



Prova de Preparação de Categorias 2025  
Benedita, 26/1/2025

Prova 18 Masc., 1500m Livres Infantil (A+B) Masc  
26/01/2025 - 12:49 Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
<b>1. Martim Duarte, ROQUE</b>	<b>11</b>	<b>CNLeiria - VOID</b>	<b>19:10.37</b>	<b>398</b>	
50m: 32.71 32.71	450m: 5:36.68	38.25 850m: 10:42.30	37.14 1250m: 15:54.64	39.05	
100m: 1:09.59 36.88	500m: 6:14.68	38.00 900m: 11:20.17	37.87 1300m: 16:34.62	39.98	
150m: 1:47.25 37.66	550m: 6:53.12	38.44 950m: 11:59.59	39.42 1350m: 17:14.34	39.72	
200m: 2:24.72 37.47	600m: 7:31.81	38.69 1000m: 12:38.65	39.06 1400m: 17:54.14	39.80	
250m: 3:02.76 38.04	650m: 8:09.74	37.93 1050m: 13:17.81	39.16 1450m: 18:33.30	39.16	
300m: 3:41.18 38.42	700m: 8:48.60	38.86 1100m: 13:57.06	39.25 1500m: 19:10.37	37.07	
350m: 4:19.65 38.47	750m: 9:26.73	38.13 1150m: 14:36.67	39.61		
400m: 4:58.43 38.78	800m: 10:05.16	38.43 1200m: 15:15.59	38.92		
<b>2. Martim Cruz, MOURA</b>	<b>11</b>	<b>CNLeiria - VOID</b>	<b>20:10.13</b>	<b>342</b>	
50m: 34.23 34.23	450m: 5:54.59	40.46 850m: 11:21.52	40.93 1250m: 16:49.09	41.32	
100m: 1:13.45 39.22	500m: 6:35.90	41.31 900m: 12:01.65	40.13 1300m: 17:29.87	40.78	
150m: 1:53.05 39.60	550m: 7:16.34	40.44 950m: 12:42.27	40.62 1350m: 18:11.03	41.16	
200m: 2:32.63 39.58	600m: 7:57.73	41.39 1000m: 13:23.38	41.11 1400m: 18:52.34	41.31	
250m: 3:12.48 39.85	650m: 8:38.55	40.82 1050m: 14:04.52	41.14 1450m: 19:32.55	40.21	
300m: 3:52.38 39.90	700m: 9:19.45	40.90 1100m: 14:45.45	40.93 1500m: 20:10.13	37.58	
350m: 4:33.16 40.78	750m: 9:59.70	40.25 1150m: 15:26.77	41.32		
400m: 5:14.13 40.97	800m: 10:40.59	40.89 1200m: 16:07.77	41.00		
<b>3. Martin, SHEVCHUK</b>	<b>11</b>	<b>CNLeiria - VOID</b>	<b>20:28.44</b>	<b>327</b>	
50m: 35.69 35.69	450m: 6:01.73	40.79 850m: 11:29.16	41.25 1250m: 17:05.66	42.22	
100m: 1:15.63 39.94	500m: 6:42.02	40.29 900m: 12:10.91	41.75 1300m: 17:46.91	41.25	
150m: 1:56.91 41.28	550m: 7:23.91	41.89 950m: 12:52.26	41.35 1350m: 18:28.41	41.50	
200m: 2:36.84 39.93	600m: 8:05.16	41.25 1000m: 13:34.48	42.22 1400m: 19:11.06	42.65	
250m: 3:17.81 40.97	650m: 8:45.23	40.07 1050m: 14:16.23	41.75 1450m: 19:51.63	40.57	
300m: 3:58.34 40.53	700m: 9:25.66	40.43 1100m: 14:58.31	42.08 1500m: 20:28.44	36.81	
350m: 4:40.41 42.07	750m: 10:06.48	40.82 1150m: 15:40.56	42.25		
400m: 5:20.94 40.53	800m: 10:47.91	41.43 1200m: 16:23.44	42.88		
<b>4. Vasco Sousa, LEMOS</b>	<b>11</b>	<b>Pimpoes/Cimai</b>	<b>20:31.81</b>	<b>324</b>	
50m: 35.67 35.67	400m: 5:19.76	40.80 750m: 10:10.35	42.11 1150m: 15:46.07	1:23.65	
100m: 1:14.71 39.04	450m: 6:01.01	41.25 800m: 10:52.45	42.10 1200m: 16:28.05	41.98	
150m: 1:55.53 40.82	500m: 6:41.92	40.91 850m: 11:34.55	42.10 1250m: 17:10.31	42.26	
200m: 2:36.07 40.54	550m: 7:23.07	41.15 900m: 12:17.17	42.62 1300m: 17:51.81	41.50	
250m: 3:16.03 39.96	600m: 8:04.21	41.14 950m: 12:58.81	41.64 1350m: 18:34.39	42.58	
300m: 3:57.31 41.28	650m: 8:45.96	41.75 1000m: 13:40.31	41.50 1400m: 19:15.01	40.62	
350m: 4:38.96 41.65	700m: 9:28.24	42.28 1050m: 14:22.42	42.11 1500m: 20:31.81	1:16.80	

Prova 18 Masc., 1500m Livres Juvenil (A+B) Masc  
26/01/2025 - 12:49 Resultados

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
<b>1. David Ferrador, PEREIRA</b>	<b>09</b>	<b>CNLeiria - VOID</b>	<b>18:20.88</b>	<b>455</b>	
50m: 30.59 30.59	450m: 5:18.31	36.53 850m: 10:15.63	38.25 1250m: 15:16.78	37.40	
100m: 1:05.88 35.29	500m: 5:55.06	36.75 900m: 10:53.63	38.00 1300m: 15:54.31	37.53	
150m: 1:41.63 35.75	550m: 6:31.40	36.34 950m: 11:31.13	37.50 1350m: 16:31.45	37.14	
200m: 2:16.95 35.32	600m: 7:06.63	35.23 1000m: 12:08.88	37.75 1400m: 17:08.91	37.46	
250m: 2:52.88 35.93	650m: 7:45.63	39.00 1050m: 12:46.41	37.53 1450m: 17:45.59	36.68	
300m: 3:24.13 31.25	700m: 8:22.78	37.15 1100m: 13:24.20	37.79 1500m: 18:20.88	35.29	
350m: 4:05.48 41.35	750m: 9:00.09	37.31 1150m: 14:01.95	37.75		
400m: 4:41.78 36.30	800m: 9:37.38	37.29 1200m: 14:39.38	37.43		



Prova de Preparação de Categorias 2025  
Benedita, 26/1/2025

Prova 18, Masc., 1500m Livres, Juvenil (A+B) Masc

Lugar			Ano	Pimpoes/Cimai				Tempo final	Pts
2.	Guilherme Rodrigues, CABRAL		10	Pimpoes/Cimai				19:21.80	387
	50m:	35.36 35.36	450m:	5:47.41 39.61	850m:	11:01.40 38.50	1250m:	16:11.54 38.10	
	100m:	1:12.74 37.38	500m:	6:26.96 39.55	900m:	11:40.56 39.16	1300m:	16:50.90 39.36	
	150m:	1:51.28 38.54	550m:	7:06.78 39.82	950m:	12:19.45 38.89	1350m:	17:29.21 38.31	
	200m:	2:29.78 38.50	600m:	7:46.77 39.99	1000m:	12:58.95 39.50	1400m:	18:07.67 38.46	
	250m:	3:08.77 38.99	650m:	8:25.63 38.86	1050m:	13:37.81 38.86	1450m:	18:47.09 39.42	
	300m:	3:47.57 38.80	700m:	9:03.96 38.33	1100m:	14:16.50 38.69	1500m:	19:21.80 34.71	
	350m:	4:27.88 40.31	750m:	9:43.43 39.47	1150m:	14:54.43 37.93			
	400m:	5:07.80 39.92	800m:	10:22.90 39.47	1200m:	15:33.44 39.01			
3.	Pedro Souza, SILVA		10	Pimpoes/Cimai				19:38.87	370
	50m:	36.10 36.10	450m:	5:51.20 38.46	850m:	11:06.70 39.43	1250m:	16:23.42 39.36	
	100m:	1:14.31 38.21	500m:	6:30.99 39.79	900m:	11:46.45 39.75	1300m:	17:04.03 40.61	
	150m:	1:53.52 39.21	550m:	7:11.10 40.11	950m:	12:25.42 38.97	1350m:	17:43.56 39.53	
	200m:	2:32.35 38.83	600m:	7:50.25 39.15	1000m:	13:05.25 39.83	1400m:	18:22.25 38.69	
	250m:	3:11.67 39.32	650m:	8:29.31 39.06	1050m:	13:44.81 39.56	1450m:	19:02.60 40.35	
	300m:	3:51.50 39.83	700m:	9:08.56 39.25	1100m:	14:23.70 38.89	1500m:	19:38.87 36.27	
	350m:	4:31.77 40.27	750m:	9:47.56 39.00	1150m:	15:04.10 40.40			
	400m:	5:12.74 40.97	800m:	10:27.27 39.71	1200m:	15:44.06 39.96			

Prova 18  
26/01/2025 - 12:49

Masc., 1500m Livres

Junior Masc  
Resultados

Pontos: AQUA 2024

Lugar			Ano	Pimpoes/Cimai				Tempo final	Pts
1.	Mikhael, ONUTSKYY		08	Pimpoes/Cimai				18:22.96	452
	50m:	30.74 30.74	450m:	5:26.42 37.14	850m:	10:22.81 37.03	1250m:	15:22.49 37.75	
	100m:	1:06.57 35.83	500m:	6:03.81 37.39	900m:	11:00.14 37.33	1300m:	16:00.07 37.58	
	150m:	1:43.59 37.02	550m:	6:40.98 37.17	950m:	11:37.42 37.28	1350m:	16:36.14 36.07	
	200m:	2:20.74 37.15	600m:	7:18.21 37.23	1000m:	12:14.81 37.39	1400m:	17:12.31 36.17	
	250m:	2:57.71 36.97	650m:	7:55.17 36.96	1050m:	12:52.21 37.40	1450m:	17:48.24 35.93	
	300m:	3:35.07 37.36	700m:	8:32.07 36.90	1100m:	13:29.49 37.28	1500m:	18:22.96 34.72	
	350m:	4:12.14 37.07	750m:	9:08.59 36.52	1150m:	14:06.81 37.32			
	400m:	4:49.28 37.14	800m:	9:45.78 37.19	1200m:	14:44.74 37.93			
2.	Jose Januario, MARQUES		07	Pimpoes/Cimai				18:42.47	429
	50m:	32.00 32.00	450m:	5:27.12 37.40	850m:	10:30.90 38.50	1250m:	15:36.22 38.17	
	100m:	1:07.47 35.47	500m:	6:04.33 37.21	900m:	11:09.37 38.47	1300m:	16:14.12 37.90	
	150m:	1:44.00 36.53	550m:	6:41.75 37.42	950m:	11:47.72 38.35	1350m:	16:51.33 37.21	
	200m:	2:20.69 36.69	600m:	7:19.40 37.65	1000m:	12:25.94 38.22	1400m:	17:29.19 37.86	
	250m:	2:57.72 37.03	650m:	7:57.44 38.04	1050m:	13:04.15 38.21	1450m:	18:06.62 37.43	
	300m:	3:34.97 37.25	700m:	8:35.22 37.78	1100m:	13:42.22 38.07	1500m:	18:42.47 35.85	
	350m:	4:12.22 37.25	750m:	9:13.83 38.61	1150m:	14:20.12 37.90			
	400m:	4:49.72 37.50	800m:	9:52.40 38.57	1200m:	14:58.05 37.93			
3.	Lucas Silva, SANTOS		07	Pimpoes/Cimai				20:56.44	306
	50m:	34.69 34.69	450m:	6:01.22 41.35	850m:	11:37.53 42.37	1250m:	17:21.12 43.82	
	100m:	1:13.44 38.75	500m:	6:42.59 41.37	900m:	12:20.12 42.59	1300m:	18:04.47 43.35	
	150m:	1:53.47 40.03	550m:	7:24.79 42.20	950m:	13:02.76 42.64	1350m:	18:48.19 43.72	
	200m:	2:34.30 40.83	600m:	8:06.16 41.37	1000m:	13:45.24 42.48	1400m:	19:32.09 43.90	
	250m:	3:15.37 41.07	650m:	8:48.34 42.18	1050m:	14:28.15 42.91	1450m:	20:14.87 42.78	
	300m:	3:56.72 41.35	700m:	9:30.12 41.78	1100m:	15:11.87 43.72	1500m:	20:56.44 41.57	
	350m:	4:37.79 41.07	750m:	10:12.32 42.20	1150m:	15:54.41 42.54			
	400m:	5:19.87 42.08	800m:	10:55.16 42.84	1200m:	16:37.30 42.89			