

Prova 12	Masc., 1500m Livres				Absolutos
08/03/2025 - 11:01	Junto com a prova n.� 11 (1500m Livres Femin.)				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
Recorde Regional Juv A	16:31.31	CASTRO, Joao Cruz	CDSR	Funchal	29/07/2016
Recorde Regional Juv B	16:30.75	ALMEIDA, Carlos Alexandre	CDN	Penafiel	21/03/2004
Recorde Regional Inf A	16:57.52	ALMEIDA, Carlos Alexandre	CDN	Funchal	13/07/2003
Recorde Regional Inf B	17:40.06	FREITAS, Tomas Miguel	CDN	Funchal	31/05/2003

Juv. B Mas. Juv B: 17:42.71 / Juv. A Mas. Juv A: 17:13.54 / J nior 1  Ano Mas. Jun17: 16:54.09 /
J nior 2  Ano Mas. Jun18: 16:39.02 / S nior 1  Ano Mas. Sen19: 16:29.30 / S nior 2  Ano Mas. 20 +: 16:19.58

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B, 15 anos			
1. RAPOSO, Mateus Medeiros	10 Desportivo Nacional	17:25.63	531
<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>			
100m: 1:01.69 1:01.69	500m: 5:39.42 1:10.24	900m: 10:22.28 1:11.51	1300m: 15:08.43 1:10.82
200m: 2:09.49 1:07.80	600m: 6:49.91 1:10.49	1000m: 11:34.18 1:11.90	1400m: 16:17.98 1:09.55
300m: 3:19.14 1:09.65	700m: 8:00.43 1:10.52	1100m: 12:45.86 1:11.68	1500m: 17:25.63 1:07.65
400m: 4:29.18 1:10.04	800m: 9:10.77 1:10.34	1200m: 13:57.61 1:11.75	

Juvenis A, 16 anos

1. PESTANA, Pedro Correia	09 Desportivo Nacional	18:19.96	456
100m: 1:04.37 1:04.37	500m: 6:01.85 1:15.96	900m: 11:00.09 1:14.05	1300m: 15:56.27 1:13.70
200m: 2:16.67 1:12.30	600m: 7:16.37 1:14.52	1000m: 12:14.66 1:14.57	1400m: 17:10.17 1:13.90
300m: 3:31.10 1:14.43	700m: 8:31.43 1:15.06	1100m: 13:28.64 1:13.98	1500m: 18:19.96 1:09.79
400m: 4:45.89 1:14.79	800m: 9:46.04 1:14.61	1200m: 14:42.57 1:13.93	
2. SOUSA, Eduardo Afonseca	09 Desportivo Nacional	18:20.96	455
100m: 1:07.19 1:07.19	500m: 6:03.50 1:14.62	900m: 11:01.33 1:14.19	1300m: 15:56.39 1:13.28
200m: 2:20.08 1:12.89	600m: 7:18.35 1:14.85	1000m: 12:15.62 1:14.29	1400m: 17:10.43 1:14.04
300m: 3:34.45 1:14.37	700m: 8:32.71 1:14.36	1100m: 13:29.34 1:13.72	1500m: 18:20.96 1:10.53
400m: 4:48.88 1:14.43	800m: 9:47.14 1:14.43	1200m: 14:43.11 1:13.77	

Juniores, 17 e 18 anos

1. MIRANDA, Francisco Guilherme	08 Naval do Funchal	16:37.26	612
<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>			
100m: 1:01.78 1:01.78	500m: 5:25.52 1:06.42	900m: 9:53.69 1:07.45	1300m: 14:24.32 1:07.48
200m: 2:06.96 1:05.18	600m: 6:32.47 1:06.95	1000m: 11:01.42 1:07.73	1400m: 15:31.84 1:07.52
300m: 3:12.70 1:05.74	700m: 7:39.19 1:06.72	1100m: 12:09.12 1:07.70	1500m: 16:37.26 1:05.42
400m: 4:19.10 1:06.40	800m: 8:46.24 1:07.05	1200m: 13:16.84 1:07.72	
2. COSTA, Guilherme Corte	07 Desportivo Nacional	17:15.79	546
100m: 1:02.47 1:02.47	500m: 5:33.38 1:08.79	900m: 10:11.63 1:09.98	1300m: 14:55.04 1:10.99
200m: 2:08.72 1:06.25	600m: 6:42.60 1:09.22	1000m: 11:22.11 1:10.48	1400m: 16:06.14 1:11.10
300m: 3:16.55 1:07.83	700m: 7:52.13 1:09.53	1100m: 12:33.02 1:10.91	1500m: 17:15.79 1:09.65
400m: 4:24.59 1:08.04	800m: 9:01.65 1:09.52	1200m: 13:44.05 1:11.03	

Absolutos, 13 anos e mais velhos

1. MIRANDA, Francisco Guilherme	08 Naval do Funchal	16:37.26	612
<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>			
100m: 1:01.78 1:01.78	500m: 5:25.52 1:06.42	900m: 9:53.69 1:07.45	1300m: 14:24.32 1:07.48
200m: 2:06.96 1:05.18	600m: 6:32.47 1:06.95	1000m: 11:01.42 1:07.73	1400m: 15:31.84 1:07.52
300m: 3:12.70 1:05.74	700m: 7:39.19 1:06.72	1100m: 12:09.12 1:07.70	1500m: 16:37.26 1:05.42
400m: 4:19.10 1:06.40	800m: 8:46.24 1:07.05	1200m: 13:16.84 1:07.72	

Prova 12, Masc., 1500m Livres, Absolutos, 13 anos e mais velhos

Lugar	Ano		Tempo final								Pts		
2.	COSTA, Guilherme Corte		07	Desportivo Nacional								17:15.79	546
	100m:	1:02.47	1:02.47	500m:	5:33.38	1:08.79	900m:	10:11.63	1:09.98	1300m:	14:55.04	1:10.99	
	200m:	2:08.72	1:06.25	600m:	6:42.60	1:09.22	1000m:	11:22.11	1:10.48	1400m:	16:06.14	1:11.10	
	300m:	3:16.55	1:07.83	700m:	7:52.13	1:09.53	1100m:	12:33.02	1:10.91	1500m:	17:15.79	1:09.65	
	400m:	4:24.59	1:08.04	800m:	9:01.65	1:09.52	1200m:	13:44.05	1:11.03				
3.	RAPOSO, Mateus Medeiros		10	Desportivo Nacional								17:25.63	531
	<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>												
	100m:	1:01.69	1:01.69	500m:	5:39.42	1:10.24	900m:	10:22.28	1:11.51	1300m:	15:08.43	1:10.82	
	200m:	2:09.49	1:07.80	600m:	6:49.91	1:10.49	1000m:	11:34.18	1:11.90	1400m:	16:17.98	1:09.55	
	300m:	3:19.14	1:09.65	700m:	8:00.43	1:10.52	1100m:	12:45.86	1:11.68	1500m:	17:25.63	1:07.65	
	400m:	4:29.18	1:10.04	800m:	9:10.77	1:10.34	1200m:	13:57.61	1:11.75				
4.	PESTANA, Pedro Correia		09	Desportivo Nacional								18:19.96	456
	100m:	1:04.37	1:04.37	500m:	6:01.85	1:15.96	900m:	11:00.09	1:14.05	1300m:	15:56.27	1:13.70	
	200m:	2:16.67	1:12.30	600m:	7:16.37	1:14.52	1000m:	12:14.66	1:14.57	1400m:	17:10.17	1:13.90	
	300m:	3:31.10	1:14.43	700m:	8:31.43	1:15.06	1100m:	13:28.64	1:13.98	1500m:	18:19.96	1:09.79	
	400m:	4:45.89	1:14.79	800m:	9:46.04	1:14.61	1200m:	14:42.57	1:13.93				
5.	SOUSA, Eduardo Afonseca		09	Desportivo Nacional								18:20.96	455
	100m:	1:07.19	1:07.19	500m:	6:03.50	1:14.62	900m:	11:01.33	1:14.19	1300m:	15:56.39	1:13.28	
	200m:	2:20.08	1:12.89	600m:	7:18.35	1:14.85	1000m:	12:15.62	1:14.29	1400m:	17:10.43	1:14.04	
	300m:	3:34.45	1:14.37	700m:	8:32.71	1:14.36	1100m:	13:29.34	1:13.72	1500m:	18:20.96	1:10.53	
	400m:	4:48.88	1:14.43	800m:	9:47.14	1:14.43	1200m:	14:43.11	1:13.77				