



Campeonatos Regionais de Verão da ARNN e Torregri III
Vinhais, 27 - 28/6/2026



Prova 19

Masc., 1500m Livres

Infantis

27/06/2026 - 16:00

Resultados

Recordes Regionais (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) Inf A	18:13.01	Francisco Lopes Afonso	GCVR	Santa Marta de Penagui�o	02/07/2017
Recordes Regionais (25m) Inf B	19:08.71	Lucas Pinto Ribeiro	GCVR	Santa Marta de Penagui�o	08/07/2023

Lugar	Nome	Lic�n�a	Idade	Clube	Tempo Final	Pts
1.	Jos� Miguel Coelho	214606	13	Peso da Regua	20:15.77	-
	50m: 33.63	450m: 35.28		850m: 1250m:		
	100m: 1:10.92	500m: 6:29.77		900m: 1300m:	17:32.56	
	150m:	550m:		950m: 1350m:		
	200m: 2:28.20	600m: 7:51.87		1000m: 1400m:	18:55.81	
	250m:	650m:		1050m: 1450m:		
	300m: 3:47.45	700m: 9:13.20		1100m: 1500m:	20:15.77	
	350m:	750m:		1150m:		
	400m: 5:08.27	800m: 10:35.49		1200m: 16:09.45		
2.	Martim Beato Guedes	219121	14	FC Vinhais	21:25.21	2,00
	50m: 35.28	450m:		850m: 1250m:		
	100m: 1:16.68	500m: 7:00.21		900m: 1300m:	18:35.56	
	150m:	550m:		950m: 1350m:		
	200m: 2:40.28	600m: 8:25.96		1000m: 1400m:	20:02.89	
	250m:	650m:		1050m: 1450m:		
	300m: 4:06.93	700m: 9:51.59		1100m: 1500m:	21:25.21	
	350m:	750m:		1150m:		
	400m: 5:33.68	800m: 11:17.15		1200m: 17:08.68		
3.	Gabriel Artilheiro Fraga	222499	13	Gcvr	21:54.81	-
	50m: 40.03	450m:		850m: 1250m:		
	100m: 1:23.71	500m: 7:19.28		900m: 1300m:	19:05.78	
	150m:	550m:		950m: 1350m:		
	200m: 2:51.39	600m: 8:48.64		1000m: 1400m:	20:31.74	
	250m:	650m:		1050m: 1450m:		
	300m: 4:21.59	700m: 10:17.07		1100m: 1500m:	21:54.81	
	350m:	750m:		1150m:		
	400m: 5:50.09	800m: 11:44.84		1200m: 17:37.14		
4.	David Sequeira Sobral	222996	14	Durius Ac Pesqueira	23:21.28	-
	50m: 41.24	450m:		850m: 1250m:		
	100m: 1:27.24	500m: 7:34.34		900m: 1300m:	20:12.28	
	150m:	550m:		950m: 1350m:		
	200m: 2:58.39	600m: 9:08.74		1000m: 1400m:	21:49.39	
	250m:	650m:		1050m: 1450m:		
	300m: 4:29.39	700m: 10:42.49		1100m: 1500m:	23:21.28	
	350m:	750m:		1150m:		
	400m: 6:01.31	800m: 12:17.78		1200m: 18:35.99		
5.	Vicente Magalhaes Nobrega	226137	13	Peso da Regua	23:22.63	-
	50m: 39.03	450m:		850m: 1250m:		
	100m: 1:21.53	500m: 7:33.91		900m: 1300m:	20:13.13	
	150m:	550m:		950m: 1350m:		
	200m: 2:50.95	600m: 9:08.48		1000m: 1400m:	21:51.13	
	250m:	650m:		1050m: 1450m:		
	300m: 4:24.09	700m: 10:43.45		1100m: 1500m:	23:22.63	
	350m:	750m:		1150m:		
	400m: 6:00.09	800m: 12:17.45		1200m: 18:34.16		
6.	Rodrigo Leal Neto	226138	13	Peso da Regua	24:23.84	-
	50m: 43.21	450m:		850m: 1250m:		
	100m: 1:30.64	500m: 8:03.24		900m: 1300m:	21:13.67	
	150m:	550m:		950m: 1350m:		
	200m: 3:06.28	600m: 9:43.17		1000m: 1400m:	22:50.59	
	250m:	650m:		1050m: 1450m:		
	300m: 4:45.39	700m: 11:20.81		1100m: 1500m:	24:23.84	
	350m:	750m:		1150m:		
	400m: 6:25.57	800m: 13:00.31		1200m: 19:36.31		
7.	Rodrigo Ara�jo Sousa	214607	14	Peso da Regua	24:31.99	-
	50m: 41.17	450m:		850m: 1250m:		
	100m: 1:27.71	500m: 8:03.53		900m: 1300m:	21:23.07	
	150m:	550m:		950m: 1350m:		
	200m: 3:04.46	600m: 9:42.42		1000m: 1400m:	23:00.78	
	250m:	650m:		1050m: 1450m:		
	300m: 4:43.17	700m: 11:23.67		1100m: 1500m:	24:31.99	
	350m:	750m:		1150m:		
	400m: 6:22.57	800m: 13:03.28		1200m: 19:43.53		



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Vinhais, 27 - 28/6/2026



Prova 19, Masc., 1500m Livres

Prova 19 Masc., 1500m Livres Juvenis
27/06/2026 - 16:00 Resultados

Recordes Regionais (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) Juv A	17:37.52	João Jorge Tao	GCVR	Braga	19/03/2000
Recordes Regionais (25m) Juv B	17:35.32	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	08/07/2018

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Tiago Daniel Penso <i>Recorde Regional</i>	212425	15	Gcvr	17:32.95	7,00
	50m: 29.70 29.70	450m:	850m:	1250m:		
	100m: 1:04.73 35.03	500m: 5:46.09	900m: 10:29.06	1300m: 15:12.34		
	150m:	550m:	950m:	1350m:		
	200m: 2:14.91	600m: 6:55.48	1000m: 11:39.98	1400m: 16:23.66		
	250m:	650m:	1050m:	1450m:		
	300m: 3:25.83	700m: 8:06.45	1100m: 12:50.78	1500m: 17:32.95		
	350m:	750m:	1150m:			
	400m: 4:35.80	800m: 9:17.23	1200m: 14:01.91			
2.	Guilherme Alves Horta	222427	15	Fnc	20:43.81	4,00
	50m: 34.24 34.24	450m:	850m:	1250m:		
	100m: 1:12.95 38.71	500m: 6:46.34	900m: 12:22.07	1300m: 18:00.74		
	150m:	550m:	950m:	1350m:		
	200m: 2:35.81	600m: 8:09.78	1000m: 13:46.07	1400m: 19:24.99		
	250m:	650m:	1050m:	1450m:		
	300m: 3:59.59	700m: 9:33.31	1100m: 15:11.33	1500m: 20:43.81		
	350m:	750m:	1150m:			
	400m: 5:22.84	800m: 10:58.14	1200m: 16:35.92			
3.	Afonso Alexandre Paiga	216385	16	Durius Ac Pesqueira	21:06.06	3,00
	50m: 36.56 36.56	450m:	850m:	1250m:		
	100m: 1:17.16 40.60	500m: 6:57.84	900m: 12:40.66	1300m: 18:21.94		
	150m:	550m:	950m:	1350m:		
	200m: 2:41.59	600m: 8:22.48	1000m: 14:04.41	1400m: 19:49.66		
	250m:	650m:	1050m:	1450m:		
	300m: 4:05.66	700m: 9:46.91	1100m: 15:30.38	1500m: 21:06.06		
	350m:	750m:	1150m:			
	400m: 5:30.91	800m: 11:13.87	1200m: 16:36.23			

Prova 19 Masc., 1500m Livres Juniores e Seniores
27/06/2026 - 16:00 Resultados

Recordes Regionais (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) Sen	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) 18	17:56.67	Jose Pedro Rocha	CMNPR	Peso da Régua	05/03/2022
Recordes Regionais (25m) 17	17:50.83	Rodrigo Matos Salcedas	GCVR	Santa Marta de Penaguião	02/07/2017

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Gonçalo Monteiro Fonseca	208560	21	Peso da Regua	20:03.03	5,00
	50m: 32.28 32.28	450m:	850m:	1250m:		
	100m: 1:09.64 37.36	500m: 6:23.39	900m: 11:50.50	1300m: 17:21.11		
	150m:	550m:	950m:	1350m:		
	200m: 2:25.36	600m: 7:44.89	1000m: 13:12.25	1400m: 18:43.25		
	250m:	650m:	1050m:	1450m:		
	300m: 3:43.39	700m: 9:07.43	1100m: 14:34.61	1500m: 20:03.03		
	350m:	750m:	1150m:			
	400m: 5:03.06	800m: 10:29.21	1200m: 15:58.28			



Campeonatos Regionais de Verão da ARNN e Torregri III
Vinhais, 27 - 28/6/2026



Prova 19, Masc., 1500m Livres

Prova 19 Masc., 1500m Livres Absoluto
27/06/2026 - 16:00 Resultados

Recordes Regionais (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) Sen	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) 18	17:56.67	Jose Pedro Rocha	CMNPR	Peso da Régua	05/03/2022
Recordes Regionais (25m) 17	17:50.83	Rodrigo Matos Salcedas	GCVR	Santa Marta de Penaguião	02/07/2017
Recordes Regionais (25m) Juv A	17:37.52	João Jorge Tao	GCVR	Braga	19/03/2000
Recordes Regionais (25m) Juv B	17:35.32	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	08/07/2018
Recordes Regionais (25m) Inf A	18:13.01	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	02/07/2017
Recordes Regionais (25m) Inf B	19:08.71	Lucas Pinto Ribeiro	GCVR	Santa Marta de Penaguião	08/07/2023

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
1.	Tiago Daniel Penso <i>Recorde Regional</i>	212425	15	Gcvr	17:32.95	7,00
	50m: 29.70 29.70	450m:	850m:	1250m:		
	100m: 1:04.73 35.03	500m: 5:46.09	900m: 10:29.06	1300m: 15:12.34		
	150m:	550m:	950m:	1350m:		
	200m: 2:14.91	600m: 6:55.48	1000m: 11:39.98	1400m: 16:23.66		
	250m:	650m:	1050m:	1450m:		
	300m: 3:25.83	700m: 8:06.45	1100m: 12:50.78	1500m: 17:32.95		
	350m:	750m:	1150m:			
	400m: 4:35.80	800m: 9:17.23	1200m: 14:01.91			
2.	Gonçalo Monteiro Fonseca	208560	21	Peso da Regua	20:03.03	5,00
	50m: 32.28 32.28	450m:	850m:	1250m:		
	100m: 1:09.64 37.36	500m: 6:23.39	900m: 11:50.50	1300m: 17:21.11		
	150m:	550m:	950m:	1350m:		
	200m: 2:25.36	600m: 7:44.89	1000m: 13:12.25	1400m: 18:43.25		
	250m:	650m:	1050m:	1450m:		
	300m: 3:43.39	700m: 9:07.43	1100m: 14:34.61	1500m: 20:03.03		
	350m:	750m:	1150m:			
	400m: 5:03.06	800m: 10:29.21	1200m: 15:58.28			
3.	José Miguel Coelho	214606	13	Peso da Regua	20:15.77	-
	50m: 33.63 33.63	450m:	850m:	1250m:		
	100m: 1:10.92 37.29	500m: 6:29.77	900m: 11:57.56	1300m: 17:32.56		
	150m:	550m:	950m:	1350m:		
	200m: 2:28.20	600m: 7:51.87	1000m: 13:20.92	1400m: 18:55.81		
	250m:	650m:	1050m:	1450m:		
	300m: 3:47.45	700m: 9:13.20	1100m: 14:45.45	1500m: 20:15.77		
	350m:	750m:	1150m:			
	400m: 5:08.27	800m: 10:35.49	1200m: 16:09.45			
4.	Guilherme Alves Horta	222427	15	Fnc	20:43.81	4,00
	50m: 34.24 34.24	450m:	850m:	1250m:		
	100m: 1:12.95 38.71	500m: 6:46.34	900m: 12:22.07	1300m: 18:00.74		
	150m:	550m:	950m:	1350m:		
	200m: 2:35.81	600m: 8:09.78	1000m: 13:46.07	1400m: 19:24.99		
	250m:	650m:	1050m:	1450m:		
	300m: 3:59.59	700m: 9:33.31	1100m: 15:11.33	1500m: 20:43.81		
	350m:	750m:	1150m:			
	400m: 5:22.84	800m: 10:58.14	1200m: 16:35.92			
5.	Afonso Alexandre Paiga	216385	16	Durius Ac Pesqueira	21:06.06	3,00
	50m: 36.56 36.56	450m:	850m:	1250m:		
	100m: 1:17.16 40.60	500m: 6:57.84	900m: 12:40.66	1300m: 18:21.94		
	150m:	550m:	950m:	1350m:		
	200m: 2:41.59	600m: 8:22.48	1000m: 14:04.41	1400m: 19:49.66		
	250m:	650m:	1050m:	1450m:		
	300m: 4:05.66	700m: 9:46.91	1100m: 15:30.38	1500m: 21:06.06		
	350m:	750m:	1150m:			
	400m: 5:30.91	800m: 11:13.87	1200m: 16:36.23			
6.	Martim Beato Guedes	219121	14	FC Vinhais	21:25.21	2,00
	50m: 35.28 35.28	450m:	850m:	1250m:		
	100m: 1:16.68 41.40	500m: 7:00.21	900m: 12:44.28	1300m: 18:35.56		
	150m:	550m:	950m:	1350m:		
	200m: 2:40.28	600m: 8:25.96	1000m: 14:12.43	1400m: 20:02.89		
	250m:	650m:	1050m:	1450m:		
	300m: 4:06.93	700m: 9:51.59	1100m: 15:40.59	1500m: 21:25.21		
	350m:	750m:	1150m:			
	400m: 5:33.68	800m: 11:17.15	1200m: 17:08.68			
7.	Gabriel Artilheiro Fraga	222499	13	Gcvr	21:54.81	-
	50m: 40.03 40.03	450m:	850m:	1250m:		
	100m: 1:23.71 43.68	500m: 7:19.28	900m: 13:13.57	1300m: 19:05.78		
	150m:	550m:	950m:	1350m:		
	200m: 2:51.39	600m: 8:48.64	1000m: 14:41.34	1400m: 20:31.74		
	250m:	650m:	1050m:	1450m:		
	300m: 4:21.59	700m: 10:17.07	1100m: 16:09.31	1500m: 21:54.81		
	350m:	750m:	1150m:			
	400m: 5:50.09	800m: 11:44.84	1200m: 17:37.14			



Campeonatos Regionais de Verão da ARNN e Torregri III
Vinhais, 27 - 28/6/2026



Prova 19, Masc., 1500m Livres, Absoluto

Lugar	Nome	Licença	Idade	Clube	Tempo Final	Pts
8.	David Sequeira Sobral	222996	14	Durius Ac Pesqueira	23:21.28	-
	50m: 41.24 41.24	450m:		850m:	1250m:	
	100m: 1:27.24 46.00	500m: 7:34.34		900m: 13:49.59	1300m: 20:12.28	
	150m:	550m:		950m:	1350m:	
	200m: 2:58.39	600m: 9:08.74		1000m: 15:24.39	1400m: 21:49.39	
	250m:	650m:		1050m:	1450m:	
	300m: 4:29.39	700m: 10:42.49		1100m: 17:00.59	1500m: 23:21.28	
	350m:	750m:		1150m:		
	400m: 6:01.31	800m: 12:17.78		1200m: 18:35.99		
9.	Vicente Magalhaes Nobrega	226137	13	Peso da Regua	23:22.63	-
	50m: 39.03 39.03	450m:		850m:	1250m:	
	100m: 1:21.53 42.50	500m: 7:33.91		900m: 13:49.56	1300m: 20:13.13	
	150m:	550m:		950m:	1350m:	
	200m: 2:50.95	600m: 9:08.48		1000m: 15:22.31	1400m: 21:51.13	
	250m:	650m:		1050m:	1450m:	
	300m: 4:24.09	700m: 10:43.45		1100m: 16:56.38	1500m: 23:22.63	
	350m:	750m:		1150m:		
	400m: 6:00.09	800m: 12:17.45		1200m: 18:34.16		
10.	Rodrigo Leal Neto	226138	13	Peso da Regua	24:23.84	-
	50m: 43.21 43.21	450m:		850m:	1250m:	
	100m: 1:30.64 47.43	500m: 8:03.24		900m: 14:36.17	1300m: 21:13.67	
	150m:	550m:		950m:	1350m:	
	200m: 3:06.28	600m: 9:43.17		1000m: 16:14.07	1400m: 22:50.59	
	250m:	650m:		1050m:	1450m:	
	300m: 4:45.39	700m: 11:20.81		1100m: 17:54.31	1500m: 24:23.84	
	350m:	750m:		1150m:		
	400m: 6:25.57	800m: 13:00.31		1200m: 19:36.31		
11.	Rodrigo Araújo Sousa	214607	14	Peso da Regua	24:31.99	-
	50m: 41.17 41.17	450m:		850m:	1250m:	
	100m: 1:27.71 46.54	500m: 8:03.53		900m: 14:43.96	1300m: 21:23.07	
	150m:	550m:		950m:	1350m:	
	200m: 3:04.46	600m: 9:42.42		1000m: 16:24.24	1400m: 23:00.78	
	250m:	650m:		1050m:	1450m:	
	300m: 4:43.17	700m: 11:23.67		1100m: 18:03.89	1500m: 24:31.99	
	350m:	750m:		1150m:		
	400m: 6:22.57	800m: 13:03.28		1200m: 19:43.53		