

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 29
17/03/2024 - 10:20

Masc., 800m Livres

14 anos e mais velhos
Resultados

Rec Nacionais Open	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nacionais Sen	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nacionais Jun 18	8:06.97	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nacionais Jun 17	8:13.49	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	17/07/2010
Rec Nacionais Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nacionais Juv B	8:32.97	Rui Silva, PEREIRA	POR	Coimbra	28/05/2023
Rec Nacionais Inf A	8:54.25	Pedro Fontoura, OLIVEIRA	CFB	Lisboa	29/05/2004

TA JUVB-MASC Juv B: 11:02.31 / TA JUVA-MASC Juv A: 10:47.11 / TA JUN-MASC Jun: 10:28.89 / TA SEN-MASC Sen: 10:10.66

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Paulo, KOT	09	Marinha Grande	9:03.87 574
100m: 1:02.86 1:02.86	300m: 3:19.98 1:09.18	500m: 5:38.07 1:09.21	700m: 7:56.53 1:09.37
200m: 2:10.80 1:07.94	400m: 4:28.86 1:08.88	600m: 6:47.16 1:09.09	800m: 9:03.87 1:07.34
2. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	9:32.07 493
100m: 1:06.19 1:06.19	300m: 3:31.03 1:12.44	500m: 5:57.37 1:14.05	700m: 8:24.75 1:13.41
200m: 2:18.59 1:12.40	400m: 4:43.32 1:12.29	600m: 7:11.34 1:13.97	800m: 9:32.07 1:07.32
3. Goncalo Malha, NETO	09	Galitos / Bresimar	9:35.79 484
100m: 1:07.39 1:07.39	300m: 3:34.71 1:13.01	500m: 6:00.75 1:13.00	700m: 8:27.16 1:13.29
200m: 2:21.70 1:14.31	400m: 4:47.75 1:13.04	600m: 7:13.87 1:13.12	800m: 9:35.79 1:08.63
4. Alexandre, SHUBIN	09	Campinho	9:44.80 462
100m: 1:05.69 1:05.69	300m: 3:32.20 1:13.97	500m: 6:02.25 1:15.26	700m: 8:32.60 1:15.28
200m: 2:18.23 1:12.54	400m: 4:46.99 1:14.79	600m: 7:17.32 1:15.07	800m: 9:44.80 1:12.20
5. Santiago Jose, PACHECO	09	Alcobaca	10:03.76 419
100m: 1:08.69 1:08.69	300m: 3:42.20 1:17.66	500m: 6:16.69 1:17.19	700m: 8:50.12 1:16.46
200m: 2:24.54 1:15.85	400m: 4:59.50 1:17.30	600m: 7:33.66 1:16.97	800m: 10:03.76 1:13.64
6. Francisco Antunes, SOUSA	09	Columbofila Cantanhedense	10:05.37 416
100m: 1:10.69 1:10.69	300m: 3:39.86 1:15.02	500m: 6:12.35 1:17.05	700m: 8:49.08 1:18.71
200m: 2:24.84 1:14.15	400m: 4:55.30 1:15.44	600m: 7:30.37 1:18.02	800m: 10:05.37 1:16.29
7. Miguel Tome, MATEUS	09	Vagos	10:08.39 410
100m: 1:11.33 1:11.33	300m: 3:45.93 1:17.08	500m: 6:19.48 1:16.30	700m: 8:52.95 1:17.09
200m: 2:28.85 1:17.52	400m: 5:03.18 1:17.25	600m: 7:35.86 1:16.38	800m: 10:08.39 1:15.44
8. Tiago Janeiro, MOITA	09	Nautico Academico	10:18.37 390
100m: 1:12.33 1:12.33	300m: 3:47.09 1:18.01	500m: 6:24.16 1:18.38	700m: 9:01.13 1:18.84
200m: 2:29.08 1:16.75	400m: 5:05.78 1:18.69	600m: 7:42.29 1:18.13	800m: 10:18.37 1:17.24
9. Luis Azevedo, PINTO	09	Estarreja	10:22.91 382
100m: 1:09.73 1:09.73	300m: 3:48.84 1:20.46	500m: 6:26.35 1:20.13	700m: 9:06.77 1:20.28
200m: 2:28.38 1:18.65	400m: 5:06.22 1:17.38	600m: 7:46.49 1:20.14	800m: 10:22.91 1:16.14
10. Gabriel Santiago, FERREIRA	09	Uniao Juncalense	10:24.99 378
100m: 1:09.41 1:09.41	300m: 3:46.56 1:19.28	500m: 6:26.45 1:19.98	700m: 9:07.11 1:20.22
200m: 2:27.28 1:17.87	400m: 5:06.47 1:19.91	600m: 7:46.89 1:20.44	800m: 10:24.99 1:17.88
11. Pedro Fonseca, OLIVEIRA	09	Marinha Grande	10:40.46 351
100m: 1:08.74 1:08.74	300m: 3:47.24 1:20.86	500m: 6:32.99 1:23.57	700m: 9:20.28 1:23.46
200m: 2:26.38 1:17.64	400m: 5:09.42 1:22.18	600m: 7:56.82 1:23.83	800m: 10:40.46 1:20.18
12. Pedro Blanc, CAPINHA	09	Óbidos Criativa	10:44.34 345
100m: 1:14.24 1:14.24	300m: 3:56.59 1:21.92	500m: 6:43.50 1:23.07	700m: 9:28.31 1:22.73
200m: 2:34.67 1:20.43	400m: 5:20.43 1:23.84	600m: 8:05.58 1:22.08	800m: 10:44.34 1:16.03
13. Tomas Bento, ANFILOQUIO	09	Pimpoes/Cimai	10:44.93 344
100m: 1:12.94 1:12.94	300m: 3:54.68 1:21.89	500m: 6:38.75 1:22.04	700m: 9:24.84 1:23.84
200m: 2:32.79 1:19.85	400m: 5:16.71 1:22.03	600m: 8:01.00 1:22.25	800m: 10:44.93 1:20.09

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 29, Masc., 800m Livres

Juv A

1.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	9:01.61	581
	100m: 1:03.47 1:03.47	300m: 3:20.23 1:08.80	500m: 5:37.44 1:08.36	700m: 7:54.60 1:08.46	
	200m: 2:11.43 1:07.96	400m: 4:29.08 1:08.85	600m: 6:46.14 1:08.70	800m: 9:01.61 1:07.01	
2.	Guilherme Simoes, SOUSA	08	Nautico Academico	9:14.16	543
	100m: 1:05.44 1:05.44	300m: 3:26.08 1:10.78	500m: 5:47.52 1:10.47	700m: 8:07.55 1:09.50	
	200m: 2:15.30 1:09.86	400m: 4:37.05 1:10.97	600m: 6:58.05 1:10.53	800m: 9:14.16 1:06.61	
3.	Antonio Cruz, FARDILHA	08	Galitos / Bresimar	9:20.13	525
	100m: 1:04.41 1:04.41	300m: 3:26.64 1:11.79	500m: 5:49.94 1:11.61	700m: 8:11.80 1:10.03	
	200m: 2:14.85 1:10.44	400m: 4:38.33 1:11.69	600m: 7:01.77 1:11.83	800m: 9:20.13 1:08.33	
4.	Paulo Jorge, OLIVEIRA	08	Estarreja	9:28.85	502
	100m: 1:04.66 1:04.66	300m: 3:26.58 1:11.95	500m: 5:50.71 1:12.18	700m: 8:16.42 1:12.97	
	200m: 2:14.63 1:09.97	400m: 4:38.53 1:11.95	600m: 7:03.45 1:12.74	800m: 9:28.85 1:12.43	
5.	Santiago Boica, SOUSA	08	Vieirense	9:29.61	500
	100m: 1:03.79 1:03.79	300m: 3:30.36 1:13.71	500m: 5:57.06 1:12.72	700m: 8:23.12 1:12.01	
	200m: 2:16.65 1:12.86	400m: 4:44.34 1:13.98	600m: 7:11.11 1:14.05	800m: 9:29.61 1:06.49	
6.	Guilherme Martins, SILVA	08	Academico de Viseu	9:36.55	482
	100m: 1:04.62 1:04.62	300m: 3:28.69 1:12.71	500m: 5:56.62 1:13.84	700m: 8:24.49 1:13.72	
	200m: 2:15.98 1:11.36	400m: 4:42.78 1:14.09	600m: 7:10.77 1:14.15	800m: 9:36.55 1:12.06	
7.	Salvador Correia, PEREIRA	08	Condeixa Clube	9:40.50	472
	100m: 1:04.91 1:04.91	300m: 3:31.33 1:13.86	500m: 5:58.52 1:14.03	700m: 8:28.53 1:14.66	
	200m: 2:17.47 1:12.56	400m: 4:44.49 1:13.16	600m: 7:13.87 1:15.35	800m: 9:40.50 1:11.97	
8.	Goncalo Silva, GUEDES	08	Estarreja	9:58.00	432
	100m: 1:07.77 1:07.77	300m: 3:39.00 1:16.44	500m: 6:12.73 1:16.83	700m: 8:44.64 1:15.35	
	200m: 2:22.56 1:14.79	400m: 4:55.90 1:16.90	600m: 7:29.29 1:16.56	800m: 9:58.00 1:13.36	
9.	Nuno Rodrigo, MACEDO	08	Estamos Juntos	9:58.12	431
	100m: 1:08.41 1:08.41	300m: 3:40.70 1:16.51	500m: 6:14.77 1:16.94	700m: 8:46.34 1:15.49	
	200m: 2:24.19 1:15.78	400m: 4:57.83 1:17.13	600m: 7:30.85 1:16.08	800m: 9:58.12 1:11.78	
10.	Samuel Dinis, MAIA	08	Miranda do Corvo	10:06.49	414
	100m: 1:08.75 1:08.75	300m: 3:41.06 1:17.13	500m: 6:16.79 1:18.34	700m: 8:52.41 1:17.44	
	200m: 2:23.93 1:15.18	400m: 4:58.45 1:17.39	600m: 7:34.97 1:18.18	800m: 10:06.49 1:14.08	
11.	Gabriel Neto, FERREIRA	08	O Crasto	10:13.72	399
	100m: 1:09.86 1:09.86	300m: 3:45.49 1:18.42	500m: 6:22.09 1:18.27	700m: 8:58.39 1:17.86	
	200m: 2:27.07 1:17.21	400m: 5:03.82 1:18.33	600m: 7:40.53 1:18.44	800m: 10:13.72 1:15.33	
12.	Vicente Ferreira, OLIVEIRA	08	Estamos Juntos	10:21.97	384
	100m: 1:10.51 1:10.51	300m: 3:45.88 1:17.93	500m: 6:24.51 1:20.32	700m: 9:06.51 1:21.53	
	200m: 2:27.95 1:17.44	400m: 5:04.19 1:18.31	600m: 7:44.98 1:20.47	800m: 10:21.97 1:15.46	

Jun

1.	Marco Dimitar, OLIVEIRA	07	Nautico Academico	9:14.26	542
	100m: 1:03.17 1:03.17	300m: 3:22.13 1:09.75	500m: 5:43.42 1:10.47	700m: 8:04.59 1:10.64	
	200m: 2:12.38 1:09.21	400m: 4:32.95 1:10.82	600m: 6:53.95 1:10.53	800m: 9:14.26 1:09.67	
2.	Francisco Xavier, RITA	07	Vieirense	9:14.37	542
	100m: 1:03.30 1:03.30	300m: 3:23.37 1:11.06	500m: 5:46.68 1:11.59	700m: 8:07.89 1:10.16	
	200m: 2:12.31 1:09.01	400m: 4:35.09 1:11.72	600m: 6:57.73 1:11.05	800m: 9:14.37 1:06.48	
3.	Joao Ferreira, MARQUES	06	Academica de Coimbra	9:16.34	536
	100m: 1:03.84 1:03.84	300m: 3:20.62 1:08.93	500m: 5:42.27 1:11.11	700m: 8:06.78 1:12.06	
	200m: 2:11.69 1:07.85	400m: 4:31.16 1:10.54	600m: 6:54.72 1:12.45	800m: 9:16.34 1:09.56	
4.	Duarte Cachulo, MARQUES	07	Condeixa Clube	9:27.48	505
	100m: 1:02.35 1:02.35	300m: 3:20.72 1:09.17	500m: 5:43.54 1:10.94	700m: 8:12.60 1:15.81	
	200m: 2:11.55 1:09.20	400m: 4:32.60 1:11.88	600m: 6:56.79 1:13.25	800m: 9:27.48 1:14.88	
5.	Luca Valentino, TONA	06	Pimpoes/Cimai	9:32.09	493
	100m: 58.78 58.78	300m: 3:27.65 1:25.29	500m: 5:57.77 1:14.06	700m: 8:26.11 1:12.93	
	200m: 2:02.36 1:03.58	400m: 4:43.71 1:16.06	600m: 7:13.18 1:15.41	800m: 9:32.09 1:05.98	

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 29, Masc., 800m Livres, Jun

Lugar	Ano		Tempo final		Pts
6.	Jose	07	Pimpoes/Cimai	9:59.64	428
	100m: 1:08.67	1:08.67	300m: 3:39.52	1:16.07	500m: 6:13.09
	200m: 2:23.45	1:14.78	400m: 4:56.50	1:16.98	600m: 7:30.01
					1:16.92
				700m: 8:45.95	1:15.94
				800m: 9:59.64	1:13.69

Sen

1.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	8:49.45	622
	100m: 1:01.18	1:01.18	300m: 3:12.66	1:05.96	500m: 5:28.95
	200m: 2:06.70	1:05.52	400m: 4:19.68	1:07.02	600m: 6:37.35
					1:08.40
				700m: 7:44.40	1:07.05
				800m: 8:49.45	1:05.05
2.	Filipe Santos, CARDOSO	04	Gafanha da Encarnacao	8:51.03	617
	100m: 1:02.96	1:02.96	300m: 3:19.60	1:08.56	500m: 5:35.33
	200m: 2:11.04	1:08.08	400m: 4:28.21	1:08.61	600m: 6:41.77
					1:06.44
				700m: 7:47.24	1:05.47
				800m: 8:51.03	1:03.79
3.	Lucas Pereira, BASTOS	00	Nautico Academico	8:51.60	615
	100m: 1:02.38	1:02.38	300m: 3:17.56	1:08.05	500m: 5:32.90
	200m: 2:09.51	1:07.13	400m: 4:25.73	1:08.17	600m: 6:40.17
					1:07.27
				700m: 7:47.00	1:06.83
				800m: 8:51.60	1:04.60
4.	Alexandre Ramos, GONCALVES	05	Sao Joao Ver	8:57.57	594
	100m: 1:02.00	1:02.00	300m: 3:17.22	1:08.03	500m: 5:33.49
	200m: 2:09.19	1:07.19	400m: 4:25.71	1:08.49	600m: 6:41.24
					1:07.75
				700m: 7:49.88	1:08.64
				800m: 8:57.57	1:07.69
5.	Abel Renato, FERREIRA	05	Algés e Águeda XXI	9:07.69	562
	100m: 1:03.66	1:03.66	300m: 3:20.84	1:09.11	500m: 5:39.37
	200m: 2:11.73	1:08.07	400m: 4:30.95	1:10.11	600m: 6:48.93
					1:09.56
				700m: 7:58.42	1:09.49
				800m: 9:07.69	1:09.27
6.	Tomas Cardoso, GERALDO	05	Condeixa Clube	9:32.65	492
	100m: 1:05.71	1:05.71	300m: 3:30.93	1:12.62	500m: 5:55.67
	200m: 2:18.31	1:12.60	400m: 4:43.73	1:12.80	600m: 7:09.00
					1:13.33
				700m: 8:22.61	1:13.61
				800m: 9:32.65	1:10.04
7.	Goncalo Carvalho, SANTOS	05	Louzan Natacao/EFAPEL	9:32.96	491
	100m: 1:04.05	1:04.05	300m: 3:26.78	1:11.75	500m: 5:54.32
	200m: 2:15.03	1:10.98	400m: 4:40.13	1:13.35	600m: 7:08.45
					1:14.13
				700m: 8:21.41	1:12.96
				800m: 9:32.96	1:11.55
8.	Antonio Pedro, MARTINS	05	União de Coimbra	9:38.14	478
	100m: 1:08.84	1:08.84	300m: 3:35.14	1:13.07	500m: 6:02.05
	200m: 2:22.07	1:13.23	400m: 4:48.76	1:13.62	600m: 7:14.63
					1:12.58
				700m: 8:28.03	1:13.40
				800m: 9:38.14	1:10.11
9.	Renato Maria, FERREIRA	04	União de Coimbra	10:06.41	414
	100m: 1:09.73	1:09.73	300m: 3:42.52	1:16.82	500m: 6:18.31
	200m: 2:25.70	1:15.97	400m: 5:00.31	1:17.79	600m: 7:36.44
					1:18.13
				700m: 8:52.38	1:15.94
				800m: 10:06.41	1:14.03

Juv B/Abs

1.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	8:49.45	622
	100m: 1:01.18	1:01.18	300m: 3:12.66	1:05.96	500m: 5:28.95
	200m: 2:06.70	1:05.52	400m: 4:19.68	1:07.02	600m: 6:37.35
					1:08.40
				700m: 7:44.40	1:07.05
				800m: 8:49.45	1:05.05
2.	Filipe Santos, CARDOSO	04	Gafanha da Encarnacao	8:51.03	617
	100m: 1:02.96	1:02.96	300m: 3:19.60	1:08.56	500m: 5:35.33
	200m: 2:11.04	1:08.08	400m: 4:28.21	1:08.61	600m: 6:41.77
					1:06.44
				700m: 7:47.24	1:05.47
				800m: 8:51.03	1:03.79
3.	Lucas Pereira, BASTOS	00	Nautico Academico	8:51.60	615
	100m: 1:02.38	1:02.38	300m: 3:17.56	1:08.05	500m: 5:32.90
	200m: 2:09.51	1:07.13	400m: 4:25.73	1:08.17	600m: 6:40.17
					1:07.27
				700m: 7:47.00	1:06.83
				800m: 8:51.60	1:04.60
4.	Alexandre Ramos, GONCALVES	05	Sao Joao Ver	8:57.57	594
	100m: 1:02.00	1:02.00	300m: 3:17.22	1:08.03	500m: 5:33.49
	200m: 2:09.19	1:07.19	400m: 4:25.71	1:08.49	600m: 6:41.24
					1:07.75
				700m: 7:49.88	1:08.64
				800m: 8:57.57	1:07.69
5.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	9:01.61	581
	100m: 1:03.47	1:03.47	300m: 3:20.23	1:08.80	500m: 5:37.44
	200m: 2:11.43	1:07.96	400m: 4:29.08	1:08.85	600m: 6:46.14
					1:08.70
				700m: 7:54.60	1:08.46
				800m: 9:01.61	1:07.01
6.	Paulo, KOT	09	Marinha Grande	9:03.87	574
	100m: 1:02.86	1:02.86	300m: 3:19.98	1:09.18	500m: 5:38.07
	200m: 2:10.80	1:07.94	400m: 4:28.86	1:08.88	600m: 6:47.16
					1:09.09
				700m: 7:56.53	1:09.37
				800m: 9:03.87	1:07.34

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 29, Masc., 800m Livres, Juv B/Abs

Lugar			Ano						Tempo final	Pts
7.	Abel Renato, FERREIRA		05	Algés e Águeda XXI					9:07.69	562
	100m:	1:03.66 1:03.66	300m:	3:20.84 1:09.11	500m:	5:39.37 1:08.42	700m:	7:58.42 1:09.49		
	200m:	2:11.73 1:08.07	400m:	4:30.95 1:10.11	600m:	6:48.93 1:09.56	800m:	9:07.69 1:09.27		
8.	Guilherme Simoes, SOUSA		08	Nautico Academico					9:14.16	543
	100m:	1:05.44 1:05.44	300m:	3:26.08 1:10.78	500m:	5:47.52 1:10.47	700m:	8:07.55 1:09.50		
	200m:	2:15.30 1:09.86	400m:	4:37.05 1:10.97	600m:	6:58.05 1:10.53	800m:	9:14.16 1:06.61		
9.	Marco Dimitar, OLIVEIRA		07	Nautico Academico					9:14.26	542
	100m:	1:03.17 1:03.17	300m:	3:22.13 1:09.75	500m:	5:43.42 1:10.47	700m:	8:04.59 1:10.64		
	200m:	2:12.38 1:09.21	400m:	4:32.95 1:10.82	600m:	6:53.95 1:10.53	800m:	9:14.26 1:09.67		
10.	Francisco Xavier, RITA		07	Vieirense					9:14.37	542
	100m:	1:03.30 1:03.30	300m:	3:23.37 1:11.06	500m:	5:46.68 1:11.59	700m:	8:07.89 1:10.16		
	200m:	2:12.31 1:09.01	400m:	4:35.09 1:11.72	600m:	6:57.73 1:11.05	800m:	9:14.37 1:06.48		
11.	Joao Ferreira, MARQUES		06	Academica de Coimbra					9:16.34	536
	100m:	1:03.84 1:03.84	300m:	3:20.62 1:08.93	500m:	5:42.27 1:11.11	700m:	8:06.78 1:12.06		
	200m:	2:11.69 1:07.85	400m:	4:31.16 1:10.54	600m:	6:54.72 1:12.45	800m:	9:16.34 1:09.56		
12.	Antonio Cruz, FARDILHA		08	Galitos / Bresimar					9:20.13	525
	100m:	1:04.41 1:04.41	300m:	3:26.64 1:11.79	500m:	5:49.94 1:11.61	700m:	8:11.80 1:10.03		
	200m:	2:14.85 1:10.44	400m:	4:38.33 1:11.69	600m:	7:01.77 1:11.83	800m:	9:20.13 1:08.33		
13.	Duarte Cachulo, MARQUES		07	Condeixa Clube					9:27.48	505
	100m:	1:02.35 1:02.35	300m:	3:20.72 1:09.17	500m:	5:43.54 1:10.94	700m:	8:12.60 1:15.81		
	200m:	2:11.55 1:09.20	400m:	4:32.60 1:11.88	600m:	6:56.79 1:13.25	800m:	9:27.48 1:14.88		
14.	Paulo Jorge, OLIVEIRA		08	Estarreja					9:28.85	502
	100m:	1:04.66 1:04.66	300m:	3:26.58 1:11.95	500m:	5:50.71 1:12.18	700m:	8:16.42 1:12.97		
	200m:	2:14.63 1:09.97	400m:	4:38.53 1:11.95	600m:	7:03.45 1:12.74	800m:	9:28.85 1:12.43		
15.	Santiago Boica, SOUSA		08	Vieirense					9:29.61	500
	100m:	1:03.79 1:03.79	300m:	3:30.36 1:13.71	500m:	5:57.06 1:12.72	700m:	8:23.12 1:12.01		
	200m:	2:16.65 1:12.86	400m:	4:44.34 1:13.98	600m:	7:11.11 1:14.05	800m:	9:29.61 1:06.49		
16.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai					9:32.07	493
	100m:	1:06.19 1:06.19	300m:	3:31.03 1:12.44	500m:	5:57.37 1:14.05	700m:	8:24.75 1:13.41		
	200m:	2:18.59 1:12.40	400m:	4:43.32 1:12.29	600m:	7:11.34 1:13.97	800m:	9:32.07 1:07.32		
17.	Luca Valentino, TONA		06	Pimpoes/Cimai					9:32.09	493
	100m:	58.78 58.78	300m:	3:27.65 1:25.29	500m:	5:57.77 1:14.06	700m:	8:26.11 1:12.93		
	200m:	2:02.36 1:03.58	400m:	4:43.71 1:16.06	600m:	7:13.18 1:15.41	800m:	9:32.09 1:05.98		
18.	Tomas Cardoso, GERALDO		05	Condeixa Clube					9:32.65	492
	100m:	1:05.71 1:05.71	300m:	3:30.93 1:12.62	500m:	5:55.67 1:11.94	700m:	8:22.61 1:13.61		
	200m:	2:18.31 1:12.60	400m:	4:43.73 1:12.80	600m:	7:09.00 1:13.33	800m:	9:32.65 1:10.04		
19.	Goncalo Carvalho, SANTOS		05	Louzan Natacao/EFAPEL					9:32.96	491
	100m:	1:04.05 1:04.05	300m:	3:26.78 1:11.75	500m:	5:54.32 1:14.19	700m:	8:21.41 1:12.96		
	200m:	2:15.03 1:10.98	400m:	4:40.13 1:13.35	600m:	7:08.45 1:14.13	800m:	9:32.96 1:11.55		
20.	Goncalo Malha, NETO		09	Galitos / Bresimar					9:35.79	484
	100m:	1:07.39 1:07.39	300m:	3:34.71 1:13.01	500m:	6:00.75 1:13.00	700m:	8:27.16 1:13.29		
	200m:	2:21.70 1:14.31	400m:	4:47.75 1:13.04	600m:	7:13.87 1:13.12	800m:	9:35.79 1:08.63		
21.	Guilherme Martins, SILVA		08	Academico de Viseu					9:36.55	482
	100m:	1:04.62 1:04.62	300m:	3:28.69 1:12.71	500m:	5:56.62 1:13.84	700m:	8:24.49 1:13.72		
	200m:	2:15.98 1:11.36	400m:	4:42.78 1:14.09	600m:	7:10.77 1:14.15	800m:	9:36.55 1:12.06		
22.	Antonio Pedro, MARTINS		05	União de Coimbra					9:38.14	478
	100m:	1:08.84 1:08.84	300m:	3:35.14 1:13.07	500m:	6:02.05 1:13.29	700m:	8:28.03 1:13.40		
	200m:	2:22.07 1:13.23	400m:	4:48.76 1:13.62	600m:	7:14.63 1:12.58	800m:	9:38.14 1:10.11		
23.	Salvador Correia, PEREIRA		08	Condeixa Clube					9:40.50	472
	100m:	1:04.91 1:04.91	300m:	3:31.33 1:13.86	500m:	5:58.52 1:14.03	700m:	8:28.53 1:14.66		
	200m:	2:17.47 1:12.56	400m:	4:44.49 1:13.16	600m:	7:13.87 1:15.35	800m:	9:40.50 1:11.97		
24.	Alexandre, SHUBIN		09	Campinho					9:44.80	462
	100m:	1:05.69 1:05.69	300m:	3:32.20 1:13.97	500m:	6:02.25 1:15.26	700m:	8:32.60 1:15.28		
	200m:	2:18.23 1:12.54	400m:	4:46.99 1:14.79	600m:	7:17.32 1:15.07	800m:	9:44.80 1:12.20		

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 29, Masc., 800m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
25.	Goncalo Silva, GUEDES		08	Estarreja				9:58.00	432
	100m:	1:07.77 1:07.77	300m:	3:39.00 1:16.44	500m:	6:12.73 1:16.83	700m:	8:44.64 1:15.35	
	200m:	2:22.56 1:14.79	400m:	4:55.90 1:16.90	600m:	7:29.29 1:16.56	800m:	9:58.00 1:13.36	
26.	Nuno Rodrigo, MACEDO		08	Estamos Juntos				9:58.12	431
	100m:	1:08.41 1:08.41	300m:	3:40.70 1:16.51	500m:	6:14.77 1:16.94	700m:	8:46.34 1:15.49	
	200m:	2:24.19 1:15.78	400m:	4:57.83 1:17.13	600m:	7:30.85 1:16.08	800m:	9:58.12 1:11.78	
27.	Jose Januario, MARQUES		07	Pimpoes/Cimai				9:59.64	428
	100m:	1:08.67 1:08.67	300m:	3:39.52 1:16.07	500m:	6:13.09 1:16.59	700m:	8:45.95 1:15.94	
	200m:	2:23.45 1:14.78	400m:	4:56.50 1:16.98	600m:	7:30.01 1:16.92	800m:	9:59.64 1:13.69	
28.	Santiago Jose, PACHECO		09	Alcobaca				10:03.76	419
	100m:	1:08.69 1:08.69	300m:	3:42.20 1:17.66	500m:	6:16.69 1:17.19	700m:	8:50.12 1:16.46	
	200m:	2:24.54 1:15.85	400m:	4:59.50 1:17.30	600m:	7:33.66 1:16.97	800m:	10:03.76 1:13.64	
29.	Francisco Antunes, SOUSA		09	Columbofila Cantanhedense				10:05.37	416
	100m:	1:10.69 1:10.69	300m:	3:39.86 1:15.02	500m:	6:12.35 1:17.05	700m:	8:49.08 1:18.71	
	200m:	2:24.84 1:14.15	400m:	4:55.30 1:15.44	600m:	7:30.37 1:18.02	800m:	10:05.37 1:16.29	
30.	Renato Maria, FERREIRA		04	União de Coimbra				10:06.41	414
	100m:	1:09.73 1:09.73	300m:	3:42.52 1:16.82	500m:	6:18.31 1:18.00	700m:	8:52.38 1:15.94	
	200m:	2:25.70 1:15.97	400m:	5:00.31 1:17.79	600m:	7:36.44 1:18.13	800m:	10:06.41 1:14.03	
31.	Samuel Dinis, MAIA		08	Miranda do Corvo				10:06.49	414
	100m:	1:08.75 1:08.75	300m:	3:41.06 1:17.13	500m:	6:16.79 1:18.34	700m:	8:52.41 1:17.44	
	200m:	2:23.93 1:15.18	400m:	4:58.45 1:17.39	600m:	7:34.97 1:18.18	800m:	10:06.49 1:14.08	
32.	Miguel Tome, MATEUS		09	Vagos				10:08.39	410
	100m:	1:11.33 1:11.33	300m:	3:45.93 1:17.08	500m:	6:19.48 1:16.30	700m:	8:52.95 1:17.09	
	200m:	2:28.85 1:17.52	400m:	5:03.18 1:17.25	600m:	7:35.86 1:16.38	800m:	10:08.39 1:15.44	
33.	Gabriel Neto, FERREIRA		08	O Crasto				10:13.72	399
	100m:	1:09.86 1:09.86	300m:	3:45.49 1:18.42	500m:	6:22.09 1:18.27	700m:	8:58.39 1:17.86	
	200m:	2:27.07 1:17.21	400m:	5:03.82 1:18.33	600m:	7:40.53 1:18.44	800m:	10:13.72 1:15.33	
34.	Tiago Janeiro, MOITA		09	Nautico Academico				10:18.37	390
	100m:	1:12.33 1:12.33	300m:	3:47.09 1:18.01	500m:	6:24.16 1:18.38	700m:	9:01.13 1:18.84	
	200m:	2:29.08 1:16.75	400m:	5:05.78 1:18.69	600m:	7:42.29 1:18.13	800m:	10:18.37 1:17.24	
35.	Vicente Ferreira, OLIVEIRA		08	Estamos Juntos				10:21.97	384
	100m:	1:10.51 1:10.51	300m:	3:45.88 1:17.93	500m:	6:24.51 1:20.32	700m:	9:06.51 1:21.53	
	200m:	2:27.95 1:17.44	400m:	5:04.19 1:18.31	600m:	7:44.98 1:20.47	800m:	10:21.97 1:15.46	
36.	Luis Azevedo, PINTO		09	Estarreja				10:22.91	382
	100m:	1:09.73 1:09.73	300m:	3:48.84 1:20.46	500m:	6:26.35 1:20.13	700m:	9:06.77 1:20.28	
	200m:	2:28.38 1:18.65	400m:	5:06.22 1:17.38	600m:	7:46.49 1:20.14	800m:	10:22.91 1:16.14	
37.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense				10:24.99	378
	100m:	1:09.41 1:09.41	300m:	3:46.56 1:19.28	500m:	6:26.45 1:19.98	700m:	9:07.11 1:20.22	
	200m:	2:27.28 1:17.87	400m:	5:06.47 1:19.91	600m:	7:46.89 1:20.44	800m:	10:24.99 1:17.88	
38.	Pedro Fonseca, OLIVEIRA		09	Marinha Grande				10:40.46	351
	100m:	1:08.74 1:08.74	300m:	3:47.24 1:20.86	500m:	6:32.99 1:23.57	700m:	9:20.28 1:23.46	
	200m:	2:26.38 1:17.64	400m:	5:09.42 1:22.18	600m:	7:56.82 1:23.83	800m:	10:40.46 1:20.18	
39.	Pedro Blanc, CAPINHA		09	Óbidos Criativa				10:44.34	345
	100m:	1:14.24 1:14.24	300m:	3:56.59 1:21.92	500m:	6:43.50 1:23.07	700m:	9:28.31 1:22.73	
	200m:	2:34.67 1:20.43	400m:	5:20.43 1:23.84	600m:	8:05.58 1:22.08	800m:	10:44.34 1:16.03	
40.	Tomas Bento, ANFILOQUIO		09	Pimpoes/Cimai				10:44.93	344
	100m:	1:12.94 1:12.94	300m:	3:54.68 1:21.89	500m:	6:38.75 1:22.04	700m:	9:24.84 1:23.84	
	200m:	2:32.79 1:19.85	400m:	5:16.71 1:22.03	600m:	8:01.00 1:22.25	800m:	10:44.93 1:20.09	