

Póvoa de Varzim, 06 - 07.02.2010
www.annp.pt/povoameeting10/

Prova 18	Masc., 1500m Livres				Absolutos
06-02-2010 - 12:45	TURBO				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 Júnior	15:34.51	COSTA, Fernando Eurico	FPN	Luxemburgo (LUX)	24-01-2003
Recorde Nacional Juvenis A	15:45.55	SANTA, Gustavo Manuel	FPN	Tampere (FIN)	23-07-2009
Recorde Nacional Juvenis B	16:31.97	OLIVEIRA, Pedro Fontoura	CFB	Lisboa	28-05-2005
Recorde Nacional Infantis A	16:43.48	OLIVEIRA, Pedro Fontoura	CFB	Rio Maior	19-06-2004
Recorde Nacional Infantis B	17:21.58	OLIVEIRA, Pedro Fontoura	CFB	Restelo	27-07-2003
Recorde Meeting	15:21.94	, START		Póvoa de Varzim	

TLP ABS MASCULINOS : 18:20.00

Pontos: FINA 2010

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	MIRANDA, Marcos Rivera	M	83		CN Santa Olaya	15:39.35	807	
	50m: 30.12	29.11	450m: 4:40.79	31.58	850m: 8:53.04	31.70	1250m: 13:04.05	31.40
	100m: 1:00.37	31.26	500m: 5:12.41	31.62	900m: 9:24.65	31.61	1300m: 13:35.32	31.27
	150m: 1:31.65	31.28	550m: 5:43.99	31.58	950m: 9:55.80	31.15	1350m: 14:07.00	31.68
	200m: 2:02.96	31.31	600m: 6:15.57	31.58	1000m: 10:27.19	31.39	1400m: 14:38.53	31.53
	250m: 2:34.33	31.37	650m: 6:46.88	31.31	1050m: 10:58.46	31.27	1450m: 15:10.08	31.55
	300m: 3:05.97	31.64	700m: 7:18.34	31.46	1100m: 11:29.84	31.38	1500m: 15:39.35	29.27
	350m: 3:37.49	31.52	750m: 7:49.65	31.31	1150m: 12:01.27	31.43		
	400m: 4:09.21	31.72	800m: 8:21.34	31.69	1200m: 12:32.65	31.38		
2.	MONTANARI, MATTEO	M	LOM001839		Nuoto Mgm Sport	16:06.70	740	
	50m: 30.12	30.12	450m: 4:42.59	31.42	850m: 9:01.03	32.90	1250m: 13:22.83	32.75
	100m: 1:01.83	31.71	500m: 5:14.59	32.00	900m: 9:33.76	32.73	1300m: 13:55.80	32.97
	150m: 1:33.27	31.44	550m: 5:45.96	31.37	950m: 10:06.54	32.78	1350m: 14:28.33	32.53
	200m: 2:04.92	31.65	600m: 6:18.15	32.19	1000m: 10:39.36	32.82	1400m: 15:01.37	33.04
	250m: 2:36.22	31.30	650m: 6:50.32	32.17	1050m: 11:11.80	32.44	1450m: 15:34.28	32.91
	300m: 3:08.03	31.81	700m: 7:22.74	32.42	1100m: 11:44.91	33.11	1500m: 16:06.70	32.42
	350m: 3:39.37	31.34	750m: 7:55.31	32.57	1150m: 12:17.33	32.42		
	400m: 4:11.17	31.80	800m: 8:28.13	32.82	1200m: 12:50.08	32.75		
3.	COSTA, Rui Filipe	M	24004 91		Vitória Sport Clube	16:19.66	711	
	50m: 30.10	30.10	450m: 4:50.59	32.55	850m: 9:12.61	32.59	1250m: 13:36.84	33.30
	100m: 1:02.10	32.00	500m: 5:23.51	32.92	900m: 9:45.34	32.73	1300m: 14:10.11	33.27
	150m: 1:34.33	32.23	550m: 5:56.17	32.66	950m: 10:18.16	32.82	1350m: 14:43.10	32.99
	200m: 2:07.20	32.87	600m: 6:28.97	32.80	1000m: 10:51.08	32.92	1400m: 15:16.26	33.16
	250m: 2:39.71	32.51	650m: 7:01.53	32.56	1050m: 11:23.94	32.86	1450m: 15:48.90	32.64
	300m: 3:12.60	32.89	700m: 7:34.42	32.89	1100m: 11:57.10	33.16	1500m: 16:19.66	30.76
	350m: 3:45.20	32.60	750m: 8:07.06	32.64	1150m: 12:30.22	33.12		
	400m: 4:18.04	32.84	800m: 8:40.02	32.96	1200m: 13:03.54	33.32		
4.	DIOGO, Miguel Monteiro	M	10164 93		Alcobaça	16:32.16	684	
	50m: 29.83	29.83	450m: 4:52.21	32.94	850m: 9:16.43	33.32	1250m: 13:45.16	33.60
	100m: 1:02.32	32.49	500m: 5:25.25	33.04	900m: 9:49.65	33.22	1300m: 14:18.97	33.81
	150m: 1:34.78	32.46	550m: 5:58.32	33.07	950m: 10:23.28	33.63	1350m: 14:52.62	33.65
	200m: 2:07.60	32.82	600m: 6:31.41	33.09	1000m: 10:57.10	33.82	1400m: 15:26.34	33.72
	250m: 2:40.49	32.89	650m: 7:04.32	32.91	1050m: 11:30.74	33.64	1450m: 15:59.56	33.22
	300m: 3:13.42	32.93	700m: 7:37.02	32.70	1100m: 12:04.32	33.58	1500m: 16:32.16	32.60
	350m: 3:46.45	33.03	750m: 8:09.98	32.96	1150m: 12:38.02	33.70		
	400m: 4:19.27	32.82	800m: 8:43.11	33.13	1200m: 13:11.56	33.54		
5.	GASPAR, Diogo Andre	M	25544 90		Uniao Piedense	16:40.93	667	
	50m: 29.87	29.87	450m: 4:52.08	33.04	850m: 9:21.56	34.29	1250m: 13:52.86	34.47
	100m: 1:02.52	32.65	500m: 5:25.32	33.24	900m: 9:54.56	33.00	1300m: 14:26.61	33.75
	150m: 1:34.73	32.21	550m: 5:58.73	33.41	950m: 10:28.50	33.94	1350m: 15:00.65	34.04
	200m: 2:07.34	32.61	600m: 6:32.18	33.45	1000m: 11:02.18	33.68	1400m: 15:34.33	33.68
	250m: 2:40.27	32.93	650m: 7:06.01	33.83	1050m: 11:36.46	34.28	1450m: 16:08.28	33.95
	300m: 3:13.24	32.97	700m: 7:39.41	33.40	1100m: 12:10.66	34.20	1500m: 16:40.93	32.65
	350m: 3:46.14	32.90	750m: 8:13.50	34.09	1150m: 12:44.46	33.80		
	400m: 4:19.04	32.90	800m: 8:47.27	33.77	1200m: 13:18.39	33.93		
6.	MACHADO, Ricardo Manuel	M	13278 93		Braga	16:42.33	664	
	50m: 30.45	30.45	450m: 4:56.48	33.21	850m: 9:25.24	33.31	1250m: 13:55.91	33.84
	100m: 1:03.53	33.08	500m: 5:30.02	33.54	900m: 9:59.28	34.04	1300m: 14:29.71	33.80
	150m: 1:36.92	33.39	550m: 6:03.58	33.56	950m: 10:33.07	33.79	1350m: 15:03.29	33.58
	200m: 2:10.16	33.24	600m: 6:37.14	33.56	1000m: 11:07.06	33.99	1400m: 15:37.38	34.09
	250m: 2:43.16	33.00	650m: 7:10.35	33.21	1050m: 11:40.48	33.42	1450m: 16:09.85	32.47
	300m: 3:16.54	33.38	700m: 7:44.33	33.98	1100m: 12:14.25	33.77	1500m: 16:42.33	32.48
	350m: 3:49.81	33.27	750m: 8:17.89	33.56	1150m: 12:47.83	33.58		
	400m: 4:23.27	33.46	800m: 8:51.93	34.04	1200m: 13:22.07	34.24		
7.	JANEIRO, Paulo Bruno	M	11305 94		Litoral Alentejano	16:43.26	662	
	50m: 30.40	30.40	450m: 4:57.07	33.35	850m: 9:27.36	33.57	1250m: 13:58.99	33.96
	100m: 1:03.55	33.15	500m: 5:30.69	33.62	900m: 10:01.37	34.01	1300m: 14:33.25	34.26
	150m: 1:36.65	33.10	550m: 6:04.59	33.90	950m: 10:35.18	33.81	1350m: 15:07.50	34.25
	200m: 2:09.59	32.94	600m: 6:38.46	33.87	1000m: 11:09.29	34.11	1400m: 15:41.47	33.97
	250m: 2:42.76	33.17	650m: 7:12.38	33.92	1050m: 11:43.04	33.75	1450m: 16:13.49	32.02
	300m: 3:16.36	33.60	700m: 7:46.18	33.80	1100m: 12:17.15	34.11	1500m: 16:43.26	29.77
	350m: 3:49.89	33.53	750m: 8:20.00	33.82	1150m: 12:51.03	33.88		
	400m: 4:23.72	33.83	800m: 8:53.79	33.79	1200m: 13:25.03	34.00		

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Prova 18, Masc., 1500m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8.	RIO, Marcos Garcia del	M	90		CN Santa Olaya	17:05.19	620	
	50m: 30.90	30.90	450m: 5:02.21	34.13	850m: 9:35.07	34.28	1250m: 14:12.28	34.64
	100m: 1:04.19	33.29	500m: 5:36.30	34.09	900m: 10:09.62	34.55	1300m: 14:47.41	35.13
	150m: 1:37.74	33.55	550m: 6:09.86	33.56	950m: 10:43.98	34.36	1350m: 15:22.08	34.67
	200m: 2:11.79	34.05	600m: 6:44.00	34.14	1000m: 11:18.54	34.56	1400m: 15:57.29	35.21
	250m: 2:45.55	33.76	650m: 7:17.91	33.91	1050m: 11:53.07	34.53	1450m: 16:31.70	34.41
	300m: 3:19.69	34.14	700m: 7:52.39	34.48	1100m: 12:28.13	35.06	1500m: 17:05.19	33.49
	350m: 3:53.49	33.80	750m: 8:26.25	33.86	1150m: 13:02.61	34.48		
	400m: 4:28.08	34.59	800m: 9:00.79	34.54	1200m: 13:37.64	35.03		
9.	FRANCO, Paulo Fragueiro	M	24393	82	Clube Desportivo Nacional	17:10.27	611	
	50m: 30.61	30.61	450m: 4:58.06	34.05	850m: 9:35.38	34.49	1250m: 14:16.24	35.79
	100m: 1:03.51	32.90	500m: 5:32.49	34.43	900m: 10:10.40	35.02	1300m: 14:51.72	35.48
	150m: 1:36.73	33.22	550m: 6:06.87	34.38	950m: 10:45.24	34.84	1350m: 15:27.39	35.67
	200m: 2:10.05	33.32	600m: 6:41.76	34.89	1000m: 11:20.28	35.04	1400m: 16:02.15	34.76
	250m: 2:43.44	33.39	650m: 7:16.24	34.48	1050m: 11:55.76	35.48	1450m: 16:36.77	34.62
	300m: 3:16.84	33.40	700m: 7:51.09	34.85	1100m: 12:31.02	35.26	1500m: 17:10.27	33.50
	350m: 3:50.34	33.50	750m: 8:25.88	34.79	1150m: 13:05.39	34.37		
	400m: 4:24.01	33.67	800m: 9:00.89	35.01	1200m: 13:40.45	35.06		
10.	CIRURGIAO, Francisco Miguel	M	11120	93	Algés	17:10.98	610	
	50m: 30.76	30.76	450m: 5:00.02	34.70	850m: 9:39.09	34.62	1250m: 14:18.08	35.26
	100m: 1:03.49	32.73	500m: 5:34.84	34.82	900m: 10:13.79	34.70	1300m: 14:53.82	35.74
	150m: 1:37.31	33.82	550m: 6:09.90	35.06	950m: 10:48.18	34.39	1350m: 15:28.45	34.63
	200m: 2:10.63	33.32	600m: 6:45.27	35.37	1000m: 11:23.04	34.86	1400m: 16:03.04	34.59
	250m: 2:43.99	33.36	650m: 7:20.18	34.91	1050m: 11:57.99	34.95	1450m: 16:37.87	34.83
	300m: 3:17.29	33.30	700m: 7:54.72	34.54	1100m: 12:32.70	34.71	1500m: 17:10.98	33.11
	350m: 3:51.11	33.82	750m: 8:29.49	34.77	1150m: 13:07.67	34.97		
	400m: 4:25.32	34.21	800m: 9:04.47	34.98	1200m: 13:42.82	35.15		
11.	RIBEIRO, Hugo Alberto	M	23114	88	Vilacondense	17:14.55	604	
	50m: 30.61	30.61	450m: 5:02.04	34.52	850m: 9:40.14	35.00	1250m: 14:21.78	35.12
	100m: 1:03.78	33.17	500m: 5:36.82	34.78	900m: 10:15.32	35.18	1300m: 14:56.80	35.02
	150m: 1:36.99	33.21	550m: 6:11.43	34.61	950m: 10:50.48	35.16	1350m: 15:32.08	35.28
	200m: 2:10.82	33.83	600m: 6:46.31	34.88	1000m: 11:26.00	35.52	1400m: 16:06.83	34.75
	250m: 2:44.76	33.94	650m: 7:21.25	34.94	1050m: 12:01.16	35.16	1450m: 16:40.97	34.14
	300m: 3:18.75	33.99	700m: 7:55.70	34.45	1100m: 12:36.63	35.47	1500m: 17:14.55	33.58
	350m: 3:52.83	34.08	750m: 8:30.46	34.76	1150m: 13:11.82	35.19		
	400m: 4:27.52	34.69	800m: 9:05.14	34.68	1200m: 13:46.66	34.84		
12.	OLIVEIRA, Tiago Silva	M	15465	94	Leixões Sport Clube	17:21.51	592	
	50m: 31.01	31.01	450m: 5:01.27	34.21	850m: 9:39.76	35.03	1250m: 14:23.24	35.31
	100m: 1:04.38	33.37	500m: 5:35.83	34.56	900m: 10:15.18	35.42	1300m: 14:59.02	35.78
	150m: 1:38.22	33.84	550m: 6:10.23	34.40	950m: 10:50.43	35.25	1350m: 15:34.69	35.67
	200m: 2:10.87	32.65	600m: 6:45.23	35.00	1000m: 11:25.98	35.55	1400m: 16:10.46	35.77
	250m: 2:45.03	34.16	650m: 7:20.07	34.84	1050m: 12:01.46	35.48	1450m: 16:46.13	35.67
	300m: 3:18.93	33.90	700m: 7:54.60	34.53	1100m: 12:37.08	35.62	1500m: 17:21.51	35.38
	350m: 3:52.88	33.95	750m: 8:29.58	34.98	1150m: 13:12.45	35.37		
	400m: 4:27.06	34.18	800m: 9:04.73	35.15	1200m: 13:47.93	35.48		
13.	MARTINS, Rafael Dias	M	102480	93	Porto/Dolce Vita	17:33.36	572	
	50m: 30.49	30.49	450m: 5:05.17	34.68	850m: 9:48.62	35.41	1250m: 14:33.50	35.68
	100m: 1:04.34	33.85	500m: 5:40.52	35.35	900m: 10:24.21	35.59	1300m: 15:09.66	36.16
	150m: 1:38.20	33.86	550m: 6:15.57	35.05	950m: 10:59.54	35.33	1350m: 15:45.88	36.22
	200m: 2:12.62	34.42	600m: 6:51.37	35.80	1000m: 11:35.11	35.57	1400m: 16:22.00	36.12
	250m: 2:46.60	33.98	650m: 7:26.51	35.14	1050m: 12:10.41	35.30	1450m: 16:57.72	35.72
	300m: 3:21.09	34.49	700m: 8:02.16	35.65	1100m: 12:46.24	35.83	1500m: 17:33.36	35.64
	350m: 3:55.67	34.58	750m: 8:37.84	35.68	1150m: 13:21.57	35.33		
	400m: 4:30.49	34.82	800m: 9:13.21	35.37	1200m: 13:57.82	36.25		
14.	ALVES, Andre Filipe	M	24261	92	Vitória Sport Clube	17:38.82	563	
	50m: 30.29	30.29	450m: 5:03.93	34.67	850m: 9:47.78	35.09	1250m: 14:37.54	36.53
	100m: 1:03.48	33.19	500m: 5:39.59	35.66	900m: 10:23.27	35.49	1300m: 15:14.01	36.47
	150m: 1:37.23	33.75	550m: 6:14.29	34.70	950m: 10:58.89	35.62	1350m: 15:50.46	36.45
	200m: 2:11.09	33.86	600m: 6:50.09	35.80	1000m: 11:35.31	36.42	1400m: 16:26.74	36.28
	250m: 2:45.20	34.11	650m: 7:25.80	35.71	1050m: 12:11.69	36.38	1450m: 17:03.49	36.75
	300m: 3:19.39	34.19	700m: 8:01.88	36.08	1100m: 12:47.94	36.25	1500m: 17:38.82	35.33
	350m: 3:54.01	34.62	750m: 8:37.05	35.17	1150m: 13:24.56	36.62		
	400m: 4:29.26	35.25	800m: 9:12.69	35.64	1200m: 14:01.01	36.45		
15.	BRAGA, Joao Pedro	M	25892	94	Clube Naval de Ponta Delgada	17:55.13	538	
	50m: 30.97	30.97	450m: 5:21.23	36.37	850m: 10:11.52	35.66	1250m: 14:59.45	36.03
	100m: 1:06.68	35.71	500m: 5:57.92	36.69	900m: 10:47.64	36.12	1300m: 15:35.96	36.51
	150m: 1:42.36	35.68	550m: 6:34.51	36.59	950m: 11:23.22	35.58	1350m: 16:12.28	36.32
	200m: 2:18.92	36.56	600m: 7:11.34	36.83	1000m: 11:58.86	35.64	1400m: 16:47.75	35.47
	250m: 2:54.87	35.95	650m: 7:47.69	36.35	1050m: 12:34.11	35.25	1450m: 17:22.81	35.06
	300m: 3:31.84	36.97	700m: 8:23.90	36.21	1100m: 13:10.57	36.46	1500m: 17:55.13	32.32
	350m: 4:08.07	36.23	750m: 8:59.72	35.82	1150m: 13:46.95	36.38		
	400m: 4:44.86	36.79	800m: 9:35.86	36.14	1200m: 14:23.42	36.47		
16.	MALHEIRO, Nuno Vieira	M	13279	93	Braga	17:55.24	538	
	50m: 31.74	31.74	450m: 5:18.04	35.97	850m: 10:09.01	36.13	1250m: 14:59.11	35.69
	100m: 1:06.54	34.80	500m: 5:54.50	36.46	900m: 10:45.37	36.36	1300m: 15:35.79	36.68
	150m: 1:41.62	35.08	550m: 6:31.06	36.56	950m: 11:21.62	36.25	1350m: 16:11.61	35.82
	200m: 2:17.78	36.16	600m: 7:07.46	36.40	1000m: 11:58.03	36.41	1400m: 16:47.11	35.50
	250m: 2:53.87	36.09	650m: 7:44.15	36.69	1050m: 12:34.40	36.37	1450m: 17:22.79	35.68
	300m: 3:29.75	35.88	700m: 8:20.12	35.97	1100m: 13:10.72	36.32	1500m: 17:55.24	32.45
	350m: 4:05.86	36.11	750m: 8:56.48	36.36	1150m: 13:46.84	36.12		
	400m: 4:42.07	36.21	800m: 9:32.88	36.40	1200m: 14:23.42	36.58		