

Torneio de Abertura Infantil e Adaptada  
Lagos , 4 - 5/11/2023

Prova 18 Masc., 400m Livres 13 anos e mais velhos  
05/11/2023 - 9:30 Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
<b>Infantis B</b>			
1. Daniel, FISTICANU	11	5:11.10	317
50m: 33.74 33.74	150m: 1:52.83 40.41	250m: 3:13.13 38.87	350m: 4:33.47 39.89
100m: 1:12.42 38.68	200m: 2:34.26 41.43	300m: 3:53.58 40.45	400m: 5:11.10 37.63
2. Joao Agueda, MESTRE	11	5:34.92	254
50m: 36.07 36.07	150m: 2:00.69 42.80	250m: 3:26.35 42.89	350m: 4:52.45 43.18
100m: 1:17.89 41.82	200m: 2:43.46 42.77	300m: 4:09.27 42.92	400m: 5:34.92 42.47
3. Isaac Salavessa, HORTA	11	5:54.41	214
50m: 38.28 38.28	150m: 2:05.75 44.35	250m: 3:36.66 46.23	350m: 5:09.85 46.27
100m: 1:21.40 43.12	200m: 2:50.43 44.68	300m: 4:23.58 46.92	400m: 5:54.41 44.56
DSQ Henrique Afonso, VIEIRA	11		
SW 4.4 - Falsa partida			

**Infantis A**

1. Goncalo Alexandre, RETRE	10	5:10.41	319
50m: 33.45 33.45	150m: 1:49.83 39.48	250m: 3:09.54 40.07	350m: 4:29.46 40.55
100m: 1:10.35 36.90	200m: 2:29.47 39.64	300m: 3:48.91 39.37	400m: 5:10.41 40.95
2. Alexandre Ribeiro, MENDONCA	10	5:14.46	307
50m: 34.37 34.37	150m: 1:52.79 40.08	250m: 3:14.14 40.42	350m: 4:36.21 40.94
100m: 1:12.71 38.34	200m: 2:33.72 40.93	300m: 3:55.27 41.13	400m: 5:14.46 38.25
3. Mark, KHALADZY	10	5:22.37	285
50m: 34.11 34.11	150m: 1:53.45 40.35	250m: 3:17.41 42.34	350m: 4:41.52 41.99
100m: 1:13.10 38.99	200m: 2:35.07 41.62	300m: 3:59.53 42.12	400m: 5:22.37 40.85
4. Tiago Malhador, LULAK	10	5:25.96	276
50m: 37.91 37.91	150m: 2:00.74 41.42	250m: 3:24.96 42.77	350m: 4:48.31 41.50
100m: 1:19.32 41.41	200m: 2:42.19 41.45	300m: 4:06.81 41.85	400m: 5:25.96 37.65
5. Lucas Zaborskiy, MENEZES	10	5:58.97	206
50m: 39.72 39.72	150m: 2:09.16 45.17	250m: 3:41.58 46.26	350m: 5:13.27 45.49
100m: 1:23.99 44.27	200m: 2:55.32 46.16	300m: 4:27.78 46.20	400m: 5:58.97 45.70
6. Francisco Alfarra, GUERREIRO	10	6:46.06	142
50m: 44.15 44.15	150m: 2:27.70 52.24	250m: 4:11.19 52.04	350m: 5:54.62 50.98
100m: 1:35.46 51.31	200m: 3:19.15 51.45	300m: 5:03.64 52.45	400m: 6:46.06 51.44

**S1-S14 (Esperanças)**

1. Goncalo Alexandre, RETRE	10	5:10.41	319
50m: 33.45 33.45	150m: 1:49.83 39.48	250m: 3:09.54 40.07	350m: 4:29.46 40.55
100m: 1:10.35 36.90	200m: 2:29.47 39.64	300m: 3:48.91 39.37	400m: 5:10.41 40.95
2. Daniel, FISTICANU	11	5:11.10	317
50m: 33.74 33.74	150m: 1:52.83 40.41	250m: 3:13.13 38.87	350m: 4:33.47 39.89
100m: 1:12.42 38.68	200m: 2:34.26 41.43	300m: 3:53.58 40.45	400m: 5:11.10 37.63
3. Alexandre Ribeiro, MENDONCA	10	5:14.46	307
50m: 34.37 34.37	150m: 1:52.79 40.08	250m: 3:14.14 40.42	350m: 4:36.21 40.94
100m: 1:12.71 38.34	200m: 2:33.72 40.93	300m: 3:55.27 41.13	400m: 5:14.46 38.25
4. Mark, KHALADZY	10	5:22.37	285
50m: 34.11 34.11	150m: 1:53.45 40.35	250m: 3:17.41 42.34	350m: 4:41.52 41.99
100m: 1:13.10 38.99	200m: 2:35.07 41.62	300m: 3:59.53 42.12	400m: 5:22.37 40.85
5. Tiago Malhador, LULAK	10	5:25.96	276
50m: 37.91 37.91	150m: 2:00.74 41.42	250m: 3:24.96 42.77	350m: 4:48.31 41.50
100m: 1:19.32 41.41	200m: 2:42.19 41.45	300m: 4:06.81 41.85	400m: 5:25.96 37.65

Torneio de Abertura Infantis e Adaptada  
Lagos , 4 - 5/11/2023

Prova 18, Masc., 400m Livres, S1-S14 (Esperanças)

Lugar	Ano	Tempo final	Pts
6. Joao Agueda, MESTRE	11	<b>5:34.92</b>	254
50m: 36.07 36.07 150m: 2:00.69 42.80 250m: 3:26.35 42.89 350m: 4:52.45 43.18			
100m: 1:17.89 41.82 200m: 2:43.46 42.77 300m: 4:09.27 42.92 400m: 5:34.92 42.47			
7. Isaac Salavessa, HORTA	11	<b>5:54.41</b>	214
50m: 38.28 38.28 150m: 2:05.75 44.35 250m: 3:36.66 46.23 350m: 5:09.85 46.27			
100m: 1:21.40 43.12 200m: 2:50.43 44.68 300m: 4:23.58 46.92 400m: 5:54.41 44.56			
8. Lucas Zaborskiy, MENEZES	10	<b>5:58.97</b>	206
50m: 39.72 39.72 150m: 2:09.16 45.17 250m: 3:41.58 46.26 350m: 5:13.27 45.49			
100m: 1:23.99 44.27 200m: 2:55.32 46.16 300m: 4:27.78 46.20 400m: 5:58.97 45.70			
9. Francisco Alfarra, GUERREIRO	10	<b>6:46.06</b>	142
50m: 44.15 44.15 150m: 2:27.70 52.24 250m: 4:11.19 52.04 350m: 5:54.62 50.98			
100m: 1:35.46 51.31 200m: 3:19.15 51.45 300m: 5:03.64 52.45 400m: 6:46.06 51.44			
DSQ Henrique Afonso, VIEIRA	11		
<i>SW 4.4 - Falsa partida</i>			

S15 (Esperanças)

1. Goncalo Alexandre, RETRE	10	<b>5:10.41</b>	319
50m: 33.45 33.45 150m: 1:49.83 39.48 250m: 3:09.54 40.07 350m: 4:29.46 40.55			
100m: 1:10.35 36.90 200m: 2:29.47 39.64 300m: 3:48.91 39.37 400m: 5:10.41 40.95			
2. Daniel, FISTICANU	11	<b>5:11.10</b>	317
50m: 33.74 33.74 150m: 1:52.83 40.41 250m: 3:13.13 38.87 350m: 4:33.47 39.89			
100m: 1:12.42 38.68 200m: 2:34.26 41.43 300m: 3:53.58 40.45 400m: 5:11.10 37.63			
3. Alexandre Ribeiro, MENDONCA	10	<b>5:14.46</b>	307
50m: 34.37 34.37 150m: 1:52.79 40.08 250m: 3:14.14 40.42 350m: 4:36.21 40.94			
100m: 1:12.71 38.34 200m: 2:33.72 40.93 300m: 3:55.27 41.13 400m: 5:14.46 38.25			
4. Mark, KHALADZY	10	<b>5:22.37</b>	285
50m: 34.11 34.11 150m: 1:53.45 40.35 250m: 3:17.41 42.34 350m: 4:41.52 41.99			
100m: 1:13.10 38.99 200m: 2:35.07 41.62 300m: 3:59.53 42.12 400m: 5:22.37 40.85			
5. Tiago Malhador, LULAK	10	<b>5:25.96</b>	276
50m: 37.91 37.91 150m: 2:00.74 41.42 250m: 3:24.96 42.77 350m: 4:48.31 41.50			
100m: 1:19.32 41.41 200m: 2:42.19 41.45 300m: 4:06.81 41.85 400m: 5:25.96 37.65			
6. Joao Agueda, MESTRE	11	<b>5:34.92</b>	254
50m: 36.07 36.07 150m: 2:00.69 42.80 250m: 3:26.35 42.89 350m: 4:52.45 43.18			
100m: 1:17.89 41.82 200m: 2:43.46 42.77 300m: 4:09.27 42.92 400m: 5:34.92 42.47			
7. Isaac Salavessa, HORTA	11	<b>5:54.41</b>	214
50m: 38.28 38.28 150m: 2:05.75 44.35 250m: 3:36.66 46.23 350m: 5:09.85 46.27			
100m: 1:21.40 43.12 200m: 2:50.43 44.68 300m: 4:23.58 46.92 400m: 5:54.41 44.56			
8. Lucas Zaborskiy, MENEZES	10	<b>5:58.97</b>	206
50m: 39.72 39.72 150m: 2:09.16 45.17 250m: 3:41.58 46.26 350m: 5:13.27 45.49			
100m: 1:23.99 44.27 200m: 2:55.32 46.16 300m: 4:27.78 46.20 400m: 5:58.97 45.70			
9. Francisco Alfarra, GUERREIRO	10	<b>6:46.06</b>	142
50m: 44.15 44.15 150m: 2:27.70 52.24 250m: 4:11.19 52.04 350m: 5:54.62 50.98			
100m: 1:35.46 51.31 200m: 3:19.15 51.45 300m: 5:03.64 52.45 400m: 6:46.06 51.44			
DSQ Henrique Afonso, VIEIRA	11		
<i>SW 4.4 - Falsa partida</i>			

S16 (Esperanças)

1. Goncalo Alexandre, RETRE	10	<b>5:10.41</b>	319
50m: 33.45 33.45 150m: 1:49.83 39.48 250m: 3:09.54 40.07 350m: 4:29.46 40.55			
100m: 1:10.35 36.90 200m: 2:29.47 39.64 300m: 3:48.91 39.37 400m: 5:10.41 40.95			
2. Daniel, FISTICANU	11	<b>5:11.10</b>	317
50m: 33.74 33.74 150m: 1:52.83 40.41 250m: 3:13.13 38.87 350m: 4:33.47 39.89			
100m: 1:12.42 38.68 200m: 2:34.26 41.43 300m: 3:53.58 40.45 400m: 5:11.10 37.63			

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Prova 18, Masc., 400m Livres, S16 (Esperanças)

Lugar	Ano	Tempo final	Pts
3. Alexandre Ribeiro, MENDONCA	10	<b>5:14.46</b>	307
50m: 34.37 34.37 150m: 1:52.79 40.08 250m: 3:14.14 40.42 350m: 4:36.21 40.94			
100m: 1:12.71 38.34 200m: 2:33.72 40.93 300m: 3:55.27 41.13 400m: 5:14.46 38.25			
4. Mark, KHALADZY	10	<b>5:22.37</b>	285
50m: 34.11 34.11 150m: 1:53.45 40.35 250m: 3:17.41 42.34 350m: 4:41.52 41.99			
100m: 1:13.10 38.99 200m: 2:35.07 41.62 300m: 3:59.53 42.12 400m: 5:22.37 40.85			
5. Tiago Malhador, LULAK	10	<b>5:25.96</b>	276
50m: 37.91 37.91 150m: 2:00.74 41.42 250m: 3:24.96 42.77 350m: 4:48.31 41.50			
100m: 1:19.32 41.41 200m: 2:42.19 41.45 300m: 4:06.81 41.85 400m: 5:25.96 37.65			
6. Joao Agueda, MESTRE	11	<b>5:34.92</b>	254
50m: 36.07 36.07 150m: 2:00.69 42.80 250m: 3:26.35 42.89 350m: 4:52.45 43.18			
100m: 1:17.89 41.82 200m: 2:43.46 42.77 300m: 4:09.27 42.92 400m: 5:34.92 42.47			
7. Isaac Salavessa, HORTA	11	<b>5:54.41</b>	214
50m: 38.28 38.28 150m: 2:05.75 44.35 250m: 3:36.66 46.23 350m: 5:09.85 46.27			
100m: 1:21.40 43.12 200m: 2:50.43 44.68 300m: 4:23.58 46.92 400m: 5:54.41 44.56			
8. Lucas Zaborskiy, MENEZES	10	<b>5:58.97</b>	206
50m: 39.72 39.72 150m: 2:09.16 45.17 250m: 3:41.58 46.26 350m: 5:13.27 45.49			
100m: 1:23.99 44.27 200m: 2:55.32 46.16 300m: 4:27.78 46.20 400m: 5:58.97 45.70			
9. Francisco Alfarra, GUERREIRO	10	<b>6:46.06</b>	142
50m: 44.15 44.15 150m: 2:27.70 52.24 250m: 4:11.19 52.04 350m: 5:54.62 50.98			
100m: 1:35.46 51.31 200m: 3:19.15 51.45 300m: 5:03.64 52.45 400m: 6:46.06 51.44			
DSQ Henrique Afonso, VIEIRA	11		
<i>SW 4.4 - Falsa partida</i>			

S17 (Esperanças)

1. Goncalo Alexandre, RETRE	10	<b>5:10.41</b>	319
50m: 33.45 33.45 150m: 1:49.83 39.48 250m: 3:09.54 40.07 350m: 4:29.46 40.55			
100m: 1:10.35 36.90 200m: 2:29.47 39.64 300m: 3:48.91 39.37 400m: 5:10.41 40.95			
2. Daniel, FISTICANU	11	<b>5:11.10</b>	317
50m: 33.74 33.74 150m: 1:52.83 40.41 250m: 3:13.13 38.87 350m: 4:33.47 39.89			
100m: 1:12.42 38.68 200m: 2:34.26 41.43 300m: 3:53.58 40.45 400m: 5:11.10 37.63			
3. Alexandre Ribeiro, MENDONCA	10	<b>5:14.46</b>	307
50m: 34.37 34.37 150m: 1:52.79 40.08 250m: 3:14.14 40.42 350m: 4:36.21 40.94			
100m: 1:12.71 38.34 200m: 2:33.72 40.93 300m: 3:55.27 41.13 400m: 5:14.46 38.25			
4. Mark, KHALADZY	10	<b>5:22.37</b>	285
50m: 34.11 34.11 150m: 1:53.45 40.35 250m: 3:17.41 42.34 350m: 4:41.52 41.99			
100m: 1:13.10 38.99 200m: 2:35.07 41.62 300m: 3:59.53 42.12 400m: 5:22.37 40.85			
5. Tiago Malhador, LULAK	10	<b>5:25.96</b>	276
50m: 37.91 37.91 150m: 2:00.74 41.42 250m: 3:24.96 42.77 350m: 4:48.31 41.50			
100m: 1:19.32 41.41 200m: 2:42.19 41.45 300m: 4:06.81 41.85 400m: 5:25.96 37.65			
6. Joao Agueda, MESTRE	11	<b>5:34.92</b>	254
50m: 36.07 36.07 150m: 2:00.69 42.80 250m: 3:26.35 42.89 350m: 4:52.45 43.18			
100m: 1:17.89 41.82 200m: 2:43.46 42.77 300m: 4:09.27 42.92 400m: 5:34.92 42.47			
7. Isaac Salavessa, HORTA	11	<b>5:54.41</b>	214
50m: 38.28 38.28 150m: 2:05.75 44.35 250m: 3:36.66 46.23 350m: 5:09.85 46.27			
100m: 1:21.40 43.12 200m: 2:50.43 44.68 300m: 4:23.58 46.92 400m: 5:54.41 44.56			
8. Lucas Zaborskiy, MENEZES	10	<b>5:58.97</b>	206
50m: 39.72 39.72 150m: 2:09.16 45.17 250m: 3:41.58 46.26 350m: 5:13.27 45.49			
100m: 1:23.99 44.27 200m: 2:55.32 46.16 300m: 4:27.78 46.20 400m: 5:58.97 45.70			
9. Francisco Alfarra, GUERREIRO	10	<b>6:46.06</b>	142
50m: 44.15 44.15 150m: 2:27.70 52.24 250m: 4:11.19 52.04 350m: 5:54.62 50.98			
100m: 1:35.46 51.31 200m: 3:19.15 51.45 300m: 5:03.64 52.45 400m: 6:46.06 51.44			

Torneio de Abertura Infantis e Adaptada  
Lagos , 4 - 5/11/2023

Prova 18, Masc., 400m Livres, S17 (Esperanças)

Lugar	Ano	Tempo final	Pts
DSQ Henrique Afonso, VIEIRA <i>SW 4.4 - Falsa partida</i>	11	RIA Aqua Tavira	

S21 (Esperanças)

1. Goncalo Alexandre, RETRE	10	Naval de Faro	<b>5:10.41</b>	319
50m: 33.45 33.45 150m: 1:49.83 39.48 250m: 3:09.54 40.07 350m: 4:29.46 40.55				
100m: 1:10.35 36.90 200m: 2:29.47 39.64 300m: 3:48.91 39.37 400m: 5:10.41 40.95				
2. Daniel, FISTICANU	11	Naval de Faro	<b>5:11.10</b>	317
50m: 33.74 33.74 150m: 1:52.83 40.41 250m: 3:13.13 38.87 350m: 4:33.47 39.89				
100m: 1:12.42 38.68 200m: 2:34.26 41.43 300m: 3:53.58 40.45 400m: 5:11.10 37.63				
3. Alexandre Ribeiro, MENDONCA	10	Portinado	<b>5:14.46</b>	307
50m: 34.37 34.37 150m: 1:52.79 40.08 250m: 3:14.14 40.42 350m: 4:36.21 40.94				
100m: 1:12.71 38.34 200m: 2:33.72 40.93 300m: 3:55.27 41.13 400m: 5:14.46 38.25				
4. Mark, KHALADZY	10	Lagoa AC	<b>5:22.37</b>	285
50m: 34.11 34.11 150m: 1:53.45 40.35 250m: 3:17.41 42.34 350m: 4:41.52 41.99				
100m: 1:13.10 38.99 200m: 2:35.07 41.62 300m: 3:59.53 42.12 400m: 5:22.37 40.85				
5. Tiago Malhador, LULAK	10	Louletano / Loule Concelho	<b>5:25.96</b>	276
50m: 37.91 37.91 150m: 2:00.74 41.42 250m: 3:24.96 42.77 350m: 4:48.31 41.50				
100m: 1:19.32 41.41 200m: 2:42.19 41.45 300m: 4:06.81 41.85 400m: 5:25.96 37.65				
6. Joao Agueda, MESTRE	11	RIA Aqua Tavira	<b>5:34.92</b>	254
50m: 36.07 36.07 150m: 2:00.69 42.80 250m: 3:26.35 42.89 350m: 4:52.45 43.18				
100m: 1:17.89 41.82 200m: 2:43.46 42.77 300m: 4:09.27 42.92 400m: 5:34.92 42.47				
7. Isaac Salavessa, HORTA	11	Nautico do Guadiana	<b>5:54.41</b>	214
50m: 38.28 38.28 150m: 2:05.75 44.35 250m: 3:36.66 46.23 350m: 5:09.85 46.27				
100m: 1:21.40 43.12 200m: 2:50.43 44.68 300m: 4:23.58 46.92 400m: 5:54.41 44.56				
8. Lucas Zaborskiy, MENEZES	10	FC Ferreiras/AlgarExperience	<b>5:58.97</b>	206
50m: 39.72 39.72 150m: 2:09.16 45.17 250m: 3:41.58 46.26 350m: 5:13.27 45.49				
100m: 1:23.99 44.27 200m: 2:55.32 46.16 300m: 4:27.78 46.20 400m: 5:58.97 45.70				
9. Francisco Alfarra, GUERREIRO	10	RIA Aqua Tavira	<b>6:46.06</b>	142
50m: 44.15 44.15 150m: 2:27.70 52.24 250m: 4:11.19 52.04 350m: 5:54.62 50.98				
100m: 1:35.46 51.31 200m: 3:19.15 51.45 300m: 5:03.64 52.45 400m: 6:46.06 51.44				
DSQ Henrique Afonso, VIEIRA <i>SW 4.4 - Falsa partida</i>	11	RIA Aqua Tavira		