

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 33 Masc., 800m Livres 14 anos e mais velhos
23/03/2025 - 9:30 Resultados

Rec Nacionais Open	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nacionais Sen	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nacionais Jun 18	8:06.97	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nacionais Jun 17	8:13.49	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	17/07/2010
Rec Nacionais Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nacionais Juv B	8:32.97	Rui Silva, PEREIRA	POR	Coimbra	28/05/2023
Rec Nacionais Inf A	8:54.25	Pedro Fontoura, OLIVEIRA	CFB	Lisboa	29/05/2004

TA JUVB-MASC Juv B: 10:50.48 / TA JUVA-MASC Juv A: 10:35.56 / TA JUN-MASC Jun: 10:17.66 / TA SEN-MASC Sen: 9:59.75

Pontos: AQUA 2024

Lugar Ano Tempo final Pts

Juv B

1. Antonio Antunes, JORGE	10	Alcobaca	9:21.71	521
100m: 1:03.11 1:03.11	300m: 3:27.70 1:12.25	500m: 5:51.34 1:11.62	700m: 8:14.87 1:11.14	800m: 9:21.71 1:06.84
200m: 2:15.45 1:12.34	400m: 4:39.72 1:12.02	600m: 7:03.73 1:12.39		
2. Andre Ferreira, SANTOS	10	Academico de Viseu	9:23.32	517
100m: 1:05.91 1:05.91	300m: 3:27.85 1:11.12	500m: 5:50.22 1:10.67	700m: 8:13.21 1:11.57	800m: 9:23.32 1:10.11
200m: 2:16.73 1:10.82	400m: 4:39.55 1:11.70	600m: 7:01.64 1:11.42		
3. Rodrigo Miguel, MATIAS	10	Nautico Academico	9:38.68	476
100m: 1:08.21 1:08.21	300m: 3:33.76 1:13.34	500m: 5:59.90 1:12.20	700m: 8:26.52 1:13.09	800m: 9:38.68 1:12.16
200m: 2:20.42 1:12.21	400m: 4:47.70 1:13.94	600m: 7:13.43 1:13.53		
4. Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	9:41.28	470
100m: 1:07.20 1:07.20	300m: 3:34.30 1:14.02	500m: 6:02.74 1:14.06	700m: 8:30.23 1:13.81	800m: 9:41.28 1:11.05
200m: 2:20.28 1:13.08	400m: 4:48.68 1:14.38	600m: 7:16.42 1:13.68		
5. Leonardo Sanjuan, GOMES	10	Estamos Juntos	10:00.43	426
100m: 1:11.01 1:11.01	300m: 3:42.83 1:16.39	500m: 6:13.38 1:14.33	700m: 8:46.94 1:16.46	800m: 10:00.43 1:13.49
200m: 2:26.44 1:15.43	400m: 4:59.05 1:16.22	600m: 7:30.48 1:17.10		
6. Rodrigo Guedes, FERREIRA	10	Feirense	10:14.50	398
100m: 1:08.17 1:08.17	300m: 3:44.04 1:18.85	500m: 6:20.26 1:18.37	700m: 8:54.43 1:16.25	800m: 10:14.50 1:20.07
200m: 2:25.19 1:17.02	400m: 5:01.89 1:17.85	600m: 7:38.18 1:17.92		
7. Joao Saraiva, PAIXAO	10	Galitos / Bresimar	10:19.77	388
100m: 1:09.78 1:09.78	300m: 3:45.52 1:18.76	500m: 6:24.04 1:18.87	700m: 9:02.93 1:19.70	800m: 10:19.77 1:16.84
200m: 2:26.76 1:16.98	400m: 5:05.17 1:19.65	600m: 7:43.23 1:19.19		
8. Antonio Barros, NEVES FTL	10	Sporting de Espinho	11:24.80	287
100m: 1:14.43 1:14.43	300m: 4:07.18 1:27.19	500m: 7:02.72 1:28.25	700m: 9:58.15 1:27.78	800m: 11:24.80 1:26.65
200m: 2:39.99 1:25.56	400m: 5:34.47 1:27.29	600m: 8:30.37 1:27.65		

Juv A

1. Paulo, KOT	09	Nautico Marinha Grande	8:55.19	602
100m: 1:01.11 1:01.11	300m: 3:15.86 1:07.71	500m: 5:31.81 1:07.90	700m: 7:48.58 1:08.47	800m: 8:55.19 1:06.61
200m: 2:08.15 1:07.04	400m: 4:23.91 1:08.05	600m: 6:40.11 1:08.30		
2. Manuel Leite, AGUIAR	09	Sanjoanense/FEPSA	9:28.96	501
100m: 1:04.15 1:04.15	300m: 3:28.54 1:13.24	500m: 5:53.77 1:12.66	700m: 8:18.95 1:12.51	800m: 9:28.96 1:10.01
200m: 2:15.30 1:11.15	400m: 4:41.11 1:12.57	600m: 7:06.44 1:12.67		
3. Joao Nuno, GASPAS	09	Condeixa Clube	9:31.52	495
100m: 1:04.65 1:04.65	300m: 3:31.75 1:14.26	500m: 5:58.10 1:13.29	700m: 8:22.74 1:12.65	800m: 9:31.52 1:08.78
200m: 2:17.49 1:12.84	400m: 4:44.81 1:13.06	600m: 7:10.09 1:11.99		
4. Rodrigo Cruz, COSTA	09	Sanjoanense/FEPSA	9:43.32	465
100m: 1:08.63 1:08.63	300m: 3:36.65 1:14.21	500m: 6:04.41 1:13.96	700m: 8:30.89 1:12.94	800m: 9:43.32 1:12.43
200m: 2:22.44 1:13.81	400m: 4:50.45 1:13.80	600m: 7:17.95 1:13.54		
5. David Ferrador, PEREIRA	09	Nautico de Leiria - VOID	9:47.25	456
100m: 1:04.87 1:04.87	300m: 3:31.03 1:13.35	500m: 6:00.94 1:14.86	700m: 8:33.39 1:16.25	800m: 9:47.25 1:13.86
200m: 2:17.68 1:12.81	400m: 4:46.08 1:15.05	600m: 7:17.14 1:16.20		

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 33, Masc., 800m Livres, Juv A

Lugar	Ano		Tempo final		Pts
6. Santiago Jose, PACHECO	09	Alcobaca	9:53.02	443	
100m: 1:05.27 1:05.27	300m: 3:36.00 1:15.32	500m: 6:07.51 1:15.73	700m: 8:39.37 1:15.95	800m: 9:53.02 1:13.65	
200m: 2:20.68 1:15.41	400m: 4:51.78 1:15.78	600m: 7:23.42 1:15.91			
7. Alexandre, SHUBIN	09	Campinho	10:20.84	386	
100m: 1:08.98 1:08.98	300m: 3:43.14 1:17.95	500m: 6:22.36 1:20.02	700m: 9:02.85 1:19.99	800m: 10:20.84 1:17.99	
200m: 2:25.19 1:16.21	400m: 5:02.34 1:19.20	600m: 7:42.86 1:20.50			
8. Luis Azevedo, PINTO	09	Estarreja	10:31.08	367	
100m: 1:10.10 1:10.10	300m: 3:46.46 1:19.13	500m: 6:28.32 1:20.83	700m: 9:11.88 1:21.65	800m: 10:31.08 1:19.20	
200m: 2:27.33 1:17.23	400m: 5:07.49 1:21.03	600m: 7:50.23 1:21.91			

Jun

1. Duarte Cachulo, MARQUES	07	Condeixa Clube	8:46.49	633	
100m: 59.92 59.92	300m: 3:11.77 1:06.72	500m: 5:26.10 1:06.94	700m: 7:41.17 1:07.52	800m: 8:46.49 1:05.32	
200m: 2:05.05 1:05.13	400m: 4:19.16 1:07.39	600m: 6:33.65 1:07.55			
2. Rafael Pereira, RODRIGUES	08	Condeixa Clube	8:49.23	623	
100m: 1:02.59 1:02.59	300m: 3:16.40 1:07.01	500m: 5:30.48 1:06.76	700m: 7:43.67 1:06.70	800m: 8:49.23 1:05.56	
200m: 2:09.39 1:06.80	400m: 4:23.72 1:07.32	600m: 6:36.97 1:06.49			
3. Miguel Duarte, BATISTA	08	Academico de Viseu	9:18.07	531	
100m: 1:05.42 1:05.42	300m: 3:25.95 1:10.24	500m: 5:47.00 1:10.53	700m: 8:09.28 1:11.11	800m: 9:18.07 1:08.79	
200m: 2:15.71 1:10.29	400m: 4:36.47 1:10.52	600m: 6:58.17 1:11.17			
4. Antonio Cruz, FARDILHA	08	Galitos / Bresimar	9:18.70	529	
100m: 1:04.17 1:04.17	300m: 3:24.79 1:11.07	500m: 5:47.34 1:11.15	700m: 8:09.42 1:10.89	800m: 9:18.70 1:09.28	
200m: 2:13.72 1:09.55	400m: 4:36.19 1:11.40	600m: 6:58.53 1:11.19			
5. Guilherme Simoes, SOUSA	08	Nautico Academico	9:18.72	529	
100m: 1:03.66 1:03.66	300m: 3:25.04 1:11.34	500m: 5:48.24 1:11.22	700m: 8:10.85 1:11.10	800m: 9:18.72 1:07.87	
200m: 2:13.70 1:10.04	400m: 4:37.02 1:11.98	600m: 6:59.75 1:11.51			
6. Tiago Santos, POMBO	08	Alcobaca	9:22.04	520	
100m: 1:03.17 1:03.17	300m: 3:28.62 1:13.20	500m: 5:52.20 1:11.48	700m: 8:15.29 1:10.16	800m: 9:22.04 1:06.75	
200m: 2:15.42 1:12.25	400m: 4:40.72 1:12.10	600m: 7:05.13 1:12.93			
7. Santiago Boica, SOUSA	08	Vieirense	9:32.75	491	
100m: 1:05.30 1:05.30	300m: 3:29.93 1:13.22	500m: 5:56.97 1:12.37	700m: 8:23.87 1:13.80	800m: 9:32.75 1:08.88	
200m: 2:16.71 1:11.41	400m: 4:44.60 1:14.67	600m: 7:10.07 1:13.10			
8. Bernardo Reis, FERREIRA	08	Galitos / Bresimar	9:42.00	468	
100m: 1:06.29 1:06.29	300m: 3:30.71 1:12.59	500m: 5:57.97 1:14.13	700m: 8:29.33 1:15.43	800m: 9:42.00 1:12.67	
200m: 2:18.12 1:11.83	400m: 4:43.84 1:13.13	600m: 7:13.90 1:15.93			
9. Marco Dimitar, OLIVEIRA	07	Nautico Academico	9:43.39	465	
100m: 1:03.14 1:03.14	300m: 3:20.96 1:09.37	500m: 5:54.74 1:24.67	700m: 8:29.73 1:16.38	800m: 9:43.39 1:13.66	
200m: 2:11.59 1:08.45	400m: 4:30.07 1:09.11	600m: 7:13.35 1:18.61			
10. Rodrigo Marques, LIMA	07	Amigos da Escola	9:48.46	453	
100m: 1:08.19 1:08.19	300m: 3:37.27 1:14.64	500m: 6:07.94 1:15.73	700m: 8:37.59 1:14.96	800m: 9:48.46 1:10.87	
200m: 2:22.63 1:14.44	400m: 4:52.21 1:14.94	600m: 7:22.63 1:14.69			
11. Samuel Dinis, MAIA	08	Miranda do Corvo	9:55.73	437	
100m: 1:06.97 1:06.97	300m: 3:36.77 1:15.47	500m: 6:08.57 1:16.13	700m: 8:41.16 1:16.09	800m: 9:55.73 1:14.57	
200m: 2:21.30 1:14.33	400m: 4:52.44 1:15.67	600m: 7:25.07 1:16.50			
12. Rodrigo Santos, COUTINHO	08	Pimpoes/Cimai	9:56.46	435	
100m: 1:07.04 1:07.04	300m: 3:36.65 1:15.39	500m: 6:09.67 1:16.24	700m: 8:42.61 1:16.33	800m: 9:56.46 1:13.85	
200m: 2:21.26 1:14.22	400m: 4:53.43 1:16.78	600m: 7:26.28 1:16.61			
13. Nuno Rodrigo, MACEDO	08	Estamos Juntos	10:04.32	418	
100m: 1:06.75 1:06.75	300m: 3:37.32 1:16.17	500m: 6:12.12 1:17.69	700m: 8:48.65 1:18.53	800m: 10:04.32 1:15.67	
200m: 2:21.15 1:14.40	400m: 4:54.43 1:17.11	600m: 7:30.12 1:18.00			
14. Gabriel Neto, FERREIRA	08	O Crasto	10:16.82	393	
100m: 1:11.11 1:11.11	300m: 3:47.47 1:19.24	500m: 6:24.72 1:18.45	700m: 9:02.23 1:18.28	800m: 10:16.82 1:14.59	
200m: 2:28.23 1:17.12	400m: 5:06.27 1:18.80	600m: 7:43.95 1:19.23			

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 33, Masc., 800m Livres, Jun

Lugar	Ano	Tempo final	Pts
15. Vicente Ferreira, OLIVEIRA <i>FTL</i>	08 Estamos Juntos	11:06.68	311
100m: 1:12.67 1:12.67 300m: 4:01.28 1:25.01 500m: 6:53.04 1:25.46 700m: 9:46.29 1:26.72			
200m: 2:36.27 1:23.60 400m: 5:27.58 1:26.30 600m: 8:19.57 1:26.53 800m: 11:06.68 1:20.39			

Sen

1. Gustavo Pires, MARQUES	04 Condeixa Clube	8:50.50	619
100m: 1:00.51 1:00.51 300m: 3:12.97 1:06.57 500m: 5:27.08 1:06.92 700m: 7:43.30 1:08.26			
200m: 2:06.40 1:05.89 400m: 4:20.16 1:07.19 600m: 6:35.04 1:07.96 800m: 8:50.50 1:07.20			
2. Alexandre Ramos, GONCALVES	05 Sao Joao de Ver	9:05.59	569
100m: 1:02.86 1:02.86 300m: 3:18.65 1:08.54 500m: 5:37.23 1:09.30 700m: 7:57.66 1:10.48			
200m: 2:10.11 1:07.25 400m: 4:27.93 1:09.28 600m: 6:47.18 1:09.95 800m: 9:05.59 1:07.93			
3. Jose Miguel, MARQUES	06 Condeixa Clube	9:08.71	559
100m: 1:02.53 1:02.53 300m: 3:20.52 1:09.44 500m: 5:39.39 1:09.17 700m: 8:00.30 1:10.83			
200m: 2:11.08 1:08.55 400m: 4:30.22 1:09.70 600m: 6:49.47 1:10.08 800m: 9:08.71 1:08.41			
4. David Ferreira, RELVAS	03 Nautico Marinha Grande	9:13.36	545
100m: 1:03.49 1:03.49 300m: 3:24.42 1:10.75 500m: 5:45.57 1:10.57 700m: 8:05.20 1:09.82			
200m: 2:13.67 1:10.18 400m: 4:35.00 1:10.58 600m: 6:55.38 1:09.81 800m: 9:13.36 1:08.16			
5. Antonio Pedro, MARTINS	05 Condeixa Clube	9:19.66	527
100m: 1:05.78 1:05.78 300m: 3:28.55 1:11.28 500m: 5:49.91 1:10.33 700m: 8:11.42 1:10.53			
200m: 2:17.27 1:11.49 400m: 4:39.58 1:11.03 600m: 7:00.89 1:10.98 800m: 9:19.66 1:08.24			
6. Tomas Veiga, PEREIRA	06 Nautico Academico	9:23.56	516
100m: 1:04.21 1:04.21 300m: 3:26.31 1:11.77 500m: 5:49.86 1:11.90 700m: 8:13.02 1:11.69			
200m: 2:14.54 1:10.33 400m: 4:37.96 1:11.65 600m: 7:01.33 1:11.47 800m: 9:23.56 1:10.54			
7. Guilherme Clara, SANTOS	02 Estamos Juntos	9:33.18	490
100m: 1:04.14 1:04.14 300m: 3:25.39 1:11.35 500m: 5:52.12 1:13.40 700m: 8:20.13 1:14.11			
200m: 2:14.04 1:09.90 400m: 4:38.72 1:13.33 600m: 7:06.02 1:13.90 800m: 9:33.18 1:13.05			
8. Joao Ferreira, MARQUES <i>FTL</i>	06 Académica de Coimbra	10:09.79	407
100m: 59.53 59.53 300m: 3:11.48 1:07.08 500m: 6:04.48 1:41.31 700m: 8:49.27 1:23.33			
200m: 2:04.40 1:04.87 400m: 4:23.17 1:11.69 600m: 7:25.94 1:21.46 800m: 10:09.79 1:20.52			

Juv B/Abs

1. Duarte Cachulo, MARQUES	07 Condeixa Clube	8:46.49	633
100m: 59.92 59.92 300m: 3:11.77 1:06.72 500m: 5:26.10 1:06.94 700m: 7:41.17 1:07.52			
200m: 2:05.05 1:05.13 400m: 4:19.16 1:07.39 600m: 6:33.65 1:07.55 800m: 8:46.49 1:05.32			
2. Rafael Pereira, RODRIGUES	08 Condeixa Clube	8:49.23	623
100m: 1:02.59 1:02.59 300m: 3:16.40 1:07.01 500m: 5:30.48 1:06.76 700m: 7:43.67 1:06.70			
200m: 2:09.39 1:06.80 400m: 4:23.72 1:07.32 600m: 6:36.97 1:06.49 800m: 8:49.23 1:05.56			
3. Gustavo Pires, MARQUES	04 Condeixa Clube	8:50.50	619
100m: 1:00.51 1:00.51 300m: 3:12.97 1:06.57 500m: 5:27.08 1:06.92 700m: 7:43.30 1:08.26			
200m: 2:06.40 1:05.89 400m: 4:20.16 1:07.19 600m: 6:35.04 1:07.96 800m: 8:50.50 1:07.20			
4. Paulo, KOT	09 Nautico Marinha Grande	8:55.19	602
100m: 1:01.11 1:01.11 300m: 3:15.86 1:07.71 500m: 5:31.81 1:07.90 700m: 7:48.58 1:08.47			
200m: 2:08.15 1:07.04 400m: 4:23.91 1:08.05 600m: 6:40.11 1:08.30 800m: 8:55.19 1:06.61			
5. Alexandre Ramos, GONCALVES	05 Sao Joao de Ver	9:05.59	569
100m: 1:02.86 1:02.86 300m: 3:18.65 1:08.54 500m: 5:37.23 1:09.30 700m: 7:57.66 1:10.48			
200m: 2:10.11 1:07.25 400m: 4:27.93 1:09.28 600m: 6:47.18 1:09.95 800m: 9:05.59 1:07.93			
6. Jose Miguel, MARQUES	06 Condeixa Clube	9:08.71	559
100m: 1:02.53 1:02.53 300m: 3:20.52 1:09.44 500m: 5:39.39 1:09.17 700m: 8:00.30 1:10.83			
200m: 2:11.08 1:08.55 400m: 4:30.22 1:09.70 600m: 6:49.47 1:10.08 800m: 9:08.71 1:08.41			

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 33, Masc., 800m Livres, Juv B/Abs

Lugar	Nome		Ano	Clube		Tempo final	Pts
7.	David Ferreira, RELVAS	03	Nautico Marinha Grande	9:13.36	545		
	100m: 1:03.49 1:03.49	300m: 3:24.42 1:10.75	500m: 5:45.57 1:10.57	700m: 8:05.20 1:09.82	800m: 9:13.36 1:08.16		
	200m: 2:13.67 1:10.18	400m: 4:35.00 1:10.58	600m: 6:55.38 1:09.81				
8.	Miguel Duarte, BATISTA	08	Academico de Viseu	9:18.07	531		
	100m: 1:05.42 1:05.42	300m: 3:25.95 1:10.24	500m: 5:47.00 1:10.53	700m: 8:09.28 1:11.11	800m: 9:18.07 1:08.79		
	200m: 2:15.71 1:10.29	400m: 4:36.47 1:10.52	600m: 6:58.17 1:11.17				
9.	Antonio Cruz, FARDILHA	08	Galitos / Bresimar	9:18.70	529		
	100m: 1:04.17 1:04.17	300m: 3:24.79 1:11.07	500m: 5:47.34 1:11.15	700m: 8:09.42 1:10.89	800m: 9:18.70 1:09.28		
	200m: 2:13.72 1:09.55	400m: 4:36.19 1:11.40	600m: 6:58.53 1:11.19				
10.	Guilherme Simoes, SOUSA	08	Nautico Academico	9:18.72	529		
	100m: 1:03.66 1:03.66	300m: 3:25.04 1:11.34	500m: 5:48.24 1:11.22	700m: 8:10.85 1:11.10	800m: 9:18.72 1:07.87		
	200m: 2:13.70 1:10.04	400m: 4:37.02 1:11.98	600m: 6:59.75 1:11.51				
11.	Antonio Pedro, MARTINS	05	Condeixa Clube	9:19.66	527		
	100m: 1:05.78 1:05.78	300m: 3:28.55 1:11.28	500m: 5:49.91 1:10.33	700m: 8:11.42 1:10.53	800m: 9:19.66 1:08.24		
	200m: 2:17.27 1:11.49	400m: 4:39.58 1:11.03	600m: 7:00.89 1:10.98				
12.	Antonio Antunes, JORGE	10	Alcobaca	9:21.71	521		
	100m: 1:03.11 1:03.11	300m: 3:27.70 1:12.25	500m: 5:51.34 1:11.62	700m: 8:14.87 1:11.14	800m: 9:21.71 1:06.84		
	200m: 2:15.45 1:12.34	400m: 4:39.72 1:12.02	600m: 7:03.73 1:12.39				
13.	Tiago Santos, POMBO	08	Alcobaca	9:22.04	520		
	100m: 1:03.17 1:03.17	300m: 3:28.62 1:13.20	500m: 5:52.20 1:11.48	700m: 8:15.29 1:10.16	800m: 9:22.04 1:06.75		
	200m: 2:15.42 1:12.25	400m: 4:40.72 1:12.10	600m: 7:05.13 1:12.93				
14.	Andre Ferreira, SANTOS	10	Academico de Viseu	9:23.32	517		
	100m: 1:05.91 1:05.91	300m: 3:27.85 1:11.12	500m: 5:50.22 1:10.67	700m: 8:13.21 1:11.57	800m: 9:23.32 1:10.11		
	200m: 2:16.73 1:10.82	400m: 4:39.55 1:11.70	600m: 7:01.64 1:11.42				
15.	Tomas Veiga, PEREIRA	06	Nautico Academico	9:23.56	516		
	100m: 1:04.21 1:04.21	300m: 3:26.31 1:11.77	500m: 5:49.86 1:11.90	700m: 8:13.02 1:11.69	800m: 9:23.56 1:10.54		
	200m: 2:14.54 1:10.33	400m: 4:37.96 1:11.65	600m: 7:01.33 1:11.47				
16.	Manuel Leite, AGUIAR	09	Sanjoanense/FEPSA	9:28.96	501		
	100m: 1:04.15 1:04.15	300m: 3:28.54 1:13.24	500m: 5:53.77 1:12.66	700m: 8:18.95 1:12.51	800m: 9:28.96 1:10.01		
	200m: 2:15.30 1:11.15	400m: 4:41.11 1:12.57	600m: 7:06.44 1:12.67				
17.	Joao Nuno, GASPAS	09	Condeixa Clube	9:31.52	495		
	100m: 1:04.65 1:04.65	300m: 3:31.75 1:14.26	500m: 5:58.10 1:13.29	700m: 8:22.74 1:12.65	800m: 9:31.52 1:08.78		
	200m: 2:17.49 1:12.84	400m: 4:44.81 1:13.06	600m: 7:10.09 1:11.99				
18.	Santiago Boica, SOUSA	08	Vieirense	9:32.75	491		
	100m: 1:05.30 1:05.30	300m: 3:29.93 1:13.22	500m: 5:56.97 1:12.37	700m: 8:23.87 1:13.80	800m: 9:32.75 1:08.88		
	200m: 2:16.71 1:11.41	400m: 4:44.60 1:14.67	600m: 7:10.07 1:13.10				
19.	Guilherme Clara, SANTOS	02	Estamos Juntos	9:33.18	490		
	100m: 1:04.14 1:04.14	300m: 3:25.39 1:11.35	500m: 5:52.12 1:13.40	700m: 8:20.13 1:14.11	800m: 9:33.18 1:13.05		
	200m: 2:14.04 1:09.90	400m: 4:38.72 1:13.33	600m: 7:06.02 1:13.90				
20.	Rodrigo Miguel, MATIAS	10	Nautico Academico	9:38.68	476		
	100m: 1:08.21 1:08.21	300m: 3:33.76 1:13.34	500m: 5:59.90 1:12.20	700m: 8:26.52 1:13.09	800m: 9:38.68 1:12.16		
	200m: 2:20.42 1:12.21	400m: 4:47.70 1:13.94	600m: 7:13.43 1:13.53				
21.	Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	9:41.28	470		
	100m: 1:07.20 1:07.20	300m: 3:34.30 1:14.02	500m: 6:02.74 1:14.06	700m: 8:30.23 1:13.81	800m: 9:41.28 1:11.05		
	200m: 2:20.28 1:13.08	400m: 4:48.68 1:14.38	600m: 7:16.42 1:13.68				
22.	Bernardo Reis, FERREIRA	08	Galitos / Bresimar	9:42.00	468		
	100m: 1:06.29 1:06.29	300m: 3:30.71 1:12.59	500m: 5:57.97 1:14.13	700m: 8:29.33 1:15.43	800m: 9:42.00 1:12.67		
	200m: 2:18.12 1:11.83	400m: 4:43.84 1:13.13	600m: 7:13.90 1:15.93				
23.	Rodrigo Cruz, COSTA	09	Sanjoanense/FEPSA	9:43.32	465		
	100m: 1:08.63 1:08.63	300m: 3:36.65 1:14.21	500m: 6:04.41 1:13.96	700m: 8:30.89 1:12.94	800m: 9:43.32 1:12.43		
	200m: 2:22.44 1:13.81	400m: 4:50.45 1:13.80	600m: 7:17.95 1:13.54				
24.	Marco Dimitar, OLIVEIRA	07	Nautico Academico	9:43.39	465		
	100m: 1:03.14 1:03.14	300m: 3:20.96 1:09.37	500m: 5:54.74 1:24.67	700m: 8:29.73 1:16.38	800m: 9:43.39 1:13.66		
	200m: 2:11.59 1:08.45	400m: 4:30.07 1:09.11	600m: 7:13.35 1:18.61				

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 33, Masc., 800m Livres, Juv B/Abs

Lugar	Nome		Ano	Clube		Tempo final		Pts
25.	David Ferrador, PEREIRA		09	Nautico de Leiria - VOID		9:47.25	456	
	100m: 1:04.87 1:04.87	300m: 3:31.03 1:13.35	500m: 6:00.94 1:14.86	700m: 8:33.39 1:16.25	800m: 9:47.25 1:13.86			
	200m: 2:17.68 1:12.81	400m: 4:46.08 1:15.05	600m: 7:17.14 1:16.20					
26.	Rodrigo Marques, LIMA		07	Amigos da Escola		9:48.46	453	
	100m: 1:08.19 1:08.19	300m: 3:37.27 1:14.64	500m: 6:07.94 1:15.73	700m: 8:37.59 1:14.96	800m: 9:48.46 1:10.87			
	200m: 2:22.63 1:14.44	400m: 4:52.21 1:14.94	600m: 7:22.63 1:14.69					
27.	Santiago Jose, PACHECO		09	Alcobaca		9:53.02	443	
	100m: 1:05.27 1:05.27	300m: 3:36.00 1:15.32	500m: 6:07.51 1:15.73	700m: 8:39.37 1:15.95	800m: 9:53.02 1:13.65			
	200m: 2:20.68 1:15.41	400m: 4:51.78 1:15.78	600m: 7:23.42 1:15.91					
28.	Samuel Dinis, MAIA		08	Miranda do Corvo		9:55.73	437	
	100m: 1:06.97 1:06.97	300m: 3:36.77 1:15.47	500m: 6:08.57 1:16.13	700m: 8:41.16 1:16.09	800m: 9:55.73 1:14.57			
	200m: 2:21.30 1:14.33	400m: 4:52.44 1:15.67	600m: 7:25.07 1:16.50					
29.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai		9:56.46	435	
	100m: 1:07.04 1:07.04	300m: 3:36.65 1:15.39	500m: 6:09.67 1:16.24	700m: 8:42.61 1:16.33	800m: 9:56.46 1:13.85			
	200m: 2:21.26 1:14.22	400m: 4:53.43 1:16.78	600m: 7:26.28 1:16.61					
30.	Leonardo Sanjuan, GOMES		10	Estamos Juntos		10:00.43	426	
	100m: 1:11.01 1:11.01	300m: 3:42.83 1:16.39	500m: 6:13.38 1:14.33	700m: 8:46.94 1:16.46	800m: 10:00.43 1:13.49			
	200m: 2:26.44 1:15.43	400m: 4:59.05 1:16.22	600m: 7:30.48 1:17.10					
31.	Nuno Rodrigo, MACEDO		08	Estamos Juntos		10:04.32	418	
	100m: 1:06.75 1:06.75	300m: 3:37.32 1:16.17	500m: 6:12.12 1:17.69	700m: 8:48.65 1:18.53	800m: 10:04.32 1:15.67			
	200m: 2:21.15 1:14.40	400m: 4:54.43 1:17.11	600m: 7:30.12 1:18.00					
32.	Joao Ferreira, MARQUES <i>FTL</i>		06	Académica de Coimbra		10:09.79	407	
	100m: 59.53 59.53	300m: 3:11.48 1:07.08	500m: 6:04.48 1:41.31	700m: 8:49.27 1:23.33	800m: 10:09.79 1:20.52			
	200m: 2:04.40 1:04.87	400m: 4:23.17 1:11.69	600m: 7:25.94 1:21.46					
33.	Rodrigo Guedes, FERREIRA		10	Feirense		10:14.50	398	
	100m: 1:08.17 1:08.17	300m: 3:44.04 1:18.85	500m: 6:20.26 1:18.37	700m: 8:54.43 1:16.25	800m: 10:14.50 1:20.07			
	200m: 2:25.19 1:17.02	400m: 5:01.89 1:17.85	600m: 7:38.18 1:17.92					
34.	Gabriel Neto, FERREIRA		08	O Crasto		10:16.82	393	
	100m: 1:11.11 1:11.11	300m: 3:47.47 1:19.24	500m: 6:24.72 1:18.45	700m: 9:02.23 1:18.28	800m: 10:16.82 1:14.59			
	200m: 2:28.23 1:17.12	400m: 5:06.27 1:18.80	600m: 7:43.95 1:19.23					
35.	Joao Saraiva, PAIXAO		10	Galitos / Bresimar		10:19.77	388	
	100m: 1:09.78 1:09.78	300m: 3:45.52 1:18.76	500m: 6:24.04 1:18.87	700m: 9:02.93 1:19.70	800m: 10:19.77 1:16.84			
	200m: 2:26.76 1:16.98	400m: 5:05.17 1:19.65	600m: 7:43.23 1:19.19					
36.	Alexandre, SHUBIN		09	Campinho		10:20.84	386	
	100m: 1:08.98 1:08.98	300m: 3:43.14 1:17.95	500m: 6:22.36 1:20.02	700m: 9:02.85 1:19.99	800m: 10:20.84 1:17.99			
	200m: 2:25.19 1:16.21	400m: 5:02.34 1:19.20	600m: 7:42.86 1:20.50					
37.	Luis Azevedo, PINTO		09	Estarreja		10:31.08	367	
	100m: 1:10.10 1:10.10	300m: 3:46.46 1:19.13	500m: 6:28.32 1:20.83	700m: 9:11.88 1:21.65	800m: 10:31.08 1:19.20			
	200m: 2:27.33 1:17.23	400m: 5:07.49 1:21.03	600m: 7:50.23 1:21.91					
38.	Vicente Ferreira, OLIVEIRA <i>FTL</i>		08	Estamos Juntos		11:06.68	311	
	100m: 1:12.67 1:12.67	300m: 4:01.28 1:25.01	500m: 6:53.04 1:25.46	700m: 9:46.29 1:26.72	800m: 11:06.68 1:20.39			
	200m: 2:36.27 1:23.60	400m: 5:27.58 1:26.30	600m: 8:19.57 1:26.53					
39.	Antonio Barros, NEVES <i>FTL</i>		10	Sporting de Espinho		11:24.80	287	
	100m: 1:14.43 1:14.43	300m: 4:07.18 1:27.19	500m: 7:02.72 1:28.25	700m: 9:58.15 1:27.78	800m: 11:24.80 1:26.65			
	200m: 2:39.99 1:25.56	400m: 5:34.47 1:27.29	600m: 8:30.37 1:27.65					
EXH	Pedro Souza, SILVA		10	Pimpoes/Cimai		9:54.74	439	
	100m: 1:10.35 1:10.35	300m: 3:40.31 1:15.22	500m: 6:11.54 1:15.42	700m: 8:42.22 1:15.09	800m: 9:54.74 1:12.52			
	200m: 2:25.09 1:14.74	400m: 4:56.12 1:15.81	600m: 7:27.13 1:15.59					