

Resultados

Nº 1
06-12-2008

400m Estilos Masc.

13 anos e mais
Sem mínimo

13 anos

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. Manuel Miguel Morgado	96	CNPD	6:25.59	1:27.99	1:38.19	1:55.82	1:23.59
2. Tomás Furtado Melo	96	CAFBDP	6:44.63	1:33.36	1:43.21	1:58.86	1:29.20

14 anos

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. Miguel Rego Borges	95	CAFBDP	5:32.86	1:16.35	1:27.51	1:32.89	1:16.11
2. Mohammad Shams Azad	95	CNPD	5:54.18	1:20.57	1:23.52	1:52.02	1:18.07

15 anos

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. João Pedro Braga <i>Record Regional Escalão</i>	94	CNPD	5:12.24	1:15.27	1:21.83	1:24.32	1:10.82
2. Carlos Fernando Pedrosa	94	CNPD	5:12.46	1:11.56	1:17.97	1:34.38	1:08.55
3. Ricardo António Cabral	94	CAFBDP	5:33.63	1:16.01	1:29.15	1:32.88	1:15.59
4. João Pedro Teixeira	94	CNPD	6:06.55	1:23.75	1:34.50	1:41.39	1:26.91
5. Ricardo Jorge Pombeiro	94	CAFBDP	6:24.40	1:32.45	1:43.07	1:49.01	1:19.87

16 anos

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. José Gonçalo Nascimento	93	CNPD	5:36.40	1:14.25	1:28.94	1:38.77	1:14.44
2. Gonçalo Sampaio Garcia	93	CNPD	5:37.92	1:22.52	1:22.08	1:36.24	1:17.08

17 - 18 anos

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. Miguel Gonçalves Furtado	92	CNPD	5:22.61	1:14.96	1:28.94	1:27.28	1:11.43
2. João Paulo Rosa	91	CNPD	5:22.67	1:11.47	1:20.86	1:34.51	1:15.83
3. Nuno Filipe Pereira	91	CNPD	5:48.93	1:23.98	1:25.99	1:40.84	1:18.12

Nº 2
06-12-2008

800m Livres Femin.

12 anos e mais
Sem mínimo

12 anos

	Ano	Sigla	Tempo
1. Filipa Chalim Rebelo	97	CAFBDP	12:16.09
100m: 1:25.62 1:25.62	300m: 4:31.29 1:32.35	500m: 7:38.55 1:33.64	700m: 10:47.16 1:34.47
200m: 2:58.94 1:33.32	400m: 6:04.91 1:33.62	600m: 9:12.69 1:34.14	800m: 12:16.09 1:28.93
2. Ana Sofia Santos	97	CAFBDP	13:34.80
100m: 1:31.98 1:31.98	300m: 5:00.47 1:45.48	500m: 8:27.76 1:43.10	700m: 11:55.62 1:43.43
200m: 3:14.99 1:43.01	400m: 6:44.66 1:44.19	600m: 10:12.19 1:44.43	800m: 13:34.80 1:39.18

14 anos

	Ano	Sigla	Tempo
1. Joana Filipa Marques	95	CAFBDP	10:33.07
100m: 1:15.81 1:15.81	300m: 3:56.73 1:21.07	500m: 6:35.34 1:17.80	700m: 9:16.42 1:20.41
200m: 2:35.66 1:19.85	400m: 5:17.54 1:20.81	600m: 7:56.01 1:20.67	800m: 10:33.07 1:16.65
2. Catarina Alexandra Dias	95	CNPD	11:24.40
100m: 1:18.75 1:18.75	300m: 4:10.61 1:26.53	500m: 7:04.75 1:27.34	700m: 9:59.10 1:27.79
200m: 2:44.08 1:25.33	400m: 5:37.41 1:26.80	600m: 8:31.31 1:26.56	800m: 11:24.40 1:25.30
3. Juliana Medeiros Almeida	95	CAFBDP	11:50.47
100m: 1:22.54 1:22.54	300m: 4:20.69 1:29.00	500m: 7:20.43 30.18	700m: 10:22.66 1:31.30
200m: 2:51.69 1:29.15	400m: 6:50.25 2:29.56	600m: 8:51.36 1:30.93	800m: 11:50.47 1:27.81
4. Raquel Lagoa Costa	95	CNPD	12:04.18
100m: 1:20.14 1:20.14	300m: 4:20.67 1:30.38	500m: 7:24.50 1:32.28	700m: 10:38.62 1:40.26
200m: 2:50.29 1:30.15	400m: 5:52.22 1:31.55	600m: 8:58.36 1:33.86	800m: 12:04.18 1:25.56
5. Sofia Cordeiro Tavares	95	CAFBDP	14:01.47
100m: 1:39.06 1:39.06	300m: 5:15.06 1:46.64	500m: 8:18.08 15.61	700m: 12:19.72 1:46.03
200m: 3:28.42 1:49.36	400m: 8:02.47 2:47.41	600m: 10:33.69 2:15.61	800m: 14:01.47 1:41.75

15 - 16 anos

	Ano	Sigla	Tempo
1. Mariana Ré Henriques	93	CNPD	10:38.47
<i>Recorde Regional Escalão</i>			
100m: 1:15.73 1:15.73	300m: 3:56.80 1:19.80	500m: 6:38.31 1:21.90	700m: 9:21.34 1:21.52
200m: 2:37.00 1:21.27	400m: 5:16.41 1:19.61	600m: 7:59.82 1:21.51	800m: 10:38.47 1:17.13
2. Mariana Oliveira Dâmaso	93	CNPD	10:38.64
100m: 1:15.70 1:15.70	300m: 3:56.17 1:20.04	500m: 6:38.92 1:21.23	700m: 9:22.56 1:21.98
200m: 2:36.13 1:20.43	400m: 5:17.69 1:21.52	600m: 8:00.58 1:21.66	800m: 10:38.64 1:16.08
3. Mafalda Fraga Fragoso	94	CAFBDP	11:02.37
100m: 1:14.00 1:14.00	300m: 3:58.98 1:22.61	500m: 6:48.56 1:25.01	700m: 9:37.92 1:24.58
200m: 2:36.37 1:22.37	400m: 5:23.55 1:24.57	600m: 8:13.34 1:24.78	800m: 11:02.37 1:24.45
4. Carolina Correia Hilario	94	CAFBDP	11:55.15
100m: 1:23.00 1:23.00	300m: 4:20.49 1:28.91	500m: 7:22.34 1:31.64	700m: 10:26.21 1:31.84
200m: 2:51.58 1:28.58	400m: 5:50.70 1:30.21	600m: 8:54.37 1:32.03	800m: 11:55.15 1:28.94

1º Sessão 11h45 2º sessão 16h30

Resultados

Continuação Nº 2 800m Livres Femin. 12 anos e mais

17 anos e mais

	Ano	Sigla	Tempo								
1. Carolina Ferreira Raposo	91	CNPD	11:13.15								
100m:	1:13.18	1:13.18	300m:	5:00.22	2:24.19	500m:	6:52.28	1:26.44	700m:	9:48.61	1:27.99
200m:	2:36.03	1:22.85	400m:	5:25.84	25.62	600m:	8:20.62	1:28.34	800m:	11:13.15	1:24.54
2. Inês Ré Henriques	92	CNPD	11:54.50								
100m:	1:21.74	1:21.74	300m:	4:21.51	1:30.50	500m:	7:25.55	1:31.89	700m:	10:26.57	1:30.61
200m:	2:51.01	1:29.27	400m:	5:53.66	1:32.15	600m:	8:55.96	1:30.41	800m:	11:54.50	1:27.93
3. Tatiana De Paiva Oliveira	92	CNPD	12:17.68								
100m:	1:21.99	1:21.99	300m:	4:30.97	1:34.35	500m:	7:39.20	1:34.56	700m:	10:46.51	1:33.55
200m:	2:56.62	1:34.63	400m:	6:04.64	1:33.67	600m:	9:12.96	1:33.76	800m:	12:17.68	1:31.17
4. Sofia Medeiros Braga	91	ADVF	16:16.84								
100m:	1:39.90	1:39.90	300m:	5:48.36	2:05.09	500m:	10:12.58	2:19.03	700m:	14:16.55	2:05.91
200m:	3:43.27	2:03.37	400m:	7:53.55	2:05.19	600m:	12:10.64	1:58.06	800m:	16:16.84	2:00.29

Nº 3
06-12-2008

400m Estilos Femin.

12 anos e mais
Sem mínimo

13 anos

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. Sara Monteiro Cabral	96	CAFBPD	6:49.57	1:32.94	1:48.27	1:50.92	1:37.44

14 anos

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. Catarina Alexandra Dias	95	CNPD	6:14.48	1:31.96	1:32.58	1:44.24	1:25.70
2. Raquel Lagoa Costa	95	CNPD	6:16.35	1:28.74	1:32.46	1:48.03	1:27.12

15 - 16 anos

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. Mariana Oliveira Dâmaso	93	CNPD	5:53.52	1:19.07	1:30.28	1:43.19	1:20.98
			<i>Recorde Regional do Escalão</i>				
2. Mariana Ré Henriques	93	CNPD	6:03.56	1:24.36	1:36.46	1:47.10	1:15.64

17 anos e mais

	Ano	Sigla	Tempo	100m	200m	300m	400m
1. Carolina Ferreira Raposo	91	CNPD	6:00.66	1:25.34	1:37.94	1:39.27	1:18.11
2. Inês Ré Henriques	92	CNPD	6:29.53	1:28.13	1:43.06	1:50.70	1:27.64
3. Tatiana De Paiva Oliveira	92	CNPD	6:31.11	1:31.86	1:39.79	1:49.96	1:29.50

1º Sessão 11h45 2º sessão 16h30

Resultados

Nº 4
06-12-2008

1500m Livres Masc.

13 anos e mais
Sem mínimo

13 anos

	Ano	Sigla	Tempo
1. Pedro De Freitas Dinis	96	CAFBDP	22:46.31
100m: 1:27.91 1:27.91	500m: 7:40.03 1:32.57	900m: 13:46.59 1:31.53	1300m: 19:54.19 1:31.57
200m: 3:01.66 1:33.75	600m: 9:10.89 1:30.86	1000m: 15:18.78 1:32.19	1400m: 21:22.88 1:28.69
300m: 4:33.99 1:32.33	700m: 10:43.35 1:32.46	1100m: 16:51.53 1:32.75	1500m: 22:46.31 1:23.43
400m: 6:07.46 1:33.47	800m: 12:15.06 1:31.71	1200m: 18:22.62 1:31.09	
2. Manuel Miguel Morgado	96	CNPD	22:46.45
100m: 1:29.10 1:29.10	500m: 7:40.05 1:32.38	900m: 13:47.82 1:32.94	1300m: 19:54.92 1:32.23
200m: 3:02.87 1:33.77	600m: 9:11.09 1:31.04	1000m: 15:19.20 1:31.38	1400m: 21:22.99 1:28.07
300m: 4:35.36 1:32.49	700m: 10:43.38 1:32.29	1100m: 16:51.46 1:32.26	1500m: 22:46.45 1:23.46
400m: 6:07.67 1:32.31	800m: 12:14.88 1:31.50	1200m: 18:22.69 1:31.23	

14 anos

	Ano	Sigla	Tempo
1. Mohammad Shams Azad	95	CNPD	18:16.93
100m: 1:08.49 1:08.49	500m: 6:00.25 1:12.59	900m: 10:55.24 1:14.10	1300m: 15:50.80 1:13.81
200m: 2:21.78 1:13.29	600m: 7:13.66 1:13.41	1000m: 12:09.14 1:13.90	1400m: 17:04.88 1:14.08
300m: 3:35.27 1:13.49	700m: 8:27.02 1:13.36	1100m: 13:22.92 1:13.78	1500m: 18:16.93 1:12.05
400m: 4:47.66 1:12.39	800m: 9:41.14 1:14.12	1200m: 14:36.99 1:14.07	
2. António Fraga Fragoso	95	CAFBDP	19:31.55
100m: 1:11.55 1:11.55	500m: 6:25.06 1:19.00	900m: 11:40.97 1:19.00	1300m: 16:59.39 1:19.49
200m: 2:29.68 1:18.13	600m: 7:44.11 1:19.05	1000m: 13:00.64 1:19.67	1400m: 18:18.60 1:19.21
300m: 3:47.53 1:17.85	700m: 9:02.95 1:18.84	1100m: 14:20.46 1:19.82	1500m: 19:31.55 1:12.95
400m: 5:06.06 1:18.53	800m: 10:21.97 1:19.02	1200m: 15:39.90 1:19.44	
3. Hugo Bettencourt	95	CAFBDP	22:02.40
100m: 1:16.61 1:16.61	500m: 7:08.63 1:31.84	900m: 13:04.41 1:29.06	1300m: 19:08.55 1:31.59
200m: 2:42.30 1:25.69	600m: 8:37.91 1:29.28	1000m: 14:33.08 1:28.67	1400m: 20:39.92 1:31.37
300m: 4:09.35 1:27.05	700m: 10:07.01 1:29.10	1100m: 16:04.57 1:31.49	1500m: 22:02.40 1:22.48
400m: 5:36.79 1:27.44	800m: 11:35.35 1:28.34	1200m: 17:36.96 1:32.39	

15 anos

	Ano	Sigla	Tempo
1. João Pedro Braga	94	CNPD	18:27.12
<i>Recorde Regional Escalão</i>			
100m: 1:08.24 1:08.24	500m: 6:05.15 1:14.30	900m: 11:03.36 1:14.28	1300m: 16:02.84 1:14.06
200m: 2:22.03 1:13.79	600m: 7:19.26 1:14.11	1000m: 12:18.56 1:15.20	1400m: 17:16.36 1:13.52
300m: 3:36.28 1:14.25	700m: 8:33.89 1:14.63	1100m: 13:33.74 1:15.18	1500m: 18:27.12 1:10.76
400m: 4:50.85 1:14.57	800m: 9:49.08 1:15.19	1200m: 14:48.78 1:15.04	
2. Carlos Fernando Pedrosa	94	CNPD	18:38.68
100m: 1:09.37 1:09.37	500m: 6:07.16 1:15.53	900m: 11:06.17 1:15.47	1300m: 16:09.78 1:14.88
200m: 2:22.02 1:12.65	600m: 7:20.06 1:12.90	1000m: 12:23.15 1:16.98	1400m: 17:25.94 1:16.16
300m: 3:37.05 1:15.03	700m: 8:35.93 1:15.87	1100m: 13:37.93 1:14.78	1500m: 18:38.68 1:12.74
400m: 4:51.63 1:14.58	800m: 9:50.70 1:14.77	1200m: 14:54.90 1:16.97	

1º Sessão 11h45 2º sessão 16h30

Resultados

Continuação Nº 4 1500m Livres Masc. 13 anos e mais

	Ano	Sigla	Tempo
3. Tiago Ramos Gomes	94	CAFBDP	19:35.56
100m: 1:08.35 1:08.35	500m: 6:20.16 1:19.56	900m: 11:42.24 1:20.31	1300m: 16:59.67 1:19.54
200m: 2:24.16 1:15.81	600m: 7:40.72 1:20.56	1000m: 13:02.04 1:19.80	1400m: 18:18.28 1:18.61
300m: 3:41.79 1:17.63	700m: 9:01.31 1:20.59	1100m: 14:21.89 1:19.85	1500m: 19:35.56 1:17.28
400m: 5:00.60 1:18.81	800m: 10:21.93 1:20.62	1200m: 15:40.13 1:18.24	
4. João Manuel Costa	94	CAFBDP	20:08.33
100m: 1:12.73 1:12.73	500m: 6:32.70 1:20.93	900m: 11:57.69 1:21.90	1300m: 17:28.78 1:22.12
200m: 2:32.18 1:19.45	600m: 7:52.73 1:20.03	1000m: 13:20.98 1:23.29	1400m: 18:50.80 1:22.02
300m: 3:51.52 1:19.34	700m: 9:13.93 1:21.20	1100m: 14:44.03 1:23.05	1500m: 20:08.33 1:17.53
400m: 5:11.77 1:20.25	800m: 10:35.79 1:21.86	1200m: 16:06.66 1:22.63	
5. Júlio João Carlos Silva	94	CAFBDP	20:19.26
100m: 1:09.47 1:09.47	500m: 6:31.76 1:21.55	900m: 12:01.81 1:22.74	1300m: 17:35.70 1:23.33
200m: 2:28.42 1:18.95	600m: 7:53.84 1:22.08	1000m: 13:24.33 1:22.52	1400m: 18:59.19 1:23.49
300m: 3:49.17 1:20.75	700m: 9:16.16 1:22.32	1100m: 14:48.37 1:24.04	1500m: 20:19.26 1:20.07
400m: 5:10.21 1:21.04	800m: 10:39.07 1:22.91	1200m: 16:12.37 1:24.00	
6. João Pedro Teixeira	94	CNPD	21:05.75
100m: 1:16.38 1:16.38	500m: 6:53.40 1:25.21	900m: 12:35.36 1:25.62	1300m: 18:17.67 1:25.09
200m: 2:40.30 1:23.92	600m: 8:17.83 1:24.43	1000m: 14:00.76 1:25.40	1400m: 19:40.21 1:22.54
300m: 4:03.61 1:23.31	700m: 9:43.60 1:25.77	1100m: 15:27.29 1:26.53	1500m: 21:05.75 1:25.54
400m: 5:28.19 1:24.58	800m: 11:09.74 1:26.14	1200m: 16:52.58 1:25.29	
7. Tiago António Santos	94	CAFBDP	21:34.71
100m: 1:20.11 1:20.11	500m: 7:08.79 1:27.81	900m: 12:56.97 1:26.55	1300m: 18:43.93 1:26.94
200m: 2:46.10 1:25.99	600m: 8:36.42 1:27.63	1000m: 14:23.71 1:26.74	1400m: 20:11.58 1:27.65
300m: 4:14.28 1:28.18	700m: 10:03.11 1:26.69	1100m: 15:50.50 1:26.79	1500m: 21:34.71 1:23.13
400m: 5:40.98 1:26.70	800m: 11:30.42 1:27.31	1200m: 17:16.99 1:26.49	
8. Paluo Leite Machado	94	ADVF	26:30.80
100m: 1:17.49 1:17.49	500m: 8:19.72 1:49.11	900m: 15:29.92 1:48.39	1300m: 22:46.45 1:46.81
200m: 2:55.58 1:38.09	600m: 10:06.98 1:47.26	1000m: 17:19.25 1:49.33	1400m: 24:36.31 1:49.86
300m: 4:42.79 1:47.21	700m: 11:53.71 1:46.73	1100m: 19:07.49 1:48.24	1500m: 26:30.80 1:54.49
400m: 6:30.61 1:47.82	800m: 13:41.53 1:47.82	1200m: 20:59.64 1:52.15	

16 anos

	Ano	Sigla	Tempo
1. José Gonçalo Nascimento	93	CNPD	19:31.52
100m: 1:11.49 1:11.49	500m: 6:24.65 1:18.61	900m: 11:40.69 1:18.70	1300m: 16:58.60 1:19.62
200m: 2:29.12 1:17.63	600m: 7:43.87 1:19.22	1000m: 13:00.51 1:19.82	1400m: 18:17.67 1:19.07
300m: 3:46.83 1:17.71	700m: 9:03.33 1:19.46	1100m: 14:19.98 1:19.47	1500m: 19:31.52 1:13.85
400m: 5:06.04 1:19.21	800m: 10:21.99 1:18.66	1200m: 15:38.98 1:19.00	
2. Gonçalo Sampaio Garcia	93	CNPD	21:27.33
100m: 1:18.20 1:18.20	500m: 6:55.30 1:25.90	900m: 12:47.52 1:26.87	1300m: 18:36.73 1:26.05
200m: 2:41.53 1:23.33	600m: 8:22.91 1:27.61	1000m: 14:15.04 1:27.52	1400m: 20:02.43 1:25.70
300m: 4:03.86 1:22.33	700m: 9:52.51 1:29.60	1100m: 15:42.89 1:27.85	1500m: 21:27.33 1:24.90
400m: 5:29.40 1:25.54	800m: 11:20.65 1:28.14	1200m: 17:10.68 1:27.79	

17 - 18 anos

Ano	Sigla	Tempo
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Continuação Nº 4 1500m Livres Masc. 13 anos e mais

	Ano	Sigla	Tempo
1. Miguel Gonçalves Furtado	92	CNPD	18:44.70
100m: 1:08.82 1:08.82	500m: 6:05.74 1:14.76	900m: 11:08.85 1:15.28	1300m: 16:12.74 1:15.95
200m: 2:22.37 1:13.55	600m: 7:21.33 1:15.59	1000m: 12:24.56 1:15.71	1400m: 17:29.44 1:16.70
300m: 3:36.31 1:13.94	700m: 8:37.61 1:16.28	1100m: 13:40.54 1:15.98	1500m: 18:44.70 1:15.26
400m: 4:50.98 1:14.67	800m: 9:53.57 1:15.96	1200m: 14:56.79 1:16.25	
2. João Paulo Rosa	91	CNPD	19:30.10
100m: 1:13.07 1:13.07	500m: 6:31.95 1:19.95	900m: 11:50.76 1:18.50	1300m: 17:01.18 1:16.45
200m: 2:31.46 1:18.39	600m: 7:52.03 1:20.08	1000m: 13:09.28 1:18.52	1400m: 18:16.27 1:15.09
300m: 3:51.45 1:19.99	700m: 9:12.93 1:20.90	1100m: 14:27.40 1:18.12	1500m: 19:30.10 1:13.83
400m: 5:12.00 1:20.55	800m: 10:32.26 1:19.33	1200m: 15:44.73 1:17.33	
3. Nuno Filipe Pereira	91	CNPD	20:27.16
100m: 1:16.32 1:16.32	500m: 6:45.88 1:23.11	900m: 12:20.97 1:23.71	1300m: 17:50.82 1:23.32
200m: 2:38.20 1:21.88	600m: 8:09.02 1:23.14	1000m: 13:43.64 1:22.67	1400m: 19:12.30 1:21.48
300m: 4:00.63 1:22.43	700m: 9:33.28 1:24.26	1100m: 15:04.81 1:21.17	1500m: 20:27.16 1:14.86
400m: 5:22.77 1:22.14	800m: 10:57.26 1:23.98	1200m: 16:27.50 1:22.69	