

**Prova 10
14.11.2025 - 17:37**

Masc., 1500m Livres

**Absolutos
Resultados**

Rec Regional Abs	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Nacional Abs	14:39.82	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Sen	14:39.82	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Jun 18	15:06.77	Filipe Miguel Santo	SLB	Funchal	2018
Rec Nacional Jun 17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	2009
Rec Nacional Juv A	15:36.31	Rui Filipe Costa	VSC	Braga	2007
Rec Nacional Juv B	15:55.78	Rui Silva Pereira	POR	Tomar	2023

Mínimo Participação Juv B: 19:06.43; Juv A: 18:22.34; Jun 17: 17:50.23; Jun 18: 17:29.24; 19: 17:08.67; 20 +: 16:58.38

Pontos: AQUA 2025

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Bernardo Goncalves Paulo	11	União Piedense	17:33.65	16:41.10	605
	50m: 31.81 31.81	450m: 4:59.36 33.98	850m: 9:29.05 33.54	1250m: 13:57.94 33.22		
	100m: 1:04.63 32.82	500m: 5:33.31 33.95	900m: 10:02.83 33.78	1300m: 14:31.20 33.26		
	150m: 1:38.10 33.47	550m: 6:07.03 33.72	950m: 10:36.39 33.56	1350m: 15:04.67 33.47		
	200m: 2:11.34 33.24	600m: 6:40.98 33.95	1000m: 11:09.97 33.58	1400m: 15:38.01 33.34		
	250m: 2:44.99 33.65	650m: 7:14.65 33.67	1050m: 11:43.70 33.73	1450m: 16:10.63 32.62		
	300m: 3:18.38 33.39	700m: 7:48.54 33.89	1100m: 12:17.28 33.58	1500m: 16:41.10 30.47		
	350m: 3:51.99 33.61	750m: 8:22.16 33.62	1150m: 12:51.17 33.89			
	400m: 4:25.38 33.39	800m: 8:55.51 33.35	1200m: 13:24.72 33.55			
2.	Simao Pascoal Fernandes	11	Colegio Int Monte Maior	18:36.72	17:41.06	508
	50m: 33.84 33.84	450m: 5:15.01 35.22	850m: 9:57.72 35.62	1250m: 14:42.48 35.50		
	100m: 1:08.79 34.95	500m: 5:50.37 35.36	900m: 10:33.03 35.31	1300m: 15:18.06 35.58		
	150m: 1:43.75 34.96	550m: 6:25.46 35.09	950m: 11:08.68 35.65	1350m: 15:54.00 35.94		
	200m: 2:18.89 35.14	600m: 7:00.85 35.39	1000m: 11:43.99 35.31	1400m: 16:29.70 35.70		
	250m: 2:53.98 35.09	650m: 7:35.95 35.10	1050m: 12:19.80 35.81	1450m: 17:05.25 35.55		
	300m: 3:29.22 35.24	700m: 8:11.28 35.33	1100m: 12:55.63 35.83	1500m: 17:41.06 35.81		
	350m: 4:04.51 35.29	750m: 8:46.63 35.35	1150m: 13:31.22 35.59			
	400m: 4:39.79 35.28	800m: 9:22.10 35.47	1200m: 14:06.98 35.76			
3.	Joao Marcelino Rodrigues	11	Sporting	18:58.23	18:15.20	462
	50m: 34.50 34.50	450m: 5:23.20 36.47	850m: 10:18.04 37.21	1250m: 15:12.86 37.40		
	100m: 1:09.87 35.37	500m: 6:00.11 36.91	900m: 10:54.68 36.64	1300m: 15:49.92 37.06		
	150m: 1:45.84 35.97	550m: 6:36.61 36.50	950m: 11:31.78 37.10	1350m: 16:26.34 36.42		
	200m: 2:22.31 36.47	600m: 7:13.37 36.76	1000m: 12:08.59 36.81	1400m: 17:03.06 36.72		
	250m: 2:58.05 35.74	650m: 7:50.17 36.80	1050m: 12:44.75 36.16	1450m: 17:39.52 36.46		
	300m: 3:34.43 36.38	700m: 8:27.30 37.13	1100m: 13:21.33 36.58	1500m: 18:15.20 35.68		
	350m: 4:10.62 36.19	750m: 9:04.21 36.91	1150m: 13:58.14 36.81			
	400m: 4:46.73 36.11	800m: 9:40.83 36.62	1200m: 14:35.46 37.32			
4.	Matias Malheiro Mata	11	Sporting	18:56.32	18:21.43	454
	50m: 33.99 33.99	450m: 5:27.22 37.11	850m: 10:21.90 37.22	1250m: 15:18.56 37.26		
	100m: 1:09.16 35.17	500m: 6:04.15 36.93	900m: 10:58.91 37.01	1300m: 15:55.58 37.02		
	150m: 1:45.34 36.18	550m: 6:41.10 36.95	950m: 11:35.96 37.05	1350m: 16:32.86 37.28		
	200m: 2:22.12 36.78	600m: 7:18.07 36.97	1000m: 12:12.78 36.82	1400m: 17:09.87 37.01		
	250m: 2:58.85 36.73	650m: 7:54.90 36.83	1050m: 12:50.01 37.23	1450m: 17:46.49 36.62		
	300m: 3:35.70 36.85	700m: 8:31.82 36.92	1100m: 13:27.00 36.99	1500m: 18:21.43 34.94		
	350m: 4:12.84 37.14	750m: 9:08.86 37.04	1150m: 14:03.96 36.96			
	400m: 4:50.11 37.27	800m: 9:44.68 35.82	1200m: 14:41.30 37.34			
5.	Dinis Andrade Cabral	11	Palmela Desporto	19:44.78	18:42.53	429
	50m: 33.03 33.03	450m: 5:30.70 37.82	850m: 10:33.17 37.92	1250m: 15:35.64 37.94		
	100m: 1:09.55 36.52	500m: 6:08.52 37.82	900m: 11:10.89 37.72	1300m: 16:13.62 37.98		
	150m: 1:46.26 36.71	550m: 6:46.39 37.87	950m: 11:48.71 37.82	1350m: 16:51.45 37.83		
	200m: 2:23.04 36.78	600m: 7:24.23 37.84	1000m: 12:26.54 37.83	1400m: 17:29.23 37.78		
	250m: 2:59.99 36.95	650m: 8:02.01 37.78	1050m: 13:04.25 37.71	1450m: 18:06.41 37.18		
	300m: 3:37.41 37.42	700m: 8:39.58 37.57	1100m: 13:41.82 37.57	1500m: 18:42.53 36.12		
	350m: 4:14.80 37.39	750m: 9:17.63 38.05	1150m: 14:19.84 38.02			
	400m: 4:52.88 38.08	800m: 9:55.25 37.62	1200m: 14:57.70 37.86			
6.	Duarte Ribeiro Lima	11	Geslours	19:23.96	18:51.58	419
	50m: 33.90 33.90	450m: 5:33.04 38.20	850m: 10:41.28 38.27	1250m: 15:48.65 38.76		
	100m: 1:10.14 36.24	500m: 6:11.21 38.17	900m: 11:19.14 37.86	1300m: 16:27.07 38.42		
	150m: 1:47.88 37.74	550m: 6:49.75 38.54	950m: 11:56.61 37.47	1350m: 17:03.48 36.41		
	200m: 2:24.70 36.82	600m: 7:28.27 38.52	1000m: 12:35.86 39.25	1400m: 17:40.75 37.27		
	250m: 3:01.66 36.96	650m: 8:07.09 38.82	1050m: 13:14.34 38.48	1450m: 18:17.31 36.56		
	300m: 3:39.27 37.61	700m: 8:44.70 37.61	1100m: 13:52.38 38.04	1500m: 18:51.58 34.27		
	350m: 4:16.75 37.48	750m: 9:23.86 39.16	1150m: 14:30.79 38.41			
	400m: 4:54.84 38.09	800m: 10:03.01 39.15	1200m: 15:09.89 39.10			

Resultados online: anlisboa.pt/live

Prova 10, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
7.	Tome Pargana Mendes	11	União Piedense	21:40.00	18:58.22	411
	50m: 33.96 33.96	450m: 5:38.01 38.87	850m: 10:44.57 37.36	1250m: 15:50.59 37.75		
	100m: 1:10.54 36.58	500m: 6:16.33 38.32	900m: 11:23.27 38.70	1300m: 16:28.46 37.87		
	150m: 1:48.12 37.58	550m: 6:55.11 38.78	950m: 12:01.03 37.76	1350m: 17:06.52 38.06		
	200m: 2:26.09 37.97	600m: 7:33.62 38.51	1000m: 12:39.13 38.10	1400m: 17:43.95 37.43		
	250m: 3:03.84 37.75	650m: 8:11.89 38.27	1050m: 13:17.47 38.34	1450m: 18:21.52 37.57		
	300m: 3:41.93 38.09	700m: 8:51.11 39.22	1100m: 13:56.85 39.38	1500m: 18:58.22 36.70		
	350m: 4:20.08 38.15	750m: 9:28.78 37.67	1150m: 14:35.08 38.23			
	400m: 4:59.14 39.06	800m: 10:07.21 38.43	1200m: 15:12.84 37.76			
8.	Tomas Neto Rodrigues Fora Tempo Acesso	11	ACSintra	21:39.39	19:25.56	383
	50m: 34.53 34.53	450m: 5:45.09 38.64	850m: 11:01.76 39.70	1250m: 16:17.39 38.95		
	100m: 1:13.28 38.75	500m: 6:24.64 39.55	900m: 11:42.29 40.53	1300m: 16:54.91 37.52		
	150m: 1:51.98 38.70	550m: 7:03.77 39.13	950m: 12:21.77 39.48	1350m: 17:33.76 38.85		
	200m: 2:30.43 38.45	600m: 7:42.74 38.97	1000m: 13:01.32 39.55	1400m: 18:12.33 38.57		
	250m: 3:08.89 38.46	650m: 8:22.02 39.28	1050m: 13:41.53 40.21	1450m: 18:49.25 36.92		
	300m: 3:47.85 38.96	700m: 9:01.67 39.65	1100m: 14:22.37 40.84	1500m: 19:25.56 36.31		
	350m: 4:26.60 38.75	750m: 9:42.27 40.60	1150m: 14:59.68 37.31			
	400m: 5:06.45 39.85	800m: 10:22.06 39.79	1200m: 15:38.44 38.76			
9.	Henrique Jose Chainho Fora Tempo Acesso	11	Palmela Desporto	20:12.04	19:32.50	376
	50m: 36.60 36.60	450m: 5:50.29 39.34	850m: 11:05.47 38.88	1250m: 16:21.48 39.11		
	100m: 1:15.09 38.49	500m: 6:29.49 39.20	900m: 11:45.46 39.99	1300m: 17:00.18 38.70		
	150m: 1:53.95 38.86	550m: 7:09.06 39.57	950m: 12:25.22 39.76	1350m: 17:39.24 39.06		
	200m: 2:33.13 39.18	600m: 7:48.61 39.55	1000m: 13:04.61 39.39	1400m: 18:18.11 38.87		
	250m: 3:12.53 39.40	650m: 8:28.26 39.65	1050m: 13:44.13 39.52	1450m: 18:56.66 38.55		
	300m: 3:52.09 39.56	700m: 9:07.73 39.47	1100m: 14:23.87 39.74	1500m: 19:32.50 35.84		
	350m: 4:31.29 39.20	750m: 9:47.59 39.86	1150m: 15:03.14 39.27			
	400m: 5:10.95 39.66	800m: 10:26.59 39.00	1200m: 15:42.37 39.23			
10.	Mingxi Guan Fora Tempo Acesso	11	Alges	20:25.13	19:33.73	375
	50m: 33.16 33.16	450m: 5:39.32 39.46	850m: 10:58.42 39.36	1250m: 16:17.28 40.06		
	100m: 1:09.27 36.11	500m: 6:18.70 39.38	900m: 11:37.94 39.52	1300m: 16:57.68 40.40		
	150m: 1:46.63 37.36	550m: 6:58.78 40.08	950m: 12:18.89 40.95	1350m: 17:37.67 39.99		
	200m: 2:24.50 37.87	600m: 7:38.92 40.14	1000m: 12:58.42 39.53	1400m: 18:18.64 40.97		
	250m: 3:02.75 38.25	650m: 8:19.20 40.28	1050m: 13:38.07 39.65	1450m: 18:57.70 39.06		
	300m: 3:41.66 38.91	700m: 8:59.43 40.23	1100m: 14:17.99 39.92	1500m: 19:33.73 36.03		
	350m: 4:20.47 38.81	750m: 9:39.21 39.78	1150m: 14:57.45 39.46			
	400m: 4:59.86 39.39	800m: 10:19.06 39.85	1200m: 15:37.22 39.77			
11.	Francisco Alves Conceicao Fora Tempo Acesso	11	Palmela Desporto	21:38.19	20:40.12	318
	50m: 36.37 36.37	450m: 5:59.97 41.22	850m: 11:34.76 42.09	1250m: 17:14.70 42.47		
	100m: 1:14.71 38.34	500m: 6:41.36 41.39	900m: 12:16.55 41.79	1300m: 17:56.72 42.02		
	150m: 1:55.25 40.54	550m: 7:23.11 41.75	950m: 12:59.37 42.82	1350m: 18:40.05 43.33		
	200m: 2:34.76 39.51	600m: 8:04.69 41.58	1000m: 13:42.23 42.86	1400m: 19:21.99 41.94		
	250m: 3:15.14 40.38	650m: 8:46.58 41.89	1050m: 14:23.97 41.74	1450m: 20:02.05 40.06		
	300m: 3:55.96 40.82	700m: 9:28.67 42.09	1100m: 15:06.25 42.28	1500m: 20:40.12 38.07		
	350m: 4:37.23 41.27	750m: 10:10.85 42.18	1150m: 15:48.32 42.07			
	400m: 5:18.75 41.52	800m: 10:52.67 41.82	1200m: 16:32.23 43.91			
12.	Gustavo Pinto Mota Fora Tempo Acesso	11	Palmela Desporto	19:06.43	20:44.43	315
	50m: 36.65 36.65	450m: 5:59.82 41.19	850m: 11:38.29 42.45	1250m: 17:19.89 43.12		
	100m: 1:15.45 38.80	500m: 6:41.41 41.59	900m: 12:20.94 42.65	1300m: 18:02.34 42.45		
	150m: 1:55.52 40.07	550m: 7:23.57 42.16	950m: 13:04.23 43.29	1350m: 18:43.28 40.94		
	200m: 2:35.53 40.01	600m: 8:06.11 42.54	1000m: 13:46.99 42.76	1400m: 19:25.04 41.76		
	250m: 3:15.74 40.21	650m: 8:48.47 42.36	1050m: 14:28.98 41.99	1450m: 20:04.15 39.11		
	300m: 3:56.42 40.68	700m: 9:31.40 42.93	1100m: 15:11.51 42.53	1500m: 20:44.43 40.28		
	350m: 4:37.15 40.73	750m: 10:13.88 42.48	1150m: 15:53.84 42.33			
	400m: 5:18.63 41.48	800m: 10:55.84 41.96	1200m: 16:36.77 42.93			
13.	Guilherme Silva Matos Fora Tempo Acesso	11	Palmela Desporto	21:40.00	22:28.94	247
	50m: 38.77 38.77	450m: 6:31.93 44.75	850m: 12:38.63 46.73	1250m: 18:45.57 45.91		
	100m: 1:19.94 41.17	500m: 7:16.70 44.77	900m: 13:25.09 46.46	1300m: 19:31.23 45.66		
	150m: 2:02.75 42.81	550m: 8:01.62 44.92	950m: 14:11.81 46.72	1350m: 20:17.28 46.05		
	200m: 2:46.55 43.80	600m: 8:47.07 45.45	1000m: 14:58.79 46.98	1400m: 21:03.26 45.98		
	250m: 3:31.35 44.80	650m: 9:33.37 46.30	1050m: 15:43.24 44.45	1450m: 21:48.05 44.79		
	300m: 4:16.33 44.98	700m: 10:19.09 45.72	1100m: 16:28.63 45.39	1500m: 22:28.94 40.89		
	350m: 5:00.84 44.51	750m: 11:05.46 46.37	1150m: 17:13.44 44.81			
	400m: 5:47.18 46.34	800m: 11:51.90 46.44	1200m: 17:59.66 46.22			

Resultados online: anlisboa.pt/live

Prova 10, Masc., 1500m Livres

Juvenis A

1.	Renato Ferreira Mimoso	10	Benfica	18:22.34	16:18.45	648		
	50m: 30.53	30.53	450m: 4:49.76	32.89	850m: 9:10.10	33.10	1250m: 13:32.37	32.43
	100m: 1:02.15	31.62	500m: 5:23.01	33.25	900m: 9:42.99	32.89	1300m: 14:05.34	32.97
	150m: 1:34.18	32.03	550m: 5:55.93	32.92	950m: 10:16.13	33.14	1350m: 14:38.54	33.20
	200m: 2:06.51	32.33	600m: 6:27.97	32.04	1000m: 10:49.24	33.11	1400m: 15:11.78	33.24
	250m: 2:38.83	32.32	650m: 6:59.67	31.70	1050m: 11:21.95	32.71	1450m: 15:45.34	33.56
	300m: 3:11.66	32.83	700m: 7:32.00	32.33	1100m: 11:54.69	32.74	1500m: 16:18.45	33.11
	350m: 3:44.20	32.54	750m: 8:04.19	32.19	1150m: 12:27.40	32.71		
	400m: 4:16.87	32.67	800m: 8:37.00	32.81	1200m: 12:59.94	32.54		
2.	Dinis Aresta Ribeiro	10	Sporting	16:58.64	16:56.23	578		
	50m: 32.17	32.17	450m: 5:01.78	33.78	850m: 9:33.15	33.80	1250m: 14:06.36	34.52
	100m: 1:05.49	33.32	500m: 5:35.55	33.77	900m: 10:07.48	34.33	1300m: 14:40.65	34.29
	150m: 1:39.23	33.74	550m: 6:09.35	33.80	950m: 10:41.59	34.11	1350m: 15:15.08	34.43
	200m: 2:12.86	33.63	600m: 6:43.11	33.76	1000m: 11:15.45	33.86	1400m: 15:49.46	34.38
	250m: 2:46.60	33.74	650m: 7:17.26	34.15	1050m: 11:49.60	34.15	1450m: 16:23.53	34.07
	300m: 3:20.10	33.50	700m: 7:51.24	33.98	1100m: 12:23.55	33.95	1500m: 16:56.23	32.70
	350m: 3:54.01	33.91	750m: 8:25.40	34.16	1150m: 12:57.38	33.83		
	400m: 4:28.00	33.99	800m: 8:59.35	33.95	1200m: 13:31.84	34.46		
3.	Joao Baixinho Roxo	10	União Piedense	17:00.61	17:02.09	568		
	50m: 31.68	31.68	450m: 5:00.54	34.51	850m: 9:33.77	34.14	1250m: 14:10.46	34.27
	100m: 1:04.78	33.10	500m: 5:34.83	34.29	900m: 10:08.46	34.69	1300m: 14:45.08	34.62
	150m: 1:38.42	33.64	550m: 6:09.13	34.30	950m: 10:43.52	35.06	1350m: 15:19.72	34.64
	200m: 2:11.83	33.41	600m: 6:43.25	34.12	1000m: 11:18.01	34.49	1400m: 15:54.50	34.78
	250m: 2:45.38	33.55	650m: 7:17.22	33.97	1050m: 11:52.52	34.51	1450m: 16:29.41	34.91
	300m: 3:18.87	33.49	700m: 7:51.25	34.03	1100m: 12:26.88	34.36	1500m: 17:02.09	32.68
	350m: 3:52.43	33.56	750m: 8:25.54	34.29	1150m: 13:01.32	34.44		
	400m: 4:26.03	33.60	800m: 8:59.63	34.09	1200m: 13:36.19	34.87		
4.	Rodrigo Ferrao Dias	10	Sporting	16:59.26	17:19.23	541		
	50m: 32.85	32.85	450m: 5:06.76	34.59	850m: 9:44.80	34.74	1250m: 14:25.06	35.62
	100m: 1:05.90	33.05	500m: 5:41.46	34.70	900m: 10:19.70	34.90	1300m: 15:00.36	35.30
	150m: 1:39.97	34.07	550m: 6:16.12	34.66	950m: 10:54.51	34.81	1350m: 15:35.40	35.04
	200m: 2:14.15	34.18	600m: 6:50.85	34.73	1000m: 11:29.10	34.59	1400m: 16:10.90	35.50
	250m: 2:48.48	34.33	650m: 7:25.75	34.90	1050m: 12:04.07	34.97	1450m: 16:45.59	34.69
	300m: 3:22.74	34.26	700m: 8:00.61	34.86	1100m: 12:39.27	35.20	1500m: 17:19.23	33.64
	350m: 3:57.23	34.49	750m: 8:35.45	34.84	1150m: 13:14.23	34.96		
	400m: 4:32.17	34.94	800m: 9:10.06	34.61	1200m: 13:49.44	35.21		
5.	Diogo Rodrigues Sousa	10	Alges	17:05.28	17:24.01	533		
	50m: 32.34	32.34	450m: 5:07.36	34.87	850m: 9:45.92	34.32	1250m: 14:28.14	35.42
	100m: 1:05.47	33.13	500m: 5:42.03	34.67	900m: 10:21.42	35.50	1300m: 15:04.13	35.99
	150m: 1:39.57	34.10	550m: 6:16.32	34.29	950m: 10:56.55	35.13	1350m: 15:39.03	34.90
	200m: 2:14.38	34.81	600m: 6:51.24	34.92	1000m: 11:30.68	34.13	1400m: 16:14.04	35.01
	250m: 2:48.87	34.49	650m: 7:26.15	34.91	1050m: 12:06.31	35.63	1450m: 16:49.91	35.87
	300m: 3:22.93	34.06	700m: 8:01.02	34.87	1100m: 12:42.15	35.84	1500m: 17:24.01	34.10
	350m: 3:57.83	34.90	750m: 8:36.47	35.45	1150m: 13:17.47	35.32		
	400m: 4:32.49	34.66	800m: 9:11.60	35.13	1200m: 13:52.72	35.25		
6.	Martim Frederico Marques	10	Sporting	17:48.97	17:37.30	513		
	50m: 32.26	32.26	450m: 5:07.60	34.74	850m: 9:52.08	35.75	1250m: 14:41.12	36.18
	100m: 1:05.39	33.13	500m: 5:42.69	35.09	900m: 10:27.98	35.90	1300m: 15:17.57	36.45
	150m: 1:39.31	33.92	550m: 6:17.67	34.98	950m: 11:04.24	36.26	1350m: 15:54.03	36.46
	200m: 2:14.13	34.82	600m: 6:53.16	35.49	1000m: 11:40.47	36.23	1400m: 16:29.24	35.21
	250m: 2:48.65	34.52	650m: 7:28.95	35.79	1050m: 12:16.52	36.05	1450m: 17:04.01	34.77
	300m: 3:23.39	34.74	700m: 8:04.86	35.91	1100m: 12:53.09	36.57	1500m: 17:37.30	33.29
	350m: 3:57.66	34.27	750m: 8:40.93	36.07	1150m: 13:28.92	35.83		
	400m: 4:32.86	35.20	800m: 9:16.33	35.40	1200m: 14:04.94	36.02		
7.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	17:05.15	17:45.18	502		
	50m: 33.35	33.35	450m: 5:06.15	35.65	850m: 9:54.96	36.34	1250m: 14:42.49	36.29
	100m: 1:06.77	33.42	500m: 5:41.89	35.74	900m: 10:30.82	35.86	1300m: 15:19.38	36.89
	150m: 1:40.55	33.78	550m: 6:17.79	35.90	950m: 11:06.70	35.88	1350m: 15:55.90	36.52
	200m: 2:14.13	33.58	600m: 6:54.08	36.29	1000m: 11:42.92	36.22	1400m: 16:32.81	36.91
	250m: 2:47.60	33.47	650m: 7:30.44	36.36	1050m: 12:19.30	36.38	1450m: 17:10.20	37.39
	300m: 3:21.33	33.73	700m: 8:06.42	35.98	1100m: 12:54.54	35.24	1500m: 17:45.18	34.98
	350m: 3:55.60	34.27	750m: 8:42.42	36.00	1150m: 13:30.34	35.80		
	400m: 4:30.50	34.90	800m: 9:18.62	36.20	1200m: 14:06.20	35.86		
8.	Tomas O'Grady Freire	10	Sporting	17:59.93	17:53.65	490		
	50m: 33.23	33.23	450m: 5:17.99	36.18	850m: 10:04.03	35.88	1250m: 14:53.48	36.20
	100m: 1:07.65	34.42	500m: 5:53.85	35.86	900m: 10:40.42	36.39	1300m: 15:29.63	36.15
	150m: 1:42.74	35.09	550m: 6:29.56	35.71	950m: 11:16.75	36.33	1350m: 16:05.81	36.18
	200m: 2:18.31	35.57	600m: 7:05.26	35.70	1000m: 11:53.47	36.72	1400m: 16:41.99	36.18
	250m: 2:53.88	35.57	650m: 7:40.70	35.44	1050m: 12:29.13	35.66	1450m: 17:18.39	36.40
	300m: 3:29.99	36.11	700m: 8:16.27	35.57	1100m: 13:04.89	35.76	1500m: 17:53.65	35.26
	350m: 4:05.99	36.00	750m: 8:52.07	35.80	1150m: 13:41.17	36.28		
	400m: 4:41.81	35.82	800m: 9:28.15	36.08	1200m: 14:17.28	36.11		

Resultados online: anlisboa.pt/live

Prova 10, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
9.	Andre Huang	10	Geslours	18:53.33	18:03.24	477
	50m: 33.26 33.26	450m: 5:18.17 36.02	850m: 10:05.01 36.09	1250m: 14:56.67 37.14		
	100m: 1:08.03 34.77	500m: 5:54.18 36.01	900m: 10:40.79 35.78	1300m: 15:33.90 37.23		
	150m: 1:43.34 35.31	550m: 6:30.44 36.26	950m: 11:17.53 36.74	1350m: 16:11.99 38.09		
	200m: 2:18.83 35.49	600m: 7:05.74 35.30	1000m: 11:53.49 35.96	1400m: 16:49.39 37.40		
	250m: 2:54.30 35.47	650m: 7:41.80 36.06	1050m: 12:29.95 36.46	1450m: 17:27.60 38.21		
	300m: 3:30.07 35.77	700m: 8:17.11 35.31	1100m: 13:06.18 36.23	1500m: 18:03.24 35.64		
	350m: 4:05.98 35.91	750m: 8:52.92 35.81	1150m: 13:43.06 36.88			
	400m: 4:42.15 36.17	800m: 9:28.92 36.00	1200m: 14:19.53 36.47			
10.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	17:53.06	18:14.27	463
	50m: 33.06 33.06	450m: 5:19.67 35.63	850m: 10:10.96 36.53	1250m: 15:08.78 37.43		
	100m: 1:07.90 34.84	500m: 5:55.99 36.32	900m: 10:47.27 36.31	1300m: 15:45.82 37.04		
	150m: 1:43.96 36.06	550m: 6:32.14 36.15	950m: 11:24.13 36.86	1350m: 16:23.33 37.51		
	200m: 2:19.81 35.85	600m: 7:08.36 36.22	1000m: 12:00.90 36.77	1400m: 17:01.14 37.81		
	250m: 2:55.79 35.98	650m: 7:44.74 36.38	1050m: 12:38.68 37.78	1450m: 17:36.94 35.80		
	300m: 3:31.66 35.87	700m: 8:21.28 36.54	1100m: 13:15.98 37.30	1500m: 18:14.27 37.33		
	350m: 4:07.89 36.23	750m: 8:57.92 36.64	1150m: 13:54.05 38.07			
	400m: 4:44.04 36.15	800m: 9:34.43 36.51	1200m: 14:31.35 37.30			
11.	Guilherme Costa Alves <i>Fora Tempo Acesso</i>	10	Sporting	18:26.74	18:37.43	435
	50m: 30.99 30.99	450m: 5:24.50 37.54	850m: 10:28.97 37.94	1250m: 15:33.21 38.09		
	100m: 1:06.04 35.05	500m: 6:01.92 37.42	900m: 11:07.48 38.51	1300m: 16:10.42 37.21		
	150m: 1:42.08 36.04	550m: 6:39.48 37.56	950m: 11:45.99 38.51	1350m: 16:47.58 37.16		
	200m: 2:18.42 36.34	600m: 7:17.34 37.86	1000m: 12:23.48 37.49	1400m: 17:24.55 36.97		
	250m: 2:55.25 36.83	650m: 7:55.27 37.93	1050m: 13:01.06 37.58	1450m: 18:01.25 36.70		
	300m: 3:32.12 36.87	700m: 8:33.21 37.94	1100m: 13:38.90 37.84	1500m: 18:37.43 36.18		
	350m: 4:09.29 37.17	750m: 9:11.29 38.08	1150m: 14:16.69 37.79			
	400m: 4:46.96 37.67	800m: 9:51.03 39.74	1200m: 14:55.12 38.43			
12.	Salvador Miranda Grandela <i>Fora Tempo Acesso</i>	10	Alges	18:57.13	18:42.13	429
	50m: 34.08 34.08	450m: 5:25.16 37.50	850m: 10:25.72 37.51	1250m: 15:31.12 38.20		
	100m: 1:09.06 34.98	500m: 6:02.12 36.96	900m: 11:03.72 38.00	1300m: 16:09.56 38.44		
	150m: 1:44.68 35.62	550m: 6:39.98 37.86	950m: 11:41.75 38.03	1350m: 16:47.96 38.40		
	200m: 2:20.85 36.17	600m: 7:17.34 37.36	1000m: 12:19.91 38.16	1400m: 17:26.47 38.51		
	250m: 2:57.20 36.35	650m: 7:54.60 37.26	1050m: 12:57.72 37.81	1450m: 18:05.00 38.53		
	300m: 3:34.29 37.09	700m: 8:32.41 37.81	1100m: 13:35.76 38.04	1500m: 18:42.13 37.13		
	350m: 4:10.88 36.59	750m: 9:10.22 37.81	1150m: 14:14.16 38.40			
	400m: 4:47.66 36.78	800m: 9:48.21 37.99	1200m: 14:52.92 38.76			
13.	Rafael Carreiras Marques <i>Fora Tempo Acesso</i>	10	Geslours	18:55.83	18:46.81	424
	50m: 34.48 34.48	450m: 5:29.14 37.66	850m: 10:32.57 37.81	1250m: 15:39.55 37.67		
	100m: 1:10.18 35.70	500m: 6:06.84 37.70	900m: 11:10.73 38.16	1300m: 16:17.43 37.88		
	150m: 1:46.37 36.19	550m: 6:44.82 37.98	950m: 11:49.02 38.29	1350m: 16:55.60 38.17		
	200m: 2:22.59 36.22	600m: 7:23.05 38.23	1000m: 12:27.63 38.61	1400m: 17:33.55 37.95		
	250m: 2:59.36 36.77	650m: 8:00.78 37.73	1050m: 13:06.39 38.76	1450m: 18:11.30 37.75		
	300m: 3:36.40 37.04	700m: 8:39.05 38.27	1100m: 13:45.17 38.78	1500m: 18:46.81 35.51		
	350m: 4:13.93 37.53	750m: 9:16.71 37.66	1150m: 14:23.72 38.55			
	400m: 4:51.48 37.55	800m: 9:54.76 38.05	1200m: 15:01.88 38.16			
14.	Henrique Matos Sebroa <i>Fora Tempo Acesso</i>	10	Geslours	19:27.88	18:49.75	421
	50m: 35.00 35.00	450m: 5:34.16 38.28	850m: 10:36.85 38.07	1250m: 15:42.95 38.15		
	100m: 1:11.62 36.62	500m: 6:12.04 37.88	900m: 11:14.90 38.05	1300m: 16:21.14 38.19		
	150m: 1:48.34 36.72	550m: 6:49.97 37.93	950m: 11:53.08 38.18	1350m: 17:00.13 38.99		
	200m: 2:25.55 37.21	600m: 7:27.71 37.74	1000m: 12:31.25 38.17	1400m: 17:37.71 37.58		
	250m: 3:02.82 37.27	650m: 8:05.57 37.86	1050m: 13:09.33 38.08	1450m: 18:15.19 37.48		
	300m: 3:40.17 37.35	700m: 8:43.18 37.61	1100m: 13:47.66 38.33	1500m: 18:49.75 34.56		
	350m: 4:17.79 37.62	750m: 9:20.87 37.69	1150m: 14:26.40 38.74			
	400m: 4:55.88 38.09	800m: 9:58.78 37.91	1200m: 15:04.80 38.40			

Juniores

1.	Vasco Frischknecht Oliveira	08	Benfica	16:56.48	16:33.88	618
	50m: 29.29 29.29	450m: 4:51.05 33.65	850m: 9:18.69 33.45	1250m: 13:48.15 33.75		
	100m: 1:00.79 31.50	500m: 5:24.51 33.46	900m: 9:52.37 33.68	1300m: 14:21.86 33.71		
	150m: 1:33.21 32.42	550m: 5:57.73 33.22	950m: 10:25.86 33.49	1350m: 14:55.60 33.74		
	200m: 2:05.85 32.64	600m: 6:31.12 33.39	1000m: 10:59.35 33.49	1400m: 15:29.42 33.82		
	250m: 2:38.69 32.84	650m: 7:05.10 33.98	1050m: 11:33.28 33.93	1450m: 16:02.78 33.36		
	300m: 3:11.23 32.54	700m: 7:38.51 33.41	1100m: 12:06.94 33.66	1500m: 16:33.88 31.10		
	350m: 3:44.07 32.84	750m: 8:12.08 33.57	1150m: 12:40.60 33.66			
	400m: 4:17.40 33.33	800m: 8:45.24 33.16	1200m: 13:14.40 33.80			

Resultados online: anlisboa.pt/live

Prova 10, Masc., 1500m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
2.	Rafael Lin Moniz	09	Palmela Desporto	16:36.86	16:39.07	609
	50m: 28.65 28.65	450m: 4:48.45 32.86	850m: 9:17.86 33.76	1250m: 13:48.99 34.08		
	100m: 1:00.23 31.58	500m: 5:21.82 33.37	900m: 9:51.63 33.77	1300m: 14:22.49 33.50		
	150m: 1:32.34 32.11	550m: 5:55.48 33.66	950m: 10:25.11 33.48	1350m: 14:56.67 34.18		
	200m: 2:04.65 32.31	600m: 6:29.07 33.59	1000m: 10:59.01 33.90	1400m: 15:31.03 34.36		
	250m: 2:37.34 32.69	650m: 7:02.69 33.62	1050m: 11:32.76 33.75	1450m: 16:04.88 33.85		
	300m: 3:09.81 32.47	700m: 7:36.47 33.78	1100m: 12:06.68 33.92	1500m: 16:39.07 34.19		
	350m: 3:42.84 33.03	750m: 8:10.38 33.91	1150m: 12:40.73 34.05			
	400m: 4:15.59 32.75	800m: 8:44.10 33.72	1200m: 13:14.91 34.18			
3.	Afonso Santos Carromeu	09	Naval Setubalense	17:25.36	17:13.11	550
	50m: 30.09 30.09	450m: 5:01.30 34.38	850m: 9:39.71 34.92	1250m: 14:20.41 35.20		
	100m: 1:02.80 32.71	500m: 5:35.64 34.34	900m: 10:14.28 34.57	1300m: 14:55.56 35.15		
	150m: 1:36.50 33.70	550m: 6:10.43 34.79	950m: 10:49.58 35.30	1350m: 15:30.47 34.91		
	200m: 2:10.47 33.97	600m: 6:45.46 35.03	1000m: 11:24.85 35.27	1400m: 16:05.35 34.88		
	250m: 2:44.57 34.10	650m: 7:20.08 34.62	1050m: 11:59.89 35.04	1450m: 16:39.83 34.48		
	300m: 3:18.62 34.05	700m: 7:54.90 34.82	1100m: 12:35.07 35.18	1500m: 17:13.11 33.28		
	350m: 3:52.62 34.00	750m: 8:29.78 34.88	1150m: 13:10.05 34.98			
	400m: 4:26.92 34.30	800m: 9:04.79 35.01	1200m: 13:45.21 35.16			

Seniores

1.	Rodrigo Onofre Matos	06	Os Belenenses	16:24.91	16:21.06	643
	50m: 28.25 28.25	450m: 4:46.78 32.68	850m: 9:10.85 33.47	1250m: 13:36.46 33.40		
	100m: 59.91 31.66	500m: 5:19.45 32.67	900m: 9:44.10 33.25	1300m: 14:09.87 33.41		
	150m: 1:31.97 32.06	550m: 5:52.03 32.58	950m: 10:17.28 33.18	1350m: 14:42.92 33.05		
	200m: 2:04.25 32.28	600m: 6:25.08 33.05	1000m: 10:50.56 33.28	1400m: 15:16.25 33.33		
	250m: 2:36.86 32.61	650m: 6:58.23 33.15	1050m: 11:24.04 33.48	1450m: 15:49.19 32.94		
	300m: 3:09.14 32.28	700m: 7:31.19 32.96	1100m: 11:56.97 32.93	1500m: 16:21.06 31.87		
	350m: 3:41.85 32.71	750m: 8:04.13 32.94	1150m: 12:29.97 33.00			
	400m: 4:14.10 32.25	800m: 8:37.38 33.25	1200m: 13:03.06 33.09			
2.	David Alexandre Fernandes <i>Fora Tempo Acesso</i>	06	Nacional de Natação	17:48.06	17:25.99	530
	50m: 30.01 30.01	450m: 5:02.87 34.71	850m: 9:43.52 35.57	1250m: 14:29.16 35.68		
	100m: 1:00.79 30.78	500m: 5:37.70 34.83	900m: 10:18.99 35.47	1300m: 15:02.29 33.13		
	150m: 1:36.23 35.44	550m: 6:12.70 35.00	950m: 10:54.72 35.73	1350m: 15:40.75 38.46		
	200m: 2:10.44 34.21	600m: 6:47.52 34.82	1000m: 11:30.38 35.66	1400m: 16:16.78 36.03		
	250m: 2:45.29 34.85	650m: 7:22.63 35.11	1050m: 12:06.14 35.76	1450m: 16:51.90 35.12		
	300m: 3:19.34 34.05	700m: 7:57.84 35.21	1100m: 12:42.02 35.88	1500m: 17:25.99 34.09		
	350m: 3:53.80 34.46	750m: 8:32.89 35.05	1150m: 13:17.59 35.57			
	400m: 4:28.16 34.36	800m: 9:07.95 35.06	1200m: 13:53.48 35.89			
3.	Tiago Miguel Trombinhas <i>Fora Tempo Acesso</i>	04	Os Belenenses	17:11.69	17:28.99	526
	50m: 29.37 29.37	450m: 4:56.06 28.10	850m: 9:49.14 35.87	1250m: 14:34.51 35.37		
	100m: 1:02.04 32.67	500m: 5:38.55 42.49	900m: 10:25.24 36.10	1300m: 15:09.70 35.19		
	150m: 1:35.64 33.60	550m: 6:14.16 35.61	950m: 11:00.83 35.59	1350m: 15:44.48 34.78		
	200m: 2:09.45 33.81	600m: 6:50.00 35.84	1000m: 11:37.21 36.38	1400m: 16:19.28 34.80		
	250m: 2:43.70 34.25	650m: 7:25.89 35.89	1050m: 12:12.87 35.66	1450m: 16:54.60 35.32		
	300m: 3:18.37 34.67	700m: 8:01.64 35.75	1100m: 12:48.32 35.45	1500m: 17:28.99 34.39		
	350m: 3:52.98 34.61	750m: 8:37.41 35.77	1150m: 13:23.95 35.63			
	400m: 4:27.96 34.98	800m: 9:13.27 35.86	1200m: 13:59.14 35.19			
4.	Joao Miguel Cardoso <i>Fora Tempo Acesso</i>	97	Geslours	17:31.55	17:34.10	518
	50m: 29.88 29.88	450m: 5:00.74 34.80	850m: 9:44.12 35.77	1250m: 14:34.41 36.85		
	100m: 1:01.99 32.11	500m: 5:35.76 35.02	900m: 10:20.24 36.12	1300m: 15:10.67 36.26		
	150m: 1:35.31 33.32	550m: 6:10.93 35.17	950m: 10:56.26 36.02	1350m: 15:47.12 36.45		
	200m: 2:08.80 33.49	600m: 6:46.20 35.27	1000m: 11:32.16 35.90	1400m: 16:23.50 36.38		
	250m: 2:42.63 33.83	650m: 7:21.80 35.60	1050m: 12:08.64 36.48	1450m: 16:59.34 35.84		
	300m: 3:16.74 34.11	700m: 7:57.12 35.32	1100m: 12:45.07 36.43	1500m: 17:34.10 34.76		
	350m: 3:51.26 34.52	750m: 8:32.93 35.81	1150m: 13:21.41 36.34			
	400m: 4:25.94 34.68	800m: 9:08.35 35.42	1200m: 13:57.56 36.15			

Absolutos

Resultados online: anlisboa.pt/live

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
1.	Renato Ferreira Mimoso <i>Campeão Regional</i>	10	Benfica	18:22.34	16:18.45	648
	50m: 30.53 30.53	450m: 4:49.76 32.89	850m: 9:10.10 33.10	1250m: 13:32.37 32.43		
	100m: 1:02.15 31.62	500m: 5:23.01 33.25	900m: 9:42.99 32.89	1300m: 14:05.34 32.97		
	150m: 1:34.18 32.03	550m: 5:55.93 32.92	950m: 10:16.13 33.14	1350m: 14:38.54 33.20		
	200m: 2:06.51 32.33	600m: 6:27.97 32.04	1000m: 10:49.24 33.11	1400m: 15:11.78 33.24		
	250m: 2:38.83 32.32	650m: 6:59.67 31.70	1050m: 11:21.95 32.71	1450m: 15:45.34 33.56		
	300m: 3:11.66 32.83	700m: 7:32.00 32.33	1100m: 11:54.69 32.74	1500m: 16:18.45 33.11		
	350m: 3:44.20 32.54	750m: 8:04.19 32.19	1150m: 12:27.40 32.71			
	400m: 4:16.87 32.67	800m: 8:37.00 32.81	1200m: 12:59.94 32.54			
2.	Rodrigo Onofre Matos	06	Os Belenenses	16:24.91	16:21.06	643
	50m: 28.25 28.25	450m: 4:46.78 32.68	850m: 9:10.85 33.47	1250m: 13:36.46 33.40		
	100m: 59.91 31.66	500m: 5:19.45 32.67	900m: 9:44.10 33.25	1300m: 14:09.87 33.41		
	150m: 1:31.97 32.06	550m: 5:52.03 32.58	950m: 10:17.28 33.18	1350m: 14:42.92 33.05		
	200m: 2:04.25 32.28	600m: 6:25.08 33.05	1000m: 10:50.56 33.28	1400m: 15:16.25 33.33		
	250m: 2:36.86 32.61	650m: 6:58.23 33.15	1050m: 11:24.04 33.48	1450m: 15:49.19 32.94		
	300m: 3:09.14 32.28	700m: 7:31.19 32.96	1100m: 11:56.97 32.93	1500m: 16:21.06 31.87		
	350m: 3:41.85 32.71	750m: 8:04.13 32.94	1150m: 12:29.97 33.00			
	400m: 4:14.10 32.25	800m: 8:37.38 33.25	1200m: 13:03.06 33.09			
3.	Vasco Frischknecht Oliveira	08	Benfica	16:56.48	16:33.88	618
	50m: 29.29 29.29	450m: 4:51.05 33.65	850m: 9:18.69 33.45	1250m: 13:48.15 33.75		
	100m: 1:00.79 31.50	500m: 5:24.51 33.46	900m: 9:52.37 33.68	1300m: 14:21.86 33.71		
	150m: 1:33.21 32.42	550m: 5:57.73 33.22	950m: 10:25.86 33.49	1350m: 14:55.60 33.74		
	200m: 2:05.85 32.64	600m: 6:31.12 33.39	1000m: 10:59.35 33.49	1400m: 15:29.42 33.82		
	250m: 2:38.69 32.84	650m: 7:05.10 33.98	1050m: 11:33.28 33.93	1450m: 16:02.78 33.36		
	300m: 3:11.23 32.54	700m: 7:38.51 33.41	1100m: 12:06.94 33.66	1500m: 16:33.88 31.10		
	350m: 3:44.07 32.84	750m: 8:12.08 33.57	1150m: 12:40.60 33.66			
	400m: 4:17.40 33.33	800m: 8:45.24 33.16	1200m: 13:14.40 33.80			
4.	Rafael Lin Moniz	09	Palmela Desporto	16:36.86	16:39.07	609
	50m: 28.65 28.65	450m: 4:48.45 32.86	850m: 9:17.86 33.76	1250m: 13:48.99 34.08		
	100m: 1:00.23 31.58	500m: 5:21.82 33.37	900m: 9:51.63 33.77	1300m: 14:22.49 33.50		
	150m: 1:32.34 32.11	550m: 5:55.48 33.66	950m: 10:25.11 33.48	1350m: 14:56.67 34.18		
	200m: 2:04.65 32.31	600m: 6:29.07 33.59	1000m: 10:59.01 33.90	1400m: 15:31.03 34.36		
	250m: 2:37.34 32.69	650m: 7:02.69 33.62	1050m: 11:32.76 33.75	1450m: 16:04.88 33.85		
	300m: 3:09.81 32.47	700m: 7:36.47 33.78	1100m: 12:06.68 33.92	1500m: 16:39.07 34.19		
	350m: 3:42.84 33.03	750m: 8:10.38 33.91	1150m: 12:40.73 34.05			
	400m: 4:15.59 32.75	800m: 8:44.10 33.72	1200m: 13:14.91 34.18			
5.	Bernardo Goncalves Paulo	11	União Piedense	17:33.65	16:41.10	605
	50m: 31.81 31.81	450m: 4:59.36 33.98	850m: 9:29.05 33.54	1250m: 13:57.94 33.22		
	100m: 1:04.63 32.82	500m: 5:33.31 33.95	900m: 10:02.83 33.78	1300m: 14:31.20 33.26		
	150m: 1:38.10 33.47	550m: 6:07.03 33.72	950m: 10:36.39 33.56	1350m: 15:04.67 33.47		
	200m: 2:11.34 33.24	600m: 6:40.98 33.95	1000m: 11:09.97 33.58	1400m: 15:38.01 33.34		
	250m: 2:44.99 33.65	650m: 7:14.65 33.67	1050m: 11:43.70 33.73	1450m: 16:10.63 32.62		
	300m: 3:18.38 33.39	700m: 7:48.54 33.89	1100m: 12:17.28 33.58	1500m: 16:41.10 30.47		
	350m: 3:51.99 33.61	750m: 8:22.16 33.62	1150m: 12:51.17 33.89			
	400m: 4:25.38 33.39	800m: 8:55.51 33.35	1200m: 13:24.72 33.55			
6.	Dinis Aresta Ribeiro	10	Sporting	16:58.64	16:56.23	578
	50m: 32.17 32.17	450m: 5:01.78 33.78	850m: 9:33.15 33.80	1250m: 14:06.36 34.52		
	100m: 1:05.49 33.32	500m: 5:35.55 33.77	900m: 10:07.48 34.33	1300m: 14:40.65 34.29		
	150m: 1:39.23 33.74	550m: 6:09.35 33.80	950m: 10:41.59 34.11	1350m: 15:15.08 34.43		
	200m: 2:12.86 33.63	600m: 6:43.11 33.76	1000m: 11:15.45 33.86	1400m: 15:49.46 34.38		
	250m: 2:46.60 33.74	650m: 7:17.26 34.15	1050m: 11:49.60 34.15	1450m: 16:23.53 34.07		
	300m: 3:20.10 33.50	700m: 7:51.24 33.98	1100m: 12:23.55 33.95	1500m: 16:56.23 32.70		
	350m: 3:54.01 33.91	750m: 8:25.40 34.16	1150m: 12:57.38 33.83			
	400m: 4:28.00 33.99	800m: 8:59.35 33.95	1200m: 13:31.84 34.46			
7.	Joao Baixinho Roxo	10	União Piedense	17:00.61	17:02.09	568
	50m: 31.68 31.68	450m: 5:00.54 34.51	850m: 9:33.77 34.14	1250m: 14:10.46 34.27		
	100m: 1:04.78 33.10	500m: 5:34.83 34.29	900m: 10:08.46 34.69	1300m: 14:45.08 34.62		
	150m: 1:38.42 33.64	550m: 6:09.13 34.30	950m: 10:43.52 35.06	1350m: 15:19.72 34.64		
	200m: 2:11.83 33.41	600m: 6:43.25 34.12	1000m: 11:18.01 34.49	1400m: 15:54.50 34.78		
	250m: 2:45.38 33.55	650m: 7:17.22 33.97	1050m: 11:52.52 34.51	1450m: 16:29.41 34.91		
	300m: 3:18.87 33.49	700m: 7:51.25 34.03	1100m: 12:26.88 34.36	1500m: 17:02.09 32.68		
	350m: 3:52.43 33.56	750m: 8:25.54 34.29	1150m: 13:01.32 34.44			
	400m: 4:26.03 33.60	800m: 8:59.63 34.09	1200m: 13:36.19 34.87			
8.	Afonso Santos Carromeu	09	Naval Setubalense	17:25.36	17:13.11	550
	50m: 30.09 30.09	450m: 5:01.30 34.38	850m: 9:39.71 34.92	1250m: 14:20.41 35.20		
	100m: 1:02.80 32.71	500m: 5:35.64 34.34	900m: 10:14.28 34.57	1300m: 14:55.56 35.15		
	150m: 1:36.50 33.70	550m: 6:10.43 34.79	950m: 10:49.58 35.30	1350m: 15:30.47 34.91		
	200m: 2:10.47 33.97	600m: 6:45.46 35.03	1000m: 11:24.85 35.27	1400m: 16:05.35 34.88		
	250m: 2:44.57 34.10	650m: 7:20.08 34.62	1050m: 11:59.89 35.04	1450m: 16:39.83 34.48		
	300m: 3:18.62 34.05	700m: 7:54.90 34.82	1100m: 12:35.07 35.18	1500m: 17:13.11 33.28		
	350m: 3:52.62 34.00	750m: 8:29.78 34.88	1150m: 13:10.05 34.98			
	400m: 4:26.92 34.30	800m: 9:04.79 35.01	1200m: 13:45.21 35.16			

Resultados online: anlisboa.pt/live

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
9.	Rodrigo Ferrao Dias	10	Sporting	16:59.26	17:19.23	541
	50m: 32.85 32.85	450m: 5:06.76 34.59	850m: 9:44.80 34.74	1250m: 14:25.06 35.62		
	100m: 1:05.90 33.05	500m: 5:41.46 34.70	900m: 10:19.70 34.90	1300m: 15:00.36 35.30		
	150m: 1:39.97 34.07	550m: 6:16.12 34.66	950m: 10:54.51 34.81	1350m: 15:35.40 35.04		
	200m: 2:14.15 34.18	600m: 6:50.85 34.73	1000m: 11:29.10 34.59	1400m: 16:10.90 35.50		
	250m: 2:48.48 34.33	650m: 7:25.75 34.90	1050m: 12:04.07 34.97	1450m: 16:45.59 34.69		
	300m: 3:22.74 34.26	700m: 8:00.61 34.86	1100m: 12:39.27 35.20	1500m: 17:19.23 33.64		
	350m: 3:57.23 34.49	750m: 8:35.45 34.84	1150m: 13:14.23 34.96			
	400m: 4:32.17 34.94	800m: 9:10.06 34.61	1200m: 13:49.44 35.21			
10.	Diogo Rodrigues Sousa	10	Alges	17:05.28	17:24.01	533
	50m: 32.34 32.34	450m: 5:07.36 34.87	850m: 9:45.92 34.32	1250m: 14:28.14 35.42		
	100m: 1:05.47 33.13	500m: 5:42.03 34.67	900m: 10:21.42 35.50	1300m: 15:04.13 35.99		
	150m: 1:39.57 34.10	550m: 6:16.32 34.29	950m: 10:56.55 35.13	1350m: 15:39.03 34.90		
	200m: 2:14.38 34.81	600m: 6:51.24 34.92	1000m: 11:30.68 34.13	1400m: 16:14.04 35.01		
	250m: 2:48.87 34.49	650m: 7:26.15 34.91	1050m: 12:06.31 35.63	1450m: 16:49.91 35.87		
	300m: 3:22.93 34.06	700m: 8:01.02 34.87	1100m: 12:42.15 35.84	1500m: 17:24.01 34.10		
	350m: 3:57.83 34.90	750m: 8:36.47 35.45	1150m: 13:17.47 35.32			
	400m: 4:32.49 34.66	800m: 9:11.60 35.13	1200m: 13:52.72 35.25			
11.	David Alexandre Fernandes <i>Fora Tempo Acesso</i>	06	Nacional de Nataç�o	17:48.06	17:25.99	530
	50m: 30.01 30.01	450m: 5:02.87 34.71	850m: 9:43.52 35.57	1250m: 14:29.16 35.68		
	100m: 1:00.79 30.78	500m: 5:37.70 34.83	900m: 10:18.99 35.47	1300m: 15:02.29 33.13		
	150m: 1:36.23 35.44	550m: 6:12.70 35.00	950m: 10:54.72 35.73	1350m: 15:40.75 38.46		
	200m: 2:10.44 34.21	600m: 6:47.52 34.82	1000m: 11:30.38 35.66	1400m: 16:16.78 36.03		
	250m: 2:45.29 34.85	650m: 7:22.63 35.11	1050m: 12:06.14 35.76	1450m: 16:51.90 35.12		
	300m: 3:19.34 34.05	700m: 7:57.84 35.21	1100m: 12:42.02 35.88	1500m: 17:25.99 34.09		
	350m: 3:53.80 34.46	750m: 8:32.89 35.05	1150m: 13:17.59 35.57			
	400m: 4:28.16 34.36	800m: 9:07.95 35.06	1200m: 13:53.48 35.89			
12.	Tiago Miguel Trombinhas <i>Fora Tempo Acesso</i>	04	Os Belenenses	17:11.69	17:28.99	526
	50m: 29.37 29.37	450m: 4:56.06 28.10	850m: 9:49.14 35.87	1250m: 14:34.51 35.37		
	100m: 1:02.04 32.67	500m: 5:38.55 42.49	900m: 10:25.24 36.10	1300m: 15:09.70 35.19		
	150m: 1:35.64 33.60	550m: 6:14.16 35.61	950m: 11:00.83 35.59	1350m: 15:44.48 34.78		
	200m: 2:09.45 33.81	600m: 6:50.00 35.84	1000m: 11:37.21 36.38	1400m: 16:19.28 34.80		
	250m: 2:43.70 34.25	650m: 7:25.89 35.89	1050m: 12:12.87 35.66	1450m: 16:54.60 35.32		
	300m: 3:18.37 34.67	700m: 8:01.64 35.75	1100m: 12:48.32 35.45	1500m: 17:28.99 34.39		
	350m: 3:52.98 34.61	750m: 8:37.41 35.77	1150m: 13:23.95 35.63			
	400m: 4:27.96 34.98	800m: 9:13.27 35.86	1200m: 13:59.14 35.19			
13.	Joao Miguel Cardoso <i>Fora Tempo Acesso</i>	97	Geslours	17:31.55	17:34.10	518
	50m: 29.88 29.88	450m: 5:00.74 34.80	850m: 9:44.12 35.77	1250m: 14:34.41 36.85		
	100m: 1:01.99 32.11	500m: 5:35.76 35.02	900m: 10:20.24 36.12	1300m: 15:10.67 36.26		
	150m: 1:35.31 33.32	550m: 6:10.93 35.17	950m: 10:56.26 36.02	1350m: 15:47.12 36.45		
	200m: 2:08.80 33.49	600m: 6:46.20 35.27	1000m: 11:32.16 35.90	1400m: 16:23.50 36.38		
	250m: 2:42.63 33.83	650m: 7:21.80 35.60	1050m: 12:08.64 36.48	1450m: 16:59.34 35.84		
	300m: 3:16.74 34.11	700m: 7:57.12 35.32	1100m: 12:45.07 36.43	1500m: 17:34.10 34.76		
	350m: 3:51.26 34.52	750m: 8:32.93 35.81	1150m: 13:21.41 36.34			
	400m: 4:25.94 34.68	800m: 9:08.35 35.42	1200m: 13:57.56 36.15			
14.	Martim Frederico Marques	10	Sporting	17:48.97	17:37.30	513
	50m: 32.26 32.26	450m: 5:07.60 34.74	850m: 9:52.08 35.75	1250m: 14:41.12 36.18		
	100m: 1:05.39 33.13	500m: 5:42.69 35.09	900m: 10:27.98 35.90	1300m: 15:17.57 36.45		
	150m: 1:39.31 33.92	550m: 6:17.67 34.98	950m: 11:04.24 36.26	1350m: 15:54.03 36.46		
	200m: 2:14.13 34.82	600m: 6:53.16 35.49	1000m: 11:40.47 36.23	1400m: 16:29.24 35.21		
	250m: 2:48.65 34.52	650m: 7:28.95 35.79	1050m: 12:16.52 36.05	1450m: 17:04.01 34.77		
	300m: 3:23.39 34.74	700m: 8:04.86 35.91	1100m: 12:53.09 36.57	1500m: 17:37.30 33.29		
	350m: 3:57.66 34.27	750m: 8:40.93 36.07	1150m: 13:28.92 35.83			
	400m: 4:32.86 35.20	800m: 9:16.33 35.40	1200m: 14:04.94 36.02			
15.	Simao Pascoal Fernandes	11	Colegio Int Monte Maior	18:36.72	17:41.06	508
	50m: 33.84 33.84	450m: 5:15.01 35.22	850m: 9:57.72 35.62	1250m: 14:42.48 35.50		
	100m: 1:08.79 34.95	500m: 5:50.37 35.36	900m: 10:33.03 35.31	1300m: 15:18.06 35.58		
	150m: 1:43.75 34.96	550m: 6:25.46 35.09	950m: 11:08.68 35.65	1350m: 15:54.00 35.94		
	200m: 2:18.89 35.14	600m: 7:00.85 35.39	1000m: 11:43.99 35.31	1400m: 16:29.70 35.70		
	250m: 2:53.98 35.09	650m: 7:35.95 35.10	1050m: 12:19.80 35.81	1450m: 17:05.25 35.55		
	300m: 3:29.22 35.24	700m: 8:11.28 35.33	1100m: 12:55.63 35.83	1500m: 17:41.06 35.81		
	350m: 4:04.51 35.29	750m: 8:46.63 35.35	1150m: 13:31.22 35.59			
	400m: 4:39.79 35.28	800m: 9:22.10 35.47	1200m: 14:06.98 35.76			

Resultados online: anlisboa.pt/live

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
16.	Guilherme Valente Pereira	10	Colegio Int Monte Maior	17:05.15	17:45.18	502
	50m: 33.35 33.35	450m: 5:06.15 35.65	850m: 9:54.96 36.34	1250m: 14:42.49 36.29		
	100m: 1:06.77 33.42	500m: 5:41.89 35.74	900m: 10:30.82 35.86	1300m: 15:19.38 36.89		
	150m: 1:40.55 33.78	550m: 6:17.79 35.90	950m: 11:06.70 35.88	1350m: 15:55.90 36.52		
	200m: 2:14.13 33.58	600m: 6:54.08 36.29	1000m: 11:42.92 36.22	1400m: 16:32.81 36.91		
	250m: 2:47.60 33.47	650m: 7:30.44 36.36	1050m: 12:19.30 36.38	1450m: 17:10.20 37.39		
	300m: 3:21.33 33.73	700m: 8:06.42 35.98	1100m: 12:54.54 35.24	1500m: 17:45.18 34.98		
	350m: 3:55.60 34.27	750m: 8:42.42 36.00	1150m: 13:30.34 35.80			
	400m: 4:30.50 34.90	800m: 9:18.62 36.20	1200m: 14:06.20 35.86			
17.	Tomas O'Grady Freire	10	Sporting	17:59.93	17:53.65	490
	50m: 33.23 33.23	450m: 5:17.99 36.18	850m: 10:04.03 35.88	1250m: 14:53.48 36.20		
	100m: 1:07.65 34.42	500m: 5:53.85 35.86	900m: 10:40.42 36.39	1300m: 15:29.63 36.15		
	150m: 1:42.74 35.09	550m: 6:29.56 35.71	950m: 11:16.75 36.33	1350m: 16:05.81 36.18		
	200m: 2:18.31 35.57	600m: 7:05.26 35.70	1000m: 11:53.47 36.72	1400m: 16:41.99 36.18		
	250m: 2:53.88 35.57	650m: 7:40.70 35.44	1050m: 12:29.13 35.66	1450m: 17:18.39 36.40		
	300m: 3:29.99 36.11	700m: 8:16.27 35.57	1100m: 13:04.89 35.76	1500m: 17:53.65 35.26		
	350m: 4:05.99 36.00	750m: 8:52.07 35.80	1150m: 13:41.17 36.28			
	400m: 4:41.81 35.82	800m: 9:28.15 36.08	1200m: 14:17.28 36.11			
18.	Andre Huang	10	Geslours	18:53.33	18:03.24	477
	50m: 33.26 33.26	450m: 5:18.17 36.02	850m: 10:05.01 36.09	1250m: 14:56.67 37.14		
	100m: 1:08.03 34.77	500m: 5:54.18 36.01	900m: 10:40.79 35.78	1300m: 15:33.90 37.23		
	150m: 1:43.34 35.31	550m: 6:30.44 36.26	950m: 11:17.53 36.74	1350m: 16:11.99 38.09		
	200m: 2:18.83 35.49	600m: 7:05.74 35.30	1000m: 11:53.49 35.96	1400m: 16:49.39 37.40		
	250m: 2:54.30 35.47	650m: 7:41.80 36.06	1050m: 12:29.95 36.46	1450m: 17:27.60 38.21		
	300m: 3:30.07 35.77	700m: 8:17.11 35.31	1100m: 13:06.18 36.23	1500m: 18:03.24 35.64		
	350m: 4:05.98 35.91	750m: 8:52.92 35.81	1150m: 13:43.06 36.88			
	400m: 4:42.15 36.17	800m: 9:28.92 36.00	1200m: 14:19.53 36.47			
19.	Tomas Rodrigues Oliveira	10	Fisica Torres Vedras	17:53.06	18:14.27	463
	50m: 33.06 33.06	450m: 5:19.67 35.63	850m: 10:10.96 36.53	1250m: 15:08.78 37.43		
	100m: 1:07.90 34.84	500m: 5:55.99 36.32	900m: 10:47.27 36.31	1300m: 15:45.82 37.04		
	150m: 1:43.96 36.06	550m: 6:32.14 36.15	950m: 11:24.13 36.86	1350m: 16:23.33 37.51		
	200m: 2:19.81 35.85	600m: 7:08.36 36.22	1000m: 12:00.90 36.77	1400m: 17:01.14 37.81		
	250m: 2:55.79 35.98	650m: 7:44.74 36.38	1050m: 12:38.68 37.78	1450m: 17:36.94 35.80		
	300m: 3:31.66 35.87	700m: 8:21.28 36.54	1100m: 13:15.98 37.30	1500m: 18:14.27 37.33		
	350m: 4:07.89 36.23	750m: 8:57.92 36.64	1150m: 13:54.05 38.07			
	400m: 4:44.04 36.15	800m: 9:34.43 36.51	1200m: 14:31.35 37.30			
20.	Joao Marcelino Rodrigues	11	Sporting	18:58.23	18:15.20	462
	50m: 34.50 34.50	450m: 5:23.20 36.47	850m: 10:18.04 37.21	1250m: 15:12.86 37.40		
	100m: 1:09.87 35.37	500m: 6:00.11 36.91	900m: 10:54.68 36.64	1300m: 15:49.92 37.06		
	150m: 1:45.84 35.97	550m: 6:36.61 36.50	950m: 11:31.78 37.10	1350m: 16:26.34 36.42		
	200m: 2:22.31 36.47	600m: 7:13.37 36.76	1000m: 12:08.59 36.81	1400m: 17:03.06 36.72		
	250m: 2:58.05 35.74	650m: 7:50.17 36.80	1050m: 12:44.75 36.16	1450m: 17:39.52 36.46		
	300m: 3:34.43 36.38	700m: 8:27.30 37.13	1100m: 13:21.33 36.58	1500m: 18:15.20 35.68		
	350m: 4:10.62 36.19	750m: 9:04.21 36.91	1150m: 13:58.14 36.81			
	400m: 4:46.73 36.11	800m: 9:40.83 36.62	1200m: 14:35.46 37.32			
21.	Matias Malheiro Mata	11	Sporting	18:56.32	18:21.43	454
	50m: 33.99 33.99	450m: 5:27.22 37.11	850m: 10:21.90 37.22	1250m: 15:18.56 37.26		
	100m: 1:09.16 35.17	500m: 6:04.15 36.93	900m: 10:58.91 37.01	1300m: 15:55.58 37.02		
	150m: 1:45.34 36.18	550m: 6:41.10 36.95	950m: 11:35.96 37.05	1350m: 16:32.86 37.28		
	200m: 2:22.12 36.78	600m: 7:18.07 36.97	1000m: 12:12.78 36.82	1400m: 17:09.87 37.01		
	250m: 2:58.85 36.73	650m: 7:54.90 36.83	1050m: 12:50.01 37.23	1450m: 17:46.49 36.62		
	300m: 3:35.70 36.85	700m: 8:31.82 36.92	1100m: 13:27.00 36.99	1500m: 18:21.43 34.94		
	350m: 4:12.84 37.14	750m: 9:08.86 37.04	1150m: 14:03.96 36.96			
	400m: 4:50.11 37.27	800m: 9:44.68 35.82	1200m: 14:41.30 37.34			
22.	Guilherme Costa Alves <i>Fora Tempo Acesso</i>	10	Sporting	18:26.74	18:37.43	435
	50m: 30.99 30.99	450m: 5:24.50 37.54	850m: 10:28.97 37.94	1250m: 15:33.21 38.09		
	100m: 1:06.04 35.05	500m: 6:01.92 37.42	900m: 11:07.48 38.51	1300m: 16:10.42 37.21		
	150m: 1:42.08 36.04	550m: 6:39.48 37.56	950m: 11:45.99 38.51	1350m: 16:47.58 37.16		
	200m: 2:18.42 36.34	600m: 7:17.34 37.86	1000m: 12:23.48 37.49	1400m: 17:24.55 36.97		
	250m: 2:55.25 36.83	650m: 7:55.27 37.93	1050m: 13:01.06 37.58	1450m: 18:01.25 36.70		
	300m: 3:32.12 36.87	700m: 8:33.21 37.94	1100m: 13:38.90 37.84	1500m: 18:37.43 36.18		
	350m: 4:09.29 37.17	750m: 9:11.29 38.08	1150m: 14:16.69 37.79			
	400m: 4:46.96 37.67	800m: 9:51.03 39.74	1200m: 14:55.12 38.43			

Resultados online: anlisboa.pt/live

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
23.	Salvador Miranda Grandela <i>Fora Tempo Acesso</i>	10	Alges	18:57.13	18:42.13	429
	50m: 34.08 34.08 450m: 5:25.16 37.50 850m: 10:25.72 37.51 1250m: 15:31.12 38.20					
	100m: 1:09.06 34.98 500m: 6:02.12 36.96 900m: 11:03.72 38.00 1300m: 16:09.56 38.44					
	150m: 1:44.68 35.62 550m: 6:39.98 37.86 950m: 11:41.75 38.03 1350m: 16:47.96 38.40					
	200m: 2:20.85 36.17 600m: 7:17.34 37.36 1000m: 12:19.91 38.16 1400m: 17:26.47 38.51					
	250m: 2:57.20 36.35 650m: 7:54.60 37.26 1050m: 12:57.72 37.81 1450m: 18:05.00 38.53					
	300m: 3:34.29 37.09 700m: 8:32.41 37.81 1100m: 13:35.76 38.04 1500m: 18:42.13 37.13					
	350m: 4:10.88 36.59 750m: 9:10.22 37.81 1150m: 14:14.16 38.40					
	400m: 4:47.66 36.78 800m: 9:48.21 37.99 1200m: 14:52.92 38.76					
24.	Dinis Andrade Cabral	11	Palmela Desporto	19:44.78	18:42.53	429
	50m: 33.03 33.03 450m: 5:30.70 37.82 850m: 10:33.17 37.92 1250m: 15:35.64 37.94					
	100m: 1:09.55 36.52 500m: 6:08.52 37.82 900m: 11:10.89 37.72 1300m: 16:13.62 37.98					
	150m: 1:46.26 36.71 550m: 6:46.39 37.87 950m: 11:48.71 37.82 1350m: 16:51.45 37.83					
	200m: 2:23.04 36.78 600m: 7:24.23 37.84 1000m: 12:26.54 37.83 1400m: 17:29.23 37.78					
	250m: 2:59.99 36.95 650m: 8:02.01 37.78 1050m: 13:04.25 37.71 1450m: 18:06.41 37.18					
	300m: 3:37.41 37.42 700m: 8:39.58 37.57 1100m: 13:41.82 37.57 1500m: 18:42.53 36.12					
	350m: 4:14.80 37.39 750m: 9:17.63 38.05 1150m: 14:19.84 38.02					
	400m: 4:52.88 38.08 800m: 9:55.25 37.62 1200m: 14:57.70 37.86					
25.	Rafael Carreiras Marques <i>Fora Tempo Acesso</i>	10	Geslours	18:55.83	18:46.81	424
	50m: 34.48 34.48 450m: 5:29.14 37.66 850m: 10:32.57 37.81 1250m: 15:39.55 37.67					
	100m: 1:10.18 35.70 500m: 6:06.84 37.70 900m: 11:10.73 38.16 1300m: 16:17.43 37.88					
	150m: 1:46.37 36.19 550m: 6:44.82 37.98 950m: 11:49.02 38.29 1350m: 16:55.60 38.17					
	200m: 2:22.59 36.22 600m: 7:23.05 38.23 1000m: 12:27.63 38.61 1400m: 17:33.55 37.95					
	250m: 2:59.36 36.77 650m: 8:00.78 37.73 1050m: 13:06.39 38.76 1450m: 18:11.30 37.75					
	300m: 3:36.40 37.04 700m: 8:39.05 38.27 1100m: 13:45.17 38.78 1500m: 18:46.81 35.51					
	350m: 4:13.93 37.53 750m: 9:16.71 37.66 1150m: 14:23.72 38.55					
	400m: 4:51.48 37.55 800m: 9:54.76 38.05 1200m: 15:01.88 38.16					
26.	Henrique Matos Sebroza <i>Fora Tempo Acesso</i>	10	Geslours	19:27.88	18:49.75	421
	50m: 35.00 35.00 450m: 5:34.16 38.28 850m: 10:36.85 38.07 1250m: 15:42.95 38.15					
	100m: 1:11.62 36.62 500m: 6:12.04 37.88 900m: 11:14.90 38.05 1300m: 16:21.14 38.19					
	150m: 1:48.34 36.72 550m: 6:49.97 37.93 950m: 11:53.08 38.18 1350m: 17:00.13 38.99					
	200m: 2:25.55 37.21 600m: 7:27.71 37.74 1000m: 12:31.25 38.17 1400m: 17:37.71 37.58					
	250m: 3:02.82 37.27 650m: 8:05.57 37.86 1050m: 13:09.33 38.08 1450m: 18:15.19 37.48					
	300m: 3:40.17 37.35 700m: 8:43.18 37.61 1100m: 13:47.66 38.33 1500m: 18:49.75 34.56					
	350m: 4:17.79 37.62 750m: 9:20.87 37.69 1150m: 14:26.40 38.74					
	400m: 4:55.88 38.09 800m: 9:58.78 37.91 1200m: 15:04.80 38.40					
27.	Duarte Ribeiro Lima	11	Geslours	19:23.96	18:51.58	419
	50m: 33.90 33.90 450m: 5:33.04 38.20 850m: 10:41.28 38.27 1250m: 15:48.65 38.76					
	100m: 1:10.14 36.24 500m: 6:11.21 38.17 900m: 11:19.14 37.86 1300m: 16:27.07 38.42					
	150m: 1:47.88 37.74 550m: 6:49.75 38.54 950m: 11:56.61 37.47 1350m: 17:03.48 36.41					
	200m: 2:24.70 36.82 600m: 7:28.27 38.52 1000m: 12:35.86 39.25 1400m: 17:40.75 37.27					
	250m: 3:01.66 36.96 650m: 8:07.09 38.82 1050m: 13:14.34 38.48 1450m: 18:17.31 36.56					
	300m: 3:39.27 37.61 700m: 8:44.70 37.61 1100m: 13:52.38 38.04 1500m: 18:51.58 34.27					
	350m: 4:16.75 37.48 750m: 9:23.86 39.16 1150m: 14:30.79 38.41					
	400m: 4:54.84 38.09 800m: 10:03.01 39.15 1200m: 15:09.89 39.10					
28.	Tome Pargana Mendes	11	União Piedense	21:40.00	18:58.22	411
	50m: 33.96 33.96 450m: 5:38.01 38.87 850m: 10:44.57 37.36 1250m: 15:50.59 37.75					
	100m: 1:10.54 36.58 500m: 6:16.33 38.32 900m: 11:23.27 38.70 1300m: 16:28.46 37.87					
	150m: 1:48.12 37.58 550m: 6:55.11 38.78 950m: 12:01.03 37.76 1350m: 17:06.52 38.06					
	200m: 2:26.09 37.97 600m: 7:33.62 38.51 1000m: 12:39.13 38.10 1400m: 17:43.95 37.43					
	250m: 3:03.84 37.75 650m: 8:11.89 38.27 1050m: 13:17.47 38.34 1450m: 18:21.52 37.57					
	300m: 3:41.93 38.09 700m: 8:51.11 39.22 1100m: 13:56.85 39.38 1500m: 18:58.22 36.70					
	350m: 4:20.08 38.15 750m: 9:28.78 37.67 1150m: 14:35.08 38.23					
	400m: 4:59.14 39.06 800m: 10:07.21 38.43 1200m: 15:12.84 37.76					
29.	Tomas Neto Rodrigues <i>Fora Tempo Acesso</i>	11	ACSintra	21:39.39	19:25.56	383
	50m: 34.53 34.53 450m: 5:45.09 38.64 850m: 11:01.76 39.70 1250m: 16:17.39 38.95					
	100m: 1:13.28 38.75 500m: 6:24.64 39.55 900m: 11:42.29 40.53 1300m: 16:54.91 37.52					
	150m: 1:51.98 38.70 550m: 7:03.77 39.13 950m: 12:21.77 39.48 1350m: 17:33.76 38.85					
	200m: 2:30.43 38.45 600m: 7:42.74 38.97 1000m: 13:01.32 39.55 1400m: 18:12.33 38.57					
	250m: 3:08.89 38.46 650m: 8:22.02 39.28 1050m: 13:41.53 40.21 1450m: 18:49.25 36.92					
	300m: 3:47.85 38.96 700m: 9:01.67 39.65 1100m: 14:22.37 40.84 1500m: 19:25.56 36.31					
	350m: 4:26.60 38.75 750m: 9:42.27 40.60 1150m: 14:59.68 37.31					
	400m: 5:06.45 39.85 800m: 10:22.06 39.79 1200m: 15:38.44 38.76					

Resultados online: anlisboa.pt/live

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
30.	Henrique Jose Chainho <i>Fora Tempo Acesso</i>	11	Palmela Desporto	20:12.04	19:32.50	376
	50m: 36.60 36.60 450m: 5:50.29 39.34 850m: 11:05.47 38.88 1250m: 16:21.48 39.11					
	100m: 1:15.09 38.49 500m: 6:29.49 39.20 900m: 11:45.46 39.99 1300m: 17:00.18 38.70					
	150m: 1:53.95 38.86 550m: 7:09.06 39.57 950m: 12:25.22 39.76 1350m: 17:39.24 39.06					
	200m: 2:33.13 39.18 600m: 7:48.61 39.55 1000m: 13:04.61 39.39 1400m: 18:18.11 38.87					
	250m: 3:12.53 39.40 650m: 8:28.26 39.65 1050m: 13:44.13 39.52 1450m: 18:56.66 38.55					
	300m: 3:52.09 39.56 700m: 9:07.73 39.47 1100m: 14:23.87 39.74 1500m: 19:32.50 35.84					
	350m: 4:31.29 39.20 750m: 9:47.59 39.86 1150m: 15:03.14 39.27					
	400m: 5:10.95 39.66 800m: 10:26.59 39.00 1200m: 15:42.37 39.23					
31.	Mingxi Guan <i>Fora Tempo Acesso</i>	11	Alges	20:25.13	19:33.73	375
	50m: 33.16 33.16 450m: 5:39.32 39.46 850m: 10:58.42 39.36 1250m: 16:17.28 40.06					
	100m: 1:09.27 36.11 500m: 6:18.70 39.38 900m: 11:37.94 39.52 1300m: 16:57.68 40.40					
	150m: 1:46.63 37.36 550m: 6:58.78 40.08 950m: 12:18.89 40.95 1350m: 17:37.67 39.99					
	200m: 2:24.50 37.87 600m: 7:38.92 40.14 1000m: 12:58.42 39.53 1400m: 18:18.64 40.97					
	250m: 3:02.75 38.25 650m: 8:19.20 40.28 1050m: 13:38.07 39.65 1450m: 18:57.70 39.06					
	300m: 3:41.66 38.91 700m: 8:59.43 40.23 1100m: 14:17.99 39.92 1500m: 19:33.73 36.03					
	350m: 4:20.47 38.81 750m: 9:39.21 39.78 1150m: 14:57.45 39.46					
	400m: 4:59.86 39.39 800m: 10:19.06 39.85 1200m: 15:37.22 39.77					
32.	Francisco Alves Conceicao <i>Fora Tempo Acesso</i>	11	Palmela Desporto	21:38.19	20:40.12	318
	50m: 36.37 36.37 450m: 5:59.97 41.22 850m: 11:34.76 42.09 1250m: 17:14.70 42.47					
	100m: 1:14.71 38.34 500m: 6:41.36 41.39 900m: 12:16.55 41.79 1300m: 17:56.72 42.02					
	150m: 1:55.25 40.54 550m: 7:23.11 41.75 950m: 12:59.37 42.82 1350m: 18:40.05 43.33					
	200m: 2:34.76 39.51 600m: 8:04.69 41.58 1000m: 13:42.23 42.86 1400m: 19:21.99 41.94					
	250m: 3:15.14 40.38 650m: 8:46.58 41.89 1050m: 14:23.97 41.74 1450m: 20:02.05 40.06					
	300m: 3:55.96 40.82 700m: 9:28.67 42.09 1100m: 15:06.25 42.28 1500m: 20:40.12 38.07					
	350m: 4:37.23 41.27 750m: 10:10.85 42.18 1150m: 15:48.32 42.07					
	400m: 5:18.75 41.52 800m: 10:52.67 41.82 1200m: 16:32.23 43.91					
33.	Gustavo Pinto Mota <i>Fora Tempo Acesso</i>	11	Palmela Desporto	19:06.43	20:44.43	315
	50m: 36.65 36.65 450m: 5:59.82 41.19 850m: 11:38.29 42.45 1250m: 17:19.89 43.12					
	100m: 1:15.45 38.80 500m: 6:41.41 41.59 900m: 12:20.94 42.65 1300m: 18:02.34 42.45					
	150m: 1:55.52 40.07 550m: 7:23.57 42.16 950m: 13:04.23 43.29 1350m: 18:43.28 40.94					
	200m: 2:35.53 40.01 600m: 8:06.11 42.54 1000m: 13:46.99 42.76 1400m: 19:25.04 41.76					
	250m: 3:15.74 40.21 650m: 8:48.47 42.36 1050m: 14:28.98 41.99 1450m: 20:04.15 39.11					
	300m: 3:56.42 40.68 700m: 9:31.40 42.93 1100m: 15:11.51 42.53 1500m: 20:44.43 40.28					
	350m: 4:37.15 40.73 750m: 10:13.88 42.48 1150m: 15:53.84 42.33					
	400m: 5:18.63 41.48 800m: 10:55.84 41.96 1200m: 16:36.77 42.93					
34.	Guilherme Silva Matos <i>Fora Tempo Acesso</i>	11	Palmela Desporto	21:40.00	22:28.94	247
	50m: 38.77 38.77 450m: 6:31.93 44.75 850m: 12:38.63 46.73 1250m: 18:45.57 45.91					
	100m: 1:19.94 41.17 500m: 7:16.70 44.77 900m: 13:25.09 46.46 1300m: 19:31.23 45.66					
	150m: 2:02.75 42.81 550m: 8:01.62 44.92 950m: 14:11.81 46.72 1350m: 20:17.28 46.05					
	200m: 2:46.55 43.80 600m: 8:47.07 45.45 1000m: 14:58.79 46.98 1400m: 21:03.26 45.98					
	250m: 3:31.35 44.80 650m: 9:33.37 46.30 1050m: 15:43.24 44.45 1450m: 21:48.05 44.79					
	300m: 4:16.33 44.98 700m: 10:19.09 45.72 1100m: 16:28.63 45.39 1500m: 22:28.94 40.89					
	350m: 5:00.84 44.51 750m: 11:05.46 46.37 1150m: 17:13.44 44.81					
	400m: 5:47.18 46.34 800m: 11:51.90 46.44 1200m: 17:59.66 46.22					

Resultados online: anlisboa.pt/live