

Prova 19
6.12.15 - 9:00

Masc., 1500m Livres

Juvenis
Resultados

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

Mínimos de Participação Juv B: 18:44.12; Juv A: 18:23.49

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
Juvenis B					
1.	Diogo Santos Cardoso	01	Colégio Monte Maior	16:37.27	619
	100m: 1:03.85		500m: 5:34.60	1:07.62	900m: 10:01.92
	200m: 2:11.47		600m: 6:42.15	1:07.55	1000m: 11:08.48
	300m: 3:19.11		700m: 7:48.86	1:06.71	1100m: 12:14.48
	400m: 4:26.98		800m: 8:55.49	1:06.63	1200m: 13:20.79
					1300m: 14:27.24
					1400m: 15:33.48
					1500m: 16:37.27
					1:06.45
					1:06.24
					1:03.79
2.	Tiago Miguel Vilhena	01	Natação de Faro	16:45.72	603
	100m: 1:03.38		500m: 5:31.06	1:07.29	900m: 10:02.49
	200m: 2:09.76		600m: 6:38.72	1:07.66	1000m: 11:09.93
	300m: 3:16.84		700m: 7:46.79	1:08.07	1100m: 12:18.07
	400m: 4:23.77		800m: 8:54.59	1:07.80	1200m: 13:25.72
					1:07.90
					1:07.44
					1:08.14
					1:07.65
					14:34.28
					15:42.21
					1:08.56
					1:07.93
					1:03.51
3.	David Matias Cristiano	01	Naval Amorense	16:45.89	603
	100m: 1:01.99		500m: 5:31.04	1:07.97	900m: 10:02.64
	200m: 2:08.46		600m: 6:39.42	1:08.38	1000m: 11:10.76
	300m: 3:16.16		700m: 7:46.64	1:07.22	1100m: 12:19.31
	400m: 4:23.07		800m: 8:55.26	1:08.62	1200m: 13:27.06
					1:07.38
					1:08.12
					1:08.55
					1:07.75
					14:34.77
					15:42.26
					1:07.71
					1:07.49
					1:03.63
4.	Rui Miguel Pires	01	Nautico Marinha Grande	16:57.81	582
	100m: 1:04.25		500m: 5:37.87	1:08.37	900m: 10:11.52
	200m: 2:12.75		600m: 6:46.07	1:08.20	1000m: 11:19.67
	300m: 3:20.64		700m: 7:54.40	1:08.33	1100m: 12:28.77
	400m: 4:29.50		800m: 9:03.16	1:08.76	1200m: 13:37.17
					1:08.36
					1:08.15
					1:09.10
					1:08.40
					14:45.91
					15:53.51
					1:08.74
					1:07.60
					1:04.30
5.	Jose Maria Pereira	01	Sporting	17:15.71	552
	100m: 1:04.83		500m: 5:39.52	1:08.98	900m: 10:17.62
	200m: 2:13.56		600m: 6:48.65	1:09.13	1000m: 11:27.79
	300m: 3:22.16		700m: 7:58.44	1:09.79	1100m: 12:38.12
	400m: 4:30.54		800m: 9:07.86	1:09.42	1200m: 13:48.12
					1:09.76
					1:10.17
					1:10.33
					1:10.00
					14:58.19
					16:07.76
					1:09.57
					1:07.95
6.	Joao Pedro Chagas	01	Tavira Natação	17:37.97	518
	100m: 1:08.69		500m: 5:54.02	1:11.41	900m: 10:39.27
	200m: 2:20.18		600m: 7:06.18	1:12.16	1000m: 11:49.42
	300m: 3:31.68		700m: 8:18.13	1:11.95	1100m: 12:59.90
	400m: 4:42.61		800m: 9:28.92	1:10.79	1200m: 14:09.85
					1:10.35
					1:10.15
					1:10.48
					1:09.95
					15:19.74
					16:29.34
					1:09.89
					1:09.60
					1:08.63
7.	Diogo Franco Martins	01	Assoc.20km-Almeirim	17:42.11	512
	100m: 1:04.64		500m: 5:44.77	1:11.63	900m: 10:33.06
	200m: 2:13.04		600m: 6:56.61	1:11.84	1000m: 11:45.00
	300m: 3:22.87		700m: 8:08.73	1:12.12	1100m: 12:56.46
	400m: 4:33.14		800m: 9:20.98	1:12.25	1200m: 14:08.39
					1:12.08
					1:11.94
					1:11.46
					1:11.93
					15:19.96
					16:32.21
					1:11.57
					1:12.25
					1:09.90
8.	Joao Antonio Simoes	01	Torres Novas	17:54.04	495
	100m: 1:08.13		500m: 5:58.48	1:12.19	900m: 10:46.95
	200m: 2:20.30		600m: 7:10.52	1:12.04	1000m: 11:59.84
	300m: 3:33.10		700m: 8:22.25	1:11.73	1100m: 13:12.58
	400m: 4:46.29		800m: 9:34.24	1:11.99	1200m: 14:24.90
					1:12.71
					1:12.89
					1:12.74
					1:12.32
					15:36.39
					16:46.92
					1:10.53
					1:07.12
9.	Guilherme Ventura Carvalho	01	Geslours	17:54.45	495
	100m: 1:04.53		500m: 5:48.79	1:11.62	900m: 10:36.93
	200m: 2:14.51		600m: 7:00.86	1:12.07	1000m: 11:49.63
	300m: 3:25.89		700m: 8:12.77	1:11.91	1100m: 13:02.71
	400m: 4:37.17		800m: 9:24.87	1:12.10	1200m: 14:15.46
					1:12.06
					1:12.70
					1:13.08
					1:12.75
					15:29.40
					16:43.24
					1:13.84
					1:11.21
10.	Joao Miguel Marques	01	Assoc.20km-Almeirim	18:12.68	470
	100m: 1:08.37		500m: 6:02.35	1:13.11	900m: 10:56.46
	200m: 2:21.31		600m: 7:15.98	1:13.63	1000m: 12:09.96
	300m: 3:35.40		700m: 8:29.52	1:13.54	1100m: 13:23.39
	400m: 4:49.24		800m: 9:43.10	1:13.58	1200m: 14:37.72
					1:13.36
					1:13.50
					1:13.43
					1:14.33
					15:52.10
					17:05.21
					1:13.11
					1:07.47
11.	Alexandre Pires Spagnol	01	Louletano / Loule Concelho	18:14.17	468
	100m: 1:08.97		500m: 6:02.23	1:13.88	900m: 10:56.76
	200m: 2:21.82		600m: 7:15.58	1:13.35	1000m: 12:10.35
	300m: 3:35.03		700m: 8:29.80	1:14.22	1100m: 13:23.36
	400m: 4:48.35		800m: 9:43.08	1:13.28	1200m: 14:37.26
					1:13.68
					1:13.59
					1:13.01
					1:13.90
					15:52.50
					17:06.70
					1:15.24
					1:14.20
					1:07.47

Prova 19, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
12.	Tiago Manuel Santos	01	Benedita Sport Clube	18:16.83	465
	100m: 1:07.88 1:07.88	500m: 5:55.40 1:12.72	900m: 10:48.77 1:14.24	1300m: 15:47.65 1:15.61	
	200m: 2:18.95 1:11.07	600m: 7:08.57 1:13.17	1000m: 12:03.01 1:14.24	1400m: 17:03.94 1:16.29	
	300m: 3:30.71 1:11.76	700m: 8:21.40 1:12.83	1100m: 13:17.62 1:14.61	1500m: 18:16.83 1:12.89	
	400m: 4:42.68 1:11.97	800m: 9:34.53 1:13.13	1200m: 14:32.04 1:14.42		
13.	Afonso Varelas Silva	01	Nautico Marinha Grande	18:24.31	456
	100m: 1:05.70 1:05.70	500m: 5:58.37 1:14.14	900m: 10:55.57 1:14.12	1300m: 15:56.60 1:15.02	
	200m: 2:18.04 1:12.34	600m: 7:12.80 1:14.43	1000m: 12:10.32 1:14.75	1400m: 17:11.67 1:15.07	
	300m: 3:30.71 1:12.67	700m: 8:26.98 1:14.18	1100m: 13:25.97 1:15.65	1500m: 18:24.31 1:12.64	
	400m: 4:44.23 1:13.52	800m: 9:41.45 1:14.47	1200m: 14:41.58 1:15.61		
14.	Joao Rodrigo Goncalves	01	Desportivo Nacional	18:27.35	452
	100m: 1:08.82 1:08.82	500m: 6:04.79 1:14.93	900m: 11:05.73 1:15.83	1300m: 16:04.93 1:14.02	
	200m: 2:22.35 1:13.53	600m: 7:19.70 1:14.91	1000m: 12:21.05 1:15.32	1400m: 17:17.72 1:12.79	
	300m: 3:35.20 1:12.85	700m: 8:35.01 1:15.31	1100m: 13:36.61 1:15.56	1500m: 18:27.35 1:09.63	
	400m: 4:49.86 1:14.66	800m: 9:49.90 1:14.89	1200m: 14:50.91 1:14.30		
15.	Tomas Miguel Valente	01	Natação de Olhão	18:31.19	447
	100m: 1:07.06 1:07.06	500m: 5:57.03 1:13.94	900m: 10:58.54 1:15.31	1300m: 16:02.53 1:16.16	
	200m: 2:18.81 1:11.75	600m: 7:11.99 1:14.96	1000m: 12:14.50 1:15.96	1400m: 17:18.31 1:15.78	
	300m: 3:30.66 1:11.85	700m: 8:27.88 1:15.89	1100m: 13:30.49 1:15.99	1500m: 18:31.19 1:12.88	
	400m: 4:43.09 1:12.43	800m: 9:43.23 1:15.35	1200m: 14:46.37 1:15.88		
16.	Francisco Sousa Silva	01	Alcobaça	18:35.71	442
	100m: 1:08.21 1:08.21	500m: 6:03.59 1:14.16	900m: 11:04.37 1:15.91	1300m: 16:08.27 1:16.29	
	200m: 2:21.47 1:13.26	600m: 7:18.17 1:14.58	1000m: 12:20.34 1:15.97	1400m: 17:23.66 1:15.39	
	300m: 3:35.45 1:13.98	700m: 8:33.32 1:15.15	1100m: 13:35.87 1:15.53	1500m: 18:35.71 1:12.05	
	400m: 4:49.43 1:13.98	800m: 9:48.46 1:15.14	1200m: 14:51.98 1:16.11		
17.	Tomas Antonio Silva FTL (Fora do Tempo Limite)	01	Naval do Funchal	18:47.15	429
	100m: 1:08.32 1:08.32	500m: 6:07.78 1:14.80	900m: 11:14.35 1:14.92	1300m: 16:18.61 1:15.71	
	200m: 2:22.55 1:14.23	600m: 7:25.87 1:18.09	1000m: 12:29.29 1:14.94	1400m: 17:34.56 1:15.95	
	300m: 3:37.48 1:14.93	700m: 8:42.38 1:16.51	1100m: 13:46.07 1:16.78	1500m: 18:47.15 1:12.59	
	400m: 4:52.98 1:15.50	800m: 9:59.43 1:17.05	1200m: 15:02.90 1:16.83		
18.	Andre Augusto Almeida FTL (Fora do Tempo Limite)	01	Naval do Funchal	18:53.64	421
	100m: 1:08.68 1:08.68	500m: 6:07.44 1:15.37	900m: 11:14.00 1:16.97	1300m: 16:21.65 1:17.23	
	200m: 2:23.15 1:14.47	600m: 7:24.01 1:16.57	1000m: 12:30.42 1:16.42	1400m: 17:37.98 1:16.33	
	300m: 3:37.71 1:14.56	700m: 8:40.45 1:16.44	1100m: 13:47.65 1:17.23	1500m: 18:53.64 1:15.66	
	400m: 4:52.07 1:14.36	800m: 9:57.03 1:16.58	1200m: 15:04.42 1:16.77		

Juvenis A

1.	Filipe Miguel Santo	00	Sporting	16:29.10	634
	100m: 1:03.57 1:03.57	500m: 5:28.04 1:05.87	900m: 9:49.49 1:05.96	1300m: 14:15.65 1:06.86	
	200m: 2:09.84 1:06.27	600m: 6:32.70 1:04.66	1000m: 10:55.63 1:06.14	1400m: 15:22.65 1:07.00	
	300m: 3:16.15 1:06.31	700m: 7:37.92 1:05.22	1100m: 12:02.21 1:06.58	1500m: 16:29.10 1:06.45	
	400m: 4:22.17 1:06.02	800m: 8:43.53 1:05.61	1200m: 13:08.79 1:06.58		
2.	Sebastiao Mendes Gomes	00	Pimpões/Cimai	16:37.02	619
	100m: 1:02.13 1:02.13	500m: 5:27.93 1:07.56	900m: 9:58.28 1:07.56	1300m: 14:27.35 1:06.59	
	200m: 2:07.57 1:05.44	600m: 6:35.17 1:07.24	1000m: 11:05.71 1:07.43	1400m: 15:33.72 1:06.37	
	300m: 3:13.49 1:05.92	700m: 7:42.88 1:07.71	1100m: 12:13.11 1:07.40	1500m: 16:37.02 1:03.30	
	400m: 4:20.37 1:06.88	800m: 8:50.72 1:07.84	1200m: 13:20.76 1:07.65		
3.	Diogo Leal Dantas	00	Sporting	16:44.81	605
	100m: 1:01.44 1:01.44	500m: 5:27.57 1:07.40	900m: 9:58.76 1:08.33	1300m: 14:30.84 1:08.09	
	200m: 2:05.95 1:04.51	600m: 6:34.87 1:07.30	1000m: 11:07.04 1:08.28	1400m: 15:37.72 1:06.88	
	300m: 3:12.20 1:06.25	700m: 7:42.73 1:07.86	1100m: 12:14.85 1:07.81	1500m: 16:44.81 1:07.09	
	400m: 4:20.17 1:07.97	800m: 8:50.43 1:07.70	1200m: 13:22.75 1:07.90		
4.	Joao Vitor Fernandes	00	Sao Roque	16:59.19	580
	100m: 1:04.95 1:04.95	500m: 5:38.00 1:08.36	900m: 10:12.34 1:09.10	1300m: 14:46.08 1:08.18	
	200m: 2:13.25 1:08.30	600m: 6:46.30 1:08.30	1000m: 11:20.46 1:08.12	1400m: 15:54.13 1:08.05	
	300m: 3:21.46 1:08.21	700m: 7:54.57 1:08.27	1100m: 12:29.23 1:08.77	1500m: 16:59.19 1:05.06	
	400m: 4:29.64 1:08.18	800m: 9:03.24 1:08.67	1200m: 13:37.90 1:08.67		
5.	Pedro Barata Neves	00	Clube Instrucao Laranjeiro	17:10.89	560
	100m: 1:04.24 1:04.24	500m: 5:39.75 1:09.36	900m: 10:18.73 1:09.58	1300m: 14:56.83 1:09.22	
	200m: 2:12.32 1:08.08	600m: 6:49.73 1:09.98	1000m: 11:28.74 1:10.01	1400m: 16:05.25 1:08.42	
	300m: 3:21.29 1:08.97	700m: 7:59.36 1:09.63	1100m: 12:38.47 1:09.73	1500m: 17:10.89 1:05.64	
	400m: 4:30.39 1:09.10	800m: 9:09.15 1:09.79	1200m: 13:47.61 1:09.14		

Prova 19, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
6.	Daniel Nogueira Catalão	00	União Piedense	17:14.70	554
	100m: 1:04.77 1:04.77	500m: 5:37.30 1:08.86	900m: 10:14.44 1:09.86	1300m: 14:55.47 1:10.81	
	200m: 2:12.35 1:07.58	600m: 6:46.35 1:09.05	1000m: 11:24.42 1:09.98	1400m: 16:05.83 1:10.36	
	300m: 3:20.08 1:07.73	700m: 7:55.40 1:09.05	1100m: 12:34.37 1:09.95	1500m: 17:14.70 1:08.87	
	400m: 4:28.44 1:08.36	800m: 9:04.58 1:09.18	1200m: 13:44.66 1:10.29		
7.	Francisco Silva Pinheiro	00	Algés	17:24.78	538
	100m: 1:04.45 1:04.45	500m: 5:41.74 1:09.84	900m: 10:21.49 1:09.91	1300m: 15:04.36 1:10.72	
	200m: 2:13.12 1:08.67	600m: 6:51.55 1:09.81	1000m: 11:31.80 1:10.31	1400m: 16:15.70 1:11.34	
	300m: 3:22.36 1:09.24	700m: 8:01.63 1:10.08	1100m: 12:42.40 1:10.60	1500m: 17:24.78 1:09.08	
	400m: 4:31.90 1:09.54	800m: 9:11.58 1:09.95	1200m: 13:53.64 1:11.24		
8.	Gonçalo Duarte Santos	00	Natação de Faro	17:24.83	538
	100m: 1:04.42 1:04.42	500m: 5:43.29 1:10.20	900m: 10:25.77 1:09.43	1300m: 15:06.51 1:09.82	
	200m: 2:13.69 1:09.27	600m: 6:54.13 1:10.84	1000m: 11:36.61 1:10.84	1400m: 16:16.52 1:10.01	
	300m: 3:23.53 1:09.84	700m: 8:05.32 1:11.19	1100m: 12:46.11 1:09.50	1500m: 17:24.83 1:08.31	
	400m: 4:33.09 1:09.56	800m: 9:16.34 1:11.02	1200m: 13:56.69 1:10.58		
9.	Rui Jorge Lopes	00	CLAC-Entroncamento	17:25.16	538
	100m: 1:04.10 1:04.10	500m: 5:40.54 1:09.94	900m: 10:22.24 1:10.31	1300m: 15:04.70 1:11.16	
	200m: 2:11.95 1:07.85	600m: 6:51.13 1:10.59	1000m: 11:32.24 1:10.00	1400m: 16:15.73 1:11.03	
	300m: 3:20.94 1:08.99	700m: 8:01.74 1:10.61	1100m: 12:42.39 1:10.15	1500m: 17:25.16 1:09.43	
	400m: 4:30.60 1:09.66	800m: 9:11.93 1:10.19	1200m: 13:53.54 1:11.15		
10.	Pedro Alexandre Correia	00	Pimpões/Cimai	17:37.23	519
	100m: 1:04.81 1:04.81	500m: 5:47.07 1:11.16	900m: 10:32.63 1:11.44	1300m: 15:18.22 1:11.94	
	200m: 2:14.37 1:09.56	600m: 6:58.79 1:11.72	1000m: 11:43.99 1:11.36	1400m: 16:29.79 1:11.57	
	300m: 3:25.28 1:10.91	700m: 8:10.26 1:11.47	1100m: 12:54.40 1:10.41	1500m: 17:37.23 1:07.44	
	400m: 4:35.91 1:10.63	800m: 9:21.19 1:10.93	1200m: 14:06.28 1:11.88		
11.	Filipe Asseiceira Ramos	00	Torres Novas	17:38.52	517
	100m: 1:06.61 1:06.61	500m: 5:49.27 1:10.78	900m: 10:32.70 1:11.41	1300m: 15:18.71 1:11.72	
	200m: 2:17.21 1:10.60	600m: 6:59.86 1:10.59	1000m: 11:43.88 1:11.18	1400m: 16:30.06 1:11.35	
	300m: 3:27.67 1:10.46	700m: 8:10.70 1:10.84	1100m: 12:55.36 1:11.48	1500m: 17:38.52 1:08.46	
	400m: 4:38.49 1:10.82	800m: 9:21.29 1:10.59	1200m: 14:06.99 1:11.63		
12.	Alexandre Teixeira Marcos	00	Louletano / Loule Concelho	17:41.02	514
	100m: 1:05.62 1:05.62	500m: 5:49.52 1:11.15	900m: 10:33.62 1:10.88	1300m: 15:20.76 1:12.02	
	200m: 2:15.48 1:09.86	600m: 7:00.94 1:11.42	1000m: 11:45.27 1:11.65	1400m: 16:32.98 1:12.22	
	300m: 3:26.57 1:11.09	700m: 8:12.46 1:11.52	1100m: 12:56.93 1:11.66	1500m: 17:41.02 1:08.04	
	400m: 4:38.37 1:11.80	800m: 9:22.74 1:10.28	1200m: 14:08.74 1:11.81		
13.	Tiago Andre Jorge	00	Bairro dos Anjos/Bomcar	17:43.39	510
	100m: 1:03.50 1:03.50	500m: 5:43.84 1:11.44	900m: 10:30.83 1:12.20	1300m: 15:21.19 1:12.76	
	200m: 2:11.97 1:08.47	600m: 6:54.88 1:11.04	1000m: 11:42.83 1:12.00	1400m: 16:33.49 1:12.30	
	300m: 3:21.79 1:09.82	700m: 8:06.62 1:11.74	1100m: 12:55.62 1:12.79	1500m: 17:43.39 1:09.90	
	400m: 4:32.40 1:10.61	800m: 9:18.63 1:12.01	1200m: 14:08.43 1:12.81		
14.	Sergio Chan Machado	00	Algés	17:55.99	493
	100m: 1:05.54 1:05.54	500m: 5:52.00 1:12.76	900m: 10:42.66 1:12.53	1300m: 15:33.53 1:12.28	
	200m: 2:16.19 1:10.65	600m: 7:04.62 1:12.62	1000m: 11:55.17 1:12.51	1400m: 16:46.17 1:12.64	
	300m: 3:27.10 1:10.91	700m: 8:17.47 1:12.85	1100m: 13:08.56 1:13.39	1500m: 17:55.99 1:09.82	
	400m: 4:39.24 1:12.14	800m: 9:30.13 1:12.66	1200m: 14:21.25 1:12.69		
15.	Manuel Sardinha Duarte	00	Bairro dos Anjos/Bomcar	18:11.97	471
	100m: 1:05.90 1:05.90	500m: 5:58.46 1:14.04	900m: 10:51.35 1:11.70	1300m: 15:47.70 1:14.57	
	200m: 2:17.54 1:11.64	600m: 7:11.90 1:13.44	1000m: 12:05.45 1:14.10	1400m: 17:01.65 1:13.95	
	300m: 3:30.64 1:13.10	700m: 8:26.03 1:14.13	1100m: 13:19.39 1:13.94	1500m: 18:11.97 1:10.32	
	400m: 4:44.42 1:13.78	800m: 9:39.65 1:13.62	1200m: 14:33.13 1:13.74		
16.	Francisco Nunes Libreiro <i>FTL (Fora do Tempo Limite)</i>	00	União Piedense	18:25.75	454
	100m: 1:06.30 1:06.30	500m: 5:59.13 1:14.11	900m: 10:58.97 1:15.31	1300m: 15:59.10 1:15.04	
	200m: 2:18.25 1:11.95	600m: 7:13.59 1:14.46	1000m: 12:13.90 1:14.93	1400m: 17:14.85 1:15.75	
	300m: 3:31.24 1:12.99	700m: 8:28.69 1:15.10	1100m: 13:29.25 1:15.35	1500m: 18:25.75 1:10.90	
	400m: 4:45.02 1:13.78	800m: 9:43.66 1:14.97	1200m: 14:44.06 1:14.81		

Juvenis

1.	Filipe Miguel Santo	00	Sporting	16:29.10	634
	100m: 1:03.57 1:03.57	500m: 5:28.04 1:05.87	900m: 9:49.49 1:05.96	1300m: 14:15.65 1:06.86	
	200m: 2:09.84 1:06.27	600m: 6:32.70 1:04.66	1000m: 10:55.63 1:06.14	1400m: 15:22.65 1:07.00	
	300m: 3:16.15 1:06.31	700m: 7:37.92 1:05.22	1100m: 12:02.21 1:06.58	1500m: 16:29.10 1:06.45	
	400m: 4:22.17 1:06.02	800m: 8:43.53 1:05.61	1200m: 13:08.79 1:06.58		
2.	Sebastiao Mendes Gomes	00	Pimpões/Cimai	16:37.02	619
	100m: 1:02.13 1:02.13	500m: 5:27.93 1:07.56	900m: 9:58.28 1:07.56	1300m: 14:27.35 1:06.59	
	200m: 2:07.57 1:05.44	600m: 6:35.17 1:07.24	1000m: 11:05.71 1:07.43	1400m: 15:33.72 1:06.37	
	300m: 3:13.49 1:05.92	700m: 7:42.88 1:07.71	1100m: 12:13.11 1:07.40	1500m: 16:37.02 1:03.30	
	400m: 4:20.37 1:06.88	800m: 8:50.72 1:07.84	1200m: 13:20.76 1:07.65		

Prova 19, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
3.	Diogo Santos Cardoso	01	Colégio Monte Maior	16:37.27	619
	100m: 1:03.85 1:03.85	500m: 5:34.60 1:07.62	900m: 10:01.92 1:06.43	1300m: 14:27.24 1:06.45	
	200m: 2:11.47 1:07.62	600m: 6:42.15 1:07.55	1000m: 11:08.48 1:06.56	1400m: 15:33.48 1:06.24	
	300m: 3:19.11 1:07.64	700m: 7:48.86 1:06.71	1100m: 12:14.48 1:06.00	1500m: 16:37.27 1:03.79	
	400m: 4:26.98 1:07.87	800m: 8:55.49 1:06.63	1200m: 13:20.79 1:06.31		
4.	Diogo Leal Dantas	00	Sporting	16:44.81	605
	100m: 1:01.44 1:01.44	500m: 5:27.57 1:07.40	900m: 9:58.76 1:08.33	1300m: 14:30.84 1:08.09	
	200m: 2:05.95 1:04.51	600m: 6:34.87 1:07.30	1000m: 11:07.04 1:08.28	1400m: 15:37.72 1:06.88	
	300m: 3:12.20 1:06.25	700m: 7:42.73 1:07.86	1100m: 12:14.85 1:07.81	1500m: 16:44.81 1:07.09	
	400m: 4:20.17 1:07.97	800m: 8:50.43 1:07.70	1200m: 13:22.75 1:07.90		
5.	Tiago Miguel Vilhena	01	Natação de Faro	16:45.72	603
	100m: 1:03.38 1:03.38	500m: 5:31.06 1:07.29	900m: 10:02.49 1:07.90	1300m: 14:34.28 1:08.56	
	200m: 2:09.76 1:06.38	600m: 6:38.72 1:07.66	1000m: 11:09.93 1:07.44	1400m: 15:42.21 1:07.93	
	300m: 3:16.84 1:07.08	700m: 7:46.79 1:08.07	1100m: 12:18.07 1:08.14	1500m: 16:45.72 1:03.51	
	400m: 4:23.77 1:06.93	800m: 8:54.59 1:07.80	1200m: 13:25.72 1:07.65		
6.	David Matias Cristino	01	Naval Amorense	16:45.89	603
	100m: 1:01.99 1:01.99	500m: 5:31.04 1:07.97	900m: 10:02.64 1:07.38	1300m: 14:34.77 1:07.71	
	200m: 2:08.46 1:06.47	600m: 6:39.42 1:08.38	1000m: 11:10.76 1:08.12	1400m: 15:42.26 1:07.49	
	300m: 3:16.16 1:07.70	700m: 7:46.64 1:07.22	1100m: 12:19.31 1:08.55	1500m: 16:45.89 1:03.63	
	400m: 4:23.07 1:06.91	800m: 8:55.26 1:08.62	1200m: 13:27.06 1:07.75		
7.	Rui Miguel Pires	01	Nautico Marinha Grande	16:57.81	582
	100m: 1:04.25 1:04.25	500m: 5:37.87 1:08.37	900m: 10:11.52 1:08.36	1300m: 14:45.91 1:08.74	
	200m: 2:12.75 1:08.50	600m: 6:46.07 1:08.20	1000m: 11:19.67 1:08.15	1400m: 15:53.51 1:07.60	
	300m: 3:20.64 1:07.89	700m: 7:54.40 1:08.33	1100m: 12:28.77 1:09.10	1500m: 16:57.81 1:04.30	
	400m: 4:29.50 1:08.86	800m: 9:03.16 1:08.76	1200m: 13:37.17 1:08.40		
8.	Joao Vitor Fernandes	00	Sao Roque	16:59.19	580
	100m: 1:04.95 1:04.95	500m: 5:38.00 1:08.36	900m: 10:12.34 1:09.10	1300m: 14:46.08 1:08.18	
	200m: 2:13.25 1:08.30	600m: 6:46.30 1:08.30	1000m: 11:20.46 1:08.12	1400m: 15:54.13 1:08.05	
	300m: 3:21.46 1:08.21	700m: 7:54.57 1:08.27	1100m: 12:29.23 1:08.77	1500m: 16:59.19 1:05.06	
	400m: 4:29.64 1:08.18	800m: 9:03.24 1:08.67	1200m: 13:37.90 1:08.67		
9.	Pedro Barata Neves	00	Clube Instrucao Laranjeiro	17:10.89	560
	100m: 1:04.24 1:04.24	500m: 5:39.75 1:09.36	900m: 10:18.73 1:09.58	1300m: 14:56.83 1:09.22	
	200m: 2:12.32 1:08.08	600m: 6:49.73 1:09.98	1000m: 11:28.74 1:10.01	1400m: 16:05.25 1:08.42	
	300m: 3:21.29 1:08.97	700m: 7:59.36 1:09.63	1100m: 12:38.47 1:09.73	1500m: 17:10.89 1:05.64	
	400m: 4:30.39 1:09.10	800m: 9:09.15 1:09.79	1200m: 13:47.61 1:09.14		
10.	Daniel Nogueira Catalão	00	União Piedense	17:14.70	554
	100m: 1:04.77 1:04.77	500m: 5:37.30 1:08.86	900m: 10:14.44 1:09.86	1300m: 14:55.47 1:10.81	
	200m: 2:12.35 1:07.58	600m: 6:46.35 1:09.05	1000m: 11:24.42 1:09.98	1400m: 16:05.83 1:10.36	
	300m: 3:20.08 1:07.73	700m: 7:55.40 1:09.05	1100m: 12:34.37 1:09.95	1500m: 17:14.70 1:08.87	
	400m: 4:28.44 1:08.36	800m: 9:04.58 1:09.18	1200m: 13:44.66 1:10.29		
11.	Jose Maria Pereira	01	Sporting	17:15.71	552
	100m: 1:04.83 1:04.83	500m: 5:39.52 1:08.98	900m: 10:17.62 1:09.76	1300m: 14:58.19 1:10.07	
	200m: 2:13.56 1:08.73	600m: 6:48.65 1:09.13	1000m: 11:27.79 1:10.17	1400m: 16:07.76 1:09.57	
	300m: 3:22.16 1:08.60	700m: 7:58.44 1:09.79	1100m: 12:38.12 1:10.33	1500m: 17:15.71 1:07.95	
	400m: 4:30.54 1:08.38	800m: 9:07.86 1:09.42	1200m: 13:48.12 1:10.00		
12.	Francisco Silva Pinheiro	00	Algés	17:24.78	538
	100m: 1:04.45 1:04.45	500m: 5:41.74 1:09.84	900m: 10:21.49 1:09.91	1300m: 15:04.36 1:10.72	
	200m: 2:13.12 1:08.67	600m: 6:51.55 1:09.81	1000m: 11:31.80 1:10.31	1400m: 16:15.70 1:11.34	
	300m: 3:22.36 1:09.24	700m: 8:01.63 1:10.08	1100m: 12:42.40 1:10.60	1500m: 17:24.78 1:09.08	
	400m: 4:31.90 1:09.54	800m: 9:11.58 1:09.95	1200m: 13:53.64 1:11.24		
13.	Goncalo Duarte Santos	00	Natação de Faro	17:24.83	538
	100m: 1:04.42 1:04.42	500m: 5:43.29 1:10.20	900m: 10:25.77 1:09.43	1300m: 15:06.51 1:09.82	
	200m: 2:13.69 1:09.27	600m: 6:54.13 1:10.84	1000m: 11:36.61 1:10.84	1400m: 16:16.52 1:10.01	
	300m: 3:23.53 1:09.84	700m: 8:05.32 1:11.19	1100m: 12:46.11 1:09.50	1500m: 17:24.83 1:08.31	
	400m: 4:33.09 1:09.56	800m: 9:16.34 1:11.02	1200m: 13:56.69 1:10.58		
14.	Rui Jorge Lopes	00	CLAC-Entroncamento	17:25.16	538
	100m: 1:04.10 1:04.10	500m: 5:40.54 1:09.94	900m: 10:22.24 1:10.31	1300m: 15:04.70 1:11.16	
	200m: 2:11.95 1:07.85	600m: 6:51.13 1:10.59	1000m: 11:32.24 1:10.00	1400m: 16:15.73 1:11.03	
	300m: 3:20.94 1:08.99	700m: 8:01.74 1:10.61	1100m: 12:42.39 1:10.15	1500m: 17:25.16 1:09.43	
	400m: 4:30.60 1:09.66	800m: 9:11.93 1:10.19	1200m: 13:53.54 1:11.15		
15.	Pedro Alexandre Correia	00	Pimpões/Cimai	17:37.23	519
	100m: 1:04.81 1:04.81	500m: 5:47.07 1:11.16	900m: 10:32.63 1:11.44	1300m: 15:18.22 1:11.94	
	200m: 2:14.37 1:09.56	600m: 6:58.79 1:11.72	1000m: 11:43.99 1:11.36	1400m: 16:29.79 1:11.57	
	300m: 3:25.28 1:10.91	700m: 8:10.26 1:11.47	1100m: 12:54.40 1:10.41	1500m: 17:37.23 1:07.44	
	400m: 4:35.91 1:10.63	800m: 9:21.19 1:10.93	1200m: 14:06.28 1:11.88		

Prova 19, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
16.	Joao Pedro Chagas	01	Tavira Natação	17:37.97	518
	100m: 1:08.69 2:08.69	500m: 5:54.02 1:11.41	900m: 10:39.27 1:10.35	1300m: 15:19.74 1:09.89	
	200m: 2:20.18 1:11.49	600m: 7:06.18 1:12.16	1000m: 11:49.42 1:10.15	1400m: 16:29.34 1:09.60	
	300m: 3:31.68 1:11.50	700m: 8:18.13 1:11.95	1100m: 12:59.90 1:10.48	1500m: 17:37.97 1:08.63	
	400m: 4:42.61 1:10.93	800m: 9:28.92 1:10.79	1200m: 14:09.85 1:09.95		
17.	Filipe Asseiceira Ramos	00	Torres Novas	17:38.52	517
	100m: 1:06.61 1:06.61	500m: 5:49.27 1:10.78	900m: 10:32.70 1:11.41	1300m: 15:18.71 1:11.72	
	200m: 2:17.21 1:10.60	600m: 6:59.86 1:10.59	1000m: 11:43.88 1:11.18	1400m: 16:30.06 1:11.35	
	300m: 3:27.67 1:10.46	700m: 8:10.70 1:10.84	1100m: 12:55.36 1:11.48	1500m: 17:38.52 1:08.46	
	400m: 4:38.49 1:10.82	800m: 9:21.29 1:10.59	1200m: 14:06.99 1:11.63		
18.	Alexandre Teixeira Marcos	00	Louletano / Loule Concelho	17:41.02	514
	100m: 1:05.62 1:05.62	500m: 5:49.52 1:11.15	900m: 10:33.62 1:10.88	1300m: 15:20.76 1:12.02	
	200m: 2:15.48 1:09.86	600m: 7:00.94 1:11.42	1000m: 11:45.27 1:11.65	1400m: 16:32.98 1:12.22	
	300m: 3:26.57 1:11.09	700m: 8:12.46 1:11.52	1100m: 12:56.93 1:11.66	1500m: 17:41.02 1:08.04	
	400m: 4:38.37 1:11.80	800m: 9:22.74 1:10.28	1200m: 14:08.74 1:11.81		
19.	Diogo Franco Martins	01	Assoc.20km-Almeirim	17:42.11	512
	100m: 1:04.64 1:04.64	500m: 5:44.77 1:11.63	900m: 10:33.06 1:12.08	1300m: 15:19.96 1:11.57	
	200m: 2:13.04 1:08.40	600m: 6:56.61 1:11.84	1000m: 11:45.00 1:11.94	1400m: 16:32.21 1:12.25	
	300m: 3:22.87 1:09.83	700m: 8:08.73 1:12.12	1100m: 12:56.46 1:11.46	1500m: 17:42.11 1:09.90	
	400m: 4:33.14 1:10.27	800m: 9:20.98 1:12.25	1200m: 14:08.39 1:11.93		
20.	Tiago Andre Jorge	00	Bairro dos Anjos/Bomcar	17:43.39	510
	100m: 1:03.50 1:03.50	500m: 5:43.84 1:11.44	900m: 10:30.83 1:12.20	1300m: 15:21.19 1:12.76	
	200m: 2:11.97 1:08.47	600m: 6:54.88 1:11.04	1000m: 11:42.83 1:12.00	1400m: 16:33.49 1:12.30	
	300m: 3:21.79 1:09.82	700m: 8:06.62 1:11.74	1100m: 12:55.62 1:12.79	1500m: 17:43.39 1:09.90	
	400m: 4:32.40 1:10.61	800m: 9:18.63 1:12.01	1200m: 14:08.43 1:12.81		
21.	Joao Antonio Simoes	01	Torres Novas	17:54.04	495
	100m: 1:08.13 1:08.13	500m: 5:58.48 1:12.19	900m: 10:46.95 1:12.71	1300m: 15:36.39 1:11.49	
	200m: 2:20.30 1:12.17	600m: 7:10.52 1:12.04	1000m: 11:59.84 1:12.89	1400m: 16:46.92 1:10.53	
	300m: 3:33.10 1:12.80	700m: 8:22.25 1:11.73	1100m: 13:12.58 1:12.74	1500m: 17:54.04 1:07.12	
	400m: 4:46.29 1:13.19	800m: 9:34.24 1:11.99	1200m: 14:24.90 1:12.32		
22.	Guilherme Ventura Carvalho	01	Geslours	17:54.45	495
	100m: 1:04.53 1:04.53	500m: 5:48.79 1:11.62	900m: 10:36.93 1:12.06	1300m: 15:29.40 1:13.94	
	200m: 2:14.51 1:09.98	600m: 7:00.86 1:12.07	1000m: 11:49.63 1:12.70	1400m: 16:43.24 1:13.84	
	300m: 3:25.89 1:11.38	700m: 8:12.77 1:11.91	1100m: 13:02.71 1:13.08	1500m: 17:54.45 1:11.21	
	400m: 4:37.17 1:11.28	800m: 9:24.87 1:12.10	1200m: 14:15.46 1:12.75		
23.	Sergio Chan Machado	00	Algés	17:55.99	493
	100m: 1:05.54 1:05.54	500m: 5:52.00 1:12.76	900m: 10:42.66 1:12.53	1300m: 15:33.53 1:12.28	
	200m: 2:16.19 1:10.65	600m: 7:04.62 1:12.62	1000m: 11:55.17 1:12.51	1400m: 16:46.17 1:12.64	
	300m: 3:27.10 1:10.91	700m: 8:17.47 1:12.85	1100m: 13:08.56 1:13.39	1500m: 17:55.99 1:09.82	
	400m: 4:39.24 1:12.14	800m: 9:30.13 1:12.66	1200m: 14:21.25 1:12.69		
24.	Manuel Sardinha Duarte	00	Bairro dos Anjos/Bomcar	18:11.97	471
	100m: 1:05.90 1:05.90	500m: 5:58.46 1:14.04	900m: 10:51.35 1:11.70	1300m: 15:47.70 1:14.57	
	200m: 2:17.54 1:11.64	600m: 7:11.90 1:13.44	1000m: 12:05.45 1:14.10	1400m: 17:01.65 1:13.95	
	300m: 3:30.64 1:13.10	700m: 8:26.03 1:14.13	1100m: 13:19.39 1:13.94	1500m: 18:11.97 1:10.32	
	400m: 4:44.42 1:13.78	800m: 9:39.65 1:13.62	1200m: 14:33.13 1:13.74		
25.	Joao Miguel Marques	01	Assoc.20km-Almeirim	18:12.68	470
	100m: 1:08.37 1:08.37	500m: 6:02.35 1:13.11	900m: 10:56.46 1:13.36	1300m: 15:52.10 1:14.38	
	200m: 2:21.31 1:12.94	600m: 7:15.98 1:13.63	1000m: 12:09.96 1:13.50	1400m: 17:05.21 1:13.11	
	300m: 3:35.40 1:14.09	700m: 8:29.52 1:13.54	1100m: 13:23.39 1:13.43	1500m: 18:12.68 1:07.47	
	400m: 4:49.24 1:13.84	800m: 9:43.10 1:13.58	1200m: 14:37.72 1:14.33		
26.	Alexandre Pires Spagnol	01	Louletano / Loule Concelho	18:14.17	468
	100m: 1:08.97 1:08.97	500m: 6:02.23 1:13.88	900m: 10:56.76 1:13.68	1300m: 15:52.50 1:15.24	
	200m: 2:21.82 1:12.85	600m: 7:15.58 1:13.35	1000m: 12:10.35 1:13.59	1400m: 17:06.70 1:14.20	
	300m: 3:35.03 1:13.21	700m: 8:29.80 1:14.22	1100m: 13:23.36 1:13.01	1500m: 18:14.17 1:07.47	
	400m: 4:48.35 1:13.32	800m: 9:43.08 1:13.28	1200m: 14:37.26 1:13.90		
27.	Tiago Manuel Santos	01	Benedita Sport Clube	18:16.83	465
	100m: 1:07.88 1:07.88	500m: 5:55.40 1:12.72	900m: 10:48.77 1:14.24	1300m: 15:47.65 1:15.61	
	200m: 2:18.95 1:11.07	600m: 7:08.57 1:13.17	1000m: 12:03.01 1:14.24	1400m: 17:03.94 1:16.29	
	300m: 3:30.71 1:11.76	700m: 8:21.40 1:12.83	1100m: 13:17.62 1:14.61	1500m: 18:16.83 1:12.89	
	400m: 4:42.68 1:11.97	800m: 9:34.53 1:13.13	1200m: 14:32.04 1:14.42		
28.	Afonso Varelas Silva	01	Nautico Marinha Grande	18:24.31	456
	100m: 1:05.70 1:05.70	500m: 5:58.37 1:14.14	900m: 10:55.57 1:14.12	1300m: 15:56.60 1:15.02	
	200m: 2:18.04 1:12.34	600m: 7:12.80 1:14.43	1000m: 12:10.32 1:14.75	1400m: 17:11.67 1:15.07	
	300m: 3:30.71 1:12.67	700m: 8:26.98 1:14.18	1100m: 13:25.97 1:15.65	1500m: 18:24.31 1:12.64	
	400m: 4:44.23 1:13.52	800m: 9:41.45 1:14.47	1200m: 14:41.58 1:15.61		

Prova 19, Masc., 1500m Livres, Juvenis

Pos.	Nadador	Ano	Clube	Tempo	Pts
29.	Francisco Nunes Libreiro <i>FTL (Fora do Tempo Limite)</i>	00	União Piedense	18:25.75	454
	100m: 1:06.30 1:06.30	500m: 5:59.13 1:14.11	900m: 10:58.97 1:15.31	1300m: 15:59.10 1:15.04	
	200m: 2:18.25 1:11.95	600m: 7:13.59 1:14.46	1000m: 12:13.90 1:14.93	1400m: 17:14.85 1:15.75	
	300m: 3:31.24 1:12.99	700m: 8:28.69 1:15.10	1100m: 13:29.25 1:15.35	1500m: 18:25.75 1:10.90	
	400m: 4:45.02 1:13.78	800m: 9:43.66 1:14.97	1200m: 14:44.06 1:14.81		
30.	Joao Rodrigo Goncalves	01	Desportivo Nacional	18:27.35	452
	100m: 1:08.82 1:08.82	500m: 6:04.79 1:14.93	900m: 11:05.73 1:15.83	1300m: 16:04.93 1:14.02	
	200m: 2:22.35 1:13.53	600m: 7:19.70 1:14.91	1000m: 12:21.05 1:15.32	1400m: 17:17.72 1:12.79	
	300m: 3:35.20 1:12.85	700m: 8:35.01 1:15.31	1100m: 13:36.61 1:15.56	1500m: 18:27.35 1:09.63	
	400m: 4:49.86 1:14.66	800m: 9:49.90 1:14.89	1200m: 14:50.91 1:14.30		
31.	Tomas Miguel Valente	01	Natação de Olhão	18:31.19	447
	100m: 1:07.06 1:07.06	500m: 5:57.03 1:13.94	900m: 10:58.54 1:15.31	1300m: 16:02.53 1:16.16	
	200m: 2:18.81 1:11.75	600m: 7:11.99 1:14.96	1000m: 12:14.50 1:15.96	1400m: 17:18.31 1:15.78	
	300m: 3:30.66 1:11.85	700m: 8:27.88 1:15.89	1100m: 13:30.49 1:15.99	1500m: 18:31.19 1:12.88	
	400m: 4:43.09 1:12.43	800m: 9:43.23 1:15.35	1200m: 14:46.37 1:15.88		
32.	Francisco Sousa Silva	01	Alcobaça	18:35.71	442
	100m: 1:08.21 1:08.21	500m: 6:03.59 1:14.16	900m: 11:04.37 1:15.91	1300m: 16:08.27 1:16.29	
	200m: 2:21.47 1:13.26	600m: 7:18.17 1:14.58	1000m: 12:20.34 1:15.97	1400m: 17:23.66 1:15.39	
	300m: 3:35.45 1:13.98	700m: 8:33.32 1:15.15	1100m: 13:35.87 1:15.53	1500m: 18:35.71 1:12.05	
	400m: 4:49.43 1:13.98	800m: 9:48.46 1:15.14	1200m: 14:51.98 1:16.11		
33.	Tomas Antonio Silva <i>FTL (Fora do Tempo Limite)</i>	01	Naval do Funchal	18:47.15	429
	100m: 1:08.32 1:08.32	500m: 6:07.78 1:14.80	900m: 11:14.35 1:14.92	1300m: 16:18.61 1:15.71	
	200m: 2:22.55 1:14.23	600m: 7:25.87 1:18.09	1000m: 12:29.29 1:14.94	1400m: 17:34.56 1:15.95	
	300m: 3:37.48 1:14.93	700m: 8:42.38 1:16.51	1100m: 13:46.07 1:16.78	1500m: 18:47.15 1:12.59	
	400m: 4:52.98 1:15.50	800m: 9:59.43 1:17.05	1200m: 15:02.90 1:16.83		
34.	Andre Augusto Almeida <i>FTL (Fora do Tempo Limite)</i>	01	Naval do Funchal	18:53.64	421
	100m: 1:08.68 1:08.68	500m: 6:07.44 1:15.37	900m: 11:14.00 1:16.97	1300m: 16:21.65 1:17.23	
	200m: 2:23.15 1:14.47	600m: 7:24.01 1:16.57	1000m: 12:30.42 1:16.42	1400m: 17:37.98 1:16.33	
	300m: 3:37.71 1:14.56	700m: 8:40.45 1:16.44	1100m: 13:47.65 1:17.23	1500m: 18:53.64 1:15.66	
	400m: 4:52.07 1:14.36	800m: 9:57.03 1:16.58	1200m: 15:04.42 1:16.77		
EXH	Luis Carrara Bittini	01	Algés	17:35.30	522
	100m: 1:04.99 1:04.99	500m: 5:44.95 1:10.85	900m: 10:28.40 1:11.08	1300m: 15:14.88 1:11.81	
	200m: 2:13.96 1:08.97	600m: 6:55.56 1:10.61	1000m: 11:40.32 1:11.92	1400m: 16:25.93 1:11.05	
	300m: 3:23.54 1:09.58	700m: 8:06.61 1:11.05	1100m: 12:51.90 1:11.58	1500m: 17:35.30 1:09.37	
	400m: 4:34.10 1:10.56	800m: 9:17.32 1:10.71	1200m: 14:03.07 1:11.17		