

Prova 30 05/03/2023 - 9:15	ABS.	Masc., 800m Livres NOTA: Passou para uma (1) serie.				Absolutos Resultados
Recorde Regional Absoluto	8:17.83	FRANCO, Paulo Fragueiro	CDN	Faro		21/07/2009
Recorde Regional Sen	8:17.83	FRANCO, Paulo Fragueiro	CDN	Faro		21/07/2009
Recorde Regional Jun18	8:31.46	FRANCO, Paulo Fragueiro	CDN	Luxemburgo (LUX)		28/01/2000
Recorde Regional Jun17	8:33.32	FRANCO, Paulo Fragueiro	CDN	Famalicao		08/08/1999
Recorde Regional Juv A	8:58.16	FRANCO, Paulo Fragueiro	CDN	Lisboa		25/01/1998
Recorde Regional Juv B	8:58.79	FRANCO, Paulo Fragueiro	CDN	Famalicao		24/07/1997
Recorde Nacional Nat. Adaptada S17	11:31.55	CARVALHO, Joaquim Eduardo	CNF	Funchal		03/03/2023

Juv. B Mas. Juv B: 9:51.35 / Juv. A Mas. Juv A: 9:37.78 / Júnior 1º Ano Mas. Jun17: 9:21.51 / Júnior 2º Ano Mas. Jun18: 9:18.80 /  
Sénior 1º Ano Mas. Sen19: 9:05.23 / Sénior 2º Ano Mas. 20+: 9:02.52 / OPEN Juvenis Mas. Juv: 9:37.78 /  
OPEN Júnior Mas. Jun: 9:18.80 / OPEN Sénior Mas. Sen: 9:02.52

Pontos: FINA 2023

Lugar			Ano			Tempo final	Pts	
<b>Juvenil B - 15 anos</b>								
1.	MIRANDA, Francisco Guilherme	08	Naval do Funchal			<b>9:28.72</b>	502	
<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>								
	100m: 1:06.25	1:06.25	300m: 3:28.59	1:11.75	500m: 5:53.09	1:12.16	700m: 8:18.46	1:12.94
	200m: 2:16.84	1:10.59	400m: 4:40.93	1:12.34	600m: 7:05.52	1:12.43	800m: 9:28.72	1:10.26
2.	CASTRO, Marco Antonio	08	Naval do Funchal			<b>9:46.40</b>	458	
<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023</i>								
	100m: 1:10.78	1:10.78	300m: 3:39.58	1:14.57	500m: 6:10.61	1:15.86	700m: 8:37.48	1:13.78
	200m: 2:25.01	1:14.23	400m: 4:54.75	1:15.17	600m: 7:23.70	1:13.09	800m: 9:46.40	1:08.92
3.	BARATA, Joao Tomas	08	Juventude Atlantico			<b>11:24.31</b>	288	
	100m: 1:16.09	1:16.09	300m: 4:08.41	1:27.26	500m: 7:02.66	1:27.87	700m: 9:59.08	1:28.88
	200m: 2:41.15	1:25.06	400m: 5:34.79	1:26.38	600m: 8:30.20	1:27.54	800m: 11:24.31	1:25.23
<b>Juvenil A - 16 anos</b>								
1.	COSTA, Guilherme Corte	07	Desportivo Nacional			<b>9:31.39</b>	495	
<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>								
	100m: 1:05.71	1:05.71	300m: 3:30.17	1:12.24	500m: 5:54.94	1:12.66	700m: 8:22.18	1:13.44
	200m: 2:17.93	1:12.22	400m: 4:42.28	1:12.11	600m: 7:08.74	1:13.80	800m: 9:31.39	1:09.21
2.	ALMEIDA, Joao Francisco	07	Naval do Funchal			<b>9:50.09</b>	449	
	100m: 1:07.79	1:07.79	300m: 3:38.80	1:16.15	500m: 6:10.13	1:15.15	700m: 8:38.05	1:14.28
	200m: 2:22.65	1:14.86	400m: 4:54.98	1:16.18	600m: 7:23.77	1:13.64	800m: 9:50.09	1:12.04
3.	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico			<b>9:54.43</b>	440	
	100m: 1:06.43	1:06.43	300m: 3:35.45	1:15.42	500m: 6:08.38	1:16.48	700m: 8:39.70	1:16.48
	200m: 2:20.03	1:13.60	400m: 4:51.90	1:16.45	600m: 7:23.22	1:14.84	800m: 9:54.43	1:14.73
4.	FERNANDES, Afonso Berimbau	07	Juventude Atlantico			<b>10:06.37</b>	414	
	100m: 1:09.75	1:09.75	300m: 3:43.86	1:17.57	500m: 6:19.37	1:18.28	700m: 8:54.31	1:16.46
	200m: 2:26.29	1:16.54	400m: 5:01.09	1:17.23	600m: 7:37.85	1:18.48	800m: 10:06.37	1:12.06
5.	ALVES, Diogo Basilio	07	Juventude Atlantico			<b>10:17.35</b>	392	
	100m: 1:11.14	1:11.14	300m: 3:47.88	1:18.30	500m: 6:26.01	1:18.72	700m: 9:03.81	1:18.74
	200m: 2:29.58	1:18.44	400m: 5:07.29	1:19.41	600m: 7:45.07	1:19.06	800m: 10:17.35	1:13.54
6.	NUNES, Duarte Costa	07	Juventude Atlantico			<b>10:17.82</b>	391	
	100m: 1:11.16	1:11.16	300m: 3:48.39	1:18.61	500m: 6:26.70	1:19.30	700m: 9:04.39	1:19.02
	200m: 2:29.78	1:18.62	400m: 5:07.40	1:19.01	600m: 7:45.37	1:18.67	800m: 10:17.82	1:13.43
7.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal			<b>11:34.28</b>	276	
	100m: 1:21.32	1:21.32	300m: 4:18.49	1:29.33	500m: 7:14.67	1:27.49	700m: 10:09.91	1:27.02
	200m: 2:49.16	1:27.84	400m: 5:47.18	1:28.69	600m: 8:42.89	1:28.22	800m: 11:34.28	1:24.37

Prova 30, Masc., 800m Livres

Absolutos - 15 anos e mais velhos

1.	ABREU, Sergio Gomes	96	Naval do Funchal	<b>9:08.40</b>	560
	100m: 1:02.09 1:02.09	300m: 3:19.49 1:08.92	500m: 5:39.02 1:10.12	700m: 8:00.59 1:10.91	
	200m: 2:10.57 1:08.48	400m: 4:28.90 1:09.41	600m: 6:49.68 1:10.66	800m: 9:08.40 1:07.81	
2.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	<b>9:11.82</b>	550
	<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>				
	100m: 1:02.68 1:02.68	300m: 3:22.82 1:10.91	500m: 5:44.85 1:10.58	700m: 8:04.64 1:09.30	
	200m: 2:11.91 1:09.23	400m: 4:34.27 1:11.45	600m: 6:55.34 1:10.49	800m: 9:11.82 1:07.18	
3.	MIRANDA, Francisco Guilherme	08	Naval do Funchal	<b>9:28.72</b>	502
	<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>				
	100m: 1:06.25 1:06.25	300m: 3:28.59 1:11.75	500m: 5:53.09 1:12.16	700m: 8:18.46 1:12.94	
	200m: 2:16.84 1:10.59	400m: 4:40.93 1:12.34	600m: 7:05.52 1:12.43	800m: 9:28.72 1:10.26	
4.	COSTA, Guilherme Corte	07	Desportivo Nacional	<b>9:31.39</b>	495
	<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>				
	100m: 1:05.71 1:05.71	300m: 3:30.17 1:12.24	500m: 5:54.94 1:12.66	700m: 8:22.18 1:13.44	
	200m: 2:17.93 1:12.22	400m: 4:42.28 1:12.11	600m: 7:08.74 1:13.80	800m: 9:31.39 1:09.21	
5.	CASTRO, Marco Antonio	08	Naval do Funchal	<b>9:46.40</b>	458
	<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023</i>				
	100m: 1:10.78 1:10.78	300m: 3:39.58 1:14.57	500m: 6:10.61 1:15.86	700m: 8:37.48 1:13.78	
	200m: 2:25.01 1:14.23	400m: 4:54.75 1:15.17	600m: 7:23.70 1:13.09	800m: 9:46.40 1:08.92	
6.	ALMEIDA, Joao Francisco	07	Naval do Funchal	<b>9:50.09</b>	449
	100m: 1:07.79 1:07.79	300m: 3:38.80 1:16.15	500m: 6:10.13 1:15.15	700m: 8:38.05 1:14.28	
	200m: 2:22.65 1:14.86	400m: 4:54.98 1:16.18	600m: 7:23.77 1:13.64	800m: 9:50.09 1:12.04	
7.	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	<b>9:54.43</b>	440
	100m: 1:06.43 1:06.43	300m: 3:35.45 1:15.42	500m: 6:08.38 1:16.48	700m: 8:39.70 1:16.48	
	200m: 2:20.03 1:13.60	400m: 4:51.90 1:16.45	600m: 7:23.22 1:14.84	800m: 9:54.43 1:14.73	
8.	FERNANDES, Afonso Berimbau	07	Juventude Atlantico	<b>10:06.37</b>	414
	100m: 1:09.75 1:09.75	300m: 3:43.86 1:17.57	500m: 6:19.37 1:18.28	700m: 8:54.31 1:16.46	
	200m: 2:26.29 1:16.54	400m: 5:01.09 1:17.23	600m: 7:37.85 1:18.48	800m: 10:06.37 1:12.06	
9.	ALVES, Diogo Basilio	07	Juventude Atlantico	<b>10:17.35</b>	392
	100m: 1:11.14 1:11.14	300m: 3:47.88 1:18.30	500m: 6:26.01 1:18.72	700m: 9:03.81 1:18.74	
	200m: 2:29.58 1:18.44	400m: 5:07.29 1:19.41	600m: 7:45.07 1:19.06	800m: 10:17.35 1:13.54	
10.	NUNES, Duarte Costa	07	Juventude Atlantico	<b>10:17.82</b>	391
	100m: 1:11.16 1:11.16	300m: 3:48.39 1:18.61	500m: 6:26.70 1:19.30	700m: 9:04.39 1:19.02	
	200m: 2:29.78 1:18.62	400m: 5:07.40 1:19.01	600m: 7:45.37 1:18.67	800m: 10:17.82 1:13.43	
11.	BARATA, Joao Tomas	08	Juventude Atlantico	<b>11:24.31</b>	288
	100m: 1:16.09 1:16.09	300m: 4:08.41 1:27.26	500m: 7:02.66 1:27.87	700m: 9:59.08 1:28.88	
	200m: 2:41.15 1:25.06	400m: 5:34.79 1:26.38	600m: 8:30.20 1:27.54	800m: 11:24.31 1:25.23	
12.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	<b>11:34.28</b>	276
	100m: 1:21.32 1:21.32	300m: 4:18.49 1:29.33	500m: 7:14.67 1:27.49	700m: 10:09.91 1:27.02	
	200m: 2:49.16 1:27.84	400m: 5:47.18 1:28.69	600m: 8:42.89 1:28.22	800m: 11:34.28 1:24.37	