

Prova 1	Masc., 1500m Livres				Absoluto
22/03/2024 - 19:15	Junto com os 1500L Femininos				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
Recordes Nacional S6	22:43.43	VIDEIRA, Daniel Carlos	GESL	Povoa de Varzim	08/12/2019
Recordes Nacional S8	20:47.59	SOARES, Ricardo Aderneira	GESL	Povoa de Varzim	08/12/2019
Recordes Nacional S9	18:12.44	GRACHAT, David Realista	GESL	Povoa de Varzim	08/12/2019
Recordes Nacional S14	19:04.31	DUARTE, Samuel Lima	FVCD	Porto	16/04/2023
Recordes Nacional S15	18:15.76	CRUZ, Miguel Duarte	CFB	Vila Franca de Xira	28/02/2020
Recordes Nacional S17	21:40.33	CARVALHO, Joaquim Eduardo	CNF	Vila Franca de Xira	29/04/2023
Recordes Nacional S21	24:13.06	MONTES, Francisco Pessanha	POR	Padova (ITA)	09/09/2023

Júnior 1º Ano Mas. Jun17: 17:54.39 / Júnior 2º Ano Mas. Jun18: 17:49.20 / Sénior 1º Ano Mas. Sen19: 17:23.25 /
Sénior 2º Ano Mas. 20+: 17:18.06

Pontos: FINA 2024

Lugar	Ano				Tempo final	Pts
Infantil A - 14 anos						
1.	RAPOSO, Mateus Medeiros		10	Desportivo Nacional	18:59.93	446
	100m: 1:11.02	1:11.02	500m: 6:16.50	1:16.94	900m: 11:24.81	1:17.40
	200m: 2:26.81	1:15.79	600m: 7:34.08	1:17.58	1000m: 12:41.01	1:16.20
	300m: 3:43.58	1:16.77	700m: 8:50.26	1:16.18	1100m: 13:56.80	1:15.79
	400m: 4:59.56	1:15.98	800m: 10:07.41	1:17.15	1200m: 15:13.33	1:16.53
	1300m: 16:30.04	1:16.71	1400m: 17:45.44	1:15.40	1500m: 18:59.93	1:14.49
2.	NASCIMENTO, Santiago Santos		10	Escola O Liceu	23:52.02	225
	100m: 1:25.86	1:25.86	500m: 7:49.80	1:37.07	900m: 14:19.42	1:37.19
	200m: 3:00.64	1:34.78	600m: 9:26.99	1:37.19	1000m: 15:56.88	1:37.46
	300m: 4:35.97	1:35.33	700m: 11:04.56	1:37.57	1100m: 17:34.68	1:37.80
	400m: 6:12.73	1:36.76	800m: 12:42.23	1:37.67	1200m: 19:10.75	1:36.07
	1300m: 20:47.16	1:36.41	1400m: 22:23.67	1:36.51	1500m: 23:52.02	1:28.35
Juvenil B - 15 anos						
1.	PESTANA, Pedro Correia		09	Desportivo Nacional	19:12.44	431
	100m: 1:08.99	1:08.99	500m: 6:13.12	1:16.69	900m: 11:24.83	1:18.02
	200m: 2:25.19	1:16.20	600m: 7:31.23	1:18.11	1000m: 12:42.82	1:17.99
	300m: 3:41.07	1:15.88	700m: 8:48.77	1:17.54	1100m: 14:00.93	1:18.11
	400m: 4:56.43	1:15.36	800m: 10:06.81	1:18.04	1200m: 15:19.30	1:18.37
	1300m: 16:37.72	1:18.42	1400m: 17:55.96	1:18.24	1500m: 19:12.44	1:16.48
2.	MARTINS, Antonio Freitas		09	Desportivo Nacional	19:34.18	408
	100m: 1:12.49	1:12.49	500m: 6:22.20	1:18.25	900m: 11:37.32	1:19.07
	200m: 2:29.21	1:16.72	600m: 7:40.45	1:18.25	1000m: 12:57.27	1:19.95
	300m: 3:46.55	1:17.34	700m: 8:59.39	1:18.94	1100m: 14:17.14	1:19.87
	400m: 5:03.95	1:17.40	800m: 10:18.25	1:18.86	1200m: 15:37.44	1:20.30
	1300m: 16:57.65	1:20.21	1400m: 18:16.95	1:19.30	1500m: 19:34.18	1:17.23
3.	GONCALVES, Fernando Silva		09	Escola O Liceu	24:31.02	207
	100m: 1:28.00	1:28.00	500m: 8:00.01	1:38.68	900m: 14:36.42	1:40.27
	200m: 3:04.48	1:36.48	600m: 9:38.50	1:38.49	1000m: 16:15.31	1:38.89
	300m: 4:42.54	1:38.06	700m: 11:16.78	1:38.28	1100m: 17:54.58	1:39.27
	400m: 6:21.33	1:38.79	800m: 12:56.15	1:39.37	1200m: 19:33.66	1:39.08
	1300m: 21:11.41	1:37.75	1400m: 22:53.62	1:42.21	1500m: 24:31.02	1:37.40
4.	SANTOS, Daniel Adonis		09	Escola O Liceu	24:52.02	198
	100m: 1:27.86	1:27.86	500m: 8:04.68	1:39.93	900m: 14:45.23	1:40.01
	200m: 3:04.92	1:37.06	600m: 9:44.11	1:39.43	1000m: 16:28.03	1:42.80
	300m: 4:44.33	1:39.41	700m: 11:24.27	1:40.16	1100m: 18:11.07	1:43.04
	400m: 6:24.75	1:40.42	800m: 13:05.22	1:40.95	1200m: 19:53.29	1:42.22
	1300m: 21:35.29	1:42.00	1400m: 23:15.81	1:40.52	1500m: 24:52.02	1:36.21
Juvenil A - 16 anos						

Prova 1, Masc., 1500m Livres, Juvenil A - 16 anos

Lugar	Ano		Tempo final								Pts	
1.	SILVA, Francisco Pita		08	Escola O Liceu				24:12.64		215		
	100m:	1:27.76	1:27.76	500m:	7:50.53	1:37.66	900m:	14:18.42	1:38.35	1300m:	20:54.11	1:38.08
	200m:	3:02.80	1:35.04	600m:	9:25.57	1:35.04	1000m:	15:56.71	1:38.29	1400m:	22:38.26	1:44.15
	300m:	4:37.89	1:35.09	700m:	11:03.39	1:37.82	1100m:	17:36.27	1:39.56	1500m:	24:12.64	1:34.38
	400m:	6:12.87	1:34.98	800m:	12:40.07	1:36.68	1200m:	19:16.03	1:39.76			

Juniores - 17 e 18 anos

1.	CARVALHO, Joaquim Eduardo		07	Naval do Funchal				20:17.08		366		
	<i>RECORDE NACIONAL</i>											
	100m:	1:11.93	1:11.93	500m:	6:36.49	1:22.11	900m:	12:03.56	1:21.81	1300m:	17:33.21	1:22.89
	200m:	2:31.24	1:19.31	600m:	7:57.92	1:21.43	1000m:	13:25.54	1:21.98	1400m:	18:56.06	1:22.85
	300m:	3:52.26	1:21.02	700m:	9:20.08	1:22.16	1100m:	14:48.22	1:22.68	1500m:	20:17.08	1:21.02
	400m:	5:14.38	1:22.12	800m:	10:41.75	1:21.67	1200m:	16:10.32	1:22.10			

Absolutos - 13 anos e mais velhos

1.	PESTANA, Pedro Correia		09	Desportivo Nacional				19:12.44		431		
	100m:	1:08.99	1:08.99	500m:	6:13.12	1:16.69	900m:	11:24.83	1:18.02	1300m:	16:37.72	1:18.42
	200m:	2:25.19	1:16.20	600m:	7:31.23	1:18.11	1000m:	12:42.82	1:17.99	1400m:	17:55.96	1:18.24
	300m:	3:41.07	1:15.88	700m:	8:48.77	1:17.54	1100m:	14:00.93	1:18.11	1500m:	19:12.44	1:16.48
	400m:	4:56.43	1:15.36	800m:	10:06.81	1:18.04	1200m:	15:19.30	1:18.37			
2.	MARTINS, Antonio Freitas		09	Desportivo Nacional				19:34.18		408		
	100m:	1:12.49	1:12.49	500m:	6:22.20	1:18.25	900m:	11:37.32	1:19.07	1300m:	16:57.65	1:20.21
	200m:	2:29.21	1:16.72	600m:	7:40.45	1:18.25	1000m:	12:57.27	1:19.95	1400m:	18:16.95	1:19.30
	300m:	3:46.55	1:17.34	700m:	8:59.39	1:18.94	1100m:	14:17.14	1:19.87	1500m:	19:34.18	1:17.23
	400m:	5:03.95	1:17.40	800m:	10:18.25	1:18.86	1200m:	15:37.44	1:20.30			
3.	CARVALHO, Joaquim Eduardo		07	Naval do Funchal				20:17.08		366		
	<i>RECORDE NACIONAL</i>											
	100m:	1:11.93	1:11.93	500m:	6:36.49	1:22.11	900m:	12:03.56	1:21.81	1300m:	17:33.21	1:22.89
	200m:	2:31.24	1:19.31	600m:	7:57.92	1:21.43	1000m:	13:25.54	1:21.98	1400m:	18:56.06	1:22.85
	300m:	3:52.26	1:21.02	700m:	9:20.08	1:22.16	1100m:	14:48.22	1:22.68	1500m:	20:17.08	1:21.02
	400m:	5:14.38	1:22.12	800m:	10:41.75	1:21.67	1200m:	16:10.32	1:22.10			
4.	SILVA, Francisco Pita		08	Escola O Liceu				24:12.64		215		
	100m:	1:27.76	1:27.76	500m:	7:50.53	1:37.66	900m:	14:18.42	1:38.35	1300m:	20:54.11	1:38.08
	200m:	3:02.80	1:35.04	600m:	9:25.57	1:35.04	1000m:	15:56.71	1:38.29	1400m:	22:38.26	1:44.15
	300m:	4:37.89	1:35.09	700m:	11:03.39	1:37.82	1100m:	17:36.27	1:39.56	1500m:	24:12.64	1:34.38
	400m:	6:12.87	1:34.98	800m:	12:40.07	1:36.68	1200m:	19:16.03	1:39.76			
5.	GONCALVES, Fernando Silva		09	Escola O Liceu				24:31.02		207		
	100m:	1:28.00	1:28.00	500m:	8:00.01	1:38.68	900m:	14:36.42	1:40.27	1300m:	21:11.41	1:37.75
	200m:	3:04.48	1:36.48	600m:	9:38.50	1:38.49	1000m:	16:15.31	1:38.89	1400m:	22:53.62	1:42.21
	300m:	4:42.54	1:38.06	700m:	11:16.78	1:38.28	1100m:	17:54.58	1:39.27	1500m:	24:31.02	1:37.40
	400m:	6:21.33	1:38.79	800m:	12:56.15	1:39.37	1200m:	19:33.66	1:39.08			
6.	SANTOS, Daniel Adonis		09	Escola O Liceu				24:52.02		198		
	100m:	1:27.86	1:27.86	500m:	8:04.68	1:39.93	900m:	14:45.23	1:40.01	1300m:	21:35.29	1:42.00
	200m:	3:04.92	1:37.06	600m:	9:44.11	1:39.43	1000m:	16:28.03	1:42.80	1400m:	23:15.81	1:40.52
	300m:	4:44.33	1:39.41	700m:	11:24.27	1:40.16	1100m:	18:11.07	1:43.04	1500m:	24:52.02	1:36.21
	400m:	6:24.75	1:40.42	800m:	13:05.22	1:40.95	1200m:	19:53.29	1:42.22			