

Prova 44
15/12/2024 - 16:00

Masc., 1500m Livres

Absolutos
Resultados

RN25 Open	14:39.82	Jose Paulo, Lopes	POR	Abu Dhabi (UAE)	20/12/2021
RN25 Sen	14:39.82	Jose Paulo, Lopes	POR	Abu Dhabi (UAE)	20/12/2021
RN25 Jun18	15:06.77	Filipe Miguel, Santo	SLB	Funchal	26/03/2018
RN25 Jun17	15:05.57	Gustavo Manuel, Santa	CNLA	Leiria	06/12/2009
RNADAP	17:24.21	Miguel Duarte, Cruz	CFB	Tomar	15/12/2024

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
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Seniores

1.	Diogo Santos, Cardoso	01	Sporting	15:14.84	+0,73	793	
	100m: 59.19 59.19	500m: 5:06.98	1:01.88	900m: 9:12.46	1:01.10	1300m: 13:16.21	1:00.98
	200m: 2:01.09 1:01.90	600m: 6:08.65	1:01.67	1000m: 10:13.34	1:00.88	1400m: 14:16.99	1:00.78
	300m: 3:02.85 1:01.76	700m: 7:10.25	1:01.60	1100m: 11:14.38	1:01.04	1500m: 15:14.84	57.85
	400m: 4:05.10 1:02.25	800m: 8:11.36	1:01.11	1200m: 12:15.23	1:00.85		
2.	Francisco Rodriguez, Amaral	02	Porto	15:15.05	+0,66	792	
	100m: 59.13 59.13	500m: 5:07.62	1:02.10	900m: 9:12.85	1:01.15	1300m: 13:16.82	1:00.95
	200m: 2:01.25 1:02.12	600m: 6:09.20	1:01.58	1000m: 10:13.77	1:00.92	1400m: 14:17.83	1:01.01
	300m: 3:03.21 1:01.96	700m: 7:10.68	1:01.48	1100m: 11:14.97	1:01.20	1500m: 15:15.05	57.22
	400m: 4:05.52 1:02.31	800m: 8:11.70	1:01.02	1200m: 12:15.87	1:00.90		
3.	Ricardo Matias, Santos	05	Louzan Natacao/EFAPEL	15:21.64	+0,73	775	
	100m: 58.95 58.95	500m: 5:08.28	1:02.33	900m: 9:13.83	1:01.43	1300m: 13:20.43	1:01.81
	200m: 2:01.62 1:02.67	600m: 6:09.75	1:01.47	1000m: 10:15.20	1:01.37	1400m: 14:22.06	1:01.63
	300m: 3:03.74 1:02.12	700m: 7:11.38	1:01.63	1100m: 11:16.78	1:01.58	1500m: 15:21.64	59.58
	400m: 4:05.95 1:02.21	800m: 8:12.40	1:01.02	1200m: 12:18.62	1:01.84		
4.	Tomas Amor, Sarreira	05	Porto	15:29.34	+0,76	756	
	100m: 58.59 58.59	500m: 5:08.06	1:02.57	900m: 9:16.02	1:02.09	1300m: 13:25.53	1:02.45
	200m: 2:01.24 1:02.65	600m: 6:09.97	1:01.91	1000m: 10:18.20	1:02.18	1400m: 14:28.37	1:02.84
	300m: 3:03.31 1:02.07	700m: 7:12.05	1:02.08	1100m: 11:20.65	1:02.45	1500m: 15:29.34	1:00.97
	400m: 4:05.49 1:02.18	800m: 8:13.93	1:01.88	1200m: 12:23.08	1:02.43		
5.	Bernardo Jorge, Simoes	04	Clube Futebol Os Belenens	15:44.10	+0,69	721	
	100m: 58.72 58.72	500m: 5:15.69	1:04.18	900m: 9:30.48	1:03.59	1300m: 13:43.24	1:02.60
	200m: 2:02.59 1:03.87	600m: 6:19.51	1:03.82	1000m: 10:33.95	1:03.47	1400m: 14:45.26	1:02.02
	300m: 3:07.06 1:04.47	700m: 7:23.29	1:03.78	1100m: 11:37.20	1:03.25	1500m: 15:44.10	58.84
	400m: 4:11.51 1:04.45	800m: 8:26.89	1:03.60	1200m: 12:40.64	1:03.44		
6.	Bruno Silva, Loureiro	06	Porto	15:44.51	+0,71	720	
	100m: 59.84 59.84	500m: 5:16.67	1:03.67	900m: 9:29.50	1:03.04	1300m: 13:43.04	1:02.77
	200m: 2:04.20 1:04.36	600m: 6:19.41	1:02.74	1000m: 10:33.21	1:03.71	1400m: 14:45.07	1:02.03
	300m: 3:08.53 1:04.33	700m: 7:22.94	1:03.53	1100m: 11:37.10	1:03.89	1500m: 15:44.51	59.44
	400m: 4:13.00 1:04.47	800m: 8:26.46	1:03.52	1200m: 12:40.27	1:03.17		
7.	Gabriel Carvalho, Ferrao	05	Benfica	15:44.52	+0,58	720	
	100m: 59.34 59.34	500m: 5:15.62	1:03.42	900m: 9:29.11	1:03.41	1300m: 13:43.53	1:03.42
	200m: 2:03.62 1:04.28	600m: 6:18.86	1:03.24	1000m: 10:33.12	1:04.01	1400m: 14:46.05	1:02.52
	300m: 3:07.74 1:04.12	700m: 7:22.22	1:03.36	1100m: 11:36.79	1:03.67	1500m: 15:44.52	58.47
	400m: 4:12.20 1:04.46	800m: 8:25.70	1:03.48	1200m: 12:40.11	1:03.32		
8.	Tiago Filipe, Campos	99	Porto	15:51.36	+0,73	705	
	100m: 59.20 59.20	500m: 5:08.46	1:02.60	900m: 9:23.65	1:04.12	1300m: 13:42.67	1:04.74
	200m: 2:01.38 1:02.18	600m: 6:11.69	1:03.23	1000m: 10:28.81	1:05.16	1400m: 14:47.65	1:04.98
	300m: 3:03.64 1:02.26	700m: 7:15.65	1:03.96	1100m: 11:33.67	1:04.86	1500m: 15:51.36	1:03.71
	400m: 4:05.86 1:02.22	800m: 8:19.53	1:03.88	1200m: 12:37.93	1:04.26		

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
9.	Goncalo Renato, Carvalho	04	Porto	16:17.02	+0,64	651
	100m: 1:00.95 1:00.95	500m: 5:19.20 1:04.61	900m: 9:40.79 1:05.89	1300m: 14:05.93 1:06.52		
	200m: 2:04.91 1:03.96	600m: 6:24.22 1:05.02	1000m: 10:46.86 1:06.07	1400m: 15:12.11 1:06.18		
	300m: 3:09.76 1:04.85	700m: 7:29.63 1:05.41	1100m: 11:53.00 1:06.14	1500m: 16:17.02 1:04.91		
	400m: 4:14.59 1:04.83	800m: 8:34.90 1:05.27	1200m: 12:59.41 1:06.41			
10.	Andre Correia, Alves	06	Benfica	16:22.37	+0,73	640
	100m: 1:00.28 1:00.28	500m: 5:19.16 1:04.76	900m: 9:43.56 1:06.50	1300m: 14:10.49 1:06.63		
	200m: 2:04.63 1:04.35	600m: 6:24.83 1:05.67	1000m: 10:50.09 1:06.53	1400m: 15:16.95 1:06.46		
	300m: 3:09.29 1:04.66	700m: 7:30.68 1:05.85	1100m: 11:56.88 1:06.79	1500m: 16:22.37 1:05.42		
	400m: 4:14.40 1:05.11	800m: 8:37.06 1:06.38	1200m: 13:03.86 1:06.98			
11.	Rodrigo Onofre, Matos	06	Clube Futebol Os Belenens	16:24.91	+0,71	635
	100m: 1:01.66 1:01.66	500m: 5:24.18 1:06.03	900m: 9:46.97 1:06.18	1300m: 14:11.68 1:07.08		
	200m: 2:06.98 1:05.32	600m: 6:29.86 1:05.68	1000m: 10:53.10 1:06.13	1400m: 15:18.35 1:06.67		
	300m: 3:12.71 1:05.73	700m: 7:35.11 1:05.25	1100m: 11:58.60 1:05.50	1500m: 16:24.91 1:06.56		
	400m: 4:18.15 1:05.44	800m: 8:40.79 1:05.68	1200m: 13:04.60 1:06.00			
12.	Alexandre Ramos, Goncalves	05	Sporting Clube Sao Joao V	16:42.33	+0,75	603
	100m: 1:01.72 1:01.72	500m: 5:25.94 1:06.41	900m: 9:55.70 1:07.98	1300m: 14:28.50 1:08.15		
	200m: 2:07.18 1:05.46	600m: 6:32.37 1:06.43	1000m: 11:03.96 1:08.26	1400m: 15:36.03 1:07.53		
	300m: 3:13.55 1:06.37	700m: 7:39.58 1:07.21	1100m: 12:11.92 1:07.96	1500m: 16:42.33 1:06.30		
	400m: 4:19.53 1:05.98	800m: 8:47.72 1:08.14	1200m: 13:20.35 1:08.43			
13.	Marcio Fernandes, Gomes	04	Sporting Clube de Braga	16:44.46	+0,66	599
	100m: 1:02.25 1:02.25	500m: 5:28.00 1:07.43	900m: 9:58.31 1:07.68	1300m: 14:30.86 1:08.27		
	200m: 2:07.85 1:05.60	600m: 6:35.67 1:07.67	1000m: 11:06.03 1:07.72	1400m: 15:38.89 1:08.03		
	300m: 3:13.84 1:05.99	700m: 7:43.22 1:07.55	1100m: 12:14.17 1:08.14	1500m: 16:44.46 1:05.57		
	400m: 4:20.57 1:06.73	800m: 8:50.63 1:07.41	1200m: 13:22.59 1:08.42			
14.	Joao Almeida, Gomes	06	Nacional de Natacao	16:49.93	+0,69	589
	100m: 1:03.09 1:03.09	500m: 5:34.15 1:07.93	900m: 10:04.40 1:07.26	1300m: 14:36.02 1:08.00		
	200m: 2:10.41 1:07.32	600m: 6:41.72 1:07.57	1000m: 11:12.46 1:08.06	1400m: 15:43.86 1:07.84		
	300m: 3:17.96 1:07.55	700m: 7:49.54 1:07.82	1100m: 12:20.10 1:07.64	1500m: 16:49.93 1:06.07		
	400m: 4:26.22 1:08.26	800m: 8:57.14 1:07.60	1200m: 13:28.02 1:07.92			
15.	Tomas Veiga, Pereira	06	Cnac	17:04.79	+0,73	564
	100m: 1:03.22 1:03.22	500m: 5:36.67 1:08.62	900m: 10:11.61 1:08.47	1300m: 14:47.69 1:09.10		
	200m: 2:10.89 1:07.67	600m: 6:45.45 1:08.78	1000m: 11:20.24 1:08.63	1400m: 15:56.85 1:09.16		
	300m: 3:19.41 1:08.52	700m: 7:54.52 1:09.07	1100m: 12:29.29 1:09.05	1500m: 17:04.79 1:07.94		
	400m: 4:28.05 1:08.64	800m: 9:03.14 1:08.62	1200m: 13:38.59 1:09.30			

Juniores

1.	Rui Silva, Pereira	08	Adrcimm	15:23.85	+0,83	770
	100m: 59.16 59.16	500m: 5:07.26 1:02.02	900m: 9:14.01 1:01.71	1300m: 13:21.20 1:01.94		
	200m: 2:01.22 1:02.06	600m: 6:09.08 1:01.82	1000m: 10:15.80 1:01.79	1400m: 14:22.82 1:01.62		
	300m: 3:03.07 1:01.85	700m: 7:11.01 1:01.93	1100m: 11:17.08 1:01.28	1500m: 15:23.85 1:01.03		
	400m: 4:05.24 1:02.17	800m: 8:12.30 1:01.29	1200m: 12:19.26 1:02.18			
2.	Miguel Fragoso, Medeiros	08	Porto	15:40.77	+0,71	729
	100m: 1:00.13 1:00.13	500m: 5:11.79 1:02.97	900m: 9:23.25 1:02.94	1300m: 13:36.28 1:03.22		
	200m: 2:02.55 1:02.42	600m: 6:14.86 1:03.07	1000m: 10:26.61 1:03.36	1400m: 14:39.49 1:03.21		
	300m: 3:05.64 1:03.09	700m: 7:17.66 1:02.80	1100m: 11:29.82 1:03.21	1500m: 15:40.77 1:01.28		
	400m: 4:08.82 1:03.18	800m: 8:20.31 1:02.65	1200m: 12:33.06 1:03.24			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA	
3.	Rodrigo Costa, Borges	07	Fluvial Portuense	15:47.53	+0,72	713	
	100m: 59.25 59.25	500m: 5:09.76	1:03.35	900m: 9:25.94	1:04.27	1300m: 13:41.98	1:03.65
	200m: 2:01.90 1:02.65	600m: 6:13.29	1:03.53	1000m: 10:30.25	1:04.31	1400m: 14:45.92	1:03.94
	300m: 3:04.02 1:02.12	700m: 7:17.50	1:04.21	1100m: 11:34.13	1:03.88	1500m: 15:47.53	1:01.61
	400m: 4:06.41 1:02.39	800m: 8:21.67	1:04.17	1200m: 12:38.33	1:04.20		
4.	Axel Guedes, Asmar	07	Sporting	15:58.38	+0,62	690	
	100m: 1:01.14 1:01.14	500m: 5:17.92	1:04.02	900m: 9:32.53	1:03.65	1300m: 13:50.29	1:05.07
	200m: 2:05.36 1:04.22	600m: 6:21.63	1:03.71	1000m: 10:36.60	1:04.07	1400m: 14:55.12	1:04.83
	300m: 3:09.69 1:04.33	700m: 7:25.46	1:03.83	1100m: 11:40.62	1:04.02	1500m: 15:58.38	1:03.26
	400m: 4:13.90 1:04.21	800m: 8:28.88	1:03.42	1200m: 12:45.22	1:04.60		
5.	Tiago Andre, Canelas	08	Fluvial Portuense	16:19.93	+0,71	645	
	100m: 1:00.46 1:00.46	500m: 5:20.00	1:04.87	900m: 9:44.30	1:05.99	1300m: 14:09.70	1:06.58
	200m: 2:04.87 1:04.41	600m: 6:25.77	1:05.77	1000m: 10:50.69	1:06.39	1400m: 15:15.99	1:06.29
	300m: 3:10.11 1:05.24	700m: 7:31.94	1:06.17	1100m: 11:57.09	1:06.40	1500m: 16:19.93	1:03.94
	400m: 4:15.13 1:05.02	800m: 8:38.31	1:06.37	1200m: 13:03.12	1:06.03		
6.	Rafael Pereira, Rodrigues	08	Condeixa Aqua Clube	16:20.51	+0,76	644	
	100m: 1:01.39 1:01.39	500m: 5:23.86	1:05.95	900m: 9:46.22	1:06.02	1300m: 14:09.92	1:05.76
	200m: 2:06.71 1:05.32	600m: 6:28.85	1:04.99	1000m: 10:52.42	1:06.20	1400m: 15:15.78	1:05.86
	300m: 3:12.18 1:05.47	700m: 7:34.36	1:05.51	1100m: 11:58.13	1:05.71	1500m: 16:20.51	1:04.73
	400m: 4:17.91 1:05.73	800m: 8:40.20	1:05.84	1200m: 13:04.16	1:06.03		
7.	Andre Leitao, Costa	07	Foca Quinta Da Lixa - Cnf	16:39.23	+0,67	608	
	100m: 1:02.47 1:02.47	500m: 5:27.45	1:06.47	900m: 9:54.30	1:06.70	1300m: 14:25.43	1:08.98
	200m: 2:07.94 1:05.47	600m: 6:33.65	1:06.20	1000m: 11:01.38	1:07.08	1400m: 15:33.03	1:07.60
	300m: 3:13.92 1:05.98	700m: 7:40.94	1:07.29	1100m: 12:08.63	1:07.25	1500m: 16:39.23	1:06.20
	400m: 4:20.98 1:07.06	800m: 8:47.60	1:06.66	1200m: 13:16.45	1:07.82		
8.	Miguel Almeida, Bispo	08	Natacao da Maia	16:47.07	+0,68	594	
	100m: 1:03.55 1:03.55	500m: 5:35.83	1:07.71	900m: 10:05.68	1:06.75	1300m: 14:35.68	1:07.28
	200m: 2:12.43 1:08.88	600m: 6:44.09	1:08.26	1000m: 11:13.06	1:07.38	1400m: 15:42.54	1:06.86
	300m: 3:20.11 1:07.68	700m: 7:51.86	1:07.77	1100m: 12:20.71	1:07.65	1500m: 16:47.07	1:04.53
	400m: 4:28.12 1:08.01	800m: 8:58.93	1:07.07	1200m: 13:28.40	1:07.69		
9.	Francisco Xavier, Rita	07	Vieirense	16:52.56	+0,71	585	
	100m: 1:01.31 1:01.31	500m: 5:28.02	1:07.84	900m: 10:01.25	1:08.62	1300m: 14:36.58	1:08.88
	200m: 2:06.69 1:05.38	600m: 6:36.08	1:08.06	1000m: 11:10.25	1:09.00	1400m: 15:44.34	1:07.76
	300m: 3:13.11 1:06.42	700m: 7:44.24	1:08.16	1100m: 12:18.82	1:08.57	1500m: 16:52.56	1:08.22
	400m: 4:20.18 1:07.07	800m: 8:52.63	1:08.39	1200m: 13:27.70	1:08.88		
10.	Marco Dimitar, Oliveira	07	Cnac	16:53.30	+0,74	583	
	100m: 1:01.29 1:01.29	500m: 5:29.52	1:07.75	900m: 10:02.64	1:08.83	1300m: 14:38.79	1:08.00
	200m: 2:07.80 1:06.51	600m: 6:36.89	1:07.37	1000m: 11:11.90	1:09.26	1400m: 15:46.50	1:07.71
	300m: 3:14.35 1:06.55	700m: 7:45.01	1:08.12	1100m: 12:21.11	1:09.21	1500m: 16:53.30	1:06.80
	400m: 4:21.77 1:07.42	800m: 8:53.81	1:08.80	1200m: 13:30.79	1:09.68		
11.	Goncalo Augusto, Soares	08	Porto	16:59.03	+0,75	573	
	100m: 1:01.45 1:01.45	500m: 5:26.41	1:07.55	900m: 10:02.95	1:09.36	1300m: 14:40.01	1:09.62
	200m: 2:06.76 1:05.31	600m: 6:35.00	1:08.59	1000m: 11:12.29	1:09.34	1400m: 15:50.29	1:10.28
	300m: 3:12.38 1:05.62	700m: 7:44.09	1:09.09	1100m: 12:21.24	1:08.95	1500m: 16:59.03	1:08.74
	400m: 4:18.86 1:06.48	800m: 8:53.59	1:09.50	1200m: 13:30.39	1:09.15		
12.	Miguel Duarte, Batista	08	Academico Viseu Futebol	C17:02.85	+0,85	567	
	100m: 1:03.80 1:03.80	500m: 5:37.71	1:08.80	900m: 10:11.80	1:07.98	1300m: 14:45.96	1:08.57
	200m: 2:11.80 1:08.00	600m: 6:46.55	1:08.84	1000m: 11:20.27	1:08.47	1400m: 15:54.49	1:08.53
	300m: 3:20.24 1:08.44	700m: 7:55.27	1:08.72	1100m: 12:28.70	1:08.43	1500m: 17:02.85	1:08.36
	400m: 4:28.91 1:08.67	800m: 9:03.82	1:08.55	1200m: 13:37.39	1:08.69		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
13.	Vasco Franca, Jesus	08	Naval Do Funchal	17:04.36	+0,68	565
	100m: 1:01.84 1:01.84	500m: 5:33.12 1:08.18	900m: 10:10.38 1:09.72	1300m: 14:48.93 1:09.44		
	200m: 2:09.18 1:07.34	600m: 6:42.43 1:09.31	1000m: 11:20.24 1:09.86	1400m: 15:58.18 1:09.25		
	300m: 3:16.82 1:07.64	700m: 7:51.51 1:09.08	1100m: 12:29.90 1:09.66	1500m: 17:04.36 1:06.18		
	400m: 4:24.94 1:08.12	800m: 9:00.66 1:09.15	1200m: 13:39.49 1:09.59			
14.	Miguel Lourenco, Velhinho	07	Lagoa Academico Clube	17:09.14	+0,72	557
	100m: 1:02.73 1:02.73	500m: 5:34.43 1:08.31	900m: 10:12.65 1:10.13	1300m: 14:52.22 1:09.84		
	200m: 2:10.48 1:07.75	600m: 6:43.12 1:08.69	1000m: 11:22.53 1:09.88	1400m: 16:01.58 1:09.36		
	300m: 3:18.23 1:07.75	700m: 7:52.73 1:09.61	1100m: 12:32.41 1:09.88	1500m: 17:09.14 1:07.56		
	400m: 4:26.12 1:07.89	800m: 9:02.52 1:09.79	1200m: 13:42.38 1:09.97			
15.	Guilherme Simoes, Sousa	08	Cnac	17:14.31	+0,72	548
	100m: 1:02.78 1:02.78	500m: 5:35.68 1:08.35	900m: 10:15.18 1:10.07	1300m: 14:57.09 1:10.37		
	200m: 2:09.68 1:06.90	600m: 6:44.80 1:09.12	1000m: 11:25.54 1:10.36	1400m: 16:07.30 1:10.21		
	300m: 3:18.58 1:08.90	700m: 7:54.75 1:09.95	1100m: 12:36.22 1:10.68	1500m: 17:14.31 1:07.01		
	400m: 4:27.33 1:08.75	800m: 9:05.11 1:10.36	1200m: 13:46.72 1:10.50			
16.	Tomas Alexandre, Santos	07	BUZIOS - Coruche	17:26.35	+0,77	530
	100m: 1:02.59 1:02.59	500m: 5:41.57 1:10.52	900m: 10:23.78 1:10.89	1300m: 15:07.18 1:10.91		
	200m: 2:11.13 1:08.54	600m: 6:51.81 1:10.24	1000m: 11:35.14 1:11.36	1400m: 16:17.35 1:10.17		
	300m: 3:21.08 1:09.95	700m: 8:02.03 1:10.22	1100m: 12:45.92 1:10.78	1500m: 17:26.35 1:09.00		
	400m: 4:31.05 1:09.97	800m: 9:12.89 1:10.86	1200m: 13:56.27 1:10.35			
17.	Samuel Dinis, Maia	08	Miranda do Corvo	17:29.74	+0,69	525
	100m: 1:02.73 1:02.73	500m: 5:42.56 1:10.98	900m: 10:26.52 1:11.31	1300m: 15:11.36 1:11.49		
	200m: 2:11.44 1:08.71	600m: 6:53.47 1:10.91	1000m: 11:37.51 1:10.99	1400m: 16:21.45 1:10.09		
	300m: 3:21.37 1:09.93	700m: 8:04.40 1:10.93	1100m: 12:48.70 1:11.19	1500m: 17:29.74 1:08.29		
	400m: 4:31.58 1:10.21	800m: 9:15.21 1:10.81	1200m: 13:59.87 1:11.17			
18.	Eduardo Sousa, Saragoga	07	Viana Natacao	17:31.34	+0,81	522
	100m: 1:04.07 1:04.07	500m: 5:41.29 1:09.94	900m: 10:25.49 1:11.56	1300m: 15:10.87 1:11.25		
	200m: 2:12.81 1:08.74	600m: 6:51.59 1:10.30	1000m: 11:37.16 1:11.67	1400m: 16:22.11 1:11.24		
	300m: 3:21.71 1:08.90	700m: 8:02.58 1:10.99	1100m: 12:48.64 1:11.48	1500m: 17:31.34 1:09.23		
	400m: 4:31.35 1:09.64	800m: 9:13.93 1:11.35	1200m: 13:59.62 1:10.98			
19.	Rodrigo Canedo, Santos	08	Bombeiros de Ponta Delgar	17:31.93	+0,61	521
	100m: 1:02.50 1:02.50	500m: 5:33.96 1:09.16	900m: 10:17.45 1:12.06	1300m: 15:08.01 1:13.36		
	200m: 2:08.86 1:06.36	600m: 6:43.84 1:09.88	1000m: 11:29.72 1:12.27	1400m: 16:20.34 1:12.33		
	300m: 3:16.36 1:07.50	700m: 7:54.60 1:10.76	1100m: 12:41.82 1:12.10	1500m: 17:31.93 1:11.59		
	400m: 4:24.80 1:08.44	800m: 9:05.39 1:10.79	1200m: 13:54.65 1:12.83			
20.	Joao Pedro, Monteiro	08	BUZIOS - Coruche	17:46.73	+0,70	500
	100m: 1:02.63 1:02.63	500m: 5:39.92 1:10.30	900m: 10:26.01 1:12.56	1300m: 15:20.33 1:14.45		
	200m: 2:10.71 1:08.08	600m: 6:51.16 1:11.24	1000m: 11:39.46 1:13.45	1400m: 16:33.95 1:13.62		
	300m: 3:19.68 1:08.97	700m: 8:02.24 1:11.08	1100m: 12:52.17 1:12.71	1500m: 17:46.73 1:12.78		
	400m: 4:29.62 1:09.94	800m: 9:13.45 1:11.21	1200m: 14:05.88 1:13.71			
21.	Pedro Malhao, Dias	08	Sporting Club Caminhense	17:49.12	+0,81	497
	100m: 1:02.84 1:02.84	500m: 5:45.40 1:11.63	900m: 10:33.64 1:12.24	1300m: 15:25.08 1:13.14		
	200m: 2:12.38 1:09.54	600m: 6:57.08 1:11.68	1000m: 11:45.90 1:12.26	1400m: 16:38.01 1:12.93		
	300m: 3:22.65 1:10.27	700m: 8:09.14 1:12.06	1100m: 12:58.77 1:12.87	1500m: 17:49.12 1:11.11		
	400m: 4:33.77 1:11.12	800m: 9:21.40 1:12.26	1200m: 14:11.94 1:13.17			
22.	Afonso Miguel, Nogueira	07	Sporting Clube de Braga	18:09.52	+0,90	469
	100m: 1:04.26 1:04.26	500m: 5:51.95 1:13.14	900m: 10:46.77 1:13.56	1300m: 15:43.24 1:14.84		
	200m: 2:15.05 1:10.79	600m: 7:05.46 1:13.51	1000m: 12:00.58 1:13.81	1400m: 16:57.43 1:14.19		
	300m: 3:26.80 1:11.75	700m: 8:18.95 1:13.49	1100m: 13:14.24 1:13.66	1500m: 18:09.52 1:12.09		
	400m: 4:38.81 1:12.01	800m: 9:33.21 1:14.26	1200m: 14:28.40 1:14.16			

Prova 44, Masc., 1500m Livres

EXH	Miguel Duarte, Cruz	99	S15	Clube Futebol Os Belenens	17:24.21	+0,67	533				
	<i>Rec Nacional Adaptada Classe S15</i>										
100m:	1:03.55	1:03.55	500m:	5:41.52	1:10.18	900m:	10:22.79	1:10.36	1300m:	15:05.16	1:10.70
200m:	2:12.19	1:08.64	600m:	6:51.75	1:10.23	1000m:	11:33.25	1:10.46	1400m:	16:15.93	1:10.77
300m:	3:21.51	1:09.32	700m:	8:02.05	1:10.30	1100m:	12:43.72	1:10.47	1500m:	17:24.21	1:08.28
400m:	4:31.34	1:09.83	800m:	9:12.43	1:10.38	1200m:	13:54.46	1:10.74			