

Torneio Zonal de Infantis (zona norte)  
Ponte da Barca, 5. - 7.3.2010

Prova 19  
07-03-2010 - 9:00

Masc., 1500m Livres

Infantis  
Resultados

Recorde Nacional Infantis A	16:31.35	Pedro Fontoura Oliveira	CFB	Reboleira	27-06-2004
Recorde Nacional Infantis B	17:13.96	Pedro Fontoura Oliveira	CFB	Santarem	06-04-2003

TAC Zonais 2010 Inf A: 19:22.00; Inf B: 20:08.00

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Infantis A</b>								
1.	<b>Tomas Miguel Veloso</b>	M	10868	96	Náutico/Matobra	<b>17:33.39</b>	553	
	50m: 31.27	31.27	450m: 5:11.85	35.24	850m: 9:57.34	35.38	1250m: 14:41.78	36.15
	100m: 1:05.74	34.47	500m: 5:47.31	35.46	900m: 10:33.45	36.11	1300m: 15:16.42	34.64
	150m: 1:41.20	35.46	550m: 6:22.59	35.28	950m: 11:09.17	35.72	1350m: 15:50.78	34.36
	200m: 2:16.02	34.82	600m: 6:58.15	35.56	1000m: 11:44.23	35.06	1400m: 16:25.68	34.90
	250m: 2:50.74	34.72	650m: 7:34.09	35.94	1050m: 12:20.08	35.85	1450m: 17:00.73	35.05
	300m: 3:25.81	35.07	700m: 8:09.97	35.88	1100m: 12:55.64	35.56	1500m: 17:33.39	32.66
	350m: 4:01.06	35.25	750m: 8:45.77	35.80	1150m: 13:30.47	34.83		
	400m: 4:36.61	35.55	800m: 9:21.96	36.19	1200m: 14:05.63	35.16		
2.	<b>Miguel Prata Santos</b>	M	101137	96	Viana Natação	<b>18:09.06</b>	500	
	50m: 31.80	31.80	450m: 5:20.80	36.27	850m: 10:16.10	36.70	1250m: 15:10.67	36.01
	100m: 1:06.62	34.82	500m: 5:57.78	36.98	900m: 10:52.80	36.70	1300m: 15:47.91	37.24
	150m: 1:42.06	35.44	550m: 6:34.58	36.80	950m: 11:29.74	36.94	1350m: 16:24.36	36.45
	200m: 2:18.05	35.99	600m: 7:11.46	36.88	1000m: 12:05.91	36.17	1400m: 17:01.22	36.86
	250m: 2:54.50	36.45	650m: 7:48.66	37.20	1050m: 12:43.31	37.40	1450m: 17:36.33	35.11
	300m: 3:30.79	36.29	700m: 8:25.61	36.95	1100m: 13:20.46	37.15	1500m: 18:09.06	32.73
	350m: 4:07.61	36.82	750m: 9:02.40	36.79	1150m: 13:57.60	37.14		
	400m: 4:44.53	36.92	800m: 9:39.40	37.00	1200m: 14:34.66	37.06		
3.	<b>Bruno Miguel Silva</b>	M	103826	96	Porto/Dolce Vita	<b>18:09.66</b>	500	
	50m: 31.67	31.67	450m: 5:19.65	36.22	850m: 10:13.31	36.77	1250m: 15:07.41	36.51
	100m: 1:06.38	34.71	500m: 5:55.86	36.21	900m: 10:50.01	36.70	1300m: 15:43.89	36.48
	150m: 1:42.83	36.45	550m: 6:32.35	36.49	950m: 11:26.89	36.88	1350m: 16:20.53	36.64
	200m: 2:19.00	36.17	600m: 7:08.78	36.43	1000m: 12:04.03	37.14	1400m: 16:57.73	37.20
	250m: 2:55.19	36.19	650m: 7:45.63	36.85	1050m: 12:41.62	37.59	1450m: 17:32.44	34.71
	300m: 3:31.84	36.65	700m: 8:22.36	36.73	1100m: 13:18.31	36.69	1500m: 18:09.66	37.22
	350m: 4:07.40	35.56	750m: 8:59.35	36.99	1150m: 13:54.16	35.85		
	400m: 4:43.43	36.03	800m: 9:36.54	37.19	1200m: 14:30.90	36.74		
4.	<b>Joao Pedro Cardoso</b>	M	100567	96	Náutico/Matobra	<b>18:17.71</b>	489	
	50m: 33.43	33.43	450m: 5:24.25	36.26	850m: 10:18.49	37.47	1250m: 15:13.95	37.39
	100m: 1:10.03	36.60	500m: 6:00.81	36.56	900m: 10:55.31	36.82	1300m: 15:51.43	37.48
	150m: 1:46.69	36.66	550m: 6:37.14	36.33	950m: 11:32.37	37.06	1350m: 16:29.02	37.59
	200m: 2:23.00	36.31	600m: 7:13.71	36.57	1000m: 12:09.16	36.79	1400m: 17:05.95	36.93
	250m: 2:59.33	36.33	650m: 7:50.63	36.92	1050m: 12:46.06	36.90	1450m: 17:42.63	36.68
	300m: 3:35.63	36.30	700m: 8:27.35	36.72	1100m: 13:22.81	36.75	1500m: 18:17.71	35.08
	350m: 4:11.88	36.25	750m: 9:04.24	36.89	1150m: 13:59.57	36.76		
	400m: 4:47.99	36.11	800m: 9:41.02	36.78	1200m: 14:36.56	36.99		
5.	<b>Daniel Baptista Relvao</b>	M	101599	96	Académica de Coimbra	<b>18:25.64</b>	478	
	50m: 32.60	32.60	450m: 5:31.22	37.91	850m: 10:32.51	37.51	1250m: 15:25.03	36.03
	100m: 1:08.36	35.76	500m: 6:09.11	37.89	900m: 11:09.79	37.28	1300m: 16:01.62	36.59
	150m: 1:45.04	36.68	550m: 6:47.08	37.97	950m: 11:47.05	37.26	1350m: 16:38.35	36.73
	200m: 2:22.51	37.47	600m: 7:24.69	37.61	1000m: 12:23.52	36.47	1400m: 17:14.84	36.49
	250m: 2:59.75	37.24	650m: 8:02.27	37.58	1050m: 12:59.43	35.91	1450m: 17:52.00	37.16
	300m: 3:37.53	37.78	700m: 8:40.18	37.91	1100m: 13:35.60	36.17	1500m: 18:25.64	33.64
	350m: 4:15.24	37.71	750m: 9:17.48	37.30	1150m: 14:12.47	36.87		
	400m: 4:53.31	38.07	800m: 9:55.00	37.52	1200m: 14:49.00	36.53		
6.	<b>David Nunes Sousa</b>	M	112204	96	Famalicão	<b>18:26.30</b>	477	
	50m: 31.08	31.08	450m: 5:24.28	37.49	850m: 10:22.74	37.01	1250m: 15:25.46	37.91
	100m: 1:05.81	34.73	500m: 6:02.02	37.74	900m: 10:59.91	37.17	1300m: 16:03.91	38.45
	150m: 1:43.04	37.23	550m: 6:39.71	37.69	950m: 11:37.44	37.53	1350m: 16:39.13	35.22
	200m: 2:19.51	36.47	600m: 7:16.68	36.97	1000m: 12:14.47	37.03	1400m: 17:17.04	37.91
	250m: 2:56.43	36.92	650m: 7:54.00	37.32	1050m: 12:52.24	37.77	1450m: 17:54.96	37.92
	300m: 3:33.20	36.77	700m: 8:30.61	36.61	1100m: 13:30.83	38.59	1500m: 18:26.30	31.34
	350m: 4:09.91	36.71	750m: 9:08.15	37.54	1150m: 14:09.24	38.41		
	400m: 4:46.79	36.88	800m: 9:45.73	37.58	1200m: 14:47.55	38.31		
7.	<b>Pedro Veiguinha Martins</b>	M	107223	96	Braga	<b>18:31.11</b>	471	
	50m: 32.34	32.34	450m: 5:26.84	37.86	850m: 10:28.89	38.08	1250m: 15:25.29	37.87
	100m: 1:07.96	35.62	500m: 6:04.07	37.23	900m: 11:06.89	38.00	1300m: 16:03.22	37.93
	150m: 1:43.87	35.91	550m: 6:41.49	37.42	950m: 11:44.48	37.59	1350m: 16:40.83	37.61
	200m: 2:20.52	36.65	600m: 7:19.65	38.16	1000m: 12:20.74	36.26	1400m: 17:18.98	38.15
	250m: 2:57.35	36.83	650m: 7:57.54	37.89	1050m: 12:56.44	35.70	1450m: 17:55.97	36.99
	300m: 3:34.74	37.39	700m: 8:35.67	38.13	1100m: 13:32.67	36.23	1500m: 18:31.11	35.14
	350m: 4:11.78	37.04	750m: 9:13.34	37.67	1150m: 14:09.89	37.22		
	400m: 4:48.98	37.20	800m: 9:50.81	37.47	1200m: 14:47.42	37.53		
8.	<b>Tiago Joao Meira</b>	M	25816	96	Viana Natação	<b>18:40.00</b>	460	
	50m: 31.08	31.08	450m: 5:32.10	37.95	850m: 10:35.64	38.14	1250m: 15:39.06	37.44
	100m: 1:06.97	35.89	500m: 6:09.79	37.69	900m: 11:14.09	38.45	1300m: 16:16.53	37.47
	150m: 1:44.56	37.59	550m: 6:47.99	38.20	950m: 11:52.26	38.17	1350m: 16:54.06	37.53
	200m: 2:22.27	37.71	600m: 7:25.85	37.86	1000m: 12:29.92	37.66	1400m: 17:31.14	37.08
	250m: 3:00.42	38.15	650m: 8:03.95	38.10	1050m: 13:08.24	38.32	1450m: 18:06.90	35.76
	300m: 3:38.45	38.03	700m: 8:41.71	37.76	1100m: 13:46.25	38.01	1500m: 18:40.00	33.10
	350m: 4:16.09	37.64	750m: 9:19.08	37.37	1150m: 14:24.12	37.87		
	400m: 4:54.15	38.06	800m: 9:57.50	38.42	1200m: 15:01.62	37.50		
9.	<b>Ricardo Miguel Alves</b>	M	101139	96	Viana Natação	<b>18:45.26</b>	454	
	50m: 31.63	31.63	450m: 5:32.51	37.89	850m: 10:35.58	37.98	1250m: 15:39.43	37.67
	100m: 1:07.19	35.56	500m: 6:09.87	37.36	900m: 11:13.83	38.25	1300m: 16:16.87	37.44
	150m: 1:44.87	37.68	550m: 6:48.34	38.47	950m: 11:52.30	38.47	1350m: 16:54.97	38.10
	200m: 2:22.56	37.69	600m: 7:25.66	37.32	1000m: 12:30.32	38.02	1400m: 17:33.15	38.18
	250m: 3:00.76	38.20	650m: 8:03.85	38.19	1050m: 13:08.17	37.85	1450m: 18:09.77	36.62
	300m: 3:37.86	37.10	700m: 8:41.72	37.87	1100m: 13:46.67	38.50	1500m: 18:45.26	35.49
	350m: 4:16.50	38.64	750m: 9:19.33	37.61	1150m: 14:24.47	37.80		
	400m: 4:54.62	38.12	800m: 9:57.60	38.27	1200m: 15:01.76	37.29		

Torneio Zonal de Infantis (zona norte)  
Ponte da Barca, 5. - 7.3.2010

Prova 19, Masc., 1500m Livres, Infantis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
10.	Miguel Filipe Pinto	M	105729	96	Ginásio Santo Tirso	<b>18:45.29</b>	454	
	50m: 32.27	32.27	450m: 5:36.44	37.93	850m: 10:39.36	37.94	1250m: 15:41.35	36.97
	100m: 1:09.77	37.50	500m: 6:13.77	37.33	900m: 11:16.91	37.55	1300m: 16:19.45	38.10
	150m: 1:48.16	38.39	550m: 6:51.06	37.29	950m: 11:55.55	38.64	1350m: 16:57.82	38.37
	200m: 2:25.66	37.50	600m: 7:28.99	37.93	1000m: 12:33.58	38.03	1400m: 17:34.01	36.19
	250m: 3:03.76	38.10	650m: 8:06.98	37.99	1050m: 13:10.90	37.32	1450m: 18:10.96	36.95
	300m: 3:41.71	37.95	700m: 8:45.25	38.27	1100m: 13:48.43	37.53	1500m: 18:45.29	34.33
	350m: 4:19.96	38.25	750m: 9:23.04	37.79	1150m: 14:26.23	37.80		
	400m: 4:58.51	38.55	800m: 10:01.42	38.38	1200m: 15:04.38	38.15		
11.	Mario Jose Barros	M	106913	96	Desportiva de Viana	<b>18:45.88</b>	453	
	50m: 32.11	32.11	450m: 5:30.70	38.00	850m: 10:35.75	37.93	1250m: 15:41.59	38.31
	100m: 1:07.55	35.44	500m: 6:08.85	38.15	900m: 11:14.15	38.40	1300m: 16:19.38	37.79
	150m: 1:44.66	37.11	550m: 6:47.62	38.77	950m: 11:52.59	38.44	1350m: 16:57.27	37.89
	200m: 2:22.85	38.19	600m: 7:25.53	37.91	1000m: 12:31.37	38.78	1400m: 17:34.91	37.64
	250m: 2:59.92	37.07	650m: 8:03.75	38.22	1050m: 13:08.76	37.39	1450m: 18:11.83	36.92
	300m: 3:37.05	37.13	700m: 8:41.39	37.64	1100m: 13:47.16	38.40	1500m: 18:45.88	34.05
	350m: 4:14.58	37.53	750m: 9:19.75	38.36	1150m: 14:25.06	37.90		
	400m: 4:52.70	38.12	800m: 9:57.82	38.07	1200m: 15:03.28	38.22		
12.	Rafael Rocha Ferreira	M	103871	96	Galitos	<b>18:46.53</b>	452	
	50m: 33.30	33.30	450m: 5:35.14	38.04	850m: 10:37.95	37.61	1250m: 15:40.63	37.87
	100m: 1:10.39	37.09	500m: 6:13.34	38.20	900m: 11:15.80	37.85	1300m: 16:18.43	37.80
	150m: 1:48.28	37.89	550m: 6:51.02	37.68	950m: 11:53.93	38.13	1350m: 16:56.07	37.64
	200m: 2:25.32	37.04	600m: 7:28.87	37.85	1000m: 12:31.50	37.57	1400m: 17:33.87	37.80
	250m: 3:02.65	37.33	650m: 8:06.95	38.08	1050m: 13:09.30	37.80	1450m: 18:10.79	36.92
	300m: 3:40.67	38.02	700m: 8:44.58	37.63	1100m: 13:47.23	37.93	1500m: 18:46.53	35.74
	350m: 4:18.97	38.30	750m: 9:22.45	37.87	1150m: 14:24.77	37.54		
	400m: 4:57.10	38.13	800m: 10:00.34	37.89	1200m: 15:02.76	37.99		
13.	Pedro Miguel Reis	M	105011	96	Sporting de Espinho	<b>18:55.02</b>	442	
	50m: 32.43	32.43	450m: 5:34.93	37.87	850m: 10:38.78	37.55	1250m: 15:44.63	38.18
	100m: 1:09.31	36.88	500m: 6:12.83	37.90	900m: 11:17.28	38.50	1300m: 16:22.86	38.23
	150m: 1:46.75	37.44	550m: 6:51.05	38.22	950m: 11:55.37	38.09	1350m: 17:01.65	38.79
	200m: 2:24.81	38.06	600m: 7:28.98	37.93	1000m: 12:33.51	38.14	1400m: 17:39.95	38.30
	250m: 3:02.96	38.15	650m: 8:06.89	37.91	1050m: 13:11.63	38.12	1450m: 18:18.14	38.19
	300m: 3:40.63	37.67	700m: 8:44.94	38.05	1100m: 13:49.68	38.05	1500m: 18:55.02	36.88
	350m: 4:18.62	37.99	750m: 9:23.32	38.38	1150m: 14:28.09	38.41		
	400m: 4:57.06	38.44	800m: 10:01.23	37.91	1200m: 15:06.45	38.36		
14.	Andre Sousa Diogo	M	107160	96	Braga	<b>19:13.65</b>	421	
	50m: 33.37	33.37	450m: 5:40.07	38.68	850m: 10:51.79	39.12	1250m: 16:02.81	39.03
	100m: 1:11.62	38.25	500m: 6:18.92	38.85	900m: 11:30.89	39.10	1300m: 16:41.21	38.40
	150m: 1:50.08	38.46	550m: 6:57.83	38.91	950m: 12:09.58	38.69	1350m: 17:20.22	39.01
	200m: 2:28.08	38.00	600m: 7:36.76	38.93	1000m: 12:48.37	38.79	1400m: 17:59.40	39.18
	250m: 3:06.20	38.12	650m: 8:15.72	38.96	1050m: 13:27.04	38.67	1450m: 18:37.63	38.23
	300m: 3:44.47	38.27	700m: 8:54.76	39.04	1100m: 14:05.98	38.94	1500m: 19:13.65	36.02
	350m: 4:22.88	38.41	750m: 9:33.70	38.94	1150m: 14:44.82	38.84		
	400m: 5:01.39	38.51	800m: 10:12.67	38.97	1200m: 15:23.78	38.96		
15.	Tiago Lopes Reis	M	102556	96	Porto/Dolce Vita	<b>19:14.00</b>	421	
	50m: 33.26	33.26	450m: 5:46.08	39.48	850m: 10:56.64	38.78	1250m: 16:03.92	37.95
	100m: 1:10.99	37.73	500m: 6:25.40	39.32	900m: 11:35.31	38.67	1300m: 16:42.16	38.24
	150m: 1:50.61	39.62	550m: 7:04.67	39.27	950m: 12:14.15	38.84	1350m: 17:20.59	38.43
	200m: 2:30.02	39.41	600m: 7:43.72	39.05	1000m: 12:52.26	38.11	1400m: 17:59.44	38.85
	250m: 3:08.93	38.91	650m: 8:22.50	38.78	1050m: 13:30.66	38.40	1450m: 18:37.48	38.04
	300m: 3:48.14	39.21	700m: 9:00.66	38.16	1100m: 14:08.88	38.22	1500m: 19:14.00	36.52
	350m: 4:27.33	39.19	750m: 9:39.03	38.37	1150m: 14:47.33	38.45		
	400m: 5:06.60	39.27	800m: 10:17.86	38.83	1200m: 15:25.97	38.64		
16.	Mauro Filipe Maia	M	15493	96	Fluvial Portuense	<b>19:18.85</b>	415	
	50m: 33.48	33.48	450m: 5:38.45	39.49	850m: 10:54.67	39.97	1250m: 16:08.08	40.69
	100m: 1:10.16	36.68	500m: 6:18.25	39.80	900m: 11:35.02	40.35	1300m: 16:47.52	39.44
	150m: 1:48.26	38.10	550m: 6:57.72	39.47	950m: 12:13.61	38.59	1350m: 17:27.48	39.96
	200m: 2:24.78	36.52	600m: 7:36.60	38.88	1000m: 12:52.66	39.05	1400m: 18:06.88	39.40
	250m: 3:02.19	37.41	650m: 8:15.83	39.23	1050m: 13:31.47	38.81	1450m: 18:42.76	35.88
	300m: 3:40.40	38.21	700m: 8:55.00	39.17	1100m: 14:09.88	38.41	1500m: 19:18.85	36.09
	350m: 4:19.31	38.91	750m: 9:34.55	39.55	1150m: 14:48.04	38.16		
	400m: 4:58.96	39.65	800m: 10:14.70	40.15	1200m: 15:27.39	39.35		
17.	Joao Luis Pereira <i>FTL</i>	M	104234	96	Desportiva Limiana	<b>20:21.67</b>	354	
	50m: 33.99	33.99	450m: 5:58.09	42.02	850m: 11:28.58	41.82	1250m: 17:00.19	41.23
	100m: 1:11.75	37.76	500m: 6:39.46	41.37	900m: 12:10.67	42.09	1300m: 17:41.89	41.70
	150m: 1:51.16	39.41	550m: 7:21.23	41.77	950m: 12:52.79	42.12	1350m: 18:23.19	41.30
	200m: 2:32.46	41.30	600m: 8:03.04	41.81	1000m: 13:34.32	41.53	1400m: 19:03.77	40.58
	250m: 3:13.00	40.54	650m: 8:43.90	40.86	1050m: 14:15.95	41.63	1450m: 19:43.72	39.95
	300m: 3:53.96	40.96	700m: 9:23.49	39.59	1100m: 14:57.09	41.14	1500m: 20:21.67	37.95
	350m: 4:34.12	40.16	750m: 10:04.90	41.41	1150m: 15:37.91	40.82		
	400m: 5:16.07	41.95	800m: 10:46.76	41.86	1200m: 16:18.96	41.05		
DSQ	Jose Carlos Teixeira <i>Falsa Partida</i>	M	102982	96	Foca			
DNS	Andre Filipe Rocha	M	103625	96	Leixões			
DNF	Miguel Angelo Cruz	M	101976	96	Gespaços			

Infantis B

1.	Eduardo Filipe Carvalheiro	M	102768	97	Columbófila Cantanhedense	<b>18:26.40</b>	477	
	50m: 32.78	32.78	450m: 5:25.66	36.72	850m: 10:22.37	36.66	1250m: 15:22.33	38.30
	100m: 1:08.59	35.81	500m: 6:03.23	37.57	900m: 10:59.31	36.94	1300m: 16:00.42	38.09
	150m: 1:44.92	36.33	550m: 6:40.33	37.10	950m: 11:36.56	37.25	1350m: 16:37.82	37.40
	200m: 2:21.28	36.36	600m: 7:17.40	37.07	1000m: 12:13.86	37.30	1400m: 17:15.91	38.09
	250m: 2:58.02	36.74	650m: 7:54.10	36.70	1050m: 12:51.07	37.21	1450m: 17:53.11	37.20
	300m: 3:35.31	37.29	700m: 8:30.85	36.75	1100m: 13:28.79	37.72	1500m: 18:26.40	33.29
	350m: 4:11.90	36.59	750m: 9:08.28	37.43	1150m: 14:06.19	37.40		
	400m: 4:48.94	37.04	800m: 9:45.71	37.43	1200m: 14:44.03	37.84		

Torneio Zonal de Infantis (zona norte)  
Ponte da Barca, 5. - 7.3.2010

Prova 19, Masc., 1500m Livres, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
2.	<b>Tiago Ribeiro Costa</b>	M	104534	97	Famalicao	<b>18:37.72</b>	463		
	50m: 33.26		450m: 5:31.09		37.31	850m: 10:32.31	37.62	1250m: 15:34.83	37.50
	100m: 1:09.57	36.31	500m: 6:08.72		37.63	900m: 11:10.83	38.52	1300m: 16:12.33	37.50
	150m: 1:46.95	37.38	550m: 6:46.78		38.06	950m: 11:48.55	37.72	1350m: 16:50.03	37.70
	200m: 2:24.28	37.33	600m: 7:23.77		36.99	1000m: 12:26.66	38.11	1400m: 17:27.56	37.53
	250m: 3:01.39	37.11	650m: 8:01.41		37.64	1050m: 13:04.28	37.62	1450m: 18:04.30	36.74
	300m: 3:38.92	37.53	700m: 8:39.16		37.75	1100m: 13:41.77	37.49	1500m: 18:37.72	33.42
	350m: 4:16.25	37.33	750m: 9:17.05		37.89	1150m: 14:19.56	37.79		
	400m: 4:53.78	37.53	800m: 9:54.69		37.64	1200m: 14:57.33	37.77		
3.	<b>Gabriel Jose Lopes</b>	M	14488	97	Lousanense	<b>18:38.79</b>	461		
	50m: 31.75	31.75	450m: 5:27.71		37.53	850m: 10:29.29	37.75	1250m: 15:32.16	37.96
	100m: 1:07.18	35.43	500m: 6:04.86		37.15	900m: 11:07.31	38.02	1300m: 16:09.67	37.51
	150m: 1:43.55	36.37	550m: 6:42.65		37.79	950m: 11:44.97	37.66	1350m: 16:47.61	37.94
	200m: 2:20.53	36.98	600m: 7:20.72		38.07	1000m: 12:22.77	37.80	1400m: 17:25.02	37.41
	250m: 2:58.26	37.73	650m: 7:58.40		37.68	1050m: 13:00.82	38.05	1450m: 18:03.03	38.01
	300m: 3:35.47	37.21	700m: 8:35.85		37.45	1100m: 13:38.61	37.79	1500m: 18:38.79	35.76
	350m: 4:12.77	37.30	750m: 9:13.96		38.11	1150m: 14:16.42	37.81		
	400m: 4:50.18	37.41	800m: 9:51.54		37.58	1200m: 14:54.20	37.78		
4.	<b>Jose Ricardo Sousa</b>	M	105759	97	Lousada	<b>18:40.88</b>	459		
	50m: 32.58	32.58	450m: 5:29.85		37.39	850m: 10:29.71	37.63	1250m: 15:33.88	38.23
	100m: 1:09.17	36.59	500m: 6:06.98		37.13	900m: 11:07.43	37.72	1300m: 16:12.19	38.31
	150m: 1:46.39	37.22	550m: 6:44.73		37.75	950m: 11:45.20	37.77	1350m: 16:50.29	38.10
	200m: 2:23.88	37.49	600m: 7:22.13		37.40	1000m: 12:23.06	37.86	1400m: 17:28.06	37.77
	250m: 3:01.01	37.13	650m: 7:59.51		37.38	1050m: 13:01.08	38.02	1450m: 18:04.91	36.85
	300m: 3:37.87	36.86	700m: 8:37.03		37.52	1100m: 13:39.52	38.44	1500m: 18:40.88	35.97
	350m: 4:15.23	37.36	750m: 9:14.55		37.52	1150m: 14:17.77	38.25		
	400m: 4:52.46	37.23	800m: 9:52.08		37.53	1200m: 14:55.65	37.88		
5.	<b>Francisco Xavier Goncalves</b>	M	26878	97	Fundação Beatriz Santos	<b>18:58.29</b>	438		
	50m: 32.26	32.26	450m: 5:32.70		38.26	850m: 10:39.76	37.98	1250m: 15:48.26	38.52
	100m: 1:08.59	36.33	500m: 6:10.93		38.23	900m: 11:16.47	38.71	1300m: 16:27.17	38.91
	150m: 1:45.26	36.67	550m: 6:49.70		38.77	950m: 11:57.09	38.62	1350m: 17:05.99	38.82
	200m: 2:22.68	37.42	600m: 7:28.47		38.77	1000m: 12:35.32	38.23	1400m: 17:44.45	38.46
	250m: 3:00.36	37.68	650m: 8:06.70		38.23	1050m: 13:13.66	38.34	1450m: 18:22.35	37.90
	300m: 3:38.32	37.96	700m: 8:45.21		38.51	1100m: 13:51.97	38.31	1500m: 18:58.29	35.94
	350m: 4:16.35	38.03	750m: 9:23.31		38.10	1150m: 14:30.76	38.79		
	400m: 4:54.44	38.09	800m: 10:01.78		38.47	1200m: 15:09.74	38.98		
6.	<b>Vitor Joao Pereira</b>	M	102545	97	Leixões	<b>19:08.78</b>	426		
	50m: 34.34	34.34	450m: 5:39.10		38.55	850m: 10:54.03	40.16	1250m: 16:04.59	37.77
	100m: 1:11.31	36.97	500m: 6:18.90		39.80	900m: 11:33.47	39.44	1300m: 16:42.92	38.33
	150m: 1:48.75	37.44	550m: 6:57.88		38.98	950m: 12:12.17	38.70	1350m: 17:20.90	37.98
	200m: 2:28.80	38.05	600m: 7:36.74		38.86	1000m: 12:50.68	38.51	1400m: 17:58.00	37.10
	250m: 3:04.79	37.99	650m: 8:16.02		39.28	1050m: 13:30.16	39.48	1450m: 18:35.64	37.64
	300m: 3:42.71	37.92	700m: 8:55.43		39.41	1100m: 14:09.23	39.07	1500m: 19:08.78	33.14
	350m: 4:21.71	39.00	750m: 9:34.99		39.56	1150m: 14:48.09	38.86		
	400m: 5:00.55	38.84	800m: 10:13.87		38.88	1200m: 15:26.82	38.73		
7.	<b>Joao Miguel Ferreira</b>	M	103044	97	Foca	<b>19:09.96</b>	425		
	50m: 33.36	33.36	450m: 5:38.69		38.52	850m: 10:52.26	38.92	1250m: 16:03.24	38.67
	100m: 1:10.42	37.06	500m: 6:17.92		39.23	900m: 11:31.68	39.42	1300m: 16:41.62	38.38
	150m: 1:47.84	37.42	550m: 6:57.25		39.33	950m: 12:11.02	39.34	1350m: 17:19.87	38.25
	200m: 2:25.55	37.71	600m: 7:36.61		39.36	1000m: 12:49.72	38.70	1400m: 17:57.90	38.03
	250m: 3:03.57	38.02	650m: 8:15.31		38.70	1050m: 13:28.64	38.92	1450m: 18:35.30	37.40
	300m: 3:42.40	38.83	700m: 8:54.36		39.05	1100m: 14:07.48	38.84	1500m: 19:09.96	34.66
	350m: 4:21.33	38.93	750m: 9:33.65		39.29	1150m: 14:46.42	38.94		
	400m: 5:00.17	38.84	800m: 10:13.34		39.69	1200m: 15:24.57	38.15		
8.	<b>Jorge Miguel Nunes</b>	M	102008	97	Porto/Dolce Vita	<b>19:10.77</b>	424		
	50m: 33.81	33.81	450m: 5:48.43		39.97	850m: 10:59.52	38.60	1250m: 16:04.86	38.33
	100m: 1:12.78	38.97	500m: 6:27.53		39.10	900m: 11:37.95	38.43	1300m: 16:42.88	38.02
	150m: 1:52.45	39.67	550m: 7:06.76		39.23	950m: 12:16.34	38.39	1350m: 17:20.63	37.75
	200m: 2:31.80	39.35	600m: 7:45.33		38.57	1000m: 12:55.02	38.68	1400m: 17:57.99	37.36
	250m: 3:11.14	39.34	650m: 8:24.31		38.98	1050m: 13:33.09	38.07	1450m: 18:35.77	37.78
	300m: 3:50.58	39.44	700m: 9:03.23		38.92	1100m: 14:10.76	37.67	1500m: 19:10.77	35.00
	350m: 4:29.62	39.04	750m: 9:42.25		39.02	1150m: 14:48.53	37.77		
	400m: 5:08.46	38.84	800m: 10:20.92		38.67	1200m: 15:26.53	38.00		
9.	<b>Joao Miguel Ascencao</b>	M	107710	97	Porto/Dolce Vita	<b>19:24.78</b>	409		
	50m: 33.82	33.82	450m: 5:45.31		39.01	850m: 10:56.55	38.60	1250m: 16:08.56	39.91
	100m: 1:11.49	37.67	500m: 6:24.46		39.15	900m: 11:34.59	38.04	1300m: 16:48.34	39.78
	150m: 1:49.88	38.39	550m: 7:03.03		38.57	950m: 12:13.18	38.59	1350m: 17:27.89	39.55
	200m: 2:29.54	39.66	600m: 7:41.44		38.41	1000m: 12:52.13	38.95	1400m: 18:47.00	1:19.11
	250m: 3:08.58	39.04	650m: 8:20.34		38.90	1050m: 13:31.38	39.25	1450m: 19:24.78	37.78
	300m: 3:48.49	39.91	700m: 8:59.32		38.98	1100m: 14:10.11	38.73	1500m: 19:24.78	
	350m: 4:27.55	39.06	750m: 9:38.57		39.25	1150m: 14:48.59	38.48		
	400m: 5:06.30	38.75	800m: 10:17.95		39.38	1200m: 15:28.65	40.06		
10.	<b>Jorge Filipe Matos</b>	M	104725	97	Gespaços	<b>19:55.07</b>	379		
	50m: 34.62	34.62	450m: 5:55.75		40.39	850m: 11:17.99	40.38	1250m: 16:38.14	40.24
	100m: 1:13.33	38.71	500m: 6:35.85		40.10	900m: 11:57.74	39.75	1300m: 17:18.46	40.32
	150m: 1:54.00	40.67	550m: 7:16.15		40.30	950m: 12:37.25	39.51	1350m: 17:58.51	40.05
	200m: 2:33.79	39.79	600m: 7:56.41		40.26	1000m: 13:17.33	40.08	1400m: 18:39.12	40.61
	250m: 3:14.13	40.34	650m: 8:37.02		40.61	1050m: 13:57.45	40.12	1450m: 19:19.34	40.22
	300m: 3:54.08	39.95	700m: 9:17.46		40.44	1100m: 14:37.65	40.20	1500m: 19:55.07	35.73
	350m: 4:34.60	40.52	750m: 9:57.56		40.10	1150m: 15:17.66	40.01		
	400m: 5:15.36	40.76	800m: 10:37.61		40.05	1200m: 15:57.90	40.24		
11.	<b>Jose Miguel Ventura</b>	M	105113	97	Fundação Beatriz Santos	<b>20:06.87</b>	368		
	50m: 36.46	36.46	450m: 6:00.20		40.76	850m: 11:25.25	40.28	1250m: 16:44.48	39.55
	100m: 1:15.95	39.49	500m: 6:40.11		39.91	900m: 12:05.68	40.43	1300m: 17:25.27	40.79
	150m: 1:56.71	40.76	550m: 7:19.91		39.80	950m: 12:45.45	39.77	1350m: 18:06.47	41.20
	200m: 2:38.23	41.52	600m: 8:01.49		41.58	1000m: 13:26.34	40.89	1400m: 18:47.10	40.63
	250m: 3:17.69	39.46	650m: 8:41.93		40.44	1050m: 14:07.36	41.02	1450m: 19:27.12	40.02
	300m: 3:58.15	40.46	700m: 9:24.08		42.15	1100m: 14:44.72	37.36	1500m: 20:06.87	39.75
	350m: 4:38.61	40.46	750m: 10:04.25		40.17	1150m: 15:24.97	40.25		
	400m: 5:19.44	40.83	800m: 10:44.97		40.72	1200m: 16:04.93	39.96		

Torneio Zonal de Infantis (zona norte)  
 Ponte da Barca, 5. - 7.3.2010

Prova 19, Masc., 1500m Livres, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs				
12.	Pedro Jose Goncalves <i>FTL</i>	M	105416	97	Braga	<b>20:55.75</b>	326					
	50m:	35.85	35.85	450m:	6:03.18	41.45	850m:	11:41.04	42.78	1250m:	17:26.08	42.78
	100m:	1:15.43	39.58	500m:	6:44.89	41.71	900m:	12:23.87	42.83	1300m:	18:08.17	42.09
	150m:	1:55.21	39.78	550m:	7:26.80	41.91	950m:	13:07.08	43.21	1350m:	18:52.22	44.05
	200m:	2:36.26	41.05	600m:	8:09.33	42.53	1000m:	13:50.12	43.04	1400m:	19:34.73	42.51
	250m:	3:17.50	41.24	650m:	8:51.30	41.97	1050m:	14:33.28	43.16	1450m:	20:16.89	42.16
	300m:	3:59.03	41.53	700m:	9:31.81	40.51	1100m:	15:15.90	42.62	1500m:	20:55.75	38.86
	350m:	4:40.32	41.29	750m:	10:15.29	43.48	1150m:	15:59.64	43.74			
	400m:	5:21.73	41.41	800m:	10:58.26	42.97	1200m:	16:43.30	43.66			