

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 23- - 25-3-2012

Prova 19 Masc., 1500m Livres Juvenis
25-03-2012 - 9:00 Resultados

Recordes Nacionais 50m Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14-08-2007
Recordes Nacionais 50m Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	28-05-2005
Recordes Nacionais 50m Juv A	15:45.55	Gustavo Manuel Santa	FPN	Tampere (FIN)	23-07-2009

TAC Masc Juv A Juv A: 17:55.00 / TAC Masc Juv B Juv B: 18:20.00

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B							
1.	Eduardo Filipe Carvalheiro	97	SCC/Oryzon Energias	16:56.65	+0,84	635	
	100m: 1:04.24 1:04.24		500m: 5:33.18 1:08.03	900m: 10:07.26 1:08.54	1300m: 14:41.32 1:08.82		
	200m: 2:10.39 1:06.15		600m: 6:41.66 1:08.48	1000m: 11:15.31 1:08.05	1400m: 15:50.02 1:08.70		
	300m: 3:17.61 1:07.22		700m: 7:50.23 1:08.57	1100m: 12:23.94 1:08.63	1500m: 16:56.65 1:06.63		
	400m: 4:25.15 1:07.54		800m: 8:58.72 1:08.49	1200m: 13:32.50 1:08.56			
2.	Joao Pedro Gil	97	Naval Amorense	17:13.01	+0,74	605	
	100m: 1:05.71 1:05.71		500m: 5:42.22 1:09.90	900m: 10:19.99 1:08.88	1300m: 14:55.28 1:07.98		
	200m: 2:13.94 1:08.23		600m: 6:51.10 1:08.88	1000m: 11:28.96 1:08.97	1400m: 16:02.97 1:07.69		
	300m: 3:23.16 1:09.22		700m: 8:01.18 1:10.08	1100m: 12:38.77 1:09.81	1500m: 17:13.01 1:10.04		
	400m: 4:32.32 1:09.16		800m: 9:11.11 1:09.93	1200m: 13:47.30 1:08.53			
3.	Vitor Joao Pereira	97	Leixoes	17:24.25	+0,92	586	
	100m: 1:05.46 1:05.46		500m: 5:43.24 1:10.42	900m: 10:24.71 1:10.27	1300m: 15:06.96 1:10.23		
	200m: 2:14.75 1:09.29		600m: 6:54.08 1:10.84	1000m: 11:34.64 1:09.93	1400m: 16:17.41 1:10.45		
	300m: 3:23.74 1:08.99		700m: 8:04.48 1:10.40	1100m: 12:45.74 1:11.10	1500m: 17:24.25 1:06.84		
	400m: 4:32.82 1:09.08		800m: 9:14.44 1:09.96	1200m: 13:56.73 1:10.99			
4.	Francisco Xavier Goncalves	97	Nautico/Matobra	17:26.17	+0,95	583	
	100m: 1:04.79 1:04.79		500m: 5:42.93 1:09.58	900m: 10:24.96 1:10.80	1300m: 15:07.69 1:28.07		
	200m: 2:14.47 1:09.68		600m: 6:53.11 1:10.18	1000m: 11:05.74 40.78	1400m: 16:18.21 1:10.52		
	300m: 3:23.36 1:08.89		700m: 8:03.41 1:10.30	1100m: 12:46.50 1:40.76	1500m: 17:26.17 1:07.96		
	400m: 4:33.35 1:09.99		800m: 9:14.16 1:10.75	1200m: 13:39.62 53.12			
5.	Joao Luis Travanca	97	Porto	17:32.54	+0,88	572	
	100m: 1:06.25 1:06.25		500m: 5:49.14 1:10.72	900m: 10:30.50 1:11.00	1300m: 15:13.33 1:11.19		
	200m: 2:16.96 1:10.71		600m: 6:59.21 1:10.07	1000m: 11:40.29 1:09.79	1400m: 16:24.97 1:11.64		
	300m: 3:28.11 1:11.15		700m: 8:09.49 1:10.28	1100m: 12:50.76 1:10.47	1500m: 17:32.54 1:07.57		
	400m: 4:38.42 1:10.31		800m: 9:19.50 1:10.01	1200m: 14:02.14 1:11.38			
6.	Jorge Miguel Nunes	97	Porto	17:35.45	+1,02	568	
	100m: 1:06.04 1:06.04		500m: 5:49.76 1:10.85	900m: 10:32.88 1:10.99	1300m: 15:15.23 1:10.76		
	200m: 2:16.53 1:10.49		600m: 7:00.44 1:10.68	1000m: 11:43.33 1:10.45	1400m: 16:26.11 1:10.88		
	300m: 3:28.21 1:11.68		700m: 8:10.97 1:10.53	1100m: 12:53.87 1:10.54	1500m: 17:35.45 1:09.34		
	400m: 4:38.91 1:10.70		800m: 9:21.89 1:10.92	1200m: 14:04.47 1:10.60			
7.	Andre Sousa Goncalves	97	Natacao de Olhao	17:43.92	+0,83	554	
	100m: 1:06.54 1:06.54		500m: 5:51.85 1:11.53	900m: 10:35.62 1:11.95	1300m: 15:21.86 1:11.65		
	200m: 2:17.77 1:11.23		600m: 7:02.04 1:10.19	1000m: 11:46.91 1:11.29	1400m: 16:34.43 1:12.57		
	300m: 3:29.15 1:11.38		700m: 8:12.79 1:10.75	1100m: 12:58.41 1:11.50	1500m: 17:43.92 1:09.49		
	400m: 4:40.32 1:11.17		800m: 9:23.67 1:10.88	1200m: 14:10.21 1:11.80			
8.	Ricardo Eduardo Afonso	97	Braga	17:47.60	+0,78	548	
	100m: 1:06.79 1:06.79		500m: 5:55.93 1:12.30	900m: 10:43.11 1:12.10	1300m: 15:30.45 1:11.81		
	200m: 2:19.42 1:12.63		600m: 7:07.84 1:11.91	1000m: 11:55.03 1:11.92	1400m: 16:42.00 1:11.55		
	300m: 3:31.93 1:12.51		700m: 8:19.68 1:11.84	1100m: 13:06.94 1:11.91	1500m: 17:47.60 1:05.60		
	400m: 4:43.63 1:11.70		800m: 9:31.01 1:11.33	1200m: 14:18.64 1:11.70			

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 23- - 25-3-2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Diogo Miguel Nelas	97	Braga	17:48.58	+0,78	547	
	100m: 1:05.61 1:05.61	500m: 5:50.01 1:10.54	900m: 10:38.91 1:12.80	1300m: 15:27.07 1:12.14			
	200m: 2:16.48 1:10.87	600m: 7:00.84 1:10.83	1000m: 11:51.21 1:12.30	1400m: 16:38.71 1:11.64			
	300m: 3:27.94 1:11.46	700m: 8:13.57 1:12.73	1100m: 13:03.02 1:11.81	1500m: 17:48.58 1:09.87			
	400m: 4:39.47 1:11.53	800m: 9:26.11 1:12.54	1200m: 14:14.93 1:11.91				
10.	Tiago Ribeiro Costa	97	Famalicao	17:50.64	+0,90	544	
	100m: 1:07.04 1:07.04	500m: 5:55.12 1:12.11	900m: 10:42.92 1:11.78	1300m: 15:31.08 1:12.26			
	200m: 2:18.95 1:11.91	600m: 7:07.58 1:12.46	1000m: 11:54.43 1:11.51	1400m: 16:42.53 1:11.45			
	300m: 3:30.84 1:11.89	700m: 8:19.61 1:12.03	1100m: 13:06.95 1:12.52	1500m: 17:50.64 1:08.11			
	400m: 4:43.01 1:12.17	800m: 9:31.14 1:11.53	1200m: 14:18.82 1:11.87				
11.	Narciso Daniel Correia	97	Braga	17:50.84	+0,90	543	
	100m: 1:07.08 1:07.08	500m: 5:54.39 1:12.03	900m: 10:41.84 1:11.91	1300m: 15:30.09 1:12.66			
	200m: 2:20.64 1:13.56	600m: 7:06.29 1:11.90	1000m: 11:53.48 1:11.64	1400m: 16:41.57 1:11.48			
	300m: 3:33.44 1:12.80	700m: 8:18.22 1:11.93	1100m: 13:05.67 1:12.19	1500m: 17:50.84 1:09.27			
	400m: 4:42.36 1:08.92	800m: 9:29.93 1:11.71	1200m: 14:17.43 1:11.76				
12.	Joao Pedro Belo	97	Sporting	17:55.39	+0,71	537	
	100m: 1:05.10 1:05.10	500m: 5:54.70 1:14.08	900m: 10:42.06 1:12.10	1300m: 15:29.78 1:11.56			
	200m: 2:16.34 1:11.24	600m: 7:06.98 1:12.28	1000m: 11:53.78 1:11.72	1400m: 16:43.97 1:14.19			
	300m: 3:27.77 1:11.43	700m: 8:18.37 1:11.39	1100m: 13:05.74 1:11.96	1500m: 17:55.39 1:11.42			
	400m: 4:40.62 1:12.85	800m: 9:29.96 1:11.59	1200m: 14:18.22 1:12.48				
13.	Joao Afonso Picao	97	Leixoes	18:11.58	+1,03	513	
	100m: 1:07.12 1:07.12	500m: 5:55.01 1:12.62	900m: 10:47.71 1:13.21	1300m: 15:45.38 1:14.67			
	200m: 2:18.75 1:11.63	600m: 7:08.36 1:13.35	1000m: 12:01.94 1:14.23	1400m: 17:00.35 1:14.97			
	300m: 3:30.15 1:11.40	700m: 8:21.34 1:12.98	1100m: 13:15.98 1:14.04	1500m: 18:11.58 1:11.23			
	400m: 4:42.39 1:12.24	800m: 9:34.50 1:13.16	1200m: 14:30.71 1:14.73				
14.	Artur Miguel Marques	97	Leixoes	18:14.75	+0,95	509	
	100m: 1:08.68 1:08.68	500m: 6:02.92 1:13.13	900m: 10:57.69 1:13.63	1300m: 15:51.32 1:13.56			
	200m: 2:22.89 1:14.21	600m: 7:16.34 1:13.42	1000m: 12:11.09 1:13.40	1400m: 17:03.88 1:12.56			
	300m: 3:35.89 1:13.00	700m: 8:30.26 1:13.92	1100m: 13:24.51 1:13.42	1500m: 18:14.75 1:10.87			
	400m: 4:49.79 1:13.90	800m: 9:44.06 1:13.80	1200m: 14:37.76 1:13.25				
15.	Daniel Francisco Mendonca	97	Braga	18:19.76	+0,89	502	
	100m: 1:08.48 1:08.48	500m: 6:01.89 1:13.71	900m: 10:59.81 1:14.50	1300m: 15:55.21 1:13.93			
	200m: 2:21.77 1:13.29	600m: 7:16.25 1:14.36	1000m: 12:13.16 1:13.35	1400m: 17:09.26 1:14.05			
	300m: 3:34.29 1:12.52	700m: 8:30.97 1:14.72	1100m: 13:27.45 1:14.29	1500m: 18:19.76 1:10.50			
	400m: 4:48.18 1:13.89	800m: 9:45.31 1:14.34	1200m: 14:41.28 1:13.83				
16.	Joao Vieira Camara	97	Maritimo	18:53.89	+0,76	458	
	<i>FTL</i>						
	100m: 1:08.57 1:08.57	500m: 6:08.08 1:16.28	900m: 11:15.19 1:17.25	1300m: 16:23.17 1:17.57			
	200m: 2:22.87 1:14.30	600m: 7:23.64 1:15.56	1000m: 12:31.86 1:16.67	1400m: 17:39.91 1:16.74			
	300m: 3:36.78 1:13.91	700m: 8:40.38 1:16.74	1100m: 13:48.29 1:16.43	1500m: 18:53.89 1:13.98			
	400m: 4:51.80 1:15.02	800m: 9:57.94 1:17.56	1200m: 15:05.60 1:17.31				
17.	Alexandre Miguel Laureano	97	Alcobaca	19:03.06	+0,85	447	
	<i>FTL</i>						
	100m: 1:08.62 1:08.62	500m: 6:14.18 1:16.84	900m: 11:23.01 1:17.67	1300m: 16:32.35 1:17.22			
	200m: 2:23.75 1:15.13	600m: 7:31.50 1:17.32	1000m: 12:40.98 1:17.97	1400m: 17:48.75 1:16.40			
	300m: 3:39.99 1:16.24	700m: 8:48.89 1:17.39	1100m: 13:57.87 1:16.89	1500m: 19:03.06 1:14.31			
	400m: 4:57.34 1:17.35	800m: 10:05.34 1:16.45	1200m: 15:15.13 1:17.26				

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 23- - 25-3-2012

Prova 19, Masc., 1500m Livres

Juvenis A

1.	Andre Filipe Farinha	96	Benfica	16:41.45	+0,81	665				
	100m: 1:05.26		500m: 5:38.92	1:08.75	900m: 10:09.20	1:06.74	1300m: 14:32.88	1:05.90		
	200m: 2:13.53		600m: 6:47.00	1:08.08	1000m: 11:15.22	1:06.02	1400m: 15:38.89	1:06.01		
	300m: 3:22.12		700m: 7:55.34	1:08.34	1100m: 12:22.12	1:06.90	1500m: 16:41.45	1:02.56		
	400m: 4:30.17		800m: 9:02.46	1:07.12	1200m: 13:26.98	1:04.86				
2.	Goncalo Cardoso Carmo	96	Colegio Vasco da Gama	16:58.87	+0,75	631				
	100m: 1:05.69		500m: 5:39.04	1:08.38	900m: 10:09.36	1:07.66	1300m: 14:42.63	1:08.48		
	200m: 2:14.65		600m: 6:46.76	1:07.72	1000m: 11:16.97	1:07.61	1400m: 15:51.59	1:08.96		
	300m: 3:22.79		700m: 7:54.44	1:07.68	1100m: 12:25.49	1:08.52	1500m: 16:58.87	1:07.28		
	400m: 4:30.66		800m: 9:01.70	1:07.26	1200m: 13:34.15	1:08.66				
3.	Miguel Prata Santos	96	Viana Natacao	17:10.45	+0,76	610				
	100m: 1:05.10		500m: 5:39.13	1:08.33	900m: 10:10.26	1:07.26	1300m: 14:48.94	1:10.63		
	200m: 2:14.35		600m: 6:47.46	1:08.33	1000m: 11:18.02	1:07.76	1400m: 15:59.85	1:10.91		
	300m: 3:22.64		700m: 7:55.61	1:08.15	1100m: 12:27.75	1:09.73	1500m: 17:10.45	1:10.60		
	400m: 4:30.80		800m: 9:03.00	1:07.39	1200m: 13:38.31	1:10.56				
4.	Rafael Lourenco Gil	96	Naval Amorense	17:19.44	+0,77	594				
	100m: 1:05.80		500m: 5:39.50	1:08.24	900m: 10:13.23	1:09.32	1300m: 14:58.70	1:11.47		
	200m: 2:14.56		600m: 6:47.96	1:08.46	1000m: 11:24.08	1:10.85	1400m: 16:09.47	1:10.77		
	300m: 3:23.25		700m: 7:55.99	1:08.03	1100m: 12:35.46	1:11.38	1500m: 17:19.44	1:09.97		
	400m: 4:31.26		800m: 9:03.91	1:07.92	1200m: 13:47.23	1:11.77				
5.	Pedro Veiguiha Martins	96	Braga	17:24.36	+0,78	586				
	100m: 1:06.08		500m: 5:44.68	1:10.21	900m: 10:24.71	1:10.31	1300m: 15:07.69	1:10.97		
	200m: 2:15.08		600m: 6:55.28	1:10.60	1000m: 11:34.68	1:09.97	1400m: 16:19.07	1:11.38		
	300m: 3:24.53		700m: 8:05.02	1:09.74	1100m: 12:45.71	1:11.03	1500m: 17:24.36	1:05.29		
	400m: 4:34.47		800m: 9:14.40	1:09.38	1200m: 13:56.72	1:11.01				
6.	Andre Coelho Oliveira	96	Vitoria de Guimaraes	17:28.93	+0,94	578				
	100m: 1:03.85		500m: 5:47.60	1:11.97	900m: 10:30.35	1:10.68	1300m: 15:11.97	1:10.89		
	200m: 2:13.98		600m: 6:58.80	1:11.20	1000m: 11:40.85	1:10.50	1400m: 16:22.51	1:10.54		
	300m: 3:24.52		700m: 8:10.72	1:11.92	1100m: 12:51.90	1:11.05	1500m: 17:28.93	1:06.42		
	400m: 4:35.63		800m: 9:19.67	1:08.95	1200m: 14:01.08	1:09.18				
7.	Bruno Miguel Rainho	96	Geslours	17:32.32	+0,96	573				
	100m: 1:06.47		500m: 5:47.38	1:10.56	900m: 10:30.19	1:10.40	1300m: 15:13.32	1:10.62		
	200m: 2:16.35		600m: 6:58.45	1:11.07	1000m: 11:40.89	1:10.70	1400m: 16:25.52	1:12.20		
	300m: 3:26.50		700m: 8:09.63	1:11.18	1100m: 12:51.51	1:10.62	1500m: 17:32.32	1:06.80		
	400m: 4:36.82		800m: 9:19.79	1:10.16	1200m: 14:02.70	1:11.19				
8.	Pedro Ribeiro Santos	96	Academico Viseu	17:36.71	+1,82	566				
	100m: 1:04.46		500m: 5:47.10	1:11.52	900m: 10:31.08	1:11.38	1300m: 15:16.55	1:11.41		
	200m: 2:14.41		600m: 6:57.99	1:10.89	1000m: 11:42.67	1:11.59	1400m: 16:27.09	1:10.54		
	300m: 3:24.71		700m: 8:08.66	1:10.67	1100m: 12:53.50	1:10.83	1500m: 17:36.71	1:09.62		
	400m: 4:35.58		800m: 9:19.70	1:11.04	1200m: 14:05.14	1:11.64				
9.	David Nunes Sousa	96	Famalicao	17:41.42	+0,80	558				
	100m: 1:04.69		500m: 5:44.42	1:11.34	900m: 10:31.03	1:11.97	1300m: 15:20.47	1:13.00		
	200m: 2:11.93		600m: 6:56.48	1:12.06	1000m: 11:43.58	1:12.55	1400m: 16:32.89	1:12.42		
	300m: 3:22.60		700m: 8:07.06	1:10.58	1100m: 12:56.01	1:12.43	1500m: 17:41.42	1:08.53		
	400m: 4:33.08		800m: 9:19.06	1:12.00	1200m: 14:07.47	1:11.46				
10.	Rafael Rocha Ferreira	96	Galitos	17:46.67	+0,89	550				
	100m: 1:04.32		500m: 5:46.04	1:11.74	900m: 10:33.82	1:12.12	1300m: 15:24.47	1:12.90		
	200m: 2:13.54		600m: 6:57.65	1:11.61	1000m: 11:46.77	1:12.95	1400m: 16:36.60	1:12.13		
	300m: 3:23.72		700m: 8:09.45	1:11.80	1100m: 12:58.90	1:12.13	1500m: 17:46.67	1:10.07		
	400m: 4:34.30		800m: 9:21.70	1:12.25	1200m: 14:11.57	1:12.67				

Campeonatos Nacionais de Juvenis PL
Póvoa de Varzim, 23- - 25-3-2012

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Miguel Filipe Pinto	96	Ginasio de Santo Tirso	17:51.07	+0,84	543	
	100m: 1:05.37 1:05.37	500m: 5:51.03 1:13.14	900m: 10:38.86 1:14.01	1300m: 15:28.59 1:12.79			
	200m: 2:14.50 1:09.13	600m: 7:00.80 1:09.77	1000m: 11:53.33 1:14.47	1400m: 16:41.23 1:12.64			
	300m: 3:26.44 1:11.94	700m: 8:12.66 1:11.86	1100m: 13:03.37 1:10.04	1500m: 17:51.07 1:09.84			
	400m: 4:37.89 1:11.45	800m: 9:24.85 1:12.19	1200m: 14:15.80 1:12.43				
12.	Jose Pedro Bugalho	96	Alcobaca	17:52.68	+0,70	541	
	100m: 1:07.19 1:07.19	500m: 5:51.67 1:11.57	900m: 10:41.21 1:13.02	1300m: 15:30.48 1:12.32			
	200m: 2:17.68 1:10.49	600m: 7:03.61 1:11.94	1000m: 11:53.25 1:12.04	1400m: 16:42.67 1:12.19			
	300m: 3:28.42 1:10.74	700m: 8:15.49 1:11.88	1100m: 13:05.56 1:12.31	1500m: 17:52.68 1:10.01			
	400m: 4:40.10 1:11.68	800m: 9:28.19 1:12.70	1200m: 14:18.16 1:12.60				
13.	Bruno Miguel Silva	96	Porto	18:05.67	+0,84	521	
	<i>FTL</i>						
	100m: 1:01.75 1:01.75	500m: 5:49.56 1:13.42	900m: 10:43.80 1:13.80	1300m: 15:38.96 1:13.67			
	200m: 2:11.52 1:09.77	600m: 7:02.67 1:13.11	1000m: 11:57.67 1:13.87	1400m: 16:53.59 1:14.63			
	300m: 3:23.30 1:11.78	700m: 8:16.56 1:13.89	1100m: 13:11.13 1:13.46	1500m: 18:05.67 1:12.08			
	400m: 4:36.14 1:12.84	800m: 9:30.00 1:13.44	1200m: 14:25.29 1:14.16				
14.	Jose Carlos Teixeira	96	Foca	18:44.64	+0,82	469	
	<i>FTL</i>						
	100m: 1:06.52 1:06.52	500m: 6:01.60 1:15.07	900m: 11:04.81 1:16.01	1300m: 16:10.45 1:16.56			
	200m: 2:18.25 1:11.73	600m: 7:17.06 1:15.46	1000m: 12:20.88 1:16.07	1400m: 17:28.11 1:17.66			
	300m: 3:32.01 1:13.76	700m: 8:33.17 1:16.11	1100m: 13:37.10 1:16.22	1500m: 18:44.64 1:16.53			
	400m: 4:46.53 1:14.52	800m: 9:48.80 1:15.63	1200m: 14:53.89 1:16.79				
15.	Joao Miguel Lopes	96	Electrico Clube	18:46.20	+0,86	467	
	<i>FTL</i>						
	100m: 1:05.45 1:05.45	500m: 5:57.32 1:14.44	900m: 11:02.02 1:16.94	1300m: 16:11.64 1:17.82			
	200m: 2:16.83 1:11.38	600m: 7:12.63 1:15.31	1000m: 12:18.80 1:16.78	1400m: 17:29.81 1:18.17			
	300m: 3:29.41 1:12.58	700m: 8:28.79 1:16.16	1100m: 13:35.98 1:17.18	1500m: 18:46.20 1:16.39			
	400m: 4:42.88 1:13.47	800m: 9:45.08 1:16.29	1200m: 14:53.82 1:17.84				