

Prova 20 Masc., 1500m Livres 1ª Divisão MASC
21/12/2025 - 9:52 Resultados

RN 25m Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
RN 25m Sen	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
RN 25m Jun 18	15:06.43	Rui Silva, PEREIRA	ADRCIMM	Leiria	14/12/2025
RN 25m Jun 17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
RN 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
RN 25m Juv B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
RN 25m Inf A	16:13.14	Andre Vilas, RUIVO	DNMG	Campo Maior	30/03/2014
RN 25m Inf B	17:11.29	Andre Vilas, RUIVO	DNMG	Leiria	03/03/2013

Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts
1.	Rodrigo Costa, BORGES	07	133190	Porto	15:07.17	17,00
	100m: 58.39 58.39	500m: 5:03.37 1:01.21	900m: 9:06.12 1:00.56	1300m: 13:07.64 1:00.64		
	200m: 1:59.37 1:00.98	600m: 6:03.80 1:00.43	1000m: 10:06.80 1:00.68	1400m: 14:07.96 1:00.32		
	300m: 3:01.13 1:01.76	700m: 7:04.76 1:00.96	1100m: 11:06.92 1:00.12	1500m: 15:07.17 59.21		
	400m: 4:02.16 1:01.03	800m: 8:05.56 1:00.80	1200m: 12:07.00 1:00.08			
2.	Diogo Santos, CARDOSO	01	122969	Sporting	15:17.58	15,00
	100m: 59.70 59.70	500m: 5:08.19 1:01.86	900m: 9:14.77 1:01.29	1300m: 13:18.31 1:00.63		
	200m: 2:02.22 1:02.52	600m: 6:10.00 1:01.81	1000m: 10:16.12 1:01.35	1400m: 14:18.66 1:00.35		
	300m: 3:04.37 1:02.15	700m: 7:11.91 1:01.91	1100m: 11:17.03 1:00.91	1500m: 15:17.58 58.92		
	400m: 4:06.33 1:01.96	800m: 8:13.48 1:01.57	1200m: 12:17.68 1:00.65			
3.	Ricardo Matias, SANTOS	05	209305	Louzan Natacao/EFAPEL	15:30.28	14,00
	100m: 57.83 57.83	500m: 5:04.21 1:01.74	900m: 9:13.01 1:02.62	1300m: 13:25.56 1:03.33		
	200m: 1:59.25 1:01.42	600m: 6:06.01 1:01.80	1000m: 10:16.02 1:03.01	1400m: 14:28.71 1:03.15		
	300m: 3:00.84 1:01.59	700m: 7:08.00 1:01.99	1100m: 11:19.04 1:03.02	1500m: 15:30.28 1:01.57		
	400m: 4:02.47 1:01.63	800m: 8:10.39 1:02.39	1200m: 12:22.23 1:03.19			
4.	Yury, FOMIN	06	208159	Sport Alges e Dafundo	15:37.57	13,00
	100m: 58.66 58.66	500m: 5:09.09 1:02.72	900m: 9:20.88 1:02.53	1300m: 13:34.34 1:03.64		
	200m: 2:00.72 1:02.06	600m: 6:12.12 1:03.03	1000m: 10:23.94 1:03.06	1400m: 14:37.25 1:02.91		
	300m: 3:03.36 1:02.64	700m: 7:15.33 1:03.21	1100m: 11:27.07 1:03.13	1500m: 15:37.57 1:00.32		
	400m: 4:06.37 1:03.01	800m: 8:18.35 1:03.02	1200m: 12:30.70 1:03.63			
5.	Miguel Fragoso, MEDEIROS	08	200778	Vitória Sport Clube	15:48.31	12,00
	100m: 59.18 59.18	500m: 5:09.43 1:02.97	900m: 9:23.42 1:03.93	1300m: 13:41.70 1:04.61		
	200m: 2:00.79 1:01.61	600m: 6:12.75 1:03.32	1000m: 10:27.90 1:04.48	1400m: 14:46.16 1:04.46		
	300m: 3:03.34 1:02.55	700m: 7:15.94 1:03.19	1100m: 11:32.45 1:04.55	1500m: 15:48.31 1:02.15		
	400m: 4:06.46 1:03.12	800m: 8:19.49 1:03.55	1200m: 12:37.09 1:04.64			
6.	Renato Ferreira, MIMOSO	10	211467	Benfica	16:08.33	11,00
	100m: 59.48 59.48	500m: 5:18.46 1:05.69	900m: 9:39.91 1:04.53	1300m: 13:59.36 1:03.69		
	200m: 2:03.28 1:03.80	600m: 6:23.96 1:05.50	1000m: 10:44.41 1:04.50	1400m: 15:04.17 1:04.81		
	300m: 3:07.75 1:04.47	700m: 7:29.61 1:05.65	1100m: 11:49.85 1:05.44	1500m: 16:08.33 1:04.16		
	400m: 4:12.77 1:05.02	800m: 8:35.38 1:05.77	1200m: 12:55.67 1:05.82			
7.	Fernando, ROLDAN CABEZA	09	220141	Louletano / Loule Aqui e Agora	16:11.67	10,00
	100m: 58.54 58.54	500m: 5:13.97 1:00.85	900m: 9:41.01 1:05.07	1300m: 14:03.11 1:05.22		
	200m: 2:02.25 1:03.71	600m: 6:24.44 1:10.47	1000m: 10:46.85 1:05.84	1400m: 15:07.81 1:04.70		
	300m: 3:07.42 1:05.17	700m: 7:30.22 1:05.78	1100m: 11:00.00 1:05.84	1500m: 16:11.67 1:03.86		
	400m: 4:13.12 1:05.70	800m: 8:35.94 1:05.72	1200m: 12:57.89			
8.	Andre Leitao, COSTA	07	201806	Sporting Clube de Braga	16:15.02	9,00
	100m: 1:00.93 1:00.93	500m: 5:19.85 1:05.14	900m: 9:41.58 1:05.32	1300m: 14:04.77 1:05.80		
	200m: 2:04.84 1:03.91	600m: 6:25.13 1:05.28	1000m: 10:47.43 1:05.85	1400m: 15:10.73 1:05.96		
	300m: 3:09.82 1:04.98	700m: 7:30.89 1:05.76	1100m: 11:52.77 1:05.34	1500m: 16:15.02 1:04.29		
	400m: 4:14.71 1:04.89	800m: 8:36.26 1:05.37	1200m: 12:58.97 1:06.20			
9.	Rodrigo Onofre, MATOS	06	200159	Os Belenenses	16:15.12	8,00
	100m: 59.97 59.97	500m: 5:22.29 1:06.51	900m: 9:45.27 1:05.62	1300m: 14:07.06 1:03.83		
	200m: 2:04.34 1:04.37	600m: 6:27.22 1:04.93	1000m: 10:51.46 1:06.19	1400m: 15:11.60 1:04.54		
	300m: 3:10.02 1:05.68	700m: 7:33.25 1:06.03	1100m: 11:57.85 1:06.39	1500m: 16:15.12 1:03.52		
	400m: 4:15.78 1:05.76	800m: 8:39.65 1:06.40	1200m: 13:03.23 1:05.38			

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Lugar	Nome	Ano	Licença	Clube	Tempo Final	Pts	
10.	Martim Cunha, MACEDO	09	204594	Natacao da Maia	16:21.55	7,00	
	100m: 59.62 59.62	500m: 5:22.29	1:06.45	900m: 9:45.31	1:05.82	1300m: 14:09.26	1:05.45
	200m: 2:04.22 1:04.60	600m: 6:27.27	1:04.98	1000m: 10:51.55	1:06.24	1400m: 15:15.55	1:06.29
	300m: 3:09.83 1:05.61	700m: 7:33.13	1:05.86	1100m: 11:57.93	1:06.38	1500m: 16:21.55	1:06.00
	400m: 4:15.84 1:06.01	800m: 8:39.49	1:06.36	1200m: 13:03.81	1:05.88		
11.	Afonso Carvalho, MONTEIRO	10	208116	Famalicao	16:31.30	6,00	
	100m: 1:01.09 1:01.09	500m: 5:22.90	1:06.29	900m: 9:50.73	1:07.60	1300m: 14:20.16	1:07.45
	200m: 2:05.93 1:04.84	600m: 6:29.36	1:06.46	1000m: 10:57.62	1:06.89	1400m: 15:27.24	1:07.08
	300m: 3:11.20 1:05.27	700m: 7:36.18	1:06.82	1100m: 12:05.31	1:07.69	1500m: 16:31.30	1:04.06
	400m: 4:16.61 1:05.41	800m: 8:43.13	1:06.95	1200m: 13:12.71	1:07.40		
12.	Bernardo Goncalves, PAULO	11	216285	Uniao Piedense	16:31.43	5,00	
	100m: 1:01.66 1:01.66	500m: 5:28.84	1:07.06	900m: 9:55.95	1:06.81	1300m: 14:22.30	1:06.77
	200m: 2:07.42 1:05.76	600m: 6:35.20	1:06.36	1000m: 11:02.73	1:06.78	1400m: 15:28.51	1:06.21
	300m: 3:14.46 1:07.04	700m: 7:42.02	1:06.82	1100m: 12:08.74	1:06.01	1500m: 16:31.43	1:02.92
	400m: 4:21.78 1:07.32	800m: 8:49.14	1:07.12	1200m: 13:15.53	1:06.79		
13.	Eduardo Pires, SILVA	08	205581	Vilacondense	16:58.60	4,00	
	100m: 1:00.88 1:00.88	500m: 5:28.89	1:07.48	900m: 9:58.15	1:08.52	1300m: 14:39.28	1:11.58
	200m: 2:07.01 1:06.13	600m: 6:35.42	1:06.53	1000m: 11:06.33	1:08.18	1400m: 15:50.20	1:10.92
	300m: 3:14.30 1:07.29	700m: 7:42.55	1:07.13	1100m: 12:16.54	1:10.21	1500m: 16:58.60	1:08.40
	400m: 4:21.41 1:07.11	800m: 8:49.63	1:07.08	1200m: 13:27.70	1:11.16		
14.	Dinis Goncalves, ARAUJO	10	208409	Cnac	17:00.08	3,00	
	100m: 1:02.31 1:02.31	500m: 5:35.60	1:09.23	900m: 10:10.54	1:08.14	1300m: 14:41.09	1:04.45
	200m: 2:09.23 1:06.92	600m: 6:44.71	1:09.11	1000m: 11:18.68	1:08.14	1400m: 15:50.44	1:09.35
	300m: 3:17.57 1:08.34	700m: 7:53.73	1:09.02	1100m: 12:27.58	1:08.90	1500m: 17:00.08	1:09.64
	400m: 4:26.37 1:08.80	800m: 9:02.40	1:08.67	1200m: 13:36.64	1:09.06		
15.	Francisco Guilherme, MIRANDA	08	206796	Naval Do Funchal	17:14.92	2,00	
	100m: 1:01.26 1:01.26	500m: 5:29.01	1:07.90	900m: 10:06.88	1:09.94	1300m: 14:52.68	1:12.39
	200m: 2:06.86 1:05.60	600m: 6:37.65	1:08.64	1000m: 11:17.20	1:10.32	1400m: 16:04.30	1:11.62
	300m: 3:13.76 1:06.90	700m: 7:46.96	1:09.31	1100m: 12:28.53	1:11.33	1500m: 17:14.92	1:10.62
	400m: 4:21.11 1:07.35	800m: 8:56.94	1:09.98	1200m: 13:40.29	1:11.76		
16.	Miguel Miranda, FERNANDES	11	141320	Galitos / Bresimar	17:40.91	1,00	
	100m: 1:03.77 1:03.77	500m: 5:49.10	1:11.54	900m: 10:36.19	1:11.33	1300m: 15:22.55	1:11.49
	200m: 2:14.25 1:10.48	600m: 7:01.32	1:12.22	1000m: 11:47.36	1:11.17	1400m: 16:34.00	1:11.45
	300m: 3:25.53 1:11.28	700m: 8:13.07	1:11.75	1100m: 12:59.03	1:11.67	1500m: 17:40.91	1:06.91
	400m: 4:37.56 1:12.03	800m: 9:24.86	1:11.79	1200m: 14:11.06	1:12.03		