

Torneio Regional de Fundo - Juvenis
Funchal, 16 - 17/11/2019



Prova 4

Masc., 1500m Livres

17 anos e mais velhos

16/11/2019 - 11:16

Resultados

Recordes Regionais Absoluto	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recordes Regionais Sen	15:05.68	FRANCO, Paulo Fragueiro	CDN	Leiria	06/12/2009
Recordes Regionais Jun18	15:38.98	FRANCO, Paulo Fragueiro	CDN	Mealhada	25/03/2000
Recordes Regionais Jun17	15:58.37	DEUS, Andre Portugal	CNF	Funchal	13/07/2019

TAC Nacionais Jun17: 16:57.69; Jun18: 16:52.63; Sen19: 16:28.48; 20 +: 16:23.57

Pontos: FINA 2019

Lugar	Ano		Tempo final		Pts
Juniores, 17 e 18 anos					
1. RODRIGUES, Pedro Reis	02	Sao Roque	16:55.10	583	
100m: 1:02.79 1:02.79	500m: 5:33.33 1:08.45	900m: 10:11.43 1:09.68	1300m: 14:45.77 1:07.34		
200m: 2:10.00 1:07.21	600m: 6:42.56 1:09.23	1000m: 11:21.28 1:09.85	1400m: 15:51.57 1:05.80		
300m: 3:16.86 1:06.86	700m: 7:52.37 1:09.81	1100m: 12:30.87 1:09.59	1500m: 16:55.10 1:03.53		
400m: 4:24.88 1:08.02	800m: 9:01.75 1:09.38	1200m: 13:38.43 1:07.56			
2. FERNANDES, Rui Afonso	03	Nacional	17:41.65	509	
100m: 1:03.91 1:03.91	500m: 5:44.37 1:11.26	900m: 10:31.41 1:11.64	1300m: 15:20.26 1:12.24		
200m: 2:13.57 1:09.66	600m: 6:56.22 1:11.85	1000m: 11:43.56 1:12.15	1400m: 16:31.69 1:11.43		
300m: 3:22.92 1:09.35	700m: 8:07.92 1:11.70	1100m: 12:55.84 1:12.28	1500m: 17:41.65 1:09.96		
400m: 4:33.11 1:10.19	800m: 9:19.77 1:11.85	1200m: 14:08.02 1:12.18			
3. DEUS, Andre Portugal	02	Naval do Funchal	17:52.47	494	
100m: 1:03.48 1:03.48	500m: 5:36.67 1:10.93	900m: 10:35.16 1:15.08	1300m: 15:21.62 1:14.43		
200m: 2:10.66 1:07.18	600m: 6:50.69 1:14.02	1000m: 11:45.51 1:10.35	1400m: 16:38.02 1:16.40		
300m: 3:17.84 1:07.18	700m: 8:05.81 1:15.12	1100m: 12:56.11 1:10.60	1500m: 17:52.47 1:14.45		
400m: 4:25.74 1:07.90	800m: 9:20.08 1:14.27	1200m: 14:07.19 1:11.08			
4. LOPES, Pedro Henrique	03	Sao Roque	18:27.10	449	
100m: 1:07.89 1:07.89	500m: 6:05.28 1:14.85	900m: 11:02.80 1:14.38	1300m: 15:58.93 1:14.15		
200m: 2:21.69 1:13.80	600m: 7:19.18 1:13.90	1000m: 12:17.28 1:14.48	1400m: 17:13.99 1:15.06		
300m: 3:35.87 1:14.18	700m: 8:33.83 1:14.65	1100m: 13:31.26 1:13.98	1500m: 18:27.10 1:13.11		
400m: 4:50.43 1:14.56	800m: 9:48.42 1:14.59	1200m: 14:44.78 1:13.52			
5. BELO, Francisco Miguel	02	Nacional	19:20.24	390	
100m: 1:10.05 1:10.05	500m: 6:20.67 1:18.62	900m: 11:32.72 1:18.23	1300m: 16:46.35 1:18.79		
200m: 2:26.34 1:16.29	600m: 7:38.89 1:18.22	1000m: 12:50.90 1:18.18	1400m: 18:04.85 1:18.50		
300m: 3:43.95 1:17.61	700m: 8:56.83 1:17.94	1100m: 14:09.59 1:18.69	1500m: 19:20.24 1:15.39		
400m: 5:02.05 1:18.10	800m: 10:14.49 1:17.66	1200m: 15:27.56 1:17.97			
6. RODRIGUES, Renato Correia	03	Salesianos do Funchal	20:26.51	330	
100m: 1:12.35 1:12.35	500m: 6:34.35 1:21.25	900m: 12:05.63 1:23.46	1300m: 17:42.54 1:24.53		
200m: 2:31.72 1:19.37	600m: 7:56.57 1:22.22	1000m: 13:29.84 1:24.21	1400m: 19:06.60 1:24.06		
300m: 3:52.07 1:20.35	700m: 9:19.05 1:22.48	1100m: 14:53.98 1:24.14	1500m: 20:26.51 1:19.91		
400m: 5:13.10 1:21.03	800m: 10:42.17 1:23.12	1200m: 16:18.01 1:24.03			
7. RAMALHO, Joao Caires	02	Sao Roque	20:54.92	308	
100m: 1:14.73 1:14.73	500m: 6:44.81 1:24.91	900m: 12:23.08 1:24.49	1300m: 18:05.71 1:26.07		
200m: 2:34.72 1:19.99	600m: 8:09.62 1:24.81	1000m: 13:48.13 1:25.05	1400m: 19:31.21 1:25.50		
300m: 3:56.19 1:21.47	700m: 9:34.13 1:24.51	1100m: 15:14.21 1:26.08	1500m: 20:54.92 1:23.71		
400m: 5:19.90 1:23.71	800m: 10:58.59 1:24.46	1200m: 16:39.64 1:25.43			
8. KOVAL, Igor	03	Nacional	24:56.58	181	
100m: 1:27.38 1:27.38	500m: 8:13.46 1:40.81	900m: 14:58.93 1:41.68	1300m: 21:42.38 1:39.73		
200m: 3:09.02 1:41.64	600m: 9:55.94 1:42.48	1000m: 16:40.45 1:41.52	1400m: 23:20.33 1:37.95		
300m: 4:51.32 1:42.30	700m: 11:37.01 1:41.07	1100m: 18:20.43 1:39.98	1500m: 24:56.58 1:36.25		
400m: 6:32.65 1:41.33	800m: 13:17.25 1:40.24	1200m: 20:02.65 1:42.22			
9. LUIS, Francisco Sousa	03	Nacional	25:39.15	167	
100m: 1:32.34 1:32.34	500m: 8:22.41 1:44.16	900m: 15:16.38 1:44.45	1300m: 22:17.25 1:44.85		
200m: 3:13.07 1:40.73	600m: 10:04.48 1:42.07	1000m: 17:02.56 1:46.18	1400m: 24:02.48 1:45.23		
300m: 4:54.40 1:41.33	700m: 11:47.71 1:43.23	1100m: 18:47.95 1:45.39	1500m: 25:39.15 1:36.67		
400m: 6:38.25 1:43.85	800m: 13:31.93 1:44.22	1200m: 20:32.40 1:44.45			

Prova 4, Masc., 1500m Livres

Seniores, 19 anos e mais velhos

1. FERRO, Henrique Martins	01	Naval do Funchal	16:59.81	575
100m: 1:03.78 1:03.78	500m: 5:30.84 1:06.38	900m: 10:03.29 1:09.83	1300m: 14:42.07 1:09.20	
200m: 2:10.95 1:07.17	600m: 6:37.98 1:07.14	1000m: 11:12.15 1:08.86	1400m: 15:51.48 1:09.41	
300m: 3:17.57 1:06.62	700m: 7:45.04 1:07.06	1100m: 12:22.12 1:09.97	1500m: 16:59.81 1:08.33	
400m: 4:24.46 1:06.89	800m: 8:53.46 1:08.42	1200m: 13:32.87 1:10.75		
2. NUNES, Goncalo Almada	01	Salesianos do Funchal	20:34.50	324
100m: 1:15.78 1:15.78	500m: 6:47.36 1:23.46	900m: 12:19.36 1:22.95	1300m: 17:56.59 1:23.81	
200m: 2:37.96 1:22.18	600m: 8:10.55 1:23.19	1000m: 13:43.38 1:24.02	1400m: 19:17.70 1:21.11	
300m: 4:00.23 1:22.27	700m: 9:33.92 1:23.37	1100m: 15:08.15 1:24.77	1500m: 20:34.50 1:16.80	
400m: 5:23.90 1:23.67	800m: 10:56.41 1:22.49	1200m: 16:32.78 1:24.63		