

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno  
Coimbra, 21 - 23/3/2025

Prova 1 Masc., 1500m Livres 14 anos e mais velhos  
21/03/2025 - 10:00 Resultados

Rec Nacionais Open	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Rec Nacionais Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Rec Nacionais Jun 18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nacionais Jun 17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SGP)	30/08/2015
Rec Nacionais Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nacionais Juv B	16:11.75	Rui Silva, PEREIRA	POR	Coimbra	27/05/2023
Rec Nacionais Inf A	16:43.48	Pedro Fontoura, OLIVEIRA	CFB	Rio Maior	19/06/2004

TA SEN-MASC Sen: 19:07.58 / TA JUN-MASC Jun: 19:41.83 / TA JUVA-MASC Juv A: 20:16.08 / TA JUVB-MASC Juv B: 20:44.64

Pontos: AQUA 2024

Lugar Ano Tempo final Pts

Juv B

1. Tomas Manuel, PALMEIRO	10	Nautico Marinha Grande	<b>18:30.85</b>	482
100m: 1:06.37 1:06.37	500m: 6:06.20 1:15.86	900m: 11:07.55 1:15.39	1300m: 16:07.40 1:14.49	
200m: 2:20.01 1:13.64	600m: 7:21.89 1:15.69	1000m: 12:22.97 1:15.42	1400m: 17:21.15 1:13.75	
300m: 3:35.06 1:15.05	700m: 8:37.36 1:15.47	1100m: 13:38.47 1:15.50	1500m: 18:30.85 1:09.70	
400m: 4:50.34 1:15.28	800m: 9:52.16 1:14.80	1200m: 14:52.91 1:14.44		
2. Antonio Barros, NEVES	10	Sporting de Espinho	<b>21:50.42</b>	293
<i>FTL</i>				
100m: 1:15.34 1:15.34	500m: 7:03.18 1:28.52	900m: 12:59.32 1:30.22	1300m: 18:58.61 1:29.01	
200m: 2:40.45 1:25.11	600m: 8:31.14 1:27.96	1000m: 14:29.74 1:30.42	1400m: 20:26.35 1:27.74	
300m: 4:07.06 1:26.61	700m: 10:00.07 1:28.93	1100m: 15:59.67 1:29.93	1500m: 21:50.42 1:24.07	
400m: 5:34.66 1:27.60	800m: 11:29.10 1:29.03	1200m: 17:29.60 1:29.93		

Juv A

1. Paulo, KOT	09	Nautico Marinha Grande	<b>16:53.15</b>	635
100m: 1:01.58 1:01.58	500m: 5:32.40 1:08.24	900m: 10:06.49 1:08.56	1300m: 14:39.94 1:08.60	
200m: 2:08.64 1:07.06	600m: 6:40.71 1:08.31	1000m: 11:14.54 1:08.05	1400m: 15:48.36 1:08.42	
300m: 3:15.98 1:07.34	700m: 7:49.24 1:08.53	1100m: 12:22.56 1:08.02	1500m: 16:53.15 1:04.79	
400m: 4:24.16 1:08.18	800m: 8:57.93 1:08.69	1200m: 13:31.34 1:08.78		
2. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	<b>18:24.16</b>	490
100m: 1:06.99 1:06.99	500m: 5:53.11 1:12.36	900m: 10:47.18 1:14.86	1300m: 15:52.42 1:16.38	
200m: 2:17.23 1:10.24	600m: 7:06.79 1:13.68	1000m: 12:02.85 1:15.67	1400m: 17:09.87 1:17.45	
300m: 3:28.13 1:10.90	700m: 8:19.98 1:13.19	1100m: 13:19.20 1:16.35	1500m: 18:24.16 1:14.29	
400m: 4:40.75 1:12.62	800m: 9:32.32 1:12.34	1200m: 14:36.04 1:16.84		
3. Santiago Jose, PACHECO	09	Alcobaca	<b>18:32.17</b>	480
100m: 1:04.43 1:04.43	500m: 6:01.94 1:15.51	900m: 11:03.45 1:14.84	1300m: 16:04.85 1:15.09	
200m: 2:17.28 1:12.85	600m: 7:17.66 1:15.72	1000m: 12:19.19 1:15.74	1400m: 17:20.19 1:15.34	
300m: 3:31.71 1:14.43	700m: 8:32.95 1:15.29	1100m: 13:35.03 1:15.84	1500m: 18:32.17 1:11.98	
400m: 4:46.43 1:14.72	800m: 9:48.61 1:15.66	1200m: 14:49.76 1:14.73		
4. Joao Nuno, GASPAS	09	Condeixa Clube	<b>18:46.25</b>	462
100m: 1:04.72 1:04.72	500m: 5:59.26 1:15.38	900m: 11:11.73 1:18.53	1300m: 16:24.32 1:19.05	
200m: 2:16.17 1:11.45	600m: 7:17.04 1:17.78	1000m: 12:27.46 1:15.73	1400m: 17:43.50 1:19.18	
300m: 3:29.66 1:13.49	700m: 8:34.22 1:17.18	1100m: 13:46.61 1:19.15	1500m: 18:46.25 1:02.75	
400m: 4:43.88 1:14.22	800m: 9:53.20 1:18.98	1200m: 15:05.27 1:18.66		
5. David Ferrador, PEREIRA	09	Nautico de Leiria - VOID	<b>19:24.25</b>	418
100m: 1:06.14 1:06.14	500m: 6:06.21 1:16.36	900m: 11:23.81 1:20.34	1300m: 16:46.59 1:21.23	
200m: 2:19.33 1:13.19	600m: 7:24.11 1:17.90	1000m: 12:43.81 1:20.00	1400m: 18:06.60 1:20.01	
300m: 3:34.05 1:14.72	700m: 8:43.54 1:19.43	1100m: 14:04.54 1:20.73	1500m: 19:24.25 1:17.65	
400m: 4:49.85 1:15.80	800m: 10:03.47 1:19.93	1200m: 15:25.36 1:20.82		

Jun

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	<b>16:53.87</b>	634
100m: 1:02.73 1:02.73	500m: 5:32.63 1:08.04	900m: 10:06.46 1:08.51	1300m: 14:39.96 1:08.53	
200m: 2:09.50 1:06.77	600m: 6:40.97 1:08.34	1000m: 11:14.55 1:08.09	1400m: 15:48.35 1:08.39	
300m: 3:16.71 1:07.21	700m: 7:49.34 1:08.37	1100m: 12:22.53 1:07.98	1500m: 16:53.87 1:05.52	
400m: 4:24.59 1:07.88	800m: 8:57.95 1:08.61	1200m: 13:31.43 1:08.90		

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno  
Coimbra, 21 - 23/3/2025

Prova 1, Masc., 1500m Livres, Jun

Lugar	Ano		Tempo final		Pts
2.	Duarte Cachulo, MARQUES	07	Condeixa Clube	<b>17:20.67</b>	586
	100m: 1:01.48 1:01.48	500m: 5:28.02 1:07.26	900m: 10:05.90 1:10.86	1300m: 14:59.16 1:13.99	
	200m: 2:07.78 1:06.30	600m: 6:35.92 1:07.90	1000m: 11:17.75 1:11.85	1400m: 16:09.74 1:10.58	
	300m: 3:14.36 1:06.58	700m: 7:44.81 1:08.89	1100m: 12:30.95 1:13.20	1500m: 17:20.67 1:10.93	
	400m: 4:20.76 1:06.40	800m: 8:55.04 1:10.23	1200m: 13:45.17 1:14.22		
3.	Mikhael, ONUTSKYY	08	Pimpoes/Cimai	<b>17:35.23</b>	562
	100m: 1:02.56 1:02.56	500m: 5:42.71 1:10.50	900m: 10:29.19 1:11.59	1300m: 15:15.04 1:10.98	
	200m: 2:11.97 1:09.41	600m: 6:54.07 1:11.36	1000m: 11:40.28 1:11.09	1400m: 16:26.57 1:11.53	
	300m: 3:22.25 1:10.28	700m: 8:06.16 1:12.09	1100m: 12:52.76 1:12.48	1500m: 17:35.23 1:08.66	
	400m: 4:32.21 1:09.96	800m: 9:17.60 1:11.44	1200m: 14:04.06 1:11.30		
4.	Marco Dimitar, OLIVEIRA	07	Nautico Academico	<b>17:35.62</b>	561
	100m: 1:04.10 1:04.10	500m: 5:47.52 1:10.97	900m: 10:30.70 1:10.74	1300m: 15:16.39 1:11.70	
	200m: 2:15.03 1:10.93	600m: 6:58.03 1:10.51	1000m: 11:41.88 1:11.18	1400m: 16:27.94 1:11.55	
	300m: 3:25.82 1:10.79	700m: 8:08.92 1:10.89	1100m: 12:53.29 1:11.41	1500m: 17:35.62 1:07.68	
	400m: 4:36.55 1:10.73	800m: 9:19.96 1:11.04	1200m: 14:04.69 1:11.40		
5.	Guilherme Simoes, SOUSA	08	Nautico Academico	<b>18:00.46</b>	523
	100m: 1:05.69 1:05.69	500m: 5:51.18 1:12.30	900m: 10:42.89 1:13.45	1300m: 15:35.90 1:13.23	
	200m: 2:16.11 1:10.42	600m: 7:04.02 1:12.84	1000m: 11:56.02 1:13.13	1400m: 16:49.56 1:13.66	
	300m: 3:27.32 1:11.21	700m: 8:16.76 1:12.74	1100m: 13:09.40 1:13.38	1500m: 18:00.46 1:10.90	
	400m: 4:38.88 1:11.56	800m: 9:29.44 1:12.68	1200m: 14:22.67 1:13.27		
6.	Samuel Dinis, MAIA	08	Miranda do Corvo	<b>18:12.57</b>	506
	100m: 1:04.15 1:04.15	500m: 5:52.40 1:13.47	900m: 10:49.54 1:14.61	1300m: 15:45.96 1:14.03	
	200m: 2:14.61 1:10.46	600m: 7:06.69 1:14.29	1000m: 12:03.57 1:14.03	1400m: 17:00.65 1:14.69	
	300m: 3:26.58 1:11.97	700m: 8:20.84 1:14.15	1100m: 13:17.76 1:14.19	1500m: 18:12.57 1:11.92	
	400m: 4:38.93 1:12.35	800m: 9:34.93 1:14.09	1200m: 14:31.93 1:14.17		
7.	Santiago Boica, SOUSA	08	Vieirense	<b>18:32.34</b>	480
	100m: 1:05.75 1:05.75	500m: 6:00.61 1:14.24	900m: 11:03.25 1:16.61	1300m: 16:06.15 1:15.34	
	200m: 2:18.14 1:12.39	600m: 7:15.43 1:14.82	1000m: 12:20.18 1:16.93	1400m: 17:20.78 1:14.63	
	300m: 3:32.00 1:13.86	700m: 8:30.56 1:15.13	1100m: 13:35.81 1:15.63	1500m: 18:32.34 1:11.56	
	400m: 4:46.37 1:14.37	800m: 9:46.64 1:16.08	1200m: 14:50.81 1:15.00		
8.	Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	<b>19:41.62</b>	400
	100m: 1:10.60 1:10.60	500m: 6:36.18 1:22.46	900m: 11:55.21 1:20.21	1300m: 17:07.77 1:17.09	
	200m: 2:29.83 1:19.23	600m: 7:56.02 1:19.84	1000m: 13:15.44 1:20.23	1400m: 18:25.26 1:17.49	
	300m: 3:51.25 1:21.42	700m: 9:15.63 1:19.61	1100m: 14:33.16 1:17.72	1500m: 19:41.62 1:16.36	
	400m: 5:13.72 1:22.47	800m: 10:35.00 1:19.37	1200m: 15:50.68 1:17.52		

Sen

1.	Gustavo Pires, MARQUES	04	Condeixa Clube	<b>17:22.32</b>	583
	100m: 1:01.83 1:01.83	500m: 5:34.32 1:09.49	900m: 10:16.87 1:11.67	1300m: 15:01.03 1:10.42	
	200m: 2:08.77 1:06.94	600m: 6:44.03 1:09.71	1000m: 11:27.96 1:11.09	1400m: 16:11.83 1:10.80	
	300m: 3:16.20 1:07.43	700m: 7:54.06 1:10.03	1100m: 12:38.69 1:10.73	1500m: 17:22.32 1:10.49	
	400m: 4:24.83 1:08.63	800m: 9:05.20 1:11.14	1200m: 13:50.61 1:11.92		
2.	Joao Ferreira, MARQUES	06	Académica de Coimbra	<b>17:28.31</b>	573
	100m: 1:04.25 1:04.25	500m: 5:40.40 1:09.61	900m: 10:21.73 1:10.37	1300m: 15:07.07 1:10.76	
	200m: 2:12.29 1:08.04	600m: 6:50.61 1:10.21	1000m: 11:33.21 1:11.48	1400m: 16:18.69 1:11.62	
	300m: 3:20.79 1:08.50	700m: 8:00.83 1:10.22	1100m: 12:44.98 1:11.77	1500m: 17:28.31 1:09.62	
	400m: 4:30.79 1:10.00	800m: 9:11.36 1:10.53	1200m: 13:56.31 1:11.33		
3.	Alexandre Ramos, GONCALVES	05	Sao Joao de Ver	<b>17:42.94</b>	550
	100m: 1:02.77 1:02.77	500m: 5:40.01 1:10.53	900m: 10:26.22 1:12.06	1300m: 15:18.84 1:13.29	
	200m: 2:10.71 1:07.94	600m: 6:51.43 1:11.42	1000m: 11:38.90 1:12.68	1400m: 16:30.98 1:12.14	
	300m: 3:19.44 1:08.73	700m: 8:03.19 1:11.76	1100m: 12:51.96 1:13.06	1500m: 17:42.94 1:11.96	
	400m: 4:29.48 1:10.04	800m: 9:14.16 1:10.97	1200m: 14:05.55 1:13.59		
4.	Antonio Pedro, MARTINS	05	Condeixa Clube	<b>17:47.57</b>	543
	100m: 1:05.81 1:05.81	500m: 5:46.02 1:10.56	900m: 10:32.84 1:12.12	1300m: 15:23.42 1:12.35	
	200m: 2:15.37 1:09.56	600m: 6:57.54 1:11.52	1000m: 11:44.94 1:12.10	1400m: 16:35.90 1:12.48	
	300m: 3:25.55 1:10.18	700m: 8:08.96 1:11.42	1100m: 12:57.77 1:12.83	1500m: 17:47.57 1:11.67	
	400m: 4:35.46 1:09.91	800m: 9:20.72 1:11.76	1200m: 14:11.07 1:13.30		

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno  
Coimbra, 21 - 23/3/2025

Prova 1, Masc., 1500m Livres, Sen

Lugar			Ano					Tempo final	Pts			
5.	Bruno Pinto, DOMINGUES		00	Nautico de Leiria - VOID				<b>20:11.79</b>	371			
	<i>FTL</i>											
	100m:	1:09.32	1:09.32	500m:	6:25.01	1:20.89	900m:	11:55.41	1:22.64	1300m:	17:29.05	1:23.03
	200m:	2:25.53	1:16.21	600m:	7:47.06	1:22.05	1000m:	13:18.85	1:23.44	1400m:	18:51.67	1:22.62
	300m:	3:43.88	1:18.35	700m:	9:10.04	1:22.98	1100m:	14:42.25	1:23.40	1500m:	20:11.79	1:20.12
	400m:	5:04.12	1:20.24	800m:	10:32.77	1:22.73	1200m:	16:06.02	1:23.77			

Juv B/Abs

1.	Paulo, KOT		09	Nautico Marinha Grande				<b>16:53.15</b>	635			
	100m:	1:01.58	1:01.58	500m:	5:32.40	1:08.24	900m:	10:06.49	1:08.56	1300m:	14:39.94	1:08.60
	200m:	2:08.64	1:07.06	600m:	6:40.71	1:08.31	1000m:	11:14.54	1:08.05	1400m:	15:48.36	1:08.42
	300m:	3:15.98	1:07.34	700m:	7:49.24	1:08.53	1100m:	12:22.56	1:08.02	1500m:	16:53.15	1:04.79
	400m:	4:24.16	1:08.18	800m:	8:57.93	1:08.69	1200m:	13:31.34	1:08.78			
2.	Rafael Pereira, RODRIGUES		08	Condeixa Clube				<b>16:53.87</b>	634			
	100m:	1:02.73	1:02.73	500m:	5:32.63	1:08.04	900m:	10:06.46	1:08.51	1300m:	14:39.96	1:08.53
	200m:	2:09.50	1:06.77	600m:	6:40.97	1:08.34	1000m:	11:14.55	1:08.09	1400m:	15:48.35	1:08.39
	300m:	3:16.71	1:07.21	700m:	7:49.34	1:08.37	1100m:	12:22.53	1:07.98	1500m:	16:53.87	1:05.52
	400m:	4:24.59	1:07.88	800m:	8:57.95	1:08.61	1200m:	13:31.43	1:08.90			
3.	Duarte Cachulo, MARQUES		07	Condeixa Clube				<b>17:20.67</b>	586			
	100m:	1:01.48	1:01.48	500m:	5:28.02	1:07.26	900m:	10:05.90	1:10.86	1300m:	14:59.16	1:13.99
	200m:	2:07.78	1:06.30	600m:	6:35.92	1:07.90	1000m:	11:17.75	1:11.85	1400m:	16:09.74	1:10.58
	300m:	3:14.36	1:06.58	700m:	7:44.81	1:08.89	1100m:	12:30.95	1:13.20	1500m:	17:20.67	1:10.93
	400m:	4:20.76	1:06.40	800m:	8:55.04	1:10.23	1200m:	13:45.17	1:14.22			
4.	Gustavo Pires, MARQUES		04	Condeixa Clube				<b>17:22.32</b>	583			
	100m:	1:01.83	1:01.83	500m:	5:34.32	1:09.49	900m:	10:16.87	1:11.67	1300m:	15:01.03	1:10.42
	200m:	2:08.77	1:06.94	600m:	6:44.03	1:09.71	1000m:	11:27.96	1:11.09	1400m:	16:11.83	1:10.80
	300m:	3:16.20	1:07.43	700m:	7:54.06	1:10.03	1100m:	12:38.69	1:10.73	1500m:	17:22.32	1:10.49
	400m:	4:24.83	1:08.63	800m:	9:05.20	1:11.14	1200m:	13:50.61	1:11.92			
5.	Joao Ferreira, MARQUES		06	Académica de Coimbra				<b>17:28.31</b>	573			
	100m:	1:04.25	1:04.25	500m:	5:40.40	1:09.61	900m:	10:21.73	1:10.37	1300m:	15:07.07	1:10.76
	200m:	2:12.29	1:08.04	600m:	6:50.61	1:10.21	1000m:	11:33.21	1:11.48	1400m:	16:18.69	1:11.62
	300m:	3:20.79	1:08.50	700m:	8:00.83	1:10.22	1100m:	12:44.98	1:11.77	1500m:	17:28.31	1:09.62
	400m:	4:30.79	1:10.00	800m:	9:11.36	1:10.53	1200m:	13:56.31	1:11.33			
6.	Mikhael, ONUTSKYY		08	Pimpoes/Cimai				<b>17:35.23</b>	562			
	100m:	1:02.56	1:02.56	500m:	5:42.71	1:10.50	900m:	10:29.19	1:11.59	1300m:	15:15.04	1:10.98
	200m:	2:11.97	1:09.41	600m:	6:54.07	1:11.36	1000m:	11:40.28	1:11.09	1400m:	16:26.57	1:11.53
	300m:	3:22.25	1:10.28	700m:	8:06.16	1:12.09	1100m:	12:52.76	1:12.48	1500m:	17:35.23	1:08.66
	400m:	4:32.21	1:09.96	800m:	9:17.60	1:11.44	1200m:	14:04.06	1:11.30			
7.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				<b>17:35.62</b>	561			
	100m:	1:04.10	1:04.10	500m:	5:47.52	1:10.97	900m:	10:30.70	1:10.74	1300m:	15:16.39	1:11.70
	200m:	2:15.03	1:10.93	600m:	6:58.03	1:10.51	1000m:	11:41.88	1:11.18	1400m:	16:27.94	1:11.55
	300m:	3:25.82	1:10.79	700m:	8:08.92	1:10.89	1100m:	12:53.29	1:11.41	1500m:	17:35.62	1:07.68
	400m:	4:36.55	1:10.73	800m:	9:19.96	1:11.04	1200m:	14:04.69	1:11.40			
8.	Alexandre Ramos, GONCALVES		05	Sao Joao de Ver				<b>17:42.94</b>	550			
	100m:	1:02.77	1:02.77	500m:	5:40.01	1:10.53	900m:	10:26.22	1:12.06	1300m:	15:18.84	1:13.29
	200m:	2:10.71	1:07.94	600m:	6:51.43	1:11.42	1000m:	11:38.90	1:12.68	1400m:	16:30.98	1:12.14
	300m:	3:19.44	1:08.73	700m:	8:03.19	1:11.76	1100m:	12:51.96	1:13.06	1500m:	17:42.94	1:11.96
	400m:	4:29.48	1:10.04	800m:	9:14.16	1:10.97	1200m:	14:05.55	1:13.59			
9.	Antonio Pedro, MARTINS		05	Condeixa Clube				<b>17:47.57</b>	543			
	100m:	1:05.81	1:05.81	500m:	5:46.02	1:10.56	900m:	10:32.84	1:12.12	1300m:	15:23.42	1:12.35
	200m:	2:15.37	1:09.56	600m:	6:57.54	1:11.52	1000m:	11:44.94	1:12.10	1400m:	16:35.90	1:12.48
	300m:	3:25.55	1:10.18	700m:	8:08.96	1:11.42	1100m:	12:57.77	1:12.83	1500m:	17:47.57	1:11.67
	400m:	4:35.46	1:09.91	800m:	9:20.72	1:11.76	1200m:	14:11.07	1:13.30			
10.	Guilherme Simoes, SOUSA		08	Nautico Academico				<b>18:00.46</b>	523			
	100m:	1:05.69	1:05.69	500m:	5:51.18	1:12.30	900m:	10:42.89	1:13.45	1300m:	15:35.90	1:13.23
	200m:	2:16.11	1:10.42	600m:	7:04.02	1:12.84	1000m:	11:56.02	1:13.13	1400m:	16:49.56	1:13.66
	300m:	3:27.32	1:11.21	700m:	8:16.76	1:12.74	1100m:	13:09.40	1:13.38	1500m:	18:00.46	1:10.90
	400m:	4:38.88	1:11.56	800m:	9:29.44	1:12.68	1200m:	14:22.67	1:13.27			

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno  
Coimbra, 21 - 23/3/2025

Prova 1, Masc., 1500m Livres, Juv B/Abs

Lugar			Ano			Tempo final	Pts	
11.	Samuel Dinis, MAIA		08	Miranda do Corvo		<b>18:12.57</b>	506	
	100m:	1:04.15 1:04.15	500m:	5:52.40 1:13.47	900m:	10:49.54 1:14.61	1300m:	15:45.96 1:14.03
	200m:	2:14.61 1:10.46	600m:	7:06.69 1:14.29	1000m:	12:03.57 1:14.03	1400m:	17:00.65 1:14.69
	300m:	3:26.58 1:11.97	700m:	8:20.84 1:14.15	1100m:	13:17.76 1:14.19	1500m:	18:12.57 1:11.92
	400m:	4:38.93 1:12.35	800m:	9:34.93 1:14.09	1200m:	14:31.93 1:14.17		
12.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai		<b>18:24.16</b>	490	
	100m:	1:06.99 1:06.99	500m:	5:53.11 1:12.36	900m:	10:47.18 1:14.86	1300m:	15:52.42 1:16.38
	200m:	2:17.23 1:10.24	600m:	7:06.79 1:13.68	1000m:	12:02.85 1:15.67	1400m:	17:09.87 1:17.45
	300m:	3:28.13 1:10.90	700m:	8:19.98 1:13.19	1100m:	13:19.20 1:16.35	1500m:	18:24.16 1:14.29
	400m:	4:40.75 1:12.62	800m:	9:32.32 1:12.34	1200m:	14:36.04 1:16.84		
13.	Tomas Manuel, PALMEIRO		10	Nautico Marinha Grande		<b>18:30.85</b>	482	
	100m:	1:06.37 1:06.37	500m:	6:06.20 1:15.86	900m:	11:07.55 1:15.39	1300m:	16:07.40 1:14.49
	200m:	2:20.01 1:13.64	600m:	7:21.89 1:15.69	1000m:	12:22.97 1:15.42	1400m:	17:21.15 1:13.75
	300m:	3:35.06 1:15.05	700m:	8:37.36 1:15.47	1100m:	13:38.47 1:15.50	1500m:	18:30.85 1:09.70
	400m:	4:50.34 1:15.28	800m:	9:52.16 1:14.80	1200m:	14:52.91 1:14.44		
14.	Santiago Jose, PACHECO		09	Alcobaca		<b>18:32.17</b>	480	
	100m:	1:04.43 1:04.43	500m:	6:01.94 1:15.51	900m:	11:03.45 1:14.84	1300m:	16:04.85 1:15.09
	200m:	2:17.28 1:12.85	600m:	7:17.66 1:15.72	1000m:	12:19.19 1:15.74	1400m:	17:20.19 1:15.34
	300m:	3:31.71 1:14.43	700m:	8:32.95 1:15.29	1100m:	13:35.03 1:15.84	1500m:	18:32.17 1:11.98
	400m:	4:46.43 1:14.72	800m:	9:48.61 1:15.66	1200m:	14:49.76 1:14.73		
15.	Santiago Boica, SOUSA		08	Vieirense		<b>18:32.34</b>	480	
	100m:	1:05.75 1:05.75	500m:	6:00.61 1:14.24	900m:	11:03.25 1:16.61	1300m:	16:06.15 1:15.34
	200m:	2:18.14 1:12.39	600m:	7:15.43 1:14.82	1000m:	12:20.18 1:16.93	1400m:	17:20.78 1:14.63
	300m:	3:32.00 1:13.86	700m:	8:30.56 1:15.13	1100m:	13:35.81 1:15.63	1500m:	18:32.34 1:11.56
	400m:	4:46.37 1:14.37	800m:	9:46.64 1:16.08	1200m:	14:50.81 1:15.00		
16.	Joao Nuno, GASPAS		09	Condeixa Clube		<b>18:46.25</b>	462	
	100m:	1:04.72 1:04.72	500m:	5:59.26 1:15.38	900m:	11:11.73 1:18.53	1300m:	16:24.32 1:19.05
	200m:	2:16.17 1:11.45	600m:	7:17.04 1:17.78	1000m:	12:27.46 1:15.73	1400m:	17:43.50 1:19.18
	300m:	3:29.66 1:13.49	700m:	8:34.22 1:17.18	1100m:	13:46.61 1:19.15	1500m:	18:46.25 1:02.75
	400m:	4:43.88 1:14.22	800m:	9:53.20 1:18.98	1200m:	15:05.27 1:18.66		
17.	David Ferrador, PEREIRA		09	Nautico de Leiria - VOID		<b>19:24.25</b>	418	
	100m:	1:06.14 1:06.14	500m:	6:06.21 1:16.36	900m:	11:23.81 1:20.34	1300m:	16:46.59 1:21.23
	200m:	2:19.33 1:13.19	600m:	7:24.11 1:17.90	1000m:	12:43.81 1:20.00	1400m:	18:06.60 1:20.01
	300m:	3:34.05 1:14.72	700m:	8:43.54 1:19.43	1100m:	14:04.54 1:20.73	1500m:	19:24.25 1:17.65
	400m:	4:49.85 1:15.80	800m:	10:03.47 1:19.93	1200m:	15:25.36 1:20.82		
18.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai		<b>19:41.62</b>	400	
	100m:	1:10.60 1:10.60	500m:	6:36.18 1:22.46	900m:	11:55.21 1:20.21	1300m:	17:07.77 1:17.09
	200m:	2:29.83 1:19.23	600m:	7:56.02 1:19.84	1000m:	13:15.44 1:20.23	1400m:	18:25.26 1:17.49
	300m:	3:51.25 1:21.42	700m:	9:15.63 1:19.61	1100m:	14:33.16 1:17.72	1500m:	19:41.62 1:16.36
	400m:	5:13.72 1:22.47	800m:	10:35.00 1:19.37	1200m:	15:50.68 1:17.52		
19.	Bruno Pinto, DOMINGUES FTL		00	Nautico de Leiria - VOID		<b>20:11.79</b>	371	
	100m:	1:09.32 1:09.32	500m:	6:25.01 1:20.89	900m:	11:55.41 1:22.64	1300m:	17:29.05 1:23.03
	200m:	2:25.53 1:16.21	600m:	7:47.06 1:22.05	1000m:	13:18.85 1:23.44	1400m:	18:51.67 1:22.62
	300m:	3:43.88 1:18.35	700m:	9:10.04 1:22.98	1100m:	14:42.25 1:23.40	1500m:	20:11.79 1:20.12
	400m:	5:04.12 1:20.24	800m:	10:32.77 1:22.73	1200m:	16:06.02 1:23.77		
20.	Antonio Barros, NEVES FTL		10	Sporting de Espinho		<b>21:50.42</b>	293	
	100m:	1:15.34 1:15.34	500m:	7:03.18 1:28.52	900m:	12:59.32 1:30.22	1300m:	18:58.61 1:29.01
	200m:	2:40.45 1:25.11	600m:	8:31.14 1:27.96	1000m:	14:29.74 1:30.42	1400m:	20:26.35 1:27.74
	300m:	4:07.06 1:26.61	700m:	10:00.07 1:28.93	1100m:	15:59.67 1:29.93	1500m:	21:50.42 1:24.07
	400m:	5:34.66 1:27.60	800m:	11:29.10 1:29.03	1200m:	17:29.60 1:29.93		
EXH	Pedro Souza, SILVA		10	Pimpoes/Cimai		<b>19:02.92</b>	442	
	100m:	1:09.43 1:09.43	500m:	6:14.90 1:17.26	900m:	11:25.04 1:18.22	1300m:	16:32.14 1:16.82
	200m:	2:24.08 1:14.65	600m:	7:32.22 1:17.32	1000m:	12:42.28 1:17.24	1400m:	17:49.10 1:16.96
	300m:	3:40.08 1:16.00	700m:	8:50.22 1:18.00	1100m:	13:58.47 1:16.19	1500m:	19:02.92 1:13.82
	400m:	4:57.64 1:17.56	800m:	10:06.82 1:16.60	1200m:	15:15.32 1:16.85		