

Torneio Regional de Fundo_ Inf_Juv_Abs
Quarteira, 3 - 4/5/2025

Prova 6 Masc., 1500m Livres Absoluto
03/05/2025 - 19:16 Resultados

Recordes Regionais Open	16:00.92	Ricardo Sousa, FILIPE	LDC	Leiria	06/12/2009
Recordes Regionais Abs	16:00.92	Ricardo Sousa, FILIPE	LDC	Leiria	06/12/2009
Recordes Regionais Jun. 2	16:20.21	Rui Miguel, LOPES	CNOL	Silves	04/12/2011
Recordes Regionais Jun. 1	16:30.83	Joao Duarte, SANTOS	CNOL	Quarteira	12/11/2011

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
1. Miguel Lourenco, VELHINHO	07	Lagoa AC	17:15.17	547	
100m: 1:06.16 1:06.16	500m: 5:39.71 1:08.90	900m: 10:16.69 1:10.62	1300m: 14:56.28 1:10.12		
200m: 2:14.15 1:07.99	600m: 6:48.29 1:08.58	1000m: 11:26.45 1:09.76	1400m: 16:06.60 1:10.32		
300m: 3:22.50 1:08.35	700m: 7:58.28 1:09.99	1100m: 12:36.51 1:10.06	1500m: 17:15.17 1:08.57		
400m: 4:30.81 1:08.31	800m: 9:06.07 1:07.79	1200m: 13:46.16 1:09.65			
2. Andriy, FEDOROV	08	FC Ferreiras/AlgarExperience	17:38.67	511	
100m: 1:06.30 1:06.30	500m: 5:43.43 1:11.21	900m: 10:30.51 1:11.40	1300m: 15:15.68 1:10.72		
200m: 2:14.28 1:07.98	600m: 6:55.19 1:11.76	1000m: 11:42.78 1:12.27	1400m: 16:26.89 1:11.21		
300m: 3:22.63 1:08.35	700m: 8:07.28 1:12.09	1100m: 12:54.33 1:11.55	1500m: 17:38.67 1:11.78		
400m: 4:32.22 1:09.59	800m: 9:19.11 1:11.83	1200m: 14:04.96 1:10.63			
3. Iago Valentim, FALEIRO	06	Lagoa AC	17:42.18	506	
100m: 1:06.41 1:06.41	500m: 5:49.09 1:11.80	900m: 10:35.33 1:10.76	1300m: 15:20.80 1:11.47		
200m: 2:14.91 1:08.50	600m: 7:01.26 1:12.17	1000m: 11:46.61 1:11.28	1400m: 16:32.38 1:11.58		
300m: 3:25.18 1:10.27	700m: 8:13.36 1:12.10	1100m: 12:58.73 1:12.12	1500m: 17:42.18 1:09.80		
400m: 4:37.29 1:12.11	800m: 9:24.57 1:11.21	1200m: 14:09.33 1:10.60			
4. Santiago Ganso, PERDIGAO	08	Lagoa AC	18:00.92	480	
100m: 1:07.40 1:07.40	500m: 5:53.61 1:12.19	900m: 10:43.97 1:12.79	1300m: 15:36.39 1:13.62		
200m: 2:17.65 1:10.25	600m: 7:06.04 1:12.43	1000m: 11:56.58 1:12.61	1400m: 16:50.18 1:13.79		
300m: 3:29.03 1:11.38	700m: 8:18.47 1:12.43	1100m: 13:09.59 1:13.01	1500m: 18:00.92 1:10.74		
400m: 4:41.42 1:12.39	800m: 9:31.18 1:12.71	1200m: 14:22.77 1:13.18			
5. Vitor, KUNYK	05	Lagoa AC	18:20.39	455	
100m: 1:07.91 1:07.91	500m: 5:51.35 1:12.36	900m: 10:47.42 1:15.01	1300m: 15:49.64 1:16.13		
200m: 2:17.04 1:09.13	600m: 7:05.03 1:13.68	1000m: 12:02.54 1:15.12	1400m: 17:06.01 1:16.37		
300m: 3:27.73 1:10.69	700m: 8:18.93 1:13.90	1100m: 13:17.76 1:15.22	1500m: 18:20.39 1:14.38		
400m: 4:38.99 1:11.26	800m: 9:32.41 1:13.48	1200m: 14:33.51 1:15.75			
6. Nestor, KUNYK	08	Lagoa AC	18:49.37	421	
100m: 1:08.64 1:08.64	500m: 6:07.00 1:16.53	900m: 11:14.88 1:16.45	1300m: 16:20.50 1:15.93		
200m: 2:20.79 1:12.15	600m: 7:24.52 1:17.52	1000m: 12:31.85 1:16.97	1400m: 17:36.50 1:16.00		
300m: 3:35.07 1:14.28	700m: 8:41.27 1:16.75	1100m: 13:47.91 1:16.06	1500m: 18:49.37 1:12.87		
400m: 4:50.47 1:15.40	800m: 9:58.43 1:17.16	1200m: 15:04.57 1:16.66			
7. Pedro Afonso, SIMAO	07	FC Ferreiras/AlgarExperience	18:49.73	421	
100m: 1:07.22 1:07.22	500m: 5:54.53 1:13.91	900m: 10:59.31 1:16.95	1300m: 16:13.38 1:19.65		
200m: 2:16.34 1:09.12	600m: 7:09.64 1:15.11	1000m: 12:15.69 1:16.38	1400m: 17:33.07 1:19.69		
300m: 3:27.87 1:11.53	700m: 8:25.66 1:16.02	1100m: 13:34.38 1:18.69	1500m: 18:49.73 1:16.66		
400m: 4:40.62 1:12.75	800m: 9:42.36 1:16.70	1200m: 14:53.73 1:19.35			
8. Dario, ENGELEN	03	RIA Aqua Tavira	19:15.47	393	
100m: 1:09.51 1:09.51	500m: 6:12.42 1:17.62	900m: 11:23.91 1:18.29	1300m: 16:39.77 1:19.03		
200m: 2:22.75 1:13.24	600m: 7:30.34 1:17.92	1000m: 12:42.70 1:18.79	1400m: 17:58.18 1:18.41		
300m: 3:38.04 1:15.29	700m: 8:47.85 1:17.51	1100m: 14:02.07 1:19.37	1500m: 19:15.47 1:17.29		
400m: 4:54.80 1:16.76	800m: 10:05.62 1:17.77	1200m: 15:20.74 1:18.67			