

Prova 1 3000m Livres 14 - 15 anos
20-02-2016 - 10:00 Resultados

Camp Nac Longa Distancia Juv B	34:04.66	Diogo Manuel Marques	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia Juv B	37:25.43	Mariana Cunha Guerra	ASSSCC	Coimbra	03-03-2012
Camp Nac Longa Distancia Juv A	37:54.47	Beatriz Paulo Ranito	SCP	Rio Maior	26-04-2014

Pontos: FINA 2015

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Juvenis B, Femin.

1.	Mariana Amaral Mendes	02	Colegio Monte Maior	37:21.97		568		
	<i>Melhor Marca dos Campeonatos</i>							
	100m: 1:10.34	1:10.34	900m: 11:03.21	1:15.02	1700m: 21:03.62	1:15.05	2500m: 31:08.68	1:16.11
	200m: 2:23.61	1:13.27	1000m: 12:17.16	1:13.95	1800m: 22:18.63	1:15.01	2600m: 32:24.22	1:15.54
	300m: 3:37.36	1:13.75	1100m: 13:32.21	1:15.05	1900m: 23:34.01	1:15.38	2700m: 33:40.16	1:15.94
	400m: 4:51.09	1:13.73	1200m: 14:47.55	1:15.34	2000m: 24:49.13	1:15.12	2800m: 34:55.77	1:15.61
	500m: 6:05.47	1:14.38	1300m: 16:02.68	1:15.13	2100m: 26:05.18	1:16.05	2900m: 36:10.41	1:14.64
	600m: 7:19.67	1:14.20	1400m: 17:17.93	1:15.25	2200m: 27:20.92	1:15.74	3000m: 37:21.97	1:11.56
	700m: 8:33.62	1:13.95	1500m: 18:33.21	1:15.28	2300m: 28:36.51	1:15.59		
	800m: 9:48.19	1:14.57	1600m: 19:48.57	1:15.36	2400m: 29:52.57	1:16.06		
2.	Catia Iordan Agostinho	02	Rio Maior	38:18.53		527		
	100m: 1:13.02	1:13.02	900m: 11:22.24	1:15.92	1700m: 21:36.66	1:16.70	2500m: 31:55.81	1:17.73
	200m: 2:28.35	1:15.33	1000m: 12:37.70	1:15.46	1800m: 22:54.17	1:17.51	2600m: 33:14.22	1:18.41
	300m: 3:44.11	1:15.76	1100m: 13:53.44	1:15.74	1900m: 24:11.02	1:16.85	2700m: 34:31.67	1:17.45
	400m: 5:01.06	1:16.95	1200m: 15:10.20	1:16.76	2000m: 25:28.68	1:17.66	2800m: 35:48.52	1:16.85
	500m: 6:17.14	1:16.08	1300m: 16:27.43	1:17.23	2100m: 26:46.12	1:17.44	2900m: 37:04.59	1:16.07
	600m: 7:34.07	1:16.93	1400m: 17:44.33	1:16.90	2200m: 28:03.44	1:17.32	3000m: 38:18.53	1:13.94
	700m: 8:49.92	1:15.85	1500m: 19:02.05	1:17.72	2300m: 29:20.43	1:16.99		
	800m: 10:06.32	1:16.40	1600m: 20:19.96	1:17.91	2400m: 30:38.08	1:17.65		
3.	Ana Sequeira Florindo	02	Nautico /Urgicentro-Sanfil	38:35.30		515		
	100m: 1:10.39	1:10.39	900m: 11:21.94	1:16.82	1700m: 21:38.43	1:16.93	2500m: 32:05.73	1:19.11
	200m: 2:26.51	1:16.12	1000m: 12:38.07	1:16.13	1800m: 22:55.44	1:17.01	2600m: 33:24.28	1:18.55
	300m: 3:42.13	1:15.62	1100m: 13:55.51	1:17.44	1900m: 24:13.86	1:18.42	2700m: 34:42.82	1:18.54
	400m: 4:58.63	1:16.50	1200m: 15:12.62	1:17.11	2000m: 25:32.22	1:18.36	2800m: 36:01.35	1:18.53
	500m: 6:15.27	1:16.64	1300m: 16:30.26	1:17.64	2100m: 26:50.54	1:18.32	2900m: 37:20.03	1:18.68
	600m: 7:31.48	1:16.21	1400m: 17:47.61	1:17.35	2200m: 28:09.37	1:18.83	3000m: 38:35.30	1:15.27
	700m: 8:48.28	1:16.80	1500m: 19:04.73	1:17.12	2300m: 29:28.24	1:18.87		
	800m: 10:05.12	1:16.84	1600m: 20:21.50	1:16.77	2400m: 30:46.62	1:18.38		
4.	Rita Morgado Vieira	02	Rio Maior	40:35.81		442		
	100m: 1:19.42	1:19.42	900m: 12:05.99	1:20.56	1700m: 22:55.42	1:22.80	2500m: 33:47.09	1:21.83
	200m: 2:40.73	1:21.31	1000m: 13:26.39	1:20.40	1800m: 24:17.73	1:22.31	2600m: 35:09.08	1:21.99
	300m: 4:01.60	1:20.87	1100m: 14:46.51	1:20.12	1900m: 25:39.62	1:21.89	2700m: 36:31.46	1:22.38
	400m: 5:21.81	1:20.21	1200m: 16:07.13	1:20.62	2000m: 27:01.12	1:21.50	2800m: 37:53.61	1:22.15
	500m: 6:42.71	1:20.90	1300m: 17:27.86	1:20.73	2100m: 28:22.06	1:20.94	2900m: 39:15.40	1:21.79
	600m: 8:03.26	1:20.55	1400m: 18:49.61	1:21.75	2200m: 29:42.72	1:20.66	3000m: 40:35.81	1:20.41
	700m: 9:24.35	1:21.09	1500m: 20:11.07	1:21.46	2300m: 31:03.63	1:20.91		
	800m: 10:45.43	1:21.08	1600m: 21:32.62	1:21.55	2400m: 32:25.26	1:21.63		
5.	Maria Margarida Belo	02	Sporting	40:51.98		434		
	100m: 1:18.09	1:18.09	900m: 12:13.27	1:22.47	1700m: 23:10.76	1:23.06	2500m: 34:05.71	1:22.06
	200m: 2:40.22	1:22.13	1000m: 13:35.28	1:22.01	1800m: 24:32.91	1:22.15	2600m: 35:29.06	1:23.35
	300m: 4:02.22	1:22.00	1100m: 14:58.60	1:23.32	1900m: 25:55.11	1:22.20	2700m: 36:51.19	1:22.13
	400m: 5:23.65	1:21.43	1200m: 16:20.37	1:21.77	2000m: 27:18.14	1:23.03	2800m: 38:12.58	1:21.39
	500m: 6:44.90	1:21.25	1300m: 17:42.35	1:21.98	2100m: 28:39.27	1:21.13	2900m: 39:33.22	1:20.64
	600m: 8:06.55	1:21.65	1400m: 19:04.61	1:22.26	2200m: 30:00.20	1:20.93	3000m: 40:51.98	1:18.76
	700m: 9:28.53	1:21.98	1500m: 20:26.32	1:21.71	2300m: 31:21.11	1:20.91		
	800m: 10:50.80	1:22.27	1600m: 21:47.70	1:21.38	2400m: 32:43.65	1:22.54		

Prova 1, Femin., 3000m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Angela Filipa Ribeiro	02	Aquatico Pacense	43:41.50		355	
	100m: 1:21.25 1:21.25	900m: 12:50.45 1:26.97	1700m: 24:34.27 1:27.29	2500m: 36:30.94 1:29.91			
	200m: 2:43.60 1:22.35	1000m: 14:16.96 1:26.51	1800m: 26:03.43 1:29.16	2600m: 37:58.58 1:27.64			
	300m: 4:11.23 1:27.63	1100m: 15:45.86 1:28.90	1900m: 27:31.33 1:27.90	2700m: 39:27.25 1:28.67			
	400m: 5:39.01 1:27.78	1200m: 17:15.21 1:29.35	2000m: 29:00.32 1:28.99	2800m: 40:53.41 1:26.16			
	500m: 7:05.74 1:26.73	1300m: 18:42.66 1:27.45	2100m: 30:30.82 1:30.50	2900m: 42:19.25 1:25.84			
	600m: 8:31.47 1:25.73	1400m: 20:10.15 1:27.49	2200m: 32:00.78 1:29.96	3000m: 43:41.50 1:22.25			
	700m: 9:57.93 1:26.46	1500m: 21:39.60 1:29.45	2300m: 33:30.99 1:30.21				
	800m: 11:23.48 1:25.55	1600m: 23:06.98 1:27.38	2400m: 35:01.03 1:30.04				
7.	Mafalda Pacheco Cunha	02	Fluval Portuense	44:05.67		345	
	100m: 1:20.02 1:20.02	900m: 12:47.99 1:28.04	1700m: 24:38.92 1:29.93	2500m: 36:40.28 1:30.57			
	200m: 2:43.89 1:23.87	1000m: 14:16.23 1:28.24	1800m: 26:09.30 1:30.38	2600m: 38:09.19 1:28.91			
	300m: 4:09.00 1:25.11	1100m: 15:44.38 1:28.15	1900m: 27:39.90 1:30.60	2700m: 39:38.55 1:29.36			
	400m: 5:33.61 1:24.61	1200m: 17:13.00 1:28.62	2000m: 29:10.36 1:30.46	2800m: 41:08.36 1:29.81			
	500m: 6:59.17 1:25.56	1300m: 18:41.96 1:28.96	2100m: 30:39.86 1:29.50	2900m: 42:37.56 1:29.20			
	600m: 8:25.68 1:26.51	1400m: 20:11.34 1:29.38	2200m: 32:09.69 1:29.83	3000m: 44:05.67 1:28.11			
	700m: 9:52.47 1:26.79	1500m: 21:40.06 1:28.72	2300m: 33:39.55 1:29.86				
	800m: 11:19.95 1:27.48	1600m: 23:08.99 1:28.93	2400m: 35:09.71 1:30.16				
8.	Ines Filipa Magalhaes	02	Aquatico Pacense	47:41.01		273	
	100m: 1:30.25 1:30.25	900m: 14:00.82 1:35.68	1700m: 26:48.38 1:36.99	2500m: 39:40.83 1:36.42			
	200m: 3:03.07 1:32.82	1000m: 15:35.73 1:34.91	1800m: 28:25.19 1:36.81	2600m: 41:15.28 1:34.45			
	300m: 4:35.30 1:32.23	1100m: 17:11.79 1:36.06	1900m: 30:01.60 1:36.41	2700m: 42:51.57 1:36.29			
	400m: 6:09.34 1:34.04	1200m: 18:46.33 1:34.54	2000m: 31:39.25 1:37.65	2800m: 44:28.39 1:36.82			
	500m: 7:42.77 1:33.43	1300m: 20:21.78 1:35.45	2100m: 33:16.88 1:37.63	2900m: 46:05.36 1:36.97			
	600m: 9:17.53 1:34.76	1400m: 21:57.94 1:36.16	2200m: 34:51.74 1:34.86	3000m: 47:41.01 1:35.65			
	700m: 10:52.10 1:34.57	1500m: 23:34.34 1:36.40	2300m: 36:28.49 1:36.75				
	800m: 12:25.14 1:33.04	1600m: 25:11.39 1:37.05	2400m: 38:04.41 1:35.92				

Juvenis B, Masc.

1.	Diogo Santos Cardoso	01	Colegio Monte Maior	34:31.74		594	
	100m: 1:08.38 1:08.38	900m: 10:23.90 1:09.44	1700m: 19:38.19 1:08.44	2500m: 28:50.28 1:09.06			
	200m: 2:17.97 1:09.59	1000m: 11:33.40 1:09.50	1800m: 20:46.63 1:08.44	2600m: 29:59.21 1:08.93			
	300m: 3:27.92 1:09.95	1100m: 12:42.90 1:09.50	1900m: 21:55.39 1:08.76	2700m: 31:08.38 1:09.17			
	400m: 4:37.29 1:09.37	1200m: 13:52.05 1:09.15	2000m: 23:04.46 1:09.07	2800m: 32:17.25 1:08.87			
	500m: 5:46.74 1:09.45	1300m: 15:01.31 1:09.26	2100m: 24:13.77 1:09.31	2900m: 33:25.91 1:08.66			
	600m: 6:56.18 1:09.44	1400m: 16:10.84 1:09.53	2200m: 25:23.03 1:09.26	3000m: 34:31.74 1:05.83			
	700m: 8:05.31 1:09.13	1500m: 17:20.10 1:09.26	2300m: 26:32.14 1:09.11				
	800m: 9:14.46 1:09.15	1600m: 18:29.75 1:09.65	2400m: 27:41.22 1:09.08				
2.	Diogo Coelho Jose	01	Columbifila Cantanhedense	35:23.78		551	
	100m: 1:07.86 1:07.86	900m: 10:24.63 1:09.19	1700m: 19:55.04 1:11.79	2500m: 29:29.94 1:11.71			
	200m: 2:17.34 1:09.48	1000m: 11:34.78 1:10.15	1800m: 21:06.67 1:11.63	2600m: 30:41.84 1:11.90			
	300m: 3:27.04 1:09.70	1100m: 12:45.54 1:10.76	1900m: 22:18.50 1:11.83	2700m: 31:53.96 1:12.12			
	400m: 4:36.74 1:09.70	1200m: 13:56.47 1:10.93	2000m: 23:30.77 1:12.27	2800m: 33:05.54 1:11.58			
	500m: 5:46.39 1:09.65	1300m: 15:08.16 1:11.69	2100m: 24:42.60 1:11.83	2900m: 34:16.07 1:10.53			
	600m: 6:56.32 1:09.93	1400m: 16:20.03 1:11.87	2200m: 25:54.78 1:12.18	3000m: 35:23.78 1:07.71			
	700m: 8:05.75 1:09.43	1500m: 17:31.65 1:11.62	2300m: 27:06.88 1:12.10				
	800m: 9:15.44 1:09.69	1600m: 18:43.25 1:11.60	2400m: 28:18.23 1:11.35				

Prova 1, Masc., 3000m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Jose Maria Pereira	01	Sporting	35:34.24		543	
	100m: 1:08.22 1:08.22	900m: 10:35.24 1:10.73	1700m: 20:06.44 1:11.23	2500m: 29:38.74 1:11.66			
	200m: 2:18.81 1:10.59	1000m: 11:46.48 1:11.24	1800m: 21:17.45 1:11.01	2600m: 30:50.03 1:11.29			
	300m: 3:29.85 1:11.04	1100m: 12:57.78 1:11.30	1900m: 22:28.59 1:11.14	2700m: 32:01.81 1:11.78			
	400m: 4:41.18 1:11.33	1200m: 14:09.46 1:11.68	2000m: 23:40.45 1:11.86	2800m: 33:13.20 1:11.39			
	500m: 5:52.36 1:11.18	1300m: 15:21.19 1:11.73	2100m: 24:51.75 1:11.30	2900m: 34:24.76 1:11.56			
	600m: 7:03.14 1:10.78	1400m: 16:32.74 1:11.55	2200m: 26:03.40 1:11.65	3000m: 35:34.24 1:09.48			
	700m: 8:13.88 1:10.74	1500m: 17:44.28 1:11.54	2300m: 27:15.22 1:11.82				
	800m: 9:24.51 1:10.63	1600m: 18:55.21 1:10.93	2400m: 28:27.08 1:11.86				
4.	Joao Carvalho Diz	01	Nautico /Urgicentro-Sanfil	35:56.26		527	
	100m: 1:08.70 1:08.70	900m: 10:27.53 1:10.04	1700m: 20:06.56 1:12.34	2500m: 29:47.26 1:13.34			
	200m: 2:18.50 1:09.80	1000m: 11:38.19 1:10.66	1800m: 21:17.95 1:11.39	2600m: 31:00.61 1:13.35			
	300m: 3:28.96 1:10.46	1100m: 12:50.50 1:12.31	1900m: 22:29.47 1:11.52	2700m: 32:14.82 1:14.21			
	400m: 4:38.76 1:09.80	1200m: 14:03.27 1:12.77	2000m: 23:40.83 1:11.36	2800m: 33:28.84 1:14.02			
	500m: 5:49.00 1:10.24	1300m: 15:15.86 1:12.59	2100m: 24:53.58 1:12.75	2900m: 34:43.48 1:14.64			
	600m: 6:58.37 1:09.37	1400m: 16:28.54 1:12.68	2200m: 26:07.00 1:13.42	3000m: 35:56.26 1:12.78			
	700m: 8:08.09 1:09.72	1500m: 17:41.45 1:12.91	2300m: 27:20.50 1:13.50				
	800m: 9:17.49 1:09.40	1600m: 18:54.22 1:12.77	2400m: 28:33.92 1:13.42				
5.	David Matias Cristino	01	Naval Amorense	36:40.86		495	
	100m: 1:07.87 1:07.87	900m: 10:40.65 1:12.05	1700m: 20:40.27 1:15.32	2500m: 30:34.30 1:13.29			
	200m: 2:18.45 1:10.58	1000m: 11:55.76 1:15.11	1800m: 21:53.53 1:13.26	2600m: 31:49.86 1:15.56			
	300m: 3:31.12 1:12.67	1100m: 13:10.36 1:14.60	1900m: 23:07.56 1:14.03	2700m: 33:04.45 1:14.59			
	400m: 4:40.58 1:09.46	1200m: 14:24.38 1:14.02	2000m: 24:21.30 1:13.74	2800m: 34:17.98 1:13.53			
	500m: 5:53.17 1:12.59	1300m: 15:38.56 1:14.18	2100m: 25:35.26 1:13.96	2900m: 35:31.12 1:13.14			
	600m: 7:04.45 1:11.28	1400m: 16:54.47 1:15.91	2200m: 26:49.83 1:14.57	3000m: 36:40.86 1:09.74			
	700m: 8:16.27 1:11.82	1500m: 18:09.47 1:15.00	2300m: 28:05.65 1:15.82				
	800m: 9:28.60 1:12.33	1600m: 19:24.95 1:15.48	2400m: 29:21.01 1:15.36				
6.	Rafael Alcantara Aires	01	Naval Amorense	36:41.77		495	
	100m: 1:08.17 1:08.17	900m: 10:51.71 1:12.99	1700m: 20:43.19 1:14.94	2500m: 30:39.56 1:15.22			
	200m: 2:18.89 1:10.72	1000m: 12:05.09 1:13.38	1800m: 21:57.99 1:14.80	2600m: 31:54.11 1:14.55			
	300m: 3:29.78 1:10.89	1100m: 13:18.39 1:13.30	1900m: 23:13.07 1:15.08	2700m: 33:08.12 1:14.01			
	400m: 4:41.72 1:11.94	1200m: 14:32.10 1:13.71	2000m: 24:27.10 1:14.03	2800m: 34:21.88 1:13.76			
	500m: 5:56.09 1:14.37	1300m: 15:45.69 1:13.59	2100m: 25:41.86 1:14.76	2900m: 35:34.13 1:12.25			
	600m: 7:11.55 1:15.46	1400m: 16:59.80 1:14.11	2200m: 26:56.03 1:14.17	3000m: 36:41.77 1:07.64			
	700m: 8:25.17 1:13.62	1500m: 18:13.82 1:14.02	2300m: 28:10.51 1:14.48				
	800m: 9:38.72 1:13.55	1600m: 19:28.25 1:14.43	2400m: 29:24.34 1:13.83				
7.	Andre Gouveia Costa	01	Condeixa Clube	37:58.64		446	
	100m: 1:08.69 1:08.69	900m: 10:53.28 1:15.47	1700m: 21:03.37 1:15.27	2500m: 31:32.05 1:21.43			
	200m: 2:18.74 1:10.05	1000m: 12:08.81 1:15.53	1800m: 22:19.28 1:15.91	2600m: 32:51.77 1:19.72			
	300m: 3:29.10 1:10.36	1100m: 13:25.09 1:16.28	1900m: 23:35.02 1:15.74	2700m: 34:09.44 1:17.67			
	400m: 4:41.20 1:12.10	1200m: 14:42.26 1:17.17	2000m: 24:52.15 1:17.13	2800m: 35:26.29 1:16.85			
	500m: 5:54.05 1:12.85	1300m: 15:59.44 1:17.18	2100m: 26:10.84 1:18.69	2900m: 36:42.82 1:16.53			
	600m: 7:08.53 1:14.48	1400m: 17:16.13 1:16.69	2200m: 27:30.16 1:19.32	3000m: 37:58.64 1:15.82			
	700m: 8:23.46 1:14.93	1500m: 18:32.11 1:15.98	2300m: 28:50.04 1:19.88				
	800m: 9:37.81 1:14.35	1600m: 19:48.10 1:15.99	2400m: 30:10.62 1:20.58				

Prova 1, Masc., 3000m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Joao Pedro Costa	01	Vilacondense	38:53.08		416	
	100m: 1:11.21 1:11.21	900m: 11:25.39 1:17.05	1700m: 21:49.85 1:18.42	2500m: 32:22.32 1:19.32			
	200m: 2:26.51 1:15.30	1000m: 12:42.47 1:17.08	1800m: 23:08.51 1:18.66	2600m: 33:41.76 1:19.44			
	300m: 3:42.78 1:16.27	1100m: 13:59.65 1:17.18	1900m: 24:26.97 1:18.46	2700m: 35:01.19 1:19.43			
	400m: 4:59.11 1:16.33	1200m: 15:17.06 1:17.41	2000m: 25:45.96 1:18.99	2800m: 36:19.37 1:18.18			
	500m: 6:15.82 1:16.71	1300m: 16:35.26 1:18.20	2100m: 27:05.36 1:19.40	2900m: 37:37.64 1:18.27			
	600m: 7:33.11 1:17.29	1400m: 17:53.55 1:18.29	2200m: 28:24.88 1:19.52	3000m: 38:53.08 1:15.44			
	700m: 8:50.72 1:17.61	1500m: 19:12.34 1:18.79	2300m: 29:44.09 1:19.21				
	800m: 10:08.34 1:17.62	1600m: 20:31.43 1:19.09	2400m: 31:03.00 1:18.91				
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	100m: 1:10.67 1:10.67	900m: 11:39.58 1:19.53	1700m: 22:08.74 1:22.97	2500m: 33:18.49 1:24.67			
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	600m: 7:38.57 1:18.15	1400m: 18:09.83 1:17.83	2200m: 29:07.11 1:25.29	3000m: 40:13.46 1:24.88			
	700m: 8:58.69 1:20.12	1500m: 19:27.16 1:17.33	2300m: 30:30.56 1:23.45				
	800m: 10:20.05 1:21.36	1600m: 20:45.77 1:18.61	2400m: 31:53.82 1:23.26				