

Torneio de Abertura - Categorias
Condeixa-a-Nova, 23- - 24-10-2021

Prova 3	Masc., 400m Livres				Inf_Sen
23-10-2021 - 16:35					Resultados
Rec Nac 25m Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec Nac 25m Sen	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec Nac 25m Jun A	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Rec Nac 25m Jun B	3:56.54	Rui Filipe, COSTA	VSC	Feigueiras	24-11-2007
Rec Nac 25m Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07-12-2019
Rec Nac 25m Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC	Lousã	23-06-2019
Rec Nac 25m Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29-03-2014
Rec Nac 25m Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04-04-2003
Rec Reg ANC Absoluto	3:45.21	Tomas Miguel, VELOSO			13-11-2019
Rec Reg ANC Sen	3:45.21	Tomás Miguel, VELOSO	CNAC	Felgueiras	21-12-2019
Rec Reg ANC Jun A	3:56.55	Luís, SILVA	CNAC		13-06-2002
Rec Reg ANC Jun B	3:58.76	Gustavo Pires, MARQUES	INDANC	Coimbra	20-06-2021
Rec Reg ANC Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07-12-2019
Rec Reg ANC Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC		13-06-2019
Rec Reg ANC Inf A	4:20.38	Guilherme Maia, CARDOSO	SCC		20-07-2019
Rec Reg ANC Inf B	4:35.42	Diogo Matos, RIBEIRO	CNAC		13-06-2017

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
Inf B						
1.	Tomas Rafael, PEREIRA		09	Nautico Academico		5:34.07 256
	50m: 35.51 35.51	150m: 2:01.66 44.13	250m: 3:30.06 44.56	350m: 4:55.82 41.54		
	100m: 1:17.53 42.02	200m: 2:45.50 43.84	300m: 4:14.28 44.22	400m: 5:34.07 38.25		
2.	Jose Pedro, COSTA		09	Nautico Academico		5:42.51 237
	50m: 38.18 38.18	150m: 2:02.11 42.30	250m: 3:28.50 43.45	350m: 4:59.36 49.39		
	100m: 1:19.81 41.63	200m: 2:45.05 42.94	300m: 4:09.97 41.47	400m: 5:42.51 43.15		
3.	Joao Nuno, GASPAS		09	Nautico Academico		5:45.17 232
	50m: 36.80 36.80	150m: 2:05.24 44.86	250m: 3:36.25 44.90	350m: 5:04.86 43.83		
	100m: 1:20.38 43.58	200m: 2:51.35 46.11	300m: 4:21.03 44.78	400m: 5:45.17 40.31		
4.	Francisco Ribeiro, GOMES		09	Condeixa Clube		5:57.62 209
	50m: 39.85 39.85	150m: 2:11.58 45.31	250m: 3:43.27 45.92	350m: 5:15.91 46.35		
	100m: 1:26.27 46.42	200m: 2:57.35 45.77	300m: 4:29.56 46.29	400m: 5:57.62 41.71		
5.	Tiago Janeiro, MOITA		09	Uniao de Coimbra		6:00.21 204
	50m: 41.35 41.35	150m: 2:11.65 45.43	250m: 3:43.92 46.41	350m: 5:16.42 45.19		
	100m: 1:26.22 44.87	200m: 2:57.51 45.86	300m: 4:31.23 47.31	400m: 6:00.21 43.79		
6.	Guilherme Andre, GASPAS		09	Nautico Academico		6:19.42 175
	50m: 39.51 39.51	150m: 2:17.35 49.62	250m: 3:56.57 49.59	350m: 5:34.36 49.06		
	100m: 1:27.73 48.22	200m: 3:06.98 49.63	300m: 4:45.30 48.73	400m: 6:19.42 45.06		
Inf A						
1.	Rafael Pereira, RODRIGUES		08	Condeixa Clube		5:07.29 329
	50m: 34.85 34.85	150m: 1:51.66 38.87	250m: 3:10.54 39.70	350m: 4:29.26 39.22		
	100m: 1:12.79 37.94	200m: 2:30.84 39.18	300m: 3:50.04 39.50	400m: 5:07.29 38.03		
2.	Martim Nobre, PASCOAL		08	Columbifila Cantanhedense		5:09.40 322
	50m: 34.24 34.24	150m: 1:51.46 39.34	250m: 3:11.42 40.33	350m: 4:31.29 39.76		
	100m: 1:12.12 37.88	200m: 2:31.09 39.63	300m: 3:51.53 40.11	400m: 5:09.40 38.11		
3.	Santiago Jose, FONSECA		08	Columbifila Cantanhedense		5:12.59 313
	50m: 34.63 34.63	150m: 1:53.79 39.72	250m: 3:14.04 39.86	350m: 4:34.22 40.09		
	100m: 1:14.07 39.44	200m: 2:34.18 40.39	300m: 3:54.13 40.09	400m: 5:12.59 38.37		
4.	Vicente Piacentini, CALDEIRA		08	Nautico Academico		5:13.72 309
	50m: 36.31 36.31	150m: 1:56.65 40.22	250m: 3:16.63 39.90	350m: 4:35.70 39.52		
	100m: 1:16.43 40.12	200m: 2:36.73 40.08	300m: 3:56.18 39.55	400m: 5:13.72 38.02		
5.	Miguel Tomas, CONCEICAO		08	Nautico Academico		5:19.43 293
	50m: 35.01 35.01	150m: 1:57.04 42.03	250m: 3:19.06 40.09	350m: 4:40.88 40.70		
	100m: 1:15.01 40.00	200m: 2:38.97 41.93	300m: 4:00.18 41.12	400m: 5:19.43 38.55		
6.	Joaquim Antonio, CUNHA		08	Nautico Academico		5:20.92 289
	50m: 37.31 37.31	150m: 1:57.82 40.60	250m: 3:19.73 41.22	350m: 4:41.54 41.24		
	100m: 1:17.22 39.91	200m: 2:38.51 40.69	300m: 4:00.30 40.57	400m: 5:20.92 39.38		

Torneio de Abertura - Categorias
Condeixa-a-Nova, 23- - 24-10-2021

Prova 3, Masc., 400m Livres, Inf A

Lugar			Ano					Tempo final	Pts
7.	Guilherme Simoes, SOUSA		08	Nautico Academico				5:24.09	280
	50m:	35.42 35.42	150m:	1:58.63	41.95	250m:	3:23.83 43.00	350m:	4:46.75 41.52
	100m:	1:16.68 41.26	200m:	2:40.83	42.20	300m:	4:05.23 41.40	400m:	5:24.09 37.34
8.	Rafael Figueiredo, CORREIA		08	Columbofila Cantanhedense				5:32.33	260
	50m:	37.14 37.14	150m:	1:59.62	41.87	250m:	3:24.51 42.25	350m:	4:49.69 43.05
	100m:	1:17.75 40.61	200m:	2:42.26	42.64	300m:	4:06.64 42.13	400m:	5:32.33 42.64
9.	Salvador Correia, PEREIRA		08	Condeixa Clube				5:33.49	257
	50m:	38.13 38.13	150m:	2:01.74	40.99	250m:	3:28.74 43.41	350m:	4:54.41 42.65
	100m:	1:20.75 42.62	200m:	2:45.33	43.59	300m:	4:11.76 43.02	400m:	5:33.49 39.08
10.	Rodrigo Mosca, SILVA		08	Columbofila Cantanhedense				5:35.48	253
	50m:	34.35 34.35	150m:	1:58.06	42.84	250m:	3:25.42 44.02	350m:	4:52.69 43.43
	100m:	1:15.22 40.87	200m:	2:41.40	43.34	300m:	4:09.26 43.84	400m:	5:35.48 42.79
11.	Afonso Benjamim, MELO		08	Academica de Coimbra				5:49.86	223
	50m:	37.10 37.10	150m:	2:02.96	44.13	250m:	3:33.19 45.52	350m:	5:05.57 45.50
	100m:	1:18.83 41.73	200m:	2:47.67	44.71	300m:	4:20.07 46.88	400m:	5:49.86 44.29
12.	Francisco Joao, FERNANDO		08	Nautico Academico				6:07.37	192
	50m:	41.26 41.26	150m:	2:12.88	45.09	250m:	3:45.84 46.79	350m:	5:21.83 48.03
	100m:	1:27.79 46.53	200m:	2:59.05	46.17	300m:	4:33.80 47.96	400m:	6:07.37 45.54
13.	Francisco Fernandes, PEREIRA		08	Academica de Coimbra				6:12.21	185
	50m:	39.94 39.94	150m:	2:14.71	48.28	250m:	3:51.23 47.76	350m:	5:26.73 47.60
	100m:	1:26.43 46.49	200m:	3:03.47	48.76	300m:	4:39.13 47.90	400m:	6:12.21 45.48
14.	David Miguel, ALVES		08	Nautico Academico				6:13.01	184
	50m:	40.20 40.20	150m:	2:14.29	47.67	250m:	3:51.23 48.77	350m:	5:27.09 48.80
	100m:	1:26.62 46.42	200m:	3:02.46	48.17	300m:	4:38.29 47.06	400m:	6:13.01 45.92
15.	Manuel Meneses, GONCALVES		08	Academica de Coimbra				6:37.66	152
	50m:	44.46 44.46	150m:	2:26.67	51.38	250m:	4:08.15 51.42	350m:	5:49.83 50.33
	100m:	1:35.29 50.83	200m:	3:16.73	50.06	300m:	4:59.50 51.35	400m:	6:37.66 47.83

Juv B

1.	Martim Alexandre, SILVA		07	Columbofila Cantanhedense				4:25.66	509
	50m:	29.88 29.88	150m:	1:36.32	33.49	250m:	2:44.24 33.79	350m:	3:52.56 34.00
	100m:	1:02.83 32.95	200m:	2:10.45	34.13	300m:	3:18.56 34.32	400m:	4:25.66 33.10
2.	Alexandre, DZYAKANAU		07	Louzan Natacao/EFAPEL				4:40.78	431
	50m:	32.14 32.14	150m:	1:42.10	35.22	250m:	2:53.49 35.82	350m:	4:05.93 36.36
	100m:	1:06.88 34.74	200m:	2:17.67	35.57	300m:	3:29.57 36.08	400m:	4:40.78 34.85
3.	Duarte Cachulo, MARQUES		07	Condeixa Clube				4:43.74	418
	50m:	31.36 31.36	150m:	1:42.32	35.73	250m:	2:55.09 36.33	350m:	4:08.31 36.83
	100m:	1:06.59 35.23	200m:	2:18.76	36.44	300m:	3:31.48 36.39	400m:	4:43.74 35.43
4.	David Duarte, JESUS		07	Nautico Academico				4:47.16	403
	50m:	32.39 32.39	150m:	1:43.86	35.97	250m:	2:56.66 36.28	350m:	4:10.51 37.00
	100m:	1:07.89 35.50	200m:	2:20.38	36.52	300m:	3:33.51 36.85	400m:	4:47.16 36.65
5.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				5:03.73	341
	50m:	34.36 34.36	150m:	1:51.26	38.86	250m:	3:10.04 39.12	350m:	4:27.23 38.06
	100m:	1:12.40 38.04	200m:	2:30.92	39.66	300m:	3:49.17 39.13	400m:	5:03.73 36.50
6.	Guilherme Marques, ALMEIDA		07	Academica de Coimbra				5:13.54	310
	50m:	34.23 34.23	150m:	1:51.47	39.19	250m:	3:11.58 40.64	350m:	4:33.54 40.74
	100m:	1:12.28 38.05	200m:	2:30.94	39.47	300m:	3:52.80 41.22	400m:	5:13.54 40.00
7.	Rodrigo, MARQUES LIMA		07	CASPAE				5:57.08	210
	50m:	37.11 37.11	150m:	2:04.02	45.03	250m:	3:36.05 47.26	350m:	5:08.45 47.09
	100m:	1:18.99 41.88	200m:	2:48.79	44.77	300m:	4:21.36 45.31	400m:	5:57.08 48.63

Torneio de Abertura - Categorias
Condeixa-a-Nova, 23- - 24-10-2021

Prova 3, Masc., 400m Livres

Juv A

1.	Joao Rafael, FERREIRA	06	Nautico Academico	4:30.38	483
	50m: 30.98 30.98	150m: 1:38.56	34.14 250m: 2:47.65	34.63	350m: 3:57.47
	100m: 1:04.42 33.44	200m: 2:13.02	34.46 300m: 3:22.84	35.19	400m: 4:30.38
					32.91
2.	Tomas Nolan, SANTOS	06	Nautico Academico	4:30.78	481
	50m: 31.10 31.10	150m: 1:39.57	34.49 250m: 2:47.65	34.05	350m: 3:56.80
	100m: 1:05.08 33.98	200m: 2:13.60	34.03 300m: 3:22.17	34.52	400m: 4:30.78
					33.98
3.	Joao Neves, LUCAS	06	Columbifila Cantanhedense	4:31.59	477
	50m: 30.89 30.89	150m: 1:37.91	33.94 250m: 2:45.97	33.90	350m: 3:56.40
	100m: 1:03.97 33.08	200m: 2:12.07	34.16 300m: 3:20.86	34.89	400m: 4:31.59
					35.19
4.	Tomas Veiga, PEREIRA	06	Nautico Academico	4:31.61	477
	50m: 31.93 31.93	150m: 1:40.62	34.73 250m: 2:49.86	34.63	350m: 3:58.64
	100m: 1:05.89 33.96	200m: 2:15.23	34.61 300m: 3:24.11	34.25	400m: 4:31.61
					32.97
5.	Francisco Couto, FRAZAO	06	Uniao de Coimbra	4:32.51	472
	50m: 31.06 31.06	150m: 1:41.11	35.23 250m: 2:50.47	33.28	350m: 3:59.45
	100m: 1:05.88 34.82	200m: 2:17.19	36.08 300m: 3:24.95	34.48	400m: 4:32.51
					33.06
6.	Duarte Jose, FERNANDES	06	Uniao de Coimbra	4:34.24	463
	50m: 30.77 30.77	150m: 1:38.70	34.34 250m: 2:48.56	35.13	350m: 3:58.93
	100m: 1:04.36 33.59	200m: 2:13.43	34.73 300m: 3:23.92	35.36	400m: 4:34.24
					35.31
7.	Filipe Cruz, SIMOES	06	Miranda do Corvo	4:38.82	441
	50m: 30.39 30.39	150m: 1:39.37	34.84 250m: 2:50.54	36.09	350m: 4:03.84
	100m: 1:04.53 34.14	200m: 2:14.45	35.08 300m: 3:27.46	36.92	400m: 4:38.82
					34.98
8.	Jose Miguel, MARQUES	06	Condeixa Clube	4:41.11	430
	50m: 31.42 31.42	150m: 1:42.84	36.37 250m: 2:54.04	34.54	350m: 4:05.53
	100m: 1:06.47 35.05	200m: 2:19.50	36.66 300m: 3:29.57	35.53	400m: 4:41.11
					35.58
9.	Rodrigo Costa, CRUZ	06	Academica de Coimbra	4:42.25	425
	50m: 32.21 32.21	150m: 1:42.93	35.36 250m: 2:54.31	35.56	350m: 4:07.25
	100m: 1:07.57 35.36	200m: 2:18.75	35.82 300m: 3:31.02	36.71	400m: 4:42.25
					35.00
10.	Joao Ferreira, MARQUES	06	Academica de Coimbra	5:04.68	338
	50m: 32.99 32.99	150m: 1:49.06	38.62 250m: 3:08.00	39.84	350m: 4:23.00
	100m: 1:10.44 37.45	200m: 2:28.16	39.10 300m: 3:46.25	38.25	400m: 5:04.68
					41.68
11.	Miguel Joao, PINHEIRO	06	Academica de Coimbra	5:24.83	278
	50m: 34.79 34.79	150m: 1:55.63	40.58 250m: 3:18.69	41.17	350m: 4:44.79
	100m: 1:15.05 40.26	200m: 2:37.52	41.89 300m: 4:01.63	42.94	400m: 5:24.83
					40.04

Jun

1.	Rodrigo Miguel, REIS	04	Uniao de Coimbra	4:16.59	566
	50m: 28.39 28.39	150m: 1:32.01	32.11 250m: 2:37.15	32.28	350m: 3:45.08
	100m: 59.90 31.51	200m: 2:04.87	32.86 300m: 3:11.21	34.06	400m: 4:16.59
					31.51
2.	Tiago Andre, POIARES	04	Nautico Academico	4:16.79	564
	50m: 29.55 29.55	150m: 1:34.06	32.48 250m: 2:39.37	32.43	350m: 3:45.03
	100m: 1:01.58 32.03	200m: 2:06.94	32.88 300m: 3:12.05	32.68	400m: 4:16.79
					31.76
3.	Jose Diogo, DIAS	04	Nautico Academico	4:18.96	550
	50m: 28.98 28.98	150m: 1:32.33	31.95 250m: 2:38.62	33.50	350m: 3:45.89
	100m: 1:00.38 31.40	200m: 2:05.12	32.79 300m: 3:12.20	33.58	400m: 4:18.96
					33.07
4.	Guilherme Maia, CARDOSO	05	Columbifila Cantanhedense	4:19.48	547
	50m: 29.53 29.53	150m: 1:33.69	32.34 250m: 2:39.37	32.99	350m: 3:47.23
	100m: 1:01.35 31.82	200m: 2:06.38	32.69 300m: 3:13.40	34.03	400m: 4:19.48
					32.25
5.	Goncalo Carvalho, SANTOS	05	Louzan Natacao/EFAPEL	4:25.68	509
	50m: 30.24 30.24	150m: 1:36.46	33.82 250m: 2:44.36	33.77	350m: 3:52.88
	100m: 1:02.64 32.40	200m: 2:10.59	34.13 300m: 3:18.53	34.17	400m: 4:25.68
					32.80
6.	Joao Neves, ALMEIDA	05	Nautico Academico	4:28.08	496
	50m: 30.28 30.28	150m: 1:37.31	33.99 250m: 2:46.04	34.70	350m: 3:54.83
	100m: 1:03.32 33.04	200m: 2:11.34	34.03 300m: 3:20.57	34.53	400m: 4:28.08
					33.25

Torneio de Abertura - Categorias
Condeixa-a-Nova, 23- - 24-10-2021

Prova 3, Masc., 400m Livres, Jun

Lugar			Ano					Tempo final	Pts
7.	Goncalo Daniel, OLIVEIRA		04	Academica de Coimbra				4:30.10	485
	50m:	30.38 30.38	150m:	1:38.08	34.45	250m:	2:46.94 34.76	350m:	3:57.25 35.05
	100m:	1:03.63 33.25	200m:	2:12.18	34.10	300m:	3:22.20 35.26	400m:	4:30.10 32.85
8.	Samuel Baptista, FIGUEIRA		05	Academica de Coimbra				4:30.49	483
	50m:	30.54 30.54	150m:	1:38.64	34.21	250m:	2:47.18 34.39	350m:	3:56.76 35.09
	100m:	1:04.43 33.89	200m:	2:12.79	34.15	300m:	3:21.67 34.49	400m:	4:30.49 33.73
9.	Tomas Cardoso, GERALDO		05	Condeixa Clube				4:38.63	442
	50m:	31.81 31.81	150m:	1:41.63	35.74	250m:	2:53.00 35.31	350m:	4:04.66 35.74
	100m:	1:05.89 34.08	200m:	2:17.69	36.06	300m:	3:28.92 35.92	400m:	4:38.63 33.97
10.	Antonio, GLAVATSKYY		05	Academica de Coimbra				4:41.09	430
	50m:	30.88 30.88	150m:	1:41.43	35.73	250m:	2:52.49 35.89	350m:	4:05.27 36.50
	100m:	1:05.70 34.82	200m:	2:16.60	35.17	300m:	3:28.77 36.28	400m:	4:41.09 35.82
11.	Renato Maria, FERREIRA		04	Uniao de Coimbra				4:50.43	390
	50m:	31.71 31.71	150m:	1:44.26	36.66	250m:	2:58.99 37.26	350m:	4:14.05 37.30
	100m:	1:07.60 35.89	200m:	2:21.73	37.47	300m:	3:36.75 37.76	400m:	4:50.43 36.38
12.	Rafael Alves, CAMPOS		04	S. Pedro Alva				4:54.00	376
	50m:	30.62 30.62	150m:	1:43.57	36.79	250m:	2:59.28 37.88	350m:	4:16.23 38.59
	100m:	1:06.78 36.16	200m:	2:21.40	37.83	300m:	3:37.64 38.36	400m:	4:54.00 37.77
13.	Diogo Rodrigues, CARVALHO		05	Vigor da Mocidade				5:20.20	291
	50m:	34.48 34.48	150m:	1:51.42	38.52	250m:	3:11.25 39.45	350m:	4:38.25 44.20
	100m:	1:12.90 38.42	200m:	2:31.80	40.38	300m:	3:54.05 42.80	400m:	5:20.20 41.95

Sen

1.	Tomas Miguel, VELOSO		96	Nautico Academico				4:00.34	688
	50m:	27.90 27.90	150m:	1:28.16	30.41	250m:	2:28.96 30.25	350m:	3:30.20 30.68
	100m:	57.75 29.85	200m:	1:58.71	30.55	300m:	2:59.52 30.56	400m:	4:00.34 30.14
2.	Lucas Pereira, BASTOS		00	Nautico Academico				4:05.01	650
	50m:	28.23 28.23	150m:	1:29.80	31.01	250m:	2:31.23 30.38	350m:	3:33.52 31.25
	100m:	58.79 30.56	200m:	2:00.85	31.05	300m:	3:02.27 31.04	400m:	4:05.01 31.49
3.	Goncalo Andre, GOMES		03	Nautico Academico				4:15.75	571
	50m:	28.32 28.32	150m:	1:32.32	32.31	250m:	2:37.28 31.80	350m:	3:42.80 33.02
	100m:	1:00.01 31.69	200m:	2:05.48	33.16	300m:	3:09.78 32.50	400m:	4:15.75 32.95
4.	David Valdagua, COUTINHO		03	Uniao de Coimbra				4:29.90	486
	50m:	31.35 31.35	150m:	1:40.44	34.92	250m:	2:49.03 33.14	350m:	3:56.91 33.77
	100m:	1:05.52 34.17	200m:	2:15.89	35.45	300m:	3:23.14 34.11	400m:	4:29.90 32.99
5.	Joaquim Agra, MERUJE		01	Uniao de Coimbra				4:35.65	456
	50m:	30.14 30.14	150m:	1:39.01	34.86	250m:	2:49.56 35.14	350m:	4:01.27 36.02
	100m:	1:04.15 34.01	200m:	2:14.42	35.41	300m:	3:25.25 35.69	400m:	4:35.65 34.38