

Prova 9
10.03.2023 - 17:17

Masc., 1500m Livres

Absolutos
Resultados

Rec Nacional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Sen	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Jun 2	15:32.05	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	15:52.30	Roberto Donald Gomes	SAD	Coimbra	2017
Rec Regional Juv A	15:52.62	Diogo Santos Cardoso	ADRCIMM	Gyoer (HUN)	2017
Rec Regional Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	2005

TAC - Masc Juv B: 19:28.27; Juv A: 18:54.24; Jun 1: 18:32.00; Jun 2: 18:20.99; Sen 19: 18:11.17; Sen 19+: 2:20:02.56

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
------	---------	-----	-------	----------	-------	-----

Juvenis B

1.	Afonso Gago Garcia <i>Campe�o Regional Juvenis B</i>	08	Sport Lisboa e Benfica	19:45.00	17:57.42	528
	100m: 1:07.68 1:07.68	500m: 5:57.99 1:13.03	900m: 10:49.70 1:12.84	1300m: 15:37.64 1:11.52		
	200m: 2:19.44 1:11.76	600m: 7:10.87 1:12.88	1000m: 12:02.65 1:12.95	1400m: 16:48.71 1:11.07		
	300m: 3:32.29 1:12.85	700m: 8:24.16 1:13.29	1100m: 13:14.04 1:11.39	1500m: 17:57.42 1:08.71		
	400m: 4:44.96 1:12.67	800m: 9:36.86 1:12.70	1200m: 14:26.12 1:12.08			
2.	Pedro Caiada Rodrigues	08	Sport Lisboa e Benfica	19:41.61	18:14.05	504
	100m: 1:09.01 1:09.01	500m: 5:59.61 1:12.61	900m: 10:49.98 1:12.56	1300m: 15:47.29 1:15.79		
	200m: 2:20.96 1:11.95	600m: 7:12.02 1:12.41	1000m: 12:03.10 1:13.12	1400m: 17:02.62 1:15.33		
	300m: 3:34.63 1:13.67	700m: 8:24.97 1:12.95	1100m: 13:16.78 1:13.68	1500m: 18:14.05 1:11.43		
	400m: 4:47.00 1:12.37	800m: 9:37.42 1:12.45	1200m: 14:31.50 1:14.72			
3.	Francisco Manuel Bexiga <i>FTL (Fora Tempo Limite)</i>	08	Vikings Sports Club	19:45.00	20:56.75	332
	100m: 1:16.37 1:16.37	500m: 6:53.95 1:24.91	900m: 12:32.28 1:24.18	1300m: 18:12.93 1:24.72		
	200m: 2:40.69 1:24.32	600m: 8:18.54 1:24.59	1000m: 13:57.69 1:25.41	1400m: 19:36.93 1:24.00		
	300m: 4:04.75 1:24.06	700m: 9:42.74 1:24.20	1100m: 15:22.16 1:24.47	1500m: 20:56.75 1:19.82		
	400m: 5:29.04 1:24.29	800m: 11:08.10 1:25.36	1200m: 16:48.21 1:26.05			

Juvenis A

1.	Axel Guedes Asmar <i>Campe�o Regional Juvenis A</i>	07	Sporting Clube de Portugal	17:01.59	17:35.67	561
	100m: 1:03.49 1:03.49	500m: 5:43.25 1:10.73	900m: 10:27.97 1:11.07	1300m: 15:12.44 1:11.35		
	200m: 2:12.14 1:08.65	600m: 6:54.34 1:11.09	1000m: 11:39.43 1:11.46	1400m: 16:24.68 1:12.24		
	300m: 3:21.93 1:09.79	700m: 8:05.32 1:10.98	1100m: 12:50.05 1:10.62	1500m: 17:35.67 1:10.99		
	400m: 4:32.52 1:10.59	800m: 9:16.90 1:11.58	1200m: 14:01.09 1:11.04			
2.	Rafael Miguel Mimoso	07	Sport Lisboa e Benfica	17:48.25	17:56.94	529
	100m: 1:06.78 1:06.78	500m: 5:50.55 1:11.72	900m: 10:37.18 1:12.22	1300m: 15:30.48 1:13.82		
	200m: 2:17.66 1:10.88	600m: 7:01.33 1:10.78	1000m: 11:49.88 1:12.70	1400m: 16:44.24 1:13.76		
	300m: 3:27.80 1:10.14	700m: 8:12.95 1:11.62	1100m: 13:03.82 1:13.94	1500m: 17:56.94 1:12.70		
	400m: 4:38.83 1:11.03	800m: 9:24.96 1:12.01	1200m: 14:16.66 1:12.84			
3.	Miguel Braga Gomes	07	Sporting Clube de Portugal	17:32.29	17:57.97	527
	100m: 1:05.02 1:05.02	500m: 5:46.87 1:11.27	900m: 10:35.66 1:12.80	1300m: 15:30.45 1:14.76		
	200m: 2:14.44 1:09.42	600m: 6:58.46 1:11.59	1000m: 11:48.85 1:13.19	1400m: 16:44.76 1:14.31		
	300m: 3:25.20 1:10.76	700m: 8:10.42 1:11.96	1100m: 13:01.64 1:12.79	1500m: 17:57.97 1:13.21		
	400m: 4:35.60 1:10.40	800m: 9:22.86 1:12.44	1200m: 14:15.69 1:14.05			
4.	Guilherme David Figueiras	07	ADRC Colegio Int Monte Maior	18:21.08	18:32.75	479
	100m: 1:07.14 1:07.14	500m: 6:01.60 1:14.39	900m: 11:00.22 1:14.39	1300m: 16:03.29 1:16.03		
	200m: 2:19.34 1:12.20	600m: 7:16.42 1:14.82	1000m: 12:15.62 1:15.40	1400m: 17:18.55 1:15.26		
	300m: 3:32.83 1:13.49	700m: 8:30.78 1:14.36	1100m: 13:31.84 1:16.22	1500m: 18:32.75 1:14.20		
	400m: 4:47.21 1:14.38	800m: 9:45.83 1:15.05	1200m: 14:47.26 1:15.42			
5.	Afonso Jose Fernandes <i>FTL (Fora Tempo Limite)</i>	07	Sport Alges e Dafundo	19:31.84	19:41.17	401
	100m: 1:07.94 1:07.94	500m: 6:06.64 1:16.47	900m: 11:24.73 1:21.47	1300m: 16:55.08 1:22.90		
	200m: 2:21.15 1:13.21	600m: 7:24.34 1:17.70	1000m: 12:46.19 1:21.46	1400m: 18:18.78 1:23.70		
	300m: 3:35.34 1:14.19	700m: 8:43.20 1:18.86	1100m: 14:09.01 1:22.82	1500m: 19:41.17 1:22.39		
	400m: 4:50.17 1:14.83	800m: 10:03.26 1:20.06	1200m: 15:32.18 1:23.17			

Prova 9, Masc., 1500m Livres
Absolutos

1.	Nicolas Filip Montfort <i>Campeão Regional Absolutos</i>	05	Sport Alges e Dafundo	16:47.41	17:01.42	620
	100m: 1:02.81 1:02.81	500m: 5:38.84 1:09.25	900m: 10:14.20 1:08.99	1300m: 14:48.18 1:08.35		
	200m: 2:11.28 1:08.47	600m: 6:47.92 1:09.08	1000m: 11:22.67 1:08.47	1400m: 15:56.19 1:08.01		
	300m: 3:20.43 1:09.15	700m: 7:56.53 1:08.61	1100m: 12:31.06 1:08.39	1500m: 17:01.42 1:05.23		
	400m: 4:29.59 1:09.16	800m: 9:05.21 1:08.68	1200m: 13:39.83 1:08.77			
2.	Bernardo Jorge Simoes	04	Clube Futebol Os Belenenses	16:52.72	17:09.92	604
	100m: 1:01.96 1:01.96	500m: 5:39.33 1:09.41	900m: 10:16.24 1:08.98	1300m: 14:52.28 1:09.51		
	200m: 2:10.74 1:08.78	600m: 6:48.63 1:09.30	1000m: 11:25.43 1:09.19	1400m: 16:01.62 1:09.34		
	300m: 3:20.31 1:09.57	700m: 7:57.66 1:09.03	1100m: 12:34.64 1:09.21	1500m: 17:09.92 1:08.30		
	400m: 4:29.92 1:09.61	800m: 9:07.26 1:09.60	1200m: 13:42.77 1:08.13			
3.	Tomas Nunes Roque	06	Sport Lisboa e Benfica	17:35.35	17:35.32	562
	100m: 1:05.39 1:05.39	500m: 5:51.09 1:11.95	900m: 10:30.66 1:10.42	1300m: 15:15.61 1:11.91		
	200m: 2:15.56 1:10.17	600m: 7:00.67 1:09.58	1000m: 11:41.04 1:10.38	1400m: 16:28.85 1:13.24		
	300m: 3:27.42 1:11.86	700m: 8:10.59 1:09.92	1100m: 12:52.07 1:11.03	1500m: 17:35.32 1:06.47		
	400m: 4:39.14 1:11.72	800m: 9:20.24 1:09.65	1200m: 14:03.70 1:11.63			
4.	Ricardo Martins Bras	01	Vikings Sports Club	17:37.34	17:35.76	561
	100m: 1:04.65 1:04.65	500m: 5:42.31 1:10.54	900m: 10:27.54 1:12.60	1300m: 15:14.26 1:11.56		
	200m: 2:13.20 1:08.55	600m: 6:52.82 1:10.51	1000m: 11:39.46 1:11.92	1400m: 16:25.79 1:11.53		
	300m: 3:22.35 1:09.15	700m: 8:03.45 1:10.63	1100m: 12:50.95 1:11.49	1500m: 17:35.76 1:09.97		
	400m: 4:31.77 1:09.42	800m: 9:14.94 1:11.49	1200m: 14:02.70 1:11.75			
5.	Tiago Almeida Correia	06	Clube Natacao do Montijo	17:15.94	17:38.27	557
	100m: 1:03.76 1:03.76	500m: 5:44.80 1:10.73	900m: 10:29.29 1:10.83	1300m: 15:16.64 1:12.36		
	200m: 2:13.14 1:09.38	600m: 6:55.74 1:10.94	1000m: 11:40.76 1:11.47	1400m: 16:28.94 1:12.30		
	300m: 3:23.59 1:10.45	700m: 8:06.92 1:11.18	1100m: 12:52.17 1:11.41	1500m: 17:38.27 1:09.33		
	400m: 4:34.07 1:10.48	800m: 9:18.46 1:11.54	1200m: 14:04.28 1:12.11			
6.	Pedro Crispim Jorge	06	Soc.Filarmónica União A. Piedense	16:52.79	17:41.96	551
	100m: 1:04.21 1:04.21	500m: 5:49.58 1:11.85	900m: 10:35.56 1:11.05	1300m: 15:21.13 1:12.16		
	200m: 2:14.50 1:10.29	600m: 7:01.84 1:12.26	1000m: 11:46.75 1:11.19	1400m: 16:32.98 1:11.85		
	300m: 3:25.90 1:11.40	700m: 8:13.41 1:11.57	1100m: 12:58.50 1:11.75	1500m: 17:41.96 1:08.98		
	400m: 4:37.73 1:11.83	800m: 9:24.51 1:11.10	1200m: 14:08.97 1:10.47			
7.	Tiago Miguel Trombinhas	04	ADRC Colegio Int Monte Maior	17:16.75	17:42.29	551
	100m: 1:04.73 1:04.73	500m: 5:48.67 1:11.58	900m: 10:37.70 1:11.71	1300m: 15:24.31 1:11.59		
	200m: 2:14.70 1:09.97	600m: 7:01.42 1:12.75	1000m: 11:49.42 1:11.72	1400m: 16:35.63 1:11.32		
	300m: 3:25.52 1:10.82	700m: 8:14.07 1:12.65	1100m: 13:01.14 1:11.72	1500m: 17:42.29 1:06.66		
	400m: 4:37.09 1:11.57	800m: 9:25.99 1:11.92	1200m: 14:12.72 1:11.58			
8.	Goncalo Duarte Santos	00	Vikings Sports Club	17:04.19	17:47.30	543
	100m: 1:04.32 1:04.32	500m: 5:49.53 1:11.86	900m: 10:37.18 1:11.92	1300m: 15:26.33 1:12.36		
	200m: 2:14.68 1:10.36	600m: 7:01.80 1:12.27	1000m: 11:48.86 1:11.68	1400m: 16:38.42 1:12.09		
	300m: 3:25.96 1:11.28	700m: 8:14.42 1:12.62	1100m: 13:01.20 1:12.34	1500m: 17:47.30 1:08.88		
	400m: 4:37.67 1:11.71	800m: 9:25.26 1:10.84	1200m: 14:13.97 1:12.77			
9.	Ricardo Freitas Neto	06	Sporting Clube de Portugal	18:01.71	17:50.12	539
	100m: 1:07.00 1:07.00	500m: 5:52.32 1:11.90	900m: 10:39.24 1:11.80	1300m: 15:27.67 1:11.57		
	200m: 2:17.70 1:10.70	600m: 7:04.06 1:11.74	1000m: 11:51.84 1:12.60	1400m: 16:39.71 1:12.04		
	300m: 3:28.93 1:11.23	700m: 8:15.53 1:11.47	1100m: 13:04.10 1:12.26	1500m: 17:50.12 1:10.41		
	400m: 4:40.42 1:11.49	800m: 9:27.44 1:11.91	1200m: 14:16.10 1:12.00			
10.	Luis Emanuel Vaz	91	Clube Nat. Colégio Vasco da Gama	18:27.85	17:50.61	538
	100m: 1:06.77 1:06.77	500m: 5:54.99 1:11.30	900m: 10:39.41 1:11.94	1300m: 15:30.68 1:12.32		
	200m: 2:18.46 1:11.69	600m: 7:05.96 1:10.97	1000m: 11:52.06 1:12.65	1400m: 16:43.06 1:12.38		
	300m: 3:31.50 1:13.04	700m: 8:16.72 1:10.76	1100m: 13:05.37 1:13.31	1500m: 17:50.61 1:07.55		
	400m: 4:43.69 1:12.19	800m: 9:27.47 1:10.75	1200m: 14:18.36 1:12.99			
11.	Rodrigo Onofre Matos <i>FTL (Fora Tempo Limite)</i>	06	Clube Futebol Os Belenenses	18:29.36	18:35.01	476
	100m: 1:07.09 1:07.09	500m: 6:01.26 1:13.24	900m: 10:57.97 1:14.96	1300m: 16:03.40 1:16.93		
	200m: 2:21.46 1:14.37	600m: 7:14.33 1:13.07	1000m: 12:13.74 1:15.77	1400m: 17:20.82 1:17.42		
	300m: 3:34.58 1:13.12	700m: 8:27.59 1:13.26	1100m: 13:29.55 1:15.81	1500m: 18:35.01 1:14.19		
	400m: 4:48.02 1:13.44	800m: 9:43.01 1:15.42	1200m: 14:46.47 1:16.92			
12.	Miguel Duarte Cruz	99	Clube Futebol Os Belenenses	18:16.10	18:38.87	471
	100m: 1:09.91 1:09.91	500m: 6:11.73 1:15.26	900m: 11:12.52 1:14.99	1300m: 16:11.44 1:14.62		
	200m: 2:25.18 1:15.27	600m: 7:26.85 1:15.12	1000m: 12:27.21 1:14.69	1400m: 17:26.11 1:14.67		
	300m: 3:40.73 1:15.55	700m: 8:42.49 1:15.64	1100m: 13:41.80 1:14.59	1500m: 18:38.87 1:12.76		
	400m: 4:56.47 1:15.74	800m: 9:57.53 1:15.04	1200m: 14:56.82 1:15.02			
DSQ	Francisco Costa Nunes <i>G27 - Não cumpriu a distância completa da prova. Desistiu aos 500 metros. (SW 10.2)</i>	02	Clube Futebol Os Belenenses	18:30.00		

Prova 9, Masc., 1500m Livres

EXH	Antonio Pedro Martins	05	CPFZ-Natação	18:21.49	19:03.64	441					
	<i>FTL (Fora Tempo Limite)</i>										
100m:	1:13.21	1:13.21	500m:	6:13.13	1:14.95	900m:	11:19.59	1:17.69	1300m:	16:31.44	1:17.77
200m:	2:28.61	1:15.40	600m:	7:28.97	1:15.84	1000m:	12:37.49	1:17.90	1400m:	17:49.21	1:17.77
300m:	3:43.20	1:14.59	700m:	8:45.05	1:16.08	1100m:	13:55.53	1:18.04	1500m:	19:03.64	1:14.43
400m:	4:58.18	1:14.98	800m:	10:01.90	1:16.85	1200m:	15:13.67	1:18.14			