

## Prova 19 6.3.16 - 9:30

## Masc., 1500m Livres

## Infantis Resultados

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

Pos.	Nadador	Ano	Clube	Tempo	Pts			
<b>Infantis A</b>								
1.	Francisco Alves Souza	02	Geslours	<b>18:23.03</b>	457			
	100m: 1:08.32	1:08.32	500m: 6:02.38	1:13.77	900m: 10:57.67	1:14.09	1300m: 15:56.53	1:14.72
	200m: 2:21.40	1:13.08	600m: 7:15.89	1:13.51	1000m: 12:12.09	1:14.42	1400m: 17:11.05	1:14.52
	300m: 3:34.97	1:13.57	700m: 8:29.69	1:13.80	1100m: 13:26.70	1:14.61	1500m: 18:23.03	1:11.98
	400m: 4:48.61	1:13.64	800m: 9:43.58	1:13.89	1200m: 14:41.81	1:15.11		
2.	Tomas Penha Monteiro	02	Alges	<b>18:43.72</b>	432			
	100m: 1:08.52	1:08.52	500m: 6:06.17	1:15.13	900m: 11:10.21	1:16.51	1300m: 16:15.50	1:15.86
	200m: 2:22.13	1:13.61	600m: 7:21.80	1:15.63	1000m: 12:26.74	1:16.53	1400m: 17:31.56	1:16.06
	300m: 3:36.46	1:14.33	700m: 8:37.34	1:15.54	1100m: 13:43.58	1:16.84	1500m: 18:43.72	1:12.16
	400m: 4:51.04	1:14.58	800m: 9:53.70	1:16.36	1200m: 14:59.64	1:16.06		
3.	Diogo Santos Costa	02	Colégio Monte Maior	<b>18:53.25</b>	422			
	100m: 1:08.24	1:08.24	500m: 6:05.34	1:15.34	900m: 11:10.72	1:16.83	1300m: 16:21.25	1:18.19
	200m: 2:21.44	1:13.20	600m: 7:21.70	1:16.36	1000m: 12:28.19	1:17.47	1400m: 17:38.68	1:17.43
	300m: 3:34.97	1:13.53	700m: 8:37.40	1:15.70	1100m: 13:45.02	1:16.83	1500m: 18:53.25	1:14.57
	400m: 4:50.00	1:15.03	800m: 9:53.89	1:16.49	1200m: 15:03.06	1:18.04		
4.	Rodrigo Neves Pacheco	02	Colégio Monte Maior	<b>19:05.21</b>	409			
	100m: 1:13.55	1:13.55	500m: 6:22.88	1:16.82	900m: 11:32.76	1:16.94	1300m: 16:36.34	1:15.77
	200m: 2:30.99	1:17.44	600m: 7:40.49	1:17.61	1000m: 12:49.28	1:16.52	1400m: 17:52.07	1:15.73
	300m: 3:48.08	1:17.09	700m: 8:58.58	1:18.09	1100m: 14:04.71	1:15.43	1500m: 19:05.21	1:13.14
	400m: 5:06.06	1:17.98	800m: 10:15.82	1:17.24	1200m: 15:20.57	1:15.86		
5.	Pedro Picoto Garcia	02	Bombeiros Estoris	<b>20:01.81</b>	353			
	100m: 1:15.37	1:15.37	500m: 6:38.84	1:21.10	900m: 12:04.89	1:21.63	1300m: 17:26.95	1:19.72
	200m: 2:35.69	1:20.32	600m: 7:59.89	1:21.05	1000m: 13:26.79	1:21.90	1400m: 18:45.84	1:18.89
	300m: 3:56.25	1:20.56	700m: 9:21.57	1:21.68	1100m: 14:46.51	1:19.72	1500m: 20:01.81	1:15.97
	400m: 5:17.74	1:21.49	800m: 10:43.26	1:21.69	1200m: 16:07.23	1:20.72		
<b>Infantis B</b>								
1.	Duarte Silva Taleigo	03	Amadora	<b>19:18.98</b>	394			
	100m: 1:12.96	1:12.96	500m: 6:25.12	1:18.30	900m: 11:36.06	1:18.12	1300m: 16:47.54	1:17.48
	200m: 2:30.20	1:17.24	600m: 7:42.88	1:17.76	1000m: 12:54.20	1:18.14	1400m: 18:04.96	1:17.42
	300m: 3:48.19	1:17.99	700m: 9:00.04	1:17.16	1100m: 14:12.37	1:18.17	1500m: 19:18.98	1:14.02
	400m: 5:06.82	1:18.63	800m: 10:17.94	1:17.90	1200m: 15:30.06	1:17.69		
2.	Ricardo Novikov	03	Alges	<b>19:31.51</b>	382			
	100m: 1:13.49	1:13.49	500m: 6:27.25	1:19.53	900m: 11:46.13	1:18.52	1300m: 16:59.45	1:18.29
	200m: 2:30.73	1:17.24	600m: 7:46.71	1:19.46	1000m: 13:04.39	1:18.26	1400m: 18:17.57	1:18.12
	300m: 3:49.05	1:18.32	700m: 9:07.40	1:20.69	1100m: 14:23.11	1:18.72	1500m: 19:31.51	1:13.94
	400m: 5:07.72	1:18.67	800m: 10:27.61	1:20.21	1200m: 15:41.16	1:18.05		
3.	Rodrigo Reis Dias	03	Belenenses	<b>19:58.61</b>	356			
	100m: 1:19.17	1:19.17	500m: 6:44.05	1:20.56	900m: 12:01.90	1:19.38	1300m: 17:22.60	1:20.13
	200m: 2:41.37	1:22.20	600m: 8:03.34	1:19.29	1000m: 13:21.52	1:19.62	1400m: 18:42.21	1:19.61
	300m: 4:03.30	1:21.93	700m: 9:22.61	1:19.27	1100m: 14:42.05	1:20.53	1500m: 19:58.61	1:16.40
	400m: 5:23.49	1:20.19	800m: 10:42.52	1:19.91	1200m: 16:02.47	1:20.42		
4.	Andre Martins Sousa	03	C N Montijo	<b>20:31.58</b>	328			
	100m: 1:19.45	1:19.45	500m: 6:49.92	1:22.35	900m: 12:20.31	1:22.73	1300m: 17:53.03	1:22.13
	200m: 2:42.06	1:22.61	600m: 8:12.98	1:23.06	1000m: 13:44.19	1:23.88	1400m: 19:14.06	1:21.03
	300m: 4:04.80	1:22.74	700m: 9:35.96	1:22.98	1100m: 15:07.12	1:22.93	1500m: 20:31.58	1:17.52
	400m: 5:27.57	1:22.77	800m: 10:57.58	1:21.62	1200m: 16:30.90	1:23.78		
5.	Fabio Miguel Farinha	03	Benfica	<b>20:58.35</b>	308			
	100m: 1:19.37	1:19.37	500m: 6:59.08	1:24.82	900m: 12:37.75	1:24.26	1300m: 18:13.45	1:24.48
	200m: 2:44.01	1:24.64	600m: 8:24.00	1:24.92	1000m: 14:01.47	1:23.72	1400m: 19:37.30	1:23.85
	300m: 4:08.65	1:24.64	700m: 9:48.44	1:24.44	1100m: 15:25.55	1:24.08	1500m: 20:58.35	1:21.05
	400m: 5:34.26	1:25.61	800m: 11:13.49	1:25.05	1200m: 16:48.97	1:23.42		

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

Pos.	Nadador	Ano	Clube	Tempo	Pts
6.	Daniel Alexandre Ascenso	03	Gesloures	<b>21:26.55</b>	288
	100m: 1:22.52 1:22.52	500m: 7:08.56 1:26.89	900m: 12:54.14 1:25.98	1300m: 18:38.20 1:26.05	
	200m: 2:48.70 1:26.18	600m: 8:35.34 1:26.78	1000m: 14:19.91 1:25.77	1400m: 20:04.40 1:26.20	
	300m: 4:15.04 1:26.34	700m: 10:01.78 1:26.44	1100m: 15:45.92 1:26.01	1500m: 21:26.55 1:22.15	
	400m: 5:41.67 1:26.63	800m: 11:28.16 1:26.38	1200m: 17:12.15 1:26.23		
7.	Francisco Teixeira Monteiro	03	Naval Amorense	<b>22:03.98</b>	264
	100m: 1:22.05 1:22.05	500m: 7:11.82 1:27.43	900m: 13:10.32 1:30.38	1300m: 19:12.11 1:29.92	
	200m: 2:48.77 1:26.72	600m: 8:40.62 1:28.80	1000m: 14:40.50 1:30.18	1400m: 20:40.59 1:28.48	
	300m: 4:16.69 1:27.92	700m: 10:09.47 1:28.85	1100m: 16:11.63 1:31.13	1500m: 22:03.98 1:23.39	
	400m: 5:44.39 1:27.70	800m: 11:39.94 1:30.47	1200m: 17:42.19 1:30.56		
DNS	Alexandre Coelho Vieira	03	Sporting		

### Infantis

1.	Francisco Alves Souza	02	Gesloures	<b>18:23.03</b>	457
	100m: 1:08.32 1:08.32	500m: 6:02.38 1:13.77	900m: 10:57.67 1:14.09	1300m: 15:56.53 1:14.72	
	200m: 2:21.40 1:13.08	600m: 7:15.89 1:13.51	1000m: 12:12.09 1:14.42	1400m: 17:11.05 1:14.52	
	300m: 3:34.97 1:13.57	700m: 8:29.69 1:13.80	1100m: 13:26.70 1:14.61	1500m: 18:23.03 1:11.98	
	400m: 4:48.61 1:13.64	800m: 9:43.58 1:13.89	1200m: 14:41.81 1:15.11		
2.	Tomas Penha Monteiro	02	Alges	<b>18:43.72</b>	432
	100m: 1:08.52 1:08.52	500m: 6:06.17 1:15.13	900m: 11:10.21 1:16.51	1300m: 16:15.50 1:15.86	
	200m: 2:22.13 1:13.61	600m: 7:21.80 1:15.63	1000m: 12:26.74 1:16.53	1400m: 17:31.56 1:16.06	
	300m: 3:36.46 1:14.33	700m: 8:37.34 1:15.54	1100m: 13:43.58 1:16.84	1500m: 18:43.72 1:12.16	
	400m: 4:51.04 1:14.58	800m: 9:53.70 1:16.36	1200m: 14:59.64 1:16.06		
3.	Diogo Santos Costa	02	Colégio Monte Maior	<b>18:53.25</b>	422
	100m: 1:08.24 1:08.24	500m: 6:05.34 1:15.34	900m: 11:10.72 1:16.83	1300m: 16:21.25 1:18.19	
	200m: 2:21.44 1:13.20	600m: 7:21.70 1:16.36	1000m: 12:28.19 1:17.47	1400m: 17:38.68 1:17.43	
	300m: 3:34.97 1:13.53	700m: 8:37.40 1:15.70	1100m: 13:45.02 1:16.83	1500m: 18:53.25 1:14.57	
	400m: 4:50.00 1:15.03	800m: 9:53.89 1:16.49	1200m: 15:03.06 1:18.04		
4.	Rodrigo Neves Pacheco	02	Colégio Monte Maior	<b>19:05.21</b>	409
	100m: 1:13.55 1:13.55	500m: 6:22.88 1:16.82	900m: 11:32.76 1:16.94	1300m: 16:36.34 1:15.77	
	200m: 2:30.99 1:17.44	600m: 7:40.49 1:17.61	1000m: 12:49.28 1:16.52	1400m: 17:52.07 1:15.73	
	300m: 3:48.08 1:17.09	700m: 8:58.58 1:18.09	1100m: 14:04.71 1:15.43	1500m: 19:05.21 1:13.14	
	400m: 5:06.06 1:17.98	800m: 10:15.82 1:17.24	1200m: 15:20.57 1:15.86		
5.	Duarte Silva Taleigo	03	Amadora	<b>19:18.98</b>	394
	100m: 1:12.96 1:12.96	500m: 6:25.12 1:18.30	900m: 11:36.06 1:18.12	1300m: 16:47.54 1:17.48	
	200m: 2:30.20 1:17.24	600m: 7:42.88 1:17.76	1000m: 12:54.20 1:18.14	1400m: 18:04.96 1:17.42	
	300m: 3:48.19 1:17.99	700m: 9:00.04 1:17.16	1100m: 14:12.37 1:18.17	1500m: 19:18.98 1:14.02	
	400m: 5:06.82 1:18.63	800m: 10:17.94 1:17.90	1200m: 15:30.06 1:17.69		
6.	Ricardo Novikov	03	Alges	<b>19:31.51</b>	382
	100m: 1:13.49 1:13.49	500m: 6:27.25 1:19.53	900m: 11:46.13 1:18.52	1300m: 16:59.45 1:18.29	
	200m: 2:30.73 1:17.24	600m: 7:46.71 1:19.46	1000m: 13:04.39 1:18.26	1400m: 18:17.57 1:18.12	
	300m: 3:49.05 1:18.32	700m: 9:07.40 1:20.69	1100m: 14:23.11 1:18.72	1500m: 19:31.51 1:13.94	
	400m: 5:07.72 1:18.67	800m: 10:27.61 1:20.21	1200m: 15:41.16 1:18.05		
7.	Rodrigo Reis Dias	03	Belenenses	<b>19:58.61</b>	356
	100m: 1:19.17 1:19.17	500m: 6:44.05 1:20.56	900m: 12:01.90 1:19.38	1300m: 17:22.60 1:20.13	
	200m: 2:41.37 1:22.20	600m: 8:03.34 1:19.29	1000m: 13:21.52 1:19.62	1400m: 18:42.21 1:19.61	
	300m: 4:03.30 1:21.93	700m: 9:22.61 1:19.27	1100m: 14:42.05 1:20.53	1500m: 19:58.61 1:16.40	
	400m: 5:23.49 1:20.19	800m: 10:42.52 1:19.91	1200m: 16:02.47 1:20.42		
8.	Pedro Picoto Garcia	02	Bombeiros Estoris	<b>20:01.81</b>	353
	100m: 1:15.37 1:15.37	500m: 6:38.84 1:21.10	900m: 12:04.89 1:21.63	1300m: 17:26.95 1:19.72	
	200m: 2:35.69 1:20.32	600m: 7:59.89 1:21.05	1000m: 13:26.79 1:21.90	1400m: 18:45.84 1:18.89	
	300m: 3:56.25 1:20.56	700m: 9:21.57 1:21.68	1100m: 14:46.51 1:19.72	1500m: 20:01.81 1:15.97	
	400m: 5:17.74 1:21.49	800m: 10:43.26 1:21.69	1200m: 16:07.23 1:20.72		
9.	Andre Martins Sousa	03	C N Montijo	<b>20:31.58</b>	328
	100m: 1:19.45 1:19.45	500m: 6:49.92 1:22.35	900m: 12:20.31 1:22.73	1300m: 17:53.03 1:22.13	
	200m: 2:42.06 1:22.61	600m: 8:12.98 1:23.06	1000m: 13:44.19 1:23.88	1400m: 19:14.06 1:21.03	
	300m: 4:04.80 1:22.74	700m: 9:35.96 1:22.98	1100m: 15:07.12 1:22.93	1500m: 20:31.58 1:17.52	
	400m: 5:27.57 1:22.77	800m: 10:57.58 1:21.62	1200m: 16:30.90 1:23.78		
10.	Fabio Miguel Farinha	03	Benfica	<b>20:58.35</b>	308
	100m: 1:19.37 1:19.37	500m: 6:59.08 1:24.82	900m: 12:37.75 1:24.26	1300m: 18:13.45 1:24.48	
	200m: 2:44.01 1:24.64	600m: 8:24.00 1:24.92	1000m: 14:01.47 1:23.72	1400m: 19:37.30 1:23.85	
	300m: 4:08.65 1:24.64	700m: 9:48.44 1:24.44	1100m: 15:25.55 1:24.08	1500m: 20:58.35 1:21.05	
	400m: 5:34.26 1:25.61	800m: 11:13.49 1:25.05	1200m: 16:48.97 1:23.42		
11.	Daniel Alexandre Ascenso	03	Gesloures	<b>21:26.55</b>	288
	100m: 1:22.52 1:22.52	500m: 7:08.56 1:26.89	900m: 12:54.14 1:25.98	1300m: 18:38.20 1:26.05	
	200m: 2:48.70 1:26.18	600m: 8:35.34 1:26.78	1000m: 14:19.91 1:25.77	1400m: 20:04.40 1:26.20	
	300m: 4:15.04 1:26.34	700m: 10:01.78 1:26.44	1100m: 15:45.92 1:26.01	1500m: 21:26.55 1:22.15	
	400m: 5:41.67 1:26.63	800m: 11:28.16 1:26.38	1200m: 17:12.15 1:26.23		

Prova 19, Masc., 1500m Livres, Infantis

Pos.	Nadador	Ano	Clube	Tempo	Pts			
12.	Francisco Teixeira Monteiro	03	Naval Amorense	<b>22:03.98</b>	264			
	100m: 1:22.05	1:22.05	500m: 7:11.82	1:27.43	900m: 13:10.32	1:30.38	1300m: 19:12.11	1:29.92
	200m: 2:48.77	1:26.72	600m: 8:40.62	1:28.80	1000m: 14:40.50	1:30.18	1400m: 20:40.59	1:28.48
	300m: 4:16.69	1:27.92	700m: 10:09.47	1:28.85	1100m: 16:11.63	1:31.13	1500m: 22:03.98	1:23.39
	400m: 5:44.39	1:27.70	800m: 11:39.94	1:30.47	1200m: 17:42.19	1:30.56		
DNS	Alexandre Coelho Vieira	03	Sporting					