

Campeonatos Nacionais de Juniores e Seniores PL
Lisboa, 27. - 29.3.2009

Prova 42 Masc., 800m Livres 17 anos e mais velhos
29.3.09 - 17:05 Resultados

Recorde Nacional Absoluto	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27.7.07
Recorde Nacional Sénior	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27.7.07
Recorde Nacional Junior	8:16.64	Fernando Eurico Costa	FPN	Luxemburgo (LUX)	24.1.03

TAC-SENM Sen: 8:45.00 / TAC-JUNM Jun: 9:00.00 / MAC-SENM Sen: 8:18.75 / MAC-JUNM Jun: 8:33.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Seniores			
1. Fabio Manuel Pereira	86	Vilacondense	8:16.50 825
MAC			
50m: 28.34 28.34	250m: 2:33.38 31.09	450m: 4:39.79 31.28	650m: 6:46.42 31.55
100m: 59.39 31.05	300m: 3:05.02 31.64	500m: 5:11.28 31.49	700m: 7:18.00 31.58
150m: 1:30.65 31.26	350m: 3:36.84 31.82	550m: 5:43.04 31.76	750m: 7:47.93 29.93
200m: 2:02.29 31.64	400m: 4:08.51 31.67	600m: 6:14.87 31.83	800m: 8:16.50 28.57
2. Pedro Fontoura Oliveira	90	Belenenses	8:16.55 825
MAC			
50m: 28.36 28.36	250m: 2:32.61 31.47	450m: 4:38.93 31.90	650m: 6:46.10 31.87
100m: 58.88 30.52	300m: 3:04.01 31.40	500m: 5:10.61 31.68	700m: 7:17.93 31.83
150m: 1:30.16 31.28	350m: 3:35.53 31.52	550m: 5:42.47 31.86	750m: 7:48.89 30.96
200m: 2:01.14 30.98	400m: 4:07.03 31.50	600m: 6:14.23 31.76	800m: 8:16.55 27.66
3. Paulo Fragueiro Franco	82	Nacional	8:19.51 810
50m: 28.25 28.25	250m: 2:32.90 31.52	450m: 4:39.74 31.40	650m: 6:46.43 31.69
100m: 58.85 30.60	300m: 3:04.61 31.71	500m: 5:11.32 31.58	700m: 7:18.08 31.65
150m: 1:29.96 31.11	350m: 3:36.31 31.70	550m: 5:43.12 31.80	750m: 7:49.49 31.41
200m: 2:01.38 31.42	400m: 4:08.34 32.03	600m: 6:14.74 31.62	800m: 8:19.51 30.02
4. Arseniy Lavrentyev	83	Algés	8:27.22 774
50m: 28.40 28.40	250m: 2:33.59 31.65	450m: 4:42.21 32.37	650m: 6:51.44 32.31
100m: 59.24 30.84	300m: 3:05.57 31.98	500m: 5:14.65 32.44	700m: 7:24.06 32.62
150m: 1:30.29 31.05	350m: 3:37.68 32.11	550m: 5:46.58 31.93	750m: 7:56.07 32.01
200m: 2:01.94 31.65	400m: 4:09.84 32.16	600m: 6:19.13 32.55	800m: 8:27.22 31.15
5. Hugo Alberto Ribeiro	88	Vilacondense	8:37.04 730
50m: 28.74 28.74	250m: 2:37.45 32.65	450m: 4:49.30 32.51	650m: 6:58.66 32.39
100m: 1:00.16 31.42	300m: 3:10.50 33.05	500m: 5:21.80 32.50	700m: 7:29.88 31.22
150m: 1:32.30 32.14	350m: 3:43.62 33.12	550m: 5:54.14 32.34	750m: 8:05.58 35.70
200m: 2:04.80 32.50	400m: 4:16.79 33.17	600m: 6:26.27 32.13	800m: 8:37.04 31.46
6. Vasco Miguel Gaspar	90	União Piedense	8:37.29 729
50m: 29.16 29.16	250m: 2:37.94 32.77	450m: 4:49.37 32.69	650m: 7:01.49 33.25
100m: 1:00.79 31.63	300m: 3:10.45 32.51	500m: 5:21.89 32.52	700m: 7:34.52 33.03
150m: 1:32.83 32.04	350m: 3:43.60 33.15	550m: 5:55.23 33.34	750m: 8:06.80 32.28
200m: 2:05.17 32.34	400m: 4:16.68 33.08	600m: 6:28.24 33.01	800m: 8:37.29 30.49
7. Diogo Andre Gaspar	90	União Piedense	8:38.26 725
50m: 28.99 28.99	250m: 2:38.73 32.88	450m: 4:50.86 33.23	650m: 7:03.82 33.33
100m: 1:01.04 32.05	300m: 3:11.59 32.86	500m: 5:23.71 32.85	700m: 7:37.09 33.27
150m: 1:33.70 32.66	350m: 3:44.56 32.97	550m: 5:57.04 33.33	750m: 8:09.28 32.19
200m: 2:05.85 32.15	400m: 4:17.63 33.07	600m: 6:30.49 33.45	800m: 8:38.26 28.98
8. Daniel Ricardo Viegas	83	Amadora	8:40.21 717
50m: 28.90 28.90	250m: 2:37.58 32.72	450m: 4:49.80 33.20	650m: 7:03.33 33.20
100m: 1:00.58 31.68	300m: 3:10.27 32.69	500m: 5:23.02 33.22	700m: 7:36.37 33.04
150m: 1:32.49 31.91	350m: 3:43.28 33.01	550m: 5:56.54 33.52	750m: 8:09.11 32.74
200m: 2:04.86 32.37	400m: 4:16.60 33.32	600m: 6:30.13 33.59	800m: 8:40.21 31.10
9. Filipe Vieira Malheiro	90	Braga	8:42.68 707
50m: 28.64 28.64	250m: 2:37.14 32.59	450m: 4:49.87 32.94	650m: 7:04.31 33.47
100m: 1:00.26 31.62	300m: 3:10.09 32.95	500m: 5:22.98 33.11	700m: 7:37.60 33.29
150m: 1:32.41 32.15	350m: 3:43.60 33.51	550m: 5:57.40 34.42	750m: 8:11.49 33.89
200m: 2:04.55 32.14	400m: 4:16.93 33.33	600m: 6:30.84 33.44	800m: 8:42.68 31.19

Campeonatos Nacionais de Juniores e Seniores PL
Lisboa, 27. - 29.3.2009

Prova 42, Masc., 800m Livres, Seniores

Lugar			Ano					Tempo final	Pts
10.	Jorge Miguel Mendes		90	Náutico/Matobra				8:44.33	700
	50m:	29.05	29.05	250m:	2:38.55	33.05	450m:	4:50.73	33.43
	100m:	1:00.89	31.84	300m:	3:11.13	32.58	500m:	5:24.25	33.52
	150m:	1:33.36	32.47	350m:	3:44.11	32.98	550m:	5:57.70	33.45
	200m:	2:05.50	32.14	400m:	4:17.30	33.19	600m:	6:31.40	33.70
	650m:	7:04.89	33.49	700m:	7:38.24	33.35	750m:	8:11.73	33.49
	800m:	8:44.33	32.60						
11.	Diogo Banza Pinto		87	Algés				8:52.62	668
	FTL								
	50m:	29.04	29.04	250m:	2:37.70	32.47	450m:	4:51.74	32.95
	100m:	1:00.66	31.62	300m:	3:11.08	33.38	500m:	5:25.07	33.33
	150m:	1:32.54	31.88	350m:	3:44.64	33.56	550m:	5:59.51	34.44
	200m:	2:05.23	32.69	400m:	4:18.79	34.15	600m:	6:34.27	34.76
	650m:	7:09.35	35.08	700m:	7:43.95	34.60	750m:	8:18.57	34.62
	800m:	8:52.62	34.05						

Juniores

1.	Rui Filipe Costa		91	Vitória de Guimarães				8:22.54	795
	MAC								
	50m:	28.63	28.63	250m:	2:34.59	31.95	450m:	4:41.65	31.74
	100m:	59.43	30.80	300m:	3:06.50	31.91	500m:	5:13.72	32.07
	150m:	1:30.92	31.49	350m:	3:38.28	31.78	550m:	5:45.96	32.24
	200m:	2:02.64	31.72	400m:	4:09.91	31.63	600m:	6:17.99	32.03
	650m:	6:49.94	31.95	700m:	7:21.73	31.79	750m:	7:53.45	31.72
	800m:	8:22.54	29.09						
2.	Jose Joao Goncalves		91	Leixões				8:29.08	765
	MAC								
	50m:	28.69	28.69	250m:	2:35.55	32.18	450m:	4:43.80	32.01
	100m:	1:00.06	31.37	300m:	3:07.80	32.25	500m:	5:16.25	32.45
	150m:	1:31.45	31.39	350m:	3:39.84	32.04	550m:	5:48.70	32.45
	200m:	2:03.37	31.92	400m:	4:11.79	31.95	600m:	6:21.24	32.54
	650m:	6:54.13	32.89	700m:	7:26.63	32.50	750m:	7:58.44	31.81
	800m:	8:29.08	30.64						
3.	Luis Emanuel Vaz		91	Famalicão				8:41.26	713
	50m:	28.45	28.45	250m:	2:34.16	31.86	450m:	4:46.34	33.39
	100m:	59.09	30.64	300m:	3:06.72	32.56	500m:	5:19.91	33.57
	150m:	1:30.48	31.39	350m:	3:39.64	32.92	550m:	5:53.66	33.75
	200m:	2:02.30	31.82	400m:	4:12.95	33.31	600m:	6:27.34	33.68
	650m:	7:01.16	33.82	700m:	7:35.21	34.05	750m:	8:09.00	33.79
	800m:	8:41.26	32.26						
4.	Andre Filipe Lopes		92	Académica de Coimbra				8:42.41	708
	50m:	29.20	29.20	250m:	2:38.98	32.65	450m:	4:52.03	33.24
	100m:	1:01.03	31.83	300m:	3:12.26	33.28	500m:	5:25.24	33.21
	150m:	1:33.60	32.57	350m:	3:45.47	33.21	550m:	5:58.96	33.72
	200m:	2:06.33	32.73	400m:	4:18.79	33.32	600m:	6:32.80	33.84
	650m:	7:06.22	33.42	700m:	7:39.38	33.16	750m:	8:11.70	32.32
	800m:	8:42.41	30.71						
5.	Carlos Filipe Serra		92	Braga				8:57.68	649
	50m:	28.99	28.99	250m:	2:39.51	33.58	450m:	4:56.72	34.48
	100m:	1:00.49	31.50	300m:	3:13.43	33.92	500m:	5:31.72	35.00
	150m:	1:32.76	32.27	350m:	3:47.73	34.30	550m:	6:06.65	34.93
	200m:	2:05.93	33.17	400m:	4:22.24	34.51	600m:	6:41.59	34.94
	650m:	7:16.05	34.46	700m:	7:50.55	34.50	750m:	8:24.66	34.11
	800m:	8:57.68	33.02						
6.	Rui Alberto Freixo		92	Desportiva de Viana				9:10.79	604
	FTL								
	50m:	29.07	29.07	250m:	2:44.15	35.07	450m:	5:05.37	35.56
	100m:	1:01.02	31.95	300m:	3:19.34	35.19	500m:	5:40.44	35.07
	150m:	1:34.67	33.65	350m:	3:54.77	35.43	550m:	6:16.37	35.93
	200m:	2:09.08	34.41	400m:	4:29.81	35.04	600m:	6:52.01	35.64
	650m:	7:27.31	35.30	700m:	8:02.32	35.01	750m:	8:37.38	35.06
	800m:	9:10.79	33.41						
7.	Pedro Lobato Rijo		91	Geslours				9:12.47	599
	FTL								
	50m:	29.63	29.63	250m:	2:47.02	34.95	450m:	5:07.20	35.61
	100m:	1:02.51	32.88	300m:	3:22.09	35.07	500m:	5:42.89	35.69
	150m:	1:37.27	34.76	350m:	3:56.35	34.26	550m:	6:18.25	35.36
	200m:	2:12.07	34.80	400m:	4:31.59	35.24	600m:	6:53.52	35.27
	650m:	7:29.01	35.49	700m:	8:03.56	34.55	750m:	8:38.27	34.71
	800m:	9:12.47	34.20						
DNS	Francisco Maldonado Freitas		91	Pimpões/Cimai					
DNS	Andre Filipe Alves		92	Vitória de Guimarães					