

Prova 20
01/12/2025 - 10:05

Masc., 1500m Livres

2ª Divisão MASC
Resultados

Rec Nac Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac Sen	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac Jun18	15:06.77	Filipe Miguel, SANTO	SLB	Funchal	26/03/2018
Rec Nac Jun17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
Rec Nac Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Rec Nac Juv B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
Rec Nac Inf A	16:13.14	Andre Vilas, RUIVO	DNMG	Campo Maior	30/03/2014
Rec Nac Inf B	17:11.29	Andre Vilas, RUIVO	DNMG	Leiria	03/03/2013

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
1.	Duarte Cachulo, MARQUES	07	205589	Condeixa Aqua Clube	15:32.25	+0,67	25,00
	100m: 57.93 57.93	500m: 5:07.22 1:02.24	900m: 9:16.88 1:01.76	1300m: 13:27.91 1:03.36			
	200m: 1:59.84 1:01.91	600m: 6:09.93 1:02.71	1000m: 10:19.74 1:02.86	1400m: 14:31.25 1:03.34			
	300m: 3:02.29 1:02.45	700m: 7:12.11 1:02.18	1100m: 11:21.86 1:02.12	1500m: 15:32.25 1:01.00			
	400m: 4:04.98 1:02.69	800m: 8:15.12 1:03.01	1200m: 12:24.55 1:02.69				
2.	Paulo, KOT	09	144468	Nautico Marinha Grande	16:20.64	+0,69	23,00
	100m: 59.78 59.78	500m: 5:19.51 1:05.78	900m: 9:44.55 1:06.19	1300m: 14:11.09 1:06.44			
	200m: 2:03.86 1:04.08	600m: 6:25.50 1:05.99	1000m: 10:51.50 1:06.95	1400m: 15:16.88 1:05.79			
	300m: 3:08.37 1:04.51	700m: 7:31.84 1:06.34	1100m: 11:57.87 1:06.37	1500m: 16:20.64 1:03.76			
	400m: 4:13.73 1:05.36	800m: 8:38.36 1:06.52	1200m: 13:04.65 1:06.78				
3.	Rafael Lin, MONIZ	09	210337	Palmela Desporto	16:23.30		22,00
	100m: 1:00.64 1:00.64	500m: 5:22.66 1:05.94	900m: 9:48.79 1:06.51	1300m: 14:13.98 1:05.96			
	200m: 2:05.18 1:04.54	600m: 6:29.16 1:06.50	1000m: 10:55.45 1:06.66	1400m: 15:19.74 1:05.76			
	300m: 3:10.81 1:05.63	700m: 7:35.51 1:06.35	1100m: 12:02.12 1:06.67	1500m: 16:23.30 1:03.56			
	400m: 4:16.72 1:05.91	800m: 8:42.28 1:06.77	1200m: 13:08.02 1:05.90				
4.	Martim Chambel, PINTO	09	208969	Adrcimm	16:39.44	+0,84	21,00
	100m: 1:00.80 1:00.80	500m: 5:25.57 1:07.54	900m: 9:54.42 1:06.59	1300m: 14:25.59 1:07.56			
	200m: 2:06.17 1:05.37	600m: 6:32.36 1:06.79	1000m: 11:02.52 1:08.10	1400m: 15:32.79 1:07.20			
	300m: 3:11.79 1:05.62	700m: 7:39.76 1:07.40	1100m: 12:10.19 1:07.67	1500m: 16:39.44 1:06.65			
	400m: 4:18.03 1:06.24	800m: 8:47.83 1:08.07	1200m: 13:18.03 1:07.84				
5.	Joao Miguel, CARDOSO	97	109124	Gesloures	16:40.92	+0,80	20,00
	100m: 1:02.30 1:02.30	500m: 5:31.57 1:07.92	900m: 9:59.58 1:06.34	1300m: 14:27.10 1:07.54			
	200m: 2:08.48 1:06.18	600m: 6:38.75 1:07.18	1000m: 11:05.86 1:06.28	1400m: 15:35.34 1:08.24			
	300m: 3:15.82 1:07.34	700m: 7:46.19 1:07.44	1100m: 12:12.20 1:06.34	1500m: 16:40.92 1:05.58			
	400m: 4:23.65 1:07.83	800m: 8:53.24 1:07.05	1200m: 13:19.56 1:07.36				
6.	Martim Machado, SILVA	03	222820	Clube Naval Povoense	16:54.62	+0,69	19,00
	100m: 1:03.06 1:03.06	500m: 5:35.40 1:07.09	900m: 10:05.92 1:07.82	1300m: 14:38.47 1:08.59			
	200m: 2:11.14 1:08.08	600m: 6:42.60 1:07.20	1000m: 11:14.26 1:08.34	1400m: 15:47.37 1:08.90			
	300m: 3:19.98 1:08.84	700m: 7:50.14 1:07.54	1100m: 12:22.06 1:07.80	1500m: 16:54.62 1:07.25			
	400m: 4:28.31 1:08.33	800m: 8:58.10 1:07.96	1200m: 13:29.88 1:07.82				
7.	Afonso Martim, LEITE	05	127335	FOCA Quinta Da Lixa - Cnf	16:55.60	+0,73	18,00
	100m: 1:01.78 1:01.78	500m: 5:26.42 1:06.78	900m: 9:56.92 1:08.31	1300m: 14:36.05 1:10.27			
	200m: 2:07.29 1:05.51	600m: 6:33.38 1:06.96	1000m: 11:05.67 1:08.75	1400m: 15:46.85 1:10.80			
	300m: 3:13.19 1:05.90	700m: 7:40.75 1:07.37	1100m: 12:15.65 1:09.98	1500m: 16:55.60 1:08.75			
	400m: 4:19.64 1:06.45	800m: 8:48.61 1:07.86	1200m: 13:25.78 1:10.13				
8.	Andre Ferreira, SANTOS	10	213542	Academico Viseu Futebol Clube	16:59.34	+0,74	17,00
	100m: 1:02.70 1:02.70	500m: 5:34.43 1:08.62	900m: 10:09.54 1:09.17	1300m: 14:44.39 1:07.99			
	200m: 2:09.68 1:06.98	600m: 6:42.89 1:08.46	1000m: 11:18.60 1:09.06	1400m: 15:53.03 1:08.64			
	300m: 3:17.62 1:07.94	700m: 7:51.00 1:08.11	1100m: 12:27.79 1:09.19	1500m: 16:59.34 1:06.31			
	400m: 4:25.81 1:08.19	800m: 9:00.37 1:09.37	1200m: 13:36.40 1:08.61				
9.	Bernardo Sousa, ROCHA	03	202801	Leixoes Sport Clube	17:01.27	+0,77	16,00
	100m: 1:03.24 1:03.24	500m: 5:37.15 1:07.80	900m: 10:12.17 1:09.17	1300m: 14:46.92 1:08.42			
	200m: 2:11.66 1:08.42	600m: 6:45.48 1:08.33	1000m: 11:21.06 1:08.89	1400m: 15:55.32 1:08.40			
	300m: 3:20.81 1:09.15	700m: 7:54.31 1:08.83	1100m: 12:29.67 1:08.61	1500m: 17:01.27 1:05.95			
	400m: 4:29.35 1:08.54	800m: 9:03.00 1:08.69	1200m: 13:38.50 1:08.83				
10.	Andre Bernardes, FERREIRA	09	202795	Fluvial Portuense	17:03.61	+0,69	15,00
	100m: 1:04.01 1:04.01	500m: 5:39.26 1:09.02	900m: 10:13.51 1:08.35	1300m: 14:47.08 1:08.39			
	200m: 2:12.07 1:08.06	600m: 6:47.53 1:08.27	1000m: 11:22.10 1:08.59	1400m: 15:55.78 1:08.70			
	300m: 3:20.76 1:08.69	700m: 7:56.18 1:08.65	1100m: 12:30.16 1:08.06	1500m: 17:03.61 1:07.83			
	400m: 4:30.24 1:09.48	800m: 9:05.16 1:08.98	1200m: 13:38.69 1:08.53				

Prova 20, Masc., 1500m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
11.	Guilherme Simoes, SOUSA	08	202988	Aac	17:05.82	+0,70	14,00
	100m: 1:02.69 1:02.69			500m: 5:34.38 1:08.40	900m: 10:10.39 1:09.18	1300m: 14:48.02 1:09.61	
	200m: 2:10.15 1:07.46			600m: 6:42.91 1:08.53	1000m: 11:19.40 1:09.01	1400m: 15:57.58 1:09.56	
	300m: 3:17.81 1:07.66			700m: 7:51.83 1:08.92	1100m: 12:28.74 1:09.34	1500m: 17:05.82 1:08.24	
	400m: 4:25.98 1:08.17			800m: 9:01.21 1:09.38	1200m: 13:38.41 1:09.67		
12.	Afonso Dinis, ROQUE	07	205541	CNLeiria - VOID	17:07.56	+0,84	13,00
	100m: 1:01.92 1:01.92			500m: 5:36.38 1:09.14	900m: 10:13.24 1:09.79	1300m: 14:52.60 1:09.91	
	200m: 2:10.16 1:08.24			600m: 6:45.21 1:08.83	1000m: 11:22.43 1:09.19	1400m: 16:02.00 1:09.40	
	300m: 3:18.70 1:08.54			700m: 7:54.29 1:09.08	1100m: 12:32.07 1:09.64	1500m: 17:07.56 1:05.56	
	400m: 4:27.24 1:08.54			800m: 9:03.45 1:09.16	1200m: 13:42.69 1:10.62		
13.	Mateus Medeiros, RAPOSO	10	211338	Clube Desportivo Nacional	17:19.79	+0,87	12,00
	100m: 1:03.50 1:03.50			500m: 5:44.16 1:09.73	900m: 10:23.97 1:09.85	1300m: 15:03.51 1:09.93	
	200m: 2:13.11 1:09.61			600m: 6:54.48 1:10.32	1000m: 11:33.98 1:10.01	1400m: 16:13.00 1:09.49	
	300m: 3:23.75 1:10.64			700m: 8:04.64 1:10.16	1100m: 12:44.31 1:10.33	1500m: 17:19.79 1:06.79	
	400m: 4:34.43 1:10.68			800m: 9:14.12 1:09.48	1200m: 13:53.58 1:09.27		
14.	Gabriel Silva, TAVARES	10	208224	Clube Desportivo de Estarreja	17:20.65	+0,80	11,00
	100m: 1:00.81 1:00.81			500m: 5:36.95 1:09.57	900m: 10:16.13 1:10.35	1300m: 15:00.24 1:11.74	
	200m: 2:09.47 1:08.66			600m: 6:46.32 1:09.37	1000m: 11:26.31 1:10.18	1400m: 16:11.87 1:11.63	
	300m: 3:17.68 1:08.21			700m: 7:55.96 1:09.64	1100m: 12:37.03 1:10.72	1500m: 17:20.65 1:08.78	
	400m: 4:27.38 1:09.70			800m: 9:05.78 1:09.82	1200m: 13:48.50 1:11.47		
15.	Francisco Bentes, SANTOS	08	200347	Aquatico Pacense	17:21.55	+0,77	10,00
	100m: 1:03.95 1:03.95			500m: 5:40.94 1:09.47	900m: 10:21.33 1:10.29	1300m: 15:04.43 1:10.85	
	200m: 2:12.95 1:09.00			600m: 6:50.54 1:09.60	1000m: 11:32.06 1:10.73	1400m: 16:15.06 1:10.63	
	300m: 3:21.92 1:08.97			700m: 8:00.61 1:10.07	1100m: 12:42.97 1:10.91	1500m: 17:21.55 1:06.49	
	400m: 4:31.47 1:09.55			800m: 9:11.04 1:10.43	1200m: 13:53.58 1:10.61		
16.	Marco Santos, SOARES	08	203332	Natacao de Valongo	17:35.54	+0,80	9,00
	100m: 1:05.89 1:05.89			500m: 5:49.72 1:10.61	900m: 10:32.62 1:10.61	1300m: 15:16.42 1:10.69	
	200m: 2:17.55 1:11.66			600m: 7:00.41 1:10.69	1000m: 11:43.35 1:10.73	1400m: 16:27.59 1:11.17	
	300m: 3:28.35 1:10.80			700m: 8:11.21 1:10.80	1100m: 12:54.54 1:11.19	1500m: 17:35.54 1:07.95	
	400m: 4:39.11 1:10.76			800m: 9:22.01 1:10.80	1200m: 14:05.73 1:11.19		
17.	David Alexandre, FERNANDES	06	212767	Nacional de Nataçao	17:36.32	+0,71	8,00
	100m: 1:02.86 1:02.86			500m: 5:36.92 1:09.95	900m: 10:20.26 1:11.75	1300m: 15:10.23 1:13.09	
	200m: 2:10.16 1:07.30			600m: 6:47.48 1:10.56	1000m: 11:31.89 1:11.63	1400m: 16:24.14 1:13.91	
	300m: 3:17.75 1:07.59			700m: 7:57.84 1:10.36	1100m: 12:44.30 1:12.41	1500m: 17:36.32 1:12.18	
	400m: 4:26.97 1:09.22			800m: 9:08.51 1:10.67	1200m: 13:57.14 1:12.84		
18.	Guilherme Rodrigues, CABRAL	10	209095	Pimpoes/Cimai	17:50.60	+0,73	7,00
	100m: 1:03.89 1:03.89			500m: 5:44.89 1:11.62	900m: 10:36.28 1:14.02	1300m: 15:28.88 1:12.85	
	200m: 2:13.04 1:09.15			600m: 6:56.81 1:11.92	1000m: 11:49.66 1:13.38	1400m: 16:40.54 1:11.66	
	300m: 3:22.77 1:09.73			700m: 8:09.25 1:12.44	1100m: 13:02.26 1:12.60	1500m: 17:50.60 1:10.06	
	400m: 4:33.27 1:10.50			800m: 9:22.26 1:13.01	1200m: 14:16.03 1:13.77		
19.	Gustavo Rolim, FERNANDES	11	216984	Colegio Efanor	17:51.41	+0,80	6,00
	100m: 1:05.68 1:05.68			500m: 5:51.79 1:12.82	900m: 10:41.10 1:12.93	1300m: 15:29.73 1:12.31	
	200m: 2:15.79 1:10.11			600m: 7:04.10 1:12.31	1000m: 11:52.59 1:11.49	1400m: 16:41.04 1:11.31	
	300m: 3:26.86 1:11.07			700m: 8:16.44 1:12.34	1100m: 13:04.88 1:12.29	1500m: 17:51.41 1:10.37	
	400m: 4:38.97 1:12.11			800m: 9:28.17 1:11.73	1200m: 14:17.42 1:12.54		
20.	Afonso Formigo, PINHO	06	129956	Torres Novas	17:55.32	+0,83	5,00
	100m: 1:05.44 1:05.44			500m: 5:53.97 1:12.60	900m: 10:45.41 1:13.42	1300m: 15:37.66 1:13.03	
	200m: 2:16.72 1:11.28			600m: 7:05.97 1:12.00	1000m: 11:58.43 1:13.02	1400m: 16:50.12 1:12.46	
	300m: 3:28.69 1:11.97			700m: 8:18.57 1:12.60	1100m: 13:11.52 1:13.09	1500m: 17:55.32 1:05.20	
	400m: 4:41.37 1:12.68			800m: 9:31.99 1:13.42	1200m: 14:24.63 1:13.11		
21.	Diogo Filipe, CARDOSO	09	210399	Clube Natacao Olhao	17:55.45	+0,78	4,00
	100m: 1:06.23 1:06.23			500m: 5:55.49 1:12.77	900m: 10:46.45 1:12.79	1300m: 15:36.59 1:12.34	
	200m: 2:18.57 1:12.34			600m: 7:08.72 1:13.23	1000m: 11:59.09 1:12.64	1400m: 16:48.64 1:12.05	
	300m: 3:30.52 1:11.95			700m: 8:21.40 1:12.68	1100m: 13:11.30 1:12.21	1500m: 17:55.45 1:06.81	
	400m: 4:42.72 1:12.20			800m: 9:33.66 1:12.26	1200m: 14:24.25 1:12.95		
22.	Guilherme Salvador, CHAVECA	05	152809	Portinado	17:56.31	+0,88	3,00
	100m: 1:06.41 1:06.41			500m: 5:51.26 1:12.27	900m: 10:41.02 1:12.44	1300m: 15:34.65 1:13.32	
	200m: 2:16.83 1:10.42			600m: 7:03.52 1:12.26	1000m: 11:54.24 1:13.22	1400m: 16:48.38 1:13.73	
	300m: 3:27.59 1:10.76			700m: 8:15.91 1:12.39	1100m: 13:07.61 1:13.37	1500m: 17:56.31 1:07.93	
	400m: 4:38.99 1:11.40			800m: 9:28.58 1:12.67	1200m: 14:21.33 1:13.72		

Prova 20, Masc., 1500m Livres, 2ª Divisão MASC

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts	
23.	Simao Verissimo, AIRES	11	213996	Laranjeiro	17:58.31	+0,97	2,00	
	100m: 1:05.70	1:05.70	500m: 5:53.43	1:11.95	900m: 10:44.72	1:13.59	1300m: 15:34.88	1:12.26
	200m: 2:17.38	1:11.68	600m: 7:06.62	1:13.19	1000m: 11:57.43	1:12.71	1400m: 16:47.34	1:12.46
	300m: 3:29.29	1:11.91	700m: 8:19.56	1:12.94	1100m: 13:10.32	1:12.89	1500m: 17:58.31	1:10.97
	400m: 4:41.48	1:12.19	800m: 9:31.13	1:11.57	1200m: 14:22.62	1:12.30		
24.	Tiago Daniel, PENSO	11	212425	Clube Desportivo Sao Roque	17:59.22	+0,72	1,00	
	100m: 1:06.26	1:06.26	500m: 5:55.67	1:12.51	900m: 10:47.03	1:13.78	1300m: 15:36.95	1:11.94
	200m: 2:18.38	1:12.12	600m: 7:08.73	1:13.06	1000m: 11:58.54	1:11.51	1400m: 16:49.06	1:12.11
	300m: 3:30.58	1:12.20	700m: 8:21.47	1:12.74	1100m: 13:11.34	1:12.80	1500m: 17:59.22	1:10.16
	400m: 4:43.16	1:12.58	800m: 9:33.25	1:11.78	1200m: 14:25.01	1:13.67		