

Prova 44
09.03.2025

Masc., 800m Livres

Absolutos
Resultados

Rec Nacional Absoluto	7:52.68	Jose Paulo Lopes	SCB	Budapest (HUN)	2021
Rec Regional Absoluto	8:06.49	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Sen	8:06.49	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Jun A	8:15.16	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun B	8:19.86	Joao Pedro Gil	ANAM	Coimbra	2014
Rec Regional Juv A	8:23.75	Rui Silva Pereira	ADRCIMM	Coimbra	2024
Rec Regional Juv B	8:32.97	Rui Silva Pereira	ADRCIMM	Coimbra	2023

TAC - Masc Juv B: 10:11.78; Juv A: 9:53.96; Jun B: 9:42.32; Jun A: 9:36.55; Sen 19: 9:31.41; Sen 20+: 9:25.69

Pontos: AQUA 2025

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
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Juvenis B

1.	Goncalo Tapadas Marques <i>Campeão Regional Juvenis B</i>	10	ADRC Colegio Int Monte Maior	9:26.60	9:31.29	495
	100m: 1:06.78 1:06.78 200m: 2:18.09 1:11.31		300m: 3:30.44 1:12.35 400m: 4:42.27 1:11.83	500m: 5:55.01 1:12.74 600m: 7:08.08 1:13.07	700m: 8:21.02 1:12.94 800m: 9:31.29 1:10.27	
2.	Tomas O'Grady Freire	10	Sporting Clube de Portugal	9:40.83	9:39.94	473
	100m: 1:06.08 1:06.08 200m: 2:18.10 1:12.02		300m: 3:31.47 1:13.37 400m: 4:44.94 1:13.47	500m: 5:58.67 1:13.73 600m: 7:13.26 1:14.59	700m: 8:27.69 1:14.43 800m: 9:39.94 1:12.25	
3.	Guilherme Costa Alves	10	Sporting Clube de Portugal	9:58.01	10:08.94	409
	100m: 1:09.75 1:09.75 200m: 2:27.47 1:17.72		300m: 3:45.74 1:18.27 400m: 5:03.38 1:17.64	500m: 6:20.83 1:17.45 600m: 7:38.63 1:17.80	700m: 8:54.85 1:16.22 800m: 10:08.94 1:14.09	

Juvenis A

1.	Martim Chambel Pinto <i>Campeão Regional Juvenis A</i>	09	ADRC Colegio Int Monte Maior	8:50.13	9:01.40	582
	100m: 1:04.38 1:04.38 200m: 2:12.75 1:08.37		300m: 3:21.53 1:08.78 400m: 4:30.93 1:09.40	500m: 5:38.31 1:07.38 600m: 6:46.74 1:08.43	700m: 7:55.18 1:08.44 800m: 9:01.40 1:06.22	
2.	Rafael Lin Moniz	09	Clube Naval Setubalense	9:01.49	9:12.56	547
	100m: 1:04.20 1:04.20 200m: 2:14.14 1:09.94		300m: 3:24.94 1:10.80 400m: 4:35.18 1:10.24	500m: 5:44.83 1:09.65 600m: 6:55.61 1:10.78	700m: 8:05.78 1:10.17 800m: 9:12.56 1:06.78	
3.	Vasco Alexandre Martins	09	ADRC Colegio Int Monte Maior	9:22.80	9:29.09	501
	100m: 1:06.22 1:06.22 200m: 2:17.34 1:11.12		300m: 3:28.20 1:10.86 400m: 4:39.31 1:11.11	500m: 5:51.25 1:11.94 600m: 7:04.34 1:13.09	700m: 8:17.23 1:12.89 800m: 9:29.09 1:11.86	
4.	Afonso Santos Carromeu	09	Clube Naval Setubalense	9:52.28	9:31.76	494
	100m: 1:07.79 1:07.79 200m: 2:19.20 1:11.41		300m: 3:31.52 1:12.32 400m: 4:44.20 1:12.68	500m: 5:56.48 1:12.28 600m: 7:08.92 1:12.44	700m: 8:21.58 1:12.66 800m: 9:31.76 1:10.18	
5.	Rodrigo Duarte Narigueta <i>FTL (Fora Tempo Limite)</i>	09	Palmela Desporto, E.M.	9:27.97	9:59.27	429
	100m: 1:05.34 1:05.34 200m: 2:18.39 1:13.05		300m: 3:34.99 1:16.60 400m: 4:52.00 1:17.01	500m: 6:09.34 1:17.34 600m: 7:26.33 1:16.99	700m: 8:43.15 1:16.82 800m: 9:59.27 1:16.12	
6.	Miguel Filipe Medronheira <i>FTL (Fora Tempo Limite)</i>	09	Palmela Desporto, E.M.	9:57.94	10:11.89	403
	100m: 1:08.83 1:08.83 200m: 2:22.51 1:13.68		300m: 3:37.77 1:15.26 400m: 4:53.99 1:16.22	500m: 6:12.75 1:18.76 600m: 7:33.70 1:20.95	700m: 8:54.51 1:20.81 800m: 10:11.89 1:17.38	

Juniores

1.	Rui Silva Pereira <i>Campeão Regional Juniores</i>	08	ADRC Colegio Int Monte Maior	8:17.84	8:30.67	693
	100m: 1:01.90 1:01.90 200m: 2:06.38 1:04.48		300m: 3:10.78 1:04.40 400m: 4:15.13 1:04.35	500m: 5:19.57 1:04.44 600m: 6:23.98 1:04.41	700m: 7:28.17 1:04.19 800m: 8:30.67 1:02.50	

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parceiros



Prova 44, Masc., 800m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
2.	Francisco Manuel Bexiga <i>FTL (Fora Tempo Limite)</i>	08	Clube Futebol Os Belenenses	9:48.30	9:49.70	450
	100m: 1:08.87 1:08.87 300m: 3:37.54 1:14.83 500m: 6:07.76 1:14.98 700m: 8:36.92 1:14.19 200m: 2:22.71 1:13.84 400m: 4:52.78 1:15.24 600m: 7:22.73 1:14.97 800m: 9:49.70 1:12.78					
DNS	Afonso Bjork Freitas	07	Clube Nacional de Natação	9:36.55		

Seniores

1.	Pedro Bethlem Tigre <i>Campeão Regional Seniores</i>	06	Sporting Clube de Portugal	8:34.02	8:31.64	690
	100m: 59.47 59.47 300m: 3:08.43 1:05.00 500m: 5:19.28 1:05.19 700m: 7:30.39 1:05.58 200m: 2:03.43 1:03.96 400m: 4:14.09 1:05.66 600m: 6:24.81 1:05.53 800m: 8:31.64 1:01.25					
2.	Diogo Santos Cardoso	01	Sporting Clube de Portugal	8:09.58	8:32.26	687
	100m: 1:02.71 1:02.71 300m: 3:12.62 1:04.97 500m: 5:22.43 1:04.78 700m: 7:31.37 1:04.55 200m: 2:07.65 1:04.94 400m: 4:17.65 1:05.03 600m: 6:26.82 1:04.39 800m: 8:32.26 1:00.89					
3.	Pedro Crispim Jorge	06	Soc.Filarmónica União A. Piedense	9:18.97	9:04.86	571
	100m: 1:02.85 1:02.85 300m: 3:19.57 1:08.74 500m: 5:38.66 1:09.90 700m: 7:56.78 1:08.96 200m: 2:10.83 1:07.98 400m: 4:28.76 1:09.19 600m: 6:47.82 1:09.16 800m: 9:04.86 1:08.08					
4.	Rodrigo Onofre Matos	06	Clube Futebol Os Belenenses	8:46.72	9:05.86	568
	100m: 1:03.15 1:03.15 300m: 3:19.54 1:08.80 500m: 5:37.03 1:08.71 700m: 7:56.34 1:10.04 200m: 2:10.74 1:07.59 400m: 4:28.32 1:08.78 600m: 6:46.30 1:09.27 800m: 9:05.86 1:09.52					
5.	Ricardo Freitas Neto	06	Sporting Clube de Portugal	8:57.54	9:06.55	566
	100m: 1:03.72 1:03.72 300m: 3:21.25 1:09.20 500m: 5:39.70 1:09.04 700m: 7:59.34 1:09.38 200m: 2:12.05 1:08.33 400m: 4:30.66 1:09.41 600m: 6:49.96 1:10.26 800m: 9:06.55 1:07.21					
6.	Joao Almeida Gomes	06	Clube Nacional de Natação	8:52.56	9:12.54	547
	100m: 1:04.72 1:04.72 300m: 3:24.91 1:11.10 500m: 5:45.28 1:09.19 700m: 8:04.91 1:09.67 200m: 2:13.81 1:09.09 400m: 4:36.09 1:11.18 600m: 6:55.24 1:09.96 800m: 9:12.54 1:07.63					
7.	David Alexandre Fernandes	06	Clube Nacional de Natação	9:34.22	9:16.76	535
	100m: 1:05.17 1:05.17 300m: 3:26.65 1:10.67 500m: 5:48.06 1:10.46 700m: 8:08.33 1:09.62 200m: 2:15.98 1:10.81 400m: 4:37.60 1:10.95 600m: 6:58.71 1:10.65 800m: 9:16.76 1:08.43					
8.	Ricardo Andrade Belezas <i>FTL (Fora Tempo Limite)</i>	91	Clube Futebol Os Belenenses	9:41.48	9:35.20	485
	100m: 1:07.71 1:07.71 300m: 3:33.43 1:13.21 500m: 5:58.83 1:12.82 700m: 8:24.79 1:12.71 200m: 2:20.22 1:12.51 400m: 4:46.01 1:12.58 600m: 7:12.08 1:13.25 800m: 9:35.20 1:10.41					

Absolutos

1.	Rui Silva Pereira	08	ADRC Colegio Int Monte Maior	8:17.84	8:30.67	693
	100m: 1:01.90 1:01.90 300m: 3:10.78 1:04.40 500m: 5:19.57 1:04.44 700m: 7:28.17 1:04.19 200m: 2:06.38 1:04.48 400m: 4:15.13 1:04.35 600m: 6:23.98 1:04.41 800m: 8:30.67 1:02.50					
2.	Pedro Bethlem Tigre	06	Sporting Clube de Portugal	8:34.02	8:31.64	690
	100m: 59.47 59.47 300m: 3:08.43 1:05.00 500m: 5:19.28 1:05.19 700m: 7:30.39 1:05.58 200m: 2:03.43 1:03.96 400m: 4:14.09 1:05.66 600m: 6:24.81 1:05.53 800m: 8:31.64 1:01.25					
3.	Diogo Santos Cardoso	01	Sporting Clube de Portugal	8:09.58	8:32.26	687
	100m: 1:02.71 1:02.71 300m: 3:12.62 1:04.97 500m: 5:22.43 1:04.78 700m: 7:31.37 1:04.55 200m: 2:07.65 1:04.94 400m: 4:17.65 1:05.03 600m: 6:26.82 1:04.39 800m: 8:32.26 1:00.89					
4.	Martim Chambel Pinto	09	ADRC Colegio Int Monte Maior	8:50.13	9:01.40	582
	100m: 1:04.38 1:04.38 300m: 3:21.53 1:08.78 500m: 5:38.31 1:07.38 700m: 7:55.18 1:08.44 200m: 2:12.75 1:08.37 400m: 4:30.93 1:09.40 600m: 6:46.74 1:08.43 800m: 9:01.40 1:06.22					
5.	Pedro Crispim Jorge	06	Soc.Filarmónica União A. Piedense	9:18.97	9:04.86	571
	100m: 1:02.85 1:02.85 300m: 3:19.57 1:08.74 500m: 5:38.66 1:09.90 700m: 7:56.78 1:08.96 200m: 2:10.83 1:07.98 400m: 4:28.76 1:09.19 600m: 6:47.82 1:09.16 800m: 9:04.86 1:08.08					
6.	Rodrigo Onofre Matos	06	Clube Futebol Os Belenenses	8:46.72	9:05.86	568
	100m: 1:03.15 1:03.15 300m: 3:19.54 1:08.80 500m: 5:37.03 1:08.71 700m: 7:56.34 1:10.04 200m: 2:10.74 1:07.59 400m: 4:28.32 1:08.78 600m: 6:46.30 1:09.27 800m: 9:05.86 1:09.52					
7.	Ricardo Freitas Neto	06	Sporting Clube de Portugal	8:57.54	9:06.55	566
	100m: 1:03.72 1:03.72 300m: 3:21.25 1:09.20 500m: 5:39.70 1:09.04 700m: 7:59.34 1:09.38 200m: 2:12.05 1:08.33 400m: 4:30.66 1:09.41 600m: 6:49.96 1:10.26 800m: 9:06.55 1:07.21					

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Prova 44, Masc., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
8.	Joao Almeida Gomes	06	Clube Nacional de Nataç�o	8:52.56	9:12.54	547
	100m: 1:04.72 1:04.72 300m: 3:24.91 1:11.10 500m: 5:45.28 1:09.19 700m: 8:04.91 1:09.67 200m: 2:13.81 1:09.09 400m: 4:36.09 1:11.18 600m: 6:55.24 1:09.96 800m: 9:12.54 1:07.63					
9.	Rafael Lin Moniz	09	Clube Naval Setubalense	9:01.49	9:12.56	547
	100m: 1:04.20 1:04.20 300m: 3:24.94 1:10.80 500m: 5:44.83 1:09.65 700m: 8:05.78 1:10.17 200m: 2:14.14 1:09.94 400m: 4:35.18 1:10.24 600m: 6:55.61 1:10.78 800m: 9:12.56 1:06.78					
10.	David Alexandre Fernandes	06	Clube Nacional de Nataç�o	9:34.22	9:16.76	535
	100m: 1:05.17 1:05.17 300m: 3:26.65 1:10.67 500m: 5:48.06 1:10.46 700m: 8:08.33 1:09.62 200m: 2:15.98 1:10.81 400m: 4:37.60 1:10.95 600m: 6:58.71 1:10.65 800m: 9:16.76 1:08.43					
11.	Vasco Alexandre Martins	09	ADRC Colegio Int Monte Maior	9:22.80	9:29.09	501
	100m: 1:06.22 1:06.22 300m: 3:28.20 1:10.86 500m: 5:51.25 1:11.94 700m: 8:17.23 1:12.89 200m: 2:17.34 1:11.12 400m: 4:39.31 1:11.11 600m: 7:04.34 1:13.09 800m: 9:29.09 1:11.86					
12.	Goncalo Tapadas Marques	10	ADRC Colegio Int Monte Maior	9:26.60	9:31.29	495
	100m: 1:06.78 1:06.78 300m: 3:30.44 1:12.35 500m: 5:55.01 1:12.74 700m: 8:21.02 1:12.94 200m: 2:18.09 1:11.31 400m: 4:42.27 1:11.83 600m: 7:08.08 1:13.07 800m: 9:31.29 1:10.27					
13.	Afonso Santos Carromeu	09	Clube Naval Setubalense	9:52.28	9:31.76	494
	100m: 1:07.79 1:07.79 300m: 3:31.52 1:12.32 500m: 5:56.48 1:12.28 700m: 8:21.58 1:12.66 200m: 2:19.20 1:11.41 400m: 4:44.20 1:12.68 600m: 7:08.92 1:12.44 800m: 9:31.76 1:10.18					
14.	Ricardo Andrade Belezas FTL (Fora Tempo Limite)	91	Clube Futebol Os Belenenses	9:41.48	9:35.20	485
	100m: 1:07.71 1:07.71 300m: 3:33.43 1:13.21 500m: 5:58.83 1:12.82 700m: 8:24.79 1:12.71 200m: 2:20.22 1:12.51 400m: 4:46.01 1:12.58 600m: 7:12.08 1:13.25 800m: 9:35.20 1:10.41					
15.	Tomas O'Grady Freire	10	Sporting Clube de Portugal	9:40.83	9:39.94	473
	100m: 1:06.08 1:06.08 300m: 3:31.47 1:13.37 500m: 5:58.67 1:13.73 700m: 8:27.69 1:14.43 200m: 2:18.10 1:12.02 400m: 4:44.94 1:13.47 600m: 7:13.26 1:14.59 800m: 9:39.94 1:12.25					
16.	Francisco Manuel Bexiga FTL (Fora Tempo Limite)	08	Clube Futebol Os Belenenses	9:48.30	9:49.70	450
	100m: 1:08.87 1:08.87 300m: 3:37.54 1:14.83 500m: 6:07.76 1:14.98 700m: 8:36.92 1:14.19 200m: 2:22.71 1:13.84 400m: 4:52.78 1:15.24 600m: 7:22.73 1:14.97 800m: 9:49.70 1:12.78					
17.	Rodrigo Duarte Narigueta FTL (Fora Tempo Limite)	09	Palmela Desporto, E.M.	9:27.97	9:59.27	429
	100m: 1:05.34 1:05.34 300m: 3:34.99 1:16.60 500m: 6:09.34 1:17.34 700m: 8:43.15 1:16.82 200m: 2:18.39 1:13.05 400m: 4:52.00 1:17.01 600m: 7:26.33 1:16.99 800m: 9:59.27 1:16.12					
18.	Guilherme Costa Alves	10	Sporting Clube de Portugal	9:58.01	10:08.94	409
	100m: 1:09.75 1:09.75 300m: 3:45.74 1:18.27 500m: 6:20.83 1:17.45 700m: 8:54.85 1:16.22 200m: 2:27.47 1:17.72 400m: 5:03.38 1:17.64 600m: 7:38.63 1:17.80 800m: 10:08.94 1:14.09					
19.	Miguel Filipe Medronheira FTL (Fora Tempo Limite)	09	Palmela Desporto, E.M.	9:57.94	10:11.89	403
	100m: 1:08.83 1:08.83 300m: 3:37.77 1:15.26 500m: 6:12.75 1:18.76 700m: 8:54.51 1:20.81 200m: 2:22.51 1:13.68 400m: 4:53.99 1:16.22 600m: 7:33.70 1:20.95 800m: 10:11.89 1:17.38					
DNS	Afonso Bjork Freitas	07	Clube Nacional de Nataç�o	9:36.55		