

Prova de Preparação PL  
Loulé, 1 - 2/6/2024

Prova 2 1500m Livres 12 anos e mais velhos  
01/06/2024 - 15:30 Resultados

Recordes Regionais (PL) Open	16:33.67	Rui Miguel, LOPES	CNOL	Coimbra	05/04/2012
Recordes Regionais (PL) Sen.	16:48.95	Rui Miguel, LOPES	CNOL	Coimbra	28/03/2013
Recordes Regionais (PL) Jun. 2	16:33.67	Rui Miguel, LOPES	CNOL	Coimbra	05/04/2012
Recordes Regionais (PL) Jun. 1	16:48.06	João Duarte, SANTOS	CNOL	Loulé	07/07/2012
Recordes Regionais (PL) Juv. A	16:48.56	Joao Duarte, SANTOS	CNOL	Povoa de Varzim	04/08/2011
Recordes Regionais (PL) Juv. B	16:58.33	Hugo Miguel, VIEGAS	CNOL	Oeiras	20/07/2017
Recordes Regionais (PL) Inf. A	17:32.71	Tiago Miguel, VILHENA	CNFA	Loule	28/06/2015
Recordes Regionais (PL) Inf. B	18:12.36	Tiago Miguel, VILHENA	CNFA	Loule	20/07/2014
Recordes Regionais (PL) Open	17:53.18	Miriam Filipe, MARCOS	CNOL	Oeiras	23/07/2017
Recordes Regionais (PL) Sen	18:26.21	Ana Beatriz, PEREIRA	LDC	Loule	04/07/2009
Recordes Regionais (PL) Jun. 2	18:50.23	Marta Pereira, ABREU	CNFA	Loule	04/07/2009
Recordes Regionais (PL) Jun. 1	17:53.18	Miriam Filipe, MARCOS	CNOL	Oeiras	23/07/2017
Recordes Regionais (PL) Juv A	18:49.98	Margarida Maria, LUIZ	LAC	Funchal	30/04/2023
Recordes Regionais (PL) Juv B	19:11.99	Margarida Maria, LUIZ	LAC	Lisboa	23/06/2013
Recordes Regionais (PL) Inf. A	20:08.38	Beatriz Mendes, VIEGAS	TNC	Faro	23/06/2013
Recordes Regionais (PL) Inf. B	21:23.17	Ana Teresa, ROMAO	LDC	Loule	06/07/2018

Pontos: FINA 2024

Lugar Ano Tempo final Pts  
Infantis A, Masc.

1. Francisco Jose, TEIXEIRA	10	Louletano / Loule Concelho	<b>20:52.36</b>	336
100m: 1:15.23 1:15.23	500m: 6:49.96 1:24.54	900m: 12:31.60 1:25.91	1300m: 18:08.81 1:22.50	
200m: 2:37.32 1:22.09	600m: 8:14.58 1:24.62	1000m: 13:57.46 1:25.86	1400m: 19:32.09 1:23.28	
300m: 4:01.22 1:23.90	700m: 9:40.42 1:25.84	1100m: 15:22.52 1:25.06	1500m: 20:52.36 1:20.27	
400m: 5:25.42 1:24.20	800m: 11:05.69 1:25.27	1200m: 16:46.31 1:23.79		

Juvenis B, Femin.

1. Ines Filipa, MATEUS	10	Lagoa AC	<b>20:25.43</b>	423
100m: 1:14.19 1:14.19	500m: 6:41.26 1:23.55	900m: 12:13.01 1:23.69	1300m: 17:46.73 1:23.33	
200m: 2:34.35 1:20.16	600m: 8:03.34 1:22.08	1000m: 13:36.90 1:23.89	1400m: 19:08.90 1:22.17	
300m: 3:56.29 1:21.94	700m: 9:26.70 1:23.36	1100m: 15:00.36 1:23.46	1500m: 20:25.43 1:16.53	
400m: 5:17.71 1:21.42	800m: 10:49.32 1:22.62	1200m: 16:23.40 1:23.04		

Juvenis B, Masc.

1. Rafael Alexandre, SILVA	09	Louletano / Loule Concelho	<b>18:08.88</b>	511
100m: 1:07.80 1:07.80	500m: 5:59.63 1:13.62	900m: 10:53.48 1:11.65	1300m: 15:47.08 1:12.86	
200m: 2:19.98 1:12.18	600m: 7:14.07 1:14.44	1000m: 12:06.43 1:12.95	1400m: 16:59.49 1:12.41	
300m: 3:32.81 1:12.83	700m: 8:28.22 1:14.15	1100m: 13:20.45 1:14.02	1500m: 18:08.88 1:09.39	
400m: 4:46.01 1:13.20	800m: 9:41.83 1:13.61	1200m: 14:34.22 1:13.77		

Juvenis A, Femin.

1. Leonor Martins, COSTA	09	Natação de lagos	<b>20:33.46</b>	415
100m: 1:17.27 1:17.27	500m: 6:43.82 1:21.91	900m: 12:15.57 1:22.99	1300m: 17:50.41 1:23.60	
200m: 2:38.36 1:21.09	600m: 8:06.03 1:22.21	1000m: 13:39.40 1:23.83	1400m: 19:13.04 1:22.63	
300m: 3:59.34 1:20.98	700m: 9:28.55 1:22.52	1100m: 15:03.05 1:23.65	1500m: 20:33.46 1:20.42	
400m: 5:21.91 1:22.57	800m: 10:52.58 1:24.03	1200m: 16:26.81 1:23.76		

Juvenis A, Masc.

1. Diogo Jose, MATEUS	08	Lagoa AC	<b>19:14.26</b>	429
100m: 1:08.32 1:08.32	500m: 6:19.43 1:20.89	900m: 11:33.53 1:17.98	1300m: 16:44.28 1:17.57	
200m: 2:22.41 1:14.09	600m: 7:37.89 1:18.46	1000m: 12:50.85 1:17.32	1400m: 17:59.78 1:15.50	
300m: 3:38.56 1:16.15	700m: 8:57.95 1:20.06	1100m: 14:08.53 1:17.68	1500m: 19:14.26 1:14.48	
400m: 4:58.54 1:19.98	800m: 10:15.55 1:17.60	1200m: 15:26.71 1:18.18		

Prova de Preparação PL  
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Prova 2, 1500m Livres

Seniores, Masc.

1.	Goncalo Gualberto, BARBARA		00	Lagoa AC				<b>18:27.52</b>	486			
	100m:	1:04.35	1:04.35	500m:	5:52.77	1:14.01	900m:	10:52.53	1:15.43	1300m:	15:56.11	1:15.79
	200m:	2:14.03	1:09.68	600m:	7:07.25	1:14.48	1000m:	12:08.62	1:16.09	1400m:	17:12.21	1:16.10
	300m:	3:25.59	1:11.56	700m:	8:21.96	1:14.71	1100m:	13:24.47	1:15.85	1500m:	18:27.52	1:15.31
	400m:	4:38.76	1:13.17	800m:	9:37.10	1:15.14	1200m:	14:40.32	1:15.85			