

Prova 2  
 17.12.17 - 15:37

Masc., 1500m Livres

Infantis  
 Resultados

Rec Regional Inf B	17:13.96	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Regional Inf A	16:31.35	Pedro Fontoura Oliveira	CFB	Reboleira	2004
Rec Regional Absoluto	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	2015
Rec Nacional Inf B	17:11.29	Andre Vilas Ruivo	DNMG	Leiria	2013
Rec Nacional Inf A	16:13.14	Andre Vilas Ruivo	DNMG	Campo Maior	2014
Rec Nacional Absoluto	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	2015

Pontos: FINA 2017

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Infantis B</b>					
1.	Martim Silva Cortes	05	A Onda Azeitão	<b>19:56.90</b>	355
	100m: 1:12.08	500m: 6:32.43	1:20.60	900m: 11:58.57	1:21.88
	200m: 2:31.61	600m: 7:54.17	1:21.74	1000m: 13:19.75	1:21.18
	300m: 3:51.34	700m: 9:16.38	1:22.21	1100m: 14:41.26	1:21.51
	400m: 5:11.83	800m: 10:36.69	1:20.31	1200m: 16:02.68	1:21.42
2.	Andre Henriques Marques	05	Benfica	<b>20:04.43</b>	349
	100m: 1:12.44	500m: 6:33.15	1:21.95	900m: 12:03.91	1:20.26
	200m: 2:31.24	600m: 7:56.06	1:22.91	1000m: 13:25.52	1:21.61
	300m: 3:51.03	700m: 9:19.72	1:23.66	1100m: 14:46.37	1:20.85
	400m: 5:11.20	800m: 10:43.65	1:23.93	1200m: 16:07.60	1:21.23
3.	Manuel Maria Pereira	05	Sporting	<b>20:04.54</b>	348
	100m: 1:14.98	500m: 6:37.68	1:21.28	900m: 12:04.84	1:20.62
	200m: 2:35.19	600m: 7:59.28	1:21.60	1000m: 13:25.06	1:20.22
	300m: 3:55.64	700m: 9:21.87	1:22.59	1100m: 14:45.90	1:20.84
	400m: 5:16.40	800m: 10:44.22	1:22.35	1200m: 16:06.89	1:20.99
4.	Tiago Rodrigues Pinto	05	Sporting	<b>20:49.91</b>	312
	100m: 1:17.77	500m: 6:51.04	1:23.20	900m: 12:27.17	1:24.35
	200m: 2:41.30	600m: 8:14.36	1:23.32	1000m: 13:51.70	1:24.53
	300m: 4:04.60	700m: 9:39.13	1:24.77	1100m: 15:16.95	1:25.25
	400m: 5:27.84	800m: 11:02.82	1:23.69	1200m: 16:40.53	1:23.58
5.	Henrique Caetano Grilo	05	Colégio Monte Maior	<b>20:56.07</b>	307
	100m: 1:16.23	500m: 6:51.71	1:25.24	900m: 12:31.47	1:25.62
	200m: 2:39.60	600m: 8:16.30	1:24.59	1000m: 13:56.68	1:25.21
	300m: 4:03.18	700m: 9:40.78	1:24.48	1100m: 15:19.81	1:23.13
	400m: 5:26.47	800m: 11:05.85	1:25.07	1200m: 16:45.48	1:25.67
6.	Joel Michael Fribergh	05	Bombeiros Estoris	<b>21:46.81</b>	273
	100m: 1:14.89	500m: 7:00.29	1:27.16	900m: 12:49.68	1:28.38
	200m: 2:40.61	600m: 8:26.81	1:26.52	1000m: 14:19.81	1:30.13
	300m: 4:06.03	700m: 9:54.40	1:27.59	1100m: 15:51.24	1:31.43
	400m: 5:33.13	800m: 11:21.30	1:26.90	1200m: 17:24.51	1:33.27
DNS	Manuel Pires Oliveira	05	Palmela Desporto		

Infantis A

1.	Bernardo Victorino Almeida	04	Sporting	<b>18:11.37</b>	469
	100m: 1:06.20	500m: 5:55.27	1:13.21	900m: 10:49.55	1:14.04
	200m: 2:17.67	600m: 7:08.18	1:12.91	1000m: 12:03.83	1:14.28
	300m: 3:29.66	700m: 8:21.75	1:13.57	1100m: 13:18.05	1:14.22
	400m: 4:42.06	800m: 9:35.51	1:13.76	1200m: 14:31.38	1:13.33
2.	Tiago Miguel Trombinhas	04	Colégio Monte Maior	<b>18:18.95</b>	459
	100m: 1:06.62	500m: 5:57.41	1:13.59	900m: 10:54.63	1:15.03
	200m: 2:18.58	600m: 7:11.40	1:13.99	1000m: 12:10.08	1:15.45
	300m: 3:31.08	700m: 8:25.53	1:14.13	1100m: 13:25.14	1:15.06
	400m: 4:43.82	800m: 9:39.60	1:14.07	1200m: 14:39.43	1:14.29
3.	Joao Lourenco Rebelo	04	Alges	<b>18:33.33</b>	441
	100m: 1:07.95	500m: 6:09.46	1:16.24	900m: 11:07.93	1:15.16
	200m: 2:21.57	600m: 7:24.10	1:14.64	1000m: 12:22.70	1:14.77
	300m: 3:37.33	700m: 8:38.58	1:14.48	1100m: 13:37.60	1:14.90
	400m: 4:53.22	800m: 9:52.77	1:14.19	1200m: 14:51.66	1:14.06
4.	Miguel Costa Simoes	04	Desportivo Cova da Piedade	<b>18:50.41</b>	422
	100m: 1:10.00	500m: 6:11.60	1:16.52	900m: 11:16.50	1:16.12
	200m: 2:24.62	600m: 7:28.43	1:16.83	1000m: 12:33.43	1:16.93
	300m: 3:39.59	700m: 8:44.63	1:16.20	1100m: 13:50.88	1:17.45
	400m: 4:55.08	800m: 10:00.38	1:15.75	1200m: 15:07.45	1:16.57

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

Pos.	Nadador	Ano	Clube	Tempo	Pts
5.	Yann Forjaz Fock	04	Avançado EULx	<b>18:54.92</b>	417
	100m: 1:08.27 1:08.27	500m: 6:09.17 1:16.42	900m: 11:17.00 1:17.35	1300m: 16:25.27 1:17.01	
	200m: 2:22.52 1:14.25	600m: 7:26.13 1:16.96	1000m: 12:34.62 1:17.62	1400m: 17:41.73 1:16.46	
	300m: 3:37.69 1:15.17	700m: 8:43.53 1:17.40	1100m: 13:51.99 1:17.37	1500m: 18:54.92 1:13.19	
	400m: 4:52.75 1:15.06	800m: 9:59.65 1:16.12	1200m: 15:08.26 1:16.27		
6.	Guilherme Machado Santos	04	União Piedense	<b>18:56.39</b>	415
	100m: 1:12.07 1:12.07	500m: 6:16.47 1:15.79	900m: 11:19.07 1:15.86	1300m: 16:25.73 1:16.74	
	200m: 2:27.55 1:15.48	600m: 7:32.49 1:16.02	1000m: 12:35.03 1:15.96	1400m: 17:42.92 1:17.19	
	300m: 3:43.75 1:16.20	700m: 8:48.47 1:15.98	1100m: 13:52.68 1:17.65	1500m: 18:56.39 1:13.47	
	400m: 5:00.68 1:16.93	800m: 10:03.21 1:14.74	1200m: 15:08.99 1:16.31		
7.	Tiago Morgado Nogueira	04	Colégio Monte Maior	<b>18:59.03</b>	412
	100m: 1:10.29 1:10.29	500m: 6:15.25 1:16.72	900m: 11:21.31 1:16.53	1300m: 16:28.46 1:16.55	
	200m: 2:25.34 1:15.05	600m: 7:31.62 1:16.37	1000m: 12:37.79 1:16.48	1400m: 17:46.35 1:17.89	
	300m: 3:41.73 1:16.39	700m: 8:48.23 1:16.61	1100m: 13:54.79 1:17.00	1500m: 18:59.03 1:12.68	
	400m: 4:58.53 1:16.80	800m: 10:04.78 1:16.55	1200m: 15:11.91 1:17.12		
8.	Duarte Brito Justino	04	Colégio Monte Maior	<b>19:03.16</b>	408
	100m: 1:10.30 1:10.30	500m: 6:16.77 1:16.95	900m: 11:22.26 1:16.55	1300m: 16:30.96 1:16.80	
	200m: 2:25.93 1:15.63	600m: 7:32.91 1:16.14	1000m: 12:39.36 1:17.10	1400m: 17:48.31 1:17.35	
	300m: 3:42.71 1:16.78	700m: 8:49.12 1:16.21	1100m: 13:56.64 1:17.28	1500m: 19:03.16 1:14.85	
	400m: 4:59.82 1:17.11	800m: 10:05.71 1:16.59	1200m: 15:14.16 1:17.52		
9.	Afonso Figueiredo Frasquilho	04	Sporting	<b>19:09.62</b>	401
	100m: 1:09.01 1:09.01	500m: 6:12.73 1:17.00	900m: 11:20.75 1:16.33	1300m: 16:33.13 1:19.19	
	200m: 2:22.96 1:13.95	600m: 7:30.96 1:18.23	1000m: 12:36.87 1:16.12	1400m: 17:51.43 1:18.30	
	300m: 3:38.95 1:15.99	700m: 8:47.75 1:16.79	1100m: 13:55.01 1:18.14	1500m: 19:09.62 1:18.19	
	400m: 4:55.73 1:16.78	800m: 10:04.42 1:16.67	1200m: 15:13.94 1:18.93		
10.	Miguel Filipe Anjo	04	Desportivo Cova da Piedade	<b>19:13.24</b>	397
	100m: 1:14.21 1:14.21	500m: 6:27.81 1:18.15	900m: 11:39.04 1:17.20	1300m: 16:45.01 1:15.48	
	200m: 2:32.84 1:18.63	600m: 7:46.57 1:18.76	1000m: 12:56.41 1:17.37	1400m: 17:59.68 1:14.67	
	300m: 3:51.23 1:18.39	700m: 9:04.86 1:18.29	1100m: 14:12.93 1:16.52	1500m: 19:13.24 1:13.56	
	400m: 5:09.66 1:18.43	800m: 10:21.84 1:16.98	1200m: 15:29.53 1:16.60		
11.	Gonçalo Filipe Carrapito	04	União Piedense	<b>19:14.92</b>	395
	100m: 1:09.50 1:09.50	500m: 6:16.58 1:18.35	900m: 11:31.44 1:18.99	1300m: 16:44.06 1:17.80	
	200m: 2:24.40 1:14.90	600m: 7:34.25 1:17.67	1000m: 12:50.59 1:19.15	1400m: 18:00.21 1:16.15	
	300m: 3:40.89 1:16.49	700m: 8:53.34 1:19.09	1100m: 14:08.76 1:18.17	1500m: 19:14.92 1:14.71	
	400m: 4:58.23 1:17.34	800m: 10:12.45 1:19.11	1200m: 15:26.26 1:17.50		
12.	Nuno Fontes Mil Homens	04	Sporting	<b>19:28.43</b>	382
	100m: 1:09.58 1:09.58	500m: 6:15.22 1:17.85	900m: 11:29.18 1:18.89	1300m: 16:49.47 1:21.57	
	200m: 2:24.74 1:15.16	600m: 7:33.76 1:18.54	1000m: 12:47.73 1:18.55	1400m: 18:10.77 1:21.30	
	300m: 3:40.25 1:15.51	700m: 8:51.87 1:18.11	1100m: 14:07.66 1:19.93	1500m: 19:28.43 1:17.66	
	400m: 4:57.37 1:17.12	800m: 10:10.29 1:18.42	1200m: 15:27.90 1:20.24		
13.	Tiago Barroso Proença	04	Avançado EULx	<b>19:45.01</b>	366
	100m: 1:10.04 1:10.04	500m: 6:24.65 1:19.69	900m: 11:43.53 1:20.56	1300m: 17:06.87 1:20.33	
	200m: 2:27.59 1:17.55	600m: 7:44.30 1:19.65	1000m: 13:04.40 1:20.87	1400m: 18:27.41 1:20.54	
	300m: 3:45.94 1:18.35	700m: 9:03.51 1:19.21	1100m: 14:24.90 1:20.50	1500m: 19:45.01 1:17.60	
	400m: 5:04.96 1:19.02	800m: 10:22.97 1:19.46	1200m: 15:46.54 1:21.64		
14.	Guilherme Miguel Carneiro	04	Bombeiros Estoris	<b>19:46.12</b>	365
	100m: 1:10.11 1:10.11	500m: 6:24.14 1:20.55	900m: 11:47.22 1:21.77	1300m: 17:07.68 1:19.60	
	200m: 2:26.52 1:16.41	600m: 7:44.02 1:19.88	1000m: 13:08.63 1:21.41	1400m: 18:27.76 1:20.08	
	300m: 3:43.98 1:17.46	700m: 9:06.01 1:21.99	1100m: 14:29.19 1:20.56	1500m: 19:46.12 1:18.36	
	400m: 5:03.59 1:19.61	800m: 10:25.45 1:19.44	1200m: 15:48.08 1:18.89		
15.	Rodrigo Neves Fernandes	04	Gesloures	<b>20:29.35</b>	328
	100m: 1:09.97 1:09.97	500m: 6:28.39 1:22.06	900m: 12:05.16 1:25.55	1300m: 17:46.05 1:24.49	
	200m: 2:26.50 1:16.53	600m: 7:51.45 1:23.06	1000m: 13:30.23 1:25.07	1400m: 19:10.07 1:24.02	
	300m: 3:45.80 1:19.30	700m: 9:15.56 1:24.11	1100m: 14:55.16 1:24.93	1500m: 20:29.35 1:19.28	
	400m: 5:06.33 1:20.53	800m: 10:39.61 1:24.05	1200m: 16:21.56 1:26.40		
DSQ	Rúben Jose Salgueiro G1 - Efectuou falsa partida (SW 4.4)	04	Estrelas S.J. Brito		
DNS	David Jorge Sequeira	04	Colégio Vasco da Gama		

## Prova 2, Masc., 1500m Livres

### Infantis

1. Bernardo Victorino Almeida	04 Sporting	<b>18:11.37</b>	469
100m: 1:06.20 1:06.20	500m: 5:55.27 1:13.21 900m: 10:49.55 1:14.04	1300m: 15:45.44 1:14.06	
200m: 2:17.67 1:11.47	600m: 7:08.18 1:12.91 1000m: 12:03.83 1:14.28	1400m: 16:59.63 1:14.19	
300m: 3:29.66 1:11.99	700m: 8:21.75 1:13.57 1100m: 13:18.05 1:14.22	1500m: 18:11.37 1:11.74	
400m: 4:42.06 1:12.40	800m: 9:35.51 1:13.76 1200m: 14:31.38 1:13.33		
2. Tiago Miguel Trombinhas	04 Colégio Monte Maior	<b>18:18.95</b>	459
100m: 1:06.62 1:06.62	500m: 5:57.41 1:13.59 900m: 10:54.63 1:15.03	1300m: 15:53.71 1:14.28	
200m: 2:18.58 1:11.96	600m: 7:11.40 1:13.99 1000m: 12:10.08 1:15.45	1400m: 17:08.29 1:14.58	
300m: 3:31.08 1:12.50	700m: 8:25.53 1:14.13 1100m: 13:25.14 1:15.06	1500m: 18:18.95 1:10.66	
400m: 4:43.82 1:12.74	800m: 9:39.60 1:14.07 1200m: 14:39.43 1:14.29		
3. Joao Lourenco Rebelo	04 Alges	<b>18:33.33</b>	441
100m: 1:07.95 1:07.95	500m: 6:09.46 1:16.24 900m: 11:07.93 1:15.16	1300m: 16:06.00 1:14.34	
200m: 2:21.57 1:13.62	600m: 7:24.10 1:14.64 1000m: 12:22.70 1:14.77	1400m: 17:20.85 1:14.85	
300m: 3:37.33 1:15.76	700m: 8:38.58 1:14.48 1100m: 13:37.60 1:14.90	1500m: 18:33.33 1:12.48	
400m: 4:53.22 1:15.89	800m: 9:52.77 1:14.19 1200m: 14:51.66 1:14.06		
4. Miguel Costa Simoes	04 Desportivo Cova da Piedade	<b>18:50.41</b>	422
100m: 1:10.00 1:10.00	500m: 6:11.60 1:16.52 900m: 11:16.50 1:16.12	1300m: 16:23.43 1:15.98	
200m: 2:24.62 1:14.62	600m: 7:28.43 1:16.83 1000m: 12:33.43 1:16.93	1400m: 17:38.24 1:14.81	
300m: 3:39.59 1:14.97	700m: 8:44.63 1:16.20 1100m: 13:50.88 1:17.45	1500m: 18:50.41 1:12.17	
400m: 4:55.08 1:15.49	800m: 10:00.38 1:15.75 1200m: 15:07.45 1:16.57		
5. Yann Forjaz Fock	04 Avançado EULx	<b>18:54.92</b>	417
100m: 1:08.27 1:08.27	500m: 6:09.17 1:16.42 900m: 11:17.00 1:17.35	1300m: 16:25.27 1:17.01	
200m: 2:22.52 1:14.25	600m: 7:26.13 1:16.96 1000m: 12:34.62 1:17.62	1400m: 17:41.73 1:16.46	
300m: 3:37.69 1:15.17	700m: 8:43.53 1:17.40 1100m: 13:51.99 1:17.37	1500m: 18:54.92 1:13.19	
400m: 4:52.75 1:15.06	800m: 9:59.65 1:16.12 1200m: 15:08.26 1:16.27		
6. Guilherme Machado Santos	04 União Piedense	<b>18:56.39</b>	415
100m: 1:12.07 1:12.07	500m: 6:16.47 1:15.79 900m: 11:19.07 1:15.86	1300m: 16:25.73 1:16.74	
200m: 2:27.55 1:15.48	600m: 7:32.49 1:16.02 1000m: 12:35.03 1:15.96	1400m: 17:42.92 1:17.19	
300m: 3:43.75 1:16.20	700m: 8:48.47 1:15.98 1100m: 13:52.68 1:17.65	1500m: 18:56.39 1:13.47	
400m: 5:00.68 1:16.93	800m: 10:03.21 1:14.74 1200m: 15:08.99 1:16.31		
7. Tiago Morgado Nogueira	04 Colégio Monte Maior	<b>18:59.03</b>	412
100m: 1:10.29 1:10.29	500m: 6:15.25 1:16.72 900m: 11:21.31 1:16.53	1300m: 16:28.46 1:16.55	
200m: 2:25.34 1:15.05	600m: 7:31.62 1:16.37 1000m: 12:37.79 1:16.48	1400m: 17:46.35 1:17.89	
300m: 3:41.73 1:16.39	700m: 8:48.23 1:16.61 1100m: 13:54.79 1:17.00	1500m: 18:59.03 1:12.68	
400m: 4:58.53 1:16.80	800m: 10:04.78 1:16.55 1200m: 15:11.91 1:17.12		
8. Duarte Brito Justino	04 Colégio Monte Maior	<b>19:03.16</b>	408
100m: 1:10.30 1:10.30	500m: 6:16.77 1:16.95 900m: 11:22.26 1:16.55	1300m: 16:30.96 1:16.80	
200m: 2:25.93 1:15.63	600m: 7:32.91 1:16.14 1000m: 12:39.36 1:17.10	1400m: 17:48.31 1:17.35	
300m: 3:42.71 1:16.78	700m: 8:49.12 1:16.21 1100m: 13:56.64 1:17.28	1500m: 19:03.16 1:14.85	
400m: 4:59.82 1:17.11	800m: 10:05.71 1:16.59 1200m: 15:14.16 1:17.52		
9. Afonso Figueiredo Frasquilho	04 Sporting	<b>19:09.62</b>	401
100m: 1:09.01 1:09.01	500m: 6:12.73 1:17.00 900m: 11:20.75 1:16.33	1300m: 16:33.13 1:19.19	
200m: 2:22.96 1:13.95	600m: 7:30.96 1:18.23 1000m: 12:36.87 1:16.12	1400m: 17:51.43 1:18.30	
300m: 3:38.95 1:15.99	700m: 8:47.75 1:16.79 1100m: 13:55.01 1:18.14	1500m: 19:09.62 1:18.19	
400m: 4:55.73 1:16.78	800m: 10:04.42 1:16.67 1200m: 15:13.94 1:18.93		
10. Miguel Filipe Anjo	04 Desportivo Cova da Piedade	<b>19:13.24</b>	397
100m: 1:14.21 1:14.21	500m: 6:27.81 1:18.15 900m: 11:39.04 1:17.20	1300m: 16:45.01 1:15.48	
200m: 2:32.84 1:18.63	600m: 7:46.57 1:18.76 1000m: 12:56.41 1:17.37	1400m: 17:59.68 1:14.67	
300m: 3:51.23 1:18.39	700m: 9:04.86 1:18.29 1100m: 14:12.93 1:16.52	1500m: 19:13.24 1:13.56	
400m: 5:09.66 1:18.43	800m: 10:21.84 1:16.98 1200m: 15:29.53 1:16.60		
11. Gonçalo Filipe Carrapito	04 União Piedense	<b>19:14.92</b>	395
100m: 1:09.50 1:09.50	500m: 6:16.58 1:18.35 900m: 11:31.44 1:18.99	1300m: 16:44.06 1:17.80	
200m: 2:24.40 1:14.90	600m: 7:34.25 1:17.67 1000m: 12:50.59 1:19.15	1400m: 18:00.21 1:16.15	
300m: 3:40.89 1:16.49	700m: 8:53.34 1:19.09 1100m: 14:08.76 1:18.17	1500m: 19:14.92 1:14.71	
400m: 4:58.23 1:17.34	800m: 10:12.45 1:19.11 1200m: 15:26.26 1:17.50		
12. Nuno Fontes Mil Homens	04 Sporting	<b>19:28.43</b>	382
100m: 1:09.58 1:09.58	500m: 6:15.22 1:17.85 900m: 11:29.18 1:18.89	1300m: 16:49.47 1:21.57	
200m: 2:24.74 1:15.16	600m: 7:33.76 1:18.54 1000m: 12:47.73 1:18.55	1400m: 18:10.77 1:21.30	
300m: 3:40.25 1:15.51	700m: 8:51.87 1:18.11 1100m: 14:07.66 1:19.93	1500m: 19:28.43 1:17.66	
400m: 4:57.37 1:17.12	800m: 10:10.29 1:18.42 1200m: 15:27.90 1:20.24		
13. Tiago Barroso Proença	04 Avançado EULx	<b>19:45.01</b>	366
100m: 1:10.04 1:10.04	500m: 6:24.65 1:19.69 900m: 11:43.53 1:20.56	1300m: 17:06.87 1:20.33	
200m: 2:27.59 1:17.55	600m: 7:44.30 1:19.65 1000m: 13:04.40 1:20.87	1400m: 18:27.41 1:20.54	
300m: 3:45.94 1:18.35	700m: 9:03.51 1:19.21 1100m: 14:24.90 1:20.50	1500m: 19:45.01 1:17.60	
400m: 5:04.96 1:19.02	800m: 10:22.97 1:19.46 1200m: 15:46.54 1:21.64		

Prova 2, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
14.	Guilherme Miguel Carneiro	04	Bombeiros Estoris	<b>19:46.12</b>	<b>365</b>
	100m: 1:10.11 1:10.11	500m: 6:24.14 1:20.55	900m: 11:47.22	1:21.77	1300m: 17:07.68 1:19.60
	200m: 2:26.52 1:16.41	600m: 7:44.02 1:19.88	1000m: 13:08.63	1:21.41	1400m: 18:27.76 1:20.08
	300m: 3:43.98 1:17.46	700m: 9:06.01 1:21.99	1100m: 14:29.19	1:20.56	1500m: 19:46.12 1:18.36
	400m: 5:03.59 1:19.61	800m: 10:25.45 1:19.44	1200m: 15:48.08	1:18.89	
15.	Martim Silva Cortes	05	A Onda Azeitão	<b>19:56.90</b>	<b>355</b>
	100m: 1:12.08 1:12.08	500m: 6:32.43 1:20.60	900m: 11:58.57	1:21.88	1300m: 17:24.01 1:21.33
	200m: 2:31.61 1:19.53	600m: 7:54.17 1:21.74	1000m: 13:19.75	1:21.18	1400m: 18:44.13 1:20.12
	300m: 3:51.34 1:19.73	700m: 9:16.38 1:22.21	1100m: 14:41.26	1:21.51	1500m: 19:56.90 1:12.77
	400m: 5:11.83 1:20.49	800m: 10:36.69 1:20.31	1200m: 16:02.68	1:21.42	
16.	Andre Henriques Marques	05	Benfica	<b>20:04.43</b>	<b>349</b>
	100m: 1:12.44 1:12.44	500m: 6:33.15 1:21.95	900m: 12:03.91	1:20.26	1300m: 17:28.31 1:20.71
	200m: 2:31.24 1:18.80	600m: 7:56.06 1:22.91	1000m: 13:25.52	1:21.61	1400m: 18:47.77 1:19.46
	300m: 3:51.03 1:19.79	700m: 9:19.72 1:23.66	1100m: 14:46.37	1:20.85	1500m: 20:04.43 1:16.66
	400m: 5:11.20 1:20.17	800m: 10:43.65 1:23.93	1200m: 16:07.60	1:21.23	
17.	Manuel Maria Pereira	05	Sporting	<b>20:04.54</b>	<b>348</b>
	100m: 1:14.98 1:14.98	500m: 6:37.68 1:21.28	900m: 12:04.84	1:20.62	1300m: 17:27.63 1:20.74
	200m: 2:35.19 1:20.21	600m: 7:59.28 1:21.60	1000m: 13:25.06	1:20.22	1400m: 18:48.36 1:20.73
	300m: 3:55.64 1:20.45	700m: 9:21.87 1:22.59	1100m: 14:45.90	1:20.84	1500m: 20:04.54 1:16.18
	400m: 5:16.40 1:20.76	800m: 10:44.22 1:22.35	1200m: 16:06.89	1:20.99	
18.	Rodrigo Neves Fernandes	04	Geslours	<b>20:29.35</b>	<b>328</b>
	100m: 1:09.97 1:09.97	500m: 6:28.39 1:22.06	900m: 12:05.16	1:25.55	1300m: 17:46.05 1:24.49
	200m: 2:26.50 1:16.53	600m: 7:51.45 1:23.06	1000m: 13:30.23	1:25.07	1400m: 19:10.07 1:24.02
	300m: 3:45.80 1:19.30	700m: 9:15.56 1:24.11	1100m: 14:55.16	1:24.93	1500m: 20:29.35 1:19.28
	400m: 5:06.33 1:20.53	800m: 10:39.61 1:24.05	1200m: 16:21.56	1:26.40	
19.	Tiago Rodrigues Pinto	05	Sporting	<b>20:49.91</b>	<b>312</b>
	100m: 1:17.77 1:17.77	500m: 6:51.04 1:23.20	900m: 12:27.17	1:24.35	1300m: 18:05.66 1:25.13
	200m: 2:41.30 1:23.53	600m: 8:14.36 1:23.32	1000m: 13:51.70	1:24.53	1400m: 19:29.44 1:23.78
	300m: 4:04.60 1:23.30	700m: 9:39.13 1:24.77	1100m: 15:16.95	1:25.25	1500m: 20:49.91 1:20.47
	400m: 5:27.84 1:23.24	800m: 11:02.82 1:23.69	1200m: 16:40.53	1:23.58	
20.	Henrique Caetano Grilo	05	Colégio Monte Maior	<b>20:56.07</b>	<b>307</b>
	100m: 1:16.23 1:16.23	500m: 6:51.71 1:25.24	900m: 12:31.47	1:25.62	1300m: 18:09.75 1:24.27
	200m: 2:39.60 1:23.37	600m: 8:16.30 1:24.59	1000m: 13:56.68	1:25.21	1400m: 19:34.47 1:24.72
	300m: 4:03.18 1:23.58	700m: 9:40.78 1:24.48	1100m: 15:19.81	1:23.13	1500m: 20:56.07 1:21.60
	400m: 5:26.47 1:23.29	800m: 11:05.85 1:25.07	1200m: 16:45.48	1:25.67	
21.	Joel Michael Fribergh	05	Bombeiros Estoris	<b>21:46.81</b>	<b>273</b>
	100m: 1:14.89 1:14.89	500m: 7:00.29 1:27.16	900m: 12:49.68	1:28.38	1300m: 18:57.78 1:33.27
	200m: 2:40.61 1:25.72	600m: 8:26.81 1:26.52	1000m: 14:19.81	1:30.13	1400m: 20:26.33 1:28.55
	300m: 4:06.03 1:25.42	700m: 9:54.40 1:27.59	1100m: 15:51.24	1:31.43	1500m: 21:46.81 1:20.48
	400m: 5:33.13 1:27.10	800m: 11:21.30 1:26.90	1200m: 17:24.51	1:33.27	
DSQ	Rúben Jose Salgueiro G1 - Efectuou falsa partida (SW 4.4)	04	Estrelas S.J. Brito		
DNS	David Jorge Sequeira	04	Colégio Vasco da Gama		
DNS	Manuel Pires Oliveira	05	Palmela Desporto		