

Prova 4
15/11/2025 - 15:40

Masc., 1500m Livres

Juvenis
Resultados

Recordes Reg ANCNP 25m Open	15:36.34	Gustavo Carvalhais Ribeiro	CGA	Leiria	15/12/2019
Recordes Reg ANCNP 25m Juv A 16	15:53.46	Duarte Miguel Jorge	CGA	Mealhada	26/03/2017
Recordes Reg ANCNP 25m Juv B 15	16:53.08	Duarte Miguel Jorge	CGA	Gafanha da Nazaré	14/11/2015

TAC-N JUL Juv A Juv A 16: 16:56.99 / TAC-N JUL Juv B Juv B 15: 17:34.66 / TAC-N MAR Juv A Juv A 16: 17:15.85 / TAC-N MAR Juv B Juv B 15: 17:53.49 / TAC-Z Juv A Juv A 16: 17:34.66 / TAC-Z Juv B Juv B 15: 18:12.33 / TFO - JUV A Juv A 16: 18:43.14 / TFO - JUV B Juv B 15: 19:59.52

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINAPts	Obs
Juvenis B								
1.	Miguel Miranda Fernandes <i>TAC Zonal</i>	M	141320	11	Galitos / Bresimar	18:04.99	475	
	50m: 32.75	32.75	450m: 5:17.05	36.60	850m: 10:10.35	36.82	1250m: 15:04.90	37.40
	100m: 1:06.59	33.84	500m: 5:53.57	36.52	900m: 10:47.09	36.74	1300m: 15:41.71	36.81
	150m: 1:41.69	35.10	550m: 6:29.90	36.33	950m: 11:23.75	36.66	1350m: 16:18.61	36.90
	200m: 2:17.19	35.50	600m: 7:06.30	36.40	1000m: 12:00.91	37.16	1400m: 16:55.62	37.01
	250m: 2:52.60	35.41	650m: 7:42.83	36.53	1050m: 12:37.35	36.44	1450m: 17:32.29	36.67
	300m: 3:28.18	35.58	700m: 8:19.59	36.76	1100m: 13:13.96	36.61	1500m: 18:04.99	32.70
	350m: 4:04.20	36.02	750m: 8:56.59	37.00	1150m: 13:50.62	36.66		
	400m: 4:40.45	36.25	800m: 9:33.53	36.94	1200m: 14:27.50	36.88		
2.	Afonso Saldanha Costa	M	206672	11	O Crasto	18:26.65	448	
	50m: 34.60	34.60	450m: 5:32.45	37.57	850m: 10:30.02	37.32	1250m: 15:25.56	36.70
	100m: 1:11.83	37.23	500m: 6:10.24	37.79	900m: 11:07.46	37.44	1300m: 16:02.35	36.79
	150m: 1:48.76	36.93	550m: 6:47.73	37.49	950m: 11:44.63	37.17	1350m: 16:39.23	36.88
	200m: 2:26.05	37.29	600m: 7:25.41	37.68	1000m: 12:22.04	37.41	1400m: 17:16.11	36.88
	250m: 3:02.82	36.77	650m: 8:01.98	36.57	1050m: 12:59.05	37.01	1450m: 17:52.58	36.47
	300m: 3:39.80	36.98	700m: 8:38.47	36.49	1100m: 13:35.72	36.67	1500m: 18:26.65	34.07
	350m: 4:17.19	37.39	750m: 9:15.97	37.50	1150m: 14:12.25	36.53		
	400m: 4:54.88	37.69	800m: 9:52.70	36.73	1200m: 14:48.86	36.61		
3.	Santiago Vagos Valente	M	215177	11	Galitos / Bresimar	18:38.41	434	
	50m: 34.50	34.50	450m: 5:34.05	37.83	850m: 10:37.56	38.02	1250m: 15:37.04	37.48
	100m: 1:10.79	36.29	500m: 6:12.23	38.18	900m: 11:15.35	37.79	1300m: 16:14.35	37.31
	150m: 1:47.99	37.20	550m: 6:49.95	37.72	950m: 11:52.80	37.45	1350m: 16:51.23	36.88
	200m: 2:25.32	37.33	600m: 7:27.84	37.89	1000m: 12:30.26	37.46	1400m: 17:28.23	37.00
	250m: 3:02.85	37.53	650m: 8:06.15	38.31	1050m: 13:07.71	37.45	1450m: 18:09.23	35.63
	300m: 3:40.80	37.95	700m: 8:43.85	37.70	1100m: 13:45.09	37.38	1500m: 18:38.41	34.55
	350m: 4:18.68	37.88	750m: 9:21.63	37.78	1150m: 14:22.38	37.29		
	400m: 4:56.22	37.54	800m: 9:59.54	37.91	1200m: 14:59.56	37.18		
4.	Francisco Felix Vale	M	145453	11	Galitos / Bresimar	18:52.30	418	
	50m: 36.77	36.77	450m: 5:44.48	38.13	850m: 10:44.92	37.45	1250m: 15:45.78	37.67
	100m: 1:14.91	38.14	500m: 6:22.56	38.08	900m: 11:21.98	37.06	1300m: 16:23.75	37.97
	150m: 1:53.76	38.85	550m: 7:00.09	37.53	950m: 11:59.28	37.30	1350m: 17:01.56	37.81
	200m: 2:32.69	38.93	600m: 7:37.59	37.50	1000m: 12:37.17	37.89	1400m: 17:39.69	38.13
	250m: 3:11.14	38.45	650m: 8:15.13	37.54	1050m: 13:14.97	37.80	1450m: 18:17.18	37.49
	300m: 3:49.22	38.08	700m: 8:52.80	37.67	1100m: 13:52.54	37.57	1500m: 18:52.30	35.12
	350m: 4:27.69	38.47	750m: 9:30.09	37.29	1150m: 14:30.14	37.60		
	400m: 5:06.35	38.66	800m: 10:07.47	37.38	1200m: 15:08.11	37.97		
5.	Joao Paulo Ferreira	M	214827	11	Estamos Juntos	19:11.14	398	
	50m: 36.44	36.44	450m: 5:44.60	38.48	850m: 10:51.15	38.12	1250m: 16:01.64	39.02
	100m: 1:14.64	38.20	500m: 6:23.68	39.08	900m: 11:29.71	38.56	1300m: 16:38.63	36.99
	150m: 1:53.49	38.85	550m: 7:00.83	37.15	950m: 12:08.71	39.00	1350m: 17:16.10	37.47
	200m: 2:32.10	38.61	600m: 7:39.37	38.54	1000m: 12:46.89	38.18	1400m: 17:54.53	38.43
	250m: 3:10.40	38.30	650m: 8:17.81	38.44	1050m: 13:26.50	39.61	1450m: 18:34.31	39.78
	300m: 3:49.72	39.32	700m: 8:56.01	38.20	1100m: 14:04.51	38.01	1500m: 19:11.14	36.83
	350m: 4:28.19	38.47	750m: 9:34.89	38.88	1150m: 14:43.08	38.57		
	400m: 5:06.12	37.93	800m: 10:13.03	38.14	1200m: 15:22.62	39.54		
6.	Daniel Volkov	M	214081	11	Galitos / Bresimar	19:23.09	386	
	50m: 36.26	36.26	450m: 5:45.17	39.62	850m: 10:58.50	39.82	1250m: 16:09.14	39.13
	100m: 1:14.33	38.07	500m: 6:24.38	39.21	900m: 11:37.36	38.86	1300m: 16:48.39	39.25
	150m: 1:53.02	38.69	550m: 7:03.60	39.22	950m: 12:17.14	39.78	1350m: 17:27.92	39.53
	200m: 2:31.51	38.49	600m: 7:43.18	39.58	1000m: 12:55.90	38.76	1400m: 18:06.85	38.93
	250m: 3:10.20	38.69	650m: 8:23.07	39.89	1050m: 13:34.09	38.19	1450m: 18:46.62	39.77
	300m: 3:49.21	39.01	700m: 9:02.39	39.32	1100m: 14:12.59	38.50	1500m: 19:23.09	36.47
	350m: 4:27.89	38.68	750m: 9:40.06	37.67	1150m: 14:50.74	38.15		
	400m: 5:05.55	37.66	800m: 10:18.68	38.62	1200m: 15:30.01	39.27		
7.	Xavier Pinto Pereira	M	209591	11	Galitos / Bresimar	19:26.77	382	
	50m: 36.64	36.64	450m: 5:45.77	38.77	850m: 10:58.37	39.55	1250m: 16:13.11	38.82
	100m: 1:14.87	38.23	500m: 6:24.56	38.79	900m: 11:38.09	39.72	1300m: 16:52.44	39.33
	150m: 1:53.96	39.09	550m: 7:03.24	38.68	950m: 12:17.25	39.16	1350m: 17:31.87	39.43
	200m: 2:32.95	38.99	600m: 7:42.02	38.78	1000m: 12:56.39	39.14	1400m: 18:10.94	39.07
	250m: 3:11.94	38.99	650m: 8:20.57	38.55	1050m: 13:35.63	39.24	1450m: 18:49.74	38.80
	300m: 3:49.87	37.93	700m: 8:59.97	39.40	1100m: 14:14.58	38.95	1500m: 19:26.77	37.03
	350m: 4:28.56	38.69	750m: 9:39.51	39.54	1150m: 14:54.35	39.77		
	400m: 5:07.00	38.44	800m: 10:18.82	39.31	1200m: 15:34.29	39.94		

Prova 4, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINAPts	Obs
8.	Duarte Miguel Santos <i>FIL</i>	M	214460	11	Clube Desportivo de Estarreja	20:23.82	331	
	50m: 36.83	36.83	450m: 6:02.83	40.80	850m: 11:31.79	41.40	1250m: 17:03.06	41.66
	100m: 1:15.88	39.05	500m: 6:43.32	40.49	900m: 12:13.41	41.62	1300m: 17:44.63	41.57
	150m: 1:57.05	41.17	550m: 7:24.46	41.14	950m: 12:55.12	41.71	1350m: 18:25.18	40.55
	200m: 2:37.84	40.79	600m: 8:05.80	41.34	1000m: 13:36.79	41.67	1400m: 19:06.14	40.96
	250m: 3:19.05	41.21	650m: 8:47.12	41.32	1050m: 14:17.75	40.96	1450m: 19:45.97	39.83
	300m: 3:59.22	40.17	700m: 9:27.71	40.59	1100m: 14:59.47	41.72	1500m: 20:23.82	37.85
	350m: 4:40.58	41.36	750m: 10:08.93	41.22	1150m: 15:40.33	40.86		
	400m: 5:22.03	41.45	800m: 10:50.39	41.46	1200m: 16:21.40	41.07		

Juvenis A

1.	Rafael Pires Parente <i>TAC Zonal</i>	M	213541	10	Academico Viseu Futebol Clube	17:19.41	540	
	50m: 31.81	31.81	450m: 5:04.45	34.71	850m: 9:44.00	35.28	1250m: 14:29.06	35.63
	100m: 1:04.53	32.72	500m: 5:38.68	34.23	900m: 10:19.53	35.53	1300m: 15:03.96	34.90
	150m: 1:37.85	33.32	550m: 6:12.82	34.14	950m: 10:55.11	35.58	1350m: 15:38.98	35.02
	200m: 2:11.90	34.05	600m: 6:47.44	34.62	1000m: 11:30.79	35.68	1400m: 16:13.77	34.79
	250m: 2:46.19	34.29	650m: 7:22.43	34.99	1050m: 12:06.31	35.52	1450m: 16:46.87	33.10
	300m: 3:20.67	34.48	700m: 7:57.70	35.27	1100m: 12:41.89	35.58	1500m: 17:19.41	32.54
	350m: 3:55.22	34.55	750m: 8:33.20	35.50	1150m: 13:17.72	35.83		
	400m: 4:29.74	34.52	800m: 9:08.72	35.52	1200m: 13:53.43	35.71		
2.	Andre Ferreira Santos <i>TAC Zonal</i>	M	213542	10	Academico Viseu Futebol Clube	17:25.10	532	
	50m: 31.24	31.24	450m: 5:04.42	34.78	850m: 9:43.99	35.25	1250m: 14:29.27	35.56
	100m: 1:03.93	32.69	500m: 5:39.10	34.68	900m: 10:19.58	35.59	1300m: 15:03.92	34.65
	150m: 1:37.67	33.74	550m: 6:13.76	34.66	950m: 10:54.98	35.40	1350m: 15:39.36	35.44
	200m: 2:11.65	33.98	600m: 6:48.70	34.94	1000m: 11:30.48	35.50	1400m: 16:14.04	34.68
	250m: 2:45.91	34.26	650m: 7:23.66	34.96	1050m: 12:06.26	35.78	1450m: 16:50.32	36.28
	300m: 3:20.61	34.70	700m: 7:58.69	35.03	1100m: 12:41.65	35.39	1500m: 17:25.10	34.78
	350m: 3:55.15	34.54	750m: 8:33.94	35.25	1150m: 13:17.80	36.15		
	400m: 4:29.64	34.49	800m: 9:08.74	34.80	1200m: 13:53.71	35.91		
3.	Tiago Joao Olas <i>TAC Zonal</i>	M	215503	10	Academico Viseu Futebol Clube	17:29.68	525	
	50m: 32.01	32.01	450m: 5:04.42	34.71	850m: 9:48.72	35.91	1250m: 14:32.14	35.19
	100m: 1:04.84	32.83	500m: 5:39.34	34.92	900m: 10:24.22	35.50	1300m: 15:07.33	35.19
	150m: 1:38.45	33.61	550m: 6:14.48	35.14	950m: 10:59.67	35.45	1350m: 15:43.49	36.16
	200m: 2:12.24	33.79	600m: 6:49.96	35.48	1000m: 11:35.34	35.67	1400m: 16:19.92	36.43
	250m: 2:46.36	34.12	650m: 7:25.43	35.47	1050m: 12:10.70	35.36	1450m: 16:55.81	35.89
	300m: 3:20.86	34.50	700m: 8:01.52	36.09	1100m: 12:45.99	35.29	1500m: 17:29.68	33.87
	350m: 3:55.37	34.51	750m: 8:37.12	35.60	1150m: 13:21.21	35.22		
	400m: 4:29.71	34.34	800m: 9:12.81	35.69	1200m: 13:56.95	35.74		
4.	Gabriel Silva Tavares	M	208224	10	Clube Desportivo de Estarreja	17:52.51	492	
	50m: 31.84	31.84	450m: 5:13.58	36.07	850m: 10:03.09	36.36	1250m: 14:54.34	36.57
	100m: 1:05.46	33.62	500m: 5:49.27	35.69	900m: 10:39.50	36.41	1300m: 15:31.30	36.96
	150m: 1:40.29	34.83	550m: 6:25.20	35.93	950m: 11:15.65	36.15	1350m: 16:07.90	36.60
	200m: 2:15.38	35.09	600m: 7:01.71	36.51	1000m: 11:51.74	36.09	1400m: 16:43.47	35.57
	250m: 2:50.81	35.43	650m: 7:38.05	36.34	1050m: 12:28.30	36.56	1450m: 17:18.41	34.94
	300m: 3:25.97	35.16	700m: 8:13.91	35.86	1100m: 13:05.25	36.95	1500m: 17:52.51	34.10
	350m: 4:01.59	35.62	750m: 8:50.47	36.56	1150m: 13:41.46	36.21		
	400m: 4:37.51	35.92	800m: 9:26.73	36.26	1200m: 14:17.77	36.31		
5.	Tomas Figueiredo Branco	M	206651	10	Galitos / Bresimar	18:06.90	473	
	50m: 32.54	32.54	450m: 5:16.34	36.22	850m: 10:07.94	36.58	1250m: 15:04.61	37.39
	100m: 1:06.73	34.19	500m: 5:52.68	36.34	900m: 10:44.76	36.82	1300m: 15:42.01	37.40
	150m: 1:41.85	35.12	550m: 6:28.55	35.87	950m: 11:21.64	36.88	1350m: 16:19.09	37.08
	200m: 2:17.14	35.29	600m: 7:04.96	36.41	1000m: 11:58.63	36.99	1400m: 16:55.50	36.41
	250m: 2:52.83	35.69	650m: 7:41.61	36.65	1050m: 12:35.49	36.86	1450m: 17:32.12	36.62
	300m: 3:28.77	35.94	700m: 8:17.64	36.03	1100m: 13:12.68	37.19	1500m: 18:06.90	34.78
	350m: 4:04.38	35.61	750m: 8:54.42	36.78	1150m: 13:49.80	37.12		
	400m: 4:40.12	35.74	800m: 9:31.36	36.94	1200m: 14:27.22	37.42		
6.	Rafael Moreira Assuncao	M	208539	10	Clube Desportivo Feirense	18:11.10	467	
	50m: 33.95	33.95	450m: 5:21.34	36.18	850m: 10:13.55	36.44	1250m: 15:07.85	37.41
	100m: 1:09.06	35.11	500m: 5:57.73	36.39	900m: 10:50.17	36.62	1300m: 15:45.28	37.43
	150m: 1:44.56	35.50	550m: 6:34.17	36.44	950m: 11:26.63	36.46	1350m: 16:22.01	36.73
	200m: 2:20.37	35.81	600m: 7:10.96	36.79	1000m: 12:03.12	36.49	1400m: 16:58.63	36.62
	250m: 2:56.93	36.56	650m: 7:47.64	36.68	1050m: 12:39.57	36.45	1450m: 17:35.09	36.46
	300m: 3:33.10	36.17	700m: 8:24.28	36.64	1100m: 13:16.65	37.08	1500m: 18:11.10	36.01
	350m: 4:09.09	35.99	750m: 9:00.80	36.52	1150m: 13:53.45	36.80		
	400m: 4:45.16	36.07	800m: 9:37.11	36.31	1200m: 14:30.44	36.99		

Prova 4, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINAPts	Obs
7.	Rodrigo Guedes Ferreira <i>FIL</i>	M	213631	10	Clube Desportivo Feirense	18:53.43	417	
	50m: 34.78 34.78		450m: 5:37.56		38.22	850m: 10:43.19		38.06
	100m: 1:11.37 36.59		500m: 6:15.64		38.08	900m: 11:20.98		37.79
	150m: 1:48.61 37.24		550m: 6:54.29		38.65	950m: 11:57.95		36.97
	200m: 2:26.59 37.98		600m: 7:32.79		38.50	1000m: 12:36.18		38.23
	250m: 3:04.60 38.01		650m: 8:10.84		38.05	1050m: 13:14.20		38.02
	300m: 3:43.02 38.42		700m: 8:48.85		38.01	1100m: 13:52.30		38.10
	350m: 4:21.09 38.07		750m: 9:26.87		38.02	1150m: 14:30.37		38.07
	400m: 4:59.34 38.25		800m: 10:05.13		38.26	1200m: 15:08.30		37.93
8.	Francisco Laranjeira Morais <i>FIL</i>	M	208427	10	Algés e Águeda XXI	19:04.11	405	
	50m: 32.64 32.64		450m: 5:32.11		38.28	850m: 10:41.83		38.73
	100m: 1:06.95 34.31		500m: 6:10.52		38.41	900m: 11:20.59		38.76
	150m: 1:43.20 36.25		550m: 6:48.91		38.39	950m: 11:59.30		38.71
	200m: 2:20.44 37.24		600m: 7:28.08		39.17	1000m: 12:38.01		38.71
	250m: 2:58.76 38.32		650m: 8:06.92		38.84	1050m: 13:16.97		38.96
	300m: 3:37.29 38.53		700m: 8:45.73		38.81	1100m: 13:56.22		39.25
	350m: 4:15.57 38.28		750m: 9:24.58		38.85	1150m: 14:34.92		38.70
	400m: 4:53.83 38.26		800m: 10:03.10		38.52	1200m: 15:13.47		38.55