

Torneio ANMinho / Torneio Regional de Fundo
Braga, 10 - 11/5/2025

Prova 1 Masc., 1500m Livres Absoluto
10/05/2025 - 15:30 Resultados

Rec. Reg. ANMinho Open	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	21/12/2021
Rec. Reg. ANMinho Sen	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	21/12/2021
Rec. Reg. ANMinho Jun 2	15:19.81	Jose Paulo Lopes	SCB	Porto	10/12/2017
Rec. Reg. ANMinho Jun 1	15:21.79	Jose Paulo Lopes	SCB	Funchal	11/12/2016
Rec. Reg. ANMinho Juv A	15:46.14	Jose Paulo Lopes	SCB	Ponte da Barca	02/07/2016
Rec. Reg. ANMinho Juv B	16:10.07	Jose Paulo Lopes	SCB	Ponte da Barca	04/07/2015
Rec. Reg. ANMinho Inf A	16:54.06	Hugo Miguel Neves	SCB	Ponte da Barca	02/07/2016
Rec. Reg. ANMinho Inf B	17:54.74	Duarte Joao Dantas	EDV	Alcobaca	16/03/1997

Pontos: WPP 2025

Lugar Ano Tempo final Pts

Infantis B

1. Joao Oliveira Silva	12	Braga	19:29.52
50m: 33.81 33.81	400m: 5:02.04 1:17.46	800m: 10:18.15 1:18.91	1200m: 15:38.09 1:20.20
100m: 1:10.28 36.47	500m: 6:20.60 1:18.56	900m: 11:37.46 1:19.31	1300m: 16:57.65 1:19.56
200m: 2:27.07 1:16.79	600m: 7:39.87 1:19.27	1000m: 12:57.26 1:19.80	1400m: 18:16.62 1:18.97
300m: 3:44.58 1:17.51	700m: 8:59.24 1:19.37	1100m: 14:17.89 1:20.63	1500m: 19:29.52 1:12.90
2. Ivan Kuzuk	12	Braga	19:55.13
50m: 36.41 36.41	400m: 5:12.52 1:20.34	800m: 10:33.82 1:20.90	1200m: 15:56.49 1:20.87
100m: 1:14.42 38.01	500m: 6:32.54 1:20.02	900m: 11:54.24 1:20.42	1300m: 17:17.53 1:21.04
200m: 2:32.69 1:18.27	600m: 7:52.64 1:20.10	1000m: 13:15.09 1:20.85	1400m: 18:38.66 1:21.13
300m: 3:52.18 1:19.49	700m: 9:12.92 1:20.28	1100m: 14:35.62 1:20.53	1500m: 19:55.13 1:16.47
3. David Oliveira Ferreira	12	Braga	20:44.67
50m: 36.31 36.31	400m: 5:18.10 1:21.44	800m: 10:52.66 1:24.87	1200m: 16:33.47 1:25.66
100m: 1:14.46 38.15	500m: 6:40.76 1:22.66	900m: 12:16.39 1:23.73	1300m: 17:59.03 1:25.56
200m: 2:35.66 1:21.20	600m: 8:04.23 1:23.47	1000m: 13:41.93 1:25.54	1400m: 19:24.13 1:25.10
300m: 3:56.66 1:21.00	700m: 9:27.79 1:23.56	1100m: 15:07.81 1:25.88	1500m: 20:44.67 1:20.54
4. Santino Hernan Schaab	12	Braga	20:59.02
50m: 39.43 39.43	400m: 5:33.95 1:24.09	800m: 11:10.96 1:24.25	1200m: 16:48.32 1:24.26
100m: 1:20.99 41.56	500m: 6:58.09 1:24.14	900m: 12:35.43 1:24.47	1300m: 18:14.97 1:26.65
200m: 2:45.43 1:24.44	600m: 8:22.36 1:24.27	1000m: 13:59.70 1:24.27	1400m: 19:38.43 1:23.46
300m: 4:09.86 1:24.43	700m: 9:46.71 1:24.35	1100m: 15:24.06 1:24.36	1500m: 20:59.02 1:20.59
5. Alexandre Magro Ribeiro	12	Braga	21:03.32
50m: 38.96 38.96	400m: 5:31.84 1:24.17	800m: 11:12.63 1:25.80	1200m: 16:51.65 1:24.37
100m: 1:19.71 40.75	500m: 6:56.68 1:24.84	900m: 12:36.38 1:23.75	1300m: 18:17.00 1:25.35
200m: 2:42.66 1:22.95	600m: 8:21.15 1:24.47	1000m: 14:01.78 1:25.40	1400m: 19:42.11 1:25.11
300m: 4:07.67 1:25.01	700m: 9:46.83 1:25.68	1100m: 15:27.28 1:25.50	1500m: 21:03.32 1:21.21
6. Martim Leite Pinto	12	Sporting Caminha	22:33.56
50m: 40.72 40.72	400m: 5:51.41 1:31.44	800m: 11:57.63 1:31.56	1200m: 18:04.97 1:31.76
100m: 1:23.26 42.54	500m: 7:24.12 1:32.71	900m: 13:29.31 1:31.68	1300m: 19:36.97 1:32.00
200m: 2:50.34 1:27.08	600m: 8:54.76 1:30.64	1000m: 15:01.29 1:31.98	1400m: 21:08.90 1:31.93
300m: 4:19.97 1:29.63	700m: 10:26.07 1:31.31	1100m: 16:33.21 1:31.92	1500m: 22:33.56 1:24.66
7. Francisco Nuno Novo	12	Viana Natacao	23:10.06
50m: 43.12 43.12	400m: 6:12.85 1:35.56	800m: 12:32.39 1:33.36	1200m: 18:42.82 1:32.35
100m: 1:28.58 45.46	500m: 7:47.79 1:34.94	900m: 14:05.41 1:33.02	1300m: 20:13.48 1:30.66
200m: 3:02.58 1:34.00	600m: 9:23.13 1:35.34	1000m: 15:38.73 1:33.32	1400m: 21:44.11 1:30.63
300m: 4:37.29 1:34.71	700m: 10:59.03 1:35.90	1100m: 17:10.47 1:31.74	1500m: 23:10.06 1:25.95
8. Tomas Carneiro Quintas	12	Braga	23:48.03
50m: 40.64 40.64	400m: 5:59.96 1:33.15	800m: 12:23.96 1:37.63	1200m: 18:59.57 1:37.46
100m: 1:24.71 44.07	500m: 7:34.50 1:34.54	900m: 14:04.18 1:40.22	1300m: 20:37.59 1:38.02
200m: 2:54.60 1:29.89	600m: 9:10.09 1:35.59	1000m: 15:42.61 1:38.43	1400m: 22:14.87 1:37.28
300m: 4:26.81 1:32.21	700m: 10:46.33 1:36.24	1100m: 17:22.11 1:39.50	1500m: 23:48.03 1:33.16
9. Lourenco Torre Lima	12	Desportiva de Viana	23:58.25
50m: 42.34 42.34	400m: 6:23.10 1:39.34	800m: 12:57.53 1:39.75	1200m: 19:24.02 1:36.47
100m: 1:28.87 46.53	500m: 7:57.47 1:34.37	900m: 14:34.45 1:36.92	1300m: 20:55.81 1:31.79
200m: 3:05.03 1:36.16	600m: 9:36.18 1:38.71	1000m: 16:11.84 1:37.39	1400m: 22:28.48 1:32.67
300m: 4:43.76 1:38.73	700m: 11:17.78 1:41.60	1100m: 17:47.55 1:35.71	1500m: 23:58.25 1:29.77

Torneio ANMinho / Torneio Regional de Fundo
Braga, 10 - 11/5/2025

Prova 1, Masc., 1500m Livres, Infantis B

Lugar	Ano						Tempo final				Pts	
10.	Afonso Barros Gama						12	Sporting Caminha				24:14.72
	50m:	47.03	47.03	400m:	6:32.80	1:38.47	800m:	13:02.74	1:37.62	1200m:	19:30.81	1:37.38
	100m:	1:37.11	50.08	500m:	8:10.53	1:37.73	900m:	14:39.90	1:37.16	1300m:	21:07.37	1:36.56
	200m:	3:15.37	1:38.26	600m:	9:47.99	1:37.46	1000m:	16:17.46	1:37.56	1400m:	22:43.50	1:36.13
	300m:	4:54.33	1:38.96	700m:	11:25.12	1:37.13	1100m:	17:53.43	1:35.97	1500m:	24:14.72	1:31.22

Torneio ANMinho / Torneio Regional de Fundo
Braga, 10 - 11/5/2025

Prova 1, Masc., 1500m Livres

Infantis A

1.	Diogo Corte-Real Alpoim	11	Viana Natacao	18:21.66
	50m: 33.26 33.26	400m: 4:52.97 1:14.29	800m: 9:50.42 1:13.98	1200m: 14:44.30 1:13.12
	100m: 1:10.31 37.05	500m: 6:07.23 1:14.26	900m: 11:05.18 1:14.76	1300m: 15:58.17 1:13.87
	200m: 2:24.59 1:14.28	600m: 7:21.95 1:14.72	1000m: 12:19.06 1:13.88	1400m: 17:12.15 1:13.98
	300m: 3:38.68 1:14.09	700m: 8:36.44 1:14.49	1100m: 13:31.18 1:12.12	1500m: 18:21.66 1:09.51
2.	Dinis Vieira Pinto	11	Braga	19:11.96
	50m: 35.19 35.19	200m: 2:26.93 1:14.90	600m: 6:54.43 1:16.45	1500m: 19:11.96 11:00.69
	100m: 1:12.03 36.84	500m: 5:37.98 3:11.05	700m: 8:11.27 1:16.84	
3.	Jose Pedro Martins	11	Viana Natacao	19:16.06
	50m: 35.93 35.93	400m: 5:04.43 1:17.95	800m: 10:15.26 1:17.46	1200m: 15:25.56 1:17.90
	100m: 1:13.62 37.69	500m: 6:22.24 1:17.81	900m: 11:32.96 1:17.70	1300m: 16:44.12 1:18.56
	200m: 2:29.09 1:15.47	600m: 7:39.73 1:17.49	1000m: 12:50.34 1:17.38	1400m: 18:02.09 1:17.97
	300m: 3:46.48 1:17.39	700m: 8:57.80 1:18.07	1100m: 14:07.66 1:17.32	1500m: 19:16.06 1:13.97
4.	Diogo Miranda Castro	11	Desportiva de Viana	19:42.96
	50m: 36.39 36.39	500m: 6:36.31 1:20.47	900m: 11:54.62 1:18.91	1300m: 17:08.82 1:18.42
	100m: 1:14.85 38.46	600m: 7:56.35 1:20.04	1000m: 13:13.90 1:19.28	1400m: 18:27.35 1:18.53
	300m: 3:54.75 2:39.90	700m: 9:16.47 1:20.12	1100m: 14:32.14 1:18.24	1500m: 19:42.96 1:15.61
	400m: 5:15.84 1:21.09	800m: 10:35.71 1:19.24	1200m: 15:50.40 1:18.26	
5.	Afonso Silva Cerqueira	11	Braga	19:58.27
	50m: 35.99 35.99	400m: 5:09.54 1:19.61	800m: 10:30.31 1:20.00	1200m: 16:00.08 1:21.86
	100m: 1:13.50 37.51	500m: 6:29.63 1:20.09	900m: 11:53.62 1:23.31	1300m: 17:21.10 1:21.02
	200m: 2:31.06 1:17.56	600m: 7:50.10 1:20.47	1000m: 13:15.62 1:22.00	1400m: 18:41.62 1:20.52
	300m: 3:49.93 1:18.87	700m: 9:10.31 1:20.21	1100m: 14:38.22 1:22.60	1500m: 19:58.27 1:16.65
6.	Antonio Barbosa Nogueira	11	Braga	19:59.37
	50m: 39.28 39.28	400m: 5:20.77 1:22.02	800m: 10:47.78 1:20.63	1200m: 16:05.66 1:18.97
	100m: 1:16.27 36.99	500m: 6:42.65 1:21.88	900m: 12:07.55 1:19.77	1300m: 17:24.40 1:18.74
	200m: 2:36.59 1:20.32	600m: 8:04.67 1:22.02	1000m: 13:27.31 1:19.76	1400m: 18:42.93 1:18.53
	300m: 3:58.75 1:22.16	700m: 9:27.15 1:22.48	1100m: 14:46.69 1:19.38	1500m: 19:59.37 1:16.44
7.	Matias Fernandes Goncalves	11	Sporting Caminha	20:28.97
	50m: 37.68 37.68	400m: 5:26.12 1:23.51	800m: 10:57.21 1:22.06	1200m: 16:25.96 1:21.27
	100m: 1:17.87 40.19	500m: 6:49.02 1:22.90	900m: 12:19.44 1:22.23	1300m: 17:48.59 1:22.63
	200m: 2:40.14 1:22.27	600m: 8:12.03 1:23.01	1000m: 13:42.27 1:22.83	1400m: 19:10.46 1:21.87
	300m: 4:02.61 1:22.47	700m: 9:35.15 1:23.12	1100m: 15:04.69 1:22.42	1500m: 20:28.97 1:18.51
8.	Pedro Bueso Cristino	11	Braga	21:25.60
	50m: 36.51 36.51	400m: 5:35.74 1:25.97	800m: 11:23.67 1:28.24	1200m: 17:10.03 1:25.81
	100m: 1:20.20 43.69	500m: 7:01.46 1:25.72	900m: 12:49.82 1:26.15	1300m: 18:36.51 1:26.48
	200m: 2:44.18 1:23.98	600m: 8:28.34 1:26.88	1000m: 14:16.52 1:26.70	1400m: 20:02.60 1:26.09
	300m: 4:09.77 1:25.59	700m: 9:55.43 1:27.09	1100m: 15:44.22 1:27.70	1500m: 21:25.60 1:23.00
9.	Edgar Cunha Rodrigues	11	Desportiva de Viana	21:44.69
	50m: 39.06 39.06	400m: 5:39.93 1:26.90	800m: 11:32.82 1:28.64	1200m: 17:23.96 1:28.28
	100m: 1:21.06 42.00	500m: 7:07.31 1:27.38	900m: 13:01.19 1:28.37	1300m: 18:52.97 1:29.01
	200m: 2:47.37 1:26.31	600m: 8:36.59 1:29.28	1000m: 14:29.48 1:28.29	1400m: 20:21.08 1:28.11
	300m: 4:13.03 1:25.66	700m: 10:04.18 1:27.59	1100m: 15:55.68 1:26.20	1500m: 21:44.69 1:23.61
10.	Duarte Santiago Afonso	11	Viana Natacao	21:57.11
	50m: 41.49 41.49	400m: 5:49.78 1:28.07	800m: 11:43.09 1:27.88	1200m: 17:38.39 1:28.77
	100m: 1:21.57 40.08	500m: 7:17.87 1:28.09	900m: 13:11.68 1:28.59	1300m: 19:06.45 1:28.06
	200m: 2:54.57 1:33.00	600m: 8:46.31 1:28.44	1000m: 14:40.60 1:28.92	1400m: 20:34.08 1:27.63
	300m: 4:21.71 1:27.14	700m: 10:15.21 1:28.90	1100m: 16:09.62 1:29.02	1500m: 21:57.11 1:23.03
11.	Afonso Barros Baganha	11	Desportiva de Viana	22:39.77
	50m: 39.17 39.17	400m: 5:52.21 1:30.12	800m: 12:00.13 1:34.15	1200m: 18:12.08 1:32.02
	100m: 1:23.28 44.11	500m: 7:23.78 1:31.57	900m: 13:33.21 1:33.08	1300m: 19:43.47 1:31.39
	200m: 2:51.76 1:28.48	600m: 8:54.75 1:30.97	1000m: 15:07.24 1:34.03	1400m: 21:15.89 1:32.42
	300m: 4:22.09 1:30.33	700m: 10:25.98 1:31.23	1100m: 16:40.06 1:32.82	1500m: 22:39.77 1:23.88

Torneio ANMinho / Torneio Regional de Fundo
Braga, 10 - 11/5/2025

Prova 1, Masc., 1500m Livres

Juvenis B

1. Arseniy Vedkal	10	Braga	17:49.34
50m: 33.72 33.72	400m: 4:39.62 1:10.41	800m: 9:25.52 1:12.15	1200m: 14:16.81 1:13.39
100m: 1:08.84 35.12	500m: 5:50.40 1:10.78	900m: 10:37.80 1:12.28	1300m: 15:29.43 1:12.62
200m: 2:18.62 1:09.78	600m: 7:01.59 1:11.19	1000m: 11:50.68 1:12.88	1400m: 16:41.24 1:11.81
300m: 3:29.21 1:10.59	700m: 8:13.37 1:11.78	1100m: 13:03.42 1:12.74	1500m: 17:49.34 1:08.10
2. Rafael Almeida Machado	10	Braga	17:58.38
50m: 32.68 32.68	400m: 4:38.72 1:11.08	800m: 9:27.69 1:13.24	1200m: 14:19.68 1:13.74
100m: 1:06.93 34.25	500m: 5:50.59 1:11.87	900m: 10:39.95 1:12.26	1300m: 15:33.81 1:14.13
200m: 2:16.95 1:10.02	600m: 7:02.09 1:11.50	1000m: 11:53.25 1:13.30	1400m: 16:47.76 1:13.95
300m: 3:27.64 1:10.69	700m: 8:14.45 1:12.36	1100m: 13:05.94 1:12.69	1500m: 17:58.38 1:10.62
3. Tiago Filipe Salgueiro	10	Viana Natacao	19:23.65
50m: 37.18 37.18	400m: 5:07.61 1:17.29	800m: 10:16.56 1:17.10	1200m: 15:26.96 1:18.43
100m: 1:15.70 38.52	500m: 6:24.96 1:17.35	900m: 11:33.61 1:17.05	1300m: 16:46.08 1:19.12
200m: 2:32.51 1:16.81	600m: 7:41.99 1:17.03	1000m: 12:51.06 1:17.45	1400m: 18:05.20 1:19.12
300m: 3:50.32 1:17.81	700m: 8:59.46 1:17.47	1100m: 14:08.53 1:17.47	1500m: 19:23.65 1:18.45
4. Santiago Duarte Gouveia	10	Braga	19:41.11
50m: 35.46 35.46	400m: 5:07.04 1:18.95	800m: 10:27.14 1:20.13	1200m: 15:51.40 1:19.84
100m: 1:12.49 37.03	500m: 6:25.90 1:18.86	900m: 11:48.18 1:21.04	1300m: 17:09.98 1:18.58
200m: 2:29.66 1:17.17	600m: 7:47.49 1:21.59	1000m: 13:11.03 1:22.85	1400m: 18:29.36 1:19.38
300m: 3:48.09 1:18.43	700m: 9:07.01 1:19.52	1100m: 14:31.56 1:20.53	1500m: 19:41.11 1:11.75
5. Duarte Jose Peixoto	10	Desportiva de Viana	22:23.78
50m: 41.48 41.48	400m: 5:58.53 1:30.12	800m: 12:02.84 1:31.51	1200m: 18:00.87 1:28.53
100m: 1:25.96 44.48	500m: 7:29.81 1:31.28	900m: 13:34.08 1:31.24	1300m: 19:29.81 1:28.94
200m: 2:57.14 1:31.18	600m: 9:00.40 1:30.59	1000m: 15:03.74 1:29.66	1400m: 20:59.41 1:29.60
300m: 4:28.41 1:31.27	700m: 10:31.33 1:30.93	1100m: 16:32.34 1:28.60	1500m: 22:23.78 1:24.37

Torneio ANMinho / Torneio Regional de Fundo
Braga, 10 - 11/5/2025

Prova 1, Masc., 1500m Livres

Juvenis A

1.	Raul Ventura Barros	09	Braga							17:41.93
	50m: 32.71 32.71	400m: 4:35.73	1:10.17	800m: 9:20.41	1:11.72	1200m: 14:07.31	1:12.10			
	100m: 1:06.34 33.63	500m: 5:46.46	1:10.73	900m: 10:31.69	1:11.28	1300m: 15:18.79	1:11.48			
	200m: 2:15.67 1:09.33	600m: 6:57.47	1:11.01	1000m: 11:43.47	1:11.78	1400m: 16:31.34	1:12.55			
	300m: 3:25.56 1:09.89	700m: 8:08.69	1:11.22	1100m: 12:55.21	1:11.74	1500m: 17:41.93	1:10.59			
2.	Carlos Daniel Felgueiras	09	Viana Natacao							17:48.50
	50m: 33.60 33.60	400m: 4:44.22	1:11.16	800m: 9:28.47	1:10.84	1200m: 14:14.47	1:11.72			
	100m: 1:09.25 35.65	500m: 5:55.58	1:11.36	900m: 10:39.50	1:11.03	1300m: 15:26.22	1:11.75			
	200m: 2:21.14 1:11.89	600m: 7:06.47	1:10.89	1000m: 11:51.12	1:11.62	1400m: 16:38.32	1:12.10			
	300m: 3:33.06 1:11.92	700m: 8:17.63	1:11.16	1100m: 13:02.75	1:11.63	1500m: 17:48.50	1:10.18			
3.	Manuel Manso Goncalves	09	Desportiva de Viana							19:02.59
	50m: 34.67 34.67	400m: 4:57.59	1:16.15	800m: 10:04.22	1:16.62	1200m: 15:11.72	1:18.07			
	100m: 1:11.06 36.39	500m: 6:14.15	1:16.56	900m: 11:20.30	1:16.08	1300m: 16:29.59	1:17.87			
	200m: 2:25.53 1:14.47	600m: 7:31.09	1:16.94	1000m: 12:36.66	1:16.36	1400m: 17:47.72	1:18.13			
	300m: 3:41.44 1:15.91	700m: 8:47.60	1:16.51	1100m: 13:53.65	1:16.99	1500m: 19:02.59	1:14.87			

Torneio ANMinho / Torneio Regional de Fundo
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Prova 1, Masc., 1500m Livres

Juniores

1.	Afonso Miguel Nogueira	07	Braga							17:26.05
	50m: 32.63 32.63	400m: 4:31.98	1:08.95	800m: 9:11.18	1:09.78	1200m: 13:54.04	1:10.95			
	100m: 1:06.76 34.13	500m: 5:41.55	1:09.57	900m: 10:21.76	1:10.58	1300m: 15:05.60	1:11.56			
	200m: 2:14.68 1:07.92	600m: 6:51.07	1:09.52	1000m: 11:32.34	1:10.58	1400m: 16:16.60	1:11.00			
	300m: 3:23.03 1:08.35	700m: 8:01.40	1:10.33	1100m: 12:43.09	1:10.75	1500m: 17:26.05	1:09.45			
2.	Pedro Malhao Dias	08	Sporting Caminha							18:00.41
	50m: 30.09 30.09	500m: 5:50.48	1:12.48	900m: 10:45.56	1:14.84	1300m: 15:38.46	1:12.76			
	100m: 1:04.48 34.39	600m: 7:03.18	1:12.70	1000m: 12:00.27	1:14.71	1400m: 16:51.49	1:13.03			
	300m: 3:26.07 2:21.59	700m: 8:16.61	1:13.43	1100m: 13:13.11	1:12.84	1500m: 18:00.41	1:08.92			
	400m: 4:38.00 1:11.93	800m: 9:30.72	1:14.11	1200m: 14:25.70	1:12.59					

Torneio ANMinho / Torneio Regional de Fundo
Braga, 10 - 11/5/2025

Prova 1, Masc., 1500m Livres

Seniores

1.	Marcio Fernandes Gomes			04		Braga		16:53.57				
	50m:	31.21	31.21	400m:	4:24.58	1:07.08	800m:	8:57.31	1:09.11	1200m:	13:31.78	1:07.79
	100m:	1:04.15	32.94	500m:	5:32.31	1:07.73	900m:	10:05.96	1:08.65	1300m:	14:39.80	1:08.02
	200m:	2:10.80	1:06.65	600m:	6:39.71	1:07.40	1000m:	11:15.07	1:09.11	1400m:	15:48.08	1:08.28
	300m:	3:17.50	1:06.70	700m:	7:48.20	1:08.49	1100m:	12:23.99	1:08.92	1500m:	16:53.57	1:05.49
2.	Rodrigo Castro Alves			06		Braga		16:56.46				
	50m:	28.81	28.81	400m:	4:26.28	1:09.08	800m:	9:04.18	1:09.87	1200m:	13:38.09	1:08.60
	100m:	1:01.69	32.88	500m:	5:35.93	1:09.65	900m:	10:12.64	1:08.46	1300m:	14:45.47	1:07.38
	200m:	2:09.03	1:07.34	600m:	6:45.59	1:09.66	1000m:	11:21.64	1:09.00	1400m:	15:52.75	1:07.28
	300m:	3:17.20	1:08.17	700m:	7:54.31	1:08.72	1100m:	12:29.49	1:07.85	1500m:	16:56.46	1:03.71
3.	Joao Maria Sousa			05		Braga		17:15.18				
	50m:	29.56	29.56	400m:	4:24.28	1:07.70	800m:	8:57.88	1:08.89	1200m:	13:37.33	1:11.92
	100m:	1:02.21	32.65	500m:	5:32.60	1:08.32	900m:	10:06.19	1:08.31	1300m:	14:50.61	1:13.28
	200m:	2:09.10	1:06.89	600m:	6:40.94	1:08.34	1000m:	11:15.62	1:09.43	1400m:	16:03.42	1:12.81
	300m:	3:16.58	1:07.48	700m:	7:48.99	1:08.05	1100m:	12:25.41	1:09.79	1500m:	17:15.18	1:11.76