

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 42 Masc., 1500m Livres Absolutos
6.12.09 - 11:05 Resultados

Recorde Nacional Absoluto	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10.12.05
Recorde Nacional Sénior	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10.12.05
Recorde Nacional Junior	15:28.27	Egas Sousa Bastos	ADF	Fafe	1.5.01

TAC - Masc Sen: 16:35.00; Jun2: 16:35.00; Jun1: 16:54.90

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts
Absolutos			
1. Gustavo Manuel Santa	93 Litoral Alentejano	15:05.57	870
<i>Rec Nac Junior, e Rec Nac Junior aos 800 L</i>			
100m: 56.90 56.90	500m: 4:58.36 1:01.58	900m: 9:02.27 1:01.47	1300m: 13:08.64 1:01.96
200m: 1:56.67 59.77	600m: 5:59.25 1:00.89	1000m: 10:03.44 1:01.17	1400m: 14:09.55 1:00.91
300m: 2:56.10 59.43	700m: 6:59.44 1:00.19	1100m: 11:04.23 1:00.79	1500m: 15:05.57 56.02
400m: 3:56.78 1:00.68	800m: 8:00.80 1:01.36	1200m: 12:06.68 1:02.45	
2. Paulo Fragueiro Franco	82 Nacional	15:05.68	870
<i>Rec Nac Absoluto e Senior aos 800 L</i>			
100m: 56.96 56.96	500m: 4:58.32 1:00.57	900m: 9:00.94 1:01.43	1300m: 13:08.39 1:01.86
200m: 1:57.47 1:00.51	600m: 5:58.75 1:00.43	1000m: 10:02.47 1:01.53	1400m: 14:08.69 1:00.30
300m: 2:57.82 1:00.35	700m: 6:58.84 1:00.09	1100m: 11:04.00 1:01.53	1500m: 15:05.68 56.99
400m: 3:57.75 59.93	800m: 7:59.51 1:00.67	1200m: 12:06.53 1:02.53	
3. Fabio Manuel Pereira	86 Vilacondense	15:15.40	843
100m: 58.13 58.13	500m: 5:00.50 1:01.51	900m: 9:10.18 1:02.35	1300m: 13:17.84 1:02.17
200m: 1:58.16 1:00.03	600m: 6:03.23 1:02.73	1000m: 10:12.88 1:02.70	1400m: 14:19.61 1:01.77
300m: 2:57.43 59.27	700m: 7:05.85 1:02.62	1100m: 11:14.24 1:01.36	1500m: 15:15.40 55.79
400m: 3:58.99 1:01.56	800m: 8:07.83 1:01.98	1200m: 12:15.67 1:01.43	
4. Diogo Andre Gaspar	90 Uniao Piedense	15:15.71	842
100m: 57.84 57.84	500m: 5:01.79 1:01.17	900m: 9:10.18 1:02.81	1300m: 13:17.92 1:02.34
200m: 1:58.29 1:00.45	600m: 6:03.17 1:01.38	1000m: 10:12.79 1:02.61	1400m: 14:19.75 1:01.83
300m: 2:59.19 1:00.90	700m: 7:05.77 1:02.60	1100m: 11:13.63 1:00.84	1500m: 15:15.71 55.96
400m: 4:00.62 1:01.43	800m: 8:07.37 1:01.60	1200m: 12:15.58 1:01.95	
5. Rui Filipe Costa	91 Vitória de Guimarães	15:23.62	820
100m: 57.07 57.07	500m: 5:02.12 1:02.43	900m: 9:13.02 1:02.79	1300m: 13:22.17 1:02.21
200m: 1:57.15 1:00.08	600m: 6:04.70 1:02.58	1000m: 10:15.65 1:02.63	1400m: 14:23.55 1:01.38
300m: 2:58.14 1:00.99	700m: 7:07.54 1:02.84	1100m: 11:17.98 1:02.33	1500m: 15:23.62 1:00.07
400m: 3:59.69 1:01.55	800m: 8:10.23 1:02.69	1200m: 12:19.96 1:01.98	
6. Daniel Ricardo Viegas	83 Amadora	15:55.24	741
100m: 58.89 58.89	500m: 5:13.03 1:03.82	900m: 9:30.82 1:04.86	1300m: 13:51.93 1:06.02
200m: 2:02.13 1:03.24	600m: 6:17.39 1:04.36	1000m: 10:35.81 1:04.99	1400m: 14:55.64 1:03.71
300m: 3:05.81 1:03.68	700m: 7:21.46 1:04.07	1100m: 11:40.89 1:05.08	1500m: 15:55.24 59.60
400m: 4:09.21 1:03.40	800m: 8:25.96 1:04.50	1200m: 12:45.91 1:05.02	
7. Vasco Miguel Gaspar	90 Uniao Piedense	15:57.77	736
100m: 57.73 57.73	500m: 5:14.19 1:04.99	900m: 9:31.66 1:04.73	1300m: 13:51.09 1:04.92
200m: 2:00.84 1:03.11	600m: 6:18.68 1:04.49	1000m: 10:36.88 1:05.22	1400m: 14:54.88 1:03.79
300m: 3:04.77 1:03.93	700m: 7:23.00 1:04.32	1100m: 11:41.41 1:04.53	1500m: 15:57.77 1:02.89
400m: 4:09.20 1:04.43	800m: 8:26.93 1:03.93	1200m: 12:46.17 1:04.76	
8. Mario Andre Bonanca	90 Sporting	15:58.81	733
100m: 59.97 59.97	500m: 5:15.07 1:03.13	900m: 9:32.53 1:04.88	1300m: 13:51.82 1:04.64
200m: 2:03.89 1:03.92	600m: 6:18.91 1:03.84	1000m: 10:37.53 1:05.00	1400m: 14:56.09 1:04.27
300m: 3:08.25 1:04.36	700m: 7:23.37 1:04.46	1100m: 11:42.54 1:05.01	1500m: 15:58.81 1:02.72
400m: 4:11.94 1:03.69	800m: 8:27.65 1:04.28	1200m: 12:47.18 1:04.64	

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 42, Masc., 1500m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
9. Jorge Miguel Mendes	90 Náutico/Matobra	15:59.42	732
100m: 58.60 58.60	500m: 5:12.39 1:03.98	900m: 9:31.35 1:04.90	1300m: 13:51.94 1:05.48
200m: 2:01.34 1:02.74	600m: 6:16.96 1:04.57	1000m: 10:36.60 1:05.25	1400m: 14:56.99 1:05.05
300m: 3:04.63 1:03.29	700m: 7:21.74 1:04.78	1100m: 11:41.55 1:04.95	1500m: 15:59.42 1:02.43
400m: 4:08.41 1:03.78	800m: 8:26.45 1:04.71	1200m: 12:46.46 1:04.91	
10. Ricardo Sousa Filipe	88 Louletano/Loulé Concelho	16:00.92	728
100m: 58.42 58.42	500m: 5:14.42 1:04.65	900m: 9:33.63 1:04.65	1300m: 13:52.90 1:04.91
200m: 2:01.38 1:02.96	600m: 6:18.93 1:04.51	1000m: 10:38.20 1:04.57	1400m: 14:58.08 1:05.18
300m: 3:05.22 1:03.84	700m: 7:24.09 1:05.16	1100m: 11:43.15 1:04.95	1500m: 16:00.92 1:02.84
400m: 4:09.77 1:04.55	800m: 8:28.98 1:04.89	1200m: 12:47.99 1:04.84	
11. Arseniy Lavrentyev	83 Algés	16:01.55	727
100m: 57.94 57.94	500m: 5:05.58 1:02.03	900m: 9:20.81 1:05.77	1300m: 13:47.87 1:07.66
200m: 1:59.53 1:01.59	600m: 6:07.81 1:02.23	1000m: 10:27.23 1:06.42	1400m: 14:54.93 1:07.06
300m: 3:01.26 1:01.73	700m: 7:10.61 1:02.80	1100m: 11:34.25 1:07.02	1500m: 16:01.55 1:06.62
400m: 4:03.55 1:02.29	800m: 8:15.04 1:04.43	1200m: 12:40.21 1:05.96	
12. Francisco Miguel Cirurgiao	93 Algés	16:04.86	719
100m: 59.37 59.37	500m: 5:14.71 1:04.67	900m: 9:35.64 1:05.49	1300m: 13:58.34 1:05.66
200m: 2:01.88 1:02.51	600m: 6:19.38 1:04.67	1000m: 10:41.25 1:05.61	1400m: 15:03.39 1:05.05
300m: 3:05.58 1:03.70	700m: 7:24.68 1:05.30	1100m: 11:46.72 1:05.47	1500m: 16:04.86 1:01.47
400m: 4:10.04 1:04.46	800m: 8:30.15 1:05.47	1200m: 12:52.68 1:05.96	
13. Miguel Monteiro Diogo	93 Alcobaca	16:05.06	719
100m: 58.83 58.83	500m: 5:13.46 1:03.89	900m: 9:33.44 1:05.34	1300m: 13:56.72 1:06.14
200m: 2:02.02 1:03.19	600m: 6:18.41 1:04.95	1000m: 10:38.88 1:05.44	1400m: 15:02.08 1:05.36
300m: 3:05.58 1:03.56	700m: 7:23.10 1:04.69	1100m: 11:44.46 1:05.58	1500m: 16:05.06 1:02.98
400m: 4:09.57 1:03.99	800m: 8:28.10 1:05.00	1200m: 12:50.58 1:06.12	
14. Andre Filipe Lopes	92 Académica de Coimbra	16:07.63	713
100m: 58.86 58.86	500m: 5:14.36 1:04.45	900m: 9:35.57 1:05.61	1300m: 13:58.25 1:05.61
200m: 2:01.51 1:02.65	600m: 6:19.40 1:05.04	1000m: 10:41.12 1:05.55	1400m: 15:03.55 1:05.30
300m: 3:05.27 1:03.76	700m: 7:24.50 1:05.10	1100m: 11:46.73 1:05.61	1500m: 16:07.63 1:04.08
400m: 4:09.91 1:04.64	800m: 8:29.96 1:05.46	1200m: 12:52.64 1:05.91	
15. Hugo Alberto Ribeiro	88 Vilacondense	16:17.72	691
100m: 58.47 58.47	500m: 5:14.59 1:05.37	900m: 9:38.74 1:04.91	1300m: 14:05.44 1:07.08
200m: 2:00.80 1:02.33	600m: 6:20.71 1:06.12	1000m: 10:44.06 1:05.32	1400m: 15:12.25 1:06.81
300m: 3:04.33 1:03.53	700m: 7:27.40 1:06.69	1100m: 11:51.22 1:07.16	1500m: 16:17.72 1:05.47
400m: 4:09.22 1:04.89	800m: 8:33.83 1:06.43	1200m: 12:58.36 1:07.14	
16. Diogo Banza Pinto	87 Algés	16:18.81	689
100m: 57.81 57.81	500m: 5:14.38 1:04.85	900m: 9:35.54 1:06.07	1300m: 14:04.52 1:07.98
200m: 2:01.11 1:03.30	600m: 6:18.88 1:04.50	1000m: 10:42.02 1:06.48	1400m: 15:12.08 1:07.56
300m: 3:04.92 1:03.81	700m: 7:23.84 1:04.96	1100m: 11:48.55 1:06.53	1500m: 16:18.81 1:06.73
400m: 4:09.53 1:04.61	800m: 8:29.47 1:05.63	1200m: 12:56.54 1:07.99	
17. Andre Rafael Marinho	93 Uniao Piedense	16:22.71	681
100m: 1:00.50 1:00.50	500m: 5:20.41 1:05.42	900m: 9:44.97 1:06.38	1300m: 14:11.18 1:06.68
200m: 2:04.71 1:04.21	600m: 6:26.51 1:06.10	1000m: 10:51.17 1:06.20	1400m: 15:17.79 1:06.61
300m: 3:09.73 1:05.02	700m: 7:32.63 1:06.12	1100m: 11:57.57 1:06.40	1500m: 16:22.71 1:04.92
400m: 4:14.99 1:05.26	800m: 8:38.59 1:05.96	1200m: 13:04.50 1:06.93	
18. Ricardo Manuel Machado	93 Braga	16:25.52	675
100m: 59.83 59.83	500m: 5:22.14 1:06.38	900m: 9:47.31 1:06.44	1300m: 14:14.42 1:06.64
200m: 2:04.22 1:04.39	600m: 6:28.13 1:05.99	1000m: 10:54.00 1:06.69	1400m: 15:21.06 1:06.64
300m: 3:10.09 1:05.87	700m: 7:34.46 1:06.33	1100m: 12:00.80 1:06.80	1500m: 16:25.52 1:04.46
400m: 4:15.76 1:05.67	800m: 8:40.87 1:06.41	1200m: 13:07.78 1:06.98	

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 42, Masc., 1500m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
19. Luis Miguel Nogueira	93 Porto/Dolce Vita	16:32.86	660
100m: 1:00.39 1:00.39	500m: 5:22.07 1:06.25	900m: 9:49.57 1:07.05	1300m: 14:19.65 1:07.43
200m: 2:05.09 1:04.70	600m: 6:28.61 1:06.54	1000m: 10:56.77 1:07.20	1400m: 15:27.13 1:07.48
300m: 3:10.48 1:05.39	700m: 7:35.26 1:06.65	1100m: 12:04.39 1:07.62	1500m: 16:32.86 1:05.73
400m: 4:15.82 1:05.34	800m: 8:42.52 1:07.26	1200m: 13:12.22 1:07.83	
20. Nuno Vieira Malheiro	93 Braga	16:41.91	643
100m: 1:02.80 1:02.80	500m: 5:32.26 1:07.47	900m: 10:02.15 1:07.36	1300m: 14:31.08 1:07.05
200m: 2:09.35 1:06.55	600m: 6:39.86 1:07.60	1000m: 11:09.40 1:07.25	1400m: 15:37.71 1:06.63
300m: 3:16.98 1:07.63	700m: 7:47.42 1:07.56	1100m: 12:16.85 1:07.45	1500m: 16:41.91 1:04.20
400m: 4:24.79 1:07.81	800m: 8:54.79 1:07.37	1200m: 13:24.03 1:07.18	
21. Pedro Filipe Santos	89 Académica de Coimbra	16:47.51	632
<i>FTL</i>			
100m: 1:02.55 1:02.55	500m: 5:32.55 1:07.06	900m: 10:03.96 1:07.83	1300m: 14:34.65 1:07.96
200m: 2:09.96 1:07.41	600m: 6:39.86 1:07.31	1000m: 11:11.22 1:07.26	1400m: 15:41.87 1:07.22
300m: 3:17.22 1:07.26	700m: 7:48.34 1:08.48	1100m: 12:18.74 1:07.52	1500m: 16:47.51 1:05.64
400m: 4:25.49 1:08.27	800m: 8:56.13 1:07.79	1200m: 13:26.69 1:07.95	
22. Pedro Miguel Maganinho	92 Braga	16:51.02	625
<i>FTL</i>			
100m: 1:00.85 1:00.85	500m: 5:21.70 1:06.13	900m: 9:55.12 1:08.79	1300m: 14:32.12 1:08.97
200m: 2:05.24 1:04.39	600m: 6:29.34 1:07.64	1000m: 11:04.11 1:08.99	1400m: 15:42.20 1:10.08
300m: 3:10.27 1:05.03	700m: 7:37.75 1:08.41	1100m: 12:13.88 1:09.77	1500m: 16:51.02 1:08.82
400m: 4:15.57 1:05.30	800m: 8:46.33 1:08.58	1200m: 13:23.15 1:09.27	

Seniores

1. Paulo Fragueiro Franco	82 Nacional	15:05.68	870
<i>Rec Nac Absoluto e Senior aos 800 L</i>			
100m: 56.96 56.96	500m: 4:58.32 1:00.57	900m: 9:00.94 1:01.43	1300m: 13:08.39 1:01.86
200m: 1:57.47 1:00.51	600m: 5:58.75 1:00.43	1000m: 10:02.47 1:01.53	1400m: 14:08.69 1:00.30
300m: 2:57.82 1:00.35	700m: 6:58.84 1:00.09	1100m: 11:04.00 1:01.53	1500m: 15:05.68 56.99
400m: 3:57.75 59.93	800m: 7:59.51 1:00.67	1200m: 12:06.53 1:02.53	
2. Fabio Manuel Pereira	86 Vilacondense	15:15.40	843
100m: 58.13 58.13	500m: 5:00.50 1:01.51	900m: 9:10.18 1:02.35	1300m: 13:17.84 1:02.17
200m: 1:58.16 1:00.03	600m: 6:03.23 1:02.73	1000m: 10:12.88 1:02.70	1400m: 14:19.61 1:01.77
300m: 2:57.43 59.27	700m: 7:05.85 1:02.62	1100m: 11:14.24 1:01.36	1500m: 15:15.40 55.79
400m: 3:58.99 1:01.56	800m: 8:07.83 1:01.98	1200m: 12:15.67 1:01.43	
3. Diogo Andre Gaspar	90 Uniao Piedense	15:15.71	842
100m: 57.84 57.84	500m: 5:01.79 1:01.17	900m: 9:10.18 1:02.81	1300m: 13:17.92 1:02.34
200m: 1:58.29 1:00.45	600m: 6:03.17 1:01.38	1000m: 10:12.79 1:02.61	1400m: 14:19.75 1:01.83
300m: 2:59.19 1:00.90	700m: 7:05.77 1:02.60	1100m: 11:13.63 1:00.84	1500m: 15:15.71 55.96
400m: 4:00.62 1:01.43	800m: 8:07.37 1:01.60	1200m: 12:15.58 1:01.95	
4. Rui Filipe Costa	91 Vitória de Guimarães	15:23.62	820
100m: 57.07 57.07	500m: 5:02.12 1:02.43	900m: 9:13.02 1:02.79	1300m: 13:22.17 1:02.21
200m: 1:57.15 1:00.08	600m: 6:04.70 1:02.58	1000m: 10:15.65 1:02.63	1400m: 14:23.55 1:01.38
300m: 2:58.14 1:00.99	700m: 7:07.54 1:02.84	1100m: 11:17.98 1:02.33	1500m: 15:23.62 1:00.07
400m: 3:59.69 1:01.55	800m: 8:10.23 1:02.69	1200m: 12:19.96 1:01.98	
5. Daniel Ricardo Viegas	83 Amadora	15:55.24	741
100m: 58.89 58.89	500m: 5:13.03 1:03.82	900m: 9:30.82 1:04.86	1300m: 13:51.93 1:06.02
200m: 2:02.13 1:03.24	600m: 6:17.39 1:04.36	1000m: 10:35.81 1:04.99	1400m: 14:55.64 1:03.71
300m: 3:05.81 1:03.68	700m: 7:21.46 1:04.07	1100m: 11:40.89 1:05.08	1500m: 15:55.24 59.60
400m: 4:09.21 1:03.40	800m: 8:25.96 1:04.50	1200m: 12:45.91 1:05.02	

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Leiria, 4. - 6.12.2009

Prova 42, Masc., 1500m Livres, Seniores

Lugar	Ano	Tempo final	Pts
6. Vasco Miguel Gaspar	90 Uniao Piedense	15:57.77	736
100m: 57.73 57.73	500m: 5:14.19 1:04.99	900m: 9:31.66 1:04.73	1300m: 13:51.09 1:04.92
200m: 2:00.84 1:03.11	600m: 6:18.68 1:04.49	1000m: 10:36.88 1:05.22	1400m: 14:54.88 1:03.79
300m: 3:04.77 1:03.93	700m: 7:23.00 1:04.32	1100m: 11:41.41 1:04.53	1500m: 15:57.77 1:02.89
400m: 4:09.20 1:04.43	800m: 8:26.93 1:03.93	1200m: 12:46.17 1:04.76	
7. Mario Andre Bonanca	90 Sporting	15:58.81	733
100m: 59.97 59.97	500m: 5:15.07 1:03.13	900m: 9:32.53 1:04.88	1300m: 13:51.82 1:04.64
200m: 2:03.89 1:03.92	600m: 6:18.91 1:03.84	1000m: 10:37.53 1:05.00	1400m: 14:56.09 1:04.27
300m: 3:08.25 1:04.36	700m: 7:23.37 1:04.46	1100m: 11:42.54 1:05.01	1500m: 15:58.81 1:02.72
400m: 4:11.94 1:03.69	800m: 8:27.65 1:04.28	1200m: 12:47.18 1:04.64	
8. Jorge Miguel Mendes	90 Náutico/Matobra	15:59.42	732
100m: 58.60 58.60	500m: 5:12.39 1:03.98	900m: 9:31.35 1:04.90	1300m: 13:51.94 1:05.48
200m: 2:01.34 1:02.74	600m: 6:16.96 1:04.57	1000m: 10:36.60 1:05.25	1400m: 14:56.99 1:05.05
300m: 3:04.63 1:03.29	700m: 7:21.74 1:04.78	1100m: 11:41.55 1:04.95	1500m: 15:59.42 1:02.43
400m: 4:08.41 1:03.78	800m: 8:26.45 1:04.71	1200m: 12:46.46 1:04.91	
9. Ricardo Sousa Filipe	88 Louletano/Loulé Concelho	16:00.92	728
100m: 58.42 58.42	500m: 5:14.42 1:04.65	900m: 9:33.63 1:04.65	1300m: 13:52.90 1:04.91
200m: 2:01.38 1:02.96	600m: 6:18.93 1:04.51	1000m: 10:38.20 1:04.57	1400m: 14:58.08 1:05.18
300m: 3:05.22 1:03.84	700m: 7:24.09 1:05.16	1100m: 11:43.15 1:04.95	1500m: 16:00.92 1:02.84
400m: 4:09.77 1:04.55	800m: 8:28.98 1:04.89	1200m: 12:47.99 1:04.84	
10. Arseniy Lavrentyev	83 Algés	16:01.55	727
100m: 57.94 57.94	500m: 5:05.58 1:02.03	900m: 9:20.81 1:05.77	1300m: 13:47.87 1:07.66
200m: 1:59.53 1:01.59	600m: 6:07.81 1:02.23	1000m: 10:27.23 1:06.42	1400m: 14:54.93 1:07.06
300m: 3:01.26 1:01.73	700m: 7:10.61 1:02.80	1100m: 11:34.25 1:07.02	1500m: 16:01.55 1:06.62
400m: 4:03.55 1:02.29	800m: 8:15.04 1:04.43	1200m: 12:40.21 1:05.96	
11. Hugo Alberto Ribeiro	88 Vilacondense	16:17.72	691
100m: 58.47 58.47	500m: 5:14.59 1:05.37	900m: 9:38.74 1:04.91	1300m: 14:05.44 1:07.08
200m: 2:00.80 1:02.33	600m: 6:20.71 1:06.12	1000m: 10:44.06 1:05.32	1400m: 15:12.25 1:06.81
300m: 3:04.33 1:03.53	700m: 7:27.40 1:06.69	1100m: 11:51.22 1:07.16	1500m: 16:17.72 1:05.47
400m: 4:09.22 1:04.89	800m: 8:33.83 1:06.43	1200m: 12:58.36 1:07.14	
12. Diogo Banza Pinto	87 Algés	16:18.81	689
100m: 57.81 57.81	500m: 5:14.38 1:04.85	900m: 9:35.54 1:06.07	1300m: 14:04.52 1:07.98
200m: 2:01.11 1:03.30	600m: 6:18.88 1:04.50	1000m: 10:42.02 1:06.48	1400m: 15:12.08 1:07.56
300m: 3:04.92 1:03.81	700m: 7:23.84 1:04.96	1100m: 11:48.55 1:06.53	1500m: 16:18.81 1:06.73
400m: 4:09.53 1:04.61	800m: 8:29.47 1:05.63	1200m: 12:56.54 1:07.99	
13. Pedro Filipe Santos	89 Académica de Coimbra	16:47.51	632
<i>FTL</i>			
100m: 1:02.55 1:02.55	500m: 5:32.55 1:07.06	900m: 10:03.96 1:07.83	1300m: 14:34.65 1:07.96
200m: 2:09.96 1:07.41	600m: 6:39.86 1:07.31	1000m: 11:11.22 1:07.26	1400m: 15:41.87 1:07.22
300m: 3:17.22 1:07.26	700m: 7:48.34 1:08.48	1100m: 12:18.74 1:07.52	1500m: 16:47.51 1:05.64
400m: 4:25.49 1:08.27	800m: 8:56.13 1:07.79	1200m: 13:26.69 1:07.95	

Juniores1

1. Gustavo Manuel Santa	93 Litoral Alentejano	15:05.57	870
<i>Rec Nac Junior, e Rec Nac Junior aos 800 L</i>			
100m: 56.90 56.90	500m: 4:58.36 1:01.58	900m: 9:02.27 1:01.47	1300m: 13:08.64 1:01.96
200m: 1:56.67 59.77	600m: 5:59.25 1:00.89	1000m: 10:03.44 1:01.17	1400m: 14:09.55 1:00.91
300m: 2:56.10 59.43	700m: 6:59.44 1:00.19	1100m: 11:04.23 1:00.79	1500m: 15:05.57 56.02
400m: 3:56.78 1:00.68	800m: 8:00.80 1:01.36	1200m: 12:06.68 1:02.45	

Campeonatos Absolutos de Portugal Piscina Curta
Leiria, 4. - 6.12.2009

Prova 42, Masc., 1500m Livres, Juniores1

Lugar	Ano	Tempo final	Pts
2. Francisco Miguel Cirurgiao	93 Algés	16:04.86	719
100m: 59.37 59.37	500m: 5:14.71 1:04.67	900m: 9:35.64 1:05.49	1300m: 13:58.34 1:05.66
200m: 2:01.88 1:02.51	600m: 6:19.38 1:04.67	1000m: 10:41.25 1:05.61	1400m: 15:03.39 1:05.05
300m: 3:05.58 1:03.70	700m: 7:24.68 1:05.30	1100m: 11:46.72 1:05.47	1500m: 16:04.86 1:01.47
400m: 4:10.04 1:04.46	800m: 8:30.15 1:05.47	1200m: 12:52.68 1:05.96	
3. Miguel Monteiro Diogo	93 Alcoçaba	16:05.06	719
100m: 58.83 58.83	500m: 5:13.46 1:03.89	900m: 9:33.44 1:05.34	1300m: 13:56.72 1:06.14
200m: 2:02.02 1:03.19	600m: 6:18.41 1:04.95	1000m: 10:38.88 1:05.44	1400m: 15:02.08 1:05.36
300m: 3:05.58 1:03.56	700m: 7:23.10 1:04.69	1100m: 11:44.46 1:05.58	1500m: 16:05.06 1:02.98
400m: 4:09.57 1:03.99	800m: 8:28.10 1:05.00	1200m: 12:50.58 1:06.12	
4. Andre Rafael Marinho	93 Uniao Piedense	16:22.71	681
100m: 1:00.50 1:00.50	500m: 5:20.41 1:05.42	900m: 9:44.97 1:06.38	1300m: 14:11.18 1:06.68
200m: 2:04.71 1:04.21	600m: 6:26.51 1:06.10	1000m: 10:51.17 1:06.20	1400m: 15:17.79 1:06.61
300m: 3:09.73 1:05.02	700m: 7:32.63 1:06.12	1100m: 11:57.57 1:06.40	1500m: 16:22.71 1:04.92
400m: 4:14.99 1:05.26	800m: 8:38.59 1:05.96	1200m: 13:04.50 1:06.93	
5. Ricardo Manuel Machado	93 Braga	16:25.52	675
100m: 59.83 59.83	500m: 5:22.14 1:06.38	900m: 9:47.31 1:06.44	1300m: 14:14.42 1:06.64
200m: 2:04.22 1:04.39	600m: 6:28.13 1:05.99	1000m: 10:54.00 1:06.69	1400m: 15:21.06 1:06.64
300m: 3:10.09 1:05.87	700m: 7:34.46 1:06.33	1100m: 12:00.80 1:06.80	1500m: 16:25.52 1:04.46
400m: 4:15.76 1:05.67	800m: 8:40.87 1:06.41	1200m: 13:07.78 1:06.98	
6. Luis Miguel Nogueira	93 Porto/Dolce Vita	16:32.86	660
100m: 1:00.39 1:00.39	500m: 5:22.07 1:06.25	900m: 9:49.57 1:07.05	1300m: 14:19.65 1:07.43
200m: 2:05.09 1:04.70	600m: 6:28.61 1:06.54	1000m: 10:56.77 1:07.20	1400m: 15:27.13 1:07.48
300m: 3:10.48 1:05.39	700m: 7:35.26 1:06.65	1100m: 12:04.39 1:07.62	1500m: 16:32.86 1:05.73
400m: 4:15.82 1:05.34	800m: 8:42.52 1:07.26	1200m: 13:12.22 1:07.83	
7. Nuno Vieira Malheiro	93 Braga	16:41.91	643
100m: 1:02.80 1:02.80	500m: 5:32.26 1:07.47	900m: 10:02.15 1:07.36	1300m: 14:31.08 1:07.05
200m: 2:09.35 1:06.55	600m: 6:39.86 1:07.60	1000m: 11:09.40 1:07.25	1400m: 15:37.71 1:06.63
300m: 3:16.98 1:07.63	700m: 7:47.42 1:07.56	1100m: 12:16.85 1:07.45	1500m: 16:41.91 1:04.20
400m: 4:24.79 1:07.81	800m: 8:54.79 1:07.37	1200m: 13:24.03 1:07.18	

Juniores2

1. Andre Filipe Lopes	92 Académica de Coimbra	16:07.63	713
100m: 58.86 58.86	500m: 5:14.36 1:04.45	900m: 9:35.57 1:05.61	1300m: 13:58.25 1:05.61
200m: 2:01.51 1:02.65	600m: 6:19.40 1:05.04	1000m: 10:41.12 1:05.55	1400m: 15:03.55 1:05.30
300m: 3:05.27 1:03.76	700m: 7:24.50 1:05.10	1100m: 11:46.73 1:05.61	1500m: 16:07.63 1:04.08
400m: 4:09.91 1:04.64	800m: 8:29.96 1:05.46	1200m: 12:52.64 1:05.91	
2. Pedro Miguel Maganinho	92 Braga	16:51.02	625
<i>FTL</i>			
100m: 1:00.85 1:00.85	500m: 5:21.70 1:06.13	900m: 9:55.12 1:08.79	1300m: 14:32.12 1:08.97
200m: 2:05.24 1:04.39	600m: 6:29.34 1:07.64	1000m: 11:04.11 1:08.99	1400m: 15:42.20 1:10.08
300m: 3:10.27 1:05.03	700m: 7:37.75 1:08.41	1100m: 12:13.88 1:09.77	1500m: 16:51.02 1:08.82
400m: 4:15.57 1:05.30	800m: 8:46.33 1:08.58	1200m: 13:23.15 1:09.27	