

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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1. Rituitslag 500 meter Women

		Naam		Cat		PR		Tijd	Info
1	wt rd	5	Leonor Almodôvar Ladeira		DB2		44.99	44.03	PR

Leonor Almodôvar Ladeira

100m	12.10	(12.10)		m
500m	44.03	(31.93)		

		Naam		Cat		PR		Tijd	Info
2	gl bl								

	m			m
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		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

100m	11.49	(11.49)
500m	42.18	(30.69)

Maria Procópio Dias

100m	12.12	(12.12)
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

100m	12.00	(12.00)
500m	45.14	(33.14)

Francisca Gomes Henriques

100m	11.50	(11.50)
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
		Pedro Parker Brito		João da Silva Martins		
		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					
		m				
		m				

		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	
		Bernardo Costa		Tiago Filipe Calado Mestre		
		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
		Pedro Henrique Mendes De Figueiredo		Martim José Coelho Vieira		
		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
		Afonso Henrique Pestana Silva		Manuel Morgado Piteira		
				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

200m	19.24	(19.24)
600m	49.73	(30.49)
1000m	1:21.94	(32.21)

Bernardo Costa

200m	19.46	(19.46)
600m	50.64	(31.18)
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

200m	19.20	(19.20)
600m	49.72	(30.52)
1000m	1:22.29	(32.57)

João da Silva Martins

200m	18.61	(18.61)
600m	47.73	(29.12)
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

200m	18.63	(18.63)
600m	48.32	(29.69)
1000m	1:21.42	(33.10)

Manuel Morgado Piteira

200m	18.98	(18.98)
600m	47.82	(28.84)
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)	

		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

200m	22.82	(22.82)
600m	59.87	(37.05)
1000m	1:37.72	(37.85)
1400m	2:16.07	(38.35)
1800m	2:54.74	(38.67)
2200m	3:34.07	(39.33)
2600m	4:13.94	(39.87)
3000m	4:54.97	(41.03)

Maria Procópio Dias

200m	24.19	(24.19)
600m	1:03.11	(38.92)
1000m	1:43.42	(40.31)
1400m	2:24.39	(40.97)
1800m	3:05.06	(40.67)
2200m	3:45.92	(40.86)
2600m	4:28.32	(42.40)
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)	