

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Prova 46 Masc., 800m Livres Open
01-08-2010 - 11:55 Resultados

Rec Nac Open	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007
Rec Nac Inf B	9:12.56	Pedro Fontoura Oliveira	CFB	Lisboa	27-07-2003
Rec Nac Inf A	8:54.25	Pedro Fontoura Oliveira	CFB	Lisboa	29-05-2004
Rec Nac Juv B	8:45.55	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005
Rec Nac Juv A	8:23.54	Gustavo Manuel Santa	FPN	Tampere (FIN)	23-07-2009
Rec Nac Jun	8:13.49	Gustavo Manuel Santa	FPN	Helsinki (FIN)	17-07-2010
Rec Nac Sen	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27-07-2007

TAC SEN/JUN2 Masc 18 +: 8:45.00 / TAC JUN1 Masc 17: 8:52.50 / TAC JUV A Masc Juv A: 8:45.00 / TAC JUV B Masc Juv B: 8:45.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Open							
1.	Paulo Fragueiro Franco	82	Nacional	8:18.12	+0.76	747	
	100m: 59.51 59.51	300m: 3:04.89 1:02.76	500m: 5:10.35 1:02.71	700m: 7:16.67 1:02.73			
	200m: 2:02.13 1:02.62	400m: 4:07.64 1:02.75	600m: 6:13.94 1:03.59	800m: 8:18.12 1:01.45			
2.	Gustavo Manuel Santa	93	Litoral Alentejano	8:22.84	+0.76	726	
	100m: 1:00.81 1:00.81	300m: 3:06.54 1:02.03	500m: 5:14.31 1:03.61	700m: 7:23.47 1:04.32			
	200m: 2:04.51 1:03.70	400m: 4:10.70 1:04.16	600m: 6:19.15 1:04.84	800m: 8:22.84 59.37			
3.	Rui Filipe Costa	91	Vitoria de Guimaraes	8:23.28	+0.70	724	
	100m: 1:00.44 1:00.44	300m: 3:07.79 1:03.86	500m: 5:14.39 1:03.56	700m: 7:23.15 1:04.32			
	200m: 2:03.93 1:03.49	400m: 4:10.83 1:03.04	600m: 6:18.83 1:04.44	800m: 8:23.28 1:00.13			
4.	Diogo Andre Gaspar	90	Uniao Piedense	8:26.36	+0.76	711	
	100m: 1:00.05 1:00.05	300m: 3:07.58 1:04.29	500m: 5:16.18 1:04.51	700m: 7:24.71 1:03.96			
	200m: 2:03.29 1:03.24	400m: 4:11.67 1:04.09	600m: 6:20.75 1:04.57	800m: 8:26.36 1:01.65			
5.	Tiago Silva Oliveira	94	Leixoes	8:29.92	+0.80	697	
	100m: 59.46 59.46	300m: 3:10.11 1:05.46	500m: 5:19.20 1:03.37	700m: 7:28.08 1:04.25			
	200m: 2:04.65 1:05.19	400m: 4:15.83 1:05.72	600m: 6:23.83 1:04.63	800m: 8:29.92 1:01.84			
6.	Vasco Miguel Gaspar	90	Uniao Piedense	8:31.03	+0.81	692	
	100m: 1:00.90 1:00.90	300m: 3:08.32 1:03.78	500m: 5:17.19 1:04.83	700m: 7:27.21 1:04.73			
	200m: 2:04.54 1:03.64	400m: 4:12.36 1:04.04	600m: 6:22.48 1:05.29	800m: 8:31.03 1:03.82			
7.	Mario Andre Bonanca	90	Sporting	8:34.74	+0.88	677	
	100m: 1:02.16 1:02.16	300m: 3:10.06 1:03.90	500m: 5:19.50 1:04.87	700m: 7:30.90 1:05.81			
	200m: 2:06.16 1:04.00	400m: 4:14.63 1:04.57	600m: 6:25.09 1:05.59	800m: 8:34.74 1:03.84			
8.	Fabio Manuel Pereira	86	Vilacondense	8:36.53	+0.78	670	
	100m: 1:00.88 1:00.88	300m: 3:09.04 1:04.00	500m: 5:19.52 1:05.52	700m: 7:31.90 1:05.85			
	200m: 2:05.04 1:04.16	400m: 4:14.00 1:04.96	600m: 6:26.05 1:06.53	800m: 8:36.53 1:04.63			
9.	Andre Filipe Lopes	92	Academica de Coimbra	8:42.46	+0.64	648	
	100m: 1:00.02 1:00.02	300m: 3:10.54 1:05.63	500m: 5:21.45 1:05.42	700m: 7:36.37 1:07.12			
	200m: 2:04.91 1:04.89	400m: 4:16.03 1:05.49	600m: 6:29.25 1:07.80	800m: 8:42.46 1:06.09			
10.	Andre Rafael Marinho	93	Uniao Piedense	8:44.96	+0.86	638	
	100m: 1:02.59 1:02.59	300m: 3:14.72 1:06.44	500m: 5:26.97 1:05.67	700m: 7:40.08 1:06.71			
	200m: 2:08.28 1:05.69	400m: 4:21.30 1:06.58	600m: 6:33.37 1:06.40	800m: 8:44.96 1:04.88			
11.	Ricardo Manuel Machado	93	Braga	8:47.75	+0.87	628	
	100m: 1:01.60 1:01.60	300m: 3:13.22 1:06.92	500m: 5:29.16 1:08.30	700m: 7:45.75 1:07.97			
	200m: 2:06.30 1:04.70	400m: 4:20.86 1:07.64	600m: 6:37.78 1:08.62	800m: 8:47.75 1:02.00			
12.	Luis Miguel Nogueira	93	Porto/Dolce Vita	8:48.82	+0.81	624	
	100m: 1:02.23 1:02.23	300m: 3:13.92 1:06.27	500m: 5:27.58 1:06.73	700m: 7:42.89 1:07.84			
	200m: 2:07.65 1:05.42	400m: 4:20.85 1:06.93	600m: 6:35.05 1:07.47	800m: 8:48.82 1:05.93			

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Prova 46, Masc., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Francisco Miguel Cirurgiao <i>FTL</i>	93	Alges	8:57.43	+0.71	595	
	100m: 1:01.85 1:01.85	300m: 3:16.03 1:07.96	500m: 5:32.82 1:08.70	700m: 7:50.03 1:08.33			
	200m: 2:08.07 1:06.22	400m: 4:24.12 1:08.09	600m: 6:41.70 1:08.88	800m: 8:57.43 1:07.40			
DSQ	Miguel Monteiro Diogo <i>108 - Submerso mais do que 15m após a partida-SW5.3</i>	93	Alcobaca		+0.69		
	100m:	300m:	500m:	700m:			
	200m:	400m:	600m:	800m:			

Absolutos

1.	Paulo Fragueiro Franco	82	Nacional	8:18.12	+0.76	747	
	100m: 59.51 59.51	300m: 3:04.89 1:02.76	500m: 5:10.35 1:02.71	700m: 7:16.67 1:02.73			
	200m: 2:02.13 1:02.62	400m: 4:07.64 1:02.75	600m: 6:13.94 1:03.59	800m: 8:18.12 1:01.45			
2.	Gustavo Manuel Santa	93	Litoral Alentejano	8:22.84	+0.76	726	
	100m: 1:00.81 1:00.81	300m: 3:06.54 1:02.03	500m: 5:14.31 1:03.61	700m: 7:23.47 1:04.32			
	200m: 2:04.51 1:03.70	400m: 4:10.70 1:04.16	600m: 6:19.15 1:04.84	800m: 8:22.84 59.37			
3.	Rui Filipe Costa	91	Vitoria de Guimaraes	8:23.28	+0.70	724	
	100m: 1:00.44 1:00.44	300m: 3:07.79 1:03.86	500m: 5:14.39 1:03.56	700m: 7:23.15 1:04.32			
	200m: 2:03.93 1:03.49	400m: 4:10.83 1:03.04	600m: 6:18.83 1:04.44	800m: 8:23.28 1:00.13			
4.	Diogo Andre Gaspar	90	Uniao Piedense	8:26.36	+0.76	711	
	100m: 1:00.05 1:00.05	300m: 3:07.58 1:04.29	500m: 5:16.18 1:04.51	700m: 7:24.71 1:03.96			
	200m: 2:03.29 1:03.24	400m: 4:11.67 1:04.09	600m: 6:20.75 1:04.57	800m: 8:26.36 1:01.65			
5.	Tiago Silva Oliveira	94	Leixoes	8:29.92	+0.80	697	
	100m: 59.46 59.46	300m: 3:10.11 1:05.46	500m: 5:19.20 1:03.37	700m: 7:28.08 1:04.25			
	200m: 2:04.65 1:05.19	400m: 4:15.83 1:05.72	600m: 6:23.83 1:04.63	800m: 8:29.92 1:01.84			
6.	Vasco Miguel Gaspar	90	Uniao Piedense	8:31.03	+0.81	692	
	100m: 1:00.90 1:00.90	300m: 3:08.32 1:03.78	500m: 5:17.19 1:04.83	700m: 7:27.21 1:04.73			
	200m: 2:04.54 1:03.64	400m: 4:12.36 1:04.04	600m: 6:22.48 1:05.29	800m: 8:31.03 1:03.82			
7.	Mario Andre Bonanca	90	Sporting	8:34.74	+0.88	677	
	100m: 1:02.16 1:02.16	300m: 3:10.06 1:03.90	500m: 5:19.50 1:04.87	700m: 7:30.90 1:05.81			
	200m: 2:06.16 1:04.00	400m: 4:14.63 1:04.57	600m: 6:25.09 1:05.59	800m: 8:34.74 1:03.84			
8.	Fabio Manuel Pereira	86	Vilacondense	8:36.53	+0.78	670	
	100m: 1:00.88 1:00.88	300m: 3:09.04 1:04.00	500m: 5:19.52 1:05.52	700m: 7:31.90 1:05.85			
	200m: 2:05.04 1:04.16	400m: 4:14.00 1:04.96	600m: 6:26.05 1:06.53	800m: 8:36.53 1:04.63			
9.	Andre Filipe Lopes	92	Academica de Coimbra	8:42.46	+0.64	648	
	100m: 1:00.02 1:00.02	300m: 3:10.54 1:05.63	500m: 5:21.45 1:05.42	700m: 7:36.37 1:07.12			
	200m: 2:04.91 1:04.89	400m: 4:16.03 1:05.49	600m: 6:29.25 1:07.80	800m: 8:42.46 1:06.09			
10.	Andre Rafael Marinho	93	Uniao Piedense	8:44.96	+0.86	638	
	100m: 1:02.59 1:02.59	300m: 3:14.72 1:06.44	500m: 5:26.97 1:05.67	700m: 7:40.08 1:06.71			
	200m: 2:08.28 1:05.69	400m: 4:21.30 1:06.58	600m: 6:33.37 1:06.40	800m: 8:44.96 1:04.88			
11.	Ricardo Manuel Machado	93	Braga	8:47.75	+0.87	628	
	100m: 1:01.60 1:01.60	300m: 3:13.22 1:06.92	500m: 5:29.16 1:08.30	700m: 7:45.75 1:07.97			
	200m: 2:06.30 1:04.70	400m: 4:20.86 1:07.64	600m: 6:37.78 1:08.62	800m: 8:47.75 1:02.00			
12.	Luis Miguel Nogueira	93	Porto/Dolce Vita	8:48.82	+0.81	624	
	100m: 1:02.23 1:02.23	300m: 3:13.92 1:06.27	500m: 5:27.58 1:06.73	700m: 7:42.89 1:07.84			
	200m: 2:07.65 1:05.42	400m: 4:20.85 1:06.93	600m: 6:35.05 1:07.47	800m: 8:48.82 1:05.93			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Francisco Miguel Cirurgiao <i>FTL</i>	93	Alges	8:57.43	+0.71	595	
	100m: 1:01.85 1:01.85	300m: 3:16.03 1:07.96	500m: 5:32.82 1:08.70	700m: 7:50.03 1:08.33			
	200m: 2:08.07 1:06.22	400m: 4:24.12 1:08.09	600m: 6:41.70 1:08.88	800m: 8:57.43 1:07.40			
DSQ	Miguel Monteiro Diogo <i>108 - Submerso mais do que 15m após a partida-SW5.3</i>	93	Alcobaca		+0.69		
	100m:	300m:	500m:	700m:			
	200m:	400m:	600m:	800m:			

Seniores

1.	Paulo Fragueiro Franco	82	Nacional	8:18.12	+0.76	747	
	100m: 59.51 59.51	300m: 3:04.89 1:02.76	500m: 5:10.35 1:02.71	700m: 7:16.67 1:02.73			
	200m: 2:02.13 1:02.62	400m: 4:07.64 1:02.75	600m: 6:13.94 1:03.59	800m: 8:18.12 1:01.45			
2.	Rui Filipe Costa	91	Vitoria de Guimaraes	8:23.28	+0.70	724	
	100m: 1:00.44 1:00.44	300m: 3:07.79 1:03.86	500m: 5:14.39 1:03.56	700m: 7:23.15 1:04.32			
	200m: 2:03.93 1:03.49	400m: 4:10.83 1:03.04	600m: 6:18.83 1:04.44	800m: 8:23.28 1:00.13			
3.	Diogo Andre Gaspar	90	Uniao Piedense	8:26.36	+0.76	711	
	100m: 1:00.05 1:00.05	300m: 3:07.58 1:04.29	500m: 5:16.18 1:04.51	700m: 7:24.71 1:03.96			
	200m: 2:03.29 1:03.24	400m: 4:11.67 1:04.09	600m: 6:20.75 1:04.57	800m: 8:26.36 1:01.65			
4.	Vasco Miguel Gaspar	90	Uniao Piedense	8:31.03	+0.81	692	
	100m: 1:00.90 1:00.90	300m: 3:08.32 1:03.78	500m: 5:17.19 1:04.83	700m: 7:27.21 1:04.73			
	200m: 2:04.54 1:03.64	400m: 4:12.36 1:04.04	600m: 6:22.48 1:05.29	800m: 8:31.03 1:03.82			
5.	Mario Andre Bonanca	90	Sporting	8:34.74	+0.88	677	
	100m: 1:02.16 1:02.16	300m: 3:10.06 1:03.90	500m: 5:19.50 1:04.87	700m: 7:30.90 1:05.81			
	200m: 2:06.16 1:04.00	400m: 4:14.63 1:04.57	600m: 6:25.09 1:05.59	800m: 8:34.74 1:03.84			
6.	Fabio Manuel Pereira	86	Vilacondense	8:36.53	+0.78	670	
	100m: 1:00.88 1:00.88	300m: 3:09.04 1:04.00	500m: 5:19.52 1:05.52	700m: 7:31.90 1:05.85			
	200m: 2:05.04 1:04.16	400m: 4:14.00 1:04.96	600m: 6:26.05 1:06.53	800m: 8:36.53 1:04.63			

Juniores2

1.	Andre Filipe Lopes	92	Academica de Coimbra	8:42.46	+0.64	648	
	100m: 1:00.02 1:00.02	300m: 3:10.54 1:05.63	500m: 5:21.45 1:05.42	700m: 7:36.37 1:07.12			
	200m: 2:04.91 1:04.89	400m: 4:16.03 1:05.49	600m: 6:29.25 1:07.80	800m: 8:42.46 1:06.09			

Juniores1

1.	Gustavo Manuel Santa	93	Litoral Alentejano	8:22.84	+0.76	726	
	100m: 1:00.81 1:00.81	300m: 3:06.54 1:02.03	500m: 5:14.31 1:03.61	700m: 7:23.47 1:04.32			
	200m: 2:04.51 1:03.70	400m: 4:10.70 1:04.16	600m: 6:19.15 1:04.84	800m: 8:22.84 59.37			
2.	Andre Rafael Marinho	93	Uniao Piedense	8:44.96	+0.86	638	
	100m: 1:02.59 1:02.59	300m: 3:14.72 1:06.44	500m: 5:26.97 1:05.67	700m: 7:40.08 1:06.71			
	200m: 2:08.28 1:05.69	400m: 4:21.30 1:06.58	600m: 6:33.37 1:06.40	800m: 8:44.96 1:04.88			
3.	Ricardo Manuel Machado	93	Braga	8:47.75	+0.87	628	
	100m: 1:01.60 1:01.60	300m: 3:13.22 1:06.92	500m: 5:29.16 1:08.30	700m: 7:45.75 1:07.97			
	200m: 2:06.30 1:04.70	400m: 4:20.86 1:07.64	600m: 6:37.78 1:08.62	800m: 8:47.75 1:02.00			

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Prova 46, Masc., 800m Livres, Juniores1

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Luis Miguel Nogueira	93	Porto/Dolce Vita	8:48.82	+0.81	624	
	100m: 1:02.23 1:02.23	300m: 3:13.92 1:06.27	500m: 5:27.58 1:06.73	700m: 7:42.89 1:07.84			
	200m: 2:07.65 1:05.42	400m: 4:20.85 1:06.93	600m: 6:35.05 1:07.47	800m: 8:48.82 1:05.93			
5.	Francisco Miguel Cirurgiao	93	Alges	8:57.43	+0.71	595	
	<i>FTL</i>						
	100m: 1:01.85 1:01.85	300m: 3:16.03 1:07.96	500m: 5:32.82 1:08.70	700m: 7:50.03 1:08.33			
	200m: 2:08.07 1:06.22	400m: 4:24.12 1:08.09	600m: 6:41.70 1:08.88	800m: 8:57.43 1:07.40			
DSQ	Miguel Monteiro Diogo	93	Alcobaca		+0.69		
	<i>108 - Submerso mais do que 15m após a partida-SW5.3</i>						
	100m:	300m:	500m:	700m:			
	200m:	400m:	600m:	800m:			

Juvenis A

1.	Tiago Silva Oliveira	94	Leixoes	8:29.92	+0.80	697	
	100m: 59.46 59.46	300m: 3:10.11 1:05.46	500m: 5:19.20 1:03.37	700m: 7:28.08 1:04.25			
	200m: 2:04.65 1:05.19	400m: 4:15.83 1:05.72	600m: 6:23.83 1:04.63	800m: 8:29.92 1:01.84			