

Campeonato Regional de Juvenis, Juniores e Absolutos
Braga, 21 - 23/3/2025

Prova 2 Masc., 1500m Livres Juvenis B
21/03/2025 - 18:20 Resultados

Rec. Reg. ANMinho Open	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	20/12/2021
Rec. Reg. ANMinho Juv B	16:10.07	Jose Paulo Lopes	SCB	Ponte da Barca	04/07/2015

Pontos: FINA 2021

Lugar	Idade		Tempo final							Pts	
1. Rodrigo Almeida Marques	15 Braga		17:37.21							516	
50m:	31.81	31.81	400m:	4:38.46	1:10.42	800m:	9:20.24	1:10.39	1200m:	14:04.57	1:11.49
100m:	1:06.28	34.47	500m:	5:48.63	1:10.17	900m:	10:30.90	1:10.66	1300m:	15:16.06	1:11.49
200m:	2:17.18	1:10.90	600m:	6:59.18	1:10.55	1000m:	11:41.92	1:11.02	1400m:	16:27.42	1:11.36
300m:	3:28.04	1:10.86	700m:	8:09.85	1:10.67	1100m:	12:53.08	1:11.16	1500m:	17:37.21	1:09.79
2. Rafael Almeida Machado	15 Braga		17:38.01							515	
50m:	31.32	31.32	400m:	4:39.57	1:10.86	800m:	9:21.40	1:10.57	1200m:	14:05.51	1:10.84
100m:	1:06.05	34.73	500m:	5:50.34	1:10.77	900m:	10:32.14	1:10.74	1300m:	15:17.40	1:11.89
200m:	2:17.03	1:10.98	600m:	7:00.31	1:09.97	1000m:	11:43.43	1:11.29	1400m:	16:28.18	1:10.78
300m:	3:28.71	1:11.68	700m:	8:10.83	1:10.52	1100m:	12:54.67	1:11.24	1500m:	17:38.01	1:09.83
3. Tiago Filipe Salgueiro	15 Viana Natacao		19:30.43							380	
50m:	35.22	35.22	300m:	3:47.21	1:16.50	600m:	7:40.93	1:18.39	1500m:	19:30.43	9:11.34
100m:	1:13.18	37.96	400m:	5:05.24	1:18.03	700m:	8:59.81	1:18.88			
200m:	2:30.71	1:17.53	500m:	6:22.54	1:17.30	800m:	10:19.09	1:19.28			

Prova 2 Masc., 1500m Livres Juvenis A
21/03/2025 - 18:20 Resultados

Rec. Reg. ANMinho Open	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	20/12/2021
Rec. Reg. ANMinho Juv A	15:46.14	Jose Paulo Lopes	SCB	Ponte da Barca	02/07/2016

Pontos: FINA 2021

Lugar	Idade		Tempo final							Pts	
1. Raul Ventura Barros	16 Braga		17:28.06							529	
100m:	1:02.86	1:02.86	500m:	5:39.14	1:09.78	900m:	10:21.88	1:11.27	1300m:	15:06.89	1:10.94
200m:	2:01.24	58.38	600m:	6:49.36	1:10.22	1000m:	11:33.28	1:11.40	1400m:	16:18.26	1:11.37
300m:	3:19.86	1:18.62	700m:	7:59.98	1:10.62	1100m:	12:44.61	1:11.33	1500m:	17:28.06	1:09.80
400m:	4:29.36	1:09.50	800m:	9:10.61	1:10.63	1200m:	13:55.95	1:11.34			

Prova 2 Masc., 1500m Livres Juniores
21/03/2025 - 18:20 Resultados

Rec. Reg. ANMinho Open	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	20/12/2021
Rec. Reg. ANMinho Jun 2	15:19.81	Jose Paulo Lopes	SCB	Porto	10/12/2017
Rec. Reg. ANMinho Jun 1	15:21.79	Jose Paulo Lopes	SCB	Funchal	11/12/2016

Pontos: FINA 2021

Lugar	Idade		Tempo final							Pts	
1. Filipe Manso Laranjo	18 Braga		16:20.24							647	
50m:	28.31	28.31	400m:	4:15.96	1:05.94	800m:	8:41.50	1:06.85	1200m:	13:06.54	1:05.84
100m:	1:00.29	31.98	500m:	5:22.28	1:06.32	900m:	9:48.65	1:07.15	1300m:	14:11.60	1:05.06
200m:	2:05.24	1:04.95	600m:	6:28.78	1:06.50	1000m:	10:55.21	1:06.56	1400m:	15:16.96	1:05.36
300m:	3:10.02	1:04.78	700m:	7:34.65	1:05.87	1100m:	12:00.70	1:05.49	1500m:	16:20.24	1:03.28
2. Eduardo Sousa Saragoca	18 Viana Natacao		17:00.38							574	
50m:	30.65	30.65	400m:	4:26.30	1:08.00	800m:	9:00.01	1:08.37	1200m:	13:35.79	1:09.17
100m:	1:03.75	33.10	500m:	5:34.74	1:08.44	900m:	10:08.81	1:08.80	1300m:	14:44.90	1:09.11
200m:	2:10.86	1:07.11	600m:	6:43.29	1:08.55	1000m:	11:17.56	1:08.75	1400m:	15:53.59	1:08.69
300m:	3:18.30	1:07.44	700m:	7:51.64	1:08.35	1100m:	12:26.62	1:09.06	1500m:	17:00.38	1:06.79
3. Afonso Miguel Nogueira	18 Braga		17:42.38							508	
50m:	29.74	29.74	400m:	4:23.93	1:08.06	800m:	9:06.89	1:12.10	1200m:	14:02.31	1:13.50
100m:	1:02.28	32.54	500m:	5:32.57	1:08.64	900m:	10:21.07	1:14.18	1300m:	15:15.88	1:13.57
200m:	2:09.17	1:06.89	600m:	6:43.11	1:10.54	1000m:	11:34.90	1:13.83	1400m:	16:29.69	1:13.81
300m:	3:15.87	1:06.70	700m:	7:54.79	1:11.68	1100m:	12:48.81	1:13.91	1500m:	17:42.38	1:12.69

Campeonato Regional de Juvenis, Juniores e Absolutos
Braga, 21 - 23/3/2025

Prova 2, Masc., 1500m Livres, Juniores

Lugar			Idade							Tempo final	Pts
4.	Joao Pedro Tinoco		18 Braga							18:40.62	433
	50m:	31.74 31.74	400m:	4:38.94 1:11.57	800m:	9:34.90 1:13.92	1200m:	14:39.58 1:13.97			
	100m:	1:06.37 34.63	500m:	5:52.40 1:13.46	900m:	10:50.82 1:15.92	1300m:	16:03.71 1:24.13			
	200m:	2:16.67 1:10.30	600m:	7:06.04 1:13.64	1000m:	12:07.92 1:17.10	1400m:	17:23.38 1:19.67			
	300m:	3:27.37 1:10.70	700m:	8:20.98 1:14.94	1100m:	13:25.61 1:17.69	1500m:	18:40.62 1:17.24			

Prova 2 Masc., 1500m Livres Absolutos
21/03/2025 - 18:20 Resultados

Rec. Reg. ANMinho Open	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	20/12/2021
Rec. Reg. ANMinho Sen	14:39.82	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	20/12/2021
Rec. Reg. ANMinho Jun 2	15:19.81	Jose Paulo Lopes	SCB	Porto	10/12/2017
Rec. Reg. ANMinho Jun 1	15:21.79	Jose Paulo Lopes	SCB	Funchal	11/12/2016
Rec. Reg. ANMinho Juv A	15:46.14	Jose Paulo Lopes	SCB	Ponte da Barca	02/07/2016
Rec. Reg. ANMinho Juv B	16:10.07	Jose Paulo Lopes	SCB	Ponte da Barca	04/07/2015

Pontos: FINA 2021

Lugar			Idade							Tempo final	Pts
1.	Filipe Manso Laranjo		18 Braga							16:20.24	647
	50m:	28.31 28.31	400m:	4:15.96 1:05.94	800m:	8:41.50 1:06.85	1200m:	13:06.54 1:05.84			
	100m:	1:00.29 31.98	500m:	5:22.28 1:06.32	900m:	9:48.65 1:07.15	1300m:	14:11.60 1:05.06			
	200m:	2:05.24 1:04.95	600m:	6:28.78 1:06.50	1000m:	10:55.21 1:06.56	1400m:	15:16.96 1:05.36			
	300m:	3:10.02 1:04.78	700m:	7:34.65 1:05.87	1100m:	12:00.70 1:05.49	1500m:	16:20.24 1:03.28			
2.	Daniel Batista Tavares		19 Braga							16:41.40	607
	50m:	28.34 28.34	400m:	4:19.10 1:06.56	800m:	8:49.27 1:07.96	1200m:	13:22.46 1:07.64			
	100m:	59.93 31.59	500m:	5:26.02 1:06.92	900m:	9:58.02 1:08.75	1300m:	14:29.68 1:07.22			
	200m:	2:05.70 1:05.77	600m:	6:33.65 1:07.63	1000m:	11:06.74 1:08.72	1400m:	15:38.46 1:08.78			
	300m:	3:12.54 1:06.84	700m:	7:41.31 1:07.66	1100m:	12:14.82 1:08.08	1500m:	16:41.40 1:02.94			
3.	Eduardo Sousa Saragoca		18 Viana Natacao							17:00.38	574
	50m:	30.65 30.65	400m:	4:26.30 1:08.00	800m:	9:00.01 1:08.37	1200m:	13:35.79 1:09.17			
	100m:	1:03.75 33.10	500m:	5:34.74 1:08.44	900m:	10:08.81 1:08.80	1300m:	14:44.90 1:09.11			
	200m:	2:10.86 1:07.11	600m:	6:43.29 1:08.55	1000m:	11:17.56 1:08.75	1400m:	15:53.59 1:08.69			
	300m:	3:18.30 1:07.44	700m:	7:51.64 1:08.35	1100m:	12:26.62 1:09.06	1500m:	17:00.38 1:06.79			
4.	Marcio Fernandes Gomes		21 Braga							17:14.64	550
	50m:	29.47 29.47	400m:	4:18.68 1:06.41	800m:	8:46.26 1:05.84	1200m:	13:41.71 1:09.20			
	100m:	1:01.36 31.89	500m:	5:25.35 1:06.67	900m:	10:04.79 1:18.53	1300m:	14:53.65 1:11.94			
	200m:	2:06.21 1:04.85	600m:	6:32.88 1:07.53	1000m:	11:18.19 1:13.40	1400m:	16:05.89 1:12.24			
	300m:	3:12.27 1:06.06	700m:	7:40.42 1:07.54	1100m:	12:32.51 1:14.32	1500m:	17:14.64 1:08.75			
5.	Raul Ventura Barros		16 Braga							17:28.06	529
	100m:	1:02.86 1:02.86	500m:	5:39.14 1:09.78	900m:	10:21.88 1:11.27	1300m:	15:06.89 1:10.94			
	200m:	2:01.24 58.38	600m:	6:49.36 1:10.22	1000m:	11:33.28 1:11.40	1400m:	16:18.26 1:11.37			
	300m:	3:19.86 1:18.62	700m:	7:59.98 1:10.62	1100m:	12:44.61 1:11.33	1500m:	17:28.06 1:09.80			
	400m:	4:29.36 1:09.50	800m:	9:10.61 1:10.63	1200m:	13:55.95 1:11.34					
6.	Rodrigo Almeida Marques		15 Braga							17:37.21	516
	50m:	31.81 31.81	400m:	4:38.46 1:10.42	800m:	9:20.24 1:10.39	1200m:	14:04.57 1:11.49			
	100m:	1:06.28 34.47	500m:	5:48.63 1:10.17	900m:	10:30.90 1:10.66	1300m:	15:16.06 1:11.49			
	200m:	2:17.18 1:10.90	600m:	6:59.18 1:10.55	1000m:	11:41.92 1:11.02	1400m:	16:27.42 1:11.36			
	300m:	3:28.04 1:10.86	700m:	8:09.85 1:10.67	1100m:	12:53.08 1:11.16	1500m:	17:37.21 1:09.79			
7.	Rafael Almeida Machado		15 Braga							17:38.01	515
	50m:	31.32 31.32	400m:	4:39.57 1:10.86	800m:	9:21.40 1:10.57	1200m:	14:05.51 1:10.84			
	100m:	1:06.05 34.73	500m:	5:50.34 1:10.77	900m:	10:32.14 1:10.74	1300m:	15:17.40 1:11.89			
	200m:	2:17.03 1:10.98	600m:	7:00.31 1:09.97	1000m:	11:43.43 1:11.29	1400m:	16:28.18 1:10.78			
	300m:	3:28.71 1:11.68	700m:	8:10.83 1:10.52	1100m:	12:54.67 1:11.24	1500m:	17:38.01 1:09.83			
8.	Afonso Miguel Nogueira		18 Braga							17:42.38	508
	50m:	29.74 29.74	400m:	4:23.93 1:08.06	800m:	9:06.89 1:12.10	1200m:	14:02.31 1:13.50			
	100m:	1:02.28 32.54	500m:	5:32.57 1:08.64	900m:	10:21.07 1:14.18	1300m:	15:15.88 1:13.57			
	200m:	2:09.17 1:06.89	600m:	6:43.11 1:10.54	1000m:	11:34.90 1:13.83	1400m:	16:29.69 1:13.81			
	300m:	3:15.87 1:06.70	700m:	7:54.79 1:11.68	1100m:	12:48.81 1:13.91	1500m:	17:42.38 1:12.69			

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Prova 2, Masc., 1500m Livres, Absolutos

Lugar			Idade				Tempo final	Pts
9.	Joao Pedro Tinoco		18 Braga				18:40.62	433
	50m:	31.74 31.74	400m:	4:38.94 1:11.57	800m:	9:34.90 1:13.92	1200m:	14:39.58 1:13.97
	100m:	1:06.37 34.63	500m:	5:52.40 1:13.46	900m:	10:50.82 1:15.92	1300m:	16:03.71 1:24.13
	200m:	2:16.67 1:10.30	600m:	7:06.04 1:13.64	1000m:	12:07.92 1:17.10	1400m:	17:23.38 1:19.67
	300m:	3:27.37 1:10.70	700m:	8:20.98 1:14.94	1100m:	13:25.61 1:17.69	1500m:	18:40.62 1:17.24
10.	Tiago Filipe Salgueiro		15 Viana Natacao				19:30.43	380
	50m:	35.22 35.22	300m:	3:47.21 1:16.50	600m:	7:40.93 1:18.39	1500m:	19:30.43 9:11.34
	100m:	1:13.18 37.96	400m:	5:05.24 1:18.03	700m:	8:59.81 1:18.88		
	200m:	2:30.71 1:17.53	500m:	6:22.54 1:17.30	800m:	10:19.09 1:19.28		