

Prova 5
28.05.2023 - 8:15

Masc., 1500m Livres

Infantis
Resultados

Rec Regional Inf A	16:31.35	Pedro Fontoura Oliveira	POR	Reboleira	2004
Rec Regional Inf B	17:13.96	Pedro Fontoura Oliveira	POR	Santarém	2003
Rec Regional Absoluto	15:00.35	Filipe Miguel Santo	POR	Alges	2018
Rec Nacional Inf A	16:13.14	Andre Vilas Ruivo	POR	Campo Maior	2014
Rec Nacional Inf B	17:11.29	Andre Vilas Ruivo	POR	Leiria	2013
Rec Nacional Absoluto	14:39.82	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021

Mínimo Participação Inf B: 24:07.45; Inf A: 22:58.53

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Renato Ferreira Mimoso	10	Benfica	19:05.17	404
	50m: 33.91 33.91	450m: 5:38.35 38.47	850m: 10:52.50 39.75	1250m: 15:58.06 38.16	
	100m: 1:10.90 36.99	500m: 6:17.01 38.66	900m: 11:30.98 38.48	1300m: 16:35.71 37.65	
	150m: 1:48.59 37.69	550m: 6:55.74 38.73	950m: 12:09.14 38.16	1350m: 17:13.88 38.17	
	200m: 2:26.55 37.96	600m: 7:35.09 39.35	1000m: 12:47.55 38.41	1400m: 17:52.13 38.25	
	250m: 3:04.54 37.99	650m: 8:14.53 39.44	1050m: 13:26.05 38.50	1450m: 18:20.10 37.97	
	300m: 3:43.06 38.52	700m: 8:53.73 39.20	1100m: 14:04.49 38.44	1500m: 19:05.17 35.07	
	350m: 4:21.73 38.67	750m: 9:33.22 39.49	1150m: 14:42.27 37.78		
	400m: 4:59.88 38.15	800m: 10:12.75 39.53	1200m: 15:19.90 37.63		
2.	Martim Frederico Marques	10	CPCD - Póvoa Sta Iria	19:22.79	386
	50m: 34.42 34.42	450m: 5:42.44 39.55	850m: 10:56.97 39.20	1250m: 16:10.59 39.09	
	100m: 1:11.15 36.73	500m: 6:21.75 39.31	900m: 11:35.43 38.46	1300m: 16:51.37 40.78	
	150m: 1:48.77 37.62	550m: 7:00.20 38.45	950m: 12:15.21 39.78	1350m: 17:30.01 38.64	
	200m: 2:26.73 37.96	600m: 7:39.24 39.04	1000m: 12:55.15 39.94	1400m: 18:07.89 37.88	
	250m: 3:05.36 38.63	650m: 8:18.86 39.62	1050m: 13:34.55 39.40	1450m: 18:47.17 39.28	
	300m: 3:44.54 39.18	700m: 8:58.34 39.48	1100m: 14:13.65 39.10	1500m: 19:22.79 35.62	
	350m: 4:23.37 38.83	750m: 9:37.85 39.51	1150m: 14:52.27 38.62		
	400m: 5:02.89 39.52	800m: 10:17.77 39.92	1200m: 15:31.50 39.23		
3.	Dinis Aresta Ribeiro	10	Sporting	19:30.72	378
	50m: 37.63 37.63	450m: 5:53.32 39.08	850m: 11:08.42 39.67	1250m: 16:21.43 39.20	
	100m: 1:17.25 39.62	500m: 6:32.58 39.26	900m: 11:47.58 39.16	1300m: 17:00.66 39.23	
	150m: 1:57.31 40.06	550m: 7:11.85 39.27	950m: 12:26.75 39.17	1350m: 17:38.31 37.65	
	200m: 2:36.56 39.25	600m: 7:50.98 39.13	1000m: 13:05.70 38.95	1400m: 18:16.59 38.28	
	250m: 3:16.46 39.90	650m: 8:30.77 39.79	1050m: 13:44.70 39.00	1450m: 18:54.11 37.52	
	300m: 3:55.48 39.02	700m: 9:10.03 39.26	1100m: 14:23.98 39.28	1500m: 19:30.72 36.61	
	350m: 4:35.00 39.52	750m: 9:49.91 39.88	1150m: 15:03.20 39.22		
	400m: 5:14.24 39.24	800m: 10:28.75 38.84	1200m: 15:42.23 39.03		
4.	Goncalo Tapadas Marques	10	Colegio Int Monte Maior	19:51.87	358
	50m: 37.74 37.74	450m: 5:59.18 39.97	850m: 11:20.34 40.31	1250m: 16:37.96 40.19	
	100m: 1:17.54 39.80	500m: 6:39.33 40.15	900m: 11:59.71 39.37	1300m: 17:17.41 39.45	
	150m: 1:57.70 40.16	550m: 7:19.52 40.19	950m: 12:39.72 40.01	1350m: 17:57.33 39.92	
	200m: 2:37.85 40.15	600m: 7:59.14 39.62	1000m: 13:18.99 39.27	1400m: 18:36.82 39.49	
	250m: 3:18.51 40.66	650m: 8:38.57 39.43	1050m: 13:58.83 39.84	1450m: 19:16.12 39.30	
	300m: 3:58.49 39.98	700m: 9:19.01 40.44	1100m: 14:39.06 40.23	1500m: 19:51.87 35.75	
	350m: 4:38.50 40.01	750m: 9:59.35 40.34	1150m: 15:18.38 39.32		
	400m: 5:19.21 40.71	800m: 10:40.03 40.68	1200m: 15:57.77 39.39		
5.	Antonio Carimbo Godinho	10	Fisica Torres Vedras	19:52.33	358
	50m: 37.69 37.69	450m: 5:54.78 39.55	850m: 11:16.33 40.33	1250m: 16:37.23 40.18	
	100m: 1:17.48 39.79	500m: 6:34.72 39.94	900m: 11:56.41 40.08	1300m: 17:17.79 40.56	
	150m: 1:56.96 39.48	550m: 7:14.92 40.20	950m: 12:36.67 40.26	1350m: 17:57.88 40.09	
	200m: 2:36.26 39.30	600m: 7:54.66 39.74	1000m: 13:16.76 40.09	1400m: 18:37.11 39.23	
	250m: 3:15.72 39.46	650m: 8:35.45 40.79	1050m: 13:56.62 39.86	1450m: 19:16.69 39.58	
	300m: 3:55.67 39.95	700m: 9:15.85 40.40	1100m: 14:36.90 40.28	1500m: 19:52.33 35.64	
	350m: 4:35.58 39.91	750m: 9:55.60 39.75	1150m: 15:16.98 40.08		
	400m: 5:15.23 39.65	800m: 10:36.00 40.40	1200m: 15:57.05 40.07		
6.	Neil Merad	10	Benfica	19:59.30	352
	50m: 35.16 35.16	450m: 5:50.69 40.73	850m: 11:12.56 40.32	1250m: 16:38.22 39.79	
	100m: 1:12.61 37.45	500m: 6:30.50 39.81	900m: 11:52.71 40.15	1300m: 17:18.51 40.29	
	150m: 1:51.70 39.09	550m: 7:10.78 40.28	950m: 12:32.68 39.97	1350m: 17:59.36 40.85	
	200m: 2:30.50 38.80	600m: 7:50.55 39.77	1000m: 13:13.52 40.84	1400m: 18:40.37 41.01	
	250m: 3:10.10 39.60	650m: 8:30.91 40.36	1050m: 13:53.85 40.33	1450m: 19:20.76 40.39	
	300m: 3:49.62 39.52	700m: 9:11.97 41.06	1100m: 14:34.67 40.82	1500m: 19:59.30 38.54	
	350m: 4:29.81 40.19	750m: 9:51.79 39.82	1150m: 15:16.46 41.79		
	400m: 5:09.96 40.15	800m: 10:32.24 40.45	1200m: 15:58.43 41.97		

Resultados online: anlisboa.info/live

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Prova 5, Masc., 1500m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Martim Marino Brilha	10	Vikings	20:01.78	349
	50m: 37.27 37.27	450m: 5:58.23 40.29	850m: 11:19.87 40.03	1250m: 16:41.45 40.03	
	100m: 1:16.14 38.87	500m: 6:38.43 40.20	900m: 11:59.60 39.73	1300m: 17:22.63 41.18	
	150m: 1:55.95 39.81	550m: 7:18.88 40.45	950m: 12:39.72 40.12	1350m: 18:03.25 40.62	
	200m: 2:36.06 40.11	600m: 7:59.56 40.68	1000m: 13:20.73 41.01	1400m: 18:44.61 41.36	
	250m: 3:16.17 40.11	650m: 8:39.64 40.08	1050m: 14:00.43 39.70	1450m: 19:24.62 40.01	
	300m: 3:56.77 40.60	700m: 9:19.49 39.85	1100m: 14:40.63 40.20	1500m: 20:01.78 37.16	
	350m: 4:37.64 40.87	750m: 9:59.90 40.41	1150m: 15:20.65 40.02		
	400m: 5:17.94 40.30	800m: 10:39.84 39.94	1200m: 16:01.42 40.77		
8.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	20:12.03	341
	50m: 38.12 38.12	450m: 6:02.48 40.18	850m: 11:30.32 40.84	1250m: 16:55.78 40.57	
	100m: 1:17.87 39.75	500m: 6:43.54 41.06	900m: 12:11.12 40.80	1300m: 17:36.18 40.40	
	150m: 1:58.53 40.66	550m: 7:24.56 41.02	950m: 12:52.41 41.29	1350m: 18:16.90 40.72	
	200m: 2:39.08 40.55	600m: 8:05.21 40.65	1000m: 13:32.85 40.44	1400m: 18:57.40 40.50	
	250m: 3:19.69 40.61	650m: 8:46.57 41.36	1050m: 14:13.02 40.17	1450m: 19:37.53 40.13	
	300m: 4:00.39 40.70	700m: 9:27.33 40.76	1100m: 14:53.18 40.16	1500m: 20:12.03 34.50	
	350m: 4:41.21 40.82	750m: 10:08.25 40.92	1150m: 15:33.91 40.73		
	400m: 5:22.30 41.09	800m: 10:49.48 41.23	1200m: 16:15.21 41.30		
9.	Andre Huang	10	Gesloures	20:19.58	334
	50m: 37.20 37.20	450m: 6:04.83 41.00	850m: 11:31.09 41.20	1250m: 16:58.91 41.03	
	100m: 1:18.01 40.81	500m: 6:45.90 41.07	900m: 12:12.08 40.99	1300m: 17:39.63 40.72	
	150m: 1:59.26 41.25	550m: 7:27.03 41.13	950m: 12:53.51 41.43	1350m: 18:20.24 40.61	
	200m: 2:39.29 40.03	600m: 8:07.16 40.13	1000m: 13:34.86 41.35	1400m: 19:01.98 41.74	
	250m: 3:20.23 40.94	650m: 8:48.16 41.00	1050m: 14:15.40 40.54	1450m: 19:42.30 40.32	
	300m: 4:01.33 41.10	700m: 9:29.66 41.50	1100m: 14:56.69 41.29	1500m: 20:19.58 37.28	
	350m: 4:42.96 41.63	750m: 10:10.12 40.46	1150m: 15:36.47 39.78		
	400m: 5:23.83 40.87	800m: 10:49.89 39.77	1200m: 16:17.88 41.41		
10.	Manuel Maria Santos	10	Colegio Int Monte Maior	20:22.15	332
	50m: 37.74 37.74	450m: 6:00.10 40.78	850m: 11:28.13 41.19	1250m: 16:58.44 41.87	
	100m: 1:16.70 38.96	500m: 6:40.37 40.27	900m: 12:09.18 41.05	1300m: 17:40.32 41.88	
	150m: 1:56.60 39.90	550m: 7:21.14 40.77	950m: 12:50.47 41.29	1350m: 18:21.54 41.22	
	200m: 2:36.85 40.25	600m: 8:02.27 41.13	1000m: 13:31.75 41.28	1400m: 19:03.40 41.86	
	250m: 3:16.78 39.93	650m: 8:43.13 40.86	1050m: 14:12.90 41.15	1450m: 19:44.35 40.95	
	300m: 3:57.68 40.90	700m: 9:24.07 40.94	1100m: 14:53.13 40.23	1500m: 20:22.15 37.80	
	350m: 4:38.23 40.55	750m: 10:05.92 41.85	1150m: 15:34.71 41.58		
	400m: 5:19.32 41.09	800m: 10:46.94 41.02	1200m: 16:16.57 41.86		
11.	Rodrigo Ferrao Dias	10	Sporting	20:22.28	332
	50m: 38.82 38.82	450m: 6:07.40 41.06	850m: 11:37.70 42.26	1250m: 17:07.05 41.59	
	100m: 1:19.51 40.69	500m: 6:48.64 41.24	900m: 12:18.74 41.04	1300m: 17:47.28 40.23	
	150m: 2:00.92 41.41	550m: 7:30.47 41.83	950m: 12:59.36 40.62	1350m: 18:28.18 40.90	
	200m: 2:41.51 40.59	600m: 8:11.63 41.16	1000m: 13:40.84 41.48	1400m: 19:08.75 40.57	
	250m: 3:23.31 41.80	650m: 8:52.94 41.31	1050m: 14:22.22 41.38	1450m: 19:47.63 38.88	
	300m: 4:04.38 41.07	700m: 9:34.07 41.13	1100m: 15:02.99 40.77	1500m: 20:22.28 34.65	
	350m: 4:45.57 41.19	750m: 10:15.30 41.23	1150m: 15:43.62 40.63		
	400m: 5:26.34 40.77	800m: 10:55.44 40.14	1200m: 16:25.46 41.84		
12.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	20:31.46	325
	50m: 38.82 38.82	450m: 6:03.10 41.04	850m: 11:35.20 41.49	1250m: 17:08.65 41.41	
	100m: 1:19.01 40.19	500m: 6:44.60 41.50	900m: 12:16.46 41.26	1300m: 17:49.86 41.21	
	150m: 1:58.98 39.97	550m: 7:26.32 41.72	950m: 12:58.48 42.02	1350m: 18:31.14 41.28	
	200m: 2:39.44 40.46	600m: 8:07.74 41.42	1000m: 13:39.88 41.40	1400m: 19:12.03 40.89	
	250m: 3:19.88 40.44	650m: 8:49.39 41.65	1050m: 14:22.01 42.13	1450m: 19:53.02 40.99	
	300m: 4:00.72 40.84	700m: 9:31.33 41.94	1100m: 15:04.23 42.22	1500m: 20:31.46 38.44	
	350m: 4:41.48 40.76	750m: 10:12.69 41.36	1150m: 15:46.03 41.80		
	400m: 5:22.06 40.58	800m: 10:53.71 41.02	1200m: 16:27.24 41.21		
13.	Afonso Manuel Gomes	10	Sporting	20:42.37	316
	50m: 38.20 38.20	450m: 6:11.67 42.41	850m: 11:47.31 41.98	1250m: 17:19.52 41.41	
	100m: 1:18.68 40.48	500m: 6:53.61 41.94	900m: 12:28.87 41.56	1300m: 18:00.97 41.45	
	150m: 1:59.91 41.23	550m: 7:35.93 42.32	950m: 13:10.65 41.78	1350m: 18:42.10 41.13	
	200m: 2:40.89 40.98	600m: 8:17.58 41.65	1000m: 13:52.34 41.69	1400m: 19:23.10 41.00	
	250m: 3:22.73 41.84	650m: 8:59.85 42.27	1050m: 14:33.62 41.28	1450m: 20:03.67 40.57	
	300m: 4:04.55 41.82	700m: 9:42.05 42.20	1100m: 15:14.97 41.35	1500m: 20:42.37 38.70	
	350m: 4:46.84 42.29	750m: 10:24.05 42.00	1150m: 15:56.68 41.71		
	400m: 5:29.26 42.42	800m: 11:05.33 41.28	1200m: 16:38.11 41.43		
14.	Francisco Reis Pinto	10	Alges	20:58.48	304
	50m: 38.13 38.13	450m: 6:08.22 41.61	850m: 11:48.83 41.01	1250m: 17:32.93 42.50	
	100m: 1:18.86 40.73	500m: 6:51.48 43.26	900m: 12:31.72 42.89	1300m: 18:13.89 40.96	
	150m: 1:58.99 40.13	550m: 7:34.68 43.20	950m: 13:14.75 43.03	1350m: 18:55.32 41.43	
	200m: 2:40.43 41.44	600m: 8:16.23 41.55	1000m: 13:58.71 43.96	1400m: 19:38.43 43.11	
	250m: 3:21.19 40.76	650m: 8:58.99 42.76	1050m: 14:41.38 42.67	1450m: 20:18.14 39.71	
	300m: 4:03.12 41.93	700m: 9:41.57 42.58	1100m: 15:24.38 43.00	1500m: 20:58.48 40.34	
	350m: 4:44.89 41.77	750m: 10:23.92 42.35	1150m: 16:07.29 42.91		
	400m: 5:26.61 41.72	800m: 11:07.82 43.90	1200m: 16:50.43 43.14		

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Prova 5, Masc., 1500m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
15.	Tomas Ricardo Freire	10	Sporting	21:07.95	297
	50m: 38.52	450m: 6:12.72	42.22	850m: 11:52.38	42.92
	100m: 1:18.95	500m: 6:55.39	42.67	900m: 12:34.35	41.97
	150m: 2:00.39	550m: 7:37.60	42.21	950m: 13:17.01	42.66
	200m: 2:42.35	600m: 8:20.16	42.56	1000m: 13:59.70	42.69
	250m: 3:23.74	650m: 9:01.81	41.65	1050m: 14:42.75	43.05
	300m: 4:05.98	700m: 9:44.96	43.15	1100m: 15:25.36	42.61
	350m: 4:47.85	750m: 10:27.16	42.20	1150m: 16:08.54	43.18
	400m: 5:30.50	800m: 11:09.46	42.30	1200m: 16:51.47	42.93
16.	Diogo Alves Castro	10	Alges	21:16.79	291
	50m: 38.04	450m: 6:18.99	43.48	850m: 12:02.59	42.80
	100m: 1:18.48	500m: 7:02.15	43.16	900m: 12:45.45	42.86
	150m: 2:00.04	550m: 7:44.95	42.80	950m: 13:28.08	42.63
	200m: 2:43.22	600m: 8:28.19	43.24	1000m: 14:10.99	42.91
	250m: 3:26.19	650m: 9:11.13	42.94	1050m: 14:53.78	42.79
	300m: 4:09.10	700m: 9:54.12	42.99	1100m: 15:37.19	43.41
	350m: 4:52.06	750m: 10:36.90	42.78	1150m: 16:20.03	42.84
	400m: 5:35.51	800m: 11:19.79	42.89	1200m: 17:02.68	42.65
17.	Guilherme Costa Alves	10	Benfica	21:19.83	289
	50m: 38.51	450m: 6:23.08	43.23	850m: 12:04.79	42.64
	100m: 1:20.11	500m: 7:05.82	42.74	900m: 12:47.53	42.74
	150m: 2:03.23	550m: 7:49.06	43.24	950m: 13:30.33	42.80
	200m: 2:46.06	600m: 8:31.72	42.66	1000m: 14:12.56	42.23
	250m: 3:29.63	650m: 9:13.99	42.27	1050m: 14:55.17	42.61
	300m: 4:12.65	700m: 9:56.70	42.71	1100m: 15:37.72	42.55
	350m: 4:56.29	750m: 10:39.38	42.68	1150m: 16:21.02	43.30
	400m: 5:39.85	800m: 11:22.15	42.77	1200m: 17:03.72	42.70
18.	Tiago Neres Santo	10	Alges	21:20.31	289
	50m: 41.18	450m: 6:27.37	43.16	850m: 12:07.16	42.36
	100m: 1:24.32	500m: 7:09.84	42.47	900m: 12:50.03	42.87
	150m: 2:07.45	550m: 7:52.11	42.27	950m: 13:33.58	43.55
	200m: 2:51.29	600m: 8:34.42	42.31	1000m: 14:17.62	44.04
	250m: 3:33.96	650m: 9:16.94	42.52	1050m: 15:00.36	42.74
	300m: 4:17.05	700m: 10:00.07	43.13	1100m: 15:42.43	42.07
	350m: 5:00.69	750m: 10:42.38	42.31	1150m: 16:24.51	42.08
	400m: 5:44.21	800m: 11:24.80	42.42	1200m: 17:07.41	42.90
19.	Martim Goncalves Lopes	10	Gesloures	21:21.79	288
	50m: 38.98	450m: 6:17.28	42.35	850m: 11:59.56	43.20
	100m: 1:20.36	500m: 7:00.34	43.06	900m: 12:42.74	43.18
	150m: 2:02.90	550m: 7:42.69	42.35	950m: 13:25.98	43.24
	200m: 2:45.07	600m: 8:25.51	42.82	1000m: 14:09.97	43.99
	250m: 3:27.31	650m: 9:07.29	41.78	1050m: 14:54.42	44.45
	300m: 4:09.63	700m: 9:50.51	43.22	1100m: 15:38.04	43.62
	350m: 4:52.29	750m: 10:33.35	42.84	1150m: 16:22.26	44.22
	400m: 5:34.93	800m: 11:16.36	43.01	1200m: 17:05.95	43.69
20.	Cristiano Rafael Melnychuk	10	Colégio Vasco da Gama	21:24.87	286
	50m: 40.74	450m: 6:29.14	43.62	850m: 12:19.33	43.50
	100m: 1:23.00	500m: 7:12.96	43.82	900m: 13:03.70	44.37
	150m: 2:06.17	550m: 7:56.22	43.26	950m: 13:46.97	43.27
	200m: 2:49.56	600m: 8:38.93	42.71	1000m: 14:31.25	44.28
	250m: 3:33.00	650m: 9:23.12	44.19	1050m: 15:13.41	42.16
	300m: 4:16.89	700m: 10:07.84	44.72	1100m: 15:55.67	42.26
	350m: 5:00.76	750m: 10:51.76	43.92	1150m: 16:37.28	41.61
	400m: 5:45.52	800m: 11:35.83	44.07	1200m: 17:19.71	42.43
21.	Miguel Belo Santos	10	Alges	21:29.33	283
	50m: 40.66	450m: 6:24.19	43.17	850m: 12:12.17	43.74
	100m: 1:26.53	500m: 7:06.99	42.80	900m: 12:55.55	43.38
	150m: 2:08.28	550m: 7:50.76	43.77	950m: 13:39.51	43.96
	200m: 2:50.57	600m: 8:34.05	43.29	1000m: 14:23.45	43.94
	250m: 3:32.43	650m: 9:17.94	43.89	1050m: 15:07.64	44.19
	300m: 4:15.05	700m: 10:01.39	43.45	1100m: 15:50.98	43.34
	350m: 4:57.78	750m: 10:45.21	43.82	1150m: 16:35.01	44.03
	400m: 5:41.02	800m: 11:28.43	43.22	1200m: 17:17.75	42.74
22.	Rafael Carreiras Marques	10	Gesloures	21:35.44	279
	50m: 38.20	450m: 6:18.89	43.65	850m: 12:08.91	43.39
	100m: 1:18.13	500m: 7:02.37	43.48	900m: 12:53.28	44.37
	150m: 1:59.61	550m: 7:46.82	44.45	950m: 13:37.01	43.73
	200m: 2:42.20	600m: 8:30.37	43.55	1000m: 14:20.79	43.78
	250m: 3:25.87	650m: 9:14.60	44.23	1050m: 15:04.75	43.96
	300m: 4:08.91	700m: 9:58.05	43.45	1100m: 15:49.49	44.74
	350m: 4:52.31	750m: 10:41.68	43.63	1150m: 16:34.05	44.56
	400m: 5:35.24	800m: 11:25.52	43.84	1200m: 17:18.21	44.16

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Prova 5, Masc., 1500m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
23.	Diogo Rodrigues Sousa	10	Alges	21:35.47	279
	50m: 37.90 37.90	450m: 6:14.75 43.13	850m: 12:00.89 43.72	1250m: 17:56.61 44.81	
	100m: 1:18.32 40.42	500m: 6:58.41 43.66	900m: 12:44.79 43.90	1300m: 18:40.91 44.30	
	150m: 1:59.38 41.06	550m: 7:40.63 42.22	950m: 13:28.76 43.97	1350m: 19:25.85 44.94	
	200m: 2:40.86 41.48	600m: 8:23.75 43.12	1000m: 14:13.36 44.60	1400m: 20:10.02 44.17	
	250m: 3:23.52 42.66	650m: 9:06.83 43.08	1050m: 14:57.30 43.94	1450m: 20:53.16 43.14	
	300m: 4:05.68 42.16	700m: 9:50.29 43.46	1100m: 15:42.75 45.45	1500m: 21:35.47 42.31	
	350m: 4:49.18 43.50	750m: 10:33.65 43.36	1150m: 16:27.02 44.27		
	400m: 5:31.62 42.44	800m: 11:17.17 43.52	1200m: 17:11.80 44.78		
24.	Afonso Velada Pereira	10	Sporting	21:42.44	274
	50m: 41.27 41.27	450m: 6:26.17 42.42	850m: 12:16.08 44.22	1250m: 18:09.12 43.75	
	100m: 1:24.75 43.48	500m: 7:09.76 43.59	900m: 13:00.32 44.24	1300m: 18:53.56 44.44	
	150m: 2:07.55 42.80	550m: 7:53.53 43.77	950m: 13:44.02 43.70	1350m: 19:36.97 43.41	
	200m: 2:50.09 42.54	600m: 8:36.95 43.42	1000m: 14:28.38 44.36	1400m: 20:20.13 43.16	
	250m: 3:32.99 42.90	650m: 9:20.55 43.60	1050m: 15:12.33 43.95	1450m: 21:01.88 41.75	
	300m: 4:16.23 43.24	700m: 10:04.09 43.54	1100m: 15:57.45 45.12	1500m: 21:42.44 40.56	
	350m: 5:00.09 43.86	750m: 10:48.23 44.14	1150m: 16:41.94 44.49		
	400m: 5:43.75 43.66	800m: 11:31.86 43.63	1200m: 17:25.37 43.43		
25.	Tiago Moreira Almeida	10	Salesianos	21:43.54	274
	50m: 38.88 38.88	450m: 6:30.00 43.19	850m: 12:20.29 43.88	1250m: 18:10.13 43.90	
	100m: 1:22.72 43.84	500m: 7:14.16 44.16	900m: 13:03.87 43.58	1300m: 18:54.07 43.94	
	150m: 2:06.92 44.20	550m: 7:57.97 43.81	950m: 13:47.72 43.85	1350m: 19:38.34 44.27	
	200m: 2:50.69 43.77	600m: 8:41.29 43.32	1000m: 14:30.46 42.74	1400m: 20:23.46 45.12	
	250m: 3:34.26 43.57	650m: 9:24.88 43.59	1050m: 15:13.82 43.36	1450m: 21:06.53 43.07	
	300m: 4:18.60 44.34	700m: 10:08.19 43.31	1100m: 15:57.80 43.98	1500m: 21:43.54 37.01	
	350m: 5:02.72 44.12	750m: 10:52.30 44.11	1150m: 16:42.38 44.58		
	400m: 5:46.81 44.09	800m: 11:36.41 44.11	1200m: 17:26.23 43.85		
26.	Joao Alves Mendes	10	Benfica	21:44.89	273
	50m: 40.07 40.07	450m: 6:26.26 43.29	850m: 12:15.23 43.31	1250m: 18:05.14 44.51	
	100m: 1:22.42 42.35	500m: 7:10.21 43.95	900m: 12:58.77 43.54	1300m: 18:49.79 44.65	
	150m: 2:05.46 43.04	550m: 7:53.14 42.93	950m: 13:42.78 44.01	1350m: 19:34.78 44.99	
	200m: 2:48.75 43.29	600m: 8:36.86 43.72	1000m: 14:26.13 43.35	1400m: 20:19.00 44.22	
	250m: 3:32.40 43.65	650m: 9:20.62 43.76	1050m: 15:09.62 43.49	1450m: 21:02.98 43.98	
	300m: 4:15.89 43.49	700m: 10:03.96 43.34	1100m: 15:53.81 44.19	1500m: 21:44.89 41.91	
	350m: 4:59.29 43.40	750m: 10:47.96 44.00	1150m: 16:37.73 43.92		
	400m: 5:42.97 43.68	800m: 11:31.92 43.96	1200m: 17:20.63 42.90		
27.	Henrique Matos Sebroza	10	Gesloures	21:48.90	270
	50m: 39.79 39.79	450m: 6:29.93 44.07	850m: 12:21.33 43.75	1250m: 18:10.06 44.36	
	100m: 1:22.74 42.95	500m: 7:13.70 43.77	900m: 13:05.45 44.12	1300m: 18:58.01 43.95	
	150m: 2:06.27 43.53	550m: 7:57.92 44.22	950m: 13:49.06 43.61	1350m: 19:42.91 44.90	
	200m: 2:50.05 43.78	600m: 8:41.34 43.42	1000m: 14:32.70 43.64	1400m: 20:26.70 43.79	
	250m: 3:33.85 43.80	650m: 9:25.28 43.94	1050m: 15:17.02 44.32	1450m: 21:10.32 43.62	
	300m: 4:18.02 44.17	700m: 10:09.47 44.19	1100m: 16:00.96 43.94	1500m: 21:48.90 38.58	
	350m: 5:02.31 44.29	750m: 10:53.56 44.09	1150m: 16:45.12 44.16		
	400m: 5:45.86 43.55	800m: 11:37.58 44.02	1200m: 17:29.70 44.58		
28.	Jose Luis Assuncao	10	Bombeiros dos Estoril	21:50.01	270
	50m: 40.17 40.17	450m: 6:27.05 43.75	850m: 12:18.38 44.46	1250m: 18:14.13 44.89	
	100m: 1:22.83 42.66	500m: 7:10.75 43.70	900m: 13:02.93 44.55	1300m: 18:58.55 44.42	
	150m: 2:06.46 43.63	550m: 7:53.46 42.71	950m: 13:48.19 45.26	1350m: 19:42.80 44.25	
	200m: 2:49.86 43.40	600m: 8:36.99 43.53	1000m: 14:32.28 44.09	1400m: 20:27.01 44.21	
	250m: 3:33.58 43.72	650m: 9:20.86 43.87	1050m: 15:16.64 44.36	1450m: 21:10.91 43.90	
	300m: 4:16.96 43.38	700m: 10:05.40 44.54	1100m: 16:00.98 44.34	1500m: 21:50.01 39.10	
	350m: 4:59.09 42.13	750m: 10:49.27 43.87	1150m: 16:45.25 44.27		
	400m: 5:43.30 44.21	800m: 11:33.92 44.65	1200m: 17:29.24 43.99		
29.	Goncalo Soares Brito	10	Bombeiros dos Estoril	22:00.97	263
	50m: 40.23 40.23	450m: 6:31.58 44.25	850m: 12:24.76 44.43	1250m: 18:21.35 45.08	
	100m: 1:23.94 43.71	500m: 7:15.50 43.92	900m: 13:08.90 44.14	1300m: 19:05.94 44.59	
	150m: 2:07.67 43.73	550m: 7:59.26 43.76	950m: 13:52.87 43.97	1350m: 19:50.97 45.03	
	200m: 2:51.20 43.53	600m: 8:43.28 44.02	1000m: 14:37.16 44.29	1400m: 20:35.82 44.85	
	250m: 3:34.93 43.73	650m: 9:27.62 44.34	1050m: 15:21.26 44.10	1450m: 21:20.38 44.56	
	300m: 4:19.24 44.31	700m: 10:12.54 44.92	1100m: 16:06.54 45.28	1500m: 22:00.97 40.59	
	350m: 5:03.25 44.01	750m: 10:56.42 43.88	1150m: 16:50.92 44.38		
	400m: 5:47.33 44.08	800m: 11:40.33 43.91	1200m: 17:36.27 45.35		
30.	Tomas Maria Horta	10	Gesloures	22:01.89	262
	50m: 42.55 42.55	450m: 6:36.01 44.27	850m: 12:33.02 44.89	1250m: 18:27.51 44.37	
	100m: 1:26.43 43.88	500m: 7:20.68 44.67	900m: 13:17.66 44.64	1300m: 19:11.63 44.12	
	150m: 2:10.56 44.13	550m: 8:04.95 44.27	950m: 14:02.09 44.43	1350m: 19:56.01 44.38	
	200m: 2:54.74 44.18	600m: 8:49.97 45.02	1000m: 14:46.83 44.74	1400m: 20:39.53 43.52	
	250m: 3:38.66 43.92	650m: 9:34.49 44.52	1050m: 15:30.87 44.04	1450m: 21:21.63 42.10	
	300m: 4:22.94 44.28	700m: 10:19.22 44.73	1100m: 16:14.89 44.02	1500m: 22:01.89 40.26	
	350m: 5:06.89 43.95	750m: 11:03.61 44.39	1150m: 16:59.08 44.19		
	400m: 5:51.74 44.85	800m: 11:48.13 44.52	1200m: 17:43.14 44.06		

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Prova 5, Masc., 1500m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
31.	Manuel Mendes Almeida	10	Sporting	22:09.40	258
	50m: 40.00 40.00	450m: 6:38.23 45.13	850m: 12:41.82 45.14	1250m: 18:37.14 45.10	
	100m: 1:23.98 43.98	500m: 7:24.10 45.87	900m: 13:27.11 45.29	1300m: 19:20.28 43.14	
	150m: 2:08.93 44.95	550m: 8:08.48 44.38	950m: 14:10.78 43.67	1350m: 20:03.36 43.08	
	200m: 2:53.97 45.04	600m: 8:54.05 45.57	1000m: 14:55.78 45.00	1400m: 20:47.92 44.56	
	250m: 3:38.77 44.80	650m: 9:38.96 44.91	1050m: 15:41.29 45.51	1450m: 21:28.79 40.87	
	300m: 4:23.23 44.46	700m: 10:24.07 45.11	1100m: 16:23.94 42.65	1500m: 22:09.40 40.61	
	350m: 5:08.08 44.85	750m: 11:10.99 46.92	1150m: 17:07.49 43.55		
	400m: 5:53.10 45.02	800m: 11:56.68 45.69	1200m: 17:52.04 44.55		
32.	Afonso Daniel Carvalhas	10	AONDA - Azeitão	22:51.77	235
	50m: 41.41 41.41	450m: 6:47.29 46.23	850m: 13:00.44 48.16	1250m: 19:10.68 46.38	
	100m: 1:25.46 44.05	500m: 7:34.41 47.12	900m: 13:46.28 45.84	1300m: 19:56.45 45.77	
	150m: 2:11.33 45.87	550m: 8:20.79 46.38	950m: 14:32.57 46.29	1350m: 20:42.11 45.66	
	200m: 2:56.55 45.22	600m: 9:07.18 46.39	1000m: 15:19.21 46.64	1400m: 21:27.21 45.10	
	250m: 3:42.62 46.07	650m: 9:52.56 45.38	1050m: 16:05.09 45.88	1450m: 22:09.34 42.13	
	300m: 4:28.69 46.07	700m: 10:40.24 47.68	1100m: 16:52.20 47.11	1500m: 22:51.77 42.43	
	350m: 5:14.87 46.18	750m: 11:27.18 46.94	1150m: 17:38.63 46.43		
	400m: 6:01.06 46.19	800m: 12:12.28 45.10	1200m: 18:24.30 45.67		
33.	Martim Alves Dias	10	Naval Setubalense	23:27.52	217
	50m: 45.91 45.91	450m: 7:00.06 47.13	850m: 13:19.20 47.41	1250m: 19:37.45 46.85	
	100m: 1:32.15 46.24	500m: 7:47.04 46.98	900m: 14:06.78 47.58	1300m: 20:24.18 46.73	
	150m: 2:17.70 45.55	550m: 8:34.38 47.34	950m: 14:54.96 48.18	1350m: 21:10.63 46.45	
	200m: 3:04.15 46.45	600m: 9:22.37 47.99	1000m: 15:41.28 46.32	1400m: 21:57.03 46.40	
	250m: 3:51.33 47.18	650m: 10:09.19 46.82	1050m: 16:28.49 47.21	1450m: 22:43.84 46.81	
	300m: 4:38.07 46.74	700m: 10:56.37 47.18	1100m: 17:16.29 47.80	1500m: 23:27.52 43.68	
	350m: 5:24.92 46.85	750m: 11:44.17 47.80	1150m: 18:03.21 46.92		
	400m: 6:12.93 48.01	800m: 12:31.79 47.62	1200m: 18:50.60 47.39		

Infantis A

1.	Diogo Damasceno Reis	09	Sporting	18:16.24	461
	50m: 34.26 34.26	450m: 5:26.06 36.84	850m: 10:20.56 36.97	1250m: 15:16.62 36.99	
	100m: 1:09.90 35.64	500m: 6:03.09 37.03	900m: 10:57.51 36.95	1300m: 15:53.60 36.98	
	150m: 1:46.16 36.26	550m: 6:39.94 36.85	950m: 11:34.41 36.90	1350m: 16:30.63 37.03	
	200m: 2:22.67 36.51	600m: 7:16.67 36.73	1000m: 12:11.31 36.90	1400m: 17:06.93 36.30	
	250m: 2:59.04 36.37	650m: 7:53.35 36.68	1050m: 12:48.65 37.34	1450m: 17:43.03 36.10	
	300m: 3:36.02 36.98	700m: 8:30.43 37.08	1100m: 13:25.81 37.16	1500m: 18:16.24 33.21	
	350m: 4:12.61 36.59	750m: 9:07.10 36.67	1150m: 14:02.59 36.78		
	400m: 4:49.22 36.61	800m: 9:43.59 36.49	1200m: 14:39.63 37.04		
2.	Martim Chambel Pinto	09	Colegio Int Monte Maior	18:24.66	450
	50m: 34.98 34.98	450m: 5:36.37 37.39	850m: 10:30.33 37.19	1250m: 15:25.06 37.06	
	100m: 1:11.88 36.90	500m: 6:12.09 35.72	900m: 11:06.99 36.66	1300m: 16:00.97 35.91	
	150m: 1:49.32 37.44	550m: 6:49.78 37.69	950m: 11:43.64 36.65	1350m: 16:37.79 36.82	
	200m: 2:27.58 38.26	600m: 7:26.63 36.85	1000m: 12:20.57 36.93	1400m: 17:13.69 35.90	
	250m: 3:05.03 37.45	650m: 8:02.38 35.75	1050m: 12:57.74 37.17	1450m: 17:50.35 36.66	
	300m: 3:43.03 38.00	700m: 8:40.02 37.64	1100m: 13:34.09 36.35	1500m: 18:24.66 34.31	
	350m: 4:21.09 38.06	750m: 9:16.54 36.52	1150m: 14:10.75 36.66		
	400m: 4:58.98 37.89	800m: 9:53.14 36.60	1200m: 14:48.00 37.25		
3.	Xavier Jesus Valente	09	Colégio Vasco da Gama	18:30.48	443
	50m: 35.39 35.39	450m: 5:35.18 37.29	850m: 10:32.70 36.93	1250m: 15:27.44 36.99	
	100m: 1:12.94 37.55	500m: 6:13.30 38.12	900m: 11:09.76 37.06	1300m: 16:04.23 36.79	
	150m: 1:49.85 36.91	550m: 6:50.63 37.33	950m: 11:47.29 37.53	1350m: 16:41.55 37.32	
	200m: 2:27.07 37.22	600m: 7:27.99 37.36	1000m: 12:24.09 36.80	1400m: 17:18.73 37.18	
	250m: 3:03.97 36.90	650m: 8:05.30 37.31	1050m: 13:00.14 36.05	1450m: 17:55.36 36.63	
	300m: 3:42.12 38.15	700m: 8:42.58 37.28	1100m: 13:36.94 36.80	1500m: 18:30.48 35.12	
	350m: 4:19.91 37.79	750m: 9:19.95 37.37	1150m: 14:13.44 36.50		
	400m: 4:57.89 37.98	800m: 9:55.77 35.82	1200m: 14:50.45 37.01		
4.	Jesus Alberto Mejias	09	Vikings	18:52.61	418
	50m: 34.16 34.16	450m: 5:27.08 37.31	850m: 10:29.72 38.52	1250m: 15:42.50 40.19	
	100m: 1:09.80 35.64	500m: 6:03.90 36.82	900m: 11:08.70 38.98	1300m: 16:20.91 38.41	
	150m: 1:46.03 36.23	550m: 6:40.68 36.78	950m: 11:47.08 38.38	1350m: 16:59.77 38.86	
	200m: 2:22.68 36.65	600m: 7:17.75 37.07	1000m: 12:26.26 39.18	1400m: 17:38.33 38.56	
	250m: 2:58.97 36.29	650m: 7:56.09 38.34	1050m: 13:05.37 39.11	1450m: 18:16.02 37.69	
	300m: 3:36.28 37.31	700m: 8:33.97 37.88	1100m: 13:44.40 39.03	1500m: 18:52.61 36.59	
	350m: 4:13.11 36.83	750m: 9:12.73 38.76	1150m: 14:23.21 38.81		
	400m: 4:49.77 36.66	800m: 9:51.20 38.47	1200m: 15:02.31 39.10		

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Prova 5, Masc., 1500m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
5.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	19:03.19	406
	50m: 36.09 36.09	450m: 5:42.50 37.20	850m: 10:46.68 38.42	1250m: 15:53.06 38.30	
	100m: 1:13.90 37.81	500m: 6:20.95 38.45	900m: 11:24.71 38.03	1300m: 16:31.76 38.70	
	150m: 1:52.57 38.67	550m: 6:58.84 37.89	950m: 12:02.78 38.07	1350m: 17:09.78 38.02	
	200m: 2:31.06 38.49	600m: 7:36.76 37.92	1000m: 12:41.02 38.24	1400m: 17:48.74 38.96	
	250m: 3:10.00 38.94	650m: 8:15.09 38.33	1050m: 13:19.60 38.58	1450m: 18:26.10 37.36	
	300m: 3:48.31 38.31	700m: 8:52.71 37.62	1100m: 13:57.82 38.22	1500m: 19:03.19 37.09	
	350m: 4:26.62 38.31	750m: 9:30.45 37.74	1150m: 14:36.16 38.34		
	400m: 5:05.30 38.68	800m: 10:08.26 37.81	1200m: 15:14.76 38.60		
6.	Martim Guerreiro Martins	09	Sporting	19:03.78	405
	50m: 37.72 37.72	450m: 5:46.43 38.18	850m: 10:50.31 37.88	1250m: 15:55.19 38.55	
	100m: 1:16.16 38.44	500m: 6:24.89 38.46	900m: 11:27.91 37.60	1300m: 16:33.03 37.84	
	150m: 1:54.36 38.20	550m: 7:03.23 38.34	950m: 12:05.92 38.01	1350m: 17:11.12 38.09	
	200m: 2:33.55 39.19	600m: 7:40.88 37.65	1000m: 12:43.91 37.99	1400m: 17:49.77 38.65	
	250m: 3:12.63 39.08	650m: 8:18.52 37.64	1050m: 13:21.95 38.04	1450m: 18:27.84 38.07	
	300m: 3:51.20 38.57	700m: 8:56.55 38.03	1100m: 13:59.98 38.03	1500m: 19:03.78 35.94	
	350m: 4:29.66 38.46	750m: 9:34.81 38.26	1150m: 14:38.27 38.29		
	400m: 5:08.25 38.59	800m: 10:12.43 37.62	1200m: 15:16.64 38.37		
7.	Miguel Bera Fonseca	09	Benfica	19:06.53	403
	50m: 35.64 35.64	450m: 5:41.94 38.46	850m: 10:48.90 38.45	1250m: 15:56.85 38.64	
	100m: 1:13.73 38.09	500m: 6:20.56 38.62	900m: 11:27.34 38.44	1300m: 16:35.56 38.71	
	150m: 1:51.99 38.26	550m: 6:58.89 38.33	950m: 12:05.46 38.12	1350m: 17:14.11 38.55	
	200m: 2:30.48 38.49	600m: 7:37.30 38.41	1000m: 12:43.84 38.38	1400m: 17:52.74 38.63	
	250m: 3:08.66 38.18	650m: 8:15.73 38.43	1050m: 13:22.37 38.53	1450m: 18:31.24 38.50	
	300m: 3:46.81 38.15	700m: 8:54.20 38.47	1100m: 14:00.88 38.51	1500m: 19:06.53 35.29	
	350m: 4:25.13 38.32	750m: 9:32.33 38.13	1150m: 14:39.31 38.43		
	400m: 5:03.48 38.35	800m: 10:10.45 38.12	1200m: 15:18.21 38.90		
8.	Paulo Junio Fernandes	09	Alges	19:07.12	402
	50m: 34.63 34.63	450m: 5:37.37 37.50	850m: 10:44.53 38.69	1250m: 15:55.93 39.92	
	100m: 1:11.66 37.03	500m: 6:15.00 37.63	900m: 11:23.23 38.70	1300m: 16:35.79 39.86	
	150m: 1:49.50 37.84	550m: 6:53.09 38.09	950m: 12:02.17 38.94	1350m: 17:14.28 38.49	
	200m: 2:27.34 37.84	600m: 7:31.99 38.90	1000m: 12:40.65 38.48	1400m: 17:52.63 38.35	
	250m: 3:05.58 38.24	650m: 8:10.51 38.52	1050m: 13:19.15 38.50	1450m: 18:31.07 38.44	
	300m: 3:43.27 37.69	700m: 8:48.51 38.00	1100m: 13:57.93 38.78	1500m: 19:07.12 36.05	
	350m: 4:21.72 38.45	750m: 9:26.15 37.64	1150m: 14:37.05 39.12		
	400m: 4:59.87 38.15	800m: 10:05.84 39.69	1200m: 15:16.01 38.96		
9.	Rafael Lin Moniz	09	Naval Setubalense	19:13.99	395
	50m: 36.12 36.12	450m: 5:46.86 39.05	850m: 10:54.44 38.68	1250m: 16:06.17 38.86	
	100m: 1:14.31 38.19	500m: 6:24.84 37.98	900m: 11:33.61 39.17	1300m: 16:44.87 38.70	
	150m: 1:52.91 38.60	550m: 7:03.31 38.47	950m: 12:11.70 38.09	1350m: 17:23.53 38.66	
	200m: 2:31.66 38.75	600m: 7:41.96 38.65	1000m: 12:51.34 39.64	1400m: 18:02.02 38.49	
	250m: 3:10.58 38.92	650m: 8:20.44 38.48	1050m: 13:31.02 39.68	1450m: 18:40.43 38.41	
	300m: 3:48.89 38.31	700m: 8:58.99 38.55	1100m: 14:10.00 38.98	1500m: 19:13.99 33.56	
	350m: 4:28.38 39.49	750m: 9:37.35 38.36	1150m: 14:48.29 38.29		
	400m: 5:07.81 39.43	800m: 10:15.76 38.41	1200m: 15:27.31 39.02		
10.	Pedro Guedes Caldas	09	Benfica	19:19.35	389
	50m: 35.49 35.49	450m: 5:44.03 37.99	850m: 10:57.19 39.01	1250m: 16:09.36 38.55	
	100m: 1:13.82 38.33	500m: 6:22.91 38.88	900m: 11:35.89 38.70	1300m: 16:47.68 38.32	
	150m: 1:52.71 38.89	550m: 7:02.09 39.18	950m: 12:15.13 39.24	1350m: 17:26.33 38.65	
	200m: 2:31.08 38.37	600m: 7:40.94 38.85	1000m: 12:54.45 39.32	1400m: 18:05.19 38.86	
	250m: 3:10.09 39.01	650m: 8:20.40 39.46	1050m: 13:33.62 39.17	1450m: 18:42.97 37.78	
	300m: 3:48.51 38.42	700m: 8:59.44 39.04	1100m: 14:12.68 39.06	1500m: 19:19.35 36.38	
	350m: 4:27.20 38.69	750m: 9:38.66 39.22	1150m: 14:51.96 39.28		
	400m: 5:06.04 38.84	800m: 10:18.18 39.52	1200m: 15:30.81 38.85		
11.	Francisco Nunes Roque	09	Benfica	19:20.11	389
	50m: 36.16 36.16	450m: 5:46.13 38.66	850m: 10:55.66 38.80	1250m: 16:07.16 38.89	
	100m: 1:13.79 37.63	500m: 6:24.81 38.68	900m: 11:34.93 39.27	1300m: 16:46.36 39.20	
	150m: 1:52.64 38.85	550m: 7:03.04 38.23	950m: 12:13.40 38.47	1350m: 17:25.25 38.89	
	200m: 2:31.56 38.92	600m: 7:41.61 38.57	1000m: 12:52.81 39.41	1400m: 18:04.02 38.77	
	250m: 3:10.58 39.02	650m: 8:20.68 39.07	1050m: 13:31.43 38.62	1450m: 18:42.88 38.86	
	300m: 3:49.41 38.83	700m: 8:59.18 38.50	1100m: 14:10.51 39.08	1500m: 19:20.11 37.23	
	350m: 4:28.34 38.93	750m: 9:38.34 39.16	1150m: 14:49.33 38.82		
	400m: 5:07.47 39.13	800m: 10:16.86 38.52	1200m: 15:28.27 38.94		
12.	Hugo Pacheco Godinho	09	Sporting	19:23.14	385
	50m: 34.56 34.56	450m: 5:43.79 39.40	850m: 10:58.12 38.85	1250m: 16:11.18 38.96	
	100m: 1:11.83 37.27	500m: 6:23.01 39.22	900m: 11:37.32 39.20	1300m: 16:50.33 39.15	
	150m: 1:50.37 38.54	550m: 7:02.40 39.39	950m: 12:16.29 38.97	1350m: 17:29.44 39.11	
	200m: 2:29.25 38.88	600m: 7:41.79 39.39	1000m: 12:55.92 39.63	1400m: 18:08.20 38.76	
	250m: 3:07.70 38.45	650m: 8:20.60 38.81	1050m: 13:34.80 38.88	1450m: 18:46.44 38.24	
	300m: 3:46.42 38.72	700m: 9:00.00 39.40	1100m: 14:13.67 38.87	1500m: 19:23.14 36.70	
	350m: 4:25.48 39.06	750m: 9:39.67 39.67	1150m: 14:53.02 39.35		
	400m: 5:04.39 38.91	800m: 10:19.27 39.60	1200m: 15:32.22 39.20		

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Prova 5, Masc., 1500m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
13.	Xavier Rosa Madeira	09	Laranjeiro	19:32.08	377
	50m: 36.39	450m: 5:43.21	38.01	850m: 10:55.68	39.28
	100m: 1:14.16	500m: 6:21.53	38.32	900m: 11:35.98	40.30
	150m: 1:52.42	550m: 7:00.07	38.54	950m: 12:15.02	39.04
	200m: 2:31.01	600m: 7:38.91	38.84	1000m: 12:54.48	39.46
	250m: 3:09.63	650m: 8:17.93	39.02	1050m: 13:34.75	40.27
	300m: 3:47.67	700m: 8:58.08	40.15	1100m: 14:14.36	39.61
	350m: 4:26.60	750m: 9:36.88	38.80	1150m: 14:54.11	39.75
	400m: 5:05.20	800m: 10:16.40	39.52	1200m: 15:34.18	40.07
				1250m: 16:14.49	40.31
				1300m: 16:54.11	39.62
				1350m: 17:34.25	40.14
				1400m: 18:14.72	40.47
				1450m: 18:54.15	39.43
				1500m: 19:32.08	37.93
14.	Bernardo Afonso Guedelha	09	Benfica	19:43.13	366
	50m: 37.39	450m: 5:55.92	39.97	850m: 11:15.24	39.62
	100m: 1:16.08	500m: 6:36.61	40.69	900m: 11:54.80	39.56
	150m: 1:56.15	550m: 7:16.14	39.53	950m: 12:34.32	39.52
	200m: 2:36.41	600m: 7:55.81	39.67	1000m: 13:13.91	39.59
	250m: 3:16.56	650m: 8:35.58	39.77	1050m: 13:53.01	39.10
	300m: 3:56.29	700m: 9:15.72	40.14	1100m: 14:32.66	39.65
	350m: 4:36.31	750m: 9:55.26	39.54	1150m: 15:12.32	39.66
	400m: 5:15.95	800m: 10:35.62	40.36	1200m: 15:51.50	39.18
				1250m: 16:31.10	39.60
				1300m: 17:10.53	39.43
				1350m: 17:49.50	38.97
				1400m: 18:28.71	39.21
				1450m: 19:07.37	38.66
				1500m: 19:43.13	35.76
15.	Afonso Cunha Amaral	09	Alges	19:43.72	366
	50m: 35.38	450m: 5:51.14	40.27	850m: 11:09.58	40.08
	100m: 1:13.29	500m: 6:30.29	39.15	900m: 11:48.32	38.74
	150m: 1:52.24	550m: 7:09.76	39.47	950m: 12:28.76	40.44
	200m: 2:31.54	600m: 7:49.38	39.62	1000m: 13:08.99	40.23
	250m: 3:11.06	650m: 8:28.80	39.42	1050m: 13:49.30	40.31
	300m: 3:50.86	700m: 9:08.92	40.12	1100m: 14:29.33	40.03
	350m: 4:30.47	750m: 9:49.52	40.60	1150m: 15:09.82	40.49
	400m: 5:10.87	800m: 10:29.50	39.98	1200m: 15:49.71	39.89
				1250m: 16:29.54	39.83
				1300m: 17:08.84	39.30
				1350m: 17:48.83	39.99
				1400m: 18:28.03	39.20
				1450m: 19:07.73	39.70
				1500m: 19:43.72	35.99
16.	Rodrigo Duarte Narigueta	09	Palmela Desporto	19:46.23	363
	50m: 36.18	450m: 5:45.64	39.37	850m: 11:04.12	40.33
	100m: 1:13.22	500m: 6:24.96	39.32	900m: 11:44.36	40.24
	150m: 1:51.26	550m: 7:04.14	39.18	950m: 12:24.40	40.04
	200m: 2:29.55	600m: 7:44.19	40.05	1000m: 13:04.53	40.13
	250m: 3:08.55	650m: 8:23.75	39.56	1050m: 13:44.74	40.21
	300m: 3:47.35	700m: 9:03.56	39.81	1100m: 14:25.09	40.35
	350m: 4:26.78	750m: 9:43.74	40.18	1150m: 15:05.73	40.64
	400m: 5:06.27	800m: 10:23.79	40.05	1200m: 15:46.20	40.47
				1250m: 16:26.76	40.56
				1300m: 17:07.60	40.84
				1350m: 17:48.32	40.72
				1400m: 18:28.39	40.07
				1450m: 19:07.72	39.33
				1500m: 19:46.23	38.51
17.	Gustavo Branco Silva	09	Geslours	19:56.52	354
	50m: 37.23	450m: 5:53.69	39.64	850m: 11:15.48	40.09
	100m: 1:16.00	500m: 6:33.87	40.18	900m: 11:55.94	40.46
	150m: 1:55.22	550m: 7:13.84	39.97	950m: 12:36.51	40.57
	200m: 2:34.70	600m: 7:53.67	39.83	1000m: 13:16.78	40.27
	250m: 3:14.25	650m: 8:34.08	40.41	1050m: 13:57.40	40.62
	300m: 3:54.30	700m: 9:14.36	40.28	1100m: 14:37.85	40.45
	350m: 4:34.04	750m: 9:55.12	40.76	1150m: 15:18.17	40.32
	400m: 5:14.05	800m: 10:35.39	40.27	1200m: 15:58.56	40.39
				1250m: 16:39.34	40.78
				1300m: 17:19.99	40.65
				1350m: 18:00.04	40.05
				1400m: 18:39.66	39.62
				1450m: 19:18.50	38.84
				1500m: 19:56.52	38.02
18.	David Emanuel Tome	09	Geslours	20:00.85	350
	50m: 37.04	450m: 5:51.13	39.27	850m: 11:12.25	40.65
	100m: 1:16.40	500m: 6:31.31	40.18	900m: 11:52.50	40.25
	150m: 1:56.14	550m: 7:11.27	39.96	950m: 12:33.53	41.03
	200m: 2:35.37	600m: 7:51.62	40.35	1000m: 13:13.93	40.40
	250m: 3:14.36	650m: 8:31.20	39.58	1050m: 13:54.59	40.66
	300m: 3:53.45	700m: 9:11.69	40.49	1100m: 14:35.09	40.50
	350m: 4:33.14	750m: 9:51.99	40.30	1150m: 15:15.70	40.61
	400m: 5:11.86	800m: 10:31.60	39.61	1200m: 15:56.15	40.45
				1250m: 16:36.27	40.12
				1300m: 17:17.47	41.20
				1350m: 17:59.22	41.75
				1400m: 18:40.79	41.57
				1450m: 19:21.85	41.06
				1500m: 20:00.85	39.00
19.	Francisco Gabriel Freitas	09	Geslours	20:02.71	349
	50m: 36.77	450m: 5:52.55	39.97	850m: 11:15.95	41.18
	100m: 1:14.71	500m: 6:32.65	40.10	900m: 11:56.37	40.42
	150m: 1:53.52	550m: 7:13.31	40.66	950m: 12:37.30	40.93
	200m: 2:32.94	600m: 7:53.00	39.69	1000m: 13:17.62	40.32
	250m: 3:12.55	650m: 8:33.63	40.63	1050m: 13:58.51	40.89
	300m: 3:52.09	700m: 9:14.06	40.43	1100m: 14:39.28	40.77
	350m: 4:32.09	750m: 9:54.15	40.09	1150m: 15:19.88	40.60
	400m: 5:12.58	800m: 10:34.77	40.62	1200m: 16:01.60	41.72
				1250m: 16:42.45	40.85
				1300m: 17:23.32	40.87
				1350m: 18:04.36	41.04
				1400m: 18:45.48	41.12
				1450m: 19:25.56	40.08
				1500m: 20:02.71	37.15
20.	Daniel Alexandre Lourenco	09	Sporting	20:05.52	346
	50m: 37.32	450m: 5:56.99	40.41	850m: 11:20.46	40.38
	100m: 1:16.63	500m: 6:37.33	40.34	900m: 12:01.13	40.67
	150m: 1:56.57	550m: 7:17.89	40.56	950m: 12:41.02	39.89
	200m: 2:36.15	600m: 7:57.98	40.09	1000m: 13:21.68	40.66
	250m: 3:15.96	650m: 8:38.12	40.14	1050m: 14:02.66	40.98
	300m: 3:56.15	700m: 9:18.96	40.84	1100m: 14:43.13	40.47
	350m: 4:36.23	750m: 9:59.51	40.55	1150m: 15:23.52	40.39
	400m: 5:16.58	800m: 10:40.08	40.57	1200m: 16:04.49	40.97
				1250m: 16:45.91	41.42
				1300m: 17:27.65	41.74
				1350m: 18:08.13	40.48
				1400m: 18:49.14	41.01
				1450m: 19:29.41	40.27
				1500m: 20:05.52	36.11

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Prova 5, Masc., 1500m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
21.	Martim Abalada Vilaca	09	AONDA - Azeitão	20:07.60	344
	50m: 36.14 36.14	450m: 6:00.62 41.20	850m: 11:24.76 40.69	1250m: 16:47.20 39.81	
	100m: 1:16.14 40.00	500m: 6:40.27 39.65	900m: 12:06.02 41.26	1300m: 17:28.41 41.21	
	150m: 1:57.91 41.77	550m: 7:20.85 40.58	950m: 12:45.65 39.63	1350m: 18:08.96 40.55	
	200m: 2:38.47 40.56	600m: 8:02.13 41.28	1000m: 13:26.55 40.90	1400m: 18:49.83 40.87	
	250m: 3:18.36 39.89	650m: 8:43.08 40.95	1050m: 14:05.96 39.41	1450m: 19:29.71 39.88	
	300m: 3:58.98 40.62	700m: 9:22.76 39.68	1100m: 14:47.06 41.10	1500m: 20:07.60 37.89	
	350m: 4:39.73 40.75	750m: 10:02.88 40.12	1150m: 15:26.50 39.44		
	400m: 5:19.42 39.69	800m: 10:44.07 41.19	1200m: 16:07.39 40.89		
22.	Rodrigo Arga Paiva	09	Geslours	20:09.22	343
	50m: 36.15 36.15	450m: 5:52.45 40.70	850m: 11:17.32 41.70	1250m: 16:47.30 41.22	
	100m: 1:14.75 38.60	500m: 6:32.68 40.23	900m: 11:58.24 40.92	1300m: 17:28.44 41.14	
	150m: 1:53.73 38.98	550m: 7:13.12 40.44	950m: 12:39.86 41.62	1350m: 18:09.24 40.80	
	200m: 2:33.05 39.32	600m: 7:53.43 40.31	1000m: 13:20.99 41.13	1400m: 18:50.45 41.21	
	250m: 3:12.65 39.60	650m: 8:33.54 40.11	1050m: 14:02.65 41.66	1450m: 19:30.83 40.38	
	300m: 3:52.48 39.83	700m: 9:14.48 40.94	1100m: 14:43.72 41.07	1500m: 20:09.22 38.39	
	350m: 4:32.12 39.64	750m: 9:55.55 41.07	1150m: 15:24.92 41.20		
	400m: 5:11.75 39.63	800m: 10:35.62 40.07	1200m: 16:06.08 41.16		
23.	Miguel Ratinho Rocha	09	Naval Setubalense	20:09.89	342
	50m: 37.88 37.88	450m: 6:05.81 41.26	850m: 11:32.07 39.89	1250m: 16:52.85 40.34	
	100m: 1:17.92 40.04	500m: 6:47.04 41.23	900m: 12:11.60 39.53	1300m: 17:32.29 39.44	
	150m: 1:58.94 41.02	550m: 7:27.88 40.84	950m: 12:51.61 40.01	1350m: 18:12.59 40.30	
	200m: 2:40.37 41.43	600m: 8:09.29 41.41	1000m: 13:31.95 40.34	1400m: 18:52.80 40.21	
	250m: 3:21.59 41.22	650m: 8:50.57 41.28	1050m: 14:11.93 39.98	1450m: 19:32.45 39.65	
	300m: 4:02.92 41.33	700m: 9:31.65 41.08	1100m: 14:51.75 39.82	1500m: 20:09.89 37.44	
	350m: 4:43.69 40.77	750m: 10:12.27 40.62	1150m: 15:31.97 40.22		
	400m: 5:24.55 40.86	800m: 10:52.18 39.91	1200m: 16:12.51 40.54		
24.	Tomas Pires Oliveira	09	Colegio Int Monte Maior	20:14.44	339
	50m: 37.14 37.14	450m: 6:03.64 39.81	850m: 11:25.43 40.26	1250m: 16:51.98 40.84	
	100m: 1:17.01 39.87	500m: 6:43.97 40.33	900m: 12:06.03 40.60	1300m: 17:32.78 40.80	
	150m: 1:58.15 41.14	550m: 7:23.89 39.92	950m: 12:46.78 40.75	1350m: 18:13.65 40.87	
	200m: 2:39.25 41.10	600m: 8:04.44 40.55	1000m: 13:27.85 41.07	1400m: 18:54.41 40.76	
	250m: 3:20.44 41.19	650m: 8:44.16 39.72	1050m: 14:08.67 40.82	1450m: 19:35.32 40.91	
	300m: 4:01.93 41.49	700m: 9:24.22 40.06	1100m: 14:49.33 40.66	1500m: 20:14.44 39.12	
	350m: 4:42.98 41.05	750m: 10:04.60 40.38	1150m: 15:30.26 40.93		
	400m: 5:23.83 40.85	800m: 10:45.17 40.57	1200m: 16:11.14 40.88		
25.	Miguel Filipe Medronheira	09	Palmela Desporto	20:27.87	328
	50m: 36.55 36.55	450m: 5:59.93 41.03	850m: 11:29.36 41.13	1250m: 17:03.86 42.44	
	100m: 1:15.31 38.76	500m: 6:41.29 41.36	900m: 12:10.58 41.22	1300m: 17:45.66 41.80	
	150m: 1:55.06 39.75	550m: 7:22.23 40.94	950m: 12:52.13 41.55	1350m: 18:26.93 41.27	
	200m: 2:35.86 40.80	600m: 8:03.03 40.80	1000m: 13:33.73 41.60	1400m: 19:08.64 41.71	
	250m: 3:16.36 40.50	650m: 8:44.49 41.46	1050m: 14:15.50 41.77	1450m: 19:49.46 40.82	
	300m: 3:56.99 40.63	700m: 9:25.66 41.17	1100m: 14:57.01 41.51	1500m: 20:27.87 38.41	
	350m: 4:37.85 40.86	750m: 10:07.02 41.36	1150m: 15:39.47 42.46		
	400m: 5:18.90 41.05	800m: 10:48.23 41.21	1200m: 16:21.42 41.95		
26.	Joao Pedro Sousa	09	Geslours	20:29.06	327
	50m: 37.35 37.35	450m: 5:58.35 40.94	850m: 11:31.36 41.92	1250m: 17:06.80 42.37	
	100m: 1:15.96 38.61	500m: 6:39.69 41.34	900m: 12:13.25 41.89	1300m: 17:49.00 42.20	
	150m: 1:55.50 39.54	550m: 7:21.43 41.74	950m: 12:55.43 42.18	1350m: 18:30.78 41.78	
	200m: 2:35.15 39.65	600m: 8:02.93 41.50	1000m: 13:37.25 41.82	1400m: 19:12.04 41.26	
	250m: 3:15.60 40.45	650m: 8:45.51 42.58	1050m: 14:19.26 42.01	1450m: 19:52.13 40.09	
	300m: 3:55.89 40.29	700m: 9:26.67 41.16	1100m: 15:00.86 41.60	1500m: 20:29.06 36.93	
	350m: 4:36.26 40.37	750m: 10:08.00 41.33	1150m: 15:42.56 41.70		
	400m: 5:17.41 41.15	800m: 10:49.44 41.44	1200m: 16:24.43 41.87		
27.	Angelo Carvalho Interlandi	09	Alges	20:47.06	313
	50m: 40.57 40.57	450m: 6:21.54 42.02	850m: 11:58.97 42.02	1250m: 17:30.70 40.85	
	100m: 1:22.27 41.70	500m: 7:04.35 42.81	900m: 12:41.20 42.23	1300m: 18:11.39 40.69	
	150m: 2:04.83 42.56	550m: 7:46.44 42.09	950m: 13:22.75 41.55	1350m: 18:51.48 40.09	
	200m: 2:47.76 42.93	600m: 8:28.81 42.37	1000m: 14:04.29 41.54	1400m: 19:31.32 39.84	
	250m: 3:30.40 42.64	650m: 9:11.01 42.20	1050m: 14:45.78 41.49	1450m: 20:10.82 39.50	
	300m: 4:12.93 42.53	700m: 9:52.25 41.24	1100m: 15:27.07 41.29	1500m: 20:47.06 36.24	
	350m: 4:56.05 43.12	750m: 10:35.04 42.79	1150m: 16:08.35 41.28		
	400m: 5:39.52 43.47	800m: 11:16.95 41.91	1200m: 16:49.85 41.50		
28.	Santiago Castanheira Martins	09	CPCD - Póvoa Sta Iria	20:53.77	308
	50m: 39.39 39.39	450m: 6:21.24 42.35	850m: 11:59.18 42.43	1250m: 17:32.36 39.52	
	100m: 1:21.72 42.33	500m: 7:04.36 43.12	900m: 12:40.91 41.73	1300m: 18:12.87 40.51	
	150m: 2:04.71 42.99	550m: 7:47.52 43.16	950m: 13:22.82 41.91	1350m: 18:53.07 40.20	
	200m: 2:47.27 42.56	600m: 8:29.50 41.98	1000m: 14:04.10 41.28	1400m: 19:34.05 40.98	
	250m: 3:29.83 42.56	650m: 9:11.13 41.63	1050m: 14:45.81 41.71	1450m: 20:14.37 40.32	
	300m: 4:12.86 43.03	700m: 9:53.69 42.56	1100m: 15:27.31 41.50	1500m: 20:53.77 39.40	
	350m: 4:55.90 43.04	750m: 10:36.27 42.58	1150m: 16:09.86 42.55		
	400m: 5:38.89 42.99	800m: 11:16.75 40.48	1200m: 16:52.84 42.98		

Resultados online: anlisboa.info/live

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Prova 5, Masc., 1500m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
29.	Rui Melo Pereira	09	Benfica	20:55.39	306
	50m: 37.76 37.76	450m: 6:09.92 42.15	850m: 11:50.94 43.36	1250m: 17:30.64 41.73	
	100m: 1:18.50 40.74	500m: 6:51.73 41.81	900m: 12:34.11 43.17	1300m: 18:12.53 41.89	
	150m: 2:00.01 41.51	550m: 7:33.70 41.97	950m: 13:16.91 42.80	1350m: 18:55.19 42.66	
	200m: 2:41.28 41.27	600m: 8:16.44 42.74	1000m: 13:58.98 42.07	1400m: 19:36.93 41.74	
	250m: 3:22.46 41.18	650m: 8:59.14 42.70	1050m: 14:41.05 42.07	1450m: 20:17.65 40.72	
	300m: 4:04.46 42.00	700m: 9:41.48 42.34	1100m: 15:23.32 42.27	1500m: 20:55.39 37.74	
	350m: 4:45.22 40.76	750m: 10:24.70 43.22	1150m: 16:05.64 42.32		
	400m: 5:27.77 42.55	800m: 11:07.58 42.88	1200m: 16:48.91 43.27		
30.	Diogo Soares Marques	09	Alges	20:55.82	306
	50m: 39.71 39.71	450m: 6:13.70 41.78	850m: 11:53.77 41.94	1250m: 17:32.69 42.49	
	100m: 1:21.81 42.10	500m: 7:00.47 42.09	900m: 12:36.39 42.62	1300m: 18:10.55 41.86	
	150m: 2:04.38 42.57	550m: 7:42.49 42.02	950m: 13:17.90 41.51	1350m: 18:52.59 42.04	
	200m: 2:47.36 42.98	600m: 8:24.41 41.92	1000m: 13:59.45 41.55	1400m: 19:34.78 42.19	
	250m: 3:29.66 42.30	650m: 9:06.49 42.08	1050m: 14:41.32 41.87	1450m: 20:16.54 41.76	
	300m: 4:12.43 42.77	700m: 9:48.39 41.90	1100m: 15:23.03 41.71	1500m: 20:55.82 39.28	
	350m: 4:54.53 42.10	750m: 10:30.03 41.64	1150m: 16:04.68 41.65		
	400m: 5:36.60 42.07	800m: 11:11.83 41.80	1200m: 16:46.20 41.52		
31.	Andre Raposo Pinheiro	09	AONDA - Azeitão	20:59.23	304
	50m: 38.46 38.46	450m: 6:13.70 42.99	850m: 11:54.61 40.38	1250m: 17:32.07 41.81	
	100m: 1:19.22 40.76	500m: 6:56.90 43.20	900m: 12:37.39 42.78	1300m: 18:14.57 42.50	
	150m: 2:00.60 41.38	550m: 7:38.80 41.90	950m: 13:19.47 42.08	1350m: 18:56.25 41.68	
	200m: 2:41.90 41.30	600m: 8:22.43 43.63	1000m: 14:00.90 41.43	1400m: 19:37.82 41.57	
	250m: 3:24.00 42.10	650m: 9:04.99 42.56	1050m: 14:43.15 42.25	1450m: 20:19.08 41.26	
	300m: 4:06.85 42.85	700m: 9:48.66 43.67	1100m: 15:25.68 42.53	1500m: 20:59.23 40.15	
	350m: 4:48.51 41.66	750m: 10:31.16 42.50	1150m: 16:07.36 41.68		
	400m: 5:30.71 42.20	800m: 11:14.23 43.07	1200m: 16:50.26 42.90		
32.	Duarte Afonso Leite	09	Laranjeiro	20:59.82	303
	50m: 39.81 39.81	450m: 6:21.00 42.88	850m: 11:59.48 42.49	1250m: 17:38.43 42.56	
	100m: 1:22.11 42.30	500m: 7:04.44 43.44	900m: 12:42.35 42.87	1300m: 18:19.97 41.54	
	150m: 2:05.49 43.38	550m: 7:46.50 42.06	950m: 13:24.56 42.21	1350m: 19:01.24 41.27	
	200m: 2:48.20 42.71	600m: 8:28.32 41.82	1000m: 14:07.02 42.46	1400m: 19:42.16 40.92	
	250m: 3:30.34 42.14	650m: 9:10.74 42.42	1050m: 14:49.31 42.29	1450m: 20:22.64 40.48	
	300m: 4:13.34 43.00	700m: 9:52.18 41.44	1100m: 15:31.56 42.25	1500m: 20:59.82 37.18	
	350m: 4:55.60 42.26	750m: 10:34.44 42.26	1150m: 16:13.71 42.15		
	400m: 5:38.12 42.52	800m: 11:16.99 42.55	1200m: 16:55.87 42.16		
33.	Bernardo Miguel Oliveira	09	Salesianos	21:56.23	266
	50m: 37.86 37.86	450m: 6:26.86 44.94	850m: 12:25.12 45.17	1250m: 18:22.92 42.69	
	100m: 1:18.65 40.79	500m: 7:11.97 45.11	900m: 13:09.98 44.86	1300m: 19:05.38 42.46	
	150m: 2:01.91 43.26	550m: 7:56.61 44.64	950m: 13:54.01 44.03	1350m: 19:49.15 43.77	
	200m: 2:46.23 44.32	600m: 8:40.83 44.22	1000m: 14:38.96 44.95	1400m: 20:32.58 43.43	
	250m: 3:29.42 43.19	650m: 9:25.94 45.11	1050m: 15:23.88 44.92	1450m: 21:15.42 42.84	
	300m: 4:12.53 43.11	700m: 10:10.87 44.93	1100m: 16:08.48 44.60	1500m: 21:56.23 40.81	
	350m: 4:57.38 44.85	750m: 10:54.66 43.79	1150m: 16:53.69 45.21		
	400m: 5:41.92 44.54	800m: 11:39.95 45.29	1200m: 17:40.23 46.54		
34.	Afonso Santos Carromeu	09	Naval Setubalense	22:12.14	256
	50m: 41.55 41.55	450m: 6:42.37 45.66	850m: 12:44.71 42.85	1250m: 18:39.03 44.85	
	100m: 1:25.72 44.17	500m: 7:28.56 46.19	900m: 13:27.89 43.18	1300m: 19:23.00 43.97	
	150m: 2:10.07 44.35	550m: 8:15.52 46.96	950m: 14:12.15 44.26	1350m: 20:06.39 43.39	
	200m: 2:54.73 44.66	600m: 8:59.86 44.34	1000m: 14:56.22 44.07	1400m: 20:49.57 43.18	
	250m: 3:40.01 45.28	650m: 9:45.38 45.52	1050m: 15:41.08 44.86	1450m: 21:31.92 42.35	
	300m: 4:25.24 45.23	700m: 10:30.51 45.13	1100m: 16:25.69 44.61	1500m: 22:12.14 40.22	
	350m: 5:11.07 45.83	750m: 11:16.17 45.66	1150m: 17:10.19 44.50		
	400m: 5:56.71 45.64	800m: 12:01.86 45.69	1200m: 17:54.18 43.99		
35.	Ricardo Martins Brizado	09	Sporting	22:13.10	256
	50m: 38.41 38.41	450m: 6:30.84 44.45	850m: 12:29.73 44.99	1250m: 18:31.49 45.22	
	100m: 1:19.32 40.91	500m: 7:15.69 44.85	900m: 13:14.81 45.08	1300m: 19:16.70 45.21	
	150m: 2:02.81 43.49	550m: 8:00.33 44.64	950m: 14:00.11 45.30	1350m: 20:02.21 45.51	
	200m: 2:47.02 44.21	600m: 8:45.50 45.17	1000m: 14:44.70 44.59	1400m: 20:47.39 45.18	
	250m: 3:31.43 44.41	650m: 9:30.40 44.90	1050m: 15:30.68 45.98	1450m: 21:31.94 44.55	
	300m: 4:16.31 44.88	700m: 10:15.35 44.95	1100m: 16:16.42 45.74	1500m: 22:13.10 41.16	
	350m: 5:01.19 44.88	750m: 11:00.46 45.11	1150m: 17:01.01 44.59		
	400m: 5:46.39 45.20	800m: 11:44.74 44.28	1200m: 17:46.27 45.26		
DNS	Tiago Trindade Manuel	09	Palmela Desporto		

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Prova 5, Masc., 1500m Livres

Infantis

1. Diogo Damasceno Reis	09 Sporting	18:16.24	461
50m: 34.26 34.26	450m: 5:26.06 36.84	850m: 10:20.56 36.97	1250m: 15:16.62 36.99
100m: 1:09.90 35.64	500m: 6:03.09 37.03	900m: 10:57.51 36.95	1300m: 15:53.60 36.98
150m: 1:46.16 36.26	550m: 6:39.94 36.85	950m: 11:34.41 36.90	1350m: 16:30.63 37.03
200m: 2:22.67 36.51	600m: 7:16.67 36.73	1000m: 12:11.31 36.90	1400m: 17:06.93 36.30
250m: 2:59.04 36.37	650m: 7:53.35 36.68	1050m: 12:48.65 37.34	1450m: 17:43.03 36.10
300m: 3:36.02 36.98	700m: 8:30.43 37.08	1100m: 13:25.81 37.16	1500m: 18:16.24 33.21
350m: 4:12.61 36.59	750m: 9:07.10 36.67	1150m: 14:02.59 36.78	
400m: 4:49.22 36.61	800m: 9:43.59 36.49	1200m: 14:39.63 37.04	
2. Martim Chambel Pinto	09 Colegio Int Monte Maior	18:24.66	450
50m: 34.98 34.98	450m: 5:36.37 37.39	850m: 10:30.33 37.19	1250m: 15:25.06 37.06
100m: 1:11.88 36.90	500m: 6:12.09 35.72	900m: 11:06.99 36.66	1300m: 16:00.97 35.91
150m: 1:49.32 37.44	550m: 6:49.78 37.69	950m: 11:43.64 36.65	1350m: 16:37.79 36.82
200m: 2:27.58 38.26	600m: 7:26.63 36.85	1000m: 12:20.57 36.93	1400m: 17:13.69 35.90
250m: 3:05.03 37.45	650m: 8:02.38 35.75	1050m: 12:57.74 37.17	1450m: 17:50.35 36.66
300m: 3:43.03 38.00	700m: 8:40.02 37.64	1100m: 13:34.09 36.35	1500m: 18:24.66 34.31
350m: 4:21.09 38.06	750m: 9:16.54 36.52	1150m: 14:10.75 36.66	
400m: 4:58.98 37.89	800m: 9:53.14 36.60	1200m: 14:48.00 37.25	
3. Xavier Jesus Valente	09 Colégio Vasco da Gama	18:30.48	443
50m: 35.39 35.39	450m: 5:35.18 37.29	850m: 10:32.70 36.93	1250m: 15:27.44 36.99
100m: 1:12.94 37.55	500m: 6:13.30 38.12	900m: 11:09.76 37.06	1300m: 16:04.23 36.79
150m: 1:49.85 36.91	550m: 6:50.63 37.33	950m: 11:47.29 37.53	1350m: 16:41.55 37.32
200m: 2:27.07 37.22	600m: 7:27.99 37.36	1000m: 12:24.09 36.80	1400m: 17:18.73 37.18
250m: 3:03.97 36.90	650m: 8:05.30 37.31	1050m: 13:00.14 36.05	1450m: 17:55.36 36.63
300m: 3:42.12 38.15	700m: 8:42.58 37.28	1100m: 13:36.94 36.80	1500m: 18:30.48 35.12
350m: 4:19.91 37.79	750m: 9:19.95 37.37	1150m: 14:13.44 36.50	
400m: 4:57.89 37.98	800m: 9:55.77 35.82	1200m: 14:50.45 37.01	
4. Jesus Alberto Mejias	09 Vikings	18:52.61	418
50m: 34.16 34.16	450m: 5:27.08 37.31	850m: 10:29.72 38.52	1250m: 15:42.50 40.19
100m: 1:09.80 35.64	500m: 6:03.90 36.82	900m: 11:08.70 38.98	1300m: 16:20.91 38.41
150m: 1:46.03 36.23	550m: 6:40.68 36.78	950m: 11:47.08 38.38	1350m: 16:59.77 38.86
200m: 2:22.68 36.65	600m: 7:17.75 37.07	1000m: 12:26.26 39.18	1400m: 17:38.33 38.56
250m: 2:58.97 36.29	650m: 7:56.09 38.34	1050m: 13:05.37 39.11	1450m: 18:16.02 37.69
300m: 3:36.28 37.31	700m: 8:33.97 37.88	1100m: 13:44.40 39.03	1500m: 18:52.61 36.59
350m: 4:13.11 36.83	750m: 9:12.73 38.76	1150m: 14:23.21 38.81	
400m: 4:49.77 36.66	800m: 9:51.20 38.47	1200m: 15:02.31 39.10	
5. Vasco Alexandre Martins	09 Colegio Int Monte Maior	19:03.19	406
50m: 36.09 36.09	450m: 5:42.50 37.20	850m: 10:46.68 38.42	1250m: 15:53.06 38.30
100m: 1:13.90 37.81	500m: 6:20.95 38.45	900m: 11:24.71 38.03	1300m: 16:31.76 38.70
150m: 1:52.57 38.67	550m: 6:58.84 37.89	950m: 12:02.78 38.07	1350m: 17:09.78 38.02
200m: 2:31.06 38.49	600m: 7:36.76 37.92	1000m: 12:41.02 38.24	1400m: 17:48.74 38.96
250m: 3:10.00 38.94	650m: 8:15.09 38.33	1050m: 13:19.60 38.58	1450m: 18:26.10 37.36
300m: 3:48.31 38.31	700m: 8:52.71 37.62	1100m: 13:57.82 38.22	1500m: 19:03.19 37.09
350m: 4:26.62 38.31	750m: 9:30.45 37.74	1150m: 14:36.16 38.34	
400m: 5:05.30 38.68	800m: 10:08.26 37.81	1200m: 15:14.76 38.60	
6. Martim Guerreiro Martins	09 Sporting	19:03.78	405
50m: 37.72 37.72	450m: 5:46.43 38.18	850m: 10:50.31 37.88	1250m: 15:55.19 38.55
100m: 1:16.16 38.44	500m: 6:24.89 38.46	900m: 11:27.91 37.60	1300m: 16:33.03 37.84
150m: 1:54.36 38.20	550m: 7:03.23 38.34	950m: 12:05.92 38.01	1350m: 17:11.12 38.09
200m: 2:33.55 39.19	600m: 7:40.88 37.65	1000m: 12:43.91 37.99	1400m: 17:49.77 38.65
250m: 3:12.63 39.08	650m: 8:18.52 37.64	1050m: 13:21.95 38.04	1450m: 18:27.84 38.07
300m: 3:51.20 38.57	700m: 8:56.55 38.03	1100m: 13:59.98 38.03	1500m: 19:03.78 35.94
350m: 4:29.66 38.46	750m: 9:34.81 38.26	1150m: 14:38.27 38.29	
400m: 5:08.25 38.59	800m: 10:12.43 37.62	1200m: 15:16.64 38.37	
7. Renato Ferreira Mimoso	10 Benfica	19:05.17	404
50m: 33.91 33.91	450m: 5:38.35 38.47	850m: 10:52.50 39.75	1250m: 15:58.06 38.16
100m: 1:10.90 36.99	500m: 6:17.01 38.66	900m: 11:30.98 38.48	1300m: 16:35.71 37.65
150m: 1:48.59 37.69	550m: 6:55.74 38.73	950m: 12:09.14 38.16	1350m: 17:13.88 38.17
200m: 2:26.55 37.96	600m: 7:35.09 39.35	1000m: 12:47.55 38.41	1400m: 17:52.13 38.25
250m: 3:04.54 37.99	650m: 8:14.53 39.44	1050m: 13:26.05 38.50	1450m: 18:30.10 37.97
300m: 3:43.06 38.52	700m: 8:53.73 39.20	1100m: 14:04.49 38.44	1500m: 19:05.17 35.07
350m: 4:21.73 38.67	750m: 9:33.22 39.49	1150m: 14:42.27 37.78	
400m: 4:59.88 38.15	800m: 10:12.75 39.53	1200m: 15:19.90 37.63	
8. Miguel Bera Fonseca	09 Benfica	19:06.53	403
50m: 35.64 35.64	450m: 5:41.94 38.46	850m: 10:48.90 38.45	1250m: 15:56.85 38.64
100m: 1:13.73 38.09	500m: 6:20.56 38.62	900m: 11:27.34 38.44	1300m: 16:35.56 38.71
150m: 1:51.99 38.26	550m: 6:58.89 38.33	950m: 12:05.46 38.12	1350m: 17:14.11 38.55
200m: 2:30.48 38.49	600m: 7:37.30 38.41	1000m: 12:43.84 38.38	1400m: 17:52.74 38.63
250m: 3:08.66 38.18	650m: 8:15.73 38.43	1050m: 13:22.37 38.53	1450m: 18:31.24 38.50
300m: 3:46.81 38.15	700m: 8:54.20 38.47	1100m: 14:00.88 38.51	1500m: 19:06.53 35.29
350m: 4:25.13 38.32	750m: 9:32.33 38.13	1150m: 14:39.31 38.43	
400m: 5:03.48 38.35	800m: 10:10.45 38.12	1200m: 15:18.21 38.90	

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Prova 5, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
9.	Paulo Junio Fernandes	09	Alges	19:07.12	402
	50m: 34.63 34.63	450m: 5:37.37 37.50	850m: 10:44.53 38.69	1250m: 15:55.93 39.92	
	100m: 1:11.66 37.03	500m: 6:15.00 37.63	900m: 11:23.23 38.70	1300m: 16:35.79 39.86	
	150m: 1:49.50 37.84	550m: 6:53.09 38.09	950m: 12:02.17 38.94	1350m: 17:14.28 38.49	
	200m: 2:27.34 37.84	600m: 7:31.99 38.90	1000m: 12:40.65 38.48	1400m: 17:52.63 38.35	
	250m: 3:05.58 38.24	650m: 8:10.51 38.52	1050m: 13:19.15 38.50	1450m: 18:31.07 38.44	
	300m: 3:43.27 37.69	700m: 8:48.51 38.00	1100m: 13:57.93 38.78	1500m: 19:07.12 36.05	
	350m: 4:21.72 38.45	750m: 9:26.15 37.64	1150m: 14:37.05 39.12		
	400m: 4:59.87 38.15	800m: 10:05.84 39.69	1200m: 15:16.01 38.96		
10.	Rafael Lin Moniz	09	Naval Setubalense	19:13.99	395
	50m: 36.12 36.12	450m: 5:46.86 39.05	850m: 10:54.44 38.68	1250m: 16:06.17 38.86	
	100m: 1:14.31 38.19	500m: 6:24.84 37.98	900m: 11:33.61 39.17	1300m: 16:44.87 38.70	
	150m: 1:52.91 38.60	550m: 7:03.31 38.47	950m: 12:11.70 38.09	1350m: 17:23.53 38.66	
	200m: 2:31.66 38.75	600m: 7:41.96 38.65	1000m: 12:51.34 39.64	1400m: 18:02.02 38.49	
	250m: 3:10.58 38.92	650m: 8:20.44 38.48	1050m: 13:31.02 39.68	1450m: 18:40.43 38.41	
	300m: 3:48.89 38.31	700m: 8:58.99 38.55	1100m: 14:10.00 38.98	1500m: 19:13.99 33.56	
	350m: 4:28.38 39.49	750m: 9:37.35 38.36	1150m: 14:48.29 38.29		
	400m: 5:07.81 39.43	800m: 10:15.76 38.41	1200m: 15:27.31 39.02		
11.	Pedro Guedes Caldas	09	Benfica	19:19.35	389
	50m: 35.49 35.49	450m: 5:44.03 37.99	850m: 10:57.19 39.01	1250m: 16:09.36 38.55	
	100m: 1:13.82 38.33	500m: 6:22.91 38.88	900m: 11:35.89 38.70	1300m: 16:47.68 38.32	
	150m: 1:52.71 38.89	550m: 7:02.09 39.18	950m: 12:15.13 39.24	1350m: 17:26.33 38.65	
	200m: 2:31.08 38.37	600m: 7:40.94 38.85	1000m: 12:54.45 39.32	1400m: 18:05.19 38.86	
	250m: 3:10.09 39.01	650m: 8:20.40 39.46	1050m: 13:33.62 39.17	1450m: 18:42.97 37.78	
	300m: 3:48.51 38.42	700m: 8:59.44 39.04	1100m: 14:12.68 39.06	1500m: 19:19.35 36.38	
	350m: 4:27.20 38.69	750m: 9:38.66 39.22	1150m: 14:51.96 39.28		
	400m: 5:06.04 38.84	800m: 10:18.18 39.52	1200m: 15:30.81 38.85		
12.	Francisco Nunes Roque	09	Benfica	19:20.11	389
	50m: 36.16 36.16	450m: 5:46.13 38.66	850m: 10:55.66 38.80	1250m: 16:07.16 38.89	
	100m: 1:13.79 37.63	500m: 6:24.81 38.68	900m: 11:34.93 39.27	1300m: 16:46.36 39.20	
	150m: 1:52.64 38.85	550m: 7:03.04 38.23	950m: 12:13.40 38.47	1350m: 17:25.25 38.89	
	200m: 2:31.56 38.92	600m: 7:41.61 38.57	1000m: 12:52.81 39.41	1400m: 18:04.02 38.77	
	250m: 3:10.58 39.02	650m: 8:20.68 39.07	1050m: 13:31.43 38.62	1450m: 18:42.88 38.86	
	300m: 3:49.41 38.83	700m: 8:59.18 38.50	1100m: 14:10.51 39.08	1500m: 19:20.11 37.23	
	350m: 4:28.34 38.93	750m: 9:38.34 39.16	1150m: 14:49.33 38.82		
	400m: 5:07.47 39.13	800m: 10:16.86 38.52	1200m: 15:28.27 38.94		
13.	Martim Frederico Marques	10	CPCD - Póvoa Sta Iria	19:22.79	386
	50m: 34.42 34.42	450m: 5:42.44 39.55	850m: 10:56.97 39.20	1250m: 16:10.59 39.09	
	100m: 1:11.15 36.73	500m: 6:21.75 39.31	900m: 11:35.43 38.46	1300m: 16:51.37 40.78	
	150m: 1:48.77 37.62	550m: 7:00.20 38.45	950m: 12:15.21 39.78	1350m: 17:30.01 38.64	
	200m: 2:26.73 37.96	600m: 7:39.24 39.04	1000m: 12:55.15 39.94	1400m: 18:07.89 37.88	
	250m: 3:05.36 38.63	650m: 8:18.86 39.62	1050m: 13:34.55 39.40	1450m: 18:47.17 39.28	
	300m: 3:44.54 39.18	700m: 8:58.34 39.48	1100m: 14:13.65 39.10	1500m: 19:22.79 35.62	
	350m: 4:23.37 38.83	750m: 9:37.85 39.51	1150m: 14:52.27 38.62		
	400m: 5:02.89 39.52	800m: 10:17.77 39.92	1200m: 15:31.50 39.23		
14.	Hugo Pacheco Godinho	09	Sporting	19:23.14	385
	50m: 34.56 34.56	450m: 5:43.79 39.40	850m: 10:58.12 38.85	1250m: 16:11.18 38.96	
	100m: 1:11.83 37.27	500m: 6:23.01 39.22	900m: 11:37.32 39.20	1300m: 16:50.33 39.15	
	150m: 1:50.37 38.54	550m: 7:02.40 39.39	950m: 12:16.29 38.97	1350m: 17:29.44 39.11	
	200m: 2:29.25 38.88	600m: 7:41.79 39.39	1000m: 12:55.92 39.63	1400m: 18:08.20 38.76	
	250m: 3:07.70 38.45	650m: 8:20.60 38.81	1050m: 13:34.80 38.88	1450m: 18:46.44 38.24	
	300m: 3:46.42 38.72	700m: 9:00.00 39.40	1100m: 14:13.67 38.87	1500m: 19:23.14 36.70	
	350m: 4:25.48 39.06	750m: 9:39.67 39.67	1150m: 14:53.02 39.35		
	400m: 5:04.39 38.91	800m: 10:19.27 39.60	1200m: 15:32.22 39.20		
15.	Dinis Aresta Ribeiro	10	Sporting	19:30.72	378
	50m: 37.63 37.63	450m: 5:53.32 39.08	850m: 11:08.42 39.67	1250m: 16:21.43 39.20	
	100m: 1:17.25 39.62	500m: 6:32.58 39.26	900m: 11:47.58 39.16	1300m: 17:00.66 39.23	
	150m: 1:57.31 40.06	550m: 7:11.85 39.27	950m: 12:26.75 39.17	1350m: 17:38.31 37.65	
	200m: 2:36.56 39.25	600m: 7:50.98 39.13	1000m: 13:05.70 38.95	1400m: 18:16.59 38.28	
	250m: 3:16.46 39.90	650m: 8:30.77 39.79	1050m: 13:44.70 39.00	1450m: 18:54.11 37.52	
	300m: 3:55.48 39.02	700m: 9:10.03 39.26	1100m: 14:23.98 39.28	1500m: 19:30.72 36.61	
	350m: 4:35.00 39.52	750m: 9:49.91 39.88	1150m: 15:03.20 39.22		
	400m: 5:14.24 39.24	800m: 10:28.75 38.84	1200m: 15:42.23 39.03		
16.	Xavier Rosa Madeira	09	Laranjeiro	19:32.08	377
	50m: 36.39 36.39	450m: 5:43.21 38.01	850m: 10:55.68 39.28	1250m: 16:14.49 40.31	
	100m: 1:14.16 37.77	500m: 6:21.53 38.32	900m: 11:35.98 40.30	1300m: 16:54.11 39.62	
	150m: 1:52.42 38.26	550m: 7:00.07 38.54	950m: 12:15.02 39.04	1350m: 17:34.25 40.14	
	200m: 2:31.01 38.59	600m: 7:38.91 38.84	1000m: 12:54.48 39.46	1400m: 18:14.72 40.47	
	250m: 3:09.63 38.62	650m: 8:17.93 39.02	1050m: 13:34.75 40.27	1450m: 18:54.15 39.43	
	300m: 3:47.67 38.04	700m: 8:58.08 40.15	1100m: 14:14.36 39.61	1500m: 19:32.08 37.93	
	350m: 4:26.60 38.93	750m: 9:36.88 38.80	1150m: 14:54.11 39.75		
	400m: 5:05.20 38.60	800m: 10:16.40 39.52	1200m: 15:34.18 40.07		

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Prova 5, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
17.	Bernardo Afonso Guedelha	09	Benfica	19:43.13	366
	50m: 37.39 37.39	450m: 5:55.92 39.97	850m: 11:15.24 39.62	1250m: 16:31.10 39.60	
	100m: 1:16.08 38.69	500m: 6:36.61 40.69	900m: 11:54.80 39.56	1300m: 17:10.53 39.43	
	150m: 1:56.15 40.07	550m: 7:16.14 39.53	950m: 12:34.32 39.52	1350m: 17:49.50 38.97	
	200m: 2:36.41 40.26	600m: 7:55.81 39.67	1000m: 13:13.91 39.59	1400m: 18:28.71 39.21	
	250m: 3:16.56 40.15	650m: 8:35.58 39.77	1050m: 13:53.01 39.10	1450m: 19:07.37 38.66	
	300m: 3:56.29 39.73	700m: 9:15.72 40.14	1100m: 14:32.66 39.65	1500m: 19:43.13 35.76	
	350m: 4:36.31 40.02	750m: 9:55.26 39.54	1150m: 15:12.32 39.66		
	400m: 5:15.95 39.64	800m: 10:35.62 40.36	1200m: 15:51.50 39.18		
18.	Afonso Cunha Amaral	09	Alges	19:43.72	366
	50m: 35.38 35.38	450m: 5:51.14 40.27	850m: 11:09.58 40.08	1250m: 16:29.54 39.83	
	100m: 1:13.29 37.91	500m: 6:30.29 39.15	900m: 11:48.32 38.74	1300m: 17:08.84 39.30	
	150m: 1:52.24 38.95	550m: 7:09.76 39.47	950m: 12:28.76 40.44	1350m: 17:48.83 39.99	
	200m: 2:31.54 39.30	600m: 7:49.38 39.62	1000m: 13:08.99 40.23	1400m: 18:28.03 39.20	
	250m: 3:11.06 39.52	650m: 8:28.80 39.42	1050m: 13:49.30 40.31	1450m: 19:07.73 39.70	
	300m: 3:50.86 39.80	700m: 9:08.92 40.12	1100m: 14:29.33 40.03	1500m: 19:43.72 35.99	
	350m: 4:30.47 39.61	750m: 9:49.52 40.60	1150m: 15:09.82 40.49		
	400m: 5:10.87 40.40	800m: 10:29.50 39.98	1200m: 15:49.71 39.89		
19.	Rodrigo Duarte Narigueta	09	Palmela Desporto	19:46.23	363
	50m: 36.18 36.18	450m: 5:45.64 39.37	850m: 11:04.12 40.33	1250m: 16:26.76 40.56	
	100m: 1:13.22 37.04	500m: 6:24.96 39.32	900m: 11:44.36 40.24	1300m: 17:07.60 40.84	
	150m: 1:51.26 38.04	550m: 7:04.14 39.18	950m: 12:24.40 40.04	1350m: 17:48.32 40.72	
	200m: 2:29.55 38.29	600m: 7:44.19 40.05	1000m: 13:04.53 40.13	1400m: 18:28.39 40.07	
	250m: 3:08.55 39.00	650m: 8:23.75 39.56	1050m: 13:44.74 40.21	1450m: 19:07.72 39.33	
	300m: 3:47.35 38.80	700m: 9:03.56 39.81	1100m: 14:25.09 40.35	1500m: 19:46.23 38.51	
	350m: 4:26.78 39.43	750m: 9:43.74 40.18	1150m: 15:05.73 40.64		
	400m: 5:06.27 39.49	800m: 10:23.79 40.05	1200m: 15:46.20 40.47		
20.	Goncalo Tapadas Marques	10	Colegio Int Monte Maior	19:51.87	358
	50m: 37.74 37.74	450m: 5:59.18 39.97	850m: 11:20.34 40.31	1250m: 16:37.96 40.19	
	100m: 1:17.54 39.80	500m: 6:39.33 40.15	900m: 11:59.71 39.37	1300m: 17:17.41 39.45	
	150m: 1:57.70 40.16	550m: 7:19.52 40.19	950m: 12:39.72 40.01	1350m: 17:57.33 39.92	
	200m: 2:37.85 40.15	600m: 7:59.14 39.62	1000m: 13:18.99 39.27	1400m: 18:36.82 39.49	
	250m: 3:18.51 40.66	650m: 8:38.57 39.43	1050m: 13:58.83 39.84	1450m: 19:16.12 39.30	
	300m: 3:58.49 39.98	700m: 9:19.01 40.44	1100m: 14:39.06 40.23	1500m: 19:51.87 35.75	
	350m: 4:38.50 40.01	750m: 9:59.35 40.34	1150m: 15:18.38 39.32		
	400m: 5:19.21 40.71	800m: 10:40.03 40.68	1200m: 15:57.77 39.39		
21.	Antonio Carimbo Godinho	10	Fisica Torres Vedras	19:52.33	358
	50m: 37.69 37.69	450m: 5:54.78 39.55	850m: 11:16.33 40.33	1250m: 16:37.23 40.18	
	100m: 1:17.48 39.79	500m: 6:34.72 39.94	900m: 11:56.41 40.08	1300m: 17:17.79 40.56	
	150m: 1:56.96 39.48	550m: 7:14.92 40.20	950m: 12:36.67 40.26	1350m: 17:57.88 40.09	
	200m: 2:36.26 39.30	600m: 7:54.66 39.74	1000m: 13:16.76 40.09	1400m: 18:37.11 39.23	
	250m: 3:15.72 39.46	650m: 8:35.45 40.79	1050m: 13:56.62 39.86	1450m: 19:16.69 39.58	
	300m: 3:55.67 39.95	700m: 9:15.85 40.40	1100m: 14:36.90 40.28	1500m: 19:52.33 35.64	
	350m: 4:35.58 39.91	750m: 9:55.60 39.75	1150m: 15:16.98 40.08		
	400m: 5:15.23 39.65	800m: 10:36.00 40.40	1200m: 15:57.05 40.07		
22.	Gustavo Branco Silva	09	Geslours	19:56.52	354
	50m: 37.23 37.23	450m: 5:53.69 39.64	850m: 11:15.48 40.09	1250m: 16:39.34 40.78	
	100m: 1:16.00 38.77	500m: 6:33.87 40.18	900m: 11:55.94 40.46	1300m: 17:19.99 40.65	
	150m: 1:55.22 39.22	550m: 7:13.84 39.97	950m: 12:36.51 40.57	1350m: 18:00.04 40.05	
	200m: 2:34.70 39.48	600m: 7:53.67 39.83	1000m: 13:16.78 40.27	1400m: 18:39.66 39.62	
	250m: 3:14.25 39.55	650m: 8:34.08 40.41	1050m: 13:57.40 40.62	1450m: 19:18.50 38.84	
	300m: 3:54.30 40.05	700m: 9:14.36 40.28	1100m: 14:37.85 40.45	1500m: 19:56.52 38.02	
	350m: 4:34.04 39.74	750m: 9:55.12 40.76	1150m: 15:18.17 40.32		
	400m: 5:14.05 40.01	800m: 10:35.39 40.27	1200m: 15:58.56 40.39		
23.	Neil Merad	10	Benfica	19:59.30	352
	50m: 35.16 35.16	450m: 5:50.69 40.73	850m: 11:12.56 40.32	1250m: 16:38.22 39.79	
	100m: 1:12.61 37.45	500m: 6:30.50 39.81	900m: 11:52.71 40.15	1300m: 17:18.51 40.29	
	150m: 1:51.70 39.09	550m: 7:10.78 40.28	950m: 12:32.68 39.97	1350m: 17:59.36 40.85	
	200m: 2:30.50 38.80	600m: 7:50.55 39.77	1000m: 13:13.52 40.84	1400m: 18:40.37 41.01	
	250m: 3:10.10 39.60	650m: 8:30.91 40.36	1050m: 13:53.85 40.33	1450m: 19:20.76 40.39	
	300m: 3:49.62 39.52	700m: 9:11.97 41.06	1100m: 14:34.67 40.82	1500m: 19:59.30 38.54	
	350m: 4:29.81 40.19	750m: 9:51.79 39.82	1150m: 15:16.46 41.79		
	400m: 5:09.96 40.15	800m: 10:32.24 40.45	1200m: 15:58.43 41.97		
24.	David Emanuel Tome	09	Geslours	20:00.85	350
	50m: 37.04 37.04	450m: 5:51.13 39.27	850m: 11:12.25 40.65	1250m: 16:36.27 40.12	
	100m: 1:16.40 39.36	500m: 6:31.31 40.18	900m: 11:52.50 40.25	1300m: 17:17.47 41.20	
	150m: 1:56.14 39.74	550m: 7:11.27 39.96	950m: 12:33.53 41.03	1350m: 17:59.22 41.75	
	200m: 2:35.37 39.23	600m: 7:51.62 40.35	1000m: 13:13.93 40.40	1400m: 18:40.79 41.57	
	250m: 3:14.36 38.99	650m: 8:31.20 39.58	1050m: 13:54.59 40.66	1450m: 19:21.85 41.06	
	300m: 3:53.45 39.09	700m: 9:11.69 40.49	1100m: 14:35.09 40.50	1500m: 20:00.85 39.00	
	350m: 4:33.14 39.69	750m: 9:51.99 40.30	1150m: 15:15.70 40.61		
	400m: 5:11.86 38.72	800m: 10:31.60 39.61	1200m: 15:56.15 40.45		

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Prova 5, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
25.	Martim Marino Brilha	10	Vikings	20:01.78	349
	50m: 37.27 37.27	450m: 5:58.23 40.29	850m: 11:19.87 40.03	1250m: 16:41.45 40.03	
	100m: 1:16.14 38.87	500m: 6:38.43 40.20	900m: 11:59.60 39.73	1300m: 17:22.63 41.18	
	150m: 1:55.95 39.81	550m: 7:18.88 40.45	950m: 12:39.72 40.12	1350m: 18:03.25 40.62	
	200m: 2:36.06 40.11	600m: 7:59.56 40.68	1000m: 13:20.73 41.01	1400m: 18:44.61 41.36	
	250m: 3:16.17 40.11	650m: 8:39.64 40.08	1050m: 14:00.43 39.70	1450m: 19:24.62 40.01	
	300m: 3:56.77 40.60	700m: 9:19.49 39.85	1100m: 14:40.63 40.20	1500m: 20:01.78 37.16	
	350m: 4:37.64 40.87	750m: 9:59.90 40.41	1150m: 15:20.65 40.02		
	400m: 5:17.94 40.30	800m: 10:39.84 39.94	1200m: 16:01.42 40.77		
26.	Francisco Gabriel Freitas	09	Gesloures	20:02.71	349
	50m: 36.77 36.77	450m: 5:52.55 39.97	850m: 11:15.95 41.18	1250m: 16:42.45 40.85	
	100m: 1:14.71 37.94	500m: 6:32.65 40.10	900m: 11:56.37 40.42	1300m: 17:23.32 40.87	
	150m: 1:53.52 38.81	550m: 7:13.31 40.66	950m: 12:37.30 40.93	1350m: 18:04.36 41.04	
	200m: 2:32.94 39.42	600m: 7:53.00 39.69	1000m: 13:17.62 40.32	1400m: 18:45.48 41.12	
	250m: 3:12.55 39.61	650m: 8:33.63 40.63	1050m: 13:58.51 40.89	1450m: 19:25.56 40.08	
	300m: 3:52.09 39.54	700m: 9:14.06 40.43	1100m: 14:39.28 40.77	1500m: 20:02.71 37.15	
	350m: 4:32.09 40.00	750m: 9:54.15 40.09	1150m: 15:19.88 40.60		
	400m: 5:12.58 40.49	800m: 10:34.77 40.62	1200m: 16:01.60 41.72		
27.	Daniel Alexandre Lourenco	09	Sporting	20:05.52	346
	50m: 37.32 37.32	450m: 5:56.99 40.41	850m: 11:20.46 40.38	1250m: 16:45.91 41.42	
	100m: 1:16.63 39.31	500m: 6:37.33 40.34	900m: 12:01.13 40.67	1300m: 17:27.65 41.74	
	150m: 1:56.57 39.94	550m: 7:17.89 40.56	950m: 12:41.02 39.89	1350m: 18:08.13 40.48	
	200m: 2:36.15 39.58	600m: 7:57.98 40.09	1000m: 13:21.68 40.66	1400m: 18:49.14 41.01	
	250m: 3:15.96 39.81	650m: 8:38.12 40.14	1050m: 14:02.66 40.98	1450m: 19:29.41 40.27	
	300m: 3:56.15 40.19	700m: 9:18.96 40.84	1100m: 14:43.13 40.47	1500m: 20:05.52 36.11	
	350m: 4:36.23 40.08	750m: 9:59.51 40.55	1150m: 15:23.52 40.39		
	400m: 5:16.58 40.35	800m: 10:40.08 40.57	1200m: 16:04.49 40.97		
28.	Martim Abalada Vilaca	09	AONDA - Azeitão	20:07.60	344
	50m: 36.14 36.14	450m: 6:00.62 41.20	850m: 11:24.76 40.69	1250m: 16:47.20 39.81	
	100m: 1:16.14 40.00	500m: 6:40.27 39.65	900m: 12:06.02 41.26	1300m: 17:28.41 41.21	
	150m: 1:57.91 41.77	550m: 7:20.85 40.58	950m: 12:45.65 39.63	1350m: 18:08.96 40.55	
	200m: 2:38.47 40.56	600m: 8:02.13 41.28	1000m: 13:26.55 40.90	1400m: 18:49.83 40.87	
	250m: 3:18.36 39.89	650m: 8:43.08 40.95	1050m: 14:05.96 39.41	1450m: 19:29.71 39.88	
	300m: 3:58.98 40.62	700m: 9:22.76 39.68	1100m: 14:47.06 41.10	1500m: 20:07.60 37.89	
	350m: 4:39.73 40.75	750m: 10:02.88 40.12	1150m: 15:26.50 39.44		
	400m: 5:19.42 39.69	800m: 10:44.07 41.19	1200m: 16:07.39 40.89		
29.	Rodrigo Arga Paiva	09	Gesloures	20:09.22	343
	50m: 36.15 36.15	450m: 5:52.45 40.70	850m: 11:17.32 41.70	1250m: 16:47.30 41.22	
	100m: 1:14.75 38.60	500m: 6:32.68 40.23	900m: 11:58.24 40.92	1300m: 17:28.44 41.14	
	150m: 1:53.73 38.98	550m: 7:13.12 40.44	950m: 12:39.86 41.62	1350m: 18:09.24 40.80	
	200m: 2:33.05 39.32	600m: 7:53.43 40.31	1000m: 13:20.99 41.13	1400m: 18:50.45 41.21	
	250m: 3:12.65 39.60	650m: 8:33.54 40.11	1050m: 14:02.65 41.66	1450m: 19:30.83 40.38	
	300m: 3:52.48 39.83	700m: 9:14.48 40.94	1100m: 14:43.72 41.07	1500m: 20:09.22 38.39	
	350m: 4:32.12 39.64	750m: 9:55.55 41.07	1150m: 15:24.92 41.20		
	400m: 5:11.75 39.63	800m: 10:35.62 40.07	1200m: 16:06.08 41.16		
30.	Miguel Ratinho Rocha	09	Naval Setubalense	20:09.89	342
	50m: 37.88 37.88	450m: 6:05.81 41.26	850m: 11:32.07 39.89	1250m: 16:52.85 40.34	
	100m: 1:17.92 40.04	500m: 6:47.04 41.23	900m: 12:11.60 39.53	1300m: 17:32.29 39.44	
	150m: 1:58.94 41.02	550m: 7:27.88 40.84	950m: 12:51.61 40.01	1350m: 18:12.59 40.30	
	200m: 2:40.37 41.43	600m: 8:09.29 41.41	1000m: 13:31.95 40.34	1400m: 18:52.80 40.21	
	250m: 3:21.59 41.22	650m: 8:50.57 41.28	1050m: 14:11.93 39.98	1450m: 19:32.45 39.65	
	300m: 4:02.92 41.33	700m: 9:31.65 41.08	1100m: 14:51.75 39.82	1500m: 20:09.89 37.44	
	350m: 4:43.69 40.77	750m: 10:12.27 40.62	1150m: 15:31.97 40.22		
	400m: 5:24.55 40.86	800m: 10:52.18 39.91	1200m: 16:12.51 40.54		
31.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	20:12.03	341
	50m: 38.12 38.12	450m: 6:02.48 40.18	850m: 11:30.32 40.84	1250m: 16:55.78 40.57	
	100m: 1:17.87 39.75	500m: 6:43.54 41.06	900m: 12:11.12 40.80	1300m: 17:32.18 40.40	
	150m: 1:58.53 40.66	550m: 7:24.56 41.02	950m: 12:52.41 41.29	1350m: 18:16.90 40.72	
	200m: 2:39.08 40.55	600m: 8:05.21 40.65	1000m: 13:32.85 40.44	1400m: 18:57.40 40.50	
	250m: 3:19.69 40.61	650m: 8:46.57 41.36	1050m: 14:13.02 40.17	1450m: 19:37.53 40.13	
	300m: 4:00.39 40.70	700m: 9:27.33 40.76	1100m: 14:53.18 40.16	1500m: 20:12.03 34.50	
	350m: 4:41.21 40.82	750m: 10:08.25 40.92	1150m: 15:33.91 40.73		
	400m: 5:22.30 41.09	800m: 10:49.48 41.23	1200m: 16:15.21 41.30		
32.	Tomas Pires Oliveira	09	Colegio Int Monte Maior	20:14.44	339
	50m: 37.14 37.14	450m: 6:03.64 39.81	850m: 11:25.43 40.26	1250m: 16:51.98 40.84	
	100m: 1:17.01 39.87	500m: 6:43.97 40.33	900m: 12:06.03 40.60	1300m: 17:32.78 40.80	
	150m: 1:58.15 41.14	550m: 7:23.89 39.92	950m: 12:46.78 40.75	1350m: 18:13.65 40.87	
	200m: 2:39.25 41.10	600m: 8:04.44 40.55	1000m: 13:27.85 41.07	1400m: 18:54.41 40.76	
	250m: 3:20.44 41.19	650m: 8:44.16 39.72	1050m: 14:08.67 40.82	1450m: 19:35.32 40.91	
	300m: 4:01.93 41.49	700m: 9:24.22 40.06	1100m: 14:49.33 40.66	1500m: 20:14.44 39.12	
	350m: 4:42.98 41.05	750m: 10:04.60 40.38	1150m: 15:30.26 40.93		
	400m: 5:23.83 40.85	800m: 10:45.17 40.57	1200m: 16:11.14 40.88		

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Prova 5, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts			
33.	Andre Huang	10	Gesloures	20:19.58	334			
	50m: 37.20	37.20	450m: 6:04.83	41.00	850m: 11:31.09	41.20	1250m: 16:58.91	41.03
	100m: 1:18.01	40.81	500m: 6:45.90	41.07	900m: 12:12.08	40.99	1300m: 17:39.63	40.72
	150m: 1:59.26	41.25	550m: 7:27.03	41.13	950m: 12:53.51	41.43	1350m: 18:20.24	40.61
	200m: 2:39.29	40.03	600m: 8:07.16	40.13	1000m: 13:34.86	41.35	1400m: 19:01.98	41.74
	250m: 3:20.23	40.94	650m: 8:48.16	41.00	1050m: 14:15.40	40.54	1450m: 19:42.30	40.32
	300m: 4:01.33	41.10	700m: 9:29.66	41.50	1100m: 14:56.69	41.29	1500m: 20:19.58	37.28
	350m: 4:42.96	41.63	750m: 10:10.12	40.46	1150m: 15:36.47	39.78		
	400m: 5:23.83	40.87	800m: 10:49.89	39.77	1200m: 16:17.88	41.41		
34.	Manuel Maria Santos	10	Colegio Int Monte Maior	20:22.15	332			
	50m: 37.74	37.74	450m: 6:00.10	40.78	850m: 11:28.13	41.19	1250m: 16:58.44	41.87
	100m: 1:16.70	38.96	500m: 6:40.37	40.27	900m: 12:09.18	41.05	1300m: 17:40.32	41.88
	150m: 1:56.60	39.90	550m: 7:21.14	40.77	950m: 12:50.47	41.29	1350m: 18:21.54	41.22
	200m: 2:36.85	40.25	600m: 8:02.27	41.13	1000m: 13:31.75	41.28	1400m: 19:03.40	41.86
	250m: 3:16.78	39.93	650m: 8:43.13	40.86	1050m: 14:12.90	41.15	1450m: 19:44.35	40.95
	300m: 3:57.68	40.90	700m: 9:24.07	40.94	1100m: 14:53.13	40.23	1500m: 20:22.15	37.80
	350m: 4:38.23	40.55	750m: 10:05.92	41.85	1150m: 15:34.71	41.58		
	400m: 5:19.32	41.09	800m: 10:46.94	41.02	1200m: 16:16.57	41.86		
35.	Rodrigo Ferrao Dias	10	Sporting	20:22.28	332			
	50m: 38.82	38.82	450m: 6:07.40	41.06	850m: 11:37.70	42.26	1250m: 17:07.05	41.59
	100m: 1:19.51	40.69	500m: 6:48.64	41.24	900m: 12:18.74	41.04	1300m: 17:47.28	40.23
	150m: 2:00.92	41.41	550m: 7:30.47	41.83	950m: 12:59.36	40.62	1350m: 18:28.18	40.90
	200m: 2:41.51	40.59	600m: 8:11.63	41.16	1000m: 13:40.84	41.48	1400m: 19:08.75	40.57
	250m: 3:23.31	41.80	650m: 8:52.94	41.31	1050m: 14:22.22	41.38	1450m: 19:47.63	38.88
	300m: 4:04.38	41.07	700m: 9:34.07	41.13	1100m: 15:02.99	40.77	1500m: 20:22.28	34.65
	350m: 4:45.57	41.19	750m: 10:15.30	41.23	1150m: 15:43.62	40.63		
	400m: 5:26.34	40.77	800m: 10:55.44	40.14	1200m: 16:25.46	41.84		
36.	Miguel Filipe Medronheira	09	Palmela Desporto	20:27.87	328			
	50m: 36.55	36.55	450m: 5:59.93	41.03	850m: 11:29.36	41.13	1250m: 17:03.86	42.44
	100m: 1:15.31	38.76	500m: 6:41.29	41.36	900m: 12:10.58	41.22	1300m: 17:45.66	41.80
	150m: 1:55.06	39.75	550m: 7:22.23	40.94	950m: 12:52.13	41.55	1350m: 18:26.93	41.27
	200m: 2:35.86	40.80	600m: 8:03.03	40.80	1000m: 13:33.73	41.60	1400m: 19:08.64	41.71
	250m: 3:16.36	40.50	650m: 8:44.49	41.46	1050m: 14:15.50	41.77	1450m: 19:49.46	40.82
	300m: 3:56.99	40.63	700m: 9:25.66	41.17	1100m: 14:57.01	41.51	1500m: 20:27.87	38.41
	350m: 4:37.85	40.86	750m: 10:07.02	41.36	1150m: 15:39.47	42.46		
	400m: 5:18.90	41.05	800m: 10:48.23	41.21	1200m: 16:21.42	41.95		
37.	Joao Pedro Sousa	09	Gesloures	20:29.06	327			
	50m: 37.35	37.35	450m: 5:58.35	40.94	850m: 11:31.36	41.92	1250m: 17:08.80	42.37
	100m: 1:15.96	38.61	500m: 6:39.69	41.34	900m: 12:13.25	41.89	1300m: 17:49.00	42.20
	150m: 1:55.50	39.54	550m: 7:21.43	41.74	950m: 12:55.43	42.18	1350m: 18:30.78	41.78
	200m: 2:35.15	39.65	600m: 8:02.93	41.50	1000m: 13:37.25	41.82	1400m: 19:12.04	41.26
	250m: 3:15.60	40.45	650m: 8:45.51	42.58	1050m: 14:19.26	42.01	1450m: 19:52.13	40.09
	300m: 3:55.89	40.29	700m: 9:26.67	41.16	1100m: 15:00.86	41.60	1500m: 20:29.06	36.93
	350m: 4:36.26	40.37	750m: 10:08.00	41.33	1150m: 15:42.56	41.70		
	400m: 5:17.41	41.15	800m: 10:49.44	41.44	1200m: 16:24.43	41.87		
38.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	20:31.46	325			
	50m: 38.82	38.82	450m: 6:03.10	41.04	850m: 11:35.20	41.49	1250m: 17:08.65	41.41
	100m: 1:19.01	40.19	500m: 6:44.60	41.50	900m: 12:16.46	41.26	1300m: 17:49.86	41.21
	150m: 1:58.98	39.97	550m: 7:26.32	41.72	950m: 12:58.48	42.02	1350m: 18:31.14	41.28
	200m: 2:39.44	40.46	600m: 8:07.74	41.42	1000m: 13:39.88	41.40	1400m: 19:12.03	40.89
	250m: 3:19.88	40.44	650m: 8:49.39	41.65	1050m: 14:22.01	42.13	1450m: 19:53.02	40.99
	300m: 4:00.72	40.84	700m: 9:31.33	41.94	1100m: 15:04.23	42.22	1500m: 20:31.46	38.44
	350m: 4:41.48	40.76	750m: 10:12.69	41.36	1150m: 15:46.03	41.80		
	400m: 5:22.06	40.58	800m: 10:53.71	41.02	1200m: 16:27.24	41.21		
39.	Afonso Manuel Gomes	10	Sporting	20:42.37	316			
	50m: 38.20	38.20	450m: 6:11.67	42.41	850m: 11:47.31	41.98	1250m: 17:19.52	41.41
	100m: 1:18.68	40.48	500m: 6:53.61	41.94	900m: 12:28.87	41.56	1300m: 18:00.97	41.45
	150m: 1:59.91	41.23	550m: 7:35.93	42.32	950m: 13:10.65	41.78	1350m: 18:42.10	41.13
	200m: 2:40.89	40.98	600m: 8:17.58	41.65	1000m: 13:52.34	41.69	1400m: 19:23.10	41.00
	250m: 3:22.73	41.84	650m: 8:59.85	42.27	1050m: 14:33.62	41.28	1450m: 20:03.67	40.57
	300m: 4:04.55	41.82	700m: 9:42.05	42.20	1100m: 15:14.97	41.35	1500m: 20:42.37	38.70
	350m: 4:46.84	42.29	750m: 10:24.05	42.00	1150m: 15:56.68	41.71		
	400m: 5:29.26	42.42	800m: 11:05.33	41.28	1200m: 16:38.11	41.43		
40.	Angelo Carvalho Interlandi	09	Alges	20:47.06	313			
	50m: 40.57	40.57	450m: 6:21.54	42.02	850m: 11:58.97	42.02	1250m: 17:30.70	40.85
	100m: 1:22.27	41.70	500m: 7:04.35	42.81	900m: 12:41.20	42.23	1300m: 18:11.39	40.69
	150m: 2:04.83	42.56	550m: 7:46.44	42.09	950m: 13:22.75	41.55	1350m: 18:51.48	40.09
	200m: 2:47.76	42.93	600m: 8:28.81	42.37	1000m: 14:04.29	41.54	1400m: 19:31.32	39.84
	250m: 3:30.40	42.64	650m: 9:11.01	42.20	1050m: 14:45.78	41.49	1450m: 20:10.82	39.50
	300m: 4:12.93	42.53	700m: 9:52.25	41.24	1100m: 15:27.07	41.29	1500m: 20:47.06	36.24
	350m: 4:56.05	43.12	750m: 10:35.04	42.79	1150m: 16:08.35	41.28		
	400m: 5:39.52	43.47	800m: 11:16.95	41.91	1200m: 16:49.85	41.50		

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Prova 5, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
41.	Santiago Castanheira Martins	09	CPCD - Póvoa Sta Iria	20:53.77	308
	50m: 39.39 39.39	450m: 6:21.24 42.35	850m: 11:59.18 42.43	1250m: 17:32.36 39.52	
	100m: 1:21.72 42.33	500m: 7:04.36 43.12	900m: 12:40.91 41.73	1300m: 18:12.87 40.51	
	150m: 2:04.71 42.99	550m: 7:47.52 43.16	950m: 13:22.82 41.91	1350m: 18:53.07 40.20	
	200m: 2:47.27 42.56	600m: 8:29.50 41.98	1000m: 14:04.10 41.28	1400m: 19:34.05 40.98	
	250m: 3:29.83 42.56	650m: 9:11.13 41.63	1050m: 14:45.81 41.71	1450m: 20:14.37 40.32	
	300m: 4:12.86 43.03	700m: 9:53.69 42.56	1100m: 15:27.31 41.50	1500m: 20:53.77 39.40	
	350m: 4:55.90 43.04	750m: 10:36.27 42.58	1150m: 16:09.86 42.55		
	400m: 5:38.89 42.99	800m: 11:16.75 40.48	1200m: 16:52.84 42.98		
42.	Rui Melo Pereira	09	Benfica	20:55.39	306
	50m: 37.76 37.76	450m: 6:09.92 42.15	850m: 11:50.94 43.36	1250m: 17:32.64 41.73	
	100m: 1:18.50 40.74	500m: 6:51.73 41.81	900m: 12:34.11 43.17	1300m: 18:12.53 41.89	
	150m: 2:00.01 41.51	550m: 7:33.70 41.97	950m: 13:16.91 42.80	1350m: 18:55.19 42.66	
	200m: 2:41.28 41.27	600m: 8:16.44 42.74	1000m: 13:58.98 42.07	1400m: 19:36.93 41.74	
	250m: 3:22.46 41.18	650m: 8:59.14 42.70	1050m: 14:41.05 42.07	1450m: 20:17.65 40.72	
	300m: 4:04.46 42.00	700m: 9:41.48 42.34	1100m: 15:23.32 42.27	1500m: 20:55.39 37.74	
	350m: 4:45.22 40.76	750m: 10:24.70 43.22	1150m: 16:05.64 42.32		
	400m: 5:27.77 42.55	800m: 11:07.58 42.88	1200m: 16:48.91 43.27		
43.	Diogo Soares Marques	09	Alges	20:55.82	306
	50m: 39.71 39.71	450m: 6:18.38 41.78	850m: 11:53.77 41.94	1250m: 17:32.69 42.49	
	100m: 1:21.81 42.10	500m: 7:00.47 42.09	900m: 12:36.39 42.62	1300m: 18:10.55 41.86	
	150m: 2:04.38 42.57	550m: 7:42.49 42.02	950m: 13:17.90 41.51	1350m: 18:52.59 42.04	
	200m: 2:47.36 42.98	600m: 8:24.41 41.92	1000m: 13:59.45 41.55	1400m: 19:34.78 42.19	
	250m: 3:29.66 42.30	650m: 9:06.49 42.08	1050m: 14:41.32 41.87	1450m: 20:16.54 41.76	
	300m: 4:12.43 42.77	700m: 9:48.39 41.90	1100m: 15:23.03 41.71	1500m: 20:55.82 39.28	
	350m: 4:54.53 42.10	750m: 10:30.03 41.64	1150m: 16:04.68 41.65		
	400m: 5:36.60 42.07	800m: 11:11.83 41.80	1200m: 16:46.20 41.52		
44.	Francisco Reis Pinto	10	Alges	20:58.48	304
	50m: 38.13 38.13	450m: 6:08.22 41.61	850m: 11:48.83 41.01	1250m: 17:32.93 42.50	
	100m: 1:18.86 40.73	500m: 6:51.48 43.26	900m: 12:31.72 42.89	1300m: 18:13.89 40.96	
	150m: 1:58.99 40.13	550m: 7:34.68 43.20	950m: 13:14.75 43.03	1350m: 18:55.32 41.43	
	200m: 2:40.43 41.44	600m: 8:16.23 41.55	1000m: 13:58.71 43.96	1400m: 19:38.43 43.11	
	250m: 3:21.19 40.76	650m: 8:58.99 42.76	1050m: 14:41.38 42.67	1450m: 20:18.14 39.71	
	300m: 4:03.12 41.93	700m: 9:41.57 42.58	1100m: 15:24.38 43.00	1500m: 20:58.48 40.34	
	350m: 4:44.89 41.77	750m: 10:23.92 42.35	1150m: 16:07.29 42.91		
	400m: 5:26.61 41.72	800m: 11:07.82 43.90	1200m: 16:50.43 43.14		
45.	Andre Raposo Pinheiro	09	AONDA - Azeitão	20:59.23	304
	50m: 38.46 38.46	450m: 6:13.70 42.99	850m: 11:54.61 40.38	1250m: 17:32.07 41.81	
	100m: 1:19.22 40.76	500m: 6:56.90 43.20	900m: 12:37.39 42.78	1300m: 18:14.57 42.50	
	150m: 2:00.60 41.38	550m: 7:38.80 41.90	950m: 13:19.47 42.08	1350m: 18:56.25 41.68	
	200m: 2:41.90 41.30	600m: 8:22.43 43.63	1000m: 14:00.90 41.43	1400m: 19:37.82 41.57	
	250m: 3:24.00 42.10	650m: 9:04.99 42.56	1050m: 14:43.15 42.25	1450m: 20:19.08 41.26	
	300m: 4:06.85 42.85	700m: 9:48.66 43.67	1100m: 15:25.68 42.53	1500m: 20:59.23 40.15	
	350m: 4:48.51 41.66	750m: 10:31.16 42.50	1150m: 16:07.36 41.68		
	400m: 5:30.71 42.20	800m: 11:14.23 43.07	1200m: 16:50.26 42.90		
46.	Duarte Afonso Leite	09	Laranjeiro	20:59.82	303
	50m: 39.81 39.81	450m: 6:21.00 42.88	850m: 11:59.48 42.49	1250m: 17:38.43 42.56	
	100m: 1:22.11 42.30	500m: 7:04.44 43.44	900m: 12:42.35 42.87	1300m: 18:19.97 41.54	
	150m: 2:05.49 43.38	550m: 7:46.50 42.06	950m: 13:24.56 42.21	1350m: 19:01.24 41.27	
	200m: 2:48.20 42.71	600m: 8:28.32 41.82	1000m: 14:07.02 42.46	1400m: 19:42.16 40.92	
	250m: 3:30.34 42.14	650m: 9:10.74 42.42	1050m: 14:49.31 42.29	1450m: 20:22.64 40.48	
	300m: 4:13.34 43.00	700m: 9:52.18 41.44	1100m: 15:31.56 42.25	1500m: 20:59.82 37.18	
	350m: 4:55.60 42.26	750m: 10:34.44 42.26	1150m: 16:13.71 42.15		
	400m: 5:38.12 42.52	800m: 11:16.99 42.55	1200m: 16:55.87 42.16		
47.	Tomas Ricardo Freire	10	Sporting	21:07.95	297
	50m: 38.52 38.52	450m: 6:12.72 42.22	850m: 11:52.38 42.92	1250m: 17:34.51 43.04	
	100m: 1:18.95 40.43	500m: 6:55.39 42.67	900m: 12:34.35 41.97	1300m: 18:17.46 42.95	
	150m: 2:00.39 41.44	550m: 7:37.60 42.21	950m: 13:17.01 42.66	1350m: 19:00.27 42.81	
	200m: 2:42.35 41.96	600m: 8:20.16 42.56	1000m: 13:59.70 42.69	1400m: 19:44.01 43.74	
	250m: 3:23.74 41.39	650m: 9:01.81 41.65	1050m: 14:42.75 43.05	1450m: 20:26.75 42.74	
	300m: 4:05.98 42.24	700m: 9:44.96 43.15	1100m: 15:25.36 42.61	1500m: 21:07.95 41.20	
	350m: 4:47.85 41.87	750m: 10:27.16 42.20	1150m: 16:08.54 43.18		
	400m: 5:30.50 42.65	800m: 11:09.46 42.30	1200m: 16:51.47 42.93		
48.	Diogo Alves Castro	10	Alges	21:16.79	291
	50m: 38.04 38.04	450m: 6:18.99 43.48	850m: 12:02.59 42.80	1250m: 17:45.85 43.17	
	100m: 1:18.48 40.44	500m: 7:02.15 43.16	900m: 12:45.45 42.86	1300m: 18:29.11 43.26	
	150m: 2:00.04 41.56	550m: 7:44.95 42.80	950m: 13:28.08 42.63	1350m: 19:12.23 43.12	
	200m: 2:43.22 43.18	600m: 8:28.19 43.24	1000m: 14:10.99 42.91	1400m: 19:55.11 42.88	
	250m: 3:26.19 42.97	650m: 9:11.13 42.94	1050m: 14:53.78 42.79	1450m: 20:37.10 41.99	
	300m: 4:09.10 42.91	700m: 9:54.12 42.99	1100m: 15:37.19 43.41	1500m: 21:16.79 39.69	
	350m: 4:52.06 42.96	750m: 10:36.90 42.78	1150m: 16:20.03 42.84		
	400m: 5:35.51 43.45	800m: 11:19.79 42.89	1200m: 17:02.68 42.65		

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Prova 5, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
49.	Guilherme Costa Alves	10	Benfica	21:19.83	289
	50m: 38.51 38.51	450m: 6:23.08 43.23	850m: 12:04.79 42.64	1250m: 17:47.08 43.36	
	100m: 1:20.11 41.60	500m: 7:05.82 42.74	900m: 12:47.53 42.74	1300m: 18:30.38 43.30	
	150m: 2:03.23 43.12	550m: 7:49.06 43.24	950m: 13:30.33 42.80	1350m: 19:13.60 43.22	
	200m: 2:46.06 42.83	600m: 8:31.72 42.66	1000m: 14:12.56 42.23	1400m: 19:55.65 42.05	
	250m: 3:29.63 43.57	650m: 9:13.99 42.27	1050m: 14:55.17 42.61	1450m: 20:38.15 42.50	
	300m: 4:12.65 43.02	700m: 9:56.70 42.71	1100m: 15:37.72 42.55	1500m: 21:19.83 41.68	
	350m: 4:56.29 43.64	750m: 10:39.38 42.68	1150m: 16:21.02 43.30		
	400m: 5:39.85 43.56	800m: 11:22.15 42.77	1200m: 17:03.72 42.70		
50.	Tiago Neres Santo	10	Alges	21:20.31	289
	50m: 41.18 41.18	450m: 6:27.37 43.16	850m: 12:07.16 42.36	1250m: 17:49.54 42.13	
	100m: 1:24.32 43.14	500m: 7:09.84 42.47	900m: 12:50.03 42.87	1300m: 18:30.87 41.33	
	150m: 2:07.45 43.13	550m: 7:52.11 42.27	950m: 13:33.58 43.55	1350m: 19:14.21 43.34	
	200m: 2:51.29 43.84	600m: 8:34.42 42.31	1000m: 14:17.62 44.04	1400m: 19:57.55 43.34	
	250m: 3:33.96 42.67	650m: 9:16.94 42.52	1050m: 15:00.36 42.74	1450m: 20:40.06 42.51	
	300m: 4:17.05 43.09	700m: 10:00.07 43.13	1100m: 15:42.43 42.07	1500m: 21:20.31 40.25	
	350m: 5:00.69 43.64	750m: 10:42.38 42.31	1150m: 16:24.51 42.08		
	400m: 5:44.21 43.52	800m: 11:24.80 42.42	1200m: 17:07.41 42.90		
51.	Martim Goncalves Lopes	10	Geslourses	21:21.79	288
	50m: 38.98 38.98	450m: 6:17.28 42.35	850m: 11:59.56 43.20	1250m: 17:49.87 43.92	
	100m: 1:20.36 41.38	500m: 7:00.34 43.06	900m: 12:42.74 43.18	1300m: 18:34.67 44.80	
	150m: 2:02.90 42.54	550m: 7:42.69 42.35	950m: 13:25.98 43.24	1350m: 19:18.72 44.05	
	200m: 2:45.07 42.17	600m: 8:25.51 42.82	1000m: 14:09.97 43.99	1400m: 20:02.34 43.62	
	250m: 3:27.31 42.24	650m: 9:07.29 41.78	1050m: 14:54.42 44.45	1450m: 20:42.94 40.60	
	300m: 4:09.63 42.32	700m: 9:50.51 43.22	1100m: 15:38.04 43.62	1500m: 21:21.79 38.85	
	350m: 4:52.29 42.66	750m: 10:33.35 42.84	1150m: 16:22.26 44.22		
	400m: 5:34.93 42.64	800m: 11:16.36 43.01	1200m: 17:05.95 43.69		
52.	Cristiano Rafael Melnychuk	10	Colégio Vasco da Gama	21:24.87	286
	50m: 40.74 40.74	450m: 6:29.14 43.62	850m: 12:19.33 43.50	1250m: 18:00.28 40.57	
	100m: 1:23.00 42.26	500m: 7:12.96 43.82	900m: 13:03.70 44.37	1300m: 18:42.47 42.19	
	150m: 2:06.17 43.17	550m: 7:56.22 43.26	950m: 13:46.97 43.27	1350m: 19:23.64 41.17	
	200m: 2:49.56 43.39	600m: 8:38.93 42.71	1000m: 14:31.25 44.28	1400m: 20:04.68 41.04	
	250m: 3:33.00 43.44	650m: 9:23.12 44.19	1050m: 15:13.41 42.16	1450m: 20:46.28 41.60	
	300m: 4:16.89 43.89	700m: 10:07.84 44.72	1100m: 15:55.67 42.26	1500m: 21:24.87 38.59	
	350m: 5:00.76 43.87	750m: 10:51.76 43.92	1150m: 16:37.28 41.61		
	400m: 5:45.52 44.76	800m: 11:35.83 44.07	1200m: 17:19.71 42.43		
53.	Miguel Belo Santos	10	Alges	21:29.33	283
	50m: 40.66 40.66	450m: 6:24.19 43.17	850m: 12:12.17 43.74	1250m: 18:01.16 43.41	
	100m: 1:26.53 45.87	500m: 7:06.99 42.80	900m: 12:55.55 43.38	1300m: 18:44.11 42.95	
	150m: 2:08.28 41.75	550m: 7:50.76 43.77	950m: 13:39.51 43.96	1350m: 19:26.83 42.72	
	200m: 2:50.57 42.29	600m: 8:34.05 43.29	1000m: 14:23.45 43.94	1400m: 20:08.96 42.13	
	250m: 3:32.43 41.86	650m: 9:17.94 43.89	1050m: 15:07.64 44.19	1450m: 20:49.71 40.75	
	300m: 4:15.05 42.62	700m: 10:01.39 43.45	1100m: 15:50.98 43.34	1500m: 21:29.33 39.62	
	350m: 4:57.78 42.73	750m: 10:45.21 43.82	1150m: 16:35.01 44.03		
	400m: 5:41.02 43.24	800m: 11:28.43 43.22	1200m: 17:17.75 42.74		
54.	Rafael Carreiras Marques	10	Geslourses	21:35.44	279
	50m: 38.20 38.20	450m: 6:18.89 43.65	850m: 12:08.91 43.39	1250m: 18:02.59 44.38	
	100m: 1:18.13 39.93	500m: 7:02.37 43.48	900m: 12:53.28 44.37	1300m: 18:46.51 43.92	
	150m: 1:59.61 41.48	550m: 7:46.82 44.45	950m: 13:37.01 43.73	1350m: 19:30.60 44.09	
	200m: 2:42.20 42.59	600m: 8:30.37 43.55	1000m: 14:20.79 43.78	1400m: 20:14.52 43.92	
	250m: 3:25.87 43.67	650m: 9:14.60 44.23	1050m: 15:04.75 43.96	1450m: 20:55.89 41.37	
	300m: 4:08.91 43.04	700m: 9:58.05 43.45	1100m: 15:49.49 44.74	1500m: 21:35.44 39.55	
	350m: 4:52.31 43.40	750m: 10:41.68 43.63	1150m: 16:34.05 44.56		
	400m: 5:35.24 42.93	800m: 11:25.52 43.84	1200m: 17:18.21 44.16		
55.	Diogo Rodrigues Sousa	10	Alges	21:35.47	279
	50m: 37.90 37.90	450m: 6:14.75 43.13	850m: 12:00.89 43.72	1250m: 17:56.61 44.81	
	100m: 1:18.32 40.42	500m: 6:58.41 43.66	900m: 12:44.79 43.90	1300m: 18:40.91 44.30	
	150m: 1:59.38 41.06	550m: 7:40.63 42.22	950m: 13:28.76 43.97	1350m: 19:25.85 44.94	
	200m: 2:40.86 41.48	600m: 8:23.75 43.12	1000m: 14:13.36 44.60	1400m: 20:10.02 44.17	
	250m: 3:23.52 42.66	650m: 9:06.83 43.08	1050m: 14:57.30 43.94	1450m: 20:53.16 43.14	
	300m: 4:05.68 42.16	700m: 9:50.29 43.46	1100m: 15:42.75 45.45	1500m: 21:35.47 42.31	
	350m: 4:49.18 43.50	750m: 10:33.65 43.36	1150m: 16:27.02 44.27		
	400m: 5:31.62 42.44	800m: 11:17.17 43.52	1200m: 17:11.80 44.78		
56.	Afonso Velada Pereira	10	Sporting	21:42.44	274
	50m: 41.27 41.27	450m: 6:26.17 42.42	850m: 12:16.08 44.22	1250m: 18:09.12 43.75	
	100m: 1:24.75 43.48	500m: 7:09.76 43.59	900m: 13:00.32 44.24	1300m: 18:53.56 44.44	
	150m: 2:07.55 42.80	550m: 7:53.53 43.77	950m: 13:44.02 43.70	1350m: 19:36.97 43.41	
	200m: 2:50.09 42.54	600m: 8:36.95 43.42	1000m: 14:28.38 44.36	1400m: 20:20.13 43.16	
	250m: 3:32.99 42.90	650m: 9:20.55 43.60	1050m: 15:12.33 43.95	1450m: 21:01.88 41.75	
	300m: 4:16.23 43.24	700m: 10:04.09 43.54	1100m: 15:57.45 45.12	1500m: 21:42.44 40.56	
	350m: 5:00.09 43.86	750m: 10:48.23 44.14	1150m: 16:41.94 44.49		
	400m: 5:43.75 43.66	800m: 11:31.86 43.63	1200m: 17:25.37 43.43		

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Prova 5, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
57.	Tiago Moreira Almeida	10	Salesianos	21:43.54	274
	50m: 38.88 38.88	450m: 6:30.00 43.19	850m: 12:20.29 43.88	1250m: 18:10.13 43.90	
	100m: 1:22.72 43.84	500m: 7:14.16 44.16	900m: 13:03.87 43.58	1300m: 18:54.07 43.94	
	150m: 2:06.92 44.20	550m: 7:57.97 43.81	950m: 13:47.72 43.85	1350m: 19:38.34 44.27	
	200m: 2:50.69 43.77	600m: 8:41.29 43.32	1000m: 14:30.46 42.74	1400m: 20:23.46 45.12	
	250m: 3:34.26 43.57	650m: 9:24.88 43.59	1050m: 15:13.82 43.36	1450m: 21:06.53 43.07	
	300m: 4:18.60 44.34	700m: 10:08.19 43.31	1100m: 15:57.80 43.98	1500m: 21:43.54 37.01	
	350m: 5:02.72 44.12	750m: 10:52.30 44.11	1150m: 16:42.38 44.58		
	400m: 5:46.81 44.09	800m: 11:36.41 44.11	1200m: 17:26.23 43.85		
58.	Joao Alves Mendes	10	Benfica	21:44.89	273
	50m: 40.07 40.07	450m: 6:26.26 43.29	850m: 12:15.23 43.31	1250m: 18:05.14 44.51	
	100m: 1:22.42 42.35	500m: 7:10.21 43.95	900m: 12:58.77 43.54	1300m: 18:49.79 44.65	
	150m: 2:05.46 43.04	550m: 7:53.14 42.93	950m: 13:42.78 44.01	1350m: 19:34.78 44.99	
	200m: 2:48.75 43.29	600m: 8:36.86 43.72	1000m: 14:26.13 43.35	1400m: 20:19.00 44.22	
	250m: 3:32.40 43.65	650m: 9:20.62 43.76	1050m: 15:09.62 43.49	1450m: 21:02.98 43.98	
	300m: 4:15.89 43.49	700m: 10:03.96 43.34	1100m: 15:53.81 44.19	1500m: 21:44.89 41.91	
	350m: 4:59.29 43.40	750m: 10:47.96 44.00	1150m: 16:37.73 43.92		
	400m: 5:42.97 43.68	800m: 11:31.92 43.96	1200m: 17:20.63 42.90		
59.	Henrique Matos Sebroza	10	Gesloures	21:48.90	270
	50m: 39.79 39.79	450m: 6:29.93 44.07	850m: 12:21.33 43.75	1250m: 18:14.06 44.36	
	100m: 1:22.74 42.95	500m: 7:13.70 43.77	900m: 13:05.45 44.12	1300m: 18:58.01 43.95	
	150m: 2:06.27 43.53	550m: 7:57.92 44.22	950m: 13:49.06 43.61	1350m: 19:42.91 44.90	
	200m: 2:50.05 43.78	600m: 8:41.34 43.42	1000m: 14:32.70 43.64	1400m: 20:26.70 43.79	
	250m: 3:33.85 43.80	650m: 9:25.28 43.94	1050m: 15:17.02 44.32	1450m: 21:10.32 43.62	
	300m: 4:18.02 44.17	700m: 10:09.47 44.19	1100m: 16:00.96 43.94	1500m: 21:48.90 38.58	
	350m: 5:02.31 44.29	750m: 10:53.56 44.09	1150m: 16:45.12 44.16		
	400m: 5:45.86 43.55	800m: 11:37.58 44.02	1200m: 17:29.70 44.58		
60.	Jose Luis Assuncao	10	Bombeiros dos Estoriz	21:50.01	270
	50m: 40.17 40.17	450m: 6:27.05 43.75	850m: 12:18.38 44.46	1250m: 18:14.13 44.89	
	100m: 1:22.83 42.66	500m: 7:10.75 43.70	900m: 13:02.93 44.55	1300m: 18:58.55 44.42	
	150m: 2:06.46 43.63	550m: 7:53.46 42.71	950m: 13:48.19 45.26	1350m: 19:42.80 44.25	
	200m: 2:49.86 43.40	600m: 8:36.99 43.53	1000m: 14:32.28 44.09	1400m: 20:27.01 44.21	
	250m: 3:33.58 43.72	650m: 9:20.86 43.87	1050m: 15:16.64 44.36	1450m: 21:10.91 43.90	
	300m: 4:16.96 43.38	700m: 10:05.40 44.54	1100m: 16:00.98 44.34	1500m: 21:50.01 39.10	
	350m: 4:59.09 42.13	750m: 10:49.27 43.87	1150m: 16:45.25 44.27		
	400m: 5:43.30 44.21	800m: 11:33.92 44.65	1200m: 17:29.24 43.99		
61.	Bernardo Miguel Oliveira	09	Salesianos	21:56.23	266
	50m: 37.86 37.86	450m: 6:26.86 44.94	850m: 12:25.12 45.17	1250m: 18:22.92 42.69	
	100m: 1:18.65 40.79	500m: 7:11.97 45.11	900m: 13:09.98 44.86	1300m: 19:05.38 42.46	
	150m: 2:01.91 43.26	550m: 7:56.61 44.64	950m: 13:54.01 44.03	1350m: 19:49.15 43.77	
	200m: 2:46.23 44.32	600m: 8:40.83 44.22	1000m: 14:38.96 44.95	1400m: 20:32.58 43.43	
	250m: 3:29.42 43.19	650m: 9:25.94 45.11	1050m: 15:23.88 44.92	1450m: 21:15.42 42.84	
	300m: 4:12.53 43.11	700m: 10:10.87 44.93	1100m: 16:08.48 44.60	1500m: 21:56.23 40.81	
	350m: 4:57.38 44.85	750m: 10:54.66 43.79	1150m: 16:53.69 45.21		
	400m: 5:41.92 44.54	800m: 11:39.95 45.29	1200m: 17:40.23 46.54		
62.	Goncalo Soares Brito	10	Bombeiros dos Estoriz	22:00.97	263
	50m: 40.23 40.23	450m: 6:31.58 44.25	850m: 12:24.76 44.43	1250m: 18:21.35 45.08	
	100m: 1:23.94 43.71	500m: 7:15.50 43.92	900m: 13:08.90 44.14	1300m: 19:05.94 44.59	
	150m: 2:07.67 43.73	550m: 7:59.26 43.76	950m: 13:52.87 43.97	1350m: 19:50.97 45.03	
	200m: 2:51.20 43.53	600m: 8:43.28 44.02	1000m: 14:37.16 44.29	1400m: 20:35.82 44.85	
	250m: 3:34.93 43.73	650m: 9:27.62 44.34	1050m: 15:21.26 44.10	1450m: 21:20.38 44.56	
	300m: 4:19.24 44.31	700m: 10:12.54 44.92	1100m: 16:06.54 45.28	1500m: 22:00.97 40.59	
	350m: 5:03.25 44.01	750m: 10:56.42 43.88	1150m: 16:50.92 44.38		
	400m: 5:47.33 44.08	800m: 11:40.33 43.91	1200m: 17:36.27 45.35		
63.	Tomas Maria Horta	10	Gesloures	22:01.89	262
	50m: 42.55 42.55	450m: 6:36.01 44.27	850m: 12:33.02 44.89	1250m: 18:27.51 44.37	
	100m: 1:26.43 43.88	500m: 7:20.68 44.67	900m: 13:17.66 44.64	1300m: 19:11.63 44.12	
	150m: 2:10.56 44.13	550m: 8:04.95 44.27	950m: 14:02.09 44.43	1350m: 19:56.01 44.38	
	200m: 2:54.74 44.18	600m: 8:49.97 45.02	1000m: 14:46.83 44.74	1400m: 20:39.53 43.52	
	250m: 3:38.66 43.92	650m: 9:34.49 44.52	1050m: 15:30.87 44.04	1450m: 21:21.63 42.10	
	300m: 4:22.94 44.28	700m: 10:19.22 44.73	1100m: 16:14.89 44.02	1500m: 22:01.89 40.26	
	350m: 5:06.89 43.95	750m: 11:03.61 44.39	1150m: 16:59.08 44.19		
	400m: 5:51.74 44.85	800m: 11:48.13 44.52	1200m: 17:43.14 44.06		
64.	Manuel Mendes Almeida	10	Sporting	22:09.40	258
	50m: 40.00 40.00	450m: 6:38.23 45.13	850m: 12:41.82 45.14	1250m: 18:37.14 45.10	
	100m: 1:23.98 43.98	500m: 7:24.10 45.87	900m: 13:27.11 45.29	1300m: 19:20.28 43.14	
	150m: 2:08.93 44.95	550m: 8:08.48 44.38	950m: 14:10.78 43.67	1350m: 20:03.36 43.08	
	200m: 2:53.97 45.04	600m: 8:54.05 45.57	1000m: 14:55.78 45.00	1400m: 20:47.92 44.56	
	250m: 3:38.77 44.80	650m: 9:38.96 44.91	1050m: 15:41.29 45.51	1450m: 21:28.79 40.87	
	300m: 4:23.23 44.46	700m: 10:24.07 45.11	1100m: 16:23.94 42.65	1500m: 22:09.40 40.61	
	350m: 5:08.08 44.85	750m: 11:10.99 46.92	1150m: 17:07.49 43.55		
	400m: 5:53.10 45.02	800m: 11:56.68 45.69	1200m: 17:52.04 44.55		

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Prova 5, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
65.	Afonso Santos Carromeu	09	Naval Setubalense	22:12.14	256
	50m: 41.55 41.55	450m: 6:42.37 45.66	850m: 12:44.71 42.85	1250m: 18:39.03 44.85	
	100m: 1:25.72 44.17	500m: 7:28.56 46.19	900m: 13:27.89 43.18	1300m: 19:23.00 43.97	
	150m: 2:10.07 44.35	550m: 8:15.52 46.96	950m: 14:12.15 44.26	1350m: 20:06.39 43.39	
	200m: 2:54.73 44.66	600m: 8:59.86 44.34	1000m: 14:56.22 44.07	1400m: 20:49.57 43.18	
	250m: 3:40.01 45.28	650m: 9:45.38 45.52	1050m: 15:41.08 44.86	1450m: 21:31.92 42.35	
	300m: 4:25.24 45.23	700m: 10:30.51 45.13	1100m: 16:25.69 44.61	1500m: 22:12.14 40.22	
	350m: 5:11.07 45.83	750m: 11:16.17 45.66	1150m: 17:10.19 44.50		
	400m: 5:56.71 45.64	800m: 12:01.86 45.69	1200m: 17:54.18 43.99		
66.	Ricardo Martins Brizado	09	Sporting	22:13.10	256
	50m: 38.41 38.41	450m: 6:30.84 44.45	850m: 12:29.73 44.99	1250m: 18:31.49 45.22	
	100m: 1:19.32 40.91	500m: 7:15.69 44.85	900m: 13:14.81 45.08	1300m: 19:16.70 45.21	
	150m: 2:02.81 43.49	550m: 8:00.33 44.64	950m: 14:00.11 45.30	1350m: 20:02.21 45.51	
	200m: 2:47.02 44.21	600m: 8:45.50 45.17	1000m: 14:44.70 44.59	1400m: 20:47.39 45.18	
	250m: 3:31.43 44.41	650m: 9:30.40 44.90	1050m: 15:30.68 45.98	1450m: 21:31.94 44.55	
	300m: 4:16.31 44.88	700m: 10:15.35 44.95	1100m: 16:16.42 45.74	1500m: 22:13.10 41.16	
	350m: 5:01.19 44.88	750m: 11:00.46 45.11	1150m: 17:01.01 44.59		
	400m: 5:46.39 45.20	800m: 11:44.74 44.28	1200m: 17:46.27 45.26		
67.	Afonso Daniel Carvalhas	10	AONDA - Azeitão	22:51.77	235
	50m: 41.41 41.41	450m: 6:47.29 46.23	850m: 13:00.44 48.16	1250m: 19:10.68 46.38	
	100m: 1:25.46 44.05	500m: 7:34.41 47.12	900m: 13:46.28 45.84	1300m: 19:56.45 45.77	
	150m: 2:11.33 45.87	550m: 8:20.79 46.38	950m: 14:32.57 46.29	1350m: 20:42.11 45.66	
	200m: 2:56.55 45.22	600m: 9:07.18 46.39	1000m: 15:19.21 46.64	1400m: 21:27.21 45.10	
	250m: 3:42.62 46.07	650m: 9:52.56 45.38	1050m: 16:05.09 45.88	1450m: 22:09.34 42.13	
	300m: 4:28.69 46.07	700m: 10:40.24 47.68	1100m: 16:52.20 47.11	1500m: 22:51.77 42.43	
	350m: 5:14.87 46.18	750m: 11:27.18 46.94	1150m: 17:38.63 46.43		
	400m: 6:01.06 46.19	800m: 12:12.28 45.10	1200m: 18:24.30 45.67		
68.	Martim Alves Dias	10	Naval Setubalense	23:27.52	217
	50m: 45.91 45.91	450m: 7:00.06 47.13	850m: 13:19.20 47.41	1250m: 19:37.45 46.85	
	100m: 1:32.15 46.24	500m: 7:47.04 46.98	900m: 14:06.78 47.58	1300m: 20:24.18 46.73	
	150m: 2:17.70 45.55	550m: 8:34.38 47.34	950m: 14:54.96 48.18	1350m: 21:10.63 46.45	
	200m: 3:04.15 46.45	600m: 9:22.37 47.99	1000m: 15:41.28 46.32	1400m: 21:57.03 46.40	
	250m: 3:51.33 47.18	650m: 10:09.19 46.82	1050m: 16:28.49 47.21	1450m: 22:43.84 46.81	
	300m: 4:38.07 46.74	700m: 10:56.37 47.18	1100m: 17:16.29 47.80	1500m: 23:27.52 43.68	
	350m: 5:24.92 46.85	750m: 11:44.17 47.80	1150m: 18:03.21 46.92		
	400m: 6:12.93 48.01	800m: 12:31.79 47.62	1200m: 18:50.60 47.39		
DNS	Tiago Trindade Manuel	09	Palmela Desporto		

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