

Prova 18 Masc., 1500m Livres Juvenis
18/12/2022 - 16:00 Resultados

Rec Nac 25m Absoluto	14:39.82	LOPES, Jose Paulo	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac 25m Juv A	15:36.31	COSTA, Rui Filipe	VSC	Braga	04/03/2007
Rec Nac 25m Juv B	16:09.71	MONTEIRO, Luis Miguel	FCP	Felgueiras	01/03/1998

TAC Zonais Juv B Masc Juv B 50m: 19:06.60 - 25m: 18:44.12 / TAC Zonais Juv A Masc Juv A 50m: 18:45.56 - 25m: 18:23.49

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juvenis B

1.	MEDEIROS, Miguel Fragoso	08	Porto	16:55.69		579	
	100m: 1:04.30 1:04.30	500m: 5:37.07 1:08.08	900m: 10:10.12 1:07.99	1300m: 14:41.26 1:08.06			
	200m: 2:12.06 1:07.76	600m: 6:45.15 1:08.08	1000m: 11:17.93 1:07.81	1400m: 15:49.63 1:08.37			
	300m: 3:20.58 1:08.52	700m: 7:53.58 1:08.43	1100m: 12:25.73 1:07.80	1500m: 16:55.69 1:06.06			
	400m: 4:28.99 1:08.41	800m: 9:02.13 1:08.55	1200m: 13:33.20 1:07.47				
2.	SOARES, Guilherme Costa	08	Vilacondense	17:26.00		530	
	100m: 1:03.77 1:03.77	500m: 5:38.30 1:09.50	900m: 10:21.14 1:10.93	1300m: 15:06.02 1:11.40			
	200m: 2:11.66 1:07.89	600m: 6:48.29 1:09.99	1000m: 11:32.13 1:10.99	1400m: 16:17.70 1:11.68			
	300m: 3:19.74 1:08.08	700m: 7:59.27 1:10.98	1100m: 12:43.36 1:11.23	1500m: 17:26.00 1:08.30			
	400m: 4:28.80 1:09.06	800m: 9:10.21 1:10.94	1200m: 13:54.62 1:11.26				
3.	CANELAS, Tiago Andre	08	Fluvial Portuense	17:33.08		520	
	100m: 1:06.18 1:06.18	500m: 5:50.42 1:10.91	900m: 10:31.91 1:10.83	1300m: 15:14.59 1:10.77			
	200m: 2:17.63 1:11.45	600m: 7:00.80 1:10.38	1000m: 11:42.04 1:10.13	1400m: 16:25.41 1:10.82			
	300m: 3:28.75 1:11.12	700m: 8:10.87 1:10.07	1100m: 12:52.91 1:10.87	1500m: 17:33.08 1:07.67			
	400m: 4:39.51 1:10.76	800m: 9:21.08 1:10.21	1200m: 14:03.82 1:10.91				
4.	SOUSA, Guilherme Simoes	08	Náutico Académico de Co	17:43.42		505	
	100m: 1:08.27 1:08.27	500m: 5:56.28 1:12.03	900m: 10:41.33 1:11.25	1300m: 15:25.48 1:11.15			
	200m: 2:20.15 1:11.88	600m: 7:08.04 1:11.76	1000m: 11:52.33 1:11.00	1400m: 16:36.22 1:10.74			
	300m: 3:32.30 1:12.15	700m: 8:19.11 1:11.07	1100m: 13:02.89 1:10.56	1500m: 17:43.42 1:07.20			
	400m: 4:44.25 1:11.95	800m: 9:30.08 1:10.97	1200m: 14:14.33 1:11.44				
5.	SOARES, Goncalo Augusto	08	Porto	17:46.98		500	
	100m: 1:07.02 1:07.02	500m: 5:51.64 1:11.55	900m: 10:39.07 1:12.35	1300m: 15:26.30 1:11.44			
	200m: 2:17.87 1:10.85	600m: 7:02.59 1:10.95	1000m: 11:51.82 1:12.75	1400m: 16:37.73 1:11.43			
	300m: 3:28.90 1:11.03	700m: 8:14.55 1:11.96	1100m: 13:03.16 1:11.34	1500m: 17:46.98 1:09.25			
	400m: 4:40.09 1:11.19	800m: 9:26.72 1:12.17	1200m: 14:14.86 1:11.70				
6.	VITORIA, Joao Miguel	08	Academico Viseu Futebol	17:54.36		489	
	100m: 1:07.88 1:07.88	500m: 5:52.92 1:11.33	900m: 10:43.39 1:12.68	1300m: 15:33.01 1:12.52			
	200m: 2:18.86 1:10.98	600m: 7:04.97 1:12.05	1000m: 11:56.12 1:12.73	1400m: 16:44.95 1:11.94			
	300m: 3:30.38 1:11.52	700m: 8:17.48 1:12.51	1100m: 13:08.49 1:12.37	1500m: 17:54.36 1:09.41			
	400m: 4:41.59 1:11.21	800m: 9:30.71 1:13.23	1200m: 14:20.49 1:12.00				
7.	FARDILHA, Antonio Cruz	08	Galitos / Bresimar	18:26.85		447	
	100m: 1:07.47 1:07.47	500m: 6:04.61 1:14.66	900m: 11:03.01 1:14.04	1300m: 15:59.57 1:14.32			
	200m: 2:20.97 1:13.50	600m: 7:19.80 1:15.19	1000m: 12:17.21 1:14.20	1400m: 17:13.43 1:13.86			
	300m: 3:35.18 1:14.21	700m: 8:34.55 1:14.75	1100m: 13:31.58 1:14.37	1500m: 18:26.85 1:13.42			
	400m: 4:49.95 1:14.77	800m: 9:48.97 1:14.42	1200m: 14:45.25 1:13.67				
8.	RODRIGUES, Rafael Pereira	08	Condeixa Aqua Clube	18:32.47		441	
	100m: 1:07.94 1:07.94	500m: 6:01.42 1:13.60	900m: 10:58.71 1:15.00	1300m: 16:02.55 1:16.24			
	200m: 2:20.63 1:12.69	600m: 7:15.05 1:13.63	1000m: 12:13.87 1:15.16	1400m: 17:17.99 1:15.44			
	300m: 3:34.33 1:13.70	700m: 8:29.35 1:14.30	1100m: 13:29.80 1:15.93	1500m: 18:32.47 1:14.48			
	400m: 4:47.82 1:13.49	800m: 9:43.71 1:14.36	1200m: 14:46.31 1:16.51				

Prova 18, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	CUNHA, Joaquim Antonio	08	Náutico Académico de Co	18:40.51		431	
	100m: 1:11.70 1:11.70	500m: 6:10.74 1:14.98	900m: 11:09.57 1:15.10	1300m: 16:12.77 1:15.78			
	200m: 2:26.98 1:15.28	600m: 7:24.83 1:14.09	1000m: 12:25.03 1:15.46	1400m: 17:27.73 1:14.96			
	300m: 3:40.91 1:13.93	700m: 8:39.59 1:14.76	1100m: 13:41.20 1:16.17	1500m: 18:40.51 1:12.78			
	400m: 4:55.76 1:14.85	800m: 9:54.47 1:14.88	1200m: 14:56.99 1:15.79				
10.	PEREIRA, Salvador Correia	08	Condeixa Aqua Clube	18:57.11		413	
	<i>FTL</i>						
	100m: 1:11.71 1:11.71	500m: 6:11.32 1:14.94	900m: 11:16.37 1:17.01	1300m: 16:24.94 1:17.21			
	200m: 2:26.55 1:14.84	600m: 7:26.80 1:15.48	1000m: 12:33.55 1:17.18	1400m: 17:42.54 1:17.60			
	300m: 3:41.68 1:15.13	700m: 8:43.17 1:16.37	1100m: 13:50.46 1:16.91	1500m: 18:57.11 1:14.57			
	400m: 4:56.38 1:14.70	800m: 9:59.36 1:16.19	1200m: 15:07.73 1:17.27				

Juvenis A

1.	LARANJO, Filipe Manso	07	Escola Desportiva de Viar	16:35.44		615	
	100m: 1:04.18 1:04.18	500m: 5:33.20 1:06.68	900m: 9:59.37 1:06.12	1300m: 14:25.15 1:06.47			
	200m: 2:11.28 1:07.10	600m: 6:39.82 1:06.62	1000m: 11:05.91 1:06.54	1400m: 15:31.56 1:06.41			
	300m: 3:18.76 1:07.48	700m: 7:46.54 1:06.72	1100m: 12:12.13 1:06.22	1500m: 16:35.44 1:03.88			
	400m: 4:26.52 1:07.76	800m: 8:53.25 1:06.71	1200m: 13:18.68 1:06.55				
2.	BORGES, Rodrigo Costa	07	Fluvial Portuense	16:41.52		604	
	100m: 1:03.49 1:03.49	500m: 5:33.32 1:06.72	900m: 9:59.78 1:06.47	1300m: 14:27.57 1:07.34			
	200m: 2:11.16 1:07.67	600m: 6:39.85 1:06.53	1000m: 11:06.38 1:06.60	1400m: 15:34.72 1:07.15			
	300m: 3:18.79 1:07.63	700m: 7:46.61 1:06.76	1100m: 12:13.44 1:07.06	1500m: 16:41.52 1:06.80			
	400m: 4:26.60 1:07.81	800m: 8:53.31 1:06.70	1200m: 13:20.23 1:06.79				
3.	FERREIRA, Miguel Guedes	07	Porto	17:00.47		571	
	100m: 1:04.76 1:04.76	500m: 5:37.17 1:08.20	900m: 10:09.94 1:08.58	1300m: 14:44.28 1:08.69			
	200m: 2:12.77 1:08.01	600m: 6:45.10 1:07.93	1000m: 11:18.41 1:08.47	1400m: 15:53.28 1:09.00			
	300m: 3:20.89 1:08.12	700m: 7:53.24 1:08.14	1100m: 12:26.92 1:08.51	1500m: 17:00.47 1:07.19			
	400m: 4:28.97 1:08.08	800m: 9:01.36 1:08.12	1200m: 13:35.59 1:08.67				
4.	SILVA, Martim Alexandre	07	Columbofila Cantanheden	17:05.14		563	
	100m: 1:03.63 1:03.63	500m: 5:35.42 1:08.32	900m: 10:11.30 1:09.35	1300m: 14:48.24 1:09.28			
	200m: 2:11.40 1:07.77	600m: 6:43.77 1:08.35	1000m: 11:20.69 1:09.39	1400m: 15:57.24 1:09.00			
	300m: 3:19.19 1:07.79	700m: 7:52.30 1:08.53	1100m: 12:29.53 1:08.84	1500m: 17:05.14 1:07.90			
	400m: 4:27.10 1:07.91	800m: 9:01.95 1:09.65	1200m: 13:38.96 1:09.43				
5.	NUNES, Duarte Ramos	07	Galitos / Bresimar	17:13.01		551	
	100m: 1:03.73 1:03.73	500m: 5:37.15 1:08.87	900m: 10:11.57 1:08.99	1300m: 14:50.81 1:10.62			
	200m: 2:11.62 1:07.89	600m: 6:45.73 1:08.58	1000m: 11:20.76 1:09.19	1400m: 16:01.81 1:11.00			
	300m: 3:19.73 1:08.11	700m: 7:54.11 1:08.38	1100m: 12:30.16 1:09.40	1500m: 17:13.01 1:11.20			
	400m: 4:28.28 1:08.55	800m: 9:02.58 1:08.47	1200m: 13:40.19 1:10.03				
6.	OLIVEIRA, Marco Dimitar	07	Náutico Académico de Co	17:22.14		536	
	100m: 1:05.29 1:05.29	500m: 5:43.36 1:09.66	900m: 10:22.07 1:09.87	1300m: 15:03.22 1:10.48			
	200m: 2:14.08 1:08.79	600m: 6:53.20 1:09.84	1000m: 11:31.89 1:09.82	1400m: 16:13.65 1:10.43			
	300m: 3:23.42 1:09.34	700m: 8:02.57 1:09.37	1100m: 12:42.20 1:10.31	1500m: 17:22.14 1:08.49			
	400m: 4:33.70 1:10.28	800m: 9:12.20 1:09.63	1200m: 13:52.74 1:10.54				
7.	NOGUEIRA, Afonso Miguel	07	Braga	17:30.35		524	
	100m: 1:06.30 1:06.30	500m: 5:50.23 1:10.92	900m: 10:31.34 1:10.33	1300m: 15:12.29 1:10.75			
	200m: 2:17.70 1:11.40	600m: 7:00.31 1:10.08	1000m: 11:41.20 1:09.86	1400m: 16:22.62 1:10.33			
	300m: 3:28.28 1:10.58	700m: 8:10.78 1:10.47	1100m: 12:51.46 1:10.26	1500m: 17:30.35 1:07.73			
	400m: 4:39.31 1:11.03	800m: 9:21.01 1:10.23	1200m: 14:01.54 1:10.08				

Prova 18, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	SILVA, David Ferreira	07	Academica de Coimbra	17:34.95		517	
	100m: 1:06.66 1:06.66	500m: 5:49.00 1:10.10	900m: 10:31.59 1:10.52	1300m: 15:13.74 1:10.99			
	200m: 2:17.01 1:10.35	600m: 6:59.31 1:10.31	1000m: 11:41.45 1:09.86	1400m: 16:25.08 1:11.34			
	300m: 3:27.91 1:10.90	700m: 8:10.51 1:11.20	1100m: 12:52.01 1:10.56	1500m: 17:34.95 1:09.87			
	400m: 4:38.90 1:10.99	800m: 9:21.07 1:10.56	1200m: 14:02.75 1:10.74				
9.	VALES, Paulo Tiago	07	Porto	17:39.82		510	
	100m: 1:05.65 1:05.65	500m: 5:45.58 1:10.37	900m: 10:29.13 1:11.22	1300m: 15:15.44 1:12.13			
	200m: 2:14.89 1:09.24	600m: 6:56.07 1:10.49	1000m: 11:40.08 1:10.95	1400m: 16:28.00 1:12.56			
	300m: 3:24.80 1:09.91	700m: 8:06.70 1:10.63	1100m: 12:51.38 1:11.30	1500m: 17:39.82 1:11.82			
	400m: 4:35.21 1:10.41	800m: 9:17.91 1:11.21	1200m: 14:03.31 1:11.93				
10.	COSTA, Andre Leitao	07	Assoc. Desportiva de Fafe	17:44.69		503	
	100m: 1:08.13 1:08.13	500m: 5:57.07 1:13.03	900m: 10:42.38 1:11.41	1300m: 15:26.57 1:10.68			
	200m: 2:19.93 1:11.80	600m: 7:08.02 1:10.95	1000m: 11:53.31 1:10.93	1400m: 16:37.27 1:10.70			
	300m: 3:31.91 1:11.98	700m: 8:19.47 1:11.45	1100m: 13:04.32 1:11.01	1500m: 17:44.69 1:07.42			
	400m: 4:44.04 1:12.13	800m: 9:30.97 1:11.50	1200m: 14:15.89 1:11.57				
11.	FERREIRA, Goncalo Andre	07	Ginasio Clube de Vila Real	18:01.88		479	
	100m: 1:07.13 1:07.13	500m: 5:53.05 1:12.71	900m: 10:43.57 1:12.23	1300m: 15:37.02 1:13.78			
	200m: 2:18.31 1:11.18	600m: 7:05.96 1:12.91	1000m: 11:56.21 1:12.64	1400m: 16:51.10 1:14.08			
	300m: 3:29.15 1:10.84	700m: 8:18.15 1:12.19	1100m: 13:09.35 1:13.14	1500m: 18:01.88 1:10.78			
	400m: 4:40.34 1:11.19	800m: 9:31.34 1:13.19	1200m: 14:23.24 1:13.89				
12.	ANTUNES, David Luis FTL	07	Fluvial Portuense	18:26.46		448	
	100m: 1:07.41 1:07.41	500m: 5:59.70 1:14.24	900m: 10:59.79 1:15.14	1300m: 16:00.84 1:14.37			
	200m: 2:19.76 1:12.35	600m: 7:14.06 1:14.36	1000m: 12:15.27 1:15.48	1400m: 17:14.96 1:14.12			
	300m: 3:32.43 1:12.67	700m: 8:29.81 1:15.75	1100m: 13:31.16 1:15.89	1500m: 18:26.46 1:11.50			
	400m: 4:45.46 1:13.03	800m: 9:44.65 1:14.84	1200m: 14:46.47 1:15.31				
13.	MARTINS, Pedro Lages FTL	07	Algés e Águeda XXI	18:43.39		428	
	100m: 1:07.65 1:07.65	500m: 6:04.13 1:14.80	900m: 11:08.77 1:16.53	1300m: 16:13.80 1:15.42			
	200m: 2:20.67 1:13.02	600m: 7:19.87 1:15.74	1000m: 12:25.64 1:16.87	1400m: 17:29.44 1:15.64			
	300m: 3:34.68 1:14.01	700m: 8:35.76 1:15.89	1100m: 13:41.83 1:16.19	1500m: 18:43.39 1:13.95			
	400m: 4:49.33 1:14.65	800m: 9:52.24 1:16.48	1200m: 14:58.38 1:16.55				
DNS	AITA, Yuri Toth	07	Porto				