



II Torneio Fundação CNL Cidade de Leiria - Absolutos  
Leiria, 4 - 5/11/2023

Prova 2

Masc., 400m Livres

Absolutos (JUV+JUN+SEN)

04/11/2023 - 15:12

Resultados Elimin

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 17	3:56.54	Rui Filipe, COSTA	VSC	Felqueiras	24/11/2007
Rec Nac JUV A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07/12/2019
Rec Nac JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts	Pontos
1. Leonardo Jose, CRUZ	07 Alcobaca	4:12.61	593 Q	-
50m: 29.18 29.18	150m: 1:32.97 32.10	250m: 2:37.17 31.90	350m: 3:41.39 32.14	
100m: 1:00.87 31.69	200m: 2:05.27 32.30	300m: 3:09.25 32.08	400m: 4:12.61 31.22	
2. Filipe Miguel, GOMES	97 CNLeiria	4:13.66	585 Q	-
50m: 27.74 27.74	150m: 1:30.44 31.73	250m: 2:35.09 32.42	350m: 3:41.38 33.38	
100m: 58.71 30.97	200m: 2:02.67 32.23	300m: 3:08.00 32.91	400m: 4:13.66 32.28	
3. Afonso Dinis, ROQUE	07 CNLeiria	4:15.57	572 Q	-
50m: 29.46 29.46	150m: 1:33.16 32.14	250m: 2:37.95 32.13	350m: 3:43.40 32.83	
100m: 1:01.02 31.56	200m: 2:05.82 32.66	300m: 3:10.57 32.62	400m: 4:15.57 32.17	
4. Joao Ferreira, MARQUES	06 Academica de Coimbra	4:18.26	555 Q	-
50m: 29.65 29.65	150m: 1:34.29 32.85	250m: 2:40.54 33.27	350m: 3:45.95 32.48	
100m: 1:01.44 31.79	200m: 2:07.27 32.98	300m: 3:13.47 32.93	400m: 4:18.26 32.31	
5. Francisco Marques, SIMOES	07 CNLeiria	4:19.08	549 Q	-
50m: 29.18 29.18	150m: 1:33.82 32.37	250m: 2:39.41 32.60	350m: 3:47.23 34.00	
100m: 1:01.45 32.27	200m: 2:06.81 32.99	300m: 3:13.23 33.82	400m: 4:19.08 31.85	
6. Goncalo Pereira, COLACO	07 CNLeiria	4:22.42	529 Q	-
50m: 28.83 28.83	150m: 1:34.64 33.28	250m: 2:41.96 33.65	350m: 3:49.02 33.91	
100m: 1:01.36 32.53	200m: 2:08.31 33.67	300m: 3:15.11 33.15	400m: 4:22.42 33.40	
7. Joao Moura, FRANCISCO	07 CNLeiria	4:23.54	522 Q	-
50m: 29.16 29.16	150m: 1:35.42 33.68	250m: 2:42.33 33.37	350m: 3:50.44 33.86	
100m: 1:01.74 32.58	200m: 2:08.96 33.54	300m: 3:16.58 34.25	400m: 4:23.54 33.10	
8. Luca Valentino, TONA	06 Pimpoes/Cimai	4:24.57	516 Q	-
50m: 29.71 29.71	150m: 1:35.29 33.11	250m: 2:42.85 33.74	350m: 3:51.13 34.38	
100m: 1:02.18 32.47	200m: 2:09.11 33.82	300m: 3:16.75 33.90	400m: 4:24.57 33.44	
9. Afonso Formigo, PINHO	06 Torres Novas	4:25.89	508 R	-
50m: 29.27 29.27	150m: 1:34.93 33.69	250m: 2:43.66 34.49	350m: 3:52.42 34.31	
100m: 1:01.24 31.97	200m: 2:09.17 34.24	300m: 3:18.11 34.45	400m: 4:25.89 33.47	
10. Santiago Boica, SOUSA	08 Vieiraense	4:26.57	504 R	-
50m: 30.05 30.05	150m: 1:36.64 33.80	250m: 2:44.89 34.00	350m: 3:53.75 34.14	
100m: 1:02.84 32.79	200m: 2:10.89 34.25	300m: 3:19.61 34.72	400m: 4:26.57 32.82	
11. Henrique Martins, JOAQUIM	09 CNLeiria	4:30.23	484	-
50m: 30.71 30.71	150m: 1:38.57 34.23	250m: 2:49.48 35.05	350m: 3:58.76 34.19	
100m: 1:04.34 33.63	200m: 2:14.43 35.86	300m: 3:24.57 35.09	400m: 4:30.23 31.47	
12. Tome Nunes, TOME	08 CNLeiria	4:34.19	463	-
50m: 30.82 30.82	150m: 1:39.15 34.33	250m: 2:48.62 34.07	350m: 3:59.67 36.37	
100m: 1:04.82 34.00	200m: 2:14.55 35.40	300m: 3:23.30 34.68	400m: 4:34.19 34.52	
13. Tiago Santos, POMBO	08 Alcobaca	4:34.29	463	-
50m: 31.16 31.16	150m: 1:40.29 35.05	250m: 2:51.41 35.55	350m: 4:01.67 34.69	
100m: 1:05.24 34.08	200m: 2:15.86 35.57	300m: 3:26.98 35.57	400m: 4:34.29 32.62	
14. Jose Januario, MARQUES	07 Pimpoes/Cimai	4:34.31	463	-
50m: 30.67 30.67	150m: 1:38.73 34.38	250m: 2:49.48 35.52	350m: 4:00.59 35.44	
100m: 1:04.35 33.68	200m: 2:13.96 35.23	300m: 3:25.15 35.67	400m: 4:34.31 33.72	



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Lugar	Ano	Tempo final	Pts	Pontos
15. Tomas Cardoso, GERALDO	05 Condeixa Aqua Clube	4:45.60	410	-
50m: 31.54 31.54	150m: 1:42.80 36.59	250m: 2:56.08 36.75	350m: 4:09.63 36.66	
100m: 1:06.21 34.67	200m: 2:19.33 36.53	300m: 3:32.97 36.89	400m: 4:45.60 35.97	
16. Joao Pedro, ROSA	90 CLAC-Entroncamento	4:55.40	370	-
50m: 32.89 32.89	150m: 1:46.22 37.39	250m: 3:01.14 37.64	350m: 4:17.40 38.08	
100m: 1:08.83 35.94	200m: 2:23.50 37.28	300m: 3:39.32 38.18	400m: 4:55.40 38.00	