

Campeonato Regional de Infantis de Piscina Curta  
Mealhada, 19. - 21.2.2010

Prova 19  
21-02-2010 - 10:00

Masc., 1500m Livres

Infantis  
Resultados

TAC INF-A MASC Inf A: 22:16.30 / TAC INF-B MASC Inf B: 23:09.20

Pontos: FINA 2009

| Lugar                                  | Ano                                     | Tempo final             | Pts                     |
|--|---|-------------------------|-------------------------|
| <b>Infantis B</b>                      |   |                         |                         |
| <b>1. Gabriel Jose LOPES</b>           | <b>97 Lousanense</b>                    | <b>18:20.66</b>         | <b>485</b>              |
| 100m: 1:06.44 1:06.44                  | 500m: 6:04.52 1:15.13                   | 900m: 11:01.16 1:14.09  | 1300m: 15:58.10 1:13.70 |
| 200m: 2:19.22 1:12.78                  | 600m: 7:18.20 1:13.68                   | 1000m: 12:15.34 1:14.18 | 1400m: 17:12.13 1:14.03 |
| 300m: 3:34.15 1:14.93                  | 700m: 8:32.63 1:14.43                   | 1100m: 13:29.75 1:14.41 | 1500m: 18:20.66 1:08.53 |
| 400m: 4:49.39 1:15.24                  | 800m: 9:47.07 1:14.44                   | 1200m: 14:44.40 1:14.65 |                         |
| <b>2. Alexandre Miguel LAUREANO</b>    | <b>97 Alcobaça</b>                      | <b>18:48.35</b>         | <b>450</b>              |
| 100m: 1:09.53 1:09.53                  | 500m: 6:10.10 1:16.15                   | 900m: 11:13.36 1:15.83  | 1300m: 16:18.96 1:16.18 |
| 200m: 2:23.74 1:14.21                  | 600m: 7:26.31 1:16.21                   | 1000m: 12:29.27 1:15.91 | 1400m: 17:34.88 1:15.92 |
| 300m: 3:38.27 1:14.53                  | 700m: 8:42.13 1:15.82                   | 1100m: 13:45.39 1:16.12 | 1500m: 18:48.35 1:13.47 |
| 400m: 4:53.95 1:15.68                  | 800m: 9:57.53 1:15.40                   | 1200m: 15:02.78 1:17.39 |                         |
| <b>3. Eduardo Filipe CARVALHEIRO</b>   | <b>97 Columbófila Cantanhedense</b>     | <b>18:58.31</b>         | <b>438</b>              |
| 100m: 1:10.54 1:10.54                  | 500m: 6:10.25 1:16.54                   | 900m: 11:15.12 1:16.42  | 1300m: 16:25.18 1:17.57 |
| 200m: 2:24.11 1:13.57                  | 600m: 7:26.01 1:15.76                   | 1000m: 12:32.30 1:17.18 | 1400m: 17:41.87 1:16.69 |
| 300m: 3:38.82 1:14.71                  | 700m: 8:42.01 1:16.00                   | 1100m: 13:49.27 1:16.97 | 1500m: 18:58.31 1:16.44 |
| 400m: 4:53.71 1:14.89                  | 800m: 9:58.70 1:16.69                   | 1200m: 15:07.61 1:18.34 |                         |
| <b>4. Francisco Xavier GONCALVES</b>   | <b>97 Fundação Beatriz Santos</b>       | <b>19:07.66</b>         | <b>428</b>              |
| 100m: 1:10.76 1:10.76                  | 500m: 6:17.93 1:17.26                   | 900m: 11:28.46 1:17.49  | 1300m: 16:39.50 1:17.42 |
| 200m: 2:26.41 1:15.65                  | 600m: 7:35.55 1:17.62                   | 1000m: 12:46.10 1:17.64 | 1400m: 17:55.24 1:15.74 |
| 300m: 3:43.21 1:16.80                  | 700m: 8:53.16 1:17.61                   | 1100m: 14:04.25 1:18.15 | 1500m: 19:07.66 1:12.42 |
| 400m: 5:00.67 1:17.46                  | 800m: 10:10.97 1:17.81                  | 1200m: 15:22.08 1:17.83 |                         |
| <b>5. Joao Mota CORREIA</b>            | <b>97 Bombeiros das Caldas Rainha</b>   | <b>19:09.92</b>         | <b>425</b>              |
| 100m: 1:09.95 1:09.95                  | 500m: 6:17.93 1:17.26                   | 900m: 11:24.25 1:18.39  | 1300m: 16:37.03 1:16.97 |
| 200m: 2:24.70 1:14.75                  | 600m: 7:30.06 1:16.13                   | 1000m: 12:42.76 1:18.51 | 1400m: 17:55.89 1:18.86 |
| 300m: 3:40.68 1:15.98                  | 700m: 8:47.11 1:17.05                   | 1100m: 14:01.11 1:18.35 | 1500m: 19:09.92 1:14.03 |
| 400m: 4:56.44 1:15.76                  | 800m: 10:05.86 1:18.75                  | 1200m: 15:20.06 1:18.95 |                         |
| <b>6. Jose Miguel VENTURA</b>          | <b>97 Fundação Beatriz Santos</b>       | <b>19:33.27</b>         | <b>400</b>              |
| 100m: 1:14.13 1:14.13                  | 500m: 6:28.54 1:19.14                   | 900m: 11:43.32 1:17.80  | 1300m: 16:58.72 1:21.18 |
| 200m: 2:32.33 1:18.20                  | 600m: 7:47.82 1:19.28                   | 1000m: 12:59.71 1:16.39 | 1400m: 18:18.89 1:20.17 |
| 300m: 3:51.11 1:18.78                  | 700m: 9:06.67 1:18.85                   | 1100m: 14:17.44 1:17.73 | 1500m: 19:33.27 1:14.38 |
| 400m: 5:09.40 1:18.29                  | 800m: 10:25.52 1:18.85                  | 1200m: 15:37.54 1:20.10 |                         |
| <b>7. Emanuel Falacho GERARDO</b>      | <b>97 Alcobaça</b>                      | <b>19:58.12</b>         | <b>376</b>              |
| 100m: 1:13.05 1:13.05                  | 500m: 6:30.28 1:20.07                   | 900m: 11:53.18 1:21.69  | 1300m: 17:18.52 1:21.28 |
| 200m: 2:30.82 1:17.77                  | 600m: 7:50.59 1:20.31                   | 1000m: 13:14.56 1:21.38 | 1400m: 18:39.83 1:21.31 |
| 300m: 3:50.66 1:19.84                  | 700m: 9:11.57 1:20.98                   | 1100m: 14:35.79 1:21.23 | 1500m: 19:58.12 1:18.29 |
| 400m: 5:10.21 1:19.55                  | 800m: 10:31.49 1:19.92                  | 1200m: 15:57.24 1:21.45 |                         |
| <b>8. Miguel Angelo SILVESTRE</b>      | <b>97 Alcobaça</b>                      | <b>20:11.60</b>         | <b>363</b>              |
| 100m: 1:13.93 1:13.93                  | 500m: 6:40.56 1:22.18                   | 900m: 12:07.71 1:21.08  | 1300m: 17:33.83 1:21.77 |
| 200m: 2:34.99 1:21.06                  | 600m: 8:02.20 1:21.64                   | 1000m: 13:29.64 1:21.93 | 1400m: 18:55.04 1:21.21 |
| 300m: 3:56.76 1:21.77                  | 700m: 9:24.08 1:21.88                   | 1100m: 14:50.48 1:20.84 | 1500m: 20:11.60 1:16.56 |
| 400m: 5:18.38 1:21.62                  | 800m: 10:46.63 1:22.55                  | 1200m: 16:12.06 1:21.58 |                         |
| <b>9. Tiago Andre RIBEIRO</b>          | <b>97 Desportivo Náutico da Marinha</b> | <b>20:12.65</b>         | <b>362</b>              |
| 100m: 1:14.76 1:14.76                  | 500m: 6:38.74 1:21.67                   | 900m: 12:06.55 1:21.93  | 1300m: 17:35.08 1:21.82 |
| 200m: 2:34.88 1:20.12                  | 600m: 8:00.12 1:21.38                   | 1000m: 13:29.29 1:22.74 | 1400m: 18:55.72 1:20.64 |
| 300m: 3:56.02 1:21.14                  | 700m: 9:22.43 1:22.31                   | 1100m: 14:51.48 1:22.19 | 1500m: 20:12.65 1:16.93 |
| 400m: 5:17.07 1:21.05                  | 800m: 10:44.62 1:22.19                  | 1200m: 16:13.26 1:21.78 |                         |
| <b>10. Alexandre Valdagua COUTINHO</b> | <b>97 Columbófila Cantanhedense</b>     | <b>20:27.19</b>         | <b>350</b>              |
| 100m: 1:15.51 1:15.51                  | 500m: 6:40.14 1:20.89                   | 900m: 12:11.98 1:23.86  | 1300m: 17:47.45 1:22.69 |
| 200m: 2:35.81 1:20.30                  | 600m: 8:02.44 1:22.30                   | 1000m: 13:36.52 1:24.54 | 1400m: 19:09.58 1:22.13 |
| 300m: 3:57.28 1:21.47                  | 700m: 9:25.19 1:22.75                   | 1100m: 15:01.10 1:24.58 | 1500m: 20:27.19 1:17.61 |
| 400m: 5:19.25 1:21.97                  | 800m: 10:48.12 1:22.93                  | 1200m: 16:24.76 1:23.66 |                         |
| <b>11. Francisco Miguel OLIVEIRA</b>   | <b>97 Columbófila Cantanhedense</b>     | <b>20:45.85</b>         | <b>334</b>              |
| 100m: 1:14.38 1:14.38                  | 500m: 6:44.60 1:23.44                   | 900m: 12:17.05 1:23.21  | 1300m: 17:47.45 1:22.69 |
| 200m: 2:36.27 1:21.89                  | 600m: 8:07.71 1:23.11                   | 1000m: 13:42.72 1:25.67 | 1400m: 19:09.58 1:22.13 |
| 300m: 3:57.74 1:21.47                  | 700m: 9:31.75 1:24.04                   | 1100m: 15:01.10 1:24.58 | 1500m: 20:45.85 1:17.61 |
| 400m: 5:21.16 1:23.42                  | 800m: 10:53.84 1:22.09                  | 1200m: 16:33.30 1:23.66 |                         |

Campeonato Regional de Infantis de Piscina Curta  
Mealhada, 19. - 21.2.2010

Prova 19, Masc., 1500m Livres, Infantis B

| Lugar |                                    |                 | Ano   |                         |        |                  |        | Tempo final      | Pts |
|-------|------------------------------------|-----------------|-------|-------------------------|--------|------------------|--------|------------------|-----|
| 12.   | Nuno Miguel CARIDADE               |                 | 97    | Fundação Beatriz Santos |        |                  |        | <b>20:49.99</b>  | 331 |
|       | 100m:                              | 1:17.73 1:17.73 | 500m: | 6:57.45 1:24.99         | 900m:  | 12:33.03 1:23.72 | 1300m: | 18:07.64 1:23.66 |     |
|       | 200m:                              | 2:42.65 1:24.92 | 600m: | 8:21.47 1:24.02         | 1000m: | 13:56.20 1:23.17 | 1400m: | 19:31.68 1:24.04 |     |
|       | 300m:                              | 4:07.06 1:24.41 | 700m: | 9:45.42 1:23.95         | 1100m: | 15:20.30 1:24.10 | 1500m: | 20:49.99 1:18.31 |     |
|       | 400m:                              | 5:32.46 1:25.40 | 800m: | 11:09.31 1:23.89        | 1200m: | 16:43.98 1:23.68 |        |                  |     |
| 13.   | Antonio Pedro CARDOSO              |                 | 97    | Académico Viseu         |        |                  |        | <b>20:50.30</b>  | 331 |
|       | 100m:                              | 1:16.96 1:16.96 | 500m: | 6:53.14 1:23.79         | 900m:  | 12:29.75 1:24.77 | 1300m: | 18:07.31 1:23.43 |     |
|       | 200m:                              | 2:40.55 1:23.59 | 600m: | 8:16.75 1:23.61         | 1000m: | 13:54.07 1:24.32 | 1400m: | 19:31.41 1:24.10 |     |
|       | 300m:                              | 4:04.52 1:23.97 | 700m: | 9:40.85 1:24.10         | 1100m: | 15:19.05 1:24.98 | 1500m: | 20:50.30 1:18.89 |     |
|       | 400m:                              | 5:29.35 1:24.83 | 800m: | 11:04.98 1:24.13        | 1200m: | 16:43.88 1:24.83 |        |                  |     |
| 14.   | Bernardo Soares GUEDES             |                 | 97    | Sporting de Espinho     |        |                  |        | <b>21:22.03</b>  | 307 |
|       | 100m:                              | 1:20.06 1:20.06 | 500m: | 7:03.12 1:25.92         | 900m:  | 12:49.23 1:26.09 | 1300m: | 18:36.21 1:26.31 |     |
|       | 200m:                              | 2:45.29 1:25.23 | 600m: | 8:30.16 1:27.04         | 1000m: | 14:16.27 1:27.04 | 1400m: | 20:01.38 1:25.17 |     |
|       | 300m:                              | 4:11.19 1:25.90 | 700m: | 9:56.22 1:26.06         | 1100m: | 15:43.76 1:27.49 | 1500m: | 21:22.03 1:20.65 |     |
|       | 400m:                              | 5:37.20 1:26.01 | 800m: | 11:23.14 1:26.92        | 1200m: | 17:09.90 1:26.14 |        |                  |     |
| 15.   | Jorge Martins GARCIA               |                 | 97    | Ginásio Figueirense     |        |                  |        | <b>21:22.57</b>  | 306 |
|       | 100m:                              | 1:18.44 1:18.44 | 500m: | 7:06.56 1:27.03         | 900m:  | 12:54.75 1:26.55 | 1300m: |                  |     |
|       | 200m:                              | 2:45.30 1:26.86 | 600m: | 9:03.15 1:56.59         | 1000m: | 14:21.17 1:26.42 | 1400m: |                  |     |
|       | 300m:                              |                 | 700m: | 10:00.98 57.83          | 1100m: | 15:47.10 1:25.93 | 1500m: | 21:22.57         |     |
|       | 400m:                              | 5:39.53         | 800m: | 11:28.20 1:27.22        | 1200m: | 17:12.09 1:24.99 |        |                  |     |
| 16.   | Hugo Vale PEREIRA                  |                 | 97    | Náutico/Matobra         |        |                  |        | <b>21:42.25</b>  | 293 |
|       | 100m:                              | 1:21.52 1:21.52 | 500m: | 7:09.05 1:26.98         | 900m:  | 12:56.66 1:27.09 | 1300m: | 18:51.23 1:29.22 |     |
|       | 200m:                              | 2:47.33 1:25.81 | 600m: | 8:36.47 1:27.42         | 1000m: | 14:25.31 1:28.65 | 1400m: | 20:17.50 1:26.27 |     |
|       | 300m:                              | 4:14.34 1:27.01 | 700m: | 10:03.47 1:27.00        | 1100m: | 15:53.20 1:27.89 | 1500m: | 21:42.25 1:24.75 |     |
|       | 400m:                              | 5:42.07 1:27.73 | 800m: | 11:29.57 1:26.10        | 1200m: | 17:22.01 1:28.81 |        |                  |     |
| 17.   | Rui Pedro FIGUEIREDO<br><i>FTL</i> |                 | 97    | Académico Viseu         |        |                  |        | <b>23:21.31</b>  | 235 |
|       | 100m:                              | 1:20.08 1:20.08 | 500m: | 7:23.14 1:34.10         | 900m:  | 13:52.28 1:39.68 | 1300m: | 20:17.59 1:38.16 |     |
|       | 200m:                              | 2:47.61 1:27.53 | 600m: | 8:58.77 1:35.63         | 1000m: | 15:24.69 1:32.41 | 1400m: | 21:51.76 1:34.17 |     |
|       | 300m:                              | 4:16.99 1:29.38 | 700m: | 10:36.31 1:37.54        | 1100m: | 17:00.81 1:36.12 | 1500m: | 23:21.31 1:29.55 |     |
|       | 400m:                              | 5:49.04 1:32.05 | 800m: | 12:12.60 1:36.29        | 1200m: | 18:39.43 1:38.62 |        |                  |     |

Infantis A

|    |                        |                 |       |                      |        |                  |        |                  |     |
|----|------------------------|-----------------|-------|----------------------|--------|------------------|--------|------------------|-----|
| 1. | Tomas Miguel VELOSO    |                 | 96    | Náutico/Matobra      |        |                  |        | <b>17:58.85</b>  | 515 |
|    | 100m:                  | 1:05.15 1:05.15 | 500m: | 5:52.25 1:12.49      | 900m:  | 10:43.00 1:13.01 | 1300m: | 15:34.58 1:13.52 |     |
|    | 200m:                  | 2:16.43 1:11.28 | 600m: | 7:04.80 1:12.55      | 1000m: | 11:55.10 1:12.10 | 1400m: | 16:48.69 1:14.11 |     |
|    | 300m:                  | 3:27.00 1:10.57 | 700m: | 8:16.97 1:12.17      | 1100m: | 13:07.69 1:12.59 | 1500m: | 17:58.85 1:10.16 |     |
|    | 400m:                  | 4:39.76 1:12.76 | 800m: | 9:29.99 1:13.02      | 1200m: | 14:21.06 1:13.37 |        |                  |     |
| 2. | Jose Pedro BUGALHO     |                 | 96    | Alcoçaba             |        |                  |        | <b>18:14.65</b>  | 493 |
|    | 100m:                  | 1:07.96 1:07.96 | 500m: | 6:01.36 1:12.86      | 900m:  | 10:53.45 1:13.31 | 1300m: | 15:48.96 1:14.35 |     |
|    | 200m:                  | 2:21.04 1:13.08 | 600m: | 7:14.07 1:12.71      | 1000m: | 12:07.03 1:13.58 | 1400m: | 17:02.89 1:13.93 |     |
|    | 300m:                  | 3:34.61 1:13.57 | 700m: | 8:26.65 1:12.58      | 1100m: | 13:21.14 1:14.11 | 1500m: | 18:14.65 1:11.76 |     |
|    | 400m:                  | 4:48.50 1:13.89 | 800m: | 9:40.14 1:13.49      | 1200m: | 14:34.61 1:13.47 |        |                  |     |
| 3. | Daniel Baptista RELVAO |                 | 96    | Académica de Coimbra |        |                  |        | <b>18:22.43</b>  | 482 |
|    | 100m:                  | 1:07.44 1:07.44 | 500m: | 6:00.67 1:13.65      | 900m:  | 10:59.92 1:15.48 | 1300m: | 15:57.97 1:14.03 |     |
|    | 200m:                  | 2:20.21 1:12.77 | 600m: | 7:14.16 1:13.49      | 1000m: | 12:14.88 1:14.96 | 1400m: | 17:12.37 1:14.40 |     |
|    | 300m:                  | 3:33.81 1:13.60 | 700m: | 8:28.81 1:14.65      | 1100m: | 13:29.36 1:14.48 | 1500m: | 18:22.43 1:10.06 |     |
|    | 400m:                  | 4:47.02 1:13.21 | 800m: | 9:44.44 1:15.63      | 1200m: | 14:43.94 1:14.58 |        |                  |     |
| 4. | Lourenco Manuel CUNHA  |                 | 96    | Académico Leiria     |        |                  |        | <b>19:06.41</b>  | 429 |
|    | 100m:                  | 1:10.03 1:10.03 | 500m: | 6:17.37 1:17.09      | 900m:  | 11:27.22 1:17.89 | 1300m: |                  |     |
|    | 200m:                  | 2:25.91 1:15.88 | 600m: | 7:34.20 1:16.83      | 1000m: | 12:44.40 1:17.18 | 1400m: | 17:53.22         |     |
|    | 300m:                  | 3:42.99 1:17.08 | 700m: | 8:51.61 1:17.41      | 1100m: | 14:01.94 1:17.54 | 1500m: | 19:06.41 1:13.19 |     |
|    | 400m:                  | 5:00.28 1:17.29 | 800m: | 10:09.33 1:17.72     | 1200m: | 15:19.34 1:17.40 |        |                  |     |
| 5. | Pedro Miguel REIS      |                 | 96    | Sporting de Espinho  |        |                  |        | <b>19:09.62</b>  | 425 |
|    | 100m:                  | 1:10.03 1:10.03 | 500m: | 6:17.29 1:18.63      | 900m:  | 11:30.80 1:17.95 | 1300m: | 16:39.89 1:16.80 |     |
|    | 200m:                  | 2:24.80 1:14.77 | 600m: | 7:35.80 1:18.51      | 1000m: | 12:49.08 1:18.28 | 1400m: | 17:56.47 1:16.58 |     |
|    | 300m:                  | 3:41.40 1:16.60 | 700m: | 8:54.73 1:18.93      | 1100m: | 14:05.81 1:16.73 | 1500m: | 19:09.62 1:13.15 |     |
|    | 400m:                  | 4:58.66 1:17.26 | 800m: | 10:12.85 1:18.12     | 1200m: | 15:23.09 1:17.28 |        |                  |     |

Campeonato Regional de Infantis de Piscina Curta  
Mealhada, 19. - 21.2.2010

Prova 19, Masc., 1500m Livres, Infantis A

| Lugar      |                               |         | Ano                                 |         |                 |         | Tempo final     |         | Pts        |
|------------|-------------------------------|---------|-------------------------------------|---------|-----------------|---------|-----------------|---------|------------|
| <b>6.</b>  | <b>Pedro Miguel COSTA</b>     |         | <b>96 Sporting de Aveiro</b>        |         |                 |         | <b>19:33.01</b> |         | <b>400</b> |
|            | 100m: 1:09.24                 | 1:09.24 | 500m: 6:21.34                       | 1:18.38 | 900m: 11:41.04  | 1:20.08 | 1300m: 17:02.90 | 1:21.25 |            |
|            | 200m: 2:27.01                 | 1:17.77 | 600m: 7:39.08                       | 1:17.74 | 1000m: 13:00.26 | 1:19.22 | 1400m: 18:19.85 | 1:16.95 |            |
|            | 300m: 3:44.99                 | 1:17.98 | 700m: 8:59.30                       | 1:20.22 | 1100m: 14:20.93 | 1:20.67 | 1500m: 19:33.01 | 1:13.16 |            |
|            | 400m: 5:02.96                 | 1:17.97 | 800m: 10:20.96                      | 1:21.66 | 1200m: 15:41.65 | 1:20.72 |                 |         |            |
| <b>7.</b>  | <b>Carlos Eduardo SANTOS</b>  |         | <b>96 Columbófila Cantanhedense</b> |         |                 |         | <b>20:04.55</b> |         | <b>370</b> |
|            | 100m: 1:15.01                 | 1:15.01 | 500m: 6:31.38                       | 1:19.54 | 900m: 11:56.27  | 1:22.19 | 1300m: 17:23.66 | 1:22.05 |            |
|            | 200m: 2:33.34                 | 1:18.33 | 600m: 7:52.08                       | 1:20.70 | 1000m: 13:18.04 | 1:21.77 | 1400m: 18:45.37 | 1:21.71 |            |
|            | 300m: 3:52.28                 | 1:18.94 | 700m: 9:13.48                       | 1:21.40 | 1100m: 14:39.79 | 1:21.75 | 1500m: 20:04.55 | 1:19.18 |            |
|            | 400m: 5:11.84                 | 1:19.56 | 800m: 10:34.08                      | 1:20.60 | 1200m: 16:01.61 | 1:21.82 |                 |         |            |
| <b>8.</b>  | <b>Ricardo Luis AGOSTINHO</b> |         | <b>96 Fundação Beatriz Santos</b>   |         |                 |         | <b>20:11.61</b> |         | <b>363</b> |
|            | 100m: 1:16.96                 | 1:16.96 | 500m: 6:40.14                       | 1:21.42 | 900m: 12:06.77  | 1:21.31 | 1300m: 17:32.51 | 1:21.14 |            |
|            | 200m: 2:37.26                 | 1:20.30 | 600m: 8:01.97                       | 1:21.83 | 1000m: 13:28.36 | 1:21.59 | 1400m: 18:53.91 | 1:21.40 |            |
|            | 300m: 3:57.69                 | 1:20.43 | 700m: 9:23.83                       | 1:21.86 | 1100m: 14:49.96 | 1:21.60 | 1500m: 20:11.61 | 1:17.70 |            |
|            | 400m: 5:18.72                 | 1:21.03 | 800m: 10:45.46                      | 1:21.63 | 1200m: 16:11.37 | 1:21.41 |                 |         |            |
| <b>9.</b>  | <b>Diogo Filipe VENANCIO</b>  |         | <b>96 Alcobaça</b>                  |         |                 |         | <b>20:19.32</b> |         | <b>357</b> |
|            | 100m: 1:14.95                 | 1:14.95 | 500m: 6:42.04                       | 1:22.09 | 900m: 12:10.47  | 1:22.20 | 1300m: 17:40.11 | 1:22.88 |            |
|            | 200m: 2:36.55                 | 1:21.60 | 600m: 8:03.32                       | 1:21.28 | 1000m: 13:32.91 | 1:22.44 | 1400m: 19:02.14 | 1:22.03 |            |
|            | 300m: 3:57.97                 | 1:21.42 | 700m: 9:25.83                       | 1:22.51 | 1100m: 14:54.66 | 1:21.75 | 1500m: 20:19.32 | 1:17.18 |            |
|            | 400m: 5:19.95                 | 1:21.98 | 800m: 10:48.27                      | 1:22.44 | 1200m: 16:17.23 | 1:22.57 |                 |         |            |
| <b>10.</b> | <b>Theo Jesus FERREIRA</b>    |         | <b>96 Naval da Nazaré</b>           |         |                 |         | <b>20:57.84</b> |         | <b>325</b> |
|            | 100m: 1:17.47                 | 1:17.47 | 500m: 6:54.12                       | 1:23.97 | 900m: 12:32.60  | 1:25.14 | 1300m: 18:11.97 | 1:24.60 |            |
|            | 200m: 2:41.59                 | 1:24.12 | 600m: 8:18.86                       | 1:24.74 | 1000m: 13:57.45 | 1:24.85 | 1400m: 19:36.94 | 1:24.97 |            |
|            | 300m: 4:05.72                 | 1:24.13 | 700m: 9:43.12                       | 1:24.26 | 1100m: 15:22.18 | 1:24.73 | 1500m: 20:57.84 | 1:20.90 |            |
|            | 400m: 5:30.15                 | 1:24.43 | 800m: 11:07.46                      | 1:24.34 | 1200m: 16:47.37 | 1:25.19 |                 |         |            |
| <b>11.</b> | <b>Marcelo Jose FERREIRA</b>  |         | <b>96 Académico Viseu</b>           |         |                 |         | <b>21:09.72</b> |         | <b>316</b> |
|            | 100m: 1:15.82                 | 1:15.82 | 500m: 6:52.81                       | 1:24.95 | 900m: 12:35.59  | 1:25.65 | 1300m: 18:21.78 | 1:26.58 |            |
|            | 200m: 2:38.62                 | 1:22.80 | 600m: 8:18.39                       | 1:25.58 | 1000m: 14:01.36 | 1:25.77 | 1400m: 19:47.23 | 1:25.45 |            |
|            | 300m: 4:02.91                 | 1:24.29 | 700m: 9:44.30                       | 1:25.91 | 1100m: 15:28.49 | 1:27.13 | 1500m: 21:09.72 | 1:22.49 |            |
|            | 400m: 5:27.86                 | 1:24.95 | 800m: 11:09.94                      | 1:25.64 | 1200m: 16:55.20 | 1:26.71 |                 |         |            |
| <b>12.</b> | <b>Maksym BABURKO</b>         |         | <b>96 Naval da Nazaré</b>           |         |                 |         | <b>21:14.45</b> |         | <b>312</b> |
|            | 100m: 1:16.96                 | 1:16.96 | 500m: 6:54.74                       | 1:25.44 | 900m: 12:38.56  | 1:25.74 | 1300m: 18:24.32 | 1:27.49 |            |
|            | 200m: 2:39.60                 | 1:22.64 | 600m: 8:19.70                       | 1:24.96 | 1000m: 14:04.99 | 1:26.43 | 1400m: 19:51.26 | 1:26.94 |            |
|            | 300m: 4:04.11                 | 1:24.51 | 700m: 9:46.68                       | 1:26.98 | 1100m: 15:30.72 | 1:25.73 | 1500m: 21:14.45 | 1:23.19 |            |
|            | 400m: 5:29.30                 | 1:25.19 | 800m: 11:12.82                      | 1:26.14 | 1200m: 16:56.83 | 1:26.11 |                 |         |            |