

Campeonato Regional de Juvenis e Absoluto 2024
Braga, 22 - 24/3/2024

Prova 30 23/03/2024 - 16:50	Masc., 1500m Livres				Absolutos Resultados
Rec. Reg. ANMinho Open	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	21/12/2021
Rec. Reg. ANMinho Sen	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	21/12/2021
Rec. Reg. ANMinho Jun 2	15:19.81	Jose Paulo Lopes	SCB	Porto	10/12/2017
Rec. Reg. ANMinho Jun 1	15:21.79	Jose Paulo Lopes	SCB	Funchal	11/12/2016
Rec. Reg. ANMinho Juv A	15:46.14	Jose Paulo Lopes	SCB	Ponte da Barca	02/07/2016
Rec. Reg. ANMinho Juv B	16:10.07	Jose Paulo Lopes	SCB	Ponte da Barca	04/07/2015

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
Juvenis B					
1.	Denis Yerygin	09	Braga	18:05.78	474
	50m: 30.29 30.29	400m: 4:37.21 1:12.17	800m: 9:30.25 1:13.75	1200m: 14:27.43 1:15.06	
	100m: 1:03.96 33.67	500m: 5:49.73 1:12.52	900m: 10:23.87 53.62	1300m: 15:41.59 1:14.16	
	200m: 2:13.65 1:09.69	600m: 7:02.87 1:13.14	1000m: 11:58.30 1:34.43	1400m: 16:55.68 1:14.09	
	300m: 3:25.04 1:11.39	700m: 8:16.50 1:13.63	1100m: 13:12.37 1:14.07	1500m: 18:05.78 1:10.10	
2.	Dinis Lima Moreno	09	Braga	18:22.05	453
	50m: 31.18 31.18	400m: 4:45.01 1:13.32	800m: 9:40.57 1:14.36	1200m: 14:38.69 1:14.92	
	100m: 1:06.46 35.28	500m: 5:58.43 1:13.42	900m: 10:54.66 1:14.09	1300m: 15:54.04 1:15.35	
	200m: 2:18.46 1:12.00	600m: 7:12.00 1:13.57	1000m: 12:08.82 1:14.16	1400m: 17:09.22 1:15.18	
	300m: 3:31.69 1:13.23	700m: 8:26.21 1:14.21	1100m: 13:23.77 1:14.95	1500m: 18:22.05 1:12.83	
3.	Manuel Manso Goncalves	09	Desportiva de Viana	19:22.15	386
	50m: 35.55 35.55	400m: 5:02.28 1:13.52	800m: 10:21.08 1:19.02	1200m: 15:34.79 1:18.25	
	100m: 1:13.79 38.24	500m: 6:24.68 1:22.40	900m: 11:39.31 1:18.23	1300m: 16:52.25 1:17.46	
	200m: 2:30.99 1:17.20	600m: 7:42.43 1:17.75	1000m: 12:58.16 1:18.85	1400m: 18:08.44 1:16.19	
	300m: 3:48.76 1:17.77	700m: 9:02.06 1:19.63	1100m: 14:16.54 1:18.38	1500m: 19:22.15 1:13.71	
4.	Raul Ventura Barros	09	Braga	20:21.80	333
	50m: 30.09 30.09	400m: 5:01.86 1:26.35	800m: 10:07.99 1:21.31	1200m: 16:08.04 1:27.51	
	100m: 1:04.01 33.92	500m: 6:22.39 1:20.53	900m: 11:40.79 1:32.80	1300m: 17:36.34 1:28.30	
	200m: 2:14.05 1:10.04	600m: 7:34.56 1:12.17	1000m: 13:11.11 1:30.32	1400m: 19:00.10 1:23.76	
	300m: 3:35.51 1:21.46	700m: 8:46.68 1:12.12	1100m: 14:40.53 1:29.42	1500m: 20:21.80 1:21.70	
Juvenis A					
1.	Luis Pedro Goncalves	08	Braga	17:43.19	505
	50m: 31.37 31.37	400m: 4:34.53 1:10.27	800m: 9:21.70 1:11.88	1200m: 14:09.72 1:12.40	
	100m: 1:05.32 33.95	500m: 5:46.13 1:11.60	900m: 10:32.92 1:11.22	1300m: 15:21.68 1:11.96	
	200m: 2:14.21 1:08.89	600m: 6:57.68 1:11.55	1000m: 11:45.05 1:12.13	1400m: 16:34.16 1:12.48	
	300m: 3:24.26 1:10.05	700m: 8:09.82 1:12.14	1100m: 12:57.32 1:12.27	1500m: 17:43.19 1:09.03	
Absolutos (Jun + Sen)					
1.	Joao Maria Sousa	05	Braga	16:47.79	593
	50m: 29.54 29.54	400m: 4:20.37 1:02.58	800m: 8:49.26 1:07.40	1200m: 13:21.65 1:08.42	
	100m: 1:01.87 32.33	500m: 5:27.21 1:06.84	900m: 9:56.86 1:07.60	1300m: 14:30.61 1:08.96	
	200m: 2:07.51 1:05.64	600m: 6:34.45 1:07.24	1000m: 11:04.76 1:07.90	1400m: 15:39.33 1:08.72	
	300m: 3:17.79 1:10.28	700m: 7:41.86 1:07.41	1100m: 12:13.23 1:08.47	1500m: 16:47.79 1:08.46	
2.	Marcio Fernandes Gomes	04	Braga	17:00.41	571
	50m: 30.59 30.59	400m: 4:24.00 1:06.87	800m: 8:55.73 1:08.52	1200m: 13:32.29 1:09.49	
	100m: 1:03.48 32.89	500m: 5:31.63 1:07.63	900m: 10:04.40 1:08.67	1300m: 14:42.29 1:10.00	
	200m: 2:10.28 1:06.80	600m: 6:39.23 1:07.60	1000m: 11:13.34 1:08.94	1400m: 15:52.29 1:10.00	
	300m: 3:17.13 1:06.85	700m: 7:47.21 1:07.98	1100m: 12:22.80 1:09.46	1500m: 17:00.41 1:08.12	
3.	Afonso Miguel Nogueira	07	Braga	17:29.00	526
	50m: 30.93 30.93	400m: 4:30.90 1:09.16	800m: 9:12.50 1:10.48	1200m: 13:56.81 1:11.19	
	100m: 1:04.50 33.57	500m: 5:41.22 1:10.32	900m: 10:23.19 1:10.69	1300m: 15:08.06 1:11.25	
	200m: 2:13.06 1:08.56	600m: 6:51.78 1:10.56	1000m: 11:34.19 1:11.00	1400m: 16:19.72 1:11.66	
	300m: 3:21.74 1:08.68	700m: 8:02.02 1:10.24	1100m: 12:45.62 1:11.43	1500m: 17:29.00 1:09.28	
4.	Yuri Toth Aita	07	Viana Natacao	18:45.47	426
	50m: 32.62 32.62	400m: 4:48.47 1:13.08	800m: 9:52.28 1:16.88	1200m: 14:57.94 1:16.90	
	100m: 1:08.17 35.55	500m: 6:03.59 1:15.12	900m: 11:08.38 1:16.10	1300m: 16:14.47 1:16.53	
	200m: 2:22.02 1:13.85	600m: 7:19.52 1:15.93	1000m: 12:24.64 1:16.26	1400m: 17:30.18 1:15.71	
	300m: 3:35.39 1:13.37	700m: 8:35.40 1:15.88	1100m: 13:41.04 1:16.40	1500m: 18:45.47 1:15.29	

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Prova 30, Masc., 1500m Livres, Absolutos (Jun + Sen)

Lugar			Ano				Tempo final	Pts
5.	Joao Pedro Tinoco		07 Braga				18:46.18	425
	50m:	33.89 33.89	200m:	2:23.79 1:13.47	400m:	4:50.85 1:13.89	1500m:	18:46.18 12:41.54
	100m:	1:10.32 36.43	300m:	3:36.96 1:13.17	500m:	6:04.64 1:13.79		