



Torneio Zonal Juniores e Seniores (Zona Sul)  
Leiria, 14 e 15 de Novembro de 2020

Prova 2	Masc., 1500m Livres				Seniores
14/11/2020 - 9:50					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

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	<b>CARDOSO Diogo Santos</b>	<b>01</b>	<b>Colegio Monte Maior</b>	<b>15:28.69</b>		<b>761</b>	
	50m: 29.05 29.05	450m: 4:40.45	31.35	850m: 8:49.51	31.12	1250m: 12:56.82	30.81
	100m: 1:00.63 31.58	500m: 5:11.83	31.38	900m: 9:20.50	30.99	1300m: 13:28.00	31.18
	150m: 1:31.90 31.27	550m: 5:42.99	31.16	950m: 9:51.41	30.91	1350m: 13:58.66	30.66
	200m: 2:03.42 31.52	600m: 6:14.27	31.28	1000m: 10:22.13	30.72	1400m: 14:29.44	30.78
	250m: 2:35.10 31.68	650m: 6:45.23	30.96	1050m: 10:53.04	30.91	1450m: 14:59.73	30.29
	300m: 3:06.59 31.49	700m: 7:16.43	31.20	1100m: 11:24.22	31.18	1500m: 15:28.69	28.96
	350m: 3:37.62 31.03	750m: 7:47.50	31.07	1150m: 11:55.16	30.94		
	400m: 4:09.10 31.48	800m: 8:18.39	30.89	1200m: 12:26.01	30.85		

Prova 2	Masc., 1500m Livres				Juniores
14/11/2020 - 9:50					Resultados
RN25 Absoluto	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
1.	<b>LOPES Luis Afonso</b>	<b>03</b>	<b>Viver Santarem</b>	<b>16:02.51</b>		<b>684</b>	
	50m: 29.20 29.20	450m: 4:43.30	32.23	850m: 9:02.66	32.53	1250m: 13:22.57	32.67
	100m: 1:01.10 31.90	500m: 5:14.90	31.60	900m: 9:35.38	32.72	1300m: 13:55.07	32.50
	150m: 1:32.44 31.34	550m: 5:46.96	32.06	950m: 10:08.08	32.70	1350m: 14:27.56	32.49
	200m: 2:03.86 31.42	600m: 6:19.52	32.56	1000m: 10:40.76	32.68	1400m: 15:00.04	32.48
	250m: 2:35.62 31.76	650m: 6:52.02	32.50	1050m: 11:12.64	31.88	1450m: 15:31.67	31.63
	300m: 3:07.36 31.74	700m: 7:24.50	32.48	1100m: 11:45.07	32.43	1500m: 16:02.51	30.84
	350m: 3:44.35 31.62	750m: 7:57.16	32.66	1150m: 12:17.00	31.93		
	400m: 4:11.07 32.09	800m: 8:30.13	32.97	1200m: 12:49.90	32.90		
2.	<b>SILVA Nuno Marques</b>	<b>04</b>	<b>BA-Leiria</b>	<b>16:21.78</b>		<b>644</b>	
	50m: 29.38 29.38	450m: 4:50.19	32.89	850m: 9:10.82	32.56	1250m: 13:33.37	33.16
	100m: 1:01.16 31.78	500m: 5:22.94	32.75	900m: 9:43.71	32.89	1300m: 14:07.24	33.87
	150m: 1:33.45 32.29	550m: 5:55.66	32.72	950m: 10:16.14	32.43	1350m: 14:41.28	34.04
	200m: 2:06.05 32.60	600m: 6:27.96	32.30	1000m: 10:48.77	32.63	1400m: 15:15.47	34.19
	250m: 2:38.82 32.77	650m: 7:00.31	32.35	1050m: 11:21.29	32.52	1450m: 15:49.23	33.76
	300m: 3:11.59 32.77	700m: 7:32.97	32.66	1100m: 11:53.82	32.53	1500m: 16:21.78	32.55
	350m: 3:44.35 32.76	750m: 8:05.59	32.62	1150m: 12:26.89	33.07		
	400m: 4:17.30 32.95	800m: 8:38.26	32.67	1200m: 13:00.21	33.32		
3.	<b>CARVALHO Martim Henriques</b>	<b>04</b>	<b>Rio Maior</b>	<b>16:31.51</b>		<b>625</b>	
	50m: 29.55 29.55	450m: 4:46.54	32.67	850m: 9:12.43	33.52	1250m: 13:43.91	34.08
	100m: 1:01.31 31.76	500m: 5:19.55	33.01	900m: 9:45.97	33.54	1300m: 14:17.61	33.70
	150m: 1:33.22 31.91	550m: 5:52.67	33.12	950m: 10:20.21	34.24	1350m: 14:51.81	34.20
	200m: 2:05.02 31.80	600m: 6:25.83	33.16	1000m: 10:53.61	33.40	1400m: 15:25.72	33.91
	250m: 2:36.98 31.96	650m: 6:58.91	33.08	1050m: 11:27.95	34.34	1450m: 15:59.58	33.86
	300m: 3:09.08 32.10	700m: 7:31.91	33.00	1100m: 12:01.48	33.53	1500m: 16:31.51	31.93
	350m: 3:41.78 32.70	750m: 8:05.36	33.45	1150m: 12:35.53	34.05		
	400m: 4:13.87 32.09	800m: 8:38.91	33.55	1200m: 13:09.83	34.30		



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Prova 2, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	<b>TSYKAL Daniel</b>	<b>04</b>	<b>Alcobaca</b>	<b>17:01.75</b>		<b>571</b>	
	50m: 29.67 29.67	450m: 5:01.99	34.42	850m: 9:38.57	34.28	1250m: 14:13.26	34.42
	100m: 1:02.72 33.05	500m: 5:36.57	34.58	900m: 10:13.20	34.63	1300m: 14:47.24	33.98
	150m: 1:36.30 33.58	550m: 6:11.14	34.57	950m: 10:47.75	34.55	1350m: 15:21.78	34.54
	200m: 2:10.24 33.94	600m: 6:45.64	34.50	1000m: 11:22.04	34.29	1400m: 15:55.80	34.02
	250m: 2:44.55 34.31	650m: 7:19.97	34.33	1050m: 11:56.17	34.13	1450m: 16:29.42	33.62
	300m: 3:18.44 33.89	700m: 7:54.91	34.94	1100m: 12:30.27	34.10	1500m: 17:01.75	32.33
	350m: 3:53.09 34.65	750m: 8:29.97	35.06	1150m: 13:04.55	34.28		
	400m: 4:27.57 34.48	800m: 9:04.29	34.32	1200m: 13:38.84	34.29		
5.	<b>CLARA Vitor Belo</b>	<b>04</b>	<b>BA-Leiria</b>	<b>17:03.45</b>		<b>568</b>	
	50m: 29.85 29.85	450m: 4:56.66	33.96	850m: 9:28.26	34.68	1250m: 14:08.70	35.87
	100m: 1:01.93 32.08	500m: 5:30.92	34.26	900m: 10:02.66	34.40	1300m: 14:44.27	35.57
	150m: 1:34.78 32.85	550m: 6:03.43	32.51	950m: 10:37.14	34.48	1350m: 15:19.32	35.05
	200m: 2:07.64 32.86	600m: 6:37.22	33.79	1000m: 11:12.05	34.91	1400m: 15:54.98	35.66
	250m: 2:40.95 33.31	650m: 7:11.31	34.09	1050m: 11:47.20	35.15	1450m: 16:30.03	35.05
	300m: 3:14.48 33.53	700m: 7:45.79	34.48	1100m: 12:22.27	35.07	1500m: 17:03.45	33.42
	350m: 3:48.51 34.03	750m: 8:19.33	33.54	1150m: 12:57.43	35.16		
	400m: 4:22.70 34.19	800m: 8:53.58	34.25	1200m: 13:32.83	35.40		
6.	<b>LOPES Francisco Oliveira</b>	<b>04</b>	<b>Bombeiros Ponta Delgada</b>	<b>17:04.97</b>		<b>566</b>	
	50m: 30.49 30.49	450m: 5:02.89	34.12	850m: 9:40.22	34.95	1250m: 14:15.65	34.49
	100m: 1:03.30 32.81	500m: 5:37.27	34.38	900m: 10:15.01	34.79	1300m: 14:50.12	34.47
	150m: 1:36.92 33.62	550m: 6:12.01	34.74	950m: 10:49.77	34.76	1350m: 15:24.33	34.21
	200m: 2:10.79 33.87	600m: 6:46.61	34.60	1000m: 11:24.22	34.45	1400m: 15:58.26	33.93
	250m: 2:45.28 34.49	650m: 7:21.04	34.43	1050m: 11:58.14	33.92	1450m: 16:32.22	33.96
	300m: 3:19.88 34.60	700m: 7:55.34	34.30	1100m: 12:32.52	34.38	1500m: 17:04.97	32.75
	350m: 3:54.31 34.43	750m: 8:30.41	35.07	1150m: 13:06.57	34.05		
	400m: 4:28.77 34.46	800m: 9:05.27	34.86	1200m: 13:41.16	34.59		
7.	<b>ANJO Miguel Filipe</b>	<b>04</b>	<b>Cova da Piedade</b>	<b>17:18.02</b>		<b>545</b>	
	50m: 31.20 31.20	450m: 5:06.94	34.18	850m: 9:42.47	34.71	1250m: 14:24.15	34.98
	100m: 1:05.01 33.81	500m: 5:41.14	34.20	900m: 10:17.44	34.97	1300m: 14:59.50	35.35
	150m: 1:39.38 34.37	550m: 6:15.41	34.27	950m: 10:52.83	35.39	1350m: 15:34.88	35.38
	200m: 2:13.87 34.49	600m: 6:49.68	34.27	1000m: 11:28.19	35.36	1400m: 16:09.58	34.70
	250m: 2:48.69 34.82	650m: 7:24.05	34.37	1050m: 12:03.41	35.22	1450m: 16:44.40	34.82
	300m: 3:23.72 35.03	700m: 7:58.69	34.64	1100m: 12:38.44	35.03	1500m: 17:18.02	33.62
	350m: 3:58.44 34.72	750m: 8:33.15	34.46	1150m: 13:13.75	35.31		
	400m: 4:32.76 34.32	800m: 9:07.76	34.61	1200m: 13:49.17	35.42		
8.	<b>TROMBINHAS Tiago Miguel</b>	<b>04</b>	<b>Colegio Monte Maior</b>	<b>17:27.03</b>		<b>531</b>	
	50m: 30.32 30.32	450m: 5:05.14	34.84	850m: 9:47.48	35.47	1250m: 14:31.63	35.56
	100m: 1:03.61 33.29	500m: 5:39.92	34.78	900m: 10:22.71	35.23	1300m: 15:07.28	35.65
	150m: 1:37.47 33.86	550m: 6:15.07	35.15	950m: 10:58.42	35.71	1350m: 15:42.55	35.27
	200m: 2:11.54 34.07	600m: 6:50.39	35.32	1000m: 11:34.22	35.80	1400m: 16:18.00	35.45
	250m: 2:45.94 34.40	650m: 7:25.65	35.26	1050m: 12:09.49	35.27	1450m: 16:53.06	35.06
	300m: 3:20.58 34.64	700m: 8:01.10	35.45	1100m: 12:45.09	35.60	1500m: 17:27.03	33.97
	350m: 3:55.37 34.79	750m: 8:36.67	35.57	1150m: 13:20.57	35.48		
	400m: 4:30.30 34.93	800m: 9:12.01	35.34	1200m: 13:56.07	35.50		



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Leiria, 14 e 15 de Novembro de 2020



Prova 2, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA	
9.	DUARTE Pedro Esteves	03	Cova da Piedade	<b>17:36.12</b>		517		
	50m: 30.43	30.43	450m: 5:08.54	35.52	850m: 9:52.97	35.43	1250m: 14:40.51	35.76
	100m: 1:03.06	32.63	500m: 5:44.45	35.91	900m: 10:28.67	35.70	1300m: 15:16.18	35.67
	150m: 1:36.99	33.93	550m: 6:20.04	35.59	950m: 11:04.49	35.82	1350m: 15:51.49	35.31
	200m: 2:11.55	34.56	600m: 6:55.78	35.74	1000m: 11:40.37	35.88	1400m: 16:26.75	35.26
	250m: 2:46.68	35.13	650m: 7:31.24	35.46	1050m: 12:16.68	36.31	1450m: 17:01.58	34.83
	300m: 3:22.16	35.48	700m: 8:06.70	35.46	1100m: 12:52.62	35.94	1500m: 17:36.12	34.54
	350m: 3:57.67	35.51	750m: 8:42.10	35.40	1150m: 13:28.64	36.02		
	400m: 4:33.02	35.35	800m: 9:17.54	35.44	1200m: 14:04.75	36.11		