

Torneio Regional de Fundo de Infantis e Juvenis  
Cantanhede, 11- - 12-6-2022

Prova 2 Masc., 1500m Livres 13 anos e mais velhos  
11-06-2022 - 16:30 Resultados

Rec Nac Absoluto	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20-12-2021
Rec Nac 8	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20-12-2021
Rec Nac 18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26-03-2018
Rec Nac 17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06-12-2009
Rec Nac Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04-03-2007
Rec Nac Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01-03-1998
Rec Nac Inf A	16:13.14	Andre Vilas, RUIVO	DNMG	Campo Maior	30-03-2014
Rec Nac Inf B	17:11.29	Andre Vilas, RUIVO	DNMG	Leiria	03-03-2013
Rec Reg ANC Absoluto	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		14-06-2015
Rec Reg ANC 8	15:28.85	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2015
Rec Reg ANC 18	15:33.14	Alexandre Valdágua, COUTINHO	ASSSCC		13-06-2014
Rec Reg ANC 17	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
Rec Reg ANC Inf A	17:10.06	Guilherme Maia, CARDOSO	SCC	Cantanhede	18-05-2019
Rec Reg ANC Inf B	18:13.19	João Carvalho, DIZ	CNAC		13-06-2014

Pontos: FINA 2021

Lugar Ano Tempo final Pts  
Inf B

1. Tomas Rafael, PEREIRA	09	Nautico Academico	<b>20:03.88</b>	349
100m: 1:16.10 1:16.10	500m: 6:38.91 1:22.04	900m: 12:05.52 1:20.15	1300m: 17:27.17 1:18.96	
200m: 2:36.16 1:20.06	600m: 8:00.28 1:21.37	1000m: 13:27.36 1:21.84	1400m: 18:46.47 1:19.30	
300m: 3:56.62 1:20.46	700m: 9:21.75 1:21.47	1100m: 14:48.17 1:20.81	1500m: 20:03.88 1:17.41	
400m: 5:16.87 1:20.25	800m: 10:45.37 1:23.62	1200m: 16:08.21 1:20.04		
2. Joao Nuno, GASPAS	09	Nautico Academico	<b>20:57.33</b>	306
100m: 1:20.50 1:20.50	500m: 6:55.36 1:24.26	900m: 12:33.05 1:23.91	1300m: 18:11.40 1:25.12	
200m: 2:44.03 1:23.53	600m: 8:19.86 1:24.50	1000m: 13:57.54 1:24.49	1400m: 19:36.98 1:25.58	
300m: 4:07.03 1:23.00	700m: 9:44.99 1:25.13	1100m: 15:21.88 1:24.34	1500m: 20:57.33 1:20.35	
400m: 5:31.10 1:24.07	800m: 11:09.14 1:24.15	1200m: 16:46.28 1:24.40		
3. Guilherme Andre, GASPAS	09	Nautico Academico	<b>21:41.48</b>	276
100m: 1:18.86 1:18.86	500m: 7:06.16 1:27.80	900m: 12:58.19 1:28.44	1300m: 18:52.29 1:28.05	
200m: 2:44.75 1:25.89	600m: 8:33.84 1:27.68	1000m: 14:26.72 1:28.53	1400m: 20:18.61 1:26.32	
300m: 4:11.10 1:26.35	700m: 10:01.74 1:27.90	1100m: 15:56.14 1:29.42	1500m: 21:41.48 1:22.87	
400m: 5:38.36 1:27.26	800m: 11:29.75 1:28.01	1200m: 17:24.24 1:28.10		
4. Francisco Ribeiro, GOMES	09	Condeixa Clube	<b>22:30.15</b>	247
100m: 1:23.63 1:23.63	500m: 7:24.94 1:30.66	900m: 13:27.42 1:31.14	1300m: 19:30.74 1:30.74	
200m: 2:53.71 1:30.08	600m: 8:55.60 1:30.66	1000m: 14:58.21 1:30.79	1400m: 21:01.76 1:31.02	
300m: 4:23.75 1:30.04	700m: 10:26.34 1:30.74	1100m: 16:28.69 1:30.48	1500m: 22:30.15 1:28.39	
400m: 5:54.28 1:30.53	800m: 11:56.28 1:29.94	1200m: 18:00.00 1:31.31		
5. Francisco Antunes, SOUSA	09	Columbifila Cantanhedense	<b>22:53.62</b>	235
100m: 1:26.50 1:26.50	500m: 7:33.15 1:32.31	900m: 13:42.55 1:31.73	1300m: 19:55.48 1:33.29	
200m: 2:58.07 1:31.57	600m: 9:05.80 1:32.65	1000m: 15:16.76 1:34.21	1400m: 21:27.05 1:31.57	
300m: 4:28.94 1:30.87	700m: 10:37.79 1:31.99	1100m: 16:49.37 1:32.61	1500m: 22:53.62 1:26.57	
400m: 6:00.84 1:31.90	800m: 12:10.82 1:33.03	1200m: 18:22.19 1:32.82		
6. Tiago Janeiro, MOITA	09	Nautico Academico	<b>23:14.92</b>	224
100m: 1:24.93 1:24.93	500m: 7:34.69 1:32.27	900m: 13:50.12 1:34.94	1300m: 20:10.75 1:35.42	
200m: 2:57.25 1:32.32	600m: 9:07.17 1:32.48	1000m: 15:25.12 1:35.00	1400m: 21:44.51 1:33.76	
300m: 4:30.05 1:32.80	700m: 10:40.74 1:33.57	1100m: 16:59.97 1:34.85	1500m: 23:14.92 1:30.41	
400m: 6:02.42 1:32.37	800m: 12:15.18 1:34.44	1200m: 18:35.33 1:35.36		

Inf A

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	<b>19:09.72</b>	401
100m: 1:12.09 1:12.09	500m: 6:13.15 1:15.32	900m: 11:22.71 1:17.92	1300m: 16:34.25 1:18.64	
200m: 2:27.56 1:15.47	600m: 7:29.69 1:16.54	1000m: 12:40.90 1:18.19	1400m: 17:52.31 1:18.06	
300m: 3:41.94 1:14.38	700m: 8:46.90 1:17.21	1100m: 13:58.04 1:17.14	1500m: 19:09.72 1:17.41	
400m: 4:57.83 1:15.89	800m: 10:04.79 1:17.89	1200m: 15:15.61 1:17.57		

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Prova 2, Masc., 1500m Livres, Inf A

Lugar	Ano								Tempo final	Pts		
2.	Guilherme Simoes, SOUSA 08 Nautico Academico								<b>19:28.05</b>	382		
	100m:	1:16.14	1:16.14	500m:	6:34.28	1:18.98	900m:	11:48.34	1:18.07	1300m:	16:58.98	1:17.55
	200m:	2:35.99	1:19.85	600m:	7:53.60	1:19.32	1000m:	13:06.68	1:18.34	1400m:	18:16.32	1:17.34
	300m:	3:55.64	1:19.65	700m:	9:12.13	1:18.53	1100m:	14:24.76	1:18.08	1500m:	19:28.05	1:11.73
	400m:	5:15.30	1:19.66	800m:	10:30.27	1:18.14	1200m:	15:41.43	1:16.67			
3.	Miguel Tomas, CONCEICAO 08 Nautico Academico								<b>19:29.15</b>	381		
	100m:	1:16.77	1:16.77	500m:	6:33.97	1:19.02	900m:	11:47.54	1:17.83	1300m:	16:57.96	1:17.74
	200m:	2:36.01	1:19.24	600m:	7:53.06	1:19.09	1000m:	13:05.87	1:18.33	1400m:	18:14.49	1:16.53
	300m:	3:55.32	1:19.31	700m:	9:11.72	1:18.66	1100m:	14:23.98	1:18.11	1500m:	19:29.15	1:14.66
	400m:	5:14.95	1:19.63	800m:	10:29.71	1:17.99	1200m:	15:40.22	1:16.24			
4.	Martim Nobre, PASCOAL 08 Columbofila Cantanhedense								<b>19:37.17</b>	373		
	100m:	1:23.68	1:23.68	500m:	6:38.83	1:16.66	900m:	11:49.01	1:19.60	1300m:	17:03.91	1:18.58
	200m:	2:45.57	1:21.89	600m:	7:54.33	1:15.50	1000m:	13:07.69	1:18.68	1400m:	18:22.92	1:19.01
	300m:	4:05.08	1:19.51	700m:	9:10.99	1:16.66	1100m:	14:26.50	1:18.81	1500m:	19:37.17	1:14.25
	400m:	5:22.17	1:17.09	800m:	10:29.41	1:18.42	1200m:	15:45.33	1:18.83			
5.	Salvador Correia, PEREIRA 08 Condeixa Clube								<b>19:53.78</b>	358		
	100m:	1:13.39	1:13.39	500m:	6:32.30	1:20.31	900m:	11:47.19	1:18.72	1300m:	17:11.32	1:22.18
	200m:	2:31.70	1:18.31	600m:	7:51.06	1:18.76	1000m:	13:07.60	1:20.41	1400m:	18:33.53	1:22.21
	300m:	3:52.02	1:20.32	700m:	9:09.00	1:17.94	1100m:	14:28.04	1:20.44	1500m:	19:53.78	1:20.25
	400m:	5:11.99	1:19.97	800m:	10:28.47	1:19.47	1200m:	15:49.14	1:21.10			
6.	Samuel Dinis, MAIA 08 Miranda do Corvo								<b>19:59.57</b>	353		
	100m:	1:13.58	1:13.58	500m:	6:30.41	1:20.17	900m:	11:50.45	1:21.00	1300m:	17:18.74	1:21.01
	200m:	2:31.03	1:17.45	600m:	7:50.62	1:20.21	1000m:	13:12.90	1:22.45	1400m:	18:40.16	1:21.42
	300m:	3:49.70	1:18.67	700m:	9:09.56	1:18.94	1100m:	14:35.33	1:22.43	1500m:	19:59.57	1:19.41
	400m:	5:10.24	1:20.54	800m:	10:29.45	1:19.89	1200m:	15:57.73	1:22.40			
7.	Vicente Piacentini, CALDEIRA 08 Nautico Academico								<b>20:15.36</b>	339		
	100m:	1:17.77	1:17.77	500m:	6:40.66	1:21.46	900m:	12:10.61	1:21.87	1300m:	17:36.87	1:22.50
	200m:	2:37.56	1:19.79	600m:	8:01.96	1:21.30	1000m:	13:32.77	1:22.16	1400m:	18:57.76	1:20.89
	300m:	3:58.35	1:20.79	700m:	9:25.28	1:23.32	1100m:	14:53.91	1:21.14	1500m:	20:15.36	1:17.60
	400m:	5:19.20	1:20.85	800m:	10:48.74	1:23.46	1200m:	16:14.37	1:20.46			
8.	Rodrigo Mosca, SILVA 08 Columbofila Cantanhedense								<b>21:05.49</b>	300		
	100m:	1:23.56	1:23.56	500m:	7:10.52	1:27.41	900m:	12:57.36	1:25.15	1300m:	18:31.85	1:22.64
	200m:	2:49.53	1:25.97	600m:	8:37.13	1:26.61	1000m:	14:23.45	1:26.09	1400m:	19:53.17	1:21.32
	300m:	4:17.32	1:27.79	700m:	10:05.02	1:27.89	1100m:	15:46.86	1:23.41	1500m:	21:05.49	1:12.32
	400m:	5:43.11	1:25.79	800m:	11:32.21	1:27.19	1200m:	17:09.21	1:22.35			
9.	Rafael Figueiredo, CORREIA 08 Columbofila Cantanhedense								<b>21:06.22</b>	300		
	100m:	1:19.04	1:19.04	500m:	6:55.15	1:24.26	900m:	12:35.50	1:23.78	1300m:	18:17.41	1:25.81
	200m:	2:43.14	1:24.10	600m:	8:20.68	1:25.53	1000m:	14:01.04	1:25.54	1400m:	19:42.32	1:24.91
	300m:	4:06.27	1:23.13	700m:	9:46.58	1:25.90	1100m:	15:26.06	1:25.02	1500m:	21:06.22	1:23.90
	400m:	5:30.89	1:24.62	800m:	11:11.72	1:25.14	1200m:	16:51.60	1:25.54			
10.	Jose Guardado, SILVA 08 Vigor da Mocidade								<b>21:47.72</b>	272		
	100m:	1:21.11	1:21.11	500m:	7:12.27	1:27.77	900m:	13:03.12	1:27.84	1300m:	18:58.06	1:28.84
	200m:	2:48.65	1:27.54	600m:	8:39.33	1:27.06	1000m:	14:31.83	1:28.71	1400m:	20:26.67	1:28.61
	300m:	4:15.81	1:27.16	700m:	10:05.60	1:26.27	1100m:	16:00.51	1:28.68	1500m:	21:47.72	1:21.05
	400m:	5:44.50	1:28.69	800m:	11:35.28	1:29.68	1200m:	17:29.22	1:28.71			
11.	Francisco Joao, FERNANDO 08 Nautico Academico								<b>21:49.99</b>	271		
	100m:	1:20.93	1:20.93	500m:	7:11.41	1:27.60	900m:	13:02.75	1:28.92	1300m:	18:57.87	1:29.37
	200m:	2:48.62	1:27.69	600m:	8:37.74	1:26.33	1000m:	14:31.19	1:28.44	1400m:	20:26.50	1:28.63
	300m:	4:16.54	1:27.92	700m:	10:05.63	1:27.89	1100m:	16:00.27	1:29.08	1500m:	21:49.99	1:23.49
	400m:	5:43.81	1:27.27	800m:	11:33.83	1:28.20	1200m:	17:28.50	1:28.23			
12.	Henrique Figueiredo, FIDALGO 08 Vigor da Mocidade								<b>22:42.62</b>	241		
	100m:	1:24.28	1:24.28	500m:	7:29.60	1:32.23	900m:	13:36.10	1:33.21	1300m:	19:43.70	1:32.34
	200m:	2:54.86	1:30.58	600m:	8:58.95	1:29.35	1000m:	15:09.91	1:33.81	1400m:	21:14.75	1:31.05
	300m:	4:25.01	1:30.15	700m:	10:30.52	1:31.57	1100m:	16:39.01	1:29.10	1500m:	22:42.62	1:27.87
	400m:	5:57.37	1:32.36	800m:	12:02.89	1:32.37	1200m:	18:11.36	1:32.35			
13.	Henrique Melo, SANTIAGO 08 Vigor da Mocidade								<b>22:45.31</b>	239		
	100m:	1:24.39	1:24.39	500m:	7:29.84	1:30.93	900m:	13:34.20	1:32.32	1300m:	19:46.61	1:32.84
	200m:	2:54.82	1:30.43	600m:	8:59.35	1:29.51	1000m:	15:06.31	1:32.11	1400m:	21:19.69	1:33.08
	300m:	4:26.93	1:32.11	700m:	10:30.55	1:31.20	1100m:	16:40.02	1:33.71	1500m:	22:45.31	1:25.62
	400m:	5:58.91	1:31.98	800m:	12:01.88	1:31.33	1200m:	18:13.77	1:33.75			

Torneio Regional de Fundo de Infantis e Juvenis  
Cantanhede, 11- - 12-6-2022

Prova 2, Masc., 1500m Livres, Inf A

Lugar			Ano					Tempo final	Pts
14.	Tiago Cravino, RIBEIRO		08	Nautico Academico				<b>26:20.93</b>	154
	100m:	1:27.61 1:27.61	500m:	8:30.83 1:47.09	900m:	15:52.96 1:50.49	1300m:	22:59.34 1:42.50	
	200m:	3:10.65 1:43.04	600m:	10:20.99 1:50.16	1000m:	17:42.54 1:49.58	1400m:	24:42.24 1:42.90	
	300m:	4:55.89 1:45.24	700m:	12:11.41 1:50.42	1100m:	19:30.66 1:48.12	1500m:	26:20.93 1:38.69	
	400m:	6:43.74 1:47.85	800m:	14:02.47 1:51.06	1200m:	21:16.84 1:46.18			

Juv B

1.	David Duarte, JESUS		07	Nautico Academico				<b>17:12.40</b>	554
	100m:	1:07.17 1:07.17	500m:	5:43.97 1:09.28	900m:	10:19.67 1:09.09	1300m:	14:57.93 1:10.01	
	200m:	2:16.12 1:08.95	600m:	6:52.61 1:08.64	1000m:	11:28.99 1:09.32	1400m:	16:07.78 1:09.85	
	300m:	3:24.89 1:08.77	700m:	8:01.94 1:09.33	1100m:	12:38.24 1:09.25	1500m:	17:12.40 1:04.62	
	400m:	4:34.69 1:09.80	800m:	9:10.58 1:08.64	1200m:	13:47.92 1:09.68			
2.	Martim Alexandre, SILVA		07	Columbifila Cantanhedense				<b>17:18.60</b>	544
	100m:	1:05.48 1:05.48	500m:	5:39.16 1:08.82	900m:	10:18.17 1:10.29	1300m:	14:57.67 1:09.98	
	200m:	2:13.55 1:08.07	600m:	6:48.84 1:09.68	1000m:	11:28.29 1:10.12	1400m:	16:07.97 1:10.30	
	300m:	3:22.27 1:08.72	700m:	7:58.21 1:09.37	1100m:	12:37.94 1:09.65	1500m:	17:18.60 1:10.63	
	400m:	4:30.34 1:08.07	800m:	9:07.88 1:09.67	1200m:	13:47.69 1:09.75			
3.	Duarte Cachulo, MARQUES		07	Condeixa Clube				<b>17:39.47</b>	512
	100m:	1:07.57 1:07.57	500m:	5:51.53 1:12.60	900m:	10:37.29 1:11.43	1300m:	15:22.44 1:09.91	
	200m:	2:17.28 1:09.71	600m:	7:02.87 1:11.34	1000m:	11:49.59 1:12.30	1400m:	16:30.98 1:08.54	
	300m:	3:26.88 1:09.60	700m:	8:13.62 1:10.75	1100m:	13:00.92 1:11.33	1500m:	17:39.47 1:08.49	
	400m:	4:38.93 1:12.05	800m:	9:25.86 1:12.24	1200m:	14:12.53 1:11.61			
4.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				<b>17:47.55</b>	501
	100m:	1:07.90 1:07.90	500m:	5:53.48 1:11.83	900m:	10:39.06 1:11.51	1300m:	15:26.25 1:11.76	
	200m:	2:18.49 1:10.59	600m:	7:04.55 1:11.07	1000m:	11:51.01 1:11.95	1400m:	16:37.84 1:11.59	
	300m:	3:30.00 1:11.51	700m:	8:16.17 1:11.62	1100m:	13:02.80 1:11.79	1500m:	17:47.55 1:09.71	
	400m:	4:41.65 1:11.65	800m:	9:27.55 1:11.38	1200m:	14:14.49 1:11.69			
5.	David Ferreira, SILVA		07	Academica de Coimbra				<b>18:09.13</b>	472
	100m:	1:08.79 1:08.79	500m:	5:53.95 1:12.20	900m:	10:46.62 1:13.88	1300m:	15:42.32 1:14.16	
	200m:	2:18.76 1:09.97	600m:	7:06.63 1:12.68	1000m:	12:00.54 1:13.92	1400m:	16:56.37 1:14.05	
	300m:	3:30.10 1:11.34	700m:	8:19.57 1:12.94	1100m:	13:14.49 1:13.95	1500m:	18:09.13 1:12.76	
	400m:	4:41.75 1:11.65	800m:	9:32.74 1:13.17	1200m:	14:28.16 1:13.67			
6.	Alexandre, DZYAKANAU		07	Louzan Natacao/EFAPEL				<b>18:16.81</b>	462
	100m:	1:07.28 1:07.28	500m:	5:53.94 1:13.05	900m:	10:49.98 1:14.44	1300m:	15:48.56 1:14.26	
	200m:	2:17.47 1:10.19	600m:	7:07.36 1:13.42	1000m:	12:04.41 1:14.43	1400m:	17:03.76 1:15.20	
	300m:	3:28.60 1:11.13	700m:	8:21.05 1:13.69	1100m:	13:19.11 1:14.70	1500m:	18:16.81 1:13.05	
	400m:	4:40.89 1:12.29	800m:	9:35.54 1:14.49	1200m:	14:34.30 1:15.19			
7.	Goncalo Miranda, FERNANDES		07	Vigor da Mocidade				<b>21:12.31</b>	296
	100m:	1:17.71 1:17.71	500m:	6:54.16 1:24.98	900m:	12:32.77 1:23.86	1300m:	18:23.14 1:28.42	
	200m:	2:41.17 1:23.46	600m:	8:19.17 1:25.01	1000m:	13:58.14 1:25.37	1400m:	19:51.60 1:28.46	
	300m:	4:04.53 1:23.36	700m:	9:44.46 1:25.29	1100m:	15:24.94 1:26.80	1500m:	21:12.31 1:20.71	
	400m:	5:29.18 1:24.65	800m:	11:08.91 1:24.45	1200m:	16:54.72 1:29.78			
8.	Bernardo Almas, MALHAO		07	Vigor da Mocidade				<b>21:22.73</b>	288
	100m:	1:20.48 1:20.48	500m:	6:59.38 1:26.86	900m:	12:51.50 1:28.04	1300m:	18:37.96 1:26.19	
	200m:	2:43.58 1:23.10	600m:	8:26.71 1:27.33	1000m:	14:19.60 1:28.10	1400m:	20:02.62 1:24.66	
	300m:	4:08.22 1:24.64	700m:	9:55.01 1:28.30	1100m:	15:45.10 1:25.50	1500m:	21:22.73 1:20.11	
	400m:	5:32.52 1:24.30	800m:	11:23.46 1:28.45	1200m:	17:11.77 1:26.67			
9.	Francisco Jose, SIMOES		07	Vigor da Mocidade				<b>21:48.34</b>	272
	100m:	1:19.24 1:19.24	500m:	7:10.97 1:27.51	900m:	13:03.38 1:29.22	1300m:	18:58.63 1:29.37	
	200m:	2:45.59 1:26.35	600m:	8:38.06 1:27.09	1000m:	14:31.47 1:28.09	1400m:	20:26.58 1:27.95	
	300m:	4:14.28 1:28.69	700m:	10:05.94 1:27.88	1100m:	16:00.01 1:28.54	1500m:	21:48.34 1:21.76	
	400m:	5:43.46 1:29.18	800m:	11:34.16 1:28.22	1200m:	17:29.26 1:29.25			
10.	Afonso Simoes, FERREIRA		07	Vigor da Mocidade				<b>22:16.04</b>	255
	100m:	1:21.31 1:21.31	500m:	7:19.31 1:30.52	900m:	13:20.71 1:29.95	1300m:	19:22.48 1:29.66	
	200m:	2:48.55 1:27.24	600m:	8:49.83 1:30.52	1000m:	14:52.12 1:31.41	1400m:	20:51.93 1:29.45	
	300m:	4:17.90 1:29.35	700m:	10:20.31 1:30.48	1100m:	16:23.28 1:31.16	1500m:	22:16.04 1:24.11	
	400m:	5:48.79 1:30.89	800m:	11:50.76 1:30.45	1200m:	17:52.82 1:29.54			

Torneio Regional de Fundo de Infantis e Juvenis  
Cantanhede, 11- - 12-6-2022

Prova 2, Masc., 1500m Livres

Juv A

1.	Francisco Couto, FRAZAO	06	Uniao Coimbra	<b>17:04.05</b>	567
	100m: 1:05.39 1:05.39	500m: 5:38.52 1:08.34	900m: 10:13.47 1:08.89	1300m: 14:47.64 1:08.53	
	200m: 2:13.39 1:08.00	600m: 6:46.19 1:07.67	1000m: 11:22.47 1:09.00	1400m: 15:56.08 1:08.44	
	300m: 3:22.07 1:08.68	700m: 7:56.16 1:09.97	1100m: 12:30.81 1:08.34	1500m: 17:04.05 1:07.97	
	400m: 4:30.18 1:08.11	800m: 9:04.58 1:08.42	1200m: 13:39.11 1:08.30		
2.	Tomas Veiga, PEREIRA	06	Nautico Academico	<b>17:15.60</b>	549
	100m: 1:06.69 1:06.69	500m: 5:42.47 1:08.76	900m: 10:20.33 1:09.88	1300m: 14:58.84 1:09.41	
	200m: 2:15.53 1:08.84	600m: 6:51.68 1:09.21	1000m: 11:30.05 1:09.72	1400m: 16:08.02 1:09.18	
	300m: 3:24.76 1:09.23	700m: 8:00.74 1:09.06	1100m: 12:40.12 1:10.07	1500m: 17:15.60 1:07.58	
	400m: 4:33.71 1:08.95	800m: 9:10.45 1:09.71	1200m: 13:49.43 1:09.31		
3.	Tomas Nolan, SANTOS	06	Nautico Academico	<b>17:28.25</b>	529
	100m: 1:06.14 1:06.14	500m: 5:42.71 1:09.42	900m: 10:23.22 1:10.11	1300m: 15:06.17 1:10.76	
	200m: 2:14.99 1:08.85	600m: 6:52.77 1:10.06	1000m: 11:33.88 1:10.66	1400m: 16:17.51 1:11.34	
	300m: 3:24.04 1:09.05	700m: 8:02.99 1:10.22	1100m: 12:44.75 1:10.87	1500m: 17:28.25 1:10.74	
	400m: 4:33.29 1:09.25	800m: 9:13.11 1:10.12	1200m: 13:55.41 1:10.66		
4.	Joao Neves, LUCAS	06	Columbofila Cantanhedense	<b>17:40.01</b>	512
	100m: 1:06.33 1:06.33	500m: 5:41.67 1:09.09	900m: 10:23.84 1:11.75	1300m: 15:14.51 1:13.26	
	200m: 2:14.91 1:08.58	600m: 6:51.21 1:09.54	1000m: 11:35.58 1:11.74	1400m: 16:27.17 1:12.66	
	300m: 3:23.56 1:08.65	700m: 8:01.29 1:10.08	1100m: 12:48.23 1:12.65	1500m: 17:40.01 1:12.84	
	400m: 4:32.58 1:09.02	800m: 9:12.09 1:10.80	1200m: 14:01.25 1:13.02		
5.	Jose Miguel, MARQUES	06	Condeixa Clube	<b>17:46.50</b>	502
	100m: 1:07.75 1:07.75	500m: 5:48.37 1:10.49	900m: 10:33.86 1:12.40	1300m: 15:22.85 1:12.35	
	200m: 2:17.75 1:10.00	600m: 6:59.30 1:10.93	1000m: 11:46.04 1:12.18	1400m: 16:34.72 1:11.87	
	300m: 3:27.52 1:09.77	700m: 8:10.50 1:11.20	1100m: 12:58.29 1:12.25	1500m: 17:46.50 1:11.78	
	400m: 4:37.88 1:10.36	800m: 9:21.46 1:10.96	1200m: 14:10.50 1:12.21		
6.	Carlos Miguel, OLIVEIRA	06	Nautico Academico	<b>17:46.99</b>	502
	100m: 1:08.13 1:08.13	500m: 5:51.72 1:10.87	900m: 10:38.00 1:11.46	1300m: 15:26.55 1:13.00	
	200m: 2:19.18 1:11.05	600m: 7:02.70 1:10.98	1000m: 11:49.64 1:11.64	1400m: 16:39.16 1:12.61	
	300m: 3:30.16 1:10.98	700m: 8:14.68 1:11.98	1100m: 13:01.36 1:11.72	1500m: 17:46.99 1:07.83	
	400m: 4:40.85 1:10.69	800m: 9:26.54 1:11.86	1200m: 14:13.55 1:12.19		
7.	Duarte Jose, FERNANDES	06	Uniao Coimbra	<b>18:00.06</b>	484
	100m: 1:06.22 1:06.22	500m: 5:45.03 1:11.52	900m: 10:35.44 1:13.36	1300m: 15:32.90 1:15.13	
	200m: 2:14.61 1:08.39	600m: 6:57.45 1:12.42	1000m: 11:49.34 1:13.90	1400m: 16:47.61 1:14.71	
	300m: 3:23.54 1:08.93	700m: 8:09.63 1:12.18	1100m: 13:02.79 1:13.45	1500m: 18:00.06 1:12.45	
	400m: 4:33.51 1:09.97	800m: 9:22.08 1:12.45	1200m: 14:17.77 1:14.98		
8.	Filipe Cruz, SIMOES	06	Miranda do Corvo	<b>18:43.51</b>	430
	100m: 1:08.68 1:08.68	500m: 6:03.49 1:14.62	900m: 11:06.38 1:16.79	1300m: 16:14.26 1:17.13	
	200m: 2:20.95 1:12.27	600m: 7:17.70 1:14.21	1000m: 12:23.91 1:17.53	1400m: 17:30.13 1:15.87	
	300m: 3:35.44 1:14.49	700m: 8:32.99 1:15.29	1100m: 13:40.18 1:16.27	1500m: 18:43.51 1:13.38	
	400m: 4:48.87 1:13.43	800m: 9:49.59 1:16.60	1200m: 14:57.13 1:16.95		
9.	Rodrigo Neves, DUARTE	06	Louzan Natacao/EFAPEL	<b>19:01.85</b>	409
	100m: 1:14.32 1:14.32	500m: 6:22.20 1:17.09	900m: 11:28.66 1:16.17	1300m: 16:32.76 1:15.52	
	200m: 2:31.08 1:16.76	600m: 7:38.44 1:16.24	1000m: 12:45.24 1:16.58	1400m: 17:48.76 1:16.00	
	300m: 3:47.84 1:16.76	700m: 8:55.01 1:16.57	1100m: 14:01.38 1:16.14	1500m: 19:01.85 1:13.09	
	400m: 5:05.11 1:17.27	800m: 10:12.49 1:17.48	1200m: 15:17.24 1:15.86		
10.	Joao Ferreira, MARQUES	06	Academica de Coimbra	<b>19:02.61</b>	408
	100m: 1:12.17 1:12.17	500m: 6:09.17 1:14.29	900m: 11:15.75 1:17.62	1300m: 16:29.65 1:16.60	
	200m: 2:27.45 1:15.28	600m: 7:25.11 1:15.94	1000m: 12:34.87 1:19.12	1400m: 17:48.77 1:19.12	
	300m: 3:40.37 1:12.92	700m: 8:41.45 1:16.34	1100m: 13:52.72 1:17.85	1500m: 19:02.61 1:13.84	
	400m: 4:54.88 1:14.51	800m: 9:58.13 1:16.68	1200m: 15:13.05 1:20.33		
11.	Rodrigo Costa, CRUZ	06	Academica de Coimbra	<b>19:05.34</b>	405
	100m: 1:13.21 1:13.21	500m: 6:06.03 1:14.29	900m: 11:16.71 1:20.19	1300m: 16:30.63 1:18.24	
	200m: 2:26.00 1:12.79	600m: 7:22.00 1:15.97	1000m: 12:35.90 1:19.19	1400m: 17:48.85 1:18.22	
	300m: 3:38.64 1:12.64	700m: 8:38.75 1:16.75	1100m: 13:54.97 1:19.07	1500m: 19:05.34 1:16.49	
	400m: 4:51.74 1:13.10	800m: 9:56.52 1:17.77	1200m: 15:12.39 1:17.42		

Torneio Regional de Fundo de Infantis e Juvenis  
Cantanhede, 11- - 12-6-2022

Prova 2, Masc., 1500m Livres

EXH	Tomas Carvalho, SANTOS	05	Louzan Natacao/EFAPEL	<b>17:34.08</b>	520
	100m: 1:07.46 1:07.46	500m: 5:44.59 1:10.18	900m: 10:27.36 1:11.36	1300m: 15:12.19 1:11.85	
	200m: 2:15.84 1:08.38	600m: 6:54.72 1:10.13	1000m: 11:38.21 1:10.85	1400m: 16:23.46 1:11.27	
	300m: 3:24.76 1:08.92	700m: 8:05.42 1:10.70	1100m: 12:49.31 1:11.10	1500m: 17:34.08 1:10.62	
	400m: 4:34.41 1:09.65	800m: 9:16.00 1:10.58	1200m: 14:00.34 1:11.03		
EXH	Goncalo Carvalho, SANTOS	05	Louzan Natacao/EFAPEL	<b>17:45.40</b>	504
	100m: 1:06.60 1:06.60	500m: 5:44.25 1:09.39	900m: 11:06.80 1:12.29	1300m: 15:57.44 1:11.96	
	200m: 2:15.67 1:09.07	600m: 7:30.66 1:46.41	1000m: 12:19.32 1:12.52	1400m: 17:10.84 1:13.40	
	300m: 3:24.70 1:09.03	700m: 8:42.26 1:11.60	1100m: 13:31.71 1:12.39	1500m: 17:45.40 34.56	
	400m: 4:34.86 1:10.16	800m: 9:54.51 1:12.25	1200m: 14:45.48 1:13.77		
EXH	Rodrigo Marques, LIMA	07	CASP AE	<b>21:40.32</b>	277
	100m: 1:21.18 1:21.18	500m: 7:11.93 1:28.69	900m: 13:04.14 1:28.32	1300m: 18:53.80 1:28.67	
	200m: 2:46.80 1:25.62	600m: 8:40.23 1:28.30	1000m: 14:31.45 1:27.31	1400m: 20:21.61 1:27.81	
	300m: 4:13.56 1:26.76	700m: 10:07.88 1:27.65	1100m: 15:58.88 1:27.43	1500m: 21:40.32 1:18.71	
	400m: 5:43.24 1:29.68	800m: 11:35.82 1:27.94	1200m: 17:25.13 1:26.25		
EXH	Joao Miguel, ALVES	09	Vigor da Mocidade	<b>27:07.09</b>	141
	100m: 1:33.14 1:33.14	500m: 8:44.05 1:49.05	900m: 16:04.81 1:53.36	1300m: 23:37.49 1:47.30	
	200m: 3:19.47 1:46.33	600m: 10:32.56 1:48.51	1000m: 18:00.73 1:55.92	1400m: 25:21.73 1:44.24	
	300m: 5:05.93 1:46.46	700m: 12:18.92 1:46.36	1100m: 19:56.24 1:55.51	1500m: 27:07.09 1:45.36	
	400m: 6:55.00 1:49.07	800m: 14:11.45 1:52.53	1200m: 21:50.19 1:53.95		