

Prova 11 Masc., 1500m Livres Juv nis  
25/11/2022 - 15:11 Resultados

Recorde Nacional 25m Absoluto	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Recorde Nacional 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Recorde Nacional 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01/03/1998
Recorde Regional 25m Absoluto	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10/12/2005
Recorde Regional 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Recorde Regional 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01/03/1998

TLP Juv nis A Masculinos Juv A: 19:46.25 / TLP Juv nis B Masculinos Juv B: 20:08.43

Pontos: FINA 2021

Lugar	Nome	T. Reaç�o	Sexo	Licenç�a	Ano	Clube	Tempo Final	FINA
1.	Miguel Frago, MEDEIROS	+0,91	M	200778	08	Porto	<b>16:52.07</b>	588
	50m: 31.18 31.18	450m: 5:01.24 34.11	850m: 9:33.75 34.03	1250m: 14:06.00 33.87				
	100m: 1:04.50 33.32	500m: 5:35.23 33.99	900m: 10:08.09 34.34	1300m: 14:39.71 33.71				
	150m: 1:37.72 33.22	550m: 6:09.29 34.06	950m: 10:42.24 34.15	1350m: 15:13.50 33.79				
	200m: 2:11.35 33.63	600m: 6:43.25 33.96	1000m: 11:16.46 34.22	1400m: 15:47.12 33.62				
	250m: 2:45.18 33.83	650m: 7:17.10 33.85	1050m: 11:50.42 33.96	1450m: 16:20.36 33.24				
	300m: 3:19.07 33.89	700m: 7:51.28 34.18	1100m: 12:24.25 33.83	1500m: 16:52.07 31.71				
	350m: 3:53.04 33.97	750m: 8:25.39 34.11	1150m: 12:58.34 34.09					
	400m: 4:27.13 34.09	800m: 8:59.72 34.33	1200m: 13:32.13 33.79					
2.	Tiago Andre, CANELAS	+0,92	M	200358	08	Fluvial Portuense	<b>17:36.74</b>	516
	50m: 31.42 31.42	450m: 5:08.59 35.53	850m: 9:54.27 35.79	1250m: 14:40.11 35.53				
	100m: 1:04.94 33.52	500m: 5:44.10 35.51	900m: 10:30.02 35.75	1300m: 15:16.15 36.04				
	150m: 1:38.80 33.86	550m: 6:19.88 35.78	950m: 11:05.61 35.59	1350m: 15:51.72 35.57				
	200m: 2:13.04 34.24	600m: 6:55.64 35.76	1000m: 11:41.21 35.60	1400m: 16:27.55 35.83				
	250m: 2:47.60 34.56	650m: 7:31.36 35.72	1050m: 12:17.11 35.90	1450m: 17:02.92 35.37				
	300m: 3:22.61 35.01	700m: 8:07.05 35.69	1100m: 12:52.91 35.80	1500m: 17:36.74 33.82				
	350m: 3:57.77 35.16	750m: 8:42.57 35.52	1150m: 13:28.84 35.93					
	400m: 4:33.06 35.29	800m: 9:18.48 35.91	1200m: 14:04.58 35.74					
3.	Goncalo Augusto, SOARES	+1,02	M	206424	08	Porto	<b>17:54.83</b>	491
	50m: 32.72 32.72	450m: 5:22.11 36.29	850m: 10:10.94 36.07	1250m: 14:58.01 35.87				
	100m: 1:08.35 35.63	500m: 5:58.23 36.12	900m: 10:47.11 36.17	1300m: 15:33.54 35.53				
	150m: 1:44.45 36.10	550m: 6:34.46 36.23	950m: 11:23.12 36.01	1350m: 16:09.38 35.84				
	200m: 2:20.55 36.10	600m: 7:10.61 36.15	1000m: 11:59.23 36.11	1400m: 16:45.13 35.75				
	250m: 2:56.81 36.26	650m: 7:47.11 36.50	1050m: 12:35.04 35.81	1450m: 17:20.44 35.31				
	300m: 3:33.10 36.29	700m: 8:22.90 35.79	1100m: 13:11.11 36.07	1500m: 17:54.83 34.39				
	350m: 4:09.53 36.43	750m: 8:58.89 35.99	1150m: 13:46.44 35.33					
	400m: 4:45.82 36.29	800m: 9:34.87 35.98	1200m: 14:22.14 35.70					
4.	Gustavo Miguel, LOPES	+0,85	M	201750	08	Porto	<b>18:39.23</b>	435
	50m: 33.50 33.50	450m: 5:32.11 37.64	850m: 10:31.85 37.07	1250m: 15:34.40 37.90				
	100m: 1:10.30 36.80	500m: 6:09.76 37.65	900m: 11:09.72 37.87	1300m: 16:12.69 38.29				
	150m: 1:47.25 36.95	550m: 6:47.08 37.32	950m: 11:47.63 37.91	1350m: 16:49.47 36.78				
	200m: 2:24.67 37.42	600m: 7:24.88 37.78	1000m: 12:25.70 38.07	1400m: 17:27.54 38.07				
	250m: 3:02.01 37.34	650m: 8:02.72 37.86	1050m: 13:03.44 37.74	1450m: 18:04.52 36.98				
	300m: 3:39.37 37.36	700m: 8:40.15 37.43	1100m: 13:41.19 37.75	1500m: 18:39.23 34.71				
	350m: 4:16.77 37.40	750m: 9:17.50 37.35	1150m: 14:18.58 37.39					
	400m: 4:54.47 37.70	800m: 9:54.78 37.28	1200m: 14:56.50 37.92					
5.	Rodrigo Silva, LIMA	+0,84	M	206003	08	Porto	<b>19:13.45</b>	397
	50m: 34.87 34.87	450m: 5:44.76 39.41	850m: 10:54.64 38.84	1250m: 16:03.92 38.77				
	100m: 1:12.85 37.98	500m: 6:23.52 38.76	900m: 11:33.51 38.87	1300m: 16:42.88 38.96				
	150m: 1:50.59 37.74	550m: 7:02.07 38.55	950m: 12:12.66 39.15	1350m: 17:21.62 38.74				
	200m: 2:29.19 38.60	600m: 7:40.88 38.81	1000m: 12:51.19 38.53	1400m: 18:00.19 38.57				
	250m: 3:08.37 39.18	650m: 8:19.57 38.69	1050m: 13:29.75 38.56	1450m: 18:37.46 37.27				
	300m: 3:47.53 39.16	700m: 8:58.44 38.87	1100m: 14:08.20 38.45	1500m: 19:13.45 35.99				
	350m: 4:26.51 38.98	750m: 9:37.49 39.05	1150m: 14:46.91 38.71					
	400m: 5:05.35 38.84	800m: 10:15.80 38.31	1200m: 15:25.15 38.24					
6.	Hugo Sa, MACEDO	+0,91	M	200787	08	Porto	<b>19:30.82</b>	380
	50m: 34.64 34.64	450m: 5:45.91 38.96	850m: 11:00.26 39.90	1250m: 16:15.22 39.57				
	100m: 1:13.33 38.69	500m: 6:24.45 38.54	900m: 11:39.92 39.66	1300m: 16:54.80 39.58				
	150m: 1:52.18 38.85	550m: 7:03.36 38.91	950m: 12:19.23 39.31	1350m: 17:34.03 39.23				
	200m: 2:30.92 38.74	600m: 7:42.44 39.08	1000m: 12:58.62 39.39	1400m: 18:13.47 39.44				
	250m: 3:09.49 38.57	650m: 8:21.98 39.54	1050m: 13:37.87 39.25	1450m: 18:52.12 38.65				
	300m: 3:48.73 39.24	700m: 9:01.78 39.80	1100m: 14:17.32 39.45	1500m: 19:30.82 38.70				
	350m: 4:28.14 39.41	750m: 9:40.94 39.16	1150m: 14:56.21 38.89					
	400m: 5:06.95 38.81	800m: 10:20.36 39.42	1200m: 15:35.65 39.44					

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.74191

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PARCEIRO



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Prova 11, Masc., 1500m Livres, Juvenis B

Lugar	Nome	T. Reaç�o	Sexo	Licena	Ano	Clube	Tempo Final	FINA
7.	Tomas Freitas, LOURENCO	+0,77	M	204348	08	Vit�ria Sport Clube	<b>19:43.81</b>	367
	50m: 35.64	35.64	450m: 5:45.29	39.51	850m: 11:01.28	40.24	1250m: 16:23.13	39.24
	100m: 1:13.97	38.33	500m: 6:24.59	39.30	900m: 11:40.35	39.07	1300m: 17:03.08	39.95
	150m: 1:52.76	38.79	550m: 7:04.38	39.79	950m: 12:20.80	40.45	1350m: 17:43.26	40.18
	200m: 2:30.68	37.92	600m: 7:43.11	38.73	1000m: 13:00.86	40.06	1400m: 18:23.36	40.10
	250m: 3:08.93	38.25	650m: 8:22.65	39.54	1050m: 13:41.76	40.90	1450m: 19:03.88	40.52
	300m: 3:48.20	39.27	700m: 9:02.59	39.94	1100m: 14:22.24	40.48	1500m: 19:43.81	39.93
	350m: 4:27.47	39.27	750m: 9:41.34	38.75	1150m: 15:02.98	40.74		
	400m: 5:05.78	38.31	800m: 10:21.04	39.70	1200m: 15:43.89	40.91		
8.	Afonso Goncalves, COSTA	+0,98	M	205176	08	Porto	<b>20:01.61</b>	351
	50m: 34.41	34.41	450m: 5:48.84	40.06	850m: 11:10.93	39.75	1250m: 16:36.59	40.64
	100m: 1:12.75	38.34	500m: 6:29.02	40.18	900m: 11:50.91	39.98	1300m: 17:17.72	41.13
	150m: 1:51.60	38.85	550m: 7:09.37	40.35	950m: 12:31.03	40.12	1350m: 17:58.57	40.85
	200m: 2:30.65	39.05	600m: 7:49.54	40.17	1000m: 13:11.50	40.47	1400m: 18:39.97	41.40
	250m: 3:09.73	39.08	650m: 8:30.53	40.99	1050m: 13:52.19	40.69	1450m: 19:21.29	41.32
	300m: 3:49.48	39.75	700m: 9:11.49	40.96	1100m: 14:33.39	41.20	1500m: 20:01.61	40.32
	350m: 4:28.86	39.38	750m: 9:51.59	40.10	1150m: 15:14.43	41.04		
	400m: 5:08.78	39.92	800m: 10:31.18	39.59	1200m: 15:55.95	41.52		

Juvenis A

1.	Rodrigo Costa, BORGES	+0,74	M	133190	07	Fluvial Portuense	<b>16:49.11</b>	593
	50m: 29.47	29.47	450m: 4:57.56	33.73	850m: 9:29.83	33.97	1250m: 14:02.01	33.60
	100m: 1:01.52	32.05	500m: 5:31.62	34.06	900m: 10:04.11	34.28	1300m: 14:35.87	33.86
	150m: 1:35.37	33.85	550m: 6:05.75	34.13	950m: 10:38.44	34.33	1350m: 15:09.36	33.49
	200m: 2:09.16	33.79	600m: 6:39.70	33.95	1000m: 11:12.19	33.75	1400m: 15:42.60	33.24
	250m: 2:42.63	33.47	650m: 7:13.36	33.66	1050m: 11:46.26	34.07	1450m: 16:16.29	33.69
	300m: 3:15.87	33.24	700m: 7:47.50	34.14	1100m: 12:20.11	33.85	1500m: 16:49.11	32.82
	350m: 3:49.76	33.89	750m: 8:21.61	34.11	1150m: 12:54.11	34.00		
	400m: 4:23.83	34.07	800m: 8:55.86	34.25	1200m: 13:28.41	34.30		
2.	Miguel Guedes, FERREIRA	+1,01	M	205181	07	Porto	<b>17:20.34</b>	541
	50m: 31.20	31.20	450m: 5:08.54	34.73	850m: 9:47.68	34.78	1250m: 14:27.54	34.92
	100m: 1:05.41	34.21	500m: 5:43.50	34.96	900m: 10:22.67	34.99	1300m: 15:02.46	34.92
	150m: 1:40.08	34.67	550m: 6:18.22	34.72	950m: 10:57.47	34.80	1350m: 15:37.44	34.98
	200m: 2:14.77	34.69	600m: 6:53.02	34.80	1000m: 11:32.51	35.04	1400m: 16:12.32	34.88
	250m: 2:49.51	34.74	650m: 7:28.26	35.24	1050m: 12:07.48	34.97	1450m: 16:46.75	34.43
	300m: 3:24.11	34.60	700m: 8:03.11	34.85	1100m: 12:42.32	34.84	1500m: 17:20.34	33.59
	350m: 3:59.03	34.92	750m: 8:38.02	34.91	1150m: 13:17.49	35.17		
	400m: 4:33.81	34.78	800m: 9:12.90	34.88	1200m: 13:52.62	35.13		
3.	David Luis, ANTUNES	+0,72	M	201934	07	Fluvial Portuense	<b>18:02.05</b>	481
	50m: 32.15	32.15	450m: 5:21.60	36.27	850m: 10:10.83	36.24	1250m: 15:01.30	36.71
	100m: 1:07.64	35.49	500m: 5:57.83	36.23	900m: 10:47.31	36.48	1300m: 15:38.10	36.80
	150m: 1:43.63	35.99	550m: 6:34.01	36.18	950m: 11:23.31	36.00	1350m: 16:14.85	36.75
	200m: 2:19.93	36.30	600m: 7:10.58	36.57	1000m: 11:59.64	36.33	1400m: 16:51.12	36.27
	250m: 2:56.31	36.38	650m: 7:46.48	35.90	1050m: 12:35.34	35.70	1450m: 17:27.59	36.47
	300m: 3:32.77	36.46	700m: 8:22.66	36.18	1100m: 13:11.62	36.28	1500m: 18:02.05	34.46
	350m: 4:08.95	36.18	750m: 8:58.86	36.20	1150m: 13:48.25	36.63		
	400m: 4:45.33	36.38	800m: 9:34.59	35.73	1200m: 14:24.59	36.34		
4.	Andre Leitao, COSTA	+0,91	M	201806	07	Assoc. Desportiva de Fafe	<b>18:36.82</b>	437
	50m: 32.43	32.43	450m: 5:24.72	37.28	850m: 10:26.57	38.46	1250m: 15:31.69	37.54
	100m: 1:07.78	35.35	500m: 6:02.07	37.35	900m: 11:05.10	38.53	1300m: 16:09.36	37.67
	150m: 1:43.51	35.73	550m: 6:39.24	37.17	950m: 11:43.27	38.17	1350m: 16:47.21	37.85
	200m: 2:19.86	36.35	600m: 7:16.08	36.84	1000m: 12:20.61	37.34	1400m: 17:25.10	37.89
	250m: 2:56.48	36.62	650m: 7:54.37	38.29	1050m: 12:59.01	38.40	1450m: 18:02.08	36.98
	300m: 3:33.51	37.03	700m: 8:32.41	38.04	1100m: 13:37.72	38.71	1500m: 18:36.82	34.74
	350m: 4:10.59	37.08	750m: 9:09.94	37.53	1150m: 14:16.22	38.50		
	400m: 4:47.44	36.85	800m: 9:48.11	38.17	1200m: 14:54.15	37.93		

DNS Diogo Borges, PORTELA M 202263 07 Fluvial Portuense

Juvenis

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Prova 11, Masc., 1500m Livres, Juvenis

Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	FINA
1.	Rodrigo Costa, BORGES	+0,74	M	133190	07	Fluvial Portuense	<b>16:49.11</b>	593
	50m: 29.47	29.47	450m: 4:57.56	33.73	850m: 9:29.83	33.97	1250m: 14:02.01	33.60
	100m: 1:01.52	32.05	500m: 5:31.62	34.06	900m: 10:04.11	34.28	1300m: 14:35.87	33.86
	150m: 1:35.37	33.85	550m: 6:05.75	34.13	950m: 10:38.44	34.33	1350m: 15:09.36	33.49
	200m: 2:09.16	33.79	600m: 6:39.70	33.95	1000m: 11:12.19	33.75	1400m: 15:42.60	33.24
	250m: 2:42.63	33.47	650m: 7:13.36	33.66	1050m: 11:46.26	34.07	1450m: 16:16.29	33.69
	300m: 3:15.87	33.24	700m: 7:47.50	34.14	1100m: 12:20.11	33.85	1500m: 16:49.11	32.82
	350m: 3:49.76	33.89	750m: 8:21.61	34.11	1150m: 12:54.11	34.00		
	400m: 4:23.83	34.07	800m: 8:55.86	34.25	1200m: 13:28.41	34.30		
2.	Miguel Fragoço, MEDEIROS	+0,91	M	200778	08	Porto	<b>16:52.07</b>	588
	50m: 31.18	31.18	450m: 5:01.24	34.11	850m: 9:33.75	34.03	1250m: 14:06.00	33.87
	100m: 1:04.50	33.32	500m: 5:35.23	33.99	900m: 10:08.09	34.34	1300m: 14:39.71	33.71
	150m: 1:37.72	33.22	550m: 6:09.29	34.06	950m: 10:42.24	34.15	1350m: 15:13.50	33.79
	200m: 2:11.35	33.63	600m: 6:43.25	33.96	1000m: 11:16.46	34.22	1400m: 15:47.12	33.62
	250m: 2:45.18	33.83	650m: 7:17.10	33.85	1050m: 11:50.42	33.96	1450m: 16:20.36	33.24
	300m: 3:19.07	33.89	700m: 7:51.28	34.18	1100m: 12:24.25	33.83	1500m: 16:52.07	31.71
	350m: 3:53.04	33.97	750m: 8:25.39	34.11	1150m: 12:58.34	34.09		
	400m: 4:27.13	34.09	800m: 8:59.72	34.33	1200m: 13:32.13	33.79		
3.	Miguel Guedes, FERREIRA	+1,01	M	205181	07	Porto	<b>17:20.34</b>	541
	50m: 31.20	31.20	450m: 5:08.54	34.73	850m: 9:47.68	34.78	1250m: 14:27.54	34.92
	100m: 1:05.41	34.21	500m: 5:43.50	34.96	900m: 10:22.67	34.99	1300m: 15:02.46	34.92
	150m: 1:40.08	34.67	550m: 6:18.22	34.72	950m: 10:57.47	34.80	1350m: 15:37.44	34.98
	200m: 2:14.77	34.69	600m: 6:53.02	34.80	1000m: 11:32.51	35.04	1400m: 16:12.32	34.88
	250m: 2:49.51	34.74	650m: 7:28.26	35.24	1050m: 12:07.48	34.97	1450m: 16:46.75	34.43
	300m: 3:24.11	34.60	700m: 8:03.11	34.85	1100m: 12:42.32	34.84	1500m: 17:20.34	33.59
	350m: 3:59.03	34.92	750m: 8:38.02	34.91	1150m: 13:17.49	35.17		
	400m: 4:33.81	34.78	800m: 9:12.90	34.88	1200m: 13:52.62	35.13		
4.	Tiago Andre, CANELAS	+0,92	M	200358	08	Fluvial Portuense	<b>17:36.74</b>	516
	50m: 31.42	31.42	450m: 5:08.59	35.53	850m: 9:54.27	35.79	1250m: 14:40.11	35.53
	100m: 1:04.94	33.52	500m: 5:44.10	35.51	900m: 10:30.02	35.75	1300m: 15:16.15	36.04
	150m: 1:38.80	33.86	550m: 6:19.88	35.78	950m: 11:05.61	35.59	1350m: 15:51.72	35.57
	200m: 2:13.04	34.24	600m: 6:55.64	35.76	1000m: 11:41.21	35.60	1400m: 16:27.55	35.83
	250m: 2:47.60	34.56	650m: 7:31.36	35.72	1050m: 12:17.11	35.90	1450m: 17:02.92	35.37
	300m: 3:22.61	35.01	700m: 8:07.05	35.69	1100m: 12:52.91	35.80	1500m: 17:36.74	33.82
	350m: 3:57.77	35.16	750m: 8:42.57	35.52	1150m: 13:28.84	35.93		
	400m: 4:33.06	35.29	800m: 9:18.48	35.91	1200m: 14:04.58	35.74		
5.	Goncalo Augusto, SOARES	+1,02	M	206424	08	Porto	<b>17:54.83</b>	491
	50m: 32.72	32.72	450m: 5:22.11	36.29	850m: 10:10.94	36.07	1250m: 14:58.01	35.87
	100m: 1:08.35	35.63	500m: 5:58.23	36.12	900m: 10:47.11	36.17	1300m: 15:33.54	35.53
	150m: 1:44.45	36.10	550m: 6:34.46	36.23	950m: 11:23.12	36.01	1350m: 16:09.38	35.84
	200m: 2:20.55	36.10	600m: 7:10.61	36.15	1000m: 11:59.23	36.11	1400m: 16:45.13	35.75
	250m: 2:56.81	36.26	650m: 7:47.11	36.50	1050m: 12:35.04	35.81	1450m: 17:20.44	35.31
	300m: 3:33.10	36.29	700m: 8:22.90	35.79	1100m: 13:11.11	36.07	1500m: 17:54.83	34.39
	350m: 4:09.53	36.43	750m: 8:58.89	35.99	1150m: 13:46.44	35.33		
	400m: 4:45.82	36.29	800m: 9:34.87	35.98	1200m: 14:22.14	35.70		
6.	David Luis, ANTUNES	+0,72	M	201934	07	Fluvial Portuense	<b>18:02.05</b>	481
	50m: 32.15	32.15	450m: 5:21.60	36.27	850m: 10:10.83	36.24	1250m: 15:01.30	36.71
	100m: 1:07.64	35.49	500m: 5:57.83	36.23	900m: 10:47.31	36.48	1300m: 15:38.10	36.80
	150m: 1:43.63	35.99	550m: 6:34.01	36.18	950m: 11:23.31	36.00	1350m: 16:14.85	36.75
	200m: 2:19.93	36.30	600m: 7:10.58	36.57	1000m: 11:59.64	36.33	1400m: 16:51.12	36.27
	250m: 2:56.31	36.38	650m: 7:46.48	35.90	1050m: 12:35.34	35.70	1450m: 17:27.59	36.47
	300m: 3:32.77	36.46	700m: 8:22.66	36.18	1100m: 13:11.62	36.28	1500m: 18:02.05	34.46
	350m: 4:08.95	36.18	750m: 8:58.86	36.20	1150m: 13:48.25	36.63		
	400m: 4:45.33	36.38	800m: 9:34.59	35.73	1200m: 14:24.59	36.34		
7.	Andre Leitao, COSTA	+0,91	M	201806	07	Assoc. Desportiva de Fafe	<b>18:36.82</b>	437
	50m: 32.43	32.43	450m: 5:24.72	37.28	850m: 10:26.57	38.46	1250m: 15:31.69	37.54
	100m: 1:07.78	35.35	500m: 6:02.07	37.35	900m: 11:05.10	38.53	1300m: 16:09.36	37.67
	150m: 1:43.51	35.73	550m: 6:39.24	37.17	950m: 11:43.27	38.17	1350m: 16:47.21	37.85
	200m: 2:19.86	36.35	600m: 7:16.08	36.84	1000m: 12:20.61	37.34	1400m: 17:25.10	37.89
	250m: 2:56.48	36.62	650m: 7:54.37	38.29	1050m: 12:59.01	38.40	1450m: 18:02.08	36.98
	300m: 3:33.51	37.03	700m: 8:32.41	38.04	1100m: 13:37.72	38.71	1500m: 18:36.82	34.74
	350m: 4:10.59	37.08	750m: 9:09.94	37.53	1150m: 14:16.22	38.50		
	400m: 4:47.44	36.85	800m: 9:48.11	38.17	1200m: 14:54.15	37.93		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.74191

Registered to Associação de Natação do Norte de Portugal

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|ORGANIZAÇÃO



|PARCEIRO INSTITUCIONAL



|PARCEIRO



|FORNECEDOR OFICIAL



Prova 11, Masc., 1500m Livres, Juvenis

Lugar	Nome	T. Reao	Sexo	Licena	Ano	Clube	Tempo Final	FINA
8.	Gustavo Miguel, LOPES	+0,85	M	201750	08	Porto	<b>18:39.23</b>	435
	50m: 33.50	33.50	450m: 5:32.11	37.64	850m: 10:31.85	37.07	1250m: 15:34.40	37.90
	100m: 1:10.30	36.80	500m: 6:09.76	37.65	900m: 11:09.72	37.87	1300m: 16:12.69	38.29
	150m: 1:47.25	36.95	550m: 6:47.08	37.32	950m: 11:47.63	37.91	1350m: 16:49.47	36.78
	200m: 2:24.67	37.42	600m: 7:24.86	37.78	1000m: 12:25.70	38.07	1400m: 17:27.54	38.07
	250m: 3:02.01	37.34	650m: 8:02.72	37.86	1050m: 13:03.44	37.74	1450m: 18:04.52	36.98
	300m: 3:39.37	37.36	700m: 8:40.15	37.43	1100m: 13:41.19	37.75	1500m: 18:39.23	34.71
	350m: 4:16.77	37.40	750m: 9:17.50	37.35	1150m: 14:18.58	37.39		
	400m: 4:54.47	37.70	800m: 9:54.78	37.28	1200m: 14:56.50	37.92		
9.	Rodrigo Silva, LIMA	+0,84	M	206003	08	Porto	<b>19:13.45</b>	397
	50m: 34.87	34.87	450m: 5:44.76	39.41	850m: 10:54.64	38.84	1250m: 16:03.92	38.77
	100m: 1:12.85	37.98	500m: 6:23.52	38.76	900m: 11:33.51	38.87	1300m: 16:42.88	38.96
	150m: 1:50.59	37.74	550m: 7:02.07	38.55	950m: 12:12.66	39.15	1350m: 17:21.62	38.74
	200m: 2:29.19	38.60	600m: 7:40.88	38.81	1000m: 12:51.19	38.53	1400m: 18:00.19	38.57
	250m: 3:08.37	39.18	650m: 8:19.57	38.69	1050m: 13:29.75	38.56	1450m: 18:37.46	37.27
	300m: 3:47.53	39.16	700m: 8:58.44	38.87	1100m: 14:08.20	38.45	1500m: 19:13.45	35.99
	350m: 4:26.51	38.98	750m: 9:37.49	39.05	1150m: 14:46.91	38.71		
	400m: 5:05.35	38.84	800m: 10:15.80	38.31	1200m: 15:25.15	38.24		
10.	Hugo Sa, MACEDO	+0,91	M	200787	08	Porto	<b>19:30.82</b>	380
	50m: 34.64	34.64	450m: 5:45.91	39.96	850m: 11:00.26	39.90	1250m: 16:15.22	39.57
	100m: 1:13.33	38.69	500m: 6:24.45	38.54	900m: 11:39.92	39.66	1300m: 16:54.80	39.58
	150m: 1:52.18	38.85	550m: 7:03.36	38.91	950m: 12:19.23	39.31	1350m: 17:34.03	39.23
	200m: 2:30.92	38.74	600m: 7:42.44	39.08	1000m: 12:58.62	39.39	1400m: 18:13.47	39.44
	250m: 3:09.49	38.57	650m: 8:21.98	39.54	1050m: 13:37.87	39.25	1450m: 18:52.12	38.65
	300m: 3:48.73	39.24	700m: 9:01.78	39.80	1100m: 14:17.32	39.45	1500m: 19:30.82	38.70
	350m: 4:28.14	39.41	750m: 9:40.94	39.16	1150m: 14:56.21	38.89		
	400m: 5:06.95	38.81	800m: 10:20.36	39.42	1200m: 15:35.65	39.44		
11.	Tomas Freitas, LOURENCO	+0,77	M	204348	08	Vit�ria Sport Clube	<b>19:43.81</b>	367
	50m: 35.64	35.64	450m: 5:45.29	39.51	850m: 11:01.28	40.24	1250m: 16:23.13	39.24
	100m: 1:13.97	38.33	500m: 6:24.59	39.30	900m: 11:40.35	39.07	1300m: 17:03.08	39.95
	150m: 1:52.76	38.79	550m: 7:04.38	39.79	950m: 12:20.80	40.45	1350m: 17:43.26	40.18
	200m: 2:30.68	37.92	600m: 7:43.11	38.73	1000m: 13:00.86	40.06	1400m: 18:23.36	40.10
	250m: 3:08.93	38.25	650m: 8:22.65	39.54	1050m: 13:41.76	40.90	1450m: 19:03.88	40.52
	300m: 3:48.20	39.27	700m: 9:02.59	39.94	1100m: 14:22.24	40.48	1500m: 19:43.81	39.93
	350m: 4:27.47	39.27	750m: 9:41.34	38.75	1150m: 15:02.98	40.74		
	400m: 5:05.78	38.31	800m: 10:21.04	39.70	1200m: 15:43.89	40.91		
12.	Afonso Goncalves, COSTA	+0,98	M	205176	08	Porto	<b>20:01.61</b>	351
	50m: 34.41	34.41	450m: 5:48.84	40.06	850m: 11:10.93	39.75	1250m: 16:36.59	40.64
	100m: 1:12.75	38.34	500m: 6:29.02	40.18	900m: 11:50.91	39.98	1300m: 17:17.72	41.13
	150m: 1:51.60	38.85	550m: 7:09.37	40.35	950m: 12:31.03	40.12	1350m: 17:58.57	40.85
	200m: 2:30.65	39.05	600m: 7:49.54	40.17	1000m: 13:11.50	40.47	1400m: 18:39.97	41.40
	250m: 3:09.73	39.08	650m: 8:30.53	40.99	1050m: 13:52.19	40.69	1450m: 19:21.29	41.32
	300m: 3:49.48	39.75	700m: 9:11.49	40.96	1100m: 14:33.39	41.20	1500m: 20:01.61	40.32
	350m: 4:28.86	39.38	750m: 9:51.59	40.10	1150m: 15:14.43	41.04		
	400m: 5:08.78	39.92	800m: 10:31.18	39.59	1200m: 15:55.95	41.52		
DNS	Diogo Borges, PORTELA		M	202263	07	Fluvial Portuense		