

Torneio Zonal de Juvenis (Zona Norte)  
Braga, 14 - 16/12/2018

Prova 19 16/12/2018	Masc., 1500m Livres				Juvenis Resultados
RN25 Absoluto	15:00.35	SANTO Filipe Miguel	SLB	Algés	24/11/2018
RN25 Juv A	15:36.31	COSTA Rui Filipe	VSC	Braga	04/03/2007
RN25 Juv B	16:09.71	MONTEIRO Luis Miguel	FCP	Felgueiras	01/03/1998

Tac-JUVAMasc Juv A 50m: 18:45.56 - 25m: 18:23.49 / Tac-JUVBMasc Juv B 50m: 19:06.60 - 25m: 18:44.12

Pontos: FINA 2018

Lugar	Ano		Tempo final		Pts
<b>Juvenis B</b>					
1.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	<b>16:58.75</b>	576
	100m: 1:03.64	500m: 5:36.06	1:09.01	900m: 10:10.62	1:09.41
	200m: 2:11.20	600m: 6:44.28	1:08.22	1000m: 11:20.23	1:09.61
	300m: 3:18.96	700m: 7:52.33	1:08.05	1100m: 12:28.60	1:08.37
	400m: 4:27.05	800m: 9:01.21	1:08.88	1200m: 13:37.54	1:08.94
				1300m: 14:46.54	1:09.00
				1400m: 15:55.52	1:08.98
				1500m: 16:58.75	1:03.23
2.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	<b>17:11.10</b>	556
	100m: 1:02.25	500m: 5:39.14	1:09.12	900m: 10:17.50	1:09.87
	200m: 2:11.96	600m: 6:48.30	1:09.16	1000m: 11:27.71	1:10.21
	300m: 3:20.86	700m: 7:57.58	1:09.28	1100m: 12:37.53	1:09.82
	400m: 4:30.02	800m: 9:07.63	1:10.05	1200m: 13:46.61	1:09.08
				1300m: 14:56.27	1:09.66
				1400m: 16:05.50	1:09.23
				1500m: 17:11.10	1:05.60
3.	CARVALHO Goncalo Renato	04	Porto	<b>17:27.12</b>	531
	100m: 1:05.55	500m: 5:45.03	1:10.48	900m: 10:26.31	1:10.92
	200m: 2:14.95	600m: 6:55.22	1:10.19	1000m: 11:37.18	1:10.87
	300m: 3:25.23	700m: 8:05.12	1:09.90	1100m: 12:47.94	1:10.76
	400m: 4:34.55	800m: 9:15.39	1:10.27	1200m: 13:58.77	1:10.83
				1300m: 15:09.24	1:10.47
				1400m: 16:19.57	1:10.33
				1500m: 17:27.12	1:07.55
4.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	<b>17:46.01</b>	503
	100m: 1:04.23	500m: 5:48.93	1:10.78	900m: 10:33.64	1:11.75
	200m: 2:15.56	600m: 7:00.00	1:11.07	1000m: 11:44.91	1:11.27
	300m: 3:26.81	700m: 8:10.92	1:10.92	1100m: 12:56.23	1:11.32
	400m: 4:38.15	800m: 9:21.89	1:10.97	1200m: 14:09.61	1:13.38
				1300m: 15:22.56	1:12.95
				1400m: 16:35.69	1:13.13
				1500m: 17:46.01	1:10.32
5.	NUNES Diogo Severino	04	Natacao de Valongo	<b>17:46.41</b>	502
	100m: 1:04.29	500m: 5:44.45	1:10.20	900m: 10:32.40	1:12.22
	200m: 2:14.29	600m: 6:55.22	1:10.77	1000m: 11:43.89	1:11.49
	300m: 3:24.33	700m: 8:07.67	1:12.45	1100m: 12:57.35	1:13.46
	400m: 4:34.25	800m: 9:20.18	1:12.51	1200m: 14:10.57	1:13.22
				1300m: 15:23.50	1:12.93
				1400m: 16:36.43	1:12.93
				1500m: 17:46.41	1:09.98
6.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	<b>17:54.85</b>	491
	100m: 1:07.05	500m: 5:52.73	1:12.09	900m: 10:42.93	1:12.87
	200m: 2:17.97	600m: 7:05.20	1:12.47	1000m: 11:55.12	1:12.19
	300m: 3:29.52	700m: 8:17.57	1:12.37	1100m: 13:07.99	1:12.87
	400m: 4:40.64	800m: 9:30.06	1:12.49	1200m: 14:20.81	1:12.82
				1300m: 15:33.62	1:12.81
				1400m: 16:45.43	1:11.81
				1500m: 17:54.85	1:09.42
7.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	<b>17:55.09</b>	490
	100m: 1:04.87	500m: 5:49.76	1:12.57	900m: 10:40.09	1:13.08
	200m: 2:14.62	600m: 7:02.20	1:12.44	1000m: 11:53.79	1:13.70
	300m: 3:25.74	700m: 8:14.46	1:12.26	1100m: 13:07.22	1:13.43
	400m: 4:37.19	800m: 9:27.01	1:12.55	1200m: 14:19.72	1:12.50
				1300m: 15:32.07	1:12.35
				1400m: 16:44.24	1:12.17
				1500m: 17:55.09	1:10.85
8.	CARVALHO Antonio Gomes	04	Leixoes	<b>18:00.77</b>	483
	100m: 1:07.19	500m: 5:55.18	1:13.04	900m: 10:46.27	1:12.41
	200m: 2:18.24	600m: 7:07.99	1:12.81	1000m: 11:58.56	1:12.29
	300m: 3:30.14	700m: 8:20.95	1:12.96	1100m: 13:11.33	1:12.77
	400m: 4:42.14	800m: 9:33.86	1:12.91	1200m: 14:24.42	1:13.09
				1300m: 15:37.47	1:13.05
				1400m: 16:50.03	1:12.56
				1500m: 18:00.77	1:10.74

Torneio Zonal de Juvenis (Zona Norte)  
Braga, 14 - 16/12/2018

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

Lugar			Ano					Tempo final	Pts
9.	PEREIRA Diogo Magalhaes		04	Porto				<b>18:02.77</b>	480
	100m:	1:05.77 1:05.77	500m:	5:54.00 1:12.73	900m:	10:46.26 1:13.23	1300m:	15:39.04 1:13.24	
	200m:	2:17.68 1:11.91	600m:	7:06.77 1:12.77	1000m:	11:59.26 1:13.00	1400m:	16:52.59 1:13.55	
	300m:	3:29.28 1:11.60	700m:	8:19.70 1:12.93	1100m:	13:12.67 1:13.41	1500m:	18:02.77 1:10.18	
	400m:	4:41.27 1:11.99	800m:	9:33.03 1:13.33	1200m:	14:25.80 1:13.13			
10.	PINTO Guilherme Lobo		04	Foca				<b>18:12.44</b>	467
	100m:	1:10.16 1:10.16	500m:	6:01.13 1:12.61	900m:	10:51.26 1:12.54	1300m:	15:42.63 1:12.92	
	200m:	2:23.54 1:13.38	600m:	7:13.44 1:12.31	1000m:	12:03.26 1:12.00	1400m:	16:55.41 1:12.78	
	300m:	3:36.23 1:12.69	700m:	8:26.09 1:12.65	1100m:	13:16.53 1:13.27	1500m:	18:12.44 1:17.03	
	400m:	4:48.52 1:12.29	800m:	9:38.72 1:12.63	1200m:	14:29.71 1:13.18			
11.	SANTOS Rui Mamede		04	Uniao Coimbra				<b>18:13.94</b>	465
	100m:	1:05.24 1:05.24	500m:	5:56.86 1:14.10	900m:	10:51.71 1:13.37	1300m:	15:49.64 1:13.98	
	200m:	2:17.44 1:12.20	600m:	7:10.93 1:14.07	1000m:	12:05.60 1:13.89	1400m:	17:04.35 1:14.71	
	300m:	3:29.85 1:12.41	700m:	8:24.58 1:13.65	1100m:	13:20.94 1:15.34	1500m:	18:13.94 1:09.59	
	400m:	4:42.76 1:12.91	800m:	9:38.34 1:13.76	1200m:	14:35.66 1:14.72			
12.	QUEIROS Luis Pedro		04	Viana Natacao				<b>18:16.70</b>	462
	100m:	1:05.27 1:05.27	500m:	5:53.26 1:13.42	900m:	10:49.23 1:14.15	1300m:	15:48.99 1:14.91	
	200m:	2:15.41 1:10.14	600m:	7:07.23 1:13.97	1000m:	12:04.21 1:14.98	1400m:	17:04.16 1:15.17	
	300m:	3:26.80 1:11.39	700m:	8:21.14 1:13.91	1100m:	13:18.98 1:14.77	1500m:	18:16.70 1:12.54	
	400m:	4:39.84 1:13.04	800m:	9:35.08 1:13.94	1200m:	14:34.08 1:15.10			
13.	TELES Antonio Carlos		04	Foca				<b>18:20.24</b>	457
	100m:	1:10.10 1:10.10	500m:	6:01.30 1:11.95	900m:	10:52.42 1:12.95	1300m:	15:50.75 1:15.20	
	200m:	2:23.52 1:13.42	600m:	7:13.67 1:12.37	1000m:	12:06.32 1:13.90	1400m:	17:06.11 1:15.36	
	300m:	3:36.20 1:12.68	700m:	8:26.62 1:12.95	1100m:	13:20.90 1:14.58	1500m:	18:20.24 1:14.13	
	400m:	4:49.35 1:13.15	800m:	9:39.47 1:12.85	1200m:	14:35.55 1:14.65			
14.	NEAGU Tiberius Sebastian		04	Academico Viseu				<b>18:20.70</b>	457
	100m:	1:07.52 1:07.52	500m:	6:01.41 1:14.01	900m:	10:57.48 1:13.13	1300m:	15:54.82 1:14.91	
	200m:	2:20.21 1:12.69	600m:	7:15.69 1:14.28	1000m:	12:11.87 1:14.39	1400m:	17:08.47 1:13.65	
	300m:	3:33.75 1:13.54	700m:	8:30.62 1:14.93	1100m:	13:26.44 1:14.57	1500m:	18:20.70 1:12.23	
	400m:	4:47.40 1:13.65	800m:	9:44.35 1:13.73	1200m:	14:39.91 1:13.47			
15.	CANCELA Rodrigo Gil		04	Braga				<b>18:27.54</b>	448
	100m:	1:06.06 1:06.06	500m:	5:57.21 1:13.86	900m:	10:55.47 1:15.12	1300m:	15:58.32 1:15.25	
	200m:	2:17.78 1:11.72	600m:	7:11.70 1:14.49	1000m:	12:11.18 1:15.71	1400m:	17:14.30 1:15.98	
	300m:	3:30.04 1:12.26	700m:	8:25.68 1:13.98	1100m:	13:26.72 1:15.54	1500m:	18:27.54 1:13.24	
	400m:	4:43.35 1:13.31	800m:	9:40.35 1:14.67	1200m:	14:43.07 1:16.35			
16.	CORDEIRO Tomas Coelho		04	Fluvial Portuense				<b>18:30.26</b>	445
	100m:	1:03.85 1:03.85	500m:	6:02.99 1:15.80	900m:	11:06.30 1:15.52	1300m:	16:06.96 1:14.70	
	200m:	2:16.17 1:12.32	600m:	7:19.45 1:16.46	1000m:	12:21.65 1:15.35	1400m:	17:20.72 1:13.76	
	300m:	3:31.49 1:15.32	700m:	8:35.30 1:15.85	1100m:	13:37.16 1:15.51	1500m:	18:30.26 1:09.54	
	400m:	4:47.19 1:15.70	800m:	9:50.78 1:15.48	1200m:	14:52.26 1:15.10			
17.	FERNANDES Lucas Andre		04	Vitoria Guimaraes				<b>18:46.98</b>	426
	100m:	1:06.12 1:06.12	500m:	6:06.20 1:16.13	900m:	11:10.95 1:16.07	1300m:	16:17.10 1:17.02	
	200m:	2:19.00 1:12.88	600m:	7:22.66 1:16.46	1000m:	12:27.13 1:16.18	1400m:	17:33.43 1:16.33	
	300m:	3:33.49 1:14.49	700m:	8:38.48 1:15.82	1100m:	13:44.27 1:17.14	1500m:	18:46.98 1:13.55	
	400m:	4:50.07 1:16.58	800m:	9:54.88 1:16.40	1200m:	15:00.08 1:15.81			

Torneio Zonal de Juvenis (Zona Norte)  
Braga, 14 - 16/12/2018

Prova 19, Masc., 1500m Livres

Juvenis A

1.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	<b>16:33.01</b>	622
	100m: 1:03.24 1:03.24		500m: 5:25.39 1:06.25	900m: 9:50.98 1:06.28	1300m: 14:19.47 1:07.54
	200m: 2:08.39 1:05.15		600m: 6:31.96 1:06.57	1000m: 10:57.61 1:06.63	1400m: 15:27.28 1:07.81
	300m: 3:13.47 1:05.08		700m: 7:38.33 1:06.37	1100m: 12:04.70 1:07.09	1500m: 16:33.01 1:05.73
	400m: 4:19.14 1:05.67		800m: 8:44.70 1:06.37	1200m: 13:11.93 1:07.23	
2.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>16:50.71</b>	590
	100m: 1:03.57 1:03.57		500m: 5:33.64 1:08.45	900m: 10:10.01 1:08.42	1300m: 14:38.48 1:06.95
	200m: 2:09.92 1:06.35		600m: 6:43.19 1:09.55	1000m: 11:17.92 1:07.91	1400m: 15:45.54 1:07.06
	300m: 3:17.54 1:07.62		700m: 7:52.76 1:09.57	1100m: 12:24.88 1:06.96	1500m: 16:50.71 1:05.17
	400m: 4:25.19 1:07.65		800m: 9:01.59 1:08.83	1200m: 13:31.53 1:06.65	
3.	SANTOS Andre Cardoso	03	Academico Viseu	<b>16:53.15</b>	586
	100m: 1:03.40 1:03.40		500m: 5:34.52 1:08.51	900m: 10:07.14 1:07.79	1300m: 14:39.22 1:07.78
	200m: 2:10.52 1:07.12		600m: 6:43.14 1:08.62	1000m: 11:15.10 1:07.96	1400m: 15:47.64 1:08.42
	300m: 3:17.93 1:07.41		700m: 7:51.17 1:08.03	1100m: 12:23.37 1:08.27	1500m: 16:53.15 1:05.51
	400m: 4:26.01 1:08.08		800m: 8:59.35 1:08.18	1200m: 13:31.44 1:08.07	
4.	DIAS Ruben Fonseca	03	Natacao de Valongo	<b>16:58.30</b>	577
	100m: 1:03.27 1:03.27		500m: 5:31.99 1:07.44	900m: 10:05.98 1:08.05	1300m: 14:40.85 1:08.05
	200m: 2:10.10 1:06.83		600m: 6:40.31 1:08.32	1000m: 11:15.14 1:09.16	1400m: 15:49.85 1:09.00
	300m: 3:17.67 1:07.57		700m: 7:48.55 1:08.24	1100m: 12:23.83 1:08.69	1500m: 16:58.30 1:08.45
	400m: 4:24.55 1:06.88		800m: 8:57.93 1:09.38	1200m: 13:32.80 1:08.97	
5.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>16:58.35</b>	577
	100m: 1:03.67 1:03.67		500m: 5:34.84 1:08.81	900m: 10:08.43 1:08.82	1300m: 14:43.95 1:09.58
	200m: 2:10.42 1:06.75		600m: 6:43.49 1:08.65	1000m: 11:16.71 1:08.28	1400m: 15:53.25 1:09.30
	300m: 3:18.14 1:07.72		700m: 7:51.16 1:07.67	1100m: 12:25.87 1:09.16	1500m: 16:58.35 1:05.10
	400m: 4:26.03 1:07.89		800m: 8:59.61 1:08.45	1200m: 13:34.37 1:08.50	
6.	ARAUJO Joao Guilherme	03	Natacao da Maia	<b>17:07.74</b>	561
	100m: 1:04.29 1:04.29		500m: 5:36.22 1:08.24	900m: 10:12.26 1:09.37	1300m: 14:50.53 1:09.64
	200m: 2:11.81 1:07.52		600m: 6:44.60 1:08.38	1000m: 11:22.29 1:10.03	1400m: 16:00.11 1:09.58
	300m: 3:19.83 1:08.02		700m: 7:53.90 1:09.30	1100m: 12:31.17 1:08.88	1500m: 17:07.74 1:07.63
	400m: 4:27.98 1:08.15		800m: 9:02.89 1:08.99	1200m: 13:40.89 1:09.72	
7.	PEREIRA Alexandre Alves	03	Braga	<b>17:10.99</b>	556
	100m: 1:04.97 1:04.97		500m: 5:40.05 1:09.58	900m: 10:18.35 1:08.89	1300m: 14:55.89 1:09.09
	200m: 2:13.56 1:08.59		600m: 6:49.49 1:09.44	1000m: 11:28.11 1:09.76	1400m: 16:04.78 1:08.89
	300m: 3:21.72 1:08.16		700m: 7:59.82 1:10.33	1100m: 12:37.59 1:09.48	1500m: 17:10.99 1:06.21
	400m: 4:30.47 1:08.75		800m: 9:09.46 1:09.64	1200m: 13:46.80 1:09.21	
8.	FARDILHA Manuel Cruz	03	Galitos/ Bresimar	<b>17:11.94</b>	555
	100m: 1:03.42 1:03.42		500m: 5:34.89 1:08.58	900m: 10:12.93 1:09.77	1300m: 14:53.32 1:10.51
	200m: 2:10.68 1:07.26		600m: 6:44.12 1:09.23	1000m: 11:22.85 1:09.92	1400m: 16:03.49 1:10.17
	300m: 3:18.31 1:07.63		700m: 7:53.54 1:09.42	1100m: 12:32.78 1:09.93	1500m: 17:11.94 1:08.45
	400m: 4:26.31 1:08.00		800m: 9:03.16 1:09.62	1200m: 13:42.81 1:10.03	
9.	FERREIRA Goncalo Seixas	03	Academico Viseu	<b>17:30.91</b>	525
	100m: 1:06.65 1:06.65		500m: 5:49.97 1:11.27	900m: 10:32.79 1:10.11	1300m: 15:13.66 1:10.66
	200m: 2:17.33 1:10.68		600m: 7:01.25 1:11.28	1000m: 11:42.28 1:09.49	1400m: 16:23.55 1:09.89
	300m: 3:27.99 1:10.66		700m: 8:11.93 1:10.68	1100m: 12:52.61 1:10.33	1500m: 17:30.91 1:07.36
	400m: 4:38.70 1:10.71		800m: 9:22.68 1:10.75	1200m: 14:03.00 1:10.39	
10.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	<b>17:33.13</b>	522
	100m: 1:05.32 1:05.32		500m: 5:44.29 1:10.02	900m: 10:28.23 1:09.63	1300m: 15:12.58 1:10.95
	200m: 2:14.46 1:09.14		600m: 6:55.31 1:11.02	1000m: 11:39.85 1:11.62	1400m: 16:23.61 1:11.03
	300m: 3:24.21 1:09.75		700m: 8:06.90 1:11.59	1100m: 12:50.84 1:10.99	1500m: 17:33.13 1:09.52
	400m: 4:34.27 1:10.06		800m: 9:18.60 1:11.70	1200m: 14:01.63 1:10.79	

Torneio Zonal de Juvenis (Zona Norte)  
Braga, 14 - 16/12/2018

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

Lugar			Ano			Tempo final	Pts	
11.	SA Joao Luis		03	Fluvial Portuense		<b>17:36.77</b>	516	
	100m: 1:04.97	1:04.97	500m: 5:48.92	1:10.53	900m: 10:33.22	1:11.37	1300m: 15:18.13	1:11.39
	200m: 2:15.71	1:10.74	600m: 7:00.07	1:11.15	1000m: 11:44.41	1:11.19	1400m: 16:29.33	1:11.20
	300m: 3:27.05	1:11.34	700m: 8:11.01	1:10.94	1100m: 12:55.45	1:11.04	1500m: 17:36.77	1:07.44
	400m: 4:38.39	1:11.34	800m: 9:21.85	1:10.84	1200m: 14:06.74	1:11.29		
12.	VASCONCELOS Bernardo Nunes		03	Foca		<b>17:36.79</b>	516	
	100m: 1:06.27	1:06.27	500m: 5:48.21	1:10.85	900m: 10:32.70	1:11.24	1300m: 15:17.57	1:11.02
	200m: 2:16.83	1:10.56	600m: 6:59.27	1:11.06	1000m: 11:43.74	1:11.04	1400m: 16:29.30	1:11.73
	300m: 3:27.57	1:10.74	700m: 8:10.12	1:10.85	1100m: 12:54.94	1:11.20	1500m: 17:36.79	1:07.49
	400m: 4:37.36	1:09.79	800m: 9:21.46	1:11.34	1200m: 14:06.55	1:11.61		
13.	PEREIRA Diogo Guimaraes		03	Vitoria Guimaraes		<b>17:40.43</b>	511	
	100m: 1:06.57	1:06.57	500m: 5:51.37	1:10.96	900m: 10:36.07	1:10.65	1300m: 15:20.47	1:11.07
	200m: 2:17.86	1:11.29	600m: 7:02.55	1:11.18	1000m: 11:47.20	1:11.13	1400m: 16:32.06	1:11.59
	300m: 3:28.71	1:10.85	700m: 8:14.12	1:11.57	1100m: 12:58.32	1:11.12	1500m: 17:40.43	1:08.37
	400m: 4:40.41	1:11.70	800m: 9:25.42	1:11.30	1200m: 14:09.40	1:11.08		
14.	COSTA Hugo Alexandre		03	Natacao de Valongo		<b>17:41.32</b>	510	
	100m: 1:03.48	1:03.48	500m: 5:41.64	1:10.49	900m: 10:29.50	1:12.35	1300m: 15:19.26	1:12.95
	200m: 2:11.57	1:08.09	600m: 6:53.27	1:11.63	1000m: 11:41.74	1:12.24	1400m: 16:31.88	1:12.62
	300m: 3:21.34	1:09.77	700m: 8:05.06	1:11.79	1100m: 12:53.17	1:11.43	1500m: 17:41.32	1:09.44
	400m: 4:31.15	1:09.81	800m: 9:17.15	1:12.09	1200m: 14:06.31	1:13.14		
15.	FERNANDES Joao Bernardo		03	Naval Povoense		<b>17:45.66</b>	503	
	100m: 1:05.06	1:05.06	500m: 5:43.42	1:11.00	900m: 10:31.09	1:12.13	1300m: 15:21.25	1:13.02
	200m: 2:13.00	1:07.94	600m: 6:54.92	1:11.50	1000m: 11:42.70	1:11.61	1400m: 16:35.34	1:14.09
	300m: 3:22.63	1:09.63	700m: 8:06.90	1:11.98	1100m: 12:55.66	1:12.96	1500m: 17:45.66	1:10.32
	400m: 4:32.42	1:09.79	800m: 9:18.96	1:12.06	1200m: 14:08.23	1:12.57		
16.	SILVA Ruben Filipe		03	Foca		<b>17:48.81</b>	499	
	100m: 1:06.04	1:06.04	500m: 5:49.13	1:10.77	900m: 10:35.30	1:11.55	1300m: 15:23.55	1:12.55
	200m: 2:16.01	1:09.97	600m: 7:00.52	1:11.39	1000m: 11:47.18	1:11.88	1400m: 16:37.08	1:13.53
	300m: 3:26.92	1:10.91	700m: 8:12.23	1:11.71	1100m: 12:58.99	1:11.81	1500m: 17:48.81	1:11.73
	400m: 4:38.36	1:11.44	800m: 9:23.75	1:11.52	1200m: 14:11.00	1:12.01		
17.	ROCHA Diogo Joao		03	Fluvial Portuense		<b>17:49.23</b>	498	
	100m: 1:06.42	1:06.42	500m: 5:52.69	1:12.05	900m: 10:40.51	1:12.73	1300m: 15:29.98	1:11.82
	200m: 2:17.65	1:11.23	600m: 7:04.18	1:11.49	1000m: 11:52.88	1:12.37	1400m: 16:41.70	1:11.72
	300m: 3:29.12	1:11.47	700m: 8:15.66	1:11.48	1100m: 13:05.85	1:12.97	1500m: 17:49.23	1:07.53
	400m: 4:40.64	1:11.52	800m: 9:27.78	1:12.12	1200m: 14:18.16	1:12.31		
18.	ROCHA Bernardo Sousa		03	Fluvial Portuense		<b>17:49.28</b>	498	
	100m: 1:07.07	1:07.07	500m: 5:54.24	1:12.33	900m: 10:43.71	1:12.62	1300m: 15:31.15	1:10.89
	200m: 2:17.97	1:10.90	600m: 7:07.02	1:12.78	1000m: 11:56.35	1:12.64	1400m: 16:41.07	1:09.92
	300m: 3:29.60	1:11.63	700m: 8:18.63	1:11.61	1100m: 13:08.60	1:12.25	1500m: 17:49.28	1:08.21
	400m: 4:41.91	1:12.31	800m: 9:31.09	1:12.46	1200m: 14:20.26	1:11.66		
19.	TEIXEIRA Joao Octavio		03	Galitos/ Bresimar		<b>17:51.75</b>	495	
	100m: 1:04.89	1:04.89	500m: 5:55.33	1:13.31	900m: 10:45.17	1:12.53	1300m: 15:34.33	1:12.79
	200m: 2:16.51	1:11.62	600m: 7:07.59	1:12.26	1000m: 11:58.06	1:12.89	1400m: 16:46.09	1:11.76
	300m: 3:29.22	1:12.71	700m: 8:19.76	1:12.17	1100m: 13:10.31	1:12.25	1500m: 17:51.75	1:05.66
	400m: 4:42.02	1:12.80	800m: 9:32.64	1:12.88	1200m: 14:21.54	1:11.23		
20.	MARANTES Goncalo Maria		03	Porto		<b>17:53.24</b>	493	
	100m: 1:04.77	1:04.77	500m: 5:47.74	1:11.30	900m: 10:38.32	1:12.69	1300m: 15:28.05	1:12.76
	200m: 2:14.62	1:09.85	600m: 7:00.49	1:12.75	1000m: 11:51.90	1:13.58	1400m: 16:41.94	1:13.89
	300m: 3:25.06	1:10.44	700m: 8:12.78	1:12.29	1100m: 13:02.97	1:11.07	1500m: 17:53.24	1:11.30
	400m: 4:36.44	1:11.38	800m: 9:25.63	1:12.85	1200m: 14:15.29	1:12.32		



Torneio Zonal de Juvenis (Zona Norte)  
Braga, 14 - 16/12/2018

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

Lugar	Ano	Tempo final	Pts
21. CARVALHO Tiago Fonseca	03 Naval Povoense	<b>17:58.77</b>	485
100m: 1:05.60 1:05.60	500m: 5:49.76 1:12.43	900m: 10:39.91 1:12.67	1300m: 15:33.92 1:14.19
200m: 2:14.95 1:09.35	600m: 7:01.77 1:12.01	1000m: 11:52.78 1:12.87	1400m: 16:48.72 1:14.80
300m: 3:25.89 1:10.94	700m: 8:14.53 1:12.76	1100m: 13:05.66 1:12.88	1500m: 17:58.77 1:10.05
400m: 4:37.33 1:11.44	800m: 9:27.24 1:12.71	1200m: 14:19.73 1:14.07	
22. LOURENCO Goncalo Pires	03 Fundacao Beatriz Santos	<b>18:00.59</b>	483
100m: 1:04.29 1:04.29	500m: 5:48.57 1:12.23	900m: 10:44.58 1:13.02	1300m: 15:38.07 1:13.33
200m: 2:14.30 1:10.01	600m: 7:03.57 1:15.00	1000m: 11:57.46 1:12.88	1400m: 16:51.60 1:13.53
300m: 3:24.72 1:10.42	700m: 8:18.17 1:14.60	1100m: 13:11.18 1:13.72	1500m: 18:00.59 1:08.99
400m: 4:36.34 1:11.62	800m: 9:31.56 1:13.39	1200m: 14:24.74 1:13.56	
23. PEREIRA Diogo Pontes	03 Fafe	<b>18:05.11</b>	477
100m: 1:05.93 1:05.93	500m: 5:54.12 1:13.33	900m: 10:48.91 1:13.27	1300m: 15:42.40 1:13.08
200m: 2:16.94 1:11.01	600m: 7:07.55 1:13.43	1000m: 12:02.65 1:13.74	1400m: 16:54.92 1:12.52
300m: 3:28.64 1:11.70	700m: 8:22.16 1:14.61	1100m: 13:15.81 1:13.16	1500m: 18:05.11 1:10.19
400m: 4:40.79 1:12.15	800m: 9:35.64 1:13.48	1200m: 14:29.32 1:13.51	
24. SA Rafael Domingues	03 Natacao de Vagos	<b>18:23.11</b>	454
100m: 1:07.70 1:07.70	500m: 6:02.16 1:14.10	900m: 10:59.91 1:14.56	1300m: 15:57.40 1:13.99
200m: 2:21.30 1:13.60	600m: 7:16.36 1:14.20	1000m: 12:15.12 1:15.21	1400m: 17:11.50 1:14.10
300m: 3:34.38 1:13.08	700m: 8:31.07 1:14.71	1100m: 13:28.93 1:13.81	1500m: 18:23.11 1:11.61
400m: 4:48.06 1:13.68	800m: 9:45.35 1:14.28	1200m: 14:43.41 1:14.48	