

Campeonato Regional Absolutos e Torneio Nadador Completo Infantis
Sines, 23 - 24/11/2024

Prova 36 Masc., 1500m Livres 15 anos e mais velhos
24/11/2024 - 15:55 Resultados

Rec Regional Open	16:43.65	Filipe Ricardo AZEVEDO	AMINATA Sines	08/12/2012
Rec Regional 19 +	16:43.65	Filipe Ricardo AZEVEDO	AMINATA Sines	08/12/2012
Rec Regional 18	17:37.42	Miguel Martins BALTAZAR	AMINATA Evora	31/01/2016
Rec Regional 17	17:12.77	Nelson Pereira MALHEIROS	CNLA Sines	15/11/2015
Rec Regional 16	17:11.36	Miguel Martins BALTAZAR	AMINATA Evora	02/02/2014
Rec Regional 15	17:27.48	Nelson Pereira MALHEIROS	CNLA Ponte de sor	16/03/2014

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo final	Pontos
1.	Samuel Andre MARIANO	02	Litoral Alentejano	18:25.15	449
	100m: 1:11.05 1:11.05	500m: 6:10.04 1:14.91	900m: 11:04.33 1:14.09	1300m: 16:00.74 1:14.32	
	200m: 2:25.80 1:14.75	600m: 7:22.78 1:12.74	1000m: 12:18.45 1:14.12	1400m: 17:15.02 1:14.28	
	300m: 3:40.28 1:14.48	700m: 8:36.43 1:13.65	1100m: 13:32.25 1:13.80	1500m: 18:25.15 1:10.13	
	400m: 4:55.13 1:14.85	800m: 9:50.24 1:13.81	1200m: 14:46.42 1:14.17		
2.	Mauro Santos INACIO	84	Litoral Alentejano	18:49.62	421
	100m: 1:10.88 1:10.88	500m: 6:13.23 1:15.26	900m: 11:15.55 1:16.13	1300m: 16:18.83 1:16.12	
	200m: 2:26.63 1:15.75	600m: 7:28.28 1:15.05	1000m: 12:31.28 1:15.73	1400m: 17:34.97 1:16.14	
	300m: 3:42.43 1:15.80	700m: 8:42.88 1:14.60	1100m: 13:46.97 1:15.69	1500m: 18:49.62 1:14.65	
	400m: 4:57.97 1:15.54	800m: 9:59.42 1:16.54	1200m: 15:02.71 1:15.74		
3.	Francisco Alves CORREIA	04	Litoral Alentejano	19:16.63	392
	100m: 1:12.45 1:12.45	500m: 6:16.92 1:16.82	900m: 11:25.38 1:16.92	1300m: 16:43.75 1:20.91	
	200m: 2:27.64 1:15.19	600m: 7:33.43 1:16.51	1000m: 12:44.27 1:18.89	1400m: 18:03.21 1:19.46	
	300m: 3:44.02 1:16.38	700m: 8:50.79 1:17.36	1100m: 14:03.47 1:19.20	1500m: 19:16.63 1:13.42	
	400m: 5:00.10 1:16.08	800m: 10:08.46 1:17.67	1200m: 15:22.84 1:19.37		
4.	Daniel Alves MATOS	07	Litoral Alentejano	19:56.23	354
	100m: 1:14.23 1:14.23	500m: 6:29.70 1:17.51	900m: 11:51.61 1:21.86	1300m: 17:19.10 1:21.06	
	200m: 2:33.06 1:18.83	600m: 7:48.43 1:18.73	1000m: 13:14.00 1:22.39	1400m: 18:39.55 1:20.45	
	300m: 3:53.16 1:20.10	700m: 9:08.51 1:20.08	1100m: 14:36.67 1:22.67	1500m: 19:56.23 1:16.68	
	400m: 5:12.19 1:19.03	800m: 10:29.75 1:21.24	1200m: 15:58.04 1:21.37		
5.	Francisco Reis MAGUAS	06	Ndco	19:56.28	354
	100m: 1:13.87 1:13.87	500m: 6:31.19 1:19.31	900m: 11:59.61 1:22.43	1300m: 17:22.96 1:20.44	
	200m: 2:33.15 1:19.28	600m: 7:53.02 1:21.83	1000m: 13:21.12 1:21.51	1400m: 18:42.50 1:19.54	
	300m: 3:52.63 1:19.48	700m: 9:15.40 1:22.38	1100m: 14:41.97 1:20.85	1500m: 19:56.28 1:13.78	
	400m: 5:11.88 1:19.25	800m: 10:37.18 1:21.78	1200m: 16:02.52 1:20.55		
6.	Diogo Luis PINTO	07	Litoral Alentejano	20:55.81	306
	100m: 1:14.99 1:14.99	500m: 6:55.47 1:24.50	900m: 12:39.53 1:24.14	1300m: 18:13.04 1:22.56	
	200m: 2:39.16 1:24.17	600m: 8:22.83 1:27.36	1000m: 14:05.09 1:25.56	1400m: 19:37.80 1:24.76	
	300m: 4:06.70 1:27.54	700m: 9:49.61 1:26.78	1100m: 15:27.83 1:22.74	1500m: 20:55.81 1:18.01	
	400m: 5:30.97 1:24.27	800m: 11:15.39 1:25.78	1200m: 16:50.48 1:22.65		
7.	Rodrigo Alexandre RAPOSO	10	Acmn	21:08.43	297
	100m: 1:18.04 1:18.04	500m: 6:58.73 1:24.62	900m: 12:38.59 1:24.77	1300m: 18:22.51 1:25.95	
	200m: 2:41.67 1:23.63	600m: 8:24.97 1:26.24	1000m: 14:04.35 1:25.76	1400m: 19:47.64 1:25.13	
	300m: 4:07.72 1:26.05	700m: 9:48.27 1:23.30	1100m: 15:30.61 1:26.26	1500m: 21:08.43 1:20.79	
	400m: 5:34.11 1:26.39	800m: 11:13.82 1:25.55	1200m: 16:56.56 1:25.95		
8.	Francisco Vilhena BRANCO	07	Litoral Alentejano	21:12.43	294
	100m: 1:12.64 1:12.64	500m: 6:45.00 1:26.11	900m: 12:33.49 1:30.52	1300m: 18:20.36 1:26.90	
	200m: 2:31.07 1:18.43	600m: 8:07.85 1:22.85	1000m: 14:02.57 1:29.08	1400m: 19:46.56 1:26.20	
	300m: 3:54.43 1:23.36	700m: 9:36.15 1:28.30	1100m: 15:26.89 1:24.32	1500m: 21:12.43 1:25.87	
	400m: 5:18.89 1:24.46	800m: 11:02.97 1:26.82	1200m: 16:53.46 1:26.57		
9.	Mateus Duarte HELENO	10	GSC Grândola Sports Club	21:15.60	292
	100m: 1:15.16 1:15.16	500m: 6:55.95 1:25.91	900m: 12:42.76 1:26.78	1300m: 18:28.52 1:26.52	
	200m: 2:39.24 1:24.08	600m: 8:23.04 1:27.09	1000m: 14:09.33 1:26.57	1400m: 19:54.39 1:25.87	
	300m: 4:04.02 1:24.78	700m: 9:50.37 1:27.33	1100m: 15:36.38 1:27.05	1500m: 21:15.60 1:21.21	
	400m: 5:30.04 1:26.02	800m: 11:15.98 1:25.61	1200m: 17:02.00 1:25.62		
EXH	Leonor Duarte GONCALVES	10	Ndco	21:37.72	342
	100m: 1:22.39 1:22.39	500m: 7:12.04 1:27.53	900m: 13:03.34 1:27.62	1300m: 18:51.31 1:26.40	
	200m: 2:49.90 1:27.51	600m: 8:40.37 1:28.33	1000m: 14:31.26 1:27.92	1400m: 20:17.25 1:25.94	
	300m: 4:16.69 1:26.79	700m: 10:08.30 1:27.93	1100m: 15:58.51 1:27.25	1500m: 21:37.72 1:20.47	
	400m: 5:44.51 1:27.82	800m: 11:35.72 1:27.42	1200m: 17:24.91 1:26.40		

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Sines, 23 - 24/11/2024

Prova 36, Masc., 1500m Livres

Lugar	Nome	Ano	Clube	Tempo final	Pontos
EXH	Rita Isabel OLIVEIRA	10	Estremoz / Estremozcarnes	22:35.26	300
	100m: 1:25.64 1:25.64	500m: 7:25.36 1:30.01	900m: 13:29.45 1:31.82	1300m: 19:37.80 1:32.60	
	200m: 2:54.15 1:28.51	600m: 8:56.60 1:31.24	1000m: 15:02.22 1:32.77	1400m: 21:09.31 1:31.51	
	300m: 4:24.55 1:30.40	700m: 10:26.83 1:30.23	1100m: 16:35.13 1:32.91	1500m: 22:35.26 1:25.95	
	400m: 5:55.35 1:30.80	800m: 11:57.63 1:30.80	1200m: 18:05.20 1:30.07		