

Prova 1	Masc., 800m Livres					Absolutos
26-11-2021 - 9:00						Resultados
RN25 Absoluto	7:42.14	LOPES Jose Paulo	SCB	Felgueiras		20-12-2019
RN25 Sen	7:42.14	LOPES Jose Paulo	SCB	Felgueiras		20-12-2019
RN25 Jun18	7:56.76	PINA Guilherme Filipe	BSCN	Porto		11-12-2015
RN25 Jun17	8:00.80	SANTA Gustavo Manuel	CNLA	Leiria		06-12-2009
RN S15	9:07.81	CRUZ Miguel Duarte	CFB	Felgueiras		20-12-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	LOPES Jose Paulo	00	Braga	7:48.22	+0,70	849	
	50m: 27.09 27.09	250m: 2:25.36	29.92	450m: 4:24.52	29.03	650m: 6:21.43	29.01
	100m: 56.50 29.41	300m: 2:55.17	29.81	500m: 4:53.76	29.24	700m: 6:50.78	29.35
	150m: 1:25.76 29.26	350m: 3:25.23	30.06	550m: 5:22.90	29.14	750m: 7:19.81	29.03
	200m: 1:55.44 29.68	400m: 3:55.49	30.26	600m: 5:52.42	29.52	800m: 7:48.22	28.41
2.	VELOSO Tomas Miguel	96	Nautico Academico	8:01.52	+0,66	780	
	50m: 27.42 27.42	250m: 2:28.16	30.66	450m: 4:29.24	29.86	650m: 6:30.51	30.80
	100m: 57.15 29.73	300m: 2:58.79	30.63	500m: 4:59.09	29.85	700m: 7:01.40	30.89
	150m: 1:27.14 29.99	350m: 3:29.02	30.23	550m: 5:29.35	30.26	750m: 7:32.08	30.68
	200m: 1:57.50 30.36	400m: 3:59.38	30.36	600m: 5:59.71	30.36	800m: 8:01.52	29.44
3.	SANTOS Pedro Miguel	01	Porto	8:03.13	+0,68	773	
	50m: 27.45 27.45	250m: 2:28.09	30.57	450m: 4:26.81	29.88	650m: 6:30.76	31.67
	100m: 57.33 29.88	300m: 2:57.52	29.43	500m: 4:57.06	30.25	700m: 7:02.38	31.62
	150m: 1:27.31 29.98	350m: 3:27.14	29.62	550m: 5:27.76	30.70	750m: 7:33.72	31.34
	200m: 1:57.52 30.21	400m: 3:56.93	29.79	600m: 5:59.09	31.33	800m: 8:03.13	29.41
4.	CARDOSO Diogo Santos	01	Sporting	8:03.40	+0,74	771	
	50m: 28.15 28.15	250m: 2:30.16	30.52	450m: 4:31.77	30.09	650m: 6:33.20	30.39
	100m: 58.64 30.49	300m: 3:00.77	30.61	500m: 5:02.14	30.37	700m: 7:03.88	30.68
	150m: 1:29.11 30.47	350m: 3:31.34	30.57	550m: 5:32.46	30.32	750m: 7:34.40	30.52
	200m: 1:59.64 30.53	400m: 4:01.68	30.34	600m: 6:02.81	30.35	800m: 8:03.40	29.00
5.	AMARAL Francisco Rodriguez	02	Porto	8:14.38	+0,71	721	
	50m: 27.68 27.68	250m: 2:31.00	31.28	450m: 4:36.06	30.90	650m: 6:41.72	31.22
	100m: 58.01 30.33	300m: 3:02.44	31.44	500m: 5:07.56	31.50	700m: 7:13.08	31.36
	150m: 1:28.62 30.61	350m: 3:33.82	31.38	550m: 5:39.04	31.48	750m: 7:44.02	30.94
	200m: 1:59.72 31.10	400m: 4:05.16	31.34	600m: 6:10.50	31.46	800m: 8:14.38	30.36

DNS TRAVANCA Sergio Filipe 00 Colegio Efanor

Juniores

1.	ALMEIDA Bernardo Victorino	04	Sporting	8:22.04	+0,63	689	
	50m: 27.06 27.06	250m: 2:31.07	31.54	450m: 4:38.71	32.23	650m: 6:48.30	32.01
	100m: 57.63 30.57	300m: 3:02.62	31.55	500m: 5:11.15	32.44	700m: 7:20.38	32.08
	150m: 1:28.23 30.60	350m: 3:34.26	31.64	550m: 5:43.77	32.62	750m: 7:52.09	31.71
	200m: 1:59.53 31.30	400m: 4:06.48	32.22	600m: 6:16.29	32.52	800m: 8:22.04	29.95

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
2.	CLARA Vitor Belo	04	Ba-Leiria	8:22.69	+0,74	686	
	50m: 27.96 27.96	250m: 2:32.11	31.39 450m: 4:40.90	31.61	650m: 6:48.29	32.33	
	100m: 58.41 30.45	300m: 3:04.19	32.08 500m: 5:12.38	31.48	700m: 7:20.69	32.40	
	150m: 1:29.55 31.14	350m: 3:36.82	32.63 550m: 5:44.09	31.71	750m: 7:52.32	31.63	
	200m: 2:00.72 31.17	400m: 4:09.29	32.47 600m: 6:15.96	31.87	800m: 8:22.69	30.37	
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	8:23.64	+0,83	682	
	50m: 28.27 28.27	250m: 2:36.38	32.22 450m: 4:44.49	31.19	650m: 6:52.08	31.14	
	100m: 59.76 31.49	300m: 3:08.64	32.26 500m: 5:16.31	31.82	700m: 7:23.09	31.01	
	150m: 1:31.89 32.13	350m: 3:41.14	32.50 550m: 5:48.62	32.31	750m: 7:53.78	30.69	
	200m: 2:04.16 32.27	400m: 4:13.30	32.16 600m: 6:20.94	32.32	800m: 8:23.64	29.86	
4.	APSENIECE Kevins Alexandre	04	Porto	8:26.31	+0,90	671	
	50m: 28.52 28.52	250m: 2:36.21	32.15 450m: 4:44.77	31.77	650m: 6:52.88	32.00	
	100m: 59.81 31.29	300m: 3:08.59	32.38 500m: 5:16.57	31.80	700m: 7:24.42	31.54	
	150m: 1:31.94 32.13	350m: 3:40.90	32.31 550m: 5:48.78	32.21	750m: 7:56.04	31.62	
	200m: 2:04.06 32.12	400m: 4:13.00	32.10 600m: 6:20.88	32.10	800m: 8:26.31	30.27	
5.	MARQUES Gustavo Pires	04	Sao Roque	8:27.85	+0,68	665	
	50m: 27.42 27.42	250m: 2:29.08	30.99 450m: 4:36.67	32.45	650m: 6:48.94	32.89	
	100m: 57.28 29.86	300m: 3:00.59	31.51 500m: 5:09.56	32.89	700m: 7:22.32	33.38	
	150m: 1:27.47 30.19	350m: 3:32.20	31.61 550m: 5:42.62	33.06	750m: 7:55.72	33.40	
	200m: 1:58.09 30.62	400m: 4:04.22	32.02 600m: 6:16.05	33.43	800m: 8:27.85	32.13	
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	8:35.19	+0,64	637	
	50m: 29.25 29.25	250m: 2:39.36	32.99 450m: 4:50.40	32.54	650m: 6:58.98	31.64	
	100m: 1:01.24 31.99	300m: 3:12.24	32.88 500m: 5:22.87	32.47	700m: 7:31.20	32.22	
	150m: 1:33.58 32.34	350m: 3:45.04	32.80 550m: 5:55.33	32.46	750m: 8:03.55	32.35	
	200m: 2:06.37 32.79	400m: 4:17.86	32.82 600m: 6:27.34	32.01	800m: 8:35.19	31.64	
7.	CARVALHO Goncalo Renato	04	Porto	8:41.43	+0,75	614	
	50m: 30.05 30.05	250m: 2:39.89	32.95 450m: 4:51.54	32.65	650m: 7:04.40	32.99	
	100m: 1:02.24 32.19	300m: 3:12.63	32.74 500m: 5:24.74	33.20	700m: 7:37.32	32.92	
	150m: 1:34.72 32.48	350m: 3:45.45	32.82 550m: 5:58.38	33.64	750m: 8:10.15	32.83	
	200m: 2:06.94 32.22	400m: 4:18.89	33.44 600m: 6:31.41	33.03	800m: 8:41.43	31.28	
8.	CARVALHO Joao Carlos	05	Braga	8:44.57	+0,75	603	
	50m: 29.34 29.34	250m: 2:40.73	33.15 450m: 4:53.45	33.43	650m: 7:07.08	33.19	
	100m: 1:01.67 32.33	300m: 3:13.74	33.01 500m: 5:26.73	33.28	700m: 7:40.34	33.26	
	150m: 1:34.60 32.93	350m: 3:46.92	33.18 550m: 6:00.26	33.53	750m: 8:12.99	32.65	
	200m: 2:07.58 32.98	400m: 4:20.02	33.10 600m: 6:33.89	33.63	800m: 8:44.57	31.58	
9.	SOUSA Joao Maria	05	Braga	8:44.89	+0,70	602	
	50m: 28.41 28.41	250m: 2:36.45	32.34 450m: 4:48.11	33.37	650m: 7:04.03	34.40	
	100m: 59.86 31.45	300m: 3:09.28	32.83 500m: 5:21.67	33.56	700m: 7:38.42	34.39	
	150m: 1:31.98 32.12	350m: 3:42.00	32.72 550m: 5:55.41	33.74	750m: 8:12.33	33.91	
	200m: 2:04.11 32.13	400m: 4:14.74	32.74 600m: 6:29.63	34.22	800m: 8:44.89	32.56	
10.	GONCALVES Alexandre Ramos	05	Colegio Efanor	8:46.83	+0,69	596	
	50m: 29.16 29.16	250m: 2:39.95	32.90 450m: 4:52.36	32.97	650m: 7:06.23	33.68	
	100m: 1:01.10 31.94	300m: 3:13.07	33.12 500m: 5:25.34	32.98	700m: 7:40.12	33.89	
	150m: 1:33.78 32.68	350m: 3:46.44	33.37 550m: 5:58.37	33.03	750m: 8:14.36	34.24	
	200m: 2:07.05 33.27	400m: 4:19.39	32.95 600m: 6:32.55	34.18	800m: 8:46.83	32.47	

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delgad	8:47.77	+0,79	593	
	50m: 29.38 29.38	250m: 2:39.29	32.99	450m: 4:52.62	33.55	650m: 7:08.16	34.16
	100m: 1:01.08 31.70	300m: 3:12.43	33.14	500m: 5:26.27	33.65	700m: 7:42.15	33.99
	150m: 1:33.54 32.46	350m: 3:45.75	33.32	550m: 6:00.14	33.87	750m: 8:15.55	33.40
	200m: 2:06.30 32.76	400m: 4:19.07	33.32	600m: 6:34.00	33.86	800m: 8:47.77	32.22
12.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	8:48.07	+0,75	592	
	50m: 29.62 29.62	250m: 2:40.18	32.83	450m: 4:53.60	33.44	650m: 7:09.27	33.98
	100m: 1:01.99 32.37	300m: 3:13.37	33.19	500m: 5:27.40	33.80	700m: 7:43.09	33.82
	150m: 1:34.59 32.60	350m: 3:46.51	33.14	550m: 6:01.28	33.88	750m: 8:16.09	33.00
	200m: 2:07.35 32.76	400m: 4:20.16	33.65	600m: 6:35.29	34.01	800m: 8:48.07	31.98
13.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	8:49.08	+0,71	588	
	50m: 28.98 28.98	250m: 2:39.31	32.62	450m: 4:52.83	33.48	650m: 7:07.54	33.54
	100m: 1:01.48 32.50	300m: 3:12.35	33.04	500m: 5:26.52	33.69	700m: 7:41.72	34.18
	150m: 1:34.14 32.66	350m: 3:45.65	33.30	550m: 6:00.24	33.72	750m: 8:15.29	33.57
	200m: 2:06.69 32.55	400m: 4:19.35	33.70	600m: 6:34.00	33.76	800m: 8:49.08	33.79