

Prova 34 1500m Livres 2009 e mais velhos
03/07/2022 - 9:10 Resultados

Recordes Regionais Masculinos Absolutos	15:45.55	Gustavo Manuel SANTA	CNLA	Tampere (FIN)	22/07/2009
Recordes Regionais Masculinos 19 +	18:34.65	Joao Luis SERRA	ACMN	Coimbra	28/01/2017
Recordes Regionais Masculinos 18 +	17:35.82	Andre Filipe PACHECO	CNLA	Lisboa	21/12/2003
Recordes Regionais Masculinos 17	15:51.43	Gustavo Manuel SANTA	CNLA	Helsinki (FIN)	15/07/2010
Recordes Regionais Masculinos 16	15:45.55	Gustavo Manuel SANTA	CNLA	Tampere (FIN)	22/07/2009
Recordes Regionais Masculinos 15	16:37.19	Gustavo Manuel SANTA	CNLA	Lisboa	24/07/2008
Recordes Regionais Masculinos 14	17:23.48	Gustavo Manuel SANTA	CNLA	Faro	22/07/2007
Recordes Regionais Masculinos 13	18:10.13	Paulo Bruno JANEIRO	CNLA	Rio Maior	06/07/2007
Recordes Regionais Femininos Absolutos	18:16.03	Ana Catarina Inês Pinto BOAVISTA	CNLA	Povoa de Varzim	06/04/2007
Recordes Regionais Femininos 17	18:16.03	Ana Catarina Inês Pinto BOAVISTA	CNLA	Povoa de Varzim	06/04/2007
Recordes Regionais Femininos 16	18:46.39	Joana Catarina SANTA	CNLA	Lisboa	27/07/2008
Recordes Regionais Femininos 15	19:18.02	Ana Filipa CORDEIRO	CNLA	Aveiro	29/07/2007
Recordes Regionais Femininos 14	20:14.15	Joana Aparicio TEJO	AMINATA	Reguengos Monsaraz	10/07/2011
Recordes Regionais Femininos 13	20:16.96	Ines Sofia BORBA	CNLA	Rio Maior	09/07/2010

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Infantis - AN Alentejo, Masc.			
1. Guilherme Oliveira MARQUES	08 Grupo Desportivo Mora	23:19.61	241
<i>Campeão Regional</i>			
100m:	1:23.72 1:23.72	500m:	7:44.80 1:36.20
200m:	2:56.62 1:32.90	600m:	9:20.20 1:35.40
300m:	4:32.71 1:36.09	700m:	10:54.41 1:34.21
400m:	6:08.60 1:35.89	800m:	12:28.91 1:34.50
900m:	14:02.78 1:33.87	1000m:	15:37.34 1:34.56
1300m:	20:18.42 1:33.78	1400m:	21:51.46 1:33.04
1500m:	23:19.61 1:28.15		

Infantis - AN Interior Centro, Masc.

resultados provisórios

Afonso MATEUS	09 AN Albicastrense	24:56.47	197
100m:	1:31.14 1:31.14	500m:	8:12.95 1:42.29
200m:	3:08.44 1:37.30	600m:	9:54.02 1:41.07
300m:	4:48.71 1:40.27	700m:	11:36.38 1:42.36
400m:	6:30.66 1:41.95	800m:	13:19.45 1:43.07
900m:	15:01.19 1:41.74	1000m:	16:42.17 1:40.98
1300m:	21:41.75 1:40.13	1400m:	23:21.88 1:40.13
1500m:	24:56.47 1:34.59		

Juvenis - AN Alentejo, Femin.

1. Maria Lua PISCO	07 Acmn	23:21.09	283
<i>Campeã Regional</i>			
100m:	1:28.86 1:28.86	500m:	7:53.03 1:35.67
200m:	3:03.92 1:35.06	600m:	9:27.06 1:34.03
300m:	4:41.00 1:37.08	700m:	11:01.83 1:34.77
400m:	6:17.36 1:36.36	800m:	12:35.72 1:33.89
900m:	14:08.63 1:32.91	1000m:	15:41.84 1:33.21
1300m:	20:22.48 1:34.46	1400m:	21:55.25 1:32.77
1500m:	23:21.09 1:25.84		

Juvenis - AN Alentejo, Masc.

resultados provisórios

Nuno Filipe SARAMAGO	06 Estremoz / Estremozcarnes	23:20.09	240
100m:	1:22.07 1:22.07	500m:	7:44.06 1:37.12
200m:	2:54.36 1:32.29	600m:	9:20.39 1:36.33
300m:	4:29.59 1:35.23	700m:	10:54.69 1:34.30
400m:	6:06.94 1:37.35	800m:	12:29.24 1:34.55
900m:	14:04.13 1:34.89	1000m:	15:38.57 1:34.44
1300m:	20:22.25 1:34.50	1400m:	21:56.47 1:34.22
1500m:	23:20.09 1:23.62		

Juvenis - AN Interior Centro, Masc.

resultados provisórios

Guilherme Reis FERNANDES	06 Penta Clube da Covilha	26:44.16	160
100m:	1:36.53 1:36.53	500m:	8:49.34 1:49.57
200m:	3:22.59 1:46.06	600m:	10:37.86 1:48.52
300m:	5:10.29 1:47.70	700m:	12:26.59 1:48.73
400m:	6:59.77 1:49.48	800m:	14:17.62 1:51.03
900m:	16:09.52 1:51.90	1000m:	18:02.17 1:52.65
1300m:	23:29.92 1:46.79	1400m:	25:11.42 1:41.50
1500m:	26:44.16 1:32.74		

Prova 34, 1500m Livres

Absolutos - AN Alentejo, Femin.

resultados provisórios

Ana Filipa FONSECA	04	Estremoz / Estremozcarnes	21:49.50	347			
<i>Recorde Regional</i>							
100m: 1:20.07	1:20.07	500m: 7:16.73	1:29.25	900m: 13:10.68	1:28.35	1300m: 19:02.43	1:28.11
200m: 2:47.94	1:27.87	600m: 8:45.22	1:28.49	1000m: 14:39.11	1:28.43	1400m: 20:28.74	1:26.31
300m: 4:16.90	1:28.96	700m: 10:13.50	1:28.28	1100m: 16:05.93	1:26.82	1500m: 21:49.50	1:20.76
400m: 5:47.48	1:30.58	800m: 11:42.33	1:28.83	1200m: 17:34.32	1:28.39		

Absolutos - AN Interior Centro, Femin.

1. Ines Louro SILVA	04	AN Albicastrense	23:29.34	278			
<i>Campeã Regional</i>							
100m: 1:20.78	1:20.78	500m: 7:39.69	1:36.77	900m: 14:07.02	1:36.84	1300m: 20:26.06	1:33.14
200m: 2:51.58	1:30.80	600m: 9:16.31	1:36.62	1000m: 15:43.77	1:36.75	1400m: 21:58.78	1:32.72
300m: 4:27.25	1:35.67	700m: 10:52.61	1:36.30	1100m: 17:18.39	1:34.62	1500m: 23:29.34	1:30.56
400m: 6:02.92	1:35.67	800m: 12:30.18	1:37.57	1200m: 18:52.92	1:34.53		
2. Maria Clara DOURADO	04	Natacao Guarda	25:20.52	221			
100m: 1:27.73	1:27.73	500m: 8:09.97	1:42.44	900m: 15:08.17	1:44.87	1300m: 22:04.12	1:42.91
200m: 3:08.54	1:40.81	600m: 9:54.19	1:44.22	1000m: 16:52.85	1:44.68	1400m: 23:45.15	1:41.03
300m: 4:49.14	1:40.60	700m: 11:37.97	1:43.78	1100m: 18:37.97	1:45.12	1500m: 25:20.52	1:35.37
400m: 6:27.53	1:38.39	800m: 13:23.30	1:45.33	1200m: 20:21.21	1:43.24		

Absolutos - AN Alentejo, Masc.

resultados provisórios

Bernardo Pastor ESCADA	99	Aminata	20:37.62	348			
100m: 1:16.41	1:16.41	500m: 6:44.01	1:22.20	900m: 12:20.05	1:25.21	1300m: 17:53.64	1:23.05
200m: 2:37.57	1:21.16	600m: 8:06.94	1:22.93	1000m: 13:43.94	1:23.89	1400m: 19:16.96	1:23.32
300m: 3:59.71	1:22.14	700m: 9:30.47	1:23.53	1100m: 15:07.43	1:23.49	1500m: 20:37.62	1:20.66
400m: 5:21.81	1:22.10	800m: 10:54.84	1:24.37	1200m: 16:30.59	1:23.16		
Rodrigo Alexandre SANTOS	04	GSC Grândola Sports Club	23:33.47	234			
100m: 1:21.38	1:21.38	500m: 7:43.01	1:37.58	900m: 14:11.74	1:36.55	1300m: 20:33.54	1:35.60
200m: 2:53.88	1:32.50	600m: 9:20.32	1:37.31	1000m: 15:47.31	1:35.57	1400m: 22:06.37	1:32.83
300m: 4:28.55	1:34.67	700m: 10:58.43	1:38.11	1100m: 17:22.13	1:34.82	1500m: 23:33.47	1:27.10
400m: 6:05.43	1:36.88	800m: 12:35.19	1:36.76	1200m: 18:57.94	1:35.81		

Absolutos - AN Interior Centro, Masc.

resultados provisórios

Manuel Jose DIAS	05	Clube de Natacao do Fundao	19:54.18	388			
100m: 1:12.88	1:12.88	500m: 6:35.85	1:21.36	900m: 11:55.86	1:19.84	1300m: 17:18.43	1:20.90
200m: 2:32.23	1:19.35	600m: 7:55.71	1:19.86	1000m: 13:15.57	1:19.71	1400m: 18:36.80	1:18.37
300m: 3:53.13	1:20.90	700m: 9:15.79	1:20.08	1100m: 14:36.47	1:20.90	1500m: 19:54.18	1:17.38
400m: 5:14.49	1:21.36	800m: 10:36.02	1:20.23	1200m: 15:57.53	1:21.06		
Pedro Afonso PALHINHA	99	Penta Clube da Covilha	22:21.56	273			
100m: 1:20.54	1:20.54	500m: 7:21.20	1:29.91	900m: 13:22.15	1:30.54	1300m: 19:27.96	1:31.87
200m: 2:50.09	1:29.55	600m: 8:48.56	1:27.36	1000m: 14:53.05	1:30.90	1400m: 20:55.99	1:28.03
300m: 4:21.28	1:31.19	700m: 10:20.45	1:31.89	1100m: 16:24.83	1:31.78	1500m: 22:21.56	1:25.57
400m: 5:51.29	1:30.01	800m: 11:51.61	1:31.16	1200m: 17:56.09	1:31.26		