

Prova 7  
28.05.2023 - 15:30

Masc., 1500m Livres

Juvenis  
Resultados

Rec Regional Juv A	16:01.32	Diogo Santos Cardoso	POR	Guarda	2016
Rec Regional Juv B	15:55.78	Rui Silva Pereira	POR	Tomar	2023
Rec Regional Absoluto	15:00.35	Filipe Miguel Santo	POR	Alges	2018
Rec Nacional Juv A	15:36.31	Rui Filipe Costa	POR		2007
Rec Nacional Juv B	16:09.71	Luis Miguel Monteiro	POR	Felgueiras	1998
Rec Nacional Absoluto	14:39.82	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021

Mínimo Participação Juv B: 19:51.17; Juv A: 19:16.48

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Juvenis B</b>					
1.	Afonso Gago Garcia	08	Benfica	<b>16:57.69</b>	576
	50m: 31.46 31.46	450m: 5:05.14 34.46	850m: 9:37.72 33.48	1250m: 14:07.29 33.81	
	100m: 1:04.75 33.29	500m: 5:40.32 35.18	900m: 10:11.49 33.77	1300m: 14:41.44 34.15	
	150m: 1:38.63 33.88	550m: 6:14.02 33.70	950m: 10:45.48 33.99	1350m: 15:15.85 34.41	
	200m: 2:12.83 34.20	600m: 6:48.00 33.98	1000m: 11:19.58 34.10	1400m: 15:49.79 33.94	
	250m: 2:47.46 34.63	650m: 7:21.96 33.96	1050m: 11:53.16 33.58	1450m: 16:24.13 34.34	
	300m: 3:21.67 34.21	700m: 7:56.52 34.56	1100m: 12:26.31 33.15	1500m: 16:57.69 33.56	
	350m: 3:56.05 34.38	750m: 8:30.45 33.93	1150m: 12:59.83 33.52		
	400m: 4:30.68 34.63	800m: 9:04.24 33.79	1200m: 13:33.48 33.65		
2.	Ricardo Figueiredo Fernandes	08	Colegio Int Monte Maior	<b>17:03.03</b>	567
	50m: 32.23 32.23	450m: 5:01.86 34.09	850m: 9:38.41 34.50	1250m: 14:13.55 34.68	
	100m: 1:04.97 32.74	500m: 5:36.68 34.82	900m: 10:12.52 34.11	1300m: 14:47.72 34.17	
	150m: 1:38.47 33.50	550m: 6:11.28 34.60	950m: 10:46.30 33.78	1350m: 15:22.41 34.69	
	200m: 2:12.25 33.78	600m: 6:46.24 34.96	1000m: 11:20.81 34.51	1400m: 15:56.69 34.28	
	250m: 2:45.96 33.71	650m: 7:20.68 34.44	1050m: 11:54.77 33.96	1450m: 16:30.85 34.16	
	300m: 3:19.61 33.65	700m: 7:55.60 34.92	1100m: 12:29.72 34.95	1500m: 17:03.03 32.18	
	350m: 3:53.69 34.08	750m: 8:29.78 34.18	1150m: 13:04.39 34.67		
	400m: 4:27.77 34.08	800m: 9:03.91 34.13	1200m: 13:38.87 34.48		
3.	Pedro Saad Oliveira	08	Sporting	<b>17:29.83</b>	524
	50m: 33.11 33.11	450m: 5:11.28 35.40	850m: 9:54.17 35.54	1250m: 14:35.25 35.15	
	100m: 1:07.39 34.28	500m: 5:46.38 35.10	900m: 10:29.01 34.84	1300m: 15:10.84 35.59	
	150m: 1:41.66 34.27	550m: 6:21.95 35.57	950m: 11:04.39 35.38	1350m: 15:46.34 35.50	
	200m: 2:16.15 34.49	600m: 6:57.69 35.74	1000m: 11:39.38 34.99	1400m: 16:21.41 35.07	
	250m: 2:50.85 34.70	650m: 7:32.97 35.28	1050m: 12:14.34 34.96	1450m: 16:56.52 35.11	
	300m: 3:26.28 35.43	700m: 8:08.15 35.18	1100m: 12:49.48 35.14	1500m: 17:29.83 33.31	
	350m: 4:01.02 34.74	750m: 8:43.33 35.18	1150m: 13:24.79 35.31		
	400m: 4:35.88 34.86	800m: 9:18.63 35.30	1200m: 14:00.10 35.31		
4.	David Jesus Morgado	08	Sporting	<b>17:38.66</b>	511
	50m: 33.01 33.01	450m: 5:14.48 35.58	850m: 9:58.79 35.63	1250m: 14:44.58 35.17	
	100m: 1:07.72 34.71	500m: 5:49.88 35.40	900m: 10:34.58 35.79	1300m: 15:19.83 35.25	
	150m: 1:42.90 35.18	550m: 6:25.44 35.56	950m: 11:10.66 36.08	1350m: 15:54.84 35.01	
	200m: 2:18.17 35.27	600m: 7:00.96 35.52	1000m: 11:46.50 35.84	1400m: 16:30.01 35.17	
	250m: 2:53.18 35.01	650m: 7:36.66 35.70	1050m: 12:22.37 35.87	1450m: 17:04.97 34.96	
	300m: 3:28.13 34.95	700m: 8:12.45 35.79	1100m: 12:58.27 35.90	1500m: 17:38.66 33.69	
	350m: 4:03.44 35.31	750m: 8:47.98 35.53	1150m: 13:33.83 35.56		
	400m: 4:38.90 35.46	800m: 9:23.16 35.18	1200m: 14:09.41 35.58		
5.	Pedro Caiada Rodrigues	08	Benfica	<b>17:43.23</b>	505
	50m: 31.68 31.68	450m: 5:03.56 35.12	850m: 9:50.00 36.04	1250m: 14:42.28 36.48	
	100m: 1:03.88 32.20	500m: 5:38.63 35.07	900m: 10:26.82 36.82	1300m: 15:18.74 36.46	
	150m: 1:37.03 33.15	550m: 6:13.38 34.75	950m: 11:03.34 36.52	1350m: 15:55.42 36.68	
	200m: 2:10.86 33.83	600m: 6:48.61 35.23	1000m: 11:39.64 36.30	1400m: 16:31.48 36.06	
	250m: 2:44.89 34.03	650m: 7:24.26 35.65	1050m: 12:16.42 36.78	1450m: 17:07.75 36.27	
	300m: 3:19.30 34.41	700m: 8:00.49 36.23	1100m: 12:53.02 36.60	1500m: 17:43.23 35.48	
	350m: 3:53.60 34.30	750m: 8:37.05 36.56	1150m: 13:28.82 35.80		
	400m: 4:28.44 34.84	800m: 9:13.96 36.91	1200m: 14:05.80 36.98		
6.	Henrique Barros Domingos	08	Sporting	<b>17:54.70</b>	489
	50m: 33.43 33.43	450m: 5:18.35 35.95	850m: 10:05.63 35.89	1250m: 14:55.89 36.54	
	100m: 1:08.59 35.16	500m: 5:54.18 35.83	900m: 10:41.86 36.23	1300m: 15:31.39 35.50	
	150m: 1:44.10 35.51	550m: 6:29.95 35.77	950m: 11:17.74 35.88	1350m: 16:07.53 36.14	
	200m: 2:19.86 35.76	600m: 7:05.98 36.03	1000m: 11:54.02 36.28	1400m: 16:43.51 35.98	
	250m: 2:55.34 35.48	650m: 7:41.67 35.69	1050m: 12:30.40 36.38	1450m: 17:19.83 36.32	
	300m: 3:30.92 35.58	700m: 8:17.77 36.10	1100m: 13:06.73 36.33	1500m: 17:54.70 34.87	
	350m: 4:06.53 35.61	750m: 8:53.82 36.05	1150m: 13:43.01 36.28		
	400m: 4:42.40 35.87	800m: 9:29.74 35.92	1200m: 14:19.35 36.34		

Prova 7, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Alexandre Frederico Braz	08	Sporting	<b>18:06.67</b>	473
	50m: 34.91 34.91	450m: 5:26.95 36.62	850m: 10:16.27 36.10	1250m: 15:06.11 36.51	
	100m: 1:11.05 36.14	500m: 6:03.27 36.32	900m: 10:51.99 35.72	1300m: 15:42.36 36.25	
	150m: 1:47.59 36.54	550m: 6:39.49 36.22	950m: 11:27.88 35.89	1350m: 16:18.28 35.92	
	200m: 2:24.44 36.85	600m: 7:15.77 36.28	1000m: 12:03.99 36.11	1400m: 16:54.95 36.67	
	250m: 3:00.86 36.42	650m: 7:51.94 36.17	1050m: 12:40.34 36.35	1450m: 17:31.13 36.18	
	300m: 3:37.33 36.47	700m: 8:28.04 36.10	1100m: 13:16.33 35.99	1500m: 18:06.67 35.54	
	350m: 4:13.93 36.60	750m: 9:04.41 36.37	1150m: 13:53.08 36.75		
	400m: 4:50.33 36.40	800m: 9:40.17 35.76	1200m: 14:29.60 36.52		
8.	Afonso Mendonca Ornelas	08	Gesloures	<b>18:13.40</b>	464
	50m: 32.95 32.95	450m: 5:24.88 35.58	850m: 10:19.14 36.38	1250m: 15:16.00 37.00	
	100m: 1:09.25 36.30	500m: 6:02.57 37.69	900m: 10:56.83 37.69	1300m: 15:51.67 35.67	
	150m: 1:45.05 35.80	550m: 6:39.29 36.72	950m: 11:34.76 37.93	1350m: 16:29.08 37.41	
	200m: 2:22.33 37.28	600m: 7:16.21 36.92	1000m: 12:11.47 36.71	1400m: 17:03.97 34.89	
	250m: 2:59.15 36.82	650m: 7:53.09 36.88	1050m: 12:47.96 36.49	1450m: 17:40.08 36.11	
	300m: 3:35.29 36.14	700m: 8:30.21 37.12	1100m: 13:25.68 37.72	1500m: 18:13.40 33.32	
	350m: 4:12.60 37.31	750m: 9:07.25 37.04	1150m: 14:02.46 36.78		
	400m: 4:49.30 36.70	800m: 9:42.76 35.51	1200m: 14:39.00 36.54		
9.	Goncalo Jorge Lima	08	Sporting	<b>18:20.33</b>	455
	50m: 33.73 33.73	450m: 5:31.53 37.41	850m: 10:28.85 37.01	1250m: 15:22.33 36.36	
	100m: 1:10.40 36.67	500m: 6:08.71 37.18	900m: 11:05.89 37.04	1300m: 15:58.16 35.83	
	150m: 1:47.45 37.05	550m: 6:46.03 37.32	950m: 11:42.86 36.97	1350m: 16:34.46 36.30	
	200m: 2:25.23 37.78	600m: 7:23.15 37.12	1000m: 12:19.90 37.04	1400m: 17:10.50 36.04	
	250m: 3:02.28 37.05	650m: 8:00.24 37.09	1050m: 12:56.46 36.56	1450m: 17:46.22 35.72	
	300m: 3:39.53 37.25	700m: 8:37.73 37.49	1100m: 13:33.17 36.71	1500m: 18:20.33 34.11	
	350m: 4:16.84 37.31	750m: 9:14.94 37.21	1150m: 14:09.55 36.38		
	400m: 4:54.12 37.28	800m: 9:51.84 36.90	1200m: 14:45.97 36.42		
10.	Afonso Oliveira Diniz	08	Benfica	<b>18:24.59</b>	450
	50m: 34.72 34.72	450m: 5:28.93 36.93	850m: 10:22.25 36.77	1250m: 15:20.81 37.45	
	100m: 1:11.32 36.60	500m: 6:05.49 36.56	900m: 10:59.42 37.17	1300m: 15:57.94 37.13	
	150m: 1:48.18 36.86	550m: 6:42.14 36.65	950m: 11:36.58 37.16	1350m: 16:34.85 36.91	
	200m: 2:25.53 37.35	600m: 7:18.77 36.63	1000m: 12:13.83 37.25	1400m: 17:12.13 37.28	
	250m: 3:02.03 36.50	650m: 7:55.56 36.79	1050m: 12:51.30 37.47	1450m: 17:49.07 36.94	
	300m: 3:38.61 36.58	700m: 8:31.99 36.43	1100m: 13:28.71 37.41	1500m: 18:24.59 35.52	
	350m: 4:15.36 36.75	750m: 9:08.52 36.53	1150m: 14:06.04 37.33		
	400m: 4:52.00 36.64	800m: 9:45.48 36.96	1200m: 14:43.36 37.32		
11.	Joao Filipe Prazeres	08	Gesloures	<b>18:48.26</b>	422
	50m: 34.62 34.62	450m: 5:32.30 37.84	850m: 10:36.13 37.86	1250m: 15:42.30 38.06	
	100m: 1:10.71 36.09	500m: 6:09.91 37.61	900m: 11:14.27 38.14	1300m: 16:20.31 38.01	
	150m: 1:47.30 36.59	550m: 6:47.96 38.05	950m: 11:53.00 38.73	1350m: 16:58.52 38.21	
	200m: 2:25.11 37.81	600m: 7:26.31 38.35	1000m: 12:30.94 37.94	1400m: 17:36.63 38.11	
	250m: 3:02.17 37.06	650m: 8:03.95 37.64	1050m: 13:09.60 38.66	1450m: 18:13.95 37.32	
	300m: 3:39.53 37.36	700m: 8:42.12 38.17	1100m: 13:47.89 38.29	1500m: 18:48.26 34.31	
	350m: 4:16.98 37.45	750m: 9:20.04 37.92	1150m: 14:25.78 37.89		
	400m: 4:54.46 37.48	800m: 9:58.27 38.23	1200m: 15:04.24 38.46		
12.	David Filipe Boleo	08	Sporting	<b>19:03.04</b>	406
	50m: 34.44 34.44	450m: 5:38.84 38.37	850m: 10:47.96 38.75	1250m: 15:54.45 38.09	
	100m: 1:11.16 36.72	500m: 6:17.32 38.48	900m: 11:26.43 38.47	1300m: 16:32.34 37.89	
	150m: 1:49.08 37.92	550m: 6:56.04 38.72	950m: 12:04.88 38.45	1350m: 17:10.79 38.45	
	200m: 2:27.12 38.04	600m: 7:34.54 38.50	1000m: 12:43.23 38.35	1400m: 17:48.54 37.75	
	250m: 3:04.80 37.68	650m: 8:13.22 38.68	1050m: 13:21.60 38.37	1450m: 18:25.77 37.23	
	300m: 3:43.20 38.40	700m: 8:52.10 38.88	1100m: 13:59.97 38.37	1500m: 19:03.04 37.27	
	350m: 4:21.89 38.69	750m: 9:30.33 38.23	1150m: 14:38.35 38.38		
	400m: 5:00.47 38.58	800m: 10:09.21 38.88	1200m: 15:16.36 38.01		
13.	Francisco Rodrigues Vilar	08	Sporting	<b>19:42.01</b>	367
	50m: 37.45 37.45	450m: 5:50.81 39.92	850m: 11:07.49 40.01	1250m: 16:25.97 40.05	
	100m: 1:16.06 38.61	500m: 6:30.30 39.49	900m: 11:47.78 40.29	1300m: 17:06.03 40.06	
	150m: 1:54.79 38.73	550m: 7:09.11 38.81	950m: 12:27.68 39.90	1350m: 17:45.81 39.78	
	200m: 2:33.91 39.12	600m: 7:48.98 39.87	1000m: 13:07.20 39.52	1400m: 18:24.47 38.66	
	250m: 3:13.31 39.40	650m: 8:28.65 39.67	1050m: 13:46.97 39.77	1450m: 19:03.21 38.74	
	300m: 3:52.62 39.31	700m: 9:08.15 39.50	1100m: 14:26.90 39.93	1500m: 19:42.01 38.80	
	350m: 4:31.72 39.10	750m: 9:47.97 39.82	1150m: 15:06.55 39.65		
	400m: 5:10.89 39.17	800m: 10:27.48 39.51	1200m: 15:45.92 39.37		
14.	Mykhailo Kulyk	08	Sporting	<b>19:52.70</b>	357
	<i>Fora Minimo Acesso</i>				
	50m: 36.22 36.22	450m: 5:53.11 40.61	850m: 11:14.00 40.13	1250m: 16:35.01 40.29	
	100m: 1:13.89 37.67	500m: 6:33.35 40.24	900m: 11:53.75 39.75	1300m: 17:15.14 40.13	
	150m: 1:52.91 39.02	550m: 7:13.94 40.59	950m: 12:34.06 40.31	1350m: 17:55.07 39.93	
	200m: 2:33.03 40.12	600m: 7:54.85 40.91	1000m: 13:14.15 40.09	1400m: 18:34.77 39.70	
	250m: 3:13.12 40.09	650m: 8:34.34 39.49	1050m: 13:54.79 40.64	1450m: 19:14.58 39.81	
	300m: 3:52.82 39.70	700m: 9:14.02 39.68	1100m: 14:34.61 39.82	1500m: 19:52.70 38.12	
	350m: 4:32.69 39.87	750m: 9:54.10 40.08	1150m: 15:14.34 39.73		
	400m: 5:12.50 39.81	800m: 10:33.87 39.77	1200m: 15:54.72 40.38		

Prova 7, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
15.	Rodrigo Capitaó Chora <i>Fora Mínimo Acesso</i>	08	Naval Setubalense	<b>20:16.21</b>	337
	50m: 35.63 35.63	450m: 5:51.27 40.75	850m: 11:18.09 40.72	1250m: 16:50.19 41.81	
	100m: 1:12.83 37.20	500m: 6:32.16 40.89	900m: 11:59.37 41.28	1300m: 17:31.99 41.80	
	150m: 1:51.04 38.21	550m: 7:13.38 41.22	950m: 12:40.80 41.43	1350m: 18:13.85 41.86	
	200m: 2:30.28 39.24	600m: 7:54.02 40.64	1000m: 13:22.36 41.56	1400m: 18:55.31 41.46	
	250m: 3:10.06 39.78	650m: 8:34.71 40.69	1050m: 14:03.66 41.30	1450m: 19:36.59 41.28	
	300m: 3:50.22 40.16	700m: 9:15.26 40.55	1100m: 14:45.20 41.54	1500m: 20:16.21 39.62	
	350m: 4:30.25 40.03	750m: 9:56.35 41.09	1150m: 15:26.60 41.40		
	400m: 5:10.52 40.27	800m: 10:37.37 41.02	1200m: 16:08.38 41.78		
16.	Tiago Filipe Esteves <i>Fora Mínimo Acesso</i>	08	Naval Setubalense	<b>20:43.54</b>	315
	50m: 38.08 38.08	450m: 6:09.94 41.97	850m: 11:45.35 41.99	1250m: 17:18.54 41.79	
	100m: 1:18.61 40.53	500m: 6:52.04 42.10	900m: 12:26.98 41.63	1300m: 17:59.99 41.45	
	150m: 2:00.31 41.70	550m: 7:34.07 42.03	950m: 13:08.69 41.71	1350m: 18:41.46 41.47	
	200m: 2:41.79 41.48	600m: 8:15.83 41.76	1000m: 13:50.08 41.39	1400m: 19:22.98 41.52	
	250m: 3:23.29 41.50	650m: 8:57.90 42.07	1050m: 14:31.38 41.30	1450m: 20:04.20 41.22	
	300m: 4:04.93 41.64	700m: 9:39.65 41.75	1100m: 15:13.28 41.90	1500m: 20:43.54 39.34	
	350m: 4:46.08 41.15	750m: 10:21.51 41.86	1150m: 15:55.08 41.80		
	400m: 5:27.97 41.89	800m: 11:03.36 41.85	1200m: 16:36.75 41.67		

Juvenis A

1.	Axel Guedes Asmar	07	Sporting	<b>16:28.00</b>	629
	50m: 30.67 30.67	450m: 4:48.64 32.87	850m: 9:14.74 33.72	1250m: 13:41.81 33.31	
	100m: 1:01.87 31.20	500m: 5:21.69 33.05	900m: 9:47.85 33.11	1300m: 14:15.32 33.51	
	150m: 1:33.80 31.93	550m: 5:54.51 32.82	950m: 10:20.80 32.95	1350m: 14:49.00 33.68	
	200m: 2:05.83 32.03	600m: 6:27.54 33.03	1000m: 10:54.15 33.35	1400m: 15:23.03 34.03	
	250m: 2:37.96 32.13	650m: 7:00.92 33.38	1050m: 11:27.62 33.47	1450m: 15:56.52 33.49	
	300m: 3:10.55 32.59	700m: 7:33.96 33.04	1100m: 12:01.62 34.00	1500m: 16:28.00 31.48	
	350m: 3:43.14 32.59	750m: 8:07.77 33.81	1150m: 12:34.92 33.30		
	400m: 4:15.77 32.63	800m: 8:41.02 33.25	1200m: 13:08.50 33.58		
2.	Miguel Braga Gomes	07	Sporting	<b>16:52.84</b>	584
	50m: 31.29 31.29	450m: 4:59.63 33.64	850m: 9:30.60 34.14	1250m: 14:02.12 34.23	
	100m: 1:04.14 32.85	500m: 5:33.44 33.81	900m: 10:04.36 33.76	1300m: 14:36.79 34.67	
	150m: 1:37.43 33.29	550m: 6:06.64 33.20	950m: 10:38.06 33.70	1350m: 15:11.16 34.37	
	200m: 2:11.09 33.66	600m: 6:40.38 33.74	1000m: 11:11.92 33.86	1400m: 15:45.82 34.66	
	250m: 2:44.65 33.56	650m: 7:14.23 33.85	1050m: 11:45.75 33.83	1450m: 16:20.51 34.69	
	300m: 3:18.50 33.85	700m: 7:48.25 34.02	1100m: 12:19.80 34.05	1500m: 16:52.84 32.33	
	350m: 3:52.22 33.72	750m: 8:22.25 34.00	1150m: 12:53.67 33.87		
	400m: 4:25.99 33.77	800m: 8:56.46 34.21	1200m: 13:27.89 34.22		
3.	Daniel Casaca Carvalho	07	Colégio Vasco da Gama	<b>16:53.20</b>	583
	50m: 30.53 30.53	450m: 4:59.61 33.64	850m: 9:35.26 34.23	1250m: 14:07.11 33.59	
	100m: 1:03.50 32.97	500m: 5:33.68 34.07	900m: 10:09.70 34.44	1300m: 14:40.91 33.80	
	150m: 1:36.78 33.28	550m: 6:08.09 34.41	950m: 10:43.94 34.24	1350m: 15:14.80 33.89	
	200m: 2:10.56 33.78	600m: 6:42.53 34.44	1000m: 11:18.54 34.60	1400m: 15:48.20 33.40	
	250m: 2:44.47 33.91	650m: 7:17.02 34.49	1050m: 11:52.06 33.52	1450m: 16:21.67 33.47	
	300m: 3:18.11 33.64	700m: 7:51.48 34.46	1100m: 12:25.74 33.68	1500m: 16:53.20 31.53	
	350m: 3:52.12 34.01	750m: 8:26.01 34.53	1150m: 12:59.90 34.16		
	400m: 4:25.97 33.85	800m: 9:01.03 35.02	1200m: 13:33.52 33.62		
4.	Rafael Miguel Mimoso	07	Benfica	<b>17:09.87</b>	556
	50m: 32.99 32.99	450m: 5:00.07 33.46	850m: 9:32.50 34.32	1250m: 14:11.01 35.80	
	100m: 1:05.37 32.38	500m: 5:33.79 33.72	900m: 10:06.47 33.97	1300m: 14:46.57 35.56	
	150m: 1:38.45 33.08	550m: 6:07.32 33.53	950m: 10:40.87 34.40	1350m: 15:22.49 35.92	
	200m: 2:12.28 33.83	600m: 6:41.37 34.05	1000m: 11:15.34 34.47	1400m: 15:58.18 35.69	
	250m: 2:45.89 33.61	650m: 7:15.39 34.02	1050m: 11:50.24 34.90	1450m: 16:34.18 36.00	
	300m: 3:19.49 33.60	700m: 7:49.60 34.21	1100m: 12:24.91 34.67	1500m: 17:09.87 35.69	
	350m: 3:53.01 33.52	750m: 8:24.03 34.43	1150m: 12:59.69 34.78		
	400m: 4:26.61 33.60	800m: 8:58.18 34.15	1200m: 13:35.21 35.52		
5.	Vicente Dias Maia	07	Alges	<b>17:31.68</b>	522
	50m: 33.01 33.01	450m: 5:14.68 35.10	850m: 9:55.48 35.43	1250m: 14:39.03 36.26	
	100m: 1:07.43 34.42	500m: 5:49.35 34.67	900m: 10:31.23 35.75	1300m: 15:13.75 34.72	
	150m: 1:42.01 34.58	550m: 6:24.63 35.28	950m: 11:06.40 35.17	1350m: 15:48.95 35.20	
	200m: 2:17.41 35.40	600m: 7:00.13 35.50	1000m: 11:41.33 34.93	1400m: 16:24.21 35.26	
	250m: 2:53.22 35.81	650m: 7:34.92 34.79	1050m: 12:16.54 35.21	1450m: 16:58.73 34.52	
	300m: 3:29.47 36.25	700m: 8:10.03 35.11	1100m: 12:52.07 35.53	1500m: 17:31.68 32.95	
	350m: 4:04.21 34.74	750m: 8:45.02 34.99	1150m: 13:27.18 35.11		
	400m: 4:39.58 35.37	800m: 9:20.05 35.03	1200m: 14:02.77 35.59		

Prova 7, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
6.	Bruno Cesar Gouveia	07	Sporting	<b>17:36.37</b>	515
	50m: 30.75 30.75	450m: 5:05.99 35.24	850m: 9:53.20 36.25	1250m: 14:41.59 35.92	
	100m: 1:03.34 32.59	500m: 5:41.52 35.53	900m: 10:29.51 36.31	1300m: 15:17.50 35.91	
	150m: 1:37.14 33.80	550m: 6:17.11 35.59	950m: 11:05.23 35.72	1350m: 15:53.42 35.92	
	200m: 2:11.51 34.37	600m: 6:52.66 35.55	1000m: 11:41.45 36.22	1400m: 16:28.95 35.53	
	250m: 2:45.91 34.40	650m: 7:28.53 35.87	1050m: 12:17.55 36.10	1450m: 17:03.96 35.01	
	300m: 3:20.76 34.85	700m: 8:04.29 35.76	1100m: 12:53.51 35.96	1500m: 17:36.37 32.41	
	350m: 3:55.45 34.69	750m: 8:40.33 36.04	1150m: 13:29.32 35.81		
	400m: 4:30.75 35.30	800m: 9:16.95 36.62	1200m: 14:05.67 36.35		
7.	Joao Dinis Roque	07	Sporting	<b>17:49.35</b>	496
	50m: 32.55 32.55	450m: 5:09.60 35.18	850m: 9:55.87 36.09	1250m: 14:48.31 36.74	
	100m: 1:06.50 33.95	500m: 5:45.11 35.51	900m: 10:31.52 35.65	1300m: 15:24.66 36.35	
	150m: 1:40.15 33.65	550m: 6:20.65 35.54	950m: 11:07.99 36.47	1350m: 16:02.41 37.75	
	200m: 2:14.43 34.28	600m: 6:56.48 35.83	1000m: 11:44.64 36.65	1400m: 16:38.81 36.40	
	250m: 2:49.72 35.29	650m: 7:31.91 35.43	1050m: 12:21.66 37.02	1450m: 17:14.76 35.95	
	300m: 3:23.95 34.23	700m: 8:07.96 36.05	1100m: 12:58.19 36.53	1500m: 17:49.35 34.59	
	350m: 3:58.98 35.03	750m: 8:44.00 36.04	1150m: 13:35.09 36.90		
	400m: 4:34.42 35.44	800m: 9:19.78 35.78	1200m: 14:11.57 36.48		
8.	Michele Francesco Barberi	07	Sporting	<b>18:00.92</b>	480
	50m: 33.81 33.81	450m: 5:22.78 36.32	850m: 10:14.32 36.67	1250m: 15:04.16 36.75	
	100m: 1:09.58 35.77	500m: 5:59.08 36.30	900m: 10:49.96 35.64	1300m: 15:40.30 36.14	
	150m: 1:45.31 35.73	550m: 6:35.36 36.28	950m: 11:26.22 36.26	1350m: 16:16.75 36.45	
	200m: 2:21.15 35.84	600m: 7:11.78 36.42	1000m: 12:02.63 36.41	1400m: 16:52.02 35.27	
	250m: 2:57.49 36.34	650m: 7:48.17 36.39	1050m: 12:38.64 36.01	1450m: 17:26.39 34.37	
	300m: 3:33.70 36.21	700m: 8:24.49 36.32	1100m: 13:14.76 36.12	1500m: 18:00.92 34.53	
	350m: 4:09.98 36.28	750m: 9:01.43 36.94	1150m: 13:51.15 36.39		
	400m: 4:46.46 36.48	800m: 9:37.65 36.22	1200m: 14:27.41 36.26		
9.	Antonio Rego Arsenio	07	Alges	<b>18:22.34</b>	453
	50m: 32.98 32.98	450m: 5:19.06 35.93	850m: 10:12.46 36.84	1250m: 15:13.07 37.82	
	100m: 1:08.33 35.35	500m: 5:55.12 36.06	900m: 10:49.85 37.39	1300m: 15:51.06 37.99	
	150m: 1:43.56 35.23	550m: 6:31.38 36.26	950m: 11:27.11 37.26	1350m: 16:29.10 38.04	
	200m: 2:19.17 35.61	600m: 7:08.03 36.65	1000m: 12:04.58 37.47	1400m: 17:07.27 38.17	
	250m: 2:55.06 35.89	650m: 7:44.58 36.55	1050m: 12:42.09 37.51	1450m: 17:45.67 38.40	
	300m: 3:30.82 35.76	700m: 8:21.54 36.96	1100m: 13:19.82 37.73	1500m: 18:22.34 36.67	
	350m: 4:06.90 36.08	750m: 8:58.56 37.02	1150m: 13:57.57 37.75		
	400m: 4:43.13 36.23	800m: 9:35.62 37.06	1200m: 14:35.25 37.68		
10.	Gabriel Martins Tusan	07	Sporting	<b>18:31.12</b>	442
	50m: 33.68 33.68	450m: 5:28.67 37.71	850m: 10:27.37 37.53	1250m: 15:28.28 37.95	
	100m: 1:08.73 35.05	500m: 6:05.74 37.07	900m: 11:04.96 37.59	1300m: 16:05.73 37.45	
	150m: 1:45.33 36.60	550m: 6:43.19 37.45	950m: 11:42.03 37.07	1350m: 16:43.42 37.69	
	200m: 2:22.02 36.69	600m: 7:20.82 37.63	1000m: 12:19.67 37.64	1400m: 17:20.39 36.97	
	250m: 2:59.26 37.24	650m: 7:57.64 36.82	1050m: 12:57.61 37.94	1450m: 17:55.85 35.46	
	300m: 3:36.17 36.91	700m: 8:34.99 37.35	1100m: 13:34.73 37.12	1500m: 18:31.12 35.27	
	350m: 4:13.25 37.08	750m: 9:12.42 37.43	1150m: 14:12.54 37.81		
	400m: 4:50.96 37.71	800m: 9:49.84 37.42	1200m: 14:50.33 37.79		
11.	Tomas Santos Braga	07	Colégio Vasco da Gama	<b>18:47.37</b>	423
	50m: 31.84 31.84	450m: 5:23.23 37.21	850m: 10:25.14 39.07	1250m: 15:34.07 38.81	
	100m: 1:06.84 35.00	500m: 6:00.01 36.78	900m: 11:03.95 38.81	1300m: 16:13.59 39.52	
	150m: 1:42.90 36.06	550m: 6:37.16 37.15	950m: 11:42.61 38.66	1350m: 16:53.20 39.61	
	200m: 2:18.74 35.84	600m: 7:14.47 37.31	1000m: 12:21.26 38.65	1400m: 17:31.81 38.61	
	250m: 2:55.30 36.56	650m: 7:51.58 37.11	1050m: 13:00.00 38.74	1450m: 18:10.31 38.50	
	300m: 3:32.02 36.72	700m: 8:29.17 37.59	1100m: 13:39.05 39.05	1500m: 18:47.37 37.06	
	350m: 4:08.88 36.86	750m: 9:07.36 38.19	1150m: 14:16.85 37.80		
	400m: 4:46.02 37.14	800m: 9:46.07 38.71	1200m: 14:55.26 38.41		
12.	Tiago Dinis Ferreira	07	Gesloures	<b>19:02.78</b>	406
	50m: 35.38 35.38	450m: 5:39.45 38.30	850m: 10:47.43 38.46	1250m: 15:55.42 39.06	
	100m: 1:12.41 37.03	500m: 6:18.02 38.57	900m: 11:25.31 37.88	1300m: 16:33.95 38.53	
	150m: 1:49.99 37.58	550m: 6:56.64 38.62	950m: 12:03.97 38.66	1350m: 17:12.25 38.30	
	200m: 2:27.98 37.99	600m: 7:35.10 38.46	1000m: 12:41.96 37.99	1400m: 17:50.53 38.28	
	250m: 3:06.02 38.04	650m: 8:13.82 38.72	1050m: 13:20.45 38.49	1450m: 18:28.14 37.61	
	300m: 3:44.18 38.16	700m: 8:52.22 38.40	1100m: 13:58.60 38.15	1500m: 19:02.78 34.64	
	350m: 4:22.59 38.41	750m: 9:30.50 38.28	1150m: 14:37.37 38.77		
	400m: 5:01.15 38.56	800m: 10:08.97 38.47	1200m: 15:16.36 38.99		

Juvenis

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	<b>Axel Guedes Asmar</b>	07	<b>Sporting</b>	<b>16:28.00</b>	<b>629</b>
	50m: 30.67 30.67	450m: 4:48.64 32.87	850m: 9:14.74 33.72	1250m: 13:41.81 33.31	
	100m: 1:01.87 31.20	500m: 5:21.69 33.05	900m: 9:47.85 33.11	1300m: 14:15.32 33.51	
	150m: 1:33.80 31.93	550m: 5:54.51 32.82	950m: 10:20.80 32.95	1350m: 14:49.00 33.68	
	200m: 2:05.83 32.03	600m: 6:27.54 33.03	1000m: 10:54.15 33.35	1400m: 15:23.03 34.03	
	250m: 2:37.96 32.13	650m: 7:00.92 33.38	1050m: 11:27.62 33.47	1450m: 15:56.52 33.49	
	300m: 3:18.55 32.59	700m: 7:33.96 33.04	1100m: 12:01.62 34.00	1500m: 16:28.00 31.48	
	350m: 3:43.14 32.59	750m: 8:07.77 33.81	1150m: 12:34.92 33.30		
	400m: 4:15.77 32.63	800m: 8:41.02 33.25	1200m: 13:08.50 33.58		
2.	<b>Miguel Braga Gomes</b>	07	<b>Sporting</b>	<b>16:52.84</b>	<b>584</b>
	50m: 31.29 31.29	450m: 4:59.63 33.64	850m: 9:30.60 34.14	1250m: 14:02.12 34.23	
	100m: 1:04.14 32.85	500m: 5:33.44 33.81	900m: 10:04.36 33.76	1300m: 14:36.79 34.67	
	150m: 1:37.43 33.29	550m: 6:06.64 33.20	950m: 10:38.06 33.70	1350m: 15:11.16 34.37	
	200m: 2:11.09 33.66	600m: 6:40.38 33.74	1000m: 11:11.92 33.86	1400m: 15:45.82 34.66	
	250m: 2:44.65 33.56	650m: 7:14.23 33.85	1050m: 11:45.75 33.83	1450m: 16:20.51 34.69	
	300m: 3:18.50 33.85	700m: 7:48.25 34.02	1100m: 12:19.80 34.05	1500m: 16:52.84 32.33	
	350m: 3:52.22 33.72	750m: 8:22.25 34.00	1150m: 12:53.67 33.87		
	400m: 4:25.99 33.77	800m: 8:56.46 34.21	1200m: 13:27.89 34.22		
3.	<b>Daniel Casaca Carvalho</b>	07	<b>Colégio Vasco da Gama</b>	<b>16:53.20</b>	<b>583</b>
	50m: 30.53 30.53	450m: 4:59.61 33.64	850m: 9:35.26 34.23	1250m: 14:07.11 33.59	
	100m: 1:03.50 32.97	500m: 5:33.68 34.07	900m: 10:09.70 34.44	1300m: 14:40.91 33.80	
	150m: 1:36.78 33.28	550m: 6:08.09 34.41	950m: 10:43.94 34.24	1350m: 15:14.80 33.89	
	200m: 2:10.56 33.78	600m: 6:42.53 34.44	1000m: 11:18.54 34.60	1400m: 15:48.20 33.40	
	250m: 2:44.47 33.91	650m: 7:17.02 34.49	1050m: 11:52.06 33.52	1450m: 16:21.67 33.47	
	300m: 3:18.11 33.64	700m: 7:51.48 34.46	1100m: 12:25.74 33.68	1500m: 16:53.20 31.53	
	350m: 3:52.12 34.01	750m: 8:26.01 34.53	1150m: 12:59.90 34.16		
	400m: 4:25.97 33.85	800m: 9:01.03 35.02	1200m: 13:33.52 33.62		
4.	<b>Afonso Gago Garcia</b>	08	<b>Benfica</b>	<b>16:57.69</b>	<b>576</b>
	50m: 31.46 31.46	450m: 5:05.14 34.46	850m: 9:37.72 33.48	1250m: 14:07.29 33.81	
	100m: 1:04.75 33.29	500m: 5:40.32 35.18	900m: 10:11.49 33.77	1300m: 14:41.44 34.15	
	150m: 1:38.63 33.88	550m: 6:14.02 33.70	950m: 10:45.48 33.99	1350m: 15:15.85 34.41	
	200m: 2:12.83 34.20	600m: 6:48.00 33.98	1000m: 11:19.58 34.10	1400m: 15:49.79 33.94	
	250m: 2:47.46 34.63	650m: 7:21.96 33.96	1050m: 11:53.16 33.58	1450m: 16:24.13 34.34	
	300m: 3:21.67 34.21	700m: 7:56.52 34.56	1100m: 12:26.31 33.15	1500m: 16:57.69 33.56	
	350m: 3:56.05 34.38	750m: 8:30.45 33.93	1150m: 12:59.83 33.52		
	400m: 4:30.68 34.63	800m: 9:04.24 33.79	1200m: 13:33.48 33.65		
5.	<b>Ricardo Figueiredo Fernandes</b>	08	<b>Colegio Int Monte Maior</b>	<b>17:03.03</b>	<b>567</b>
	50m: 32.23 32.23	450m: 5:01.86 34.09	850m: 9:38.41 34.50	1250m: 14:13.55 34.68	
	100m: 1:04.97 32.74	500m: 5:36.68 34.82	900m: 10:12.52 34.11	1300m: 14:47.72 34.17	
	150m: 1:38.47 33.50	550m: 6:11.28 34.60	950m: 10:46.30 33.78	1350m: 15:22.41 34.69	
	200m: 2:12.25 33.78	600m: 6:46.24 34.96	1000m: 11:20.81 34.51	1400m: 15:56.69 34.28	
	250m: 2:45.96 33.71	650m: 7:20.68 34.44	1050m: 11:54.77 33.96	1450m: 16:30.85 34.16	
	300m: 3:19.61 33.65	700m: 7:55.60 34.92	1100m: 12:29.72 34.95	1500m: 17:03.03 32.18	
	350m: 3:53.69 34.08	750m: 8:29.78 34.18	1150m: 13:04.39 34.67		
	400m: 4:27.77 34.08	800m: 9:03.91 34.13	1200m: 13:38.87 34.48		
6.	<b>Rafael Miguel Mimoso</b>	07	<b>Benfica</b>	<b>17:09.87</b>	<b>556</b>
	50m: 32.99 32.99	450m: 5:00.07 33.46	850m: 9:32.50 34.32	1250m: 14:11.01 35.80	
	100m: 1:05.37 32.38	500m: 5:33.79 33.72	900m: 10:06.47 33.97	1300m: 14:46.57 35.56	
	150m: 1:38.45 33.08	550m: 6:07.32 33.53	950m: 10:40.87 34.40	1350m: 15:22.49 35.92	
	200m: 2:12.28 33.83	600m: 6:41.37 34.05	1000m: 11:15.34 34.47	1400m: 15:58.18 35.69	
	250m: 2:45.89 33.61	650m: 7:15.39 34.02	1050m: 11:50.24 34.90	1450m: 16:34.18 36.00	
	300m: 3:19.49 33.60	700m: 7:49.60 34.21	1100m: 12:24.91 34.67	1500m: 17:09.87 35.69	
	350m: 3:53.01 33.52	750m: 8:24.03 34.43	1150m: 12:59.69 34.78		
	400m: 4:26.61 33.60	800m: 8:58.18 34.15	1200m: 13:35.21 35.52		
7.	<b>Pedro Saad Oliveira</b>	08	<b>Sporting</b>	<b>17:29.83</b>	<b>524</b>
	50m: 33.11 33.11	450m: 5:11.28 35.40	850m: 9:54.17 35.54	1250m: 14:35.25 35.15	
	100m: 1:07.39 34.28	500m: 5:46.38 35.10	900m: 10:29.01 34.84	1300m: 15:10.84 35.59	
	150m: 1:41.66 34.27	550m: 6:21.95 35.57	950m: 11:04.39 35.38	1350m: 15:46.34 35.50	
	200m: 2:16.15 34.49	600m: 6:57.69 35.74	1000m: 11:39.38 34.99	1400m: 16:21.41 35.07	
	250m: 2:50.85 34.70	650m: 7:32.97 35.28	1050m: 12:14.34 34.96	1450m: 16:56.52 35.11	
	300m: 3:26.28 35.43	700m: 8:08.15 35.18	1100m: 12:49.48 35.14	1500m: 17:29.83 33.31	
	350m: 4:01.02 34.74	750m: 8:43.33 35.18	1150m: 13:24.79 35.31		
	400m: 4:35.88 34.86	800m: 9:18.63 35.30	1200m: 14:00.10 35.31		
8.	<b>Vicente Dias Maia</b>	07	<b>Alges</b>	<b>17:31.68</b>	<b>522</b>
	50m: 33.01 33.01	450m: 5:14.68 35.10	850m: 9:55.48 35.43	1250m: 14:39.03 36.26	
	100m: 1:07.43 34.42	500m: 5:49.35 34.67	900m: 10:31.23 35.75	1300m: 15:13.75 34.72	
	150m: 1:42.01 34.58	550m: 6:24.63 35.28	950m: 11:06.40 35.17	1350m: 15:48.95 35.20	
	200m: 2:17.41 35.40	600m: 7:00.13 35.50	1000m: 11:41.33 34.93	1400m: 16:24.21 35.26	
	250m: 2:53.22 36.81	650m: 7:34.92 34.79	1050m: 12:16.54 35.21	1450m: 16:58.73 34.52	
	300m: 3:29.47 36.25	700m: 8:10.03 35.11	1100m: 12:52.07 35.53	1500m: 17:31.68 32.95	
	350m: 4:04.21 34.74	750m: 8:45.02 34.99	1150m: 13:27.18 35.11		
	400m: 4:39.58 35.37	800m: 9:20.05 35.03	1200m: 14:02.77 35.59		

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
9.	Bruno Cesar Gouveia	07	Sporting	<b>17:36.37</b>	515
	50m: 30.75 30.75	450m: 5:05.99 35.24	850m: 9:53.20 36.25	1250m: 14:41.59 35.92	
	100m: 1:03.34 32.59	500m: 5:41.52 35.53	900m: 10:29.51 36.31	1300m: 15:17.50 35.91	
	150m: 1:37.14 33.80	550m: 6:17.11 35.59	950m: 11:05.23 35.72	1350m: 15:53.42 35.92	
	200m: 2:11.51 34.37	600m: 6:52.66 35.55	1000m: 11:41.45 36.22	1400m: 16:28.95 35.53	
	250m: 2:45.91 34.40	650m: 7:28.53 35.87	1050m: 12:17.55 36.10	1450m: 17:03.96 35.01	
	300m: 3:20.76 34.85	700m: 8:04.29 35.76	1100m: 12:53.51 35.96	1500m: 17:36.37 32.41	
	350m: 3:55.45 34.69	750m: 8:40.33 36.04	1150m: 13:29.32 35.81		
	400m: 4:30.75 35.30	800m: 9:16.95 36.62	1200m: 14:05.67 36.35		
10.	David Jesus Morgado	08	Sporting	<b>17:38.66</b>	511
	50m: 33.01 33.01	450m: 5:14.48 35.58	850m: 9:58.79 35.63	1250m: 14:44.58 35.17	
	100m: 1:07.72 34.71	500m: 5:49.88 35.40	900m: 10:34.58 35.79	1300m: 15:19.83 35.25	
	150m: 1:42.90 35.18	550m: 6:25.44 35.56	950m: 11:10.66 36.08	1350m: 15:54.84 35.01	
	200m: 2:18.17 35.27	600m: 7:00.96 35.52	1000m: 11:46.50 35.84	1400m: 16:30.01 35.17	
	250m: 2:53.18 35.01	650m: 7:36.66 35.70	1050m: 12:22.37 35.87	1450m: 17:04.97 34.96	
	300m: 3:28.13 34.95	700m: 8:12.45 35.79	1100m: 12:58.27 35.90	1500m: 17:38.66 33.69	
	350m: 4:03.44 35.31	750m: 8:47.98 35.53	1150m: 13:33.83 35.56		
	400m: 4:38.90 35.46	800m: 9:23.16 35.18	1200m: 14:09.41 35.58		
11.	Pedro Caiada Rodrigues	08	Benfica	<b>17:43.23</b>	505
	50m: 31.68 31.68	450m: 5:03.56 35.12	850m: 9:50.00 36.04	1250m: 14:42.28 36.48	
	100m: 1:03.88 32.20	500m: 5:38.63 35.07	900m: 10:26.82 36.82	1300m: 15:18.74 36.46	
	150m: 1:37.03 33.15	550m: 6:13.38 34.75	950m: 11:03.34 36.52	1350m: 15:55.42 36.68	
	200m: 2:10.86 33.83	600m: 6:48.61 35.23	1000m: 11:39.64 36.30	1400m: 16:31.48 36.06	
	250m: 2:44.89 34.03	650m: 7:24.26 35.65	1050m: 12:16.42 36.78	1450m: 17:07.75 36.27	
	300m: 3:19.30 34.41	700m: 8:00.49 36.23	1100m: 12:53.02 36.60	1500m: 17:43.23 35.48	
	350m: 3:53.60 34.30	750m: 8:37.05 36.56	1150m: 13:28.82 35.80		
	400m: 4:28.44 34.84	800m: 9:13.96 36.91	1200m: 14:05.80 36.98		
12.	Joao Dinis Roque	07	Sporting	<b>17:49.35</b>	496
	50m: 32.55 32.55	450m: 5:09.60 35.18	850m: 9:55.87 36.09	1250m: 14:48.31 36.74	
	100m: 1:06.50 33.95	500m: 5:45.11 35.51	900m: 10:31.52 35.65	1300m: 15:24.66 36.35	
	150m: 1:40.15 33.65	550m: 6:20.65 35.54	950m: 11:07.99 36.47	1350m: 16:02.41 37.75	
	200m: 2:14.43 34.28	600m: 6:56.48 35.83	1000m: 11:44.64 36.65	1400m: 16:38.81 36.40	
	250m: 2:49.72 35.29	650m: 7:31.91 35.43	1050m: 12:21.66 37.02	1450m: 17:14.76 35.95	
	300m: 3:23.95 34.23	700m: 8:07.96 36.05	1100m: 12:58.19 36.53	1500m: 17:49.35 34.59	
	350m: 3:58.98 35.03	750m: 8:44.00 36.04	1150m: 13:35.09 36.90		
	400m: 4:34.42 35.44	800m: 9:19.78 35.78	1200m: 14:11.57 36.48		
13.	Henrique Barros Domingos	08	Sporting	<b>17:54.70</b>	489
	50m: 33.43 33.43	450m: 5:18.35 35.95	850m: 10:05.63 35.89	1250m: 14:55.89 36.54	
	100m: 1:08.59 35.16	500m: 5:54.18 35.83	900m: 10:41.86 36.23	1300m: 15:31.39 35.50	
	150m: 1:44.10 35.51	550m: 6:29.95 35.77	950m: 11:17.74 35.88	1350m: 16:07.53 36.14	
	200m: 2:19.86 35.76	600m: 7:05.98 36.03	1000m: 11:54.02 36.28	1400m: 16:43.51 35.98	
	250m: 2:55.34 35.48	650m: 7:41.67 35.69	1050m: 12:30.40 36.38	1450m: 17:19.83 36.32	
	300m: 3:30.92 35.58	700m: 8:17.77 36.10	1100m: 13:06.73 36.33	1500m: 17:54.70 34.87	
	350m: 4:06.53 35.61	750m: 8:53.82 36.05	1150m: 13:43.01 36.28		
	400m: 4:42.40 35.87	800m: 9:29.74 35.92	1200m: 14:19.35 36.34		
14.	Michele Francesco Barberi	07	Sporting	<b>18:00.92</b>	480
	50m: 33.81 33.81	450m: 5:22.78 36.32	850m: 10:14.32 36.67	1250m: 15:04.16 36.75	
	100m: 1:09.58 35.77	500m: 5:59.08 36.30	900m: 10:49.96 35.64	1300m: 15:40.30 36.14	
	150m: 1:45.31 35.73	550m: 6:35.36 36.28	950m: 11:26.22 36.26	1350m: 16:16.75 36.45	
	200m: 2:21.15 35.84	600m: 7:11.78 36.42	1000m: 12:02.63 36.41	1400m: 16:52.02 35.27	
	250m: 2:57.49 36.34	650m: 7:48.17 36.39	1050m: 12:38.64 36.01	1450m: 17:26.39 34.37	
	300m: 3:33.70 36.21	700m: 8:24.49 36.32	1100m: 13:14.76 36.12	1500m: 18:00.92 34.53	
	350m: 4:09.98 36.28	750m: 9:01.43 36.94	1150m: 13:51.15 36.39		
	400m: 4:46.46 36.48	800m: 9:37.65 36.22	1200m: 14:27.41 36.26		
15.	Alexandre Frederico Braz	08	Sporting	<b>18:06.67</b>	473
	50m: 34.91 34.91	450m: 5:26.95 36.62	850m: 10:16.27 36.10	1250m: 15:06.11 36.51	
	100m: 1:11.05 36.14	500m: 6:03.27 36.32	900m: 10:51.99 35.72	1300m: 15:42.36 36.25	
	150m: 1:47.59 36.54	550m: 6:39.49 36.22	950m: 11:27.88 35.89	1350m: 16:18.28 35.92	
	200m: 2:24.44 36.85	600m: 7:15.77 36.28	1000m: 12:03.99 36.11	1400m: 16:54.95 36.67	
	250m: 3:00.86 36.42	650m: 7:51.94 36.17	1050m: 12:40.34 36.35	1450m: 17:31.13 36.18	
	300m: 3:37.33 36.47	700m: 8:28.04 36.10	1100m: 13:16.33 35.99	1500m: 18:06.67 35.54	
	350m: 4:13.93 36.60	750m: 9:04.41 36.37	1150m: 13:53.08 36.75		
	400m: 4:50.33 36.40	800m: 9:40.17 35.76	1200m: 14:29.60 36.52		
16.	Afonso Mendonca Ornelas	08	Geslours	<b>18:13.40</b>	464
	50m: 32.95 32.95	450m: 5:24.88 35.58	850m: 10:19.14 36.38	1250m: 15:16.00 37.00	
	100m: 1:09.25 36.30	500m: 6:02.57 37.69	900m: 10:56.83 37.69	1300m: 15:51.67 35.67	
	150m: 1:45.05 35.80	550m: 6:39.29 36.72	950m: 11:34.76 37.93	1350m: 16:29.08 37.41	
	200m: 2:22.33 37.28	600m: 7:16.21 36.92	1000m: 12:11.47 36.71	1400m: 17:03.97 34.89	
	250m: 2:59.15 36.82	650m: 7:53.09 36.88	1050m: 12:47.96 36.49	1450m: 17:40.08 36.11	
	300m: 3:35.29 36.14	700m: 8:30.21 37.12	1100m: 13:25.68 37.72	1500m: 18:13.40 33.32	
	350m: 4:12.60 37.31	750m: 9:07.25 37.04	1150m: 14:02.46 36.78		
	400m: 4:49.30 36.70	800m: 9:42.76 35.51	1200m: 14:39.00 36.54		

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
17.	Goncalo Jorge Lima	08	Sporting	<b>18:20.33</b>	455
	50m: 33.73 33.73	450m: 5:31.53 37.41	850m: 10:28.85 37.01	1250m: 15:22.33 36.36	
	100m: 1:10.40 36.67	500m: 6:08.71 37.18	900m: 11:05.89 37.04	1300m: 15:58.16 35.83	
	150m: 1:47.45 37.05	550m: 6:46.03 37.32	950m: 11:42.86 36.97	1350m: 16:34.46 36.30	
	200m: 2:25.23 37.78	600m: 7:23.15 37.12	1000m: 12:19.90 37.04	1400m: 17:10.50 36.04	
	250m: 3:02.28 37.05	650m: 8:00.24 37.09	1050m: 12:56.46 36.56	1450m: 17:46.22 35.72	
	300m: 3:39.53 37.25	700m: 8:37.73 37.49	1100m: 13:33.17 36.71	1500m: 18:20.33 34.11	
	350m: 4:16.84 37.31	750m: 9:14.94 37.21	1150m: 14:09.55 36.38		
	400m: 4:54.12 37.28	800m: 9:51.84 36.90	1200m: 14:45.97 36.42		
18.	Antonio Rego Arsenio	07	Alges	<b>18:22.34</b>	453
	50m: 32.98 32.98	450m: 5:19.06 35.93	850m: 10:12.46 36.84	1250m: 15:13.07 37.82	
	100m: 1:08.33 35.35	500m: 5:55.12 36.06	900m: 10:49.85 37.39	1300m: 15:51.06 37.99	
	150m: 1:43.56 35.23	550m: 6:31.38 36.26	950m: 11:27.11 37.26	1350m: 16:29.10 38.04	
	200m: 2:19.17 35.61	600m: 7:08.03 36.65	1000m: 12:04.58 37.47	1400m: 17:07.27 38.17	
	250m: 2:55.06 35.89	650m: 7:44.58 36.55	1050m: 12:42.09 37.51	1450m: 17:45.67 38.40	
	300m: 3:30.82 35.76	700m: 8:21.54 36.96	1100m: 13:19.82 37.73	1500m: 18:22.34 36.67	
	350m: 4:06.90 36.08	750m: 8:58.56 37.02	1150m: 13:57.57 37.75		
	400m: 4:43.13 36.23	800m: 9:35.62 37.06	1200m: 14:35.25 37.68		
19.	Afonso Oliveira Diniz	08	Benfica	<b>18:24.59</b>	450
	50m: 34.72 34.72	450m: 5:28.93 36.93	850m: 10:22.25 36.77	1250m: 15:20.81 37.45	
	100m: 1:11.32 36.60	500m: 6:05.49 36.56	900m: 10:59.42 37.17	1300m: 15:57.94 37.13	
	150m: 1:48.18 36.86	550m: 6:42.14 36.65	950m: 11:36.58 37.16	1350m: 16:34.85 36.91	
	200m: 2:25.53 37.35	600m: 7:18.77 36.63	1000m: 12:13.83 37.25	1400m: 17:12.13 37.28	
	250m: 3:02.03 36.50	650m: 7:55.56 36.79	1050m: 12:51.30 37.47	1450m: 17:49.07 36.94	
	300m: 3:38.61 36.58	700m: 8:31.99 36.43	1100m: 13:28.71 37.41	1500m: 18:24.59 35.52	
	350m: 4:15.36 36.75	750m: 9:08.52 36.53	1150m: 14:06.04 37.33		
	400m: 4:52.00 36.64	800m: 9:45.48 36.96	1200m: 14:43.36 37.32		
20.	Gabriel Martins Tusan	07	Sporting	<b>18:31.12</b>	442
	50m: 33.68 33.68	450m: 5:28.67 37.21	850m: 10:27.37 37.53	1250m: 15:28.28 37.95	
	100m: 1:08.73 35.05	500m: 6:05.74 37.07	900m: 11:04.96 37.59	1300m: 16:05.73 37.45	
	150m: 1:45.33 36.60	550m: 6:43.19 37.45	950m: 11:42.03 37.07	1350m: 16:43.42 37.69	
	200m: 2:22.02 36.69	600m: 7:20.82 37.63	1000m: 12:19.67 37.64	1400m: 17:20.39 36.97	
	250m: 2:59.26 37.24	650m: 7:57.64 36.82	1050m: 12:57.61 37.94	1450m: 17:55.85 35.46	
	300m: 3:36.17 36.91	700m: 8:34.99 37.35	1100m: 13:34.73 37.12	1500m: 18:31.12 35.27	
	350m: 4:13.25 37.08	750m: 9:12.42 37.43	1150m: 14:12.54 37.81		
	400m: 4:50.96 37.71	800m: 9:49.84 37.42	1200m: 14:50.33 37.79		
21.	Tomas Santos Braga	07	Colégio Vasco da Gama	<b>18:47.37</b>	423
	50m: 31.84 31.84	450m: 5:23.23 37.21	850m: 10:25.14 39.07	1250m: 15:34.07 38.81	
	100m: 1:06.84 35.00	500m: 6:00.01 36.78	900m: 11:03.95 38.81	1300m: 16:13.59 39.52	
	150m: 1:42.90 36.06	550m: 6:37.16 37.15	950m: 11:42.61 38.66	1350m: 16:53.20 39.61	
	200m: 2:18.74 35.84	600m: 7:14.47 37.31	1000m: 12:21.26 38.65	1400m: 17:31.81 38.61	
	250m: 2:55.30 36.56	650m: 7:51.58 37.11	1050m: 13:00.00 38.74	1450m: 18:10.31 38.50	
	300m: 3:32.02 36.72	700m: 8:29.17 37.59	1100m: 13:39.05 39.05	1500m: 18:47.37 37.06	
	350m: 4:08.88 36.86	750m: 9:07.36 38.19	1150m: 14:16.85 37.80		
	400m: 4:46.02 37.14	800m: 9:46.07 38.71	1200m: 14:55.26 38.41		
22.	Joao Filipe Prazeres	08	Geslours	<b>18:48.26</b>	422
	50m: 34.62 34.62	450m: 5:32.30 37.84	850m: 10:36.13 37.86	1250m: 15:42.30 38.06	
	100m: 1:10.71 36.09	500m: 6:09.91 37.61	900m: 11:14.27 38.14	1300m: 16:20.31 38.01	
	150m: 1:47.30 36.59	550m: 6:47.96 38.05	950m: 11:53.00 38.73	1350m: 16:58.52 38.21	
	200m: 2:25.11 37.81	600m: 7:26.31 38.35	1000m: 12:30.94 37.94	1400m: 17:36.63 38.11	
	250m: 3:02.17 37.06	650m: 8:03.95 37.64	1050m: 13:09.60 38.66	1450m: 18:13.95 37.32	
	300m: 3:39.53 37.36	700m: 8:42.12 38.17	1100m: 13:47.89 38.29	1500m: 18:48.26 34.31	
	350m: 4:16.98 37.45	750m: 9:20.04 37.92	1150m: 14:25.78 37.89		
	400m: 4:54.46 37.48	800m: 9:58.27 38.23	1200m: 15:04.24 38.46		
23.	Tiago Dinis Ferreira	07	Geslours	<b>19:02.78</b>	406
	50m: 35.38 35.38	450m: 5:39.45 38.30	850m: 10:47.43 38.46	1250m: 15:55.42 39.06	
	100m: 1:12.41 37.03	500m: 6:18.02 38.57	900m: 11:25.31 37.88	1300m: 16:33.95 38.53	
	150m: 1:49.99 37.58	550m: 6:56.64 38.62	950m: 12:03.97 38.66	1350m: 17:12.25 38.30	
	200m: 2:27.98 37.99	600m: 7:35.10 38.46	1000m: 12:41.96 37.99	1400m: 17:50.53 38.28	
	250m: 3:06.02 38.04	650m: 8:13.82 38.72	1050m: 13:20.45 38.49	1450m: 18:28.14 37.61	
	300m: 3:44.18 38.16	700m: 8:52.22 38.40	1100m: 13:58.60 38.15	1500m: 19:02.78 34.64	
	350m: 4:22.59 38.41	750m: 9:30.50 38.28	1150m: 14:37.37 38.77		
	400m: 5:01.15 38.56	800m: 10:08.97 38.47	1200m: 15:16.36 38.99		
24.	David Filipe Boleo	08	Sporting	<b>19:03.04</b>	406
	50m: 34.44 34.44	450m: 5:38.84 38.37	850m: 10:47.96 38.75	1250m: 15:54.45 38.09	
	100m: 1:11.16 36.72	500m: 6:17.32 38.48	900m: 11:26.43 38.47	1300m: 16:32.34 37.89	
	150m: 1:49.08 37.92	550m: 6:56.04 38.72	950m: 12:04.88 38.45	1350m: 17:10.79 38.45	
	200m: 2:27.12 38.04	600m: 7:34.54 38.50	1000m: 12:43.23 38.35	1400m: 17:48.54 37.75	
	250m: 3:04.80 37.68	650m: 8:13.22 38.68	1050m: 13:21.60 38.37	1450m: 18:25.77 37.23	
	300m: 3:43.20 38.40	700m: 8:52.10 38.88	1100m: 13:59.97 38.37	1500m: 19:03.04 37.27	
	350m: 4:21.89 38.69	750m: 9:30.33 38.23	1150m: 14:38.35 38.38		
	400m: 5:00.47 38.58	800m: 10:09.21 38.88	1200m: 15:16.36 38.01		

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
25.	Francisco Rodrigues Vilar	08	Sporting	<b>19:42.01</b>	<b>367</b>
	50m: 37.45 37.45	450m: 5:50.81 39.92	850m: 11:07.49 40.01	1250m: 16:25.97 40.05	
	100m: 1:16.06 38.61	500m: 6:30.30 39.49	900m: 11:47.78 40.29	1300m: 17:06.03 40.06	
	150m: 1:54.79 38.73	550m: 7:09.11 38.81	950m: 12:27.68 39.90	1350m: 17:45.81 39.78	
	200m: 2:33.91 39.12	600m: 7:48.98 39.87	1000m: 13:07.20 39.52	1400m: 18:24.47 38.66	
	250m: 3:13.31 39.40	650m: 8:28.65 39.67	1050m: 13:46.97 39.77	1450m: 19:03.21 38.74	
	300m: 3:52.62 39.31	700m: 9:08.15 39.50	1100m: 14:26.90 39.93	1500m: 19:42.01 38.80	
	350m: 4:31.72 39.10	750m: 9:47.97 39.82	1150m: 15:06.55 39.65		
	400m: 5:10.89 39.17	800m: 10:27.48 39.51	1200m: 15:45.92 39.37		
26.	Mykhailo Kulyk <i>Fora Minimo Acesso</i>	08	Sporting	<b>19:52.70</b>	<b>357</b>
	50m: 36.22 36.22	450m: 5:53.11 40.61	850m: 11:14.00 40.13	1250m: 16:35.01 40.29	
	100m: 1:13.89 37.67	500m: 6:33.35 40.24	900m: 11:53.75 39.75	1300m: 17:15.14 40.13	
	150m: 1:52.91 39.02	550m: 7:13.94 40.59	950m: 12:34.06 40.31	1350m: 17:55.07 39.93	
	200m: 2:33.03 40.12	600m: 7:54.85 40.91	1000m: 13:14.15 40.09	1400m: 18:34.77 39.70	
	250m: 3:13.12 40.09	650m: 8:34.34 39.49	1050m: 13:54.79 40.64	1450m: 19:14.58 39.81	
	300m: 3:52.82 39.70	700m: 9:14.02 39.68	1100m: 14:34.61 39.82	1500m: 19:52.70 38.12	
	350m: 4:32.69 39.87	750m: 9:54.10 40.08	1150m: 15:14.34 39.73		
	400m: 5:12.50 39.81	800m: 10:33.87 39.77	1200m: 15:54.72 40.38		
27.	Rodrigo Capitaó Chora <i>Fora Minimo Acesso</i>	08	Naval Setubalense	<b>20:16.21</b>	<b>337</b>
	50m: 35.63 35.63	450m: 5:51.27 40.75	850m: 11:18.09 40.72	1250m: 16:50.19 41.81	
	100m: 1:12.83 37.20	500m: 6:32.16 40.89	900m: 11:59.37 41.28	1300m: 17:31.99 41.80	
	150m: 1:51.04 38.21	550m: 7:13.38 41.22	950m: 12:40.80 41.43	1350m: 18:13.85 41.86	
	200m: 2:30.28 39.24	600m: 7:54.02 40.64	1000m: 13:22.36 41.56	1400m: 18:55.31 41.46	
	250m: 3:10.06 39.78	650m: 8:34.71 40.69	1050m: 14:03.66 41.30	1450m: 19:36.59 41.28	
	300m: 3:50.22 40.16	700m: 9:15.26 40.55	1100m: 14:45.20 41.54	1500m: 20:16.21 39.62	
	350m: 4:30.25 40.03	750m: 9:56.35 41.09	1150m: 15:26.60 41.40		
	400m: 5:10.52 40.27	800m: 10:37.37 41.02	1200m: 16:08.38 41.78		
28.	Tiago Filipe Esteves <i>Fora Minimo Acesso</i>	08	Naval Setubalense	<b>20:43.54</b>	<b>315</b>
	50m: 38.08 38.08	450m: 6:09.94 41.97	850m: 11:45.35 41.99	1250m: 17:18.54 41.79	
	100m: 1:18.61 40.53	500m: 6:52.04 42.10	900m: 12:26.98 41.63	1300m: 17:59.99 41.45	
	150m: 2:00.31 41.70	550m: 7:34.07 42.03	950m: 13:08.69 41.71	1350m: 18:41.46 41.47	
	200m: 2:41.79 41.48	600m: 8:15.83 41.76	1000m: 13:50.08 41.39	1400m: 19:22.98 41.52	
	250m: 3:23.29 41.50	650m: 8:57.90 42.07	1050m: 14:31.38 41.30	1450m: 20:04.20 41.22	
	300m: 4:04.93 41.64	700m: 9:39.65 41.75	1100m: 15:13.28 41.90	1500m: 20:43.54 39.34	
	350m: 4:46.08 41.15	750m: 10:21.51 41.86	1150m: 15:55.08 41.80		
	400m: 5:27.97 41.89	800m: 11:03.36 41.85	1200m: 16:36.75 41.67		