

Campeonato Regional Juvenis, Juniores e Seniores PC  
Coimbra, 25- - 26-11-2023

Prova 1 Masc., 1500m Livres Absolutos  
25-11-2023 - 9:30 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
<b>Juvenis A</b>			
1. Rafael Pereira, RODRIGUES	08 Condeixa Clube	<b>17:08.38</b>	558
100m: 1:04.36 1:04.36	500m: 5:38.88 1:09.21	900m: 10:13.95 1:09.24	1300m: 14:51.68 1:09.71
200m: 2:12.40 1:08.04	600m: 6:47.09 1:08.21	1000m: 11:23.44 1:09.49	1400m: 16:01.16 1:09.48
300m: 3:20.91 1:08.51	700m: 7:55.88 1:08.79	1100m: 12:32.46 1:09.02	1500m: 17:08.38 1:07.22
400m: 4:29.67 1:08.76	800m: 9:04.71 1:08.83	1200m: 13:41.97 1:09.51	
2. Salvador Correia, PEREIRA	08 Condeixa Clube	<b>17:42.44</b>	506
100m: 1:05.31 1:05.31	500m: 5:47.07 1:11.05	900m: 10:35.36 1:12.18	1300m: 15:21.82 1:11.02
200m: 2:15.83 1:10.52	600m: 6:58.69 1:11.62	1000m: 11:46.86 1:11.50	1400m: 16:33.17 1:11.35
300m: 3:24.99 1:09.16	700m: 8:10.23 1:11.54	1100m: 12:59.02 1:12.16	1500m: 17:42.44 1:09.27
400m: 4:36.02 1:11.03	800m: 9:23.18 1:12.95	1200m: 14:10.80 1:11.78	
3. Guilherme Simoes, SOUSA	08 Náutico Académico	<b>17:43.21</b>	505
100m: 1:04.35 1:04.35	500m: 5:41.46 1:10.55	900m: 10:27.06 1:12.17	1300m: 15:18.43 1:13.46
200m: 2:12.64 1:08.29	600m: 6:51.98 1:10.52	1000m: 11:39.08 1:12.02	1400m: 16:32.36 1:13.93
300m: 3:21.70 1:09.06	700m: 8:03.13 1:11.15	1100m: 12:51.86 1:12.78	1500m: 17:43.21 1:10.85
400m: 4:30.91 1:09.21	800m: 9:14.89 1:11.76	1200m: 14:04.97 1:13.11	
4. Samuel Dinis, MAIA	08 Miranda do Corvo	<b>18:50.04</b>	420
100m: 1:07.79 1:07.79	500m: 6:06.25 1:15.30	900m: 11:11.51 1:15.97	1300m: 16:19.13 1:17.56
200m: 2:21.01 1:13.22	600m: 7:22.87 1:16.62	1000m: 12:28.31 1:16.80	1400m: 17:36.09 1:16.96
300m: 3:35.47 1:14.46	700m: 8:39.44 1:16.57	1100m: 13:45.05 1:16.74	1500m: 18:50.04 1:13.95
400m: 4:50.95 1:15.48	800m: 9:55.54 1:16.10	1200m: 15:01.57 1:16.52	

**Juniores**

1. Marco Dimitar, OLIVEIRA	07 Náutico Académico	<b>16:42.78</b>	602
100m: 1:01.82 1:01.82	500m: 5:25.98 1:06.37	900m: 9:54.07 1:07.30	1300m: 14:26.57 1:08.58
200m: 2:07.53 1:05.71	600m: 6:32.71 1:06.73	1000m: 11:01.81 1:07.74	1400m: 15:35.29 1:08.72
300m: 3:13.31 1:05.78	700m: 7:39.77 1:07.06	1100m: 12:09.46 1:07.65	1500m: 16:42.78 1:07.49
400m: 4:19.61 1:06.30	800m: 8:46.77 1:07.00	1200m: 13:17.99 1:08.53	
2. Tomas Veiga, PEREIRA	06 Náutico Académico	<b>17:09.79</b>	556
100m: 1:04.61 1:04.61	500m: 5:37.79 1:08.88	900m: 10:13.85 1:09.05	1300m: 14:51.91 1:09.63
200m: 2:12.01 1:07.40	600m: 6:46.54 1:08.75	1000m: 11:23.72 1:09.87	1400m: 16:01.26 1:09.35
300m: 3:20.35 1:08.34	700m: 7:55.64 1:09.10	1100m: 12:33.05 1:09.33	1500m: 17:09.79 1:08.53
400m: 4:28.91 1:08.56	800m: 9:04.80 1:09.16	1200m: 13:42.28 1:09.23	
3. Joao Ferreira, MARQUES	06 Academica de Coimbra	<b>17:12.28</b>	552
100m: 1:03.90 1:03.90	500m: 5:38.17 1:08.92	900m: 10:14.85 1:09.09	1300m: 14:53.88 1:09.99
200m: 2:11.33 1:07.43	600m: 6:47.17 1:09.00	1000m: 11:24.87 1:10.02	1400m: 16:04.18 1:10.30
300m: 3:20.24 1:08.91	700m: 7:56.53 1:09.36	1100m: 12:34.22 1:09.35	1500m: 17:12.28 1:08.10
400m: 4:29.25 1:09.01	800m: 9:05.76 1:09.23	1200m: 13:43.89 1:09.67	
4. David Ferreira, SILVA	07 Academica de Coimbra	<b>17:25.13</b>	532
100m: 1:04.47 1:04.47	500m: 5:41.09 1:10.07	900m: 10:21.48 1:10.22	1300m: 15:03.61 1:11.03
200m: 2:12.75 1:08.28	600m: 6:50.86 1:09.77	1000m: 11:31.59 1:10.11	1400m: 16:14.80 1:11.19
300m: 3:21.65 1:08.90	700m: 8:01.07 1:10.21	1100m: 12:41.98 1:10.39	1500m: 17:25.13 1:10.33
400m: 4:31.02 1:09.37	800m: 9:11.26 1:10.19	1200m: 13:52.58 1:10.60	
5. Jose Miguel, MARQUES	06 Condeixa Clube	<b>17:32.15</b>	521
100m: 1:03.99 1:03.99	500m: 5:39.82 1:09.48	900m: 10:22.71 1:10.98	1300m: 15:08.52 1:12.05
200m: 2:12.21 1:08.22	600m: 6:50.22 1:10.40	1000m: 11:33.15 1:10.44	1400m: 16:20.92 1:12.40
300m: 3:20.89 1:08.68	700m: 8:01.29 1:11.07	1100m: 12:44.37 1:11.22	1500m: 17:32.15 1:11.23
400m: 4:30.34 1:09.45	800m: 9:11.73 1:10.44	1200m: 13:56.47 1:12.10	

**Seniores**

1. Ricardo Matias, SANTOS	05 Louzan Natação	<b>16:17.02</b>	651
100m: 1:01.76 1:01.76	500m: 5:24.70 1:06.12	900m: 9:47.14 1:05.01	1300m: 14:09.58 1:05.58
200m: 2:07.04 1:05.28	600m: 6:30.16 1:05.46	1000m: 10:52.64 1:05.50	1400m: 15:14.35 1:04.77
300m: 3:12.86 1:05.82	700m: 7:36.15 1:05.99	1100m: 11:58.20 1:05.56	1500m: 16:17.02 1:02.67
400m: 4:18.58 1:05.72	800m: 8:42.13 1:05.98	1200m: 13:04.00 1:05.80	

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Prova 1, Masc., 1500m Livres, Seniores

Lugar			Ano				Tempo final	Pts				
2.	Antonio Pedro, MARTINS		05	União de Coimbra		<b>18:01.26</b>	480					
	100m:	1:09.75	1:09.75	500m:	5:57.98	1:12.21	900m:	10:47.75	1:12.51	1300m:	15:38.05	1:13.09
	200m:	2:21.64	1:11.89	600m:	7:09.92	1:11.94	1000m:	12:00.63	1:12.88	1400m:	16:51.66	1:13.61
	300m:	3:33.64	1:12.00	700m:	8:22.21	1:12.29	1100m:	13:12.76	1:12.13	1500m:	18:01.26	1:09.60
	400m:	4:45.77	1:12.13	800m:	9:35.24	1:13.03	1200m:	14:24.96	1:12.20			
3.	Tomas Cardoso, GERALDO		05	Condeixa Clube		<b>18:38.06</b>	434					
	100m:	1:06.04	1:06.04	500m:	5:54.01	1:13.42	900m:	10:58.00	1:17.21	1300m:	16:05.58	1:16.42
	200m:	2:16.90	1:10.86	600m:	7:09.12	1:15.11	1000m:	12:15.48	1:17.48	1400m:	17:22.51	1:16.93
	300m:	3:27.79	1:10.89	700m:	8:24.74	1:15.62	1100m:	13:32.28	1:16.80	1500m:	18:38.06	1:15.55
	400m:	4:40.59	1:12.80	800m:	9:40.79	1:16.05	1200m:	14:49.16	1:16.88			