Campeonatos Regionais de Juvenis, Absolutos e Clubes
Povoa de Varzim, 2- 3-7-2016
www.annp.pt

Prova 3 — Masc., 1500m Livres — Absolutos
02/07/2016 - 9:10 — Grafiporto — Resultados

| | | | | | |
|---|---|---|---|---|---|
| RN Absoluto | 15:16.22 | Fernando Eurico, COSTA | POR | Bangkok (THA) | 14/08/2007 |
| RN Juv B | 16:31.97 | Pedro Fontoura, OLIVEIRA | CFB | Lisboa | 28/05/2005 |
| RN Juv A | 15:45.55 | Gustavo Manuel, SANTA | POR | Tampere (FIN) | 23/07/2009 |
| RN 17 | 15:43.45 | Guilherme Filipe, PINA | POR | Singapore (SIN) | 30/08/2015 |
| RN 18 | 15:31.96 | Guilherme Filipe, PINA | BSCN | Oeiras | 13/03/2016 |
| RN Sen | 15:16.22 | Fernando Eurico, COSTA | POR | Bangkok (THA) | 14/08/2007 |
| Recorde Regional 50m Absoluto | 15:16.22 | Fernando Eurico, COSTA | LSC | Bangkok (THA) | 14/08/2007 |
| Recorde Regional 50m Juv B | 16:35.93 | Rui Filipe, COSTA | VSC | Porto | 06/07/2006 |
| Recorde Regional 50m Juv A | 16:04.07 | Rui Filipe, COSTA | VSC | Loulé | 08/06/2007 |
| Recorde Regional 50m 17 | 15:53.24 | Fernando Eurico, COSTA | LSC | Lisboa | 28/07/2002 |
| Recorde Regional 50m 18 | 15:34.51 | Fernando Eurico, COSTA | LSC | Luxemburgo (LUX) | 24/01/2003 |
| Recorde Regional 50m Sen | 15:16.22 | Fernando Eurico, COSTA | LSC | Bangkok (THA) | 14/08/2007 |

Masculinos Juniores Jun: 18:42.37 / Masculinos Seniores Sen: 18:19.46 / Masculinos Juvenil B Juv B: 20:13.99 / Masculinos Juvenil A Juv A: 19:28.18

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|---|---|---|---|---|---|---|---|---|

## Absolutos

1. Sergio Filipe, TRAVANCA — M — 117385 00 — Fluvial Portuense — **16:34.03** — 672 — 37,00

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:01.98 | 1:01.98 | 500m: | 5:27.98 | 1:06.59 | 900m: | 9:57.44 | 1:07.98 | 1300m: | 14:24.96 | 1:05.78 |
| 200m: | 2:07.69 | 1:05.71 | 600m: | 6:34.77 | 1:06.79 | 1000m: | 11:04.84 | 1:07.40 | 1400m: | 15:30.52 | 1:05.56 |
| 300m: | 3:14.25 | 1:06.56 | 700m: | 7:41.97 | 1:07.20 | 1100m: | 12:12.54 | 1:07.70 | 1500m: | 16:34.03 | 1:03.51 |
| 400m: | 4:21.39 | 1:07.14 | 800m: | 8:49.46 | 1:07.49 | 1200m: | 13:19.18 | 1:06.64 | | | |

2. Filipe Carmo, RAMOS — M — 105197 97 — Vilacondense — **16:41.15** — 658 — 35,00

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:03.65 | 1:03.65 | 500m: | 5:34.83 | 1:07.65 | 900m: | 10:04.08 | 1:06.96 | 1300m: | 14:29.63 | 1:06.34 |
| 200m: | 2:11.31 | 1:07.66 | 600m: | 6:42.14 | 1:07.31 | 1000m: | 11:10.68 | 1:06.60 | 1400m: | 15:36.42 | 1:06.79 |
| 300m: | 3:19.21 | 1:07.90 | 700m: | 7:49.93 | 1:07.79 | 1100m: | 12:17.42 | 1:06.74 | 1500m: | 16:41.15 | 1:04.73 |
| 400m: | 4:27.18 | 1:07.97 | 800m: | 8:57.12 | 1:07.19 | 1200m: | 13:23.29 | 1:05.87 | | | |

3. Tiago Silva, OLIVEIRA — M — 15465 94 — Fluvial Portuense — **16:41.63** — 657 — 34,00

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:01.19 | 1:01.19 | 500m: | 5:27.69 | 1:06.72 | 900m: | 9:57.41 | 1:08.03 | 1300m: | 14:26.37 | 1:07.37 |
| 200m: | 2:06.97 | 1:05.78 | 600m: | 6:34.86 | 1:07.17 | 1000m: | 11:04.72 | 1:07.31 | 1400m: | 15:34.24 | 1:07.87 |
| 300m: | 3:13.87 | 1:06.90 | 700m: | 7:41.97 | 1:07.11 | 1100m: | 12:12.49 | 1:07.77 | 1500m: | 16:41.63 | 1:07.39 |
| 400m: | 4:20.97 | 1:07.10 | 800m: | 8:49.38 | 1:07.41 | 1200m: | 13:19.00 | 1:06.51 | | | |

4. Diogo Barbosa, NUNES — M — 110529 00 — Fluvial Portuense — **17:02.74** — 617 — -

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:01.97 | 1:01.97 | 500m: | 5:28.74 | 1:07.36 | 900m: | 10:04.90 | 1:10.05 | 1300m: | 14:44.90 | 1:09.56 |
| 200m: | 2:07.85 | 1:05.88 | 600m: | 6:36.69 | 1:07.95 | 1000m: | 11:15.47 | 1:10.57 | 1400m: | 15:54.86 | 1:09.96 |
| 300m: | 3:14.45 | 1:06.60 | 700m: | 7:45.17 | 1:08.48 | 1100m: | 12:25.57 | 1:10.10 | 1500m: | 17:02.74 | 1:07.88 |
| 400m: | 4:21.38 | 1:06.93 | 800m: | 8:54.85 | 1:09.68 | 1200m: | 13:35.34 | 1:09.77 | | | |

5. Pedro Goncalves, NETO — M — 102038 98 — Porto — **17:06.78** — 610 — 32,00

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:01.86 | 1:01.86 | 500m: | 5:39.29 | 1:09.33 | 900m: | 10:14.93 | 1:08.74 | 1300m: | 14:50.28 | 1:08.88 |
| 200m: | 2:11.29 | 1:09.43 | 600m: | 6:48.55 | 1:09.26 | 1000m: | 11:23.89 | 1:08.96 | 1400m: | 15:59.07 | 1:08.79 |
| 300m: | 3:20.97 | 1:09.68 | 700m: | 7:57.45 | 1:08.90 | 1100m: | 12:32.85 | 1:08.96 | 1500m: | 17:06.78 | 1:07.71 |
| 400m: | 4:29.96 | 1:08.99 | 800m: | 9:06.19 | 1:08.74 | 1200m: | 13:41.40 | 1:08.55 | | | |

6. Joao Santos, MENDES — M — 111648 98 — Leixoes Sport Club — **17:09.97** — 604 — 31,00

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:02.38 | 1:02.38 | 500m: | 5:34.93 | 1:09.39 | 900m: | 10:13.50 | 1:10.10 | 1300m: | 14:51.87 | 1:09.46 |
| 200m: | 2:08.88 | 1:06.50 | 600m: | 6:43.91 | 1:08.98 | 1000m: | 11:23.29 | 1:09.79 | 1400m: | 16:01.39 | 1:09.52 |
| 300m: | 3:16.33 | 1:07.45 | 700m: | 7:53.35 | 1:09.44 | 1100m: | 12:32.94 | 1:09.65 | 1500m: | 17:09.97 | 1:08.58 |
| 400m: | 4:25.54 | 1:09.21 | 800m: | 9:03.40 | 1:10.05 | 1200m: | 13:42.41 | 1:09.47 | | | |

7. Diogo Moreno, BASTOS — M — 108285 00 — Fluvial Portuense — **17:19.14** — 588 — -

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:04.33 | 1:04.33 | 500m: | 5:41.14 | 1:09.52 | 900m: | 10:20.31 | 1:09.90 | 1300m: | 15:02.59 | 1:10.23 |
| 200m: | 2:12.95 | 1:08.62 | 600m: | 6:50.70 | 1:09.56 | 1000m: | 11:31.46 | 1:11.15 | 1400m: | 16:13.27 | 1:10.68 |
| 300m: | 3:22.11 | 1:09.16 | 700m: | 8:00.59 | 1:09.89 | 1100m: | 12:42.05 | 1:10.59 | 1500m: | 17:19.14 | 1:05.87 |
| 400m: | 4:31.62 | 1:09.51 | 800m: | 9:10.41 | 1:09.82 | 1200m: | 13:52.36 | 1:10.31 | | | |

8. Pedro Miguel, SANTOS — M — 121987 01 — Porto — **17:20.93** — 585 — 29,00

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:02.71 | 1:02.71 | 500m: | 5:36.64 | 1:10.17 | 900m: | 10:18.27 | 1:09.96 | 1300m: | 15:02.72 | 1:10.73 |
| 200m: | 2:09.12 | 1:06.41 | 600m: | 6:46.95 | 1:10.31 | 1000m: | 11:29.48 | 1:11.21 | 1400m: | 16:13.38 | 1:10.66 |
| 300m: | 3:17.27 | 1:08.15 | 700m: | 7:57.29 | 1:10.34 | 1100m: | 12:40.43 | 1:10.95 | 1500m: | 17:20.93 | 1:07.55 |
| 400m: | 4:26.47 | 1:09.20 | 800m: | 9:08.31 | 1:11.02 | 1200m: | 13:51.99 | 1:11.56 | | | |

9. Goncalo Manuel, PAQUETE — M — 127101 99 — Fluvial Portuense — **17:22.58** — 583 — -

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:04.52 | 1:04.52 | 500m: | 5:43.31 | 1:09.86 | 900m: | 10:23.05 | 1:10.22 | 1300m: | 15:06.13 | 1:11.18 |
| 200m: | 2:13.61 | 1:09.09 | 600m: | 6:52.96 | 1:09.65 | 1000m: | 11:32.94 | 1:09.89 | 1400m: | 16:16.59 | 1:10.46 |
| 300m: | 3:23.41 | 1:09.80 | 700m: | 8:02.98 | 1:10.02 | 1100m: | 12:43.91 | 1:10.97 | 1500m: | 17:22.58 | 1:05.99 |
| 400m: | 4:33.45 | 1:10.04 | 800m: | 9:12.83 | 1:09.85 | 1200m: | 13:54.95 | 1:11.04 | | | |

10. Joao Carlos, SILVA — M — 108379 98 — Famalicão — **17:22.66** — 582 — 27,00

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:06.91 | 1:06.91 | 500m: | 5:46.33 | 1:09.72 | 900m: | 10:25.34 | 1:09.89 | 1300m: | 15:06.91 | 1:10.08 |
| 200m: | 2:17.06 | 1:10.15 | 600m: | 6:55.77 | 1:09.44 | 1000m: | 11:35.70 | 1:10.36 | 1400m: | 16:16.99 | 1:10.08 |
| 300m: | 3:27.18 | 1:10.12 | 700m: | 8:05.45 | 1:09.68 | 1100m: | 12:45.91 | 1:10.21 | 1500m: | 17:22.66 | 1:05.67 |
| 400m: | 4:36.61 | 1:09.43 | 800m: | 9:15.45 | 1:10.00 | 1200m: | 13:56.83 | 1:10.92 | | | |

O Secretário do Juri — O Juiz Árbitro



TURBO
CLÍNICA MÉDICA DA FOZ MEDICINA DESPORTIVA cmf
Vitalis ÁGUA MINERAL NATURAL
Grafipronto

## Prova 3, Masc., 1500m Livres, Absolutos

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|---|---|---|---|---|---|---|---|---|
| 11. | Paulo Filipe, SILVA | M | 117012 98 | Natacao da Maia | **17:24.65** | 579 | 26,00 | |
| 12. | Jose Ricardo, RIBEIRO | M | 108185 99 | Fluvial Portuense | **17:43.61** | 549 | - | |
| 13. | Daniel Silva, BESSA | M | 123018 99 | Aquatico Pacense | **17:45.30** | 546 | 24,00 | |
| 14. | Miguel Angelo, SANTOS | M | 109306 00 | Famalicão | **17:50.46** | 538 | 23,00 | |
| 15. | Diogo Alexandre, PEREIRA | M | 118265 98 | Fluvial Portuense | **17:50.51** | 538 | - | |
| 16. | David Dias, LIMA | M | 118183 00 | Vilacondense | **17:57.77** | 527 | 21,00 | |
| 17. | Jose Pedro, FREITAS | M | 111446 00 | Famalicão | **17:59.72** | 524 | - | |
| 18. | Joao Leite, SARAIVA | M | 118229 01 | Famalicão | **18:05.55** | 516 | - | |
| 19. | Mateus Ribeiro, CARVALHO | M | 119635 99 | Famalicão | **18:05.99** | 515 | - | |
| 20. | Sergio Eduardo, DIAS | M | 108011 00 | Aquatico Pacense | **18:11.92** | 507 | 17,00 | |
| 21. | Joao Pereira, TINOCO | M | 111056 00 | Famalicão | **18:15.10** | 503 | - | |
| 22. | Nuno Filipe, FERREIRA | M | 119654 00 | Foca | **18:16.29** | 501 | 15,00 | |
| 23. | Joao Sa, MELO | M | 118226 01 | Famalicão | **18:20.48** | 495 | - | |
| 24. | Joao Afonso, PICAO<br>*FTL* | M | 102842 97 | Leixoes Sport Club | **18:20.60** | 495 | 13,00 | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 11. | 100m: 1:04.35 | 1:04.35 | 500m: 5:42.41 | 1:08.34 | 900m: 10:21.95 | 1:09.09 | 1300m: 15:05.15 | 1:10.74 |
| | 200m: 2:14.19 | 1:09.84 | 600m: 6:52.31 | 1:09.90 | 1000m: 11:32.68 | 1:10.73 | 1400m: 16:15.86 | 1:10.71 |
| | 300m: 3:24.01 | 1:09.82 | 700m: 8:02.78 | 1:10.47 | 1100m: 12:43.46 | 1:10.78 | 1500m: 17:24.65 | 1:08.79 |
| | 400m: 4:34.07 | 1:10.06 | 800m: 9:12.86 | 1:10.08 | 1200m: 13:54.41 | 1:10.95 | | |
| 12. | 100m: 1:03.64 | 1:03.64 | 500m: 5:45.60 | 1:11.42 | 900m: 10:32.53 | 1:11.25 | 1300m: 15:19.53 | 1:11.18 |
| | 200m: 2:12.95 | 1:09.31 | 600m: 6:57.92 | 1:12.32 | 1000m: 11:44.43 | 1:11.90 | 1400m: 16:31.91 | 1:12.38 |
| | 300m: 3:23.05 | 1:10.10 | 700m: 8:09.97 | 1:12.05 | 1100m: 12:55.78 | 1:11.35 | 1500m: 17:43.61 | 1:11.70 |
| | 400m: 4:34.18 | 1:11.13 | 800m: 9:21.28 | 1:11.31 | 1200m: 14:08.35 | 1:12.57 | | |
| 13. | 100m: 1:06.84 | 1:06.84 | 500m: 5:50.22 | 1:10.93 | 900m: 10:33.53 | 1:11.33 | 1300m: 15:22.77 | 1:12.69 |
| | 200m: 2:17.64 | 1:10.80 | 600m: 7:00.45 | 1:10.23 | 1000m: 11:45.55 | 1:12.02 | 1400m: 16:34.36 | 1:11.59 |
| | 300m: 3:28.17 | 1:10.53 | 700m: 8:11.31 | 1:10.86 | 1100m: 12:57.62 | 1:12.07 | 1500m: 17:45.30 | 1:10.94 |
| | 400m: 4:39.29 | 1:11.12 | 800m: 9:22.20 | 1:10.89 | 1200m: 14:10.08 | 1:12.46 | | |
| 14. | 100m: 1:07.35 | 1:07.35 | 500m: 5:54.35 | 1:12.29 | 900m: 10:42.26 | 1:11.42 | 1300m: 15:29.27 | 1:11.83 |
| | 200m: 2:18.73 | 1:11.38 | 600m: 7:06.10 | 1:11.75 | 1000m: 11:54.26 | 1:12.00 | 1400m: 16:41.40 | 1:12.13 |
| | 300m: 3:30.01 | 1:11.28 | 700m: 8:18.05 | 1:11.95 | 1100m: 13:05.65 | 1:11.39 | 1500m: 17:50.46 | 1:09.06 |
| | 400m: 4:42.06 | 1:12.05 | 800m: 9:30.84 | 1:12.79 | 1200m: 14:17.44 | 1:11.79 | | |
| 15. | 100m: 1:07.39 | 1:07.39 | 500m: 5:52.76 | 1:10.79 | 900m: 10:39.17 | 1:11.67 | 1300m: 15:27.65 | 1:12.26 |
| | 200m: 2:18.97 | 1:11.58 | 600m: 7:04.17 | 1:11.41 | 1000m: 11:51.02 | 1:11.85 | 1400m: 16:40.10 | 1:12.45 |
| | 300m: 3:30.66 | 1:11.69 | 700m: 8:15.57 | 1:11.40 | 1100m: 13:03.18 | 1:12.16 | 1500m: 17:50.51 | 1:10.41 |
| | 400m: 4:41.97 | 1:11.31 | 800m: 9:27.50 | 1:11.93 | 1200m: 14:15.39 | 1:12.21 | | |
| 16. | 100m: 1:03.38 | 1:03.38 | 500m: 5:50.37 | 1:11.93 | 900m: 10:39.42 | 1:12.70 | 1300m: 15:33.65 | 1:15.65 |
| | 200m: 2:12.89 | 1:09.51 | 600m: 7:01.76 | 1:11.39 | 1000m: 11:53.60 | 1:14.18 | 1400m: 16:47.70 | 1:14.05 |
| | 300m: 3:24.81 | 1:11.92 | 700m: 8:14.04 | 1:12.28 | 1100m: 13:05.66 | 1:12.06 | 1500m: 17:57.77 | 1:10.07 |
| | 400m: 4:38.44 | 1:13.63 | 800m: 9:26.72 | 1:12.68 | 1200m: 14:18.00 | 1:12.34 | | |
| 17. | 100m: 1:07.54 | 1:07.54 | 500m: 5:54.34 | 1:12.44 | 900m: 10:47.11 | 1:14.08 | 1300m: 15:39.15 | 1:11.23 |
| | 200m: 2:18.59 | 1:11.05 | 600m: 7:06.67 | 1:12.33 | 1000m: 12:01.72 | 1:14.61 | 1400m: 16:49.77 | 1:10.62 |
| | 300m: 3:29.88 | 1:11.29 | 700m: 8:19.48 | 1:12.81 | 1100m: 13:15.54 | 1:13.82 | 1500m: 17:59.72 | 1:09.95 |
| | 400m: 4:41.90 | 1:12.02 | 800m: 9:33.03 | 1:13.55 | 1200m: 14:27.92 | 1:12.38 | | |
| 18. | 100m: 1:06.45 | 1:06.45 | 500m: 5:52.56 | 1:11.64 | 900m: 10:43.71 | 1:13.99 | 1300m: 15:40.66 | 1:14.89 |
| | 200m: 2:17.99 | 1:11.54 | 600m: 7:04.50 | 1:11.94 | 1000m: 11:57.49 | 1:13.78 | 1400m: 16:54.61 | 1:13.95 |
| | 300m: 3:29.39 | 1:11.40 | 700m: 8:16.50 | 1:12.00 | 1100m: 13:12.78 | 1:15.29 | 1500m: 18:05.55 | 1:10.94 |
| | 400m: 4:40.92 | 1:11.53 | 800m: 9:29.72 | 1:13.22 | 1200m: 14:25.77 | 1:12.99 | | |
| 19. | 100m: 1:07.05 | 1:07.05 | 500m: 5:54.22 | 1:12.35 | 900m: 10:42.06 | 1:12.71 | 1300m: 15:39.21 | 1:15.63 |
| | 200m: 2:18.04 | 1:10.99 | 600m: 7:05.62 | 1:11.40 | 1000m: 11:54.68 | 1:12.62 | 1400m: 16:52.86 | 1:13.65 |
| | 300m: 3:29.73 | 1:11.69 | 700m: 8:17.31 | 1:11.69 | 1100m: 13:08.52 | 1:13.84 | 1500m: 18:05.99 | 1:13.13 |
| | 400m: 4:41.87 | 1:12.14 | 800m: 9:29.35 | 1:12.04 | 1200m: 14:23.58 | 1:15.06 | | |
| 20. | 100m: 1:07.66 | 1:07.66 | 500m: 6:00.87 | 1:13.30 | 900m: 10:54.13 | 1:13.96 | 1300m: 15:47.99 | 1:13.29 |
| | 200m: 2:21.01 | 1:13.35 | 600m: 7:13.30 | 1:12.43 | 1000m: 12:09.46 | 1:15.33 | 1400m: 17:01.52 | 1:13.53 |
| | 300m: 3:34.25 | 1:13.24 | 700m: 8:26.29 | 1:12.99 | 1100m: 13:22.47 | 1:13.01 | 1500m: 18:11.92 | 1:10.40 |
| | 400m: 4:47.57 | 1:13.32 | 800m: 9:40.17 | 1:13.88 | 1200m: 14:34.70 | 1:12.23 | | |
| 21. | 100m: 1:07.08 | 1:07.08 | 500m: 5:54.77 | 1:12.90 | 900m: 10:48.71 | 1:14.46 | 1300m: 15:47.77 | 1:15.63 |
| | 200m: 2:18.13 | 1:11.05 | 600m: 7:07.34 | 1:12.57 | 1000m: 12:03.07 | 1:14.36 | 1400m: 17:02.15 | 1:14.38 |
| | 300m: 3:29.72 | 1:11.59 | 700m: 8:20.56 | 1:13.22 | 1100m: 13:16.95 | 1:13.88 | 1500m: 18:15.10 | 1:12.95 |
| | 400m: 4:41.87 | 1:12.15 | 800m: 9:34.25 | 1:13.69 | 1200m: 14:32.14 | 1:15.19 | | |
| 22. | 100m: 1:08.42 | 1:08.42 | 500m: 5:58.25 | 1:13.06 | 900m: 10:51.86 | 1:13.93 | 1300m: 15:48.59 | 1:14.43 |
| | 200m: 2:20.68 | 1:12.26 | 600m: 7:10.94 | 1:12.69 | 1000m: 12:05.99 | 1:14.13 | 1400m: 17:03.28 | 1:14.69 |
| | 300m: 3:32.44 | 1:11.76 | 700m: 8:24.23 | 1:13.29 | 1100m: 13:19.98 | 1:13.99 | 1500m: 18:16.29 | 1:13.01 |
| | 400m: 4:45.19 | 1:12.75 | 800m: 9:37.93 | 1:13.70 | 1200m: 14:34.16 | 1:14.18 | | |
| 23. | 100m: 1:05.42 | 1:05.42 | 500m: 5:53.21 | 1:13.13 | 900m: 10:51.46 | 1:14.78 | 1300m: 15:51.91 | 1:15.59 |
| | 200m: 2:15.78 | 1:10.36 | 600m: 7:07.20 | 1:13.99 | 1000m: 12:06.25 | 1:14.79 | 1400m: 17:07.09 | 1:15.18 |
| | 300m: 3:27.57 | 1:11.79 | 700m: 8:21.57 | 1:14.37 | 1100m: 13:21.03 | 1:14.78 | 1500m: 18:20.48 | 1:13.39 |
| | 400m: 4:40.08 | 1:12.51 | 800m: 9:36.68 | 1:15.11 | 1200m: 14:36.32 | 1:15.29 | | |
| 24. | 100m: 1:07.45 | 1:07.45 | 500m: 5:55.69 | 1:12.69 | 900m: 10:50.72 | 1:13.81 | 1300m: 15:53.08 | 1:16.86 |
| | 200m: 2:19.19 | 1:11.74 | 600m: 7:09.02 | 1:13.33 | 1000m: 12:04.91 | 1:14.19 | 1400m: 17:08.79 | 1:15.71 |
| | 300m: 3:31.18 | 1:11.99 | 700m: 8:22.75 | 1:13.73 | 1100m: 13:19.82 | 1:14.91 | 1500m: 18:20.60 | 1:11.81 |
| | 400m: 4:43.00 | 1:11.82 | 800m: 9:36.91 | 1:14.16 | 1200m: 14:36.22 | 1:16.40 | | |

O Secretário do Juri — O Juiz Árbitro



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Vitalis ÁGUA MINERAL NATURAL
Grafipronto

## Prova 3, Masc., 1500m Livres, Absolutos

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|---|---|---|---|---|---|---|---|---|
| 25. | Tiago Mendonca, FREIRE | M | 116898 01 | Leixoes Sport Club | **18:21.10** | 494 | - | |
| 26. | Ricardo Jorge, MOREIRA | M | 122012 01 | Natacao de Valongo | **18:28.58** | 485 | 11,00 | |
| 27. | Joao Manuel, SANTOS | M | 111323 99 | Vilacondense | **18:38.96** | 471 | - | |
| 28. | Goncalo Gomes, ORNELAS | M | 127125 01 | Fluvial Portuense | **18:39.27** | 471 | - | |
| 29. | Guilherme Goncalves, BRANDAO | M | 118184 00 | Vilacondense | **18:49.45** | 458 | - | |
| 30. | Luis Tiago, FERNANDES | M | 111447 01 | Famalicão | **18:50.22** | 457 | - | |
| 31. | Bruno Miguel, SEIXAS | M | 126784 01 | Natacao da Maia | **19:07.36** | 437 | 6,00 | |
| 32. | Jose Salgado, MOREIRA | M | 121706 01 | Famalicão | **19:08.23** | 436 | - | |
| 33. | Ricardo Filipe, MORAIS | M | 116883 00 | Fluvial Portuense | **19:10.47** | 433 | - | |
| 34. | Tiago Lima, MARTINS | M | 124861 01 | Ginásio Santo Tirso | **19:11.42** | 432 | 3,00 | |
| 35. | Joao Pedro, BRANCO | M | 132221 01 | Aquatico Pacense | **19:20.28** | 423 | - | |
| 36. | Rui Tiago, PACHECO | M | 118357 01 | Vilacondense | **19:36.97** | 405 | - | |
| 37. | David Nunes, SOUSA<br>*FTL* | M | 112204 96 | Vitória de Guimaraes/Olicargo | **19:52.76** | 389 | - | |
| WDR | Rui Jorge, MATIAS | M | 107735 99 | Vilacondense | | | - | |
| WDR | Joao Diogo, SOARES | M | 122731 00 | Fluvial Portuense | | | - | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:06.50 | 1:06.50 | 500m: | 6:01.35 | 1:13.68 | 900m: | 10:59.17 | 1:14.20 | 1300m: | 15:55.84 | 1:14.04 |
| 200m: | 2:19.49 | 1:12.99 | 600m: | 7:16.45 | 1:15.10 | 1000m: | 12:13.25 | 1:14.08 | 1400m: | 17:09.63 | 1:13.79 |
| 300m: | 3:33.75 | 1:14.26 | 700m: | 8:30.80 | 1:14.35 | 1100m: | 13:27.11 | 1:13.86 | 1500m: | 18:21.10 | 1:11.47 |
| 400m: | 4:47.67 | 1:13.92 | 800m: | 9:44.97 | 1:14.17 | 1200m: | 14:41.80 | 1:14.69 | | | |
| 100m: | 1:06.61 | 1:06.61 | 500m: | 5:58.57 | 1:13.22 | 900m: | 10:57.15 | 1:15.39 | 1300m: | 15:59.11 | 1:16.29 |
| 200m: | 2:18.90 | 1:12.29 | 600m: | 7:12.60 | 1:14.03 | 1000m: | 12:12.26 | 1:15.11 | 1400m: | 17:15.28 | 1:16.17 |
| 300m: | 3:31.72 | 1:12.82 | 700m: | 8:26.45 | 1:13.85 | 1100m: | 13:26.58 | 1:14.32 | 1500m: | 18:28.58 | 1:13.30 |
| 400m: | 4:45.35 | 1:13.63 | 800m: | 9:41.76 | 1:15.31 | 1200m: | 14:42.82 | 1:16.24 | | | |
| 100m: | 1:07.34 | 1:07.34 | 500m: | 6:06.21 | 1:15.08 | 900m: | 11:08.62 | 1:15.64 | 1300m: | 16:10.86 | 1:14.68 |
| 200m: | 2:20.69 | 1:13.35 | 600m: | 7:22.39 | 1:16.18 | 1000m: | 12:23.55 | 1:14.93 | 1400m: | 17:27.17 | 1:16.31 |
| 300m: | 3:35.44 | 1:14.75 | 700m: | 8:37.50 | 1:15.11 | 1100m: | 13:39.91 | 1:16.36 | 1500m: | 18:38.96 | 1:11.79 |
| 400m: | 4:51.13 | 1:15.69 | 800m: | 9:52.98 | 1:15.48 | 1200m: | 14:56.18 | 1:16.27 | | | |
| 100m: | 1:08.60 | 1:08.60 | 500m: | 6:05.31 | 1:14.42 | 900m: | 11:06.40 | 1:15.41 | 1300m: | 16:10.08 | 1:16.01 |
| 200m: | 2:22.28 | 1:13.68 | 600m: | 7:20.30 | 1:14.99 | 1000m: | 12:22.29 | 1:15.89 | 1400m: | 17:26.01 | 1:15.93 |
| 300m: | 3:36.51 | 1:14.23 | 700m: | 8:35.61 | 1:15.31 | 1100m: | 13:38.05 | 1:15.76 | 1500m: | 18:39.27 | 1:13.26 |
| 400m: | 4:50.89 | 1:14.38 | 800m: | 9:50.99 | 1:15.38 | 1200m: | 14:54.07 | 1:16.02 | | | |
| 100m: | 1:09.81 | 1:09.81 | 500m: | 6:11.42 | 1:15.87 | 900m: | 11:15.94 | 1:15.80 | 1300m: | 16:21.30 | 1:16.31 |
| 200m: | 2:24.56 | 1:14.75 | 600m: | 7:27.59 | 1:16.17 | 1000m: | 12:31.96 | 1:16.02 | 1400m: | 17:37.46 | 1:16.16 |
| 300m: | 3:39.97 | 1:15.41 | 700m: | 8:43.78 | 1:16.19 | 1100m: | 13:48.57 | 1:16.61 | 1500m: | 18:49.45 | 1:11.99 |
| 400m: | 4:55.55 | 1:15.58 | 800m: | 10:00.14 | 1:16.36 | 1200m: | 15:04.99 | 1:16.42 | | | |
| 100m: | 1:08.59 | 1:08.59 | 500m: | 6:10.65 | 1:15.90 | 900m: | 11:16.03 | 1:16.58 | 1300m: | 16:21.76 | 1:16.89 |
| 200m: | 2:24.34 | 1:15.75 | 600m: | 7:26.93 | 1:16.28 | 1000m: | 12:32.57 | 1:16.54 | 1400m: | 17:37.78 | 1:16.02 |
| 300m: | 3:39.76 | 1:15.42 | 700m: | 8:43.24 | 1:16.31 | 1100m: | 13:48.33 | 1:15.76 | 1500m: | 18:50.22 | 1:12.44 |
| 400m: | 4:54.75 | 1:14.99 | 800m: | 9:59.45 | 1:16.21 | 1200m: | 15:04.87 | 1:16.54 | | | |
| 100m: | 1:10.33 | 1:10.33 | 500m: | 6:21.40 | 1:17.33 | 900m: | 11:32.70 | 1:17.41 | 1300m: | 16:43.13 | 1:17.76 |
| 200m: | 2:27.75 | 1:17.42 | 600m: | 7:39.21 | 1:17.81 | 1000m: | 12:50.62 | 1:17.92 | 1400m: | 17:59.93 | 1:16.80 |
| 300m: | 3:45.83 | 1:18.08 | 700m: | 8:57.72 | 1:18.51 | 1100m: | 14:07.46 | 1:16.84 | 1500m: | 19:07.36 | 1:07.43 |
| 400m: | 5:04.07 | 1:18.24 | 800m: | 10:15.29 | 1:17.57 | 1200m: | 15:25.37 | 1:17.91 | | | |
| 100m: | 1:08.14 | 1:08.14 | 500m: | 6:14.98 | 1:17.72 | 900m: | 11:17.70 | 1:17.59 | 1300m: | 16:32.77 | 1:17.67 |
| 200m: | 2:22.71 | 1:14.57 | 600m: | 7:29.74 | 1:14.76 | 1000m: | 12:36.59 | 1:18.89 | 1400m: | 17:51.91 | 1:19.14 |
| 300m: | 3:39.76 | 1:17.05 | 700m: | 8:44.18 | 1:14.44 | 1100m: | 13:56.17 | 1:19.58 | 1500m: | 19:08.23 | 1:16.32 |
| 400m: | 4:57.26 | 1:17.50 | 800m: | 10:00.11 | 1:15.93 | 1200m: | 15:15.10 | 1:18.93 | | | |
| 100m: | 1:09.40 | 1:09.40 | 500m: | 6:09.83 | 1:15.94 | 900m: | 11:21.77 | 1:18.05 | 1300m: | 16:36.31 | 1:20.31 |
| 200m: | 2:23.29 | 1:13.89 | 600m: | 7:28.40 | 1:18.57 | 1000m: | 12:38.89 | 1:17.12 | 1400m: | 17:54.69 | 1:18.38 |
| 300m: | 3:37.78 | 1:14.49 | 700m: | 8:45.28 | 1:16.88 | 1100m: | 13:57.84 | 1:18.95 | 1500m: | 19:10.47 | 1:15.78 |
| 400m: | 4:53.89 | 1:16.11 | 800m: | 10:03.72 | 1:18.44 | 1200m: | 15:16.00 | 1:18.16 | | | |
| 100m: | 1:09.92 | 1:09.92 | 500m: | 6:21.97 | 1:17.87 | 900m: | 11:31.19 | 1:17.87 | 1300m: | 16:42.17 | 1:17.96 |
| 200m: | 2:27.41 | 1:17.49 | 600m: | 7:38.20 | 1:16.23 | 1000m: | 12:47.90 | 1:16.71 | 1400m: | 17:58.21 | 1:16.04 |
| 300m: | 3:46.57 | 1:19.16 | 700m: | 8:56.24 | 1:18.04 | 1100m: | 14:07.24 | 1:19.34 | 1500m: | 19:11.42 | 1:13.21 |
| 400m: | 5:04.10 | 1:17.53 | 800m: | 10:13.32 | 1:17.08 | 1200m: | 15:24.21 | 1:16.97 | | | |
| 100m: | 1:10.79 | 1:10.79 | 500m: | 6:22.06 | 1:17.87 | 900m: | 11:35.23 | 1:18.96 | 1300m: | 16:48.38 | 1:18.70 |
| 200m: | 2:28.64 | 1:17.85 | 600m: | 7:40.38 | 1:18.32 | 1000m: | 12:53.55 | 1:18.32 | 1400m: | 18:06.00 | 1:17.62 |
| 300m: | 3:46.59 | 1:17.95 | 700m: | 8:58.31 | 1:17.93 | 1100m: | 14:11.84 | 1:18.29 | 1500m: | 19:20.28 | 1:14.28 |
| 400m: | 5:04.19 | 1:17.60 | 800m: | 10:16.27 | 1:17.96 | 1200m: | 15:29.68 | 1:17.84 | | | |
| 100m: | 1:10.99 | 1:10.99 | 500m: | 6:22.85 | 1:18.40 | 900m: | 11:37.82 | 1:18.68 | 1300m: | 16:58.54 | 1:20.91 |
| 200m: | 2:28.57 | 1:17.58 | 600m: | 7:40.70 | 1:17.85 | 1000m: | 12:57.93 | 1:20.11 | 1400m: | 18:18.75 | 1:20.21 |
| 300m: | 3:46.80 | 1:18.23 | 700m: | 8:59.64 | 1:18.94 | 1100m: | 14:17.60 | 1:19.67 | 1500m: | 19:36.97 | 1:18.22 |
| 400m: | 5:04.45 | 1:17.65 | 800m: | 10:19.14 | 1:19.50 | 1200m: | 15:37.63 | 1:20.03 | | | |
| 100m: | 1:09.36 | 1:09.36 | 500m: | 6:20.60 | 1:18.47 | 900m: | 11:40.29 | 1:20.78 | 1300m: | 17:09.56 | 1:23.58 |
| 200m: | 2:25.03 | 1:15.67 | 600m: | 7:39.90 | 1:19.30 | 1000m: | 13:02.81 | 1:22.52 | 1400m: | 18:32.06 | 1:22.50 |
| 300m: | 3:42.49 | 1:17.46 | 700m: | 9:00.09 | 1:20.19 | 1100m: | 14:23.62 | 1:20.81 | 1500m: | 19:52.76 | 1:20.70 |
| 400m: | 5:02.13 | 1:19.64 | 800m: | 10:19.51 | 1:19.42 | 1200m: | 15:45.98 | 1:22.36 | | | |



TURBO
CLÍNICA MÉDICA DA FOZ MEDICINA DESPORTIVA cmf
Vitalis ÁGUA MINERAL NATURAL
Grafipronto

## Prova 3, Masc., 1500m Livres

### Absolutos

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Filipe Carmo, RAMOS | | | M | 105197 97 | Vilacondense | | | | | | **16:41.15** | 658 | 35,00 |
| | 100m: | 1:03.65 | 1:03.65 | 500m: | 5:34.83 | 1:07.65 | 900m: | 10:04.08 | 1:06.96 | 1300m: | 14:29.63 | 1:06.34 | | |
| | 200m: | 2:11.31 | 1:07.66 | 600m: | 6:42.14 | 1:07.31 | 1000m: | 11:10.68 | 1:06.60 | 1400m: | 15:36.42 | 1:06.79 | | |
| | 300m: | 3:19.21 | 1:07.90 | 700m: | 7:49.93 | 1:07.79 | 1100m: | 12:17.42 | 1:06.74 | 1500m: | 16:41.15 | 1:04.73 | | |
| | 400m: | 4:27.18 | 1:07.97 | 800m: | 8:57.12 | 1:07.19 | 1200m: | 13:23.29 | 1:05.87 | | | | | |
| 2. | Tiago Silva, OLIVEIRA | | | M | 15465 94 | Fluvial Portuense | | | | | | **16:41.63** | 657 | 34,00 |
| | 100m: | 1:01.19 | 1:01.19 | 500m: | 5:27.69 | 1:06.72 | 900m: | 9:57.41 | 1:08.03 | 1300m: | 14:26.37 | 1:07.37 | | |
| | 200m: | 2:06.97 | 1:05.78 | 600m: | 6:34.86 | 1:07.17 | 1000m: | 11:04.72 | 1:07.31 | 1400m: | 15:34.24 | 1:07.87 | | |
| | 300m: | 3:13.87 | 1:06.90 | 700m: | 7:41.97 | 1:07.11 | 1100m: | 12:12.49 | 1:07.77 | 1500m: | 16:41.63 | 1:07.39 | | |
| | 400m: | 4:20.97 | 1:07.10 | 800m: | 8:49.38 | 1:07.41 | 1200m: | 13:19.00 | 1:06.51 | | | | | |
| 3. | Pedro Goncalves, NETO | | | M | 102038 98 | Porto | | | | | | **17:06.78** | 610 | 32,00 |
| | 100m: | 1:01.86 | 1:01.86 | 500m: | 5:39.29 | 1:09.33 | 900m: | 10:14.93 | 1:08.74 | 1300m: | 14:50.28 | 1:08.88 | | |
| | 200m: | 2:11.29 | 1:09.43 | 600m: | 6:48.55 | 1:09.26 | 1000m: | 11:23.89 | 1:08.96 | 1400m: | 15:59.07 | 1:08.79 | | |
| | 300m: | 3:20.97 | 1:09.68 | 700m: | 7:57.45 | 1:08.90 | 1100m: | 12:32.85 | 1:08.96 | 1500m: | 17:06.78 | 1:07.71 | | |
| | 400m: | 4:29.96 | 1:08.99 | 800m: | 9:06.19 | 1:08.74 | 1200m: | 13:41.40 | 1:08.55 | | | | | |
| 4. | Joao Santos, MENDES | | | M | 111648 98 | Leixoes Sport Club | | | | | | **17:09.97** | 604 | 31,00 |
| | 100m: | 1:02.38 | 1:02.38 | 500m: | 5:34.93 | 1:09.39 | 900m: | 10:13.50 | 1:10.10 | 1300m: | 14:51.87 | 1:09.46 | | |
| | 200m: | 2:08.88 | 1:06.50 | 600m: | 6:43.91 | 1:08.98 | 1000m: | 11:23.29 | 1:09.79 | 1400m: | 16:01.39 | 1:09.52 | | |
| | 300m: | 3:16.33 | 1:07.45 | 700m: | 7:53.35 | 1:09.44 | 1100m: | 12:32.94 | 1:09.65 | 1500m: | 17:09.97 | 1:08.58 | | |
| | 400m: | 4:25.54 | 1:09.21 | 800m: | 9:03.40 | 1:10.05 | 1200m: | 13:42.41 | 1:09.47 | | | | | |
| 5. | Goncalo Manuel, PAQUETE | | | M | 127101 99 | Fluvial Portuense | | | | | | **17:22.58** | 583 | - |
| | 100m: | 1:04.52 | 1:04.52 | 500m: | 5:43.31 | 1:09.86 | 900m: | 10:23.05 | 1:10.22 | 1300m: | 15:06.13 | 1:11.18 | | |
| | 200m: | 2:13.61 | 1:09.09 | 600m: | 6:52.96 | 1:09.65 | 1000m: | 11:32.94 | 1:09.89 | 1400m: | 16:16.59 | 1:10.46 | | |
| | 300m: | 3:23.41 | 1:09.80 | 700m: | 8:02.98 | 1:10.02 | 1100m: | 12:43.91 | 1:10.97 | 1500m: | 17:22.58 | 1:05.99 | | |
| | 400m: | 4:33.45 | 1:10.04 | 800m: | 9:12.83 | 1:09.85 | 1200m: | 13:54.95 | 1:11.04 | | | | | |
| 6. | Joao Carlos, SILVA | | | M | 108379 98 | Famalicão | | | | | | **17:22.66** | 582 | 27,00 |
| | 100m: | 1:06.91 | 1:06.91 | 500m: | 5:46.33 | 1:09.72 | 900m: | 10:25.34 | 1:09.89 | 1300m: | 15:06.91 | 1:10.08 | | |
| | 200m: | 2:17.06 | 1:10.15 | 600m: | 6:55.77 | 1:09.44 | 1000m: | 11:35.70 | 1:10.36 | 1400m: | 16:16.99 | 1:10.08 | | |
| | 300m: | 3:27.18 | 1:10.12 | 700m: | 8:05.45 | 1:09.68 | 1100m: | 12:45.91 | 1:10.21 | 1500m: | 17:22.66 | 1:05.67 | | |
| | 400m: | 4:36.61 | 1:09.43 | 800m: | 9:15.45 | 1:10.00 | 1200m: | 13:56.83 | 1:10.92 | | | | | |
| 7. | Paulo Filipe, SILVA | | | M | 117012 98 | Natacao da Maia | | | | | | **17:24.65** | 579 | 26,00 |
| | 100m: | 1:04.35 | 1:04.35 | 500m: | 5:42.41 | 1:08.34 | 900m: | 10:21.95 | 1:09.09 | 1300m: | 15:05.15 | 1:10.74 | | |
| | 200m: | 2:14.19 | 1:09.84 | 600m: | 6:52.31 | 1:09.90 | 1000m: | 11:32.68 | 1:10.73 | 1400m: | 16:15.86 | 1:10.71 | | |
| | 300m: | 3:24.01 | 1:09.82 | 700m: | 8:02.78 | 1:10.47 | 1100m: | 12:43.46 | 1:10.78 | 1500m: | 17:24.65 | 1:08.79 | | |
| | 400m: | 4:34.07 | 1:10.06 | 800m: | 9:12.86 | 1:10.08 | 1200m: | 13:54.41 | 1:10.95 | | | | | |
| 8. | Jose Ricardo, RIBEIRO | | | M | 108185 99 | Fluvial Portuense | | | | | | **17:43.61** | 549 | - |
| | 100m: | 1:03.64 | 1:03.64 | 500m: | 5:45.60 | 1:11.42 | 900m: | 10:32.53 | 1:11.25 | 1300m: | 15:19.53 | 1:11.18 | | |
| | 200m: | 2:12.95 | 1:09.31 | 600m: | 6:57.92 | 1:12.32 | 1000m: | 11:44.43 | 1:11.90 | 1400m: | 16:31.91 | 1:12.38 | | |
| | 300m: | 3:23.05 | 1:10.10 | 700m: | 8:09.97 | 1:12.05 | 1100m: | 12:55.78 | 1:11.35 | 1500m: | 17:43.61 | 1:11.70 | | |
| | 400m: | 4:34.18 | 1:11.13 | 800m: | 9:21.28 | 1:11.31 | 1200m: | 14:08.35 | 1:12.57 | | | | | |
| 9. | Daniel Silva, BESSA | | | M | 123018 99 | Aquatico Pacense | | | | | | **17:45.30** | 546 | 24,00 |
| | 100m: | 1:06.84 | 1:06.84 | 500m: | 5:50.22 | 1:10.93 | 900m: | 10:33.53 | 1:11.33 | 1300m: | 15:22.77 | 1:12.69 | | |
| | 200m: | 2:17.64 | 1:10.80 | 600m: | 7:00.45 | 1:10.23 | 1000m: | 11:45.55 | 1:12.02 | 1400m: | 16:34.36 | 1:11.59 | | |
| | 300m: | 3:28.17 | 1:10.53 | 700m: | 8:11.31 | 1:10.86 | 1100m: | 12:57.62 | 1:12.07 | 1500m: | 17:45.30 | 1:10.94 | | |
| | 400m: | 4:39.29 | 1:11.12 | 800m: | 9:22.20 | 1:10.89 | 1200m: | 14:10.08 | 1:12.46 | | | | | |
| 10. | Diogo Alexandre, PEREIRA | | | M | 118265 98 | Fluvial Portuense | | | | | | **17:50.51** | 538 | - |
| | 100m: | 1:07.39 | 1:07.39 | 500m: | 5:52.76 | 1:10.79 | 900m: | 10:39.17 | 1:11.67 | 1300m: | 15:27.65 | 1:12.26 | | |
| | 200m: | 2:18.97 | 1:11.58 | 600m: | 7:04.17 | 1:11.41 | 1000m: | 11:51.02 | 1:11.85 | 1400m: | 16:40.10 | 1:12.45 | | |
| | 300m: | 3:30.66 | 1:11.69 | 700m: | 8:15.57 | 1:11.40 | 1100m: | 13:03.18 | 1:12.16 | 1500m: | 17:50.51 | 1:10.41 | | |
| | 400m: | 4:41.97 | 1:11.31 | 800m: | 9:27.50 | 1:11.93 | 1200m: | 14:15.39 | 1:12.21 | | | | | |
| 11. | Mateus Ribeiro, CARVALHO | | | M | 119635 99 | Famalicão | | | | | | **18:05.99** | 515 | - |
| | 100m: | 1:07.05 | 1:07.05 | 500m: | 5:54.22 | 1:12.35 | 900m: | 10:42.06 | 1:12.71 | 1300m: | 15:39.21 | 1:15.63 | | |
| | 200m: | 2:18.04 | 1:10.99 | 600m: | 7:05.62 | 1:11.40 | 1000m: | 11:54.68 | 1:12.62 | 1400m: | 16:52.86 | 1:13.65 | | |
| | 300m: | 3:29.73 | 1:11.69 | 700m: | 8:17.31 | 1:11.69 | 1100m: | 13:08.52 | 1:13.84 | 1500m: | 18:05.99 | 1:13.13 | | |
| | 400m: | 4:41.87 | 1:12.14 | 800m: | 9:29.35 | 1:12.04 | 1200m: | 14:23.58 | 1:15.06 | | | | | |
| 12. | Joao Afonso, PICAO | | | M | 102842 97 | Leixoes Sport Club | | | | | | **18:20.60** | 495 | 13,00 |
| | *FTL* | | | | | | | | | | | | | |
| | 100m: | 1:07.45 | 1:07.45 | 500m: | 5:55.69 | 1:12.69 | 900m: | 10:50.72 | 1:13.81 | 1300m: | 15:53.08 | 1:16.86 | | |
| | 200m: | 2:19.19 | 1:11.74 | 600m: | 7:09.02 | 1:13.33 | 1000m: | 12:04.91 | 1:14.19 | 1400m: | 17:08.79 | 1:15.71 | | |
| | 300m: | 3:31.18 | 1:11.99 | 700m: | 8:22.75 | 1:13.73 | 1100m: | 13:19.82 | 1:14.91 | 1500m: | 18:20.60 | 1:11.81 | | |
| | 400m: | 4:43.00 | 1:11.82 | 800m: | 9:36.91 | 1:14.16 | 1200m: | 14:36.22 | 1:16.40 | | | | | |
| 13. | Joao Manuel, SANTOS | | | M | 111323 99 | Vilacondense | | | | | | **18:38.96** | 471 | - |
| | 100m: | 1:07.34 | 1:07.34 | 500m: | 6:06.21 | 1:15.08 | 900m: | 11:08.62 | 1:15.64 | 1300m: | 16:10.86 | 1:14.68 | | |
| | 200m: | 2:20.69 | 1:13.35 | 600m: | 7:22.39 | 1:16.18 | 1000m: | 12:23.55 | 1:14.93 | 1400m: | 17:27.17 | 1:16.31 | | |
| | 300m: | 3:35.44 | 1:14.75 | 700m: | 8:37.50 | 1:15.11 | 1100m: | 13:39.91 | 1:16.36 | 1500m: | 18:38.96 | 1:11.79 | | |
| | 400m: | 4:51.13 | 1:15.69 | 800m: | 9:52.98 | 1:15.48 | 1200m: | 14:56.18 | 1:16.27 | | | | | |
| 14. | David Nunes, SOUSA | | | M | 112204 96 | Vitória de Guimaraes/Olicargo | | | | | | **19:52.76** | 389 | - |
| | *FTL* | | | | | | | | | | | | | |
| | 100m: | 1:09.36 | 1:09.36 | 500m: | 6:20.60 | 1:18.47 | 900m: | 11:40.29 | 1:20.78 | 1300m: | 17:09.56 | 1:23.58 | | |
| | 200m: | 2:25.03 | 1:15.67 | 600m: | 7:39.90 | 1:19.30 | 1000m: | 13:02.81 | 1:22.52 | 1400m: | 18:32.06 | 1:22.50 | | |
| | 300m: | 3:42.49 | 1:17.46 | 700m: | 9:00.09 | 1:20.19 | 1100m: | 14:23.62 | 1:20.81 | 1500m: | 19:52.76 | 1:20.70 | | |
| | 400m: | 5:02.13 | 1:19.64 | 800m: | 10:19.51 | 1:19.42 | 1200m: | 15:45.98 | 1:22.36 | | | | | |
| WDR | Rui Jorge, MATIAS | | | M | 107735 99 | Vilacondense | | | | | | | | - |



TURBO
CLÍNICA MÉDICA DA FOZ MEDICINA DESPORTIVA cmf
Vitalis ÁGUA MINERAL NATURAL
Grafipronto

## Prova 3, Masc., 1500m Livres

### Seniores

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Filipe Carmo, RAMOS | | | M | 105197 97 | Vilacondense | | | | | **16:41.15** | 658 | 35,00 |
| | 100m: | 1:03.65 | 1:03.65 | 500m: | 5:34.83 | 1:07.65 | 900m: | 10:04.08 | 1:06.96 | 1300m: | 14:29.63 | 1:06.34 | |
| | 200m: | 2:11.31 | 1:07.66 | 600m: | 6:42.14 | 1:07.31 | 1000m: | 11:10.68 | 1:06.60 | 1400m: | 15:36.42 | 1:06.79 | |
| | 300m: | 3:19.21 | 1:07.90 | 700m: | 7:49.93 | 1:07.79 | 1100m: | 12:17.42 | 1:06.74 | 1500m: | 16:41.15 | 1:04.73 | |
| | 400m: | 4:27.18 | 1:07.97 | 800m: | 8:57.12 | 1:07.19 | 1200m: | 13:23.29 | 1:05.87 | | | | |
| 2. | Tiago Silva, OLIVEIRA | | | M | 15465 94 | Fluvial Portuense | | | | | **16:41.63** | 657 | 34,00 |
| | 100m: | 1:01.19 | 1:01.19 | 500m: | 5:27.69 | 1:06.72 | 900m: | 9:57.41 | 1:08.03 | 1300m: | 14:26.37 | 1:07.37 | |
| | 200m: | 2:06.97 | 1:05.78 | 600m: | 6:34.86 | 1:07.17 | 1000m: | 11:04.72 | 1:07.31 | 1400m: | 15:34.24 | 1:07.87 | |
| | 300m: | 3:13.87 | 1:06.90 | 700m: | 7:41.97 | 1:07.11 | 1100m: | 12:12.49 | 1:07.77 | 1500m: | 16:41.63 | 1:07.39 | |
| | 400m: | 4:20.97 | 1:07.10 | 800m: | 8:49.38 | 1:07.41 | 1200m: | 13:19.00 | 1:06.51 | | | | |
| 3. | Joao Afonso, PICAO | | | M | 102842 97 | Leixoes Sport Club | | | | | **18:20.60** | 495 | 13,00 |
| | *FTL* | | | | | | | | | | | | |
| | 100m: | 1:07.45 | 1:07.45 | 500m: | 5:55.69 | 1:12.69 | 900m: | 10:50.72 | 1:13.81 | 1300m: | 15:53.08 | 1:16.86 | |
| | 200m: | 2:19.19 | 1:11.74 | 600m: | 7:09.02 | 1:13.33 | 1000m: | 12:04.91 | 1:14.19 | 1400m: | 17:08.79 | 1:15.71 | |
| | 300m: | 3:31.18 | 1:11.99 | 700m: | 8:22.75 | 1:13.73 | 1100m: | 13:19.82 | 1:14.91 | 1500m: | 18:20.60 | 1:11.81 | |
| | 400m: | 4:43.00 | 1:11.82 | 800m: | 9:36.91 | 1:14.16 | 1200m: | 14:36.22 | 1:16.40 | | | | |
| 4. | David Nunes, SOUSA | | | M | 112204 96 | Vitória de Guimaraes/Olicargo | | | | | **19:52.76** | 389 | - |
| | *FTL* | | | | | | | | | | | | |
| | 100m: | 1:09.36 | 1:09.36 | 500m: | 6:20.60 | 1:18.47 | 900m: | 11:40.29 | 1:20.78 | 1300m: | 17:09.56 | 1:23.58 | |
| | 200m: | 2:25.03 | 1:15.67 | 600m: | 7:39.90 | 1:19.30 | 1000m: | 13:02.81 | 1:22.52 | 1400m: | 18:32.06 | 1:22.50 | |
| | 300m: | 3:42.49 | 1:17.46 | 700m: | 9:00.09 | 1:20.19 | 1100m: | 14:23.62 | 1:20.81 | 1500m: | 19:52.76 | 1:20.70 | |
| | 400m: | 5:02.13 | 1:19.64 | 800m: | 10:19.51 | 1:19.42 | 1200m: | 15:45.98 | 1:22.36 | | | | |

### Juniores

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Pedro Goncalves, NETO | | | M | 102038 98 | Porto | | | | | **17:06.78** | 610 | 32,00 |
| | 100m: | 1:01.86 | 1:01.86 | 500m: | 5:39.29 | 1:09.33 | 900m: | 10:14.93 | 1:08.74 | 1300m: | 14:50.28 | 1:08.88 | |
| | 200m: | 2:11.29 | 1:09.43 | 600m: | 6:48.55 | 1:09.26 | 1000m: | 11:23.89 | 1:08.96 | 1400m: | 15:59.07 | 1:08.79 | |
| | 300m: | 3:20.97 | 1:09.68 | 700m: | 7:57.45 | 1:08.90 | 1100m: | 12:32.85 | 1:08.96 | 1500m: | 17:06.78 | 1:07.71 | |
| | 400m: | 4:29.96 | 1:08.99 | 800m: | 9:06.19 | 1:08.74 | 1200m: | 13:41.40 | 1:08.55 | | | | |
| 2. | Joao Santos, MENDES | | | M | 111648 98 | Leixoes Sport Club | | | | | **17:09.97** | 604 | 31,00 |
| | 100m: | 1:02.38 | 1:02.38 | 500m: | 5:34.93 | 1:09.39 | 900m: | 10:13.50 | 1:10.10 | 1300m: | 14:51.87 | 1:09.46 | |
| | 200m: | 2:08.88 | 1:06.50 | 600m: | 6:43.91 | 1:08.98 | 1000m: | 11:23.29 | 1:09.79 | 1400m: | 16:01.39 | 1:09.52 | |
| | 300m: | 3:16.33 | 1:07.45 | 700m: | 7:53.35 | 1:09.44 | 1100m: | 12:32.94 | 1:09.65 | 1500m: | 17:09.97 | 1:08.58 | |
| | 400m: | 4:25.54 | 1:09.21 | 800m: | 9:03.40 | 1:10.05 | 1200m: | 13:42.41 | 1:09.47 | | | | |
| 3. | Goncalo Manuel, PAQUETE | | | M | 127101 99 | Fluvial Portuense | | | | | **17:22.58** | 583 | - |
| | 100m: | 1:04.52 | 1:04.52 | 500m: | 5:43.31 | 1:09.86 | 900m: | 10:23.05 | 1:10.22 | 1300m: | 15:06.13 | 1:11.18 | |
| | 200m: | 2:13.61 | 1:09.09 | 600m: | 6:52.96 | 1:09.65 | 1000m: | 11:32.94 | 1:09.89 | 1400m: | 16:16.59 | 1:10.46 | |
| | 300m: | 3:23.41 | 1:09.80 | 700m: | 8:02.98 | 1:10.02 | 1100m: | 12:43.91 | 1:10.97 | 1500m: | 17:22.58 | 1:05.99 | |
| | 400m: | 4:33.45 | 1:10.04 | 800m: | 9:12.83 | 1:09.85 | 1200m: | 13:54.95 | 1:11.04 | | | | |
| 4. | Joao Carlos, SILVA | | | M | 108379 98 | Famalicão | | | | | **17:22.66** | 582 | 27,00 |
| | 100m: | 1:06.91 | 1:06.91 | 500m: | 5:46.33 | 1:09.72 | 900m: | 10:25.34 | 1:09.89 | 1300m: | 15:06.91 | 1:10.08 | |
| | 200m: | 2:17.06 | 1:10.15 | 600m: | 6:55.77 | 1:09.44 | 1000m: | 11:35.70 | 1:10.36 | 1400m: | 16:16.99 | 1:10.08 | |
| | 300m: | 3:27.18 | 1:10.12 | 700m: | 8:05.45 | 1:09.68 | 1100m: | 12:45.91 | 1:10.21 | 1500m: | 17:22.66 | 1:05.67 | |
| | 400m: | 4:36.61 | 1:09.43 | 800m: | 9:15.45 | 1:10.00 | 1200m: | 13:56.83 | 1:10.92 | | | | |
| 5. | Paulo Filipe, SILVA | | | M | 117012 98 | Natacao da Maia | | | | | **17:24.65** | 579 | 26,00 |
| | 100m: | 1:04.35 | 1:04.35 | 500m: | 5:42.41 | 1:08.34 | 900m: | 10:21.95 | 1:09.09 | 1300m: | 15:05.15 | 1:10.74 | |
| | 200m: | 2:14.19 | 1:09.84 | 600m: | 6:52.31 | 1:09.90 | 1000m: | 11:32.68 | 1:10.73 | 1400m: | 16:15.86 | 1:10.71 | |
| | 300m: | 3:24.01 | 1:09.82 | 700m: | 8:02.78 | 1:10.47 | 1100m: | 12:43.46 | 1:10.78 | 1500m: | 17:24.65 | 1:08.79 | |
| | 400m: | 4:34.07 | 1:10.06 | 800m: | 9:12.86 | 1:10.08 | 1200m: | 13:54.41 | 1:10.95 | | | | |
| 6. | Jose Ricardo, RIBEIRO | | | M | 108185 99 | Fluvial Portuense | | | | | **17:43.61** | 549 | - |
| | 100m: | 1:03.64 | 1:03.64 | 500m: | 5:45.60 | 1:11.42 | 900m: | 10:32.53 | 1:11.25 | 1300m: | 15:19.53 | 1:11.18 | |
| | 200m: | 2:12.95 | 1:09.31 | 600m: | 6:57.92 | 1:12.32 | 1000m: | 11:44.43 | 1:11.90 | 1400m: | 16:31.91 | 1:12.38 | |
| | 300m: | 3:23.05 | 1:10.10 | 700m: | 8:09.97 | 1:12.05 | 1100m: | 12:55.78 | 1:11.35 | 1500m: | 17:43.61 | 1:11.70 | |
| | 400m: | 4:34.18 | 1:11.13 | 800m: | 9:21.28 | 1:11.31 | 1200m: | 14:08.35 | 1:12.57 | | | | |
| 7. | Daniel Silva, BESSA | | | M | 123018 99 | Aquatico Pacense | | | | | **17:45.30** | 546 | 24,00 |
| | 100m: | 1:06.84 | 1:06.84 | 500m: | 5:50.22 | 1:10.93 | 900m: | 10:33.53 | 1:11.33 | 1300m: | 15:22.77 | 1:12.69 | |
| | 200m: | 2:17.64 | 1:10.80 | 600m: | 7:00.45 | 1:10.23 | 1000m: | 11:45.55 | 1:12.02 | 1400m: | 16:34.36 | 1:11.59 | |
| | 300m: | 3:28.17 | 1:10.53 | 700m: | 8:11.31 | 1:10.86 | 1100m: | 12:57.62 | 1:12.07 | 1500m: | 17:45.30 | 1:10.94 | |
| | 400m: | 4:39.29 | 1:11.12 | 800m: | 9:22.20 | 1:10.89 | 1200m: | 14:10.08 | 1:12.46 | | | | |
| 8. | Diogo Alexandre, PEREIRA | | | M | 118265 98 | Fluvial Portuense | | | | | **17:50.51** | 538 | - |
| | 100m: | 1:07.39 | 1:07.39 | 500m: | 5:52.76 | 1:10.79 | 900m: | 10:39.17 | 1:11.67 | 1300m: | 15:27.65 | 1:12.26 | |
| | 200m: | 2:18.97 | 1:11.58 | 600m: | 7:04.17 | 1:11.41 | 1000m: | 11:51.02 | 1:11.85 | 1400m: | 16:40.10 | 1:12.45 | |
| | 300m: | 3:30.66 | 1:11.69 | 700m: | 8:15.57 | 1:11.40 | 1100m: | 13:03.18 | 1:12.16 | 1500m: | 17:50.51 | 1:10.41 | |
| | 400m: | 4:41.97 | 1:11.31 | 800m: | 9:27.50 | 1:11.93 | 1200m: | 14:15.39 | 1:12.21 | | | | |
| 9. | Mateus Ribeiro, CARVALHO | | | M | 119635 99 | Famalicão | | | | | **18:05.99** | 515 | - |
| | 100m: | 1:07.05 | 1:07.05 | 500m: | 5:54.22 | 1:12.35 | 900m: | 10:42.06 | 1:12.71 | 1300m: | 15:39.21 | 1:15.63 | |
| | 200m: | 2:18.04 | 1:10.99 | 600m: | 7:05.62 | 1:11.40 | 1000m: | 11:54.68 | 1:12.62 | 1400m: | 16:52.86 | 1:13.65 | |
| | 300m: | 3:29.73 | 1:11.69 | 700m: | 8:17.31 | 1:11.69 | 1100m: | 13:08.52 | 1:13.84 | 1500m: | 18:05.99 | 1:13.13 | |
| | 400m: | 4:41.87 | 1:12.14 | 800m: | 9:29.35 | 1:12.04 | 1200m: | 14:23.58 | 1:15.06 | | | | |

O Secretário do Juri — O Juiz Árbitro



TURBO
CLÍNICA MÉDICA DA FOZ MEDICINA DESPORTIVA cmf
Vitalis ÁGUA MINERAL NATURAL
Grafipronto

## Prova 3, Masc., 1500m Livres, Juniores

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|---|---|---|---|---|---|---|---|---|
| 10. | Joao Manuel, SANTOS | M | 111323 99 | Vilacondense | **18:38.96** | 471 | - | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:07.34 | 1:07.34 | 500m: | 6:06.21 | 1:15.08 | 900m: | 11:08.62 | 1:15.64 | 1300m: | 16:10.86 | 1:14.68 |
| 200m: | 2:20.69 | 1:13.35 | 600m: | 7:22.39 | 1:16.18 | 1000m: | 12:23.55 | 1:14.93 | 1400m: | 17:27.17 | 1:16.31 |
| 300m: | 3:35.44 | 1:14.75 | 700m: | 8:37.50 | 1:15.11 | 1100m: | 13:39.91 | 1:16.36 | 1500m: | 18:38.96 | 1:11.79 |
| 400m: | 4:51.13 | 1:15.69 | 800m: | 9:52.98 | 1:15.48 | 1200m: | 14:56.18 | 1:16.27 | | | |

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| WDR | Rui Jorge, MATIAS | M | 107735 99 | Vilacondense | | | | - |

## Juvenis B

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|---|---|---|---|---|---|---|---|---|
| 1. | Pedro Miguel, SANTOS | M | 121987 01 | Porto | **17:20.93** | 585 | 29,00 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:02.71 | 1:02.71 | 500m: | 5:36.64 | 1:10.17 | 900m: | 10:18.27 | 1:09.96 | 1300m: | 15:02.72 | 1:10.73 |
| 200m: | 2:09.12 | 1:06.41 | 600m: | 6:46.95 | 1:10.31 | 1000m: | 11:29.48 | 1:11.21 | 1400m: | 16:13.38 | 1:10.66 |
| 300m: | 3:17.27 | 1:08.15 | 700m: | 7:57.29 | 1:10.34 | 1100m: | 12:40.43 | 1:10.95 | 1500m: | 17:20.93 | 1:07.55 |
| 400m: | 4:26.47 | 1:09.20 | 800m: | 9:08.31 | 1:11.02 | 1200m: | 13:51.99 | 1:11.56 | | | |

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| 2. | Joao Leite, SARAIVA | M | 118229 01 | Famalicão | **18:05.55** | 516 | - | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:06.45 | 1:06.45 | 500m: | 5:52.56 | 1:11.64 | 900m: | 10:43.71 | 1:13.99 | 1300m: | 15:40.66 | 1:14.89 |
| 200m: | 2:17.99 | 1:11.54 | 600m: | 7:04.50 | 1:11.94 | 1000m: | 11:57.49 | 1:13.78 | 1400m: | 16:54.61 | 1:13.95 |
| 300m: | 3:29.39 | 1:11.40 | 700m: | 8:16.50 | 1:12.00 | 1100m: | 13:12.78 | 1:15.29 | 1500m: | 18:05.55 | 1:10.94 |
| 400m: | 4:40.92 | 1:11.53 | 800m: | 9:29.72 | 1:13.22 | 1200m: | 14:25.77 | 1:12.99 | | | |

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| 3. | Joao Sa, MELO | M | 118226 01 | Famalicão | **18:20.48** | 495 | - | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:05.42 | 1:05.42 | 500m: | 5:53.21 | 1:13.13 | 900m: | 10:51.46 | 1:14.78 | 1300m: | 15:51.91 | 1:15.59 |
| 200m: | 2:15.78 | 1:10.36 | 600m: | 7:07.20 | 1:13.99 | 1000m: | 12:06.25 | 1:14.79 | 1400m: | 17:07.09 | 1:15.18 |
| 300m: | 3:27.57 | 1:11.79 | 700m: | 8:21.57 | 1:14.37 | 1100m: | 13:21.03 | 1:14.78 | 1500m: | 18:20.48 | 1:13.39 |
| 400m: | 4:40.08 | 1:12.51 | 800m: | 9:36.68 | 1:15.11 | 1200m: | 14:36.32 | 1:15.29 | | | |

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| 4. | Tiago Mendonca, FREIRE | M | 116898 01 | Leixoes Sport Club | **18:21.10** | 494 | - | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:06.50 | 1:06.50 | 500m: | 6:01.35 | 1:13.68 | 900m: | 10:59.17 | 1:14.20 | 1300m: | 15:55.84 | 1:14.04 |
| 200m: | 2:19.49 | 1:12.99 | 600m: | 7:16.45 | 1:15.10 | 1000m: | 12:13.25 | 1:14.08 | 1400m: | 17:09.63 | 1:13.79 |
| 300m: | 3:33.75 | 1:14.26 | 700m: | 8:30.80 | 1:14.35 | 1100m: | 13:27.11 | 1:13.86 | 1500m: | 18:21.10 | 1:11.47 |
| 400m: | 4:47.67 | 1:13.92 | 800m: | 9:44.97 | 1:14.17 | 1200m: | 14:41.80 | 1:14.69 | | | |

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| 5. | Ricardo Jorge, MOREIRA | M | 122012 01 | Natacao de Valongo | **18:28.58** | 485 | 11,00 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:06.61 | 1:06.61 | 500m: | 5:58.57 | 1:13.22 | 900m: | 10:57.15 | 1:15.39 | 1300m: | 15:59.11 | 1:16.29 |
| 200m: | 2:18.90 | 1:12.29 | 600m: | 7:12.60 | 1:14.03 | 1000m: | 12:12.26 | 1:15.11 | 1400m: | 17:15.28 | 1:16.17 |
| 300m: | 3:31.72 | 1:12.82 | 700m: | 8:26.45 | 1:13.85 | 1100m: | 13:26.58 | 1:14.32 | 1500m: | 18:28.58 | 1:13.30 |
| 400m: | 4:45.35 | 1:13.63 | 800m: | 9:41.76 | 1:15.31 | 1200m: | 14:42.82 | 1:16.24 | | | |

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| 6. | Goncalo Gomes, ORNELAS | M | 127125 01 | Fluvial Portuense | **18:39.27** | 471 | - | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:08.60 | 1:08.60 | 500m: | 6:05.31 | 1:14.42 | 900m: | 11:06.40 | 1:15.41 | 1300m: | 16:10.08 | 1:16.01 |
| 200m: | 2:22.28 | 1:13.68 | 600m: | 7:20.30 | 1:14.99 | 1000m: | 12:22.29 | 1:15.89 | 1400m: | 17:26.01 | 1:15.93 |
| 300m: | 3:36.51 | 1:14.23 | 700m: | 8:35.61 | 1:15.31 | 1100m: | 13:38.05 | 1:15.76 | 1500m: | 18:39.27 | 1:13.26 |
| 400m: | 4:50.89 | 1:14.38 | 800m: | 9:50.99 | 1:15.38 | 1200m: | 14:54.07 | 1:16.02 | | | |

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| 7. | Luis Tiago, FERNANDES | M | 111447 01 | Famalicão | **18:50.22** | 457 | - | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:08.59 | 1:08.59 | 500m: | 6:10.65 | 1:15.90 | 900m: | 11:16.03 | 1:16.58 | 1300m: | 16:21.76 | 1:16.89 |
| 200m: | 2:24.34 | 1:15.75 | 600m: | 7:26.93 | 1:16.28 | 1000m: | 12:32.57 | 1:16.54 | 1400m: | 17:37.78 | 1:16.02 |
| 300m: | 3:39.76 | 1:15.42 | 700m: | 8:43.24 | 1:16.31 | 1100m: | 13:48.33 | 1:15.76 | 1500m: | 18:50.22 | 1:12.44 |
| 400m: | 4:54.75 | 1:14.99 | 800m: | 9:59.45 | 1:16.21 | 1200m: | 15:04.87 | 1:16.54 | | | |

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| 8. | Bruno Miguel, SEIXAS | M | 126784 01 | Natacao da Maia | **19:07.36** | 437 | 6,00 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:10.33 | 1:10.33 | 500m: | 6:21.40 | 1:17.33 | 900m: | 11:32.70 | 1:17.41 | 1300m: | 16:43.13 | 1:17.76 |
| 200m: | 2:27.75 | 1:17.42 | 600m: | 7:39.21 | 1:17.81 | 1000m: | 12:50.62 | 1:17.92 | 1400m: | 17:59.93 | 1:16.80 |
| 300m: | 3:45.83 | 1:18.08 | 700m: | 8:57.72 | 1:18.51 | 1100m: | 14:07.46 | 1:16.84 | 1500m: | 19:07.36 | 1:07.43 |
| 400m: | 5:04.07 | 1:18.24 | 800m: | 10:15.29 | 1:17.57 | 1200m: | 15:25.37 | 1:17.91 | | | |

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|---|---|---|---|---|---|---|---|---|
| 9. | Jose Salgado, MOREIRA | M | 121706 01 | Famalicão | **19:08.23** | 436 | - | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:08.14 | 1:08.14 | 500m: | 6:14.98 | 1:17.72 | 900m: | 11:17.70 | 1:17.59 | 1300m: | 16:32.77 | 1:17.67 |
| 200m: | 2:22.71 | 1:14.57 | 600m: | 7:29.74 | 1:14.76 | 1000m: | 12:36.59 | 1:18.89 | 1400m: | 17:51.91 | 1:19.14 |
| 300m: | 3:39.76 | 1:17.05 | 700m: | 8:44.18 | 1:14.44 | 1100m: | 13:56.17 | 1:19.58 | 1500m: | 19:08.23 | 1:16.32 |
| 400m: | 4:57.26 | 1:17.50 | 800m: | 10:00.11 | 1:15.93 | 1200m: | 15:15.10 | 1:18.93 | | | |

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|---|---|---|---|---|---|---|---|---|
| 10. | Tiago Lima, MARTINS | M | 124861 01 | Ginásio Santo Tirso | **19:11.42** | 432 | 3,00 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:09.92 | 1:09.92 | 500m: | 6:21.97 | 1:17.87 | 900m: | 11:31.19 | 1:17.87 | 1300m: | 16:42.17 | 1:17.96 |
| 200m: | 2:27.41 | 1:17.49 | 600m: | 7:38.20 | 1:16.23 | 1000m: | 12:47.90 | 1:16.71 | 1400m: | 17:58.21 | 1:16.04 |
| 300m: | 3:46.57 | 1:19.16 | 700m: | 8:56.24 | 1:18.04 | 1100m: | 14:07.24 | 1:19.34 | 1500m: | 19:11.42 | 1:13.21 |
| 400m: | 5:04.10 | 1:17.53 | 800m: | 10:13.32 | 1:17.08 | 1200m: | 15:24.21 | 1:16.97 | | | |

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|---|---|---|---|---|---|---|---|---|
| 11. | Joao Pedro, BRANCO | M | 132221 01 | Aquatico Pacense | **19:20.28** | 423 | - | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:10.79 | 1:10.79 | 500m: | 6:22.06 | 1:17.87 | 900m: | 11:35.23 | 1:18.96 | 1300m: | 16:48.38 | 1:18.70 |
| 200m: | 2:28.64 | 1:17.85 | 600m: | 7:40.38 | 1:18.32 | 1000m: | 12:53.55 | 1:18.32 | 1400m: | 18:06.00 | 1:17.62 |
| 300m: | 3:46.59 | 1:17.95 | 700m: | 8:58.31 | 1:17.93 | 1100m: | 14:11.84 | 1:18.29 | 1500m: | 19:20.28 | 1:14.28 |
| 400m: | 5:04.19 | 1:17.60 | 800m: | 10:16.27 | 1:17.96 | 1200m: | 15:29.68 | 1:17.84 | | | |

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|---|---|---|---|---|---|---|---|---|
| 12. | Rui Tiago, PACHECO | M | 118357 01 | Vilacondense | **19:36.97** | 405 | - | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m: | 1:10.99 | 1:10.99 | 500m: | 6:22.85 | 1:18.40 | 900m: | 11:37.82 | 1:18.68 | 1300m: | 16:58.54 | 1:20.91 |
| 200m: | 2:28.57 | 1:17.58 | 600m: | 7:40.70 | 1:17.85 | 1000m: | 12:57.93 | 1:20.11 | 1400m: | 18:18.75 | 1:20.21 |
| 300m: | 3:46.80 | 1:18.23 | 700m: | 8:59.64 | 1:18.94 | 1100m: | 14:17.60 | 1:19.67 | 1500m: | 19:36.97 | 1:18.22 |
| 400m: | 5:04.45 | 1:17.65 | 800m: | 10:19.14 | 1:19.50 | 1200m: | 15:37.63 | 1:20.03 | | | |

O Secretário do Juri — O Juiz Árbitro



TURBO
CLÍNICA MÉDICA DA FOZ MEDICINA DESPORTIVA cmf
Vitalis ÁGUA MINERAL NATURAL
Grafipronto

## Prova 3, Masc., 1500m Livres

### Juvenis A

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Sergio Filipe, TRAVANCA | | | M | 117385 00 | Fluvial Portuense | | | | | **16:34.03** | 672 | 37,00 |
| | 100m: | 1:01.98 | 1:01.98 | 500m: | 5:27.98 | 1:06.59 | 900m: | 9:57.44 | 1:07.98 | 1300m: | 14:24.96 | 1:05.78 | |
| | 200m: | 2:07.69 | 1:05.71 | 600m: | 6:34.77 | 1:06.79 | 1000m: | 11:04.84 | 1:07.40 | 1400m: | 15:30.52 | 1:05.56 | |
| | 300m: | 3:14.25 | 1:06.56 | 700m: | 7:41.97 | 1:07.20 | 1100m: | 12:12.54 | 1:07.70 | 1500m: | 16:34.03 | 1:03.51 | |
| | 400m: | 4:21.39 | 1:07.14 | 800m: | 8:49.46 | 1:07.49 | 1200m: | 13:19.18 | 1:06.64 | | | | |
| 2. | Diogo Barbosa, NUNES | | | M | 110529 00 | Fluvial Portuense | | | | | **17:02.74** | 617 | - |
| | 100m: | 1:01.97 | 1:01.97 | 500m: | 5:28.74 | 1:07.36 | 900m: | 10:04.90 | 1:10.05 | 1300m: | 14:44.90 | 1:09.56 | |
| | 200m: | 2:07.85 | 1:05.88 | 600m: | 6:36.69 | 1:07.95 | 1000m: | 11:15.47 | 1:10.57 | 1400m: | 15:54.86 | 1:09.96 | |
| | 300m: | 3:14.45 | 1:06.60 | 700m: | 7:45.17 | 1:08.48 | 1100m: | 12:25.57 | 1:10.10 | 1500m: | 17:02.74 | 1:07.88 | |
| | 400m: | 4:21.38 | 1:06.93 | 800m: | 8:54.85 | 1:09.68 | 1200m: | 13:35.34 | 1:09.77 | | | | |
| 3. | Diogo Moreno, BASTOS | | | M | 108285 00 | Fluvial Portuense | | | | | **17:19.14** | 588 | - |
| | 100m: | 1:04.33 | 1:04.33 | 500m: | 5:41.14 | 1:09.52 | 900m: | 10:20.31 | 1:09.90 | 1300m: | 15:02.59 | 1:10.23 | |
| | 200m: | 2:12.95 | 1:08.62 | 600m: | 6:50.70 | 1:09.56 | 1000m: | 11:31.46 | 1:11.15 | 1400m: | 16:13.27 | 1:10.68 | |
| | 300m: | 3:22.11 | 1:09.16 | 700m: | 8:00.59 | 1:09.89 | 1100m: | 12:42.05 | 1:10.59 | 1500m: | 17:19.14 | 1:05.87 | |
| | 400m: | 4:31.62 | 1:09.51 | 800m: | 9:10.41 | 1:09.82 | 1200m: | 13:52.36 | 1:10.31 | | | | |
| 4. | Miguel Angelo, SANTOS | | | M | 109306 00 | Famalicão | | | | | **17:50.46** | 538 | 23,00 |
| | 100m: | 1:07.35 | 1:07.35 | 500m: | 5:54.35 | 1:12.29 | 900m: | 10:42.26 | 1:11.42 | 1300m: | 15:29.27 | 1:11.83 | |
| | 200m: | 2:18.73 | 1:11.38 | 600m: | 7:06.10 | 1:11.75 | 1000m: | 11:54.26 | 1:12.00 | 1400m: | 16:41.40 | 1:12.13 | |
| | 300m: | 3:30.01 | 1:11.28 | 700m: | 8:18.05 | 1:11.95 | 1100m: | 13:05.65 | 1:11.39 | 1500m: | 17:50.46 | 1:09.06 | |
| | 400m: | 4:42.06 | 1:12.05 | 800m: | 9:30.84 | 1:12.79 | 1200m: | 14:17.44 | 1:11.79 | | | | |
| 5. | David Dias, LIMA | | | M | 118183 00 | Vilacondense | | | | | **17:57.77** | 527 | 21,00 |
| | 100m: | 1:03.38 | 1:03.38 | 500m: | 5:50.37 | 1:11.93 | 900m: | 10:39.42 | 1:12.70 | 1300m: | 15:33.65 | 1:15.65 | |
| | 200m: | 2:12.89 | 1:09.51 | 600m: | 7:01.76 | 1:11.39 | 1000m: | 11:53.60 | 1:14.18 | 1400m: | 16:47.70 | 1:14.05 | |
| | 300m: | 3:24.81 | 1:11.92 | 700m: | 8:14.04 | 1:12.28 | 1100m: | 13:05.66 | 1:12.06 | 1500m: | 17:57.77 | 1:10.07 | |
| | 400m: | 4:38.44 | 1:13.63 | 800m: | 9:26.72 | 1:12.68 | 1200m: | 14:18.00 | 1:12.34 | | | | |
| 6. | Jose Pedro, FREITAS | | | M | 111446 00 | Famalicão | | | | | **17:59.72** | 524 | - |
| | 100m: | 1:07.54 | 1:07.54 | 500m: | 5:54.34 | 1:12.44 | 900m: | 10:47.11 | 1:14.08 | 1300m: | 15:39.15 | 1:11.23 | |
| | 200m: | 2:18.59 | 1:11.05 | 600m: | 7:06.67 | 1:12.33 | 1000m: | 12:01.72 | 1:14.61 | 1400m: | 16:49.77 | 1:10.62 | |
| | 300m: | 3:29.88 | 1:11.29 | 700m: | 8:19.48 | 1:12.81 | 1100m: | 13:15.54 | 1:13.82 | 1500m: | 17:59.72 | 1:09.95 | |
| | 400m: | 4:41.90 | 1:12.02 | 800m: | 9:33.03 | 1:13.55 | 1200m: | 14:27.92 | 1:12.38 | | | | |
| 7. | Sergio Eduardo, DIAS | | | M | 108011 00 | Aquatico Pacense | | | | | **18:11.92** | 507 | 17,00 |
| | 100m: | 1:07.66 | 1:07.66 | 500m: | 6:00.87 | 1:13.30 | 900m: | 10:54.13 | 1:13.96 | 1300m: | 15:47.99 | 1:13.29 | |
| | 200m: | 2:21.01 | 1:13.35 | 600m: | 7:13.30 | 1:12.43 | 1000m: | 12:09.46 | 1:15.33 | 1400m: | 17:01.52 | 1:13.53 | |
| | 300m: | 3:34.25 | 1:13.24 | 700m: | 8:26.29 | 1:12.99 | 1100m: | 13:22.47 | 1:13.01 | 1500m: | 18:11.92 | 1:10.40 | |
| | 400m: | 4:47.57 | 1:13.32 | 800m: | 9:40.17 | 1:13.88 | 1200m: | 14:34.70 | 1:12.23 | | | | |
| 8. | Joao Pereira, TINOCO | | | M | 111056 00 | Famalicão | | | | | **18:15.10** | 503 | - |
| | 100m: | 1:07.08 | 1:07.08 | 500m: | 5:54.77 | 1:12.90 | 900m: | 10:48.71 | 1:14.46 | 1300m: | 15:47.77 | 1:15.63 | |
| | 200m: | 2:18.13 | 1:11.05 | 600m: | 7:07.34 | 1:12.57 | 1000m: | 12:03.07 | 1:14.36 | 1400m: | 17:02.15 | 1:14.38 | |
| | 300m: | 3:29.72 | 1:11.59 | 700m: | 8:20.56 | 1:13.22 | 1100m: | 13:16.95 | 1:13.88 | 1500m: | 18:15.10 | 1:12.95 | |
| | 400m: | 4:41.87 | 1:12.15 | 800m: | 9:34.25 | 1:13.69 | 1200m: | 14:32.14 | 1:15.19 | | | | |
| 9. | Nuno Filipe, FERREIRA | | | M | 119654 00 | Foca | | | | | **18:16.29** | 501 | 15,00 |
| | 100m: | 1:08.42 | 1:08.42 | 500m: | 5:58.25 | 1:13.06 | 900m: | 10:51.86 | 1:13.93 | 1300m: | 15:48.59 | 1:14.43 | |
| | 200m: | 2:20.68 | 1:12.26 | 600m: | 7:10.94 | 1:12.69 | 1000m: | 12:05.99 | 1:14.13 | 1400m: | 17:03.28 | 1:14.69 | |
| | 300m: | 3:32.44 | 1:11.76 | 700m: | 8:24.23 | 1:13.29 | 1100m: | 13:19.98 | 1:13.99 | 1500m: | 18:16.29 | 1:13.01 | |
| | 400m: | 4:45.19 | 1:12.75 | 800m: | 9:37.93 | 1:13.70 | 1200m: | 14:34.16 | 1:14.18 | | | | |
| 10. | Guilherme Goncalves, BRANDAO | | | M | 118184 00 | Vilacondense | | | | | **18:49.45** | 458 | - |
| | 100m: | 1:09.81 | 1:09.81 | 500m: | 6:11.42 | 1:15.87 | 900m: | 11:15.94 | 1:15.80 | 1300m: | 16:21.30 | 1:16.31 | |
| | 200m: | 2:24.56 | 1:14.75 | 600m: | 7:27.59 | 1:16.17 | 1000m: | 12:31.96 | 1:16.02 | 1400m: | 17:37.46 | 1:16.16 | |
| | 300m: | 3:39.97 | 1:15.41 | 700m: | 8:43.78 | 1:16.19 | 1100m: | 13:48.57 | 1:16.61 | 1500m: | 18:49.45 | 1:11.99 | |
| | 400m: | 4:55.55 | 1:15.58 | 800m: | 10:00.14 | 1:16.36 | 1200m: | 15:04.99 | 1:16.42 | | | | |
| 11. | Ricardo Filipe, MORAIS | | | M | 116883 00 | Fluvial Portuense | | | | | **19:10.47** | 433 | - |
| | 100m: | 1:09.40 | 1:09.40 | 500m: | 6:09.83 | 1:15.94 | 900m: | 11:21.77 | 1:18.05 | 1300m: | 16:36.31 | 1:20.31 | |
| | 200m: | 2:23.29 | 1:13.89 | 600m: | 7:28.40 | 1:18.57 | 1000m: | 12:38.89 | 1:17.12 | 1400m: | 17:54.69 | 1:18.38 | |
| | 300m: | 3:37.78 | 1:14.49 | 700m: | 8:45.28 | 1:16.88 | 1100m: | 13:57.84 | 1:18.95 | 1500m: | 19:10.47 | 1:15.78 | |
| | 400m: | 4:53.89 | 1:16.11 | 800m: | 10:03.72 | 1:18.44 | 1200m: | 15:16.00 | 1:18.16 | | | | |
| WDR | Joao Diogo, SOARES | | | M | 122731 00 | Fluvial Portuense | | | | | | | - |

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