

Prova 1 Masc., 1500m Livres Absolutos  
 23.11.2018 - 16:00 Resultados

Rec Regional Abs	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	2015
Rec Regional Sen	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	2015
Rec Regional Jun 2	15:09.03	Joao Alexandre Vital	SCP	Vila Real St. Antonio	2015
Rec Regional Jun 1	15:25.11	João Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	16:01.32	Diogo Santos Cardoso	ADRCIMM	Guarda	2016
Rec Regional Juv B	16:25.03	Pedro Fontoura Oliveira	CFB	Cantanhede	2004
Rec Nacional Abs	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	2015
Rec Nacional Sen	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	2015
Rec Nacional Jun 2	15:09.03	Joao Alexandre Vital	SCP	Vila Real St. Antonio	2015
Rec Nacional Jun 1	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	2009
Rec Nacional Juv A	15:36.31	Rui Filipe Costa	VSC		2007
Rec Nacional Juv B	16:09.71	Luis Miguel Monteiro	FCP	Felgueiras	1998

TAC Juv B: 19:35.89; Juv A: 19:14.51; Jun 1: 18:32.24; Jun 2: 18:16.34; Sen: 17:55.15

Pontos: FINA 2018

Pos. Nadador Ano Clube T.Inscr. Tempo Final Pts

**Juvenis B**

<b>1. Bernardo Victorino Almeida</b>	<b>04</b>	<b>Sporting</b>	<b>17:39.86</b>	<b>16:54.41</b>	<b>584</b>
50m: 31.35 31.35	450m: 5:01.72 34.59	850m: 9:35.17 33.83	1250m: 14:06.23 33.66		
100m: 1:04.30 32.95	500m: 5:36.64 34.92	900m: 10:09.20 34.03	1300m: 14:39.86 33.63		
150m: 1:37.62 33.32	550m: 6:10.56 33.92	950m: 10:42.80 33.60	1350m: 15:13.66 33.80		
200m: 2:11.27 33.65	600m: 6:44.48 33.92	1000m: 11:17.27 34.47	1400m: 15:47.72 34.06		
250m: 2:45.38 34.11	650m: 7:18.69 34.21	1050m: 11:51.50 34.23	1450m: 16:21.44 33.72		
300m: 3:19.12 33.74	700m: 7:52.71 34.02	1100m: 12:25.08 33.58	1500m: 16:54.41 32.97		
350m: 3:53.14 34.02	750m: 8:26.98 34.27	1150m: 12:58.82 33.74			
400m: 4:27.13 33.99	800m: 9:01.34 34.36	1200m: 13:32.57 33.75			
<b>2. Bernardo Jorge Simoes</b>	<b>04</b>	<b>Colégio Vasco da Gama</b>	<b>16:59.87</b>	<b>17:09.07</b>	<b>559</b>
50m: 31.15 31.15	450m: 4:58.01 33.78	850m: 9:31.60 34.43	1250m: 14:12.59 35.58		
100m: 1:03.77 32.62	500m: 5:31.99 33.98	900m: 10:06.12 34.52	1300m: 14:48.28 35.69		
150m: 1:36.83 33.06	550m: 6:06.10 34.11	950m: 10:40.95 34.83	1350m: 15:23.72 35.44		
200m: 2:09.87 33.04	600m: 6:40.15 34.05	1000m: 11:15.82 34.87	1400m: 15:59.18 35.46		
250m: 2:43.31 33.44	650m: 7:14.20 34.05	1050m: 11:51.10 35.28	1450m: 16:34.21 35.03		
300m: 3:16.84 33.53	700m: 7:48.30 34.10	1100m: 12:26.40 35.30	1500m: 17:09.07 34.86		
350m: 3:50.55 33.71	750m: 8:22.74 34.44	1150m: 13:01.55 35.15			
400m: 4:24.23 33.68	800m: 8:57.17 34.43	1200m: 13:37.01 35.46			
<b>3. Afonso Figueiredo Frasquilho</b>	<b>04</b>	<b>Sporting</b>	<b>17:34.75</b>	<b>17:18.45</b>	<b>544</b>
50m: 31.82 31.82	450m: 5:04.65 34.56	850m: 9:42.40 34.80	1250m: 14:22.22 34.46		
100m: 1:05.04 33.22	500m: 5:39.20 34.55	900m: 10:17.32 34.92	1300m: 14:57.17 34.95		
150m: 1:38.70 33.66	550m: 6:14.35 35.15	950m: 10:51.91 34.59	1350m: 15:32.64 35.47		
200m: 2:12.46 33.76	600m: 6:48.69 34.34	1000m: 11:27.23 35.32	1400m: 16:07.82 35.18		
250m: 2:46.70 34.24	650m: 7:23.22 34.53	1050m: 12:02.50 35.27	1450m: 16:43.44 35.62		
300m: 3:21.18 34.48	700m: 7:58.11 34.89	1100m: 12:37.63 35.13	1500m: 17:18.45 35.01		
350m: 3:55.74 34.56	750m: 8:32.82 34.71	1150m: 13:13.08 35.45			
400m: 4:30.09 34.35	800m: 9:07.60 34.78	1200m: 13:47.76 34.68			
<b>4. Antonio Lombardi Carvalho</b>	<b>04</b>	<b>Belenenses</b>	<b>17:59.06</b>	<b>17:29.02</b>	<b>528</b>
50m: 32.10 32.10	450m: 5:14.87 36.48	850m: 9:57.08 34.49	1250m: 14:39.42 35.58		
100m: 1:06.13 34.03	500m: 5:50.19 35.32	900m: 10:31.84 34.76	1300m: 15:13.77 34.35		
150m: 1:40.94 34.81	550m: 6:26.24 36.05	950m: 11:06.93 35.09	1350m: 15:48.90 35.13		
200m: 2:16.33 35.39	600m: 7:01.61 35.37	1000m: 11:42.23 35.30	1400m: 16:22.92 34.02		
250m: 2:51.57 35.24	650m: 7:36.50 34.89	1050m: 12:17.77 35.54	1450m: 16:56.38 33.46		
300m: 3:27.24 35.67	700m: 8:11.70 35.20	1100m: 12:53.27 35.50	1500m: 17:29.02 32.64		
350m: 4:02.77 35.53	750m: 8:47.05 35.35	1150m: 13:28.82 35.55			
400m: 4:38.39 35.62	800m: 9:22.59 35.54	1200m: 14:03.84 35.02			
<b>5. Andre Azevedo Baraona</b>	<b>04</b>	<b>C N Montijo</b>	<b>17:56.32</b>	<b>17:29.94</b>	<b>526</b>
50m: 31.65 31.65	450m: 5:06.60 34.94	850m: 9:50.20 35.71	1250m: 14:34.78 35.46		
100m: 1:04.89 33.24	500m: 5:41.85 35.25	900m: 10:25.90 35.70	1300m: 15:10.36 35.58		
150m: 1:38.35 33.46	550m: 6:16.99 35.14	950m: 11:01.98 36.08	1350m: 15:46.13 35.77		
200m: 2:12.67 34.32	600m: 6:52.30 35.31	1000m: 11:37.19 35.21	1400m: 16:21.82 35.69		
250m: 2:47.01 34.34	650m: 7:28.30 36.00	1050m: 12:12.56 35.37	1450m: 16:56.11 34.29		
300m: 3:21.79 34.78	700m: 8:03.48 35.18	1100m: 12:48.21 35.65	1500m: 17:29.94 33.83		
350m: 3:56.59 34.80	750m: 8:38.58 35.10	1150m: 13:23.91 35.70			
400m: 4:31.66 35.07	800m: 9:14.49 35.91	1200m: 13:59.32 35.41			

**Prova 1, Masc., 1500m Livres, Juvenis B**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	
6.	Joao Lourenco Rebelo	04	Alges	18:33.33	17:30.02	526	
	50m: 31.62 31.62	450m: 5:12.23	35.64	850m: 9:54.74	35.49	1250m: 14:37.17	35.57
	100m: 1:05.53 33.91	500m: 5:47.76	35.53	900m: 10:29.93	35.19	1300m: 15:12.24	35.07
	150m: 1:40.26 34.73	550m: 6:23.31	35.55	950m: 11:05.05	35.12	1350m: 15:47.40	35.16
	200m: 2:15.05 34.79	600m: 6:58.43	35.12	1000m: 11:40.72	35.67	1400m: 16:22.93	35.53
	250m: 2:50.32 35.27	650m: 7:33.54	35.11	1050m: 12:16.50	35.78	1450m: 16:57.53	34.60
	300m: 3:25.59 35.27	700m: 8:08.70	35.16	1100m: 12:51.51	35.01	1500m: 17:30.02	32.49
	350m: 4:00.94 35.35	750m: 8:43.85	35.15	1150m: 13:26.27	34.76		
	400m: 4:36.59 35.65	800m: 9:19.25	35.40	1200m: 14:01.60	35.33		
7.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	17:51.41	17:36.20	517	
	50m: 33.33 33.33	450m: 5:12.82	34.95	850m: 9:56.42	35.46	1250m: 14:40.46	34.95
	100m: 1:07.33 34.00	500m: 5:48.29	35.47	900m: 10:32.09	35.67	1300m: 15:15.27	34.81
	150m: 1:42.16 34.83	550m: 6:23.43	35.14	950m: 11:07.77	35.68	1350m: 15:50.22	34.95
	200m: 2:17.02 34.86	600m: 6:58.91	35.48	1000m: 11:43.58	35.81	1400m: 16:25.63	35.41
	250m: 2:52.12 35.10	650m: 7:34.24	35.33	1050m: 12:19.19	35.61	1450m: 17:00.93	35.30
	300m: 3:27.26 35.14	700m: 8:09.72	35.48	1100m: 12:54.93	35.74	1500m: 17:36.20	35.27
	350m: 4:02.59 35.33	750m: 8:45.39	35.67	1150m: 13:30.25	35.32		
	400m: 4:37.87 35.28	800m: 9:20.96	35.57	1200m: 14:05.51	35.26		
8.	Francisco Amaro Santos	04	Geslours	18:05.98	17:43.58	506	
	50m: 31.71 31.71	450m: 5:15.19	35.51	850m: 10:00.47	35.76	1250m: 14:47.76	35.95
	100m: 1:06.26 34.55	500m: 5:50.68	35.49	900m: 10:36.38	35.91	1300m: 15:23.72	35.96
	150m: 1:41.73 35.47	550m: 6:26.42	35.74	950m: 11:12.12	35.74	1350m: 15:59.59	35.87
	200m: 2:17.36 35.63	600m: 7:02.19	35.77	1000m: 11:48.06	35.94	1400m: 16:35.54	35.95
	250m: 2:52.84 35.48	650m: 7:37.83	35.64	1050m: 12:24.02	35.96	1450m: 17:10.60	35.06
	300m: 3:28.42 35.58	700m: 8:13.46	35.63	1100m: 13:00.19	36.17	1500m: 17:43.58	32.98
	350m: 4:04.01 35.59	750m: 8:48.97	35.51	1150m: 13:35.94	35.75		
	400m: 4:39.68 35.67	800m: 9:24.71	35.74	1200m: 14:11.81	35.87		
9.	Felipe Menegassi Maia	04	Alges	18:01.82	17:47.88	500	
	50m: 33.55 33.55	450m: 5:18.17	35.62	850m: 10:05.94	36.02	1250m: 14:54.13	34.98
	100m: 1:07.97 34.42	500m: 5:53.70	35.53	900m: 10:42.08	36.14	1300m: 15:29.27	35.14
	150m: 1:43.63 35.66	550m: 6:29.83	36.13	950m: 11:18.46	36.38	1350m: 16:04.34	35.07
	200m: 2:19.12 35.49	600m: 7:05.77	35.94	1000m: 11:54.79	36.33	1400m: 16:39.33	34.99
	250m: 2:54.83 35.71	650m: 7:42.23	36.46	1050m: 12:30.77	35.98	1450m: 17:14.72	35.39
	300m: 3:30.72 35.89	700m: 8:18.33	36.10	1100m: 13:07.82	37.05	1500m: 17:47.88	33.16
	350m: 4:06.79 36.07	750m: 8:53.90	35.57	1150m: 13:43.39	35.57		
	400m: 4:42.55 35.76	800m: 9:29.92	36.02	1200m: 14:19.15	35.76		
10.	Joao Afonso Santos	04	Sporting	18:23.17	17:57.95	486	
	50m: 34.39 34.39	450m: 5:21.14	36.19	850m: 10:14.11	36.35	1250m: 15:02.17	35.48
	100m: 1:09.14 34.75	500m: 5:57.85	36.71	900m: 10:50.54	36.43	1300m: 15:37.87	35.70
	150m: 1:44.35 35.21	550m: 6:34.75	36.90	950m: 11:26.53	35.99	1350m: 16:13.68	35.81
	200m: 2:20.00 35.65	600m: 7:11.38	36.63	1000m: 12:02.95	36.42	1400m: 16:49.30	35.62
	250m: 2:55.97 35.97	650m: 7:48.31	36.93	1050m: 12:39.43	36.48	1450m: 17:24.59	35.29
	300m: 3:32.17 36.20	700m: 8:24.68	36.37	1100m: 13:15.42	35.99	1500m: 17:57.95	33.36
	350m: 4:08.49 36.32	750m: 9:01.38	36.70	1150m: 13:50.91	35.49		
	400m: 4:44.95 36.46	800m: 9:37.76	36.38	1200m: 14:26.69	35.78		
11.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	19:00.21	18:02.39	480	
	50m: 33.24 33.24	450m: 5:23.89	36.33	850m: 10:12.48	36.15	1250m: 15:04.11	37.34
	100m: 1:08.34 35.10	500m: 6:00.19	36.30	900m: 10:48.51	36.03	1300m: 15:40.85	36.74
	150m: 1:44.47 36.13	550m: 6:36.29	36.10	950m: 11:24.87	36.36	1350m: 16:16.90	36.05
	200m: 2:20.87 36.40	600m: 7:12.56	36.27	1000m: 12:01.35	36.48	1400m: 16:52.48	35.58
	250m: 2:57.44 36.57	650m: 7:48.80	36.24	1050m: 12:37.53	36.18	1450m: 17:27.96	35.48
	300m: 3:34.15 36.71	700m: 8:24.20	35.40	1100m: 13:13.74	36.21	1500m: 18:02.39	34.43
	350m: 4:10.83 36.68	750m: 9:00.32	36.12	1150m: 13:49.97	36.23		
	400m: 4:47.56 36.73	800m: 9:36.33	36.01	1200m: 14:26.77	36.80		
12.	Tomas Santos Luis	04	Sporting	18:55.21	18:04.59	478	
	50m: 34.42 34.42	450m: 5:24.25	36.70	850m: 10:14.44	36.52	1250m: 15:05.65	36.48
	100m: 1:10.57 36.15	500m: 6:00.49	36.24	900m: 10:50.50	36.06	1300m: 15:41.91	36.26
	150m: 1:46.75 36.18	550m: 6:36.41	35.92	950m: 11:27.03	36.53	1350m: 16:17.84	35.93
	200m: 2:23.12 36.37	600m: 7:13.16	36.75	1000m: 12:03.88	36.85	1400m: 16:54.06	36.22
	250m: 2:59.32 36.20	650m: 7:49.56	36.40	1050m: 12:40.25	36.37	1450m: 17:29.77	35.71
	300m: 3:35.47 36.15	700m: 8:26.23	36.67	1100m: 13:16.64	36.39	1500m: 18:04.59	34.82
	350m: 4:11.47 36.00	750m: 9:01.85	35.62	1150m: 13:52.76	36.12		
	400m: 4:47.55 36.08	800m: 9:37.92	36.07	1200m: 14:29.17	36.41		
13.	Tiago Morgado Nogueira	04	Colegio Int Monte Maior	18:25.04	18:12.42	467	
	50m: 33.87 33.87	450m: 5:22.10	36.36	850m: 10:16.87	37.32	1250m: 15:11.36	36.68
	100m: 1:08.92 35.05	500m: 5:58.67	36.57	900m: 10:53.79	36.92	1300m: 15:47.93	36.57
	150m: 1:44.47 35.55	550m: 6:35.25	36.58	950m: 11:31.06	37.27	1350m: 16:24.84	36.91
	200m: 2:20.45 35.98	600m: 7:12.13	36.88	1000m: 12:07.86	36.80	1400m: 17:01.81	36.97
	250m: 2:56.37 35.92	650m: 7:48.67	36.54	1050m: 12:44.52	36.66	1450m: 17:37.56	35.75
	300m: 3:32.77 36.40	700m: 8:25.52	36.85	1100m: 13:21.41	36.89	1500m: 18:12.42	34.86
	350m: 4:09.22 36.45	750m: 9:02.30	36.78	1150m: 13:58.21	36.80		
	400m: 4:45.74 36.52	800m: 9:39.55	37.25	1200m: 14:34.68	36.47		

**Prova 1, Masc., 1500m Livres, Juvenis B**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
14.	<b>Guilherme Machado Santos</b>	04	<b>União Piedense</b>	<b>18:22.92</b>	<b>18:26.21</b>	<b>450</b>
	50m: 35.06 35.06	450m: 5:28.35 37.09	850m: 10:24.70 37.03	1250m: 15:21.59 36.85		
	100m: 1:11.05 35.99	500m: 6:05.25 36.90	900m: 11:02.44 37.74	1300m: 15:58.68 37.09		
	150m: 1:47.41 36.36	550m: 6:42.26 37.01	950m: 11:40.14 37.70	1350m: 16:35.82 37.14		
	200m: 2:24.04 36.63	600m: 7:19.19 36.93	1000m: 12:17.24 37.10	1400m: 17:13.21 37.39		
	250m: 3:00.80 36.76	650m: 7:56.42 37.23	1050m: 12:53.63 36.39	1450m: 17:50.27 37.06		
	300m: 3:37.48 36.68	700m: 8:33.63 37.21	1100m: 13:30.54 36.91	1500m: 18:26.21 35.94		
	350m: 4:14.47 36.99	750m: 9:10.74 37.11	1150m: 14:07.60 37.06			
	400m: 4:51.26 36.79	800m: 9:47.67 36.93	1200m: 14:44.74 37.14			
15.	<b>Tiago Fanha Lopes</b>	04	<b>C N Montijo</b>	<b>18:32.76</b>	<b>18:27.60</b>	<b>448</b>
	50m: 31.94 31.94	450m: 5:24.14 36.88	850m: 10:20.36 36.82	1250m: 15:20.26 38.71		
	100m: 1:07.19 35.25	500m: 6:01.03 36.89	900m: 10:57.26 36.90	1300m: 15:58.12 37.86		
	150m: 1:44.05 36.86	550m: 6:37.90 36.87	950m: 11:34.37 37.11	1350m: 16:36.09 37.97		
	200m: 2:20.60 36.55	600m: 7:15.12 37.22	1000m: 12:12.01 37.64	1400m: 17:13.76 37.67		
	250m: 2:57.09 36.49	650m: 7:51.94 36.82	1050m: 12:49.86 37.85	1450m: 17:51.67 37.91		
	300m: 3:33.60 36.51	700m: 8:28.97 37.03	1100m: 13:26.81 36.95	1500m: 18:27.60 35.93		
	350m: 4:10.26 36.66	750m: 9:06.43 37.46	1150m: 14:04.36 37.55			
	400m: 4:47.26 37.00	800m: 9:43.54 37.11	1200m: 14:41.55 37.19			
16.	<b>Francisco Sousa Uva</b>	04	<b>Alges</b>	<b>19:27.59</b>	<b>18:32.19</b>	<b>443</b>
	50m: 33.12 33.12	450m: 5:30.82 37.11	850m: 10:29.40 36.71	1250m: 15:28.26 37.23		
	100m: 1:09.65 36.53	500m: 6:08.32 37.50	900m: 11:07.08 37.68	1300m: 16:05.37 37.11		
	150m: 1:46.76 37.11	550m: 6:45.81 37.49	950m: 11:44.37 37.29	1350m: 16:42.55 37.18		
	200m: 2:24.24 37.48	600m: 7:23.59 37.78	1000m: 12:21.74 37.37	1400m: 17:19.67 37.12		
	250m: 3:01.90 37.66	650m: 8:01.21 37.62	1050m: 12:58.99 37.25	1450m: 17:56.79 37.12		
	300m: 3:39.60 37.70	700m: 8:38.53 37.32	1100m: 13:36.23 37.24	1500m: 18:32.19 35.40		
	350m: 4:16.54 36.94	750m: 9:15.51 36.98	1150m: 14:13.58 37.35			
	400m: 4:53.71 37.17	800m: 9:52.69 37.18	1200m: 14:51.03 37.45			
17.	<b>Duarte Brito Justino</b>	04	<b>Colegio Int Monte Maior</b>	<b>19:03.16</b>	<b>18:39.95</b>	<b>434</b>
	50m: 35.31 35.31	450m: 5:34.29 37.49	850m: 10:36.46 37.85	1250m: 15:37.68 37.77		
	100m: 1:12.16 36.85	500m: 6:11.86 37.57	900m: 11:14.33 37.87	1300m: 16:15.81 38.13		
	150m: 1:49.38 37.22	550m: 6:49.87 38.01	950m: 11:52.09 37.76	1350m: 16:52.63 36.82		
	200m: 2:26.57 37.19	600m: 7:27.50 37.63	1000m: 12:30.13 38.04	1400m: 17:29.57 36.94		
	250m: 3:04.15 37.58	650m: 8:05.37 37.87	1050m: 13:07.62 37.49	1450m: 18:06.25 36.68		
	300m: 3:41.30 37.15	700m: 8:42.82 37.45	1100m: 13:44.79 37.17	1500m: 18:39.95 33.70		
	350m: 4:18.95 37.65	750m: 9:20.66 37.84	1150m: 14:22.12 37.33			
	400m: 4:56.80 37.85	800m: 9:58.61 37.95	1200m: 14:59.91 37.79			
18.	<b>Miguel Filipe Anjo</b>	04	<b>Desportivo Cova da Piedade</b>	<b>19:11.98</b>	<b>18:40.42</b>	<b>433</b>
	50m: 35.90 35.90	450m: 5:36.56 37.98	850m: 10:37.32 37.15	1250m: 15:37.41 37.94		
	100m: 1:13.00 37.10	500m: 6:13.89 37.33	900m: 11:14.50 37.18	1300m: 16:14.94 37.53		
	150m: 1:50.34 37.34	550m: 6:51.43 37.54	950m: 11:51.83 37.33	1350m: 16:52.44 37.50		
	200m: 2:27.92 37.58	600m: 7:29.18 37.75	1000m: 12:29.71 37.88	1400m: 17:29.36 36.92		
	250m: 3:05.50 37.58	650m: 8:07.10 37.92	1050m: 13:07.15 37.44	1450m: 18:06.31 36.95		
	300m: 3:42.95 37.45	700m: 8:44.69 37.59	1100m: 13:44.44 37.29	1500m: 18:40.42 34.11		
	350m: 4:20.75 37.80	750m: 9:22.28 37.59	1150m: 14:22.07 37.63			
	400m: 4:58.58 37.83	800m: 10:00.17 37.89	1200m: 14:59.47 37.40			
19.	<b>Nuno Fontes Mil-homens</b>	04	<b>Sporting</b>	<b>18:10.70</b>	<b>18:47.52</b>	<b>425</b>
	50m: 33.21 33.21	450m: 5:30.64 38.61	850m: 10:33.40 37.56	1250m: 15:38.79 39.40		
	100m: 1:08.82 36.61	500m: 6:08.09 37.45	900m: 11:10.79 37.39	1300m: 16:17.26 38.47		
	150m: 1:45.63 36.81	550m: 6:45.87 37.78	950m: 11:49.32 38.53	1350m: 16:55.87 38.61		
	200m: 2:22.78 37.15	600m: 7:23.86 37.99	1000m: 12:27.70 38.38	1400m: 17:33.91 38.04		
	250m: 2:59.99 37.21	650m: 8:02.05 38.19	1050m: 13:04.45 36.75	1450m: 18:11.45 37.54		
	300m: 3:37.46 37.47	700m: 8:40.07 38.02	1100m: 13:43.01 38.56	1500m: 18:47.52 36.07		
	350m: 4:14.50 37.04	750m: 9:17.51 37.44	1150m: 14:20.75 37.74			
	400m: 4:52.03 37.53	800m: 9:55.84 38.33	1200m: 14:59.39 38.64			
20.	<b>Pedro Forjaz Cirurgiao</b>	04	<b>Alges</b>	<b>19:35.89</b>	<b>18:55.91</b>	<b>416</b>
	50m: 32.50 32.50	450m: 5:36.44 38.33	850m: 10:41.81 38.30	1250m: 15:49.32 38.56		
	100m: 1:09.27 36.77	500m: 6:14.17 37.73	900m: 11:20.74 38.93	1300m: 16:27.76 38.44		
	150m: 1:46.75 37.48	550m: 6:53.15 38.98	950m: 11:58.60 37.86	1350m: 17:06.28 38.52		
	200m: 2:24.70 37.95	600m: 7:30.78 37.63	1000m: 12:37.26 38.66	1400m: 17:42.69 36.41		
	250m: 3:03.04 38.34	650m: 8:09.74 38.96	1050m: 13:15.17 37.91	1450m: 18:20.17 37.48		
	300m: 3:41.73 38.69	700m: 8:47.34 37.60	1100m: 13:53.71 38.54	1500m: 18:55.91 35.74		
	350m: 4:19.62 37.89	750m: 9:25.58 38.24	1150m: 14:32.18 38.47			
	400m: 4:58.11 38.49	800m: 10:03.51 37.93	1200m: 15:10.76 38.58			
21.	<b>Afonso Cipriano Pinto</b>	04	<b>Sporting</b>	<b>18:37.27</b>	<b>19:01.59</b>	<b>409</b>
	50m: 34.76 34.76	450m: 5:34.33 37.84	850m: 10:42.30 38.65	1250m: 15:51.43 38.39		
	100m: 1:11.87 37.11	500m: 6:12.40 38.07	900m: 11:20.91 38.61	1300m: 16:29.99 38.56		
	150m: 1:48.76 36.89	550m: 6:51.32 38.92	950m: 11:59.80 38.89	1350m: 17:08.22 38.23		
	200m: 2:25.85 37.09	600m: 7:29.82 38.50	1000m: 12:38.39 38.59	1400m: 17:46.22 38.00		
	250m: 3:03.27 37.42	650m: 8:08.18 38.36	1050m: 13:17.26 38.87	1450m: 18:24.31 38.09		
	300m: 3:40.89 37.62	700m: 8:46.74 38.56	1100m: 13:55.82 38.56	1500m: 19:01.59 37.28		
	350m: 4:18.74 37.85	750m: 9:25.15 38.41	1150m: 14:34.37 38.55			
	400m: 4:56.49 37.75	800m: 10:03.65 38.50	1200m: 15:13.04 38.67			

**Prova 1, Masc., 1500m Livres, Juvenis B**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
22.	Alexandre Duarte Morais	04	Palmela Desporto	19:31.91	19:07.72	403
	50m: 37.92 37.92	450m: 5:44.62 38.73	850m: 10:52.94 38.91	1250m: 15:59.38 37.63		
	100m: 1:16.50 38.58	500m: 6:22.41 37.79	900m: 11:31.32 38.38	1300m: 16:37.25 37.87		
	150m: 1:55.92 39.42	550m: 7:00.34 37.93	950m: 12:09.58 38.26	1350m: 17:14.88 37.63		
	200m: 2:35.05 39.13	600m: 7:39.45 39.11	1000m: 12:48.10 38.52	1400m: 17:52.22 37.34		
	250m: 3:12.18 37.13	650m: 8:18.86 39.41	1050m: 13:25.98 37.88	1450m: 18:29.76 37.54		
	300m: 3:49.84 37.66	700m: 8:57.50 38.64	1100m: 14:04.78 38.80	1500m: 19:07.72 37.96		
	350m: 4:27.54 37.70	750m: 9:35.86 38.36	1150m: 14:42.89 38.11			
	400m: 5:05.89 38.35	800m: 10:14.03 38.17	1200m: 15:21.75 38.86			
23.	Victor Bethlem Tigre	04	Sporting	19:35.89	19:13.56	397
	50m: 35.32 35.32	450m: 5:43.97 39.15	850m: 10:54.93 39.08	1250m: 16:03.75 38.36		
	100m: 1:12.95 37.63	500m: 6:23.03 39.06	900m: 11:33.78 38.85	1300m: 16:41.82 38.07		
	150m: 1:51.48 38.53	550m: 7:01.63 38.60	950m: 12:12.75 38.97	1350m: 17:20.30 38.48		
	200m: 2:30.15 38.67	600m: 7:40.62 38.99	1000m: 12:51.58 38.83	1400m: 17:58.91 38.61		
	250m: 3:08.78 38.63	650m: 8:19.75 39.13	1050m: 13:29.70 38.12	1450m: 18:36.72 37.81		
	300m: 3:47.24 38.46	700m: 8:58.55 38.80	1100m: 14:08.32 38.62	1500m: 19:13.56 36.84		
	350m: 4:26.04 38.80	750m: 9:37.32 38.77	1150m: 14:46.92 38.60			
	400m: 5:04.82 38.78	800m: 10:15.85 38.53	1200m: 15:25.39 38.47			
24.	Tomas Pratas Neto <i>Fora Tempo Acesso</i>	04	Palmela Desporto	19:35.89	20:05.56	348
	50m: 38.05 38.05	450m: 5:57.19 40.74	850m: 11:19.05 40.23	1250m: 16:42.93 40.81		
	100m: 1:17.12 39.07	500m: 6:37.54 40.35	900m: 11:59.50 40.45	1300m: 17:24.38 41.45		
	150m: 1:56.56 39.44	550m: 7:17.79 40.25	950m: 12:39.80 40.30	1350m: 18:05.21 40.83		
	200m: 2:36.19 39.63	600m: 7:57.96 40.17	1000m: 13:20.49 40.69	1400m: 18:45.75 40.54		
	250m: 3:16.25 40.06	650m: 8:38.07 40.11	1050m: 14:01.37 40.88	1450m: 19:26.24 40.49		
	300m: 3:56.44 40.19	700m: 9:18.80 40.73	1100m: 14:41.87 40.50	1500m: 20:05.56 39.32		
	350m: 4:36.30 39.86	750m: 9:58.97 40.17	1150m: 15:21.50 39.63			
	400m: 5:16.45 40.15	800m: 10:38.82 39.85	1200m: 16:02.12 40.62			
25.	Afonso Goncalves Jorge <i>Fora Tempo Acesso</i>	04	Geslours	19:35.89	20:22.06	334
	50m: 34.57 34.57	450m: 5:57.81 41.03	850m: 11:28.02 41.38	1250m: 16:59.30 41.35		
	100m: 1:12.81 38.24	500m: 6:38.87 41.06	900m: 12:09.45 41.43	1300m: 17:40.41 41.11		
	150m: 1:52.24 39.43	550m: 7:19.95 41.08	950m: 12:50.94 41.49	1350m: 18:21.79 41.38		
	200m: 2:32.50 40.26	600m: 8:01.23 41.28	1000m: 13:32.27 41.33	1400m: 19:02.78 40.99		
	250m: 3:13.38 40.88	650m: 8:42.22 40.99	1050m: 14:13.66 41.39	1450m: 19:42.83 40.05		
	300m: 3:54.27 40.89	700m: 9:24.00 41.78	1100m: 14:54.80 41.14	1500m: 20:22.06 39.23		
	350m: 4:35.55 41.28	750m: 10:05.16 41.16	1150m: 15:36.51 41.71			
	400m: 5:16.78 41.23	800m: 10:46.64 41.48	1200m: 16:17.95 41.44			
26.	Joao Silva Angelino <i>Fora Tempo Acesso</i>	04	Palmela Desporto	19:35.89	21:58.77	265
	50m: 36.59 36.59	450m: 6:25.89 45.77	850m: 12:26.84 45.04	1250m: 18:27.52 43.97		
	100m: 1:16.33 39.74	500m: 7:11.61 45.72	900m: 13:12.13 45.29	1300m: 19:12.00 44.48		
	150m: 1:58.58 42.25	550m: 7:56.08 44.47	950m: 13:57.15 45.02	1350m: 19:55.79 43.79		
	200m: 2:42.07 43.49	600m: 8:41.02 44.94	1000m: 14:42.41 45.26	1400m: 20:36.97 41.18		
	250m: 3:26.35 44.28	650m: 9:26.86 45.84	1050m: 15:28.02 45.61	1450m: 21:19.35 42.38		
	300m: 4:10.27 43.92	700m: 10:11.64 44.78	1100m: 16:13.85 45.83	1500m: 21:58.77 39.42		
	350m: 4:55.14 44.87	750m: 10:56.55 44.91	1150m: 16:59.00 45.15			
	400m: 5:40.12 44.98	800m: 11:41.80 45.25	1200m: 17:43.55 44.55			

**Juvenis A**

1.	Joao Soares Carneiro	03	Benfica	19:14.51	16:15.51	657
	50m: 30.26 30.26	450m: 4:51.70 32.75	850m: 9:14.61 32.78	1250m: 13:36.61 32.26		
	100m: 1:02.05 31.79	500m: 5:24.66 32.96	900m: 9:47.57 32.96	1300m: 14:08.95 32.34		
	150m: 1:34.23 32.18	550m: 5:57.49 32.83	950m: 10:20.71 33.14	1350m: 14:41.41 32.46		
	200m: 2:06.74 32.51	600m: 6:30.56 33.07	1000m: 10:53.57 32.86	1400m: 15:13.46 32.05		
	250m: 2:39.57 32.83	650m: 7:03.40 32.84	1050m: 11:26.21 32.64	1450m: 15:45.85 32.39		
	300m: 3:12.84 33.27	700m: 7:36.27 32.87	1100m: 11:59.03 32.82	1500m: 16:15.51 29.66		
	350m: 3:46.24 33.40	750m: 8:09.15 32.88	1150m: 12:31.67 32.64			
	400m: 4:18.95 32.71	800m: 8:41.83 32.68	1200m: 13:04.35 32.68			
2.	Tomas Nogueira Gomes	03	União Piedense	17:12.75	16:56.18	581
	50m: 31.65 31.65	450m: 4:58.38 33.61	850m: 9:31.76 34.30	1250m: 14:07.34 34.36		
	100m: 1:04.34 32.69	500m: 5:32.36 33.98	900m: 10:06.22 34.46	1300m: 14:41.71 34.37		
	150m: 1:37.40 33.06	550m: 6:06.30 33.94	950m: 10:40.76 34.54	1350m: 15:16.11 34.40		
	200m: 2:10.45 33.05	600m: 6:40.45 34.15	1000m: 11:15.26 34.50	1400m: 15:50.23 34.12		
	250m: 2:43.81 33.36	650m: 7:14.62 34.17	1050m: 11:49.54 34.28	1450m: 16:23.96 33.73		
	300m: 3:17.31 33.50	700m: 7:48.70 34.08	1100m: 12:24.16 34.62	1500m: 16:56.18 32.22		
	350m: 3:50.96 33.65	750m: 8:22.97 34.27	1150m: 12:58.61 34.45			
	400m: 4:24.77 33.81	800m: 8:57.46 34.49	1200m: 13:32.98 34.37			

**Prova 1, Masc., 1500m Livres, Juvenis A**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
3.	<b>Guilherme Matias Cristino</b>	03	<b>União Piedense</b>	17:35.56	17:27.15	531
	50m: 32.55 32.55	450m: 5:10.92 35.59	850m: 9:50.12 34.73	1250m: 14:29.80 34.90		
	100m: 1:06.12 33.57	500m: 5:46.07 35.15	900m: 10:25.31 35.19	1300m: 15:05.28 35.48		
	150m: 1:40.34 34.22	550m: 6:21.20 35.13	950m: 11:00.23 34.92	1350m: 15:40.54 35.26		
	200m: 2:14.90 34.56	600m: 6:55.72 34.52	1000m: 11:35.47 35.24	1400m: 16:16.58 36.04		
	250m: 2:49.77 34.87	650m: 7:30.26 34.54	1050m: 12:09.72 34.25	1450m: 16:51.94 35.36		
	300m: 3:24.69 34.92	700m: 8:05.05 34.79	1100m: 12:44.67 34.95	1500m: 17:27.15 35.21		
	350m: 3:59.99 35.30	750m: 8:40.27 35.22	1150m: 13:19.63 34.96			
	400m: 4:35.33 35.34	800m: 9:15.39 35.12	1200m: 13:54.90 35.27			
4.	<b>Joao Maria Colaco</b>	03	<b>Sporting</b>	18:04.90	17:28.16	529
	50m: 33.16 33.16	450m: 5:10.90 34.52	850m: 9:54.50 36.04	1250m: 14:35.12 35.49		
	100m: 1:07.81 34.65	500m: 5:46.57 35.67	900m: 10:29.75 35.25	1300m: 15:09.92 34.80		
	150m: 1:42.42 34.61	550m: 6:21.40 34.83	950m: 11:04.48 34.73	1350m: 15:45.47 35.55		
	200m: 2:17.30 34.88	600m: 6:56.95 35.55	1000m: 11:39.83 35.35	1400m: 16:20.53 35.06		
	250m: 2:52.30 35.00	650m: 7:32.04 35.09	1050m: 12:15.02 35.19	1450m: 16:54.89 34.36		
	300m: 3:27.00 34.70	700m: 8:07.40 35.36	1100m: 12:49.78 34.76	1500m: 17:28.16 33.27		
	350m: 4:01.55 34.55	750m: 8:42.86 35.46	1150m: 13:24.63 34.85			
	400m: 4:36.38 34.83	800m: 9:18.46 35.60	1200m: 13:59.63 35.00			
5.	<b>Rodrigo Reis Dias</b>	03	<b>Belenenses</b>	17:32.00	17:29.26	527
	50m: 31.45 31.45	450m: 5:02.15 34.78	850m: 9:46.17 35.35	1250m: 14:31.64 35.73		
	100m: 1:04.49 33.04	500m: 5:37.31 35.16	900m: 10:21.80 35.63	1300m: 15:07.52 35.88		
	150m: 1:37.76 33.27	550m: 6:12.33 35.02	950m: 10:57.92 36.12	1350m: 15:43.75 36.23		
	200m: 2:11.00 33.24	600m: 6:47.80 35.47	1000m: 11:33.47 35.55	1400m: 16:19.62 35.87		
	250m: 2:44.77 33.77	650m: 7:23.58 35.78	1050m: 12:09.11 35.64	1450m: 16:54.99 35.37		
	300m: 3:18.49 33.72	700m: 7:59.19 35.61	1100m: 12:44.84 35.73	1500m: 17:29.26 34.27		
	350m: 3:52.83 34.34	750m: 8:34.84 35.65	1150m: 13:20.04 35.20			
	400m: 4:27.37 34.54	800m: 9:10.82 35.98	1200m: 13:55.91 35.87			
6.	<b>Ricardo Samuel Pereira</b>	03	<b>Benfica</b>	18:29.01	17:30.14	526
	50m: 34.01 34.01	450m: 5:12.87 34.76	850m: 9:55.25 35.58	1250m: 14:37.36 35.29		
	100m: 1:08.24 34.23	500m: 5:48.12 35.25	900m: 10:30.56 35.31	1300m: 15:12.72 35.36		
	150m: 1:42.78 34.54	550m: 6:23.45 35.33	950m: 11:05.74 35.18	1350m: 15:47.38 34.66		
	200m: 2:17.82 35.04	600m: 6:58.34 34.89	1000m: 11:40.98 35.24	1400m: 16:22.73 35.35		
	250m: 2:52.75 34.93	650m: 7:33.65 35.31	1050m: 12:16.40 35.42	1450m: 16:57.60 34.87		
	300m: 3:27.79 35.04	700m: 8:09.00 35.35	1100m: 12:51.63 35.23	1500m: 17:30.14 32.54		
	350m: 4:03.13 35.34	750m: 8:44.43 35.43	1150m: 13:26.77 35.14			
	400m: 4:38.11 34.98	800m: 9:19.67 35.24	1200m: 14:02.07 35.30			
7.	<b>Pedro Esteves Duarte</b>	03	<b>Desportivo Cova da Piedade</b>	17:16.21	17:42.14	509
	50m: 32.06 32.06	450m: 5:12.87 35.63	850m: 9:56.41 35.66	1250m: 14:43.41 35.90		
	100m: 1:05.15 33.09	500m: 5:46.70 35.62	900m: 10:32.50 36.09	1300m: 15:19.43 36.02		
	150m: 1:39.34 34.19	550m: 6:22.47 35.77	950m: 11:08.14 35.64	1350m: 15:55.21 35.78		
	200m: 2:14.21 34.87	600m: 6:57.70 35.23	1000m: 11:44.09 35.95	1400m: 16:31.23 36.02		
	250m: 2:49.27 35.06	650m: 7:33.58 35.88	1050m: 12:19.99 35.90	1450m: 17:06.91 35.68		
	300m: 3:24.60 35.33	700m: 8:09.27 35.69	1100m: 12:55.86 35.87	1500m: 17:42.14 35.23		
	350m: 3:59.94 35.34	750m: 8:45.11 35.84	1150m: 13:31.67 35.81			
	400m: 4:35.45 35.51	800m: 9:20.75 35.64	1200m: 14:07.51 35.84			
8.	<b>Joao Luis Matos</b>	03	<b>Colégio Vasco da Gama</b>	18:05.31	17:47.92	500
	50m: 32.21 32.21	450m: 5:16.19 36.03	850m: 10:02.84 35.93	1250m: 14:50.93 36.21		
	100m: 1:05.94 33.73	500m: 5:51.95 35.76	900m: 10:38.72 35.88	1300m: 15:27.22 36.29		
	150m: 1:41.07 35.13	550m: 6:27.88 35.93	950m: 11:14.51 35.79	1350m: 16:03.30 36.08		
	200m: 2:16.81 35.74	600m: 7:03.68 35.80	1000m: 11:50.59 36.08	1400m: 16:39.10 35.80		
	250m: 2:52.49 35.68	650m: 7:39.57 35.89	1050m: 12:26.73 36.14	1450m: 17:14.08 34.98		
	300m: 3:28.34 35.85	700m: 8:15.44 35.87	1100m: 13:02.96 36.23	1500m: 17:47.92 33.84		
	350m: 4:04.26 35.92	750m: 8:51.17 35.73	1150m: 13:38.68 35.72			
	400m: 4:40.16 35.90	800m: 9:26.91 35.74	1200m: 14:14.72 36.04			
9.	<b>Diogo Miguel Duraes</b>	03	<b>C N Montijo</b>	18:42.21	17:48.55	499
	50m: 32.77 32.77	450m: 5:16.20 36.07	850m: 10:04.62 36.39	1250m: 14:53.18 35.88		
	100m: 1:06.99 34.22	500m: 5:51.71 35.51	900m: 10:40.82 36.20	1300m: 15:29.15 35.97		
	150m: 1:41.81 34.82	550m: 6:27.80 36.09	950m: 11:16.79 35.97	1350m: 16:05.75 36.60		
	200m: 2:16.78 34.97	600m: 7:03.48 35.68	1000m: 11:52.72 35.93	1400m: 16:41.27 35.52		
	250m: 2:52.22 35.44	650m: 7:39.59 36.11	1050m: 12:28.50 35.78	1450m: 17:16.43 35.16		
	300m: 3:28.07 35.85	700m: 8:15.69 36.10	1100m: 13:04.67 36.17	1500m: 17:48.55 32.12		
	350m: 4:04.29 36.22	750m: 8:51.69 36.00	1150m: 13:41.00 36.33			
	400m: 4:40.13 35.84	800m: 9:28.23 36.54	1200m: 14:17.30 36.30			
10.	<b>Ricardo Novikov</b>	03	<b>Alges</b>	18:11.69	17:51.24	496
	50m: 32.75 32.75	450m: 5:17.45 36.09	850m: 10:04.92 35.74	1250m: 14:53.64 36.27		
	100m: 1:07.29 34.54	500m: 5:53.54 36.09	900m: 10:40.88 35.96	1300m: 15:29.64 36.00		
	150m: 1:42.61 35.32	550m: 6:29.58 36.04	950m: 11:16.85 35.97	1350m: 16:05.47 35.83		
	200m: 2:17.93 35.32	600m: 7:05.60 36.02	1000m: 11:53.29 36.44	1400m: 16:41.00 35.53		
	250m: 2:53.64 35.71	650m: 7:41.49 35.89	1050m: 12:29.16 35.87	1450m: 17:16.42 35.42		
	300m: 3:29.29 35.65	700m: 8:17.30 35.81	1100m: 13:05.20 36.04	1500m: 17:51.24 34.82		
	350m: 4:05.36 36.07	750m: 8:53.39 36.09	1150m: 13:41.35 36.15			
	400m: 4:41.36 36.00	800m: 9:29.18 35.79	1200m: 14:17.37 36.02			

**Prova 1, Masc., 1500m Livres, Juvenis A**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
11.	Joao Matos Fidalgo	03	Benfica	18:50.94	18:04.51	478
	50m: 34.19	34.19	450m: 5:28.63	37.35	850m: 10:22.82	36.75
	100m: 1:10.05	35.86	500m: 6:06.11	37.48	900m: 10:58.74	35.92
	150m: 1:46.55	36.50	550m: 6:43.08	36.97	950m: 11:34.97	36.23
	200m: 2:23.47	36.92	600m: 7:20.39	37.31	1000m: 12:10.91	35.94
	250m: 3:00.30	36.83	650m: 7:57.09	36.70	1050m: 12:46.98	36.07
	300m: 3:37.27	36.97	700m: 8:34.03	36.94	1100m: 13:23.18	36.20
	350m: 4:14.31	37.04	750m: 9:10.35	36.32	1150m: 13:59.26	36.08
	400m: 4:51.28	36.97	800m: 9:47.07	36.72	1200m: 14:34.26	35.00
12.	Alexandre Coelho Vieira	03	Sporting	18:39.05	18:11.00	469
	50m: 33.25	33.25	450m: 5:24.79	35.89	850m: 10:15.07	36.40
	100m: 1:09.24	35.99	500m: 6:00.89	36.10	900m: 10:51.46	36.39
	150m: 1:45.78	36.54	550m: 6:37.14	36.25	950m: 11:27.85	36.39
	200m: 2:22.59	36.81	600m: 7:13.52	36.38	1000m: 12:04.39	36.54
	250m: 2:59.35	36.76	650m: 7:49.80	36.28	1050m: 12:40.23	35.84
	300m: 3:35.47	36.12	700m: 8:26.26	36.46	1100m: 13:16.64	36.41
	350m: 4:12.08	36.61	750m: 9:02.51	36.25	1150m: 13:52.88	36.24
	400m: 4:48.90	36.82	800m: 9:38.67	36.16	1200m: 14:29.92	37.04
13.	Andre Santos Costa	03	Amadora	18:57.09	18:55.94	416
	50m: 34.38	34.38	450m: 5:33.55	38.20	850m: 10:39.57	38.05
	100m: 1:10.77	36.39	500m: 6:11.77	38.22	900m: 11:17.54	37.97
	150m: 1:47.86	37.09	550m: 6:50.31	38.54	950m: 11:55.57	38.03
	200m: 2:24.94	37.08	600m: 7:28.61	38.30	1000m: 12:33.86	38.29
	250m: 3:02.24	37.30	650m: 8:06.85	38.24	1050m: 13:12.42	38.56
	300m: 3:40.06	37.82	700m: 8:45.33	38.48	1100m: 13:50.62	38.20
	350m: 4:17.70	37.64	750m: 9:23.40	38.07	1150m: 14:28.71	38.09
	400m: 4:55.35	37.65	800m: 10:01.52	38.12	1200m: 15:07.10	38.39
14.	Dinis Viola Caroco	03	Sporting	19:00.86	18:56.32	415
	50m: 35.38	35.38	450m: 5:34.74	37.86	850m: 10:40.46	37.42
	100m: 1:11.83	36.45	500m: 6:12.90	38.16	900m: 11:18.44	37.98
	150m: 1:48.80	36.97	550m: 6:51.70	38.80	950m: 11:56.43	37.99
	200m: 2:25.76	36.96	600m: 7:29.82	38.12	1000m: 12:34.59	38.16
	250m: 3:02.98	37.22	650m: 8:08.08	38.26	1050m: 13:12.64	38.05
	300m: 3:40.84	37.86	700m: 8:46.40	38.32	1100m: 13:50.73	38.09
	350m: 4:18.90	38.06	750m: 9:25.15	38.75	1150m: 14:28.64	37.91
	400m: 4:56.88	37.98	800m: 10:03.04	37.89	1200m: 15:06.78	38.14
DSQ	Afonso Esteves Tome	03	Colegio Int Monte Maior	19:14.51		
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>					

**Juniores**

1.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	15:39.39	16:05.43	677
	50m: 29.73	29.73	450m: 4:48.99	32.36	850m: 9:07.53	32.37
	100m: 1:01.49	31.76	500m: 5:21.18	32.19	900m: 9:40.04	32.51
	150m: 1:34.04	32.55	550m: 5:53.35	32.17	950m: 10:12.24	32.20
	200m: 2:06.82	32.78	600m: 6:25.67	32.32	1000m: 10:44.69	32.45
	250m: 2:39.21	32.39	650m: 6:58.07	32.40	1050m: 11:16.64	31.95
	300m: 3:11.89	32.68	700m: 7:30.59	32.52	1100m: 11:49.01	32.37
	350m: 3:44.28	32.39	750m: 8:02.74	32.15	1150m: 12:21.56	32.55
	400m: 4:16.63	32.35	800m: 8:35.16	32.42	1200m: 12:54.20	32.64
2.	David Matias Cristiano	01	União Piedense	16:45.71	16:22.60	642
	50m: 28.36	28.36	450m: 4:50.05	32.81	850m: 9:15.88	32.38
	100m: 1:00.41	32.05	500m: 5:23.30	33.25	900m: 9:49.48	33.60
	150m: 1:33.32	32.91	550m: 5:56.15	32.85	950m: 10:23.21	33.73
	200m: 2:06.09	32.77	600m: 6:29.09	32.94	1000m: 10:56.94	33.73
	250m: 2:38.84	32.75	650m: 7:02.27	33.18	1050m: 11:30.36	33.42
	300m: 3:11.43	32.59	700m: 7:35.61	33.34	1100m: 12:03.68	33.32
	350m: 3:44.41	32.98	750m: 8:09.66	34.05	1150m: 12:36.90	33.22
	400m: 4:17.24	32.83	800m: 8:43.50	33.84	1200m: 13:09.65	32.75
3.	Diogo Alexandre Casteleiro	01	Sporting	17:04.86	16:35.22	618
	50m: 30.13	30.13	450m: 4:54.52	32.95	850m: 9:20.97	33.25
	100m: 1:02.83	32.70	500m: 5:27.67	33.15	900m: 9:54.30	33.33
	150m: 1:36.03	33.20	550m: 6:00.77	33.10	950m: 10:27.68	33.38
	200m: 2:09.18	33.15	600m: 6:34.09	33.32	1000m: 11:01.00	33.32
	250m: 2:42.78	33.60	650m: 7:07.44	33.35	1050m: 11:34.33	33.33
	300m: 3:15.72	32.94	700m: 7:40.76	33.32	1100m: 12:07.75	33.42
	350m: 3:48.49	32.77	750m: 8:14.22	33.46	1150m: 12:41.21	33.46
	400m: 4:21.57	33.08	800m: 8:47.72	33.50	1200m: 13:14.92	33.71

**Prova 1, Masc., 1500m Livres, Juniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Tomas Penha Monteiro	02	Alges	16:47.43	<b>16:51.63</b>	589
	50m: 30.05 30.05	450m: 4:58.25 34.33	850m: 9:30.71 34.27	1250m: 14:03.95 34.18		
	100m: 1:02.61 32.56	500m: 5:32.19 33.94	900m: 10:04.77 34.06	1300m: 14:38.20 34.25		
	150m: 1:35.82 33.21	550m: 6:05.96 33.77	950m: 10:39.15 34.38	1350m: 15:11.77 33.57		
	200m: 2:09.39 33.57	600m: 6:39.93 33.97	1000m: 11:13.32 34.17	1400m: 15:45.06 33.29		
	250m: 2:42.95 33.56	650m: 7:14.02 34.09	1050m: 11:47.33 34.01	1450m: 16:18.82 33.76		
	300m: 3:16.31 33.36	700m: 7:48.09 34.07	1100m: 12:21.40 34.07	1500m: 16:51.63 32.81		
	350m: 3:49.98 33.67	750m: 8:22.24 34.15	1150m: 12:55.57 34.17			
	400m: 4:23.92 33.94	800m: 8:56.44 34.20	1200m: 13:29.77 34.20			
5.	Francisco Alves Souza	02	Geslourses	17:06.07	<b>17:06.94</b>	563
	50m: 31.11 31.11	450m: 5:02.58 33.35	850m: 9:37.89 34.54	1250m: 14:14.94 35.15		
	100m: 1:05.12 34.01	500m: 5:36.42 33.84	900m: 10:12.82 34.93	1300m: 14:49.43 34.49		
	150m: 1:39.35 34.23	550m: 6:10.46 34.04	950m: 10:47.81 34.99	1350m: 15:24.15 34.72		
	200m: 2:13.36 34.01	600m: 6:44.85 34.39	1000m: 11:22.50 34.69	1400m: 15:59.43 35.28		
	250m: 2:47.42 34.06	650m: 7:19.39 34.54	1050m: 11:56.73 34.23	1450m: 16:34.01 34.58		
	300m: 3:21.80 34.38	700m: 7:54.19 34.80	1100m: 12:30.77 34.04	1500m: 17:06.94 32.93		
	350m: 3:55.85 34.05	750m: 8:28.70 34.51	1150m: 13:05.06 34.29			
	400m: 4:29.23 33.38	800m: 9:03.35 34.65	1200m: 13:39.79 34.73			
6.	Martim Rebelo Malfeito	02	Sporting	17:16.81	<b>17:11.31</b>	556
	50m: 30.55 30.55	450m: 5:01.52 34.21	850m: 9:36.89 34.30	1250m: 14:15.56 35.39		
	100m: 1:03.30 32.75	500m: 5:36.18 34.66	900m: 10:11.52 34.63	1300m: 14:51.07 35.51		
	150m: 1:37.09 33.79	550m: 6:10.44 34.26	950m: 10:46.02 34.50	1350m: 15:25.89 34.82		
	200m: 2:10.87 33.78	600m: 6:44.85 34.41	1000m: 11:20.72 34.70	1400m: 16:01.52 35.63		
	250m: 2:44.84 33.97	650m: 7:19.33 34.48	1050m: 11:55.00 34.28	1450m: 16:36.90 35.38		
	300m: 3:18.82 33.98	700m: 7:53.65 34.32	1100m: 12:29.74 34.74	1500m: 17:11.31 34.41		
	350m: 3:53.10 34.28	750m: 8:28.40 34.75	1150m: 13:04.78 35.04			
	400m: 4:27.31 34.21	800m: 9:02.59 34.19	1200m: 13:40.17 35.39			
7.	Pedro Picoto Garcia	02	Bombeiros dos Estoriz	17:04.72	<b>18:11.34</b>	469
	50m: 30.85 30.85	450m: 5:15.45 37.29	850m: 10:10.02 37.58	1250m: 15:08.97 35.81		
	100m: 1:04.68 33.83	500m: 5:52.11 36.66	900m: 10:47.74 37.72	1300m: 15:45.20 36.23		
	150m: 1:39.03 34.35	550m: 6:28.02 35.91	950m: 11:25.42 37.68	1350m: 16:21.52 36.32		
	200m: 2:14.07 35.04	600m: 7:04.81 36.79	1000m: 12:03.41 37.99	1400m: 16:58.04 36.52		
	250m: 2:49.50 35.43	650m: 7:41.50 36.69	1050m: 12:41.41 38.00	1450m: 17:34.75 36.71		
	300m: 3:25.44 35.94	700m: 8:18.24 36.74	1100m: 13:19.33 37.92	1500m: 18:11.34 36.59		
	350m: 4:01.57 36.13	750m: 8:55.46 37.22	1150m: 13:56.92 37.59			
	400m: 4:38.16 36.59	800m: 9:32.44 36.98	1200m: 14:33.16 36.24			

**Seniores**

1.	Filipe Miguel Santo	00	Benfica	15:06.77	<b>15:00.35</b>	835
	<i>Rec Regional Absoluto, Rec. Nacional Absoluto</i>					
	50m: 27.93 27.93	450m: 4:32.43 30.03	850m: 8:31.94 30.02	1250m: 12:31.50 30.11		
	100m: 58.43 30.50	500m: 5:02.71 30.28	900m: 9:01.65 29.71	1300m: 13:01.85 30.35		
	150m: 1:29.26 30.83	550m: 5:32.41 29.70	950m: 9:31.46 29.81	1350m: 13:31.85 30.00		
	200m: 2:00.20 30.94	600m: 6:02.32 29.91	1000m: 10:01.23 29.77	1400m: 14:01.97 30.12		
	250m: 2:31.05 30.85	650m: 6:32.32 30.00	1050m: 10:31.08 29.85	1450m: 14:32.20 30.23		
	300m: 3:01.61 30.56	700m: 7:02.24 29.92	1100m: 11:01.19 30.11	1500m: 15:00.35 28.15		
	350m: 3:32.07 30.46	750m: 7:31.95 29.71	1150m: 11:31.13 29.94			
	400m: 4:02.40 30.33	800m: 8:01.92 29.97	1200m: 12:01.39 30.26			
2.	Rafael Lourenco Gil	96	Sporting	15:22.03	<b>15:10.83</b>	807
	50m: 28.08 28.08	450m: 4:28.78 30.26	850m: 8:32.19 30.45	1250m: 12:37.19 30.78		
	100m: 57.85 29.77	500m: 4:59.02 30.24	900m: 9:02.83 30.64	1300m: 13:08.07 30.88		
	150m: 1:27.87 30.02	550m: 5:29.16 30.14	950m: 9:33.26 30.43	1350m: 13:38.82 30.75		
	200m: 1:58.08 30.21	600m: 5:59.43 30.27	1000m: 10:03.86 30.60	1400m: 14:09.87 31.05		
	250m: 2:28.24 30.16	650m: 6:29.89 30.46	1050m: 10:34.56 30.70	1450m: 14:40.59 30.72		
	300m: 2:58.42 30.18	700m: 7:00.40 30.51	1100m: 11:05.11 30.55	1500m: 15:10.83 30.24		
	350m: 3:28.48 30.06	750m: 7:30.97 30.57	1150m: 11:35.75 30.64			
	400m: 3:58.52 30.04	800m: 8:01.74 30.77	1200m: 12:06.41 30.66			
3.	Miguel Duarte Nascimento	95	Benfica	15:13.17	<b>15:17.00</b>	790
	50m: 28.58 28.58	450m: 4:35.33 30.59	850m: 8:38.95 30.51	1250m: 12:43.23 30.70		
	100m: 59.27 30.69	500m: 5:05.86 30.53	900m: 9:09.53 30.58	1300m: 13:14.21 30.98		
	150m: 1:30.31 31.04	550m: 5:36.29 30.43	950m: 9:40.08 30.55	1350m: 13:45.27 31.06		
	200m: 2:01.41 31.10	600m: 6:06.82 30.53	1000m: 10:10.71 30.63	1400m: 14:16.08 30.81		
	250m: 2:32.39 30.98	650m: 6:37.23 30.41	1050m: 10:41.24 30.53	1450m: 14:46.86 30.78		
	300m: 3:03.34 30.95	700m: 7:07.66 30.43	1100m: 11:11.44 30.20	1500m: 15:17.00 30.14		
	350m: 3:34.05 30.71	750m: 7:38.09 30.43	1150m: 11:41.91 30.47			
	400m: 4:04.74 30.69	800m: 8:08.44 30.35	1200m: 12:12.53 30.62			

**Prova 1, Masc., 1500m Livres, Seniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Joao Alexandre Vital	98	Sporting	15:21.57	15:24.88	770
	50m: 28.50	28.50	450m: 4:36.04	31.46	850m: 8:46.81	31.32
	100m: 58.87	30.37	500m: 5:07.63	31.59	900m: 9:17.97	31.16
	150m: 1:29.81	30.94	550m: 5:39.31	31.68	950m: 9:49.30	31.33
	200m: 2:00.34	30.53	600m: 6:10.84	31.53	1000m: 10:20.36	31.06
	250m: 2:31.12	30.78	650m: 6:42.34	31.50	1050m: 10:51.53	31.17
	300m: 3:02.02	30.90	700m: 7:13.62	31.28	1100m: 11:22.45	30.92
	350m: 3:33.26	31.24	750m: 7:44.67	31.05	1150m: 11:53.20	30.75
	400m: 4:04.58	31.32	800m: 8:15.49	30.82	1200m: 12:23.25	30.05
5.	Tiago Cunha Costa	99	Sporting	15:46.06	15:51.91	707
	50m: 27.47	27.47	450m: 4:32.49	31.46	850m: 8:52.51	32.90
	100m: 57.03	29.56	500m: 5:04.16	31.67	900m: 9:25.19	32.68
	150m: 1:27.29	30.26	550m: 5:36.17	32.01	950m: 9:57.72	32.53
	200m: 1:57.83	30.54	600m: 6:08.44	32.27	1000m: 10:30.32	32.60
	250m: 2:28.41	30.58	650m: 6:41.21	32.77	1050m: 11:02.85	32.53
	300m: 2:58.99	30.58	700m: 7:13.66	32.45	1100m: 11:35.37	32.52
	350m: 3:29.78	30.79	750m: 7:46.50	32.84	1150m: 12:08.03	32.66
	400m: 4:01.03	31.25	800m: 8:19.61	33.11	1200m: 12:40.78	32.75
6.	Bruno Miguel Ramos	97	Belenenses	16:12.83	15:52.99	704
	50m: 29.36	29.36	450m: 4:43.38	32.40	850m: 8:59.88	32.33
	100m: 1:00.76	31.40	500m: 5:15.39	32.01	900m: 9:32.40	32.52
	150m: 1:32.17	31.41	550m: 5:47.08	31.69	950m: 10:04.49	32.09
	200m: 2:03.61	31.44	600m: 6:19.23	32.15	1000m: 10:36.88	32.39
	250m: 2:35.43	31.82	650m: 6:51.52	32.29	1050m: 11:08.28	31.40
	300m: 3:07.42	31.99	700m: 7:23.80	32.28	1100m: 11:40.04	31.76
	350m: 3:39.08	31.66	750m: 7:55.94	32.14	1150m: 12:12.18	32.14
	400m: 4:10.98	31.90	800m: 8:27.55	31.61	1200m: 12:43.86	31.68
7.	Afonso Ribeiro Bate	98	Alges	17:55.15	16:20.08	647
	50m: 28.60	28.60	450m: 4:47.13	32.09	850m: 9:11.01	33.11
	100m: 1:00.62	32.02	500m: 5:19.70	32.57	900m: 9:43.99	32.98
	150m: 1:33.30	32.68	550m: 5:52.44	32.74	950m: 10:17.20	33.21
	200m: 2:05.60	32.30	600m: 6:25.40	32.96	1000m: 10:50.34	33.14
	250m: 2:37.96	32.36	650m: 6:58.55	33.15	1050m: 11:23.80	33.46
	300m: 3:10.46	32.50	700m: 7:31.61	33.06	1100m: 11:56.82	33.02
	350m: 3:42.65	32.19	750m: 8:04.71	33.10	1150m: 12:29.97	33.15
	400m: 4:15.04	32.39	800m: 8:37.90	33.19	1200m: 13:03.77	33.80
8.	Filipe Ferreira Luz	98	Geslours	17:55.15	17:06.15	564
	50m: 30.70	30.70	450m: 5:02.14	34.10	850m: 9:37.44	34.53
	100m: 1:03.83	33.13	500m: 5:36.43	34.29	900m: 10:12.04	34.60
	150m: 1:37.49	33.66	550m: 6:11.02	34.59	950m: 10:46.57	34.53
	200m: 2:11.41	33.92	600m: 6:45.40	34.38	1000m: 11:21.20	34.63
	250m: 2:45.27	33.86	650m: 7:19.79	34.39	1050m: 11:55.82	34.62
	300m: 3:19.33	34.06	700m: 7:54.01	34.22	1100m: 12:30.58	34.76
	350m: 3:53.69	34.36	750m: 8:28.38	34.37	1150m: 13:05.29	34.71
	400m: 4:28.04	34.35	800m: 9:02.91	34.53	1200m: 13:40.16	34.87
9.	Joao Andre Rodrigues	99	Geslours	17:03.89	17:14.20	551
	50m: 30.52	30.52	450m: 5:00.47	34.42	850m: 9:36.20	34.51
	100m: 1:03.18	32.66	500m: 5:34.88	34.41	900m: 10:10.66	34.46
	150m: 1:36.58	33.40	550m: 6:09.16	34.28	950m: 10:45.65	34.99
	200m: 2:10.12	33.54	600m: 6:43.52	34.36	1000m: 11:20.67	35.02
	250m: 2:43.91	33.79	650m: 7:17.89	34.37	1050m: 11:55.84	35.17
	300m: 3:18.01	34.10	700m: 7:52.39	34.50	1100m: 12:30.84	35.00
	350m: 3:52.03	34.02	750m: 8:26.92	34.53	1150m: 13:06.39	35.55
	400m: 4:26.05	34.02	800m: 9:01.69	34.77	1200m: 13:41.83	35.44
10.	Joao Miguel Cardoso	97	Geslours	17:55.15	17:18.12	545
	50m: 30.35	30.35	450m: 5:00.14	34.46	850m: 9:40.27	35.20
	100m: 1:03.22	32.87	500m: 5:34.80	34.66	900m: 10:15.76	35.49
	150m: 1:36.49	33.27	550m: 6:09.64	34.84	950m: 10:51.57	35.81
	200m: 2:10.00	33.51	600m: 6:44.70	35.06	1000m: 11:27.30	35.73
	250m: 2:43.59	33.59	650m: 7:19.59	34.89	1050m: 12:03.07	35.77
	300m: 3:17.48	33.89	700m: 7:54.52	34.93	1100m: 12:38.52	35.45
	350m: 3:51.42	33.94	750m: 8:29.70	35.18	1150m: 13:13.69	35.17
	400m: 4:25.68	34.26	800m: 9:05.07	35.37	1200m: 13:49.09	35.40
11.	Antonio Maria Ferreira <i>Fora Tempo Acesso</i>	00	Palmela Desporto	17:55.15	18:09.50	471
	50m: 31.82	31.82	450m: 5:17.26	36.37	850m: 10:12.00	37.02
	100m: 1:06.43	34.61	500m: 5:53.80	36.54	900m: 10:48.77	36.77
	150m: 1:41.81	35.38	550m: 6:30.32	36.52	950m: 11:25.42	36.65
	200m: 2:17.86	36.05	600m: 7:06.99	36.67	1000m: 12:02.56	37.14
	250m: 2:53.52	35.66	650m: 7:43.66	36.67	1050m: 12:39.91	37.35
	300m: 3:29.16	35.64	700m: 8:20.84	37.18	1100m: 13:16.72	36.81
	350m: 4:04.90	35.74	750m: 8:58.00	37.16	1150m: 13:53.80	37.08
	400m: 4:40.89	35.99	800m: 9:34.98	36.98	1200m: 14:30.97	37.17



**Prova 1, Masc., 1500m Livres, Seniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
12.	Rafael Goncalves Sousa <i>Fora Tempo Acesso</i>	99	CPCD P�ova Sta Iria	17:55.15	<b>18:27.17</b>	449
	50m: 32.95	32.95	450m: 5:30.26	37.36	850m: 10:30.21	37.85
	100m: 1:09.34	36.39	500m: 6:07.82	37.56	900m: 11:07.81	37.60
	150m: 1:46.37	37.03	550m: 6:45.52	37.70	950m: 11:45.17	37.36
	200m: 2:23.71	37.34	600m: 7:23.12	37.60	1000m: 12:22.25	37.08
	250m: 3:00.92	37.21	650m: 8:00.86	37.74	1050m: 12:59.32	37.07
	300m: 3:38.26	37.34	700m: 8:38.23	37.37	1100m: 13:36.38	37.06
	350m: 4:15.56	37.30	750m: 9:15.60	37.37	1150m: 14:13.53	37.15
	400m: 4:52.90	37.34	800m: 9:52.36	36.76	1200m: 14:50.94	37.41
					1250m: 15:27.52	36.58
					1300m: 16:03.89	36.37
					1350m: 16:40.26	36.37
					1400m: 17:16.62	36.36
					1450m: 17:52.45	35.83
					1500m: 18:27.17	34.72

**Absolutos**

1.	Filipe Miguel Santo <i>Campe�o Regional, Rec Regional Absoluto, Rec. Nacional Absoluto</i>	00	Benfica	15:06.77	<b>15:00.35</b>	835
	50m: 27.93	27.93	450m: 4:32.43	30.03	850m: 8:31.94	30.02
	100m: 58.43	30.50	500m: 5:02.71	30.28	900m: 9:01.65	29.71
	150m: 1:29.26	30.83	550m: 5:32.41	29.70	950m: 9:31.46	29.81
	200m: 2:00.20	30.94	600m: 6:02.32	29.91	1000m: 10:01.23	29.77
	250m: 2:31.05	30.85	650m: 6:32.32	30.00	1050m: 10:31.08	29.85
	300m: 3:01.61	30.56	700m: 7:02.24	29.92	1100m: 11:01.19	30.11
	350m: 3:32.07	30.46	750m: 7:31.95	29.71	1150m: 11:31.13	29.94
	400m: 4:02.40	30.33	800m: 8:01.92	29.97	1200m: 12:01.39	30.26
					1250m: 12:31.50	30.11
					1300m: 13:01.85	30.35
					1350m: 13:31.85	30.00
					1400m: 14:01.97	30.12
					1450m: 14:32.20	30.23
					1500m: 15:00.35	28.15
2.	Rafael Lourenco Gil	96	Sporting	15:22.03	<b>15:10.83</b>	807
	50m: 28.08	28.08	450m: 4:28.78	30.26	850m: 8:32.19	30.45
	100m: 57.85	29.77	500m: 4:59.02	30.24	900m: 9:02.83	30.64
	150m: 1:27.87	30.02	550m: 5:29.16	30.14	950m: 9:33.26	30.43
	200m: 1:58.08	30.21	600m: 5:59.43	30.27	1000m: 10:03.86	30.60
	250m: 2:28.24	30.16	650m: 6:29.89	30.46	1050m: 10:34.56	30.70
	300m: 2:58.42	30.18	700m: 7:00.40	30.51	1100m: 11:05.11	30.55
	350m: 3:28.48	30.06	750m: 7:30.97	30.57	1150m: 11:35.75	30.64
	400m: 3:58.52	30.04	800m: 8:01.74	30.77	1200m: 12:06.41	30.66
					1250m: 12:37.19	30.78
					1300m: 13:08.07	30.88
					1350m: 13:38.82	30.75
					1400m: 14:09.87	31.05
					1450m: 14:40.59	30.72
					1500m: 15:10.83	30.24
3.	Miguel Duarte Nascimento	95	Benfica	15:13.17	<b>15:17.00</b>	790
	50m: 28.58	28.58	450m: 4:35.33	30.59	850m: 8:38.95	30.51
	100m: 59.27	30.69	500m: 5:05.86	30.53	900m: 9:09.53	30.58
	150m: 1:30.31	31.04	550m: 5:36.29	30.43	950m: 9:40.08	30.55
	200m: 2:01.41	31.10	600m: 6:06.82	30.53	1000m: 10:10.71	30.63
	250m: 2:32.39	30.98	650m: 6:37.23	30.41	1050m: 10:41.24	30.53
	300m: 3:03.34	30.95	700m: 7:07.66	30.43	1100m: 11:11.44	30.20
	350m: 3:34.05	30.71	750m: 7:38.09	30.43	1150m: 11:41.91	30.47
	400m: 4:04.74	30.69	800m: 8:08.44	30.35	1200m: 12:12.53	30.62
					1250m: 12:43.23	30.70
					1300m: 13:14.21	30.98
					1350m: 13:45.27	31.06
					1400m: 14:16.08	30.81
					1450m: 14:46.86	30.78
					1500m: 15:17.00	30.14
4.	Joao Alexandre Vital	98	Sporting	15:21.57	<b>15:24.88</b>	770
	50m: 28.50	28.50	450m: 4:36.04	31.46	850m: 8:46.81	31.32
	100m: 58.87	30.37	500m: 5:07.63	31.59	900m: 9:17.97	31.16
	150m: 1:29.81	30.94	550m: 5:39.31	31.68	950m: 9:49.30	31.33
	200m: 2:00.34	30.53	600m: 6:10.84	31.53	1000m: 10:20.36	31.06
	250m: 2:31.12	30.78	650m: 6:42.34	31.50	1050m: 10:51.53	31.17
	300m: 3:02.02	30.90	700m: 7:13.62	31.28	1100m: 11:22.45	30.92
	350m: 3:33.26	31.24	750m: 7:44.67	31.05	1150m: 11:53.20	30.75
	400m: 4:04.58	31.32	800m: 8:15.49	30.82	1200m: 12:23.25	30.05
					1250m: 12:53.76	30.51
					1300m: 13:24.59	30.83
					1350m: 13:54.86	30.27
					1400m: 14:25.16	30.30
					1450m: 14:55.55	30.39
					1500m: 15:24.88	29.33
5.	Tiago Cunha Costa	99	Sporting	15:46.06	<b>15:51.91</b>	707
	50m: 27.47	27.47	450m: 4:32.49	31.46	850m: 8:52.51	32.90
	100m: 57.03	29.56	500m: 5:04.16	31.67	900m: 9:25.19	32.68
	150m: 1:27.29	30.26	550m: 5:36.17	32.01	950m: 9:57.72	32.53
	200m: 1:57.83	30.54	600m: 6:08.44	32.27	1000m: 10:30.32	32.60
	250m: 2:28.41	30.58	650m: 6:41.21	32.77	1050m: 11:02.85	32.53
	300m: 2:58.99	30.58	700m: 7:13.66	32.45	1100m: 11:35.37	32.52
	350m: 3:29.78	30.79	750m: 7:46.50	32.84	1150m: 12:08.03	32.66
	400m: 4:01.03	31.25	800m: 8:19.61	33.11	1200m: 12:40.78	32.75
					1250m: 13:13.76	32.98
					1300m: 13:46.00	32.24
					1350m: 14:18.27	32.27
					1400m: 14:50.81	32.54
					1450m: 15:22.60	31.79
					1500m: 15:51.91	29.31
6.	Bruno Miguel Ramos	97	Belenenses	16:12.83	<b>15:52.99</b>	704
	50m: 29.36	29.36	450m: 4:43.38	32.40	850m: 8:59.88	32.33
	100m: 1:00.76	31.40	500m: 5:15.39	32.01	900m: 9:32.40	32.52
	150m: 1:32.17	31.41	550m: 5:47.08	31.69	950m: 10:04.49	32.09
	200m: 2:03.61	31.44	600m: 6:19.23	32.15	1000m: 10:36.88	32.39
	250m: 2:35.43	31.82	650m: 6:51.52	32.29	1050m: 11:08.28	31.40
	300m: 3:07.42	31.99	700m: 7:23.80	32.28	1100m: 11:40.04	31.76
	350m: 3:39.08	31.66	750m: 7:55.94	32.14	1150m: 12:12.18	32.14
	400m: 4:10.98	31.90	800m: 8:27.55	31.61	1200m: 12:43.86	31.68
					1250m: 13:15.23	31.37
					1300m: 13:47.70	32.47
					1350m: 14:19.09	31.39
					1400m: 14:51.30	32.21
					1450m: 15:23.20	31.90
					1500m: 15:52.99	29.79

**Prova 1, Masc., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
7.	<b>Diogo Santos Cardoso</b>	01	<b>Colegio Int Monte Maior</b>	<b>15:39.39</b>	<b>16:05.43</b>	<b>677</b>
	50m: 29.73 29.73	450m: 4:48.99 32.36	850m: 9:07.53 32.37	1250m: 13:26.44 32.24		
	100m: 1:01.49 31.76	500m: 5:21.18 32.19	900m: 9:40.04 32.51	1300m: 13:58.50 32.06		
	150m: 1:34.04 32.55	550m: 5:53.35 32.17	950m: 10:12.24 32.20	1350m: 14:30.35 31.85		
	200m: 2:06.82 32.78	600m: 6:25.67 32.32	1000m: 10:44.69 32.45	1400m: 15:02.43 32.08		
	250m: 2:39.21 32.39	650m: 6:58.07 32.40	1050m: 11:16.64 31.95	1450m: 15:34.61 32.18		
	300m: 3:11.89 32.68	700m: 7:30.59 32.52	1100m: 11:49.01 32.37	1500m: 16:05.43 30.82		
	350m: 3:44.28 32.39	750m: 8:02.74 32.15	1150m: 12:21.56 32.55			
	400m: 4:16.63 32.35	800m: 8:35.16 32.42	1200m: 12:54.20 32.64			
8.	<b>Joao Soares Carneiro</b>	03	<b>Benfica</b>	<b>19:14.51</b>	<b>16:15.51</b>	<b>657</b>
	50m: 30.26 30.26	450m: 4:51.70 32.75	850m: 9:14.61 32.78	1250m: 13:36.61 32.26		
	100m: 1:02.05 31.79	500m: 5:24.66 32.96	900m: 9:47.57 32.96	1300m: 14:08.95 32.34		
	150m: 1:34.23 32.18	550m: 5:57.49 32.83	950m: 10:20.71 33.14	1350m: 14:41.41 32.46		
	200m: 2:06.74 32.51	600m: 6:30.56 33.07	1000m: 10:53.57 32.86	1400m: 15:13.46 32.05		
	250m: 2:39.57 32.83	650m: 7:03.40 32.84	1050m: 11:26.21 32.64	1450m: 15:45.85 32.39		
	300m: 3:12.84 33.27	700m: 7:36.27 32.87	1100m: 11:59.03 32.82	1500m: 16:15.51 29.66		
	350m: 3:46.24 33.40	750m: 8:09.15 32.88	1150m: 12:31.67 32.64			
	400m: 4:18.95 32.71	800m: 8:41.83 32.68	1200m: 13:04.35 32.68			
9.	<b>Afonso Ribeiro Bate</b>	98	<b>Alges</b>	<b>17:55.15</b>	<b>16:20.08</b>	<b>647</b>
	50m: 28.60 28.60	450m: 4:47.13 32.09	850m: 9:11.01 33.11	1250m: 13:36.57 32.80		
	100m: 1:00.62 32.02	500m: 5:19.70 32.57	900m: 9:43.99 32.98	1300m: 14:10.11 33.54		
	150m: 1:33.30 32.68	550m: 5:52.44 32.74	950m: 10:17.20 33.21	1350m: 14:43.39 33.28		
	200m: 2:06.60 32.30	600m: 6:25.40 32.96	1000m: 10:50.34 33.14	1400m: 15:16.75 33.36		
	250m: 2:37.96 32.36	650m: 6:58.55 33.15	1050m: 11:23.80 33.46	1450m: 15:49.56 32.81		
	300m: 3:10.46 32.50	700m: 7:31.61 33.06	1100m: 11:56.82 33.02	1500m: 16:20.08 30.52		
	350m: 3:42.65 32.19	750m: 8:04.71 33.10	1150m: 12:29.97 33.15			
	400m: 4:15.04 32.39	800m: 8:37.90 33.19	1200m: 13:03.77 33.80			
10.	<b>David Matias Cristino</b>	01	<b>União Piedense</b>	<b>16:45.71</b>	<b>16:22.60</b>	<b>642</b>
	50m: 28.36 28.36	450m: 4:50.05 32.81	850m: 9:15.88 32.38	1250m: 13:42.45 32.80		
	100m: 1:00.41 32.05	500m: 5:23.30 33.25	900m: 9:49.48 33.60	1300m: 14:15.05 32.60		
	150m: 1:33.32 32.91	550m: 5:56.15 32.85	950m: 10:23.21 33.73	1350m: 14:47.92 32.87		
	200m: 2:06.09 32.77	600m: 6:29.09 32.94	1000m: 10:56.94 33.73	1400m: 15:20.46 32.54		
	250m: 2:38.84 32.75	650m: 7:02.27 33.18	1050m: 11:30.36 33.42	1450m: 15:51.73 31.27		
	300m: 3:11.43 32.59	700m: 7:35.61 33.34	1100m: 12:03.68 33.32	1500m: 16:22.60 30.87		
	350m: 3:44.41 32.98	750m: 8:09.66 34.05	1150m: 12:36.90 33.22			
	400m: 4:17.24 32.83	800m: 8:43.50 33.84	1200m: 13:09.65 32.75			
11.	<b>Diogo Alexandre Casteleiro</b>	01	<b>Sporting</b>	<b>17:04.86</b>	<b>16:35.22</b>	<b>618</b>
	50m: 30.13 30.13	450m: 4:54.52 32.95	850m: 9:20.97 33.25	1250m: 13:48.67 33.75		
	100m: 1:02.83 32.70	500m: 5:27.67 33.15	900m: 9:54.30 33.33	1300m: 14:22.48 33.81		
	150m: 1:36.03 33.20	550m: 6:00.77 33.10	950m: 10:27.68 33.38	1350m: 14:56.14 33.66		
	200m: 2:09.18 33.15	600m: 6:34.09 33.32	1000m: 11:01.00 33.32	1400m: 15:29.65 33.51		
	250m: 2:42.78 33.60	650m: 7:07.44 33.35	1050m: 11:34.33 33.33	1450m: 16:03.21 33.56		
	300m: 3:15.72 32.94	700m: 7:40.76 33.32	1100m: 12:07.75 33.42	1500m: 16:35.22 32.01		
	350m: 3:48.49 32.77	750m: 8:14.22 33.46	1150m: 12:41.21 33.46			
	400m: 4:21.57 33.08	800m: 8:47.72 33.50	1200m: 13:14.92 33.71			
12.	<b>Tomas Penha Monteiro</b>	02	<b>Alges</b>	<b>16:47.43</b>	<b>16:51.63</b>	<b>589</b>
	50m: 30.05 30.05	450m: 4:58.25 34.33	850m: 9:30.71 34.27	1250m: 14:03.95 34.18		
	100m: 1:02.61 32.56	500m: 5:32.19 33.94	900m: 10:04.77 34.06	1300m: 14:38.20 34.25		
	150m: 1:35.82 33.21	550m: 6:05.96 33.77	950m: 10:39.15 34.38	1350m: 15:11.77 33.57		
	200m: 2:09.39 33.57	600m: 6:39.93 33.97	1000m: 11:13.32 34.17	1400m: 15:45.06 33.29		
	250m: 2:42.95 33.56	650m: 7:14.02 34.09	1050m: 11:47.33 34.01	1450m: 16:18.82 33.76		
	300m: 3:16.31 33.36	700m: 7:48.09 34.07	1100m: 12:21.40 34.07	1500m: 16:51.63 32.81		
	350m: 3:49.98 33.67	750m: 8:22.24 34.15	1150m: 12:55.57 34.17			
	400m: 4:23.92 33.94	800m: 8:56.44 34.20	1200m: 13:29.77 34.20			
13.	<b>Bernardo Victorino Almeida</b>	04	<b>Sporting</b>	<b>17:39.86</b>	<b>16:54.41</b>	<b>584</b>
	50m: 31.35 31.35	450m: 5:01.72 34.59	850m: 9:35.17 33.83	1250m: 14:06.23 33.66		
	100m: 1:04.30 32.95	500m: 5:36.64 34.92	900m: 10:09.20 34.03	1300m: 14:39.86 33.63		
	150m: 1:37.62 33.32	550m: 6:10.56 33.92	950m: 10:42.80 33.60	1350m: 15:13.66 33.80		
	200m: 2:11.27 33.65	600m: 6:44.48 33.92	1000m: 11:17.27 34.47	1400m: 15:47.72 34.06		
	250m: 2:45.38 34.11	650m: 7:18.69 34.21	1050m: 11:51.50 34.23	1450m: 16:21.44 33.72		
	300m: 3:19.12 33.74	700m: 7:52.71 34.02	1100m: 12:25.08 33.58	1500m: 16:54.41 32.97		
	350m: 3:53.14 34.02	750m: 8:26.98 34.27	1150m: 12:58.82 33.74			
	400m: 4:27.13 33.99	800m: 9:01.34 34.36	1200m: 13:32.57 33.75			
14.	<b>Tomas Nogueira Gomes</b>	03	<b>União Piedense</b>	<b>17:12.75</b>	<b>16:56.18</b>	<b>581</b>
	50m: 31.65 31.65	450m: 4:58.38 33.61	850m: 9:31.76 34.30	1250m: 14:07.34 34.36		
	100m: 1:04.34 32.69	500m: 5:32.36 33.98	900m: 10:06.22 34.46	1300m: 14:41.71 34.37		
	150m: 1:37.40 33.06	550m: 6:06.30 33.94	950m: 10:40.76 34.54	1350m: 15:16.11 34.40		
	200m: 2:10.45 33.05	600m: 6:40.45 34.15	1000m: 11:15.26 34.50	1400m: 15:50.23 34.12		
	250m: 2:43.81 33.36	650m: 7:14.62 34.17	1050m: 11:49.54 34.28	1450m: 16:23.96 33.73		
	300m: 3:17.31 33.50	700m: 7:48.70 34.08	1100m: 12:24.16 34.62	1500m: 16:56.18 32.22		
	350m: 3:50.96 33.65	750m: 8:22.97 34.27	1150m: 12:58.61 34.45			
	400m: 4:24.77 33.81	800m: 8:57.46 34.49	1200m: 13:32.98 34.37			

**Prova 1, Masc., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
15.	Filipe Ferreira Luz	98	Geslourses	17:55.15	17:06.15	564
	50m: 30.70 30.70	450m: 5:02.14 34.10	850m: 9:37.44 34.53	1250m: 14:15.22 35.06		
	100m: 1:03.83 33.13	500m: 5:36.43 34.29	900m: 10:12.04 34.60	1300m: 14:50.36 35.14		
	150m: 1:37.49 33.66	550m: 6:11.02 34.59	950m: 10:46.57 34.53	1350m: 15:25.26 34.90		
	200m: 2:11.41 33.92	600m: 6:45.40 34.38	1000m: 11:21.20 34.63	1400m: 16:00.42 35.16		
	250m: 2:45.27 33.86	650m: 7:19.79 34.39	1050m: 11:55.82 34.62	1450m: 16:34.51 34.09		
	300m: 3:19.33 34.06	700m: 7:54.01 34.22	1100m: 12:30.58 34.76	1500m: 17:06.15 31.64		
	350m: 3:53.69 34.36	750m: 8:28.38 34.37	1150m: 13:05.29 34.71			
	400m: 4:28.04 34.35	800m: 9:02.91 34.53	1200m: 13:40.16 34.87			
16.	Francisco Alves Souza	02	Geslourses	17:06.07	17:06.94	563
	50m: 31.11 31.11	450m: 5:02.58 33.35	850m: 9:37.89 34.54	1250m: 14:14.94 35.15		
	100m: 1:05.12 34.01	500m: 5:36.42 33.84	900m: 10:12.82 34.93	1300m: 14:49.43 34.49		
	150m: 1:39.35 34.23	550m: 6:10.46 34.04	950m: 10:47.81 34.99	1350m: 15:24.15 34.72		
	200m: 2:13.36 34.01	600m: 6:44.85 34.39	1000m: 11:22.50 34.69	1400m: 15:59.43 35.28		
	250m: 2:47.42 34.06	650m: 7:19.39 34.54	1050m: 11:56.73 34.23	1450m: 16:34.01 34.58		
	300m: 3:21.80 34.38	700m: 7:54.19 34.80	1100m: 12:30.77 34.04	1500m: 17:06.94 32.93		
	350m: 3:55.85 34.05	750m: 8:28.70 34.51	1150m: 13:05.06 34.29			
	400m: 4:29.23 33.38	800m: 9:03.35 34.65	1200m: 13:39.79 34.73			
17.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	16:59.87	17:09.07	559
	50m: 31.15 31.15	450m: 4:58.01 33.78	850m: 9:31.60 34.43	1250m: 14:12.59 35.58		
	100m: 1:03.77 32.62	500m: 5:31.99 33.98	900m: 10:06.12 34.52	1300m: 14:48.28 35.69		
	150m: 1:36.83 33.06	550m: 6:06.10 34.11	950m: 10:40.95 34.83	1350m: 15:23.72 35.44		
	200m: 2:09.87 33.04	600m: 6:40.15 34.05	1000m: 11:15.82 34.87	1400m: 15:59.18 35.46		
	250m: 2:43.31 33.44	650m: 7:14.20 34.05	1050m: 11:51.10 35.28	1450m: 16:34.21 35.03		
	300m: 3:16.84 33.53	700m: 7:48.30 34.10	1100m: 12:26.40 35.30	1500m: 17:09.07 34.86		
	350m: 3:50.55 33.71	750m: 8:22.74 34.44	1150m: 13:01.55 35.15			
	400m: 4:24.23 33.68	800m: 8:57.17 34.43	1200m: 13:37.01 35.46			
18.	Martim Rebelo Malfeito	02	Sporting	17:16.81	17:11.31	556
	50m: 30.55 30.55	450m: 5:01.52 34.21	850m: 9:36.89 34.30	1250m: 14:15.56 35.39		
	100m: 1:03.30 32.75	500m: 5:36.18 34.66	900m: 10:11.52 34.63	1300m: 14:51.07 35.51		
	150m: 1:37.09 33.79	550m: 6:10.44 34.26	950m: 10:46.02 34.50	1350m: 15:25.89 34.82		
	200m: 2:10.87 33.78	600m: 6:44.85 34.41	1000m: 11:20.72 34.70	1400m: 16:01.52 35.63		
	250m: 2:44.84 33.97	650m: 7:19.33 34.48	1050m: 11:55.00 34.28	1450m: 16:36.90 35.38		
	300m: 3:18.82 33.98	700m: 7:53.65 34.32	1100m: 12:29.74 34.74	1500m: 17:11.31 34.41		
	350m: 3:53.10 34.28	750m: 8:28.40 34.75	1150m: 13:04.78 35.04			
	400m: 4:27.31 34.21	800m: 9:02.59 34.19	1200m: 13:40.17 35.39			
19.	Joao Andre Rodrigues	99	Geslourses	17:03.89	17:14.20	551
	50m: 30.52 30.52	450m: 5:00.47 34.42	850m: 9:36.20 34.51	1250m: 14:17.32 35.49		
	100m: 1:03.18 32.66	500m: 5:34.88 34.41	900m: 10:10.66 34.46	1300m: 14:52.59 35.27		
	150m: 1:36.58 33.40	550m: 6:09.16 34.28	950m: 10:45.65 34.99	1350m: 15:28.32 35.73		
	200m: 2:10.12 33.54	600m: 6:43.52 34.36	1000m: 11:20.67 35.02	1400m: 16:04.22 35.90		
	250m: 2:43.91 33.79	650m: 7:17.89 34.37	1050m: 11:55.84 35.17	1450m: 16:40.00 35.78		
	300m: 3:18.01 34.10	700m: 7:52.39 34.50	1100m: 12:30.84 35.00	1500m: 17:14.20 34.20		
	350m: 3:52.03 34.02	750m: 8:26.92 34.53	1150m: 13:06.39 35.55			
	400m: 4:26.05 34.02	800m: 9:01.69 34.77	1200m: 13:41.83 35.44			
20.	Joao Miguel Cardoso	97	Geslourses	17:55.15	17:18.12	545
	50m: 30.35 30.35	450m: 5:00.14 34.46	850m: 9:40.27 35.20	1250m: 14:24.05 34.96		
	100m: 1:03.22 32.87	500m: 5:34.80 34.66	900m: 10:15.76 35.49	1300m: 14:59.49 35.44		
	150m: 1:36.49 33.27	550m: 6:09.64 34.84	950m: 10:51.57 35.81	1350m: 15:34.78 35.29		
	200m: 2:10.00 33.51	600m: 6:44.70 35.06	1000m: 11:27.30 35.73	1400m: 16:09.85 35.07		
	250m: 2:43.59 33.59	650m: 7:19.59 34.89	1050m: 12:03.07 35.77	1450m: 16:44.55 34.70		
	300m: 3:17.48 33.89	700m: 7:54.52 34.93	1100m: 12:38.52 35.45	1500m: 17:18.12 33.57		
	350m: 3:51.42 33.94	750m: 8:29.70 35.18	1150m: 13:13.69 35.17			
	400m: 4:25.68 34.26	800m: 9:05.07 35.37	1200m: 13:49.09 35.40			
21.	Afonso Figueiredo Frasilho	04	Sporting	17:34.75	17:18.45	544
	50m: 31.82 31.82	450m: 5:04.65 34.56	850m: 9:42.40 34.80	1250m: 14:22.22 34.46		
	100m: 1:05.04 33.22	500m: 5:39.20 34.55	900m: 10:17.32 34.92	1300m: 14:57.17 34.95		
	150m: 1:38.70 33.66	550m: 6:14.35 35.15	950m: 10:51.91 34.59	1350m: 15:32.64 35.47		
	200m: 2:12.46 33.76	600m: 6:48.69 34.34	1000m: 11:27.23 35.32	1400m: 16:07.82 35.18		
	250m: 2:46.70 34.24	650m: 7:23.22 34.53	1050m: 12:02.50 35.27	1450m: 16:43.44 35.62		
	300m: 3:21.18 34.48	700m: 7:58.11 34.89	1100m: 12:37.63 35.13	1500m: 17:18.45 35.01		
	350m: 3:55.74 34.56	750m: 8:32.82 34.71	1150m: 13:13.08 35.45			
	400m: 4:30.09 34.35	800m: 9:07.60 34.78	1200m: 13:47.76 34.68			
22.	Guilherme Matias Cristino	03	União Piedense	17:35.56	17:27.15	531
	50m: 32.55 32.55	450m: 5:10.92 35.59	850m: 9:50.12 34.73	1250m: 14:29.80 34.90		
	100m: 1:06.12 33.57	500m: 5:46.07 35.15	900m: 10:25.31 35.19	1300m: 15:05.28 35.48		
	150m: 1:40.34 34.22	550m: 6:21.20 35.13	950m: 11:00.23 34.92	1350m: 15:40.54 35.26		
	200m: 2:14.90 34.56	600m: 6:55.72 34.52	1000m: 11:35.47 35.24	1400m: 16:16.58 36.04		
	250m: 2:49.77 34.87	650m: 7:30.26 34.54	1050m: 12:09.72 34.25	1450m: 16:51.94 35.36		
	300m: 3:24.69 34.92	700m: 8:05.05 34.79	1100m: 12:44.67 34.95	1500m: 17:27.15 35.21		
	350m: 3:59.99 35.30	750m: 8:40.27 35.22	1150m: 13:19.63 34.96			
	400m: 4:35.33 35.34	800m: 9:15.39 35.12	1200m: 13:54.90 35.27			

**Prova 1, Masc., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
23.	Joao Maria Colaco	03	Sporting	18:04.90	17:28.16	529
	50m: 33.16 33.16	450m: 5:10.90 34.52	850m: 9:54.50	36.04	1250m: 14:35.12 35.49	
	100m: 1:07.81 34.65	500m: 5:46.57 35.67	900m: 10:29.75	35.25	1300m: 15:09.92 34.80	
	150m: 1:42.42 34.61	550m: 6:21.40 34.83	950m: 11:04.48	34.73	1350m: 15:45.47 35.55	
	200m: 2:17.30 34.88	600m: 6:56.95 35.55	1000m: 11:39.83	35.35	1400m: 16:20.53 35.06	
	250m: 2:52.30 35.00	650m: 7:32.04 35.09	1050m: 12:15.02	35.19	1450m: 16:54.89 34.36	
	300m: 3:27.00 34.70	700m: 8:07.40 35.36	1100m: 12:49.78	34.76	1500m: 17:28.16 33.27	
	350m: 4:01.55 34.55	750m: 8:42.86 35.46	1150m: 13:24.63	34.85		
	400m: 4:36.38 34.83	800m: 9:18.46 35.60	1200m: 13:59.63	35.00		
24.	Antonio Lombardi Carvalho	04	Belenenses	17:59.06	17:29.02	528
	50m: 32.10 32.10	450m: 5:14.87 36.48	850m: 9:57.08	34.49	1250m: 14:39.42 35.58	
	100m: 1:06.13 34.03	500m: 5:50.19 35.32	900m: 10:31.84	34.76	1300m: 15:13.77 34.35	
	150m: 1:40.94 34.81	550m: 6:26.24 36.05	950m: 11:06.93	35.09	1350m: 15:48.90 35.13	
	200m: 2:16.33 35.39	600m: 7:01.61 35.37	1000m: 11:42.23	35.30	1400m: 16:22.92 34.02	
	250m: 2:51.57 35.24	650m: 7:36.50 34.89	1050m: 12:17.77	35.54	1450m: 16:56.38 33.46	
	300m: 3:27.24 35.67	700m: 8:11.70 35.20	1100m: 12:53.27	35.50	1500m: 17:29.02 32.64	
	350m: 4:02.77 35.53	750m: 8:47.05 35.35	1150m: 13:28.82	35.55		
	400m: 4:38.39 35.62	800m: 9:22.59 35.54	1200m: 14:03.84	35.02		
25.	Rodrigo Reis Dias	03	Belenenses	17:32.00	17:29.26	527
	50m: 31.45 31.45	450m: 5:02.15 34.78	850m: 9:46.17	35.35	1250m: 14:31.64 35.73	
	100m: 1:04.49 33.04	500m: 5:37.31 35.16	900m: 10:21.80	35.63	1300m: 15:07.52 35.88	
	150m: 1:37.76 33.27	550m: 6:12.33 35.02	950m: 10:57.92	36.12	1350m: 15:43.75 36.23	
	200m: 2:11.00 33.24	600m: 6:47.80 35.47	1000m: 11:33.47	35.55	1400m: 16:19.62 35.87	
	250m: 2:44.77 33.77	650m: 7:23.58 35.78	1050m: 12:09.11	35.64	1450m: 16:54.99 35.37	
	300m: 3:18.49 33.72	700m: 7:59.19 35.61	1100m: 12:44.84	35.73	1500m: 17:29.26 34.27	
	350m: 3:52.83 34.34	750m: 8:34.84 35.65	1150m: 13:20.04	35.20		
	400m: 4:27.37 34.54	800m: 9:10.82 35.98	1200m: 13:55.91	35.87		
26.	Andre Azevedo Baraona	04	C N Montijo	17:56.32	17:29.94	526
	50m: 31.65 31.65	450m: 5:06.60 34.94	850m: 9:50.20	35.71	1250m: 14:34.78 35.46	
	100m: 1:04.89 33.24	500m: 5:41.85 35.25	900m: 10:25.90	35.70	1300m: 15:10.36 35.58	
	150m: 1:38.35 33.46	550m: 6:16.99 35.14	950m: 11:01.98	36.08	1350m: 15:46.13 35.77	
	200m: 2:12.67 34.32	600m: 6:52.30 35.31	1000m: 11:37.19	35.21	1400m: 16:21.82 35.69	
	250m: 2:47.01 34.34	650m: 7:28.30 36.00	1050m: 12:12.56	35.37	1450m: 16:56.11 34.29	
	300m: 3:21.79 34.78	700m: 8:03.48 35.18	1100m: 12:48.21	35.65	1500m: 17:29.94 33.83	
	350m: 3:56.59 34.80	750m: 8:38.58 35.10	1150m: 13:23.91	35.70		
	400m: 4:31.66 35.07	800m: 9:14.49 35.91	1200m: 13:59.32	35.41		
27.	Joao Lourenco Rebelo	04	Alges	18:33.33	17:30.02	526
	50m: 31.62 31.62	450m: 5:12.23 35.64	850m: 9:54.74	35.49	1250m: 14:37.17 35.57	
	100m: 1:05.53 33.91	500m: 5:47.76 35.53	900m: 10:29.93	35.19	1300m: 15:12.24 35.07	
	150m: 1:40.26 34.73	550m: 6:23.31 35.55	950m: 11:05.05	35.12	1350m: 15:47.40 35.16	
	200m: 2:15.05 34.79	600m: 6:58.43 35.12	1000m: 11:40.72	35.67	1400m: 16:22.93 35.53	
	250m: 2:50.32 35.27	650m: 7:33.54 35.11	1050m: 12:16.50	35.78	1450m: 16:57.53 34.60	
	300m: 3:25.59 35.27	700m: 8:08.70 35.16	1100m: 12:51.51	35.01	1500m: 17:30.02 32.49	
	350m: 4:00.94 35.35	750m: 8:43.85 35.15	1150m: 13:26.27	34.76		
	400m: 4:36.59 35.65	800m: 9:19.25 35.40	1200m: 14:01.60	35.33		
28.	Ricardo Samuel Pereira	03	Benfica	18:29.01	17:30.14	526
	50m: 34.01 34.01	450m: 5:12.87 34.76	850m: 9:55.25	35.58	1250m: 14:37.36 35.29	
	100m: 1:08.24 34.23	500m: 5:48.12 35.25	900m: 10:30.56	35.31	1300m: 15:12.72 35.36	
	150m: 1:42.78 34.54	550m: 6:23.45 35.33	950m: 11:05.74	35.18	1350m: 15:47.38 34.66	
	200m: 2:17.82 35.04	600m: 6:58.34 34.89	1000m: 11:40.98	35.24	1400m: 16:22.73 35.35	
	250m: 2:52.75 34.93	650m: 7:33.65 35.31	1050m: 12:16.40	35.42	1450m: 16:57.60 34.87	
	300m: 3:27.79 35.04	700m: 8:09.00 35.35	1100m: 12:51.63	35.23	1500m: 17:30.14 32.54	
	350m: 4:03.13 35.34	750m: 8:44.43 35.43	1150m: 13:26.77	35.14		
	400m: 4:38.11 34.98	800m: 9:19.67 35.24	1200m: 14:02.07	35.30		
29.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	17:51.41	17:36.20	517
	50m: 33.33 33.33	450m: 5:12.82 34.95	850m: 9:56.42	35.46	1250m: 14:40.46 34.95	
	100m: 1:07.33 34.00	500m: 5:48.29 35.47	900m: 10:32.09	35.67	1300m: 15:15.27 34.81	
	150m: 1:42.16 34.83	550m: 6:23.43 35.14	950m: 11:07.77	35.68	1350m: 15:50.22 34.95	
	200m: 2:17.02 34.86	600m: 6:58.91 35.48	1000m: 11:43.58	35.81	1400m: 16:25.63 35.41	
	250m: 2:52.12 35.10	650m: 7:34.24 35.33	1050m: 12:19.19	35.61	1450m: 17:00.93 35.30	
	300m: 3:27.26 35.14	700m: 8:09.72 35.48	1100m: 12:54.93	35.74	1500m: 17:36.20 35.27	
	350m: 4:02.59 35.33	750m: 8:45.39 35.67	1150m: 13:30.25	35.32		
	400m: 4:37.87 35.28	800m: 9:20.96 35.57	1200m: 14:05.51	35.26		
30.	Pedro Esteves Duarte	03	Desportivo Cova da Piedade	17:16.21	17:42.14	509
	50m: 32.06 32.06	450m: 5:11.08 35.63	850m: 9:56.41	35.66	1250m: 14:43.41 35.90	
	100m: 1:05.15 33.09	500m: 5:46.70 35.62	900m: 10:32.50	36.09	1300m: 15:19.43 36.02	
	150m: 1:39.34 34.19	550m: 6:22.47 35.77	950m: 11:08.14	35.64	1350m: 15:55.21 35.78	
	200m: 2:14.21 34.87	600m: 6:57.70 35.23	1000m: 11:44.09	35.95	1400m: 16:31.23 36.02	
	250m: 2:49.27 35.06	650m: 7:33.58 35.88	1050m: 12:19.99	35.90	1450m: 17:06.91 35.68	
	300m: 3:24.60 35.33	700m: 8:09.27 35.69	1100m: 12:55.86	35.87	1500m: 17:42.14 35.23	
	350m: 3:59.94 35.34	750m: 8:45.11 35.84	1150m: 13:31.67	35.81		
	400m: 4:35.45 35.51	800m: 9:20.75 35.64	1200m: 14:07.51	35.84		

**Prova 1, Masc., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
31.	Francisco Amaro Santos	04	Gesloures	18:05.98	17:43.58	506
	50m: 31.71 31.71	450m: 5:15.19 35.51	850m: 10:00.47 35.76	1250m: 14:47.76 35.95		
	100m: 1:06.26 34.55	500m: 5:50.68 35.49	900m: 10:36.38 35.91	1300m: 15:23.72 35.96		
	150m: 1:41.73 35.47	550m: 6:26.42 35.74	950m: 11:12.12 35.74	1350m: 15:59.59 35.87		
	200m: 2:17.36 35.63	600m: 7:02.19 35.77	1000m: 11:48.06 35.94	1400m: 16:35.54 35.95		
	250m: 2:52.84 35.48	650m: 7:37.83 35.64	1050m: 12:24.02 35.96	1450m: 17:10.60 35.06		
	300m: 3:28.42 35.58	700m: 8:13.46 35.63	1100m: 13:00.19 36.17	1500m: 17:43.58 32.98		
	350m: 4:04.01 35.59	750m: 8:48.97 35.51	1150m: 13:35.94 35.75			
	400m: 4:39.68 35.67	800m: 9:24.71 35.74	1200m: 14:11.81 35.87			
32.	Felipe Menegassi Maia	04	Alges	18:01.82	17:47.88	500
	50m: 33.55 33.55	450m: 5:18.17 35.62	850m: 10:05.94 36.02	1250m: 14:54.13 34.98		
	100m: 1:07.97 34.42	500m: 5:53.70 35.53	900m: 10:42.08 36.14	1300m: 15:29.27 35.14		
	150m: 1:43.63 35.66	550m: 6:29.83 36.13	950m: 11:18.46 36.38	1350m: 16:04.34 35.07		
	200m: 2:19.12 35.49	600m: 7:05.77 35.94	1000m: 11:54.79 36.33	1400m: 16:39.33 34.99		
	250m: 2:54.83 35.71	650m: 7:42.23 36.46	1050m: 12:30.77 35.98	1450m: 17:14.72 35.39		
	300m: 3:30.72 35.89	700m: 8:18.33 36.10	1100m: 13:07.82 37.05	1500m: 17:47.88 33.16		
	350m: 4:06.79 36.07	750m: 8:53.90 35.57	1150m: 13:43.39 35.57			
	400m: 4:42.55 35.76	800m: 9:29.92 36.02	1200m: 14:19.15 35.76			
33.	Joao Luis Matos	03	Colégio Vasco da Gama	18:05.31	17:47.92	500
	50m: 32.21 32.21	450m: 5:16.19 36.03	850m: 10:02.84 35.93	1250m: 14:50.93 36.21		
	100m: 1:05.94 33.73	500m: 5:51.95 35.76	900m: 10:38.72 35.88	1300m: 15:27.22 36.29		
	150m: 1:41.07 35.13	550m: 6:27.88 35.93	950m: 11:14.51 35.79	1350m: 16:03.30 36.08		
	200m: 2:16.81 35.74	600m: 7:03.68 35.80	1000m: 11:50.59 36.08	1400m: 16:39.10 35.80		
	250m: 2:52.49 35.68	650m: 7:39.57 35.89	1050m: 12:26.73 36.14	1450m: 17:14.08 34.98		
	300m: 3:28.34 35.85	700m: 8:15.44 35.87	1100m: 13:02.96 36.23	1500m: 17:47.92 33.84		
	350m: 4:04.26 35.92	750m: 8:51.17 35.73	1150m: 13:38.68 35.72			
	400m: 4:40.16 35.90	800m: 9:26.91 35.74	1200m: 14:14.72 36.04			
34.	Diogo Miguel Duraes	03	C N Montijo	18:42.21	17:48.55	499
	50m: 32.77 32.77	450m: 5:16.20 36.07	850m: 10:04.62 36.39	1250m: 14:53.18 35.88		
	100m: 1:06.99 34.22	500m: 5:51.71 35.51	900m: 10:40.82 36.20	1300m: 15:29.15 35.97		
	150m: 1:41.81 34.82	550m: 6:27.80 36.09	950m: 11:16.79 35.97	1350m: 16:05.75 36.60		
	200m: 2:16.78 34.97	600m: 7:03.48 35.68	1000m: 11:52.72 35.93	1400m: 16:41.27 35.52		
	250m: 2:52.22 35.44	650m: 7:39.59 36.11	1050m: 12:28.50 35.78	1450m: 17:16.43 35.16		
	300m: 3:28.07 35.85	700m: 8:15.69 36.10	1100m: 13:04.67 36.17	1500m: 17:48.55 32.12		
	350m: 4:04.29 36.22	750m: 8:51.69 36.00	1150m: 13:41.00 36.33			
	400m: 4:40.13 35.84	800m: 9:28.23 36.54	1200m: 14:17.30 36.30			
35.	Ricardo Novikov	03	Alges	18:11.69	17:51.24	496
	50m: 32.75 32.75	450m: 5:17.45 36.09	850m: 10:04.92 35.74	1250m: 14:53.64 36.27		
	100m: 1:07.29 34.54	500m: 5:53.54 36.09	900m: 10:40.88 35.96	1300m: 15:29.64 36.00		
	150m: 1:42.61 35.32	550m: 6:29.58 36.04	950m: 11:16.85 35.97	1350m: 16:05.47 35.83		
	200m: 2:17.93 35.32	600m: 7:05.60 36.02	1000m: 11:53.29 36.44	1400m: 16:41.00 35.53		
	250m: 2:53.64 35.71	650m: 7:41.49 35.89	1050m: 12:29.16 35.87	1450m: 17:16.42 35.42		
	300m: 3:29.29 35.65	700m: 8:17.30 35.81	1100m: 13:05.20 36.04	1500m: 17:51.24 34.82		
	350m: 4:05.36 36.07	750m: 8:53.39 36.09	1150m: 13:41.35 36.15			
	400m: 4:41.36 36.00	800m: 9:29.18 35.79	1200m: 14:17.37 36.02			
36.	Joao Afonso Santos	04	Sporting	18:23.17	17:57.95	486
	50m: 34.39 34.39	450m: 5:21.14 36.19	850m: 10:14.11 36.35	1250m: 15:02.17 35.48		
	100m: 1:09.14 34.75	500m: 5:57.85 36.71	900m: 10:50.54 36.43	1300m: 15:37.87 35.70		
	150m: 1:44.35 35.21	550m: 6:34.75 36.90	950m: 11:26.53 35.99	1350m: 16:13.68 35.81		
	200m: 2:20.00 35.65	600m: 7:11.38 36.63	1000m: 12:02.95 36.42	1400m: 16:49.30 35.62		
	250m: 2:55.97 35.97	650m: 7:48.31 36.93	1050m: 12:39.43 36.48	1450m: 17:24.59 35.29		
	300m: 3:32.17 36.20	700m: 8:24.68 36.37	1100m: 13:15.42 35.99	1500m: 17:57.95 33.36		
	350m: 4:08.49 36.32	750m: 9:01.38 36.70	1150m: 13:50.91 35.49			
	400m: 4:44.95 36.46	800m: 9:37.76 36.38	1200m: 14:26.69 35.78			
37.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	19:00.21	18:02.39	480
	50m: 33.24 33.24	450m: 5:23.89 36.33	850m: 10:12.48 36.15	1250m: 15:04.11 37.34		
	100m: 1:08.34 35.10	500m: 6:00.19 36.30	900m: 10:48.51 36.03	1300m: 15:40.85 36.74		
	150m: 1:44.47 36.13	550m: 6:36.29 36.10	950m: 11:24.87 36.36	1350m: 16:16.90 36.05		
	200m: 2:20.87 36.40	600m: 7:12.56 36.27	1000m: 12:01.35 36.48	1400m: 16:52.48 35.58		
	250m: 2:57.44 36.57	650m: 7:48.80 36.24	1050m: 12:37.53 36.18	1450m: 17:27.96 35.48		
	300m: 3:34.15 36.71	700m: 8:24.20 35.40	1100m: 13:13.74 36.21	1500m: 18:02.39 34.43		
	350m: 4:10.83 36.68	750m: 9:00.32 36.12	1150m: 13:49.97 36.23			
	400m: 4:47.56 36.73	800m: 9:36.33 36.01	1200m: 14:26.77 36.80			
38.	Joao Matos Fidalgo	03	Benfica	18:50.94	18:04.51	478
	50m: 34.19 34.19	450m: 5:28.63 37.35	850m: 10:22.82 35.75	1250m: 15:10.28 36.02		
	100m: 1:10.05 35.86	500m: 6:06.11 37.48	900m: 10:58.74 35.92	1300m: 15:45.95 35.67		
	150m: 1:46.55 36.50	550m: 6:43.08 36.97	950m: 11:34.97 36.23	1350m: 16:21.27 35.32		
	200m: 2:23.47 36.92	600m: 7:20.39 37.31	1000m: 12:10.91 35.94	1400m: 16:57.01 35.74		
	250m: 3:00.30 36.83	650m: 7:57.09 36.70	1050m: 12:46.98 36.07	1450m: 17:31.87 34.86		
	300m: 3:37.27 36.97	700m: 8:34.03 36.94	1100m: 13:23.18 36.20	1500m: 18:04.51 32.64		
	350m: 4:14.31 37.04	750m: 9:10.35 36.32	1150m: 13:59.26 36.08			
	400m: 4:51.28 36.97	800m: 9:47.07 36.72	1200m: 14:34.26 35.00			

**Prova 1, Masc., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
39.	Tomas Santos Luis	04	Sporting	18:55.21	<b>18:04.59</b>	478
	50m: 34.42 34.42	450m: 5:24.25 36.70	850m: 10:14.44 36.52	1250m: 15:05.65 36.48		
	100m: 1:10.57 36.15	500m: 6:00.49 36.24	900m: 10:50.50 36.06	1300m: 15:41.91 36.26		
	150m: 1:46.75 36.18	550m: 6:36.41 35.92	950m: 11:27.03 36.53	1350m: 16:17.84 35.93		
	200m: 2:23.12 36.37	600m: 7:13.16 36.75	1000m: 12:03.88 36.85	1400m: 16:54.06 36.22		
	250m: 2:59.32 36.20	650m: 7:49.56 36.40	1050m: 12:40.25 36.37	1450m: 17:29.77 35.71		
	300m: 3:35.47 36.15	700m: 8:26.23 36.67	1100m: 13:16.64 36.39	1500m: 18:04.59 34.82		
	350m: 4:11.47 36.00	750m: 9:01.85 35.62	1150m: 13:52.76 36.12			
	400m: 4:47.55 36.08	800m: 9:37.92 36.07	1200m: 14:29.17 36.41			
40.	Antonio Maria Ferreira <i>Fora Tempo Acesso</i>	00	Palmela Desporto	17:55.15	<b>18:09.50</b>	471
	50m: 31.82 31.82	450m: 5:17.26 36.37	850m: 10:12.00 37.02	1250m: 15:08.16 37.19		
	100m: 1:06.43 34.61	500m: 5:53.80 36.54	900m: 10:48.77 36.77	1300m: 15:45.24 37.08		
	150m: 1:41.81 35.38	550m: 6:30.32 36.52	950m: 11:25.42 36.65	1350m: 16:22.15 36.91		
	200m: 2:17.86 36.05	600m: 7:06.99 36.67	1000m: 12:02.56 37.14	1400m: 16:59.37 37.22		
	250m: 2:53.52 35.66	650m: 7:43.66 36.67	1050m: 12:39.91 37.35	1450m: 17:34.99 35.62		
	300m: 3:29.16 35.64	700m: 8:20.84 37.18	1100m: 13:16.72 36.81	1500m: 18:09.50 34.51		
	350m: 4:04.90 35.74	750m: 8:58.00 37.16	1150m: 13:53.80 37.08			
	400m: 4:40.89 35.99	800m: 9:34.98 36.98	1200m: 14:30.97 37.17			
41.	Alexandre Coelho Vieira	03	Sporting	18:39.05	<b>18:11.00</b>	469
	50m: 33.25 33.25	450m: 5:24.79 35.89	850m: 10:15.07 36.40	1250m: 15:06.95 37.03		
	100m: 1:09.24 35.99	500m: 6:00.89 36.10	900m: 10:51.46 36.39	1300m: 15:44.13 37.18		
	150m: 1:45.78 36.54	550m: 6:37.14 36.25	950m: 11:27.85 36.39	1350m: 16:21.19 37.06		
	200m: 2:22.59 36.81	600m: 7:13.52 36.38	1000m: 12:04.39 36.54	1400m: 16:58.58 37.39		
	250m: 2:59.35 36.76	650m: 7:49.80 36.28	1050m: 12:40.23 35.84	1450m: 17:35.94 37.36		
	300m: 3:35.47 36.12	700m: 8:26.26 36.46	1100m: 13:16.64 36.41	1500m: 18:11.00 35.06		
	350m: 4:12.08 36.61	750m: 9:02.51 36.25	1150m: 13:52.88 36.24			
	400m: 4:48.90 36.82	800m: 9:38.67 36.16	1200m: 14:29.92 37.04			
42.	Pedro Picoto Garcia	02	Bombeiros dos Estoris	17:04.72	<b>18:11.34</b>	469
	50m: 30.85 30.85	450m: 5:15.45 37.29	850m: 10:10.02 37.58	1250m: 15:08.97 35.81		
	100m: 1:04.68 33.83	500m: 5:52.11 36.66	900m: 10:47.74 37.72	1300m: 15:45.20 36.23		
	150m: 1:39.03 34.35	550m: 6:28.02 35.91	950m: 11:25.42 37.68	1350m: 16:21.52 36.32		
	200m: 2:14.07 35.04	600m: 7:04.81 36.79	1000m: 12:03.41 37.99	1400m: 16:58.04 36.52		
	250m: 2:49.50 35.43	650m: 7:41.50 36.69	1050m: 12:41.41 38.00	1450m: 17:34.75 36.71		
	300m: 3:25.44 35.94	700m: 8:18.24 36.74	1100m: 13:19.33 37.92	1500m: 18:11.34 36.59		
	350m: 4:01.57 36.13	750m: 8:55.46 37.22	1150m: 13:56.92 37.59			
	400m: 4:38.16 36.59	800m: 9:32.44 36.98	1200m: 14:33.16 36.24			
43.	Tiago Morgado Nogueira	04	Colegio Int Monte Maior	18:25.04	<b>18:12.42</b>	467
	50m: 33.87 33.87	450m: 5:22.10 36.36	850m: 10:16.87 37.32	1250m: 15:11.36 36.68		
	100m: 1:08.92 35.05	500m: 5:58.67 36.57	900m: 10:53.79 36.92	1300m: 15:47.93 36.57		
	150m: 1:44.47 35.55	550m: 6:35.25 36.58	950m: 11:31.06 37.27	1350m: 16:24.84 36.91		
	200m: 2:20.45 35.98	600m: 7:12.13 36.88	1000m: 12:07.86 36.80	1400m: 17:01.81 36.97		
	250m: 2:56.37 35.92	650m: 7:48.67 36.54	1050m: 12:44.52 36.66	1450m: 17:37.56 35.75		
	300m: 3:32.77 36.40	700m: 8:25.52 36.85	1100m: 13:21.41 36.89	1500m: 18:12.42 34.86		
	350m: 4:09.22 36.45	750m: 9:02.30 36.78	1150m: 13:58.21 36.80			
	400m: 4:45.74 36.52	800m: 9:39.55 37.25	1200m: 14:34.68 36.47			
44.	Guilherme Machado Santos	04	União Piedense	18:22.92	<b>18:26.21</b>	450
	50m: 35.06 35.06	450m: 5:28.35 37.09	850m: 10:24.70 37.03	1250m: 15:21.59 36.85		
	100m: 1:11.05 35.99	500m: 6:05.25 36.90	900m: 11:02.44 37.74	1300m: 15:58.68 37.09		
	150m: 1:47.41 36.36	550m: 6:42.26 37.01	950m: 11:40.14 37.70	1350m: 16:35.82 37.14		
	200m: 2:24.04 36.63	600m: 7:19.19 36.93	1000m: 12:17.24 37.10	1400m: 17:13.21 37.39		
	250m: 3:00.80 36.76	650m: 7:56.42 37.23	1050m: 12:53.63 36.39	1450m: 17:50.27 37.06		
	300m: 3:37.48 36.68	700m: 8:33.63 37.21	1100m: 13:30.54 36.91	1500m: 18:26.21 35.94		
	350m: 4:14.47 36.99	750m: 9:10.74 37.11	1150m: 14:07.60 37.06			
	400m: 4:51.26 36.79	800m: 9:47.67 36.93	1200m: 14:44.74 37.14			
45.	Rafael Goncalves Sousa <i>Fora Tempo Acesso</i>	99	CPCD Póvoa Sta Iria	17:55.15	<b>18:27.17</b>	449
	50m: 32.95 32.95	450m: 5:30.26 37.36	850m: 10:30.21 37.85	1250m: 15:27.52 36.58		
	100m: 1:09.34 36.39	500m: 6:07.82 37.56	900m: 11:07.81 37.60	1300m: 16:03.89 36.37		
	150m: 1:46.37 37.03	550m: 6:45.52 37.70	950m: 11:45.17 37.36	1350m: 16:40.26 36.37		
	200m: 2:23.71 37.34	600m: 7:23.12 37.60	1000m: 12:22.25 37.08	1400m: 17:16.62 36.36		
	250m: 3:00.92 37.21	650m: 8:00.86 37.74	1050m: 12:59.32 37.07	1450m: 17:52.45 35.83		
	300m: 3:38.26 37.34	700m: 8:38.23 37.37	1100m: 13:36.38 37.06	1500m: 18:27.17 34.72		
	350m: 4:15.56 37.30	750m: 9:15.60 37.37	1150m: 14:13.53 37.15			
	400m: 4:52.90 37.34	800m: 9:52.36 36.76	1200m: 14:50.94 37.41			

**Prova 1, Masc., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
46.	<b>Tiago Fanha Lopes</b>	04	<b>C N Montijo</b>	<b>18:32.76</b>	<b>18:27.60</b>	<b>448</b>
	50m: 31.94 31.94	450m: 5:24.14 36.88	850m: 10:20.36 36.82	1250m: 15:20.26 38.71		
	100m: 1:07.19 35.25	500m: 6:01.03 36.89	900m: 10:57.26 36.90	1300m: 15:58.12 37.86		
	150m: 1:44.05 36.86	550m: 6:37.90 36.87	950m: 11:34.37 37.11	1350m: 16:36.09 37.97		
	200m: 2:20.60 36.55	600m: 7:15.12 37.22	1000m: 12:12.01 37.64	1400m: 17:13.76 37.67		
	250m: 2:57.09 36.49	650m: 7:51.94 36.82	1050m: 12:49.86 37.85	1450m: 17:51.67 37.91		
	300m: 3:33.60 36.51	700m: 8:28.97 37.03	1100m: 13:26.81 36.95	1500m: 18:27.60 35.93		
	350m: 4:10.26 36.66	750m: 9:06.43 37.46	1150m: 14:04.36 37.55			
	400m: 4:47.26 37.00	800m: 9:43.54 37.11	1200m: 14:41.55 37.19			
47.	<b>Francisco Sousa Uva</b>	04	<b>Alges</b>	<b>19:27.59</b>	<b>18:32.19</b>	<b>443</b>
	50m: 33.12 33.12	450m: 5:30.82 37.11	850m: 10:29.40 36.71	1250m: 15:28.26 37.23		
	100m: 1:09.65 36.53	500m: 6:08.32 37.50	900m: 11:07.08 37.68	1300m: 16:05.37 37.11		
	150m: 1:46.76 37.11	550m: 6:45.81 37.49	950m: 11:44.37 37.29	1350m: 16:42.55 37.18		
	200m: 2:24.24 37.48	600m: 7:23.59 37.78	1000m: 12:21.74 37.37	1400m: 17:19.67 37.12		
	250m: 3:01.90 37.66	650m: 8:01.21 37.62	1050m: 12:58.99 37.25	1450m: 17:56.79 37.12		
	300m: 3:39.60 37.70	700m: 8:38.53 37.32	1100m: 13:36.23 37.24	1500m: 18:32.19 35.40		
	350m: 4:16.54 36.94	750m: 9:15.51 36.98	1150m: 14:13.58 37.35			
	400m: 4:53.71 37.17	800m: 9:52.69 37.18	1200m: 14:51.03 37.45			
48.	<b>Duarte Brito Justino</b>	04	<b>Colegio Int Monte Maior</b>	<b>19:03.16</b>	<b>18:39.95</b>	<b>434</b>
	50m: 35.31 35.31	450m: 5:34.29 37.49	850m: 10:36.46 37.85	1250m: 15:37.68 37.77		
	100m: 1:12.16 36.85	500m: 6:11.86 37.57	900m: 11:14.33 37.87	1300m: 16:15.81 38.13		
	150m: 1:49.38 37.22	550m: 6:49.87 38.01	950m: 11:52.09 37.76	1350m: 16:52.63 36.82		
	200m: 2:26.57 37.19	600m: 7:27.50 37.63	1000m: 12:30.13 38.04	1400m: 17:29.57 36.94		
	250m: 3:04.15 37.58	650m: 8:05.37 37.87	1050m: 13:07.62 37.49	1450m: 18:06.25 36.68		
	300m: 3:41.30 37.15	700m: 8:42.82 37.45	1100m: 13:44.79 37.17	1500m: 18:39.95 33.70		
	350m: 4:18.95 37.65	750m: 9:20.66 37.84	1150m: 14:22.12 37.33			
	400m: 4:56.80 37.85	800m: 9:58.61 37.95	1200m: 14:59.91 37.79			
49.	<b>Miguel Filipe Anjo</b>	04	<b>Desportivo Cova da Piedade</b>	<b>19:11.98</b>	<b>18:40.42</b>	<b>433</b>
	50m: 35.90 35.90	450m: 5:36.56 37.98	850m: 10:37.32 37.15	1250m: 15:37.41 37.94		
	100m: 1:13.00 37.10	500m: 6:13.89 37.33	900m: 11:14.50 37.18	1300m: 16:14.94 37.53		
	150m: 1:50.34 37.34	550m: 6:51.43 37.54	950m: 11:51.83 37.33	1350m: 16:52.44 37.50		
	200m: 2:27.92 37.58	600m: 7:29.18 37.75	1000m: 12:29.71 37.88	1400m: 17:29.36 36.92		
	250m: 3:05.50 37.58	650m: 8:07.10 37.92	1050m: 13:07.15 37.44	1450m: 18:06.31 36.95		
	300m: 3:42.95 37.45	700m: 8:44.69 37.59	1100m: 13:44.44 37.29	1500m: 18:40.42 34.11		
	350m: 4:20.75 37.80	750m: 9:22.28 37.59	1150m: 14:22.07 37.63			
	400m: 4:58.58 37.83	800m: 10:00.17 37.89	1200m: 14:59.47 37.40			
50.	<b>Nuno Fontes Mil-homens</b>	04	<b>Sporting</b>	<b>18:10.70</b>	<b>18:47.52</b>	<b>425</b>
	50m: 33.21 33.21	450m: 5:30.64 38.61	850m: 10:33.40 37.56	1250m: 15:38.79 39.40		
	100m: 1:08.82 35.61	500m: 6:08.09 37.45	900m: 11:10.79 37.39	1300m: 16:17.26 38.47		
	150m: 1:45.63 36.81	550m: 6:45.87 37.78	950m: 11:49.32 38.53	1350m: 16:55.87 38.61		
	200m: 2:22.78 37.15	600m: 7:23.86 37.99	1000m: 12:27.70 38.38	1400m: 17:33.91 38.04		
	250m: 2:59.99 37.21	650m: 8:02.05 38.19	1050m: 13:04.45 36.75	1450m: 18:11.45 37.54		
	300m: 3:37.46 37.47	700m: 8:40.07 38.02	1100m: 13:43.01 38.56	1500m: 18:47.52 36.07		
	350m: 4:14.50 37.04	750m: 9:17.51 37.44	1150m: 14:20.75 37.74			
	400m: 4:52.03 37.53	800m: 9:55.84 38.33	1200m: 14:59.39 38.64			
51.	<b>Pedro Forjaz Cirurgiao</b>	04	<b>Alges</b>	<b>19:35.89</b>	<b>18:55.91</b>	<b>416</b>
	50m: 32.50 32.50	450m: 5:36.44 38.33	850m: 10:41.81 38.30	1250m: 15:49.32 38.56		
	100m: 1:09.27 36.77	500m: 6:14.17 37.73	900m: 11:20.74 38.93	1300m: 16:27.76 38.44		
	150m: 1:46.75 37.48	550m: 6:53.15 38.98	950m: 11:58.60 37.86	1350m: 17:06.28 38.52		
	200m: 2:24.70 37.95	600m: 7:30.78 37.63	1000m: 12:37.26 38.66	1400m: 17:42.69 36.41		
	250m: 3:03.04 38.34	650m: 8:09.74 38.96	1050m: 13:15.17 37.91	1450m: 18:20.17 37.48		
	300m: 3:41.73 38.69	700m: 8:47.34 37.60	1100m: 13:53.71 38.54	1500m: 18:55.91 35.74		
	350m: 4:19.62 37.89	750m: 9:25.58 38.24	1150m: 14:32.18 38.47			
	400m: 4:58.11 38.49	800m: 10:03.51 37.93	1200m: 15:10.76 38.58			
52.	<b>Andre Santos Costa</b>	03	<b>Amadora</b>	<b>18:57.09</b>	<b>18:55.94</b>	<b>416</b>
	50m: 34.38 34.38	450m: 5:33.55 38.20	850m: 10:39.57 38.05	1250m: 15:45.27 38.17		
	100m: 1:10.77 36.39	500m: 6:11.77 38.22	900m: 11:17.54 37.97	1300m: 16:23.71 38.44		
	150m: 1:47.86 37.09	550m: 6:50.31 38.54	950m: 11:55.57 38.03	1350m: 17:03.18 39.47		
	200m: 2:24.94 37.08	600m: 7:28.61 38.30	1000m: 12:33.86 38.29	1400m: 17:41.89 38.71		
	250m: 3:02.24 37.30	650m: 8:06.85 38.24	1050m: 13:12.42 38.56	1450m: 18:20.41 38.52		
	300m: 3:40.06 37.82	700m: 8:45.33 38.48	1100m: 13:50.62 38.20	1500m: 18:55.94 35.53		
	350m: 4:17.70 37.64	750m: 9:23.40 38.07	1150m: 14:28.71 38.09			
	400m: 4:55.35 37.65	800m: 10:01.52 38.12	1200m: 15:07.10 38.39			
53.	<b>Dinis Viola Caroco</b>	03	<b>Sporting</b>	<b>19:00.86</b>	<b>18:56.32</b>	<b>415</b>
	50m: 35.38 35.38	450m: 5:34.74 37.86	850m: 10:40.46 37.42	1250m: 15:45.26 38.48		
	100m: 1:11.83 36.45	500m: 6:12.90 38.16	900m: 11:18.44 37.98	1300m: 16:24.22 38.96		
	150m: 1:48.80 36.97	550m: 6:51.70 38.80	950m: 11:56.43 37.99	1350m: 17:03.13 38.91		
	200m: 2:25.76 36.96	600m: 7:29.82 38.12	1000m: 12:34.59 38.16	1400m: 17:41.76 38.63		
	250m: 3:02.98 37.22	650m: 8:08.08 38.26	1050m: 13:12.64 38.05	1450m: 18:20.86 39.10		
	300m: 3:40.84 37.86	700m: 8:46.40 38.32	1100m: 13:50.73 38.09	1500m: 18:56.32 35.46		
	350m: 4:18.90 38.06	750m: 9:25.15 38.75	1150m: 14:28.64 37.91			
	400m: 4:56.88 37.98	800m: 10:03.04 37.89	1200m: 15:06.78 38.14			

**Prova 1, Masc., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
54.	Afonso Cipriano Pinto	04	Sporting	18:37.27	19:01.59	409
	50m: 34.76	34.76	450m: 5:34.33	37.84	850m: 10:42.30	38.65
	100m: 1:11.87	37.11	500m: 6:12.40	38.07	900m: 11:20.91	38.61
	150m: 1:48.76	36.89	550m: 6:51.32	38.92	950m: 11:59.80	38.89
	200m: 2:25.85	37.09	600m: 7:29.82	38.50	1000m: 12:38.39	38.59
	250m: 3:03.27	37.42	650m: 8:08.18	38.36	1050m: 13:17.26	38.87
	300m: 3:40.89	37.62	700m: 8:46.74	38.56	1100m: 13:55.82	38.56
	350m: 4:18.74	37.85	750m: 9:25.15	38.41	1150m: 14:34.37	38.55
	400m: 4:56.49	37.75	800m: 10:03.65	38.50	1200m: 15:13.04	38.67
55.	Alexandre Duarte Morais	04	Palmela Desporto	19:31.91	19:07.72	403
	50m: 37.92	37.92	450m: 5:44.62	38.73	850m: 10:52.94	38.91
	100m: 1:16.50	38.58	500m: 6:22.41	37.79	900m: 11:31.32	38.38
	150m: 1:55.92	39.42	550m: 7:00.34	37.93	950m: 12:09.58	38.26
	200m: 2:35.05	39.13	600m: 7:39.45	39.11	1000m: 12:48.10	38.52
	250m: 3:12.18	37.13	650m: 8:18.86	39.41	1050m: 13:25.98	37.88
	300m: 3:49.84	37.66	700m: 8:57.50	38.64	1100m: 14:04.78	38.80
	350m: 4:27.54	37.70	750m: 9:35.86	38.36	1150m: 14:42.89	38.11
	400m: 5:05.89	38.35	800m: 10:14.03	38.17	1200m: 15:21.75	38.86
56.	Victor Bethlem Tigre	04	Sporting	19:35.89	19:13.56	397
	50m: 35.32	35.32	450m: 5:43.97	39.15	850m: 10:54.93	39.08
	100m: 1:12.95	37.63	500m: 6:23.03	39.06	900m: 11:33.78	38.85
	150m: 1:51.48	38.53	550m: 7:01.63	38.60	950m: 12:12.75	38.97
	200m: 2:30.15	38.67	600m: 7:40.62	38.99	1000m: 12:51.58	38.83
	250m: 3:08.78	38.63	650m: 8:19.75	39.13	1050m: 13:29.70	38.12
	300m: 3:47.24	38.46	700m: 8:58.55	38.80	1100m: 14:08.32	38.62
	350m: 4:26.04	38.80	750m: 9:37.32	38.77	1150m: 14:46.92	38.60
	400m: 5:04.82	38.78	800m: 10:15.85	38.53	1200m: 15:25.39	38.47
57.	Tomas Pratas Neto <i>Fora Tempo Acesso</i>	04	Palmela Desporto	19:35.89	20:05.56	348
	50m: 38.05	38.05	450m: 5:57.19	40.74	850m: 11:19.05	40.23
	100m: 1:17.12	39.07	500m: 6:37.54	40.35	900m: 11:59.50	40.45
	150m: 1:56.56	39.44	550m: 7:17.79	40.25	950m: 12:39.80	40.30
	200m: 2:36.19	39.63	600m: 7:57.96	40.17	1000m: 13:20.49	40.69
	250m: 3:16.25	40.06	650m: 8:38.07	40.11	1050m: 14:01.37	40.88
	300m: 3:56.44	40.19	700m: 9:18.80	40.73	1100m: 14:41.87	40.50
	350m: 4:36.30	39.86	750m: 9:58.97	40.17	1150m: 15:21.50	39.63
	400m: 5:16.45	40.15	800m: 10:38.82	39.85	1200m: 16:02.12	40.62
58.	Afonso Goncalves Jorge <i>Fora Tempo Acesso</i>	04	Geslours	19:35.89	20:22.06	334
	50m: 34.57	34.57	450m: 5:57.81	41.03	850m: 11:28.02	41.38
	100m: 1:12.81	38.24	500m: 6:38.87	41.06	900m: 12:09.45	41.43
	150m: 1:52.24	39.43	550m: 7:19.95	41.08	950m: 12:50.94	41.49
	200m: 2:32.50	40.26	600m: 8:01.23	41.28	1000m: 13:32.27	41.33
	250m: 3:13.38	40.88	650m: 8:42.22	40.99	1050m: 14:13.66	41.39
	300m: 3:54.27	40.89	700m: 9:24.00	41.78	1100m: 14:54.80	41.14
	350m: 4:35.55	41.28	750m: 10:05.16	41.16	1150m: 15:36.51	41.71
	400m: 5:16.78	41.23	800m: 10:46.64	41.48	1200m: 16:17.95	41.44
59.	Joao Silva Angelino <i>Fora Tempo Acesso</i>	04	Palmela Desporto	19:35.89	21:58.77	265
	50m: 36.59	36.59	450m: 6:25.89	45.77	850m: 12:26.84	45.04
	100m: 1:16.33	39.74	500m: 7:11.61	45.72	900m: 13:12.13	45.29
	150m: 1:58.58	42.25	550m: 7:56.08	44.47	950m: 13:57.15	45.02
	200m: 2:42.07	43.49	600m: 8:41.02	44.94	1000m: 14:42.41	45.26
	250m: 3:26.35	44.28	650m: 9:26.86	45.84	1050m: 15:28.02	45.61
	300m: 4:10.27	43.92	700m: 10:11.64	44.78	1100m: 16:13.85	45.83
	350m: 4:55.14	44.87	750m: 10:56.55	44.91	1150m: 16:59.00	45.15
	400m: 5:40.12	44.98	800m: 11:41.80	45.25	1200m: 17:43.55	44.55
DSQ	Afonso Esteves Tome <i>G1 - Efectuou falsa partida (SW 4.4)</i>	03	Colegio Int Monte Maior	19:14.51		