

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 9 Masc., 1500m Livres 17 anos e mais velhos
9.4.10 - 16:30 Resultados

RNABS	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07
RNSEN	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07
RNJUN	15:34.51	Fernando Eurico Costa	FPN	Luxemburgo (LUX)	24.1.03

TAC-SENM Sen: 16:50.00 / TAC-JUNM Jun: 17:10.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Gustavo Manuel Santa	93	Litoral Alentejano	15:54.06	+0,91	770
	100m: 1:00.05 1:00.05	500m: 5:14.45 1:04.82	900m: 9:30.59 1:04.23	1300m: 13:47.96 1:04.22		
	200m: 2:02.99 1:02.94	600m: 6:19.24 1:04.79	1000m: 10:34.79 1:04.20	1400m: 14:52.58 1:04.62		
	300m: 3:05.63 1:02.64	700m: 7:22.99 1:03.75	1100m: 11:38.87 1:04.08	1500m: 15:54.06 1:01.48		
	400m: 4:09.63 1:04.00	800m: 8:26.36 1:03.37	1200m: 12:43.74 1:04.87			
2.	Andre Filipe Lopes	92	Académica de Coimbra	16:19.01	+0,75	712
	100m: 1:01.91 1:01.91	500m: 5:25.05 1:05.69	900m: 9:46.85 1:05.41	1300m: 14:09.78 1:06.03		
	200m: 2:07.63 1:05.72	600m: 6:30.02 1:04.97	1000m: 10:52.26 1:05.41	1400m: 15:15.71 1:05.93		
	300m: 3:13.74 1:06.11	700m: 7:35.47 1:05.45	1100m: 11:57.64 1:05.38	1500m: 16:19.01 1:03.30		
	400m: 4:19.36 1:05.62	800m: 8:41.44 1:05.97	1200m: 13:03.75 1:06.11			
3.	Miguel Monteiro Diogo	93	Alcobaça	16:24.13	+0,76	701
	100m: 1:02.04 1:02.04	500m: 5:26.21 1:05.84	900m: 9:48.83 1:06.23	1300m: 14:14.95 1:06.42		
	200m: 2:07.97 1:05.93	600m: 6:31.51 1:05.30	1000m: 10:55.40 1:06.57	1400m: 15:21.37 1:06.42		
	300m: 3:14.21 1:06.24	700m: 7:36.80 1:05.29	1100m: 12:01.84 1:06.44	1500m: 16:24.13 1:02.76		
	400m: 4:20.37 1:06.16	800m: 8:42.60 1:05.80	1200m: 13:08.53 1:06.69			
4.	Ricardo Manuel Machado	93	Braga	16:25.31	+0,75	699
	100m: 1:01.78 1:01.78	500m: 5:26.32 1:06.16	900m: 9:52.58 1:06.96	1300m: 14:17.60 1:06.28		
	200m: 2:07.74 1:05.96	600m: 6:32.69 1:06.37	1000m: 10:58.92 1:06.34	1400m: 15:23.92 1:06.32		
	300m: 3:14.07 1:06.33	700m: 7:39.03 1:06.34	1100m: 12:05.10 1:06.18	1500m: 16:25.31 1:01.39		
	400m: 4:20.16 1:06.09	800m: 8:45.62 1:06.59	1200m: 13:11.32 1:06.22			
5.	Francisco Miguel Cirurgiao	93	Algés	16:38.39	+0,75	672
	100m: 1:02.27 1:02.27	500m: 5:26.75 1:06.07	900m: 9:55.17 1:08.02	1300m: 14:25.73 1:07.39		
	200m: 2:08.15 1:05.88	600m: 6:33.21 1:06.46	1000m: 11:03.63 1:08.46	1400m: 15:32.87 1:07.14		
	300m: 3:14.57 1:06.42	700m: 7:39.94 1:06.73	1100m: 12:11.24 1:07.61	1500m: 16:38.39 1:05.52		
	400m: 4:20.68 1:06.11	800m: 8:47.15 1:07.21	1200m: 13:18.34 1:07.10			
6.	Andre Rafael Marinho	93	Uniao Piedense	16:42.42	+0,90	664
	100m: 1:02.52 1:02.52	500m: 5:31.18 1:07.28	900m: 10:00.77 1:07.47	1300m: 14:29.82 1:06.94		
	200m: 2:09.17 1:06.65	600m: 6:38.52 1:07.34	1000m: 11:08.23 1:07.46	1400m: 15:36.76 1:06.94		
	300m: 3:16.62 1:07.45	700m: 7:46.16 1:07.64	1100m: 12:15.80 1:07.57	1500m: 16:42.42 1:05.66		
	400m: 4:23.90 1:07.28	800m: 8:53.30 1:07.14	1200m: 13:22.88 1:07.08			
7.	Luis Miguel Nogueira	93	Porto/Dolce Vita	16:48.70	+0,87	651
	100m: 1:03.08 1:03.08	500m: 5:30.69 1:07.56	900m: 10:01.22 1:07.64	1300m: 14:33.39 1:08.01		
	200m: 2:09.40 1:06.32	600m: 6:38.03 1:07.34	1000m: 11:09.30 1:08.08	1400m: 15:41.58 1:08.19		
	300m: 3:16.14 1:06.74	700m: 7:46.30 1:08.27	1100m: 12:17.05 1:07.75	1500m: 16:48.70 1:07.12		
	400m: 4:23.13 1:06.99	800m: 8:53.58 1:07.28	1200m: 13:25.38 1:08.33			
8.	Nuno Vieira Malheiro	93	Braga	16:50.43	+0,98	648
	100m: 1:04.84 1:04.84	500m: 5:38.31 1:07.98	900m: 10:09.97 1:07.56	1300m: 14:39.57 1:07.35		
	200m: 2:13.10 1:08.26	600m: 6:46.92 1:08.61	1000m: 11:17.64 1:07.67	1400m: 15:46.46 1:06.89		
	300m: 3:21.75 1:08.65	700m: 7:54.70 1:07.78	1100m: 12:24.82 1:07.18	1500m: 16:50.43 1:03.97		
	400m: 4:30.33 1:08.58	800m: 9:02.41 1:07.71	1200m: 13:32.22 1:07.40			

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Prova 9, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Andre Filipe Alves <i>FTL</i>	92	Vitória de Guimarães	17:28.77	+0,72	579
	100m: 1:04.49 1:04.49	500m: 5:42.22 1:10.10	900m: 10:23.91 1:09.27	1300m: 15:07.30 1:11.95		
	200m: 2:12.89 1:08.40	600m: 6:52.94 1:10.72	1000m: 11:33.87 1:09.96	1400m: 16:18.54 1:11.24		
	300m: 3:22.13 1:09.24	700m: 8:03.78 1:10.84	1100m: 12:44.22 1:10.35	1500m: 17:28.77 1:10.23		
	400m: 4:32.12 1:09.99	800m: 9:14.64 1:10.86	1200m: 13:55.35 1:11.13			
10.	Pedro Miguel Maganinho <i>FTL</i>	92	Braga	17:33.86	+0,76	571
	100m: 1:05.13 1:05.13	500m: 5:42.19 1:09.97	900m: 10:25.38 1:10.67	1300m: 15:11.75 1:11.38		
	200m: 2:13.80 1:08.67	600m: 6:53.11 1:10.92	1000m: 11:36.64 1:11.26	1400m: 16:23.07 1:11.32		
	300m: 3:22.81 1:09.01	700m: 8:03.91 1:10.80	1100m: 12:48.59 1:11.95	1500m: 17:33.86 1:10.79		
	400m: 4:32.22 1:09.41	800m: 9:14.71 1:10.80	1200m: 14:00.37 1:11.78			

Seniores

1.	Paulo Fragueiro Franco	82	Nacional	16:05.06	+0,76	744
	100m: 1:00.46 1:00.46	500m: 5:15.35 1:04.49	900m: 9:35.48 1:05.39	1300m: 13:57.00 1:05.82		
	200m: 2:03.85 1:03.39	600m: 6:20.25 1:04.90	1000m: 10:40.70 1:05.22	1400m: 15:02.27 1:05.27		
	300m: 3:07.29 1:03.44	700m: 7:25.16 1:04.91	1100m: 11:45.79 1:05.09	1500m: 16:05.06 1:02.79		
	400m: 4:10.86 1:03.57	800m: 8:30.09 1:04.93	1200m: 12:51.18 1:05.39			
2.	Rui Filipe Costa	91	Vitória de Guimarães	16:07.25	+0,69	739
	100m: 1:00.57 1:00.57	500m: 5:18.23 1:04.93	900m: 9:40.06 1:06.06	1300m: 14:03.42 1:05.63		
	200m: 2:04.11 1:03.54	600m: 6:23.48 1:05.25	1000m: 10:45.82 1:05.76	1400m: 15:07.56 1:04.14		
	300m: 3:08.31 1:04.20	700m: 7:28.70 1:05.22	1100m: 11:51.85 1:06.03	1500m: 16:07.25 59.69		
	400m: 4:13.30 1:04.99	800m: 8:34.00 1:05.30	1200m: 12:57.79 1:05.94			
3.	Diogo Andre Gaspar	90	Uniao Piedense	16:08.56	+0,74	736
	100m: 1:00.63 1:00.63	500m: 5:19.05 1:05.23	900m: 9:40.05 1:05.19	1300m: 14:01.12 1:05.49		
	200m: 2:04.37 1:03.74	600m: 6:24.21 1:05.16	1000m: 10:45.41 1:05.36	1400m: 15:06.01 1:04.89		
	300m: 3:08.84 1:04.47	700m: 7:29.54 1:05.33	1100m: 11:50.33 1:04.92	1500m: 16:08.56 1:02.55		
	400m: 4:13.82 1:04.98	800m: 8:34.86 1:05.32	1200m: 12:55.63 1:05.30			
4.	Mario Andre Bonanca	90	Sporting	16:16.85	+0,79	717
	100m: 1:01.82 1:01.82	500m: 5:24.76 1:05.42	900m: 9:45.76 1:05.69	1300m: 14:09.57 1:05.79		
	200m: 2:07.65 1:05.83	600m: 6:29.41 1:04.65	1000m: 10:51.63 1:05.87	1400m: 15:15.06 1:05.49		
	300m: 3:13.56 1:05.91	700m: 7:34.43 1:05.02	1100m: 11:57.53 1:05.90	1500m: 16:16.85 1:01.79		
	400m: 4:19.34 1:05.78	800m: 8:40.07 1:05.64	1200m: 13:03.78 1:06.25			
5.	Vasco Miguel Gaspar	90	Uniao Piedense	16:27.37	+0,79	694
	100m: 1:01.59 1:01.59	500m: 5:22.28 1:05.83	900m: 9:45.89 1:05.95	1300m: 14:13.96 1:07.05		
	200m: 2:05.83 1:04.24	600m: 6:27.80 1:05.52	1000m: 10:52.31 1:06.42	1400m: 15:21.41 1:07.45		
	300m: 3:10.95 1:05.12	700m: 7:33.40 1:05.60	1100m: 11:59.75 1:07.44	1500m: 16:27.37 1:05.96		
	400m: 4:16.45 1:05.50	800m: 8:39.94 1:06.54	1200m: 13:06.91 1:07.16			
6.	Daniel Ricardo Viegas	83	Amadora	16:34.07	+0,68	680
	100m: 1:01.99 1:01.99	500m: 5:27.20 1:06.81	900m: 9:57.69 1:08.09	1300m: 14:25.60 1:07.13		
	200m: 2:07.73 1:05.74	600m: 6:34.49 1:07.29	1000m: 11:04.69 1:07.00	1400m: 15:31.21 1:05.61		
	300m: 3:13.99 1:06.26	700m: 7:41.91 1:07.42	1100m: 12:11.72 1:07.03	1500m: 16:34.07 1:02.86		
	400m: 4:20.39 1:06.40	800m: 8:49.60 1:07.69	1200m: 13:18.47 1:06.75			
7.	Hugo Alberto Ribeiro	88	Vilacondense	16:36.08	+0,94	676
	100m: 1:01.07 1:01.07	500m: 5:22.97 1:06.24	900m: 9:51.40 1:07.91	1300m: 14:26.05 1:08.37		
	200m: 2:05.45 1:04.38	600m: 6:29.39 1:06.42	1000m: 11:00.03 1:08.63	1400m: 15:33.41 1:07.36		
	300m: 3:10.80 1:05.35	700m: 7:36.50 1:07.11	1100m: 12:08.69 1:08.66	1500m: 16:36.08 1:02.67		
	400m: 4:16.73 1:05.93	800m: 8:43.49 1:06.99	1200m: 13:17.68 1:08.99			

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Coimbra, 9. - 11.4.2010

Prova 9, Masc., 1500m Livres, Seniores

Lugar	Nome				Ano	Clube				Tempo Final		TReac	Pts
8.	Arseniy Lavrentyev				83	Algés				17:04.92		+0,62	621
	FTL												
	100m:	1:01.60	1:01.60	500m:	5:30.19	1:08.71	900m:	10:06.24	1:08.95	1300m:	14:46.12	1:10.16	
	200m:	2:07.18	1:05.58	600m:	6:39.11	1:08.92	1000m:	11:16.13	1:09.89	1400m:	15:55.44	1:09.32	
	300m:	3:13.96	1:06.78	700m:	7:48.10	1:08.99	1100m:	12:26.12	1:09.99	1500m:	17:04.92	1:09.48	
	400m:	4:21.48	1:07.52	800m:	8:57.29	1:09.19	1200m:	13:35.96	1:09.84				