

Campeonato Regional Juniores e Seniores PC
Cantanhede, 19- - 20-11-2022

Prova 44
20-11-2022 - 17:15

Masc., 1500m Livres

17 anos e mais velhos
Resultados

Rec Nacional Absoluto	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20-12-2021
Rec Nacional Sen	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20-12-2021
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

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
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Juniores

1. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	16:52.62	584
100m: 1:03.56 1:03.56	500m: 5:34.43 1:07.91	900m: 10:06.40 1:07.90	1300m: 14:39.44 1:08.38	
200m: 2:10.38 1:06.82	600m: 6:42.38 1:07.95	1000m: 11:15.19 1:08.79	1400m: 15:47.19 1:07.75	
300m: 3:18.33 1:07.95	700m: 7:51.04 1:08.66	1100m: 12:22.95 1:07.76	1500m: 16:52.62 1:05.43	
400m: 4:26.52 1:08.19	800m: 8:58.50 1:07.46	1200m: 13:31.06 1:08.11		
2. Tomas Veiga, PEREIRA	06	Nautico Academico	17:11.37	553
100m: 1:04.59 1:04.59	500m: 5:40.20 1:09.25	900m: 10:16.74 1:08.81	1300m: 14:54.25 1:09.01	
200m: 2:12.39 1:07.80	600m: 6:49.38 1:09.18	1000m: 11:26.12 1:09.38	1400m: 16:03.41 1:09.16	
300m: 3:21.41 1:09.02	700m: 7:58.52 1:09.14	1100m: 12:35.87 1:09.75	1500m: 17:11.37 1:07.96	
400m: 4:30.95 1:09.54	800m: 9:07.93 1:09.41	1200m: 13:45.24 1:09.37		
3. Joao Neves, LUCAS	06	Columbofila Cantanhedense	17:14.95	547
100m: 1:05.58 1:05.58	500m: 5:43.12 1:09.82	900m: 10:19.20 1:09.09	1300m: 14:56.70 1:09.61	
200m: 2:14.53 1:08.95	600m: 6:52.55 1:09.43	1000m: 11:27.89 1:08.69	1400m: 16:06.52 1:09.82	
300m: 3:23.93 1:09.40	700m: 8:01.65 1:09.10	1100m: 12:37.58 1:09.69	1500m: 17:14.95 1:08.43	
400m: 4:33.30 1:09.37	800m: 9:10.11 1:08.46	1200m: 13:47.09 1:09.51		
4. Antonio, GLAVATSKYY	05	Academica de Coimbra	17:22.56	535
100m: 1:04.31 1:04.31	500m: 5:41.29 1:09.92	900m: 10:21.49 1:09.52	1300m: 15:05.14 1:11.27	
200m: 2:13.25 1:08.94	600m: 6:51.89 1:10.60	1000m: 11:31.02 1:09.53	1400m: 16:15.21 1:10.07	
300m: 3:22.31 1:09.06	700m: 8:01.82 1:09.93	1100m: 12:42.30 1:11.28	1500m: 17:22.56 1:07.35	
400m: 4:31.37 1:09.06	800m: 9:11.97 1:10.15	1200m: 13:53.87 1:11.57		
5. Francisco Couto, FRAZAO	06	Uniao de Coimbra	17:24.90	532
100m: 1:05.90 1:05.90	500m: 5:51.20 1:11.33	900m: 10:30.74 1:09.66	1300m: 15:08.43 1:09.50	
200m: 2:16.84 1:10.94	600m: 7:01.04 1:09.84	1000m: 11:40.94 1:10.20	1400m: 16:17.52 1:09.09	
300m: 3:27.71 1:10.87	700m: 8:11.56 1:10.52	1100m: 12:49.14 1:08.20	1500m: 17:24.90 1:07.38	
400m: 4:39.87 1:12.16	800m: 9:21.08 1:09.52	1200m: 13:58.93 1:09.79		
6. Jose Miguel, MARQUES	06	Condeixa Clube	17:25.90	530
100m: 1:05.97 1:05.97	500m: 5:49.85 1:11.01	900m: 10:30.88 1:09.70	1300m: 15:08.72 1:09.66	
200m: 2:16.46 1:10.49	600m: 7:00.54 1:10.69	1000m: 11:40.75 1:09.87	1400m: 16:18.10 1:09.38	
300m: 3:27.53 1:11.07	700m: 8:11.15 1:10.61	1100m: 12:49.46 1:08.71	1500m: 17:25.90 1:07.80	
400m: 4:38.84 1:11.31	800m: 9:21.18 1:10.03	1200m: 13:59.06 1:09.60		
7. Joao Neves, ALMEIDA	05	Nautico Academico	17:53.24	491
100m: 1:07.81 1:07.81	500m: 5:54.57 1:12.03	900m: 10:43.62 1:12.66	1300m: 15:32.65 1:12.28	
200m: 2:19.42 1:11.61	600m: 7:07.09 1:12.52	1000m: 11:55.96 1:12.34	1400m: 16:44.13 1:11.48	
300m: 3:30.58 1:11.16	700m: 8:18.57 1:11.48	1100m: 13:08.11 1:12.15	1500m: 17:53.24 1:09.11	
400m: 4:42.54 1:11.96	800m: 9:30.96 1:12.39	1200m: 14:20.37 1:12.26		

Seniores

1. Gustavo Pires, MARQUES	04	Uniao de Coimbra	15:52.61	702
100m: 1:00.25 1:00.25	500m: 5:19.13 1:05.18	900m: 9:36.22 1:04.13	1300m: 13:48.57 1:02.71	
200m: 2:05.12 1:04.87	600m: 6:23.10 1:03.97	1000m: 10:40.37 1:04.15	1400m: 14:51.42 1:02.85	
300m: 3:09.55 1:04.43	700m: 7:28.46 1:05.36	1100m: 11:42.51 1:02.14	1500m: 15:52.61 1:01.19	
400m: 4:13.95 1:04.40	800m: 8:32.09 1:03.63	1200m: 12:45.86 1:03.35		
2. Lucas Pereira, BASTOS	00	Nautico Academico	16:43.33	601
100m: 1:02.27 1:02.27	500m: 5:33.38 1:08.07	900m: 10:04.06 1:07.27	1300m: 14:31.30 1:06.38	
200m: 2:09.43 1:07.16	600m: 6:40.91 1:07.53	1000m: 11:11.68 1:07.62	1400m: 15:38.05 1:06.75	
300m: 3:17.40 1:07.97	700m: 7:48.68 1:07.77	1100m: 12:18.11 1:06.43	1500m: 16:43.33 1:05.28	
400m: 4:25.31 1:07.91	800m: 8:56.79 1:08.11	1200m: 13:24.92 1:06.81		

Campeonato Regional Juniores e Seniores PC
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Prova 44, Masc., 1500m Livres, Seniores

Lugar			Ano				Tempo final	Pts
3.	Miguel Freitas, OVIEDO		02	Academica de Coimbra		17:02.67	567	
	100m:	1:04.47 1:04.47	500m:	5:41.84 1:09.71	900m:	10:18.60 1:09.08	1300m:	14:50.55 1:07.63
	200m:	2:13.62 1:09.15	600m:	6:51.13 1:09.29	1000m:	11:27.28 1:08.68	1400m:	15:57.46 1:06.91
	300m:	3:22.54 1:08.92	700m:	8:00.44 1:09.31	1100m:	12:35.15 1:07.87	1500m:	17:02.67 1:05.21
	400m:	4:32.13 1:09.59	800m:	9:09.52 1:09.08	1200m:	13:42.92 1:07.77		
4.	Dinis Miranda, DIOGO		04	Nautico Academico		17:28.31	527	
	100m:	1:04.73 1:04.73	500m:	5:41.90 1:09.86	900m:	10:23.38 1:10.66	1300m:	15:09.73 1:10.46
	200m:	2:13.65 1:08.92	600m:	6:52.38 1:10.48	1000m:	11:35.41 1:12.03	1400m:	16:20.55 1:10.82
	300m:	3:22.85 1:09.20	700m:	8:02.37 1:09.99	1100m:	12:46.94 1:11.53	1500m:	17:28.31 1:07.76
	400m:	4:32.04 1:09.19	800m:	9:12.72 1:10.35	1200m:	13:59.27 1:12.33		
5.	Renato Maria, FERREIRA		04	Uniao de Coimbra		18:50.05	420	
	100m:	1:08.13 1:08.13	500m:	6:08.05 1:15.56	900m:	11:12.34 1:15.99	1300m:	16:19.21 1:16.99
	200m:	2:22.19 1:14.06	600m:	7:23.99 1:15.94	1000m:	12:28.54 1:16.20	1400m:	17:35.57 1:16.36
	300m:	3:37.36 1:15.17	700m:	8:40.42 1:16.43	1100m:	13:45.37 1:16.83	1500m:	18:50.05 1:14.48
	400m:	4:52.49 1:15.13	800m:	9:56.35 1:15.93	1200m:	15:02.22 1:16.85		