

Torneio Zonal de Juvenis (Zona Sul)
Abrantes, 6 - 8/12/2024

Prova 20 Masc., 1500m Livres Juvenis
07/12/2024 - 16:30 Resultados

Rec Nac 25m Open	14:39.82	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac 25m Juv A	15:36.31	COSTA Rui Filipe	VSC	Braga	04/03/2007
Rec Nac 25m Juv B	15:55.78	PEREIRA Rui Silva	POR	Tomar	14/01/2023

TAC Juvenil A Masc Juv A 50m: 19:01.87 - 25m: 18:25.72 / TAC Juvenil B Masc Juv B 50m: 19:22.63 - 25m: 18:45.82

Pontos: AQUA 2024

Lugar Nome Idade NFed Clube Tempo Final TReac Pts FINA Pts

Juvenil B

1.	PACHECO David Filipe	15	205810	BUZIOS - Coruche	16:34.32		617
	100m: 1:01.09 1:01.09			500m: 5:24.92 1:06.33	900m: 9:51.97 1:07.76	1300m: 14:22.04 1:07.29	
	200m: 2:05.92 1:04.83			600m: 6:30.83 1:05.91	1000m: 10:59.85 1:07.88	1400m: 15:29.61 1:07.57	
	300m: 3:12.12 1:06.20			700m: 7:37.12 1:06.29	1100m: 12:07.41 1:07.56	1500m: 16:34.32 1:04.71	
	400m: 4:18.59 1:06.47			800m: 8:44.21 1:07.09	1200m: 13:14.75 1:07.34		
2.	RIBEIRO Dinis Aresta	15	214312	Sporting	17:19.10		541
	100m: 1:06.16 1:06.16			500m: 5:50.24 1:10.29	900m: 10:26.36 1:08.12	1300m: 15:02.33 1:09.91	
	200m: 2:18.30 1:12.14			600m: 6:59.49 1:09.25	1000m: 11:34.18 1:07.82	1400m: 16:12.10 1:09.77	
	300m: 3:29.67 1:11.37			700m: 8:09.38 1:09.89	1100m: 12:42.77 1:08.59	1500m: 17:19.10 1:07.00	
	400m: 4:39.95 1:10.28			800m: 9:18.24 1:08.86	1200m: 13:52.42 1:09.65		
3.	PEREIRA Guilherme Valente	15	212288	Colegio Monte Maior	17:19.67		540
	100m: 1:05.88 1:05.88			500m: 5:45.98 1:10.24	900m: 10:25.99 1:09.95	1300m: 15:04.58 1:09.32	
	200m: 2:15.85 1:09.97			600m: 6:55.86 1:09.88	1000m: 11:35.67 1:09.68	1400m: 16:13.09 1:08.51	
	300m: 3:26.05 1:10.20			700m: 8:06.11 1:10.25	1100m: 12:45.46 1:09.79	1500m: 17:19.67 1:06.58	
	400m: 4:35.74 1:09.69			800m: 9:16.04 1:09.93	1200m: 13:55.26 1:09.80		
4.	DIAS Rodrigo Ferrao	15	214314	Sporting	17:28.68		526
	100m: 1:05.75 1:05.75			500m: 5:48.77 1:11.39	900m: 10:31.66 1:10.99	1300m: 15:12.51 1:09.26	
	200m: 2:16.09 1:10.34			600m: 6:58.92 1:10.15	1000m: 11:42.29 1:10.63	1400m: 16:21.03 1:08.52	
	300m: 3:26.66 1:10.57			700m: 8:10.10 1:11.18	1100m: 12:53.11 1:10.82	1500m: 17:28.68 1:07.65	
	400m: 4:37.38 1:10.72			800m: 9:20.67 1:10.57	1200m: 14:03.25 1:10.14		
5.	MARQUES Goncalo Tapadas	15	216360	Colegio Monte Maior	17:38.75		511
	100m: 1:05.23 1:05.23			500m: 5:47.80 1:11.22	900m: 10:31.76 1:11.08	1300m: 15:17.27 1:11.69	
	200m: 2:14.85 1:09.62			600m: 6:58.54 1:10.74	1000m: 11:42.80 1:11.04	1400m: 16:28.74 1:11.47	
	300m: 3:25.82 1:10.97			700m: 8:09.48 1:10.94	1100m: 12:54.29 1:11.49	1500m: 17:38.75 1:10.01	
	400m: 4:36.58 1:10.76			800m: 9:20.68 1:11.20	1200m: 14:05.58 1:11.29		
6.	PEDROSA Francisco Lourenco	15	144218	Nautico Marinha Grande	17:38.83		511
	100m: 1:06.27 1:06.27			500m: 5:51.09 1:10.62	900m: 10:36.72 1:11.83	1300m: 15:20.60 1:10.86	
	200m: 2:18.18 1:11.91			600m: 7:02.32 1:11.23	1000m: 11:47.69 1:10.97	1400m: 16:30.86 1:10.26	
	300m: 3:29.93 1:11.75			700m: 8:13.66 1:11.34	1100m: 12:58.51 1:10.82	1500m: 17:38.83 1:07.97	
	400m: 4:40.47 1:10.54			800m: 9:24.89 1:11.23	1200m: 14:09.74 1:11.23		
7.	RAPOSO Mateus Medeiros	15	211338	Desportivo Nacional	17:45.08		502
	100m: 1:04.49 1:04.49			500m: 5:48.40 1:11.56	900m: 10:35.93 1:10.72	1300m: 15:25.07 1:12.49	
	200m: 2:15.08 1:10.59			600m: 6:59.67 1:11.27	1000m: 11:48.20 1:12.27	1400m: 16:36.89 1:11.82	
	300m: 3:26.27 1:11.19			700m: 8:12.97 1:13.30	1100m: 13:00.11 1:11.91	1500m: 17:45.08 1:08.19	
	400m: 4:36.84 1:10.57			800m: 9:25.21 1:12.24	1200m: 14:12.58 1:12.47		
8.	FREIRE Tomas O'Grady	15	214315	Sporting	18:08.77		470
	100m: 1:08.36 1:08.36			500m: 6:01.79 1:13.22	900m: 10:53.69 1:12.83	1300m: 15:43.83 1:12.76	
	200m: 2:21.30 1:12.94			600m: 7:15.13 1:13.34	1000m: 12:06.47 1:12.78	1400m: 16:57.16 1:13.33	
	300m: 3:34.79 1:13.49			700m: 8:27.85 1:12.72	1100m: 13:18.47 1:12.00	1500m: 18:08.77 1:11.61	
	400m: 4:48.57 1:13.78			800m: 9:40.86 1:13.01	1200m: 14:31.07 1:12.60		
9.	JORGE Daniel Filipe	15	210798	Rio Maior	18:13.57		464
	100m: 1:06.75 1:06.75			500m: 5:57.68 1:13.63	900m: 10:53.34 1:13.85	1300m: 15:47.40 1:13.33	
	200m: 2:18.85 1:12.10			600m: 7:11.60 1:13.92	1000m: 12:07.37 1:14.03	1400m: 17:01.66 1:14.26	
	300m: 3:31.25 1:12.40			700m: 8:25.55 1:13.95	1100m: 13:21.18 1:13.81	1500m: 18:13.57 1:11.91	
	400m: 4:44.05 1:12.80			800m: 9:39.49 1:13.94	1200m: 14:34.07 1:12.89		
10.	BARRA Tiago Frazao	15	214568	Rio Maior	18:16.50		460
	100m: 1:06.82 1:06.82			500m: 6:00.92 1:14.05	900m: 10:56.41 1:13.85	1300m: 15:51.68 1:13.79	
	200m: 2:19.12 1:12.30			600m: 7:14.68 1:13.76	1000m: 12:10.63 1:14.22	1400m: 17:04.71 1:13.03	
	300m: 3:32.85 1:13.73			700m: 8:28.85 1:14.17	1100m: 13:24.16 1:13.53	1500m: 18:16.50 1:11.79	
	400m: 4:46.87 1:14.02			800m: 9:42.56 1:13.71	1200m: 14:37.89 1:13.73		
11.	ALVES Guilherme Costa	15	211466	Sporting	18:26.74		448
	100m: 1:08.84 1:08.84			500m: 6:05.05 1:15.06	900m: 11:02.62 1:14.66	1300m: 15:59.47 1:14.45	
	200m: 2:22.06 1:13.22			600m: 7:19.29 1:14.24	1000m: 12:16.57 1:13.95	1400m: 17:14.04 1:14.57	
	300m: 3:33.60 1:14.31			700m: 8:33.60 1:14.31	1100m: 13:30.19 1:13.62	1500m: 18:26.74 1:12.70	
	400m: 4:49.99 1:14.36			800m: 9:47.96 1:14.36	1200m: 14:45.02 1:14.83		



Torneio Zonal de Juvenis (Zona Sul)
Abrantes, 6 - 8/12/2024

Prova 20, Masc., 1500m Livres, Juvenil B

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	RETRE Goncalo Alexandre	15	212248	Naval de Faro	18:43.85		427	
	100m: 1:10.44	1:10.44	500m: 6:10.66	1:15.21	900m: 11:12.57	1:15.33	1300m: 16:15.85	1:15.85
	200m: 2:25.38	1:14.94	600m: 7:26.03	1:15.37	1000m: 12:28.52	1:15.95	1400m: 17:30.80	1:14.95
	300m: 3:11.81	1:06.40	700m: 8:41.57	1:15.54	1100m: 13:44.28	1:15.76	1500m: 18:43.85	1:13.05
	400m: 4:55.45		800m: 9:57.24	1:15.67	1200m: 15:00.00	1:15.72		

Juvenil A

1.	KOT Paulo	16	144468	Nautico Marinha Grande	16:20.37		644	
	100m: 1:01.29	1:01.29	500m: 5:24.10	1:06.03	900m: 9:46.80	1:06.02	1300m: 14:10.62	1:05.85
	200m: 2:05.41	1:04.12	600m: 6:29.52	1:05.42	1000m: 10:52.16	1:05.36	1400m: 15:15.88	1:05.26
	300m: 3:11.81	1:06.40	700m: 7:35.41	1:05.89	1100m: 11:58.49	1:06.33	1500m: 16:20.37	1:04.49
	400m: 4:18.07	1:06.26	800m: 8:40.78	1:05.37	1200m: 13:04.77	1:06.28		
2.	PINTO Martim Chambel	16	208969	Colegio Monte Maior	16:37.40		612	
	100m: 1:02.22	1:02.22	500m: 5:31.13	1:07.27	900m: 9:57.75	1:06.58	1300m: 14:24.94	1:07.33
	200m: 2:08.95	1:06.73	600m: 6:37.78	1:06.65	1000m: 11:03.97	1:06.22	1400m: 15:32.63	1:07.69
	300m: 3:16.25	1:07.30	700m: 7:44.09	1:06.31	1100m: 12:10.65	1:06.68	1500m: 16:37.40	1:04.77
	400m: 4:23.86	1:07.61	800m: 8:51.17	1:07.08	1200m: 13:17.61	1:06.96		
3.	MONIZ Rafael Lin	16	210337	Naval Setubalense	17:04.86		564	
	100m: 1:03.27	1:03.27	500m: 5:33.85	1:08.50	900m: 10:10.06	1:09.09	1300m: 14:47.81	1:09.08
	200m: 2:10.31	1:07.04	600m: 6:42.78	1:08.93	1000m: 11:19.67	1:09.61	1400m: 15:57.15	1:09.34
	300m: 3:17.52	1:07.21	700m: 7:51.76	1:08.98	1100m: 12:29.48	1:09.81	1500m: 17:04.86	1:07.71
	400m: 4:25.35	1:07.83	800m: 9:00.97	1:09.21	1200m: 13:38.73	1:09.25		
4.	BENTO Afonso Maria	16	211118	Albicastrense	17:22.79		535	
	100m: 1:03.24	1:03.24	500m: 5:40.77	1:10.46	900m: 10:23.46	1:10.82	1300m: 15:05.89	1:10.63
	200m: 2:11.83	1:08.59	600m: 6:51.45	1:10.68	1000m: 11:33.63	1:10.17	1400m: 16:16.79	1:10.90
	300m: 3:20.81	1:08.98	700m: 8:01.76	1:10.31	1100m: 12:44.39	1:10.76	1500m: 17:22.79	1:06.00
	400m: 4:30.31	1:09.50	800m: 9:12.64	1:10.88	1200m: 13:55.26	1:10.87		
5.	SILVA Rafael Alexandre	16	212573	Louletano / Loule Aqui e Agora	17:23.05		535	
	100m: 1:03.42	1:03.42	500m: 5:41.18	1:10.22	900m: 10:23.68	1:10.73	1300m: 15:05.86	1:10.73
	200m: 2:11.74	1:08.32	600m: 6:51.64	1:10.46	1000m: 11:34.34	1:10.66	1400m: 16:17.04	1:11.18
	300m: 3:21.55	1:09.81	700m: 8:02.25	1:10.61	1100m: 12:44.73	1:10.39	1500m: 17:23.05	1:06.01
	400m: 4:30.96	1:09.41	800m: 9:12.95	1:10.70	1200m: 13:55.13	1:10.40		
6.	MARTINS Vasco Alexandre	16	209406	Colegio Monte Maior	17:31.85		521	
	100m: 1:05.08	1:05.08	500m: 5:45.37	1:10.58	900m: 10:26.34	1:09.99	1300m: 15:10.41	1:10.93
	200m: 2:15.55	1:10.47	600m: 6:55.08	1:09.71	1000m: 11:37.83	1:11.49	1400m: 16:21.40	1:10.99
	300m: 3:25.22	1:09.67	700m: 8:05.87	1:10.79	1100m: 12:47.69	1:09.86	1500m: 17:31.85	1:10.45
	400m: 4:34.79	1:09.57	800m: 9:16.35	1:10.48	1200m: 13:59.48	1:11.79		
7.	RIZZON Guilherme Oliveira	16	214294	Sporting	17:38.85		511	
	100m: 1:05.17	1:05.17	500m: 5:44.85	1:10.21	900m: 10:25.85	1:10.21	1300m: 15:09.38	1:10.92
	200m: 2:15.51	1:10.34	600m: 6:54.55	1:09.70	1000m: 11:37.51	1:11.66	1400m: 16:20.31	1:10.93
	300m: 3:24.88	1:09.37	700m: 8:05.68	1:11.13	1100m: 12:46.02	1:08.51	1500m: 17:38.85	1:18.54
	400m: 4:34.64	1:09.76	800m: 9:15.64	1:09.96	1200m: 13:58.46	1:12.44		
8.	PESTANA Pedro Correia	16	209489	Desportivo Nacional	17:42.88		505	
	100m: 1:04.29	1:04.29	500m: 5:52.90	1:11.57	900m: 10:38.44	1:11.18	1300m: 15:23.71	1:11.02
	200m: 2:16.60	1:12.31	600m: 7:04.48	1:11.58	1000m: 11:49.84	1:11.40	1400m: 16:34.64	1:10.93
	300m: 3:28.89	1:12.29	700m: 8:15.72	1:11.24	1100m: 13:01.25	1:11.41	1500m: 17:42.88	1:08.24
	400m: 4:41.33	1:12.44	800m: 9:27.26	1:11.54	1200m: 14:12.69	1:11.44		
9.	NARIGUETA Rodrigo Duarte	16	208395	Palmela	17:54.49		489	
	100m: 1:06.88	1:06.88	500m: 5:55.77	1:13.09	900m: 10:43.54	1:11.82	1300m: 15:33.18	1:11.70
	200m: 2:18.73	1:11.85	600m: 7:07.96	1:12.19	1000m: 11:56.13	1:12.59	1400m: 16:44.73	1:11.55
	300m: 3:30.92	1:12.19	700m: 8:19.92	1:11.96	1100m: 13:08.94	1:12.81	1500m: 17:54.49	1:09.76
	400m: 4:42.68	1:11.76	800m: 9:31.72	1:11.80	1200m: 14:21.48	1:12.54		
10.	FERREIRA Tiago Rafael	16	217638	Sporting	17:57.05		486	
	100m: 1:05.99	1:05.99	500m: 5:52.15	1:12.31	900m: 10:42.62	1:12.52	1300m: 15:34.05	1:13.37
	200m: 2:16.63	1:10.64	600m: 7:04.38	1:12.23	1000m: 11:55.37	1:12.75	1400m: 16:47.73	1:13.68
	300m: 3:27.94	1:11.31	700m: 8:17.44	1:13.06	1100m: 13:08.44	1:13.07	1500m: 17:57.05	1:09.32
	400m: 4:39.84	1:11.90	800m: 9:30.10	1:12.66	1200m: 14:20.68	1:12.24		

