

Portuguese Single Distance Championship 2025

Thialf - Heerenveen
1 en 2 november 2024

1. Uitslag 500 meter Women

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	3 Francisca Gomes Henriques	DA1	4	O	42.16		
2	4 Jéssica Carolina Santos Rodrigues	DA1	3	I	42.18		
3	5 Leonor Almodôvar Ladeira	DB2	1	I	44.03	PR	
4	2 Maria Procópio Dias	DB1	3	O	45.03		
5	1 Helena Oryshchyn	DB2	4	I	45.14	PR	

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		Naam		Cat		PR		Tijd	Info
1	wt	5	Leonor Almodôvar Ladeira		DB2		44.99	44.03	PR
	rd								
		Leonor Almodôvar Ladeira							
		100m	12.10	(12.10)		m			
		500m	44.03	(31.93)					

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
			m			m			

		Naam		Cat		PR		Tijd	Info
3	wt	4	Jéssica Carolina Santos Rodrigues		DA1		41.08	42.18	
	rd	2	Maria Procópio Dias		DB1		44.69	45.03	
		Jéssica Carolina Santos Rodrigues				Maria Procópio Dias			
		100m	11.49	(11.49)		100m	12.12	(12.12)	
		500m	42.18	(30.69)		500m	45.03	(32.91)	

		Naam		Cat		PR		Tijd	Info
4	gl	1	Helena Oryshchyn		DB2		45.35	45.14	PR
	bl	3	Francisca Gomes Henriques		DA1		41.12	42.16	
		Helena Oryshchyn				Francisca Gomes Henriques			
		100m	12.00	(12.00)		100m	11.50	(11.50)	
		500m	45.14	(33.14)		500m	42.16	(30.66)	

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2. Uitslag 500 meter Men

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	6 Martim José Coelho Vieira	HB2	4	O	38.56	PR	
2	7 Miguel Amores Monteiro	HA2	6	I	38.72	PR	
3	5 João Afonso Calado Dias	HA2	6	O	38.92	PR	
4	9 Pedro Henrique Mendes De Figueiredo	HN3	4	I	40.27	PR	
5	4 Manuel Morgado Piteira	HB2	5	O	40.30	PR	
6	3 Pedro Parker Brito	HA1	1	I	41.39	PR	
7	2 João da Silva Martins	HA2	1	O	41.45	PR	
8	1 Tiago Filipe Calado Mestre	HB2	3	O	41.50		
9	10 Bernardo Costa	HB1	3	I	42.92		
	8 Afonso Henrique Pestana Silva	HA2	5	I		DQ	

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2. Rituitslag 500 meter Men

		Naam	Cat	PR	Tijd	Info
1	wt	3 Pedro Parker Brito	HA1	42.17	41.39	PR
	rd	2 João da Silva Martins	HA2	42.05	41.45	PR
		<u>Pedro Parker Brito</u>		<u>João da Silva Martins</u>		
		100m 11.39 (11.39)		100m 11.11 (11.11)		
		500m 41.39 (30.00)		500m 41.45 (30.34)		

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					
		<u>m</u>		<u>m</u>		

		Naam	Cat	PR	Tijd	Info
3	wt	10 Bernardo Costa	HB1	42.83	42.92	
	rd	1 Tiago Filipe Calado Mestre	HB2	41.43	41.50	
		<u>Bernardo Costa</u>		<u>Tiago Filipe Calado Mestre</u>		
		100m 11.72 (11.72)		100m 11.25 (11.25)		
		500m 42.92 (31.20)		500m 41.50 (30.25)		

		Naam	Cat	PR	Tijd	Info
4	gl	9 Pedro Henrique Mendes De Figueiredo	HN3	41.26	40.27	PR
	bl	6 Martim José Coelho Vieira	HB2	38.84	38.56	PR
		<u>Pedro Henrique Mendes De Figueiredo</u>		<u>Martim José Coelho Vieira</u>		
		100m 10.99 (10.99)		100m 10.59 (10.59)		
		500m 40.27 (29.28)		500m 38.56 (27.97)		

		Naam	Cat	PR	Tijd	Info
5	wt	8 Afonso Henrique Pestana Silva	HA2	38.74	DQ	
	rd	4 Manuel Morgado Piteira	HB2	40.78	40.30	PR
		<u>Afonso Henrique Pestana Silva</u>		<u>Manuel Morgado Piteira</u>		
				100m 11.29 (11.29)		
				500m 40.30 (29.01)		

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		Naam		Cat		PR		Tijd	Info
6	gl	7	Miguel Amores Monteiro		HA2			39.48	38.72 PR
	bl	5	João Afonso Calado Dias		HA2			39.64	38.92 PR
		Miguel Amores Monteiro			João Afonso Calado Dias				
		100m	10.56	(10.56)	100m	10.69	(10.69)		
		500m	38.72	(28.16)	500m	38.92	(28.23)		

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3. Uitslag 1500 meter Women

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	4 Jéssica Carolina Santos Rodrigues	DA1	4	I	2:09.09		
2	3 Francisca Gomes Henriques	DA1	3	I	2:10.96		
3	5 Leonor Almodôvar Ladeira	DB2	4	O	2:16.24	PR	
4	2 Maria Procópio Dias	DB1	3	O	2:25.12	PR	
5	1 Helena Oryshchyn	DB2	1	I	2:29.62		

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3. Rituitslag 1500 meter Women

		Naam		Cat		PR		Tijd	Info
1	wt rd	1	Helena Oryshchyn		DB2		2:29.49	2:29.62	

Helena Oryshchyn

300m	29.95	(29.95)	m
700m	1:07.67	(37.72)	
1100m	1:48.26	(40.59)	
1500m	2:29.62	(41.36)	

		Naam		Cat		PR		Tijd	Info
2	gl bl								

m

m

		Naam		Cat		PR		Tijd	Info
3	wt rd	3	Francisca Gomes Henriques		DA1		2:10.29	2:10.96	
		2	Maria Procópio Dias		DB1		2:26.25	2:25.12	PR

Francisca Gomes Henriques

300m	28.02	(28.02)
700m	1:01.31	(33.29)
1100m	1:35.91	(34.60)
1500m	2:10.96	(35.05)

Maria Procópio Dias

300m	29.88	(29.88)
700m	1:05.42	(35.54)
1100m	1:44.21	(38.79)
1500m	2:25.12	(40.91)

		Naam		Cat		PR		Tijd	Info
4	gl	4	Jéssica Carolina Santos Rodrigues		DA1		2:06.66	2:09.09	
	bl	5	Leonor Almodôvar Ladeira		DB2		2:21.49	2:16.24	PR

Jéssica Carolina Santos Rodrigues

300m	28.10	(28.10)
700m	1:00.59	(32.49)
1100m	1:34.13	(33.54)
1500m	2:09.09	(34.96)

Leonor Almodôvar Ladeira

300m	29.21	(29.21)
700m	1:02.87	(33.66)
1100m	1:38.55	(35.68)
1500m	2:16.24	(37.69)

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4. Uitslag 1500 meter Men

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Afonso Henrique Pestana Silva	HA2	4	I	1:52.32		
2	7 Miguel Amores Monteiro	HA2	4	O	1:57.52	PR	
3	4 Manuel Morgado Piteira	HB2	6	O	2:00.53	PR	
4	5 João Afonso Calado Dias	HA2	6	I	2:00.89	PR	
5	6 Martim José Coelho Vieira	HB2	5	O	2:02.89		
6	2 João da Silva Martins	HA2	1	O	2:04.00	PR	
7	1 Tiago Filipe Calado Mestre	HB2	3	O	2:08.19	PR	
8	3 Pedro Parker Brito	HA1	1	I	2:08.82	PR	
9	10 Bernardo Costa	HB1	3	I	2:08.90	PR	
10	9 Pedro Henrique Mendes De Figueiredo	HN3	5	I	2:09.98		

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4. Rituitslag 1500 meter Men

		Naam		Cat		PR		Tijd	Info
1	wt	3	Pedro Parker Brito		HA1		2:09.07	2:08.82	PR
	rd	2	João da Silva Martins		HA2		2:10.32	2:04.00	PR
		Pedro Parker Brito			João da Silva Martins				
		300m	27.10	(27.10)	300m	26.99	(26.99)		
		700m	58.01	(30.91)	700m	57.51	(30.52)		
		1100m	1:31.72	(33.71)	1100m	1:29.97	(32.46)		
		1500m	2:08.82	(37.10)	1500m	2:04.00	(34.03)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
3	wt	10	Bernardo Costa		HB1		2:12.22	2:08.90	PR
	rd	1	Tiago Filipe Calado Mestre		HB2		2:11.75	2:08.19	PR
		Bernardo Costa			Tiago Filipe Calado Mestre				
		300m	28.13	(28.13)	300m	27.53	(27.53)		
		700m	59.80	(31.67)	700m	59.33	(31.80)		
		1100m	1:33.39	(33.59)	1100m	1:32.91	(33.58)		
		1500m	2:08.90	(35.51)	1500m	2:08.19	(35.28)		

		Naam		Cat		PR		Tijd	Info
4	gl	8	Afonso Henrique Pestana Silva		HA2		1:51.97	1:52.32	
	bl	7	Miguel Amores Monteiro		HA2		1:58.95	1:57.52	PR
		Afonso Henrique Pestana Silva			Miguel Amores Monteiro				
		300m	25.86	(25.86)	300m	25.51	(25.51)		
		700m	53.38	(27.52)	700m	54.19	(28.68)		
		1100m	1:22.19	(28.81)	1100m	1:24.87	(30.68)		
		1500m	1:52.32	(30.13)	1500m	1:57.52	(32.65)		

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		Naam	Cat	PR	Tijd	Info
5	wt	9 Pedro Henrique Mendes De Figueiredo	HN3	2:08.60	2:09.98	
	rd	6 Martim José Coelho Vieira	HB2	2:02.45	2:02.89	
Pedro Henrique Mendes De Figueiredo			Martim José Coelho Vieira			
		300m	26.33 (26.33)	300m	26.07 (26.07)	
		700m	57.86 (31.53)	700m	56.38 (30.31)	
		1100m	1:33.20 (35.34)	1100m	1:28.58 (32.20)	
		1500m	2:09.98 (36.78)	1500m	2:02.89 (34.31)	

		Naam	Cat	PR	Tijd	Info
6	gl	5 João Afonso Calado Dias	HA2	2:02.91	2:00.89	PR
	bl	4 Manuel Morgado Piteira	HB2	2:04.32	2:00.53	PR
João Afonso Calado Dias			Manuel Morgado Piteira			
		300m	26.22 (26.22)	300m	26.58 (26.58)	
		700m	56.22 (30.00)	700m	56.35 (29.77)	
		1100m	1:27.75 (31.53)	1100m	1:28.10 (31.75)	
		1500m	2:00.89 (33.14)	1500m	2:00.53 (32.43)	

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5. Uitslag 1000 meter Women

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	4 Jéssica Carolina Santos Rodrigues	DA1	10	O	1:22.58		
2	3 Francisca Gomes Henriques	DA1	10	I	1:22.86		
3	5 Leonor Almodôvar Ladeira	DB2	7	I	1:28.58	PR	
4	2 Maria Procópio Dias	DB1	9	O	1:31.03	PR	
5	1 Helena Oryshchyn	DB2	9	I	1:34.61	PR	

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5. Rituitslag 1000 meter Women

		Naam		Cat		PR		Tijd	Info
7	wt rd	5	Leonor Almodôvar Ladeira		DB2		1:35.32	1:28.58	PR

Leonor Almodôvar Ladeira

200m	20.68	(20.68)		m
600m	53.78	(33.10)		
1000m	1:28.58	(34.80)		

		Naam		Cat		PR		Tijd	Info
8	gl bl								

m m

		Naam		Cat		PR		Tijd	Info
9	wt rd	1	Helena Oryshchyn		DB2		1:37.05	1:34.61	PR
		2	Maria Procópio Dias		DB1		1:33.41	1:31.03	PR

Helena Oryshchyn

200m	20.90	(20.90)
600m	55.86	(34.96)
1000m	1:34.61	(38.75)

Maria Procópio Dias

200m	20.82	(20.82)
600m	54.37	(33.55)
1000m	1:31.03	(36.66)

		Naam		Cat		PR		Tijd	Info
10	gl bl	3	Francisca Gomes Henriques		DA1		1:22.04	1:22.86	
		4	Jéssica Carolina Santos Rodrigues		DA1		1:21.00	1:22.58	

Francisca Gomes Henriques

200m	19.56	(19.56)
600m	50.54	(30.98)
1000m	1:22.86	(32.32)

Jéssica Carolina Santos Rodrigues

200m	19.73	(19.73)
600m	50.55	(30.82)
1000m	1:22.58	(32.03)

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6. Uitslag 1000 meter Men

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Afonso Henrique Pestana Silva	HA2	16	I	1:14.14	PR	
2	7 Miguel Amores Monteiro	HA2	16	O	1:16.64	PR	
3	6 Martim José Coelho Vieira	HB2	15	O	1:17.68	PR	
4	4 Manuel Morgado Piteira	HB2	14	O	1:18.59	PR	
5	2 João da Silva Martins	HA2	13	O	1:18.97	PR	
6	5 João Afonso Calado Dias	HA2	15	I	1:19.25	PR	
7	9 Pedro Henrique Mendes De Figueiredo	HN3	14	I	1:21.42	PR	
8	1 Tiago Filipe Calado Mestre	HB2	11	I	1:21.94	PR	
9	3 Pedro Parker Brito	HA1	13	I	1:22.29	PR	
10	10 Bernardo Costa	HB1	11	O	1:23.57	PR	

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6. Rituitslag 1000 meter Men

		Naam		Cat		PR		Tijd	Info
11	wt	1	Tiago Filipe Calado Mestre		HB2		1:23.50	1:21.94	PR
	rd	10	Bernardo Costa		HB1		1:26.28	1:23.57	PR
		Tiago Filipe Calado Mestre			Bernardo Costa				
		200m	19.24	(19.24)	200m	19.46	(19.46)		
		600m	49.73	(30.49)	600m	50.64	(31.18)		
		1000m	1:21.94	(32.21)	1000m	1:23.57	(32.93)		

		Naam		Cat		PR		Tijd	Info
12	gl								
	bl								
			m		m				

		Naam		Cat		PR		Tijd	Info
13	wt	3	Pedro Parker Brito		HA1		1:24.99	1:22.29	PR
	rd	2	João da Silva Martins		HA2		1:24.22	1:18.97	PR
		Pedro Parker Brito			João da Silva Martins				
		200m	19.20	(19.20)	200m	18.61	(18.61)		
		600m	49.72	(30.52)	600m	47.73	(29.12)		
		1000m	1:22.29	(32.57)	1000m	1:18.97	(31.24)		

		Naam		Cat		PR		Tijd	Info
14	gl	9	Pedro Henrique Mendes De Figueiredo		HN3		1:23.29	1:21.42	PR
	bl	4	Manuel Morgado Piteira		HB2		1:22.28	1:18.59	PR
		Pedro Henrique Mendes De Figueiredo			Manuel Morgado Piteira				
		200m	18.63	(18.63)	200m	18.98	(18.98)		
		600m	48.32	(29.69)	600m	47.82	(28.84)		
		1000m	1:21.42	(33.10)	1000m	1:18.59	(30.77)		

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		Naam	Cat	PR	Tijd	Info
15	wt	5 João Afonso Calado Dias	HA2	1:22.29	1:19.25	PR
	rd	6 Martim José Coelho Vieira	HB2	1:18.29	1:17.68	PR
		João Afonso Calado Dias		Martim José Coelho Vieira		
		200m 18.51 (18.51)		200m 18.14 (18.14)		
		600m 47.75 (29.24)		600m 46.86 (28.72)		
		1000m 1:19.25 (31.50)		1000m 1:17.68 (30.82)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
16	gl	8 Afonso Henrique Pestana Silva	HA2	1:15.52	1:14.14	PR
	bl	7 Miguel Amores Monteiro	HA2	1:18.31	1:16.64	PR
		Afonso Henrique Pestana Silva		Miguel Amores Monteiro		
		200m 18.27 (18.27)		200m 18.13 (18.13)		
		600m 45.59 (27.32)		600m 46.20 (28.07)		
		1000m 1:14.14 (28.55)		1000m 1:16.64 (30.44)		

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7. Uitslag 3000 meter Women

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	4 Jéssica Carolina Santos Rodrigues	DA1	20	O	4:35.57		
2	3 Francisca Gomes Henriques	DA1	19	I	4:54.97		
3	5 Leonor Almodôvar Ladeira	DB2	17	I	5:06.87		
4	2 Maria Procópio Dias	DB1	19	O	5:10.34		
5	1 Helena Oryshchyn	DB2	20	I	5:24.04		

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7. Rituitslag 3000 meter Women

	Naam	Cat	PR	Tijd	Info
17	wt rd	5 Leonor Almodôvar Ladeira	DB2		5:06.87

Leonor Almodôvar Ladeira

200m	22.98	(22.98)	m
600m	1:01.29	(38.31)	
1000m	1:40.44	(39.15)	
1400m	2:20.22	(39.78)	
1800m	3:00.90	(40.68)	
2200m	3:42.49	(41.59)	
2600m	4:24.49	(42.00)	
3000m	5:06.87	(42.38)	

	Naam	Cat	PR	Tijd	Info
18	gl bl				
		m			m

	Naam	Cat	PR	Tijd	Info		
19	wt rd	3 Francisca Gomes Henriques	DA1	4:46.89	4:54.97		
		2 Maria Procópio Dias	DB1		5:10.34		
		Francisca Gomes Henriques			Maria Procópio Dias		
		200m	22.82	(22.82)	200m	24.19	(24.19)
		600m	59.87	(37.05)	600m	1:03.11	(38.92)
		1000m	1:37.72	(37.85)	1000m	1:43.42	(40.31)
		1400m	2:16.07	(38.35)	1400m	2:24.39	(40.97)
		1800m	2:54.74	(38.67)	1800m	3:05.06	(40.67)
		2200m	3:34.07	(39.33)	2200m	3:45.92	(40.86)
		2600m	4:13.94	(39.87)	2600m	4:28.32	(42.40)
		3000m	4:54.97	(41.03)	3000m	5:10.34	(42.02)

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		Naam		Cat		PR		Tijd	Info
20	gl	1	Helena Oryshchyn		DB2			5:24.04	
	bl	4	Jéssica Carolina Santos Rodrigues		DA1	4:32.27		4:35.57	
		Helena Oryshchyn			Jéssica Carolina Santos Rodrigues				
		200m	22.66	(22.66)	200m	21.97	(21.97)		
		600m	1:01.49	(38.83)	600m	56.89	(34.92)		
		1000m	1:43.39	(41.90)	1000m	1:33.37	(36.48)		
		1400m	2:26.82	(43.43)	1400m	2:10.45	(37.08)		
		1800m	3:11.16	(44.34)	1800m	2:47.17	(36.72)		
		2200m	3:55.18	(44.02)	2200m	3:22.93	(35.76)		
		2600m	4:39.78	(44.60)	2600m	3:58.98	(36.05)		
		3000m	5:24.04	(44.26)	3000m	4:35.57	(36.59)		

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8. Uitslag 3000 meter Men

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Miguel Amores Monteiro	HA2	26	I	4:19.42		
2	4 Manuel Morgado Piteira	HB2	24	I	4:20.63	PR	
3	6 Martim José Coelho Vieira	HB2	24	O	4:22.46	PR	
4	5 João Afonso Calado Dias	HA2	25	O	4:24.93	PR	
5	2 João da Silva Martins	HA2	25	I	4:33.65		
6	10 Bernardo Costa	HB1	23	I	4:37.24		
7	1 Tiago Filipe Calado Mestre	HB2	23	O	4:43.74	PR	
8	9 Pedro Henrique Mendes De Figueiredo	HN3	26	O	4:49.61		
	3 Pedro Parker Brito	HA1				WDR	

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8. Rituitslag 3000 meter Men

	Naam	Cat	PR	Tijd	Info
21	wt rd				
	m	m			

	Naam	Cat	PR	Tijd	Info
22	gl bl	3 Pedro Parker Brito	HA1	4:42.15	WDR
	Pedro Parker Brito	m			

	Naam	Cat	PR	Tijd	Info
23	wt rd	10 Bernardo Costa	HB1		4:37.24
		1 Tiago Filipe Calado Mestre	HB2	4:53.85	4:43.74 PR
	Bernardo Costa	Tiago Filipe Calado Mestre			
	200m	22.29 (22.29)	200m	21.39 (21.39)	
	600m	56.70 (34.41)	600m	55.59 (34.20)	
	1000m	1:31.60 (34.90)	1000m	1:31.80 (36.21)	
	1400m	2:07.68 (36.08)	1400m	2:07.88 (36.08)	
	1800m	2:44.49 (36.81)	1800m	2:45.67 (37.79)	
	2200m	3:21.26 (36.77)	2200m	3:24.42 (38.75)	
	2600m	3:58.57 (37.31)	2600m	4:03.54 (39.12)	
	3000m	4:37.24 (38.67)	3000m	4:43.74 (40.20)	

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		Naam			Cat	PR	Tijd	Info
24	gl	4	Manuel Morgado Piteira		HB2	4:38.92	4:20.63	PR
	bl	6	Martim José Coelho Vieira		HB2	4:26.04	4:22.46	PR
		Manuel Morgado Piteira			Martim José Coelho Vieira			
		200m	20.53	(20.53)	200m	20.47	(20.47)	
		600m	54.03	(33.50)	600m	53.44	(32.97)	
		1000m	1:28.49	(34.46)	1000m	1:28.22	(34.78)	
		1400m	2:03.62	(35.13)	1400m	2:03.08	(34.86)	
		1800m	2:38.46	(34.84)	1800m	2:38.46	(35.38)	
		2200m	3:13.38	(34.92)	2200m	3:13.63	(35.17)	
		2600m	3:48.20	(34.82)	2600m	3:48.56	(34.93)	
		3000m	4:20.63	(32.43)	3000m	4:22.46	(33.90)	

		Naam			Cat	PR	Tijd	Info
25	wt	2	João da Silva Martins		HA2		4:33.65	
	rd	5	João Afonso Calado Dias		HA2	4:26.70	4:24.93	PR
		João da Silva Martins			João Afonso Calado Dias			
		200m	21.13	(21.13)	200m	20.96	(20.96)	
		600m	54.31	(33.18)	600m	54.60	(33.64)	
		1000m	1:27.86	(33.55)	1000m	1:28.82	(34.22)	
		1400m	2:02.45	(34.59)	1400m	2:02.60	(33.78)	
		1800m	2:38.40	(35.95)	1800m	2:37.54	(34.94)	
		2200m	3:15.74	(37.34)	2200m	3:13.31	(35.77)	
		2600m	3:54.44	(38.70)	2600m	3:49.06	(35.75)	
		3000m	4:33.65	(39.21)	3000m	4:24.93	(35.87)	

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		Naam	Cat	PR	Tijd	Info
26	gl	7 Miguel Amores Monteiro	HA2	4:13.61	4:19.42	
	bl	9 Pedro Henrique Mendes De Figueiredo	HN3	4:43.04	4:49.61	
		Miguel Amores Monteiro		Pedro Henrique Mendes De Figueiredo		
		200m	20.25 (20.25)	200m	21.01 (21.01)	
		600m	53.84 (33.59)	600m	56.56 (35.55)	
		1000m	1:27.72 (33.88)	1000m	1:34.02 (37.46)	
		1400m	2:01.49 (33.77)	1400m	2:12.15 (38.13)	
		1800m	2:35.20 (33.71)	1800m	2:50.98 (38.83)	
		2200m	3:09.17 (33.97)	2200m	3:30.49 (39.51)	
		2600m	3:44.16 (34.99)	2600m	4:11.45 (40.96)	
		3000m	4:19.42 (35.26)	3000m	4:49.61 (38.16)	

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9. Uitslag 5000 meter Men

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Afonso Henrique Pestana Silva	HA2	27	I	6:50.36		
2	11 Miguel Bravo	HSA	27	O	7:10.01		

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9. Rituitslag 5000 meter Men

	Naam	Cat	PR	Tijd	Info
27	wt 8 Afonso Henrique Pestana Silva	HA2	6:42.97	6:50.36	
	rd 11 Miguel Bravo	HSA	7:07.18	7:10.01	
	Afonso Henrique Pestana Silva			Miguel Bravo	
	200m	19.62 (19.62)	200m	20.87 (20.87)	
	600m	50.14 (30.52)	600m	52.46 (31.59)	
	1000m	1:21.90 (31.76)	1000m	1:24.84 (32.38)	
	1400m	1:54.16 (32.26)	1400m	1:57.49 (32.65)	
	1800m	2:26.25 (32.09)	1800m	2:30.54 (33.05)	
	2200m	2:58.26 (32.01)	2200m	3:04.12 (33.58)	
	2600m	3:30.40 (32.14)	2600m	3:37.91 (33.79)	
	3000m	4:02.83 (32.43)	3000m	4:12.42 (34.51)	
	3400m	4:35.76 (32.93)	3400m	4:47.56 (35.14)	
	3800m	5:09.19 (33.43)	3800m	5:23.00 (35.44)	
	4200m	5:42.86 (33.67)	4200m	5:58.18 (35.18)	
	4600m	6:16.44 (33.58)	4600m	6:34.11 (35.93)	
	5000m	6:50.36 (33.92)	5000m	7:10.01 (35.90)	