

Torneio Regional de Fundo e Nadador Completo
Odemira, 10/5/2025

Prova 6 **Masc., 1500m Livres** **13 - 16 anos**
10/05/2025 - 11:25 **Resultados**

Rec Regional Open	16:43.65	Filipe Ricardo AZEVEDO	AMINATA Sines	08/12/2012
Rec Regional 16	17:11.36	Miguel Martins BALTAZAR	AMINATA Evora	02/02/2014
Rec Regional 15	17:27.48	Nelson Pereira MALHEIROS	CNLA Ponte de sor	16/03/2014
Rec Regional 14	17:35.04	Miguel Martins BALTAZAR	AMINATA Evora	29/01/2012
Rec Regional 13	18:05.29	Gustavo Manuel SANTA	Ind ANALENLeiria	02/04/2006

Pontos: AQUA 2024

Lugar	Nome	Idade	Clube	Tempo final	Pontos
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13 anos

1.	Nelson Manuel FLORINDO	13	Aminata	22:49.99	236
	100m: 1:28.90 1:28.90	500m: 7:31.47 1:31.59	900m: 13:41.55 1:31.48	1300m: 19:52.81 1:31.59	
	200m: 3:00.24 1:31.34	600m: 9:03.02 1:31.55	1000m: 15:16.62 1:35.07	1400m: 21:22.99 1:30.18	
	300m: 4:29.42 1:29.18	700m: 10:37.18 1:34.16	1100m: 16:49.28 1:32.66	1500m: 22:49.99 1:27.00	
	400m: 5:59.88 1:30.46	800m: 12:10.07 1:32.89	1200m: 18:21.22 1:31.94		
2.	Antonio Presado COSTA	13	Estremoz	23:26.30	218
	100m: 1:29.25 1:29.25	500m: 7:41.12 1:33.04	900m: 14:00.16 1:34.28	1300m: 20:22.49 1:36.30	
	200m: 3:02.20 1:32.95	600m: 9:14.54 1:33.42	1000m: 15:36.43 1:36.27	1400m: 21:56.69 1:34.20	
	300m: 4:34.46 1:32.26	700m: 10:50.23 1:35.69	1100m: 17:10.89 1:34.46	1500m: 23:26.30 1:29.61	
	400m: 6:08.08 1:33.62	800m: 12:25.88 1:35.65	1200m: 18:46.19 1:35.30		
3.	Tomas Nunes NOGUEIRA	13	Grupo Desportivo Mora	23:34.14	214
	100m: 1:26.20 1:26.20	500m: 7:41.01 1:36.63	900m: 14:06.32 1:35.99	1300m: 20:29.93 1:34.60	
	200m: 2:58.29 1:32.09	600m: 9:16.07 1:35.06	1000m: 15:43.65 1:37.33	1400m: 22:05.03 1:35.10	
	300m: 4:29.75 1:31.46	700m: 10:53.35 1:37.28	1100m: 17:20.07 1:36.42	1500m: 23:34.14 1:29.11	
	400m: 6:04.38 1:34.63	800m: 12:30.33 1:36.98	1200m: 18:55.33 1:35.26		
4.	Vicente Ataíde RAMOS	13	Litoral Alentejano	24:23.49	193
	100m: 1:32.13 1:32.13	500m: 8:00.40 1:38.71	900m: 14:33.00 1:38.65	1300m: 21:05.74 1:38.98	
	200m: 3:08.00 1:35.87	600m: 9:38.43 1:38.03	1000m: 16:10.30 1:37.30	1400m: 22:44.64 1:38.90	
	300m: 4:44.25 1:36.25	700m: 11:16.07 1:37.64	1100m: 17:48.24 1:37.94	1500m: 24:23.49 1:38.85	
	400m: 6:21.69 1:37.44	800m: 12:54.35 1:38.28	1200m: 19:26.76 1:38.52		
5.	Tomas OLIVEIRA SANTOS	13	Zona Azul	24:46.02	185
	100m: 1:29.01 1:29.01	500m: 7:57.68 1:37.74	900m: 14:36.91 1:39.96	1300m: 21:24.50 1:43.12	
	200m: 3:04.13 1:35.12	600m: 9:36.62 1:38.94	1000m: 16:17.70 1:40.79	1400m: 23:05.41 1:40.91	
	300m: 4:41.05 1:36.92	700m: 11:16.56 1:39.94	1100m: 17:59.47 1:41.77	1500m: 24:46.02 1:40.61	
	400m: 6:19.94 1:38.89	800m: 12:56.95 1:40.39	1200m: 19:41.38 1:41.91		
6.	Tiago Torpes PARDAL	13	Litoral Alentejano	25:34.45	168
	100m: 1:39.31 1:39.31	500m: 8:32.27 1:42.73	900m: 15:24.76 1:44.72	1300m: 22:19.84 1:40.93	
	200m: 3:22.82 1:43.51	600m: 10:14.53 1:42.26	1000m: 17:09.71 1:44.95	1400m: 24:02.91 1:43.07	
	300m: 5:05.36 1:42.54	700m: 11:57.30 1:42.77	1100m: 18:53.75 1:44.04	1500m: 25:34.45 1:31.54	
	400m: 6:49.54 1:44.18	800m: 13:40.04 1:42.74	1200m: 20:38.91 1:45.16		
7.	Roman Perez CRESPO	13	Acmn	25:36.74	167
	100m: 1:29.94 1:29.94	500m: 8:26.77 1:46.68	900m: 15:24.88 1:45.74	1300m: 22:20.23 1:41.65	
	200m: 3:10.46 1:40.52	600m: 10:09.26 1:42.49	1000m: 17:11.58 1:46.70	1400m: 24:00.33 1:40.10	
	300m: 4:54.89 1:44.43	700m: 11:54.86 1:45.60	1100m: 18:53.54 1:41.96	1500m: 25:36.74 1:36.41	
	400m: 6:40.09 1:45.20	800m: 13:39.14 1:44.28	1200m: 20:38.58 1:45.04		

14 anos

1.	Gustavo Cardoso SANTOS				14	Ndco				20:28.54	327	
	100m:	1:16.26	1:16.26	500m:	6:41.70	1:23.26	900m:	12:16.51	1:23.47	1300m:	17:48.80	1:23.14
	200m:	2:36.99	1:20.73	600m:	8:05.96	1:24.26	1000m:	13:39.87	1:23.36	1400m:	19:10.37	1:21.57
	300m:	3:58.11	1:21.12	700m:	9:29.70	1:23.74	1100m:	15:02.84	1:22.97	1500m:	20:28.54	1:18.17
	400m:	5:18.44	1:20.33	800m:	10:53.04	1:23.34	1200m:	16:25.66	1:22.82			
2.	Bernardo Jose LOUCAO				14	Litoral Alentejano				22:11.86	257	
	100m:	1:24.87	1:24.87	500m:	7:25.16	1:31.02	900m:	13:22.98	1:29.37	1300m:	19:20.15	1:29.78
	200m:	2:52.75	1:27.88	600m:	8:54.18	1:29.02	1000m:	14:52.08	1:29.10	1400m:	20:48.97	1:28.82
	300m:	4:23.67	1:30.92	700m:	10:23.76	1:29.58	1100m:	16:21.58	1:29.50	1500m:	22:11.86	1:22.89
	400m:	5:54.14	1:30.47	800m:	11:53.61	1:29.85	1200m:	17:50.37	1:28.79			

Torneio Regional de Fundo e Nadador Completo
Odemira, 10/5/2025

Prova 6, Masc., 1500m Livres, 14 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
3.	Antonio Francisco RAMOS	14	Litoral Alentejano	23:05.94	228
	100m: 1:30.77 1:30.77	500m: 7:33.01 1:30.73	900m: 13:48.32 1:35.03	1300m: 20:06.58 1:32.69	
	200m: 2:59.77 1:29.00	600m: 9:06.08 1:33.07	1000m: 15:24.58 1:36.26	1400m: 21:40.39 1:33.81	
	300m: 4:30.54 1:30.77	700m: 10:39.54 1:33.46	1100m: 16:58.86 1:34.28	1500m: 23:05.94 1:25.55	
	400m: 6:02.28 1:31.74	800m: 12:13.29 1:33.75	1200m: 18:33.89 1:35.03		
4.	Joao Maria NABAIS	14	Aminata	23:29.18	217
	100m: 1:28.25 1:28.25	500m: 7:42.25 1:34.01	900m: 14:04.08 1:34.67	1300m: 20:24.87 1:34.73	
	200m: 3:00.61 1:32.36	600m: 9:17.58 1:35.33	1000m: 15:39.07 1:34.99	1400m: 21:59.26 1:34.39	
	300m: 4:34.57 1:33.96	700m: 10:52.88 1:35.30	1100m: 17:14.29 1:35.22	1500m: 23:29.18 1:29.92	
	400m: 6:08.24 1:33.67	800m: 12:29.41 1:36.53	1200m: 18:50.14 1:35.85		

15 anos

1.	Rodrigo Miguel SILVA	15	Acmn	20:01.28	350
	100m: 1:08.89 1:08.89	500m: 6:27.59 1:22.32	900m: 11:54.44 1:21.57	1300m: 17:26.87 1:23.04	
	200m: 2:25.49 1:16.60	600m: 7:49.67 1:22.08	1000m: 13:17.17 1:22.73	1400m: 18:45.57 1:18.70	
	300m: 3:44.70 1:19.21	700m: 9:11.33 1:21.66	1100m: 14:41.34 1:24.17	1500m: 20:01.28 1:15.71	
	400m: 5:05.27 1:20.57	800m: 10:32.87 1:21.54	1200m: 16:03.83 1:22.49		
2.	Rodrigo Santos SOUZA	15	Acmn	21:10.76	295
	100m: 1:16.40 1:16.40	500m: 6:52.32 1:26.16	900m: 12:37.42 1:26.09	1300m: 18:26.18 1:27.70	
	200m: 2:38.14 1:21.74	600m: 8:18.33 1:26.01	1000m: 14:04.60 1:27.18	1400m: 19:52.26 1:26.08	
	300m: 4:01.27 1:23.13	700m: 9:44.76 1:26.43	1100m: 15:32.02 1:27.42	1500m: 21:10.76 1:18.50	
	400m: 5:26.16 1:24.89	800m: 11:11.33 1:26.57	1200m: 16:58.48 1:26.46		
3.	Mateus Duarte HELENO	15	GSC Grândola Sports Club	21:31.36	282
	100m: 1:13.07 1:13.07	500m: 6:52.37 1:27.78	900m: 12:44.79 1:29.42	1300m: 18:38.40 1:30.12	
	200m: 2:34.55 1:21.48	600m: 8:18.80 1:26.43	1000m: 14:13.07 1:28.28	1400m: 20:08.22 1:29.82	
	300m: 3:58.75 1:24.20	700m: 9:46.38 1:27.58	1100m: 15:40.16 1:27.09	1500m: 21:31.36 1:23.14	
	400m: 5:24.59 1:25.84	800m: 11:15.37 1:28.99	1200m: 17:08.28 1:28.12		
4.	Rodrigo Alexandre RAPOSO	15	Acmn	22:05.09	261
	100m: 1:23.57 1:23.57	500m: 7:18.81 1:29.90	900m: 13:17.87 1:29.95	1300m: 19:10.42 1:27.75	
	200m: 2:51.18 1:27.61	600m: 8:48.92 1:30.11	1000m: 14:46.24 1:28.37	1400m: 20:38.20 1:27.78	
	300m: 4:19.10 1:27.92	700m: 10:18.89 1:29.97	1100m: 16:14.53 1:28.29	1500m: 22:05.09 1:26.89	
	400m: 5:48.91 1:29.81	800m: 11:47.92 1:29.03	1200m: 17:42.67 1:28.14		
5.	Luis Carlos VAZ	15	Litoral Alentejano	22:33.29	245
	100m: 1:30.14 1:30.14	500m: 7:36.97 1:33.27	900m: 13:37.84 1:30.93	1300m: 19:39.48 1:28.70	
	200m: 3:02.40 1:32.26	600m: 9:06.16 1:29.19	1000m: 15:10.13 1:32.29	1400m: 21:08.34 1:28.86	
	300m: 4:33.71 1:31.31	700m: 10:37.16 1:31.00	1100m: 16:40.31 1:30.18	1500m: 22:33.29 1:24.95	
	400m: 6:03.70 1:29.99	800m: 12:06.91 1:29.75	1200m: 18:10.78 1:30.47		
6.	Eduardo Filipe CHAINHO	15	GSC Grândola Sports Club	23:34.18	214
	100m: 1:26.08 1:26.08	500m: 7:54.57 1:36.84	900m: 14:25.39 1:35.38	1300m: 20:41.94 1:31.39	
	200m: 3:02.88 1:36.80	600m: 9:38.73 1:44.16	1000m: 16:01.33 1:35.94	1400m: 22:11.40 1:29.46	
	300m: 4:39.69 1:36.81	700m: 11:14.80 1:36.07	1100m: 17:35.64 1:34.31	1500m: 23:34.18 1:22.78	
	400m: 6:17.73 1:38.04	800m: 12:50.01 1:35.21	1200m: 19:10.55 1:34.91		

16 anos

1.	Afonso Silva RODRIGUES	16	Ndco	19:17.82	391
	100m: 1:10.99 1:10.99	500m: 6:17.98 1:17.09	900m: 11:29.00 1:18.60	1300m: 16:43.31 1:19.09	
	200m: 2:26.53 1:15.54	600m: 7:35.72 1:17.74	1000m: 12:47.22 1:18.22	1400m: 18:01.63 1:18.32	
	300m: 3:43.85 1:17.32	700m: 8:53.47 1:17.75	1100m: 14:05.55 1:18.33	1500m: 19:17.82 1:16.19	
	400m: 5:00.89 1:17.04	800m: 10:10.40 1:16.93	1200m: 15:24.22 1:18.67		
2.	Dinis Alexandre CAEIRO	16	Grupo Desportivo Mora	21:19.63	289
	100m: 1:13.70 1:13.70	500m: 6:51.09 1:26.66	900m: 12:40.85 1:28.98	1300m: 18:31.65 1:27.38	
	200m: 2:35.45 1:21.75	600m: 8:17.68 1:26.59	1000m: 14:08.50 1:27.65	1400m: 19:57.23 1:25.58	
	300m: 3:58.32 1:22.87	700m: 9:44.31 1:26.63	1100m: 15:36.08 1:27.58	1500m: 21:19.63 1:22.40	
	400m: 5:24.43 1:26.11	800m: 11:11.87 1:27.56	1200m: 17:04.27 1:28.19		

Torneio Regional de Fundo e Nadador Completo
Odemira, 10/5/2025

Prova 6, Masc., 1500m Livres, 16 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
3.	Tiago Alexandre SARAMAGO	16	Estremoz	21:22.76	287
	100m: 1:16.00 1:16.00	500m: 6:59.51 1:26.61	900m: 12:48.28 1:26.15	1300m: 18:34.80 1:25.52	
	200m: 2:40.97 1:24.97	600m: 8:25.12 1:25.61	1000m: 14:15.36 1:27.08	1400m: 20:02.37 1:27.57	
	300m: 4:07.57 1:26.60	700m: 9:55.44 1:30.32	1100m: 15:42.98 1:27.62	1500m: 21:22.76 1:20.39	
	400m: 5:32.90 1:25.33	800m: 11:22.13 1:26.69	1200m: 17:09.28 1:26.30		
4.	Joao Pedro PORTO	16	GSC Grândola Sports Club	21:46.63	272
	100m: 1:22.04 1:22.04	500m: 7:14.72 1:29.26	900m: 13:13.96 1:28.99	1300m: 19:04.49 1:26.32	
	200m: 2:49.16 1:27.12	600m: 8:43.55 1:28.83	1000m: 14:42.48 1:28.52	1400m: 20:28.24 1:23.75	
	300m: 4:17.28 1:28.12	700m: 10:14.10 1:30.55	1100m: 16:10.55 1:28.07	1500m: 21:46.63 1:18.39	
	400m: 5:45.46 1:28.18	800m: 11:44.97 1:30.87	1200m: 17:38.17 1:27.62		
5.	Filipe Seixinha ALMEIDA	16	Estremoz	26:24.64	152
	100m: 1:38.38 1:38.38	500m: 8:42.01 1:46.63	900m: 15:51.17 1:47.12	1300m: 23:00.00 1:45.10	
	200m: 3:20.85 1:42.47	600m: 10:29.13 1:47.12	1000m: 17:39.25 1:48.08	1400m: 24:43.86 1:43.86	
	300m: 5:09.54 1:48.69	700m: 12:18.93 1:49.80	1100m: 19:25.47 1:46.22	1500m: 26:24.64 1:40.78	
	400m: 6:55.38 1:45.84	800m: 14:04.05 1:45.12	1200m: 21:14.90 1:49.43		