

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 13. - 15.3.2009

Prova 19	Masc., 1500m Livres					Juvenis
15.3.09 - 9:00						Resultados
Recorde Nacional Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07	
Recorde Nacional Juvenis A	16:04.07	Rui Filipe Costa	FPN	Loulé	8.6.07	
Recorde Nacional Juvenis B	16:31.97	Pedro Fontoura Oliveira	CFB	EULisboa	28.5.05	

MAC Masc JUV A Juv A: 17:01.25 / MAC Masc JUV B Juv B: 17:25.00 / TAC Masc JUV A 50m Juv A: 17:55.00 / TAC Masc JUV B 50m Juv B: 18:20.00

Pontos: FINA 2008

Lugar	Ano		Tempo final		Pts
Juvenis B					
1. Tiago Silva Oliveira	94	Leixões	17:09.98	630	
100m: 1:03.60 1:03.60	500m: 5:38.55 1:08.54	900m: 10:15.35 1:09.85	1300m: 14:53.58 1:09.52		
200m: 2:12.17 1:08.57	600m: 6:47.36 1:08.81	1000m: 11:24.93 1:09.58	1400m: 16:03.32 1:09.74		
300m: 3:21.24 1:09.07	700m: 7:56.26 1:08.90	1100m: 12:34.55 1:09.62	1500m: 17:09.98 1:06.66		
400m: 4:30.01 1:08.77	800m: 9:05.50 1:09.24	1200m: 13:44.06 1:09.51			
2. Pedro Afonso Gaspar	94	Sporting	17:24.91	603	
100m: 1:02.15 1:02.15	500m: 5:38.78 1:09.75	900m: 10:19.73 1:10.43	1300m: 15:04.86 1:11.82		
200m: 2:09.94 1:07.79	600m: 6:48.72 1:09.94	1000m: 11:30.33 1:10.60	1400m: 16:15.64 1:10.78		
300m: 3:19.33 1:09.39	700m: 7:58.87 1:10.15	1100m: 12:41.44 1:11.11	1500m: 17:24.91 1:09.27		
400m: 4:29.03 1:09.70	800m: 9:09.30 1:10.43	1200m: 13:53.04 1:11.60			
3. Andre Eduardo Infante	94	Sporting	17:52.67	557	
100m: 1:05.26 1:05.26	500m: 5:54.42 1:11.98	900m: 10:44.17 1:12.40	1300m: 15:33.32 1:12.66		
200m: 2:17.30 1:12.04	600m: 7:06.59 1:12.17	1000m: 11:57.06 1:12.89	1400m: 16:46.35 1:13.03		
300m: 3:29.85 1:12.55	700m: 8:19.16 1:12.57	1100m: 13:09.65 1:12.59	1500m: 17:52.67 1:06.32		
400m: 4:42.44 1:12.59	800m: 9:31.77 1:12.61	1200m: 14:20.66 1:11.01			
4. Paulo Bruno Janeiro	94	Litoral Alentejano	17:53.09	557	
100m: 1:04.24 1:04.24	500m: 5:50.29 1:12.00	900m: 10:38.98 1:11.89	1300m: 15:30.26 1:12.66		
200m: 2:14.57 1:10.33	600m: 7:02.60 1:12.31	1000m: 11:51.56 1:12.58	1400m: 16:43.27 1:13.01		
300m: 3:26.15 1:11.58	700m: 8:14.97 1:12.37	1100m: 13:04.10 1:12.54	1500m: 17:53.09 1:09.82		
400m: 4:38.29 1:12.14	800m: 9:27.09 1:12.12	1200m: 14:17.60 1:13.50			
5. Diogo Cunha Girao	94	Columbófila Cantanhedense	17:55.67	553	
100m: 1:07.96 1:07.96	500m: 5:52.01 1:12.29	900m: 10:41.68 1:12.34	1300m: 15:33.01 1:12.92		
200m: 2:17.64 1:09.68	600m: 7:04.41 1:12.40	1000m: 11:54.79 1:13.11	1400m: 16:46.09 1:13.08		
300m: 3:28.47 1:10.83	700m: 8:16.50 1:12.09	1100m: 13:07.23 1:12.44	1500m: 17:55.67 1:09.58		
400m: 4:39.72 1:11.25	800m: 9:29.34 1:12.84	1200m: 14:20.09 1:12.86			
6. Andre Canelas Kaldeich	94	Fluvial Portuense	17:58.67	548	
100m: 1:05.30 1:05.30	500m: 5:53.27 1:11.87	900m: 10:42.80 1:12.45	1300m: 15:36.00 1:13.31		
200m: 2:17.39 1:12.09	600m: 7:05.66 1:12.39	1000m: 11:55.38 1:12.58	1400m: 16:48.55 1:12.55		
300m: 3:29.81 1:12.42	700m: 8:18.28 1:12.62	1100m: 13:08.85 1:13.47	1500m: 17:58.67 1:10.12		
400m: 4:41.40 1:11.59	800m: 9:30.35 1:12.07	1200m: 14:22.69 1:13.84			
7. Jose Alberto Martins	94	Vitória de Guimarães	18:09.95	531	
100m: 1:05.80 1:05.80	500m: 5:54.17 1:13.23	900m: 10:47.49 1:14.10	1300m: 15:45.82 1:15.09		
200m: 2:17.87 1:12.07	600m: 7:07.07 1:12.90	1000m: 12:01.92 1:14.43	1400m: 17:00.31 1:14.49		
300m: 3:29.05 1:11.18	700m: 8:19.64 1:12.57	1100m: 13:16.39 1:14.47	1500m: 18:09.95 1:09.64		
400m: 4:40.94 1:11.89	800m: 9:33.39 1:13.75	1200m: 14:30.73 1:14.34			
8. Miguel Alexandre Lemos	94	Porto/Império Bonança	18:10.11	531	
100m: 1:06.32 1:06.32	500m: 5:54.00 1:12.93	900m: 10:50.91 1:14.12	1300m: 15:45.95 1:13.37		
200m: 2:17.93 1:11.61	600m: 7:07.65 1:13.65	1000m: 12:05.57 1:14.66	1400m: 16:59.87 1:13.92		
300m: 3:29.30 1:11.37	700m: 8:22.26 1:14.61	1100m: 13:18.66 1:13.09	1500m: 18:10.11 1:10.24		
400m: 4:41.07 1:11.77	800m: 9:36.79 1:14.53	1200m: 14:32.58 1:13.92			
9. Ivo Andre Lopes	94	20Km de Almeirim	18:12.72	527	
100m: 1:04.60 1:04.60	500m: 5:53.53 1:12.87	900m: 10:49.91 1:14.73	1300m: 15:48.43 1:14.12		
200m: 2:15.96 1:11.36	600m: 7:06.79 1:13.26	1000m: 12:04.74 1:14.83	1400m: 17:01.61 1:13.18		
300m: 3:27.99 1:12.03	700m: 8:20.84 1:14.05	1100m: 13:20.06 1:15.32	1500m: 18:12.72 1:11.11		
400m: 4:40.66 1:12.67	800m: 9:35.18 1:14.34	1200m: 14:34.31 1:14.25			

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 13. - 15.3.2009

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

Lugar			Ano					Tempo final	Pts
10.	Joao Manuel Borges		94	Ginásio Figueirense				18:14.75	524
	100m:	1:06.58 1:06.58	500m:	5:57.62 1:13.26	900m:	10:54.90 1:14.58	1300m:	15:51.53 1:14.23	
	200m:	2:18.82 1:12.24	600m:	7:11.61 1:13.99	1000m:	12:09.20 1:14.30	1400m:	17:04.94 1:13.41	
	300m:	3:31.29 1:12.47	700m:	8:26.00 1:14.39	1100m:	13:23.00 1:13.80	1500m:	18:14.75 1:09.81	
	400m:	4:44.36 1:13.07	800m:	9:40.32 1:14.32	1200m:	14:37.30 1:14.30			
11.	Joao Pedro Vieira		94	Naval do Funchal				18:17.88	520
	100m:	1:06.61 1:06.61	500m:	5:59.70 1:14.02	900m:	10:57.47 1:13.98	1300m:	15:53.30 1:14.43	
	200m:	2:19.22 1:12.61	600m:	7:14.23 1:14.53	1000m:	12:11.13 1:13.66	1400m:	17:06.95 1:13.65	
	300m:	3:32.16 1:12.94	700m:	8:28.87 1:14.64	1100m:	13:25.11 1:13.98	1500m:	18:17.88 1:10.93	
	400m:	4:45.68 1:13.52	800m:	9:43.49 1:14.62	1200m:	14:38.87 1:13.76			
12.	David Xavier Cunha		94	Vitória de Guimarães				18:18.04	520
	100m:	1:06.02 1:06.02	500m:	5:56.78 1:13.80	900m:	10:53.48 1:13.76	1300m:	15:51.62 1:14.97	
	200m:	2:17.97 1:11.95	600m:	7:10.81 1:14.03	1000m:	12:07.36 1:13.88	1400m:	17:07.06 1:15.44	
	300m:	3:30.51 1:12.54	700m:	8:25.78 1:14.97	1100m:	13:22.37 1:15.01	1500m:	18:18.04 1:10.98	
	400m:	4:42.98 1:12.47	800m:	9:39.72 1:13.94	1200m:	14:36.65 1:14.28			
13.	Andre Manuel Garcia		94	Vilacondense				18:19.65	517
	100m:	1:06.28 1:06.28	500m:	6:00.64 1:14.67	900m:	10:56.55 1:14.50	1300m:	15:55.76 1:15.29	
	200m:	2:18.72 1:12.44	600m:	7:14.50 1:13.86	1000m:	12:10.68 1:14.13	1400m:	17:09.14 1:13.38	
	300m:	3:31.84 1:13.12	700m:	8:28.00 1:13.50	1100m:	13:25.60 1:14.92	1500m:	18:19.65 1:10.51	
	400m:	4:45.97 1:14.13	800m:	9:42.05 1:14.05	1200m:	14:40.47 1:14.87			
14.	Miguel Ferraz Costa FTL		94	Vilacondense				18:37.98	492
	100m:	1:05.42 1:05.42	500m:	5:59.60 1:15.39	900m:	11:04.65 1:16.36	1300m:	16:08.90 1:16.19	
	200m:	2:18.06 1:12.64	600m:	7:17.43 1:17.83	1000m:	12:21.05 1:16.40	1400m:	17:25.52 1:16.62	
	300m:	3:30.97 1:12.91	700m:	8:33.51 1:16.08	1100m:	13:37.40 1:16.35	1500m:	18:37.98 1:12.46	
	400m:	4:44.21 1:13.24	800m:	9:48.29 1:14.78	1200m:	14:52.71 1:15.31			

Juvenis A

1.	Gustavo Manuel Santa		93	Litoral Alentejano				16:13.21	746
	100m:	1:00.02 1:00.02	500m:	5:17.31 1:05.14	900m:	9:39.43 1:05.92	1300m:	14:05.27 1:05.25	
	200m:	2:03.66 1:03.64	600m:	6:22.22 1:04.91	1000m:	10:46.99 1:07.56	1400m:	15:10.77 1:05.50	
	300m:	3:07.65 1:03.99	700m:	7:27.67 1:05.45	1100m:	11:53.49 1:06.50	1500m:	16:13.21 1:02.44	
	400m:	4:12.17 1:04.52	800m:	8:33.51 1:05.84	1200m:	13:00.02 1:06.53			
2.	Miguel Monteiro Diogo		93	Alcobaça				16:46.34	675
	100m:	1:01.09 1:01.09	500m:	5:25.01 1:07.28	900m:	9:55.76 1:08.04	1300m:	14:29.93 1:08.39	
	200m:	2:05.49 1:04.40	600m:	6:32.31 1:07.30	1000m:	11:04.72 1:08.96	1400m:	15:38.52 1:08.59	
	300m:	3:11.32 1:05.83	700m:	7:40.19 1:07.88	1100m:	12:12.95 1:08.23	1500m:	16:46.34 1:07.82	
	400m:	4:17.73 1:06.41	800m:	8:47.72 1:07.53	1200m:	13:21.54 1:08.59			
3.	Ricardo Manuel Machado		93	Braga				16:57.64	653
	100m:	1:01.83 1:01.83	500m:	5:32.96 1:08.95	900m:	10:07.53 1:08.47	1300m:	14:42.62 1:09.77	
	200m:	2:08.46 1:06.63	600m:	6:41.28 1:08.32	1000m:	11:15.66 1:08.13	1400m:	15:51.61 1:08.99	
	300m:	3:16.30 1:07.84	700m:	7:50.11 1:08.83	1100m:	12:23.59 1:07.93	1500m:	16:57.64 1:06.03	
	400m:	4:24.01 1:07.71	800m:	8:59.06 1:08.95	1200m:	13:32.85 1:09.26			
4.	Andre Rafael Marinho		93	União Piedense				17:03.52	642
	100m:	1:01.17 1:01.17	500m:	5:34.20 1:08.66	900m:	10:08.06 1:08.52	1300m:	14:45.71 1:09.75	
	200m:	2:08.38 1:07.21	600m:	6:42.84 1:08.64	1000m:	11:16.85 1:08.79	1400m:	15:55.65 1:09.94	
	300m:	3:16.76 1:08.38	700m:	7:51.57 1:08.73	1100m:	12:26.20 1:09.35	1500m:	17:03.52 1:07.87	
	400m:	4:25.54 1:08.78	800m:	8:59.54 1:07.97	1200m:	13:35.96 1:09.76			
5.	Francisco Miguel Cirurgiao		93	Algés				17:16.07	619
	100m:	1:02.33 1:02.33	500m:	5:38.95 1:09.83	900m:	10:19.69 1:10.15	1300m:	14:58.72 1:09.92	
	200m:	2:10.24 1:07.91	600m:	6:48.94 1:09.99	1000m:	11:29.12 1:09.43	1400m:	16:08.41 1:09.69	
	300m:	3:19.64 1:09.40	700m:	7:59.06 1:10.12	1100m:	12:38.93 1:09.81	1500m:	17:16.07 1:07.66	
	400m:	4:29.12 1:09.48	800m:	9:09.54 1:10.48	1200m:	13:48.80 1:09.87			

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 13. - 15.3.2009

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

Lugar			Ano					Tempo final	Pts
6.	Guilherme Pereira Gil		93	União Piedense				17:18.06	615
	100m:	1:03.85 1:03.85	500m:	5:42.68 1:09.92	900m:	10:22.30 1:10.22	1300m:	15:01.62 1:09.69	
	200m:	2:13.28 1:09.43	600m:	6:52.84 1:10.16	1000m:	11:32.02 1:09.72	1400m:	16:11.50 1:09.88	
	300m:	3:22.99 1:09.71	700m:	8:02.38 1:09.54	1100m:	12:41.84 1:09.82	1500m:	17:18.06 1:06.56	
	400m:	4:32.76 1:09.77	800m:	9:12.08 1:09.70	1200m:	13:51.93 1:10.09			
7.	Luis Miguel Nogueira		93	Porto/Império Bonança				17:21.06	610
	100m:	1:02.91 1:02.91	500m:	5:37.84 1:08.58	900m:	10:18.68 1:11.04	1300m:	15:00.89 1:10.23	
	200m:	2:11.55 1:08.64	600m:	6:47.52 1:09.68	1000m:	11:29.12 1:10.44	1400m:	16:11.84 1:10.95	
	300m:	3:20.48 1:08.93	700m:	7:57.64 1:10.12	1100m:	12:39.63 1:10.51	1500m:	17:21.06 1:09.22	
	400m:	4:29.26 1:08.78	800m:	9:07.64 1:10.00	1200m:	13:50.66 1:11.03			
8.	Andre Duarte Vaz		93	Ginásio Figueirense				17:51.14	560
	100m:	1:04.97 1:04.97	500m:	5:46.26 1:11.78	900m:	10:36.81 1:13.01	1300m:	15:28.50 1:12.84	
	200m:	2:13.81 1:08.84	600m:	6:58.54 1:12.28	1000m:	11:49.64 1:12.83	1400m:	16:40.79 1:12.29	
	300m:	3:23.58 1:09.77	700m:	8:10.75 1:12.21	1100m:	13:02.84 1:13.20	1500m:	17:51.14 1:10.35	
	400m:	4:34.48 1:10.90	800m:	9:23.80 1:13.05	1200m:	14:15.66 1:12.82			
9.	Ricardo Mestre Teixeira <i>FTL</i>		93	Sporting				17:56.37	552
	100m:	1:05.73 1:05.73	500m:	5:56.80 1:13.06	900m:	10:45.83 1:12.16	1300m:	15:35.84 1:12.16	
	200m:	2:17.83 1:12.10	600m:	7:09.35 1:12.55	1000m:	11:58.65 1:12.82	1400m:	16:48.58 1:12.74	
	300m:	3:30.97 1:13.14	700m:	8:21.66 1:12.31	1100m:	13:11.31 1:12.66	1500m:	17:56.37 1:07.79	
	400m:	4:43.74 1:12.77	800m:	9:33.67 1:12.01	1200m:	14:23.68 1:12.37			
10.	Joao Pedro Queijo <i>FTL</i>		93	Maia/Real Seguros				17:59.48	547
	100m:	1:05.68 1:05.68	500m:	5:54.14 1:12.38	900m:	10:45.02 1:12.91	1300m:	15:34.84 1:12.88	
	200m:	2:17.13 1:11.45	600m:	7:06.77 1:12.63	1000m:	11:57.59 1:12.57	1400m:	16:48.38 1:13.54	
	300m:	3:29.25 1:12.12	700m:	8:20.21 1:13.44	1100m:	13:09.71 1:12.12	1500m:	17:59.48 1:11.10	
	400m:	4:41.76 1:12.51	800m:	9:32.11 1:11.90	1200m:	14:21.96 1:12.25			
11.	Nuno Vieira Malheiro <i>FTL</i>		93	Braga				18:06.90	536
	100m:	1:08.52 1:08.52	500m:	5:57.03 1:13.34	900m:	10:50.26 1:13.58	1300m:	15:42.75 1:12.85	
	200m:	2:19.57 1:11.05	600m:	7:10.22 1:13.19	1000m:	12:04.46 1:14.20	1400m:	16:56.04 1:13.29	
	300m:	3:31.44 1:11.87	700m:	8:23.12 1:12.90	1100m:	13:17.16 1:12.70	1500m:	18:06.90 1:10.86	
	400m:	4:43.69 1:12.25	800m:	9:36.68 1:13.56	1200m:	14:29.90 1:12.74			
12.	Edgar Fernando Freitas <i>FTL</i>		93	Vilacondense				18:13.15	527
	100m:	1:05.80 1:05.80	500m:	5:57.77 1:13.55	900m:	10:53.73 1:14.45	1300m:	15:52.68 1:13.82	
	200m:	2:18.32 1:12.52	600m:	7:10.75 1:12.98	1000m:	12:08.95 1:15.22	1400m:	17:05.34 1:12.66	
	300m:	3:31.17 1:12.85	700m:	8:24.37 1:13.62	1100m:	13:24.13 1:15.18	1500m:	18:13.15 1:07.81	
	400m:	4:44.22 1:13.05	800m:	9:39.28 1:14.91	1200m:	14:38.86 1:14.73			
13.	Jose Enes Ribeiro <i>FTL</i>		93	Desportiva de Viana				18:14.77	524
	100m:	1:05.33 1:05.33	500m:	5:57.91 1:13.73	900m:	10:54.83 1:14.55	1300m:	15:51.34 1:14.05	
	200m:	2:18.11 1:12.78	600m:	7:12.14 1:14.23	1000m:		1400m:	17:05.39 1:14.05	
	300m:	3:30.76 1:12.65	700m:	8:26.23 1:14.09	1100m:		1500m:	18:14.77 1:09.38	
	400m:	4:44.18 1:13.42	800m:	9:40.28 1:14.05	1200m:	14:37.29			