

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 3 Masc., 1500m Livres 14 anos e mais velhos
21/06/2024 - 16:30 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
Rec Nacionais Inf A	16:43.48	Pedro Fontoura, OLIVEIRA	CFB	Rio Maior	19/06/2004

TA ABS-MASC Open: 19:28.44 / 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. Joao Nuno, GASPAR	09	Condeixa Clube	17:59.80	524
100m: 1:05.29 1:05.29	500m: 5:52.02 1:12.76	900m: 10:45.47 1:13.97	1300m: 15:37.71 1:13.37	
200m: 2:14.95 1:09.66	600m: 7:04.74 1:12.72	1000m: 11:59.66 1:14.19	1400m: 16:50.86 1:13.15	
300m: 3:26.16 1:11.21	700m: 8:17.68 1:12.94	1100m: 13:11.77 1:12.11	1500m: 17:59.80 1:08.94	
400m: 4:39.26 1:13.10	800m: 9:31.50 1:13.82	1200m: 14:24.34 1:12.57		
2. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	18:12.26	507
100m: 1:06.42 1:06.42	500m: 5:55.94 1:12.35	900m: 10:51.04 1:14.37	1300m: 15:44.00 1:14.87	
200m: 2:18.77 1:12.35	600m: 7:08.99 1:13.05	1000m: 12:02.17 1:11.13	1400m: 16:58.38 1:14.38	
300m: 3:30.21 1:11.44	700m: 8:23.46 1:14.47	1100m: 13:14.80 1:12.63	1500m: 18:12.26 1:13.88	
400m: 4:43.59 1:13.38	800m: 9:36.67 1:13.21	1200m: 14:29.13 1:14.33		
3. Tomas Rafael, PEREIRA	09	Condeixa Clube	18:30.63	482
100m: 1:07.60 1:07.60	500m: 6:03.30 1:14.85	900m: 11:01.66 1:15.11	1300m: 16:00.76 1:14.64	
200m: 2:20.50 1:12.90	600m: 7:17.22 1:13.92	1000m: 12:15.31 1:13.65	1400m: 17:17.14 1:16.38	
300m: 3:34.61 1:14.11	700m: 8:31.67 1:14.45	1100m: 13:31.37 1:16.06	1500m: 18:30.63 1:13.49	
400m: 4:48.45 1:13.84	800m: 9:46.55 1:14.88	1200m: 14:46.12 1:14.75		
4. Francisco Antunes, SOUSA	09	Cumbofilha Cantanhedense	19:47.45	394
<i>FTL</i>				
100m: 1:12.77 1:12.77	500m: 6:24.43 1:18.75	900m: 11:43.95 1:21.17	1300m: 17:05.71 1:21.10	
200m: 2:29.77 1:17.00	600m: 7:43.08 1:18.65	1000m: 13:04.91 1:20.96	1400m: 18:25.81 1:20.10	
300m: 3:47.75 1:17.98	700m: 9:02.52 1:19.44	1100m: 14:24.07 1:19.16	1500m: 19:47.45 1:21.64	
400m: 5:05.68 1:17.93	800m: 10:22.78 1:20.26	1200m: 15:44.61 1:20.54		
5. Gabriel Santiago, FERREIRA	09	Uniao Juncalense	20:20.52	363
<i>FTL</i>				
100m: 1:11.91 1:11.91	500m: 6:34.84 1:22.44	900m: 12:04.59 1:22.24	1300m: 17:35.80 1:23.13	
200m: 2:30.67 1:18.76	600m: 7:57.32 1:22.48	1000m: 13:27.27 1:22.68	1400m: 18:58.52 1:22.72	
300m: 3:51.63 1:20.96	700m: 9:19.80 1:22.48	1100m: 14:49.99 1:22.72	1500m: 20:20.52 1:22.00	
400m: 5:12.40 1:20.77	800m: 10:42.35 1:22.55	1200m: 16:12.67 1:22.68		
6. Andre Guilherme, CORDEIRO	09	Naval de Peniche	20:31.05	354
<i>FTL</i>				
100m: 1:14.76 1:14.76	500m: 6:40.99 1:23.27	900m: 12:12.75 1:22.72	1300m: 17:46.39 1:23.85	
200m: 2:34.02 1:19.26	600m: 8:04.21 1:23.22	1000m: 13:35.97 1:23.22	1400m: 19:10.19 1:23.80	
300m: 3:55.14 1:21.12	700m: 9:26.95 1:22.74	1100m: 14:59.33 1:23.36	1500m: 20:31.05 1:20.86	
400m: 5:17.72 1:22.58	800m: 10:50.03 1:23.08	1200m: 16:22.54 1:23.21		

Juv A

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	16:54.55	632
100m: 1:04.17 1:04.17	500m: 5:36.92 1:08.39	900m: 10:08.67 1:07.67	1300m: 14:39.32 1:07.64	
200m: 2:11.87 1:07.70	600m: 6:44.99 1:08.07	1000m: 11:16.44 1:07.77	1400m: 15:47.21 1:07.89	
300m: 3:19.96 1:08.09	700m: 7:53.14 1:08.15	1100m: 12:24.15 1:07.71	1500m: 16:54.55 1:07.34	
400m: 4:28.53 1:08.57	800m: 9:01.00 1:07.86	1200m: 13:31.68 1:07.53		
2. Guilherme Simoes, SOUSA	08	Nautico Academico	17:30.92	569
100m: 1:05.37 1:05.37	500m: 5:47.49 1:11.04	900m: 10:29.59 1:10.60	1300m: 15:12.76 1:10.98	
200m: 2:15.11 1:09.74	600m: 6:58.15 1:10.66	1000m: 11:40.29 1:10.70	1400m: 16:23.83 1:11.07	
300m: 3:25.51 1:10.40	700m: 8:08.62 1:10.47	1100m: 12:50.92 1:10.63	1500m: 17:30.92 1:07.09	
400m: 4:36.45 1:10.94	800m: 9:18.99 1:10.37	1200m: 14:01.78 1:10.86		

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

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

Lugar			Ano				Tempo final	Pts
3.	Samuel Dinis, MAIA		08	Miranda do Corvo			17:46.59	544
	100m:	1:05.13 1:05.13	500m:	5:52.03 1:12.62	900m:	10:39.68 1:11.13	1300m:	15:26.76 1:11.69
	200m:	2:16.03 1:10.90	600m:	7:03.74 1:11.71	1000m:	11:51.97 1:12.29	1400m:	16:37.61 1:10.85
	300m:	3:27.67 1:11.64	700m:	8:16.11 1:12.37	1100m:	13:03.64 1:11.67	1500m:	17:46.59 1:08.98
	400m:	4:39.41 1:11.74	800m:	9:28.55 1:12.44	1200m:	14:15.07 1:11.43		
4.	Mikhael, ONUTSKYY		08	Pimpoes/Cimai			18:00.38	524
	100m:	1:07.73 1:07.73	500m:	5:55.04 1:12.26	900m:	10:45.74 1:12.86	1300m:	15:37.38 1:12.98
	200m:	2:19.18 1:11.45	600m:	7:07.28 1:12.24	1000m:	11:58.93 1:13.19	1400m:	16:50.25 1:12.87
	300m:	3:30.92 1:11.74	700m:	8:20.08 1:12.80	1100m:	13:11.40 1:12.47	1500m:	18:00.38 1:10.13
	400m:	4:42.78 1:11.86	800m:	9:32.88 1:12.80	1200m:	14:24.40 1:13.00		
5.	Santiago Boica, SOUSA		08	Vieirense			18:21.68	494
	100m:	1:05.52 1:05.52	500m:	6:04.09 1:16.25	900m:	11:03.54 1:14.26	1300m:	15:59.49 1:13.05
	200m:	2:18.52 1:13.00	600m:	7:18.99 1:14.90	1000m:	12:18.65 1:15.11	1400m:	17:12.48 1:12.99
	300m:	3:32.29 1:13.77	700m:	8:33.79 1:14.80	1100m:	13:32.19 1:13.54	1500m:	18:21.68 1:09.20
	400m:	4:47.84 1:15.55	800m:	9:49.28 1:15.49	1200m:	14:46.44 1:14.25		
6.	Salvador Correia, PEREIRA		08	Condeixa Clube			18:22.30	493
	100m:	1:08.33 1:08.33	500m:	6:01.59 1:13.13	900m:	10:58.66 1:14.06	1300m:	15:57.86 1:13.76
	200m:	2:21.19 1:12.86	600m:	7:15.67 1:14.08	1000m:	12:13.31 1:14.65	1400m:	17:10.98 1:13.12
	300m:	3:34.60 1:13.41	700m:	8:29.80 1:14.13	1100m:	13:28.61 1:15.30	1500m:	18:22.30 1:11.32
	400m:	4:48.46 1:13.86	800m:	9:44.60 1:14.80	1200m:	14:44.10 1:15.49		
7.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai			18:57.27	449
	100m:	1:08.04 1:08.04	500m:	6:12.40 1:16.82	900m:	11:22.30 1:17.74	1300m:	16:28.74 1:15.99
	200m:	2:22.96 1:14.92	600m:	7:30.00 1:17.60	1000m:	12:40.05 1:17.75	1400m:	17:44.10 1:15.36
	300m:	3:38.46 1:15.50	700m:	8:47.59 1:17.59	1100m:	13:56.43 1:16.38	1500m:	18:57.27 1:13.17
	400m:	4:55.58 1:17.12	800m:	10:04.56 1:16.97	1200m:	15:12.75 1:16.32		

Jun

1.	Marco Dimitar, OLIVEIRA		07	Nautico Academico			17:18.01	590
	100m:	1:03.83 1:03.83	500m:	5:39.42 1:09.39	900m:	10:16.67 1:09.68	1300m:	14:57.82 1:10.65
	200m:	2:12.25 1:08.42	600m:	6:48.49 1:09.07	1000m:	11:26.50 1:09.83	1400m:	16:08.94 1:11.12
	300m:	3:21.03 1:08.78	700m:	7:57.53 1:09.04	1100m:	12:36.46 1:09.96	1500m:	17:18.01 1:09.07
	400m:	4:30.03 1:09.00	800m:	9:06.99 1:09.46	1200m:	13:47.17 1:10.71		
2.	Duarte Cachulo, MARQUES		07	Condeixa Clube			17:30.12	570
	100m:	1:05.65 1:05.65	500m:	5:44.18 1:10.58	900m:	10:27.79 1:10.76	1300m:	15:12.26 1:11.54
	200m:	2:14.71 1:09.06	600m:	6:55.10 1:10.92	1000m:	11:38.19 1:10.40	1400m:	16:21.78 1:09.52
	300m:	3:24.07 1:09.36	700m:	8:06.23 1:11.13	1100m:	12:49.08 1:10.89	1500m:	17:30.12 1:08.34
	400m:	4:33.60 1:09.53	800m:	9:17.03 1:10.80	1200m:	14:00.72 1:11.64		
3.	Luca Valentino, TONA		06	Pimpoes/Cimai			17:51.75	536
	100m:	1:05.71 1:05.71	500m:	5:50.91 1:12.01	900m:	10:39.14 1:12.17	1300m:	15:29.58 1:13.36
	200m:	2:15.70 1:09.99	600m:	7:02.64 1:11.73	1000m:	11:51.70 1:12.56	1400m:	16:41.89 1:12.31
	300m:	3:26.52 1:10.82	700m:	8:15.04 1:12.40	1100m:	13:03.68 1:11.98	1500m:	17:51.75 1:09.86
	400m:	4:38.90 1:12.38	800m:	9:26.97 1:11.93	1200m:	14:16.22 1:12.54		
4.	Gil Santos, LEMOS		06	Pimpoes/Cimai			18:01.30	522
	100m:	1:05.73 1:05.73	500m:	5:48.34 1:11.49	900m:	10:40.55 1:13.22	1300m:	15:37.10 1:14.02
	200m:	2:15.71 1:09.98	600m:	7:00.21 1:11.87	1000m:	11:55.05 1:14.50	1400m:	16:49.72 1:12.62
	300m:	3:26.57 1:10.86	700m:	8:12.78 1:12.57	1100m:	13:09.66 1:14.61	1500m:	18:01.30 1:11.58
	400m:	4:36.85 1:10.28	800m:	9:27.33 1:14.55	1200m:	14:23.08 1:13.42		
5.	Rodrigo Marques, LIMA		07	CASPAE			18:53.75	453
	100m:	1:08.04 1:08.04	500m:	6:14.14 1:17.30	900m:	11:23.06 1:17.33	1300m:	16:28.00 1:16.14
	200m:	2:23.69 1:15.65	600m:	7:30.73 1:16.59	1000m:	12:39.99 1:16.93	1400m:	17:43.28 1:15.28
	300m:	3:40.31 1:16.62	700m:	8:48.73 1:18.00	1100m:	13:55.35 1:15.36	1500m:	18:53.75 1:10.47
	400m:	4:56.84 1:16.53	800m:	10:05.73 1:17.00	1200m:	15:11.86 1:16.51		

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

Prova 3, Masc., 1500m Livres

Sen

1. Afonso Filipe, COSTA	03	Louzan Natação	17:10.87	603
100m: 1:04.23 1:04.23	500m: 5:30.67 1:07.53	900m: 10:06.81 1:09.67	1300m: 14:49.03 1:11.00	
200m: 2:10.48 1:06.25	600m: 6:38.41 1:07.74	1000m: 11:17.21 1:10.40	1400m: 16:00.09 1:11.06	
300m: 3:16.59 1:06.11	700m: 7:47.62 1:09.21	1100m: 12:27.54 1:10.33	1500m: 17:10.87 1:10.78	
400m: 4:23.14 1:06.55	800m: 8:57.14 1:09.52	1200m: 13:38.03 1:10.49		
2. Alexandre Ramos, GONCALVES	05	Sao Joao Ver	17:23.13	582
100m: 1:03.90 1:03.90	500m: 5:36.07 1:08.92	900m: 10:16.74 1:10.41	1300m: 15:04.34 1:11.12	
200m: 2:11.16 1:07.26	600m: 6:45.50 1:09.43	1000m: 11:28.53 1:11.79	1400m: 16:14.28 1:09.94	
300m: 3:18.60 1:07.44	700m: 7:55.48 1:09.98	1100m: 12:40.94 1:12.41	1500m: 17:23.13 1:08.85	
400m: 4:27.15 1:08.55	800m: 9:06.33 1:10.85	1200m: 13:53.22 1:12.28		
3. Abel Renato, FERREIRA	05	Algés e Águeda XXI	17:31.50	568
100m: 1:04.36 1:04.36	500m: 5:41.66 1:09.96	900m: 10:25.71 1:10.50	1300m: 15:10.35 1:11.02	
200m: 2:13.07 1:08.71	600m: 6:52.63 1:10.97	1000m: 11:36.01 1:10.30	1400m: 16:21.83 1:11.48	
300m: 3:22.26 1:09.19	700m: 8:04.09 1:11.46	1100m: 12:47.34 1:11.33	1500m: 17:31.50 1:09.67	
400m: 4:31.70 1:09.44	800m: 9:15.21 1:11.12	1200m: 13:59.33 1:11.99		
4. Antonio Pedro, MARTINS	05	União de Coimbra	18:00.37	524
100m: 1:08.06 1:08.06	500m: 5:56.32 1:12.40	900m: 10:45.32 1:12.41	1300m: 15:37.01 1:13.12	
200m: 2:20.06 1:12.00	600m: 7:08.10 1:11.78	1000m: 11:57.95 1:12.63	1400m: 16:49.89 1:12.88	
300m: 3:31.72 1:11.66	700m: 8:20.50 1:12.40	1100m: 13:10.95 1:13.00	1500m: 18:00.37 1:10.48	
400m: 4:43.92 1:12.20	800m: 9:32.91 1:12.41	1200m: 14:23.89 1:12.94		
5. Tomas Cardoso, GERALDO	05	Condeixa Clube	18:00.57	523
100m: 1:05.51 1:05.51	500m: 5:52.45 1:12.76	900m: 10:44.35 1:13.11	1300m: 15:38.84 1:12.82	
200m: 2:16.37 1:10.86	600m: 7:04.39 1:11.94	1000m: 11:58.26 1:13.91	1400m: 16:51.75 1:12.91	
300m: 3:28.11 1:11.74	700m: 8:17.54 1:13.15	1100m: 13:12.28 1:14.02	1500m: 18:00.57 1:08.82	
400m: 4:39.69 1:11.58	800m: 9:31.24 1:13.70	1200m: 14:26.02 1:13.74		

Juv B/Abs

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	16:54.55	632
100m: 1:04.17 1:04.17	500m: 5:36.92 1:08.39	900m: 10:08.67 1:07.67	1300m: 14:39.32 1:07.64	
200m: 2:11.87 1:07.70	600m: 6:44.99 1:08.07	1000m: 11:16.44 1:07.77	1400m: 15:47.21 1:07.89	
300m: 3:19.96 1:08.09	700m: 7:53.14 1:08.15	1100m: 12:24.15 1:07.71	1500m: 16:54.55 1:07.34	
400m: 4:28.53 1:08.57	800m: 9:01.00 1:07.86	1200m: 13:31.68 1:07.53		
2. Afonso Filipe, COSTA	03	Louzan Natação	17:10.87	603
100m: 1:04.23 1:04.23	500m: 5:30.67 1:07.53	900m: 10:06.81 1:09.67	1300m: 14:49.03 1:11.00	
200m: 2:10.48 1:06.25	600m: 6:38.41 1:07.74	1000m: 11:17.21 1:10.40	1400m: 16:00.09 1:11.06	
300m: 3:16.59 1:06.11	700m: 7:47.62 1:09.21	1100m: 12:27.54 1:10.33	1500m: 17:10.87 1:10.78	
400m: 4:23.14 1:06.55	800m: 8:57.14 1:09.52	1200m: 13:38.03 1:10.49		
3. Marco Dimitar, OLIVEIRA	07	Nautico Academico	17:18.01	590
100m: 1:03.83 1:03.83	500m: 5:39.42 1:09.39	900m: 10:16.67 1:09.68	1300m: 14:57.82 1:10.65	
200m: 2:12.25 1:08.42	600m: 6:48.49 1:09.07	1000m: 11:26.50 1:09.83	1400m: 16:08.94 1:11.12	
300m: 3:21.03 1:08.78	700m: 7:57.53 1:09.04	1100m: 12:36.46 1:09.96	1500m: 17:18.01 1:09.07	
400m: 4:30.03 1:09.00	800m: 9:06.99 1:09.46	1200m: 13:47.17 1:10.71		
4. Alexandre Ramos, GONCALVES	05	Sao Joao Ver	17:23.13	582
100m: 1:03.90 1:03.90	500m: 5:36.07 1:08.92	900m: 10:16.74 1:10.41	1300m: 15:04.34 1:11.12	
200m: 2:11.16 1:07.26	600m: 6:45.50 1:09.43	1000m: 11:28.53 1:11.79	1400m: 16:14.28 1:09.94	
300m: 3:18.60 1:07.44	700m: 7:55.48 1:09.98	1100m: 12:40.94 1:12.41	1500m: 17:23.13 1:08.85	
400m: 4:27.15 1:08.55	800m: 9:06.33 1:10.85	1200m: 13:53.22 1:12.28		
5. Duarte Cachulo, MARQUES	07	Condeixa Clube	17:30.12	570
100m: 1:05.65 1:05.65	500m: 5:44.18 1:10.58	900m: 10:27.79 1:10.76	1300m: 15:12.26 1:11.54	
200m: 2:14.71 1:09.06	600m: 6:55.10 1:10.92	1000m: 11:38.19 1:10.40	1400m: 16:21.78 1:09.52	
300m: 3:24.07 1:09.36	700m: 8:06.23 1:11.13	1100m: 12:49.08 1:10.89	1500m: 17:30.12 1:08.34	
400m: 4:33.60 1:09.53	800m: 9:17.03 1:10.80	1200m: 14:00.72 1:11.64		
6. Guilherme Simoes, SOUSA	08	Nautico Academico	17:30.92	569
100m: 1:05.37 1:05.37	500m: 5:47.49 1:11.04	900m: 10:29.59 1:10.60	1300m: 15:12.76 1:10.98	
200m: 2:15.11 1:09.74	600m: 6:58.15 1:10.66	1000m: 11:40.29 1:10.70	1400m: 16:23.83 1:11.07	
300m: 3:25.51 1:10.40	700m: 8:08.62 1:10.47	1100m: 12:50.92 1:10.63	1500m: 17:30.92 1:07.09	
400m: 4:36.45 1:10.94	800m: 9:18.99 1:10.37	1200m: 14:01.78 1:10.86		

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

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

Lugar			Ano			Tempo final	Pts	
7.	Abel Renato, FERREIRA		05	Algés e Águeda XXI		17:31.50	568	
	100m: 1:04.36	1:04.36	500m: 5:41.66	1:09.96	900m: 10:25.71	1:10.50	1300m: 15:10.35	1:11.02
	200m: 2:13.07	1:08.71	600m: 6:52.63	1:10.97	1000m: 11:36.01	1:10.30	1400m: 16:21.83	1:11.48
	300m: 3:22.26	1:09.19	700m: 8:04.09	1:11.46	1100m: 12:47.34	1:11.33	1500m: 17:31.50	1:09.67
	400m: 4:31.70	1:09.44	800m: 9:15.21	1:11.12	1200m: 13:59.33	1:11.99		
8.	Samuel Dinis, MAIA		08	Miranda do Corvo		17:46.59	544	
	100m: 1:05.13	1:05.13	500m: 5:52.03	1:12.62	900m: 10:39.68	1:11.13	1300m: 15:26.76	1:11.69
	200m: 2:16.03	1:10.90	600m: 7:03.74	1:11.71	1000m: 11:51.97	1:12.29	1400m: 16:37.61	1:10.85
	300m: 3:27.67	1:11.64	700m: 8:16.11	1:12.37	1100m: 13:03.64	1:11.67	1500m: 17:46.59	1:08.98
	400m: 4:39.41	1:11.74	800m: 9:28.55	1:12.44	1200m: 14:15.07	1:11.43		
9.	Luca Valentino, TONA		06	Pimpoes/Cimai		17:51.75	536	
	100m: 1:05.71	1:05.71	500m: 5:50.91	1:12.01	900m: 10:39.14	1:12.17	1300m: 15:29.58	1:13.36
	200m: 2:15.70	1:09.99	600m: 7:02.64	1:11.73	1000m: 11:51.70	1:12.56	1400m: 16:41.89	1:12.31
	300m: 3:26.52	1:10.82	700m: 8:15.04	1:12.40	1100m: 13:03.68	1:11.98	1500m: 17:51.75	1:09.86
	400m: 4:38.90	1:12.38	800m: 9:26.97	1:11.93	1200m: 14:16.22	1:12.54		
10.	Joao Nuno, GASPAS		09	Condeixa Clube		17:59.80	524	
	100m: 1:05.29	1:05.29	500m: 5:52.02	1:12.76	900m: 10:45.47	1:13.97	1300m: 15:37.71	1:13.37
	200m: 2:14.95	1:09.66	600m: 7:04.74	1:12.72	1000m: 11:59.66	1:14.19	1400m: 16:50.86	1:13.15
	300m: 3:26.16	1:11.21	700m: 8:17.68	1:12.94	1100m: 13:11.77	1:12.11	1500m: 17:59.80	1:08.94
	400m: 4:39.26	1:13.10	800m: 9:31.50	1:13.82	1200m: 14:24.34	1:12.57		
11.	Antonio Pedro, MARTINS		05	União de Coimbra		18:00.37	524	
	100m: 1:08.06	1:08.06	500m: 5:56.32	1:12.40	900m: 10:45.32	1:12.41	1300m: 15:37.01	1:13.12
	200m: 2:20.06	1:12.00	600m: 7:08.10	1:11.78	1000m: 11:57.95	1:12.63	1400m: 16:49.89	1:12.88
	300m: 3:31.72	1:11.66	700m: 8:20.50	1:12.40	1100m: 13:10.95	1:13.00	1500m: 18:00.37	1:10.48
	400m: 4:43.92	1:12.20	800m: 9:32.91	1:12.41	1200m: 14:23.89	1:12.94		
12.	Mikhael, ONUTSKYY		08	Pimpoes/Cimai		18:00.38	524	
	100m: 1:07.73	1:07.73	500m: 5:55.04	1:12.26	900m: 10:45.74	1:12.86	1300m: 15:37.38	1:12.98
	200m: 2:19.18	1:11.45	600m: 7:07.28	1:12.24	1000m: 11:58.93	1:13.19	1400m: 16:50.25	1:12.87
	300m: 3:30.92	1:11.74	700m: 8:20.08	1:12.80	1100m: 13:11.40	1:12.47	1500m: 18:00.38	1:10.13
	400m: 4:42.78	1:11.86	800m: 9:32.88	1:12.80	1200m: 14:24.40	1:13.00		
13.	Tomas Cardoso, GERALDO		05	Condeixa Clube		18:00.57	523	
	100m: 1:05.51	1:05.51	500m: 5:52.45	1:12.76	900m: 10:44.35	1:13.11	1300m: 15:38.84	1:12.82
	200m: 2:16.37	1:10.86	600m: 7:04.39	1:11.94	1000m: 11:58.26	1:13.91	1400m: 16:51.75	1:12.91
	300m: 3:28.11	1:11.74	700m: 8:17.54	1:13.15	1100m: 13:12.28	1:14.02	1500m: 18:00.57	1:08.82
	400m: 4:39.69	1:11.58	800m: 9:31.24	1:13.70	1200m: 14:26.02	1:13.74		
14.	Gil Santos, LEMOS		06	Pimpoes/Cimai		18:01.30	522	
	100m: 1:05.73	1:05.73	500m: 5:48.34	1:11.49	900m: 10:40.55	1:13.22	1300m: 15:37.10	1:14.02
	200m: 2:15.71	1:09.98	600m: 7:00.21	1:11.87	1000m: 11:55.05	1:14.50	1400m: 16:49.72	1:12.62
	300m: 3:26.57	1:10.86	700m: 8:12.78	1:12.57	1100m: 13:09.66	1:14.61	1500m: 18:01.30	1:11.58
	400m: 4:36.85	1:10.28	800m: 9:27.33	1:14.55	1200m: 14:23.08	1:13.42		
15.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai		18:12.26	507	
	100m: 1:06.42	1:06.42	500m: 5:55.94	1:12.35	900m: 10:51.04	1:14.37	1300m: 15:44.00	1:14.87
	200m: 2:18.77	1:12.35	600m: 7:08.99	1:13.05	1000m: 12:02.17	1:11.13	1400m: 16:58.38	1:14.38
	300m: 3:30.21	1:11.44	700m: 8:23.46	1:14.47	1100m: 13:14.80	1:12.63	1500m: 18:12.26	1:13.88
	400m: 4:43.59	1:13.38	800m: 9:36.67	1:13.21	1200m: 14:29.13	1:14.33		
16.	Santiago Boica, SOUSA		08	Vieirense		18:21.68	494	
	100m: 1:05.52	1:05.52	500m: 6:04.09	1:16.25	900m: 11:03.54	1:14.26	1300m: 15:59.49	1:13.05
	200m: 2:18.52	1:13.00	600m: 7:18.99	1:14.90	1000m: 12:18.65	1:15.11	1400m: 17:12.48	1:12.99
	300m: 3:32.29	1:13.77	700m: 8:33.79	1:14.80	1100m: 13:32.19	1:13.54	1500m: 18:21.68	1:09.20
	400m: 4:47.84	1:15.55	800m: 9:49.28	1:15.49	1200m: 14:46.44	1:14.25		
17.	Salvador Correia, PEREIRA		08	Condeixa Clube		18:22.30	493	
	100m: 1:08.33	1:08.33	500m: 6:01.59	1:13.13	900m: 10:58.66	1:14.06	1300m: 15:57.86	1:13.76
	200m: 2:21.19	1:12.86	600m: 7:15.67	1:14.08	1000m: 12:13.31	1:14.65	1400m: 17:10.98	1:13.12
	300m: 3:34.60	1:13.41	700m: 8:29.80	1:14.13	1100m: 13:28.61	1:15.30	1500m: 18:22.30	1:11.32
	400m: 4:48.46	1:13.86	800m: 9:44.60	1:14.80	1200m: 14:44.10	1:15.49		
18.	Tomas Rafael, PEREIRA		09	Condeixa Clube		18:30.63	482	
	100m: 1:07.60	1:07.60	500m: 6:03.30	1:14.85	900m: 11:01.66	1:15.11	1300m: 16:00.76	1:14.64
	200m: 2:20.50	1:12.90	600m: 7:17.22	1:13.92	1000m: 12:15.31	1:13.65	1400m: 17:17.14	1:16.38
	300m: 3:34.61	1:14.11	700m: 8:31.67	1:14.45	1100m: 13:31.37	1:16.06	1500m: 18:30.63	1:13.49
	400m: 4:48.45	1:13.84	800m: 9:46.55	1:14.88	1200m: 14:46.12	1:14.75		

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 21 - 23/6/2024

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

Lugar			Ano				Tempo final	Pts
19.	Rodrigo Marques, LIMA		07	CASPAE		18:53.75	453	
	100m: 1:08.04	1:08.04	500m: 6:14.14	1:17.30	900m: 11:23.06	1:17.33	1300m: 16:28.00	1:16.14
	200m: 2:23.69	1:15.65	600m: 7:30.73	1:16.59	1000m: 12:39.99	1:16.93	1400m: 17:43.28	1:15.28
	300m: 3:40.31	1:16.62	700m: 8:48.73	1:18.00	1100m: 13:55.35	1:15.36	1500m: 18:53.75	1:10.47
	400m: 4:56.84	1:16.53	800m: 10:05.73	1:17.00	1200m: 15:11.86	1:16.51		
20.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai		18:57.27	449	
	100m: 1:08.04	1:08.04	500m: 6:12.40	1:16.82	900m: 11:22.30	1:17.74	1300m: 16:28.74	1:15.99
	200m: 2:22.96	1:14.92	600m: 7:30.00	1:17.60	1000m: 12:40.05	1:17.75	1400m: 17:44.10	1:15.36
	300m: 3:38.46	1:15.50	700m: 8:47.59	1:17.59	1100m: 13:56.43	1:16.38	1500m: 18:57.27	1:13.17
	400m: 4:55.58	1:17.12	800m: 10:04.56	1:16.97	1200m: 15:12.75	1:16.32		
21.	Francisco Antunes, SOUSA		09	Columbofila Cantanhedense		19:47.45	394	
	<i>FTL</i>							
	100m: 1:12.77	1:12.77	500m: 6:24.43	1:18.75	900m: 11:43.95	1:21.17	1300m: 17:05.71	1:21.10
	200m: 2:29.77	1:17.00	600m: 7:43.08	1:18.65	1000m: 13:04.91	1:20.96	1400m: 18:25.81	1:20.10
	300m: 3:47.75	1:17.98	700m: 9:02.52	1:19.44	1100m: 14:24.07	1:19.16	1500m: 19:47.45	1:21.64
	400m: 5:05.68	1:17.93	800m: 10:22.78	1:20.26	1200m: 15:44.61	1:20.54		
22.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense		20:20.52	363	
	<i>FTL</i>							
	100m: 1:11.91	1:11.91	500m: 6:34.84	1:22.44	900m: 12:04.59	1:22.24	1300m: 17:35.80	1:23.13
	200m: 2:30.67	1:18.76	600m: 7:57.32	1:22.48	1000m: 13:27.27	1:22.68	1400m: 18:58.52	1:22.72
	300m: 3:51.63	1:20.96	700m: 9:19.80	1:22.48	1100m: 14:49.99	1:22.72	1500m: 20:20.52	1:22.00
	400m: 5:12.40	1:20.77	800m: 10:42.35	1:22.55	1200m: 16:12.67	1:22.68		
23.	Andre Guilherme, CORDEIRO		09	Naval de Peniche		20:31.05	354	
	<i>FTL</i>							
	100m: 1:14.76	1:14.76	500m: 6:40.99	1:23.27	900m: 12:12.75	1:22.72	1300m: 17:46.39	1:23.85
	200m: 2:34.02	1:19.26	600m: 8:04.21	1:23.22	1000m: 13:35.97	1:23.22	1400m: 19:10.19	1:23.80
	300m: 3:55.14	1:21.12	700m: 9:26.95	1:22.74	1100m: 14:59.33	1:23.36	1500m: 20:31.05	1:20.86
	400m: 5:17.72	1:22.58	800m: 10:50.03	1:23.08	1200m: 16:22.54	1:23.21		