

Torneio de Abertura ANICentro
Elvas, 16-10-2021

Prova 11
16-10-2021 - 11:30

Masc., 400m Livres

13 anos e mais velhos
Resultados

Pontos: FINA 2020

Lugar			Ano					Tempo final	Pts
1.	SILVA, Romulo Artur		08	Eléctrico				4:58.58	359
	50m:	35.92 35.92	150m:	1:52.20	38.69	250m:	3:09.02 38.43	350m:	4:24.14 37.11
	100m:	1:13.51 37.59	200m:	2:30.59	38.39	300m:	3:47.03 38.01	400m:	4:58.58 34.44
2.	RANGEM, Miguel Eduardo		07	Elvense				5:04.94	337
	50m:	35.37 35.37	150m:	1:50.95	38.03	250m:	3:08.04 38.51	350m:	4:25.45 38.81
	100m:	1:12.92 37.55	200m:	2:29.53	38.58	300m:	3:46.64 38.60	400m:	5:04.94 39.49
3.	FRANCO, Luis Garrido		07	Elvense				5:12.70	312
	50m:	33.81 33.81	150m:	1:51.32	38.81	250m:	3:10.67 39.69	350m:	4:31.47 40.76
	100m:	1:12.51 38.70	200m:	2:30.98	39.66	300m:	3:50.71 40.04	400m:	5:12.70 41.23
4.	TAVARES, Eduardo Pires		07	AN Albicastrense				5:14.80	306
	50m:	36.40 36.40	150m:	1:55.14	39.00	250m:	3:16.42 41.02	350m:	4:36.20 39.72
	100m:	1:16.14 39.74	200m:	2:35.40	40.26	300m:	3:56.48 40.06	400m:	5:14.80 38.60
5.	SOARES, Diogo Martins		08	Eléctrico				5:29.68	266
	50m:	36.85 36.85	150m:	1:59.79	42.12	250m:	3:26.25 43.94	350m:	4:50.87 41.99
	100m:	1:17.67 40.82	200m:	2:42.31	42.52	300m:	4:08.88 42.63	400m:	5:29.68 38.81
6.	BENTO, Afonso Maria		09	AN Albicastrense				5:37.20	249
	50m:	37.49 37.49	150m:	2:03.19	43.59	250m:	3:30.76 43.85	350m:	4:57.25 41.89
	100m:	1:19.60 42.11	200m:	2:46.91	43.72	300m:	4:15.36 44.60	400m:	5:37.20 39.95
7.	CALDES, Miguel Jose		08	Elvense				5:49.97	223
	50m:	39.87 39.87	150m:	2:06.70	43.94	250m:	3:35.99 45.17	350m:	5:06.57 45.71
	100m:	1:22.76 42.89	200m:	2:50.82	44.12	300m:	4:20.86 44.87	400m:	5:49.97 43.40
8.	RATO, Guilherme Filipe		09	AN Albicastrense				5:58.53	207
	50m:	38.75 38.75	150m:	2:11.27	47.24	250m:	3:45.68 46.62	350m:	5:20.42 46.66
	100m:	1:24.03 45.28	200m:	2:59.06	47.79	300m:	4:33.76 48.08	400m:	5:58.53 38.11
9.	MATEUS, Afonso		09	AN Albicastrense				6:12.07	185
	50m:	40.88 40.88	150m:	2:14.15	47.48	250m:	3:50.46 48.56	350m:	5:26.69 48.37
	100m:	1:26.67 45.79	200m:	3:01.90	47.75	300m:	4:38.32 47.86	400m:	6:12.07 45.38
10.	COSTA, Tiago Maria		08	Elvense				6:33.61	156
	50m:	45.87 45.87	150m:	2:27.03	50.25	250m:	4:07.22 49.51	350m:	5:42.93 48.86
	100m:	1:36.78 50.91	200m:	3:17.71	50.68	300m:	4:54.07 46.85	400m:	6:33.61 50.68
11.	SANGUINHO, Joao Maria		09	Elvense				6:42.55	146
	50m:	42.94 42.94	150m:	2:24.21	52.53	250m:	4:09.97 52.73	350m:	5:51.93 50.58
	100m:	1:31.68 48.74	200m:	3:17.24	53.03	300m:	5:01.35 51.38	400m:	6:42.55 50.62
12.	SANGUINHO, Manuel Maria		09	Elvense				6:49.70	139
	50m:	44.03 44.03	150m:	2:25.94	52.06	250m:	4:11.16 53.84	350m:	5:58.77 53.95
	100m:	1:33.88 49.85	200m:	3:17.32	51.38	300m:	5:04.82 53.66	400m:	6:49.70 50.93
13.	ALPALHAO, Antonio Carmona		09	AN Albicastrense				7:29.40	105
	50m:	46.12 46.12	150m:	2:35.54	55.50	250m:	4:32.36 59.12	350m:	6:31.81 58.95
	100m:	1:40.04 53.92	200m:	3:33.24	57.70	300m:	5:32.86 1:00.50	400m:	7:29.40 57.59