Prova 8 — Masc., 1500m Livres — 15 anos e mais velhos
08/11/2026 - 9:00 — Resultados

Recordes Nacionais 25m Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Recordes Nacionais 25m Sen	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Recordes Nacionais 25m Jun 18	15:06.43	Rui Silva, PEREIRA	ADRCIMM	Leiria	14/12/2025
Recordes Nacionais 25m Jun 17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
Recordes Nacionais 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Recordes Nacionais 25m Juv B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
Recordes Regionais 25m Open	16:00.92	Ricardo Sousa, FILIPE	LDC	Leiria	06/12/2009
Recordes Regionais 25m Sen	16:00.92	Ricardo Sousa, FILIPE	LDC	Leiria	06/12/2009
Recordes Regionais 25m Jun 18	16:20.21	Rui Miguel, LOPES	CNOL	Silves	04/12/2011
Recordes Regionais 25m Jun 17	16:30.83	Joao Duarte, SANTOS	CNOL	Quarteira	12/11/2011
Recordes Regionais 25m Juv A	16:35.72	Eduardo Cardoso, LOPES	LDC	Leiria	14/12/2014
Recordes Regionais 25m Juv B	16:41.29	Eduardo Cardoso, LOPES	LDC	Silves	16/03/2014
S14 - 25m	18:46.22	Samuel Lima, DUARTE	SANCNP	Quarteira	10/02/2024
Recorde Regional Adaptada 25m	22:27.00	Levi Daniel Nascimento,			01/01/1800

Pontos: AQUA 2026

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts

Juvenis B

1. Tiago Joaquim, FERNANDES — 12 — 216059 — RIA Aqua Tavira — **18:55.11** — 415 — -

50m:	34.56	34.56	450m:	5:36.45	38.04	850m:	10:43.57	38.99	1250m:	15:49.31	38.10
100m:	1:11.00	36.44	500m:	6:14.38	37.93	900m:	11:21.90	38.33	1300m:	16:28.21	38.90
150m:	1:49.00	38.00	550m:	6:51.99	37.61	950m:	12:00.11	38.21	1350m:	17:06.86	38.65
200m:	2:26.71	37.71	600m:	7:30.91	38.92	1000m:	12:38.92	38.81	1400m:	17:45.10	38.24
250m:	3:04.34	37.63	650m:	8:08.86	37.95	1050m:	13:17.17	38.25	1450m:	18:21.42	36.32
300m:	3:42.35	38.01	700m:	8:47.37	38.51	1100m:	13:55.52	38.35	1500m:	18:55.11	33.69
350m:	4:20.31	37.96	750m:	9:25.60	38.23	1150m:	14:33.51	37.99			
400m:	4:58.41	38.10	800m:	10:04.58	38.98	1200m:	15:11.21	37.70			

2. David, HUMENYUK — 12 — 221137 — Portinado — **19:17.57** — 391 — -

50m:	36.38	36.38	450m:	5:41.32	38.28	850m:	10:51.19	38.40	1250m:	16:06.17	39.11
100m:	1:13.76	37.38	500m:	6:19.99	38.67	900m:	11:30.15	38.96	1300m:	16:45.34	39.17
150m:	1:51.61	37.85	550m:	6:58.83	38.84	950m:	12:09.04	38.89	1350m:	17:24.86	39.52
200m:	2:29.78	38.17	600m:	7:37.56	38.73	1000m:	12:48.89	39.85	1400m:	18:03.97	39.11
250m:	3:08.25	38.47	650m:	8:15.83	38.27	1050m:	13:28.80	39.91	1450m:	18:42.34	38.37
300m:	3:46.43	38.18	700m:	8:54.60	38.77	1100m:	14:08.44	39.64	1500m:	19:17.57	35.23
350m:	4:24.79	38.36	750m:	9:33.31	38.71	1150m:	14:47.83	39.39			
400m:	5:03.04	38.25	800m:	10:12.79	39.48	1200m:	15:27.06	39.23			

3. Tomas Soares, TAVARES — 12 — 217546 — Portinado — **19:21.03** — 388 — -

50m:	36.43	36.43	450m:	5:41.97	38.56	850m:	10:54.89	38.81	1250m:	16:11.44	39.55
100m:	1:13.92	37.49	500m:	6:20.84	38.87	900m:	11:35.47	40.58	1300m:	16:50.68	39.24
150m:	1:51.59	37.67	550m:	6:59.36	38.52	950m:	12:15.26	39.79	1350m:	17:30.81	40.13
200m:	2:29.72	38.13	600m:	7:38.70	39.34	1000m:	12:55.32	40.06	1400m:	18:09.76	38.95
250m:	3:07.95	38.23	650m:	8:17.81	39.11	1050m:	13:34.46	39.14	1450m:	18:46.12	36.36
300m:	3:46.49	38.54	700m:	8:57.25	39.44	1100m:	14:13.39	38.93	1500m:	19:21.03	34.91
350m:	4:24.97	38.48	750m:	9:36.06	38.81	1150m:	14:52.38	38.99			
400m:	5:03.41	38.44	800m:	10:16.08	40.02	1200m:	15:31.89	39.51			

4. Francisco Miguel, SILVA — 12 — 214537 — Portinado — **19:29.12** — 380 — -

50m:	36.63	36.63	450m:	5:51.68	39.35	850m:	11:07.63	39.31	1250m:	16:20.13	38.92
100m:	1:15.17	38.54	500m:	6:30.88	39.20	900m:	11:46.61	38.98	1300m:	16:59.14	39.01
150m:	1:54.30	39.13	550m:	7:10.63	39.75	950m:	12:25.72	39.11	1350m:	17:36.89	37.75
200m:	2:34.04	39.74	600m:	7:49.85	39.22	1000m:	13:05.20	39.48	1400m:	18:14.46	37.57
250m:	3:13.13	39.09	650m:	8:29.85	40.00	1050m:	13:44.10	38.90	1450m:	18:51.82	37.36
300m:	3:52.87	39.74	700m:	9:09.52	39.67	1100m:	14:23.05	38.95	1500m:	19:29.12	37.30
350m:	4:32.56	39.69	750m:	9:48.85	39.33	1150m:	15:01.83	38.78			
400m:	5:12.33	39.77	800m:	10:28.32	39.47	1200m:	15:41.21	39.38			

5. David Cocia, GHERAS — 12 — 219515 — RIA Aqua Tavira — **20:16.29** — 337 — -

50m:	37.65	37.65	450m:	6:10.03	41.83	850m:	11:41.22	41.21	1250m:	17:03.13	39.33
100m:	1:17.57	39.92	500m:	6:51.76	41.73	900m:	12:21.60	40.38	1300m:	17:42.37	39.24
150m:	1:59.70	42.13	550m:	7:33.63	41.87	950m:	13:02.49	40.89	1350m:	18:21.43	39.06
200m:	2:40.80	41.10	600m:	8:15.36	41.73	1000m:	13:43.46	40.97	1400m:	19:00.39	38.96
250m:	3:23.24	42.44	650m:	8:56.55	41.19	1050m:	14:23.28	39.82	1450m:	19:38.78	38.39
300m:	4:04.81	41.57	700m:	9:38.08	41.53	1100m:	15:04.00	40.72	1500m:	20:16.29	37.51
350m:	4:46.17	41.36	750m:	10:18.78	40.70	1150m:	15:44.45	40.45			
400m:	5:28.20	42.03	800m:	11:00.01	41.23	1200m:	16:23.80	39.35			

6. Tomas Goncalves, GUERREIRO — 12 — 146494 — Náutico do Guadiana — **21:31.16** — 282 — -

50m:	41.83	41.83	450m:	6:32.77	43.89	850m:	12:19.91	43.06	1250m:	18:02.39	42.83
100m:	1:24.68	42.85	500m:	7:16.86	44.09	900m:	13:03.10	43.19	1300m:	18:45.50	43.11
150m:	2:08.95	44.27	550m:	8:00.03	43.17	950m:	13:45.28	42.18	1350m:	19:28.07	42.57
200m:	2:52.75	43.80	600m:	8:44.25	44.22	1000m:	14:27.83	42.55	1400m:	20:11.17	43.10
250m:	3:36.65	43.90	650m:	9:27.66	43.41	1050m:	15:10.57	42.74	1450m:	20:53.16	41.99
300m:	4:20.96	44.31	700m:	10:09.84	42.18	1100m:	15:54.35	43.78	1500m:	21:31.16	38.00
350m:	5:05.04	44.08	750m:	10:53.02	43.18	1150m:	16:36.98	42.63			
400m:	5:48.88	43.84	800m:	11:36.85	43.83	1200m:	17:19.56	42.58			

Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
7.	Diogo, VALPRADINHOS DUARTE	12	224190	Aquatico Silves	**21:38.50**	277	-

50m:	40.92	40.92	450m:	6:34.07	45.37	850m:	12:24.71	44.13	1250m:	18:15.96	42.12
100m:	1:23.78	42.86	500m:	7:16.88	42.81	900m:	13:09.05	44.34	1300m:	18:57.57	41.61
150m:	2:07.64	43.86	550m:	8:00.73	43.85	950m:	13:54.62	45.57	1350m:	19:38.76	41.19
200m:	2:52.19	44.55	600m:	8:44.59	43.86	1000m:	14:38.93	44.31	1400m:	20:20.31	41.55
250m:	3:35.88	43.69	650m:	9:29.15	44.56	1050m:	15:22.45	43.52	1450m:	21:00.55	40.24
300m:	4:19.83	43.95	700m:	10:13.39	44.24	1100m:	16:07.32	44.87	1500m:	21:38.50	37.95
350m:	5:04.86	45.03	750m:	10:56.93	43.54	1150m:	16:53.20	45.88			
400m:	5:48.70	43.84	800m:	11:40.58	43.65	1200m:	17:33.84	40.64			

8.	Afonso Sena, CHEN	12	226084	Aquatico Silves	**21:40.54**	276	-					
50m:	39.87	39.87	450m:	6:27.16	43.87	850m:	12:18.44	43.81	1250m:	18:07.57	43.79
100m:	1:21.61	41.74	500m:	7:10.87	43.71	900m:	13:02.77	44.33	1300m:	18:50.97	43.40
150m:	2:04.85	43.24	550m:	7:54.77	43.90	950m:	13:46.62	43.85	1350m:	19:34.25	43.28
200m:	2:48.82	43.97	600m:	8:38.47	43.70	1000m:	14:29.94	43.32	1400m:	20:18.42	44.17
250m:	3:32.49	43.67	650m:	9:22.45	43.98	1050m:	15:13.75	43.81	1450m:	21:02.28	43.86
300m:	4:16.05	43.56	700m:	10:06.53	44.08	1100m:	15:57.08	43.33	1500m:	21:40.54	38.26
350m:	4:59.95	43.90	750m:	10:51.13	44.60	1150m:	16:40.42	43.34			
400m:	5:43.29	43.34	800m:	11:34.63	43.50	1200m:	17:23.78	43.36			

9.	Raul Filipe, CARMO	12	217229	Natação de Lagos	**21:55.40**	266	-					
50m:	39.06	39.06	450m:	6:29.74	44.39	850m:	12:25.27	44.54	1250m:	18:18.94	44.11
100m:	1:21.70	42.64	500m:	7:15.18	45.44	900m:	13:08.77	43.50	1300m:	19:02.85	43.91
150m:	2:04.39	42.69	550m:	7:59.07	43.89	950m:	13:53.11	44.34	1350m:	19:46.67	43.82
200m:	2:48.81	44.42	600m:	8:42.99	43.92	1000m:	14:37.85	44.74	1400m:	20:30.29	43.62
250m:	3:32.02	43.21	650m:	9:27.31	44.32	1050m:	15:21.83	43.98	1450m:	21:13.99	43.70
300m:	4:16.20	44.18	700m:	10:12.21	44.90	1100m:	16:06.14	44.31	1500m:	21:55.40	41.41
350m:	5:01.12	44.92	750m:	10:56.68	44.47	1150m:	16:50.65	44.51			
400m:	5:45.35	44.23	800m:	11:40.73	44.05	1200m:	17:34.83	44.18			

10.	Francisco Pinto, BARROCA	12	219371	Portinado	**21:55.55**	266	-					
50m:	41.38	41.38	450m:	6:32.16	43.86	850m:	12:21.88	43.61	1250m:	18:14.49	44.95
100m:	1:24.40	43.02	500m:	7:16.02	43.86	900m:	13:05.28	43.40	1300m:	18:59.57	45.08
150m:	2:08.15	43.75	550m:	7:59.88	43.86	950m:	13:48.74	43.46	1350m:	19:45.10	45.53
200m:	2:51.70	43.55	600m:	8:43.71	43.83	1000m:	14:32.52	43.78	1400m:	20:29.70	44.60
250m:	3:35.95	44.25	650m:	9:27.92	44.21	1050m:	15:17.06	44.54	1450m:	21:13.84	44.14
300m:	4:20.23	44.28	700m:	10:10.67	42.75	1100m:	16:01.54	44.48	1500m:	21:55.55	41.71
350m:	5:04.10	43.87	750m:	10:54.41	43.74	1150m:	16:45.31	43.77			
400m:	5:48.30	44.20	800m:	11:38.27	43.86	1200m:	17:29.54	44.23			

11.	Antonio Matos, VENTURA	12	219057	RIA Aqua Tavira	**22:15.97**	254	-					
50m:	40.60	40.60	450m:	6:35.17	45.18	850m:	12:39.62	45.76	1250m:	18:42.89	45.79
100m:	1:23.77	43.17	500m:	7:21.00	45.83	900m:	13:26.57	46.95	1300m:	19:27.42	44.53
150m:	2:07.90	44.13	550m:	8:05.85	44.85	950m:	14:11.92	45.35	1350m:	20:11.39	43.97
200m:	2:51.61	43.71	600m:	8:51.16	45.31	1000m:	14:57.36	45.44	1400m:	20:55.58	44.19
250m:	3:36.17	44.56	650m:	9:37.63	46.47	1050m:	15:42.75	45.39	1450m:	21:39.39	43.81
300m:	4:20.07	43.90	700m:	10:22.90	45.27	1100m:	16:28.11	45.36	1500m:	22:15.97	36.58
350m:	5:04.79	44.72	750m:	11:07.21	44.31	1150m:	17:12.18	44.07			
400m:	5:49.99	45.20	800m:	11:53.86	46.65	1200m:	17:57.10	44.92			

12.	Rodrigo Filipe, NOBRE	12	217428	Portinado	**23:54.69**	205	-					
50m:	41.25	41.25	450m:	6:55.89	48.30	850m:	13:23.99	47.96	1250m:	19:55.55	49.29
100m:	1:26.03	44.78	500m:	7:45.27	49.38	900m:	14:12.79	48.80	1300m:	20:44.52	48.97
150m:	2:11.78	45.75	550m:	8:33.01	47.74	950m:	15:01.68	48.89	1350m:	21:32.64	48.12
200m:	2:57.65	45.87	600m:	9:20.79	47.78	1000m:	15:50.44	48.76	1400m:	22:21.36	48.72
250m:	3:44.15	46.50	650m:	10:09.84	49.05	1050m:	16:39.49	49.05	1450m:	23:09.11	47.75
300m:	4:31.71	47.56	700m:	10:57.99	48.15	1100m:	17:28.38	48.89	1500m:	23:54.69	45.58
350m:	5:20.00	48.29	750m:	11:47.08	49.09	1150m:	18:17.96	49.58			
400m:	6:07.59	47.59	800m:	12:36.03	48.95	1200m:	19:06.26	48.30			

13.	Joao Pedro, LIMA	12	218203	Náutico do Guadiana	**24:06.58**	200	-					
50m:	44.55	44.55	450m:	7:12.74	48.93	850m:	13:44.45	49.31	1250m:	20:15.38	47.81
100m:	1:32.00	47.45	500m:	8:01.84	49.10	900m:	14:33.12	48.67	1300m:	21:03.36	47.98
150m:	2:19.94	47.94	550m:	8:50.43	48.59	950m:	15:22.20	49.08	1350m:	21:51.25	47.89
200m:	3:08.15	48.21	600m:	9:39.81	49.38	1000m:	16:11.81	49.61	1400m:	22:39.38	48.13
250m:	3:57.03	48.88	650m:	10:28.07	48.26	1050m:	17:01.79	49.98	1450m:	23:24.19	44.81
300m:	4:46.16	49.13	700m:	11:16.73	48.66	1100m:	17:50.55	48.76	1500m:	24:06.58	42.39
350m:	5:35.29	49.13	750m:	12:06.07	49.34	1150m:	18:39.74	49.19			
400m:	6:23.81	48.52	800m:	12:55.14	49.07	1200m:	19:27.57	47.83			

DNS	Francisco Miguel, MARTELO	12	216259	Louletano / Loule Aqui e Agora		-

Juvenis A

1.	Daniel, FISTICANU	11	208945	RIA Aqua Tavira	**17:48.91**	497	-					
50m:	31.78	31.78	450m:	5:08.76	35.44	850m:	9:58.11	36.35	1250m:	14:49.28	36.34
100m:	1:05.45	33.67	500m:	5:44.72	35.96	900m:	10:33.76	35.65	1300m:	15:25.20	35.92
150m:	1:39.74	34.29	550m:	6:20.77	36.05	950m:	11:10.32	36.56	1350m:	16:01.58	36.38
200m:	2:14.29	34.55	600m:	6:56.62	35.85	1000m:	11:46.84	36.52	1400m:	16:37.32	35.74
250m:	2:48.68	34.39	650m:	7:32.81	36.19	1050m:	12:23.08	36.24	1450m:	17:13.43	36.11
300m:	3:23.63	34.95	700m:	8:09.45	36.64	1100m:	12:59.64	36.56	1500m:	17:48.91	35.48
350m:	3:58.12	34.49	750m:	8:45.50	36.05	1150m:	13:36.22	36.58			
400m:	4:33.32	35.20	800m:	9:21.76	36.26	1200m:	14:12.94	36.72			

Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
2.	Evan Michel, STARCHENKO	11	227001	RIA Aqua Tavira	**18:14.83**	462	-

50m:	33.27	33.27	450m:	5:24.03	35.78	850m:	10:22.11	38.19	1250m:	15:15.84	36.62
100m:	1:09.78	36.51	500m:	6:00.80	36.77	900m:	10:59.12	37.01	1300m:	15:51.95	36.11
150m:	1:47.09	37.31	550m:	6:37.35	36.55	950m:	11:36.05	36.93	1350m:	16:28.65	36.70
200m:	2:24.45	37.36	600m:	7:14.23	36.88	1000m:	12:12.22	36.17	1400m:	17:05.21	36.56
250m:	2:59.18	34.73	650m:	7:51.17	36.94	1050m:	12:49.80	37.58	1450m:	17:41.17	35.96
300m:	3:34.56	35.38	700m:	8:28.53	37.36	1100m:	13:27.90	38.10	1500m:	18:14.83	33.66
350m:	4:11.26	36.70	750m:	9:05.91	37.38	1150m:	14:03.26	35.36			
400m:	4:48.25	36.99	800m:	9:43.92	38.01	1200m:	14:39.22	35.96			

3.	Pedro Afonso, LOPES	11	216877	Portinado	**18:17.55**	459	-

50m:	31.88	31.88	450m:	5:19.11	36.95	850m:	10:17.14	37.04	1250m:	15:17.64	37.78
100m:	1:05.64	33.76	500m:	5:56.46	37.35	900m:	10:54.59	37.45	1300m:	15:54.59	36.95
150m:	1:40.51	34.87	550m:	6:33.44	36.98	950m:	11:32.31	37.72	1350m:	16:32.02	37.43
200m:	2:16.10	35.59	600m:	7:11.19	37.75	1000m:	12:09.82	37.51	1400m:	17:08.96	36.94
250m:	2:52.41	36.31	650m:	7:48.20	37.01	1050m:	12:47.13	37.31	1450m:	17:45.25	36.29
300m:	3:28.88	36.47	700m:	8:25.34	37.14	1100m:	13:25.11	37.98	1500m:	18:17.55	32.30
350m:	4:05.76	36.88	750m:	9:02.79	37.45	1150m:	14:02.71	37.60			
400m:	4:42.16	36.40	800m:	9:40.10	37.31	1200m:	14:39.86	37.15			

4.	Isaac Salavessa, HORTA	11	214384	Náutico do Guadiana	**18:28.31**	446	-

50m:	33.10	33.10	450m:	5:21.95	37.09	850m:	10:21.90	37.29	1250m:	15:21.49	37.27
100m:	1:07.43	34.33	500m:	5:58.81	36.86	900m:	10:59.51	37.61	1300m:	15:58.90	37.41
150m:	1:42.80	35.37	550m:	6:35.77	36.96	950m:	11:37.03	37.52	1350m:	16:36.19	37.29
200m:	2:18.34	35.54	600m:	7:13.17	37.40	1000m:	12:14.20	37.17	1400m:	17:13.63	37.44
250m:	2:54.81	36.47	650m:	7:51.10	37.93	1050m:	12:51.68	37.48	1450m:	17:51.83	38.20
300m:	3:31.15	36.34	700m:	8:28.83	37.73	1100m:	13:28.99	37.31	1500m:	18:28.31	36.48
350m:	4:07.77	36.62	750m:	9:06.67	37.84	1150m:	14:06.65	37.66			
400m:	4:44.86	37.09	800m:	9:44.61	37.94	1200m:	14:44.22	37.57			

5.	Joao Agueda, MESTRE	11	145088	RIA Aqua Tavira	**18:30.47**	443	-

50m:	32.95	32.95	450m:	5:23.47	37.36	850m:	10:23.71	37.11	1250m:	15:24.07	37.68
100m:	1:07.02	34.07	500m:	6:00.63	37.16	900m:	11:01.25	37.54	1300m:	16:01.88	37.81
150m:	1:42.02	35.00	550m:	6:38.65	38.02	950m:	11:38.99	37.74	1350m:	16:39.92	38.04
200m:	2:18.40	36.38	600m:	7:16.26	37.61	1000m:	12:16.56	37.57	1400m:	17:17.24	37.32
250m:	2:54.97	36.57	650m:	7:53.62	37.36	1050m:	12:53.73	37.17	1450m:	17:54.65	37.41
300m:	3:31.44	36.47	700m:	8:31.22	37.60	1100m:	13:30.91	37.18	1500m:	18:30.47	35.82
350m:	4:08.58	37.14	750m:	9:08.94	37.72	1150m:	14:08.76	37.85			
400m:	4:46.11	37.53	800m:	9:46.60	37.66	1200m:	14:46.39	37.63			

6.	Daniel Filipe, O	11	218175	Náutico do Guadiana	**18:31.68**	442	-

50m:	33.45	33.45	450m:	5:25.60	37.76	850m:	10:25.81	37.66	1250m:	15:27.46	38.22
100m:	1:08.69	35.24	500m:	6:03.16	37.56	900m:	11:03.96	38.15	1300m:	16:05.75	38.29
150m:	1:44.30	35.61	550m:	6:40.02	36.86	950m:	11:41.09	37.13	1350m:	16:43.74	37.99
200m:	2:20.57	36.27	600m:	7:17.67	37.65	1000m:	12:19.19	38.10	1400m:	17:21.58	37.84
250m:	2:57.03	36.46	650m:	7:55.20	37.53	1050m:	12:56.86	37.67	1450m:	17:59.40	37.82
300m:	3:34.17	37.14	700m:	8:32.95	37.75	1100m:	13:34.54	37.68	1500m:	18:31.68	32.28
350m:	4:11.07	36.90	750m:	9:10.09	37.14	1150m:	14:12.07	37.53			
400m:	4:47.84	36.77	800m:	9:48.15	38.06	1200m:	14:49.24	37.17			

7.	Yago Samuel, DIAS	11	219102	Portinado	**19:14.49**	394	-

50m:	33.45	33.45	450m:	5:40.92	39.96	850m:	10:56.66	39.32	1250m:	16:10.20	38.39
100m:	1:10.05	36.60	500m:	6:20.27	39.35	900m:	11:35.77	39.11	1300m:	16:48.60	38.40
150m:	1:47.66	37.61	550m:	6:58.98	38.71	950m:	12:15.19	39.42	1350m:	17:27.03	38.43
200m:	2:25.82	38.16	600m:	7:38.87	39.89	1000m:	12:54.05	38.86	1400m:	18:06.37	39.34
250m:	3:04.11	38.29	650m:	8:18.77	39.90	1050m:	13:34.06	40.01	1450m:	18:39.31	32.94
300m:	3:43.05	38.94	700m:	8:58.49	39.72	1100m:	14:13.19	39.13	1500m:	19:14.49	35.18
350m:	4:20.57	37.52	750m:	9:38.19	39.70	1150m:	14:52.19	39.00			
400m:	5:00.96	40.39	800m:	10:17.34	39.15	1200m:	15:31.81	39.62			

8.	Artur, BAHNARU	11	214582	Portinado	**20:20.03**	334	-

50m:	37.50	37.50	450m:	6:00.58	40.81	850m:	11:33.90	42.44	1250m:	17:05.46	40.21
100m:	1:16.90	39.40	500m:	6:41.67	41.09	900m:	12:14.73	40.83	1300m:	17:45.62	40.16
150m:	1:57.39	40.49	550m:	7:22.97	41.30	950m:	12:57.71	42.98	1350m:	18:27.15	41.53
200m:	2:37.56	40.17	600m:	8:04.69	41.72	1000m:	13:38.46	40.75	1400m:	19:06.18	39.03
250m:	3:18.56	41.00	650m:	8:46.42	41.73	1050m:	14:21.37	42.91	1450m:	19:45.82	39.64
300m:	3:58.64	40.08	700m:	9:28.37	41.95	1100m:	15:01.18	39.81	1500m:	20:20.03	34.21
350m:	4:38.63	39.99	750m:	10:09.92	41.55	1150m:	15:43.64	42.46			
400m:	5:19.77	41.14	800m:	10:51.46	41.54	1200m:	16:25.25	41.61			

9.	Diogo Kwan, DUARTE	11	217544	Portinado	**20:20.38**	334	-

50m:	38.67	38.67	450m:	6:05.55	41.03	850m:	11:36.54	41.42	1250m:	17:06.39	40.02
100m:	1:18.85	40.18	500m:	6:46.67	41.12	900m:	12:18.13	41.59	1300m:	17:46.40	40.01
150m:	1:59.15	40.30	550m:	7:27.95	41.28	950m:	12:59.83	41.70	1350m:	18:26.14	39.74
200m:	2:40.09	40.94	600m:	8:09.63	41.68	1000m:	13:41.32	41.49	1400m:	19:05.20	39.06
250m:	3:21.01	40.92	650m:	8:50.88	41.25	1050m:	14:23.02	41.70	1450m:	19:43.93	38.73
300m:	4:02.17	41.16	700m:	9:32.14	41.26	1100m:	15:04.19	41.17	1500m:	20:20.38	36.45
350m:	4:43.20	41.03	750m:	10:13.47	41.33	1150m:	15:45.44	41.25			
400m:	5:24.52	41.32	800m:	10:55.12	41.65	1200m:	16:26.37	40.93			

Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
10.	Miguel Angelo, HURTADO	11	214585	Portinado	**20:43.07**	316	-

50m:	35.58	35.58	450m:	6:01.47	42.59	850m:	11:39.93	42.40	1250m:	17:18.21	43.12
100m:	1:12.83	37.25	500m:	6:44.65	43.18	900m:	12:22.98	43.05	1300m:	18:00.55	42.34
150m:	1:50.92	38.09	550m:	7:26.03	41.38	950m:	13:05.83	42.85	1350m:	18:43.11	42.56
200m:	2:30.28	39.36	600m:	8:08.40	42.37	1000m:	13:48.18	42.35	1400m:	19:24.79	41.68
250m:	3:11.61	41.33	650m:	8:50.79	42.39	1050m:	14:30.51	42.33	1450m:	20:05.60	40.81
300m:	3:53.90	42.29	700m:	9:33.15	42.36	1100m:	15:10.23	39.72	1500m:	20:43.07	37.47
350m:	4:35.76	41.86	750m:	10:15.32	42.17	1150m:	15:50.94	40.71			
400m:	5:18.88	43.12	800m:	10:57.53	42.21	1200m:	16:35.09	44.15			

11.	Francisco Martins, CARDOSO	11	219367	Lagoa Academico Clube	**22:19.07**	252	-

50m:	40.18	40.18	450m:	6:31.86	44.06	850m:	12:26.71	44.16	1250m:	18:33.23	45.69
100m:	1:23.42	43.24	500m:	7:16.13	44.27	900m:	13:11.66	44.95	1300m:	19:19.54	46.31
150m:	2:07.10	43.68	550m:	8:00.15	44.02	950m:	13:57.44	45.78	1350m:	20:06.09	46.55
200m:	2:51.45	44.35	600m:	8:45.04	44.89	1000m:	14:43.29	45.85	1400m:	20:53.15	47.06
250m:	3:36.23	44.78	650m:	9:28.47	43.43	1050m:	15:29.43	46.14	1450m:	21:28.40	35.25
300m:	4:19.79	43.56	700m:	10:13.73	45.26	1100m:	16:15.50	46.07	1500m:	22:19.07	50.67
350m:	5:03.10	43.31	750m:	10:57.66	43.93	1150m:	17:01.35	45.85			
400m:	5:47.80	44.70	800m:	11:42.55	44.89	1200m:	17:47.54	46.19			

12.	Pedro Encarnacao, RODRIGUES	11	217545	Portinado	**22:26.47**	248	-

50m:	38.37	38.37	450m:	6:37.91	44.98	850m:	12:37.49	45.63	1250m:	18:44.53	45.43
100m:	1:20.93	42.56	500m:	7:22.97	45.06	900m:	13:23.10	45.61	1300m:	19:30.28	45.75
150m:	2:05.43	44.50	550m:	8:08.29	45.32	950m:	14:08.68	45.58	1350m:	20:16.33	46.05
200m:	2:49.75	44.32	600m:	8:53.40	45.11	1000m:	14:55.33	46.65	1400m:	21:01.74	45.41
250m:	3:35.19	45.44	650m:	9:38.19	44.79	1050m:	15:41.14	45.81	1450m:	21:46.23	44.49
300m:	4:21.30	46.11	700m:	10:23.44	45.25	1100m:	16:26.49	45.35	1500m:	22:26.47	40.24
350m:	5:07.59	46.29	750m:	11:08.43	44.99	1150m:	17:12.32	45.83			
400m:	5:52.93	45.34	800m:	11:51.86	43.43	1200m:	17:59.10	46.78			

Junior

1.	Goncalo Alexandre, RETRE	10	212248	Louletano / Loule Aqui e Agora	**17:15.16**	547	-

50m:	31.69	31.69	450m:	5:04.97	34.07	850m:	9:41.27	34.62	1250m:	14:21.62	35.38
100m:	1:05.23	33.54	500m:	5:39.14	34.17	900m:	10:16.26	34.99	1300m:	14:56.76	35.14
150m:	1:39.51	34.28	550m:	6:13.40	34.26	950m:	10:50.68	34.42	1350m:	15:31.92	35.16
200m:	2:13.63	34.12	600m:	6:47.77	34.37	1000m:	11:25.65	34.97	1400m:	16:07.18	35.26
250m:	2:48.07	34.44	650m:	7:22.43	34.66	1050m:	12:00.50	34.85	1450m:	16:41.75	34.57
300m:	3:22.46	34.39	700m:	7:57.19	34.76	1100m:	12:35.72	35.22	1500m:	17:15.16	33.41
350m:	3:56.99	34.53	750m:	8:32.07	34.88	1150m:	13:10.95	35.23			
400m:	4:30.90	33.91	800m:	9:06.65	34.58	1200m:	13:46.24	35.29			

2.	Tiago Malhador, LULAK	10	212575	Louletano / Loule Aqui e Agora	**17:37.13**	514	-

50m:	31.59	31.59	450m:	5:12.20	35.66	850m:	9:55.50	35.34	1250m:	14:42.07	35.81
100m:	1:05.72	34.13	500m:	5:47.71	35.51	900m:	10:31.33	35.83	1300m:	15:17.90	35.83
150m:	1:40.51	34.79	550m:	6:22.86	35.15	950m:	11:06.48	35.15	1350m:	15:54.09	36.19
200m:	2:15.97	35.46	600m:	6:58.48	35.62	1000m:	11:42.62	36.14	1400m:	16:29.70	35.61
250m:	2:51.37	35.40	650m:	7:33.68	35.20	1050m:	12:18.47	35.85	1450m:	17:04.64	34.94
300m:	3:26.14	34.77	700m:	8:09.29	35.61	1100m:	12:54.53	36.06	1500m:	17:37.13	32.49
350m:	4:01.11	34.97	750m:	8:44.79	35.50	1150m:	13:30.17	35.64			
400m:	4:36.54	35.43	800m:	9:20.16	35.37	1200m:	14:06.26	36.09			

3.	Rafael Alexandre, SILVA	09	212573	Louletano / Loule Aqui e Agora	**18:03.17**	477	-

50m:	30.98	30.98	450m:	4:56.48	34.03	850m:	9:50.58	52.38	1250m:	14:57.67	36.27
100m:	1:02.59	31.61	500m:	5:30.73	34.25	900m:	10:35.68	45.10	1300m:	15:34.22	36.55
150m:	1:35.05	32.46	550m:	6:05.34	34.61	950m:	11:13.07	37.39	1350m:	16:11.77	37.55
200m:	2:08.12	33.07	600m:	6:39.71	34.37	1000m:	11:51.06	37.99	1400m:	16:50.08	38.31
250m:	2:41.57	33.45	650m:	7:14.53	34.82	1050m:	12:28.88	37.82	1450m:	17:27.18	37.10
300m:	3:15.13	33.56	700m:	7:49.15	34.62	1100m:	13:06.52	37.64	1500m:	18:03.17	35.99
350m:	3:48.75	33.62	750m:	8:23.76	34.61	1150m:	13:44.35	37.83			
400m:	4:22.45	33.70	800m:	8:58.20	34.44	1200m:	14:21.40	37.05			

4.	Francisco Alfarra, GUERREIRO	10	145245	RIA Aqua Tavira	**19:48.27**	362	-

50m:	36.98	36.98	450m:	6:00.90	40.55	850m:	11:17.91	39.92	1250m:	16:33.61	40.08
100m:	1:16.67	39.69	500m:	6:40.41	39.51	900m:	11:57.71	39.80	1300m:	17:14.07	40.46
150m:	1:57.24	40.57	550m:	7:19.47	39.06	950m:	12:37.70	39.99	1350m:	17:53.55	39.48
200m:	2:37.93	40.69	600m:	7:58.63	39.16	1000m:	13:17.88	40.18	1400m:	18:31.87	38.32
250m:	3:18.19	40.26	650m:	8:38.30	39.67	1050m:	13:55.68	37.80	1450m:	19:11.04	39.17
300m:	3:59.36	41.17	700m:	9:18.48	40.18	1100m:	14:34.23	38.55	1500m:	19:48.27	37.23
350m:	4:40.62	41.26	750m:	9:58.58	40.10	1150m:	15:14.71	40.48			
400m:	5:20.35	39.73	800m:	10:37.99	39.41	1200m:	15:53.53	38.82			

5.	Owen Thomas, LABUTTA	09	220336	RIA Aqua Tavira	**21:00.37**	303	-

50m:	39.10	39.10	450m:	6:10.26	41.92	850m:	11:46.44	41.98	1250m:	17:26.63	43.06
100m:	1:19.48	40.38	500m:	6:52.25	41.99	900m:	12:28.37	41.93	1300m:	18:09.37	42.74
150m:	2:00.14	40.66	550m:	7:34.10	41.85	950m:	13:10.78	42.41	1350m:	18:53.17	43.80
200m:	2:41.51	41.37	600m:	8:15.50	41.40	1000m:	13:53.20	42.42	1400m:	19:36.14	42.97
250m:	3:23.00	41.49	650m:	8:57.63	42.13	1050m:	14:35.75	42.55	1450m:	20:19.05	42.91
300m:	4:04.90	41.90	700m:	9:39.99	42.36	1100m:	15:18.42	42.67	1500m:	21:00.37	41.32
350m:	4:46.52	41.62	750m:	10:22.26	42.27	1150m:	16:00.68	42.26			
400m:	5:28.34	41.82	800m:	11:04.46	42.20	1200m:	16:43.57	42.89			

Prova 8, Masc., 1500m Livres, Junior

Lugar	Nome	Ano	Licença	Clube	Tempo Final	AQUA	Pts
6.	Goncalo Joao, DIAS	09	219055	RIA Aqua Tavira	**21:11.22**	295	-

50m:	41.40	41.40	450m:	6:29.84	43.99	850m:	12:12.79	42.17	1250m:	17:45.64	41.18
100m:	1:24.70	43.30	500m:	7:13.34	43.50	900m:	12:54.23	41.44	1300m:	18:26.92	41.28
150m:	2:08.62	43.92	550m:	7:56.84	43.50	950m:	13:36.11	41.88	1350m:	19:08.78	41.86
200m:	2:52.04	43.42	600m:	8:40.31	43.47	1000m:	14:18.51	42.40	1400m:	19:50.04	41.26
250m:	3:35.14	43.10	650m:	9:23.59	43.28	1050m:	14:58.88	40.37	1450m:	20:31.40	41.36
300m:	4:18.79	43.65	700m:	10:06.82	43.23	1100m:	15:41.00	42.12	1500m:	21:11.22	39.82
350m:	5:02.48	43.69	750m:	10:48.81	41.99	1150m:	16:23.00	42.00			
400m:	5:45.85	43.37	800m:	11:30.62	41.81	1200m:	17:04.46	41.46			

Seniores

1.	Dario, ENGELEN	03	126816	RIA Aqua Tavira	**18:53.75**	416	-

50m:	33.87	33.87	450m:	5:27.83	37.59	850m:	10:34.30	38.46	1250m:	15:42.27	38.94
100m:	1:08.73	34.86	500m:	6:05.89	38.06	900m:	11:12.67	38.37	1300m:	16:20.95	38.68
150m:	1:44.77	36.04	550m:	6:44.14	38.25	950m:	11:51.24	38.57	1350m:	16:59.62	38.67
200m:	2:21.58	36.81	600m:	7:22.44	38.30	1000m:	12:29.71	38.47	1400m:	17:38.17	38.55
250m:	2:58.49	36.91	650m:	8:00.89	38.45	1050m:	13:08.27	38.56	1450m:	18:16.36	38.19
300m:	3:35.59	37.10	700m:	8:39.37	38.48	1100m:	13:46.64	38.37	1500m:	18:53.75	37.39
350m:	4:12.67	37.08	750m:	9:17.65	38.28	1150m:	14:24.88	38.24			
400m:	4:50.24	37.57	800m:	9:55.84	38.19	1200m:	15:03.33	38.45			

S14 Seniores

1.	Diogo Henrique, FERREIRA	09	145244	RIA Aqua Tavira	**21:35.38**	279	-
	Recorde Regional											

50m:	40.68	40.68	450m:	6:33.21	43.89	850m:	12:22.02	42.59	1250m:	18:12.88	44.61
100m:	1:24.33	43.65	500m:	7:17.41	44.20	900m:	13:05.21	43.19	1300m:	18:56.74	43.86
150m:	2:08.36	44.03	550m:	8:01.62	44.21	950m:	13:49.13	43.92	1350m:	19:37.48	40.74
200m:	2:52.48	44.12	600m:	8:45.70	44.08	1000m:	14:33.08	43.95	1400m:	20:18.81	41.33
250m:	3:36.79	44.31	650m:	9:29.99	44.29	1050m:	15:16.62	43.54	1450m:	20:59.17	40.36
300m:	4:20.10	43.31	700m:	10:13.15	43.16	1100m:	16:00.89	44.27	1500m:	21:35.38	36.21
350m:	5:04.61	44.51	750m:	10:56.17	43.02	1150m:	16:44.11	43.22			
400m:	5:49.32	44.71	800m:	11:39.43	43.26	1200m:	17:28.27	44.16			