

Prova 7
04.05.2025 - 15:15

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: AQUA 2024

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Rodrigo Ferrao Dias	10	Sporting	16:59.26	573
	50m: 32.44 32.44	450m: 5:02.57 33.90	850m: 9:36.91 34.40	1250m: 14:09.78 34.49	
	100m: 1:05.67 33.23	500m: 5:36.88 34.31	900m: 10:11.22 34.31	1300m: 14:43.41 33.63	
	150m: 1:39.15 33.48	550m: 6:10.85 33.97	950m: 10:44.90 33.68	1350m: 15:18.05 34.64	
	200m: 2:12.78 33.63	600m: 6:44.72 33.87	1000m: 11:18.94 34.04	1400m: 15:52.81 34.76	
	250m: 2:46.61 33.83	650m: 7:19.61 34.89	1050m: 11:52.88 33.94	1450m: 16:26.69 33.88	
	300m: 3:20.35 33.74	700m: 7:53.64 34.03	1100m: 12:27.32 34.44	1500m: 16:59.26 32.57	
	350m: 3:54.69 34.34	750m: 8:27.95 34.31	1150m: 13:01.11 33.79		
	400m: 4:28.67 33.98	800m: 9:02.51 34.56	1200m: 13:35.29 34.18		
2.	Joao Baixinho Roxo	10	União Piedense	17:00.61	571
	50m: 33.03 33.03	450m: 5:06.80 34.42	850m: 9:40.19 34.39	1250m: 14:14.18 34.48	
	100m: 1:06.95 33.92	500m: 5:40.91 34.11	900m: 10:14.37 34.18	1300m: 14:48.48 34.30	
	150m: 1:41.34 34.39	550m: 6:15.15 34.24	950m: 10:48.47 34.10	1350m: 15:22.29 33.81	
	200m: 2:15.22 33.88	600m: 6:49.43 34.28	1000m: 11:22.54 34.07	1400m: 15:55.69 33.40	
	250m: 2:49.46 34.24	650m: 7:23.44 34.01	1050m: 11:56.36 33.82	1450m: 16:28.77 33.08	
	300m: 3:23.78 34.32	700m: 7:57.68 34.24	1100m: 12:30.63 34.27	1500m: 17:00.61 31.84	
	350m: 3:58.17 34.39	750m: 8:31.93 34.25	1150m: 13:05.30 34.67		
	400m: 4:32.38 34.21	800m: 9:05.80 33.87	1200m: 13:39.70 34.40		
3.	Diogo Rodrigues Sousa	10	Alges	17:05.28	563
	50m: 32.53 32.53	450m: 5:07.07 34.51	850m: 9:41.97 34.79	1250m: 14:15.65 34.76	
	100m: 1:06.05 33.52	500m: 5:41.42 34.35	900m: 10:15.75 33.78	1300m: 14:50.08 34.43	
	150m: 1:40.09 34.04	550m: 6:16.02 34.60	950m: 10:49.62 33.87	1350m: 15:24.78 34.70	
	200m: 2:14.39 34.30	600m: 6:50.87 34.85	1000m: 11:23.84 34.22	1400m: 15:59.70 34.92	
	250m: 2:48.91 34.52	650m: 7:24.89 34.02	1050m: 11:58.20 34.36	1450m: 16:34.64 34.94	
	300m: 3:23.50 34.59	700m: 7:58.94 34.05	1100m: 12:32.60 34.40	1500m: 17:05.28 30.64	
	350m: 3:57.81 34.31	750m: 8:33.22 34.28	1150m: 13:06.86 34.26		
	400m: 4:32.56 34.75	800m: 9:07.18 33.96	1200m: 13:40.89 34.03		
4.	Dinis Aresta Ribeiro	10	Sporting	17:10.28	555
	50m: 32.85 32.85	450m: 5:06.91 34.09	850m: 9:41.06 34.04	1250m: 14:17.17 34.40	
	100m: 1:06.62 33.77	500m: 5:41.35 34.44	900m: 10:15.45 34.39	1300m: 14:51.75 34.58	
	150m: 1:40.79 34.17	550m: 6:15.52 34.17	950m: 10:50.05 34.60	1350m: 15:26.80 35.05	
	200m: 2:15.21 34.42	600m: 6:49.81 34.29	1000m: 11:24.66 34.61	1400m: 16:01.83 35.03	
	250m: 2:49.66 34.45	650m: 7:24.20 34.39	1050m: 11:59.34 34.68	1450m: 16:36.35 34.52	
	300m: 3:24.07 34.41	700m: 7:58.59 34.39	1100m: 12:34.13 34.79	1500m: 17:10.28 33.93	
	350m: 3:58.42 34.35	750m: 8:32.84 34.25	1150m: 13:08.67 34.54		
	400m: 4:32.82 34.40	800m: 9:07.02 34.18	1200m: 13:42.77 34.10		
5.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	17:30.95	523
	50m: 33.14 33.14	450m: 5:07.51 34.34	850m: 9:46.94 35.19	1250m: 14:33.91 36.18	
	100m: 1:07.04 33.90	500m: 5:42.01 34.50	900m: 10:22.44 35.50	1300m: 15:10.06 36.15	
	150m: 1:41.05 34.01	550m: 6:16.20 34.19	950m: 10:58.06 35.62	1350m: 15:45.80 35.74	
	200m: 2:15.76 34.71	600m: 6:50.84 34.64	1000m: 11:34.10 36.04	1400m: 16:21.42 35.62	
	250m: 2:49.98 34.22	650m: 7:25.62 34.78	1050m: 12:10.07 35.97	1450m: 16:56.83 35.41	
	300m: 3:24.46 34.48	700m: 8:00.65 35.03	1100m: 12:46.16 36.09	1500m: 17:30.95 34.12	
	350m: 3:58.76 34.30	750m: 8:36.50 35.85	1150m: 13:21.58 35.42		
	400m: 4:33.17 34.41	800m: 9:11.75 35.25	1200m: 13:57.73 36.15		
6.	Martim Frederico Marques	10	CPCD Povo de Santa Iria	17:48.97	497
	50m: 33.30 33.30	450m: 5:11.97 35.26	850m: 9:58.37 36.38	1250m: 14:49.72 36.91	
	100m: 1:07.00 33.70	500m: 5:47.32 35.35	900m: 10:34.83 36.46	1300m: 15:26.12 36.40	
	150m: 1:41.42 34.42	550m: 6:22.56 35.24	950m: 11:11.16 36.33	1350m: 16:02.80 36.68	
	200m: 2:16.29 34.87	600m: 6:58.16 35.60	1000m: 11:47.54 36.38	1400m: 16:39.39 36.59	
	250m: 2:51.19 34.90	650m: 7:33.50 35.34	1050m: 12:24.03 36.49	1450m: 17:15.33 35.94	
	300m: 3:25.86 34.67	700m: 8:09.24 35.74	1100m: 13:00.43 36.40	1500m: 17:48.97 33.64	
	350m: 4:01.20 35.34	750m: 8:45.49 36.25	1150m: 13:36.82 36.39		
	400m: 4:36.71 35.51	800m: 9:21.99 36.50	1200m: 14:12.81 35.99		

Resultados online: anlisboa.info/live

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

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	17:53.06	491
	50m: 32.15 32.15	450m: 5:15.22 36.22	850m: 10:06.01 36.79	1250m: 14:57.81 36.18	
	100m: 1:06.43 34.28	500m: 5:51.11 35.89	900m: 10:42.37 36.36	1300m: 15:33.15 35.34	
	150m: 1:40.99 34.56	550m: 6:27.48 36.37	950m: 11:18.85 36.48	1350m: 16:08.81 35.66	
	200m: 2:16.18 35.19	600m: 7:03.51 36.03	1000m: 11:55.50 36.65	1400m: 16:44.29 35.48	
	250m: 2:51.30 35.12	650m: 7:39.83 36.32	1050m: 12:32.30 36.80	1450m: 17:18.81 34.52	
	300m: 3:27.21 35.91	700m: 8:15.95 36.12	1100m: 13:08.76 36.46	1500m: 17:53.06 34.25	
	350m: 4:02.96 35.75	750m: 8:52.58 36.63	1150m: 13:44.94 36.18		
	400m: 4:39.00 36.04	800m: 9:29.22 36.64	1200m: 14:21.63 36.69		
8.	Antonio Carimbo Godinho	10	Fisica Torres Vedras	17:56.74	486
	50m: 32.64 32.64	450m: 5:11.35 35.40	850m: 9:59.03 35.87	1250m: 14:54.39 37.63	
	100m: 1:06.61 33.97	500m: 5:46.97 35.62	900m: 10:36.14 37.11	1300m: 15:31.61 37.22	
	150m: 1:41.02 34.41	550m: 6:22.53 35.56	950m: 11:12.75 36.61	1350m: 16:08.93 37.32	
	200m: 2:15.40 34.38	600m: 6:58.02 35.49	1000m: 11:48.96 36.21	1400m: 16:46.63 37.70	
	250m: 2:50.31 34.91	650m: 7:34.37 36.35	1050m: 12:26.09 37.13	1450m: 17:23.29 36.66	
	300m: 3:25.34 35.03	700m: 8:10.11 35.74	1100m: 13:03.20 37.11	1500m: 17:56.74 33.45	
	350m: 4:00.61 35.27	750m: 8:46.37 36.26	1150m: 13:39.68 36.48		
	400m: 4:35.95 35.34	800m: 9:23.16 36.79	1200m: 14:16.76 37.08		
9.	Tiago Neres Santo	10	Alges	17:57.42	485
	50m: 34.77 34.77	450m: 5:17.61 35.56	850m: 10:03.55 35.92	1250m: 14:54.07 37.12	
	100m: 1:10.17 35.40	500m: 5:53.19 35.58	900m: 10:39.38 35.83	1300m: 15:31.03 36.96	
	150m: 1:45.59 35.42	550m: 6:29.18 35.99	950m: 11:15.15 35.77	1350m: 16:07.69 36.66	
	200m: 2:20.80 35.21	600m: 7:04.78 35.60	1000m: 11:51.48 36.33	1400m: 16:44.43 36.74	
	250m: 2:56.15 35.35	650m: 7:40.33 35.55	1050m: 12:27.83 36.35	1450m: 17:21.33 36.90	
	300m: 3:31.28 35.13	700m: 8:15.64 35.31	1100m: 13:03.72 35.89	1500m: 17:57.42 36.09	
	350m: 4:06.59 35.31	750m: 8:51.60 35.96	1150m: 13:40.14 36.42		
	400m: 4:42.05 35.46	800m: 9:27.63 36.03	1200m: 14:16.95 36.81		
10.	Tomas O'Grady Freire	10	Sporting	17:59.93	482
	50m: 33.79 33.79	450m: 5:16.55 36.22	850m: 10:05.60 36.22	1250m: 14:58.60 36.55	
	100m: 1:07.95 34.16	500m: 5:52.62 36.07	900m: 10:42.13 36.53	1300m: 15:35.38 36.78	
	150m: 1:42.72 34.77	550m: 6:28.92 36.30	950m: 11:18.75 36.62	1350m: 16:12.39 37.01	
	200m: 2:17.58 34.86	600m: 7:04.96 36.04	1000m: 11:55.54 36.79	1400m: 16:49.04 36.65	
	250m: 2:53.00 35.42	650m: 7:40.94 35.98	1050m: 12:31.60 36.06	1450m: 17:25.37 36.33	
	300m: 3:28.68 35.68	700m: 8:17.26 36.32	1100m: 13:08.42 36.82	1500m: 17:59.93 34.56	
	350m: 4:04.30 35.62	750m: 8:53.23 35.97	1150m: 13:45.23 36.81		
	400m: 4:40.33 36.03	800m: 9:29.38 36.15	1200m: 14:22.05 36.82		
11.	Diogo Alves Castro	10	Alges	18:26.29	448
	50m: 34.25 34.25	450m: 5:24.05 36.70	850m: 10:22.86 37.42	1250m: 15:21.72 37.17	
	100m: 1:09.06 34.81	500m: 6:01.33 37.28	900m: 11:00.81 37.95	1300m: 15:58.94 37.22	
	150m: 1:44.89 35.83	550m: 6:38.62 37.29	950m: 11:38.04 37.23	1350m: 16:36.48 37.54	
	200m: 2:20.87 35.98	600m: 7:15.78 37.16	1000m: 12:15.51 37.47	1400m: 17:13.31 36.83	
	250m: 2:57.74 36.87	650m: 7:52.91 37.13	1050m: 12:52.94 37.43	1450m: 17:50.10 36.79	
	300m: 3:34.38 36.64	700m: 8:30.42 37.51	1100m: 13:30.57 37.63	1500m: 18:26.29 36.19	
	350m: 4:10.30 35.92	750m: 9:07.95 37.53	1150m: 14:07.51 36.94		
	400m: 4:47.35 37.05	800m: 9:45.44 37.49	1200m: 14:44.55 37.04		
12.	Afonso Velada Pereira	10	Sporting	18:41.72	430
	50m: 36.74 36.74	450m: 5:39.11 37.80	850m: 10:44.71 38.27	1250m: 15:43.63 37.44	
	100m: 1:14.26 37.52	500m: 6:16.71 37.60	900m: 11:23.27 38.56	1300m: 16:19.30 35.67	
	150m: 1:51.93 37.67	550m: 6:54.60 37.89	950m: 12:01.70 38.43	1350m: 16:56.13 36.83	
	200m: 2:29.48 37.55	600m: 7:32.85 38.25	1000m: 12:40.03 38.33	1400m: 17:33.16 37.03	
	250m: 3:07.45 37.97	650m: 8:10.94 38.09	1050m: 13:15.64 35.61	1450m: 18:09.38 36.22	
	300m: 3:45.63 38.18	700m: 8:49.02 38.08	1100m: 13:52.31 36.67	1500m: 18:41.72 32.34	
	350m: 4:23.26 37.63	750m: 9:27.66 38.64	1150m: 14:28.62 36.31		
	400m: 5:01.31 38.05	800m: 10:06.44 38.78	1200m: 15:06.19 37.57		
13.	Afonso Manuel Gomes	10	Sporting	18:43.21	428
	50m: 36.81 36.81	450m: 5:40.82 38.01	850m: 10:45.26 38.05	1250m: 15:45.48 37.53	
	100m: 1:14.62 37.81	500m: 6:19.32 38.50	900m: 11:23.69 38.43	1300m: 16:21.64 36.16	
	150m: 1:52.58 37.96	550m: 6:57.12 37.80	950m: 12:01.63 37.94	1350m: 16:58.64 37.00	
	200m: 2:30.46 37.88	600m: 7:34.63 37.51	1000m: 12:39.66 38.03	1400m: 17:35.47 36.83	
	250m: 3:08.67 38.21	650m: 8:12.79 38.16	1050m: 13:17.18 37.52	1450m: 18:10.72 35.25	
	300m: 3:46.83 38.16	700m: 8:50.56 37.77	1100m: 13:53.61 36.43	1500m: 18:43.21 32.49	
	350m: 4:24.74 37.91	750m: 9:28.80 38.24	1150m: 14:30.36 36.75		
	400m: 5:02.81 38.07	800m: 10:07.21 38.41	1200m: 15:07.95 37.59		
14.	Andrey Ponomarov	10	CPCD Povia de Santa Iria	18:47.37	423
	50m: 35.66 35.66	450m: 5:32.53 37.71	850m: 10:38.17 38.38	1250m: 15:43.05 37.30	
	100m: 1:12.03 36.37	500m: 6:10.30 37.77	900m: 11:16.43 38.26	1300m: 16:20.69 37.64	
	150m: 1:48.58 36.55	550m: 6:47.99 37.69	950m: 11:54.60 38.17	1350m: 16:58.18 37.49	
	200m: 2:25.15 36.57	600m: 7:26.11 38.12	1000m: 12:32.85 38.25	1400m: 17:35.58 37.40	
	250m: 3:02.72 37.57	650m: 8:04.63 38.52	1050m: 13:11.33 38.48	1450m: 18:13.50 37.92	
	300m: 3:39.98 37.26	700m: 8:43.15 38.52	1100m: 13:49.46 38.13	1500m: 18:47.37 33.87	
	350m: 4:17.26 37.28	750m: 9:21.36 38.21	1150m: 14:27.65 38.19		
	400m: 4:54.82 37.56	800m: 9:59.79 38.43	1200m: 15:05.75 38.10		

Resultados online: anlisboa.info/live

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

Pos.	Nadador	Ano	Clube	Tempo	Pts
15.	Andre Huang	10	Geslours	18:53.33	417
	50m: 32.17 32.17	450m: 5:23.21 37.99	850m: 10:27.88 37.84	1250m: 15:40.33 39.56	
	100m: 1:06.89 34.72	500m: 6:00.46 37.25	900m: 11:06.83 38.95	1300m: 16:19.71 39.38	
	150m: 1:42.12 35.23	550m: 6:38.73 38.27	950m: 11:45.29 38.46	1350m: 16:58.95 39.24	
	200m: 2:18.12 36.00	600m: 7:17.17 38.44	1000m: 12:24.25 38.96	1400m: 17:37.34 38.39	
	250m: 2:54.37 36.25	650m: 7:55.22 38.05	1050m: 13:03.10 38.85	1450m: 18:15.83 38.49	
	300m: 3:30.51 36.14	700m: 8:33.74 38.52	1100m: 13:41.65 38.55	1500m: 18:53.33 37.50	
	350m: 4:07.28 36.77	750m: 9:12.69 38.95	1150m: 14:21.12 39.47		
	400m: 4:45.22 37.94	800m: 9:50.04 37.35	1200m: 15:00.77 39.65		
16.	Rafael Carreiras Marques	10	Geslours	18:55.83	414
	50m: 34.29 34.29	450m: 5:33.30 37.40	850m: 10:38.47 38.17	1250m: 15:47.26 38.57	
	100m: 1:10.93 36.64	500m: 6:11.04 37.74	900m: 11:16.43 37.96	1300m: 16:25.67 38.41	
	150m: 1:48.76 37.83	550m: 6:48.78 37.74	950m: 11:54.91 38.48	1350m: 17:04.17 38.50	
	200m: 2:26.53 37.77	600m: 7:26.89 38.11	1000m: 12:33.31 38.40	1400m: 17:42.77 38.60	
	250m: 3:03.17 36.64	650m: 8:05.16 38.27	1050m: 13:13.37 40.06	1450m: 18:19.74 36.97	
	300m: 3:40.53 37.36	700m: 8:43.39 38.23	1100m: 13:51.33 37.96	1500m: 18:55.83 36.09	
	350m: 4:18.15 37.62	750m: 9:21.70 38.31	1150m: 14:29.36 38.03		
	400m: 4:55.90 37.75	800m: 10:00.30 38.60	1200m: 15:08.69 39.33		
17.	Salvador Miranda Grandela	10	Alges	18:57.13	413
	50m: 35.88 35.88	450m: 5:35.08 38.10	850m: 10:40.87 38.43	1250m: 15:48.56 38.09	
	100m: 1:12.66 36.78	500m: 6:12.99 37.91	900m: 11:19.25 38.38	1300m: 16:26.91 38.35	
	150m: 1:49.74 37.08	550m: 6:51.30 38.31	950m: 11:57.01 37.76	1350m: 17:05.36 38.45	
	200m: 2:26.83 37.09	600m: 7:29.16 37.86	1000m: 12:35.09 38.08	1400m: 17:43.42 38.06	
	250m: 3:03.86 37.03	650m: 8:07.55 38.39	1050m: 13:14.19 39.10	1450m: 18:20.94 37.52	
	300m: 3:41.17 37.31	700m: 8:45.53 37.98	1100m: 13:52.63 38.44	1500m: 18:57.13 36.19	
	350m: 4:19.23 38.06	750m: 9:24.29 38.76	1150m: 14:31.54 38.91		
	400m: 4:56.98 37.75	800m: 10:02.44 38.15	1200m: 15:10.47 38.93		
18.	Guilherme Costa Alves	10	Sporting	18:59.40	410
	50m: 34.77 34.77	450m: 5:30.40 37.66	850m: 10:38.93 38.97	1250m: 15:49.50 38.90	
	100m: 1:09.09 34.32	500m: 6:08.45 38.05	900m: 11:17.67 38.74	1300m: 16:28.23 38.73	
	150m: 1:45.52 36.43	550m: 6:46.75 38.30	950m: 11:56.07 38.40	1350m: 17:06.95 38.72	
	200m: 2:22.71 37.19	600m: 7:24.78 38.03	1000m: 12:35.14 39.07	1400m: 17:45.17 38.22	
	250m: 2:59.93 37.22	650m: 8:03.70 38.92	1050m: 13:13.73 38.59	1450m: 18:23.36 38.19	
	300m: 3:37.59 37.66	700m: 8:42.28 38.58	1100m: 13:52.72 38.99	1500m: 18:59.40 36.04	
	350m: 4:15.25 37.66	750m: 9:21.06 38.78	1150m: 14:32.10 39.38		
	400m: 4:52.74 37.49	800m: 9:59.96 38.90	1200m: 15:10.60 38.50		
19.	Henrique Matos Sebroza	10	Geslours	19:27.88	381
	50m: 36.15 36.15	450m: 5:45.46 38.91	850m: 10:58.72 39.15	1250m: 16:14.80 39.90	
	100m: 1:13.98 37.83	500m: 6:24.70 39.24	900m: 11:38.08 39.36	1300m: 16:54.32 39.52	
	150m: 1:51.97 37.99	550m: 7:03.51 38.81	950m: 12:17.91 39.83	1350m: 17:33.33 39.01	
	200m: 2:30.70 38.73	600m: 7:42.62 39.11	1000m: 12:56.93 39.02	1400m: 18:12.25 38.92	
	250m: 3:09.61 38.91	650m: 8:21.91 39.29	1050m: 13:36.37 39.44	1450m: 18:51.18 38.93	
	300m: 3:48.23 38.62	700m: 9:00.67 38.76	1100m: 14:15.80 39.43	1500m: 19:27.88 36.70	
	350m: 4:27.23 39.00	750m: 9:40.16 39.49	1150m: 14:55.58 39.78		
	400m: 5:06.55 39.32	800m: 10:19.57 39.41	1200m: 15:34.90 39.32		

Juvenis A

1.	Diogo Damasceno Reis	09	Sporting	16:23.33	638
	50m: 30.53 30.53	450m: 4:52.45 33.06	850m: 9:16.09 32.87	1250m: 13:41.91 32.80	
	100m: 1:01.92 31.39	500m: 5:25.78 33.33	900m: 9:49.58 33.49	1300m: 14:14.67 32.76	
	150m: 1:34.50 32.58	550m: 5:58.53 32.75	950m: 10:23.06 33.48	1350m: 14:47.25 32.58	
	200m: 2:07.39 32.89	600m: 6:31.54 33.01	1000m: 10:56.63 33.57	1400m: 15:20.07 32.82	
	250m: 2:40.59 33.20	650m: 7:04.80 33.26	1050m: 11:30.22 33.59	1450m: 15:52.83 32.76	
	300m: 3:13.59 33.00	700m: 7:37.36 32.56	1100m: 12:03.30 33.08	1500m: 16:23.33 30.50	
	350m: 3:46.40 32.81	750m: 8:10.20 32.84	1150m: 12:36.29 32.99		
	400m: 4:19.39 32.99	800m: 8:43.22 33.02	1200m: 13:09.11 32.82		
2.	Martim Chambel Pinto	09	Colegio Int Monte Maior	16:31.66	622
	50m: 30.47 30.47	450m: 4:53.76 33.55	850m: 9:21.57 33.44	1250m: 13:47.28 33.32	
	100m: 1:02.28 31.81	500m: 5:27.15 33.39	900m: 9:54.61 33.04	1300m: 14:20.34 33.06	
	150m: 1:34.95 32.67	550m: 6:00.75 33.60	950m: 10:27.95 33.34	1350m: 14:53.57 33.23	
	200m: 2:07.94 32.99	600m: 6:33.66 32.91	1000m: 11:01.29 33.34	1400m: 15:27.07 33.50	
	250m: 2:40.86 32.92	650m: 7:06.98 33.32	1050m: 11:34.08 32.79	1450m: 16:00.31 33.24	
	300m: 3:13.91 33.05	700m: 7:40.87 33.89	1100m: 12:07.44 33.36	1500m: 16:31.66 31.35	
	350m: 3:47.11 33.20	750m: 8:14.52 33.65	1150m: 12:40.41 32.97		
	400m: 4:20.21 33.10	800m: 8:48.13 33.61	1200m: 13:13.96 33.55		

Resultados online: anlisboa.info/live

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

Pos.	Nadador	Ano	Clube	Tempo	Pts
3.	Paulo Junio Fernandes	09	Alges	16:33.42	619
	50m: 31.72 31.72	450m: 4:54.95 33.49	850m: 9:21.90 33.61	1250m: 13:49.91 33.55	
	100m: 1:03.82 32.10	500m: 5:28.02 33.07	900m: 9:55.01 33.11	1300m: 14:23.60 33.69	
	150m: 1:36.42 32.60	550m: 6:01.53 33.51	950m: 10:28.61 33.60	1350m: 14:56.71 33.11	
	200m: 2:09.18 32.76	600m: 6:35.11 33.58	1000m: 11:02.47 33.86	1400m: 15:29.42 32.71	
	250m: 2:42.21 33.03	650m: 7:08.25 33.14	1050m: 11:35.79 33.32	1450m: 16:02.38 32.96	
	300m: 3:15.20 32.99	700m: 7:41.43 33.18	1100m: 12:09.11 33.32	1500m: 16:33.42 31.04	
	350m: 3:48.36 33.16	750m: 8:14.75 33.32	1150m: 12:42.87 33.76		
	400m: 4:21.46 33.10	800m: 8:48.29 33.54	1200m: 13:16.36 33.49		
4.	Rafael Lin Moniz	09	Naval Setubalense	16:36.86	613
	50m: 30.95 30.95	450m: 4:54.15 33.42	850m: 9:21.55 33.79	1250m: 13:49.15 33.65	
	100m: 1:02.66 31.71	500m: 5:27.47 33.32	900m: 9:54.92 33.37	1300m: 14:23.05 33.90	
	150m: 1:35.28 32.62	550m: 6:00.81 33.34	950m: 10:28.24 33.32	1350m: 14:56.86 33.81	
	200m: 2:08.31 33.03	600m: 6:34.07 33.26	1000m: 11:01.68 33.44	1400m: 15:30.32 33.46	
	250m: 2:41.26 32.95	650m: 7:07.32 33.25	1050m: 11:34.82 33.14	1450m: 16:04.05 33.73	
	300m: 3:14.36 33.10	700m: 7:40.70 33.38	1100m: 12:08.19 33.37	1500m: 16:36.86 32.81	
	350m: 3:47.51 33.15	750m: 8:14.27 33.57	1150m: 12:41.77 33.58		
	400m: 4:20.73 33.22	800m: 8:47.76 33.49	1200m: 13:15.50 33.73		
5.	Diogo Didario Alfano	09	Fisica Torres Vedras	17:05.14	563
	50m: 32.00 32.00	450m: 5:03.89 33.64	850m: 9:38.74 33.57	1250m: 14:16.40 34.45	
	100m: 1:05.67 33.67	500m: 5:38.14 34.25	900m: 10:13.80 35.06	1300m: 14:51.19 34.79	
	150m: 1:39.57 33.90	550m: 6:12.14 34.00	950m: 10:48.25 34.45	1350m: 15:23.73 32.54	
	200m: 2:14.09 34.52	600m: 6:46.32 34.18	1000m: 11:23.34 35.09	1400m: 16:00.93 37.20	
	250m: 2:48.09 34.00	650m: 7:20.85 34.53	1050m: 11:58.19 34.85	1450m: 16:34.65 33.72	
	300m: 3:22.05 33.96	700m: 7:55.37 34.52	1100m: 12:33.10 34.91	1500m: 17:05.14 30.49	
	350m: 3:56.37 34.32	750m: 8:30.06 34.69	1150m: 13:06.91 33.81		
	400m: 4:30.25 33.88	800m: 9:05.17 35.11	1200m: 13:41.95 35.04		
6.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	17:24.97	532
	50m: 32.30 32.30	450m: 5:07.70 35.02	850m: 9:49.81 35.33	1250m: 14:32.74 35.55	
	100m: 1:05.52 33.22	500m: 5:42.69 34.99	900m: 10:25.29 35.48	1300m: 15:07.93 35.19	
	150m: 1:39.72 34.20	550m: 6:18.09 35.40	950m: 11:00.48 35.19	1350m: 15:42.76 34.83	
	200m: 2:14.61 34.89	600m: 6:53.36 35.27	1000m: 11:35.33 34.85	1400m: 16:17.54 34.78	
	250m: 2:48.98 34.37	650m: 7:28.78 35.42	1050m: 12:10.70 35.37	1450m: 16:52.02 34.48	
	300m: 3:23.53 34.55	700m: 8:04.02 35.24	1100m: 12:46.34 35.64	1500m: 17:24.97 32.95	
	350m: 3:57.77 34.24	750m: 8:39.18 35.16	1150m: 13:21.93 35.59		
	400m: 4:32.68 34.91	800m: 9:14.48 35.30	1200m: 13:57.19 35.26		
7.	Afonso Santos Carromeu	09	Naval Setubalense	17:25.36	531
	50m: 32.51 32.51	450m: 5:08.15 35.29	850m: 9:49.86 35.30	1250m: 14:32.86 35.44	
	100m: 1:05.75 33.24	500m: 5:43.20 35.05	900m: 10:25.78 35.92	1300m: 15:08.29 35.43	
	150m: 1:39.69 33.94	550m: 6:18.37 35.17	950m: 11:00.84 35.06	1350m: 15:43.27 34.98	
	200m: 2:14.40 34.71	600m: 6:53.73 35.36	1000m: 11:35.85 35.01	1400m: 16:18.16 34.89	
	250m: 2:48.87 34.47	650m: 7:28.91 35.18	1050m: 12:11.24 35.39	1450m: 16:53.01 34.85	
	300m: 3:23.66 34.79	700m: 8:03.95 35.04	1100m: 12:46.68 35.44	1500m: 17:25.36 32.35	
	350m: 3:57.95 34.29	750m: 8:39.10 35.15	1150m: 13:22.35 35.67		
	400m: 4:32.86 34.91	800m: 9:14.56 35.46	1200m: 13:57.42 35.07		
8.	Pedro Guedes Caldas	09	Benfica	17:39.73	510
	50m: 32.48 32.48	450m: 5:11.47 35.49	850m: 9:55.37 35.45	1250m: 14:41.72 35.96	
	100m: 1:06.05 33.57	500m: 5:46.99 35.52	900m: 10:30.85 35.48	1300m: 15:17.78 36.06	
	150m: 1:40.47 34.42	550m: 6:22.69 35.70	950m: 11:06.55 35.70	1350m: 15:53.84 36.06	
	200m: 2:15.47 35.00	600m: 6:57.89 35.20	1000m: 11:42.53 35.98	1400m: 16:30.13 36.29	
	250m: 2:50.45 34.98	650m: 7:33.16 35.27	1050m: 12:18.08 35.55	1450m: 17:05.58 35.45	
	300m: 3:25.60 35.15	700m: 8:08.89 35.73	1100m: 12:53.89 35.81	1500m: 17:39.73 34.15	
	350m: 4:00.47 34.87	750m: 8:44.39 35.50	1150m: 13:29.39 35.50		
	400m: 4:35.98 35.51	800m: 9:19.92 35.53	1200m: 14:05.76 36.37		
9.	Andre Raposo Pinheiro	09	Sporting	17:40.48	509
	50m: 32.98 32.98	450m: 5:15.53 35.69	850m: 10:04.24 36.11	1250m: 14:48.77 35.70	
	100m: 1:07.90 34.92	500m: 5:51.53 36.00	900m: 10:39.85 35.61	1300m: 15:24.00 35.23	
	150m: 1:43.25 35.35	550m: 6:27.57 36.04	950m: 11:15.63 35.78	1350m: 15:58.55 34.55	
	200m: 2:18.50 35.25	600m: 7:03.47 35.90	1000m: 11:51.41 35.78	1400m: 16:33.60 35.05	
	250m: 2:53.81 35.31	650m: 7:39.59 36.12	1050m: 12:26.65 35.24	1450m: 17:07.40 33.80	
	300m: 3:29.18 35.37	700m: 8:15.76 36.17	1100m: 13:02.32 35.67	1500m: 17:40.48 33.08	
	350m: 4:04.26 35.08	750m: 8:51.60 35.84	1150m: 13:37.09 34.77		
	400m: 4:39.84 35.58	800m: 9:28.13 36.53	1200m: 14:13.07 35.98		
10.	Xavier Rosa Madeira	09	Laranjeiro	17:52.02	493
	50m: 33.73 33.73	450m: 5:17.18 35.37	850m: 10:04.74 35.99	1250m: 14:53.14 35.96	
	100m: 1:08.41 34.68	500m: 5:52.51 35.33	900m: 10:40.95 36.21	1300m: 15:30.01 36.87	
	150m: 1:43.89 35.48	550m: 6:28.46 35.95	950m: 11:16.91 35.96	1350m: 16:06.22 36.21	
	200m: 2:19.80 35.91	600m: 7:04.89 36.43	1000m: 11:53.71 36.80	1400m: 16:41.94 35.72	
	250m: 2:54.98 35.18	650m: 7:40.69 35.80	1050m: 12:29.29 35.58	1450m: 17:18.24 36.30	
	300m: 3:30.31 35.33	700m: 8:16.40 35.71	1100m: 13:05.09 35.80	1500m: 17:52.02 33.78	
	350m: 4:05.84 35.53	750m: 8:52.58 36.18	1150m: 13:41.01 35.92		
	400m: 4:41.81 35.97	800m: 9:28.75 36.17	1200m: 14:17.18 36.17		

Resultados online: anlisboa.info/live

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

Pos.	Nadador	Ano	Clube	Tempo	Pts
11.	Tiago Rafael Ferreira	09	Sporting	17:54.29	489
	50m: 32.77 32.77	450m: 5:12.36 35.60	850m: 9:58.65 35.95	1250m: 14:51.76 36.97	
	100m: 1:06.53 33.76	500m: 5:47.86 35.50	900m: 10:35.15 36.50	1300m: 15:29.18 37.42	
	150m: 1:41.01 34.48	550m: 6:23.62 35.76	950m: 11:11.48 36.33	1350m: 16:06.24 37.06	
	200m: 2:16.01 35.00	600m: 6:59.38 35.76	1000m: 11:47.76 36.28	1400m: 16:43.54 37.30	
	250m: 2:50.95 34.94	650m: 7:34.85 35.47	1050m: 12:24.22 36.46	1450m: 17:19.86 36.32	
	300m: 3:26.36 35.41	700m: 8:10.65 35.80	1100m: 13:01.10 36.88	1500m: 17:54.29 34.43	
	350m: 4:01.48 35.12	750m: 8:46.49 35.84	1150m: 13:37.89 36.79		
	400m: 4:36.76 35.28	800m: 9:22.70 36.21	1200m: 14:14.79 36.90		
12.	Bernardo Afonso Guedelha	09	Benfica	17:56.67	486
	50m: 33.22 33.22	450m: 5:14.45 36.14	850m: 10:03.76 36.51	1250m: 14:57.46 37.08	
	100m: 1:07.10 33.88	500m: 5:50.21 35.76	900m: 10:40.51 36.75	1300m: 15:33.40 35.94	
	150m: 1:41.30 34.20	550m: 6:25.99 35.78	950m: 11:17.04 36.53	1350m: 16:09.30 35.90	
	200m: 2:16.34 35.04	600m: 7:02.21 36.22	1000m: 11:54.23 37.19	1400m: 16:45.58 36.28	
	250m: 2:51.54 35.20	650m: 7:38.26 36.05	1050m: 12:30.75 36.52	1450m: 17:21.25 35.67	
	300m: 3:26.92 35.38	700m: 8:14.49 36.23	1100m: 13:07.29 36.54	1500m: 17:56.67 35.42	
	350m: 4:02.78 35.86	750m: 8:51.03 36.54	1150m: 13:43.86 36.57		
	400m: 4:38.31 35.53	800m: 9:27.25 36.22	1200m: 14:20.38 36.52		
13.	Francisco Gabriel Freitas	09	Geslours	18:09.45	469
	50m: 32.51 32.51	450m: 5:20.97 36.31	850m: 10:15.19 36.47	1250m: 15:10.33 36.20	
	100m: 1:07.17 34.66	500m: 5:57.86 36.89	900m: 10:52.35 37.16	1300m: 15:46.74 36.41	
	150m: 1:42.52 35.35	550m: 6:34.61 36.75	950m: 11:29.47 37.12	1350m: 16:23.73 36.99	
	200m: 2:18.76 36.24	600m: 7:11.61 37.00	1000m: 12:07.20 37.73	1400m: 16:59.61 35.88	
	250m: 2:54.86 36.10	650m: 7:47.92 36.31	1050m: 12:44.47 37.27	1450m: 17:35.19 35.58	
	300m: 3:31.40 36.54	700m: 8:24.89 36.97	1100m: 13:21.08 36.61	1500m: 18:09.45 34.26	
	350m: 4:07.94 36.54	750m: 9:02.23 37.34	1150m: 13:57.80 36.72		
	400m: 4:44.66 36.72	800m: 9:38.72 36.49	1200m: 14:34.13 36.33		
14.	Miguel Ratinho Rocha	09	Naval Setubalense	18:13.53	464
	50m: 32.81 32.81	450m: 5:23.37 36.67	850m: 10:18.92 37.42	1250m: 15:13.05 36.60	
	100m: 1:07.75 34.94	500m: 6:00.12 36.75	900m: 10:55.91 36.99	1300m: 15:50.15 37.10	
	150m: 1:43.70 35.95	550m: 6:37.00 36.88	950m: 11:32.79 36.88	1350m: 16:26.51 36.36	
	200m: 2:20.08 36.38	600m: 7:13.94 36.94	1000m: 12:09.63 36.84	1400m: 17:02.88 36.37	
	250m: 2:56.73 36.65	650m: 7:50.61 36.67	1050m: 12:46.44 36.81	1450m: 17:39.19 36.31	
	300m: 3:33.43 36.70	700m: 8:27.80 37.19	1100m: 13:23.46 37.02	1500m: 18:13.53 34.34	
	350m: 4:10.02 36.59	750m: 9:04.77 36.97	1150m: 13:59.73 36.27		
	400m: 4:46.70 36.68	800m: 9:41.50 36.73	1200m: 14:36.45 36.72		
15.	Tiago Trindade Manuel	09	Palmela Desporto	18:19.43	457
	50m: 32.75 32.75	450m: 5:23.07 37.09	850m: 10:17.36 36.87	1250m: 15:15.56 37.39	
	100m: 1:07.61 34.86	500m: 6:00.22 37.15	900m: 10:54.50 37.14	1300m: 15:53.25 37.69	
	150m: 1:43.29 35.68	550m: 6:37.11 36.89	950m: 11:31.78 37.28	1350m: 16:30.81 37.56	
	200m: 2:19.45 36.16	600m: 7:14.03 36.92	1000m: 12:09.00 37.22	1400m: 17:07.93 37.12	
	250m: 2:56.17 36.72	650m: 7:50.93 36.90	1050m: 12:46.18 37.18	1450m: 17:44.24 36.31	
	300m: 3:32.50 36.33	700m: 8:27.38 36.45	1100m: 13:23.28 37.10	1500m: 18:19.43 35.19	
	350m: 4:09.24 36.74	750m: 9:03.80 36.42	1150m: 14:00.84 37.56		
	400m: 4:45.98 36.74	800m: 9:40.49 36.69	1200m: 14:38.17 37.33		
16.	Duarte Afonso Leite	09	Laranjeiro	18:27.03	447
	50m: 36.19 36.19	450m: 5:28.24 36.57	850m: 10:27.15 37.71	1250m: 15:24.58 37.03	
	100m: 1:12.59 36.40	500m: 6:05.29 37.05	900m: 11:03.92 36.77	1300m: 16:01.25 36.67	
	150m: 1:49.20 36.61	550m: 6:41.93 36.64	950m: 11:41.11 37.19	1350m: 16:38.60 37.35	
	200m: 2:25.43 36.23	600m: 7:20.14 38.21	1000m: 12:18.73 37.62	1400m: 17:15.77 37.17	
	250m: 3:02.01 36.58	650m: 7:57.01 36.87	1050m: 12:56.45 37.72	1450m: 17:51.85 36.08	
	300m: 3:38.47 36.46	700m: 8:34.06 37.05	1100m: 13:32.81 36.36	1500m: 18:27.03 35.18	
	350m: 4:15.50 37.03	750m: 9:11.62 37.56	1150m: 14:09.73 36.92		
	400m: 4:51.67 36.17	800m: 9:49.44 37.82	1200m: 14:47.55 37.82		
17.	David Emanuel Tome	09	Geslours	18:43.09	428
	50m: 35.14 35.14	450m: 5:29.96 37.60	850m: 10:28.82 37.88	1250m: 15:32.99 38.71	
	100m: 1:11.50 36.36	500m: 6:07.35 37.39	900m: 11:05.70 36.88	1300m: 16:11.45 38.46	
	150m: 1:47.93 36.43	550m: 6:44.79 37.44	950m: 11:44.20 38.50	1350m: 16:49.35 37.90	
	200m: 2:24.75 36.82	600m: 7:21.50 36.71	1000m: 12:21.69 37.49	1400m: 17:27.07 37.72	
	250m: 3:01.54 36.79	650m: 7:59.10 37.60	1050m: 13:00.19 38.50	1450m: 18:05.35 38.28	
	300m: 3:38.38 36.84	700m: 8:36.78 37.68	1100m: 13:38.28 38.09	1500m: 18:43.09 37.74	
	350m: 4:16.01 37.63	750m: 9:13.75 36.97	1150m: 14:16.58 38.30		
	400m: 4:52.36 36.35	800m: 9:50.94 37.19	1200m: 14:54.28 37.70		
18.	Rui Melo Pereira	09	Benfica	18:47.87	423
	50m: 35.64 35.64	450m: 5:28.61 37.75	850m: 10:33.72 38.76	1250m: 15:41.93 36.80	
	100m: 1:11.70 36.06	500m: 6:06.16 37.55	900m: 11:12.66 38.94	1300m: 16:19.94 38.01	
	150m: 1:47.34 35.64	550m: 6:44.15 37.99	950m: 11:50.83 38.17	1350m: 16:58.45 38.51	
	200m: 2:23.42 36.08	600m: 7:22.28 38.13	1000m: 12:29.63 38.80	1400m: 17:36.17 37.72	
	250m: 2:59.77 36.35	650m: 8:00.26 37.98	1050m: 13:08.05 38.42	1450m: 18:13.35 37.18	
	300m: 3:36.65 36.88	700m: 8:37.83 37.57	1100m: 13:46.87 38.82	1500m: 18:47.87 34.52	
	350m: 4:13.24 36.59	750m: 9:16.69 38.86	1150m: 14:25.88 39.01		
	400m: 4:50.86 37.62	800m: 9:54.96 38.27	1200m: 15:05.13 39.25		

Resultados online: anlisboa.info/live

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

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Lourenco Marques Sebastiao	09	Laranjeiro	19:05.99	403
	50m: 34.03 34.03	450m: 5:33.33 38.40	850m: 10:42.47 38.72	1250m: 15:53.57 39.22	
	100m: 1:09.77 35.74	500m: 6:12.11 38.78	900m: 11:21.24 38.77	1300m: 16:33.19 39.62	
	150m: 1:46.37 36.60	550m: 6:49.91 37.80	950m: 12:00.03 38.79	1350m: 17:12.19 39.00	
	200m: 2:23.87 37.50	600m: 7:28.66 38.75	1000m: 12:38.84 38.81	1400m: 17:50.01 37.82	
	250m: 3:01.98 38.11	650m: 8:07.59 38.93	1050m: 13:17.37 38.53	1450m: 18:32.03 42.02	
	300m: 3:39.66 37.68	700m: 8:46.29 38.70	1100m: 13:56.24 38.87	1500m: 19:05.99 33.96	
	350m: 4:16.95 37.29	750m: 9:24.87 38.58	1150m: 14:35.16 38.92		
	400m: 4:54.93 37.98	800m: 10:03.75 38.88	1200m: 15:14.35 39.19		
DSQ	Diogo Soares Marques	09	Alges		
	G11 - Não tocou na parede testa na viragem aos 550 metros (sr 10.5)				
DSQ	Santiago Castanheira Martins	09	CPCD Povia de Santa Iria		
	G9 - Não cumpriu a distância completa da prova (sr 10.2), desistiu aos 1435m				

Juvenis

1.	Diogo Damasceno Reis	09	Sporting	16:23.33	638
	50m: 30.53 30.53	450m: 4:52.45 33.06	850m: 9:16.09 32.87	1250m: 13:41.91 32.80	
	100m: 1:01.92 31.39	500m: 5:25.78 33.33	900m: 9:49.58 33.49	1300m: 14:14.67 32.76	
	150m: 1:34.50 32.58	550m: 5:58.53 32.75	950m: 10:23.06 33.48	1350m: 14:47.25 32.58	
	200m: 2:07.39 32.89	600m: 6:31.54 33.01	1000m: 10:56.63 33.57	1400m: 15:20.07 32.82	
	250m: 2:40.59 33.20	650m: 7:04.80 33.26	1050m: 11:30.22 33.59	1450m: 15:52.83 32.76	
	300m: 3:13.59 33.00	700m: 7:37.36 32.56	1100m: 12:03.30 33.08	1500m: 16:23.33 30.50	
	350m: 3:46.40 32.81	750m: 8:10.20 32.84	1150m: 12:36.29 32.99		
	400m: 4:19.39 32.99	800m: 8:43.22 33.02	1200m: 13:09.11 32.82		
2.	Martim Chambel Pinto	09	Colegio Int Monte Maior	16:31.66	622
	50m: 30.47 30.47	450m: 4:53.76 33.55	850m: 9:21.57 33.44	1250m: 13:47.28 33.32	
	100m: 1:02.28 31.81	500m: 5:27.15 33.39	900m: 9:54.61 33.04	1300m: 14:20.34 33.06	
	150m: 1:34.95 32.67	550m: 6:00.75 33.60	950m: 10:27.95 33.34	1350m: 14:53.57 33.23	
	200m: 2:07.94 32.99	600m: 6:33.66 32.91	1000m: 11:01.29 33.34	1400m: 15:27.07 33.50	
	250m: 2:40.86 32.92	650m: 7:06.98 33.32	1050m: 11:34.08 32.79	1450m: 16:00.31 33.24	
	300m: 3:13.91 33.05	700m: 7:40.87 33.89	1100m: 12:07.44 33.36	1500m: 16:31.66 31.35	
	350m: 3:47.11 33.20	750m: 8:14.52 33.65	1150m: 12:40.41 32.97		
	400m: 4:20.21 33.10	800m: 8:48.13 33.61	1200m: 13:13.96 33.55		
3.	Paulo Junio Fernandes	09	Alges	16:33.42	619
	50m: 31.72 31.72	450m: 4:54.95 33.49	850m: 9:21.90 33.61	1250m: 13:49.91 33.55	
	100m: 1:03.82 32.10	500m: 5:28.02 33.07	900m: 9:55.01 33.11	1300m: 14:23.60 33.69	
	150m: 1:36.42 32.60	550m: 6:01.53 33.51	950m: 10:28.61 33.60	1350m: 14:56.71 33.11	
	200m: 2:09.18 32.76	600m: 6:35.11 33.58	1000m: 11:02.47 33.86	1400m: 15:29.42 32.71	
	250m: 2:42.21 33.03	650m: 7:08.25 33.14	1050m: 11:35.79 33.32	1450m: 16:02.38 32.96	
	300m: 3:15.20 32.99	700m: 7:41.43 33.18	1100m: 12:09.11 33.32	1500m: 16:33.42 31.04	
	350m: 3:48.36 33.16	750m: 8:14.75 33.32	1150m: 12:42.87 33.76		
	400m: 4:21.46 33.10	800m: 8:48.29 33.54	1200m: 13:16.36 33.49		
4.	Rafael Lin Moniz	09	Naval Setubalense	16:36.86	613
	50m: 30.95 30.95	450m: 4:54.15 33.42	850m: 9:21.55 33.79	1250m: 13:49.15 33.65	
	100m: 1:02.66 31.71	500m: 5:27.47 33.32	900m: 9:54.92 33.37	1300m: 14:23.05 33.90	
	150m: 1:35.28 32.62	550m: 6:00.81 33.34	950m: 10:28.24 33.32	1350m: 14:56.86 33.81	
	200m: 2:08.31 33.03	600m: 6:34.07 33.26	1000m: 11:01.68 33.44	1400m: 15:30.32 33.46	
	250m: 2:41.26 32.95	650m: 7:07.32 33.25	1050m: 11:34.82 33.14	1450m: 16:04.05 33.73	
	300m: 3:14.36 33.10	700m: 7:40.70 33.38	1100m: 12:08.19 33.37	1500m: 16:36.86 32.81	
	350m: 3:47.51 33.15	750m: 8:14.27 33.57	1150m: 12:41.77 33.58		
	400m: 4:20.73 33.22	800m: 8:47.76 33.49	1200m: 13:15.50 33.73		
5.	Rodrigo Ferrao Dias	10	Sporting	16:59.26	573
	50m: 32.44 32.44	450m: 5:02.57 33.90	850m: 9:36.91 34.40	1250m: 14:09.78 34.49	
	100m: 1:05.67 33.23	500m: 5:36.88 34.31	900m: 10:11.22 34.31	1300m: 14:43.41 33.63	
	150m: 1:39.15 33.48	550m: 6:10.85 33.97	950m: 10:44.90 33.68	1350m: 15:18.05 34.64	
	200m: 2:12.78 33.63	600m: 6:44.72 33.87	1000m: 11:18.94 34.04	1400m: 15:52.81 34.76	
	250m: 2:46.61 33.83	650m: 7:19.61 34.89	1050m: 11:52.88 33.94	1450m: 16:26.69 33.88	
	300m: 3:20.35 33.74	700m: 7:53.64 34.03	1100m: 12:27.32 34.44	1500m: 16:59.26 32.57	
	350m: 3:54.69 34.34	750m: 8:27.95 34.31	1150m: 13:01.11 33.79		
	400m: 4:28.67 33.98	800m: 9:02.51 34.56	1200m: 13:35.29 34.18		
6.	Joao Baixinho Roxo	10	União Piedense	17:00.61	571
	50m: 33.03 33.03	450m: 5:06.80 34.42	850m: 9:40.19 34.39	1250m: 14:14.18 34.48	
	100m: 1:06.95 33.92	500m: 5:40.91 34.11	900m: 10:14.37 34.18	1300m: 14:48.48 34.30	
	150m: 1:41.34 34.39	550m: 6:15.15 34.24	950m: 10:48.47 34.10	1350m: 15:22.29 33.81	
	200m: 2:15.22 33.88	600m: 6:49.43 34.28	1000m: 11:22.54 34.07	1400m: 15:55.69 33.40	
	250m: 2:49.46 34.24	650m: 7:23.44 34.01	1050m: 11:56.36 33.82	1450m: 16:28.77 33.08	
	300m: 3:23.78 34.32	700m: 7:57.68 34.24	1100m: 12:30.63 34.27	1500m: 17:00.61 31.84	
	350m: 3:58.17 34.39	750m: 8:31.93 34.25	1150m: 13:05.30 34.67		
	400m: 4:32.38 34.21	800m: 9:05.80 33.87	1200m: 13:39.70 34.40		

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Diogo Didario Alfano	09	Fisica Torres Vedras	17:05.14	563
	50m: 32.00 32.00	450m: 5:03.89 33.64	850m: 9:38.74 33.57	1250m: 14:16.40 34.45	
	100m: 1:05.67 33.67	500m: 5:38.14 34.25	900m: 10:13.80 35.06	1300m: 14:51.19 34.79	
	150m: 1:39.57 33.90	550m: 6:12.14 34.00	950m: 10:48.25 34.45	1350m: 15:23.73 32.54	
	200m: 2:14.09 34.52	600m: 6:46.32 34.18	1000m: 11:23.34 35.09	1400m: 16:00.93 37.20	
	250m: 2:48.09 34.00	650m: 7:20.85 34.53	1050m: 11:58.19 34.85	1450m: 16:34.65 33.72	
	300m: 3:22.05 33.96	700m: 7:55.37 34.52	1100m: 12:33.10 34.91	1500m: 17:05.14 30.49	
	350m: 3:56.37 34.32	750m: 8:30.06 34.69	1150m: 13:06.91 33.81		
	400m: 4:30.25 33.88	800m: 9:05.17 35.11	1200m: 13:41.95 35.04		
8.	Diogo Rodrigues Sousa	10	Alges	17:05.28	563
	50m: 32.53 32.53	450m: 5:07.07 34.51	850m: 9:41.97 34.79	1250m: 14:15.65 34.76	
	100m: 1:06.05 33.52	500m: 5:41.42 34.35	900m: 10:15.75 33.78	1300m: 14:50.08 34.43	
	150m: 1:40.09 34.04	550m: 6:16.02 34.60	950m: 10:49.62 33.87	1350m: 15:24.78 34.70	
	200m: 2:14.39 34.30	600m: 6:50.87 34.85	1000m: 11:23.84 34.22	1400m: 15:59.70 34.92	
	250m: 2:48.91 34.52	650m: 7:24.89 34.02	1050m: 11:58.20 34.36	1450m: 16:34.64 34.94	
	300m: 3:23.50 34.59	700m: 7:58.94 34.05	1100m: 12:32.60 34.40	1500m: 17:05.28 30.64	
	350m: 3:57.81 34.31	750m: 8:33.22 34.28	1150m: 13:06.86 34.26		
	400m: 4:32.56 34.75	800m: 9:07.18 33.96	1200m: 13:40.89 34.03		
9.	Dinis Aresta Ribeiro	10	Sporting	17:10.28	555
	50m: 32.85 32.85	450m: 5:06.91 34.09	850m: 9:41.06 34.04	1250m: 14:32.17 34.40	
	100m: 1:06.62 33.77	500m: 5:41.35 34.44	900m: 10:15.45 34.39	1300m: 14:51.75 34.58	
	150m: 1:40.79 34.17	550m: 6:15.52 34.17	950m: 10:50.05 34.60	1350m: 15:26.80 35.05	
	200m: 2:15.21 34.42	600m: 6:49.81 34.29	1000m: 11:24.66 34.61	1400m: 16:01.83 35.03	
	250m: 2:49.66 34.45	650m: 7:24.20 34.39	1050m: 11:59.34 34.68	1450m: 16:36.35 34.52	
	300m: 3:24.07 34.41	700m: 7:58.59 34.39	1100m: 12:34.13 34.79	1500m: 17:10.28 33.93	
	350m: 3:58.42 34.35	750m: 8:32.84 34.25	1150m: 13:08.67 34.54		
	400m: 4:32.82 34.40	800m: 9:07.02 34.18	1200m: 13:42.77 34.10		
10.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	17:24.97	532
	50m: 32.30 32.30	450m: 5:07.70 35.02	850m: 9:49.81 35.33	1250m: 14:32.74 35.55	
	100m: 1:05.52 33.22	500m: 5:42.69 34.99	900m: 10:25.29 35.48	1300m: 15:07.93 35.19	
	150m: 1:39.72 34.20	550m: 6:18.09 35.40	950m: 11:00.48 35.19	1350m: 15:42.76 34.83	
	200m: 2:14.61 34.89	600m: 6:53.36 35.27	1000m: 11:35.33 34.85	1400m: 16:17.54 34.78	
	250m: 2:48.98 34.37	650m: 7:28.78 35.42	1050m: 12:10.70 35.37	1450m: 16:52.02 34.48	
	300m: 3:23.53 34.55	700m: 8:04.02 35.24	1100m: 12:46.34 35.64	1500m: 17:24.97 32.95	
	350m: 3:57.77 34.24	750m: 8:39.18 35.16	1150m: 13:21.93 35.59		
	400m: 4:32.68 34.91	800m: 9:14.48 35.30	1200m: 13:57.19 35.26		
11.	Afonso Santos Carremeu	09	Naval Setubalense	17:25.36	531
	50m: 32.51 32.51	450m: 5:08.15 35.29	850m: 9:49.86 35.30	1250m: 14:32.86 35.44	
	100m: 1:05.75 33.24	500m: 5:43.20 35.05	900m: 10:25.78 35.92	1300m: 15:08.29 35.43	
	150m: 1:39.69 33.94	550m: 6:18.37 35.17	950m: 11:00.84 35.06	1350m: 15:43.27 34.98	
	200m: 2:14.40 34.71	600m: 6:53.73 35.36	1000m: 11:35.85 35.01	1400m: 16:18.16 34.89	
	250m: 2:48.87 34.47	650m: 7:28.91 35.18	1050m: 12:11.24 35.39	1450m: 16:53.01 34.85	
	300m: 3:23.66 34.79	700m: 8:03.95 35.04	1100m: 12:46.68 35.44	1500m: 17:25.36 32.35	
	350m: 3:57.95 34.29	750m: 8:39.10 35.15	1150m: 13:22.35 35.67		
	400m: 4:32.86 34.91	800m: 9:14.56 35.46	1200m: 13:57.42 35.07		
12.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	17:30.95	523
	50m: 33.14 33.14	450m: 5:07.51 34.34	850m: 9:46.94 35.19	1250m: 14:33.91 36.18	
	100m: 1:07.04 33.90	500m: 5:42.01 34.50	900m: 10:22.44 35.50	1300m: 15:10.06 36.15	
	150m: 1:41.05 34.01	550m: 6:16.20 34.19	950m: 10:58.06 35.62	1350m: 15:45.80 35.74	
	200m: 2:15.76 34.71	600m: 6:50.84 34.64	1000m: 11:34.10 36.04	1400m: 16:21.42 35.62	
	250m: 2:49.98 34.22	650m: 7:25.62 34.78	1050m: 12:10.07 35.97	1450m: 16:56.83 35.41	
	300m: 3:24.46 34.48	700m: 8:00.65 35.03	1100m: 12:46.16 36.09	1500m: 17:30.95 34.12	
	350m: 3:58.76 34.30	750m: 8:36.50 35.85	1150m: 13:21.58 35.42		
	400m: 4:33.17 34.41	800m: 9:11.75 35.25	1200m: 13:57.73 36.15		
13.	Pedro Guedes Caldas	09	Benfica	17:39.73	510
	50m: 32.48 32.48	450m: 5:11.47 35.49	850m: 9:55.37 35.45	1250m: 14:41.72 35.96	
	100m: 1:06.05 33.57	500m: 5:46.99 35.52	900m: 10:30.85 35.48	1300m: 15:17.78 36.06	
	150m: 1:40.47 34.42	550m: 6:22.69 35.70	950m: 11:06.55 35.70	1350m: 15:53.84 36.06	
	200m: 2:15.47 35.00	600m: 6:57.89 35.20	1000m: 11:42.53 35.98	1400m: 16:30.13 36.29	
	250m: 2:50.45 34.98	650m: 7:33.16 35.27	1050m: 12:18.08 35.55	1450m: 17:05.58 35.45	
	300m: 3:25.60 35.15	700m: 8:08.89 35.73	1100m: 12:53.89 35.81	1500m: 17:39.73 34.15	
	350m: 4:00.47 34.87	750m: 8:44.39 35.50	1150m: 13:29.39 35.50		
	400m: 4:35.98 35.51	800m: 9:19.92 35.53	1200m: 14:05.76 36.37		
14.	Andre Raposo Pinheiro	09	Sporting	17:40.48	509
	50m: 32.98 32.98	450m: 5:15.53 35.69	850m: 10:04.24 36.11	1250m: 14:48.77 35.70	
	100m: 1:07.90 34.92	500m: 5:51.53 36.00	900m: 10:39.85 35.61	1300m: 15:24.00 35.23	
	150m: 1:43.25 35.35	550m: 6:27.57 36.04	950m: 11:15.63 35.78	1350m: 15:58.55 34.55	
	200m: 2:18.50 35.25	600m: 7:03.47 35.90	1000m: 11:51.41 35.78	1400m: 16:33.60 35.05	
	250m: 2:53.81 35.31	650m: 7:39.59 36.12	1050m: 12:26.65 35.24	1450m: 17:07.40 33.80	
	300m: 3:29.18 35.37	700m: 8:15.76 36.17	1100m: 13:02.32 35.67	1500m: 17:40.48 33.08	
	350m: 4:04.26 35.08	750m: 8:51.60 35.84	1150m: 13:37.09 34.77		
	400m: 4:39.84 35.58	800m: 9:28.13 36.53	1200m: 14:13.07 35.98		

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
15.	Martim Frederico Marques	10	CPCD Povia de Santa Iria	17:48.97	497
	50m: 33.30 33.30	450m: 5:11.97 35.26	850m: 9:58.37 36.38	1250m: 14:49.72 36.91	
	100m: 1:07.00 33.70	500m: 5:47.32 35.35	900m: 10:34.83 36.46	1300m: 15:26.12 36.40	
	150m: 1:41.42 34.42	550m: 6:22.56 35.24	950m: 11:11.16 36.33	1350m: 16:02.80 36.68	
	200m: 2:16.29 34.87	600m: 6:58.16 35.60	1000m: 11:47.54 36.38	1400m: 16:39.39 36.59	
	250m: 2:51.19 34.90	650m: 7:33.50 35.34	1050m: 12:24.03 36.49	1450m: 17:15.33 35.94	
	300m: 3:25.86 34.67	700m: 8:09.24 35.74	1100m: 13:00.43 36.40	1500m: 17:48.97 33.64	
	350m: 4:01.20 35.34	750m: 8:45.49 36.25	1150m: 13:36.82 36.39		
	400m: 4:36.71 35.51	800m: 9:21.99 36.50	1200m: 14:12.81 35.99		
16.	Xavier Rosa Madeira	09	Laranjeiro	17:52.02	493
	50m: 33.73 33.73	450m: 5:17.18 35.37	850m: 10:04.74 35.99	1250m: 14:53.14 35.96	
	100m: 1:08.41 34.68	500m: 5:52.51 35.33	900m: 10:40.95 36.21	1300m: 15:30.01 36.87	
	150m: 1:43.89 35.48	550m: 6:28.46 35.95	950m: 11:16.91 35.96	1350m: 16:06.22 36.21	
	200m: 2:19.80 35.91	600m: 7:04.89 36.43	1000m: 11:53.71 36.80	1400m: 16:41.94 35.72	
	250m: 2:54.98 35.18	650m: 7:40.69 35.80	1050m: 12:29.29 35.58	1450m: 17:18.24 36.30	
	300m: 3:30.31 35.33	700m: 8:16.40 35.71	1100m: 13:05.09 35.80	1500m: 17:52.02 33.78	
	350m: 4:05.84 35.53	750m: 8:52.58 36.18	1150m: 13:41.01 35.92		
	400m: 4:41.81 35.97	800m: 9:28.75 36.17	1200m: 14:17.18 36.17		
17.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	17:53.06	491
	50m: 32.15 32.15	450m: 5:15.22 36.22	850m: 10:06.01 36.79	1250m: 14:57.81 36.18	
	100m: 1:06.43 34.28	500m: 5:51.11 35.89	900m: 10:42.37 36.36	1300m: 15:33.15 35.34	
	150m: 1:40.99 34.56	550m: 6:27.48 36.37	950m: 11:18.85 36.48	1350m: 16:08.81 35.66	
	200m: 2:16.18 35.19	600m: 7:03.51 36.03	1000m: 11:55.50 36.65	1400m: 16:44.29 35.48	
	250m: 2:51.30 35.12	650m: 7:39.83 36.32	1050m: 12:32.30 36.80	1450m: 17:18.81 34.52	
	300m: 3:27.21 35.91	700m: 8:15.95 36.12	1100m: 13:08.76 36.46	1500m: 17:53.06 34.25	
	350m: 4:02.96 35.75	750m: 8:52.58 36.63	1150m: 13:44.94 36.18		
	400m: 4:39.00 36.04	800m: 9:29.22 36.64	1200m: 14:21.63 36.69		
18.	Tiago Rafael Ferreira	09	Sporting	17:54.29	489
	50m: 32.77 32.77	450m: 5:12.36 35.60	850m: 9:58.65 35.95	1250m: 14:51.76 36.97	
	100m: 1:06.53 33.76	500m: 5:47.86 35.50	900m: 10:35.15 36.50	1300m: 15:29.18 37.42	
	150m: 1:41.01 34.48	550m: 6:23.62 35.76	950m: 11:11.48 36.33	1350m: 16:06.24 37.06	
	200m: 2:16.01 35.00	600m: 6:59.38 35.76	1000m: 11:47.76 36.28	1400m: 16:43.54 37.30	
	250m: 2:50.95 34.94	650m: 7:34.85 35.47	1050m: 12:24.22 36.46	1450m: 17:19.86 36.32	
	300m: 3:26.36 35.41	700m: 8:10.65 35.80	1100m: 13:01.10 36.88	1500m: 17:54.29 34.43	
	350m: 4:01.48 35.12	750m: 8:46.49 35.84	1150m: 13:37.89 36.79		
	400m: 4:36.76 35.28	800m: 9:22.70 36.21	1200m: 14:14.79 36.90		
19.	Bernardo Afonso Guedelha	09	Benfica	17:56.67	486
	50m: 33.22 33.22	450m: 5:14.45 36.14	850m: 10:03.76 36.51	1250m: 14:57.46 37.08	
	100m: 1:07.10 33.88	500m: 5:50.21 35.76	900m: 10:40.51 36.75	1300m: 15:33.40 35.94	
	150m: 1:41.30 34.20	550m: 6:25.99 35.78	950m: 11:17.04 36.53	1350m: 16:09.30 35.90	
	200m: 2:16.34 35.04	600m: 7:02.21 36.22	1000m: 11:54.23 37.19	1400m: 16:45.58 36.28	
	250m: 2:51.54 35.20	650m: 7:38.26 36.05	1050m: 12:30.75 36.52	1450m: 17:21.25 35.67	
	300m: 3:26.92 35.38	700m: 8:14.49 36.23	1100m: 13:07.29 36.54	1500m: 17:56.67 35.42	
	350m: 4:02.78 35.86	750m: 8:51.03 36.54	1150m: 13:43.86 36.57		
	400m: 4:38.31 35.53	800m: 9:27.25 36.22	1200m: 14:20.38 36.52		
20.	Antonio Carimbo Godinho	10	Fisica Torres Vedras	17:56.74	486
	50m: 32.64 32.64	450m: 5:11.35 35.40	850m: 9:59.03 35.87	1250m: 14:54.39 37.63	
	100m: 1:06.61 33.97	500m: 5:46.97 35.62	900m: 10:36.14 37.11	1300m: 15:31.61 37.22	
	150m: 1:41.02 34.41	550m: 6:22.53 35.56	950m: 11:12.75 36.61	1350m: 16:08.93 37.32	
	200m: 2:15.40 34.38	600m: 6:58.02 35.49	1000m: 11:48.96 36.21	1400m: 16:46.63 37.70	
	250m: 2:50.31 34.91	650m: 7:34.37 36.35	1050m: 12:26.09 37.13	1450m: 17:23.29 36.66	
	300m: 3:25.34 35.03	700m: 8:10.11 35.74	1100m: 13:03.20 37.11	1500m: 17:56.74 33.45	
	350m: 4:00.61 35.27	750m: 8:46.37 36.26	1150m: 13:39.68 36.48		
	400m: 4:35.95 35.34	800m: 9:23.16 36.79	1200m: 14:16.76 37.08		
21.	Tiago Neres Santo	10	Alges	17:57.42	485
	50m: 34.77 34.77	450m: 5:17.61 35.56	850m: 10:03.55 35.92	1250m: 14:54.07 37.12	
	100m: 1:10.17 35.40	500m: 5:53.19 35.58	900m: 10:39.38 35.83	1300m: 15:31.03 36.96	
	150m: 1:45.59 35.42	550m: 6:29.18 35.99	950m: 11:15.15 35.77	1350m: 16:07.69 36.66	
	200m: 2:20.80 35.21	600m: 7:04.78 35.60	1000m: 11:51.48 36.33	1400m: 16:44.43 36.74	
	250m: 2:56.15 35.35	650m: 7:40.33 35.55	1050m: 12:27.83 36.35	1450m: 17:21.33 36.90	
	300m: 3:31.28 35.13	700m: 8:15.64 35.31	1100m: 13:03.72 35.89	1500m: 17:57.42 36.09	
	350m: 4:06.59 35.31	750m: 8:51.60 35.96	1150m: 13:40.14 36.42		
	400m: 4:42.05 35.46	800m: 9:27.63 36.03	1200m: 14:16.95 36.81		
22.	Tomas O'Grady Freire	10	Sporting	17:59.93	482
	50m: 33.79 33.79	450m: 5:16.55 36.22	850m: 10:05.60 36.22	1250m: 14:58.60 36.55	
	100m: 1:07.95 34.16	500m: 5:52.62 36.07	900m: 10:42.13 36.53	1300m: 15:35.38 36.78	
	150m: 1:42.72 34.77	550m: 6:28.92 36.30	950m: 11:18.75 36.62	1350m: 16:12.39 37.01	
	200m: 2:17.58 34.86	600m: 7:04.96 36.04	1000m: 11:55.54 36.79	1400m: 16:49.04 36.65	
	250m: 2:53.00 35.42	650m: 7:40.94 35.98	1050m: 12:31.60 36.06	1450m: 17:25.37 36.33	
	300m: 3:28.68 35.68	700m: 8:17.26 36.32	1100m: 13:08.42 36.82	1500m: 17:59.93 34.56	
	350m: 4:04.30 35.62	750m: 8:53.23 35.97	1150m: 13:45.23 36.81		
	400m: 4:40.33 36.03	800m: 9:29.38 36.15	1200m: 14:22.05 36.82		

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
23.	Francisco Gabriel Freitas	09	Geslours	18:09.45	469
	50m: 32.51 32.51	450m: 5:20.97 36.31	850m: 10:15.19 36.47	1250m: 15:10.33 36.20	
	100m: 1:07.17 34.66	500m: 5:57.86 36.89	900m: 10:52.35 37.16	1300m: 15:46.74 36.41	
	150m: 1:42.52 35.35	550m: 6:34.61 36.75	950m: 11:29.47 37.12	1350m: 16:23.73 36.99	
	200m: 2:18.76 36.24	600m: 7:11.61 37.00	1000m: 12:07.20 37.73	1400m: 16:59.61 35.88	
	250m: 2:54.86 36.10	650m: 7:47.92 36.31	1050m: 12:44.47 37.27	1450m: 17:35.19 35.58	
	300m: 3:31.40 36.54	700m: 8:24.89 36.97	1100m: 13:21.08 36.61	1500m: 18:09.45 34.26	
	350m: 4:07.94 36.54	750m: 9:02.23 37.34	1150m: 13:57.80 36.72		
	400m: 4:44.66 36.72	800m: 9:38.72 36.49	1200m: 14:34.13 36.33		
24.	Miguel Ratinho Rocha	09	Naval Setubalense	18:13.53	464
	50m: 32.81 32.81	450m: 5:23.37 36.67	850m: 10:18.92 37.42	1250m: 15:13.05 36.60	
	100m: 1:07.75 34.94	500m: 6:00.12 36.75	900m: 10:55.91 36.99	1300m: 15:50.15 37.10	
	150m: 1:43.70 35.95	550m: 6:37.00 36.88	950m: 11:32.79 36.88	1350m: 16:26.51 36.36	
	200m: 2:20.08 36.38	600m: 7:13.94 36.94	1000m: 12:09.63 36.84	1400m: 17:02.88 36.37	
	250m: 2:56.73 36.65	650m: 7:50.61 36.67	1050m: 12:46.44 36.81	1450m: 17:39.19 36.31	
	300m: 3:33.43 36.70	700m: 8:27.80 37.19	1100m: 13:23.46 37.02	1500m: 18:13.53 34.34	
	350m: 4:10.02 36.59	750m: 9:04.77 36.97	1150m: 13:59.73 36.27		
	400m: 4:46.70 36.68	800m: 9:41.50 36.73	1200m: 14:36.45 36.72		
25.	Tiago Trindade Manuel	09	Palmela Desporto	18:19.43	457
	50m: 32.75 32.75	450m: 5:23.07 37.09	850m: 10:17.36 36.87	1250m: 15:15.56 37.39	
	100m: 1:07.61 34.86	500m: 6:00.22 37.15	900m: 10:54.50 37.14	1300m: 15:53.25 37.69	
	150m: 1:43.29 35.68	550m: 6:37.11 36.89	950m: 11:31.78 37.28	1350m: 16:30.81 37.56	
	200m: 2:19.45 36.16	600m: 7:14.03 36.92	1000m: 12:09.00 37.22	1400m: 17:07.93 37.12	
	250m: 2:56.17 36.72	650m: 7:50.93 36.90	1050m: 12:46.18 37.18	1450m: 17:44.24 36.31	
	300m: 3:32.50 36.33	700m: 8:27.38 36.45	1100m: 13:23.28 37.10	1500m: 18:19.43 35.19	
	350m: 4:09.24 36.74	750m: 9:03.80 36.42	1150m: 14:00.84 37.56		
	400m: 4:45.98 36.74	800m: 9:40.49 36.69	1200m: 14:38.17 37.33		
26.	Diogo Alves Castro	10	Alges	18:26.29	448
	50m: 34.25 34.25	450m: 5:24.05 36.70	850m: 10:22.86 37.42	1250m: 15:21.72 37.17	
	100m: 1:09.06 34.81	500m: 6:01.33 37.28	900m: 11:00.81 37.95	1300m: 15:58.94 37.22	
	150m: 1:44.89 35.83	550m: 6:38.62 37.29	950m: 11:38.04 37.23	1350m: 16:36.48 37.54	
	200m: 2:20.87 35.98	600m: 7:15.78 37.16	1000m: 12:15.51 37.47	1400m: 17:13.31 36.83	
	250m: 2:57.74 36.87	650m: 7:52.91 37.13	1050m: 12:52.94 37.43	1450m: 17:50.10 36.79	
	300m: 3:34.38 36.64	700m: 8:30.42 37.51	1100m: 13:30.57 37.63	1500m: 18:26.29 36.19	
	350m: 4:10.30 35.92	750m: 9:07.95 37.53	1150m: 14:07.51 36.94		
	400m: 4:47.35 37.05	800m: 9:45.44 37.49	1200m: 14:44.55 37.04		
27.	Duarte Afonso Leite	09	Laranjeiro	18:27.03	447
	50m: 36.19 36.19	450m: 5:28.24 36.57	850m: 10:27.15 37.71	1250m: 15:24.58 37.03	
	100m: 1:12.59 36.40	500m: 6:05.29 37.05	900m: 11:03.92 36.77	1300m: 16:01.25 36.67	
	150m: 1:49.20 36.61	550m: 6:41.93 36.64	950m: 11:41.11 37.19	1350m: 16:38.60 37.35	
	200m: 2:25.43 36.23	600m: 7:20.14 38.21	1000m: 12:18.73 37.62	1400m: 17:15.77 37.17	
	250m: 3:02.01 36.58	650m: 7:57.01 36.87	1050m: 12:56.45 37.72	1450m: 17:51.85 36.08	
	300m: 3:38.47 36.46	700m: 8:34.06 37.05	1100m: 13:32.81 36.36	1500m: 18:27.03 35.18	
	350m: 4:15.50 37.03	750m: 9:11.62 37.56	1150m: 14:09.73 36.92		
	400m: 4:51.67 36.17	800m: 9:49.44 37.82	1200m: 14:47.55 37.82		
28.	Afonso Velada Pereira	10	Sporting	18:41.72	430
	50m: 36.74 36.74	450m: 5:39.11 37.80	850m: 10:44.71 38.27	1250m: 15:43.63 37.44	
	100m: 1:14.26 37.52	500m: 6:16.71 37.60	900m: 11:23.27 38.56	1300m: 16:19.30 35.67	
	150m: 1:51.93 37.67	550m: 6:54.60 37.89	950m: 12:01.70 38.43	1350m: 16:56.13 36.83	
	200m: 2:29.48 37.55	600m: 7:32.85 38.25	1000m: 12:40.03 38.33	1400m: 17:33.16 37.03	
	250m: 3:07.45 37.97	650m: 8:10.94 38.09	1050m: 13:15.64 35.61	1450m: 18:09.38 36.22	
	300m: 3:45.63 38.18	700m: 8:49.02 38.08	1100m: 13:52.31 36.67	1500m: 18:41.72 32.34	
	350m: 4:23.26 37.63	750m: 9:27.66 38.64	1150m: 14:28.62 36.31		
	400m: 5:01.31 38.05	800m: 10:06.44 38.78	1200m: 15:06.19 37.57		
29.	David Emanuel Tome	09	Geslours	18:43.09	428
	50m: 35.14 35.14	450m: 5:29.96 37.60	850m: 10:28.82 37.88	1250m: 15:32.99 38.71	
	100m: 1:11.50 36.36	500m: 6:07.35 37.39	900m: 11:05.70 36.88	1300m: 16:11.45 38.46	
	150m: 1:47.93 36.43	550m: 6:44.79 37.44	950m: 11:44.20 37.50	1350m: 16:49.35 37.90	
	200m: 2:24.75 36.82	600m: 7:21.50 36.71	1000m: 12:21.69 38.49	1400m: 17:27.07 37.72	
	250m: 3:01.54 36.79	650m: 7:59.10 37.60	1050m: 13:00.19 38.50	1450m: 18:05.35 38.28	
	300m: 3:38.38 36.84	700m: 8:36.78 37.68	1100m: 13:38.28 38.09	1500m: 18:43.09 37.74	
	350m: 4:16.01 37.63	750m: 9:13.75 36.97	1150m: 14:16.58 38.30		
	400m: 4:52.36 36.35	800m: 9:50.94 37.19	1200m: 14:54.28 37.70		
30.	Afonso Manuel Gomes	10	Sporting	18:43.21	428
	50m: 36.81 36.81	450m: 5:40.82 38.01	850m: 10:45.26 38.05	1250m: 15:45.48 37.53	
	100m: 1:14.62 37.81	500m: 6:19.32 38.50	900m: 11:23.69 38.43	1300m: 16:21.64 36.16	
	150m: 1:52.58 37.96	550m: 6:57.12 37.80	950m: 12:01.63 37.94	1350m: 16:58.64 37.00	
	200m: 2:30.46 37.88	600m: 7:34.63 37.51	1000m: 12:39.66 38.03	1400m: 17:35.47 36.83	
	250m: 3:08.67 38.21	650m: 8:12.79 38.16	1050m: 13:17.18 37.52	1450m: 18:10.72 35.25	
	300m: 3:46.83 38.16	700m: 8:50.56 37.77	1100m: 13:53.61 36.43	1500m: 18:43.21 32.49	
	350m: 4:24.74 37.91	750m: 9:28.80 38.24	1150m: 14:30.36 36.75		
	400m: 5:02.81 38.07	800m: 10:07.21 38.41	1200m: 15:07.95 37.59		

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
31.	Andrey Ponomarov	10	CPCD Povia de Santa Iria	18:47.37	423
	50m: 35.66 35.66	450m: 5:32.53 37.71	850m: 10:38.17 38.38	1250m: 15:43.05 37.30	
	100m: 1:12.03 36.37	500m: 6:10.30 37.77	900m: 11:16.43 38.26	1300m: 16:20.69 37.64	
	150m: 1:48.58 36.55	550m: 6:47.99 37.69	950m: 11:54.60 38.17	1350m: 16:58.18 37.49	
	200m: 2:25.15 36.57	600m: 7:26.11 38.12	1000m: 12:32.85 38.25	1400m: 17:35.58 37.40	
	250m: 3:02.72 37.57	650m: 8:04.63 38.52	1050m: 13:11.33 38.48	1450m: 18:13.50 37.92	
	300m: 3:39.98 37.26	700m: 8:43.15 38.52	1100m: 13:49.46 38.13	1500m: 18:47.37 33.87	
	350m: 4:17.26 37.28	750m: 9:21.36 38.21	1150m: 14:27.65 38.19		
	400m: 4:54.82 37.56	800m: 9:59.79 38.43	1200m: 15:05.75 38.10		
32.	Rui Melo Pereira	09	Benfica	18:47.87	423
	50m: 35.64 35.64	450m: 5:28.61 37.75	850m: 10:33.72 38.76	1250m: 15:41.93 36.80	
	100m: 1:11.70 36.06	500m: 6:06.16 37.55	900m: 11:12.66 38.94	1300m: 16:19.94 38.01	
	150m: 1:47.34 35.64	550m: 6:44.15 37.99	950m: 11:50.83 38.17	1350m: 16:58.45 38.51	
	200m: 2:23.42 36.08	600m: 7:22.28 38.13	1000m: 12:29.63 38.80	1400m: 17:36.17 37.72	
	250m: 2:59.77 36.35	650m: 8:00.26 37.98	1050m: 13:08.05 38.42	1450m: 18:13.35 37.18	
	300m: 3:36.65 36.88	700m: 8:37.83 37.57	1100m: 13:46.87 38.82	1500m: 18:47.87 34.52	
	350m: 4:13.24 36.59	750m: 9:16.69 38.86	1150m: 14:25.88 39.01		
	400m: 4:50.86 37.62	800m: 9:54.96 38.27	1200m: 15:05.13 39.25		
33.	Andre Huang	10	Geslours	18:53.33	417
	50m: 32.17 32.17	450m: 5:23.21 37.99	850m: 10:27.88 37.84	1250m: 15:40.33 39.56	
	100m: 1:06.89 34.72	500m: 6:00.46 37.25	900m: 11:06.83 38.95	1300m: 16:19.71 39.38	
	150m: 1:42.12 35.23	550m: 6:38.73 38.27	950m: 11:45.29 38.46	1350m: 16:58.95 39.24	
	200m: 2:18.12 36.00	600m: 7:17.17 38.44	1000m: 12:24.25 38.96	1400m: 17:37.34 38.39	
	250m: 2:54.37 36.25	650m: 7:55.22 38.05	1050m: 13:03.10 38.85	1450m: 18:15.83 38.49	
	300m: 3:30.51 36.14	700m: 8:33.74 38.52	1100m: 13:41.65 38.55	1500m: 18:53.33 37.50	
	350m: 4:07.28 36.77	750m: 9:12.69 38.95	1150m: 14:21.12 39.47		
	400m: 4:45.22 37.94	800m: 9:50.04 37.35	1200m: 15:00.77 39.65		
34.	Rafael Carreiras Marques	10	Geslours	18:55.83	414
	50m: 34.29 34.29	450m: 5:33.30 37.40	850m: 10:38.47 38.17	1250m: 15:47.26 38.57	
	100m: 1:10.93 36.64	500m: 6:11.04 37.74	900m: 11:16.43 37.96	1300m: 16:25.67 38.41	
	150m: 1:48.76 37.83	550m: 6:48.78 37.74	950m: 11:54.91 38.48	1350m: 17:04.17 38.50	
	200m: 2:26.53 37.77	600m: 7:26.89 38.11	1000m: 12:33.31 38.40	1400m: 17:42.77 38.60	
	250m: 3:03.17 36.64	650m: 8:05.16 38.27	1050m: 13:13.37 40.06	1450m: 18:19.74 36.97	
	300m: 3:40.53 37.36	700m: 8:43.39 38.23	1100m: 13:51.33 37.96	1500m: 18:55.83 36.09	
	350m: 4:18.15 37.62	750m: 9:21.70 38.31	1150m: 14:29.36 38.03		
	400m: 4:55.90 37.75	800m: 10:00.30 38.60	1200m: 15:08.69 39.33		
35.	Salvador Miranda Grandela	10	Alges	18:57.13	413
	50m: 35.88 35.88	450m: 5:35.08 38.10	850m: 10:40.87 38.43	1250m: 15:48.56 38.09	
	100m: 1:12.66 36.78	500m: 6:12.99 37.91	900m: 11:19.25 38.38	1300m: 16:26.91 38.35	
	150m: 1:49.74 37.08	550m: 6:51.30 38.31	950m: 11:57.01 37.76	1350m: 17:05.36 38.45	
	200m: 2:26.83 37.09	600m: 7:29.16 37.86	1000m: 12:35.09 38.08	1400m: 17:43.42 38.06	
	250m: 3:03.86 37.03	650m: 8:07.55 38.39	1050m: 13:14.19 39.10	1450m: 18:20.94 37.52	
	300m: 3:41.17 37.31	700m: 8:45.53 37.98	1100m: 13:52.63 38.44	1500m: 18:57.13 36.19	
	350m: 4:19.23 38.06	750m: 9:24.29 38.76	1150m: 14:31.54 38.91		
	400m: 4:56.98 37.75	800m: 10:02.44 38.15	1200m: 15:10.47 38.93		
36.	Guilherme Costa Alves	10	Sporting	18:59.40	410
	50m: 34.77 34.77	450m: 5:30.40 37.66	850m: 10:38.93 38.97	1250m: 15:49.50 38.90	
	100m: 1:09.09 34.32	500m: 6:08.45 38.05	900m: 11:17.67 38.74	1300m: 16:28.23 38.73	
	150m: 1:45.52 36.43	550m: 6:46.75 38.30	950m: 11:56.07 38.40	1350m: 17:06.95 38.72	
	200m: 2:22.71 37.19	600m: 7:24.78 38.03	1000m: 12:35.14 39.07	1400m: 17:45.17 38.22	
	250m: 2:59.93 37.22	650m: 8:03.70 38.92	1050m: 13:13.73 38.59	1450m: 18:23.36 38.19	
	300m: 3:37.59 37.66	700m: 8:42.28 38.58	1100m: 13:52.72 38.99	1500m: 18:59.40 36.04	
	350m: 4:15.25 37.66	750m: 9:21.06 38.78	1150m: 14:32.10 39.38		
	400m: 4:52.74 37.49	800m: 9:59.96 38.90	1200m: 15:10.60 38.50		
37.	Lourenco Marques Sebastiao	09	Laranjeiro	19:05.99	403
	50m: 34.03 34.03	450m: 5:33.33 38.40	850m: 10:42.47 38.72	1250m: 15:53.57 39.22	
	100m: 1:09.77 35.74	500m: 6:12.11 38.78	900m: 11:21.24 38.77	1300m: 16:33.19 39.62	
	150m: 1:46.37 36.60	550m: 6:49.91 37.80	950m: 12:00.03 38.79	1350m: 17:12.19 39.00	
	200m: 2:23.87 37.50	600m: 7:28.66 38.75	1000m: 12:38.84 38.81	1400m: 17:50.01 37.82	
	250m: 3:01.98 38.11	650m: 8:07.59 38.93	1050m: 13:17.37 38.53	1450m: 18:32.03 42.02	
	300m: 3:39.66 37.68	700m: 8:46.29 38.70	1100m: 13:56.24 38.87	1500m: 19:05.99 33.96	
	350m: 4:16.95 37.29	750m: 9:24.87 38.58	1150m: 14:35.16 38.92		
	400m: 4:54.93 37.98	800m: 10:03.75 38.88	1200m: 15:14.35 39.19		
38.	Henrique Matos Sebroza	10	Geslours	19:27.88	381
	50m: 36.15 36.15	450m: 5:45.46 38.91	850m: 10:58.72 39.15	1250m: 16:14.80 39.90	
	100m: 1:13.98 37.83	500m: 6:24.70 39.24	900m: 11:38.08 39.36	1300m: 16:54.32 39.52	
	150m: 1:51.97 37.99	550m: 7:03.51 38.81	950m: 12:17.91 39.83	1350m: 17:33.33 39.01	
	200m: 2:30.70 38.73	600m: 7:42.62 39.11	1000m: 12:56.93 39.02	1400m: 18:12.25 38.92	
	250m: 3:09.61 38.91	650m: 8:21.91 39.29	1050m: 13:36.37 39.44	1450m: 18:51.18 38.93	
	300m: 3:48.23 38.62	700m: 9:00.67 38.76	1100m: 14:15.80 39.43	1500m: 19:27.88 36.70	
	350m: 4:27.23 39.00	750m: 9:40.16 39.49	1150m: 14:55.58 39.78		
	400m: 5:06.55 39.32	800m: 10:19.57 39.41	1200m: 15:34.90 39.32		

Resultados online: anlisboa.info/live

Prova 7, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
DSQ	Diogo Soares Marques	09	Alges		
	G11 - Não tocou na parede testa na viragem aos 550 metros (sr 10.5)				
DSQ	Santiago Castanheira Martins	09	CPCD Povia de Santa Iria		
	G9 - Não cumpriu a distância completa da prova (sr 10.2), desistiu aos 1435m				

Resultados online: anlisboa.info/live

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arena



aqualoja

cofiht
medicina desportiva