

Prova 14 Masc., 1500m Livres Infantis B
19/05/2024 - 9:35 Resultados

Recorde Regional (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recorde Regional (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 Barros Pereira	216554	11	EN Bragança	21:35.43	279
	50m: 40.59 40.59			850m: 1250m: 18:54.84		
	100m: 1:24.09 43.50		7:16.84	900m: 13:07.68		
	150m: 2:50.96		8:44.06	950m: 14:36.90		
	200m: 4:21.31			1000m: 16:04.03		
	250m: 5:49.18			1050m: 17:30.15		
	300m: 7:16.84			1100m: 19:00.00		
	350m: 8:44.06			1150m: 20:30.00		
	400m: 10:10.00			1200m: 21:35.43		
2.	Duarte Ferreira Rosa	209831	11	Flavitus	22:19.90	252
	50m: 43.19 43.19		6:08.76 1:30.04	800m: 12:04.19 1:28.85	1200m: 18:02.44 1:30.35	
	100m: 1:30.41 47.22		7:37.22 1:28.46	900m: 13:32.09 1:27.90	1300m: 19:31.09 1:28.65	
	200m: 3:04.69 1:34.28		9:05.84 1:28.62	1000m: 15:01.94 1:29.85	1400m: 20:59.69 1:28.60	
	300m: 4:38.72 1:33.03		10:35.34 1:29.50	1100m: 16:32.09 1:30.15	1500m: 22:19.90 1:20.21	
WDR	Guilherme Sarmento Borges	218750	11	Flavitus		
WDR	Francisco Maria Igrejas	209416	11	Gcvr		

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Recorde Regional (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recorde Regional (25m) Inf A	18:13.01	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	02/07/2017

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Nuno Pinto Oliveira	219466	10	Gcvr	22:45.03	238
	50m: 43.86 43.86		6:06.97 1:31.50	800m: 12:05.82 1:30.14	1200m: 18:14.47 1:34.25	
	100m: 1:29.50 45.64		7:37.43 1:30.46	900m: 13:36.28 1:30.46	1300m: 19:47.36 1:32.89	
	200m: 3:02.11 1:32.61		9:06.40 1:28.97	1000m: 15:07.90 1:31.62	1400m: 21:18.61 1:31.25	
	300m: 4:35.47 1:33.36		10:35.68 1:29.28	1100m: 16:40.22 1:32.32	1500m: 22:45.03 1:26.42	
2.	Martim Pinheiro Cardoso	211041	10	CMN Peso da Régua	23:25.71	218
	50m: 40.59 40.59		6:00.50 1:34.69	800m: 12:22.65 1:34.12	1200m: 18:46.00 1:36.44	
	100m: 1:23.43 42.84		7:35.81 1:35.31	900m: 13:58.25 1:35.60	1300m: 20:21.31 1:35.31	
	200m: 2:53.31 1:29.88		9:11.93 1:36.12	1000m: 15:33.65 1:35.40	1400m: 21:55.18 1:33.87	
	300m: 4:25.81 1:32.50		10:48.53 1:36.60	1100m: 17:09.56 1:35.91	1500m: 23:25.71 1:30.53	

Prova 14 Masc., 1500m Livres Juvenis B
19/05/2024 - 9:35 Resultados

Recorde Regional (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recorde Regional (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.	Joao Miguel Rocha	205562	09	CMN Peso da Régua	19:01.53	408
	50m: 37.53 37.53		5:06.18 1:17.65	800m: 10:14.75 1:15.94	1200m: 15:20.34 1:16.19	
	100m: 1:15.21 37.68		6:24.12 1:17.94	900m: 11:31.00 1:16.25	1300m: 16:35.78 1:15.44	
	200m: 2:30.84 1:15.63		7:41.50 1:17.38	1000m: 12:48.03 1:17.03	1400m: 17:49.65 1:13.87	
	300m: 3:48.53 1:17.69		8:58.81 1:17.31	1100m: 14:04.15 1:16.12	1500m: 19:01.53 1:11.88	
2.	Miguel Pereira Carvalho	204125	09	Gcvr	19:15.00	394
	50m: 36.87 36.87		5:06.78 1:17.94	800m: 10:16.46 1:16.75	1200m: 15:24.53 1:16.88	
	100m: 1:15.43 38.56		6:25.12 1:18.34	900m: 11:33.25 1:16.79	1300m: 16:41.78 1:17.25	
	200m: 2:32.34 1:16.91		7:42.93 1:17.81	1000m: 12:49.81 1:16.56	1400m: 17:58.21 1:16.43	
	300m: 3:48.84 1:16.50		8:59.71 1:16.78	1100m: 14:07.65 1:17.84	1500m: 19:15.00 1:16.79	
3.	Diogo Ribeiro Baptista	151944	09	Gcvr	22:11.90	257
	50m: 39.61 39.61		5:54.56 1:29.63	800m: 11:57.78 1:30.78	1200m: 17:59.31 1:30.03	
	100m: 1:23.06 43.45		7:24.75 1:30.19	900m: 13:28.81 1:31.03	1300m: 19:26.78 1:27.47	
	200m: 2:53.78 1:30.72		8:55.75 1:31.00	1000m: 14:58.06 1:29.25	1400m: 20:53.53 1:26.75	
	300m: 4:24.93 1:31.15		10:27.00 1:31.25	1100m: 16:29.28 1:31.22	1500m: 22:11.90 1:18.37	
4.	Rodrigo Jose Santos	218036	09	Flavitus	22:16.41	254
	50m: 41.09 41.09		5:53.09 1:29.71	800m: 11:55.16 1:29.60	1200m: 17:56.26 1:29.82	
	100m: 1:23.48 42.39		7:22.19 1:29.10	900m: 13:24.54 1:29.38	1300m: 19:25.91 1:29.65	
	200m: 2:52.91 1:29.43		8:53.94 1:31.75	1000m: 14:54.84 1:30.30	1400m: 20:53.59 1:27.68	
	300m: 4:23.38 1:30.47		10:25.56 1:31.62	1100m: 16:26.44 1:31.60	1500m: 22:16.41 1:22.82	

Prova 14, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
5.	Guilherme Lagoa Guerra	217394	09	Gcvr	25:16.40	174
	50m: 46.21 46.21	400m: 6:40.75 1:42.41	800m: 13:36.50 1:44.22	1200m: 20:27.00 1:39.54		
	100m: 1:35.25 49.04	500m: 8:24.28 1:43.53	900m: 15:20.75 1:44.25	1300m: 22:06.50 1:39.50		
	200m: 3:16.37 1:41.12	600m: 10:07.37 1:43.09	1000m: 17:06.12 1:45.37	1400m: 23:44.31 1:37.81		
	300m: 4:58.34 1:41.97	700m: 11:52.28 1:44.91	1100m: 18:47.46 1:41.34	1500m: 25:16.40 1:32.09		
6.	Artur Jose Correia	219186	09	Flavitus	25:17.25	173
	50m: 43.87 43.87	400m: 6:36.87 1:43.50	800m: 13:26.65 1:36.06	1200m: 20:26.25 1:42.88		
	100m: 1:30.28 46.41	500m: 8:19.90 1:43.03	900m: 15:12.68 1:46.03	1300m: 22:06.96 1:40.71		
	200m: 3:10.25 1:39.97	600m: 10:05.31 1:45.41	1000m: 16:59.21 1:46.53	1400m: 23:49.18 1:42.22		
	300m: 4:53.37 1:43.12	700m: 11:50.59 1:45.28	1100m: 18:43.37 1:44.16	1500m: 25:17.25 1:28.07		
WDR	Guilherme Rodrigo Queiros	219076	09	Flavitus		

Prova 14 Masc., 1500m Livres Juvenis A
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Recorde Regional (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recorde Regional (25m) Juv A	17:37.52	João Jorge Tao	GCVR	Braga	19/03/2000

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Tiago Fonseca Goncalves	208570	08	CMN Peso da Régua	18:24.89	450
	50m: 35.84 35.84	400m: 4:52.77 1:13.53	800m: 9:50.00 1:13.97	1200m: 14:46.90 1:13.80		
	100m: 1:12.10 36.26	500m: 6:07.35 1:14.58	900m: 11:04.50 1:14.50	1300m: 16:01.60 1:14.70		
	200m: 2:25.77 1:13.67	600m: 7:21.84 1:14.49	1000m: 12:18.70 1:14.20	1400m: 17:15.70 1:14.10		
	300m: 3:39.24 1:13.47	700m: 8:36.03 1:14.19	1100m: 13:33.10 1:14.40	1500m: 18:24.89 1:09.19		
2.	Tiago Manuel Fernandes	205831	08	Gcvr	19:05.84	403
	50m: 36.59 36.59	400m: 5:05.16 1:17.94	800m: 10:16.19 1:17.97	1200m: 15:26.22 1:18.28		
	100m: 1:14.84 38.25	500m: 6:21.55 1:16.39	900m: 11:32.69 1:16.50	1300m: 16:42.12 1:15.90		
	200m: 2:31.62 1:16.78	600m: 7:39.94 1:18.39	1000m: 12:50.12 1:17.43	1400m: 17:52.05 1:09.93		
	300m: 3:47.22 1:15.60	700m: 8:58.22 1:18.28	1100m: 14:07.94 1:17.82	1500m: 19:05.84 1:13.79		
3.	Pedro Fernando Coelho	208567	08	CMN Peso da Régua	20:22.25	332
	50m: 38.40 38.40	400m: 5:18.87 1:21.37	800m: 10:49.71 1:22.62	1200m: 16:21.68 1:23.40		
	100m: 1:17.90 39.50	500m: 6:40.71 1:21.84	900m: 12:13.28 1:23.57	1300m: 17:44.93 1:23.25		
	200m: 2:36.75 1:18.85	600m: 8:04.15 1:23.44	1000m: 13:36.21 1:22.93	1400m: 20:22.25 2:37.32		
	300m: 3:57.50 1:20.75	700m: 9:27.09 1:22.94	1100m: 14:58.28 1:22.07			

Prova 14 Masc., 1500m Livres Absolutos
19/05/2024 - 9:35 Resultados

Recorde Regional (25m) Open	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recorde Regional (25m) Sen	17:13.40	Bruno Daniel Monteiro	GCVR	Vila Real	18/11/2012
Recorde Regional (25m) 18	17:56.67	Jose Pedro Rocha	CMNPR	Peso da Régua	05/03/2022
Recorde Regional (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
WDR	Joao Miguel Ferreira	201524	06	Flavitus		