

**RUMO A PARIS 2024**  
Campeonato Nacional Clubes 3ª Divisão  
Guarda, 11-12-2021



Prova 14 11-12-2021 - 16:00	Masc., 800m Livres 3ª Divisão					Absolutos Resultados
Rec Nac Absoluto	7:46.18	NASCIMENTO Miguel Duarte	SLB	Porto	08-12-2017	
Rec Nac Sen	7:46.18	NASCIMENTO Miguel Duarte	SLB	Porto	08-12-2017	
Rec Nac Jun18	7:56.76	PINA Guilherme Filipe	BSCN	Porto	11-12-2015	
Rec Nac Jun17	8:00.80	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009	
Rec Nac Juv A	8:09.43	COSTA Rui Filipe	VSC	Senhora da Hora	12-05-2007	
Rec Nac Juv B	8:27.18	COSTA Rui Filipe	VSC	Senhora da Hora	13-05-2006	
Rec Nac Inf A	8:36.36	RUIVO Andre Vilas	DNMG	Nazaré	25-05-2014	
Rec Nac Inf B	9:07.20	RUIVO Andre Vilas	DNMG	Leiria	03-03-2013	

Pontos: FINA 2021

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARDOSO Filipe Santos	04	130500	Gafanha da Encarnacao	<b>8:44.98</b>	+0,64	602	33,00
	50m: 29.30 29.30		250m: 2:39.38 32.71	450m: 4:51.42 32.85	650m: 7:04.98 33.44			
	100m: 1:01.24 31.94		300m: 3:12.41 33.03	500m: 5:24.55 33.13	700m: 7:38.63 33.65			
	150m: 1:34.05 32.81		350m: 3:45.44 33.03	550m: 5:58.01 33.46	750m: 8:12.19 33.56			
	200m: 2:06.67 32.62		400m: 4:18.57 33.13	600m: 6:31.54 33.53	800m: 8:44.98 32.79			
2.	RODRIGUES Pedro Reis	02	123672	Sao Roque	<b>8:49.54</b>	+0,72	587	31,00
	50m: 28.07 28.07		250m: 2:37.56 33.18	450m: 4:52.03 33.91	650m: 7:07.97 34.07			
	100m: 59.40 31.33		300m: 3:11.04 33.48	500m: 5:25.85 33.82	700m: 7:42.14 34.17			
	150m: 1:31.48 32.08		350m: 3:44.33 33.29	550m: 5:59.79 33.94	750m: 8:16.03 33.89			
	200m: 2:04.38 32.90		400m: 4:18.12 33.79	600m: 6:33.90 34.11	800m: 8:49.54 33.51			
3.	CARVALHO Tiago Fonseca	03	127099	Naval Povoense	<b>8:59.75</b>	+0,77	554	30,00
	50m: 29.53 29.53		250m: 2:42.76 33.79	450m: 4:59.42 34.01	650m: 7:17.78 34.68			
	100m: 1:02.20 32.67		300m: 3:16.78 34.02	500m: 5:33.82 34.40	700m: 7:52.20 34.42			
	150m: 1:35.31 33.11		350m: 3:51.15 34.37	550m: 6:08.47 34.65	750m: 8:27.11 34.91			
	200m: 2:08.97 33.66		400m: 4:25.41 34.26	600m: 6:43.10 34.63	800m: 8:59.75 32.64			
4.	CRUZ Leonardo Jose	07	204601	Alcobaca	<b>8:59.82</b>	+0,70	554	29,00
	50m: 30.70 30.70		250m: 2:45.06 34.22	450m: 5:01.83 34.06	650m: 7:19.05 33.99			
	100m: 1:02.88 32.18		300m: 3:19.43 34.37	500m: 5:35.85 34.02	700m: 7:53.32 34.27			
	150m: 1:36.59 33.71		350m: 3:53.35 33.92	550m: 6:10.48 34.63	750m: 8:27.53 34.21			
	200m: 2:10.84 34.25		400m: 4:27.77 34.42	600m: 6:45.06 34.58	800m: 8:59.82 32.29			
5.	BARROS Joao Carlos	06	200357	Fluvial Portuense	<b>9:02.77</b>	+0,91	545	28,00
	50m: 29.71 29.71		250m: 2:43.81 34.21	450m: 5:01.51 34.52	650m: 7:20.98 34.88			
	100m: 1:02.33 32.62		300m: 3:18.37 34.56	500m: 5:36.18 34.67	700m: 7:55.72 34.74			
	150m: 1:35.68 33.35		350m: 3:52.48 34.11	550m: 6:10.98 34.80	750m: 8:30.60 34.88			
	200m: 2:09.60 33.92		400m: 4:26.99 34.51	600m: 6:46.10 35.12	800m: 9:02.77 32.17			
6.	MONTEIRO Jose Miguel	04	129576	Gualdim Pais	<b>9:05.07</b>	+0,87	538	27,00
	50m: 31.29 31.29		250m: 2:46.89 33.30	450m: 5:02.28 34.19	650m: 7:21.59 35.04			
	100m: 1:04.71 33.42		300m: 3:20.02 33.13	500m: 5:37.07 34.79	700m: 7:56.81 35.22			
	150m: 1:38.99 34.28		350m: 3:54.10 34.08	550m: 6:11.63 34.56	750m: 8:31.38 34.57			
	200m: 2:13.59 34.60		400m: 4:28.09 33.99	600m: 6:46.55 34.92	800m: 9:05.07 33.69			
7.	GONCALVES Jose Luis	05	131849	Fafe	<b>9:06.66</b>	+0,79	533	26,00
	50m: 30.30 30.30		250m: 2:47.45 34.51	450m: 5:06.35 34.85	650m: 7:26.52 34.92			
	100m: 1:04.14 33.84		300m: 3:21.77 34.32	500m: 5:41.51 35.16	700m: 8:01.83 35.31			
	150m: 1:38.39 34.25		350m: 3:56.52 34.75	550m: 6:16.41 34.90	750m: 8:35.99 34.16			
	200m: 2:12.94 34.55		400m: 4:31.50 34.98	600m: 6:51.60 35.19	800m: 9:06.66 30.67			

Splash Meet Manager, 11.71436

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



**RUMO A PARIS 2024**  
Campeonato Nacional Clubes 3ª Divisão  
Guarda, 11-12-2021



Prova 14, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	TRISTAO Miguel Salomao	04	129885	Portinado	<b>9:07.16</b>	+0,67	532	25,00
	50m: 28.51 28.51			250m: 2:42.12 34.40	450m: 5:01.68 35.40	650m: 7:24.06 35.78		
	100m: 1:00.91 32.40			300m: 3:16.24 34.12	500m: 5:37.39 35.71	700m: 7:59.56 35.50		
	150m: 1:34.19 33.28			350m: 3:51.30 35.06	550m: 6:13.02 35.63	750m: 8:34.87 35.31		
	200m: 2:07.72 33.53			400m: 4:26.28 34.98	600m: 6:48.28 35.26	800m: 9:07.16 32.29		
9.	FRAZAO Francisco Couto	06	131112	Uniao Coimbra	<b>9:07.69</b>	+0,75	530	24,00
	50m: 29.98 29.98			250m: 2:48.65 34.44	450m: 5:08.14 34.30	650m: 7:26.89 34.33		
	100m: 1:04.14 34.16			300m: 3:23.54 34.89	500m: 5:42.76 34.62	700m: 8:01.47 34.58		
	150m: 1:39.07 34.93			350m: 3:58.79 35.25	550m: 6:17.94 35.18	750m: 8:35.69 34.22		
	200m: 2:14.21 35.14			400m: 4:33.84 35.05	600m: 6:52.56 34.62	800m: 9:07.69 32.00		
10.	CASTRO Martim Pereira	02	124907	Escola O Liceu	<b>9:09.44</b>	+0,72	525	23,00
	50m: 30.12 30.12			250m: 2:47.62 34.55	450m: 5:06.76 34.84	650m: 7:27.08 34.85		
	100m: 1:04.38 34.26			300m: 3:22.41 34.79	500m: 5:41.93 35.17	700m: 8:01.41 34.33		
	150m: 1:38.79 34.41			350m: 3:57.20 34.79	550m: 6:16.91 34.98	750m: 8:35.97 34.56		
	200m: 2:13.07 34.28			400m: 4:31.92 34.72	600m: 6:52.23 35.32	800m: 9:09.44 33.47		
11.	QUEIROS Luis Pedro	04	124051	Viana Natacao	<b>9:09.90</b>	+0,99	524	22,00
	50m: 29.78 29.78			250m: 2:48.83 35.23	450m: 5:08.77 34.62	650m: 7:27.70 34.81		
	100m: 1:03.58 33.80			300m: 3:24.02 35.19	500m: 5:43.49 34.72	700m: 8:02.60 34.90		
	150m: 1:38.68 35.10			350m: 3:59.04 35.02	550m: 6:18.32 34.83	750m: 8:37.22 34.62		
	200m: 2:13.60 34.92			400m: 4:34.15 35.11	600m: 6:52.89 34.57	800m: 9:09.90 32.68		
12.	SOUSA Afonso Coelho	05	127647	Nucleo Sporting da Terceira	<b>9:11.43</b>	+0,78	519	21,00
	50m: 30.87 30.87			250m: 2:46.37 34.42	450m: 5:05.27 35.49	650m: 7:27.57 35.88		
	100m: 1:04.06 33.19			300m: 3:20.82 34.45	500m: 5:40.53 35.26	700m: 8:02.85 35.28		
	150m: 1:37.71 33.65			350m: 3:55.30 34.48	550m: 6:15.99 35.46	750m: 8:37.82 34.97		
	200m: 2:11.95 34.24			400m: 4:29.78 34.48	600m: 6:51.69 35.70	800m: 9:11.43 33.61		
13.	BRAZ Romao Noronha	04	127443	Naval de Ponta Delgada	<b>9:16.52</b>	+0,79	505	20,00
	50m: 30.98 30.98			250m: 2:49.22 35.31	450m: 5:10.76 35.55	650m: 7:32.61 35.90		
	100m: 1:04.39 33.41			300m: 3:24.71 35.49	500m: 5:46.57 35.81	700m: 8:08.26 35.65		
	150m: 1:38.71 34.32			350m: 3:59.99 35.28	550m: 6:21.75 35.18	750m: 8:42.79 34.53		
	200m: 2:13.91 35.20			400m: 4:35.21 35.22	600m: 6:56.71 34.96	800m: 9:16.52 33.73		
14.	MIRA Tomas Martins	04	132215	Setubalense	<b>9:17.19</b>	+0,79	504	19,00
	50m: 29.70 29.70			250m: 2:50.33 35.10	450m: 5:12.17 35.77	650m: 7:33.90 35.45		
	100m: 1:04.23 34.53			300m: 3:25.51 35.18	500m: 5:47.39 35.22	700m: 8:08.99 35.09		
	150m: 1:39.73 35.50			350m: 4:01.52 36.01	550m: 6:23.24 35.85	750m: 8:43.51 34.52		
	200m: 2:15.23 35.50			400m: 4:36.40 34.88	600m: 6:58.45 35.21	800m: 9:17.19 33.68		
15.	ROCHA Jose Pedro	04	201748	Peso da Regua	<b>9:27.06</b>	+0,82	478	18,00
	50m: 31.58 31.58			250m: 2:50.50 35.35	450m: 5:13.14 35.69	650m: 7:37.56 36.43		
	100m: 1:05.22 33.64			300m: 3:26.03 35.53	500m: 5:49.09 35.95	700m: 8:14.53 36.97		
	150m: 1:39.81 34.59			350m: 4:01.86 35.83	550m: 6:25.22 36.13	750m: 8:51.25 36.72		
	200m: 2:15.15 35.34			400m: 4:37.45 35.59	600m: 7:01.13 35.91	800m: 9:27.06 35.81		
16.	CHOCAS Rodrigo Martins	07	130042	Electrico Clube/ FGil.pt	<b>9:30.90</b>	+0,69	468	17,00
	50m: 31.32 31.32			250m: 2:56.18 36.14	450m: 5:19.03 35.92	650m: 7:43.94 36.10		
	100m: 1:07.32 36.00			300m: 3:31.72 35.54	500m: 5:55.43 36.40	700m: 8:20.32 36.38		
	150m: 1:43.90 36.58			350m: 4:07.22 35.50	550m: 6:31.67 36.24	750m: 8:57.19 36.87		
	200m: 2:20.04 36.14			400m: 4:43.11 35.89	600m: 7:07.84 36.17	800m: 9:30.90 33.71		
17.	RODRIGUES Francisco Manuel	06	129657	Naval da Horta	<b>9:34.02</b>	+0,83	460	16,00
	50m: 31.54 31.54			250m: 2:52.88 35.88	450m: 5:17.10 36.30	650m: 7:43.93 36.92		
	100m: 1:05.87 34.33			300m: 3:28.57 35.69	500m: 5:53.69 36.59	700m: 8:20.86 36.93		
	150m: 1:41.25 35.38			350m: 4:04.62 36.05	550m: 6:30.39 36.70	750m: 8:57.67 36.81		
	200m: 2:17.00 35.75			400m: 4:40.80 36.18	600m: 7:07.01 36.62	800m: 9:34.02 36.35		

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**RUMO A PARIS 2024**  
Campeonato Nacional Clubes 3ª Divisão  
Guarda, 11-12-2021



Prova 14, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	MARQUES Jose Januario	07	207254	Pimpoes/Cimai	<b>9:40.83</b>	+0,82	444	15,00
	50m: 32.73 32.73			250m: 2:58.91 36.45 450m: 5:26.85	37.05	650m: 7:53.76	37.00	
	100m: 1:09.15 36.42			300m: 3:35.81 36.90 500m: 6:03.69	36.84	700m: 8:30.57	36.81	
	150m: 1:45.91 36.76			350m: 4:12.38 36.57 550m: 6:40.15	36.46	750m: 9:06.52	35.95	
	200m: 2:22.46 36.55			400m: 4:49.80 37.42 600m: 7:16.76	36.61	800m: 9:40.83	34.31	
19.	SANTOS Tomas Alexandre	07	200575	BUZIOS - Coruche	<b>9:44.78</b>	+0,86	435	14,00
	50m: 32.50 32.50			250m: 3:00.11 37.53 450m: 5:28.10	37.08	650m: 7:56.58	36.02	
	100m: 1:09.00 36.50			300m: 3:37.09 36.98 500m: 6:05.81	37.71	700m: 8:33.47	36.89	
	150m: 1:45.43 36.43			350m: 4:14.41 37.32 550m: 6:43.47	37.66	750m: 9:09.77	36.30	
	200m: 2:22.58 37.15			400m: 4:51.02 36.61 600m: 7:20.56	37.09	800m: 9:44.78	35.01	
20.	SANTOS Roberto Pinho	03	122871	Estamos Juntos	<b>9:44.99</b>	+0,84	435	13,00
	50m: 30.69 30.69			250m: 2:52.09 36.30 450m: 5:21.22	37.35	650m: 7:52.71	38.02	
	100m: 1:05.07 34.38			300m: 3:28.99 36.90 500m: 5:59.06	37.84	700m: 8:30.51	37.80	
	150m: 1:40.11 35.04			350m: 4:06.49 37.50 550m: 6:36.71	37.65	750m: 9:08.63	38.12	
	200m: 2:15.79 35.68			400m: 4:43.87 37.38 600m: 7:14.69	37.98	800m: 9:44.99	36.36	
21.	CARMO Tiago Narciso	85	153493	Ginasio Santo Tirso	<b>9:51.29</b>	+0,81	421	12,00
	50m: 30.48 30.48			250m: 2:54.68 36.45 450m: 5:24.15	37.72	650m: 7:56.99	37.95	
	100m: 1:05.37 34.89			300m: 3:31.65 36.97 500m: 6:02.39	38.24	700m: 8:35.02	38.03	
	150m: 1:41.50 36.13			350m: 4:09.01 37.36 550m: 6:40.49	38.10	750m: 9:13.64	38.62	
	200m: 2:18.23 36.73			400m: 4:46.43 37.42 600m: 7:19.04	38.55	800m: 9:51.29	37.65	
22.	DURAES Diogo Miguel	03	123448	Natacao do Montijo	<b>9:52.61</b>	+0,80	418	11,00
	50m: 30.65 30.65			250m: 2:50.35 35.85 450m: 5:23.06	38.58	650m: 7:59.71	39.31	
	100m: 1:04.01 33.36			300m: 3:27.36 37.01 500m: 6:01.83	38.77	700m: 8:38.21	38.50	
	150m: 1:38.70 34.69			350m: 4:05.69 38.33 550m: 6:41.16	39.33	750m: 9:15.98	37.77	
	200m: 2:14.50 35.80			400m: 4:44.48 38.79 600m: 7:20.40	39.24	800m: 9:52.61	36.63	
23.	PINTO Guilherme Romeira	07	200844	Sporting de Espinho	<b>9:55.49</b>	+0,82	412	10,00
	50m: 33.53 33.53			250m: 3:04.21 37.76 450m: 5:35.43	37.93	650m: 8:06.75	37.77	
	100m: 1:11.14 37.61			300m: 3:41.87 37.66 500m: 6:13.09	37.66	700m: 8:44.38	37.63	
	150m: 1:48.59 37.45			350m: 4:19.67 37.80 550m: 6:51.20	38.11	750m: 9:21.39	37.01	
	200m: 2:26.45 37.86			400m: 4:57.50 37.83 600m: 7:28.98	37.78	800m: 9:55.49	34.10	
24.	MARIANO Samuel Andre	02	132931	Litoral Alentejano	<b>10:01.88</b>	+0,93	399	9,00
	50m: 33.10 33.10			250m: 3:04.44 37.56 450m: 5:37.57	37.57	650m: 8:07.84	37.74	
	100m: 1:10.75 37.65			300m: 3:42.73 38.29 500m: 6:14.67	37.10	700m: 8:45.23	37.39	
	150m: 1:48.96 38.21			350m: 4:21.26 38.53 550m: 6:52.31	37.64	750m: 9:23.24	38.01	
	200m: 2:26.88 37.92			400m: 5:00.00 38.74 600m: 7:30.10	37.79	800m: 10:01.88	38.64	
25.	OLIVEIRA Joaquim Gabriel	07	210986	Sporting de Aveiro	<b>10:02.66</b>	+0,88	398	8,00
	50m: 35.77 35.77			250m: 3:07.33 37.52 450m: 5:42.26	38.57	800m: 10:02.66	2:25.74	
	100m: 1:13.33 37.56			300m: 3:45.76 38.43 500m: 6:20.42	38.16			
	150m: 1:50.96 37.63			350m: 4:25.02 39.26 550m: 6:58.49	38.07			
	200m: 2:29.81 38.85			400m: 5:03.69 38.67 600m: 7:36.92	38.43			
26.	RAPOSO Luis Miguel	04	201950	CPCD-Povoa St Iria	<b>10:07.88</b>	+0,78	388	7,00
	50m: 32.09 32.09			250m: 3:00.76 37.69 450m: 5:34.78	39.75	650m: 8:12.19	39.86	
	100m: 1:07.72 35.63			300m: 3:38.76 38.00 500m: 6:13.84	39.06	700m: 8:51.80	39.61	
	150m: 1:45.33 37.61			350m: 4:16.80 38.04 550m: 6:52.70	38.86	750m: 9:36.15	44.35	
	200m: 2:23.07 37.74			400m: 4:55.03 38.23 600m: 7:32.33	39.63	800m: 10:07.88	31.73	
27.	MEDEIROS Tomas Araujo	06	132980	Agua de Pau	<b>10:20.96</b>	+0,83	364	6,00
	50m: 33.24 33.24			250m: 3:08.46 39.65 450m: 5:48.65	39.99	650m: 8:26.56	39.31	
	100m: 1:10.89 37.65			300m: 3:47.88 39.42 500m: 6:27.99	39.34	700m: 9:05.82	39.26	
	150m: 1:49.81 38.92			350m: 4:28.19 40.31 550m: 7:07.83	39.84	750m: 9:44.32	38.50	
	200m: 2:28.81 39.00			400m: 5:08.66 40.47 600m: 7:47.25	39.42	800m: 10:20.96	36.64	

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	ALVES Diogo Basilio	07	201709	Juventude Atlantico	<b>10:27.20</b>	+0,67	353	5,00
	50m: 34.60 34.60			250m: 3:11.09 40.15	450m: 5:50.54 40.50	800m: 10:27.20	2:36.28	
	100m: 1:12.94 38.34			300m: 3:50.57 39.48	500m: 6:30.66 40.12			
	150m: 1:51.80 38.86			350m: 4:30.16 39.59	550m: 7:10.80 40.14			
	200m: 2:30.94 39.14			400m: 5:10.04 39.88	600m: 7:50.92 40.12			
29.	LOURENCO Diogo Filipe	05	202551	CCDSerta	<b>11:27.09</b>	+0,70	268	4,00
	50m: 33.22 33.22			250m: 3:11.13 40.12	450m: 6:07.67 45.90	650m: 9:11.98	46.38	
	100m: 1:11.38 38.16			300m: 3:53.75 42.62	500m: 6:54.49 46.82	700m: 9:57.28	45.30	
	150m: 1:50.84 39.46			350m: 4:36.97 43.22	550m: 7:40.02 45.53	750m: 10:43.11	45.83	
	200m: 2:31.01 40.17			400m: 5:21.77 44.80	600m: 8:25.60 45.58	800m: 11:27.09	43.98	
30.	AFONSO Tiago Dinis	06	200433	Natacao Guarda	<b>11:36.34</b>	+0,76	258	3,00
	50m: 36.67 36.67			200m: 2:42.51 42.79	350m: 4:55.91 44.96	500m: 7:12.19	45.69	
	100m: 1:17.65 40.98			250m: 3:26.60 44.09	400m: 5:41.28 45.37	550m: 7:56.97	44.78	
	150m: 1:59.72 42.07			300m: 4:10.95 44.35	450m: 6:26.50 45.22	800m: 11:36.34	3:39.37	
31.	ANTUNES Diogo Rafael	04	207443	CLAC-Entroncamento	<b>11:40.59</b>	+0,96	253	2,00
	50m: 35.48 35.48			250m: 3:28.90 44.38	450m: 6:30.57 45.75	650m: 9:32.59	44.78	
	100m: 1:16.77 41.29			300m: 4:14.14 45.24	500m: 7:16.45 45.88	700m: 10:17.60	45.01	
	150m: 2:00.02 43.25			350m: 4:59.55 45.41	550m: 8:01.95 45.50	750m: 11:01.51	43.91	
	200m: 2:44.52 44.50			400m: 5:44.82 45.27	600m: 8:47.81 45.86	800m: 11:40.59	39.08	

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



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