

Prova 14	Masc., 800m Livres				3ª Divisao MASC	
02/12/2022 - 16:00	3ª Divisao				Resultados	
Rec Nac Absoluto	7:42.14	Jose Paulo LOPES	SCB	Felgueiras	20/12/2019	
Rec Nac Sen	7:42.14	Jose Paulo LOPES	SCB	Felgueiras	20/12/2019	
Rec Nac Jun18	7:56.76	Guilherme Filipe PINA	BSCN	Porto	11/12/2015	
Rec Nac Jun17	8:00.80	Gustavo Manuel SANTA	CNLA	Leiria	06/12/2009	
Rec Nac Juv A	8:09.43	Rui Filipe COSTA	VSC	Senhora da Hora	12/05/2007	
Rec Nac Juv B	8:27.18	Rui Filipe COSTA	VSC	Senhora da Hora	13/05/2006	
Rec Nac Inf A	8:36.36	Andre Vilas RUIVO	DNMG	Nazaré	25/05/2014	
Rec Nac Inf B	9:07.20	Andre Vilas RUIVO	DNMG	Leiria	03/03/2013	

Lugar	Nome	T. Reaçao	Sexo	Licenca	Ano	Clube	Tempo Final	Pts
1.	Gabriel Jose LOPES	+0,62	M	24488	97	Louzan Natacao/EFAPEL	8:07.75	33,00
	50m: 26.99	26.99	250m: 2:28.52	30.49	450m: 4:31.16	30.58	650m: 6:34.87	31.23
	100m: 57.21	30.22	300m: 2:59.24	30.72	500m: 5:01.99	30.83	700m: 7:05.98	31.11
	150m: 1:27.65	30.44	350m: 3:29.88	30.64	550m: 5:32.87	30.88	750m: 7:37.34	31.36
	200m: 1:58.03	30.38	400m: 4:00.58	30.70	600m: 6:03.64	30.77	800m: 8:07.75	30.41
2.	Vitor Belo CLARA	+0,75	M	127243	04	CNLeiria	8:32.09	31,00
	50m: 28.33	28.33	250m: 2:34.95	31.48	450m: 4:44.94	32.29	650m: 6:54.78	32.00
	100m: 59.71	31.38	300m: 3:07.31	32.36	500m: 5:17.49	32.55	700m: 7:27.27	32.49
	150m: 1:31.62	31.91	350m: 3:39.93	32.62	550m: 5:50.14	32.65	750m: 7:59.99	32.72
	200m: 2:03.47	31.85	400m: 4:12.65	32.72	600m: 6:22.78	32.64	800m: 8:32.09	32.10
3.	Leonardo Jose CRUZ	+0,70	M	204601	07	Alcobaca	8:36.72	30,00
	50m: 29.86	29.86	250m: 2:39.74	32.38	450m: 4:48.58	32.49	650m: 6:59.12	32.87
	100m: 1:01.99	32.13	300m: 3:11.78	32.04	500m: 5:21.19	32.61	700m: 7:31.97	32.85
	150m: 1:34.49	32.50	350m: 3:43.87	32.09	550m: 5:53.74	32.55	750m: 8:05.07	33.10
	200m: 2:07.36	32.87	400m: 4:16.09	32.22	600m: 6:26.25	32.51	800m: 8:36.72	31.65
4.	Alexandre MORARI		M	206445	07	Rio Maior	8:42.85	29,00
	50m: 28.88	28.88	250m: 2:37.98	32.66	450m: 4:48.70	32.61	650m: 7:02.46	32.71
	100m: 1:00.56	31.68	300m: 3:10.80	32.82	500m: 5:22.06	33.36	700m: 7:35.45	32.99
	150m: 1:32.99	32.43	350m: 3:43.40	32.60	550m: 5:55.80	33.74	750m: 8:09.44	33.99
	200m: 2:05.32	32.33	400m: 4:16.09	32.69	600m: 6:29.75	33.95	800m: 8:42.85	33.41
5.	Guilherme Pereira COUTINHO	+0,70	M	130516	03	Viver Santarem	8:49.43	28,00
	50m: 28.85	28.85	250m: 2:38.43	32.95	450m: 4:52.20	33.96	650m: 7:08.47	34.16
	100m: 1:00.49	31.64	300m: 3:11.56	33.13	500m: 5:26.30	34.10	700m: 7:42.92	34.45
	150m: 1:32.60	32.11	350m: 3:44.85	33.29	550m: 6:00.02	33.72	750m: 8:16.72	33.80
	200m: 2:05.48	32.88	400m: 4:18.24	33.39	600m: 6:34.31	34.29	800m: 8:49.43	32.71
6.	Tiago Diniz LIMA	+0,81	M	132172	04	Estarreja/PROZINCO	8:52.22	27,00
	50m: 29.35	29.35	250m: 2:43.91	33.73	450m: 4:57.83	33.11	650m: 7:12.22	33.63
	100m: 1:02.46	33.11	300m: 3:17.80	33.89	500m: 5:31.29	33.46	700m: 7:46.02	33.80
	150m: 1:36.55	34.09	350m: 3:51.20	33.40	550m: 6:04.89	33.60	750m: 8:19.78	33.76
	200m: 2:10.18	33.63	400m: 4:24.72	33.52	600m: 6:38.59	33.70	800m: 8:52.22	32.44
7.	Tiago Fonseca CARVALHO		M	127099	03	Naval Povoense	8:54.01	26,00
	50m: 29.20	29.20	250m: 2:41.37	33.35	450m: 4:56.26	33.79	650m: 7:13.45	34.47
	100m: 1:01.78	32.58	300m: 3:14.77	33.40	500m: 5:30.53	34.27	700m: 7:47.59	34.14
	150m: 1:34.81	33.03	350m: 3:48.52	33.75	550m: 6:04.74	34.21	750m: 8:21.50	33.91
	200m: 2:08.02	33.21	400m: 4:22.47	33.95	600m: 6:38.98	34.24	800m: 8:54.01	32.51
8.	Francisco Couto FRAZAO	+0,78	M	131112	06	Uniao Coimbra	8:59.32	25,00
	50m: 29.73	29.73	250m: 2:42.71	33.36	450m: 4:59.74	33.97	650m: 7:17.02	34.05
	100m: 1:02.34	32.61	300m: 3:17.20	34.49	500m: 5:33.77	34.03	700m: 7:51.76	34.74
	150m: 1:35.40	33.06	350m: 3:51.93	34.73	550m: 6:08.59	34.82	750m: 8:25.74	33.98
	200m: 2:09.35	33.95	400m: 4:25.77	33.84	600m: 6:42.97	34.38	800m: 8:59.32	33.58
9.	Martim Pereira CASTRO	+0,73	M	124907	02	Escola O Liceu	8:59.62	24,00
	50m: 30.12	30.12	250m: 2:44.50	33.72	450m: 5:01.58	34.46	650m: 7:19.06	34.41
	100m: 1:03.03	32.91	300m: 3:18.63	34.13	500m: 5:36.10	34.52	700m: 7:53.20	34.14
	150m: 1:36.66	33.63	350m: 3:52.72	34.09	550m: 6:10.54	34.44	750m: 8:26.94	33.74
	200m: 2:10.78	34.12	400m: 4:27.12	34.40	600m: 6:44.65	34.11	800m: 8:59.62	32.68
10.	Tiago Almeida CORREIA	+0,92	M	139280	06	Natacao do Montijo	9:00.77	23,00
	50m: 28.82	28.82	250m: 2:43.07	33.96	450m: 5:00.71	34.44	650m: 7:19.76	34.26
	100m: 1:01.36	32.54	300m: 3:17.29	34.22	500m: 5:36.07	35.36	700m: 7:54.82	35.06
	150m: 1:34.94	33.58	350m: 3:51.74	34.45	550m: 6:10.78	34.71	750m: 8:28.58	33.76
	200m: 2:09.11	34.17	400m: 4:26.27	34.53	600m: 6:45.50	34.72	800m: 9:00.77	32.19

Prova 14, Masc., 800m Livres, 3ª Divisão MASC

Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
11.	Raul Sousa ANSELMO	+0,80	M	130950	05	Bombeiros Ponta Delgada	9:01.28	22,00
	50m: 30.16 30.16			250m: 2:44.24 34.11		450m: 5:01.23 34.52	650m: 7:19.86 34.56	
	100m: 1:02.74 32.58			300m: 3:18.07 33.83		500m: 5:36.06 34.83	700m: 7:54.06 34.20	
	150m: 1:36.55 33.81			350m: 3:52.28 34.21		550m: 6:10.81 34.75	750m: 8:28.17 34.11	
	200m: 2:10.13 33.58			400m: 4:26.71 34.43		600m: 6:45.30 34.49	800m: 9:01.28 33.11	
12.	Daniel Casaca CARVALHO	+0,84	M	205098	07	Colegio Vasco da Gama	9:05.32	21,00
	50m: 30.81 30.81			250m: 2:47.83 33.76		450m: 5:06.07 34.45	650m: 7:24.15 34.07	
	100m: 1:05.09 34.28			300m: 3:21.99 34.16		500m: 5:41.36 35.29	700m: 7:58.27 34.12	
	150m: 1:39.62 34.53			350m: 3:56.80 34.81		550m: 6:15.50 34.14	750m: 8:32.69 34.42	
	200m: 2:14.07 34.45			400m: 4:31.62 34.82		600m: 6:50.08 34.58	800m: 9:05.32 32.63	
13.	Guilherme Romeira PINTO	+0,48	M	200844	07	Sporting de Espinho	9:12.94	20,00
	50m: 30.78 30.78			250m: 2:49.12 34.95		450m: 5:09.18 35.10	650m: 7:29.51 34.97	
	100m: 1:05.18 34.40			300m: 3:23.97 34.85		500m: 5:44.44 35.26	700m: 8:04.60 35.09	
	150m: 1:39.58 34.40			350m: 3:58.97 35.00		550m: 6:19.55 35.11	750m: 8:39.81 35.21	
	200m: 2:14.17 34.59			400m: 4:34.08 35.11		600m: 6:54.54 34.99	800m: 9:12.94 33.13	
14.	Eduardo Sousa SARAGOCA	+0,76	M	200623	07	Viana Natacao	9:14.69	19,00
	50m: 31.24 31.24			250m: 2:51.49 35.39		450m: 5:13.05 35.37	650m: 7:33.73 35.06	
	100m: 1:05.61 34.37			300m: 3:26.93 35.44		500m: 5:48.32 35.27	700m: 8:08.54 34.81	
	150m: 1:40.73 35.12			350m: 4:02.23 35.30		550m: 6:23.88 35.56	750m: 8:43.29 34.75	
	200m: 2:16.10 35.37			400m: 4:37.68 35.45		600m: 6:58.67 34.79	800m: 9:14.69 31.40	
15.	Guilherme Clara SANTOS	+0,70	M	127325	02	Estamos Juntos	9:14.74	18,00
	50m: 30.66 30.66			250m: 2:50.89 35.43		450m: 5:11.70 34.95	650m: 7:32.72 35.14	
	100m: 1:05.00 34.34			300m: 3:26.24 35.35		500m: 5:47.05 35.35	700m: 8:07.98 35.26	
	150m: 1:40.49 35.49			350m: 4:01.46 35.22		550m: 6:22.54 35.49	750m: 8:42.80 34.82	
	200m: 2:15.46 34.97			400m: 4:36.75 35.29		600m: 6:57.58 35.04	800m: 9:14.74 31.94	
16.	Joaquim Gabriel OLIVEIRA	+0,73	M	210986	07	Sporting de Aveiro	9:21.38	17,00
	50m: 30.94 30.94			250m: 2:51.79 35.72		450m: 5:15.68 36.25	650m: 7:38.42 35.07	
	100m: 1:05.26 34.32			300m: 3:27.67 35.88		500m: 5:51.56 35.88	700m: 8:14.04 35.62	
	150m: 1:40.55 35.29			350m: 4:03.58 35.91		550m: 6:27.47 35.91	750m: 8:48.60 34.56	
	200m: 2:16.07 35.52			400m: 4:39.43 35.85		600m: 7:03.35 35.88	800m: 9:21.38 32.78	
17.	Jose Januario MARQUES	+0,80	M	207254	07	Pimpoes/Cimai	9:23.59	16,00
	50m: 32.52 32.52			250m: 2:55.79 35.57		450m: 5:18.29 35.39	650m: 7:40.97 35.26	
	100m: 1:07.89 35.37			300m: 3:31.21 35.42		500m: 5:54.03 35.74	700m: 8:16.56 35.59	
	150m: 1:44.11 36.22			350m: 4:07.06 35.85		550m: 6:30.09 36.06	750m: 8:51.33 34.77	
	200m: 2:20.22 36.11			400m: 4:42.90 35.84		600m: 7:05.71 35.62	800m: 9:23.59 32.26	
18.	Jose Miguel MONTEIRO	+0,81	M	129576	04	Gualdim Pais	9:23.69	15,00
	50m: 30.69 30.69			250m: 2:49.29 35.51		450m: 5:13.14 36.11	650m: 7:40.38 37.00	
	100m: 1:04.42 33.73			300m: 3:25.02 35.73		500m: 5:49.83 36.69	700m: 8:16.08 35.70	
	150m: 1:38.89 34.47			350m: 4:00.81 35.79		550m: 6:26.51 36.68	750m: 8:51.56 35.48	
	200m: 2:13.78 34.89			400m: 4:37.03 36.22		600m: 7:03.38 36.87	800m: 9:23.69 32.13	
19.	Andre Leitao COSTA	+0,77	M	201806	07	Fafe	9:23.97	14,00
	50m: 31.80 31.80			250m: 2:53.93 35.34		450m: 5:15.88 35.57	650m: 7:39.77 35.95	
	100m: 1:07.24 35.44			300m: 3:29.73 35.80		500m: 5:52.19 36.31	700m: 8:15.40 35.63	
	150m: 1:43.17 35.93			350m: 4:05.31 35.58		550m: 6:27.87 35.68	750m: 8:50.74 35.34	
	200m: 2:18.59 35.42			400m: 4:40.31 35.00		600m: 7:03.82 35.95	800m: 9:23.97 33.23	
20.	Tomas Alexandre SANTOS	+0,90	M	200575	07	BUZIOS - Coruche	9:29.76	13,00
	50m: 31.05 31.05			250m: 2:52.75 35.78		450m: 5:18.83 36.87	650m: 7:45.22 36.53	
	100m: 1:05.31 34.26			300m: 3:29.04 36.29		500m: 5:55.43 36.60	700m: 8:21.12 35.90	
	150m: 1:41.20 35.89			350m: 4:05.51 36.47		550m: 6:31.99 36.56	750m: 8:55.87 34.75	
	200m: 2:16.97 35.77			400m: 4:41.96 36.45		600m: 7:08.69 36.70	800m: 9:29.76 33.89	
21.	Tiago Holbeche SILVA	+0,70	M	147204	05	Aminata	9:31.65	12,00
	50m: 31.54 31.54			250m: 2:53.81 35.84		450m: 5:18.63 36.25	650m: 7:44.83 36.32	
	100m: 1:06.57 35.03			300m: 3:30.70 36.89		500m: 5:54.66 36.03	700m: 8:21.47 36.64	
	150m: 1:42.29 35.72			350m: 4:06.59 35.89		550m: 6:31.84 37.18	750m: 8:57.62 36.15	
	200m: 2:17.97 35.68			400m: 4:42.38 35.79		600m: 7:08.51 36.67	800m: 9:31.65 34.03	
22.	Francisco Manuel RODRIGUES	+0,89	M	129657	06	Naval da Horta	9:35.31	11,00
	50m: 32.06 32.06			250m: 2:55.08 36.02		450m: 5:21.05 36.37	650m: 7:46.51 36.16	
	100m: 1:07.14 35.08			300m: 3:31.32 36.24		500m: 5:57.70 36.65	700m: 8:23.05 36.54	
	150m: 1:42.89 35.75			350m: 4:08.18 36.86		550m: 6:33.92 36.22	750m: 8:59.38 36.33	
	200m: 2:19.06 36.17			400m: 4:44.68 36.50		600m: 7:10.35 36.43	800m: 9:35.31 35.93	

Prova 14, Masc., 800m Livres, 3ª Divisão MASC

Lugar	Nome	T. Reação	Sexo	Licença	Ano	Clube	Tempo Final	Pts
23.	Bruno Miguel MAIA	+0,67	M	126783	01	Ginasio Santo Tirso	9:36.52	10,00
	50m: 30.76 30.76			250m: 2:53.76 35.59		450m: 5:19.67 35.93	650m: 7:48.17 36.72	
	100m: 1:06.05 35.29			300m: 3:30.54 36.78		500m: 5:56.51 36.84	700m: 8:25.13 36.96	
	150m: 1:42.03 35.98			350m: 4:07.04 36.50		550m: 6:33.85 37.34	750m: 9:01.53 36.40	
	200m: 2:18.17 36.14			400m: 4:43.74 36.70		600m: 7:11.45 37.60	800m: 9:36.52 34.99	
24.	Jose Pedro ROCHA	+0,83	M	201748	04	Peso da Regua	9:41.26	9,00
	50m: 32.05 32.05			250m: 2:54.08 36.14		450m: 5:20.60 36.99	650m: 7:49.84 37.21	
	100m: 1:06.69 34.64			300m: 3:30.20 36.12		500m: 5:57.96 37.36	700m: 8:27.55 37.71	
	150m: 1:41.99 35.30			350m: 4:06.70 36.50		550m: 6:35.26 37.30	750m: 9:05.23 37.68	
	200m: 2:17.94 35.95			400m: 4:43.61 36.91		600m: 7:12.63 37.37	800m: 9:41.26 36.03	
25.	Eduardo Pinto SANTOS	+0,68	M	130476	06	Feirense	9:42.89	8,00
	50m: 32.32 32.32			250m: 2:57.92 36.62		450m: 5:25.72 36.54	650m: 7:53.48 37.23	
	100m: 1:08.53 36.21			300m: 3:34.64 36.72		500m: 6:02.43 36.71	700m: 8:30.68 37.20	
	150m: 1:44.81 36.28			350m: 4:11.84 37.20		550m: 6:39.23 36.80	750m: 9:07.33 36.65	
	200m: 2:21.30 36.49			400m: 4:49.18 37.34		600m: 7:16.25 37.02	800m: 9:42.89 35.56	
26.	Diogo Miguel MONTEIRO	+0,73	M	147200	04	Despertarecorde	9:51.20	7,00
	50m: 30.34 30.34			250m: 2:52.85 36.66		450m: 5:24.70 38.54	650m: 7:58.83 38.13	
	100m: 1:04.29 33.95			300m: 3:29.90 37.05		500m: 6:03.44 38.74	700m: 8:36.23 37.40	
	150m: 1:40.03 35.74			350m: 4:07.65 37.75		550m: 6:42.41 38.97	750m: 9:13.90 37.67	
	200m: 2:16.19 36.16			400m: 4:46.16 38.51		600m: 7:20.70 38.29	800m: 9:51.20 37.30	
27.	Diogo Bernardino POMBO	+0,84	M	213037	06	Litoral Alentejano	9:58.28	6,00
	50m: 32.74 32.74			250m: 3:01.30 38.34		450m: 5:33.95 38.40	650m: 8:06.75 37.67	
	100m: 1:08.74 36.00			300m: 3:39.15 37.85		500m: 6:12.22 38.27	700m: 8:44.54 37.79	
	150m: 1:45.46 36.72			350m: 4:17.14 37.99		550m: 6:51.35 39.13	750m: 9:21.95 37.41	
	200m: 2:22.96 37.50			400m: 4:55.55 38.41		600m: 7:29.08 37.73	800m: 9:58.28 36.33	
28.	Miguel Ferreira CRUZ	+0,68	M	200213	08	CLAC-Entroncamento	10:06.41	5,00
	50m: 31.73 31.73			250m: 3:02.36 38.56		450m: 5:38.26 39.22	650m: 8:14.22 38.77	
	100m: 1:07.94 36.21			300m: 3:41.22 38.86		500m: 6:17.14 38.88	700m: 8:52.60 38.38	
	150m: 1:45.74 37.80			350m: 4:20.01 38.79		550m: 6:56.42 39.28	750m: 9:30.87 38.27	
	200m: 2:23.80 38.06			400m: 4:59.04 39.03		600m: 7:35.45 39.03	800m: 10:06.41 35.54	
29.	Rafael Lin MONIZ	+0,87	M	210337	09	Naval Setubalense	10:30.92	4,00
	50m: 33.67 33.67			250m: 3:12.03 40.90		450m: 5:54.06 40.81	650m: 8:34.44 39.47	
	100m: 1:11.19 37.52			300m: 3:52.79 40.76		500m: 6:35.75 41.69	700m: 9:14.91 40.47	
	150m: 1:50.19 39.00			350m: 4:32.29 39.50		550m: 7:15.92 40.17	750m: 9:54.75 39.84	
	200m: 2:31.13 40.94			400m: 5:13.25 40.96		600m: 7:54.97 39.05	800m: 10:30.92 36.17	
30.	Diogo Filipe LOURENCO	+0,79	M	202551	05	CCDSerta	10:34.74	3,00
	50m: 33.08 33.08			250m: 3:07.15 39.30		450m: 5:49.57 41.24	650m: 8:35.31 41.81	
	100m: 1:10.34 37.26			300m: 3:47.62 40.47		500m: 6:30.78 41.21	700m: 9:15.68 40.37	
	150m: 1:48.67 38.33			350m: 4:27.70 40.08		550m: 7:12.22 41.44	750m: 9:55.68 40.00	
	200m: 2:27.85 39.18			400m: 5:08.33 40.63		600m: 7:53.50 41.28	800m: 10:34.74 39.06	
31.	Martim Frederico MARQUES	+0,87	M	210909	10	CPCD-Pvoa St Iria	10:54.17	2,00
	50m: 33.08 33.08			250m: 3:10.71 40.53		450m: 5:57.24 42.46	650m: 8:47.14 43.29	
	100m: 1:11.14 38.06			300m: 3:52.21 41.50		500m: 6:40.24 43.00	700m: 9:30.61 43.47	
	150m: 1:50.45 39.31			350m: 4:33.34 41.13		550m: 7:21.50 41.26	750m: 10:12.22 41.61	
	200m: 2:30.18 39.73			400m: 5:14.78 41.44		600m: 8:03.85 42.35	800m: 10:54.17 41.95	
32.	Ricardo Januario OLIVEIRA	+0,86	M	216552	04	Naval de Ponta Delgada	11:12.76	1,00
	50m: 34.22 34.22			250m: 3:15.17 41.69		450m: 6:07.11 43.69	650m: 9:03.82 44.58	
	100m: 1:13.32 39.10			300m: 3:57.20 42.03		500m: 6:50.53 43.42	700m: 9:47.42 43.60	
	150m: 1:52.95 39.63			350m: 4:40.28 43.08		550m: 7:34.85 44.32	750m: 10:31.57 44.15	
	200m: 2:33.48 40.53			400m: 5:23.42 43.14		600m: 8:19.24 44.39	800m: 11:12.76 41.19	