

Prova 9 Masc., 1500m Livres Absolutos
15.03.2024 - 17:15 Resultados

Rec Nacional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Sen	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Jun 2	15:32.05	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	15:52.30	Roberto Donald Gomes	SAD	Coimbra	2017
Rec Regional Juv A	15:52.62	Diogo Santos Cardoso	ADRCIMM	Gyoer (HUN)	2017
Rec Regional Juv B	16:11.75	Rui Silva Pereira	ADRCIMM	Coimbra	2023

TAC - Masc Juv B: 19:28.27; Juv A: 18:54.24; Jun 1: 18:32.00; Jun 2: 18:20.99; Sen 19: 18:11.17; Sen 19+: 18:00.26

Pontos: FINA 2024

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Martim Chambel Pinto <i>Campeão Regional Juvenis B</i>	09	ADRC Colegio Int Monte Maior	17:16.99	17:32.81	566
	100m: 1:05.47 1:05.47	500m: 5:47.54 1:10.74	900m: 10:28.77 1:10.17	1300m: 15:11.37 1:11.18		
	200m: 2:15.32 1:09.85	600m: 6:58.11 1:10.57	1000m: 11:39.04 1:10.27	1400m: 16:23.23 1:11.86		
	300m: 3:26.08 1:10.76	700m: 8:08.34 1:10.23	1100m: 12:49.23 1:10.19	1500m: 17:32.81 1:09.58		
	400m: 4:36.80 1:10.72	800m: 9:18.60 1:10.26	1200m: 14:00.19 1:10.96			
2.	Rafael Lin Moniz	09	Clube Naval Setubalense	18:00.82	17:55.82	530
	100m: 1:07.15 1:07.15	500m: 5:55.39 1:12.19	900m: 10:43.65 1:11.96	1300m: 15:34.06 1:12.27		
	200m: 2:18.58 1:11.43	600m: 7:07.49 1:12.10	1000m: 11:56.37 1:12.72	1400m: 16:45.44 1:11.38		
	300m: 3:31.39 1:12.81	700m: 8:19.55 1:12.06	1100m: 13:08.56 1:12.19	1500m: 17:55.82 1:10.38		
	400m: 4:43.20 1:11.81	800m: 9:31.69 1:12.14	1200m: 14:21.79 1:13.23			
3.	Francisco Nunes Roque	09	Sport Lisboa e Benfica	19:43.31	18:16.92	500
	100m: 1:08.69 1:08.69	500m: 6:00.21 1:13.18	900m: 10:54.68 1:13.35	1300m: 15:49.48 1:14.22		
	200m: 2:21.30 1:12.61	600m: 7:13.80 1:13.59	1000m: 12:08.20 1:13.52	1400m: 17:03.92 1:14.44		
	300m: 3:34.20 1:12.90	700m: 8:27.51 1:13.71	1100m: 13:21.48 1:13.28	1500m: 18:16.92 1:13.00		
	400m: 4:47.03 1:12.83	800m: 9:41.33 1:13.82	1200m: 14:35.26 1:13.78			
4.	Guilherme Oliveira Rizzon	09	Sporting Clube de Portugal	19:28.27	18:25.81	488
	100m: 1:08.32 1:08.32	500m: 6:03.87 1:14.81	900m: 11:03.48 1:16.03	1300m: 15:59.04 1:14.14		
	200m: 2:21.51 1:13.19	600m: 7:17.56 1:13.69	1000m: 12:18.75 1:15.27	1400m: 17:13.61 1:14.57		
	300m: 3:35.27 1:13.76	700m: 8:32.27 1:14.71	1100m: 13:31.28 1:12.53	1500m: 18:25.81 1:12.20		
	400m: 4:49.06 1:13.79	800m: 9:47.45 1:15.18	1200m: 14:44.90 1:13.62			
5.	Vasco Alexandre Martins	09	ADRC Colegio Int Monte Maior	18:07.74	18:28.50	485
	100m: 1:08.98 1:08.98	500m: 6:00.56 1:12.78	900m: 10:58.32 1:14.64	1300m: 15:58.70 1:15.55		
	200m: 2:21.97 1:12.99	600m: 7:14.31 1:13.75	1000m: 12:13.46 1:15.14	1400m: 17:13.60 1:14.90		
	300m: 3:34.92 1:12.95	700m: 8:29.35 1:15.04	1100m: 13:27.93 1:14.47	1500m: 18:28.50 1:14.90		
	400m: 4:47.78 1:12.86	800m: 9:43.68 1:14.33	1200m: 14:43.15 1:15.22			
6.	Xavier Jesus Valente	09	Clube Nat Colégio Vasco da Gama	18:52.69	18:29.49	483
	100m: 1:07.61 1:07.61	500m: 5:58.62 1:13.00	900m: 10:54.24 1:14.09	1300m: 15:57.92 1:16.62		
	200m: 2:20.13 1:12.52	600m: 7:12.30 1:13.68	1000m: 12:09.12 1:14.88	1400m: 17:14.00 1:16.08		
	300m: 3:32.96 1:12.83	700m: 8:26.07 1:13.77	1100m: 13:24.90 1:15.78	1500m: 18:29.49 1:15.49		
	400m: 4:45.62 1:12.66	800m: 9:40.15 1:14.08	1200m: 14:41.30 1:16.40			
7.	Rodrigo Duarte Narigueta	09	Palmela Desporto, E.M.	18:47.71	19:11.97	432
	100m: 1:12.36 1:12.36	500m: 6:21.93 1:17.46	900m: 11:28.51 1:15.73	1300m: 16:37.70 1:16.96		
	200m: 2:30.01 1:17.65	600m: 7:39.12 1:17.19	1000m: 12:45.41 1:16.90	1400m: 17:55.26 1:17.56		
	300m: 3:47.20 1:17.19	700m: 8:56.04 1:16.92	1100m: 14:02.73 1:17.32	1500m: 19:11.97 1:16.71		
	400m: 5:04.47 1:17.27	800m: 10:12.78 1:16.74	1200m: 15:20.74 1:18.01			
8.	Miguel Ratinho Rocha <i>FTL (Fora Tempo Limite)</i>	09	Clube Naval Setubalense	20:34.08	19:40.14	402
	100m: 1:13.01 1:13.01	500m: 6:30.35 1:18.91	900m: 11:46.19 1:19.12	1300m: 17:03.75 1:19.46		
	200m: 2:32.24 1:19.23	600m: 7:49.47 1:19.12	1000m: 13:05.10 1:18.91	1400m: 18:23.55 1:19.80		
	300m: 3:51.78 1:19.54	700m: 9:08.24 1:18.77	1100m: 14:24.90 1:19.80	1500m: 19:40.14 1:16.59		
	400m: 5:11.44 1:19.66	800m: 10:27.07 1:18.83	1200m: 15:44.29 1:19.39			

Juvenis A

1.	Rui Silva Pereira <i>Campeão Regional Juvenis A</i>	08	ADRC Colegio Int Monte Maior	16:11.75	16:39.91	661
	100m: 1:02.01 1:02.01	500m: 5:28.20 1:07.31	900m: 9:58.20 1:07.49	1300m: 14:28.77 1:07.23		
	200m: 2:08.16 1:06.15	600m: 6:35.06 1:06.86	1000m: 11:06.73 1:08.53	1400m: 15:34.74 1:05.97		
	300m: 3:13.72 1:05.56	700m: 7:42.72 1:07.66	1100m: 12:13.58 1:06.85	1500m: 16:39.91 1:05.17		
	400m: 4:20.89 1:07.17	800m: 8:50.71 1:07.99	1200m: 13:21.54 1:07.96			

Prova 9, Masc., 1500m Livres

Juniores

1.	Pedro Crispim Jorge <i>Campeão Regional Juniores</i>	06	Soc.Filarmónica União A. Piedense	17:05.47	17:37.61	558
	100m: 1:03.87 1:03.87		500m: 5:45.20 1:10.77	900m: 10:29.92 1:10.95	1300m: 15:17.04 1:11.88	
	200m: 2:13.58 1:09.71		600m: 6:56.51 1:11.31	1000m: 11:41.77 1:11.85	1400m: 16:28.30 1:11.26	
	300m: 3:24.18 1:10.60		700m: 8:08.01 1:11.50	1100m: 12:53.58 1:11.81	1500m: 17:37.61 1:09.31	
	400m: 4:34.43 1:10.25		800m: 9:18.97 1:10.96	1200m: 14:05.16 1:11.58		
2.	Joao Almeida Gomes	06	Clube Nacional de Nataçao	18:01.37	17:43.77	548
	100m: 1:05.60 1:05.60		500m: 5:47.52 1:10.43	900m: 10:31.74 1:11.73	1300m: 15:21.24 1:13.07	
	200m: 2:15.69 1:10.09		600m: 6:58.08 1:10.56	1000m: 11:43.55 1:11.81	1400m: 16:34.27 1:13.03	
	300m: 3:26.69 1:11.00		700m: 8:08.85 1:10.77	1100m: 12:55.54 1:11.99	1500m: 17:43.77 1:09.50	
	400m: 4:37.09 1:10.40		800m: 9:20.01 1:11.16	1200m: 14:08.17 1:12.63		
3.	Daniel Casaca Carvalho	07	Clube Nat Colégio Vasco da Gama	17:12.58	17:46.53	544
	100m: 1:04.86 1:04.86		500m: 5:48.43 1:10.84	900m: 10:33.34 1:12.11	1300m: 15:24.45 1:12.38	
	200m: 2:16.11 1:11.25		600m: 6:59.69 1:11.26	1000m: 11:46.10 1:12.76	1400m: 16:35.64 1:11.19	
	300m: 3:26.44 1:10.33		700m: 8:10.03 1:10.34	1100m: 12:59.19 1:13.09	1500m: 17:46.53 1:10.89	
	400m: 4:37.59 1:11.15		800m: 9:21.23 1:11.20	1200m: 14:12.07 1:12.88		
4.	Rodrigo Onofre Matos	06	Clube Futebol Os Belenenses	17:03.17	17:47.64	543
	100m: 1:04.99 1:04.99		500m: 5:47.64 1:11.33	900m: 10:33.88 1:11.93	1300m: 15:24.40 1:12.78	
	200m: 2:14.93 1:09.94		600m: 6:58.90 1:11.26	1000m: 11:46.06 1:12.18	1400m: 16:37.06 1:12.66	
	300m: 3:25.71 1:10.78		700m: 8:10.49 1:11.59	1100m: 12:59.13 1:13.07	1500m: 17:47.64 1:10.58	
	400m: 4:36.31 1:10.60		800m: 9:21.95 1:11.46	1200m: 14:11.62 1:12.49		
5.	Ricardo Freitas Neto	06	Sporting Clube de Portugal	17:24.24	17:48.22	542
	100m: 1:05.54 1:05.54		500m: 5:48.98 1:11.15	900m: 10:34.93 1:11.92	1300m: 15:26.74 1:13.04	
	200m: 2:15.82 1:10.28		600m: 6:59.76 1:10.78	1000m: 11:47.61 1:12.68	1400m: 16:38.38 1:11.64	
	300m: 3:26.72 1:10.90		700m: 8:11.21 1:11.45	1100m: 13:00.57 1:12.96	1500m: 17:48.22 1:09.84	
	400m: 4:37.83 1:11.11		800m: 9:23.01 1:11.80	1200m: 14:13.70 1:13.13		
6.	Vicente Dias Maia	07	Sport Alges e Dafundo	17:52.71	18:16.99	500
	100m: 1:05.28 1:05.28		500m: 5:53.05 1:12.66	900m: 10:49.60 1:14.95	1300m: 15:49.37 1:15.31	
	200m: 2:16.69 1:11.41		600m: 7:06.67 1:13.62	1000m: 12:04.38 1:14.78	1400m: 17:04.16 1:14.79	
	300m: 3:28.51 1:11.82		700m: 8:20.51 1:13.84	1100m: 13:19.13 1:14.75	1500m: 18:16.99 1:12.83	
	400m: 4:40.39 1:11.88		800m: 9:34.65 1:14.14	1200m: 14:34.06 1:14.93		
7.	Arthur Santos Silva <i>FTL (Fora Tempo Limite)</i>	06	Clube Futebol Os Belenenses	17:24.72	18:26.54	487
	100m: 1:05.77 1:05.77		500m: 5:52.81 1:13.47	900m: 10:52.54 1:15.82	1300m: 15:56.85 1:15.91	
	200m: 2:16.32 1:10.55		600m: 7:07.20 1:14.39	1000m: 12:08.64 1:16.10	1400m: 17:11.91 1:15.06	
	300m: 3:27.38 1:11.06		700m: 8:21.84 1:14.64	1100m: 13:25.38 1:16.74	1500m: 18:26.54 1:14.63	
	400m: 4:39.34 1:11.96		800m: 9:36.72 1:14.88	1200m: 14:40.94 1:15.56		
8.	Rodrigo Piteira Maio <i>FTL (Fora Tempo Limite)</i>	06	Clube Futebol Os Belenenses	18:20.99	18:48.74	459
	100m: 1:07.51 1:07.51		500m: 6:02.33 1:15.07	900m: 11:03.56 1:16.84	1300m: 16:12.93 1:18.56	
	200m: 2:19.54 1:12.03		600m: 7:16.08 1:13.75	1000m: 12:19.95 1:16.39	1400m: 17:31.10 1:18.17	
	300m: 3:33.07 1:13.53		700m: 8:30.75 1:14.67	1100m: 13:36.78 1:16.83	1500m: 18:48.74 1:17.64	
	400m: 4:47.26 1:14.19		800m: 9:46.72 1:15.97	1200m: 14:54.37 1:17.59		

Seniores

1.	Tiago Miguel Trombinhas <i>Campeão Regional Seniores</i>	04	Clube Futebol Os Belenenses	17:12.70	17:38.99	556
	100m: 1:04.25 1:04.25		500m: 5:44.76 1:10.85	900m: 10:32.36 1:11.90	1300m: 15:18.88 1:11.46	
	200m: 2:13.60 1:09.35		600m: 6:56.54 1:11.78	1000m: 11:44.25 1:11.89	1400m: 16:30.64 1:11.76	
	300m: 3:24.14 1:10.54		700m: 8:08.32 1:11.78	1100m: 12:55.96 1:11.71	1500m: 17:38.99 1:08.35	
	400m: 4:33.91 1:09.77		800m: 9:20.46 1:12.14	1200m: 14:07.42 1:11.46		
2.	Tiago Barroso Proenca	04	Sporting Clube de Portugal	18:00.26	17:56.60	529
	100m: 1:05.46 1:05.46		500m: 5:47.45 1:10.37	900m: 10:31.82 1:11.84	1300m: 15:27.02 1:15.59	
	200m: 2:15.53 1:10.07		600m: 6:58.11 1:10.66	1000m: 11:44.25 1:12.43	1400m: 16:42.55 1:15.53	
	300m: 3:26.57 1:11.04		700m: 8:08.92 1:10.81	1100m: 12:57.35 1:13.10	1500m: 17:56.60 1:14.05	
	400m: 4:37.08 1:10.51		800m: 9:19.98 1:11.06	1200m: 14:11.43 1:14.08		
3.	Miguel Duarte Cruz <i>FTL (Fora Tempo Limite)</i>	99	Clube Futebol Os Belenenses	18:25.00	18:57.51	448
	100m: 1:10.55 1:10.55		500m: 6:14.05 1:16.60	900m: 11:18.67 1:16.44	1300m: 16:25.40 1:16.83	
	200m: 2:25.59 1:15.04		600m: 7:29.45 1:15.40	1000m: 12:35.06 1:16.39	1400m: 17:41.96 1:16.56	
	300m: 3:41.22 1:15.63		700m: 8:45.93 1:16.48	1100m: 13:51.60 1:16.54	1500m: 18:57.51 1:15.55	
	400m: 4:57.45 1:16.23		800m: 10:02.23 1:16.30	1200m: 15:08.57 1:16.97		

Prova 9, Masc., 1500m Livres, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
4.	Romão Noronha Braz <i>FTL (Fora Tempo Limite)</i>	04	Clube Nataçao de Lisboa	18:00.26	19:20.85	422
	100m: 1:07.86 1:07.86	500m: 6:09.86 1:17.75	900m: 11:30.87 1:20.84	1300m: 16:49.72 1:20.56		
	200m: 2:21.62 1:13.76	600m: 7:29.67 1:19.81	1000m: 12:50.62 1:19.75	1400m: 18:06.89 1:17.17		
	300m: 3:36.58 1:14.96	700m: 8:49.18 1:19.51	1100m: 14:10.15 1:19.53	1500m: 19:20.85 1:13.96		
	400m: 4:52.11 1:15.53	800m: 10:10.03 1:20.85	1200m: 15:29.16 1:19.01			
5.	Goncalo Morais Gordo <i>FTL (Fora Tempo Limite)</i>	02	ADRC Colegio Int Monte Maior	18:00.26	19:21.03	422
	100m: 1:07.05 1:07.05	500m: 6:03.70 1:16.51	900m: 11:26.03 1:20.33	1300m: 16:44.84 1:18.12		
	200m: 2:18.46 1:11.41	600m: 7:23.60 1:19.90	1000m: 12:47.33 1:21.30	1400m: 18:04.73 1:19.89		
	300m: 3:31.92 1:13.46	700m: 8:45.41 1:21.81	1100m: 14:06.67 1:19.34	1500m: 19:21.03 1:16.30		
	400m: 4:47.19 1:15.27	800m: 10:05.70 1:20.29	1200m: 15:26.72 1:20.05			

Absolutos

1.	Rui Silva Pereira	08	ADRC Colegio Int Monte Maior	16:11.75	16:39.91	661
	100m: 1:02.01 1:02.01	500m: 5:28.20 1:07.31	900m: 9:58.20 1:07.49	1300m: 14:28.77 1:07.23		
	200m: 2:08.16 1:06.15	600m: 6:35.06 1:06.86	1000m: 11:06.73 1:08.53	1400m: 15:34.74 1:05.97		
	300m: 3:13.72 1:05.56	700m: 7:42.72 1:07.66	1100m: 12:13.58 1:06.85	1500m: 16:39.91 1:05.17		
	400m: 4:20.89 1:07.17	800m: 8:50.71 1:07.99	1200m: 13:21.54 1:07.96			
2.	Martim Chambel Pinto	09	ADRC Colegio Int Monte Maior	17:16.99	17:32.81	566
	100m: 1:05.47 1:05.47	500m: 5:47.54 1:10.74	900m: 10:28.77 1:10.17	1300m: 15:11.37 1:11.18		
	200m: 2:15.32 1:09.85	600m: 6:58.11 1:10.57	1000m: 11:39.04 1:10.27	1400m: 16:23.23 1:11.86		
	300m: 3:26.08 1:10.76	700m: 8:08.34 1:10.23	1100m: 12:49.23 1:10.19	1500m: 17:32.81 1:09.58		
	400m: 4:36.80 1:10.72	800m: 9:18.60 1:10.26	1200m: 14:00.19 1:10.96			
3.	Pedro Crispim Jorge	06	Soc.Filarmónica União A. Piedense	17:05.47	17:37.61	558
	100m: 1:03.87 1:03.87	500m: 5:45.20 1:10.77	900m: 10:29.92 1:10.95	1300m: 15:17.04 1:11.88		
	200m: 2:13.58 1:09.71	600m: 6:56.51 1:11.31	1000m: 11:41.77 1:11.85	1400m: 16:28.30 1:11.26		
	300m: 3:24.18 1:10.60	700m: 8:08.01 1:11.50	1100m: 12:53.58 1:11.81	1500m: 17:37.61 1:09.31		
	400m: 4:34.43 1:10.25	800m: 9:18.97 1:10.96	1200m: 14:05.16 1:11.58			
4.	Tiago Miguel Trombinhas	04	Clube Futebol Os Belenenses	17:12.70	17:38.99	556
	100m: 1:04.25 1:04.25	500m: 5:44.76 1:10.85	900m: 10:32.36 1:11.90	1300m: 15:18.88 1:11.46		
	200m: 2:13.60 1:09.35	600m: 6:56.54 1:11.78	1000m: 11:44.25 1:11.89	1400m: 16:30.64 1:11.76		
	300m: 3:24.14 1:10.54	700m: 8:08.32 1:11.78	1100m: 12:55.96 1:11.71	1500m: 17:38.99 1:08.35		
	400m: 4:33.91 1:09.77	800m: 9:20.46 1:12.14	1200m: 14:07.42 1:11.46			
5.	Joao Almeida Gomes	06	Clube Nacional de Nataçao	18:01.37	17:43.77	548
	100m: 1:05.60 1:05.60	500m: 5:47.52 1:10.43	900m: 10:31.74 1:11.73	1300m: 15:21.24 1:13.07		
	200m: 2:15.69 1:10.09	600m: 6:58.08 1:10.56	1000m: 11:43.55 1:11.81	1400m: 16:34.27 1:13.03		
	300m: 3:26.69 1:11.00	700m: 8:08.85 1:10.77	1100m: 12:55.54 1:11.99	1500m: 17:43.77 1:09.50		
	400m: 4:37.09 1:10.40	800m: 9:20.01 1:11.16	1200m: 14:08.17 1:12.63			
6.	Daniel Casaca Carvalho	07	Clube Nat Colégio Vasco da Gama	17:12.58	17:46.53	544
	100m: 1:04.86 1:04.86	500m: 5:48.43 1:10.84	900m: 10:33.34 1:12.11	1300m: 15:24.45 1:12.38		
	200m: 2:16.11 1:11.25	600m: 6:59.69 1:11.26	1000m: 11:46.10 1:12.76	1400m: 16:35.64 1:11.19		
	300m: 3:26.44 1:10.33	700m: 8:10.03 1:10.34	1100m: 12:59.19 1:13.09	1500m: 17:46.53 1:10.89		
	400m: 4:37.59 1:11.15	800m: 9:21.23 1:11.20	1200m: 14:12.07 1:12.88			
7.	Rodrigo Onofre Matos	06	Clube Futebol Os Belenenses	17:03.17	17:47.64	543
	100m: 1:04.99 1:04.99	500m: 5:47.64 1:11.33	900m: 10:33.88 1:11.93	1300m: 15:24.40 1:12.78		
	200m: 2:14.93 1:09.94	600m: 6:58.90 1:11.26	1000m: 11:46.06 1:12.18	1400m: 16:37.06 1:12.66		
	300m: 3:25.71 1:10.78	700m: 8:10.49 1:11.59	1100m: 12:59.13 1:13.07	1500m: 17:47.64 1:10.58		
	400m: 4:36.31 1:10.60	800m: 9:21.95 1:11.46	1200m: 14:11.62 1:12.49			
8.	Ricardo Freitas Neto	06	Sporting Clube de Portugal	17:24.24	17:48.22	542
	100m: 1:05.54 1:05.54	500m: 5:48.98 1:11.15	900m: 10:34.93 1:11.92	1300m: 15:26.74 1:13.04		
	200m: 2:15.82 1:10.28	600m: 6:59.76 1:10.78	1000m: 11:47.61 1:12.68	1400m: 16:38.38 1:11.64		
	300m: 3:26.72 1:10.90	700m: 8:11.21 1:11.45	1100m: 13:00.57 1:12.96	1500m: 17:48.22 1:09.84		
	400m: 4:37.83 1:11.11	800m: 9:23.01 1:11.80	1200m: 14:13.70 1:13.13			
9.	Rafael Lin Moniz	09	Clube Naval Setubalense	18:00.82	17:55.82	530
	100m: 1:07.15 1:07.15	500m: 5:55.39 1:12.19	900m: 10:43.65 1:11.96	1300m: 15:34.06 1:12.27		
	200m: 2:18.58 1:11.43	600m: 7:07.49 1:12.10	1000m: 11:56.37 1:12.72	1400m: 16:45.44 1:11.38		
	300m: 3:31.39 1:12.81	700m: 8:19.55 1:12.06	1100m: 13:08.56 1:12.19	1500m: 17:55.82 1:10.38		
	400m: 4:43.20 1:11.81	800m: 9:31.69 1:12.14	1200m: 14:21.79 1:13.23			
10.	Tiago Barroso Preenca	04	Sporting Clube de Portugal	18:00.26	17:56.60	529
	100m: 1:05.46 1:05.46	500m: 5:47.45 1:10.37	900m: 10:31.82 1:11.84	1300m: 15:27.02 1:15.59		
	200m: 2:15.53 1:10.07	600m: 6:58.11 1:10.66	1000m: 11:44.25 1:12.43	1400m: 16:42.55 1:15.53		
	300m: 3:26.57 1:11.04	700m: 8:08.92 1:10.81	1100m: 12:57.35 1:13.10	1500m: 17:56.60 1:14.05		
	400m: 4:37.08 1:10.51	800m: 9:19.98 1:11.06	1200m: 14:11.43 1:14.08			

Prova 9, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
11.	Francisco Nunes Roque	09	Sport Lisboa e Benfica	19:43.31	18:16.92	500
	100m: 1:08.69 1:08.69	500m: 6:00.21 1:13.18	900m: 10:54.68 1:13.35	1300m: 15:49.48 1:14.22		
	200m: 2:21.30 1:12.61	600m: 7:13.80 1:13.59	1000m: 12:08.20 1:13.52	1400m: 17:03.92 1:14.44		
	300m: 3:34.20 1:12.90	700m: 8:27.51 1:13.71	1100m: 13:21.48 1:13.28	1500m: 18:16.92 1:13.00		
	400m: 4:47.03 1:12.83	800m: 9:41.33 1:13.82	1200m: 14:35.26 1:13.78			
12.	Vicente Dias Maia	07	Sport Alges e Dafundo	17:52.71	18:16.99	500
	100m: 1:05.28 1:05.28	500m: 5:53.05 1:12.66	900m: 10:49.60 1:14.95	1300m: 15:49.37 1:15.31		
	200m: 2:16.69 1:11.41	600m: 7:06.67 1:13.62	1000m: 12:04.38 1:14.78	1400m: 17:04.16 1:14.79		
	300m: 3:28.51 1:11.82	700m: 8:20.51 1:13.84	1100m: 13:19.13 1:14.75	1500m: 18:16.99 1:12.83		
	400m: 4:40.39 1:11.88	800m: 9:34.65 1:14.14	1200m: 14:34.06 1:14.93			
13.	Guilherme Oliveira Rizzon	09	Sporting Clube de Portugal	19:28.27	18:25.81	488
	100m: 1:08.32 1:08.32	500m: 6:03.87 1:14.81	900m: 11:03.48 1:16.03	1300m: 15:59.04 1:14.14		
	200m: 2:21.51 1:13.19	600m: 7:17.56 1:13.69	1000m: 12:18.75 1:15.27	1400m: 17:13.61 1:14.57		
	300m: 3:35.27 1:13.76	700m: 8:32.27 1:14.71	1100m: 13:31.28 1:12.53	1500m: 18:25.81 1:12.20		
	400m: 4:49.06 1:13.79	800m: 9:47.45 1:15.18	1200m: 14:44.90 1:13.62			
14.	Arthur Santos Silva <i>FTL (Fora Tempo Limite)</i>	06	Clube Futebol Os Belenenses	17:24.72	18:26.54	487
	100m: 1:05.77 1:05.77	500m: 5:52.81 1:13.47	900m: 10:52.54 1:15.82	1300m: 15:56.85 1:15.91		
	200m: 2:16.32 1:10.55	600m: 7:07.20 1:14.39	1000m: 12:08.64 1:16.10	1400m: 17:11.91 1:15.06		
	300m: 3:27.38 1:11.06	700m: 8:21.84 1:14.64	1100m: 13:25.38 1:16.74	1500m: 18:26.54 1:14.63		
	400m: 4:39.34 1:11.96	800m: 9:36.72 1:14.88	1200m: 14:40.94 1:15.56			
15.	Vasco Alexandre Martins	09	ADRC Colegio Int Monte Maior	18:07.74	18:28.50	485
	100m: 1:08.98 1:08.98	500m: 6:00.56 1:12.78	900m: 10:58.32 1:14.64	1300m: 15:58.70 1:15.55		
	200m: 2:21.97 1:12.99	600m: 7:14.31 1:13.75	1000m: 12:13.46 1:15.14	1400m: 17:13.60 1:14.90		
	300m: 3:34.92 1:12.95	700m: 8:29.35 1:15.04	1100m: 13:27.93 1:14.47	1500m: 18:28.50 1:14.90		
	400m: 4:47.78 1:12.86	800m: 9:43.68 1:14.33	1200m: 14:43.15 1:15.22			
16.	Xavier Jesus Valente	09	Clube Nat Colégio Vasco da Gama	18:52.69	18:29.49	483
	100m: 1:07.61 1:07.61	500m: 5:58.62 1:13.00	900m: 10:54.24 1:14.09	1300m: 15:57.92 1:16.62		
	200m: 2:20.13 1:12.52	600m: 7:12.30 1:13.68	1000m: 12:09.12 1:14.88	1400m: 17:14.00 1:16.08		
	300m: 3:32.96 1:12.83	700m: 8:26.07 1:13.77	1100m: 13:24.90 1:15.78	1500m: 18:29.49 1:15.49		
	400m: 4:45.62 1:12.66	800m: 9:40.15 1:14.08	1200m: 14:41.30 1:16.40			
17.	Rodrigo Piteira Maio <i>FTL (Fora Tempo Limite)</i>	06	Clube Futebol Os Belenenses	18:20.99	18:48.74	459
	100m: 1:07.51 1:07.51	500m: 6:02.33 1:15.07	900m: 11:03.56 1:16.84	1300m: 16:12.93 1:18.56		
	200m: 2:19.54 1:12.03	600m: 7:16.08 1:13.75	1000m: 12:19.95 1:16.39	1400m: 17:31.10 1:18.17		
	300m: 3:33.07 1:13.53	700m: 8:30.75 1:14.67	1100m: 13:36.78 1:16.83	1500m: 18:48.74 1:17.64		
	400m: 4:47.26 1:14.19	800m: 9:46.72 1:15.97	1200m: 14:54.37 1:17.59			
18.	Miguel Duarte Cruz <i>FTL (Fora Tempo Limite)</i>	99	Clube Futebol Os Belenenses	18:25.00	18:57.51	448
	100m: 1:10.55 1:10.55	500m: 6:14.05 1:16.60	900m: 11:18.67 1:16.44	1300m: 16:25.40 1:16.83		
	200m: 2:25.59 1:15.04	600m: 7:29.45 1:15.40	1000m: 12:35.06 1:16.39	1400m: 17:41.96 1:16.56		
	300m: 3:41.22 1:15.63	700m: 8:45.93 1:16.48	1100m: 13:51.60 1:16.54	1500m: 18:57.51 1:15.55		
	400m: 4:57.45 1:16.23	800m: 10:02.23 1:16.30	1200m: 15:08.57 1:16.97			
19.	Rodrigo Duarte Narigueta	09	Palmela Desporto, E.M.	18:47.71	19:11.97	432
	100m: 1:12.36 1:12.36	500m: 6:21.93 1:17.46	900m: 11:28.51 1:15.73	1300m: 16:37.70 1:16.96		
	200m: 2:30.01 1:17.65	600m: 7:39.12 1:17.19	1000m: 12:45.41 1:16.90	1400m: 17:55.26 1:17.56		
	300m: 3:47.20 1:17.19	700m: 8:56.04 1:16.92	1100m: 14:02.73 1:17.32	1500m: 19:11.97 1:16.71		
	400m: 5:04.47 1:17.27	800m: 10:12.78 1:16.74	1200m: 15:20.74 1:18.01			
20.	Romão Noronha Braz <i>FTL (Fora Tempo Limite)</i>	04	Clube Natação de Lisboa	18:00.26	19:20.85	422
	100m: 1:07.86 1:07.86	500m: 6:09.86 1:17.75	900m: 11:30.87 1:20.84	1300m: 16:49.72 1:20.56		
	200m: 2:21.62 1:13.76	600m: 7:29.67 1:19.81	1000m: 12:50.62 1:19.75	1400m: 18:06.89 1:17.17		
	300m: 3:36.58 1:14.96	700m: 8:49.18 1:19.51	1100m: 14:10.15 1:19.53	1500m: 19:20.85 1:13.96		
	400m: 4:52.11 1:15.53	800m: 10:10.03 1:20.85	1200m: 15:29.16 1:19.01			
21.	Gonçalo Morais Gordo <i>FTL (Fora Tempo Limite)</i>	02	ADRC Colegio Int Monte Maior	18:00.26	19:21.03	422
	100m: 1:07.05 1:07.05	500m: 6:03.70 1:16.51	900m: 11:26.03 1:20.33	1300m: 16:44.84 1:18.12		
	200m: 2:18.46 1:11.41	600m: 7:23.60 1:19.90	1000m: 12:47.33 1:21.30	1400m: 18:04.73 1:19.89		
	300m: 3:31.92 1:13.46	700m: 8:45.41 1:21.81	1100m: 14:06.67 1:19.34	1500m: 19:21.03 1:16.30		
	400m: 4:47.19 1:15.27	800m: 10:05.70 1:20.29	1200m: 15:26.72 1:20.05			
22.	Miguel Ratinho Rocha <i>FTL (Fora Tempo Limite)</i>	09	Clube Naval Setubalense	20:34.08	19:40.14	402
	100m: 1:13.01 1:13.01	500m: 6:30.35 1:18.91	900m: 11:46.19 1:19.12	1300m: 17:03.75 1:19.46		
	200m: 2:32.24 1:19.23	600m: 7:49.47 1:19.12	1000m: 13:05.10 1:18.91	1400m: 18:23.55 1:19.80		
	300m: 3:51.78 1:19.54	700m: 9:08.24 1:18.77	1100m: 14:24.90 1:19.80	1500m: 19:40.14 1:16.59		
	400m: 5:11.44 1:19.66	800m: 10:27.07 1:18.83	1200m: 15:44.29 1:19.39			