

Prova Nº 15, 16

Infantis B

				1500 L M		400 E M	
1.	Paulo Bruno Janeiro	94	CNLA	793	19:03.42	1.	5:47.64 1.
2.	Joao Carlos Pereira	94	BUZIOS	698	20:27.72	3.	5:50.91 2.
3.	Ivo Andre Lopes	94	AVQA	689	20:06.48	2.	6:01.22 3.
4.	Hugo Filipe Goncalves	94	CNLA	585	21:10.58	4.	6:23.09 4.
5.	Joao Pereira Luis	94	CCDSM	388	25:15.51	8.	7:00.64 5.
6.	Ricardo Daniel Lucas	94	AVQA	197	24:59.13	7.	DC
7.	Duarte Rosa Cameirao	94	CNRM	156	27:01.02	9.	DC
8.	Goncalo Miguel Laureano	94	SFUS	232	23:39.04	5.	
9.	Joao Luis Baeta	94	SCALAB	223	23:59.61	6.	
10.	Pedro Miguel Rodrigues	94	SFUS	153	27:11.29	10.	

Infantis A

				1500 L M		400 E M	
1.	Gustavo Manuel Santa	93	CNLA	996	17:49.36	1.	5:18.76 1.
2.	Alexandre Emanuel Pereira	93	CLAC	773	19:56.54	3.	5:36.38 2.
3.	Joao Pedro Pereira	93	BUZIOS	711	19:47.00	2.	6:00.06 3.
4.	Pedro Miguel Amaral	93	CNCA	597	21:22.42	4.	6:13.14 4.
5.	Natalino Antonio Cordeiro	93	CNRM	573	21:50.10	5.	6:15.26 5.
6.	Diogo Miguel Antao	93	CCDSM	496	23:14.07	8.	6:27.98 6.
7.	Joao Diogo Andrade	93	CCDSM	491	22:33.10	7.	6:43.62 8.
8.	Joao David Branco	93	CNRM	417	25:07.13	10.	6:43.49 7.
9.	Joao Filipe Silvestre	93	SCALAB	285	22:05.26	6.	
10.	Joao Silva Franco	93	SCALAB	243	23:18.85	9.	

Juvenis B

				1500 L M		400 E M	
1.	Joao Miguel Mestre	92	CLAC	937	18:48.04	4.	5:14.04 1.
2.	Joao Paulo Paias	92	CNLA	910	18:24.22	1.	5:27.72 2.
3.	Diogo Pais Ferreira	92	CNLA	877	18:42.48	3.	5:30.04 3.
4.	Rogério Pina Tavares	92	CNLA	815	18:41.08	2.	5:49.49 5.
5.	Joao Manuel Ferreira	92	CLAC	814	19:10.15	5.	5:38.63 4.
6.	Joao Pedro Vidigueira	92	SCALAB	716	20:03.21	6.	5:52.56 6.
7.	Miguel Otto Palma	92	CNLA	671	20:27.23	7.	6:00.98 7.
8.	Joao Miguel Nunes	92	CLAC	593	21:41.12	8.	6:08.97 8.
9.	Diogo Manuel Inocencio	92	CLAC	545	22:32.39	10.	6:15.32 9.
10.	Rafael Pires Caetano	92	SCALAB	295	21:49.83	9.	

Juvenis A

				1500 L M	400 E M		
1.	Miguel Pratas Galego	91	AVQA	997	17:51.33	1.	5:17.79 1.
2.	Fabricio Jose Tomaz	91	CNCA	961	18:10.08	2.	5:19.98 2.
3.	Joao Luis Serrano	91	CNCA	901	18:46.48	3.	5:22.76 3.
4.	Nuno Miguel Afonso	91	CNTEJO	833	19:36.93	5.	5:25.22 4.
5.	Diogo Chu Carvalho	91	CNLA	800	19:58.11	6.	5:28.34 5.
6.	Joao Pedro Loureiro	91	CLAC	770	19:26.32	4.	5:46.95 9.
7.	Marcelo Pelixo Silva	91	CCDSM	716	20:59.04	9.	5:37.06 7.
8.	Diogo Miguel Pereira	91	AVQA	712	21:22.26	10.	5:33.05 6.
9.	Miguel Martins Barroqueiro	91	CLAC	685	20:30.32	8.	5:54.89 10.
10.	Joao Antonio Silva	91	BUZIOS	675	20:10.98	7.	6:05.29 12.
11.	Goncalo Freitas Santinho	91	CNLA	544	21:55.54	11.	6:27.78 14.
12.	Joao Carlos Teixeira	91	AVQA	538	22:18.14	12.	6:22.81 13.
13.	David Manuel Seabra	91	CCDSM	377		FF	5:38.92 8.
14.	Joao Filipe Miguel	91	CNTN	323		FF	5:56.82 11.

17 anos e mais

				1500 L M	400 E M		
1.	Carlos Pedro Simoes	76	CNLA	547			4:59.36 1.
2.	Diogo Miguel Brito	87	CNTN	517			5:04.95 2.
3.	Vasco Manuel Castro	89	CNRM	515			5:05.38 3.
4.	Miguel Constantino Oliveira	90	CNRM	514			5:05.64 4.
5.	Hugo Miguel Nunes	90	CNTEJO	493			5:09.82 5.
6.	Miguel Angelo Vitorino	90	CNRM	465			5:16.06 6.
7.	Goncalo Gil Pereira	89	CNLA	0			DC

Prova Nº 2, 30

Infantis B

				400 E F	800 L F		
1.	Tania Marcos Cabaco	95	CNTN	704	6:41.76	17.	11:15.89 11.
2.	Marta Sofia Silva	95	CNRM	668	6:32.20	16.	11:53.40 16.
3.	Patricia Narciso Fidalgo	95	AVQA	651	6:46.86	19.	11:41.89 13.
4.	Mariana Fernandes Antunes	95	AVQA	556	6:56.73	26.	12:38.50 26.
5.	Marta Serrado Redondo	95	CNLA	555	7:11.86	28.	12:15.68 19.
6.	Alexandra Isabel Pote	95	CCDSM	393	7:39.30	29.	14:28.73 28.
7.	Mariana Henriques Duarte	95	CNRM	319	8:15.80	30.	15:24.20 29.
8.	Andreia Filipa Ferrum	95	CNCA	284		DC	12:35.44 25.
9.	Diana Marisa Cantador	95	CCDSM	196		DC	14:14.06 27.

Infantis A

				400 E F	800 L F		
1. Eliana Vilhena Martins	94	CNLA	864	6:00.78	5.	10:53.43	8.
2. Bruna Alexandra Martins	94	SFUS	725	6:15.62	9.	11:45.78	14.
3. Joana Meira Almeida	94	CCDSM	657	6:31.70	14.	12:01.98	17.
4. Ana Catarina Mateus	94	CNLA	638	6:48.45	21.	11:48.20	15.
5. Mariana Travessa Guilherme	94	CCDSM	619	6:45.16	18.	12:06.79	18.
6. Adriana Pascoal Lopes	94	BUZIOS	595	6:47.16	20.	12:22.10	23.
7. Ines Maria Ribeiro	94	CLAC	593	6:49.41	22.	12:19.71	22.
8. Mariana Vieira Ramos	94	CCDSM	571	6:51.12	23.	12:35.14	24.
9. Ana Rita Praxedes	94	ADCM	279	6:55.45	25.		

Juvenis

				400 E F	800 L F		
1. Susana Sofia Gaboleiro	93	CNRM	1086	5:36.60	2.	10:01.50	3.
2. Andreia Duarte Fonseca	93	AVQA	925	5:49.12	4.	10:45.23	7.
3. Ines Isabel Margarido	93	CNLA	829	6:05.84	6.	11:02.52	10.
4. Monica Alexandra Silva	93	CNCA	806	6:30.22	13.	10:38.36	5.
5. Ana Rita Nunes	93	CCDSM	760	6:15.66	10.	11:23.82	12.
6. Raquel Andreia Mendrico	93	AVQA	677	6:16.80	11.	12:18.22	21.
7. Sara Sofia Leitao	93	ADCM	332	6:31.76	15.		
8. Beatriz Serra Pinto	93	ADCM	286	6:52.06	24.		

15 anos e mais

				400 E F	800 L F		
1. Joana Catarina Santa	92	CNLA	1160	5:25.51	1.	9:55.06	2.
2. Ana Sofia Castro	92	CNRM	579	6:58.48	27.	12:17.13	20.
3. Ana Catarina Boavista	90	CNLA	662			9:29.54	1.
4. Ana Filipa Cordeiro	92	CNLA	538			10:10.31	4.
5. Vanessa Braga Salvador	91	SFUS	519	5:37.70	3.		
6. Nadia Cunha Arraiolos	91	AVQA	458			10:44.24	6.
7. Andreia Sofia Carreira	91	SCALAB	432			10:56.68	9.
8. Ana Rita Ferreira	92	CNTEJO	405	6:06.79	7.		
9. Irene Diana Lagartixa	92	ADCM	390	6:11.23	8.		
10. Ana Carolina Canelas	91	ADCM	346	6:26.67	12.		
11. Sara Davide Rodrigues	92	CNLA	0		DC		