

Prova 12
15.11.15 - 17:03

Masc., 1500m Livres

Juvenis
Resultados

Rec Regional Juv B	16:25.03	Pedro Fontoura Oliveira	CFB	Cantanhede	2004
Rec Regional Juv A	16:03.51	Andre Filipe Farinha	SLB	Algés	2012
Rec Regional Absoluto	15:14.94	Rafael Lourenco Gil	ANAM	Porto	2014
Rec Nacional Juv B	16:09.71	Luis Miguel Monteiro	FCP	Felgueiras	1998
Rec Nacional Juv A	15:36.31	Rui Filipe Costa	VSC		2007
Rec Nacional Absoluto	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	2005

Mínimo Acesso Juv B: 19:40.33; Juv A: 19:18.66

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Diogo Santos Cardoso	01	Colégio Monte Maior	16:44.92	605
	50m: 32.94	450m: 5:04.12	33.56	850m: 9:33.19	33.42
	100m: 1:06.90	500m: 5:37.89	33.77	900m: 10:06.39	33.20
	150m: 1:41.45	550m: 6:11.37	33.48	950m: 10:39.86	33.47
	200m: 2:15.47	600m: 6:45.16	33.79	1000m: 11:13.33	33.47
	250m: 2:49.17	650m: 7:18.93	33.77	1050m: 11:46.79	33.46
	300m: 3:22.94	700m: 7:52.74	33.81	1100m: 12:20.42	33.63
	350m: 3:56.49	750m: 8:26.32	33.58	1150m: 12:54.12	33.70
	400m: 4:30.56	800m: 8:59.77	33.45	1200m: 13:27.42	33.30
2.	Jose Maria Pereira	01	Sporting	17:06.97	567
	50m: 32.60	450m: 5:05.61	34.26	850m: 9:40.30	34.33
	100m: 1:06.33	500m: 5:39.44	33.83	900m: 10:14.68	34.38
	150m: 1:40.32	550m: 6:13.85	34.41	950m: 10:49.18	34.50
	200m: 2:14.58	600m: 6:48.10	34.25	1000m: 11:23.67	34.49
	250m: 2:48.80	650m: 7:22.56	34.46	1050m: 11:58.35	34.68
	300m: 3:23.11	700m: 7:57.19	34.63	1100m: 12:32.97	34.62
	350m: 3:57.22	750m: 8:31.52	34.33	1150m: 13:07.78	34.81
	400m: 4:31.35	800m: 9:05.97	34.45	1200m: 13:42.11	34.33
3.	Rafael Alcantara Aires	01	Naval Amorense	17:10.10	562
	50m: 31.55	450m: 4:59.36	34.26	850m: 9:37.71	34.82
	100m: 1:04.11	500m: 5:33.86	34.50	900m: 10:13.16	35.45
	150m: 1:37.08	550m: 6:08.45	34.59	950m: 10:48.50	35.34
	200m: 2:10.01	600m: 6:43.41	34.96	1000m: 11:23.87	35.37
	250m: 2:43.27	650m: 7:17.99	34.58	1050m: 11:59.04	35.17
	300m: 3:17.06	700m: 7:53.27	35.28	1100m: 12:34.01	34.97
	350m: 3:50.85	750m: 8:28.33	35.06	1150m: 13:09.71	35.70
	400m: 4:25.10	800m: 9:02.89	34.56	1200m: 13:45.06	35.35
4.	David Matias Cristino	01	Naval Amorense	17:14.63	554
	50m: 32.19	450m: 5:06.05	34.54	850m: 9:43.67	33.91
	100m: 1:05.90	500m: 5:41.10	35.05	900m: 10:18.32	34.65
	150m: 1:39.95	550m: 6:15.63	34.53	950m: 10:53.33	35.01
	200m: 2:14.24	600m: 6:50.48	34.85	1000m: 11:28.36	35.03
	250m: 2:48.51	650m: 7:25.09	34.61	1050m: 12:02.99	34.63
	300m: 3:22.66	700m: 7:59.61	34.52	1100m: 12:38.16	35.17
	350m: 3:56.75	750m: 8:34.34	34.73	1150m: 13:12.40	34.24
	400m: 4:31.51	800m: 9:09.76	35.42	1200m: 13:47.46	35.06
5.	Alexandre Miguel Branco	01	Algés	17:27.06	535
	50m: 31.45	450m: 5:08.23	35.41	850m: 9:51.27	35.53
	100m: 1:04.31	500m: 5:43.53	35.30	900m: 10:26.74	35.47
	150m: 1:37.99	550m: 6:18.84	35.31	950m: 11:02.20	35.46
	200m: 2:12.46	600m: 6:54.11	35.27	1000m: 11:37.42	35.22
	250m: 2:47.18	650m: 7:29.66	35.55	1050m: 12:12.66	35.24
	300m: 3:22.19	700m: 8:05.29	35.63	1100m: 12:47.69	35.03
	350m: 3:57.44	750m: 8:40.43	35.14	1150m: 13:22.86	35.17
	400m: 4:32.82	800m: 9:15.74	35.31	1200m: 13:58.00	35.14
6.	Edgar Filipe Santos	01	Naval Amorense	17:42.67	511
	50m: 33.47	450m: 5:16.94	35.74	850m: 10:04.04	35.72
	100m: 1:08.38	500m: 5:52.40	35.46	900m: 10:39.54	35.50
	150m: 1:44.03	550m: 6:28.29	35.89	950m: 11:15.75	36.21
	200m: 2:19.08	600m: 7:04.08	35.79	1000m: 11:51.89	36.14
	250m: 2:54.43	650m: 7:40.14	36.06	1050m: 12:28.07	36.18
	300m: 3:30.20	700m: 8:16.44	36.30	1100m: 13:04.56	36.49
	350m: 4:05.21	750m: 8:52.32	35.88	1150m: 13:40.23	35.67
	400m: 4:41.20	800m: 9:28.32	36.00	1200m: 14:16.48	36.25

Prova 12, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts		
7.	Diogo Alexandre Araujo	01	Estrelas S. Joao Brito	17:58.48	489		
	50m: 32.73	450m: 5:16.96	36.45	850m: 10:08.40	35.57	1250m: 14:58.47	36.47
	100m: 1:06.22	500m: 5:52.80	35.84	900m: 10:44.17	35.77	1300m: 15:34.22	35.75
	150m: 1:41.09	550m: 6:29.95	37.15	950m: 11:20.49	36.32	1350m: 16:11.38	37.16
	200m: 2:16.46	600m: 7:06.97	37.02	1000m: 11:57.52	37.03	1400m: 16:48.02	36.64
	250m: 2:52.22	650m: 7:43.85	36.88	1050m: 12:33.84	36.32	1450m: 17:23.86	35.84
	300m: 3:28.13	700m: 8:21.53	37.68	1100m: 13:10.16	36.32	1500m: 17:58.48	34.62
	350m: 4:04.18	750m: 8:59.08	37.55	1150m: 13:46.22	36.06		
	400m: 4:40.51	800m: 9:32.83	33.75	1200m: 14:22.00	35.78		
8.	Guilherme Ventura Carvalho	01	Geslours	18:02.03	484		
	50m: 33.51	450m: 5:18.35	35.72	850m: 10:09.66	36.52	1250m: 15:02.67	36.85
	100m: 1:08.28	500m: 5:54.36	36.01	900m: 10:46.07	36.41	1300m: 15:39.43	36.76
	150m: 1:43.44	550m: 6:30.56	36.20	950m: 11:22.58	36.51	1350m: 16:15.43	36.00
	200m: 2:19.02	600m: 7:06.55	35.99	1000m: 11:59.32	36.74	1400m: 16:51.59	36.16
	250m: 2:54.81	650m: 7:43.16	36.61	1050m: 12:35.91	36.59	1450m: 17:27.78	36.19
	300m: 3:30.74	700m: 8:19.78	36.62	1100m: 13:12.53	36.62	1500m: 18:02.03	34.25
	350m: 4:06.63	750m: 8:56.59	36.81	1150m: 13:49.26	36.73		
	400m: 4:42.63	800m: 9:33.14	36.55	1200m: 14:25.82	36.56		
9.	Tomas Afonso Graca	01	Benfica	18:17.23	465		
	50m: 33.83	450m: 5:25.07	36.80	850m: 10:18.85	36.90	1250m: 15:14.00	36.78
	100m: 1:08.99	500m: 6:01.62	36.55	900m: 10:55.55	36.70	1300m: 15:50.35	36.35
	150m: 1:45.36	550m: 6:38.15	36.53	950m: 11:32.73	37.18	1350m: 16:27.22	36.87
	200m: 2:21.75	600m: 7:14.58	36.43	1000m: 12:09.36	36.63	1400m: 17:04.26	37.04
	250m: 2:58.34	650m: 7:51.48	36.90	1050m: 12:46.14	36.78	1450m: 17:41.39	37.13
	300m: 3:34.78	700m: 8:28.18	36.70	1100m: 13:23.34	37.20	1500m: 18:17.23	35.84
	350m: 4:11.48	750m: 9:04.78	36.60	1150m: 14:00.73	37.39		
	400m: 4:48.27	800m: 9:41.95	37.17	1200m: 14:37.22	36.49		
10.	Tiago Maria Camoes	01	União Piedense	18:21.56	459		
	50m: 33.34	450m: 5:23.39	36.48	850m: 10:21.01	37.18	1250m: 15:21.14	38.01
	100m: 1:09.09	500m: 6:00.62	37.23	900m: 10:58.40	37.39	1300m: 15:58.23	37.09
	150m: 1:45.39	550m: 6:37.34	36.72	950m: 11:35.63	37.23	1350m: 16:35.63	37.40
	200m: 2:22.02	600m: 7:14.52	37.18	1000m: 12:13.14	37.51	1400m: 17:12.87	37.24
	250m: 2:58.10	650m: 7:51.68	37.16	1050m: 12:50.48	37.34	1450m: 17:49.34	36.47
	300m: 3:34.26	700m: 8:28.89	37.21	1100m: 13:27.67	37.19	1500m: 18:21.56	32.22
	350m: 4:10.75	750m: 9:06.36	37.47	1150m: 14:05.34	37.67		
	400m: 4:46.91	800m: 9:43.83	37.47	1200m: 14:43.13	37.79		
11.	Ricardo Pinela Ferreira	01	Alges	18:23.95	456		
	50m: 33.25	450m: 5:17.96	36.21	850m: 10:19.61	38.30	1250m: 15:19.69	37.69
	100m: 1:08.47	500m: 5:55.08	37.12	900m: 10:56.94	37.33	1300m: 15:57.65	37.96
	150m: 1:43.42	550m: 6:32.27	37.19	950m: 11:34.40	37.46	1350m: 16:34.41	36.76
	200m: 2:18.88	600m: 7:10.08	37.81	1000m: 12:11.38	36.98	1400m: 17:11.94	37.53
	250m: 2:54.12	650m: 7:47.76	37.68	1050m: 12:48.95	37.57	1450m: 17:48.46	36.52
	300m: 3:30.03	700m: 8:25.63	37.87	1100m: 13:26.28	37.33	1500m: 18:23.95	35.49
	350m: 4:05.54	750m: 9:03.37	37.74	1150m: 14:03.72	37.44		
	400m: 4:41.75	800m: 9:41.31	37.94	1200m: 14:42.00	38.28		
12.	Renato Barros Frischknecht	01	Alges	18:26.19	453		
	50m: 32.96	450m: 5:23.85	37.13	850m: 10:22.04	37.46	1250m: 15:21.61	37.05
	100m: 1:08.06	500m: 6:01.28	37.43	900m: 10:59.40	37.36	1300m: 15:58.82	37.21
	150m: 1:43.80	550m: 6:38.41	37.13	950m: 11:36.92	37.52	1350m: 16:35.67	36.85
	200m: 2:19.70	600m: 7:15.29	36.88	1000m: 12:14.09	37.17	1400m: 17:12.12	36.45
	250m: 2:56.08	650m: 7:52.55	37.26	1050m: 12:51.92	37.83	1450m: 17:48.82	36.70
	300m: 3:32.75	700m: 8:29.85	37.30	1100m: 13:29.36	37.44	1500m: 18:26.19	37.37
	350m: 4:09.65	750m: 9:07.31	37.46	1150m: 14:07.19	37.83		
	400m: 4:46.72	800m: 9:44.58	37.27	1200m: 14:44.56	37.37		
13.	Bernardo Craveiro Bandarra	01	Alges	18:36.66	441		
	50m: 34.08	450m: 5:28.99	37.03	850m: 10:26.25	37.47	1250m: 15:29.26	37.45
	100m: 1:10.14	500m: 6:06.09	37.10	900m: 11:04.13	37.88	1300m: 16:07.01	37.75
	150m: 1:47.17	550m: 6:43.08	36.99	950m: 11:41.78	37.65	1350m: 16:45.07	38.06
	200m: 2:23.79	600m: 7:20.43	37.35	1000m: 12:19.40	37.62	1400m: 17:22.13	37.06
	250m: 3:00.74	650m: 7:57.31	36.88	1050m: 12:57.63	38.23	1450m: 17:59.76	37.63
	300m: 3:37.73	700m: 8:34.38	37.07	1100m: 13:35.49	37.86	1500m: 18:36.66	36.90
	350m: 4:15.09	750m: 9:11.32	36.94	1150m: 14:13.88	38.39		
	400m: 4:51.96	800m: 9:48.78	37.46	1200m: 14:51.81	37.93		
14.	Francisco Martins Pedro	01	Geslours	18:39.92	437		
	50m: 34.38	450m: 5:33.33	37.45	850m: 10:33.07	37.59	1250m: 15:35.18	37.98
	100m: 1:10.69	500m: 6:10.90	37.57	900m: 11:10.85	37.78	1300m: 16:13.15	37.97
	150m: 1:47.78	550m: 6:48.21	37.31	950m: 11:48.70	37.85	1350m: 16:51.06	37.91
	200m: 2:25.09	600m: 7:25.70	37.49	1000m: 12:26.29	37.59	1400m: 17:29.44	38.38
	250m: 3:02.71	650m: 8:02.98	37.28	1050m: 13:03.97	37.68	1450m: 18:06.80	37.36
	300m: 3:40.34	700m: 8:40.42	37.44	1100m: 13:41.69	37.72	1500m: 18:39.92	33.12
	350m: 4:18.47	750m: 9:17.98	37.56	1150m: 14:19.46	37.77		
	400m: 4:55.88	800m: 9:55.48	37.50	1200m: 14:57.20	37.74		

Prova 12, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts			
15.	Rodrigo Melo Pinto	01	Colégio Vasco da Gama	18:40.53	436			
	50m: 34.24	34.24	450m: 5:27.33	37.88	850m: 10:27.40	37.73	1250m: 15:31.35	38.27
	100m: 1:09.55	35.31	500m: 6:04.31	36.98	900m: 11:05.19	37.79	1300m: 16:09.67	38.32
	150m: 1:45.84	36.29	550m: 6:41.77	37.46	950m: 11:43.06	37.87	1350m: 16:48.53	38.86
	200m: 2:22.26	36.42	600m: 7:19.35	37.58	1000m: 12:21.32	38.26	1400m: 17:26.75	38.22
	250m: 2:58.69	36.43	650m: 7:56.97	37.62	1050m: 12:59.28	37.96	1450m: 18:05.54	38.79
	300m: 3:35.10	36.41	700m: 8:34.34	37.37	1100m: 13:36.90	37.62	1500m: 18:40.53	34.99
	350m: 4:12.04	36.94	750m: 9:12.20	37.86	1150m: 14:15.40	38.50		
	400m: 4:49.45	37.41	800m: 9:49.67	37.47	1200m: 14:53.08	37.68		
16.	Rodrigo Ponte Jorge	01	Naval Amorense	18:41.52	435			
	50m: 31.34	31.34	450m: 5:18.31	37.67	850m: 10:26.43	38.99	1250m: 15:34.65	39.41
	100m: 1:04.74	33.40	500m: 5:56.51	38.20	900m: 11:05.53	39.10	1300m: 16:11.67	37.02
	150m: 1:39.31	34.57	550m: 6:34.85	38.34	950m: 11:42.92	37.39	1350m: 16:51.71	40.04
	200m: 2:14.69	35.38	600m: 7:13.12	38.27	1000m: 12:21.57	38.65	1400m: 17:30.29	38.58
	250m: 2:50.23	35.54	650m: 7:51.48	38.36	1050m: 12:58.69	37.12	1450m: 18:06.02	35.73
	300m: 3:27.08	36.85	700m: 8:30.00	38.52	1100m: 13:37.61	38.92	1500m: 18:41.52	35.50
	350m: 4:03.90	36.82	750m: 9:09.17	39.17	1150m: 14:16.22	38.61		
	400m: 4:40.64	36.74	800m: 9:47.44	38.27	1200m: 14:55.24	39.02		
17.	Diogo Afonso Miranda	01	União Piedense	18:49.83	425			
	50m: 34.79	34.79	450m: 5:35.37	37.85	850m: 10:38.16	37.99	1250m: 15:42.79	38.22
	100m: 1:11.80	37.01	500m: 6:13.11	37.74	900m: 11:16.02	37.86	1300m: 16:20.56	37.77
	150m: 1:49.47	37.67	550m: 6:50.43	37.32	950m: 11:53.99	37.97	1350m: 16:58.18	37.62
	200m: 2:26.68	37.21	600m: 7:28.34	37.91	1000m: 12:32.11	38.12	1400m: 17:35.92	37.74
	250m: 3:04.37	37.69	650m: 8:06.42	38.08	1050m: 13:10.12	38.01	1450m: 18:13.29	37.37
	300m: 3:41.97	37.60	700m: 8:44.08	37.66	1100m: 13:48.28	38.16	1500m: 18:49.83	36.54
	350m: 4:20.02	38.05	750m: 9:22.08	38.00	1150m: 14:26.40	38.12		
	400m: 4:57.52	37.50	800m: 10:00.17	38.09	1200m: 15:04.57	38.17		
18.	Henrique Rasteiro Luis	01	Colégio Monte Maior	18:58.53	416			
	50m: 34.47	34.47	450m: 5:35.89	37.94	850m: 10:44.08	38.25	1250m: 15:52.39	38.42
	100m: 1:11.48	37.01	500m: 6:14.24	38.35	900m: 11:22.33	38.25	1300m: 16:30.44	38.05
	150m: 1:48.35	36.87	550m: 6:52.87	38.63	950m: 12:00.16	37.83	1350m: 17:08.03	37.59
	200m: 2:25.66	37.31	600m: 7:31.84	38.97	1000m: 12:38.54	38.38	1400m: 17:46.07	38.04
	250m: 3:03.28	37.62	650m: 8:10.03	38.19	1050m: 13:17.59	39.05	1450m: 18:23.34	37.27
	300m: 3:41.26	37.98	700m: 8:48.94	38.91	1100m: 13:56.17	38.58	1500m: 18:58.53	35.19
	350m: 4:19.31	38.05	750m: 9:27.59	38.65	1150m: 14:34.94	38.77		
	400m: 4:57.95	38.64	800m: 10:05.83	38.24	1200m: 15:13.97	39.03		
19.	Joao Batista Silva	01	Palmela Desporto	19:00.05	414			
	50m: 34.15	34.15	450m: 5:31.75	37.36	850m: 10:37.65	38.34	1250m: 15:50.01	39.27
	100m: 1:10.06	35.91	500m: 6:09.36	37.61	900m: 11:16.68	39.03	1300m: 16:28.85	38.84
	150m: 1:47.28	37.22	550m: 6:47.49	38.13	950m: 11:55.70	39.02	1350m: 17:08.04	39.19
	200m: 2:24.51	37.23	600m: 7:25.69	38.20	1000m: 12:34.73	39.03	1400m: 17:46.83	38.79
	250m: 3:01.71	37.20	650m: 8:03.43	37.74	1050m: 13:14.12	39.39	1450m: 18:24.86	38.03
	300m: 3:39.35	37.64	700m: 8:42.00	38.57	1100m: 13:52.67	38.55	1500m: 19:00.05	35.19
	350m: 4:16.94	37.59	750m: 9:20.55	38.55	1150m: 14:31.74	39.07		
	400m: 4:54.39	37.45	800m: 9:59.31	38.76	1200m: 15:10.74	39.00		
20.	Ricardo Martins Bras	01	Belenenses	19:02.58	411			
	50m: 34.34	34.34	450m: 5:33.32	39.36	850m: 10:41.48	38.47	1250m: 15:53.58	40.00
	100m: 1:09.26	34.92	500m: 6:11.46	38.14	900m: 11:19.54	38.06	1300m: 16:33.76	40.18
	150m: 1:45.57	36.31	550m: 6:51.00	39.54	950m: 11:59.25	39.71	1350m: 17:11.16	37.40
	200m: 2:22.46	36.89	600m: 7:30.15	39.15	1000m: 12:37.88	38.63	1400m: 17:49.26	38.10
	250m: 2:59.95	37.49	650m: 8:08.07	37.92	1050m: 13:16.74	38.86	1450m: 18:27.06	37.80
	300m: 3:37.74	37.79	700m: 8:45.97	37.90	1100m: 13:55.55	38.81	1500m: 19:02.58	35.52
	350m: 4:15.72	37.98	750m: 9:24.46	38.49	1150m: 14:35.40	39.85		
	400m: 4:53.96	38.24	800m: 10:03.01	38.55	1200m: 15:13.58	38.18		
21.	Gonçalo Silveirinha Caldeira	01	Amadora	19:10.64	403			
	50m: 34.50	34.50	450m: 5:37.65	38.70	850m: 10:47.87	38.62	1250m: 15:57.99	38.86
	100m: 1:11.12	36.62	500m: 6:16.75	39.10	900m: 11:27.30	39.43	1300m: 16:37.28	39.29
	150m: 1:49.26	38.14	550m: 6:55.36	38.61	950m: 12:06.24	38.94	1350m: 17:16.73	39.45
	200m: 2:26.57	37.31	600m: 7:33.99	38.63	1000m: 12:44.52	38.28	1400m: 17:56.13	39.40
	250m: 3:04.13	37.56	650m: 8:12.97	38.98	1050m: 13:22.94	38.42	1450m: 18:33.64	37.51
	300m: 3:42.19	38.06	700m: 8:51.67	38.70	1100m: 14:01.75	38.81	1500m: 19:10.64	37.00
	350m: 4:20.80	38.61	750m: 9:30.62	38.95	1150m: 14:40.63	38.88		
	400m: 4:58.95	38.15	800m: 10:09.25	38.63	1200m: 15:19.13	38.50		
22.	Diogo Alexandre Casteleiro	01	Sporting	19:12.19	401			
	50m: 34.49	34.49	450m: 5:38.42	38.54	850m: 10:50.02	38.64	1250m: 15:57.21	38.86
	100m: 1:12.14	37.65	500m: 6:17.48	39.06	900m: 11:28.75	38.73	1300m: 16:35.94	38.73
	150m: 1:49.95	37.81	550m: 6:56.55	39.07	950m: 12:07.54	38.79	1350m: 17:14.36	38.42
	200m: 2:28.17	38.22	600m: 7:35.65	39.10	1000m: 12:45.21	37.67	1400m: 17:53.24	38.88
	250m: 3:06.16	37.99	650m: 8:14.33	38.68	1050m: 13:23.11	37.90	1450m: 18:32.64	39.40
	300m: 3:44.39	38.23	700m: 8:53.59	39.26	1100m: 14:01.56	38.45	1500m: 19:12.19	39.55
	350m: 4:22.12	37.73	750m: 9:32.72	39.13	1150m: 14:40.08	38.52		
	400m: 4:59.88	37.76	800m: 10:11.38	38.66	1200m: 15:18.35	38.27		

Prova 12, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
23.	Afonso Maria Carvalho	01	Sporting	19:25.23	388
	50m: 35.28 35.28	450m: 5:39.81 38.40	850m: 10:50.71 38.97	1250m: 16:09.48 39.45	
	100m: 1:12.27 36.99	500m: 6:18.42 38.61	900m: 11:30.41 39.70	1300m: 16:48.81 39.33	
	150m: 1:49.85 37.58	550m: 6:56.71 38.29	950m: 12:09.66 39.25	1350m: 17:28.19 39.38	
	200m: 2:27.85 38.00	600m: 7:35.84 39.13	1000m: 12:49.13 39.47	1400m: 18:07.66 39.47	
	250m: 3:06.11 38.26	650m: 8:14.81 38.97	1050m: 13:28.86 39.73	1450m: 18:47.72 40.06	
	300m: 3:44.43 38.32	700m: 8:53.70 38.89	1100m: 14:09.28 40.42	1500m: 19:25.23 37.51	
	350m: 4:22.59 38.16	750m: 9:32.66 38.96	1150m: 14:49.65 40.37		
	400m: 5:01.41 38.82	800m: 10:11.74 39.08	1200m: 15:30.03 40.38		
24.	Guilherme Filipe Alcobia	01	Benfica	19:38.84	375
	50m: 34.16 34.16	450m: 5:40.83 39.22	850m: 10:58.62 40.57	1250m: 16:22.90 40.22	
	100m: 1:10.75 36.59	500m: 6:18.84 38.01	900m: 11:39.09 40.47	1300m: 17:03.69 40.79	
	150m: 1:48.58 37.83	550m: 6:58.96 40.12	950m: 12:19.49 40.40	1350m: 17:45.38 41.69	
	200m: 2:26.90 38.32	600m: 7:38.30 39.34	1000m: 13:00.18 40.69	1400m: 18:25.73 40.35	
	250m: 3:04.80 37.90	650m: 8:17.75 39.45	1050m: 13:40.99 40.81	1450m: 19:06.07 40.34	
	300m: 3:43.37 38.57	700m: 8:58.21 40.46	1100m: 14:21.24 40.25	1500m: 19:38.84 32.77	
	350m: 4:22.42 39.05	750m: 9:38.42 40.21	1150m: 15:01.62 40.38		
	400m: 5:01.61 39.19	800m: 10:18.05 39.63	1200m: 15:42.68 41.06		
25.	Hugo Tavares Reis <i>Fora Minimo Acesso</i>	01	Estrelas S. Joao Brito	20:01.89	353
	50m: 34.74 34.74	450m: 5:47.81 39.11	850m: 11:10.41 40.55	1250m: 16:38.81 41.72	
	100m: 1:13.34 38.60	500m: 6:28.38 40.57	900m: 11:51.65 41.24	1300m: 17:20.19 41.38	
	150m: 1:51.65 38.31	550m: 7:08.12 39.74	950m: 12:32.18 40.53	1350m: 18:01.92 41.73	
	200m: 2:30.70 39.05	600m: 7:48.34 40.22	1000m: 13:13.52 41.34	1400m: 18:43.37 41.45	
	250m: 3:10.38 39.68	650m: 8:28.56 40.22	1050m: 13:54.86 41.34	1450m: 19:23.73 40.36	
	300m: 3:49.37 38.99	700m: 9:08.68 40.12	1100m: 14:36.19 41.33	1500m: 20:01.89 38.16	
	350m: 4:29.33 39.96	750m: 9:49.97 41.29	1150m: 15:17.13 40.94		
	400m: 5:08.70 39.37	800m: 10:29.86 39.89	1200m: 15:57.09 39.96		
26.	Luis Martins Tripa <i>Fora Minimo Acesso</i>	01	Gesloures	20:05.35	350
	50m: 35.47 35.47	450m: 5:56.09 40.61	850m: 11:23.08 40.36	1250m: 16:48.64 40.65	
	100m: 1:14.44 38.97	500m: 6:37.44 41.35	900m: 12:03.32 40.24	1300m: 17:28.75 40.11	
	150m: 1:53.84 39.40	550m: 7:18.34 40.90	950m: 12:43.83 40.51	1350m: 18:09.32 40.57	
	200m: 2:33.46 39.62	600m: 7:59.35 41.01	1000m: 13:24.82 40.99	1400m: 18:50.26 40.94	
	250m: 3:13.65 40.19	650m: 8:40.61 41.26	1050m: 14:05.87 41.05	1450m: 19:28.28 38.02	
	300m: 3:54.03 40.38	700m: 9:21.67 41.06	1100m: 14:46.70 40.83	1500m: 20:05.35 37.07	
	350m: 4:35.36 41.33	750m: 10:01.61 39.94	1150m: 15:27.19 40.49		
	400m: 5:15.48 40.12	800m: 10:42.72 41.11	1200m: 16:07.99 40.80		
27.	Claudio Filipe Pedroso <i>Fora Minimo Acesso</i>	01	Estoris	20:27.70	331
	50m: 37.29 37.29	450m: 6:03.76 41.48	850m: 11:34.23 41.32	1250m: 17:07.15 42.27	
	100m: 1:16.52 39.23	500m: 6:45.34 41.58	900m: 12:15.43 41.20	1300m: 17:47.37 40.22	
	150m: 1:57.27 40.75	550m: 7:26.91 41.57	950m: 12:57.54 42.11	1350m: 18:27.82 40.45	
	200m: 2:37.94 40.67	600m: 8:07.56 40.65	1000m: 13:38.94 41.40	1400m: 19:08.44 40.62	
	250m: 3:18.50 40.56	650m: 8:49.46 41.90	1050m: 14:19.71 40.77	1450m: 19:49.09 40.65	
	300m: 3:59.35 40.85	700m: 9:31.16 41.70	1100m: 15:01.59 41.88	1500m: 20:27.70 38.61	
	350m: 4:41.12 41.77	750m: 10:11.98 40.82	1150m: 15:43.68 42.09		
	400m: 5:22.28 41.16	800m: 10:52.91 40.93	1200m: 16:24.88 41.20		
DNS	Gonçalo Carvalho Ferrao	01	Nautica do Seixal		
DNS	Miguel Monteiro Dinis	01	Alges		

Juvenis A

1.	Diogo Leal Dantas	00	Sporting	16:32.93	627
	50m: 31.28 31.28	450m: 4:51.28 33.02	850m: 9:16.34 33.44	1250m: 13:46.93 34.10	
	100m: 1:03.16 31.88	500m: 5:24.30 33.02	900m: 9:49.73 33.39	1300m: 14:20.94 34.01	
	150m: 1:35.18 32.02	550m: 5:57.01 32.71	950m: 10:23.29 33.56	1350m: 14:54.96 34.02	
	200m: 2:07.41 32.23	600m: 6:30.08 33.07	1000m: 10:57.08 33.79	1400m: 15:28.79 33.83	
	250m: 2:39.82 32.41	650m: 7:03.51 33.43	1050m: 11:30.94 33.86	1450m: 16:01.02 32.23	
	300m: 3:12.45 32.63	700m: 7:36.50 32.99	1100m: 12:04.81 33.87	1500m: 16:32.93 31.91	
	350m: 3:45.22 32.77	750m: 8:09.80 33.30	1150m: 12:38.68 33.87		
	400m: 4:18.26 33.04	800m: 8:42.90 33.10	1200m: 13:12.83 34.15		
2.	Filipe Miguel Santo	00	Sporting	17:02.99	573
	50m: 31.62 31.62	450m: 4:58.77 33.88	850m: 9:34.14 34.18	1250m: 14:10.49 34.90	
	100m: 1:03.48 31.86	500m: 5:32.93 34.16	900m: 10:08.46 34.32	1300m: 14:45.28 34.79	
	150m: 1:36.05 32.57	550m: 6:07.17 34.24	950m: 10:43.05 34.59	1350m: 15:20.26 34.98	
	200m: 2:09.31 33.26	600m: 6:41.94 34.77	1000m: 11:17.57 34.52	1400m: 15:54.97 34.71	
	250m: 2:42.76 33.45	650m: 7:16.18 34.24	1050m: 11:51.85 34.28	1450m: 16:29.22 34.25	
	300m: 3:16.50 33.74	700m: 7:50.72 34.54	1100m: 12:26.42 34.57	1500m: 17:02.99 33.77	
	350m: 3:50.73 34.23	750m: 8:25.49 34.77	1150m: 13:00.86 34.44		
	400m: 4:24.89 34.16	800m: 8:59.96 34.47	1200m: 13:35.59 34.73		

Prova 12, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts			
3.	Bernardo Garcia Perloiro	00	Sporting	17:10.83	560			
	50m: 31.58	31.58	450m: 5:01.02	34.48	850m: 9:39.82	35.04	1250m: 14:18.93	34.75
	100m: 1:04.35	32.77	500m: 5:35.50	34.48	900m: 10:14.62	34.80	1300m: 14:53.64	34.71
	150m: 1:37.24	32.89	550m: 6:09.95	34.45	950m: 10:49.41	34.79	1350m: 15:27.99	34.35
	200m: 2:10.66	33.42	600m: 6:44.84	34.89	1000m: 11:24.24	34.83	1400m: 16:02.81	34.82
	250m: 2:44.31	33.65	650m: 7:19.65	34.81	1050m: 11:59.48	35.24	1450m: 16:37.40	34.59
	300m: 3:18.23	33.92	700m: 7:54.85	35.20	1100m: 12:34.59	35.11	1500m: 17:10.83	33.43
	350m: 3:52.39	34.16	750m: 8:29.75	34.90	1150m: 13:09.43	34.84		
	400m: 4:26.54	34.15	800m: 9:04.78	35.03	1200m: 13:44.18	34.75		
4.	Jose Tomas Simeao	00	Clube Instrucao Laranjeiro	17:10.95	560			
	50m: 31.45	31.45	450m: 4:59.12	34.19	850m: 9:37.76	34.92	1250m: 14:21.08	35.85
	100m: 1:04.02	32.57	500m: 5:33.73	34.61	900m: 10:12.89	35.13	1300m: 14:56.95	35.87
	150m: 1:37.40	33.38	550m: 6:08.29	34.56	950m: 10:48.56	35.67	1350m: 15:31.52	34.57
	200m: 2:10.77	33.37	600m: 6:43.18	34.89	1000m: 11:23.82	35.26	1400m: 16:05.58	34.06
	250m: 2:43.74	32.97	650m: 7:18.37	35.19	1050m: 11:59.00	35.18	1450m: 16:39.35	33.77
	300m: 3:17.02	33.28	700m: 7:53.30	34.93	1100m: 12:34.90	35.90	1500m: 17:10.95	31.60
	350m: 3:51.00	33.98	750m: 8:27.92	34.62	1150m: 13:09.83	34.93		
	400m: 4:24.93	33.93	800m: 9:02.84	34.92	1200m: 13:45.23	35.40		
5.	Pedro Barata Neves	00	Clube Instrucao Laranjeiro	17:26.38	536			
	50m: 33.31	33.31	450m: 5:11.38	34.96	850m: 9:51.09	35.05	1250m: 14:35.05	34.82
	100m: 1:07.79	34.48	500m: 5:46.41	35.03	900m: 10:26.50	35.41	1300m: 15:10.58	35.53
	150m: 1:42.55	34.76	550m: 6:21.02	34.61	950m: 11:02.14	35.64	1350m: 15:45.62	35.04
	200m: 2:17.13	34.58	600m: 6:55.72	34.70	1000m: 11:37.10	34.96	1400m: 16:20.35	34.73
	250m: 2:52.11	34.98	650m: 7:31.02	35.30	1050m: 12:12.08	34.98	1450m: 16:54.51	34.16
	300m: 3:26.76	34.65	700m: 8:06.30	35.28	1100m: 12:48.22	36.14	1500m: 17:26.38	31.87
	350m: 4:01.46	34.70	750m: 8:41.26	34.96	1150m: 13:24.28	36.06		
	400m: 4:36.42	34.96	800m: 9:16.04	34.78	1200m: 14:00.23	35.95		
6.	Sebastiao Limbert Piedade	00	Alges	17:26.80	535			
	50m: 32.85	32.85	450m: 5:07.98	34.52	850m: 9:48.89	35.56	1250m: 14:32.17	35.38
	100m: 1:07.35	34.50	500m: 5:43.10	35.12	900m: 10:24.18	35.29	1300m: 15:07.42	35.25
	150m: 1:41.46	34.11	550m: 6:18.23	35.13	950m: 10:59.73	35.55	1350m: 15:42.70	35.28
	200m: 2:15.67	34.21	600m: 6:53.09	34.86	1000m: 11:35.03	35.30	1400m: 16:18.79	36.09
	250m: 2:49.85	34.18	650m: 7:28.42	35.33	1050m: 12:10.60	35.57	1450m: 16:54.05	35.26
	300m: 3:24.38	34.53	700m: 8:03.32	34.90	1100m: 12:46.02	35.42	1500m: 17:26.80	32.75
	350m: 3:58.79	34.41	750m: 8:38.29	34.97	1150m: 13:21.16	35.14		
	400m: 4:33.46	34.67	800m: 9:13.33	35.04	1200m: 13:56.79	35.63		
7.	Joao Manuel Vargas	00	Alges	17:31.31	528			
	50m: 32.21	32.21	450m: 5:07.56	35.25	850m: 9:52.22	35.57	1250m: 14:36.11	35.49
	100m: 1:05.12	32.91	500m: 5:42.87	35.31	900m: 10:27.83	35.61	1300m: 15:11.31	35.20
	150m: 1:38.81	33.69	550m: 6:18.17	35.30	950m: 11:03.26	35.43	1350m: 15:46.55	35.24
	200m: 2:13.31	34.50	600m: 6:53.63	35.46	1000m: 11:38.86	35.60	1400m: 16:22.18	35.63
	250m: 2:47.79	34.48	650m: 7:29.48	35.85	1050m: 12:14.08	35.22	1450m: 16:57.36	35.18
	300m: 3:22.21	34.42	700m: 8:05.31	35.83	1100m: 12:49.50	35.42	1500m: 17:31.31	33.95
	350m: 3:57.34	35.13	750m: 8:41.26	35.95	1150m: 13:25.07	35.57		
	400m: 4:32.31	34.97	800m: 9:16.65	35.39	1200m: 14:00.62	35.55		
8.	Francisco Silva Pinheiro	00	Alges	17:47.74	504			
	50m: 32.56	32.56	450m: 5:09.99	34.86	850m: 9:55.60	36.01	1250m: 14:47.00	36.53
	100m: 1:06.71	34.15	500m: 5:45.21	35.22	900m: 10:32.23	36.63	1300m: 15:23.39	36.39
	150m: 1:41.26	34.55	550m: 6:20.46	35.25	950m: 11:08.41	36.18	1350m: 15:59.93	36.54
	200m: 2:15.98	34.72	600m: 6:56.06	35.60	1000m: 11:44.68	36.27	1400m: 16:36.55	36.62
	250m: 2:50.69	34.71	650m: 7:31.83	35.77	1050m: 12:20.84	36.16	1450m: 17:12.57	36.02
	300m: 3:25.35	34.66	700m: 8:07.89	36.06	1100m: 12:57.43	36.59	1500m: 17:47.74	35.17
	350m: 4:00.16	34.81	750m: 8:43.71	35.82	1150m: 13:34.16	36.73		
	400m: 4:35.13	34.97	800m: 9:19.59	35.88	1200m: 14:10.47	36.31		
9.	João Pedro Silva	00	Naval Amorense	17:48.69	503			
	50m: 31.39	31.39	450m: 5:14.67	35.77	850m: 9:59.00	35.18	1250m: 14:50.28	36.22
	100m: 1:05.96	34.57	500m: 5:50.52	35.85	900m: 10:34.40	35.40	1300m: 15:27.53	37.25
	150m: 1:41.73	35.77	550m: 6:26.28	35.76	950m: 11:10.45	36.05	1350m: 16:04.85	37.32
	200m: 2:16.78	35.05	600m: 7:01.57	35.29	1000m: 11:45.75	35.30	1400m: 16:41.13	36.28
	250m: 2:51.45	34.67	650m: 7:38.50	36.93	1050m: 12:22.88	37.13	1450m: 17:16.74	35.61
	300m: 3:26.96	35.51	700m: 8:13.98	35.48	1100m: 13:00.36	37.48	1500m: 17:48.69	31.95
	350m: 4:02.57	35.61	750m: 8:49.16	35.18	1150m: 13:37.16	36.80		
	400m: 4:38.90	36.33	800m: 9:23.82	34.66	1200m: 14:14.06	36.90		
10.	Sergio Chan Machado	00	Alges	17:50.54	500			
	50m: 32.65	32.65	450m: 5:13.50	36.04	850m: 10:02.21	36.30	1250m: 14:51.33	36.53
	100m: 1:06.66	34.01	500m: 5:49.62	36.12	900m: 10:38.37	36.16	1300m: 15:27.37	36.04
	150m: 1:41.35	34.69	550m: 6:25.65	36.03	950m: 11:14.62	36.25	1350m: 16:03.92	36.55
	200m: 2:16.23	34.88	600m: 7:01.45	35.80	1000m: 11:50.63	36.01	1400m: 16:39.97	36.05
	250m: 2:51.07	34.84	650m: 7:37.54	36.09	1050m: 12:26.70	36.07	1450m: 17:15.73	35.76
	300m: 3:26.42	35.35	700m: 8:13.70	36.16	1100m: 13:02.44	35.74	1500m: 17:50.54	34.81
	350m: 4:01.71	35.29	750m: 8:49.60	35.90	1150m: 13:38.52	36.08		
	400m: 4:37.46	35.75	800m: 9:25.91	36.31	1200m: 14:14.80	36.28		

Prova 12, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
11.	Daniel Cipriano Pinto	00	Sporting	17:54.41	495
	50m: 31.83 31.83	450m: 5:08.25 35.43	850m: 9:59.05 37.00	1250m: 14:52.88 36.45	
	100m: 1:04.95 33.12	500m: 5:43.90 35.65	900m: 10:35.78 36.73	1300m: 15:29.62 36.74	
	150m: 1:39.03 34.08	550m: 6:19.80 35.90	950m: 11:12.64 36.86	1350m: 16:05.89 36.27	
	200m: 2:13.30 34.27	600m: 6:55.68 35.88	1000m: 11:49.36 36.72	1400m: 16:42.09 36.20	
	250m: 2:47.87 34.57	650m: 7:31.95 36.27	1050m: 12:26.07 36.71	1450m: 17:18.15 36.06	
	300m: 3:22.80 34.93	700m: 8:08.59 36.64	1100m: 13:02.85 36.78	1500m: 17:54.41 36.26	
	350m: 3:57.84 35.04	750m: 8:45.17 36.58	1150m: 13:39.73 36.88		
	400m: 4:32.82 34.98	800m: 9:22.05 36.88	1200m: 14:16.43 36.70		
12.	Daniel Nogueira Catalão	00	União Piedense	18:02.25	484
	50m: 34.06 34.06	450m: 5:12.75 35.06	850m: 10:02.98 36.70	1250m: 14:58.96 37.18	
	100m: 1:08.64 34.58	500m: 5:47.64 34.89	900m: 10:40.25 37.27	1300m: 15:36.76 37.80	
	150m: 1:43.24 34.60	550m: 6:23.27 35.63	950m: 11:16.99 36.74	1350m: 16:13.69 36.93	
	200m: 2:18.01 34.77	600m: 6:59.23 35.96	1000m: 11:53.98 36.99	1400m: 16:50.85 37.16	
	250m: 2:52.67 34.66	650m: 7:35.77 36.54	1050m: 12:31.81 37.83	1450m: 17:27.68 36.83	
	300m: 3:27.69 35.02	700m: 8:12.30 36.53	1100m: 13:08.60 36.79	1500m: 18:02.25 34.57	
	350m: 4:02.59 34.90	750m: 8:49.37 37.07	1150m: 13:44.98 36.38		
	400m: 4:37.69 35.10	800m: 9:26.28 36.91	1200m: 14:21.78 36.80		
13.	Afonso Guilherme Jesus	00	Sporting	18:10.76	473
	50m: 33.14 33.14	450m: 5:16.39 35.97	850m: 10:07.31 37.17	1250m: 15:07.00 37.54	
	100m: 1:07.81 34.67	500m: 5:52.08 35.69	900m: 10:43.80 36.49	1300m: 15:44.07 37.07	
	150m: 1:42.91 35.10	550m: 6:28.07 35.99	950m: 11:21.37 37.57	1350m: 16:20.21 36.14	
	200m: 2:18.32 35.41	600m: 7:04.36 36.29	1000m: 11:59.03 37.66	1400m: 16:57.63 37.42	
	250m: 2:53.95 35.63	650m: 7:40.40 36.04	1050m: 12:37.26 38.23	1450m: 17:34.78 37.15	
	300m: 3:29.35 35.40	700m: 8:16.70 36.30	1100m: 13:14.45 37.19	1500m: 18:10.76 35.98	
	350m: 4:04.97 35.62	750m: 8:53.01 36.31	1150m: 13:52.11 37.66		
	400m: 4:40.42 35.45	800m: 9:30.14 37.13	1200m: 14:29.46 37.35		
14.	Joao Pedro Gaspar	00	Colégio Monte Maior	18:29.14	450
	50m: 34.16 34.16	450m: 5:27.30 36.36	850m: 10:24.87 37.56	1250m: 15:26.26 38.08	
	100m: 1:10.09 35.93	500m: 6:04.34 37.04	900m: 11:02.40 37.53	1300m: 16:04.13 37.87	
	150m: 1:46.54 36.45	550m: 6:40.85 36.51	950m: 11:40.24 37.84	1350m: 16:40.35 36.22	
	200m: 2:23.34 36.80	600m: 7:17.66 36.81	1000m: 12:17.82 37.58	1400m: 17:17.47 37.12	
	250m: 2:59.92 36.58	650m: 7:54.90 37.24	1050m: 12:55.07 37.25	1450m: 17:54.27 36.80	
	300m: 3:36.72 36.80	700m: 8:32.52 37.62	1100m: 13:32.86 37.79	1500m: 18:29.14 34.87	
	350m: 4:13.60 36.88	750m: 9:09.62 37.10	1150m: 14:10.46 37.60		
	400m: 4:50.94 37.34	800m: 9:47.31 37.69	1200m: 14:48.18 37.72		
15.	Tomas Dias Ferreira	00	Geslours	18:31.77	447
	50m: 34.39 34.39	450m: 5:29.32 38.29	850m: 10:31.30 38.30	1250m: 15:30.34 37.35	
	100m: 1:09.70 35.31	500m: 6:06.83 37.51	900m: 11:09.37 38.07	1300m: 16:07.67 37.33	
	150m: 1:45.77 36.07	550m: 6:44.48 37.65	950m: 11:47.24 37.87	1350m: 16:44.23 36.56	
	200m: 2:22.16 36.39	600m: 7:21.81 37.33	1000m: 12:24.85 37.61	1400m: 17:21.30 37.07	
	250m: 2:59.11 36.95	650m: 7:59.84 38.03	1050m: 13:01.68 36.83	1450m: 17:57.66 36.36	
	300m: 3:36.04 36.93	700m: 8:37.40 37.56	1100m: 13:38.74 37.06	1500m: 18:31.77 34.11	
	350m: 4:13.49 37.45	750m: 9:15.21 37.81	1150m: 14:15.61 36.87		
	400m: 4:51.03 37.54	800m: 9:53.00 37.79	1200m: 14:52.99 37.38		
16.	Pedro Henriques Marques	00	União Piedense	18:32.28	446
	50m: 34.83 34.83	450m: 5:31.04 37.59	850m: 10:31.28 37.48	1250m: 15:28.24 37.50	
	100m: 1:11.02 36.19	500m: 6:08.66 37.62	900m: 11:08.63 37.35	1300m: 16:05.09 36.85	
	150m: 1:47.86 36.84	550m: 6:46.34 37.68	950m: 11:45.66 37.03	1350m: 16:42.18 37.09	
	200m: 2:24.75 36.89	600m: 7:23.92 37.58	1000m: 12:22.45 36.79	1400m: 17:19.47 37.29	
	250m: 3:02.08 37.33	650m: 8:01.73 37.81	1050m: 12:59.48 37.03	1450m: 17:56.07 36.60	
	300m: 3:39.12 37.04	700m: 8:39.08 37.35	1100m: 13:36.38 36.90	1500m: 18:32.28 36.21	
	350m: 4:16.33 37.21	750m: 9:16.49 37.41	1150m: 14:13.52 37.14		
	400m: 4:53.45 37.12	800m: 9:53.80 37.31	1200m: 14:50.74 37.22		
17.	Diogo Monteiro Sousa	00	Naval Setubalense	18:32.91	445
	50m: 33.25 33.25	450m: 5:29.69 37.77	850m: 10:32.02 38.13	1250m: 15:27.67 36.70	
	100m: 1:09.27 36.02	500m: 6:07.63 37.94	900m: 11:09.13 37.11	1300m: 16:04.79 37.12	
	150m: 1:45.88 36.61	550m: 6:45.31 37.68	950m: 11:46.24 37.11	1350m: 16:41.75 36.96	
	200m: 2:22.47 36.59	600m: 7:22.79 37.48	1000m: 12:23.32 37.08	1400m: 17:18.50 36.75	
	250m: 2:59.57 37.10	650m: 8:00.43 37.64	1050m: 13:00.16 36.84	1450m: 17:56.20 37.70	
	300m: 3:37.01 37.44	700m: 8:38.39 37.96	1100m: 13:37.08 36.92	1500m: 18:32.91 36.71	
	350m: 4:14.47 37.46	750m: 9:16.74 38.35	1150m: 14:13.96 36.88		
	400m: 4:51.92 37.45	800m: 9:53.89 37.15	1200m: 14:50.97 37.01		
18.	Bernardo Antunes Augusto	00	Naval Setubalense	18:35.43	442
	50m: 33.42 33.42	450m: 5:24.32 36.86	850m: 10:25.39 37.80	1250m: 15:30.82 37.07	
	100m: 1:09.84 36.42	500m: 6:01.44 37.12	900m: 11:04.20 38.81	1300m: 16:08.34 37.52	
	150m: 1:45.78 35.94	550m: 6:38.81 37.37	950m: 11:41.90 37.70	1350m: 16:46.17 37.83	
	200m: 2:22.39 36.61	600m: 7:16.29 37.48	1000m: 12:20.46 38.56	1400m: 17:23.18 37.01	
	250m: 2:57.67 35.28	650m: 7:54.15 37.86	1050m: 12:58.76 38.30	1450m: 18:00.76 37.58	
	300m: 3:33.90 36.23	700m: 8:31.74 37.59	1100m: 13:36.89 38.13	1500m: 18:35.43 34.67	
	350m: 4:10.34 36.44	750m: 9:09.85 38.11	1150m: 14:15.57 38.68		
	400m: 4:47.46 37.12	800m: 9:47.59 37.74	1200m: 14:53.75 38.18		

Prova 12, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	João Fernandes Garcia	00	Avançado EULx	18:37.16	440
	50m: 32.90	450m: 5:23.00	37.03	850m: 10:21.91	37.37
	100m: 1:07.53	500m: 6:00.48	37.48	900m: 10:59.51	37.60
	150m: 1:43.26	550m: 6:37.64	37.16	950m: 11:37.14	37.63
	200m: 2:19.27	600m: 7:14.90	37.26	1000m: 12:15.11	37.97
	250m: 2:55.98	650m: 7:52.17	37.27	1050m: 12:53.40	38.29
	300m: 3:32.52	700m: 8:29.63	37.46	1100m: 13:31.68	38.28
	350m: 4:09.24	750m: 9:07.11	37.48	1150m: 14:10.00	38.32
	400m: 4:45.97	800m: 9:44.54	37.43	1200m: 14:48.19	38.19
				1250m: 15:26.84	38.65
				1300m: 16:05.63	38.79
				1350m: 16:44.12	38.49
				1400m: 17:22.66	38.54
				1450m: 18:00.89	38.23
				1500m: 18:37.16	36.27
20.	Simão Correia Ricardo	00	Naval Setubalense	18:39.50	437
	50m: 33.97	450m: 5:27.42	36.96	850m: 10:30.37	37.71
	100m: 1:09.87	500m: 6:05.88	38.46	900m: 11:08.30	37.93
	150m: 1:46.41	550m: 6:43.87	37.99	950m: 11:46.24	37.94
	200m: 2:22.34	600m: 7:21.46	37.59	1000m: 12:24.81	38.57
	250m: 2:59.49	650m: 7:59.30	37.84	1050m: 13:02.84	38.03
	300m: 3:35.79	700m: 8:36.80	37.50	1100m: 13:41.14	38.30
	350m: 4:13.59	750m: 9:14.83	38.03	1150m: 14:18.98	37.84
	400m: 4:50.46	800m: 9:52.66	37.83	1200m: 14:56.52	37.54
				1250m: 15:35.15	38.63
				1300m: 16:12.58	37.43
				1350m: 16:50.48	37.90
				1400m: 17:27.18	36.70
				1450m: 18:04.10	36.92
				1500m: 18:39.50	35.40
21.	Rodrigo Guerreiro Benavente	00	Desporto Setúbal	18:56.51	418
	50m: 34.67	450m: 5:31.15	37.51	850m: 10:35.35	38.05
	100m: 1:10.63	500m: 6:08.99	37.84	900m: 11:13.84	38.49
	150m: 1:47.51	550m: 6:46.76	37.77	950m: 11:52.34	38.50
	200m: 2:23.91	600m: 7:24.60	37.84	1000m: 12:30.85	38.51
	250m: 3:01.08	650m: 8:02.47	37.87	1050m: 13:09.76	38.91
	300m: 3:38.10	700m: 8:40.92	38.45	1100m: 13:48.53	38.77
	350m: 4:15.52	750m: 9:19.33	38.41	1150m: 14:27.54	39.01
	400m: 4:53.64	800m: 9:57.30	37.97	1200m: 15:06.14	38.60
				1250m: 15:44.77	38.63
				1300m: 16:23.60	38.83
				1350m: 17:02.20	38.60
				1400m: 17:40.85	38.65
				1450m: 18:19.53	38.68
				1500m: 18:56.51	36.98
22.	Diogo Puidival Marques	00	Desporto Setúbal	19:14.67	399
	50m: 34.41	450m: 5:39.04	39.23	850m: 10:49.73	39.02
	100m: 1:10.85	500m: 6:18.29	39.25	900m: 11:28.73	39.00
	150m: 1:48.38	550m: 6:57.16	38.87	950m: 12:07.35	38.62
	200m: 2:26.26	600m: 7:35.94	38.78	1000m: 12:46.42	39.07
	250m: 3:04.58	650m: 8:14.45	38.51	1050m: 13:24.88	38.46
	300m: 3:43.10	700m: 8:53.54	39.09	1100m: 14:03.28	38.40
	350m: 4:21.59	750m: 9:31.87	38.33	1150m: 14:41.87	38.59
	400m: 4:59.81	800m: 10:10.71	38.84	1200m: 15:20.65	38.78
				1250m: 15:59.87	39.22
				1300m: 16:38.76	38.89
				1350m: 17:17.46	38.70
				1400m: 17:56.26	38.80
				1450m: 18:34.97	38.71
				1500m: 19:14.67	39.70
23.	Ricardo Silva Marujo <i>Fora Mínimo Acesso</i>	00	Gesloures	19:21.63	391
	50m: 34.04	450m: 5:35.68	38.57	850m: 10:54.42	39.65
	100m: 1:10.79	500m: 6:14.72	39.04	900m: 11:34.29	39.87
	150m: 1:47.58	550m: 6:54.33	39.61	950m: 12:14.74	40.45
	200m: 2:25.44	600m: 7:34.18	39.85	1000m: 12:54.84	40.10
	250m: 3:03.58	650m: 8:14.75	40.57	1050m: 13:34.75	39.91
	300m: 3:41.39	700m: 8:54.53	39.78	1100m: 14:14.97	40.22
	350m: 4:19.18	750m: 9:34.59	40.06	1150m: 14:54.17	39.20
	400m: 4:57.11	800m: 10:14.77	40.18	1200m: 15:33.49	39.32
				1250m: 16:13.01	39.52
				1300m: 16:52.64	39.63
				1350m: 17:31.23	38.59
				1400m: 18:09.65	38.42
				1450m: 18:46.63	36.98
				1500m: 19:21.63	35.00
24.	Antonio Maria Ferreira <i>Fora Mínimo Acesso</i>	00	Palmela Desporto	20:00.27	355
	50m: 35.81	450m: 5:52.06	40.28	850m: 11:16.19	40.93
	100m: 1:14.28	500m: 6:32.33	40.27	900m: 11:57.51	41.32
	150m: 1:54.33	550m: 7:12.85	40.52	950m: 12:38.65	41.14
	200m: 2:34.16	600m: 7:53.45	40.60	1000m: 13:19.89	41.24
	250m: 3:13.26	650m: 8:33.82	40.37	1050m: 13:59.58	39.69
	300m: 3:52.37	700m: 9:14.84	41.02	1100m: 14:40.66	41.08
	350m: 4:31.57	750m: 9:54.98	40.14	1150m: 15:21.85	41.19
	400m: 5:11.78	800m: 10:35.26	40.28	1200m: 16:03.06	41.21
				1250m: 16:43.93	40.87
				1300m: 17:25.27	41.34
				1350m: 18:05.27	40.00
				1400m: 18:45.24	39.97
				1450m: 19:24.44	39.20
				1500m: 20:00.27	35.83
25.	Manuel Castelo Branco <i>Fora Mínimo Acesso</i>	00	Estoris	20:32.92	327
	50m: 34.71	450m: 5:55.92	41.62	850m: 11:31.98	42.61
	100m: 1:12.45	500m: 6:37.12	41.20	900m: 12:13.78	41.80
	150m: 1:51.87	550m: 7:18.95	41.83	950m: 12:56.70	42.92
	200m: 2:31.97	600m: 8:00.89	41.94	1000m: 13:39.36	42.66
	250m: 3:12.25	650m: 8:43.01	42.12	1050m: 14:20.57	41.21
	300m: 3:52.72	700m: 9:25.54	42.53	1100m: 15:02.85	42.28
	350m: 4:33.17	750m: 10:07.46	41.92	1150m: 15:44.56	41.71
	400m: 5:14.30	800m: 10:49.37	41.91	1200m: 16:27.31	42.75
				1250m: 17:09.09	41.78
				1300m: 17:51.04	41.95
				1350m: 18:32.74	41.70
				1400m: 19:14.58	41.84
				1450m: 19:54.89	40.31
				1500m: 20:32.92	38.03

Prova 12, Masc., 1500m Livres

Pos.	Nadador	Ano	Clube	Tempo	Pts			
EXH	Luis Carrara Bittini	01	Alges	17:55.71	493			
	50m: 32.98	32.98	450m: 5:17.19	36.09	850m: 10:04.10	35.92	1250m: 14:55.36	36.75
	100m: 1:08.12	35.14	500m: 5:52.56	35.37	900m: 10:39.78	35.68	1300m: 15:31.83	36.47
	150m: 1:43.29	35.17	550m: 6:28.17	35.61	950m: 11:16.17	36.39	1350m: 16:08.09	36.26
	200m: 2:18.90	35.61	600m: 7:04.10	35.93	1000m: 11:52.45	36.28	1400m: 16:44.59	36.50
	250m: 2:54.15	35.25	650m: 7:40.05	35.95	1050m: 12:28.84	36.39	1450m: 17:20.87	36.28
	300m: 3:29.84	35.69	700m: 8:16.12	36.07	1100m: 13:05.56	36.72	1500m: 17:55.71	34.84
	350m: 4:05.58	35.74	750m: 8:52.24	36.12	1150m: 13:41.92	36.36		
	400m: 4:41.10	35.52	800m: 9:28.18	35.94	1200m: 14:18.61	36.69		