

Torneio de Abertura ANICentro
Portalegre, 23/10/2022

Prova 10
23/10/2022 - 11:25

Masc., 400m Livres

13 anos e mais velhos
Resultados

Pontos: FINA 2021

Lugar			Ano					Tempo final	Pts
1.	ANTUNES, Simao Pedro		06	CCDSerta				5:02.00	347
	50m:	33.69 33.69	150m:	1:49.70	38.45	250m:	3:07.98 39.35	350m:	4:27.13 40.01
	100m:	1:11.25 37.56	200m:	2:28.63	38.93	300m:	3:47.12 39.14	400m:	5:02.00 34.87
2.	RANGEM, Miguel Eduardo		07	Elvense				5:04.34	339
	50m:	34.28 34.28	150m:	1:49.55	38.12	250m:	3:08.28 39.46	350m:	4:26.60 39.41
	100m:	1:11.43 37.15	200m:	2:28.82	39.27	300m:	3:47.19 38.91	400m:	5:04.34 37.74
3.	MARCO, Diogo Daniel		08	AN Albicastrense				5:20.09	291
	50m:	34.81 34.81	150m:	1:53.11	40.34	250m:	3:16.08 42.06	350m:	4:40.36 42.39
	100m:	1:12.77 37.96	200m:	2:34.02	40.91	300m:	3:57.97 41.89	400m:	5:20.09 39.73
4.	SANGUINHO, Joao Maria		09	Elvense				6:00.15	204
	50m:	38.23 38.23	150m:	2:06.48	45.20	250m:	3:39.99 47.48	350m:	5:15.08 47.43
	100m:	1:21.28 43.05	200m:	2:52.51	46.03	300m:	4:27.65 47.66	400m:	6:00.15 45.07
5.	SANGUINHO, Manuel Maria		09	Elvense				6:06.52	194
	50m:	37.21 37.21	150m:	2:07.73	46.25	250m:	3:41.86 48.74	350m:	5:19.77 49.46
	100m:	1:21.48 44.27	200m:	2:53.12	45.39	300m:	4:30.31 48.45	400m:	6:06.52 46.75
6.	PICARRA, Joao Martim		10	Elvense				6:19.93	174
	50m:	40.49 40.49	150m:	2:15.35	48.46	250m:	3:52.79 49.28	350m:	5:33.61 51.14
	100m:	1:26.89 46.40	200m:	3:03.51	48.16	300m:	4:42.47 49.68	400m:	6:19.93 46.32
7.	DIOGO, Rui Ferreirinho		10	AN Albicastrense				6:26.84	165
	50m:	40.38 40.38	150m:	2:16.63	48.77	250m:	3:56.13 49.93	350m:	5:39.60 52.22
	100m:	1:27.86 47.48	200m:	3:06.20	49.57	300m:	4:47.38 51.25	400m:	6:26.84 47.24
8.	RANGEM, Joao Eduardo		10	Elvense				7:20.85	111
	50m:	49.76 49.76	150m:	2:43.00	56.65	250m:	4:36.93 57.22	350m:	6:29.05 55.70
	100m:	1:46.35 56.59	200m:	3:39.71	56.71	300m:	5:33.35 56.42	400m:	7:20.85 51.80