

Campeonato Nacional de Juvenis, Juniores e Seniores  
Oeiras, 12 - 14/7/2024

Prova 38  
14/07/2024 - 16:00

Masc., 1500m Livres

Absolutos  
Resultados

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

Pontos: FINA 2024

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
<b>Juvenis</b>							
1.	PEIXOTO, Tomas Pinto	08	POR	Porto	<b>16:43.87</b>	<b>+0,79</b>	<b>653</b>
	100m: 1:02.80 1:02.80	500m: 5:31.72	1:07.31	900m: 10:01.84	1:07.64	1300m: 14:27.43	1:06.69
	200m: 2:09.84 1:07.04	600m: 6:39.41	1:07.69	1000m: 11:08.97	1:07.13	1400m: 15:36.07	1:08.64
	300m: 3:17.04 1:07.20	700m: 7:46.97	1:07.56	1100m: 12:14.33	1:05.36	1500m: 16:43.87	1:07.80
	400m: 4:24.41 1:07.37	800m: 8:54.20	1:07.23	1200m: 13:20.74	1:06.41		
2.	CANELAS, Tiago Andre	08	POR	Fluval Portuense	<b>16:49.45</b>	<b>+0,76</b>	<b>642</b>
	100m: 1:03.37 1:03.37	500m: 5:32.15	1:07.23	900m: 10:02.69	1:08.03	1300m: 14:33.92	1:08.46
	200m: 2:10.23 1:06.86	600m: 6:39.74	1:07.59	1000m: 11:10.09	1:07.40	1400m: 15:42.99	1:09.07
	300m: 3:17.50 1:07.27	700m: 7:47.55	1:07.81	1100m: 12:17.43	1:07.34	1500m: 16:49.45	1:06.46
	400m: 4:24.92 1:07.42	800m: 8:54.66	1:07.11	1200m: 13:25.46	1:08.03		
3.	RODRIGUES, Rafael Pereira	08	POR	Condeixa Aqua Clube	<b>17:05.85</b>	<b>+0,77</b>	<b>612</b>
	100m: 1:03.30 1:03.30	500m: 5:34.40	1:08.39	900m: 10:11.59	1:09.52	1300m: 14:48.93	1:09.13
	200m: 2:10.41 1:07.11	600m: 6:43.47	1:09.07	1000m: 11:21.18	1:09.59	1400m: 15:57.84	1:08.91
	300m: 3:17.99 1:07.58	700m: 7:52.87	1:09.40	1100m: 12:30.68	1:09.50	1500m: 17:05.85	1:08.01
	400m: 4:26.01 1:08.02	800m: 9:02.07	1:09.20	1200m: 13:39.80	1:09.12		
4.	KOT, Paulo	09	POR	Nautico Marinha Grande	<b>17:06.77</b>	<b>+0,69</b>	<b>610</b>
	100m: 1:03.39 1:03.39	500m: 5:34.31	1:08.13	900m: 10:10.12	1:09.56	1300m: 14:49.37	1:10.21
	200m: 2:10.77 1:07.38	600m: 6:42.81	1:08.50	1000m: 11:19.51	1:09.39	1400m: 15:59.44	1:10.07
	300m: 3:18.42 1:07.65	700m: 7:51.58	1:08.77	1100m: 12:29.59	1:10.08	1500m: 17:06.77	1:07.33
	400m: 4:26.18 1:07.76	800m: 9:00.56	1:08.98	1200m: 13:39.16	1:09.57		
5.	SOUSA, Guilherme Simoes	08	POR	Cnac	<b>17:17.26</b>	<b>+0,71</b>	<b>592</b>
	100m: 1:04.43 1:04.43	500m: 5:42.57	1:09.70	900m: 10:20.49	1:09.48	1300m: 14:59.61	1:10.04
	200m: 2:13.29 1:08.86	600m: 6:51.91	1:09.34	1000m: 11:29.80	1:09.31	1400m: 16:09.31	1:09.70
	300m: 3:23.50 1:10.21	700m: 8:01.24	1:09.33	1100m: 12:39.57	1:09.77	1500m: 17:17.26	1:07.95
	400m: 4:32.87 1:09.37	800m: 9:11.01	1:09.77	1200m: 13:49.57	1:10.00		
6.	PINTO, Martim Chambel	09	POR	Adrcimm	<b>17:27.73</b>	<b>+0,82</b>	<b>574</b>
	100m: 1:05.72 1:05.72	500m: 5:47.91	1:09.13	900m: 10:27.97	1:10.37	1300m: 15:08.46	1:10.44
	200m: 2:17.22 1:11.50	600m: 6:57.24	1:09.33	1000m: 11:37.32	1:09.35	1400m: 16:19.18	1:10.72
	300m: 3:28.15 1:10.93	700m: 8:07.42	1:10.18	1100m: 12:47.59	1:10.27	1500m: 17:27.73	1:08.55
	400m: 4:38.78 1:10.63	800m: 9:17.60	1:10.18	1200m: 13:58.02	1:10.43		
7.	SOARES, Goncalo Augusto	08	POR	Porto	<b>17:28.08</b>	<b>+0,76</b>	<b>573</b>
	100m: 1:03.95 1:03.95	500m: 5:41.59	1:10.57	900m: 10:25.26	1:11.20	1300m: 15:09.57	1:11.22
	200m: 2:12.13 1:08.18	600m: 6:51.92	1:10.33	1000m: 11:36.86	1:11.60	1400m: 16:20.69	1:11.12
	300m: 3:20.95 1:08.82	700m: 8:02.78	1:10.86	1100m: 12:47.54	1:10.68	1500m: 17:28.08	1:07.39
	400m: 4:31.02 1:10.07	800m: 9:14.06	1:11.28	1200m: 13:58.35	1:10.81		

Campeonato Nacional de Juvenis, Juniores e Seniores  
Oeiras, 12 - 14/7/2024

Prova 38, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
8.	LIMA, Rodrigo Silva	08	POR	Porto	<b>17:28.47</b>	<b>+0,73</b>	<b>573</b>
	100m: 1:04.67 1:04.67	500m: 5:43.63 1:10.09	900m: 10:25.28 1:10.23	1300m: 15:09.12 1:11.42			
	200m: 2:13.90 1:09.23	600m: 6:54.19 1:10.56	1000m: 11:35.84 1:10.56	1400m: 16:20.20 1:11.08			
	300m: 3:23.62 1:09.72	700m: 8:04.74 1:10.55	1100m: 12:46.64 1:10.80	1500m: 17:28.47 1:08.27			
	400m: 4:33.54 1:09.92	800m: 9:15.05 1:10.31	1200m: 13:57.70 1:11.06				
9.	MONIZ, Rafael Lin	09	POR	Cns	<b>17:38.94</b>	<b>+0,72</b>	<b>556</b>
	100m: 1:05.99 1:05.99	500m: 5:49.08 1:09.76	900m: 10:34.45 1:11.93	1300m: 15:20.14 1:11.13			
	200m: 2:17.12 1:11.13	600m: 6:59.56 1:10.48	1000m: 11:45.88 1:11.43	1400m: 16:31.74 1:11.60			
	300m: 3:28.50 1:11.38	700m: 8:11.07 1:11.51	1100m: 12:57.79 1:11.91	1500m: 17:38.94 1:07.20			
	400m: 4:39.32 1:10.82	800m: 9:22.52 1:11.45	1200m: 14:09.01 1:11.22				
10.	COSTA, Afonso Goncalves	08	POR	Porto	<b>17:41.52</b>	<b>+0,69</b>	<b>552</b>
	100m: 1:04.60 1:04.60	500m: 5:46.71 1:10.98	900m: 10:31.65 1:11.42	1300m: 15:18.66 1:12.41			
	200m: 2:14.07 1:09.47	600m: 6:57.75 1:11.04	1000m: 11:43.00 1:11.35	1400m: 16:31.00 1:12.34			
	300m: 3:24.77 1:10.70	700m: 8:08.85 1:11.10	1100m: 12:54.62 1:11.62	1500m: 17:41.52 1:10.52			
	400m: 4:35.73 1:10.96	800m: 9:20.23 1:11.38	1200m: 14:06.25 1:11.63				
11.	OLIVEIRA, Jose Pedro	09	POR	Tubaroes de Gaia	<b>18:04.62</b>	<b>+0,79</b>	<b>517</b>
	100m: 1:06.80 1:06.80	500m: 5:56.39 1:12.46	900m: 10:49.01 1:13.84	1300m: 15:40.56 1:12.38			
	200m: 2:18.84 1:12.04	600m: 7:09.42 1:13.03	1000m: 12:01.96 1:12.95	1400m: 16:53.50 1:12.94			
	300m: 3:31.54 1:12.70	700m: 8:22.14 1:12.72	1100m: 13:14.99 1:13.03	1500m: 18:04.62 1:11.12			
	400m: 4:43.93 1:12.39	800m: 9:35.17 1:13.03	1200m: 14:28.18 1:13.19				
12.	MONTEIRO, Joao Pedro	08	POR	BUZIOS - Coruche	<b>18:05.92</b>	<b>+0,78</b>	<b>516</b>
	100m: 1:06.04 1:06.04	500m: 5:54.94 1:13.12	900m: 10:47.09 1:13.84	1300m: 15:43.72 1:14.16			
	200m: 2:16.99 1:10.95	600m: 7:07.95 1:13.01	1000m: 12:01.39 1:14.30	1400m: 16:56.23 1:12.51			
	300m: 3:28.98 1:11.99	700m: 8:20.25 1:12.30	1100m: 13:16.21 1:14.82	1500m: 18:05.92 1:09.69			
	400m: 4:41.82 1:12.84	800m: 9:33.25 1:13.00	1200m: 14:29.56 1:13.35				
13.	DIAS, Pedro Malhao	08	POR	Escola Desportiva de Viana	<b>18:06.10</b>	<b>+0,76</b>	<b>515</b>
	100m: 1:08.24 1:08.24	500m: 5:59.64 1:13.10	900m: 10:51.89 1:13.54	1300m: 15:44.99 1:12.80			
	200m: 2:20.73 1:12.49	600m: 7:12.48 1:12.84	1000m: 12:06.18 1:14.29	1400m: 16:58.43 1:13.44			
	300m: 3:33.48 1:12.75	700m: 8:25.18 1:12.70	1100m: 13:19.37 1:13.19	1500m: 18:06.10 1:07.67			
	400m: 4:46.54 1:13.06	800m: 9:38.35 1:13.17	1200m: 14:32.19 1:12.82				
14.	BENTO, Afonso Maria	09	POR	AN Alcabastrense	<b>18:07.11</b>	<b>+0,70</b>	<b>514</b>
	100m: 1:05.69 1:05.69	500m: 5:57.10 1:12.75	900m: 10:52.35 1:13.31	1300m: 15:43.31 1:12.60			
	200m: 2:18.31 1:12.62	600m: 7:10.99 1:13.89	1000m: 12:05.27 1:12.92	1400m: 16:55.97 1:12.66			
	300m: 3:31.24 1:12.93	700m: 8:24.91 1:13.92	1100m: 13:17.96 1:12.69	1500m: 18:07.11 1:11.14			
	400m: 4:44.35 1:13.11	800m: 9:39.04 1:14.13	1200m: 14:30.71 1:12.75				
15.	PINTO, Rodrigo Teixeira	09	POR	Foca Quinta Da Lixa - Cnf	<b>18:07.71</b>	<b>+0,67</b>	<b>513</b>
	100m: 1:05.26 1:05.26	500m: 5:50.67 1:12.26	900m: 10:43.60 1:13.76	1300m: 15:42.08 1:15.20			
	200m: 2:15.30 1:10.04	600m: 7:03.25 1:12.58	1000m: 11:57.88 1:14.28	1400m: 16:56.70 1:14.62			
	300m: 3:26.54 1:11.24	700m: 8:16.34 1:13.09	1100m: 13:11.84 1:13.96	1500m: 18:07.71 1:11.01			
	400m: 4:38.41 1:11.87	800m: 9:29.84 1:13.50	1200m: 14:26.88 1:15.04				
16.	SILVA, Rafael Alexandre	09	POR	Louletano / Loule Concelho	<b>18:13.35</b>	<b>+0,76</b>	<b>505</b>
	100m: 1:07.10 1:07.10	500m: 5:59.00 1:13.58	900m: 10:53.80 1:13.59	1300m: 15:49.26 1:13.82			
	200m: 2:19.55 1:12.45	600m: 7:12.60 1:13.60	1000m: 12:07.56 1:13.76	1400m: 17:03.03 1:13.77			
	300m: 3:32.37 1:12.82	700m: 8:26.39 1:13.79	1100m: 13:21.53 1:13.97	1500m: 18:13.35 1:10.32			
	400m: 4:45.42 1:13.05	800m: 9:40.21 1:13.82	1200m: 14:35.44 1:13.91				

Campeonato Nacional de Juvenis, Juniores e Seniores  
Oeiras, 12 - 14/7/2024

Prova 38, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
17.	PEREIRA, Salvador Correia	08	POR	Condeixa Aqua Clube	<b>18:21.16</b>	<b>+0,73</b>	494
	100m: 1:10.11 1:10.11	500m: 6:03.99	1:12.75	900m: 10:55.72	1:13.72	1300m: 15:55.66	1:14.76
	200m: 2:24.83 1:14.72	600m: 7:16.72	1:12.73	1000m: 12:10.90	1:15.18	1400m: 17:09.86	1:14.20
	300m: 3:37.70 1:12.87	700m: 8:29.03	1:12.31	1100m: 13:25.85	1:14.95	1500m: 18:21.16	1:11.30
	400m: 4:51.24 1:13.54	800m: 9:42.00	1:12.97	1200m: 14:40.90	1:15.05		
18.	PEREIRA, Tomas Rafael	09	POR	Condeixa Aqua Clube	<b>18:26.19</b>	<b>+0,78</b>	488
	100m: 1:07.59 1:07.59	500m: 6:03.54	1:13.80	900m: 11:01.75	1:15.62	1300m: 16:02.86	1:15.89
	200m: 2:21.24 1:13.65	600m: 7:17.15	1:13.61	1000m: 12:17.34	1:15.59	1400m: 17:16.69	1:13.83
	300m: 3:35.48 1:14.24	700m: 8:31.00	1:13.85	1100m: 13:32.61	1:15.27	1500m: 18:26.19	1:09.50
	400m: 4:49.74 1:14.26	800m: 9:46.13	1:15.13	1200m: 14:46.97	1:14.36		
19.	SANTOS, Alexandre Lima	09	POR	Fluvial Portuense	<b>18:26.94</b>	<b>+0,91</b>	487
	100m: 1:06.98 1:06.98	500m: 6:02.52	1:14.27	900m: 11:00.75	1:14.50	1300m: 16:00.18	1:14.87
	200m: 2:20.46 1:13.48	600m: 7:17.03	1:14.51	1000m: 12:15.56	1:14.81	1400m: 17:15.06	1:14.88
	300m: 3:34.45 1:13.99	700m: 8:31.72	1:14.69	1100m: 13:30.49	1:14.93	1500m: 18:26.94	1:11.88
	400m: 4:48.25 1:13.80	800m: 9:46.25	1:14.53	1200m: 14:45.31	1:14.82		
20.	MAIA, Samuel Dinis	08	POR	Miranda do Corvo	<b>18:35.14</b>	<b>+0,73</b>	476
	100m: 1:06.08 1:06.08	500m: 6:01.98	1:14.99	900m: 11:02.07	1:15.87	1300m: 16:05.76	1:16.12
	200m: 2:18.85 1:12.77	600m: 7:16.64	1:14.66	1000m: 12:17.56	1:15.49	1400m: 17:21.93	1:16.17
	300m: 3:32.42 1:13.57	700m: 8:31.54	1:14.90	1100m: 13:33.60	1:16.04	1500m: 18:35.14	1:13.21
	400m: 4:46.99 1:14.57	800m: 9:46.20	1:14.66	1200m: 14:49.64	1:16.04		
21.	MARTINS, Vasco Alexandre	09	POR	Adrcimm	<b>18:45.17</b>	<b>+0,73</b>	463
	100m: 1:08.83 1:08.83	500m: 6:06.34	1:13.94	900m: 11:07.47	1:16.19	1300m: 16:12.77	1:16.84
	200m: 2:23.65 1:14.82	600m: 7:21.00	1:14.66	1000m: 12:22.67	1:15.20	1400m: 17:29.33	1:16.56
	300m: 3:37.52 1:13.87	700m: 8:35.89	1:14.89	1100m: 13:38.75	1:16.08	1500m: 18:45.17	1:15.84
	400m: 4:52.40 1:14.88	800m: 9:51.28	1:15.39	1200m: 14:55.93	1:17.18		
22.	SANTOS, Rodrigo Canedo	08	POR	Bombeiros de Ponta Delgada	<b>19:10.83</b>	<b>+0,71</b>	433
	100m: 1:10.60 1:10.60	500m: 6:15.03	1:18.17	900m: 11:24.16	1:16.89	1300m: 16:37.54	1:17.95
	200m: 2:25.47 1:14.87	600m: 7:32.31	1:17.28	1000m: 12:42.39	1:18.23	1400m: 17:54.58	1:17.04
	300m: 3:39.25 1:13.78	700m: 8:49.69	1:17.38	1100m: 14:01.08	1:18.69	1500m: 19:10.83	1:16.25
	400m: 4:56.86 1:17.61	800m: 10:07.27	1:17.58	1200m: 15:19.59	1:18.51		
23.	BARROS, Raul Ventura	09	POR	Braga	<b>19:32.59</b>	<b>+0,79</b>	409
	100m: 1:07.51 1:07.51	500m: 6:09.32	1:17.03	900m: 11:26.36	1:23.02	1300m: 16:53.73	1:20.94
	200m: 2:21.29 1:13.78	600m: 7:25.99	1:16.67	1000m: 12:49.81	1:23.45	1400m: 18:13.74	1:20.01
	300m: 3:36.09 1:14.80	700m: 8:42.54	1:16.55	1100m: 14:10.94	1:21.13	1500m: 19:32.59	1:18.85
	400m: 4:52.29 1:16.20	800m: 10:03.34	1:20.80	1200m: 15:32.79	1:21.85		

Juniores

1.	BORGES, Rodrigo Costa	07	POR	Fluvial Portuense	<b>16:04.65</b>	<b>+0,64</b>	736
	100m: 1:02.64 1:02.64	500m: 5:19.59	1:04.84	900m: 9:39.06	1:04.92	1300m: 13:59.33	1:04.69
	200m: 2:05.39 1:02.75	600m: 6:24.58	1:04.99	1000m: 10:44.30	1:05.24	1400m: 15:03.26	1:03.93
	300m: 3:10.17 1:04.78	700m: 7:29.44	1:04.86	1100m: 11:49.49	1:05.19	1500m: 16:04.65	1:01.39
	400m: 4:14.75 1:04.58	800m: 8:34.14	1:04.70	1200m: 12:54.64	1:05.15		
2.	ASMAR, Axel Guedes	07	POR	Sporting	<b>16:22.46</b>	<b>+0,63</b>	696
	100m: 1:02.39 1:02.39	500m: 5:24.29	1:05.87	900m: 9:48.29	1:06.05	1300m: 14:12.27	1:06.00
	200m: 2:07.12 1:04.73	600m: 6:30.44	1:06.15	1000m: 10:54.47	1:06.18	1400m: 15:18.12	1:05.85
	300m: 3:12.74 1:05.62	700m: 7:36.20	1:05.76	1100m: 12:00.11	1:05.64	1500m: 16:22.46	1:04.34
	400m: 4:18.42 1:05.68	800m: 8:42.24	1:06.04	1200m: 13:06.27	1:06.16		

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Oeiras, 12 - 14/7/2024

Prova 38, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
3.	CASTRO, Vasco Monteiro	06	POR	Porto	<b>16:31.34</b>	<b>+0,82</b>	<b>678</b>
	100m: 1:02.61 1:02.61	500m: 5:24.57	1:05.68	900m: 9:49.11	1:06.46	1300m: 14:17.53	1:06.97
	200m: 2:07.49 1:04.88	600m: 6:30.64	1:06.07	1000m: 10:56.00	1:06.89	1400m: 15:25.10	1:07.57
	300m: 3:12.90 1:05.41	700m: 7:36.48	1:05.84	1100m: 12:03.35	1:07.35	1500m: 16:31.34	1:06.24
	400m: 4:18.89 1:05.99	800m: 8:42.65	1:06.17	1200m: 13:10.56	1:07.21		
4.	RITA, Francisco Xavier	07	POR	Vieirense	<b>17:17.28</b>	<b>+0,78</b>	<b>592</b>
	100m: 1:03.41 1:03.41	500m: 5:39.99	1:09.71	900m: 10:19.87	1:09.67	1300m: 14:59.66	1:09.51
	200m: 2:11.44 1:08.03	600m: 6:50.02	1:10.03	1000m: 11:29.98	1:10.11	1400m: 16:09.22	1:09.56
	300m: 3:20.56 1:09.12	700m: 8:00.05	1:10.03	1100m: 12:40.00	1:10.02	1500m: 17:17.28	1:08.06
	400m: 4:30.28 1:09.72	800m: 9:10.20	1:10.15	1200m: 13:50.15	1:10.15		
5.	MATOS, Rodrigo Onofre	06	POR	Clube Futebol Os Belenenses	<b>17:19.43</b>	<b>+0,68</b>	<b>588</b>
	100m: 1:04.25 1:04.25	500m: 5:42.13	1:10.02	900m: 10:21.08	1:10.26	1300m: 15:01.27	1:10.27
	200m: 2:12.45 1:08.20	600m: 6:51.29	1:09.16	1000m: 11:31.43	1:10.35	1400m: 16:11.29	1:10.02
	300m: 3:21.83 1:09.38	700m: 8:01.06	1:09.77	1100m: 12:41.10	1:09.67	1500m: 17:19.43	1:08.14
	400m: 4:32.11 1:10.28	800m: 9:10.82	1:09.76	1200m: 13:51.00	1:09.90		
6.	PEREIRA, Tomas Veiga	06	POR	Cnac	<b>17:25.36</b>	<b>+0,86</b>	<b>578</b>
	100m: 1:04.55 1:04.55	500m: 5:43.43	1:10.30	900m: 10:24.30	1:09.89	1300m: 15:06.44	1:10.76
	200m: 2:13.23 1:08.68	600m: 6:53.91	1:10.48	1000m: 11:34.38	1:10.08	1400m: 16:16.46	1:10.02
	300m: 3:22.91 1:09.68	700m: 8:04.10	1:10.19	1100m: 12:44.51	1:10.13	1500m: 17:25.36	1:08.90
	400m: 4:33.13 1:10.22	800m: 9:14.41	1:10.31	1200m: 13:55.68	1:11.17		
7.	OLIVEIRA, Marco Dimitar	07	POR	Cnac	<b>17:27.59</b>	<b>+0,79</b>	<b>574</b>
	100m: 1:03.87 1:03.87	500m: 5:41.03	1:09.50	900m: 10:22.31	1:10.55	1300m: 15:07.14	1:11.16
	200m: 2:12.72 1:08.85	600m: 6:50.78	1:09.75	1000m: 11:33.13	1:10.82	1400m: 16:18.06	1:10.92
	300m: 3:21.84 1:09.12	700m: 8:01.27	1:10.49	1100m: 12:44.40	1:11.27	1500m: 17:27.59	1:09.53
	400m: 4:31.53 1:09.69	800m: 9:11.76	1:10.49	1200m: 13:55.98	1:11.58		
8.	GOMES, Miguel Braga	07	POR	Sporting	<b>17:27.94</b>	<b>+0,68</b>	<b>574</b>
	100m: 1:04.95 1:04.95	500m: 5:44.54	1:10.04	900m: 10:23.90	1:10.11	1300m: 15:06.26	1:11.28
	200m: 2:14.44 1:09.49	600m: 6:53.64	1:09.10	1000m: 11:33.99	1:10.09	1400m: 16:17.73	1:11.47
	300m: 3:24.30 1:09.86	700m: 8:03.69	1:10.05	1100m: 12:44.30	1:10.31	1500m: 17:27.94	1:10.21
	400m: 4:34.50 1:10.20	800m: 9:13.79	1:10.10	1200m: 13:54.98	1:10.68		
9.	NETO, Ricardo Freitas	06	POR	Sporting	<b>17:33.01</b>	<b>+0,71</b>	<b>565</b>
	100m: 1:05.39 1:05.39	500m: 5:46.52	1:10.03	900m: 10:29.91	1:10.94	1300m: 15:14.73	1:11.16
	200m: 2:15.60 1:10.21	600m: 6:57.28	1:10.76	1000m: 11:40.82	1:10.91	1400m: 16:25.98	1:11.25
	300m: 3:26.05 1:10.45	700m: 8:08.12	1:10.84	1100m: 12:51.77	1:10.95	1500m: 17:33.01	1:07.03
	400m: 4:36.49 1:10.44	800m: 9:18.97	1:10.85	1200m: 14:03.57	1:11.80		
10.	SARAGOCA, Eduardo Sousa	07	POR	Viana Natacao	<b>17:34.73</b>	<b>+0,80</b>	<b>563</b>
	100m: 1:05.83 1:05.83	500m: 5:46.95	1:10.02	900m: 10:29.69	1:10.94	1300m: 15:14.61	1:11.45
	200m: 2:16.00 1:10.17	600m: 6:57.48	1:10.53	1000m: 11:40.52	1:10.83	1400m: 16:25.80	1:11.19
	300m: 3:26.51 1:10.51	700m: 8:08.01	1:10.53	1100m: 12:51.77	1:11.25	1500m: 17:34.73	1:08.93
	400m: 4:36.93 1:10.42	800m: 9:18.75	1:10.74	1200m: 14:03.16	1:11.39		
11.	PINHO, Afonso Formigo	06	POR	Torres Novas	<b>17:39.10</b>	<b>+0,72</b>	<b>556</b>
	100m: 1:06.12 1:06.12	500m: 5:49.43	1:11.34	900m: 10:35.28	1:11.64	1300m: 15:22.49	1:11.82
	200m: 2:17.18 1:11.06	600m: 7:00.80	1:11.37	1000m: 11:46.97	1:11.69	1400m: 16:33.43	1:10.94
	300m: 3:27.52 1:10.34	700m: 8:11.95	1:11.15	1100m: 12:58.90	1:11.93	1500m: 17:39.10	1:05.67
	400m: 4:38.09 1:10.57	800m: 9:23.64	1:11.69	1200m: 14:10.67	1:11.77		

Campeonato Nacional de Juvenis, Juniores e Seniores  
Oeiras, 12 - 14/7/2024

Prova 38, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
12.	COSTA, Andre Leitao	07	POR	Desportiva de Fafe	<b>17:46.69</b>	+0,68	544
	100m: 1:07.30 1:07.30	500m: 5:49.21 1:10.19	900m: 10:37.58 1:12.70	1300m: 15:26.28 1:12.07	1500m: 17:46.69 1:08.65		
	200m: 2:18.19 1:10.89	600m: 7:00.81 1:11.60	1000m: 11:50.10 1:12.52	1400m: 16:38.04 1:11.76			
	300m: 3:28.81 1:10.62	700m: 8:11.48 1:10.67	1100m: 13:01.69 1:11.59	1500m: 17:46.69 1:08.65			
	400m: 4:39.02 1:10.21	800m: 9:24.88 1:13.40	1200m: 14:14.21 1:12.52				
13.	VELHINHO, Miguel Lourenco	07	POR	Lagoa Academico Clube	<b>17:54.46</b>	+0,74	532
	100m: 1:05.40 1:05.40	500m: 5:49.16 1:11.02	900m: 10:37.47 1:12.50	1300m: 15:29.22 1:13.25	1500m: 17:54.46 1:11.72		
	200m: 2:16.36 1:10.96	600m: 7:00.70 1:11.54	1000m: 11:50.18 1:12.71	1400m: 16:42.74 1:13.52			
	300m: 3:27.20 1:10.84	700m: 8:12.61 1:11.91	1100m: 13:03.14 1:12.96	1500m: 17:54.46 1:11.72			
	400m: 4:38.14 1:10.94	800m: 9:24.97 1:12.36	1200m: 14:15.97 1:12.83				
14.	MARQUES, Duarte Cachulo	07	POR	Condeixa Aqua Clube	<b>17:58.24</b>	+0,66	527
	100m: 1:04.29 1:04.29	500m: 5:48.34 1:12.18	900m: 10:41.72 1:13.98	1300m: 15:35.50 1:12.83	1500m: 17:58.24 1:11.03		
	200m: 2:13.22 1:08.93	600m: 7:02.33 1:13.99	1000m: 11:55.78 1:14.06	1400m: 16:47.21 1:11.71			
	300m: 3:23.56 1:10.34	700m: 8:15.11 1:12.78	1100m: 13:09.64 1:13.86	1500m: 17:58.24 1:11.03			
	400m: 4:36.16 1:12.60	800m: 9:27.74 1:12.63	1200m: 14:22.67 1:13.03				
15.	NOGUEIRA, Afonso Miguel	07	POR	Braga	<b>18:02.98</b>	+0,87	520
	100m: 1:06.65 1:06.65	500m: 5:54.32 1:12.94	900m: 10:48.75 1:12.89	1300m: 15:39.65 1:12.78	1500m: 18:02.98 1:10.40		
	200m: 2:17.82 1:11.17	600m: 7:07.90 1:13.58	1000m: 12:01.90 1:13.15	1400m: 16:52.58 1:12.93			
	300m: 3:29.17 1:11.35	700m: 8:21.84 1:13.94	1100m: 13:13.82 1:11.92	1500m: 18:02.98 1:10.40			
	400m: 4:41.38 1:12.21	800m: 9:35.86 1:14.02	1200m: 14:26.87 1:13.05				
16.	SANTOS, Tomas Alexandre	07	POR	BUZIOS - Coruche	<b>18:16.01</b>	+0,79	501
	100m: 1:04.14 1:04.14	500m: 5:52.89 1:13.63	900m: 10:50.61 1:14.68	1300m: 15:47.06 1:14.05	1500m: 18:16.01 1:13.72		
	200m: 2:14.65 1:10.51	600m: 7:07.41 1:14.52	1000m: 12:04.56 1:13.95	1400m: 17:02.29 1:15.23			
	300m: 3:26.42 1:11.77	700m: 8:21.43 1:14.02	1100m: 13:18.68 1:14.12	1500m: 18:16.01 1:13.72			
	400m: 4:39.26 1:12.84	800m: 9:35.93 1:14.50	1200m: 14:33.01 1:14.33				

Seniores

1.	LOPES, Jose Paulo	00	POR	Braga	<b>15:40.86</b>	+0,71	793
	100m: 59.51 59.51	500m: 5:10.85 1:02.96	900m: 9:21.39 1:02.87	1300m: 13:35.50 1:03.66	1500m: 15:40.86 1:01.57		
	200m: 2:02.33 1:02.82	600m: 6:12.93 1:02.08	1000m: 10:25.07 1:03.68	1400m: 14:39.29 1:03.79			
	300m: 3:05.05 1:02.72	700m: 7:15.55 1:02.62	1100m: 11:28.27 1:03.20	1500m: 15:40.86 1:01.57			
	400m: 4:07.89 1:02.84	800m: 8:18.52 1:02.97	1200m: 12:31.84 1:03.57				
2.	CARDOSO, Diogo Santos	01	POR	Sporting	<b>15:46.49</b>	+0,77	779
	100m: 1:00.67 1:00.67	500m: 5:16.07 1:03.71	900m: 9:31.30 1:03.90	1300m: 13:43.60 1:02.79	1500m: 15:46.49 1:00.00		
	200m: 2:04.46 1:03.79	600m: 6:19.79 1:03.72	1000m: 10:34.73 1:03.43	1400m: 14:46.49 1:02.89			
	300m: 3:08.45 1:03.99	700m: 7:23.47 1:03.68	1100m: 11:37.73 1:03.00	1500m: 15:46.49 1:00.00			
	400m: 4:12.36 1:03.91	800m: 8:27.40 1:03.93	1200m: 12:40.81 1:03.08				
3.	AMARAL, Francisco Rodriguez	02	POR	Porto	<b>16:09.53</b>	+0,76	725
	100m: 1:00.91 1:00.91	500m: 5:17.80 1:04.61	900m: 9:37.07 1:05.06	1300m: 13:57.26 1:05.37	1500m: 16:09.53 1:05.75		
	200m: 2:04.61 1:03.70	600m: 6:22.42 1:04.62	1000m: 10:42.05 1:04.98	1400m: 15:03.78 1:06.52			
	300m: 3:08.84 1:04.23	700m: 7:27.17 1:04.75	1100m: 11:46.87 1:04.82	1500m: 16:09.53 1:05.75			
	400m: 4:13.19 1:04.35	800m: 8:32.01 1:04.84	1200m: 12:51.89 1:05.02				
4.	FERRAO, Gabriel Carvalho	05	POR	Benfica	<b>16:21.19</b>	+0,64	699
	100m: 1:00.94 1:00.94	500m: 5:21.25 1:04.89	900m: 9:42.47 1:05.97	1300m: 14:08.75 1:06.97	1500m: 16:21.19 1:04.99		
	200m: 2:06.20 1:05.26	600m: 6:26.05 1:04.80	1000m: 10:48.26 1:05.79	1400m: 15:16.20 1:07.45			
	300m: 3:11.11 1:04.91	700m: 7:31.49 1:05.44	1100m: 11:54.75 1:06.49	1500m: 16:21.19 1:04.99			
	400m: 4:16.36 1:05.25	800m: 8:36.50 1:05.01	1200m: 13:01.78 1:07.03				

Campeonato Nacional de Juvenis, Juniores e Seniores  
Oeiras, 12 - 14/7/2024

Prova 38, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
5.	SARREIRA, Tomas Amor	05	POR	Porto	<b>16:32.21</b>	<b>+0,76</b>	<b>676</b>
	100m: 1:00.77 1:00.77	500m: 5:23.80 1:06.64	900m: 9:51.33 1:06.83	1300m: 14:19.24 1:06.97			
	200m: 2:05.64 1:04.87	600m: 6:30.35 1:06.55	1000m: 10:58.31 1:06.98	1400m: 15:26.48 1:07.24			
	300m: 3:11.09 1:05.45	700m: 7:37.35 1:07.00	1100m: 12:05.18 1:06.87	1500m: 16:32.21 1:05.73			
	400m: 4:17.16 1:06.07	800m: 8:44.50 1:07.15	1200m: 13:12.27 1:07.09				
6.	CARVALHO, Goncalo Renato	04	POR	Porto	<b>16:47.89</b>	<b>+0,74</b>	<b>645</b>
	100m: 1:03.09 1:03.09	500m: 5:28.02 1:07.06	900m: 9:58.49 1:08.03	1300m: 14:31.90 1:08.81			
	200m: 2:08.87 1:05.78	600m: 6:35.37 1:07.35	1000m: 11:06.92 1:08.43	1400m: 15:40.14 1:08.24			
	300m: 3:14.60 1:05.73	700m: 7:42.78 1:07.41	1100m: 12:14.92 1:08.00	1500m: 16:47.89 1:07.75			
	400m: 4:20.96 1:06.36	800m: 8:50.46 1:07.68	1200m: 13:23.09 1:08.17				
7.	SOUSA, Joao Maria	05	POR	Braga	<b>17:05.14</b>	<b>+0,80</b>	<b>613</b>
	100m: 1:03.18 1:03.18	500m: 5:36.30 1:08.97	900m: 10:12.08 1:09.11	1300m: 14:48.75 1:09.40			
	200m: 2:10.65 1:07.47	600m: 6:45.33 1:09.03	1000m: 11:21.13 1:09.05	1400m: 15:58.29 1:09.54			
	300m: 3:18.87 1:08.22	700m: 7:54.21 1:08.88	1100m: 12:29.92 1:08.79	1500m: 17:05.14 1:06.85			
	400m: 4:27.33 1:08.46	800m: 9:02.97 1:08.76	1200m: 13:39.35 1:09.43				
8.	GONCALVES, Alexandre Ramos	05	POR	Sporting Clube Sao Joao Ver	<b>17:29.80</b>	<b>+0,77</b>	<b>571</b>
	100m: 1:03.68 1:03.68	500m: 5:40.71 1:09.98	900m: 10:23.74 1:11.18	1300m: 15:08.84 1:11.75			
	200m: 2:11.65 1:07.97	600m: 6:51.14 1:10.43	1000m: 11:34.04 1:10.30	1400m: 16:21.19 1:12.35			
	300m: 3:20.56 1:08.91	700m: 8:01.69 1:10.55	1100m: 12:44.51 1:10.47	1500m: 17:29.80 1:08.61			
	400m: 4:30.73 1:10.17	800m: 9:12.56 1:10.87	1200m: 13:57.09 1:12.58				
9.	GOMES, Marcio Fernandes	04	POR	Braga	<b>17:30.80</b>	<b>+0,70</b>	<b>569</b>
	100m: 1:04.36 1:04.36	500m: 5:42.04 1:10.41	900m: 10:26.43 1:11.24	1300m: 15:12.54 1:11.69			
	200m: 2:12.14 1:07.78	600m: 6:52.79 1:10.75	1000m: 11:37.84 1:11.41	1400m: 16:23.38 1:10.84			
	300m: 3:21.13 1:08.99	700m: 8:04.05 1:11.26	1100m: 12:49.44 1:11.60	1500m: 17:30.80 1:07.42			
	400m: 4:31.63 1:10.50	800m: 9:15.19 1:11.14	1200m: 14:00.85 1:11.41				
10.	TROMBINHAS, Tiago Miguel	04	POR	Clube Futebol Os Belenenses	<b>17:44.13</b>	<b>+0,80</b>	<b>548</b>
	100m: 1:03.92 1:03.92	500m: 5:45.85 1:12.09	900m: 10:33.97 1:12.01	1300m: 15:23.02 1:12.03			
	200m: 2:13.36 1:09.44	600m: 6:58.03 1:12.18	1000m: 11:46.51 1:12.54	1400m: 16:34.53 1:11.51			
	300m: 3:23.54 1:10.18	700m: 8:09.21 1:11.18	1100m: 12:58.74 1:12.23	1500m: 17:44.13 1:09.60			
	400m: 4:33.76 1:10.22	800m: 9:21.96 1:12.75	1200m: 14:10.99 1:12.25				