

Campeonato Nacional de Juvenis, Juniores e Seniores
Oeiras, 12 - 14/7/2024

Prova 380 14/07/2024	Masc., 1500m Livres				Absolutos
					Resultados Time Trial
Rec Nac Adap S6	22:43.43	VIDEIRA, Daniel Carlos	GESL	Povoa de Varzim	08/12/2019
Rec Nac Adap S8	20:47.59	SOARES, Ricardo Aderneira	GESL	Povoa de Varzim	08/12/2019
Rec Nac Adap S9	18:12.44	GRACHAT, David Realista	GESL	Povoa de Varzim	08/12/2019
Rec Nac Adap S14	19:04.31	DUARTE, Samuel Lima	FVCD	Porto	16/04/2023
Rec Nac Adap S15	18:04.58	CRUZ, Miguel Duarte	CFB	Coimbra	05/04/2024
Rec Nac Adap S17	21:40.33	CARVALHO, Joaquim Eduardo	CNF	Vila Franca de Xira	29/04/2023
Rec Nac Adap S21	23:38.59	MONTES, Francisco Pessanha	ADADA	Póvoa de Varzim	02/06/2024
Rec Nac Open	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	PINA, Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Jun 18	15:23.46	PINA, Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun 17	15:43.45	PINA, Guilherme Filipe	POR	Singapore (SGP)	30/08/2015
Rec Nac Juv A	15:45.55	SANTA, Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	16:11.75	PEREIRA, Rui Silva	POR	Coimbra	27/05/2023

Pontos: FINA 2024

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
Juvenis							
1.	SOUSA, Santiago Boica	08	POR	Vieirense	17:55.22	+0,88	531
	100m: 1:05.05 1:05.05	500m: 5:56.35	1:13.09	900m: 10:44.48	1:11.94	1300m: 15:35.66	1:12.53
	200m: 2:16.62 1:11.57	600m: 7:08.32	1:11.97	1000m: 11:57.94	1:13.46	1400m: 16:47.10	1:11.44
	300m: 3:29.61 1:12.99	700m: 8:20.27	1:11.95	1100m: 13:10.21	1:12.27	1500m: 17:55.22	1:08.12
	400m: 4:43.26 1:13.65	800m: 9:32.54	1:12.27	1200m: 14:23.13	1:12.92		
2.	JESUS, Vasco Franca	08	POR	Cnf	18:10.21	+0,68	509
	100m: 1:06.05 1:06.05	500m: 5:56.00	1:12.75	900m: 10:50.82	1:14.21	1300m: 15:47.40	1:13.86
	200m: 2:17.46 1:11.41	600m: 7:09.10	1:13.10	1000m: 12:05.07	1:14.25	1400m: 17:00.89	1:13.49
	300m: 3:30.29 1:12.83	700m: 8:22.67	1:13.57	1100m: 13:19.54	1:14.47	1500m: 18:10.21	1:09.32
	400m: 4:43.25 1:12.96	800m: 9:36.61	1:13.94	1200m: 14:33.54	1:14.00		
3.	PEREIRA, Santiago Carvalho	08	POR	Famalicao	18:34.77	+0,78	477
	100m: 1:06.88 1:06.88	500m: 6:07.76	1:16.01	900m: 11:09.57	1:15.09	1300m: 16:07.52	1:15.89
	200m: 2:21.01 1:14.13	600m: 7:23.41	1:15.65	1000m: 12:23.88	1:14.31	1400m: 17:22.20	1:14.68
	300m: 3:36.33 1:15.32	700m: 8:39.13	1:15.72	1100m: 13:37.81	1:13.93	1500m: 18:34.77	1:12.57
	400m: 4:51.75 1:15.42	800m: 9:54.48	1:15.35	1200m: 14:51.63	1:13.82		
4.	CARDOSO, Diogo Filipe	09	POR	Clube Natacao Olhao	18:42.11	+0,79	467
	100m: 1:07.77 1:07.77	500m: 6:07.62	1:15.60	900m: 11:10.77	1:16.01	1300m: 16:15.19	1:16.17
	200m: 2:22.14 1:14.37	600m: 7:22.99	1:15.37	1000m: 12:26.95	1:16.18	1400m: 17:31.18	1:15.99
	300m: 3:36.87 1:14.73	700m: 8:38.63	1:15.64	1100m: 13:43.02	1:16.07	1500m: 18:42.11	1:10.93
	400m: 4:52.02 1:15.15	800m: 9:54.76	1:16.13	1200m: 14:59.02	1:16.00		
5.	NARIGUETA, Rodrigo Duarte	09	POR	Pdem	18:44.83	+0,89	464
	100m: 1:07.06 1:07.06	500m: 6:05.45	1:15.28	900m: 11:04.70	1:14.94	1300m: 16:11.16	1:17.13
	200m: 2:20.76 1:13.70	600m: 7:20.39	1:14.94	1000m: 12:20.60	1:15.90	1400m: 17:28.24	1:17.08
	300m: 3:35.15 1:14.39	700m: 8:35.18	1:14.79	1100m: 13:37.37	1:16.77	1500m: 18:44.83	1:16.59
	400m: 4:50.17 1:15.02	800m: 9:49.76	1:14.58	1200m: 14:54.03	1:16.66		
6.	CALDAS, Pedro Guedes	09	POR	Benfica	18:58.94	+0,78	447
	100m: 1:07.23 1:07.23	500m: 6:06.19	1:15.18	900m: 11:11.29	1:17.62	1300m: 16:24.04	1:18.68
	200m: 2:20.92 1:13.69	600m: 7:21.49	1:15.30	1000m: 12:29.62	1:18.33	1400m: 17:41.56	1:17.52
	300m: 3:35.73 1:14.81	700m: 8:36.96	1:15.47	1100m: 13:47.62	1:18.00	1500m: 18:58.94	1:17.38
	400m: 4:51.01 1:15.28	800m: 9:53.67	1:16.71	1200m: 15:05.36	1:17.74		

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Prova 380, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Nac	Clube	TFinal	TReac	AQUA
7.	FONSECA, Miguel Bera	09	POR	Benfica	19:04.08	+0,75	441
	100m: 1:08.83 1:08.83	500m: 6:09.49	1:16.55	900m: 11:19.10	1:17.76	1300m: 16:30.74	1:17.10
	200m: 2:22.88 1:14.05	600m: 7:26.42	1:16.93	1000m: 12:36.94	1:17.84	1400m: 17:48.17	1:17.43
	300m: 3:37.45 1:14.57	700m: 8:44.07	1:17.65	1100m: 13:55.07	1:18.13	1500m: 19:04.08	1:15.91
	400m: 4:52.94 1:15.49	800m: 10:01.34	1:17.27	1200m: 15:13.64	1:18.57		

Seniores

1.	FERREIRA, Abel Renato	05	POR	Alges e Agueda XXI	17:48.49	+0,68	541
	100m: 1:04.28 1:04.28	500m: 5:42.97	1:10.65	900m: 10:29.70	1:13.04	1300m: 15:23.36	1:12.64
	200m: 2:12.79 1:08.51	600m: 6:54.01	1:11.04	1000m: 11:43.14	1:13.44	1400m: 16:36.92	1:13.56
	300m: 3:22.03 1:09.24	700m: 8:04.42	1:10.41	1100m: 12:57.26	1:14.12	1500m: 17:48.49	1:11.57
	400m: 4:32.32 1:10.29	800m: 9:16.66	1:12.24	1200m: 14:10.72	1:13.46		

EXH	CRUZ, Miguel Duarte	99	POR	Clube Futebol Os Belenenses	18:10.40	+0,63	509
	100m: 1:07.74 1:07.74	500m: 6:00.55	1:13.27	900m: 10:54.79	1:13.70	1300m: 15:48.90	1:13.53
	200m: 2:20.72 1:12.98	600m: 7:13.93	1:13.38	1000m: 12:08.28	1:13.49	1400m: 17:01.99	1:13.09
	300m: 3:33.92 1:13.20	700m: 8:27.21	1:13.28	1100m: 13:21.79	1:13.51	1500m: 18:10.40	1:08.41
	400m: 4:47.28 1:13.36	800m: 9:41.09	1:13.88	1200m: 14:35.37	1:13.58		