

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

Prova 25 24/11/2024 - 9:35	Masc., 800m Livres				Absolutos Resultados
Rec Nacional Open	7:41.51	Jose Paulo, LOPES	SCB	Felgueiras	14/01/2024
Rec Nacional Sen	7:41.51	Jose Paulo, LOPES	SCB	Felgueiras	14/04/2024
Rec Nacional Jun18	7:56.76	Guilherme Filipe, PINA	BSCN	Porto	11/12/2015
Rec Nacional Jun17	8:00.80	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
Rec Nacional Juv A	8:09.43	Rui Filipe, COSTA	VSC	Senhora da Hora	12/05/2007
Rec Nacional Juv B	8:25.99	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
Rec Regional Open	8:01.52	Tomas Miguel, VELOSO	CNAC		01/01/2022
Rec Regional Sen	8:01.52	Tomas Miguel, VELOSO	CNAC		01/01/2022
Rec Regional Jun18	8:05.36	Alexandre, COUTINHO	SCC		01/01/2014
Rec Regional Jun17	8:16.45	Diogo, JOSE	SCC		01/01/2017
Rec Regional Juv A	8:29.11	Diogo, MARQUES	SCC		01/01/2013
Rec Regional Juv B	8:36.01	Diogo Matos, RIBEIRO	CUC		01/01/2019

Pontos: AQUA 2024

Lugar	Ano				Tempo final	Pts
Juvenis B						
1. Rodrigo Miguel, MATIAS	10	Nautico Academico			9:45.38	425
100m: 1:10.23 1:10.23	300m: 3:37.32 1:13.21	500m: 6:05.81 1:14.15	700m: 8:33.44 1:12.56	800m: 9:45.38 1:11.94		
200m: 2:24.11 1:13.88	400m: 4:51.66 1:14.34	600m: 7:20.88 1:15.07				

Juvenis A						
1. Joao Nuno, GASPAR	09	Condeixa Clube			9:23.12	478
100m: 1:03.35 1:03.35	300m: 3:27.97 1:13.16	500m: 5:54.88 1:12.98	700m: 8:17.74 1:11.41	800m: 9:23.12 1:05.38		
200m: 2:14.81 1:11.46	400m: 4:41.90 1:13.93	600m: 7:06.33 1:11.45				

Juniores						
1. Rafael Pereira, RODRIGUES	08	Condeixa Clube			8:37.95	614
100m: 1:01.13 1:01.13	300m: 3:11.33 1:05.59	500m: 5:22.86 1:05.78	700m: 7:33.66 1:05.14	800m: 8:37.95 1:04.29		
200m: 2:05.74 1:04.61	400m: 4:17.08 1:05.75	600m: 6:28.52 1:05.66				
2. Marco Dimitar, OLIVEIRA	07	Nautico Academico			8:56.39	553
100m: 1:01.78 1:01.78	300m: 3:16.64 1:07.57	500m: 5:32.48 1:08.32	700m: 7:49.05 1:08.52	800m: 8:56.39 1:07.34		
200m: 2:09.07 1:07.29	400m: 4:24.16 1:07.52	600m: 6:40.53 1:08.05				
3. Guilherme Simoes, SOUSA	08	Nautico Academico			9:18.01	491
100m: 1:03.22 1:03.22	300m: 3:23.08 1:10.82	500m: 5:45.32 1:11.41	700m: 8:08.83 1:11.49	800m: 9:18.01 1:09.18		
200m: 2:12.26 1:09.04	400m: 4:33.91 1:10.83	600m: 6:57.34 1:12.02				
4. Samuel Dinis, MAIA	08	Miranda do Corvo			9:21.57	482
100m: 1:03.53 1:03.53	300m: 3:23.92 1:10.64	500m: 5:46.99 1:11.88	700m: 8:11.69 1:12.02	800m: 9:21.57 1:09.88		
200m: 2:13.28 1:09.75	400m: 4:35.11 1:11.19	600m: 6:59.67 1:12.68				

Seniores						
1. Antonio Pedro, MARTINS	05	Condeixa Clube			9:20.65	484
100m: 1:08.90 1:08.90	300m: 3:31.36 1:11.37	500m: 5:54.44 1:11.52	700m: 8:14.86 1:09.42	800m: 9:20.65 1:05.79		
200m: 2:19.99 1:11.09	400m: 4:42.92 1:11.56	600m: 7:05.44 1:11.00				