

Prova 3
16/11/2019 - 9:44

Masc., 1500m Livres

Juvenis
Resultados

Recordes Regionais Absoluto	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recordes Regionais Juv A	16:31.31	CASTRO, Joao Cruz	CDSR	Funchal	29/07/2016
Recordes Regionais Juv B	16:30.75	ALMEIDA, Carlos Alexandre	CDN	Penafiel	21/03/2004

TAC Nacionais Juv B: 17:43.52; Juv A: 17:16.48 / TAC Zonais Juv B: 18:44.12; Juv A: 18:23.49

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
Juvenil B, 15 anos			
1.	OLIVEIRA, Diogo Alexandre	05 Naval do Funchal	17:33.03 522
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
100m:	1:05.34 1:05.34	500m:	5:44.66 1:10.38
200m:	2:14.06 1:08.72	600m:	6:55.57 1:10.91
300m:	3:23.95 1:09.89	700m:	8:06.60 1:11.03
400m:	4:34.28 1:10.33	800m:	9:17.77 1:11.17
900m:	10:29.09 1:11.32	1000m:	11:39.94 1:10.85
1100m:	12:51.08 1:11.14	1200m:	14:02.18 1:11.10
1300m:	15:12.93 1:10.75	1400m:	16:23.74 1:10.81
1500m:	17:33.03 1:09.29		
2.	GOUVEIA, Luis Galvao	05 Nacional	18:11.73 468
<i>Minimos Campeonato Zonal - Sines</i>			
100m:	1:07.69 1:07.69	500m:	6:01.70 1:14.02
200m:	2:20.67 1:12.98	600m:	7:15.32 1:13.62
300m:	3:33.99 1:13.32	700m:	8:30.08 1:14.76
400m:	4:47.68 1:13.69	800m:	9:42.03 1:11.95
900m:	10:56.89 1:14.86	1000m:	12:10.45 1:13.56
1100m:	13:24.74 1:14.29	1200m:	14:37.93 1:13.19
1300m:	15:51.41 1:13.48	1400m:	17:03.15 1:11.74
1500m:	18:11.73 1:08.58		
3.	DIAS, Andre Vicente	05 Nacional	18:25.24 451
<i>Minimos Campeonato Zonal - Sines</i>			
100m:	1:10.37 1:10.37	500m:	6:08.73 1:15.40
200m:	2:24.49 1:14.12	600m:	7:23.64 1:14.91
300m:	3:39.34 1:14.85	700m:	8:38.26 1:14.62
400m:	4:53.33 1:13.99	800m:	9:54.01 1:15.75
900m:	11:07.89 1:13.88	1000m:	12:22.54 1:14.65
1100m:	13:36.60 1:14.06	1200m:	14:50.24 1:13.64
1300m:	16:02.96 1:12.72	1400m:	17:15.43 1:12.47
1500m:	18:25.24 1:09.81		
4.	SANTOS, Nuno Goncalo	05 Sao Roque	18:33.68 441
<i>Minimos Campeonato Zonal - Sines</i>			
100m:	1:08.46 1:08.46	500m:	6:07.97 1:14.83
200m:	2:23.41 1:14.95	600m:	7:21.64 1:13.67
300m:	3:37.76 1:14.35	700m:	8:36.73 1:15.09
400m:	4:53.14 1:15.38	800m:	9:52.41 1:15.68
900m:	11:08.15 1:15.74	1000m:	12:23.94 1:15.79
1100m:	13:39.67 1:15.73	1200m:	14:54.58 1:14.91
1300m:	16:09.54 1:14.96	1400m:	17:23.26 1:13.72
1500m:	18:33.68 1:10.42		
5.	RODRIGUES, Joao Luis	05 Naval do Funchal	18:36.71 437
<i>Minimos Campeonato Zonal - Sines</i>			
100m:	1:07.54 1:07.54	500m:	6:03.35 1:14.91
200m:	2:20.23 1:12.69	600m:	7:18.38 1:15.03
300m:	3:34.32 1:14.09	700m:	8:33.30 1:14.92
400m:	4:48.44 1:14.12	800m:	9:48.81 1:15.51
900m:	11:04.75 1:15.94	1000m:	12:20.28 1:15.53
1100m:	13:36.01 1:15.73	1200m:	14:51.59 1:15.58
1300m:	16:07.33 1:15.74	1400m:	17:23.31 1:15.98
1500m:	18:36.71 1:13.40		
6.	LEITAO, Andre Freitas	05 Naval do Funchal	18:43.68 429
<i>Minimos Campeonato Zonal - Sines</i>			
100m:	1:10.93 1:10.93	500m:	6:10.67 1:15.62
200m:	2:24.62 1:13.69	600m:	7:26.79 1:16.12
300m:	3:39.98 1:15.36	700m:	8:41.22 1:14.43
400m:	4:55.05 1:15.07	800m:	9:57.01 1:15.79
900m:	11:11.68 1:14.67	1000m:	12:27.29 1:15.61
1100m:	13:43.43 1:16.14	1200m:	14:59.66 1:16.23
1300m:	16:15.08 1:15.42	1400m:	17:30.44 1:15.36
1500m:	18:43.68 1:13.24		
7.	SOUSA, Lourenco Quintas	05 Naval do Funchal	19:21.77 388
<i>Minimos Campeonato Zonal - Sines</i>			
100m:	1:10.65 1:10.65	500m:	6:19.11 1:18.34
200m:	2:25.94 1:15.29	600m:	7:37.68 1:18.57
300m:	3:43.03 1:17.09	700m:	8:56.10 1:18.42
400m:	5:00.77 1:17.74	800m:	10:14.89 1:18.79
900m:	11:33.94 1:19.05	1000m:	12:52.41 1:18.47
1100m:	14:11.06 1:18.65	1200m:	15:29.24 1:18.18
1300m:	16:47.90 1:18.66	1400m:	18:05.77 1:17.87
1500m:	19:21.77 1:16.00		
8.	VOLOZHENIN, Alexandre	05 Naval do Funchal	19:33.55 377
<i>Minimos Campeonato Zonal - Sines</i>			
100m:	1:14.10 1:14.10	500m:	6:27.54 1:18.46
200m:	2:31.97 1:17.87	600m:	7:46.11 1:18.57
300m:	3:50.59 1:18.62	700m:	9:05.31 1:19.20
400m:	5:09.08 1:18.49	800m:	10:24.33 1:19.02
900m:	11:42.31 1:17.98	1000m:	13:00.96 1:18.65
1100m:	14:19.75 1:18.79	1200m:	15:39.51 1:19.76
1300m:	16:58.77 1:19.26	1400m:	18:18.07 1:19.30
1500m:	19:33.55 1:15.48		

Prova 3, Masc., 1500m Livres, Juvenil B, 15 anos

Lugar	Nome		Ano	Equipa				Tempo final	Pts
9.	ALVES, Tiago Pires		05	Salesianos do Funchal				20:02.49	350
	100m:	1:16.45 1:16.45	500m:	6:38.51 1:20.97	900m:	12:05.46 1:21.68	1300m:	17:27.85 1:20.32	
	200m:	2:35.77 1:19.32	600m:	8:00.44 1:21.93	1000m:	13:26.51 1:21.05	1400m:	18:47.23 1:19.38	
	300m:	3:56.89 1:21.12	700m:	9:22.35 1:21.91	1100m:	14:47.01 1:20.50	1500m:	20:02.49 1:15.26	
	400m:	5:17.54 1:20.65	800m:	10:43.78 1:21.43	1200m:	16:07.53 1:20.52			
10.	ALVES, Afonso Pires		05	Salesianos do Funchal				20:27.37	329
	100m:	1:17.00 1:17.00	500m:	6:44.23 1:22.54	900m:	12:15.88 1:22.76	1300m:	17:46.43 1:22.29	
	200m:	2:38.00 1:21.00	600m:	8:07.28 1:23.05	1000m:	13:38.42 1:22.54	1400m:	19:08.40 1:21.97	
	300m:	3:59.60 1:21.60	700m:	9:30.61 1:23.33	1100m:	15:01.12 1:22.70	1500m:	20:27.37 1:18.97	
	400m:	5:21.69 1:22.09	800m:	10:53.12 1:22.51	1200m:	16:24.14 1:23.02			
11.	ALVES, Andre Camara		05	Nacional				20:35.72	323
	100m:	1:15.14 1:15.14	500m:	6:45.79 1:23.33	900m:	12:19.74 1:22.94	1300m:	17:54.33 1:23.24	
	200m:	2:35.98 1:20.84	600m:	8:09.06 1:23.27	1000m:	13:43.84 1:24.10	1400m:	19:17.44 1:23.11	
	300m:	3:58.63 1:22.65	700m:	9:33.36 1:24.30	1100m:	15:07.05 1:23.21	1500m:	20:35.72 1:18.28	
	400m:	5:22.46 1:23.83	800m:	10:56.80 1:23.44	1200m:	16:31.09 1:24.04			
12.	SILVA, Tony Stefano		05	Naval do Funchal				20:49.51	312
	100m:	1:14.23 1:14.23	500m:	6:49.10 1:24.76	900m:	12:27.36 1:25.44	1300m:	18:07.50 1:24.41	
	200m:	2:35.16 1:20.93	600m:	8:14.46 1:25.36	1000m:	13:52.48 1:25.12	1400m:	19:31.62 1:24.12	
	300m:	3:59.33 1:24.17	700m:	9:38.54 1:24.08	1100m:	15:18.48 1:26.00	1500m:	20:49.51 1:17.89	
	400m:	5:24.34 1:25.01	800m:	11:01.92 1:23.38	1200m:	16:43.09 1:24.61			
13.	NUNES, Andre Maltez		05	Nacional				23:58.51	204
	100m:	1:29.84 1:29.84	500m:	7:54.18 1:38.11	900m:	14:20.88 1:37.38	1300m:	20:49.01 1:37.50	
	200m:	3:04.62 1:34.78	600m:	9:30.27 1:36.09	1000m:	15:57.34 1:36.46	1400m:	22:27.05 1:38.04	
	300m:	4:40.19 1:35.57	700m:	11:06.77 1:36.50	1100m:	17:34.79 1:37.45	1500m:	23:58.51 1:31.46	
	400m:	6:16.07 1:35.88	800m:	12:43.50 1:36.73	1200m:	19:11.51 1:36.72			
14.	MENDES, Juan Diego		05	Nacional				24:18.32	196
	100m:	1:29.63 1:29.63	500m:	8:04.26 1:39.19	900m:	14:37.72 1:38.32	1300m:	21:07.52 1:36.07	
	200m:	3:05.74 1:36.11	600m:	9:43.84 1:39.58	1000m:	16:15.74 1:38.02	1400m:	22:46.34 1:38.82	
	300m:	4:45.74 1:40.00	700m:	11:21.70 1:37.86	1100m:	17:53.49 1:37.75	1500m:	24:18.32 1:31.98	
	400m:	6:25.07 1:39.33	800m:	12:59.40 1:37.70	1200m:	19:31.45 1:37.96			
15.	ALVES, Luis Fernandez		05	Nacional				24:23.32	194
	100m:	1:27.50 1:27.50	500m:	7:55.14 1:38.53	900m:	14:30.91 1:40.00	1300m:	21:12.36 1:39.07	
	200m:	3:03.15 1:35.65	600m:	9:32.05 1:36.91	1000m:	16:10.43 1:39.52	1400m:	22:50.75 1:38.39	
	300m:	4:38.95 1:35.80	700m:	11:11.61 1:39.56	1100m:	17:51.15 1:40.72	1500m:	24:23.32 1:32.57	
	400m:	6:16.61 1:37.66	800m:	12:50.91 1:39.30	1200m:	19:33.29 1:42.14			
16.	CORREIA, Rodrigo Ramos		05	Nacional				24:40.76	187
	100m:	1:31.48 1:31.48	500m:	8:08.43 1:39.95	900m:	14:45.22 1:40.02	1300m:	21:27.85 1:40.70	
	200m:	3:10.67 1:39.19	600m:	9:47.58 1:39.15	1000m:	16:25.61 1:40.39	1400m:	23:06.29 1:38.44	
	300m:	4:49.03 1:38.36	700m:	11:26.72 1:39.14	1100m:	18:07.48 1:41.87	1500m:	24:40.76 1:34.47	
	400m:	6:28.48 1:39.45	800m:	13:05.20 1:38.48	1200m:	19:47.15 1:39.67			

Juvenil A, 16 anos

1.	ALVES, Paulo Rodrigues		04	Nacional				17:03.22	569
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>								
	100m:	1:05.52 1:05.52	500m:	5:40.81 1:09.07	900m:	10:15.47 1:08.34	1300m:	14:48.62 1:07.64	
	200m:	2:14.00 1:08.48	600m:	6:49.49 1:08.68	1000m:	11:24.04 1:08.57	1400m:	15:56.64 1:08.02	
	300m:	3:22.91 1:08.91	700m:	7:57.96 1:08.47	1100m:	12:32.90 1:08.86	1500m:	17:03.22 1:06.58	
	400m:	4:31.74 1:08.83	800m:	9:07.13 1:09.17	1200m:	13:40.98 1:08.08			
2.	RODRIGUES, Rodrigo Reis		04	Sao Roque				17:04.00	568
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>								
	100m:	1:05.13 1:05.13	500m:	5:39.77 1:08.96	900m:	10:15.17 1:08.66	1300m:	14:49.45 1:08.51	
	200m:	2:13.01 1:07.88	600m:	6:48.74 1:08.97	1000m:	11:23.75 1:08.58	1400m:	15:58.36 1:08.91	
	300m:	3:21.81 1:08.80	700m:	7:57.49 1:08.75	1100m:	12:32.38 1:08.63	1500m:	17:04.00 1:05.64	
	400m:	4:30.81 1:09.00	800m:	9:06.51 1:09.02	1200m:	13:40.94 1:08.56			

Prova 3, Masc., 1500m Livres, Juvenil A, 16 anos

Lugar	Nome		Ano	Clube	Tempo final	Pts		
3.	FERNANDES, Diogo Henrique		04	Naval do Funchal	18:18.26	460		
	<i>Minimos Campeonato Zonal - Sines</i>							
	100m: 1:07.00	1:07.00	500m: 5:58.86	1:14.08	900m: 10:54.71	1:13.28		
	200m: 2:18.41	1:11.41	600m: 7:13.54	1:14.68	1000m: 12:10.02	1:15.31		
	300m: 3:31.70	1:13.29	700m: 8:27.83	1:14.29	1100m: 13:25.23	1:15.21		
	400m: 4:44.78	1:13.08	800m: 9:41.43	1:13.60	1200m: 14:38.79	1:13.56		
1300m:	15:53.72	1:14.93	1400m:	17:08.05	1:14.33	1500m:	18:18.26	1:10.21
4.	AGUILAR, Luis Santos		04	Nacional	18:51.30	421		
	100m: 1:09.25	1:09.25	500m: 6:10.61	1:15.96	900m: 11:16.45	1:16.41		
	200m: 2:24.03	1:14.78	600m: 7:26.54	1:15.93	1000m: 12:33.68	1:17.23		
	300m: 3:38.95	1:14.92	700m: 8:43.02	1:16.48	1100m: 13:51.60	1:17.92		
	400m: 4:54.65	1:15.70	800m: 10:00.04	1:17.02	1200m: 15:08.96	1:17.36		
1300m:	16:25.00	1:16.04	1400m:	17:39.94	1:14.94	1500m:	18:51.30	1:11.36
5.	NUNES, Afonso Miguel		04	Salesianos do Funchal	19:06.44	404		
	100m: 1:10.89	1:10.89	500m: 6:13.04	1:17.05	900m: 11:23.22	1:16.77		
	200m: 2:24.70	1:13.81	600m: 7:30.76	1:17.72	1000m: 12:40.91	1:17.69		
	300m: 3:39.42	1:14.72	700m: 8:48.63	1:17.87	1100m: 13:58.32	1:17.41		
	400m: 4:55.99	1:16.57	800m: 10:06.45	1:17.82	1200m: 15:16.21	1:17.89		
1300m:	16:34.14	1:17.93	1400m:	17:51.56	1:17.42	1500m:	19:06.44	1:14.88
6.	SILVA, Eduardo Rodrigues		04	Salesianos do Funchal	19:13.25	397		
	100m: 1:14.66	1:14.66	500m: 6:24.86	1:18.51	900m: 11:35.07	1:16.96		
	200m: 2:32.00	1:17.34	600m: 7:42.42	1:17.56	1000m: 12:51.98	1:16.91		
	300m: 3:48.92	1:16.92	700m: 9:00.41	1:17.99	1100m: 14:08.24	1:16.26		
	400m: 5:06.35	1:17.43	800m: 10:18.11	1:17.70	1200m: 15:24.90	1:16.66		
1300m:	16:41.32	1:16.42	1400m:	17:57.40	1:16.08	1500m:	19:13.25	1:15.85
7.	PEREIRA, Jordao Abreu		04	Salesianos do Funchal	19:30.72	380		
	100m: 1:12.82	1:12.82	500m: 6:25.34	1:18.30	900m: 11:37.68	1:18.14		
	200m: 2:31.45	1:18.63	600m: 7:42.95	1:17.61	1000m: 12:56.68	1:19.00		
	300m: 3:49.78	1:18.33	700m: 9:01.45	1:18.50	1100m: 14:17.23	1:20.55		
	400m: 5:07.04	1:17.26	800m: 10:19.54	1:18.09	1200m: 15:37.07	1:19.84		
1300m:	16:57.72	1:20.65	1400m:	18:15.38	1:17.66	1500m:	19:30.72	1:15.34
8.	LEAL, Diogo Silva		04	Salesianos do Funchal	21:23.72	288		
	100m: 1:15.40	1:15.40	500m: 6:52.59	1:26.54	900m: 12:43.41	1:28.23		
	200m: 2:36.79	1:21.39	600m: 8:19.36	1:26.77	1000m: 14:12.10	1:28.69		
	300m: 4:01.52	1:24.73	700m: 9:46.99	1:27.63	1100m: 15:42.08	1:29.98		
	400m: 5:26.05	1:24.53	800m: 11:15.18	1:28.19	1200m: 17:10.29	1:28.21		
1300m:	18:38.13	1:27.84	1400m:	20:02.10	1:23.97	1500m:	21:23.72	1:21.62
9.	FERNANDEZ, Joao Guilherme		04	Salesianos do Funchal	22:00.63	264		
	100m: 1:17.61	1:17.61	500m: 7:09.48	1:27.98	900m: 13:04.75	1:28.57		
	200m: 2:44.04	1:26.43	600m: 8:38.87	1:29.39	1000m: 14:35.16	1:30.41		
	300m: 4:12.24	1:28.20	700m: 10:07.50	1:28.63	1100m: 16:05.99	1:30.83		
	400m: 5:41.50	1:29.26	800m: 11:36.18	1:28.68	1200m: 17:37.23	1:31.24		
1300m:	19:07.26	1:30.03	1400m:	20:35.86	1:28.60	1500m:	22:00.63	1:24.77
10.	MACHADO, Tiago Magalhaes		04	Nacional	22:17.33	255		
	100m: 1:14.75	1:14.75	500m: 7:09.90	1:31.20	900m: 13:15.74	1:32.02		
	200m: 2:38.66	1:23.91	600m: 8:41.24	1:31.34	1000m: 14:48.15	1:32.41		
	300m: 4:07.46	1:28.80	700m: 10:12.55	1:31.31	1100m: 16:20.72	1:32.57		
	400m: 5:38.70	1:31.24	800m: 11:43.72	1:31.17	1200m: 17:54.38	1:33.66		
1300m:	19:24.27	1:29.89	1400m:	20:52.88	1:28.61	1500m:	22:17.33	1:24.45
11.	GOMES, Alexandre Monteiro		04	Salesianos do Funchal	22:30.79	247		
	100m: 1:17.28	1:17.28	500m: 7:17.52	1:29.43	900m: 13:21.72	1:31.87		
	200m: 2:44.53	1:27.25	600m: 8:45.43	1:27.91	1000m: 14:55.26	1:33.54		
	300m: 4:15.56	1:31.03	700m: 10:18.06	1:32.63	1100m: 16:30.49	1:35.23		
	400m: 5:48.09	1:32.53	800m: 11:49.85	1:31.79	1200m: 18:03.91	1:33.42		
1300m:	19:38.28	1:34.37	1400m:	21:10.39	1:32.11	1500m:	22:30.79	1:20.40
12.	URDANETA, Lisandro Alberto		04	Nacional	28:24.30	123		
	100m: 1:33.56	1:33.56	500m: 8:59.04	1:54.87	900m: 16:49.96	1:59.23		
	200m: 3:20.67	1:47.11	600m: 10:54.92	1:55.88	1000m: 18:50.01	2:00.05		
	300m: 5:12.18	1:51.51	700m: 12:53.06	1:58.14	1100m: 20:49.76	1:59.75		
	400m: 7:04.17	1:51.99	800m: 14:50.73	1:57.67	1200m: 22:51.32	2:01.56		
1300m:	24:46.98	1:55.66	1400m:	26:38.51	1:51.53	1500m:	28:24.30	1:45.79

Prova 3, Masc., 1500m Livres

Juvenil Geral, 15 e 16 anos

1.	ALVES, Paulo Rodrigues	04	Nacional	17:03.22	569			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>							
	100m: 1:05.52	1:05.52	500m: 5:40.81	1:09.07	900m: 10:15.47	1:08.34	1300m: 14:48.62	1:07.64
	200m: 2:14.00	1:08.48	600m: 6:49.49	1:08.68	1000m: 11:24.04	1:08.57	1400m: 15:56.64	1:08.02
	300m: 3:22.91	1:08.91	700m: 7:57.96	1:08.47	1100m: 12:32.90	1:08.86	1500m: 17:03.22	1:06.58
	400m: 4:31.74	1:08.83	800m: 9:07.13	1:09.17	1200m: 13:40.98	1:08.08		
2.	RODRIGUES, Rodrigo Reis	04	Sao Roque	17:04.00	568			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>							
	100m: 1:05.13	1:05.13	500m: 5:39.77	1:08.96	900m: 10:15.17	1:08.66	1300m: 14:49.45	1:08.51
	200m: 2:13.01	1:07.88	600m: 6:48.74	1:08.97	1000m: 11:23.75	1:08.58	1400m: 15:58.36	1:08.91
	300m: 3:21.81	1:08.80	700m: 7:57.49	1:08.75	1100m: 12:32.38	1:08.63	1500m: 17:04.00	1:05.64
	400m: 4:30.81	1:09.00	800m: 9:06.51	1:09.02	1200m: 13:40.94	1:08.56		
3.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	17:33.03	522			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>							
	100m: 1:05.34	1:05.34	500m: 5:44.66	1:10.38	900m: 10:29.09	1:11.32	1300m: 15:12.93	1:10.75
	200m: 2:14.06	1:08.72	600m: 6:55.57	1:10.91	1000m: 11:39.94	1:10.85	1400m: 16:23.74	1:10.81
	300m: 3:23.95	1:09.89	700m: 8:06.60	1:11.03	1100m: 12:51.08	1:11.14	1500m: 17:33.03	1:09.29
	400m: 4:34.28	1:10.33	800m: 9:17.77	1:11.17	1200m: 14:02.18	1:11.10		
4.	GOUVEIA, Luis Galvao	05	Nacional	18:11.73	468			
	<i>Minimos Campeonato Zonal - Sines</i>							
	100m: 1:07.69	1:07.69	500m: 6:01.70	1:14.02	900m: 10:56.89	1:14.86	1300m: 15:51.41	1:13.48
	200m: 2:20.67	1:12.98	600m: 7:15.32	1:13.62	1000m: 12:10.45	1:13.56	1400m: 17:03.15	1:11.74
	300m: 3:33.99	1:13.32	700m: 8:30.08	1:14.76	1100m: 13:24.74	1:14.29	1500m: 18:11.73	1:08.58
	400m: 4:47.68	1:13.69	800m: 9:42.03	1:11.95	1200m: 14:37.93	1:13.19		
5.	FERNANDES, Diogo Henrique	04	Naval do Funchal	18:18.26	460			
	<i>Minimos Campeonato Zonal - Sines</i>							
	100m: 1:07.00	1:07.00	500m: 5:58.86	1:14.08	900m: 10:54.71	1:13.28	1300m: 15:53.72	1:14.93
	200m: 2:18.41	1:11.41	600m: 7:13.54	1:14.68	1000m: 12:10.02	1:15.31	1400m: 17:08.05	1:14.33
	300m: 3:31.70	1:13.29	700m: 8:27.83	1:14.29	1100m: 13:25.23	1:15.21	1500m: 18:18.26	1:10.21
	400m: 4:44.78	1:13.08	800m: 9:41.43	1:13.60	1200m: 14:38.79	1:13.56		
6.	DIAS, Andre Vicente	05	Nacional	18:25.24	451			
	<i>Minimos Campeonato Zonal - Sines</i>							
	100m: 1:10.37	1:10.37	500m: 6:08.73	1:15.40	900m: 11:07.89	1:13.88	1300m: 16:02.96	1:12.72
	200m: 2:24.49	1:14.12	600m: 7:23.64	1:14.91	1000m: 12:22.54	1:14.65	1400m: 17:15.43	1:12.47
	300m: 3:39.34	1:14.85	700m: 8:38.26	1:14.62	1100m: 13:36.60	1:14.06	1500m: 18:25.24	1:09.81
	400m: 4:53.33	1:13.99	800m: 9:54.01	1:15.75	1200m: 14:50.24	1:13.64		
7.	SANTOS, Nuno Goncalo	05	Sao Roque	18:33.68	441			
	<i>Minimos Campeonato Zonal - Sines</i>							
	100m: 1:08.46	1:08.46	500m: 6:07.97	1:14.83	900m: 11:08.15	1:15.74	1300m: 16:09.54	1:14.96
	200m: 2:23.41	1:14.95	600m: 7:21.64	1:13.67	1000m: 12:23.94	1:15.79	1400m: 17:23.26	1:13.72
	300m: 3:37.76	1:14.35	700m: 8:36.73	1:15.09	1100m: 13:39.67	1:15.73	1500m: 18:33.68	1:10.42
	400m: 4:53.14	1:15.38	800m: 9:52.41	1:15.68	1200m: 14:54.58	1:14.91		
8.	RODRIGUES, Joao Luis	05	Naval do Funchal	18:36.71	437			
	<i>Minimos Campeonato Zonal - Sines</i>							
	100m: 1:07.54	1:07.54	500m: 6:03.35	1:14.91	900m: 11:04.75	1:15.94	1300m: 16:07.33	1:15.74
	200m: 2:20.23	1:12.69	600m: 7:18.38	1:15.03	1000m: 12:20.28	1:15.53	1400m: 17:23.31	1:15.98
	300m: 3:34.32	1:14.09	700m: 8:33.30	1:14.92	1100m: 13:36.01	1:15.73	1500m: 18:36.71	1:13.40
	400m: 4:48.44	1:14.12	800m: 9:48.81	1:15.51	1200m: 14:51.59	1:15.58		
9.	LEITAO, Andre Freitas	05	Naval do Funchal	18:43.68	429			
	<i>Minimos Campeonato Zonal - Sines</i>							
	100m: 1:10.93	1:10.93	500m: 6:10.67	1:15.62	900m: 11:11.68	1:14.67	1300m: 16:15.08	1:15.42
	200m: 2:24.62	1:13.69	600m: 7:26.79	1:16.12	1000m: 12:27.29	1:15.61	1400m: 17:30.44	1:15.36
	300m: 3:39.98	1:15.36	700m: 8:41.22	1:14.43	1100m: 13:43.43	1:16.14	1500m: 18:43.68	1:13.24
	400m: 4:55.05	1:15.07	800m: 9:57.01	1:15.79	1200m: 14:59.66	1:16.23		

Prova 3, Masc., 1500m Livres, Juvenil Geral, 15 e 16 anos

Lugar			Ano			Tempo final	Pts	
10.	AGUILAR, Luis Santos		04	Nacional		18:51.30	421	
	100m:	1:09.25 1:09.25	500m:	6:10.61 1:15.96	900m:	11:16.45 1:16.41	1300m:	16:25.00 1:16.04
	200m:	2:24.03 1:14.78	600m:	7:26.54 1:15.93	1000m:	12:33.68 1:17.23	1400m:	17:39.94 1:14.94
	300m:	3:38.95 1:14.92	700m:	8:43.02 1:16.48	1100m:	13:51.60 1:17.92	1500m:	18:51.30 1:11.36
	400m:	4:54.65 1:15.70	800m:	10:00.04 1:17.02	1200m:	15:08.96 1:17.36		
11.	NUNES, Afonso Miguel		04	Salesianos do Funchal		19:06.44	404	
	100m:	1:10.89 1:10.89	500m:	6:13.04 1:17.05	900m:	11:23.22 1:16.77	1300m:	16:34.14 1:17.93
	200m:	2:24.70 1:13.81	600m:	7:30.76 1:17.72	1000m:	12:40.91 1:17.69	1400m:	17:51.56 1:17.42
	300m:	3:39.42 1:14.72	700m:	8:48.63 1:17.87	1100m:	13:58.32 1:17.41	1500m:	19:06.44 1:14.88
	400m:	4:55.99 1:16.57	800m:	10:06.45 1:17.82	1200m:	15:16.21 1:17.89		
12.	SILVA, Eduardo Rodrigues		04	Salesianos do Funchal		19:13.25	397	
	100m:	1:14.66 1:14.66	500m:	6:24.86 1:18.51	900m:	11:35.07 1:16.96	1300m:	16:41.32 1:16.42
	200m:	2:32.00 1:17.34	600m:	7:42.42 1:17.56	1000m:	12:51.98 1:16.91	1400m:	17:57.40 1:16.08
	300m:	3:48.92 1:16.92	700m:	9:00.41 1:17.99	1100m:	14:08.24 1:16.26	1500m:	19:13.25 1:15.85
	400m:	5:06.35 1:17.43	800m:	10:18.11 1:17.70	1200m:	15:24.90 1:16.66		
13.	SOUSA, Lourenco Quintas		05	Naval do Funchal		19:21.77	388	
	100m:	1:10.65 1:10.65	500m:	6:19.11 1:18.34	900m:	11:33.94 1:19.05	1300m:	16:47.90 1:18.66
	200m:	2:25.94 1:15.29	600m:	7:37.68 1:18.57	1000m:	12:52.41 1:18.47	1400m:	18:05.77 1:17.87
	300m:	3:43.03 1:17.09	700m:	8:56.10 1:18.42	1100m:	14:11.06 1:18.65	1500m:	19:21.77 1:16.00
	400m:	5:00.77 1:17.74	800m:	10:14.89 1:18.79	1200m:	15:29.24 1:18.18		
14.	PEREIRA, Jordao Abreu		04	Salesianos do Funchal		19:30.72	380	
	100m:	1:12.82 1:12.82	500m:	6:25.34 1:18.30	900m:	11:37.68 1:18.14	1300m:	16:57.72 1:20.65
	200m:	2:31.45 1:18.63	600m:	7:42.95 1:17.61	1000m:	12:56.68 1:19.00	1400m:	18:15.38 1:17.66
	300m:	3:49.78 1:18.33	700m:	9:01.45 1:18.50	1100m:	14:17.23 1:20.55	1500m:	19:30.72 1:15.34
	400m:	5:07.04 1:17.26	800m:	10:19.54 1:18.09	1200m:	15:37.07 1:19.84		
15.	VOLOZHENIN, Alexandre		05	Naval do Funchal		19:33.55	377	
	100m:	1:14.10 1:14.10	500m:	6:27.54 1:18.46	900m:	11:42.31 1:17.98	1300m:	16:58.77 1:19.26
	200m:	2:31.97 1:17.87	600m:	7:46.11 1:18.57	1000m:	13:00.96 1:18.65	1400m:	18:18.07 1:19.30
	300m:	3:50.59 1:18.62	700m:	9:05.31 1:19.20	1100m:	14:19.75 1:18.79	1500m:	19:33.55 1:15.48
	400m:	5:09.08 1:18.49	800m:	10:24.33 1:19.02	1200m:	15:39.51 1:19.76		
16.	ALVES, Tiago Pires		05	Salesianos do Funchal		20:02.49	350	
	100m:	1:16.45 1:16.45	500m:	6:38.51 1:20.97	900m:	12:05.46 1:21.68	1300m:	17:27.85 1:20.32
	200m:	2:35.77 1:19.32	600m:	8:00.44 1:21.93	1000m:	13:26.51 1:21.05	1400m:	18:47.23 1:19.38
	300m:	3:56.89 1:21.12	700m:	9:22.35 1:21.91	1100m:	14:47.01 1:20.50	1500m:	20:02.49 1:15.26
	400m:	5:17.54 1:20.65	800m:	10:43.78 1:21.43	1200m:	16:07.53 1:20.52		
17.	ALVES, Afonso Pires		05	Salesianos do Funchal		20:27.37	329	
	100m:	1:17.00 1:17.00	500m:	6:44.23 1:22.54	900m:	12:15.88 1:22.76	1300m:	17:46.43 1:22.29
	200m:	2:38.00 1:21.00	600m:	8:07.28 1:23.05	1000m:	13:38.42 1:22.54	1400m:	19:08.40 1:21.97
	300m:	3:59.60 1:21.60	700m:	9:30.61 1:23.33	1100m:	15:01.12 1:22.70	1500m:	20:27.37 1:18.97
	400m:	5:21.69 1:22.09	800m:	10:53.12 1:22.51	1200m:	16:24.14 1:23.02		
18.	ALVES, Andre Camara		05	Nacional		20:35.72	323	
	100m:	1:15.14 1:15.14	500m:	6:45.79 1:23.33	900m:	12:19.74 1:22.94	1300m:	17:54.33 1:23.24
	200m:	2:35.98 1:20.84	600m:	8:09.06 1:23.27	1000m:	13:43.84 1:24.10	1400m:	19:17.44 1:23.11
	300m:	3:58.63 1:22.65	700m:	9:33.36 1:24.30	1100m:	15:07.05 1:23.21	1500m:	20:35.72 1:18.28
	400m:	5:22.46 1:23.83	800m:	10:56.80 1:23.44	1200m:	16:31.09 1:24.04		
19.	SILVA, Tony Stefano		05	Naval do Funchal		20:49.51	312	
	100m:	1:14.23 1:14.23	500m:	6:49.10 1:24.76	900m:	12:27.36 1:25.44	1300m:	18:07.50 1:24.41
	200m:	2:35.16 1:20.93	600m:	8:14.46 1:25.36	1000m:	13:52.48 1:25.12	1400m:	19:31.62 1:24.12
	300m:	3:59.33 1:24.17	700m:	9:38.54 1:24.08	1100m:	15:18.48 1:26.00	1500m:	20:49.51 1:17.89
	400m:	5:24.34 1:25.01	800m:	11:01.92 1:23.38	1200m:	16:43.09 1:24.61		
20.	LEAL, Diogo Silva		04	Salesianos do Funchal		21:23.72	288	
	100m:	1:15.40 1:15.40	500m:	6:52.59 1:26.54	900m:	12:43.41 1:28.23	1300m:	18:38.13 1:27.84
	200m:	2:36.79 1:21.39	600m:	8:19.36 1:26.77	1000m:	14:12.10 1:28.69	1400m:	20:02.10 1:23.97
	300m:	4:01.52 1:24.73	700m:	9:46.99 1:27.63	1100m:	15:42.08 1:29.98	1500m:	21:23.72 1:21.62
	400m:	5:26.05 1:24.53	800m:	11:15.18 1:28.19	1200m:	17:10.29 1:28.21		
21.	FERNANDEZ, Joao Guilherme		04	Salesianos do Funchal		22:00.63	264	
	100m:	1:17.61 1:17.61	500m:	7:09.48 1:27.98	900m:	13:04.75 1:28.57	1300m:	19:07.26 1:30.03
	200m:	2:44.04 1:26.43	600m:	8:38.87 1:29.39	1000m:	14:35.16 1:30.41	1400m:	20:35.86 1:28.60
	300m:	4:12.24 1:28.20	700m:	10:07.50 1:28.63	1100m:	16:05.99 1:30.83	1500m:	22:00.63 1:24.77
	400m:	5:41.50 1:29.26	800m:	11:36.18 1:28.68	1200m:	17:37.23 1:31.24		

Prova 3, Masc., 1500m Livres, Juvenil Geral, 15 e 16 anos

Lugar			Ano				Tempo final		Pts
22.	MACHADO, Tiago Magalhaes		04 Nacional				22:17.33		255
	100m:	1:14.75	1:14.75	500m:	7:09.90	1:31.20	900m:	13:15.74	1:32.02
	200m:	2:38.66	1:23.91	600m:	8:41.24	1:31.34	1000m:	14:48.15	1:32.41
	300m:	4:07.46	1:28.80	700m:	10:12.55	1:31.31	1100m:	16:20.72	1:32.57
	400m:	5:38.70	1:31.24	800m:	11:43.72	1:31.17	1200m:	17:54.38	1:33.66
23.	GOMES, Alexandre Monteiro		04 Salesianos do Funchal				22:30.79		247
	100m:	1:17.28	1:17.28	500m:	7:17.52	1:29.43	900m:	13:21.72	1:31.87
	200m:	2:44.53	1:27.25	600m:	8:45.43	1:27.91	1000m:	14:55.26	1:33.54
	300m:	4:15.56	1:31.03	700m:	10:18.06	1:32.63	1100m:	16:30.49	1:35.23
	400m:	5:48.09	1:32.53	800m:	11:49.85	1:31.79	1200m:	18:03.91	1:33.42
24.	NUNES, Andre Maltez		05 Nacional				23:58.51		204
	100m:	1:29.84	1:29.84	500m:	7:54.18	1:38.11	900m:	14:20.88	1:37.38
	200m:	3:04.62	1:34.78	600m:	9:30.27	1:36.09	1000m:	15:57.34	1:36.46
	300m:	4:40.19	1:35.57	700m:	11:06.77	1:36.50	1100m:	17:34.79	1:37.45
	400m:	6:16.07	1:35.88	800m:	12:43.50	1:36.73	1200m:	19:11.51	1:36.72
25.	MENDES, Juan Diego		05 Nacional				24:18.32		196
	100m:	1:29.63	1:29.63	500m:	8:04.26	1:39.19	900m:	14:37.72	1:38.32
	200m:	3:05.74	1:36.11	600m:	9:43.84	1:39.58	1000m:	16:15.74	1:38.02
	300m:	4:45.74	1:40.00	700m:	11:21.70	1:37.86	1100m:	17:53.49	1:37.75
	400m:	6:25.07	1:39.33	800m:	12:59.40	1:37.70	1200m:	19:31.45	1:37.96
26.	ALVES, Luis Fernandez		05 Nacional				24:23.32		194
	100m:	1:27.50	1:27.50	500m:	7:55.14	1:38.53	900m:	14:30.91	1:40.00
	200m:	3:03.15	1:35.65	600m:	9:32.05	1:36.91	1000m:	16:10.43	1:39.52
	300m:	4:38.95	1:35.80	700m:	11:11.61	1:39.56	1100m:	17:51.15	1:40.72
	400m:	6:16.61	1:37.66	800m:	12:50.91	1:39.30	1200m:	19:33.29	1:42.14
27.	CORREIA, Rodrigo Ramos		05 Nacional				24:40.76		187
	100m:	1:31.48	1:31.48	500m:	8:08.43	1:39.95	900m:	14:45.22	1:40.02
	200m:	3:10.67	1:39.19	600m:	9:47.58	1:39.15	1000m:	16:25.61	1:40.39
	300m:	4:49.03	1:38.36	700m:	11:26.72	1:39.14	1100m:	18:07.48	1:41.87
	400m:	6:28.48	1:39.45	800m:	13:05.20	1:38.48	1200m:	19:47.15	1:39.67
28.	URDANETA, Lisandro Alberto		04 Nacional				28:24.30		123
	100m:	1:33.56	1:33.56	500m:	8:59.04	1:54.87	900m:	16:49.96	1:59.23
	200m:	3:20.67	1:47.11	600m:	10:54.92	1:55.88	1000m:	18:50.01	2:00.05
	300m:	5:12.18	1:51.51	700m:	12:53.06	1:58.14	1100m:	20:49.76	1:59.75
	400m:	7:04.17	1:51.99	800m:	14:50.73	1:57.67	1200m:	22:51.32	2:01.56