

Prova 7

Masc., 1500m Livres

Juvenis

19.05.2024 - 16:50

Resultados

Rec Regional Juv A	16:01.32	Diogo Santos Cardoso	POR	Guarda	2016
Rec Regional Juv B	15:55.78	Rui Silva Pereira	POR	Tomar	2023
Rec Regional Absoluto	15:00.35	Filipe Miguel Santo	POR	Alges	2018
Rec Nacional Juv A	15:36.31	Rui Filipe Costa	POR		2007
Rec Nacional Juv B	16:09.71	Luis Miguel Monteiro	POR	Felgueiras	1998
Rec Nacional Absoluto	14:39.82	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021

Mínimo Participação Juv B: 19:51.17; Juv A: 19:16.48

Pontos: FINA 2023

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Diogo Damasceno Reis	09	Sporting	16:42.92	602
	50m: 31.18 31.18	450m: 4:59.95 33.15	850m: 9:28.54 33.49	1250m: 13:58.20 33.82	
	100m: 1:03.88 32.70	500m: 5:33.04 33.09	900m: 10:02.25 33.71	1300m: 14:31.66 33.46	
	150m: 1:37.12 33.24	550m: 6:06.58 33.54	950m: 10:35.83 33.58	1350m: 15:04.78 33.12	
	200m: 2:10.85 33.73	600m: 6:40.30 33.72	1000m: 11:09.99 34.16	1400m: 15:37.97 33.19	
	250m: 2:44.58 33.73	650m: 7:13.66 33.36	1050m: 11:43.62 33.63	1450m: 16:11.16 33.19	
	300m: 3:18.73 34.15	700m: 7:47.49 33.83	1100m: 12:17.34 33.72	1500m: 16:42.92 31.76	
	350m: 3:52.90 34.17	750m: 8:21.51 34.02	1150m: 12:50.82 33.48		
	400m: 4:26.80 33.90	800m: 8:55.05 33.54	1200m: 13:24.38 33.56		
2.	Martim Chambel Pinto	09	Colegio Int Monte Maior	16:55.44	580
	50m: 32.71 32.71	450m: 5:02.26 34.06	850m: 9:34.76 33.76	1250m: 14:09.00 33.83	
	100m: 1:05.96 33.25	500m: 5:36.56 34.30	900m: 10:09.27 34.51	1300m: 14:42.55 33.55	
	150m: 1:39.80 33.84	550m: 6:10.95 34.39	950m: 10:43.28 34.01	1350m: 15:16.02 33.47	
	200m: 2:13.55 33.75	600m: 6:44.49 33.54	1000m: 11:17.52 34.24	1400m: 15:49.51 33.49	
	250m: 2:47.51 33.96	650m: 7:18.69 34.20	1050m: 11:51.40 33.88	1450m: 16:23.13 33.62	
	300m: 3:20.88 33.37	700m: 7:52.75 34.06	1100m: 12:25.80 34.40	1500m: 16:55.44 32.31	
	350m: 3:54.38 33.50	750m: 8:27.42 34.67	1150m: 13:00.35 34.55		
	400m: 4:28.20 33.82	800m: 9:01.00 33.58	1200m: 13:35.17 34.82		
3.	Rafael Lin Moniz	09	Naval Setubalense	16:58.54	574
	50m: 33.05 33.05	450m: 5:02.52 33.79	850m: 9:34.34 34.35	1250m: 14:08.24 34.07	
	100m: 1:06.23 33.18	500m: 5:36.91 34.39	900m: 10:08.71 34.37	1300m: 14:41.95 33.71	
	150m: 1:39.99 33.76	550m: 6:11.17 34.26	950m: 10:42.74 34.03	1350m: 15:16.35 34.40	
	200m: 2:13.73 33.74	600m: 6:44.78 33.61	1000m: 11:16.63 33.89	1400m: 15:50.52 34.17	
	250m: 2:47.29 33.56	650m: 7:18.87 34.09	1050m: 11:50.64 34.01	1450m: 16:25.17 34.65	
	300m: 3:21.04 33.75	700m: 7:52.88 34.01	1100m: 12:24.85 34.21	1500m: 16:58.54 33.37	
	350m: 3:54.67 33.63	750m: 8:27.23 34.35	1150m: 12:59.60 34.75		
	400m: 4:28.73 34.06	800m: 8:59.99 32.76	1200m: 13:34.17 34.57		
4.	Paulo Junio Fernandes	09	Alges	17:09.65	556
	50m: 31.61 31.61	450m: 5:02.31 34.08	850m: 9:38.29 34.35	1250m: 14:17.51 34.95	
	100m: 1:04.72 33.11	500m: 5:36.59 34.28	900m: 10:13.34 35.05	1300m: 14:52.66 35.15	
	150m: 1:38.56 33.84	550m: 6:10.75 34.16	950m: 10:48.22 34.88	1350m: 15:26.98 34.32	
	200m: 2:12.18 33.62	600m: 6:45.34 34.59	1000m: 11:23.32 35.10	1400m: 16:01.73 34.75	
	250m: 2:46.52 34.34	650m: 7:20.10 34.76	1050m: 11:58.03 34.71	1450m: 16:36.66 34.93	
	300m: 3:20.28 33.76	700m: 7:55.08 34.98	1100m: 12:33.01 34.98	1500m: 17:09.65 32.99	
	350m: 3:54.14 33.86	750m: 8:29.33 34.25	1150m: 13:07.93 34.92		
	400m: 4:28.23 34.09	800m: 9:03.94 34.61	1200m: 13:42.56 34.63		
5.	Martim Guerreiro Martins	09	Sporting	17:23.29	534
	50m: 33.43 33.43	450m: 5:09.61 35.07	850m: 9:47.49 35.28	1250m: 14:29.39 35.17	
	100m: 1:07.41 33.98	500m: 5:44.31 34.70	900m: 10:22.69 35.20	1300m: 15:04.83 35.44	
	150m: 1:42.13 34.72	550m: 6:18.77 34.46	950m: 10:57.84 35.15	1350m: 15:40.03 35.20	
	200m: 2:16.46 34.33	600m: 6:53.60 34.83	1000m: 11:32.49 34.65	1400m: 16:15.25 35.22	
	250m: 2:50.79 34.33	650m: 7:28.15 34.55	1050m: 12:07.75 35.26	1450m: 16:49.81 34.56	
	300m: 3:25.35 34.56	700m: 8:03.14 34.99	1100m: 12:42.86 35.11	1500m: 17:23.29 33.48	
	350m: 3:59.67 34.32	750m: 8:37.19 34.05	1150m: 13:18.31 35.45		
	400m: 4:34.54 34.87	800m: 9:12.21 35.02	1200m: 13:54.22 35.91		
6.	Francisco Nunes Roque	09	Benfica	17:34.58	517
	50m: 33.81 33.81	450m: 5:15.60 35.33	850m: 9:54.24 34.85	1250m: 14:36.75 35.71	
	100m: 1:08.39 34.58	500m: 5:50.49 34.89	900m: 10:29.16 34.92	1300m: 15:12.69 35.94	
	150m: 1:43.77 35.38	550m: 6:25.47 34.98	950m: 11:04.05 34.89	1350m: 15:48.57 35.88	
	200m: 2:19.30 35.53	600m: 7:00.18 34.71	1000m: 11:39.08 35.03	1400m: 16:24.69 36.12	
	250m: 2:54.63 35.33	650m: 7:34.68 34.50	1050m: 12:14.27 35.19	1450m: 17:00.37 35.68	
	300m: 3:30.08 35.45	700m: 8:09.59 34.91	1100m: 12:49.94 35.67	1500m: 17:34.58 34.21	
	350m: 4:05.22 35.14	750m: 8:44.57 34.98	1150m: 13:25.57 35.63		
	400m: 4:40.27 35.05	800m: 9:19.39 34.82	1200m: 14:01.04 35.47		

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
15.	Angelo Carvalho Interlandi	09	Alges	18:29.26	445
	50m: 35.64 35.64	450m: 5:27.94	37.11	850m: 10:27.51	37.17
	100m: 1:11.65 36.01	500m: 6:05.40	37.46	900m: 11:04.96	37.45
	150m: 1:47.55 35.90	550m: 6:42.60	37.20	950m: 11:42.51	37.55
	200m: 2:24.19 36.64	600m: 7:20.17	37.57	1000m: 12:20.00	37.49
	250m: 3:00.81 36.62	650m: 7:57.78	37.61	1050m: 12:57.10	37.10
	300m: 3:36.49 35.68	700m: 8:35.40	37.62	1100m: 13:34.33	37.23
	350m: 4:13.67 37.18	750m: 9:12.95	37.55	1150m: 14:11.25	36.92
	400m: 4:50.83 37.16	800m: 9:50.34	37.39	1200m: 14:48.96	37.71
16.	Francisco Gabriel Freitas	09	Gesloures	18:43.21	428
	50m: 33.43 33.43	450m: 5:28.05	37.91	850m: 10:33.36	38.16
	100m: 1:08.65 35.22	500m: 6:06.02	37.97	900m: 11:11.66	38.30
	150m: 1:44.67 36.02	550m: 6:44.15	38.13	950m: 11:49.29	37.63
	200m: 2:21.05 36.38	600m: 7:22.19	38.04	1000m: 12:27.40	38.11
	250m: 2:57.74 36.69	650m: 8:00.59	38.40	1050m: 13:05.14	37.74
	300m: 3:34.40 36.66	700m: 8:38.78	38.19	1100m: 13:43.11	37.97
	350m: 4:12.24 37.84	750m: 9:17.38	38.60	1150m: 14:21.10	37.99
	400m: 4:50.14 37.90	800m: 9:55.20	37.82	1200m: 14:59.35	38.25
17.	Miguel Ratinho Rocha	09	Naval Setubalense	18:47.17	424
	50m: 33.76 33.76	450m: 5:30.15	37.78	850m: 10:32.10	37.85
	100m: 1:09.47 35.71	500m: 6:08.04	37.89	900m: 11:09.92	37.82
	150m: 1:46.33 36.86	550m: 6:45.58	37.54	950m: 11:47.58	37.66
	200m: 2:23.07 36.74	600m: 7:23.16	37.58	1000m: 12:25.62	38.04
	250m: 3:00.36 37.29	650m: 8:01.30	38.14	1050m: 13:04.21	38.59
	300m: 3:37.28 36.92	700m: 8:38.47	37.17	1100m: 13:42.15	37.94
	350m: 4:14.82 37.54	750m: 9:16.47	38.00	1150m: 14:20.20	38.05
	400m: 4:52.37 37.55	800m: 9:54.25	37.78	1200m: 14:58.54	38.34
18.	Daniel Alexandre Lourenço	09	Sporting	18:48.12	423
	50m: 34.75 34.75	450m: 5:36.09	37.69	850m: 10:40.03	38.14
	100m: 1:11.59 36.84	500m: 6:13.69	37.60	900m: 11:18.17	38.14
	150m: 1:48.99 37.40	550m: 6:51.87	38.18	950m: 11:56.60	38.43
	200m: 2:26.87 37.88	600m: 7:29.74	37.87	1000m: 12:34.31	37.71
	250m: 3:03.92 37.05	650m: 8:07.68	37.94	1050m: 13:12.12	37.81
	300m: 3:42.13 38.21	700m: 8:46.01	38.33	1100m: 13:49.37	37.25
	350m: 4:20.25 38.12	750m: 9:24.04	38.03	1150m: 14:26.73	37.36
	400m: 4:58.40 38.15	800m: 10:01.89	37.85	1200m: 15:04.70	37.97
19.	Santiago Castanheira Martins	09	CPCD - Póvoa Sta Iria	18:56.93	413
	50m: 37.41 37.41	450m: 5:50.53	39.65	850m: 10:52.02	37.05
	100m: 1:16.12 38.71	500m: 6:28.96	38.43	900m: 11:29.84	37.82
	150m: 1:55.79 39.67	550m: 7:07.39	38.43	950m: 12:06.89	37.05
	200m: 2:34.66 38.87	600m: 7:45.46	38.07	1000m: 12:44.20	37.31
	250m: 3:13.85 39.19	650m: 8:22.68	37.22	1050m: 13:22.31	38.11
	300m: 3:52.67 38.82	700m: 9:00.39	37.71	1100m: 13:59.58	37.27
	350m: 4:31.72 39.05	750m: 9:37.43	37.04	1150m: 14:37.15	37.57
	400m: 5:10.88 39.16	800m: 10:14.97	37.54	1200m: 15:14.98	37.83
20.	Miguel Loucao Caxaria	09	Palmela Desporto	18:59.76	410
	50m: 32.70 32.70	450m: 5:24.82	37.73	850m: 10:32.14	38.88
	100m: 1:07.58 34.88	500m: 6:02.58	37.76	900m: 11:10.86	38.72
	150m: 1:43.59 36.01	550m: 6:40.55	37.97	950m: 11:50.10	39.24
	200m: 2:19.89 36.30	600m: 7:19.36	38.81	1000m: 12:29.59	39.49
	250m: 2:56.37 36.48	650m: 7:57.84	38.48	1050m: 13:08.39	38.80
	300m: 3:32.81 36.44	700m: 8:36.13	38.29	1100m: 13:47.95	39.56
	350m: 4:09.97 37.16	750m: 9:14.55	38.42	1150m: 14:27.80	39.85
	400m: 4:47.09 37.12	800m: 9:53.26	38.71	1200m: 15:07.28	39.48
21.	Martim Abalada Vilaca	09	AONDA - Azeitão	19:06.39	403
	50m: 33.32 33.32	450m: 5:31.99	38.29	850m: 10:39.09	38.25
	100m: 1:09.48 36.16	500m: 6:10.34	38.35	900m: 11:18.49	39.40
	150m: 1:45.78 36.30	550m: 6:48.51	38.17	950m: 11:57.42	38.93
	200m: 2:22.16 36.38	600m: 7:26.98	38.47	1000m: 12:35.98	38.56
	250m: 2:59.81 37.65	650m: 8:05.42	38.44	1050m: 13:15.72	39.74
	300m: 3:37.37 37.56	700m: 8:43.74	38.32	1100m: 13:54.55	38.83
	350m: 4:15.20 37.83	750m: 9:22.38	38.64	1150m: 14:33.77	39.22
	400m: 4:53.70 38.50	800m: 10:00.84	38.46	1200m: 15:13.40	39.63
22.	Afonso Santos Carromeu	09	Naval Setubalense	19:08.74	400
	50m: 37.23 37.23	450m: 5:45.37	39.22	850m: 10:52.17	37.53
	100m: 1:15.23 38.00	500m: 6:24.66	39.29	900m: 11:29.94	37.77
	150m: 1:53.72 38.49	550m: 7:02.23	37.57	950m: 12:07.95	38.01
	200m: 2:32.48 38.76	600m: 7:41.67	39.44	1000m: 12:45.61	37.66
	250m: 3:11.23 38.75	650m: 8:20.65	38.98	1050m: 13:23.67	38.06
	300m: 3:49.41 38.18	700m: 8:58.19	37.54	1100m: 14:01.79	38.12
	350m: 4:27.60 38.19	750m: 9:36.23	38.04	1150m: 14:40.15	38.36
	400m: 5:06.15 38.55	800m: 10:14.64	38.41	1200m: 15:18.80	38.65

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
23.	Miguel Filipe Medronheira	09	Palmela Desporto	19:22.39	386
	50m: 33.50 33.50	450m: 5:30.92 38.39	850m: 10:44.82 40.10	1250m: 16:06.16 39.94	
	100m: 1:09.37 35.87	500m: 6:09.03 38.11	900m: 11:24.85 40.03	1300m: 16:46.32 40.16	
	150m: 1:46.04 36.67	550m: 6:47.34 38.31	950m: 12:05.28 40.43	1350m: 17:26.59 40.27	
	200m: 2:22.86 36.82	600m: 7:25.82 38.48	1000m: 12:45.63 40.35	1400m: 18:06.43 39.84	
	250m: 2:59.79 36.93	650m: 8:05.40 39.58	1050m: 13:25.68 40.05	1450m: 18:46.36 39.93	
	300m: 3:37.16 37.37	700m: 8:45.21 39.81	1100m: 14:05.63 39.95	1500m: 19:22.39 36.03	
	350m: 4:14.70 37.54	750m: 9:24.86 39.65	1150m: 14:45.60 39.97		
	400m: 4:52.53 37.83	800m: 10:04.72 39.86	1200m: 15:26.22 40.62		
24.	David Emanuel Tome	09	Gesloures	19:35.86	373
	50m: 36.03 36.03	450m: 5:42.81 38.38	850m: 10:57.70 39.40	1250m: 16:14.40 40.59	
	100m: 1:13.67 37.64	500m: 6:21.88 39.07	900m: 11:37.83 40.13	1300m: 16:59.01 40.61	
	150m: 1:51.85 38.18	550m: 7:00.61 38.73	950m: 12:17.39 39.56	1350m: 17:38.20 39.19	
	200m: 2:30.19 38.34	600m: 7:39.76 39.15	1000m: 12:57.92 40.53	1400m: 18:18.57 40.37	
	250m: 3:08.18 37.99	650m: 8:19.13 39.37	1050m: 13:37.73 39.81	1450m: 18:57.92 39.35	
	300m: 3:47.35 39.17	700m: 8:58.29 39.16	1100m: 14:17.80 40.07	1500m: 19:35.86 37.94	
	350m: 4:25.78 38.43	750m: 9:38.47 40.18	1150m: 14:57.68 39.88		
	400m: 5:04.43 38.65	800m: 10:18.30 39.83	1200m: 15:37.81 40.13		
25.	Tiago Trindade Manuel	09	Palmela Desporto	19:36.59	372
	50m: 34.89 34.89	450m: 5:37.09 38.35	850m: 10:50.96 39.60	1250m: 16:14.77 40.64	
	100m: 1:11.76 36.87	500m: 6:15.78 38.69	900m: 11:30.95 39.99	1300m: 16:55.24 40.47	
	150m: 1:48.62 36.86	550m: 6:54.65 38.87	950m: 12:10.68 39.73	1350m: 17:35.99 40.75	
	200m: 2:26.15 37.53	600m: 7:33.80 39.15	1000m: 12:50.88 40.20	1400m: 18:16.65 40.66	
	250m: 3:03.53 37.38	650m: 8:12.98 39.18	1050m: 13:31.44 40.56	1450m: 18:57.37 40.72	
	300m: 3:41.54 38.01	700m: 8:52.41 39.43	1100m: 14:12.28 40.84	1500m: 19:36.59 39.22	
	350m: 4:20.02 38.48	750m: 9:31.70 39.29	1150m: 14:52.81 40.53		
	400m: 4:58.74 38.72	800m: 10:11.36 39.66	1200m: 15:34.13 41.32		
26.	Rodrigo Arga Paiva <i>Fora Minimo Acesso</i>	09	Gesloures	19:59.79	351
	50m: 34.59 34.59	450m: 5:42.61 39.73	850m: 11:07.50 41.80	1250m: 16:38.81 41.01	
	100m: 1:11.25 36.66	500m: 6:22.05 39.44	900m: 11:48.26 40.76	1300m: 17:21.25 42.44	
	150m: 1:49.40 38.15	550m: 7:01.90 39.85	950m: 12:30.05 41.79	1350m: 18:01.82 40.57	
	200m: 2:27.88 38.48	600m: 7:42.08 40.18	1000m: 13:11.05 41.00	1400m: 18:42.08 40.26	
	250m: 3:06.16 38.28	650m: 8:22.58 40.50	1050m: 13:53.04 41.99	1450m: 19:22.06 39.98	
	300m: 3:44.64 38.48	700m: 9:03.29 40.71	1100m: 14:34.99 41.95	1500m: 19:59.79 37.73	
	350m: 4:23.62 38.98	750m: 9:44.33 41.04	1150m: 15:16.60 41.61		
	400m: 5:02.88 39.26	800m: 10:25.70 41.37	1200m: 15:57.80 41.20		
27.	Pedro Miguel Silva <i>Fora Minimo Acesso</i>	09	Naval Setubalense	20:22.95	332
	50m: 34.92 34.92	450m: 5:53.22 41.40	850m: 11:20.91 40.73	1250m: 16:57.93 41.16	
	100m: 1:12.58 37.66	500m: 6:34.27 41.05	900m: 12:03.36 42.45	1300m: 17:41.20 43.27	
	150m: 1:51.42 38.84	550m: 7:16.06 41.79	950m: 12:46.07 42.71	1350m: 18:22.94 41.74	
	200m: 2:30.61 39.19	600m: 7:57.34 41.28	1000m: 13:28.31 42.24	1400m: 19:04.56 41.62	
	250m: 3:10.06 39.45	650m: 8:37.16 39.82	1050m: 14:10.55 42.24	1450m: 19:44.90 40.34	
	300m: 3:50.56 40.50	700m: 9:17.64 40.48	1100m: 14:52.44 41.89	1500m: 20:22.95 38.05	
	350m: 4:31.18 40.62	750m: 9:58.13 40.49	1150m: 15:34.52 42.08		
	400m: 5:11.82 40.64	800m: 10:40.18 42.05	1200m: 16:16.77 42.25		

Juvenis A

1.	Pedro Saad Oliveira	08	Sporting	17:11.92	552
	50m: 32.55 32.55	450m: 5:01.87 34.35	850m: 9:36.54 34.54	1250m: 14:18.34 35.51	
	100m: 1:05.56 33.01	500m: 5:36.35 34.48	900m: 10:11.15 34.61	1300m: 14:53.22 34.88	
	150m: 1:39.16 33.60	550m: 6:10.70 34.35	950m: 10:46.20 35.05	1350m: 15:28.71 35.49	
	200m: 2:12.35 33.19	600m: 6:44.72 34.02	1000m: 11:21.16 34.96	1400m: 16:04.39 35.68	
	250m: 2:45.61 33.26	650m: 7:18.87 34.15	1050m: 11:56.46 35.30	1450m: 16:38.83 34.44	
	300m: 3:19.63 34.02	700m: 7:53.12 34.25	1100m: 12:31.84 35.38	1500m: 17:11.92 33.09	
	350m: 3:53.41 33.78	750m: 8:27.60 34.48	1150m: 13:07.38 35.54		
	400m: 4:27.52 34.11	800m: 9:02.00 34.40	1200m: 13:42.83 35.45		
2.	Rafael Ataide Duarte	08	Benfica	17:18.61	542
	50m: 34.14 34.14	450m: 5:15.37 35.17	850m: 9:53.87 34.61	1250m: 14:28.81 34.63	
	100m: 1:08.93 34.79	500m: 5:50.31 34.94	900m: 10:28.94 35.07	1300m: 15:02.68 33.87	
	150m: 1:44.40 35.47	550m: 6:25.09 34.78	950m: 11:03.16 34.22	1350m: 15:37.30 34.62	
	200m: 2:19.43 35.03	600m: 6:59.42 34.33	1000m: 11:37.10 33.94	1400m: 16:11.18 33.88	
	250m: 2:54.81 35.38	650m: 7:34.24 34.82	1050m: 12:11.11 34.01	1450m: 16:45.01 33.83	
	300m: 3:30.11 35.30	700m: 8:09.64 35.40	1100m: 12:45.25 34.14	1500m: 17:18.61 33.60	
	350m: 4:05.31 35.20	750m: 8:44.29 34.65	1150m: 13:19.79 34.54		
	400m: 4:40.20 34.89	800m: 9:19.26 34.97	1200m: 13:54.18 34.39		

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
11.	Francisco Rodrigues Vilar	08	Sporting	18:32.94	440
	50m: 33.71 33.71	450m: 5:24.14 36.74	850m: 10:22.29 37.71	1250m: 15:25.25 37.98	
	100m: 1:09.09 35.38	500m: 6:01.13 36.99	900m: 10:59.89 37.60	1300m: 16:03.94 38.69	
	150m: 1:44.86 35.77	550m: 6:38.34 37.21	950m: 11:37.45 37.56	1350m: 16:42.65 38.71	
	200m: 2:21.57 36.71	600m: 7:15.49 37.15	1000m: 12:15.05 37.60	1400m: 17:19.57 36.92	
	250m: 2:57.59 36.02	650m: 7:52.86 37.37	1050m: 12:52.38 37.33	1450m: 17:56.91 37.34	
	300m: 3:34.03 36.44	700m: 8:29.88 37.02	1100m: 13:30.51 38.13	1500m: 18:32.94 36.03	
	350m: 4:10.73 36.70	750m: 9:07.01 37.13	1150m: 14:08.38 37.87		
	400m: 4:47.40 36.67	800m: 9:44.58 37.57	1200m: 14:47.27 38.89		
12.	Francisco Manuel Bexiga	08	Individual ANL	18:36.54	436
	50m: 35.28 35.28	450m: 5:35.05 37.55	850m: 10:32.84 37.18	1250m: 15:31.60 37.71	
	100m: 1:11.36 36.08	500m: 6:12.88 37.83	900m: 11:10.10 37.26	1300m: 16:09.58 37.98	
	150m: 1:48.37 37.01	550m: 6:50.23 37.35	950m: 11:47.60 37.50	1350m: 16:47.28 37.70	
	200m: 2:26.23 37.86	600m: 7:27.27 37.04	1000m: 12:24.85 37.25	1400m: 17:24.94 37.66	
	250m: 3:03.86 37.63	650m: 8:04.10 36.83	1050m: 13:01.78 36.93	1450m: 18:02.22 37.28	
	300m: 3:41.64 37.78	700m: 8:41.66 37.56	1100m: 13:39.13 37.35	1500m: 18:36.54 34.32	
	350m: 4:19.41 37.77	750m: 9:18.69 37.03	1150m: 14:16.50 37.37		
	400m: 4:57.50 38.09	800m: 9:55.66 36.97	1200m: 14:53.89 37.39		
13.	Joao Filipe Prazeres	08	Geslours	19:05.82	403
	50m: 34.03 34.03	450m: 5:29.94 37.72	850m: 10:38.65 39.18	1250m: 15:52.55 39.20	
	100m: 1:10.05 36.02	500m: 6:08.96 39.02	900m: 11:17.74 39.09	1300m: 16:31.96 39.41	
	150m: 1:46.23 36.18	550m: 6:47.62 38.66	950m: 11:56.96 39.22	1350m: 17:11.37 39.41	
	200m: 2:23.19 36.96	600m: 7:26.66 39.04	1000m: 12:36.46 39.50	1400m: 17:50.41 39.04	
	250m: 3:00.06 36.87	650m: 8:04.74 38.08	1050m: 13:15.47 39.01	1450m: 18:29.14 38.73	
	300m: 3:37.10 37.04	700m: 8:42.95 38.21	1100m: 13:54.72 39.25	1500m: 19:05.82 36.68	
	350m: 4:14.42 37.32	750m: 9:21.44 38.49	1150m: 14:33.68 38.96		
	400m: 4:52.22 37.80	800m: 9:59.47 38.03	1200m: 15:13.35 39.67		
14.	Rodrigo Capitaó Chora <i>Fora Mínimo Acesso</i>	08	Naval Setubalense	19:51.24	359
	50m: 34.03 34.03	450m: 5:39.79 39.56	850m: 11:03.92 41.40	1250m: 16:31.37 40.85	
	100m: 1:09.58 35.55	500m: 6:19.52 39.73	900m: 11:45.00 41.08	1300m: 17:11.48 40.11	
	150m: 1:46.44 36.86	550m: 6:59.79 40.27	950m: 12:25.70 40.70	1350m: 17:52.30 40.82	
	200m: 2:23.97 37.53	600m: 7:39.91 40.12	1000m: 13:06.97 41.27	1400m: 18:32.44 40.14	
	250m: 3:02.36 38.39	650m: 8:20.19 40.28	1050m: 13:48.25 41.28	1450m: 19:12.47 40.03	
	300m: 3:41.50 39.14	700m: 9:00.71 40.52	1100m: 14:28.89 40.64	1500m: 19:51.24 38.77	
	350m: 4:20.65 39.15	750m: 9:41.65 40.94	1150m: 15:09.81 40.92		
	400m: 5:00.23 39.58	800m: 10:22.52 40.87	1200m: 15:50.52 40.71		

Juvenis

1.	Diogo Damasceno Reis	09	Sporting	16:42.92	602
	50m: 31.18 31.18	450m: 4:59.95 33.15	850m: 9:28.54 33.49	1250m: 13:58.20 33.82	
	100m: 1:03.88 32.70	500m: 5:33.04 33.09	900m: 10:02.25 33.71	1300m: 14:31.66 33.46	
	150m: 1:37.12 33.24	550m: 6:06.58 33.54	950m: 10:35.83 33.58	1350m: 15:04.78 33.12	
	200m: 2:10.85 33.73	600m: 6:40.30 33.72	1000m: 11:09.99 34.16	1400m: 15:37.97 33.19	
	250m: 2:44.58 33.73	650m: 7:13.66 33.36	1050m: 11:43.62 33.63	1450m: 16:11.16 33.19	
	300m: 3:18.73 34.15	700m: 7:47.49 33.83	1100m: 12:17.34 33.72	1500m: 16:42.92 31.76	
	350m: 3:52.90 34.17	750m: 8:21.51 34.02	1150m: 12:50.82 33.48		
	400m: 4:26.80 33.90	800m: 8:55.05 33.54	1200m: 13:24.38 33.56		
2.	Martim Chambel Pinto	09	Colegio Int Monte Maior	16:55.44	580
	50m: 32.71 32.71	450m: 5:02.26 34.06	850m: 9:34.76 33.76	1250m: 14:09.00 33.83	
	100m: 1:05.96 33.25	500m: 5:36.56 34.30	900m: 10:09.27 34.51	1300m: 14:42.55 33.55	
	150m: 1:39.80 33.84	550m: 6:10.95 34.39	950m: 10:43.28 34.01	1350m: 15:16.02 33.47	
	200m: 2:13.55 33.75	600m: 6:44.49 33.54	1000m: 11:17.52 34.24	1400m: 15:49.51 33.49	
	250m: 2:47.51 33.96	650m: 7:18.69 34.20	1050m: 11:51.40 33.88	1450m: 16:23.13 33.62	
	300m: 3:20.88 33.37	700m: 7:52.75 34.06	1100m: 12:25.80 34.40	1500m: 16:55.44 32.31	
	350m: 3:54.38 33.50	750m: 8:27.42 34.67	1150m: 13:00.35 34.55		
	400m: 4:28.20 33.82	800m: 9:01.00 33.58	1200m: 13:35.17 34.82		
3.	Rafael Lin Moniz	09	Naval Setubalense	16:58.54	574
	50m: 33.05 33.05	450m: 5:02.52 33.79	850m: 9:34.34 34.35	1250m: 14:08.24 34.07	
	100m: 1:06.23 33.18	500m: 5:36.91 34.39	900m: 10:08.71 34.37	1300m: 14:41.95 33.71	
	150m: 1:39.99 33.76	550m: 6:11.17 34.26	950m: 10:42.74 34.03	1350m: 15:16.35 34.40	
	200m: 2:13.73 33.74	600m: 6:44.78 33.61	1000m: 11:16.63 33.89	1400m: 15:50.52 34.17	
	250m: 2:47.29 33.56	650m: 7:18.87 34.09	1050m: 11:50.64 34.01	1450m: 16:25.17 34.65	
	300m: 3:21.04 33.75	700m: 7:52.88 34.01	1100m: 12:24.85 34.21	1500m: 16:58.54 33.37	
	350m: 3:54.67 33.63	750m: 8:27.23 34.35	1150m: 12:59.60 34.75		
	400m: 4:28.73 34.06	800m: 8:59.99 32.76	1200m: 13:34.17 34.57		

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
4.	Paulo Junio Fernandes	09	Alges	17:09.65	556
	50m: 31.61 31.61	450m: 5:02.31	34.08	850m: 9:38.29	34.35
	100m: 1:04.72 33.11	500m: 5:36.59	34.28	900m: 10:13.34	35.05
	150m: 1:38.56 33.84	550m: 6:10.75	34.16	950m: 10:48.22	34.88
	200m: 2:12.18 33.62	600m: 6:45.34	34.59	1000m: 11:23.32	35.10
	250m: 2:46.52 34.34	650m: 7:20.10	34.76	1050m: 11:58.03	34.71
	300m: 3:20.28 33.76	700m: 7:55.08	34.98	1100m: 12:33.01	34.98
	350m: 3:54.14 33.86	750m: 8:29.33	34.25	1150m: 13:07.93	34.92
	400m: 4:28.23 34.09	800m: 9:03.94	34.61	1200m: 13:42.56	34.63
5.	Pedro Saad Oliveira	08	Sporting	17:11.92	552
	50m: 32.55 32.55	450m: 5:01.87	34.35	850m: 9:36.54	34.54
	100m: 1:05.56 33.01	500m: 5:36.35	34.48	900m: 10:11.15	34.61
	150m: 1:39.16 33.60	550m: 6:10.70	34.35	950m: 10:46.20	35.05
	200m: 2:12.35 33.19	600m: 6:44.72	34.02	1000m: 11:21.16	34.96
	250m: 2:45.61 33.26	650m: 7:18.87	34.15	1050m: 11:56.46	35.30
	300m: 3:19.63 34.02	700m: 7:53.12	34.25	1100m: 12:31.84	35.38
	350m: 3:53.41 33.78	750m: 8:27.60	34.48	1150m: 13:07.38	35.54
	400m: 4:27.52 34.11	800m: 9:02.00	34.40	1200m: 13:42.83	35.45
6.	Rafael Ataíde Duarte	08	Benfica	17:18.61	542
	50m: 34.14 34.14	450m: 5:15.37	35.17	850m: 9:53.87	34.61
	100m: 1:08.93 34.79	500m: 5:50.31	34.94	900m: 10:28.94	35.07
	150m: 1:44.40 35.47	550m: 6:25.09	34.78	950m: 11:03.16	34.22
	200m: 2:19.43 35.03	600m: 6:59.42	34.33	1000m: 11:37.10	33.94
	250m: 2:54.81 35.38	650m: 7:34.24	34.82	1050m: 12:11.11	34.01
	300m: 3:30.11 35.30	700m: 8:09.64	35.40	1100m: 12:45.25	34.14
	350m: 4:05.31 35.20	750m: 8:44.29	34.65	1150m: 13:19.79	34.54
	400m: 4:40.20 34.89	800m: 9:19.26	34.97	1200m: 13:54.18	34.39
7.	Martim Guerreiro Martins	09	Sporting	17:23.29	534
	50m: 33.43 33.43	450m: 5:09.61	35.07	850m: 9:47.49	35.28
	100m: 1:07.41 33.98	500m: 5:44.31	34.70	900m: 10:22.69	35.20
	150m: 1:42.13 34.72	550m: 6:18.77	34.46	950m: 10:57.84	35.15
	200m: 2:16.46 34.33	600m: 6:53.60	34.83	1000m: 11:32.49	34.65
	250m: 2:50.79 34.33	650m: 7:28.15	34.55	1050m: 12:07.75	35.26
	300m: 3:25.35 34.56	700m: 8:03.14	34.99	1100m: 12:42.86	35.11
	350m: 3:59.67 34.32	750m: 8:37.19	34.05	1150m: 13:18.31	35.45
	400m: 4:34.54 34.87	800m: 9:12.21	35.02	1200m: 13:54.22	35.91
8.	Vasco Frischknecht Oliveira	08	Benfica	17:27.88	527
	50m: 32.16 32.16	450m: 5:04.87	35.07	850m: 9:48.77	35.39
	100m: 1:04.81 32.65	500m: 5:39.31	34.44	900m: 10:24.65	35.88
	150m: 1:38.05 33.24	550m: 6:14.89	35.58	950m: 10:59.72	35.07
	200m: 2:12.19 34.14	600m: 6:50.28	35.39	1000m: 11:35.50	35.78
	250m: 2:46.80 34.61	650m: 7:25.69	35.41	1050m: 12:11.30	35.80
	300m: 3:20.81 34.01	700m: 8:01.55	35.86	1100m: 12:46.34	35.04
	350m: 3:55.26 34.45	750m: 8:37.70	36.15	1150m: 13:22.11	35.77
	400m: 4:29.80 34.54	800m: 9:13.38	35.68	1200m: 13:58.10	35.99
9.	Francisco Nunes Roque	09	Benfica	17:34.58	517
	50m: 33.81 33.81	450m: 5:15.60	35.33	850m: 9:54.24	34.85
	100m: 1:08.39 34.58	500m: 5:50.49	34.89	900m: 10:29.16	34.92
	150m: 1:43.77 35.38	550m: 6:25.47	34.98	950m: 11:04.05	34.89
	200m: 2:19.30 35.53	600m: 7:00.18	34.71	1000m: 11:39.08	35.03
	250m: 2:54.63 35.33	650m: 7:34.68	34.50	1050m: 12:14.27	35.19
	300m: 3:30.08 35.45	700m: 8:09.59	34.91	1100m: 12:49.94	35.67
	350m: 4:05.22 35.14	750m: 8:44.57	34.98	1150m: 13:25.57	35.63
	400m: 4:40.27 35.05	800m: 9:19.39	34.82	1200m: 14:01.04	35.47
10.	Henrique Barros Domingos	08	Sporting	17:36.37	515
	50m: 33.85 33.85	450m: 5:17.90	35.85	850m: 10:04.94	34.66
	100m: 1:08.66 34.81	500m: 5:54.10	36.20	900m: 10:39.65	34.71
	150m: 1:44.12 35.46	550m: 6:29.90	35.80	950m: 11:14.58	34.93
	200m: 2:19.76 35.64	600m: 7:05.86	35.96	1000m: 11:49.75	35.17
	250m: 2:55.12 35.36	650m: 7:41.83	35.97	1050m: 12:24.58	34.83
	300m: 3:30.77 35.65	700m: 8:18.20	36.37	1100m: 12:59.75	35.17
	350m: 4:06.45 35.68	750m: 8:54.19	35.99	1150m: 13:34.91	35.16
	400m: 4:42.05 35.60	800m: 9:30.28	36.09	1200m: 14:10.17	35.26
11.	Bernardo Afonso Guedelha	09	Benfica	17:41.24	508
	50m: 34.23 34.23	450m: 5:19.45	35.80	850m: 10:01.22	35.00
	100m: 1:10.25 36.02	500m: 5:54.99	35.54	900m: 10:36.87	35.65
	150m: 1:45.35 35.10	550m: 6:30.18	35.19	950m: 11:12.44	35.57
	200m: 2:20.89 35.54	600m: 7:04.76	34.58	1000m: 11:48.04	35.60
	250m: 2:56.52 36.63	650m: 7:40.25	35.49	1050m: 12:23.33	35.29
	300m: 3:32.38 35.86	700m: 8:15.86	35.61	1100m: 12:58.70	35.37
	350m: 4:07.97 35.59	750m: 8:51.16	35.30	1150m: 13:34.44	35.74
	400m: 4:43.65 35.68	800m: 9:26.22	35.06	1200m: 14:09.95	35.51

 Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
12.	Pedro Caiada Rodrigues	08	Benfica	17:41.37	508
	50m: 32.95 32.95	450m: 5:07.71 35.29	850m: 9:52.67 35.95	1250m: 14:41.32 35.94	
	100m: 1:06.58 33.63	500m: 5:42.81 35.10	900m: 10:28.47 35.80	1300m: 15:17.39 36.07	
	150m: 1:40.59 34.01	550m: 6:18.74 35.93	950m: 11:04.56 36.09	1350m: 15:54.03 36.64	
	200m: 2:14.82 34.23	600m: 6:54.18 35.44	1000m: 11:40.41 35.85	1400m: 16:30.80 36.77	
	250m: 2:49.06 34.24	650m: 7:29.65 35.47	1050m: 12:16.57 36.16	1450m: 17:07.15 36.35	
	300m: 3:23.19 34.13	700m: 8:05.25 35.60	1100m: 12:53.18 36.61	1500m: 17:41.37 34.22	
	350m: 3:57.66 34.47	750m: 8:40.91 35.66	1150m: 13:29.19 36.01		
	400m: 4:32.42 34.76	800m: 9:16.72 35.81	1200m: 14:05.38 36.19		
13.	Afonso Mendonça Ornelas	08	Gesloures	17:45.10	502
	50m: 33.55 33.55	450m: 5:11.72 35.32	850m: 10:00.86 37.39	1250m: 14:48.53 36.49	
	100m: 1:07.76 34.21	500m: 5:47.77 36.05	900m: 10:36.86 36.00	1300m: 15:25.00 36.47	
	150m: 1:41.09 33.33	550m: 6:23.69 35.92	950m: 11:13.64 36.78	1350m: 16:01.44 36.44	
	200m: 2:15.49 34.40	600m: 6:58.98 35.29	1000m: 11:50.79 37.15	1400m: 16:38.75 37.31	
	250m: 2:49.88 34.39	650m: 7:34.44 35.46	1050m: 12:25.84 35.05	1450m: 17:13.80 35.05	
	300m: 3:24.98 35.10	700m: 8:10.74 36.30	1100m: 13:00.42 34.58	1500m: 17:45.10 31.30	
	350m: 4:01.02 36.04	750m: 8:46.98 36.24	1150m: 13:35.71 35.29		
	400m: 4:36.40 35.38	800m: 9:23.47 36.49	1200m: 14:12.04 36.33		
14.	Guilherme Oliveira Rizzon	09	Sporting	17:46.42	500
	50m: 32.96 32.96	450m: 5:10.77 35.50	850m: 9:57.63 35.89	1250m: 14:46.47 36.24	
	100m: 1:06.78 33.82	500m: 5:46.38 35.61	900m: 10:33.74 36.11	1300m: 15:22.83 36.36	
	150m: 1:41.08 34.30	550m: 6:22.06 35.68	950m: 11:10.72 36.98	1350m: 15:59.18 36.35	
	200m: 2:15.69 34.61	600m: 6:57.81 35.75	1000m: 11:46.81 36.09	1400m: 16:34.86 35.68	
	250m: 2:49.71 34.02	650m: 7:33.47 35.66	1050m: 12:21.80 34.99	1450m: 17:10.90 36.04	
	300m: 3:24.54 34.83	700m: 8:09.28 35.81	1100m: 12:57.77 35.97	1500m: 17:46.42 35.52	
	350m: 3:59.82 35.28	750m: 8:45.42 36.14	1150m: 13:33.63 35.86		
	400m: 4:35.27 35.45	800m: 9:21.74 36.32	1200m: 14:10.23 36.60		
15.	Afonso Cunha Amaral	09	Alges	17:52.72	492
	50m: 33.62 33.62	450m: 5:17.76 35.30	850m: 10:01.40 35.81	1250m: 14:49.95 36.36	
	100m: 1:08.53 34.91	500m: 5:53.15 35.39	900m: 10:36.80 35.40	1300m: 15:26.62 36.67	
	150m: 1:44.35 35.82	550m: 6:28.67 35.52	950m: 11:12.61 35.81	1350m: 16:03.29 36.67	
	200m: 2:20.64 36.29	600m: 7:04.18 35.51	1000m: 11:48.41 35.80	1400m: 16:40.20 36.91	
	250m: 2:55.86 35.22	650m: 7:39.32 35.14	1050m: 12:24.60 36.19	1450m: 17:17.03 36.83	
	300m: 3:31.56 35.70	700m: 8:14.85 35.53	1100m: 13:01.00 36.40	1500m: 17:52.72 35.69	
	350m: 4:07.00 35.44	750m: 8:50.15 35.30	1150m: 13:37.48 36.48		
	400m: 4:42.46 35.46	800m: 9:25.59 35.44	1200m: 14:13.59 36.11		
16.	Alexandre Frederico Braz	08	Sporting	17:55.48	488
	50m: 33.81 33.81	450m: 5:18.23 35.74	850m: 10:05.93 35.70	1250m: 14:54.53 36.17	
	100m: 1:08.54 34.73	500m: 5:53.96 35.73	900m: 10:41.37 35.44	1300m: 15:30.76 36.23	
	150m: 1:44.23 35.69	550m: 6:30.26 36.30	950m: 11:16.51 35.14	1350m: 16:06.77 36.01	
	200m: 2:19.87 35.64	600m: 7:06.28 36.02	1000m: 11:52.49 35.98	1400m: 16:43.22 36.45	
	250m: 2:55.74 35.87	650m: 7:42.23 35.95	1050m: 12:28.78 36.29	1450m: 17:19.78 36.56	
	300m: 3:31.38 35.64	700m: 8:18.13 35.90	1100m: 13:05.45 36.67	1500m: 17:55.48 35.70	
	350m: 4:06.95 35.57	750m: 8:54.39 36.26	1150m: 13:42.24 36.79		
	400m: 4:42.49 35.54	800m: 9:30.23 35.84	1200m: 14:18.36 36.12		
17.	Daniel Ducatti Pires	09	Naval Setubalense	17:56.10	487
	50m: 32.32 32.32	450m: 5:23.29 36.72	850m: 10:13.42 36.07	1250m: 14:59.26 35.90	
	100m: 1:07.12 34.80	500m: 5:59.88 36.59	900m: 10:49.90 36.48	1300m: 15:34.97 35.71	
	150m: 1:43.53 36.41	550m: 6:36.27 36.39	950m: 11:25.57 35.67	1350m: 16:10.99 36.02	
	200m: 2:19.91 36.38	600m: 7:12.95 36.68	1000m: 12:01.18 35.61	1400m: 16:46.86 35.87	
	250m: 2:56.30 36.39	650m: 7:49.25 36.30	1050m: 12:36.86 35.68	1450m: 17:21.98 35.12	
	300m: 3:32.49 36.19	700m: 8:25.44 36.19	1100m: 13:12.65 35.79	1500m: 17:56.10 34.12	
	350m: 4:09.91 37.42	750m: 9:01.83 36.39	1150m: 13:47.42 34.77		
	400m: 4:46.57 36.66	800m: 9:37.35 35.52	1200m: 14:23.36 35.94		
18.	David Jesus Morgado	08	Sporting	17:58.74	483
	50m: 32.42 32.42	450m: 5:11.33 35.42	850m: 9:58.71 36.57	1250m: 14:54.26 37.14	
	100m: 1:06.20 33.78	500m: 5:46.63 35.30	900m: 10:35.21 36.50	1300m: 15:31.34 37.08	
	150m: 1:40.55 34.35	550m: 6:22.01 35.38	950m: 11:11.90 36.69	1350m: 16:08.83 37.49	
	200m: 2:15.13 34.58	600m: 6:57.64 35.63	1000m: 11:48.88 36.98	1400m: 16:46.19 37.36	
	250m: 2:50.14 35.01	650m: 7:33.70 36.06	1050m: 12:26.03 37.15	1450m: 17:23.22 37.03	
	300m: 3:25.42 35.28	700m: 8:09.60 35.90	1100m: 13:03.14 37.11	1500m: 17:58.74 35.52	
	350m: 4:00.70 35.28	750m: 8:45.69 36.09	1150m: 13:40.00 36.86		
	400m: 4:35.91 35.21	800m: 9:22.14 36.45	1200m: 14:17.12 37.12		
19.	Rodrigo Duarte Narigueta	09	Palmela Desporto	18:04.50	476
	50m: 33.92 33.92	450m: 5:19.88 36.17	850m: 10:08.74 36.52	1250m: 15:00.92 36.63	
	100m: 1:09.40 35.48	500m: 5:56.19 36.31	900m: 10:44.84 36.10	1300m: 15:37.51 36.59	
	150m: 1:44.64 35.24	550m: 6:32.46 36.27	950m: 11:20.98 36.14	1350m: 16:14.27 36.76	
	200m: 2:20.33 35.69	600m: 7:08.57 36.11	1000m: 11:57.79 36.81	1400m: 16:52.02 37.75	
	250m: 2:55.82 36.49	650m: 7:44.13 35.56	1050m: 12:33.67 35.88	1450m: 17:28.82 36.80	
	300m: 3:31.72 35.90	700m: 8:20.08 35.95	1100m: 13:10.56 36.89	1500m: 18:04.50 35.68	
	350m: 4:07.79 36.07	750m: 8:55.85 35.77	1150m: 13:47.32 36.76		
	400m: 4:43.71 35.92	800m: 9:32.22 36.37	1200m: 14:24.29 36.97		

Resultados online: anlisboa.info/liveapoios
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parceiros



Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
20.	Tiago Rafael Ferreira	09	Sporting	18:16.23	461
	50m: 33.41	450m: 5:22.93	36.74	850m: 10:15.69	35.94
	100m: 1:08.59	500m: 5:59.26	36.33	900m: 10:52.49	36.80
	150m: 1:44.48	550m: 6:36.06	36.80	950m: 11:28.85	36.36
	200m: 2:20.42	600m: 7:12.85	36.79	1000m: 12:05.48	36.63
	250m: 2:56.45	650m: 7:49.37	36.52	1050m: 12:42.38	36.90
	300m: 3:32.88	700m: 8:26.12	36.75	1100m: 13:19.60	37.22
	350m: 4:09.37	750m: 9:02.87	36.75	1150m: 13:57.60	38.00
	400m: 4:46.19	800m: 9:39.75	36.88	1200m: 14:36.43	38.83
21.	Joao Jacomo Neto	08	Alges	18:22.25	453
	50m: 33.73	450m: 5:21.00	35.89	850m: 10:19.33	37.74
	100m: 1:08.28	500m: 5:57.71	36.71	900m: 10:56.16	36.83
	150m: 1:43.69	550m: 6:35.22	37.51	950m: 11:33.72	37.56
	200m: 2:19.59	600m: 7:12.12	36.90	1000m: 12:11.42	37.70
	250m: 2:55.75	650m: 7:49.64	37.52	1050m: 12:48.94	37.52
	300m: 3:32.29	700m: 8:26.28	36.64	1100m: 13:26.77	37.83
	350m: 4:08.58	750m: 9:04.24	37.96	1150m: 14:03.97	37.20
	400m: 4:45.11	800m: 9:41.59	37.35	1200m: 14:41.27	37.30
22.	Miguel Bera Fonseca	09	Benfica	18:24.14	451
	50m: 34.39	450m: 5:23.45	36.99	850m: 10:19.85	37.34
	100m: 1:09.42	500m: 6:00.02	36.57	900m: 10:57.04	37.19
	150m: 1:44.98	550m: 6:37.20	37.18	950m: 11:34.31	37.27
	200m: 2:20.98	600m: 7:14.88	37.48	1000m: 12:11.88	37.57
	250m: 2:57.31	650m: 7:51.48	36.80	1050m: 12:49.47	37.59
	300m: 3:33.71	700m: 8:28.30	36.82	1100m: 13:27.24	37.77
	350m: 4:10.13	750m: 9:05.21	36.91	1150m: 14:04.87	37.63
	400m: 4:46.46	800m: 9:42.51	37.30	1200m: 14:41.76	36.89
23.	Hugo Pacheco Godinho	09	Sporting	18:25.05	450
	50m: 32.58	450m: 5:17.20	36.14	850m: 10:14.10	37.57
	100m: 1:07.11	500m: 5:53.85	36.65	900m: 10:51.92	37.82
	150m: 1:42.15	550m: 6:30.61	36.76	950m: 11:30.00	38.08
	200m: 2:17.57	600m: 7:06.99	36.38	1000m: 12:07.48	37.48
	250m: 2:53.21	650m: 7:44.28	37.29	1050m: 12:43.97	36.49
	300m: 3:29.10	700m: 8:21.64	37.36	1100m: 13:21.87	37.90
	350m: 4:05.14	750m: 8:59.13	37.49	1150m: 14:00.19	38.32
	400m: 4:41.06	800m: 9:36.53	37.40	1200m: 14:38.33	38.14
24.	Pedro Antonio Pinto	08	Palmela Desporto	18:26.41	448
	50m: 34.04	450m: 5:30.15	37.67	850m: 10:28.39	37.63
	100m: 1:09.74	500m: 6:07.52	37.37	900m: 11:05.60	37.21
	150m: 1:46.33	550m: 6:44.91	37.39	950m: 11:42.97	37.37
	200m: 2:23.71	600m: 7:21.64	36.73	1000m: 12:20.20	37.23
	250m: 3:00.62	650m: 7:58.82	37.18	1050m: 12:57.45	37.25
	300m: 3:37.69	700m: 8:35.96	37.14	1100m: 13:35.06	37.61
	350m: 4:15.27	750m: 9:13.51	37.55	1150m: 14:12.34	37.28
	400m: 4:52.48	800m: 9:50.76	37.25	1200m: 14:48.97	36.63
25.	Angelo Carvalho Interlandi	09	Alges	18:29.26	445
	50m: 35.64	450m: 5:27.94	37.11	850m: 10:27.51	37.17
	100m: 1:11.65	500m: 6:05.40	37.46	900m: 11:04.96	37.45
	150m: 1:47.55	550m: 6:42.60	37.20	950m: 11:42.51	37.55
	200m: 2:24.19	600m: 7:20.17	37.57	1000m: 12:20.00	37.49
	250m: 3:00.81	650m: 7:57.78	37.61	1050m: 12:57.10	37.10
	300m: 3:36.49	700m: 8:35.40	37.62	1100m: 13:34.33	37.23
	350m: 4:13.67	750m: 9:12.95	37.55	1150m: 14:11.25	36.92
	400m: 4:50.83	800m: 9:50.34	37.39	1200m: 14:48.96	37.71
26.	Francisco Rodrigues Vilar	08	Sporting	18:32.94	440
	50m: 33.71	450m: 5:24.14	36.74	850m: 10:22.29	37.71
	100m: 1:09.09	500m: 6:01.13	36.99	900m: 10:59.89	37.60
	150m: 1:44.86	550m: 6:38.34	37.21	950m: 11:37.45	37.56
	200m: 2:21.57	600m: 7:15.49	37.15	1000m: 12:15.05	37.60
	250m: 2:57.59	650m: 7:52.86	37.37	1050m: 12:52.38	37.33
	300m: 3:34.03	700m: 8:29.88	37.02	1100m: 13:30.51	38.13
	350m: 4:10.73	750m: 9:07.01	37.13	1150m: 14:08.38	37.87
	400m: 4:47.40	800m: 9:44.58	37.57	1200m: 14:47.27	38.89
27.	Francisco Manuel Bexiga	08	Individual ANL	18:36.54	436
	50m: 35.28	450m: 5:35.05	37.55	850m: 10:32.84	37.18
	100m: 1:11.36	500m: 6:12.88	37.83	900m: 11:10.10	37.26
	150m: 1:48.37	550m: 6:50.23	37.35	950m: 11:47.60	37.50
	200m: 2:26.23	600m: 7:27.27	37.04	1000m: 12:24.85	37.25
	250m: 3:03.86	650m: 8:04.10	36.83	1050m: 13:01.78	36.93
	300m: 3:41.64	700m: 8:41.66	37.56	1100m: 13:39.13	37.35
	350m: 4:19.41	750m: 9:18.69	37.03	1150m: 14:16.50	37.37
	400m: 4:57.50	800m: 9:55.66	36.97	1200m: 14:53.89	37.39

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
28.	Francisco Gabriel Freitas	09	Gesloures	18:43.21	428
	50m: 33.43 33.43	450m: 5:28.05 37.91	850m: 10:33.36 38.16	1250m: 15:37.00 37.65	
	100m: 1:08.65 35.22	500m: 6:06.02 37.97	900m: 11:11.66 38.30	1300m: 16:15.24 38.24	
	150m: 1:44.67 36.02	550m: 6:44.15 38.13	950m: 11:49.29 37.63	1350m: 16:52.49 37.25	
	200m: 2:21.05 36.38	600m: 7:22.19 38.04	1000m: 12:27.40 38.11	1400m: 17:31.27 38.78	
	250m: 2:57.74 36.69	650m: 8:00.59 38.40	1050m: 13:05.14 37.74	1450m: 18:08.57 37.30	
	300m: 3:34.40 36.66	700m: 8:38.78 38.19	1100m: 13:43.11 37.97	1500m: 18:43.21 34.64	
	350m: 4:12.24 37.84	750m: 9:17.38 38.60	1150m: 14:21.10 37.99		
	400m: 4:50.14 37.90	800m: 9:55.20 37.82	1200m: 14:59.35 38.25		
29.	Miguel Ratinho Rocha	09	Naval Setubalense	18:47.17	424
	50m: 33.76 33.76	450m: 5:30.15 37.78	850m: 10:32.10 37.85	1250m: 15:37.30 38.76	
	100m: 1:09.47 35.71	500m: 6:08.04 37.89	900m: 11:09.92 37.82	1300m: 16:15.61 38.31	
	150m: 1:46.33 36.86	550m: 6:45.58 37.54	950m: 11:47.58 37.66	1350m: 16:53.52 37.91	
	200m: 2:23.07 36.74	600m: 7:23.16 37.58	1000m: 12:25.62 38.04	1400m: 17:32.11 38.59	
	250m: 3:00.36 37.29	650m: 8:01.30 38.14	1050m: 13:04.21 38.59	1450m: 18:10.42 38.31	
	300m: 3:37.28 36.92	700m: 8:38.47 37.17	1100m: 13:42.15 37.94	1500m: 18:47.17 36.75	
	350m: 4:14.82 37.54	750m: 9:16.47 38.00	1150m: 14:20.20 38.05		
	400m: 4:52.37 37.55	800m: 9:54.25 37.78	1200m: 14:58.54 38.34		
30.	Daniel Alexandre Lourenço	09	Sporting	18:48.12	423
	50m: 34.75 34.75	450m: 5:36.09 37.69	850m: 10:40.03 38.14	1250m: 15:42.56 37.86	
	100m: 1:11.59 36.84	500m: 6:13.69 37.60	900m: 11:18.17 38.14	1300m: 16:20.02 37.46	
	150m: 1:48.99 37.40	550m: 6:51.87 38.18	950m: 11:56.60 38.43	1350m: 16:57.68 37.66	
	200m: 2:26.87 37.88	600m: 7:29.74 37.87	1000m: 12:34.31 37.71	1400m: 17:34.69 37.01	
	250m: 3:03.92 37.05	650m: 8:07.68 37.94	1050m: 13:12.12 37.81	1450m: 18:11.82 37.13	
	300m: 3:42.13 38.21	700m: 8:46.01 38.33	1100m: 13:49.37 37.25	1500m: 18:48.12 36.30	
	350m: 4:20.25 38.12	750m: 9:24.04 38.03	1150m: 14:26.73 37.36		
	400m: 4:58.40 38.15	800m: 10:01.89 37.85	1200m: 15:04.70 37.97		
31.	Santiago Castanheira Martins	09	CPCD - Póvoa Sta Iria	18:56.93	413
	50m: 37.41 37.41	450m: 5:50.53 39.65	850m: 10:52.02 37.05	1250m: 15:52.67 37.69	
	100m: 1:16.12 38.71	500m: 6:28.96 38.43	900m: 11:29.84 37.82	1300m: 16:30.71 38.04	
	150m: 1:55.79 39.67	550m: 7:07.39 38.43	950m: 12:06.89 37.05	1350m: 17:07.96 37.25	
	200m: 2:34.66 38.87	600m: 7:45.46 38.07	1000m: 12:44.20 37.31	1400m: 17:45.15 37.19	
	250m: 3:13.85 39.19	650m: 8:22.68 37.22	1050m: 13:22.31 38.11	1450m: 18:21.98 36.83	
	300m: 3:52.67 38.82	700m: 9:00.39 37.71	1100m: 13:59.58 37.27	1500m: 18:56.93 34.95	
	350m: 4:31.72 39.05	750m: 9:37.43 37.04	1150m: 14:37.15 37.57		
	400m: 5:10.88 39.16	800m: 10:14.97 37.54	1200m: 15:14.98 37.83		
32.	Miguel Loucao Caxaria	09	Palmela Desporto	18:59.76	410
	50m: 32.70 32.70	450m: 5:24.82 37.73	850m: 10:32.14 38.88	1250m: 15:46.77 39.49	
	100m: 1:07.58 34.88	500m: 6:02.58 37.76	900m: 11:10.86 38.72	1300m: 16:26.26 39.49	
	150m: 1:43.59 36.01	550m: 6:40.55 37.97	950m: 11:50.10 39.24	1350m: 17:05.62 39.36	
	200m: 2:19.89 36.30	600m: 7:19.36 38.81	1000m: 12:29.59 39.49	1400m: 17:45.41 39.79	
	250m: 2:56.37 36.48	650m: 7:57.84 38.48	1050m: 13:08.39 38.80	1450m: 18:23.80 38.39	
	300m: 3:32.81 36.44	700m: 8:36.13 38.29	1100m: 13:47.95 39.56	1500m: 18:59.76 35.96	
	350m: 4:09.97 37.16	750m: 9:14.55 38.42	1150m: 14:27.80 39.85		
	400m: 4:47.09 37.12	800m: 9:53.26 38.71	1200m: 15:07.28 39.48		
33.	Joao Filipe Prazeres	08	Gesloures	19:05.82	403
	50m: 34.03 34.03	450m: 5:29.94 37.72	850m: 10:38.65 39.18	1250m: 15:52.55 39.20	
	100m: 1:10.05 36.02	500m: 6:08.96 39.02	900m: 11:17.74 39.09	1300m: 16:31.96 39.41	
	150m: 1:46.23 36.18	550m: 6:47.62 38.66	950m: 11:56.96 39.22	1350m: 17:11.37 39.41	
	200m: 2:23.19 36.96	600m: 7:26.66 39.04	1000m: 12:36.46 39.50	1400m: 17:50.41 39.04	
	250m: 3:00.06 36.87	650m: 8:04.74 38.08	1050m: 13:15.47 39.01	1450m: 18:29.14 38.73	
	300m: 3:37.10 37.04	700m: 8:42.95 38.21	1100m: 13:54.72 39.25	1500m: 19:05.82 36.68	
	350m: 4:14.42 37.32	750m: 9:21.44 38.49	1150m: 14:33.68 38.96		
	400m: 4:52.22 37.80	800m: 9:59.47 38.03	1200m: 15:13.35 39.67		
34.	Martim Abalada Vilaca	09	AONDA - Azeitão	19:06.39	403
	50m: 33.32 33.32	450m: 5:31.99 38.29	850m: 10:39.09 38.25	1250m: 15:53.03 39.63	
	100m: 1:09.48 36.16	500m: 6:10.34 38.35	900m: 11:18.49 39.40	1300m: 16:32.59 39.56	
	150m: 1:45.78 36.30	550m: 6:48.51 38.17	950m: 11:57.42 38.93	1350m: 17:12.24 39.65	
	200m: 2:22.16 36.38	600m: 7:26.98 38.47	1000m: 12:35.98 38.56	1400m: 17:51.58 39.34	
	250m: 2:59.81 37.65	650m: 8:05.42 38.44	1050m: 13:15.72 39.74	1450m: 18:29.69 38.11	
	300m: 3:37.37 37.56	700m: 8:43.74 38.32	1100m: 13:54.55 38.83	1500m: 19:06.39 36.70	
	350m: 4:15.20 37.83	750m: 9:22.38 38.64	1150m: 14:33.77 39.22		
	400m: 4:53.70 38.50	800m: 10:00.84 38.46	1200m: 15:13.40 39.63		
35.	Afonso Santos Carromeu	09	Naval Setubalense	19:08.74	400
	50m: 37.23 37.23	450m: 5:45.37 39.22	850m: 10:52.17 37.53	1250m: 15:57.30 38.50	
	100m: 1:15.23 38.00	500m: 6:24.66 39.29	900m: 11:29.94 37.77	1300m: 16:35.70 38.40	
	150m: 1:53.72 38.49	550m: 7:02.23 37.57	950m: 12:07.95 38.01	1350m: 17:14.52 38.82	
	200m: 2:32.48 38.76	600m: 7:41.67 39.44	1000m: 12:45.61 37.66	1400m: 17:53.41 38.89	
	250m: 3:11.23 38.75	650m: 8:20.65 38.98	1050m: 13:23.67 38.06	1450m: 18:31.88 38.47	
	300m: 3:49.41 38.18	700m: 8:58.19 37.54	1100m: 14:01.79 38.12	1500m: 19:08.74 36.86	
	350m: 4:27.60 38.19	750m: 9:36.23 38.04	1150m: 14:40.15 38.36		
	400m: 5:06.15 38.55	800m: 10:14.64 38.41	1200m: 15:18.80 38.65		

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
36.	Miguel Filipe Medronheira	09	Palmela Desporto	19:22.39	386
	50m: 33.50 33.50	450m: 5:30.92 38.39	850m: 10:44.82 40.10	1250m: 16:06.16 39.94	
	100m: 1:09.37 35.87	500m: 6:09.03 38.11	900m: 11:24.85 40.03	1300m: 16:46.32 40.16	
	150m: 1:46.04 36.67	550m: 6:47.34 38.31	950m: 12:05.28 40.43	1350m: 17:26.59 40.27	
	200m: 2:22.86 36.82	600m: 7:25.82 38.48	1000m: 12:45.63 40.35	1400m: 18:06.43 39.84	
	250m: 2:59.79 36.93	650m: 8:05.40 39.58	1050m: 13:25.68 40.05	1450m: 18:46.36 39.93	
	300m: 3:37.16 37.37	700m: 8:45.21 39.81	1100m: 14:05.63 39.95	1500m: 19:22.39 36.03	
	350m: 4:14.70 37.54	750m: 9:24.86 39.65	1150m: 14:45.60 39.97		
	400m: 4:52.53 37.83	800m: 10:04.72 39.86	1200m: 15:26.22 40.62		
37.	David Emanuel Tome	09	Gesloures	19:35.86	373
	50m: 36.03 36.03	450m: 5:42.81 38.38	850m: 10:57.70 39.40	1250m: 16:18.40 40.59	
	100m: 1:13.67 37.64	500m: 6:21.88 39.07	900m: 11:37.83 40.13	1300m: 16:59.01 40.61	
	150m: 1:51.85 38.18	550m: 7:00.61 38.73	950m: 12:17.39 39.56	1350m: 17:38.20 39.19	
	200m: 2:30.19 38.34	600m: 7:39.76 39.15	1000m: 12:57.92 40.53	1400m: 18:18.57 40.37	
	250m: 3:08.18 37.99	650m: 8:19.13 39.37	1050m: 13:37.73 39.81	1450m: 18:57.92 39.35	
	300m: 3:47.35 39.17	700m: 8:58.29 39.16	1100m: 14:17.80 40.07	1500m: 19:35.86 37.94	
	350m: 4:25.78 38.43	750m: 9:38.47 40.18	1150m: 14:57.68 39.88		
	400m: 5:04.43 38.65	800m: 10:18.30 39.83	1200m: 15:37.81 40.13		
38.	Tiago Trindade Manuel	09	Palmela Desporto	19:36.59	372
	50m: 34.89 34.89	450m: 5:37.09 38.35	850m: 10:50.96 39.60	1250m: 16:14.77 40.64	
	100m: 1:11.76 36.87	500m: 6:15.78 38.69	900m: 11:30.95 39.99	1300m: 16:55.24 40.47	
	150m: 1:48.62 36.86	550m: 6:54.65 38.87	950m: 12:10.68 39.73	1350m: 17:35.99 40.75	
	200m: 2:26.15 37.53	600m: 7:33.80 39.15	1000m: 12:50.88 40.20	1400m: 18:16.65 40.66	
	250m: 3:03.53 37.38	650m: 8:12.98 39.18	1050m: 13:31.44 40.56	1450m: 18:57.37 40.72	
	300m: 3:41.54 38.01	700m: 8:52.41 39.43	1100m: 14:12.28 40.84	1500m: 19:36.59 39.22	
	350m: 4:20.02 38.48	750m: 9:31.70 39.29	1150m: 14:52.81 40.53		
	400m: 4:58.74 38.72	800m: 10:11.36 39.66	1200m: 15:34.13 41.32		
39.	Rodrigo Capitaó Chora <i>Fora Mínimo Acesso</i>	08	Naval Setubalense	19:51.24	359
	50m: 34.03 34.03	450m: 5:39.79 39.56	850m: 11:03.92 41.40	1250m: 16:31.37 40.85	
	100m: 1:09.58 35.55	500m: 6:19.52 39.73	900m: 11:45.00 41.08	1300m: 17:11.48 40.11	
	150m: 1:46.44 36.86	550m: 6:59.79 40.27	950m: 12:25.70 40.70	1350m: 17:52.30 40.82	
	200m: 2:23.97 37.53	600m: 7:39.91 40.12	1000m: 13:06.97 41.27	1400m: 18:32.44 40.14	
	250m: 3:02.36 38.39	650m: 8:20.19 40.28	1050m: 13:48.25 41.28	1450m: 19:12.47 40.03	
	300m: 3:41.50 39.14	700m: 9:00.71 40.52	1100m: 14:28.89 40.64	1500m: 19:51.24 38.77	
	350m: 4:20.65 39.15	750m: 9:41.65 40.94	1150m: 15:09.81 40.92		
	400m: 5:00.23 39.58	800m: 10:22.52 40.87	1200m: 15:50.52 40.71		
40.	Rodrigo Arga Paiva <i>Fora Mínimo Acesso</i>	09	Gesloures	19:59.79	351
	50m: 34.59 34.59	450m: 5:42.61 39.73	850m: 11:07.50 41.80	1250m: 16:38.81 41.01	
	100m: 1:11.25 36.66	500m: 6:22.05 39.44	900m: 11:48.26 40.76	1300m: 17:21.25 42.44	
	150m: 1:49.40 38.15	550m: 7:01.90 39.85	950m: 12:30.05 41.79	1350m: 18:01.82 40.57	
	200m: 2:27.88 38.48	600m: 7:42.08 40.18	1000m: 13:11.05 41.00	1400m: 18:42.08 40.26	
	250m: 3:06.16 38.28	650m: 8:22.58 40.50	1050m: 13:53.04 41.99	1450m: 19:22.06 39.98	
	300m: 3:44.64 38.48	700m: 9:03.29 40.71	1100m: 14:34.99 41.95	1500m: 19:59.79 37.73	
	350m: 4:23.62 38.98	750m: 9:44.33 41.04	1150m: 15:16.60 41.61		
	400m: 5:02.88 39.26	800m: 10:25.70 41.37	1200m: 15:57.80 41.20		
41.	Pedro Miguel Silva <i>Fora Mínimo Acesso</i>	09	Naval Setubalense	20:22.95	332
	50m: 34.92 34.92	450m: 5:53.22 41.40	850m: 11:20.91 40.73	1250m: 16:57.93 41.16	
	100m: 1:12.58 37.66	500m: 6:34.27 41.05	900m: 12:03.36 42.45	1300m: 17:41.20 43.27	
	150m: 1:51.42 38.84	550m: 7:16.06 41.79	950m: 12:46.07 42.71	1350m: 18:22.94 41.74	
	200m: 2:30.61 39.19	600m: 7:57.34 41.28	1000m: 13:28.31 42.24	1400m: 19:04.56 41.62	
	250m: 3:10.06 39.45	650m: 8:37.16 39.82	1050m: 14:10.55 42.24	1450m: 19:44.90 40.34	
	300m: 3:50.56 40.50	700m: 9:17.64 40.48	1100m: 14:52.44 41.89	1500m: 20:22.95 38.05	
	350m: 4:31.18 40.62	750m: 9:58.13 40.49	1150m: 15:34.52 42.08		
	400m: 5:11.82 40.64	800m: 10:40.18 42.05	1200m: 16:16.77 42.25		

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