

Prova 3

Masc., 1500m Livres

Infantis

29/06/2024 - 10:05

Resultados

Recordes Regionais (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) Inf A	18:13.01	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	02/07/2017
Recordes Regionais (25m) Inf B	19:08.71	Lucas Pinto Ribeiro	GCVR	Santa Marta de Penaguião	08/07/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Martim Pinheiro Cardoso	211041	10	CMN Peso da Régua	23:18.65	221
	50m: 40.21	40.21	450m:	850m:	1250m:	
	100m: 1:27.43	47.22	500m:	900m: 13:51.25	1300m: 20:16.84	
	150m:		550m:	950m:	1350m:	
	200m: 2:07.96		600m: 9:02.15	1000m: 15:28.12	1400m: 21:51.34	
	250m:		650m:	1050m:	1450m:	
	300m: 5:53.50		700m: 10:38.31	1100m: 17:04.50	1500m: 23:18.65	
	350m:		750m:	1150m:		
	400m: 7:07.27		800m: 12:14.12	1200m: 18:40.93		

Prova 3

Masc., 1500m Livres

Juvenis

29/06/2024 - 10:05

Resultados

Recordes Regionais (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) Juv A	17:37.52	João Jorge Tao	GCVR	Braga	19/03/2000
Recordes Regionais (25m) Juv B	17:35.32	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	08/07/2018

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Diogo Ribeiro Baptista	151944	09	Gcvr	22:49.43	236
	50m: 38.15	38.15	450m:	850m:	1250m:	
	100m: 1:22.53	44.38	500m: 7:22.93	900m: 13:35.09	1300m: 19:45.68	
	150m:		550m:	950m:	1350m:	
	200m: 2:52.46		600m: 8:54.75	1000m: 15:06.71	1400m: 21:17.25	
	250m:		650m:	1050m:	1450m:	
	300m: 4:22.75		700m: 10:28.84	1100m: 16:38.96	1500m: 22:49.43	
	350m:		750m:	1150m:		
	400m: 5:52.00		800m: 12:01.78	1200m: 18:10.68		

Prova 3

Masc., 1500m Livres

Juniores e Seniores

29/06/2024 - 10:05

Resultados

Recordes Regionais (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) Sen	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) 18	17:56.67	Jose Pedro Rocha	CMNPR	Peso da Régua	05/03/2022
Recordes Regionais (25m) 17	17:50.83	Rodrigo Matos Salcedas	GCVR	Santa Marta de Penaguião	02/07/2017

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Jose Pedro Rocha	201748	04	CMN Peso da Régua	18:05.03	475
	50m: 31.53	31.53	450m:	850m:	1250m:	
	100m: 1:06.00	34.47	500m: 5:52.93	900m: 10:46.43	1300m: 15:41.68	
	150m:		550m:	950m:	1350m:	
	200m: 2:16.68		600m: 7:06.11	1000m: 12:00.03	1400m: 16:53.78	
	250m:		650m:	1050m:	1450m:	
	300m: 3:28.03		700m: 8:19.78	1100m: 13:13.71	1500m: 18:05.03	
	350m:		750m:	1150m:		
	400m: 4:40.30		800m: 9:33.14	1200m: 14:28.11		
2.	Goncalo Monteiro Fonseca	208560	05	CMN Peso da Régua	19:51.02	359
	50m: 32.59	32.59	450m:	850m:	1250m:	
	100m: 1:08.63	36.04	500m: 6:19.41	900m: 11:39.94	1300m: 17:10.66	
	150m:		550m:	950m:	1350m:	
	200m: 2:24.02		600m: 7:38.16	1000m: 13:02.16	1400m: 18:34.16	
	250m:		650m:	1050m:	1450m:	
	300m: 3:40.98		700m: 8:56.48	1100m: 14:25.06	1500m: 19:51.02	
	350m:		750m:	1150m:		
	400m: 4:59.63		800m: 10:17.66	1200m: 15:47.84		

Prova 3, Masc., 1500m Livres

Prova 3 Masc., 1500m Livres Absoluto
29/06/2024 - 10:05 Resultados

Recordes Regionais (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) Sen	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recordes Regionais (25m) 18	17:56.67	Jose Pedro Rocha	CMNPR	Peso da Régua	05/03/2022
Recordes Regionais (25m) 17	17:50.83	Rodrigo Matos Salcedas	GCVR	Santa Marta de Penaguião	02/07/2017
Recordes Regionais (25m) Juv A	17:37.52	João Jorge Tao	GCVR	Braga	19/03/2000
Recordes Regionais (25m) Juv B	17:35.32	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	08/07/2018

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Jose Pedro Rocha	201748	04	CMN Peso da Régua	18:05.03	475
	50m: 31.53	31.53	450m:	850m:	1250m:	
	100m: 1:06.00	34.47	500m: 5:52.93	900m: 10:46.43	1300m: 15:41.68	
	150m:		550m:	950m:	1350m:	
	200m: 2:16.68		600m: 7:06.11	1000m: 12:00.03	1400m: 16:53.78	
	250m:		650m:	1050m:	1450m:	
	300m: 3:28.03		700m: 8:19.78	1100m: 13:13.71	1500m: 18:05.03	
	350m:		750m:	1150m:		
	400m: 4:40.30		800m: 9:33.14	1200m: 14:28.11		
2.	Goncalo Monteiro Fonseca	208560	05	CMN Peso da Régua	19:51.02	359
	50m: 32.59	32.59	450m:	850m:	1250m:	
	100m: 1:08.63	36.04	500m: 6:19.41	900m: 11:39.94	1300m: 17:10.66	
	150m:		550m:	950m:	1350m:	
	200m: 2:24.02		600m: 7:38.16	1000m: 13:02.16	1400m: 18:34.16	
	250m:		650m:	1050m:	1450m:	
	300m: 3:40.98		700m: 8:56.48	1100m: 14:25.06	1500m: 19:51.02	
	350m:		750m:	1150m:		
	400m: 4:59.63		800m: 10:17.66	1200m: 15:47.84		
3.	Diogo Ribeiro Baptista	151944	09	Gcvr	22:49.43	236
	50m: 38.15	38.15	450m:	850m:	1250m:	
	100m: 1:22.53	44.38	500m: 7:22.93	900m: 13:35.09	1300m: 19:45.68	
	150m:		550m:	950m:	1350m:	
	200m: 2:52.46		600m: 8:54.75	1000m: 15:06.71	1400m: 21:17.25	
	250m:		650m:	1050m:	1450m:	
	300m: 4:22.75		700m: 10:28.84	1100m: 16:38.96	1500m: 22:49.43	
	350m:		750m:	1150m:		
	400m: 5:52.00		800m: 12:01.78	1200m: 18:10.68		
EXH	Rui Pedro Madureira	204932	04	Famalicão	17:52.45	492
	50m: 28.70	28.70	450m:	850m:	1250m:	
	100m: 1:02.86	34.16	500m: 5:50.39	900m: 10:35.51	1300m: 15:28.00	
	150m:		550m:	950m:	1350m:	
	200m: 2:14.31		600m: 7:02.14	1000m: 11:48.39	1400m: 16:41.70	
	250m:		650m:	1050m:	1450m:	
	300m: 3:26.02		700m: 8:13.11	1100m: 13:00.83	1500m: 17:52.45	
	350m:		750m:	1150m:		
	400m: 4:38.20		800m: 9:23.92	1200m: 14:13.95		