

Prova 9	Masc., 1500m Livres				Juvenis
21-11-2015	GRAFIPRONGO				Resultados
Rec Nacionais - 25m Absoluto	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10-12-2005
Rec Nacionais - 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01-03-1998
Rec Nacionais - 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04-03-2007
Recorde Regional 25m Absoluto	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10-12-2005
Recorde Regional 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01-03-1998
Recorde Regional 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04-03-2007
Juvenis A Masc Juv A: 19:36.21 / Juvenis B Masc Juv B: 20:21.45					

Pontos: FINA 2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Juvenis A</b>								
1.	Diogo Barbosa, NUNES	M	110529	00	Fluvial Portuense	<b>16:28.55</b>	635	
	50m: 30.62	30.62	450m: 4:54.92	33.55	850m: 9:20.86	33.48	1250m: 13:45.69	32.97
	100m: 1:02.88	32.26	500m: 5:27.54	32.62	900m: 9:54.84	33.98	1300m: 14:18.88	33.19
	150m: 1:35.53	32.65	550m: 6:00.80	33.26	950m: 10:27.70	32.86	1350m: 14:52.07	33.19
	200m: 2:08.25	32.72	600m: 6:33.74	32.94	1000m: 11:00.92	33.22	1400m: 15:25.16	33.09
	250m: 2:41.50	33.25	650m: 7:07.01	33.27	1050m: 11:33.99	33.07	1450m: 15:58.25	33.09
	300m: 3:14.81	33.31	700m: 7:39.93	32.92	1100m: 12:06.76	32.77	1500m: 16:28.55	30.30
	350m: 3:48.26	33.45	750m: 8:13.77	33.84	1150m: 12:39.77	33.01		
	400m: 4:21.37	33.11	800m: 8:47.38	33.61	1200m: 13:12.72	32.95		
2.	Diogo Moreno, BASTOS	M	108285	00	Fluvial Portuense	<b>16:47.03</b>	601	
	50m: 32.25	32.25	450m: 5:01.06	34.10	850m: 9:32.53	33.82	1250m: 14:03.50	33.72
	100m: 1:05.13	32.88	500m: 5:35.03	33.97	900m: 10:06.39	33.86	1300m: 14:37.42	33.92
	150m: 1:38.35	33.22	550m: 6:08.99	33.96	950m: 10:40.46	34.07	1350m: 15:10.65	33.23
	200m: 2:12.02	33.67	600m: 6:42.61	33.62	1000m: 11:14.31	33.85	1400m: 15:44.14	33.49
	250m: 2:45.62	33.60	650m: 7:16.75	34.14	1050m: 11:48.18	33.87	1450m: 16:16.79	32.65
	300m: 3:19.41	33.79	700m: 7:50.81	34.06	1100m: 12:22.04	33.86	1500m: 16:47.03	30.24
	350m: 3:53.36	33.95	750m: 8:24.51	33.70	1150m: 12:55.80	33.76		
	400m: 4:28.96	33.60	800m: 8:58.71	34.20	1200m: 13:29.78	33.98		
3.	Sergio Filipe, TRAVANCA	M	117385	00	Fluvial Portuense	<b>16:47.11</b>	601	
	50m: 32.51	32.51	450m: 4:58.41	33.31	850m: 9:28.22	33.88	1250m: 13:59.79	34.11
	100m: 1:05.45	32.94	500m: 5:31.62	33.21	900m: 10:02.15	33.93	1300m: 14:33.99	34.20
	150m: 1:38.66	33.21	550m: 6:05.23	33.61	950m: 10:36.27	34.12	1350m: 15:08.02	34.03
	200m: 2:11.80	33.14	600m: 6:38.87	33.64	1000m: 11:10.33	34.06	1400m: 15:41.60	33.58
	250m: 2:45.62	33.82	650m: 7:12.61	33.74	1050m: 11:44.21	33.88	1450m: 16:14.86	33.26
	300m: 3:19.10	33.48	700m: 7:46.60	33.99	1100m: 12:17.97	33.76	1500m: 16:47.11	32.25
	350m: 3:52.01	32.91	750m: 8:20.32	33.72	1150m: 12:51.87	33.90		
	400m: 4:25.10	33.09	800m: 8:54.34	34.02	1200m: 13:25.68	33.81		
4.	Daniel Pereira, SILVA	M	111055	00	Famalicao	<b>17:06.25</b>	568	
	50m: 31.09	31.09	400m: 4:34.06	1:09.78	800m: 9:11.38	1:08.41	1200m: 13:45.06	1:08.68
	100m: 1:05.38	34.29	500m: 5:43.60	1:09.54	900m: 10:19.33	1:07.95	1300m: 14:54.76	1:09.70
	200m: 2:14.38	1:09.00	600m: 6:53.75	1:10.15	1000m: 11:27.79	1:08.46	1400m: 16:02.82	1:08.06
	300m: 3:24.28	1:09.90	700m: 8:02.97	1:09.22	1100m: 12:36.38	1:08.59	1500m: 17:06.25	1:03.43
5.	Tomas Pimentel, BORGES	M	112140	00	Porto	<b>17:11.91</b>	559	
	50m: 33.08	33.08	400m: 4:34.28	1:09.22	800m: 9:11.47	1:09.22	1200m: 13:47.28	1:08.40
	100m: 1:07.10	34.02	500m: 5:43.22	1:08.94	900m: 10:20.06	1:08.59	1300m: 14:56.81	1:09.53
	200m: 2:15.79	1:08.69	600m: 6:52.68	1:09.46	1000m: 11:29.50	1:09.44	1400m: 16:05.78	1:08.97
	300m: 3:25.06	1:09.27	700m: 8:02.25	1:09.57	1100m: 12:38.88	1:09.38	1500m: 17:11.91	1:06.13
6.	Joao Diogo, SOARES	M	122731	00	Fluvial Portuense	<b>17:13.64</b>	556	
	50m: 31.70	31.70	400m: 4:30.23	34.55	750m: 8:31.81	34.80	1100m: 13:24.85	34.91
	100m: 1:05.14	33.44	450m: 5:04.92	34.69	800m: 9:06.43	34.62	1150m: 13:09.88	35.03
	150m: 1:38.53	33.39	500m: 5:38.93	34.01	850m: 9:41.46	35.03	1200m: 13:44.79	34.91
	200m: 2:12.94	34.41	550m: 6:13.76	34.83	900m: 10:16.17	34.71	1300m: 14:55.51	1:10.72
	250m: 2:47.06	34.12	600m: 6:47.91	34.15	950m: 10:50.81	34.64	1400m: 16:05.20	1:09.69
	300m: 3:21.68	34.62	650m: 7:22.33	34.42	1000m: 11:25.31	34.50	1500m: 17:13.64	1:08.44
	350m: 3:55.68	34.00	700m: 7:57.01	34.68	1050m: 11:59.94	34.63		
7.	Joao Pereira, TINOCO	M	111056	00	Famalicao	<b>17:17.18</b>	550	
	50m: 32.86	32.86	450m: 5:08.54	34.74	850m: 9:48.26	34.83	1250m: 14:26.59	34.79
	100m: 1:06.77	33.91	500m: 5:43.43	34.89	900m: 10:23.11	34.85	1300m: 15:01.37	34.78
	150m: 1:40.88	34.11	550m: 6:18.33	34.90	950m: 10:58.21	35.10	1350m: 15:36.34	34.97
	200m: 2:15.12	34.24	600m: 6:53.12	34.79	1000m: 11:32.58	34.37	1400m: 16:10.72	34.38
	250m: 2:49.62	34.50	650m: 7:27.98	34.86	1050m: 12:07.67	35.09	1450m: 16:44.61	33.89
	300m: 3:24.41	34.79	700m: 8:03.18	35.20	1100m: 12:42.48	34.81	1500m: 17:17.18	32.57
	350m: 3:59.02	34.61	750m: 8:38.29	35.11	1150m: 13:17.10	34.62		
	400m: 4:33.80	34.78	800m: 9:13.43	35.14	1200m: 13:51.80	34.70		
8.	Miguel Angelo, SANTOS	M	109306	00	Famalicao	<b>17:17.53</b>	550	
	50m: 32.63	32.63	350m: 3:54.73	34.88	650m: 7:25.28	35.16	1200m: 13:52.91	1:10.65
	100m: 1:05.22	32.59	400m: 4:29.98	35.25	700m: 8:00.58	35.30	1300m: 15:03.29	1:10.38
	150m: 1:38.30	33.08	450m: 5:04.88	34.90	800m: 9:10.73	1:10.15	1400m: 16:13.06	1:09.77
	200m: 2:11.85	33.55	500m: 5:39.98	35.10	900m: 10:21.44	1:10.71	1500m: 17:17.53	1:04.47
	250m: 2:45.52	33.67	550m: 6:15.16	35.18	1000m: 11:32.06	1:10.62		
	300m: 3:19.85	34.33	600m: 6:50.12	34.96	1100m: 12:42.26	1:10.20		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, 11.40161

Registered to Associação de Natacao do Norte de Portugal

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Prova 9, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
9.	Nuno Correia, SOUSA	M	110484	00	Fluvial Portuense	<b>17:17.75</b>	549	
	50m: 32.45	32.45	450m: 5:04.43	34.91	850m: 9:46.04	35.43	1250m: 14:27.94	35.38
	100m: 1:05.14	32.69	500m: 5:39.79	35.36	900m: 10:21.26	35.22	1300m: 15:03.23	35.29
	150m: 1:38.34	33.20	550m: 6:14.78	34.99	950m: 10:56.45	35.19	1350m: 15:38.07	34.84
	200m: 2:11.96	33.62	600m: 6:49.93	35.15	1000m: 11:31.84	35.39	1400m: 16:12.77	34.70
	250m: 2:45.67	33.71	650m: 7:25.34	35.41	1050m: 12:06.90	35.06	1450m: 16:47.03	34.26
	300m: 3:19.75	34.08	700m: 8:00.37	35.03	1100m: 12:42.19	35.29	1500m: 17:17.75	30.72
	350m: 3:54.42	34.67	750m: 8:35.44	35.07	1150m: 13:17.24	35.05		
	400m: 4:29.52	35.10	800m: 9:10.61	35.17	1200m: 13:52.56	35.32		
10.	Jose Pedro, FREITAS	M	111446	00	Famalicao	<b>17:17.83</b>	549	
	50m: 32.21	32.21	450m: 5:04.85	35.10	850m: 9:46.28	35.34	1250m: 14:28.21	35.47
	100m: 1:04.80	32.59	500m: 5:40.13	35.28	900m: 10:21.66	35.38	1300m: 15:03.39	35.18
	150m: 1:38.05	33.25	550m: 6:15.20	35.07	950m: 10:56.75	35.09	1350m: 15:38.25	34.86
	200m: 2:11.64	33.59	600m: 6:50.27	35.07	1000m: 11:32.05	35.30	1400m: 16:12.84	34.59
	250m: 2:45.36	33.72	650m: 7:25.52	35.25	1050m: 12:07.32	35.27	1450m: 16:47.14	34.30
	300m: 3:19.86	34.50	700m: 8:00.77	35.25	1100m: 12:42.49	35.17	1500m: 17:17.83	30.69
	350m: 3:54.49	34.63	750m: 8:35.67	34.90	1150m: 13:17.54	35.05		
	400m: 4:29.75	35.26	800m: 9:10.94	35.27	1200m: 13:52.74	35.20		
11.	David Dias, LIMA	M	118183	00	Vilacondense	<b>17:36.74</b>	520	
	50m: 32.80	32.80	450m: 5:13.71	35.85	850m: 10:01.52	36.48	1250m: 14:42.64	36.70
	100m: 1:06.38	33.58	500m: 5:49.25	35.54	900m: 10:37.89	36.37	1300m: 15:17.93	35.29
	150m: 1:40.67	34.29	550m: 6:25.31	36.06	950m: 11:11.64	33.75	1350m: 15:53.57	35.64
	200m: 2:15.51	34.84	600m: 7:01.00	35.69	1000m: 11:46.35	34.71	1400m: 16:28.93	35.36
	250m: 2:50.27	34.76	650m: 7:36.69	35.69	1050m: 12:21.95	35.60	1450m: 17:04.28	35.35
	300m: 3:25.97	35.70	700m: 8:12.60	35.91	1100m: 12:56.17	34.22	1500m: 17:36.74	32.46
	350m: 4:01.70	35.73	750m: 8:48.98	36.38	1150m: 13:30.91	34.74		
	400m: 4:37.86	36.16	800m: 9:25.04	36.06	1200m: 14:05.94	35.03		
12.	Daniel Jose, DUARTE	M	118897	00	Leixões Sport Clube	<b>17:47.59</b>	504	
	50m: 33.16	33.16	450m: 5:18.34	36.11	850m: 10:04.84	35.98	1250m: 14:51.87	35.93
	100m: 1:08.17	35.01	500m: 5:54.32	35.98	900m: 10:40.47	35.63	1300m: 15:27.62	35.75
	150m: 1:43.61	35.44	550m: 6:30.26	35.94	950m: 11:16.18	35.71	1350m: 16:03.41	35.79
	200m: 2:19.11	35.50	600m: 7:06.09	35.83	1000m: 11:52.56	36.38	1400m: 16:39.02	35.61
	250m: 2:54.87	35.76	650m: 7:42.29	36.20	1050m: 12:28.67	36.11	1450m: 17:14.41	35.39
	300m: 3:30.44	35.57	700m: 8:17.19	34.90	1100m: 13:04.09	35.42	1500m: 17:47.59	33.18
	350m: 4:06.39	35.95	750m: 8:52.93	35.74	1150m: 13:40.02	35.93		
	400m: 4:42.23	35.84	800m: 9:28.86	35.93	1200m: 14:15.94	35.92		
13.	Ivo Manuel, DIAS	M	111508	00	Foca	<b>17:47.74</b>	504	
	50m: 33.38	33.38	450m: 5:18.06	35.91	850m: 10:04.69	35.88	1250m: 14:51.73	35.88
	100m: 1:08.17	34.79	500m: 5:54.15	36.09	900m: 10:40.50	35.81	1300m: 15:27.63	35.90
	150m: 1:43.40	35.23	550m: 6:30.14	35.99	950m: 11:16.19	35.69	1350m: 16:03.31	35.68
	200m: 2:18.88	35.48	600m: 7:06.13	35.99	1000m: 11:52.46	36.27	1400m: 16:39.10	35.79
	250m: 2:54.66	35.78	650m: 7:42.04	35.91	1050m: 12:28.91	36.45	1450m: 17:14.39	35.29
	300m: 3:30.14	35.48	700m: 8:17.32	35.28	1100m: 13:04.02	35.11	1500m: 17:47.74	33.35
	350m: 4:05.85	35.71	750m: 8:52.73	35.41	1150m: 13:39.95	35.93		
	400m: 4:42.15	36.30	800m: 9:28.81	36.08	1200m: 14:15.85	35.90		
14.	Porfirio Braga, NUNES	M	111552	00	Vilacondense	<b>17:53.10</b>	497	
	50m: 32.37	32.37	400m: 4:36.95	35.64	750m: 8:47.55	36.60	1100m: 13:09.05	38.50
	100m: 1:06.90	34.53	450m: 5:13.16	36.21	800m: 9:23.11	35.56	1150m: 13:42.97	33.92
	150m: 1:40.90	34.00	500m: 5:49.32	36.16	850m: 9:59.79	36.68	1200m: 14:19.00	36.03
	200m: 2:16.11	35.21	550m: 6:23.83	34.51	900m: 10:36.11	36.32	1300m: 15:33.66	1:14.66
	250m: 2:50.69	34.58	600m: 6:59.85	36.02	950m: 11:14.46	38.35	1400m: 16:47.26	1:13.60
	300m: 3:26.32	35.63	650m: 7:35.67	35.82	1000m: 11:52.52	38.06	1500m: 17:53.10	1:05.84
	350m: 4:01.31	34.99	700m: 8:10.95	35.28	1050m: 12:30.55	38.03		
15.	Hugo Gabriel, MORAIS	M	108637	00	Famalicao	<b>18:00.55</b>	486	
	50m: 33.52	33.52	450m: 5:17.93	35.96	850m: 10:09.25	36.43	1250m: 15:01.25	36.61
	100m: 1:08.09	34.57	500m: 5:54.16	36.23	900m: 10:45.78	36.53	1300m: 15:37.98	36.73
	150m: 1:43.30	35.21	550m: 6:30.35	36.19	950m: 11:22.12	36.34	1350m: 16:14.36	36.38
	200m: 2:18.69	35.39	600m: 7:06.54	36.19	1000m: 11:58.62	36.50	1400m: 16:50.63	36.27
	250m: 2:54.45	35.76	650m: 7:42.99	36.45	1050m: 12:34.92	36.30	1450m: 17:26.51	35.88
	300m: 3:30.43	35.98	700m: 8:19.54	36.55	1100m: 13:11.62	36.70	1500m: 18:00.55	34.04
	350m: 4:06.01	35.58	750m: 8:56.13	36.59	1150m: 13:48.10	36.48		
	400m: 4:41.97	35.96	800m: 9:32.82	36.69	1200m: 14:24.64	36.54		
16.	Andre Filipe, ALMEIDA	M	110492	00	Porto	<b>18:00.71</b>	486	
	50m: 33.77	33.77	450m: 5:17.93	35.99	850m: 10:08.98	36.50	1250m: 15:00.99	36.65
	100m: 1:08.20	34.43	500m: 5:53.96	36.03	900m: 10:45.46	36.48	1300m: 15:37.69	36.70
	150m: 1:43.34	35.14	550m: 6:30.19	36.23	950m: 11:21.90	36.44	1350m: 16:14.12	36.43
	200m: 2:18.81	35.47	600m: 7:06.39	36.20	1000m: 11:58.32	36.42	1400m: 16:50.37	36.25
	250m: 2:54.45	35.64	650m: 7:42.95	36.56	1050m: 12:34.74	36.42	1450m: 17:26.19	35.82
	300m: 3:30.40	35.95	700m: 8:19.36	36.41	1100m: 13:11.24	36.50	1500m: 18:00.71	34.52
	350m: 4:06.02	35.62	750m: 8:56.00	36.64	1150m: 13:47.81	36.57		
	400m: 4:41.94	35.92	800m: 9:32.48	36.48	1200m: 14:24.34	36.53		



Prova 9, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
28.	Luis Miguel, REBELO <i>FTL</i>	M	121467 00	Vilacondense	<b>19:48.76</b>	365	
	50m: 34.70 34.70	450m: 5:41.34	39.41	850m: 11:05.25	40.78	1250m: 16:30.89	40.26
	100m: 1:11.17 36.47	500m: 6:20.91	39.57	900m: 11:46.09	40.84	1300m: 17:11.36	40.47
	150m: 1:48.52 37.35	550m: 7:01.08	40.17	950m: 12:27.19	41.10	1350m: 17:52.12	40.76
	200m: 2:26.64 38.12	600m: 7:41.69	40.61	1000m: 13:08.11	40.92	1400m: 18:32.38	40.26
	250m: 3:05.14 38.50	650m: 8:22.41	40.72	1050m: 13:48.54	40.43	1450m: 19:11.49	39.11
	300m: 3:43.70 38.56	700m: 9:02.79	40.38	1100m: 14:28.90	40.36	1500m: 19:48.76	37.27
	350m: 4:22.93 39.23	750m: 9:43.52	40.73	1150m: 15:09.76	40.86		
	400m: 5:01.93 39.00	800m: 10:24.47	40.95	1200m: 15:50.63	40.87		
29.	Leonardo Morim, SILVA <i>FTL</i>	M	133181 00	Vilacondense	<b>20:58.89</b>	307	
	50m: 36.08 36.08	500m: 6:53.48	1:24.84	900m: 12:34.06	1:25.39	1300m: 18:14.88	1:24.68
	200m: 3:20.36 2:44.28	600m: 8:18.38	1:24.90	1000m: 13:59.39	1:25.33	1400m: 19:39.24	1:24.36
	300m: 4:03.29 42.93	700m: 9:43.82	1:25.44	1100m: 15:24.94	1:25.55	1500m: 20:58.89	1:19.65
	400m: 5:28.64 1:25.35	800m: 11:08.67	1:24.85	1200m: 16:50.20	1:25.26		
DNS	Tiago Silva, RIBEIRO	M	126718 00	Leixões Sport Clube			DNS
DNS	Ricardo Alexandre, MARQUES	M	110468 00	Lousada Seculo XXI			DNS
WDR	Bruno Miguel, PINTO	M	121335 00	Porto			WDR
WDR	Rui Alexandre, RAMOS	M	111744 00	Porto			WDR

Juvenis B

1.	Pedro Miguel, SANTOS	M	121987 01	Porto	<b>16:50.90</b>	594	
	50m: 32.63 32.63	450m: 5:00.94	33.82	850m: 9:32.53	34.07	1250m: 14:03.88	33.98
	100m: 1:05.57 32.94	500m: 5:35.17	34.23	900m: 10:06.46	33.93	1300m: 14:37.89	34.01
	150m: 1:39.26 33.69	550m: 6:08.82	33.65	950m: 10:40.40	33.94	1350m: 15:11.42	33.53
	200m: 2:13.23 33.97	600m: 6:42.81	33.99	1000m: 11:14.42	34.02	1400m: 15:45.09	33.67
	250m: 2:47.16 33.93	650m: 7:16.62	33.81	1050m: 11:48.30	33.88	1450m: 16:18.73	33.64
	300m: 3:20.08 32.92	700m: 7:50.67	34.05	1100m: 12:22.21	33.91	1500m: 16:50.90	32.17
	350m: 3:53.95 33.87	750m: 8:24.49	33.82	1150m: 12:55.93	33.72		
	400m: 4:27.12 33.17	800m: 8:58.46	33.97	1200m: 13:29.90	33.97		
2.	Jose Salgado, MOREIRA	M	121706 01	Famalicao	<b>17:36.81</b>	520	
	50m: 33.58 33.58	450m: 5:16.00	34.92	850m: 9:58.02	35.13	1250m: 14:41.89	35.57
	100m: 1:08.52 34.94	500m: 5:50.84	34.84	900m: 10:33.37	35.35	1300m: 15:17.45	35.56
	150m: 1:43.66 35.14	550m: 6:25.71	34.87	950m: 11:08.96	35.59	1350m: 15:53.20	35.75
	200m: 2:18.67 35.01	600m: 7:00.79	35.08	1000m: 11:44.21	35.25	1400m: 16:29.05	35.85
	250m: 2:54.26 35.59	650m: 7:36.40	35.61	1050m: 12:19.51	35.30	1450m: 17:03.86	34.81
	300m: 3:29.89 35.63	700m: 8:12.19	35.79	1100m: 12:54.82	35.31	1500m: 17:36.81	32.95
	350m: 4:05.40 35.51	750m: 8:47.37	35.18	1150m: 13:30.79	35.97		
	400m: 4:41.08 35.68	800m: 9:22.89	35.52	1200m: 14:06.32	35.53		
3.	Bruno Rafael, MACHADO	M	119176 01	Fluvial Portuense	<b>17:53.38</b>	496	
	50m: 33.72 33.72	400m: 4:42.34		800m: 9:29.52	1:12.01	1200m: 14:18.63	1:12.25
	100m: 1:08.31 34.59	500m: 5:53.76	1:11.42	900m: 10:41.54	1:12.02	1300m: 15:30.41	1:11.78
	200m: 2:19.41 1:11.10	600m: 7:05.47	1:11.71	1000m: 11:54.35	1:12.81	1400m: 16:43.05	1:12.64
	300m: 3:30.49 31:11.08	700m: 8:17.51	1:12.04	1100m: 13:06.38	1:12.03	1500m: 17:53.38	1:10.33
4.	Alexandre Jose, NOGUEIRA	M	119081 01	Fluvial Portuense	<b>17:54.90</b>	494	
	50m: 33.68 33.68	400m: 4:45.08	1:12.50	800m: 9:33.90	1:11.53	1300m: 16:44.81	3:38.04
	100m: 1:08.27 34.59	500m: 5:57.27	1:12.19	900m: 10:45.22	1:11.32	1400m: 17:20.96	36.15
	200m: 2:19.84 1:11.57	600m: 7:09.96	1:12.69	1000m: 11:56.37	1:11.15	1500m: 17:54.90	33.94
	300m: 3:32.58 1:12.74	700m: 8:22.37	1:12.41	1100m: 13:06.77	1:10.40		
5.	Afonso Passos, CUNHA	M	118228 01	Famalicao	<b>17:58.47</b>	489	
	50m: 33.63 33.63	400m: 4:46.06	36.52	750m: 8:59.68	35.97	1100m: 13:11.30	35.79
	100m: 1:08.16 34.53	450m: 5:22.27	36.21	800m: 9:35.46	35.78	1150m: 13:47.54	36.24
	150m: 1:43.34 35.18	500m: 5:58.63	36.36	850m: 10:11.59	36.13	1200m: 14:23.94	36.40
	200m: 2:19.43 36.09	550m: 6:35.26	36.63	900m: 10:47.53	35.94	1300m: 15:36.70	1:12.76
	250m: 2:55.73 36.30	600m: 7:11.85	36.59	950m: 11:23.32	35.79	1400m: 16:49.94	1:13.24
	300m: 3:32.36 36.63	650m: 7:47.80	35.95	1000m: 11:59.60	36.28	1500m: 17:58.47	1:08.53
	350m: 4:09.54 37.18	700m: 8:23.71	35.91	1050m: 12:35.51	35.91		
6.	Joao Leite, SARAIVA	M	118229 01	Famalicao	<b>17:59.07</b>	488	
	50m: 34.18 34.18	450m: 5:21.81	36.76	850m: 10:13.45	36.10	1250m: 15:04.11	35.39
	100m: 1:09.02 34.84	500m: 5:58.60	36.79	900m: 10:50.17	36.72	1300m: 15:39.45	35.34
	150m: 1:44.58 35.56	550m: 6:34.67	36.07	950m: 11:26.63	36.46	1350m: 16:15.04	35.59
	200m: 2:20.34 35.76	600m: 7:11.17	36.50	1000m: 12:03.66	37.03	1400m: 16:50.68	35.64
	250m: 2:56.21 35.87	650m: 7:48.08	36.91	1050m: 12:40.43	36.77	1450m: 17:26.03	35.35
	300m: 3:32.76 36.55	700m: 8:25.03	36.95	1100m: 13:16.30	35.87	1500m: 17:59.07	33.04
	350m: 4:08.86 36.10	750m: 9:01.05	36.02	1150m: 13:52.96	36.66		
	400m: 4:45.05 36.19	800m: 9:37.35	36.30	1200m: 14:28.72	35.76		

Prova 9, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
7.	Joao Ribeiro, SOUSA	M	123014	01	Porto	<b>18:04.33</b>	481	
	50m: 34.42	34.42	450m: 5:19.63	35.80	850m: 10:11.90	35.42	1250m: 15:05.80	36.67
	100m: 1:09.27	34.85	500m: 5:56.29	36.66	900m: 10:49.54	37.64	1300m: 15:42.90	37.10
	150m: 1:44.95	35.68	550m: 6:33.63	37.34	950m: 11:25.82	36.28	1350m: 16:19.37	36.47
	200m: 2:20.47	35.52	600m: 7:10.40	36.77	1000m: 12:02.67	36.85	1400m: 16:54.86	35.49
	250m: 2:56.34	35.87	650m: 7:48.14	37.74	1050m: 12:39.70	37.03	1450m: 17:29.75	34.89
	300m: 3:31.59	35.25	700m: 8:24.71	36.57	1100m: 13:15.56	35.86	1500m: 18:04.33	34.58
	350m: 4:07.41	35.82	750m: 9:00.23	35.52	1150m: 13:51.55	35.99		
	400m: 4:43.83	36.42	800m: 9:36.48	36.25	1200m: 14:29.13	37.58		
8.	Joao Sa, MELO	M	118226	01	Famalicao	<b>18:18.38</b>	463	
	50m: 34.35	34.35	450m: 5:25.18	36.82	850m: 10:19.45	36.83	1250m: 15:15.50	37.01
	100m: 1:09.72	35.37	500m: 6:01.82	36.64	900m: 10:56.63	37.18	1300m: 15:52.56	37.06
	150m: 1:45.70	35.98	550m: 6:38.87	37.05	950m: 11:33.34	36.71	1350m: 16:29.99	37.43
	200m: 2:21.85	36.15	600m: 7:15.38	36.51	1000m: 12:10.39	37.05	1400m: 17:07.09	37.10
	250m: 2:58.56	36.71	650m: 7:52.23	36.85	1050m: 12:47.48	37.09	1450m: 17:43.99	36.90
	300m: 3:34.87	36.31	700m: 8:28.96	36.73	1100m: 13:24.68	37.20	1500m: 18:18.38	34.39
	350m: 4:11.45	36.58	750m: 9:05.50	36.54	1150m: 14:01.40	36.72		
	400m: 4:48.36	36.91	800m: 9:42.62	37.12	1200m: 14:38.49	37.09		
9.	Jose Moreira, SOUSA	M	118224	01	Famalicao	<b>18:18.41</b>	463	
	50m: 33.29	33.29	400m: 4:43.28	1:12.87	800m: 9:40.37	1:15.81	1200m: 14:38.48	1:15.78
	100m: 1:07.48	34.19	500m: 5:56.82	1:13.54	900m: 10:54.08	1:13.71	1300m: 15:53.19	1:14.71
	200m: 2:18.29	1:10.81	600m: 7:10.37	1:13.55	1000m: 12:08.48	1:14.40	1400m: 17:05.98	1:12.79
	300m: 3:30.41	1:12.12	700m: 8:24.56	1:14.19	1100m: 13:22.70	1:14.22	1500m: 18:18.41	1:12.43
10.	Ricardo Jorge, MOREIRA	M	122012	01	Natacao de Valongo	<b>18:19.17</b>	462	
	50m: 34.09	34.09	450m: 5:25.16	37.20	850m: 10:19.41	36.96	1250m: 15:15.30	37.08
	100m: 1:09.45	35.36	500m: 6:01.68	36.52	900m: 10:56.16	36.75	1300m: 15:52.41	37.11
	150m: 1:45.49	36.04	550m: 6:38.79	37.11	950m: 11:33.09	36.93	1350m: 16:29.89	37.48
	200m: 2:21.69	36.20	600m: 7:15.17	36.38	1000m: 12:10.18	37.09	1400m: 17:06.96	37.07
	250m: 2:58.39	36.70	650m: 7:51.82	36.65	1050m: 12:47.44	37.26	1450m: 17:43.75	36.79
	300m: 3:34.66	36.27	700m: 8:28.39	36.57	1100m: 13:24.32	36.88	1500m: 18:19.17	35.42
	350m: 4:11.26	36.60	750m: 9:05.26	36.87	1150m: 14:01.39	37.07		
	400m: 4:47.96	36.70	800m: 9:42.45	37.19	1200m: 14:38.22	36.83		
11.	Bruno Carvalho, BARROSO	M	125969	01	Leixões Sport Clube	<b>18:19.85</b>	461	
	50m: 37.73	37.73	400m: 4:52.10	1:14.60	800m: 9:46.84	1:14.46	1200m: 14:45.66	1:15.50
	100m: 1:09.76	32.03	500m: 6:05.28	1:13.18	900m: 11:00.84	1:14.00	1300m: 15:58.66	1:13.00
	200m: 2:03.50	53.74	600m: 7:18.44	1:13.16	1000m: 12:15.62	1:14.78	1400m: 17:10.96	1:12.30
	300m: 3:37.50	1:34.00	700m: 8:32.38	1:13.94	1100m: 13:30.16	1:14.54	1500m: 18:19.85	1:08.89
12.	Bruno Miguel, MAIA	M	126783	01	CNMaia	<b>18:28.94</b>	450	
	50m: 33.78	33.78	450m: 5:29.05	36.88	850m: 10:28.96	37.22	1250m: 15:25.29	37.19
	100m: 1:09.48	35.70	500m: 6:06.21	37.16	900m: 11:06.18	37.22	1300m: 16:02.52	37.23
	150m: 1:46.17	36.69	550m: 6:43.23	37.02	950m: 11:43.07	36.89	1350m: 16:39.27	36.75
	200m: 2:23.68	37.51	600m: 7:20.96	37.73	1000m: 12:20.46	37.39	1400m: 17:15.86	36.59
	250m: 3:00.79	37.11	650m: 7:58.40	37.44	1050m: 12:56.80	36.34	1450m: 17:51.79	35.93
	300m: 3:37.94	37.15	700m: 8:36.44	38.04	1100m: 13:34.08	37.28	1500m: 18:28.94	37.15
	350m: 4:14.99	37.05	750m: 9:14.21	37.77	1150m: 14:11.25	37.17		
	400m: 4:52.17	37.18	800m: 9:51.74	37.53	1200m: 14:48.10	36.85		
13.	Luis Tiago, FERNANDES	M	111447	01	Famalicao	<b>18:34.14</b>	444	
	50m: 33.75	33.75	450m: 5:25.71	37.21	850m: 10:26.69	37.72	1250m: 15:28.44	37.12
	100m: 1:09.41	35.66	500m: 6:03.13	37.42	900m: 11:04.47	37.78	1300m: 16:06.16	37.72
	150m: 1:45.34	35.93	550m: 6:40.77	37.64	950m: 11:41.94	37.47	1350m: 16:44.06	37.90
	200m: 2:21.47	36.13	600m: 7:18.31	37.54	1000m: 12:19.52	37.58	1400m: 17:21.30	37.24
	250m: 2:58.11	36.64	650m: 7:56.07	37.76	1050m: 12:57.27	37.75	1450m: 17:58.15	36.85
	300m: 3:34.57	36.46	700m: 8:33.71	37.64	1100m: 13:35.08	37.81	1500m: 18:34.14	35.99
	350m: 4:11.66	37.09	750m: 9:11.35	37.64	1150m: 14:13.04	37.96		
	400m: 4:48.50	36.84	800m: 9:48.97	37.62	1200m: 14:51.32	38.28		
14.	Joao Pinto, FREITAS	M	122926	01	Assoc. Desportiva de Fafe	<b>18:46.01</b>	430	
	50m: 34.08	34.08	450m: 5:30.36	37.60	850m: 10:33.11	37.97	1250m: 15:39.28	38.37
	100m: 1:09.44	35.36	500m: 6:08.17	37.81	900m: 11:11.11	38.00	1300m: 16:17.81	38.53
	150m: 1:46.18	36.74	550m: 6:45.75	37.58	950m: 11:49.04	37.93	1350m: 16:56.06	38.25
	200m: 2:22.78	36.60	600m: 7:23.38	37.63	1000m: 12:27.45	38.41	1400m: 17:34.22	38.16
	250m: 3:00.14	37.36	650m: 8:01.23	37.85	1050m: 13:05.93	38.48	1450m: 18:12.15	37.93
	300m: 3:37.57	37.43	700m: 8:38.97	37.74	1100m: 13:44.66	38.73	1500m: 18:46.01	33.86
	350m: 4:15.17	37.60	750m: 9:16.86	37.89	1150m: 14:23.12	38.46		
	400m: 4:52.76	37.59	800m: 9:55.14	38.28	1200m: 15:00.91	37.79		
15.	Joao Pedro, COSTA	M	121468	01	Vilacondense	<b>18:46.04</b>	430	
	50m: 33.88	33.88	450m: 5:30.16	37.51	850m: 10:32.79	37.88	1250m: 15:39.11	38.31
	100m: 1:09.10	35.22	500m: 6:07.87	37.71	900m: 11:10.80	38.01	1300m: 16:17.82	38.71
	150m: 1:45.70	36.60	550m: 6:45.38	37.51	950m: 11:49.00	38.20	1350m: 16:55.85	38.03
	200m: 2:22.58	36.88	600m: 7:23.18	37.80	1000m: 12:27.30	38.30	1400m: 17:34.26	38.41
	250m: 2:59.91	37.33	650m: 8:00.98	37.80	1050m: 13:05.70	38.40	1450m: 18:12.31	38.05
	300m: 3:37.47	37.56	700m: 8:38.99	38.01	1100m: 13:44.53	38.83	1500m: 18:46.04	33.73
	350m: 4:15.04	37.57	750m: 9:16.72	37.73	1150m: 14:22.77	38.24		
	400m: 4:52.65	37.61	800m: 9:54.91	38.19	1200m: 15:00.80	38.03		





Prova 9, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
25.	Tiago Lima, MARTINS	M	124861	01	Ginásio Santo Tirso	<b>19:11.12</b>	402	
	50m: 34.76	34.76	400m: 5:05.57	1:18.57	800m: 10:14.89	1:18.19	1200m: 15:26.45	1:18.38
	100m: 1:15.10	40.34	500m: 6:22.54	1:16.97	900m: 11:32.64	1:17.75	1300m: 16:43.16	1:16.71
	200m: 2:28.45	1:13.35	600m: 7:39.82	1:17.28	1000m: 13:50.55	1:57.91	1500m: 19:11.12	2:27.96
	300m: 3:47.00	1:18.55	700m: 8:56.70	1:16.88	1100m: 14:08.07	37.52		
26.	Rui Pires, MARTINS	M	122177	01	Assoc. Desportiva de Fafe	<b>19:14.12</b>	399	
	50m: 34.01	34.01	450m: 5:37.45	39.15	850m: 10:49.85	38.02	1250m: 16:02.18	39.87
	100m: 1:09.66	35.65	500m: 6:16.54	39.09	900m: 11:28.32	38.47	1300m: 16:42.01	39.83
	150m: 1:46.64	36.98	550m: 6:55.76	39.22	950m: 12:06.91	38.59	1350m: 17:20.84	38.83
	200m: 2:24.07	37.43	600m: 7:35.32	39.56	1000m: 12:45.92	39.01	1400m: 17:59.80	38.96
	250m: 3:02.14	38.07	650m: 8:14.57	39.25	1050m: 13:24.82	38.90	1450m: 18:38.08	38.28
	300m: 3:40.27	38.13	700m: 8:53.83	39.26	1100m: 14:03.90	39.08	1500m: 19:14.12	36.04
	350m: 4:19.32	39.05	750m: 9:32.92	39.09	1150m: 14:42.85	38.95		
	400m: 4:58.30	38.98	800m: 10:11.83	38.91	1200m: 15:22.31	39.46		
27.	Nuno Oliveira, FREITAS	M	112129	01	Fluvial Portuense	<b>19:16.15</b>	397	
	50m: 34.93	34.93	400m: 5:01.07	1:16.26	800m: 10:09.81	1:18.09	1200m: 15:23.68	1:18.61
	100m: 1:12.36	37.43	500m: 6:17.08	1:16.01	900m: 11:28.43	1:18.62	1300m: 16:41.93	1:18.25
	200m: 2:28.52	21:16.16	600m: 7:33.87	1:16.79	1000m: 12:46.62	1:18.19	1400m: 18:38.56	1:56.63
	300m: 3:44.81		700m: 8:51.72	1:17.85	1100m: 14:05.07	1:18.45	1500m: 19:16.15	37.59
28.	Henrique Maieiro, AMORIM	M	125010	01	Clube Naval Povoense	<b>19:27.70</b>	385	
	50m: 35.16	35.16	450m: 5:43.59	38.62	850m: 10:56.27	39.11	1250m: 16:15.32	39.64
	100m: 1:12.18	37.02	500m: 6:22.82	39.23	900m: 11:36.05	39.78	1300m: 16:54.80	39.48
	150m: 1:50.49	38.31	550m: 7:02.38	39.56	950m: 12:15.37	39.32	1350m: 17:34.39	39.59
	200m: 2:28.64	38.15	600m: 7:41.39	39.01	1000m: 12:55.42	40.05	1400m: 18:13.68	39.29
	250m: 3:07.42	38.78	650m: 8:20.54	39.15	1050m: 13:35.45	40.03	1450m: 18:52.36	38.68
	300m: 3:46.65	39.23	700m: 8:59.43	38.89	1100m: 14:15.63	40.18	1500m: 19:27.70	35.34
	350m: 4:25.87	39.22	750m: 9:38.46	39.03	1150m: 14:55.97	40.34		
	400m: 5:04.97	39.10	800m: 10:17.16	38.70	1200m: 15:35.68	39.71		
29.	Rui Tiago, PACHECO	M	118357	01	Vilacondense	<b>19:36.29</b>	377	
	50m: 35.00	35.00	400m: 5:04.48	1:17.16	800m: 10:16.89	1:18.00	1200m: 15:35.95	1:21.72
	100m: 1:12.45	37.45	500m: 6:22.20	1:17.72	900m: 11:36.26	1:19.37	1300m: 16:58.42	1:22.47
	200m: 2:29.07	1:16.62	600m: 7:40.36	1:18.16	1000m: 12:54.02	1:17.76	1400m: 18:19.51	1:21.09
	300m: 3:47.32	1:18.25	700m: 8:58.89	1:18.53	1100m: 14:14.23	1:20.21	1500m: 19:36.29	1:16.78
30.	Joao Freitas, PEIXOTO	M	122172	01	Assoc. Desportiva de Fafe	<b>20:06.10</b>	350	
	50m: 36.07	36.07	400m: 5:15.12	1:21.97	800m: 10:41.18	1:22.28	1200m: 16:08.18	1:21.45
	100m: 1:13.96	37.89	500m: 6:36.73	1:21.61	900m: 12:03.28	1:22.10	1300m: 17:29.40	1:21.22
	200m: 2:32.96	1:19.00	600m: 7:57.34	1:20.61	1000m: 13:24.84	1:21.56	1400m: 18:49.05	1:19.65
	300m: 3:53.15	1:20.19	700m: 9:18.90	1:21.56	1100m: 14:46.73	1:21.89	1500m: 20:06.10	1:17.05
31.	Filipe Rodrigues, FONSECA <i>FTL</i>	M	111316	01	Aquatico Pacense	<b>20:29.99</b>	330	
	50m: 35.95	35.95	450m: 6:00.57	41.84	850m: 11:35.44	41.15	1250m: 17:06.90	40.90
	100m: 1:14.94	38.99	500m: 6:42.98	42.41	900m: 12:18.67	43.23	1300m: 17:48.71	41.81
	150m: 1:54.86	39.92	550m: 7:24.56	41.58	950m: 13:00.18	41.51	1350m: 18:30.21	41.50
	200m: 2:34.93	40.07	600m: 8:06.41	41.85	1000m: 13:41.31	41.13	1400m: 19:11.06	40.85
	250m: 3:15.35	40.42	650m: 8:46.92	40.51	1050m: 14:22.15	40.84	1450m: 19:51.03	39.97
	300m: 3:56.42	41.07	700m: 9:28.62	41.70	1100m: 15:03.66	41.51	1500m: 20:29.99	38.96
	350m: 4:37.37	40.95	750m: 10:11.43	42.81	1150m: 15:44.33	40.67		
	400m: 5:18.73	41.36	800m: 10:54.29	42.86	1200m: 16:26.00	41.67		
32.	Joao Pedro, BRANCO <i>FTL</i>	M	132221	01	Aquatico Pacense	<b>20:34.35</b>	326	
	50m: 39.61	39.61	450m: 6:09.37	40.75	850m: 11:38.37	41.06	1250m: 17:07.47	41.54
	100m: 1:20.87	41.26	500m: 6:50.53	41.16	900m: 12:19.62	41.25	1300m: 17:49.44	41.97
	150m: 2:01.75	40.88	550m: 7:31.82	41.29	950m: 13:00.98	41.36	1350m: 18:30.76	41.32
	200m: 2:43.23	41.48	600m: 8:12.96	41.14	1000m: 13:42.35	41.37	1400m: 19:12.18	41.42
	250m: 3:24.53	41.30	650m: 8:54.06	41.10	1050m: 14:22.89	40.54	1450m: 19:53.13	40.95
	300m: 4:05.99	41.46	700m: 9:35.94	41.88	1100m: 15:04.21	41.32	1500m: 20:34.35	41.22
	350m: 4:47.18	41.19	750m: 10:16.38	40.44	1150m: 15:44.87	40.66		
	400m: 5:28.62	41.44	800m: 10:57.31	40.93	1200m: 16:25.93	41.06		
33.	Jose Carlos, RIBEIRO <i>FTL</i>	M	124316	01	Vitória de Guimaraes/Olicargo	<b>20:36.73</b>	324	
	50m: 37.20	37.20	450m: 6:05.48	41.62	850m: 11:36.99	39.79	1250m: 17:08.85	42.16
	100m: 1:16.49	39.29	500m: 6:46.68	41.20	900m: 12:18.95	41.96	1300m: 17:51.77	42.92
	150m: 1:57.56	41.07	550m: 7:28.63	41.95	950m: 13:00.62	41.67	1350m: 18:34.56	42.79
	200m: 2:38.46	40.90	600m: 8:10.63	42.00	1000m: 13:41.33	40.71	1400m: 19:16.27	41.71
	250m: 3:20.39	41.93	650m: 8:52.94	42.31	1050m: 14:22.25	40.92	1450m: 19:57.40	41.13
	300m: 4:01.81	41.42	700m: 9:34.38	41.44	1100m: 15:03.60	41.35	1500m: 20:36.73	39.33
	350m: 4:43.67	41.86	750m: 10:15.56	41.18	1150m: 15:44.89	41.29		
	400m: 5:23.86	40.19	800m: 10:57.20	41.64	1200m: 16:26.69	41.80		
34.	Tomas Ribeiro, FERREIRA <i>FTL</i>	M	133403	01	Vilacondense	<b>22:16.19</b>	257	
	50m: 41.65	41.65	400m: 5:56.40	1:30.40	800m: 11:56.40	1:29.64	1200m: 17:56.84	1:29.76
	100m: 1:26.56	44.91	500m: 7:26.47	1:30.07	900m: 13:26.99	1:30.59	1300m: 19:25.34	1:28.50
	200m: 2:56.65	1:30.09	600m: 8:56.78	1:30.31	1000m: 14:56.84	1:29.85	1400m: 20:52.72	1:27.38
	300m: 4:26.00	1:29.35	700m: 10:26.76	1:29.98	1100m: 16:27.08	1:30.24	1500m: 22:16.19	1:23.47
DNS	Goncalo Miguel, PATRICIO	M	129031	01	Luso-Internacional			DNS
DNS	Jorge Coelho, QUINTA	M	120497	01	Leixões Sport Clube			DNS
WDR	Jose Pedro, MENESES	M	118899	01	Leixões Sport Clube			WDR

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, 11.40161

Registered to Associação de Natacao do Norte de Portugal

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Prova 9, Masc., 1500m Livres

EXH	Issac James, FILLINGHAM		M	123971 01	Luso-Internacional			<b>19:16.40</b>		397	EXH	
	50m:	33.69	33.69	400m:	5:00.38	1:17.66	800m:	10:09.69	1:17.75	1200m:	15:23.59	1:18.65
	100m:	1:10.44	36.75	500m:	6:17.09	1:16.71	900m:	11:28.28	1:18.59	1300m:	16:41.94	1:18.35
	200m:	2:26.19	1:15.75	600m:	7:33.96	1:16.87	1000m:	12:46.96	1:18.68	1400m:	18:01.15	1:19.21
	300m:	3:42.72	1:16.53	700m:	8:51.94	1:17.98	1100m:	14:04.94	1:17.98	1500m:	19:16.40	1:15.25