

Prova 30 02/07/2023 - 9:15	Masc., 1500m Livres Absoluto (Juvenis, Juniores e Seniores)				Absolutos Resultados
Recorde Regional Open	15:43.81	FRANCO, Paulo Fragueiro	CDN	Faro	18/07/2009
Recorde Regional Sen	15:43.81	FRANCO, Paulo Fragueiro	CDN	Faro	18/07/2009
Recorde Regional Jun18	16:02.73	FRANCO, Paulo Fragueiro	CDN	Limassol (CYP)	16/04/2000
Recorde Regional Jun17	16:05.95	FRANCO, Paulo Fragueiro	CDN	Moscovo (RUS)	17/07/1999
Recorde Regional Juv A	16:54.13	FRANCO, Paulo Fragueiro	CDN	Lisboa	25/01/1998
Recorde Regional Juv B	16:57.41	FREITAS, Tomas Miguel	CDN	Lisboa	09/07/2005

Juv. B Mas. Juv B: 18:51.49 / Juv. A Mas. Juv A: 18:25.53 / Júnior 1º Ano Mas. Jun17: 17:54.39 /
Júnior 2º Ano Mas. Jun18: 17:49.20 / Sénior 1º Ano Mas. Sen19: 17:23.25 / Sénior 2º Ano Mas. 20+: 17:18.06

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
Juvenis A, 16 anos					
1.	OLIVEIRA, Afonso Miguel		07	Juventude Atlantico	18:26.00 488
	100m: 1:05.39 1:05.39	500m: 6:05.86 1:15.16	900m: 11:06.89 1:15.44	1300m: 16:03.39 1:13.77	
	200m: 2:20.83 1:15.44	600m: 7:21.52 1:15.66	1000m: 12:21.87 1:14.98	1400m: 17:16.07 1:12.68	
	300m: 3:35.60 1:14.77	700m: 8:36.42 1:14.90	1100m: 13:36.02 1:14.15	1500m: 18:26.00 1:09.93	
	400m: 4:50.70 1:15.10	800m: 9:51.45 1:15.03	1200m: 14:49.62 1:13.60		

Absolutos, 15 anos e mais velhos

1.	OLIVEIRA, Afonso Miguel		07	Juventude Atlantico	18:26.00 488
	100m: 1:05.39 1:05.39	500m: 6:05.86 1:15.16	900m: 11:06.89 1:15.44	1300m: 16:03.39 1:13.77	
	200m: 2:20.83 1:15.44	600m: 7:21.52 1:15.66	1000m: 12:21.87 1:14.98	1400m: 17:16.07 1:12.68	
	300m: 3:35.60 1:14.77	700m: 8:36.42 1:14.90	1100m: 13:36.02 1:14.15	1500m: 18:26.00 1:09.93	
	400m: 4:50.70 1:15.10	800m: 9:51.45 1:15.03	1200m: 14:49.62 1:13.60		