

Campeonato Regional ANICentro / Torneio de Infantis  
Castelo Branco, 6- - 7-11-2021

Prova 9  
06-11-2021 - 10:44

Masc., 400m Livres

13 anos e mais velhos  
Resultados

Pontos: FINA 2018

Lugar	Nome	Idade	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Infantis</b>							
1.	Diogo Martins SOARES	14	Eléctrico	<b>5:13.06</b>		311	
	50m: 33.12 33.12	150m: 1:52.74 40.37	250m: 3:14.42 41.43	350m: 4:35.27 40.84			
	100m: 1:12.37 39.25	200m: 2:32.99 40.25	300m: 3:54.43 40.01	400m: 5:13.06 37.79			
2.	Diogo Belchior MUNHAO	14	Elvense	<b>5:24.19</b>		280	
	50m: 38.26 38.26	150m: 2:00.23 40.84	250m: 3:23.14 40.74	350m: 4:45.85 41.20			
	100m: 1:19.39 41.13	200m: 2:42.40 42.17	300m: 4:04.65 41.51	400m: 5:24.19 38.34			
3.	Afonso Maria BENTO	13	AN Albicastrense	<b>5:24.57</b>		279	
	50m: 35.49 35.49	150m: 1:58.08 41.99	250m: 3:22.60 42.21	350m: 4:46.19 41.95			
	100m: 1:16.09 40.60	200m: 2:40.39 42.31	300m: 4:04.24 41.64	400m: 5:24.57 38.38			
4.	Miguel Jose CALDES	14	Elvense	<b>5:43.28</b>		236	
	50m: 38.60 38.60	150m: 2:04.26 43.53	250m: 3:32.18 43.83	350m: 5:00.66 44.17			
	100m: 1:20.73 42.13	200m: 2:48.35 44.09	300m: 4:16.49 44.31	400m: 5:43.28 42.62			
5.	Guilherme Filipe RATO	13	AN Albicastrense	<b>5:51.18</b>		220	
	50m: 38.06 38.06	150m: 2:09.56 46.01	250m: 3:43.15 46.96	350m: 5:11.06 42.48			
	100m: 1:23.55 45.49	200m: 2:56.19 46.63	300m: 4:28.58 45.43	400m: 5:51.18 40.12			
6.	Vasco Xavier PEREIRA	14	Elvense	<b>5:57.10</b>		209	
	50m: 40.02 40.02	150m: 2:11.28 45.96	250m: 3:44.94 46.70	350m: 5:16.05 45.85			
	100m: 1:25.32 45.30	200m: 2:58.24 46.96	300m: 4:30.20 45.26	400m: 5:57.10 41.05			
7.	Afonso MATEUS	13	AN Albicastrense	<b>5:58.96</b>		206	
	50m: 39.55 39.55	150m: 2:09.85 45.35	250m: 3:42.00 46.21	350m: 5:14.01 45.15			
	100m: 1:24.50 44.95	200m: 2:55.79 45.94	300m: 4:28.86 46.86	400m: 5:58.96 44.95			
8.	Tiago Maria COSTA	14	Elvense	<b>6:16.25</b>		179	
	50m: 44.94 44.94	150m: 2:22.73 48.86	250m: 3:58.25 47.82	350m: 5:32.04 46.61			
	100m: 1:33.87 48.93	200m: 3:10.43 47.70	300m: 4:45.43 47.18	400m: 6:16.25 44.21			
9.	Manuel Maria SANGUINHO	13	Elvense	<b>6:20.63</b>		173	
	50m: 42.67 42.67	150m: 2:17.99 47.95	250m: 3:56.35 50.06	350m: 5:33.37 48.88			
	100m: 1:30.04 47.37	200m: 3:06.29 48.30	300m: 4:44.49 48.14	400m: 6:20.63 47.26			
10.	Joao Maria SANGUINHO	13	Elvense	<b>6:22.07</b>		171	
	50m: 42.55 42.55	150m: 2:19.15 47.88	250m: 3:58.73 49.74	350m: 5:34.73 47.93			
	100m: 1:31.27 48.72	200m: 3:08.99 49.84	300m: 4:46.80 48.07	400m: 6:22.07 47.34			
11.	Tomas Manuel LOURENCO	13	CCDSerta	<b>6:47.73</b>		141	
	50m: 44.50 44.50	150m: 2:26.84 52.54	250m: 4:14.05 54.39	350m: 5:59.57 52.14			
	100m: 1:34.30 49.80	200m: 3:19.66 52.82	300m: 5:07.43 53.38	400m: 6:47.73 48.16			
12.	Bernardo Amaral PIRES	13	CCDSerta	<b>7:06.35</b>		123	
	50m: 45.11 45.11	150m: 2:33.04 54.08	250m: 4:24.10 56.05	350m: 6:17.36 56.86			
	100m: 1:38.96 53.85	200m: 3:28.05 55.01	300m: 5:20.50 56.40	400m: 7:06.35 48.99			
13.	Antonio Carmona ALPALHAO	13	AN Albicastrense	<b>7:09.18</b>		120	
	50m: 44.79 44.79	150m: 2:31.92 54.41	250m: 4:24.83 57.23	350m: 6:16.96 56.16			
	100m: 1:37.51 52.72	200m: 3:27.60 55.68	300m: 5:20.80 55.97	400m: 7:09.18 52.22			

**Absolutos**

1.	Eduardo Pires TAVARES	15	AN Albicastrense	<b>5:08.05</b>		327	
	50m: 33.86 33.86	150m: 1:50.57 39.07	250m: 3:09.81 39.69	350m: 4:29.21 39.29			
	100m: 1:11.50 37.64	200m: 2:30.12 39.55	300m: 3:49.92 40.11	400m: 5:08.05 38.84			