

Campeonatos Regionais PC_NP e NA
Tavira, 23 - 24/11/2024

Prova 4
23/11/2024 - 10:05

Masc., 1500m Livres

Absolutos
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Goncalo Alexandre, RETRE	10 Naval de Faro	18:44.35	427
100m: 1:11.17 1:11.17	500m: 6:07.33 1:14.51	900m: 11:08.79 1:15.03	1300m: 16:15.09 1:16.37
200m: 2:24.33 1:13.16	600m: 7:22.66 1:15.33	1000m: 12:24.94 1:16.15	1400m: 17:31.06 1:15.97
300m: 3:37.93 1:13.60	700m: 8:38.61 1:15.95	1100m: 13:41.46 1:16.52	1500m: 18:44.35 1:13.29
400m: 4:52.82 1:14.89	800m: 9:53.76 1:15.15	1200m: 14:58.72 1:17.26	
2. Rodrigo Ferreira, PLACIDO	10 Naval de Faro	19:54.22	356
100m: 1:13.74 1:13.74	500m: 6:30.82 1:20.19	900m: 11:51.18 1:19.90	1300m: 17:16.00 1:21.53
200m: 2:31.95 1:18.21	600m: 7:51.73 1:20.91	1000m: 13:12.32 1:21.14	1400m: 18:36.26 1:20.26
300m: 3:51.22 1:19.27	700m: 9:12.24 1:20.51	1100m: 14:32.73 1:20.41	1500m: 19:54.22 1:17.96
400m: 5:10.63 1:19.41	800m: 10:31.28 1:19.04	1200m: 15:54.47 1:21.74	

Juvenis A

1. Rafael Alexandre, SILVA	09 Louletano / Loule Aqui e Agora	17:23.06	535
100m: 1:03.91 1:03.91	500m: 5:41.03 1:09.98	900m: 10:22.23 1:10.69	1300m: 15:05.32 1:10.80
200m: 2:12.10 1:08.19	600m: 6:50.71 1:09.68	1000m: 11:33.08 1:10.85	1400m: 16:15.85 1:10.53
300m: 3:21.13 1:09.03	700m: 8:01.28 1:10.57	1100m: 12:43.59 1:10.51	1500m: 17:23.06 1:07.21
400m: 4:31.05 1:09.92	800m: 9:11.54 1:10.26	1200m: 13:54.52 1:10.93	

Juvenis

1. Rafael Alexandre, SILVA	09 Louletano / Loule Aqui e Agora	17:23.06	535
100m: 1:03.91 1:03.91	500m: 5:41.03 1:09.98	900m: 10:22.23 1:10.69	1300m: 15:05.32 1:10.80
200m: 2:12.10 1:08.19	600m: 6:50.71 1:09.68	1000m: 11:33.08 1:10.85	1400m: 16:15.85 1:10.53
300m: 3:21.13 1:09.03	700m: 8:01.28 1:10.57	1100m: 12:43.59 1:10.51	1500m: 17:23.06 1:07.21
400m: 4:31.05 1:09.92	800m: 9:11.54 1:10.26	1200m: 13:54.52 1:10.93	
2. Goncalo Alexandre, RETRE	10 Naval de Faro	18:44.35	427
100m: 1:11.17 1:11.17	500m: 6:07.33 1:14.51	900m: 11:08.79 1:15.03	1300m: 16:15.09 1:16.37
200m: 2:24.33 1:13.16	600m: 7:22.66 1:15.33	1000m: 12:24.94 1:16.15	1400m: 17:31.06 1:15.97
300m: 3:37.93 1:13.60	700m: 8:38.61 1:15.95	1100m: 13:41.46 1:16.52	1500m: 18:44.35 1:13.29
400m: 4:52.82 1:14.89	800m: 9:53.76 1:15.15	1200m: 14:58.72 1:17.26	
3. Rodrigo Ferreira, PLACIDO	10 Naval de Faro	19:54.22	356
100m: 1:13.74 1:13.74	500m: 6:30.82 1:20.19	900m: 11:51.18 1:19.90	1300m: 17:16.00 1:21.53
200m: 2:31.95 1:18.21	600m: 7:51.73 1:20.91	1000m: 13:12.32 1:21.14	1400m: 18:36.26 1:20.26
300m: 3:51.22 1:19.27	700m: 9:12.24 1:20.51	1100m: 14:32.73 1:20.41	1500m: 19:54.22 1:17.96
400m: 5:10.63 1:19.41	800m: 10:31.28 1:19.04	1200m: 15:54.47 1:21.74	

Juniores

1. Pablo Mira, MARQUEZ	07 Natacao de Olhao	17:56.31	487
100m: 1:04.55 1:04.55	500m: 5:51.12 1:13.21	900m: 10:43.26 1:13.47	1300m: 15:33.26 1:12.59
200m: 2:14.12 1:09.57	600m: 7:04.02 1:12.90	1000m: 11:56.16 1:12.90	1400m: 16:45.63 1:12.37
300m: 3:25.74 1:11.62	700m: 8:17.22 1:13.20	1100m: 13:08.18 1:12.02	1500m: 17:56.31 1:10.68
400m: 4:37.91 1:12.17	800m: 9:29.79 1:12.57	1200m: 14:20.67 1:12.49	
2. Martim Santos, CABRITA	08 Louletano / Loule Aqui e Agora	18:10.92	467
100m: 1:04.64 1:04.64	500m: 5:40.66 1:09.10	900m: 10:37.22 1:18.23	1300m: 15:37.42 1:15.23
200m: 2:13.40 1:08.76	600m: 6:50.43 1:09.77	1000m: 11:53.83 1:16.61	1400m: 16:54.70 1:17.28
300m: 3:22.42 1:09.02	700m: 8:02.08 1:11.65	1100m: 13:08.61 1:14.78	1500m: 18:10.92 1:16.22
400m: 4:31.56 1:09.14	800m: 9:18.99 1:16.91	1200m: 14:22.19 1:13.58	
3. Diogo Jose, MATEUS	08 Lagoa AC	18:37.00	435
100m: 1:05.02 1:05.02	500m: 6:01.61 1:15.56	900m: 11:04.24 1:15.55	1300m: 16:09.04 1:16.51
200m: 2:16.08 1:11.06	600m: 7:17.59 1:15.98	1000m: 12:19.99 1:15.75	1400m: 17:23.93 1:14.89
300m: 3:30.19 1:14.11	700m: 8:33.00 1:15.41	1100m: 13:36.05 1:16.06	1500m: 18:37.00 1:13.07
400m: 4:46.05 1:15.86	800m: 9:48.69 1:15.69	1200m: 14:52.53 1:16.48	

Campeonatos Regionais PC_NP e NA
Tavira, 23 - 24/11/2024

Prova 4, Masc., 1500m Livres, Juniores

Lugar			Ano				Tempo final	Pts				
4.	Pedro Correia, MOURA		08	FC Ferreiras/AlgarExperience				21:24.84	286			
	100m:	1:18.50	1:18.50	500m:	7:04.36	1:26.16	900m:	12:52.69	1:26.72	1300m:	18:36.94	1:26.31
	200m:	2:44.11	1:25.61	600m:	8:31.75	1:27.39	1000m:	14:19.11	1:26.42	1400m:	20:03.17	1:26.23
	300m:	4:10.80	1:26.69	700m:	9:58.40	1:26.65	1100m:	15:44.21	1:25.10	1500m:	21:24.84	1:21.67
	400m:	5:38.20	1:27.40	800m:	11:25.97	1:27.57	1200m:	17:10.63	1:26.42			

Seniores

1.	Gonçalo Gualberto, BARBARA		00	Lagoa AC				17:17.05	544			
	100m:	1:02.02	1:02.02	500m:	5:32.91	1:08.85	900m:	10:14.23	1:10.66	1300m:	14:57.84	1:10.94
	200m:	2:08.26	1:06.24	600m:	6:42.54	1:09.63	1000m:	11:25.31	1:11.08	1400m:	16:08.32	1:10.48
	300m:	3:15.97	1:07.71	700m:	7:52.90	1:10.36	1100m:	12:36.08	1:10.77	1500m:	17:17.05	1:08.73
	400m:	4:24.06	1:08.09	800m:	9:03.57	1:10.67	1200m:	13:46.90	1:10.82			
2.	Paulo Alexandre, SOUSA		72	Lagoa AC				20:48.00	312			
	100m:	1:15.90	1:15.90	500m:	6:48.90	1:24.39	900m:	12:26.44	1:24.49	1300m:	18:03.21	1:23.67
	200m:	2:37.13	1:21.23	600m:	8:13.37	1:24.47	1000m:	13:51.43	1:24.99	1400m:	19:25.97	1:22.76
	300m:	4:00.10	1:22.97	700m:	9:37.71	1:24.34	1100m:	15:15.39	1:23.96	1500m:	20:48.00	1:22.03
	400m:	5:24.51	1:24.41	800m:	11:01.95	1:24.24	1200m:	16:39.54	1:24.15			