

Campeonatos Nacionais de Clubes 3ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 26
13.12.09 - 18:05

Masc., 800m Livres

Open
Resultados

Recorde Nacional Absoluto 7:59.51 Paulo Fragueiro Franco CDN Leiria 6.12.09

Pontos: FINA 2009

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Absolutos						
1.	Gustavo Manuel Santa	93	Litoral Alentejano	8:04.39	+0,94	836
	100m: 55.67 55.67	300m: 2:58.21 1:01.85	500m: 5:02.08 1:01.21	700m: 7:05.44 1:01.50		
	200m: 1:56.36 1:00.69	400m: 4:00.87 1:02.66	600m: 6:03.94 1:01.86	800m: 8:04.39 58.95		
2.	Pedro Fontoura Oliveira	90	Belenenses	8:10.20	+0,84	806
	100m: 56.03 56.03	300m: 2:58.08 1:01.78	500m: 5:03.60 1:02.50	700m: 7:08.99 1:02.76		
	200m: 1:56.30 1:00.27	400m: 4:01.10 1:03.02	600m: 6:06.23 1:02.63	800m: 8:10.20 1:01.21		
3.	Miguel Monteiro Diogo	93	Alcobaça	8:15.92	+0,74	779
	100m: 57.05 57.05	300m: 3:00.60 1:02.24	500m: 5:06.90 1:03.17	700m: 7:13.82 1:03.58		
	200m: 1:58.36 1:01.31	400m: 4:03.73 1:03.13	600m: 6:10.24 1:03.34	800m: 8:15.92 1:02.10		
4.	Nuno Rafael Alves	90	Gespacos	8:26.68	+0,92	730
	100m: 1:00.03 1:00.03	300m: 3:08.83 1:04.71	500m: 5:19.03 1:04.87	700m: 7:26.41 1:03.25		
	200m: 2:04.12 1:04.09	400m: 4:14.16 1:05.33	600m: 6:23.16 1:04.13	800m: 8:26.68 1:00.27		
5.	Miguel Ferreira Sardinha	89	Colégio Vasco da Gama	8:43.32	+0,97	663
	100m: 1:00.27 1:00.27	300m: 3:08.40 1:04.49	500m: 5:20.74 1:06.14	700m: 7:35.90 1:07.94		
	200m: 2:03.91 1:03.64	400m: 4:14.60 1:06.20	600m: 6:27.96 1:07.22	800m: 8:43.32 1:07.42		
6.	Joao Pedro Queijo	93	Natação da Maia	8:47.34	+0,87	648
	100m: 1:00.99 1:00.99	300m: 3:12.52 1:06.60	500m: 5:27.01 1:07.10	700m: 7:42.05 1:08.05		
	200m: 2:05.92 1:04.93	400m: 4:19.91 1:07.39	600m: 6:34.00 1:06.99	800m: 8:47.34 1:05.29		
7.	Pedro Filipe Santos	89	Académica de Coimbra	8:49.83	+0,86	639
	100m: 1:01.72 1:01.72	300m: 3:14.00 1:06.70	500m: 5:29.65 1:07.86	700m: 7:44.16 1:07.70		
	200m: 2:07.30 1:05.58	400m: 4:21.79 1:07.79	600m: 6:36.46 1:06.81	800m: 8:49.83 1:05.67		
8.	Nelson Goncalves Judas	91	Académico Viseu	8:53.90	+0,97	624
	100m: 1:01.84 1:01.84	300m: 3:15.28 1:07.24	500m: 5:31.58 1:08.17	700m: 7:48.03 1:08.48		
	200m: 2:08.04 1:06.20	400m: 4:23.41 1:08.13	600m: 6:39.55 1:07.97	800m: 8:53.90 1:05.87		
9.	Bruno Miranda Sousa	93	Desportiva de Viana	8:58.12	+1,02	610
	100m: 1:02.70 1:02.70	300m: 3:18.23 1:07.88	500m: 5:35.37 1:08.79	700m: 7:52.40 1:08.10		
	200m: 2:10.35 1:07.65	400m: 4:26.58 1:08.35	600m: 6:44.30 1:08.93	800m: 8:58.12 1:05.72		
10.	Joao Pedro Mendes	92	Náutico da Marinha Grande	8:58.73	+1,00	608
	100m: 1:02.62 1:02.62	300m: 3:16.32 1:07.52	500m: 5:31.88 1:07.59	700m: 7:49.22 1:08.90		
	200m: 2:08.80 1:06.18	400m: 4:24.29 1:07.97	600m: 6:40.32 1:08.44	800m: 8:58.73 1:09.51		
11.	Francisco Maldonado Freitas	91	Pimpões/Cimai	9:02.03	+0,77	596
	100m: 1:02.10 1:02.10	300m: 3:16.83 1:08.07	500m: 5:34.67 1:08.65	700m: 7:53.82 1:10.29		
	200m: 2:08.76 1:06.66	400m: 4:26.02 1:09.19	600m: 6:43.53 1:08.86	800m: 9:02.03 1:08.21		
12.	Cesar Filipe Magalhaes	95	Foca	9:09.90	+0,96	571
	100m: 1:05.43 1:05.43	300m: 3:22.46 1:08.91	500m: 5:41.49 1:09.79	700m: 8:01.81 1:10.56		
	200m: 2:13.55 1:08.12	400m: 4:31.70 1:09.24	600m: 6:51.25 1:09.76	800m: 9:09.90 1:08.09		
13.	Andre Canelas Kaldeich	94	Fluvial Portuense	9:10.07	+0,94	571
	100m: 1:02.10 1:02.10	300m: 3:18.05 1:08.27	500m: 5:35.20 1:08.74	700m: 7:52.69 1:08.17		
	200m: 2:09.78 1:07.68	400m: 4:26.46 1:08.41	600m: 6:44.52 1:09.32	800m: 9:10.07 1:17.38		
14.	Tiago Lopes Ribeiro	93	Benedita	9:11.93	+0,83	565
	100m: 1:03.54 1:03.54	300m: 3:21.29 1:09.06	500m: 5:41.07 1:10.00	700m: 8:02.05 1:10.81		
	200m: 2:12.23 1:08.69	400m: 4:31.07 1:09.78	600m: 6:51.24 1:10.17	800m: 9:11.93 1:09.88		

Campeonatos Nacionais de Clubes 3ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Andre Marques Dinis	93	Columbófila Cantanhedense	9:16.23	+0,88	552
	100m: 1:03.54 1:03.54	300m: 3:18.94 1:08.99	500m: 5:40.27 1:11.49	700m: 8:05.19 1:12.86		
	200m: 2:09.95 1:06.41	400m: 4:28.78 1:09.84	600m: 6:52.33 1:12.06	800m: 9:16.23 1:11.04		
16.	Jose Filipe Cruz	82	Clube Os Unidos	9:20.00	+0,91	541
	100m: 1:04.02 1:04.02	300m: 3:24.68 1:10.58	500m: 5:44.56 1:09.55	700m: 8:08.35 1:12.25		
	200m: 2:14.10 1:10.08	400m: 4:35.01 1:10.33	600m: 6:56.10 1:11.54	800m: 9:20.00 1:11.65		
17.	Pedro Filipe Ribeiro	94	Beja	9:22.86	+0,90	533
	100m: 1:03.02 1:03.02	300m: 3:24.04 1:10.97	500m: 5:48.66 1:12.24	700m: 8:12.81 1:11.88		
	200m: 2:13.07 1:10.05	400m: 4:36.42 1:12.38	600m: 7:00.93 1:12.27	800m: 9:22.86 1:10.05		
18.	Marcelo Fernandes Rosas	93	Feirense	9:27.69	+0,88	519
	100m: 1:04.62 1:04.62	300m: 3:24.49 1:10.64	500m: 5:51.08 1:13.94	700m: 8:18.75 1:14.32		
	200m: 2:13.85 1:09.23	400m: 4:37.14 1:12.65	600m: 7:04.43 1:13.35	800m: 9:27.69 1:08.94		
19.	Miguel Maria Rosado	95	Aminata	9:40.31	+0,82	486
	100m: 1:07.31 1:07.31	300m: 3:33.30 1:14.46	500m: 6:02.63 1:14.89	700m: 8:30.40 1:12.85		
	200m: 2:18.84 1:11.53	400m: 4:47.74 1:14.44	600m: 7:17.55 1:14.92	800m: 9:40.31 1:09.91		
20.	Rui Pedro Horta	94	Lisnave	9:42.09	+0,88	482
	100m: 1:08.51 1:08.51	300m: 3:35.55 1:13.55	500m: 6:02.71 1:13.76	700m: 8:30.39 1:13.73		
	200m: 2:22.00 1:13.49	400m: 4:48.95 1:13.40	600m: 7:16.66 1:13.95	800m: 9:42.09 1:11.70		
21.	Tiago Joao Meira	96	Viana Natação	9:50.61	+1,01	461
	100m: 1:06.33 1:06.33	300m: 3:35.69 1:15.54	500m: 6:07.86 1:15.46	700m: 8:38.57 1:15.04		
	200m: 2:20.15 1:13.82	400m: 4:52.40 1:16.71	600m: 7:23.53 1:15.67	800m: 9:50.61 1:12.04		
22.	Joao Pedro Oliveira	91	Natação de Vila Real	10:04.10	+0,90	431
	100m: 1:08.34 1:08.34	300m: 3:39.32 1:16.19	500m: 6:13.91 1:17.49	700m: 8:48.64 1:17.29		
	200m: 2:23.13 1:14.79	400m: 4:56.42 1:17.10	600m: 7:31.35 1:17.44	800m: 10:04.10 1:15.46		
23.	Carlos Antonio Ferreira	91	Penafiel	10:09.94	+1,00	419
	100m: 1:06.83 1:06.83	300m: 3:38.18 1:16.31	500m: 6:14.29 1:18.83	700m: 8:52.74 1:19.72		
	200m: 2:21.87 1:15.04	400m: 4:55.46 1:17.28	600m: 7:33.02 1:18.73	800m: 10:09.94 1:17.20		
24.	Ricardo Santos Agueda	96	Natação de Valongo	10:14.83	+0,99	409
	100m: 1:08.82 1:08.82	300m: 3:37.62 1:15.23	500m: 6:17.10 1:20.85	700m: 8:58.00 1:20.41		
	200m: 2:22.39 1:13.57	400m: 4:56.25 1:18.63	600m: 7:37.59 1:20.49	800m: 10:14.83 1:16.83		

Seniores

1.	Pedro Fontoura Oliveira	90	Belenenses	8:10.20	+0,84	806
	100m: 56.03 56.03	300m: 2:58.08 1:01.78	500m: 5:03.60 1:02.50	700m: 7:08.99 1:02.76		
	200m: 1:56.30 1:00.27	400m: 4:01.10 1:03.02	600m: 6:06.23 1:02.63	800m: 8:10.20 1:01.21		
2.	Nuno Rafael Alves	90	Gespacos	8:26.68	+0,92	730
	100m: 1:00.03 1:00.03	300m: 3:08.83 1:04.71	500m: 5:19.03 1:04.87	700m: 7:26.41 1:03.25		
	200m: 2:04.12 1:04.09	400m: 4:14.16 1:05.33	600m: 6:23.16 1:04.13	800m: 8:26.68 1:00.27		
3.	Miguel Ferreira Sardinha	89	Colégio Vasco da Gama	8:43.32	+0,97	663
	100m: 1:00.27 1:00.27	300m: 3:08.40 1:04.49	500m: 5:20.74 1:06.14	700m: 7:35.90 1:07.94		
	200m: 2:03.91 1:03.64	400m: 4:14.60 1:06.20	600m: 6:27.96 1:07.22	800m: 8:43.32 1:07.42		
4.	Pedro Filipe Santos	89	Académica de Coimbra	8:49.83	+0,86	639
	100m: 1:01.72 1:01.72	300m: 3:14.00 1:06.70	500m: 5:29.65 1:07.86	700m: 7:44.16 1:07.70		
	200m: 2:07.30 1:05.58	400m: 4:21.79 1:07.79	600m: 6:36.46 1:06.81	800m: 8:49.83 1:05.67		

Campeonatos Nacionais de Clubes 3ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 26, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Nelson Goncalves Judas	91	Académico Viseu	8:53.90	+0,97	624
	100m: 1:01.84 1:01.84	300m: 3:15.28 1:07.24	500m: 5:31.58 1:08.17	700m: 7:48.03 1:08.48		
	200m: 2:08.04 1:06.20	400m: 4:23.41 1:08.13	600m: 6:39.55 1:07.97	800m: 8:53.90 1:05.87		
6.	Francisco Maldonado Freitas	91	Pimpões/Cimai	9:02.03	+0,77	596
	100m: 1:02.10 1:02.10	300m: 3:16.83 1:08.07	500m: 5:34.67 1:08.65	700m: 7:53.82 1:10.29		
	200m: 2:08.76 1:06.66	400m: 4:26.02 1:09.19	600m: 6:43.53 1:08.86	800m: 9:02.03 1:08.21		
7.	Jose Filipe Cruz	82	Clube Os Unidos	9:20.00	+0,91	541
	100m: 1:04.02 1:04.02	300m: 3:24.68 1:10.58	500m: 5:44.56 1:09.55	700m: 8:08.35 1:12.25		
	200m: 2:14.10 1:10.08	400m: 4:35.01 1:10.33	600m: 6:56.10 1:11.54	800m: 9:20.00 1:11.65		
8.	Joao Pedro Oliveira	91	Natação de Vila Real	10:04.10	+0,90	431
	100m: 1:08.34 1:08.34	300m: 3:39.32 1:16.19	500m: 6:13.91 1:17.49	700m: 8:48.64 1:17.29		
	200m: 2:23.13 1:14.79	400m: 4:56.42 1:17.10	600m: 7:31.35 1:17.44	800m: 10:04.10 1:15.46		
9.	Carlos Antonio Ferreira	91	Penafiel	10:09.94	+1,00	419
	100m: 1:06.83 1:06.83	300m: 3:38.18 1:16.31	500m: 6:14.29 1:18.83	700m: 8:52.74 1:19.72		
	200m: 2:21.87 1:15.04	400m: 4:55.46 1:17.28	600m: 7:33.02 1:18.73	800m: 10:09.94 1:17.20		

Juniores

1.	Gustavo Manuel Santa	93	Litoral Alentejano	8:04.39	+0,94	836
	100m: 55.67 55.67	300m: 2:58.21 1:01.85	500m: 5:02.08 1:01.21	700m: 7:05.44 1:01.50		
	200m: 1:56.36 1:00.69	400m: 4:00.87 1:02.66	600m: 6:03.94 1:01.86	800m: 8:04.39 58.95		
2.	Miguel Monteiro Diogo	93	Alcobaça	8:15.92	+0,74	779
	100m: 57.05 57.05	300m: 3:00.60 1:02.24	500m: 5:06.90 1:03.17	700m: 7:13.82 1:03.58		
	200m: 1:58.36 1:01.31	400m: 4:03.73 1:03.13	600m: 6:10.24 1:03.34	800m: 8:15.92 1:02.10		
3.	Joao Pedro Queijo	93	Natação da Maia	8:47.34	+0,87	648
	100m: 1:00.99 1:00.99	300m: 3:12.52 1:06.60	500m: 5:27.01 1:07.10	700m: 7:42.05 1:08.05		
	200m: 2:05.92 1:04.93	400m: 4:19.91 1:07.39	600m: 6:34.00 1:06.99	800m: 8:47.34 1:05.29		
4.	Bruno Miranda Sousa	93	Desportiva de Viana	8:58.12	+1,02	610
	100m: 1:02.70 1:02.70	300m: 3:18.23 1:07.88	500m: 5:35.37 1:08.79	700m: 7:52.40 1:08.10		
	200m: 2:10.35 1:07.65	400m: 4:26.58 1:08.35	600m: 6:44.30 1:08.93	800m: 8:58.12 1:05.72		
5.	Joao Pedro Mendes	92	Náutico da Marinha Grande	8:58.73	+1,00	608
	100m: 1:02.62 1:02.62	300m: 3:16.32 1:07.52	500m: 5:31.88 1:07.59	700m: 7:49.22 1:08.90		
	200m: 2:08.80 1:06.18	400m: 4:24.29 1:07.97	600m: 6:40.32 1:08.44	800m: 8:58.73 1:09.51		
6.	Tiago Lopes Ribeiro	93	Benedita	9:11.93	+0,83	565
	100m: 1:03.54 1:03.54	300m: 3:21.29 1:09.06	500m: 5:41.07 1:10.00	700m: 8:02.05 1:10.81		
	200m: 2:12.23 1:08.69	400m: 4:31.07 1:09.78	600m: 6:51.24 1:10.17	800m: 9:11.93 1:09.88		
7.	Andre Marques Dinis	93	Columbófila Cantanhedense	9:16.23	+0,88	552
	100m: 1:03.54 1:03.54	300m: 3:18.94 1:08.99	500m: 5:40.27 1:11.49	700m: 8:05.19 1:12.86		
	200m: 2:09.95 1:06.41	400m: 4:28.78 1:09.84	600m: 6:52.33 1:12.06	800m: 9:16.23 1:11.04		
8.	Marcelo Fernandes Rosas	93	Feirense	9:27.69	+0,88	519
	100m: 1:04.62 1:04.62	300m: 3:24.49 1:10.64	500m: 5:51.08 1:13.94	700m: 8:18.75 1:14.32		
	200m: 2:13.85 1:09.23	400m: 4:37.14 1:12.65	600m: 7:04.43 1:13.35	800m: 9:27.69 1:08.94		

Campeonatos Nacionais de Clubes 3ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 26, Masc., 800m Livres

Juvenis A

1. Andre Canelas Kaldeich	94 Fluvial Portuense	9:10.07 +0,94	571
100m: 1:02.10 1:02.10	300m: 3:18.05 1:08.27	500m: 5:35.20 1:08.74	700m: 7:52.69 1:08.17
200m: 2:09.78 1:07.68	400m: 4:26.46 1:08.41	600m: 6:44.52 1:09.32	800m: 9:10.07 1:17.38
2. Pedro Filipe Ribeiro	94 Beja	9:22.86 +0,90	533
100m: 1:03.02 1:03.02	300m: 3:24.04 1:10.97	500m: 5:48.66 1:12.24	700m: 8:12.81 1:11.88
200m: 2:13.07 1:10.05	400m: 4:36.42 1:12.38	600m: 7:00.93 1:12.27	800m: 9:22.86 1:10.05
3. Rui Pedro Horta	94 Lisnave	9:42.09 +0,88	482
100m: 1:08.51 1:08.51	300m: 3:35.55 1:13.55	500m: 6:02.71 1:13.76	700m: 8:30.39 1:13.73
200m: 2:22.00 1:13.49	400m: 4:48.95 1:13.40	600m: 7:16.66 1:13.95	800m: 9:42.09 1:11.70

Juvenis B

1. Cesar Filipe Magalhaes	95 Foca	9:09.90 +0,96	571
100m: 1:05.43 1:05.43	300m: 3:22.46 1:08.91	500m: 5:41.49 1:09.79	700m: 8:01.81 1:10.56
200m: 2:13.55 1:08.12	400m: 4:31.70 1:09.24	600m: 6:51.25 1:09.76	800m: 9:09.90 1:08.09
2. Miguel Maria Rosado	95 Aminata	9:40.31 +0,82	486
100m: 1:07.31 1:07.31	300m: 3:33.30 1:14.46	500m: 6:02.63 1:14.89	700m: 8:30.40 1:12.85
200m: 2:18.84 1:11.53	400m: 4:47.74 1:14.44	600m: 7:17.55 1:14.92	800m: 9:40.31 1:09.91

Infantis A

1. Tiago Joao Meira	96 Viana Natação	9:50.61 +1,01	461
100m: 1:06.33 1:06.33	300m: 3:35.69 1:15.54	500m: 6:07.86 1:15.46	700m: 8:38.57 1:15.04
200m: 2:20.15 1:13.82	400m: 4:52.40 1:16.71	600m: 7:23.53 1:15.67	800m: 9:50.61 1:12.04
2. Ricardo Santos Agueda	96 Natação de Valongo	10:14.83 +0,99	409
100m: 1:08.82 1:08.82	300m: 3:37.62 1:15.23	500m: 6:17.10 1:20.85	700m: 8:58.00 1:20.41
200m: 2:22.39 1:13.57	400m: 4:56.25 1:18.63	600m: 7:37.59 1:20.49	800m: 10:14.83 1:16.83