



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 2 - 3/3/2024

Prova 3 Masc., 1500m Livres Absolutos (Jun+Sen)
02/03/2024 - 9:28 Resultados

Rec Nac Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac SEN	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac 18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26/03/2018
Rec Nac 17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009

Pontos: FINA 2023

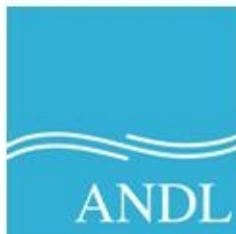
Lugar	Ano		Tempo final		Pts
1. Francisco Xavier, RITA	07		Vieirense		16:53.90 582
50m:	30.14	30.14	450m:	4:59.87	35.00
100m:	1:02.53	32.39	500m:	5:33.94	34.07
150m:	1:35.59	33.06	550m:	6:08.29	34.35
200m:	2:09.08	33.49	600m:	6:42.71	34.42
250m:	2:42.79	33.71	650m:	7:17.07	34.36
300m:	3:16.49	33.70	700m:	7:52.12	35.05
350m:	3:50.36	33.87	750m:	8:26.87	34.75
400m:	4:24.87	34.51	800m:	9:01.75	34.88
			850m:	9:36.14	34.39
			900m:	10:10.54	34.40
			950m:	10:44.89	34.35
			1000m:	11:18.76	33.87
			1050m:	11:52.65	33.89
			1100m:	12:26.67	34.02
			1150m:	13:00.20	33.53
			1200m:	13:33.79	33.59
			1250m:	14:07.87	34.08
			1300m:	14:41.94	34.07
			1350m:	15:14.85	32.91
			1400m:	15:48.91	34.06
			1450m:	16:22.03	33.12
			1500m:	16:53.90	31.87
2. Afonso Dinis, ROQUE	07		CNLeiria		17:24.62 532
50m:	29.90	29.90	450m:	5:02.80	34.36
100m:	1:02.49	32.59	500m:	5:37.37	34.57
150m:	1:36.10	33.61	550m:	6:12.00	34.63
200m:	2:10.31	34.21	600m:	6:47.09	35.09
250m:	2:44.86	34.55	650m:	7:21.73	34.64
300m:	3:19.34	34.48	700m:	7:56.60	34.87
350m:	3:53.79	34.45	750m:	8:31.55	34.95
400m:	4:28.44	34.65	800m:	9:06.69	35.14
			850m:	9:42.40	35.71
			900m:	10:17.85	35.45
			950m:	10:53.13	35.28
			1000m:	11:28.53	35.40
			1050m:	12:03.98	35.45
			1100m:	12:39.83	35.85
			1150m:	13:15.56	35.73
			1200m:	13:51.16	35.60
			1250m:	14:27.09	35.93
			1300m:	15:03.37	36.28
			1350m:	15:39.13	35.76
			1400m:	16:14.74	35.61
			1450m:	16:50.06	35.32
			1500m:	17:24.62	34.56
3. Simao Mortagua, TEIXEIRA	05		Pimpoes/Cimai		21:34.13 280
50m:	33.79	33.79	450m:	6:10.13	43.21
100m:	1:11.43	37.64	500m:	6:53.39	43.26
150m:	1:51.88	40.45	550m:	7:37.00	43.61
200m:	2:34.30	42.42	600m:	8:20.33	43.33
250m:	3:17.32	43.02	650m:	9:04.60	44.27
300m:	3:59.72	42.40	700m:	9:48.58	43.98
350m:	4:42.81	43.09	750m:	10:33.40	44.82
400m:	5:26.92	44.11	800m:	11:17.01	43.61
			850m:	12:01.24	44.23
			900m:	12:46.13	44.89
			950m:	13:31.01	44.88
			1000m:	14:14.81	43.80
			1050m:	14:59.16	44.35
			1100m:	15:44.45	45.29
			1150m:	16:29.47	45.02
			1200m:	17:14.83	45.36
			1250m:	17:59.68	44.85
			1300m:	18:44.55	44.87
			1350m:	19:28.87	44.32
			1400m:	20:12.24	43.37
			1450m:	20:55.56	43.32
			1500m:	21:34.13	38.57

Prova 3 Masc., 1500m Livres Juvenis Masculinos (A+B)
02/03/2024 - 9:28 Resultados

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

Pontos: FINA 2023

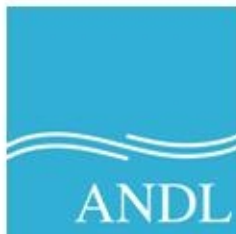
Lugar	Ano		Tempo final		Pts
1. Paulo, KOT	09		Nautico Marinha Grande		16:46.12 596
50m:	29.35	29.35	450m:	4:56.06	34.07
100m:	1:01.23	31.88	500m:	5:29.75	33.69
150m:	1:34.14	32.91	550m:	6:04.09	34.34
200m:	2:07.53	33.39	600m:	6:38.03	33.94
250m:	2:41.09	33.56	650m:	7:12.22	34.19
300m:	3:14.13	33.04	700m:	7:46.43	34.21
350m:	3:47.80	33.67	750m:	8:20.62	34.19
400m:	4:21.99	34.19	800m:	8:54.84	34.22
			850m:	9:28.77	33.93
			900m:	10:02.64	33.87
			950m:	10:36.65	34.01
			1000m:	11:10.11	33.46
			1050m:	11:44.22	34.11
			1100m:	12:18.60	34.38
			1150m:	12:52.40	33.80
			1200m:	13:26.83	34.43
			1250m:	14:00.60	33.77
			1300m:	14:34.83	34.23
			1350m:	15:08.42	33.59
			1400m:	15:42.26	33.84
			1450m:	16:15.84	33.58
			1500m:	16:46.12	30.28



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 2 - 3/3/2024

Prova 3, Masc., 1500m Livres, Juvenis Masculinos (A+B)

Lugar			Ano					Tempo final	Pts			
2.	Guilherme Meireles, MARRAZES		09	Nautico Marinha Grande				17:07.30	560			
	50m:	30.29	30.29	450m:	5:08.13	35.24	850m:	9:47.36	34.42	1250m:	14:20.90	34.22
	100m:	1:03.91	33.62	500m:	5:42.75	34.62	900m:	10:21.86	34.50	1300m:	14:54.92	34.02
	150m:	1:38.57	34.66	550m:	6:17.81	35.06	950m:	10:56.19	34.33	1350m:	15:27.99	33.07
	200m:	2:13.53	34.96	600m:	6:52.97	35.16	1000m:	11:29.90	33.71	1400m:	16:01.84	33.85
	250m:	2:48.29	34.76	650m:	7:28.15	35.18	1050m:	12:04.28	34.38	1450m:	16:35.75	33.91
	300m:	3:23.07	34.78	700m:	8:03.31	35.16	1100m:	12:38.77	34.49	1500m:	17:07.30	31.55
	350m:	3:57.84	34.77	750m:	8:38.02	34.71	1150m:	13:12.81	34.04			
	400m:	4:32.89	35.05	800m:	9:12.94	34.92	1200m:	13:46.68	33.87			
3.	Santiago Boica, SOUSA		08	Vieirense				17:34.75	517			
	50m:	30.35	30.35	450m:	5:09.32	35.28	850m:	9:48.98	34.99	1250m:	14:36.08	35.99
	100m:	1:03.95	33.60	500m:	5:44.44	35.12	900m:	10:24.35	35.37	1300m:	15:12.17	36.09
	150m:	1:38.89	34.94	550m:	6:18.70	34.26	950m:	10:59.61	35.26	1350m:	15:48.15	35.98
	200m:	2:13.60	34.71	600m:	6:53.70	35.00	1000m:	11:35.23	35.62	1400m:	16:23.10	34.95
	250m:	2:48.92	35.32	650m:	7:28.93	35.23	1050m:	12:12.12	36.89	1450m:	16:59.61	36.51
	300m:	3:23.99	35.07	700m:	8:04.23	35.30	1100m:	12:49.44	37.32	1500m:	17:34.75	35.14
	350m:	3:59.10	35.11	750m:	8:38.43	34.20	1150m:	13:24.15	34.71			
	400m:	4:34.04	34.94	800m:	9:13.99	35.56	1200m:	14:00.09	35.94			
4.	Martim Alexandre, MESQUITA		09	Nautico Marinha Grande				18:14.90	462			
	50m:	31.35	31.35	450m:	5:24.67	36.29	850m:	10:20.28	37.29	1250m:	15:14.01	36.75
	100m:	1:06.45	35.10	500m:	6:01.34	36.67	900m:	10:57.11	36.83	1300m:	15:49.87	35.86
	150m:	1:43.23	36.78	550m:	6:38.15	36.81	950m:	11:33.98	36.87	1350m:	16:26.77	36.90
	200m:	2:20.48	37.25	600m:	7:14.93	36.78	1000m:	12:10.31	36.33	1400m:	17:03.37	36.60
	250m:	2:57.22	36.74	650m:	7:52.10	37.17	1050m:	12:46.19	35.88	1450m:	17:40.21	36.84
	300m:	3:34.55	37.33	700m:	8:29.64	37.54	1100m:	13:24.09	37.90	1500m:	18:14.90	34.69
	350m:	4:11.99	37.44	750m:	9:06.03	36.39	1150m:	14:00.44	36.35			
	400m:	4:48.38	36.39	800m:	9:42.99	36.96	1200m:	14:37.26	36.82			
5.	Tome Nunes, TOME		08	CNLeiria				18:19.44	457			
	50m:	31.58	31.58	450m:	5:22.55	36.56	850m:	10:16.41	37.36	1250m:	15:15.95	38.10
	100m:	1:06.63	35.05	500m:	5:59.87	37.32	900m:	10:53.86	37.45	1300m:	15:53.95	38.00
	150m:	1:43.07	36.44	550m:	6:36.94	37.07	950m:	11:31.09	37.23	1350m:	16:31.32	37.37
	200m:	2:19.12	36.05	600m:	7:13.51	36.57	1000m:	12:08.73	37.64	1400m:	17:08.45	37.13
	250m:	2:55.67	36.55	650m:	7:49.77	36.26	1050m:	12:45.75	37.02	1450m:	17:43.79	35.34
	300m:	3:32.53	36.86	700m:	8:26.54	36.77	1100m:	13:23.91	38.16	1500m:	18:19.44	35.65
	350m:	4:09.38	36.85	750m:	9:02.46	35.92	1150m:	14:00.55	36.64			
	400m:	4:45.99	36.61	800m:	9:39.05	36.59	1200m:	14:37.85	37.30			
6.	Santiago Jose, PACHECO		09	Alcobaca				18:37.35	435			
	50m:	31.68	31.68	450m:	5:34.57	37.57	850m:	10:37.32	37.48	1250m:	15:36.22	37.31
	100m:	1:07.71	36.03	500m:	6:12.51	37.94	900m:	11:14.54	37.22	1300m:	16:13.55	37.33
	150m:	1:45.67	37.96	550m:	6:50.33	37.82	950m:	11:52.76	38.22	1350m:	16:49.60	36.05
	200m:	2:23.73	38.06	600m:	7:28.71	38.38	1000m:	12:30.13	37.37	1400m:	17:26.57	36.97
	250m:	3:02.42	38.69	650m:	8:06.30	37.59	1050m:	13:07.28	37.15	1450m:	18:03.43	36.86
	300m:	3:40.46	38.04	700m:	8:44.14	37.84	1100m:	13:44.16	36.88	1500m:	18:37.35	33.92
	350m:	4:18.84	38.38	750m:	9:21.87	37.73	1150m:	14:21.53	37.37			
	400m:	4:57.00	38.16	800m:	9:59.84	37.97	1200m:	14:58.91	37.38			
7.	Daniel Gomes, SANTOS		08	Nautico Marinha Grande				18:58.72	411			
	50m:	32.01	32.01	450m:	5:32.75	38.34	850m:	10:41.53	38.86	1250m:	15:50.78	39.35
	100m:	1:07.81	35.80	500m:	6:11.04	38.29	900m:	11:19.84	38.31	1300m:	16:29.31	38.53
	150m:	1:44.47	36.66	550m:	6:49.25	38.21	950m:	11:58.92	39.08	1350m:	17:07.06	37.75
	200m:	2:21.81	37.34	600m:	7:27.59	38.34	1000m:	12:37.82	38.90	1400m:	17:44.40	37.34
	250m:	2:59.73	37.92	650m:	8:06.03	38.44	1050m:	13:16.66	38.84	1450m:	18:22.43	38.03
	300m:	3:37.62	37.89	700m:	8:45.15	39.12	1100m:	13:55.13	38.47	1500m:	18:58.72	36.29
	350m:	4:16.02	38.40	750m:	9:23.91	38.76	1150m:	14:33.61	38.48			
	400m:	4:54.41	38.39	800m:	10:02.67	38.76	1200m:	15:11.43	37.82			



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 2 - 3/3/2024

Prova 3, Masc., 1500m Livres, Juvenis Masculinos (A+B)

Lugar			Ano				Tempo final	Pts
8.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense		19:29.13	380	
	50m:	32.75 32.75	450m:	5:39.69 39.01	850m:	10:55.77 39.55	1250m:	16:13.26 40.02
	100m:	1:09.15 36.40	500m:	6:19.04 39.35	900m:	11:35.26 39.49	1300m:	16:52.84 39.58
	150m:	1:46.88 37.73	550m:	6:58.72 39.68	950m:	12:14.46 39.20	1350m:	17:32.14 39.30
	200m:	2:25.32 38.44	600m:	7:37.76 39.04	1000m:	12:54.01 39.55	1400m:	18:11.62 39.48
	250m:	3:03.57 38.25	650m:	8:16.92 39.16	1050m:	13:34.54 40.53	1450m:	18:51.44 39.82
	300m:	3:42.33 38.76	700m:	8:57.12 40.20	1100m:	14:13.81 39.27	1500m:	19:29.13 37.69
	350m:	4:21.34 39.01	750m:	9:36.73 39.61	1150m:	14:53.42 39.61		
	400m:	5:00.68 39.34	800m:	10:16.22 39.49	1200m:	15:33.24 39.82		
9.	Maksym, TYSHCHUK		09	Nautico Marinha Grande		20:38.70	319	
	50m:	34.30 34.30	450m:	6:01.77 41.81	850m:	11:37.24 42.14	1250m:	17:17.28 42.09
	100m:	1:12.95 38.65	500m:	6:43.50 41.73	900m:	12:20.36 43.12	1300m:	18:00.12 42.84
	150m:	1:53.13 40.18	550m:	7:25.33 41.83	950m:	13:02.36 42.00	1350m:	18:39.34 39.22
	200m:	2:33.70 40.57	600m:	8:07.90 42.57	1000m:	13:45.28 42.92	1400m:	19:20.56 41.22
	250m:	3:14.96 41.26	650m:	8:49.31 41.41	1050m:	14:27.40 42.12	1450m:	20:02.10 41.54
	300m:	3:56.33 41.37	700m:	9:30.19 40.88	1100m:	15:10.47 43.07	1500m:	20:38.70 36.60
	350m:	4:38.39 42.06	750m:	10:13.02 42.83	1150m:	15:51.71 41.24		
	400m:	5:19.96 41.57	800m:	10:55.10 42.08	1200m:	16:35.19 43.48		