

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 1 Masc., 1500m Livres 15 anos e mais velhos
06/03/2026 - 10:00 Resultados

Rec Nac NP Open	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Rec Nac NP Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Rec Nac NP Jun A	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac NP Jun B	15:42.78	Rui Silva, PEREIRA	POR	Samorin (SVK)	02/07/2025
Rec Nac NP Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nac NP Juv B	16:11.75	Rui Silva, PEREIRA	POR	Coimbra	27/05/2023

TA JUVB-MASC Juv B: 20:44.64 / TA JUVA-MASC Juv A: 20:16.08 / TA JUN -MASC Jun A/B: 19:41.83 / TA SEN-MASC Sen: 19:07.58

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Hugo Ferreira, SILVA	11 Academica de Coimbra	17:37.81	557
100m: 1:05.70 1:05.70	500m: 5:48.07 1:10.87	900m: 10:33.10 1:11.31	1300m: 15:19.32 1:11.77
200m: 2:15.77 1:10.07	600m: 6:59.06 1:10.99	1000m: 11:44.56 1:11.46	1400m: 16:30.81 1:11.49
300m: 3:26.29 1:10.52	700m: 8:10.63 1:11.57	1100m: 12:56.31 1:11.75	1500m: 17:37.81 1:07.00
400m: 4:37.20 1:10.91	800m: 9:21.79 1:11.16	1200m: 14:07.55 1:11.24	
2. Pedro Pereira, OLIVEIRA	11 Nautico Marinha Grande	17:59.50	524
100m: 1:05.85 1:05.85	500m: 5:54.97 1:13.15	900m: 10:45.50 1:11.71	1300m: 15:35.84 1:12.75
200m: 2:17.22 1:11.37	600m: 7:07.67 1:12.70	1000m: 11:57.56 1:12.06	1400m: 16:48.66 1:12.82
300m: 3:29.38 1:12.16	700m: 8:20.79 1:13.12	1100m: 13:10.43 1:12.87	1500m: 17:59.50 1:10.84
400m: 4:41.82 1:12.44	800m: 9:33.79 1:13.00	1200m: 14:23.09 1:12.66	
3. Vicente Abrantes, DIOGO	11 Columbofila Cantanhedense	18:05.20	516
100m: 1:05.82 1:05.82	500m: 5:54.48 1:12.82	900m: 10:46.70 1:13.01	1300m: 15:40.22 1:14.26
200m: 2:17.21 1:11.39	600m: 7:07.29 1:12.81	1000m: 11:59.53 1:12.83	1400m: 16:53.42 1:13.20
300m: 3:29.23 1:12.02	700m: 8:20.55 1:13.26	1100m: 13:12.75 1:13.22	1500m: 18:05.20 1:11.78
400m: 4:41.66 1:12.43	800m: 9:33.69 1:13.14	1200m: 14:25.96 1:13.21	
4. Daniel Nunes, FREITAS	11 Columbofila Cantanhedense	18:40.17	469
100m: 1:09.11 1:09.11	500m: 6:06.26 1:15.39	900m: 11:08.28 1:15.29	1300m: 16:13.30 1:15.53
200m: 2:22.31 1:13.20	600m: 7:22.26 1:16.00	1000m: 12:23.78 1:15.50	1400m: 17:28.42 1:15.12
300m: 3:36.45 1:14.14	700m: 8:37.57 1:15.31	1100m: 13:40.85 1:17.07	1500m: 18:40.17 1:11.75
400m: 4:50.87 1:14.42	800m: 9:52.99 1:15.42	1200m: 14:57.77 1:16.92	
5. Duarte Santos, MATEUS	11 Condeixa Clube	18:46.07	462
100m: 1:09.74 1:09.74	500m: 6:13.88 1:15.88	900m: 11:16.28 1:15.89	1300m: 16:19.58 1:15.73
200m: 2:25.91 1:16.17	600m: 7:29.15 1:15.27	1000m: 12:32.02 1:15.74	1400m: 17:34.40 1:14.82
300m: 3:41.91 1:16.00	700m: 8:44.67 1:15.52	1100m: 13:47.75 1:15.73	1500m: 18:46.07 1:11.67
400m: 4:58.00 1:16.09	800m: 10:00.39 1:15.72	1200m: 15:03.85 1:16.10	
6. Bernardo Bento, DINIS	11 Condeixa Clube	19:00.77	444
100m: 1:08.98 1:08.98	500m: 6:09.69 1:16.55	900m: 11:13.74 1:15.13	1300m: 16:25.66 1:18.13
200m: 2:22.59 1:13.61	600m: 7:25.56 1:15.87	1000m: 12:30.79 1:17.05	1400m: 17:44.59 1:18.93
300m: 3:37.08 1:14.49	700m: 8:41.85 1:16.29	1100m: 13:48.99 1:18.20	1500m: 19:00.77 1:16.18
400m: 4:53.14 1:16.06	800m: 9:58.61 1:16.76	1200m: 15:07.53 1:18.54	
7. Leonardo Fonseca, FERRAZ	11 Academica de Coimbra	19:11.13	432
100m: 1:10.64 1:10.64	500m: 6:15.24 1:16.39	900m: 11:24.64 1:18.32	1300m: 16:37.33 1:18.36
200m: 2:26.59 1:15.95	600m: 7:31.86 1:16.62	1000m: 12:42.66 1:18.02	1400m: 17:55.22 1:17.89
300m: 3:42.75 1:16.16	700m: 8:48.98 1:17.12	1100m: 14:00.79 1:18.13	1500m: 19:11.13 1:15.91
400m: 4:58.85 1:16.10	800m: 10:06.32 1:17.34	1200m: 15:18.97 1:18.18	
8. Vasco Sousa, LEMOS	11 Pimpoes/Cimai	19:24.62	417
100m: 1:11.16 1:11.16	500m: 6:23.16 1:20.03	900m: 11:39.70 1:20.09	1300m: 16:54.57 1:19.11
200m: 2:26.91 1:15.75	600m: 7:41.41 1:18.25	1000m: 12:57.95 1:18.25	1400m: 18:11.08 1:16.51
300m: 3:44.25 1:17.34	700m: 9:00.71 1:19.30	1100m: 14:16.47 1:18.52	1500m: 19:24.62 1:13.54
400m: 5:03.13 1:18.88	800m: 10:19.61 1:18.90	1200m: 15:35.46 1:18.99	

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 1, Masc., 1500m Livres

Juvenis A

1.	Andre Ferreira, SANTOS	10	Academico de Viseu	17:18.67	589
	100m: 1:05.85 1:05.85	500m: 5:44.62 1:09.44	900m: 10:22.31 1:09.69	1300m: 15:01.85 1:10.29	
	200m: 2:15.64 1:09.79	600m: 6:54.08 1:09.46	1000m: 11:32.05 1:09.74	1400m: 16:12.10 1:10.25	
	300m: 3:25.37 1:09.73	700m: 8:03.36 1:09.28	1100m: 12:41.71 1:09.66	1500m: 17:18.67 1:06.57	
	400m: 4:35.18 1:09.81	800m: 9:12.62 1:09.26	1200m: 13:51.56 1:09.85		
2.	Dinis Goncalves, ARAUJO	10	Nautico Academico	17:31.27	568
	100m: 1:05.44 1:05.44	500m: 5:45.20 1:09.77	900m: 10:27.27 1:09.43	1300m: 15:10.60 1:11.67	
	200m: 2:15.67 1:10.23	600m: 6:55.47 1:10.27	1000m: 11:36.83 1:09.56	1400m: 16:21.92 1:11.32	
	300m: 3:25.49 1:09.82	700m: 8:06.54 1:11.07	1100m: 12:47.92 1:11.09	1500m: 17:31.27 1:09.35	
	400m: 4:35.43 1:09.94	800m: 9:17.84 1:11.30	1200m: 13:58.93 1:11.01		
3.	Rodrigo Cardoso, TOMAS	10	Alcobaca	17:43.42	548
	100m: 1:04.18 1:04.18	500m: 5:48.53 1:12.21	900m: 10:35.36 1:11.69	1300m: 15:23.34 1:11.53	
	200m: 2:13.97 1:09.79	600m: 6:59.72 1:11.19	1000m: 11:47.62 1:12.26	1400m: 16:34.38 1:11.04	
	300m: 3:24.88 1:10.91	700m: 8:11.32 1:11.60	1100m: 12:59.24 1:11.62	1500m: 17:43.42 1:09.04	
	400m: 4:36.32 1:11.44	800m: 9:23.67 1:12.35	1200m: 14:11.81 1:12.57		
4.	Antonio Antunes, JORGE	10	Alcobaca	17:55.05	531
	100m: 1:05.04 1:05.04	500m: 5:53.01 1:12.94	900m: 10:42.64 1:11.80	1300m: 15:32.37 1:12.48	
	200m: 2:15.98 1:10.94	600m: 7:05.62 1:12.61	1000m: 11:54.65 1:12.01	1400m: 16:45.30 1:12.93	
	300m: 3:27.55 1:11.57	700m: 8:18.76 1:13.14	1100m: 13:07.07 1:12.42	1500m: 17:55.05 1:09.75	
	400m: 4:40.07 1:12.52	800m: 9:30.84 1:12.08	1200m: 14:19.89 1:12.82		
5.	Tiago Joao, OLAS	10	Academico de Viseu	18:03.61	518
	100m: 1:06.88 1:06.88	500m: 5:57.75 1:13.57	900m: 10:50.01 1:12.63	1300m: 15:40.82 1:12.98	
	200m: 2:18.57 1:11.69	600m: 7:11.14 1:13.39	1000m: 12:02.22 1:12.21	1400m: 16:53.89 1:13.07	
	300m: 3:30.97 1:12.40	700m: 8:24.41 1:13.27	1100m: 13:14.82 1:12.60	1500m: 18:03.61 1:09.72	
	400m: 4:44.18 1:13.21	800m: 9:37.38 1:12.97	1200m: 14:27.84 1:13.02		
6.	Lucas Costa, JESUS	10	Nautico Marinha Grande	18:11.13	508
	100m: 1:07.43 1:07.43	500m: 5:57.69 1:13.00	900m: 10:49.65 1:13.44	1300m: 15:44.61 1:14.02	
	200m: 2:19.37 1:11.94	600m: 7:10.42 1:12.73	1000m: 12:03.28 1:13.63	1400m: 16:58.91 1:14.30	
	300m: 3:31.97 1:12.60	700m: 8:22.80 1:12.38	1100m: 13:16.97 1:13.69	1500m: 18:11.13 1:12.22	
	400m: 4:44.69 1:12.72	800m: 9:36.21 1:13.41	1200m: 14:30.59 1:13.62		
7.	Guilherme Rodrigues, CABRAL	10	Pimpoes/Cimai	18:23.41	491
	100m: 1:07.80 1:07.80	500m: 6:02.75 1:13.91	900m: 10:59.56 1:14.48	1300m: 15:56.62 1:14.68	
	200m: 2:20.52 1:12.72	600m: 7:16.62 1:13.87	1000m: 12:13.68 1:14.12	1400m: 17:11.08 1:14.46	
	300m: 3:34.97 1:14.45	700m: 8:30.81 1:14.19	1100m: 13:26.89 1:13.21	1500m: 18:23.41 1:12.33	
	400m: 4:48.84 1:13.87	800m: 9:45.08 1:14.27	1200m: 14:41.94 1:15.05		
8.	Afonso Ferreira, REIS	10	Nautico Marinha Grande	18:30.62	481
	100m: 1:05.33 1:05.33	500m: 5:55.85 1:14.23	900m: 10:52.32 1:14.89	1300m: 15:58.56 1:16.56	
	200m: 2:16.99 1:11.66	600m: 7:10.57 1:14.72	1000m: 12:08.25 1:15.93	1400m: 17:15.22 1:16.66	
	300m: 3:28.94 1:11.95	700m: 8:23.56 1:12.99	1100m: 13:25.23 1:16.98	1500m: 18:30.62 1:15.40	
	400m: 4:41.62 1:12.68	800m: 9:37.43 1:13.87	1200m: 14:42.00 1:16.77		
9.	Tomas Manuel, PALMEIRO	10	Nautico Marinha Grande	18:34.12	477
	100m: 1:06.63 1:06.63	500m: 5:58.92 1:13.92	900m: 10:58.86 1:15.51	1300m: 16:04.33 1:16.52	
	200m: 2:18.44 1:11.81	600m: 7:13.50 1:14.58	1000m: 12:14.99 1:16.13	1400m: 17:20.28 1:15.95	
	300m: 3:31.59 1:13.15	700m: 8:27.98 1:14.48	1100m: 13:31.66 1:16.67	1500m: 18:34.12 1:13.84	
	400m: 4:45.00 1:13.41	800m: 9:43.35 1:15.37	1200m: 14:47.81 1:16.15		
10.	Guilherme Costa, REBELO	10	Pimpoes/Cimai	18:35.88	475
	100m: 1:07.26 1:07.26	500m: 6:05.96 1:15.45	900m: 11:11.61 1:17.46	1300m: 16:15.38 1:14.29	
	200m: 2:19.63 1:12.37	600m: 7:21.80 1:15.84	1000m: 12:27.81 1:16.20	1400m: 17:27.54 1:12.16	
	300m: 3:34.33 1:14.70	700m: 8:36.69 1:14.89	1100m: 13:44.05 1:16.24	1500m: 18:35.88 1:08.34	
	400m: 4:50.51 1:16.18	800m: 9:54.15 1:17.46	1200m: 15:01.09 1:17.04		
11.	Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	18:38.86	471
	100m: 1:09.36 1:09.36	500m: 6:13.11 1:15.88	900m: 11:12.86 1:14.92	1300m: 16:13.02 1:14.82	
	200m: 2:25.21 1:15.85	600m: 7:28.15 1:15.04	1000m: 12:27.89 1:15.03	1400m: 17:26.99 1:13.97	
	300m: 3:41.22 1:16.01	700m: 8:42.85 1:14.70	1100m: 13:43.14 1:15.25	1500m: 18:38.86 1:11.87	
	400m: 4:57.23 1:16.01	800m: 9:57.94 1:15.09	1200m: 14:58.20 1:15.06		

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 1, Masc., 1500m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts			
12.	Francisco Antonio, SIMOES		10	Bairro Anjos / Sk Coffee				18:57.46	448			
	100m:	1:11.22	1:11.22	500m:	6:13.21	1:16.16	900m:	11:14.36	1:15.16	1300m:	16:21.21	1:17.65
	200m:	2:26.03	1:14.81	600m:	7:28.80	1:15.59	1000m:	12:30.68	1:16.32	1400m:	17:41.48	1:20.27
	300m:	3:41.59	1:15.56	700m:	8:43.69	1:14.89	1100m:	13:46.51	1:15.83	1500m:	18:57.46	1:15.98
	400m:	4:57.05	1:15.46	800m:	9:59.20	1:15.51	1200m:	15:03.56	1:17.05			

Juniores A/B

1.	Rafael Pereira, RODRIGUES		08	Condeixa Clube				16:33.62	672			
	100m:	1:01.13	1:01.13	500m:	5:25.63	1:06.18	900m:	9:52.97	1:06.78	1300m:	14:20.58	1:07.13
	200m:	2:06.97	1:05.84	600m:	6:32.49	1:06.86	1000m:	11:00.02	1:07.05	1400m:	15:27.87	1:07.29
	300m:	3:12.92	1:05.95	700m:	7:39.31	1:06.82	1100m:	12:06.51	1:06.49	1500m:	16:33.62	1:05.75
	400m:	4:19.45	1:06.53	800m:	8:46.19	1:06.88	1200m:	13:13.45	1:06.94			
2.	Paulo, KOT		09	Nautico Marinha Grande				17:20.94	585			
	100m:	1:02.64	1:02.64	500m:	5:39.49	1:10.47	900m:	10:18.87	1:10.16	1300m:	15:04.02	1:11.81
	200m:	2:10.31	1:07.67	600m:	6:49.10	1:09.61	1000m:	11:29.38	1:10.51	1400m:	16:13.79	1:09.77
	300m:	3:19.01	1:08.70	700m:	7:58.56	1:09.46	1100m:	12:40.48	1:11.10	1500m:	17:20.94	1:07.15
	400m:	4:29.02	1:10.01	800m:	9:08.71	1:10.15	1200m:	13:52.21	1:11.73			
3.	Guilherme Simoes, SOUSA		08	Academica de Coimbra				17:37.78	557			
	100m:	1:05.27	1:05.27	500m:	5:48.01	1:10.67	900m:	10:33.10	1:11.30	1300m:	15:19.10	1:11.56
	200m:	2:15.67	1:10.40	600m:	6:58.89	1:10.88	1000m:	11:44.72	1:11.62	1400m:	16:30.67	1:11.57
	300m:	3:26.53	1:10.86	700m:	8:10.26	1:11.37	1100m:	12:56.14	1:11.42	1500m:	17:37.78	1:07.11
	400m:	4:37.34	1:10.81	800m:	9:21.80	1:11.54	1200m:	14:07.54	1:11.40			
4.	Joaquim Antonio, CUNHA		08	Academica de Coimbra				17:43.84	548			
	100m:	1:06.86	1:06.86	500m:	5:52.95	1:11.14	900m:	10:37.41	1:11.11	1300m:	15:22.35	1:11.62
	200m:	2:18.72	1:11.86	600m:	7:03.62	1:10.67	1000m:	11:48.11	1:10.70	1400m:	16:33.86	1:11.51
	300m:	3:30.12	1:11.40	700m:	8:15.15	1:11.53	1100m:	12:59.13	1:11.02	1500m:	17:43.84	1:09.98
	400m:	4:41.81	1:11.69	800m:	9:26.30	1:11.15	1200m:	14:10.73	1:11.60			
5.	Samuel Dinis, MAIA		08	Miranda do Corvo				17:47.62	542			
	100m:	1:04.97	1:04.97	500m:	5:47.24	1:10.14	900m:	10:34.37	1:11.91	1300m:	15:24.48	1:13.42
	200m:	2:15.36	1:10.39	600m:	6:58.54	1:11.30	1000m:	11:46.50	1:12.13	1400m:	16:36.97	1:12.49
	300m:	3:26.29	1:10.93	700m:	8:10.32	1:11.78	1100m:	12:58.39	1:11.89	1500m:	17:47.62	1:10.65
	400m:	4:37.10	1:10.81	800m:	9:22.46	1:12.14	1200m:	14:11.06	1:12.67			
6.	Tiago Santos, POMBO		08	Alcobaca				17:54.88	531			
	100m:	1:05.20	1:05.20	500m:	5:51.49	1:12.78	900m:	10:42.31	1:12.69	1300m:	15:33.98	1:12.88
	200m:	2:16.23	1:11.03	600m:	7:04.18	1:12.69	1000m:	11:55.06	1:12.75	1400m:	16:46.65	1:12.67
	300m:	3:27.33	1:11.10	700m:	8:17.16	1:12.98	1100m:	13:08.48	1:13.42	1500m:	17:54.88	1:08.23
	400m:	4:38.71	1:11.38	800m:	9:29.62	1:12.46	1200m:	14:21.10	1:12.62			

Seniores

1.	Duarte Cachulo, MARQUES		07	Condeixa Clube				16:22.67	695			
	100m:	1:00.93	1:00.93	500m:	5:21.36	1:05.63	900m:	9:42.31	1:05.11	1300m:	14:09.20	1:07.09
	200m:	2:05.50	1:04.57	600m:	6:26.52	1:05.16	1000m:	10:48.80	1:06.49	1400m:	15:16.19	1:06.99
	300m:	3:09.86	1:04.36	700m:	7:31.72	1:05.20	1100m:	11:55.44	1:06.64	1500m:	16:22.67	1:06.48
	400m:	4:15.73	1:05.87	800m:	8:37.20	1:05.48	1200m:	13:02.11	1:06.67			
2.	Filipe Santos, CARDOSO		04	Gafanha da Encarnação				17:03.64	615			
	100m:	1:04.92	1:04.92	500m:	5:43.44	1:09.20	900m:	10:17.92	1:07.68	1300m:	14:50.62	1:08.32
	200m:	2:14.31	1:09.39	600m:	6:52.70	1:09.26	1000m:	11:25.75	1:07.83	1400m:	15:57.78	1:07.16
	300m:	3:24.07	1:09.76	700m:	8:01.55	1:08.85	1100m:	12:33.63	1:07.88	1500m:	17:03.64	1:05.86
	400m:	4:34.24	1:10.17	800m:	9:10.24	1:08.69	1200m:	13:42.30	1:08.67			
3.	Alexandre Ramos, GONCALVES		05	Feirense				17:33.93	563			
	100m:	1:01.86	1:01.86	500m:	5:36.85	1:11.15	900m:	10:22.60	1:12.28	1300m:	15:11.43	1:12.09
	200m:	2:08.10	1:06.24	600m:	6:48.06	1:11.21	1000m:	11:34.95	1:12.35	1400m:	16:23.66	1:12.23
	300m:	3:16.29	1:08.19	700m:	7:59.56	1:11.50	1100m:	12:47.27	1:12.32	1500m:	17:33.93	1:10.27
	400m:	4:25.70	1:09.41	800m:	9:10.32	1:10.76	1200m:	13:59.34	1:12.07			

Campeonato Interdistrital Juvenis, Juniores e Seniores de Inverno
Coimbra, 6 - 8/3/2026

Prova 1, Masc., 1500m Livres, Seniores

Lugar			Ano				Tempo final	Pts
4.	Antonio Pedro, MARTINS		05	Condeixa Clube		18:19.22	496	
	100m:	1:07.98 1:07.98	500m:	6:01.25 1:13.71	900m:	10:56.69 1:13.83	1300m:	15:54.74 1:14.72
	200m:	2:21.11 1:13.13	600m:	7:14.82 1:13.57	1000m:	12:10.74 1:14.05	1400m:	17:06.90 1:12.16
	300m:	3:34.20 1:13.09	700m:	8:27.89 1:13.07	1100m:	13:25.38 1:14.64	1500m:	18:19.22 1:12.32
	400m:	4:47.54 1:13.34	800m:	9:42.86 1:14.97	1200m:	14:40.02 1:14.64		
EXH	Vidar Albert, JUNG		11	Nautico Marinha Grande		18:08.99	511	
	100m:	1:08.69 1:08.69	500m:	6:02.15 1:13.46	900m:	10:53.77 1:12.84	1300m:	15:46.61 1:13.27
	200m:	2:21.57 1:12.88	600m:	7:15.47 1:13.32	1000m:	12:06.73 1:12.96	1400m:	16:59.93 1:13.32
	300m:	3:35.62 1:14.05	700m:	8:28.13 1:12.66	1100m:	13:19.49 1:12.76	1500m:	18:08.99 1:09.06
	400m:	4:48.69 1:13.07	800m:	9:40.93 1:12.80	1200m:	14:33.34 1:13.85		
EXH	Pedro Souza, SILVA		10	Pimpoes/Cimai		18:34.41	476	
	100m:	1:11.33 1:11.33	500m:	6:14.29 1:16.29	900m:	11:12.96 1:14.78	1300m:	16:11.60 1:14.21
	200m:	2:26.79 1:15.46	600m:	7:29.75 1:15.46	1000m:	12:28.28 1:15.32	1400m:	17:25.71 1:14.11
	300m:	3:42.46 1:15.67	700m:	8:43.45 1:13.70	1100m:	13:42.71 1:14.43	1500m:	18:34.41 1:08.70
	400m:	4:58.00 1:15.54	800m:	9:58.18 1:14.73	1200m:	14:57.39 1:14.68		