

Campeonatos Regionais Juv. Jun. Sen.
V R STº Antonio, 16 - 17/3/2024

Prova 3	Masc., 1500m Livres					Absolutos
16/03/2024 - 9:55						Resultados
Recordes Regionais Open	16:00.92	Ricardo Sousa, FILIPE	LDC	Leiria	06/12/2009	
Recordes Regionais Sen.	16:00.92	Ricardo Sousa, FILIPE	LDC	Leiria	06/12/2009	
Recordes Regionais Jun. 2	16:20.21	Rui Miguel, LOPES	CNOL	Silves	04/12/2011	
Recordes Regionais Jun. 1	16:30.83	Joao Duarte, SANTOS	CNOL	Quarteira	12/11/2011	
Recordes Regionais Juv. A	16:35.72	Eduardo Cardoso, LOPES	LDC	Leiria	14/12/2014	
Recordes Regionais Juv. B	16:41.29	Eduardo Cardoso, LOPES	LDC	Silves	16/03/2014	
S21 - 25m	23:49.27	Francisco Pessanha, MONTES	ADADA	Recarei	22/05/2022	

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
Juvenis B					
1.	Rafael Alexandre, SILVA	09	Louletano / Loule Concelho	17:46.40	500
	100m: 1:06.27 1:06.27	500m: 5:54.12 1:12.19	900m: 10:39.66 1:10.46	1300m: 15:25.46 1:11.45	
	200m: 2:17.71 1:11.44	600m: 7:06.46 1:12.34	1000m: 11:50.83 1:11.17	1400m: 16:37.65 1:12.19	
	300m: 3:29.56 1:11.85	700m: 8:18.86 1:12.40	1100m: 13:02.19 1:11.36	1500m: 17:46.40 1:08.75	
	400m: 4:41.93 1:12.37	800m: 9:29.20 1:10.34	1200m: 14:14.01 1:11.82		
2.	Diogo Filipe, CARDOSO	09	Natacao de Olhao	19:34.46	374
	100m: 1:07.26 1:07.26	500m: 5:54.24 1:11.52	900m: 10:43.12 1:11.90	1300m: 16:38.99 1:30.40	
	200m: 2:18.88 1:11.62	600m: 7:07.15 1:12.91	1000m: 11:58.08 1:14.96	1400m: 18:08.21 1:29.22	
	300m: 3:30.68 1:11.80	700m: 8:19.59 1:12.44	1100m: 13:29.92 1:31.84	1500m: 19:34.46 1:26.25	
	400m: 4:42.72 1:12.04	800m: 9:31.22 1:11.63	1200m: 15:08.59 1:38.67		
3.	Luis Pedro, PINTO	09	Beja	20:20.24	334
	100m: 1:08.31 1:08.31	500m: 6:28.09 1:21.58	900m: 12:03.33 1:25.38	1300m: 17:39.00 1:22.42	
	200m: 2:26.27 1:17.96	600m: 7:50.08 1:21.99	1000m: 13:27.88 1:24.55	1400m: 19:01.71 1:22.71	
	300m: 3:46.68 1:20.41	700m: 9:14.00 1:23.92	1100m: 14:52.82 1:24.94	1500m: 20:20.24 1:18.53	
	400m: 5:06.51 1:19.83	800m: 10:37.95 1:23.95	1200m: 16:16.58 1:23.76		
4.	Tomas Santos, MIGUEL	09	Aquatico Silves	20:54.43	307
	100m: 1:14.17 1:14.17	500m: 6:51.98 1:25.27	900m: 12:31.98 1:24.21	1300m: 18:11.62 1:25.87	
	200m: 2:36.56 1:22.39	600m: 8:18.09 1:26.11	1000m: 13:56.10 1:24.12	1400m: 19:36.45 1:24.83	
	300m: 4:01.40 1:24.84	700m: 9:43.04 1:24.95	1100m: 15:21.25 1:25.15	1500m: 20:54.43 1:17.98	
	400m: 5:26.71 1:25.31	800m: 11:07.77 1:24.73	1200m: 16:45.75 1:24.50		
5.	Simao Charneca, SOARES	09	Natacao de Olhao	22:03.09	262
	100m: 1:18.48 1:18.48	500m: 7:08.39 1:28.61	900m: 13:03.93 1:30.05	1300m: 19:05.17 1:30.38	
	200m: 2:44.34 1:25.86	600m: 8:36.66 1:28.27	1000m: 14:35.12 1:31.19	1400m: 20:35.44 1:30.27	
	300m: 4:11.50 1:27.16	700m: 10:05.24 1:28.58	1100m: 16:04.23 1:29.11	1500m: 22:03.09 1:27.65	
	400m: 5:39.78 1:28.28	800m: 11:33.88 1:28.64	1200m: 17:34.79 1:30.56		
Juvenis A					
1.	Martim Santos, CABRITA	08	Louletano / Loule Concelho	17:44.97	502
	100m: 1:04.18 1:04.18	500m: 5:50.51 1:13.11	900m: 10:38.07 1:10.38	1300m: 15:24.22 1:11.76	
	200m: 2:14.95 1:10.77	600m: 7:03.31 1:12.80	1000m: 11:49.91 1:11.84	1400m: 16:36.40 1:12.18	
	300m: 3:26.76 1:11.81	700m: 8:16.08 1:12.77	1100m: 13:00.85 1:10.94	1500m: 17:44.97 1:08.57	
	400m: 4:37.40 1:10.64	800m: 9:27.69 1:11.61	1200m: 14:12.46 1:11.61		
2.	Diogo Jose, MATEUS	08	Lagoa AC	18:22.73	452
	100m: 1:06.74 1:06.74	500m: 6:01.97 1:14.22	900m: 11:00.81 1:15.69	1300m: 15:58.62 1:13.89	
	200m: 2:19.56 1:12.82	600m: 7:16.14 1:14.17	1000m: 12:15.94 1:15.13	1400m: 17:12.90 1:14.28	
	300m: 3:33.35 1:13.79	700m: 8:30.48 1:14.34	1100m: 13:30.48 1:14.54	1500m: 18:22.73 1:09.83	
	400m: 4:47.75 1:14.40	800m: 9:45.12 1:14.64	1200m: 14:44.73 1:14.25		
Seniores					
1.	Paulo Alexandre, SOUSA	72	Lagoa AC	20:51.52	309
	100m: 1:20.32 1:20.32	500m: 6:58.32 1:24.82	900m: 12:34.86 1:23.80	1300m: 18:09.10 1:22.35	
	200m: 2:43.82 1:23.50	600m: 8:23.06 1:24.74	1000m: 13:58.66 1:23.80	1400m: 19:31.46 1:22.36	
	300m: 4:09.21 1:25.39	700m: 9:46.79 1:23.73	1100m: 15:22.96 1:24.30	1500m: 20:51.52 1:20.06	
	400m: 5:33.50 1:24.29	800m: 11:11.06 1:24.27	1200m: 16:46.75 1:23.79		

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Prova 3, Masc., 1500m Livres, Seniores

Lugar	Ano						Tempo final	Pts			
2. Filipe Esteves, FOCKE	96 Lagoa AC						22:47.61	237			
100m:	1:13.70	1:13.70	500m:	7:08.04	1:32.08	900m:	13:20.99	1:33.94	1300m:	19:43.33	1:33.94
200m:	2:37.55	1:23.85	600m:	8:39.50	1:31.46	1000m:	14:57.48	1:36.49	1400m:	21:18.18	1:34.85
300m:	4:04.77	1:27.22	700m:	10:12.44	1:32.94	1100m:	16:33.46	1:35.98	1500m:	22:47.61	1:29.43
400m:	5:35.96	1:31.19	800m:	11:47.05	1:34.61	1200m:	18:09.39	1:35.93			