

Prova 20 Masc., 1500m Livres 1ª Divisão MASC
22/12/2024 - 9:20 Resultados

RN Open	14:39.82	Jose Paulo, Lopes	POR	Abu Dhabi (UAE)	20/12/2021
RN Sen	14:39.82	Jose Paulo, Lopes	POR	Abu Dhabi (UAE)	20/12/2021
RN Jun 18	15:06.77	Filipe Miguel, Santo	SLB	Funchal	26/03/2018
RN Jun 17	15:05.57	Gustavo Manuel, Santa	CNLA	Leiria	06/12/2009
RN Juv A	15:36.31	Rui Filipe, Costa	VSC	Braga	04/03/2007
RN Juv B	15:55.78	Rui Silva, Pereira	POR	Tomar	14/01/2023
RN Inf A	16:13.14	Andre Vilas, Ruivo	DNMG	Campo Maior	30/03/2014
RN Inf B	17:11.29	Andre Vilas, Ruivo	DNMG	Leiria	03/03/2013

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts
1.	Jose Paulo, Lopes	00	117924	Sporting Clube de Braga	15:08.86	16,00
	100m: 56.54 56.54	500m: 4:56.45 1:00.47	900m: 8:59.93 1:01.12	1300m: 13:05.71 1:01.63		
	200m: 1:55.77 59.23	600m: 5:57.20 1:00.75	1000m: 10:01.12 1:01.19	1400m: 14:07.71 1:02.00		
	300m: 2:55.69 59.92	700m: 6:57.84 1:00.64	1100m: 11:02.24 1:01.12	1500m: 15:08.86 1:01.15		
	400m: 3:55.98 1:00.29	800m: 7:58.81 1:00.97	1200m: 12:04.08 1:01.84			
2.	Francisco Rodriguez, Amaral	02	122608	Porto	15:17.27	14,00
	100m: 58.05 58.05	500m: 5:01.02 1:01.07	900m: 9:06.26 1:01.70	1300m: 13:13.38 1:02.10		
	200m: 1:58.45 1:00.40	600m: 6:01.98 1:00.96	1000m: 10:07.87 1:01.61	1400m: 14:16.05 1:02.67		
	300m: 2:59.03 1:00.58	700m: 7:02.97 1:00.99	1100m: 11:09.39 1:01.52	1500m: 15:17.27 1:01.22		
	400m: 3:59.95 1:00.92	800m: 8:04.56 1:01.59	1200m: 12:11.28 1:01.89			
3.	Diogo Santos, Cardoso	01	122969	Sporting	15:18.59	13,00
	100m: 58.89 58.89	500m: 5:05.99 1:01.78	900m: 9:12.08 1:01.26	1300m: 13:18.13 1:01.65		
	200m: 2:00.58 1:01.69	600m: 6:07.72 1:01.73	1000m: 10:13.65 1:01.57	1400m: 14:19.86 1:01.73		
	300m: 3:02.44 1:01.86	700m: 7:09.44 1:01.72	1100m: 11:15.14 1:01.49	1500m: 15:18.59 58.73		
	400m: 4:04.21 1:01.77	800m: 8:10.82 1:01.38	1200m: 12:16.48 1:01.34			
4.	Bernardo Jorge, Simoes	04	130250	Clube Futebol Os Belenenses	15:41.86	12,00
	100m: 58.82 58.82	500m: 5:11.70 1:03.51	900m: 9:26.91 1:03.85	1300m: 13:39.72 1:02.53		
	200m: 2:01.47 1:02.65	600m: 6:15.36 1:03.66	1000m: 10:30.70 1:03.79	1400m: 14:41.72 1:02.00		
	300m: 3:04.65 1:03.18	700m: 7:19.19 1:03.83	1100m: 11:34.14 1:03.44	1500m: 15:41.86 1:00.14		
	400m: 4:08.19 1:03.54	800m: 8:23.06 1:03.87	1200m: 12:37.19 1:03.05			
5.	Gabriel Carvalho, Ferrao	05	132345	Benfica	15:47.72	11,00
	100m: 58.55 58.55	500m: 5:10.84 1:03.35	900m: 9:25.87 1:03.81	1300m: 13:41.13 1:04.03		
	200m: 2:01.43 1:02.88	600m: 6:14.52 1:03.68	1000m: 10:29.86 1:03.99	1400m: 14:44.84 1:03.71		
	300m: 3:04.33 1:02.90	700m: 7:18.33 1:03.81	1100m: 11:33.57 1:03.71	1500m: 15:47.72 1:02.88		
	400m: 4:07.49 1:03.16	800m: 8:22.06 1:03.73	1200m: 12:37.10 1:03.53			
6.	Martim Cunha, Macedo	09	204594	Natacao da Maia	15:58.64	10,00
	100m: 58.57 58.57	500m: 5:13.62 1:03.78	900m: 9:30.79 1:04.29	1300m: 13:51.32 1:05.57		
	200m: 2:02.00 1:03.43	600m: 6:17.62 1:04.00	1000m: 10:35.41 1:04.62	1400m: 14:56.32 1:05.00		
	300m: 3:05.81 1:03.81	700m: 7:22.45 1:04.83	1100m: 11:40.28 1:04.87	1500m: 15:58.64 1:02.32		
	400m: 4:09.84 1:04.03	800m: 8:26.50 1:04.05	1200m: 12:45.75 1:05.47			
7.	Jose Paula, Carvalho	98	111450	Uniao Piedense	16:07.51	9,00
	100m: 59.60 59.60	500m: 5:17.07 1:04.83	900m: 9:38.19 1:05.48	1300m: 13:58.61 1:04.19		
	200m: 2:03.29 1:03.69	600m: 6:21.84 1:04.77	1000m: 10:43.95 1:05.76	1400m: 15:03.80 1:05.19		
	300m: 3:07.58 1:04.29	700m: 7:26.90 1:05.06	1100m: 11:49.18 1:05.23	1500m: 16:07.51 1:03.71		
	400m: 4:12.24 1:04.66	800m: 8:32.71 1:05.81	1200m: 12:54.42 1:05.24			
8.	Fernando, Roldan Cabeza	09	220141	Louletano / Loule Aqui e Agora	16:09.24	8,00
	100m: 1:00.35 1:00.35	500m: 5:21.71 1:05.30	900m: 9:44.03 1:05.33	1300m: 14:04.09 1:04.96		
	200m: 2:06.02 1:05.67	600m: 6:27.56 1:05.85	1000m: 10:48.99 1:04.96	1400m: 15:08.58 1:04.49		
	300m: 3:10.97 1:04.95	700m: 7:33.51 1:05.95	1100m: 11:53.92 1:04.93	1500m: 16:09.24 1:00.66		
	400m: 4:16.41 1:05.44	800m: 8:38.70 1:05.19	1200m: 12:59.13 1:05.21			
9.	Nicolas Filip, Montfort	05	217266	Sport Alges e Dafundo	16:09.43	7,00
	100m: 1:00.56 1:00.56	500m: 5:21.92 1:05.23	900m: 9:43.45 1:05.13	1300m: 14:04.04 1:05.42		
	200m: 2:06.27 1:05.71	600m: 6:27.64 1:05.72	1000m: 10:48.39 1:04.94	1400m: 15:08.96 1:04.92		
	300m: 3:11.13 1:04.86	700m: 7:33.00 1:05.36	1100m: 11:53.19 1:04.80	1500m: 16:09.43 1:00.47		
	400m: 4:16.69 1:05.56	800m: 8:38.32 1:05.32	1200m: 12:58.62 1:05.43			

Prova 20, Masc., 1500m Livres, 1ª Divisão MASC

Lugar	Nome	Ano	Licença	Clube	Tempo Final				Pts			
10.	Andre Leitao, Costa	07	201806	Foca Quinta Da Lixa - Cnf	16:28.07				6,00			
	100m:	1:00.68	1:00.68	500m:	5:23.00	1:06.04	900m:	9:49.37	1:06.51	1300m:	14:16.54	1:07.13
	200m:	2:04.77	1:04.09	600m:	6:29.75	1:06.75	1000m:	10:56.09	1:06.72	1400m:	15:23.65	1:07.11
	300m:	3:10.55	1:05.78	700m:	7:36.35	1:06.60	1100m:	12:02.62	1:06.53	1500m:	16:28.07	1:04.42
	400m:	4:16.96	1:06.41	800m:	8:42.86	1:06.51	1200m:	13:09.41	1:06.79			
11.	Sergio Gomes, Abreu	96	100821	Naval Do Funchal	16:38.80				5,00			
	100m:	1:01.08	1:01.08	500m:	5:27.55	1:06.69	900m:	9:55.93	1:07.52	1300m:	14:25.43	1:07.33
	200m:	2:07.07	1:05.99	600m:	6:34.67	1:07.12	1000m:	11:03.47	1:07.54	1400m:	15:32.62	1:07.19
	300m:	3:13.80	1:06.73	700m:	7:41.51	1:06.84	1100m:	12:11.52	1:08.05	1500m:	16:38.80	1:06.18
	400m:	4:20.86	1:07.06	800m:	8:48.41	1:06.90	1200m:	13:18.10	1:06.58			
12.	Bernardo Sousa, Rocha	03	202801	Leixoes Sport Clube	16:51.78				4,00			
	100m:	1:01.89	1:01.89	500m:	5:32.61	1:08.16	900m:	10:06.13	1:08.65	1300m:	14:42.12	1:08.84
	200m:	2:08.47	1:06.58	600m:	6:40.68	1:08.07	1000m:	11:14.74	1:08.61	1400m:	15:50.66	1:08.54
	300m:	3:16.44	1:07.97	700m:	7:49.06	1:08.38	1100m:	12:24.05	1:09.31	1500m:	16:51.78	1:01.12
	400m:	4:24.45	1:08.01	800m:	8:57.48	1:08.42	1200m:	13:33.28	1:09.23			
13.	Marco Dimitar, Oliveira	07	209588	Cnac	16:55.44				3,00			
	100m:	1:01.77	1:01.77	500m:	5:32.54	1:07.97	900m:	10:06.26	1:08.17	1300m:	14:41.19	1:09.36
	200m:	2:09.13	1:07.36	600m:	6:40.95	1:08.41	1000m:	11:14.64	1:08.38	1400m:	15:49.33	1:08.14
	300m:	3:16.50	1:07.37	700m:	7:49.75	1:08.80	1100m:	12:23.06	1:08.42	1500m:	16:55.44	1:06.11
	400m:	4:24.57	1:08.07	800m:	8:58.09	1:08.34	1200m:	13:31.83	1:08.77			
14.	Rui Filipe, Costa	91	24004	Vitoria Sport Clube	17:26.60				2,00			
	100m:	1:03.01	1:03.01	500m:	5:39.00	1:10.19	900m:	10:23.85	1:11.22	1300m:	15:11.20	1:11.55
	200m:	2:10.75	1:07.74	600m:	6:49.63	1:10.63	1000m:	11:36.03	1:12.18	1400m:	16:21.23	1:10.03
	300m:	3:19.54	1:08.79	700m:	8:01.06	1:11.43	1100m:	12:47.99	1:11.96	1500m:	17:26.60	1:05.37
	400m:	4:28.81	1:09.27	800m:	9:12.63	1:11.57	1200m:	13:59.65	1:11.66			
15.	Santiago Carvalho, Pereira	08	206129	Famalicao	17:29.06				1,00			
	100m:	1:02.70	1:02.70	500m:	5:38.96	1:10.46	900m:	10:23.65	1:11.47	1300m:	15:11.37	1:11.89
	200m:	2:10.04	1:07.34	600m:	6:49.60	1:10.64	1000m:	11:35.65	1:12.00	1400m:	16:22.44	1:11.07
	300m:	3:19.03	1:08.99	700m:	8:01.19	1:11.59	1100m:	12:47.37	1:11.72	1500m:	17:29.06	1:06.62
	400m:	4:28.50	1:09.47	800m:	9:12.18	1:10.99	1200m:	13:59.48	1:12.11			