



Prova 3	Masc., 1500m Livres				Open
07/03/2026 - 9:40					Resultados
Recorde Nacional Open	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Recorde Nacional Sen	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Recorde Nacional Jun 17	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
Recorde Nacional Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Recorde Nacional Juv B	15:55.78	Rui Silva, PEREIRA	POR	Tomar	14/01/2023
Recorde Nacional Inf A	16:13.14	Andre Vilas, RUIVO	DNMG	Campo Maior	30/03/2014
Recorde Nacional Inf B	17:11.29	Andre Vilas, RUIVO	DNMG	Leiria	03/03/2013
Recorde Regional Open	16:00.92	Ricardo Sousa, FILIPE	LDC	Leiria	06/12/2009
Recorde Regional Sen	16:00.92	Ricardo Sousa, FILIPE	LDC	Leiria	06/12/2009
Recorde Regional Jun 17	16:30.83	Joao Duarte, SANTOS	CNOL	Quarteira	12/11/2011
Recorde Regional Juv A	16:35.72	Eduardo Cardoso, LOPES	LDC	Leiria	14/12/2014
Recorde Regional Juv B	16:41.29	Eduardo Cardoso, LOPES	LDC	Silves	16/03/2014
Recorde Regional Inf A	17:14.55	Eduardo Cardoso, LOPES	LDC	S. António Cavaleiros	17/03/2013
Recorde Regional Inf B	18:42.44	Eduardo Cardoso, LOPES	LDC	S. António Cavaleiros	18/03/2012

Pontos: AQUA 2024

Lugar Nome Ano Licença Clube Tempo Final AQUA

### Juvenis B

1. Daniel Filipe, O	11	218175	Náutico do Guadiana	<b>19:40.67</b>	369
50m: 34.78 34.78	450m: 5:50.58 40.00	850m: 11:07.92 39.74	1250m: 16:25.06 40.31		
100m: 1:12.56 37.78	500m: 6:30.91 40.33	900m: 11:46.81 38.89	1300m: 17:05.11 40.05		
150m: 1:51.58 39.02	550m: 7:10.43 39.52	950m: 12:26.02 39.21	1350m: 17:45.74 40.63		
200m: 2:31.61 40.03	600m: 7:49.73 39.30	1000m: 13:06.19 40.17	1400m: 18:25.24 39.50		
250m: 3:11.56 39.95	650m: 8:29.21 39.48	1050m: 13:45.76 39.57	1450m: 19:04.52 39.28		
300m: 3:51.30 39.74	700m: 9:08.90 39.69	1100m: 14:25.08 39.32	1500m: 19:40.67 36.15		
350m: 4:30.97 39.67	750m: 9:48.53 39.63	1150m: 15:05.05 39.97			
400m: 5:10.58 39.61	800m: 10:28.18 39.65	1200m: 15:44.75 39.70			

### Juvenis A

1. Goncalo Alexandre, RETRE	10	212248	Louletano / Loule Aqui e Agora	<b>17:45.67</b>	501
50m: 31.22 31.22	450m: 5:11.59 35.31	850m: 9:57.21 35.52	1250m: 14:47.33 36.31		
100m: 1:05.45 34.23	500m: 5:46.97 35.38	900m: 10:32.75 35.54	1300m: 15:23.63 36.30		
150m: 1:40.00 34.55	550m: 6:22.52 35.55	950m: 11:09.10 36.35	1350m: 15:59.74 36.11		
200m: 2:15.14 35.14	600m: 6:58.25 35.73	1000m: 11:45.14 36.04	1400m: 16:35.62 35.88		
250m: 2:50.54 35.40	650m: 7:34.05 35.80	1050m: 12:21.70 36.56	1450m: 17:11.99 36.37		
300m: 3:25.62 35.08	700m: 8:09.71 35.66	1100m: 12:58.15 36.45	1500m: 17:45.67 33.68		
350m: 4:01.01 35.39	750m: 8:45.59 35.88	1150m: 13:34.78 36.63			
400m: 4:36.28 35.27	800m: 9:21.69 36.10	1200m: 14:11.02 36.24			
2. Francisco Alfarrá, GUERREIRO	10	145245	RIA Aqua Tavira	<b>19:21.60</b>	387
50m: 32.54 32.54	450m: 5:45.53 38.62	850m: 11:00.77 39.38	1250m: 16:09.92 37.61		
100m: 1:10.56 38.02	500m: 6:24.73 39.20	900m: 11:39.59 38.82	1300m: 16:49.51 39.59		
150m: 1:49.98 39.42	550m: 7:04.05 39.32	950m: 12:19.65 40.06	1350m: 17:29.60 40.09		
200m: 2:28.46 38.48	600m: 7:43.17 39.12	1000m: 12:57.80 38.15	1400m: 18:06.90 37.30		
250m: 3:07.34 38.88	650m: 8:23.00 39.83	1050m: 13:36.64 38.84	1450m: 18:45.86 38.96		
300m: 3:46.65 39.31	700m: 9:03.63 40.63	1100m: 14:15.37 38.73	1500m: 19:21.60 35.74		
350m: 4:27.54 40.89	750m: 9:42.55 38.92	1150m: 14:54.03 38.66			
400m: 5:06.91 39.37	800m: 10:21.39 38.84	1200m: 15:32.31 38.28			

### Absolutos

1. Miguel Salomao, TRISTAO	04	129885	Portinado	<b>17:32.47</b>	520
50m: 30.43 30.43	450m: 5:09.75 35.96	850m: 9:55.41 35.71	1250m: 14:36.79 34.97		
100m: 1:03.93 33.50	500m: 5:45.36 35.61	900m: 10:31.11 35.70	1300m: 15:11.99 35.20		
150m: 1:38.09 34.16	550m: 6:20.94 35.58	950m: 11:06.30 35.19	1350m: 15:47.57 35.58		
200m: 2:12.48 34.39	600m: 6:56.81 35.87	1000m: 11:41.48 35.18	1400m: 16:23.35 35.78		
250m: 2:47.39 34.91	650m: 7:32.43 35.62	1050m: 12:16.84 35.36	1450m: 16:59.06 35.71		
300m: 3:22.73 35.34	700m: 8:08.25 35.82	1100m: 12:51.78 34.94	1500m: 17:32.47 33.41		
350m: 3:58.31 35.58	750m: 8:44.05 35.80	1150m: 13:26.72 34.94			
400m: 4:33.79 35.48	800m: 9:19.70 35.65	1200m: 14:01.82 35.10			
2. Joao Tomas, NUNES	09	211145	Clube Natacao Olhao	<b>18:09.20</b>	470
50m: 30.57 30.57	450m: 5:12.31 36.18	850m: 10:07.65 37.17	1250m: 15:04.66 36.83		
100m: 1:03.94 33.37	500m: 5:48.72 36.41	900m: 10:45.05 37.40	1300m: 15:41.94 37.28		
150m: 1:38.58 34.64	550m: 6:25.64 36.92	950m: 11:22.52 37.47	1350m: 16:19.21 37.27		
200m: 2:14.15 35.57	600m: 7:02.34 36.70	1000m: 12:00.11 37.59	1400m: 16:56.77 37.56		
250m: 2:49.75 35.60	650m: 7:38.96 36.62	1050m: 12:37.24 37.13	1450m: 17:33.04 36.27		
300m: 3:25.06 35.31	700m: 8:16.56 37.60	1100m: 13:13.57 36.33	1500m: 18:09.20 36.16		
350m: 4:00.45 35.39	750m: 8:53.47 36.91	1150m: 13:50.69 37.12			
400m: 4:36.13 35.68	800m: 9:30.48 37.01	1200m: 14:27.83 37.14			

Prova 3, Masc., 1500m Livres

EXH	Duarte Ferreira, PLACIDO	13	213279	Louletano / Loule Aqui e Agora	<b>18:49.30</b>	421
	50m: 32.11 32.11	450m: 5:34.00 38.08	850m: 10:41.01 38.71	1250m: 15:44.49	37.89	
	100m: 1:08.55 36.44	500m: 6:12.21 38.21	900m: 11:19.67 38.66	1300m: 16:22.18	37.69	
	150m: 1:45.91 37.36	550m: 6:50.36 38.15	950m: 11:58.35 38.68	1350m: 16:59.92	37.74	
	200m: 2:23.24 37.33	600m: 7:29.08 38.72	1000m: 12:35.74 37.39	1400m: 17:37.20	37.28	
	250m: 3:01.43 38.19	650m: 8:08.17 39.09	1050m: 13:13.79 38.05	1450m: 18:14.02	36.82	
	300m: 3:39.49 38.06	700m: 8:46.28 38.11	1100m: 13:51.60 37.81	1500m: 18:49.30	35.28	
	350m: 4:17.94 38.45	750m: 9:23.90 37.62	1150m: 14:29.08 37.48			
	400m: 4:55.92 37.98	800m: 10:02.30 38.40	1200m: 15:06.60 37.52			
EXH	Francisco Miguel, MARTELO	12	216259	Louletano / Loule Aqui e Agora	<b>19:30.99</b>	378
	50m: 32.89 32.89	450m: 5:45.37 39.48	850m: 11:00.54 39.20	1250m: 16:17.24	39.31	
	100m: 1:09.78 36.89	500m: 6:24.80 39.43	900m: 11:40.00 39.46	1300m: 16:56.62	39.38	
	150m: 1:48.11 38.33	550m: 7:03.81 39.01	950m: 12:19.59 39.59	1350m: 17:35.91	39.29	
	200m: 2:27.33 39.22	600m: 7:43.12 39.31	1000m: 12:59.34 39.75	1400m: 18:14.49	38.58	
	250m: 3:06.73 39.40	650m: 8:22.70 39.58	1050m: 13:38.97 39.63	1450m: 18:53.50	39.01	
	300m: 3:46.49 39.76	700m: 9:02.15 39.45	1100m: 14:18.67 39.70	1500m: 19:30.99	37.49	
	350m: 4:26.23 39.74	750m: 9:41.66 39.51	1150m: 14:58.07 39.40			
	400m: 5:05.89 39.66	800m: 10:21.34 39.68	1200m: 15:37.93 39.86			
EXH	Tiago Joaquim, FERNANDES	12	216059	RIA Aqua Tavira	<b>19:40.79</b>	368
	50m: 34.25 34.25	450m: 5:50.99 39.57	850m: 11:08.35 39.55	1250m: 16:26.49	40.32	
	100m: 1:12.67 38.42	500m: 6:31.07 40.08	900m: 11:47.67 39.32	1300m: 17:06.82	40.33	
	150m: 1:52.19 39.52	550m: 7:10.66 39.59	950m: 12:27.06 39.39	1350m: 17:46.74	39.92	
	200m: 2:32.06 39.87	600m: 7:50.51 39.85	1000m: 13:06.74 39.68	1400m: 18:26.26	39.52	
	250m: 3:11.81 39.75	650m: 8:29.74 39.23	1050m: 13:46.71 39.97	1450m: 19:05.40	39.14	
	300m: 3:51.91 40.10	700m: 9:09.46 39.72	1100m: 14:26.57 39.86	1500m: 19:40.79	35.39	
	350m: 4:31.77 39.86	750m: 9:49.24 39.78	1150m: 15:06.19 39.62			
	400m: 5:11.42 39.65	800m: 10:28.80 39.56	1200m: 15:46.17 39.98			