

Campeonatos Regionais JUN-SEN PL 08-09  
Póvoa de Varzim, 6. - 8.3.2009

Prova 9 Masc., 1500m Livres 17 anos e mais velhos  
06-03-2009 - 16:00 COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Nacional Absoluto	15:16.22	COSTA, Fernando Eurico	FPN	Bangkok (THA)	14-08-2007
Recorde Nacional Sénior	15:16.22	COSTA, Fernando Eurico	FPN	Bangkok (THA)	14-08-2007
Recorde Nacional Junior	15:34.51	COSTA, Fernando Eurico	FPN	Luxemburgo (LUX)	24-01-2003

Time standard 1 Jun: 18:56.10; Sen: 18:46.40

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	TR
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Juniores

1.	COSTA, Rui Filipe	M	24004	91	Vitória Sport Clube	<b>16:18.15</b>	735	+0,73
	100m: 1:01.58	1:01.58	500m: 5:22.64	1:05.50	900m: 9:45.78	1:05.07	1300m: 14:09.92	1:06.33
	200m: 2:05.83	1:04.25	600m: 6:28.33	1:05.69	1000m: 10:51.43	1:05.65	1400m: 15:15.56	1:05.64
	300m: 3:11.27	1:05.44	700m: 7:34.38	1:06.05	1100m: 11:57.79	1:06.36	1500m: 16:18.15	1:02.59
	400m: 4:17.14	1:05.87	800m: 8:40.71	1:06.33	1200m: 13:03.59	1:05.80		
2.	ALVES, Andre Filipe	M	24261	92	Vitória Sport Clube	<b>17:14.33</b>	622	+0,80
	100m: 1:05.46	1:05.46	500m: 5:40.81	1:08.50	900m: 10:16.49	1:08.70	1300m: 14:54.67	1:10.72
	200m: 2:14.19	1:08.73	600m: 6:49.24	1:08.43	1000m: 11:25.90	1:09.41	1400m: 16:05.10	1:10.43
	300m: 3:22.78	1:08.59	700m: 7:58.54	1:09.30	1100m: 12:34.96	1:09.06	1500m: 17:14.33	1:09.23
	400m: 4:32.31	1:09.53	800m: 9:07.79	1:09.25	1200m: 13:43.95	1:08.99		
3.	ALMEIDA, Joao Pedro	M	24029	92	Porto/Império Bonança	<b>17:22.09</b>	608	+0,84
	100m: 1:04.91	1:04.91	500m: 5:40.19	1:08.74	900m: 10:21.25	1:10.47	1300m: 15:03.12	1:10.49
	200m: 2:13.34	1:08.43	600m: 6:50.02	1:09.83	1000m: 11:31.80	1:10.55	1400m: 16:13.98	1:10.86
	300m: 3:22.79	1:09.45	700m: 8:00.06	1:10.04	1100m: 12:41.88	1:10.08	1500m: 17:22.09	1:08.11
	400m: 4:31.45	1:08.66	800m: 9:10.78	1:10.72	1200m: 13:52.63	1:10.75		
4.	MAGANINHO, Pedro Miguel	M	13177	92	Sporting Clube de Braga	<b>17:27.74</b>	598	+0,89
	100m: 1:03.39	1:03.39	500m: 5:36.56	1:08.40	900m: 10:19.80	1:11.91	1300m: 15:06.40	1:12.18
	200m: 2:11.07	1:07.68	600m: 6:46.69	1:10.13	1000m: 11:31.42	1:11.62	1400m: 16:18.30	1:11.90
	300m: 3:19.35	1:08.28	700m: 7:56.80	1:10.11	1100m: 12:42.57	1:11.15	1500m: 17:27.74	1:09.44
	400m: 4:28.16	1:08.81	800m: 9:07.89	1:11.09	1200m: 13:54.22	1:11.65		
5.	FREIXO, Rui Alberto	M	11023	92	Desportiva de Viana	<b>17:31.17</b>	592	+0,91
	100m: 1:02.92	1:02.92	500m: 5:42.49	1:11.36	900m: 10:26.26	1:11.07	1300m: 15:12.08	1:11.45
	200m: 2:10.89	1:07.97	600m: 6:53.68	1:11.19	1000m: 11:37.36	1:11.10	1400m: 16:23.37	1:11.29
	300m: 3:20.93	1:10.04	700m: 8:04.22	1:10.54	1100m: 12:49.07	1:11.71	1500m: 17:31.17	1:07.80
	400m: 4:31.13	1:10.20	800m: 9:15.19	1:10.97	1200m: 14:00.63	1:11.56		
6.	GONCALVES, Jose Joao	M	26383	91	Leixões Sport Clube	<b>17:44.76</b>	570	+0,83
	100m: 1:03.92	1:03.92	500m: 5:40.85	1:10.44	900m: 10:29.14	1:12.61	1300m: 15:21.99	1:13.16
	200m: 2:11.62	1:07.70	600m: 6:52.88	1:12.03	1000m: 11:42.41	1:13.27	1400m: 16:34.10	1:12.11
	300m: 3:20.68	1:09.06	700m: 8:04.86	1:11.98	1100m: 12:55.67	1:13.26	1500m: 17:44.76	1:10.66
	400m: 4:30.41	1:09.73	800m: 9:16.53	1:11.67	1200m: 14:08.83	1:13.16		
7.	MENDES, Pedro Nuno	M	13172	92	Sporting Clube de Braga	<b>18:07.52</b>	535	+0,87
	100m: 1:04.97	1:04.97	500m: 5:49.14	1:13.26	900m: 10:44.69	1:14.16	1300m: 15:40.12	1:14.41
	200m: 2:14.19	1:09.22	600m: 7:02.81	1:13.67	1000m: 11:58.11	1:13.42	1400m: 16:54.17	1:14.05
	300m: 3:24.02	1:09.83	700m: 8:16.53	1:13.72	1100m: 13:11.71	1:13.60	1500m: 18:07.52	1:13.35
	400m: 4:35.88	1:11.86	800m: 9:30.53	1:14.00	1200m: 14:25.71	1:14.00		
8.	FERNANDES, Andre Antonio	M	24139	92	Leixões Sport Clube	<b>18:42.67</b>	486	+0,92
	100m: 1:06.36	1:06.36	500m: 6:06.74	1:15.45	900m: 11:08.92	1:14.80	1300m: 16:11.35	1:15.50
	200m: 2:20.80	1:14.44	600m: 7:22.20	1:15.46	1000m: 12:24.58	1:15.66	1400m: 17:28.32	1:16.97
	300m: 3:35.93	1:15.13	700m: 8:38.58	1:16.38	1100m: 13:40.42	1:15.84	1500m: 18:42.67	1:14.35
	400m: 4:51.29	1:15.36	800m: 9:54.12	1:15.54	1200m: 14:55.85	1:15.43		
9.	SOUSA, Andre Caravela FTL	M	11014	91	Desportiva de Viana	<b>19:59.14</b>	399	+0,82
	100m: 1:09.04	1:09.04	500m: 6:29.57	1:21.22	900m: 11:54.26	1:21.20	1300m: 17:20.34	1:20.92
	200m: 2:27.52	1:18.48	600m: 7:50.82	1:21.25	1000m: 13:16.15	1:21.89	1400m: 18:40.58	1:20.24
	300m: 3:47.50	1:19.98	700m: 9:11.89	1:21.07	1100m: 14:37.75	1:21.60	1500m: 19:59.14	1:18.56
	400m: 5:08.35	1:20.85	800m: 10:33.06	1:21.17	1200m: 15:59.42	1:21.67		

Seniores

1.	RIBEIRO, Hugo Alberto	M	23114	88	Vilacondense	<b>16:32.97</b>	703	+1,02
	100m: 1:03.09	1:03.09	500m: 5:28.59	1:06.21	900m: 9:54.29	1:06.47	1300m: 14:21.96	1:06.93
	200m: 2:09.03	1:05.94	600m: 6:34.98	1:06.39	1000m: 11:00.95	1:06.66	1400m: 15:28.90	1:06.94
	300m: 3:15.63	1:06.60	700m: 7:41.37	1:06.39	1100m: 12:07.77	1:06.82	1500m: 16:32.97	1:04.07
	400m: 4:22.38	1:06.75	800m: 8:47.82	1:06.45	1200m: 13:15.03	1:07.26		
2.	PEREIRA, Marcelo Goncalo	M	22440	90	Vilacondense	<b>16:38.68</b>	691	+0,86
	100m: 1:01.46	1:01.46	500m: 5:25.03	1:06.30	900m: 9:52.69	1:07.54	1300m: 14:24.31	1:07.98
	200m: 2:06.53	1:05.07	600m: 6:31.51	1:06.48	1000m: 11:00.34	1:07.65	1400m: 15:32.33	1:08.02
	300m: 3:12.61	1:06.08	700m: 7:38.37	1:06.86	1100m: 12:08.34	1:08.00	1500m: 16:38.68	1:06.35
	400m: 4:18.73	1:06.12	800m: 8:45.15	1:06.78	1200m: 13:16.33	1:07.99		
3.	COSTA, Tiago Manuel	M	25169	89	Leixões Sport Clube	<b>16:39.11</b>	690	+0,88
	100m: 1:02.75	1:02.75	500m: 5:27.40	1:06.34	900m: 9:55.89	1:07.18	1300m: 14:24.71	1:07.71
	200m: 2:08.33	1:05.58	600m: 6:34.53	1:07.13	1000m: 11:02.99	1:07.10	1400m: 15:31.81	1:07.10
	300m: 3:14.88	1:06.55	700m: 7:41.44	1:06.91	1100m: 12:10.09	1:07.10	1500m: 16:39.11	1:07.30
	400m: 4:21.06	1:06.18	800m: 8:48.71	1:07.27	1200m: 13:17.00	1:06.91		
4.	ALVES, Nuno Rafael	M	103907	90	Gespacos	<b>16:53.98</b>	660	+0,92
	100m: 1:04.86	1:04.86	500m: 5:39.14	1:07.94	900m: 10:08.71	1:07.40	1300m: 14:40.15	1:07.88
	200m: 2:13.74	1:08.88	600m: 6:46.88	1:07.74	1000m: 11:16.60	1:07.89	1400m: 15:47.95	1:07.80
	300m: 3:22.82	1:09.08	700m: 7:54.17	1:07.29	1100m: 12:24.45	1:07.85	1500m: 16:53.98	1:06.03
	400m: 4:31.20	1:08.38	800m: 9:01.31	1:07.14	1200m: 13:32.27	1:07.82		
5.	CARVALHO, Igor Guterres	M	23057	88	Vilacondense	<b>17:05.95</b>	637	+0,99
	100m: 1:02.37	1:02.37	500m: 5:30.92	1:08.13	900m: 10:13.27	1:11.28	1300m: 14:52.72	1:08.61
	200m: 2:08.47	1:06.10	600m: 6:40.33	1:09.41	1000m: 11:23.41	1:10.14	1400m: 16:00.49	1:07.77
	300m: 3:15.62	1:07.15	700m: 7:50.92	1:10.59	1100m: 12:34.11	1:10.70	1500m: 17:05.95	1:05.46
	400m: 4:22.79	1:07.17	800m: 9:01.99	1:11.07	1200m: 13:44.11	1:10.00		

Campeonatos Regionais JUN-SEN PL 08-09  
Póvoa de Varzim, 6. - 8.3.2009

Prova 9, Masc., 1500m Livres, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final					Pts	TR
6.	MACHADO, Marco Joao	M	15626	90	Famalicao	<b>17:09.49</b>					630	+0,77
	100m:	1:03.88	1:03.88	500m:	5:36.35	1:08.46	900m:	10:10.94	1:08.78	1300m:	14:50.31	1:10.02
	200m:	2:11.17	1:07.29	600m:	6:46.15	1:09.80	1000m:	11:21.01	1:10.07	1400m:	16:00.19	1:09.88
	300m:	3:19.41	1:08.24	700m:	7:54.23	1:08.08	1100m:	12:30.28	1:09.27	1500m:	17:09.49	1:09.30
	400m:	4:27.89	1:08.48	800m:	9:02.16	1:07.93	1200m:	13:40.29	1:10.01			