

Prova 10	Masc., 1500m Livres				17 anos e mais velhos
27/05/2023 - 12:32	JUNIORES & SENIORES - Junto com a Prova 9. - S1				Resultados
Recorde Regional Open	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Sen	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recorde Regional Jun18	15:38.98	FRANCO, Paulo Fragueiro	CDN	Mealhada	25/03/2000
Recorde Regional Jun17	15:58.37	DEUS, Andre Portugal	CNF	Funchal	13/07/2019
Júnior 1º Ano Mas. Jun17: 17:20.38 / Júnior 2º Ano Mas. Jun18: 17:15.36 / Sénior 1º Ano Mas. Sen19: 16:50.23 / Sénior 2º Ano Mas. 20 +: 16:45.20					

Pontos: FINA 2022

Lugar	Ano						Tempo final	Pts			
EXH RODRIGUES, Rodrigo Reis	04 Desportivo Sao Roque						17:15.71	546			
100m:	1:01.07	1:01.07	500m:	5:28.77	1:08.06	900m:	10:08.34	1:10.86	1300m:	14:54.06	1:11.67
200m:	2:07.25	1:06.18	600m:	6:37.91	1:09.14	1000m:	11:19.64	1:11.30	1400m:	16:05.60	1:11.54
300m:	3:13.73	1:06.48	700m:	7:47.65	1:09.74	1100m:	12:30.85	1:11.21	1500m:	17:15.71	1:10.11
400m:	4:20.71	1:06.98	800m:	8:57.48	1:09.83	1200m:	13:42.39	1:11.54			
EXH ROJAS, Jean Louis	05 Desportivo Nacional						18:12.36	465			
100m:	1:03.76	1:03.76	500m:	5:51.72	1:13.14	900m:	10:47.09	1:14.06	1300m:	15:47.23	1:14.73
200m:	2:14.34	1:10.58	600m:	7:05.27	1:13.55	1000m:	12:01.65	1:14.56	1400m:	17:02.01	1:14.78
300m:	3:25.66	1:11.32	700m:	8:19.89	1:14.62	1100m:	13:16.61	1:14.96	1500m:	18:12.36	1:10.35
400m:	4:38.58	1:12.92	800m:	9:33.03	1:13.14	1200m:	14:32.50	1:15.89			