



Prova de Preparação de Categorias
Benedita, 28/1/2024



Prova 18
28/01/2024 - 12:53

Masc., 1500m Livres

Juvenil A
Resultados

Pontos: FINA 2023

Lugar	Ano		Tempo final								Pts
1. Francisco Guilherme, FREIXEIRO	08	Rio Maior	18:19.56								456
50m:	31.95	31.95	400m:	4:45.66	1:13.59	800m:	9:42.23	1:14.22	1200m:	14:39.14	1:15.20
100m:	1:06.60	34.65	500m:	5:59.93	1:14.27	900m:	10:55.68	1:13.45	1300m:	15:53.80	1:14.66
200m:	2:18.57	1:11.97	600m:	7:14.39	1:14.46	1000m:	12:09.59	1:13.91	1400m:	17:08.34	1:14.54
300m:	3:32.07	1:13.50	700m:	8:28.01	1:13.62	1100m:	13:23.94	1:14.35	1500m:	18:19.56	1:11.22
2. Antonio Quiterio, ANASTACIO	08	Benedita	18:30.47								443
50m:	33.27	33.27	400m:	4:54.73	1:15.64	800m:	9:52.78	1:14.16	1200m:	14:50.44	1:14.60
100m:	1:10.04	36.77	500m:	6:09.87	1:15.14	900m:	11:07.64	1:14.86	1300m:	16:05.37	1:14.93
200m:	2:24.22	1:14.18	600m:	7:24.32	1:14.45	1000m:	12:22.04	1:14.40	1400m:	17:18.56	1:13.19
300m:	3:39.09	1:14.87	700m:	8:38.62	1:14.30	1100m:	13:35.84	1:13.80	1500m:	18:30.47	1:11.91
3. Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	18:51.83								418
50m:	33.31	33.31	400m:	4:59.78	1:16.86	800m:	10:05.62	1:15.72	1200m:	15:12.35	1:16.73
100m:	1:10.48	37.17	500m:	6:16.90	1:17.12	900m:	11:23.90	1:18.28	1300m:	16:27.29	1:14.94
200m:	2:26.12	1:15.64	600m:	7:33.07	1:16.17	1000m:	12:40.10	1:16.20	1400m:	17:41.60	1:14.31
300m:	3:42.92	1:16.80	700m:	8:49.90	1:16.83	1100m:	13:55.62	1:15.52	1500m:	18:51.83	1:10.23

Prova 18
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Masc., 1500m Livres

Juvenil B
Resultados

Pontos: FINA 2023

Lugar	Ano		Tempo final								Pts
1. Tomas Pascoal, FERREIRA	09	Ba-Leiria	17:17.14								544
50m:	30.71	30.71	400m:	4:32.43	1:08.16	800m:	9:09.93	1:09.40	1200m:	13:50.03	1:09.69
100m:	1:05.36	34.65	500m:	5:41.53	1:09.10	900m:	10:19.63	1:09.70	1300m:	15:00.64	1:10.61
200m:	2:15.37	1:10.01	600m:	6:51.28	1:09.75	1000m:	11:30.06	1:10.43	1400m:	16:09.49	1:08.85
300m:	3:24.27	1:08.90	700m:	8:00.53	1:09.25	1100m:	12:40.34	1:10.28	1500m:	17:17.14	1:07.65
2. Santiago Marques, GOMES	09	Ba-Leiria	18:33.48								439
50m:	32.77	32.77	400m:	4:55.65	1:14.94	800m:	9:54.87	1:15.78	1200m:	14:56.10	1:11.62
100m:	1:10.52	37.75	500m:	6:10.01	1:14.36	900m:	11:10.56	1:15.69	1300m:	16:10.68	1:14.58
200m:	2:25.20	1:14.68	600m:	7:24.90	1:14.89	1000m:	12:25.71	1:15.15	1400m:	17:23.30	1:12.62
300m:	3:40.71	1:15.51	700m:	8:39.09	1:14.19	1100m:	13:44.48	1:18.77	1500m:	18:33.48	1:10.18
3. Hugo Miguel, SANTOS	09	Pimpoes/Cimai	20:30.02								326
50m:	36.96	36.96	400m:	5:21.19	1:21.76	800m:	10:51.47	1:22.32	1200m:	16:23.16	1:22.55
100m:	1:17.13	40.17	500m:	6:43.85	1:22.66	900m:	12:14.50	1:23.03	1400m:	19:09.20	2:46.04
200m:	2:38.05	1:20.92	600m:	8:06.34	1:22.49	1000m:	13:37.85	1:23.35	1500m:	20:30.02	1:20.82
300m:	3:59.43	1:21.38	700m:	9:29.15	1:22.81	1100m:	15:00.61	1:22.76			
4. Luis Pedro, VALERIO	09	Ba-Leiria	21:45.93								272
50m:	38.71	38.71	400m:	5:45.60	1:28.18	800m:	11:38.15	1:28.21	1200m:	17:29.60	1:27.87
100m:	1:21.88	43.17	500m:	7:14.21	1:28.61	900m:	13:05.82	1:27.67	1300m:	18:58.21	1:28.61
200m:	2:49.65	1:27.77	600m:	8:41.18	1:26.97	1000m:	14:33.52	1:27.70	1400m:	20:25.42	1:27.21
300m:	4:17.42	1:27.77	700m:	10:09.94	1:28.76	1100m:	16:01.73	1:28.21	1500m:	21:45.93	1:20.51



Prova de Preparação de Categorias
Benedita, 28/1/2024



Prova 18, Masc., 1500m Livres

Prova 18 Masc., 1500m Livres Infantil A
28/01/2024 - 12:53 Resultados

Pontos: FINA 2023

Lugar	Ano		Tempo final								Pts
1. Daniel Filipe, JORGE	10 Rio Maior		19:37.27								372
50m:	34.87	34.87	400m:	5:10.46	1:19.08	800m:	10:27.67	1:19.80	1200m:	15:47.11	1:19.90
100m:	1:14.82	39.95	500m:	6:30.28	1:19.82	900m:	11:47.25	1:19.58	1300m:	17:05.66	1:18.55
200m:	2:32.81	1:17.99	600m:	7:49.87	1:19.59	1000m:	13:07.93	1:20.68	1400m:	18:22.56	1:16.90
300m:	3:51.38	1:18.57	700m:	9:07.87	1:18.00	1100m:	14:27.21	1:19.28	1500m:	19:37.27	1:14.71
2. Guilherme Costa, REBELO	10 Pimpoes/Cimai		20:42.09								316
50m:	37.26	37.26	350m:	4:44.78	41.78	650m:	8:58.81	42.76	1200m:	16:41.22	1:23.09
100m:	1:18.13	40.87	400m:	5:27.20	42.42	700m:	9:39.97	41.16	1300m:	18:03.43	1:22.21
150m:	1:59.29	41.16	450m:	6:09.31	42.11	800m:	11:05.03	1:25.06	1400m:	19:26.86	1:23.43
200m:	2:39.57	40.28	500m:	6:51.36	42.05	900m:	12:28.92	1:23.89	1500m:	20:42.09	1:15.23
250m:	3:21.60	42.03	550m:	7:33.68	42.32	1000m:	13:53.96	1:25.04			
300m:	4:03.00	41.40	600m:	8:16.05	42.37	1100m:	15:18.13	1:24.17			
3. Gabriel Krempel, VARELA	10 Pimpoes/Cimai		20:51.32								309
50m:	37.65	37.65	400m:	5:31.64	1:25.17	800m:	11:08.00	1:23.26	1200m:	16:40.82	1:23.48
100m:	1:19.00	41.35	500m:	6:56.63	1:24.99	900m:	12:31.56	1:23.56	1300m:	18:03.63	1:22.81
200m:	2:43.20	1:24.20	600m:	8:21.29	1:24.66	1000m:	13:54.43	1:22.87	1400m:	19:29.20	1:25.57
300m:	4:06.47	1:23.27	700m:	9:44.74	1:23.45	1100m:	15:17.34	1:22.91	1500m:	20:51.32	1:22.12
4. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai		21:00.74								303
50m:	37.93	37.93	400m:	5:29.18	1:22.59	800m:	11:06.55	1:24.84	1200m:	16:49.65	1:26.03
100m:	1:19.99	42.06	500m:	6:53.76	1:24.58	900m:	12:33.40	1:26.85	1300m:	18:14.49	1:24.84
200m:	2:43.32	1:23.33	600m:	8:17.23	1:23.47	1000m:	13:59.24	1:25.84	1400m:	19:36.44	1:21.95
300m:	4:06.59	1:23.27	700m:	9:41.71	1:24.48	1100m:	15:23.62	1:24.38	1500m:	21:00.74	1:24.30
5. Dinis Lamas, SANTOS	10 Ba-Leiria		21:08.31								297
50m:	38.78	38.78	450m:	6:19.82	43.45	850m:	11:59.83	41.98	1250m:	17:40.90	42.25
100m:	1:21.03	42.25	500m:	7:03.08	43.26	900m:	12:42.40	42.57	1300m:	18:23.70	42.80
150m:	2:03.95	42.92	550m:	7:46.00	42.92	950m:	13:25.18	42.78	1350m:	19:06.97	43.27
200m:	2:45.70	41.75	600m:	8:28.81	42.81	1000m:	14:07.70	42.52	1400m:	19:48.93	41.96
250m:	3:28.11	42.41	650m:	9:11.43	42.62	1050m:	14:50.59	42.89	1450m:	20:31.15	42.22
300m:	4:10.81	42.70	700m:	9:53.62	42.19	1100m:	15:32.60	42.01	1500m:	21:08.31	37.16
350m:	4:53.96	43.15	750m:	10:36.00	42.38	1150m:	16:15.78	43.18			
400m:	5:36.37	42.41	800m:	11:17.85	41.85	1200m:	16:58.65	42.87			
6. David Xavier, ALMEIDA	10 Ba-Leiria		21:31.40								282
50m:	35.26	35.26	400m:	5:29.04	1:24.02	800m:	11:19.27	1:29.34	1200m:	17:13.27	1:29.24
100m:	1:16.34	41.08	500m:	6:56.13	1:27.09	900m:	12:45.94	1:26.67	1300m:	18:40.69	1:27.42
200m:	2:41.03	1:24.69	600m:	8:24.17	1:28.04	1000m:	14:14.52	1:28.58	1400m:	20:09.82	1:29.13
300m:	4:05.02	1:23.99	700m:	9:49.93	1:25.76	1100m:	15:44.03	1:29.51	1500m:	21:31.40	1:21.58

Prova 18 Masc., 1500m Livres Infantil B
28/01/2024 - 12:53 Resultados

Pontos: FINA 2023

Lugar	Ano		Tempo final								Pts
1. Joao Santos, ALMEIDA	11 Ba-Leiria		22:11.12								257
50m:	38.79	38.79	450m:	6:31.45	44.41	850m:	12:30.54	46.04	1250m:	18:34.77	45.24
100m:	1:22.18	43.39	500m:	7:16.08	44.63	900m:	13:15.59	45.05	1300m:	19:20.31	45.54
150m:	2:06.84	44.66	550m:	8:00.64	44.56	950m:	14:01.53	45.94	1350m:	20:04.55	44.24
200m:	2:50.34	43.50	600m:	8:45.10	44.46	1000m:	14:46.29	44.76	1400m:	20:49.27	44.72
250m:	3:34.67	44.33	650m:	9:30.12	45.02	1050m:	15:32.18	45.89	1450m:	21:31.38	42.11
300m:	4:19.01	44.34	700m:	10:15.10	44.98	1100m:	16:17.32	45.14	1500m:	22:11.12	39.74
350m:	5:02.72	43.71	750m:	10:59.55	44.45	1150m:	17:03.42	46.10			
400m:	5:47.04	44.32	800m:	11:44.50	44.95	1200m:	17:49.53	46.11			