

Torneio Regional Fundo Infantis e Juvenis
Cantanhede, 18 - 19/5/2024

Prova 2
18/05/2024 - 16:40

Masc., 1500m Livres

13 anos e mais velhos
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final
Inf B		
1. Bernardo Bento, DINIS	11 CAQC	19:08.69
100m: 1:10.65 1:10.65	500m: 6:18.51 1:17.43	900m: 11:27.85 1:17.35
200m: 2:26.32 1:15.67	600m: 7:36.37 1:17.86	1000m: 12:44.99 1:17.14
300m: 3:43.50 1:17.18	700m: 8:52.98 1:16.61	1100m: 14:01.40 1:16.41
400m: 5:01.08 1:17.58	800m: 10:10.50 1:17.52	1200m: 15:18.34 1:16.94
1300m: 16:36.41 1:18.07	1400m: 17:54.03 1:17.62	1500m: 19:08.69 1:14.66
2. Hugo Ferreira, SILVA	11 AAC	19:28.21
100m: 1:15.59 1:15.59	500m: 6:29.35 1:18.28	900m: 11:41.95 1:18.10
200m: 2:34.30 1:18.71	600m: 7:47.28 1:17.93	1000m: 13:00.00 1:18.05
300m: 3:53.01 1:18.71	700m: 9:05.63 1:18.35	1100m: 14:18.19 1:18.19
400m: 5:11.07 1:18.06	800m: 10:23.85 1:18.22	1200m: 15:36.54 1:18.35
1300m: 16:54.67 1:18.13	1400m: 18:12.57 1:17.90	1500m: 19:28.21 1:15.64
3. Goncalo Nunes, MARQUES	11 CAQC	19:35.66
100m: 1:15.01 1:15.01	500m: 6:27.47 1:18.34	900m: 11:46.07 1:20.42
200m: 2:31.89 1:16.88	600m: 7:45.95 1:18.48	1000m: 13:05.89 1:19.82
300m: 3:49.86 1:17.97	700m: 9:05.20 1:19.25	1100m: 14:24.34 1:18.45
400m: 5:09.13 1:19.27	800m: 10:25.65 1:20.45	1200m: 15:43.32 1:18.98
1300m: 17:02.50 1:19.18	1400m: 18:21.78 1:19.28	1500m: 19:35.66 1:13.88
4. Vicente Abrantes, DIOGO	11 SCC	20:27.89
100m: 1:16.37 1:16.37	500m: 6:44.53 1:22.56	900m: 12:16.54 1:23.01
200m: 2:36.83 1:20.46	600m: 8:07.62 1:23.09	1000m: 13:39.97 1:23.43
300m: 3:58.74 1:21.91	700m: 9:30.98 1:23.36	1100m: 15:01.98 1:22.01
400m: 5:21.97 1:23.23	800m: 10:53.53 1:22.55	1200m: 16:24.70 1:22.72
1300m: 17:47.30 1:22.60	1400m: 19:09.02 1:21.72	1500m: 20:27.89 1:18.87
5. Pedro Filipe, ALMEIDA	11 SCC	20:35.68
100m: 1:16.75 1:16.75	500m: 6:45.06 1:22.65	900m: 12:15.15 1:23.20
200m: 2:38.10 1:21.35	600m: 8:06.79 1:21.73	1000m: 13:38.95 1:23.80
300m: 4:00.31 1:22.21	700m: 9:29.12 1:22.33	1100m: 15:01.89 1:22.94
400m: 5:22.41 1:22.10	800m: 10:51.95 1:22.83	1200m: 16:25.05 1:23.16
1300m: 17:50.48 1:25.43	1400m: 19:15.01 1:24.53	1500m: 20:35.68 1:20.67
6. Francisco Marques, PEREIRA	11 SCC	21:16.56
100m: 1:22.41 1:22.41	500m: 7:04.30 1:26.02	900m: 12:47.45 1:24.97
200m: 2:48.16 1:25.75	600m: 8:29.74 1:25.44	1000m: 14:11.82 1:24.37
300m: 4:12.87 1:24.71	700m: 9:55.37 1:25.63	1100m: 15:37.82 1:26.00
400m: 5:38.28 1:25.41	800m: 11:22.48 1:27.11	1200m: 17:03.05 1:25.23
1300m: 18:29.01 1:25.96	1400m: 19:55.24 1:26.23	1500m: 21:16.56 1:21.32
7. Leonardo Fonseca, FERRAZ	11 AAC	21:33.82
100m: 1:23.19 1:23.19	500m: 7:11.87 1:27.90	900m: 12:59.35 1:26.84
200m: 2:50.53 1:27.34	600m: 8:38.41 1:26.54	1000m: 14:25.86 1:26.51
300m: 4:17.97 1:27.44	700m: 10:04.29 1:25.88	1100m: 15:52.83 1:26.97
400m: 5:43.97 1:26.00	800m: 11:32.51 1:28.22	1200m: 17:20.56 1:27.73
1300m: 18:46.34 1:25.78	1400m: 20:11.96 1:25.62	1500m: 21:33.82 1:21.86
8. David Pereira, MARQUES	11 SCC	22:03.50
100m: 1:27.75 1:27.75	500m: 7:27.73 1:29.36	900m: 13:24.86 1:27.57
200m: 2:58.92 1:31.17	600m: 8:57.41 1:29.68	1000m: 14:54.64 1:29.78
300m: 4:28.99 1:30.07	700m: 10:26.84 1:29.43	1100m: 16:22.35 1:27.71
400m: 5:58.37 1:29.38	800m: 11:57.29 1:30.45	1200m: 17:48.61 1:26.26
1300m: 19:16.12 1:27.51	1400m: 20:41.07 1:24.95	1500m: 22:03.50 1:22.43
9. Duarte Santos, MATEUS	11 CAQC	22:20.86
100m: 1:26.29 1:26.29	500m: 7:23.77 1:28.91	900m: 13:22.96 1:31.05
200m: 2:55.65 1:29.36	600m: 8:52.23 1:28.46	1000m: 14:53.55 1:30.59
300m: 4:25.06 1:29.41	700m: 10:21.93 1:29.70	1100m: 16:23.99 1:30.44
400m: 5:54.86 1:29.80	800m: 11:51.91 1:29.98	1200m: 17:55.26 1:31.27
1300m: 19:25.75 1:30.49	1400m: 20:55.75 1:30.00	1500m: 22:20.86 1:25.11
10. Ruben Silva, ESTEVES	11 CAQC	22:37.99
100m: 1:29.74 1:29.74	500m: 7:35.04 1:31.13	900m: 13:40.00 1:30.98
200m: 3:02.06 1:32.32	600m: 9:06.50 1:31.46	1000m: 15:11.37 1:31.37
300m: 4:32.38 1:30.32	700m: 10:37.23 1:30.73	1100m: 16:42.71 1:31.34
400m: 6:03.91 1:31.53	800m: 12:09.02 1:31.79	1200m: 18:12.26 1:29.55
1300m: 19:41.87 1:29.61	1400m: 21:12.28 1:30.41	1500m: 22:37.99 1:25.71
11. Martim Oliveira, DIAS	11 CNAC	23:01.01
100m: 1:28.40 1:28.40	500m: 7:40.49 1:33.58	900m: 13:55.23 1:33.67
200m: 3:00.25 1:31.85	600m: 9:14.05 1:33.56	1000m: 15:28.84 1:33.61
300m: 4:33.24 1:32.99	700m: 10:47.69 1:33.64	1100m: 17:01.24 1:32.40
400m: 6:06.91 1:33.67	800m: 12:21.56 1:33.87	1200m: 18:33.63 1:32.39
1300m: 20:05.80 1:32.17	1400m: 21:37.48 1:31.68	1500m: 23:01.01 1:23.53

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Cantanhede, 18 - 19/5/2024

Prova 2, Masc., 1500m Livres, Inf B

Lugar	Ano		Tempo final								
12. Daniel Nunes, FREITAS	11	SCC	23:01.74								
100m:	1:28.05	1:28.05	500m:	7:42.86	1:34.12	900m:	13:55.50	1:32.81	1300m:	20:05.31	1:32.04
200m:	3:01.29	1:33.24	600m:	9:15.53	1:32.67	1000m:	15:28.72	1:33.22	1400m:	21:37.44	1:32.13
300m:	4:34.90	1:33.61	700m:	10:48.67	1:33.14	1100m:	17:01.08	1:32.36	1500m:	23:01.74	1:24.30
400m:	6:08.74	1:33.84	800m:	12:22.69	1:34.02	1200m:	18:33.27	1:32.19			
13. Bernardo Silva, NEVES	11	CNAC	23:06.78								
100m:	1:29.26	1:29.26	500m:	7:42.63	1:33.70	900m:	13:58.92	1:34.57	1300m:	20:12.93	1:33.03
200m:	3:02.32	1:33.06	600m:	9:16.10	1:33.47	1000m:	15:33.01	1:34.09	1400m:	21:46.20	1:33.27
300m:	4:35.49	1:33.17	700m:	10:49.61	1:33.51	1100m:	17:06.41	1:33.40	1500m:	23:06.78	1:20.58
400m:	6:08.93	1:33.44	800m:	12:24.35	1:34.74	1200m:	18:39.90	1:33.49			

Inf A

1. Santiago Marques, PEREIRA	10	SCC	19:12.32								
100m:	1:13.05	1:13.05	500m:	6:25.85	1:17.91	900m:	11:35.17	1:16.80	1300m:	16:42.76	1:16.16
200m:	2:30.91	1:17.86	600m:	7:42.76	1:16.91	1000m:	12:52.23	1:17.06	1400m:	17:58.26	1:15.50
300m:	3:49.91	1:19.00	700m:	9:00.69	1:17.93	1100m:	14:09.27	1:17.04	1500m:	19:12.32	1:14.06
400m:	5:07.94	1:18.03	800m:	10:18.37	1:17.68	1200m:	15:26.60	1:17.33			
2. Rodrigo Miguel, MATIAS	10	CNAC	19:17.93								
100m:	1:11.45	1:11.45	500m:	6:16.82	1:17.66	900m:	11:25.45	1:18.13	1300m:	16:40.65	1:18.93
200m:	2:26.48	1:15.03	600m:	7:34.21	1:17.39	1000m:	12:43.55	1:18.10	1400m:	18:00.45	1:19.80
300m:	3:42.49	1:16.01	700m:	8:50.27	1:16.06	1100m:	14:02.23	1:18.68	1500m:	19:17.93	1:17.48
400m:	4:59.16	1:16.67	800m:	10:07.32	1:17.05	1200m:	15:21.72	1:19.49			
3. Francisco Martins, SIMOES	10	CNAC	19:21.86								
100m:	1:11.65	1:11.65	500m:	6:21.57	1:18.89	900m:	11:36.09	1:17.87	1300m:	16:49.55	1:17.93
200m:	2:28.21	1:16.56	600m:	7:40.85	1:19.28	1000m:	12:54.26	1:18.17	1400m:	18:07.36	1:17.81
300m:	3:44.70	1:16.49	700m:	8:59.58	1:18.73	1100m:	14:12.99	1:18.73	1500m:	19:21.86	1:14.50
400m:	5:02.68	1:17.98	800m:	10:18.22	1:18.64	1200m:	15:31.62	1:18.63			
4. Miguel Tomas, GOMES	10	CNAC	19:53.93								
100m:	1:18.34	1:18.34	500m:	6:35.69	1:20.46	900m:	11:58.87	1:20.28	1300m:	17:20.59	1:20.86
200m:	2:37.04	1:18.70	600m:	7:57.14	1:21.45	1000m:	13:19.63	1:20.76	1400m:	18:39.44	1:18.85
300m:	3:56.51	1:19.47	700m:	9:17.51	1:20.37	1100m:	14:40.18	1:20.55	1500m:	19:53.93	1:14.49
400m:	5:15.23	1:18.72	800m:	10:38.59	1:21.08	1200m:	15:59.73	1:19.55			
5. Dinis Goncalves, ARAUJO	10	CUC	20:08.90								
100m:	1:19.25	1:19.25	500m:	6:43.72	1:20.25	900m:	12:05.35	1:19.82	1300m:	17:28.24	1:21.87
200m:	2:41.36	1:22.11	600m:	8:04.28	1:20.56	1000m:	13:25.22	1:19.87	1400m:	18:48.76	1:20.52
300m:	4:03.40	1:22.04	700m:	9:25.10	1:20.82	1100m:	14:45.63	1:20.41	1500m:	20:08.90	1:20.14
400m:	5:23.47	1:20.07	800m:	10:45.53	1:20.43	1200m:	16:06.37	1:20.74			
6. Rodrigo Sousa, BRAZ	10	CNAC	20:20.19								
100m:	1:14.96	1:14.96	500m:	6:45.25	1:22.66	900m:	12:12.72	1:21.34	1300m:	17:41.13	1:21.39
200m:	2:37.14	1:22.18	600m:	8:08.26	1:23.01	1000m:	13:35.02	1:22.30	1400m:	19:02.61	1:21.48
300m:	3:59.62	1:22.48	700m:	9:31.00	1:22.74	1100m:	14:56.82	1:21.80	1500m:	20:20.19	1:17.58
400m:	5:22.59	1:22.97	800m:	10:51.38	1:20.38	1200m:	16:19.74	1:22.92			
7. Andre Filipe, COSTA	10	GRVM	20:40.70								
100m:	1:19.50	1:19.50	500m:	6:49.19	1:22.46	900m:	12:22.65	1:23.28	1300m:	17:57.58	1:23.97
200m:	2:41.79	1:22.29	600m:	8:12.11	1:22.92	1000m:	13:46.61	1:23.96	1400m:	19:21.55	1:23.97
300m:	4:04.22	1:22.43	700m:	9:36.04	1:23.93	1100m:	15:09.92	1:23.31	1500m:	20:40.70	1:19.15
400m:	5:26.73	1:22.51	800m:	10:59.37	1:23.33	1200m:	16:33.61	1:23.69			

Juv B

1. Joao Nuno, GASPAS	09	CAQC	17:39.62								
100m:	1:06.62	1:06.62	500m:	5:50.35	1:11.46	900m:	10:34.48	1:10.91	1300m:	15:19.01	1:11.06
200m:	2:16.76	1:10.14	600m:	7:01.96	1:11.61	1000m:	11:45.49	1:11.01	1400m:	16:30.74	1:11.73
300m:	3:27.38	1:10.62	700m:	8:13.15	1:11.19	1100m:	12:57.03	1:11.54	1500m:	17:39.62	1:08.88
400m:	4:38.89	1:11.51	800m:	9:23.57	1:10.42	1200m:	14:07.95	1:10.92			

Torneio Regional Fundo Infantis e Juvenis
Cantanhede, 18 - 19/5/2024

Prova 2, Masc., 1500m Livres, Juv B

Lugar			Ano						Tempo final			
2.	Guilherme Andre, GASPAR		09	CNAC					18:22.55			
	100m:	1:08.47	1:08.47	500m:	6:00.55	1:12.99	900m:	10:55.51	1:13.67	1300m:	15:56.57	1:15.56
	200m:	2:21.20	1:12.73	600m:	7:13.72	1:13.17	1000m:	12:10.79	1:15.28	1400m:	17:11.47	1:14.90
	300m:	3:34.10	1:12.90	700m:	8:28.04	1:14.32	1100m:	13:26.14	1:15.35	1500m:	18:22.55	1:11.08
	400m:	4:47.56	1:13.46	800m:	9:41.84	1:13.80	1200m:	14:41.01	1:14.87			
3.	Tiago Janeiro, MOITA		09	CNAC					19:23.30			
	100m:	1:12.59	1:12.59	500m:	6:18.53	1:17.86	900m:	11:34.48	1:19.00	1300m:	16:50.68	1:18.62
	200m:	2:27.54	1:14.95	600m:	7:37.21	1:18.68	1000m:	12:53.15	1:18.67	1400m:	18:08.35	1:17.67
	300m:	3:43.72	1:16.18	700m:	8:56.10	1:18.89	1100m:	14:12.90	1:19.75	1500m:	19:23.30	1:14.95
	400m:	5:00.67	1:16.95	800m:	10:15.48	1:19.38	1200m:	15:32.06	1:19.16			

Juv A

1.	Rafael Pereira, RODRIGUES		08	CAQC					16:34.92			
	100m:	1:05.49	1:05.49	500m:	5:32.89	1:07.11	900m:	9:59.27	1:06.38	1300m:	14:24.88	1:06.17
	200m:	2:12.44	1:06.95	600m:	6:39.60	1:06.71	1000m:	11:05.72	1:06.45	1400m:	15:30.66	1:05.78
	300m:	3:19.24	1:06.80	700m:	7:46.32	1:06.72	1100m:	12:12.22	1:06.50	1500m:	16:34.92	1:04.26
	400m:	4:25.78	1:06.54	800m:	8:52.89	1:06.57	1200m:	13:18.71	1:06.49			
2.	Guilherme Simoes, SOUSA		08	CNAC					17:11.57			
	100m:	1:06.42	1:06.42	500m:	5:39.61	1:09.21	900m:	10:16.49	1:09.64	1300m:	14:56.14	1:10.22
	200m:	2:13.61	1:07.19	600m:	6:48.57	1:08.96	1000m:	11:25.99	1:09.50	1400m:	16:05.02	1:08.88
	300m:	3:21.60	1:07.99	700m:	7:57.47	1:08.90	1100m:	12:35.61	1:09.62	1500m:	17:11.57	1:06.55
	400m:	4:30.40	1:08.80	800m:	9:06.85	1:09.38	1200m:	13:45.92	1:10.31			
3.	Samuel Dinis, MAIA		08	CNMC					17:45.88			
	100m:	1:06.47	1:06.47	500m:	5:48.73	1:11.76	900m:	10:34.74	1:11.47	1300m:	15:24.48	1:12.11
	200m:	2:15.77	1:09.30	600m:	7:00.41	1:11.68	1000m:	11:46.54	1:11.80	1400m:	16:36.59	1:12.11
	300m:	3:25.80	1:10.03	700m:	8:12.27	1:11.86	1100m:	12:59.20	1:12.66	1500m:	17:45.88	1:09.29
	400m:	4:36.97	1:11.17	800m:	9:23.27	1:11.00	1200m:	14:12.37	1:13.17			
4.	Rodrigo Mosca, SILVA		08	SCC					17:46.74			
	100m:	1:07.20	1:07.20	500m:	5:50.74	1:12.05	900m:	10:37.76	1:12.31	1300m:	15:27.70	1:11.88
	200m:	2:16.87	1:09.67	600m:	7:02.37	1:11.63	1000m:	11:50.65	1:12.89	1400m:	16:38.21	1:10.51
	300m:	3:27.44	1:10.57	700m:	8:13.96	1:11.59	1100m:	13:02.96	1:12.31	1500m:	17:46.74	1:08.53
	400m:	4:38.69	1:11.25	800m:	9:25.45	1:11.49	1200m:	14:15.82	1:12.86			
5.	Francisco Fernandes, PEREIRA		08	AAC					17:48.17			
	100m:	1:06.91	1:06.91	500m:	5:49.06	1:11.40	900m:	10:35.34	1:11.28	1300m:	15:25.53	1:12.35
	200m:	2:16.14	1:09.23	600m:	7:00.62	1:11.56	1000m:	11:47.50	1:12.16	1400m:	16:37.66	1:12.13
	300m:	3:26.65	1:10.51	700m:	8:12.10	1:11.48	1100m:	13:00.28	1:12.78	1500m:	17:48.17	1:10.51
	400m:	4:37.66	1:11.01	800m:	9:24.06	1:11.96	1200m:	14:13.18	1:12.90			
EXH	Pedro Emanuel, PEREIRA		10	AAC					22:00.36			
	100m:	1:23.80	1:23.80	500m:	7:16.52	1:28.39	900m:	13:09.51	1:27.88	1300m:	19:04.81	1:29.67
	200m:	2:52.48	1:28.68	600m:	8:44.70	1:28.18	1000m:	14:37.62	1:28.11	1400m:	20:33.99	1:29.18
	300m:	4:20.13	1:27.65	700m:	10:13.22	1:28.52	1100m:	16:07.01	1:29.39	1500m:	22:00.36	1:26.37
	400m:	5:48.13	1:28.00	800m:	11:41.63	1:28.41	1200m:	17:35.14	1:28.13			
EXH	Guilherme Goncalves, CHANTRE		11	CNMC					22:55.27			
	100m:	1:26.38	1:26.38	500m:	7:34.58	1:32.61	900m:	13:43.94	1:32.94	1300m:	19:54.33	1:31.67
	200m:	2:58.66	1:32.28	600m:	9:04.98	1:30.40	1000m:	15:16.36	1:32.42	1400m:	21:25.81	1:31.48
	300m:	4:29.84	1:31.18	700m:	10:37.56	1:32.58	1100m:	16:49.83	1:33.47	1500m:	22:55.27	1:29.46
	400m:	6:01.97	1:32.13	800m:	12:11.00	1:33.44	1200m:	18:22.66	1:32.83			