

Prova 38
24.11.2019 - 16:00
Masc., 800m Livres
Absolutos
Resultados

Rec Regional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Sen	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	7:56.83	Filipe Miguel Santo	SLB	Porto	2017
Rec Regional Jun 1	8:18.36	Rafael Lourenço Gil	ANAM	Alapraia	2013
Rec Nacional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Sen	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Jun 2	8:00.39	Rafael Lourenço Gil	ANAM	Felgueiras	2013
Rec Nacional Jun 1	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	2009

TAC Jun 1: 9:42.43; Jun 2: 9:34.11; Sen: 9:23.02

Pontos: FINA 2019

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juniores						
1.	Pedro Miguel Pinto	02	Sporting	9:34.11	8:35.86	635
	50m: 29.57 29.57	250m: 2:39.31 32.66	450m: 4:49.15 32.09	650m: 6:59.78 32.81		
	100m: 1:01.68 32.11	300m: 3:11.79 32.48	500m: 5:21.53 32.38	700m: 7:32.50 32.72		
	150m: 1:34.25 32.57	350m: 3:44.43 32.64	550m: 5:54.29 32.76	750m: 8:04.88 32.38		
	200m: 2:06.65 32.40	400m: 4:17.06 32.63	600m: 6:26.97 32.68	800m: 8:35.86 30.98		
2.	Francisco Costa Nunes	02	Sporting	8:29.02	8:38.02	627
	50m: 28.91 28.91	250m: 2:35.53 31.81	450m: 4:46.88 33.28	650m: 6:59.78 32.96		
	100m: 1:00.29 31.38	300m: 3:07.87 32.34	500m: 5:20.24 33.36	700m: 7:32.43 32.65		
	150m: 1:32.08 31.79	350m: 3:40.69 32.82	550m: 5:53.85 33.61	750m: 8:05.58 33.15		
	200m: 2:03.72 31.64	400m: 4:13.60 32.91	600m: 6:26.82 32.97	800m: 8:38.02 32.44		
3.	Rafael Rodrigues Jacinto	02	Belenenses	8:48.85	8:42.06	612
	50m: 29.09 29.09	250m: 2:38.83 33.01	450m: 4:52.06 32.87	650m: 7:05.50 32.79		
	100m: 1:00.83 31.74	300m: 3:11.99 33.16	500m: 5:25.67 33.61	700m: 7:38.36 32.86		
	150m: 1:33.06 32.23	350m: 3:45.52 33.53	550m: 5:59.09 33.42	750m: 8:11.26 32.90		
	200m: 2:05.82 32.76	400m: 4:19.19 33.67	600m: 6:32.71 33.62	800m: 8:42.06 30.80		
4.	Diogo Miguel Duraes	03	C N Montijo	9:28.23	8:57.77	560
	50m: 29.69 29.69	250m: 2:44.40 33.99	450m: 5:01.15 33.98	650m: 7:17.82 33.87		
	100m: 1:02.86 33.17	300m: 3:18.94 34.54	500m: 5:35.36 34.21	700m: 7:51.66 33.84		
	150m: 1:36.78 33.92	350m: 3:53.04 34.10	550m: 6:09.54 34.18	750m: 8:26.09 34.43		
	200m: 2:10.41 33.63	400m: 4:27.17 34.13	600m: 6:43.95 34.41	800m: 8:57.77 31.68		
5.	Pedro Esteves Duarte	03	Cova Da Piedade	8:55.09	8:58.97	556
	50m: 30.06 30.06	250m: 2:46.49 34.82	450m: 5:03.18 33.90	650m: 7:19.08 34.16		
	100m: 1:03.29 33.23	300m: 3:20.92 34.43	500m: 5:37.19 34.01	700m: 7:53.13 34.05		
	150m: 1:37.34 34.05	350m: 3:55.05 34.13	550m: 6:11.09 33.90	750m: 8:28.85 33.72		
	200m: 2:11.67 34.33	400m: 4:29.28 34.23	600m: 6:44.92 33.83	800m: 8:58.97 32.12		
6.	Alexandre Coelho Vieira	03	Sporting	9:08.95	9:04.34	540
	50m: 29.20 29.20	250m: 2:44.17 34.39	450m: 5:03.57 34.94	650m: 7:21.72 34.53		
	100m: 1:01.69 32.49	300m: 3:18.86 34.69	500m: 5:37.79 34.22	700m: 7:56.78 35.06		
	150m: 1:35.28 33.59	350m: 3:53.71 34.85	550m: 6:12.27 34.48	750m: 8:31.63 34.85		
	200m: 2:09.78 34.50	400m: 4:28.63 34.92	600m: 6:47.19 34.92	800m: 9:04.34 32.71		

Seniores

1.	Tiago Cunha Costa	99	Sporting	8:00.98	8:10.16	740
	50m: 27.25 27.25	250m: 2:27.97 30.65	450m: 4:31.20 30.97	650m: 6:36.79 31.68		
	100m: 56.73 29.48	300m: 2:58.51 30.54	500m: 5:02.45 31.25	700m: 7:08.48 31.69		
	150m: 1:26.91 30.18	350m: 3:29.33 30.82	550m: 5:33.74 31.29	750m: 7:40.03 31.55		
	200m: 1:57.32 30.41	400m: 4:00.23 30.90	600m: 6:05.11 31.37	800m: 8:10.16 30.13		
2.	Bruno Rey Barros	01	Sporting	8:20.07	8:24.39	679
	50m: 28.65 28.65	250m: 2:35.93 32.02	450m: 4:43.72 31.01	650m: 6:50.56 31.93		
	100m: 1:00.38 31.73	300m: 3:08.18 32.25	500m: 5:15.12 31.40	700m: 7:22.77 32.21		
	150m: 1:31.85 31.47	350m: 3:40.37 32.19	550m: 5:46.51 31.39	750m: 7:54.21 31.44		
	200m: 2:03.91 32.06	400m: 4:12.71 32.34	600m: 6:18.63 32.12	800m: 8:24.39 30.18		
3.	Afonso Ribeiro Bate	98	Algés	8:37.90	8:30.87	653
	50m: 28.22 28.22	250m: 2:36.52 32.14	450m: 4:44.80 31.56	650m: 6:54.58 32.77		
	100m: 1:00.15 31.93	300m: 3:08.81 32.29	500m: 5:16.78 31.98	700m: 7:27.35 32.77		
	150m: 1:32.28 32.13	350m: 3:40.88 32.07	550m: 5:49.15 32.37	750m: 7:59.83 32.48		
	200m: 2:04.38 32.10	400m: 4:13.24 32.36	600m: 6:21.81 32.66	800m: 8:30.87 31.04		
4.	Tiago Roberto Cordeiro	00	Benfica	9:23.02	8:33.25	644
	50m: 28.67 28.67	250m: 2:38.68 32.73	450m: 4:48.48 32.34	650m: 6:57.78 32.45		
	100m: 1:00.40 31.73	300m: 3:11.19 32.51	500m: 5:20.83 32.35	700m: 7:30.12 32.34		
	150m: 1:33.38 32.98	350m: 3:43.67 32.48	550m: 5:53.25 32.42	750m: 8:02.56 32.44		
	200m: 2:05.95 32.57	400m: 4:16.14 32.47	600m: 6:25.33 32.08	800m: 8:33.25 30.69		

Prova 38, Masc., 800m Livres, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
5.	Daniel Nogueira Catalao	00	Benfica	9:23.02	8:58.04	559
	50m: 30.35 30.35	250m: 2:40.15 32.64	450m: 4:52.51 33.80	650m: 7:13.62 35.95		
	100m: 1:02.37 32.02	300m: 3:12.87 32.72	500m: 5:27.15 34.64	700m: 7:49.19 35.57		
	150m: 1:34.77 32.40	350m: 3:45.66 32.79	550m: 6:02.09 34.94	750m: 8:25.46 36.27		
	200m: 2:07.51 32.74	400m: 4:18.71 33.05	600m: 6:37.67 35.58	800m: 8:58.04 32.58		
6.	Miguel Duarte Cruz	99	Belenenses	9:23.02	9:08.02	529
	50m: 30.66 30.66	250m: 2:48.37 34.66	450m: 5:07.40 34.61	650m: 7:26.82 34.72		
	100m: 1:04.38 33.72	300m: 3:23.13 34.76	500m: 5:42.29 34.89	700m: 8:01.83 35.01		
	150m: 1:39.02 34.64	350m: 3:58.03 34.90	550m: 6:17.07 34.78	750m: 8:35.94 34.11		
	200m: 2:13.71 34.69	400m: 4:32.79 34.76	600m: 6:52.10 35.03	800m: 9:08.02 32.08		
7.	Filipe Nunes Magalhaes <i>Fora Tempo Acesso</i>	98	Natação de Lisboa	9:17.33	9:29.78	471
	50m: 29.71 29.71	250m: 2:47.80 35.58	450m: 5:15.41 37.06	650m: 7:43.97 37.51		
	100m: 1:02.92 33.21	300m: 3:24.02 36.22	500m: 5:52.02 36.61	700m: 8:20.74 36.77		
	150m: 1:37.46 34.54	350m: 4:01.20 37.18	550m: 6:28.97 36.95	750m: 8:56.59 35.85		
	200m: 2:12.22 34.76	400m: 4:38.35 37.15	600m: 7:06.46 37.49	800m: 9:29.78 33.19		
8.	Francisco Madruga Silva <i>Fora Tempo Acesso</i>	98	Natação de Lisboa	9:23.02	9:38.45	450
	50m: 29.43 29.43	250m: 2:52.01 36.70	450m: 5:19.66 37.27	650m: 7:48.72 37.49		
	100m: 1:02.87 33.44	300m: 3:28.50 36.49	500m: 5:56.95 37.29	700m: 8:25.45 36.73		
	150m: 1:38.47 35.60	350m: 4:05.29 36.79	550m: 6:34.25 37.30	750m: 9:02.30 36.85		
	200m: 2:15.31 36.84	400m: 4:42.39 37.10	600m: 7:11.23 36.98	800m: 9:38.45 36.15		
9.	Pedro Ferraz Esteves <i>Fora Tempo Acesso</i>	99	Natação de Lisboa	9:23.02	9:46.69	431
	50m: 30.01 30.01	250m: 2:50.42 35.58	450m: 5:18.44 37.78	650m: 7:54.67 39.44		
	100m: 1:04.11 34.10	300m: 3:26.44 36.02	500m: 5:57.41 38.97	700m: 8:32.88 38.21		
	150m: 1:39.40 35.29	350m: 4:03.42 36.98	550m: 6:36.51 39.10	750m: 9:09.87 36.99		
	200m: 2:14.84 35.44	400m: 4:40.66 37.24	600m: 7:15.23 38.72	800m: 9:46.69 36.82		

Absolutos

1.	Tiago Cunha Costa <i>Campeão Regional</i>	99	Sporting	8:00.98	8:10.16	740
	50m: 27.25 27.25	250m: 2:27.97 30.65	450m: 4:31.20 30.97	650m: 6:36.79 31.68		
	100m: 56.73 29.48	300m: 2:58.51 30.54	500m: 5:02.45 31.25	700m: 7:08.48 31.69		
	150m: 1:26.91 30.18	350m: 3:29.33 30.82	550m: 5:33.74 31.29	750m: 7:40.03 31.55		
	200m: 1:57.32 30.41	400m: 4:00.23 30.90	600m: 6:05.11 31.37	800m: 8:10.16 30.13		
2.	Bruno Rey Barros	01	Sporting	8:20.07	8:24.39	679
	50m: 28.65 28.65	250m: 2:35.93 32.02	450m: 4:43.72 31.01	650m: 6:50.56 31.93		
	100m: 1:00.38 31.73	300m: 3:08.18 32.25	500m: 5:15.12 31.40	700m: 7:22.77 32.21		
	150m: 1:31.85 31.47	350m: 3:40.37 32.19	550m: 5:46.51 31.39	750m: 7:54.21 31.44		
	200m: 2:03.91 32.06	400m: 4:12.71 32.34	600m: 6:18.63 32.12	800m: 8:24.39 30.18		
3.	Afonso Ribeiro Bate	98	Algés	8:37.90	8:30.87	653
	50m: 28.22 28.22	250m: 2:36.52 32.14	450m: 4:44.80 31.56	650m: 6:54.58 32.77		
	100m: 1:00.15 31.93	300m: 3:08.81 32.29	500m: 5:16.78 31.98	700m: 7:27.35 32.77		
	150m: 1:32.28 32.13	350m: 3:40.88 32.07	550m: 5:49.15 32.37	750m: 7:59.83 32.48		
	200m: 2:04.38 32.10	400m: 4:13.24 32.36	600m: 6:21.81 32.66	800m: 8:30.87 31.04		
4.	Tiago Roberto Cordeiro	00	Benfica	9:23.02	8:33.25	644
	50m: 28.67 28.67	250m: 2:38.68 32.73	450m: 4:48.48 32.34	650m: 6:57.78 32.45		
	100m: 1:00.40 31.73	300m: 3:11.19 32.51	500m: 5:20.83 32.35	700m: 7:30.12 32.34		
	150m: 1:33.38 32.98	350m: 3:43.67 32.48	550m: 5:53.25 32.42	750m: 8:02.56 32.44		
	200m: 2:05.95 32.57	400m: 4:16.14 32.47	600m: 6:25.33 32.08	800m: 8:33.25 30.69		
5.	Pedro Miguel Pinto	02	Sporting	9:34.11	8:35.86	635
	50m: 29.57 29.57	250m: 2:39.31 32.66	450m: 4:49.15 32.09	650m: 6:59.78 32.81		
	100m: 1:01.68 32.11	300m: 3:11.79 32.48	500m: 5:21.53 32.38	700m: 7:32.50 32.72		
	150m: 1:34.25 32.57	350m: 3:44.43 32.64	550m: 5:54.29 32.76	750m: 8:04.88 32.38		
	200m: 2:06.65 32.40	400m: 4:17.06 32.63	600m: 6:26.97 32.68	800m: 8:35.86 30.98		
6.	Francisco Costa Nunes	02	Sporting	8:29.02	8:38.02	627
	50m: 28.91 28.91	250m: 2:35.53 31.81	450m: 4:46.88 33.28	650m: 6:59.78 32.96		
	100m: 1:00.29 31.38	300m: 3:07.87 32.34	500m: 5:20.24 33.36	700m: 7:32.43 32.65		
	150m: 1:32.08 31.79	350m: 3:40.69 32.82	550m: 5:53.85 33.61	750m: 8:05.58 33.15		
	200m: 2:03.72 31.64	400m: 4:13.60 32.91	600m: 6:26.82 32.97	800m: 8:38.02 32.44		

Prova 38, Masc., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
7.	Rafael Rodrigues Jacinto	02	Belenenses	8:48.85	8:42.06	612
	50m: 29.09 29.09	250m: 2:38.83 33.01	450m: 4:52.06 32.87	650m: 7:05.50 32.79		
	100m: 1:00.83 31.74	300m: 3:11.99 33.16	500m: 5:25.67 33.61	700m: 7:38.36 32.86		
	150m: 1:33.06 32.23	350m: 3:45.52 33.53	550m: 5:59.09 33.42	750m: 8:11.26 32.90		
	200m: 2:05.82 32.76	400m: 4:19.19 33.67	600m: 6:32.71 33.62	800m: 8:42.06 30.80		
8.	Diogo Miguel Duraes	03	C N Montijo	9:28.23	8:57.77	560
	50m: 29.69 29.69	250m: 2:44.40 33.99	450m: 5:01.15 33.98	650m: 7:17.82 33.87		
	100m: 1:02.86 33.17	300m: 3:18.94 34.54	500m: 5:35.36 34.21	700m: 7:51.66 33.84		
	150m: 1:36.78 33.92	350m: 3:53.04 34.10	550m: 6:09.54 34.18	750m: 8:26.09 34.43		
	200m: 2:10.41 33.63	400m: 4:27.17 34.13	600m: 6:43.95 34.41	800m: 8:57.77 31.68		
9.	Daniel Nogueira Catalao	00	Benfica	9:23.02	8:58.04	559
	50m: 30.35 30.35	250m: 2:40.15 32.64	450m: 4:52.51 33.80	650m: 7:13.62 35.95		
	100m: 1:02.37 32.02	300m: 3:12.87 32.72	500m: 5:27.15 34.64	700m: 7:49.19 35.57		
	150m: 1:34.77 32.40	350m: 3:45.66 32.79	550m: 6:02.09 34.94	750m: 8:25.46 36.27		
	200m: 2:07.51 32.74	400m: 4:18.71 33.05	600m: 6:37.67 35.58	800m: 8:58.04 32.58		
10.	Pedro Esteves Duarte	03	Cova Da Piedade	8:55.09	8:58.97	556
	50m: 30.06 30.06	250m: 2:46.49 34.82	450m: 5:03.18 33.90	650m: 7:19.08 34.16		
	100m: 1:03.29 33.23	300m: 3:20.92 34.43	500m: 5:37.19 34.01	700m: 7:53.13 34.05		
	150m: 1:37.34 34.05	350m: 3:55.05 34.13	550m: 6:11.09 33.90	750m: 8:26.85 33.72		
	200m: 2:11.67 34.33	400m: 4:29.28 34.23	600m: 6:44.92 33.83	800m: 8:58.97 32.12		
11.	Alexandre Coelho Vieira	03	Sporting	9:08.95	9:04.34	540
	50m: 29.20 29.20	250m: 2:44.17 34.39	450m: 5:03.57 34.94	650m: 7:21.72 34.53		
	100m: 1:01.69 32.49	300m: 3:18.86 34.69	500m: 5:37.79 34.22	700m: 7:56.78 35.06		
	150m: 1:35.28 33.59	350m: 3:53.71 34.85	550m: 6:12.27 34.48	750m: 8:31.63 34.85		
	200m: 2:09.78 34.50	400m: 4:28.63 34.92	600m: 6:47.19 34.92	800m: 9:04.34 32.71		
12.	Miguel Duarte Cruz	99	Belenenses	9:23.02	9:08.02	529
	50m: 30.66 30.66	250m: 2:48.37 34.66	450m: 5:07.40 34.61	650m: 7:26.82 34.72		
	100m: 1:04.38 33.72	300m: 3:23.13 34.76	500m: 5:42.29 34.89	700m: 8:01.83 35.01		
	150m: 1:39.02 34.64	350m: 3:58.03 34.90	550m: 6:17.07 34.78	750m: 8:35.94 34.11		
	200m: 2:13.71 34.69	400m: 4:32.79 34.76	600m: 6:52.10 35.03	800m: 9:08.02 32.08		
13.	Filipe Nunes Magalhaes <i>Fora Tempo Acesso</i>	98	Natação de Lisboa	9:17.33	9:29.78	471
	50m: 29.71 29.71	250m: 2:47.80 35.58	450m: 5:15.41 37.06	650m: 7:43.97 37.51		
	100m: 1:02.92 33.21	300m: 3:24.02 36.22	500m: 5:52.02 36.61	700m: 8:20.74 36.77		
	150m: 1:37.46 34.54	350m: 4:01.20 37.18	550m: 6:28.97 36.95	750m: 8:56.59 35.85		
	200m: 2:12.22 34.76	400m: 4:38.35 37.15	600m: 7:06.46 37.49	800m: 9:29.78 33.19		
14.	Francisco Madruga Silva <i>Fora Tempo Acesso</i>	98	Natação de Lisboa	9:23.02	9:38.45	450
	50m: 29.43 29.43	250m: 2:52.01 36.70	450m: 5:19.66 37.27	650m: 7:48.72 37.49		
	100m: 1:02.87 33.44	300m: 3:28.50 36.49	500m: 5:56.95 37.29	700m: 8:25.45 36.73		
	150m: 1:38.47 35.60	350m: 4:05.29 36.79	550m: 6:34.25 37.30	750m: 9:02.30 36.85		
	200m: 2:15.31 36.84	400m: 4:42.39 37.10	600m: 7:11.23 36.98	800m: 9:38.45 36.15		
15.	Pedro Ferraz Esteves <i>Fora Tempo Acesso</i>	99	Natação de Lisboa	9:23.02	9:46.69	431
	50m: 30.01 30.01	250m: 2:50.42 35.58	450m: 5:18.44 37.78	650m: 7:54.67 39.44		
	100m: 1:04.11 34.10	300m: 3:26.44 36.02	500m: 5:57.41 38.97	700m: 8:32.88 38.21		
	150m: 1:39.40 35.29	350m: 4:03.42 36.98	550m: 6:36.51 39.10	750m: 9:09.87 36.99		
	200m: 2:14.84 35.44	400m: 4:40.66 37.24	600m: 7:15.23 38.72	800m: 9:46.69 36.82		