

Torneio Regional de Fundo de Infantis e Juvenis
Cantanhede, 11- - 12-6-2022

Prova 3 Masc., 400m Estilos 13 anos e mais velhos
12-06-2022 - 9:30 Resultados

Rec Nac Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nac 8	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nac 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11-12-2015
Rec Nac 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19-12-2014
Rec Nac Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13-12-2013
Rec Nac Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21-03-2003
Rec Nac Inf A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09-07-2004
Rec Nac Inf B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15-03-2013
Rec Reg ANC Absoluto	4:08.36	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC 8	4:08.36	Gabriel José, LOPES	ALN		13-06-2018
Rec Reg ANC 18	4:26.81	Miguel Silva, OLIVEIRA	CNAC		13-06-2008
Rec Reg ANC 17	4:23.90	Tomás Miguel, VELOSO	CNAC		13-06-2012
Rec Reg ANC Juv A	4:30.93	Diogo Matos, RIBEIRO	CUC		06-12-2019
Rec Reg ANC Juv B	4:35.32	Diogo Matos, RIBEIRO	CUC	Coimbra	16-06-2019
Rec Reg ANC Inf A	4:53.35	Diogo Matos, RIBEIRO	CUC		13-06-2018
Rec Reg ANC Inf B	5:08.56	Diogo Matos, RIBEIRO	CNAC		13-06-2017

Pontos: FINA 2021

Lugar Ano Tempo final Pts
Inf B

1. Joao Nuno, GASPAR	09	Nautico Academico	6:10.08	255
50m: 40.77 40.77 150m: 2:17.77 47.90 250m: 3:59.13 55.00 350m: 5:34.51 40.26				
100m: 1:29.87 49.10 200m: 3:04.13 46.36 300m: 4:54.25 55.12 400m: 6:10.08 35.57				
2. Guilherme Andre, GASPAR	09	Nautico Academico	6:12.14	251
50m: 39.26 39.26 150m: 2:18.39 50.19 250m: 3:57.26 50.54 350m: 5:31.84 42.53				
100m: 1:28.20 48.94 200m: 3:06.72 48.33 300m: 4:49.31 52.05 400m: 6:12.14 40.30				
3. Tiago Janeiro, MOITA	09	Nautico Academico	6:25.88	225
50m: 43.28 43.28 150m: 2:19.12 47.91 250m: 4:04.40 58.29 350m: 5:44.52 43.57				
100m: 1:31.21 47.93 200m: 3:06.11 46.99 300m: 5:00.95 56.55 400m: 6:25.88 41.36				
4. Francisco Ribeiro, GOMES	09	Condeixa Clube	6:39.30	203
50m: 42.59 42.59 150m: 2:27.30 47.52 250m: 4:10.34 56.80 350m: 5:54.99 46.90				
100m: 1:39.78 57.19 200m: 3:13.54 46.24 300m: 5:08.09 57.75 400m: 6:39.30 44.31				

DSQ Francisco Antunes, SOUSA 09 Columbofila Cantanhedense
SW 7.6 O atleta tocou na parede só com uma mão aos 225m

DSQ Tomas Rafael, PEREIRA 09 Nautico Academico
SW 7.6 O atleta tocou na parede com as mãos alternadas aos 275m.

Inf A

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	5:24.83	377
50m: 33.23 33.23 150m: 1:55.98 42.85 250m: 3:23.68 46.33 350m: 4:48.04 37.07				
100m: 1:13.13 39.90 200m: 2:37.35 41.37 300m: 4:10.97 47.29 400m: 5:24.83 36.79				
2. Martim Nobre, PASCOAL	08	Columbofila Cantanhedense	5:34.71	345
50m: 35.23 35.23 150m: 1:58.45 43.35 250m: 3:28.93 48.09 350m: 4:57.33 38.53				
100m: 1:15.10 39.87 200m: 2:40.84 42.39 300m: 4:18.80 49.87 400m: 5:34.71 37.38				
3. Vicente Piacentini, CALDEIRA	08	Nautico Academico	5:42.73	321
50m: 37.75 37.75 150m: 2:05.13 42.52 250m: 3:38.02 51.56 350m: 5:07.26 37.97				
100m: 1:22.61 44.86 200m: 2:46.46 41.33 300m: 4:29.29 51.27 400m: 5:42.73 35.47				
4. Guilherme Simoes, SOUSA	08	Nautico Academico	5:42.79	321
50m: 36.96 36.96 150m: 2:05.06 43.67 250m: 3:39.02 50.89 350m: 5:07.81 38.63				
100m: 1:21.39 44.43 200m: 2:48.13 43.07 300m: 4:29.18 50.16 400m: 5:42.79 34.98				
5. Rodrigo Mosca, SILVA	08	Columbofila Cantanhedense	5:43.21	320
50m: 37.84 37.84 150m: 2:03.76 41.90 250m: 3:34.79 48.80 350m: 5:05.21 40.66				
100m: 1:21.86 44.02 200m: 2:45.99 42.23 300m: 4:24.55 49.76 400m: 5:43.21 38.00				
6. Salvador Correia, PEREIRA	08	Condeixa Clube	5:43.54	319
50m: 36.29 36.29 150m: 2:03.87 43.13 250m: 3:37.80 51.65 350m: 5:07.71 37.52				
100m: 1:20.74 44.45 200m: 2:46.15 42.28 300m: 4:30.19 52.39 400m: 5:43.54 35.83				

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

Lugar			Ano					Tempo final	Pts
7.	Miguel Tomas, CONCEICAO		08	Nautico Academico				5:43.78	318
	50m:	39.30 39.30	150m:	2:08.95	43.87	250m:	3:38.80 47.87	350m:	5:06.72 39.54
	100m:	1:25.08 45.78	200m:	2:50.93	41.98	300m:	4:27.18 48.38	400m:	5:43.78 37.06
8.	Samuel Dinis, MAIA		08	Miranda do Corvo				5:45.31	314
	50m:	37.10 37.10	150m:	2:04.49	43.22	250m:	3:37.08 49.42	350m:	5:07.60 39.68
	100m:	1:21.27 44.17	200m:	2:47.66	43.17	300m:	4:27.92 50.84	400m:	5:45.31 37.71
9.	Rafael Figueiredo, CORREIA		08	Columbifila Cantanhedense				6:03.50	269
	50m:	41.94 41.94	150m:	2:17.47	46.89	250m:	3:51.61 49.67	350m:	5:23.19 40.71
	100m:	1:30.58 48.64	200m:	3:01.94	44.47	300m:	4:42.48 50.87	400m:	6:03.50 40.31
10.	Jose Guardado, SILVA		08	Vigor da Mocidade				6:09.36	256
	50m:	41.29 41.29	150m:	2:19.44	49.13	250m:	3:57.70 51.13	350m:	5:32.22 42.47
	100m:	1:30.31 49.02	200m:	3:06.57	47.13	300m:	4:49.75 52.05	400m:	6:09.36 37.14
11.	Henrique Melo, SANTIAGO		08	Vigor da Mocidade				6:28.71	220
	50m:	40.73 40.73	150m:	2:22.77	50.96	250m:	4:05.41 53.98	350m:	5:46.60 46.92
	100m:	1:31.81 51.08	200m:	3:11.43	48.66	300m:	4:59.68 54.27	400m:	6:28.71 42.11
12.	Henrique Figueiredo, FIDALGO		08	Vigor da Mocidade				6:32.36	214
	50m:	40.93 40.93	150m:	2:23.25	51.77	250m:	4:08.63 56.36	350m:	5:50.15 43.86
	100m:	1:31.48 50.55	200m:	3:12.27	49.02	300m:	5:06.29 57.66	400m:	6:32.36 42.21
13.	Francisco Joao, FERNANDO		08	Nautico Academico				6:34.41	211
	50m:	42.50 42.50	150m:	2:24.87	49.55	250m:	4:09.78 56.75	350m:	5:50.66 44.31
	100m:	1:35.32 52.82	200m:	3:13.03	48.16	300m:	5:06.35 56.57	400m:	6:34.41 43.75
DSQ	Tiago Cravino, RIBEIRO		08	Nautico Academico					
	<i>SW 8.2 - O/A atleta não levou os dois braços para a frente por cima da água aos 95 metros.</i>								

Juv B

1.	David Duarte, JESUS		07	Nautico Academico				5:02.55	467
	50m:	31.53 31.53	150m:	1:49.44	40.55	250m:	3:10.96 42.67	350m:	4:30.35 35.02
	100m:	1:08.89 37.36	200m:	2:28.29	38.85	300m:	3:55.33 44.37	400m:	5:02.55 32.20
2.	Alexandre, DZYAKANAU		07	Louzan Natacao/EFAPEL				5:02.84	466
	50m:	30.82 30.82	150m:	1:46.12	38.78	250m:	3:09.54 45.31	350m:	4:29.22 34.83
	100m:	1:07.34 36.52	200m:	2:24.23	38.11	300m:	3:54.39 44.85	400m:	5:02.84 33.62
3.	Duarte Cachulo, MARQUES		07	Condeixa Clube				5:07.50	445
	50m:	31.42 31.42	150m:	1:48.28	39.05	250m:	3:13.98 46.43	350m:	4:34.29 33.96
	100m:	1:09.23 37.81	200m:	2:27.55	39.27	300m:	4:00.33 46.35	400m:	5:07.50 33.21
4.	Martim Alexandre, SILVA		07	Columbifila Cantanhedense				5:08.63	440
	50m:	32.53 32.53	150m:	1:50.92	39.78	250m:	3:15.44 43.91	350m:	4:35.01 34.75
	100m:	1:11.14 38.61	200m:	2:31.53	40.61	300m:	4:00.26 44.82	400m:	5:08.63 33.62
5.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				5:26.71	371
	50m:	34.15 34.15	150m:	1:56.07	41.85	250m:	3:27.20 49.68	350m:	4:52.45 35.63
	100m:	1:14.22 40.07	200m:	2:37.52	41.45	300m:	4:16.82 49.62	400m:	5:26.71 34.26
6.	David Ferreira, SILVA		07	Academica de Coimbra				5:29.10	363
	50m:	35.47 35.47	150m:	2:00.02	42.98	250m:	3:29.35 47.04	350m:	4:53.55 36.51
	100m:	1:17.04 41.57	200m:	2:42.31	42.29	300m:	4:17.04 47.69	400m:	5:29.10 35.55
7.	Francisco Jose, SIMOES		07	Vigor da Mocidade				5:58.98	279
	50m:	36.46 36.46	150m:	2:07.56	46.00	250m:	3:42.47 49.18	350m:	5:16.00 43.55
	100m:	1:21.56 45.10	200m:	2:53.29	45.73	300m:	4:32.45 49.98	400m:	5:58.98 42.98
8.	Goncalo Miranda, FERNANDES		07	Vigor da Mocidade				6:00.44	276
	50m:	38.46 38.46	150m:	2:13.05	47.58	250m:	3:50.09 51.14	350m:	5:22.33 39.35
	100m:	1:25.47 47.01	200m:	2:58.95	45.90	300m:	4:42.98 52.89	400m:	6:00.44 38.11
9.	Afonso Simoes, FERREIRA		07	Vigor da Mocidade				6:22.16	231
	50m:	39.03 39.03	150m:	2:13.57	46.71	250m:	3:58.90 59.13	350m:	5:41.30 40.82
	100m:	1:26.86 47.83	200m:	2:59.77	46.20	300m:	5:00.48 1:01.58	400m:	6:22.16 40.86

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Prova 3, Masc., 400m Estilos, Juv B

Lugar	Ano	Tempo final	Pts
DNF Bernardo Almas, MALHAO	07 Vigor da Mocidade		
<i>SW 10.2 - O/A atleta não completou o percurso.</i>			

Juv A

1. Francisco Couto, FRAZAO	06 Uniao Coimbra	4:54.06	509
50m: 32.07 32.07	150m: 1:44.86 36.79	250m: 3:05.04 43.74	350m: 4:22.41 33.04
100m: 1:08.07 36.00	200m: 2:21.30 36.44	300m: 3:49.37 44.33	400m: 4:54.06 31.65
2. Filipe Cruz, SIMOES	06 Miranda do Corvo	5:00.56	476
50m: 31.44 31.44	150m: 1:44.93 37.45	250m: 3:06.30 44.62	350m: 4:26.30 34.46
100m: 1:07.48 36.04	200m: 2:21.68 36.75	300m: 3:51.84 45.54	400m: 5:00.56 34.26
3. Tomas Nolan, SANTOS	06 Nautico Academico	5:04.81	457
50m: 30.73 30.73	150m: 1:46.88 40.44	250m: 3:10.17 43.35	350m: 4:29.96 35.88
100m: 1:06.44 35.71	200m: 2:26.82 39.94	300m: 3:54.08 43.91	400m: 5:04.81 34.85
4. Jose Miguel, MARQUES	06 Condeixa Clube	5:06.88	447
50m: 29.98 29.98	150m: 1:48.22 43.54	250m: 3:12.91 43.56	350m: 4:32.23 35.86
100m: 1:04.68 34.70	200m: 2:29.35 41.13	300m: 3:56.37 43.46	400m: 5:06.88 34.65
5. Joao Neves, LUCAS	06 Columbofila Cantanhedense	5:08.02	443
50m: 31.67 31.67	150m: 1:48.14 39.94	250m: 3:14.35 46.62	350m: 4:34.90 33.73
100m: 1:08.20 36.53	200m: 2:27.73 39.59	300m: 4:01.17 46.82	400m: 5:08.02 33.12
6. Tomas Veiga, PEREIRA	06 Nautico Academico	5:13.86	418
50m: 32.20 32.20	150m: 1:48.15 40.28	250m: 3:13.86 45.58	350m: 4:38.07 37.19
100m: 1:07.87 35.67	200m: 2:28.28 40.13	300m: 4:00.88 47.02	400m: 5:13.86 35.79
7. Carlos Miguel, OLIVEIRA	06 Nautico Academico	5:13.97	418
50m: 30.25 30.25	150m: 1:47.27 39.45	250m: 3:13.13 47.22	350m: 4:37.50 37.45
100m: 1:07.82 37.57	200m: 2:25.91 38.64	300m: 4:00.05 46.92	400m: 5:13.97 36.47
8. Joao Ferreira, MARQUES	06 Academica de Coimbra	5:14.44	416
50m: 31.63 31.63	150m: 1:49.06 40.55	250m: 3:16.82 48.38	350m: 4:40.26 35.14
100m: 1:08.51 36.88	200m: 2:28.44 39.38	300m: 4:05.12 48.30	400m: 5:14.44 34.18
DSQ Rodrigo Neves, DUARTE	06 Louzan Natacao/EFAPEL		
<i>SW 7.6 O Atleta tocou na parede com as mãos alternadas nas viragens aos 225m e 275m.</i>			

Jun + Velhos

DSQ Tomas Jose, FRANCISCO	05 Miranda do Corvo		
<i>SW 6.2 - O/A atleta perdeu a posição de costas aos 150 metros., SW 9.4 Cada percurso deverá ser concluído de acordo com as regras relativas ao respectivo</i>			
EXH Tomas Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	4:57.78	490
50m: 30.01 30.01	150m: 1:43.46 38.38	250m: 3:04.20 43.50	350m: 4:23.65 35.34
100m: 1:05.08 35.07	200m: 2:20.70 37.24	300m: 3:48.31 44.11	400m: 4:57.78 34.13
EXH Goncalo Carvalho, SANTOS	05 Louzan Natacao/EFAPEL	5:10.35	433
50m: 31.52 31.52	150m: 1:49.42 42.01	250m: 3:16.18 46.23	350m: 4:37.02 34.74
100m: 1:07.41 35.89	200m: 2:29.95 40.53	300m: 4:02.28 46.10	400m: 5:10.35 33.33