

Prova 10 Masc., 200m Costas GO (SEN+JUN)  
06.01.2024 - 17:37 Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac SEN	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (FRA)	2018
Rec. Nac 18	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	2004
Rec. Nac 17	1:59.34	Adriano Miguel, NIZ	CFV	Alges	2003

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Tomas Maia, JANUARIO	06 Benfica	1:59.35 9.00	693
50m: 28.97 28.97	100m: 59.83 30.86	150m: 1:29.27 29.44	200m: 1:59.35 30.08
2. Leonardo Jose, CRUZ	07 Alcobaca	2:15.54 7.00	473
50m: 30.85 30.85	100m: 1:05.12 34.27	150m: 1:40.25 35.13	200m: 2:15.54 35.29
3. Diogo Miguel, MATRENO	03 Torres Novas	2:18.06 6.00	447
50m: 32.21 32.21	100m: 1:07.51 35.30	150m: 1:43.19 35.68	200m: 2:18.06 34.87
4. Tomas Santos, BRAGA	07 Col�gio Vasco da Gama	2:20.26 5.00	427
50m: 33.33 33.33	100m: 1:09.91 36.58	150m: 1:45.33 35.42	200m: 2:20.26 34.93
5. Tiago Dinis, FERREIRA	07 Geslours	2:33.84 4.00	323
50m: 36.83 36.83	100m: 1:15.73 38.90	150m: 1:55.40 39.67	200m: 2:33.84 38.44
6. Afonso Costa, SOARES	07 CP - Ferreira do Z�zere	2:58.50 3.00	207
50m: 37.78 37.78	100m: 1:22.84 45.06	150m: 2:11.41 48.57	200m: 2:58.50 47.09

DSQ Bohdan, ZAPORZHETS 05 Columbofila Cantanhedense -  
*O atleta perdeu a posiç o dorsal e efetuou deslize, antes da viragem dos 150 metros.*

DNS Francisco Xavier, TOMAS 00 Alcobaca -

Prova 10 Masc., 200m Costas Juvenil A  
06.01.2024 - 17:37 Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac JUV A	2:01.43	Diogo Gomes, SOUSA	CNCVG	Alges	2011

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Pedro Caiada, RODRIGUES	08 Benfica	2:19.25 9.00	436
50m: 34.11 34.11	100m: 1:09.94 35.83	150m: 1:46.54 36.60	200m: 2:19.25 32.71
2. Francisco Soares, BRITO	08 Bombeiros Estoris	2:20.42 7.00	425
50m: 33.75 33.75	100m: 1:09.35 35.60	150m: 1:45.79 36.44	200m: 2:20.42 34.63
3. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	2:29.40 6.00	353
50m: 34.43 34.43	100m: 1:13.06 38.63	150m: 1:52.44 39.38	200m: 2:29.40 36.96
4. Tome Nunes, TOME	08 CNLeiria	2:31.12 5.00	341
50m: 35.30 35.30	100m: 1:13.60 38.30	150m: 1:52.13 38.53	200m: 2:31.12 38.99

DNS Joao Filipe, PRAZERES 08 Geslours -



XXVI Torneio Taça Cidade de Alcobaca  
Alcobaca, 6.1.2024



Prova 10, Masc., 200m Costas

Prova 10 Masc., 200m Costas Juvenil B  
06.01.2024 - 17:37 Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac JUV B	2:04.99	Joao Alexandre, VITAL	ADRCIMM	Alapraia	2013

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Paulo, KOT 50m: 32.34 32.34	09 Nautico Marinha Grande 100m: 1:07.59 35.25 150m: 1:43.77 36.18	2:18.92 9.00	439
2. Santiago Agostinho, PARREIRA 50m: 33.53 33.53	09 Pimpoes/Cimai 100m: 1:10.20 36.67 150m: 1:46.78 36.58	2:20.70 7.00	423
3. Henrique Martins, JOAQUIM 50m: 33.78 33.78	09 CNLeiria 100m: 1:10.69 36.91 150m: 1:47.09 36.40	2:21.85 6.00	412
4. Tomas Rafael, PEREIRA 50m: 33.00 33.00	09 Náutico Académico Coimbra 100m: 1:09.04 36.04 150m: 1:46.68 37.64	2:23.70 5.00	397
5. Bernardo Afonso, GUEDELHA 50m: 34.97 34.97	09 Benfica 100m: 1:12.56 37.59 150m: 1:50.66 38.10	2:27.86 4.00	364
6. Joao Nuno, GASPAR 50m: 35.43 35.43	09 Condeixa Aqua Clube 100m: 1:14.67 39.24 150m: 1:55.22 40.55	2:32.55 3.00	331
7. Luis Pedro, VALERIO 50m: 35.66 35.66	09 Ba-Leiria 100m: 1:15.54 39.88 150m: 1:57.32 41.78	2:39.01 2.00	293
8. Rodrigo Arga, PAIVA 50m: 37.15 37.15	09 Geslours 100m: 1:18.05 40.90 150m: 2:00.02 41.97	2:42.28 1.00	275

Prova 10 Masc., 200m Costas Infantil A  
06.01.2024 - 17:37 Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac INF A	2:09.17	Joao Alexandre, VITAL	ADRCIMM	Algés	2012

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Antonio Antunes, JORGE 50m: 34.16 34.16	10 Alcobaca 100m: 1:11.80 37.64 150m: 1:49.44 37.64	2:27.30 9.00	368
2. Tomas Manuel, PALMEIRO 50m: 35.54 35.54	10 Nautico Marinha Grande 100m: 1:15.07 39.53 150m: 1:55.99 40.92	2:34.15 7.00	321
3. Francisco Martins, SIMOES 50m: 35.94 35.94	10 Náutico Académico Coimbra 100m: 1:15.57 39.63 150m: 1:56.07 40.50	2:34.32 6.00	320
4. Neil Elian, MERAD 50m: 36.89 36.89	10 Benfica 100m: 1:16.84 39.95 150m: 1:58.21 41.37	2:38.73 5.00	294
5. Goncalo Soares, BRITO 50m: 37.38 37.38	10 Bombeiros Estoris 100m: 1:18.99 41.61 150m: 2:01.20 42.21	2:41.96 4.00	277



Prova 10, Masc., 200m Costas, Infantil A

Lugar	Ano	Tempo final	Pts
6. Dinis Goncalves, ARAUJO	10 Clube Uni�o 1919	3:00.22 3.00	201
50m: 42.01 42.01	100m: 1:28.73 46.72	150m: 2:15.67 46.94	200m: 3:00.22 44.55
7. Cristiano Rafael, MELNYCHUK	10 Col�gio Vasco da Gama	3:01.53 2.00	197
50m: 41.35 41.35	100m: 1:28.21 46.86	150m: 2:15.67 47.46	200m: 3:01.53 45.86
DSQ Lourenco Vicente, GEADA	10 Torres Novas	-	
<i>O atleta perdeu a posi�o dorsal e efetuou deslize, antes da viragem dos 150 metros.</i>			

Prova 10 Masc., 200m Costas Infantil B Resultados

Rec. Nac Open	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	2018
Rec. Nac INF B	2:15.27	Andre Vilas, RUIVO	DNMG	S. Ant�nio Cavaleiros	2013

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Vasco Sousa, LEMOS	11 Pimpoes/Cimai	2:53.87 9.00	224
50m: 40.14 40.14	100m: 1:25.02 44.88	150m: 2:09.87 44.85	200m: 2:53.87 44.00
2. Vidar Albert, JUNG	11 Nautico Marinha Grande	2:54.48 7.00	221
50m: 40.64 40.64	100m: 1:24.67 44.03	150m: 2:10.16 45.49	200m: 2:54.48 44.32
3. Goncalo Nunes, MARQUES	11 Condeixa Aqua Clube	2:58.40 6.00	207
50m: 43.11 43.11	100m: 1:28.72 45.61	150m: 2:14.47 45.75	200m: 2:58.40 43.93
4. Francisco Pimentel, COELHO	11 Benfica	3:05.07 5.00	185
50m: 43.50 43.50	100m: 1:30.42 46.92	150m: 2:17.80 47.38	200m: 3:05.07 47.27
5. Bernardo Silva, NEVES	11 N�utico Acad�mico Coimbra	3:06.73 4.00	181
50m: 44.08 44.08	100m: 1:31.92 47.84	150m: 2:20.47 48.55	200m: 3:06.73 46.26
6. Francisco Costa, VALENTIM	11 �bidos	3:09.48 3.00	173
50m: 45.71 45.71	100m: 1:35.20 49.49	150m: 2:25.17 49.97	200m: 3:09.48 44.31
7. Daniel Nunes, FREITAS	11 Columbofila Cantanhedense	3:23.61 2.00	139
50m: 47.41 47.41	100m: 1:39.87 52.46	150m: 2:32.78 52.91	200m: 3:23.61 50.83
DSQ Tomas Neto, RODRIGUES	11 Col�gio Vasco da Gama	-	
<i>O atleta perdeu a posi�o dorsal e efetuou deslize, antes da viragem dos 150 metros.</i>			
DNS Rodrigo Duarte, CARREIRA	11 Alcob�a	-	
EXH Gustavo Pires, MARQUES	04 Clube Uni�o 1919	2:15.28 -	476
50m: 32.49 32.49	100m: 1:05.10 32.61	150m: 1:40.53 35.43	200m: 2:15.28 34.75
EXH Renato Maria, FERREIRA	04 Clube Uni�o 1919	2:29.67 -	351
50m: 34.49 34.49	100m: 1:12.38 37.89	150m: 1:51.62 39.24	200m: 2:29.67 38.05
EXH Diogo Miguel, MARTINS	07 Geslours	2:30.12 -	348
50m: 34.28 34.28	100m: 1:12.77 38.49	150m: 1:51.69 38.92	200m: 2:30.12 38.43



XXVI Torneio Taça Cidade de Alcobaça  
Alcobaça, 6.1.2024



Prova 10, Masc., 200m Costas

Lugar	Ano	Tempo final	Pts
EXH Santiago Jose, PACHECO	09 Alcobaca	2:37.77	- 300
50m: 37.54 37.54	100m: 1:17.81 40.27	150m: 1:58.42 40.61	200m: 2:37.77 39.35
EXH Joao Pedro, SOUSA	09 Gesloures	2:40.03	- 287
50m: 37.25 37.25	100m: 1:17.94 40.69	150m: 1:59.35 41.41	200m: 2:40.03 40.68
EXH Francisco Sa, LOPES	10 Torres Novas	2:50.03	- 239
50m: 41.44 41.44	100m: 1:25.99 44.55	150m: 2:09.88 43.89	200m: 2:50.03 40.15
EXH Luis Eugenio, POITOUT	11 Colégio Vasco da Gama	3:18.48	- 150
50m: 48.75 48.75	100m: 1:39.95 51.20	150m: 2:29.86 49.91	200m: 3:18.48 48.62
EXH Tiago Rafael, PINTO	11 Alcobaca	3:33.53	- 121
50m: 50.75 50.75	100m: 1:45.25 54.50	150m: 2:41.38 56.13	200m: 3:33.53 52.15

