



Taça ANDL "João da Silva Abreu" - CDClubes 2024
Óbidos, 15 - 16/6/2024

Prova 4	Masc., 1500m Livres				ABSOLUTOS
15/06/2024 - 9:35					Resultados
RD ANDL SEN	16:07.71	Viktor, KOT	Leiria	25/06/2017	
RD ANDL JUN	15:11.25	Guilherme Filipe, PINA	Porto	13/12/2015	
RD ANDL JUV A	16:01.00	Miguel Monteiro, DIOGO	Nazaré	16/05/2009	
RD ANDL JUV B	16:17.27	André Vilas, RUIVO	Leiria	14/12/2014	
RD ANDL INF A	16:13.14	André Vilas, RUIVO	Campo Maior	30/03/2014	
RD ANDL INF B	17:11.29	André Vilas, RUIVO	Leiria	03/03/2013	
RD ANDL ABS	15:11.25	Guilherme Filipe, PINA	Porto	13/12/2015	
RN 25 m Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
RN 25 m SEN	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
RN 25 m 18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26/03/2018
RN 25 m 17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
RN 25 m JUV A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
RN 25 m JUV B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
RN 25 m INF A	16:13.14	Andre Vilas, RUIVO	DNMG	Campo Maior	30/03/2014
RN 25 m INF B	17:11.29	Andre Vilas, RUIVO	DNMG	Leiria	03/03/2013

Lugar	Ano		Tempo final	
1. Paulo, KOT	09	Nautico Marinha Grande	16:41.79	12,00
100m: 1:03.03 1:03.03	500m: 5:36.41 1:08.60	900m: 10:06.00 1:06.85	1300m: 14:30.69 1:07.16	
200m: 2:10.84 1:07.81	600m: 6:44.46 1:08.05	1000m: 11:12.00 1:06.00	1400m: 15:37.66 1:06.97	
300m: 3:18.98 1:08.14	700m: 7:52.07 1:07.61	1100m: 12:17.89 1:05.89	1500m: 16:41.79 1:04.13	
400m: 4:27.81 1:08.83	800m: 8:59.15 1:07.08	1200m: 13:23.53 1:05.64		
2. Francisco Xavier, RITA	07	Vieirense	16:42.45	10,00
100m: 1:03.62 1:03.62	500m: 5:36.79 1:08.46	900m: 10:05.57 1:06.61	1300m: 14:32.18 1:07.07	
200m: 2:11.38 1:07.76	600m: 6:44.58 1:07.79	1000m: 11:11.62 1:06.05	1400m: 15:39.09 1:06.91	
300m: 3:19.54 1:08.16	700m: 7:52.10 1:07.52	1100m: 12:18.10 1:06.48	1500m: 16:42.45 1:03.36	
400m: 4:28.33 1:08.79	800m: 8:58.96 1:06.86	1200m: 13:25.11 1:07.01		
3. Francisco Marques, SIMOES	07	CNLeiria	17:16.06	9,00
100m: 1:03.22 1:03.22	500m: 5:33.45 1:08.60	900m: 10:12.43 1:10.35	1300m: 14:57.46 1:11.59	
200m: 2:10.39 1:07.17	600m: 6:42.81 1:09.36	1000m: 11:23.63 1:11.20	1400m: 16:08.22 1:10.76	
300m: 3:17.56 1:07.17	700m: 7:52.00 1:09.19	1100m: 12:34.37 1:10.74	1500m: 17:16.06 1:07.84	
400m: 4:24.85 1:07.29	800m: 9:02.08 1:10.08	1200m: 13:45.87 1:11.50		
4. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	17:28.17	8,00
100m: 1:06.79 1:06.79	500m: 5:42.64 1:09.41	900m: 10:22.37 1:11.36	1300m: 15:05.92 1:11.16	
200m: 2:15.58 1:08.79	600m: 6:52.46 1:09.82	1000m: 11:33.64 1:11.27	1400m: 16:18.16 1:12.24	
300m: 3:24.46 1:08.88	700m: 8:00.88 1:08.42	1100m: 12:44.26 1:10.62	1500m: 17:28.17 1:10.01	
400m: 4:33.23 1:08.77	800m: 9:11.01 1:10.13	1200m: 13:54.76 1:10.50		
5. Antonio Antunes, JORGE	10	Alcobaca	17:33.53	7,00
100m: 1:05.07 1:05.07	500m: 5:43.28 1:10.82	900m: 10:28.65 1:11.41	1300m: 15:14.13 1:11.40	
200m: 2:13.43 1:08.36	600m: 6:54.61 1:11.33	1000m: 11:40.06 1:11.41	1400m: 16:25.30 1:11.17	
300m: 3:22.72 1:09.29	700m: 8:06.07 1:11.46	1100m: 12:51.37 1:11.31	1500m: 17:33.53 1:08.23	
400m: 4:32.46 1:09.74	800m: 9:17.24 1:11.17	1200m: 14:02.73 1:11.36		
6. David Ferrador, PEREIRA	09	Nucleo de Pombal	18:22.51	6,00
100m: 1:05.33 1:05.33	500m: 5:54.89 1:14.11	900m: 10:56.51 1:15.33	1300m: 15:58.30 1:16.03	
200m: 2:16.44 1:11.11	600m: 7:10.20 1:15.31	1000m: 12:12.17 1:15.66	1400m: 17:13.47 1:15.17	
300m: 3:28.18 1:11.74	700m: 8:25.43 1:15.23	1100m: 13:27.16 1:14.99	1500m: 18:22.51 1:09.04	
400m: 4:40.78 1:12.60	800m: 9:41.18 1:15.75	1200m: 14:42.27 1:15.11		
7. Rodrigo Cardoso, TOMAS	10	Uniao Juncalense	19:35.75	5,00
100m: 1:09.93 1:09.93	500m: 6:20.04 1:19.38	900m: 11:39.74 1:19.91	1300m: 17:01.02 1:20.32	
200m: 2:25.60 1:15.67	600m: 7:39.79 1:19.75	1000m: 13:00.13 1:20.39	1400m: 18:20.83 1:19.81	
300m: 3:42.76 1:17.16	700m: 8:59.43 1:19.64	1100m: 14:20.49 1:20.36	1500m: 19:35.75 1:14.92	
400m: 5:00.66 1:17.90	800m: 10:19.83 1:20.40	1200m: 15:40.70 1:20.21		
8. Dinis Lamas, SANTOS	10	Ba-Leiria	20:35.01	4,00
100m: 1:11.07 1:11.07	500m: 6:34.55 1:23.30	900m: 12:03.95 1:23.37	1300m: 17:51.52 1:25.28	
200m: 2:29.47 1:18.40	600m: 7:56.36 1:21.81	1000m: 13:31.60 1:27.65	1400m: 19:14.11 1:22.59	
300m: 3:49.24 1:19.77	700m: 9:18.25 1:21.89	1100m: 14:58.13 1:26.53	1500m: 20:35.01 1:20.90	
400m: 5:11.25 1:22.01	800m: 10:40.58 1:22.33	1200m: 16:26.24 1:28.11		



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Óbidos, 15 - 16/6/2024

Prova 4, Masc., 1500m Livres, ABSOLUTOS

Lugar			Ano				Tempo final			
9.	Francisco Costa, VALENTIM		11	Óbidos			21:58.07	3,00		
	100m:	1:17.40 1:17.40	500m:	7:12.86 1:30.60	900m:	13:09.16 1:29.08	1300m:	19:04.99 1:30.30		
	200m:	2:44.52 1:27.12	600m:	8:42.06 1:29.20	1000m:	14:37.41 1:28.25	1400m:	20:34.86 1:29.87		
	300m:	4:13.61 1:29.09	700m:	10:11.38 1:29.32	1100m:	16:05.84 1:28.43	1500m:	21:58.07 1:23.21		
	400m:	5:42.26 1:28.65	800m:	11:40.08 1:28.70	1200m:	17:34.69 1:28.85				