

Torneio Zonal de Juvenis (Zona Norte)
Condeixa, 6 - 8/12/2024

Prova 20
07/12/2024 - 15:30

Masc., 1500m Livres

Juvenis
Resultados

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

TAC Zonais Juv A Masc Juv A: 18:25.72 / TAC Zonais Juv B Masc Juv B: 18:45.82

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts	
Juvenis B								
1.	Andre Ferreira, SANTOS		10	Academico de Viseu		17:47.86	498	
	100m: 1:08.16	1:08.16	500m: 5:53.31	1:11.33	900m: 10:37.96	1:11.52	1300m: 15:26.91	1:12.52
	200m: 2:19.76	1:11.60	600m: 7:04.25	1:10.94	1000m: 11:49.94	1:11.98	1400m: 16:39.01	1:12.10
	300m: 3:31.05	1:11.29	700m: 8:15.66	1:11.41	1100m: 13:02.36	1:12.42	1500m: 17:47.86	1:08.85
	400m: 4:41.98	1:10.93	800m: 9:26.44	1:10.78	1200m: 14:14.39	1:12.03		
2.	Alexandre Joel, RATO		10	Tubaroes de Gaia		18:18.94	457	
	100m: 1:09.04	1:09.04	500m: 6:02.56	1:13.60	900m: 10:58.77	1:14.51	1300m: 15:55.40	1:13.30
	200m: 2:21.41	1:12.37	600m: 7:16.08	1:13.52	1000m: 12:13.17	1:14.40	1400m: 17:08.37	1:12.97
	300m: 3:34.63	1:13.22	700m: 8:30.18	1:14.10	1100m: 13:28.08	1:14.91	1500m: 18:18.94	1:10.57
	400m: 4:48.96	1:14.33	800m: 9:44.26	1:14.08	1200m: 14:42.10	1:14.02		
Juvenis A								
1.	Martim Cunha, MACEDO		09	Natacao da Maia		16:04.16	677	
	<i>Rec Regional</i>							
	100m: 1:00.58	1:00.58	500m: 5:19.20	1:05.08	900m: 9:39.04	1:04.04	1300m: 13:56.31	1:04.87
	200m: 2:04.52	1:03.94	600m: 6:24.85	1:05.65	1000m: 10:43.02	1:03.98	1400m: 15:01.40	1:05.09
	300m: 3:09.50	1:04.98	700m: 7:29.97	1:05.12	1100m: 11:47.13	1:04.11	1500m: 16:04.16	1:02.76
	400m: 4:14.12	1:04.62	800m: 8:35.00	1:05.03	1200m: 12:51.44	1:04.31		
2.	Jose Pedro, OLIVEIRA		09	Tubaroes de Gaia		17:19.61	540	
	100m: 1:04.94	1:04.94	500m: 5:43.52	1:10.07	900m: 10:23.32	1:10.21	1300m: 15:01.58	1:09.56
	200m: 2:13.44	1:08.50	600m: 6:53.41	1:09.89	1000m: 11:33.49	1:10.17	1400m: 16:11.56	1:09.98
	300m: 3:23.17	1:09.73	700m: 8:03.33	1:09.92	1100m: 12:42.69	1:09.20	1500m: 17:19.61	1:08.05
	400m: 4:33.45	1:10.28	800m: 9:13.11	1:09.78	1200m: 13:52.02	1:09.33		
3.	Raul Ventura, BARROS		09	Braga		17:30.07	524	
	100m: 1:05.18	1:05.18	500m: 5:44.42	1:09.90	900m: 10:27.33	1:11.56	1300m: 15:12.29	1:10.78
	200m: 2:14.33	1:09.15	600m: 6:54.03	1:09.61	1000m: 11:39.87	1:12.54	1400m: 16:22.09	1:09.80
	300m: 3:24.26	1:09.93	700m: 8:05.08	1:11.05	1100m: 12:49.73	1:09.86	1500m: 17:30.07	1:07.98
	400m: 4:34.52	1:10.26	800m: 9:15.77	1:10.69	1200m: 14:01.51	1:11.78		
4.	Tomas Rafael, PEREIRA		09	Condeixa Clube		17:35.80	516	
	100m: 1:04.06	1:04.06	500m: 5:42.81	1:10.09	900m: 10:27.82	1:12.19	1300m: 15:13.39	1:11.09
	200m: 2:12.87	1:08.81	600m: 6:53.92	1:11.11	1000m: 11:39.43	1:11.61	1400m: 16:26.11	1:12.72
	300m: 3:22.78	1:09.91	700m: 8:04.17	1:10.25	1100m: 12:49.77	1:10.34	1500m: 17:35.80	1:09.69
	400m: 4:32.72	1:09.94	800m: 9:15.63	1:11.46	1200m: 14:02.30	1:12.53		
5.	Alexandre Lima, SANTOS		09	Fluvial Portuense		17:49.63	496	
	100m: 1:03.66	1:03.66	500m: 5:47.22	1:11.96	900m: 10:38.05	1:13.24	1300m: 15:27.58	1:12.08
	200m: 2:13.23	1:09.57	600m: 6:59.71	1:12.49	1000m: 11:50.66	1:12.61	1400m: 16:39.25	1:11.67
	300m: 3:24.23	1:11.00	700m: 8:12.10	1:12.39	1100m: 13:03.37	1:12.71	1500m: 17:49.63	1:10.38
	400m: 4:35.26	1:11.03	800m: 9:24.81	1:12.71	1200m: 14:15.50	1:12.13		
6.	Rodrigo Teixeira, PINTO		09	Foca Quinta Da Lixa - Cnf		17:49.93	495	
	100m: 1:04.99	1:04.99	500m: 5:44.54	1:09.95	900m: 10:32.39	1:12.76	1300m: 15:23.80	1:13.10
	200m: 2:13.91	1:08.92	600m: 6:55.69	1:11.15	1000m: 11:44.78	1:12.39	1400m: 16:36.92	1:13.12
	300m: 3:23.96	1:10.05	700m: 8:07.30	1:11.61	1100m: 12:57.47	1:12.69	1500m: 17:49.93	1:13.01
	400m: 4:34.59	1:10.63	800m: 9:19.63	1:12.33	1200m: 14:10.70	1:13.23		
7.	Pedro Guedes, FERREIRA		09	Porto		18:28.38	446	
	<i>FTL</i>							
	100m: 1:09.57	1:09.57	500m: 6:04.17	1:14.85	900m: 11:02.36	1:13.91	1300m: 16:00.86	1:14.30
	200m: 2:21.70	1:12.13	600m: 7:19.32	1:15.15	1000m: 12:16.86	1:14.50	1400m: 17:15.53	1:14.67
	300m: 3:34.42	1:12.72	700m: 8:33.96	1:14.64	1100m: 13:31.24	1:14.38	1500m: 18:28.38	1:12.85
	400m: 4:49.32	1:14.90	800m: 9:48.45	1:14.49	1200m: 14:46.56	1:15.32		

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Condeixa, 6 - 8/12/2024

Prova 20, Masc., 1500m Livres, Juvenis A

Lugar			Ano				Tempo final	Pts			
8.	Dinis Lima, MORENO		09	Braga			18:55.24	415			
	<i>FTL</i>										
100m:	1:07.40	1:07.40	500m:	6:09.70	1:15.90	900m:	11:15.58	1:16.46	1300m:	16:24.60	1:17.08
200m:	2:22.81	1:15.41	600m:	7:26.46	1:16.76	1000m:	12:33.19	1:17.61	1400m:	17:41.34	1:16.74
300m:	3:38.25	1:15.44	700m:	8:42.72	1:16.26	1100m:	13:50.24	1:17.05	1500m:	18:55.24	1:13.90
400m:	4:53.80	1:15.55	800m:	9:59.12	1:16.40	1200m:	15:07.52	1:17.28			