

Torneio Regional de Fundo Infantil e Juvenis
Cantanhede, 15 - 16/11/2025

Prova 2
15/11/2025 - 16:20

Masc., 1500m Livres

13 anos e mais velhos
Resultados

Rec Nac Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac Sen	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac 18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26/03/2018
Rec Nac 17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
Rec Nac Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Rec Nac Juv B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
Rec Nac Inf A	16:13.14	Andre Vilas, RUIVO	DNMG	Campo Maior	30/03/2014
Rec Nac Inf B	17:11.29	Andre Vilas, RUIVO	DNMG	Leiria	03/03/2013

Pontos: AQUA 2024

Lugar Ano Tempo final Pts

Inf B

1. Martim Simoes, RODRIGUES	13	Louzan Natacao/EFAPEL	20:41.68	317
100m: 1:18.08 1:18.08	500m: 6:49.10 1:23.51	900m: 12:26.07 1:24.48	1300m: 18:01.76 1:22.88	
200m: 2:40.01 1:21.93	600m: 8:13.39 1:24.29	1000m: 13:50.75 1:24.68	1400m: 19:25.37 1:23.61	
300m: 4:02.22 1:22.21	700m: 9:36.89 1:23.50	1100m: 15:14.40 1:23.65	1500m: 20:41.68 1:16.31	
400m: 5:25.59 1:23.37	800m: 11:01.59 1:24.70	1200m: 16:38.88 1:24.48		
2. Joao Filipe, SANTOS	13	Louzan Natacao/EFAPEL	20:43.02	316
100m: 1:17.79 1:17.79	500m: 6:48.15 1:23.48	900m: 12:25.06 1:24.20	1300m: 18:00.54 1:22.77	
200m: 2:39.30 1:21.51	600m: 8:12.22 1:24.07	1000m: 13:49.62 1:24.56	1400m: 19:24.34 1:23.80	
300m: 4:01.56 1:22.26	700m: 9:36.37 1:24.15	1100m: 15:13.46 1:23.84	1500m: 20:43.02 1:18.68	
400m: 5:24.67 1:23.11	800m: 11:00.86 1:24.49	1200m: 16:37.77 1:24.31		
3. Goncalo Cardoso, LIMA	13	Columbofila Cantanhedense	22:20.86	251
100m: 1:16.84 1:16.84	500m: 7:18.38 1:33.12	900m: 13:21.94 1:32.10	1300m: 19:24.03 1:30.14	
200m: 2:41.37 1:24.53	600m: 8:49.52 1:31.14	1000m: 14:51.47 1:29.53	1400m: 20:53.82 1:29.79	
300m: 4:11.96 1:30.59	700m: 10:18.44 1:28.92	1100m: 16:23.09 1:31.62	1500m: 22:20.86 1:27.04	
400m: 5:45.26 1:33.30	800m: 11:49.84 1:31.40	1200m: 17:53.89 1:30.80		
4. Afonso Duarte, FONSECA	13	Columbofila Cantanhedense	23:06.04	228
100m: 1:27.21 1:27.21	500m: 7:44.44 1:33.57	900m: 13:55.03 1:32.68	1300m: 20:07.14 1:32.78	
200m: 3:01.60 1:34.39	600m: 9:16.92 1:32.48	1000m: 15:29.05 1:34.02	1400m: 21:37.85 1:30.71	
300m: 4:35.03 1:33.43	700m: 10:49.63 1:32.71	1100m: 17:01.89 1:32.84	1500m: 23:06.04 1:28.19	
400m: 6:10.87 1:35.84	800m: 12:22.35 1:32.72	1200m: 18:34.36 1:32.47		
5. Xavier Bagagem, CARVALHO	13	Miranda do Corvo	24:35.45	189
100m: 1:32.24 1:32.24	500m: 8:09.63 1:39.25	900m: 14:49.16 1:41.09	1300m: 21:29.32 1:39.58	
200m: 3:12.35 1:40.11	600m: 9:47.32 1:37.69	1000m: 16:30.78 1:41.62	1400m: 23:06.23 1:36.91	
300m: 4:51.85 1:39.50	700m: 11:27.21 1:39.89	1100m: 18:10.24 1:39.46	1500m: 24:35.45 1:29.22	
400m: 6:30.38 1:38.53	800m: 13:08.07 1:40.86	1200m: 19:49.74 1:39.50		

Inf A

1. Afonso Manuel, FERNANDES	12	Academica de Coimbra	18:57.39	412
100m: 1:14.18 1:14.18	500m: 6:19.79 1:16.36	900m: 11:24.09 1:15.97	1300m: 16:27.72 1:16.24	
200m: 2:30.21 1:16.03	600m: 7:36.06 1:16.27	1000m: 12:39.99 1:15.90	1400m: 17:43.36 1:15.64	
300m: 3:46.78 1:16.57	700m: 8:51.61 1:15.55	1100m: 13:56.13 1:16.14	1500m: 18:57.39 1:14.03	
400m: 5:03.43 1:16.65	800m: 10:08.12 1:16.51	1200m: 15:11.48 1:15.35		
2. Tomas Goncalves, RODRIGUES	12	Columbofila Cantanhedense	19:20.40	388
100m: 1:13.78 1:13.78	500m: 6:16.53 1:16.64	900m: 11:29.81 1:18.09	1300m: 16:46.69 1:18.49	
200m: 2:29.59 1:15.81	600m: 7:35.28 1:18.75	1000m: 12:48.49 1:18.68	1400m: 18:06.05 1:19.36	
300m: 3:44.46 1:14.87	700m: 8:53.57 1:18.29	1100m: 14:07.88 1:19.39	1500m: 19:20.40 1:14.35	
400m: 4:59.89 1:15.43	800m: 10:11.72 1:18.15	1200m: 15:28.20 1:20.32		
3. Miguel Simoes, DIAS	12	Louzan Natacao/EFAPEL	19:58.46	352
100m: 1:13.80 1:13.80	500m: 6:27.35 1:20.68	900m: 11:49.29 1:21.90	1300m: 17:16.89 1:22.84	
200m: 2:30.86 1:17.06	600m: 7:46.40 1:19.05	1000m: 13:09.99 1:20.70	1400m: 18:38.00 1:21.11	
300m: 3:47.26 1:16.40	700m: 9:07.22 1:20.82	1100m: 14:31.96 1:21.97	1500m: 19:58.46 1:20.46	
400m: 5:06.67 1:19.41	800m: 10:27.39 1:20.17	1200m: 15:54.05 1:22.09		
4. Rodrigo Miguel, CORDEIRO	12	Condeixa Clube	20:14.49	339
100m: 1:16.50 1:16.50	500m: 6:39.66 1:22.79	900m: 12:06.37 1:20.93	1300m: 17:32.91 1:22.08	
200m: 2:34.83 1:18.33	600m: 8:01.39 1:21.73	1000m: 13:28.23 1:21.86	1400m: 18:54.89 1:21.98	
300m: 3:55.28 1:20.45	700m: 9:23.18 1:21.79	1100m: 14:49.87 1:21.64	1500m: 20:14.49 1:19.60	
400m: 5:16.87 1:21.59	800m: 10:45.44 1:22.26	1200m: 16:10.83 1:20.96		

Torneio Regional de Fundo Infantil e Juvenis
Cantanhede, 15 - 16/11/2025

Prova 2, Masc., 1500m Livres, Inf A

Lugar			Ano					Tempo final	Pts
5.	Martim Neves, CARIDADE		12	Condeixa Clube				20:38.64	319
	100m:	1:17.51 1:17.51	500m:	6:47.93 1:22.60	900m:	12:20.67 1:22.78	1300m:	17:57.33 1:23.50	
	200m:	2:39.28 1:21.77	600m:	8:11.39 1:23.46	1000m:	13:44.47 1:23.80	1400m:	19:19.59 1:22.26	
	300m:	4:02.10 1:22.82	700m:	9:34.65 1:23.26	1100m:	15:09.52 1:25.05	1500m:	20:38.64 1:19.05	
	400m:	5:25.33 1:23.23	800m:	10:57.89 1:23.24	1200m:	16:33.83 1:24.31			
6.	Lourenco Serra, BARATA		12	Louzan Natacao/EFAPEL				21:17.91	291
	100m:	1:16.74 1:16.74	500m:	6:48.42 1:23.54	900m:	12:34.44 1:27.15	1300m:	18:26.35 1:27.17	
	200m:	2:39.00 1:22.26	600m:	8:13.04 1:24.62	1000m:	14:02.81 1:28.37	1400m:	19:54.10 1:27.75	
	300m:	4:01.74 1:22.74	700m:	9:39.62 1:26.58	1100m:	15:31.35 1:28.54	1500m:	21:17.91 1:23.81	
	400m:	5:24.88 1:23.14	800m:	11:07.29 1:27.67	1200m:	16:59.18 1:27.83			
7.	Diogo Cunha, CORTE-REAL		12	Columbofila Cantanhedense				21:28.32	284
	100m:	1:21.60 1:21.60	500m:	7:06.27 1:26.82	900m:	12:51.59 1:26.04	1300m:	18:38.21 1:26.68	
	200m:	2:47.58 1:25.98	600m:	8:31.89 1:25.62	1000m:	14:18.08 1:26.49	1400m:	20:04.17 1:25.96	
	300m:	4:13.24 1:25.66	700m:	9:58.18 1:26.29	1100m:	15:45.28 1:27.20	1500m:	21:28.32 1:24.15	
	400m:	5:39.45 1:26.21	800m:	11:25.55 1:27.37	1200m:	17:11.53 1:26.25			
8.	Tomas Dinis, TORRES		12	Columbofila Cantanhedense				22:11.84	257
	100m:	1:22.40 1:22.40	500m:	7:18.65 1:28.47	900m:	13:13.06 1:29.08	1300m:	19:13.81 1:31.47	
	200m:	2:51.53 1:29.13	600m:	8:46.80 1:28.15	1000m:	14:43.65 1:30.59	1400m:	20:43.62 1:29.81	
	300m:	4:22.65 1:31.12	700m:	10:14.87 1:28.07	1100m:	16:12.57 1:28.92	1500m:	22:11.84 1:28.22	
	400m:	5:50.18 1:27.53	800m:	11:43.98 1:29.11	1200m:	17:42.34 1:29.77			
9.	Afonso Simoes, COSTA		12	Louzan Natacao/EFAPEL				22:54.59	233
	100m:	1:24.53 1:24.53	500m:	7:35.10 1:33.20	900m:	13:42.77 1:31.10	1300m:	19:57.45 1:32.35	
	200m:	2:56.20 1:31.67	600m:	9:07.01 1:31.91	1000m:	15:16.44 1:33.67	1400m:	21:29.42 1:31.97	
	300m:	4:28.38 1:32.18	700m:	10:38.07 1:31.06	1100m:	16:50.45 1:34.01	1500m:	22:54.59 1:25.17	
	400m:	6:01.90 1:33.52	800m:	12:11.67 1:33.60	1200m:	18:25.10 1:34.65			
10.	Diogo Carvalho, FERNANDES		12	Náutico Académico				23:23.84	219
	100m:	1:30.04 1:30.04	500m:	7:49.68 1:35.09	900m:	13:55.34 1:29.07	1300m:	20:10.47 1:37.96	
	200m:	3:04.29 1:34.25	600m:	9:21.90 1:32.22	1000m:	15:26.55 1:31.21	1400m:	21:47.93 1:37.46	
	300m:	4:39.86 1:35.57	700m:	10:55.71 1:33.81	1100m:	16:58.19 1:31.64	1500m:	23:23.84 1:35.91	
	400m:	6:14.59 1:34.73	800m:	12:26.27 1:30.56	1200m:	18:32.51 1:34.32			
11.	Mario Martins, FERREIRA		12	Louzan Natacao/EFAPEL				24:30.10	191
	100m:	1:28.24 1:28.24	500m:	8:07.75 1:38.67	900m:	14:38.78 1:38.33	1300m:	21:19.30 1:40.75	
	200m:	3:06.09 1:37.85	600m:	9:43.39 1:35.64	1000m:	16:17.93 1:39.15	1400m:	22:57.68 1:38.38	
	300m:	4:46.54 1:40.45	700m:	11:22.65 1:39.26	1100m:	17:58.34 1:40.41	1500m:	24:30.10 1:32.42	
	400m:	6:29.08 1:42.54	800m:	13:00.45 1:37.80	1200m:	19:38.55 1:40.21			

Juv B

1.	Hugo Ferreira, SILVA		11	Academica de Coimbra				17:23.33	534
	100m:	1:07.36 1:07.36	500m:	5:46.86 1:10.02	900m:	10:26.18 1:09.54	1300m:	15:06.10 1:10.29	
	200m:	2:16.87 1:09.51	600m:	6:56.75 1:09.89	1000m:	11:35.69 1:09.51	1400m:	16:16.10 1:10.00	
	300m:	3:27.00 1:10.13	700m:	8:06.66 1:09.91	1100m:	12:45.68 1:09.99	1500m:	17:23.33 1:07.23	
	400m:	4:36.84 1:09.84	800m:	9:16.64 1:09.98	1200m:	13:55.81 1:10.13			
2.	Bernardo Bento, DINIS		11	Condeixa Clube				18:08.37	471
	100m:	1:08.63 1:08.63	500m:	5:55.92 1:12.72	900m:	10:48.77 1:13.50	1300m:	15:42.74 1:13.66	
	200m:	2:19.38 1:10.75	600m:	7:09.11 1:13.19	1000m:	12:02.14 1:13.37	1400m:	16:56.54 1:13.80	
	300m:	3:30.93 1:11.55	700m:	8:22.10 1:12.99	1100m:	13:15.68 1:13.54	1500m:	18:08.37 1:11.83	
	400m:	4:43.20 1:12.27	800m:	9:35.27 1:13.17	1200m:	14:29.08 1:13.40			
3.	Vicente Abrantes, DIOGO		11	Columbofila Cantanhedense				18:30.88	443
	100m:	1:11.00 1:11.00	500m:	6:07.05 1:14.18	900m:	11:04.53 1:14.49	1300m:	16:03.46 1:14.51	
	200m:	2:24.74 1:13.74	600m:	7:21.83 1:14.78	1000m:	12:19.40 1:14.87	1400m:	17:18.37 1:14.91	
	300m:	3:38.55 1:13.81	700m:	8:36.34 1:14.51	1100m:	13:34.04 1:14.64	1500m:	18:30.88 1:12.51	
	400m:	4:52.87 1:14.32	800m:	9:50.04 1:13.70	1200m:	14:48.95 1:14.91			
4.	Afonso Jose, MIRANDA		11	Louzan Natacao/EFAPEL				18:46.03	425
	100m:	1:12.87 1:12.87	500m:	6:15.87 1:15.64	900m:	11:18.25 1:15.99	1300m:	16:18.51 1:15.52	
	200m:	2:28.53 1:15.66	600m:	7:31.45 1:15.58	1000m:	12:32.78 1:14.53	1400m:	17:32.85 1:14.34	
	300m:	3:44.69 1:16.16	700m:	8:47.51 1:16.06	1100m:	13:47.70 1:14.92	1500m:	18:46.03 1:13.18	
	400m:	5:00.23 1:15.54	800m:	10:02.26 1:14.75	1200m:	15:02.99 1:15.29			

Torneio Regional de Fundo Infantil e Juvenis
Cantanhede, 15 - 16/11/2025

Prova 2, Masc., 1500m Livres, Juv B

Lugar	Ano		Tempo final		Pts
5. David Pereira, MARQUES	11	Columbofila Cantanhedense	18:47.31	423	
100m: 1:12.35 1:12.35	500m: 6:11.76 1:15.09	900m: 11:14.41 1:16.17	1300m: 16:17.20 1:15.41		
200m: 2:27.79 1:15.44	600m: 7:27.13 1:15.37	1000m: 12:30.16 1:15.75	1400m: 17:33.42 1:16.22		
300m: 3:42.27 1:14.48	700m: 8:42.47 1:15.34	1100m: 13:45.59 1:15.43	1500m: 18:47.31 1:13.89		
400m: 4:56.67 1:14.40	800m: 9:58.24 1:15.77	1200m: 15:01.79 1:16.20			
6. Daniel Nunes, FREITAS	11	Columbofila Cantanhedense	18:48.79	422	
100m: 1:10.88 1:10.88	500m: 6:08.72 1:15.56	900m: 11:12.85 1:16.64	1300m: 16:19.62 1:16.72		
200m: 2:23.91 1:13.03	600m: 7:24.87 1:16.15	1000m: 12:28.80 1:15.95	1400m: 17:35.49 1:15.87		
300m: 3:38.04 1:14.13	700m: 8:41.00 1:16.13	1100m: 13:45.50 1:16.70	1500m: 18:48.79 1:13.30		
400m: 4:53.16 1:15.12	800m: 9:56.21 1:15.21	1200m: 15:02.90 1:17.40			
7. Francisco Marques, PEREIRA	11	Columbofila Cantanhedense	19:08.20	401	
100m: 1:13.80 1:13.80	500m: 6:23.27 1:17.73	900m: 11:31.88 1:16.72	1300m: 16:37.00 1:16.69		
200m: 2:30.22 1:16.42	600m: 7:41.05 1:17.78	1000m: 12:47.25 1:15.37	1400m: 17:53.81 1:16.81		
300m: 3:47.47 1:17.25	700m: 8:58.64 1:17.59	1100m: 14:03.46 1:16.21	1500m: 19:08.20 1:14.39		
400m: 5:05.54 1:18.07	800m: 10:15.16 1:16.52	1200m: 15:20.31 1:16.85			
8. Leonardo Fonseca, FERRAZ	11	Academica de Coimbra	19:25.18	383	
100m: 1:14.60 1:14.60	500m: 6:22.22 1:17.24	900m: 11:33.76 1:18.27	1300m: 16:49.25 1:18.56		
200m: 2:31.22 1:16.62	600m: 7:39.58 1:17.36	1000m: 12:52.44 1:18.68	1400m: 18:08.11 1:18.86		
300m: 3:48.15 1:16.93	700m: 8:57.33 1:17.75	1100m: 14:11.38 1:18.94	1500m: 19:25.18 1:17.07		
400m: 5:04.98 1:16.83	800m: 10:15.49 1:18.16	1200m: 15:30.69 1:19.31			
9. Duarte Santos, MATEUS	11	Condeixa Clube	19:25.82	383	
100m: 1:15.26 1:15.26	500m: 6:27.25 1:18.04	900m: 11:39.09 1:18.22	1300m: 16:53.50 1:18.81		
200m: 2:33.50 1:18.24	600m: 7:44.82 1:17.57	1000m: 12:57.83 1:18.74	1400m: 18:10.55 1:17.05		
300m: 3:51.06 1:17.56	700m: 9:02.82 1:18.00	1100m: 14:16.04 1:18.21	1500m: 19:25.82 1:15.27		
400m: 5:09.21 1:18.15	800m: 10:20.87 1:18.05	1200m: 15:34.69 1:18.65			
10. Pedro Filipe, ALMEIDA	11	Columbofila Cantanhedense	19:33.19	376	
100m: 1:10.71 1:10.71	500m: 6:18.83 1:18.85	900m: 11:36.12 1:19.56	1300m: 16:56.62 1:20.35		
200m: 2:24.77 1:14.06	600m: 7:38.07 1:19.24	1000m: 12:55.88 1:19.76	1400m: 18:16.36 1:19.74		
300m: 3:41.22 1:16.45	700m: 8:57.02 1:18.95	1100m: 14:15.71 1:19.83	1500m: 19:33.19 1:16.83		
400m: 4:59.98 1:18.76	800m: 10:16.56 1:19.54	1200m: 15:36.27 1:20.56			
11. Martim Oliveira, DIAS	11	Náutico Académico	19:52.42	358	
100m: 1:13.41 1:13.41	500m: 6:30.66 1:20.50	900m: 11:51.14 1:20.31	1300m: 17:13.32 1:19.86		
200m: 2:31.68 1:18.27	600m: 7:50.79 1:20.13	1000m: 13:12.09 1:20.95	1400m: 18:34.07 1:20.75		
300m: 3:50.93 1:19.25	700m: 9:11.45 1:20.66	1100m: 14:32.65 1:20.56	1500m: 19:52.42 1:18.35		
400m: 5:10.16 1:19.23	800m: 10:30.83 1:19.38	1200m: 15:53.46 1:20.81			
12. Bernardo Silva, NEVES	11	Náutico Académico	20:10.18	342	
100m: 1:18.66 1:18.66	500m: 6:43.63 1:19.74	900m: 12:03.64 1:19.70	1300m: 17:32.12 1:22.86		
200m: 2:41.19 1:22.53	600m: 8:03.97 1:20.34	1000m: 13:24.44 1:20.80	1400m: 18:53.58 1:21.46		
300m: 4:01.90 1:20.71	700m: 9:24.27 1:20.30	1100m: 14:46.99 1:22.55	1500m: 20:10.18 1:16.60		
400m: 5:23.89 1:21.99	800m: 10:43.94 1:19.67	1200m: 16:09.26 1:22.27			
13. Santiago Cavaleiro, SANTOS	11	S. Pedro Alva	22:50.35	236	
100m: 1:18.67 1:18.67	500m: 7:20.92 1:34.91	900m: 13:36.96 1:34.22	1300m: 19:51.94 1:32.43		
200m: 2:44.87 1:26.20	600m: 8:55.19 1:34.27	1000m: 15:09.24 1:32.28	1400m: 21:23.00 1:31.06		
300m: 4:15.68 1:30.81	700m: 10:29.18 1:33.99	1100m: 16:43.27 1:34.03	1500m: 22:50.35 1:27.35		
400m: 5:46.01 1:30.33	800m: 12:02.74 1:33.56	1200m: 18:19.51 1:36.24			

Juv A

1. Dinis Goncalves, ARAUJO	10	Náutico Académico	17:11.22	553	
100m: 1:05.69 1:05.69	500m: 5:39.47 1:08.69	900m: 10:13.85 1:07.55	1300m: 14:53.33 1:09.97		
200m: 2:13.19 1:07.50	600m: 6:48.27 1:08.80	1000m: 11:23.34 1:09.49	1400m: 16:03.48 1:10.15		
300m: 3:21.85 1:08.66	700m: 7:57.19 1:08.92	1100m: 12:33.33 1:09.99	1500m: 17:11.22 1:07.74		
400m: 4:30.78 1:08.93	800m: 9:06.30 1:09.11	1200m: 13:43.36 1:10.03			
2. Santiago Marques, PEREIRA	10	Columbofila Cantanhedense	17:42.91	505	
100m: 1:07.77 1:07.77	500m: 5:52.14 1:11.65	900m: 10:38.14 1:11.96	1300m: 15:24.78 1:10.91		
200m: 2:18.02 1:10.25	600m: 7:03.80 1:11.66	1000m: 11:50.00 1:11.86	1400m: 16:35.49 1:10.71		
300m: 3:29.21 1:11.19	700m: 8:15.11 1:11.31	1100m: 13:01.72 1:11.72	1500m: 17:42.91 1:07.42		
400m: 4:40.49 1:11.28	800m: 9:26.18 1:11.07	1200m: 14:13.87 1:12.15			

Torneio Regional de Fundo Infantil e Juvenis
Cantanhede, 15 - 16/11/2025

Prova 2, Masc., 1500m Livres, Juv A

Lugar			Ano					Tempo final	Pts
3.	Miguel Tomas, GOMES		10	Náutico Académico				17:51.74	493
	100m:	1:08.13 1:08.13	500m:	5:52.89 1:11.75	900m:	10:37.85 1:11.15	1300m:	15:29.65 1:12.72	
	200m:	2:18.44 1:10.31	600m:	7:03.28 1:10.39	1000m:	11:50.35 1:12.50	1400m:	16:42.23 1:12.58	
	300m:	3:30.50 1:12.06	700m:	8:14.38 1:11.10	1100m:	13:03.85 1:13.50	1500m:	17:51.74 1:09.51	
	400m:	4:41.14 1:10.64	800m:	9:26.70 1:12.32	1200m:	14:16.93 1:13.08			
4.	Rodrigo Miguel, MATIAS		10	Náutico Académico				18:06.60	473
	100m:	1:07.94 1:07.94	500m:	5:58.18 1:13.53	900m:	10:49.10 1:13.74	1300m:	15:42.47 1:13.17	
	200m:	2:20.04 1:12.10	600m:	7:10.71 1:12.53	1000m:	12:02.67 1:13.57	1400m:	16:55.04 1:12.57	
	300m:	3:32.15 1:12.11	700m:	8:23.59 1:12.88	1100m:	13:15.88 1:13.21	1500m:	18:06.60 1:11.56	
	400m:	4:44.65 1:12.50	800m:	9:35.36 1:11.77	1200m:	14:29.30 1:13.42			
5.	Francisco Martins, SIMOES		10	Náutico Académico				18:13.34	464
	100m:	1:07.18 1:07.18	500m:	5:59.82 1:14.26	900m:	10:53.86 1:13.49	1300m:	15:48.52 1:14.73	
	200m:	2:18.56 1:11.38	600m:	7:14.07 1:14.25	1000m:	12:06.99 1:13.13	1400m:	17:03.42 1:14.90	
	300m:	3:31.79 1:13.23	700m:	8:27.49 1:13.42	1100m:	13:20.42 1:13.43	1500m:	18:13.34 1:09.92	
	400m:	4:45.56 1:13.77	800m:	9:40.37 1:12.88	1200m:	14:33.79 1:13.37			
6.	Duarte Alves, CARVALHO		10	S. Pedro Alva				29:44.88	106
	100m:	1:39.05 1:39.05	500m:	9:37.33 2:05.33	900m:	17:46.64 2:04.33	1300m:	25:53.48 1:59.22	
	200m:	3:32.56 1:53.51	600m:	11:38.40 2:01.07	1000m:	19:50.28 2:03.64	1400m:	27:54.17 2:00.69	
	300m:	5:30.44 1:57.88	700m:	13:41.25 2:02.85	1100m:	21:52.87 2:02.59	1500m:	29:44.88 1:50.71	
	400m:	7:32.00 2:01.56	800m:	15:42.31 2:01.06	1200m:	23:54.26 2:01.39			
EXH	Duarte Cachulo, MARQUES		07	Condeixa Clube				15:58.39	689
	100m:	59.46 59.46	500m:	5:13.54 1:03.95	900m:	9:31.16 1:04.39	1300m:	13:50.26 1:04.69	
	200m:	2:02.35 1:02.89	600m:	6:17.59 1:04.05	1000m:	10:36.12 1:04.96	1400m:	14:54.64 1:04.38	
	300m:	3:05.84 1:03.49	700m:	7:22.39 1:04.80	1100m:	11:41.07 1:04.95	1500m:	15:58.39 1:03.75	
	400m:	4:09.59 1:03.75	800m:	8:26.77 1:04.38	1200m:	12:45.57 1:04.50			
EXH	Rafael Pereira, RODRIGUES		08	Condeixa Clube				16:02.40	681
	100m:	1:01.03 1:01.03	500m:	5:16.88 1:04.51	900m:	9:35.01 1:04.63	1300m:	13:54.08 1:04.64	
	200m:	2:04.20 1:03.17	600m:	6:21.28 1:04.40	1000m:	10:39.99 1:04.98	1400m:	14:58.77 1:04.69	
	300m:	3:08.27 1:04.07	700m:	7:25.87 1:04.59	1100m:	11:44.56 1:04.57	1500m:	16:02.40 1:03.63	
	400m:	4:12.37 1:04.10	800m:	8:30.38 1:04.51	1200m:	12:49.44 1:04.88			
EXH	Samuel Dinis, MAIA		08	Miranda do Corvo				17:38.49	512
	100m:	1:04.11 1:04.11	500m:	5:41.30 1:10.14	900m:	10:27.18 1:11.55	1300m:	15:15.76 1:12.58	
	200m:	2:12.00 1:07.89	600m:	6:52.53 1:11.23	1000m:	11:39.05 1:11.87	1400m:	16:27.76 1:12.00	
	300m:	3:20.98 1:08.98	700m:	8:03.80 1:11.27	1100m:	12:51.07 1:12.02	1500m:	17:38.49 1:10.73	
	400m:	4:31.16 1:10.18	800m:	9:15.63 1:11.83	1200m:	14:03.18 1:12.11			
EXH	Antonio Samuel, PAIS		09	S. Pedro Alva				26:22.18	153
	100m:	1:23.60 1:23.60	500m:	8:15.76 1:46.65	900m:	15:31.33 1:50.50	1300m:	22:49.48 1:47.64	
	200m:	3:02.46 1:38.86	600m:	10:03.26 1:47.50	1000m:	17:21.48 1:50.15	1400m:	24:38.28 1:48.80	
	300m:	4:42.99 1:40.53	700m:	11:53.01 1:49.75	1100m:	19:13.40 1:51.92	1500m:	26:22.18 1:43.90	
	400m:	6:29.11 1:46.12	800m:	13:40.83 1:47.82	1200m:	21:01.84 1:48.44			