

Prova 38  
 25.11.2018 - 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 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
<b>Juniores</b>						
1.	David Matias Cristino	01	União Piedense	8:37.52	<b>8:28.17</b>	664
	50m: 29.01 29.01		250m: 2:38.24 32.42	450m: 4:46.46 31.94	650m: 6:54.79 32.34	
	100m: 1:00.63 31.62		300m: 3:10.09 31.85	500m: 5:18.43 31.97	700m: 7:26.76 31.97	
	150m: 1:33.21 32.58		350m: 3:42.37 32.28	550m: 5:50.29 31.86	750m: 7:58.13 31.37	
	200m: 2:05.82 32.61		400m: 4:14.52 32.15	600m: 6:22.45 32.16	800m: 8:28.17 30.04	
2.	Jose Maria Pereira	01	Sporting	8:43.97	<b>8:44.11</b>	605
	50m: 29.74 29.74		250m: 2:40.06 32.93	450m: 4:52.25 33.11	650m: 7:05.34 33.41	
	100m: 1:01.80 32.06		300m: 3:13.05 32.99	500m: 5:25.36 33.11	700m: 7:38.45 33.11	
	150m: 1:34.28 32.48		350m: 3:46.11 33.06	550m: 5:58.64 33.28	750m: 8:12.02 33.57	
	200m: 2:07.13 32.85		400m: 4:19.14 33.03	600m: 6:31.93 33.29	800m: 8:44.11 32.09	
3.	Diogo Alexandre Casteleiro	01	Sporting	9:02.03	<b>8:44.24</b>	605
	50m: 29.19 29.19		250m: 2:40.03 33.22	450m: 4:52.17 33.06	650m: 7:05.77 33.40	
	100m: 1:01.15 31.96		300m: 3:13.19 33.16	500m: 5:25.25 33.08	700m: 7:39.15 33.38	
	150m: 1:33.83 32.68		350m: 3:46.14 32.95	550m: 5:58.91 33.66	750m: 8:12.23 33.08	
	200m: 2:06.81 32.98		400m: 4:19.11 32.97	600m: 6:32.37 33.46	800m: 8:44.24 32.01	
4.	Vicente Oliveira Gomes	02	Sporting	9:18.78	<b>9:03.15</b>	544
	50m: 29.69 29.69		250m: 2:45.40 34.31	450m: 5:03.06 34.41	650m: 7:21.43 34.73	
	100m: 1:02.95 33.26		300m: 3:19.59 34.19	500m: 5:37.38 34.32	700m: 7:56.62 35.19	
	150m: 1:36.90 33.95		350m: 3:53.94 34.35	550m: 6:11.94 34.56	750m: 8:30.86 34.24	
	200m: 2:11.09 34.19		400m: 4:28.65 34.71	600m: 6:46.70 34.76	800m: 9:03.15 32.29	
5.	Miguel Monteiro Dinis	01	Alges	9:08.40	<b>9:09.66</b>	525
	50m: 30.34 30.34		250m: 2:45.84 34.64	450m: 5:05.26 35.12	650m: 7:26.32 35.21	
	100m: 1:03.32 32.98		300m: 3:20.49 34.65	500m: 5:40.41 35.15	700m: 8:01.52 35.20	
	150m: 1:37.02 33.70		350m: 3:55.18 34.69	550m: 6:15.77 35.36	750m: 8:36.33 34.81	
	200m: 2:11.20 34.18		400m: 4:30.14 34.96	600m: 6:51.11 35.34	800m: 9:09.66 33.33	
6.	Tiago Maria Camoes	01	União Piedense	9:12.32	<b>9:20.10</b>	496
	50m: 29.90 29.90		250m: 2:47.79 35.30	450m: 5:10.20 35.83	650m: 7:33.87 36.05	
	100m: 1:03.21 33.31		300m: 3:23.14 35.35	500m: 5:46.06 35.86	700m: 8:09.74 35.87	
	150m: 1:37.50 34.29		350m: 3:58.71 35.57	550m: 6:21.73 35.67	750m: 8:45.33 35.59	
	200m: 2:12.49 34.99		400m: 4:34.37 35.66	600m: 6:57.82 36.09	800m: 9:20.10 34.77	
7.	Tomas Silvestre Almeida	01	Natação de Lisboa	9:18.81	<b>9:22.44</b>	490
	50m: 31.22 31.22		250m: 2:53.01 35.70	450m: 5:16.83 35.55	650m: 7:38.76 35.21	
	100m: 1:05.77 34.55		300m: 3:29.20 36.19	500m: 5:52.62 35.79	700m: 8:13.81 35.05	
	150m: 1:41.29 35.52		350m: 4:05.20 36.00	550m: 6:28.27 35.65	750m: 8:48.55 34.74	
	200m: 2:17.31 36.02		400m: 4:41.28 36.08	600m: 7:03.55 35.28	800m: 9:22.44 33.89	
<b>Seniores</b>						
1.	Rafael Lourenço Gil	96	Sporting	8:01.24	<b>7:58.90</b>	793
	50m: 27.68 27.68		250m: 2:28.33 30.32	450m: 4:29.17 30.07	650m: 6:31.07 30.52	
	100m: 57.59 29.91		300m: 2:58.48 30.15	500m: 4:59.67 30.50	700m: 7:01.63 30.56	
	150m: 1:27.65 30.06		350m: 3:28.78 30.30	550m: 5:30.22 30.55	750m: 7:32.10 30.47	
	200m: 1:58.01 30.36		400m: 3:59.10 30.32	600m: 6:00.55 30.33	800m: 7:58.90 26.80	
2.	Bruno Miguel Ramos	97	Belenenses	8:38.52	<b>8:22.35</b>	687
	50m: 28.55 28.55		250m: 2:32.75 31.04	450m: 4:40.33 31.35	650m: 6:47.30 31.64	
	100m: 59.14 30.59		300m: 3:04.70 31.95	500m: 5:11.97 31.64	700m: 7:19.66 32.36	
	150m: 1:30.58 31.44		350m: 3:36.71 32.01	550m: 5:43.70 31.73	750m: 7:51.74 32.08	
	200m: 2:01.71 31.13		400m: 4:08.98 32.27	600m: 6:15.66 31.96	800m: 8:22.35 30.61	
3.	Antonio Manuel Mendes	99	Sporting	9:23.02	<b>8:27.12</b>	668
	50m: 29.52 29.52		250m: 2:35.49 31.61	450m: 4:43.35 32.02	650m: 6:51.90 32.16	
	100m: 1:00.82 31.30		300m: 3:07.43 31.94	500m: 5:15.34 31.99	700m: 7:24.24 32.34	
	150m: 1:32.34 31.52		350m: 3:39.41 31.98	550m: 5:47.50 32.16	750m: 7:56.27 32.03	
	200m: 2:03.88 31.54		400m: 4:11.33 31.92	600m: 6:19.74 32.24	800m: 8:27.12 30.85	

**Prova 38, Masc., 800m Livres, Seniores**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Filipe Nunes Magalhaes	98	Natação de Lisboa	9:23.02	<b>9:17.33</b>	503
	50m: 30.76 30.76	250m: 2:47.69 34.88	450m: 5:09.72 35.76	650m: 7:33.49 36.32		
	100m: 1:03.89 33.13	300m: 3:23.06 35.37	500m: 5:45.35 35.63	700m: 8:09.50 36.01		
	150m: 1:38.18 34.29	350m: 3:58.16 35.10	550m: 6:21.12 35.77	750m: 8:44.45 34.95		
	200m: 2:12.81 34.63	400m: 4:33.96 35.80	600m: 6:57.17 36.05	800m: 9:17.33 32.88		
5.	Luis Maria Rosa	91	Natação de Lisboa	9:23.02	<b>9:19.99</b>	496
	50m: 30.40 30.40	250m: 2:50.45 35.47	450m: 5:13.12 35.43	650m: 7:35.41 35.61		
	100m: 1:04.54 34.14	300m: 3:25.93 35.48	500m: 5:48.44 35.32	700m: 8:11.07 35.66		
	150m: 1:39.61 35.07	350m: 4:02.01 36.08	550m: 6:24.24 35.80	750m: 8:45.89 34.82		
	200m: 2:14.98 35.37	400m: 4:37.69 35.68	600m: 6:59.80 35.56	800m: 9:19.99 34.10		
6.	Antonio Maria Ferreira <i>Fora Tempo Acesso</i>	00	Palmela Desporto	9:23.02	<b>9:30.13</b>	470
	50m: 31.57 31.57	250m: 2:53.62 35.87	450m: 5:17.28 35.70	650m: 7:42.96 36.31		
	100m: 1:06.48 34.91	300m: 3:29.69 36.07	500m: 5:53.44 36.16	700m: 8:19.46 36.50		
	150m: 1:41.99 35.51	350m: 4:05.58 35.89	550m: 6:30.03 36.59	750m: 8:55.74 36.28		
	200m: 2:17.75 35.76	400m: 4:41.58 36.00	600m: 7:06.65 36.62	800m: 9:30.13 34.39		

**Absolutos**

1.	Rafael Lourenco Gil <i>Campeão Regional</i>	96	Sporting	8:01.24	<b>7:58.90</b>	793
	50m: 27.68 27.68	250m: 2:28.33 30.32	450m: 4:29.17 30.07	650m: 6:31.07 30.52		
	100m: 57.59 29.91	300m: 2:58.48 30.15	500m: 4:59.67 30.50	700m: 7:01.63 30.56		
	150m: 1:27.65 30.06	350m: 3:28.78 30.30	550m: 5:30.22 30.55	750m: 7:32.10 30.47		
	200m: 1:58.01 30.36	400m: 3:59.10 30.32	600m: 6:00.55 30.33	800m: 7:58.90 26.80		
2.	Bruno Miguel Ramos	97	Belenenses	8:38.52	<b>8:22.35</b>	687
	50m: 28.55 28.55	250m: 2:32.75 31.04	450m: 4:40.33 31.35	650m: 6:47.30 31.64		
	100m: 59.14 30.59	300m: 3:04.70 31.95	500m: 5:11.97 31.64	700m: 7:19.66 32.36		
	150m: 1:30.58 31.44	350m: 3:36.71 32.01	550m: 5:43.70 31.73	750m: 7:51.74 32.08		
	200m: 2:01.71 31.13	400m: 4:08.98 32.27	600m: 6:15.66 31.96	800m: 8:22.35 30.61		
3.	Antonio Manuel Mendes	99	Sporting	9:23.02	<b>8:27.12</b>	668
	50m: 29.52 29.52	250m: 2:35.49 31.61	450m: 4:43.35 32.02	650m: 6:51.90 32.16		
	100m: 1:00.82 31.30	300m: 3:07.43 31.94	500m: 5:15.34 31.99	700m: 7:24.24 32.34		
	150m: 1:32.34 31.52	350m: 3:39.41 31.98	550m: 5:47.50 32.16	750m: 7:56.27 32.03		
	200m: 2:03.88 31.54	400m: 4:11.33 31.92	600m: 6:19.74 32.24	800m: 8:27.12 30.85		
4.	David Matias Cristino	01	União Piedense	8:37.52	<b>8:28.17</b>	664
	50m: 29.01 29.01	250m: 2:38.24 32.42	450m: 4:46.46 31.94	650m: 6:54.79 32.34		
	100m: 1:00.63 31.62	300m: 3:10.09 31.85	500m: 5:18.43 31.97	700m: 7:26.76 31.97		
	150m: 1:33.21 32.58	350m: 3:42.37 32.28	550m: 5:50.29 31.86	750m: 7:58.13 31.37		
	200m: 2:05.82 32.61	400m: 4:14.52 32.15	600m: 6:22.45 32.16	800m: 8:28.17 30.04		
5.	Jose Maria Pereira	01	Sporting	8:43.97	<b>8:44.11</b>	605
	50m: 29.74 29.74	250m: 2:40.06 32.93	450m: 4:52.25 33.11	650m: 7:05.34 33.41		
	100m: 1:01.80 32.06	300m: 3:13.05 32.99	500m: 5:25.36 33.11	700m: 7:38.45 33.11		
	150m: 1:34.28 32.48	350m: 3:46.11 33.06	550m: 5:58.64 33.28	750m: 8:12.02 33.57		
	200m: 2:07.13 32.85	400m: 4:19.14 33.03	600m: 6:31.93 33.29	800m: 8:44.11 32.09		
6.	Diogo Alexandre Casteleiro	01	Sporting	9:02.03	<b>8:44.24</b>	605
	50m: 29.19 29.19	250m: 2:40.03 33.22	450m: 4:52.17 33.06	650m: 7:05.77 33.40		
	100m: 1:01.15 31.96	300m: 3:13.19 33.16	500m: 5:25.25 33.08	700m: 7:39.15 33.38		
	150m: 1:33.83 32.68	350m: 3:46.14 32.95	550m: 5:58.91 33.66	750m: 8:12.23 33.08		
	200m: 2:06.81 32.98	400m: 4:19.11 32.97	600m: 6:32.37 33.46	800m: 8:44.24 32.01		
7.	Vicente Oliveira Gomes	02	Sporting	9:18.78	<b>9:03.15</b>	544
	50m: 29.69 29.69	250m: 2:45.40 34.31	450m: 5:03.06 34.41	650m: 7:21.43 34.73		
	100m: 1:02.95 33.26	300m: 3:19.59 34.19	500m: 5:37.38 34.32	700m: 7:56.62 35.19		
	150m: 1:36.90 33.95	350m: 3:53.94 34.35	550m: 6:11.94 34.56	750m: 8:30.86 34.24		
	200m: 2:11.09 34.19	400m: 4:28.65 34.71	600m: 6:46.70 34.76	800m: 9:03.15 32.29		
8.	Miguel Monteiro Dinis	01	Alges	9:08.40	<b>9:09.66</b>	525
	50m: 30.34 30.34	250m: 2:45.84 34.64	450m: 5:05.26 35.12	650m: 7:26.32 35.21		
	100m: 1:03.32 32.98	300m: 3:20.49 34.65	500m: 5:40.41 35.15	700m: 8:01.52 35.20		
	150m: 1:37.02 33.70	350m: 3:55.18 34.69	550m: 6:15.77 35.36	750m: 8:36.33 34.81		
	200m: 2:11.20 34.18	400m: 4:30.14 34.96	600m: 6:51.11 35.34	800m: 9:09.66 33.33		
9.	Filipe Nunes Magalhaes	98	Natação de Lisboa	9:23.02	<b>9:17.33</b>	503
	50m: 30.76 30.76	250m: 2:47.69 34.88	450m: 5:09.72 35.76	650m: 7:33.49 36.32		
	100m: 1:03.89 33.13	300m: 3:23.06 35.37	500m: 5:45.35 35.63	700m: 8:09.50 36.01		
	150m: 1:38.18 34.29	350m: 3:58.16 35.10	550m: 6:21.12 35.77	750m: 8:44.45 34.95		
	200m: 2:12.81 34.63	400m: 4:33.96 35.80	600m: 6:57.17 36.05	800m: 9:17.33 32.88		

## Prova 38, Masc., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
10.	Luis Maria Rosa	91	Natação de Lisboa	9:23.02	<b>9:19.99</b>	496
	50m: 30.40 30.40	250m: 2:50.45 35.47	450m: 5:13.12 35.43	650m: 7:35.41 35.61		
	100m: 1:04.54 34.14	300m: 3:25.93 35.48	500m: 5:48.44 35.32	700m: 8:11.07 35.66		
	150m: 1:39.61 35.07	350m: 4:02.01 36.08	550m: 6:24.24 35.80	750m: 8:45.89 34.82		
	200m: 2:14.98 35.37	400m: 4:37.69 35.68	600m: 6:59.80 35.56	800m: 9:19.99 34.10		
11.	Tiago Maria Camoes	01	União Piedense	9:12.32	<b>9:20.10</b>	496
	50m: 29.90 29.90	250m: 2:47.79 35.30	450m: 5:10.20 35.83	650m: 7:33.87 36.05		
	100m: 1:03.21 33.31	300m: 3:23.14 35.35	500m: 5:46.06 35.86	700m: 8:09.74 35.87		
	150m: 1:37.50 34.29	350m: 3:58.71 35.57	550m: 6:21.73 35.67	750m: 8:45.33 35.59		
	200m: 2:12.49 34.99	400m: 4:34.37 35.66	600m: 6:57.82 36.09	800m: 9:20.10 34.77		
12.	Tomas Silvestre Almeida	01	Natação de Lisboa	9:18.81	<b>9:22.44</b>	490
	50m: 31.22 31.22	250m: 2:53.01 35.70	450m: 5:16.83 35.55	650m: 7:38.76 35.21		
	100m: 1:05.77 34.55	300m: 3:29.20 36.19	500m: 5:52.62 35.79	700m: 8:13.81 35.05		
	150m: 1:41.29 35.52	350m: 4:05.20 36.00	550m: 6:28.27 35.65	750m: 8:48.55 34.74		
	200m: 2:17.31 36.02	400m: 4:41.28 36.08	600m: 7:03.55 35.28	800m: 9:22.44 33.89		
13.	Antonio Maria Ferreira <i>Fora Tempo Acesso</i>	00	Palmela Desporto	9:23.02	<b>9:30.13</b>	470
	50m: 31.57 31.57	250m: 2:53.62 35.87	450m: 5:17.28 35.70	650m: 7:42.96 36.31		
	100m: 1:06.48 34.91	300m: 3:29.69 36.07	500m: 5:53.44 36.16	700m: 8:19.46 36.50		
	150m: 1:41.99 35.51	350m: 4:05.58 35.89	550m: 6:30.03 36.59	750m: 8:55.74 36.28		
	200m: 2:17.75 35.76	400m: 4:41.58 36.00	600m: 7:06.65 36.62	800m: 9:30.13 34.39		