

Prova 43
22/02/2026 - 11:21

Masc., 1500m Livres

S14 Seniores
Resultados

S14 - 25m	18:46.22	Samuel Lima, DUARTE	SANCNP	Quarteira	10/02/2024
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Pontos: KNZB NED WPS 2024

Lugar	Nome	Cat	Ano	Licença	Clube	Tempo Final	AQUA	Pts
1.	Simao Pedro, ROCHA	S14	06	203015	Seleção AN Norte de Portugal	22:59.80		10,00
	50m: 41.50	41.50	450m: 6:49.47	47.15	850m: 13:04.94	47.40	1250m: 19:17.85	46.81
	100m: 1:26.24	44.74	500m: 7:35.91	46.44	900m: 13:51.78	46.84	1300m: 20:04.09	46.24
	150m: 2:11.79	45.55	550m: 8:22.51	46.60	950m: 14:38.45	46.67	1350m: 20:49.57	45.48
	200m: 2:57.82	46.03	600m: 9:10.05	47.54	1000m: 15:25.11	46.66	1400m: 21:34.20	44.63
	250m: 3:43.27	45.45	650m: 9:57.49	47.44	1050m: 16:12.54	47.43	1450m: 22:17.35	43.15
	300m: 4:29.24	45.97	700m: 10:44.15	46.66	1100m: 16:58.66	46.12	1500m: 22:59.80	42.45
	350m: 5:15.28	46.04	750m: 11:31.22	47.07	1150m: 17:44.96	46.30		
	400m: 6:02.32	47.04	800m: 12:17.54	46.32	1200m: 18:31.04	46.08		

Prova 43
22/02/2026 - 11:21

Masc., 1500m Livres

S21 Seniores
Resultados

S21 - 25m	22:59.02	Francisco Pessanha, MONTES	SANNP	Quarteira	10/02/2024
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Pontos: KNZB NED WPS 2024

Lugar	Nome	Cat	Ano	Licença	Clube	Tempo Final	AQUA	Pts
1.	Francisco Pessanha, MONTES	S21	02	133450	Seleção AN Norte de Portugal	24:03.81		10,00
	50m: 41.30	41.30	450m: 6:54.63	49.10	850m: 13:32.64	49.53	1250m: 20:04.01	50.33
	100m: 1:25.75	44.45	500m: 7:44.69	50.06	900m: 14:22.00	49.36	1300m: 20:50.86	46.85
	150m: 2:11.53	45.78	550m: 8:33.79	49.10	950m: 15:10.58	48.58	1350m: 21:39.97	49.11
	200m: 2:57.86	46.33	600m: 9:23.39	49.60	1000m: 15:59.43	48.85	1400m: 22:30.09	50.12
	250m: 3:43.98	46.12	650m: 10:13.43	50.04	1050m: 16:47.63	48.20	1450m: 23:18.97	48.88
	300m: 4:30.28	46.30	700m: 11:03.52	50.09	1100m: 17:35.20	47.57	1500m: 24:03.81	44.84
	350m: 5:17.52	47.24	750m: 11:53.46	49.94	1150m: 18:23.94	48.74		
	400m: 6:05.53	48.01	800m: 12:43.11	49.65	1200m: 19:13.68	49.74		