

Prova 11 Masc., 1500m Livres Open Resultados
05/04/2024 - 17:00

Rec Nac Open	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Jun 18	15:23.46	PINA, Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun 17	15:43.45	PINA, Guilherme Filipe	POR	Singapore (SGP)	30/08/2015
Rec Nac Juv A	15:45.55	SANTA, Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	16:11.75	PEREIRA, Rui Silva	POR	Coimbra	27/05/2023

CEJun_Masc 15 - 18: 15:56.90 / CEPL : 15:18.18 / JO : 15:00.99

Pontos: FINA 2024

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
Juvenis B							
1.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	17:02.40	+0,78	618
	100m: 1:02.44 1:02.44	500m: 5:33.44 1:07.78	900m: 10:08.23 1:08.78	1300m: 14:45.86 1:09.44			
	200m: 2:09.78 1:07.34	600m: 6:42.02 1:08.58	1000m: 11:17.55 1:09.32	1400m: 15:55.33 1:09.47			
	300m: 3:17.97 1:08.19	700m: 7:50.93 1:08.91	1100m: 12:26.72 1:09.17	1500m: 17:02.40 1:07.07			
	400m: 4:25.66 1:07.69	800m: 8:59.45 1:08.52	1200m: 13:36.42 1:09.70				
2.	KOT, Paulo	09	POR	Nautico Marinha Grande	17:16.28	+0,65	593
	100m: 1:02.28 1:02.28	500m: 5:35.93 1:09.03	900m: 10:15.23 1:10.21	1300m: 14:56.64 1:10.65			
	200m: 2:09.94 1:07.66	600m: 6:45.34 1:09.41	1000m: 11:25.25 1:10.02	1400m: 16:07.56 1:10.92			
	300m: 3:18.39 1:08.45	700m: 7:55.19 1:09.85	1100m: 12:35.51 1:10.26	1500m: 17:16.28 1:08.72			
	400m: 4:26.90 1:08.51	800m: 9:05.02 1:09.83	1200m: 13:45.99 1:10.48				
3.	PINTO, Martim Chambel	09	POR	Colegio Int Monte Maior	17:32.55	+0,78	566
	100m: 1:04.86 1:04.86	500m: 5:44.87 1:11.01	900m: 10:29.53 1:11.12	1300m: 15:13.84 1:11.67			
	200m: 2:13.96 1:09.10	600m: 6:56.33 1:11.46	1000m: 11:39.66 1:10.13	1400m: 16:25.25 1:11.41			
	300m: 3:23.28 1:09.32	700m: 8:06.39 1:10.06	1100m: 12:50.58 1:10.92	1500m: 17:32.55 1:07.30			
	400m: 4:33.86 1:10.58	800m: 9:18.41 1:12.02	1200m: 14:02.17 1:11.59				
4.	MONIZ, Rafael Lin	09	POR	Naval Setubalense	17:59.30	+0,75	525
	100m: 1:05.90 1:05.90	500m: 5:55.05 1:12.39	900m: 10:43.80 1:12.09	1300m: 15:35.38 1:13.10			
	200m: 2:17.44 1:11.54	600m: 7:07.47 1:12.42	1000m: 11:56.52 1:12.72	1400m: 16:48.19 1:12.81			
	300m: 3:29.91 1:12.47	700m: 8:19.63 1:12.16	1100m: 13:09.15 1:12.63	1500m: 17:59.30 1:11.11			
	400m: 4:42.66 1:12.75	800m: 9:31.71 1:12.08	1200m: 14:22.28 1:13.13				
5.	PINTO, Rodrigo Teixeira	09	POR	Foca Quinta Da Lixa - Cnf	18:02.97	+0,71	520
	100m: 1:05.14 1:05.14	500m: 5:53.77 1:12.79	900m: 10:44.90 1:13.03	1300m: 15:37.48 1:13.59			
	200m: 2:16.24 1:11.10	600m: 7:06.09 1:12.32	1000m: 11:57.55 1:12.65	1400m: 16:50.95 1:13.47			
	300m: 3:28.18 1:11.94	700m: 8:18.85 1:12.76	1100m: 13:10.58 1:13.03	1500m: 18:02.97 1:12.02			
	400m: 4:40.98 1:12.80	800m: 9:31.87 1:13.02	1200m: 14:23.89 1:13.31				
6.	RIZZON, Guilherme Oliveira	09	POR	Sporting	18:14.24	+0,68	504
	100m: 1:06.94 1:06.94	500m: 6:00.58 1:14.42	900m: 10:58.54 1:14.17	1300m: 15:50.57 1:13.17			
	200m: 2:19.20 1:12.26	600m: 7:15.50 1:14.92	1000m: 12:13.54 1:15.00	1400m: 17:02.99 1:12.42			
	300m: 3:32.25 1:13.05	700m: 8:29.45 1:13.95	1100m: 13:25.05 1:11.51	1500m: 18:14.24 1:11.25			
	400m: 4:46.16 1:13.91	800m: 9:44.37 1:14.92	1200m: 14:37.40 1:12.35				
7.	MARTINS, Vasco Alexandre	09	POR	Colegio Int Monte Maior	18:20.26	+0,71	496
	100m: 1:08.04 1:08.04	500m: 6:02.05 1:13.46	900m: 10:56.90 1:13.38	1300m: 15:52.49 1:14.10			
	200m: 2:20.90 1:12.86	600m: 7:16.12 1:14.07	1000m: 12:10.35 1:13.45	1400m: 17:06.98 1:14.49			
	300m: 3:34.65 1:13.75	700m: 8:29.70 1:13.58	1100m: 13:24.23 1:13.88	1500m: 18:20.26 1:13.28			
	400m: 4:48.59 1:13.94	800m: 9:43.52 1:13.82	1200m: 14:38.39 1:14.16				
8.	GASPAR, Joao Nuno	09	POR	Condeixa Aqua Clube	18:20.94	+0,67	495
	100m: 1:04.29 1:04.29	500m: 5:58.06 1:15.46	900m: 10:57.76 1:13.83	1300m: 15:54.12 1:14.68			
	200m: 2:15.79 1:11.50	600m: 7:13.79 1:15.73	1000m: 12:12.36 1:14.60	1400m: 17:10.12 1:16.00			
	300m: 3:28.40 1:12.61	700m: 8:29.46 1:15.67	1100m: 13:26.01 1:13.65	1500m: 18:20.94 1:10.82			
	400m: 4:42.60 1:14.20	800m: 9:43.93 1:14.47	1200m: 14:39.44 1:13.43				

Prova 11, Masc., 1500m Livres, Juvenis B

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
9.	BENTO, Afonso Maria	09	POR	AN Alcabastrense	18:23.98	+0,79	491
	100m: 1:05.68 1:05.68	500m: 6:02.08 1:14.71	900m: 10:58.85 1:14.18	1300m: 15:59.43 1:15.77			
	200m: 2:18.75 1:13.07	600m: 7:16.83 1:14.75	1000m: 12:13.57 1:14.72	1400m: 17:14.03 1:14.60			
	300m: 3:32.89 1:14.14	700m: 8:30.91 1:14.08	1100m: 13:28.33 1:14.76	1500m: 18:23.98 1:09.95			
	400m: 4:47.37 1:14.48	800m: 9:44.67 1:13.76	1200m: 14:43.66 1:15.33				
10.	SILVA, Rafael Alexandre	09	POR	Louletano / Loule Concelho	18:26.29	+0,85	488
	100m: 1:06.21 1:06.21	500m: 5:57.83 1:13.56	900m: 10:54.55 1:14.53	1300m: 15:56.15 1:15.57			
	200m: 2:18.05 1:11.84	600m: 7:11.86 1:14.03	1000m: 12:09.33 1:14.78	1400m: 17:12.31 1:16.16			
	300m: 3:30.71 1:12.66	700m: 8:26.13 1:14.27	1100m: 13:25.02 1:15.69	1500m: 18:26.29 1:13.98			
	400m: 4:44.27 1:13.56	800m: 9:40.02 1:13.89	1200m: 14:40.58 1:15.56				
11.	ROQUE, Francisco Nunes	09	POR	Benfica	18:39.25	+0,63	471
	100m: 1:07.21 1:07.21	500m: 6:02.46 1:14.48	900m: 11:03.54 1:16.43	1300m: 16:08.43 1:16.30			
	200m: 2:20.04 1:12.83	600m: 7:16.88 1:14.42	1000m: 12:19.81 1:16.27	1400m: 17:24.43 1:16.00			
	300m: 3:33.85 1:13.81	700m: 8:31.50 1:14.62	1100m: 13:35.89 1:16.08	1500m: 18:39.25 1:14.82			
	400m: 4:47.98 1:14.13	800m: 9:47.11 1:15.61	1200m: 14:52.13 1:16.24				
12.	BARROS, Raul Ventura	09	POR	Braga	19:09.69	+0,84	434
	100m: 1:08.48 1:08.48	500m: 6:06.16 1:15.90	900m: 11:16.68 1:18.13	1300m: 16:35.20 1:19.46			
	200m: 2:21.27 1:12.79	600m: 7:22.98 1:16.82	1000m: 12:36.09 1:19.41	1400m: 17:53.56 1:18.36			
	300m: 3:35.53 1:14.26	700m: 8:40.42 1:17.44	1100m: 13:55.80 1:19.71	1500m: 19:09.69 1:16.13			
	400m: 4:50.26 1:14.73	800m: 9:58.55 1:18.13	1200m: 15:15.74 1:19.94				

Juvenis A

1.	PEREIRA, Rui Silva	08	POR	Colegio Int Monte Maior	16:14.58	+0,78	713
	100m: 1:01.71 1:01.71	500m: 5:23.55 1:04.94	900m: 9:47.00 1:05.31	1300m: 14:07.57 1:05.50			
	200m: 2:07.20 1:05.49	600m: 6:29.37 1:05.82	1000m: 10:53.02 1:06.02	1400m: 15:12.78 1:05.21			
	300m: 3:12.69 1:05.49	700m: 7:35.38 1:06.01	1100m: 11:57.46 1:04.44	1500m: 16:14.58 1:01.80			
	400m: 4:18.61 1:05.92	800m: 8:41.69 1:06.31	1200m: 13:02.07 1:04.61				
2.	MEDEIROS, Miguel Fragoso	08	POR	Porto	16:24.50	+0,67	692
	100m: 1:01.78 1:01.78	500m: 5:22.29 1:05.48	900m: 9:46.32 1:05.92	1300m: 14:12.64 1:07.18			
	200m: 2:06.42 1:04.64	600m: 6:28.44 1:06.15	1000m: 10:52.45 1:06.13	1400m: 15:19.48 1:06.84			
	300m: 3:11.75 1:05.33	700m: 7:34.53 1:06.09	1100m: 11:58.58 1:06.13	1500m: 16:24.50 1:05.02			
	400m: 4:16.81 1:05.06	800m: 8:40.40 1:05.87	1200m: 13:05.46 1:06.88				
3.	CANELAS, Tiago Andre	08	POR	Fluvial Portuense	16:54.70	+0,79	632
	100m: 1:02.82 1:02.82	500m: 5:31.82 1:07.48	900m: 10:04.95 1:08.27	1300m: 14:39.42 1:08.70			
	200m: 2:09.63 1:06.81	600m: 6:39.51 1:07.69	1000m: 11:13.57 1:08.62	1400m: 15:48.09 1:08.67			
	300m: 3:16.71 1:07.08	700m: 7:48.04 1:08.53	1100m: 12:22.12 1:08.55	1500m: 16:54.70 1:06.61			
	400m: 4:24.34 1:07.63	800m: 8:56.68 1:08.64	1200m: 13:30.72 1:08.60				
4.	PEIXOTO, Tomas Pinto	08	POR	Porto	17:05.12	+0,70	613
	100m: 1:02.52 1:02.52	500m: 5:32.71 1:08.33	900m: 10:08.15 1:09.57	1300m: 14:46.23 1:09.46			
	200m: 2:09.12 1:06.60	600m: 6:40.82 1:08.11	1000m: 11:17.27 1:09.12	1400m: 15:56.32 1:10.09			
	300m: 3:16.39 1:07.27	700m: 7:49.21 1:08.39	1100m: 12:26.95 1:09.68	1500m: 17:05.12 1:08.80			
	400m: 4:24.38 1:07.99	800m: 8:58.58 1:09.37	1200m: 13:36.77 1:09.82				
5.	SOARES, Goncalo Augusto	08	POR	Porto	17:10.79	+0,75	603
	100m: 1:04.22 1:04.22	500m: 5:39.47 1:09.08	900m: 10:18.19 1:09.24	1300m: 14:55.97 1:09.46			
	200m: 2:12.89 1:08.67	600m: 6:48.64 1:09.17	1000m: 11:28.22 1:10.03	1400m: 16:04.82 1:08.85			
	300m: 3:21.63 1:08.74	700m: 7:59.22 1:10.58	1100m: 12:37.22 1:09.00	1500m: 17:10.79 1:05.97			
	400m: 4:30.39 1:08.76	800m: 9:08.95 1:09.73	1200m: 13:46.51 1:09.29				

Prova 11, Masc., 1500m Livres, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
6.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	17:14.79	+0,72	596
	100m: 1:03.30 1:03.30			500m: 5:38.77 1:09.29	900m: 10:18.22 1:10.14	1300m: 14:57.19 1:09.96	1:09.96
	200m: 2:11.37 1:08.07			600m: 6:48.34 1:09.57	1000m: 11:28.13 1:09.91	1400m: 16:06.89 1:09.70	1:09.70
	300m: 3:20.26 1:08.89			700m: 7:58.05 1:09.71	1100m: 12:37.62 1:09.49	1500m: 17:14.79 1:07.90	1:07.90
	400m: 4:29.48 1:09.22			800m: 9:08.08 1:10.03	1200m: 13:47.23 1:09.61		
7.	LIMA, Rodrigo Silva	08	POR	Porto	17:27.25	+0,77	575
	100m: 1:05.21 1:05.21			500m: 5:44.23 1:10.15	900m: 10:25.49 1:10.61	1300m: 15:07.37 1:10.44	1:10.44
	200m: 2:14.67 1:09.46			600m: 6:54.69 1:10.46	1000m: 11:35.63 1:10.14	1400m: 16:17.99 1:10.62	1:10.62
	300m: 3:24.26 1:09.59			700m: 8:04.81 1:10.12	1100m: 12:46.38 1:10.75	1500m: 17:27.25 1:09.26	1:09.26
	400m: 4:34.08 1:09.82			800m: 9:14.88 1:10.07	1200m: 13:56.93 1:10.55		
8.	SOUSA, Guilherme Simoes	08	POR	Nautico Academico	17:29.88	+0,66	571
	100m: 1:04.19 1:04.19			500m: 5:46.99 1:11.09	900m: 10:28.45 1:10.25	1300m: 15:11.34 1:10.75	1:10.75
	200m: 2:14.21 1:10.02			600m: 6:57.59 1:10.60	1000m: 11:38.73 1:10.28	1400m: 16:21.74 1:10.40	1:10.40
	300m: 3:24.98 1:10.77			700m: 8:08.10 1:10.51	1100m: 12:49.46 1:10.73	1500m: 17:29.88 1:08.14	1:08.14
	400m: 4:35.90 1:10.92			800m: 9:18.20 1:10.10	1200m: 14:00.59 1:11.13		
9.	MONTEIRO, Joao Pedro	08	POR	BUZIOS - Coruche	17:57.23	+0,75	528
	100m: 1:04.11 1:04.11			500m: 5:48.82 1:12.18	900m: 10:40.95 1:13.56	1300m: 15:34.22 1:13.20	1:13.20
	200m: 2:14.26 1:10.15			600m: 7:02.03 1:13.21	1000m: 11:54.56 1:13.61	1400m: 16:47.02 1:12.80	1:12.80
	300m: 3:25.15 1:10.89			700m: 8:14.90 1:12.87	1100m: 13:08.34 1:13.78	1500m: 17:57.23 1:10.21	1:10.21
	400m: 4:36.64 1:11.49			800m: 9:27.39 1:12.49	1200m: 14:21.02 1:12.68		
10.	PEREIRA, Salvador Correia	08	POR	Condeixa Aqua Clube	18:07.51	+0,68	513
	100m: 1:06.27 1:06.27			500m: 5:56.51 1:13.22	900m: 10:49.30 1:13.51	1300m: 15:44.01 1:13.07	1:13.07
	200m: 2:18.42 1:12.15			600m: 7:10.16 1:13.65	1000m: 12:02.63 1:13.33	1400m: 16:57.22 1:13.21	1:13.21
	300m: 3:30.22 1:11.80			700m: 8:22.65 1:12.49	1100m: 13:16.54 1:13.91	1500m: 18:07.51 1:10.29	1:10.29
	400m: 4:43.29 1:13.07			800m: 9:35.79 1:13.14	1200m: 14:30.94 1:14.40		
11.	SOUSA, Santiago Boica	08	POR	Vieirense	18:08.17	+0,81	512
	100m: 1:05.70 1:05.70			500m: 5:57.99 1:12.84	900m: 10:51.81 1:12.91	1300m: 15:46.21 1:14.85	1:14.85
	200m: 2:18.47 1:12.77			600m: 7:11.56 1:13.57	1000m: 12:05.16 1:13.35	1400m: 16:59.27 1:13.06	1:13.06
	300m: 3:31.94 1:13.47			700m: 8:25.54 1:13.98	1100m: 13:18.32 1:13.16	1500m: 18:08.17 1:08.90	1:08.90
	400m: 4:45.15 1:13.21			800m: 9:38.90 1:13.36	1200m: 14:31.36 1:13.04		
12.	FREIXEIRO, Francisco Guilherr	08	POR	Rio Maior	18:09.02	+0,72	511
	100m: 1:06.20 1:06.20			500m: 5:55.99 1:12.45	900m: 10:48.12 1:12.70	1300m: 15:44.07 1:14.17	1:14.17
	200m: 2:18.10 1:11.90			600m: 7:08.86 1:12.87	1000m: 12:01.67 1:13.55	1400m: 16:57.62 1:13.55	1:13.55
	300m: 3:30.81 1:12.71			700m: 8:22.28 1:13.42	1100m: 13:15.98 1:14.31	1500m: 18:09.02 1:11.40	1:11.40
	400m: 4:43.54 1:12.73			800m: 9:35.42 1:13.14	1200m: 14:29.90 1:13.92		
13.	SILVA, Guilherme Martins	08	POR	Academico Viseu	18:18.70	+0,79	498
	100m: 1:06.78 1:06.78			500m: 5:57.85 1:13.17	900m: 10:54.36 1:14.68	1300m: 15:52.01 1:13.91	1:13.91
	200m: 2:18.85 1:12.07			600m: 7:12.01 1:14.16	1000m: 12:09.04 1:14.68	1400m: 17:06.09 1:14.08	1:14.08
	300m: 3:31.13 1:12.28			700m: 8:25.70 1:13.69	1100m: 13:23.98 1:14.94	1500m: 18:18.70 1:12.61	1:12.61
	400m: 4:44.68 1:13.55			800m: 9:39.68 1:13.98	1200m: 14:38.10 1:14.12		
14.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	18:28.50		485
	100m: 1:05.77 1:05.77			500m: 5:58.98 1:14.19	900m: 10:59.19 1:15.19	1300m: 16:01.16 1:15.89	1:15.89
	200m: 2:18.14 1:12.37			600m: 7:13.63 1:14.65	1000m: 12:14.35 1:15.16	1400m: 17:16.40 1:15.24	1:15.24
	300m: 3:31.04 1:12.90			700m: 8:28.44 1:14.81	1100m: 13:29.97 1:15.62	1500m: 18:28.50 1:12.10	1:12.10
	400m: 4:44.79 1:13.75			800m: 9:44.00 1:15.56	1200m: 14:45.27 1:15.30		
15.	GONCALVES, Luis Pedro	08	POR	Braga	18:29.30	+0,80	484
	100m: 1:05.69 1:05.69			500m: 5:58.52 1:13.66	900m: 10:59.05 1:15.82	1300m: 16:01.56 1:15.72	1:15.72
	200m: 2:18.05 1:12.36			600m: 7:12.98 1:14.46	1000m: 12:13.99 1:14.94	1400m: 17:16.81 1:15.25	1:15.25
	300m: 3:32.23 1:14.18			700m: 8:27.50 1:14.52	1100m: 13:29.37 1:15.38	1500m: 18:29.30 1:12.49	1:12.49
	400m: 4:44.86 1:12.63			800m: 9:43.23 1:15.73	1200m: 14:45.84 1:16.47		

Prova 11, Masc., 1500m Livres, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
16.	JESUS, Vasco Franca	08	POR	Naval do Funchal	18:33.29	+0,68	478
	100m: 1:06.03 1:06.03			500m: 6:00.29 1:14.91	900m: 11:03.68 1:15.99	1300m: 16:06.97 1:15.56	
	200m: 2:17.58 1:11.55			600m: 7:15.92 1:15.63	1000m: 12:20.06 1:16.38	1400m: 17:21.15 1:14.18	
	300m: 3:31.25 1:13.67			700m: 8:32.07 1:16.15	1100m: 13:35.99 1:15.93	1500m: 18:33.29 1:12.14	
	400m: 4:45.38 1:14.13			800m: 9:47.69 1:15.62	1200m: 14:51.41 1:15.42		
17.	CABRITA, Martim Santos	08	POR	Louletano / Loule Concelho	18:40.68	+0,72	469
	100m: 1:06.13 1:06.13			500m: 6:06.22 1:15.26	900m: 11:07.78 1:15.59	1300m: 16:11.11 1:15.48	
	200m: 2:19.85 1:13.72			600m: 7:21.72 1:15.50	1000m: 12:23.51 1:15.73	1400m: 17:27.37 1:16.26	
	300m: 3:39.28 1:15.59			700m: 8:37.41 1:15.69	1100m: 13:39.43 1:15.92	1500m: 18:40.68 1:13.31	
	400m: 4:50.96 1:15.52			800m: 9:52.19 1:14.78	1200m: 14:55.63 1:16.20		

Juniores

1.	LOUREIRO, Bruno Silva	06	POR	Porto	16:27.38	+0,69	686
	100m: 1:01.47 1:01.47			500m: 5:22.44 1:05.77	900m: 9:47.59 1:06.60	1300m: 14:15.46 1:06.81	
	200m: 2:06.19 1:04.72			600m: 6:28.23 1:05.79	1000m: 10:54.43 1:06.84	1400m: 15:22.22 1:06.76	
	300m: 3:11.41 1:05.22			700m: 7:34.62 1:06.39	1100m: 12:01.45 1:07.02	1500m: 16:27.38 1:05.16	
	400m: 4:16.67 1:05.26			800m: 8:40.99 1:06.37	1200m: 13:08.65 1:07.20		
2.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	16:29.18	+0,70	682
	100m: 59.61 59.61			500m: 5:20.44 1:05.68	900m: 9:45.92 1:06.48	1300m: 14:15.48 1:07.66	
	200m: 2:04.24 1:04.63			600m: 6:26.44 1:06.00	1000m: 10:52.75 1:06.83	1400m: 15:23.17 1:07.69	
	300m: 3:09.28 1:05.04			700m: 7:32.44 1:06.00	1100m: 11:59.95 1:07.20	1500m: 16:29.18 1:06.01	
	400m: 4:14.76 1:05.48			800m: 8:39.44 1:07.00	1200m: 13:07.82 1:07.87		
3.	TIGRE, Pedro Bethlem	06	POR	Sporting	16:30.20	+0,66	680
	100m: 1:00.23 1:00.23			500m: 5:28.75 1:08.01	900m: 9:59.43 1:06.14	1300m: 14:21.23 1:05.85	
	200m: 2:05.56 1:05.33			600m: 6:36.79 1:08.04	1000m: 11:03.77 1:04.34	1400m: 15:27.16 1:05.93	
	300m: 3:12.39 1:06.83			700m: 7:44.98 1:08.19	1100m: 12:09.03 1:05.26	1500m: 16:30.20 1:03.04	
	400m: 4:20.74 1:08.35			800m: 8:53.29 1:08.31	1200m: 13:15.38 1:06.35		
4.	ASMAR, Axel Guedes	07	POR	Sporting	16:32.86	+0,62	675
	100m: 1:02.24 1:02.24			500m: 5:26.75 1:06.27	900m: 9:52.37 1:06.23	1300m: 14:20.42 1:07.08	
	200m: 2:08.06 1:05.82			600m: 6:32.82 1:06.07	1000m: 10:59.39 1:07.02	1400m: 15:27.48 1:07.06	
	300m: 3:14.02 1:05.96			700m: 7:39.96 1:07.14	1100m: 12:06.23 1:06.84	1500m: 16:32.86 1:05.38	
	400m: 4:20.48 1:06.46			800m: 8:46.14 1:06.18	1200m: 13:13.34 1:07.11		
5.	CASTRO, Vasco Monteiro	06	POR	Porto	17:01.72	+0,78	619
	100m: 1:01.91 1:01.91			500m: 5:28.33 1:07.01	900m: 10:02.21 1:09.36	1300m: 14:42.45 1:10.19	
	200m: 2:08.03 1:06.12			600m: 6:35.97 1:07.64	1000m: 11:11.94 1:09.73	1400m: 15:52.71 1:10.26	
	300m: 3:14.30 1:06.27			700m: 7:44.37 1:08.40	1100m: 12:21.92 1:09.98	1500m: 17:01.72 1:09.01	
	400m: 4:21.32 1:07.02			800m: 8:52.85 1:08.48	1200m: 13:32.26 1:10.34		
6.	RITA, Francisco Xavier	07	POR	Vieirense	17:10.46	+0,67	603
	100m: 1:04.45 1:04.45			500m: 5:45.40 1:10.24	900m: 10:23.24 1:08.84	1300m: 14:57.15 1:08.62	
	200m: 2:14.45 1:10.00			600m: 6:55.02 1:09.62	1000m: 11:31.51 1:08.27	1400m: 16:05.76 1:08.61	
	300m: 3:24.68 1:10.23			700m: 8:04.60 1:09.58	1100m: 12:39.79 1:08.28	1500m: 17:10.46 1:04.70	
	400m: 4:35.16 1:10.48			800m: 9:14.40 1:09.80	1200m: 13:48.53 1:08.74		
7.	GOMES, Miguel Braga	07	POR	Sporting	17:11.02	+0,72	602
	100m: 1:04.32 1:04.32			500m: 5:44.09 1:10.38	900m: 10:22.17 1:08.72	1300m: 14:56.10 1:08.52	
	200m: 2:13.51 1:09.19			600m: 6:54.36 1:10.27	1000m: 11:30.67 1:08.50	1400m: 16:04.37 1:08.27	
	300m: 3:23.37 1:09.86			700m: 8:04.32 1:09.96	1100m: 12:39.04 1:08.37	1500m: 17:11.02 1:06.65	
	400m: 4:33.71 1:10.34			800m: 9:13.45 1:09.13	1200m: 13:47.58 1:08.54		

**Camp. Nacional JUV., JUN. e ABS - OPEN Portugal
Coimbra, 4 - 7/4/2024**
Prova 11, Masc., 1500m Livres, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
8.	PEREIRA, Tomas Veiga	06	POR	Nautico Academico	17:19.57	+0,83	588
	100m: 1:04.63 1:04.63	500m: 5:42.43 1:09.55	900m: 10:21.64 1:09.77	1300m: 15:00.12 1:10.20			
	200m: 2:13.97 1:09.34	600m: 6:52.00 1:09.57	1000m: 11:30.96 1:09.32	1400m: 16:10.15 1:10.03			
	300m: 3:23.52 1:09.55	700m: 8:01.82 1:09.82	1100m: 12:40.16 1:09.20	1500m: 17:19.57 1:09.42			
	400m: 4:32.88 1:09.36	800m: 9:11.87 1:10.05	1200m: 13:49.92 1:09.76				
9.	MATOS, Rodrigo Onofre	06	POR	Os Belenenses	17:26.04	+0,76	577
	100m: 1:04.77 1:04.77	500m: 5:43.11 1:09.84	900m: 10:23.51 1:09.62	1300m: 15:05.74 1:10.27			
	200m: 2:14.42 1:09.65	600m: 6:53.36 1:10.25	1000m: 11:33.71 1:10.20	1400m: 16:16.44 1:10.70			
	300m: 3:23.86 1:09.44	700m: 8:03.51 1:10.15	1100m: 12:44.74 1:11.03	1500m: 17:26.04 1:09.60			
	400m: 4:33.27 1:09.41	800m: 9:13.89 1:10.38	1200m: 13:55.47 1:10.73				
10.	PINHO, Afonso Formigo	06	POR	Torres Novas	17:50.50	+0,66	538
	100m: 1:06.89 1:06.89	500m: 5:51.59 1:11.93	900m: 10:39.52 1:11.94	1300m: 15:28.83 1:12.57			
	200m: 2:17.16 1:10.27	600m: 7:03.84 1:12.25	1000m: 11:51.83 1:12.31	1400m: 16:40.75 1:11.92			
	300m: 3:28.05 1:10.89	700m: 8:15.87 1:12.03	1100m: 13:04.20 1:12.37	1500m: 17:50.50 1:09.75			
	400m: 4:39.66 1:11.61	800m: 9:27.58 1:11.71	1200m: 14:16.26 1:12.06				
11.	JORGE, Pedro Crispim	06	POR	Uniao Piedense	17:51.77	+0,76	536
	100m: 1:04.21 1:04.21	500m: 5:46.03 1:11.91	900m: 10:38.64 1:13.07	1300m: 15:29.26 1:12.39			
	200m: 2:13.07 1:08.86	600m: 6:59.62 1:13.59	1000m: 11:51.49 1:12.85	1400m: 16:41.38 1:12.12			
	300m: 3:23.02 1:09.95	700m: 8:12.50 1:12.88	1100m: 13:04.73 1:13.24	1500m: 17:51.77 1:10.39			
	400m: 4:34.12 1:11.10	800m: 9:25.57 1:13.07	1200m: 14:16.87 1:12.14				
12.	NOGUEIRA, Afonso Miguel	07	POR	Braga	17:53.08	+0,83	534
	100m: 1:05.35 1:05.35	500m: 5:44.57 1:11.12	900m: 10:33.24 1:11.78	1300m: 15:27.38 1:14.26			
	200m: 2:14.34 1:08.99	600m: 6:56.97 1:12.40	1000m: 11:45.76 1:12.52	1400m: 16:41.39 1:14.01			
	300m: 3:23.69 1:09.35	700m: 8:09.09 1:12.12	1100m: 12:59.28 1:13.52	1500m: 17:53.08 1:11.69			
	400m: 4:33.45 1:09.76	800m: 9:21.46 1:12.37	1200m: 14:13.12 1:13.84				
13.	CARVALHO, Daniel Casaca	07	POR	Colegio Vasco da Gama	18:04.27	+0,78	518
	100m: 1:04.30 1:04.30	500m: 5:50.80 1:11.66	900m: 10:44.49 1:13.73	1300m: 15:37.50 1:13.75			
	200m: 2:15.68 1:11.38	600m: 7:03.26 1:12.46	1000m: 11:58.47 1:13.98	1400m: 16:51.64 1:14.14			
	300m: 3:27.49 1:11.81	700m: 8:16.85 1:13.59	1100m: 13:10.32 1:11.85	1500m: 18:04.27 1:12.63			
	400m: 4:39.14 1:11.65	800m: 9:30.76 1:13.91	1200m: 14:23.75 1:13.43				

OPEN

1.	GARACH BENITO, Carlos	04	ESP	Spain	15:13.28	+0,62	867
	<i>Mínimos Camp da Europa de PL 2024</i>						
	100m: 58.71 58.71	500m: 5:02.85 1:01.38	900m: 9:07.46 1:01.10	1300m: 13:13.09 1:01.41			
	200m: 1:59.59 1:00.88	600m: 6:04.07 1:01.22	1000m: 10:09.01 1:01.55	1400m: 14:14.15 1:01.06			
	300m: 3:00.36 1:00.77	700m: 7:05.30 1:01.23	1100m: 11:10.37 1:01.36	1500m: 15:13.28 59.13			
	400m: 4:01.47 1:01.11	800m: 8:06.36 1:01.06	1200m: 12:11.68 1:01.31				
2.	LOPES, Jose Paulo	00	POR	Braga	15:27.69	+0,69	827
	100m: 57.65 57.65	500m: 5:03.21 1:01.51	900m: 9:11.24 1:02.46	1300m: 13:22.10 1:02.87			
	200m: 1:58.70 1:01.05	600m: 6:04.92 1:01.71	1000m: 10:13.80 1:02.56	1400m: 14:25.30 1:03.20			
	300m: 2:59.94 1:01.24	700m: 7:06.69 1:01.77	1100m: 11:16.44 1:02.64	1500m: 15:27.69 1:02.39			
	400m: 4:01.70 1:01.76	800m: 8:08.78 1:02.09	1200m: 12:19.23 1:02.79				
3.	MENDEZ PUGA, Mario	03	ESP	Spain	15:36.67	+0,68	804
	100m: 59.58 59.58	500m: 5:10.15 1:02.93	900m: 9:22.64 1:03.21	1300m: 13:32.88 1:02.21			
	200m: 2:02.32 1:02.74	600m: 6:13.06 1:02.91	1000m: 10:25.65 1:03.01	1400m: 14:35.36 1:02.48			
	300m: 3:04.64 1:02.32	700m: 7:16.14 1:03.08	1100m: 11:28.37 1:02.72	1500m: 15:36.67 1:01.31			
	400m: 4:07.22 1:02.58	800m: 8:19.43 1:03.29	1200m: 12:30.67 1:02.30				

Prova 11, Masc., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA					
4.	AMARAL, Francisco Rodriguez	02	POR	Porto	15:43.04	+0,83	787					
	100m:	1:00.82	1:00.82	500m:	5:13.72	1:03.21	900m:	9:26.72	1:03.10	1300m:	13:39.08	1:03.55
	200m:	2:04.13	1:03.31	600m:	6:16.84	1:03.12	1000m:	10:29.32	1:02.60	1400m:	14:42.77	1:03.69
	300m:	3:07.35	1:03.22	700m:	7:20.28	1:03.44	1100m:	11:32.32	1:03.00	1500m:	15:43.04	1:00.27
	400m:	4:10.51	1:03.16	800m:	8:23.62	1:03.34	1200m:	12:35.53	1:03.21			
5.	PUEBLA MARTINEZ, Alejandro	02	ESP	Spain	15:43.42	+0,66	786					
	100m:	1:00.13	1:00.13	500m:	5:13.32	1:03.79	900m:	9:25.73	1:03.29	1300m:	13:39.12	1:03.76
	200m:	2:03.01	1:02.88	600m:	6:16.55	1:03.23	1000m:	10:29.05	1:03.32	1400m:	14:42.89	1:03.77
	300m:	3:05.73	1:02.72	700m:	7:19.53	1:02.98	1100m:	11:31.99	1:02.94	1500m:	15:43.42	1:00.53
	400m:	4:09.53	1:03.80	800m:	8:22.44	1:02.91	1200m:	12:35.36	1:03.37			
6.	CARDOSO, Diogo Santos	01	POR	Sporting	15:45.80	+0,79	781					
	100m:	1:00.74	1:00.74	500m:	5:16.30	1:04.03	900m:	9:30.44	1:03.37	1300m:	13:43.41	1:03.21
	200m:	2:04.58	1:03.84	600m:	6:20.24	1:03.94	1000m:	10:33.89	1:03.45	1400m:	14:46.10	1:02.69
	300m:	3:08.42	1:03.84	700m:	7:23.86	1:03.62	1100m:	11:36.91	1:03.02	1500m:	15:45.80	59.70
	400m:	4:12.27	1:03.85	800m:	8:27.07	1:03.21	1200m:	12:40.20	1:03.29			
7.	AZEVEDO, Gabriel Arteiro	00	BRA	Naval do Funchal	15:46.11	+0,72	780					
	100m:	1:01.66	1:01.66	500m:	5:16.48	1:03.62	900m:	9:30.42	1:03.62	1300m:	13:43.79	1:03.43
	200m:	2:05.70	1:04.04	600m:	6:20.38	1:03.90	1000m:	10:33.89	1:03.47	1400m:	14:46.69	1:02.90
	300m:	3:09.19	1:03.49	700m:	7:23.81	1:03.43	1100m:	11:37.11	1:03.22	1500m:	15:46.11	59.42
	400m:	4:12.86	1:03.67	800m:	8:26.80	1:02.99	1200m:	12:40.36	1:03.25			
8.	ORTIZ MARTINEZ, Carlos	04	ESP	Spain	16:00.37	+0,70	746					
	100m:	1:00.17	1:00.17	500m:	5:13.22	1:03.29	900m:	9:28.42	1:04.65	1300m:	13:48.78	1:05.94
	200m:	2:03.44	1:03.27	600m:	6:16.40	1:03.18	1000m:	10:33.13	1:04.71	1400m:	14:54.82	1:06.04
	300m:	3:06.58	1:03.14	700m:	7:19.98	1:03.58	1100m:	11:37.73	1:04.60	1500m:	16:00.37	1:05.55
	400m:	4:09.93	1:03.35	800m:	8:23.77	1:03.79	1200m:	12:42.84	1:05.11			
9.	PEREIRA, Rui Silva	08	POR	Colegio Int Monte Maior	16:14.58	+0,78	713					
	100m:	1:01.71	1:01.71	500m:	5:23.55	1:04.94	900m:	9:47.00	1:05.31	1300m:	14:07.57	1:05.50
	200m:	2:07.20	1:05.49	600m:	6:29.37	1:05.82	1000m:	10:53.02	1:06.02	1400m:	15:12.78	1:05.21
	300m:	3:12.69	1:05.49	700m:	7:35.38	1:06.01	1100m:	11:57.46	1:04.44	1500m:	16:14.58	1:01.80
	400m:	4:18.61	1:05.92	800m:	8:41.69	1:06.31	1200m:	13:02.07	1:04.61			
10.	SANTOS, Ricardo Matias	05	POR	Louzan Natacao/EFAPEL	16:14.66	+0,74	713					
	100m:	1:01.73	1:01.73	500m:	5:24.09	1:05.34	900m:	9:47.15	1:05.66	1300m:	14:07.67	1:05.33
	200m:	2:07.32	1:05.59	600m:	6:29.57	1:05.48	1000m:	10:53.16	1:06.01	1400m:	15:12.81	1:05.14
	300m:	3:12.88	1:05.56	700m:	7:35.28	1:05.71	1100m:	11:57.83	1:04.67	1500m:	16:14.66	1:01.85
	400m:	4:18.75	1:05.87	800m:	8:41.49	1:06.21	1200m:	13:02.34	1:04.51			
11.	SARREIRA, Tomas Amor	05	POR	Porto	16:17.81	+0,73	706					
	100m:	1:01.40	1:01.40	500m:	5:20.90	1:05.04	900m:	9:42.35	1:05.64	1300m:	14:06.94	1:06.26
	200m:	2:06.42	1:05.02	600m:	6:26.01	1:05.11	1000m:	10:48.20	1:05.85	1400m:	15:13.30	1:06.36
	300m:	3:11.04	1:04.62	700m:	7:31.31	1:05.30	1100m:	11:54.47	1:06.27	1500m:	16:17.81	1:04.51
	400m:	4:15.86	1:04.82	800m:	8:36.71	1:05.40	1200m:	13:00.68	1:06.21			
12.	FERRAO, Gabriel Carvalho	05	POR	Benfica	16:22.54	+0,61	696					
	100m:	1:01.20	1:01.20	500m:	5:27.31	1:06.53	900m:	9:51.25	1:05.95	1300m:	14:13.44	1:05.70
	200m:	2:07.78	1:06.58	600m:	6:33.67	1:06.36	1000m:	10:57.26	1:06.01	1400m:	15:19.12	1:05.68
	300m:	3:14.25	1:06.47	700m:	7:39.67	1:06.00	1100m:	12:02.35	1:05.09	1500m:	16:22.54	1:03.42
	400m:	4:20.78	1:06.53	800m:	8:45.30	1:05.63	1200m:	13:07.74	1:05.39			
13.	MEDEIROS, Miguel Frago	08	POR	Porto	16:24.50	+0,67	692					
	100m:	1:01.78	1:01.78	500m:	5:22.29	1:05.48	900m:	9:46.32	1:05.92	1300m:	14:12.64	1:07.18
	200m:	2:06.42	1:04.64	600m:	6:28.44	1:06.15	1000m:	10:52.45	1:06.13	1400m:	15:19.48	1:06.84
	300m:	3:11.75	1:05.33	700m:	7:34.53	1:06.09	1100m:	11:58.58	1:06.13	1500m:	16:24.50	1:05.02
	400m:	4:16.81	1:05.06	800m:	8:40.40	1:05.87	1200m:	13:05.46	1:06.88			

Prova 11, Masc., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
14.	LOUREIRO, Bruno Silva	06	POR	Porto	16:27.38	+0,69	686
	100m: 1:01.47 1:01.47	500m: 5:22.44	1:05.77	900m: 9:47.59	1:06.60	1300m: 14:15.46	1:06.81
	200m: 2:06.19 1:04.72	600m: 6:28.23	1:05.79	1000m: 10:54.43	1:06.84	1400m: 15:22.22	1:06.76
	300m: 3:11.41 1:05.22	700m: 7:34.62	1:06.39	1100m: 12:01.45	1:07.02	1500m: 16:27.38	1:05.16
	400m: 4:16.67 1:05.26	800m: 8:40.99	1:06.37	1200m: 13:08.65	1:07.20		
15.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	16:29.18	+0,70	682
	100m: 59.61 59.61	500m: 5:20.44	1:05.68	900m: 9:45.92	1:06.48	1300m: 14:15.48	1:07.66
	200m: 2:04.24 1:04.63	600m: 6:26.44	1:06.00	1000m: 10:52.75	1:06.83	1400m: 15:23.17	1:07.69
	300m: 3:09.28 1:05.04	700m: 7:32.44	1:06.00	1100m: 11:59.95	1:07.20	1500m: 16:29.18	1:06.01
	400m: 4:14.76 1:05.48	800m: 8:39.44	1:07.00	1200m: 13:07.82	1:07.87		
16.	TIGRE, Pedro Bethlem	06	POR	Sporting	16:30.20	+0,66	680
	100m: 1:00.23 1:00.23	500m: 5:28.75	1:08.01	900m: 9:59.43	1:06.14	1300m: 14:21.23	1:05.85
	200m: 2:05.56 1:05.33	600m: 6:36.79	1:08.04	1000m: 11:03.77	1:04.34	1400m: 15:27.16	1:05.93
	300m: 3:12.39 1:06.83	700m: 7:44.98	1:08.19	1100m: 12:09.03	1:05.26	1500m: 16:30.20	1:03.04
	400m: 4:20.74 1:08.35	800m: 8:53.29	1:08.31	1200m: 13:15.38	1:06.35		
17.	SIMOES, Bernardo Jorge	04	POR	Colegio Vasco da Gama	16:32.51	+0,70	675
	100m: 1:00.99 1:00.99	500m: 5:27.65	1:07.21	900m: 9:56.45	1:07.01	1300m: 14:23.04	1:06.07
	200m: 2:07.25 1:06.26	600m: 6:34.62	1:06.97	1000m: 11:03.34	1:06.89	1400m: 15:28.37	1:05.33
	300m: 3:13.62 1:06.37	700m: 7:41.98	1:07.36	1100m: 12:10.33	1:06.99	1500m: 16:32.51	1:04.14
	400m: 4:20.44 1:06.82	800m: 8:49.44	1:07.46	1200m: 13:16.97	1:06.64		
18.	ASMAR, Axel Guedes	07	POR	Sporting	16:32.86	+0,62	675
	100m: 1:02.24 1:02.24	500m: 5:26.75	1:06.27	900m: 9:52.37	1:06.23	1300m: 14:20.42	1:07.08
	200m: 2:08.06 1:05.82	600m: 6:32.82	1:06.07	1000m: 10:59.39	1:07.02	1400m: 15:27.48	1:07.06
	300m: 3:14.02 1:05.96	700m: 7:39.96	1:07.14	1100m: 12:06.23	1:06.84	1500m: 16:32.86	1:05.38
	400m: 4:20.48 1:06.46	800m: 8:46.14	1:06.18	1200m: 13:13.34	1:07.11		
19.	CARVALHO, Goncalo Renato	04	POR	Porto	16:37.96	+0,69	664
	100m: 1:03.15 1:03.15	500m: 5:27.90	1:06.46	900m: 9:55.15	1:07.21	1300m: 14:24.12	1:07.52
	200m: 2:09.17 1:06.02	600m: 6:34.68	1:06.78	1000m: 11:02.25	1:07.10	1400m: 15:31.85	1:07.73
	300m: 3:15.29 1:06.12	700m: 7:41.33	1:06.65	1100m: 12:09.54	1:07.29	1500m: 16:37.96	1:06.11
	400m: 4:21.44 1:06.15	800m: 8:47.94	1:06.61	1200m: 13:16.60	1:07.06		
20.	CANELAS, Tiago Andre	08	POR	Fluvial Portuense	16:54.70	+0,79	632
	100m: 1:02.82 1:02.82	500m: 5:31.82	1:07.48	900m: 10:04.95	1:08.27	1300m: 14:39.42	1:08.70
	200m: 2:09.63 1:06.81	600m: 6:39.51	1:07.69	1000m: 11:13.57	1:08.62	1400m: 15:48.09	1:08.67
	300m: 3:16.71 1:07.08	700m: 7:48.04	1:08.53	1100m: 12:22.12	1:08.55	1500m: 16:54.70	1:06.61
	400m: 4:24.34 1:07.63	800m: 8:56.68	1:08.64	1200m: 13:30.72	1:08.60		
21.	CASTRO, Vasco Monteiro	06	POR	Porto	17:01.72	+0,78	619
	100m: 1:01.91 1:01.91	500m: 5:28.33	1:07.01	900m: 10:02.21	1:09.36	1300m: 14:42.45	1:10.19
	200m: 2:08.03 1:06.12	600m: 6:35.97	1:07.64	1000m: 11:11.94	1:09.73	1400m: 15:52.71	1:10.26
	300m: 3:14.30 1:06.27	700m: 7:44.37	1:08.40	1100m: 12:21.92	1:09.98	1500m: 17:01.72	1:09.01
	400m: 4:21.32 1:07.02	800m: 8:52.85	1:08.48	1200m: 13:32.26	1:10.34		
22.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	17:02.40	+0,78	618
	100m: 1:02.44 1:02.44	500m: 5:33.44	1:07.78	900m: 10:08.23	1:08.78	1300m: 14:45.86	1:09.44
	200m: 2:09.78 1:07.34	600m: 6:42.02	1:08.58	1000m: 11:17.55	1:09.32	1400m: 15:55.33	1:09.47
	300m: 3:17.97 1:08.19	700m: 7:50.93	1:08.91	1100m: 12:26.72	1:09.17	1500m: 17:02.40	1:07.07
	400m: 4:25.66 1:07.69	800m: 8:59.45	1:08.52	1200m: 13:36.42	1:09.70		
23.	CARDOSO, Filipe Santos	04	POR	Gafanha da Encarnacao	17:04.55	+0,51	614
	100m: 1:03.62 1:03.62	500m: 5:41.24	1:09.74	900m: 10:17.91	1:08.97	1300m: 14:51.31	1:08.33
	200m: 2:12.35 1:08.73	600m: 6:50.60	1:09.36	1000m: 11:26.63	1:08.72	1400m: 15:59.90	1:08.59
	300m: 3:21.65 1:09.30	700m: 7:59.80	1:09.20	1100m: 12:35.03	1:08.40	1500m: 17:04.55	1:04.65
	400m: 4:31.50 1:09.85	800m: 9:08.94	1:09.14	1200m: 13:42.98	1:07.95		

Prova 11, Masc., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
24.	PEIXOTO, Tomas Pinto	08	POR	Porto	17:05.12	+0,70	613
	100m: 1:02.52 1:02.52			500m: 5:32.71 1:08.33	900m: 10:08.15 1:09.57	1300m: 14:46.23 1:09.46	
	200m: 2:09.12 1:06.60			600m: 6:40.82 1:08.11	1000m: 11:17.27 1:09.12	1400m: 15:56.32 1:10.09	
	300m: 3:16.39 1:07.27			700m: 7:49.21 1:08.39	1100m: 12:26.95 1:09.68	1500m: 17:05.12 1:08.80	
	400m: 4:24.38 1:07.99			800m: 8:58.58 1:09.37	1200m: 13:36.77 1:09.82		
25.	RITA, Francisco Xavier	07	POR	Vieirense	17:10.46	+0,67	603
	100m: 1:04.45 1:04.45			500m: 5:45.40 1:10.24	900m: 10:23.24 1:08.84	1300m: 14:57.15 1:08.62	
	200m: 2:14.45 1:10.00			600m: 6:55.02 1:09.62	1000m: 11:31.51 1:08.27	1400m: 16:05.76 1:08.61	
	300m: 3:24.68 1:10.23			700m: 8:04.60 1:09.58	1100m: 12:39.79 1:08.28	1500m: 17:10.46 1:04.70	
	400m: 4:35.16 1:10.48			800m: 9:14.40 1:09.80	1200m: 13:48.53 1:08.74		
26.	SOARES, Goncalo Augusto	08	POR	Porto	17:10.79	+0,75	603
	100m: 1:04.22 1:04.22			500m: 5:39.47 1:09.08	900m: 10:18.19 1:09.24	1300m: 14:55.97 1:09.46	
	200m: 2:12.89 1:08.67			600m: 6:48.64 1:09.17	1000m: 11:28.22 1:10.03	1400m: 16:04.82 1:08.85	
	300m: 3:21.63 1:08.74			700m: 7:59.22 1:10.58	1100m: 12:37.22 1:09.00	1500m: 17:10.79 1:05.97	
	400m: 4:30.39 1:08.76			800m: 9:08.95 1:09.73	1200m: 13:46.51 1:09.29		
27.	GOMES, Miguel Braga	07	POR	Sporting	17:11.02	+0,72	602
	100m: 1:04.32 1:04.32			500m: 5:44.09 1:10.38	900m: 10:22.17 1:08.72	1300m: 14:56.10 1:08.52	
	200m: 2:13.51 1:09.19			600m: 6:54.36 1:10.27	1000m: 11:30.67 1:08.50	1400m: 16:04.37 1:08.27	
	300m: 3:23.37 1:09.86			700m: 8:04.32 1:09.96	1100m: 12:39.04 1:08.37	1500m: 17:11.02 1:06.65	
	400m: 4:33.71 1:10.34			800m: 9:13.45 1:09.13	1200m: 13:47.58 1:08.54		
28.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	17:14.79	+0,72	596
	100m: 1:03.30 1:03.30			500m: 5:38.77 1:09.29	900m: 10:18.22 1:10.14	1300m: 14:57.19 1:09.96	
	200m: 2:11.37 1:08.07			600m: 6:48.34 1:09.57	1000m: 11:28.13 1:09.91	1400m: 16:06.89 1:09.70	
	300m: 3:20.26 1:08.89			700m: 7:58.05 1:09.71	1100m: 12:37.62 1:09.49	1500m: 17:14.79 1:07.90	
	400m: 4:29.48 1:09.22			800m: 9:08.08 1:10.03	1200m: 13:47.23 1:09.61		
29.	GONCALVES, Alexandre Ramc05	POR		Sporting Clube Sao Joao Ver	17:15.90	+0,69	594
	100m: 1:02.14 1:02.14			500m: 5:33.38 1:08.89	900m: 10:13.65 1:10.17	1300m: 14:56.84 1:11.11	
	200m: 2:08.60 1:06.46			600m: 6:42.94 1:09.56	1000m: 11:25.08 1:11.43	1400m: 16:07.58 1:10.74	
	300m: 3:15.63 1:07.03			700m: 7:53.42 1:10.48	1100m: 12:35.20 1:10.12	1500m: 17:15.90 1:08.32	
	400m: 4:24.49 1:08.86			800m: 9:03.48 1:10.06	1200m: 13:45.73 1:10.53		
30.	KOT, Paulo	09	POR	Nautico Marinha Grande	17:16.28	+0,65	593
	100m: 1:02.28 1:02.28			500m: 5:35.93 1:09.03	900m: 10:15.23 1:10.21	1300m: 14:56.64 1:10.65	
	200m: 2:09.94 1:07.66			600m: 6:45.34 1:09.41	1000m: 11:25.25 1:10.02	1400m: 16:07.56 1:10.92	
	300m: 3:18.39 1:08.45			700m: 7:55.19 1:09.85	1100m: 12:35.51 1:10.26	1500m: 17:16.28 1:08.72	
	400m: 4:26.90 1:08.51			800m: 9:05.02 1:09.83	1200m: 13:45.99 1:10.48		
31.	SOUSA, Joao Maria	05	POR	Braga	17:16.90	+0,75	592
	100m: 1:02.77 1:02.77			500m: 5:36.56 1:08.82	900m: 10:15.03 1:09.92	1300m: 14:57.83 1:11.43	
	200m: 2:10.45 1:07.68			600m: 6:45.62 1:09.06	1000m: 11:25.41 1:10.38	1400m: 16:09.17 1:11.34	
	300m: 3:19.02 1:08.57			700m: 7:55.08 1:09.46	1100m: 12:35.78 1:10.37	1500m: 17:16.90 1:07.73	
	400m: 4:27.74 1:08.72			800m: 9:05.11 1:10.03	1200m: 13:46.40 1:10.62		
32.	PEREIRA, Tomas Veiga	06	POR	Nautico Academico	17:19.57	+0,83	588
	100m: 1:04.63 1:04.63			500m: 5:42.43 1:09.55	900m: 10:21.64 1:09.77	1300m: 15:00.12 1:10.20	
	200m: 2:13.97 1:09.34			600m: 6:52.00 1:09.57	1000m: 11:30.96 1:09.32	1400m: 16:10.15 1:10.03	
	300m: 3:23.52 1:09.55			700m: 8:01.82 1:09.82	1100m: 12:40.16 1:09.20	1500m: 17:19.57 1:09.42	
	400m: 4:32.88 1:09.36			800m: 9:11.87 1:10.05	1200m: 13:49.92 1:09.76		
33.	MATOS, Rodrigo Onofre	06	POR	Os Belenenses	17:26.04	+0,76	577
	100m: 1:04.77 1:04.77			500m: 5:43.11 1:09.84	900m: 10:23.51 1:09.62	1300m: 15:05.74 1:10.27	
	200m: 2:14.42 1:09.65			600m: 6:53.36 1:10.25	1000m: 11:33.71 1:10.20	1400m: 16:16.44 1:10.70	
	300m: 3:23.86 1:09.44			700m: 8:03.51 1:10.15	1100m: 12:44.74 1:11.03	1500m: 17:26.04 1:09.60	
	400m: 4:33.27 1:09.41			800m: 9:13.89 1:10.38	1200m: 13:55.47 1:10.73		

Prova 11, Masc., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
34.	LIMA, Rodrigo Silva	08	POR	Porto	17:27.25	+0,77	575
	100m: 1:05.21 1:05.21			500m: 5:44.23 1:10.15	900m: 10:25.49 1:10.61	1300m: 15:07.37 1:10.44	
	200m: 2:14.67 1:09.46			600m: 6:54.69 1:10.46	1000m: 11:35.63 1:10.14	1400m: 16:17.99 1:10.62	
	300m: 3:24.26 1:09.59			700m: 8:04.81 1:10.12	1100m: 12:46.38 1:10.75	1500m: 17:27.25 1:09.26	
	400m: 4:34.08 1:09.82			800m: 9:14.88 1:10.07	1200m: 13:56.93 1:10.55		
35.	SOUSA, Guilherme Simoes	08	POR	Nautico Academico	17:29.88	+0,66	571
	100m: 1:04.19 1:04.19			500m: 5:46.99 1:11.09	900m: 10:28.45 1:10.25	1300m: 15:11.34 1:10.75	
	200m: 2:14.21 1:10.02			600m: 6:57.59 1:10.60	1000m: 11:38.73 1:10.28	1400m: 16:21.74 1:10.40	
	300m: 3:24.98 1:10.77			700m: 8:08.10 1:10.51	1100m: 12:49.46 1:10.73	1500m: 17:29.88 1:08.14	
	400m: 4:35.90 1:10.92			800m: 9:18.20 1:10.10	1200m: 14:00.59 1:11.13		
36.	PINTO, Martim Chambel	09	POR	Colegio Int Monte Maior	17:32.55	+0,78	566
	100m: 1:04.86 1:04.86			500m: 5:44.87 1:11.01	900m: 10:29.53 1:11.12	1300m: 15:13.84 1:11.67	
	200m: 2:13.96 1:09.10			600m: 6:56.33 1:11.46	1000m: 11:39.66 1:10.13	1400m: 16:25.25 1:11.41	
	300m: 3:23.28 1:09.32			700m: 8:06.39 1:10.06	1100m: 12:50.58 1:10.92	1500m: 17:32.55 1:07.30	
	400m: 4:33.86 1:10.58			800m: 9:18.41 1:12.02	1200m: 14:02.17 1:11.59		
37.	GOMES, Marcio Fernandes	04	POR	Braga	17:44.87	+0,64	547
	100m: 1:03.69 1:03.69			500m: 5:39.91 1:10.52	900m: 10:28.55 1:12.84	1300m: 15:21.18 1:13.04	
	200m: 2:10.91 1:07.22			600m: 6:51.36 1:11.45	1000m: 11:41.71 1:13.16	1400m: 16:33.93 1:12.75	
	300m: 3:19.67 1:08.76			700m: 8:03.33 1:11.97	1100m: 12:55.04 1:13.33	1500m: 17:44.87 1:10.94	
	400m: 4:29.39 1:09.72			800m: 9:15.71 1:12.38	1200m: 14:08.14 1:13.10		
38.	PINHO, Afonso Formigo	06	POR	Torres Novas	17:50.50	+0,66	538
	100m: 1:06.89 1:06.89			500m: 5:51.59 1:11.93	900m: 10:39.52 1:11.94	1300m: 15:28.83 1:12.57	
	200m: 2:17.16 1:10.27			600m: 7:03.84 1:12.25	1000m: 11:51.83 1:12.31	1400m: 16:40.75 1:11.92	
	300m: 3:28.05 1:10.89			700m: 8:15.87 1:12.03	1100m: 13:04.20 1:12.37	1500m: 17:50.50 1:09.75	
	400m: 4:39.66 1:11.61			800m: 9:27.58 1:11.71	1200m: 14:16.26 1:12.06		
39.	JORGE, Pedro Crispim	06	POR	Uniao Piedense	17:51.77	+0,76	536
	100m: 1:04.21 1:04.21			500m: 5:46.03 1:11.91	900m: 10:38.64 1:13.07	1300m: 15:29.26 1:12.39	
	200m: 2:13.07 1:08.86			600m: 6:59.62 1:13.59	1000m: 11:51.49 1:12.85	1400m: 16:41.38 1:12.12	
	300m: 3:23.02 1:09.95			700m: 8:12.50 1:12.88	1100m: 13:04.73 1:13.24	1500m: 17:51.77 1:10.39	
	400m: 4:34.12 1:11.10			800m: 9:25.57 1:13.07	1200m: 14:16.87 1:12.14		
40.	NOGUEIRA, Afonso Miguel	07	POR	Braga	17:53.08	+0,83	534
	100m: 1:05.35 1:05.35			500m: 5:44.57 1:11.12	900m: 10:33.24 1:11.78	1300m: 15:27.38 1:14.26	
	200m: 2:14.34 1:08.99			600m: 6:56.97 1:12.40	1000m: 11:45.76 1:12.52	1400m: 16:41.39 1:14.01	
	300m: 3:23.69 1:09.35			700m: 8:09.09 1:12.12	1100m: 12:59.28 1:13.52	1500m: 17:53.08 1:11.69	
	400m: 4:33.45 1:09.76			800m: 9:21.46 1:12.37	1200m: 14:13.12 1:13.84		
41.	MONTEIRO, Joao Pedro	08	POR	BUZIOS - Coruche	17:57.23	+0,75	528
	100m: 1:04.11 1:04.11			500m: 5:48.82 1:12.18	900m: 10:40.95 1:13.56	1300m: 15:34.22 1:13.20	
	200m: 2:14.26 1:10.15			600m: 7:02.03 1:13.21	1000m: 11:54.56 1:13.61	1400m: 16:47.02 1:12.80	
	300m: 3:25.15 1:10.89			700m: 8:14.90 1:12.87	1100m: 13:08.34 1:13.78	1500m: 17:57.23 1:10.21	
	400m: 4:36.64 1:11.49			800m: 9:27.39 1:12.49	1200m: 14:21.02 1:12.68		
42.	MONIZ, Rafael Lin	09	POR	Naval Setubalense	17:59.30	+0,75	525
	100m: 1:05.90 1:05.90			500m: 5:55.05 1:12.39	900m: 10:43.80 1:12.09	1300m: 15:35.38 1:13.10	
	200m: 2:17.44 1:11.54			600m: 7:07.47 1:12.42	1000m: 11:56.52 1:12.72	1400m: 16:48.19 1:12.81	
	300m: 3:29.91 1:12.47			700m: 8:19.63 1:12.16	1100m: 13:09.15 1:12.63	1500m: 17:59.30 1:11.11	
	400m: 4:42.66 1:12.75			800m: 9:31.71 1:12.08	1200m: 14:22.28 1:13.13		
43.	PINTO, Rodrigo Teixeira	09	POR	Foca Quinta Da Lixa - Cnf	18:02.97	+0,71	520
	100m: 1:05.14 1:05.14			500m: 5:53.77 1:12.79	900m: 10:44.90 1:13.03	1300m: 15:37.48 1:13.59	
	200m: 2:16.24 1:11.10			600m: 7:06.09 1:12.32	1000m: 11:57.55 1:12.65	1400m: 16:50.95 1:13.47	
	300m: 3:28.18 1:11.94			700m: 8:18.85 1:12.76	1100m: 13:10.58 1:13.03	1500m: 18:02.97 1:12.02	
	400m: 4:40.98 1:12.80			800m: 9:31.87 1:13.02	1200m: 14:23.89 1:13.31		

Prova 11, Masc., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
44.	CARVALHO, Daniel Casaca	07	POR	Colegio Vasco da Gama	18:04.27	+0,78	518
	100m: 1:04.30 1:04.30			500m: 5:50.80 1:11.66	900m: 10:44.49 1:13.73	1300m: 15:37.50 1:13.75	
	200m: 2:15.68 1:11.38			600m: 7:03.26 1:12.46	1000m: 11:58.47 1:13.98	1400m: 16:51.64 1:14.14	
	300m: 3:27.49 1:11.81			700m: 8:16.85 1:13.59	1100m: 13:10.32 1:11.85	1500m: 18:04.27 1:12.63	
	400m: 4:39.14 1:11.65			800m: 9:30.76 1:13.91	1200m: 14:23.75 1:13.43		
45.	PEREIRA, Salvador Correia	08	POR	Condeixa Aqua Clube	18:07.51	+0,68	513
	100m: 1:06.27 1:06.27			500m: 5:56.51 1:13.22	900m: 10:49.30 1:13.51	1300m: 15:44.01 1:13.07	
	200m: 2:18.42 1:12.15			600m: 7:10.16 1:13.65	1000m: 12:02.63 1:13.33	1400m: 16:57.22 1:13.21	
	300m: 3:30.22 1:11.80			700m: 8:22.65 1:12.49	1100m: 13:16.54 1:13.91	1500m: 18:07.51 1:10.29	
	400m: 4:43.29 1:13.07			800m: 9:35.79 1:13.14	1200m: 14:30.94 1:14.40		
46.	SOUSA, Santiago Boica	08	POR	Vieirense	18:08.17	+0,81	512
	100m: 1:05.70 1:05.70			500m: 5:57.99 1:12.84	900m: 10:51.81 1:12.91	1300m: 15:46.21 1:14.85	
	200m: 2:18.47 1:12.77			600m: 7:11.56 1:13.57	1000m: 12:05.16 1:13.35	1400m: 16:59.27 1:13.06	
	300m: 3:31.94 1:13.47			700m: 8:25.54 1:13.98	1100m: 13:18.32 1:13.16	1500m: 18:08.17 1:08.90	
	400m: 4:45.15 1:13.21			800m: 9:38.90 1:13.36	1200m: 14:31.36 1:13.04		
47.	FREIXEIRO, Francisco Guilherr	08	POR	Rio Maior	18:09.02	+0,72	511
	100m: 1:06.20 1:06.20			500m: 5:55.99 1:12.45	900m: 10:48.12 1:12.70	1300m: 15:44.07 1:14.17	
	200m: 2:18.10 1:11.90			600m: 7:08.86 1:12.87	1000m: 12:01.67 1:13.55	1400m: 16:57.62 1:13.55	
	300m: 3:30.81 1:12.71			700m: 8:22.28 1:13.42	1100m: 13:15.98 1:14.31	1500m: 18:09.02 1:11.40	
	400m: 4:43.54 1:12.73			800m: 9:35.42 1:13.14	1200m: 14:29.90 1:13.92		
48.	RIZZON, Guilherme Oliveira	09	POR	Sporting	18:14.24	+0,68	504
	100m: 1:06.94 1:06.94			500m: 6:00.58 1:14.42	900m: 10:58.54 1:14.17	1300m: 15:50.57 1:13.17	
	200m: 2:19.20 1:12.26			600m: 7:15.50 1:14.92	1000m: 12:13.54 1:15.00	1400m: 17:02.99 1:12.42	
	300m: 3:32.25 1:13.05			700m: 8:29.45 1:13.95	1100m: 13:25.05 1:11.51	1500m: 18:14.24 1:11.25	
	400m: 4:46.16 1:13.91			800m: 9:44.37 1:14.92	1200m: 14:37.40 1:12.35		
49.	SILVA, Guilherme Martins	08	POR	Academico Viseu	18:18.70	+0,79	498
	100m: 1:06.78 1:06.78			500m: 5:57.85 1:13.17	900m: 10:54.36 1:14.68	1300m: 15:52.01 1:13.91	
	200m: 2:18.85 1:12.07			600m: 7:12.01 1:14.16	1000m: 12:09.04 1:14.68	1400m: 17:06.09 1:14.08	
	300m: 3:31.13 1:12.28			700m: 8:25.70 1:13.69	1100m: 13:23.98 1:14.94	1500m: 18:18.70 1:12.61	
	400m: 4:44.68 1:13.55			800m: 9:39.68 1:13.98	1200m: 14:38.10 1:14.12		
50.	MARTINS, Vasco Alexandre	09	POR	Colegio Int Monte Maior	18:20.26	+0,71	496
	100m: 1:08.04 1:08.04			500m: 6:02.05 1:13.46	900m: 10:56.90 1:13.38	1300m: 15:52.49 1:14.10	
	200m: 2:20.90 1:12.86			600m: 7:16.12 1:14.07	1000m: 12:10.35 1:13.45	1400m: 17:06.98 1:14.49	
	300m: 3:34.65 1:13.75			700m: 8:29.70 1:13.58	1100m: 13:24.23 1:13.88	1500m: 18:20.26 1:13.28	
	400m: 4:48.59 1:13.94			800m: 9:43.52 1:13.82	1200m: 14:38.39 1:14.16		
51.	GASPAR, Joao Nuno	09	POR	Condeixa Aqua Clube	18:20.94	+0,67	495
	100m: 1:04.29 1:04.29			500m: 5:58.06 1:15.46	900m: 10:57.76 1:13.83	1300m: 15:54.12 1:14.68	
	200m: 2:15.79 1:11.50			600m: 7:13.79 1:15.73	1000m: 12:12.36 1:14.60	1400m: 17:10.12 1:16.00	
	300m: 3:28.40 1:12.61			700m: 8:29.46 1:15.67	1100m: 13:26.01 1:13.65	1500m: 18:20.94 1:10.82	
	400m: 4:42.60 1:14.20			800m: 9:43.93 1:14.47	1200m: 14:39.44 1:13.43		
52.	BENTO, Afonso Maria	09	POR	AN Alcabastrense	18:23.98	+0,79	491
	100m: 1:05.68 1:05.68			500m: 6:02.08 1:14.71	900m: 10:58.85 1:14.18	1300m: 15:59.43 1:15.77	
	200m: 2:18.75 1:13.07			600m: 7:16.83 1:14.75	1000m: 12:13.57 1:14.72	1400m: 17:14.03 1:14.60	
	300m: 3:32.89 1:14.14			700m: 8:30.91 1:14.08	1100m: 13:28.33 1:14.76	1500m: 18:23.98 1:09.95	
	400m: 4:47.37 1:14.48			800m: 9:44.67 1:13.76	1200m: 14:43.66 1:15.33		
53.	SILVA, Rafael Alexandre	09	POR	Louletano / Loule Concelho	18:26.29	+0,85	488
	100m: 1:06.21 1:06.21			500m: 5:57.83 1:13.56	900m: 10:54.55 1:14.53	1300m: 15:56.15 1:15.57	
	200m: 2:18.05 1:11.84			600m: 7:11.86 1:14.03	1000m: 12:09.33 1:14.78	1400m: 17:12.31 1:16.16	
	300m: 3:30.71 1:12.66			700m: 8:26.13 1:14.27	1100m: 13:25.02 1:15.69	1500m: 18:26.29 1:13.98	
	400m: 4:44.27 1:13.56			800m: 9:40.02 1:13.89	1200m: 14:40.58 1:15.56		

Camp. Nacional JUV., JUN. e ABS - OPEN Portugal
Coimbra, 4 - 7/4/2024

Prova 11, Masc., 1500m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
54.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	18:28.50		485
	100m: 1:05.77 1:05.77			500m: 5:58.98 1:14.19	900m: 10:59.19 1:15.19	1300m: 16:01.16 1:15.89	
	200m: 2:18.14 1:12.37			600m: 7:13.63 1:14.65	1000m: 12:14.35 1:15.16	1400m: 17:16.40 1:15.24	
	300m: 3:31.04 1:12.90			700m: 8:28.44 1:14.81	1100m: 13:29.97 1:15.62	1500m: 18:28.50 1:12.10	
	400m: 4:44.79 1:13.75			800m: 9:44.00 1:15.56	1200m: 14:45.27 1:15.30		
55.	GONCALVES, Luis Pedro	08	POR	Braga	18:29.30	+0,80	484
	100m: 1:05.69 1:05.69			500m: 5:58.52 1:13.66	900m: 10:59.05 1:15.82	1300m: 16:01.56 1:15.72	
	200m: 2:18.05 1:12.36			600m: 7:12.98 1:14.46	1000m: 12:13.99 1:14.94	1400m: 17:16.81 1:15.25	
	300m: 3:32.23 1:14.18			700m: 8:27.50 1:14.52	1100m: 13:29.37 1:15.38	1500m: 18:29.30 1:12.49	
	400m: 4:44.86 1:12.63			800m: 9:43.23 1:15.73	1200m: 14:45.84 1:16.47		
56.	JESUS, Vasco Franca	08	POR	Naval do Funchal	18:33.29	+0,68	478
	100m: 1:06.03 1:06.03			500m: 6:00.29 1:14.91	900m: 11:03.68 1:15.99	1300m: 16:06.97 1:15.56	
	200m: 2:17.58 1:11.55			600m: 7:15.92 1:15.63	1000m: 12:20.06 1:16.38	1400m: 17:21.15 1:14.18	
	300m: 3:31.25 1:13.67			700m: 8:32.07 1:16.15	1100m: 13:35.99 1:15.93	1500m: 18:33.29 1:12.14	
	400m: 4:45.38 1:14.13			800m: 9:47.69 1:15.62	1200m: 14:51.41 1:15.42		
57.	ROQUE, Francisco Nunes	09	POR	Benfica	18:39.25	+0,63	471
	100m: 1:07.21 1:07.21			500m: 6:02.46 1:14.48	900m: 11:03.54 1:16.43	1300m: 16:08.43 1:16.30	
	200m: 2:20.04 1:12.83			600m: 7:16.88 1:14.42	1000m: 12:19.81 1:16.27	1400m: 17:24.43 1:16.00	
	300m: 3:33.85 1:13.81			700m: 8:31.50 1:14.62	1100m: 13:35.89 1:16.08	1500m: 18:39.25 1:14.82	
	400m: 4:47.98 1:14.13			800m: 9:47.11 1:15.61	1200m: 14:52.13 1:16.24		
58.	CABRITA, Martim Santos	08	POR	Louletano / Loule Concelho	18:40.68	+0,72	469
	100m: 1:06.13 1:06.13			500m: 6:06.22 1:15.26	900m: 11:07.78 1:15.59	1300m: 16:11.11 1:15.48	
	200m: 2:19.85 1:13.72			600m: 7:21.72 1:15.50	1000m: 12:23.51 1:15.73	1400m: 17:27.37 1:16.26	
	300m: 3:35.44 1:15.59			700m: 8:37.41 1:15.69	1100m: 13:39.43 1:15.92	1500m: 18:40.68 1:13.31	
	400m: 4:50.96 1:15.52			800m: 9:52.19 1:14.78	1200m: 14:55.63 1:16.20		
59.	BARROS, Raul Ventura	09	POR	Braga	19:09.69	+0,84	434
	100m: 1:08.48 1:08.48			500m: 6:06.16 1:15.90	900m: 11:16.68 1:18.13	1300m: 16:35.20 1:19.46	
	200m: 2:21.27 1:12.79			600m: 7:22.98 1:16.82	1000m: 12:36.09 1:19.41	1400m: 17:53.56 1:18.36	
	300m: 3:35.53 1:14.26			700m: 8:40.42 1:17.44	1100m: 13:55.80 1:19.71	1500m: 19:09.69 1:16.13	
	400m: 4:50.26 1:14.73			800m: 9:58.55 1:18.13	1200m: 15:15.74 1:19.94		