

Campeonato Nacional Longa Distancia - Fase Final
Rio Maior, 14-4-2012

Prova 1 Masc., 3000m Livres Juvenis
14-04-2012 Resultados

Rec Camp Nac Longa Distancia 35:36.50 Vitor Joao Pereira LSC Coimbra 03-03-2012

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Vitor Joao Pereira	97	Leixoes	35:51.64		536	
	100m: 1:09.95 1:09.95	900m: 10:42.50 1:11.70	1700m: 20:14.26 1:12.69	2500m: 29:56.22 1:13.44			
	200m: 2:20.44 1:10.49	1000m: 11:52.56 1:10.06	1800m: 21:24.68 1:10.42	2600m: 31:09.75 1:13.53			
	300m: 3:30.94 1:10.50	1100m: 13:02.54 1:09.98	1900m: 22:37.78 1:13.10	2700m: 32:23.75 1:14.00			
	400m: 4:43.57 1:12.63	1200m: 14:15.02 1:12.48	2000m: 23:50.92 1:13.14	2800m: 33:38.06 1:14.31			
	500m: 5:55.80 1:12.23	1300m: 15:25.86 1:10.84	2100m: 25:04.53 1:13.61	2900m: 34:49.18 1:11.12			
	600m: 7:06.59 1:10.79	1400m: 16:36.48 1:10.62	2200m: 26:16.36 1:11.83	3000m: 35:51.64 1:02.46			
	700m: 8:19.33 1:12.74	1500m: 17:49.08 1:12.60	2300m: 27:30.41 1:14.05				
	800m: 9:30.80 1:11.47	1600m: 19:01.57 1:12.49	2400m: 28:42.78 1:12.37				
2.	Eduardo Filipe Carvalheiro	97	SCC/Orizon Energias	35:55.93		533	
	100m: 1:09.66 1:09.66	900m: 10:41.97 1:10.89	1700m: 20:14.24 1:12.74	2500m: 29:56.20 1:13.40			
	200m: 2:20.06 1:10.40	1000m: 11:51.76 1:09.79	1800m: 21:24.16 1:09.92	2600m: 31:09.35 1:13.15			
	300m: 3:30.77 1:10.71	1100m: 13:02.35 1:10.59	1900m: 22:37.72 1:13.56	2700m: 32:23.80 1:14.45			
	400m: 4:43.37 1:12.60	1200m: 14:14.68 1:12.33	2000m: 23:50.77 1:13.05	2800m: 33:37.93 1:14.13			
	500m: 5:55.97 1:12.60	1300m: 15:25.68 1:11.00	2100m: 25:04.53 1:13.76	2900m: 34:48.90 1:10.97			
	600m: 7:06.32 1:10.35	1400m: 16:36.12 1:10.44	2200m: 26:16.21 1:11.68	3000m: 35:55.93 1:07.03			
	700m: 8:19.26 1:12.94	1500m: 17:48.77 1:12.65	2300m: 27:30.11 1:13.90				
	800m: 9:31.08 1:11.82	1600m: 19:01.50 1:12.73	2400m: 28:42.80 1:12.69				
3.	Alexandre Valdagua Coutinho	97	SCC/Orizon Energias	36:42.00		500	
	100m: 1:10.66 1:10.66	900m: 10:42.57 1:12.80	1700m: 20:30.62 1:15.31	2500m: 30:33.37 1:14.57			
	200m: 2:21.31 1:10.65	1000m: 11:54.51 1:11.94	1800m: 21:46.62 1:16.00	2600m: 31:47.74 1:14.37			
	300m: 3:31.82 1:10.51	1100m: 13:06.34 1:11.83	1900m: 23:02.41 1:15.79	2700m: 33:01.92 1:14.18			
	400m: 4:43.91 1:12.09	1200m: 14:20.18 1:13.84	2000m: 24:18.33 1:15.92	2800m: 34:16.25 1:14.33			
	500m: 5:55.57 1:11.66	1300m: 15:33.71 1:13.53	2100m: 25:34.61 1:16.28	2900m: 35:30.57 1:14.32			
	600m: 7:06.88 1:11.31	1400m: 16:45.91 1:12.20	2200m: 26:49.18 1:14.57	3000m: 36:42.00 1:11.43			
	700m: 8:19.31 1:12.43	1500m: 18:00.72 1:14.81	2300m: 28:04.80 1:15.62				
	800m: 9:29.77 1:10.46	1600m: 19:15.31 1:14.59	2400m: 29:18.80 1:14.00				
4.	Joao Mota Correia	97	Pimpoes/Cimai	36:46.88		497	
	100m: 1:09.77 1:09.77	900m: 10:56.61 1:14.76	1700m: 20:50.60 1:14.05	2500m: 30:39.11 1:14.10			
	200m: 2:20.63 1:10.86	1000m: 12:11.35 1:14.74	1800m: 22:04.36 1:13.76	2600m: 31:53.56 1:14.45			
	300m: 3:33.22 1:12.59	1100m: 13:25.83 1:14.48	1900m: 23:17.79 1:13.43	2700m: 33:07.56 1:14.00			
	400m: 4:46.42 1:13.20	1200m: 14:39.70 1:13.87	2000m: 24:31.00 1:13.21	2800m: 34:21.50 1:13.94			
	500m: 6:00.78 1:14.36	1300m: 15:53.94 1:14.24	2100m: 25:43.91 1:12.91	2900m: 35:35.64 1:14.14			
	600m: 7:14.75 1:13.97	1400m: 17:08.12 1:14.18	2200m: 26:57.27 1:13.36	3000m: 36:46.88 1:11.24			
	700m: 8:28.46 1:13.71	1500m: 18:21.84 1:13.72	2300m: 28:11.08 1:13.81				
	800m: 9:41.85 1:13.39	1600m: 19:36.55 1:14.71	2400m: 29:25.01 1:13.93				
5.	Joao Filipe Costa	96	Sporting	37:40.23		462	
	100m: 1:12.39 1:12.39	900m: 11:02.36 1:13.33	1700m: 20:59.49 1:16.18	2500m: 31:15.66 1:16.30			
	200m: 2:27.86 1:15.47	1000m: 12:16.42 1:14.06	1800m: 22:15.92 1:16.43	2600m: 32:32.99 1:17.33			
	300m: 3:43.12 1:15.26	1100m: 13:30.27 1:13.85	1900m: 23:33.14 1:17.22	2700m: 33:50.12 1:17.13			
	400m: 4:58.00 1:14.88	1200m: 14:44.31 1:14.04	2000m: 24:50.15 1:17.01	2800m: 35:08.23 1:18.11			
	500m: 6:11.80 1:13.80	1300m: 15:58.23 1:13.92	2100m: 26:07.23 1:17.08	2900m: 36:25.84 1:17.61			
	600m: 7:23.69 1:11.89	1400m: 17:12.54 1:14.31	2200m: 27:24.13 1:16.90	3000m: 37:40.23 1:14.39			
	700m: 8:36.22 1:12.53	1500m: 18:27.82 1:15.28	2300m: 28:41.55 1:17.42				
	800m: 9:49.03 1:12.81	1600m: 19:43.31 1:15.49	2400m: 29:59.36 1:17.81				

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Prova 1, Masc., 3000m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Pedro Miguel Henriques	96	Cartaxo	37:44.11		460	
	100m: 1:10.02 1:10.02	900m: 11:00.14 1:16.47	1700m: 21:20.71 1:17.89	2500m: 31:30.71 1:14.99			
	200m: 2:20.14 1:10.12	1000m: 12:17.10 1:16.96	1800m: 22:36.88 1:16.17	2600m: 32:47.15 1:16.44			
	300m: 3:31.29 1:11.15	1100m: 13:34.77 1:17.67	1900m: 23:52.67 1:15.79	2700m: 34:03.85 1:16.70			
	400m: 4:43.56 1:12.27	1200m: 14:52.35 1:17.58	2000m: 25:09.59 1:16.92	2800m: 35:18.34 1:14.49			
	500m: 5:57.75 1:14.19	1300m: 16:11.29 1:18.94	2100m: 26:27.37 1:17.78	2900m: 36:32.90 1:14.56			
	600m: 7:12.64 1:14.89	1400m: 17:28.54 1:17.25	2200m: 27:44.87 1:17.50	3000m: 37:44.11 1:11.21			
	700m: 8:28.26 1:15.62	1500m: 18:45.70 1:17.16	2300m: 28:59.91 1:15.04				
	800m: 9:43.67 1:15.41	1600m: 20:02.82 1:17.12	2400m: 30:15.72 1:15.81				
7.	Miguel Monteiro Cruchinho	97	Sporting	38:01.54		449	
	100m: 1:13.01 1:13.01	900m: 11:12.71 1:13.68	1700m: 21:16.56 1:15.87	2500m: 31:33.16 1:18.32			
	200m: 2:28.10 1:15.09	1000m: 12:26.47 1:13.76	1800m: 22:33.39 1:16.83	2600m: 32:51.57 1:18.41			
	300m: 3:43.34 1:15.24	1100m: 13:40.88 1:14.41	1900m: 23:49.75 1:16.36	2700m: 34:10.12 1:18.55			
	400m: 4:58.88 1:15.54	1200m: 14:56.52 1:15.64	2000m: 25:05.94 1:16.19	2800m: 35:28.11 1:17.99			
	500m: 6:14.99 1:16.11	1300m: 16:11.96 1:15.44	2100m: 26:21.86 1:15.92	2900m: 36:44.83 1:16.72			
	600m: 7:30.86 1:15.87	1400m: 17:28.50 1:16.54	2200m: 27:38.97 1:17.11	3000m: 38:01.54 1:16.71			
	700m: 8:45.26 1:14.40	1500m: 18:44.60 1:16.10	2300m: 28:56.45 1:17.48				
	800m: 9:59.03 1:13.77	1600m: 20:00.69 1:16.09	2400m: 30:14.84 1:18.39				
8.	Francisco Maria Ferraz	97	Pimpoes/Cimai	39:37.10		397	
	100m: 1:14.13 1:14.13	900m: 11:37.99 1:17.90	1700m: 22:12.70 1:20.10	2500m: 32:50.90 1:20.29			
	200m: 2:32.27 1:18.14	1000m: 12:56.27 1:18.28	1800m: 23:32.35 1:19.65	2600m: 34:11.57 1:20.67			
	300m: 3:49.13 1:16.86	1100m: 14:15.64 1:19.37	1900m: 24:53.76 1:21.41	2700m: 35:32.94 1:21.37			
	400m: 5:06.69 1:17.56	1200m: 15:35.58 1:19.94	2000m: 26:13.32 1:19.56	2800m: 36:54.39 1:21.45			
	500m: 6:25.30 1:18.61	1300m: 16:54.58 1:19.00	2100m: 27:32.88 1:19.56	2900m: 38:16.57 1:22.18			
	600m: 7:43.89 1:18.59	1400m: 18:14.04 1:19.46	2200m: 28:51.50 1:18.62	3000m: 39:37.10 1:20.53			
	700m: 9:02.26 1:18.37	1500m: 19:33.00 1:18.96	2300m: 30:10.68 1:19.18				
	800m: 10:20.09 1:17.83	1600m: 20:52.60 1:19.60	2400m: 31:30.61 1:19.93				
9.	Joao Pedro Belo	97	Sporting	39:55.61		388	
	100m: 1:12.77 1:12.77	900m: 11:20.05 1:18.77	1700m: 22:02.73 1:22.06	2500m: 33:05.55 1:24.32			
	200m: 2:28.53 1:15.76	1000m: 12:39.54 1:19.49	1800m: 23:25.13 1:22.40	2600m: 34:29.35 1:23.80			
	300m: 3:43.88 1:15.35	1100m: 13:58.74 1:19.20	1900m: 24:47.29 1:22.16	2700m: 35:52.69 1:23.34			
	400m: 4:59.42 1:15.54	1200m: 15:18.97 1:20.23	2000m: 26:10.01 1:22.72	2800m: 37:14.77 1:22.08			
	500m: 6:15.38 1:15.96	1300m: 16:38.20 1:19.23	2100m: 27:32.80 1:22.79	2900m: 38:36.08 1:21.31			
	600m: 7:30.94 1:15.56	1400m: 17:57.68 1:19.48	2200m: 28:53.64 1:20.84	3000m: 39:55.61 1:19.53			
	700m: 8:45.62 1:14.68	1500m: 19:19.32 1:21.64	2300m: 30:17.47 1:23.83				
	800m: 10:01.28 1:15.66	1600m: 20:40.67 1:21.35	2400m: 31:41.23 1:23.76				
10.	David Pereira Costa	96	Luz e Vida	40:29.41		372	
	100m: 1:14.69 1:14.69	900m: 11:56.20 1:20.93	1700m: 22:54.77 1:22.55	2500m: 33:50.28 1:21.67			
	200m: 2:34.46 1:19.77	1000m: 13:18.41 1:22.21	1800m: 24:17.14 1:22.37	2600m: 35:10.42 1:20.14			
	300m: 3:53.62 1:19.16	1100m: 14:40.70 1:22.29	1900m: 25:39.95 1:22.81	2700m: 36:31.84 1:21.42			
	400m: 5:13.42 1:19.80	1200m: 16:02.82 1:22.12	2000m: 27:03.46 1:23.51	2800m: 37:53.36 1:21.52			
	500m: 6:33.55 1:20.13	1300m: 17:25.60 1:22.78	2100m: 28:23.38 1:19.92	2900m: 39:12.00 1:18.64			
	600m: 7:53.76 1:20.21	1400m: 18:47.51 1:21.91	2200m: 29:45.25 1:21.87	3000m: 40:29.41 1:17.41			
	700m: 9:14.16 1:20.40	1500m: 20:09.96 1:22.45	2300m: 31:06.91 1:21.66				
	800m: 10:35.27 1:21.11	1600m: 21:32.22 1:22.26	2400m: 32:28.61 1:21.70				