

CDPC - Juv, Jun e Seniores + PP de Infantis
Leiria, 6 - 7/11/2021

Prova 25 Masc., 400m Livres Junior
07/11/2021 - 9:25 Resultados

Rec Nac 25m Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09/12/2017
Rec Nac 25m 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 25m 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Daniel Jose, FERNANDES	04 Alcobaca	4:52.63	381
50m: 31.14 31.14	150m: 1:43.15 36.60	250m: 3:00.23 38.95	350m: 4:16.36 37.14
100m: 1:06.55 35.41	200m: 2:21.28 38.13	300m: 3:39.22 38.99	400m: 4:52.63 36.27
2. Marco Ferreira, SILVA	05 Veiense	5:22.37	285
50m: 33.71 33.71	150m: 1:51.44 38.89	250m: 3:15.28 41.88	350m: 4:39.77 43.11
100m: 1:12.55 38.84	200m: 2:33.40 41.96	300m: 3:56.66 41.38	400m: 5:22.37 42.60

Prova 25 Masc., 400m Livres Juvenil A
07/11/2021 - 9:25 Resultados

Rec Nac 25m Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09/12/2017
Rec Nac 25m JUV A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07/12/2019

Pontos: FINA 2021

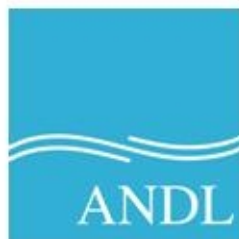
Lugar	Ano	Tempo final	Pts
1. Gil Santos, LEMOS	06 Pimpoes/Cimai	4:30.30	484
50m: 30.69 30.69	150m: 1:38.00 34.31	250m: 2:47.43 34.72	350m: 3:57.79 35.30
100m: 1:03.69 33.00	200m: 2:12.71 34.71	300m: 3:22.49 35.06	400m: 4:30.30 32.51
2. Luca Valentino, TONA	06 Pimpoes/Cimai	4:42.61	423
50m: 30.66 30.66	150m: 1:40.51 35.58	250m: 2:54.00 36.96	350m: 4:07.96 36.50
100m: 1:04.93 34.27	200m: 2:17.04 36.53	300m: 3:31.46 37.46	400m: 4:42.61 34.65
3. Edgar Francisco, SIMOES	06 Veiense	4:49.43	394
50m: 30.94 30.94	150m: 1:44.05 37.28	250m: 2:59.95 37.99	350m: 4:15.25 37.64
100m: 1:06.77 35.83	200m: 2:21.96 37.91	300m: 3:37.61 37.66	400m: 4:49.43 34.18
4. Cristiano Nogueira, FERREIRA	06 Nucleo de Pombal	4:57.86	361
50m: 32.45 32.45	150m: 1:46.49 37.92	250m: 3:03.46 38.36	350m: 4:20.79 39.04
100m: 1:08.57 36.12	200m: 2:25.10 38.61	300m: 3:41.75 38.29	400m: 4:57.86 37.07
5. Rafael, SANTOS	06 Uniao Juncalense	5:29.31	267
50m: 35.36 35.36	150m: 1:58.28 41.75	250m: 3:24.37 42.61	350m: 4:50.35 42.97
100m: 1:16.53 41.17	200m: 2:41.76 43.48	300m: 4:07.38 43.01	400m: 5:29.31 38.96

Prova 25 Masc., 400m Livres Juvenil B
07/11/2021 - 9:25 Resultados

Rec Nac 25m Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09/12/2017
Rec Nac 25m JUV B	4:02.41	Diogo Matos, RIBEIRO	CUC	Lousã	23/06/2019

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Afonso Dinis, ROQUE	07 Ba-Leiria	4:43.08	421
50m: 30.50 30.50	150m: 1:40.26 35.66	250m: 2:54.05 37.11	350m: 4:08.25 36.79
100m: 1:04.60 34.10	200m: 2:16.94 36.68	300m: 3:31.46 37.41	400m: 4:43.08 34.83
2. Cristian, CURJOS	07 Ba-Leiria	4:46.74	405
50m: 32.29 32.29	150m: 1:44.84 36.53	250m: 2:58.58 36.88	350m: 4:12.28 36.45
100m: 1:08.31 36.02	200m: 2:21.70 36.86	300m: 3:35.83 37.25	400m: 4:46.74 34.46



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Prova 25, Masc., 400m Livres, Juvenil B

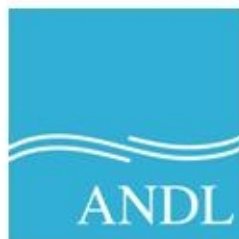
Lugar			Ano					Tempo final	Pts			
3.	Francisco Xavier, RITA		07	Vieirense				4:48.91	396			
	50m:	30.79 30.79	150m:	1:42.18	36.29	250m:	2:58.58	38.42	350m:	4:13.87	37.51	
	100m:	1:05.89	35.10	200m:	2:20.16	37.98	300m:	3:36.36	37.78	400m:	4:48.91	35.04
4.	Jose Januario, MARQUES		07	Pimpoes/Cimai				4:58.88	358			
	50m:	33.90 33.90	150m:	1:49.04	38.61	250m:	3:06.09	38.51	350m:	4:22.48	38.03	
	100m:	1:10.43	36.53	200m:	2:27.58	38.54	300m:	3:44.45	38.36	400m:	4:58.88	36.40
5.	Francisco Jose, FRAGOSO		07	Vieirense				5:19.27	293			
	50m:	32.89 32.89	150m:	1:50.69	40.44	250m:	3:14.33	41.73	350m:	4:38.89	42.63	
	100m:	1:10.25	37.36	200m:	2:32.60	41.91	300m:	3:56.26	41.93	400m:	5:19.27	40.38
6.	Mateus Marques, MACHADO		07	Benedita				5:29.77	266			
	50m:	36.07 36.07	150m:	1:58.52	42.20	250m:	3:24.26	43.02	350m:	4:48.74	42.61	
	100m:	1:16.32	40.25	200m:	2:41.24	42.72	300m:	4:06.13	41.87	400m:	5:29.77	41.03
7.	Henrique Miguel, SERRANO		07	Pimpoes/Cimai				5:41.59	239			
	50m:	38.57 38.57	150m:	2:04.78	44.01	250m:	3:32.85	43.89	350m:	5:00.50	43.71	
	100m:	1:20.77	42.20	200m:	2:48.96	44.18	300m:	4:16.79	43.94	400m:	5:41.59	41.09
8.	David Jose, CARREIRA		07	Uniao Juncalense				5:45.67	231			
	50m:	37.75 37.75	150m:	2:04.15	43.44	250m:	3:34.15	45.51	350m:	5:04.16	44.76	
	100m:	1:20.71	42.96	200m:	2:48.64	44.49	300m:	4:19.40	45.25	400m:	5:45.67	41.51
9.	Andre Filipe, FERNANDES		07	Alcobaca				5:54.39	214			
	50m:	36.09 36.09	150m:	2:04.37	46.05	250m:	3:36.99	45.75	350m:	5:10.23	45.38	
	100m:	1:18.32	42.23	200m:	2:51.24	46.87	300m:	4:24.85	47.86	400m:	5:54.39	44.16

Prova 25 Masc., 400m Livres Infantil A
07/11/2021 - 9:25 Resultados

Rec Nac 25m Absoluto	3:42.91	Miquel Duarte, NASCIMENTO	SLB	Porto	09/12/2017
Rec Nac 25m INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts			
1.	Tome Nunes, TOME		08	Ba-Leiria				4:58.86	358			
	50m:	32.79 32.79	150m:	1:48.50	38.59	250m:	3:05.53	38.50	350m:	4:22.75	38.30	
	100m:	1:09.91	37.12	200m:	2:27.03	38.53	300m:	3:44.45	38.92	400m:	4:58.86	36.11
2.	Santiago Boica, SOUSA		08	Vieirense				5:01.46	349			
	50m:	33.54 33.54	150m:	1:50.15	39.06	250m:	3:08.10	38.59	350m:	4:24.98	37.97	
	100m:	1:11.09	37.55	200m:	2:29.51	39.36	300m:	3:47.01	38.91	400m:	5:01.46	36.48
3.	Daniel Gomes, SANTOS		08	Ba-Leiria				5:15.95	303			
	50m:	35.68 35.68	150m:	1:55.48	40.60	250m:	3:16.82	40.39	350m:	4:37.10	39.60	
	100m:	1:14.88	39.20	200m:	2:36.43	40.95	300m:	3:57.50	40.68	400m:	5:15.95	38.85
4.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai				5:50.33	222			
	50m:	38.64 38.64	150m:	2:07.71	45.12	250m:	3:37.91	44.59	350m:	5:08.78	44.94	
	100m:	1:22.59	43.95	200m:	2:53.32	45.61	300m:	4:23.84	45.93	400m:	5:50.33	41.55



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Prova 25, Masc., 400m Livres

Prova 25 Masc., 400m Livres Infantil B
07/11/2021 - 9:25 Resultados

Rec Nac 25m Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09/12/2017
Rec Nac 25m INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA	09 Ba-Leiria	5:31.19	263
50m: 36.74 36.74	150m: 2:01.71 43.04	250m: 3:27.86 42.71	350m: 4:45.81 36.01
100m: 1:18.67 41.93	200m: 2:45.15 43.44	300m: 4:09.80 41.94	400m: 5:31.19 45.38
2. Henrique Martins, JOAQUIM	09 Ba-Leiria	5:40.10	243
50m: 36.65 36.65	150m: 2:02.87 43.50	250m: 3:29.36 42.91	350m: 4:49.83 39.09
100m: 1:19.37 42.72	200m: 2:46.45 43.58	300m: 4:10.74 41.38	400m: 5:40.10 50.27
3. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	5:43.56	235
50m: 38.74 38.74	150m: 2:05.46 43.93	250m: 3:33.40 44.16	350m: 5:02.47 43.90
100m: 1:21.53 42.79	200m: 2:49.24 43.78	300m: 4:18.57 45.17	400m: 5:43.56 41.09
4. David Ferrador, PEREIRA	09 Nucleo de Pombal	5:45.76	231
50m: 37.18 37.18	150m: 2:06.40 44.68	250m: 3:35.25 44.04	350m: 5:03.45 43.98
100m: 1:21.72 44.54	200m: 2:51.21 44.81	300m: 4:19.47 44.22	400m: 5:45.76 42.31
5. Louis Ressejac-Duparc, SANTOS	09 Pimpoes/Cimai	5:49.89	223
50m: 42.11 42.11	200m: 2:57.57 1:30.17	400m: 5:49.89 1:23.81	
100m: 1:27.40 45.29	300m: 4:26.08 1:28.51		
6. Santiago Marques, GOMES	09 Ba-Leiria	6:01.85	201
50m: 38.92 38.92	150m: 2:09.94 46.18	250m: 3:42.17 45.42	350m: 5:19.83 49.31
100m: 1:23.76 44.84	200m: 2:56.75 46.81	300m: 4:30.52 48.35	400m: 6:01.85 42.02
7. Andre Guilherme, CORDEIRO	09 Naval de Peniche	6:04.28	197
50m: 39.46 39.46	150m: 2:11.86 46.78	250m: 3:46.02 47.64	350m: 5:20.75 47.14
100m: 1:25.08 45.62	200m: 2:58.38 46.52	300m: 4:33.61 47.59	400m: 6:04.28 43.53
8. Luis Pedro, VALERIO	09 Ba-Leiria	6:47.72	141
50m: 43.07 43.07	150m: 2:28.31 53.94	250m: 4:15.62 53.27	350m: 6:01.09 52.08
100m: 1:34.37 51.30	200m: 3:22.35 54.04	300m: 5:09.01 53.39	400m: 6:47.72 46.63
9. Francisco Pereira, MOITEIRO	09 Ba-Leiria	7:19.48	112
50m: 51.25 51.25	150m: 2:45.65 57.68	250m: 4:38.93 58.49	350m: 6:30.08 54.49
100m: 1:47.97 56.72	200m: 3:40.44 54.79	300m: 5:35.59 56.66	400m: 7:19.48 49.40