

Campeonato Nacional de Juvenis PL  
Rio Maior, 12. - 14.3.2010

Prova 19  
14.3.10 - 9:00

Masc., 1500m Livres

Juvenis  
Resultados

Recorde Nacional Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07
Recorde Nacional Juvenis A	15:45.55	Gustavo Manuel Santa	FPN	Tampere (FIN)	23.7.09
Recorde Nacional Juvenis B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	28.5.05

TAC Masc 50m Juv A: 17:55.00; Juv B: 18:20.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
<b>Juvenis B</b>						
1.	David Rodrigues Luis	95	Colégio Vasco da Gama	<b>17:27.83</b>	+0,72	581
	100m: 1:06.17 1:06.17	500m: 5:48.84 1:09.69	900m: 10:29.80 1:10.55	1300m: 15:11.07 1:10.73		
	200m: 2:17.45 1:11.28	600m: 6:59.09 1:10.25	1000m: 11:40.24 1:10.44	1400m: 16:20.84 1:09.77		
	300m: 3:28.47 1:11.02	700m: 8:09.32 1:10.23	1100m: 12:50.79 1:10.55	1500m: 17:27.83 1:06.99		
	400m: 4:39.15 1:10.68	800m: 9:19.25 1:09.93	1200m: 14:00.34 1:09.55			
2.	Gil Vilela Correia	95	Sporting	<b>17:51.80</b>	+0,86	543
	100m: 1:06.22 1:06.22	500m: 5:50.68 1:11.40	900m: 10:38.58 1:12.54	1300m: 15:28.96 1:12.89		
	200m: 2:17.38 1:11.16	600m: 7:02.23 1:11.55	1000m: 11:51.21 1:12.63	1400m: 16:41.51 1:12.55		
	300m: 3:28.09 1:10.71	700m: 8:13.97 1:11.74	1100m: 13:03.67 1:12.46	1500m: 17:51.80 1:10.29		
	400m: 4:39.28 1:11.19	800m: 9:26.04 1:12.07	1200m: 14:16.07 1:12.40			
3.	Duarte Nuno Vieira	95	Nacional	<b>17:58.51</b>	+0,76	533
	100m: 1:07.37 1:07.37	500m: 5:59.39 1:13.27	900m: 10:49.41 1:11.39	1300m: 15:38.26 1:12.41		
	200m: 2:20.41 1:13.04	600m: 7:12.75 1:13.36	1000m: 12:01.25 1:11.84	1400m: 16:49.59 1:11.33		
	300m: 3:33.86 1:13.45	700m: 8:25.84 1:13.09	1100m: 13:13.86 1:12.61	1500m: 17:58.51 1:08.92		
	400m: 4:46.12 1:12.26	800m: 9:38.02 1:12.18	1200m: 14:25.85 1:11.99			
4.	Cesar Filipe Magalhaes	95	Foca - Natação de Felgueiras	<b>18:05.89</b>	+0,98	522
	100m: 1:06.74 1:06.74	500m: 5:54.13 1:12.65	900m: 10:47.20 1:13.39	1300m: 15:41.20 1:12.78		
	200m: 2:17.56 1:10.82	600m: 7:07.41 1:13.28	1000m: 12:00.46 1:13.26	1400m: 16:53.51 1:12.31		
	300m: 3:29.09 1:11.53	700m: 8:20.24 1:12.83	1100m: 13:14.50 1:14.04	1500m: 18:05.89 1:12.38		
	400m: 4:41.48 1:12.39	800m: 9:33.81 1:13.57	1200m: 14:28.42 1:13.92			
5.	Orlando Filipe Morim	95	Vilacondense	<b>18:19.33</b>	+0,91	503
	100m: 1:07.29 1:07.29	500m: 6:02.64 1:14.16	900m: 10:58.59 1:13.60	1300m: 15:54.11 1:14.10		
	200m: 2:20.79 1:13.50	600m: 7:16.87 1:14.23	1000m: 12:12.12 1:13.53	1400m: 16:49.60 55.49		
	300m: 3:34.18 1:13.39	700m: 8:31.12 1:14.25	1100m: 13:26.03 1:13.91	1500m: 18:19.33 1:29.73		
	400m: 4:48.48 1:14.30	800m: 9:44.99 1:13.87	1200m: 14:40.01 1:13.98			
6.	Mohammad Shams Azad FTL	95	Naval de Ponta Delgada	<b>18:37.59</b>	+0,87	479
	100m: 1:07.80 1:07.80	500m: 6:01.92 1:15.57	900m: 11:04.00 1:15.56	1300m: 16:08.07 1:16.27		
	200m: 2:19.67 1:11.87	600m: 7:17.09 1:15.17	1000m: 12:19.90 1:15.90	1400m: 17:24.51 1:16.44		
	300m: 3:32.73 1:13.06	700m: 8:32.47 1:15.38	1100m: 13:35.71 1:15.81	1500m: 18:37.59 1:13.08		
	400m: 4:46.35 1:13.62	800m: 9:48.44 1:15.97	1200m: 14:51.80 1:16.09			
7.	Diogo Antonio Lopes FTL	95	Torres Novas	<b>18:51.70</b>	+0,82	461
	100m: 1:05.88 1:05.88	500m: 6:05.19 1:16.27	900m: 11:10.95 1:15.28	1300m: 16:20.82 1:18.20		
	200m: 2:18.46 1:12.58	600m: 7:22.47 1:17.28	1000m: 12:27.48 1:16.53	1400m: 17:37.48 1:16.66		
	300m: 3:33.24 1:14.78	700m: 8:38.99 1:16.52	1100m: 13:44.40 1:16.92	1500m: 18:51.70 1:14.22		
	400m: 4:48.92 1:15.68	800m: 9:55.67 1:16.68	1200m: 15:02.62 1:18.22			
8.	Filipe Maria Ferreira FTL	95	Louletano/Loulé Concelho	<b>18:56.22</b>	+0,73	456
	100m: 1:07.13 1:07.13	500m: 6:03.87 1:15.91	900m: 11:11.74 1:17.20	1300m: 16:21.64 1:17.31		
	200m: 2:18.95 1:11.82	600m: 7:20.47 1:16.60	1000m: 12:29.67 1:17.93	1400m: 17:39.42 1:17.78		
	300m: 3:32.42 1:13.47	700m: 8:37.31 1:16.84	1100m: 13:46.77 1:17.10	1500m: 18:56.22 1:16.80		
	400m: 4:47.96 1:15.54	800m: 9:54.54 1:17.23	1200m: 15:04.33 1:17.56			

Campeonato Nacional de Juvenis PL  
Rio Maior, 12. - 14.3.2010

Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Joao Bernardo Saragoca <i>FTL</i>	95	Scalabisport	<b>19:02.79</b>	+0,93	448
	100m: 1:07.59 1:07.59	500m: 6:04.78 1:15.29	900m: 11:13.26 1:19.22	1300m: 16:27.57 1:16.83		
	200m: 2:20.96 1:13.37	600m: 7:20.96 1:16.18	1000m: 12:32.18 1:18.92	1400m: 17:44.93 1:17.36		
	300m: 3:34.12 1:13.16	700m: 8:38.10 1:17.14	1100m: 13:50.85 1:18.67	1500m: 19:02.79 1:17.86		
	400m: 4:49.49 1:15.37	800m: 9:54.04 1:15.94	1200m: 15:10.74 1:19.89			
DNF	Sebastiao Jose Reis	95	Leixões		+0,87	
	100m: 1:07.19 1:07.19	500m: 5:59.02 1:13.72	900m: 10:52.61 1:14.74	1300m:		
	200m: 2:19.43 1:12.24	600m: 7:12.20 1:13.18	1000m: 12:39.36 1:46.75	1400m:		
	300m: 3:31.75 1:12.32	700m: 8:25.00 1:12.80	1100m:	1500m:		
	400m: 4:45.30 1:13.55	800m: 9:37.87 1:12.87	1200m:			

Juvenis A

1.	Tiago Silva Oliveira	94	Leixões	<b>16:38.77</b>	+0,88	671
	100m: 1:02.77 1:02.77	500m: 5:31.77 1:08.30	900m: 10:00.45 1:04.93	1300m: 14:27.34 1:06.62		
	200m: 2:09.91 1:07.14	600m: 6:39.89 1:08.12	1000m: 11:06.70 1:06.25	1400m: 15:34.00 1:06.66		
	300m: 3:16.34 1:06.43	700m: 7:47.02 1:07.13	1100m: 12:13.84 1:07.14	1500m: 16:38.77 1:04.77		
	400m: 4:23.47 1:07.13	800m: 8:55.52 1:08.50	1200m: 13:20.72 1:06.88			
2.	Paulo Bruno Janeiro	94	Litoral Alentejano	<b>16:44.14</b>	+0,89	660
	100m: 1:02.19 1:02.19	500m: 5:31.29 1:08.34	900m: 10:01.81 1:07.02	1300m: 14:34.13 1:07.72		
	200m: 2:08.26 1:06.07	600m: 6:39.41 1:08.12	1000m: 11:10.24 1:08.43	1400m: 15:42.20 1:08.07		
	300m: 3:15.36 1:07.10	700m: 7:47.03 1:07.62	1100m: 12:18.49 1:08.25	1500m: 16:44.14 1:01.94		
	400m: 4:22.95 1:07.59	800m: 8:54.79 1:07.76	1200m: 13:26.41 1:07.92			
3.	Joao Nuno Pires	94	Náutico/Matobra	<b>16:44.53</b>	+0,77	659
	100m: 1:03.62 1:03.62	500m: 5:32.91 1:07.48	900m: 10:00.77 1:06.63	1300m: 14:31.46 1:08.29		
	200m: 2:10.74 1:07.12	600m: 6:40.54 1:07.63	1000m: 11:07.84 1:07.07	1400m: 15:39.74 1:08.28		
	300m: 3:18.16 1:07.42	700m: 7:47.61 1:07.07	1100m: 12:15.36 1:07.52	1500m: 16:44.53 1:04.79		
	400m: 4:25.43 1:07.27	800m: 8:54.14 1:06.53	1200m: 13:23.17 1:07.81			
4.	Pedro Afonso Gaspar	94	Sporting	<b>17:03.36</b>	+0,80	624
	100m: 1:03.29 1:03.29	500m: 5:33.47 1:07.66	900m: 10:07.42 1:09.30	1300m: 14:44.94 1:09.67		
	200m: 2:10.47 1:07.18	600m: 6:41.47 1:08.00	1000m: 11:16.22 1:08.80	1400m: 15:55.15 1:10.21		
	300m: 3:17.93 1:07.46	700m: 7:49.50 1:08.03	1100m: 12:25.82 1:09.60	1500m: 17:03.36 1:08.21		
	400m: 4:25.81 1:07.88	800m: 8:58.12 1:08.62	1200m: 13:35.27 1:09.45			
5.	Rui Miguel Lopes	94	Natação de Olhão	<b>17:29.75</b>	+0,88	578
	100m: 1:04.44 1:04.44	500m: 5:42.31 1:10.07	900m: 10:25.82 1:10.82	1300m: 15:11.11 1:11.49		
	200m: 2:13.35 1:08.91	600m: 6:53.87 1:11.56	1000m: 11:37.29 1:11.47	1400m: 16:21.86 1:10.75		
	300m: 3:22.98 1:09.63	700m: 8:04.47 1:10.60	1100m: 12:48.32 1:11.03	1500m: 17:29.75 1:07.89		
	400m: 4:32.24 1:09.26	800m: 9:15.00 1:10.53	1200m: 13:59.62 1:11.30			
6.	Joao Manuel Borges	94	Ginásio Figueirense	<b>17:30.53</b>	+0,87	576
	100m: 1:03.97 1:03.97	500m: 5:42.50 1:10.58	900m: 10:26.21 1:10.74	1300m: 15:11.32 1:11.25		
	200m: 2:12.68 1:08.71	600m: 6:53.45 1:10.95	1000m: 11:37.47 1:11.26	1400m: 16:22.25 1:10.93		
	300m: 3:22.14 1:09.46	700m: 8:04.51 1:11.06	1100m: 12:48.79 1:11.32	1500m: 17:30.53 1:08.28		
	400m: 4:31.92 1:09.78	800m: 9:15.47 1:10.96	1200m: 14:00.07 1:11.28			
7.	Andre Eduardo Infante	94	Sporting	<b>17:31.31</b>	+0,79	575
	100m: 1:05.41 1:05.41	500m: 5:48.41 1:10.99	900m: 10:31.22 1:10.88	1300m: 15:15.25 1:11.25		
	200m: 2:16.16 1:10.75	600m: 6:59.05 1:10.64	1000m: 11:42.41 1:11.19	1400m: 16:25.60 1:10.35		
	300m: 3:26.75 1:10.59	700m: 8:10.05 1:11.00	1100m: 12:53.43 1:11.02	1500m: 17:31.31 1:05.71		
	400m: 4:37.42 1:10.67	800m: 9:20.34 1:10.29	1200m: 14:04.00 1:10.57			

Campeonato Nacional de Juvenis PL  
Rio Maior, 12. - 14.3.2010

Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Nuno Filipe Magalhaes	94	Porto/Dolce Vita	<b>17:40.74</b>	+0,90	560
	100m: 1:04.56 1:04.56	500m: 5:49.44 1:11.70	900m: 10:31.88 1:09.81	1300m: 15:17.58 1:12.29		
	200m: 2:15.24 1:10.68	600m: 7:01.40 1:11.96	1000m: 11:42.50 1:10.62	1400m: 16:30.62 1:13.04		
	300m: 3:26.48 1:11.24	700m: 8:13.71 1:12.31	1100m: 12:53.87 1:11.37	1500m: 17:40.74 1:10.12		
	400m: 4:37.74 1:11.26	800m: 9:22.07 1:08.36	1200m: 14:05.29 1:11.42			
9.	Carlos Miguel Araujo	94	Famalicão	<b>17:41.28</b>	+0,83	559
	100m: 1:05.88 1:05.88	500m: 5:52.86 1:12.21	900m: 10:40.34 1:11.73	1300m: 15:23.07 1:11.58		
	200m: 2:17.20 1:11.32	600m: 7:04.97 1:12.11	1000m: 11:50.74 1:10.40	1400m: 16:33.84 1:10.77		
	300m: 3:28.80 1:11.60	700m: 8:17.13 1:12.16	1100m: 13:00.73 1:09.99	1500m: 17:41.28 1:07.44		
	400m: 4:40.65 1:11.85	800m: 9:28.61 1:11.48	1200m: 14:11.49 1:10.76			
10.	Pedro Gomes Antunes	94	Braga	<b>17:56.75</b>	+0,82	535
	<i>FTL</i>					
	100m: 1:06.99 1:06.99	500m: 5:53.10 1:11.74	900m: 10:41.41 1:12.22	1300m: 15:33.33 1:13.22		
	200m: 2:18.07 1:11.08	600m: 7:04.89 1:11.79	1000m: 11:53.69 1:12.28	1400m: 16:46.73 1:13.40		
	300m: 3:29.75 1:11.68	700m: 8:17.20 1:12.31	1100m: 13:06.81 1:13.12	1500m: 17:56.75 1:10.02		
	400m: 4:41.36 1:11.61	800m: 9:29.19 1:11.99	1200m: 14:20.11 1:13.30			
11.	Miguel Ferraz Costa	94	Vilacondense	<b>17:56.96</b>	+0,91	535
	<i>FTL</i>					
	100m: 1:04.13 1:04.13	500m: 5:49.72 1:11.56	900m: 10:38.97 1:13.14	1300m: 15:32.83 1:13.59		
	200m: 2:15.09 1:10.96	600m: 7:01.42 1:11.70	1000m: 11:52.65 1:13.68	1400m: 16:47.44 1:14.61		
	300m: 3:26.55 1:11.46	700m: 8:13.60 1:12.18	1100m: 13:06.05 1:13.40	1500m: 17:56.96 1:09.52		
	400m: 4:38.16 1:11.61	800m: 9:25.83 1:12.23	1200m: 14:19.24 1:13.19			
12.	Carlos Manuel Cabral	94	Vilacondense	<b>18:09.59</b>	+0,96	517
	<i>FTL</i>					
	100m: 1:04.92 1:04.92	500m: 5:54.63 1:13.21	900m: 10:47.50 1:13.47	1300m: 15:42.11 1:13.46		
	200m: 2:16.75 1:11.83	600m: 7:07.76 1:13.13	1000m: 12:00.93 1:13.43	1400m: 16:56.46 1:14.35		
	300m: 3:29.09 1:12.34	700m: 8:20.96 1:13.20	1100m: 13:14.58 1:13.65	1500m: 18:09.59 1:13.13		
	400m: 4:41.42 1:12.33	800m: 9:34.03 1:13.07	1200m: 14:28.65 1:14.07			
13.	Joao Pedro Vieira	94	Naval do Funchal	<b>18:13.33</b>	+0,76	511
	<i>FTL</i>					
	100m: 1:06.45 1:06.45	500m: 5:58.29 1:14.13	900m: 10:54.43 1:14.04	1300m: 15:49.29 1:14.08		
	200m: 2:18.10 1:11.65	600m: 7:12.47 1:14.18	1000m: 12:07.95 1:13.52	1400m: 17:02.70 1:13.41		
	300m: 3:30.71 1:12.61	700m: 8:26.32 1:13.85	1100m: 13:21.80 1:13.85	1500m: 18:13.33 1:10.63		
	400m: 4:44.16 1:13.45	800m: 9:40.39 1:14.07	1200m: 14:35.21 1:13.41			
14.	Marcelo Santos Saldanha	94	Bombeiros V. Caldas Rainha	<b>18:14.59</b>	+0,84	510
	<i>FTL</i>					
	100m: 1:05.68 1:05.68	500m: 5:53.87 1:12.50	900m: 10:49.14 1:14.39	1300m: 15:46.48 1:14.46		
	200m: 2:16.62 1:10.94	600m: 7:06.93 1:13.06	1000m: 12:03.16 1:14.02	1400m: 17:00.38 1:13.90		
	300m: 3:28.56 1:11.94	700m: 8:21.13 1:14.20	1100m: 13:17.75 1:14.59	1500m: 18:14.59 1:14.21		
	400m: 4:41.37 1:12.81	800m: 9:34.75 1:13.62	1200m: 14:32.02 1:14.27			
EXH	Nathan Keith Theodoris	95	Louletano/Loulé Concelho	<b>17:13.38</b>	+0,73	606
	100m: 1:03.13 1:03.13	500m: 5:35.29 1:09.15	900m: 10:15.48 1:10.09	1300m: 14:56.16 1:09.92		
	200m: 2:10.00 1:06.87	600m: 6:45.26 1:09.97	1000m: 11:25.59 1:10.11	1400m: 16:05.37 1:09.21		
	300m: 3:17.51 1:07.51	700m: 7:54.98 1:09.72	1100m: 12:35.95 1:10.36	1500m: 17:13.38 1:08.01		
	400m: 4:26.14 1:08.63	800m: 9:05.39 1:10.41	1200m: 13:46.24 1:10.29			