Prova 2 — 5000m Livres — Open
22/02/2025 — Resultados

Pontos: AQUA 2024

Lugar — Idade — Tempo final — Pts

AA 16/17, Femin.

1. Maria Carvalho, Pinto — 16 — Viana Natacao — **1:04:20.86** — 501

100m:	1:13.50	1:13.50	1400m:	17:37.85	1:15.34	2700m:	34:11.68	1:17.31	4000m:	51:09.44	1:19.03
200m:	2:28.85	1:15.35	1500m:			2800m:	35:29.29	1:17.61	4100m:	52:28.82	1:19.38
300m:	3:44.37	1:15.52	1600m:	20:08.44		2900m:	36:47.33	1:18.04	4200m:	53:47.99	1:19.17
400m:	5:00.60	1:16.23	1700m:	21:24.32	1:15.88	3000m:	38:05.32	1:17.99	4300m:	55:07.33	1:19.34
500m:	6:16.96	1:16.36	1800m:	22:39.75	1:15.43	3100m:	39:23.19	1:17.87	4400m:	56:27.38	1:20.05
600m:	7:32.87	1:15.91	1900m:	23:56.37	1:16.62	3200m:	40:41.01	1:17.82	4500m:	57:47.06	1:19.68
700m:	8:48.80	1:15.93	2000m:	25:13.19	1:16.82	3300m:	41:58.83	1:17.82	4600m:	59:06.71	1:19.65
800m:	10:04.43	1:15.63	2100m:	26:29.64	1:16.45	3400m:	43:16.90	1:18.07	4700m:	1:00:25.12	1:18.41
900m:	11:20.06	1:15.63	2200m:	27:46.34	1:16.70	3500m:	44:35.79	1:18.89	4800m:	1:01:44.54	1:19.42
1000m:	12:35.61	1:15.55	2300m:	29:03.56	1:17.22	3600m:	45:54.20	1:18.41	4900m:	1:03:03.56	1:19.02
1100m:	13:51.36	1:15.75	2400m:	30:20.69	1:17.13	3700m:	47:12.94	1:18.74	5000m:	1:04:20.86	1:17.30
1200m:	15:06.89	1:15.53	2500m:	31:37.78	1:17.09	3800m:	48:31.59	1:18.65			
1300m:	16:22.51	1:15.62	2600m:	32:54.37	1:16.59	3900m:	49:50.41	1:18.82			

2. Beatriz Alves, Ambrus — 16 — Porto — **1:04:31.29** — 497

100m:	1:14.99	1:14.99	1400m:	17:38.94	1:16.28	2700m:	34:30.88	1:18.64	4000m:	51:33.43	1:18.43
200m:	2:29.65	1:14.66	1500m:	18:55.93	1:16.99	2800m:	35:50.02	1:19.14	4100m:	52:52.00	1:18.57
300m:	3:44.97	1:15.32	1600m:	20:13.04	1:17.11	2900m:	37:09.04	1:19.02	4200m:	54:11.04	1:19.04
400m:	5:00.15	1:15.18	1700m:	21:30.42	1:17.38	3000m:	38:27.03	1:17.99	4300m:	55:29.67	1:18.63
500m:	6:15.65	1:15.50	1800m:	22:47.89	1:17.47	3100m:	39:44.67	1:17.64	4400m:	56:47.05	1:17.38
600m:	7:30.89	1:15.24	1900m:	24:05.63	1:17.74	3200m:	41:03.05	1:18.38	4500m:	58:04.96	1:17.91
700m:	8:46.21	1:15.32	2000m:	25:23.42	1:17.79	3300m:	42:21.55	1:18.50	4600m:	59:22.09	1:17.13
800m:	10:01.38	1:15.17	2100m:	26:41.04	1:17.62	3400m:	43:40.84	1:19.29	4700m:	1:00:39.39	1:17.30
900m:	11:16.82	1:15.44	2200m:	27:58.88	1:17.84	3500m:	44:59.67	1:18.83	4800m:	1:01:56.99	1:17.60
1000m:	12:33.00	1:16.18	2300m:	29:16.94	1:18.06	3600m:	46:18.23	1:18.56	4900m:	1:03:14.93	1:17.94
1100m:	13:49.51	1:16.51	2400m:	30:35.27	1:18.33	3700m:	47:37.96	1:19.73	5000m:	1:04:31.29	1:16.36
1200m:	15:06.03	1:16.52	2500m:	31:53.53	1:18.26	3800m:	48:56.77	1:18.81			
1300m:	16:22.66	1:16.63	2600m:	33:12.24	1:18.71	3900m:	50:15.00	1:18.23			

3. Francisca Martingo, Ricardo — 16 — Porto — **1:04:41.56** — 493

100m:	1:12.51	1:12.51	1400m:	17:46.01	1:16.54	2700m:	34:34.28	1:17.31	4000m:	51:36.99	1:19.13
200m:	2:27.78	1:15.27	1500m:	19:02.86	1:16.85	2800m:	35:52.03	1:17.75	4100m:	52:56.03	1:19.04
300m:	3:42.85	1:15.07	1600m:	20:20.33	1:17.47	2900m:	37:10.16	1:18.13	4200m:	54:14.96	1:18.93
400m:	4:58.81	1:15.96	1700m:	21:37.64	1:17.31	3000m:	38:28.66	1:18.50	4300m:	55:34.17	1:19.21
500m:	6:14.91	1:16.10	1800m:	22:55.38	1:17.74	3100m:	39:47.16	1:18.50	4400m:	56:53.38	1:19.21
600m:	7:31.36	1:16.45	1900m:	24:12.92	1:17.54	3200m:	41:06.25	1:19.09	4500m:	58:12.50	1:19.12
700m:	8:48.09	1:16.73	2000m:	25:31.37	1:18.45	3300m:	42:25.02	1:18.77	4600m:	59:31.27	1:18.77
800m:	10:04.72	1:16.63	2100m:	26:48.69	1:17.32	3400m:	43:44.20	1:19.18	4700m:	1:00:49.81	1:18.54
900m:	11:21.47	1:16.75	2200m:	28:06.82	1:18.13	3500m:	45:04.15	1:19.95	4800m:	1:02:07.94	1:18.13
1000m:	12:38.81	1:17.34	2300m:	29:24.29	1:17.47	3600m:	46:23.36	1:19.21	4900m:	1:03:25.82	1:17.88
1100m:	13:55.34	1:16.53	2400m:	30:41.85	1:17.56	3700m:	47:41.14	1:17.78	5000m:	1:04:41.56	1:15.74
1200m:	15:12.57	1:17.23	2500m:	31:59.46	1:17.61	3800m:	48:59.29	1:18.15			
1300m:	16:29.47	1:16.90	2600m:	33:16.97	1:17.51	3900m:	50:17.86	1:18.57			

4. Madalena Valente, Moreira — 16 — Colegio Efanor — **1:06:04.50** — 463

100m:	1:12.93	1:12.93	1400m:	17:41.83	1:17.72	2700m:	34:57.57	1:21.46	4000m:	52:35.95	1:21.52
200m:	2:27.34	1:14.41	1500m:	18:59.92	1:18.09	2800m:	36:18.03	1:20.46	4100m:	53:56.51	1:20.56
300m:	3:42.07	1:14.73	1600m:	20:18.33	1:18.41	2900m:	37:39.18	1:21.15	4200m:	55:17.59	1:21.08
400m:	4:56.54	1:14.47	1700m:	21:36.65	1:18.32	3000m:	39:00.25	1:21.07	4300m:	56:37.92	1:20.33
500m:	6:12.08	1:15.54	1800m:	22:55.38	1:18.73	3100m:	40:21.24	1:20.99	4400m:	57:58.59	1:20.67
600m:	7:28.19	1:16.11	1900m:	24:14.37	1:18.99	3200m:	41:42.06	1:20.82	4500m:	59:21.14	1:22.55
700m:	8:45.50	1:17.31	2000m:	25:34.50	1:20.13	3300m:	43:04.02	1:21.96	4600m:	1:00:42.78	1:21.64
800m:	10:01.64	1:16.14	2100m:	26:54.42	1:19.92	3400m:	44:24.85	1:20.83	4700m:	1:02:04.77	1:21.99
900m:	11:18.03	1:16.39	2200m:	28:13.79	1:19.37	3500m:	45:46.87	1:22.02	4800m:	1:03:25.65	1:20.88
1000m:	12:34.56	1:16.53	2300m:	29:33.49	1:19.70	3600m:	47:08.39	1:21.52	4900m:	1:04:45.77	1:20.12
1100m:	13:51.19	1:16.63	2400m:	30:54.23	1:20.74	3700m:	48:30.12	1:21.73	5000m:	1:06:04.50	1:18.73
1200m:	15:07.76	1:16.57	2500m:	32:14.94	1:20.71	3800m:	49:52.11	1:21.99			
1300m:	16:24.11	1:16.35	2600m:	33:36.11	1:21.17	3900m:	51:14.43	1:22.32			

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Prova 2, Femin., 5000m Livres, AA 16/17

Lugar		Idade		Tempo final	Pts
5.	Carolina Correia, Martins	16	Porto	**1:08:15.36**	420

100m:	1:18.05	1:18.05	1400m:	18:47.19	1:21.06	2700m:	36:40.55	1:23.08	4000m:	54:40.56	1:23.42
200m:	2:38.26	1:20.21	1500m:	20:08.83	1:21.64	2800m:	38:03.16	1:22.61	4100m:	56:04.45	1:23.89
300m:	3:58.78	1:20.52	1600m:	21:30.52	1:21.69	2900m:	39:26.03	1:22.87	4200m:	57:27.62	1:23.17
400m:	5:19.58	1:20.80	1700m:	22:53.68	1:23.16	3000m:	40:49.31	1:23.28	4300m:	58:50.20	1:22.58
500m:	6:40.01	1:20.43	1800m:	24:15.49	1:21.81	3100m:	42:11.64	1:22.33	4400m:	1:00:12.55	1:22.35
600m:	8:01.12	1:21.11	1900m:	25:37.74	1:22.25	3200m:	43:34.85	1:23.21	4500m:	1:01:34.51	1:21.96
700m:	9:21.40	1:20.28	2000m:	27:00.69	1:22.95	3300m:	44:57.37	1:22.52	4600m:	1:02:56.52	1:22.01
800m:	10:41.78	1:20.38	2100m:	28:23.86	1:23.17	3400m:	46:19.85	1:22.48	4700m:	1:04:18.04	1:21.52
900m:	12:02.54	1:20.76	2200m:	29:46.67	1:22.81	3500m:	47:43.33	1:23.48	4800m:	1:05:38.57	1:20.53
1000m:	13:23.41	1:20.87	2300m:	31:08.90	1:22.23	3600m:	49:06.90	1:23.57	4900m:	1:06:58.28	1:19.71
1100m:	14:44.62	1:21.21	2400m:	32:32.46	1:23.56	3700m:	50:30.68	1:23.78	5000m:	1:08:15.36	1:17.08
1200m:	16:05.80	1:21.18	2500m:	33:54.59	1:22.13	3800m:	51:54.30	1:23.62			
1300m:	17:26.13	1:20.33	2600m:	35:17.47	1:22.88	3900m:	53:17.14	1:22.84			

6.	Clara Alexandra, Vicente	16	Lagoa Academico Clube	**1:08:42.70**	412

100m:	1:16.25	1:16.25	1400m:	18:41.52	1:21.90	2700m:	36:41.22	1:23.46	4000m:	54:49.66	1:24.89
200m:	2:35.54	1:19.29	1500m:	20:03.92	1:22.40	2800m:	38:04.58	1:23.36	4100m:	56:14.35	1:24.69
300m:	3:55.15	1:19.61	1600m:	21:26.39	1:22.47	2900m:	39:27.57	1:22.99	4200m:	57:38.74	1:24.39
400m:	5:14.17	1:19.02	1700m:	22:48.22	1:21.83	3000m:	40:50.09	1:22.52	4300m:	59:03.28	1:24.54
500m:	6:34.08	1:19.91	1800m:	24:11.22	1:23.00	3100m:	42:12.71	1:22.62	4400m:	1:00:27.55	1:24.27
600m:	7:54.57	1:20.49	1900m:	25:34.68	1:23.46	3200m:	43:36.04	1:23.33	4500m:	1:01:51.74	1:24.19
700m:	9:14.85	1:20.28	2000m:	26:58.02	1:23.34	3300m:	44:59.78	1:23.74	4600m:	1:03:15.19	1:23.45
800m:	10:34.76	1:19.91	2100m:	28:21.41	1:23.39	3400m:	46:23.73	1:23.95	4700m:	1:04:38.70	1:23.51
900m:	11:55.33	1:20.57	2200m:	29:44.95	1:23.54	3500m:	47:47.84	1:24.11	4800m:	1:06:01.81	1:23.11
1000m:	13:15.56	1:20.23	2300m:	31:08.32	1:23.37	3600m:	49:11.62	1:23.78	4900m:	1:07:24.22	1:22.41
1100m:	14:36.71	1:21.15	2400m:	32:31.40	1:23.08	3700m:	50:35.76	1:24.14	5000m:	1:08:42.70	1:18.48
1200m:	15:58.22	1:21.51	2500m:	33:54.96	1:23.56	3800m:	52:00.44	1:24.68			
1300m:	17:19.62	1:21.40	2600m:	35:17.76	1:22.80	3900m:	53:24.77	1:24.33			

7.	Marta Rebelo, Sousa	16	Porto	**1:09:45.84**	393

100m:	1:18.63	1:18.63	1400m:	19:12.96	1:23.15	2700m:	37:24.80	1:23.91	4000m:	55:47.96	1:23.90
200m:	2:39.96	1:21.33	1500m:	20:36.84	1:23.88	2800m:	38:50.02	1:25.22	4100m:	57:12.22	1:24.26
300m:	4:01.83	1:21.87	1600m:	22:00.49	1:23.65	2900m:	40:14.80	1:24.78	4200m:	58:36.88	1:24.66
400m:	5:24.09	1:22.26	1700m:	23:23.14	1:22.65	3000m:	41:39.78	1:24.98	4300m:	1:00:00.74	1:23.86
500m:	6:46.50	1:22.41	1800m:	24:47.35	1:24.21	3100m:	43:04.81	1:25.03	4400m:	1:01:24.71	1:23.97
600m:	8:09.27	1:22.77	1900m:	26:11.49	1:24.14	3200m:	44:29.46	1:24.65	4500m:	1:02:48.70	1:23.99
700m:	9:31.98	1:22.71	2000m:	27:35.68	1:24.19	3300m:	45:54.72	1:25.26	4600m:	1:04:13.34	1:24.64
800m:	10:54.95	1:22.97	2100m:	28:59.72	1:24.04	3400m:	47:19.93	1:25.21	4700m:	1:05:37.03	1:23.69
900m:	12:17.71	1:22.76	2200m:	30:23.48	1:23.76	3500m:	48:44.80	1:24.87	4800m:	1:07:00.59	1:23.56
1000m:	13:41.12	1:23.41	2300m:	31:47.54	1:24.06	3600m:	50:09.21	1:24.41	4900m:	1:08:23.73	1:23.14
1100m:	15:04.04	1:22.92	2400m:	33:11.70	1:24.16	3700m:	51:33.60	1:24.39	5000m:	1:09:45.84	1:22.11
1200m:	16:26.93	1:22.89	2500m:	34:36.37	1:24.67	3800m:	52:58.82	1:25.22			
1300m:	17:49.81	1:22.88	2600m:	36:00.89	1:24.52	3900m:	54:24.06	1:25.24			

8.	Maria Joao, Costa	16	Bombeiros Ribeira Grande	**1:12:12.15**	355

100m:	1:17.64	1:17.64	1400m:	19:41.03	1:25.15	2700m:	38:23.95	1:26.93	4000m:	57:42.91	1:29.83
200m:	2:39.32	1:21.68	1500m:	21:07.05	1:26.02	2800m:	39:52.18	1:28.23	4100m:	59:11.35	1:28.44
300m:	4:01.94	1:22.62	1600m:	22:31.92	1:24.87	2900m:	41:20.47	1:28.29	4200m:	1:00:40.86	1:29.51
400m:	5:26.36	1:24.42	1700m:	23:57.22	1:25.30	3000m:	42:49.07	1:28.60	4300m:	1:02:06.76	1:25.90
500m:	6:50.80	1:24.44	1800m:	25:23.58	1:26.36	3100m:	44:18.03	1:28.96	4400m:	1:03:33.95	1:27.19
600m:	8:15.62	1:24.82	1900m:	26:49.33	1:25.75	3200m:	45:46.49	1:28.46	4500m:	1:05:00.99	1:27.04
700m:	9:40.85	1:25.23	2000m:	28:15.88	1:26.55	3300m:	47:15.81	1:29.32	4600m:	1:06:28.26	1:27.27
800m:	11:06.40	1:25.55	2100m:	29:42.35	1:26.47	3400m:	48:45.43	1:29.62	4700m:	1:07:54.45	1:26.19
900m:	12:32.78	1:26.38	2200m:	31:08.19	1:25.84	3500m:	50:14.85	1:29.42	4800m:	1:09:21.36	1:26.91
1000m:	13:58.18	1:25.40	2300m:	32:35.54	1:27.35	3600m:	51:42.68	1:27.83	4900m:	1:10:47.40	1:26.04
1100m:	15:23.73	1:25.55	2400m:	34:01.57	1:26.03	3700m:	53:12.92	1:30.24	5000m:	1:12:12.15	1:24.75
1200m:	16:50.10	1:26.37	2500m:	35:28.68	1:27.11	3800m:	54:42.68	1:29.76			
1300m:	18:15.88	1:25.78	2600m:	36:57.02	1:28.34	3900m:	56:13.08	1:30.40			

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PARCEIROS

Prova 2, 5000m Livres

AA 16/17, Masc.

1. Rui Silva, Pereira 17 Adrcimm **55:33.11** 660

100m:	1:07.45	1:07.45	1400m:	15:28.12	1:05.78	2700m:	29:55.06	1:06.33	4000m:	44:25.72	1:07.58
200m:	2:15.80	1:08.35	1500m:	16:35.18	1:07.06	2800m:	31:02.54	1:07.48	4100m:	45:31.70	1:05.98
300m:	3:23.01	1:07.21	1600m:	17:41.00	1:05.82	2900m:	32:10.44	1:07.90	4200m:	46:37.74	1:06.04
400m:	4:30.08	1:07.07	1700m:	18:46.87	1:05.87	3000m:	33:18.14	1:07.70	4300m:	47:44.36	1:06.62
500m:	5:36.44	1:06.36	1800m:	19:54.08	1:07.21	3100m:	34:25.59	1:07.45	4400m:	48:51.08	1:06.72
600m:	6:42.22	1:05.78	1900m:	20:59.87	1:05.79	3200m:	35:32.80	1:07.21	4500m:	49:58.57	1:07.49
700m:	7:47.85	1:05.63	2000m:	22:06.11	1:06.24	3300m:	36:39.60	1:06.80	4600m:	51:05.11	1:06.54
800m:	8:53.09	1:05.24	2100m:	23:12.94	1:06.83	3400m:	37:47.02	1:07.42	4700m:	52:11.61	1:06.50
900m:	9:59.19	1:06.10	2200m:	24:19.88	1:06.94	3500m:	38:52.66	1:05.64	4800m:	53:18.66	1:07.05
1000m:	11:05.05	1:05.86	2300m:	25:26.62	1:06.74	3600m:	39:58.58	1:05.92	4900m:	54:26.65	1:07.99
1100m:	12:10.62	1:05.57	2400m:	26:33.78	1:07.16	3700m:	41:04.79	1:06.21	5000m:	55:33.11	1:06.46
1200m:	13:16.01	1:05.39	2500m:	27:41.32	1:07.54	3800m:	42:11.18	1:06.39			
1300m:	14:22.34	1:06.33	2600m:	28:48.73	1:07.41	3900m:	43:18.14	1:06.96			

2. Miguel Fragoso, Medeiros 17 Porto **55:43.47** 654

100m:	1:07.95	1:07.95	1400m:	15:31.53	1:06.39	2700m:	29:55.66	1:06.84	4000m:	44:28.12	1:07.30
200m:	2:16.22	1:08.27	1500m:	16:37.26	1:05.73	2800m:	31:02.72	1:07.06	4100m:	45:35.70	1:07.58
300m:	3:23.64	1:07.42	1600m:	17:43.34	1:06.08	2900m:	32:10.52	1:07.80	4200m:	46:43.31	1:07.61
400m:	4:30.40	1:06.76	1700m:	18:49.08	1:05.74	3000m:	33:18.51	1:07.99	4300m:	47:50.68	1:07.37
500m:	5:36.90	1:06.50	1800m:	19:55.03	1:05.95	3100m:	34:25.59	1:07.08	4400m:	48:58.48	1:07.80
600m:	6:42.83	1:05.93	1900m:	21:00.75	1:05.72	3200m:	35:32.72	1:07.13	4500m:	50:06.18	1:07.70
700m:	7:48.48	1:05.65	2000m:	22:07.00	1:06.25	3300m:	36:39.66	1:06.94	4600m:	51:13.79	1:07.61
800m:	8:54.41	1:05.93	2100m:	23:13.27	1:06.27	3400m:	37:47.26	1:07.60	4700m:	52:21.69	1:07.90
900m:	10:00.58	1:06.17	2200m:	24:20.04	1:06.77	3500m:	38:54.22	1:06.96	4800m:	53:29.76	1:08.07
1000m:	11:06.87	1:06.29	2300m:	25:26.73	1:06.69	3600m:	40:01.38	1:07.16	4900m:	54:37.48	1:07.72
1100m:	12:12.64	1:05.77	2400m:	26:34.16	1:07.43	3700m:	41:08.15	1:06.77	5000m:	55:43.47	1:05.99
1200m:	13:18.70	1:06.06	2500m:	27:41.53	1:07.37	3800m:	42:13.92	1:05.77			
1300m:	14:25.14	1:06.44	2600m:	28:48.82	1:07.29	3900m:	43:20.82	1:06.90			

3. Tomas Pinto, Peixoto 17 Porto **55:50.02** 650

100m:	1:07.61	1:07.61	1400m:	15:31.10	1:06.51	2700m:	29:55.20	1:06.68	4000m:	44:31.27	1:07.66
200m:	2:16.02	1:08.41	1500m:	16:37.24	1:06.14	2800m:	31:02.32	1:07.12	4100m:	45:38.96	1:07.69
300m:	3:23.32	1:07.30	1600m:	17:43.24	1:06.00	2900m:	32:10.05	1:07.73	4200m:	46:46.03	1:07.07
400m:	4:30.10	1:06.78	1700m:	18:49.19	1:05.95	3000m:	33:17.98	1:07.93	4300m:	47:53.62	1:07.59
500m:	5:36.66	1:06.56	1800m:	19:55.36	1:06.17	3100m:	34:24.59	1:06.61	4400m:	49:01.29	1:07.67
600m:	6:42.73	1:06.07	1900m:	21:01.36	1:06.00	3200m:	35:31.96	1:07.37	4500m:	50:08.86	1:07.57
700m:	7:48.62	1:05.89	2000m:	22:07.67	1:06.31	3300m:	36:38.86	1:06.90	4600m:	51:16.91	1:08.05
800m:	8:54.20	1:05.58	2100m:	23:13.92	1:06.25	3400m:	37:46.79	1:07.93	4700m:	52:25.18	1:08.27
900m:	10:00.22	1:06.02	2200m:	24:20.21	1:06.29	3500m:	38:53.50	1:06.71	4800m:	53:33.62	1:08.44
1000m:	11:06.34	1:06.12	2300m:	25:26.52	1:06.31	3600m:	40:00.95	1:07.45	4900m:	54:42.31	1:08.69
1100m:	12:12.35	1:06.01	2400m:	26:33.66	1:07.14	3700m:	41:08.21	1:07.26	5000m:	55:50.02	1:07.71
1200m:	13:18.41	1:06.06	2500m:	27:41.26	1:07.60	3800m:	42:15.46	1:07.25			
1300m:	14:24.59	1:06.18	2600m:	28:48.52	1:07.26	3900m:	43:23.61	1:08.15			

4. Tiago Andre, Canelas 17 Fluvial Portuense **57:35.67** 593

100m:	1:05.80	1:05.80	1400m:	15:53.19	1:09.10	2700m:	30:53.30	1:10.23	4000m:	46:05.49	1:10.22
200m:	2:13.61	1:07.81	1500m:	17:02.42	1:09.23	2800m:	32:03.95	1:10.65	4100m:	47:15.32	1:09.83
300m:	3:21.80	1:08.19	1600m:	18:11.50	1:09.08	2900m:	33:14.21	1:10.26	4200m:	48:25.49	1:10.17
400m:	4:29.76	1:07.96	1700m:	19:20.61	1:09.11	3000m:	34:23.87	1:09.66	4300m:	49:35.32	1:09.83
500m:	5:37.67	1:07.91	1800m:	20:29.66	1:09.05	3100m:	35:33.96	1:10.09	4400m:	50:45.40	1:10.08
600m:	6:45.94	1:08.27	1900m:	21:38.61	1:08.95	3200m:	36:43.97	1:10.01	4500m:	51:55.62	1:10.22
700m:	7:54.18	1:08.24	2000m:	22:47.55	1:08.94	3300m:	37:54.29	1:10.32	4600m:	53:02.47	1:06.85
800m:	9:02.48	1:08.30	2100m:	23:57.08	1:09.53	3400m:	39:04.15	1:09.86	4700m:	54:10.97	1:08.50
900m:	10:10.63	1:08.15	2200m:	25:06.46	1:09.38	3500m:	40:14.17	1:10.02	4800m:	55:19.85	1:08.88
1000m:	11:19.13	1:08.50	2300m:	26:15.68	1:09.22	3600m:	41:24.40	1:10.23	4900m:	56:28.93	1:09.08
1100m:	12:27.21	1:08.08	2400m:	27:24.77	1:09.09	3700m:	42:34.54	1:10.14	5000m:	57:35.67	1:06.74
1200m:	13:35.56	1:08.35	2500m:	28:33.63	1:08.86	3800m:	43:44.72	1:10.18			
1300m:	14:44.09	1:08.53	2600m:	29:43.07	1:09.44	3900m:	44:55.27	1:10.55			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Masc., 5000m Livres, AA 16/17

Lugar		Idade		Tempo final	Pts
5.	Rafael Pereira, Rodrigues	17	Condeixa Aqua Clube	**57:48.87**	586

100m:	1:08.05	1:08.05	1400m:	16:03.45	1:08.25	2700m:	30:59.42	1:09.11	4000m:	46:05.19	1:10.18
200m:	2:18.07	1:10.02	1500m:	17:12.08	1:08.63	2800m:	32:08.33	1:08.91	4100m:	47:16.07	1:10.88
300m:	3:27.60	1:09.53	1600m:	18:20.61	1:08.53	2900m:	33:17.09	1:08.76	4200m:	48:25.84	1:09.77
400m:	4:37.10	1:09.50	1700m:	19:29.41	1:08.80	3000m:	34:25.41	1:08.32	4300m:	49:36.43	1:10.59
500m:	5:46.79	1:09.69	1800m:	20:38.32	1:08.91	3100m:	35:34.75	1:09.34	4400m:	50:46.56	1:10.13
600m:	6:56.31	1:09.52	1900m:	21:46.82	1:08.50	3200m:	36:44.37	1:09.62	4500m:	51:57.41	1:10.85
700m:	8:05.33	1:09.02	2000m:	22:55.70	1:08.88	3300m:	37:53.99	1:09.62	4600m:	53:07.54	1:10.13
800m:	9:14.03	1:08.70	2100m:	24:04.72	1:09.02	3400m:	39:03.28	1:09.29	4700m:	54:18.63	1:11.09
900m:	10:22.58	1:08.55	2200m:	25:13.85	1:09.13	3500m:	40:13.24	1:09.96	4800m:	55:29.87	1:11.24
1000m:	11:30.80	1:08.22	2300m:	26:22.86	1:09.01	3600m:	41:23.25	1:10.01	4900m:	56:40.20	1:10.33
1100m:	12:38.97	1:08.17	2400m:	27:32.01	1:09.15	3700m:	42:33.58	1:10.33	5000m:	57:48.87	1:08.67
1200m:	13:47.34	1:08.37	2500m:	28:41.06	1:09.05	3800m:	43:44.15	1:10.57			
1300m:	14:55.20	1:07.86	2600m:	29:50.31	1:09.25	3900m:	44:55.01	1:10.86			

6.	Goncalo Augusto, Soares	17	Porto	**59:32.33**	536

100m:	1:09.77	1:09.77	1400m:	16:41.17	1:11.55	2700m:	32:11.05	1:11.57	4000m:	47:42.99	1:11.80
200m:	2:20.50	1:10.73	1500m:	17:52.96	1:11.79	2800m:	33:22.31	1:11.26	4100m:	48:54.22	1:11.23
300m:	3:31.51	1:11.01	1600m:	19:04.20	1:11.24	2900m:	34:34.06	1:11.75	4200m:	50:05.13	1:10.91
400m:	4:43.62	1:12.11	1700m:	20:15.86	1:11.66	3000m:	35:45.57	1:11.51	4300m:	51:16.46	1:11.33
500m:	5:55.71	1:12.09	1800m:	21:27.31	1:11.45	3100m:	36:56.74	1:11.17	4400m:	52:27.92	1:11.46
600m:	7:07.67	1:11.96	1900m:	22:38.54	1:11.23	3200m:	38:08.54	1:11.80	4500m:	53:39.34	1:11.42
700m:	8:19.55	1:11.88	2000m:	23:50.26	1:11.72	3300m:	39:20.46	1:11.92	4600m:	54:50.16	1:10.82
800m:	9:31.08	1:11.53	2100m:	25:01.63	1:11.37	3400m:	40:32.95	1:12.49	4700m:	56:01.45	1:11.29
900m:	10:42.95	1:11.87	2200m:	26:13.04	1:11.41	3500m:	41:44.47	1:11.52	4800m:	57:12.30	1:10.85
1000m:	11:54.81	1:11.86	2300m:	27:24.82	1:11.78	3600m:	42:56.01	1:11.54	4900m:	58:23.26	1:10.96
1100m:	13:06.63	1:11.82	2400m:	28:36.05	1:11.23	3700m:	44:07.51	1:11.50	5000m:	59:32.33	1:09.07
1200m:	14:18.44	1:11.81	2500m:	29:47.52	1:11.47	3800m:	45:19.07	1:11.56			
1300m:	15:29.62	1:11.18	2600m:	30:59.48	1:11.96	3900m:	46:31.19	1:12.12			

7.	Martim Cunha, Macedo	16	Natacao da Maia	**59:42.06**	532

100m:	1:06.00	1:06.00	1400m:	16:00.74	1:09.99	2700m:	31:37.27	1:13.26	4000m:	47:27.41	1:13.43
200m:	2:14.34	1:08.34	1500m:	17:11.36	1:10.62	2800m:	32:51.02	1:13.75	4100m:	48:40.78	1:13.37
300m:	3:22.68	1:08.34	1600m:	18:22.34	1:10.98	2900m:	34:04.40	1:13.38	4200m:	49:53.78	1:13.00
400m:	4:31.19	1:08.51	1700m:	19:33.40	1:11.06	3000m:	35:18.43	1:14.03	4300m:	51:06.88	1:13.10
500m:	5:39.79	1:08.60	1800m:	20:45.02	1:11.62	3100m:	36:32.72	1:14.29	4400m:	52:20.13	1:13.25
600m:	6:48.76	1:08.97	1900m:	21:56.95	1:11.93	3200m:	37:47.40	1:14.68	4500m:	53:33.38	1:13.25
700m:	7:57.79	1:09.03	2000m:	23:09.10	1:12.15	3300m:	39:02.13	1:14.73	4600m:	54:47.09	1:13.71
800m:	9:06.46	1:08.67	2100m:	24:21.31	1:12.21	3400m:	40:15.82	1:13.69	4700m:	56:01.45	1:14.36
900m:	10:14.22	1:07.76	2200m:	25:33.31	1:12.00	3500m:	41:26.71	1:10.89	4800m:	57:15.88	1:14.43
1000m:	11:22.51	1:08.29	2300m:	26:45.11	1:11.80	3600m:	42:38.35	1:11.64	4900m:	58:29.63	1:13.75
1100m:	12:31.59	1:09.08	2400m:	27:58.07	1:12.96	3700m:	43:49.48	1:11.13	5000m:	59:42.06	1:12.43
1200m:	13:41.20	1:09.61	2500m:	29:11.20	1:13.13	3800m:	45:01.19	1:11.71			
1300m:	14:50.75	1:09.55	2600m:	30:24.01	1:12.81	3900m:	46:13.98	1:12.79			

8.	Martim Chambel, Pinto	16	Adrcimm	**59:49.78**	529

100m:	1:08.48	1:08.48	1400m:	16:19.25	1:11.83	2700m:	31:53.37	1:11.62	4000m:	47:31.71	1:13.61
200m:	2:19.56	1:11.08	1500m:	17:31.65	1:12.40	2800m:	33:05.31	1:11.94	4100m:	48:44.80	1:13.09
300m:	3:28.68	1:09.12	1600m:	18:44.21	1:12.56	2900m:	34:16.99	1:11.68	4200m:	49:57.90	1:13.10
400m:	4:37.84	1:09.16	1700m:	19:56.76	1:12.55	3000m:	35:29.03	1:12.04	4300m:	51:11.21	1:13.31
500m:	5:46.81	1:08.97	1800m:	21:08.85	1:12.09	3100m:	36:40.42	1:11.39	4400m:	52:25.61	1:14.40
600m:	6:55.96	1:09.15	1900m:	22:19.92	1:11.07	3200m:	37:52.19	1:11.77	4500m:	53:40.44	1:14.83
700m:	8:04.98	1:09.02	2000m:	23:31.34	1:11.42	3300m:	39:03.42	1:11.23	4600m:	54:55.24	1:14.80
800m:	9:13.99	1:09.01	2100m:	24:43.01	1:11.67	3400m:	40:15.21	1:11.79	4700m:	56:10.20	1:14.96
900m:	10:23.13	1:09.14	2200m:	25:55.12	1:12.11	3500m:	41:27.31	1:12.10	4800m:	57:25.24	1:15.04
1000m:	11:33.50	1:10.37	2300m:	27:06.24	1:11.12	3600m:	42:39.20	1:11.89	4900m:	58:38.72	1:13.48
1100m:	12:44.23	1:10.73	2400m:	28:17.67	1:11.43	3700m:	43:51.99	1:12.79	5000m:	59:49.78	1:11.06
1200m:	13:55.34	1:11.11	2500m:	29:29.52	1:11.85	3800m:	45:05.33	1:13.34			
1300m:	15:07.42	1:12.08	2600m:	30:41.75	1:12.23	3900m:	46:18.10	1:12.77			

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
PARCEIROS

Prova 2, 5000m Livres

AA 18/19, Femin.

1. Mafalda Martins, Mesquita 18 Famalicão **1:02:19.45** 552

100m:	1:13.26	1:13.26	1400m:	17:27.52	1:14.92	2700m:	33:45.76	1:15.90	4000m:	49:59.70	1:14.53
200m:	2:27.25	1:13.99	1500m:	18:42.36	1:14.84	2800m:	35:01.24	1:15.48	4100m:	51:14.40	1:14.70
300m:	3:42.21	1:14.96	1600m:	19:57.31	1:14.95	2900m:	36:16.64	1:15.40	4200m:	52:29.34	1:14.94
400m:	4:56.92	1:14.71	1700m:	21:11.92	1:14.61	3000m:	37:31.93	1:15.29	4300m:	53:44.20	1:14.86
500m:	6:11.74	1:14.82	1800m:	22:26.62	1:14.70	3100m:	38:46.91	1:14.98	4400m:	54:58.80	1:14.60
600m:	7:26.31	1:14.57	1900m:	23:41.92	1:15.30	3200m:	40:02.30	1:15.39	4500m:	56:13.05	1:14.25
700m:	8:41.25	1:14.94	2000m:	24:57.25	1:15.33	3300m:	41:17.04	1:14.74	4600m:	57:27.39	1:14.34
800m:	9:56.10	1:14.85	2100m:	26:12.29	1:15.04	3400m:	42:31.87	1:14.83	4700m:	58:41.65	1:14.26
900m:	11:11.27	1:15.17	2200m:	27:27.53	1:15.24	3500m:	43:46.44	1:14.57	4800m:	59:55.52	1:13.87
1000m:	12:26.35	1:15.08	2300m:	28:43.01	1:15.48	3600m:	45:01.16	1:14.72	4900m:	1:01:08.74	1:13.22
1100m:	13:41.50	1:15.15	2400m:	29:58.50	1:15.49	3700m:	46:16.16	1:15.00	5000m:	1:02:19.45	1:10.71
1200m:	14:57.09	1:15.59	2500m:	31:14.26	1:15.76	3800m:	47:30.60	1:14.44			
1300m:	16:12.60	1:15.51	2600m:	32:29.86	1:15.60	3900m:	48:45.17	1:14.57			

2. Sara Sofia, Alves 18 Palmela Desporto **1:03:05.90** 532

100m:	1:13.02	1:13.02	1400m:	17:28.85	1:15.26	2700m:	33:57.88	1:16.51	4000m:	50:21.86	1:16.22
200m:	2:27.58	1:14.56	1500m:	18:44.28	1:15.43	2800m:	35:13.19	1:15.31	4100m:	51:37.92	1:16.06
300m:	3:42.47	1:14.89	1600m:	19:59.83	1:15.55	2900m:	36:28.63	1:15.44	4200m:	52:54.27	1:16.35
400m:	4:57.25	1:14.78	1700m:	21:15.86	1:16.03	3000m:	37:43.95	1:15.32	4300m:	54:10.06	1:15.79
500m:	6:12.02	1:14.77	1800m:	22:31.69	1:15.83	3100m:	38:59.08	1:15.13	4400m:	55:26.06	1:16.00
600m:	7:27.35	1:15.33	1900m:	23:48.05	1:16.36	3200m:	40:14.69	1:15.61	4500m:	56:43.01	1:16.95
700m:	8:42.25	1:14.90	2000m:	25:04.19	1:16.14	3300m:	41:30.15	1:15.46	4600m:	57:59.88	1:16.87
800m:	9:57.24	1:14.99	2100m:	26:20.07	1:15.88	3400m:	42:46.06	1:15.91	4700m:	59:16.53	1:16.65
900m:	11:12.82	1:15.58	2200m:	27:35.60	1:15.53	3500m:	44:02.01	1:15.95	4800m:	1:00:34.16	1:17.63
1000m:	12:28.01	1:15.19	2300m:	28:51.32	1:15.72	3600m:	45:17.80	1:15.79	4900m:	1:01:51.32	1:17.16
1100m:	13:43.37	1:15.36	2400m:	30:07.83	1:16.51	3700m:	46:33.55	1:15.75	5000m:	1:03:05.90	1:14.58
1200m:	14:58.59	1:15.22	2500m:	31:24.44	1:16.61	3800m:	47:49.72	1:16.17			
1300m:	16:13.59	1:15.00	2600m:	32:41.37	1:16.93	3900m:	49:05.64	1:15.92			

3. Leonor Castanho, Santos 18 Sporting **1:03:13.04** 529

100m:	1:13.09	1:13.09	1400m:	17:36.94	1:15.37	2700m:	33:57.31	1:15.02	4000m:	50:26.65	1:16.32
200m:	2:28.43	1:15.34	1500m:	18:52.58	1:15.64	2800m:	35:13.04	1:15.73	4100m:	51:42.34	1:15.69
300m:	3:43.85	1:15.42	1600m:	20:08.06	1:15.48	2900m:	36:28.46	1:15.42	4200m:	52:57.80	1:15.46
400m:	4:59.61	1:15.76	1700m:	21:24.01	1:15.95	3000m:	37:44.47	1:16.01	4300m:	54:14.00	1:16.20
500m:	6:15.40	1:15.79	1800m:	22:39.63	1:15.62	3100m:	38:59.92	1:15.45	4400m:	55:31.22	1:17.22
600m:	7:30.96	1:15.56	1900m:	23:55.65	1:16.02	3200m:	40:15.54	1:15.62	4500m:	56:48.63	1:17.41
700m:	8:46.78	1:15.82	2000m:	25:11.52	1:15.87	3300m:	41:32.10	1:16.56	4600m:	58:06.16	1:17.53
800m:	10:02.33	1:15.55	2100m:	26:26.23	1:14.71	3400m:	42:48.25	1:16.15	4700m:	59:23.93	1:17.77
900m:	11:18.05	1:15.72	2200m:	27:41.11	1:14.88	3500m:	44:04.71	1:16.46	4800m:	1:00:41.23	1:17.30
1000m:	12:34.40	1:16.35	2300m:	28:56.21	1:15.10	3600m:	45:20.79	1:16.08	4900m:	1:01:58.25	1:17.02
1100m:	13:50.58	1:16.18	2400m:	30:11.56	1:15.35	3700m:	46:36.78	1:15.99	5000m:	1:03:13.04	1:14.79
1200m:	15:06.02	1:15.44	2500m:	31:26.99	1:15.43	3800m:	47:53.66	1:16.88			
1300m:	16:21.57	1:15.55	2600m:	32:42.29	1:15.30	3900m:	49:10.33	1:16.67			

4. Margarida Santos, Botelho 18 Naval Setubalense **1:06:19.88** 458

100m:	1:16.10	1:16.10	1400m:	18:36.68	1:20.21	2700m:	35:53.61	1:18.96	4000m:	53:14.22	1:19.91
200m:	2:36.12	1:20.02	1500m:	19:56.86	1:20.18	2800m:	37:12.94	1:19.33	4100m:	54:34.58	1:20.36
300m:	3:56.42	1:20.30	1600m:	21:16.66	1:19.80	2900m:	38:33.50	1:20.56	4200m:	55:53.86	1:19.28
400m:	5:16.85	1:20.43	1700m:	22:36.74	1:20.08	3000m:	39:53.78	1:20.28	4300m:	57:13.79	1:19.93
500m:	6:36.86	1:20.01	1800m:	23:57.52	1:20.78	3100m:	41:14.59	1:20.81	4400m:	58:33.60	1:19.81
600m:	7:57.15	1:20.29	1900m:	25:17.45	1:19.93	3200m:	42:35.23	1:20.64	4500m:	59:52.26	1:18.66
700m:	9:16.54	1:19.39	2000m:	26:36.99	1:19.54	3300m:	43:55.15	1:19.92	4600m:	1:01:11.07	1:18.81
800m:	10:36.43	1:19.89	2100m:	27:56.16	1:19.17	3400m:	45:15.14	1:19.99	4700m:	1:02:29.86	1:18.79
900m:	11:55.94	1:19.51	2200m:	29:15.55	1:19.39	3500m:	46:34.86	1:19.72	4800m:	1:03:48.80	1:18.94
1000m:	13:15.71	1:19.77	2300m:	30:35.67	1:20.12	3600m:	47:54.14	1:19.28	4900m:	1:05:06.95	1:18.15
1100m:	14:35.95	1:20.24	2400m:	31:55.74	1:20.07	3700m:	49:14.98	1:20.84	5000m:	1:06:19.88	1:12.93
1200m:	15:56.19	1:20.24	2500m:	33:15.77	1:20.03	3800m:	50:34.81	1:19.83			
1300m:	17:16.47	1:20.28	2600m:	34:34.65	1:18.88	3900m:	51:54.31	1:19.50			

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Prova 2, Femin., 5000m Livres, AA 18/19

Lugar		Idade		Tempo final	Pts
5.	Mia Alena, Werum	18	Lagoa Academico Clube	**1:08:07.76**	422

100m:	1:14.36	1:14.36	1400m:	18:47.89	1:22.32	2700m:	36:30.18	1:22.34	4000m:	54:24.47	1:22.62
200m:	2:33.47	1:19.11	1500m:	20:09.81	1:21.92	2800m:	37:52.26	1:22.08	4100m:	55:47.50	1:23.03
300m:	3:53.38	1:19.91	1600m:	21:31.91	1:22.10	2900m:	39:14.34	1:22.08	4200m:	57:10.27	1:22.77
400m:	5:13.86	1:20.48	1700m:	22:53.75	1:21.84	3000m:	40:35.53	1:21.19	4300m:	58:34.05	1:23.78
500m:	6:35.03	1:21.17	1800m:	24:15.80	1:22.05	3100m:	41:57.79	1:22.26	4400m:	59:57.40	1:23.35
600m:	7:55.87	1:20.84	1900m:	25:37.22	1:21.42	3200m:	43:19.75	1:21.96	4500m:	1:01:20.20	1:22.80
700m:	9:16.74	1:20.87	2000m:	26:58.00	1:20.78	3300m:	44:42.05	1:22.30	4600m:	1:02:43.08	1:22.88
800m:	10:37.92	1:21.18	2100m:	28:19.10	1:21.10	3400m:	46:05.00	1:22.95	4700m:	1:04:05.75	1:22.67
900m:	11:58.95	1:21.03	2200m:	29:40.61	1:21.51	3500m:	47:29.40	1:24.40	4800m:	1:05:28.47	1:22.72
1000m:	13:19.53	1:20.58	2300m:	31:02.07	1:21.46	3600m:	48:52.81	1:23.41	4900m:	1:06:50.08	1:21.61
1100m:	14:41.30	1:21.77	2400m:	32:23.15	1:21.08	3700m:	50:15.94	1:23.13	5000m:	1:08:07.76	1:17.68
1200m:	16:03.27	1:21.97	2500m:	33:45.51	1:22.36	3800m:	51:38.75	1:22.81			
1300m:	17:25.57	1:22.30	2600m:	35:07.84	1:22.33	3900m:	53:01.85	1:23.10			

6.	Catarina Baptista, Melo	18	Bombeiros Ribeira Grande	**1:14:43.34**	320

100m:	1:16.91	1:16.91	1400m:	19:57.79	1:28.11	2700m:	39:22.47	1:30.01	4000m:	59:31.81	1:32.45
200m:	2:38.38	1:21.47	1500m:	21:25.75	1:27.96	2800m:	40:54.55	1:32.08	4100m:	1:01:02.52	1:30.71
300m:	4:01.78	1:23.40	1600m:	22:53.37	1:27.62	2900m:	42:26.16	1:31.61	4200m:	1:02:33.60	1:31.08
400m:	5:26.07	1:24.29	1700m:	24:21.21	1:27.84	3000m:	43:58.94	1:32.78	4300m:	1:04:04.24	1:30.64
500m:	6:52.04	1:25.97	1800m:	25:49.01	1:27.80	3100m:	45:32.64	1:33.70	4400m:	1:05:36.66	1:32.42
600m:	8:18.43	1:26.39	1900m:	27:17.95	1:28.94	3200m:	47:05.44	1:32.80	4500m:	1:07:09.44	1:32.78
700m:	9:44.29	1:25.86	2000m:	28:46.18	1:28.23	3300m:	48:36.93	1:31.49	4600m:	1:08:42.41	1:32.97
800m:	11:10.44	1:26.15	2100m:	30:14.97	1:28.79	3400m:	50:11.00	1:34.07	4700m:	1:10:13.48	1:31.07
900m:	12:37.58	1:27.14	2200m:	31:45.30	1:30.33	3500m:	51:45.31	1:34.31	4800m:	1:11:44.24	1:30.76
1000m:	14:05.95	1:28.37	2300m:	33:16.46	1:31.16	3600m:	53:19.01	1:33.70	4900m:		
1100m:	15:34.98	1:29.03	2400m:	34:49.23	1:32.77	3700m:	54:52.81	1:33.80	5000m:	1:14:43.34	
1200m:	17:00.61	1:25.63	2500m:	36:19.56	1:30.33	3800m:	56:27.61	1:34.80			
1300m:	18:29.68	1:29.07	2600m:	37:52.46	1:32.90	3900m:	57:59.36	1:31.75			

AA 18/19, Masc.

1.	Bruno Silva, Loureiro	19	Porto	**56:39.28**	623

100m:	1:07.78	1:07.78	1400m:	15:36.87	1:07.24	2700m:	30:22.95	1:08.31	4000m:	45:03.01	1:08.01
200m:	2:14.82	1:07.04	1500m:	16:45.04	1:08.17	2800m:	31:30.70	1:07.75	4100m:	46:10.32	1:07.31
300m:	3:21.59	1:06.77	1600m:	17:52.81	1:07.77	2900m:	32:38.15	1:07.45	4200m:	47:18.54	1:08.22
400m:	4:27.35	1:05.76	1700m:	19:00.78	1:07.97	3000m:	33:46.46	1:08.31	4300m:	48:27.00	1:08.46
500m:	5:34.29	1:06.94	1800m:	20:08.54	1:07.76	3100m:	34:53.47	1:07.01	4400m:	49:35.92	1:08.92
600m:	6:41.87	1:07.58	1900m:	21:15.71	1:07.17	3200m:	36:01.16	1:07.69	4500m:	50:46.10	1:10.18
700m:	7:49.89	1:08.02	2000m:	22:24.52	1:08.81	3300m:	37:08.42	1:07.26	4600m:	51:56.26	1:10.16
800m:	8:56.10	1:06.21	2100m:	23:32.32	1:07.80	3400m:	38:16.05	1:07.63	4700m:	53:07.95	1:11.69
900m:	10:02.80	1:06.70	2200m:	24:39.78	1:07.46	3500m:	39:23.59	1:07.54	4800m:	54:18.95	1:11.00
1000m:	11:09.77	1:06.97	2300m:	25:48.25	1:08.47	3600m:	40:31.17	1:07.58	4900m:	55:29.92	1:10.97
1100m:	12:16.00	1:06.23	2400m:	26:57.34	1:09.09	3700m:	41:38.94	1:07.77	5000m:	56:39.28	1:09.36
1200m:	13:22.44	1:06.44	2500m:	28:06.66	1:09.32	3800m:	42:46.85	1:07.91			
1300m:	14:29.63	1:07.19	2600m:	29:14.64	1:07.98	3900m:	43:55.00	1:08.15			

2.	Duarte Cachulo, Marques	18	Condeixa Aqua Clube	**57:15.87**	603

100m:	1:06.28	1:06.28	1400m:	15:57.32	1:08.59	2700m:	30:47.41	1:09.68	4000m:	45:42.67	1:09.90
200m:	2:14.80	1:08.52	1500m:	17:05.64	1:08.32	2800m:	31:57.64	1:10.23	4100m:	46:52.40	1:09.73
300m:	3:23.26	1:08.46	1600m:	18:13.77	1:08.13	2900m:	33:06.99	1:09.35	4200m:	48:01.64	1:09.24
400m:	4:31.82	1:08.56	1700m:	19:21.88	1:08.11	3000m:	34:14.94	1:07.95	4300m:	49:10.90	1:09.26
500m:	5:40.41	1:08.59	1800m:	20:29.91	1:08.03	3100m:	35:23.25	1:08.31	4400m:	50:20.45	1:09.55
600m:	6:49.32	1:08.91	1900m:	21:37.92	1:08.01	3200m:	36:31.57	1:08.32	4500m:	51:29.98	1:09.53
700m:	7:58.28	1:08.96	2000m:	22:46.26	1:08.34	3300m:	37:40.51	1:08.94	4600m:	52:40.27	1:10.29
800m:	9:07.05	1:08.77	2100m:	23:54.54	1:08.28	3400m:	38:48.95	1:08.44	4700m:	53:50.12	1:09.85
900m:	10:15.69	1:08.64	2200m:	25:03.10	1:08.56	3500m:	39:56.77	1:07.82	4800m:	54:59.32	1:09.20
1000m:	11:24.33	1:08.64	2300m:	26:11.71	1:08.61	3600m:	41:05.01	1:08.24	4900m:	56:08.54	1:09.22
1100m:	12:32.77	1:08.44	2400m:	27:20.19	1:08.48	3700m:	42:13.88	1:08.87	5000m:	57:15.87	1:07.33
1200m:	13:40.91	1:08.14	2500m:	28:29.36	1:09.17	3800m:	43:22.98	1:09.10			
1300m:	14:48.73	1:07.82	2600m:	29:37.73	1:08.37	3900m:	44:32.77	1:09.79			

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Prova 2, Masc., 5000m Livres, AA 18/19

Lugar		Idade		Tempo final	Pts
3.	Axel Guedes, Asmar	18	Sporting	**57:47.13**	587

100m:	1:06.94	1:06.94	1400m:	15:44.09	1:07.40	2700m:	30:36.52	1:09.37	4000m:	45:55.37	1:12.19
200m:	2:14.64	1:07.70	1500m:	16:52.00	1:07.91	2800m:	31:45.54	1:09.02	4100m:	47:06.69	1:11.32
300m:	3:22.56	1:07.92	1600m:	18:00.04	1:08.04	2900m:	32:55.38	1:09.84	4200m:	48:18.30	1:11.61
400m:	4:30.69	1:08.13	1700m:	19:08.41	1:08.37	3000m:	34:06.07	1:10.69	4300m:	49:29.90	1:11.60
500m:	5:38.38	1:07.69	1800m:	20:17.08	1:08.67	3100m:	35:16.97	1:10.90	4400m:	50:41.98	1:12.08
600m:	6:45.75	1:07.37	1900m:	21:25.34	1:08.26	3200m:	36:27.89	1:10.92	4500m:	51:53.76	1:11.78
700m:	7:52.89	1:07.14	2000m:	22:33.90	1:08.56	3300m:	37:38.03	1:10.14	4600m:	53:06.16	1:12.40
800m:	9:00.37	1:07.48	2100m:	23:42.63	1:08.73	3400m:	38:48.32	1:10.29	4700m:	54:18.52	1:12.36
900m:	10:07.52	1:07.15	2200m:	24:51.26	1:08.63	3500m:	39:58.85	1:10.53	4800m:	55:30.15	1:11.63
1000m:	11:14.48	1:06.96	2300m:	26:00.21	1:08.95	3600m:	41:09.31	1:10.46	4900m:	56:40.26	1:10.11
1100m:	12:21.91	1:07.43	2400m:	27:09.52	1:09.31	3700m:	42:20.39	1:11.08	5000m:	57:47.13	1:06.87
1200m:	13:29.09	1:07.18	2500m:	28:18.05	1:08.53	3800m:	43:31.65	1:11.26			
1300m:	14:36.69	1:07.60	2600m:	29:27.15	1:09.10	3900m:	44:43.18	1:11.53			

4.	Marco Dimitar, Oliveira	18	Cnac	**1:00:05.64**	522

100m:	1:07.43	1:07.43	1400m:	16:25.46	1:11.19	2700m:	32:04.34	1:12.70	4000m:	47:54.26	1:12.62
200m:	2:16.72	1:09.29	1500m:	17:36.82	1:11.36	2800m:	33:17.89	1:13.55	4100m:	49:07.07	1:12.81
300m:	3:26.33	1:09.61	1600m:	18:48.24	1:11.42	2900m:	34:31.31	1:13.42	4200m:	50:20.05	1:12.98
400m:	4:36.58	1:10.25	1700m:	19:59.34	1:11.10	3000m:	35:45.23	1:13.92	4300m:	51:33.77	1:13.72
500m:	5:46.88	1:10.30	1800m:	21:11.04	1:11.70	3100m:	36:58.61	1:13.38	4400m:	52:47.12	1:13.35
600m:	6:56.75	1:09.87	1900m:	22:22.69	1:11.65	3200m:	38:12.00	1:13.39	4500m:	54:00.83	1:13.71
700m:	8:06.79	1:10.04	2000m:	23:35.50	1:12.81	3300m:	39:25.22	1:13.22	4600m:	55:13.99	1:13.16
800m:	9:17.09	1:10.30	2100m:	24:48.33	1:12.83	3400m:	40:37.89	1:12.67	4700m:	56:27.42	1:13.43
900m:	10:28.18	1:11.09	2200m:	26:01.03	1:12.70	3500m:	41:51.11	1:13.22	4800m:	57:40.67	1:13.25
1000m:	11:39.47	1:11.29	2300m:	27:13.40	1:12.37	3600m:	43:03.93	1:12.82	4900m:	58:54.59	1:13.92
1100m:	12:51.31	1:11.84	2400m:	28:26.03	1:12.63	3700m:	44:16.12	1:12.19	5000m:	1:00:05.64	1:11.05
1200m:	14:02.53	1:11.22	2500m:	29:39.14	1:13.11	3800m:	45:28.42	1:12.30			
1300m:	15:14.27	1:11.74	2600m:	30:51.64	1:12.50	3900m:	46:41.64	1:13.22			

5.	Francisco Xavier, Rita	18	Vieirense	**1:00:53.28**	501

100m:	1:07.61	1:07.61	1400m:	16:40.76	1:11.83	2700m:	32:18.00	1:14.33	4000m:	48:20.97	1:15.71
200m:	2:19.10	1:11.49	1500m:	17:52.09	1:11.33	2800m:	33:30.42	1:12.42	4100m:	49:34.81	1:13.84
300m:	3:30.85	1:11.75	1600m:	19:02.71	1:10.62	2900m:	34:43.45	1:13.03	4200m:	50:48.88	1:14.07
400m:	4:43.05	1:12.20	1700m:	20:15.07	1:12.36	3000m:	35:56.84	1:13.39	4300m:	52:03.75	1:14.87
500m:	5:55.60	1:12.55	1800m:	21:28.36	1:13.29	3100m:	37:10.11	1:13.27	4400m:	53:20.02	1:16.27
600m:	7:07.75	1:12.15	1900m:	22:39.92	1:11.56	3200m:	38:23.47	1:13.36	4500m:	54:36.10	1:16.08
700m:	8:19.64	1:11.89	2000m:	23:52.61	1:12.69	3300m:	39:37.26	1:13.79	4600m:	55:51.49	1:15.39
800m:	9:31.27	1:11.63	2100m:	25:04.77	1:12.16	3400m:	40:51.68	1:14.42	4700m:	57:07.88	1:16.39
900m:	10:43.48	1:12.21	2200m:	26:16.27	1:11.50	3500m:	42:06.30	1:14.62	4800m:	58:23.86	1:15.98
1000m:	11:55.48	1:12.00	2300m:	27:26.64	1:10.37	3600m:	43:19.45	1:13.15	4900m:	59:39.54	1:15.68
1100m:	13:06.54	1:11.06	2400m:	28:39.50	1:12.86	3700m:	44:35.15	1:15.70	5000m:	1:00:53.28	1:13.74
1200m:	14:17.52	1:10.98	2500m:	29:51.21	1:11.71	3800m:	45:50.02	1:14.87			
1300m:	15:28.93	1:11.41	2600m:	31:03.67	1:12.46	3900m:	47:05.26	1:15.24			

6.	Miguel Lourenco, Velhinho	18	Lagoa Academico Clube	**1:01:29.13**	487

100m:	1:10.63	1:10.63	1400m:	17:09.31	1:14.03	2700m:	33:19.18	1:15.76	4000m:	49:16.44	1:14.99
200m:	2:23.05	1:12.42	1500m:	18:23.67	1:14.36	2800m:	34:33.89	1:14.71	4100m:	50:30.00	1:13.56
300m:	3:35.88	1:12.83	1600m:	19:37.68	1:14.01	2900m:	35:48.47	1:14.58	4200m:	51:43.89	1:13.89
400m:	4:49.06	1:13.18	1700m:	20:51.66	1:13.98	3000m:	37:01.85	1:13.38	4300m:	52:58.66	1:14.77
500m:	6:02.29	1:13.23	1800m:	22:05.87	1:14.21	3100m:	38:14.68	1:12.83	4400m:	54:13.25	1:14.59
600m:	7:17.01	1:14.72	1900m:	23:19.79	1:13.92	3200m:	39:26.85	1:12.17	4500m:	55:27.48	1:14.23
700m:	8:31.50	1:14.49	2000m:	24:33.31	1:13.52	3300m:	40:39.64	1:12.79	4600m:	56:42.60	1:15.12
800m:	9:45.36	1:13.86	2100m:	25:47.65	1:14.34	3400m:	41:52.77	1:13.13	4700m:	57:54.40	1:11.80
900m:	10:59.96	1:14.60	2200m:	27:02.01	1:14.36	3500m:	43:06.30	1:13.53	4800m:	59:05.18	1:10.78
1000m:	12:13.19	1:13.23	2300m:	28:17.02	1:15.01	3600m:	44:20.78	1:14.48	4900m:	1:00:17.35	1:12.17
1100m:	13:27.06	1:13.87	2400m:	29:32.36	1:15.34	3700m:	45:35.72	1:14.94	5000m:	1:01:29.13	1:11.78
1200m:	14:41.56	1:14.50	2500m:	30:47.92	1:15.56	3800m:	46:48.76	1:13.04			
1300m:	15:55.28	1:13.72	2600m:	32:03.42	1:15.50	3900m:	48:01.45	1:12.69			

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
PARCEIROS

Prova 2, Masc., 5000m Livres, AA 18/19

Lugar		Idade		Tempo final	Pts
DSQ	Francisco Bernardes, Martelo	18	Porto		
	404 - Falsa partida - SW 4.4				

AA 20+, Femin.

1. Mariana Amaral, Mendes — 23 — Sporting — **59:17.25** — 641

100m:	1:11.86	1:11.86	1400m:	16:38.65	1:11.52	2700m:	32:02.35	1:10.97	4000m:	47:26.75	1:10.74
200m:	2:23.41	1:11.55	1500m:	17:49.54	1:10.89	2800m:	33:13.51	1:11.16	4100m:	48:38.02	1:11.27
300m:	3:34.63	1:11.22	1600m:	19:00.58	1:11.04	2900m:	34:24.64	1:11.13	4200m:	49:48.94	1:10.92
400m:	4:45.85	1:11.22	1700m:	20:11.29	1:10.71	3000m:	35:35.93	1:11.29	4300m:	51:00.10	1:11.16
500m:	5:57.06	1:11.21	1800m:	21:22.09	1:10.80	3100m:	36:47.20	1:11.27	4400m:	52:11.44	1:11.34
600m:	7:08.49	1:11.43	1900m:	22:33.04	1:10.95	3200m:	37:58.74	1:11.54	4500m:	53:22.92	1:11.48
700m:	8:19.63	1:11.14	2000m:	23:44.28	1:11.24	3300m:	39:10.09	1:11.35	4600m:	54:34.25	1:11.33
800m:	9:30.87	1:11.24	2100m:	24:55.43	1:11.15	3400m:	40:21.18	1:11.09	4700m:	55:45.79	1:11.54
900m:	10:42.20	1:11.33	2200m:	26:06.61	1:11.18	3500m:	41:32.33	1:11.15	4800m:	56:56.96	1:11.17
1000m:	11:53.61	1:11.41	2300m:	27:17.96	1:11.35	3600m:	42:43.76	1:11.43	4900m:	58:08.18	1:11.22
1100m:	13:04.92	1:11.31	2400m:	28:29.05	1:11.09	3700m:	43:54.78	1:11.02	5000m:	59:17.25	1:09.07
1200m:	14:16.13	1:11.21	2500m:	29:40.30	1:11.25	3800m:	45:05.62	1:10.84			
1300m:	15:27.13	1:11.00	2600m:	30:51.38	1:11.08	3900m:	46:16.01	1:10.39			

2. Beatriz Nunes, Cardeal — 21 — Condeixa Aqua Clube — **59:37.71** — 630

100m:	1:12.78	1:12.78	1400m:	16:41.10	1:11.16	2700m:	32:12.29	1:12.08	4000m:	47:45.15	1:12.02
200m:	2:25.03	1:12.25	1500m:	17:52.21	1:11.11	2800m:	33:24.50	1:12.21	4100m:	48:56.83	1:11.68
300m:	3:37.30	1:12.27	1600m:	19:03.16	1:10.95	2900m:	34:36.54	1:12.04	4200m:	50:08.93	1:12.10
400m:	4:49.08	1:11.78	1700m:	20:14.36	1:11.20	3000m:	35:48.48	1:11.94	4300m:	51:21.26	1:12.33
500m:	6:00.76	1:11.68	1800m:	21:25.62	1:11.26	3100m:	36:59.92	1:11.44	4400m:	52:33.09	1:11.83
600m:	7:11.97	1:11.21	1900m:	22:37.11	1:11.49	3200m:	38:11.92	1:12.00	4500m:	53:44.81	1:11.72
700m:	8:23.24	1:11.27	2000m:	23:48.91	1:11.80	3300m:	39:24.41	1:12.49	4600m:	54:56.14	1:11.33
800m:	9:34.29	1:11.05	2100m:	25:00.79	1:11.88	3400m:	40:36.64	1:12.23	4700m:	56:07.68	1:11.54
900m:	10:45.48	1:11.19	2200m:	26:12.83	1:12.04	3500m:	41:48.50	1:11.86	4800m:	57:18.73	1:11.05
1000m:	11:56.62	1:11.14	2300m:	27:24.66	1:11.83	3600m:	42:59.80	1:11.30	4900m:	58:29.09	1:10.36
1100m:	13:07.74	1:11.12	2400m:	28:36.60	1:11.94	3700m:	44:10.88	1:11.08	5000m:	59:37.71	1:08.62
1200m:	14:18.84	1:11.10	2500m:	29:48.48	1:11.88	3800m:	45:21.84	1:10.96			
1300m:	15:29.94	1:11.10	2600m:	31:00.21	1:11.73	3900m:	46:33.13	1:11.29			

3. Daniela Magalhaes, Lopes — 20 — Porto — **1:01:34.73** — 572

100m:	1:12.67	1:12.67	1400m:	17:05.30	1:13.48	2700m:	33:02.41	1:14.16	4000m:	49:09.13	1:14.21
200m:	2:25.46	1:12.79	1500m:	18:18.99	1:13.69	2800m:	34:16.38	1:13.97	4100m:	50:23.77	1:14.64
300m:	3:38.21	1:12.75	1600m:	19:32.77	1:13.78	2900m:	35:30.09	1:13.71	4200m:	51:38.29	1:14.52
400m:	4:51.34	1:13.13	1700m:	20:46.37	1:13.60	3000m:	36:44.14	1:14.05	4300m:	52:52.64	1:14.35
500m:	6:04.41	1:13.07	1800m:	22:00.12	1:13.75	3100m:	37:58.67	1:14.53	4400m:	54:07.75	1:15.11
600m:	7:17.64	1:13.23	1900m:	23:13.72	1:13.60	3200m:	39:12.89	1:14.22	4500m:	55:22.97	1:15.22
700m:	8:31.31	1:13.67	2000m:	24:27.47	1:13.75	3300m:	40:27.16	1:14.27	4600m:	56:37.80	1:14.83
800m:	9:44.58	1:13.27	2100m:	25:40.57	1:13.10	3400m:	41:41.69	1:14.53	4700m:	57:52.64	1:14.84
900m:	10:57.44	1:12.86	2200m:	26:54.05	1:13.48	3500m:	42:56.46	1:14.77	4800m:	59:07.21	1:14.57
1000m:	12:10.79	1:13.35	2300m:	28:07.74	1:13.69	3600m:	44:10.71	1:14.25	4900m:	1:00:21.41	1:14.20
1100m:	13:24.65	1:13.86	2400m:	29:21.29	1:13.55	3700m:	45:25.62	1:14.91	5000m:	1:01:34.73	1:13.32
1200m:	14:38.18	1:13.53	2500m:	30:34.74	1:13.45	3800m:	46:40.52	1:14.90			
1300m:	15:51.82	1:13.64	2600m:	31:48.25	1:13.51	3900m:	47:54.92	1:14.40			

4. Marta Lima, Pimentel — 21 — Colegio Efanor — **1:03:00.68** — 534

100m:	1:12.44	1:12.44	1300m:	16:08.95	1:14.97	2500m:	31:14.39	1:15.74	3700m:	46:24.79	1:16.40
200m:	2:26.49	1:14.05	1400m:	17:24.01	1:15.06	2600m:	32:30.11	1:15.72	3800m:	47:41.31	1:16.52
300m:	3:40.80	1:14.31	1500m:	18:38.64	1:14.63	2700m:	33:46.15	1:16.04	3900m:	48:57.68	1:16.37
400m:	4:55.34	1:14.54	1600m:	19:54.08	1:15.44	2800m:	35:01.87	1:15.72	4000m:	50:14.01	1:16.33
500m:	6:09.65	1:14.31	1700m:	21:09.54	1:15.46	2900m:	36:17.53	1:15.66	4100m:	51:30.57	1:16.56
600m:	7:24.45	1:14.80	1800m:	22:24.88	1:15.34	3000m:	37:33.02	1:15.49	4200m:	52:46.85	1:16.28
700m:	8:39.22	1:14.77	1900m:	23:40.41	1:15.53	3100m:	38:48.97	1:15.95	4300m:	54:03.59	1:16.74
800m:	9:54.30	1:15.08	2000m:	24:55.95	1:15.54	3200m:	40:04.55	1:15.58	4400m:	55:20.71	1:17.12
900m:	11:09.25	1:14.95	2100m:	26:11.67	1:15.72	3300m:	41:20.23	1:15.68	4500m:	56:37.96	1:17.25
1000m:	12:24.37	1:15.12	2200m:	27:27.33	1:15.66	3400m:	42:36.30	1:16.07	4600m:	57:54.79	1:16.83
1100m:	13:38.95	1:14.58	2300m:	28:42.88	1:15.55	3500m:	43:52.25	1:15.95	4700m:	59:12.27	1:17.48
1200m:	14:53.98	1:15.03	2400m:	29:58.65	1:15.77	3600m:	45:08.39	1:16.14	4800m:	1:00:29.45	1:17.18

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
PARCEIROS

Prova 2, Femin., 5000m Livres, AA 20+

Lugar			Idade				Tempo final	Pts
	4900m	1:01:46.10	1:16.65	5000m	1:03:00.68	1:14.58		

AA 20+, Masc.

1. Francisco Rodriguez, Amaral — 23 — Porto — **54:32.77** — 698

100m:	1:05.47	1:05.47	1400m:	15:20.42	1:05.30	2700m:	29:26.70	1:05.38	4000m:	43:38.58	1:05.73
200m:	2:11.95	1:06.48	1500m:	16:25.94	1:05.52	2800m:	30:31.79	1:05.09	4100m:	44:43.38	1:04.80
300m:	3:18.54	1:06.59	1600m:	17:31.18	1:05.24	2900m:	31:37.25	1:05.46	4200m:	45:48.99	1:05.61
400m:	4:24.52	1:05.98	1700m:	18:36.04	1:04.86	3000m:	32:42.83	1:05.58	4300m:	46:54.50	1:05.51
500m:	5:30.30	1:05.78	1800m:	19:41.18	1:05.14	3100m:	33:48.16	1:05.33	4400m:	47:59.83	1:05.33
600m:	6:35.98	1:05.68	1900m:	20:46.17	1:04.99	3200m:	34:53.68	1:05.52	4500m:	49:05.47	1:05.64
700m:	7:41.52	1:05.54	2000m:	21:51.19	1:05.02	3300m:	35:59.14	1:05.46	4600m:	50:11.00	1:05.53
800m:	8:47.57	1:06.05	2100m:	22:55.91	1:04.72	3400m:	37:04.52	1:05.38	4700m:	51:16.98	1:05.98
900m:	9:53.29	1:05.72	2200m:	24:00.86	1:04.95	3500m:	38:10.33	1:05.81	4800m:	52:23.06	1:06.08
1000m:	10:58.87	1:05.58	2300m:	25:05.95	1:05.09	3600m:	39:16.12	1:05.79	4900m:	53:29.09	1:06.03
1100m:	12:04.37	1:05.50	2400m:	26:11.08	1:05.13	3700m:	40:21.59	1:05.47	5000m:	54:32.77	1:03.68
1200m:	13:09.67	1:05.30	2500m:	27:16.29	1:05.21	3800m:	41:27.24	1:05.65			
1300m:	14:15.12	1:05.45	2600m:	28:21.32	1:05.03	3900m:	42:32.85	1:05.61			

2. Diogo Santos, Cardoso — 24 — Sporting — **54:50.03** — 687

100m:	1:06.28	1:06.28	1400m:	15:26.71	1:06.09	2700m:	29:42.82	1:05.80	4000m:	43:56.86	1:05.43
200m:	2:12.80	1:06.52	1500m:	16:32.77	1:06.06	2800m:	30:48.56	1:05.74	4100m:	45:02.34	1:05.48
300m:	3:19.36	1:06.56	1600m:	17:38.76	1:05.99	2900m:	31:54.47	1:05.91	4200m:	46:08.01	1:05.67
400m:	4:25.82	1:06.46	1700m:	18:44.57	1:05.81	3000m:	33:00.16	1:05.69	4300m:	47:13.82	1:05.81
500m:	5:32.38	1:06.56	1800m:	19:50.15	1:05.58	3100m:	34:05.76	1:05.60	4400m:	48:19.75	1:05.93
600m:	6:38.44	1:06.06	1900m:	20:56.14	1:05.99	3200m:	35:11.24	1:05.48	4500m:	49:25.43	1:05.68
700m:	7:44.70	1:06.26	2000m:	22:01.97	1:05.83	3300m:	36:16.92	1:05.68	4600m:	50:30.90	1:05.47
800m:	8:50.73	1:06.03	2100m:	23:07.90	1:05.93	3400m:	37:22.72	1:05.80	4700m:	51:36.30	1:05.40
900m:	9:56.94	1:06.21	2200m:	24:13.83	1:05.93	3500m:	38:28.41	1:05.69	4800m:	52:42.16	1:05.86
1000m:	11:03.04	1:06.10	2300m:	25:19.67	1:05.84	3600m:	39:34.33	1:05.92	4900m:	53:47.93	1:05.77
1100m:	12:08.90	1:05.86	2400m:	26:25.33	1:05.66	3700m:	40:40.08	1:05.75	5000m:	54:50.03	1:02.10
1200m:	13:14.57	1:05.67	2500m:	27:31.13	1:05.80	3800m:	41:45.70	1:05.62			
1300m:	14:20.62	1:06.05	2600m:	28:37.02	1:05.89	3900m:	42:51.43	1:05.73			

3. Ricardo Matias, Santos — 20 — Louzan Natacao/EFAPEL — **56:05.40** — 642

100m:	1:07.00	1:07.00	1400m:	15:38.47	1:07.46	2700m:	30:11.55	1:07.40	4000m:	44:50.47	1:08.22
200m:	2:13.80	1:06.80	1500m:	16:46.15	1:07.68	2800m:	31:18.38	1:06.83	4100m:	45:58.36	1:07.89
300m:	3:21.15	1:07.35	1600m:	17:53.28	1:07.13	2900m:	32:26.21	1:07.83	4200m:	47:06.18	1:07.82
400m:	4:28.41	1:07.26	1700m:	19:00.07	1:06.79	3000m:	33:33.56	1:07.35	4300m:	48:13.96	1:07.78
500m:	5:35.11	1:06.70	1800m:	20:07.04	1:06.97	3100m:	34:40.68	1:07.12	4400m:	49:21.64	1:07.68
600m:	6:42.04	1:06.93	1900m:	21:14.13	1:07.09	3200m:	35:48.63	1:07.95	4500m:	50:29.30	1:07.66
700m:	7:49.41	1:07.37	2000m:	22:21.37	1:07.24	3300m:	36:56.36	1:07.73	4600m:	51:37.07	1:07.77
800m:	8:55.95	1:06.54	2100m:	23:28.50	1:07.13	3400m:	38:04.32	1:07.96	4700m:	52:44.64	1:07.57
900m:	10:02.64	1:06.69	2200m:	24:35.62	1:07.12	3500m:	39:12.01	1:07.69	4800m:	53:53.36	1:08.72
1000m:	11:09.56	1:06.92	2300m:	25:42.47	1:06.85	3600m:	40:19.74	1:07.73	4900m:	55:00.71	1:07.35
1100m:	12:16.61	1:07.05	2400m:	26:49.25	1:06.78	3700m:	41:27.52	1:07.78	5000m:	56:05.40	1:04.69
1200m:	13:23.93	1:07.32	2500m:	27:56.88	1:07.63	3800m:	42:34.81	1:07.29			
1300m:	14:31.01	1:07.08	2600m:	29:04.15	1:07.27	3900m:	43:42.25	1:07.44			

4. Tomas Amor, Sarreira — 20 — Porto — **56:05.83** — 641

100m:	1:05.88	1:05.88	1400m:	15:29.52	1:06.88	2700m:	30:04.09	1:07.62	4000m:	44:48.97	1:08.80
200m:	2:12.55	1:06.67	1500m:	16:36.39	1:06.87	2800m:	31:11.69	1:07.60	4100m:	45:57.84	1:08.87
300m:	3:18.95	1:06.40	1600m:	17:43.45	1:07.06	2900m:	32:19.37	1:07.68	4200m:	47:06.49	1:08.65
400m:	4:25.18	1:06.23	1700m:	18:50.34	1:06.89	3000m:	33:27.49	1:08.12	4300m:	48:14.51	1:08.02
500m:	5:31.09	1:05.91	1800m:	19:57.22	1:06.88	3100m:	34:35.15	1:07.66	4400m:	49:22.43	1:07.92
600m:	6:37.31	1:06.22	1900m:	21:04.27	1:07.05	3200m:	35:43.05	1:07.90	4500m:	50:30.35	1:07.92
700m:	7:43.68	1:06.37	2000m:	22:11.57	1:07.30	3300m:	36:50.95	1:07.90	4600m:	51:38.53	1:08.18
800m:	8:50.35	1:06.67	2100m:	23:18.95	1:07.38	3400m:	37:58.82	1:07.87	4700m:	52:46.73	1:08.20
900m:	9:56.88	1:06.53	2200m:	24:26.58	1:07.63	3500m:	39:07.04	1:08.22	4800m:	53:54.66	1:07.93
1000m:	11:03.43	1:06.55	2300m:	25:33.83	1:07.25	3600m:	40:15.43	1:08.39	4900m:	55:02.59	1:07.93
1100m:	12:09.63	1:06.20	2400m:	26:41.33	1:07.50	3700m:	41:23.43	1:08.00	5000m:	56:05.83	1:03.24
1200m:	13:16.10	1:06.47	2500m:	27:49.00	1:07.67	3800m:	42:31.81	1:08.38			
1300m:	14:22.64	1:06.54	2600m:	28:56.47	1:07.47	3900m:	43:40.17	1:08.36			

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
PARCEIROS

Prova 2, Masc., 5000m Livres, AA 20+

Lugar		Idade		Tempo final	Pts
5.	Tiago Filipe, Campos	26	Porto	**56:27.34**	629

100m:	1:06.08	1:06.08	1400m:	15:31.72	1:07.23	2700m:	30:12.92	1:07.99	4000m:	45:03.05	1:08.27
200m:	2:12.51	1:06.43	1500m:	16:39.05	1:07.33	2800m:	31:20.96	1:08.04	4100m:	46:12.24	1:09.19
300m:	3:19.43	1:06.92	1600m:	17:46.25	1:07.20	2900m:	32:29.24	1:08.28	4200m:	47:20.94	1:08.70
400m:	4:25.91	1:06.48	1700m:	18:53.65	1:07.40	3000m:	33:37.28	1:08.04	4300m:	48:30.06	1:09.12
500m:	5:32.44	1:06.53	1800m:	20:01.43	1:07.78	3100m:	34:45.70	1:08.42	4400m:	49:39.24	1:09.18
600m:	6:38.73	1:06.29	1900m:	21:09.27	1:07.84	3200m:	35:54.52	1:08.82	4500m:	50:47.51	1:08.27
700m:	7:44.98	1:06.25	2000m:	22:17.21	1:07.94	3300m:	37:03.29	1:08.77	4600m:	51:54.78	1:07.27
800m:	8:51.21	1:06.23	2100m:	23:25.28	1:08.07	3400m:	38:12.11	1:08.82	4700m:	53:02.63	1:07.85
900m:	9:57.46	1:06.25	2200m:	24:33.16	1:07.88	3500m:	39:20.50	1:08.39	4800m:	54:11.65	1:09.02
1000m:	11:03.75	1:06.29	2300m:	25:41.29	1:08.13	3600m:	40:29.05	1:08.55	4900m:	55:19.99	1:08.34
1100m:	12:10.46	1:06.71	2400m:	26:49.39	1:08.10	3700m:	41:37.39	1:08.34	5000m:	56:27.34	1:07.35
1200m:	13:17.37	1:06.91	2500m:	27:57.34	1:07.95	3800m:	42:46.06	1:08.67			
1300m:	14:24.49	1:07.12	2600m:	29:04.93	1:07.59	3900m:	43:54.78	1:08.72			

6.	Goncalo Renato, Carvalho	21	Porto	**57:41.97**	589

100m:	1:06.85	1:06.85	1400m:	15:53.75	1:09.03	2700m:	30:53.77	1:09.76	4000m:	46:05.40	1:10.46
200m:	2:14.67	1:07.82	1500m:	17:02.70	1:08.95	2800m:	32:04.06	1:10.29	4100m:	47:15.19	1:09.79
300m:	3:22.90	1:08.23	1600m:	18:11.48	1:08.78	2900m:	33:13.98	1:09.92	4200m:	48:25.29	1:10.10
400m:	4:31.03	1:08.13	1700m:	19:20.52	1:09.04	3000m:	34:23.54	1:09.56	4300m:	49:35.15	1:09.86
500m:	5:38.85	1:07.82	1800m:	20:29.75	1:09.23	3100m:	35:33.84	1:10.30	4400m:	50:45.22	1:10.07
600m:	6:47.12	1:08.27	1900m:	21:38.59	1:08.84	3200m:	36:43.90	1:10.06	4500m:	51:55.53	1:10.31
700m:	7:55.10	1:07.98	2000m:	22:47.59	1:09.00	3300m:	37:54.07	1:10.17	4600m:	53:04.15	1:08.62
800m:	9:03.48	1:08.38	2100m:	23:57.38	1:09.79	3400m:	39:04.01	1:09.94	4700m:	54:13.76	1:09.61
900m:	10:11.95	1:08.47	2200m:	25:06.65	1:09.27	3500m:	40:14.04	1:10.03	4800m:	55:23.84	1:10.08
1000m:	11:20.11	1:08.16	2300m:	26:16.07	1:09.42	3600m:	41:24.24	1:10.20	4900m:	56:33.61	1:09.77
1100m:	12:28.28	1:08.17	2400m:	27:25.31	1:09.24	3700m:	42:34.51	1:10.27	5000m:	57:41.97	1:08.36
1200m:	13:36.39	1:08.11	2500m:	28:34.57	1:09.26	3800m:	43:44.51	1:10.00			
1300m:	14:44.72	1:08.33	2600m:	29:44.01	1:09.44	3900m:	44:54.94	1:10.43			

Open, Masc.

1.	Francisco Rodriguez, Amaral	23	Porto	**54:32.77**	698

100m:	1:05.47	1:05.47	1400m:	15:20.42	1:05.30	2700m:	29:26.70	1:05.38	4000m:	43:38.58	1:05.73
200m:	2:11.95	1:06.48	1500m:	16:25.94	1:05.52	2800m:	30:31.79	1:05.09	4100m:	44:43.38	1:04.80
300m:	3:18.54	1:06.59	1600m:	17:31.18	1:05.24	2900m:	31:37.25	1:05.46	4200m:	45:48.99	1:05.61
400m:	4:24.52	1:05.98	1700m:	18:36.04	1:04.86	3000m:	32:42.83	1:05.58	4300m:	46:54.50	1:05.51
500m:	5:30.30	1:05.78	1800m:	19:41.18	1:05.14	3100m:	33:48.16	1:05.33	4400m:	47:59.83	1:05.33
600m:	6:35.98	1:05.68	1900m:	20:46.17	1:04.99	3200m:	34:53.68	1:05.52	4500m:	49:05.47	1:05.64
700m:	7:41.52	1:05.54	2000m:	21:51.19	1:05.02	3300m:	35:59.14	1:05.46	4600m:	50:11.00	1:05.53
800m:	8:47.57	1:06.05	2100m:	22:55.91	1:04.72	3400m:	37:04.52	1:05.38	4700m:	51:16.98	1:05.98
900m:	9:53.29	1:05.72	2200m:	24:00.86	1:04.95	3500m:	38:10.33	1:05.81	4800m:	52:23.06	1:06.08
1000m:	10:58.87	1:05.58	2300m:	25:05.95	1:05.09	3600m:	39:16.12	1:05.79	4900m:	53:29.09	1:06.03
1100m:	12:04.37	1:05.50	2400m:	26:11.08	1:05.13	3700m:	40:21.59	1:05.47	5000m:	54:32.77	1:03.68
1200m:	13:09.67	1:05.30	2500m:	27:16.29	1:05.21	3800m:	41:27.24	1:05.65			
1300m:	14:15.12	1:05.45	2600m:	28:21.32	1:05.03	3900m:	42:32.85	1:05.61			

2.	Diogo Santos, Cardoso	24	Sporting	**54:50.03**	687

100m:	1:06.28	1:06.28	1400m:	15:26.71	1:06.09	2700m:	29:42.82	1:05.80	4000m:	43:56.86	1:05.43
200m:	2:12.80	1:06.52	1500m:	16:32.77	1:06.06	2800m:	30:48.56	1:05.74	4100m:	45:02.34	1:05.48
300m:	3:19.36	1:06.56	1600m:	17:38.76	1:05.99	2900m:	31:54.47	1:05.91	4200m:	46:08.01	1:05.67
400m:	4:25.82	1:06.46	1700m:	18:44.57	1:05.81	3000m:	33:00.16	1:05.69	4300m:	47:13.82	1:05.81
500m:	5:32.38	1:06.56	1800m:	19:50.15	1:05.58	3100m:	34:05.76	1:05.60	4400m:	48:19.75	1:05.93
600m:	6:38.44	1:06.06	1900m:	20:56.14	1:05.99	3200m:	35:11.24	1:05.48	4500m:	49:25.43	1:05.68
700m:	7:44.70	1:06.26	2000m:	22:01.97	1:05.83	3300m:	36:16.92	1:05.68	4600m:	50:30.90	1:05.47
800m:	8:50.73	1:06.03	2100m:	23:07.90	1:05.93	3400m:	37:22.72	1:05.80	4700m:	51:36.30	1:05.40
900m:	9:56.94	1:06.21	2200m:	24:13.83	1:05.93	3500m:	38:28.41	1:05.69	4800m:	52:42.16	1:05.86
1000m:	11:03.04	1:06.10	2300m:	25:19.67	1:05.84	3600m:	39:34.33	1:05.92	4900m:	53:47.93	1:05.77
1100m:	12:08.90	1:05.86	2400m:	26:25.33	1:05.66	3700m:	40:40.08	1:05.75	5000m:	54:50.03	1:02.10
1200m:	13:14.57	1:05.67	2500m:	27:31.13	1:05.80	3800m:	41:45.70	1:05.62			
1300m:	14:20.62	1:06.05	2600m:	28:37.02	1:05.89	3900m:	42:51.43	1:05.73			

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
PARCEIROS

Prova 2, Masc., 5000m Livres, Open

Lugar		Idade		Tempo final	Pts
3.	Rui Silva, Pereira	17	Adrcimm	**55:33.11**	660

100m:	1:07.45	1:07.45	1400m:	15:28.12	1:05.78	2700m:	29:55.06	1:06.33	4000m:	44:25.72	1:07.58
200m:	2:15.80	1:08.35	1500m:	16:35.18	1:07.06	2800m:	31:02.54	1:07.48	4100m:	45:31.70	1:05.98
300m:	3:23.01	1:07.21	1600m:	17:41.00	1:05.82	2900m:	32:10.44	1:07.90	4200m:	46:37.74	1:06.04
400m:	4:30.08	1:07.07	1700m:	18:46.87	1:05.87	3000m:	33:18.14	1:07.70	4300m:	47:44.36	1:06.62
500m:	5:36.44	1:06.36	1800m:	19:54.08	1:07.21	3100m:	34:25.59	1:07.45	4400m:	48:51.08	1:06.72
600m:	6:42.22	1:05.78	1900m:	20:59.87	1:05.79	3200m:	35:32.80	1:07.21	4500m:	49:58.57	1:07.49
700m:	7:47.85	1:05.63	2000m:	22:06.11	1:06.24	3300m:	36:39.60	1:06.80	4600m:	51:05.11	1:06.54
800m:	8:53.09	1:05.24	2100m:	23:12.94	1:06.83	3400m:	37:47.02	1:07.42	4700m:	52:11.61	1:06.50
900m:	9:59.19	1:06.10	2200m:	24:19.88	1:06.94	3500m:	38:52.66	1:05.64	4800m:	53:18.66	1:07.05
1000m:	11:05.05	1:05.86	2300m:	25:26.62	1:06.74	3600m:	39:58.58	1:05.92	4900m:	54:26.65	1:07.99
1100m:	12:10.62	1:05.57	2400m:	26:33.78	1:07.16	3700m:	41:04.79	1:06.21	5000m:	55:33.11	1:06.46
1200m:	13:16.01	1:05.39	2500m:	27:41.32	1:07.54	3800m:	42:11.18	1:06.39			
1300m:	14:22.34	1:06.33	2600m:	28:48.73	1:07.41	3900m:	43:18.14	1:06.96			

4.	Miguel Fragoso, Medeiros	17	Porto	**55:43.47**	654

100m:	1:07.95	1:07.95	1400m:	15:31.53	1:06.39	2700m:	29:55.66	1:06.84	4000m:	44:28.12	1:07.30
200m:	2:16.22	1:08.27	1500m:	16:37.26	1:05.73	2800m:	31:02.72	1:07.06	4100m:	45:35.70	1:07.58
300m:	3:23.64	1:07.42	1600m:	17:43.34	1:06.08	2900m:	32:10.52	1:07.80	4200m:	46:43.31	1:07.61
400m:	4:30.40	1:06.76	1700m:	18:49.08	1:05.74	3000m:	33:18.51	1:07.99	4300m:	47:50.68	1:07.37
500m:	5:36.90	1:06.50	1800m:	19:55.03	1:05.95	3100m:	34:25.59	1:07.08	4400m:	48:58.48	1:07.80
600m:	6:42.83	1:05.93	1900m:	21:00.75	1:05.72	3200m:	35:32.72	1:07.13	4500m:	50:06.18	1:07.70
700m:	7:48.48	1:05.65	2000m:	22:07.00	1:06.25	3300m:	36:39.66	1:06.94	4600m:	51:13.79	1:07.61
800m:	8:54.41	1:05.93	2100m:	23:13.27	1:06.27	3400m:	37:47.26	1:07.60	4700m:	52:21.69	1:07.90
900m:	10:00.58	1:06.17	2200m:	24:20.04	1:06.77	3500m:	38:54.22	1:06.96	4800m:	53:29.76	1:08.07
1000m:	11:06.87	1:06.29	2300m:	25:26.73	1:06.69	3600m:	40:01.38	1:07.16	4900m:	54:37.48	1:07.72
1100m:	12:12.64	1:05.77	2400m:	26:34.16	1:07.43	3700m:	41:08.15	1:06.77	5000m:	55:43.47	1:05.99
1200m:	13:18.70	1:06.06	2500m:	27:41.53	1:07.37	3800m:	42:13.92	1:05.77			
1300m:	14:25.14	1:06.44	2600m:	28:48.82	1:07.29	3900m:	43:20.82	1:06.90			

5.	Tomas Pinto, Peixoto	17	Porto	**55:50.02**	650

100m:	1:07.61	1:07.61	1400m:	15:31.10	1:06.51	2700m:	29:55.20	1:06.68	4000m:	44:31.27	1:07.66
200m:	2:16.02	1:08.41	1500m:	16:37.24	1:06.14	2800m:	31:02.32	1:07.12	4100m:	45:38.96	1:07.69
300m:	3:23.32	1:07.30	1600m:	17:43.24	1:06.00	2900m:	32:10.05	1:07.73	4200m:	46:46.03	1:07.07
400m:	4:30.10	1:06.78	1700m:	18:49.19	1:05.95	3000m:	33:17.98	1:07.93	4300m:	47:53.62	1:07.59
500m:	5:36.66	1:06.56	1800m:	19:55.36	1:06.17	3100m:	34:24.59	1:06.61	4400m:	49:01.29	1:07.67
600m:	6:42.73	1:06.07	1900m:	21:01.36	1:06.00	3200m:	35:31.96	1:07.37	4500m:	50:08.86	1:07.57
700m:	7:48.62	1:05.89	2000m:	22:07.67	1:06.31	3300m:	36:38.86	1:06.90	4600m:	51:16.91	1:08.05
800m:	8:54.20	1:05.58	2100m:	23:13.92	1:06.25	3400m:	37:46.79	1:07.93	4700m:	52:25.18	1:08.27
900m:	10:00.22	1:06.02	2200m:	24:20.21	1:06.29	3500m:	38:53.50	1:06.71	4800m:	53:33.62	1:08.44
1000m:	11:06.34	1:06.12	2300m:	25:26.52	1:06.31	3600m:	40:00.95	1:07.45	4900m:	54:42.31	1:08.69
1100m:	12:12.35	1:06.01	2400m:	26:33.66	1:07.14	3700m:	41:08.21	1:07.26	5000m:	55:50.02	1:07.71
1200m:	13:18.41	1:06.06	2500m:	27:41.26	1:07.60	3800m:	42:15.46	1:07.25			
1300m:	14:24.59	1:06.18	2600m:	28:48.52	1:07.26	3900m:	43:23.61	1:08.15			

6.	Ricardo Matias, Santos	20	Louzan Natacao/EFAPEL	**56:05.40**	642

100m:	1:07.00	1:07.00	1400m:	15:38.47	1:07.46	2700m:	30:11.55	1:07.40	4000m:	44:50.47	1:08.22
200m:	2:13.80	1:06.80	1500m:	16:46.15	1:07.68	2800m:	31:18.38	1:06.83	4100m:	45:58.36	1:07.89
300m:	3:21.15	1:07.35	1600m:	17:53.28	1:07.13	2900m:	32:26.21	1:07.83	4200m:	47:06.18	1:07.82
400m:	4:28.41	1:07.26	1700m:	19:00.07	1:06.79	3000m:	33:33.56	1:07.35	4300m:	48:13.96	1:07.78
500m:	5:35.11	1:06.70	1800m:	20:07.04	1:06.97	3100m:	34:40.68	1:07.12	4400m:	49:21.64	1:07.68
600m:	6:42.04	1:06.93	1900m:	21:14.13	1:07.09	3200m:	35:48.63	1:07.95	4500m:	50:29.30	1:07.66
700m:	7:49.41	1:07.37	2000m:	22:21.37	1:07.24	3300m:	36:56.36	1:07.73	4600m:	51:37.07	1:07.77
800m:	8:55.95	1:06.54	2100m:	23:28.50	1:07.13	3400m:	38:04.32	1:07.96	4700m:	52:44.64	1:07.57
900m:	10:02.64	1:06.69	2200m:	24:35.62	1:07.12	3500m:	39:12.01	1:07.69	4800m:	53:53.36	1:08.72
1000m:	11:09.56	1:06.92	2300m:	25:42.47	1:06.85	3600m:	40:19.74	1:07.73	4900m:	55:00.71	1:07.35
1100m:	12:16.61	1:07.05	2400m:	26:49.25	1:06.78	3700m:	41:27.52	1:07.78	5000m:	56:05.40	1:04.69
1200m:	13:23.93	1:07.32	2500m:	27:56.88	1:07.63	3800m:	42:34.81	1:07.29			
1300m:	14:31.01	1:07.08	2600m:	29:04.15	1:07.27	3900m:	43:42.25	1:07.44			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Masc., 5000m Livres, Open

Lugar		Idade		Tempo final	Pts
7.	Tomas Amor, Sarreira	20	Porto	**56:05.83**	641

100m:	1:05.88	1:05.88	1400m:	15:29.52	1:06.88	2700m:	30:04.09	1:07.62	4000m:	44:48.97	1:08.80
200m:	2:12.55	1:06.67	1500m:	16:36.39	1:06.87	2800m:	31:11.69	1:07.60	4100m:	45:57.84	1:08.87
300m:	3:18.95	1:06.40	1600m:	17:43.45	1:07.06	2900m:	32:19.37	1:07.68	4200m:	47:06.49	1:08.65
400m:	4:25.18	1:06.23	1700m:	18:50.34	1:06.89	3000m:	33:27.49	1:08.12	4300m:	48:14.51	1:08.02
500m:	5:31.09	1:05.91	1800m:	19:57.22	1:06.88	3100m:	34:35.15	1:07.66	4400m:	49:22.43	1:07.92
600m:	6:37.31	1:06.22	1900m:	21:04.27	1:07.05	3200m:	35:43.05	1:07.90	4500m:	50:30.35	1:07.92
700m:	7:43.68	1:06.37	2000m:	22:11.57	1:07.30	3300m:	36:50.95	1:07.90	4600m:	51:38.53	1:08.18
800m:	8:50.35	1:06.67	2100m:	23:18.95	1:07.38	3400m:	37:58.82	1:07.87	4700m:	52:46.73	1:08.20
900m:	9:56.88	1:06.53	2200m:	24:26.58	1:07.63	3500m:	39:07.04	1:08.22	4800m:	53:54.66	1:07.93
1000m:	11:03.43	1:06.55	2300m:	25:33.83	1:07.25	3600m:	40:15.43	1:08.39	4900m:	55:02.59	1:07.93
1100m:	12:09.63	1:06.20	2400m:	26:41.33	1:07.50	3700m:	41:23.43	1:08.00	5000m:	56:05.83	1:03.24
1200m:	13:16.10	1:06.47	2500m:	27:49.00	1:07.67	3800m:	42:31.81	1:08.38			
1300m:	14:22.64	1:06.54	2600m:	28:56.47	1:07.47	3900m:	43:40.17	1:08.36			

8.	Tiago Filipe, Campos	26	Porto	**56:27.34**	629

100m:	1:06.08	1:06.08	1400m:	15:31.72	1:07.23	2700m:	30:12.92	1:07.99	4000m:	45:03.05	1:08.27
200m:	2:12.51	1:06.43	1500m:	16:39.05	1:07.33	2800m:	31:20.96	1:08.04	4100m:	46:12.24	1:09.19
300m:	3:19.43	1:06.92	1600m:	17:46.25	1:07.20	2900m:	32:29.24	1:08.28	4200m:	47:20.94	1:08.70
400m:	4:25.91	1:06.48	1700m:	18:53.65	1:07.40	3000m:	33:37.28	1:08.04	4300m:	48:30.06	1:09.12
500m:	5:32.44	1:06.53	1800m:	20:01.43	1:07.78	3100m:	34:45.70	1:08.42	4400m:	49:39.24	1:09.18
600m:	6:38.73	1:06.29	1900m:	21:09.27	1:07.84	3200m:	35:54.52	1:08.82	4500m:	50:47.51	1:08.27
700m:	7:44.98	1:06.25	2000m:	22:17.21	1:07.94	3300m:	37:03.29	1:08.77	4600m:	51:54.78	1:07.27
800m:	8:51.21	1:06.23	2100m:	23:25.28	1:08.07	3400m:	38:12.11	1:08.82	4700m:	53:02.63	1:07.85
900m:	9:57.46	1:06.25	2200m:	24:33.16	1:07.88	3500m:	39:20.50	1:08.39	4800m:	54:11.65	1:09.02
1000m:	11:03.75	1:06.29	2300m:	25:41.29	1:08.13	3600m:	40:29.05	1:08.55	4900m:	55:19.99	1:08.34
1100m:	12:10.46	1:06.71	2400m:	26:49.39	1:08.10	3700m:	41:37.39	1:08.34	5000m:	56:27.34	1:07.35
1200m:	13:17.37	1:06.91	2500m:	27:57.34	1:07.95	3800m:	42:46.06	1:08.67			
1300m:	14:24.49	1:07.12	2600m:	29:04.93	1:07.59	3900m:	43:54.78	1:08.72			

9.	Bruno Silva, Loureiro	19	Porto	**56:39.28**	623

100m:	1:07.78	1:07.78	1400m:	15:36.87	1:07.24	2700m:	30:22.95	1:08.31	4000m:	45:03.01	1:08.01
200m:	2:14.82	1:07.04	1500m:	16:45.04	1:08.17	2800m:	31:30.70	1:07.75	4100m:	46:10.32	1:07.31
300m:	3:21.59	1:06.77	1600m:	17:52.81	1:07.77	2900m:	32:38.15	1:07.45	4200m:	47:18.54	1:08.22
400m:	4:27.35	1:05.76	1700m:	19:00.78	1:07.97	3000m:	33:46.46	1:08.31	4300m:	48:27.00	1:08.46
500m:	5:34.29	1:06.94	1800m:	20:08.54	1:07.76	3100m:	34:53.47	1:07.01	4400m:	49:35.92	1:08.92
600m:	6:41.87	1:07.58	1900m:	21:15.71	1:07.17	3200m:	36:01.16	1:07.69	4500m:	50:46.10	1:10.18
700m:	7:49.89	1:08.02	2000m:	22:24.52	1:08.81	3300m:	37:08.42	1:07.26	4600m:	51:56.26	1:10.16
800m:	8:56.10	1:06.21	2100m:	23:32.32	1:07.80	3400m:	38:16.05	1:07.63	4700m:	53:07.95	1:11.69
900m:	10:02.80	1:06.70	2200m:	24:39.78	1:07.46	3500m:	39:23.59	1:07.54	4800m:	54:18.95	1:11.00
1000m:	11:09.77	1:06.97	2300m:	25:48.25	1:08.47	3600m:	40:31.17	1:07.58	4900m:	55:29.92	1:10.97
1100m:	12:16.00	1:06.23	2400m:	26:57.34	1:09.09	3700m:	41:38.94	1:07.77	5000m:	56:39.28	1:09.36
1200m:	13:22.44	1:06.44	2500m:	28:06.66	1:09.32	3800m:	42:46.85	1:07.91			
1300m:	14:29.63	1:07.19	2600m:	29:14.64	1:07.98	3900m:	43:55.00	1:08.15			

10.	Duarte Cachulo, Marques	18	Condeixa Aqua Clube	**57:15.87**	603

100m:	1:06.28	1:06.28	1400m:	15:57.32	1:08.59	2700m:	30:47.41	1:09.68	4000m:	45:42.67	1:09.90
200m:	2:14.80	1:08.52	1500m:	17:05.64	1:08.32	2800m:	31:57.64	1:10.23	4100m:	46:52.40	1:09.73
300m:	3:23.26	1:08.46	1600m:	18:13.77	1:08.13	2900m:	33:06.99	1:09.35	4200m:	48:01.64	1:09.24
400m:	4:31.82	1:08.56	1700m:	19:21.88	1:08.11	3000m:	34:14.94	1:07.95	4300m:	49:10.90	1:09.26
500m:	5:40.41	1:08.59	1800m:	20:29.91	1:08.03	3100m:	35:23.25	1:08.31	4400m:	50:20.45	1:09.55
600m:	6:49.32	1:08.91	1900m:	21:37.92	1:08.01	3200m:	36:31.57	1:08.32	4500m:	51:29.98	1:09.53
700m:	7:58.28	1:08.96	2000m:	22:46.26	1:08.34	3300m:	37:40.51	1:08.94	4600m:	52:40.27	1:10.29
800m:	9:07.05	1:08.77	2100m:	23:54.54	1:08.28	3400m:	38:48.95	1:08.44	4700m:	53:50.12	1:09.85
900m:	10:15.69	1:08.64	2200m:	25:03.10	1:08.56	3500m:	39:56.77	1:07.82	4800m:	54:59.32	1:09.20
1000m:	11:24.33	1:08.64	2300m:	26:11.71	1:08.61	3600m:	41:05.01	1:08.24	4900m:	56:08.54	1:09.22
1100m:	12:32.77	1:08.44	2400m:	27:20.19	1:08.48	3700m:	42:13.88	1:08.87	5000m:	57:15.87	1:07.33
1200m:	13:40.91	1:08.14	2500m:	28:29.36	1:09.17	3800m:	43:22.98	1:09.10			
1300m:	14:48.73	1:07.82	2600m:	29:37.73	1:08.37	3900m:	44:32.77	1:09.79			

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Prova 2, Masc., 5000m Livres, Open

Lugar		Idade		Tempo final	Pts
11.	Tiago Andre, Canelas	17	Fluvial Portuense	**57:35.67**	593

100m:	1:05.80	1:05.80	1400m:	15:53.19	1:09.10	2700m:	30:53.30	1:10.23	4000m:	46:05.49	1:10.22
200m:	2:13.61	1:07.81	1500m:	17:02.42	1:09.23	2800m:	32:03.95	1:10.65	4100m:	47:15.32	1:09.83
300m:	3:21.80	1:08.19	1600m:	18:11.50	1:09.08	2900m:	33:14.21	1:10.26	4200m:	48:25.49	1:10.17
400m:	4:29.76	1:07.96	1700m:	19:20.61	1:09.11	3000m:	34:23.87	1:09.66	4300m:	49:35.32	1:09.83
500m:	5:37.67	1:07.91	1800m:	20:29.66	1:09.05	3100m:	35:33.96	1:10.09	4400m:	50:45.40	1:10.08
600m:	6:45.94	1:08.27	1900m:	21:38.61	1:08.95	3200m:	36:43.97	1:10.01	4500m:	51:55.62	1:10.22
700m:	7:54.18	1:08.24	2000m:	22:47.55	1:08.94	3300m:	37:54.29	1:10.32	4600m:	53:02.47	1:06.85
800m:	9:02.48	1:08.30	2100m:	23:57.08	1:09.53	3400m:	39:04.15	1:09.86	4700m:	54:10.97	1:08.50
900m:	10:10.63	1:08.15	2200m:	25:06.46	1:09.38	3500m:	40:14.17	1:10.02	4800m:	55:19.85	1:08.88
1000m:	11:19.13	1:08.50	2300m:	26:15.68	1:09.22	3600m:	41:24.40	1:10.23	4900m:	56:28.93	1:09.08
1100m:	12:27.21	1:08.08	2400m:	27:24.77	1:09.09	3700m:	42:34.54	1:10.14	5000m:	57:35.67	1:06.74
1200m:	13:35.56	1:08.35	2500m:	28:33.63	1:08.86	3800m:	43:44.72	1:10.18			
1300m:	14:44.09	1:08.53	2600m:	29:43.07	1:09.44	3900m:	44:55.27	1:10.55			

12.	Goncalo Renato, Carvalho	21	Porto	**57:41.97**	589

100m:	1:06.85	1:06.85	1400m:	15:53.75	1:09.03	2700m:	30:53.77	1:09.76	4000m:	46:05.40	1:10.46
200m:	2:14.67	1:07.82	1500m:	17:02.70	1:08.95	2800m:	32:04.06	1:10.29	4100m:	47:15.19	1:09.79
300m:	3:22.90	1:08.23	1600m:	18:11.48	1:08.78	2900m:	33:13.98	1:09.92	4200m:	48:25.29	1:10.10
400m:	4:31.03	1:08.13	1700m:	19:20.52	1:09.04	3000m:	34:23.54	1:09.56	4300m:	49:35.15	1:09.86
500m:	5:38.85	1:07.82	1800m:	20:29.75	1:09.23	3100m:	35:33.84	1:10.30	4400m:	50:45.22	1:10.07
600m:	6:47.12	1:08.27	1900m:	21:38.59	1:08.84	3200m:	36:43.90	1:10.06	4500m:	51:55.53	1:10.31
700m:	7:55.10	1:07.98	2000m:	22:47.59	1:09.00	3300m:	37:54.07	1:10.17	4600m:	53:04.15	1:08.62
800m:	9:03.48	1:08.38	2100m:	23:57.38	1:09.79	3400m:	39:04.01	1:09.94	4700m:	54:13.76	1:09.61
900m:	10:11.95	1:08.47	2200m:	25:06.65	1:09.27	3500m:	40:14.04	1:10.03	4800m:	55:23.84	1:10.08
1000m:	11:20.11	1:08.16	2300m:	26:16.07	1:09.42	3600m:	41:24.24	1:10.20	4900m:	56:33.61	1:09.77
1100m:	12:28.28	1:08.17	2400m:	27:25.31	1:09.24	3700m:	42:34.51	1:10.27	5000m:	57:41.97	1:08.36
1200m:	13:36.39	1:08.11	2500m:	28:34.57	1:09.26	3800m:	43:44.51	1:10.00			
1300m:	14:44.72	1:08.33	2600m:	29:44.01	1:09.44	3900m:	44:54.94	1:10.43			

13.	Axel Guedes, Asmar	18	Sporting	**57:47.13**	587

100m:	1:06.94	1:06.94	1400m:	15:44.09	1:07.40	2700m:	30:36.52	1:09.37	4000m:	45:55.37	1:12.19
200m:	2:14.64	1:07.70	1500m:	16:52.00	1:07.91	2800m:	31:45.54	1:09.02	4100m:	47:06.69	1:11.32
300m:	3:22.56	1:07.92	1600m:	18:00.04	1:08.04	2900m:	32:55.38	1:09.84	4200m:	48:18.30	1:11.61
400m:	4:30.69	1:08.13	1700m:	19:08.41	1:08.37	3000m:	34:06.07	1:10.69	4300m:	49:29.90	1:11.60
500m:	5:38.38	1:07.69	1800m:	20:17.08	1:08.67	3100m:	35:16.97	1:10.90	4400m:	50:41.98	1:12.08
600m:	6:45.75	1:07.37	1900m:	21:25.34	1:08.26	3200m:	36:27.89	1:10.92	4500m:	51:53.76	1:11.78
700m:	7:52.89	1:07.14	2000m:	22:33.90	1:08.56	3300m:	37:38.03	1:10.14	4600m:	53:06.16	1:12.40
800m:	9:00.37	1:07.48	2100m:	23:42.63	1:08.73	3400m:	38:48.32	1:10.29	4700m:	54:18.52	1:12.36
900m:	10:07.52	1:07.15	2200m:	24:51.26	1:08.63	3500m:	39:58.85	1:10.53	4800m:	55:30.15	1:11.63
1000m:	11:14.48	1:06.96	2300m:	26:00.21	1:08.95	3600m:	41:09.31	1:10.46	4900m:	56:40.26	1:10.11
1100m:	12:21.91	1:07.43	2400m:	27:09.52	1:09.31	3700m:	42:20.39	1:11.08	5000m:	57:47.13	1:06.87
1200m:	13:29.09	1:07.18	2500m:	28:18.05	1:08.53	3800m:	43:31.65	1:11.26			
1300m:	14:36.69	1:07.60	2600m:	29:27.15	1:09.10	3900m:	44:43.18	1:11.53			

14.	Rafael Pereira, Rodrigues	17	Condeixa Aqua Clube	**57:48.87**	586

100m:	1:08.05	1:08.05	1400m:	16:03.45	1:08.25	2700m:	30:59.42	1:09.11	4000m:	46:05.19	1:10.18
200m:	2:18.07	1:10.02	1500m:	17:12.08	1:08.63	2800m:	32:08.33	1:08.91	4100m:	47:16.07	1:10.88
300m:	3:27.60	1:09.53	1600m:	18:20.61	1:08.53	2900m:	33:17.09	1:08.76	4200m:	48:25.84	1:09.77
400m:	4:37.10	1:09.50	1700m:	19:29.41	1:08.80	3000m:	34:25.41	1:08.32	4300m:	49:36.43	1:10.59
500m:	5:46.79	1:09.69	1800m:	20:38.32	1:08.91	3100m:	35:34.75	1:09.34	4400m:	50:46.56	1:10.13
600m:	6:56.31	1:09.52	1900m:	21:46.82	1:08.50	3200m:	36:44.37	1:09.62	4500m:	51:57.41	1:10.85
700m:	8:05.33	1:09.02	2000m:	22:55.70	1:08.88	3300m:	37:53.99	1:09.62	4600m:	53:07.54	1:10.13
800m:	9:14.03	1:08.70	2100m:	24:04.72	1:09.02	3400m:	39:03.28	1:09.29	4700m:	54:18.63	1:11.09
900m:	10:22.58	1:08.55	2200m:	25:13.85	1:09.13	3500m:	40:13.24	1:09.96	4800m:	55:29.87	1:11.24
1000m:	11:30.80	1:08.22	2300m:	26:22.86	1:09.01	3600m:	41:23.25	1:10.01	4900m:	56:40.20	1:10.33
1100m:	12:38.97	1:08.17	2400m:	27:32.01	1:09.15	3700m:	42:33.58	1:10.33	5000m:	57:48.87	1:08.67
1200m:	13:47.34	1:08.37	2500m:	28:41.06	1:09.05	3800m:	43:44.15	1:10.57			
1300m:	14:55.20	1:07.86	2600m:	29:50.31	1:09.25	3900m:	44:55.01	1:10.86			

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Prova 2, Masc., 5000m Livres, Open

Lugar		Idade		Tempo final	Pts
15.	Goncalo Augusto, Soares	17	Porto	**59:32.33**	536

100m:	1:09.77	1:09.77	1400m:	16:41.17	1:11.55	2700m:	32:11.05	1:11.57	4000m:	47:42.99	1:11.80
200m:	2:20.50	1:10.73	1500m:	17:52.96	1:11.79	2800m:	33:22.31	1:11.26	4100m:	48:54.22	1:11.23
300m:	3:31.51	1:11.01	1600m:	19:04.20	1:11.24	2900m:	34:34.06	1:11.75	4200m:	50:05.13	1:10.91
400m:	4:43.62	1:12.11	1700m:	20:15.86	1:11.66	3000m:	35:45.57	1:11.51	4300m:	51:16.46	1:11.33
500m:	5:55.71	1:12.09	1800m:	21:27.31	1:11.45	3100m:	36:56.74	1:11.17	4400m:	52:27.92	1:11.46
600m:	7:07.67	1:11.96	1900m:	22:38.54	1:11.23	3200m:	38:08.54	1:11.80	4500m:	53:39.34	1:11.42
700m:	8:19.55	1:11.88	2000m:	23:50.26	1:11.72	3300m:	39:20.46	1:11.92	4600m:	54:50.16	1:10.82
800m:	9:31.08	1:11.53	2100m:	25:01.63	1:11.37	3400m:	40:32.95	1:12.49	4700m:	56:01.45	1:11.29
900m:	10:42.95	1:11.87	2200m:	26:13.04	1:11.41	3500m:	41:44.47	1:11.52	4800m:	57:12.30	1:10.85
1000m:	11:54.81	1:11.86	2300m:	27:24.82	1:11.78	3600m:	42:56.01	1:11.54	4900m:	58:23.26	1:10.96
1100m:	13:06.63	1:11.82	2400m:	28:36.05	1:11.23	3700m:	44:07.51	1:11.50	5000m:	59:32.33	1:09.07
1200m:	14:18.44	1:11.81	2500m:	29:47.52	1:11.47	3800m:	45:19.07	1:11.56			
1300m:	15:29.62	1:11.18	2600m:	30:59.48	1:11.96	3900m:	46:31.19	1:12.12			

16.	Martim Cunha, Macedo	16	Natacao da Maia	**59:42.06**	532

100m:	1:06.00	1:06.00	1400m:	16:00.74	1:09.99	2700m:	31:37.27	1:13.26	4000m:	47:27.41	1:13.43
200m:	2:14.34	1:08.34	1500m:	17:11.36	1:10.62	2800m:	32:51.02	1:13.75	4100m:	48:40.78	1:13.37
300m:	3:22.68	1:08.34	1600m:	18:22.34	1:10.98	2900m:	34:04.40	1:13.38	4200m:	49:53.78	1:13.00
400m:	4:31.19	1:08.51	1700m:	19:33.40	1:11.06	3000m:	35:18.43	1:14.03	4300m:	51:06.88	1:13.10
500m:	5:39.79	1:08.60	1800m:	20:45.02	1:11.62	3100m:	36:32.72	1:14.29	4400m:	52:20.13	1:13.25
600m:	6:48.76	1:08.97	1900m:	21:56.95	1:11.93	3200m:	37:47.40	1:14.68	4500m:	53:33.38	1:13.25
700m:	7:57.79	1:09.03	2000m:	23:09.10	1:12.15	3300m:	39:02.13	1:14.73	4600m:	54:47.09	1:13.71
800m:	9:06.46	1:08.67	2100m:	24:21.31	1:12.21	3400m:	40:15.82	1:13.69	4700m:	56:01.45	1:14.36
900m:	10:14.22	1:07.76	2200m:	25:33.31	1:12.00	3500m:	41:26.71	1:10.89	4800m:	57:15.88	1:14.43
1000m:	11:22.51	1:08.29	2300m:	26:45.11	1:11.80	3600m:	42:38.35	1:11.64	4900m:	58:29.63	1:13.75
1100m:	12:31.59	1:09.08	2400m:	27:58.07	1:12.96	3700m:	43:49.48	1:11.13	5000m:	59:42.06	1:12.43
1200m:	13:41.20	1:09.61	2500m:	29:11.20	1:13.13	3800m:	45:01.19	1:11.71			
1300m:	14:50.75	1:09.55	2600m:	30:24.01	1:12.81	3900m:	46:13.98	1:12.79			

17.	Martim Chambel, Pinto	16	Adrcimm	**59:49.78**	529

100m:	1:08.48	1:08.48	1400m:	16:19.25	1:11.83	2700m:	31:53.37	1:11.62	4000m:	47:31.71	1:13.61
200m:	2:19.56	1:11.08	1500m:	17:31.65	1:12.40	2800m:	33:05.31	1:11.94	4100m:	48:44.80	1:13.09
300m:	3:28.68	1:09.12	1600m:	18:44.21	1:12.56	2900m:	34:16.99	1:11.68	4200m:	49:57.90	1:13.10
400m:	4:37.84	1:09.16	1700m:	19:56.76	1:12.55	3000m:	35:29.03	1:12.04	4300m:	51:11.21	1:13.31
500m:	5:46.81	1:08.97	1800m:	21:08.85	1:12.09	3100m:	36:40.42	1:11.39	4400m:	52:25.61	1:14.40
600m:	6:55.96	1:09.15	1900m:	22:19.92	1:11.07	3200m:	37:52.19	1:11.77	4500m:	53:40.44	1:14.83
700m:	8:04.98	1:09.02	2000m:	23:31.34	1:11.42	3300m:	39:03.42	1:11.23	4600m:	54:55.24	1:14.80
800m:	9:13.99	1:09.01	2100m:	24:43.01	1:11.67	3400m:	40:15.21	1:11.79	4700m:	56:10.20	1:14.96
900m:	10:23.13	1:09.14	2200m:	25:55.12	1:12.11	3500m:	41:27.31	1:12.10	4800m:	57:25.24	1:15.04
1000m:	11:33.50	1:10.37	2300m:	27:06.24	1:11.12	3600m:	42:39.20	1:11.89	4900m:	58:38.72	1:13.48
1100m:	12:44.23	1:10.73	2400m:	28:17.67	1:11.43	3700m:	43:51.99	1:12.79	5000m:	59:49.78	1:11.06
1200m:	13:55.34	1:11.11	2500m:	29:29.52	1:11.85	3800m:	45:05.33	1:13.34			
1300m:	15:07.42	1:12.08	2600m:	30:41.75	1:12.23	3900m:	46:18.10	1:12.77			

18.	Marco Dimitar, Oliveira	18	Cnac	**1:00:05.64**	522

100m:	1:07.43	1:07.43	1400m:	16:25.46	1:11.19	2700m:	32:04.34	1:12.70	4000m:	47:54.26	1:12.62
200m:	2:16.72	1:09.29	1500m:	17:36.82	1:11.36	2800m:	33:17.89	1:13.55	4100m:	49:07.07	1:12.81
300m:	3:26.33	1:09.61	1600m:	18:48.24	1:11.42	2900m:	34:31.31	1:13.42	4200m:	50:20.05	1:12.98
400m:	4:36.58	1:10.25	1700m:	19:59.34	1:11.10	3000m:	35:45.23	1:13.92	4300m:	51:33.77	1:13.72
500m:	5:46.88	1:10.30	1800m:	21:11.04	1:11.70	3100m:	36:58.61	1:13.38	4400m:	52:47.12	1:13.35
600m:	6:56.75	1:09.87	1900m:	22:22.69	1:11.65	3200m:	38:12.00	1:13.39	4500m:	54:00.83	1:13.71
700m:	8:06.79	1:10.04	2000m:	23:35.50	1:12.81	3300m:	39:25.22	1:13.22	4600m:	55:13.99	1:13.16
800m:	9:17.09	1:10.30	2100m:	24:48.33	1:12.83	3400m:	40:37.89	1:12.67	4700m:	56:27.42	1:13.43
900m:	10:28.18	1:11.09	2200m:	26:01.03	1:12.70	3500m:	41:51.11	1:13.22	4800m:	57:40.67	1:13.25
1000m:	11:39.47	1:11.29	2300m:	27:13.40	1:12.37	3600m:	43:03.93	1:12.82	4900m:	58:54.59	1:13.92
1100m:	12:51.31	1:11.84	2400m:	28:26.03	1:12.63	3700m:	44:16.12	1:12.19	5000m:	1:00:05.64	1:11.05
1200m:	14:02.53	1:11.22	2500m:	29:39.14	1:13.11	3800m:	45:28.42	1:12.30			
1300m:	15:14.27	1:11.74	2600m:	30:51.64	1:12.50	3900m:	46:41.64	1:13.22			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Masc., 5000m Livres, Open

Lugar		Idade		Tempo final	Pts
19.	Francisco Xavier, Rita	18	Vieirense	**1:00:53.28**	501

100m:	1:07.61	1:07.61	1400m:	16:40.76	1:11.83	2700m:	32:18.00	1:14.33	4000m:	48:20.97	1:15.71
200m:	2:19.10	1:11.49	1500m:	17:52.09	1:11.33	2800m:	33:30.42	1:12.42	4100m:	49:34.81	1:13.84
300m:	3:30.85	1:11.75	1600m:	19:02.71	1:10.62	2900m:	34:43.45	1:13.03	4200m:	50:48.88	1:14.07
400m:	4:43.05	1:12.20	1700m:	20:15.07	1:12.36	3000m:	35:56.84	1:13.39	4300m:	52:03.75	1:14.87
500m:	5:55.60	1:12.55	1800m:	21:28.36	1:13.29	3100m:	37:10.11	1:13.27	4400m:	53:20.02	1:16.27
600m:	7:07.75	1:12.15	1900m:	22:39.92	1:11.56	3200m:	38:23.47	1:13.36	4500m:	54:36.10	1:16.08
700m:	8:19.64	1:11.89	2000m:	23:52.61	1:12.69	3300m:	39:37.26	1:13.79	4600m:	55:51.49	1:15.39
800m:	9:31.27	1:11.63	2100m:	25:04.77	1:12.16	3400m:	40:51.68	1:14.42	4700m:	57:07.88	1:16.39
900m:	10:43.48	1:12.21	2200m:	26:16.27	1:11.50	3500m:	42:06.30	1:14.62	4800m:	58:23.86	1:15.98
1000m:	11:55.48	1:12.00	2300m:	27:26.64	1:10.37	3600m:	43:19.45	1:13.15	4900m:	59:39.54	1:15.68
1100m:	13:06.54	1:11.06	2400m:	28:39.50	1:12.86	3700m:	44:35.15	1:15.70	5000m:	1:00:53.28	1:13.74
1200m:	14:17.52	1:10.98	2500m:	29:51.21	1:11.71	3800m:	45:50.02	1:14.87			
1300m:	15:28.93	1:11.41	2600m:	31:03.67	1:12.46	3900m:	47:05.26	1:15.24			

20.	Miguel Lourenco, Velhinho	18	Lagoa Academico Clube	**1:01:29.13**	487

100m:	1:10.63	1:10.63	1400m:	17:09.31	1:14.03	2700m:	33:19.18	1:15.76	4000m:	49:16.44	1:14.99
200m:	2:23.05	1:12.42	1500m:	18:23.67	1:14.36	2800m:	34:33.89	1:14.71	4100m:	50:30.00	1:13.56
300m:	3:35.88	1:12.83	1600m:	19:37.68	1:14.01	2900m:	35:48.47	1:14.58	4200m:	51:43.89	1:13.89
400m:	4:49.06	1:13.18	1700m:	20:51.66	1:13.98	3000m:	37:01.85	1:13.38	4300m:	52:58.66	1:14.77
500m:	6:02.29	1:13.23	1800m:	22:05.87	1:14.21	3100m:	38:14.68	1:12.83	4400m:	54:13.25	1:14.59
600m:	7:17.01	1:14.72	1900m:	23:19.79	1:13.92	3200m:	39:26.85	1:12.17	4500m:	55:27.48	1:14.23
700m:	8:31.50	1:14.49	2000m:	24:33.31	1:13.52	3300m:	40:39.64	1:12.79	4600m:	56:42.60	1:15.12
800m:	9:45.36	1:13.86	2100m:	25:47.65	1:14.34	3400m:	41:52.77	1:13.13	4700m:	57:54.40	1:11.80
900m:	10:59.96	1:14.60	2200m:	27:02.01	1:14.36	3500m:	43:06.30	1:13.53	4800m:	59:05.18	1:10.78
1000m:	12:13.19	1:13.23	2300m:	28:17.02	1:15.01	3600m:	44:20.78	1:14.48	4900m:	1:00:17.35	1:12.17
1100m:	13:27.06	1:13.87	2400m:	29:32.36	1:15.34	3700m:	45:35.72	1:14.94	5000m:	1:01:29.13	1:11.78
1200m:	14:41.56	1:14.50	2500m:	30:47.92	1:15.56	3800m:	46:48.76	1:13.04			
1300m:	15:55.28	1:13.72	2600m:	32:03.42	1:15.50	3900m:	48:01.45	1:12.69			

DSQ Francisco Bernardes, Martelo 18 Porto
404 - Falsa partida - SW 4.4

Open, Femin.

1.	Mariana Amaral, Mendes	23	Sporting	**59:17.25**	641

100m:	1:11.86	1:11.86	1400m:	16:38.65	1:11.52	2700m:	32:02.35	1:10.97	4000m:	47:26.75	1:10.74
200m:	2:23.41	1:11.55	1500m:	17:49.54	1:10.89	2800m:	33:13.51	1:11.16	4100m:	48:38.02	1:11.27
300m:	3:34.63	1:11.22	1600m:	19:00.58	1:11.04	2900m:	34:24.64	1:11.13	4200m:	49:48.94	1:10.92
400m:	4:45.85	1:11.22	1700m:	20:11.29	1:10.71	3000m:	35:35.93	1:11.29	4300m:	51:00.10	1:11.16
500m:	5:57.06	1:11.21	1800m:	21:22.09	1:10.80	3100m:	36:47.20	1:11.27	4400m:	52:11.44	1:11.34
600m:	7:08.49	1:11.43	1900m:	22:33.04	1:10.95	3200m:	37:58.74	1:11.54	4500m:	53:22.92	1:11.48
700m:	8:19.63	1:11.14	2000m:	23:44.28	1:11.24	3300m:	39:10.09	1:11.35	4600m:	54:34.25	1:11.33
800m:	9:30.87	1:11.24	2100m:	24:55.43	1:11.15	3400m:	40:21.18	1:11.09	4700m:	55:45.79	1:11.54
900m:	10:42.20	1:11.33	2200m:	26:06.61	1:11.18	3500m:	41:32.33	1:11.15	4800m:	56:56.96	1:11.17
1000m:	11:53.61	1:11.41	2300m:	27:17.96	1:11.35	3600m:	42:43.76	1:11.43	4900m:	58:08.18	1:11.22
1100m:	13:04.92	1:11.31	2400m:	28:29.05	1:11.09	3700m:	43:54.78	1:11.02	5000m:	59:17.25	1:09.07
1200m:	14:16.13	1:11.21	2500m:	29:40.30	1:11.25	3800m:	45:05.62	1:10.84			
1300m:	15:27.13	1:11.00	2600m:	30:51.38	1:11.08	3900m:	46:16.01	1:10.39			

2.	Beatriz Nunes, Cardeal	21	Condeixa Aqua Clube	**59:37.71**	630

100m:	1:12.78	1:12.78	1300m:	15:29.94	1:11.10	2500m:	29:48.48	1:11.88	3700m:	44:10.88	1:11.08
200m:	2:25.03	1:12.25	1400m:	16:41.10	1:11.16	2600m:	31:00.21	1:11.73	3800m:	45:21.84	1:10.96
300m:	3:37.30	1:12.27	1500m:	17:52.21	1:11.11	2700m:	32:12.29	1:12.08	3900m:	46:33.13	1:11.29
400m:	4:49.08	1:11.78	1600m:	19:03.16	1:10.95	2800m:	33:24.50	1:12.21	4000m:	47:45.15	1:12.02
500m:	6:00.76	1:11.68	1700m:	20:14.36	1:11.20	2900m:	34:36.54	1:12.04	4100m:	48:56.83	1:11.68
600m:	7:11.97	1:11.21	1800m:	21:25.62	1:11.26	3000m:	35:48.48	1:11.94	4200m:	50:08.93	1:12.10
700m:	8:23.24	1:11.27	1900m:	22:37.11	1:11.49	3100m:	36:59.92	1:11.44	4300m:	51:21.26	1:12.33
800m:	9:34.29	1:11.05	2000m:	23:48.91	1:11.80	3200m:	38:11.92	1:12.00	4400m:	52:33.09	1:11.83
900m:	10:45.48	1:11.19	2100m:	25:00.79	1:11.88	3300m:	39:24.41	1:12.49	4500m:	53:44.81	1:11.72
1000m:	11:56.62	1:11.14	2200m:	26:12.83	1:12.04	3400m:	40:36.64	1:12.23	4600m:	54:56.14	1:11.33
1100m:	13:07.74	1:11.12	2300m:	27:24.66	1:11.83	3500m:	41:48.50	1:11.86	4700m:	56:07.68	1:11.54
1200m:	14:18.84	1:11.10	2400m:	28:36.60	1:11.94	3600m:	42:59.80	1:11.30	4800m:	57:18.73	1:11.05

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
PARCEIROS

Prova 2, Femin., 5000m Livres, Open

Lugar		Idade		Tempo final	Pts
4900m: 58:29.09 1:10.36 5000m: 59:37.71 1:08.62					
3.	Daniela Magalhaes, Lopes	20	Porto	**1:01:34.73**	572

100m:	1:12.67	1:12.67	1400m:	17:05.30	1:13.48	2700m:	33:02.41	1:14.16	4000m:	49:09.13	1:14.21
200m:	2:25.46	1:12.79	1500m:	18:18.99	1:13.69	2800m:	34:16.38	1:13.97	4100m:	50:23.77	1:14.64
300m:	3:38.21	1:12.75	1600m:	19:32.77	1:13.78	2900m:	35:30.09	1:13.71	4200m:	51:38.29	1:14.52
400m:	4:51.34	1:13.13	1700m:	20:46.37	1:13.60	3000m:	36:44.14	1:14.05	4300m:	52:52.64	1:14.35
500m:	6:04.41	1:13.07	1800m:	22:00.12	1:13.75	3100m:	37:58.67	1:14.53	4400m:	54:07.75	1:15.11
600m:	7:17.64	1:13.23	1900m:	23:13.72	1:13.60	3200m:	39:12.89	1:14.22	4500m:	55:22.97	1:15.22
700m:	8:31.31	1:13.67	2000m:	24:27.47	1:13.75	3300m:	40:27.16	1:14.27	4600m:	56:37.80	1:14.83
800m:	9:44.58	1:13.27	2100m:	25:40.57	1:13.10	3400m:	41:41.69	1:14.53	4700m:	57:52.64	1:14.84
900m:	10:57.44	1:12.86	2200m:	26:54.05	1:13.48	3500m:	42:56.46	1:14.77	4800m:	59:07.21	1:14.57
1000m:	12:10.79	1:13.35	2300m:	28:07.74	1:13.69	3600m:	44:10.71	1:14.25	4900m:	1:00:21.41	1:14.20
1100m:	13:24.65	1:13.86	2400m:	29:21.29	1:13.55	3700m:	45:25.62	1:14.91	5000m:	1:01:34.73	1:13.32
1200m:	14:38.18	1:13.53	2500m:	30:34.74	1:13.45	3800m:	46:40.52	1:14.90			
1300m:	15:51.82	1:13.64	2600m:	31:48.25	1:13.51	3900m:	47:54.92	1:14.40			

4. Mafalda Martins, Mesquita 18 Famalicão **1:02:19.45** 552

100m:	1:13.26	1:13.26	1400m:	17:27.52	1:14.92	2700m:	33:45.76	1:15.90	4000m:	49:59.70	1:14.53
200m:	2:27.25	1:13.99	1500m:	18:42.36	1:14.84	2800m:	35:01.24	1:15.48	4100m:	51:14.40	1:14.70
300m:	3:42.21	1:14.96	1600m:	19:57.31	1:14.95	2900m:	36:16.64	1:15.40	4200m:	52:29.34	1:14.94
400m:	4:56.92	1:14.71	1700m:	21:11.92	1:14.61	3000m:	37:31.93	1:15.29	4300m:	53:44.20	1:14.86
500m:	6:11.74	1:14.82	1800m:	22:26.62	1:14.70	3100m:	38:46.91	1:14.98	4400m:	54:58.80	1:14.60
600m:	7:26.31	1:14.57	1900m:	23:41.92	1:15.30	3200m:	40:02.30	1:15.39	4500m:	56:13.05	1:14.25
700m:	8:41.25	1:14.94	2000m:	24:57.25	1:15.33	3300m:	41:17.04	1:14.74	4600m:	57:27.39	1:14.34
800m:	9:56.10	1:14.85	2100m:	26:12.29	1:15.04	3400m:	42:31.87	1:14.83	4700m:	58:41.65	1:14.26
900m:	11:11.27	1:15.17	2200m:	27:27.53	1:15.24	3500m:	43:46.44	1:14.57	4800m:	59:55.52	1:13.87
1000m:	12:26.35	1:15.08	2300m:	28:43.01	1:15.48	3600m:	45:01.16	1:14.72	4900m:	1:01:08.74	1:13.22
1100m:	13:41.50	1:15.15	2400m:	29:58.50	1:15.49	3700m:	46:16.16	1:15.00	5000m:	1:02:19.45	1:10.71
1200m:	14:57.09	1:15.59	2500m:	31:14.26	1:15.76	3800m:	47:30.60	1:14.44			
1300m:	16:12.60	1:15.51	2600m:	32:29.86	1:15.60	3900m:	48:45.17	1:14.57			

5. Marta Lima, Pimentel 21 Colegio Efanor **1:03:00.68** 534

100m:	1:12.44	1:12.44	1400m:	17:24.01	1:15.06	2700m:	33:46.15	1:16.04	4000m:	50:14.01	1:16.33
200m:	2:26.49	1:14.05	1500m:	18:38.64	1:14.63	2800m:	35:01.87	1:15.72	4100m:	51:30.57	1:16.56
300m:	3:40.80	1:14.31	1600m:	19:54.08	1:15.44	2900m:	36:17.53	1:15.66	4200m:	52:46.85	1:16.28
400m:	4:55.34	1:14.54	1700m:	21:09.54	1:15.46	3000m:	37:33.02	1:15.49	4300m:	54:03.59	1:16.74
500m:	6:09.65	1:14.31	1800m:	22:24.88	1:15.34	3100m:	38:48.97	1:15.95	4400m:	55:20.71	1:17.12
600m:	7:24.45	1:14.80	1900m:	23:40.41	1:15.53	3200m:	40:04.55	1:15.58	4500m:	56:37.96	1:17.25
700m:	8:39.22	1:14.77	2000m:	24:55.95	1:15.54	3300m:	41:20.23	1:15.68	4600m:	57:54.79	1:16.83
800m:	9:54.30	1:15.08	2100m:	26:11.67	1:15.72	3400m:	42:36.30	1:16.07	4700m:	59:12.27	1:17.48
900m:	11:09.25	1:14.95	2200m:	27:27.33	1:15.66	3500m:	43:52.25	1:15.95	4800m:	1:00:29.45	1:17.18
1000m:	12:24.37	1:15.12	2300m:	28:42.88	1:15.55	3600m:	45:08.39	1:16.14	4900m:	1:01:46.10	1:16.65
1100m:	13:38.95	1:14.58	2400m:	29:58.65	1:15.77	3700m:	46:24.79	1:16.40	5000m:	1:03:00.68	1:14.58
1200m:	14:53.98	1:15.03	2500m:	31:14.39	1:15.74	3800m:	47:41.31	1:16.52			
1300m:	16:08.95	1:14.97	2600m:	32:30.11	1:15.72	3900m:	48:57.68	1:16.37			

6. Sara Sofia, Alves 18 Palmela Desporto **1:03:05.90** 532

100m:	1:13.02	1:13.02	1400m:	17:28.85	1:15.26	2700m:	33:57.88	1:16.51	4000m:	50:21.86	1:16.22
200m:	2:27.58	1:14.56	1500m:	18:44.28	1:15.43	2800m:	35:13.19	1:15.31	4100m:	51:37.92	1:16.06
300m:	3:42.47	1:14.89	1600m:	19:59.83	1:15.55	2900m:	36:28.63	1:15.44	4200m:	52:54.27	1:16.35
400m:	4:57.25	1:14.78	1700m:	21:15.86	1:16.03	3000m:	37:43.95	1:15.32	4300m:	54:10.06	1:15.79
500m:	6:12.02	1:14.77	1800m:	22:31.69	1:15.83	3100m:	38:59.08	1:15.13	4400m:	55:26.06	1:16.00
600m:	7:27.35	1:15.33	1900m:	23:48.05	1:16.36	3200m:	40:14.69	1:15.61	4500m:	56:43.01	1:16.95
700m:	8:42.25	1:14.90	2000m:	25:04.19	1:16.14	3300m:	41:30.15	1:15.46	4600m:	57:59.88	1:16.87
800m:	9:57.24	1:14.99	2100m:	26:20.07	1:15.88	3400m:	42:46.06	1:15.91	4700m:	59:16.53	1:16.65
900m:	11:12.82	1:15.58	2200m:	27:35.60	1:15.53	3500m:	44:02.01	1:15.95	4800m:	1:00:34.16	1:17.63
1000m:	12:28.01	1:15.19	2300m:	28:51.32	1:15.72	3600m:	45:17.80	1:15.79	4900m:	1:01:51.32	1:17.16
1100m:	13:43.37	1:15.36	2400m:	30:07.83	1:16.51	3700m:	46:33.55	1:15.75	5000m:	1:03:05.90	1:14.58
1200m:	14:58.59	1:15.22	2500m:	31:24.44	1:16.61	3800m:	47:49.72	1:16.17			
1300m:	16:13.59	1:15.00	2600m:	32:41.37	1:16.93	3900m:	49:05.64	1:15.92			

ORGANIZAÇÃO PATROCINADOR OFICIAL PARCEIROS INSTITUCIONAIS PARCEIROS

Prova 2, Femin., 5000m Livres, Open

Lugar		Idade		Tempo final	Pts
7.	Leonor Castanho, Santos	18	Sporting	**1:03:13.04**	529

100m:	1:13.09	1:13.09	1400m:	17:36.94	1:15.37	2700m:	33:57.31	1:15.02	4000m:	50:26.65	1:16.32
200m:	2:28.43	1:15.34	1500m:	18:52.58	1:15.64	2800m:	35:13.04	1:15.73	4100m:	51:42.34	1:15.69
300m:	3:43.85	1:15.42	1600m:	20:08.06	1:15.48	2900m:	36:28.46	1:15.42	4200m:	52:57.80	1:15.46
400m:	4:59.61	1:15.76	1700m:	21:24.01	1:15.95	3000m:	37:44.47	1:16.01	4300m:	54:14.00	1:16.20
500m:	6:15.40	1:15.79	1800m:	22:39.63	1:15.62	3100m:	38:59.92	1:15.45	4400m:	55:31.22	1:17.22
600m:	7:30.96	1:15.56	1900m:	23:55.65	1:16.02	3200m:	40:15.54	1:15.62	4500m:	56:48.63	1:17.41
700m:	8:46.78	1:15.82	2000m:	25:11.52	1:15.87	3300m:	41:32.10	1:16.56	4600m:	58:06.16	1:17.53
800m:	10:02.33	1:15.55	2100m:	26:26.23	1:14.71	3400m:	42:48.25	1:16.15	4700m:	59:23.93	1:17.77
900m:	11:18.05	1:15.72	2200m:	27:41.11	1:14.88	3500m:	44:04.71	1:16.46	4800m:	1:00:41.23	1:17.30
1000m:	12:34.40	1:16.35	2300m:	28:56.21	1:15.10	3600m:	45:20.79	1:16.08	4900m:	1:01:58.25	1:17.02
1100m:	13:50.58	1:16.18	2400m:	30:11.56	1:15.35	3700m:	46:36.78	1:15.99	5000m:	1:03:13.04	1:14.79
1200m:	15:06.02	1:15.44	2500m:	31:26.99	1:15.43	3800m:	47:53.66	1:16.88			
1300m:	16:21.57	1:15.55	2600m:	32:42.29	1:15.30	3900m:	49:10.33	1:16.67			

8.	Maria Carvalho, Pinto	16	Viana Natacao	**1:04:20.86**	501

100m:	1:13.50	1:13.50	1400m:	17:37.85	1:15.34	2700m:	34:11.68	1:17.31	4000m:	51:09.44	1:19.03
200m:	2:28.85	1:15.35	1500m:			2800m:	35:29.29	1:17.61	4100m:	52:28.82	1:19.38
300m:	3:44.37	1:15.52	1600m:	20:08.44		2900m:	36:47.33	1:18.04	4200m:	53:47.99	1:19.17
400m:	5:00.60	1:16.23	1700m:	21:24.32	1:15.88	3000m:	38:05.32	1:17.99	4300m:	55:07.33	1:19.34
500m:	6:16.96	1:16.36	1800m:	22:39.75	1:15.43	3100m:	39:23.19	1:17.87	4400m:	56:27.38	1:20.05
600m:	7:32.87	1:15.91	1900m:	23:56.37	1:16.62	3200m:	40:41.01	1:17.82	4500m:	57:47.06	1:19.68
700m:	8:48.80	1:15.93	2000m:	25:13.19	1:16.82	3300m:	41:58.83	1:17.82	4600m:	59:06.71	1:19.65
800m:	10:04.43	1:15.63	2100m:	26:29.64	1:16.45	3400m:	43:16.90	1:18.07	4700m:	1:00:25.12	1:18.41
900m:	11:20.06	1:15.63	2200m:	27:46.34	1:16.70	3500m:	44:35.79	1:18.89	4800m:	1:01:44.54	1:19.42
1000m:	12:35.61	1:15.55	2300m:	29:03.56	1:17.22	3600m:	45:54.20	1:18.41	4900m:	1:03:03.56	1:19.02
1100m:	13:51.36	1:15.75	2400m:	30:20.69	1:17.13	3700m:	47:12.94	1:18.74	5000m:	1:04:20.86	1:17.30
1200m:	15:06.89	1:15.53	2500m:	31:37.78	1:17.09	3800m:	48:31.59	1:18.65			
1300m:	16:22.51	1:15.62	2600m:	32:54.37	1:16.59	3900m:	49:50.41	1:18.82			

9.	Beatriz Alves, Ambrus	16	Porto	**1:04:31.29**	497

100m:	1:14.99	1:14.99	1400m:	17:38.94	1:16.28	2700m:	34:30.88	1:18.64	4000m:	51:33.43	1:18.43
200m:	2:29.65	1:14.66	1500m:	18:55.93	1:16.99	2800m:	35:50.02	1:19.14	4100m:	52:52.00	1:18.57
300m:	3:44.97	1:15.32	1600m:	20:13.04	1:17.11	2900m:	37:09.04	1:19.02	4200m:	54:11.04	1:19.04
400m:	5:00.15	1:15.18	1700m:	21:30.42	1:17.38	3000m:	38:27.03	1:17.99	4300m:	55:29.67	1:18.63
500m:	6:15.65	1:15.50	1800m:	22:47.89	1:17.47	3100m:	39:44.67	1:17.64	4400m:	56:47.05	1:17.38
600m:	7:30.89	1:15.24	1900m:	24:05.63	1:17.74	3200m:	41:03.05	1:18.38	4500m:	58:04.96	1:17.91
700m:	8:46.21	1:15.32	2000m:	25:23.42	1:17.79	3300m:	42:21.55	1:18.50	4600m:	59:22.09	1:17.13
800m:	10:01.38	1:15.17	2100m:	26:41.04	1:17.62	3400m:	43:40.84	1:19.29	4700m:	1:00:39.39	1:17.30
900m:	11:16.82	1:15.44	2200m:	27:58.88	1:17.84	3500m:	44:59.67	1:18.83	4800m:	1:01:56.99	1:17.60
1000m:	12:33.00	1:16.18	2300m:	29:16.94	1:18.06	3600m:	46:18.23	1:18.56	4900m:	1:03:14.93	1:17.94
1100m:	13:49.51	1:16.51	2400m:	30:35.27	1:18.33	3700m:	47:37.96	1:19.73	5000m:	1:04:31.29	1:16.36
1200m:	15:06.03	1:16.52	2500m:	31:53.53	1:18.26	3800m:	48:56.77	1:18.81			
1300m:	16:22.66	1:16.63	2600m:	33:12.24	1:18.71	3900m:	50:15.00	1:18.23			

10.	Francisca Martingo, Ricardo	16	Porto	**1:04:41.56**	493

100m:	1:12.51	1:12.51	1400m:	17:46.01	1:16.54	2700m:	34:34.28	1:17.31	4000m:	51:36.99	1:19.13
200m:	2:27.78	1:15.27	1500m:	19:02.86	1:16.85	2800m:	35:52.03	1:17.75	4100m:	52:56.03	1:19.04
300m:	3:42.85	1:15.07	1600m:	20:20.33	1:17.47	2900m:	37:10.16	1:18.13	4200m:	54:14.96	1:18.93
400m:	4:58.81	1:15.96	1700m:	21:37.64	1:17.31	3000m:	38:28.66	1:18.50	4300m:	55:34.17	1:19.21
500m:	6:14.91	1:16.10	1800m:	22:55.38	1:17.74	3100m:	39:47.16	1:18.50	4400m:	56:53.38	1:19.21
600m:	7:31.36	1:16.45	1900m:	24:12.92	1:17.54	3200m:	41:06.25	1:19.09	4500m:	58:12.50	1:19.12
700m:	8:48.09	1:16.73	2000m:	25:31.37	1:18.45	3300m:	42:25.02	1:18.77	4600m:	59:31.27	1:18.77
800m:	10:04.72	1:16.63	2100m:	26:48.69	1:17.32	3400m:	43:44.20	1:19.18	4700m:	1:00:49.81	1:18.54
900m:	11:21.47	1:16.75	2200m:	28:06.82	1:18.13	3500m:	45:04.15	1:19.95	4800m:	1:02:07.94	1:18.13
1000m:	12:38.81	1:17.34	2300m:	29:24.29	1:17.47	3600m:	46:23.36	1:19.21	4900m:	1:03:25.82	1:17.88
1100m:	13:55.34	1:16.53	2400m:	30:41.85	1:17.56	3700m:	47:41.14	1:17.78	5000m:	1:04:41.56	1:15.74
1200m:	15:12.57	1:17.23	2500m:	31:59.46	1:17.61	3800m:	48:59.29	1:18.15			
1300m:	16:29.47	1:16.90	2600m:	33:16.97	1:17.51	3900m:	50:17.86	1:18.57			

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
PARCEIROS

Prova 2, Femin., 5000m Livres, Open

Lugar		Idade		Tempo final	Pts
11.	Madalena Valente, Moreira	16	Colegio Efanor	**1:06:04.50**	463

100m:	1:12.93	1:12.93	1400m:	17:41.83	1:17.72	2700m:	34:57.57	1:21.46	4000m:	52:35.95	1:21.52
200m:	2:27.34	1:14.41	1500m:	18:59.92	1:18.09	2800m:	36:18.03	1:20.46	4100m:	53:56.51	1:20.56
300m:	3:42.07	1:14.73	1600m:	20:18.33	1:18.41	2900m:	37:39.18	1:21.15	4200m:	55:17.59	1:21.08
400m:	4:56.54	1:14.47	1700m:	21:36.65	1:18.32	3000m:	39:00.25	1:21.07	4300m:	56:37.92	1:20.33
500m:	6:12.08	1:15.54	1800m:	22:55.38	1:18.73	3100m:	40:21.24	1:20.99	4400m:	57:58.59	1:20.67
600m:	7:28.19	1:16.11	1900m:	24:14.37	1:18.99	3200m:	41:42.06	1:20.82	4500m:	59:21.14	1:22.55
700m:	8:45.50	1:17.31	2000m:	25:34.50	1:20.13	3300m:	43:04.02	1:21.96	4600m:	1:00:42.78	1:21.64
800m:	10:01.64	1:16.14	2100m:	26:54.42	1:19.92	3400m:	44:24.85	1:20.83	4700m:	1:02:04.77	1:21.99
900m:	11:18.03	1:16.39	2200m:	28:13.79	1:19.37	3500m:	45:46.87	1:22.02	4800m:	1:03:25.65	1:20.88
1000m:	12:34.56	1:16.53	2300m:	29:33.49	1:19.70	3600m:	47:08.39	1:21.52	4900m:	1:04:45.77	1:20.12
1100m:	13:51.19	1:16.63	2400m:	30:54.23	1:20.74	3700m:	48:30.12	1:21.73	5000m:	1:06:04.50	1:18.73
1200m:	15:07.76	1:16.57	2500m:	32:14.94	1:20.71	3800m:	49:52.11	1:21.99			
1300m:	16:24.11	1:16.35	2600m:	33:36.11	1:21.17	3900m:	51:14.43	1:22.32			

12.	Margarida Santos, Botelho	18	Naval Setubalense	**1:06:19.88**	458

100m:	1:16.10	1:16.10	1400m:	18:36.68	1:20.21	2700m:	35:53.61	1:18.96	4000m:	53:14.22	1:19.91
200m:	2:36.12	1:20.02	1500m:	19:56.86	1:20.18	2800m:	37:12.94	1:19.33	4100m:	54:34.58	1:20.36
300m:	3:56.42	1:20.30	1600m:	21:16.66	1:19.80	2900m:	38:33.50	1:20.56	4200m:	55:53.86	1:19.28
400m:	5:16.85	1:20.43	1700m:	22:36.74	1:20.08	3000m:	39:53.78	1:20.28	4300m:	57:13.79	1:19.93
500m:	6:36.86	1:20.01	1800m:	23:57.52	1:20.78	3100m:	41:14.59	1:20.81	4400m:	58:33.60	1:19.81
600m:	7:57.15	1:20.29	1900m:	25:17.45	1:19.93	3200m:	42:35.23	1:20.64	4500m:	59:52.26	1:18.66
700m:	9:16.54	1:19.39	2000m:	26:36.99	1:19.54	3300m:	43:55.15	1:19.92	4600m:	1:01:11.07	1:18.81
800m:	10:36.43	1:19.89	2100m:	27:56.16	1:19.17	3400m:	45:15.14	1:19.99	4700m:	1:02:29.86	1:18.79
900m:	11:55.94	1:19.51	2200m:	29:15.55	1:19.39	3500m:	46:34.86	1:19.72	4800m:	1:03:48.80	1:18.94
1000m:	13:15.71	1:19.77	2300m:	30:35.67	1:20.12	3600m:	47:54.14	1:19.28	4900m:	1:05:06.95	1:18.15
1100m:	14:35.95	1:20.24	2400m:	31:55.74	1:20.07	3700m:	49:14.98	1:20.84	5000m:	1:06:19.88	1:12.93
1200m:	15:56.19	1:20.24	2500m:	33:15.77	1:20.03	3800m:	50:34.81	1:19.83			
1300m:	17:16.47	1:20.28	2600m:	34:34.65	1:18.88	3900m:	51:54.31	1:19.50			

13.	Mia Alena, Werum	18	Lagoa Academico Clube	**1:08:07.76**	422

100m:	1:14.36	1:14.36	1400m:	18:47.89	1:22.32	2700m:	36:30.18	1:22.34	4000m:	54:24.47	1:22.62
200m:	2:33.47	1:19.11	1500m:	20:09.81	1:21.92	2800m:	37:52.26	1:22.08	4100m:	55:47.50	1:23.03
300m:	3:53.38	1:19.91	1600m:	21:31.91	1:22.10	2900m:	39:14.34	1:22.08	4200m:	57:10.27	1:22.77
400m:	5:13.86	1:20.48	1700m:	22:53.75	1:21.84	3000m:	40:35.53	1:21.19	4300m:	58:34.05	1:23.78
500m:	6:35.03	1:21.17	1800m:	24:15.80	1:22.05	3100m:	41:57.79	1:22.26	4400m:	59:57.40	1:23.35
600m:	7:55.87	1:20.84	1900m:	25:37.22	1:21.42	3200m:	43:19.75	1:21.96	4500m:	1:01:20.20	1:22.80
700m:	9:16.74	1:20.87	2000m:	26:58.00	1:20.78	3300m:	44:42.05	1:22.30	4600m:	1:02:43.08	1:22.88
800m:	10:37.92	1:21.18	2100m:	28:19.10	1:21.10	3400m:	46:05.00	1:22.95	4700m:	1:04:05.75	1:22.67
900m:	11:58.95	1:21.03	2200m:	29:40.61	1:21.51	3500m:	47:29.40	1:24.40	4800m:	1:05:28.47	1:22.72
1000m:	13:19.53	1:20.58	2300m:	31:02.07	1:21.46	3600m:	48:52.81	1:23.41	4900m:	1:06:50.08	1:21.61
1100m:	14:41.30	1:21.77	2400m:	32:23.15	1:21.08	3700m:	50:15.94	1:23.13	5000m:	1:08:07.76	1:17.68
1200m:	16:03.27	1:21.97	2500m:	33:45.51	1:22.36	3800m:	51:38.75	1:22.81			
1300m:	17:25.57	1:22.30	2600m:	35:07.84	1:22.33	3900m:	53:01.85	1:23.10			

14.	Carolina Correia, Martins	16	Porto	**1:08:15.36**	420

100m:	1:18.05	1:18.05	1400m:	18:47.19	1:21.06	2700m:	36:40.55	1:23.08	4000m:	54:40.56	1:23.42
200m:	2:38.26	1:20.21	1500m:	20:08.83	1:21.64	2800m:	38:03.16	1:22.61	4100m:	56:04.45	1:23.89
300m:	3:58.78	1:20.52	1600m:	21:30.52	1:21.69	2900m:	39:26.03	1:22.87	4200m:	57:27.62	1:23.17
400m:	5:19.58	1:20.80	1700m:	22:53.68	1:23.16	3000m:	40:49.31	1:23.28	4300m:	58:50.20	1:22.58
500m:	6:40.01	1:20.43	1800m:	24:15.49	1:21.81	3100m:	42:11.64	1:22.33	4400m:	1:00:12.55	1:22.35
600m:	8:01.12	1:21.11	1900m:	25:37.74	1:22.25	3200m:	43:34.85	1:23.21	4500m:	1:01:34.51	1:21.96
700m:	9:21.40	1:20.28	2000m:	27:00.69	1:22.95	3300m:	44:57.37	1:22.52	4600m:	1:02:56.52	1:22.01
800m:	10:41.78	1:20.38	2100m:	28:23.86	1:23.17	3400m:	46:19.85	1:22.48	4700m:	1:04:18.04	1:21.52
900m:	12:02.54	1:20.76	2200m:	29:46.67	1:22.81	3500m:	47:43.33	1:23.48	4800m:	1:05:38.57	1:20.53
1000m:	13:23.41	1:20.87	2300m:	31:08.90	1:22.23	3600m:	49:06.90	1:23.57	4900m:	1:06:58.28	1:19.71
1100m:	14:44.62	1:21.21	2400m:	32:32.46	1:23.56	3700m:	50:30.68	1:23.78	5000m:	1:08:15.36	1:17.08
1200m:	16:05.80	1:21.18	2500m:	33:54.59	1:22.13	3800m:	51:54.30	1:23.62			
1300m:	17:26.13	1:20.33	2600m:	35:17.47	1:22.88	3900m:	53:17.14	1:22.84			

ORGANIZAÇÃO
PATROCINADOR OFICIAL
PARCEIROS INSTITUCIONAIS
PARCEIROS

Prova 2, Femin., 5000m Livres, Open

Lugar		Idade		Tempo final	Pts
15.	Clara Alexandra, Vicente	16	Lagoa Academico Clube	**1:08:42.70**	412

100m:	1:16.25	1:16.25	1400m:	18:41.52	1:21.90	2700m:	36:41.22	1:23.46	4000m:	54:49.66	1:24.89
200m:	2:35.54	1:19.29	1500m:	20:03.92	1:22.40	2800m:	38:04.58	1:23.36	4100m:	56:14.35	1:24.69
300m:	3:55.15	1:19.61	1600m:	21:26.39	1:22.47	2900m:	39:27.57	1:22.99	4200m:	57:38.74	1:24.39
400m:	5:14.17	1:19.02	1700m:	22:48.22	1:21.83	3000m:	40:50.09	1:22.52	4300m:	59:03.28	1:24.54
500m:	6:34.08	1:19.91	1800m:	24:11.22	1:23.00	3100m:	42:12.71	1:22.62	4400m:	1:00:27.55	1:24.27
600m:	7:54.57	1:20.49	1900m:	25:34.68	1:23.46	3200m:	43:36.04	1:23.33	4500m:	1:01:51.74	1:24.19
700m:	9:14.85	1:20.28	2000m:	26:58.02	1:23.34	3300m:	44:59.78	1:23.74	4600m:	1:03:15.19	1:23.45
800m:	10:34.76	1:19.91	2100m:	28:21.41	1:23.39	3400m:	46:23.73	1:23.95	4700m:	1:04:38.70	1:23.51
900m:	11:55.33	1:20.57	2200m:	29:44.95	1:23.54	3500m:	47:47.84	1:24.11	4800m:	1:06:01.81	1:23.11
1000m:	13:15.56	1:20.23	2300m:	31:08.32	1:23.37	3600m:	49:11.62	1:23.78	4900m:	1:07:24.22	1:22.41
1100m:	14:36.71	1:21.15	2400m:	32:31.40	1:23.08	3700m:	50:35.76	1:24.14	5000m:	1:08:42.70	1:18.48
1200m:	15:58.22	1:21.51	2500m:	33:54.96	1:23.56	3800m:	52:00.44	1:24.68			
1300m:	17:19.62	1:21.40	2600m:	35:17.76	1:22.80	3900m:	53:24.77	1:24.33			

16.	Marta Rebelo, Sousa	16	Porto	**1:09:45.84**	393

100m:	1:18.63	1:18.63	1400m:	19:12.96	1:23.15	2700m:	37:24.80	1:23.91	4000m:	55:47.96	1:23.90
200m:	2:39.96	1:21.33	1500m:	20:36.84	1:23.88	2800m:	38:50.02	1:25.22	4100m:	57:12.22	1:24.26
300m:	4:01.83	1:21.87	1600m:	22:00.49	1:23.65	2900m:	40:14.80	1:24.78	4200m:	58:36.88	1:24.66
400m:	5:24.09	1:22.26	1700m:	23:23.14	1:22.65	3000m:	41:39.78	1:24.98	4300m:	1:00:00.74	1:23.86
500m:	6:46.50	1:22.41	1800m:	24:47.35	1:24.21	3100m:	43:04.81	1:25.03	4400m:	1:01:24.71	1:23.97
600m:	8:09.27	1:22.77	1900m:	26:11.49	1:24.14	3200m:	44:29.46	1:24.65	4500m:	1:02:48.70	1:23.99
700m:	9:31.98	1:22.71	2000m:	27:35.68	1:24.19	3300m:	45:54.72	1:25.26	4600m:	1:04:13.34	1:24.64
800m:	10:54.95	1:22.97	2100m:	28:59.72	1:24.04	3400m:	47:19.93	1:25.21	4700m:	1:05:37.03	1:23.69
900m:	12:17.71	1:22.76	2200m:	30:23.48	1:23.76	3500m:	48:44.80	1:24.87	4800m:	1:07:00.59	1:23.56
1000m:	13:41.12	1:23.41	2300m:	31:47.54	1:24.06	3600m:	50:09.21	1:24.41	4900m:	1:08:23.73	1:23.14
1100m:	15:04.04	1:22.92	2400m:	33:11.70	1:24.16	3700m:	51:33.60	1:24.39	5000m:	1:09:45.84	1:22.11
1200m:	16:26.93	1:22.89	2500m:	34:36.37	1:24.67	3800m:	52:58.82	1:25.22			
1300m:	17:49.81	1:22.88	2600m:	36:00.89	1:24.52	3900m:	54:24.06	1:25.24			

17.	Maria Joao, Costa	16	Bombeiros Ribeira Grande	**1:12:12.15**	355

100m:	1:17.64	1:17.64	1400m:	19:41.03	1:25.15	2700m:	38:23.95	1:26.93	4000m:	57:42.91	1:29.83
200m:	2:39.32	1:21.68	1500m:	21:07.05	1:26.02	2800m:	39:52.18	1:28.23	4100m:	59:11.35	1:28.44
300m:	4:01.94	1:22.62	1600m:	22:31.92	1:24.87	2900m:	41:20.47	1:28.29	4200m:	1:00:40.86	1:29.51
400m:	5:26.36	1:24.42	1700m:	23:57.22	1:25.30	3000m:	42:49.07	1:28.60	4300m:	1:02:06.76	1:25.90
500m:	6:50.80	1:24.44	1800m:	25:23.58	1:26.36	3100m:	44:18.03	1:28.96	4400m:	1:03:33.95	1:27.19
600m:	8:15.62	1:24.82	1900m:	26:49.33	1:25.75	3200m:	45:46.49	1:28.46	4500m:	1:05:00.99	1:27.04
700m:	9:40.85	1:25.23	2000m:	28:15.88	1:26.55	3300m:	47:15.81	1:29.32	4600m:	1:06:28.26	1:27.27
800m:	11:06.40	1:25.55	2100m:	29:42.35	1:26.47	3400m:	48:45.43	1:29.62	4700m:	1:07:54.45	1:26.19
900m:	12:32.78	1:26.38	2200m:	31:08.19	1:25.84	3500m:	50:14.85	1:29.42	4800m:	1:09:21.36	1:26.91
1000m:	13:58.18	1:25.40	2300m:	32:35.54	1:27.35	3600m:	51:42.68	1:27.83	4900m:	1:10:47.40	1:26.04
1100m:	15:23.73	1:25.55	2400m:	34:01.57	1:26.03	3700m:	53:12.92	1:30.24	5000m:	1:12:12.15	1:24.75
1200m:	16:50.10	1:26.37	2500m:	35:28.68	1:27.11	3800m:	54:42.68	1:29.76			
1300m:	18:15.88	1:25.78	2600m:	36:57.02	1:28.34	3900m:	56:13.08	1:30.40			

18.	Catarina Baptista, Melo	18	Bombeiros Ribeira Grande	**1:14:43.34**	320

100m:	1:16.91	1:16.91	1400m:	19:57.79	1:28.11	2700m:	39:22.47	1:30.01	4000m:	59:31.81	1:32.45
200m:	2:38.38	1:21.47	1500m:	21:25.75	1:27.96	2800m:	40:54.55	1:32.08	4100m:	1:01:02.52	1:30.71
300m:	4:01.78	1:23.40	1600m:	22:53.37	1:27.62	2900m:	42:26.16	1:31.61	4200m:	1:02:33.60	1:31.08
400m:	5:26.07	1:24.29	1700m:	24:21.21	1:27.84	3000m:	43:58.94	1:32.78	4300m:	1:04:04.24	1:30.64
500m:	6:52.04	1:25.97	1800m:	25:49.01	1:27.80	3100m:	45:32.64	1:33.70	4400m:	1:05:36.66	1:32.42
600m:	8:18.43	1:26.39	1900m:	27:17.95	1:28.94	3200m:	47:05.44	1:32.80	4500m:	1:07:09.44	1:32.78
700m:	9:44.29	1:25.86	2000m:	28:46.18	1:28.23	3300m:	48:36.93	1:31.49	4600m:	1:08:42.41	1:32.97
800m:	11:10.44	1:26.15	2100m:	30:14.97	1:28.79	3400m:	50:11.00	1:34.07	4700m:	1:10:13.48	1:31.07
900m:	12:37.58	1:27.14	2200m:	31:45.30	1:30.33	3500m:	51:45.31	1:34.31	4800m:	1:11:44.24	1:30.76
1000m:	14:05.95	1:28.37	2300m:	33:16.46	1:31.16	3600m:	53:19.01	1:33.70	4900m:		
1100m:	15:34.98	1:29.03	2400m:	34:49.23	1:32.77	3700m:	54:52.81	1:33.80	5000m:	1:14:43.34	
1200m:	17:00.61	1:25.63	2500m:	36:19.56	1:30.33	3800m:	56:27.61	1:34.80			
1300m:	18:29.68	1:29.07	2600m:	37:52.46	1:32.90	3900m:	57:59.36	1:31.75			

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