



Torneio Zonal Juniores e Seniores (Zona Norte)  
Mealhada, 14 e 15 de Novembro de 2020

Prova 2

Masc., 1500m Livres

Absolutos

14/11/2020 - 10:40

Resultados

|               |          |                      |      |            |            |
|---------------|----------|----------------------|------|------------|------------|
| RN25 Absoluto | 14:48.89 | LOPES Jose Paulo     | SCB  | Felgueiras | 22/12/2019 |
| RN25 Sen      | 14:48.89 | LOPES Jose Paulo     | SCB  | Felgueiras | 22/12/2019 |
| RN25 Jun18    | 15:06.77 | SANTO Filipe Miguel  | SLB  | Funchal    | 26/03/2018 |
| RN25 Jun17    | 15:05.57 | SANTA Gustavo Manuel | CNLA | Leiria     | 06/12/2009 |

Pontos: FINA 2020

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | FINA | PARA |
|-------|------|-----|-------|-------------|-------|------|------|
|-------|------|-----|-------|-------------|-------|------|------|

Seniores

|           |                               |                     |                       |                       |  |            |  |
|-----------|-------------------------------|---------------------|-----------------------|-----------------------|--|------------|--|
| <b>1.</b> | <b>LOPES Jose Paulo</b>       | <b>00</b>           | <b>Braga</b>          | <b>14:50.74</b>       |  | <b>863</b> |  |
|           | 50m: 26.91 29.91              | 450m: 4:23.89 29.80 | 850m: 8:22.94 29.97   | 1250m: 12:24.61 30.17 |  |            |  |
|           | 100m: 56.05 29.14             | 500m: 4:53.88 29.99 | 900m: 8:53.10 30.16   | 1300m: 12:54.75 30.14 |  |            |  |
|           | 150m: 1:25.36 29.31           | 550m: 5:23.59 29.71 | 950m: 9:23.36 30.26   | 1350m: 13:24.37 29.62 |  |            |  |
|           | 200m: 1:54.86 29.50           | 600m: 5:53.38 29.79 | 1000m: 9:53.64 30.28  | 1400m: 13:54.09 29.72 |  |            |  |
|           | 250m: 2:24.52 29.66           | 650m: 6:23.25 29.87 | 1050m: 10:23.76 30.12 | 1450m: 14:23.10 29.01 |  |            |  |
|           | 300m: 2:54.34 29.82           | 700m: 6:53.12 29.87 | 1100m: 10:53.91 30.15 | 1500m: 14:50.74 27.64 |  |            |  |
|           | 350m: 3:24.17 29.83           | 750m: 7:23.05 29.93 | 1150m: 11:24.13 30.22 |                       |  |            |  |
|           | 400m: 3:54.09 29.92           | 800m: 7:52.97 29.92 | 1200m: 11:54.44 30.31 |                       |  |            |  |
| <b>2.</b> | <b>SANTOS Pedro Miguel</b>    | <b>01</b>           | <b>Porto</b>          | <b>15:59.84</b>       |  | <b>689</b> |  |
|           | 50m: 28.56 28.56              | 450m: 4:40.78 31.89 | 850m: 8:58.84 32.53   | 1250m: 13:18.84 32.54 |  |            |  |
|           | 100m: 1:00.05 31.49           | 500m: 5:12.83 32.05 | 900m: 9:31.45 32.61   | 1300m: 13:51.71 32.87 |  |            |  |
|           | 150m: 1:31.05 31.00           | 550m: 5:45.27 32.44 | 950m: 10:03.93 32.48  | 1350m: 14:24.13 32.42 |  |            |  |
|           | 200m: 2:02.51 31.46           | 600m: 6:17.67 32.40 | 1000m: 10:36.40 32.47 | 1400m: 14:56.54 32.41 |  |            |  |
|           | 250m: 2:35.77 31.26           | 650m: 6:49.97 32.30 | 1050m: 11:08.62 32.22 | 1450m: 15:28.83 32.29 |  |            |  |
|           | 300m: 3:05.43 31.66           | 700m: 7:22.00 32.03 | 1100m: 11:41.28 32.66 | 1500m: 15:59.84 31.01 |  |            |  |
|           | 350m: 3:37.00 31.57           | 750m: 7:54.05 32.05 | 1150m: 12:13.73 32.45 |                       |  |            |  |
|           | 400m: 4:08.89 31.89           | 800m: 8:26.31 32.26 | 1200m: 12:46.30 32.57 |                       |  |            |  |
| <b>3.</b> | <b>CARVALHO Daniel Luis</b>   | <b>02</b>           | <b>Braga</b>          | <b>16:20.14</b>       |  | <b>647</b> |  |
|           | 50m: 28.91 28.91              | 450m: 4:45.03 32.38 | 850m: 9:07.97 33.38   | 1250m: 13:33.74 33.22 |  |            |  |
|           | 100m: 1:00.23 31.32           | 500m: 5:17.76 32.73 | 900m: 9:41.25 33.28   | 1300m: 14:07.76 34.02 |  |            |  |
|           | 150m: 1:31.94 31.71           | 550m: 5:50.52 32.76 | 950m: 10:14.44 33.19  | 1350m: 14:41.23 33.47 |  |            |  |
|           | 200m: 2:03.83 31.89           | 600m: 6:23.27 32.75 | 1000m: 10:47.60 33.16 | 1400m: 15:14.50 33.27 |  |            |  |
|           | 250m: 2:35.69 31.86           | 650m: 6:55.83 32.56 | 1050m: 11:20.75 33.15 | 1450m: 15:47.74 33.24 |  |            |  |
|           | 300m: 3:07.93 32.24           | 700m: 7:28.73 32.90 | 1100m: 11:54.09 33.34 | 1500m: 16:20.14 32.40 |  |            |  |
|           | 350m: 3:40.34 32.41           | 750m: 8:01.71 32.98 | 1150m: 12:27.15 33.06 |                       |  |            |  |
|           | 400m: 4:12.65 32.31           | 800m: 8:34.59 32.88 | 1200m: 13:00.52 33.37 |                       |  |            |  |
| <b>4.</b> | <b>TRAVANCA Sergio Filipe</b> | <b>00</b>           | <b>Leixoes</b>        | <b>16:22.23</b>       |  | <b>643</b> |  |
|           | 50m: 29.27 29.27              | 450m: 4:50.60 32.93 | 850m: 9:14.10 32.65   | 1250m: 13:37.96 33.45 |  |            |  |
|           | 100m: 1:01.23 31.96           | 500m: 5:23.82 33.22 | 900m: 9:46.75 32.65   | 1300m: 14:11.00 33.04 |  |            |  |
|           | 150m: 1:33.27 32.04           | 550m: 5:56.94 33.12 | 950m: 10:19.51 32.76  | 1350m: 14:44.04 33.04 |  |            |  |
|           | 200m: 2:05.96 32.69           | 600m: 6:30.04 33.10 | 1000m: 10:52.34 32.83 | 1400m: 15:17.11 33.07 |  |            |  |
|           | 250m: 2:38.83 32.87           | 650m: 7:03.12 33.08 | 1050m: 11:25.44 33.10 | 1450m: 15:49.41 32.30 |  |            |  |
|           | 300m: 3:11.90 33.07           | 700m: 7:36.23 33.11 | 1100m: 11:58.33 32.89 | 1500m: 16:22.23 32.82 |  |            |  |
|           | 350m: 3:44.89 32.99           | 750m: 8:08.78 32.55 | 1150m: 12:31.34 33.01 |                       |  |            |  |
|           | 400m: 4:17.67 32.78           | 800m: 8:41.45 32.67 | 1200m: 13:04.51 33.17 |                       |  |            |  |





Torneio Zonal Juniores e Seniores (Zona Norte)  
Mealhada, 14 e 15 de Novembro de 2020



Prova 2, Masc., 1500m Livres, Seniores

| Lugar | Nome                       | Ano           | Clube        | Tempo Final     | TReac | FINA            | PARA  |
|-------|----------------------------|---------------|--------------|-----------------|-------|-----------------|-------|
| 5.    | <b>NUNES Diogo Barbosa</b> | <b>00</b>     | <b>Porto</b> | <b>16:32.35</b> |       | <b>624</b>      |       |
|       | 50m: 29.29 29.29           | 450m: 4:46.28 | 32.81        | 850m: 9:12.93   | 33.91 | 1250m: 13:43.18 | 34.22 |
|       | 100m: 1:01.04 31.75        | 500m: 5:19.24 | 32.96        | 900m: 9:46.87   | 33.94 | 1300m: 14:17.16 | 33.98 |
|       | 150m: 1:32.80 31.76        | 550m: 5:52.88 | 33.64        | 950m: 10:19.81  | 32.94 | 1350m: 14:50.94 | 33.78 |
|       | 200m: 2:04.54 31.74        | 600m: 6:25.36 | 32.48        | 1000m: 10:53.20 | 33.39 | 1400m: 15:25.45 | 34.51 |
|       | 250m: 2:36.93 32.39        | 650m: 6:58.64 | 33.28        | 1050m: 11:27.12 | 33.92 | 1450m: 15:59.16 | 33.71 |
|       | 300m: 3:09.39 32.46        | 700m: 7:32.11 | 33.47        | 1100m: 12:01.12 | 34.00 | 1500m: 16:32.35 | 33.19 |
|       | 350m: 3:41.40 32.01        | 750m: 8:05.61 | 33.50        | 1150m: 12:34.64 | 33.52 |                 |       |
|       | 400m: 4:13.47 32.07        | 800m: 8:39.02 | 33.41        | 1200m: 13:08.96 | 34.32 |                 |       |
| 6.    | <b>RIBEIRO Luis Manuel</b> | <b>02</b>     | <b>Porto</b> | <b>16:49.59</b> |       | <b>592</b>      |       |
|       | 50m: 29.61 29.61           | 450m: 4:55.25 | 33.90        | 850m: 9:27.52   | 34.00 | 1250m: 14:00.67 | 34.05 |
|       | 100m: 1:01.49 31.88        | 500m: 5:29.33 | 34.08        | 900m: 10:01.79  | 34.27 | 1300m: 14:34.73 | 34.06 |
|       | 150m: 1:34.05 32.56        | 550m: 6:03.38 | 34.05        | 950m: 10:35.91  | 34.12 | 1350m: 15:08.97 | 34.24 |
|       | 200m: 2:07.21 33.16        | 600m: 6:37.63 | 34.25        | 1000m: 11:10.08 | 34.17 | 1400m: 15:42.91 | 33.94 |
|       | 250m: 2:40.56 33.35        | 650m: 7:11.48 | 33.85        | 1050m: 11:44.05 | 33.97 | 1450m: 16:16.45 | 33.54 |
|       | 300m: 3:14.09 33.53        | 700m: 7:45.63 | 34.15        | 1100m: 12:18.19 | 34.14 | 1500m: 16:49.59 | 33.14 |
|       | 350m: 3:47.82 33.73        | 750m: 8:19.78 | 34.15        | 1150m: 12:52.22 | 34.03 |                 |       |
|       | 400m: 4:21.35 33.53        | 800m: 8:53.52 | 33.74        | 1200m: 13:26.62 | 34.40 |                 |       |

Juniores

|    |                             |               |                                |                 |       |                 |       |
|----|-----------------------------|---------------|--------------------------------|-----------------|-------|-----------------|-------|
| 1. | <b>GOMES Goncalo Andre</b>  | <b>03</b>     | <b>Fundacao Beatriz Santos</b> | <b>16:35.15</b> |       | <b>618</b>      |       |
|    | 50m: 29.53 29.53            | 450m: 4:53.46 | 33.04                          | 850m: 9:19.15   | 33.30 | 1250m: 13:49.21 | 34.03 |
|    | 100m: 1:02.32 32.79         | 500m: 5:26.56 | 33.10                          | 900m: 9:52.32   | 33.17 | 1300m: 14:23.24 | 34.03 |
|    | 150m: 1:35.24 32.92         | 550m: 5:59.37 | 32.81                          | 950m: 10:26.23  | 33.91 | 1350m: 14:57.30 | 34.06 |
|    | 200m: 2:07.95 32.71         | 600m: 6:32.40 | 33.03                          | 1000m: 10:59.75 | 33.52 | 1400m: 15:29.94 | 32.64 |
|    | 250m: 2:40.78 32.83         | 650m: 7:05.50 | 33.10                          | 1050m: 11:33.36 | 33.61 | 1450m: 16:03.46 | 33.52 |
|    | 300m: 3:13.89 33.11         | 700m: 7:39.04 | 33.54                          | 1100m: 12:07.07 | 33.71 | 1500m: 16:35.15 | 31.69 |
|    | 350m: 3:46.93 33.04         | 750m: 8:12.34 | 33.30                          | 1150m: 12:41.21 | 34.14 |                 |       |
|    | 400m: 4:20.42 33.49         | 800m: 8:45.85 | 33.51                          | 1200m: 13:15.18 | 33.97 |                 |       |
| 2. | <b>NUNES Diogo Severino</b> | <b>04</b>     | <b>Natacao de Valongo</b>      | <b>16:42.30</b> |       | <b>605</b>      |       |
|    | 50m: 29.24 29.24            | 450m: 4:54.40 | 33.48                          | 850m: 9:25.29   | 33.80 | 1250m: 13:58.43 | 34.01 |
|    | 100m: 1:01.43 32.19         | 500m: 5:28.14 | 33.74                          | 900m: 9:59.17   | 33.88 | 1300m: 14:32.11 | 33.68 |
|    | 150m: 1:34.23 32.80         | 550m: 6:01.73 | 33.59                          | 950m: 10:33.35  | 34.18 | 1350m: 15:05.89 | 33.78 |
|    | 200m: 2:07.28 33.05         | 600m: 6:35.43 | 33.70                          | 1000m: 11:07.88 | 34.53 | 1400m: 15:39.00 | 33.11 |
|    | 250m: 2:40.19 32.91         | 650m: 7:09.11 | 33.68                          | 1050m: 11:41.97 | 34.09 | 1450m: 16:11.75 | 32.75 |
|    | 300m: 3:13.74 33.55         | 700m: 7:43.43 | 34.32                          | 1100m: 12:16.15 | 34.18 | 1500m: 16:42.30 | 30.55 |
|    | 350m: 3:47.39 33.65         | 750m: 8:17.08 | 33.65                          | 1150m: 12:50.28 | 34.13 |                 |       |
|    | 400m: 4:20.92 33.53         | 800m: 8:51.49 | 34.41                          | 1200m: 13:24.42 | 34.14 |                 |       |
| 3. | <b>PEREIRA Tiago Maia</b>   | <b>04</b>     | <b>Galitos / Bresimar</b>      | <b>16:42.75</b> |       | <b>604</b>      |       |
|    | 50m: 30.04 30.04            | 450m: 4:54.81 | 33.30                          | 850m: 9:24.87   | 34.08 | 1250m: 13:56.90 | 33.92 |
|    | 100m: 1:02.47 32.43         | 500m: 5:28.12 | 33.31                          | 900m: 9:59.11   | 34.24 | 1300m: 14:30.79 | 33.89 |
|    | 150m: 1:35.35 32.88         | 550m: 6:01.42 | 33.30                          | 950m: 10:33.11  | 34.00 | 1350m: 15:04.57 | 33.78 |
|    | 200m: 2:08.34 32.99         | 600m: 6:35.23 | 33.81                          | 1000m: 11:07.13 | 34.02 | 1400m: 15:38.06 | 33.49 |
|    | 250m: 2:41.68 33.34         | 650m: 7:08.92 | 33.69                          | 1050m: 11:40.99 | 33.86 | 1450m: 16:11.52 | 33.46 |
|    | 300m: 3:14.72 33.04         | 700m: 7:42.87 | 33.95                          | 1100m: 12:15.07 | 34.08 | 1500m: 16:42.75 | 31.23 |
|    | 350m:                       | 750m: 8:16.82 | 33.95                          | 1150m: 12:49.49 | 34.42 |                 |       |
|    | 400m: 4:21.51               | 800m: 8:50.79 | 33.97                          | 1200m: 13:22.98 | 33.49 |                 |       |





Torneio Zonal Juniores e Seniores (Zona Norte)  
Mealhada, 14 e 15 de Novembro de 2020



Prova 2, Masc., 1500m Livres, Juniores

| Lugar | Nome                  | Ano           | Clube                   | Tempo Final     | TReac | FINA            | PARA  |
|-------|-----------------------|---------------|-------------------------|-----------------|-------|-----------------|-------|
| 4.    | POIARES Tiago Andre   | 04            | Fundacao Beatriz Santos | <b>16:58.08</b> |       | 578             |       |
|       | 50m: 31.37 31.37      | 450m: 5:01.45 | 34.18                   | 850m: 9:35.54   | 34.86 | 1250m: 14:09.79 | 34.22 |
|       | 100m: 1:04.46 33.09   | 500m: 5:35.83 | 34.38                   | 900m: 10:09.66  | 34.12 | 1300m: 14:43.96 | 34.17 |
|       | 150m: 1:38.26 33.80   | 550m: 6:09.82 | 33.99                   | 950m: 10:44.41  | 34.75 | 1350m: 15:18.22 | 34.26 |
|       | 200m: 2:12.16 33.90   | 600m: 6:43.92 | 34.10                   | 1000m: 11:18.69 | 34.28 | 1400m: 15:52.54 | 34.32 |
|       | 250m: 2:45.66 33.50   | 650m: 7:18.00 | 34.08                   | 1050m: 11:52.86 | 34.17 | 1450m: 16:26.62 | 34.08 |
|       | 300m: 3:19.45 33.79   | 700m: 7:52.45 | 34.45                   | 1100m: 12:27.30 | 34.44 | 1500m: 16:58.08 | 31.46 |
|       | 350m: 3:53.41 33.96   | 750m: 8:26.45 | 34.00                   | 1150m: 13:01.45 | 34.15 |                 |       |
|       | 400m: 4:27.27 33.86   | 800m: 9:00.68 | 34.23                   | 1200m: 13:35.57 | 34.12 |                 |       |
| 5.    | BORGES David Costa    | 04            | Fluvial Portuense       | <b>17:00.06</b> |       | 574             |       |
|       | 50m: 30.08 30.08      | 450m: 4:58.68 | 34.15                   | 850m: 9:33.86   | 34.52 | 1250m: 14:09.51 | 34.25 |
|       | 100m: 1:02.68 32.60   | 500m: 5:33.15 | 34.47                   | 900m: 10:07.86  | 34.00 | 1300m: 14:44.09 | 34.58 |
|       | 150m: 1:35.96 33.28   | 550m: 6:07.27 | 34.12                   | 950m: 10:41.90  | 34.04 | 1350m: 15:18.60 | 34.51 |
|       | 200m: 2:09.20 33.24   | 600m: 6:41.32 | 34.05                   | 1000m: 11:16.46 | 34.56 | 1400m: 15:52.57 | 33.97 |
|       | 250m: 2:42.68 33.48   | 650m: 7:15.79 | 34.47                   | 1050m: 11:51.09 | 34.63 | 1450m: 16:26.97 | 34.40 |
|       | 300m: 3:16.27 33.59   | 700m: 7:50.00 | 34.21                   | 1100m: 12:25.63 | 34.54 | 1500m: 17:00.06 | 33.09 |
|       | 350m: 3:50.53 34.26   | 750m: 8:24.94 | 34.94                   | 1150m: 13:00.53 | 34.90 |                 |       |
|       | 400m: 4:24.53 34.00   | 800m: 8:59.34 | 34.40                   | 1200m: 13:35.26 | 34.73 |                 |       |
| 6.    | CARDOSO Filipe Santos | 04            | Gafanha da Encarnacao   | <b>17:08.89</b> |       | 559             |       |
|       | 50m: 30.44 30.44      | 450m: 5:02.10 | 34.26                   | 850m: 9:38.20   | 34.56 | 1250m: 14:17.94 | 34.91 |
|       | 100m: 1:03.83 33.39   | 500m: 5:36.28 | 34.18                   | 900m: 10:13.22  | 35.02 | 1300m: 14:53.21 | 35.27 |
|       | 150m: 1:37.70 33.87   | 550m: 6:10.56 | 34.28                   | 950m: 10:48.11  | 34.89 | 1350m: 15:27.42 | 34.21 |
|       | 200m: 2:11.50 33.80   | 600m: 6:44.96 | 34.40                   | 1000m: 11:22.98 | 34.87 | 1400m: 16:02.21 | 34.79 |
|       | 250m: 2:45.89 34.39   | 650m: 7:19.37 | 34.41                   | 1050m: 11:58.06 | 35.08 | 1450m: 16:35.98 | 33.77 |
|       | 300m: 3:20.13 34.24   | 700m: 7:54.15 | 34.78                   | 1100m: 12:33.08 | 35.02 | 1500m: 17:08.89 | 32.91 |
|       | 350m: 3:53.91 33.78   | 750m: 8:28.92 | 34.77                   | 1150m: 13:08.22 | 35.14 |                 |       |
|       | 400m: 4:27.84 33.93   | 800m: 9:03.64 | 34.72                   | 1200m: 13:43.03 | 34.81 |                 |       |
| 7.    | PINTO Guilherme Lobo  | 04            | Foca Quinta da Lixa CNF | <b>17:32.79</b> |       | 522             |       |
|       | 50m: 29.66 29.66      | 450m: 5:00.67 | 34.88                   | 850m: 9:45.38   | 36.10 | 1250m: 14:33.70 | 36.03 |
|       | 100m: 1:02.74 33.08   | 500m: 5:35.76 | 35.09                   | 900m: 10:21.17  | 35.79 | 1300m: 15:09.79 | 36.09 |
|       | 150m: 1:36.14 33.40   | 550m: 6:10.89 | 35.13                   | 950m: 10:57.48  | 36.31 | 1350m: 15:45.88 | 36.09 |
|       | 200m: 2:09.80 33.66   | 600m: 6:46.27 | 35.38                   | 1000m: 11:33.61 | 36.13 | 1400m: 16:21.79 | 35.91 |
|       | 250m: 2:43.27 33.47   | 650m: 7:22.00 | 35.73                   | 1050m: 12:09.34 | 35.73 | 1450m: 16:57.44 | 35.65 |
|       | 300m: 3:17.43 34.16   | 700m: 7:57.63 | 35.63                   | 1100m: 12:45.57 | 36.23 | 1500m: 17:32.79 | 35.35 |
|       | 350m: 3:51.52 34.09   | 750m: 8:33.49 | 35.86                   | 1150m: 13:21.49 | 35.92 |                 |       |
|       | 400m: 4:25.79 34.27   | 800m: 9:09.28 | 35.79                   | 1200m: 13:57.67 | 36.18 |                 |       |

