

Campeonato Regional de Juv_Abs_NA_Masters
Loule, 15 - 17/7/2022

Prova 5	Masc., 1500m Livres				Absolutos
15/07/2022 - 15:45					Resultados
Recordes Regionais (PL) Absoluto	16:33.67	Rui Miguel, LOPES	CNOL	Coimbra	05/04/2012
Recordes Regionais (PL) Sen	16:48.95	Rui Miguel, LOPES	CNOL	Coimbra	28/03/2013
Recordes Regionais (PL) 18	16:33.67	Rui Miguel, LOPES	CNOL	Coimbra	05/04/2012
Recordes Regionais (PL) 17	16:48.06	João Duarte, SANTOS	CNOL	Loulé	07/07/2012
Recordes Regionais (PL) Juv. A	16:48.56	Joao Duarte, SANTOS	CNOL	Povoa de Varzim	04/08/2011
Recordes Regionais (PL) Juv. B	16:58.33	Hugo Miguel, VIEGAS	CNOL	Oeiras	20/07/2017
Rec Nac S8	20:47.59	Ricardo Aderneira, SOARES	GESL	Povoa de Varzim	08/12/2019
Rec Nac S6	22:43.43	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim	08/12/2019
Rec Nac S14	22:22.35	Pedro Miguel, RIBEIRO	CPN	Povoa de Varzim	20/05/2018
Rec Nac S17	25:06.23	Pedro Fernandes, MANITO	PDEM	Campanha	10/04/2022
Rec Nac S21	24:40.51	Francisco Pessanha, MONTES	ADADA	Campanha	10/04/2022

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
Juvenis B					
1. David Martins, CARMO	07	Natacao de Olhao	18:54.78	452	
100m: 1:07.40 1:07.40	500m: 6:07.78 1:16.34	900m: 11:16.97 1:17.17	1300m: 16:26.16 1:16.68		
200m: 2:20.69 1:13.29	600m: 7:25.08 1:17.30	1000m: 12:33.92 1:16.95	1400m: 17:42.86 1:16.70		
300m: 3:35.70 1:15.01	700m: 8:41.64 1:16.56	1100m: 13:52.00 1:18.08	1500m: 18:54.78 1:11.92		
400m: 4:51.44 1:15.74	800m: 9:59.80 1:18.16	1200m: 15:09.48 1:17.48			
2. Miguel Lourenco, VELHINHO	07	Lagoa AC	19:28.08	414	
100m: 1:10.07 1:10.07	500m: 6:24.53 1:19.03	900m: 11:39.09 1:18.67	1300m: 16:54.80 1:19.19		
200m: 2:28.60 1:18.53	600m: 7:42.73 1:18.20	1000m: 12:57.75 1:18.66	1400m: 18:12.99 1:18.19		
300m: 3:46.40 1:17.80	700m: 9:01.51 1:18.78	1100m: 14:16.44 1:18.69	1500m: 19:28.08 1:15.09		
400m: 5:05.50 1:19.10	800m: 10:20.42 1:18.91	1200m: 15:35.61 1:19.17			

Juvenis A

1. Alexandre Santos, PIRES	06	Natacao de Olhao	19:56.52	385	
100m: 1:09.49 1:09.49	500m: 6:32.48 1:21.66	900m: 11:55.84 1:20.64	1300m: 17:17.75 1:20.28		
200m: 2:29.21 1:19.72	600m: 7:54.41 1:21.93	1000m: 13:17.18 1:21.34	1400m: 18:37.68 1:19.93		
300m: 3:49.07 1:19.86	700m: 9:15.26 1:20.85	1100m: 14:37.15 1:19.97	1500m: 19:56.52 1:18.84		
400m: 5:10.82 1:21.75	800m: 10:35.20 1:19.94	1200m: 15:57.47 1:20.32			

Absolutos

1. David Martins, CARMO	07	Natacao de Olhao	18:54.78	452	
100m: 1:07.40 1:07.40	500m: 6:07.78 1:16.34	900m: 11:16.97 1:17.17	1300m: 16:26.16 1:16.68		
200m: 2:20.69 1:13.29	600m: 7:25.08 1:17.30	1000m: 12:33.92 1:16.95	1400m: 17:42.86 1:16.70		
300m: 3:35.70 1:15.01	700m: 8:41.64 1:16.56	1100m: 13:52.00 1:18.08	1500m: 18:54.78 1:11.92		
400m: 4:51.44 1:15.74	800m: 9:59.80 1:18.16	1200m: 15:09.48 1:17.48			
2. Vitor, KUNYK	05	Lagoa AC	19:15.11	428	
100m: 1:08.16 1:08.16	500m: 6:10.74 1:17.00	900m: 11:22.03 1:17.92	1300m: 16:39.16 1:19.58		
200m: 2:22.52 1:14.36	600m: 7:28.21 1:17.47	1000m: 12:40.97 1:18.94	1400m: 17:58.14 1:18.98		
300m: 3:37.44 1:14.92	700m: 8:45.81 1:17.60	1100m: 13:59.70 1:18.73	1500m: 19:15.11 1:16.97		
400m: 4:53.74 1:16.30	800m: 10:04.11 1:18.30	1200m: 15:19.58 1:19.88			
3. Miguel Lourenco, VELHINHO	07	Lagoa AC	19:28.08	414	
100m: 1:10.07 1:10.07	500m: 6:24.53 1:19.03	900m: 11:39.09 1:18.67	1300m: 16:54.80 1:19.19		
200m: 2:28.60 1:18.53	600m: 7:42.73 1:18.20	1000m: 12:57.75 1:18.66	1400m: 18:12.99 1:18.19		
300m: 3:46.40 1:17.80	700m: 9:01.51 1:18.78	1100m: 14:16.44 1:18.69	1500m: 19:28.08 1:15.09		
400m: 5:05.50 1:19.10	800m: 10:20.42 1:18.91	1200m: 15:35.61 1:19.17			
4. Alexandre Santos, PIRES	06	Natacao de Olhao	19:56.52	385	
100m: 1:09.49 1:09.49	500m: 6:32.48 1:21.66	900m: 11:55.84 1:20.64	1300m: 17:17.75 1:20.28		
200m: 2:29.21 1:19.72	600m: 7:54.41 1:21.93	1000m: 13:17.18 1:21.34	1400m: 18:37.68 1:19.93		
300m: 3:49.07 1:19.86	700m: 9:15.26 1:20.85	1100m: 14:37.15 1:19.97	1500m: 19:56.52 1:18.84		
400m: 5:10.82 1:21.75	800m: 10:35.20 1:19.94	1200m: 15:57.47 1:20.32			
5. Rafael Luis, ALEMAO	04	Lagoa AC	23:16.77	242	
100m: 1:14.87 1:14.87	500m: 7:25.47 1:34.59	900m: 13:49.34 1:38.45	1300m: 20:17.93 1:36.46		
200m: 2:42.58 1:27.71	600m: 9:01.69 1:36.22	1000m: 15:27.25 1:37.91	1400m: 21:52.42 1:34.49		
300m: 4:15.65 1:33.07	700m: 10:36.18 1:34.49	1100m: 17:03.77 1:36.52	1500m: 23:16.77 1:24.35		
400m: 5:50.88 1:35.23	800m: 12:10.89 1:34.71	1200m: 18:41.47 1:37.70			

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Prova 5, Masc., 1500m Livres

EXH	Tiago Miguel, TROMBINHAS				04	Monte Maior				17:50.46	538	
	100m:	1:04.51	1:04.51	500m:	5:48.19	1:12.33	900m:	10:38.21	1:13.16	1300m:	15:28.36	1:12.53
	200m:	2:14.28	1:09.77	600m:	7:00.30	1:12.11	1000m:	11:50.74	1:12.53	1400m:	16:40.28	1:11.92
	300m:	3:24.77	1:10.49	700m:	8:12.48	1:12.18	1100m:	13:03.24	1:12.50	1500m:	17:50.46	1:10.18
	400m:	4:35.86	1:11.09	800m:	9:25.05	1:12.57	1200m:	14:15.83	1:12.59			