

Prova 33 Masc., 800m Livres Open
07/04/2024 - 16:10 Resultados

Rec Nac Open	7:52.68	LOPES, Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Sen	7:52.68	LOPES, Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Jun 18	8:06.97	PINA, Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nac Jun 17	8:13.49	SANTA, Gustavo Manuel	POR	Helsinki (FIN)	17/07/2010
Rec Nac Juv A	8:23.54	SANTA, Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	8:32.97	PEREIRA, Rui Silva	POR	Coimbra	28/05/2023

CEJun_Masc 15 - 18: 8:16.80 / CEPL : 7:55.34 / JO : 7:51.65

Pontos: FINA 2024

Lugar Name Ano Nac Club Time TReac AQUA

Juvenis B

1. MACEDO, Martim Cunha	09	POR	Natacao da Maia	8:55.87	+0,83	600	
100m: 1:02.20 1:02.20	300m: 3:17.67 1:08.32	500m: 5:34.94 1:08.90	700m: 7:50.37 1:06.94	200m: 2:09.35 1:07.15	400m: 4:26.04 1:08.37	600m: 6:43.43 1:08.49	800m: 8:55.87 1:05.50
2. KOT, Paulo	09	POR	Nautico Marinha Grande	8:57.14	+0,65	596	
100m: 1:02.35 1:02.35	300m: 3:17.37 1:07.84	500m: 5:33.79 1:08.42	700m: 7:50.93 1:08.82	200m: 2:09.53 1:07.18	400m: 4:25.37 1:08.00	600m: 6:42.11 1:08.32	800m: 8:57.14 1:06.21
3. MARRAZES, Guilherme Meirele	09	POR	Nautico Marinha Grande	9:13.29	+0,59	545	
100m: 1:04.50 1:04.50	300m: 3:24.05 1:10.04	500m: 5:45.54 1:10.77	700m: 8:05.57 1:09.13	200m: 2:14.01 1:09.51	400m: 4:34.77 1:10.72	600m: 6:56.44 1:10.90	800m: 9:13.29 1:07.72
4. MARTINS, Martim Guerreiro	09	POR	Sporting	9:16.09	+0,76	537	
100m: 1:03.90 1:03.90	300m: 3:23.86 1:10.25	500m: 5:45.25 1:11.05	700m: 8:07.95 1:11.11	200m: 2:13.61 1:09.71	400m: 4:34.20 1:10.34	600m: 6:56.84 1:11.59	800m: 9:16.09 1:08.14
5. MONIZ, Rafael Lin	09	POR	Naval Setubalense	9:23.93	+0,71	515	
100m: 1:02.99 1:02.99	300m: 3:24.63 1:11.33	500m: 5:49.13 1:12.36	700m: 8:13.39 1:11.99	200m: 2:13.30 1:10.31	400m: 4:36.77 1:12.14	600m: 7:01.40 1:12.27	800m: 9:23.93 1:10.54
6. PINTO, Rodrigo Teixeira	09	POR	Foca Quinta Da Lixa - Cnf	9:25.34	+0,68	511	
100m: 1:04.74 1:04.74	300m: 3:26.35 1:11.58	500m: 5:49.03 1:11.01	700m: 8:13.95 1:12.66	200m: 2:14.77 1:10.03	400m: 4:38.02 1:11.67	600m: 7:01.29 1:12.26	800m: 9:25.34 1:11.39
7. NOVAIS, Guilherme Pereira	09	POR	Assoc. Desportiva Fafe	9:38.85	+0,74	476	
100m: 1:06.53 1:06.53	300m: 3:30.60 1:13.23	500m: 5:58.44 1:14.06	700m: 8:27.71 1:14.40	200m: 2:17.37 1:10.84	400m: 4:44.38 1:13.78	600m: 7:13.31 1:14.87	800m: 9:38.85 1:11.14
8. BENTO, Afonso Maria	09	POR	AN Alcabastrense	9:39.39	+0,68	475	
100m: 1:05.14 1:05.14	300m: 3:30.75 1:13.48	500m: 6:00.26 1:14.93	700m: 8:28.92 1:13.66	200m: 2:17.27 1:12.13	400m: 4:45.33 1:14.58	600m: 7:15.26 1:15.00	800m: 9:39.39 1:10.47

Juvenis A

1. PEREIRA, Rui Silva	08	POR	Colegio Int Monte Maior	8:23.75	+0,82	722	
100m: 1:00.42 1:00.42	300m: 3:06.73 1:03.06	500m: 5:13.20 1:03.16	700m: 7:20.85 1:04.09	200m: 2:03.67 1:03.25	400m: 4:10.04 1:03.31	600m: 6:16.76 1:03.56	800m: 8:23.75 1:02.90
2. MEDEIROS, Miguel Fragoso	08	POR	Porto	8:40.78	+0,71	654	
100m: 1:01.65 1:01.65	300m: 3:12.35 1:05.79	500m: 5:23.81 1:06.11	700m: 7:36.12 1:06.15	200m: 2:06.56 1:04.91	400m: 4:17.70 1:05.35	600m: 6:29.97 1:06.16	800m: 8:40.78 1:04.66
3. CANELAS, Tiago Andre	08	POR	Fluvial Portuense	9:00.98	+0,81	583	
100m: 1:02.63 1:02.63	300m: 3:17.52 1:07.60	500m: 5:34.36 1:08.87	700m: 7:53.35 1:09.57	200m: 2:09.92 1:07.29	400m: 4:25.49 1:07.97	600m: 6:43.78 1:09.42	800m: 9:00.98 1:07.63

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

Prova 33, Masc., 800m Livres, Juvenis A

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA
4.	SOARES, Goncalo Augusto	08	POR	Porto	9:05.80	+0,79	568
	100m: 1:03.46 1:03.46	300m: 3:18.19 1:07.99	500m: 5:36.60 1:09.32	700m: 7:56.38 1:10.22			
	200m: 2:10.20 1:06.74	400m: 4:27.28 1:09.09	600m: 6:46.16 1:09.56	800m: 9:05.80 1:09.42			
5.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	9:06.36	+0,75	566
	100m: 1:03.63 1:03.63	300m: 3:21.41 1:09.45	500m: 5:40.11 1:09.46	700m: 7:58.77 1:09.31			
	200m: 2:11.96 1:08.33	400m: 4:30.65 1:09.24	600m: 6:49.46 1:09.35	800m: 9:06.36 1:07.59			
6.	SOUSA, Guilherme Simoes	08	POR	Nautico Academico	9:09.41	+0,66	557
	100m: 1:03.60 1:03.60	300m: 3:22.51 1:09.98	500m: 5:42.55 1:10.41	700m: 8:02.66 1:10.06			
	200m: 2:12.53 1:08.93	400m: 4:32.14 1:09.63	600m: 6:52.60 1:10.05	800m: 9:09.41 1:06.75			
7.	LIMA, Rodrigo Silva	08	POR	Porto	9:10.65	+0,74	553
	100m: 1:03.80 1:03.80	300m: 3:20.52 1:09.15	500m: 5:39.90 1:09.75	700m: 8:01.22 1:10.48			
	200m: 2:11.37 1:07.57	400m: 4:30.15 1:09.63	600m: 6:50.74 1:10.84	800m: 9:10.65 1:09.43			
8.	OLIVEIRA, Paulo Jorge	08	POR	Estarreja/PROZINCO	9:23.24	+0,66	517
	100m: 1:04.11 1:04.11	300m: 3:23.52 1:10.25	500m: 5:45.98 1:11.52	700m: 8:11.95 1:13.47			
	200m: 2:13.27 1:09.16	400m: 4:34.46 1:10.94	600m: 6:58.48 1:12.50	800m: 9:23.24 1:11.29			
9.	MONTEIRO, Joao Pedro	08	POR	BUZIOS - Coruche	9:28.47	+0,72	503
	100m: 1:04.01 1:04.01	300m: 3:25.68 1:11.46	500m: 5:51.01 1:12.68	700m: 8:18.16 1:13.76			
	200m: 2:14.22 1:10.21	400m: 4:38.33 1:12.65	600m: 7:04.40 1:13.39	800m: 9:28.47 1:10.31			
10.	CABRITA, Martim Santos	08	POR	Louletano / Loule Concelho	9:38.60	+0,69	477
	100m: 1:05.15 1:05.15	300m: 3:31.55 1:14.16	500m: 6:01.26 1:14.97	700m: 8:29.31 1:13.69			
	200m: 2:17.39 1:12.24	400m: 4:46.29 1:14.74	600m: 7:15.62 1:14.36	800m: 9:38.60 1:09.29			
11.	SILVA, Guilherme Martins	08	POR	Academico Viseu	9:38.61	+0,70	477
	100m: 1:04.63 1:04.63	300m: 3:28.19 1:12.88	500m: 5:56.62 1:14.59	700m: 8:26.42 1:15.19			
	200m: 2:15.31 1:10.68	400m: 4:42.03 1:13.84	600m: 7:11.23 1:14.61	800m: 9:38.61 1:12.19			

Juniores

1.	LOUREIRO, Bruno Silva	06	POR	Porto	8:36.33	+0,70	671
	100m: 1:00.86 1:00.86	300m: 3:09.60 1:04.34	500m: 5:20.55 1:05.08	700m: 7:32.11 1:05.47			
	200m: 2:05.26 1:04.40	400m: 4:15.47 1:05.87	600m: 6:26.64 1:06.09	800m: 8:36.33 1:04.22			
2.	ASMAR, Axel Guedes	07	POR	Sporting	8:39.39	+0,63	659
	100m: 1:01.29 1:01.29	300m: 3:09.99 1:04.47	500m: 5:21.39 1:05.98	700m: 7:34.58 1:06.85			
	200m: 2:05.52 1:04.23	400m: 4:15.41 1:05.42	600m: 6:27.73 1:06.34	800m: 8:39.39 1:04.81			
3.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	8:43.34	+0,65	644
	100m: 1:00.61 1:00.61	300m: 3:12.96 1:06.20	500m: 5:26.06 1:06.60	700m: 7:39.22 1:06.39			
	200m: 2:06.76 1:06.15	400m: 4:19.46 1:06.50	600m: 6:32.83 1:06.77	800m: 8:43.34 1:04.12			
4.	TIGRE, Pedro Bethlem	06	POR	Sporting	8:44.09	+0,68	642
	100m: 1:00.98 1:00.98	300m: 3:12.82 1:06.06	500m: 5:27.89 1:07.94	700m: 7:42.83 1:06.79			
	200m: 2:06.76 1:05.78	400m: 4:19.95 1:07.13	600m: 6:36.04 1:08.15	800m: 8:44.09 1:01.26			
5.	COSTA, Antonio Miguel	07	POR	Assoc. Desportiva Fafe	8:51.11	+0,74	616
	100m: 1:02.07 1:02.07	300m: 3:13.90 1:06.42	500m: 5:28.67 1:07.43	700m: 7:44.77 1:07.78			
	200m: 2:07.48 1:05.41	400m: 4:21.24 1:07.34	600m: 6:36.99 1:08.32	800m: 8:51.11 1:06.34			
6.	CASTRO, Vasco Monteiro	06	POR	Porto	8:52.42	+0,80	612
	100m: 1:00.72 1:00.72	300m: 3:12.51 1:06.20	500m: 5:26.03 1:06.96	700m: 7:44.23 1:09.33			
	200m: 2:06.31 1:05.59	400m: 4:19.07 1:06.56	600m: 6:34.90 1:08.87	800m: 8:52.42 1:08.19			

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

Prova 33, Masc., 800m Livres, Juniores

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
7.	ALVES, Andre Correia	06	POR	Benfica	8:58.84	+0,69	590	
	100m: 1:02.00 1:02.00	300m: 3:17.05 1:08.04	500m: 5:33.68 1:08.24	700m: 7:51.25 1:08.74	200m: 2:09.01 1:07.01	400m: 4:25.44 1:08.39	600m: 6:42.51 1:08.83	800m: 8:58.84 1:07.59
8.	RITA, Francisco Xavier	07	POR	Vieirense	9:02.51	+0,66	578	
	100m: 1:03.39 1:03.39	300m: 3:20.44 1:08.99	500m: 5:38.54 1:09.01	700m: 7:55.82 1:08.55	200m: 2:11.45 1:08.06	400m: 4:29.53 1:09.09	600m: 6:47.27 1:08.73	800m: 9:02.51 1:06.69
9.	GOMES, Miguel Braga	07	POR	Sporting	9:15.75	+0,72	538	
	100m: 1:03.29 1:03.29	300m: 3:22.02 1:09.78	500m: 5:43.38 1:10.97	700m: 8:05.54 1:11.30	200m: 2:12.24 1:08.95	400m: 4:32.41 1:10.39	600m: 6:54.24 1:10.86	800m: 9:15.75 1:10.21

OPEN

1.	LOPES, Jose Paulo	00	POR	Braga	8:10.40	+0,68	783	
	100m: 58.90 58.90	300m: 3:01.44 1:01.62	500m: 5:05.51 1:01.57	700m: 7:10.52 1:02.58	200m: 1:59.82 1:00.92	400m: 4:03.94 1:02.50	600m: 6:07.94 1:02.43	800m: 8:10.40 59.88
2.	ORTIZ MARTINEZ, Carlos	04	ESP	Spain	8:16.16	+0,69	756	
	100m: 59.68 59.68	300m: 3:04.41 1:02.36	500m: 5:08.76 1:02.34	700m: 7:14.20 1:02.46	200m: 2:02.05 1:02.37	400m: 4:06.42 1:02.01	600m: 6:11.74 1:02.98	800m: 8:16.16 1:01.96
3.	AMARAL, Francisco Rodriguez	02	POR	Porto	8:16.27	+0,77	756	
	100m: 59.89 59.89	300m: 3:05.32 1:02.57	500m: 5:10.67 1:02.47	700m: 7:16.05 1:02.61	200m: 2:02.75 1:02.86	400m: 4:08.20 1:02.88	600m: 6:13.44 1:02.77	800m: 8:16.27 1:00.22
4.	PUEBLA MARTINEZ, Alejandro	02	ESP	Spain	8:17.03	+0,68	752	
	100m: 59.72 59.72	300m: 3:05.11 1:02.73	500m: 5:10.49 1:02.47	700m: 7:15.85 1:02.48	200m: 2:02.38 1:02.66	400m: 4:08.02 1:02.91	600m: 6:13.37 1:02.88	800m: 8:17.03 1:01.18
5.	AZEVEDO, Gabriel Arteiro	00	BRA	Naval do Funchal	8:17.26	+0,72	751	
	100m: 59.23 59.23	300m: 3:03.74 1:02.51	500m: 5:09.89 1:03.10	700m: 7:16.71 1:03.40	200m: 2:01.23 1:02.00	400m: 4:06.79 1:03.05	600m: 6:13.31 1:03.42	800m: 8:17.26 1:00.55
6.	CARDOSO, Diogo Santos	01	POR	Sporting	8:18.86	+0,73	744	
	100m: 1:00.23 1:00.23	300m: 3:07.32 1:03.79	500m: 5:14.03 1:03.16	700m: 7:18.94 1:02.33	200m: 2:03.53 1:03.30	400m: 4:10.87 1:03.55	600m: 6:16.61 1:02.58	800m: 8:18.86 59.92
7.	PEREIRA, Rui Silva	08	POR	Colegio Int Monte Maior	8:23.75	+0,82	722	
	100m: 1:00.42 1:00.42	300m: 3:06.73 1:03.06	500m: 5:13.20 1:03.16	700m: 7:20.85 1:04.09	200m: 2:03.67 1:03.25	400m: 4:10.04 1:03.31	600m: 6:16.76 1:03.56	800m: 8:23.75 1:02.90
8.	ELACHARAFI, Ilias EIFallaki	06	ESP	Louletano / Loule Concelho	8:30.49	+0,70	694	
	100m: 59.81 59.81	300m: 3:07.98 1:04.50	500m: 5:16.13 1:04.42	700m: 7:25.64 1:05.42	200m: 2:03.48 1:03.67	400m: 4:11.71 1:03.73	600m: 6:20.22 1:04.09	800m: 8:30.49 1:04.85
9.	SARREIRA, Tomas Amor	05	POR	Porto	8:35.33	+0,74	675	
	100m: 1:00.92 1:00.92	300m: 3:09.49 1:04.27	500m: 5:19.22 1:04.94	700m: 7:31.07 1:05.97	200m: 2:05.22 1:04.30	400m: 4:14.28 1:04.79	600m: 6:25.10 1:05.88	800m: 8:35.33 1:04.26
10.	FERRAO, Gabriel Carvalho	05	POR	Benfica	8:35.44	+0,59	674	
	100m: 59.71 59.71	300m: 3:13.04 1:06.23	500m: 5:23.70 1:04.65	700m: 7:34.28 1:05.13	200m: 2:06.81 1:07.10	400m: 4:19.05 1:06.01	600m: 6:29.15 1:05.45	800m: 8:35.44 1:01.16
11.	LOUREIRO, Bruno Silva	06	POR	Porto	8:36.33	+0,70	671	
	100m: 1:00.86 1:00.86	300m: 3:09.60 1:04.34	500m: 5:20.55 1:05.08	700m: 7:32.11 1:05.47	200m: 2:05.26 1:04.40	400m: 4:15.47 1:05.87	600m: 6:26.64 1:06.09	800m: 8:36.33 1:04.22

Prova 33, Masc., 800m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
12.	ASMAR, Axel Guedes	07	POR	Sporting	8:39.39	+0,63	659	
	100m: 1:01.29 1:01.29	300m: 3:09.99 1:04.47	500m: 5:21.39 1:05.98	700m: 7:34.58 1:06.85	200m: 2:05.52 1:04.23	400m: 4:15.41 1:05.42	600m: 6:27.73 1:06.34	800m: 8:39.39 1:04.81
13.	MEDEIROS, Miguel Fragoso	08	POR	Porto	8:40.78	+0,71	654	
	100m: 1:01.65 1:01.65	300m: 3:12.35 1:05.79	500m: 5:23.81 1:06.11	700m: 7:36.12 1:06.15	200m: 2:06.56 1:04.91	400m: 4:17.70 1:05.35	600m: 6:29.97 1:06.16	800m: 8:40.78 1:04.66
14.	CARVALHO, Goncalo Renato	04	POR	Porto	8:42.60	+0,72	647	
	100m: 1:02.67 1:02.67	300m: 3:13.32 1:05.58	500m: 5:25.56 1:06.40	700m: 7:38.21 1:06.28	200m: 2:07.74 1:05.07	400m: 4:19.16 1:05.84	600m: 6:31.93 1:06.37	800m: 8:42.60 1:04.39
15.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	8:43.34	+0,65	644	
	100m: 1:00.61 1:00.61	300m: 3:12.96 1:06.20	500m: 5:26.06 1:06.60	700m: 7:39.22 1:06.39	200m: 2:06.76 1:06.15	400m: 4:19.46 1:06.50	600m: 6:32.83 1:06.77	800m: 8:43.34 1:04.12
16.	TIGRE, Pedro Bethlem	06	POR	Sporting	8:44.09	+0,68	642	
	100m: 1:00.98 1:00.98	300m: 3:12.82 1:06.06	500m: 5:27.89 1:07.94	700m: 7:42.83 1:06.79	200m: 2:06.76 1:05.78	400m: 4:19.95 1:07.13	600m: 6:36.04 1:08.15	800m: 8:44.09 1:01.26
17.	COSTA, Antonio Miguel	07	POR	Assoc. Desportiva Fafe	8:51.11	+0,74	616	
	100m: 1:02.07 1:02.07	300m: 3:13.90 1:06.42	500m: 5:28.67 1:07.43	700m: 7:44.77 1:07.78	200m: 2:07.48 1:05.41	400m: 4:21.24 1:07.34	600m: 6:36.99 1:08.32	800m: 8:51.11 1:06.34
18.	CASTRO, Vasco Monteiro	06	POR	Porto	8:52.42	+0,80	612	
	100m: 1:00.72 1:00.72	300m: 3:12.51 1:06.20	500m: 5:26.03 1:06.96	700m: 7:44.23 1:09.33	200m: 2:06.31 1:05.59	400m: 4:19.07 1:06.56	600m: 6:34.90 1:08.87	800m: 8:52.42 1:08.19
19.	MACEDO, Martim Cunha	09	POR	Natacao da Maia	8:55.87	+0,83	600	
	100m: 1:02.20 1:02.20	300m: 3:17.67 1:08.32	500m: 5:34.94 1:08.90	700m: 7:50.37 1:06.94	200m: 2:09.35 1:07.15	400m: 4:26.04 1:08.37	600m: 6:43.43 1:08.49	800m: 8:55.87 1:05.50
20.	KOT, Paulo	09	POR	Nautico Marinha Grande	8:57.14	+0,65	596	
	100m: 1:02.35 1:02.35	300m: 3:17.37 1:07.84	500m: 5:33.79 1:08.42	700m: 7:50.93 1:08.82	200m: 2:09.53 1:07.18	400m: 4:25.37 1:08.00	600m: 6:42.11 1:08.32	800m: 8:57.14 1:06.21
21.	ALVES, Andre Correia	06	POR	Benfica	8:58.84	+0,69	590	
	100m: 1:02.00 1:02.00	300m: 3:17.05 1:08.04	500m: 5:33.68 1:08.24	700m: 7:51.25 1:08.74	200m: 2:09.01 1:07.01	400m: 4:25.44 1:08.39	600m: 6:42.51 1:08.83	800m: 8:58.84 1:07.59
22.	SOUSA, Joao Maria	05	POR	Braga	8:59.96	+0,75	587	
	100m: 1:01.92 1:01.92	300m: 3:14.05 1:06.60	500m: 5:30.62 1:08.89	700m: 7:51.20 1:10.50	200m: 2:07.45 1:05.53	400m: 4:21.73 1:07.68	600m: 6:40.70 1:10.08	800m: 8:59.96 1:08.76
23.	CANELAS, Tiago Andre	08	POR	Fluvial Portuense	9:00.98	+0,81	583	
	100m: 1:02.63 1:02.63	300m: 3:17.52 1:07.60	500m: 5:34.36 1:08.87	700m: 7:53.35 1:09.57	200m: 2:09.92 1:07.29	400m: 4:25.49 1:07.97	600m: 6:43.78 1:09.42	800m: 9:00.98 1:07.63
24.	RITA, Francisco Xavier	07	POR	Vieirense	9:02.51	+0,66	578	
	100m: 1:03.39 1:03.39	300m: 3:20.44 1:08.99	500m: 5:38.54 1:09.01	700m: 7:55.82 1:08.55	200m: 2:11.45 1:08.06	400m: 4:29.53 1:09.09	600m: 6:47.27 1:08.73	800m: 9:02.51 1:06.69
25.	SOARES, Goncalo Augusto	08	POR	Porto	9:05.80	+0,79	568	
	100m: 1:03.46 1:03.46	300m: 3:18.19 1:07.99	500m: 5:36.60 1:09.32	700m: 7:56.38 1:10.22	200m: 2:10.20 1:06.74	400m: 4:27.28 1:09.09	600m: 6:46.16 1:09.56	800m: 9:05.80 1:09.42
26.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	9:06.36	+0,75	566	
	100m: 1:03.63 1:03.63	300m: 3:21.41 1:09.45	500m: 5:40.11 1:09.46	700m: 7:58.77 1:09.31	200m: 2:11.96 1:08.33	400m: 4:30.65 1:09.24	600m: 6:49.46 1:09.35	800m: 9:06.36 1:07.59

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Coimbra, 4 - 7/4/2024

Prova 33, Masc., 800m Livres, OPEN

Lugar	Name	Ano	Nac	Club	Time	TReac	AQUA	
27.	SOUSA, Guilherme Simoes	08	POR	Nautico Academico	9:09.41	+0,66	557	
	100m: 1:03.60 1:03.60	300m: 3:22.51 1:09.98	500m: 5:42.55 1:10.41	700m: 8:02.66 1:10.06	200m: 2:12.53 1:08.93	400m: 4:32.14 1:09.63	600m: 6:52.60 1:10.05	800m: 9:09.41 1:06.75
28.	LIMA, Rodrigo Silva	08	POR	Porto	9:10.65	+0,74	553	
	100m: 1:03.80 1:03.80	300m: 3:20.52 1:09.15	500m: 5:39.90 1:09.75	700m: 8:01.22 1:10.48	200m: 2:11.37 1:07.57	400m: 4:30.15 1:09.63	600m: 6:50.74 1:10.84	800m: 9:10.65 1:09.43
29.	MARRAZES, Guilherme Meirele	09	POR	Nautico Marinha Grande	9:13.29	+0,59	545	
	100m: 1:04.50 1:04.50	300m: 3:24.05 1:10.04	500m: 5:45.54 1:10.77	700m: 8:05.57 1:09.13	200m: 2:14.01 1:09.51	400m: 4:34.77 1:10.72	600m: 6:56.44 1:10.90	800m: 9:13.29 1:07.72
30.	GOMES, Miguel Braga	07	POR	Sporting	9:15.75	+0,72	538	
	100m: 1:03.29 1:03.29	300m: 3:22.02 1:09.78	500m: 5:43.38 1:10.97	700m: 8:05.54 1:11.30	200m: 2:12.24 1:08.95	400m: 4:32.41 1:10.39	600m: 6:54.24 1:10.86	800m: 9:15.75 1:10.21
31.	MARTINS, Martim Guerreiro	09	POR	Sporting	9:16.09	+0,76	537	
	100m: 1:03.90 1:03.90	300m: 3:23.86 1:10.25	500m: 5:45.25 1:11.05	700m: 8:07.95 1:11.11	200m: 2:13.61 1:09.71	400m: 4:34.20 1:10.34	600m: 6:56.84 1:11.59	800m: 9:16.09 1:08.14
32.	OLIVEIRA, Paulo Jorge	08	POR	Estarreja/PROZINCO	9:23.24	+0,66	517	
	100m: 1:04.11 1:04.11	300m: 3:23.52 1:10.25	500m: 5:45.98 1:11.52	700m: 8:11.95 1:13.47	200m: 2:13.27 1:09.16	400m: 4:34.46 1:10.94	600m: 6:58.48 1:12.50	800m: 9:23.24 1:11.29
33.	MONIZ, Rafael Lin	09	POR	Naval Setubalense	9:23.93	+0,71	515	
	100m: 1:02.99 1:02.99	300m: 3:24.63 1:11.33	500m: 5:49.13 1:12.36	700m: 8:13.39 1:11.99	200m: 2:13.30 1:10.31	400m: 4:36.77 1:12.14	600m: 7:01.40 1:12.27	800m: 9:23.93 1:10.54
34.	PINTO, Rodrigo Teixeira	09	POR	Foca Quinta Da Lixa - Cnf	9:25.34	+0,68	511	
	100m: 1:04.74 1:04.74	300m: 3:26.35 1:11.58	500m: 5:49.03 1:11.01	700m: 8:13.95 1:12.66	200m: 2:14.77 1:10.03	400m: 4:38.02 1:11.67	600m: 7:01.29 1:12.26	800m: 9:25.34 1:11.39
35.	MONTEIRO, Joao Pedro	08	POR	BUZIOS - Coruche	9:28.47	+0,72	503	
	100m: 1:04.01 1:04.01	300m: 3:25.68 1:11.46	500m: 5:51.01 1:12.68	700m: 8:18.16 1:13.76	200m: 2:14.22 1:10.21	400m: 4:38.33 1:12.65	600m: 7:04.40 1:13.39	800m: 9:28.47 1:10.31
36.	CABRITA, Martim Santos	08	POR	Louletano / Loule Concelho	9:38.60	+0,69	477	
	100m: 1:05.15 1:05.15	300m: 3:31.55 1:14.16	500m: 6:01.26 1:14.97	700m: 8:29.31 1:13.69	200m: 2:17.39 1:12.24	400m: 4:46.29 1:14.74	600m: 7:15.62 1:14.36	800m: 9:38.60 1:09.29
37.	SILVA, Guilherme Martins	08	POR	Academico Viseu	9:38.61	+0,70	477	
	100m: 1:04.63 1:04.63	300m: 3:28.19 1:12.88	500m: 5:56.62 1:14.59	700m: 8:26.42 1:15.19	200m: 2:15.31 1:10.68	400m: 4:42.03 1:13.84	600m: 7:11.23 1:14.61	800m: 9:38.61 1:12.19
38.	NOVAIS, Guilherme Pereira	09	POR	Assoc. Desportiva Fafe	9:38.85	+0,74	476	
	100m: 1:06.53 1:06.53	300m: 3:30.60 1:13.23	500m: 5:58.44 1:14.06	700m: 8:27.71 1:14.40	200m: 2:17.37 1:10.84	400m: 4:44.38 1:13.78	600m: 7:13.31 1:14.87	800m: 9:38.85 1:11.14
39.	BENTO, Afonso Maria	09	POR	AN Albcastrense	9:39.39	+0,68	475	
	100m: 1:05.14 1:05.14	300m: 3:30.75 1:13.48	500m: 6:00.26 1:14.93	700m: 8:28.92 1:13.66	200m: 2:17.27 1:12.13	400m: 4:45.33 1:14.58	600m: 7:15.26 1:15.00	800m: 9:39.39 1:10.47