

ANARA
ASSOCIAÇÃO DE NATACÃO DO ALLENTEJO

Torneio Zonal de Juvenis (Zona Sul)
Sines, 15 - 17/12/2023

Prova 20
16/12/2023 - 16:30

Masc., 1500m Livres

Juvenis
Resultados

Rec Nac 25m Open	14:39.82	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac 25m Juv A	15:36.31	Rui Filipe COSTA	VSC	Braga	04/03/2007
Rec Nac 25m Juv B	15:55.78	Rui Silva PEREIRA	POR	Tomar	14/01/2023

TAC Juvenil A Masc Juv A 50m: 19:01.87 - 25m: 18:25.72 / TAC Juvenil B Masc Juv B 50m: 19:22.63 - 25m: 18:45.82

Pontos: FINA 2023

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenil B								
1.	Paulo KOT	15	144468	Nautico Marinha Grande	16:33.06		620	
	100m: 1:02.28	1:02.28	500m: 5:27.54	1:06.29	900m: 9:53.51	1:06.66	1300m: 14:20.09	1:06.63
	200m: 2:08.38	1:06.10	600m: 6:33.82	1:06.28	1000m: 11:00.28	1:06.77	1400m: 15:27.49	1:07.40
	300m: 3:14.96	1:06.58	700m: 7:40.10	1:06.28	1100m: 12:07.20	1:06.92	1500m: 16:33.06	1:05.57
	400m: 4:21.25	1:06.29	800m: 8:46.85	1:06.75	1200m: 13:13.46	1:06.26		
2.	Martim Chambel PINTO	15	208969	Colegio Monte Maior	16:56.66		578	
	100m: 1:03.74	1:03.74	500m: 5:40.79	1:09.06	900m: 10:14.48	1:08.17	1300m: 14:44.51	1:07.58
	200m: 2:12.34	1:08.60	600m: 6:49.73	1:08.94	1000m: 11:22.35	1:07.87	1400m: 15:51.66	1:07.15
	300m: 3:21.78	1:09.44	700m: 7:57.84	1:08.11	1100m: 12:29.29	1:06.94	1500m: 16:56.66	1:05.00
	400m: 4:31.73	1:09.95	800m: 9:06.31	1:08.47	1200m: 13:36.93	1:07.64		
3.	Rafael Lin MONIZ	15	210337	Naval Setubalense	17:39.63		510	
	100m: 1:06.09	1:06.09	500m: 5:50.13	1:11.74	900m: 10:35.74	1:11.77	1300m: 15:20.80	1:11.25
	200m: 2:16.12	1:10.03	600m: 7:02.16	1:12.03	1000m: 11:47.19	1:11.45	1400m: 16:32.03	1:11.23
	300m: 3:26.85	1:10.73	700m: 8:13.65	1:11.49	1100m: 12:58.50	1:11.31	1500m: 17:39.63	1:07.60
	400m: 4:38.39	1:11.54	800m: 9:23.97	1:10.32	1200m: 14:09.55	1:11.05		
4.	Afonso Maria BENTO	15	211118	Albicastrense	17:43.82		504	
	100m: 1:05.69	1:05.69	500m: 5:51.85	1:11.87	900m: 10:38.02	1:11.35	1300m: 15:24.26	1:12.19
	200m: 2:16.52	1:10.83	600m: 7:04.15	1:12.30	1000m: 11:49.20	1:11.18	1400m: 16:35.36	1:11.10
	300m: 3:27.62	1:11.10	700m: 8:15.37	1:11.22	1100m: 13:00.59	1:11.39	1500m: 17:43.82	1:08.46
	400m: 4:39.98	1:12.36	800m: 9:26.67	1:11.30	1200m: 14:12.07	1:11.48		
5.	Vasco Alexandre MARTINS	15	209406	Colegio Monte Maior	17:46.42		500	
	100m: 1:06.38	1:06.38	500m: 5:51.11	1:11.36	900m: 10:37.84	1:11.54	1300m: 15:22.94	1:11.71
	200m: 2:16.80	1:10.42	600m: 7:02.92	1:11.81	1000m: 11:49.24	1:11.40	1400m: 16:35.43	1:12.49
	300m: 3:27.51	1:10.71	700m: 8:14.51	1:11.59	1100m: 13:00.39	1:11.15	1500m: 17:46.42	1:10.99
	400m: 4:39.75	1:12.24	800m: 9:26.30	1:11.79	1200m: 14:11.23	1:10.84		
6.	Diogo Filipe CARDOSO	15	210399	Natacao Olhao	18:07.36		472	
	100m: 1:06.65	1:06.65	500m: 5:56.80	1:12.25	900m: 10:48.85	1:13.07	1300m: 15:42.69	1:13.55
	200m: 2:19.08	1:12.43	600m: 7:09.69	1:12.89	1000m: 12:02.16	1:13.31	1400m: 16:56.25	1:13.56
	300m: 3:31.61	1:12.53	700m: 8:22.54	1:12.85	1100m: 13:15.43	1:13.27	1500m: 18:07.36	1:11.11
	400m: 4:44.55	1:12.94	800m: 9:35.78	1:13.24	1200m: 14:29.14	1:13.71		
7.	Pedro Guedes CALDAS	15	205652	Benfica	18:19.74		456	
	100m: 1:07.63	1:07.63	500m: 6:01.65	1:14.07	900m: 10:55.68	1:13.28	1300m: 15:53.41	1:14.84
	200m: 2:21.22	1:13.59	600m: 7:15.17	1:13.52	1000m: 12:09.52	1:13.84	1400m: 17:08.21	1:14.80
	300m: 3:34.03	1:12.81	700m: 8:28.86	1:13.69	1100m: 13:24.17	1:14.65	1500m: 18:19.74	1:11.53
	400m: 4:47.58	1:13.55	800m: 9:42.40	1:13.54	1200m: 14:38.57	1:14.40		
8.	Rodrigo Duarte NARIGUETA	15	208395	Palmela	18:25.60		449	
	100m: 1:09.24	1:09.24	500m: 6:01.07	1:13.03	900m: 10:56.41	1:14.76	1300m: 15:58.47	1:16.24
	200m: 2:22.20	1:12.96	600m: 7:14.15	1:13.08	1000m: 12:11.43	1:15.02	1400m: 17:13.05	1:14.58
	300m: 3:35.76	1:13.56	700m: 8:28.25	1:14.10	1100m: 13:26.75	1:15.32	1500m: 18:25.60	1:12.55
	400m: 4:48.04	1:12.28	800m: 9:41.65	1:13.40	1200m: 14:42.23	1:15.48		
9.	Pedro Correia PESTANA	15	209489	Desportivo Nacional	18:29.52		444	
	100m: 1:06.56	1:06.56	500m: 6:03.66	1:14.18	900m: 11:02.34	1:14.49	1300m: 16:02.85	1:15.54
	200m: 2:19.97	1:13.41	600m: 7:18.25	1:14.59	1000m: 12:17.27	1:14.93	1400m: 17:18.14	1:15.29
	300m: 3:34.16	1:14.19	700m: 8:33.10	1:14.85	1100m: 13:32.57	1:15.30	1500m: 18:29.52	1:11.38
	400m: 4:49.48	1:15.32	800m: 9:47.85	1:14.75	1200m: 14:47.31	1:14.74		
10.	Antonio Freitas MARTINS	15	209933	Desportivo Nacional	18:45.31		426	
	100m: 1:10.72	1:10.72	500m: 6:10.53	1:14.62	900m: 11:12.54	1:15.93	1300m: 16:15.91	1:16.17
	200m: 2:25.80	1:15.08	600m: 7:25.40	1:14.87	1000m: 12:28.16	1:15.62	1400m: 17:32.23	1:16.32
	300m: 3:40.88	1:15.08	700m: 8:40.74	1:15.34	1100m: 13:44.07	1:15.91	1500m: 18:45.31	1:13.08
	400m: 4:55.91	1:15.03	800m: 9:56.61	1:15.87	1200m: 14:59.74	1:15.67		

ANARA
ASSOCIAÇÃO DE NATAÇÃO DO ALLENTEJOTorneio Zonal de Juvenis (Zona Sul)
Sines, 15 - 17/12/2023

Prova 20, Masc., 1500m Livres

Juvenil A

1. Rui Silva PEREIRA	16	205327	Colegio Monte Maior	16:07.10	671
100m: 1:00.48	1:00.48	500m: 5:17.64	1:05.15	900m: 9:38.23	1:05.40
200m: 2:04.30	1:03.82	600m: 6:21.95	1:04.31	1000m: 10:43.99	1:05.76
300m: 3:08.77	1:04.47	700m: 7:27.57	1:05.62	1100m: 11:49.27	1:05.28
400m: 4:12.49	1:03.72	800m: 8:32.83	1:05.26	1200m: 12:54.48	1:05.21
1300m: 13:59.36	1:04.88				
1400m: 15:04.27	1:04.91				
1500m: 16:07.10	1:02.83				
2. Afonso Gago GARCIA	16	208743	Benfica	16:29.84	626
100m: 1:00.52	1:00.52	500m: 5:28.39	1:07.84	900m: 9:54.96	1:06.84
200m: 2:05.60	1:05.08	600m: 6:34.92	1:06.53	1000m: 11:02.26	1:07.30
300m: 3:12.73	1:07.13	700m: 7:41.65	1:06.73	1100m: 12:08.23	1:05.97
400m: 4:20.55	1:07.82	800m: 8:48.12	1:06.47	1200m: 13:13.35	1:05.12
1300m: 14:18.52	1:05.17				
1400m: 15:24.54	1:06.02				
1500m: 16:29.84	1:05.30				
3. Martim Santos CABRITA	16	208153	Louletano / Loule Concelho	17:22.48	536
100m: 1:04.87	1:04.87	500m: 5:43.15	1:09.57	900m: 10:22.91	1:09.66
200m: 2:14.98	1:10.11	600m: 6:52.99	1:09.84	1000m: 11:32.47	1:09.56
300m: 3:24.51	1:09.53	700m: 8:02.90	1:09.91	1100m: 12:43.12	1:10.65
400m: 4:33.58	1:09.07	800m: 9:13.25	1:10.35	1200m: 13:53.59	1:10.47
1300m: 15:03.99	1:10.40				
1400m: 16:14.49	1:10.50				
1500m: 17:22.48	1:07.99				
4. Joao Pedro MONTEIRO	16	203021	BUZIOS - Coruche	17:35.88	515
100m: 1:05.40	1:05.40	500m: 5:41.92	1:09.84	900m: 10:26.94	1:12.17
200m: 2:13.73	1:08.33	600m: 6:52.06	1:10.14	1000m: 11:39.31	1:12.37
300m: 3:22.81	1:09.08	700m: 8:02.95	1:10.89	1100m: 12:51.28	1:11.97
400m: 4:32.08	1:09.27	800m: 9:14.77	1:11.82	1200m: 14:03.72	1:12.44
1300m: 15:15.28	1:11.56				
1400m: 16:27.31	1:12.03				
1500m: 17:35.88	1:08.57				
5. Vasco Franca JESUS	16	207497	Naval do Funchal	17:36.92	514
100m: 1:04.31	1:04.31	500m: 5:45.87	1:10.95	900m: 10:32.44	1:11.74
200m: 2:14.09	1:09.78	600m: 6:57.63	1:11.76	1000m: 11:44.24	1:11.80
300m: 3:24.04	1:09.95	700m: 8:09.02	1:11.39	1100m: 12:55.78	1:11.54
400m: 4:34.92	1:10.88	800m: 9:20.70	1:11.68	1200m: 14:06.85	1:11.07
1300m: 15:18.08	1:11.23				
1400m: 16:28.82	1:10.74				
1500m: 17:36.92	1:08.10				
6. Santiago Boica SOUSA	16	212709	Vieirense	17:40.52	509
100m: 1:04.78	1:04.78	500m: 5:48.83	1:10.89	900m: 10:33.32	1:11.47
200m: 2:15.86	1:11.08	600m: 7:00.03	1:11.20	1000m: 11:44.43	1:11.11
300m: 3:27.37	1:11.51	700m: 8:10.12	1:10.09	1100m: 12:56.03	1:11.60
400m: 4:37.94	1:10.57	800m: 9:21.85	1:11.73	1200m: 14:08.89	1:12.86
1300m: 15:21.86	1:12.97				
1400m: 16:32.97	1:11.11				
1500m: 17:40.52	1:07.55				
7. F. FREIXIEIRO	16	208642	Rio Maior	17:51.30	494
100m: 1:06.35	1:06.35	500m: 5:50.38	1:11.96	900m: 10:38.47	1:12.42
200m: 2:16.39	1:10.04	600m: 7:02.38	1:12.00	1000m: 11:50.98	1:12.51
300m: 3:26.26	1:09.87	700m: 8:14.20	1:11.82	1100m: 13:03.82	1:12.84
400m: 4:38.42	1:12.16	800m: 9:26.05	1:11.85	1200m: 14:16.93	1:13.11
1300m: 15:29.50	1:12.57				
1400m: 16:41.66	1:12.16				
1500m: 17:51.30	1:09.64				
8. Afonso Mendonca ORNELAS	16	208752	Gesloures	17:52.44	492
100m: 1:06.07	1:06.07	500m: 5:51.22	1:10.53	900m: 10:42.44	1:11.91
200m: 2:16.55	1:10.48	600m: 7:04.22	1:13.00	1000m: 11:56.12	1:13.68
300m: 3:27.39	1:10.84	700m: 8:15.86	1:11.64	1100m: 13:05.05	1:08.93
400m: 4:40.69	1:13.30	800m: 9:30.53	1:14.67	1200m: 14:19.39	1:14.34
1300m: 15:32.34	1:12.95				
1400m: 16:45.45	1:13.11				
1500m: 17:52.44	1:06.99				
9. Joao Filipe PRAZERES	16	208984	Gesloures	18:15.44	462
100m: 1:06.44	1:06.44	500m: 5:57.02	1:12.73	900m: 10:50.09	1:14.32
200m: 2:18.77	1:12.33	600m: 7:09.71	1:12.69	1000m: 12:03.68	1:13.59
300m: 3:32.16	1:13.39	700m: 8:22.61	1:12.90	1100m: 13:18.36	1:14.68
400m: 4:44.29	1:12.13	800m: 9:35.77	1:13.16	1200m: 14:33.28	1:14.92
1300m: 15:48.20	1:14.92				
1400m: 17:04.21	1:16.01				
1500m: 18:15.44	1:11.23				
10. Francisco Manuel BEXIGA	16	216530	Vikings	18:36.64	436
<i>Fil</i>					
100m: 1:07.85	1:07.85	500m: 6:04.78	1:15.74	900m: 11:06.04	1:15.55
200m: 2:20.21	1:12.36	600m: 7:19.96	1:15.18	1000m: 12:21.31	1:15.27
300m: 3:33.99	1:13.78	700m: 8:35.52	1:15.56	1100m: 13:37.01	1:15.70
400m: 4:49.04	1:15.05	800m: 9:50.49	1:14.97	1200m: 14:52.46	1:15.45
1300m: 16:07.45	1:14.99				
1400m: 17:23.12	1:15.67				
1500m: 18:36.64	1:13.52				