



Torneio Zonal de Juvenis (Zona Norte)
Bragança, 15, 16 e 17 Dezembro 2023

Prova 20
16/12/2023 - 16:00

Masc., 1500m Livres

Juvenis B
Resultados

Rec Nac 25m Open	14:39.82	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac 25m Juv B	15:55.78	PEREIRA Rui Silva	POR	Tomar	14/01/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs		
1.	MACEDO Martim Cunha	204594	09	Natacao da Maia	16:47.21	594		
	50m: 30.47	30.47	450m: 4:58.28	33.60	850m: 9:28.42	33.64	1250m: 14:00.04	33.98
	100m: 1:03.81	33.34	500m: 5:32.22	33.94	900m: 10:02.59	34.17	1300m: 14:34.07	34.03
	150m: 1:36.84	33.03	550m: 6:05.84	33.62	950m: 10:36.22	33.63	1350m: 15:07.97	33.90
	200m: 2:10.50	33.66	600m: 6:39.45	33.61	1000m: 11:10.37	34.15	1400m: 15:42.01	34.04
	250m: 2:44.06	33.56	650m: 7:13.34	33.89	1050m: 11:44.14	33.77	1450m: 16:15.00	32.99
	300m: 3:17.99	33.93	700m: 7:47.05	33.71	1100m: 12:18.14	34.00	1500m: 16:47.21	32.21
	350m: 3:51.35	33.36	750m: 8:20.70	33.65	1150m: 12:51.97	33.83		
	400m: 4:24.68	33.33	800m: 8:54.78	34.08	1200m: 13:26.06	34.09		
2.	BARROS Raul Ventura	210422	09	Braga	17:52.17	492		
	50m: 32.01	32.01	450m: 5:13.37	35.39	850m: 10:00.91	36.34	1250m: 14:52.88	36.87
	100m: 1:06.48	34.47	500m: 5:48.53	35.16	900m: 10:37.04	36.13	1300m: 15:29.57	36.69
	150m: 1:41.42	34.94	550m: 6:24.35	35.82	950m: 11:13.83	36.79	1350m: 16:06.24	36.67
	200m: 2:16.73	35.31	600m: 7:00.08	35.73	1000m: 11:49.95	36.12	1400m: 16:41.64	35.40
	250m: 2:52.27	35.54	650m: 7:35.77	35.69	1050m: 12:26.44	36.49	1450m: 17:17.78	36.14
	300m: 3:27.37	35.10	700m: 8:12.53	36.76	1100m: 13:03.36	36.92	1500m: 17:52.17	34.39
	350m: 4:02.67	35.30	750m: 8:48.35	35.82	1150m: 13:39.81	36.45		
	400m: 4:37.98	35.31	800m: 9:24.57	36.22	1200m: 14:16.01	36.20		
3.	PINTO Rodrigo Teixeira	206287	09	Foca Quinta Da Lixa - Cnf	17:58.03	484		
	50m: 31.43	31.43	450m: 5:18.16	36.17	850m: 10:06.24	36.13	1250m: 14:57.28	36.43
	100m: 1:06.69	35.26	500m: 5:54.53	36.37	900m: 10:42.28	36.04	1300m: 15:33.56	36.28
	150m: 1:41.94	35.25	550m: 6:30.00	35.47	950m: 11:18.64	36.36	1350m: 16:10.05	36.49
	200m: 2:17.52	35.58	600m: 7:05.68	35.68	1000m: 11:54.98	36.34	1400m: 16:46.60	36.55
	250m: 2:53.39	35.87	650m: 7:41.68	36.00	1050m: 12:31.63	36.65	1450m: 17:23.21	36.61
	300m: 3:29.62	36.23	700m: 8:17.89	36.21	1100m: 13:07.80	36.17	1500m: 17:58.03	34.82
	350m: 4:05.63	36.01	750m: 8:53.86	35.97	1150m: 13:44.38	36.58		
	400m: 4:41.99	36.36	800m: 9:30.11	36.25	1200m: 14:20.85	36.47		
4.	MORENO Dinis Lima	209779	09	Braga	18:19.76	456		
	50m: 31.25	31.25	450m: 5:16.77	36.37	850m: 10:14.69	37.76	1250m: 15:15.43	37.62
	100m: 1:05.82	34.57	500m: 5:53.06	36.29	900m: 10:52.22	37.53	1300m: 15:53.22	37.79
	150m: 1:40.52	34.70	550m: 6:29.83	36.77	950m: 11:29.75	37.53	1350m: 16:30.58	37.36
	200m: 2:16.34	35.82	600m: 7:07.03	37.20	1000m: 12:07.78	38.03	1400m: 17:08.30	37.72
	250m: 2:52.11	35.77	650m: 7:44.57	37.54	1050m: 12:45.43	37.65	1450m: 17:44.88	36.58
	300m: 3:28.41	36.30	700m: 8:22.17	37.60	1100m: 13:22.79	37.36	1500m: 18:19.76	34.88
	350m: 4:04.41	36.00	750m: 8:59.58	37.41	1150m: 14:00.65	37.86		
	400m: 4:40.40	35.99	800m: 9:36.93	37.35	1200m: 14:37.81	37.16		
5.	YERYGIN Denis	207628	09	Braga	18:22.81	452		
	50m: 31.62	31.62	450m: 5:23.78	37.41	850m: 10:20.60	37.01	1250m: 15:20.07	37.98
	100m: 1:06.89	35.27	500m: 6:00.98	37.20	900m: 10:57.73	37.13	1300m: 15:57.10	37.03
	150m: 1:43.06	36.17	550m: 6:37.95	36.97	950m: 11:35.19	37.46	1350m: 16:34.23	37.13
	200m: 2:18.82	35.76	600m: 7:15.59	37.64	1000m: 12:12.67	37.48	1400m: 17:11.01	36.78
	250m: 2:55.33	36.51	650m: 7:52.54	36.95	1050m: 12:50.24	37.57	1450m: 17:47.36	36.35
	300m: 3:32.11	36.78	700m: 8:29.49	36.95	1100m: 13:27.37	37.13	1500m: 18:22.81	35.45
	350m: 4:09.15	37.04	750m: 9:06.41	36.92	1150m: 14:04.57	37.20		
	400m: 4:46.37	37.22	800m: 9:43.59	37.18	1200m: 14:42.09	37.52		
6.	SHUBIN Alexandre	207643	09	Cdca	18:31.38	442		
	50m: 31.82	31.82	450m: 5:21.96	37.37	850m: 10:24.50	38.28	1250m: 15:25.25	38.07
	100m: 1:06.65	34.83	500m: 5:59.31	37.35	900m: 11:01.87	37.37	1300m: 16:02.71	37.46
	150m: 1:41.88	35.23	550m: 6:36.78	37.47	950m: 11:38.74	36.87	1350m: 16:40.40	37.69
	200m: 2:17.74	35.86	600m: 7:14.75	37.97	1000m: 12:16.74	38.00	1400m: 17:18.41	38.01
	250m: 2:54.00	36.26	650m: 7:52.89	38.14	1050m: 12:54.73	37.99	1450m: 17:55.58	37.17
	300m: 3:30.38	36.38	700m: 8:30.32	37.43	1100m: 13:31.76	37.03	1500m: 18:31.38	35.80
	350m: 4:07.57	37.19	750m: 9:08.50	38.18	1150m: 14:09.37	37.61		
	400m: 4:44.59	37.02	800m: 9:46.22	37.72	1200m: 14:47.18	37.81		
7.	SANTOS Alexandre Lima	214318	09	Fluvial Portuense	18:44.73	426		
	50m: 31.68	31.68	450m: 5:27.35	38.07	850m: 10:31.38	38.02	1250m: 15:36.20	37.78
	100m: 1:07.09	35.41	500m: 6:05.32	37.97	900m: 11:09.66	38.28	1300m: 16:14.48	38.28
	150m: 1:43.26	36.17	550m: 6:43.01	37.69	950m: 11:47.97	38.31	1350m: 16:52.68	38.20
	200m: 2:19.67	36.41	600m: 7:21.05	38.04	1000m: 12:25.72	37.75	1400m: 17:30.94	38.26
	250m: 2:56.73	37.06	650m: 7:58.98	37.93	1050m: 13:03.96	38.24	1450m: 18:09.06	38.12
	300m: 3:34.21	37.48	700m: 8:37.12	38.14	1100m: 13:42.14	38.18	1500m: 18:44.73	35.67
	350m: 4:11.48	37.27	750m: 9:15.09	37.97	1150m: 14:20.22	38.08		
	400m: 4:49.28	37.80	800m: 9:53.36	38.27	1200m: 14:58.42	38.20		
8.	OLIVEIRA Jose Pedro	210144	09	Associacao Tubaroes de Gaia	18:51.87	418		
	50m: 33.35	33.35	450m: 5:33.09	38.66	850m: 10:38.95	38.56	1250m: 15:44.65	38.40
	100m: 1:09.30	35.95	500m: 6:11.17	38.08	900m: 11:16.80	37.85	1300m: 16:22.75	38.10
	150m: 1:46.15	36.85	550m: 6:49.62	38.45	950m: 11:55.36	38.56	1350m: 17:00.63	37.88
	200m: 2:23.36	37.21	600m: 7:27.41	37.79	1000m: 12:33.45	38.09	1400m: 17:38.44	37.81
	250m: 3:00.78	37.42	650m: 8:05.32	37.91	1050m: 13:11.93	38.48	1450m: 18:16.52	38.08
	300m: 3:38.47	37.69	700m: 8:44.04	38.72	1100m: 13:49.99	38.06	1500m: 18:51.87	35.35
	350m: 4:16.62	38.15	750m: 9:22.34	38.30	1150m: 14:28.18	38.19		
	400m: 4:54.43	37.81	800m: 10:00.39	38.05	1200m: 15:06.25	38.07		



Torneio Zonal de Juvenis (Zona Norte)
Bragança, 15, 16 e 17 Dezembro 2023

Prova 20, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
9.	FERREIRA Pedro Guedes	206178	09	Porto	19:47.84	362
	50m: 33.34 33.34	450m: 5:47.37 39.18	850m: 11:04.50 39.35	1250m: 16:25.37 40.66		
	100m: 1:11.11 37.77	500m: 6:27.55 40.18	900m: 11:44.60 40.10	1300m: 17:06.31 40.94		
	150m: 1:50.39 39.28	550m: 7:06.13 38.58	950m: 12:24.59 39.99	1350m: 17:47.22 40.91		
	200m: 2:30.29 39.90	600m: 7:45.78 39.65	1000m: 13:05.05 40.46	1400m: 18:27.93 40.71		
	250m: 3:10.26 39.97	650m: 8:26.46 40.68	1050m: 13:44.55 39.50	1450m: 19:08.53 40.60		
	300m: 3:49.76 39.50	700m: 9:06.04 39.58	1100m: 14:24.33 39.78	1500m: 19:47.84 39.31		
	350m: 4:29.05 39.29	750m: 9:46.48 40.44	1150m: 15:04.80 40.47			
	400m: 5:08.19 39.14	800m: 10:25.15 38.67	1200m: 15:44.71 39.91			
DSQ	NETO Goncalo Malha 403 - Falsa partida - SW 4.4	141256	09	Galitos / Bresimar		

Prova 20 Masc., 1500m Livres Juvenis A
16/12/2023 - 16:00 Resultados

Rec Nac 25m Open	14:39.82	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac 25m Juv A	15:36.31	COSTA Rui Filipe	VSC	Braga	04/03/2007

Tac-JUVAMasc : 18:25.72

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	MEDEIROS Miguel Fragoso	200778	08	Porto	16:16.09	653
	50m: 30.87 30.87	450m: 4:47.09 32.22	850m: 9:07.70 32.86	1250m: 13:32.24 33.41		
	100m: 1:03.40 32.53	500m: 5:19.31 32.22	900m: 9:40.61 32.91	1300m: 14:05.41 33.17		
	150m: 1:35.17 31.77	550m: 5:51.73 32.42	950m: 10:13.67 33.06	1350m: 14:38.44 33.03		
	200m: 2:06.88 31.71	600m: 6:24.41 32.68	1000m: 10:46.62 32.95	1400m: 15:11.44 33.00		
	250m: 2:38.75 31.87	650m: 6:56.83 32.42	1050m: 11:19.86 33.24	1450m: 15:44.54 33.10		
	300m: 3:10.54 31.79	700m: 7:29.47 32.64	1100m: 11:52.95 33.09	1500m: 16:16.09 31.55		
	350m: 3:42.65 32.11	750m: 8:02.12 32.65	1150m: 12:25.87 32.92			
	400m: 4:14.87 32.22	800m: 8:34.84 32.72	1200m: 12:58.83 32.96			
2.	RODRIGUES Rafael Pereira	205593	08	Condeixa Aqua Clube	16:39.10	609
	50m: 30.75 30.75	450m: 4:56.96 33.34	850m: 9:22.95 33.21	1250m: 13:50.52 33.51		
	100m: 1:03.42 32.67	500m: 5:30.34 33.38	900m: 9:56.24 33.29	1300m: 14:24.23 33.71		
	150m: 1:36.53 33.11	550m: 6:03.63 33.29	950m: 10:29.58 33.34	1350m: 14:58.02 33.79		
	200m: 2:09.81 33.28	600m: 6:36.87 33.24	1000m: 11:03.07 33.49	1400m: 15:32.06 34.04		
	250m: 2:43.18 33.37	650m: 7:10.07 33.20	1050m: 11:36.39 33.32	1450m: 16:06.14 34.08		
	300m: 3:16.66 33.48	700m: 7:43.17 33.10	1100m: 12:09.91 33.52	1500m: 16:39.10 32.96		
	350m: 3:50.21 33.55	750m: 8:16.48 33.31	1150m: 12:43.36 33.45			
	400m: 4:23.62 33.41	800m: 8:49.74 33.26	1200m: 13:17.01 33.65			
3.	SOARES Goncalo Augusto	206424	08	Porto	16:47.97	593
	50m: 30.64 30.64	450m: 4:56.81 33.35	850m: 9:26.61 34.04	1250m: 14:00.26 34.22		
	100m: 1:03.56 32.92	500m: 5:30.60 33.79	900m: 10:00.93 34.32	1300m: 14:34.39 34.13		
	150m: 1:36.83 33.27	550m: 6:04.23 33.63	950m: 10:34.87 33.94	1350m: 15:08.26 33.87		
	200m: 2:10.01 33.18	600m: 6:37.64 33.41	1000m: 11:09.77 34.90	1400m: 15:42.31 34.05		
	250m: 2:43.21 33.20	650m: 7:11.19 33.55	1050m: 11:44.17 34.40	1450m: 16:15.99 33.68		
	300m: 3:16.46 33.25	700m: 7:44.88 33.69	1100m: 12:18.08 33.91	1500m: 16:47.97 31.98		
	350m: 3:49.80 33.34	750m: 8:18.41 33.53	1150m: 12:51.96 33.88			
	400m: 4:23.46 33.66	800m: 8:52.57 34.16	1200m: 13:26.04 34.08			
4.	CANELAS Tiago Andre	200358	08	Fluvial Portuense	16:56.58	578
	50m: 30.37 30.37	450m: 4:56.26 33.11	850m: 9:26.03 34.22	1250m: 14:03.18 34.88		
	100m: 1:03.19 32.82	500m: 5:29.81 33.55	900m: 10:00.52 34.49	1300m: 14:38.39 35.21		
	150m: 1:36.02 32.83	550m: 6:03.32 33.51	950m: 10:34.94 34.42	1350m: 15:13.48 35.09		
	200m: 2:08.94 32.92	600m: 6:37.12 33.80	1000m: 11:09.76 34.82	1400m: 15:48.49 35.01		
	250m: 2:42.20 33.26	650m: 7:10.59 33.47	1050m: 11:44.32 34.56	1450m: 16:23.37 34.88		
	300m: 3:15.61 33.41	700m: 7:44.11 33.52	1100m: 12:18.86 34.54	1500m: 16:56.58 33.21		
	350m: 3:49.26 33.65	750m: 8:17.87 33.76	1150m: 12:53.49 34.63			
	400m: 4:23.15 33.89	800m: 8:51.81 33.94	1200m: 13:28.30 34.81			
5.	LOPES Gustavo Miguel	201750	08	Porto	17:06.73	561
	50m: 30.57 30.57	450m: 5:00.89 34.07	850m: 9:36.66 34.21	1250m: 14:13.45 34.48		
	100m: 1:03.55 32.98	500m: 5:35.32 34.43	900m: 10:11.46 34.80	1300m: 14:48.29 34.84		
	150m: 1:36.57 33.02	550m: 6:09.88 34.56	950m: 10:46.37 34.91	1350m: 15:23.36 35.07		
	200m: 2:10.23 33.66	600m: 6:44.34 34.46	1000m: 11:20.69 34.32	1400m: 15:58.01 34.65		
	250m: 2:43.93 33.70	650m: 7:18.87 34.53	1050m: 11:55.31 34.62	1450m: 16:32.77 34.76		
	300m: 3:18.17 34.24	700m: 7:53.31 34.44	1100m: 12:29.87 34.56	1500m: 17:06.73 33.96		
	350m: 3:52.46 34.29	750m: 8:27.79 34.48	1150m: 13:04.20 34.33			
	400m: 4:26.82 34.36	800m: 9:02.45 34.66	1200m: 13:38.97 34.77			
6.	PEREIRA Salvador Correia	205594	08	Condeixa Aqua Clube	17:08.00	559
	50m: 31.54 31.54	450m: 5:05.04 34.13	850m: 9:38.67 34.44	1250m: 14:16.38 35.09		
	100m: 1:05.68 34.14	500m: 5:39.07 34.03	900m: 10:13.16 34.49	1300m: 14:51.21 34.83		
	150m: 1:40.13 34.45	550m: 6:13.20 34.13	950m: 10:47.70 34.54	1350m: 15:25.80 34.59		
	200m: 2:14.67 34.54	600m: 6:47.15 33.95	1000m: 11:22.13 34.43	1400m: 16:00.36 34.56		
	250m: 2:48.91 34.24	650m: 7:21.23 34.08	1050m: 11:57.23 35.10	1450m: 16:34.92 34.56		
	300m: 3:22.97 34.06	700m: 7:55.70 34.47	1100m: 12:31.95 34.72	1500m: 17:08.00 33.08		
	350m: 3:56.98 34.01	750m: 8:29.92 34.22	1150m: 13:06.38 34.43			
	400m: 4:30.91 33.93	800m: 9:04.23 34.31	1200m: 13:41.29 34.91			



Torneio Zonal de Juvenis (Zona Norte)
Bragança, 15, 16 e 17 Dezembro 2023

Prova 20, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
7.	LIMA Rodrigo Silva	206003	08	Porto	17:14.46	548
	50m: 31.02	31.02	450m: 5:04.98	34.40	850m: 9:42.45	34.47
	100m: 1:04.37	33.35	500m: 5:39.72	34.74	900m: 10:17.16	34.71
	150m: 1:38.40	34.03	550m: 6:14.65	34.93	950m: 10:52.06	34.90
	200m: 2:12.41	34.01	600m: 6:49.31	34.66	1000m: 11:27.12	35.06
	250m: 2:46.78	34.37	650m: 7:23.76	34.45	1050m: 12:02.07	34.95
	300m: 3:21.33	34.55	700m: 7:58.62	34.86	1100m: 12:36.78	34.71
	350m: 3:56.15	34.82	750m: 8:33.39	34.77	1150m: 13:12.18	35.40
	400m: 4:30.58	34.43	800m: 9:07.98	34.59	1200m: 13:47.14	34.96
8.	SILVA Guilherme Martins	204688	08	Academico Viseu Futebol Clube	17:19.08	541
	50m: 31.37	31.37	450m: 5:10.70	35.11	850m: 9:49.91	34.84
	100m: 1:04.84	33.47	500m: 5:45.71	35.01	900m: 10:24.47	34.56
	150m: 1:39.46	34.62	550m: 6:20.69	34.98	950m: 10:58.47	34.00
	200m: 2:14.66	35.20	600m: 6:55.71	35.02	1000m: 11:33.10	34.63
	250m: 2:50.06	35.40	650m: 7:30.80	35.09	1050m: 12:08.28	35.18
	300m: 3:25.22	35.16	700m: 8:05.79	34.99	1100m: 12:42.76	34.48
	350m: 4:00.46	35.24	750m: 8:40.39	34.60	1150m: 13:17.26	34.50
	400m: 4:35.59	35.13	800m: 9:15.07	34.68	1200m: 13:51.78	34.52
9.	SOSA Guilherme Simoes	202988	08	Cnac	17:30.93	523
	50m: 31.37	31.37	450m: 5:10.14	35.12	850m: 9:50.55	34.98
	100m: 1:05.08	33.71	500m: 5:45.38	35.24	900m: 10:25.72	35.17
	150m: 1:39.58	34.50	550m: 6:20.28	34.90	950m: 11:01.03	35.31
	200m: 2:14.48	34.90	600m: 6:55.41	35.13	1000m: 11:36.39	35.36
	250m: 2:49.73	35.25	650m: 7:30.39	34.98	1050m: 12:11.86	35.47
	300m: 3:24.69	34.96	700m: 8:05.69	35.30	1100m: 12:47.48	35.62
	350m: 3:59.84	35.15	750m: 8:40.66	34.97	1150m: 13:23.10	35.62
	400m: 4:35.02	35.18	800m: 9:15.57	34.91	1200m: 13:59.00	35.90
10.	COSTA Afonso Goncalves	205176	08	Porto	17:31.85	521
	50m: 30.90	30.90	450m: 5:10.84	35.27	850m: 9:53.40	35.11
	100m: 1:05.12	34.22	500m: 5:46.22	35.38	900m: 10:28.48	35.08
	150m: 1:39.87	34.75	550m: 6:21.85	35.63	950m: 11:03.67	35.19
	200m: 2:14.78	34.91	600m: 6:57.29	35.44	1000m: 11:38.65	34.98
	250m: 2:49.86	35.08	650m: 7:32.57	35.28	1050m: 12:14.00	35.35
	300m: 3:24.98	35.12	700m: 8:07.98	35.41	1100m: 12:49.21	35.21
	350m: 4:00.39	35.41	750m: 8:43.23	35.25	1150m: 13:24.70	35.49
	400m: 4:35.57	35.18	800m: 9:18.29	35.06	1200m: 14:00.23	35.53
11.	PEREIRA Santiago Carvalho	206129	08	Famalicão	17:39.57	510
	50m: 31.62	31.62	450m: 5:10.99	35.45	850m: 9:56.76	35.70
	100m: 1:05.27	33.65	500m: 5:46.11	35.12	900m: 10:32.51	35.75
	150m: 1:39.77	34.50	550m: 6:21.55	35.44	950m: 11:07.70	35.19
	200m: 2:14.86	35.09	600m: 6:57.67	36.12	1000m: 11:44.26	36.56
	250m: 2:49.93	35.07	650m: 7:34.12	36.45	1050m: 12:20.22	35.96
	300m: 3:25.24	35.31	700m: 8:09.49	35.37	1100m: 12:56.02	35.80
	350m: 4:00.44	35.20	750m: 8:44.94	35.45	1150m: 13:32.00	35.98
	400m: 4:35.54	35.10	800m: 9:21.06	36.12	1200m: 14:08.30	36.30
12.	FARDILHA Antonio Cruz	140216	08	Galitos / Bresimar	17:40.28	509
	50m: 30.23	30.23	450m: 5:10.80	35.94	850m: 10:00.13	36.26
	100m: 1:04.39	34.16	500m: 5:46.90	36.10	900m: 10:36.40	36.27
	150m: 1:39.01	34.62	550m: 6:22.66	35.76	950m: 11:12.73	36.33
	200m: 2:14.53	35.52	600m: 6:58.55	35.89	1000m: 11:49.00	36.27
	250m: 2:49.67	35.14	650m: 7:34.65	36.10	1050m: 12:23.68	34.68
	300m: 3:24.43	34.76	700m: 8:11.02	36.37	1100m: 12:59.71	36.03
	350m: 3:59.41	34.98	750m: 8:47.47	36.45	1150m: 13:35.87	36.16
	400m: 4:34.86	35.45	800m: 9:23.87	36.40	1200m: 14:11.92	36.05
13.	ANJOS Nuno Miguel	140396	08	Galitos / Bresimar	17:46.89	500
	50m: 30.40	30.40	450m: 5:11.98	36.03	850m: 9:59.28	35.85
	100m: 1:04.27	33.87	500m: 5:47.75	35.77	900m: 10:35.46	36.18
	150m: 1:39.07	34.80	550m: 6:23.44	35.69	950m: 11:11.88	36.42
	200m: 2:14.14	35.07	600m: 6:59.37	35.93	1000m: 11:48.00	36.12
	250m: 2:49.49	35.35	650m: 7:35.45	36.08	1050m: 12:24.43	36.43
	300m: 3:24.75	35.26	700m: 8:11.55	36.10	1100m: 13:00.59	36.16
	350m: 4:00.44	35.69	750m: 8:47.43	35.88	1150m: 13:36.47	35.88
	400m: 4:35.95	35.51	800m: 9:23.43	36.00	1200m: 14:12.77	36.30
14.	SOARES Marco Santos	203332	08	Natacao de Valongo	18:13.34	464
	50m: 31.23	31.23	450m: 5:19.77	36.74	850m: 10:15.41	37.00
	100m: 1:05.54	34.31	500m: 5:56.69	36.92	900m: 10:52.33	36.92
	150m: 1:41.04	35.50	550m: 6:33.38	36.69	950m: 11:29.09	36.76
	200m: 2:17.24	36.20	600m: 7:10.49	37.11	1000m: 12:05.90	36.81
	250m: 2:53.45	36.21	650m: 7:47.65	37.16	1050m: 12:42.96	37.06
	300m: 3:29.58	36.13	700m: 8:24.62	36.97	1100m: 13:20.05	37.09
	350m: 4:06.24	36.66	750m: 9:01.51	36.89	1150m: 13:56.79	36.74
	400m: 4:43.03	36.79	800m: 9:38.41	36.90	1200m: 14:33.69	36.90



Torneio Zonal de Juvenis (Zona Norte)
Bragança, 15, 16 e 17 Dezembro 2023

Prova 20, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
15.	GONCALVES Luis Pedro	146966	08	Braga	18:13.40	464
	50m: 30.95 30.95	450m: 5:16.01 37.02	850m: 10:13.19 37.30	1250m: 15:11.81 36.85		
	100m: 1:04.19 33.24	500m: 5:52.89 36.88	900m: 10:51.02 37.83	1300m: 15:48.50 36.69		
	150m: 1:39.00 34.81	550m: 6:30.37 37.48	950m: 11:28.13 37.11	1350m: 16:25.96 37.46		
	200m: 2:14.76 35.76	600m: 7:07.21 36.84	1000m: 12:05.55 37.42	1400m: 17:03.19 37.23		
	250m: 2:50.17 35.41	650m: 7:44.40 37.19	1050m: 12:42.97 37.42	1450m: 17:39.69 36.50		
	300m: 3:25.94 35.77	700m: 8:21.84 37.44	1100m: 13:19.97 37.00	1500m: 18:13.40 33.71		
	350m: 4:02.27 36.33	750m: 8:59.13 37.29	1150m: 13:57.66 37.69			
	400m: 4:38.99 36.72	800m: 9:35.89 36.76	1200m: 14:34.96 37.30			
16.	TEIXEIRA Antonio Tomas	212907	08	Gafanha da Encarnacao	18:20.09	456
	50m: 31.50 31.50	450m: 5:20.80 37.06	850m: 10:18.75 37.51	1250m: 15:16.05 37.09		
	100m: 1:06.22 34.72	500m: 5:57.85 37.05	900m: 10:56.01 37.26	1300m: 15:53.47 37.42		
	150m: 1:42.05 35.83	550m: 6:35.14 37.29	950m: 11:33.32 37.31	1350m: 16:30.79 37.32		
	200m: 2:18.06 36.01	600m: 7:12.08 36.94	1000m: 12:10.62 37.30	1400m: 17:08.19 37.40		
	250m: 2:54.53 36.47	650m: 7:49.35 37.27	1050m: 12:47.83 37.21	1450m: 17:44.69 36.50		
	300m: 3:31.09 36.56	700m: 8:26.90 37.55	1100m: 13:24.79 36.96	1500m: 18:20.09 35.40		
	350m: 4:07.29 36.20	750m: 9:04.01 37.11	1150m: 14:02.04 37.25			
	400m: 4:43.74 36.45	800m: 9:41.24 37.23	1200m: 14:38.96 36.92			
17.	MAIA Samuel Dinis	203585	08	Miranda do Corvo	18:22.19	453
	50m: 32.00 32.00	450m: 5:26.12 37.84	850m: 10:21.04 36.29	1250m: 15:18.53 37.53		
	100m: 1:07.34 35.34	500m: 6:03.45 37.33	900m: 10:58.33 37.29	1300m: 15:55.75 37.22		
	150m: 1:43.71 36.37	550m: 6:40.73 37.28	950m: 11:35.50 37.17	1350m: 16:32.78 37.03		
	200m: 2:20.18 36.47	600m: 7:17.33 36.60	1000m: 12:13.05 37.55	1400m: 17:10.01 37.23		
	250m: 2:56.98 36.80	650m: 7:54.10 36.77	1050m: 12:50.07 37.02	1450m: 17:46.63 36.62		
	300m: 3:34.31 37.33	700m: 8:30.58 36.48	1100m: 13:27.31 37.24	1500m: 18:22.19 35.56		
	350m: 4:11.04 36.73	750m: 9:07.75 37.17	1150m: 14:04.55 37.24			
	400m: 4:48.28 37.24	800m: 9:44.75 37.00	1200m: 14:41.00 36.45			
18.	GUEDES Goncalo Silva FTL	208225	08	Estarreja/PROZINCO	18:29.98	444
	50m: 31.52 31.52	450m: 5:24.86 37.81	850m: 10:23.91 37.30	1250m: 15:24.34 37.59		
	100m: 1:06.59 35.07	500m: 6:02.21 37.35	900m: 11:01.53 37.62	1300m: 16:01.74 37.40		
	150m: 1:42.44 35.85	550m: 6:39.29 37.08	950m: 11:39.11 37.58	1350m: 16:39.42 37.68		
	200m: 2:18.88 36.44	600m: 7:16.83 37.54	1000m: 12:16.53 37.42	1400m: 17:17.68 38.26		
	250m: 2:55.66 36.78	650m: 7:54.65 37.82	1050m: 12:53.88 37.35	1450m: 17:54.70 37.02		
	300m: 3:32.63 36.97	700m: 8:31.84 37.19	1100m: 13:31.10 37.22	1500m: 18:29.98 35.28		
	350m: 4:09.75 37.12	750m: 9:09.11 37.27	1150m: 14:09.11 38.01			
	400m: 4:47.05 37.30	800m: 9:46.61 37.50	1200m: 14:46.75 37.64			
19.	JESUS Martim Goncalves FTL	207329	08	Sccam	18:33.91	439
	50m: 31.94 31.94	450m: 5:26.46 37.36	850m: 10:25.67 37.33	1250m: 15:27.13 37.67		
	100m: 1:07.46 35.52	500m: 6:04.04 37.58	900m: 11:03.23 37.56	1300m: 16:05.01 37.88		
	150m: 1:43.89 36.43	550m: 6:41.48 37.44	950m: 11:40.90 37.67	1350m: 16:42.75 37.74		
	200m: 2:20.24 36.35	600m: 7:18.71 37.23	1000m: 12:18.58 37.68	1400m: 17:20.89 38.14		
	250m: 2:57.49 37.25	650m: 7:56.03 37.32	1050m: 12:56.23 37.65	1450m: 17:58.55 37.66		
	300m: 3:34.56 37.07	700m: 8:33.45 37.42	1100m: 13:34.18 37.95	1500m: 18:33.91 35.36		
	350m: 4:11.84 37.28	750m: 9:11.06 37.61	1150m: 14:11.77 37.59			
	400m: 4:49.10 37.26	800m: 9:48.34 37.28	1200m: 14:49.46 37.69			
20.	OLIVEIRA Manuel Martins FTL	202617	08	Sporting de Espinho	18:45.85	425
	50m: 31.31 31.31	450m: 5:23.58 38.10	850m: 10:29.76 38.32	1250m: 15:37.28 38.10		
	100m: 1:05.94 34.63	500m: 6:01.40 37.82	900m: 11:08.00 38.24	1300m: 16:15.02 37.74		
	150m: 1:41.30 35.36	550m: 6:39.57 38.17	950m: 11:46.46 38.46	1350m: 16:53.05 38.03		
	200m: 2:16.96 35.66	600m: 7:17.55 37.98	1000m: 12:24.62 38.16	1400m: 17:31.68 38.63		
	250m: 2:53.32 36.36	650m: 7:55.76 38.21	1050m: 13:03.45 38.83	1450m: 18:09.82 38.14		
	300m: 3:30.67 37.35	700m: 8:34.35 38.59	1100m: 13:41.80 38.35	1500m: 18:45.85 36.03		
	350m: 4:07.56 36.89	750m: 9:12.74 38.39	1150m: 14:20.47 38.67			
	400m: 4:45.48 37.92	800m: 9:51.44 38.70	1200m: 14:59.18 38.71			