

Campeonatos Nacionais de Clubes 4ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 26
13.12.09 - 11:35

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	TReac	Tempo Final	Pts
Absolutos						
1.	Filipe Ricardo Azevedo	93	Kainagua	+0,88	8:51.16	634
	100m: 1:03.27 1:03.27	300m: 3:17.42 1:07.31	500m: 5:31.50 1:06.03	700m: 7:45.61 1:07.32		
	200m: 2:10.11 1:06.84	400m: 4:25.47 1:08.05	600m: 6:38.29 1:06.79	800m: 8:51.16 1:05.55		
2.	Duarte Lages Silva	88	Estudantes de Medicina	+1,03	8:54.23	623
	100m: 1:02.16 1:02.16	300m: 3:15.98 1:07.54	500m: 5:31.51 1:08.13	700m: 7:47.59 1:08.22		
	200m: 2:08.44 1:06.28	400m: 4:23.38 1:07.40	600m: 6:39.37 1:07.86	800m: 8:54.23 1:06.64		
3.	Andre Duarte Vaz	93	Ginásio Figueirense	+0,90	8:59.93	603
	100m: 1:02.44 1:02.44	300m: 3:15.90 1:07.08	500m: 5:32.03 1:08.40	700m: 7:50.32 1:09.62		
	200m: 2:08.82 1:06.38	400m: 4:23.63 1:07.73	600m: 6:40.70 1:08.67	800m: 8:59.93 1:09.61		
4.	Ricardo Robalo Duarte	93	Bombeiros dos Estoris	+0,92	9:00.08	603
	100m: 1:01.50 1:01.50	300m: 3:17.27 1:08.34	500m: 5:35.16 1:09.32	700m: 7:52.32 1:08.67		
	200m: 2:08.93 1:07.43	400m: 4:25.84 1:08.57	600m: 6:43.65 1:08.49	800m: 9:00.08 1:07.76		
5.	Joao Pedro Braga	94	Naval de Ponta Delgada	+0,88	9:02.69	594
	100m: 1:03.13 1:03.13	300m: 3:20.63 1:08.75	500m: 5:39.35 1:09.44	700m: 7:56.32 1:08.22		
	200m: 2:11.88 1:08.75	400m: 4:29.91 1:09.28	600m: 6:48.10 1:08.75	800m: 9:02.69 1:06.37		
6.	Pedro Miguel Silva	94	Colégio Monte Maior	+0,96	9:03.47	592
	100m: 1:02.88 1:02.88	300m: 3:18.93 1:08.42	500m: 5:37.62 1:09.89	700m: 7:56.76 1:09.39		
	200m: 2:10.51 1:07.63	400m: 4:27.73 1:08.80	600m: 6:47.37 1:09.75	800m: 9:03.47 1:06.71		
7.	Rui Miguel Lopes	94	Natação de Olhão	+0,91	9:04.45	589
	100m: 1:02.55 1:02.55	300m: 3:18.79 1:08.38	500m: 5:37.78 1:09.71	700m: 7:57.30 1:09.54		
	200m: 2:10.41 1:07.86	400m: 4:28.07 1:09.28	600m: 6:47.76 1:09.98	800m: 9:04.45 1:07.15		
8.	Marcelo Santos Saldanha	94	Bombeiros das Caldas Rainha	+0,82	9:13.44	560
	100m: 1:03.59 1:03.59	300m: 3:20.78 1:08.40	500m: 5:42.20 1:10.94	700m: 8:04.25 1:10.84		
	200m: 2:12.38 1:08.79	400m: 4:31.26 1:10.48	600m: 6:53.41 1:11.21	800m: 9:13.44 1:09.19		
9.	Pedro Jorge Santos	93	Sporting de Aveiro	+0,96	9:14.71	557
	100m: 1:03.54 1:03.54	300m: 3:22.55 1:10.06	500m: 5:44.22 1:10.42	700m: 8:05.83 1:10.90		
	200m: 2:12.49 1:08.95	400m: 4:33.80 1:11.25	600m: 6:54.93 1:10.71	800m: 9:14.71 1:08.88		
10.	Joao Luis Serrano	91	Natação do Tejo	+0,85	9:18.27	546
	100m: 1:03.83 1:03.83	300m: 3:26.38 1:11.93	500m: 5:48.43 1:10.88	700m: 8:09.92 1:11.27		
	200m: 2:14.45 1:10.62	400m: 4:37.55 1:11.17	600m: 6:58.65 1:10.22	800m: 9:18.27 1:08.35		
11.	Tiago Vitorino Mendes	94	Desportiva Limiana	+0,90	9:23.61	531
	100m: 1:02.50 1:02.50	300m: 3:21.59 1:10.71	500m: 5:47.51 1:12.99	700m: 8:13.75 1:13.45		
	200m: 2:10.88 1:08.38	400m: 4:34.52 1:12.93	600m: 7:00.30 1:12.79	800m: 9:23.61 1:09.86		
12.	David Alexandre Lopes	89	Academia Almadense	+0,94	9:29.03	516
	100m: 1:01.45 1:01.45	300m: 3:23.89 1:13.15	500m: 5:51.17 1:12.65	700m: 8:18.29 1:10.00		
	200m: 2:10.74 1:09.29	400m: 4:38.52 1:14.63	600m: 7:08.29 1:17.12	800m: 9:29.03 1:10.74		
13.	Andre Alexandre Silva	94	Propaganda da Natação	+1,05	9:29.87	513
	100m: 1:06.42 1:06.42	300m: 3:30.71 1:13.30	500m: 5:53.85 1:10.99	700m: 8:19.37 1:12.48		
	200m: 2:17.41 1:10.99	400m: 4:42.86 1:12.15	600m: 7:06.89 1:13.04	800m: 9:29.87 1:10.50		
14.	Joao Bernardo Saragoca	95	Scalabisport	+0,99	9:31.74	508
	100m: 1:01.51 1:01.51	300m: 3:20.68 1:10.19	500m: 5:47.22 1:14.22	700m: 8:17.58 1:15.58		
	200m: 2:10.49 1:08.98	400m: 4:33.00 1:12.32	600m: 7:02.00 1:14.78	800m: 9:31.74 1:14.16		

Campeonatos Nacionais de Clubes 4ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	TReac	Tempo Final	Pts
15.	Joao Manuel Ferreira	92	CLAC-Entroncamento	+1,00	9:31.83	508
	100m: 1:03.53 1:03.53	300m: 3:25.14 1:11.32	500m: 5:51.13 1:13.37	700m: 8:19.69 1:14.43	1:14.43	
	200m: 2:13.82 1:10.29	400m: 4:37.76 1:12.62	600m: 7:05.26 1:14.13	800m: 9:31.83 1:12.14	1:12.14	
16.	Rodrigo Cota Sousa	92	Núcleo Sportinguista	+0,96	9:32.34	507
	100m: 1:03.79 1:03.79	300m: 3:29.03 1:13.49	500m: 5:56.55 1:13.93	700m: 8:22.43 1:12.23	1:12.23	
	200m: 2:15.54 1:11.75	400m: 4:42.62 1:13.59	600m: 7:10.20 1:13.65	800m: 9:32.34 1:09.91	1:09.91	
17.	Luis Daniel Moreira	92	Sporting de Espinho	+0,91	9:34.23	502
	100m: 1:04.62 1:04.62	300m: 3:25.39 1:10.97	500m: 5:53.21 1:14.53	700m: 8:21.05 1:14.20	1:14.20	
	200m: 2:14.42 1:09.80	400m: 4:38.68 1:13.29	600m: 7:06.85 1:13.64	800m: 9:34.23 1:13.18	1:13.18	
18.	Luis Miguel Brito	90	Esposende2000	+1,19	9:34.83	500
	100m: 1:04.55 1:04.55	300m: 3:25.98 1:11.97	500m: 5:52.97 1:14.10	700m: 8:21.78 1:14.01	1:14.01	
	200m: 2:14.01 1:09.46	400m: 4:38.87 1:12.89	600m: 7:07.77 1:14.80	800m: 9:34.83 1:13.05	1:13.05	
19.	Jose Alberto Ribeiro	93	Ancorensis/Serrallharia Ribeiro	+0,88	9:42.56	480
	100m: 1:02.38 1:02.38	300m: 3:25.39 1:13.64	500m: 5:56.83 1:16.16	700m: 8:29.30 1:16.28	1:16.28	
	200m: 2:11.75 1:09.37	400m: 4:40.67 1:15.28	600m: 7:13.02 1:16.19	800m: 9:42.56 1:13.26	1:13.26	
20.	Joao Pedro Ferreira	93	Ginásio de Vila Real	+0,89	9:42.60	480
	100m: 1:06.30 1:06.30	300m: 3:31.86 1:13.23	500m: 6:00.50 1:14.49	700m: 8:29.55 1:14.27	1:14.27	
	200m: 2:18.63 1:12.33	400m: 4:46.01 1:14.15	600m: 7:15.28 1:14.78	800m: 9:42.60 1:13.05	1:13.05	
21.	Frederico Coelho Conceicao	92	Náutica do Seixal/Emisa	+0,87	9:43.78	477
	100m: 1:07.76 1:07.76	300m: 3:30.75 1:11.79	500m: 5:59.04 1:14.93	700m: 8:30.59 1:16.23	1:16.23	
	200m: 2:18.96 1:11.20	400m: 4:44.11 1:13.36	600m: 7:14.36 1:15.32	800m: 9:43.78 1:13.19	1:13.19	
22.	Joao Pedro Santos	95	Estarreja	+1,01	9:47.11	469
	100m: 1:04.91 1:04.91	300m: 3:32.41 1:14.51	500m: 6:04.29 1:16.06	700m: 8:34.31 1:14.90	1:14.90	
	200m: 2:17.90 1:12.99	400m: 4:48.23 1:15.82	600m: 7:19.41 1:15.12	800m: 9:47.11 1:12.80	1:12.80	
23.	Luis Velhinho Ventura	94	Elvense	+0,98	10:11.49	415
	100m: 1:08.51 1:08.51	300m: 3:47.13 1:20.50	500m: 6:23.54 1:17.53	700m: 8:58.51 1:17.15	1:17.15	
	200m: 2:26.63 1:18.12	400m: 5:06.01 1:18.88	600m: 7:41.36 1:17.82	800m: 10:11.49 1:12.98	1:12.98	
24.	Tomas Lopes Almeida	95	Campinho	+0,86	10:59.81	331
	100m: 1:09.26 1:09.26	300m: 3:57.34 1:25.95	500m: 6:50.81 1:27.59	700m: 9:41.51 1:24.48	1:24.48	
	200m: 2:31.39 1:22.13	400m: 5:23.22 1:25.88	600m: 8:17.03 1:26.22	800m: 10:59.81 1:18.30	1:18.30	

Seniores

1.	Duarte Lages Silva	88	Estudantes de Medicina	+1,03	8:54.23	623
	100m: 1:02.16 1:02.16	300m: 3:15.98 1:07.54	500m: 5:31.51 1:08.13	700m: 7:47.59 1:08.22	1:08.22	
	200m: 2:08.44 1:06.28	400m: 4:23.38 1:07.40	600m: 6:39.37 1:07.86	800m: 8:54.23 1:06.64	1:06.64	
2.	Joao Luis Serrano	91	Natação do Tejo	+0,85	9:18.27	546
	100m: 1:03.83 1:03.83	300m: 3:26.38 1:11.93	500m: 5:48.43 1:10.88	700m: 8:09.92 1:11.27	1:11.27	
	200m: 2:14.45 1:10.62	400m: 4:37.55 1:11.17	600m: 6:58.65 1:10.22	800m: 9:18.27 1:08.35	1:08.35	
3.	David Alexandre Lopes	89	Academia Almadense	+0,94	9:29.03	516
	100m: 1:01.45 1:01.45	300m: 3:23.89 1:13.15	500m: 5:51.17 1:12.65	700m: 8:18.29 1:10.00	1:10.00	
	200m: 2:10.74 1:09.29	400m: 4:38.52 1:14.63	600m: 7:08.29 1:17.12	800m: 9:29.03 1:10.74	1:10.74	
4.	Luis Miguel Brito	90	Esposende2000	+1,19	9:34.83	500
	100m: 1:04.55 1:04.55	300m: 3:25.98 1:11.97	500m: 5:52.97 1:14.10	700m: 8:21.78 1:14.01	1:14.01	
	200m: 2:14.01 1:09.46	400m: 4:38.87 1:12.89	600m: 7:07.77 1:14.80	800m: 9:34.83 1:13.05	1:13.05	

Campeonatos Nacionais de Clubes 4ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 26, Masc., 800m Livres

Juniores

1. Filipe Ricardo Azevedo	93	Kainagua	+0,88	8:51.16	634
100m: 1:03.27 1:03.27	300m: 3:17.42 1:07.31	500m: 5:31.50 1:06.03	700m: 7:45.61 1:07.32	800m: 8:51.16 1:05.55	
200m: 2:10.11 1:06.84	400m: 4:25.47 1:08.05	600m: 6:38.29 1:06.79			
2. Andre Duarte Vaz	93	Ginásio Figueirense	+0,90	8:59.93	603
100m: 1:02.44 1:02.44	300m: 3:15.90 1:07.08	500m: 5:32.03 1:08.40	700m: 7:50.32 1:09.62	800m: 8:59.93 1:09.61	
200m: 2:08.82 1:06.38	400m: 4:23.63 1:07.73	600m: 6:40.70 1:08.67			
3. Ricardo Robalo Duarte	93	Bombeiros dos Estoris	+0,92	9:00.08	603
100m: 1:01.50 1:01.50	300m: 3:17.27 1:08.34	500m: 5:35.16 1:09.32	700m: 7:52.32 1:08.67	800m: 9:00.08 1:07.76	
200m: 2:08.93 1:07.43	400m: 4:25.84 1:08.57	600m: 6:43.65 1:08.49			
4. Pedro Jorge Santos	93	Sporting de Aveiro	+0,96	9:14.71	557
100m: 1:03.54 1:03.54	300m: 3:22.55 1:10.06	500m: 5:44.22 1:10.42	700m: 8:05.83 1:10.90	800m: 9:14.71 1:08.88	
200m: 2:12.49 1:08.95	400m: 4:33.80 1:11.25	600m: 6:54.93 1:10.71			
5. Joao Manuel Ferreira	92	CLAC-Entroncamento	+1,00	9:31.83	508
100m: 1:03.53 1:03.53	300m: 3:25.14 1:11.32	500m: 5:51.13 1:13.37	700m: 8:19.69 1:14.43	800m: 9:31.83 1:12.14	
200m: 2:13.82 1:10.29	400m: 4:37.76 1:12.62	600m: 7:05.26 1:14.13			
6. Rodrigo Cota Sousa	92	Núcleo Sportinguista	+0,96	9:32.34	507
100m: 1:03.79 1:03.79	300m: 3:29.03 1:13.49	500m: 5:56.55 1:13.93	700m: 8:22.43 1:12.23	800m: 9:32.34 1:09.91	
200m: 2:15.54 1:11.75	400m: 4:42.62 1:13.59	600m: 7:10.20 1:13.65			
7. Luis Daniel Moreira	92	Sporting de Espinho	+0,91	9:34.23	502
100m: 1:04.62 1:04.62	300m: 3:25.39 1:10.97	500m: 5:53.21 1:14.53	700m: 8:21.05 1:14.20	800m: 9:34.23 1:13.18	
200m: 2:14.42 1:09.80	400m: 4:38.68 1:13.29	600m: 7:06.85 1:13.64			
8. Jose Alberto Ribeiro	93	Ancorensis/Serrallharia Ribeiro	+0,88	9:42.56	480
100m: 1:02.38 1:02.38	300m: 3:25.39 1:13.64	500m: 5:56.83 1:16.16	700m: 8:29.30 1:16.28	800m: 9:42.56 1:13.26	
200m: 2:11.75 1:09.37	400m: 4:40.67 1:15.28	600m: 7:13.02 1:16.19			
9. Joao Pedro Ferreira	93	Ginásio de Vila Real	+0,89	9:42.60	480
100m: 1:06.30 1:06.30	300m: 3:31.86 1:13.23	500m: 6:00.50 1:14.49	700m: 8:29.55 1:14.27	800m: 9:42.60 1:13.05	
200m: 2:18.63 1:12.33	400m: 4:46.01 1:14.15	600m: 7:15.28 1:14.78			
10. Frederico Coelho Conceicao	92	Náutica do Seixal/Emisa	+0,87	9:43.78	477
100m: 1:07.76 1:07.76	300m: 3:30.75 1:11.79	500m: 5:59.04 1:14.93	700m: 8:30.59 1:16.23	800m: 9:43.78 1:13.19	
200m: 2:18.96 1:11.20	400m: 4:44.11 1:13.36	600m: 7:14.36 1:15.32			

Juvenis A

1. Joao Pedro Braga	94	Naval de Ponta Delgada	+0,88	9:02.69	594
100m: 1:03.13 1:03.13	300m: 3:20.63 1:08.75	500m: 5:39.35 1:09.44	700m: 7:56.32 1:08.22	800m: 9:02.69 1:06.37	
200m: 2:11.88 1:08.75	400m: 4:29.91 1:09.28	600m: 6:48.10 1:08.75			
2. Pedro Miguel Silva	94	Colégio Monte Maior	+0,96	9:03.47	592
100m: 1:02.88 1:02.88	300m: 3:18.93 1:08.42	500m: 5:37.62 1:09.89	700m: 7:56.76 1:09.39	800m: 9:03.47 1:06.71	
200m: 2:10.51 1:07.63	400m: 4:27.73 1:08.80	600m: 6:47.37 1:09.75			
3. Rui Miguel Lopes	94	Natação de Olhão	+0,91	9:04.45	589
100m: 1:02.55 1:02.55	300m: 3:18.79 1:08.38	500m: 5:37.78 1:09.71	700m: 7:57.30 1:09.54	800m: 9:04.45 1:07.15	
200m: 2:10.41 1:07.86	400m: 4:28.07 1:09.28	600m: 6:47.76 1:09.98			
4. Marcelo Santos Saldanha	94	Bombeiros das Caldas Rainha	+0,82	9:13.44	560
100m: 1:03.59 1:03.59	300m: 3:20.78 1:08.40	500m: 5:42.20 1:10.94	700m: 8:04.25 1:10.84	800m: 9:13.44 1:09.19	
200m: 2:12.38 1:08.79	400m: 4:31.26 1:10.48	600m: 6:53.41 1:11.21			

Campeonatos Nacionais de Clubes 4ª Divisão
Ponte de Sôr, 12. - 13.12.2009

Prova 26, Masc., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	TReac	Tempo Final	Pts
5.	Tiago Vitorino Mendes	94	Desportiva Limiana	+0,90	9:23.61	531
	100m: 1:02.50 1:02.50	300m: 3:21.59 1:10.71	500m: 5:47.51 1:12.99	700m: 8:13.75 1:13.45		
	200m: 2:10.88 1:08.38	400m: 4:34.52 1:12.93	600m: 7:00.30 1:12.79	800m: 9:23.61 1:09.86		
6.	Andre Alexandre Silva	94	Propaganda da Natação	+1,05	9:29.87	513
	100m: 1:06.42 1:06.42	300m: 3:30.71 1:13.30	500m: 5:53.85 1:10.99	700m: 8:19.37 1:12.48		
	200m: 2:17.41 1:10.99	400m: 4:42.86 1:12.15	600m: 7:06.89 1:13.04	800m: 9:29.87 1:10.50		
7.	Luis Velhinho Ventura	94	Elvense	+0,98	10:11.49	415
	100m: 1:08.51 1:08.51	300m: 3:47.13 1:20.50	500m: 6:23.54 1:17.53	700m: 8:58.51 1:17.15		
	200m: 2:26.63 1:18.12	400m: 5:06.01 1:18.88	600m: 7:41.36 1:17.82	800m: 10:11.49 1:12.98		

Juvenis B

1.	Joao Bernardo Saragoca	95	Scalabisport	+0,99	9:31.74	508
	100m: 1:01.51 1:01.51	300m: 3:20.68 1:10.19	500m: 5:47.22 1:14.22	700m: 8:17.58 1:15.58		
	200m: 2:10.49 1:08.98	400m: 4:33.00 1:12.32	600m: 7:02.00 1:14.78	800m: 9:31.74 1:14.16		
2.	Joao Pedro Santos	95	Estarreja	+1,01	9:47.11	469
	100m: 1:04.91 1:04.91	300m: 3:32.41 1:14.51	500m: 6:04.29 1:16.06	700m: 8:34.31 1:14.90		
	200m: 2:17.90 1:12.99	400m: 4:48.23 1:15.82	600m: 7:19.41 1:15.12	800m: 9:47.11 1:12.80		
3.	Tomas Lopes Almeida	95	Campinho	+0,86	10:59.81	331
	100m: 1:09.26 1:09.26	300m: 3:57.34 1:25.95	500m: 6:50.81 1:27.59	700m: 9:41.51 1:24.48		
	200m: 2:31.39 1:22.13	400m: 5:23.22 1:25.88	600m: 8:17.03 1:26.22	800m: 10:59.81 1:18.30		