

Prova 10
17.11.2023 - 18:13

Masc., 1500m Livres

Absolutos
Resultados

Rec Regional Abs	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Regional Sen	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Regional Jun 2	15:06.77	Filipe Miguel Santo	SLB	Funchal	2018
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	15:55.78	Rui Silva Pereira	ADRCIMM	Tomar	2023
Rec Nacional Abs	14:39.82	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Sen	14:39.82	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Jun 2	15:06.77	Filipe Miguel Santo	SLB	Funchal	2018
Rec Nacional Jun 1	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	2009
Rec Nacional Juv A	15:36.31	Rui Filipe Costa	VSC	Braga	2007
Rec Nacional Juv B	15:55.78	Rui Silva Pereira	POR	Tomar	2023

TAC Juv B: 19:05.36; Juv A: 18:32.00; Jun 1: 18:10.20; Jun 2: 17:59.40; Sen 1: 17:49.77

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Rafael Lin Moniz	09	Naval Setubalense	19:13.99	17:48.40	498
	50m: 32.61 32.61	450m: 5:17.11 35.89	850m: 10:04.47 35.92	1250m: 14:52.80 36.14		
	100m: 1:07.13 34.52	500m: 5:52.86 35.75	900m: 10:40.37 35.90	1300m: 15:28.57 35.77		
	150m: 1:42.60 35.47	550m: 6:28.39 35.53	950m: 11:16.33 35.96	1350m: 16:04.16 35.59		
	200m: 2:18.22 35.62	600m: 7:04.15 35.76	1000m: 11:52.12 35.79	1400m: 16:40.34 36.18		
	250m: 2:54.10 35.88	650m: 7:40.09 35.94	1050m: 12:28.42 36.30	1450m: 17:15.57 35.23		
	300m: 3:29.75 35.65	700m: 8:16.28 36.19	1100m: 13:04.45 36.03	1500m: 17:48.40 32.83		
	350m: 4:05.71 35.96	750m: 8:52.32 36.04	1150m: 13:40.76 36.31			
	400m: 4:41.22 35.51	800m: 9:28.55 36.23	1200m: 14:16.66 35.90			
2.	Martim Chambel Pinto	09	Colegio Int Monte Maior	18:24.66	18:09.82	469
	50m: 31.53 31.53	450m: 5:23.32 36.83	850m: 10:17.57 36.49	1250m: 15:10.14 36.05		
	100m: 1:06.65 35.12	500m: 6:00.35 37.03	900m: 10:54.15 36.58	1300m: 15:47.12 36.98		
	150m: 1:42.99 36.34	550m: 6:37.31 36.96	950m: 11:30.94 36.79	1350m: 16:23.92 36.80		
	200m: 2:19.64 36.65	600m: 7:14.51 37.20	1000m: 12:07.76 36.82	1400m: 16:59.34 35.42		
	250m: 2:56.49 36.85	650m: 7:51.10 36.59	1050m: 12:43.78 36.02	1450m: 17:35.72 36.38		
	300m: 3:33.01 36.52	700m: 8:27.70 36.60	1100m: 13:20.89 37.11	1500m: 18:09.82 34.10		
	350m: 4:09.73 36.72	750m: 9:04.57 36.87	1150m: 13:57.67 36.78			
	400m: 4:46.49 36.76	800m: 9:41.08 36.51	1200m: 14:34.09 36.42			
3.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	19:03.19	18:22.37	453
	50m: 32.81 32.81	450m: 5:26.77 36.79	850m: 10:23.24 37.34	1250m: 15:19.01 36.84		
	100m: 1:08.70 35.89	500m: 6:03.51 36.74	900m: 10:59.82 36.58	1300m: 15:56.00 36.99		
	150m: 1:45.18 36.48	550m: 6:40.73 37.22	950m: 11:36.48 36.66	1350m: 16:33.05 37.05		
	200m: 2:22.02 36.84	600m: 7:17.94 37.21	1000m: 12:13.54 37.06	1400m: 17:09.68 36.63		
	250m: 2:58.94 36.92	650m: 7:55.05 37.11	1050m: 12:50.76 37.22	1450m: 17:46.45 36.77		
	300m: 3:36.10 37.16	700m: 8:31.77 36.72	1100m: 13:27.99 37.23	1500m: 18:22.37 35.92		
	350m: 4:13.26 37.16	750m: 9:08.72 36.95	1150m: 14:05.07 37.08			
	400m: 4:49.98 36.72	800m: 9:45.90 37.18	1200m: 14:42.17 37.10			
4.	Miguel Bera Fonseca	09	Benfica	19:06.53	18:28.15	446
	50m: 33.32 33.32	450m: 5:28.29 37.33	850m: 10:24.67 37.34	1250m: 15:23.40 37.48		
	100m: 1:09.20 35.88	500m: 6:05.06 36.77	900m: 11:01.68 37.01	1300m: 16:00.88 37.48		
	150m: 1:45.60 36.40	550m: 6:42.13 37.07	950m: 11:39.03 37.35	1350m: 16:38.87 37.99		
	200m: 2:22.63 37.03	600m: 7:19.16 37.03	1000m: 12:16.34 37.31	1400m: 17:15.98 37.11		
	250m: 2:59.59 36.96	650m: 7:56.00 36.84	1050m: 12:53.54 37.20	1450m: 17:53.13 37.15		
	300m: 3:36.57 36.98	700m: 8:32.99 36.99	1100m: 13:31.10 37.56	1500m: 18:28.15 35.02		
	350m: 4:13.87 37.30	750m: 9:10.11 37.12	1150m: 14:08.55 37.45			
	400m: 4:50.96 37.09	800m: 9:47.33 37.22	1200m: 14:45.92 37.37			
5.	Pedro Guedes Caldas	09	Benfica	19:19.35	18:29.08	445
	50m: 33.26 33.26	450m: 5:28.84 37.37	850m: 10:25.69 37.32	1250m: 15:24.89 37.25		
	100m: 1:09.57 36.31	500m: 6:05.75 36.91	900m: 11:03.05 37.36	1300m: 16:02.28 37.39		
	150m: 1:46.09 36.52	550m: 6:42.77 37.02	950m: 11:40.39 37.34	1350m: 16:40.07 37.79		
	200m: 2:23.04 36.95	600m: 7:19.69 36.92	1000m: 12:17.78 37.39	1400m: 17:17.57 37.50		
	250m: 3:00.04 37.00	650m: 7:56.76 37.07	1050m: 12:55.18 37.40	1450m: 17:54.43 36.86		
	300m: 3:36.94 36.90	700m: 8:33.91 37.15	1100m: 13:32.51 37.33	1500m: 18:29.08 34.65		
	350m: 4:14.22 37.28	750m: 9:11.13 37.22	1150m: 14:09.99 37.48			
	400m: 4:51.47 37.25	800m: 9:48.37 37.24	1200m: 14:47.64 37.65			

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

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
6.	Rodrigo Duarte Narigueta	09	Palmela Desporto	19:46.23	18:43.49	428
	50m: 32.98 32.98	450m: 5:27.38 37.20	850m: 10:27.83 38.02	1250m: 15:31.70 37.99		
	100m: 1:09.18 36.20	500m: 6:04.66 37.28	900m: 11:05.97 38.14	1300m: 16:10.41 38.71		
	150m: 1:45.20 36.02	550m: 6:42.15 37.49	950m: 11:43.88 37.91	1350m: 16:48.87 38.46		
	200m: 2:22.04 36.84	600m: 7:19.52 37.37	1000m: 12:21.99 38.11	1400m: 17:27.51 38.64		
	250m: 2:59.30 37.26	650m: 7:57.16 37.64	1050m: 12:59.82 37.83	1450m: 18:05.66 38.15		
	300m: 3:36.23 36.93	700m: 8:34.46 37.30	1100m: 13:37.89 38.07	1500m: 18:43.49 37.83		
	350m: 4:13.28 37.05	750m: 9:11.92 37.46	1150m: 14:15.75 37.86			
	400m: 4:50.18 36.90	800m: 9:49.81 37.89	1200m: 14:53.71 37.96			
7.	Martim Abalada Vilaca Fora Tempo Acesso	09	AONDA - Azeitão	20:07.60	19:24.38	384
	50m: 32.88 32.88	450m: 5:36.77 39.72	850m: 10:50.86 39.64	1250m: 16:08.77 39.67		
	100m: 1:09.88 37.00	500m: 6:15.89 39.12	900m: 11:31.03 40.17	1300m: 16:48.33 39.56		
	150m: 1:46.56 36.68	550m: 6:54.90 39.01	950m: 12:10.96 39.93	1350m: 17:28.83 40.50		
	200m: 2:24.07 37.51	600m: 7:33.10 38.20	1000m: 12:51.02 40.06	1400m: 18:08.14 39.31		
	250m: 3:01.46 37.39	650m: 8:12.63 39.53	1050m: 13:29.80 38.78	1450m: 18:47.01 38.87		
	300m: 3:39.08 37.62	700m: 8:52.41 39.78	1100m: 14:09.42 39.62	1500m: 19:24.38 37.37		
	350m: 4:17.73 38.65	750m: 9:31.34 38.93	1150m: 14:49.12 39.70			
	400m: 4:57.05 39.32	800m: 10:11.22 39.88	1200m: 15:29.10 39.98			

Juvenis A

1.	Afonso Gago Garcia	08	Benfica	16:57.69	16:46.06	596
	50m: 29.32 29.32	450m: 4:59.45 34.13	850m: 9:28.00 34.13	1250m: 13:58.63 34.04		
	100m: 1:01.94 32.62	500m: 5:33.84 34.39	900m: 10:01.86 33.86	1300m: 14:32.52 33.89		
	150m: 1:34.89 32.95	550m: 6:07.00 33.16	950m: 10:35.80 33.94	1350m: 15:06.02 33.50		
	200m: 2:08.18 33.29	600m: 6:40.22 33.22	1000m: 11:09.70 33.90	1400m: 15:39.87 33.85		
	250m: 2:42.64 34.46	650m: 7:13.47 33.25	1050m: 11:43.19 33.49	1450m: 16:13.18 33.31		
	300m: 3:16.88 34.24	700m: 7:46.99 33.52	1100m: 12:16.69 33.50	1500m: 16:46.06 32.88		
	350m: 3:51.10 34.22	750m: 8:20.26 33.27	1150m: 12:50.56 33.87			
	400m: 4:25.32 34.22	800m: 8:53.87 33.61	1200m: 13:24.59 34.03			
2.	Rafael Ataíde Duarte	08	Benfica	19:00.00	18:10.38	468
	50m: 31.37 31.37	450m: 5:25.81 37.55	850m: 10:17.25 36.33	1250m: 15:10.30 36.62		
	100m: 1:06.53 35.16	500m: 6:02.80 36.99	900m: 10:53.78 36.53	1300m: 15:47.08 36.78		
	150m: 1:43.03 36.50	550m: 6:40.06 37.26	950m: 11:30.19 36.41	1350m: 16:23.57 36.49		
	200m: 2:20.04 37.01	600m: 7:16.54 36.48	1000m: 12:07.15 36.96	1400m: 16:59.48 35.91		
	250m: 2:56.91 36.87	650m: 7:52.46 35.92	1050m: 12:43.49 36.34	1450m: 17:35.98 36.50		
	300m: 3:33.74 36.83	700m: 8:28.42 35.96	1100m: 13:20.20 36.71	1500m: 18:10.38 34.40		
	350m: 4:10.79 37.05	750m: 9:04.51 36.09	1150m: 13:56.87 36.67			
	400m: 4:48.26 37.47	800m: 9:40.92 36.41	1200m: 14:33.68 36.81			
3.	Francisco Manuel Bexiga	08	Vikings	20:31.61	18:25.42	449
	50m: 33.38 33.38	450m: 5:26.68 37.10	850m: 10:24.39 37.11	1250m: 15:23.09 37.52		
	100m: 1:08.46 35.08	500m: 6:03.92 37.24	900m: 11:02.06 37.67	1300m: 16:00.21 37.12		
	150m: 1:44.35 35.89	550m: 6:41.43 37.51	950m: 11:40.24 38.18	1350m: 16:36.90 36.69		
	200m: 2:21.04 36.69	600m: 7:18.36 36.93	1000m: 12:17.35 37.11	1400m: 17:13.94 37.04		
	250m: 2:58.26 37.22	650m: 7:55.51 37.15	1050m: 12:54.31 36.96	1450m: 17:50.56 36.62		
	300m: 3:35.27 37.01	700m: 8:32.74 37.23	1100m: 13:31.55 37.24	1500m: 18:25.42 34.86		
	350m: 4:12.58 37.31	750m: 9:10.16 37.42	1150m: 14:08.77 37.22			
	400m: 4:49.58 37.00	800m: 9:47.28 37.12	1200m: 14:45.57 36.80			
4.	Joao Filipe Prazeres Fora Tempo Acesso	08	Gesloures	18:31.91	19:03.12	406
	50m: 31.60 31.60	450m: 5:31.67 38.42	850m: 10:39.51 39.07	1250m: 15:52.03 39.01		
	100m: 1:07.55 35.95	500m: 6:09.92 38.25	900m: 11:18.37 38.86	1300m: 16:30.89 38.86		
	150m: 1:44.68 37.13	550m: 6:48.35 38.43	950m: 11:56.94 38.57	1350m: 17:09.59 38.70		
	200m: 2:22.39 37.71	600m: 7:27.20 38.85	1000m: 12:37.13 40.19	1400m: 17:48.00 38.41		
	250m: 3:00.00 37.61	650m: 8:05.85 38.65	1050m: 13:15.41 38.28	1450m: 18:25.94 37.94		
	300m: 3:37.86 37.86	700m: 8:44.26 38.41	1100m: 13:54.84 39.43	1500m: 19:03.12 37.18		
	350m: 4:15.55 37.69	750m: 9:22.25 37.99	1150m: 14:33.93 39.09			
	400m: 4:53.25 37.70	800m: 10:00.44 38.19	1200m: 15:13.02 39.09			

Juniores

1.	Pedro Bethlem Tigre	06	Sporting	15:59.35	16:26.42	632
	50m: 28.23 28.23	450m: 4:48.32 33.40	850m: 9:15.31 33.39	1250m: 13:43.13 33.34		
	100m: 59.51 31.28	500m: 5:21.65 33.33	900m: 9:48.53 33.22	1300m: 14:16.36 33.23		
	150m: 1:31.13 31.62	550m: 5:54.78 33.13	950m: 10:21.79 33.26	1350m: 14:49.47 33.11		
	200m: 2:03.33 32.20	600m: 6:27.94 33.16	1000m: 10:55.23 33.44	1400m: 15:23.05 33.58		
	250m: 2:35.66 32.33	650m: 7:01.98 34.04	1050m: 11:28.59 33.36	1450m: 15:55.16 32.11		
	300m: 3:08.41 32.75	700m: 7:35.40 33.42	1100m: 12:02.21 33.62	1500m: 16:26.42 31.26		
	350m: 3:41.59 33.18	750m: 8:08.79 33.39	1150m: 12:35.93 33.72			
	400m: 4:14.92 33.33	800m: 8:41.92 33.13	1200m: 13:09.79 33.86			

Prova 10, Masc., 1500m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	
2.	Tomas Maia Januario	06	Benfica	18:00.00	16:27.06	631	
	50m: 28.51	450m: 4:46.22	32.94	850m: 9:12.93	33.52	1250m: 13:39.88	33.46
	100m: 59.81	500m: 5:18.82	32.60	900m: 9:46.52	33.59	1300m: 14:13.12	33.24
	150m: 1:31.64	550m: 5:51.94	33.12	950m: 10:20.14	33.62	1350m: 14:46.77	33.65
	200m: 2:03.91	600m: 6:25.14	33.20	1000m: 10:53.52	33.38	1400m: 15:20.73	33.96
	250m: 2:36.15	650m: 6:58.52	33.38	1050m: 11:26.66	33.14	1450m: 15:53.80	33.07
	300m: 3:08.75	700m: 7:32.03	33.51	1100m: 12:00.00	33.34	1500m: 16:27.06	33.26
	350m: 3:40.95	750m: 8:05.60	33.57	1150m: 12:33.28	33.28		
	400m: 4:13.28	800m: 8:39.41	33.81	1200m: 13:06.42	33.14		
3.	Pedro Crispim Jorge	06	Uniao Piedense	16:32.94	16:56.38	578	
	50m: 28.63	450m: 4:56.60	34.85	850m: 9:33.35	34.76	1250m: 14:06.30	34.52
	100m: 1:00.34	500m: 5:31.22	34.62	900m: 10:06.50	33.15	1300m: 14:40.38	34.08
	150m: 1:33.05	550m: 6:05.80	34.58	950m: 10:41.18	34.68	1350m: 15:15.22	34.84
	200m: 2:06.21	600m: 6:40.04	34.24	1000m: 11:16.04	34.86	1400m: 15:49.36	34.14
	250m: 2:39.70	650m: 7:14.50	34.46	1050m: 11:50.86	34.82	1450m: 16:23.43	34.07
	300m: 3:13.38	700m: 7:49.24	34.74	1100m: 12:24.87	34.01	1500m: 16:56.38	32.95
	350m: 3:47.49	750m: 8:24.15	34.91	1150m: 12:57.93	33.06		
	400m: 4:21.75	800m: 8:58.59	34.44	1200m: 13:31.78	33.85		
4.	Rodrigo Onofre Matos	06	Belenenses	17:18.43	17:00.26	571	
	50m: 30.18	450m: 5:03.08	34.66	850m: 9:39.03	34.77	1250m: 14:14.56	33.59
	100m: 1:03.36	500m: 5:37.62	34.54	900m: 10:13.59	34.56	1300m: 14:48.89	34.33
	150m: 1:37.21	550m: 6:12.01	34.39	950m: 10:48.27	34.68	1350m: 15:22.90	34.01
	200m: 2:11.13	600m: 6:46.53	34.52	1000m: 11:22.90	34.63	1400m: 15:56.34	33.44
	250m: 2:45.39	650m: 7:20.96	34.43	1050m: 11:57.33	34.43	1450m: 16:29.41	33.07
	300m: 3:19.96	700m: 7:55.54	34.58	1100m: 12:31.75	34.42	1500m: 17:00.26	30.85
	350m: 3:54.35	750m: 8:29.76	34.22	1150m: 13:06.30	34.55		
	400m: 4:28.42	800m: 9:04.26	34.50	1200m: 13:40.97	34.67		
5.	Ricardo Freitas Neto	06	Sporting	17:28.71	17:03.77	566	
	50m: 29.75	450m: 4:56.38	33.73	850m: 9:31.97	34.63	1250m: 14:11.11	34.99
	100m: 1:01.94	500m: 5:30.30	33.92	900m: 10:06.50	34.53	1300m: 14:46.47	35.36
	150m: 1:35.08	550m: 6:04.32	34.02	950m: 10:40.88	34.38	1350m: 15:21.52	35.05
	200m: 2:08.18	600m: 6:38.72	34.40	1000m: 11:16.07	35.19	1400m: 15:56.11	34.59
	250m: 2:41.64	650m: 7:13.34	34.62	1050m: 11:51.03	34.96	1450m: 16:31.06	34.95
	300m: 3:15.31	700m: 7:48.05	34.71	1100m: 12:26.21	35.18	1500m: 17:03.77	32.71
	350m: 3:49.06	750m: 8:22.90	34.85	1150m: 13:01.12	34.91		
	400m: 4:22.65	800m: 8:57.34	34.44	1200m: 13:36.12	35.00		
6.	Arthur Santos Silva	06	Belenenses	17:29.61	17:04.24	565	
	50m: 29.97	450m: 5:03.01	34.76	850m: 9:39.77	34.96	1250m: 14:15.42	34.20
	100m: 1:03.07	500m: 5:37.68	34.67	900m: 10:14.14	34.37	1300m: 14:49.77	34.35
	150m: 1:36.55	550m: 6:12.23	34.55	950m: 10:48.71	34.57	1350m: 15:23.75	33.98
	200m: 2:10.33	600m: 6:47.23	35.00	1000m: 11:23.20	34.49	1400m: 15:57.67	33.92
	250m: 2:44.77	650m: 7:21.72	34.49	1050m: 11:57.51	34.31	1450m: 16:31.54	33.87
	300m: 3:19.15	700m: 7:56.32	34.60	1100m: 12:32.21	34.70	1500m: 17:04.24	32.70
	350m: 3:53.69	750m: 8:30.48	34.16	1150m: 13:07.00	34.79		
	400m: 4:28.25	800m: 9:04.81	34.33	1200m: 13:41.22	34.22		
7.	Tiago Ventura Chao	06	Naval Setubalense	16:54.65	17:07.68	559	
	50m: 29.49	450m: 5:00.81	34.11	850m: 9:35.50	34.78	1250m: 14:14.70	35.09
	100m: 1:02.67	500m: 5:34.91	34.10	900m: 10:10.35	34.85	1300m: 14:49.77	35.07
	150m: 1:36.06	550m: 6:08.71	33.80	950m: 10:45.15	34.80	1350m: 15:25.05	35.28
	200m: 2:10.10	600m: 6:42.86	34.15	1000m: 11:19.96	34.81	1400m: 16:00.10	35.05
	250m: 2:44.37	650m: 7:17.13	34.27	1050m: 11:55.06	35.10	1450m: 16:34.58	34.48
	300m: 3:18.42	700m: 7:51.54	34.41	1100m: 12:29.96	34.90	1500m: 17:07.68	33.10
	350m: 3:52.44	750m: 8:26.08	34.54	1150m: 13:04.84	34.88		
	400m: 4:26.70	800m: 9:00.72	34.64	1200m: 13:39.61	34.77		

Seniores

1.	Gabriel Carvalho Ferrao	05	Benfica	16:31.11	16:10.44	664	
	50m: 28.12	450m: 4:47.00	32.53	850m: 9:08.63	32.98	1250m: 13:30.36	32.52
	100m: 59.65	500m: 5:19.44	32.44	900m: 9:41.42	32.79	1300m: 14:02.84	32.48
	150m: 1:32.24	550m: 5:52.12	32.68	950m: 10:14.03	32.61	1350m: 14:35.41	32.57
	200m: 2:04.61	600m: 6:24.45	32.33	1000m: 10:46.92	32.89	1400m: 15:08.63	33.22
	250m: 2:36.73	650m: 6:57.11	32.66	1050m: 11:19.60	32.68	1450m: 15:40.46	31.83
	300m: 3:09.24	700m: 7:30.44	33.33	1100m: 11:52.23	32.63	1500m: 16:10.44	29.98
	350m: 3:41.72	750m: 8:02.94	32.50	1150m: 12:24.85	32.62		
	400m: 4:14.47	800m: 8:35.65	32.71	1200m: 12:57.84	32.99		

Prova 10, Masc., 1500m Livres, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
2.	Tiago Miguel Trombinhas	04	Belenenses	16:56.43	16:52.46	585
	50m: 29.65 29.65	450m: 4:57.89 33.46	850m: 9:29.58 34.14	1250m: 14:03.25 34.47		
	100m: 1:02.12 32.47	500m: 5:31.79 33.90	900m: 10:03.69 34.11	1300m: 14:37.50 34.25		
	150m: 1:35.43 33.31	550m: 6:05.70 33.91	950m: 10:37.83 34.14	1350m: 15:11.66 34.16		
	200m: 2:09.12 33.69	600m: 6:39.62 33.92	1000m: 11:12.11 34.28	1400m: 15:45.83 34.17		
	250m: 2:42.82 33.70	650m: 7:13.45 33.83	1050m: 11:46.27 34.16	1450m: 16:19.81 33.98		
	300m: 3:16.51 33.69	700m: 7:47.45 34.00	1100m: 12:20.35 34.08	1500m: 16:52.46 32.65		
	350m: 3:50.45 33.94	750m: 8:21.56 34.11	1150m: 12:54.67 34.32			
	400m: 4:24.43 33.98	800m: 8:55.44 33.88	1200m: 13:28.78 34.11			
3.	Jose Paula Carvalho	98	Uniao Piedense	17:00.00	17:12.42	551
	50m: 28.68 28.68	450m: 4:53.81 34.22	850m: 9:33.64 35.40	1250m: 14:16.62 35.47		
	100m: 1:00.13 31.45	500m: 5:28.27 34.46	900m: 10:09.12 35.48	1300m: 14:52.05 35.43		
	150m: 1:32.71 32.58	550m: 6:03.12 34.85	950m: 10:44.62 35.50	1350m: 15:27.71 35.66		
	200m: 2:05.50 32.79	600m: 6:38.07 34.95	1000m: 11:19.97 35.35	1400m: 16:03.25 35.54		
	250m: 2:38.64 33.14	650m: 7:13.45 35.38	1050m: 11:55.16 35.19	1450m: 16:38.19 34.94		
	300m: 3:11.92 33.28	700m: 7:48.64 35.19	1100m: 12:30.39 35.23	1500m: 17:12.42 34.23		
	350m: 3:45.90 33.98	750m: 8:23.26 34.62	1150m: 13:05.51 35.12			
	400m: 4:19.59 33.69	800m: 8:58.24 34.98	1200m: 13:41.15 35.64			

Absolutos

1.	Gabriel Carvalho Ferrao <i>Campeão Regional</i>	05	Benfica	16:31.11	16:10.44	664
	50m: 28.12 28.12	450m: 4:47.00 32.53	850m: 9:08.63 32.98	1250m: 13:30.36 32.52		
	100m: 59.65 31.53	500m: 5:19.44 32.44	900m: 9:41.42 32.79	1300m: 14:02.84 32.48		
	150m: 1:32.24 32.59	550m: 5:52.12 32.68	950m: 10:14.03 32.61	1350m: 14:35.41 32.57		
	200m: 2:04.61 32.37	600m: 6:24.45 32.33	1000m: 10:46.92 32.89	1400m: 15:08.63 33.22		
	250m: 2:36.73 32.12	650m: 6:57.11 32.66	1050m: 11:19.60 32.68	1450m: 15:40.46 31.83		
	300m: 3:09.24 32.51	700m: 7:30.44 33.33	1100m: 11:52.23 32.63	1500m: 16:10.44 29.98		
	350m: 3:41.72 32.48	750m: 8:02.94 32.50	1150m: 12:24.85 32.62			
	400m: 4:14.47 32.75	800m: 8:35.65 32.71	1200m: 12:57.84 32.99			
2.	Pedro Bethlem Tigre	06	Sporting	15:59.35	16:26.42	632
	50m: 28.23 28.23	450m: 4:48.32 33.40	850m: 9:15.31 33.39	1250m: 13:43.13 33.34		
	100m: 59.51 31.28	500m: 5:21.65 33.33	900m: 9:48.53 33.22	1300m: 14:16.36 33.23		
	150m: 1:31.13 31.62	550m: 5:54.78 33.13	950m: 10:21.79 33.26	1350m: 14:49.47 33.11		
	200m: 2:03.33 32.20	600m: 6:27.94 33.16	1000m: 10:55.23 33.44	1400m: 15:23.05 33.58		
	250m: 2:35.66 32.33	650m: 7:01.98 34.04	1050m: 11:28.59 33.36	1450m: 15:55.16 32.11		
	300m: 3:08.41 32.75	700m: 7:35.40 33.42	1100m: 12:02.21 33.62	1500m: 16:26.42 31.26		
	350m: 3:41.59 33.18	750m: 8:08.79 33.39	1150m: 12:35.93 33.72			
	400m: 4:14.92 33.33	800m: 8:41.92 33.13	1200m: 13:09.79 33.86			
3.	Tomas Maia Januario	06	Benfica	18:00.00	16:27.06	631
	50m: 28.51 28.51	450m: 4:46.22 32.94	850m: 9:12.93 33.52	1250m: 13:39.88 33.46		
	100m: 59.81 31.30	500m: 5:18.82 32.60	900m: 9:46.52 33.59	1300m: 14:13.12 33.24		
	150m: 1:31.64 31.83	550m: 5:51.94 33.12	950m: 10:20.14 33.62	1350m: 14:46.77 33.65		
	200m: 2:03.91 32.27	600m: 6:25.14 33.20	1000m: 10:53.52 33.38	1400m: 15:20.73 33.96		
	250m: 2:36.15 32.24	650m: 6:58.52 33.38	1050m: 11:26.66 33.14	1450m: 15:53.80 33.07		
	300m: 3:08.75 32.60	700m: 7:32.03 33.51	1100m: 12:00.00 33.34	1500m: 16:27.06 33.26		
	350m: 3:40.95 32.20	750m: 8:05.60 33.57	1150m: 12:33.28 33.28			
	400m: 4:13.28 32.33	800m: 8:39.41 33.81	1200m: 13:06.42 33.14			
4.	Afonso Gago Garcia	08	Benfica	16:57.69	16:46.06	596
	50m: 29.32 29.32	450m: 4:59.45 34.13	850m: 9:28.00 34.13	1250m: 13:58.63 34.04		
	100m: 1:01.94 32.62	500m: 5:33.84 34.39	900m: 10:01.86 33.86	1300m: 14:32.52 33.89		
	150m: 1:34.89 32.95	550m: 6:07.00 33.16	950m: 10:35.80 33.94	1350m: 15:06.02 33.50		
	200m: 2:08.18 33.29	600m: 6:40.22 33.22	1000m: 11:09.70 33.90	1400m: 15:39.87 33.85		
	250m: 2:42.64 34.46	650m: 7:13.47 33.25	1050m: 11:43.19 33.49	1450m: 16:13.18 33.31		
	300m: 3:16.88 34.24	700m: 7:46.99 33.52	1100m: 12:16.69 33.50	1500m: 16:46.06 32.88		
	350m: 3:51.10 34.22	750m: 8:20.26 33.27	1150m: 12:50.56 33.87			
	400m: 4:25.32 34.22	800m: 8:53.87 33.61	1200m: 13:24.59 34.03			
5.	Tiago Miguel Trombinhas	04	Belenenses	16:56.43	16:52.46	585
	50m: 29.65 29.65	450m: 4:57.89 33.46	850m: 9:29.58 34.14	1250m: 14:03.25 34.47		
	100m: 1:02.12 32.47	500m: 5:31.79 33.90	900m: 10:03.69 34.11	1300m: 14:37.50 34.25		
	150m: 1:35.43 33.31	550m: 6:05.70 33.91	950m: 10:37.83 34.14	1350m: 15:11.66 34.16		
	200m: 2:09.12 33.69	600m: 6:39.62 33.92	1000m: 11:12.11 34.28	1400m: 15:45.83 34.17		
	250m: 2:42.82 33.70	650m: 7:13.45 33.83	1050m: 11:46.27 34.16	1450m: 16:19.81 33.98		
	300m: 3:16.51 33.69	700m: 7:47.45 34.00	1100m: 12:20.35 34.08	1500m: 16:52.46 32.65		
	350m: 3:50.45 33.94	750m: 8:21.56 34.11	1150m: 12:54.67 34.32			
	400m: 4:24.43 33.98	800m: 8:55.44 33.88	1200m: 13:28.78 34.11			

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
6.	Pedro Crispim Jorge	06	Uniao Piedense	16:32.94	16:56.38	578
	50m: 28.63	28.63	450m: 4:56.60	34.85	850m: 9:33.35	34.76
	100m: 1:00.34	31.71	500m: 5:31.22	34.62	900m: 10:06.50	33.15
	150m: 1:33.05	32.71	550m: 6:05.80	34.58	950m: 10:41.18	34.68
	200m: 2:06.21	33.16	600m: 6:40.04	34.24	1000m: 11:16.04	34.86
	250m: 2:39.70	33.49	650m: 7:14.50	34.46	1050m: 11:50.86	34.82
	300m: 3:13.38	33.68	700m: 7:49.24	34.74	1100m: 12:24.87	34.01
	350m: 3:47.49	34.11	750m: 8:24.15	34.91	1150m: 12:57.93	33.06
	400m: 4:21.75	34.26	800m: 8:58.59	34.44	1200m: 13:31.78	33.85
7.	Rodrigo Onofre Matos	06	Belenenses	17:18.43	17:00.26	571
	50m: 30.18	30.18	450m: 5:03.08	34.66	850m: 9:39.03	34.77
	100m: 1:03.36	33.18	500m: 5:37.62	34.54	900m: 10:13.59	34.56
	150m: 1:37.21	33.85	550m: 6:12.01	34.39	950m: 10:48.27	34.68
	200m: 2:11.13	33.92	600m: 6:46.53	34.52	1000m: 11:22.90	34.63
	250m: 2:45.39	34.26	650m: 7:20.96	34.43	1050m: 11:57.33	34.43
	300m: 3:19.96	34.57	700m: 7:55.54	34.58	1100m: 12:31.75	34.42
	350m: 3:54.35	34.39	750m: 8:29.76	34.22	1150m: 13:06.30	34.55
	400m: 4:28.42	34.07	800m: 9:04.26	34.50	1200m: 13:40.97	34.67
8.	Ricardo Freitas Neto	06	Sporting	17:28.71	17:03.77	566
	50m: 29.75	29.75	450m: 4:56.38	33.73	850m: 9:31.97	34.63
	100m: 1:01.94	32.19	500m: 5:30.30	33.92	900m: 10:06.50	34.53
	150m: 1:35.08	33.14	550m: 6:04.32	34.02	950m: 10:40.88	34.38
	200m: 2:08.18	33.10	600m: 6:38.72	34.40	1000m: 11:16.07	35.19
	250m: 2:41.64	33.46	650m: 7:13.34	34.62	1050m: 11:51.03	34.96
	300m: 3:15.31	33.67	700m: 7:48.05	34.71	1100m: 12:26.21	35.18
	350m: 3:49.06	33.75	750m: 8:22.90	34.85	1150m: 13:01.12	34.91
	400m: 4:22.65	33.59	800m: 8:57.34	34.44	1200m: 13:36.12	35.00
9.	Arthur Santos Silva	06	Belenenses	17:29.61	17:04.24	565
	50m: 29.97	29.97	450m: 5:03.01	34.76	850m: 9:39.77	34.96
	100m: 1:03.07	33.10	500m: 5:37.68	34.67	900m: 10:14.14	34.37
	150m: 1:36.55	33.48	550m: 6:12.23	34.55	950m: 10:48.71	34.57
	200m: 2:10.33	33.78	600m: 6:47.23	35.00	1000m: 11:23.20	34.49
	250m: 2:44.77	34.44	650m: 7:21.72	34.49	1050m: 11:57.51	34.31
	300m: 3:19.15	34.38	700m: 7:56.32	34.60	1100m: 12:32.21	34.70
	350m: 3:53.69	34.54	750m: 8:30.48	34.16	1150m: 13:07.00	34.79
	400m: 4:28.25	34.56	800m: 9:04.81	34.33	1200m: 13:41.22	34.22
10.	Tiago Ventura Chao	06	Naval Setubalense	16:54.65	17:07.68	559
	50m: 29.49	29.49	450m: 5:00.81	34.11	850m: 9:35.50	34.78
	100m: 1:02.67	33.18	500m: 5:34.91	34.10	900m: 10:10.35	34.85
	150m: 1:36.06	33.39	550m: 6:08.71	33.80	950m: 10:45.15	34.80
	200m: 2:10.10	34.04	600m: 6:42.86	34.15	1000m: 11:19.96	34.81
	250m: 2:44.37	34.27	650m: 7:17.13	34.27	1050m: 11:55.06	35.10
	300m: 3:18.42	34.05	700m: 7:51.54	34.41	1100m: 12:29.96	34.90
	350m: 3:52.44	34.02	750m: 8:26.08	34.54	1150m: 13:04.84	34.88
	400m: 4:26.70	34.26	800m: 9:00.72	34.64	1200m: 13:39.61	34.77
11.	Jose Paula Carvalho	98	Uniao Piedense	17:00.00	17:12.42	551
	50m: 28.68	28.68	450m: 4:53.81	34.22	850m: 9:33.64	35.40
	100m: 1:00.13	31.45	500m: 5:28.27	34.46	900m: 10:09.12	35.48
	150m: 1:32.71	32.58	550m: 6:03.12	34.85	950m: 10:44.62	35.50
	200m: 2:05.50	32.79	600m: 6:38.07	34.95	1000m: 11:19.97	35.35
	250m: 2:38.64	33.14	650m: 7:13.45	35.38	1050m: 11:55.16	35.19
	300m: 3:11.92	33.28	700m: 7:48.64	35.19	1100m: 12:30.39	35.23
	350m: 3:45.90	33.98	750m: 8:23.26	34.62	1150m: 13:05.51	35.12
	400m: 4:19.59	33.69	800m: 8:58.24	34.98	1200m: 13:41.15	35.64
12.	Rafael Lin Moniz	09	Naval Setubalense	19:13.99	17:48.40	498
	50m: 32.61	32.61	450m: 5:17.11	35.89	850m: 10:04.47	35.92
	100m: 1:07.13	34.52	500m: 5:52.86	35.75	900m: 10:40.37	35.90
	150m: 1:42.60	35.47	550m: 6:28.39	35.53	950m: 11:16.33	35.96
	200m: 2:18.22	35.62	600m: 7:04.15	35.76	1000m: 11:52.12	35.79
	250m: 2:54.10	35.88	650m: 7:40.09	35.94	1050m: 12:28.42	36.30
	300m: 3:29.75	35.65	700m: 8:16.28	36.19	1100m: 13:04.45	36.03
	350m: 4:05.71	35.96	750m: 8:52.32	36.04	1150m: 13:40.76	36.31
	400m: 4:41.22	35.51	800m: 9:28.55	36.23	1200m: 14:16.66	35.90
13.	Martim Chambel Pinto	09	Colegio Int Monte Maior	18:24.66	18:09.82	469
	50m: 31.53	31.53	450m: 5:23.32	36.83	850m: 10:17.57	36.49
	100m: 1:06.65	35.12	500m: 6:00.35	37.03	900m: 10:54.15	36.58
	150m: 1:42.99	36.34	550m: 6:37.31	36.96	950m: 11:30.94	36.79
	200m: 2:19.64	36.65	600m: 7:14.51	37.20	1000m: 12:07.76	36.82
	250m: 2:56.49	36.85	650m: 7:51.10	36.59	1050m: 12:43.78	36.02
	300m: 3:33.01	36.52	700m: 8:27.70	36.60	1100m: 13:20.89	37.11
	350m: 4:09.73	36.72	750m: 9:04.57	36.87	1150m: 13:57.67	36.78
	400m: 4:46.49	36.76	800m: 9:41.08	36.51	1200m: 14:34.09	36.42

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
14.	Rafael Ataíde Duarte	08	Benfica	19:00.00	18:10.38	468
	50m: 31.37 31.37	450m: 5:25.81 37.55	850m: 10:17.25 36.33	1250m: 15:10.30 36.62		
	100m: 1:06.53 35.16	500m: 6:02.80 36.99	900m: 10:53.78 36.53	1300m: 15:47.08 36.78		
	150m: 1:43.03 36.50	550m: 6:40.06 37.26	950m: 11:30.19 36.41	1350m: 16:23.57 36.49		
	200m: 2:20.04 37.01	600m: 7:16.54 36.48	1000m: 12:07.15 36.96	1400m: 16:59.48 35.91		
	250m: 2:56.91 36.87	650m: 7:52.46 35.92	1050m: 12:43.49 36.34	1450m: 17:35.98 36.50		
	300m: 3:33.74 36.83	700m: 8:28.42 35.96	1100m: 13:20.20 36.71	1500m: 18:10.38 34.40		
	350m: 4:10.79 37.05	750m: 9:04.51 36.09	1150m: 13:56.87 36.67			
	400m: 4:48.26 37.47	800m: 9:40.92 36.41	1200m: 14:33.68 36.81			
15.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	19:03.19	18:22.37	453
	50m: 32.81 32.81	450m: 5:26.77 36.79	850m: 10:23.24 37.34	1250m: 15:19.01 36.84		
	100m: 1:08.70 35.89	500m: 6:03.51 36.74	900m: 10:59.82 36.58	1300m: 15:56.00 36.99		
	150m: 1:45.18 36.48	550m: 6:40.73 37.22	950m: 11:36.48 36.66	1350m: 16:33.05 37.05		
	200m: 2:22.02 36.84	600m: 7:17.94 37.21	1000m: 12:13.54 37.06	1400m: 17:09.68 36.63		
	250m: 2:58.94 36.92	650m: 7:55.05 37.11	1050m: 12:50.76 37.22	1450m: 17:46.45 36.77		
	300m: 3:36.10 37.16	700m: 8:31.77 36.72	1100m: 13:27.99 37.23	1500m: 18:22.37 35.92		
	350m: 4:13.26 37.16	750m: 9:08.72 36.95	1150m: 14:05.07 37.08			
	400m: 4:49.98 36.72	800m: 9:45.90 37.18	1200m: 14:42.17 37.10			
16.	Francisco Manuel Bexiga	08	Vikings	20:31.61	18:25.42	449
	50m: 33.38 33.38	450m: 5:26.68 37.10	850m: 10:24.39 37.11	1250m: 15:23.09 37.52		
	100m: 1:08.46 35.08	500m: 6:03.92 37.24	900m: 11:02.06 37.67	1300m: 16:00.21 37.12		
	150m: 1:44.35 35.89	550m: 6:41.43 37.51	950m: 11:40.24 38.18	1350m: 16:36.90 36.69		
	200m: 2:21.04 36.69	600m: 7:18.36 36.93	1000m: 12:17.35 37.11	1400m: 17:13.94 37.04		
	250m: 2:58.26 37.22	650m: 7:55.51 37.15	1050m: 12:54.31 36.96	1450m: 17:50.56 36.62		
	300m: 3:35.27 37.01	700m: 8:32.74 37.23	1100m: 13:31.55 37.24	1500m: 18:25.42 34.86		
	350m: 4:12.58 37.31	750m: 9:10.16 37.42	1150m: 14:08.77 37.22			
	400m: 4:49.58 37.00	800m: 9:47.28 37.12	1200m: 14:45.57 36.80			
17.	Miguel Bera Fonseca	09	Benfica	19:06.53	18:28.15	446
	50m: 33.32 33.32	450m: 5:28.29 37.33	850m: 10:24.67 37.34	1250m: 15:23.40 37.48		
	100m: 1:09.20 35.88	500m: 6:05.06 36.77	900m: 11:01.68 37.01	1300m: 16:00.88 37.48		
	150m: 1:45.60 36.40	550m: 6:42.13 37.07	950m: 11:39.03 37.35	1350m: 16:38.87 37.99		
	200m: 2:22.63 37.03	600m: 7:19.16 37.03	1000m: 12:16.34 37.31	1400m: 17:15.98 37.11		
	250m: 2:59.59 36.96	650m: 7:56.00 36.84	1050m: 12:53.54 37.20	1450m: 17:53.13 37.15		
	300m: 3:36.57 36.98	700m: 8:32.99 36.99	1100m: 13:31.10 37.56	1500m: 18:28.15 35.02		
	350m: 4:13.87 37.30	750m: 9:10.11 37.12	1150m: 14:08.55 37.45			
	400m: 4:50.96 37.09	800m: 9:47.33 37.22	1200m: 14:45.92 37.37			
18.	Pedro Guedes Caldas	09	Benfica	19:19.35	18:29.08	445
	50m: 33.26 33.26	450m: 5:28.84 37.37	850m: 10:25.69 37.32	1250m: 15:24.89 37.25		
	100m: 1:09.57 36.31	500m: 6:05.75 36.91	900m: 11:03.05 37.36	1300m: 16:02.28 37.39		
	150m: 1:46.09 36.52	550m: 6:42.77 37.02	950m: 11:40.39 37.34	1350m: 16:40.07 37.79		
	200m: 2:23.04 36.95	600m: 7:19.69 36.92	1000m: 12:17.78 37.39	1400m: 17:17.57 37.50		
	250m: 3:00.04 37.00	650m: 7:56.76 37.07	1050m: 12:55.18 37.40	1450m: 17:54.43 36.86		
	300m: 3:36.94 36.90	700m: 8:33.91 37.15	1100m: 13:32.51 37.33	1500m: 18:29.08 34.65		
	350m: 4:14.22 37.28	750m: 9:11.13 37.22	1150m: 14:09.99 37.48			
	400m: 4:51.47 37.25	800m: 9:48.37 37.24	1200m: 14:47.64 37.65			
19.	Rodrigo Duarte Nariguetta	09	Palmela Desporto	19:46.23	18:43.49	428
	50m: 32.98 32.98	450m: 5:27.38 37.20	850m: 10:27.83 38.02	1250m: 15:31.70 37.99		
	100m: 1:09.18 36.20	500m: 6:04.66 37.28	900m: 11:05.97 38.14	1300m: 16:10.41 38.71		
	150m: 1:45.20 36.02	550m: 6:42.15 37.49	950m: 11:43.88 37.91	1350m: 16:48.87 38.46		
	200m: 2:22.04 36.84	600m: 7:19.52 37.37	1000m: 12:21.99 38.11	1400m: 17:27.51 38.64		
	250m: 2:59.30 37.26	650m: 7:57.16 37.64	1050m: 12:59.82 37.83	1450m: 18:05.66 38.15		
	300m: 3:36.23 36.93	700m: 8:34.46 37.30	1100m: 13:37.89 38.07	1500m: 18:43.49 37.83		
	350m: 4:13.28 37.05	750m: 9:11.92 37.46	1150m: 14:15.75 37.86			
	400m: 4:50.18 36.90	800m: 9:49.81 37.89	1200m: 14:53.71 37.96			
20.	João Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Geslours	18:31.91	19:03.12	406
	50m: 31.60 31.60	450m: 5:31.67 38.42	850m: 10:39.51 39.07	1250m: 15:52.03 39.01		
	100m: 1:07.55 35.95	500m: 6:09.92 38.25	900m: 11:18.37 38.86	1300m: 16:30.89 38.86		
	150m: 1:44.68 37.13	550m: 6:48.35 38.43	950m: 11:56.94 38.57	1350m: 17:09.59 38.70		
	200m: 2:22.39 37.71	600m: 7:27.20 38.85	1000m: 12:37.13 40.19	1400m: 17:48.00 38.41		
	250m: 3:00.00 37.61	650m: 8:05.85 38.65	1050m: 13:15.41 38.28	1450m: 18:25.94 37.94		
	300m: 3:37.86 37.86	700m: 8:44.26 38.41	1100m: 13:54.84 39.43	1500m: 19:03.12 37.18		
	350m: 4:15.55 37.69	750m: 9:22.25 37.99	1150m: 14:33.93 39.09			
	400m: 4:53.25 37.70	800m: 10:00.44 38.19	1200m: 15:13.02 39.09			

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
21.	Martim Abalada Vilaca <i>Fora Tempo Acesso</i>	09	AONDA - Azeitão	20:07.60	19:24.38	384
	50m: 32.88	32.88	450m: 5:36.77	39.72	850m: 10:50.86	39.64
	100m: 1:09.88	37.00	500m: 6:15.89	39.12	900m: 11:31.03	40.17
	150m: 1:46.56	36.68	550m: 6:54.90	39.01	950m: 12:10.96	39.93
	200m: 2:24.07	37.51	600m: 7:33.10	38.20	1000m: 12:51.02	40.06
	250m: 3:01.46	37.39	650m: 8:12.63	39.53	1050m: 13:29.80	38.78
	300m: 3:39.08	37.62	700m: 8:52.41	39.78	1100m: 14:09.42	39.62
	350m: 4:17.73	38.65	750m: 9:31.34	38.93	1150m: 14:49.12	39.70
	400m: 4:57.05	39.32	800m: 10:11.22	39.88	1200m: 15:29.10	39.98
					1250m: 16:08.77	39.67
					1300m: 16:48.33	39.56
					1350m: 17:28.83	40.50
					1400m: 18:08.14	39.31
					1450m: 18:47.01	38.87
					1500m: 19:24.38	37.37