

Torneio Regional de Fundo\_ Inf\_Juv\_Abs  
Quarteira, 3 - 4/5/2025

Prova 5

Masc., 1500m Livres

Juvenis

03/05/2025 - 18:08

Resultados

Recordes Regionais Open	16:00.92	Ricardo Sousa, FILIPE	LDC	Leiria	06/12/2009
Recordes Regionais Juv. A	16:35.72	Eduardo Cardoso, LOPES	LDC	Leiria	14/12/2014
Recordes Regionais Juv. B	16:41.29	Eduardo Cardoso, LOPES	LDC	Silves	16/03/2014

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
<b>Juvenis B</b>					
1. Goncalo Alexandre, RETRE	10	Naval de Faro	<b>17:36.71</b>		514
100m: 1:08.87 1:08.87	500m: 5:50.52 1:11.20	900m: 10:34.30 1:10.31	1300m: 15:17.58 1:10.61		
200m: 2:18.44 1:09.57	600m: 7:01.53 1:11.01	1000m: 11:45.42 1:11.12	1400m: 16:28.27 1:10.69		
300m: 3:28.77 1:10.33	700m: 8:13.01 1:11.48	1100m: 12:55.82 1:10.40	1500m: 17:36.71 1:08.44		
400m: 4:39.32 1:10.55	800m: 9:23.99 1:10.98	1200m: 14:06.97 1:11.15			
2. Tiago Malhador, LULAK	10	Louletano / Loule Aqui e Agora	<b>18:03.50</b>		477
100m: 1:08.88 1:08.88	500m: 5:54.89 1:12.12	900m: 10:46.55 1:12.89	1300m: 15:39.98 1:13.24		
200m: 2:19.76 1:10.88	600m: 7:07.78 1:12.89	1000m: 11:59.64 1:13.09	1400m: 16:53.47 1:13.49		
300m: 3:30.51 1:10.75	700m: 8:21.43 1:13.65	1100m: 13:13.14 1:13.50	1500m: 18:03.50 1:10.03		
400m: 4:42.77 1:12.26	800m: 9:33.66 1:12.23	1200m: 14:26.74 1:13.60			
3. Francisco Jose, TEIXEIRA	10	Louletano / Loule Aqui e Agora	<b>18:16.91</b>		460
100m: 1:09.09 1:09.09	500m: 6:01.82 1:11.26	900m: 10:57.38 1:14.19	1300m: 15:52.49 1:13.64		
200m: 2:22.64 1:13.55	600m: 7:15.51 1:13.69	1000m: 12:11.18 1:13.80	1400m: 17:06.88 1:14.39		
300m: 3:38.00 1:15.36	700m: 8:29.41 1:13.90	1100m: 13:25.42 1:14.24	1500m: 18:16.91 1:10.03		
400m: 4:50.56 1:12.56	800m: 9:43.19 1:13.78	1200m: 14:38.85 1:13.43			
4. Cristiano, CHISTOL	10	Louletano / Loule Aqui e Agora	<b>18:41.67</b>		430
100m: 1:12.05 1:12.05	500m: 6:12.58 1:15.13	900m: 11:12.48 1:13.88	1300m: 16:12.03 1:15.42		
200m: 2:27.24 1:15.19	600m: 7:28.23 1:15.65	1000m: 12:26.70 1:14.22	1400m: 17:27.69 1:15.66		
300m: 3:42.39 1:15.15	700m: 8:43.60 1:15.37	1100m: 13:41.09 1:14.39	1500m: 18:41.67 1:13.98		
400m: 4:57.45 1:15.06	800m: 9:58.60 1:15.00	1200m: 14:56.61 1:15.52			
5. Mark, KHALADZY	10	Lagoa AC	<b>19:15.14</b>		394
100m: 1:12.40 1:12.40	500m: 6:19.52 1:17.42	900m: 11:29.99 1:17.96	1300m: 16:41.15 1:18.09		
200m: 2:28.42 1:16.02	600m: 7:36.24 1:16.72	1000m: 12:47.14 1:17.15	1400m: 17:58.86 1:17.71		
300m: 3:44.71 1:16.29	700m: 8:53.80 1:17.56	1100m: 14:05.24 1:18.10	1500m: 19:15.14 1:16.28		
400m: 5:02.10 1:17.39	800m: 10:12.03 1:18.23	1200m: 15:23.06 1:17.82			
6. Alexandre Ribeiro, MENDONCA	10	Portinado	<b>19:24.56</b>		384
100m: 1:08.79 1:08.79	500m: 6:11.80 1:17.44	900m: 11:23.11 1:17.79	1300m: 16:44.51 1:22.46		
200m: 2:22.66 1:13.87	600m: 7:30.17 1:18.37	1000m: 12:40.86 1:17.75	1400m: 18:06.03 1:21.52		
300m: 3:38.71 1:16.05	700m: 8:47.64 1:17.47	1100m: 14:00.25 1:19.39	1500m: 19:24.56 1:18.53		
400m: 4:54.36 1:15.65	800m: 10:05.32 1:17.68	1200m: 15:22.05 1:21.80			
7. Santiago Agostinho, ALMEIDA	10	Louletano / Loule Aqui e Agora	<b>19:28.80</b>		380
100m: 1:16.14 1:16.14	500m: 6:24.95 1:18.34	900m: 11:39.81 1:18.66	1300m: 16:52.97 1:18.37		
200m: 2:33.39 1:17.25	600m: 7:43.50 1:18.55	1000m: 12:57.51 1:17.70	1400m: 18:11.50 1:18.53		
300m: 3:49.88 1:16.49	700m: 9:02.51 1:19.01	1100m: 14:15.99 1:18.48	1500m: 19:28.80 1:17.30		
400m: 5:06.61 1:16.73	800m: 10:21.15 1:18.64	1200m: 15:34.60 1:18.61			
8. Dinis, OKSENYUK	10	Portinado	<b>19:51.08</b>		359
100m: 1:16.65 1:16.65	500m: 6:41.03 1:21.54	900m: 12:00.30 1:19.98	1300m: 17:18.89 1:19.42		
200m: 2:36.71 1:20.06	600m: 8:01.21 1:20.18	1000m: 13:20.31 1:20.01	1400m: 18:38.63 1:19.74		
300m: 3:58.58 1:21.87	700m: 9:20.33 1:19.12	1100m: 14:39.87 1:19.56	1500m: 19:51.08 1:12.45		
400m: 5:19.49 1:20.91	800m: 10:40.32 1:19.99	1200m: 15:59.47 1:19.60			
9. Rodrigo Ferreira, PLACIDO	10	Naval de Faro	<b>19:53.06</b>		357
100m: 1:14.76 1:14.76	500m: 6:35.32 1:19.26	900m: 11:57.19 1:21.03	1300m: 17:18.63 1:19.64		
200m: 2:35.31 1:20.55	600m: 7:55.67 1:20.35	1000m: 13:17.43 1:20.24	1400m: 18:37.83 1:19.20		
300m: 3:55.84 1:20.53	700m: 9:16.20 1:20.53	1100m: 14:38.43 1:21.00	1500m: 19:53.06 1:15.23		
400m: 5:16.06 1:20.22	800m: 10:36.16 1:19.96	1200m: 15:58.99 1:20.56			
10. Francisco Alfarra, GUERREIRO	10	RIA Aqua Tavira	<b>20:12.61</b>		340
100m: 1:16.15 1:16.15	500m: 6:41.13 1:22.42	900m: 12:05.63 1:21.44	1300m: 17:30.90 1:23.23		
200m: 2:35.41 1:19.26	600m: 8:02.31 1:21.18	1000m: 13:26.45 1:20.82	1400m: 18:53.68 1:22.78		
300m: 3:56.69 1:21.28	700m: 9:23.59 1:21.28	1100m: 14:47.62 1:21.17	1500m: 20:12.61 1:18.93		
400m: 5:18.71 1:22.02	800m: 10:44.19 1:20.60	1200m: 16:07.67 1:20.05			

Torneio Regional de Fundo\_ Inf\_Juv\_Abs  
Quarteira, 3 - 4/5/2025

Prova 5, Masc., 1500m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts
11.	Nazar, SKILKY		10	FC Ferreiras/AlgarExperience				<b>20:39.03</b>	319
	100m:	1:17.38 1:17.38	500m:	6:44.22 1:23.28	900m:	12:16.43 1:24.23	1300m:	17:55.58 1:24.21	
	200m:	2:37.33 1:19.95	600m:	8:07.47 1:23.25	1000m:	13:40.83 1:24.40	1400m:	19:17.63 1:22.05	
	300m:	3:58.95 1:21.62	700m:	9:29.28 1:21.81	1100m:	15:06.54 1:25.71	1500m:	20:39.03 1:21.40	
	400m:	5:20.94 1:21.99	800m:	10:52.20 1:22.92	1200m:	16:31.37 1:24.83			
12.	Nicu, RUSU		10	Portinado				<b>23:15.88</b>	223
	100m:	1:25.03 1:25.03	500m:	7:45.95 1:35.48	900m:	14:06.31 1:36.06	1300m:	20:21.98 1:32.53	
	200m:	2:59.23 1:34.20	600m:	9:21.75 1:35.80	1000m:	15:43.37 1:37.06	1400m:	21:52.85 1:30.87	
	300m:	4:34.51 1:35.28	700m:	10:56.85 1:35.10	1100m:	17:16.51 1:33.14	1500m:	23:15.88 1:23.03	
	400m:	6:10.47 1:35.96	800m:	12:30.25 1:33.40	1200m:	18:49.45 1:32.94			

Juvenis A

1.	Rafael Alexandre, SILVA		09	Louletano / Loule Aqui e Agora				<b>17:06.07</b>	562
	100m:	1:05.40 1:05.40	500m:	5:40.38 1:08.87	900m:	10:15.47 1:08.46	1300m:	14:50.65 1:08.64	
	200m:	2:13.96 1:08.56	600m:	6:49.02 1:08.64	1000m:	11:24.43 1:08.96	1400m:	15:59.34 1:08.69	
	300m:	3:22.57 1:08.61	700m:	7:57.93 1:08.91	1100m:	12:33.13 1:08.70	1500m:	17:06.07 1:06.73	
	400m:	4:31.51 1:08.94	800m:	9:07.01 1:09.08	1200m:	13:42.01 1:08.88			
2.	Lev, SURGUCH		09	Portinado				<b>18:50.86</b>	419
	100m:	1:11.56 1:11.56	500m:	6:16.55 1:16.50	900m:	11:19.61 1:16.34	1300m:	16:23.27 1:15.75	
	200m:	2:27.72 1:16.16	600m:	7:32.07 1:15.52	1000m:	12:36.55 1:16.94	1400m:	17:38.15 1:14.88	
	300m:	3:44.40 1:16.68	700m:	8:47.34 1:15.27	1100m:	13:51.95 1:15.40	1500m:	18:50.86 1:12.71	
	400m:	5:00.05 1:15.65	800m:	10:03.27 1:15.93	1200m:	15:07.52 1:15.57			
3.	Francisco Antonio, ROMAO		09	Naval de Faro				<b>18:51.22</b>	419
	100m:	1:12.47 1:12.47	500m:	6:12.16 1:15.20	900m:	11:17.22 1:15.77	1300m:	16:20.38 1:15.95	
	200m:	2:27.28 1:14.81	600m:	7:28.49 1:16.33	1000m:	12:33.44 1:16.22	1400m:	17:35.95 1:15.57	
	300m:	3:42.54 1:15.26	700m:	8:44.34 1:15.85	1100m:	13:48.41 1:14.97	1500m:	18:51.22 1:15.27	
	400m:	4:56.96 1:14.42	800m:	10:01.45 1:17.11	1200m:	15:04.43 1:16.02			
4.	Mateus Inacio, SILVA		09	Portinado				<b>18:59.82</b>	410
	100m:	1:08.86 1:08.86	500m:	6:07.86 1:16.98	900m:	11:17.81 1:18.36	1300m:	16:26.36 1:18.35	
	200m:	2:20.23 1:11.37	600m:	7:25.00 1:17.14	1000m:	12:33.54 1:15.73	1400m:	17:44.12 1:17.76	
	300m:	3:35.06 1:14.83	700m:	8:42.66 1:17.66	1100m:	13:51.38 1:17.84	1500m:	18:59.82 1:15.70	
	400m:	4:50.88 1:15.82	800m:	9:59.45 1:16.79	1200m:	15:08.01 1:16.63			
5.	Francisco Soares, BACALHAU		09	FC Ferreiras/AlgarExperience				<b>19:01.58</b>	408
	100m:	1:11.90 1:11.90	500m:	6:12.74 1:15.62	900m:	11:18.07 1:16.92	1300m:	16:27.31 1:17.31	
	200m:	2:27.24 1:15.34	600m:	7:28.62 1:15.88	1000m:	12:34.54 1:16.47	1400m:	17:45.87 1:18.56	
	300m:	3:43.18 1:15.94	700m:	8:44.64 1:16.02	1100m:	13:52.14 1:17.60	1500m:	19:01.58 1:15.71	
	400m:	4:57.12 1:13.94	800m:	10:01.15 1:16.51	1200m:	15:10.00 1:17.86			
6.	Joao Pedro, ANTONIO		09	Portinado				<b>19:06.96</b>	402
	100m:	1:09.51 1:09.51	500m:	6:07.47 1:16.33	900m:	11:17.29 1:17.88	1300m:	16:31.88 1:20.03	
	200m:	2:21.52 1:12.01	600m:	7:24.90 1:17.43	1000m:	12:35.79 1:18.50	1400m:	17:50.64 1:18.76	
	300m:	3:35.36 1:13.84	700m:	8:42.54 1:17.64	1100m:	13:53.63 1:17.84	1500m:	19:06.96 1:16.32	
	400m:	4:51.14 1:15.78	800m:	9:59.41 1:16.87	1200m:	15:11.85 1:18.22			
7.	Joao Manuel, BARRETO		09	Portinado				<b>20:19.97</b>	334
	100m:	1:16.99 1:16.99	500m:	6:42.41 1:22.16	900m:	12:07.89 1:21.23	1300m:	17:36.48 1:22.39	
	200m:	2:37.52 1:20.53	600m:	8:03.30 1:20.89	1000m:	13:29.88 1:21.99	1400m:	18:59.65 1:23.17	
	300m:	3:58.62 1:21.10	700m:	9:24.58 1:21.28	1100m:	14:51.23 1:21.35	1500m:	20:19.97 1:20.32	
	400m:	5:20.25 1:21.63	800m:	10:46.66 1:22.08	1200m:	16:14.09 1:22.86			
8.	Octavian, MALETCHI		09	Portinado				<b>20:51.56</b>	309
	100m:	1:15.95 1:15.95	500m:	6:47.62 1:23.42	900m:	12:24.36 1:24.89	1300m:	18:04.68 1:24.99	
	200m:	2:37.49 1:21.54	600m:	8:11.06 1:23.44	1000m:	13:49.43 1:25.07	1400m:	19:29.67 1:24.99	
	300m:	4:00.54 1:23.05	700m:	9:35.00 1:23.94	1100m:	15:14.43 1:25.00	1500m:	20:51.56 1:21.89	
	400m:	5:24.20 1:23.66	800m:	10:59.47 1:24.47	1200m:	16:39.69 1:25.26			