

CAMPEONATO NACIONAL DE LONGA DIST NCIA APURADOS PARA A FINAL

PROVA 1 - 3000m Livres Juvenis Masculinos

1	Jo�o Duarte Marafona	Juvenil	1995	Vilacondense	37.11.48
2	M�rio Guterres Carvalho	Juvenil	1995	Vilacondense	37.19.23
3	Andr� Filipe Rocha	Juvenil	1996	Leix�es	37.20.37
4	Jo�o Bernardo Saragoca	Juvenil	1995	Individual Santar�m	37.31.67
5	Gil Vilela Correia	Juvenil	1995	Sporting	37.34.79
6	Pedro Maria Bessa	Juvenil	1995	Vilacondense	37.55.40
7	Orlando Filipe Morim	Juvenil	1995	Vilacondense	38.18.46
8	Jo�o Miguel Costa	Juvenil	1995	Vilacondense	39.31.45
9	F�bio Miguel Samouco	Juvenil	1995	Torres Novas	39.52.81
10	Edgra Ramos Varela	Juvenil	1995	Uni�o Piedense	40.06.41

SUPLENTE

S1	Diogo Humberto Xavier	Juvenil	1996	Uni�o Piedense	41.26.77
S2	David Pereira Costa	Juvenil	1996	Luz e Vida	43.37.82

PROVA 2 - 5000m Livres Juniores/Seniores Femininos

1	Angelica Maria Andr�	Senior	1994	Leix�es	1.01.27.05
2	Florbela Cavaco Machado	Junior	1996	SCC/Oryzon Energias	1.02.40.76
3	Ana Catarina Monteiro	Senior	1993	Vilacondense	1.02.57.04
4	Lara Santana Pinheiro	Senior	1992	Uni�o Piedense	1.03.39.37
5	Marta Alexandra Saraiva	Senior	1993	Uni�o Piedense	1.04.07.78
6	Helena Paula Carvalho	Junior	1995	Uni�o Piedense	1.04.37.90
7	Cassandra Pedro Oliveira	Junior	1995	Vilacondense	1.04.38.57
8	Leonor Mourinho Neves	Junior	1995	Sporting	1.04.41.88
9	Daniela Filipa Pinto	Senior	1991	Vit�ria de Guimar�es	1.05.50.68
10	Ana Isabel Neves	Junior	1996	Pimp�es/Cimai	1.05.59.84

SUPLENTE

S1	Soraia Vanessa Ribeiro	Senior	1992	Gespa�os	1.06.57.77
S2	Carolina Santos Silva	Senior	1986	Nata�o da Maia	1.09.25.65

PROVA 4 - 5000m Livres Juniores/Seniores Masculinos

1	M�rio Andr� Bonan�a	Senior	1990	Sporting	57.49.54
2	Vasco Miguel Gaspar	Senior	1990	Uni�o Piedense	57.58.82
3	Arseniy Lavrentyev	Senior	1983	Alg�s	58.13.58
4	Andr� Rafael Marinho	Junior	1993	Uni�o Piedense	58.14.67
5	Diogo Andr� Gaspar	Senior	1990	Uni�o Piedense	58.15.12
6	Hugo Alberto Ribeiro	Senior	1988	Gespa�os	58.48.08
7	Marcelo Gon�alo Pereira	Senior	1990	Vilacondense	59.13.91
8	Tiago Silva Oliveira	Junior	1994	Leix�es	59.34.28
9	Paulo Andr� Dias	Senior	1992	Gespa�os	59.40.98
10	Paulo Bruno Janeiro	Junior	1994	Litoral Alentejano	1.01.14.96

SUPLENTE

S1	Francisco Maldonado Freitas	Senior	1991	Sporting	1.00.10.08
S2	Hugo Neves Neto	Junior	1994	SCC/Oryzon Energias	1.03.03.32