

Campeonato Regional de Juniores e Seniores de Piscina Curta  
Coimbra, 6- - 7-11-2021

Prova 34	Masc., 1500m Livres				Absolutos
07-11-2021 - 9:45					Resultados
Rec Nacional Absoluto	14:48.89	Jose Paulo, LOPES	SCB	Felgueiras	22-12-2019
Rec Nacional Sen	14:48.89	Jose Paulo, LOPES	SCB	Felgueiras	22-12-2019
Rec Nacional Jun18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26-03-2018
Rec Nacional Jun17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06-12-2009
Rec Nacional Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04-03-2007
Rec Nacional Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01-03-1998
Rec Reg ANC Absoluto	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		14-06-2015
Rec Reg ANC Sen	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2015
Rec Reg ANC Jun18	15:33.14	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2014
Rec Reg ANC Jun17	15:49.38	Alexandre Valdágua, COUTINHO	ASSSCC		20-06-2014
Rec Reg ANC Juv A	16:12.81	Diogo Matos, MARQUES	ASSSCC		13-06-2013
Rec Reg ANC Juv B	16:32.94	Pedro, MATOS	CNM		13-06-1997

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
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Juniores

<b>1. Tiago Andre, POIARES</b>	<b>04</b>	<b>Nautico Academico</b>	<b>17:02.58</b>	<b>570</b>
100m: 1:04.55 1:04.55	500m: 5:35.56 1:07.85	900m: 10:10.58 1:09.34	1300m: 14:48.11 1:09.14	
200m: 2:11.60 1:07.05	600m: 6:43.87 1:08.31	1000m: 11:20.36 1:09.78	1400m: 15:57.20 1:09.09	
300m: 3:19.88 1:08.28	700m: 7:52.16 1:08.29	1100m: 12:29.80 1:09.44	1500m: 17:02.58 1:05.38	
400m: 4:27.71 1:07.83	800m: 9:01.24 1:09.08	1200m: 13:38.97 1:09.17		
<b>2. Guilherme Maia, CARDOSO</b>	<b>05</b>	<b>Columbofila Cantanhedense</b>	<b>17:21.60</b>	<b>539</b>
100m: 1:03.48 1:03.48	500m: 5:39.38 1:09.58	900m: 10:19.49 1:09.99	1300m: 15:01.38 1:10.98	
200m: 2:11.07 1:07.59	600m: 6:49.53 1:10.15	1000m: 11:29.74 1:10.25	1400m: 16:13.43 1:12.05	
300m: 3:20.16 1:09.09	700m: 7:59.58 1:10.05	1100m: 12:39.99 1:10.25	1500m: 17:21.60 1:08.17	
400m: 4:29.80 1:09.64	800m: 9:09.50 1:09.92	1200m: 13:50.40 1:10.41		
<b>3. Goncalo Carvalho, SANTOS</b>	<b>05</b>	<b>Louzan Natacao</b>	<b>17:34.55</b>	<b>520</b>
100m: 1:04.52 1:04.52	500m: 5:45.80 1:11.91	900m: 10:27.77 1:10.49	1300m: 15:14.09 1:12.08	
200m: 2:12.71 1:08.19	600m: 6:56.53 1:10.73	1000m: 11:38.86 1:11.09	1400m: 16:25.52 1:11.43	
300m: 3:22.89 1:10.18	700m: 8:07.12 1:10.59	1100m: 12:50.28 1:11.42	1500m: 17:34.55 1:09.03	
400m: 4:33.89 1:11.00	800m: 9:17.28 1:10.16	1200m: 14:02.01 1:11.73		
<b>4. Joao Neves, ALMEIDA</b>	<b>05</b>	<b>Nautico Academico</b>	<b>17:51.41</b>	<b>495</b>
100m: 1:05.13 1:05.13	500m: 5:48.60 1:11.95	900m: 10:38.19 1:11.97	1300m: 15:29.26 1:12.51	
200m: 2:15.21 1:10.08	600m: 7:00.92 1:12.32	1000m: 11:51.34 1:13.15	1400m: 16:41.96 1:12.70	
300m: 3:25.90 1:10.69	700m: 8:13.59 1:12.67	1100m: 13:04.28 1:12.94	1500m: 17:51.41 1:09.45	
400m: 4:36.65 1:10.75	800m: 9:26.22 1:12.63	1200m: 14:16.75 1:12.47		

Seniores

<b>1. Lucas Pereira, BASTOS</b>	<b>00</b>	<b>Nautico Academico</b>	<b>16:48.07</b>	<b>595</b>
100m: 1:01.68 1:01.68	500m: 5:31.07 1:07.75	900m: 9:59.90 1:06.86	1300m: 14:30.44 1:08.35	
200m: 2:08.07 1:06.39	600m: 6:38.90 1:07.83	1000m: 11:06.83 1:06.93	1400m: 15:39.31 1:08.87	
300m: 3:15.53 1:07.46	700m: 7:46.18 1:07.28	1100m: 12:14.07 1:07.24	1500m: 16:48.07 1:08.76	
400m: 4:23.32 1:07.79	800m: 8:53.04 1:06.86	1200m: 13:22.09 1:08.02		
<b>EXH Joao Neves, LUCAS</b>	<b>06</b>	<b>Columbofila Cantanhedense</b>	<b>17:52.70</b>	<b>494</b>
100m: 1:07.30 1:07.30	500m: 5:52.31 1:11.30	900m: 10:38.45 1:12.00	1300m: 15:28.77 1:12.79	
200m: 2:18.45 1:11.15	600m: 7:03.25 1:10.94	1000m: 11:50.54 1:12.09	1400m: 16:41.77 1:13.00	
300m: 3:29.43 1:10.98	700m: 8:15.00 1:11.75	1100m: 13:03.16 1:12.62	1500m: 17:52.70 1:10.93	
400m: 4:41.01 1:11.58	800m: 9:26.45 1:11.45	1200m: 14:15.98 1:12.82		
<b>EXH Tomas Veiga, PEREIRA</b>	<b>06</b>	<b>Nautico Academico</b>	<b>18:00.67</b>	<b>483</b>
100m: 1:08.04 1:08.04	500m: 5:59.30 1:13.02	900m: 10:51.20 1:13.15	1300m: 15:39.39 1:11.79	
200m: 2:20.43 1:12.39	600m: 7:12.18 1:12.88	1000m: 12:03.69 1:12.49	1400m: 16:51.18 1:11.79	
300m: 3:33.29 1:12.86	700m: 8:25.12 1:12.94	1100m: 13:15.07 1:11.38	1500m: 18:00.67 1:09.49	
400m: 4:46.28 1:12.99	800m: 9:38.05 1:12.93	1200m: 14:27.60 1:12.53		
<b>EXH Duarte Jose, FERNANDES</b>	<b>06</b>	<b>Uniao Coimbra</b>	<b>18:06.27</b>	<b>475</b>
100m: 1:05.70 1:05.70	500m: 5:52.41 1:12.89	900m: 10:48.72 1:14.06	1300m: 15:43.87 1:14.37	
200m: 2:16.36 1:10.66	600m: 7:05.78 1:13.37	1000m: 12:02.56 1:13.84	1400m: 16:58.22 1:14.35	
300m: 3:27.10 1:10.74	700m: 8:20.30 1:14.52	1100m: 13:15.79 1:13.23	1500m: 18:06.27 1:08.05	
400m: 4:39.52 1:12.42	800m: 9:34.66 1:14.36	1200m: 14:29.50 1:13.71		

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Prova 34, Masc., 1500m Livres

Lugar			Ano				Tempo final	Pts
EXH	Jose Miguel, MARQUES		06	Condeixa Clube			<b>18:28.59</b>	447
	100m: 1:07.52	1:07.52	500m: 6:04.74	1:14.93	900m: 11:02.52	1:14.02	1300m: 16:01.19	1:15.06
	200m: 2:21.11	1:13.59	600m: 7:19.22	1:14.48	1000m: 12:17.31	1:14.79	1400m: 17:16.30	1:15.11
	300m: 3:35.37	1:14.26	700m: 8:34.41	1:15.19	1100m: 13:31.51	1:14.20	1500m: 18:28.59	1:12.29
	400m: 4:49.81	1:14.44	800m: 9:48.50	1:14.09	1200m: 14:46.13	1:14.62		
EXH	Duarte Cachulo, MARQUES		07	Condeixa Clube			<b>18:55.01</b>	417
	100m: 1:10.18	1:10.18	500m: 6:13.41	1:16.10	900m: 11:19.40	1:16.82	1300m: 16:26.43	1:16.85
	200m: 2:25.10	1:14.92	600m: 7:29.48	1:16.07	1000m: 12:36.46	1:17.06	1400m: 17:43.45	1:17.02
	300m: 3:41.06	1:15.96	700m: 8:46.22	1:16.74	1100m: 13:52.96	1:16.50	1500m: 18:55.01	1:11.56
	400m: 4:57.31	1:16.25	800m: 10:02.58	1:16.36	1200m: 15:09.58	1:16.62		
EXH	Marco Dimitar, OLIVEIRA		07	Nautico Academico			<b>19:46.93</b>	364
	100m: 1:14.37	1:14.37	500m: 6:31.88	1:18.86	900m: 11:52.49	1:19.89	1300m: 17:11.25	1:18.88
	200m: 2:34.53	1:20.16	600m: 7:51.80	1:19.92	1000m: 13:12.90	1:20.41	1400m: 18:30.77	1:19.52
	300m: 3:53.49	1:18.96	700m: 9:12.20	1:20.40	1100m: 14:32.96	1:20.06	1500m: 19:46.93	1:16.16
	400m: 5:13.02	1:19.53	800m: 10:32.60	1:20.40	1200m: 15:52.37	1:19.41		