

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

Prova 9 Masc., 1500m Livres 17 anos e mais velhos
27.3.09 - 16:30 Resultados

Recorde Nacional Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07
Recorde Nacional Sénior	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07
Recorde Nacional Júnior	15:34.51	Fernando Eurico Costa	FPN	Luxemburgo (LUX)	24.1.03

TAC-SENM Sen: 16:50.00 / TAC-JUNM Jun: 17:15.00 / MAC-SENM Sen: 15:59.50 / MAC-JUNM Jun: 16:23.25

Pontos: FINA 2008

Lugar Ano Tempo final Pts
Seniores

1. Paulo Fragueiro Franco 82 Nacional 15:49.81 803
MAC

50m: 28.37	28.37	450m: 4:36.74	31.46	850m: 8:52.12	32.06	1250m: 13:10.00	32.39
100m: 58.58	30.21	500m: 5:08.35	31.61	900m: 9:24.28	32.16	1300m: 13:42.30	32.30
150m: 1:29.48	30.90	550m: 5:39.95	31.60	950m: 9:56.58	32.30	1350m: 14:14.61	32.31
200m: 2:00.21	30.73	600m: 6:11.87	31.92	1000m: 10:28.94	32.36	1400m: 14:46.83	32.22
250m: 2:31.35	31.14	650m: 6:43.94	32.07	1050m: 11:00.98	32.04	1450m: 15:18.83	32.00
300m: 3:02.65	31.30	700m: 7:15.88	31.94	1100m: 11:33.07	32.09	1500m: 15:49.81	30.98
350m: 3:34.00	31.35	750m: 7:47.91	32.03	1150m: 12:05.39	32.32		
400m: 4:05.28	31.28	800m: 8:20.06	32.15	1200m: 12:37.61	32.22		

2. Arseniy Lavrentyev 83 Algés 16:17.20 737

50m: 28.72	28.72	450m: 4:46.18	32.53	850m: 9:09.23	33.75	1250m: 13:36.75	33.64
100m: 1:00.25	31.53	500m: 5:18.72	32.54	900m: 9:43.12	33.89	1300m: 14:09.87	33.12
150m: 1:32.25	32.00	550m: 5:51.12	32.40	950m: 10:16.77	33.65	1350m: 14:43.05	33.18
200m: 2:04.34	32.09	600m: 6:23.64	32.52	1000m: 10:49.78	33.01	1400m: 15:16.27	33.22
250m: 2:36.41	32.07	650m: 6:56.31	32.67	1050m: 11:23.14	33.36	1450m: 15:48.47	32.20
300m: 3:08.96	32.55	700m: 7:29.23	32.92	1100m: 11:56.60	33.46	1500m: 16:17.20	28.73
350m: 3:41.22	32.26	750m: 8:02.01	32.78	1150m: 12:29.95	33.35		
400m: 4:13.65	32.43	800m: 8:35.48	33.47	1200m: 13:03.11	33.16		

3. Daniel Ricardo Viegas 83 Amadora 16:20.49 730

50m: 29.63	29.63	450m: 4:48.03	32.54	850m: 9:11.72	33.43	1250m: 13:37.64	33.51
100m: 1:01.30	31.67	500m: 5:20.51	32.48	900m: 9:45.05	33.33	1300m: 14:10.63	32.99
150m: 1:33.23	31.93	550m: 5:53.26	32.75	950m: 10:18.52	33.47	1350m: 14:44.28	33.65
200m: 2:05.53	32.30	600m: 6:25.95	32.69	1000m: 10:51.32	32.80	1400m: 15:17.18	32.90
250m: 2:37.88	32.35	650m: 6:58.86	32.91	1050m: 11:24.80	33.48	1450m: 15:49.63	32.45
300m: 3:10.17	32.29	700m: 7:31.80	32.94	1100m: 11:57.87	33.07	1500m: 16:20.49	30.86
350m: 3:42.90	32.73	750m: 8:05.32	33.52	1150m: 12:31.21	33.34		
400m: 4:15.49	32.59	800m: 8:38.29	32.97	1200m: 13:04.13	32.92		

4. Hugo Alberto Ribeiro 88 Vilacondense 16:24.42 721

50m: 29.12	29.12	450m: 4:47.83	32.46	850m: 9:12.35	33.26	1250m: 13:40.96	33.74
100m: 1:00.55	31.43	500m: 5:20.62	32.79	900m: 9:45.64	33.29	1300m: 14:14.20	33.24
150m: 1:32.63	32.08	550m: 5:53.56	32.94	950m: 10:19.10	33.46	1350m: 14:47.52	33.32
200m: 2:04.99	32.36	600m: 6:26.48	32.92	1000m: 10:52.58	33.48	1400m: 15:20.64	33.12
250m: 2:37.50	32.51	650m: 6:59.46	32.98	1050m: 11:26.21	33.63	1450m: 15:53.00	32.36
300m: 3:10.08	32.58	700m: 7:32.49	33.03	1100m: 11:59.86	33.65	1500m: 16:24.42	31.42
350m: 3:42.73	32.65	750m: 8:05.74	33.25	1150m: 12:33.53	33.67		
400m: 4:15.37	32.64	800m: 8:39.09	33.35	1200m: 13:07.22	33.69		

5. Diogo Banza Pinto 87 Algés 16:28.85 711

50m: 29.32	29.32	450m: 4:50.04	33.00	850m: 9:18.05	33.44	1250m: 13:45.40	33.99
100m: 1:00.61	31.29	500m: 5:23.30	33.26	900m: 9:51.76	33.71	1300m: 14:19.16	33.76
150m: 1:33.33	32.72	550m: 5:56.50	33.20	950m: 10:24.82	33.06	1350m: 14:52.48	33.32
200m: 2:05.34	32.01	600m: 6:29.74	33.24	1000m: 10:57.75	32.93	1400m: 15:25.92	33.44
250m: 2:38.33	32.99	650m: 7:03.12	33.38	1050m: 11:30.71	32.96	1450m: 15:58.62	32.70
300m: 3:10.88	32.55	700m: 7:37.04	33.92	1100m: 12:04.10	33.39	1500m: 16:28.85	30.23
350m: 3:44.13	33.25	750m: 8:10.76	33.72	1150m: 12:37.77	33.67		
400m: 4:17.04	32.91	800m: 8:44.61	33.85	1200m: 13:11.41	33.64		

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

Prova 9, Masc., 1500m Livres, Seniores

Lugar			Ano					Tempo final	Pts
6.	Diogo Andre Gaspar		90	União Piedense				16:29.23	711
	50m:	29.90	29.90	450m:	4:51.50	33.43	850m:	9:19.27	33.24
	100m:	1:01.83	31.93	500m:	5:25.12	33.62	900m:	9:52.92	33.65
	150m:	1:33.95	32.12	550m:	5:58.54	33.42	950m:	10:26.24	33.32
	200m:	2:06.48	32.53	600m:	6:31.97	33.43	1000m:	10:59.77	33.53
	250m:	2:39.33	32.85	650m:	7:05.46	33.49	1050m:	11:32.68	32.91
	300m:	3:11.79	32.46	700m:	7:39.10	33.64	1100m:	12:05.84	33.16
	350m:	3:44.78	32.99	750m:	8:12.82	33.72	1150m:	12:39.40	33.56
	400m:	4:18.07	33.29	800m:	8:46.03	33.21	1200m:	13:13.00	33.60
7.	Mario Andre Bonanca		90	Sporting				16:34.26	700
	50m:	28.89	28.89	450m:	4:50.44	33.19	850m:	9:18.46	33.41
	100m:	1:01.16	32.27	500m:	5:23.75	33.31	900m:	9:51.93	33.47
	150m:	1:33.22	32.06	550m:	5:57.20	33.45	950m:	10:25.33	33.40
	200m:	2:05.60	32.38	600m:	6:30.71	33.51	1000m:	10:58.90	33.57
	250m:	2:38.02	32.42	650m:	7:04.31	33.60	1050m:	11:32.36	33.46
	300m:	3:10.88	32.86	700m:	7:38.05	33.74	1100m:	12:06.02	33.66
	350m:	3:44.02	33.14	750m:	8:11.57	33.52	1150m:	12:39.90	33.88
	400m:	4:17.25	33.23	800m:	8:45.05	33.48	1200m:	13:13.87	33.97
8.	Vasco Miguel Gaspar		90	União Piedense				16:35.67	697
	50m:	29.55	29.55	450m:	4:51.26	32.74	850m:	9:18.40	33.65
	100m:	1:01.52	31.97	500m:	5:24.17	32.91	900m:	9:52.23	33.83
	150m:	1:33.98	32.46	550m:	5:57.61	33.44	950m:	10:25.98	33.75
	200m:	2:06.35	32.37	600m:	6:30.97	33.36	1000m:	10:59.77	33.79
	250m:	2:39.12	32.77	650m:	7:04.27	33.30	1050m:	11:33.21	33.44
	300m:	3:12.06	32.94	700m:	7:37.61	33.34	1100m:	12:07.10	33.89
	350m:	3:45.20	33.14	750m:	8:11.24	33.63	1150m:	12:40.71	33.61
	400m:	4:18.52	33.32	800m:	8:44.75	33.51	1200m:	13:14.90	34.19
9.	Marcelo Goncalo Pereira		90	Vilacondense				16:46.34	675
	50m:	28.78	28.78	450m:	4:50.25	33.29	850m:	9:19.62	34.09
	100m:	1:00.75	31.97	500m:	5:23.56	33.31	900m:	9:53.54	33.92
	150m:	1:32.62	31.87	550m:	5:57.50	33.94	950m:	10:27.71	34.17
	200m:	2:05.25	32.63	600m:	6:30.78	33.28	1000m:	11:01.81	34.10
	250m:	2:37.75	32.50	650m:	7:04.56	33.78	1050m:	11:36.09	34.28
	300m:	3:10.63	32.88	700m:	7:38.08	33.52	1100m:	12:10.40	34.31
	350m:	3:43.78	33.15	750m:	8:11.98	33.90	1150m:	12:44.65	34.25
	400m:	4:16.96	33.18	800m:	8:45.53	33.55	1200m:	13:19.08	34.43
10.	Tiago Manuel Costa		89	Leixões				17:00.03	648
	FTL								
	50m:	29.43	29.43	450m:	4:53.91	33.97	850m:	9:29.72	34.48
	100m:	1:01.34	31.91	500m:	5:27.75	33.84	900m:	10:04.44	34.72
	150m:	1:33.57	32.23	550m:	6:02.32	34.57	950m:	10:39.64	35.20
	200m:	2:06.18	32.61	600m:	6:36.66	34.34	1000m:	11:14.53	34.89
	250m:	2:39.43	33.25	650m:	7:11.05	34.39	1050m:	11:49.45	34.92
	300m:	3:12.51	33.08	700m:	7:45.61	34.56	1100m:	12:24.48	35.03
	350m:	3:46.10	33.59	750m:	8:20.58	34.97	1150m:	12:59.35	34.87
	400m:	4:19.94	33.84	800m:	8:55.24	34.66	1200m:	13:34.25	34.90
11.	Jorge Miguel Mendes		90	Náutico/Matobra				17:07.73	634
	FTL								
	50m:	29.41	29.41	450m:	4:51.94	33.72	850m:	9:29.05	35.14
	100m:	1:01.52	32.11	500m:	5:25.83	33.89	900m:	10:03.90	34.85
	150m:	1:33.85	32.33	550m:	5:59.36	33.53	950m:	10:38.81	34.91
	200m:	2:05.99	32.14	600m:	6:34.11	34.75	1000m:	11:14.00	35.19
	250m:	2:38.84	32.85	650m:	7:08.91	34.80	1050m:	11:49.20	35.20
	300m:	3:11.90	33.06	700m:	7:44.04	35.13	1100m:	12:24.35	35.15
	350m:	3:45.08	33.18	750m:	8:19.09	35.05	1150m:	12:59.69	35.34
	400m:	4:18.22	33.14	800m:	8:53.91	34.82	1200m:	13:34.61	34.92

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

Prova 9, Masc., 1500m Livres

Juniores

1. Rui Filipe Costa	91	Vitória de Guimarães	16:00.17	777
<i>Min CEuropa Junior</i>				
50m: 28.87 28.87	450m: 4:43.18 32.71	850m: 9:03.82 32.20	1250m: 13:22.72 32.75	
100m: 59.24 30.37	500m: 5:15.66 32.48	900m: 9:35.74 31.92	1300m: 13:54.97 32.25	
150m: 1:30.86 31.62	550m: 5:48.49 32.83	950m: 10:08.08 32.34	1350m: 14:27.35 32.38	
200m: 2:02.41 31.55	600m: 6:20.77 32.28	1000m: 10:40.10 32.02	1400m: 14:59.17 31.82	
250m: 2:33.83 31.42	650m: 6:53.76 32.99	1050m: 11:12.77 32.67	1450m: 15:30.88 31.71	
300m: 3:05.81 31.98	700m: 7:26.05 32.29	1100m: 11:45.11 32.34	1500m: 16:00.17 29.29	
350m: 3:38.19 32.38	750m: 7:58.93 32.88	1150m: 12:17.64 32.53		
400m: 4:10.47 32.28	800m: 8:31.62 32.69	1200m: 12:49.97 32.33		
2. Luis Emanuel Vaz	91	Famalicão	16:17.00	738
<i>MAC</i>				
50m: 29.22 29.22	450m: 4:48.27 32.90	850m: 9:10.68 32.58	1250m: 13:35.65 33.32	
100m: 1:00.20 30.98	500m: 5:21.15 32.88	900m: 9:43.41 32.73	1300m: 14:08.70 33.05	
150m: 1:32.06 31.86	550m: 5:54.12 32.97	950m: 10:15.97 32.56	1350m: 14:41.90 33.20	
200m: 2:04.54 32.48	600m: 6:27.10 32.98	1000m: 10:48.97 33.00	1400m: 15:15.18 33.28	
250m: 2:36.94 32.40	650m: 6:59.83 32.73	1050m: 11:22.26 33.29	1450m: 15:47.51 32.33	
300m: 3:09.56 32.62	700m: 7:32.71 32.88	1100m: 11:55.52 33.26	1500m: 16:17.00 29.49	
350m: 3:42.64 33.08	750m: 8:05.29 32.58	1150m: 12:29.06 33.54		
400m: 4:15.37 32.73	800m: 8:38.10 32.81	1200m: 13:02.33 33.27		
3. Andre Filipe Lopes	92	Académica de Coimbra	16:39.03	690
50m: 29.84 29.84	450m: 4:52.19 33.38	850m: 9:20.54 33.94	1250m: 13:50.42 33.88	
100m: 1:01.74 31.90	500m: 5:25.53 33.34	900m: 9:54.45 33.91	1300m: 14:24.28 33.86	
150m: 1:34.06 32.32	550m: 5:58.65 33.12	950m: 10:28.03 33.58	1350m: 14:58.19 33.91	
200m: 2:06.69 32.63	600m: 6:31.80 33.15	1000m: 11:01.07 33.04	1400m: 15:32.51 34.32	
250m: 2:39.29 32.60	650m: 7:05.41 33.61	1050m: 11:35.05 33.98	1450m: 16:06.56 34.05	
300m: 3:12.27 32.98	700m: 7:38.88 33.47	1100m: 12:08.79 33.74	1500m: 16:39.03 32.47	
350m: 3:45.66 33.39	750m: 8:12.80 33.92	1150m: 12:42.63 33.84		
400m: 4:18.81 33.15	800m: 8:46.60 33.80	1200m: 13:16.54 33.91		
4. Andre Filipe Alves	92	Vitória de Guimarães	16:57.86	652
50m: 30.62 30.62	450m: 5:03.78 34.14	850m: 9:36.56 34.33	1250m: 14:09.28 34.06	
100m: 1:03.75 33.13	500m: 5:37.57 33.79	900m: 10:10.29 33.73	1300m: 14:43.52 34.24	
150m: 1:37.75 34.00	550m: 6:11.93 34.36	950m: 10:44.42 34.13	1350m: 15:17.57 34.05	
200m: 2:11.67 33.92	600m: 6:46.09 34.16	1000m: 11:18.59 34.17	1400m: 15:51.51 33.94	
250m: 2:46.07 34.40	650m: 7:20.50 34.41	1050m: 11:52.68 34.09	1450m: 16:25.56 34.05	
300m: 3:20.60 34.53	700m: 7:54.27 33.77	1100m: 12:27.04 34.36	1500m: 16:57.86 32.30	
350m: 3:55.65 35.05	750m: 8:28.22 33.95	1150m: 13:01.35 34.31		
400m: 4:29.64 33.99	800m: 9:02.23 34.01	1200m: 13:35.22 33.87		
5. Carlos Filipe Serra	92	Braga	17:14.16	622
50m: 29.40 29.40	450m: 4:56.63 34.19	850m: 9:32.24 34.34	1250m: 14:16.24 35.52	
100m: 1:01.90 32.50	500m: 5:30.84 34.21	900m: 10:07.17 34.93	1300m: 14:52.41 36.17	
150m: 1:34.69 32.79	550m: 6:05.26 34.42	950m: 10:41.93 34.76	1350m: 15:28.23 35.82	
200m: 2:07.53 32.84	600m: 6:39.88 34.62	1000m: 11:17.35 35.42	1400m: 16:04.13 35.90	
250m: 2:40.61 33.08	650m: 7:13.97 34.09	1050m: 11:52.69 35.34	1450m: 16:39.63 35.50	
300m: 3:14.15 33.54	700m: 7:48.57 34.60	1100m: 12:28.81 36.12	1500m: 17:14.16 34.53	
350m: 3:48.12 33.97	750m: 8:23.01 34.44	1150m: 13:04.57 35.76		
400m: 4:22.44 34.32	800m: 8:57.90 34.89	1200m: 13:40.72 36.15		
6. Francisco Maldonado Freitas	91	Pimpões/Cimai	17:27.11	599
<i>FTL</i>				
50m: 30.87 30.87	450m: 5:04.33 34.61	850m: 9:41.42 35.46	1250m: 14:28.64 36.73	
100m: 1:03.94 33.07	500m: 5:38.18 33.85	900m: 10:16.96 35.54	1300m: 15:04.98 36.34	
150m: 1:37.64 33.70	550m: 6:12.51 34.33	950m: 10:52.70 35.74	1350m: 15:40.95 35.97	
200m: 2:11.89 34.25	600m: 6:46.41 33.90	1000m: 11:28.22 35.52	1400m: 16:16.88 35.93	
250m: 2:46.17 34.28	650m: 7:21.26 34.85	1050m: 12:04.12 35.90	1450m: 16:52.67 35.79	
300m: 3:20.70 34.53	700m: 7:55.85 34.59	1100m: 12:40.00 35.88	1500m: 17:27.11 34.44	
350m: 3:55.43 34.73	750m: 8:30.80 34.95	1150m: 13:16.09 36.09		
400m: 4:29.72 34.29	800m: 9:05.96 35.16	1200m: 13:51.91 35.82		

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Lisboa, 27. - 29.3.2009

Prova 9, Masc., 1500m Livres, Juniores

Lugar									Ano					Tempo final	Pts
7.	Tiago Rafael Lopes								92	Académica de Coimbra				17:33.09	589
FTL															
50m:	31.25	31.25	450m:	5:09.76	34.85	850m:	9:53.07	35.62	1250m:	14:36.87	35.34				
100m:	1:05.38	34.13	500m:	5:45.36	35.60	900m:	10:28.63	35.56	1300m:	15:12.44	35.57				
150m:	1:40.15	34.77	550m:	6:20.24	34.88	950m:	11:04.22	35.59	1350m:	15:47.92	35.48				
200m:	2:15.04	34.89	600m:	6:55.47	35.23	1000m:	11:39.81	35.59	1400m:	16:23.38	35.46				
250m:	2:49.87	34.83	650m:	7:30.90	35.43	1050m:	12:15.31	35.50	1450m:	16:58.61	35.23				
300m:	3:24.95	35.08	700m:	8:06.29	35.39	1100m:	12:50.52	35.21	1500m:	17:33.09	34.48				
350m:	3:59.90	34.95	750m:	8:41.75	35.46	1150m:	13:25.97	35.45							
400m:	4:34.91	35.01	800m:	9:17.45	35.70	1200m:	14:01.53	35.56							