

Nº 1
31-01-2009

400m Livres Misto

8 - 11 anos
Sem mínimo

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. Luis Monteiro Cabral	98	CAFBDP	5:56.95	1:18.51	1:30.89	1:34.82	1:32.73
2. Diogo Antunes Vaz	98	CAFBDP	6:10.79	1:24.23	1:37.01	1:35.86	1:33.69
3. Francisco Ricou Rego	99	CAFBDP	6:14.89	1:25.55	1:38.10	1:37.46	1:33.78
4. Wagner Gonçalo Massa	98	CAFBDP	6:32.33	1:29.39	1:41.34	1:43.11	1:38.49
5. Miguel Alexandre Rato	98	CAFBDP	6:39.25	1:33.02	1:42.40	1:44.58	1:39.25
6. Rodrigo Sousa Costa	98	CAFBDP	6:50.33	1:34.40	1:46.67	1:48.19	1:41.07
7. Henrique Sampaio Garcia	99	CNPD	6:50.83	1:35.57	1:46.97	1:45.97	1:42.32
8. Manuel Furtado Melo	98	CAFBDP	7:02.84	1:37.23	1:51.47	1:48.60	1:45.54
9. Catarina Rego Borges	99	CAFBDP	7:07.11	1:37.15	1:51.10	1:51.38	1:47.48
FF Tobias Soares Faias	99	CNPD					

Nº 2
31-01-2009

800m Livres Misto

11 - 12 anos
Sem mínimo

	Ano	Sigla	Tempo
1. Carlos Bragança Castro	97	CNPD	12:20.58
<i>Melhor tempo regional</i>			
100m: 1:22.54 1:22.54	300m: 4:31.13 1:34.46	500m: 7:41.53 1:35.47	700m: 10:50.68 41.25
200m: 2:56.67 1:34.13	400m: 6:06.06 1:34.93	600m: 10:09.43 2:27.90	800m: 12:20.58 1:29.90
2. Francisco Sampaio Garcia	97	CNPD	12:29.46
100m: 1:25.27 1:25.27	300m: 4:34.75 1:34.72	500m: 7:47.01 1:35.80	700m: 10:58.96 1:35.60
200m: 3:00.03 1:34.76	400m: 6:11.21 1:36.46	600m: 9:23.36 1:36.35	800m: 12:29.46 1:30.50
3. Rafaela Benevides Branco	98	CAFBDP	12:46.34
<i>melhor tempo regional</i>			
100m: 1:28.48 1:28.48	300m: 4:44.54 1:38.16	500m: 8:01.48 1:39.06	700m: 11:16.77 1:37.95
200m: 3:06.38 1:37.90	400m: 6:22.42 1:37.88	600m: 9:38.82 1:37.34	800m: 12:46.34 1:29.57
4. Miguel Filipe Alves	97	CNPD	13:03.33
100m: 1:27.93 1:27.93	300m: 4:46.13 1:40.31	500m: 8:06.04 1:40.41	700m: 11:27.11 1:41.86
200m: 3:05.82 1:37.89	400m: 6:25.63 1:39.50	600m: 9:45.25 1:39.21	800m: 13:03.33 1:36.22
5. Francisco José Teixeira	97	CNPD	13:07.75
100m: 1:28.39 1:28.39	300m: 4:44.75 1:38.52	500m: 8:06.22 1:40.95	700m: 11:28.18 1:42.75
200m: 3:06.23 1:37.84	400m: 6:25.27 1:40.52	600m: 9:45.43 1:39.21	800m: 13:07.75 1:39.57
6. Rita Ferreira Couto	98	CAFBDP	13:11.41
100m: 1:26.96 1:26.96	300m: 4:48.11 1:41.72	500m: 8:11.47 1:42.31	700m: 11:34.72 1:41.58
200m: 3:06.39 1:39.43	400m: 6:29.16 1:41.05	600m: 9:53.14 1:41.67	800m: 13:11.41 1:36.69
7. Bernardo Cordeiro Tavares	97	CAFBDP	14:23.72
100m: 1:34.89 1:34.89	300m: 5:13.32 1:50.82	500m: 8:55.95 1:50.98	700m: 12:37.37 1:50.48
200m: 3:22.50 1:47.61	400m: 7:04.97 1:51.65	600m: 10:46.89 1:50.94	800m: 14:23.72 1:46.35
8. Carolina Travassos Silva	98	CAFBDP	15:33.81
100m: 1:47.46 1:47.46	300m: 5:43.34 1:57.98	500m: 9:41.95 1:59.00	700m: 13:40.46 1:57.03
200m: 3:45.36 1:57.90	400m: 7:42.95 1:59.61	600m: 11:43.43 2:01.48	800m: 15:33.81 1:53.35