

Prova 1	Masc., 1500m Livres				Absolutos
22/11/2024 - 19:15	ABSOLUTO (JUV., JUN. e SEN.)				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 Nacional Nat. Adaptada	19:44.77	CARVALHO, Joaquim Eduardo	CNF	Funchal	27/05/2023

ZONAL Juv. B Mas. Juv B: 18:45.82 / ZONAL Juv. A Mas. Juv A: 18:25.72 / 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: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenil B - 15 anos			
1. RAPOSO, Mateus Medeiros	10 Desportivo Nacional	17:57.06	486
<i>TAC ZONAL JUVENIS - Abrantes, 6-8 Dezembro 2024</i>			
100m: 1:05.63 1:05.63	500m: 5:55.74 1:12.81	900m: 10:45.36 1:12.58	1300m: 15:35.68 1:12.61
200m: 2:17.74 1:12.11	600m: 7:08.16 1:12.42	1000m: 11:57.35 1:11.99	1400m: 16:47.74 1:12.06
300m: 3:30.08 1:12.34	700m: 8:20.96 1:12.80	1100m: 13:10.67 1:13.32	1500m: 17:57.06 1:09.32
400m: 4:42.93 1:12.85	800m: 9:32.78 1:11.82	1200m: 14:23.07 1:12.40	
2. JACINTO, Pedro Freitas	10 Juventude Atlantico	20:47.43	312
100m: 1:15.97 1:15.97	500m: 6:52.84 1:24.23	900m: 12:28.21 1:24.16	1300m: 18:02.84 1:23.83
200m: 2:40.27 1:24.30	600m: 8:16.83 1:23.99	1000m: 13:50.03 1:21.82	1400m: 19:27.40 1:24.56
300m: 4:05.16 1:24.89	700m: 9:40.46 1:23.63	1100m: 15:14.91 1:24.88	1500m: 20:47.43 1:20.03
400m: 5:28.61 1:23.45	800m: 11:04.05 1:23.59	1200m: 16:39.01 1:24.10	

Juvenil A - 16 anos

1. PESTANA, Pedro Correia	09 Desportivo Nacional	17:59.57	482
<i>TAC ZONAL JUVENIS - Abrantes, 6-8 Dezembro 2024</i>			
100m: 1:05.34 1:05.34	500m: 5:53.02 1:12.54	900m: 10:44.39 1:13.12	1300m: 15:36.81 1:12.56
200m: 2:15.82 1:10.48	600m: 7:05.60 1:12.58	1000m: 11:57.20 1:12.81	1400m: 16:49.59 1:12.78
300m: 3:27.97 1:12.15	700m: 8:18.46 1:12.86	1100m: 13:10.61 1:13.41	1500m: 17:59.57 1:09.98
400m: 4:40.48 1:12.51	800m: 9:31.27 1:12.81	1200m: 14:24.25 1:13.64	
2. SOUSA, Eduardo Afonseca	09 Desportivo Nacional	18:17.71	459
<i>TAC ZONAL JUVENIS - Abrantes, 6-8 Dezembro 2024</i>			
100m: 1:07.89 1:07.89	500m: 5:59.61 1:13.50	900m: 10:55.47 1:13.57	1300m: 15:51.30 1:13.87
200m: 2:20.08 1:12.19	600m: 7:13.79 1:14.18	1000m: 12:09.28 1:13.81	1400m: 17:05.84 1:14.54
300m: 3:33.02 1:12.94	700m: 8:27.84 1:14.05	1100m: 13:23.44 1:14.16	1500m: 18:17.71 1:11.87
400m: 4:46.11 1:13.09	800m: 9:41.90 1:14.06	1200m: 14:37.43 1:13.99	
3. MARTINS, Antonio Freitas	09 Desportivo Nacional	18:45.21	426
100m: 1:09.81 1:09.81	500m: 6:09.37 1:15.06	900m: 11:10.80 1:16.07	1300m: 16:16.04 1:17.09
200m: 2:24.76 1:14.95	600m: 7:24.56 1:15.19	1000m: 12:26.40 1:15.60	1400m: 17:32.07 1:16.03
300m: 3:39.70 1:14.94	700m: 8:39.65 1:15.09	1100m: 13:42.69 1:16.29	1500m: 18:45.21 1:13.14
400m: 4:54.31 1:14.61	800m: 9:54.73 1:15.08	1200m: 14:58.95 1:16.26	

Juniores - 17, 18 anos

1. JESUS, Vasco Franca	08 Naval do Funchal	17:17.70	543
<i>TAC's - 13 a 15 Dez. + 21 a 23 Mar. + 24 a 27 Jul.</i>			
100m: 1:02.56 1:02.56	500m: 5:39.06 1:09.96	900m: 10:19.28 1:10.60	1300m: 15:01.10 1:10.71
200m: 2:10.30 1:07.74	600m: 6:49.14 1:10.08	1000m: 11:29.19 1:09.91	1400m: 16:10.78 1:09.68
300m: 3:19.72 1:09.42	700m: 7:58.67 1:09.53	1100m: 12:39.71 1:10.52	1500m: 17:17.70 1:06.92
400m: 4:29.10 1:09.38	800m: 9:08.68 1:10.01	1200m: 13:50.39 1:10.68	
2. CARVALHO, Joaquim Eduardo	07 Naval do Funchal	19:41.74	368
<i>RECORDE NACIONAL NATAÇÃO ADAPTADA, S17</i>			
100m: 1:10.73 1:10.73	500m: 6:23.93 1:18.49	900m: 11:41.25 1:19.85	1300m: 17:04.26 1:20.91
200m: 2:27.63 1:16.90	600m: 7:42.49 1:18.56	1000m: 13:01.28 1:20.03	1400m: 18:24.28 1:20.02
300m: 3:46.49 1:18.86	700m: 9:01.84 1:19.35	1100m: 14:22.31 1:21.03	1500m: 19:41.74 1:17.46
400m: 5:05.44 1:18.95	800m: 10:21.40 1:19.56	1200m: 15:43.35 1:21.04	

Prova 1, Masc., 1500m Livres

Seniores - 19 e mais velhos

1.	SILVA, Joao Luis		06	Desportivo Sao Roque		20:01.27	350					
	100m:	1:07.74	1:07.74	500m:	6:23.43	1:19.93	900m:	11:46.51	1:22.09	1300m:	17:20.02	1:24.00
	200m:	2:24.73	1:16.99	600m:	7:42.61	1:19.18	1000m:	13:08.99	1:22.48	1400m:	18:43.14	1:23.12
	300m:	3:43.11	1:18.38	700m:	9:02.59	1:19.98	1100m:	14:32.44	1:23.45	1500m:	20:01.27	1:18.13
	400m:	5:03.50	1:20.39	800m:	10:24.42	1:21.83	1200m:	15:56.02	1:23.58			