

Prova 11 Masc., 1500m Livres Absolutos
22/03/2025 - 9:15 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
Recorde Regional Inf A	17:10.19	ALMEIDA, Carlos Alexandre	CDN	Restelo	27/07/2003
Recorde Regional Inf B	18:10.64	ALMEIDA, Carlos Alexandre	CDN	Restelo	21/07/2002
Recorde Nacional Nat. Adaptada S6	22:43.43	VIDEIRA, Daniel Carlos	GESL	Povoa de Varzim	08/12/2019
Recorde Nacional Nat. Adaptada S7	28:07.56	CAMPOS, Joao Miguel	ADADA	Povoa de Varzim	02/06/2024
Recorde Nacional Nat. Adaptada S8	20:47.59	SOARES, Ricardo Aderneira	GESL	Povoa de Varzim	08/12/2019
Recorde Nacional Nat. Adaptada S9	18:12.44	GRACHAT, David Realista	GESL	Povoa de Varzim	08/12/2019
Recorde Nacional Nat. Adaptada S14	19:04.31	DUARTE, Samuel Lima	FVCD	Porto	16/04/2023
Recorde Nacional Nat. Adaptada S15	18:04.58	CRUZ, Miguel Duarte	CFB	Coimbra	05/04/2024
Recorde Nacional Nat. Adaptada S17	21:40.33	CARVALHO, Joaquim Eduardo	CNF	Vila Franca de Xira	29/04/2023
Recorde Nacional Nat. Adaptada S21	23:38.59	MONTES, Francisco Pessanha	ADADA	Póvoa de Varzim	02/06/2024

Juv. B Mas. Juv B: 18:13.00 / Juv. A Mas. Juv A: 17:43.00 / Júnior 1º Ano Mas. Jun17: 17:23.00 / Júnior 2º Ano Mas. Jun18: 17:07.50 / Sénior 1º Ano Mas. Sen19: 16:57.50 / Sénior 2º Ano Mas. 20+: 16:47.50

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Juvenil B - 15 anos

1. RAPOSO, Mateus Medeiros 10 Desportivo Nacional 18:04.60 517
TAC NACIONAL - Jamor, 3 a 6 de abril de 2025

100m:	1:06.01	1:06.01	500m:	5:57.44	1:12.69	900m:	10:49.03	1:12.98	1300m:	15:43.35	1:13.22
200m:	2:18.32	1:12.31	600m:	7:10.38	1:12.94	1000m:	12:02.52	1:13.49	1400m:	16:55.17	1:11.82
300m:	3:31.62	1:13.30	700m:	8:23.38	1:13.00	1100m:	13:16.54	1:14.02	1500m:	18:04.60	1:09.43
400m:	4:44.75	1:13.13	800m:	9:36.05	1:12.67	1200m:	14:30.13	1:13.59			

2. DUARTE, Nayan Santos 10 Desportiva Galomar 23:47.36 226

100m:	1:21.22	1:21.22	500m:	7:51.31	1:37.73	900m:	14:21.04	1:38.17	1300m:	20:44.08	1:33.34
200m:	2:57.74	1:36.52	600m:	9:29.33	1:38.02	1000m:	15:58.61	1:37.57	1400m:	22:19.63	1:35.55
300m:	4:33.92	1:36.18	700m:	11:05.24	1:35.91	1100m:	17:33.98	1:35.37	1500m:	23:47.36	1:27.73
400m:	6:13.58	1:39.66	800m:	12:42.87	1:37.63	1200m:	19:10.74	1:36.76			

Juvenil A - 16 anos

1. PESTANA, Pedro Correia 09 Desportivo Nacional 18:12.47 506

100m:	1:05.86	1:05.86	500m:	5:57.73	1:13.36	900m:	10:52.34	1:13.19	1300m:	15:47.62	1:13.89
200m:	2:17.28	1:11.42	600m:	7:11.67	1:13.94	1000m:	12:06.00	1:13.66	1400m:	17:01.15	1:13.53
300m:	3:30.80	1:13.52	700m:	8:25.80	1:14.13	1100m:	13:19.60	1:13.60	1500m:	18:12.47	1:11.32
400m:	4:44.37	1:13.57	800m:	9:39.15	1:13.35	1200m:	14:33.73	1:14.13			

2. SILVA, Joao Bernardo 09 Desportivo Nacional 19:53.28 388

100m:	1:05.79	1:05.79	500m:	5:58.02	1:14.09	900m:	11:17.26	1:35.77	1300m:	17:04.39	1:25.85
200m:	2:17.15	1:11.36	600m:	7:12.18	1:14.16	1000m:	12:45.07	1:27.81	1400m:	18:30.01	1:25.62
300m:	3:30.23	1:13.08	700m:	8:27.43	1:15.25	1100m:	14:12.56	1:27.49	1500m:	19:53.28	1:23.27
400m:	4:43.93	1:13.70	800m:	9:41.49	1:14.06	1200m:	15:38.54	1:25.98			

Juniores - 17 e 18 anos

1. CARVALHO, Joaquim Eduardo 07 Naval do Funchal 19:46.06 395
RECORDE NACIONAL NAT. ADAPTADA

100m:	1:10.23	1:10.23	500m:	6:29.34	1:19.56	900m:	11:50.39	1:20.21	1300m:	17:11.52	1:20.13
200m:	2:29.43	1:19.20	600m:	7:50.41	1:21.07	1000m:	13:10.31	1:19.92	1400m:	18:30.83	1:19.31
300m:	3:49.10	1:19.67	700m:	9:11.20	1:20.79	1100m:	14:30.51	1:20.20	1500m:	19:46.06	1:15.23
400m:	5:09.78	1:20.68	800m:	10:30.18	1:18.98	1200m:	15:51.39	1:20.88			

Prova 11, Masc., 1500m Livres

Absolutos - 15 anos e mais velhos

1.	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	18:04.60	517			
	<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>							
	100m: 1:06.01	1:06.01	500m: 5:57.44	1:12.69	900m: 10:49.03	1:12.98	1300m: 15:43.35	1:13.22
	200m: 2:18.32	1:12.31	600m: 7:10.38	1:12.94	1000m: 12:02.52	1:13.49	1400m: 16:55.17	1:11.82
	300m: 3:31.62	1:13.30	700m: 8:23.38	1:13.00	1100m: 13:16.54	1:14.02	1500m: 18:04.60	1:09.43
	400m: 4:44.75	1:13.13	800m: 9:36.05	1:12.67	1200m: 14:30.13	1:13.59		
2.	PESTANA, Pedro Correia	09	Desportivo Nacional	18:12.47	506			
	100m: 1:05.86	1:05.86	500m: 5:57.73	1:13.36	900m: 10:52.34	1:13.19	1300m: 15:47.62	1:13.89
	200m: 2:17.28	1:11.42	600m: 7:11.67	1:13.94	1000m: 12:06.00	1:13.66	1400m: 17:01.15	1:13.53
	300m: 3:30.80	1:13.52	700m: 8:25.80	1:14.13	1100m: 13:19.60	1:13.60	1500m: 18:12.47	1:11.32
	400m: 4:44.37	1:13.57	800m: 9:39.15	1:13.35	1200m: 14:33.73	1:14.13		
3.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	19:46.06	395			
	<i>RECORDE NACIONAL NAT. ADAPTADA</i>							
	100m: 1:10.23	1:10.23	500m: 6:29.34	1:19.56	900m: 11:50.39	1:20.21	1300m: 17:11.52	1:20.13
	200m: 2:29.43	1:19.20	600m: 7:50.41	1:21.07	1000m: 13:10.31	1:19.92	1400m: 18:30.83	1:19.31
	300m: 3:49.10	1:19.67	700m: 9:11.20	1:20.79	1100m: 14:30.51	1:20.20	1500m: 19:46.06	1:15.23
	400m: 5:09.78	1:20.68	800m: 10:30.18	1:18.98	1200m: 15:51.39	1:20.88		
4.	SILVA, Joao Bernardo	09	Desportivo Nacional	19:53.28	388			
	100m: 1:05.79	1:05.79	500m: 5:58.02	1:14.09	900m: 11:17.26	1:35.77	1300m: 17:04.39	1:25.85
	200m: 2:17.15	1:11.36	600m: 7:12.18	1:14.16	1000m: 12:45.07	1:27.81	1400m: 18:30.01	1:25.62
	300m: 3:30.23	1:13.08	700m: 8:27.43	1:15.25	1100m: 14:12.56	1:27.49	1500m: 19:53.28	1:23.27
	400m: 4:43.93	1:13.70	800m: 9:41.49	1:14.06	1200m: 15:38.54	1:25.98		
5.	DUARTE, Nayan Santos	10	Desportiva Galomar	23:47.36	226			
	100m: 1:21.22	1:21.22	500m: 7:51.31	1:37.73	900m: 14:21.04	1:38.17	1300m: 20:44.08	1:33.34
	200m: 2:57.74	1:36.52	600m: 9:29.33	1:38.02	1000m: 15:58.61	1:37.57	1400m: 22:19.63	1:35.55
	300m: 4:33.92	1:36.18	700m: 11:05.24	1:35.91	1100m: 17:33.98	1:35.37	1500m: 23:47.36	1:27.73
	400m: 6:13.58	1:39.66	800m: 12:42.87	1:37.63	1200m: 19:10.74	1:36.76		