

Prova 23
08/12/2025 - 10:06

Masc., 1500m Livres

Open
Resultados

Recordes Nacionais Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Recordes Nacionais Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Recordes Nacionais Juv B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
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	Nome	Ano	Licença	Clube	Tempo Final	AQUA	
1.	Bernardo Goncalves, PAULO	11	216285	União Piedense	16:39.70	607	
	50m: 29.05 29.05	450m: 4:51.97	33.14	850m: 9:20.11	33.78	1250m: 13:44.52	32.29
	100m: 1:00.90 31.85	500m: 5:25.23	33.26	900m: 9:53.17	33.06	1300m: 14:17.46	32.94
	150m: 1:33.60 32.70	550m: 5:58.96	33.73	950m: 10:26.20	33.03	1350m: 14:50.41	32.95
	200m: 2:06.46 32.86	600m: 6:32.21	33.25	1000m: 10:59.24	33.04	1400m: 15:22.19	31.78
	250m: 2:39.39 32.93	650m: 7:06.42	34.21	1050m: 11:32.59	33.35	1450m: 15:52.24	30.05
	300m: 3:12.53 33.14	700m: 7:39.78	33.36	1100m: 12:05.99	33.40	1500m: 16:39.70	47.46
	350m: 3:45.69 33.16	750m: 8:13.03	33.25	1150m: 12:39.09	33.10		
	400m: 4:18.83 33.14	800m: 8:46.33	33.30	1200m: 13:12.23	33.14		
2.	Simao Pascoal, FERNANDES	11	216364	Adrcimm	17:30.85	523	
	50m: 31.05 31.05	450m: 5:10.60	35.45	850m: 9:54.64	35.36	1250m: 14:37.70	34.76
	100m: 1:04.69 33.64	500m: 5:46.27	35.67	900m: 10:30.20	35.56	1300m: 15:12.64	34.94
	150m: 1:38.90 34.21	550m: 6:21.64	35.37	950m: 11:05.51	35.31	1350m: 15:47.13	34.49
	200m: 2:14.34 35.44	600m: 6:56.91	35.27	1000m: 11:41.22	35.71	1400m: 16:22.30	35.17
	250m: 2:49.37 35.03	650m: 7:32.44	35.53	1050m: 12:16.66	35.44	1450m: 16:57.23	34.93
	300m: 3:24.51 35.14	700m: 8:08.32	35.88	1100m: 12:52.23	35.57	1500m: 17:30.85	33.62
	350m: 3:59.89 35.38	750m: 8:43.93	35.61	1150m: 13:27.60	35.37		
	400m: 4:35.15 35.26	800m: 9:19.28	35.35	1200m: 14:02.94	35.34		
3.	Ryan Lukas, DESOUSA	11	217269	ACSintra	17:36.85	514	
	50m: 30.96 30.96	450m: 5:13.29	35.44	850m: 9:54.85	35.12	1250m: 14:37.36	35.65
	100m: 1:04.98 34.02	500m: 5:48.59	35.30	900m: 10:29.96	35.11	1300m: 15:13.13	35.77
	150m: 1:39.83 34.85	550m: 6:23.92	35.33	950m: 11:05.01	35.05	1350m: 15:49.27	36.14
	200m: 2:15.49 35.66	600m: 6:59.08	35.16	1000m: 11:40.00	34.99	1400m: 16:25.41	36.14
	250m: 2:51.22 35.73	650m: 7:34.33	35.25	1050m: 12:15.27	35.27	1450m: 17:01.31	35.90
	300m: 3:26.80 35.58	700m: 8:09.25	34.92	1100m: 12:50.58	35.31	1500m: 17:36.85	35.54
	350m: 4:02.17 35.37	750m: 8:44.57	35.32	1150m: 13:26.05	35.47		
	400m: 4:37.85 35.68	800m: 9:19.73	35.16	1200m: 14:01.71	35.66		
4.	Pedro Pereira, OLIVEIRA	11	216993	Nautico Marinha Grande	17:41.91	507	
	50m: 30.43 30.43	450m: 5:13.03	35.72	850m: 10:00.77	36.01	1250m: 14:46.93	36.07
	100m: 1:04.27 33.84	500m: 5:49.05	36.02	900m: 10:36.61	35.84	1300m: 15:22.60	35.67
	150m: 1:39.03 34.76	550m: 6:25.15	36.10	950m: 11:12.34	35.73	1350m: 15:58.16	35.56
	200m: 2:14.51 35.48	600m: 7:00.63	35.48	1000m: 11:48.15	35.81	1400m: 16:33.14	34.98
	250m: 2:49.86 35.35	650m: 7:36.96	36.33	1050m: 12:23.83	35.68	1450m: 17:08.12	34.98
	300m: 3:25.27 35.41	700m: 8:12.94	35.98	1100m: 12:59.65	35.82	1500m: 17:41.91	33.79
	350m: 4:01.27 36.00	750m: 8:49.09	36.15	1150m: 13:35.54	35.89		
	400m: 4:37.31 36.04	800m: 9:24.76	35.67	1200m: 14:10.86	35.32		
5.	Martim Duarte, ROQUE	11	214272	CNLeiria - VOID	18:06.31	473	
	50m: 31.04 31.04	450m: 5:12.60	35.29	850m: 10:01.72	36.56	1250m: 15:00.43	37.74
	100m: 1:04.96 33.92	500m: 5:48.26	35.66	900m: 10:37.74	36.02	1300m: 15:36.86	36.43
	150m: 1:39.63 34.67	550m: 6:24.21	35.95	950m: 11:14.26	36.52	1350m: 16:13.47	36.61
	200m: 2:14.58 34.95	600m: 7:00.36	36.15	1000m: 11:51.18	36.92	1400m: 16:50.78	37.31
	250m: 2:50.06 35.48	650m: 7:36.72	36.36	1050m: 12:28.89	37.71	1450m: 17:28.72	37.94
	300m: 3:25.78 35.72	700m: 8:13.40	36.68	1100m: 13:07.09	38.20	1500m: 18:06.31	37.59
	350m: 4:01.32 35.54	750m: 8:48.84	35.44	1150m: 13:44.63	37.54		
	400m: 4:37.31 35.99	800m: 9:25.16	36.32	1200m: 14:22.69	38.06		

Juvenis A

1.	Dinis Aresta, RIBEIRO	10	214312	Sporting	16:36.11	614	
	50m: 30.85 30.85	450m: 4:56.93	33.64	850m: 9:24.68	33.45	1250m: 13:51.42	33.02
	100m: 1:02.91 32.06	500m: 5:30.35	33.42	900m: 9:58.22	33.54	1300m: 14:24.89	33.47
	150m: 1:35.72 32.81	550m: 6:03.71	33.36	950m: 10:31.29	33.07	1350m: 14:58.03	33.14
	200m: 2:09.13 33.41	600m: 6:37.24	33.53	1000m: 11:04.69	33.40	1400m: 15:31.51	33.48
	250m: 2:42.68 33.55	650m: 7:10.82	33.58	1050m: 11:37.81	33.12	1450m: 16:04.64	33.13
	300m: 3:16.20 33.52	700m: 7:44.30	33.48	1100m: 12:11.46	33.65	1500m: 16:36.11	31.47
	350m: 3:49.84 33.64	750m: 8:17.72	33.42	1150m: 12:44.82	33.36		
	400m: 4:23.29 33.45	800m: 8:51.23	33.51	1200m: 13:18.40	33.58		
2.	Joao Baixinho, ROXO	10	210602	União Piedense	16:37.47	612	
	50m: 29.93 29.93	450m: 4:57.24	33.35	850m: 9:24.95	33.72	1250m: 13:54.33	34.17
	100m: 1:02.71 32.78	500m: 5:30.59	33.35	900m: 9:58.32	33.37	1300m: 14:27.81	33.48
	150m: 1:35.76 33.05	550m: 6:03.95	33.36	950m: 10:31.99	33.67	1350m: 15:01.17	33.36
	200m: 2:09.23 33.47	600m: 6:37.40	33.45	1000m: 11:05.54	33.55	1400m: 15:34.40	33.23
	250m: 2:42.68 33.45	650m: 7:10.87	33.47	1050m: 11:39.43	33.89	1450m: 16:07.25	32.85
	300m: 3:16.42 33.74	700m: 7:44.19	33.32	1100m: 12:12.82	33.39	1500m: 16:37.47	30.22
	350m: 3:50.14 33.72	750m: 8:17.67	33.48	1150m: 12:46.34	33.52		
	400m: 4:23.89 33.75	800m: 8:51.23	33.56	1200m: 13:20.16	33.82		

Prova 23, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Licen�a	Clube	Tempo Final	AQUA
3.	Guilherme Valente, PEREIRA	10	212288	Adrcimm	16:38.15	610
	50m: 30.17 30.17	450m: 4:49.92 32.86	850m: 9:18.50 33.84	1250m: 13:50.04 34.14		
	100m: 1:02.12 31.95	500m: 5:23.18 33.26	900m: 9:52.15 33.65	1300m: 14:23.63 33.59		
	150m: 1:34.33 32.21	550m: 5:56.63 33.45	950m: 10:25.75 33.60	1350m: 14:57.77 34.14		
	200m: 2:06.39 32.06	600m: 6:30.14 33.51	1000m: 10:59.77 34.02	1400m: 15:32.07 34.30		
	250m: 2:39.02 32.63	650m: 7:03.81 33.67	1050m: 11:34.23 34.46	1450m: 16:06.00 33.93		
	300m: 3:12.00 32.98	700m: 7:37.71 33.90	1100m: 12:08.17 33.94	1500m: 16:38.15 32.15		
	350m: 3:44.53 32.53	750m: 8:11.31 33.60	1150m: 12:42.41 34.24			
	400m: 4:17.06 32.53	800m: 8:44.66 33.35	1200m: 13:15.90 33.49			
4.	David Filipe, PACHECO	10	205810	BUZIOS - Coruche	16:42.15	603
	50m: 29.02 29.02	450m: 4:52.29 33.44	850m: 9:21.54 33.85	1250m: 13:54.29 34.32		
	100m: 1:00.88 31.86	500m: 5:26.05 33.76	900m: 9:55.27 33.73	1300m: 14:28.33 34.04		
	150m: 1:33.44 32.56	550m: 5:59.64 33.59	950m: 10:29.21 33.94	1350m: 15:02.24 33.91		
	200m: 2:06.06 32.62	600m: 6:33.31 33.67	1000m: 11:03.74 34.53	1400m: 15:36.56 34.32		
	250m: 2:38.96 32.90	650m: 7:07.24 33.93	1050m: 11:38.04 34.30	1450m: 16:09.90 33.34		
	300m: 3:12.21 33.25	700m: 7:40.69 33.45	1100m: 12:12.00 33.96	1500m: 16:42.15 32.25		
	350m: 3:45.54 33.33	750m: 8:14.39 33.70	1150m: 12:45.85 33.85			
	400m: 4:18.85 33.31	800m: 8:47.69 33.30	1200m: 13:19.97 34.12			
5.	Rodrigo Ferrao, DIAS	10	214314	Sporting	17:20.78	538
	50m: 30.53 30.53	450m: 5:04.80 34.83	850m: 9:44.43 35.05	1250m: 14:27.06 35.59		
	100m: 1:04.06 33.53	500m: 5:39.83 35.03	900m: 10:19.49 35.06	1300m: 15:02.45 35.39		
	150m: 1:37.80 33.74	550m: 6:14.87 35.04	950m: 10:54.54 35.05	1350m: 15:38.11 35.66		
	200m: 2:11.86 34.06	600m: 6:49.63 34.76	1000m: 11:30.07 35.53	1400m: 16:13.21 35.10		
	250m: 2:46.49 34.63	650m: 7:24.48 34.85	1050m: 12:05.38 35.31	1450m: 16:48.24 35.03		
	300m: 3:21.33 34.84	700m: 7:59.46 34.98	1100m: 12:40.58 35.20	1500m: 17:20.78 32.54		
	350m: 3:55.62 34.29	750m: 8:34.24 34.78	1150m: 13:15.79 35.21			
	400m: 4:29.97 34.35	800m: 9:09.38 35.14	1200m: 13:51.47 35.68			
6.	Mateus Medeiros, RAPOSO	10	211338	Clube Desportivo Nacional	17:52.93	491
	50m: 31.32 31.32	450m: 5:19.66 36.40	850m: 10:10.27 35.85	1250m: 14:57.86 35.76		
	100m: 1:05.74 34.42	500m: 5:55.99 36.33	900m: 10:46.63 36.36	1300m: 15:33.59 35.73		
	150m: 1:41.34 35.60	550m: 6:32.62 36.63	950m: 11:22.46 35.83	1350m: 16:09.77 36.18		
	200m: 2:17.58 36.24	600m: 7:08.92 36.30	1000m: 11:58.11 35.65	1400m: 16:45.61 35.84		
	250m: 2:53.60 36.02	650m: 7:45.35 36.43	1050m: 12:34.21 36.10	1450m: 17:20.69 35.08		
	300m: 3:30.05 36.45	700m: 8:21.70 36.35	1100m: 13:09.69 35.48	1500m: 17:52.93 32.24		
	350m: 4:06.89 36.84	750m: 8:58.04 36.34	1150m: 13:46.07 36.38			
	400m: 4:43.26 36.37	800m: 9:34.42 36.38	1200m: 14:22.10 36.03			
7.	Tiago Frazao, BARRA	10	214568	Rio Maior	18:01.53	480
	50m: 31.11 31.11	450m: 5:14.74 36.13	850m: 10:06.63 36.77	1250m: 15:00.49 36.54		
	100m: 1:05.03 33.92	500m: 5:50.97 36.23	900m: 10:43.27 36.64	1300m: 15:36.86 36.37		
	150m: 1:39.79 34.76	550m: 6:27.16 36.19	950m: 11:19.68 36.41	1350m: 16:13.23 36.37		
	200m: 2:15.35 35.56	600m: 7:03.46 36.30	1000m: 11:56.40 36.72	1400m: 16:49.69 36.46		
	250m: 2:51.11 35.76	650m: 7:39.99 36.53	1050m: 12:33.20 36.80	1450m: 17:26.03 36.34		
	300m: 3:27.03 35.92	700m: 8:16.63 36.64	1100m: 13:10.10 36.90	1500m: 18:01.53 35.50		
	350m: 4:02.79 35.76	750m: 8:53.21 36.58	1150m: 13:47.00 36.90			
	400m: 4:38.61 35.82	800m: 9:29.86 36.65	1200m: 14:23.95 36.95			
DNS	Rodrigo Cardoso, TOMAS	10	208273	Alcobaca		
DNS	Tomas Manuel, PALMEIRO	10	210846	Nautico Marinha Grande		