

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Prova 46 Absoluto
07-08-2011 - 12:05 Resultados

Rec	Nac	Classe	Tempo	Nome	Clube	Local	Data
Rec Nac Absoluto	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 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Open							
1.	Rui Filipe Costa	91	Vitoria de Guimaraes	8:25.58	+0,70	715	
	100m: 1:00.20 1:00.20	300m: 3:09.80 1:04.97	500m: 5:18.72 1:04.02	700m: 7:26.72 1:03.83			
	200m: 2:04.83 1:04.63	400m: 4:14.70 1:04.90	600m: 6:22.89 1:04.17	800m: 8:25.58 58.86			
2.	Diogo Andre Gaspar	90	Uniao Piedense	8:27.58	+0,78	706	
	100m: 1:01.19 1:01.19	300m: 3:09.59 1:03.76	500m: 5:18.31 1:04.20	700m: 7:26.69 1:04.19			
	200m: 2:05.83 1:04.64	400m: 4:14.11 1:04.52	600m: 6:22.50 1:04.19	800m: 8:27.58 1:00.89			
3.	Tiago Silva Oliveira	94	Leixoes	8:29.00	+0,73	700	
	100m: 1:00.24 1:00.24	300m: 3:09.60 1:04.50	500m: 5:18.69 1:04.49	700m: 7:27.58 1:04.54			
	200m: 2:05.10 1:04.86	400m: 4:14.20 1:04.60	600m: 6:23.04 1:04.35	800m: 8:29.00 1:01.42			
4.	Vasco Miguel Gaspar	90	Uniao Piedense	8:29.18	+0,78	700	
	100m: 1:01.13 1:01.13	300m: 3:09.34 1:03.97	500m: 5:18.20 1:04.41	700m: 7:26.90 1:04.44			
	200m: 2:05.37 1:04.24	400m: 4:13.79 1:04.45	600m: 6:22.46 1:04.26	800m: 8:29.18 1:02.28			
5.	Oliver Tennant	93	Swim Wales	8:31.58	+0,71	690	
	100m: 1:01.52 1:01.52	300m: 3:08.97 1:03.35	500m: 5:17.27 1:03.22	700m: 7:28.29 1:05.34			
	200m: 2:05.62 1:04.10	400m: 4:14.05 1:05.08	600m: 6:22.95 1:05.68	800m: 8:31.58 1:03.29			
6.	Paulo Fragueiro Franco	82	Nacional	8:33.00	+0,78	684	
	100m: 1:01.15 1:01.15	300m: 3:09.03 1:04.09	500m: 5:17.56 1:03.94	700m: 7:27.68 1:05.52			
	200m: 2:04.94 1:03.79	400m: 4:13.62 1:04.59	600m: 6:22.16 1:04.60	800m: 8:33.00 1:05.32			
7.	Hugo Alberto Ribeiro	88	Gespacos	8:33.64	+1,02	682	
	100m: 1:00.42 1:00.42	300m: 3:10.05 1:04.97	500m: 5:19.89 1:04.83	700m: 7:31.27 1:05.78			
	200m: 2:05.08 1:04.66	400m: 4:15.06 1:05.01	600m: 6:25.49 1:05.60	800m: 8:33.64 1:02.37			
8.	Mario Andre Bonanca	90	Sporting	8:34.86	+0,84	677	
	100m: 1:00.99 1:00.99	300m: 3:08.94 1:04.09	500m: 5:18.62 1:05.07	700m: 7:30.40 1:06.25			
	200m: 2:04.85 1:03.86	400m: 4:13.55 1:04.61	600m: 6:24.15 1:05.53	800m: 8:34.86 1:04.46			
9.	Ricardo Manuel Machado	93	Braga	8:35.84	+0,85	673	
	100m: 1:00.68 1:00.68	300m: 3:10.65 1:05.33	500m: 5:22.49 1:05.79	700m: 7:35.23 1:06.20			
	200m: 2:05.32 1:04.64	400m: 4:16.70 1:06.05	600m: 6:29.03 1:06.54	800m: 8:35.84 1:00.61			
10.	Andre Rafael Marinho	93	Uniao Piedense	8:37.55	+0,85	666	
	100m: 1:00.00 1:00.00	300m: 3:09.33 1:04.94	500m: 5:20.28 1:05.67	700m: 7:32.80 1:06.22			
	200m: 2:04.39 1:04.39	400m: 4:14.61 1:05.28	600m: 6:26.58 1:06.30	800m: 8:37.55 1:04.75			
11.	Jorge Manuel Maia	89	Famalicao	8:37.62	+0,80	666	
	100m: 59.55 59.55	300m: 3:08.35 1:04.69	500m: 5:18.05 1:04.75	700m: 7:33.33 1:10.05			
	200m: 2:03.66 1:04.11	400m: 4:13.30 1:04.95	600m: 6:23.28 1:05.23	800m: 8:37.62 1:04.29			
12.	Nuno Vieira Malheiro	93	Braga	8:43.62	+0,85	643	
	100m: 1:02.10 1:02.10	300m: 3:13.88 1:06.17	500m: 5:26.25 1:06.40	700m: 7:39.14 1:06.58			
	200m: 2:07.71 1:05.61	400m: 4:19.85 1:05.97	600m: 6:32.56 1:06.31	800m: 8:43.62 1:04.48			

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Prova 46, Masc., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Andre Filipe Lopes <i>FTL</i>	92	Academica de Coimbra	8:48.51	+0,70	626	
	100m: 1:02.28 1:02.28	300m: 3:14.26 1:06.21	500m: 5:28.33 1:07.20	700m: 7:42.68 1:07.42			
	200m: 2:08.05 1:05.77	400m: 4:21.13 1:06.87	600m: 6:35.26 1:06.93	800m: 8:48.51 1:05.83			
14.	Rui Miguel Lopes	94	Natacao de Olhao	8:49.75	+0,95	621	
	100m: 1:01.98 1:01.98	300m: 3:14.47 1:06.50	500m: 5:28.89 1:07.28	700m: 7:44.06 1:07.51			
	200m: 2:07.97 1:05.99	400m: 4:21.61 1:07.14	600m: 6:36.55 1:07.66	800m: 8:49.75 1:05.69			

Absolutos

1.	Rui Filipe Costa	91	Vitoria de Guimaraes	8:25.58	+0,70	715	
	100m: 1:00.20 1:00.20	300m: 3:09.80 1:04.97	500m: 5:18.72 1:04.02	700m: 7:26.72 1:03.83			
	200m: 2:04.83 1:04.63	400m: 4:14.70 1:04.90	600m: 6:22.89 1:04.17	800m: 8:25.58 58.86			
2.	Diogo Andre Gaspar	90	Uniao Piedense	8:27.58	+0,78	706	
	100m: 1:01.19 1:01.19	300m: 3:09.59 1:03.76	500m: 5:18.31 1:04.20	700m: 7:26.69 1:04.19			
	200m: 2:05.83 1:04.64	400m: 4:14.11 1:04.52	600m: 6:22.50 1:04.19	800m: 8:27.58 1:00.89			
3.	Tiago Silva Oliveira	94	Leixoes	8:29.00	+0,73	700	
	100m: 1:00.24 1:00.24	300m: 3:09.60 1:04.50	500m: 5:18.69 1:04.49	700m: 7:27.58 1:04.54			
	200m: 2:05.10 1:04.86	400m: 4:14.20 1:04.60	600m: 6:23.04 1:04.35	800m: 8:29.00 1:01.42			
4.	Vasco Miguel Gaspar	90	Uniao Piedense	8:29.18	+0,78	700	
	100m: 1:01.13 1:01.13	300m: 3:09.34 1:03.97	500m: 5:18.20 1:04.41	700m: 7:26.90 1:04.44			
	200m: 2:05.37 1:04.24	400m: 4:13.79 1:04.45	600m: 6:22.46 1:04.26	800m: 8:29.18 1:02.28			
5.	Paulo Fragueiro Franco	82	Nacional	8:33.00	+0,78	684	
	100m: 1:01.15 1:01.15	300m: 3:09.03 1:04.09	500m: 5:17.56 1:03.94	700m: 7:27.68 1:05.52			
	200m: 2:04.94 1:03.79	400m: 4:13.62 1:04.59	600m: 6:22.16 1:04.60	800m: 8:33.00 1:05.32			
6.	Hugo Alberto Ribeiro	88	Gespacos	8:33.64	+1,02	682	
	100m: 1:00.42 1:00.42	300m: 3:10.05 1:04.97	500m: 5:19.89 1:04.83	700m: 7:31.27 1:05.78			
	200m: 2:05.08 1:04.66	400m: 4:15.06 1:05.01	600m: 6:25.49 1:05.60	800m: 8:33.64 1:02.37			
7.	Mario Andre Bonanca	90	Sporting	8:34.86	+0,84	677	
	100m: 1:00.99 1:00.99	300m: 3:08.94 1:04.09	500m: 5:18.62 1:05.07	700m: 7:30.40 1:06.25			
	200m: 2:04.85 1:03.86	400m: 4:13.55 1:04.61	600m: 6:24.15 1:05.53	800m: 8:34.86 1:04.46			
8.	Ricardo Manuel Machado	93	Braga	8:35.84	+0,85	673	
	100m: 1:00.68 1:00.68	300m: 3:10.65 1:05.33	500m: 5:22.49 1:05.79	700m: 7:35.23 1:06.20			
	200m: 2:05.32 1:04.64	400m: 4:16.70 1:06.05	600m: 6:29.03 1:06.54	800m: 8:35.84 1:00.61			
9.	Andre Rafael Marinho	93	Uniao Piedense	8:37.55	+0,85	666	
	100m: 1:00.00 1:00.00	300m: 3:09.33 1:04.94	500m: 5:20.28 1:05.67	700m: 7:32.80 1:06.22			
	200m: 2:04.39 1:04.39	400m: 4:14.61 1:05.28	600m: 6:26.58 1:06.30	800m: 8:37.55 1:04.75			
10.	Jorge Manuel Maia	89	Famalicao	8:37.62	+0,80	666	
	100m: 59.55 59.55	300m: 3:08.35 1:04.69	500m: 5:18.05 1:04.75	700m: 7:33.33 1:10.05			
	200m: 2:03.66 1:04.11	400m: 4:13.30 1:04.95	600m: 6:23.28 1:05.23	800m: 8:37.62 1:04.29			
11.	Nuno Vieira Malheiro	93	Braga	8:43.62	+0,85	643	
	100m: 1:02.10 1:02.10	300m: 3:13.88 1:06.17	500m: 5:26.25 1:06.40	700m: 7:39.14 1:06.58			
	200m: 2:07.71 1:05.61	400m: 4:19.85 1:05.97	600m: 6:32.56 1:06.31	800m: 8:43.62 1:04.48			
12.	Andre Filipe Lopes <i>FTL</i>	92	Academica de Coimbra	8:48.51	+0,70	626	
	100m: 1:02.28 1:02.28	300m: 3:14.26 1:06.21	500m: 5:28.33 1:07.20	700m: 7:42.68 1:07.42			
	200m: 2:08.05 1:05.77	400m: 4:21.13 1:06.87	600m: 6:35.26 1:06.93	800m: 8:48.51 1:05.83			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Rui Miguel Lopes	94	Natacao de Olhao	8:49.75	+0,95	621	
	100m: 1:01.98 1:01.98	300m: 3:14.47 1:06.50	500m: 5:28.89 1:07.28	700m: 7:44.06 1:07.51			
	200m: 2:07.97 1:05.99	400m: 4:21.61 1:07.14	600m: 6:36.55 1:07.66	800m: 8:49.75 1:05.69			

Jun1

1.	Tiago Silva Oliveira	94	Leixoes	8:29.00	+0,73	700	
	100m: 1:00.24 1:00.24	300m: 3:09.60 1:04.50	500m: 5:18.69 1:04.49	700m: 7:27.58 1:04.54			
	200m: 2:05.10 1:04.86	400m: 4:14.20 1:04.60	600m: 6:23.04 1:04.35	800m: 8:29.00 1:01.42			
2.	Rui Miguel Lopes	94	Natacao de Olhao	8:49.75	+0,95	621	
	100m: 1:01.98 1:01.98	300m: 3:14.47 1:06.50	500m: 5:28.89 1:07.28	700m: 7:44.06 1:07.51			
	200m: 2:07.97 1:05.99	400m: 4:21.61 1:07.14	600m: 6:36.55 1:07.66	800m: 8:49.75 1:05.69			

Sen/Jun2

1.	Rui Filipe Costa	91	Vitoria de Guimaraes	8:25.58	+0,70	715	
	100m: 1:00.20 1:00.20	300m: 3:09.80 1:04.97	500m: 5:18.72 1:04.02	700m: 7:26.72 1:03.83			
	200m: 2:04.83 1:04.63	400m: 4:14.70 1:04.90	600m: 6:22.89 1:04.17	800m: 8:25.58 58.86			
2.	Diogo Andre Gaspar	90	Uniao Piedense	8:27.58	+0,78	706	
	100m: 1:01.19 1:01.19	300m: 3:09.59 1:03.76	500m: 5:18.31 1:04.20	700m: 7:26.69 1:04.19			
	200m: 2:05.83 1:04.64	400m: 4:14.11 1:04.52	600m: 6:22.50 1:04.19	800m: 8:27.58 1:00.89			
3.	Vasco Miguel Gaspar	90	Uniao Piedense	8:29.18	+0,78	700	
	100m: 1:01.13 1:01.13	300m: 3:09.34 1:03.97	500m: 5:18.20 1:04.41	700m: 7:26.90 1:04.44			
	200m: 2:05.37 1:04.24	400m: 4:13.79 1:04.45	600m: 6:22.46 1:04.26	800m: 8:29.18 1:02.28			
4.	Paulo Fragueiro Franco	82	Nacional	8:33.00	+0,78	684	
	100m: 1:01.15 1:01.15	300m: 3:09.03 1:04.09	500m: 5:17.56 1:03.94	700m: 7:27.68 1:05.52			
	200m: 2:04.94 1:03.79	400m: 4:13.62 1:04.59	600m: 6:22.16 1:04.60	800m: 8:33.00 1:05.32			
5.	Hugo Alberto Ribeiro	88	Gespacos	8:33.64	+1,02	682	
	100m: 1:00.42 1:00.42	300m: 3:10.05 1:04.97	500m: 5:19.89 1:04.83	700m: 7:31.27 1:05.78			
	200m: 2:05.08 1:04.66	400m: 4:15.06 1:05.01	600m: 6:25.49 1:05.60	800m: 8:33.64 1:02.37			
6.	Mario Andre Bonanca	90	Sporting	8:34.86	+0,84	677	
	100m: 1:00.99 1:00.99	300m: 3:08.94 1:04.09	500m: 5:18.62 1:05.07	700m: 7:30.40 1:06.25			
	200m: 2:04.85 1:03.86	400m: 4:13.55 1:04.61	600m: 6:24.15 1:05.53	800m: 8:34.86 1:04.46			
7.	Ricardo Manuel Machado	93	Braga	8:35.84	+0,85	673	
	100m: 1:00.68 1:00.68	300m: 3:10.65 1:05.33	500m: 5:22.49 1:05.79	700m: 7:35.23 1:06.20			
	200m: 2:05.32 1:04.64	400m: 4:16.70 1:06.05	600m: 6:29.03 1:06.54	800m: 8:35.84 1:00.61			
8.	Andre Rafael Marinho	93	Uniao Piedense	8:37.55	+0,85	666	
	100m: 1:00.00 1:00.00	300m: 3:09.33 1:04.94	500m: 5:20.28 1:05.67	700m: 7:32.80 1:06.22			
	200m: 2:04.39 1:04.39	400m: 4:14.61 1:05.28	600m: 6:26.58 1:06.30	800m: 8:37.55 1:04.75			
9.	Jorge Manuel Maia	89	Famalicao	8:37.62	+0,80	666	
	100m: 59.55 59.55	300m: 3:08.35 1:04.69	500m: 5:18.05 1:04.75	700m: 7:33.33 1:10.05			
	200m: 2:03.66 1:04.11	400m: 4:13.30 1:04.95	600m: 6:23.28 1:05.23	800m: 8:37.62 1:04.29			
10.	Nuno Vieira Malheiro	93	Braga	8:43.62	+0,85	643	
	100m: 1:02.10 1:02.10	300m: 3:13.88 1:06.17	500m: 5:26.25 1:06.40	700m: 7:39.14 1:06.58			
	200m: 2:07.71 1:05.61	400m: 4:19.85 1:05.97	600m: 6:32.56 1:06.31	800m: 8:43.62 1:04.48			

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Prova 46, Masc., 800m Livres, Sen/Jun2

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Andre Filipe Lopes	92	Academica de Coimbra	8:48.51	+0,70	626	
	<i>FTL</i>						
	100m: 1:02.28 1:02.28	300m: 3:14.26 1:06.21	500m: 5:28.33 1:07.20	700m: 7:42.68 1:07.42			
	200m: 2:08.05 1:05.77	400m: 4:21.13 1:06.87	600m: 6:35.26 1:06.93	800m: 8:48.51 1:05.83			