93 1:47.13	800m:	14:00.83 1:47.65	1200m:	21:06.40 1:47.57	
1300m:	22:55.11 1:48.71		1400m:	24:43.76 1:48.65		1500m:	26:23.89 1:40.13
15.	AMBRUS, Attila-Janos		50	Centro Desp. Universitario do Porto	<b>27:43.09</b>	257	
	100m:	1:35.73 1:35.73	500m:	8:48.53 1:51.91	900m:	16:21.45 1:52.81	
	200m:	3:19.68 1:43.95	600m:	10:42.71 1:54.18	1000m:	18:15.99 1:54.54	
	300m:	5:07.20 1:47.52	700m:	12:35.50 1:52.79	1100m:	20:09.98 1:53.99	
	400m:	6:56.62 1:49.42	800m:	14:28.64 1:53.14	1200m:	22:05.67 1:55.69	
1300m:	24:00.65 1:54.98		1400m:	25:52.56 1:51.91		1500m:	27:43.09 1:50.53

Prova 2, Masc., 1500m Livres, Master F

Lugar	Nome		Idade	Clube		Tempo final	Pts	
16.	SILVA, Paulo Jorge		54	CNLeiria		<b>28:39.08</b>	232	
	100m: 1:37.33	1:37.33	500m: 9:10.29	1:56.04	900m: 16:59.63	1:57.94	1300m: 24:47.00	1:55.73
	200m: 3:25.37	1:48.04	600m: 11:06.77	1:56.48	1000m: 18:57.09	1:57.46	1400m: 26:43.95	1:56.95
	300m: 5:19.49	1:54.12	700m: 13:04.00	1:57.23	1100m: 20:54.20	1:57.11	1500m: 28:39.08	1:55.13
	400m: 7:14.25	1:54.76	800m: 15:01.69	1:57.69	1200m: 22:51.27	1:57.07		
17.	COSTA, Nuno Ramalho		52	Clube de Campismo Luz e Vida		<b>29:32.37</b>	212	
	100m: 1:41.15	1:41.15	500m: 9:42.77	2:02.51	900m: 17:43.59	1:59.59	1300m: 25:40.02	1:59.00
	200m: 3:36.19	1:55.04	600m: 11:43.11	2:00.34	1000m: 19:41.99	1:58.40	1400m: 27:40.35	2:00.33
	300m: 5:37.85	2:01.66	700m: 13:44.25	2:01.14	1100m: 21:41.53	1:59.54	1500m: 29:32.37	1:52.02
	400m: 7:40.26	2:02.41	800m: 15:44.00	1:59.75	1200m: 23:41.02	1:59.49		
18.	OLIVEIRA, Joao Pedro		50	Natacao de Valongo		<b>30:43.11</b>	188	
	100m: 1:45.80	1:45.80	500m: 9:50.03	2:03.79	900m: 18:11.95	2:04.22	1300m: 26:33.77	2:06.37
	200m: 3:41.45	1:55.65	600m: 11:57.71	2:07.68	1000m: 20:16.78	2:04.83	1400m: 28:39.79	2:06.02
	300m: 5:42.91	2:01.46	700m: 14:03.54	2:05.83	1100m: 22:20.53	2:03.75	1500m: 30:43.11	2:03.32
	400m: 7:46.24	2:03.33	800m: 16:07.73	2:04.19	1200m: 24:27.40	2:06.87		
19.	ALMEIDA, David Manuel		52	Natacao da Maia		<b>30:52.96</b>	185	
	100m: 1:50.87	1:50.87	500m: 10:04.02	2:03.62	900m: 18:22.12	2:04.92	1300m: 26:45.65	2:05.19
	200m: 3:52.74	2:01.87	600m: 12:06.50	2:02.48	1000m: 20:28.58	2:06.46	1400m: 28:49.49	2:03.84
	300m: 5:57.23	2:04.49	700m: 14:12.30	2:05.80	1100m: 22:34.62	2:06.04	1500m: 30:52.96	2:03.47
	400m: 8:00.40	2:03.17	800m: 16:17.20	2:04.90	1200m: 24:40.46	2:05.84		
20.	MOTA, Carlos Alberto		50	Lagoa Academico Clube		<b>32:11.15</b>	164	
	<i>Standard Time</i>							
	100m: 1:51.67	1:51.67	500m: 10:21.47	2:11.29	900m: 19:01.77	2:15.03	1300m: 28:02.42	2:18.15
	200m: 3:55.94	2:04.27	600m: 12:29.08	2:07.61	1000m: 21:16.88	2:15.11	1400m: 30:15.24	2:12.82
	300m: 6:02.65	2:06.71	700m: 14:36.88	2:07.80	1100m: 23:28.60	2:11.72	1500m: 32:11.15	1:55.91
	400m: 8:10.18	2:07.53	800m: 16:46.74	2:09.86	1200m: 25:44.27	2:15.67		
21.	SA, Rui Jorge		53	Pimpoes/Cimai		<b>32:52.08</b>	154	
	<i>Standard Time</i>							
	100m: 1:39.55	1:39.55	500m: 10:26.34	2:16.23	900m: 19:32.30	2:14.50	1300m: 28:33.70	2:13.57
	200m: 3:43.21	2:03.66	600m: 12:44.39	2:18.05	1000m: 21:47.55	2:15.25	1400m: 30:42.74	2:09.04
	300m: 5:53.56	2:10.35	700m: 15:01.11	2:16.72	1100m: 24:01.21	2:13.66	1500m: 32:52.08	2:09.34
	400m: 8:10.11	2:16.55	800m: 17:17.80	2:16.69	1200m: 26:20.13	2:18.92		
22.	BORREGO, Hugo Alexandre		52	Sporting Clube de Aveiro		<b>35:25.50</b>	123	
	<i>Standard Time</i>							
	100m: 1:59.47	1:59.47	500m: 11:20.16	2:23.71	900m: 21:02.10	2:25.25	1300m: 30:48.85	2:26.42
	200m: 4:15.92	2:16.45	600m: 13:44.90	2:24.74	1000m: 23:29.73	2:27.63	1400m: 33:11.72	2:22.87
	300m: 6:34.41	2:18.49	700m: 16:10.81	2:25.91	1100m: 25:56.36	2:26.63	1500m: 35:25.50	2:13.78
	400m: 8:56.45	2:22.04	800m: 18:36.85	2:26.04	1200m: 28:22.43	2:26.07		

Master G

1.	LETCHER, Richard Roy		55	CCD Associacao De Nadadores Dos E		<b>20:56.22</b>	666	
	100m: 1:19.64	1:19.64	500m: 6:55.16	1:24.12	900m: 12:34.78	1:25.13	1300m: 18:12.15	1:24.02
	200m: 2:42.30	1:22.66	600m: 8:20.22	1:25.06	1000m: 13:59.15	1:24.37	1400m: 19:36.00	1:23.85
	300m: 4:06.43	1:24.13	700m: 9:45.19	1:24.97	1100m: 15:24.10	1:24.95	1500m: 20:56.22	1:20.22
	400m: 5:31.04	1:24.61	800m: 11:09.65	1:24.46	1200m: 16:48.13	1:24.03		
2.	RIBEIRO, Celso Fernando		55	Porto		<b>22:32.81</b>	533	
	100m: 1:26.43	1:26.43	500m: 7:34.40	1:33.53	900m: 13:42.60	1:30.69	1300m: 19:40.23	1:30.01
	200m: 2:56.79	1:30.36	600m: 9:07.85	1:33.45	1000m: 15:11.41	1:28.81	1400m: 21:08.77	1:28.54
	300m: 4:28.51	1:31.72	700m: 10:39.87	1:32.02	1100m: 16:40.36	1:28.95	1500m: 22:32.81	1:24.04
	400m: 6:00.87	1:32.36	800m: 12:11.91	1:32.04	1200m: 18:10.22	1:29.86		

Prova 2, Masc., 1500m Livres, Master G

Lugar			Idade					Tempo final	Pts
3.	CASAS, Adelino Jose		58	Individual ANL				<b>23:18.18</b>	483
	100m:	1:27.02 1:27.02	500m:	7:34.91 1:33.78	900m:	13:50.83 1:34.55	1300m:	20:13.90 1:35.78	
	200m:	2:57.65 1:30.63	600m:	9:08.37 1:33.46	1000m:	15:25.90 1:35.07	1400m:	21:47.52 1:33.62	
	300m:	4:29.05 1:31.40	700m:	10:41.97 1:33.60	1100m:	17:01.75 1:35.85	1500m:	23:18.18 1:30.66	
	400m:	6:01.13 1:32.08	800m:	12:16.28 1:34.31	1200m:	18:38.12 1:36.37			
4.	MARTINS, Joao Giao		59	Adrcimm				<b>23:49.25</b>	452
	100m:	1:34.11 1:34.11	500m:	7:57.69 1:36.03	900m:	14:19.35 1:35.99	1300m:	20:41.26 1:35.09	
	200m:	3:10.15 1:36.04	600m:	9:32.64 1:34.95	1000m:	15:55.36 1:36.01	1400m:	22:16.87 1:35.61	
	300m:	4:45.82 1:35.67	700m:	11:07.93 1:35.29	1100m:	17:31.10 1:35.74	1500m:	23:49.25 1:32.38	
	400m:	6:21.66 1:35.84	800m:	12:43.36 1:35.43	1200m:	19:06.17 1:35.07			
5.	TEJO, Rui Miguel		55	Academica de Coimbra				<b>23:57.21</b>	444
	100m:	1:28.16 1:28.16	500m:	7:48.77 1:35.25	900m:	14:13.50 1:36.78	1300m:	20:44.08 1:38.02	
	200m:	3:01.91 1:33.75	600m:	9:24.56 1:35.79	1000m:	15:51.28 1:37.78	1400m:	22:22.04 1:37.96	
	300m:	4:37.43 1:35.52	700m:	11:00.70 1:36.14	1100m:	17:28.91 1:37.63	1500m:	23:57.21 1:35.17	
	400m:	6:13.52 1:36.09	800m:	12:36.72 1:36.02	1200m:	19:06.06 1:37.15			
6.	LIMA, Jorge Sequeira		57	Electrico Futebol Clube				<b>24:59.79</b>	391
	100m:	1:31.19 1:31.19	500m:	8:07.75 1:39.63	900m:	14:54.00 1:43.08	1300m:	21:43.23 1:42.42	
	200m:	3:08.75 1:37.56	600m:	9:48.35 1:40.60	1000m:	16:35.54 1:41.54	1400m:	23:24.57 1:41.34	
	300m:	4:47.45 1:38.70	700m:	11:29.48 1:41.13	1100m:	18:18.43 1:42.89	1500m:	24:59.79 1:35.22	
	400m:	6:28.12 1:40.67	800m:	13:10.92 1:41.44	1200m:	20:00.81 1:42.38			
7.	MARTINHO, Antonio Jorge		59	Academica de Coimbra				<b>25:05.68</b>	386
	100m:	1:29.70 1:29.70	500m:	8:08.34 1:41.55	900m:	14:58.27 1:42.38	1300m:	21:47.21 1:41.78	
	200m:	3:06.45 1:36.75	600m:	9:51.07 1:42.73	1000m:	16:40.91 1:42.64	1400m:	23:28.39 1:41.18	
	300m:	4:46.27 1:39.82	700m:	11:33.43 1:42.36	1100m:	18:23.19 1:42.28	1500m:	25:05.68 1:37.29	
	400m:	6:26.79 1:40.52	800m:	13:15.89 1:42.46	1200m:	20:05.43 1:42.24			
8.	CARITA, Antonio Carlos		59	Academica de Coimbra				<b>25:31.36</b>	367
	100m:	1:35.02 1:35.02	500m:	8:23.44 1:42.46	900m:	15:13.10 1:42.91	1300m:	22:08.64 1:43.49	
	200m:	3:15.27 1:40.25	600m:	10:05.36 1:41.92	1000m:	16:56.58 1:43.48	1400m:	23:51.67 1:43.03	
	300m:	4:58.31 1:43.04	700m:	11:47.61 1:42.25	1100m:	18:41.13 1:44.55	1500m:	25:31.36 1:39.69	
	400m:	6:40.98 1:42.67	800m:	13:30.19 1:42.58	1200m:	20:25.15 1:44.02			
9.	ALVES, Fernando Jose		55	Salesianos				<b>26:20.61</b>	334
	100m:	1:37.94 1:37.94	500m:	8:46.17 1:47.75	900m:	15:50.32 1:44.73	1300m:	22:55.96 1:45.81	
	200m:	3:23.48 1:45.54	600m:	10:32.97 1:46.80	1000m:	17:36.20 1:45.88	1400m:	24:42.88 1:46.92	
	300m:	5:10.82 1:47.34	700m:	12:19.60 1:46.63	1100m:	19:23.11 1:46.91	1500m:	26:20.61 1:37.73	
	400m:	6:58.42 1:47.60	800m:	14:05.59 1:45.99	1200m:	21:10.15 1:47.04			
10.	DIAS, Francisco Jose		55	Lagoa Academico Clube				<b>26:32.35</b>	327
	100m:	1:37.19 1:37.19	500m:	8:48.68 1:49.93	900m:	15:58.57 1:46.34	1300m:	23:07.07 1:47.13	
	200m:	3:23.13 1:45.94	600m:	10:37.44 1:48.76	1000m:	17:45.91 1:47.34	1400m:	24:54.86 1:47.79	
	300m:	5:10.37 1:47.24	700m:	12:24.87 1:47.43	1100m:	19:32.49 1:46.58	1500m:	26:32.35 1:37.49	
	400m:	6:58.75 1:48.38	800m:	14:12.23 1:47.36	1200m:	21:19.94 1:47.45			
11.	SANTINHA, Antonio Manuel		55	Clube Natacao Masters de Almada				<b>26:38.97</b>	323
	100m:	1:42.52 1:42.52	500m:	8:54.29 1:48.29	900m:	16:06.32 1:48.07	1300m:	23:14.17 1:45.83	
	200m:	3:30.30 1:47.78	600m:	10:41.93 1:47.64	1000m:	17:52.91 1:46.59	1400m:	24:59.25 1:45.08	
	300m:	5:17.76 1:47.46	700m:	12:30.27 1:48.34	1100m:	19:40.55 1:47.64	1500m:	26:38.97 1:39.72	
	400m:	7:06.00 1:48.24	800m:	14:18.25 1:47.98	1200m:	21:28.34 1:47.79			
12.	PEREIRA, Artur Jose		55	Geslours				<b>26:41.33</b>	321
	100m:	1:36.95 1:36.95	500m:	8:42.87 1:48.03	900m:	15:54.77 1:47.41	1300m:	23:06.75 1:49.66	
	200m:	3:19.93 1:42.98	600m:	10:31.35 1:48.48	1000m:	17:42.43 1:47.66	1400m:	24:56.10 1:49.35	
	300m:	5:06.55 1:46.62	700m:	12:19.34 1:47.99	1100m:	19:29.89 1:47.46	1500m:	26:41.33 1:45.23	
	400m:	6:54.84 1:48.29	800m:	14:07.36 1:48.02	1200m:	21:17.09 1:47.20			

Prova 2, Masc., 1500m Livres, Master G

Lugar	Nome		Idade	Tempo final				Pts
13.	RIBEIRO, Antonio Manuel		55	Natacao da Maia				<b>26:45.02</b> 319
	100m:	1:36.84 1:36.84	500m:	8:42.11 1:48.06	900m:	15:55.33 1:48.46	1300m:	23:10.44 1:48.90
	200m:	3:20.19 1:43.35	600m:	10:30.33 1:48.22	1000m:	17:44.08 1:48.75	1400m:	24:58.96 1:48.52
	300m:	5:06.65 1:46.46	700m:	12:18.67 1:48.34	1100m:	19:32.64 1:48.56	1500m:	26:45.02 1:46.06
	400m:	6:54.05 1:47.40	800m:	14:06.87 1:48.20	1200m:	21:21.54 1:48.90		
14.	ANTUNES, Luis Miguel		56	Leixoes Sport Club				<b>28:14.87</b> 271
	100m:	1:41.83 1:41.83	500m:	9:12.28 1:54.68	900m:	16:50.69 1:54.50	1300m:	24:29.88 1:54.92
	200m:	3:34.68 1:52.85	600m:	11:06.44 1:54.16	1000m:	18:46.69 1:56.00	1400m:	26:25.57 1:55.69
	300m:	5:25.56 1:50.88	700m:	13:01.14 1:54.70	1100m:	20:40.61 1:53.92	1500m:	28:14.87 1:49.30
	400m:	7:17.60 1:52.04	800m:	14:56.19 1:55.05	1200m:	22:34.96 1:54.35		
15.	CAMPOS, Joao Paulo		59	Natacao da Maia				<b>28:25.56</b> 266
	100m:	1:36.73 1:36.73	500m:	9:13.06 1:55.61	900m:	16:50.72 1:55.70	1300m:	24:38.07 1:57.94
	200m:	3:26.61 1:49.88	600m:	11:07.01 1:53.95	1000m:	18:47.22 1:56.50	1400m:	26:34.89 1:56.82
	300m:	5:20.39 1:53.78	700m:	13:01.45 1:54.44	1100m:	20:43.15 1:55.93	1500m:	28:25.56 1:50.67
	400m:	7:17.45 1:57.06	800m:	14:55.02 1:53.57	1200m:	22:40.13 1:56.98		
16.	LOUREIRO, Luis Miguel		56	Fluvial Portuense				<b>28:57.44</b> 251
	100m:	1:44.85 1:44.85	500m:	9:25.85 1:56.61	900m:	17:14.58 1:58.58	1300m:	25:06.03 1:57.46
	200m:	3:38.43 1:53.58	600m:	11:21.98 1:56.13	1000m:	19:12.28 1:57.70	1400m:	27:03.39 1:57.36
	300m:	5:34.21 1:55.78	700m:	13:17.89 1:55.91	1100m:	21:10.44 1:58.16	1500m:	28:57.44 1:54.05
	400m:	7:29.24 1:55.03	800m:	15:16.00 1:58.11	1200m:	23:08.57 1:58.13		
17.	COSTA, Andre Vilhena		56	Vilacondense				<b>29:06.50</b> 247
	100m:	1:40.38 1:40.38	500m:	9:25.66 1:56.31	900m:	17:19.91 1:57.91	1300m:	25:13.50 1:58.54
	200m:	3:35.46 1:55.08	600m:	11:24.44 1:58.78	1000m:	19:18.21 1:58.30	1400m:	27:11.95 1:58.45
	300m:	5:31.97 1:56.51	700m:	13:23.38 1:58.94	1100m:	21:16.63 1:58.42	1500m:	29:06.50 1:54.55
	400m:	7:29.35 1:57.38	800m:	15:22.00 1:58.62	1200m:	23:14.96 1:58.33		
18.	TRIGO, Daniel Castro		59	Sporting Clube de Aveiro				<b>29:33.34</b> 236
	100m:	1:54.26 1:54.26	500m:	9:50.41 1:59.10	900m:	17:50.25 1:59.86	1300m:	25:43.76 1:59.37
	200m:	3:53.27 1:59.01	600m:	11:52.53 2:02.12	1000m:	19:48.42 1:58.17	1400m:	27:40.34 1:56.58
	300m:	5:52.16 1:58.89	700m:	13:52.06 1:59.53	1100m:	21:47.13 1:58.71	1500m:	29:33.34 1:53.00
	400m:	7:51.31 1:59.15	800m:	15:50.39 1:58.33	1200m:	23:44.39 1:57.26		
19.	FERNANDES, Celso Abreu		57	Sporting Clube de Aveiro				<b>29:38.75</b> 234
	100m:	1:43.04 1:43.04	500m:	9:34.89 2:01.71	900m:	17:36.82 2:00.24	1300m:	25:42.86 2:00.66
	200m:	3:35.32 1:52.28	600m:	11:35.95 2:01.06	1000m:	19:39.80 2:02.98	1400m:	27:44.25 2:01.39
	300m:	5:32.99 1:57.67	700m:	13:35.63 1:59.68	1100m:	21:41.43 2:01.63	1500m:	29:38.75 1:54.50
	400m:	7:33.18 2:00.19	800m:	15:36.58 2:00.95	1200m:	23:42.20 2:00.77		
20.	CANITO, Carlos Filipe		55	Natacao de Valongo				<b>30:06.20</b> 224
	100m:	2:00.16 2:00.16	500m:	10:19.53 2:04.73	900m:	18:20.13 1:59.11	1300m:	26:15.00 1:56.67
	200m:	4:04.66 2:04.50	600m:	12:21.48 2:01.95	1000m:	20:19.82 1:59.69	1400m:	28:14.54 1:59.54
	300m:	6:13.65 2:08.99	700m:	14:20.93 1:59.45	1100m:	22:20.78 2:00.96	1500m:	30:06.20 1:51.66
	400m:	8:14.80 2:01.15	800m:	16:21.02 2:00.09	1200m:	24:18.33 1:57.55		
21.	CARDOSO, Vitor Manuel		59	Geslours				<b>30:11.48</b> 222
	100m:	1:48.84 1:48.84	500m:	9:45.36 1:59.49	900m:	17:51.88 2:02.64	1300m:	26:07.96 2:04.12
	200m:	3:46.64 1:57.80	600m:	11:46.35 2:00.99	1000m:	19:53.55 2:01.67	1400m:	28:11.16 2:03.20
	300m:	5:46.77 2:00.13	700m:	13:47.63 2:01.28	1100m:	21:59.12 2:05.57	1500m:	30:11.48 2:00.32
	400m:	7:45.87 1:59.10	800m:	15:49.24 2:01.61	1200m:	24:03.84 2:04.72		
22.	BAPTISTA, Jose Manuel		55	Leixoes Sport Club				<b>30:32.08</b> 214
	100m:	1:58.72 1:58.72	500m:	10:11.21 2:03.60	900m:	18:22.24 2:02.88	1300m:	26:29.72 2:01.75
	200m:	4:01.39 2:02.67	600m:	12:14.08 2:02.87	1000m:	20:24.33 2:02.09	1400m:	28:32.13 2:02.41
	300m:	6:04.27 2:02.88	700m:	14:16.11 2:02.03	1100m:	22:25.67 2:01.34	1500m:	30:32.08 1:59.95
	400m:	8:07.61 2:03.34	800m:	16:19.36 2:03.25	1200m:	24:27.97 2:02.30		

Prova 2, Masc., 1500m Livres, Master G

Lugar	Idade	Tempo final	Pts
23. MOREIRA, Raul Antonio	55 Viorense	<b>31:04.94</b>	203
100m: 1:45.33 1:45.33	500m: 10:00.74 2:05.32	900m: 18:30.67 2:08.18	1300m: 27:01.44 2:06.20
200m: 3:46.28 2:00.95	600m: 12:05.89 2:05.15	1000m: 20:40.09 2:09.42	1400m: 29:09.41 2:07.97
300m: 5:51.68 2:05.40	700m: 14:14.19 2:08.30	1100m: 22:47.94 2:07.85	1500m: 31:04.94 1:55.53
400m: 7:55.42 2:03.74	800m: 16:22.49 2:08.30	1200m: 24:55.24 2:07.30	

Master H

1. BENTO, Jaime Carlos	63 Sport Alges e Dafundo	<b>20:52.13</b>	893
100m: 1:18.42 1:18.42	500m: 6:54.41 1:23.98	900m: 12:31.48 1:24.31	1300m: 18:09.29 1:23.77
200m: 2:41.75 1:23.33	600m: 8:18.75 1:24.34	1000m: 13:56.46 1:24.98	1400m: 19:32.43 1:23.14
300m: 4:06.45 1:24.70	700m: 9:43.29 1:24.54	1100m: 15:21.03 1:24.57	1500m: 20:52.13 1:19.70
400m: 5:30.43 1:23.98	800m: 11:07.17 1:23.88	1200m: 16:45.52 1:24.49	
2. OLIVEIRA, Carlos Jorge	60 Clube Natacao Masters de Almada	<b>21:31.35</b>	814
100m: 1:20.87 1:20.87	500m: 7:09.05 1:27.35	900m: 12:55.42 1:25.85	1300m: 18:40.21 1:26.34
200m: 2:47.14 1:26.27	600m: 8:36.04 1:26.99	1000m: 14:22.06 1:26.64	1400m: 20:06.76 1:26.55
300m: 4:14.49 1:27.35	700m: 10:02.84 1:26.80	1100m: 15:48.01 1:25.95	1500m: 21:31.35 1:24.59
400m: 5:41.70 1:27.21	800m: 11:29.57 1:26.73	1200m: 17:13.87 1:25.86	
3. BARROSO, Jose Miguel	62 Fluvial Portuense	<b>23:13.74</b>	647
100m: 1:29.80 1:29.80	500m: 7:46.69 1:34.61	900m: 13:58.48 1:32.76	1300m: 20:10.49 1:32.78
200m: 3:02.72 1:32.92	600m: 9:20.96 1:34.27	1000m: 15:31.92 1:33.44	1400m: 21:44.33 1:33.84
300m: 4:37.05 1:34.33	700m: 10:53.75 1:32.79	1100m: 17:05.11 1:33.19	1500m: 23:13.74 1:29.41
400m: 6:12.08 1:35.03	800m: 12:25.72 1:31.97	1200m: 18:37.71 1:32.60	
4. COSTA, Armando Joao	61 Clube Desportivo Feirense	<b>24:01.63</b>	585
100m: 1:27.66 1:27.66	500m: 7:57.62 1:39.08	900m: 14:30.66 1:37.52	1300m: 20:56.94 1:36.16
200m: 3:04.09 1:36.43	600m: 9:37.06 1:39.44	1000m: 16:07.61 1:36.95	1400m: 22:31.98 1:35.04
300m: 4:40.66 1:36.57	700m: 11:16.10 1:39.04	1100m: 17:44.11 1:36.50	1500m: 24:01.63 1:29.65
400m: 6:18.54 1:37.88	800m: 12:53.14 1:37.04	1200m: 19:20.78 1:36.67	
5. BERNARDO, Luis Miguel	63 Fluvial Portuense	<b>24:05.49</b>	580
100m: 1:28.20 1:28.20	500m: 7:48.03 1:36.43	900m: 14:18.93 1:37.34	1300m: 20:49.97 1:38.35
200m: 3:00.73 1:32.53	600m: 9:24.72 1:36.69	1000m: 15:56.42 1:37.49	1400m: 22:29.17 1:39.20
300m: 4:35.64 1:34.91	700m: 11:02.10 1:37.38	1100m: 17:34.32 1:37.90	1500m: 24:05.49 1:36.32
400m: 6:11.60 1:35.96	800m: 12:41.59 1:39.49	1200m: 19:11.62 1:37.30	
6. CARVALHO, Vitor Borges	60 Viana Natacao	<b>27:19.59</b>	397
100m: 1:34.82 1:34.82	500m: 8:43.35 1:49.95	900m: 16:06.76 1:50.92	1300m: 23:36.47 1:53.63
200m: 3:19.15 1:44.33	600m: 10:34.30 1:50.95	1000m: 17:59.16 1:52.40	1400m: 25:28.83 1:52.36
300m: 5:05.46 1:46.31	700m: 12:24.38 1:50.08	1100m: 19:51.61 1:52.45	1500m: 27:19.59 1:50.76
400m: 6:53.40 1:47.94	800m: 14:15.84 1:51.46	1200m: 21:42.84 1:51.23	
7. SILVA, Rui Manuel	60 Academica de Coimbra	<b>27:27.60</b>	392
100m: 1:42.00 1:42.00	500m: 9:09.58 1:52.76	900m: 16:34.00 1:52.16	1300m: 23:54.82 1:49.70
200m: 3:31.29 1:49.29	600m: 10:59.35 1:49.77	1000m: 18:25.36 1:51.36	1400m: 25:44.55 1:49.73
300m: 5:23.50 1:52.21	700m: 12:49.31 1:49.96	1100m: 20:15.22 1:49.86	1500m: 27:27.60 1:43.05
400m: 7:16.82 1:53.32	800m: 14:41.84 1:52.53	1200m: 22:05.12 1:49.90	
8. PINHO, Manuel Alberto	63 Natacao da Maia	<b>27:35.81</b>	386
100m: 1:37.33 1:37.33	500m: 8:55.73 1:51.15	900m: 16:25.41 1:50.93	1300m: 23:51.32 1:51.83
200m: 3:24.39 1:47.06	600m: 10:46.61 1:50.88	1000m: 18:16.19 1:50.78	1400m: 25:42.85 1:51.53
300m: 5:14.15 1:49.76	700m: 12:38.90 1:52.29	1100m: 20:05.71 1:49.52	1500m: 27:35.81 1:52.96
400m: 7:04.58 1:50.43	800m: 14:34.48 1:55.58	1200m: 21:59.49 1:53.78	
9. ALBUQUERQUE, Nuno Carlos	60 Braga	<b>28:35.75</b>	347
100m: 1:38.73 1:38.73	500m: 9:14.16 1:56.19	900m: 16:59.66 1:56.46	1300m: 24:45.60 1:57.53
200m: 3:28.84 1:50.11	600m: 11:11.24 1:57.08	1000m: 18:56.85 1:57.19	1400m: 26:43.93 1:58.33
300m: 5:22.52 1:53.68	700m: 13:07.84 1:56.60	1100m: 20:52.48 1:55.63	1500m: 28:35.75 1:51.82
400m: 7:17.97 1:55.45	800m: 15:03.20 1:55.36	1200m: 22:48.07 1:55.59	



Prova 2, Masc., 1500m Livres, Master H

Lugar	Nome		Idade	Local		Tempo final		Pts	
10.	GRILO, Francisco Jose		60	Braga		<b>28:53.53</b>		336	
	100m:	1:40.30	1:40.30	500m:	9:25.35	1:58.35	900m:	17:20.39	1:59.33
	200m:	3:34.60	1:54.30	600m:	11:23.66	1:58.31	1000m:	19:18.10	1:57.71
	300m:	5:30.19	1:55.59	700m:	13:21.67	1:58.01	1100m:	21:16.08	1:57.98
	400m:	7:27.00	1:56.81	800m:	15:21.06	1:59.39	1200m:	23:13.50	1:57.42
11.	TEIXEIRA, Joao Castro		63	Asc		<b>29:19.58</b>		321	
	100m:	1:43.88	1:43.88	500m:	9:34.77	1:58.34	900m:	17:26.53	1:57.25
	200m:	3:39.67	1:55.79	600m:	11:32.91	1:58.14	1000m:	19:24.00	1:57.47
	300m:	5:37.77	1:58.10	700m:	13:31.37	1:58.46	1100m:	21:21.89	1:57.89
	400m:	7:36.43	1:58.66	800m:	15:29.28	1:57.91	1200m:	23:20.51	1:58.62
12.	SANTOS, Manuel Fernando		63	Gafanha da Encarnacao		<b>29:32.17</b>		315	
	100m:	1:50.84	1:50.84	500m:	9:49.57	1:59.95	900m:	17:46.40	1:58.76
	200m:	3:50.26	1:59.42	600m:	11:48.86	1:59.29	1000m:	19:44.29	1:57.89
	300m:	5:49.36	1:59.10	700m:	13:48.84	1:59.98	1100m:	21:43.48	1:59.19
	400m:	7:49.62	2:00.26	800m:	15:47.64	1:58.80	1200m:	23:42.22	1:58.74
13.	LOO, Josephus Stephanus		63	Obidos Criativa, EEM		<b>30:37.12</b>		282	
	<i>Standard Time</i>								
	100m:	1:52.14	1:52.14	500m:	10:02.98	2:03.30	900m:	18:16.44	2:02.63
	200m:	3:54.11	2:01.97	600m:	12:07.72	2:04.74	1000m:	20:20.62	2:04.18
	300m:	5:56.44	2:02.33	700m:	14:10.10	2:02.38	1100m:	22:25.37	2:04.75
	400m:	7:59.68	2:03.24	800m:	16:13.81	2:03.71	1200m:	24:28.87	2:03.50
14.	PINTO, Paulo Monteiro		60	Porto		<b>32:39.04</b>		233	
	<i>Standard Time</i>								
	100m:	1:57.65	1:57.65	500m:	10:38.35	2:12.14	900m:	19:26.93	2:11.48
	200m:	4:05.49	2:07.84	600m:	12:52.08	2:13.73	1000m:	21:39.55	2:12.62
	300m:	6:14.94	2:09.45	700m:	15:03.18	2:11.10	1100m:	23:51.37	2:11.82
	400m:	8:26.21	2:11.27	800m:	17:15.45	2:12.27	1200m:	26:03.62	2:12.25
15.	MOURAO, Luis Joao		62	Natacao de Valongo		<b>33:34.76</b>		214	
	<i>Standard Time</i>								
	100m:	1:57.22	1:57.22	500m:	10:27.58	2:11.09	900m:	19:27.93	2:18.47
	200m:	4:00.69	2:03.47	600m:	12:39.14	2:11.56	1000m:	21:46.55	2:18.62
	300m:	6:08.55	2:07.86	700m:	14:53.83	2:14.69	1100m:	24:04.99	2:18.44
	400m:	8:16.49	2:07.94	800m:	17:09.46	2:15.63	1200m:	26:26.12	2:21.13

Master I

1.	MAVIOSO, Vitor Manuel		68	Individual ANL		<b>23:30.33</b>		705	
	100m:	1:28.72	1:28.72	500m:	7:45.04	1:34.53	900m:	14:04.85	1:35.16
	200m:	3:02.61	1:33.89	600m:	9:19.54	1:34.50	1000m:	15:39.99	1:35.14
	300m:	4:36.78	1:34.17	700m:	10:54.70	1:35.16	1100m:	17:15.03	1:35.04
	400m:	6:10.51	1:33.73	800m:	12:29.69	1:34.99	1200m:	18:50.30	1:35.27
2.	PINTO, Mario Jose		67	Clube Uniao 1919		<b>24:17.97</b>		638	
	100m:	1:31.26	1:31.26	500m:	8:00.97	1:37.97	900m:	14:30.34	1:37.07
	200m:	3:07.79	1:36.53	600m:	9:38.24	1:37.27	1000m:	16:08.80	1:38.46
	300m:	4:45.63	1:37.84	700m:	11:15.37	1:37.13	1100m:	17:46.66	1:37.86
	400m:	6:23.00	1:37.37	800m:	12:53.27	1:37.90	1200m:	19:25.74	1:39.08
3.	MENDES, Ricardo Antonio		69	Salesianos		<b>25:19.09</b>		564	
	100m:	1:35.01	1:35.01	500m:	8:21.48	1:41.37	900m:	15:09.09	1:41.48
	200m:	3:16.58	1:41.57	600m:	10:03.74	1:42.26	1000m:	16:52.51	1:43.42
	300m:	4:58.44	1:41.86	700m:	11:45.62	1:41.88	1100m:	18:34.68	1:42.17
	400m:	6:40.11	1:41.67	800m:	13:27.61	1:41.99	1200m:	20:17.05	1:42.37

Prova 2, Masc., 1500m Livres, Master I

Lugar	Idade	Tempo final	Pts
4. GONCALVES, Oscar Filipe	66 Fluvial Portuense	<b>25:30.50</b>	552
100m: 1:36.24 1:36.24	500m: 8:30.34 1:42.82	900m: 15:20.29 1:42.53	1300m: 22:09.84 1:42.56
200m: 3:20.15 1:43.91	600m: 10:12.45 1:42.11	1000m: 17:02.64 1:42.35	1400m: 23:52.06 1:42.22
300m: 5:04.89 1:44.74	700m: 11:55.56 1:43.11	1100m: 18:44.75 1:42.11	1500m: 25:30.50 1:38.44
400m: 6:47.52 1:42.63	800m: 13:37.76 1:42.20	1200m: 20:27.28 1:42.53	
5. SARVIA, Paolo	65 Centro Desp. Universitario do Porto	<b>28:14.93</b>	406
100m: 1:41.19 1:41.19	500m: 9:04.56 1:53.07	900m: 16:38.96 1:54.60	1300m: 24:22.21 1:58.38
200m: 3:27.87 1:46.68	600m: 10:57.44 1:52.88	1000m: 18:33.12 1:54.16	1400m: 26:19.73 1:57.52
300m: 5:18.58 1:50.71	700m: 12:50.68 1:53.24	1100m: 20:29.17 1:56.05	1500m: 28:14.93 1:55.20
400m: 7:11.49 1:52.91	800m: 14:44.36 1:53.68	1200m: 22:23.83 1:54.66	
6. VIEIRA, Luis Filipe	66 Obidos Criativa, EEM	<b>28:35.24</b>	392
100m: 1:33.74 1:33.74	500m: 9:07.38 1:58.01	900m: 16:47.52 1:55.31	1300m: 24:42.30 1:58.96
200m: 3:22.05 1:48.31	600m: 11:01.58 1:54.20	1000m: 18:44.89 1:57.37	1400m: 26:40.41 1:58.11
300m: 5:14.12 1:52.07	700m: 12:57.53 1:55.95	1100m: 20:43.51 1:58.62	1500m: 28:35.24 1:54.83
400m: 7:09.37 1:55.25	800m: 14:52.21 1:54.68	1200m: 22:43.34 1:59.83	
7. QUECEDO, Jose Gerardo	67 Obidos Criativa, EEM	<b>28:46.45</b>	384
100m: 1:41.36 1:41.36	500m: 9:22.92 1:56.45	900m: 17:12.07 1:58.11	1300m: 25:04.52 1:57.07
200m: 3:34.17 1:52.81	600m: 11:19.51 1:56.59	1000m: 19:10.75 1:58.68	1400m: 27:00.17 1:55.65
300m: 5:30.36 1:56.19	700m: 13:17.00 1:57.49	1100m: 21:08.48 1:57.73	1500m: 28:46.45 1:46.28
400m: 7:26.47 1:56.11	800m: 15:13.96 1:56.96	1200m: 23:07.45 1:58.97	
8. FERREIRA, Jose Antonio	66 Leixoes Sport Club	<b>29:07.72</b>	370
100m: 1:39.94 1:39.94	500m: 9:29.28 1:57.42	900m: 17:20.93 1:58.63	1300m: 25:15.26 1:57.81
200m: 3:34.51 1:54.57	600m: 11:26.94 1:57.66	1000m: 19:20.42 1:59.49	1400m: 27:13.08 1:57.82
300m: 5:33.06 1:58.55	700m: 13:21.52 1:54.58	1100m: 21:19.60 1:59.18	1500m: 29:07.72 1:54.64
400m: 7:31.86 1:58.80	800m: 15:22.30 2:00.78	1200m: 23:17.45 1:57.85	
9. BARROS, Mario Jorge	68 Porto	<b>31:50.64</b>	283
100m: 1:58.66 1:58.66	500m: 10:37.87 2:10.24	900m: 19:13.03 2:07.12	1300m: 27:48.49 2:08.98
200m: 4:07.84 2:09.18	600m: 12:47.10 2:09.23	1000m: 21:22.22 2:09.19	1400m: 29:55.66 2:07.17
300m: 6:17.79 2:09.95	700m: 14:57.11 2:10.01	1100m: 23:30.49 2:08.27	1500m: 31:50.64 1:54.98
400m: 8:27.63 2:09.84	800m: 17:05.91 2:08.80	1200m: 25:39.51 2:09.02	
10. RAPOSO, Jose Alexandre	69 Sporting Clube de Aveiro	<b>33:22.26</b>	246
100m: 2:07.13 2:07.13	500m: 11:02.18 2:14.28	900m: 20:07.66 2:14.19	1300m: 29:07.18 2:14.50
200m: 4:19.61 2:12.48	600m: 13:22.64 2:20.46	1000m: 22:23.88 2:16.22	1400m: 31:20.41 2:13.23
300m: 6:32.73 2:13.12	700m: 15:38.16 2:15.52	1100m: 24:36.83 2:12.95	1500m: 33:22.26 2:01.85
400m: 8:47.90 2:15.17	800m: 17:53.47 2:15.31	1200m: 26:52.68 2:15.85	
11. NETO, Manuel Filipe	65 Estarreja/PROZINCO	<b>39:09.09</b>	152
<i>Standard Time</i>			
100m: 2:06.34 2:06.34	500m: 12:32.89 2:40.05	900m: 23:04.98 2:39.35	1300m: 33:54.82 2:42.20
200m: 4:38.16 2:31.82	600m: 15:10.66 2:37.77	1000m: 25:47.03 2:42.05	1400m: 36:34.44 2:39.62
300m: 7:15.57 2:37.41	700m: 17:48.32 2:37.66	1100m: 28:29.35 2:42.32	1500m: 39:09.09 2:34.65
400m: 9:52.84 2:37.27	800m: 20:25.63 2:37.31	1200m: 31:12.62 2:43.27	

Master J

1. CORREIA, Carlos Augusto	72 Clube Natacao Masters de Almada	<b>27:33.12</b>	497
100m: 1:43.86 1:43.86	500m: 9:04.27 1:49.95	900m: 16:25.59 1:49.91	1300m: 23:52.96 1:53.12
200m: 3:34.62 1:50.76	600m: 10:54.38 1:50.11	1000m: 18:16.50 1:50.91	1400m: 25:44.31 1:51.35
300m: 5:24.27 1:49.65	700m: 12:45.08 1:50.70	1100m: 20:08.27 1:51.77	1500m: 27:33.12 1:48.81
400m: 7:14.32 1:50.05	800m: 14:35.68 1:50.60	1200m: 21:59.84 1:51.57	
2. COELHO, Domingos Pinto	72 Sport Alges e Dafundo	<b>31:18.42</b>	338
100m: 1:55.48 1:55.48	500m: 10:19.28 2:06.10	900m: 18:47.02 2:07.22	1300m: 27:15.19 2:06.38
200m: 4:00.27 2:04.79	600m: 12:25.56 2:06.28	1000m: 20:54.62 2:07.60	1400m: 29:19.97 2:04.78
300m: 6:06.47 2:06.20	700m: 14:33.19 2:07.63	1100m: 23:03.00 2:08.38	1500m: 31:18.42 1:58.45
400m: 8:13.18 2:06.71	800m: 16:39.80 2:06.61	1200m: 25:08.81 2:05.81	

Prova 2, Masc., 1500m Livres, Master J

Lugar	Idade	Tempo final	Pts
<b>3. PORTO, Carlos Manuel</b>	<b>73</b>	<b>31:22.05</b>	<b>337</b>
100m: 1:56.47 1:56.47	500m: 10:20.92 2:08.28	900m: 18:49.80 2:05.71	1300m: 27:14.01 2:04.86
200m: 4:00.13 2:03.66	600m: 12:28.22 2:07.30	1000m: 20:56.35 2:06.55	1400m: 29:18.22 2:04.21
300m: 6:06.33 2:06.20	700m: 14:34.97 2:06.75	1100m: 23:03.12 2:06.77	1500m: 31:22.05 2:03.83
400m: 8:12.64 2:06.31	800m: 16:44.09 2:09.12	1200m: 25:09.15 2:06.03	
<b>4. MADAIL, Jose Henrique</b>	<b>70</b>	<b>31:44.97</b>	<b>325</b>
100m: 1:58.22 1:58.22	500m: 10:20.21 2:05.01	900m: 18:57.02 2:11.25	1300m: 27:31.23 2:09.53
200m: 4:02.85 2:04.63	600m: 12:26.90 2:06.69	1000m: 21:04.15 2:07.13	1400m: 29:40.91 2:09.68
300m: 6:09.06 2:06.21	700m: 14:36.21 2:09.31	1100m: 23:12.42 2:08.27	1500m: 31:44.97 2:04.06
400m: 8:15.20 2:06.14	800m: 16:45.77 2:09.56	1200m: 25:21.70 2:09.28	
<b>5. MELO, Mario Jorge</b>	<b>73</b>	<b>33:22.91</b>	<b>279</b>
100m: 2:02.07 2:02.07	500m: 11:00.51 2:15.43	900m: 20:08.40 2:16.58	1300m: 29:08.65 2:15.77
200m: 4:14.82 2:12.75	600m: 13:17.35 2:16.84	1000m: 22:23.80 2:15.40	1400m: 31:21.50 2:12.85
300m: 6:29.89 2:15.07	700m: 15:33.72 2:16.37	1100m: 24:39.06 2:15.26	1500m: 33:22.91 2:01.41
400m: 8:45.08 2:15.19	800m: 17:51.82 2:18.10	1200m: 26:52.88 2:13.82	

Master K

<b>1. GASPAR, Alexandre Azevedo</b>	<b>79</b>	<b>38:50.31</b>	<b>222</b>
100m: 2:19.64 2:19.64	500m: 12:29.76 2:36.53	900m: 22:58.32 2:37.16	1300m: 33:32.37 2:38.39
200m: 4:50.04 2:30.40	600m: 15:04.06 2:34.30	1000m: 25:37.46 2:39.14	1400m: 36:14.58 2:42.21
300m: 7:21.17 2:31.13	700m: 17:40.89 2:36.83	1100m: 28:15.86 2:38.40	1500m: 38:50.31 2:35.73
400m: 9:53.23 2:32.06	800m: 20:21.16 2:40.27	1200m: 30:53.98 2:38.12	
<b>2. CABRAL, Luis Pereira</b>	<b>75</b>	<b>39:38.58</b>	<b>209</b>
100m: 2:25.91 2:25.91	500m: 12:52.22 2:38.40	900m: 23:36.45 2:42.50	1300m: 34:25.07 2:41.03
200m: 5:00.16 2:34.25	600m: 15:30.35 2:38.13	1000m: 26:18.09 2:41.64	1400m: 37:06.23 2:41.16
300m: 7:36.57 2:36.41	700m: 18:11.77 2:41.42	1100m: 29:00.58 2:42.49	1500m: 39:38.58 2:32.35
400m: 10:13.82 2:37.25	800m: 20:53.95 2:42.18	1200m: 31:44.04 2:43.46	

Master L

<b>1. INGOLFSRUD, Geir</b>	<b>81</b>	<b>30:57.84</b>	<b>529</b>
100m: 1:53.49 1:53.49	500m: 10:01.51 2:04.50	900m: 18:20.03 2:05.95	1300m: 26:47.60 2:07.50
200m: 3:52.62 1:59.13	600m: 12:05.86 2:04.35	1000m: 20:28.42 2:08.39	1400m: 28:55.29 2:07.69
300m: 5:53.93 2:01.31	700m: 14:10.53 2:04.67	1100m: 22:33.31 2:04.89	1500m: 30:57.84 2:02.55
400m: 7:57.01 2:03.08	800m: 16:14.08 2:03.55	1200m: 24:40.10 2:06.79	

Master M

<b>1. TEIXEIRA, Joao Rodrigues</b>	<b>87</b>	<b>57:23.26</b>	<b>492</b>
100m: 3:29.48 3:29.48	500m: 17:28.73 4:04.62	900m: 32:11.87 4:04.79	1300m: 49:21.93 4:48.20
200m: 6:46.36 3:16.88	600m: 20:51.82 3:23.09	1000m: 35:54.71 3:42.84	1400m: 53:25.97 4:04.04
300m: 10:01.62 3:15.26	700m: 24:30.61 3:38.79	1100m: 40:36.86 4:42.15	1500m: 57:23.26 3:57.29
400m: 13:24.11 3:22.49	800m: 28:07.08 3:36.47	1200m: 44:33.73 3:56.87	