

Campeonato Regional Absolutos e Torneio Nadador Completo Infantis
Grândola, 25 - 26/11/2023

Prova 34 1500m Livres 12 anos e mais velhos
26/11/2023 - 15:30 Resultados

Rec Reg Open	16:43.65	Filipe Ricardo AZEVEDO	AMINATA Sines	08/12/2012
Rec Reg 19 +	16:43.65	Filipe Ricardo AZEVEDO	AMINATA Sines	08/12/2012
Rec Reg 18	17:37.42	Miguel Martins BALTAZAR	AMINATA Evora	31/01/2016
Rec Reg 17	17:12.77	Nelson Pereira MALHEIROS	CNLA Sines	15/11/2015
Rec Reg 16	17:11.36	Miguel Martins BALTAZAR	AMINATA Evora	02/02/2014
Rec Reg 15	17:27.48	Nelson Pereira MALHEIROS	CNLA Ponte de sor	16/03/2014
Rec Reg 14	17:35.04	Miguel Martins BALTAZAR	AMINATA Evora	29/01/2012
Rec Reg 13	18:05.29	Gustavo Manuel SANTA	Ind ANALENLeiria	02/04/2006
Rec Reg Open	18:38.24	Sofia Cristina GRILO	Ind ANALENPonte de Sor	16/03/2014
Rec Reg 18 +	19:02.35	Sofia Oliveira SILVA	CNLA Sines	20/11/2022
Rec Reg 17	18:38.24	Sofia Cristina GRILO	Ind ANALENPonte de Sôr	16/03/2014
Rec Reg 16	18:40.05	Sofia Cristina GRILO	AMINATA Sines	03/03/2013
Rec Reg 15	18:54.36	Sofia Cristina GRILO	AMINATA Grândola	04/03/2012
Rec Reg 14	20:16.84	Carolina Pastor ESCADA	AMINATA Ponte de Sor	16/03/2014
Rec Reg 13	19:48.10	Carolina Pastor ESCADA	AMINATA Sines	03/03/2013
Rec Reg 12	21:07.84	Carolina Pastor ESCADA	AMINATA Grandola	04/03/2012

Pontos: FINA 2022

Lugar Nome Idade Clube Tempo final Pts

15 anos e mais velhos, Masc.

1. Samuel Andre MARIANO	22	Litoral Alentejano	18:26.58	448
100m: 1:09.40 1:09.40	500m: 6:06.29 1:13.83	900m: 11:05.40 1:14.88	1300m: 16:01.76 1:13.49	
200m: 2:24.04 1:14.64	600m: 7:20.90 1:14.61	1000m: 12:19.91 1:14.51	1400m: 17:15.32 1:13.56	
300m: 3:38.55 1:14.51	700m: 8:35.59 1:14.69	1100m: 13:34.65 1:14.74	1500m: 18:26.58 1:11.26	
400m: 4:52.46 1:13.91	800m: 9:50.52 1:14.93	1200m: 14:48.27 1:13.62		
2. Diogo Miguel ROSADO	17	Grupo Desportivo Mora	19:08.45	400
100m: 1:12.18 1:12.18	500m: 6:20.84 1:17.48	900m: 11:30.26 1:17.60	1300m: 16:39.53 1:17.47	
200m: 2:29.60 1:17.42	600m: 7:38.11 1:17.27	1000m: 12:47.28 1:17.02	1400m: 17:55.34 1:15.81	
300m: 3:46.21 1:16.61	700m: 8:55.62 1:17.51	1100m: 14:04.56 1:17.28	1500m: 19:08.45 1:13.11	
400m: 5:03.36 1:17.15	800m: 10:12.66 1:17.04	1200m: 15:22.06 1:17.50		
3. Mauro Santos INACIO	40	Litoral Alentejano	19:18.03	391
100m: 1:13.53 1:13.53	500m: 6:22.70 1:17.43	900m: 11:30.70 1:17.28	1300m: 16:42.27 1:17.70	
200m: 2:31.04 1:17.51	600m: 7:39.66 1:16.96	1000m: 12:48.38 1:17.68	1400m: 18:00.84 1:18.57	
300m: 3:47.85 1:16.81	700m: 8:56.28 1:16.62	1100m: 14:06.28 1:17.90	1500m: 19:18.03 1:17.19	
400m: 5:05.27 1:17.42	800m: 10:13.42 1:17.14	1200m: 15:24.57 1:18.29		
4. Francisco Reis MAGUAS	18	Ndco	19:49.84	360
100m: 1:13.30 1:13.30	500m: 6:27.34 1:19.64	900m: 11:50.40 1:21.46	1300m: 17:14.87 1:20.86	
200m: 2:31.24 1:17.94	600m: 7:47.49 1:20.15	1000m: 13:11.55 1:21.15	1400m: 18:33.36 1:18.49	
300m: 3:49.10 1:17.86	700m: 9:08.48 1:20.99	1100m: 14:33.42 1:21.87	1500m: 19:49.84 1:16.48	
400m: 5:07.70 1:18.60	800m: 10:28.94 1:20.46	1200m: 15:54.01 1:20.59		
5. Jorge Manuel NARIGUETA	26	Acmn	21:22.80	287
100m: 1:20.08 1:20.08	500m: 6:58.59 1:25.27	900m: 12:48.08 1:27.31	1300m: 18:33.78 1:25.38	
200m: 2:43.69 1:23.61	600m: 8:25.30 1:26.71	1000m: 14:15.64 1:27.56	1400m: 20:01.17 1:27.39	
300m: 4:08.29 1:24.60	700m: 9:52.52 1:27.22	1100m: 15:41.68 1:26.04	1500m: 21:22.80 1:21.63	
400m: 5:33.32 1:25.03	800m: 11:20.77 1:28.25	1200m: 17:08.40 1:26.72		

14 anos e mais velhos, Femin.

1. Sofia Oliveira SILVA	25	Litoral Alentejano	19:12.41	505
100m: 1:13.41 1:13.41	500m: 6:22.04 1:17.57	900m: 11:31.08 1:17.03	1300m: 16:40.97 1:16.47	
200m: 2:30.71 1:17.30	600m: 7:38.43 1:16.39	1000m: 12:48.37 1:17.29	1400m: 17:58.32 1:17.35	
300m: 3:47.48 1:16.77	700m: 8:55.84 1:17.41	1100m: 14:06.45 1:18.08	1500m: 19:12.41 1:14.09	
400m: 5:04.47 1:16.99	800m: 10:14.05 1:18.21	1200m: 15:24.50 1:18.05		
2. Maria Lua PISCO	17	Acmn	22:51.22	300
100m: 1:20.54 1:20.54	500m: 6:58.22 1:25.04	900m: 12:57.23 1:34.82	1300m: 19:36.30 1:39.97	
200m: 2:43.65 1:23.11	600m: 8:24.93 1:26.71	1000m: 14:36.87 1:39.64	1400m: 21:14.92 1:38.62	
300m: 4:08.16 1:24.51	700m: 9:52.18 1:27.25	1100m: 16:15.87 1:39.00	1500m: 22:51.22 1:36.30	
400m: 5:33.18 1:25.02	800m: 11:22.41 1:30.23	1200m: 17:56.33 1:40.46		