

Campeonato Regional de Juvenis, Juniores e Seniores
Braga, 22 - 24/11/2024

Prova 33	Masc., 1500m Livres				Absoluto
23/11/2024 - 17:40					Resultados
Rec. Reg. ANMinho Open	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	21/12/2021
Rec. Reg. ANMinho Sen	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	21/12/2021
Rec. Reg. ANMinho Jun 2	15:19.81	Jose Paulo Lopes	SCB	Porto	10/12/2017
Rec. Reg. ANMinho Jun 1	15:21.79	Jose Paulo Lopes	SCB	Funchal	11/12/2016
Rec. Reg. ANMinho Juv A	15:46.14	Jose Paulo Lopes	SCB	Ponte da Barca	02/07/2016
Rec. Reg. ANMinho Juv B	16:10.07	Jose Paulo Lopes	SCB	Ponte da Barca	04/07/2015
Rec. Reg. ANMinho Inf A	16:54.06	Hugo Miguel Neves	SCB	Ponte da Barca	02/07/2016
Rec. Reg. ANMinho Inf B	17:54.74	Duarte Joao Dantas	EDV	Alcobaca	16/03/1997

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts
Juvenis B							
1.	Tiago Filipe Salgueiro		10	Viana Natacao		19:16.83	392
	50m: 35.89 35.89	400m: 5:06.89 1:17.49		800m: 10:16.14 1:17.27	1200m: 15:25.06 1:17.23		
	100m: 1:14.81 38.92	500m: 6:24.42 1:17.53		900m: 11:32.92 1:16.78	1300m: 16:43.34 1:18.28		
	200m: 2:32.59 1:17.78	600m: 7:41.59 1:17.17		1000m: 12:50.33 1:17.41	1400m: 18:01.62 1:18.28		
	300m: 3:49.40 1:16.81	700m: 8:58.87 1:17.28		1100m: 14:07.83 1:17.50	1500m: 19:16.83 1:15.21		
Juvenis A							
1.	Raul Ventura Barros		09	Braga		17:50.17	495
	50m: 31.91 31.91	400m: 4:36.96 1:11.18		800m: 9:23.43 1:12.52	1200m: 14:14.40 1:12.60		
	100m: 1:05.81 33.90	500m: 5:48.24 1:11.28		900m: 10:36.40 1:12.97	1300m: 15:27.96 1:13.56		
	200m: 2:15.00 1:09.19	600m: 6:59.24 1:11.00		1000m: 11:49.24 1:12.84	1400m: 16:40.62 1:12.66		
	300m: 3:25.78 1:10.78	700m: 8:10.91 1:11.67		1100m: 13:01.80 1:12.56	1500m: 17:50.17 1:09.55		
2.	Manuel Manso Goncalves		09	Escola Desportiva de Viana		19:08.28	401
	50m: 34.53 34.53	400m: 5:02.99 1:16.04		800m: 10:11.12 1:18.21	1200m: 15:21.05 1:17.39		
	100m: 1:13.46 38.93	500m: 6:19.01 1:16.02		900m: 11:28.65 1:17.53	1300m: 16:38.27 1:17.22		
	200m: 2:30.36 1:16.90	600m: 7:36.23 1:17.22		1000m: 12:45.99 1:17.34	1400m: 17:55.05 1:16.78		
	300m: 3:46.95 1:16.59	700m: 8:52.91 1:16.68		1100m: 14:03.66 1:17.67	1500m: 19:08.28 1:13.23		
Juniores							
1.	Filipe Manso Laranjo		07	Braga		16:47.21	594
	50m: 29.42 29.42	400m: 4:25.44 1:07.38		800m: 8:58.22 1:08.53	1200m: 13:27.71 1:07.15		
	100m: 1:02.61 33.19	500m: 5:34.77 1:09.33		900m: 10:05.70 1:07.48	1300m: 14:35.15 1:07.44		
	200m: 2:10.35 1:07.74	600m: 6:41.84 1:07.07		1000m: 11:13.69 1:07.99	1400m: 15:42.72 1:07.57		
	300m: 3:18.06 1:07.71	700m: 7:49.69 1:07.85		1100m: 12:20.56 1:06.87	1500m: 16:47.21 1:04.49		
2.	Afonso Miguel Nogueira		07	Braga		17:19.28	541
	50m: 30.51 30.51	400m: 4:29.58 1:09.04		800m: 9:09.46 1:09.96	1200m: 13:49.13 1:10.14		
	100m: 1:04.53 34.02	500m: 5:39.18 1:09.60		900m: 10:11.09 1:01.63	1300m: 15:00.27 1:11.14		
	200m: 2:12.38 1:07.85	600m: 6:49.13 1:09.95		1000m: 11:21.13 1:10.04	1400m: 16:11.24 1:10.97		
	300m: 3:20.54 1:08.16	700m: 7:59.50 1:10.37		1100m: 12:38.99 1:17.86	1500m: 17:19.28 1:08.04		
3.	Joao Pedro Tinoco		07	Braga		18:41.29	430
	50m: 33.44 33.44	400m: 4:45.56 1:13.12		800m: 9:43.16 1:15.08	1200m: 14:49.79 1:17.66		
	100m: 1:09.39 35.95	500m: 5:59.63 1:14.07		900m: 10:58.79 1:15.63	1300m: 16:07.70 1:17.91		
	200m: 2:20.72 1:11.33	600m: 7:13.31 1:13.68		1000m: 12:15.32 1:16.53	1400m: 17:24.69 1:16.99		
	300m: 3:32.44 1:11.72	700m: 8:28.08 1:14.77		1100m: 13:32.13 1:16.81	1500m: 18:41.29 1:16.60		
Seniores							
1.	Jose Paulo Lopes		00	Braga		15:33.76	746
	50m: 28.16 28.16	400m: 4:08.00 1:03.04		800m: 8:19.41 1:02.70	1200m: 12:27.69 1:01.75		
	100m: 59.05 30.89	500m: 5:11.66 1:03.66		900m: 9:22.37 1:02.96	1300m: 13:30.09 1:02.40		
	200m: 2:01.90 1:02.85	600m: 6:13.87 1:02.21		1000m: 10:24.90 1:02.53	1400m: 14:32.73 1:02.64		
	300m: 3:04.96 1:03.06	700m: 7:16.71 1:02.84		1100m: 11:25.94 1:01.04	1500m: 15:33.76 1:01.03		
2.	Joao Maria Sousa		05	Braga		17:07.24	560
	50m: 29.95 29.95	400m: 4:25.89 1:07.99		800m: 8:59.38 1:07.48	1200m: 13:36.91 1:11.10		
	100m: 1:02.76 32.81	500m: 5:39.81 1:13.92		900m: 10:07.71 1:08.33	1300m: 14:47.94 1:11.03		
	200m: 2:10.05 1:07.29	600m: 6:43.20 1:03.39		1000m: 11:16.72 1:09.01	1400m: 15:58.95 1:11.01		
	300m: 3:17.90 1:07.85	700m: 7:51.90 1:08.70		1100m: 12:25.81 1:09.09	1500m: 17:07.24 1:08.29		

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Prova 33, Masc., 1500m Livres, Seniores

Lugar			Ano				Tempo final		Pts
3.	Marcio Fernandes Gomes		04	Braga		17:14.47		548	
	50m:	30.87 30.87	400m:	4:26.56 1:08.08	800m:	8:58.86 1:08.61	1200m:	13:43.09 1:12.35	
	100m:	1:04.21 33.34	500m:	5:35.02 1:08.46	900m:	10:08.49 1:09.63	1300m:	14:55.42 1:12.33	
	200m:	2:10.90 1:06.69	600m:	6:41.96 1:06.94	1000m:	11:18.93 1:10.44	1400m:	16:06.22 1:10.80	
	300m:	3:18.48 1:07.58	700m:	7:50.25 1:08.29	1100m:	12:30.74 1:11.81	1500m:	17:14.47 1:08.25	