

Festival de Natal e Torneio de Fundo  
Ponta Delgada, 5. - 6.12.2009

Prova 1 Masc., 400m Estilos Absolutos  
05-12-2009 Resultados

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts
<b>Infantis A</b>			
1. Manuel Miguel MORGADO	96	Clube Naval de Ponta Delgada	<b>6:02.74</b> 299
50m: 40.09 40.09 150m: 2:11.53 46.15 250m: 3:50.97 54.37 350m: 5:24.65 40.97			
100m: 1:25.38 45.29 200m: 2:56.60 45.07 300m: 4:43.68 52.71 400m: 6:02.74 38.09			
<b>Infantis B</b>			
1. Carlos Braganca CASTRO	97	Clube Naval de Ponta Delgada	<b>6:08.26</b> 285
50m: 36.88 36.88 150m: 2:10.66 47.34 250m: 3:52.19 52.53 350m: 5:27.23 42.30			
100m: 1:23.32 46.44 200m: 2:59.66 49.00 300m: 4:44.93 52.74 400m: 6:08.26 41.03			
2. Francisco Sampaio GARCIA	97	Clube Naval de Ponta Delgada	<b>6:16.79</b> 266
50m: 41.91 41.91 150m: 2:21.98 45.41 250m: 4:01.46 51.38 350m: 5:36.80 41.19			
100m: 1:36.57 54.66 200m: 3:10.08 48.10 300m: 4:55.61 54.15 400m: 6:16.79 39.99			
3. Miguel Filipe ALVES	97	Clube Naval de Ponta Delgada	<b>6:50.92</b> 205
50m: 45.67 45.67 150m: 2:36.19 51.77 250m: 4:29.09 1:00.42 350m: 6:09.73 42.31			
100m: 1:44.42 58.75 200m: 3:28.67 52.48 300m: 5:27.42 58.33 400m: 6:50.92 41.19			
4. João Pedro Correia HILÁRIO	97	Clube Act. Fisica Bombeiros De	<b>6:51.36</b> 205
50m: 50.01 50.01 150m: 2:41.26 50.30 250m: 4:30.27 58.56 350m: 6:09.71 43.08			
100m: 1:50.96 1:00.95 200m: 3:31.71 50.45 300m: 5:26.63 56.36 400m: 6:51.36 41.65			
<b>Juvenis B</b>			
1. Miguel Rego BORGES	95	Clube Act. Fisica Bombeiros De	<b>5:13.17</b> 464
50m: 32.37 32.37 150m: 1:52.86 42.45 250m: 3:16.77 43.32 350m: 4:38.56 37.15			
100m: 1:10.41 38.04 200m: 2:33.45 40.59 300m: 4:01.41 44.64 400m: 5:13.17 34.61			
2. António Fraga FRAGOSO	95	Clube Act. Fisica Bombeiros De	<b>5:16.18</b> 451
50m: 32.22 32.22 150m: 1:53.75 43.91 250m: 3:19.55 43.32 350m: 4:40.76 36.59			
100m: 1:09.84 37.62 200m: 2:36.23 42.48 300m: 4:04.17 44.62 400m: 5:16.18 35.42			
3. Mohammad Shams AZAD	95	Clube Naval de Ponta Delgada	<b>5:44.48</b> 349
50m: 33.86 33.86 150m: 2:00.95 43.21 250m: 3:34.24 50.08 350m: 5:05.48 39.55			
100m: 1:17.74 43.88 200m: 2:44.16 43.21 300m: 4:25.93 51.69 400m: 5:44.48 39.00			
<b>Juvenis A</b>			
1. Joao Pedro BRAGA	94	Clube Naval de Ponta Delgada	<b>4:52.72</b> 568
50m: 31.79 31.79 150m: 1:48.40 38.80 250m: 3:05.86 39.46 350m: 4:20.09 33.96			
100m: 1:09.60 37.81 200m: 2:26.40 38.00 300m: 3:46.13 40.27 400m: 4:52.72 32.63			
2. Tiago Ramos GOMES	94	Clube Act. Fisica Bombeiros De	<b>5:26.61</b> 409
50m: 34.10 34.10 150m: 1:51.96 39.43 250m: 3:29.76 50.44 350m: 4:49.68 38.18			
100m: 1:12.53 38.43 200m: 2:39.32 47.36 300m: 4:11.50 41.74 400m: 5:26.61 36.93			
3. Júlio João Carlos SILVA	94	Clube Act. Fisica Bombeiros De	<b>5:31.07</b> 393
50m: 34.00 34.00 150m: 1:57.68 42.27 250m: 3:27.47 48.14 350m: 4:53.76 38.64			
100m: 1:15.41 41.41 200m: 2:39.33 41.65 300m: 4:15.12 47.65 400m: 5:31.07 37.31			
4. Ricardo Jorge POMBEIRO	94	Clube Act. Fisica Bombeiros De	<b>5:45.87</b> 344
50m: 35.50 35.50 150m: 2:05.10 46.93 250m: 3:39.30 46.75 350m: 5:09.02 40.14			
100m: 1:18.17 42.67 200m: 2:52.55 47.45 300m: 4:28.88 49.58 400m: 5:45.87 36.85			
DSQ Carlos Fernando PEDROSA	94	Clube Naval de Ponta Delgada	
<b>Juniores</b>			
1. Jose Gonçalo NASCIMENTO	93	Clube Naval de Ponta Delgada	<b>5:05.51</b> 500
50m: 31.14 31.14 150m: 1:49.06 40.48 250m: 3:13.36 44.57 350m: 4:32.75 33.89			
100m: 1:08.58 37.44 200m: 2:28.79 39.73 300m: 3:58.86 45.50 400m: 5:05.51 32.76			

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Ponta Delgada, 5. - 6.12.2009

Prova 1, Masc., 400m Estilos, Juniores

Lugar			Ano					Tempo final	Pts			
2.	Miguel Goncalves FURTADO		92	Clube Naval de Ponta Delgada				<b>5:32.37</b>	388			
	50m:	34.20	34.20	150m:	2:01.83	46.01	250m:	3:31.20	45.16	350m:	4:56.16	38.64
	100m:	1:15.82	41.62	200m:	2:46.04	44.21	300m:	4:17.52	46.32	400m:	5:32.37	36.21
3.	Goncalo Sampaio GARCIA		93	Clube Naval de Ponta Delgada				<b>5:42.51</b>	355			
	50m:	36.55	36.55	150m:	2:04.86	44.07	250m:	3:36.63	49.13	350m:	5:04.92	39.92
	100m:	1:20.79	44.24	200m:	2:47.50	42.64	300m:	4:25.00	48.37	400m:	5:42.51	37.59

Seniores

1.	Rui Miguel PEREIRA		90	Clube Naval de Ponta Delgada				<b>5:26.04</b>	411			
	50m:	31.54	31.54	150m:	1:55.91	42.24	250m:	3:22.68	46.88	350m:	4:48.65	38.65
	100m:	1:13.67	42.13	200m:	2:35.80	39.89	300m:	4:10.00	47.32	400m:	5:26.04	37.39

Prova 2 Misto, 4 x 100m Estilos 8 - 12 anos  
05-12-2009 Resultados

Pontos: FINA 2009

Lugar			Ano					Tempo final	Pts	
1.	Clube Act. Fisica Bombeiros De 1			Clube Act. Fisica Bombeiros De				<b>6:14.36</b>	169	
	Miguel Alexandre Batista	RATO	98	42.76	1:27.95	Wagner Gonçalo	MASSA	98	49.53	1:47.08
	Francisco Ricou	REGO	99	45.99	1:39.04	Catarina Rego	BORGES	99	38.16	1:20.29

Prova 3 Masc., 100m Mariposa Cadetes  
05-12-2009 Resultados

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts	50m	100m
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Prova 4 Femin., 100m Mariposa Cadetes  
05-12-2009 Resultados

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts	50m	100m
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Prova 5 Masc., 100m Costas Cadetes  
05-12-2009 Resultados

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts	50m	100m
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Cadetes B

1.	Gonçalo Gaspar	VALÉRIO	99	Clube Naval de Ponta Delgada	<b>2:24.69</b>	41	1:08.56	1:16.13
DSQ	Morreira silva	NUNO	99	Clube Act. Fisica Bombeiros De				
DSQ	Franciso Rego	COSTA	99	Clube Naval de Ponta Delgada				
DSQ	Afonso Furtado	TAVARES	00	Clube Act. Fisica Bombeiros De				

Cadetes A

1.	Diogo José Antunes	VAZ	98	Clube Act. Fisica Bombeiros De	<b>1:25.23</b>	201	41.24	43.99
2.	M.	RATO	98	Clube Act. Fisica Bombeiros De	<b>1:29.10</b>	176	42.77	46.33

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Prova 6  
05-12-2009  
Pontos: FINA 2009

Femin., 100m Costas

Cadetes  
Resultados

Lugar	Ano		Tempo final	Pts	50m	100m
<b>Cadetes B</b>						
1.	02	Isabel da Luz FONSECA	<b>2:19.29</b>	68	1:04.72	1:14.57
2.	01	Beatriz Penedo LOPES	<b>2:25.15</b>	60	1:10.23	1:14.92
3.	01	Ana Sofia DIAS	<b>2:58.48</b>	33	1:22.96	1:35.52

<b>Cadetes A</b>						
1.	99	Catarina Rego BORGES	<b>1:31.31</b>	243	43.72	47.59
2.	99	Carolina Pacheco ALVES	<b>1:51.36</b>	134	53.61	57.75
3.	99	Francisca Melo SANTOS	<b>2:31.77</b>	53	1:10.92	1:20.85

Prova 7  
05-12-2009  
Pontos: FINA 2009

Masc., 100m Bruços

Cadetes  
Resultados

Lugar	Ano		Tempo final	Pts	50m	100m
<b>Cadetes B</b>						
1.	99	Francisco Ricou REGO	<b>1:38.03</b>	202	45.37	52.66
2.	99	Henrique Sampaio GARCIA	<b>1:43.49</b>	172	50.28	53.21
3.	99	Francisco Rego COSTA	<b>1:57.29</b>	118	53.19	1:04.10
4.	99	Simão Silva BAPTISTA	<b>2:00.98</b>	108	55.07	1:05.91
5.	00	Pedro Gonçalves FURTADO	<b>2:20.88</b>	68	1:04.96	1:15.92

<b>Cadetes A</b>						
1.	98	Rodrigo Sousa COSTA	<b>1:42.93</b>	175	49.65	53.28

Prova 8  
05-12-2009  
Pontos: FINA 2009

Femin., 800m Livres

Absolutos  
Resultados

Lugar	Ano		Tempo final	Pts
<b>Infantis B</b>				
1.	98	Rita Ferreira COUTO	<b>12:16.79</b>	293
		100m: 1:23.76 1:23.76	300m: 4:29.65 1:34.41	500m: 7:40.12 1:35.45
		200m: 2:55.24 1:31.48	400m: 6:04.67 1:35.02	600m: 9:13.39 1:33.27
			700m: 10:47.75 1:34.36	800m: 12:16.79 1:29.04
2.	98	Carolina Travassos SILVA	<b>13:13.81</b>	234
		100m: 1:31.64 1:31.64	300m: 4:53.01 1:41.48	500m: 8:16.51 1:42.35
		200m: 3:11.53 1:39.89	400m: 6:34.16 1:41.15	600m: 9:59.07 1:42.56
			700m: 11:39.76 1:40.69	800m: 13:13.81 1:34.05

<b>Infantis A</b>				
1.	97	Filipa Chalim REBELO	<b>11:13.44</b>	384
		100m: 1:18.47 1:18.47	300m: 4:07.83 1:24.90	500m: 6:57.07 1:24.45
		200m: 2:42.93 1:24.46	400m: 5:32.62 1:24.79	600m: 8:22.78 1:25.71
			700m: 9:48.41 1:25.63	800m: 11:13.44 1:25.03

<b>Juvenis</b>				
1.	96	Emily Madeira ROSS	<b>12:07.60</b>	304
		100m: 1:21.90 1:21.90	300m: 4:23.80 1:32.09	500m: 7:30.36 1:34.07
		200m: 2:51.71 1:29.81	400m: 5:56.29 1:32.49	600m: 9:01.37 1:31.01
			700m: 10:36.22 1:34.85	800m: 12:07.60 1:31.38

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Prova 8, Femin., 800m Livres

Juniores

1. Catarina Alexandra DIAS	95	Clube Naval de Ponta Delgada	<b>11:25.79</b>	363
100m: 1:17.82 1:17.82	300m: 4:12.01 1:27.47	500m: 7:05.91 1:27.22	700m: 10:00.63 1:27.92	
200m: 2:44.54 1:26.72	400m: 5:38.69 1:26.68	600m: 8:32.71 1:26.80	800m: 11:25.79 1:25.16	
2. Raquel Lagoa COSTA	95	Clube Naval de Ponta Delgada	<b>11:42.98</b>	337
100m: 1:20.48 1:20.48	300m: 4:16.30 1:28.52	500m: 7:15.38 1:29.52	700m: 10:15.14 1:29.76	
200m: 2:47.78 1:27.30	400m: 5:45.86 1:29.56	600m: 8:45.38 1:30.00	800m: 11:42.98 1:27.84	
3. Juliana Medeiros ALMEIDA	95	Clube Act. Fisica Bombeiros De	<b>11:49.03</b>	329
100m: 1:18.51 1:18.51	300m: 4:09.40 1:25.84	500m: 7:12.55 1:32.34	700m: 10:18.80 1:33.12	
200m: 2:43.56 1:25.05	400m: 5:40.21 1:30.81	600m: 8:45.68 1:33.13	800m: 11:49.03 1:30.23	
4. Sofia Cordeiro TAVARES	95	Clube Act. Fisica Bombeiros De	<b>13:34.96</b>	216
100m: 1:31.06 1:31.06	300m: 4:56.10 1:42.85	500m: 8:24.35 1:43.85	700m: 11:53.77 1:44.26	
200m: 3:13.25 1:42.19	400m: 6:40.50 1:44.40	600m: 10:09.51 1:45.16	800m: 13:34.96 1:41.19	

Seniores

1. Ana Marta RESENDES	80	Clube Naval de Ponta Delgada	<b>10:18.34</b>	495
100m: 1:12.85 1:12.85	300m: 3:48.05 1:17.75	500m: 6:25.33 1:19.41	700m: 9:01.07 1:18.31	
200m: 2:30.30 1:17.45	400m: 5:05.92 1:17.87	600m: 7:42.76 1:17.43	800m: 10:18.34 1:17.27	
2. Mariana Re HENRIQUES	93	Clube Naval de Ponta Delgada	<b>10:20.61</b>	490
100m: 1:13.16 1:13.16	300m: 3:48.95 1:17.91	500m: 6:26.12 1:18.83	700m: 9:04.17 1:19.64	
200m: 2:31.04 1:17.88	400m: 5:07.29 1:18.34	600m: 7:44.53 1:18.41	800m: 10:20.61 1:16.44	
3. Inês Ré HENRIQUES	92	Clube Naval de Ponta Delgada	<b>11:03.84</b>	400
100m: 1:19.57 1:19.57	300m: 4:07.29 1:23.80	500m: 6:56.12 1:23.43	700m: 9:43.19 1:23.51	
200m: 2:43.49 1:23.92	400m: 5:32.69 1:25.40	600m: 8:19.68 1:23.56	800m: 11:03.84 1:20.65	

Prova 9  
05-12-2009

Femin., 100m Bruços

Cadetes  
Resultados

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts	50m	100m
Prova 10 05-12-2009					
Masc., 200m Estilos					
Cadetes Resultados					

Lugar	Ano	Tempo final	50m	100m	150m	200m
Cadetes B						
1. Francisco Ricou REGO	99	Clube Act. Fisica Bombeiros De	<b>46:13.87</b>	46.50	51.42	52.69 43.26

Prova 11  
05-12-2009

Femin., 200m Estilos

Cadetes  
Resultados

Lugar	Ano	Tempo final	50m	100m	150m	200m
Prova 12 05-12-2009						
Masc., 200m Livres						
Cadetes Resultados						

Lugar	Ano	Tempo final	50m	100m	150m	200m
Cadetes B						
1. H. GARCIA	99	Clube Naval de Ponta Delgada	<b>2:58.77</b>	39.94	47.51	48.17 43.15
2. Morreira silva NUNO	99	Clube Act. Fisica Bombeiros De	<b>3:40.22</b>	45.81	59.09	58.07 57.25

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Prova 12, Masc., 200m Livres

Cadetes A

1. Diogo José Antunes VAZ	98	Clube Act. Fisica Bombeiros	<b>D2:52.57</b>	38.71	45.26	46.70	41.90
2. Rodrigo Sousa COSTA	98	Clube Act. Fisica Bombeiros	<b>D2:56.18</b>	40.60	46.08	47.38	42.12
3. M. RATO	98	Clube Act. Fisica Bombeiros	<b>D3:03.20</b>	49.84	38.48	48.99	45.89
4. Wagner Gonçalo MASSA	98	Clube Act. Fisica Bombeiros	<b>D3:05.03</b>	39.55	46.82	50.21	48.45

Prova 13  
05-12-2009

Femin., 200m Livres

Cadetes  
Resultados

Lugar	Ano	Tempo final	50m	100m	150m	200m	
Cadetes A							
1. Catarina Rego BORGES	99	Clube Act. Fisica Bombeiros	<b>D2:58.96</b>	41.21	46.49	47.22	44.04
2. Carolina Pacheco ALVES	99	Clube Act. Fisica Bombeiros	<b>D3:26.08</b>	45.53	53.24	54.70	52.61

Prova 14  
05-12-2009

Misto, 4 x 100m Livres

8 - 12 anos  
Resultados

Pontos: FINA 2009

Lugar	Tempo final	Pts
1. Clube Act. Fisica Bombeiros De 1	<b>6:57.01</b>	94
Rodrigo Sousa COSTA 98 51.99 2:00.50	Afonso Furtado TAVARES 00 44.37 1:33.43	
Diogo José Antunes VAZ 98 13.24 36.63	Simão Silva BAPTISTA 99 1:45.68 2:46.45	

DSQ Clube Naval de Ponta Delgada 2 Clube Naval de Ponta Delgada  
Beatriz Penedo LOPES, Gonçalo Gaspar VALÉRIO, Ana Sofia DIAS, Pedro Gonçalves FURTADO

DSQ Clube Naval de Ponta Delgada 1 Clube Naval de Ponta Delgada  
Henrique Sampaio GARCIA, Franciso Rego COSTA, Francisca Melo SANTOS, Isabel da Luz FONSECA

Prova 15  
06-12-2009

Femin., 400m Estilos

Absolutos  
Resultados

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts
Infantis B			
Rita Ferreira COUTO	98	Clube Act. Fisica Bombeiros De	<b>6:27.14</b> 329
50m: 42.53 42.53	150m: 2:24.41 50.56	250m: 4:07.01 51.19	350m: 5:44.08 43.69
100m: 1:33.85 51.32	200m: 3:15.82 51.41	300m: 5:00.39 53.38	400m: 6:27.14 43.06

Juvenis

resultados provisórios

Emily Madeira ROSS	96	Clube Naval de Ponta Delgada	<b>6:44.49</b> 288
50m: 43.08 43.08	150m: 2:28.67 50.70	250m: 4:14.92 53.68	350m: 5:58.10 47.65
100m: 1:37.97 54.89	200m: 3:21.24 52.57	300m: 5:10.45 55.53	400m: 6:44.49 46.39

Juniores

resultados provisórios

Catarina Alexandra DIAS	95	Clube Naval de Ponta Delgada	<b>6:12.75</b> 368
50m: 40.20 40.20	150m: 2:18.27 49.03	250m: 3:54.45 49.77	350m: 5:30.90 45.01
100m: 1:29.24 49.04	200m: 3:04.68 46.41	300m: 4:45.89 51.44	400m: 6:12.75 41.85
Raquel Lagoa COSTA	95	Clube Naval de Ponta Delgada	<b>6:16.89</b> 356
50m: 40.37 40.37	150m: 2:15.90 47.39	250m: 3:54.74 52.55	350m: 5:33.63 44.98
100m: 1:28.51 48.14	200m: 3:02.19 46.29	300m: 4:48.65 53.91	400m: 6:16.89 43.26

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Prova 15, Femin., 400m Estilos

Seniores

resultados provisórios

<b>Ana Marta RESENDES</b>	<b>80</b>	<b>Clube Naval de Ponta Delgada</b>	<b>5:43.71</b>	<b>470</b>
50m: 34.99 34.99	150m: 1:59.60 45.74	250m: 3:34.21 49.58	350m: 5:03.98 40.40	
100m: 1:13.86 38.87	200m: 2:44.63 45.03	300m: 4:23.58 49.37	400m: 5:43.71 39.73	
<b>Mariana Re HENRIQUES</b>	<b>93</b>	<b>Clube Naval de Ponta Delgada</b>	<b>5:56.78</b>	<b>420</b>
50m: 37.53 37.53	150m: 2:08.82 48.33	250m: 3:48.07 51.50	350m: 5:18.90 38.54	
100m: 1:20.49 42.96	200m: 2:56.57 47.75	300m: 4:40.36 52.29	400m: 5:56.78 37.88	
<b>Inês Ré HENRIQUES</b>	<b>92</b>	<b>Clube Naval de Ponta Delgada</b>	<b>6:38.73</b>	<b>301</b>
50m: 40.75 40.75	150m: 2:22.24 55.05	250m: 4:14.03 58.91	350m: 5:56.31 43.61	
100m: 1:27.19 46.44	200m: 3:15.12 52.88	300m: 5:12.70 58.67	400m: 6:38.73 42.42	

Prova 16  
06-12-2009

Masc., 1500m Livres

Absolutos  
Resultados

Pontos: FINA 2009

Lugar	Ano	Tempo final	Pts
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Infantis A

resultados provisórios

<b>Manuel Miguel MORGADO</b>	<b>96</b>	<b>Clube Naval de Ponta Delgada</b>	<b>20:42.30</b>	<b>337</b>
100m: 1:19.08 1:19.08	500m: 7:00.17 1:25.44	900m: 12:34.03 1:23.00	1300m: 18:02.98 1:21.93	
200m: 2:43.85 1:24.77	600m: 8:24.38 1:24.21	1000m: 13:56.21 1:22.18	1400m: 19:25.17 1:22.19	
300m: 4:08.99 1:25.14	700m: 9:47.57 1:23.19	1100m: 15:19.40 1:23.19	1500m: 20:42.30 1:17.13	
400m: 5:34.73 1:25.74	800m: 11:11.03 1:23.46	1200m: 16:41.05 1:21.65		
<b>Pedro de Freitas DINIS</b>	<b>96</b>	<b>Clube Act. Fisica Bombeiros De</b>	<b>22:00.05</b>	<b>281</b>
100m: 1:19.83 1:19.83	500m: 7:09.72 1:28.14	900m: 13:05.75 1:29.88	1300m: 19:05.47 1:30.00	
200m: 2:46.82 1:26.99	600m: 8:38.32 1:28.60	1000m: 14:34.92 1:29.17	1400m: 20:34.61 1:29.14	
300m: 4:14.76 1:27.94	700m: 10:06.92 1:28.60	1100m: 16:04.30 1:29.38	1500m: 22:00.05 1:25.44	
400m: 5:41.58 1:26.82	800m: 11:35.87 1:28.95	1200m: 17:35.47 1:31.17		

Infantis B

resultados provisórios

<b>Carlos Braganca CASTRO</b>	<b>97</b>	<b>Clube Naval de Ponta Delgada</b>	<b>21:57.55</b>	<b>283</b>
100m: 1:19.29 1:19.29	500m: 7:08.79 1:27.65	900m: 13:02.26 1:29.04	1300m: 19:03.10 1:31.43	
200m: 2:45.95 1:26.66	600m: 8:36.09 1:27.30	1000m: 14:30.71 1:28.45	1400m: 20:33.68 1:30.58	
300m: 4:13.18 1:27.23	700m: 10:04.41 1:28.32	1100m: 16:00.92 1:30.21	1500m: 21:57.55 1:23.87	
400m: 5:41.14 1:27.96	800m: 11:33.22 1:28.81	1200m: 17:31.67 1:30.75		
<b>Francisco Sampaio GARCIA</b>	<b>97</b>	<b>Clube Naval de Ponta Delgada</b>	<b>22:08.89</b>	<b>275</b>
100m: 1:19.98 1:19.98	500m: 7:14.73 1:29.37	900m: 13:17.53 1:30.74	1300m: 19:20.62 1:31.25	
200m: 2:46.12 1:26.14	600m: 8:44.09 1:29.36	1000m: 14:49.70 1:32.17	1400m: 20:47.08 1:26.46	
300m: 4:15.16 1:29.04	700m: 10:15.17 1:31.08	1100m: 16:18.54 1:28.84	1500m: 22:08.89 1:21.81	
400m: 5:45.36 1:30.20	800m: 11:46.79 1:31.62	1200m: 17:49.37 1:30.83		
<b>Miguel Filipe ALVES</b>	<b>97</b>	<b>Clube Naval de Ponta Delgada</b>	<b>22:59.90</b>	<b>246</b>
100m: 1:19.67 1:19.67	500m: 7:23.25 1:33.05	900m: 13:31.64 1:35.67	1300m: 19:52.92 1:36.53	
200m: 2:48.03 1:28.36	600m: 8:54.00 1:30.75	1000m: 15:07.59 1:35.95	1400m: 21:30.39 1:37.47	
300m: 4:18.82 1:30.79	700m: 10:23.97 1:29.97	1100m: 16:42.36 1:34.77	1500m: 22:59.90 1:29.51	
400m: 5:50.20 1:31.38	800m: 11:55.97 1:32.00	1200m: 18:16.39 1:34.03		
<b>João Pedro Correia HILÁRIO</b>	<b>97</b>	<b>Clube Act. Fisica Bombeiros De</b>	<b>24:36.18</b>	<b>201</b>
100m: 1:26.25 1:26.25	500m: 7:59.19 1:39.75	900m: 14:38.09 1:41.88	1300m: 21:17.88 1:38.87	
200m: 3:02.57 1:36.32	600m: 9:38.14 1:38.95	1000m: 16:21.14 1:43.05	1400m: 22:54.65 1:36.77	
300m: 4:40.74 1:38.17	700m: 11:14.88 1:36.74	1100m: 18:01.64 1:40.50	1500m: 24:36.18 1:41.53	
400m: 6:19.44 1:38.70	800m: 12:56.21 1:41.33	1200m: 19:39.01 1:37.37		

Juvenis B

resultados provisórios

<b>Mohammad Shams AZAD</b>	<b>95</b>	<b>Clube Naval de Ponta Delgada</b>	<b>18:00.87</b>	<b>512</b>
100m: 1:05.72 1:05.72	500m: 5:51.68 1:12.25	900m: 10:41.73 1:13.14	1300m: 15:35.67 1:13.84	
200m: 2:16.17 1:10.45	600m: 7:04.01 1:12.33	1000m: 11:55.17 1:13.44	1400m: 16:49.75 1:14.08	
300m: 3:27.48 1:11.31	700m: 8:16.37 1:12.36	1100m: 13:08.12 1:12.95	1500m: 18:00.87 1:11.12	
400m: 4:39.43 1:11.95	800m: 9:28.59 1:12.22	1200m: 14:21.83 1:13.71		

Festival de Natal e Torneio de Fundo  
Ponta Delgada, 5. - 6.12.2009

Prova 16, Masc., 1500m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts		
<b>Hugo BETTENCOURT</b>			<b>95</b>	<b>Clube Act. Fisica Bombeiros De</b>				<b>21:41.10</b>	<b>293</b>		
100m:	1:13.41	1:13.41	500m:	6:54.82	1:28.40	900m:	12:48.94	1:28.73	1300m:	18:46.99	1:30.47
200m:	2:36.40	1:22.99	600m:	8:22.85	1:28.03	1000m:	14:17.86	1:28.92	1400m:	20:14.66	1:27.67
300m:	4:00.13	1:23.73	700m:	9:51.41	1:28.56	1100m:	15:46.86	1:29.00	1500m:	21:41.10	1:26.44
400m:	5:26.42	1:26.29	800m:	11:20.21	1:28.80	1200m:	17:16.52	1:29.66			

Juvenis A

resultados provisórios

<b>Joao Pedro BRAGA</b>			<b>94</b>	<b>Clube Naval de Ponta Delgada</b>				<b>17:04.93</b>	<b>600</b>		
100m:	1:04.53	1:04.53	500m:	5:39.22	1:08.59	900m:	10:14.71	1:09.28	1300m:	14:51.22	1:08.54
200m:	2:13.29	1:08.76	600m:	6:47.55	1:08.33	1000m:	11:24.82	1:10.11	1400m:	15:59.13	1:07.91
300m:	3:22.08	1:08.79	700m:	7:55.84	1:08.29	1100m:	12:33.54	1:08.72	1500m:	17:04.93	1:05.80
400m:	4:30.63	1:08.55	800m:	9:05.43	1:09.59	1200m:	13:42.68	1:09.14			
<b>Carlos Fernando PEDROSA</b>			<b>94</b>	<b>Clube Naval de Ponta Delgada</b>				<b>17:52.08</b>	<b>524</b>		
100m:	1:04.49	1:04.49	500m:	5:43.10	1:11.13	900m:	10:32.09	1:12.15	1300m:	15:26.05	1:13.60
200m:	2:13.69	1:09.20	600m:	6:55.09	1:11.99	1000m:	11:45.15	1:13.06	1400m:	16:39.80	1:13.75
300m:	3:22.80	1:09.11	700m:	8:07.42	1:12.33	1100m:	12:59.30	1:14.15	1500m:	17:52.08	1:12.28
400m:	4:31.97	1:09.17	800m:	9:19.94	1:12.52	1200m:	14:12.45	1:13.15			
<b>Tiago Ramos GOMES</b>			<b>94</b>	<b>Clube Act. Fisica Bombeiros De</b>				<b>19:06.80</b>	<b>429</b>		
100m:	1:08.36	1:08.36	500m:	6:15.84	1:17.69	900m:	11:24.67	1:16.96	1300m:	16:35.20	1:17.84
200m:	2:24.21	1:15.85	600m:	7:33.18	1:17.34	1000m:	12:42.39	1:17.72	1400m:	17:52.07	1:16.87
300m:	3:40.61	1:16.40	700m:	8:50.65	1:17.47	1100m:	13:59.63	1:17.24	1500m:	19:06.80	1:14.73
400m:	4:58.15	1:17.54	800m:	10:07.71	1:17.06	1200m:	15:17.36	1:17.73			

Juniores

resultados provisórios

<b>Jose Gonçalo NASCIMENTO</b>			<b>93</b>	<b>Clube Naval de Ponta Delgada</b>				<b>18:27.04</b>	<b>476</b>		
100m:	1:06.74	1:06.74	500m:	5:57.86	1:13.44	900m:	10:56.40	1:15.08	1300m:	15:59.10	1:16.19
200m:	2:18.70	1:11.96	600m:	7:11.42	1:13.56	1000m:	12:11.74	1:15.34	1400m:	17:14.24	1:15.14
300m:	3:31.30	1:12.60	700m:	8:26.38	1:14.96	1100m:	13:27.11	1:15.37	1500m:	18:27.04	1:12.80
400m:	4:44.42	1:13.12	800m:	9:41.32	1:14.94	1200m:	14:42.91	1:15.80			
<b>Miguel Goncalves FURTADO</b>			<b>92</b>	<b>Clube Naval de Ponta Delgada</b>				<b>19:02.70</b>	<b>433</b>		
100m:	1:08.73	1:08.73	500m:	6:15.50	1:17.10	900m:	11:26.60	1:18.03	1300m:	16:34.26	1:14.98
200m:	2:24.51	1:15.78	600m:	7:32.84	1:17.34	1000m:	12:44.91	1:18.31	1400m:	17:49.53	1:15.27
300m:	3:41.25	1:16.74	700m:	8:50.16	1:17.32	1100m:	14:03.20	1:18.29	1500m:	19:02.70	1:13.17
400m:	4:58.40	1:17.15	800m:	10:08.57	1:18.41	1200m:	15:19.28	1:16.08			
<b>Goncalo Sampaio GARCIA</b>			<b>93</b>	<b>Clube Naval de Ponta Delgada</b>				<b>20:14.82</b>	<b>360</b>		
100m:	1:09.43	1:09.43	500m:	6:26.45	1:20.62	900m:	11:55.14	1:23.05	1300m:	17:33.92	1:25.22
200m:	2:26.64	1:17.21	600m:	7:48.53	1:22.08	1000m:	13:19.31	1:24.17	1400m:	18:56.49	1:22.57
300m:	3:46.16	1:19.52	700m:	9:09.70	1:21.17	1100m:	14:43.57	1:24.26	1500m:	20:14.82	1:18.33
400m:	5:05.83	1:19.67	800m:	10:32.09	1:22.39	1200m:	16:08.70	1:25.13			

Seniores

resultados provisórios

<b>Rui Miguel PEREIRA</b>			<b>90</b>	<b>Clube Naval de Ponta Delgada</b>				<b>19:50.63</b>	<b>383</b>		
100m:	1:10.64	1:10.64	500m:	6:30.06	1:20.91	900m:	11:51.95	1:20.86	1300m:	17:14.75	1:20.60
200m:	2:29.12	1:18.48	600m:	7:50.54	1:20.48	1000m:	13:12.87	1:20.92	1400m:	18:33.79	1:19.04
300m:	3:48.83	1:19.71	700m:	9:10.91	1:20.37	1100m:	14:33.35	1:20.48	1500m:	19:50.63	1:16.84
400m:	5:09.15	1:20.32	800m:	10:31.09	1:20.18	1200m:	15:54.15	1:20.80			