

Prova 19  
 18.2.18 - 9:30

Masc., 1500m Livres

Infantis  
 Resultados

Rec Regional Inf A	16:31.35	Pedro Fontoura Oliveira	CFB	Reboleira	2004
Rec Regional Inf B	17:13.96	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Regional Absoluto	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	2015
Rec Nacional Inf A	16:13.14	Andre Vilas Ruivo	DNMG	Campo Maior	2014
Rec Nacional Inf B	17:11.29	Andre Vilas Ruivo	DNMG	Leiria	2013
Rec Nacional Absoluto	15:00.65	Rafael Lourenco Gil	SFUAP	Porto	2015

Mínimos de Participação Inf A: 21:06.13; Inf B: 22:12.76

Pontos: FINA 2017

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Infantis A</b>					
1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	<b>17:09.67</b>	558
	100m: 1:02.22 1:02.22	500m: 5:39.67 1:09.42	900m: 10:16.53 1:09.13	1300m: 14:54.45 1:09.82	
	200m: 2:10.61 1:08.39	600m: 6:49.05 1:09.38	1000m: 11:25.83 1:09.30	1400m: 16:03.21 1:08.76	
	300m: 3:20.17 1:09.56	700m: 7:58.23 1:09.18	1100m: 12:35.13 1:09.30	1500m: 17:09.67 1:06.46	
	400m: 4:30.25 1:10.08	800m: 9:07.40 1:09.17	1200m: 13:44.63 1:09.50		
2.	Francisco Amaro Santos	04	Geslours	<b>18:09.12</b>	472
	100m: 1:08.33 1:08.33	500m: 6:00.06 1:12.97	900m: 10:51.13 1:13.05	1300m: 15:43.64 1:13.39	
	200m: 2:21.81 1:13.48	600m: 7:12.48 1:12.42	1000m: 12:04.43 1:13.30	1400m: 16:57.56 1:13.92	
	300m: 3:34.45 1:12.64	700m: 8:25.59 1:13.11	1100m: 13:17.38 1:12.95	1500m: 18:09.12 1:11.56	
	400m: 4:47.09 1:12.64	800m: 9:38.08 1:12.49	1200m: 14:30.25 1:12.87		
3.	Andre Azevedo Baraona	04	C N Montijo	<b>18:21.05</b>	456
	100m: 1:05.29 1:05.29	500m: 5:58.24 1:13.98	900m: 10:52.63 1:13.24	1300m: 15:53.98 1:15.33	
	200m: 2:17.46 1:12.17	600m: 7:11.92 1:13.68	1000m: 12:07.56 1:14.93	1400m: 17:08.25 1:14.27	
	300m: 3:30.35 1:12.89	700m: 8:25.33 1:13.41	1100m: 13:22.48 1:14.92	1500m: 18:21.05 1:12.80	
	400m: 4:44.26 1:13.91	800m: 9:39.39 1:14.06	1200m: 14:38.65 1:16.17		
4.	Afonso Figueiredo Frasquilho	04	Sporting	<b>18:33.82</b>	441
	100m: 1:07.88 1:07.88	500m: 6:03.98 1:14.45	900m: 11:04.29 1:13.47	1300m: 16:03.42 1:15.97	
	200m: 2:21.62 1:13.74	600m: 7:19.58 1:15.60	1000m: 12:19.60 1:15.31	1400m: 17:18.43 1:15.01	
	300m: 3:35.20 1:13.58	700m: 8:34.65 1:15.07	1100m: 13:32.80 1:13.20	1500m: 18:33.82 1:15.39	
	400m: 4:49.53 1:14.33	800m: 9:50.82 1:16.17	1200m: 14:47.45 1:14.65		
5.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	<b>19:06.63</b>	404
	100m: 1:08.83 1:08.83	500m: 6:17.22 1:17.19	900m: 11:25.99 1:17.10	1300m: 16:37.01 1:17.40	
	200m: 2:25.12 1:16.29	600m: 7:34.87 1:17.65	1000m: 12:44.48 1:18.49	1400m: 17:54.42 1:17.41	
	300m: 3:42.19 1:17.07	700m: 8:51.06 1:16.19	1100m: 14:02.03 1:17.55	1500m: 19:06.63 1:12.21	
	400m: 5:00.03 1:17.84	800m: 10:08.89 1:17.83	1200m: 15:19.61 1:17.58		
6.	Goncalo Gomes Augusto	04	Laranjeiro	<b>19:46.71</b>	364
	100m: 1:11.84 1:11.84	500m: 6:26.86 1:19.19	900m: 11:46.49 1:20.84	1300m: 17:09.23 1:21.07	
	200m: 2:30.00 1:18.16	600m: 7:46.40 1:19.54	1000m: 13:08.08 1:21.59	1400m: 18:29.82 1:20.59	
	300m: 3:48.48 1:18.48	700m: 9:05.80 1:19.40	1100m: 14:28.57 1:20.49	1500m: 19:46.71 1:16.89	
	400m: 5:07.67 1:19.19	800m: 10:25.65 1:19.85	1200m: 15:48.16 1:19.59		
7.	Joao Ramos Cardoso	04	Geslours	<b>19:49.72</b>	362
	100m: 1:13.31 1:13.31	500m: 6:34.66 1:20.37	900m: 11:57.49 1:21.31	1300m: 17:16.66 1:19.88	
	200m: 2:32.81 1:19.50	600m: 7:54.63 1:19.97	1000m: 13:17.75 1:20.26	1400m: 18:34.97 1:18.31	
	300m: 3:53.56 1:20.75	700m: 9:15.52 1:20.89	1100m: 14:36.89 1:19.14	1500m: 19:49.72 1:14.75	
	400m: 5:14.29 1:20.73	800m: 10:36.18 1:20.66	1200m: 15:56.78 1:19.89		
<b>Infantis B</b>					
1.	Miguel Grancho Gonçalves	05	Geslours	<b>19:08.36</b>	402
	100m: 1:13.49 1:13.49	500m: 6:22.68 1:17.74	900m: 11:31.16 1:16.48	1300m: 16:37.78 1:16.48	
	200m: 2:30.76 1:17.27	600m: 7:40.20 1:17.52	1000m: 12:47.32 1:16.16	1400m: 17:53.14 1:15.36	
	300m: 3:47.95 1:17.19	700m: 8:57.46 1:17.26	1100m: 14:04.34 1:17.02	1500m: 19:08.36 1:15.22	
	400m: 5:04.94 1:16.99	800m: 10:14.68 1:17.22	1200m: 15:21.30 1:16.96		
2.	Filipe Simoes Freitas	05	Sporting	<b>19:14.56</b>	396
	100m: 1:15.26 1:15.26	500m: 6:27.37 1:18.08	900m: 11:37.32 1:17.63	1300m: 16:44.26 1:16.80	
	200m: 2:33.43 1:18.17	600m: 7:44.60 1:17.23	1000m: 12:54.14 1:16.82	1400m: 18:01.06 1:16.80	
	300m: 3:51.80 1:18.37	700m: 9:02.51 1:17.91	1100m: 14:10.75 1:16.61	1500m: 19:14.56 1:13.50	
	400m: 5:09.29 1:17.49	800m: 10:19.69 1:17.18	1200m: 15:27.46 1:16.71		
3.	Daniel Pankivskiy	05	CPCD - Póvoa Sta Iria	<b>19:37.36</b>	373
	100m: 1:14.67 1:14.67	500m: 6:30.34 1:19.35	900m: 11:49.04 1:19.89	1300m: 17:04.32 1:18.90	
	200m: 2:33.28 1:18.61	600m: 7:50.13 1:19.79	1000m: 13:07.13 1:18.09	1400m: 18:22.33 1:18.01	
	300m: 3:52.00 1:18.72	700m: 9:09.41 1:19.28	1100m: 14:26.79 1:19.66	1500m: 19:37.36 1:15.03	
	400m: 5:10.99 1:18.99	800m: 10:29.15 1:19.74	1200m: 15:45.42 1:18.63		

Prova 19, Masc., 1500m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
4.	Francisco Lourenço Vasconcelos	05	Gesloures	<b>19:49.87</b>	362
	100m: 1:17.22 1:17.22	500m: 6:38.55 1:20.03	900m: 11:54.96 1:19.41	1300m: 17:14.00 1:19.93	
	200m: 2:38.18 1:20.96	600m: 7:57.41 1:18.86	1000m: 13:14.55 1:19.59	1400m: 18:33.13 1:19.13	
	300m: 3:58.12 1:19.94	700m: 9:16.12 1:18.71	1100m: 14:34.35 1:19.80	1500m: 19:49.87 1:16.74	
	400m: 5:18.52 1:20.40	800m: 10:35.55 1:19.43	1200m: 15:54.07 1:19.72		
5.	Vasco Alves Morgado	05	Algés	<b>20:09.00</b>	345
	100m: 1:17.79 1:17.79	500m: 6:40.41 1:21.18	900m: 12:07.41 1:21.88	1300m: 17:31.72 1:20.76	
	200m: 2:38.19 1:20.40	600m: 8:02.02 1:21.61	1000m: 13:29.78 1:22.37	1400m: 18:52.14 1:20.42	
	300m: 3:58.50 1:20.31	700m: 9:23.94 1:21.92	1100m: 14:50.74 1:20.96	1500m: 20:09.00 1:16.86	
	400m: 5:19.23 1:20.73	800m: 10:45.53 1:21.59	1200m: 16:10.96 1:20.22		
6.	Tomas Ferreira Duro	05	Colégio Monte Maior	<b>20:25.98</b>	331
	100m: 1:16.51 1:16.51	500m: 6:46.31 1:23.72	900m: 12:17.31 1:22.62	1300m: 17:46.05 1:21.69	
	200m: 2:36.84 1:20.33	600m: 8:10.34 1:24.03	1000m: 13:39.57 1:22.26	1400m: 19:08.07 1:22.02	
	300m: 3:58.74 1:21.90	700m: 9:31.95 1:21.61	1100m: 15:02.12 1:22.55	1500m: 20:25.98 1:17.91	
	400m: 5:22.59 1:23.85	800m: 10:54.69 1:22.74	1200m: 16:24.36 1:22.24		
7.	Rodrigo Ferreira Mimoso	05	Algés	<b>20:26.92</b>	330
	100m: 1:19.84 1:19.84	500m: 6:49.71 1:22.17	900m: 12:19.08 1:21.43	1300m: 17:47.06 1:22.19	
	200m: 2:43.21 1:23.37	600m: 8:12.20 1:22.49	1000m: 13:40.78 1:21.70	1400m: 19:08.40 1:21.34	
	300m: 4:05.63 1:22.42	700m: 9:35.03 1:22.83	1100m: 15:03.17 1:22.39	1500m: 20:26.92 1:18.52	
	400m: 5:27.54 1:21.91	800m: 10:57.65 1:22.62	1200m: 16:24.87 1:21.70		
8.	Henrique Caetano Grilo	05	Colégio Monte Maior	<b>20:33.90</b>	324
	100m: 1:16.64 1:16.64	500m: 6:49.20 1:22.88	900m: 12:22.01 1:23.47	1300m: 17:53.00 1:23.36	
	200m: 2:39.50 1:22.86	600m: 8:11.99 1:22.79	1000m: 13:44.74 1:22.73	1400m: 19:14.82 1:21.82	
	300m: 4:03.04 1:23.54	700m: 9:35.44 1:23.45	1100m: 15:06.69 1:21.95	1500m: 20:33.90 1:19.08	
	400m: 5:26.32 1:23.28	800m: 10:58.54 1:23.10	1200m: 16:29.64 1:22.95		
9.	João Ferreira Rodrigues	05	Amadora	<b>21:13.71</b>	295
	100m: 1:18.64 1:18.64	500m: 6:59.58 1:25.99	900m: 12:46.06 1:26.20	1300m: 18:28.84 1:25.61	
	200m: 2:43.02 1:24.38	600m: 8:26.52 1:26.94	1000m: 14:11.27 1:25.21	1400m: 19:53.59 1:24.75	
	300m: 4:08.48 1:25.46	700m: 9:53.73 1:27.21	1100m: 15:36.76 1:25.49	1500m: 21:13.71 1:20.12	
	400m: 5:33.59 1:25.11	800m: 11:19.86 1:26.13	1200m: 17:03.23 1:26.47		
DSQ	Diogo Jose Guinote	05	Sporting		
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>				

Infantis

1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	<b>17:09.67</b>	558
	100m: 1:02.22 1:02.22	500m: 5:39.67 1:09.42	900m: 10:16.53 1:09.13	1300m: 14:54.45 1:09.82	
	200m: 2:10.61 1:08.39	600m: 6:49.05 1:09.38	1000m: 11:25.83 1:09.30	1400m: 16:03.21 1:08.76	
	300m: 3:20.17 1:09.56	700m: 7:58.23 1:09.18	1100m: 12:35.13 1:09.30	1500m: 17:09.67 1:06.46	
	400m: 4:30.25 1:10.08	800m: 9:07.40 1:09.17	1200m: 13:44.63 1:09.50		
2.	Francisco Amaro Santos	04	Gesloures	<b>18:09.12</b>	472
	100m: 1:08.33 1:08.33	500m: 6:00.06 1:12.97	900m: 10:51.13 1:13.05	1300m: 15:43.64 1:13.39	
	200m: 2:21.81 1:13.48	600m: 7:12.48 1:12.42	1000m: 12:04.43 1:13.30	1400m: 16:57.56 1:13.92	
	300m: 3:34.45 1:12.64	700m: 8:25.59 1:13.11	1100m: 13:17.38 1:12.95	1500m: 18:09.12 1:11.56	
	400m: 4:47.09 1:12.64	800m: 9:38.08 1:12.49	1200m: 14:30.25 1:12.87		
3.	Andre Azevedo Baraona	04	C N Montijo	<b>18:21.05</b>	456
	100m: 1:05.29 1:05.29	500m: 5:58.24 1:13.98	900m: 10:52.63 1:13.24	1300m: 15:53.98 1:15.33	
	200m: 2:17.46 1:12.17	600m: 7:11.92 1:13.68	1000m: 12:07.56 1:14.93	1400m: 17:08.25 1:14.27	
	300m: 3:30.35 1:12.89	700m: 8:25.33 1:13.41	1100m: 13:22.48 1:14.92	1500m: 18:21.05 1:12.80	
	400m: 4:44.26 1:13.91	800m: 9:39.39 1:14.06	1200m: 14:38.65 1:16.17		
4.	Afonso Figueiredo Frasquilho	04	Sporting	<b>18:33.82</b>	441
	100m: 1:07.88 1:07.88	500m: 6:03.98 1:14.45	900m: 11:04.29 1:13.47	1300m: 16:03.42 1:15.97	
	200m: 2:21.62 1:13.74	600m: 7:19.58 1:15.60	1000m: 12:19.60 1:15.31	1400m: 17:18.43 1:15.01	
	300m: 3:35.20 1:13.58	700m: 8:34.65 1:15.07	1100m: 13:32.80 1:13.20	1500m: 18:33.82 1:15.39	
	400m: 4:49.53 1:14.33	800m: 9:50.82 1:16.17	1200m: 14:47.45 1:14.65		
5.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	<b>19:06.63</b>	404
	100m: 1:08.83 1:08.83	500m: 6:17.22 1:17.19	900m: 11:25.99 1:17.10	1300m: 16:37.01 1:17.40	
	200m: 2:25.12 1:16.29	600m: 7:34.87 1:17.65	1000m: 12:44.48 1:18.49	1400m: 17:54.42 1:17.41	
	300m: 3:42.19 1:17.07	700m: 8:51.06 1:16.19	1100m: 14:02.03 1:17.55	1500m: 19:06.63 1:12.21	
	400m: 5:00.03 1:17.84	800m: 10:08.89 1:17.83	1200m: 15:19.61 1:17.58		
6.	Miguel Grancho Gonçalves	05	Gesloures	<b>19:08.36</b>	402
	100m: 1:13.49 1:13.49	500m: 6:22.68 1:17.74	900m: 11:31.16 1:16.48	1300m: 16:37.78 1:16.48	
	200m: 2:30.76 1:17.27	600m: 7:40.20 1:17.52	1000m: 12:47.32 1:16.16	1400m: 17:53.14 1:15.36	
	300m: 3:47.95 1:17.19	700m: 8:57.46 1:17.26	1100m: 14:04.34 1:17.02	1500m: 19:08.36 1:15.22	
	400m: 5:04.94 1:16.99	800m: 10:14.68 1:17.22	1200m: 15:21.30 1:16.96		

Prova 19, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Filipe Simoes Freitas	05	Sporting	<b>19:14.56</b>	396
	100m: 1:15.26 1:15.26	500m: 6:27.37 1:18.08	900m: 11:37.32 1:17.63	1300m: 16:44.26 1:16.80	
	200m: 2:33.43 1:18.17	600m: 7:44.60 1:17.23	1000m: 12:54.14 1:16.82	1400m: 18:01.06 1:16.80	
	300m: 3:51.80 1:18.37	700m: 9:02.51 1:17.91	1100m: 14:10.75 1:16.61	1500m: 19:14.56 1:13.50	
	400m: 5:09.29 1:17.49	800m: 10:19.69 1:17.18	1200m: 15:27.46 1:16.71		
8.	Daniel Pankivskiy	05	CPCD - Póvoa Sta Iria	<b>19:37.36</b>	373
	100m: 1:14.67 1:14.67	500m: 6:30.34 1:19.35	900m: 11:49.04 1:19.89	1300m: 17:04.32 1:18.90	
	200m: 2:33.28 1:18.61	600m: 7:50.13 1:19.79	1000m: 13:07.13 1:18.09	1400m: 18:22.33 1:18.01	
	300m: 3:52.00 1:18.72	700m: 9:09.41 1:19.28	1100m: 14:26.79 1:19.66	1500m: 19:37.36 1:15.03	
	400m: 5:10.99 1:18.99	800m: 10:29.15 1:19.74	1200m: 15:45.42 1:18.63		
9.	Goncalo Gomes Augusto	04	Laranjeiro	<b>19:46.71</b>	364
	100m: 1:11.84 1:11.84	500m: 6:26.86 1:19.19	900m: 11:46.49 1:20.84	1300m: 17:09.23 1:21.07	
	200m: 2:30.00 1:18.16	600m: 7:46.40 1:19.54	1000m: 13:08.08 1:21.59	1400m: 18:29.82 1:20.59	
	300m: 3:48.48 1:18.48	700m: 9:05.80 1:19.40	1100m: 14:28.57 1:20.49	1500m: 19:46.71 1:16.89	
	400m: 5:07.67 1:19.19	800m: 10:25.65 1:19.85	1200m: 15:48.16 1:19.59		
10.	Joao Ramos Cardoso	04	Geslours	<b>19:49.72</b>	362
	100m: 1:13.31 1:13.31	500m: 6:34.66 1:20.37	900m: 11:57.49 1:21.31	1300m: 17:16.66 1:19.88	
	200m: 2:32.81 1:19.50	600m: 7:54.63 1:19.97	1000m: 13:17.75 1:20.26	1400m: 18:34.97 1:18.31	
	300m: 3:53.56 1:20.75	700m: 9:15.52 1:20.89	1100m: 14:36.89 1:19.14	1500m: 19:49.72 1:14.75	
	400m: 5:14.29 1:20.73	800m: 10:36.18 1:20.66	1200m: 15:56.78 1:19.89		
11.	Francisco Lourenço Vasconcelos	05	Geslours	<b>19:49.87</b>	362
	100m: 1:17.22 1:17.22	500m: 6:38.55 1:20.03	900m: 11:54.96 1:19.41	1300m: 17:14.00 1:19.93	
	200m: 2:38.18 1:20.96	600m: 7:57.41 1:18.86	1000m: 13:14.55 1:19.59	1400m: 18:33.13 1:19.13	
	300m: 3:58.12 1:19.94	700m: 9:16.12 1:18.71	1100m: 14:34.35 1:19.80	1500m: 19:49.87 1:16.74	
	400m: 5:18.52 1:20.40	800m: 10:35.55 1:19.43	1200m: 15:54.07 1:19.72		
12.	Vasco Alves Morgado	05	Algés	<b>20:09.00</b>	345
	100m: 1:17.79 1:17.79	500m: 6:40.41 1:21.18	900m: 12:07.41 1:21.88	1300m: 17:31.72 1:20.76	
	200m: 2:38.19 1:20.40	600m: 8:02.02 1:21.61	1000m: 13:29.78 1:22.37	1400m: 18:52.14 1:20.42	
	300m: 3:58.50 1:20.31	700m: 9:23.94 1:21.92	1100m: 14:50.74 1:20.96	1500m: 20:09.00 1:16.86	
	400m: 5:19.23 1:20.73	800m: 10:45.53 1:21.59	1200m: 16:10.96 1:20.22		
13.	Tomas Ferreira Duro	05	Colégio Monte Maior	<b>20:25.98</b>	331
	100m: 1:16.51 1:16.51	500m: 6:46.31 1:23.72	900m: 12:17.31 1:22.62	1300m: 17:46.05 1:21.69	
	200m: 2:36.84 1:20.33	600m: 8:10.34 1:24.03	1000m: 13:39.57 1:22.26	1400m: 19:08.07 1:22.02	
	300m: 3:58.74 1:21.90	700m: 9:31.95 1:21.61	1100m: 15:02.12 1:22.55	1500m: 20:25.98 1:17.91	
	400m: 5:22.59 1:23.85	800m: 10:54.69 1:22.74	1200m: 16:24.36 1:22.24		
14.	Rodrigo Ferreira Mimoso	05	Algés	<b>20:26.92</b>	330
	100m: 1:19.84 1:19.84	500m: 6:49.71 1:22.17	900m: 12:19.08 1:21.43	1300m: 17:47.06 1:22.19	
	200m: 2:43.21 1:23.37	600m: 8:12.20 1:22.49	1000m: 13:40.78 1:21.70	1400m: 19:08.40 1:21.34	
	300m: 4:05.63 1:22.42	700m: 9:35.03 1:22.83	1100m: 15:03.17 1:22.39	1500m: 20:26.92 1:18.52	
	400m: 5:27.54 1:21.91	800m: 10:57.65 1:22.62	1200m: 16:24.87 1:21.70		
15.	Henrique Caetano Grilo	05	Colégio Monte Maior	<b>20:33.90</b>	324
	100m: 1:16.64 1:16.64	500m: 6:49.20 1:22.88	900m: 12:22.01 1:23.47	1300m: 17:53.00 1:23.36	
	200m: 2:39.50 1:22.86	600m: 8:11.99 1:22.79	1000m: 13:44.74 1:22.73	1400m: 19:14.82 1:21.82	
	300m: 4:03.04 1:23.54	700m: 9:35.44 1:23.45	1100m: 15:06.69 1:21.95	1500m: 20:33.90 1:19.08	
	400m: 5:26.32 1:23.28	800m: 10:58.54 1:23.10	1200m: 16:29.64 1:22.95		
16.	João Ferreira Rodrigues	05	Amadora	<b>21:13.71</b>	295
	100m: 1:18.64 1:18.64	500m: 6:59.58 1:25.99	900m: 12:46.06 1:26.20	1300m: 18:28.84 1:25.61	
	200m: 2:43.02 1:24.38	600m: 8:26.52 1:26.94	1000m: 14:11.27 1:25.21	1400m: 19:53.59 1:24.75	
	300m: 4:08.48 1:25.46	700m: 9:53.73 1:27.21	1100m: 15:36.76 1:25.49	1500m: 21:13.71 1:20.12	
	400m: 5:33.59 1:25.11	800m: 11:19.86 1:26.13	1200m: 17:03.23 1:26.47		
DSQ	Diogo Jose Guinote	05	Sporting		
	G1 - Efectuou falsa partida (SW 4.4)				