

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 46 Masc., 800m Livres Open
21.7.09 - 11:30 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
Recorde Nacional Juvenis A	8:26.26	Gustavo Manuel Santa	CNLA	Rio Maior	3.7.09
Recorde Nacional Juvenis B	8:45.55	Pedro Fontoura Oliveira	CFB	Lisboa	28.5.05

TAC JUN/SEN Masc 17 +: 8:45.00 / TAC JUV A Masc Juv A: 8:45.00 / TAC JUV B Masc Juv B: 8:45.00

Pontos: FINA 2008

Lugar	Ano	Tempo final	Pts
Open			
1. Damien Cattin Vidal	88 Vikings de Rouen	8:12.37	846
100m: 58.17 58.17	300m: 3:00.53 1:01.45	500m: 5:05.11 1:02.09	700m: 7:10.58 1:02.68
200m: 1:59.08 1:00.91	400m: 4:03.02 1:02.49	600m: 6:07.90 1:02.79	800m: 8:12.37 1:01.79
2. Paulo Fragueiro Franco	82 Nacional	8:17.83	818
MAC			
100m: 57.90 57.90	300m: 3:04.49 1:04.02	500m: 5:11.67 1:03.11	700m: 7:17.57 1:02.25
200m: 2:00.47 1:02.57	400m: 4:08.56 1:04.07	600m: 6:15.32 1:03.65	800m: 8:17.83 1:00.26
3. Rui Filipe Costa	91 Vitória de Guimarães	8:18.59	815
MAC			
100m: 59.46 59.46	300m: 3:04.21 1:02.71	500m: 5:10.17 1:03.11	700m: 7:17.47 1:03.68
200m: 2:01.50 1:02.04	400m: 4:07.06 1:02.85	600m: 6:13.79 1:03.62	800m: 8:18.59 1:01.12
4. Pedro Fontoura Oliveira	90 Os Belenenses	8:20.00	808
100m: 58.40 58.40	300m: 3:03.91 1:03.30	500m: 5:11.87 1:04.44	700m: 7:19.43 1:03.36
200m: 2:00.61 1:02.21	400m: 4:07.43 1:03.52	600m: 6:16.07 1:04.20	800m: 8:20.00 1:00.57
5. Jose Joao Goncalves	91 Leixões	8:28.68	767
100m: 59.30 59.30	300m: 3:07.65 1:04.60	500m: 5:16.37 1:04.30	700m: 7:26.06 1:04.76
200m: 2:03.05 1:03.75	400m: 4:12.07 1:04.42	600m: 6:21.30 1:04.93	800m: 8:28.68 1:02.62
6. Diogo Andre Gaspar	90 Uniao Piedense	8:35.69	736
100m: 1:01.41 1:01.41	300m: 3:11.26 1:05.34	500m: 5:22.42 1:05.89	700m: 7:33.84 1:05.20
200m: 2:05.92 1:04.51	400m: 4:16.53 1:05.27	600m: 6:28.64 1:06.22	800m: 8:35.69 1:01.85
7. Vasco Miguel Gaspar	90 Uniao Piedense	8:35.71	736
100m: 1:00.35 1:00.35	300m: 3:08.94 1:04.99	500m: 5:20.63 1:05.82	700m: 7:32.54 1:05.72
200m: 2:03.95 1:03.60	400m: 4:14.81 1:05.87	600m: 6:26.82 1:06.19	800m: 8:35.71 1:03.17
8. Hugo Alberto Ribeiro	88 Vilacondense	8:35.83	736
100m: 59.97 59.97	300m: 3:07.84 1:04.74	500m: 5:20.51 1:07.17	700m: 7:34.39 1:06.36
200m: 2:03.10 1:03.13	400m: 4:13.34 1:05.50	600m: 6:28.03 1:07.52	800m: 8:35.83 1:01.44
9. Mario Andre Bonanca	90 Sporting	8:40.43	716
100m: 1:00.29 1:00.29	300m: 3:10.47 1:05.39	500m: 5:22.20 1:05.76	700m: 7:35.37 1:06.48
200m: 2:05.08 1:04.79	400m: 4:16.44 1:05.97	600m: 6:28.89 1:06.69	800m: 8:40.43 1:05.06
10. Andre Filipe Lopes	92 Académica de Coimbra	8:42.99	706
100m: 1:01.49 1:01.49	300m: 3:12.32 1:05.50	500m: 5:25.36 1:06.67	700m: 7:38.07 1:06.27
200m: 2:06.82 1:05.33	400m: 4:18.69 1:06.37	600m: 6:31.80 1:06.44	800m: 8:42.99 1:04.92
11. Filipe Vieira Malheiro	90 Braga	8:47.02	690
FTL			
100m: 1:01.65 1:01.65	300m: 3:12.62 1:06.23	500m: 5:25.73 1:06.76	700m: 7:39.89 1:07.19
200m: 2:06.39 1:04.74	400m: 4:18.97 1:06.35	600m: 6:32.70 1:06.97	800m: 8:47.02 1:07.13

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 46, Masc., 800m Livres, Open

Lugar	Ano	Tempo final	Pts
12. Tiago Manuel Costa FTL	89 Leixões	8:49.77	679
100m: 1:00.96 1:00.96	300m: 3:11.86 1:06.07	500m: 5:26.85 1:07.84	700m: 7:43.33 1:08.40
200m: 2:05.79 1:04.83	400m: 4:19.01 1:07.15	600m: 6:34.93 1:08.08	800m: 8:49.77 1:06.44
13. Oscar Ramos Melim FTL	86 Nacional	9:03.05	630
100m: 1:01.84 1:01.84	300m: 3:18.78 1:10.09	500m: 5:35.72 1:06.97	700m: 7:55.37 1:09.33
200m: 2:08.69 1:06.85	400m: 4:28.75 1:09.97	600m: 6:46.04 1:10.32	800m: 9:03.05 1:07.68

Absoluto

1. Paulo Fragueiro Franco MAC	82 Nacional	8:17.83	818
100m: 57.90 57.90	300m: 3:04.49 1:04.02	500m: 5:11.67 1:03.11	700m: 7:17.57 1:02.25
200m: 2:00.47 1:02.57	400m: 4:08.56 1:04.07	600m: 6:15.32 1:03.65	800m: 8:17.83 1:00.26
2. Rui Filipe Costa MAC	91 Vitória de Guimarães	8:18.59	815
100m: 59.46 59.46	300m: 3:04.21 1:02.71	500m: 5:10.17 1:03.11	700m: 7:17.47 1:03.68
200m: 2:01.50 1:02.04	400m: 4:07.06 1:02.85	600m: 6:13.79 1:03.62	800m: 8:18.59 1:01.12
3. Pedro Fontoura Oliveira	90 Os Belenenses	8:20.00	808
100m: 58.40 58.40	300m: 3:03.91 1:03.30	500m: 5:11.87 1:04.44	700m: 7:19.43 1:03.36
200m: 2:00.61 1:02.21	400m: 4:07.43 1:03.52	600m: 6:16.07 1:04.20	800m: 8:20.00 1:00.57
4. Jose Joao Goncalves	91 Leixões	8:28.68	767
100m: 59.30 59.30	300m: 3:07.65 1:04.60	500m: 5:16.37 1:04.30	700m: 7:26.06 1:04.76
200m: 2:03.05 1:03.75	400m: 4:12.07 1:04.42	600m: 6:21.30 1:04.93	800m: 8:28.68 1:02.62
5. Diogo Andre Gaspar	90 Uniao Piedense	8:35.69	736
100m: 1:01.41 1:01.41	300m: 3:11.26 1:05.34	500m: 5:22.42 1:05.89	700m: 7:33.84 1:05.20
200m: 2:05.92 1:04.51	400m: 4:16.53 1:05.27	600m: 6:28.64 1:06.22	800m: 8:35.69 1:01.85
6. Vasco Miguel Gaspar	90 Uniao Piedense	8:35.71	736
100m: 1:00.35 1:00.35	300m: 3:08.94 1:04.99	500m: 5:20.63 1:05.82	700m: 7:32.54 1:05.72
200m: 2:03.95 1:03.60	400m: 4:14.81 1:05.87	600m: 6:26.82 1:06.19	800m: 8:35.71 1:03.17
7. Hugo Alberto Ribeiro	88 Vilacondense	8:35.83	736
100m: 59.97 59.97	300m: 3:07.84 1:04.74	500m: 5:20.51 1:07.17	700m: 7:34.39 1:06.36
200m: 2:03.10 1:03.13	400m: 4:13.34 1:05.50	600m: 6:28.03 1:07.52	800m: 8:35.83 1:01.44
8. Mario Andre Bonanca	90 Sporting	8:40.43	716
100m: 1:00.29 1:00.29	300m: 3:10.47 1:05.39	500m: 5:22.20 1:05.76	700m: 7:35.37 1:06.48
200m: 2:05.08 1:04.79	400m: 4:16.44 1:05.97	600m: 6:28.89 1:06.69	800m: 8:40.43 1:05.06
9. Andre Filipe Lopes	92 Académica de Coimbra	8:42.99	706
100m: 1:01.49 1:01.49	300m: 3:12.32 1:05.50	500m: 5:25.36 1:06.67	700m: 7:38.07 1:06.27
200m: 2:06.82 1:05.33	400m: 4:18.69 1:06.37	600m: 6:31.80 1:06.44	800m: 8:42.99 1:04.92
10. Filipe Vieira Malheiro FTL	90 Braga	8:47.02	690
100m: 1:01.65 1:01.65	300m: 3:12.62 1:06.23	500m: 5:25.73 1:06.76	700m: 7:39.89 1:07.19
200m: 2:06.39 1:04.74	400m: 4:18.97 1:06.35	600m: 6:32.70 1:06.97	800m: 8:47.02 1:07.13

Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
Faro, 18. - 21.7.2009

Prova 46, Masc., 800m Livres, Absoluto

Lugar	Ano									Tempo final		Pts
11.	Tiago Manuel Costa				89	Leixões				8:49.77		679
	FTL											
	100m:	1:00.96	1:00.96	300m:	3:11.86	1:06.07	500m:	5:26.85	1:07.84	700m:	7:43.33	1:08.40
	200m:	2:05.79	1:04.83	400m:	4:19.01	1:07.15	600m:	6:34.93	1:08.08	800m:	8:49.77	1:06.44
12.	Oscar Ramos Melim				86	Nacional				9:03.05		630
	FTL											
	100m:	1:01.84	1:01.84	300m:	3:18.78	1:10.09	500m:	5:35.72	1:06.97	700m:	7:55.37	1:09.33
	200m:	2:08.69	1:06.85	400m:	4:28.75	1:09.97	600m:	6:46.04	1:10.32	800m:	9:03.05	1:07.68