

Campeonatos Regionais Absolutos P.C.
Pacos de Ferreira, 20. - 22.11.2009

Prova 32 Masc., 1500m Livres Absolutos
22-11-2009 - 10:15 COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Nacional Absoluto	15:04.78	COSTA Fernando Eurico	FPN	Trieste (ITA)	10-12-2005
Recorde Nacional Junior	15:28.27	BASTOS Egas Sousa	ADF	Fafe	01-05-2001
Recorde Nacional Sénior	15:04.78	COSTA Fernando Eurico	FPN	Trieste (ITA)	10-12-2005

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	COSTA Rui Filipe	M	24004	91	Vitória Sport Clube	15:51.64	750	
	50m: 28.65	28.65	450m: 4:41.28	31.85	850m: 8:55.01	31.98	1250m: 13:11.99	32.21
	100m: 1:00.17	31.52	500m: 5:13.04	31.76	900m: 9:26.79	31.78	1300m: 13:44.09	32.10
	150m: 1:31.91	31.74	550m: 5:44.98	31.94	950m: 9:58.77	31.98	1350m: 14:16.33	32.24
	200m: 2:03.20	31.29	600m: 6:16.50	31.52	1000m: 10:30.76	31.99	1400m: 14:48.41	32.08
	250m: 2:34.55	31.35	650m: 6:48.21	31.71	1050m: 11:03.09	32.33	1450m: 15:20.27	31.86
	300m: 3:06.33	31.78	700m: 7:19.84	31.63	1100m: 11:35.46	32.37	1500m: 15:51.64	31.37
	350m: 3:37.90	31.57	750m: 7:51.33	31.49	1150m: 12:07.50	32.04		
	400m: 4:09.43	31.53	800m: 8:23.03	31.70	1200m: 12:39.78	32.28		
2.	RIBEIRO Hugo Alberto	M	23114	88	Vilacondense	15:54.41	743	
	50m: 28.50	28.50	450m: 4:39.41	31.57	850m: 8:55.87	32.23	1250m: 13:15.38	32.37
	100m: 59.58	31.08	500m: 5:11.17	31.76	900m: 9:28.19	32.32	1300m: 13:47.91	32.53
	150m: 1:30.68	31.10	550m: 5:42.97	31.80	950m: 10:00.44	32.25	1350m: 14:20.02	32.11
	200m: 2:01.95	31.27	600m: 6:14.89	31.92	1000m: 10:32.82	32.38	1400m: 14:52.15	32.13
	250m: 2:33.21	31.26	650m: 6:46.97	32.08	1050m: 11:05.49	32.67	1450m: 15:24.19	32.04
	300m: 3:04.78	31.57	700m: 7:19.05	32.08	1100m: 11:37.96	32.47	1500m: 15:54.41	30.22
	350m: 3:36.25	31.47	750m: 7:51.31	32.26	1150m: 12:10.45	32.49		
	400m: 4:07.84	31.59	800m: 8:23.64	32.33	1200m: 12:43.01	32.56		
3.	CARVALHO Joao Filipe	M	23026	87	Porto/Dolce Vita	16:09.12	710	
	50m: 28.29	28.29	450m: 4:41.39	32.01	850m: 9:02.37	32.90	1250m: 13:26.07	33.10
	100m: 59.32	31.03	500m: 5:13.39	32.00	900m: 9:35.62	33.25	1300m: 13:59.16	33.09
	150m: 1:30.82	31.50	550m: 5:45.67	32.28	950m: 10:08.21	32.59	1350m: 14:32.42	33.26
	200m: 2:02.38	31.56	600m: 6:17.79	32.12	1000m: 10:41.12	32.91	1400m: 15:05.18	32.76
	250m: 2:34.00	31.62	650m: 6:50.55	32.76	1050m: 11:13.83	32.71	1450m: 15:37.81	32.63
	300m: 3:05.78	31.78	700m: 7:23.39	32.84	1100m: 11:46.78	32.95	1500m: 16:09.12	31.31
	350m: 3:37.54	31.76	750m: 7:56.42	33.03	1150m: 12:19.68	32.90		
	400m: 4:09.38	31.84	800m: 8:29.47	33.05	1200m: 12:52.97	33.29		
4.	ALVES Nuno Rafael	M	103907	90	Gespacos	16:28.51	669	
	50m: 29.72	29.72	450m: 4:51.66	32.91	850m: 9:16.15	33.08	1250m: 13:43.74	33.39
	100m: 1:02.09	32.37	500m: 5:24.78	33.12	900m: 9:49.29	33.14	1300m: 14:16.92	33.18
	150m: 1:34.89	32.80	550m: 5:58.01	33.23	950m: 10:22.82	33.53	1350m: 14:50.28	33.36
	200m: 2:07.67	32.78	600m: 6:30.96	32.95	1000m: 10:56.40	33.58	1400m: 15:23.95	33.67
	250m: 2:40.58	32.91	650m: 7:04.09	33.13	1050m: 11:29.64	33.24	1450m: 15:56.70	32.75
	300m: 3:13.62	33.04	700m: 7:37.16	33.07	1100m: 12:03.12	33.48	1500m: 16:28.51	31.81
	350m: 3:46.03	32.41	750m: 8:10.12	32.96	1150m: 12:36.89	33.77		
	400m: 4:18.75	32.72	800m: 8:43.07	32.95	1200m: 13:10.35	33.46		
5.	QUEIROS Samuel Patricio	M	15701	91	Porto/Dolce Vita	16:30.19	666	
	50m: 29.46	29.46	450m: 4:54.98	33.42	850m: 9:20.56	32.50	1250m: 13:45.42	33.58
	100m: 1:02.46	33.00	500m: 5:28.48	33.50	900m: 9:53.56	33.00	1300m: 14:18.95	33.53
	150m: 1:35.67	33.21	550m: 6:01.76	33.28	950m: 10:26.14	32.58	1350m: 14:52.70	33.75
	200m: 2:08.81	33.14	600m: 6:35.16	33.40	1000m: 10:59.34	33.20	1400m: 15:25.82	33.12
	250m: 2:41.79	32.98	650m: 7:08.47	33.31	1050m: 11:32.14	32.80	1450m: 15:58.55	32.73
	300m: 3:15.12	33.33	700m: 7:41.74	33.27	1100m: 12:05.17	33.03	1500m: 16:30.19	31.64
	350m: 3:48.22	33.10	750m: 8:14.84	33.10	1150m: 12:38.19	33.02		
	400m: 4:21.56	33.34	800m: 8:48.06	33.22	1200m: 13:11.84	33.65		
6.	NOGUEIRA Luis Miguel	M	15959	93	Porto/Dolce Vita	16:38.37	649	
	50m: 29.43	29.43	450m: 4:53.28	33.60	850m: 9:20.86	33.85	1250m: 13:50.52	33.47
	100m: 1:01.38	31.95	500m: 5:26.62	33.34	900m: 9:54.71	33.85	1300m: 14:24.62	34.10
	150m: 1:34.07	32.69	550m: 5:59.71	33.09	950m: 10:28.38	33.67	1350m: 14:58.33	33.71
	200m: 2:07.02	32.95	600m: 6:32.87	33.16	1000m: 11:02.22	33.84	1400m: 15:32.14	33.81
	250m: 2:40.04	33.02	650m: 7:06.25	33.38	1050m: 11:36.07	33.85	1450m: 16:05.91	33.77
	300m: 3:13.08	33.04	700m: 7:39.97	33.72	1100m: 12:09.71	33.64	1500m: 16:38.37	32.46
	350m: 3:46.47	33.39	750m: 8:13.63	33.66	1150m: 12:43.28	33.57		
	400m: 4:19.68	33.21	800m: 8:47.01	33.38	1200m: 13:17.05	33.77		
7.	ALMEIDA Joao Pedro	M	24029	92	Porto/Dolce Vita	16:56.85	615	
	50m: 29.77	29.77	450m: 4:58.38	34.09	850m: 9:33.63	34.15	1250m: 14:08.52	34.62
	100m: 1:02.27	32.50	500m: 5:32.34	33.96	900m: 10:08.06	34.43	1300m: 14:42.39	33.87
	150m: 1:35.28	33.01	550m: 6:06.85	34.51	950m: 10:42.80	34.74	1350m: 15:16.26	33.87
	200m: 2:08.92	33.64	600m: 6:41.14	34.29	1000m: 11:17.37	34.57	1400m: 15:50.25	33.99
	250m: 2:42.67	33.75	650m: 7:15.44	34.30	1050m: 11:51.88	34.51	1450m: 16:24.25	34.00
	300m: 3:16.70	34.03	700m: 7:50.12	34.68	1100m: 12:25.97	34.09	1500m: 16:56.85	32.60
	350m: 3:50.52	33.82	750m: 8:24.71	34.59	1150m: 12:59.81	33.84		
	400m: 4:24.29	33.77	800m: 8:59.48	34.77	1200m: 13:33.90	34.09		
8.	MARTINS Rafael Dias	M	102480	93	Porto/Dolce Vita	17:01.70	606	
	50m: 30.16	30.16	450m: 4:58.39	34.05	850m: 9:34.52	34.76	1250m: 14:10.14	32.95
	100m: 1:02.85	32.69	500m: 5:32.46	34.07	900m: 10:09.18	34.66	1300m: 14:43.50	33.36
	150m: 1:35.91	33.06	550m: 6:06.72	34.26	950m: 10:43.95	34.77	1350m: 15:17.69	34.19
	200m: 2:09.20	33.29	600m: 6:41.22	34.50	1000m: 11:18.49	34.54	1400m: 15:52.52	34.83
	250m: 2:42.76	33.56	650m: 7:15.71	34.49	1050m: 11:53.57	35.08	1450m: 16:27.59	35.07
	300m: 3:16.56	33.80	700m: 7:50.32	34.61	1100m: 12:28.59	35.02	1500m: 17:01.70	34.11
	350m: 3:50.40	33.84	750m: 8:25.07	34.75	1150m: 13:03.51	34.92		
	400m: 4:24.34	33.94	800m: 8:59.76	34.69	1200m: 13:37.19	33.68		
9.	PEREIRA Marcelo Goncalo	M	22440	90	Vilacondense	17:05.33	600	
	50m: 28.66	28.66	450m: 5:00.53	34.46	850m: 9:38.68	35.11	1250m: 14:16.81	34.48
	100m: 1:00.93	32.27	500m: 5:34.81	34.28	900m: 10:13.76	35.08	1300m: 14:50.88	34.07
	150m: 1:34.09	33.16	550m: 6:09.35	34.54	950m: 10:48.38	34.62	1350m: 15:24.67	33.79
	200m: 2:07.59	33.50	600m: 6:44.30	34.95	1000m: 11:23.09	34.71	1400m: 15:57.97	33.30
	250m: 2:41.34	33.75	650m: 7:19.21	34.91	1050m: 11:57.93	34.84	1450m: 16:31.62	33.65
	300m: 3:15.71	34.37	700m: 7:54.25	35.04	1100m: 12:32.72	34.79	1500m: 17:05.33	33.71
	350m: 3:51.10	35.39	750m: 8:28.88	34.63	1150m: 13:07.62	34.90		
	400m: 4:26.07	34.97	800m: 9:03.57	34.69	1200m: 13:42.33	34.71		

Campeonatos Regionais Absolutos P.C.
Pacos de Ferreira, 20. - 22.11.2009

Prova 32, Masc., 1500m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
10.	ALVES Andre Filipe	M	24261	92	Vitória Sport Clube	17:10.61	590	
	50m: 29.64	29.64	450m: 4:54.94	34.25	850m: 9:33.25	34.91	1250m: 14:14.61	35.29
	100m: 1:02.16	32.52	500m: 5:29.61	34.67	900m: 10:07.63	34.38	1300m: 14:50.09	35.48
	150m: 1:35.31	33.15	550m: 6:04.29	34.68	950m: 10:42.67	35.04	1350m: 15:25.75	35.66
	200m: 2:08.17	32.86	600m: 6:38.82	34.53	1000m: 11:17.89	35.22	1400m: 16:01.17	35.42
	250m: 2:41.38	33.21	650m: 7:13.65	34.83	1050m: 11:53.33	35.44	1450m: 16:36.57	35.40
	300m: 3:14.44	33.06	700m: 7:48.28	34.63	1100m: 12:28.81	35.48	1500m: 17:10.61	34.04
	350m: 3:47.62	33.18	750m: 8:23.26	34.98	1150m: 13:03.91	35.10		
	400m: 4:20.69	33.07	800m: 8:58.34	35.08	1200m: 13:39.32	35.41		
11.	RIBEIRO Pedro Nuno	M	24127	93	Porto/Dolce Vita	17:10.91	590	
	50m: 29.97	29.97	450m: 4:58.68	34.50	850m: 9:38.29	34.71	1250m: 14:16.56	34.77
	100m: 1:02.19	32.22	500m: 5:33.52	34.84	900m: 10:12.75	34.46	1300m: 14:51.02	34.46
	150m: 1:34.91	32.72	550m: 6:08.31	34.79	950m: 10:47.60	34.85	1350m: 15:26.34	35.32
	200m: 2:08.13	33.22	600m: 6:43.32	35.01	1000m: 11:22.14	34.54	1400m: 16:01.31	34.97
	250m: 2:41.51	33.38	650m: 7:18.37	35.05	1050m: 11:57.31	35.17	1450m: 16:36.40	35.09
	300m: 3:15.58	34.07	700m: 7:53.39	35.02	1100m: 12:32.40	35.09	1500m: 17:10.91	34.51
	350m: 3:49.71	34.13	750m: 8:28.50	35.11	1150m: 13:07.16	34.76		
	400m: 4:24.18	34.47	800m: 9:03.58	35.08	1200m: 13:41.79	34.63		
12.	QUEIJO Joao Pedro	M	24221	93	CNMaia	17:12.15	588	
	50m: 29.73	29.73	450m: 5:00.99	34.59	850m: 9:39.21	34.89	1250m: 14:20.11	35.05
	100m: 1:02.54	32.81	500m: 5:35.21	34.22	900m: 10:14.57	35.36	1300m: 14:55.30	35.19
	150m: 1:36.23	33.69	550m: 6:09.86	34.65	950m: 10:49.62	35.05	1350m: 15:30.05	34.75
	200m: 2:09.89	33.66	600m: 6:45.01	35.15	1000m: 11:24.30	34.68	1400m: 16:04.12	34.07
	250m: 2:43.88	33.99	650m: 7:19.71	34.70	1050m: 11:59.19	34.89	1450m: 16:38.73	34.61
	300m: 3:17.77	33.89	700m: 7:54.62	34.91	1100m: 12:34.53	35.34	1500m: 17:12.15	33.42
	350m: 3:52.14	34.37	750m: 8:29.38	34.76	1150m: 13:09.86	35.33		
	400m: 4:26.40	34.26	800m: 9:04.32	34.94	1200m: 13:45.06	35.20		
13.	MENESES Goncalo Goncalves	M	13171	92	Vitória Sport Clube	18:01.94	510	
	50m: 31.23	31.23	450m: 5:12.72	35.96	850m: 10:02.77	36.75	1250m: 14:57.71	37.25
	100m: 1:05.52	34.29	500m: 5:48.88	35.96	900m: 10:39.23	36.46	1300m: 15:34.76	37.05
	150m: 1:40.31	34.79	550m: 6:24.54	35.86	950m: 11:15.47	36.24	1350m: 16:11.87	37.11
	200m: 2:15.03	34.72	600m: 7:00.79	36.25	1000m: 11:51.88	36.41	1400m: 16:49.44	37.57
	250m: 2:50.20	35.17	650m: 7:37.29	36.50	1050m: 12:29.23	37.35	1450m: 17:26.22	36.78
	300m: 3:25.49	35.29	700m: 8:13.74	36.45	1100m: 13:05.90	36.67	1500m: 18:01.94	35.72
	350m: 4:01.01	35.52	750m: 8:49.92	36.18	1150m: 13:43.14	37.24		
	400m: 4:36.76	35.75	800m: 9:26.02	36.10	1200m: 14:20.46	37.32		
DNS	SOUSA NunoTiago	M	19004	93	Leixões Sport Clube			DNS