

Prova 3 Absolutos
 13.07.2019 - 9:08 Resultados

Rec	Time	Nadador	Clube	Local	Ano
Rec Regional Sen	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Regional Jun 2	15:06.77	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	15:25.11	João Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	16:01.32	Diogo Santos Cardoso	ADRCIMM	Guarda	2016
Rec Regional Juv B	16:25.03	Pedro Fountoura Oliveira	CFB	Cantanhede	2004
Rec Regional Abs	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Nacional Abs	14:58.18	Jose Paulo Lopes	SCB	Felgueiras	2018

TAC - Masc Juv B 50m: 19:59.88; Juv A 50m: 19:38.06; Jun 1 50m: 18:54.92; Jun 2 50m: 18:38.71; Sen 50m: 18:17.10

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Juvenis						
1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	17:01.88	16:28.36	631
	100m: 1:02.77 1:02.77		500m: 5:29.93 1:07.24	900m: 9:57.91 1:06.65	1300m: 14:20.38 1:05.38	
	200m: 2:08.50 1:05.73		600m: 6:37.37 1:07.44	1000m: 11:03.82 1:05.91	1400m: 15:25.38 1:05.00	
	300m: 3:15.64 1:07.14		700m: 7:44.25 1:06.88	1100m: 12:09.34 1:05.52	1500m: 16:28.36 1:02.98	
	400m: 4:22.69 1:07.05		800m: 8:51.26 1:07.01	1200m: 13:15.00 1:05.66		
2.	Pedro Esteves Duarte	03	Cova da Piedade	17:05.63	16:52.59	587
	100m: 1:04.80 1:04.80		500m: 5:38.75 1:08.63	900m: 10:07.65 1:07.44	1300m: 14:39.19 1:07.96	
	200m: 2:12.54 1:07.74		600m: 6:45.54 1:06.79	1000m: 11:15.84 1:08.19	1400m: 15:47.01 1:07.82	
	300m: 3:21.26 1:08.72		700m: 7:52.66 1:07.12	1100m: 12:23.73 1:07.89	1500m: 16:52.59 1:05.58	
	400m: 4:30.12 1:08.86		800m: 9:00.21 1:07.55	1200m: 13:31.23 1:07.50		
3.	Rodrigo Reis Dias	03	Belenenses	17:29.26	17:04.02	568
	100m: 1:06.12 1:06.12		500m: 5:41.81 1:09.21	900m: 10:12.79 1:06.99	1300m: 14:48.22 1:09.27	
	200m: 2:14.96 1:08.84		600m: 6:50.10 1:08.29	1000m: 11:21.15 1:08.36	1400m: 15:57.38 1:09.16	
	300m: 3:23.78 1:08.82		700m: 7:58.03 1:07.93	1100m: 12:29.83 1:08.68	1500m: 17:04.02 1:06.64	
	400m: 4:32.60 1:08.82		800m: 9:05.80 1:07.77	1200m: 13:38.95 1:09.12		
4.	Antonio Lombardi Carvalho	04	Belenenses	16:57.09	17:04.46	567
	100m: 1:04.44 1:04.44		500m: 5:38.61 1:08.96	900m: 10:16.52 1:09.08	1300m: 14:49.58 1:08.82	
	200m: 2:11.89 1:07.45		600m: 6:47.72 1:09.11	1000m: 11:23.83 1:07.31	1400m: 15:58.02 1:08.44	
	300m: 3:21.00 1:09.11		700m: 7:57.48 1:09.76	1100m: 12:32.38 1:08.55	1500m: 17:04.46 1:06.44	
	400m: 4:29.65 1:08.65		800m: 9:07.44 1:09.96	1200m: 13:40.76 1:08.38		
5.	Afonso Figueiredo Frasquilho	04	Sporting	17:16.74	17:09.60	558
	100m: 1:02.80 1:02.80		500m: 5:35.23 1:08.93	900m: 10:13.98 1:08.25	1300m: 14:52.91 1:07.86	
	200m: 2:09.77 1:06.97		600m: 6:45.45 1:10.22	1000m: 11:26.05 1:12.07	1400m: 16:01.98 1:09.07	
	300m: 3:17.22 1:07.45		700m: 7:56.19 1:10.74	1100m: 12:35.89 1:09.84	1500m: 17:09.60 1:07.62	
	400m: 4:26.30 1:09.08		800m: 9:05.73 1:09.54	1200m: 13:45.05 1:09.16		
6.	Alexandre Coelho Vieira	03	Sporting	17:39.43	17:20.93	540
	100m: 1:02.92 1:02.92		500m: 5:37.93 1:09.51	900m: 10:19.80 1:10.85	1300m: 15:01.91 1:10.35	
	200m: 2:11.36 1:08.44		600m: 6:48.03 1:10.10	1000m: 11:30.59 1:10.79	1400m: 16:12.36 1:10.45	
	300m: 3:20.19 1:08.83		700m: 7:58.33 1:10.30	1100m: 12:40.93 1:10.34	1500m: 17:20.93 1:08.57	
	400m: 4:28.42 1:08.23		800m: 9:08.95 1:10.62	1200m: 13:51.56 1:10.63		
7.	Joao Maria Colaco	03	Sporting	17:28.16	17:22.29	538
	100m: 1:02.90 1:02.90		500m: 5:40.21 1:10.33	900m: 10:25.01 1:11.82	1300m: 15:05.55 1:09.40	
	200m: 2:11.39 1:08.49		600m: 6:51.03 1:10.82	1000m: 11:35.48 1:10.47	1400m: 16:16.14 1:10.59	
	300m: 3:20.17 1:08.78		700m: 8:02.45 1:11.42	1100m: 12:44.83 1:09.35	1500m: 17:22.29 1:06.15	
	400m: 4:29.88 1:09.71		800m: 9:13.19 1:10.74	1200m: 13:56.15 1:11.32		
8.	Joao Matos Fidalgo	03	Benfica	18:04.51	17:32.04	523
	100m: 1:06.53 1:06.53		500m: 5:51.31 1:11.52	900m: 10:32.14 1:09.72	1300m: 15:13.21 1:10.42	
	200m: 2:17.43 1:10.90		600m: 7:02.31 1:11.00	1000m: 11:42.31 1:10.17	1400m: 16:24.01 1:10.80	
	300m: 3:28.67 1:11.24		700m: 8:12.74 1:10.43	1100m: 12:52.24 1:09.93	1500m: 17:32.04 1:08.03	
	400m: 4:39.79 1:11.12		800m: 9:22.42 1:09.68	1200m: 14:02.79 1:10.55		
9.	Francisco Sousa Uva	04	Algés	17:51.91	17:32.71	522
	100m: 1:05.42 1:05.42		500m: 5:49.00 1:10.97	900m: 10:31.65 1:10.63	1300m: 15:13.02 1:10.39	
	200m: 2:16.06 1:10.64		600m: 6:59.46 1:10.46	1000m: 11:42.18 1:10.53	1400m: 16:23.72 1:10.70	
	300m: 3:27.29 1:11.23		700m: 8:10.48 1:11.02	1100m: 12:52.79 1:10.61	1500m: 17:32.71 1:08.99	
	400m: 4:38.03 1:10.74		800m: 9:21.02 1:10.54	1200m: 14:02.63 1:09.84		
10.	Guilherme Matias Cristiano	03	União Piedense	17:11.48	17:35.98	517
	100m: 1:03.74 1:03.74		500m: 5:42.89 1:10.57	900m: 10:27.26 1:11.51	1300m: 15:13.26 1:11.47	
	200m: 2:11.90 1:08.16		600m: 6:53.78 1:10.89	1000m: 11:38.42 1:11.16	1400m: 16:25.24 1:11.98	
	300m: 3:21.69 1:09.79		700m: 8:04.72 1:10.94	1100m: 12:50.20 1:11.78	1500m: 17:35.98 1:10.74	
	400m: 4:32.32 1:10.63		800m: 9:15.75 1:11.03	1200m: 14:01.79 1:11.59		
11.	Miguel Costa Simoes	04	Cova da Piedade	18:08.05	17:53.81	492
	100m: 1:07.98 1:07.98		500m: 5:55.46 1:12.09	900m: 10:45.75 1:12.84	1300m: 15:34.83 1:12.18	
	200m: 2:19.36 1:11.38		600m: 7:07.56 1:12.10	1000m: 11:58.39 1:12.64	1400m: 16:46.04 1:11.21	
	300m: 3:30.97 1:11.61		700m: 8:20.20 1:12.64	1100m: 13:10.49 1:12.10	1500m: 17:53.81 1:07.77	
	400m: 4:43.37 1:12.40		800m: 9:32.91 1:12.71	1200m: 14:22.65 1:12.16		

Prova 3, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
12.	Felipe Menegassi Maia	04	Algés	17:47.88	17:58.46	486
	100m: 1:06.06 1:06.06	500m: 5:50.51 1:11.24	900m: 10:38.38 1:12.53	1300m: 15:33.02 1:14.32		
	200m: 2:16.83 1:10.77	600m: 7:02.37 1:11.86	1000m: 11:51.65 1:13.27	1400m: 16:46.43 1:13.41		
	300m: 3:28.19 1:11.36	700m: 8:13.58 1:11.21	1100m: 13:04.70 1:13.05	1500m: 17:58.46 1:12.03		
	400m: 4:39.27 1:11.08	800m: 9:25.85 1:12.27	1200m: 14:18.70 1:14.00			
13.	Pedro Forjaz Cirurgiao	04	Algés	18:30.61	18:05.16	477
	100m: 1:06.77 1:06.77	500m: 5:53.15 1:12.49	900m: 10:43.58 1:13.46	1300m: 15:39.77 1:13.46		
	200m: 2:17.92 1:11.15	600m: 7:04.98 1:11.83	1000m: 11:57.44 1:13.86	1400m: 16:54.49 1:14.72		
	300m: 3:29.33 1:11.41	700m: 8:17.11 1:12.13	1100m: 13:11.51 1:14.07	1500m: 18:05.16 1:10.67		
	400m: 4:40.66 1:11.33	800m: 9:30.12 1:13.01	1200m: 14:26.31 1:14.80			
14.	Tomas Santos Luis	04	Sporting	18:04.59	18:18.34	460
	100m: 1:06.26 1:06.26	500m: 5:56.97 1:13.59	900m: 10:52.23 1:14.05	1300m: 15:49.66 1:14.58		
	200m: 2:17.93 1:11.67	600m: 7:10.35 1:13.38	1000m: 12:06.37 1:14.14	1400m: 17:04.61 1:14.95		
	300m: 3:30.47 1:12.54	700m: 8:24.05 1:13.70	1100m: 13:20.44 1:14.07	1500m: 18:18.34 1:13.73		
	400m: 4:43.38 1:12.91	800m: 9:38.18 1:14.13	1200m: 14:35.08 1:14.64			
15.	Tomas Martins Mira	04	Naval Setubalense	19:21.19	18:27.55	448
	100m: 1:07.08 1:07.08	500m: 6:00.68 1:13.55	900m: 10:56.59 1:14.92	1300m: 15:58.74 1:15.47		
	200m: 2:20.03 1:12.95	600m: 7:14.80 1:14.12	1000m: 12:11.74 1:15.15	1400m: 17:14.23 1:15.49		
	300m: 3:33.39 1:13.36	700m: 8:27.76 1:12.96	1100m: 13:27.52 1:15.78	1500m: 18:27.55 1:13.32		
	400m: 4:47.13 1:13.74	800m: 9:41.67 1:13.91	1200m: 14:43.27 1:15.75			

Absolutos

1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	17:01.88	16:28.36	631
	100m: 1:02.77 1:02.77	500m: 5:29.93 1:07.24	900m: 9:57.91 1:06.65	1300m: 14:20.38 1:05.38		
	200m: 2:08.50 1:05.73	600m: 6:37.37 1:07.44	1000m: 11:03.82 1:05.91	1400m: 15:25.38 1:05.00		
	300m: 3:15.64 1:07.14	700m: 7:44.25 1:06.88	1100m: 12:09.34 1:05.52	1500m: 16:28.36 1:02.98		
	400m: 4:22.69 1:07.05	800m: 8:51.26 1:07.01	1200m: 13:15.00 1:05.66			
2.	Joao Mota Correia	97	Benfica	17:55.15	16:38.64	612
	100m: 1:01.88 1:01.88	500m: 5:24.00 1:06.10	900m: 9:51.31 1:06.97	1300m: 14:22.84 1:08.56		
	200m: 2:06.75 1:04.87	600m: 6:30.19 1:06.19	1000m: 10:58.75 1:07.44	1400m: 15:30.83 1:07.99		
	300m: 3:12.37 1:05.62	700m: 7:37.18 1:06.99	1100m: 12:06.15 1:07.40	1500m: 16:38.64 1:07.81		
	400m: 4:17.90 1:05.53	800m: 8:44.34 1:07.16	1200m: 13:14.28 1:08.13			
3.	Afonso Mateus Ribeiro	95	Belenenses	16:44.43	16:42.77	604
	100m: 1:02.58 1:02.58	500m: 5:24.96 1:06.19	900m: 9:54.48 1:07.85	1300m: 14:26.57 1:07.66		
	200m: 2:07.45 1:04.87	600m: 6:31.92 1:06.96	1000m: 11:02.73 1:08.25	1400m: 15:35.72 1:09.15		
	300m: 3:12.68 1:05.23	700m: 7:39.00 1:07.08	1100m: 12:10.70 1:07.97	1500m: 16:42.77 1:07.05		
	400m: 4:18.77 1:06.09	800m: 8:46.63 1:07.63	1200m: 13:18.91 1:08.21			
4.	Goncalo Morais Gordo	02	Colegio Int Monte Maior	18:32.24	16:43.61	603
	100m: 1:01.73 1:01.73	500m: 5:28.19 1:06.86	900m: 9:57.52 1:07.58	1300m: 14:29.17 1:07.64		
	200m: 2:07.76 1:06.03	600m: 6:35.42 1:07.23	1000m: 11:05.32 1:07.80	1400m: 15:37.60 1:08.43		
	300m: 3:14.75 1:06.99	700m: 7:42.24 1:06.82	1100m: 12:13.32 1:08.00	1500m: 16:43.61 1:06.01		
	400m: 4:21.33 1:06.58	800m: 8:49.94 1:07.70	1200m: 13:21.53 1:08.21			
5.	Pedro Esteves Duarte	03	Cova da Piedade	17:05.63	16:52.59	587
	100m: 1:04.80 1:04.80	500m: 5:38.75 1:08.63	900m: 10:07.65 1:07.44	1300m: 14:39.19 1:07.96		
	200m: 2:12.54 1:07.74	600m: 6:45.54 1:06.79	1000m: 11:15.84 1:08.19	1400m: 15:47.01 1:07.82		
	300m: 3:21.26 1:08.72	700m: 7:52.66 1:07.12	1100m: 12:23.73 1:07.89	1500m: 16:52.59 1:05.58		
	400m: 4:30.12 1:08.86	800m: 9:00.21 1:07.55	1200m: 13:31.23 1:07.50			
6.	Tomas Penha Monteiro	02	Algés	16:32.90	16:55.67	582
	100m: 1:02.98 1:02.98	500m: 5:33.08 1:08.12	900m: 10:06.46 1:08.57	1300m: 14:41.45 1:10.37		
	200m: 2:09.93 1:06.95	600m: 6:41.27 1:08.19	1000m: 11:14.93 1:08.47	1400m: 15:49.22 1:07.77		
	300m: 3:17.19 1:07.26	700m: 7:49.75 1:08.48	1100m: 12:23.19 1:08.26	1500m: 16:55.67 1:06.45		
	400m: 4:24.96 1:07.77	800m: 8:57.89 1:08.14	1200m: 13:31.08 1:07.89			
7.	Rafael Rodrigues Jacinto	02	Belenenses	16:40.08	17:00.62	573
	100m: 1:03.14 1:03.14	500m: 5:33.38 1:08.06	900m: 10:09.09 1:09.33	1300m: 14:47.17 1:08.94		
	200m: 2:10.04 1:06.90	600m: 6:41.97 1:08.59	1000m: 11:18.54 1:09.45	1400m: 15:54.94 1:07.77		
	300m: 3:17.54 1:07.50	700m: 7:50.50 1:08.53	1100m: 12:28.33 1:09.79	1500m: 17:00.62 1:05.68		
	400m: 4:25.32 1:07.78	800m: 8:59.76 1:09.26	1200m: 13:38.23 1:09.90			
8.	Rodrigo Reis Dias	03	Belenenses	17:29.26	17:04.02	568
	100m: 1:06.12 1:06.12	500m: 5:41.81 1:09.21	900m: 10:12.79 1:06.99	1300m: 14:48.22 1:09.27		
	200m: 2:14.96 1:08.84	600m: 6:50.10 1:08.29	1000m: 11:21.15 1:08.36	1400m: 15:57.38 1:09.16		
	300m: 3:23.78 1:08.82	700m: 7:58.03 1:07.93	1100m: 12:29.83 1:08.68	1500m: 17:04.02 1:06.64		
	400m: 4:32.60 1:08.82	800m: 9:05.80 1:07.77	1200m: 13:38.95 1:09.12			
9.	Antonio Lombardi Carvalho	04	Belenenses	16:57.09	17:04.46	567
	100m: 1:04.44 1:04.44	500m: 5:38.61 1:08.96	900m: 10:16.52 1:09.08	1300m: 14:49.58 1:08.82		
	200m: 2:11.89 1:07.45	600m: 6:47.72 1:09.11	1000m: 11:23.83 1:07.31	1400m: 15:58.02 1:08.44		
	300m: 3:21.00 1:09.11	700m: 7:57.48 1:09.76	1100m: 12:32.38 1:08.55	1500m: 17:04.46 1:06.44		
	400m: 4:29.65 1:08.65	800m: 9:07.44 1:09.96	1200m: 13:40.76 1:08.38			

Prova 3, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
10.	Afonso Figueiredo Frasquilho	04	Sporting	17:16.74	17:09.60	558
	100m: 1:02.80 1:02.80	500m: 5:35.23 1:08.93	900m: 10:13.98	1:08.25 1300m: 14:52.91 1:07.86		
	200m: 2:09.77 1:06.97	600m: 6:45.45 1:10.22	1000m: 11:26.05	1:12.07 1400m: 16:01.98 1:09.07		
	300m: 3:17.22 1:07.45	700m: 7:56.19 1:10.74	1100m: 12:35.89	1:09.84 1500m: 17:09.60 1:07.62		
	400m: 4:26.30 1:09.08	800m: 9:05.73 1:09.54	1200m: 13:45.05	1:09.16		
11.	Pedro Barata Neves	00	Laranjeiro	16:36.04	17:12.30	554
	100m: 1:02.30 1:02.30	500m: 5:32.98 1:08.27	900m: 10:11.98	1:10.08 1300m: 14:54.37 1:10.73		
	200m: 2:09.01 1:06.71	600m: 6:42.06 1:09.08	1000m: 11:22.58	1:10.60 1400m: 16:04.28 1:09.91		
	300m: 3:16.88 1:07.87	700m: 7:52.01 1:09.95	1100m: 12:33.02	1:10.44 1500m: 17:12.30 1:08.02		
	400m: 4:24.71 1:07.83	800m: 9:01.90 1:09.89	1200m: 13:43.64	1:10.62		
12.	Alexandre Coelho Vieira	03	Sporting	17:39.43	17:20.93	540
	100m: 1:02.92 1:02.92	500m: 5:37.93 1:09.51	900m: 10:19.80	1:10.85 1300m: 15:01.91 1:10.35		
	200m: 2:11.36 1:08.44	600m: 6:48.03 1:10.10	1000m: 11:30.59	1:10.79 1400m: 16:12.36 1:10.45		
	300m: 3:20.19 1:08.83	700m: 7:58.33 1:10.30	1100m: 12:40.93	1:10.34 1500m: 17:20.93 1:08.57		
	400m: 4:28.42 1:08.23	800m: 9:08.95 1:10.62	1200m: 13:51.56	1:10.63		
13.	Joao Maria Colaco	03	Sporting	17:28.16	17:22.29	538
	100m: 1:02.90 1:02.90	500m: 5:40.21 1:10.33	900m: 10:25.01	1:11.82 1300m: 15:05.55 1:09.40		
	200m: 2:11.39 1:08.49	600m: 6:51.03 1:10.82	1000m: 11:35.48	1:10.47 1400m: 16:16.14 1:10.59		
	300m: 3:20.17 1:08.78	700m: 8:02.45 1:11.42	1100m: 12:44.83	1:09.35 1500m: 17:22.29 1:06.15		
	400m: 4:29.88 1:09.71	800m: 9:13.19 1:10.74	1200m: 13:56.15	1:11.32		
14.	Joao Matos Fidalgo	03	Benfica	18:04.51	17:32.04	523
	100m: 1:06.53 1:06.53	500m: 5:51.31 1:11.52	900m: 10:32.14	1:09.72 1300m: 15:13.21 1:10.42		
	200m: 2:17.43 1:10.90	600m: 7:02.31 1:11.00	1000m: 11:42.31	1:10.17 1400m: 16:24.01 1:10.80		
	300m: 3:28.67 1:11.24	700m: 8:12.74 1:10.43	1100m: 12:52.24	1:09.93 1500m: 17:32.04 1:08.03		
	400m: 4:39.79 1:11.12	800m: 9:22.42 1:09.68	1200m: 14:02.79	1:10.55		
15.	Francisco Sousa Uva	04	Algés	17:51.91	17:32.71	522
	100m: 1:05.42 1:05.42	500m: 5:49.00 1:10.97	900m: 10:31.65	1:10.63 1300m: 15:13.02 1:10.39		
	200m: 2:16.06 1:10.64	600m: 6:59.46 1:10.46	1000m: 11:42.18	1:10.53 1400m: 16:23.72 1:10.70		
	300m: 3:27.29 1:11.23	700m: 8:10.48 1:11.02	1100m: 12:52.79	1:10.61 1500m: 17:32.71 1:08.99		
	400m: 4:38.03 1:10.74	800m: 9:21.02 1:10.54	1200m: 14:02.63	1:09.84		
16.	Guilherme Matias Cristino	03	União Piedense	17:11.48	17:35.98	517
	100m: 1:03.74 1:03.74	500m: 5:42.89 1:10.57	900m: 10:27.26	1:11.51 1300m: 15:13.26 1:11.47		
	200m: 2:11.90 1:08.16	600m: 6:53.78 1:10.89	1000m: 11:38.42	1:11.16 1400m: 16:25.24 1:11.98		
	300m: 3:21.69 1:09.79	700m: 8:04.72 1:10.94	1100m: 12:50.20	1:11.78 1500m: 17:35.98 1:10.74		
	400m: 4:32.32 1:10.63	800m: 9:15.75 1:11.03	1200m: 14:01.79	1:11.59		
17.	Miguel Costa Simoes	04	Cova da Piedade	18:08.05	17:53.81	492
	100m: 1:07.98 1:07.98	500m: 5:55.46 1:12.09	900m: 10:45.75	1:12.84 1300m: 15:34.83 1:12.18		
	200m: 2:19.36 1:11.38	600m: 7:07.56 1:12.10	1000m: 11:58.39	1:12.64 1400m: 16:46.04 1:11.21		
	300m: 3:30.97 1:11.61	700m: 8:20.20 1:12.64	1100m: 13:10.49	1:12.10 1500m: 17:53.81 1:07.77		
	400m: 4:43.37 1:12.40	800m: 9:32.91 1:12.71	1200m: 14:22.65	1:12.16		
18.	Felipe Menegassi Maia	04	Algés	17:47.88	17:58.46	486
	100m: 1:06.06 1:06.06	500m: 5:50.51 1:11.24	900m: 10:38.38	1:12.53 1300m: 15:33.02 1:14.32		
	200m: 2:16.83 1:10.77	600m: 7:02.37 1:11.86	1000m: 11:51.65	1:13.27 1400m: 16:46.43 1:13.41		
	300m: 3:28.19 1:11.36	700m: 8:13.58 1:11.21	1100m: 13:04.70	1:13.05 1500m: 17:58.46 1:12.03		
	400m: 4:39.27 1:11.08	800m: 9:25.85 1:12.27	1200m: 14:18.70	1:14.00		
19.	Pedro Forjaz Cirurgiao	04	Algés	18:30.61	18:05.16	477
	100m: 1:06.77 1:06.77	500m: 5:53.15 1:12.49	900m: 10:43.58	1:13.46 1300m: 15:39.77 1:13.46		
	200m: 2:17.92 1:11.15	600m: 7:04.98 1:11.83	1000m: 11:57.44	1:13.86 1400m: 16:54.49 1:14.72		
	300m: 3:29.33 1:11.41	700m: 8:17.11 1:12.13	1100m: 13:11.51	1:14.07 1500m: 18:05.16 1:10.67		
	400m: 4:40.66 1:11.33	800m: 9:30.12 1:13.01	1200m: 14:26.31	1:14.80		
20.	Tomas Santos Luis	04	Sporting	18:04.59	18:18.34	460
	100m: 1:06.26 1:06.26	500m: 5:56.97 1:13.59	900m: 10:52.23	1:14.05 1300m: 15:49.66 1:14.58		
	200m: 2:17.93 1:11.67	600m: 7:10.35 1:13.38	1000m: 12:06.37	1:14.14 1400m: 17:04.61 1:14.95		
	300m: 3:30.47 1:12.54	700m: 8:24.05 1:13.70	1100m: 13:20.44	1:14.07 1500m: 18:18.34 1:13.73		
	400m: 4:43.38 1:12.91	800m: 9:38.18 1:14.13	1200m: 14:35.08	1:14.64		
21.	Tomas Martins Mira	04	Naval Setubalense	19:21.19	18:27.55	448
	100m: 1:07.08 1:07.08	500m: 6:00.68 1:13.55	900m: 10:56.59	1:14.92 1300m: 15:58.74 1:15.47		
	200m: 2:20.03 1:12.95	600m: 7:14.80 1:14.12	1000m: 12:11.74	1:15.15 1400m: 17:14.23 1:15.49		
	300m: 3:33.39 1:13.36	700m: 8:27.76 1:12.96	1100m: 13:27.52	1:15.78 1500m: 18:27.55 1:13.32		
	400m: 4:47.13 1:13.74	800m: 9:41.67 1:13.91	1200m: 14:43.27	1:15.75		