

RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 2

Masc., 1500m Livres

Juniores

31/03/2022 - 18:20

Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore (SGP)	30/08/2015

CEJun_Masc 15 - 18: 15:56.90 / CMJun_Masc 15 - 18: 15:38.05

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Gustavo Pires	04	Uniao Coimbra	16:18.04	+0,71	706	
	50m: 29.09 29.09	450m: 4:46.49 32.34	850m: 9:09.63 32.62	1250m: 13:33.88 33.44			
	100m: 1:00.79 31.70	500m: 5:19.28 32.79	900m: 9:42.19 32.56	1300m: 14:07.20 33.32			
	150m: 1:33.03 32.24	550m: 5:52.07 32.79	950m: 10:15.01 32.82	1350m: 14:40.42 33.22			
	200m: 2:05.00 31.97	600m: 6:25.02 32.95	1000m: 10:48.06 33.05	1400m: 15:13.77 33.35			
	250m: 2:37.34 32.34	650m: 6:58.11 33.09	1050m: 11:20.90 32.84	1450m: 15:46.46 32.69			
	300m: 3:09.99 32.65	700m: 7:31.04 32.93	1100m: 11:54.38 33.48	1500m: 16:18.04 31.58			
	350m: 3:41.92 31.93	750m: 8:03.98 32.94	1150m: 12:26.83 32.45				
	400m: 4:14.15 32.23	800m: 8:37.01 33.03	1200m: 13:00.44 33.61				
2.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	16:25.20	+0,74	691	
	50m: 28.74 28.74	450m: 4:53.04 33.19	850m: 9:16.44 32.91	1250m: 13:41.40 33.36			
	100m: 1:01.09 32.35	500m: 5:26.54 33.50	900m: 9:49.54 33.10	1300m: 14:14.59 33.19			
	150m: 1:34.15 33.06	550m: 5:59.17 32.63	950m: 10:22.66 33.12	1350m: 14:47.80 33.21			
	200m: 2:07.30 33.15	600m: 6:32.04 32.87	1000m: 10:55.78 33.12	1400m: 15:20.83 33.03			
	250m: 2:40.42 33.12	650m: 7:04.90 32.86	1050m: 11:28.78 33.00	1450m: 15:53.64 32.81			
	300m: 3:13.71 33.29	700m: 7:38.08 33.18	1100m: 12:01.82 33.04	1500m: 16:25.20 31.56			
	350m: 3:46.65 32.94	750m: 8:10.75 32.67	1150m: 12:34.73 32.91				
	400m: 4:19.85 33.20	800m: 8:43.53 32.78	1200m: 13:08.04 33.31				
3.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	16:46.39	+0,67	648	
	50m: 30.64 30.64	450m: 5:01.69 33.83	850m: 9:32.72 33.54	1250m: 14:01.55 33.58			
	100m: 1:04.15 33.51	500m: 5:35.53 33.84	900m: 10:06.35 33.63	1300m: 14:35.16 33.61			
	150m: 1:37.76 33.61	550m: 6:09.41 33.88	950m: 10:39.75 33.40	1350m: 15:08.71 33.55			
	200m: 2:11.65 33.89	600m: 6:43.24 33.83	1000m: 11:13.43 33.68	1400m: 15:42.13 33.42			
	250m: 2:45.59 33.94	650m: 7:17.01 33.77	1050m: 11:47.21 33.78	1450m: 16:14.60 32.47			
	300m: 3:19.73 34.14	700m: 7:50.82 33.81	1100m: 12:21.03 33.82	1500m: 16:46.39 31.79			
	350m: 3:53.75 34.02	750m: 8:25.11 34.29	1150m: 12:54.29 33.26				
	400m: 4:27.86 34.11	800m: 8:59.18 34.07	1200m: 13:27.97 33.68				
4.	CARVALHO Martim Henriques	04	Rio Maior	16:54.42	+0,68	633	
	50m: 30.77 30.77	450m: 5:00.40 34.51	850m: 9:33.86 34.46	1250m: 14:06.93 33.79			
	100m: 1:04.14 33.37	500m: 5:34.57 34.17	900m: 10:07.64 33.78	1300m: 14:40.92 33.99			
	150m: 1:37.50 33.36	550m: 6:08.51 33.94	950m: 10:42.17 34.53	1350m: 15:14.96 34.04			
	200m: 2:11.19 33.69	600m: 6:42.70 34.19	1000m: 11:16.14 33.97	1400m: 15:48.81 33.85			
	250m: 2:45.36 34.17	650m: 7:16.77 34.07	1050m: 11:50.98 34.84	1450m: 16:22.31 33.50			
	300m: 3:19.41 34.05	700m: 7:51.22 34.45	1100m: 12:25.03 34.05	1500m: 16:54.42 32.11			
	350m: 3:51.79 32.38	750m: 8:25.39 34.17	1150m: 12:59.44 34.41				
	400m: 4:25.89 34.10	800m: 8:59.40 34.01	1200m: 13:33.14 33.70				
5.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	16:58.60	+0,74	625	
	50m: 29.60 29.60	450m: 4:56.62 34.18	850m: 9:30.23 34.25	1250m: 14:07.59 34.49			
	100m: 1:02.01 32.41	500m: 5:30.36 33.74	900m: 10:04.43 34.20	1300m: 14:42.66 35.07			
	150m: 1:34.90 32.89	550m: 6:04.37 34.01	950m: 10:39.27 34.84	1350m: 15:17.91 35.25			
	200m: 2:07.96 33.06	600m: 6:38.55 34.18	1000m: 11:13.64 34.37	1400m: 15:52.35 34.44			
	250m: 2:41.57 33.61	650m: 7:12.95 34.40	1050m: 11:48.99 35.35	1450m: 16:25.91 33.56			
	300m: 3:15.05 33.48	700m: 7:47.08 34.13	1100m: 12:23.72 34.73	1500m: 16:58.60 32.69			
	350m: 3:48.73 33.68	750m: 8:21.89 34.81	1150m: 12:58.34 34.62				
	400m: 4:22.44 33.71	800m: 8:55.98 34.09	1200m: 13:33.10 34.76				

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

31/03/2022 18:38 - Página 1

ORGANIZAÇÃO



CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 2, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	CARVALHO Goncalo Renato	04	Porto	17:02.17	+0,73	618	
	50m: 29.91 29.91	450m: 4:59.07 33.87	850m: 9:34.50 34.34	1250m: 14:11.72 34.32			
	100m: 1:02.94 33.03	500m: 5:33.77 34.70	900m: 10:09.24 34.74	1300m: 14:46.82 35.10			
	150m: 1:36.07 33.13	550m: 6:08.17 34.40	950m: 10:43.94 34.70	1350m: 15:20.89 34.07			
	200m: 2:09.53 33.46	600m: 6:42.67 34.50	1000m: 11:18.93 34.99	1400m: 15:55.31 34.42			
	250m: 2:43.26 33.73	650m: 7:16.96 34.29	1050m: 11:53.45 34.52	1450m: 16:29.29 33.98			
	300m: 3:17.25 33.99	700m: 7:51.77 34.81	1100m: 12:28.42 34.97	1500m: 17:02.17 32.88			
	350m: 3:51.17 33.92	750m: 8:25.94 34.17	1150m: 13:02.68 34.26				
	400m: 4:25.20 34.03	800m: 9:00.16 34.22	1200m: 13:37.40 34.72				
7.	PEREIRA Manuel Angelo	05	Sporting	17:02.51	+0,74	618	
	50m: 29.57 29.57	450m: 5:00.82 34.62	850m: 9:36.00 34.42	1250m: 14:12.01 34.45			
	100m: 1:02.09 32.52	500m: 5:34.99 34.17	900m: 10:10.21 34.21	1300m: 14:46.30 34.29			
	150m: 1:35.66 33.57	550m: 6:09.43 34.44	950m: 10:44.73 34.52	1350m: 15:20.90 34.60			
	200m: 2:09.58 33.92	600m: 6:43.68 34.25	1000m: 11:19.12 34.39	1400m: 15:55.42 34.52			
	250m: 2:43.65 34.07	650m: 7:18.25 34.57	1050m: 11:53.94 34.82	1450m: 16:29.44 34.02			
	300m: 3:17.64 33.99	700m: 7:52.74 34.49	1100m: 12:28.05 34.11	1500m: 17:02.51 33.07			
	350m: 3:52.11 34.47	750m: 8:27.40 34.66	1150m: 13:02.46 34.41				
	400m: 4:26.20 34.09	800m: 9:01.58 34.18	1200m: 13:37.56 35.10				
8.	SOUSA Joao Maria	05	Braga	17:08.55	+0,68	607	
	50m: 29.34 29.34	450m: 4:58.99 34.03	850m: 9:33.92 34.20	1250m: 14:15.32 35.36			
	100m: 1:02.00 32.66	500m: 5:33.43 34.44	900m: 10:08.91 34.99	1300m: 14:50.56 35.24			
	150m: 1:35.24 33.24	550m: 6:07.72 34.29	950m: 10:43.67 34.76	1350m: 15:24.77 34.21			
	200m: 2:09.00 33.76	600m: 6:42.31 34.59	1000m: 11:18.72 35.05	1400m: 16:00.33 35.56			
	250m: 2:42.74 33.74	650m: 7:16.61 34.30	1050m: 11:53.89 35.17	1450m: 16:34.65 34.32			
	300m: 3:16.91 34.17	700m: 7:51.23 34.62	1100m: 12:29.35 35.46	1500m: 17:08.55 33.90			
	350m: 3:50.75 33.84	750m: 8:25.22 33.99	1150m: 13:04.54 35.19				
	400m: 4:24.96 34.21	800m: 8:59.72 34.50	1200m: 13:39.96 35.42				
9.	GOMES Marcio Fernandes	04	Braga	17:08.65	+0,63	607	
	50m: 30.17 30.17	450m: 4:59.09 34.01	850m: 9:33.56 33.94	1250m: 14:12.13 35.26			
	100m: 1:03.05 32.88	500m: 5:32.98 33.89	900m: 10:08.16 34.60	1300m: 14:47.32 35.19			
	150m: 1:36.14 33.09	550m: 6:07.44 34.46	950m: 10:42.68 34.52	1350m: 15:23.06 35.74			
	200m: 2:09.61 33.47	600m: 6:41.59 34.15	1000m: 11:17.28 34.60	1400m: 15:58.71 35.65			
	250m: 2:43.43 33.82	650m: 7:15.70 34.11	1050m: 11:52.40 35.12	1450m: 16:34.69 35.98			
	300m: 3:17.37 33.94	700m: 7:50.22 34.52	1100m: 12:27.32 34.92	1500m: 17:08.65 33.96			
	350m: 3:51.05 33.68	750m: 8:25.07 34.85	1150m: 13:01.94 34.62				
	400m: 4:25.08 34.03	800m: 8:59.62 34.55	1200m: 13:36.87 34.93				
10.	AMADO Pedro Maria	05	Alges	17:43.32	+0,76	549	
	50m: 29.83 29.83	450m: 5:05.55 35.00	850m: 9:51.30 36.07	1250m: 14:42.56 36.23			
	100m: 1:02.63 32.80	500m: 5:40.83 35.28	900m: 10:27.23 35.93	1300m: 15:19.20 36.64			
	150m: 1:36.53 33.90	550m: 6:16.29 35.46	950m: 11:03.13 35.90	1350m: 15:55.79 36.59			
	200m: 2:11.06 34.53	600m: 6:52.22 35.93	1000m: 11:39.38 36.25	1400m: 16:32.55 36.76			
	250m: 2:45.78 34.72	650m: 7:27.79 35.57	1050m: 12:15.87 36.49	1450m: 17:08.55 36.00			
	300m: 3:20.75 34.97	700m: 8:03.56 35.77	1100m: 12:52.28 36.41	1500m: 17:43.32 34.77			
	350m: 3:55.47 34.72	750m: 8:39.16 35.60	1150m: 13:29.25 36.97				
	400m: 4:30.55 35.08	800m: 9:15.23 36.07	1200m: 14:06.33 37.08				

RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 2, Masc., 1500m Livres

Prova 2

Masc., 1500m Livres

Seniores

31/03/2022 - 18:20

Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
CEPL : 15:18.18 / CMPL : 15:04.64					

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	15:37.28	+0,70	802	
	50m: 28.68 28.68	450m: 4:39.21	31.55	850m: 8:52.08	31.84	1250m: 13:04.14	31.35
	100m: 59.66 30.98	500m: 5:10.70	31.49	900m: 9:23.57	31.49	1300m: 13:35.43	31.29
	150m: 1:30.48 30.82	550m: 5:42.33	31.63	950m: 9:55.17	31.60	1350m: 14:06.45	31.02
	200m: 2:01.66 31.18	600m: 6:13.88	31.55	1000m: 10:26.73	31.56	1400m: 14:37.48	31.03
	250m: 2:33.18 31.52	650m: 6:45.36	31.48	1050m: 10:58.17	31.44	1450m: 15:08.27	30.79
	300m: 3:04.41 31.23	700m: 7:16.94	31.58	1100m: 11:29.73	31.56	1500m: 15:37.28	29.01
	350m: 3:36.01 31.60	750m: 7:48.57	31.63	1150m: 12:01.24	31.51		
	400m: 4:07.66 31.65	800m: 8:20.24	31.67	1200m: 12:32.79	31.55		
2.	CARDOSO Diogo Santos	01	Sporting	15:37.49	+0,70	802	
	50m: 28.99 28.99	450m: 4:42.82	31.76	850m: 8:54.74	31.51	1250m: 13:05.01	31.29
	100m: 1:00.48 31.49	500m: 5:14.26	31.44	900m: 9:25.89	31.15	1300m: 13:36.23	31.22
	150m: 1:32.32 31.84	550m: 5:45.66	31.40	950m: 9:57.32	31.43	1350m: 14:07.31	31.08
	200m: 2:04.10 31.78	600m: 6:17.20	31.54	1000m: 10:28.84	31.52	1400m: 14:38.02	30.71
	250m: 2:36.08 31.98	650m: 6:48.76	31.56	1050m: 11:00.13	31.29	1450m: 15:08.64	30.62
	300m: 3:07.77 31.69	700m: 7:20.22	31.46	1100m: 11:31.42	31.29	1500m: 15:37.49	28.85
	350m: 3:39.67 31.90	750m: 7:51.77	31.55	1150m: 12:02.83	31.41		
	400m: 4:11.06 31.39	800m: 8:23.23	31.46	1200m: 12:33.72	30.89		
3.	SANTOS Pedro Miguel	01	Porto	16:07.92	+0,72	728	
	50m: 29.04 29.04	450m: 4:44.88	32.06	850m: 9:01.81	32.62	1250m: 13:24.75	32.94
	100m: 1:01.08 32.04	500m: 5:16.64	31.76	900m: 9:34.36	32.55	1300m: 13:57.58	32.83
	150m: 1:33.38 32.30	550m: 5:48.44	31.80	950m: 10:07.14	32.78	1350m: 14:30.48	32.90
	200m: 2:05.40 32.02	600m: 6:20.69	32.25	1000m: 10:39.81	32.67	1400m: 15:03.01	32.53
	250m: 2:37.79 32.39	650m: 6:52.60	31.91	1050m: 11:12.39	32.58	1450m: 15:35.74	32.73
	300m: 3:10.00 32.21	700m: 7:24.54	31.94	1100m: 11:45.39	33.00	1500m: 16:07.92	32.18
	350m: 3:41.36 31.36	750m: 7:56.79	32.25	1150m: 12:18.47	33.08		
	400m: 4:12.82 31.46	800m: 8:29.19	32.40	1200m: 12:51.81	33.34		
4.	AMARAL Francisco Rodriguez	02	Porto	16:16.92	+0,75	708	
	50m: 29.19 29.19	450m: 4:45.90	32.77	850m: 9:10.08	33.25	1250m: 13:34.29	33.53
	100m: 1:00.97 31.78	500m: 5:18.99	33.09	900m: 9:42.94	32.86	1300m: 14:07.54	33.25
	150m: 1:32.91 31.94	550m: 5:51.63	32.64	950m: 10:15.91	32.97	1350m: 14:41.18	33.64
	200m: 2:04.67 31.76	600m: 6:24.59	32.96	1000m: 10:48.87	32.96	1400m: 15:14.16	32.98
	250m: 2:36.70 32.03	650m: 6:57.77	33.18	1050m: 11:22.01	33.14	1450m: 15:46.63	32.47
	300m: 3:08.60 31.90	700m: 7:30.75	32.98	1100m: 11:54.93	32.92	1500m: 16:16.92	30.29
	350m: 3:40.58 31.98	750m: 8:03.84	33.09	1150m: 12:27.67	32.74		
	400m: 4:13.13 32.55	800m: 8:36.83	32.99	1200m: 13:00.76	33.09		

RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Absolutos
31/03/2022 - 18:20 Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore (SGP)	30/08/2015

CEJun_Masc 15 - 18: 15:56.90 / CMJun_Masc 15 - 18: 15:38.05 / CEPL Sen: 15:18.18 / CMPL Sen: 15:04.64

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	15:37.28	+0,70	802	
	50m: 28.68 28.68	450m: 4:39.21 31.55	850m: 8:52.08 31.84	1250m: 13:04.14 31.35			
	100m: 59.66 30.98	500m: 5:10.70 31.49	900m: 9:23.57 31.49	1300m: 13:35.43 31.29			
	150m: 1:30.48 30.82	550m: 5:42.33 31.63	950m: 9:55.17 31.60	1350m: 14:06.45 31.02			
	200m: 2:01.66 31.18	600m: 6:13.88 31.55	1000m: 10:26.73 31.56	1400m: 14:37.48 31.03			
	250m: 2:33.18 31.52	650m: 6:45.36 31.48	1050m: 10:58.17 31.44	1450m: 15:08.27 30.79			
	300m: 3:04.41 31.23	700m: 7:16.94 31.58	1100m: 11:29.73 31.56	1500m: 15:37.28 29.01			
	350m: 3:36.01 31.60	750m: 7:48.57 31.63	1150m: 12:01.24 31.51				
	400m: 4:07.66 31.65	800m: 8:20.24 31.67	1200m: 12:32.79 31.55				
2.	CARDOSO Diogo Santos	01	Sporting	15:37.49	+0,70	802	
	50m: 28.99 28.99	450m: 4:42.82 31.76	850m: 8:54.74 31.51	1250m: 13:05.01 31.29			
	100m: 1:00.48 31.49	500m: 5:14.26 31.44	900m: 9:25.89 31.15	1300m: 13:36.23 31.22			
	150m: 1:32.32 31.84	550m: 5:45.66 31.40	950m: 9:57.32 31.43	1350m: 14:07.31 31.08			
	200m: 2:04.10 31.78	600m: 6:17.20 31.54	1000m: 10:28.84 31.52	1400m: 14:38.02 30.71			
	250m: 2:36.08 31.98	650m: 6:48.76 31.56	1050m: 11:00.13 31.29	1450m: 15:08.64 30.62			
	300m: 3:07.77 31.69	700m: 7:20.22 31.46	1100m: 11:31.42 31.29	1500m: 15:37.49 28.85			
	350m: 3:39.67 31.90	750m: 7:51.77 31.55	1150m: 12:02.83 31.41				
	400m: 4:11.06 31.39	800m: 8:23.23 31.46	1200m: 12:33.72 30.89				
3.	SANTOS Pedro Miguel	01	Porto	16:07.92	+0,72	728	
	50m: 29.04 29.04	450m: 4:44.88 32.06	850m: 9:01.81 32.62	1250m: 13:24.75 32.94			
	100m: 1:01.08 32.04	500m: 5:16.64 31.76	900m: 9:34.36 32.55	1300m: 13:57.58 32.83			
	150m: 1:33.38 32.30	550m: 5:48.44 31.80	950m: 10:07.14 32.78	1350m: 14:30.48 32.90			
	200m: 2:05.40 32.02	600m: 6:20.69 32.25	1000m: 10:39.81 32.67	1400m: 15:03.01 32.53			
	250m: 2:37.79 32.39	650m: 6:52.60 31.91	1050m: 11:12.39 32.58	1450m: 15:35.74 32.73			
	300m: 3:10.00 32.21	700m: 7:24.54 31.94	1100m: 11:45.39 33.00	1500m: 16:07.92 32.18			
	350m: 3:41.36 31.36	750m: 7:56.79 32.25	1150m: 12:18.47 33.08				
	400m: 4:12.82 31.46	800m: 8:29.19 32.40	1200m: 12:51.81 33.34				
4.	AMARAL Francisco Rodriguez	02	Porto	16:16.92	+0,75	708	
	50m: 29.19 29.19	450m: 4:45.90 32.77	850m: 9:10.08 33.25	1250m: 13:34.29 33.53			
	100m: 1:00.97 31.78	500m: 5:18.99 33.09	900m: 9:42.94 32.86	1300m: 14:07.54 33.25			
	150m: 1:32.91 31.94	550m: 5:51.63 32.64	950m: 10:15.91 32.97	1350m: 14:41.18 33.64			
	200m: 2:04.67 31.76	600m: 6:24.59 32.96	1000m: 10:48.87 32.96	1400m: 15:14.16 32.98			
	250m: 2:36.70 32.03	650m: 6:57.77 33.18	1050m: 11:22.01 33.14	1450m: 15:46.63 32.47			
	300m: 3:08.60 31.90	700m: 7:30.75 32.98	1100m: 11:54.93 32.92	1500m: 16:16.92 30.29			
	350m: 3:40.58 31.98	750m: 8:03.84 33.09	1150m: 12:27.67 32.74				
	400m: 4:13.13 32.55	800m: 8:36.83 32.99	1200m: 13:00.76 33.09				

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	MARQUES Gustavo Pires	04	Uniao Coimbra	16:18.04	+0,71	706	
	50m: 29.09 29.09	450m: 4:46.49 32.34	850m: 9:09.63 32.62	1250m: 13:33.88 33.44			
	100m: 1:00.79 31.70	500m: 5:19.28 32.79	900m: 9:42.19 32.56	1300m: 14:07.20 33.32			
	150m: 1:33.03 32.24	550m: 5:52.07 32.79	950m: 10:15.01 32.82	1350m: 14:40.42 33.22			
	200m: 2:05.00 31.97	600m: 6:25.02 32.95	1000m: 10:48.06 33.05	1400m: 15:13.77 33.35			
	250m: 2:37.34 32.34	650m: 6:58.11 33.09	1050m: 11:20.90 32.84	1450m: 15:46.46 32.69			
	300m: 3:09.99 32.65	700m: 7:31.04 32.93	1100m: 11:54.38 33.48	1500m: 16:18.04 31.58			
	350m: 3:41.92 31.93	750m: 8:03.98 32.94	1150m: 12:26.83 32.45				
	400m: 4:14.15 32.23	800m: 8:37.01 33.03	1200m: 13:00.44 33.61				
6.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	16:25.20	+0,74	691	
	50m: 28.74 28.74	450m: 4:53.04 33.19	850m: 9:16.44 32.91	1250m: 13:41.40 33.36			
	100m: 1:01.09 32.35	500m: 5:26.54 33.50	900m: 9:49.54 33.10	1300m: 14:14.59 33.19			
	150m: 1:34.15 33.06	550m: 5:59.17 32.63	950m: 10:22.66 33.12	1350m: 14:47.80 33.21			
	200m: 2:07.30 33.15	600m: 6:32.04 32.87	1000m: 10:55.78 33.12	1400m: 15:20.83 33.03			
	250m: 2:40.42 33.12	650m: 7:04.90 32.86	1050m: 11:28.78 33.00	1450m: 15:53.64 32.81			
	300m: 3:13.71 33.29	700m: 7:38.08 33.18	1100m: 12:01.82 33.04	1500m: 16:25.20 31.56			
	350m: 3:46.65 32.94	750m: 8:10.75 32.67	1150m: 12:34.73 32.91				
	400m: 4:19.85 33.20	800m: 8:43.53 32.78	1200m: 13:08.04 33.31				
7.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	16:46.39	+0,67	648	
	50m: 30.64 30.64	450m: 5:01.69 33.83	850m: 9:32.72 33.54	1250m: 14:01.55 33.58			
	100m: 1:04.15 33.51	500m: 5:35.53 33.84	900m: 10:06.35 33.63	1300m: 14:35.16 33.61			
	150m: 1:37.76 33.61	550m: 6:09.41 33.88	950m: 10:39.75 33.40	1350m: 15:08.71 33.55			
	200m: 2:11.65 33.89	600m: 6:43.24 33.83	1000m: 11:13.43 33.68	1400m: 15:42.13 33.42			
	250m: 2:45.59 33.94	650m: 7:17.01 33.77	1050m: 11:47.21 33.78	1450m: 16:14.60 32.47			
	300m: 3:19.73 34.14	700m: 7:50.82 33.81	1100m: 12:21.03 33.82	1500m: 16:46.39 31.79			
	350m: 3:53.75 34.02	750m: 8:25.11 34.29	1150m: 12:54.29 33.26				
	400m: 4:27.86 34.11	800m: 8:59.18 34.07	1200m: 13:27.97 33.68				
8.	CARVALHO Martim Henriques	04	Rio Maior	16:54.42	+0,68	633	
	50m: 30.77 30.77	450m: 5:00.40 34.51	850m: 9:33.86 34.46	1250m: 14:06.93 33.79			
	100m: 1:04.14 33.37	500m: 5:34.57 34.17	900m: 10:07.64 33.78	1300m: 14:40.92 33.99			
	150m: 1:37.50 33.36	550m: 6:08.51 33.94	950m: 10:42.17 34.53	1350m: 15:14.96 34.04			
	200m: 2:11.19 33.69	600m: 6:42.70 34.19	1000m: 11:16.14 33.97	1400m: 15:48.81 33.85			
	250m: 2:45.36 34.17	650m: 7:16.77 34.07	1050m: 11:50.98 34.84	1450m: 16:22.31 33.50			
	300m: 3:19.41 34.05	700m: 7:51.22 34.45	1100m: 12:25.03 34.05	1500m: 16:54.42 32.11			
	350m: 3:51.79 32.38	750m: 8:25.39 34.17	1150m: 12:59.44 34.41				
	400m: 4:25.89 34.10	800m: 8:59.40 34.01	1200m: 13:33.14 33.70				
9.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	16:58.60	+0,74	625	
	50m: 29.60 29.60	450m: 4:56.62 34.18	850m: 9:30.23 34.25	1250m: 14:07.59 34.49			
	100m: 1:02.01 32.41	500m: 5:30.36 33.74	900m: 10:04.43 34.20	1300m: 14:42.66 35.07			
	150m: 1:34.90 32.89	550m: 6:04.37 34.01	950m: 10:39.27 34.84	1350m: 15:17.91 35.25			
	200m: 2:07.96 33.06	600m: 6:38.55 34.18	1000m: 11:13.64 34.37	1400m: 15:52.35 34.44			
	250m: 2:41.57 33.61	650m: 7:12.95 34.40	1050m: 11:48.99 35.35	1450m: 16:25.91 33.56			
	300m: 3:15.05 33.48	700m: 7:47.08 34.13	1100m: 12:23.72 34.73	1500m: 16:58.60 32.69			
	350m: 3:48.73 33.68	750m: 8:21.89 34.81	1150m: 12:58.34 34.62				
	400m: 4:22.44 33.71	800m: 8:55.98 34.09	1200m: 13:33.10 34.76				

RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL
Coimbra, 31 de Março a 03 de Abril de 2022

Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CARVALHO Goncalo Renato	04	Porto	17:02.17	+0,73	618	
	50m: 29.91 29.91	450m: 4:59.07 33.87	850m: 9:34.50 34.34	1250m: 14:11.72 34.32			
	100m: 1:02.94 33.03	500m: 5:33.77 34.70	900m: 10:09.24 34.74	1300m: 14:46.82 35.10			
	150m: 1:36.07 33.13	550m: 6:08.17 34.40	950m: 10:43.94 34.70	1350m: 15:20.89 34.07			
	200m: 2:09.53 33.46	600m: 6:42.67 34.50	1000m: 11:18.93 34.99	1400m: 15:55.31 34.42			
	250m: 2:43.26 33.73	650m: 7:16.96 34.29	1050m: 11:53.45 34.52	1450m: 16:29.29 33.98			
	300m: 3:17.25 33.99	700m: 7:51.77 34.81	1100m: 12:28.42 34.97	1500m: 17:02.17 32.88			
	350m: 3:51.17 33.92	750m: 8:25.94 34.17	1150m: 13:02.68 34.26				
	400m: 4:25.20 34.03	800m: 9:00.16 34.22	1200m: 13:37.40 34.72				
11.	PEREIRA Manuel Angelo	05	Sporting	17:02.51	+0,74	618	
	50m: 29.57 29.57	450m: 5:00.82 34.62	850m: 9:36.00 34.42	1250m: 14:12.01 34.45			
	100m: 1:02.09 32.52	500m: 5:34.99 34.17	900m: 10:10.21 34.21	1300m: 14:46.30 34.29			
	150m: 1:35.66 33.57	550m: 6:09.43 34.44	950m: 10:44.73 34.52	1350m: 15:20.90 34.60			
	200m: 2:09.58 33.92	600m: 6:43.68 34.25	1000m: 11:19.12 34.39	1400m: 15:55.42 34.52			
	250m: 2:43.65 34.07	650m: 7:18.25 34.57	1050m: 11:53.94 34.82	1450m: 16:29.44 34.02			
	300m: 3:17.64 33.99	700m: 7:52.74 34.49	1100m: 12:28.05 34.11	1500m: 17:02.51 33.07			
	350m: 3:52.11 34.47	750m: 8:27.40 34.66	1150m: 13:02.46 34.41				
	400m: 4:26.20 34.09	800m: 9:01.58 34.18	1200m: 13:37.56 35.10				
12.	SOUSA Joao Maria	05	Braga	17:08.55	+0,68	607	
	50m: 29.34 29.34	450m: 4:58.99 34.03	850m: 9:33.92 34.20	1250m: 14:15.32 35.36			
	100m: 1:02.00 32.66	500m: 5:33.43 34.44	900m: 10:08.91 34.99	1300m: 14:50.56 35.24			
	150m: 1:35.24 33.24	550m: 6:07.72 34.29	950m: 10:43.67 34.76	1350m: 15:24.77 34.21			
	200m: 2:09.00 33.76	600m: 6:42.31 34.59	1000m: 11:18.72 35.05	1400m: 16:00.33 35.56			
	250m: 2:42.74 33.74	650m: 7:16.61 34.30	1050m: 11:53.89 35.17	1450m: 16:34.65 34.32			
	300m: 3:16.91 34.17	700m: 7:51.23 34.62	1100m: 12:29.35 35.46	1500m: 17:08.55 33.90			
	350m: 3:50.75 33.84	750m: 8:25.22 33.99	1150m: 13:04.54 35.19				
	400m: 4:24.96 34.21	800m: 8:59.72 34.50	1200m: 13:39.96 35.42				
13.	GOMES Marcio Fernandes	04	Braga	17:08.65	+0,63	607	
	50m: 30.17 30.17	450m: 4:59.09 34.01	850m: 9:33.56 33.94	1250m: 14:12.13 35.26			
	100m: 1:03.05 32.88	500m: 5:32.98 33.89	900m: 10:08.16 34.60	1300m: 14:47.32 35.19			
	150m: 1:36.14 33.09	550m: 6:07.44 34.46	950m: 10:42.68 34.52	1350m: 15:23.06 35.74			
	200m: 2:09.61 33.47	600m: 6:41.59 34.15	1000m: 11:17.28 34.60	1400m: 15:58.71 35.65			
	250m: 2:43.43 33.82	650m: 7:15.70 34.11	1050m: 11:52.40 35.12	1450m: 16:34.69 35.98			
	300m: 3:17.37 33.94	700m: 7:50.22 34.52	1100m: 12:27.32 34.92	1500m: 17:08.65 33.96			
	350m: 3:51.05 33.68	750m: 8:25.07 34.85	1150m: 13:01.94 34.62				
	400m: 4:25.08 34.03	800m: 8:59.62 34.55	1200m: 13:36.87 34.93				
14.	AMADO Pedro Maria	05	Alges	17:43.32	+0,76	549	
	50m: 29.83 29.83	450m: 5:05.55 35.00	850m: 9:51.30 36.07	1250m: 14:42.56 36.23			
	100m: 1:02.63 32.80	500m: 5:40.83 35.28	900m: 10:27.23 35.93	1300m: 15:19.20 36.64			
	150m: 1:36.53 33.90	550m: 6:16.29 35.46	950m: 11:03.13 35.90	1350m: 15:55.79 36.59			
	200m: 2:11.06 34.53	600m: 6:52.22 35.93	1000m: 11:39.38 36.25	1400m: 16:32.55 36.76			
	250m: 2:45.78 34.72	650m: 7:27.79 35.57	1050m: 12:15.87 36.49	1450m: 17:08.55 36.00			
	300m: 3:20.75 34.97	700m: 8:03.56 35.77	1100m: 12:52.28 36.41	1500m: 17:43.32 34.77			
	350m: 3:55.47 34.72	750m: 8:39.16 35.60	1150m: 13:29.25 36.97				
	400m: 4:30.55 35.08	800m: 9:15.23 36.07	1200m: 14:06.33 37.08				