

Campeonato Regional Juvenis, Juniores e Seniores PC
Cantanhede, 23 - 24/11/2024

Prova 1	Masc., 1500m Livres				Absolutos
23/11/2024 - 9:30					Resultados
Rec Nacional Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nacional Sen	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nacional Jun18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26/03/2018
Rec Nacional Jun17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
Rec Nacional Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Rec Nacional Juv B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
Rec Regional Open	15:28.85	Alexandre, COUTINHO	SCC		01/01/2015
Rec Regional Sen	15:28.85	Alexandre, COUTINHO	SCC		01/01/2015
Rec Regional Jun18	15:33.14	Alexandre, COUTINHO	SCC		01/01/2014
Rec Regional Jun17	15:49.38	Alexandre, COUTINHO	SCC		01/01/2014
Rec Regional Juv A	16:12.81	Diogo, MARQUES	SCC		01/01/2013
Rec Regional Juv B	16:32.94	Pedro, MATOS	CNM		01/01/1997

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
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Juvenis B

1. Rodrigo Miguel, MATIAS	10	Nautico Academico	18:48.28	422
100m: 1:11.99 1:11.99	500m: 6:17.80 1:14.27	900m: 11:17.84 1:14.19	1300m: 16:17.93 1:15.00	
200m: 2:28.88 1:16.89	600m: 7:33.33 1:15.53	1000m: 12:32.90 1:15.06	1400m: 17:33.09 1:15.16	
300m: 3:46.04 1:17.16	700m: 8:48.63 1:15.30	1100m: 13:48.05 1:15.15	1500m: 18:48.28 1:15.19	
400m: 5:03.53 1:17.49	800m: 10:03.65 1:15.02	1200m: 15:02.93 1:14.88		

Juvenis A

1. Tomas Rafael, PEREIRA	09	Condeixa Clube	17:15.93	546
100m: 1:07.15 1:07.15	500m: 5:47.60 1:10.28	900m: 10:26.19 1:09.69	1300m: 15:03.44 1:09.64	
200m: 2:17.73 1:10.58	600m: 6:57.34 1:09.74	1000m: 11:35.49 1:09.30	1400m: 16:08.99 1:05.55	
300m: 3:27.50 1:09.77	700m: 8:06.84 1:09.50	1100m: 12:44.94 1:09.45	1500m: 17:15.93 1:06.94	
400m: 4:37.32 1:09.82	800m: 9:16.50 1:09.66	1200m: 13:53.80 1:08.86		

Juniores

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	16:30.09	625
100m: 1:02.71 1:02.71	500m: 5:30.93 1:06.78	900m: 9:55.29 1:06.18	1300m: 14:18.60 1:05.83	
200m: 2:09.74 1:07.03	600m: 6:37.00 1:06.07	1000m: 11:01.37 1:06.08	1400m: 15:24.92 1:06.32	
300m: 3:17.20 1:07.46	700m: 7:43.10 1:06.10	1100m: 12:06.86 1:05.49	1500m: 16:30.09 1:05.17	
400m: 4:24.15 1:06.95	800m: 8:49.11 1:06.01	1200m: 13:12.77 1:05.91		
2. Duarte Cachulo, MARQUES	07	Condeixa Clube	16:42.13	603
100m: 1:02.80 1:02.80	500m: 5:30.88 1:07.02	900m: 9:55.85 1:06.21	1300m: 14:25.95 1:08.85	
200m: 2:09.86 1:07.06	600m: 6:37.21 1:06.33	1000m: 11:02.42 1:06.57	1400m: 15:34.99 1:09.04	
300m: 3:17.42 1:07.56	700m: 7:43.50 1:06.29	1100m: 12:09.79 1:07.37	1500m: 16:42.13 1:07.14	
400m: 4:23.86 1:06.44	800m: 8:49.64 1:06.14	1200m: 13:17.10 1:07.31		
3. Marco Dimitar, OLIVEIRA	07	Nautico Academico	16:55.87	579
100m: 1:03.16 1:03.16	500m: 5:32.32 1:07.74	900m: 10:04.39 1:08.41	1300m: 14:39.34 1:08.40	
200m: 2:10.35 1:07.19	600m: 6:39.54 1:07.22	1000m: 11:12.90 1:08.51	1400m: 15:48.16 1:08.82	
300m: 3:17.49 1:07.14	700m: 7:47.68 1:08.14	1100m: 12:22.11 1:09.21	1500m: 16:55.87 1:07.71	
400m: 4:24.58 1:07.09	800m: 8:55.98 1:08.30	1200m: 13:30.94 1:08.83		
4. Guilherme Simoes, SOUSA	08	Nautico Academico	17:39.98	510
100m: 1:04.70 1:04.70	500m: 5:44.10 1:10.24	900m: 10:27.94 1:11.26	1300m: 15:18.13 1:12.55	
200m: 2:13.83 1:09.13	600m: 6:54.48 1:10.38	1000m: 11:39.60 1:11.66	1400m: 16:30.28 1:12.15	
300m: 3:23.59 1:09.76	700m: 8:05.54 1:11.06	1100m: 12:52.24 1:12.64	1500m: 17:39.98 1:09.70	
400m: 4:33.86 1:10.27	800m: 9:16.68 1:11.14	1200m: 14:05.58 1:13.34		

Seniores

1. Afonso Filipe, COSTA	03	Louzan Nataçao	17:09.88	556
100m: 1:02.79 1:02.79	500m: 5:32.62 1:08.05	900m: 10:12.00 1:09.92	1300m: 14:50.02 1:10.38	
200m: 2:09.76 1:06.97	600m: 6:41.97 1:09.35	1000m: 11:20.92 1:08.92	1400m: 16:00.77 1:10.75	
300m: 3:17.24 1:07.48	700m: 7:52.29 1:10.32	1100m: 12:29.81 1:08.89	1500m: 17:09.88 1:09.11	
400m: 4:24.57 1:07.33	800m: 9:02.08 1:09.79	1200m: 13:39.64 1:09.83		

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Prova 1, Masc., 1500m Livres, Seniores

Lugar			Ano				Tempo final	Pts
2.	Antonio Pedro, MARTINS		05	Condeixa Clube		17:17.93	543	
	100m: 1:07.76	1:07.76	500m: 5:47.00	1:10.08	900m: 10:25.33	1:09.67	1300m: 15:02.68	1:09.39
	200m: 2:17.47	1:09.71	600m: 6:56.59	1:09.59	1000m: 11:34.78	1:09.45	1400m: 16:11.13	1:08.45
	300m: 3:27.08	1:09.61	700m: 8:06.25	1:09.66	1100m: 12:44.00	1:09.22	1500m: 17:17.93	1:06.80
	400m: 4:36.92	1:09.84	800m: 9:15.66	1:09.41	1200m: 13:53.29	1:09.29		
3.	Joao Ferreira, MARQUES		06	Academica de Coimbra		17:18.85	541	
	100m: 1:03.01	1:03.01	500m: 5:32.19	1:08.07	900m: 10:10.29	1:10.61	1300m: 14:56.96	1:11.96
	200m: 2:10.00	1:06.99	600m: 6:40.24	1:08.05	1000m: 11:21.06	1:10.77	1400m: 16:09.54	1:12.58
	300m: 3:16.99	1:06.99	700m: 7:49.48	1:09.24	1100m: 12:32.89	1:11.83	1500m: 17:18.85	1:09.31
	400m: 4:24.12	1:07.13	800m: 8:59.68	1:10.20	1200m: 13:45.00	1:12.11		