

10º Torneio de Natação Litoral Alentejano  
Sines, 25/4/2024

Prova 15 Masc., 400m Livres 13 anos e mais velhos  
25/04/2024 - 15:35 Resultados

Recorde Regional Open	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Recorde Regional 19 +	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Recorde Regional 18	4:17.47	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Recorde Regional 17	4:14.22	Nelson Pereira MALHEIROS	CNLA	Caldas da Rainha	28/11/2015
Recorde Regional 16	4:13.67	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	14/03/2015
Recorde Regional 15	4:18.68	Nelson Pereira MALHEIROS	CNLA	Sines	25/04/2014
Recorde Regional 14	4:33.56	Miguel Martins BALTAZAR	ANALEN	Abrantes	14/04/2012
Recorde Regional 13	4:39.59	Gustavo Manuel SANTA	Ind ANALE	Sines	13/05/2006

Pontos: FINA 2023

Lugar	Nome	Idade	Licença	Clube	Tempo	Pontos
1.	Jose Tomas SIMEAO	24	119420	Laranjeiro	<b>4:23.18</b>	524
	50m: 30.19 30.19	150m: 1:36.77 33.18	250m: 2:44.76 33.89	350m: 3:51.73 33.26		
	100m: 1:03.59 33.40	200m: 2:10.87 34.10	300m: 3:18.47 33.71	400m: 4:23.18 31.45		
2.	Diogo Morgado FIGUEIRA	18	203863	CPCD da Povoia de Santa Iria	<b>4:23.20</b>	524
	50m: 30.19 30.19	150m: 1:36.72 33.62	250m: 2:43.81 33.34	350m: 3:51.04 33.57		
	100m: 1:03.10 32.91	200m: 2:10.47 33.75	300m: 3:17.47 33.66	400m: 4:23.20 32.16		
3.	Tomas Augusto REIS	15	219434	Clube Futebol Os Belenenses	<b>4:26.78</b>	503
	50m: 29.97 29.97	150m: 1:35.48 33.20	250m: 2:44.05 34.70	350m: 3:53.89 34.78		
	100m: 1:02.28 32.31	200m: 2:09.35 33.87	300m: 3:19.11 35.06	400m: 4:26.78 32.89		
4.	Guilherme Salvador CHAVECA	19	152809	Portinado	<b>4:33.32</b>	468
	50m: 30.41 30.41	150m: 1:37.39 33.91	250m: 2:46.95 34.63	350m: 3:57.25 35.60		
	100m: 1:03.48 33.07	200m: 2:12.32 34.93	300m: 3:21.65 34.70	400m: 4:33.32 36.07		
5.	Rafael Curtinha LUIS	18	147142	Aljustrelense	<b>4:34.19</b>	463
	50m: 30.18 30.18	150m: 1:38.31 34.22	250m: 2:48.21 35.14	350m: 3:59.53 36.00		
	100m: 1:04.09 33.91	200m: 2:13.07 34.76	300m: 3:23.53 35.32	400m: 4:34.19 34.66		
6.	Rostislav KOZLOV	16	208186	A ONDA	<b>4:54.41</b>	374
	50m: 30.36 30.36	150m: 1:44.40 37.57	250m: 3:01.04 38.87	350m: 4:18.28 37.94		
	100m: 1:06.83 36.47	200m: 2:22.17 37.77	300m: 3:40.34 39.30	400m: 4:54.41 36.13		
7.	Lucas Silva VILHENA	17	209552	Litoral Alentejano	<b>5:01.12</b>	350
	50m: 34.31 34.31	150m: 1:50.95 38.95	250m: 3:08.20 38.54	350m: 4:24.76 38.07		
	100m: 1:12.00 37.69	200m: 2:29.66 38.71	300m: 3:46.69 38.49	400m: 5:01.12 36.36		
8.	Luis Pedro PINTO	15	209980	Cnbe	<b>5:01.88</b>	347
	50m: 34.36 34.36	150m: 1:51.90 39.20	250m: 3:10.49 39.26	350m: 4:27.75 38.26		
	100m: 1:12.70 38.34	200m: 2:31.23 39.33	300m: 3:49.49 39.00	400m: 5:01.88 34.13		
9.	Mateus HELENO	14	218244	Seagull Rescue	<b>5:25.07</b>	278
	50m: 34.57 34.57	150m: 1:55.51 41.61	250m: 3:20.83 42.60	350m: 4:45.77 42.52		
	100m: 1:13.90 39.33	200m: 2:38.23 42.72	300m: 4:03.25 42.42	400m: 5:25.07 39.30		
10.	Luca Cristian IRIMIA	13	215692	Uniao Samorense	<b>5:35.80</b>	252
	50m: 36.49 36.49	150m: 2:02.10 43.24	250m: 3:29.02 43.19	350m: 4:55.63 43.05		
	100m: 1:18.86 42.37	200m: 2:45.83 43.73	300m: 4:12.58 43.56	400m: 5:35.80 40.17		
11.	Samuel Santana PARISOT	15		Clube Natacao da Amadora	<b>5:43.11</b>	236
	50m: 37.05 37.05	150m: 2:02.31 42.77	250m: 3:29.89 43.98	350m: 4:57.06 42.58		
	100m: 1:19.54 42.49	200m: 2:45.91 43.60	300m: 4:14.48 44.59	400m: 5:43.11 46.05		
12.	Francisco Candeias MARQUES	14	210478	Zona Azul	<b>5:54.51</b>	214
	50m: 37.10 37.10	150m: 2:03.91 44.48	250m: 3:36.26 46.41	350m: 5:09.50 46.65		
	100m: 1:19.43 42.33	200m: 2:49.85 45.94	300m: 4:22.85 46.59	400m: 5:54.51 45.01		
13.	Eydan Sayil VAN MELLE	14	217206	Aljustrelense	<b>6:01.92</b>	201
	50m: 38.00 38.00	150m: 2:06.39 45.15	250m: 3:41.53 48.38	350m: 5:17.01 47.94		
	100m: 1:21.24 43.24	200m: 2:53.15 46.76	300m: 4:29.07 47.54	400m: 6:01.92 44.91		

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Prova 15, Masc., 400m Livres

EXH Rodrigo Malia SANTOS	17	153125	Portinado					<b>4:27.49</b>	499
50m: 30.55 30.55	150m: 1:37.70	34.20	250m: 2:47.08	34.08	350m: 3:55.09	33.41			
100m: 1:03.50 32.95	200m: 2:13.00	35.30	300m: 3:21.68	34.60	400m: 4:27.49	32.40			
EXH Mauro Santos INACIO	40	14030	Litoral Alentejano					<b>4:35.21</b>	458
50m: 32.50 32.50	150m: 1:42.46	35.13	250m: 2:53.31	35.58	350m: 4:02.95	34.58			
100m: 1:07.33 34.83	200m: 2:17.73	35.27	300m: 3:28.37	35.06	400m: 4:35.21	32.26			
EXH Xavier Rosa MADEIRA	15	212301	Laranjeiro					<b>4:35.28</b>	458
50m: 31.43 31.43	150m: 1:39.24	34.24	250m: 2:48.48	34.42	350m: 3:59.90	36.54			
100m: 1:05.00 33.57	200m: 2:14.06	34.82	300m: 3:23.36	34.88	400m: 4:35.28	35.38			
EXH Santiago Ganso PERDIGAO	16	207674	Lagoa Academico Clube					<b>4:36.23</b>	453
50m: 30.90 30.90	150m: 1:39.81	34.74	250m: 2:50.25	35.39	350m: 4:01.57	36.01			
100m: 1:05.07 34.17	200m: 2:14.86	35.05	300m: 3:25.56	35.31	400m: 4:36.23	34.66			
EXH Rafael Goncalves SOUSA	25	153436	CPCD da Povoia de Santa Iria					<b>4:45.97</b>	408
50m: 31.73 31.73	150m: 1:44.61	37.23	250m: 2:58.28	36.27	350m: 4:11.15	36.43			
100m: 1:07.38 35.65	200m: 2:22.01	37.40	300m: 3:34.72	36.44	400m: 4:45.97	34.82			
EXH Tomas Moura RAMOS	16	205636	Clube Futebol Os Belenenses					<b>4:49.60</b>	393
50m: 32.23 32.23	150m: 1:44.82	36.91	250m: 2:59.75	37.64	350m: 4:14.63	17.22			
100m: 1:07.91 35.68	200m: 2:22.11	37.29	300m: 3:57.41	57.66	400m: 4:49.60	34.97			
EXH Simao Verissimo AIRES	13	213996	Laranjeiro					<b>5:13.60</b>	310
50m: 35.36 35.36	150m: 1:55.49	40.15	250m: 3:16.21	40.32	350m: 4:36.45	39.82			
100m: 1:15.34 39.98	200m: 2:35.89	40.40	300m: 3:56.63	40.42	400m: 5:13.60	37.15			
EXH Bernardo Jose LOUCAO	13	218507	Litoral Alentejano					<b>6:09.24</b>	189
50m: 41.40 41.40	150m: 2:13.80	46.36	250m: 3:48.90	47.75	350m: 5:23.97	47.59			
100m: 1:27.44 46.04	200m: 3:01.15	47.35	300m: 4:36.38	47.48	400m: 6:09.24	45.27			