

Prova 1
13-04-2013 - 10:00

Masc., 3000m Livres

Juvenis
Resultados

Camp Nac Longa Distancia 35:08.71 Eduardo Filipe Carvalho ASSCC Coimbra 23-02-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Alexandre Valdagua Coutinho	97	Columbofila Cantanhedense	34:04.38		618		
	Melhor Registo dos Campeonatos							
	100m: 1:05.57	1:05.57	900m: 10:05.19	1:08.35	1700m: 19:13.92	1:08.90	2500m: 28:24.69	1:08.71
	200m: 2:11.17	1:05.60	1000m: 11:13.03	1:07.84	1800m: 20:23.04	1:09.12	2600m: 29:34.18	1:09.49
	300m: 3:18.26	1:07.09	1100m: 12:21.74	1:08.71	1900m: 21:32.13	1:09.09	2700m: 30:43.86	1:09.68
	400m: 4:25.66	1:07.40	1200m: 13:29.96	1:08.22	2000m: 22:41.40	1:09.27	2800m: 31:53.52	1:09.66
	500m: 5:33.22	1:07.56	1300m: 14:38.70	1:08.74	2100m: 23:49.47	1:08.07	2900m: 33:02.23	1:08.71
	600m: 6:40.85	1:07.63	1400m: 15:47.97	1:09.27	2200m: 24:58.48	1:09.01	3000m: 34:04.38	1:02.15
	700m: 7:48.89	1:08.04	1500m: 16:56.67	1:08.70	2300m: 26:07.19	1:08.71		
	800m: 8:56.84	1:07.95	1600m: 18:05.02	1:08.35	2400m: 27:15.98	1:08.79		
2.	Diogo Manuel Marques	98	Columbofila Cantanhedense	34:04.66		618		
	100m: 1:06.22	1:06.22	900m: 10:07.50	1:07.91	1700m: 19:13.77	1:08.73	2500m: 28:24.51	1:09.60
	200m: 2:12.92	1:06.70	1000m: 11:15.54	1:08.04	1800m: 20:22.63	1:08.86	2600m: 29:33.92	1:09.41
	300m: 3:21.08	1:08.16	1100m: 12:24.22	1:08.68	1900m: 21:31.76	1:09.13	2700m: 30:43.39	1:09.47
	400m: 4:29.02	1:07.94	1200m: 13:32.68	1:08.46	2000m: 22:40.63	1:08.87	2800m: 31:53.12	1:09.73
	500m: 5:36.37	1:07.35	1300m: 14:41.40	1:08.72	2100m: 23:49.34	1:08.71	2900m: 33:01.64	1:08.52
	600m: 6:44.35	1:07.98	1400m: 15:49.69	1:08.29	2200m: 24:58.09	1:08.75	3000m: 34:04.66	1:03.02
	700m: 7:51.31	1:06.96	1500m: 16:56.82	1:07.13	2300m: 26:06.73	1:08.64		
	800m: 8:59.59	1:08.28	1600m: 18:05.04	1:08.22	2400m: 27:14.91	1:08.18		
3.	Eduardo Filipe Carvalho	97	Columbofila Cantanhedense	35:06.21		565		
	100m: 1:06.52	1:06.52	900m: 10:16.76	1:09.82	1700m: 19:35.94	1:11.00	2500m: 29:05.80	1:13.07
	200m: 2:13.27	1:06.75	1000m: 11:24.42	1:07.66	1800m: 20:47.18	1:11.24	2600m: 30:18.77	1:12.97
	300m: 3:21.22	1:07.95	1100m: 12:32.86	1:08.44	1900m: 21:57.31	1:10.13	2700m: 31:31.28	1:12.51
	400m: 4:29.77	1:08.55	1200m: 13:42.46	1:09.60	2000m: 23:07.28	1:09.97	2800m: 32:43.64	1:12.36
	500m: 5:38.11	1:08.34	1300m: 14:52.41	1:09.95	2100m: 24:17.23	1:09.95	2900m: 33:55.82	1:12.18
	600m: 6:47.73	1:09.62	1400m: 16:02.81	1:10.40	2200m: 25:28.44	1:11.21	3000m: 35:06.21	1:10.39
	700m: 7:57.47	1:09.74	1500m: 17:13.64	1:10.83	2300m: 26:40.20	1:11.76		
	800m: 9:06.94	1:09.47	1600m: 18:24.94	1:11.30	2400m: 27:52.73	1:12.53		
4.	Vitor Joao Pereira	97	Leixoes	35:36.87		541		
	100m: 1:06.62	1:06.62	900m: 10:16.78	1:09.77	1700m: 19:50.04	1:11.02	2500m: 29:28.52	1:14.14
	200m: 2:13.59	1:06.97	1000m: 11:25.49	1:08.71	1800m: 21:01.04	1:11.00	2600m: 30:42.49	1:13.97
	300m: 3:21.52	1:07.93	1100m: 12:37.71	1:12.22	1900m: 22:12.90	1:11.86	2700m: 31:55.46	1:12.97
	400m: 4:30.02	1:08.50	1200m: 13:50.43	1:12.72	2000m: 23:24.59	1:11.69	2800m: 33:09.79	1:14.33
	500m: 5:38.52	1:08.50	1300m: 15:03.01	1:12.58	2100m: 24:36.45	1:11.86	2900m: 34:24.07	1:14.28
	600m: 6:47.80	1:09.28	1400m: 16:15.39	1:12.38	2200m: 25:48.44	1:11.99	3000m: 35:36.87	1:12.80
	700m: 7:57.63	1:09.83	1500m: 17:27.57	1:12.18	2300m: 27:01.34	1:12.90		
	800m: 9:07.01	1:09.38	1600m: 18:39.02	1:11.45	2400m: 28:14.38	1:13.04		
5.	Joao Miguel Cardoso	97	GesLoures	35:55.02		528		
	100m: 1:07.89	1:07.89	900m: 10:41.75	1:11.69	1700m: 20:18.66	1:11.87	2500m: 29:59.40	1:12.93
	200m: 2:18.61	1:10.72	1000m: 11:53.48	1:11.73	1800m: 21:31.33	1:12.67	2600m: 31:13.07	1:13.67
	300m: 3:30.31	1:11.70	1100m: 13:05.70	1:12.22	1900m: 22:42.58	1:11.25	2700m: 32:25.61	1:12.54
	400m: 4:42.87	1:12.56	1200m: 14:18.33	1:12.63	2000m: 23:55.08	1:12.50	2800m: 33:38.08	1:12.47
	500m: 5:54.95	1:12.08	1300m: 15:29.90	1:11.57	2100m: 25:07.79	1:12.71	2900m: 34:47.85	1:09.77
	600m: 7:06.80	1:11.85	1400m: 16:41.95	1:12.05	2200m: 26:20.39	1:12.60	3000m: 35:55.02	1:07.17
	700m: 8:18.25	1:11.45	1500m: 17:54.25	1:12.30	2300m: 27:32.99	1:12.60		
	800m: 9:30.06	1:11.81	1600m: 19:06.79	1:12.54	2400m: 28:46.47	1:13.48		

Prova 1, Masc., 3000m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Isidro Carrara Bittini	97	Alges	36:58.53		484	
	100m: 1:12.69 1:12.69	900m: 11:09.30 1:13.38	1700m: 20:57.64 1:13.74	2500m: 30:48.27 1:14.33			
	200m: 2:28.29 1:15.60	1000m: 12:21.96 1:12.66	1800m: 22:10.87 1:13.23	2600m: 32:03.01 1:14.74			
	300m: 3:43.74 1:15.45	1100m: 13:35.52 1:13.56	1900m: 23:23.75 1:12.88	2700m: 33:17.29 1:14.28			
	400m: 4:58.80 1:15.06	1200m: 14:49.51 1:13.99	2000m: 24:36.67 1:12.92	2800m: 34:31.35 1:14.06			
	500m: 6:13.61 1:14.81	1300m: 16:03.15 1:13.64	2100m: 25:50.13 1:13.46	2900m: 35:46.16 1:14.81			
	600m: 7:27.87 1:14.26	1400m: 17:17.14 1:13.99	2200m: 27:04.16 1:14.03	3000m: 36:58.53 1:12.37			
	700m: 8:42.33 1:14.46	1500m: 18:30.70 1:13.56	2300m: 28:18.99 1:14.83				
	800m: 9:55.92 1:13.59	1600m: 19:43.90 1:13.20	2400m: 29:33.94 1:14.95				
7.	Henrique Mourinho Neves	97	Alges	37:08.92		477	
	100m: 1:10.31 1:10.31	900m: 11:10.61 1:13.74	1700m: 21:08.50 1:14.67	2500m: 31:03.27 1:13.33			
	200m: 2:24.61 1:14.30	1000m: 12:25.22 1:14.61	1800m: 22:23.63 1:15.13	2600m: 32:16.58 1:13.31			
	300m: 3:40.01 1:15.40	1100m: 13:40.28 1:15.06	1900m: 23:38.79 1:15.16	2700m: 33:29.99 1:13.41			
	400m: 4:55.53 1:15.52	1200m: 14:55.47 1:15.19	2000m: 24:55.33 1:16.54	2800m: 34:43.65 1:13.66			
	500m: 6:11.00 1:15.47	1300m: 16:10.25 1:14.78	2100m: 26:09.41 1:14.08	2900m: 35:56.59 1:12.94			
	600m: 7:27.28 1:16.28	1400m: 17:24.84 1:14.59	2200m: 27:23.46 1:14.05	3000m: 37:08.92 1:12.33			
	700m: 8:42.65 1:15.37	1500m: 18:39.60 1:14.76	2300m: 28:37.31 1:13.85				
	800m: 9:56.87 1:14.22	1600m: 19:53.83 1:14.23	2400m: 29:49.94 1:12.63				
8.	Leandro Miguel Baptista	98	Leixoes	37:18.69		471	
	100m: 1:10.76 1:10.76	900m: 11:10.60 1:15.12	1700m: 21:06.18 1:14.45	2500m: 31:05.52 1:15.35			
	200m: 2:25.34 1:14.58	1000m: 12:25.50 1:14.90	1800m: 22:20.37 1:14.19	2600m: 32:20.99 1:15.47			
	300m: 3:40.46 1:15.12	1100m: 13:41.32 1:15.82	1900m: 23:35.01 1:14.64	2700m: 33:36.38 1:15.39			
	400m: 4:55.42 1:14.96	1200m: 14:56.64 1:15.32	2000m: 24:50.84 1:15.83	2800m: 34:51.84 1:15.46			
	500m: 6:10.46 1:15.04	1300m: 16:11.18 1:14.54	2100m: 26:05.83 1:14.99	2900m: 36:06.18 1:14.34			
	600m: 7:25.43 1:14.97	1400m: 17:25.47 1:14.29	2200m: 27:19.93 1:14.10	3000m: 37:18.69 1:12.51			
	700m: 8:40.98 1:15.55	1500m: 18:38.11 1:12.64	2300m: 28:34.82 1:14.89				
	800m: 9:55.48 1:14.50	1600m: 19:51.73 1:13.62	2400m: 29:50.17 1:15.35				
9.	Marco Andre Fernandes	97	Gespacos	37:57.68		447	
	100m: 1:12.07 1:12.07	900m: 11:11.88 1:15.37	1700m: 21:15.55 1:15.52	2500m: 31:33.76 1:17.94			
	200m: 2:26.48 1:14.41	1000m: 12:26.30 1:14.42	1800m: 22:32.13 1:16.58	2600m: 32:50.92 1:17.16			
	300m: 3:41.08 1:14.60	1100m: 13:42.23 1:15.93	1900m: 23:48.79 1:16.66	2700m: 34:08.23 1:17.31			
	400m: 4:55.61 1:14.53	1200m: 14:57.52 1:15.29	2000m: 25:05.83 1:17.04	2800m: 35:24.97 1:16.74			
	500m: 6:10.56 1:14.95	1300m: 16:12.80 1:15.28	2100m: 26:22.65 1:16.82	2900m: 36:41.80 1:16.83			
	600m: 7:25.94 1:15.38	1400m: 17:28.60 1:15.80	2200m: 27:40.46 1:17.81	3000m: 37:57.68 1:15.88			
	700m: 8:41.48 1:15.54	1500m: 18:44.36 1:15.76	2300m: 28:58.24 1:17.78				
	800m: 9:56.51 1:15.03	1600m: 20:00.03 1:15.67	2400m: 30:15.82 1:17.58				
EXH	Guilherme Pereira Dias	97	Sporting	35:58.19		525	
	100m: 1:09.26 1:09.26	900m: 10:44.38 1:11.16	1700m: 20:17.49 1:11.80	2500m: 29:57.64 1:13.27			
	200m: 2:21.71 1:12.45	1000m: 11:55.87 1:11.49	1800m: 21:29.57 1:12.08	2600m: 31:10.16 1:12.52			
	300m: 3:34.11 1:12.40	1100m: 13:07.34 1:11.47	1900m: 22:41.59 1:12.02	2700m: 32:22.12 1:11.96			
	400m: 4:46.26 1:12.15	1200m: 14:19.17 1:11.83	2000m: 23:54.14 1:12.55	2800m: 33:34.51 1:12.39			
	500m: 5:58.33 1:12.07	1300m: 15:30.98 1:11.81	2100m: 25:06.64 1:12.50	2900m: 34:46.62 1:12.11			
	600m: 7:10.40 1:12.07	1400m: 16:42.62 1:11.64	2200m: 26:19.04 1:12.40	3000m: 35:58.19 1:11.57			
	700m: 8:22.28 1:11.88	1500m: 17:54.20 1:11.58	2300m: 27:31.83 1:12.79				
	800m: 9:33.22 1:10.94	1600m: 19:05.69 1:11.49	2400m: 28:44.37 1:12.54				