

Prova 38
19.11.2023 - 15:30

Masc., 800m Livres

Absolutos
Resultados

Rec Regional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Sen	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	7:56.83	Filipe Miguel Santo	SLB	Porto	2017
Rec Regional Jun 1	8:18.36	Rafael Lourenço Gil	ANAM	Alapraia	2013
Rec Regional Juv A	8:26.72	Pedro Fontoura Oliveira	CFB	Loures	2005
Rec Regional Juv B	8:25.99	Rui Silva Pereira	ADRCIMM	Tomar	2023
Rec Nacional Abs	7:42.14	Jose Paulo Lopes	SCB	Felgueiras	2019
Rec Nacional Sen	7:42.14	Jose Paulo Lopes	SCB	Felgueiras	2019
Rec Nacional Jun 2	7:56.76	Guilherme Filipe Pina	BSCN	Porto	2015
Rec Nacional Jun 1	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	2009
Rec Nacional Juv A	8:09.43	Rui Filipe Costa	VSC	Senhora da Hora	2007
Rec Nacional Juv B	8:25.99	Rui Silva Pereira	POR	Tomar	2023

TAC Juv B: 9:59.79; Juv A: 9:42.32; Jun 1: 9:30.90; Jun 2: 9:25.25; Sen 1: 9:20.20; Sen +: 9:14.60

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Rafael Lin Moniz	09	Naval Setubalense	10:15.76	9:13.20	514
	50m: 30.65 30.65	250m: 2:47.04 34.97	450m: 5:08.39 35.46	650m: 7:29.75 35.43		
	100m: 1:03.83 33.18	300m: 3:22.49 35.45	500m: 5:43.61 35.22	700m: 8:05.05 35.30		
	150m: 1:37.78 33.95	350m: 3:57.97 35.48	550m: 6:18.85 35.24	750m: 8:39.94 34.89		
	200m: 2:12.07 34.29	400m: 4:32.93 34.96	600m: 6:54.32 35.47	800m: 9:13.20 33.26		
2.	Martim Chambel Pinto	09	Colegio Int Monte Maior	9:53.14	9:14.95	510
	50m: 30.53 30.53	250m: 2:49.16 35.44	450m: 5:10.26 35.62	650m: 7:32.43 35.05		
	100m: 1:04.37 33.84	300m: 3:24.73 35.57	500m: 5:45.75 35.49	700m: 8:08.12 35.69		
	150m: 1:38.90 34.53	350m: 3:59.57 34.84	550m: 6:21.68 35.93	750m: 8:42.71 34.59		
	200m: 2:13.72 34.82	400m: 4:34.64 35.07	600m: 6:57.38 35.70	800m: 9:14.95 32.24		
3.	Francisco Nunes Roque	09	Benfica	10:16.86	9:29.63	471
	50m: 32.09 32.09	250m: 2:53.89 36.43	450m: 5:19.52 35.96	650m: 7:43.42 35.82		
	100m: 1:06.17 34.08	300m: 3:30.31 36.42	500m: 5:55.51 35.99	700m: 8:19.60 36.18		
	150m: 1:41.69 35.52	350m: 4:07.03 36.72	550m: 6:31.64 36.13	750m: 8:55.17 35.57		
	200m: 2:17.46 35.77	400m: 4:43.56 36.53	600m: 7:07.60 35.96	800m: 9:29.63 34.46		
4.	Miguel Bera Fonseca	09	Benfica	10:10.45	9:32.96	463
	50m: 31.41 31.41	250m: 2:53.43 36.20	450m: 5:19.53 36.19	650m: 7:44.17 35.62		
	100m: 1:05.92 34.51	300m: 3:29.97 36.54	500m: 5:55.78 36.25	700m: 8:20.77 36.60		
	150m: 1:41.10 35.18	350m: 4:06.66 36.69	550m: 6:32.11 36.33	750m: 8:57.54 36.77		
	200m: 2:17.23 36.13	400m: 4:43.34 36.68	600m: 7:08.55 36.44	800m: 9:32.96 35.42		
5.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	10:08.26	9:34.04	460
	50m: 31.43 31.43	250m: 2:53.19 36.32	450m: 5:19.31 36.58	650m: 7:44.00 36.21		
	100m: 1:05.55 34.12	300m: 3:29.55 36.36	500m: 5:55.63 36.32	700m: 8:20.78 36.78		
	150m: 1:41.10 35.55	350m: 4:05.95 36.40	550m: 6:31.62 35.99	750m: 8:57.62 36.84		
	200m: 2:16.87 35.77	400m: 4:42.73 36.78	600m: 7:07.79 36.17	800m: 9:34.04 36.42		
6.	Pedro Guedes Caldas	09	Benfica	10:18.18	9:41.41	443
	50m: 31.84 31.84	250m: 2:56.29 36.95	450m: 5:25.50 37.44	650m: 7:52.85 36.56		
	100m: 1:06.70 34.86	300m: 3:33.49 37.20	500m: 6:02.69 37.19	700m: 8:29.88 37.03		
	150m: 1:42.94 36.24	350m: 4:10.67 37.18	550m: 6:39.51 36.82	750m: 9:06.27 36.39		
	200m: 2:19.34 36.40	400m: 4:48.06 37.39	600m: 7:16.29 36.78	800m: 9:41.41 35.14		

Juvenis A

1.	Rafael Ataíde Duarte	08	Benfica	9:50.00	9:31.52	467
	50m: 31.67 31.67	250m: 2:56.94 36.47	450m: 5:21.45 35.58	650m: 7:44.81 35.86		
	100m: 1:07.53 35.86	300m: 3:32.93 35.99	500m: 5:57.49 36.04	700m: 8:21.00 36.19		
	150m: 1:43.84 36.31	350m: 4:09.47 36.54	550m: 6:32.89 35.40	750m: 8:56.20 35.20		
	200m: 2:20.47 36.63	400m: 4:45.87 36.40	600m: 7:08.95 36.06	800m: 9:31.52 35.32		
2.	Jose Pedro Salvadinho	08	Nacional de Nataçã	9:50.00	9:38.03	451
	50m: 31.28 31.28	250m: 2:52.97 35.85	450m: 5:19.00 36.66	650m: 7:46.83 37.34		
	100m: 1:06.17 34.89	300m: 3:29.25 36.28	500m: 5:55.99 36.99	700m: 8:24.29 37.46		
	150m: 1:41.52 35.35	350m: 4:05.71 36.46	550m: 6:32.61 36.62	750m: 9:01.27 36.98		
	200m: 2:17.12 35.60	400m: 4:42.34 36.63	600m: 7:09.49 36.88	800m: 9:38.03 36.76		
3.	Joao Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Geslours	9:31.50	9:48.37	428
	50m: 30.67 30.67	250m: 2:56.79 36.95	450m: 5:25.16 37.40	650m: 7:57.15 38.41		
	100m: 1:06.14 35.47	300m: 3:33.43 36.64	500m: 6:03.22 38.06	700m: 8:33.76 36.61		
	150m: 1:42.74 36.60	350m: 4:10.71 37.28	550m: 6:40.58 37.36	750m: 9:12.25 38.49		
	200m: 2:19.84 37.10	400m: 4:47.76 37.05	600m: 7:18.74 38.16	800m: 9:48.37 36.12		

Prova 38, Masc., 800m Livres

Juniores

1. Pedro Bethlem Tigre	06	Sporting	8:24.27	8:31.35	652
50m: 28.47	28.47	250m: 2:35.11	31.88	450m: 4:44.10	32.00
100m: 59.83	31.36	300m: 3:07.13	32.02	500m: 5:16.90	32.80
150m: 1:31.43	31.60	350m: 3:39.68	32.55	550m: 5:49.52	32.62
200m: 2:03.23	31.80	400m: 4:12.10	32.42	600m: 6:22.51	32.99
650m: 6:55.32	32.81				
700m: 7:27.99	32.67				
750m: 8:00.41	32.42				
800m: 8:31.35	30.94				
2. Andre Correia Alves	06	Benfica	8:51.26	8:53.71	573
50m: 29.26	29.26	250m: 2:42.03	33.58	450m: 4:57.48	33.65
100m: 1:01.62	32.36	300m: 3:15.81	33.78	500m: 5:31.26	33.78
150m: 1:34.60	32.98	350m: 3:49.86	34.05	550m: 6:05.22	33.96
200m: 2:08.45	33.85	400m: 4:23.83	33.97	600m: 6:39.08	33.86
650m: 7:12.93	33.85				
700m: 7:46.96	34.03				
750m: 8:20.88	33.92				
800m: 8:53.71	32.83				
3. Rodrigo Onofre Matos	06	Belenenses	9:12.45	8:54.46	571
50m: 29.69	29.69	250m: 2:44.26	33.66	450m: 4:59.90	33.70
100m: 1:02.85	33.16	300m: 3:18.51	34.25	500m: 5:33.72	33.82
150m: 1:36.84	33.99	350m: 3:52.26	33.75	550m: 6:08.01	34.29
200m: 2:10.60	33.76	400m: 4:26.20	33.94	600m: 6:41.21	33.20
650m: 7:14.83	33.62				
700m: 7:48.60	33.77				
750m: 8:22.41	33.81				
800m: 8:54.46	32.05				
4. Tiago Ventura Chao	06	Naval Setubalense	8:55.91	8:57.54	561
50m: 30.05	30.05	250m: 2:45.24	34.16	450m: 5:00.69	34.12
100m: 1:03.28	33.23	300m: 3:18.77	33.53	500m: 5:34.80	34.11
150m: 1:37.03	33.75	350m: 3:52.74	33.97	550m: 6:08.88	34.08
200m: 2:11.08	34.05	400m: 4:26.57	33.83	600m: 6:43.17	34.29
650m: 7:17.24	34.07				
700m: 7:51.42	34.18				
750m: 8:25.63	34.21				
800m: 8:57.54	31.91				
5. Miguel Mera Herrero	06	Sporting	9:30.00	8:59.51	555
50m: 29.08	29.08	250m: 2:41.46	33.93	450m: 4:59.61	34.23
100m: 1:01.17	32.09	300m: 3:15.73	34.27	500m: 5:33.88	34.27
150m: 1:34.12	32.95	350m: 3:50.46	34.73	550m: 6:08.44	34.56
200m: 2:07.53	33.41	400m: 4:25.38	34.92	600m: 6:42.86	34.42
650m: 7:17.16	34.30				
700m: 7:51.54	34.38				
750m: 8:26.11	34.57				
800m: 8:59.51	33.40				
6. Arthur Santos Silva	06	Belenenses	9:09.84	9:00.73	551
50m: 29.58	29.58	250m: 2:44.16	34.06	450m: 5:01.34	34.41
100m: 1:02.77	33.19	300m: 3:18.40	34.24	500m: 5:35.39	34.05
150m: 1:36.03	33.26	350m: 3:52.89	34.49	550m: 6:10.15	34.76
200m: 2:10.10	34.07	400m: 4:26.93	34.04	600m: 6:44.87	34.72
650m: 7:19.35	34.48				
700m: 7:54.16	34.81				
750m: 8:28.05	33.89				
800m: 9:00.73	32.68				
7. David Alexandre Fernandes	06	Nacional de Natação	9:05.31	9:22.89	488
50m: 29.69	29.69	250m: 2:46.45	34.52	450m: 5:08.44	36.11
100m: 1:03.07	33.38	300m: 3:21.43	34.98	500m: 5:44.51	36.07
150m: 1:37.58	34.51	350m: 3:56.67	35.24	550m: 6:20.75	36.24
200m: 2:11.93	34.35	400m: 4:32.33	35.66	600m: 6:57.43	36.68
650m: 7:33.95	36.52				
700m: 8:10.97	37.02				
750m: 8:47.40	36.43				
800m: 9:22.89	35.49				

Seniores

1. Goncalo Duarte Santos	00	Vikings	8:37.27	8:45.85	599
50m: 28.76	28.76	250m: 2:40.16	33.47	450m: 4:54.99	33.70
100m: 1:00.58	31.82	300m: 3:13.92	33.76	500m: 5:28.65	33.66
150m: 1:33.44	32.86	350m: 3:47.65	33.73	550m: 6:02.11	33.46
200m: 2:06.69	33.25	400m: 4:21.29	33.64	600m: 6:35.17	33.06
650m: 7:08.32	33.15				
700m: 7:41.07	32.75				
750m: 8:14.13	33.06				
800m: 8:45.85	31.72				
2. Tiago Miguel Trombinhas	04	Belenenses	8:53.32	8:49.64	586
50m: 29.92	29.92	250m: 2:44.06	33.84	450m: 4:58.24	33.45
100m: 1:02.82	32.90	300m: 3:17.80	33.74	500m: 5:31.55	33.31
150m: 1:36.50	33.68	350m: 3:51.27	33.47	550m: 6:05.12	33.57
200m: 2:10.22	33.72	400m: 4:24.79	33.52	600m: 6:38.18	33.06
650m: 7:11.48	33.30				
700m: 7:44.78	33.30				
750m: 8:17.51	32.73				
800m: 8:49.64	32.13				
3. Tiago Barroso Proenca	04	Sporting	8:59.03	8:52.15	578
50m: 29.96	29.96	250m: 2:41.02	33.28	450m: 4:55.90	33.82
100m: 1:01.85	31.89	300m: 3:14.56	33.54	500m: 5:29.65	33.75
150m: 1:34.62	32.77	350m: 3:48.24	33.68	550m: 6:03.54	33.89
200m: 2:07.74	33.12	400m: 4:22.08	33.84	600m: 6:37.41	33.87
650m: 7:11.37	33.96				
700m: 7:45.45	34.08				
750m: 8:19.29	33.84				
800m: 8:52.15	32.86				
4. Joao Luis Serra Fora Tempo Acesso	97	Laranjeiro	9:24.43	9:33.86	461
50m: 31.42	31.42	250m: 2:51.19	35.78	450m: 5:15.37	36.59
100m: 1:05.37	33.95	300m: 3:27.10	35.91	500m: 5:51.91	36.54
150m: 1:40.10	34.73	350m: 4:02.82	35.72	550m: 6:28.85	36.94
200m: 2:15.41	35.31	400m: 4:38.78	35.96	600m: 7:06.02	37.17
650m: 7:43.22	37.20				
700m: 8:20.20	36.98				
750m: 8:57.44	37.24				
800m: 9:33.86	36.42				
5. Rafael Goncalves Sousa Fora Tempo Acesso	99	CPCD - Póvoa Sta Iria	9:45.17	9:42.35	441
50m: 31.58	31.58	250m: 2:58.10	37.36	450m: 5:27.93	37.67
100m: 1:06.73	35.15	300m: 3:35.30	37.20	500m: 6:05.36	37.43
150m: 1:43.39	36.66	350m: 4:12.57	37.27	550m: 6:42.56	37.20
200m: 2:20.74	37.35	400m: 4:50.26	37.69	600m: 7:18.63	36.07
650m: 7:55.43	36.80				
700m: 8:31.94	36.51				
750m: 9:08.07	36.13				
800m: 9:42.35	34.28				

Prova 38, Masc., 800m Livres

Absolutos

1.	Pedro Bethlem Tigre <i>Campeão Regional</i>	06	Sporting	8:24.27	8:31.35	652
	50m: 28.47 28.47	250m: 2:35.11 31.88	450m: 4:44.10 32.00	650m: 6:55.32 32.81		
	100m: 59.83 31.36	300m: 3:07.13 32.02	500m: 5:16.90 32.80	700m: 7:27.99 32.67		
	150m: 1:31.43 31.60	350m: 3:39.68 32.55	550m: 5:49.52 32.62	750m: 8:00.41 32.42		
	200m: 2:03.23 31.80	400m: 4:12.10 32.42	600m: 6:22.51 32.99	800m: 8:31.35 30.94		
2.	Goncalo Duarte Santos	00	Vikings	8:37.27	8:45.85	599
	50m: 28.76 28.76	250m: 2:40.16 33.47	450m: 4:54.99 33.70	650m: 7:08.32 33.15		
	100m: 1:00.58 31.82	300m: 3:13.92 33.76	500m: 5:28.65 33.66	700m: 7:41.07 32.75		
	150m: 1:33.44 32.86	350m: 3:47.65 33.73	550m: 6:02.11 33.46	750m: 8:14.13 33.06		
	200m: 2:06.69 33.25	400m: 4:21.29 33.64	600m: 6:35.17 33.06	800m: 8:45.85 31.72		
3.	Tiago Miguel Trombinhas	04	Belenenses	8:53.32	8:49.64	586
	50m: 29.92 29.92	250m: 2:44.06 33.84	450m: 4:58.24 33.45	650m: 7:11.48 33.30		
	100m: 1:02.82 32.90	300m: 3:17.80 33.74	500m: 5:31.55 33.31	700m: 7:44.78 33.30		
	150m: 1:36.50 33.68	350m: 3:51.27 33.47	550m: 6:05.12 33.57	750m: 8:17.51 32.73		
	200m: 2:10.22 33.72	400m: 4:24.79 33.52	600m: 6:38.18 33.06	800m: 8:49.64 32.13		
4.	Tiago Barroso Proenca	04	Sporting	8:59.03	8:52.15	578
	50m: 29.96 29.96	250m: 2:41.02 33.28	450m: 4:55.90 33.82	650m: 7:11.37 33.96		
	100m: 1:01.85 31.89	300m: 3:14.56 33.54	500m: 5:29.65 33.75	700m: 7:45.45 34.08		
	150m: 1:34.62 32.77	350m: 3:48.24 33.68	550m: 6:03.54 33.89	750m: 8:19.29 33.84		
	200m: 2:07.74 33.12	400m: 4:22.08 33.84	600m: 6:37.41 33.87	800m: 8:52.15 32.86		
5.	Andre Correia Alves	06	Benfica	8:51.26	8:53.71	573
	50m: 29.26 29.26	250m: 2:42.03 33.58	450m: 4:57.48 33.65	650m: 7:12.93 33.85		
	100m: 1:01.62 32.36	300m: 3:15.81 33.78	500m: 5:31.26 33.78	700m: 7:46.96 34.03		
	150m: 1:34.60 32.98	350m: 3:49.86 34.05	550m: 6:05.22 33.96	750m: 8:20.88 33.92		
	200m: 2:08.45 33.85	400m: 4:23.83 33.97	600m: 6:39.08 33.86	800m: 8:53.71 32.83		
6.	Rodrigo Onofre Matos	06	Belenenses	9:12.45	8:54.46	571
	50m: 29.69 29.69	250m: 2:44.26 33.66	450m: 4:59.90 33.70	650m: 7:14.83 33.62		
	100m: 1:02.85 33.16	300m: 3:18.51 34.25	500m: 5:33.72 33.82	700m: 7:48.60 33.77		
	150m: 1:36.84 33.99	350m: 3:52.26 33.75	550m: 6:08.01 34.29	750m: 8:22.41 33.81		
	200m: 2:10.60 33.76	400m: 4:26.20 33.94	600m: 6:41.21 33.20	800m: 8:54.46 32.05		
7.	Tiago Ventura Chao	06	Naval Setubalense	8:55.91	8:57.54	561
	50m: 30.05 30.05	250m: 2:45.24 34.16	450m: 5:00.69 34.12	650m: 7:17.24 34.07		
	100m: 1:03.28 33.23	300m: 3:18.77 33.53	500m: 5:34.80 34.11	700m: 7:51.42 34.18		
	150m: 1:37.03 33.75	350m: 3:52.74 33.97	550m: 6:08.88 34.08	750m: 8:25.63 34.21		
	200m: 2:11.08 34.05	400m: 4:26.57 33.83	600m: 6:43.17 34.29	800m: 8:57.54 31.91		
8.	Miguel Mera Herrero	06	Sporting	9:30.00	8:59.51	555
	50m: 29.08 29.08	250m: 2:41.46 33.93	450m: 4:59.61 34.23	650m: 7:17.16 34.30		
	100m: 1:01.17 32.09	300m: 3:15.73 34.27	500m: 5:33.88 34.27	700m: 7:51.54 34.38		
	150m: 1:34.12 32.95	350m: 3:50.46 34.73	550m: 6:08.44 34.56	750m: 8:26.11 34.57		
	200m: 2:07.53 33.41	400m: 4:25.38 34.92	600m: 6:42.86 34.42	800m: 8:59.51 33.40		
9.	Arthur Santos Silva	06	Belenenses	9:09.84	9:00.73	551
	50m: 29.58 29.58	250m: 2:44.16 34.06	450m: 5:01.34 34.41	650m: 7:19.35 34.48		
	100m: 1:02.77 33.19	300m: 3:18.40 34.24	500m: 5:35.39 34.05	700m: 7:54.16 34.81		
	150m: 1:36.03 33.26	350m: 3:52.89 34.49	550m: 6:10.15 34.76	750m: 8:28.05 33.89		
	200m: 2:10.10 34.07	400m: 4:26.93 34.04	600m: 6:44.87 34.72	800m: 9:00.73 32.68		
10.	Rafael Lin Moniz	09	Naval Setubalense	10:15.76	9:13.20	514
	50m: 30.65 30.65	250m: 2:47.04 34.97	450m: 5:08.39 35.46	650m: 7:29.75 35.43		
	100m: 1:03.83 33.18	300m: 3:22.49 35.45	500m: 5:43.61 35.22	700m: 8:05.05 35.30		
	150m: 1:37.78 33.95	350m: 3:57.97 35.48	550m: 6:18.85 35.24	750m: 8:39.94 34.89		
	200m: 2:12.07 34.29	400m: 4:32.93 34.96	600m: 6:54.32 35.47	800m: 9:13.20 33.26		
11.	Martim Chambel Pinto	09	Colegio Int Monte Maior	9:53.14	9:14.95	510
	50m: 30.53 30.53	250m: 2:49.16 35.44	450m: 5:10.26 35.62	650m: 7:32.43 35.05		
	100m: 1:04.37 33.84	300m: 3:24.73 35.57	500m: 5:45.75 35.49	700m: 8:08.12 35.69		
	150m: 1:38.90 34.53	350m: 3:59.57 34.84	550m: 6:21.68 35.93	750m: 8:42.71 34.59		
	200m: 2:13.72 34.82	400m: 4:34.64 35.07	600m: 6:57.38 35.70	800m: 9:14.95 32.24		
12.	David Alexandre Fernandes	06	Nacional de Nataçao	9:05.31	9:22.89	488
	50m: 29.69 29.69	250m: 2:46.45 34.52	450m: 5:08.44 36.11	650m: 7:33.95 36.52		
	100m: 1:03.07 33.38	300m: 3:21.43 34.98	500m: 5:44.51 36.07	700m: 8:10.97 37.02		
	150m: 1:37.58 34.51	350m: 3:56.67 35.24	550m: 6:20.75 36.24	750m: 8:47.40 36.43		
	200m: 2:11.93 34.35	400m: 4:32.33 35.66	600m: 6:57.43 36.68	800m: 9:22.89 35.49		
13.	Francisco Nunes Roque	09	Benfica	10:16.86	9:29.63	471
	50m: 32.09 32.09	250m: 2:53.89 36.43	450m: 5:19.52 35.96	650m: 7:43.42 35.82		
	100m: 1:06.17 34.08	300m: 3:30.31 36.42	500m: 5:55.51 35.99	700m: 8:19.60 36.18		
	150m: 1:41.69 35.52	350m: 4:07.03 36.72	550m: 6:31.64 36.13	750m: 8:55.17 35.57		
	200m: 2:17.46 35.77	400m: 4:43.56 36.53	600m: 7:07.60 35.96	800m: 9:29.63 34.46		

Prova 38, Masc., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
14.	Rafael Ataíde Duarte	08	Benfica	9:50.00	9:31.52	467
	50m: 31.67 31.67	250m: 2:56.94 36.47	450m: 5:21.45 35.58	650m: 7:44.81 35.86		
	100m: 1:07.53 35.86	300m: 3:32.93 35.99	500m: 5:57.49 36.04	700m: 8:21.00 36.19		
	150m: 1:43.84 36.31	350m: 4:09.47 36.54	550m: 6:32.89 35.40	750m: 8:56.20 35.20		
	200m: 2:20.47 36.63	400m: 4:45.87 36.40	600m: 7:08.95 36.06	800m: 9:31.52 35.32		
15.	Miguel Bera Fonseca	09	Benfica	10:10.45	9:32.96	463
	50m: 31.41 31.41	250m: 2:53.43 36.20	450m: 5:19.53 36.19	650m: 7:44.17 35.62		
	100m: 1:05.92 34.51	300m: 3:29.97 36.54	500m: 5:55.78 36.25	700m: 8:20.77 36.60		
	150m: 1:41.10 35.18	350m: 4:06.66 36.69	550m: 6:32.11 36.33	750m: 8:57.54 36.77		
	200m: 2:17.23 36.13	400m: 4:43.34 36.68	600m: 7:08.55 36.44	800m: 9:32.96 35.42		
16.	Joao Luis Serra <i>Fora Tempo Acesso</i>	97	Laranjeiro	9:24.43	9:33.86	461
	50m: 31.42 31.42	250m: 2:51.19 35.78	450m: 5:15.37 36.59	650m: 7:43.22 37.20		
	100m: 1:05.37 33.95	300m: 3:27.10 35.91	500m: 5:51.91 36.54	700m: 8:20.20 36.98		
	150m: 1:40.10 34.73	350m: 4:02.82 35.72	550m: 6:28.85 36.94	750m: 8:57.44 37.24		
	200m: 2:15.41 35.31	400m: 4:38.78 35.96	600m: 7:06.02 37.17	800m: 9:33.86 36.42		
17.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	10:08.26	9:34.04	460
	50m: 31.43 31.43	250m: 2:53.19 36.32	450m: 5:19.31 36.58	650m: 7:44.00 36.21		
	100m: 1:05.55 34.12	300m: 3:29.55 36.36	500m: 5:55.63 36.32	700m: 8:20.78 36.78		
	150m: 1:41.10 35.55	350m: 4:05.95 36.40	550m: 6:31.62 35.99	750m: 8:57.62 36.84		
	200m: 2:16.87 35.77	400m: 4:42.73 36.78	600m: 7:07.79 36.17	800m: 9:34.04 36.42		
18.	Jose Pedro Salvadinho	08	Nacional de Nataçã	9:50.00	9:38.03	451
	50m: 31.28 31.28	250m: 2:52.97 35.85	450m: 5:19.00 36.66	650m: 7:46.83 37.34		
	100m: 1:06.17 34.89	300m: 3:29.25 36.28	500m: 5:55.99 36.99	700m: 8:24.29 37.46		
	150m: 1:41.52 35.35	350m: 4:05.71 36.46	550m: 6:32.61 36.62	750m: 9:01.27 36.98		
	200m: 2:17.12 35.60	400m: 4:42.34 36.63	600m: 7:09.49 36.88	800m: 9:38.03 36.76		
19.	Pedro Guedes Caldas	09	Benfica	10:18.18	9:41.41	443
	50m: 31.84 31.84	250m: 2:56.29 36.95	450m: 5:25.50 37.44	650m: 7:52.85 36.56		
	100m: 1:06.70 34.86	300m: 3:33.49 37.20	500m: 6:02.69 37.19	700m: 8:29.88 37.03		
	150m: 1:42.94 36.24	350m: 4:10.67 37.18	550m: 6:39.51 36.82	750m: 9:06.27 36.39		
	200m: 2:19.34 36.40	400m: 4:48.06 37.39	600m: 7:16.29 36.78	800m: 9:41.41 35.14		
20.	Rafael Goncalves Sousa <i>Fora Tempo Acesso</i>	99	CPCD - Póvoa Sta Iria	9:45.17	9:42.35	441
	50m: 31.58 31.58	250m: 2:58.10 37.36	450m: 5:27.93 37.67	650m: 7:55.43 36.80		
	100m: 1:06.73 35.15	300m: 3:35.30 37.20	500m: 6:05.36 37.43	700m: 8:31.94 36.51		
	150m: 1:43.39 36.66	350m: 4:12.57 37.27	550m: 6:42.56 37.20	750m: 9:08.07 36.13		
	200m: 2:20.74 37.35	400m: 4:50.26 37.69	600m: 7:18.63 36.07	800m: 9:42.35 34.28		
21.	Joao Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Geslours	9:31.50	9:48.37	428
	50m: 30.67 30.67	250m: 2:56.79 36.95	450m: 5:25.16 37.40	650m: 7:57.15 38.41		
	100m: 1:06.14 35.47	300m: 3:33.43 36.64	500m: 6:03.22 38.06	700m: 8:33.76 36.61		
	150m: 1:42.74 36.60	350m: 4:10.71 37.28	550m: 6:40.58 37.36	750m: 9:12.25 38.49		
	200m: 2:19.84 37.10	400m: 4:47.76 37.05	600m: 7:18.74 38.16	800m: 9:48.37 36.12		