



Torneio Distrital Fundo
Coruche, 16 e 17 de Novembro de 2019

1 - 1ª Jornada - 1ª Sessão

16/11/2019 - 10:00

Prova 1

Masc., 1500m Livres

Juvenil

16/11/2019 - 10:00

Resultados

Recorde Distrital ANDS Absoluto	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	15:50.63	Gustavo Manuel Santa	CNLA	Sines	21/12/2008
Recorde Distrital ANDS Juv B	16:27.54	Pedro Diogo Oliveira	CNRM	Rio Maior	11/07/2003

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
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Juvenil B

1.	Carlos Daniel Nunes	05	Nautico Salvaterra Magos	17:26.47		532	
	50m: 34.20 34.20	400m:	4:41.81 1:11.02	800m: 9:20.60 1:09.09	1200m: 13:59.84 1:10.01		
	100m: 1:09.25 35.05	500m:	5:52.76 1:10.95	900m: 10:30.12 1:09.52	1300m: 15:10.13 1:10.29		
	200m: 2:19.70 1:10.45	600m:	7:02.29 1:09.53	1000m: 11:39.95 1:09.83	1400m: 16:20.41 1:10.28		
	300m: 3:30.79 1:11.09	700m:	8:11.51 1:09.22	1100m: 12:49.83 1:09.88	1500m: 17:26.47 1:06.06		
2.	Jose Pinto Cabral	05	Viver Santarem	17:45.07		504	
	50m: 32.41 32.41	400m:	4:38.26 1:10.50	800m: 9:23.86 1:12.07	1200m: 14:14.08 1:12.22		
	100m: 1:06.58 34.17	500m:	5:49.79 1:11.53	900m: 10:36.83 1:12.97	1300m: 15:26.36 1:12.28		
	200m: 2:16.72 1:10.14	600m:	7:00.66 1:10.87	1000m: 11:49.58 1:12.75	1400m: 16:38.16 1:11.80		
	300m: 3:27.76 1:11.04	700m:	8:11.79 1:11.13	1100m: 13:01.86 1:12.28	1500m: 17:45.07 1:06.91		
3.	Artur Paulo Aleksyeyev	05	Viver Santarem	18:51.81		420	
	50m: 35.37 35.37	400m:	4:58.19 1:16.22	800m: 10:03.76 1:16.25	1200m: 15:09.97 1:15.85		
	100m: 1:11.26 35.89	500m:	6:14.66 1:16.47	900m: 11:20.22 1:16.46	1300m: 16:25.37 1:15.40		
	200m: 2:25.30 1:14.04	600m:	7:31.44 1:16.78	1000m: 12:36.97 1:16.75	1400m: 17:39.66 1:14.29		
	300m: 3:41.97 1:16.67	700m:	8:47.51 1:16.07	1100m: 13:54.12 1:17.15	1500m: 18:51.81 1:12.15		
4.	Guilherme Filipe Gaboleiro	05	Rio Maior	18:57.70		414	
	50m: 33.35 33.35	400m:	4:58.30 1:16.24	800m: 10:06.06 1:17.38	1200m: 15:12.94 1:16.47		
	100m: 1:09.54 36.19	500m:	6:15.11 1:16.81	900m: 11:22.88 1:16.82	1300m: 16:28.88 1:15.94		
	200m: 2:25.98 1:16.44	600m:	7:31.60 1:16.49	1000m: 12:39.48 1:16.60	1400m: 17:44.42 1:15.54		
	300m: 3:42.06 1:16.08	700m:	8:48.68 1:17.08	1100m: 13:56.47 1:16.99	1500m: 18:57.70 1:13.28		
5.	Ricardo Matias Santos	05	Atletismo Ferreira do Zezere	19:08.56		402	
	50m: 35.92 35.92	400m:	5:02.31 1:17.07	800m: 10:11.31 1:17.10	1200m: 15:20.31 1:17.60		
	100m: 1:12.57 36.65	500m:	6:19.64 1:17.33	900m: 11:29.07 1:17.76	1300m: 16:37.09 1:16.78		
	200m: 2:28.57 1:16.00	600m:	7:36.42 1:16.78	1000m: 12:45.57 1:16.50	1400m: 17:54.03 1:16.94		
	300m: 3:45.24 1:16.67	700m:	8:54.21 1:17.79	1100m: 14:02.71 1:17.14	1500m: 19:08.56 1:14.53		
6.	Simao Dinis Rosa	05	Torres Novas	19:15.15		395	
	50m: 37.68 37.68	400m:	5:11.07 1:19.00	800m: 10:18.65 1:16.90	1200m: 15:29.72 1:18.29		
	100m: 1:16.00 38.32	500m:	6:28.00 1:16.93	900m: 11:35.50 1:16.85	1300m: 16:47.68 1:17.96		
	200m: 2:33.40 1:17.40	600m:	7:44.40 1:16.40	1000m: 12:54.03 1:18.53	1400m: 18:03.93 1:16.25		
	300m: 3:52.07 1:18.67	700m:	9:01.75 1:17.35	1100m: 14:11.43 1:17.40	1500m: 19:15.15 1:11.22		
7.	Ricardo Filipe Gaboleiro	05	Rio Maior	19:26.23		384	
	50m: 33.66 33.66	400m:	5:02.16 1:17.46	800m: 10:18.13 1:19.25	1200m: 15:34.13 1:18.43		
	100m: 1:10.16 36.50	500m:	6:21.09 1:18.93	900m: 11:37.80 1:19.67	1300m: 16:52.48 1:18.35		
	200m: 2:27.59 1:17.43	600m:	7:39.55 1:18.46	1000m: 12:56.95 1:19.15	1400m: 18:10.41 1:17.93		
	300m: 3:44.70 1:17.11	700m:	8:58.88 1:19.33	1100m: 14:15.70 1:18.75	1500m: 19:26.23 1:15.82		
8.	Joao Antonio Pires	05	Torres Novas	19:33.76		377	
	50m: 38.50 38.50	400m:	5:23.53 1:20.38	800m: 10:40.34 1:19.09	1200m: 15:53.44 1:17.19		
	100m: 1:19.76 41.26	500m:	6:43.76 1:20.23	900m: 12:00.19 1:19.85	1300m: 17:08.56 1:15.12		
	200m: 2:41.69 1:21.93	600m:	8:02.28 1:18.52	1000m: 13:18.81 1:18.62	1400m: 18:23.46 1:14.90		
	300m: 4:03.15 1:21.46	700m:	9:21.25 1:18.97	1100m: 14:36.25 1:17.44	1500m: 19:33.76 1:10.30		
9.	Joao Miguel Conrado	05	BUZIOS-Coruche	19:35.64		375	
	50m: 36.64 36.64	400m:	5:11.42 1:19.62	800m: 10:28.45 1:19.78	1200m: 15:43.64 1:18.75		
	100m: 1:14.74 38.10	500m:	6:31.17 1:19.75	900m: 11:47.61 1:19.16	1300m: 17:01.77 1:18.13		
	200m: 2:33.20 1:18.46	600m:	7:50.17 1:19.00	1000m: 13:06.08 1:18.47	1400m: 18:19.80 1:18.03		
	300m: 3:51.80 1:18.60	700m:	9:08.67 1:18.50	1100m: 14:24.89 1:18.81	1500m: 19:35.64 1:15.84		



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Prova 1, Masc., 1500m Livres, Juvenil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
10.	Antonio Pedro Martins	05	Atletismo Ferreira do Zezere	24:07.16		201	
	50m: 40.70 40.70	400m: 6:13.51 1:37.35	800m: 12:46.82 1:39.43	1200m: 19:23.98 1:37.62			
	100m: 1:25.26 44.56	500m: 7:51.61 1:38.10	900m: 14:26.88 1:40.06	1300m: 21:00.42 1:36.44			
	200m: 2:59.89 1:34.63	600m: 9:30.26 1:38.65	1000m: 16:06.95 1:40.07	1400m: 22:36.16 1:35.74			
	300m: 4:36.16 1:36.27	700m: 11:07.39 1:37.13	1100m: 17:46.36 1:39.41	1500m: 24:07.16 1:31.00			

Juvenil A

1.	Martim Henriques Carvalho	04	Rio Maior	17:05.29		565	
	50m: 31.10 31.10	200m: 2:11.80 1:07.91	400m: 4:27.95 1:08.38				
	100m: 1:03.89 32.79	300m: 3:19.57 1:07.77	1500m: 17:05.29 12:37.34				
2.	Jose Miguel Monteiro	04	Gualdim Pais	17:58.89		485	
	50m: 33.32 33.32	400m: 4:41.39 1:11.93	800m: 9:32.07 1:12.14	1200m: 14:21.45 1:12.65			
	100m: 1:07.51 34.19	500m: 5:53.96 1:12.57	900m: 10:43.45 1:11.38	1300m: 15:34.70 1:13.25			
	200m: 2:17.82 1:10.31	600m: 7:06.67 1:12.71	1000m: 11:56.49 1:13.04	1400m: 16:47.04 1:12.34			
	300m: 3:29.46 1:11.64	700m: 8:19.93 1:13.26	1100m: 13:08.80 1:12.31	1500m: 17:58.89 1:11.85			
3.	Tiago Charrua Gago	04	Rio Maior	18:02.31		481	
	50m: 31.49 31.49	400m: 4:38.17 1:11.61	800m: 9:27.09 1:13.53	1200m: 14:24.21 1:14.04			
	100m: 1:05.49 34.00	500m: 5:49.71 1:11.54	900m: 10:41.03 1:13.94	1300m: 15:39.06 1:14.85			
	200m: 2:15.78 1:10.29	600m: 7:01.81 1:12.10	1000m: 11:55.71 1:14.68	1400m: 16:51.49 1:12.43			
	300m: 3:26.56 1:10.78	700m: 8:13.56 1:11.75	1100m: 13:10.17 1:14.46	1500m: 18:02.31 1:10.82			
4.	Miguel Alexandre Martins	04	BUZIOS-Coruche	18:40.78		433	
	50m: 36.21 36.21	400m: 4:59.96 1:15.47	800m: 10:00.71 1:15.25	1200m: 14:58.81 1:14.50			
	100m: 1:13.34 37.13	500m: 6:14.84 1:14.88	900m: 11:14.71 1:14.00	1300m: 16:14.81 1:16.00			
	200m: 2:29.17 1:15.83	600m: 7:30.14 1:15.30	1000m: 12:29.09 1:14.38	1400m: 17:28.07 1:13.26			
	300m: 3:44.49 1:15.32	700m: 8:45.46 1:15.32	1100m: 13:44.31 1:15.22	1500m: 18:40.78 1:12.71			
5.	Rodrigo Cardoso Fernandes	04	Cartaxo	18:55.30		416	
	50m: 34.54 34.54	400m: 4:54.63 1:16.15	800m: 10:01.26 1:17.36	1200m: 15:08.14 1:17.16			
	100m: 1:10.38 35.84	500m: 6:11.32 1:16.69	900m: 11:19.13 1:17.87	1300m: 16:25.42 1:17.28			
	200m: 2:23.67 1:13.29	600m: 7:26.99 1:15.67	1000m: 12:32.98 1:13.85	1400m: 17:42.26 1:16.84			
	300m: 3:38.48 1:14.81	700m: 8:43.90 1:16.91	1100m: 13:50.98 1:18.00	1500m: 18:55.30 1:13.04			
6.	Andre Jesus Gaspar	04	Gualdim Pais	19:03.48		407	
	50m: 35.31 35.31	400m: 5:04.66 1:18.36	800m: 10:10.54 1:15.66	1200m: 15:16.41 1:16.96			
	100m: 1:12.88 37.57	500m: 6:22.23 1:17.57	900m: 11:26.63 1:16.09	1300m: 16:33.30 1:16.89			
	200m: 2:28.63 1:15.75	600m: 7:38.30 1:16.07	1000m: 12:42.73 1:16.10	1400m: 17:49.38 1:16.08			
	300m: 3:46.30 1:17.67	700m: 8:54.88 1:16.58	1100m: 13:59.45 1:16.72	1500m: 19:03.48 1:14.10			
7.	Joao Marques Ferreira	04	Viver Santarem	19:22.19		388	
	50m: 34.84 34.84	400m: 5:02.69 1:17.82	800m: 10:10.91 1:16.44	1200m: 15:27.66 1:19.69			
	100m: 1:11.05 36.21	500m: 6:20.19 1:17.50	900m: 11:29.51 1:18.60	1300m: 16:46.30 1:18.64			
	200m: 2:27.19 1:16.14	600m: 7:36.87 1:16.68	1000m: 12:48.19 1:18.68	1400m: 16:06.09 1:19.79			
	300m: 3:44.87 1:17.68	700m: 8:54.47 1:17.60	1100m: 14:07.97 1:19.78	1500m: 19:22.19 1:16.10			
8.	Bernardo Boal Duarte	04	Cartaxo	19:33.51		377	
	50m: 33.36 33.36	400m: 5:02.17 1:17.28	800m: 10:12.57 1:18.09	1200m: 15:32.20 1:20.14			
	100m: 1:10.98 37.62	500m: 6:19.39 1:17.22	900m: 11:32.08 1:19.51	1300m: 16:53.20 1:21.00			
	200m: 2:27.64 1:16.66	600m: 7:37.22 1:17.83	1000m: 12:51.89 1:19.81	1400m: 18:14.98 1:21.78			
	300m: 3:44.89 1:17.25	700m: 8:54.48 1:17.26	1100m: 14:12.06 1:20.17	1500m: 19:33.51 1:18.53			
9.	Miguel Filipe Nunes	04	Cartaxo	19:37.87		373	
	50m: 34.63 34.63	400m: 5:07.76 1:19.67	800m: 10:25.73 1:19.79	1200m: 15:42.34 1:20.08			
	100m: 1:11.73 37.10	500m: 6:27.31 1:19.55	900m: 11:44.69 1:18.96	1300m: 17:01.56 1:19.22			
	200m: 2:28.73 1:17.00	600m: 7:46.38 1:19.07	1000m: 13:03.76 1:19.07	1400m: 18:19.91 1:18.35			
	300m: 3:48.09 1:19.36	700m: 9:05.94 1:19.56	1100m: 14:22.26 1:18.50	1500m: 19:37.87 1:17.96			
10.	Joao Nuno Nobre	04	Cartaxo	20:14.69		340	
	50m: 35.41 35.41	400m: 5:18.09 1:23.37	800m: 10:46.44 1:21.78	1200m: 16:12.94 1:21.89			
	100m: 1:13.02 37.61	500m: 6:40.72 1:22.63	900m: 12:07.97 1:21.53	1300m: 17:35.05 1:22.11			
	200m: 2:32.91 1:19.89	600m: 8:03.62 1:22.90	1000m: 13:28.84 1:20.87	1400m: 18:57.62 1:22.57			
	300m: 3:54.72 1:21.81	700m: 9:24.66 1:21.04	1100m: 14:51.05 1:22.21	1500m: 20:14.69 1:17.07			



Torneio Distrital Fundo
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Prova 1, Masc., 1500m Livres, Juvenil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
11.	Goncalo Maria Mendonca	04	Viver Santarem	20:28.72		328	
	50m: 36.65 36.65	400m: 5:16.90 1:22.03	800m: 10:47.58 1:22.58	1200m: 16:21.05 1:24.00			
	100m: 1:15.25 38.60	500m: 6:40.30 1:23.40	900m: 12:11.25 1:23.67	1300m: 17:44.90 1:23.85			
	200m: 2:34.19 1:18.94	600m: 8:03.08 1:22.78	1000m: 13:33.72 1:22.47	1400m: 19:08.30 1:23.40			
	300m: 3:54.87 1:20.68	700m: 9:25.00 1:21.92	1100m: 14:57.05 1:23.33	1500m: 20:28.72 1:20.42			
12.	Ivo Rafael Serra	04	CLAC-Entroncamento	21:22.30		289	
	50m: 35.56 35.56	400m: 5:30.63 1:27.75	800m: 11:46.66 1:53.86	1200m: 17:10.86 1:28.27			
	100m: 1:15.34 39.78	500m: 6:57.34 1:26.71	900m: 12:47.39 1:00.73	1300m: 18:39.66 1:28.80			
	200m: 2:37.98 1:22.64	600m: 8:25.31 1:27.97	1000m: 14:14.59 1:27.20	1400m: 20:05.13 1:25.47			
	300m: 4:02.88 1:24.90	700m: 9:52.80 1:27.49	1100m: 15:42.59 1:28.00	1500m: 21:22.30 1:17.17			
13.	Francisco Polonio Alexandre	04	CLAC-Entroncamento	21:29.71		284	
	50m: 36.96 36.96	400m: 5:35.36 1:26.00	800m: 11:21.53 1:26.22	1200m: 17:09.00 1:27.72			
	100m: 1:17.75 40.79	500m: 7:02.06 1:26.70	900m: 12:48.14 1:26.61	1300m: 18:38.14 1:29.14			
	200m: 2:43.71 1:25.96	600m: 8:27.53 1:25.47	1000m: 14:14.46 1:26.32	1400m: 20:05.04 1:26.90			
	300m: 4:09.36 1:25.65	700m: 9:55.31 1:27.78	1100m: 15:41.28 1:26.82	1500m: 21:29.71 1:24.67			
14.	Diogo Rafael Antunes	04	CLAC-Entroncamento	22:53.28		235	
	50m: 38.25 38.25	400m: 5:46.36 1:29.43	800m: 11:52.50 1:32.64	1200m: 18:13.32 1:35.35			
	100m: 1:20.61 42.36	500m: 7:17.65 1:31.29	900m: 13:26.36 1:33.86	1300m: 19:48.47 1:35.15			
	200m: 2:48.32 1:27.71	600m: 8:48.68 1:31.03	1000m: 15:02.00 1:35.64	1400m: 21:24.00 1:35.53			
	300m: 4:16.93 1:28.61	700m: 10:19.86 1:31.18	1100m: 16:37.97 1:35.97	1500m: 22:53.28 1:29.28			

Prova 2

Femin., 800m Livres

Juvenil

16/11/2019 - 11:05

Resultados

Recorde Distrital ANDS Absoluto	8:53.34	Mafalda Sofia Rosa	CNRM	Coruche	15/03/2019
Recorde Distrital ANDS Juv A	9:10.38	Mafalda Sofia Rosa	CNRM	Albufeira	16/12/2017
Recorde Distrital ANDS Juv B	9:21.21	Ana Rita Boavista	CNLA	Guimarães	09/03/2002

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Rita Bernardo Tome	06	Nautico Salvaterra Magos	10:21.08		459	
	50m: 34.97 34.97	300m: 3:46.72 1:18.04	600m: 7:45.78 1:19.22				
	100m: 1:12.11 37.14	400m: 5:07.27 1:20.55	700m: 9:04.11 1:18.33				
	200m: 2:28.68 1:16.57	500m: 6:26.56 1:19.29	800m: 10:21.08 1:16.97				
2.	Marta Filipa Bucha	06	Viver Santarem	10:26.74		447	
	50m: 35.27 35.27	300m: 3:47.50 1:18.60	600m: 7:47.87 1:20.00				
	100m: 1:12.21 36.94	400m: 5:06.78 1:19.28	700m: 9:08.43 1:20.56				
	200m: 2:28.90 1:16.69	500m: 6:27.87 1:21.09	800m: 10:26.74 1:18.31				
3.	Ines Goncalves Fernandes	06	Nautico Abrantes	10:29.86		440	
	50m: 37.18 37.18	300m: 3:54.28 1:18.46	600m: 7:51.90 1:19.12				
	100m: 1:16.75 39.57	400m: 5:14.50 1:20.22	700m: 9:11.82 1:19.92				
	200m: 2:35.82 1:19.07	500m: 6:32.78 1:18.28	800m: 10:29.86 1:18.04				
4.	Constanca Grincho Sousa	06	Viver Santarem	10:53.67		394	
	50m: 37.20 37.20	300m: 3:59.38 1:21.78	600m: 8:09.17 1:23.18				
	100m: 1:16.92 39.72	400m: 5:22.13 1:22.75	700m: 9:32.92 1:23.75				
	200m: 2:37.60 1:20.68	500m: 6:45.99 1:23.86	800m: 10:53.67 1:20.75				
5.	Maria Beatriz Teixeira	06	Viver Santarem	11:17.06		354	
	50m: 41.11 41.11	300m: 4:13.14 1:25.25	600m: 8:31.75 1:25.82				
	100m: 1:23.03 41.92	400m: 5:39.50 1:26.36	700m: 9:56.96 1:25.21				
	200m: 2:47.89 1:24.86	500m: 7:05.93 1:26.43	800m: 11:17.06 1:20.10				
6.	Joana Silva Januario	06	Nautico Abrantes	11:19.39		351	
	50m: 38.78 38.78	300m: 4:11.64 1:25.08	600m: 8:33.46 1:27.07				
	100m: 1:21.04 42.26	400m: 5:39.46 1:27.82	700m: 10:00.18 1:26.72				
	200m: 2:46.56 1:25.52	500m: 7:06.39 1:26.93	800m: 11:19.39 1:19.21				



Torneio Distrital Fundo
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Prova 2, Femin., 800m Livres, Juvenil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Joana Patricia Antunes	06	CLAC-Entroncamento	11:19.73		350	
	50m: 39.73 39.73	300m: 4:12.69 1:25.96	600m: 8:30.26 1:25.78				
	100m: 1:21.66 41.93	400m: 5:39.19 1:26.50	700m: 9:55.63 1:25.37				
	200m: 2:46.73 1:25.07	500m: 7:04.48 1:25.29	800m: 11:19.73 1:24.10				
8.	Margarida Miguel Mendes	06	Viver Santarem	11:38.65		322	
	50m: 38.12 38.12	300m: 4:15.69 1:28.47	600m: 8:44.09 1:29.55				
	100m: 1:20.54 42.42	400m: 5:44.65 1:28.96	700m: 10:12.22 1:28.13				
	200m: 2:47.22 1:26.68	500m: 7:14.54 1:29.89	800m: 11:38.65 1:26.43				
9.	Barbara Maia Freitas	06	CLAC-Entroncamento	11:52.93		303	
	50m: 39.66 39.66	300m: 4:17.08 1:27.65	600m: 8:51.84 1:32.53				
	100m: 1:21.81 42.15	400m: 5:46.60 1:29.52	700m: 10:24.24 1:32.40				
	200m: 2:49.43 1:27.62	500m: 7:19.31 1:32.71	800m: 11:52.93 1:28.69				
10.	Eleonor Dias Alves	06	Nautico Abrantes	11:57.53		298	
	50m: 40.53 40.53	300m: 4:24.17 1:30.39	600m: 8:58.67 1:31.03				
	100m: 1:24.49 43.96	400m: 5:56.14 1:31.97	700m: 10:30.39 1:31.72				
	200m: 2:53.78 1:29.29	500m: 7:27.64 1:31.50	800m: 11:57.53 1:27.14				
11.	Margarida Viegas Medroa	06	Nautico Abrantes	12:04.07		290	
	50m: 39.92 39.92	300m: 4:25.10 1:30.90	600m: 9:01.26 1:31.78				
	100m: 1:23.51 43.59	400m: 5:57.11 1:32.01	700m: 10:34.60 1:33.34				
	200m: 2:54.20 1:30.69	500m: 7:29.48 1:32.37	800m: 12:04.07 1:29.47				
12.	Sofia Diniz Correa	06	Cartaxo	12:19.16		272	
	50m: 40.16 40.16	300m: 4:28.91 1:34.18	600m: 9:14.73 1:33.54				
	100m: 1:24.63 44.47	400m: 6:04.66 1:35.75	700m: 10:49.23 1:34.50				
	200m: 2:54.73 1:30.10	500m: 7:41.19 1:36.53	800m: 12:19.16 1:29.93				
13.	Matilde Nabeiro Monraia	06	CLAC-Entroncamento	12:51.11		240	
	50m: 41.36 41.36	300m: 4:40.47 1:37.50	600m: 9:38.25 1:40.10				
	100m: 1:27.18 45.82	400m: 6:18.58 1:38.11	700m: 11:17.61 1:39.36				
	200m: 3:02.97 1:35.79	500m: 7:58.15 1:39.57	800m: 12:51.11 1:33.50				
14.	Sara Alexandra Ribeiro	06	Juventude Ouriense	13:51.78		191	
	50m: 41.53 41.53	300m: 4:58.61 1:46.21	600m: 10:22.40 1:49.68				
	100m: 1:29.93 48.40	400m: 6:46.75 1:48.14	700m: 12:10.93 1:48.53				
	200m: 3:12.40 1:42.47	500m: 8:32.72 1:45.97	800m: 13:51.78 1:40.85				

Juvenil A

1.	Catarina Isabel Carlota	05	BUZIOS-Coruche	9:31.51		590	
	50m: 33.70 33.70	300m: 3:33.06 1:12.14	600m: 7:10.30 1:12.24				
	100m: 1:08.85 35.15	400m: 4:45.67 1:12.61	700m: 8:22.09 1:11.79				
	200m: 2:20.92 1:12.07	500m: 5:58.06 1:12.39	800m: 9:31.51 1:09.42				
2.	Margarida Claudino Nicolau	05	Torres Novas	9:50.08		536	
	50m: 35.20 35.20	300m: 3:39.86 1:14.19	600m: 7:23.61 1:14.35				
	100m: 1:11.80 36.60	400m: 4:54.86 1:15.00	700m: 8:37.80 1:14.19				
	200m: 2:25.67 1:13.87	500m: 6:09.26 1:14.40	800m: 9:50.08 1:12.28				
3.	Maria Madalena Bento	05	BUZIOS-Coruche	9:56.20		519	
	50m: 35.35 35.35	300m: 3:41.13 1:15.32	600m: 7:29.06 1:16.36				
	100m: 1:11.52 36.17	400m: 4:56.85 1:15.72	700m: 8:44.27 1:15.21				
	200m: 2:25.81 1:14.29	500m: 6:12.70 1:15.85	800m: 9:56.20 1:11.93				
4.	Ariana Espirito Louro	05	Gualdim Pais	10:08.13		489	
	50m: 35.16 35.16	300m: 3:43.80 1:16.77	600m: 7:34.63 1:17.22				
	100m: 1:12.28 37.12	400m: 5:00.09 1:16.29	700m: 8:51.53 1:16.90				
	200m: 2:27.03 1:14.75	500m: 6:17.41 1:17.32	800m: 10:08.13 1:16.60				
5.	Ines Filipa Cotovio	05	Nautico Salvaterra Magos	10:49.16		402	
	50m: 35.56 35.56	300m: 3:50.71 1:20.40	600m: 8:02.18 1:24.65				
	100m: 1:12.78 37.22	400m: 5:13.56 1:22.85	700m: 9:26.56 1:24.38				
	200m: 2:30.31 1:17.53	500m: 6:37.53 1:23.97	800m: 10:49.16 1:22.60				



Torneio Distrital Fundo
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Prova 2, Femin., 800m Livres, Juvenil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
6.	Beatriz Gaspar Nobre	05	Gualdim Pais	10:52.84		395	
	50m: 36.88 36.88	300m: 4:03.13 1:24.50	600m: 8:12.95 1:22.04				
	100m: 1:17.05 40.17	400m: 5:27.38 1:24.25	700m: 9:35.28 1:22.33				
	200m: 2:38.63 1:21.58	500m: 6:50.91 1:23.53	800m: 10:52.84 1:17.56				
7.	Beatriz Boal Duarte	05	Cartaxo	11:05.99		372	
	50m: 37.15 37.15	300m: 4:03.99 1:23.87	600m: 8:20.24 1:26.20				
	100m: 1:17.12 39.97	400m: 5:28.92 1:24.93	700m: 9:44.30 1:24.06				
	200m: 2:40.12 1:23.00	500m: 6:54.04 1:25.12	800m: 11:05.99 1:21.69				
8.	Carolina Manuela Guia	05	Viver Santarem	11:07.26		370	
	50m: 40.94 40.94	300m: 4:11.22 1:24.34	600m: 8:24.69 1:24.34				
	100m: 1:22.47 41.53	400m: 5:36.31 1:25.09	700m: 9:48.41 1:23.72				
	200m: 2:46.88 1:24.41	500m: 7:00.35 1:24.04	800m: 11:07.26 1:18.85				
9.	Leonor Barreto Cruz	05	Nautico Abrantes	12:44.51		246	
	50m: 41.36 41.36	300m: 4:43.35 1:38.21	600m: 9:33.60 1:36.87				
	100m: 1:28.32 46.96	400m: 6:19.51 1:36.16	700m: 11:10.48 1:36.88				
	200m: 3:05.14 1:36.82	500m: 7:56.73 1:37.22	800m: 12:44.51 1:34.03				

2 - 2ª Jornada - 2ª Sessão

17/11/2019 - 9:30

Prova 3

Masc., 400m Estilos

Juvenil

17/11/2019 - 9:30

Resultados

Recorde Distrital ANDS Absoluto	4:25.81	Tiago Filipe Campos	CNRM	Porto	08/12/2017
Recorde Distrital ANDS Juv A	4:33.58	Paulo Vakulyuk	CNTN	S Antonio dos Cavaleiros	09/12/2018
Recorde Distrital ANDS Juv B	4:44.55	Paulo Vakulyuk	CNTN	Torres Novas	06/05/2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
Juvenil B							
1.	Jose Pinto Cabral	05	Viver Santarem	4:56.32		501	
	50m: 30.95 30.95	200m: 2:18.95 1:13.19	400m: 4:56.32 1:07.90				
	100m: 1:05.76 34.81	300m: 3:48.42 1:29.47					
2.	Carlos Daniel Nunes	05	Nautico Salvaterra Magos	5:04.68		461	
	50m: 31.64 31.64	200m: 2:30.39 1:21.61	400m: 5:04.68 1:09.15				
	100m: 1:08.78 37.14	300m: 3:55.53 1:25.14					
3.	Guilherme Filipe Gaboleiro	05	Rio Maior	5:14.92		418	
	50m: 33.13 33.13	200m: 2:31.63 1:20.82	400m: 5:14.92 1:12.18				
	100m: 1:10.81 37.68	300m: 4:02.74 1:31.11					
4.	Artur Paulo Aleksyeyev	05	Viver Santarem	5:22.30		390	
	50m: 32.90 32.90	200m: 2:33.25 1:22.63	400m: 5:22.30 1:13.05				
	100m: 1:10.62 37.72	300m: 4:09.25 1:36.00					
5.	Ricardo Filipe Gaboleiro	05	Rio Maior	5:26.41		375	
	50m: 33.73 33.73	200m: 2:35.91 1:21.97	400m: 5:26.41 1:14.72				
	100m: 1:13.94 40.21	300m: 4:11.69 1:35.78					
6.	Simao Dinis Rosa	05	Torres Novas	5:29.60		364	
	50m: 33.70 33.70	200m: 2:33.64 1:21.69	400m: 5:29.60 1:17.90				
	100m: 1:11.95 38.25	300m: 4:11.70 1:38.06					
7.	Joao Miguel Conrado	05	BUZIOS-Coruche	5:41.39		328	
	50m: 36.24 36.24	200m: 2:52.74 1:33.58	400m: 5:41.39 1:17.22				
	100m: 1:19.16 42.92	300m: 4:24.17 1:31.43					
8.	Vasco Duarte Nunes	05	Cartaxo	6:17.18		243	
	50m: 39.28 39.28	200m: 3:01.78 1:33.17	400m: 6:17.18 1:26.00				
	100m: 1:28.61 49.33	300m: 4:51.18 1:49.40					



Torneio Distrital Fundo
Coruche, 16 e 17 de Novembro de 2019

Prova 3, Masc., 400m Estilos, Juvenil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
9.	Antonio Pedro Martins	05	Atletismo Ferreira do Zezere	6:56.86		180	
	50m: 44.28 44.28	200m: 3:19.03 1:40.53	400m: 6:56.86 1:31.47				
	100m: 1:38.50 54.22	300m: 5:25.39 2:06.36					
DSQ	Ricardo Matias Santos	05	Atletismo Ferreira do Zezere				
	SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultaneamente na viragem aos 300 metros						
DSQ	Joao Antonio Pires	05	Torres Novas				
	SW 6.4 - O (a) atleta não efectua a viragem dos 150 metros após terminar o movimento contínuo de braços						

Juvenil A

1.	Martim Henriques Carvalho	04	Rio Maior	4:49.25		539	
	50m: 30.61 30.61	200m: 2:17.46 1:12.82	400m: 4:49.25 1:04.36				
	100m: 1:04.64 34.03	300m: 3:44.89 1:27.43					
2.	Jose Miguel Monteiro	04	Gualdim Pais	5:26.16		376	
	50m: 34.53 34.53	200m: 2:41.06 1:25.65	400m: 5:26.16 1:09.88				
	100m: 1:15.41 40.88	300m: 4:16.28 1:35.22					
3.	Tiago Charrua Gago	04	Rio Maior	5:26.95		373	
	50m: 33.32 33.32	200m: 2:30.36 1:16.82	400m: 5:26.95 1:07.91				
	100m: 1:13.54 40.22	300m: 4:19.04 1:48.68					
4.	Andre Jesus Gaspar	04	Gualdim Pais	5:29.70		364	
	50m: 34.39 34.39	200m: 2:41.07 1:25.34	400m: 5:29.70 1:16.34				
	100m: 1:15.73 41.34	300m: 4:13.36 1:32.29					
5.	Rodrigo Cardoso Fernandes	04	Cartaxo	5:30.13		363	
	50m: 32.99 32.99	200m: 2:38.45 1:25.96	400m: 5:30.13 1:12.43				
	100m: 1:12.49 39.50	300m: 4:17.70 1:39.25					
6.	Miguel Filipe Nunes	04	Cartaxo	5:30.89		360	
	50m: 32.42 32.42	200m: 2:36.39 1:24.72	400m: 5:30.89 1:16.00				
	100m: 1:11.67 39.25	300m: 4:14.89 1:38.50					
7.	Bernardo Boal Duarte	04	Cartaxo	5:41.79		327	
	50m: 35.28 35.28	200m: 2:50.28 1:30.57	400m: 5:41.79 1:14.18				
	100m: 1:19.71 44.43	300m: 4:27.61 1:37.33					
8.	Joao Marques Ferreira	04	Viver Santarem	5:42.00		326	
	50m: 33.18 33.18	200m: 2:40.25 1:27.14	400m: 5:42.00 1:15.64				
	100m: 1:13.11 39.93	300m: 4:26.36 1:46.11					
9.	Ivo Rafael Serra	04	CLAC-Entroncamento	5:53.61		295	
	50m: 38.53 38.53	200m: 2:53.89 1:29.39	400m: 5:53.61 1:16.30				
	100m: 1:24.50 45.97	300m: 4:37.31 1:43.42					
10.	Francisco Polonio Alexandre	04	CLAC-Entroncamento	6:03.54		271	
	50m: 36.82 36.82	200m: 2:50.86 1:28.97	400m: 6:03.54 1:22.68				
	100m: 1:21.89 45.07	300m: 4:40.86 1:50.00					
11.	Goncalo Maria Mendonca	04	Viver Santarem	6:05.54		267	
	50m: 37.70 37.70	200m: 3:00.13 1:35.65	400m: 6:05.54 1:20.59				
	100m: 1:24.48 46.78	300m: 4:44.95 1:44.82					
DSQ	Joao Nuno Nobre	04	Cartaxo				
	O(a) atleta efectuou mais do que uma braçada na posição ventral, na viragem dos 125m						
DSQ	Diogo Rafael Antunes	04	CLAC-Entroncamento				
	SW 8.4 - O (a) atleta não tocou com as mãos separadas na viragem aos 100 metros						
DSQ	Rui Osvaldo Rocha	04	Juventude Ouriense				
	SW 6.5 - O (a) atleta não chegou na posição dorsal						



Torneio Distrital Fundo
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Prova 4 **Juvenil**
17/11/2019 - 10:00 **Resultados**

Recorde Distrital ANDS Absoluto	5:05.86	Cátia Iordan Agostinho	CNRM	S Antonio dos Cavaleiros	09/12/2018
Recorde Distrital ANDS Juv A	5:12.61	Cátia Iordan Agostinho	CNRN	Guarda	02/12/2016
Recorde Distrital ANDS Juv B	5:16.20	Cátia Iordan Agostinho	CNRM	Abrantes	22/11/2015

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
Juvenil B							
1.	Marta Filipa Bucha	06	Viver Santarem	5:45.32		421	
	50m: 35.64 35.64	200m: 2:45.80 1:28.64	400m: 5:45.32 1:16.96				
	100m: 1:17.16 41.52	300m: 4:28.36 1:42.56					
2.	Constanca Grincho Sousa	06	Viver Santarem	5:46.59		417	
	50m: 36.41 36.41	200m: 2:45.66 1:27.07	400m: 5:46.59 1:20.03				
	100m: 1:18.59 42.18	300m: 4:26.56 1:40.90					
3.	Rita Bernardo Tome	06	Nautico Salvaterra Magos	5:55.02		388	
	50m: 39.02 39.02	200m: 2:53.69 1:26.35	400m: 5:55.02 1:19.83				
	100m: 1:27.34 48.32	300m: 4:35.19 1:41.50					
4.	Ines Goncalves Fernandes	06	Nautico Abrantes	6:07.76		349	
	50m: 43.22 43.22	200m: 3:03.69 1:31.10	400m: 6:07.76 1:17.57				
	100m: 1:32.59 49.37	300m: 4:50.19 1:46.50					
5.	Barbara Maia Freitas	06	CLAC-Entroncamento	6:15.70		327	
	50m: 37.64 37.64	100m: 1:22.39 44.75	200m: 2:56.82 1:34.43	400m: 6:15.70 3:18.88			
6.	Joana Patricia Antunes	06	CLAC-Entroncamento	6:20.50		315	
	50m: 40.81 40.81	200m: 3:11.75 1:40.54	400m: 6:20.50 1:27.25				
	100m: 1:31.21 50.40	300m: 4:53.25 1:41.50					
7.	Eleonor Dias Alves	06	Nautico Abrantes	6:25.76		302	
	50m: 41.20 41.20	200m: 3:12.02 1:40.86	400m: 6:25.76 1:29.37				
	100m: 1:31.16 49.96	300m: 4:56.39 1:44.37					
8.	Maria Beatriz Teixeira	06	Viver Santarem	6:31.75		288	
	50m: 42.61 42.61	200m: 3:11.53 1:39.56	400m: 6:31.75 1:24.07				
	100m: 1:31.97 49.36	300m: 5:07.68 1:56.15					
9.	Joana Silva Januario	06	Nautico Abrantes	6:43.38		264	
	50m: 45.08 45.08	200m: 3:20.19 1:38.77	400m: 6:43.38 1:23.19				
	100m: 1:41.42 56.34	300m: 5:20.19 2:00.00					
10.	Margarida Viegas Medroa	06	Nautico Abrantes	6:45.64		260	
	50m: 45.78 45.78	200m: 3:17.24 1:36.43	400m: 6:45.64 1:26.68				
	100m: 1:40.81 55.03	300m: 5:18.96 2:01.72					
11.	Matilde Nabeiro Monraia	06	CLAC-Entroncamento	6:47.02		257	
	50m: 45.02 45.02	200m: 3:22.95 1:41.00	400m: 6:47.02 1:32.29				
	100m: 1:41.95 56.93	300m: 5:14.73 1:51.78					
12.	Sofia Diniz Correa	06	Cartaxo	6:50.10		251	
	50m: 41.67 41.67	200m: 3:21.23 1:45.56	400m: 6:50.10 1:28.94				
	100m: 1:35.67 54.00	300m: 5:21.16 1:59.93					
13.	Sara Alexandra Ribeiro	06	Juventude Ouriense	7:55.59		161	
	50m: 49.87 49.87	200m: 3:48.59 1:56.65	400m: 7:55.59 1:44.57				
	100m: 1:51.94 1:02.07	300m: 6:11.02 2:22.43					

DSQ Margarida Miguel Mendes 06 Viver Santarem
SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso



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Prova 4, Femin., 400m Estilos

Juvenil A

1.	Ariana Espirito Louro	05	Gualdim Pais	5:19.57	531
	50m: 34.39 34.39	200m: 2:32.24 1:19.46	400m: 5:19.57 1:15.18		
	100m: 1:12.78 38.39	300m: 4:04.39 1:32.15			
2.	Catarina Isabel Carlota	05	BUZIOS-Coruche	5:22.63	516
	50m: 34.66 34.66	200m: 2:38.48 1:25.10	400m: 5:22.63 1:10.40		
	100m: 1:13.38 38.72	300m: 4:12.23 1:33.75			
3.	Maria Madalena Bento	05	BUZIOS-Coruche	5:26.23	500
	50m: 32.89 32.89	200m: 2:34.67 1:23.67	400m: 5:26.23 1:11.07		
	100m: 1:11.00 38.11	300m: 4:15.16 1:40.49			
4.	Margarida Claudino Nicolau	05	Torres Novas	5:31.34	477
	50m: 33.20 33.20	200m: 2:41.95 1:27.07	400m: 5:31.34 1:15.25		
	100m: 1:14.88 41.68	300m: 4:16.09 1:34.14			
5.	Ines Filipa Cotovio	05	Nautico Salvaterra Magos	6:01.03	368
	50m: 39.72 39.72	200m: 2:53.47 1:29.04	400m: 6:01.03 1:19.56		
	100m: 1:24.43 44.71	300m: 4:41.47 1:48.00			
6.	Beatriz Boal Duarte	05	Cartaxo	6:22.63	309
	50m: 41.31 41.31	200m: 3:09.80 1:37.64	400m: 6:22.63 1:27.97		
	100m: 1:32.16 50.85	300m: 4:54.66 1:44.86			
7.	Leonor Barreto Cruz	05	Nautico Abrantes	6:56.98	239
	50m: 47.29 47.29	200m: 3:25.23 1:43.04	400m: 6:56.98 1:34.32		
	100m: 1:42.19 54.90	300m: 5:22.66 1:57.43			
DSQ	Carolina Manuela Guia	05	Viver Santarem		
	<i>SW 7.6 - O (a) atleta n�o tocou com as m�os na parede separadas e simult�neamente na viragem aos 300 metros</i>				
DNS	Beatriz Gaspar Nobre	05	Gualdim Pais		