

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

Prova 3 Masc., 1500m Livres Abs
15/03/2024 - 17:00 Resultados

Rec Nacionais Open	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Rec Nacionais Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Rec Nacionais Jun 18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nacionais Jun 17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SGP)	30/08/2015
Rec Nacionais Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nacionais Juv B	16:11.75	Rui Silva, PEREIRA	POR	Coimbra	27/05/2023

TA JUVB-MASC Juv B: 21:07.27 / TA JUVA-MASC Juv A: 20:38.19 / TA JUN-MASC Jun: 20:03.32 / TA SEN-MASC Sen: 19:28.44

Pontos: FINA 2024

Lugar			Ano							Tempo final	Pts	
Juv B												
1.	Paulo, KOT		09	Marinha Grande						16:58.88	624	
	100m:	1:02.62	1:02.62	500m:	5:34.95	1:08.37	900m:	10:07.28	1:08.09	1300m:	14:41.70	1:09.03
	200m:	2:09.87	1:07.25	600m:	6:42.90	1:07.95	1000m:	11:15.20	1:07.92	1400m:	15:50.36	1:08.66
	300m:	3:17.98	1:08.11	700m:	7:51.12	1:08.22	1100m:	12:23.53	1:08.33	1500m:	16:58.88	1:08.52
	400m:	4:26.58	1:08.60	800m:	8:59.19	1:08.07	1200m:	13:32.67	1:09.14			
2.	Joao Nuno, GASPAS		09	Condeixa Clube						18:12.41	506	
	100m:	1:06.55	1:06.55	500m:	5:59.26	1:13.32	900m:	10:53.69	1:13.81	1300m:	15:47.88	1:13.81
	200m:	2:19.32	1:12.77	600m:	7:12.26	1:13.00	1000m:	12:06.80	1:13.11	1400m:	17:01.85	1:13.97
	300m:	3:32.47	1:13.15	700m:	8:25.97	1:13.71	1100m:	13:20.47	1:13.67	1500m:	18:12.41	1:10.56
	400m:	4:45.94	1:13.47	800m:	9:39.88	1:13.91	1200m:	14:34.07	1:13.60			
3.	Goncalo Malha, NETO		09	Galitos / Bresimar						18:45.06	464	
	100m:	1:10.89	1:10.89	500m:	6:15.54	1:16.77	900m:	11:19.19	1:15.83	1300m:	16:21.59	1:15.08
	200m:	2:26.98	1:16.09	600m:	7:32.27	1:16.73	1000m:	12:35.08	1:15.89	1400m:	17:35.51	1:13.92
	300m:	3:43.19	1:16.21	700m:	8:47.79	1:15.52	1100m:	13:50.68	1:15.60	1500m:	18:45.06	1:09.55
	400m:	4:58.77	1:15.58	800m:	10:03.36	1:15.57	1200m:	15:06.51	1:15.83			
4.	Alexandre, SHUBIN		09	Campinho						19:12.46	431	
	100m:	1:08.06	1:08.06	500m:	6:10.92	1:17.58	900m:	11:22.55	1:17.82	1300m:	16:38.13	1:19.49
	200m:	2:21.87	1:13.81	600m:	7:28.82	1:17.90	1000m:	12:40.87	1:18.32	1400m:	17:56.68	1:18.55
	300m:	3:36.88	1:15.01	700m:	8:46.30	1:17.48	1100m:	13:59.87	1:19.00	1500m:	19:12.46	1:15.78
	400m:	4:53.34	1:16.46	800m:	10:04.73	1:18.43	1200m:	15:18.64	1:18.77			
5.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense						19:56.73	385	
	100m:	1:10.59	1:10.59	500m:	6:29.02	1:20.43	900m:	11:54.17	1:21.16	1300m:	17:17.72	1:21.07
	200m:	2:28.51	1:17.92	600m:	7:50.38	1:21.36	1000m:	13:14.91	1:20.74	1400m:	18:38.81	1:21.09
	300m:	3:48.35	1:19.84	700m:	9:12.03	1:21.65	1100m:	14:35.85	1:20.94	1500m:	19:56.73	1:17.92
	400m:	5:08.59	1:20.24	800m:	10:33.01	1:20.98	1200m:	15:56.65	1:20.80			
6.	Pedro Blanc, CAPINHA		09	Óbidos Criativa						20:35.07	350	
	100m:	1:10.91	1:10.91	500m:	6:36.20	1:23.42	900m:	12:11.11	1:24.27	1300m:	17:52.55	1:25.65
	200m:	2:29.59	1:18.68	600m:	7:59.90	1:23.70	1000m:	13:35.51	1:24.40	1400m:	19:16.51	1:23.96
	300m:	3:50.66	1:21.07	700m:	9:23.16	1:23.26	1100m:	15:01.36	1:25.85	1500m:	20:35.07	1:18.56
	400m:	5:12.78	1:22.12	800m:	10:46.84	1:23.68	1200m:	16:26.90	1:25.54			
Juv A												
1.	Rafael Pereira, RODRIGUES		08	Condeixa Clube						17:13.11	599	
	100m:	1:04.35	1:04.35	500m:	5:42.25	1:09.64	900m:	10:20.22	1:09.47	1300m:	14:56.40	1:08.71
	200m:	2:13.29	1:08.94	600m:	6:51.82	1:09.57	1000m:	11:29.50	1:09.28	1400m:	16:05.25	1:08.85
	300m:	3:23.37	1:10.08	700m:	8:01.17	1:09.35	1100m:	12:38.81	1:09.31	1500m:	17:13.11	1:07.86
	400m:	4:32.61	1:09.24	800m:	9:10.75	1:09.58	1200m:	13:47.69	1:08.88			
2.	Nuno Miguel, ANJOS		08	Galitos / Bresimar						17:38.89	556	
	100m:	1:05.95	1:05.95	500m:	5:51.82	1:11.76	900m:	10:38.81	1:11.03	1300m:	15:21.19	1:10.35
	200m:	2:17.63	1:11.68	600m:	7:03.71	1:11.89	1000m:	11:49.36	1:10.55	1400m:	16:31.80	1:10.61
	300m:	3:29.11	1:11.48	700m:	8:16.03	1:12.32	1100m:	13:00.13	1:10.77	1500m:	17:38.89	1:07.09
	400m:	4:40.06	1:10.95	800m:	9:27.78	1:11.75	1200m:	14:10.84	1:10.71			
3.	Guilherme Simoes, SOUSA		08	Nautico Academico						17:41.55	552	
	100m:	1:06.51	1:06.51	500m:	5:51.41	1:11.14	900m:	10:38.46	1:11.68	1300m:	15:22.84	1:10.87
	200m:	2:17.91	1:11.40	600m:	7:02.91	1:11.50	1000m:	11:49.81	1:11.35	1400m:	16:33.78	1:10.94
	300m:	3:29.39	1:11.48	700m:	8:14.90	1:11.99	1100m:	13:01.01	1:11.20	1500m:	17:41.55	1:07.77
	400m:	4:40.27	1:10.88	800m:	9:26.78	1:11.88	1200m:	14:11.97	1:10.96			

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

Prova 3, Masc., 1500m Livres, Juv A

Lugar			Ano					Tempo final	Pts
4.	Salvador Correia, PEREIRA	08	Condeixa Clube					18:01.62	522
	100m: 1:06.28	1:06.28	500m: 5:50.48	1:11.16	900m: 10:38.70	1:11.68	1300m: 15:35.66	1:13.91	
	200m: 2:17.34	1:11.06	600m: 7:03.09	1:12.61	1000m: 11:53.12	1:14.42	1400m: 16:48.88	1:13.22	
	300m: 3:28.28	1:10.94	700m: 8:15.52	1:12.43	1100m: 13:08.10	1:14.98	1500m: 18:01.62	1:12.74	
	400m: 4:39.32	1:11.04	800m: 9:27.02	1:11.50	1200m: 14:21.75	1:13.65			
5.	Santiago Boica, SOUSA	08	Vieirense					18:02.18	521
	100m: 1:05.88	1:05.88	500m: 6:01.24	1:14.88	900m: 10:53.13	1:12.83	1300m: 15:42.71	1:12.32	
	200m: 2:18.51	1:12.63	600m: 7:14.64	1:13.40	1000m: 12:05.99	1:12.86	1400m: 16:55.48	1:12.77	
	300m: 3:32.29	1:13.78	700m: 8:27.88	1:13.24	1100m: 13:17.32	1:11.33	1500m: 18:02.18	1:06.70	
	400m: 4:46.36	1:14.07	800m: 9:40.30	1:12.42	1200m: 14:30.39	1:13.07			
6.	Samuel Dinis, MAIA	08	Miranda do Corvo					18:07.48	513
	100m: 1:06.33	1:06.33	500m: 5:54.90	1:12.66	900m: 10:47.60	1:13.01	1300m: 15:42.42	1:12.93	
	200m: 2:17.75	1:11.42	600m: 7:08.34	1:13.44	1000m: 12:01.33	1:13.73	1400m: 16:55.33	1:12.91	
	300m: 3:29.96	1:12.21	700m: 8:21.36	1:13.02	1100m: 13:15.46	1:14.13	1500m: 18:07.48	1:12.15	
	400m: 4:42.24	1:12.28	800m: 9:34.59	1:13.23	1200m: 14:29.49	1:14.03			
7.	Antonio Cruz, FARDILHA	08	Galitos / Bresimar					18:13.20	505
	100m: 1:06.50	1:06.50	500m: 6:00.64	1:14.74	900m: 10:55.15	1:14.13	1300m: 15:50.43	1:14.26	
	200m: 2:18.60	1:12.10	600m: 7:14.76	1:14.12	1000m: 12:09.36	1:14.21	1400m: 17:03.32	1:12.89	
	300m: 3:31.95	1:13.35	700m: 8:27.81	1:13.05	1100m: 13:22.19	1:12.83	1500m: 18:13.20	1:09.88	
	400m: 4:45.90	1:13.95	800m: 9:41.02	1:13.21	1200m: 14:36.17	1:13.98			
8.	Guilherme Martins, SILVA	08	Academico de Viseu					18:13.98	504
	100m: 1:06.45	1:06.45	500m: 5:56.68	1:13.52	900m: 10:50.69	1:13.49	1300m: 15:46.47	1:14.09	
	200m: 2:18.15	1:11.70	600m: 7:10.35	1:13.67	1000m: 12:04.45	1:13.76	1400m: 17:00.99	1:14.52	
	300m: 3:30.46	1:12.31	700m: 8:23.61	1:13.26	1100m: 13:18.25	1:13.80	1500m: 18:13.98	1:12.99	
	400m: 4:43.16	1:12.70	800m: 9:37.20	1:13.59	1200m: 14:32.38	1:14.13			
9.	Tome Nunes, TOME	08	CNLeiria					18:42.39	467
	100m: 1:09.56	1:09.56	500m: 6:11.43	1:16.28	900m: 11:13.38	1:15.47	1300m: 16:16.93	1:15.19	
	200m: 2:23.62	1:14.06	600m: 7:27.40	1:15.97	1000m: 12:28.98	1:15.60	1400m: 17:32.31	1:15.38	
	300m: 3:38.39	1:14.77	700m: 8:42.20	1:14.80	1100m: 13:45.27	1:16.29	1500m: 18:42.39	1:10.08	
	400m: 4:55.15	1:16.76	800m: 9:57.91	1:15.71	1200m: 15:01.74	1:16.47			
10.	Goncalo Silva, GUEDES	08	Estarreja					18:55.98	450
	100m: 1:08.70	1:08.70	500m: 6:13.14	1:16.75	900m: 11:18.65	1:16.18	1300m: 16:26.34	1:17.20	
	200m: 2:24.56	1:15.86	600m: 7:29.45	1:16.31	1000m: 12:34.74	1:16.09	1400m: 17:43.27	1:16.93	
	300m: 3:40.32	1:15.76	700m: 8:45.92	1:16.47	1100m: 13:52.40	1:17.66	1500m: 18:55.98	1:12.71	
	400m: 4:56.39	1:16.07	800m: 10:02.47	1:16.55	1200m: 15:09.14	1:16.74			
11.	Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai					19:03.79	441
	100m: 1:11.10	1:11.10	500m: 6:16.75	1:16.29	900m: 11:22.42	1:16.67	1300m: 16:31.34	1:17.46	
	200m: 2:26.92	1:15.82	600m: 7:33.37	1:16.62	1000m: 12:39.77	1:17.35	1400m: 17:48.59	1:17.25	
	300m: 3:44.20	1:17.28	700m: 8:49.68	1:16.31	1100m: 13:56.82	1:17.05	1500m: 19:03.79	1:15.20	
	400m: 5:00.46	1:16.26	800m: 10:05.75	1:16.07	1200m: 15:13.88	1:17.06			
12.	Antonio Tomas, TEIXEIRA	08	Gafanha da Encarnacao					19:13.02	431
	100m: 1:11.25	1:11.25	500m: 6:19.48	1:18.02	900m: 11:31.22	1:17.76	1300m: 16:41.57	1:17.71	
	200m: 2:27.25	1:16.00	600m: 7:37.26	1:17.78	1000m: 12:48.78	1:17.56	1400m: 17:58.46	1:16.89	
	300m: 3:43.80	1:16.55	700m: 8:55.53	1:18.27	1100m: 14:06.18	1:17.40	1500m: 19:13.02	1:14.56	
	400m: 5:01.46	1:17.66	800m: 10:13.46	1:17.93	1200m: 15:23.86	1:17.68			
Jun									
1.	Marco Dimitar, OLIVEIRA	07	Nautico Academico					17:27.46	575
	100m: 1:03.84	1:03.84	500m: 5:43.92	1:10.13	900m: 10:26.79	1:10.47	1300m: 15:10.00	1:10.91	
	200m: 2:13.31	1:09.47	600m: 6:54.21	1:10.29	1000m: 11:37.39	1:10.60	1400m: 16:20.33	1:10.33	
	300m: 3:23.49	1:10.18	700m: 8:05.14	1:10.93	1100m: 12:48.13	1:10.74	1500m: 17:27.46	1:07.13	
	400m: 4:33.79	1:10.30	800m: 9:16.32	1:11.18	1200m: 13:59.09	1:10.96			
2.	Duarte Cachulo, MARQUES	07	Condeixa Clube					17:44.58	547
	100m: 1:01.25	1:01.25	500m: 5:44.18	1:11.82	900m: 10:38.51	1:12.52	1300m: 15:25.44	1:10.35	
	200m: 2:09.35	1:08.10	600m: 6:58.65	1:14.47	1000m: 11:50.57	1:12.06	1400m: 16:35.78	1:10.34	
	300m: 3:19.55	1:10.20	700m: 8:12.56	1:13.91	1100m: 13:02.21	1:11.64	1500m: 17:44.58	1:08.80	
	400m: 4:32.36	1:12.81	800m: 9:25.99	1:13.43	1200m: 14:15.09	1:12.88			

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

Prova 3, Masc., 1500m Livres, Jun

Lugar	Ano		Tempo final		Pts
3.	Francisco Xavier, RITA	07	Vieirense	17:46.46	544
	100m: 1:03.84 1:03.84	500m: 5:49.02 1:12.66	900m: 10:38.52 1:12.63	1300m: 15:26.36 1:11.41	
	200m: 2:13.62 1:09.78	600m: 7:01.09 1:12.07	1000m: 11:50.89 1:12.37	1400m: 16:37.34 1:10.98	
	300m: 3:24.35 1:10.73	700m: 8:13.91 1:12.82	1100m: 13:02.97 1:12.08	1500m: 17:46.46 1:09.12	
	400m: 4:36.36 1:12.01	800m: 9:25.89 1:11.98	1200m: 14:14.95 1:11.98		
4.	Rodrigo Marques, LIMA	07	CASP AE	18:54.99	451
	100m: 1:08.98 1:08.98	500m: 6:12.73 1:16.37	900m: 11:22.36 1:17.06	1300m: 16:28.36 1:16.92	
	200m: 2:24.26 1:15.28	600m: 7:30.28 1:17.55	1000m: 12:39.21 1:16.85	1400m: 17:43.62 1:15.26	
	300m: 3:40.41 1:16.15	700m: 8:47.67 1:17.39	1100m: 13:55.19 1:15.98	1500m: 18:54.99 1:11.37	
	400m: 4:56.36 1:15.95	800m: 10:05.30 1:17.63	1200m: 15:11.44 1:16.25		

Sen

1.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAP EL	16:49.51	642
	100m: 1:03.21 1:03.21	500m: 5:34.81 1:07.98	900m: 10:06.12 1:08.06	1300m: 14:37.02 1:07.51	
	200m: 2:10.86 1:07.65	600m: 6:42.48 1:07.67	1000m: 11:13.85 1:07.73	1400m: 15:44.38 1:07.36	
	300m: 3:18.67 1:07.81	700m: 7:50.41 1:07.93	1100m: 12:21.87 1:08.02	1500m: 16:49.51 1:05.13	
	400m: 4:26.83 1:08.16	800m: 8:58.06 1:07.65	1200m: 13:29.51 1:07.64		
2.	Filipe Santos, CARDOSO	04	Gafanha da Encarnacao	16:49.85	641
	100m: 1:03.55 1:03.55	500m: 5:37.96 1:08.73	900m: 10:10.40 1:08.18	1300m: 14:40.97 1:07.77	
	200m: 2:11.60 1:08.05	600m: 6:46.54 1:08.58	1000m: 11:17.80 1:07.40	1400m: 15:47.09 1:06.12	
	300m: 3:20.28 1:08.68	700m: 7:54.46 1:07.92	1100m: 12:25.36 1:07.56	1500m: 16:49.85 1:02.76	
	400m: 4:29.23 1:08.95	800m: 9:02.22 1:07.76	1200m: 13:33.20 1:07.84		
3.	Alexandre Ramos, GONCALVES	05	Sao Joao Ver	17:14.68	596
	100m: 1:03.41 1:03.41	500m: 5:36.91 1:08.87	900m: 10:15.63 1:10.71	1300m: 14:56.79 1:09.83	
	200m: 2:11.12 1:07.71	600m: 6:45.99 1:09.08	1000m: 11:26.19 1:10.56	1400m: 16:07.11 1:10.32	
	300m: 3:19.45 1:08.33	700m: 7:55.55 1:09.56	1100m: 12:36.38 1:10.19	1500m: 17:14.68 1:07.57	
	400m: 4:28.04 1:08.59	800m: 9:04.92 1:09.37	1200m: 13:46.96 1:10.58		
4.	David Ferreira, RELVAS	03	Marinha Grande	17:19.01	589
	100m: 1:02.37 1:02.37	500m: 5:38.40 1:09.59	900m: 10:17.81 1:10.15	1300m: 14:59.34 1:10.54	
	200m: 2:10.10 1:07.73	600m: 6:48.19 1:09.79	1000m: 11:28.18 1:10.37	1400m: 16:10.28 1:10.94	
	300m: 3:19.69 1:09.59	700m: 7:57.70 1:09.51	1100m: 12:38.72 1:10.54	1500m: 17:19.01 1:08.73	
	400m: 4:28.81 1:09.12	800m: 9:07.66 1:09.96	1200m: 13:48.80 1:10.08		
5.	Abel Renato, FERREIRA	05	Algés e Águeda XXI	17:28.32	573
	100m: 1:03.86 1:03.86	500m: 5:43.33 1:10.08	900m: 10:26.23 1:10.19	1300m: 15:09.78 1:11.37	
	200m: 2:12.97 1:09.11	600m: 6:53.92 1:10.59	1000m: 11:37.08 1:10.85	1400m: 16:20.42 1:10.64	
	300m: 3:22.78 1:09.81	700m: 8:05.13 1:11.21	1100m: 12:47.07 1:09.99	1500m: 17:28.32 1:07.90	
	400m: 4:33.25 1:10.47	800m: 9:16.04 1:10.91	1200m: 13:58.41 1:11.34		
6.	Antonio Pedro, MARTINS	05	União de Coimbra	18:31.07	481
	100m: 1:10.41 1:10.41	500m: 6:07.64 1:14.04	900m: 11:04.43 1:14.31	1300m: 16:04.90 1:15.00	
	200m: 2:24.95 1:14.54	600m: 7:21.94 1:14.30	1000m: 12:19.74 1:15.31	1400m: 17:19.55 1:14.65	
	300m: 3:39.37 1:14.42	700m: 8:35.82 1:13.88	1100m: 13:34.81 1:15.07	1500m: 18:31.07 1:11.52	
	400m: 4:53.60 1:14.23	800m: 9:50.12 1:14.30	1200m: 14:49.90 1:15.09		
7.	Tomas Cardoso, GERALDO	05	Condeixa Clube	18:43.28	466
	100m: 1:05.71 1:05.71	500m: 5:56.40 1:13.40	900m: 10:57.27 1:16.38	1300m: 16:10.14 1:17.91	
	200m: 2:17.58 1:11.87	600m: 7:10.20 1:13.80	1000m: 12:15.15 1:17.88	1400m: 17:27.66 1:17.52	
	300m: 3:30.10 1:12.52	700m: 8:25.13 1:14.93	1100m: 13:33.81 1:18.66	1500m: 18:43.28 1:15.62	
	400m: 4:43.00 1:12.90	800m: 9:40.89 1:15.76	1200m: 14:52.23 1:18.42		
8.	Renato Maria, FERREIRA	04	União de Coimbra	19:18.60	424
	100m: 1:10.70 1:10.70	500m: 6:15.04 1:16.54	900m: 11:25.52 1:18.96	1300m: 16:42.25 1:19.31	
	200m: 2:26.79 1:16.09	600m: 7:31.75 1:16.71	1000m: 12:44.63 1:19.11	1400m: 18:01.18 1:18.93	
	300m: 3:43.25 1:16.46	700m: 8:48.61 1:16.86	1100m: 14:03.35 1:18.72	1500m: 19:18.60 1:17.42	
	400m: 4:58.50 1:15.25	800m: 10:06.56 1:17.95	1200m: 15:22.94 1:19.59		

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

Prova 3, Masc., 1500m Livres

Juv B/Abs

1.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	16:49.51	642
	100m: 1:03.21 1:03.21	500m: 5:34.81 1:07.98	900m: 10:06.12 1:08.06	1300m: 14:37.02 1:07.51	
	200m: 2:10.86 1:07.65	600m: 6:42.48 1:07.67	1000m: 11:13.85 1:07.73	1400m: 15:44.38 1:07.36	
	300m: 3:18.67 1:07.81	700m: 7:50.41 1:07.93	1100m: 12:21.87 1:08.02	1500m: 16:49.51 1:05.13	
	400m: 4:26.83 1:08.16	800m: 8:58.06 1:07.65	1200m: 13:29.51 1:07.64		
2.	Filipe Santos, CARDOSO	04	Gafanha da Encarnacao	16:49.85	641
	100m: 1:03.55 1:03.55	500m: 5:37.96 1:08.73	900m: 10:10.40 1:08.18	1300m: 14:40.97 1:07.77	
	200m: 2:11.60 1:08.05	600m: 6:46.54 1:08.58	1000m: 11:17.80 1:07.40	1400m: 15:47.09 1:06.12	
	300m: 3:20.28 1:08.68	700m: 7:54.46 1:07.92	1100m: 12:25.36 1:07.56	1500m: 16:49.85 1:02.76	
	400m: 4:29.23 1:08.95	800m: 9:02.22 1:07.76	1200m: 13:33.20 1:07.84		
3.	Paulo, KOT	09	Marinha Grande	16:58.88	624
	100m: 1:02.62 1:02.62	500m: 5:34.95 1:08.37	900m: 10:07.28 1:08.09	1300m: 14:41.70 1:09.03	
	200m: 2:09.87 1:07.25	600m: 6:42.90 1:07.95	1000m: 11:15.20 1:07.92	1400m: 15:50.36 1:08.66	
	300m: 3:17.98 1:08.11	700m: 7:51.12 1:08.22	1100m: 12:23.53 1:08.33	1500m: 16:58.88 1:08.52	
	400m: 4:26.58 1:08.60	800m: 8:59.19 1:08.07	1200m: 13:32.67 1:09.14		
4.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	17:13.11	599
	100m: 1:04.35 1:04.35	500m: 5:42.25 1:09.64	900m: 10:20.22 1:09.47	1300m: 14:56.40 1:08.71	
	200m: 2:13.29 1:08.94	600m: 6:51.82 1:09.57	1000m: 11:29.50 1:09.28	1400m: 16:05.25 1:08.85	
	300m: 3:23.37 1:10.08	700m: 8:01.17 1:09.35	1100m: 12:38.81 1:09.31	1500m: 17:13.11 1:07.86	
	400m: 4:32.61 1:09.24	800m: 9:10.75 1:09.58	1200m: 13:47.69 1:08.88		
5.	Alexandre Ramos, GONCALVES	05	Sao Joao Ver	17:14.68	596
	100m: 1:03.41 1:03.41	500m: 5:36.91 1:08.87	900m: 10:15.63 1:10.71	1300m: 14:56.79 1:09.83	
	200m: 2:11.12 1:07.71	600m: 6:45.99 1:09.08	1000m: 11:26.19 1:10.56	1400m: 16:07.11 1:10.32	
	300m: 3:19.45 1:08.33	700m: 7:55.55 1:09.56	1100m: 12:36.38 1:10.19	1500m: 17:14.68 1:07.57	
	400m: 4:28.04 1:08.59	800m: 9:04.92 1:09.37	1200m: 13:46.96 1:10.58		
6.	David Ferreira, RELVAS	03	Marinha Grande	17:19.01	589
	100m: 1:02.37 1:02.37	500m: 5:38.40 1:09.59	900m: 10:17.81 1:10.15	1300m: 14:59.34 1:10.54	
	200m: 2:10.10 1:07.73	600m: 6:48.19 1:09.79	1000m: 11:28.18 1:10.37	1400m: 16:10.28 1:10.94	
	300m: 3:19.69 1:09.59	700m: 7:57.70 1:09.51	1100m: 12:38.72 1:10.54	1500m: 17:19.01 1:08.73	
	400m: 4:28.81 1:09.12	800m: 9:07.66 1:09.96	1200m: 13:48.80 1:10.08		
7.	Marco Dimitar, OLIVEIRA	07	Nautico Academico	17:27.46	575
	100m: 1:03.84 1:03.84	500m: 5:43.92 1:10.13	900m: 10:26.79 1:10.47	1300m: 15:10.00 1:10.91	
	200m: 2:13.31 1:09.47	600m: 6:54.21 1:10.29	1000m: 11:37.39 1:10.60	1400m: 16:20.33 1:10.33	
	300m: 3:23.49 1:10.18	700m: 8:05.14 1:10.93	1100m: 12:48.13 1:10.74	1500m: 17:27.46 1:07.13	
	400m: 4:33.79 1:10.30	800m: 9:16.32 1:11.18	1200m: 13:59.09 1:10.96		
8.	Abel Renato, FERREIRA	05	Algés e Águeda XXI	17:28.32	573
	100m: 1:03.86 1:03.86	500m: 5:43.33 1:10.08	900m: 10:26.23 1:10.19	1300m: 15:09.78 1:11.37	
	200m: 2:12.97 1:09.11	600m: 6:53.92 1:10.59	1000m: 11:37.08 1:10.85	1400m: 16:20.42 1:10.64	
	300m: 3:22.78 1:09.81	700m: 8:05.13 1:11.21	1100m: 12:47.07 1:09.99	1500m: 17:28.32 1:07.90	
	400m: 4:33.25 1:10.47	800m: 9:16.04 1:10.91	1200m: 13:58.41 1:11.34		
9.	Nuno Miguel, ANJOS	08	Galitos / Bresimar	17:38.89	556
	100m: 1:05.95 1:05.95	500m: 5:51.82 1:11.76	900m: 10:38.81 1:11.03	1300m: 15:21.19 1:10.35	
	200m: 2:17.63 1:11.68	600m: 7:03.71 1:11.89	1000m: 11:49.36 1:10.55	1400m: 16:31.80 1:10.61	
	300m: 3:29.11 1:11.48	700m: 8:16.03 1:12.32	1100m: 13:00.13 1:10.77	1500m: 17:38.89 1:07.09	
	400m: 4:40.06 1:10.95	800m: 9:27.78 1:11.75	1200m: 14:10.84 1:10.71		
10.	Guilherme Simoes, SOUSA	08	Nautico Academico	17:41.55	552
	100m: 1:06.51 1:06.51	500m: 5:51.41 1:11.14	900m: 10:38.46 1:11.68	1300m: 15:22.84 1:10.87	
	200m: 2:17.91 1:11.40	600m: 7:02.91 1:11.50	1000m: 11:49.81 1:11.35	1400m: 16:33.78 1:10.94	
	300m: 3:29.39 1:11.48	700m: 8:14.90 1:11.99	1100m: 13:01.01 1:11.20	1500m: 17:41.55 1:07.77	
	400m: 4:40.27 1:10.88	800m: 9:26.78 1:11.88	1200m: 14:11.97 1:10.96		
11.	Duarte Cachulo, MARQUES	07	Condeixa Clube	17:44.58	547
	100m: 1:01.25 1:01.25	500m: 5:44.18 1:11.82	900m: 10:38.51 1:12.52	1300m: 15:25.44 1:10.35	
	200m: 2:09.35 1:08.10	600m: 6:58.65 1:14.47	1000m: 11:50.57 1:12.06	1400m: 16:35.78 1:10.34	
	300m: 3:19.55 1:10.20	700m: 8:12.56 1:13.91	1100m: 13:02.21 1:11.64	1500m: 17:44.58 1:08.80	
	400m: 4:32.36 1:12.81	800m: 9:25.99 1:13.43	1200m: 14:15.09 1:12.88		

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

Prova 3, Masc., 1500m Livres, Juv B/Abs

Lugar			Ano			Tempo final	Pts	
12.	Francisco Xavier, RITA		07	Vieirense		17:46.46	544	
	100m: 1:03.84	1:03.84	500m: 5:49.02	1:12.66	900m: 10:38.52	1:12.63	1300m: 15:26.36	1:11.41
	200m: 2:13.62	1:09.78	600m: 7:01.09	1:12.07	1000m: 11:50.89	1:12.37	1400m: 16:37.34	1:10.98
	300m: 3:24.35	1:10.73	700m: 8:13.91	1:12.82	1100m: 13:02.97	1:12.08	1500m: 17:46.46	1:09.12
	400m: 4:36.36	1:12.01	800m: 9:25.89	1:11.98	1200m: 14:14.95	1:11.98		
13.	Salvador Correia, PEREIRA		08	Condeixa Clube		18:01.62	522	
	100m: 1:06.28	1:06.28	500m: 5:50.48	1:11.16	900m: 10:38.70	1:11.68	1300m: 15:35.66	1:13.91
	200m: 2:17.34	1:11.06	600m: 7:03.09	1:12.61	1000m: 11:53.12	1:14.42	1400m: 16:48.88	1:13.22
	300m: 3:28.28	1:10.94	700m: 8:15.52	1:12.43	1100m: 13:08.10	1:14.98	1500m: 18:01.62	1:12.74
	400m: 4:39.32	1:11.04	800m: 9:27.02	1:11.50	1200m: 14:21.75	1:13.65		
14.	Santiago Boica, SOUSA		08	Vieirense		18:02.18	521	
	100m: 1:05.88	1:05.88	500m: 6:01.24	1:14.88	900m: 10:53.13	1:12.83	1300m: 15:42.71	1:12.32
	200m: 2:18.51	1:12.63	600m: 7:14.64	1:13.40	1000m: 12:05.99	1:12.86	1400m: 16:55.48	1:12.77
	300m: 3:32.29	1:13.78	700m: 8:27.88	1:13.24	1100m: 13:17.32	1:11.33	1500m: 18:02.18	1:06.70
	400m: 4:46.36	1:14.07	800m: 9:40.30	1:12.42	1200m: 14:30.39	1:13.07		
15.	Samuel Dinis, MAIA		08	Miranda do Corvo		18:07.48	513	
	100m: 1:06.33	1:06.33	500m: 5:54.90	1:12.66	900m: 10:47.60	1:13.01	1300m: 15:42.42	1:12.93
	200m: 2:17.75	1:11.42	600m: 7:08.34	1:13.44	1000m: 12:01.33	1:13.73	1400m: 16:55.33	1:12.91
	300m: 3:29.96	1:12.21	700m: 8:21.36	1:13.02	1100m: 13:15.46	1:14.13	1500m: 18:07.48	1:12.15
	400m: 4:42.24	1:12.28	800m: 9:34.59	1:13.23	1200m: 14:29.49	1:14.03		
16.	Joao Nuno, GASPAS		09	Condeixa Clube		18:12.41	506	
	100m: 1:06.55	1:06.55	500m: 5:59.26	1:13.32	900m: 10:53.69	1:13.81	1300m: 15:47.88	1:13.81
	200m: 2:19.32	1:12.77	600m: 7:12.26	1:13.00	1000m: 12:06.80	1:13.11	1400m: 17:01.85	1:13.97
	300m: 3:32.47	1:13.15	700m: 8:25.97	1:13.71	1100m: 13:20.47	1:13.67	1500m: 18:12.41	1:10.56
	400m: 4:45.94	1:13.47	800m: 9:39.88	1:13.91	1200m: 14:34.07	1:13.60		
17.	Antonio Cruz, FARDILHA		08	Galitos / Bresimar		18:13.20	505	
	100m: 1:06.50	1:06.50	500m: 6:00.64	1:14.74	900m: 10:55.15	1:14.13	1300m: 15:50.43	1:14.26
	200m: 2:18.60	1:12.10	600m: 7:14.76	1:14.12	1000m: 12:09.36	1:14.21	1400m: 17:03.32	1:12.89
	300m: 3:31.95	1:13.35	700m: 8:27.81	1:13.05	1100m: 13:22.19	1:12.83	1500m: 18:13.20	1:09.88
	400m: 4:45.90	1:13.95	800m: 9:41.02	1:13.21	1200m: 14:36.17	1:13.98		
18.	Guilherme Martins, SILVA		08	Academico de Viseu		18:13.98	504	
	100m: 1:06.45	1:06.45	500m: 5:56.68	1:13.52	900m: 10:50.69	1:13.49	1300m: 15:46.47	1:14.09
	200m: 2:18.15	1:11.70	600m: 7:10.35	1:13.67	1000m: 12:04.45	1:13.76	1400m: 17:00.99	1:14.52
	300m: 3:30.46	1:12.31	700m: 8:23.61	1:13.26	1100m: 13:18.25	1:13.80	1500m: 18:13.98	1:12.99
	400m: 4:43.16	1:12.70	800m: 9:37.20	1:13.59	1200m: 14:32.38	1:14.13		
19.	Antonio Pedro, MARTINS		05	União de Coimbra		18:31.07	481	
	100m: 1:10.41	1:10.41	500m: 6:07.64	1:14.04	900m: 11:04.43	1:14.31	1300m: 16:04.90	1:15.00
	200m: 2:24.95	1:14.54	600m: 7:21.94	1:14.30	1000m: 12:19.74	1:15.31	1400m: 17:19.55	1:14.65
	300m: 3:39.37	1:14.42	700m: 8:35.82	1:13.88	1100m: 13:34.81	1:15.07	1500m: 18:31.07	1:11.52
	400m: 4:53.60	1:14.23	800m: 9:50.12	1:14.30	1200m: 14:49.90	1:15.09		
20.	Tome Nunes, TOME		08	CNLeiria		18:42.39	467	
	100m: 1:09.56	1:09.56	500m: 6:11.43	1:16.28	900m: 11:13.38	1:15.47	1300m: 16:16.93	1:15.19
	200m: 2:23.62	1:14.06	600m: 7:27.40	1:15.97	1000m: 12:28.98	1:15.60	1400m: 17:32.31	1:15.38
	300m: 3:38.39	1:14.77	700m: 8:42.20	1:14.80	1100m: 13:45.27	1:16.29	1500m: 18:42.39	1:10.08
	400m: 4:55.15	1:16.76	800m: 9:57.91	1:15.71	1200m: 15:01.74	1:16.47		
21.	Tomas Cardoso, GERALDO		05	Condeixa Clube		18:43.28	466	
	100m: 1:05.71	1:05.71	500m: 5:56.40	1:13.40	900m: 10:57.27	1:16.38	1300m: 16:10.14	1:17.91
	200m: 2:17.58	1:11.87	600m: 7:10.20	1:13.80	1000m: 12:15.15	1:17.88	1400m: 17:27.66	1:17.52
	300m: 3:30.10	1:12.52	700m: 8:25.13	1:14.93	1100m: 13:33.81	1:18.66	1500m: 18:43.28	1:15.62
	400m: 4:43.00	1:12.90	800m: 9:40.89	1:15.76	1200m: 14:52.23	1:18.42		
22.	Goncalo Malha, NETO		09	Galitos / Bresimar		18:45.06	464	
	100m: 1:10.89	1:10.89	500m: 6:15.54	1:16.77	900m: 11:19.19	1:15.83	1300m: 16:21.59	1:15.08
	200m: 2:26.98	1:16.09	600m: 7:32.27	1:16.73	1000m: 12:35.08	1:15.89	1400m: 17:35.51	1:13.92
	300m: 3:43.19	1:16.21	700m: 8:47.79	1:15.52	1100m: 13:50.68	1:15.60	1500m: 18:45.06	1:09.55
	400m: 4:58.77	1:15.58	800m: 10:03.36	1:15.57	1200m: 15:06.51	1:15.83		
23.	Rodrigo Marques, LIMA		07	CASPAE		18:54.99	451	
	100m: 1:08.98	1:08.98	500m: 6:12.73	1:16.37	900m: 11:22.36	1:17.06	1300m: 16:28.36	1:16.92
	200m: 2:24.26	1:15.28	600m: 7:30.28	1:17.55	1000m: 12:39.21	1:16.85	1400m: 17:43.62	1:15.26
	300m: 3:40.41	1:16.15	700m: 8:47.67	1:17.39	1100m: 13:55.19	1:15.98	1500m: 18:54.99	1:11.37
	400m: 4:56.36	1:15.95	800m: 10:05.30	1:17.63	1200m: 15:11.44	1:16.25		

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

Prova 3, Masc., 1500m Livres, Juv B/Abs

Lugar			Ano			Tempo final	Pts	
24.	Goncalo Silva, GUEDES		08	Estarreja		18:55.98	450	
	100m:	1:08.70 1:08.70	500m:	6:13.14 1:16.75	900m:	11:18.65 1:16.18	1300m:	16:26.34 1:17.20
	200m:	2:24.56 1:15.86	600m:	7:29.45 1:16.31	1000m:	12:34.74 1:16.09	1400m:	17:43.27 1:16.93
	300m:	3:40.32 1:15.76	700m:	8:45.92 1:16.47	1100m:	13:52.40 1:17.66	1500m:	18:55.98 1:12.71
	400m:	4:56.39 1:16.07	800m:	10:02.47 1:16.55	1200m:	15:09.14 1:16.74		
25.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai		19:03.79	441	
	100m:	1:11.10 1:11.10	500m:	6:16.75 1:16.29	900m:	11:22.42 1:16.67	1300m:	16:31.34 1:17.46
	200m:	2:26.92 1:15.82	600m:	7:33.37 1:16.62	1000m:	12:39.77 1:17.35	1400m:	17:48.59 1:17.25
	300m:	3:44.20 1:17.28	700m:	8:49.68 1:16.31	1100m:	13:56.82 1:17.05	1500m:	19:03.79 1:15.20
	400m:	5:00.46 1:16.26	800m:	10:05.75 1:16.07	1200m:	15:13.88 1:17.06		
26.	Alexandre, SHUBIN		09	Campinho		19:12.46	431	
	100m:	1:08.06 1:08.06	500m:	6:10.92 1:17.58	900m:	11:22.55 1:17.82	1300m:	16:38.13 1:19.49
	200m:	2:21.87 1:13.81	600m:	7:28.82 1:17.90	1000m:	12:40.87 1:18.32	1400m:	17:56.68 1:18.55
	300m:	3:36.88 1:15.01	700m:	8:46.30 1:17.48	1100m:	13:59.87 1:19.00	1500m:	19:12.46 1:15.78
	400m:	4:53.34 1:16.46	800m:	10:04.73 1:18.43	1200m:	15:18.64 1:18.77		
27.	Antonio Tomas, TEIXEIRA		08	Gafanha da Encarnacao		19:13.02	431	
	100m:	1:11.25 1:11.25	500m:	6:19.48 1:18.02	900m:	11:31.22 1:17.76	1300m:	16:41.57 1:17.71
	200m:	2:27.25 1:16.00	600m:	7:37.26 1:17.78	1000m:	12:48.78 1:17.56	1400m:	17:58.46 1:16.89
	300m:	3:43.80 1:16.55	700m:	8:55.53 1:18.27	1100m:	14:06.18 1:17.40	1500m:	19:13.02 1:14.56
	400m:	5:01.46 1:17.66	800m:	10:13.46 1:17.93	1200m:	15:23.86 1:17.68		
28.	Renato Maria, FERREIRA		04	União de Coimbra		19:18.60	424	
	100m:	1:10.70 1:10.70	500m:	6:15.04 1:16.54	900m:	11:25.52 1:18.96	1300m:	16:42.25 1:19.31
	200m:	2:26.79 1:16.09	600m:	7:31.75 1:16.71	1000m:	12:44.63 1:19.11	1400m:	18:01.18 1:18.93
	300m:	3:43.25 1:16.46	700m:	8:48.61 1:16.86	1100m:	14:03.35 1:18.72	1500m:	19:18.60 1:17.42
	400m:	4:58.50 1:15.25	800m:	10:06.56 1:17.95	1200m:	15:22.94 1:19.59		
29.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense		19:56.73	385	
	100m:	1:10.59 1:10.59	500m:	6:29.02 1:20.43	900m:	11:54.17 1:21.16	1300m:	17:17.72 1:21.07
	200m:	2:28.51 1:17.92	600m:	7:50.38 1:21.36	1000m:	13:14.91 1:20.74	1400m:	18:38.81 1:21.09
	300m:	3:48.35 1:19.84	700m:	9:12.03 1:21.65	1100m:	14:35.85 1:20.94	1500m:	19:56.73 1:17.92
	400m:	5:08.59 1:20.24	800m:	10:33.01 1:20.98	1200m:	15:56.65 1:20.80		
30.	Pedro Blanc, CAPINHA		09	Óbidos Criativa		20:35.07	350	
	100m:	1:10.91 1:10.91	500m:	6:36.20 1:23.42	900m:	12:11.11 1:24.27	1300m:	17:52.55 1:25.65
	200m:	2:29.59 1:18.68	600m:	7:59.90 1:23.70	1000m:	13:35.51 1:24.40	1400m:	19:16.51 1:23.96
	300m:	3:50.66 1:21.07	700m:	9:23.16 1:23.26	1100m:	15:01.36 1:25.85	1500m:	20:35.07 1:18.56
	400m:	5:12.78 1:22.12	800m:	10:46.84 1:23.68	1200m:	16:26.90 1:25.54		