

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 1
03-03-2012

Masc., 3000m Livres

Juvenis
Resultados

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Vitor Joao PEREIRA	97	Leixoes	35:36.50		547	
	100m: 1:10.93 1:10.93	900m: 10:43.51 1:10.40	1700m: 20:09.97 1:12.51	2500m: 29:48.35 1:11.45			
	200m: 2:23.13 1:12.20	1000m: 11:53.79 1:10.28	1800m: 21:22.68 1:12.71	2600m: 30:58.83 1:10.48			
	300m: 3:35.22 1:12.09	1100m: 13:04.38 1:10.59	1900m: 22:36.15 1:13.47	2700m: 32:10.79 1:11.96			
	400m: 4:47.24 1:12.02	1200m: 14:14.98 1:10.60	2000m: 23:49.43 1:13.28	2800m: 33:21.37 1:10.58			
	500m: 5:59.76 1:12.52	1300m: 15:25.68 1:10.70	2100m: 25:02.44 1:13.01	2900m: 34:31.83 1:10.46			
	600m: 7:10.90 1:11.14	1400m: 16:36.61 1:10.93	2200m: 26:13.15 1:10.71	3000m: 35:36.50 1:04.67			
	700m: 8:22.20 1:11.30	1500m: 17:47.67 1:11.06	2300m: 27:24.92 1:11.77				
	800m: 9:33.11 1:10.91	1600m: 18:57.46 1:09.79	2400m: 28:36.90 1:11.98				
2.	Alexandre Valdagua COUTINHO	97	SCC/Oryzon Energias	35:37.41		547	
	100m: 1:11.49 1:11.49	900m: 10:44.08 1:12.04	1700m: 20:16.98 1:11.54	2500m: 29:48.39 1:11.24			
	200m: 2:22.90 1:11.41	1000m: 11:54.77 1:10.69	1800m: 21:29.18 1:12.20	2600m: 30:59.15 1:10.76			
	300m: 3:35.06 1:12.16	1100m: 13:06.28 1:11.51	1900m: 22:41.02 1:11.84	2700m: 32:10.76 1:11.61			
	400m: 4:46.98 1:11.92	1200m: 14:17.33 1:11.05	2000m: 23:52.01 1:10.99	2800m: 33:21.51 1:10.75			
	500m: 5:59.46 1:12.48	1300m: 15:28.82 1:11.49	2100m: 25:02.83 1:10.82	2900m: 34:32.35 1:10.84			
	600m: 7:09.63 1:10.17	1400m: 16:40.48 1:11.66	2200m: 26:13.22 1:10.39	3000m: 35:37.41 1:05.06			
	700m: 8:20.97 1:11.34	1500m: 17:53.01 1:12.53	2300m: 27:25.01 1:11.79				
	800m: 9:32.04 1:11.07	1600m: 19:05.44 1:12.43	2400m: 28:37.15 1:12.14				
3.	Eduardo Filipe CARVALHEIRO	97	SCC/Oryzon Energias	35:37.64		547	
	100m: 1:11.96 1:11.96	900m: 10:44.34 1:12.26	1700m: 20:18.69 1:12.35	2500m: 29:48.61 1:11.06			
	200m: 2:23.84 1:11.88	1000m: 11:54.93 1:10.59	1800m: 21:30.74 1:12.05	2600m: 30:59.37 1:10.76			
	300m: 3:35.63 1:11.79	1100m: 13:06.54 1:11.61	1900m: 22:42.62 1:11.88	2700m: 32:10.69 1:11.32			
	400m: 4:47.74 1:12.11	1200m: 14:17.40 1:10.86	2000m: 23:53.63 1:11.01	2800m: 33:22.32 1:11.63			
	500m: 5:59.66 1:11.92	1300m: 15:29.41 1:12.01	2100m: 25:03.50 1:09.87	2900m: 34:33.55 1:11.23			
	600m: 7:10.24 1:10.58	1400m: 16:41.46 1:12.05	2200m: 26:14.19 1:10.69	3000m: 35:37.64 1:04.09			
	700m: 8:21.01 1:10.77	1500m: 17:53.62 1:12.16	2300m: 27:26.27 1:12.08				
	800m: 9:32.08 1:11.07	1600m: 19:06.34 1:12.72	2400m: 28:37.55 1:11.28				
4.	Miguel Monteiro CRUCHINHO	97	Sporting	37:08.61		482	
	100m: 1:11.56 1:11.56	900m: 11:02.70 1:13.50	1700m: 21:00.03 1:15.47	2500m: 30:55.37 1:14.74			
	200m: 2:25.03 1:13.47	1000m: 12:16.86 1:14.16	1800m: 22:15.03 1:15.00	2600m: 32:10.42 1:15.05			
	300m: 3:38.92 1:13.89	1100m: 13:30.37 1:13.51	1900m: 23:29.18 1:14.15	2700m: 33:25.97 1:15.55			
	400m: 4:53.18 1:14.26	1200m: 14:44.04 1:13.67	2000m: 24:43.19 1:14.01	2800m: 34:41.62 1:15.65			
	500m: 6:08.30 1:15.12	1300m: 15:58.91 1:14.87	2100m: 25:57.20 1:14.01	2900m: 35:55.89 1:14.27			
	600m: 7:22.41 1:14.11	1400m: 17:13.69 1:14.78	2200m: 27:11.54 1:14.34	3000m: 37:08.61 1:12.72			
	700m: 8:35.97 1:13.56	1500m: 18:28.65 1:14.96	2300m: 28:26.26 1:14.72				
	800m: 9:49.20 1:13.23	1600m: 19:44.56 1:15.91	2400m: 29:40.63 1:14.37				
5.	Joao Pedro BELO	97	Sporting	37:31.15		468	
	100m: 1:11.47 1:11.47	900m: 11:03.58 1:16.34	1700m: 21:11.40 1:14.93	2500m: 31:19.30 1:16.74			
	200m: 2:23.88 1:12.41	1000m: 12:19.35 1:15.77	1800m: 22:27.57 1:16.17	2600m: 32:35.60 1:16.30			
	300m: 3:36.64 1:12.76	1100m: 13:35.46 1:16.11	1900m: 23:43.36 1:15.79	2700m: 33:51.96 1:16.36			
	400m: 4:50.64 1:14.00	1200m: 14:52.09 1:16.63	2000m: 25:00.32 1:16.96	2800m: 35:07.87 1:15.91			
	500m: 6:04.78 1:14.14	1300m: 16:07.27 1:15.18	2100m: 26:13.84 1:13.52	2900m: 36:22.40 1:14.53			
	600m: 7:18.32 1:13.54	1400m: 17:23.27 1:16.00	2200m: 27:29.68 1:15.84	3000m: 37:31.15 1:08.75			
	700m: 8:31.87 1:13.55	1500m: 18:39.60 1:16.33	2300m: 28:45.84 1:16.16				
	800m: 9:47.24 1:15.37	1600m: 19:56.47 1:16.87	2400m: 30:02.56 1:16.72				

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 1, Masc., 3000m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Joao Mota CORREIA	97	Pimpoes/Cimai	38:15.18		441	
	100m: 1:10.31 1:10.31	900m: 11:13.38 1:15.46	1700m: 21:22.23 1:15.78	2500m: 31:52.43 1:19.97			
	200m: 2:23.21 1:12.90	1000m: 12:28.67 1:15.29	1800m: 22:38.44 1:16.21	2600m: 33:11.28 1:18.85			
	300m: 3:37.20 1:13.99	1100m: 13:44.71 1:16.04	1900m: 23:57.29 1:18.85	2700m: 34:29.98 1:18.70			
	400m: 4:52.25 1:15.05	1200m: 15:01.92 1:17.21	2000m: 25:16.08 1:18.79	2800m: 35:45.50 1:15.52			
	500m: 6:07.48 1:15.23	1300m: 16:18.57 1:16.65	2100m: 26:35.64 1:19.56	2900m: 37:00.89 1:15.39			
	600m: 7:23.79 1:16.31	1400m: 17:34.87 1:16.30	2200m: 27:55.08 1:19.44	3000m: 38:15.18 1:14.29			
	700m: 8:40.21 1:16.42	1500m: 18:50.65 1:15.78	2300m: 29:13.62 1:18.54				
	800m: 9:57.92 1:17.71	1600m: 20:06.45 1:15.80	2400m: 30:32.46 1:18.84				
7.	Pedro Miguel HENRIQUES	96	Cartaxo	38:22.28		437	
	100m: 1:10.45 1:10.45	900m: 11:06.68 1:16.46	1700m: 21:29.10 1:17.71	2500m: 31:56.53 1:20.26			
	200m: 2:23.40 1:12.95	1000m: 12:23.50 1:16.82	1800m: 22:45.22 1:16.12	2600m: 33:17.03 1:20.50			
	300m: 3:36.72 1:13.32	1100m: 13:40.78 1:17.28	1900m: 24:01.54 1:16.32	2700m: 34:33.98 1:16.95			
	400m: 4:50.33 1:13.61	1200m: 14:59.58 1:18.80	2000m: 25:19.13 1:17.59	2800m: 35:50.81 1:16.83			
	500m: 6:05.69 1:15.36	1300m: 16:18.56 1:18.98	2100m: 26:38.46 1:19.33	2900m: 37:06.78 1:15.97			
	600m: 7:19.56 1:13.87	1400m: 17:37.37 1:18.81	2200m: 27:56.22 1:17.76	3000m: 38:22.28 1:15.50			
	700m: 8:35.63 1:16.07	1500m: 18:55.88 1:18.51	2300m: 29:14.67 1:18.45				
	800m: 9:50.22 1:14.59	1600m: 20:11.39 1:15.51	2400m: 30:36.27 1:21.60				
8.	Joao Filipe COSTA	96	Sporting	38:31.85		432	
	100m: 1:11.37 1:11.37	900m: 11:13.32 1:15.45	1700m: 21:39.88 1:20.18	2500m: 32:07.56 1:16.07			
	200m: 2:25.28 1:13.91	1000m: 12:29.43 1:16.11	1800m: 22:59.82 1:19.94	2600m: 33:24.09 1:16.53			
	300m: 3:40.03 1:14.75	1100m: 13:47.16 1:17.73	1900m: 24:18.69 1:18.87	2700m: 34:40.47 1:16.38			
	400m: 4:55.18 1:15.15	1200m: 15:05.55 1:18.39	2000m: 25:38.82 1:20.13	2800m: 35:58.41 1:17.94			
	500m: 6:11.63 1:16.45	1300m: 16:23.39 1:17.84	2100m: 26:58.02 1:19.20	2900m: 37:15.24 1:16.83			
	600m: 7:27.14 1:15.51	1400m: 17:41.07 1:17.68	2200m: 28:16.81 1:18.79	3000m: 38:31.85 1:16.61			
	700m: 8:42.62 1:15.48	1500m: 18:59.98 1:18.91	2300m: 29:34.23 1:17.42				
	800m: 9:57.87 1:15.25	1600m: 20:19.70 1:19.72	2400m: 30:51.49 1:17.26				
9.	Francisco Maria FERRAZ	97	Pimpoes/Cimai	40:03.81		384	
	100m: 1:15.56 1:15.56	900m: 11:57.51 1:20.49	1700m: 22:36.54 1:19.66	2500m: 33:22.82 1:21.20			
	200m: 2:34.24 1:18.68	1000m: 13:17.67 1:20.16	1800m: 23:57.25 1:20.71	2600m: 34:43.86 1:21.04			
	300m: 3:54.26 1:20.02	1100m: 14:36.75 1:19.08	1900m: 25:17.77 1:20.52	2700m: 36:05.19 1:21.33			
	400m: 5:14.82 1:20.56	1200m: 15:57.11 1:20.36	2000m: 26:38.13 1:20.36	2800m: 37:26.34 1:21.15			
	500m: 6:35.43 1:20.61	1300m: 17:16.94 1:19.83	2100m: 27:58.49 1:20.36	2900m: 38:46.37 1:20.03			
	600m: 7:56.88 1:21.45	1400m: 18:37.11 1:20.17	2200m: 29:19.52 1:21.03	3000m: 40:03.81 1:17.44			
	700m: 9:16.66 1:19.78	1500m: 19:56.28 1:19.17	2300m: 30:40.09 1:20.57				
	800m: 10:37.02 1:20.36	1600m: 21:16.88 1:20.60	2400m: 32:01.62 1:21.53				
10.	David Pereira COSTA	96	Luz e Vida	40:13.57		380	
	100m: 1:13.23 1:13.23	900m: 11:51.59 1:20.09	1700m: 22:40.13 1:20.33	2500m: 33:30.81 1:20.64			
	200m: 2:30.40 1:17.17	1000m: 13:11.92 1:20.33	1800m: 24:00.81 1:20.68	2600m: 34:53.35 1:22.54			
	300m: 3:49.92 1:19.52	1100m: 14:32.50 1:20.58	1900m: 25:21.70 1:20.89	2700m: 36:15.18 1:21.83			
	400m: 5:10.76 1:20.84	1200m: 15:52.95 1:20.45	2000m: 26:43.16 1:21.46	2800m: 37:36.72 1:21.54			
	500m: 6:31.81 1:21.05	1300m: 17:14.14 1:21.19	2100m: 28:04.99 1:21.83	2900m: 38:58.35 1:21.63			
	600m: 7:51.14 1:19.33	1400m: 18:36.54 1:22.40	2200m: 29:26.44 1:21.45	3000m: 40:13.57 1:15.22			
	700m: 9:11.80 1:20.66	1500m: 19:58.11 1:21.57	2300m: 30:47.87 1:21.43				
	800m: 10:31.50 1:19.70	1600m: 21:19.80 1:21.69	2400m: 32:10.17 1:22.30				
11.	Bernardo Filipe PEREIRA	96	Pimpoes/Cimai	42:18.13		326	
	100m: 1:16.14 1:16.14	900m: 12:20.96 1:24.42	1700m: 23:43.10 1:25.53	2500m: 35:12.99 1:26.73			
	200m: 2:35.89 1:19.75	1000m: 13:45.59 1:24.63	1800m: 25:08.71 1:25.61	2600m: 36:40.31 1:27.32			
	300m: 3:57.08 1:21.19	1100m: 15:10.88 1:25.29	1900m: 26:34.19 1:25.48	2700m: 38:06.20 1:25.89			
	400m: 5:19.67 1:22.59	1200m: 16:35.66 1:24.78	2000m: 27:59.20 1:25.01	2800m: 39:31.03 1:24.83			
	500m: 6:43.41 1:23.74	1300m: 18:01.55 1:25.89	2100m: 29:25.39 1:26.19	2900m: 40:55.54 1:24.51			
	600m: 8:07.65 1:24.24	1400m: 19:26.60 1:25.05	2200m: 30:51.79 1:26.40	3000m: 42:18.13 1:22.59			
	700m: 9:31.69 1:24.04	1500m: 20:52.03 1:25.43	2300m: 32:18.67 1:26.88				
	800m: 10:56.54 1:24.85	1600m: 22:17.57 1:25.54	2400m: 33:46.26 1:27.59				

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 2
03-03-2012

Femin., 5000m Livres

Juniores e Seniores
Resultados

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Seniores							
1.	Daniela Filipa PINTO	91	Vitoria de Guimaraes	1:02:23.55		591	
	100m: 1:10.83 1:10.83		1400m: 17:06.48 1:14.28	2700m: 33:17.86 1:15.40		4000m: 49:43.76 1:16.04	
	200m: 2:24.12 1:13.29		1500m: 18:20.01 1:13.53	2800m: 34:34.40 1:16.54		4100m: 50:59.46 1:15.70	
	300m: 3:37.89 1:13.77		1600m: 19:33.97 1:13.96	2900m: 35:50.53 1:16.13		4200m: 52:15.72 1:16.26	
	400m: 4:51.63 1:13.74		1700m: 20:47.86 1:13.89	3000m: 37:06.52 1:15.99		4300m: 53:31.70 1:15.98	
	500m: 6:05.03 1:13.40		1800m: 22:02.11 1:14.25	3100m: 38:22.31 1:15.79		4400m: 54:46.73 1:15.03	
	600m: 7:18.18 1:13.15		1900m: 23:17.06 1:14.95	3200m: 39:38.80 1:16.49		4500m: 56:02.73 1:16.00	
	700m: 8:31.50 1:13.32		2000m: 24:32.36 1:15.30	3300m: 40:55.08 1:16.28		4600m: 57:18.97 1:16.24	
	800m: 9:44.41 1:12.91		2100m: 25:47.99 1:15.63	3400m: 42:10.91 1:15.83		4700m: 58:35.68 1:16.71	
	900m: 10:57.30 1:12.89		2200m: 27:03.05 1:15.06	3500m: 43:26.17 1:15.26		4800m: 59:52.68 1:17.00	
	1000m: 12:10.79 1:13.49		2300m: 28:17.79 1:14.74	3600m: 44:41.48 1:15.31		4900m: 1:01:09.82 1:17.14	
	1100m: 13:24.22 1:13.43		2400m: 29:32.30 1:14.51	3700m: 45:56.82 1:15.34		5000m: 1:02:23.55 1:13.73	
	1200m: 14:38.10 1:13.88		2500m: 30:47.35 1:15.05	3800m: 47:11.90 1:15.08			
	1300m: 15:52.20 1:14.10		2600m: 32:02.46 1:15.11	3900m: 48:27.72 1:15.82			
2.	Leonor Mourinho NEVES	95	Sporting	1:02:50.57		578	
	100m: 1:13.16 1:13.16		1400m: 17:35.58 1:15.11	2700m: 33:53.51 1:15.96		4000m: 50:11.46 1:15.70	
	200m: 2:28.62 1:15.46		1500m: 18:50.13 1:14.55	2800m: 35:09.60 1:16.09		4100m: 51:26.47 1:15.01	
	300m: 3:44.63 1:16.01		1600m: 20:05.06 1:14.93	2900m: 36:25.28 1:15.68		4200m: 52:41.58 1:15.11	
	400m: 5:00.99 1:16.36		1700m: 21:19.30 1:14.24	3000m: 37:40.57 1:15.29		4300m: 53:56.68 1:15.10	
	500m: 6:17.48 1:16.49		1800m: 22:33.77 1:14.47	3100m: 38:55.11 1:14.54		4400m: 55:12.90 1:16.22	
	600m: 7:33.72 1:16.24		1900m: 23:48.34 1:14.57	3200m: 40:09.74 1:14.63		4500m: 56:29.24 1:16.34	
	700m: 8:49.37 1:15.65		2000m: 25:02.65 1:14.31	3300m: 41:24.76 1:15.02		4600m: 57:46.37 1:17.13	
	800m: 10:04.46 1:15.09		2100m: 26:18.67 1:16.02	3400m: 42:39.36 1:14.60		4700m: 59:02.15 1:15.78	
	900m: 11:19.77 1:15.31		2200m: 27:34.30 1:15.63	3500m: 43:54.83 1:15.47		4800m: 1:00:18.33 1:16.18	
	1000m: 12:35.43 1:15.66		2300m: 28:50.11 1:15.81	3600m: 45:10.12 1:15.29		4900m: 1:01:35.06 1:16.73	
	1100m: 13:50.83 1:15.40		2400m: 30:05.72 1:15.61	3700m: 46:24.98 1:14.86		5000m: 1:02:50.57 1:15.51	
	1200m: 15:05.66 1:14.83		2500m: 31:21.68 1:15.96	3800m: 47:40.15 1:15.17			
	1300m: 16:20.47 1:14.81		2600m: 32:37.55 1:15.87	3900m: 48:55.76 1:15.61			
3.	Julia Matos LOPES	94	Scalabisport	1:03:18.98		565	
	100m: 1:14.33 1:14.33		1400m: 17:30.17 1:15.10	2700m: 33:59.77 1:16.28		4000m: 50:40.03 1:17.23	
	200m: 2:30.74 1:16.41		1500m: 18:45.56 1:15.39	2800m: 35:17.10 1:17.33		4100m: 51:56.99 1:16.96	
	300m: 3:46.73 1:15.99		1600m: 20:00.59 1:15.03	2900m: 36:33.84 1:16.74		4200m: 53:13.75 1:16.76	
	400m: 5:02.55 1:15.82		1700m: 21:16.11 1:15.52	3000m: 37:50.57 1:16.73		4300m: 54:30.23 1:16.48	
	500m: 6:17.44 1:14.89		1800m: 22:32.17 1:16.06	3100m: 39:07.49 1:16.92		4400m: 55:47.02 1:16.79	
	600m: 7:31.78 1:14.34		1900m: 23:47.85 1:15.68	3200m: 40:24.25 1:16.76		4500m: 57:03.64 1:16.62	
	700m: 8:46.03 1:14.25		2000m: 25:04.04 1:16.19	3300m: 41:41.24 1:16.99		4600m: 58:20.32 1:16.68	
	800m: 10:00.55 1:14.52		2100m: 26:20.00 1:15.96	3400m: 42:58.36 1:17.12		4700m: 59:36.15 1:15.83	
	900m: 11:14.99 1:14.44		2200m: 27:36.38 1:16.38	3500m: 44:15.41 1:17.05		4800m: 1:00:51.27 1:15.12	
	1000m: 12:29.92 1:14.93		2300m: 28:52.97 1:16.59	3600m: 45:32.22 1:16.81		4900m: 1:02:06.33 1:15.06	
	1100m: 13:44.83 1:14.91		2400m: 30:09.98 1:17.01	3700m: 46:48.73 1:16.51		5000m: 1:03:18.98 1:12.65	
	1200m: 15:00.00 1:15.17		2500m: 31:26.66 1:16.68	3800m: 48:05.69 1:16.96			
	1300m: 16:15.07 1:15.07		2600m: 32:43.49 1:16.83	3900m: 49:22.80 1:17.11			

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
4.	Helena Paula CARVALHO	95	Uniao Piedense	1:03:28.07		561		
	100m: 1:12.15	1:12.15	1400m: 17:27.53	1:16.20	2700m: 33:59.66	1:16.38	4000m: 50:39.82	1:17.35
	200m: 2:25.69	1:13.54	1500m: 18:43.60	1:16.07	2800m: 35:16.76	1:17.10	4100m: 51:56.64	1:16.82
	300m: 3:39.88	1:14.19	1600m: 20:00.05	1:16.45	2900m: 36:33.44	1:16.68	4200m: 53:13.55	1:16.91
	400m: 4:54.56	1:14.68	1700m: 21:16.09	1:16.04	3000m: 37:50.24	1:16.80	4300m: 54:30.02	1:16.47
	500m: 6:09.42	1:14.86	1800m: 22:32.58	1:16.49	3100m: 39:07.29	1:17.05	4400m: 55:47.24	1:17.22
	600m: 7:23.81	1:14.39	1900m: 23:48.91	1:16.33	3200m: 40:24.18	1:16.89	4500m: 57:04.20	1:16.96
	700m: 8:38.26	1:14.45	2000m: 25:03.85	1:14.94	3300m: 41:41.16	1:16.98	4600m: 58:21.29	1:17.09
	800m: 9:53.30	1:15.04	2100m: 26:19.64	1:15.79	3400m: 42:58.48	1:17.32	4700m: 59:38.42	1:17.13
	900m: 11:08.60	1:15.30	2200m: 27:36.00	1:16.36	3500m: 44:15.44	1:16.96	4800m: 1:00:56.13	1:17.71
	1000m: 12:24.13	1:15.53	2300m: 28:53.01	1:17.01	3600m: 45:31.87	1:16.43	4900m: 1:02:13.55	1:17.42
	1100m: 13:39.46	1:15.33	2400m: 30:09.94	1:16.93	3700m: 46:48.69	1:16.82	5000m: 1:03:28.07	1:14.52
	1200m: 14:55.49	1:16.03	2500m: 31:26.36	1:16.42	3800m: 48:05.50	1:16.81		
	1300m: 16:11.33	1:15.84	2600m: 32:43.28	1:16.92	3900m: 49:22.47	1:16.97		
5.	Angelica Maria ANDRE	94	Leixoes	1:04:25.78		536		
	100m: 1:08.94	1:08.94	1400m: 16:36.57	1:14.75	2700m: 32:37.32	1:15.78	4000m: 50:19.01	1:25.78
	200m: 2:20.38	1:11.44	1500m: 17:52.31	1:15.74	2800m: 33:53.44	1:16.12	4100m: 51:43.61	1:24.60
	300m: 3:31.27	1:10.89	1600m: 19:07.54	1:15.23	2900m: 35:13.00	1:19.56	4200m: 53:06.87	1:23.26
	400m: 4:42.28	1:11.01	1700m: 20:23.49	1:15.95	3000m: 36:32.79	1:19.79	4300m: 54:33.31	1:26.44
	500m: 5:53.04	1:10.76	1800m: 21:36.55	1:13.06	3100m: 37:53.45	1:20.66	4400m: 56:00.81	1:27.50
	600m: 7:03.68	1:10.64	1900m: 22:48.20	1:11.65	3200m: 39:13.33	1:19.88	4500m: 57:27.07	1:26.26
	700m: 8:14.63	1:10.95	2000m: 23:58.72	1:10.52	3300m: 40:33.25	1:19.92	4600m: 58:53.59	1:26.52
	800m: 9:25.22	1:10.59	2100m: 25:09.56	1:10.84	3400m: 41:54.51	1:21.26	4700m: 1:00:18.59	1:25.00
	900m: 10:36.24	1:11.02	2200m: 26:20.99	1:11.43	3500m: 43:16.14	1:21.63	4800m: 1:01:39.21	1:20.62
	1000m: 11:47.44	1:11.20	2300m: 27:33.59	1:12.60	3600m: 44:39.80	1:23.66	4900m: 1:03:02.61	1:23.40
	1100m: 12:59.41	1:11.97	2400m: 28:47.97	1:14.38	3700m: 46:04.16	1:24.36	5000m: 1:04:25.78	1:23.17
	1200m: 14:11.35	1:11.94	2500m: 30:04.24	1:16.27	3800m: 47:28.48	1:24.32		
	1300m: 15:21.82	1:10.47	2600m: 31:21.54	1:17.30	3900m: 48:53.23	1:24.75		
6.	Raquel Paulo RANITO	94	Sporting	1:04:29.11		535		
	100m: 1:14.52	1:14.52	1400m: 17:45.69	1:16.26	2700m: 34:29.22	1:17.71	4000m: 51:28.78	1:18.37
	200m: 2:31.07	1:16.55	1500m: 19:02.29	1:16.60	2800m: 35:46.47	1:17.25	4100m: 52:48.11	1:19.33
	300m: 3:47.36	1:16.29	1600m: 20:19.80	1:17.51	2900m: 37:03.91	1:17.44	4200m: 54:07.41	1:19.30
	400m: 5:03.63	1:16.27	1700m: 21:36.68	1:16.88	3000m: 38:21.58	1:17.67	4300m: 55:25.75	1:18.34
	500m: 6:19.67	1:16.04	1800m: 22:53.49	1:16.81	3100m: 39:38.99	1:17.41	4400m: 56:44.81	1:19.06
	600m: 7:35.73	1:16.06	1900m: 24:10.57	1:17.08	3200m: 40:57.00	1:18.01	4500m: 58:02.85	1:18.04
	700m: 8:50.79	1:15.06	2000m: 25:27.76	1:17.19	3300m: 42:15.65	1:18.65	4600m: 59:21.63	1:18.78
	800m: 10:06.40	1:15.61	2100m: 26:44.81	1:17.05	3400m: 43:34.55	1:18.90	4700m: 1:00:39.86	1:18.23
	900m: 11:22.73	1:16.33	2200m: 28:02.29	1:17.48	3500m: 44:53.99	1:19.44	4800m: 1:01:57.10	1:17.24
	1000m: 12:39.35	1:16.62	2300m: 29:20.30	1:18.01	3600m: 46:12.57	1:18.58	4900m: 1:03:14.04	1:16.94
	1100m: 13:55.78	1:16.43	2400m: 30:37.45	1:17.15	3700m: 47:31.69	1:19.12	5000m: 1:04:29.11	1:15.07
	1200m: 15:12.32	1:16.54	2500m: 31:54.26	1:16.81	3800m: 48:50.96	1:19.27		
	1300m: 16:29.43	1:17.11	2600m: 33:11.51	1:17.25	3900m: 50:10.41	1:19.45		
7.	Soraia Vanessa RIBEIRO	92	Gespacos	1:05:45.66		504		
	100m: 1:13.48	1:13.48	1400m: 18:02.76	1:18.59	2700m: 35:13.60	1:18.49	4000m: 52:26.90	1:20.46
	200m: 2:29.33	1:15.85	1500m: 19:21.60	1:18.84	2800m: 36:33.24	1:19.64	4100m: 53:46.59	1:19.69
	300m: 3:45.75	1:16.42	1600m: 20:40.04	1:18.44	2900m: 37:54.04	1:20.80	4200m: 55:06.75	1:20.16
	400m: 5:02.18	1:16.43	1700m: 21:58.40	1:18.36	3000m: 39:13.17	1:19.13	4300m: 56:27.35	1:20.60
	500m: 6:19.10	1:16.92	1800m: 23:16.68	1:18.28	3100m: 40:33.84	1:20.67	4400m: 57:48.96	1:21.61
	600m: 7:38.20	1:19.10	1900m: 24:34.99	1:18.31	3200m: 41:54.50	1:20.66	4500m: 59:11.10	1:22.14
	700m: 8:56.49	1:18.29	2000m: 25:54.23	1:19.24	3300m: 43:12.04	1:17.54	4600m: 1:00:32.19	1:21.09
	800m: 10:14.77	1:18.28	2100m: 27:14.71	1:20.48	3400m: 44:29.38	1:17.34	4700m: 1:01:52.27	1:20.08
	900m: 11:33.07	1:18.30	2200m: 28:35.25	1:20.54	3500m: 45:47.56	1:18.18	4800m: 1:03:11.14	1:18.87
	1000m: 12:50.97	1:17.90	2300m: 29:56.05	1:20.80	3600m: 47:06.48	1:18.92	4900m: 1:04:28.31	1:17.17
	1100m: 14:08.71	1:17.74	2400m: 31:16.64	1:20.59	3700m: 48:26.16	1:19.68	5000m: 1:05:45.66	1:17.35
	1200m: 15:26.16	1:17.45	2500m: 32:37.83	1:21.19	3800m: 49:46.72	1:20.56		
	1300m: 16:44.17	1:18.01	2600m: 33:55.11	1:17.28	3900m: 51:06.44	1:19.72		

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
8.	Marta Filipa VINAGRE	95	Scalabisport	1:06:48.84		481		
	100m: 1:14.07	1:14.07	1400m: 18:11.23	1:19.55	2700m: 35:51.47	1:23.22	4000m: 53:27.57	1:19.90
	200m: 2:30.26	1:16.19	1500m: 19:32.03	1:20.80	2800m: 37:15.32	1:23.85	4100m: 54:46.65	1:19.08
	300m: 3:47.53	1:17.27	1600m: 20:53.22	1:21.19	2900m: 38:38.96	1:23.64	4200m: 56:06.90	1:20.25
	400m: 5:03.76	1:16.23	1700m: 22:14.16	1:20.94	3000m: 40:02.16	1:23.20	4300m: 57:26.83	1:19.93
	500m: 6:20.45	1:16.69	1800m: 23:36.15	1:21.99	3100m: 41:23.00	1:20.84	4400m: 58:47.59	1:20.76
	600m: 7:37.63	1:17.18	1900m: 24:57.34	1:21.19	3200m: 42:45.04	1:22.04	4500m: 1:00:07.43	1:19.84
	700m: 8:55.60	1:17.97	2000m: 26:18.78	1:21.44	3300m: 44:05.53	1:20.49	4600m: 1:01:27.37	1:19.94
	800m: 10:13.50	1:17.90	2100m: 27:40.69	1:21.91	3400m: 45:26.49	1:20.96	4700m: 1:02:48.61	1:21.24
	900m: 11:32.16	1:18.66	2200m: 29:01.80	1:21.11	3500m: 46:47.60	1:21.11	4800m: 1:04:09.25	1:20.64
	1000m: 12:51.64	1:19.48	2300m: 30:22.11	1:20.31	3600m: 48:07.59	1:19.99	4900m: 1:05:29.94	1:20.69
	1100m: 14:10.78	1:19.14	2400m: 31:43.80	1:21.69	3700m: 49:28.44	1:20.85	5000m: 1:06:48.84	1:18.90
	1200m: 15:30.81	1:20.03	2500m: 33:06.26	1:22.46	3800m: 50:48.15	1:19.71		
	1300m: 16:51.68	1:20.87	2600m: 34:28.25	1:21.99	3900m: 52:07.67	1:19.52		
9.	Marta Alexandra SARAIVA	93	Uniao Piedense	1:07:02.86		476		
	100m: 1:15.70	1:15.70	1400m: 18:15.42	1:19.00	2700m: 35:42.38	1:21.97	4000m: 53:25.41	1:22.08
	200m: 2:33.50	1:17.80	1500m: 19:34.23	1:18.81	2800m: 37:03.63	1:21.25	4100m: 54:46.98	1:21.57
	300m: 3:50.59	1:17.09	1600m: 20:52.85	1:18.62	2900m: 38:24.75	1:21.12	4200m: 56:07.71	1:20.73
	400m: 5:08.27	1:17.68	1700m: 22:12.36	1:19.51	3000m: 39:46.03	1:21.28	4300m: 57:28.91	1:21.20
	500m: 6:25.86	1:17.59	1800m: 23:32.60	1:20.24	3100m: 41:07.52	1:21.49	4400m: 58:50.82	1:21.91
	600m: 7:44.33	1:18.47	1900m: 24:53.05	1:20.45	3200m: 42:29.65	1:22.13	4500m: 1:00:13.45	1:22.63
	700m: 9:03.48	1:19.15	2000m: 26:13.80	1:20.75	3300m: 43:51.43	1:21.78	4700m: 1:02:58.37	2:44.92
	800m: 10:22.11	1:18.63	2100m: 27:34.04	1:20.24	3400m: 45:12.78	1:21.35	4800m: 1:04:20.06	1:21.69
	900m: 11:41.10	1:18.99	2200m: 28:54.48	1:20.44	3500m: 46:36.44	1:23.66	4900m: 1:05:41.91	1:21.85
	1000m: 12:59.69	1:18.59	2300m: 30:15.38	1:20.90	3600m: 47:59.36	1:22.92	5000m: 1:07:02.86	1:20.95
	1100m: 14:18.44	1:18.75	2400m: 31:36.75	1:21.37	3700m: 49:20.65	1:21.29		
	1200m: 15:37.53	1:19.09	2500m: 32:58.03	1:21.28	3800m: 50:41.59	1:20.94		
	1300m: 16:56.42	1:18.89	2600m: 34:20.41	1:22.38	3900m: 52:03.33	1:21.74		
10.	Ana Filipa LEITE	86	Academica de Coimbra	1:09:26.42		428		
	100m: 1:18.14	1:18.14	1400m: 19:06.17	1:22.96	2700m: 37:06.09	1:23.92	4000m: 55:22.55	1:25.03
	200m: 2:40.30	1:22.16	1500m: 20:28.72	1:22.55	2800m: 38:30.23	1:24.14	4100m: 56:47.32	1:24.77
	300m: 4:01.87	1:21.57	1600m: 21:51.47	1:22.75	2900m: 39:54.02	1:23.79	4200m: 58:12.01	1:24.69
	400m: 5:23.71	1:21.84	1700m: 23:14.21	1:22.74	3000m: 41:18.23	1:24.21	4300m: 59:36.82	1:24.81
	500m: 6:45.91	1:22.20	1800m: 24:37.21	1:23.00	3100m: 42:42.05	1:23.82	4400m: 1:01:01.46	1:24.64
	600m: 8:07.71	1:21.80	1900m: 26:00.71	1:23.50	3200m: 44:07.10	1:25.05	4500m: 1:02:26.09	1:24.63
	700m: 9:29.68	1:21.97	2000m: 27:23.73	1:23.02	3300m: 45:31.31	1:24.21	4600m: 1:03:50.90	1:24.81
	800m: 10:52.24	1:22.56	2100m: 28:46.06	1:22.33	3400m: 46:55.56	1:24.25	4700m: 1:05:15.57	1:24.67
	900m: 12:14.20	1:21.96	2200m: 30:08.69	1:22.63	3500m: 48:19.43	1:23.87	4800m: 1:06:39.80	1:24.23
	1000m: 13:36.24	1:22.04	2300m: 31:32.29	1:23.60	3600m: 49:43.63	1:24.20	4900m: 1:08:03.77	1:23.97
	1100m: 14:58.35	1:22.11	2400m: 32:55.59	1:23.30	3700m: 51:08.23	1:24.60	5000m: 1:09:26.42	1:22.65
	1200m: 16:20.92	1:22.57	2500m: 34:18.76	1:23.17	3800m: 52:32.77	1:24.54		
	1300m: 17:43.21	1:22.29	2600m: 35:42.17	1:23.41	3900m: 53:57.52	1:24.75		
11.	Maria Clara MARQUES	94	Litoral Alentejano	1:09:32.19		427		
	100m: 1:17.85	1:17.85	1400m: 19:09.40	1:23.78	2700m: 37:18.95	1:24.68	4000m: 55:32.49	1:24.34
	200m: 2:38.01	1:20.16	1500m: 20:32.97	1:23.57	2800m: 38:42.87	1:23.92	4100m: 56:57.03	1:24.54
	300m: 3:59.20	1:21.19	1600m: 21:56.42	1:23.45	2900m: 40:06.84	1:23.97	4200m: 58:21.69	1:24.66
	400m: 5:20.69	1:21.49	1700m: 23:19.95	1:23.53	3000m: 41:29.97	1:23.13	4300m: 59:46.41	1:24.72
	500m: 6:42.17	1:21.48	1800m: 24:43.43	1:23.48	3100m: 42:54.07	1:24.10	4400m: 1:01:11.48	1:25.07
	600m: 8:04.45	1:22.28	1900m: 26:07.31	1:23.88	3200m: 44:17.87	1:23.80	4500m: 1:02:35.28	1:23.80
	700m: 9:26.80	1:22.35	2000m: 27:30.75	1:23.44	3300m: 45:42.24	1:24.37	4600m: 1:03:59.04	1:23.76
	800m: 10:49.92	1:23.12	2100m: 28:54.91	1:24.16	3400m: 47:07.33	1:25.09	4700m: 1:05:22.97	1:23.93
	900m: 12:12.95	1:23.03	2200m: 30:19.38	1:24.47	3500m: 48:31.25	1:23.92	4800m: 1:06:47.01	1:24.04
	1000m: 13:36.09	1:23.14	2300m: 31:43.45	1:24.07	3600m: 49:56.35	1:25.10	4900m: 1:08:10.17	1:23.16
	1100m: 14:59.09	1:23.00	2400m: 33:06.80	1:23.35	3700m: 51:19.74	1:23.39	5000m: 1:09:32.19	1:22.02
	1200m: 16:22.11	1:23.02	2500m: 34:30.43	1:23.63	3800m: 52:43.78	1:24.04		
	1300m: 17:45.62	1:23.51	2600m: 35:54.27	1:23.84	3900m: 54:08.15	1:24.37		

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 2, Femin., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
12.	Cassandra Pedro OLIVEIRA	95	Vilacondense	1:12:16.38		380		
	100m: 1:16.43	1:16.43	1400m: 19:42.26	1:26.91	2700m: 38:32.42	1:27.13	4000m: 57:31.24	1:28.15
	200m: 2:36.85	1:20.42	1500m: 21:09.06	1:26.80	2800m: 40:00.00	1:27.58	4100m: 58:59.93	1:28.69
	300m: 3:59.56	1:22.71	1600m: 22:35.70	1:26.64	2900m: 41:28.31	1:28.31	4200m: 1:00:27.36	1:27.43
	400m: 5:23.39	1:23.83	1700m: 24:02.26	1:26.56	3000m: 42:56.36	1:28.05	4300m: 1:01:57.81	1:30.45
	500m: 6:47.99	1:24.60	1800m: 25:28.89	1:26.63	3100m: 44:24.36	1:28.00	4400m: 1:03:26.80	1:28.99
	600m: 8:12.55	1:24.56	1900m: 26:55.97	1:27.08	3200m: 45:52.64	1:28.28	4500m: 1:04:55.38	1:28.58
	700m: 9:38.01	1:25.46	2000m: 28:23.05	1:27.08	3300m: 47:20.99	1:28.35	4600m: 1:06:24.45	1:29.07
	800m: 11:03.85	1:25.84	2100m: 29:50.70	1:27.65	3400m: 48:49.52	1:28.53	4700m: 1:07:52.19	1:27.74
	900m: 12:30.33	1:26.48	2200m: 31:17.72	1:27.02	3500m: 50:18.35	1:28.83	4800m: 1:09:20.60	1:28.41
	1000m: 13:56.51	1:26.18	2300m: 32:44.82	1:27.10	3600m: 51:42.66	1:24.31	4900m: 1:10:49.03	1:28.43
	1100m: 15:22.90	1:26.39	2400m: 34:11.80	1:26.98	3700m: 53:08.79	1:26.13	5000m: 1:12:16.38	1:27.35
	1200m: 16:49.32	1:26.42	2500m: 35:38.65	1:26.85	3800m: 54:35.91	1:27.12		
	1300m: 18:15.35	1:26.03	2600m: 37:05.29	1:26.64	3900m: 56:03.09	1:27.18		

Juniores

1.	Florbela Cavaco MACHADO	96	SCC/Oryzon Energias	59:34.14		679		
	100m: 1:08.84	1:08.84	1400m: 16:28.79	1:11.65	2700m: 32:00.96	1:11.17	4000m: 47:44.10	1:12.98
	200m: 2:20.16	1:11.32	1500m: 17:40.19	1:11.40	2800m: 33:13.23	1:12.27	4100m: 48:56.68	1:12.58
	300m: 3:31.01	1:10.85	1600m: 18:53.20	1:13.01	2900m: 34:25.52	1:12.29	4200m: 50:08.70	1:12.02
	400m: 4:41.66	1:10.65	1700m: 20:04.76	1:11.56	3000m: 35:37.82	1:12.30	4300m: 51:19.64	1:10.94
	500m: 5:52.38	1:10.72	1800m: 21:16.61	1:11.85	3100m: 36:50.70	1:12.88	4400m: 52:30.78	1:11.14
	600m: 7:03.28	1:10.90	1900m: 22:28.79	1:12.18	3200m: 38:03.40	1:12.70	4500m: 53:42.13	1:11.35
	700m: 8:14.08	1:10.80	2000m: 23:40.00	1:11.21	3300m: 39:15.79	1:12.39	4600m: 54:52.61	1:10.48
	800m: 9:24.85	1:10.77	2100m: 24:52.48	1:12.48	3400m: 40:28.53	1:12.74	4700m: 56:03.86	1:11.25
	900m: 10:35.19	1:10.34	2200m: 26:03.25	1:10.77	3500m: 41:39.94	1:11.41	4800m: 57:15.26	1:11.40
	1000m: 11:45.11	1:09.92	2300m: 27:15.03	1:11.78	3600m: 42:52.08	1:12.14	4900m: 58:26.25	1:10.99
	1100m: 12:55.20	1:10.09	2400m: 28:26.50	1:11.47	3700m: 44:04.56	1:12.48	5000m: 59:34.14	1:07.89
	1200m: 14:06.15	1:10.95	2500m: 29:38.13	1:11.63	3800m: 45:17.63	1:13.07		
	1300m: 15:17.14	1:10.99	2600m: 30:49.79	1:11.66	3900m: 46:31.12	1:13.49		
2.	Ana Isabel NEVES	96	Pimpoes/Cimai	1:05:02.15		521		
	100m: 1:16.02	1:16.02	1400m: 18:11.74	1:18.23	2700m: 35:19.02	1:19.59	4000m: 52:16.34	1:17.77
	200m: 2:33.35	1:17.33	1500m: 19:30.33	1:18.59	2800m: 36:38.46	1:19.44	4100m: 53:33.97	1:17.63
	300m: 3:51.78	1:18.43	1600m: 20:49.56	1:19.23	2900m: 37:57.60	1:19.14	4200m: 54:50.85	1:16.88
	400m: 5:10.52	1:18.74	1700m: 22:08.78	1:19.22	3000m: 39:16.85	1:19.25	4300m: 56:07.61	1:16.76
	500m: 6:28.72	1:18.20	1800m: 23:27.78	1:19.00	3100m: 40:36.14	1:19.29	4400m: 57:24.43	1:16.82
	600m: 7:46.66	1:17.94	1900m: 24:46.27	1:18.49	3200m: 41:55.23	1:19.09	4500m: 58:41.34	1:16.91
	700m: 9:04.80	1:18.14	2000m: 26:04.64	1:18.37	3300m: 43:13.80	1:18.57	4600m: 59:57.91	1:16.57
	800m: 10:23.34	1:18.54	2100m: 27:23.49	1:18.85	3400m: 44:31.56	1:17.76	4700m: 1:01:14.79	1:16.88
	900m: 11:41.37	1:18.03	2200m: 28:42.80	1:19.31	3500m: 45:49.36	1:17.80	4800m: 1:02:31.46	1:16.67
	1000m: 12:59.49	1:18.12	2300m: 30:02.04	1:19.24	3600m: 47:05.71	1:16.35	4900m: 1:03:47.32	1:15.86
	1100m: 14:17.14	1:17.65	2400m: 31:21.01	1:18.97	3700m: 48:22.85	1:17.14	5000m: 1:05:02.15	1:14.83
	1200m: 15:35.08	1:17.94	2500m: 32:41.35	1:20.34	3800m: 49:42.02	1:19.17		
	1300m: 16:53.51	1:18.43	2600m: 33:59.43	1:18.08	3900m: 50:58.57	1:16.55		
3.	Maria Joao FERNANDES	97	Vilacondense	1:07:31.04		466		
	100m: 1:15.48	1:15.48	1100m: 14:19.00	1:18.25	2100m: 27:40.30	1:21.08	3100m: 41:13.09	1:22.25
	200m: 2:33.49	1:18.01	1200m: 15:37.78	1:18.78	2200m: 29:01.85	1:21.55	3200m: 42:34.03	1:20.94
	300m: 3:51.54	1:18.05	1300m: 16:57.51	1:19.73	2300m: 30:23.41	1:21.56	3300m: 43:56.62	1:22.59
	400m: 5:10.25	1:18.71	1400m: 18:16.88	1:19.37	2400m: 31:44.08	1:20.67	3400m: 45:19.22	1:22.60
	500m: 6:28.85	1:18.60	1500m: 19:35.41	1:18.53	2500m: 33:04.94	1:20.86	3500m: 46:42.28	1:23.06
	600m: 7:47.00	1:18.15	1600m: 20:55.67	1:20.26	2600m: 34:26.45	1:21.51	3600m: 48:06.07	1:23.79
	700m: 9:05.13	1:18.13	1700m: 22:16.02	1:20.35	2700m: 35:47.59	1:21.14	3700m: 49:29.48	1:23.41
	800m: 10:23.77	1:18.64	1800m: 23:37.17	1:21.15	2800m: 37:08.82	1:21.23	3800m: 50:53.56	1:24.08
	900m: 11:42.09	1:18.32	1900m: 24:57.86	1:20.69	2900m: 38:29.55	1:20.73	3900m: 52:17.95	1:24.39
	1000m: 13:00.75	1:18.66	2000m: 26:19.22	1:21.36	3000m: 39:50.84	1:21.29	4000m: 53:42.48	1:24.53

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 2, Femin., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4100m: 55:06.05	1:23.57	4400m: 59:16.98	1:24.35	4700m:1:03:25.78	1:22.08	5000m: 1:07:31.04	1:21.12
	4200m: 56:30.01	1:23.96	4500m:1:00:40.66	1:23.68	4800m:1:04:47.76	1:21.98		
	4300m: 57:52.63	1:22.62	4600m:1:02:03.70	1:23.04	4900m:1:06:09.92	1:22.16		
4.	Ana Claudia SANTO	97	Cartaxo	1:15:07.08		338		
	100m: 1:19.05	1:19.05	1400m: 20:23.03	1:30.15	2700m: 40:00.19	1:27.64	4000m: 59:46.11	1:30.78
	200m: 2:42.23	1:23.18	1500m: 21:53.17	1:30.14	2800m: 41:28.86	1:28.67	4100m: 1:01:17.01	1:30.90
	300m: 4:07.01	1:24.78	1600m: 23:24.04	1:30.87	2900m: 42:56.85	1:27.99	4200m: 1:02:50.79	1:33.78
	400m: 5:33.30	1:26.29	1700m: 24:56.24	1:32.20	3000m: 44:25.96	1:29.11	4300m: 1:04:25.37	1:34.58
	500m: 6:59.96	1:26.66	1800m: 26:28.74	1:32.50	3100m: 45:55.24	1:29.28	4400m: 1:05:59.32	1:33.95
	600m: 8:27.58	1:27.62	1900m: 28:00.56	1:31.82	3200m: 47:29.00	1:33.76	4500m: 1:07:32.18	1:32.86
	700m: 9:55.48	1:27.90	2000m: 29:32.50	1:31.94	3300m: 49:02.37	1:33.37	4600m: 1:09:04.71	1:32.53
	800m: 11:23.75	1:28.27	2100m: 31:04.84	1:32.34	3400m: 50:35.10	1:32.73	4700m: 1:10:37.17	1:32.46
	900m: 12:53.14	1:29.39	2200m: 32:37.73	1:32.89	3500m: 52:07.20	1:32.10	4800m: 1:12:09.39	1:32.22
	1000m: 14:22.28	1:29.14	2300m: 34:10.46	1:32.73	3600m: 53:39.74	1:32.54	4900m: 1:13:39.15	1:29.76
	1100m: 15:51.78	1:29.50	2400m: 35:38.73	1:28.27	3700m: 55:12.24	1:32.50	5000m: 1:15:07.08	1:27.93
	1200m: 17:22.12	1:30.34	2500m: 37:05.33	1:26.60	3800m: 56:44.50	1:32.26		
	1300m: 18:52.88	1:30.76	2600m: 38:32.55	1:27.22	3900m: 58:15.33	1:30.83		
DNF	Ana Carolina GOMES	97	Cartaxo					
	100m: 1:17.61	1:17.61	500m: 6:55.87	1:25.80	900m: 12:49.71	1:29.19	1300m: 18:52.78	1:32.93
	200m: 2:40.28	1:22.67	600m: 8:23.51	1:27.64	1000m: 14:19.42	1:29.71		
	300m: 4:04.02	1:23.74	700m: 9:51.66	1:28.15	1100m: 15:49.24	1:29.82		
	400m: 5:30.07	1:26.05	800m: 11:20.52	1:28.86	1200m: 17:19.85	1:30.61		

Prova 3

Femin., 3000m Livres

Juvenis

03-03-2012

Resultados

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Mariana Cunha GUERRA	98	SCC/Oryzon Energias	37:25.43		591		
	100m: 1:10.82	1:10.82	900m: 11:05.97	1:14.39	1700m: 21:03.24	1:15.57	2500m: 31:10.58	1:16.44
	200m: 2:25.13	1:14.31	1000m: 12:20.01	1:14.04	1800m: 22:18.79	1:15.55	2600m: 32:26.50	1:15.92
	300m: 3:39.60	1:14.47	1100m: 13:34.41	1:14.40	1900m: 23:34.50	1:15.71	2700m: 33:42.51	1:16.01
	400m: 4:53.88	1:14.28	1200m: 14:49.27	1:14.86	2000m: 24:49.96	1:15.46	2800m: 34:58.45	1:15.94
	500m: 6:08.46	1:14.58	1300m: 16:03.67	1:14.40	2100m: 26:05.60	1:15.64	2900m: 36:12.92	1:14.47
	600m: 7:23.13	1:14.67	1400m: 17:18.12	1:14.45	2200m: 27:21.35	1:15.75	3000m: 37:25.43	1:12.51
	700m: 8:37.43	1:14.30	1500m: 18:32.61	1:14.49	2300m: 28:37.67	1:16.32		
	800m: 9:51.58	1:14.15	1600m: 19:47.67	1:15.06	2400m: 29:54.14	1:16.47		
2.	Clarisse Matos LOPES	98	Scalabisport	38:38.23		537		
	100m: 1:15.46	1:15.46	900m: 11:19.64	1:16.26	1700m: 21:37.28	1:17.57	2500m: 32:08.05	1:18.99
	200m: 2:30.75	1:15.29	1000m: 12:36.22	1:16.58	1800m: 22:55.89	1:18.61	2600m: 33:26.91	1:18.86
	300m: 3:45.97	1:15.22	1100m: 13:52.66	1:16.44	1900m: 24:14.60	1:18.71	2700m: 34:45.72	1:18.81
	400m: 5:00.70	1:14.73	1200m: 15:09.76	1:17.10	2000m: 25:33.35	1:18.75	2800m: 36:04.77	1:19.05
	500m: 6:15.71	1:15.01	1300m: 16:26.47	1:16.71	2100m: 26:52.57	1:19.22	2900m: 37:22.80	1:18.03
	600m: 7:31.37	1:15.66	1400m: 17:44.31	1:17.84	2200m: 28:11.28	1:18.71	3000m: 38:38.23	1:15.43
	700m: 8:47.18	1:15.81	1500m: 19:01.47	1:17.16	2300m: 29:30.09	1:18.81		
	800m: 10:03.38	1:16.20	1600m: 20:19.71	1:18.24	2400m: 30:49.06	1:18.97		

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 3, Femin., 3000m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Ines Lucas ALVES	98	Leixoes	39:51.19		489	
	100m: 1:16.79 1:16.79		900m: 11:54.92 1:20.10	1700m: 22:37.50 1:20.86	2500m: 33:15.52 1:20.42		
	200m: 2:36.18 1:19.39		1000m: 13:14.66 1:19.74	1800m: 23:57.91 1:20.41	2600m: 34:35.93 1:20.41		
	300m: 3:55.58 1:19.40		1100m: 14:34.94 1:20.28	1900m: 25:17.26 1:19.35	2700m: 35:55.43 1:19.50		
	400m: 5:15.22 1:19.64		1200m: 15:55.64 1:20.70	2000m: 26:35.90 1:18.64	2800m: 37:14.77 1:19.34		
	500m: 6:34.93 1:19.71		1300m: 17:15.44 1:19.80	2100m: 27:55.24 1:19.34	2900m: 38:33.59 1:18.82		
	600m: 7:54.97 1:20.04		1400m: 18:35.50 1:20.06	2200m: 29:14.92 1:19.68	3000m: 39:51.19 1:17.60		
	700m: 9:15.00 1:20.03		1500m: 19:56.18 1:20.68	2300m: 30:34.68 1:19.76			
	800m: 10:34.82 1:19.82		1600m: 21:16.64 1:20.46	2400m: 31:55.10 1:20.42			
4.	Vanessa Branco MACHADO	98	SCC/Oryzon Energias	41:43.44		426	
	100m: 1:17.35 1:17.35		900m: 12:21.13 1:24.04	1700m: 23:31.92 1:24.00	2500m: 34:46.95 1:24.51		
	200m: 2:38.87 1:21.52		1000m: 13:45.08 1:23.95	1800m: 24:55.94 1:24.02	2600m: 36:10.70 1:23.75		
	300m: 4:00.77 1:21.90		1100m: 15:08.74 1:23.66	1900m: 26:20.18 1:24.24	2700m: 37:35.01 1:24.31		
	400m: 5:23.99 1:23.22		1200m: 16:32.67 1:23.93	2000m: 27:44.03 1:23.85	2800m: 38:59.05 1:24.04		
	500m: 6:47.39 1:23.40		1300m: 17:55.87 1:23.20	2100m: 29:07.95 1:23.92	2900m: 40:22.87 1:23.82		
	600m: 8:10.86 1:23.47		1400m: 19:19.30 1:23.43	2200m: 30:32.54 1:24.59	3000m: 41:43.44 1:20.57		
	700m: 9:34.06 1:23.20		1500m: 20:43.46 1:24.16	2300m: 31:57.74 1:25.20			
	800m: 10:57.09 1:23.03		1600m: 22:07.92 1:24.46	2400m: 33:22.44 1:24.70			
DNS	Maria Malaguerra COSTA	98	SCC/Oryzon Energias				

Prova 4
03-03-2012

Masc., 5000m Livres

Juniores e Seniores
Resultados

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Seniores							
1.	Hugo Alberto RIBEIRO	88	Gespacos	56:32.41		633	
	100m: 1:07.23 1:07.23		1400m: 15:43.01 1:07.08	2700m: 30:21.92 1:08.59	4000m: 45:09.57 1:08.53		
	200m: 2:16.06 1:08.83		1500m: 16:49.99 1:06.98	2800m: 31:30.41 1:08.49	4100m: 46:18.24 1:08.67		
	300m: 3:24.64 1:08.58		1600m: 17:56.76 1:06.77	2900m: 32:38.61 1:08.20	4200m: 47:26.71 1:08.47		
	400m: 4:32.72 1:08.08		1700m: 19:04.15 1:07.39	3000m: 33:46.72 1:08.11	4300m: 48:35.27 1:08.56		
	500m: 5:40.29 1:07.57		1800m: 20:11.30 1:07.15	3100m: 34:54.61 1:07.89	4400m: 49:44.23 1:08.96		
	600m: 6:47.59 1:07.30		1900m: 21:18.92 1:07.62	3200m: 36:02.76 1:08.15	4500m: 50:52.79 1:08.56		
	700m: 7:54.53 1:06.94		2000m: 22:26.37 1:07.45	3300m: 37:11.07 1:08.31	4600m: 52:01.39 1:08.60		
	800m: 9:01.51 1:06.98		2100m: 23:34.27 1:07.90	3400m: 38:19.13 1:08.06	4700m: 53:09.76 1:08.37		
	900m: 10:08.36 1:06.85		2200m: 24:42.11 1:07.84	3500m: 39:27.00 1:07.87	4800m: 54:17.91 1:08.15		
	1000m: 11:14.99 1:06.63		2300m: 25:50.11 1:08.00	3600m: 40:35.46 1:08.46	4900m: 55:25.95 1:08.04		
	1100m: 12:21.86 1:06.87		2400m: 26:57.89 1:07.78	3700m: 41:44.56 1:09.10	5000m: 56:32.41 1:06.46		
	1200m: 13:29.03 1:07.17		2500m: 28:05.70 1:07.81	3800m: 42:52.52 1:07.96			
	1300m: 14:35.93 1:06.90		2600m: 29:13.33 1:07.63	3900m: 44:01.04 1:08.52			
2.	Artiom Viatcheslavovitch POLIAKOV		Alges	57:04.42		616	
	100m: 1:08.30 1:08.30		1300m: 14:43.95 1:07.53	2500m: 28:21.79 1:08.15	3700m: 42:04.49 1:09.15		
	200m: 2:16.87 1:08.57		1400m: 15:51.64 1:07.69	2600m: 29:30.11 1:08.32	3800m: 43:14.44 1:09.95		
	300m: 3:26.10 1:09.23		1500m: 16:59.42 1:07.78	2700m: 30:39.64 1:09.53	3900m: 44:24.05 1:09.61		
	400m: 4:34.95 1:08.85		1600m: 18:07.32 1:07.90	2800m: 31:47.28 1:07.64	4000m: 45:34.51 1:10.46		
	500m: 5:43.33 1:08.38		1700m: 19:15.46 1:08.14	2900m: 32:55.49 1:08.21	4100m: 46:42.86 1:08.35		
	600m: 6:51.32 1:07.99		1800m: 20:23.58 1:08.12	3000m: 34:04.04 1:08.55	4200m: 47:51.83 1:08.97		
	700m: 7:58.87 1:07.55		1900m: 21:31.76 1:08.18	3100m: 35:12.52 1:08.48	4300m: 49:00.89 1:09.06		
	800m: 9:06.67 1:07.80		2000m: 22:39.85 1:08.09	3200m: 36:21.07 1:08.55	4400m: 50:09.93 1:09.04		
	900m: 10:14.87 1:08.20		2100m: 23:48.34 1:08.49	3300m: 37:29.70 1:08.63	4500m: 51:19.51 1:09.58		
	1000m: 11:22.23 1:07.36		2200m: 24:56.96 1:08.62	3400m: 38:37.99 1:08.29	4600m: 52:29.11 1:09.60		
	1100m: 12:29.26 1:07.03		2300m: 26:05.13 1:08.17	3500m: 39:46.75 1:08.76	4700m: 53:38.66 1:09.55		
	1200m: 13:36.42 1:07.16		2400m: 27:13.64 1:08.51	3600m: 40:55.34 1:08.59	4800m: 54:47.98 1:09.32		

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
	4900m: 55:57.19 1:09.21	5000m: 57:04.42	1:07.23				
3.	Arseniy LAVRENTYEV	83	Alges	57:49.04		592	
	100m: 1:07.24 1:07.24	1400m: 15:51.41	1:07.86	2700m: 30:37.69	1:08.45	4000m: 45:47.18	1:11.65
	200m: 2:16.03 1:08.79	1500m: 16:59.39	1:07.98	2800m: 31:46.08	1:08.39	4100m: 46:59.12	1:11.94
	300m: 3:25.26 1:09.23	1600m: 18:07.36	1:07.97	2900m: 32:54.95	1:08.87	4200m: 48:11.02	1:11.90
	400m: 4:34.38 1:09.12	1700m: 19:15.91	1:08.55	3000m: 34:04.30	1:09.35	4300m: 49:22.35	1:11.33
	500m: 5:42.76 1:08.38	1800m: 20:24.28	1:08.37	3100m: 35:13.40	1:09.10	4400m: 50:34.26	1:11.91
	600m: 6:50.89 1:08.13	1900m: 21:32.60	1:08.32	3200m: 36:22.89	1:09.49	4500m: 51:46.44	1:12.18
	700m: 7:58.78 1:07.89	2000m: 22:40.59	1:07.99	3300m: 37:32.66	1:09.77	4600m: 52:58.34	1:11.90
	800m: 9:06.77 1:07.99	2100m: 23:48.60	1:08.01	3400m: 38:42.51	1:09.85	4700m: 54:10.06	1:11.72
	900m: 10:14.53 1:07.76	2200m: 24:56.59	1:07.99	3500m: 39:52.66	1:10.15	4800m: 55:22.20	1:12.14
	1000m: 11:22.12 1:07.59	2300m: 26:04.69	1:08.10	3600m: 41:02.50	1:09.84	4900m: 56:35.72	1:13.52
	1100m: 12:28.91 1:06.79	2400m: 27:12.76	1:08.07	3700m: 42:12.64	1:10.14	5000m: 57:49.04	1:13.32
	1200m: 13:35.92 1:07.01	2500m: 28:20.88	1:08.12	3800m: 43:23.95	1:11.31		
	1300m: 14:43.55 1:07.63	2600m: 29:29.24	1:08.36	3900m: 44:35.53	1:11.58		
4.	Vasco Miguel GASPAS	90	Uniao Piedense	57:54.48		589	
	100m: 1:07.91 1:07.91	1400m: 15:58.24	1:08.84	2700m: 30:50.62	1:09.58	4000m: 46:08.50	1:11.00
	200m: 2:17.33 1:09.42	1500m: 17:06.47	1:08.23	2800m: 32:00.32	1:09.70	4100m: 47:19.02	1:10.52
	300m: 3:26.61 1:09.28	1600m: 18:15.70	1:09.23	2900m: 33:10.81	1:10.49	4200m: 48:30.05	1:11.03
	400m: 4:34.84 1:08.23	1700m: 19:24.06	1:08.36	3000m: 34:21.52	1:10.71	4300m: 49:40.72	1:10.67
	500m: 5:43.29 1:08.45	1800m: 20:32.31	1:08.25	3100m: 35:32.28	1:10.76	4400m: 50:51.13	1:10.41
	600m: 6:51.17 1:07.88	1900m: 21:40.71	1:08.40	3200m: 36:42.49	1:10.21	4500m: 52:01.60	1:10.47
	700m: 7:59.31 1:08.14	2000m: 22:48.83	1:08.12	3300m: 37:53.31	1:10.82	4600m: 53:10.98	1:09.38
	800m: 9:07.42 1:08.11	2100m: 23:57.76	1:08.93	3400m: 39:03.82	1:10.51	4700m: 54:22.24	1:11.26
	900m: 10:15.68 1:08.26	2200m: 25:06.08	1:08.32	3500m: 40:14.46	1:10.64	4800m: 55:32.89	1:10.65
	1000m: 11:24.48 1:08.80	2300m: 26:14.47	1:08.39	3600m: 41:25.37	1:10.91	4900m: 56:44.20	1:11.31
	1100m: 12:32.72 1:08.24	2400m: 27:23.30	1:08.83	3700m: 42:35.81	1:10.44	5000m: 57:54.48	1:10.28
	1200m: 13:40.53 1:07.81	2500m: 28:32.07	1:08.77	3800m: 43:46.04	1:10.23		
	1300m: 14:49.40 1:08.87	2600m: 29:41.04	1:08.97	3900m: 44:57.50	1:11.46		
5.	Mario Andre BONANCA	90	Sporting	58:37.60		568	
	100m: 1:08.78 1:08.78	1400m: 15:58.35	1:09.18	2700m: 31:08.01	1:11.29	4000m: 46:37.20	1:12.25
	200m: 2:17.81 1:09.03	1500m: 17:07.02	1:08.67	2800m: 32:18.63	1:10.62	4100m: 47:49.27	1:12.07
	300m: 3:26.59 1:08.78	1600m: 18:16.14	1:09.12	2900m: 33:29.25	1:10.62	4200m: 49:01.00	1:11.73
	400m: 4:35.12 1:08.53	1700m: 19:24.79	1:08.65	3000m: 34:41.21	1:11.96	4300m: 50:12.96	1:11.96
	500m: 5:43.36 1:08.24	1800m: 20:34.22	1:09.43	3100m: 35:52.20	1:10.99	4400m: 51:24.89	1:11.93
	600m: 6:51.60 1:08.24	1900m: 21:44.02	1:09.80	3200m: 37:03.68	1:11.48	4500m: 52:37.68	1:12.79
	700m: 7:59.50 1:07.90	2000m: 22:54.42	1:10.40	3300m: 38:15.16	1:11.48	4600m: 53:49.64	1:11.96
	800m: 9:07.73 1:08.23	2100m: 24:04.89	1:10.47	3400m: 39:26.43	1:11.27	4700m: 55:02.34	1:12.70
	900m: 10:15.70 1:07.97	2200m: 25:15.57	1:10.68	3500m: 40:38.01	1:11.58	4800m: 56:15.01	1:12.67
	1000m: 11:24.23 1:08.53	2300m: 26:26.07	1:10.50	3600m: 41:49.97	1:11.96	4900m: 57:27.50	1:12.49
	1100m: 12:32.31 1:08.08	2400m: 27:35.98	1:09.91	3700m: 43:01.22	1:11.25	5000m: 58:37.60	1:10.10
	1200m: 13:40.52 1:08.21	2500m: 28:46.62	1:10.64	3800m: 44:12.93	1:11.71		
	1300m: 14:49.17 1:08.65	2600m: 29:56.72	1:10.10	3900m: 45:24.95	1:12.02		
6.	Paulo Andre DIAS	92	Gespacos	58:42.11		566	
	100m: 1:08.91 1:08.91	1200m: 13:56.12	1:10.48	2300m: 26:49.96	1:10.79	3400m: 39:53.47	1:11.41
	200m: 2:18.26 1:09.35	1300m: 15:06.12	1:10.00	2400m: 28:00.86	1:10.90	3500m: 41:04.53	1:11.06
	300m: 3:27.58 1:09.32	1400m: 16:16.38	1:10.26	2500m: 29:11.85	1:10.99	3600m: 42:14.62	1:10.09
	400m: 4:36.44 1:08.86	1500m: 17:26.65	1:10.27	2600m: 30:22.48	1:10.63	3700m: 43:24.97	1:10.35
	500m: 5:45.95 1:09.51	1600m: 18:36.85	1:10.20	2700m: 31:33.96	1:11.48	3800m: 44:36.08	1:11.11
	600m: 6:56.44 1:10.49	1700m: 19:47.10	1:10.25	2800m: 32:45.87	1:11.91	3900m: 45:46.67	1:10.59
	700m: 8:06.58 1:10.14	1800m: 20:57.46	1:10.36	2900m: 33:57.22	1:11.35	4000m: 46:57.15	1:10.48
	800m: 9:16.60 1:10.02	1900m: 22:07.99	1:10.53	3000m: 35:08.27	1:11.05	4100m: 48:07.66	1:10.51
	900m: 10:26.50 1:09.90	2000m: 23:18.06	1:10.07	3100m: 36:19.42	1:11.15	4200m: 49:18.70	1:11.04
	1000m: 11:35.92 1:09.42	2100m: 24:28.24	1:10.18	3200m: 37:30.78	1:11.36	4300m: 50:30.33	1:11.63
	1100m: 12:45.64 1:09.72	2200m: 25:39.17	1:10.93	3300m: 38:42.06	1:11.28	4400m: 51:42.53	1:12.20

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
	4500m: 52:53.92	1:11.39	4700m: 55:14.71	1:10.05	4900m: 57:34.63	1:09.47		
	4600m: 54:04.66	1:10.74	4800m: 56:25.16	1:10.45	5000m: 58:42.11	1:07.48		
7.	Claudio Alexandre PINHEIRO	93	Luz e Vida	1:04:35.33		425		
	100m: 1:10.47	1:10.47	1400m: 17:29.00	1:16.48	2700m: 34:21.63	1:18.67	4000m: 51:27.07	1:19.33
	200m: 2:24.90	1:14.43	1500m: 18:45.52	1:16.52	2800m: 35:40.50	1:18.87	4100m: 52:46.41	1:19.34
	300m: 3:39.15	1:14.25	1600m: 20:02.25	1:16.73	2900m: 36:59.16	1:18.66	4200m: 54:06.34	1:19.93
	400m: 4:53.48	1:14.33	1700m: 21:19.78	1:17.53	3000m: 38:17.70	1:18.54	4300m: 55:25.51	1:19.17
	500m: 6:08.33	1:14.85	1800m: 22:37.29	1:17.51	3100m: 39:36.38	1:18.68	4400m: 56:44.47	1:18.96
	600m: 7:23.36	1:15.03	1900m: 23:55.20	1:17.91	3200m: 40:54.85	1:18.47	4500m: 58:03.36	1:18.89
	700m: 8:38.24	1:14.88	2000m: 25:12.78	1:17.58	3300m: 42:13.35	1:18.50	4600m: 59:22.33	1:18.97
	800m: 9:53.52	1:15.28	2100m: 26:30.46	1:17.68	3400m: 43:31.82	1:18.47	4700m: 1:00:40.90	1:18.57
	900m: 11:09.52	1:16.00	2200m: 27:48.37	1:17.91	3500m: 44:50.82	1:19.00	4800m: 1:01:58.94	1:18.04
	1000m: 12:25.53	1:16.01	2300m: 29:06.69	1:18.32	3600m: 46:09.87	1:19.05	4900m: 1:03:17.16	1:18.22
	1100m: 13:41.06	1:15.53	2400m: 30:25.19	1:18.50	3700m: 47:29.92	1:20.05	5000m: 1:04:35.33	1:18.17
	1200m: 14:56.62	1:15.56	2500m: 31:44.08	1:18.89	3800m: 48:48.70	1:18.78		
	1300m: 16:12.52	1:15.90	2600m: 33:02.96	1:18.88	3900m: 50:07.74	1:19.04		

Juniores

1.	Hugo Neves NETO	94	SCC/Oryzon Energias	59:24.15		546		
	100m: 1:11.41	1:11.41	1400m: 16:41.13	1:11.21	2700m: 32:08.60	1:11.56	4000m: 47:32.89	1:10.82
	200m: 2:23.72	1:12.31	1500m: 17:52.52	1:11.39	2800m: 33:20.20	1:11.60	4100m: 48:44.03	1:11.14
	300m: 3:36.37	1:12.65	1600m: 19:03.73	1:11.21	2900m: 34:31.41	1:11.21	4200m: 49:55.17	1:11.14
	400m: 4:48.42	1:12.05	1700m: 20:15.03	1:11.30	3000m: 35:42.91	1:11.50	4300m: 51:06.55	1:11.38
	500m: 6:00.42	1:12.00	1800m: 21:26.23	1:11.20	3100m: 36:54.17	1:11.26	4400m: 52:17.72	1:11.17
	600m: 7:11.37	1:10.95	1900m: 22:37.79	1:11.56	3200m: 38:05.41	1:11.24	4500m: 53:29.15	1:11.43
	700m: 8:22.84	1:11.47	2000m: 23:49.25	1:11.46	3300m: 39:16.36	1:10.95	4600m: 54:40.33	1:11.18
	800m: 9:34.22	1:11.38	2100m: 25:00.78	1:11.53	3400m: 40:27.35	1:10.99	4700m: 55:51.73	1:11.40
	900m: 10:45.53	1:11.31	2200m: 26:12.01	1:11.23	3500m: 41:38.55	1:11.20	4800m: 57:03.10	1:11.37
	1000m: 11:56.96	1:11.43	2300m: 27:23.10	1:11.09	3600m: 42:49.13	1:10.58	4900m: 58:14.54	1:11.44
	1100m: 13:07.83	1:10.87	2400m: 28:34.64	1:11.54	3700m: 44:00.14	1:11.01	5000m: 59:24.15	1:09.61
	1200m: 14:18.82	1:10.99	2500m: 29:46.01	1:11.37	3800m: 45:11.22	1:11.08		
	1300m: 15:29.92	1:11.10	2600m: 30:57.04	1:11.03	3900m: 46:22.07	1:10.85		
2.	Tiago Silva OLIVEIRA	94	Leixoes	59:34.34		541		
	100m: 1:07.52	1:07.52	1400m: 16:16.09	1:10.84	2700m: 31:46.68	1:13.03	4000m: 47:31.98	1:12.85
	200m: 2:16.50	1:08.98	1500m: 17:26.47	1:10.38	2800m: 32:59.00	1:12.32	4100m: 48:43.81	1:11.83
	300m: 3:25.47	1:08.97	1600m: 18:36.97	1:10.50	2900m: 34:11.66	1:12.66	4200m: 49:55.41	1:11.60
	400m: 4:34.29	1:08.82	1700m: 19:47.53	1:10.56	3000m: 35:25.06	1:13.40	4300m: 51:08.34	1:12.93
	500m: 5:42.98	1:08.69	1800m: 20:57.98	1:10.45	3100m: 36:37.65	1:12.59	4400m: 52:21.11	1:12.77
	600m: 6:52.65	1:09.67	1900m: 22:08.75	1:10.77	3200m: 37:49.98	1:12.33	4500m: 53:33.54	1:12.43
	700m: 8:03.14	1:10.49	2000m: 23:20.74	1:11.99	3300m: 39:02.57	1:12.59	4600m: 54:46.40	1:12.86
	800m: 9:13.99	1:10.85	2100m: 24:33.87	1:13.13	3400m: 40:15.55	1:12.98	4700m: 55:59.61	1:13.21
	900m: 10:23.94	1:09.95	2200m: 25:46.63	1:12.76	3500m: 41:28.86	1:13.31	4800m: 57:12.24	1:12.63
	1000m: 11:34.11	1:10.17	2300m: 26:58.03	1:11.40	3600m: 42:41.56	1:12.70	4900m: 58:23.79	1:11.55
	1100m: 12:44.45	1:10.34	2400m: 28:08.93	1:10.90	3700m: 43:54.19	1:12.63	5000m: 59:34.34	1:10.55
	1200m: 13:54.74	1:10.29	2500m: 29:21.19	1:12.26	3800m: 45:06.65	1:12.46		
	1300m: 15:05.25	1:10.51	2600m: 30:33.65	1:12.46	3900m: 46:19.13	1:12.48		

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 4, Masc., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
3.	Joao Miguel COSTA	95	Vilacondense	1:01:50.32		484		
	100m: 1:09.67	1:09.67	1400m: 16:41.57	1:12.55	2700m: 32:40.26	1:13.62	4000m: 49:06.48	1:18.49
	200m: 2:21.02	1:11.35	1500m: 17:54.00	1:12.43	2800m: 33:54.13	1:13.87	4100m: 50:24.85	1:18.37
	300m: 3:32.79	1:11.77	1600m: 19:07.73	1:13.73	2900m: 35:08.17	1:14.04	4200m: 51:42.93	1:18.08
	400m: 4:44.70	1:11.91	1700m: 20:21.46	1:13.73	3000m: 36:23.12	1:14.95	4300m: 52:57.74	1:14.81
	500m: 5:56.63	1:11.93	1800m: 21:34.51	1:13.05	3100m: 37:38.51	1:15.39	4400m: 54:14.05	1:16.31
	600m: 7:08.10	1:11.47	1900m: 22:49.16	1:14.65	3200m: 38:52.79	1:14.28	4500m: 55:30.76	1:16.71
	700m: 8:19.89	1:11.79	2000m: 24:02.90	1:13.74	3300m: 40:07.79	1:15.00	4600m: 56:46.08	1:15.32
	800m: 9:31.16	1:11.27	2100m: 25:16.87	1:13.97	3400m: 41:24.31	1:16.52	4700m: 58:05.46	1:19.38
	900m: 10:42.29	1:11.13	2200m: 26:31.97	1:15.10	3500m: 42:41.02	1:16.71	4800m: 59:23.21	1:17.75
	1000m: 11:53.64	1:11.35	2300m: 27:46.39	1:14.42	3600m: 43:57.92	1:16.90	4900m: 1:00:37.56	1:14.35
	1100m: 13:05.47	1:11.83	2400m: 29:00.04	1:13.65	3700m: 45:13.96	1:16.04	5000m: 1:01:50.32	1:12.76
	1200m: 14:17.23	1:11.76	2500m: 30:12.92	1:12.88	3800m: 46:30.54	1:16.58		
	1300m: 15:29.02	1:11.79	2600m: 31:26.64	1:13.72	3900m: 47:47.99	1:17.45		
4.	Joao Nuno PIRES	94	Academica de Coimbra	1:02:23.58		471		
	100m: 1:11.16	1:11.16	1400m: 16:43.44	1:11.75	2700m: 32:37.85	1:14.87	4000m: 49:11.03	1:17.73
	200m: 2:23.47	1:12.31	1500m: 17:55.80	1:12.36	2800m: 33:52.98	1:15.13	4100m: 50:29.19	1:18.16
	300m: 3:36.32	1:12.85	1600m: 19:07.93	1:12.13	2900m: 35:08.14	1:15.16	4200m: 51:47.53	1:18.34
	400m: 4:48.89	1:12.57	1700m: 20:20.17	1:12.24	3000m: 36:23.56	1:15.42	4300m: 53:06.19	1:18.66
	500m: 6:01.00	1:12.11	1800m: 21:32.34	1:12.17	3100m: 37:38.63	1:15.07	4400m: 54:25.55	1:19.36
	600m: 7:12.57	1:11.57	1900m: 22:45.20	1:12.86	3200m: 38:54.46	1:15.83	4500m: 55:45.71	1:20.16
	700m: 8:23.17	1:10.60	2000m: 23:58.99	1:13.79	3300m: 40:10.29	1:15.83	4600m: 57:05.89	1:20.18
	800m: 9:34.27	1:11.10	2100m: 25:12.42	1:13.43	3400m: 41:26.94	1:16.65	4700m: 58:26.54	1:20.65
	900m: 10:46.04	1:11.77	2200m: 26:26.34	1:13.92	3500m: 42:43.73	1:16.79	4800m: 59:47.35	1:20.81
	1000m: 11:57.47	1:11.43	2300m: 27:40.00	1:13.66	3600m: 44:00.35	1:16.62	4900m: 1:01:06.57	1:19.22
	1100m: 13:08.32	1:10.85	2400m: 28:54.36	1:14.36	3700m: 45:17.54	1:17.19	5000m: 1:02:23.58	1:17.01
	1200m: 14:20.00	1:11.68	2500m: 30:08.77	1:14.41	3800m: 46:35.41	1:17.87		
	1300m: 15:31.69	1:11.69	2600m: 31:22.98	1:14.21	3900m: 47:53.30	1:17.89		
5.	Joao Luis BAETA	94	Scalabisport	1:02:30.98		468		
	100m: 1:12.16	1:12.16	1400m: 17:01.40	1:13.82	2700m: 33:14.55	1:14.42	4000m: 49:43.79	1:16.52
	200m: 2:25.84	1:13.68	1500m: 18:15.36	1:13.96	2800m: 34:28.81	1:14.26	4100m: 51:00.44	1:16.65
	300m: 3:38.55	1:12.71	1600m: 19:29.52	1:14.16	2900m: 35:43.83	1:15.02	4200m: 52:17.04	1:16.60
	400m: 4:49.97	1:11.42	1700m: 20:44.45	1:14.93	3000m: 36:59.57	1:15.74	4300m: 53:34.49	1:17.45
	500m: 6:01.69	1:11.72	1800m: 21:59.05	1:14.60	3100m: 38:15.24	1:15.67	4400m: 54:51.72	1:17.23
	600m: 7:13.63	1:11.94	1900m: 23:13.96	1:14.91	3200m: 39:31.45	1:16.21	4500m: 56:08.85	1:17.13
	700m: 8:26.17	1:12.54	2000m: 24:29.20	1:15.24	3300m: 40:47.55	1:16.10	4600m: 57:26.16	1:17.31
	800m: 9:39.50	1:13.33	2100m: 25:44.66	1:15.46	3400m: 42:03.91	1:16.36	4700m: 58:43.31	1:17.15
	900m: 10:53.37	1:13.87	2200m: 26:59.58	1:14.92	3500m: 43:20.88	1:16.97	4800m: 59:59.89	1:16.58
	1000m: 12:07.18	1:13.81	2300m: 28:14.74	1:15.16	3600m: 44:37.35	1:16.47	4900m: 1:01:15.34	1:15.45
	1100m: 13:20.44	1:13.26	2400m: 29:30.48	1:15.74	3700m: 45:54.32	1:16.97	5000m: 1:02:30.98	1:15.64
	1200m: 14:34.24	1:13.80	2500m: 30:46.05	1:15.57	3800m: 47:11.13	1:16.81		
	1300m: 15:47.58	1:13.34	2600m: 32:00.13	1:14.08	3900m: 48:27.27	1:16.14		
6.	Gil Vilela CORREIA	95	Sporting	1:02:45.93		463		
	100m: 1:14.86	1:14.86	1400m: 17:25.82	1:13.31	2700m: 33:29.81	1:14.92	4000m: 50:00.98	1:16.88
	200m: 2:30.10	1:15.24	1500m: 18:38.15	1:12.33	2800m: 34:44.84	1:15.03	4100m: 51:17.64	1:16.66
	300m: 3:45.64	1:15.54	1600m: 19:50.84	1:12.69	2900m: 36:00.19	1:15.35	4200m: 52:34.59	1:16.95
	400m: 5:00.90	1:15.26	1700m: 21:04.08	1:13.24	3000m: 37:15.61	1:15.42	4300m: 53:51.41	1:16.82
	500m: 6:15.89	1:14.99	1800m: 22:18.44	1:14.36	3100m: 38:31.83	1:16.22	4400m: 55:08.39	1:16.98
	600m: 7:30.81	1:14.92	1900m: 23:32.82	1:14.38	3200m: 39:47.94	1:16.11	4500m: 56:25.24	1:16.85
	700m: 8:45.33	1:14.52	2000m: 24:47.00	1:14.18	3300m: 41:04.43	1:16.49	4600m: 57:41.92	1:16.68
	800m: 10:00.20	1:14.87	2100m: 26:01.97	1:14.97	3400m: 42:20.95	1:16.52	4700m: 58:58.44	1:16.52
	900m: 11:14.85	1:14.65	2200m: 27:16.68	1:14.71	3500m: 43:37.66	1:16.71	4800m: 1:00:14.45	1:16.01
	1000m: 12:29.67	1:14.82	2300m: 28:31.32	1:14.64	3600m: 44:54.74	1:17.08	4900m: 1:01:31.07	1:16.62
	1100m: 13:44.57	1:14.90	2400m: 29:45.85	1:14.53	3700m: 46:11.26	1:16.52	5000m: 1:02:45.93	1:14.86
	1200m: 14:58.44	1:13.87	2500m: 31:00.32	1:14.47	3800m: 47:27.78	1:16.52		
	1300m: 16:12.51	1:14.07	2600m: 32:14.89	1:14.57	3900m: 48:44.10	1:16.32		

Campeonato Nacional Longa Distancia FQ (3 e 5 km) A
Coimbra, 3-3-2012

Prova 4, Masc., 5000m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
7.	Joao Luis SILVA	94	Gesloures	1:03:03.09		456		
	100m: 1:11.08	1:11.08	1400m: 17:50.25	1:17.73	2700m: 34:33.57	1:15.41	4000m: 50:40.31	1:15.24
	200m: 2:26.83	1:15.75	1500m: 19:07.55	1:17.30	2800m: 35:49.52	1:15.95	4100m: 51:54.41	1:14.10
	300m: 3:44.06	1:17.23	1600m: 20:25.60	1:18.05	2900m: 37:03.94	1:14.42	4200m: 53:09.42	1:15.01
	400m: 5:00.35	1:16.29	1700m: 21:43.54	1:17.94	3000m: 38:18.82	1:14.88	4300m: 54:23.84	1:14.42
	500m: 6:16.50	1:16.15	1800m: 23:01.37	1:17.83	3100m: 39:33.99	1:15.17	4400m: 55:39.24	1:15.40
	600m: 7:33.53	1:17.03	1900m: 24:19.22	1:17.85	3200m: 40:47.59	1:13.60	4500m: 56:54.53	1:15.29
	700m: 8:50.97	1:17.44	2000m: 25:36.90	1:17.68	3300m: 42:01.85	1:14.26	4600m: 58:11.15	1:16.62
	800m: 10:08.64	1:17.67	2100m: 26:54.26	1:17.36	3400m: 43:16.02	1:14.17	4700m: 59:25.94	1:14.79
	900m: 11:26.29	1:17.65	2200m: 28:13.17	1:18.91	3500m: 44:30.22	1:14.20	4800m: 1:00:39.42	1:13.48
	1000m: 12:43.36	1:17.07	2300m: 29:29.52	1:16.35	3600m: 45:44.26	1:14.04	4900m: 1:01:51.33	1:11.91
	1100m: 13:58.90	1:15.54	2400m: 30:46.13	1:16.61	3700m: 46:57.04	1:12.78	5000m: 1:03:03.09	1:11.76
	1200m: 15:15.38	1:16.48	2500m: 32:02.47	1:16.34	3800m: 48:10.83	1:13.79		
	1300m: 16:32.52	1:17.14	2600m: 33:18.16	1:15.69	3900m: 49:25.07	1:14.24		
8.	Daniel Rento LAUREANO	95	Leixoes	1:04:07.12		434		
	100m: 1:10.38	1:10.38	1400m: 17:10.03	1:14.69	2700m: 33:53.90	1:19.19	4000m: 50:57.10	1:19.33
	200m: 2:22.16	1:11.78	1500m: 18:26.09	1:16.06	2800m: 35:13.33	1:19.43	4100m: 52:18.47	1:21.37
	300m: 3:34.89	1:12.73	1600m: 19:42.32	1:16.23	2900m: 36:32.71	1:19.38	4200m: 53:40.80	1:22.33
	400m: 4:47.84	1:12.95	1700m: 20:58.86	1:16.54	3000m: 37:51.68	1:18.97	4300m: 55:00.66	1:19.86
	500m: 6:01.55	1:13.71	1800m: 22:15.04	1:16.18	3100m: 39:09.36	1:17.68	4400m: 56:23.01	1:22.35
	600m: 7:14.80	1:13.25	1900m: 23:31.69	1:16.65	3200m: 40:28.71	1:19.35	4500m: 57:42.81	1:19.80
	700m: 8:28.00	1:13.20	2000m: 24:48.75	1:17.06	3300m: 41:48.01	1:19.30	4600m: 59:01.83	1:19.02
	800m: 9:41.68	1:13.68	2100m: 26:06.37	1:17.62	3400m: 43:06.17	1:18.16	4700m: 1:00:21.05	1:19.22
	900m: 10:55.85	1:14.17	2200m: 27:23.59	1:17.22	3500m: 44:24.66	1:18.49	4800m: 1:01:38.38	1:17.33
	1000m: 12:10.11	1:14.26	2300m: 28:40.49	1:16.90	3600m: 45:42.44	1:17.78	4900m: 1:02:55.06	1:16.68
	1100m: 13:25.19	1:15.08	2400m: 29:58.20	1:17.71	3700m: 46:58.98	1:16.54	5000m: 1:04:07.12	1:12.06
	1200m: 14:40.16	1:14.97	2500m: 31:16.16	1:17.96	3800m: 48:17.97	1:18.99		
	1300m: 15:55.34	1:15.18	2600m: 32:34.71	1:18.55	3900m: 49:37.77	1:19.80		
DNS	Mario Guterres CARVALHO	95	Vilacondense					