

Prova 7 Masc., 1500m Livres Juvenis
10/05/2025 - 10:29 JUVENIS A & B Resultados

Recorde Regional Open	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
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

Juv. B Mas. Juv B: 17:34.93 / Juv. A Mas. Juv A: 17:05.76

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B, 15 anos			
1. RAPOSO, Mateus Medeiros	10	17:36.33	515
100m: 1:04.94 1:04.94	500m: 5:46.12 1:10.54	900m: 10:32.40 1:11.44	1300m: 15:17.21 1:11.24
200m: 2:13.84 1:08.90	600m: 6:57.51 1:11.39	1000m: 11:42.94 1:10.54	1400m: 16:28.35 1:11.14
300m: 3:24.34 1:10.50	700m: 8:10.20 1:12.69	1100m: 12:54.51 1:11.57	1500m: 17:36.33 1:07.98
400m: 4:35.58 1:11.24	800m: 9:20.96 1:10.76	1200m: 14:05.97 1:11.46	
2. GONCALVES, Tomas Figueiredo	10	18:07.94	471
100m: 1:07.84 1:07.84	500m: 5:46.99 1:10.90	900m: 10:41.88 1:14.69	1300m: 15:37.38 1:13.36
200m: 2:17.19 1:09.35	600m: 7:00.27 1:13.28	1000m: 11:54.75 1:12.87	1400m: 16:54.30 1:16.92
300m: 3:26.38 1:09.19	700m: 8:13.65 1:13.38	1100m: 13:09.22 1:14.47	1500m: 18:07.94 1:13.64
400m: 4:36.09 1:09.71	800m: 9:27.19 1:13.54	1200m: 14:24.02 1:14.80	
3. MENDES, Salvador Neves	10	18:14.54	463
100m: 1:09.58 1:09.58	500m: 5:56.61 1:11.75	900m: 10:50.50 1:14.40	1300m: 15:46.84 1:13.02
200m: 2:21.74 1:12.16	600m: 7:09.57 1:12.96	1000m: 12:05.10 1:14.60	1400m: 17:01.68 1:14.84
300m: 3:33.42 1:11.68	700m: 8:22.64 1:13.07	1100m: 13:18.54 1:13.44	1500m: 18:14.54 1:12.86
400m: 4:44.86 1:11.44	800m: 9:36.10 1:13.46	1200m: 14:33.82 1:15.28	
4. GONCALVES, Tiago Mauricio	10	21:33.32	280
100m: 1:20.70 1:20.70	500m: 7:08.45 1:26.09	900m: 12:57.47 1:27.29	1300m: 18:46.19 1:27.53
200m: 2:47.95 1:27.25	600m: 8:35.47 1:27.02	1000m: 14:24.08 1:26.61	1400m: 20:13.44 1:27.25
300m: 4:15.19 1:27.24	700m: 10:03.15 1:27.68	1100m: 15:51.59 1:27.51	1500m: 21:33.32 1:19.88
400m: 5:42.36 1:27.17	800m: 11:30.18 1:27.03	1200m: 17:18.66 1:27.07	
5. FERREIRA, Manuel Maria	10	21:53.97	267
100m: 1:22.66 1:22.66	500m: 7:18.06 1:27.72	900m: 13:08.42 1:28.44	1300m: 19:00.32 1:27.98
200m: 2:51.74 1:29.08	600m: 8:45.40 1:27.34	1000m: 14:35.19 1:26.77	1400m: 20:26.91 1:26.59
300m: 4:21.86 1:30.12	700m: 10:12.97 1:27.57	1100m: 16:04.22 1:29.03	1500m: 21:53.97 1:27.06
400m: 5:50.34 1:28.48	800m: 11:39.98 1:27.01	1200m: 17:32.34 1:28.12	

Juvenis A, 16 anos

1. ANDRADE, Salvador Freitas	09	16:59.24	573
<i>TAC Nacional Juv Jun e Sen. - Coimbra, 24-27 Julho</i>			
100m: 1:03.92 1:03.92	500m: 5:37.11 1:08.77	900m: 10:14.24 1:10.89	1300m: 14:46.10 1:08.41
200m: 2:11.69 1:07.77	600m: 6:45.82 1:08.71	1000m: 11:20.48 1:06.24	1400m: 15:54.29 1:08.19
300m: 3:20.16 1:08.47	700m: 7:54.90 1:09.08	1100m: 12:28.68 1:08.20	1500m: 16:59.24 1:04.95
400m: 4:28.34 1:08.18	800m: 9:03.35 1:08.45	1200m: 13:37.69 1:09.01	
2. SILVA, Joao Bernardo	09	18:11.97	466
100m: 1:07.19 1:07.19	500m: 5:56.97 1:13.44	900m: 10:49.72 1:12.76	1300m: 15:46.60 1:14.42
200m: 2:18.45 1:11.26	600m: 7:10.22 1:13.25	1000m: 12:03.18 1:13.46	1400m: 16:59.84 1:13.24
300m: 3:30.74 1:12.29	700m: 8:23.92 1:13.70	1100m: 13:17.54 1:14.36	1500m: 18:11.97 1:12.13
400m: 4:43.53 1:12.79	800m: 9:36.96 1:13.04	1200m: 14:32.18 1:14.64	
3. SOUSA, Eduardo Afonseca	09	18:26.83	447
100m: 1:09.14 1:09.14	500m: 6:03.54 1:14.72	900m: 11:00.93 1:15.00	1300m: 15:58.74 1:14.71
200m: 2:22.40 1:13.26	600m: 7:17.82 1:14.28	1000m: 12:14.70 1:13.77	1400m: 17:13.21 1:14.47
300m: 3:34.96 1:12.56	700m: 8:31.91 1:14.09	1100m: 13:29.76 1:15.06	1500m: 18:26.83 1:13.62
400m: 4:48.82 1:13.86	800m: 9:45.93 1:14.02	1200m: 14:44.03 1:14.27	
4. CRESPO, Joao Jesus	09	19:06.32	403
100m: 1:10.79 1:10.79	500m: 6:19.81 1:17.34	900m: 11:31.23 1:17.22	1300m: 16:41.79 1:18.48
200m: 2:27.06 1:16.27	600m: 7:37.74 1:17.93	1000m: 12:47.60 1:16.37	1400m: 17:55.34 1:13.55
300m: 3:44.44 1:17.38	700m: 8:55.89 1:18.15	1100m: 14:04.84 1:17.24	1500m: 19:06.32 1:10.98
400m: 5:02.47 1:18.03	800m: 10:14.01 1:18.12	1200m: 15:23.31 1:18.47	

Prova 7, Masc., 1500m Livres, Juvenis A, 16 anos

Lugar											Ano											Tempo final	Pts
5.	MARTINHO, Joao Miguel										09	Desportivo Nacional										19:34.95	374
	100m:	1:10.74	1:10.74	500m:	6:20.26	1:20.13	900m:	11:41.12	1:20.27	1300m:	17:03.66	1:17.50											
	200m:	2:24.96	1:14.22	600m:	7:40.17	1:19.91	1000m:	13:02.45	1:21.33	1400m:	18:21.09	1:17.43											
	300m:	3:41.74	1:16.78	700m:	8:59.93	1:19.76	1100m:	14:25.01	1:22.56	1500m:	19:34.95	1:13.86											
	400m:	5:00.13	1:18.39	800m:	10:20.85	1:20.92	1200m:	15:46.16	1:21.15														
6.	MARTINS, Antonio Freitas										09	Desportivo Nacional										19:49.47	360
	100m:	1:17.12	1:17.12	500m:	6:35.64	1:19.39	900m:	11:53.82	1:19.82	1300m:	17:13.34	1:19.77											
	200m:	2:37.19	1:20.07	600m:	7:55.38	1:19.74	1000m:	13:13.88	1:20.06	1400m:	18:32.70	1:19.36											
	300m:	3:56.59	1:19.40	700m:	9:14.70	1:19.32	1100m:	14:33.88	1:20.00	1500m:	19:49.47	1:16.77											
	400m:	5:16.25	1:19.66	800m:	10:34.00	1:19.30	1200m:	15:53.57	1:19.69														