

Prova 12

Masc., 400m Livres

OPEN (INF+JUV+JUN+SEN)

06.01.2024 - 18:12

Resultados

Rec. Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	2021
Rec. Nac SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	2021
Rec. Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	2004
Rec. Nac 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	2007
Rec. Nac JUV A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	2019
Rec. Nac JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	2023
Rec. Nac INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	2014
Rec. Nac INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	2003

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Gabriel Carvalho, FERRAO	05 Benfica	4:07.44 9.00	631
50m: 28.98 28.98	150m: 1:33.09 32.35	250m: 2:36.11 31.24	350m: 3:38.52 31.42
100m: 1:00.74 31.76	200m: 2:04.87 31.78	300m: 3:07.10 30.99	400m: 4:07.44 28.92
2. Leonardo Jose, CRUZ	07 Alcobaca	4:13.49 7.00	587
50m: 29.52 29.52	150m: 1:33.73 32.30	250m: 2:37.52 31.81	350m: 3:41.34 32.10
100m: 1:01.43 31.91	200m: 2:05.71 31.98	300m: 3:09.24 31.72	400m: 4:13.49 32.15
3. Afonso Dinis, ROQUE	07 CNLeiria	4:14.63 6.00	579
50m: 28.88 28.88	150m: 1:31.49 31.54	250m: 2:35.98 32.44	350m: 3:42.48 33.35
100m: 59.95 31.07	200m: 2:03.54 32.05	300m: 3:09.13 33.15	400m: 4:14.63 32.15
4. David Ferreira, RELVAS	03 Nautico Marinha Grande	4:19.47 5.00	547
50m: 29.94 29.94	150m: 1:35.19 32.76	250m: 2:41.85 33.55	350m: 3:47.99 32.77
100m: 1:02.43 32.49	200m: 2:08.30 33.11	300m: 3:15.22 33.37	400m: 4:19.47 31.48
5. Tomas Pascoal, FERREIRA	09 Ba-Leiria	4:19.88 4.00	544
50m: 30.21 30.21	150m: 1:35.68 33.03	250m: 2:43.02 33.85	350m: 3:50.00 33.24
100m: 1:02.65 32.44	200m: 2:09.17 33.49	300m: 3:16.76 33.74	400m: 4:19.88 29.88
6. Joao Ferreira, MARQUES	06 Academica de Coimbra	4:19.90 3.00	544
50m: 29.98 29.98	150m: 1:35.82 33.15	250m: 2:41.80 32.58	350m: 3:48.37 33.08
100m: 1:02.67 32.69	200m: 2:09.22 33.40	300m: 3:15.29 33.49	400m: 4:19.90 31.53
7. Rafael Pereira, RODRIGUES	08 Condeixa Aqua Clube	4:21.14 2.00	536
50m: 30.96 30.96	150m: 1:37.51 33.42	250m: 2:43.97 33.16	350m: 3:50.05 32.86
100m: 1:04.09 33.13	200m: 2:10.81 33.30	300m: 3:17.19 33.22	400m: 4:21.14 31.09
8. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	4:21.32 1.00	535
50m: 31.58 31.58	150m: 1:38.53 33.73	250m: 2:44.45 32.79	350m: 3:49.94 32.54
100m: 1:04.80 33.22	200m: 2:11.66 33.13	300m: 3:17.40 32.95	400m: 4:21.32 31.38
9. Afonso Formigo, PINHO	06 Torres Novas	4:21.93 -	532
50m: 30.72 30.72	150m: 1:37.13 33.09	250m: 2:44.76 33.61	350m: 3:51.39 32.90
100m: 1:04.04 33.32	200m: 2:11.15 34.02	300m: 3:18.49 33.73	400m: 4:21.93 30.54
10. Marco Dimitar, OLIVEIRA	07 Nautico Académico Coimbra	4:22.14 -	530
50m: 29.93 29.93	150m: 1:36.04 33.21	250m: 2:42.71 33.16	350m: 3:49.54 33.48
100m: 1:02.83 32.90	200m: 2:09.55 33.51	300m: 3:16.06 33.35	400m: 4:22.14 32.60
11. Luis Pedro, FIGUEIREDO	06 Geslours	4:33.89 -	465
50m: 31.71 31.71	150m: 1:40.43 33.99	250m: 2:49.40 34.66	350m: 3:59.93 35.14
100m: 1:06.44 34.73	200m: 2:14.74 34.31	300m: 3:24.79 35.39	400m: 4:33.89 33.96



XXVI Torneio Taça Cidade de Alcobaca
Alcobaca, 6.1.2024



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Lugar	Ano	Tempo final	Pts
12. Daniel Casaca, CARVALHO	07 Colégio Vasco da Gama	4:36.91	- 450
50m: 30.28 30.28	150m: 1:39.33 34.91	250m: 2:49.96 35.52	350m: 4:01.36 35.81
100m: 1:04.42 34.14	200m: 2:14.44 35.11	300m: 3:25.55 35.59	400m: 4:36.91 35.55
13. Antonio Pedro, MARTINS	05 Clube União 1919	4:37.31	- 448
50m: 32.13 32.13	150m: 1:42.59 35.16	250m: 2:53.91 35.60	350m: 4:04.46 35.35
100m: 1:07.43 35.30	200m: 2:18.31 35.72	300m: 3:29.11 35.20	400m: 4:37.31 32.85
14. Cristiano Almeida, SANTOS	90 CP - Ferreira do Zêzere	4:51.81	- 384
50m: 33.86 33.86	150m: 1:45.80 36.18	250m: 2:59.74 36.96	350m: 4:15.30 37.87
100m: 1:09.62 35.76	200m: 2:22.78 36.98	300m: 3:37.43 37.69	400m: 4:51.81 36.51
15. Francisco Antunes, SOUSA	09 Columbofila Cantanhedense	5:09.36	- 322
50m: 35.85 35.85	150m: 1:55.27 39.89	250m: 3:14.71 39.56	350m: 4:32.52 38.23
100m: 1:15.38 39.53	200m: 2:35.15 39.88	300m: 3:54.29 39.58	400m: 5:09.36 36.84