

Prova 4
03/05/2025 - 16:00

Masc., 1500m Livres

13 - 16 anos
Resultados

Pontos: AQUA 2024

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo Final	AQUA
Juvenis B							
1.	David Filipe, Pacheco	10	205810	BUZIOS - Coruche	17:05.29	563	
	100m: 1:04.22 1:04.22	500m: 5:38.80 1:08.98	900m: 10:14.66 1:08.46	1300m: 14:51.90 1:08.55			
	200m: 2:12.07 1:07.85	600m: 6:48.40 1:09.60	1000m: 11:23.99 1:09.33	1400m: 16:00.43 1:08.53			
	300m: 3:20.79 1:08.72	700m: 7:57.55 1:09.15	1100m: 12:33.70 1:09.71	1500m: 17:05.29 1:04.86			
	400m: 4:29.82 1:09.03	800m: 9:06.20 1:08.65	1200m: 13:43.35 1:09.65				
2.	Daniel Filipe, Jorge	10	210798	Rio Maior	18:11.54	467	
	100m: 1:08.97 1:08.97	500m: 6:01.87 1:13.36	900m: 10:55.19 1:13.76	1300m: 15:47.50 1:13.18			
	200m: 2:21.08 1:12.11	600m: 7:16.11 1:14.24	1000m: 12:08.48 1:13.29	1400m: 17:00.15 1:12.65			
	300m: 3:34.52 1:13.44	700m: 8:29.92 1:13.81	1100m: 13:21.59 1:13.11	1500m: 18:11.54 1:11.39			
	400m: 4:48.51 1:13.99	800m: 9:41.43 1:11.51	1200m: 14:34.32 1:12.73				
3.	Tiago Frazao, Barra	10	214568	Rio Maior	18:27.86	446	
	100m: 1:10.10 1:10.10	500m: 6:06.36 1:14.60	900m: 11:04.02 1:14.52	1300m: 16:01.77 1:14.35			
	200m: 2:22.85 1:12.75	600m: 7:20.76 1:14.40	1000m: 12:18.68 1:14.66	1400m: 17:15.38 1:13.61			
	300m: 3:36.93 1:14.08	700m: 8:35.03 1:14.27	1100m: 13:32.76 1:14.08	1500m: 18:27.86 1:12.48			
	400m: 4:51.76 1:14.83	800m: 9:49.50 1:14.47	1200m: 14:47.42 1:14.66				
4.	Guilherme Martins, Conceicao	10	214982	Viver Santarem	19:28.20	380	
	100m: 1:13.87 1:13.87	500m: 6:28.02 1:18.72	900m: 11:42.46 1:18.39	1300m: 16:55.86 1:18.00			
	200m: 2:32.21 1:18.34	600m: 7:46.98 1:18.96	1000m: 13:01.05 1:18.59	1400m: 18:13.17 1:17.31			
	300m: 3:50.56 1:18.35	700m: 9:05.58 1:18.60	1100m: 14:19.70 1:18.65	1500m: 19:28.20 1:15.03			
	400m: 5:09.30 1:18.74	800m: 10:24.07 1:18.49	1200m: 15:37.86 1:18.16				
5.	Jose Miguel, Pais	10	208376	Natacao do Fundao/Yes Energy	19:37.95	371	
	100m: 1:12.21 1:12.21	500m: 6:23.97 1:19.46	900m: 11:42.27 1:20.00	1300m: 16:59.98 1:19.29			
	200m: 2:28.17 1:15.96	600m: 7:43.39 1:19.42	1000m: 13:01.99 1:19.72	1400m: 18:19.28 1:19.30			
	300m: 3:46.44 1:18.27	700m: 9:02.81 1:19.42	1100m: 14:20.62 1:18.63	1500m: 19:37.95 1:18.67			
	400m: 5:04.51 1:18.07	800m: 10:22.27 1:19.46	1200m: 15:40.69 1:20.07				
6.	Guilherme Gomes, Nunes	10	208610	Salvaterra de Magos	19:38.36	371	
	100m: 1:14.82 1:14.82	500m: 6:24.83 1:17.78	900m: 11:37.89 1:18.75	1300m: 16:57.97 1:20.35			
	200m: 2:31.33 1:16.51	600m: 7:42.26 1:17.43	1000m: 12:57.02 1:19.13	1400m: 18:18.52 1:20.55			
	300m: 3:49.05 1:17.72	700m: 9:00.27 1:18.01	1100m: 14:16.87 1:19.85	1500m: 19:38.36 1:19.84			
	400m: 5:07.05 1:18.00	800m: 10:19.14 1:18.87	1200m: 15:37.62 1:20.75				
7.	Luis Miguel, Reis	10	213109	Rio Maior	20:33.31	323	
	100m: 1:18.33 1:18.33	500m: 6:49.57 1:23.22	900m: 12:19.66 1:22.09	1300m: 17:49.28 1:23.00			
	200m: 2:40.99 1:22.66	600m: 8:11.78 1:22.21	1000m: 13:41.76 1:22.10	1400m: 19:12.34 1:23.06			
	300m: 4:03.99 1:23.00	700m: 9:34.38 1:22.60	1100m: 15:04.00 1:22.24	1500m: 20:33.31 1:20.97			
	400m: 5:26.35 1:22.36	800m: 10:57.57 1:23.19	1200m: 16:26.28 1:22.28				
8.	Joao Martim, Picarra	10	207667	Elvense	21:04.61	300	
	100m: 1:19.46 1:19.46	500m: 7:05.50 1:27.09	900m: 12:51.08 1:25.42	1300m: 18:26.10 1:22.19			
	200m: 2:44.65 1:25.19	600m: 8:32.07 1:26.57	1000m: 14:16.06 1:24.98	1400m: 19:47.26 1:21.16			
	300m: 4:11.56 1:26.91	700m: 10:00.04 1:27.97	1100m: 15:41.12 1:25.06	1500m: 21:04.61 1:17.35			
	400m: 5:38.41 1:26.85	800m: 11:25.66 1:25.62	1200m: 17:03.91 1:22.79				
9.	Afonso Ferreira, Filipe	10	214552	CCDSerta	22:27.28	248	
	100m: 1:23.79 1:23.79	500m: 7:21.28 1:28.71	900m: 13:25.29 1:29.89	1300m: 19:34.55 1:33.78			
	200m: 2:52.71 1:28.92	600m: 8:51.93 1:30.65	1000m: 14:56.66 1:31.37	1400m: 21:05.29 1:30.74			
	300m: 4:22.61 1:29.90	700m: 10:24.14 1:32.21	1100m: 16:28.36 1:31.70	1500m: 22:27.28 1:21.99			
	400m: 5:52.57 1:29.96	800m: 11:55.40 1:31.26	1200m: 18:00.77 1:32.41				

Prova 4, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo Final	AQUA
10.	Duarte Jose, Matos	10		220426	CCDSerta	22:46.81	237
	100m: 1:25.26 1:25.26	500m: 7:23.43 1:30.06	900m: 13:35.56 1:34.06	1300m: 19:49.53 1:32.37			
	200m: 2:53.78 1:28.52	600m: 8:55.39 1:31.96	1000m: 15:09.48 1:33.92	1400m: 21:19.21 1:29.68			
	300m: 4:23.34 1:29.56	700m: 10:28.25 1:32.86	1100m: 16:42.57 1:33.09	1500m: 22:46.81 1:27.60			
	400m: 5:53.37 1:30.03	800m: 12:01.50 1:33.25	1200m: 18:17.16 1:34.59				
11.	Gabriel Lourenco, Costa	10		209624	Natacao do Fundao/Yes Energy	23:38.99	212
	100m: 1:26.87 1:26.87	500m: 7:44.72 1:35.71	900m: 14:08.53 1:36.35	1300m: 20:37.48 1:35.35			
	200m: 2:59.72 1:32.85	600m: 9:20.75 1:36.03	1000m: 15:46.36 1:37.83	1400m: 22:11.31 1:33.83			
	300m: 4:33.97 1:34.25	700m: 10:56.01 1:35.26	1100m: 17:24.08 1:37.72	1500m: 23:38.99 1:27.68			
	400m: 6:09.01 1:35.04	800m: 12:32.18 1:36.17	1200m: 19:02.13 1:38.05				
12.	Guilherme Ferreira, Leitao	10		225144	Viver Santarem	24:50.96	183
	100m: 1:35.02 1:35.02	500m: 8:14.83 1:41.27	900m: 14:54.50 1:38.95	1300m: 21:33.35 1:38.54			
	200m: 3:14.48 1:39.46	600m: 9:54.14 1:39.31	1000m: 16:32.92 1:38.42	1400m: 23:14.89 1:41.54			
	300m: 4:53.46 1:38.98	700m: 11:32.62 1:38.48	1100m: 18:12.76 1:39.84	1500m: 24:50.96 1:36.07			
	400m: 6:33.56 1:40.10	800m: 13:15.55 1:42.93	1200m: 19:54.81 1:42.05				
13.	Duarte Rafael, Lopes	10		208301	Eléctrico	27:43.47	131
	100m: 1:36.84 1:36.84	500m: 8:53.88 1:50.25	900m: 16:24.37 1:53.81	1300m: 24:00.36 1:54.49			
	200m: 3:22.74 1:45.90	600m: 10:46.24 1:52.36	1000m: 18:17.05 1:52.68	1400m: 25:53.16 1:52.80			
	300m: 5:13.06 1:50.32	700m: 12:37.95 1:51.71	1100m: 20:12.59 1:55.54	1500m: 27:43.47 1:50.31			
	400m: 7:03.63 1:50.57	800m: 14:30.56 1:52.61	1200m: 22:05.87 1:53.28				

Juvenis A

1.	Pedro Morgado, Costa	09		216915	Rio Maior	18:06.17	473
	100m: 1:08.71 1:08.71	500m: 5:58.05 1:12.81	900m: 10:51.02 1:13.68	1300m: 15:44.93 1:13.43			
	200m: 2:20.78 1:12.07	600m: 7:10.96 1:12.91	1000m: 12:04.06 1:13.04	1400m: 16:57.35 1:12.42			
	300m: 3:32.90 1:12.12	700m: 8:23.62 1:12.66	1100m: 13:18.10 1:14.04	1500m: 18:06.17 1:08.82			
	400m: 4:45.24 1:12.34	800m: 9:37.34 1:13.72	1200m: 14:31.50 1:13.40				
2.	Tomas Verissimo, Silva	09		220440	Penta da Covilha	19:16.65	392
	100m: 1:09.82 1:09.82	500m: 6:16.96 1:17.13	900m: 11:28.91 1:17.92	1300m: 16:42.79 1:18.61			
	200m: 2:25.30 1:15.48	600m: 7:34.41 1:17.45	1000m: 12:47.70 1:18.79	1400m: 18:00.02 1:17.23			
	300m: 3:41.69 1:16.39	700m: 8:52.90 1:18.49	1100m: 14:06.12 1:18.42	1500m: 19:16.65 1:16.63			
	400m: 4:59.83 1:18.14	800m: 10:10.99 1:18.09	1200m: 15:24.18 1:18.06				
3.	Gabriel Antunes, Ramos	09		220234	Rio Maior	19:46.09	364
	100m: 1:14.81 1:14.81	500m: 6:34.02 1:20.12	900m: 11:54.52 1:20.41	1300m: 17:14.48 1:19.32			
	200m: 2:34.43 1:19.62	600m: 7:53.19 1:19.17	1000m: 13:14.78 1:20.26	1400m: 18:32.84 1:18.36			
	300m: 3:54.04 1:19.61	700m: 9:13.42 1:20.23	1100m: 14:35.20 1:20.42	1500m: 19:46.09 1:13.25			
	400m: 5:13.90 1:19.86	800m: 10:34.11 1:20.69	1200m: 15:55.16 1:19.96				
4.	Joao Maria, Sanguinho	09		209032	Elvense	20:08.81	343
	100m: 1:16.43 1:16.43	500m: 6:41.24 1:22.26	900m: 12:06.54 1:20.25	1300m: 17:31.45 1:20.94			
	200m: 2:36.60 1:20.17	600m: 8:03.26 1:22.02	1000m: 13:27.43 1:20.89	1400m: 18:51.40 1:19.95			
	300m: 3:57.39 1:20.79	700m: 9:24.67 1:21.41	1100m: 14:49.15 1:21.72	1500m: 20:08.81 1:17.41			
	400m: 5:18.98 1:21.59	800m: 10:46.29 1:21.62	1200m: 16:10.51 1:21.36				
5.	Luis Suissas, Rato	09		217843	Salvaterra de Magos	20:20.07	334
	100m: 1:10.33 1:10.33	500m: 6:26.81 1:20.67	900m: 11:54.69 1:24.63	1300m: 17:33.99 1:25.28			
	200m: 2:26.53 1:16.20	600m: 7:47.71 1:20.90	1000m: 13:19.39 1:24.70	1400m: 18:57.98 1:23.99			
	300m: 3:45.83 1:19.30	700m: 9:06.91 1:19.20	1100m: 14:43.37 1:23.98	1500m: 20:20.07 1:22.09			
	400m: 5:06.14 1:20.31	800m: 10:30.06 1:23.15	1200m: 16:08.71 1:25.34				
6.	Manuel Maria, Sanguinho	09		209031	Elvense	20:34.16	323
	100m: 1:14.63 1:14.63	500m: 6:39.82 1:24.32	900m: 12:16.57 1:24.06	1300m: 17:51.76 1:22.64			
	200m: 2:32.34 1:17.71	600m: 8:03.57 1:23.75	1000m: 13:39.79 1:23.22	1400m: 19:15.10 1:23.34			
	300m: 3:53.03 1:20.69	700m: 9:29.26 1:25.69	1100m: 15:04.64 1:24.85	1500m: 20:34.16 1:19.06			
	400m: 5:15.50 1:22.47	800m: 10:52.51 1:23.25	1200m: 16:29.12 1:24.48				

Prova 4, Masc., 1500m Livres

Infantis B

1. Matias Rafael, Pacheco	12	211312	BUZIOS - Coruche	20:28.31	327
100m: 1:18.94 1:18.94	500m: 6:47.26 1:21.98	900m: 12:16.31 1:22.19	1300m: 17:46.16 1:22.53		
200m: 2:41.03 1:22.09	600m: 8:09.38 1:22.12	1000m: 13:38.77 1:22.46	1400m: 19:09.07 1:22.91		
300m: 4:03.12 1:22.09	700m: 9:31.73 1:22.35	1100m: 15:01.19 1:22.42	1500m: 20:28.31 1:19.24		
400m: 5:25.28 1:22.16	800m: 10:54.12 1:22.39	1200m: 16:23.63 1:22.44			
2. Goncalo Maria, Costa	12	207317	Elvense	22:38.03	242
100m: 1:28.32 1:28.32	500m: 7:33.81 1:30.69	900m: 13:36.45 1:27.35	1300m: 19:38.47 1:30.65		
200m: 2:59.51 1:31.19	600m: 9:05.54 1:31.73	1000m: 15:06.21 1:29.76	1400m: 21:09.00 1:30.53		
300m: 4:31.40 1:31.89	700m: 10:37.00 1:31.46	1100m: 16:36.97 1:30.76	1500m: 22:38.03 1:29.03		
400m: 6:03.12 1:31.72	800m: 12:09.10 1:32.10	1200m: 18:07.82 1:30.85			
3. Rodrigo Miranda, Rosa	12	212324	Uniao Samoreense	22:57.50	232
100m: 1:26.60 1:26.60	500m: 7:37.86 1:34.12	900m: 13:53.98 1:33.77	1300m: 20:04.74 1:31.94		
200m: 2:58.53 1:31.93	600m: 9:11.29 1:33.43	1000m: 15:27.33 1:33.35	1400m: 21:34.38 1:29.64		
300m: 4:30.88 1:32.35	700m: 10:45.20 1:33.91	1100m: 16:59.58 1:32.25	1500m: 22:57.50 1:23.12		
400m: 6:03.74 1:32.86	800m: 12:20.21 1:35.01	1200m: 18:32.80 1:33.22			
4. Sergio Ricardo, Alves	12	220933	CCDSerta	24:04.85	201
100m: 1:31.33 1:31.33	500m: 7:59.87 1:38.34	900m: 14:36.62 1:38.92	1300m: 21:04.81 1:36.27		
200m: 3:07.08 1:35.75	600m: 9:38.64 1:38.77	1000m: 16:14.93 1:38.31	1400m: 22:36.59 1:31.78		
300m: 4:43.28 1:36.20	700m: 11:17.47 1:38.83	1100m: 17:51.69 1:36.76	1500m: 24:04.85 1:28.26		
400m: 6:21.53 1:38.25	800m: 12:57.70 1:40.23	1200m: 19:28.54 1:36.85			
5. Duarte Belchior, Munhao	12	217411	Elvense	24:35.11	189
100m: 1:32.36 1:32.36	500m: 7:59.62 1:38.09	900m: 14:36.26 1:40.46	1300m: 21:21.12 1:41.31		
200m: 3:08.99 1:36.63	600m: 9:38.23 1:38.61	1000m: 16:16.96 1:40.70	1400m: 23:01.76 1:40.64		
300m: 4:44.94 1:35.95	700m: 11:16.19 1:37.96	1100m: 17:58.74 1:41.78	1500m: 24:35.11 1:33.35		
400m: 6:21.53 1:36.59	800m: 12:55.80 1:39.61	1200m: 19:39.81 1:41.07			
6. Alexandre Caetano, Costa	12	217528	Natacao Guarda	25:29.36	169
100m: 1:38.70 1:38.70	500m: 8:33.76 1:44.62	900m: 15:27.86 1:43.41	1300m: 22:15.47 1:39.18		
200m: 3:20.93 1:42.23	600m: 10:17.90 1:44.14	1000m: 17:10.51 1:42.65	1400m: 23:54.44 1:38.97		
300m: 5:04.87 1:43.94	700m: 12:03.15 1:45.25	1100m: 18:55.22 1:44.71	1500m: 25:29.36 1:34.92		
400m: 6:49.14 1:44.27	800m: 13:44.45 1:41.30	1200m: 20:36.29 1:41.07			
7. Antonio Beirao, Valente	12	216127	AN Albicastrense	25:39.05	166
100m: 1:37.88 1:37.88	500m: 8:37.87 1:45.80	900m: 15:35.20 1:44.68	1300m: 22:28.74 1:41.10		
200m: 3:22.21 1:44.33	600m: 10:21.17 1:43.30	1000m: 17:19.03 1:43.83	1400m: 24:07.80 1:39.06		
300m: 5:07.18 1:44.97	700m: 12:06.65 1:45.48	1100m: 19:02.42 1:43.39	1500m: 25:39.05 1:31.25		
400m: 6:52.07 1:44.89	800m: 13:50.52 1:43.87	1200m: 20:47.64 1:45.22			
8. Duarte Filipe, Monraia	12	217410	Elvense	29:37.84	108
100m: 1:41.25 1:41.25	500m: 9:39.41 2:01.05	900m: 17:40.69 1:59.33	1300m: 25:42.55 2:01.62		
200m: 3:38.48 1:57.23	600m: 11:39.12 1:59.71	1000m: 19:39.19 1:58.50	1400m: 27:42.78 2:00.23		
300m: 5:38.71 2:00.23	700m: 13:40.95 2:01.83	1100m: 21:37.86 1:58.67	1500m: 29:37.84 1:55.06		
400m: 7:38.36 1:59.65	800m: 15:41.36 2:00.41	1200m: 23:40.93 2:03.07			

Infantis A

1. Martim Maria, Salvador	11	211307	Salvaterra de Magos	18:54.31	416
100m: 1:09.55 1:09.55	500m: 6:12.50 1:17.02	900m: 11:19.03 1:16.41	1300m: 16:24.26 1:16.38		
200m: 2:23.73 1:14.18	600m: 7:28.57 1:16.07	1000m: 12:34.73 1:15.70	1400m: 17:40.34 1:16.08		
300m: 3:39.65 1:15.92	700m: 8:46.07 1:17.50	1100m: 13:51.45 1:16.72	1500m: 18:54.31 1:13.97		
400m: 4:55.48 1:15.83	800m: 10:02.62 1:16.55	1200m: 15:07.88 1:16.43			
2. Francisco Maria, Dias	11	214981	Viver Santarem	20:18.10	336
100m: 1:16.28 1:16.28	500m: 6:43.27 1:21.99	900m: 12:11.94 1:22.66	1300m: 17:38.28 1:20.52		
200m: 2:37.69 1:21.41	600m: 8:05.01 1:21.74	1000m: 13:34.13 1:22.19	1400m: 19:00.28 1:22.00		
300m: 3:59.51 1:21.82	700m: 9:26.94 1:21.93	1100m: 14:56.19 1:22.06	1500m: 20:18.10 1:17.82		
400m: 5:21.28 1:21.77	800m: 10:49.28 1:22.34	1200m: 16:17.76 1:21.57			

Prova 4, Masc., 1500m Livres, Infantis A

Lugar	Nome	Ano	Classe	Licença	Clube	Tempo Final	AQUA
3.	Heliodoro Joao, Sombreiro	11		212128	BUZIOS - Coruche	20:25.98	329
	100m: 1:17.26 1:17.26	500m: 6:48.65 1:22.59	900m: 12:19.62 1:22.29	1300m: 17:46.24 1:21.33			
	200m: 2:39.74 1:22.48	600m: 8:11.18 1:22.53	1000m: 13:42.55 1:22.93	1400m: 19:08.39 1:22.15			
	300m: 4:02.50 1:22.76	700m: 9:34.10 1:22.92	1100m: 15:04.26 1:21.71	1500m: 20:25.98 1:17.59			
	400m: 5:26.06 1:23.56	800m: 10:57.33 1:23.23	1200m: 16:24.91 1:20.65				
4.	Martim Miguel, Santos	11		216945	Rio Maior	20:28.35	327
	100m: 1:19.97 1:19.97	500m: 6:48.90 1:22.95	900m: 12:16.72 1:22.91	1300m: 17:47.98 1:23.47			
	200m: 2:42.32 1:22.35	600m: 8:10.92 1:22.02	1000m: 13:39.52 1:22.80	1400m: 19:10.55 1:22.57			
	300m: 4:04.28 1:21.96	700m: 9:31.75 1:20.83	1100m: 15:03.33 1:23.81	1500m: 20:28.35 1:17.80			
	400m: 5:25.95 1:21.67	800m: 10:53.81 1:22.06	1200m: 16:24.51 1:21.18				
5.	Eduardo Domingos, Rosa	11		214848	BUZIOS - Coruche	20:53.82	308
	100m: 1:18.99 1:18.99	500m: 6:52.20 1:24.07	900m: 12:29.80 1:25.00	1300m: 18:08.88 1:25.15			
	200m: 2:41.65 1:22.66	600m: 8:15.59 1:23.39	1000m: 13:53.93 1:24.13	1400m: 19:34.03 1:25.15			
	300m: 4:04.65 1:23.00	700m: 9:40.51 1:24.92	1100m: 15:19.21 1:25.28	1500m: 20:53.82 1:19.79			
	400m: 5:28.13 1:23.48	800m: 11:04.80 1:24.29	1200m: 16:43.73 1:24.52				
6.	Afonso Jose, Alves	11		214560	CCDSerta	21:17.99	290
	100m: 1:16.49 1:16.49	500m: 6:56.73 1:26.66	900m: 12:44.16 1:27.58	1300m: 18:32.12 1:27.09			
	200m: 2:39.99 1:23.50	600m: 8:23.68 1:26.95	1000m: 14:11.13 1:26.97	1400m: 19:57.02 1:24.90			
	300m: 4:04.35 1:24.36	700m: 9:50.20 1:26.52	1100m: 15:38.17 1:27.04	1500m: 21:17.99 1:20.97			
	400m: 5:30.07 1:25.72	800m: 11:16.58 1:26.38	1200m: 17:05.03 1:26.86				
7.	Dinis Lourenco, Pereira	11		215070	AN Albicastrense	21:57.53	265
	100m: 1:20.16 1:20.16	500m: 7:10.65 1:27.57	900m: 13:04.77 1:28.83	1300m: 19:06.13 1:30.72			
	200m: 2:45.71 1:25.55	600m: 8:38.76 1:28.11	1000m: 14:34.34 1:29.57	1400m: 20:32.97 1:26.84			
	300m: 4:13.89 1:28.18	700m: 10:06.23 1:27.47	1100m: 16:05.32 1:30.98	1500m: 21:57.53 1:24.56			
	400m: 5:43.08 1:29.19	800m: 11:35.94 1:29.71	1200m: 17:35.41 1:30.09				
8.	Rodrigo Miguel, Alcobia Rec Nacional S10	11	S10	223370	Ferreira do Zezere	22:20.61	252
	100m: 1:19.22 1:19.22	500m: 7:13.09 1:31.88	900m: 13:16.24 1:30.93	1300m: 19:22.07 1:31.96			
	200m: 2:44.97 1:25.75	600m: 8:44.31 1:31.22	1000m: 14:47.01 1:30.77	1400m: 20:52.73 1:30.66			
	300m: 4:11.99 1:27.02	700m: 10:15.29 1:30.98	1100m: 16:19.66 1:32.65	1500m: 22:20.61 1:27.88			
	400m: 5:41.21 1:29.22	800m: 11:45.31 1:30.02	1200m: 17:50.11 1:30.45				
9.	Eduardo Lourenco, Silva	11		213974	AN Albicastrense	24:46.39	184
	100m: 1:34.83 1:34.83	500m: 8:05.91 1:38.65	900m: 14:48.02 1:42.62	1300m: 21:29.78 1:38.66			
	200m: 3:12.25 1:37.42	600m: 9:44.37 1:38.46	1000m: 16:29.06 1:41.04	1400m: 23:10.94 1:41.16			
	300m: 4:48.53 1:36.28	700m: 11:24.79 1:40.42	1100m: 18:09.69 1:40.63	1500m: 24:46.39 1:35.45			
	400m: 6:27.26 1:38.73	800m: 13:05.40 1:40.61	1200m: 19:51.12 1:41.43				
10.	Salvador Miguel, Silva	11		220781	Viver Santarem	26:03.09	159
	100m: 1:29.71 1:29.71	500m: 8:26.79 1:46.23	900m: 15:35.73 1:48.28	1300m: 22:43.88 1:41.95			
	200m: 3:11.00 1:41.29	600m: 10:12.89 1:46.10	1000m: 17:22.67 1:46.94	1400m: 24:26.39 1:42.51			
	300m: 4:55.98 1:44.98	700m: 11:58.28 1:45.39	1100m: 19:12.92 1:50.25	1500m: 26:03.09 1:36.70			
	400m: 6:40.56 1:44.58	800m: 13:47.45 1:49.17	1200m: 21:01.93 1:49.01				
11.	Duarte Alexandre, Carreiras	11		217600	Elvense	28:39.89	119
	100m: 1:41.37 1:41.37	500m: 9:10.10 1:52.68	900m: 16:50.47 1:57.80	1300m: 24:49.47 2:02.31			
	200m: 3:30.64 1:49.27	600m: 11:04.35 1:54.25	1000m: 18:49.92 1:59.45	1400m: 26:49.52 2:00.05			
	300m: 5:23.93 1:53.29	700m: 12:57.80 1:53.45	1100m: 20:46.86 1:56.94	1500m: 28:39.89 1:50.37			
	400m: 7:17.42 1:53.49	800m: 14:52.67 1:54.87	1200m: 22:47.16 2:00.30				
DSQ	Rui Manuel, Douvens	11		217880	CCDSerta		
	102 - O(a) atleta não completou o percurso - SW 10.2						