

Prova 1 Absolutos  
28.02.2020 - 15:30 Resultados

Rec	Tempo	Nadador	Clube	Local	Ano
Rec Nacional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Sen	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Jun 2	15:32.05	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	15:52.30	Roberto Donald Gomes	SAD	Coimbra	2017
Rec Regional Juv A	15:52.62	Diogo Santos Cardoso	ADRCIMM	Gyoer (HUN)	2017
Rec Regional Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	2005

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

Pontos: FINA 2020

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
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### Juvenis B

1.	Diogo Sousa Barbosa <i>Campeão Regional Juvenis B</i>	05	Sport Lisboa e Benfica	18:15.86	<b>18:15.25</b>	502
	100m: 1:07.24 1:07.24		500m: 5:59.23 1:13.60	900m: 10:55.14 1:13.77	1300m: 15:51.59 1:14.07	
	200m: 2:18.79 1:11.55		600m: 7:13.21 1:13.98	1000m: 12:09.37 1:14.23	1400m: 17:04.89 1:13.30	
	300m: 3:32.00 1:13.21		700m: 8:27.67 1:14.46	1100m: 13:23.21 1:13.84	1500m: 18:15.25 1:10.36	
	400m: 4:45.63 1:13.63		800m: 9:41.37 1:13.70	1200m: 14:37.52 1:14.31		
2.	Andre Henriques Marques	05	Sport Lisboa e Benfica	18:17.26	<b>18:26.60</b>	487
	100m: 1:07.78 1:07.78		500m: 5:58.68 1:13.87	900m: 10:56.36 1:14.48	1300m: 15:57.99 1:15.73	
	200m: 2:19.15 1:11.37		600m: 7:13.00 1:14.32	1000m: 12:11.42 1:15.06	1400m: 17:12.94 1:14.95	
	300m: 3:31.50 1:12.35		700m: 8:27.48 1:14.48	1100m: 13:26.73 1:15.31	1500m: 18:26.60 1:13.66	
	400m: 4:44.81 1:13.31		800m: 9:41.88 1:14.40	1200m: 14:42.26 1:15.53		
3.	Jose Manuel Sa	05	Sporting Clube de Portugal	18:53.08	<b>18:35.82</b>	475
	100m: 1:08.56 1:08.56		500m: 6:04.35 1:15.23	900m: 11:06.08 1:15.88	1300m: 16:08.81 1:14.93	
	200m: 2:20.77 1:12.21		600m: 7:19.05 1:14.70	1000m: 12:21.23 1:15.15	1400m: 17:23.50 1:14.69	
	300m: 3:34.74 1:13.97		700m: 8:34.72 1:15.67	1100m: 13:37.10 1:15.87	1500m: 18:35.82 1:12.32	
	400m: 4:49.12 1:14.38		800m: 9:50.20 1:15.48	1200m: 14:53.88 1:16.78		
4.	Vasco Alves Morgado	05	Sport Alges e Dafundo	19:10.87	<b>19:06.46</b>	438
	100m: 1:10.16 1:10.16		500m: 6:16.61 1:17.81	900m: 11:23.40 1:16.79	1300m: 16:33.41 1:17.54	
	200m: 2:25.37 1:15.21		600m: 7:33.52 1:16.91	1000m: 12:40.51 1:17.11	1400m: 17:51.36 1:17.95	
	300m: 3:41.87 1:16.50		700m: 8:50.55 1:17.03	1100m: 13:57.81 1:17.30	1500m: 19:06.46 1:15.10	
	400m: 4:58.80 1:16.93		800m: 10:06.61 1:16.06	1200m: 15:15.87 1:18.06		
5.	Filipe Simoes Freitas	05	Sporting Clube de Portugal	18:17.28	<b>19:19.29</b>	424
	100m: 1:12.35 1:12.35		500m: 6:22.61 1:17.80	900m: 11:30.48 1:17.45	1300m: 16:44.59 1:18.81	
	200m: 2:30.45 1:18.10		600m: 7:39.73 1:17.12	1000m: 12:48.42 1:17.94	1400m: 18:03.14 1:18.55	
	300m: 3:47.35 1:16.90		700m: 8:56.33 1:16.60	1100m: 14:07.33 1:18.91	1500m: 19:19.29 1:16.15	
	400m: 5:04.81 1:17.46		800m: 10:13.03 1:16.70	1200m: 15:25.78 1:18.45		
6.	Diogo Botelho Capricho	05	Sporting Clube de Portugal	19:59.88	<b>19:34.24</b>	408
	100m: 1:08.68 1:08.68		500m: 6:11.89 1:18.76	900m: 11:33.74 1:20.88	1300m: 16:56.41 1:19.60	
	200m: 2:22.18 1:13.50		600m: 7:31.70 1:19.81	1000m: 12:55.47 1:21.73	1400m: 18:17.77 1:21.36	
	300m: 3:36.47 1:14.29		700m: 8:52.12 1:20.42	1100m: 14:16.04 1:20.57	1500m: 19:34.24 1:16.47	
	400m: 4:53.13 1:16.66		800m: 10:12.86 1:20.74	1200m: 15:36.81 1:20.77		
7.	Joao Ferreira Rodrigues	05	Geslours - Gestão Equipamentos E.M.	19:39.34	<b>19:34.74</b>	407
	100m: 1:12.32 1:12.32		500m: 6:23.25 1:18.46	900m: 11:40.38 1:19.51	1300m: 17:01.99 1:19.01	
	200m: 2:29.84 1:17.52		600m: 7:42.77 1:19.52	1000m: 13:00.85 1:20.47	1400m: 18:21.54 1:19.55	
	300m: 3:46.43 1:16.59		700m: 9:01.98 1:19.21	1100m: 14:21.77 1:20.92	1500m: 19:34.74 1:13.20	
	400m: 5:04.79 1:18.36		800m: 10:20.87 1:18.89	1200m: 15:42.98 1:21.21		

### Juvenis A

1.	Bernardo Victorino Almeida <i>Campeão Regional Juvenis A</i>	04	Sporting Clube de Portugal	16:38.70	<b>17:14.56</b>	596
	100m: 1:03.40 1:03.40		500m: 5:37.66 1:09.42	900m: 10:17.23 1:09.87	1300m: 14:57.42 1:08.98	
	200m: 2:11.54 1:08.14		600m: 6:47.60 1:09.94	1000m: 11:27.53 1:10.30	1400m: 16:06.99 1:09.57	
	300m: 3:19.89 1:08.35		700m: 7:57.54 1:09.94	1100m: 12:38.49 1:10.96	1500m: 17:14.56 1:07.57	
	400m: 4:28.24 1:08.35		800m: 9:07.36 1:09.82	1200m: 13:48.44 1:09.95		
2.	Miguel Filipe Anjo	04	Clube Desportivo Cova da Piedade	17:51.65	<b>17:49.07</b>	540
	100m: 1:08.28 1:08.28		500m: 5:57.68 1:12.61	900m: 10:42.30 1:11.20	1300m: 15:28.76 1:11.82	
	200m: 2:19.53 1:11.25		600m: 7:09.57 1:11.89	1000m: 11:53.50 1:11.20	1400m: 16:40.51 1:11.75	
	300m: 3:32.07 1:12.54		700m: 8:20.60 1:11.03	1100m: 13:04.90 1:11.40	1500m: 17:49.07 1:08.56	
	400m: 4:45.07 1:13.00		800m: 9:31.10 1:10.50	1200m: 14:16.94 1:12.04		

## Prova 1, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
3.	Tiago Morgado Nogueira	04	Assoc Desp Rec Cult Colegio Int Monte	17:37.87	<b>17:58.36</b>	526
	100m: 1:08.18 1:08.18		500m: 5:56.33 1:11.88	900m: 10:44.11 1:12.41	1300m: 15:34.50 1:12.55	
	200m: 2:19.91 1:11.73		600m: 7:08.58 1:12.25	1000m: 11:56.35 1:12.24	1400m: 16:47.78 1:13.28	
	300m: 3:31.88 1:11.97		700m: 8:19.89 1:11.31	1100m: 13:09.42 1:13.07	1500m: 17:58.36 1:10.58	
	400m: 4:44.45 1:12.57		800m: 9:31.70 1:11.81	1200m: 14:21.95 1:12.53		
4.	Andre Azevedo Baraona	04	Clube Natacao do Montijo	18:01.40	<b>18:02.99</b>	520
	100m: 1:06.84 1:06.84		500m: 5:51.60 1:12.03	900m: 10:42.35 1:12.87	1300m: 15:38.27 1:13.88	
	200m: 2:16.88 1:10.04		600m: 7:04.49 1:12.89	1000m: 11:56.10 1:13.75	1400m: 16:51.90 1:13.63	
	300m: 3:27.59 1:10.71		700m: 8:16.97 1:12.48	1100m: 13:10.33 1:14.23	1500m: 18:02.99 1:11.09	
	400m: 4:39.57 1:11.98		800m: 9:29.48 1:12.51	1200m: 14:24.39 1:14.06		
5.	Joao Afonso Santos	04	Sporting Clube de Portugal	18:15.99	<b>18:06.52</b>	515
	100m: 1:07.19 1:07.19		500m: 5:52.31 1:11.29	900m: 10:41.80 1:12.80	1300m: 15:38.62 1:14.91	
	200m: 2:17.95 1:10.76		600m: 7:04.05 1:11.74	1000m: 11:55.14 1:13.34	1400m: 16:53.60 1:14.98	
	300m: 3:29.32 1:11.37		700m: 8:16.15 1:12.10	1100m: 13:09.08 1:13.94	1500m: 18:06.52 1:12.92	
	400m: 4:41.02 1:11.70		800m: 9:29.00 1:12.85	1200m: 14:23.71 1:14.63		
6.	Tiago Miguel Trombinhas	04	Assoc Desp Rec Cult Colegio Int Monte	17:43.64	<b>18:08.59</b>	512
	100m: 1:05.39 1:05.39		500m: 5:54.45 1:12.92	900m: 10:49.20 1:14.07	1300m: 15:44.55 1:14.30	
	200m: 2:16.38 1:10.99		600m: 7:07.87 1:13.42	1000m: 12:02.30 1:13.10	1400m: 16:58.08 1:13.53	
	300m: 3:28.77 1:12.39		700m: 8:21.22 1:13.35	1100m: 13:15.98 1:13.68	1500m: 18:08.59 1:10.51	
	400m: 4:41.53 1:12.76		800m: 9:35.13 1:13.91	1200m: 14:30.25 1:14.27		
7.	Francisco Ribeiro Vieira	04	Associacao Ed. Fisica Desp. Torres Ve	18:10.99	<b>18:18.46</b>	498
	100m: 1:05.54 1:05.54		500m: 5:55.69 1:13.26	900m: 10:53.17 1:15.77	1300m: 15:53.30 1:14.93	
	200m: 2:17.24 1:11.70		600m: 7:08.70 1:13.01	1000m: 12:08.92 1:15.75	1400m: 17:08.34 1:15.04	
	300m: 3:29.69 1:12.45		700m: 8:22.59 1:13.89	1100m: 13:23.38 1:14.46	1500m: 18:18.46 1:10.12	
	400m: 4:42.43 1:12.74		800m: 9:37.40 1:14.81	1200m: 14:38.37 1:14.99		
8.	Tiago Barroso Proenca	04	Avançado EULx	19:38.06	<b>18:29.62</b>	483
	100m: 1:09.45 1:09.45		500m: 6:06.65 1:14.43	900m: 11:02.30 1:14.18	1300m: 16:02.10 1:14.98	
	200m: 2:22.93 1:13.48		600m: 7:20.71 1:14.06	1000m: 12:17.03 1:14.73	1400m: 17:16.95 1:14.85	
	300m: 3:37.44 1:14.51		700m: 8:34.43 1:13.72	1100m: 13:31.98 1:14.95	1500m: 18:29.62 1:12.67	
	400m: 4:52.22 1:14.78		800m: 9:48.12 1:13.69	1200m: 14:47.12 1:15.14		
9.	Francisco Sousa Uva	04	Sport Alges e Dafundo	17:51.70	<b>18:33.10</b>	479
	100m: 1:06.90 1:06.90		500m: 5:54.87 1:13.03	900m: 10:52.03 1:15.42	1300m: 15:59.46 1:18.10	
	200m: 2:18.08 1:11.18		600m: 7:07.87 1:13.00	1000m: 12:08.27 1:16.24	1400m: 17:17.41 1:17.95	
	300m: 3:30.30 1:12.22		700m: 8:21.85 1:13.98	1100m: 13:24.22 1:15.95	1500m: 18:33.10 1:15.69	
	400m: 4:41.84 1:11.54		800m: 9:36.61 1:14.76	1200m: 14:41.36 1:17.14		
10.	Yann Chetelat Fock	04	Avançado EULx	19:38.06	<b>18:33.15</b>	479
	100m: 1:09.83 1:09.83		500m: 6:07.87 1:14.80	900m: 11:08.19 1:15.65	1300m: 16:09.32 1:14.38	
	200m: 2:23.42 1:13.59		600m: 7:22.43 1:14.56	1000m: 12:23.78 1:15.59	1400m: 17:23.50 1:14.18	
	300m: 3:38.26 1:14.84		700m: 8:37.39 1:14.96	1100m: 13:39.74 1:15.96	1500m: 18:33.15 1:09.65	
	400m: 4:53.07 1:14.81		800m: 9:52.54 1:15.15	1200m: 14:54.94 1:15.20		
11.	Tomas Martins Mira	04	Clube Naval Setubalense	18:49.70	<b>19:26.18</b>	416
	100m: 1:12.43 1:12.43		500m: 6:22.43 1:18.02	900m: 11:36.85 1:19.70	1300m: 16:55.88 1:19.54	
	200m: 2:30.30 1:17.87		600m: 7:40.09 1:17.66	1000m: 12:56.47 1:19.62	1400m: 18:13.30 1:17.42	
	300m: 3:47.19 1:16.89		700m: 8:57.87 1:17.78	1100m: 14:16.79 1:20.32	1500m: 19:26.18 1:12.88	
	400m: 5:04.41 1:17.22		800m: 10:17.15 1:19.28	1200m: 15:36.34 1:19.55		

## Juniores

1.	Pedro Esteves Duarte <i>Campeão Regional Junior</i>	03	Clube Desportivo Cova da Piedade	17:08.19	<b>17:39.26</b>	556
	100m: 1:06.44 1:06.44		500m: 5:50.53 1:10.27	900m: 10:33.18 1:10.31	1300m: 15:17.52 1:11.46	
	200m: 2:17.45 1:11.01		600m: 7:00.84 1:10.31	1000m: 11:43.63 1:10.45	1400m: 16:28.64 1:11.12	
	300m: 3:29.08 1:11.63		700m: 8:11.52 1:10.68	1100m: 12:54.64 1:11.01	1500m: 17:39.26 1:10.62	
	400m: 4:40.26 1:11.18		800m: 9:22.87 1:11.35	1200m: 14:06.06 1:11.42		
2.	Afonso Amaro Santos	02	Geslours - Gestão Equipamentos E.M.	18:38.71	<b>17:39.93</b>	554
	100m: 1:06.99 1:06.99		500m: 5:50.13 1:10.11	900m: 10:33.52 1:10.93	1300m: 15:20.09 1:11.88	
	200m: 2:18.18 1:11.19		600m: 7:00.90 1:10.77	1000m: 11:45.19 1:11.67	1400m: 16:31.71 1:11.62	
	300m: 3:29.08 1:10.90		700m: 8:11.86 1:10.96	1100m: 12:56.69 1:11.50	1500m: 17:39.93 1:08.22	
	400m: 4:40.02 1:10.94		800m: 9:22.59 1:10.73	1200m: 14:08.21 1:11.52		
3.	Diogo Miguel Duraes	03	Clube Natacao do Montijo	17:45.45	<b>17:58.18</b>	527
	100m: 1:07.30 1:07.30		500m: 5:58.41 1:13.67	900m: 10:52.17 1:13.10	1300m: 15:37.13 1:11.22	
	200m: 2:18.42 1:11.12		600m: 7:12.57 1:14.16	1000m: 12:04.14 1:11.97	1400m: 16:48.39 1:11.26	
	300m: 3:30.46 1:12.04		700m: 8:26.80 1:14.23	1100m: 13:15.27 1:11.13	1500m: 17:58.18 1:09.79	
	400m: 4:44.74 1:14.28		800m: 9:39.07 1:12.27	1200m: 14:25.91 1:10.64		
4.	Alexandre Coelho Vieira	03	Sporting Clube de Portugal	17:31.95	<b>17:58.79</b>	526
	100m: 1:05.96 1:05.96		500m: 5:51.56 1:11.02	900m: 10:41.66 1:13.22	1300m: 15:33.82 1:12.73	
	200m: 2:17.68 1:11.72		600m: 7:03.22 1:11.66	1000m: 11:54.62 1:12.96	1400m: 16:47.59 1:13.77	
	300m: 3:29.18 1:11.50		700m: 8:15.78 1:12.56	1100m: 13:07.76 1:13.14	1500m: 17:58.79 1:11.20	
	400m: 4:40.54 1:11.36		800m: 9:28.44 1:12.66	1200m: 14:21.09 1:13.33		

## Prova 1, Masc., 1500m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
5.	Rafael Rodrigues Jacinto	02	Clube Futebol Os Belenenses	17:00.31	<b>18:20.77</b>	495
	100m: 1:05.09 1:05.09	500m: 5:50.40 1:12.54	900m: 10:47.72 1:15.01	1300m: 15:51.82 1:16.21		
	200m: 2:14.66 1:09.57	600m: 7:04.40 1:14.00	1000m: 12:03.19 1:15.47	1400m: 17:07.42 1:15.60		
	300m: 3:25.63 1:10.97	700m: 8:18.68 1:14.28	1100m: 13:19.38 1:16.19	1500m: 18:20.77 1:13.35		
	400m: 4:37.86 1:12.23	800m: 9:32.71 1:14.03	1200m: 14:35.61 1:16.23			

## Seniores

1.	Diogo Santos Cardoso <i>Campeão Regional Sénior</i>	01	Assoc Desp Rec Cult Colegio Int Monte	15:38.22	<b>16:08.04</b>	728
	100m: 1:01.29 1:01.29	500m: 5:20.09 1:04.68	900m: 9:39.86 1:04.91	1300m: 13:59.99 1:05.07		
	200m: 2:05.78 1:04.49	600m: 6:25.26 1:05.17	1000m: 10:44.79 1:04.93	1400m: 15:05.40 1:05.41		
	300m: 3:10.58 1:04.80	700m: 7:29.94 1:04.68	1100m: 11:49.78 1:04.99	1500m: 16:08.04 1:02.64		
	400m: 4:15.41 1:04.83	800m: 8:34.95 1:05.01	1200m: 12:54.92 1:05.14			
2.	Jose Paula Carvalho	98	Sport Alges e Dafundo	16:00.79	<b>16:52.62</b>	636
	100m: 1:01.58 1:01.58	500m: 5:28.45 1:07.52	900m: 10:00.96 1:08.21	1300m: 14:36.41 1:09.24		
	200m: 2:06.90 1:05.32	600m: 6:36.16 1:07.71	1000m: 11:09.42 1:08.46	1400m: 15:45.08 1:08.67		
	300m: 3:13.46 1:06.56	700m: 7:44.40 1:08.24	1100m: 12:18.07 1:08.65	1500m: 16:52.62 1:07.54		
	400m: 4:20.93 1:07.47	800m: 8:52.75 1:08.35	1200m: 13:27.17 1:09.10			
3.	Diogo Nogueira Rebelo	98	Assoc Desp Rec Cult Colegio Int Monte	18:17.10	<b>17:00.02</b>	622
	100m: 1:06.22 1:06.22	500m: 5:39.53 1:08.27	900m: 10:13.27 1:08.40	1300m: 14:46.97 1:08.05		
	200m: 2:14.86 1:08.64	600m: 6:47.92 1:08.39	1000m: 11:21.64 1:08.37	1400m: 15:54.59 1:07.62		
	300m: 3:23.05 1:08.19	700m: 7:56.29 1:08.37	1100m: 12:30.03 1:08.39	1500m: 17:00.02 1:05.43		
	400m: 4:31.26 1:08.21	800m: 9:04.87 1:08.58	1200m: 13:38.92 1:08.89			
4.	Filipe Ferreira Luz	98	Geslours - Gestão Equipamentos E.M.	17:10.36	<b>17:25.35</b>	578
	100m: 1:05.08 1:05.08	500m: 5:44.33 1:09.88	900m: 10:25.09 1:10.25	1300m: 15:08.23 1:09.69		
	200m: 2:14.30 1:09.22	600m: 6:54.57 1:10.24	1000m: 11:36.31 1:11.22	1400m: 16:16.62 1:08.39		
	300m: 3:24.66 1:10.36	700m: 8:04.55 1:09.98	1100m: 12:47.38 1:11.07	1500m: 17:25.35 1:08.73		
	400m: 4:34.45 1:09.79	800m: 9:14.84 1:10.29	1200m: 13:58.54 1:11.16			
5.	Miguel Duarte Cruz	99	Clube Futebol Os Belenenses	17:50.92	<b>18:15.76</b>	502
	100m: 1:08.81 1:08.81	500m: 6:04.66 1:14.22	900m: 11:00.00 1:13.34	1300m: 15:50.02 1:12.62		
	200m: 2:22.47 1:13.66	600m: 7:18.57 1:13.91	1000m: 12:13.15 1:13.15	1400m: 17:03.62 1:13.60		
	300m: 3:36.52 1:14.05	700m: 8:32.75 1:14.18	1100m: 13:25.08 1:11.93	1500m: 18:15.76 1:12.14		
	400m: 4:50.44 1:13.92	800m: 9:46.66 1:13.91	1200m: 14:37.40 1:12.32			

## Absolutos

1.	Diogo Santos Cardoso	01	Assoc Desp Rec Cult Colegio Int Monte	15:38.22	<b>16:08.04</b>	728
	100m: 1:01.29 1:01.29	500m: 5:20.09 1:04.68	900m: 9:39.86 1:04.91	1300m: 13:59.99 1:05.07		
	200m: 2:05.78 1:04.49	600m: 6:25.26 1:05.17	1000m: 10:44.79 1:04.93	1400m: 15:05.40 1:05.41		
	300m: 3:10.58 1:04.80	700m: 7:29.94 1:04.68	1100m: 11:49.78 1:04.99	1500m: 16:08.04 1:02.64		
	400m: 4:15.41 1:04.83	800m: 8:34.95 1:05.01	1200m: 12:54.92 1:05.14			
2.	Jose Paula Carvalho	98	Sport Alges e Dafundo	16:00.79	<b>16:52.62</b>	636
	100m: 1:01.58 1:01.58	500m: 5:28.45 1:07.52	900m: 10:00.96 1:08.21	1300m: 14:36.41 1:09.24		
	200m: 2:06.90 1:05.32	600m: 6:36.16 1:07.71	1000m: 11:09.42 1:08.46	1400m: 15:45.08 1:08.67		
	300m: 3:13.46 1:06.56	700m: 7:44.40 1:08.24	1100m: 12:18.07 1:08.65	1500m: 16:52.62 1:07.54		
	400m: 4:20.93 1:07.47	800m: 8:52.75 1:08.35	1200m: 13:27.17 1:09.10			
3.	Diogo Nogueira Rebelo	98	Assoc Desp Rec Cult Colegio Int Monte	18:17.10	<b>17:00.02</b>	622
	100m: 1:06.22 1:06.22	500m: 5:39.53 1:08.27	900m: 10:13.27 1:08.40	1300m: 14:46.97 1:08.05		
	200m: 2:14.86 1:08.64	600m: 6:47.92 1:08.39	1000m: 11:21.64 1:08.37	1400m: 15:54.59 1:07.62		
	300m: 3:23.05 1:08.19	700m: 7:56.29 1:08.37	1100m: 12:30.03 1:08.39	1500m: 17:00.02 1:05.43		
	400m: 4:31.26 1:08.21	800m: 9:04.87 1:08.58	1200m: 13:38.92 1:08.89			
4.	Bernardo Victorino Almeida	04	Sporting Clube de Portugal	16:38.70	<b>17:14.56</b>	596
	100m: 1:03.40 1:03.40	500m: 5:37.66 1:09.42	900m: 10:17.23 1:09.87	1300m: 14:57.42 1:08.98		
	200m: 2:11.54 1:08.14	600m: 6:47.60 1:09.94	1000m: 11:27.53 1:10.30	1400m: 16:06.99 1:09.57		
	300m: 3:19.89 1:08.35	700m: 7:57.54 1:09.94	1100m: 12:38.49 1:10.96	1500m: 17:14.56 1:07.57		
	400m: 4:28.24 1:08.35	800m: 9:07.36 1:09.82	1200m: 13:48.44 1:09.95			
5.	Filipe Ferreira Luz	98	Geslours - Gestão Equipamentos E.M.	17:10.36	<b>17:25.35</b>	578
	100m: 1:05.08 1:05.08	500m: 5:44.33 1:09.88	900m: 10:25.09 1:10.25	1300m: 15:08.23 1:09.69		
	200m: 2:14.30 1:09.22	600m: 6:54.57 1:10.24	1000m: 11:36.31 1:11.22	1400m: 16:16.62 1:08.39		
	300m: 3:24.66 1:10.36	700m: 8:04.55 1:09.98	1100m: 12:47.38 1:11.07	1500m: 17:25.35 1:08.73		
	400m: 4:34.45 1:09.79	800m: 9:14.84 1:10.29	1200m: 13:58.54 1:11.16			
6.	Pedro Esteves Duarte	03	Clube Desportivo Cova da Piedade	17:08.19	<b>17:39.26</b>	556
	100m: 1:06.44 1:06.44	500m: 5:50.53 1:10.27	900m: 10:33.18 1:10.31	1300m: 15:17.52 1:11.46		
	200m: 2:17.45 1:11.01	600m: 7:00.84 1:10.31	1000m: 11:43.63 1:10.45	1400m: 16:28.64 1:11.12		
	300m: 3:29.08 1:11.63	700m: 8:11.52 1:10.68	1100m: 12:54.64 1:11.01	1500m: 17:39.26 1:10.62		
	400m: 4:40.26 1:11.18	800m: 9:22.87 1:11.35	1200m: 14:06.06 1:11.42			

## Prova 1, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
7.	Afonso Amaro Santos	02	Geslours - Gestão Equipamentos E.M.	18:38.71	<b>17:39.93</b>	554
	100m: 1:06.99 1:06.99	500m: 5:50.13 1:10.11	900m: 10:33.52 1:10.93	1300m: 15:20.09 1:11.88		
	200m: 2:18.18 1:11.19	600m: 7:00.90 1:10.77	1000m: 11:45.19 1:11.67	1400m: 16:31.71 1:11.62		
	300m: 3:29.08 1:10.90	700m: 8:11.86 1:10.96	1100m: 12:56.69 1:11.50	1500m: 17:39.93 1:08.22		
	400m: 4:40.02 1:10.94	800m: 9:22.59 1:10.73	1200m: 14:08.21 1:11.52			
8.	Miguel Filipe Anjo	04	Clube Desportivo Cova da Piedade	17:51.65	<b>17:49.07</b>	540
	100m: 1:08.28 1:08.28	500m: 5:57.68 1:12.61	900m: 10:42.30 1:11.20	1300m: 15:28.76 1:11.82		
	200m: 2:19.53 1:11.25	600m: 7:09.57 1:11.89	1000m: 11:53.50 1:11.20	1400m: 16:40.51 1:11.75		
	300m: 3:32.07 1:12.54	700m: 8:20.60 1:11.03	1100m: 13:04.90 1:11.40	1500m: 17:49.07 1:08.56		
	400m: 4:45.07 1:13.00	800m: 9:31.10 1:10.50	1200m: 14:16.94 1:12.04			
9.	Diogo Miguel Duraes	03	Clube Natacao do Montijo	17:45.45	<b>17:58.18</b>	527
	100m: 1:07.30 1:07.30	500m: 5:58.41 1:13.67	900m: 10:52.17 1:13.10	1300m: 15:37.13 1:11.22		
	200m: 2:18.42 1:11.12	600m: 7:12.57 1:14.16	1000m: 12:04.14 1:11.97	1400m: 16:48.39 1:11.26		
	300m: 3:30.46 1:12.04	700m: 8:26.80 1:14.23	1100m: 13:15.27 1:11.13	1500m: 17:58.18 1:09.79		
	400m: 4:44.74 1:14.28	800m: 9:39.07 1:12.27	1200m: 14:25.91 1:10.64			
10.	Tiago Morgado Nogueira	04	Assoc Desp Rec Cult Colegio Int Monte	17:37.87	<b>17:58.36</b>	526
	100m: 1:08.18 1:08.18	500m: 5:56.33 1:11.88	900m: 10:44.11 1:12.41	1300m: 15:34.50 1:12.55		
	200m: 2:19.91 1:11.73	600m: 7:08.58 1:12.25	1000m: 11:56.35 1:12.24	1400m: 16:47.78 1:13.28		
	300m: 3:31.88 1:11.97	700m: 8:19.89 1:11.31	1100m: 13:09.42 1:13.07	1500m: 17:58.36 1:10.58		
	400m: 4:44.45 1:12.57	800m: 9:31.70 1:11.81	1200m: 14:21.95 1:12.53			
11.	Alexandre Coelho Vieira	03	Sporting Clube de Portugal	17:31.95	<b>17:58.79</b>	526
	100m: 1:05.96 1:05.96	500m: 5:51.56 1:11.02	900m: 10:41.66 1:13.22	1300m: 15:33.82 1:12.73		
	200m: 2:17.68 1:11.72	600m: 7:03.22 1:11.66	1000m: 11:54.62 1:12.96	1400m: 16:47.59 1:13.77		
	300m: 3:29.18 1:11.50	700m: 8:15.78 1:12.56	1100m: 13:07.76 1:13.14	1500m: 17:58.79 1:11.20		
	400m: 4:40.54 1:11.36	800m: 9:28.44 1:12.66	1200m: 14:21.09 1:13.33			
12.	Andre Azevedo Baraona	04	Clube Natacao do Montijo	18:01.40	<b>18:02.99</b>	520
	100m: 1:06.84 1:06.84	500m: 5:51.60 1:12.03	900m: 10:42.35 1:12.87	1300m: 15:38.27 1:13.88		
	200m: 2:16.88 1:10.04	600m: 7:04.49 1:12.89	1000m: 11:56.10 1:13.75	1400m: 16:51.90 1:13.63		
	300m: 3:27.59 1:10.71	700m: 8:16.97 1:12.48	1100m: 13:10.33 1:14.23	1500m: 18:02.99 1:11.09		
	400m: 4:39.57 1:11.98	800m: 9:29.48 1:12.51	1200m: 14:24.39 1:14.06			
13.	Joao Afonso Santos	04	Sporting Clube de Portugal	18:15.99	<b>18:06.52</b>	515
	100m: 1:07.19 1:07.19	500m: 5:52.31 1:11.29	900m: 10:41.80 1:12.80	1300m: 15:38.62 1:14.91		
	200m: 2:17.95 1:10.76	600m: 7:04.05 1:11.74	1000m: 11:55.14 1:13.34	1400m: 16:53.60 1:14.98		
	300m: 3:29.32 1:11.37	700m: 8:16.15 1:12.10	1100m: 13:09.08 1:13.94	1500m: 18:06.52 1:12.92		
	400m: 4:41.02 1:11.70	800m: 9:29.00 1:12.85	1200m: 14:23.71 1:14.63			
14.	Tiago Miguel Trombinhas	04	Assoc Desp Rec Cult Colegio Int Monte	17:43.64	<b>18:08.59</b>	512
	100m: 1:05.39 1:05.39	500m: 5:54.45 1:12.92	900m: 10:49.20 1:14.07	1300m: 15:44.55 1:14.30		
	200m: 2:16.38 1:10.99	600m: 7:07.87 1:13.42	1000m: 12:02.30 1:13.10	1400m: 16:58.08 1:13.53		
	300m: 3:28.77 1:12.39	700m: 8:21.22 1:13.35	1100m: 13:15.98 1:13.68	1500m: 18:08.59 1:10.51		
	400m: 4:41.53 1:12.76	800m: 9:35.13 1:13.91	1200m: 14:30.25 1:14.27			
15.	Diogo Sousa Barbosa	05	Sport Lisboa e Benfica	18:15.86	<b>18:15.25</b>	502
	100m: 1:07.24 1:07.24	500m: 5:59.23 1:13.60	900m: 10:55.14 1:13.77	1300m: 15:51.59 1:14.07		
	200m: 2:18.79 1:11.55	600m: 7:13.21 1:13.98	1000m: 12:09.37 1:14.23	1400m: 17:04.89 1:13.30		
	300m: 3:32.00 1:13.21	700m: 8:27.67 1:14.46	1100m: 13:23.21 1:13.84	1500m: 18:15.25 1:10.36		
	400m: 4:45.63 1:13.63	800m: 9:41.37 1:13.70	1200m: 14:37.52 1:14.31			
16.	Miguel Duarte Cruz	99	Clube Futebol Os Belenenses	17:50.92	<b>18:15.76</b>	502
	100m: 1:08.81 1:08.81	500m: 6:04.66 1:14.22	900m: 11:00.00 1:13.34	1300m: 15:50.02 1:12.62		
	200m: 2:22.47 1:13.66	600m: 7:18.57 1:13.91	1000m: 12:13.15 1:13.15	1400m: 17:03.62 1:13.60		
	300m: 3:36.52 1:14.05	700m: 8:32.75 1:14.18	1100m: 13:25.08 1:11.93	1500m: 18:15.76 1:12.14		
	400m: 4:50.44 1:13.92	800m: 9:46.66 1:13.91	1200m: 14:37.40 1:12.32			
17.	Francisco Ribeiro Vieira	04	Associacao Ed. Fisica Desp. Torres Ve	18:10.99	<b>18:18.46</b>	498
	100m: 1:05.54 1:05.54	500m: 5:55.69 1:13.26	900m: 10:53.17 1:15.77	1300m: 15:53.30 1:14.93		
	200m: 2:17.24 1:11.70	600m: 7:08.70 1:13.01	1000m: 12:08.92 1:15.75	1400m: 17:08.34 1:15.04		
	300m: 3:29.69 1:12.45	700m: 8:22.59 1:13.89	1100m: 13:23.38 1:14.46	1500m: 18:18.46 1:10.12		
	400m: 4:42.43 1:12.74	800m: 9:37.40 1:14.81	1200m: 14:38.37 1:14.99			
18.	Rafael Rodrigues Jacinto	02	Clube Futebol Os Belenenses	17:00.31	<b>18:20.77</b>	495
	100m: 1:05.09 1:05.09	500m: 5:50.40 1:12.54	900m: 10:47.72 1:15.01	1300m: 15:51.82 1:16.21		
	200m: 2:14.66 1:09.57	600m: 7:04.40 1:14.00	1000m: 12:03.19 1:15.47	1400m: 17:07.42 1:15.60		
	300m: 3:25.63 1:10.97	700m: 8:18.68 1:14.28	1100m: 13:19.38 1:16.19	1500m: 18:20.77 1:13.35		
	400m: 4:37.86 1:12.23	800m: 9:32.71 1:14.03	1200m: 14:35.61 1:16.23			
19.	Andre Henriques Marques	05	Sport Lisboa e Benfica	18:17.26	<b>18:26.60</b>	487
	100m: 1:07.78 1:07.78	500m: 5:58.68 1:13.87	900m: 10:56.36 1:14.48	1300m: 15:57.99 1:15.73		
	200m: 2:19.15 1:11.37	600m: 7:13.00 1:14.32	1000m: 12:11.42 1:15.06	1400m: 17:12.94 1:14.95		
	300m: 3:31.50 1:12.35	700m: 8:27.48 1:14.48	1100m: 13:26.73 1:15.31	1500m: 18:26.60 1:13.66		
	400m: 4:44.81 1:13.31	800m: 9:41.88 1:14.40	1200m: 14:42.26 1:15.53			
20.	Tiago Barroso Proenca	04	Avançado EULx	19:38.06	<b>18:29.62</b>	483
	100m: 1:09.45 1:09.45	500m: 6:06.65 1:14.43	900m: 11:02.30 1:14.18	1300m: 16:02.10 1:14.98		
	200m: 2:22.93 1:13.48	600m: 7:20.71 1:14.06	1000m: 12:17.03 1:14.73	1400m: 17:16.95 1:14.85		
	300m: 3:37.44 1:14.51	700m: 8:34.43 1:13.72	1100m: 13:31.98 1:14.95	1500m: 18:29.62 1:12.67		
	400m: 4:52.22 1:14.78	800m: 9:48.12 1:13.69	1200m: 14:47.12 1:15.14			

## Prova 1, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
21.	Francisco Sousa Uva	04	Sport Alges e Dafundo	17:51.70	<b>18:33.10</b>	479
	100m: 1:06.90 1:06.90		500m: 5:54.87 1:13.03	1:15.42	1300m: 15:59.46 1:18.10	
	200m: 2:18.08 1:11.18		600m: 7:07.87 1:13.00	1:16.24	1400m: 17:17.41 1:17.95	
	300m: 3:30.30 1:12.22		700m: 8:21.85 1:13.98	1:15.95	1500m: 18:33.10 1:15.69	
	400m: 4:41.84 1:11.54		800m: 9:36.61 1:14.76	1:17.14		
22.	Yann Chetelat Fock	04	Avançado EULx	19:38.06	<b>18:33.15</b>	479
	100m: 1:09.83 1:09.83		500m: 6:07.87 1:14.80	1:15.65	1300m: 16:09.32 1:14.38	
	200m: 2:23.42 1:13.59		600m: 7:22.43 1:14.56	1:15.59	1400m: 17:23.50 1:14.18	
	300m: 3:38.26 1:14.84		700m: 8:37.39 1:14.96	1:15.96	1500m: 18:33.15 1:09.65	
	400m: 4:53.07 1:14.81		800m: 9:52.54 1:15.15	1:15.20		
23.	Jose Manuel Sa	05	Sporting Clube de Portugal	18:53.08	<b>18:35.82</b>	475
	100m: 1:08.56 1:08.56		500m: 6:04.35 1:15.23	1:15.88	1300m: 16:08.81 1:14.93	
	200m: 2:20.77 1:12.21		600m: 7:19.05 1:14.70	1:15.15	1400m: 17:23.50 1:14.69	
	300m: 3:34.74 1:13.97		700m: 8:34.72 1:15.67	1:15.87	1500m: 18:35.82 1:12.32	
	400m: 4:49.12 1:14.38		800m: 9:50.20 1:15.48	1:16.78		
24.	Vasco Alves Morgado	05	Sport Alges e Dafundo	19:10.87	<b>19:06.46</b>	438
	100m: 1:10.16 1:10.16		500m: 6:16.61 1:17.81	1:16.79	1300m: 16:33.41 1:17.54	
	200m: 2:25.37 1:15.21		600m: 7:33.52 1:16.91	1:17.11	1400m: 17:51.36 1:17.95	
	300m: 3:41.87 1:16.50		700m: 8:50.55 1:17.03	1:17.30	1500m: 19:06.46 1:15.10	
	400m: 4:58.80 1:16.93		800m: 10:06.61 1:16.06	1:18.06		
25.	Filipe Simoes Freitas	05	Sporting Clube de Portugal	18:17.28	<b>19:19.29</b>	424
	100m: 1:12.35 1:12.35		500m: 6:22.61 1:17.80	1:17.45	1300m: 16:44.59 1:18.81	
	200m: 2:30.45 1:18.10		600m: 7:39.73 1:17.12	1:17.94	1400m: 18:03.14 1:18.55	
	300m: 3:47.35 1:16.90		700m: 8:56.33 1:16.60	1:18.91	1500m: 19:19.29 1:16.15	
	400m: 5:04.81 1:17.46		800m: 10:13.03 1:16.70	1:18.45		
26.	Tomas Martins Mira	04	Clube Naval Setubalense	18:49.70	<b>19:26.18</b>	416
	100m: 1:12.43 1:12.43		500m: 6:22.43 1:18.02	1:19.70	1300m: 16:55.88 1:19.54	
	200m: 2:30.30 1:17.87		600m: 7:40.09 1:17.66	1:19.62	1400m: 18:13.30 1:17.42	
	300m: 3:47.19 1:16.89		700m: 8:57.87 1:17.78	1:20.32	1500m: 19:26.18 1:12.88	
	400m: 5:04.41 1:17.22		800m: 10:17.15 1:19.28	1:19.55		
27.	Diogo Botelho Capricho	05	Sporting Clube de Portugal	19:59.88	<b>19:34.24</b>	408
	100m: 1:08.68 1:08.68		500m: 6:11.89 1:18.76	1:20.88	1300m: 16:56.41 1:19.60	
	200m: 2:22.18 1:13.50		600m: 7:31.70 1:19.81	1:21.73	1400m: 18:17.77 1:21.36	
	300m: 3:36.47 1:14.29		700m: 8:52.12 1:20.42	1:20.57	1500m: 19:34.24 1:16.47	
	400m: 4:53.13 1:16.66		800m: 10:12.86 1:20.74	1:20.77		
28.	Joao Ferreira Rodrigues	05	Geslours - Gestão Equipamentos E.M.	19:39.34	<b>19:34.74</b>	407
	100m: 1:12.32 1:12.32		500m: 6:23.25 1:18.46	1:19.51	1300m: 17:01.99 1:19.01	
	200m: 2:29.84 1:17.52		600m: 7:42.77 1:19.52	1:20.47	1400m: 18:21.54 1:19.55	
	300m: 3:46.43 1:16.59		700m: 9:01.98 1:19.21	1:20.92	1500m: 19:34.74 1:13.20	
	400m: 5:04.79 1:18.36		800m: 10:20.87 1:18.89	1:21.21		