

Prova 22

Masc., 400m Livres

Infantis B

04/11/2023 - 16:30

Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Inf B	4:54.34	Lucas Pinto Ribeiro	GCVR	Peso da Régua	12/03/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Martim Barros Pereira	216554	11	EN Bragança	6:19.18	175
	50m: 42.40 42.40	200m: 3:10.50 1:40.25		400m: 6:19.18 1:28.62		
	100m: 1:30.25 47.85	300m: 4:50.56 1:40.06				
2.	Duarte Ferreira Rosa	209831	11	Fnc	6:30.43	160
	50m: 45.50 45.50	200m: 3:16.15 1:41.28		400m: 6:30.43 1:31.50		
	100m: 1:34.87 49.37	300m: 4:58.93 1:42.78				
3.	Francisco Maria Igrejas		11	Gcvr	6:30.93	160
	50m: 45.81 45.81	200m: 3:17.53 1:41.72		400m: 6:30.93 1:35.84		
	100m: 1:35.81 50.00	300m: 4:55.09 1:37.56				
DNS	Rodrigo Andre Ferreira	213902	11	CMN Peso da Régua		
WDR	Guilherme Sarmento Borges	218750	11	Fnc		

Prova 22

Masc., 400m Livres

Infantis A

04/11/2023 - 16:30

Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Inf A	4:39.76	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	01/07/2017

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Lucas Pinto Ribeiro	209413	10	Gcvr	4:47.09	404
	50m: 33.71 33.71	200m: 2:23.68 1:13.40		400m: 4:47.09 1:10.22		
	100m: 1:10.28 36.57	300m: 3:36.87 1:13.19				
2.	Martim Pinheiro Cardoso	211041	10	CMN Peso da Régua	5:45.44	231
	50m: 38.00 38.00	200m: 2:48.18 1:28.27		400m: 5:45.44 1:27.33		
	100m: 1:19.91 41.91	300m: 4:18.11 1:29.93				
3.	Nuno Pinto Oliveira	219466	10	Gcvr	6:29.82	161
	50m: 45.85 45.85	200m: 3:16.74 1:40.69		400m: 6:29.82 1:34.07		
	100m: 1:36.05 50.20	300m: 4:55.75 1:39.01				
WDR	Rui Pedro Lopes	216387	10	Durius AC Pesqueira		

Prova 22

Masc., 400m Livres

Juvenis

04/11/2023 - 16:30

Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Juv A	4:22.51	João Carlos Ferreira	GCVR	Braga	18/03/2000
Recorde Regional (25m) Juv B	4:29.64	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	07/07/2018

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Tiago Manuel Fernandes	205831	08	Gcvr	4:45.31	411
	50m: 32.28 32.28	200m: 2:21.28 1:12.53		400m: 4:45.31 1:10.97		
	100m: 1:08.75 36.47	300m: 3:34.34 1:13.06				
2.	Miguel Afonso Encarnacao	151821	08	Gcvr	4:51.71	385
	50m: 32.09 32.09	200m: 2:21.75 1:13.85		400m: 4:51.71 1:14.93		
	100m: 1:07.90 35.81	300m: 3:36.78 1:15.03				
3.	Daniel Alexandre Pires	216137	08	EMNVinhais/FCV	6:04.46	197
	50m: 37.15 37.15	200m: 2:55.81 1:34.63		400m: 6:04.46 1:32.21		
	100m: 1:21.18 44.03	300m: 4:32.25 1:36.44				

Prova 22, Masc., 400m Livres

Prova 22 Masc., 400m Livres Juniores e Seniores
04/11/2023 - 16:30 Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Sen	4:12.55	Ivo Emanuel Carneiro	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	Daniel Filipe Lopes	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	Daniel Filipe Lopes	CNIN	Mealhada	15/12/2012

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Goncalo Andre Ferreira	151733	07	Gcvr	4:26.50	505
	50m: 29.46 29.46	200m: 2:10.93 1:08.43		400m: 4:26.50 1:06.85		
	100m: 1:02.50 33.04	300m: 3:19.65 1:08.72				
2.	Hugo Fonseca Gonçalves	208561	03	CMN Peso da Régua	4:30.18	484
	50m: 30.93 30.93	200m: 2:14.43 1:09.93		400m: 4:30.18 1:08.22		
	100m: 1:04.50 33.57	300m: 3:21.96 1:07.53				
3.	Jose Pedro Rocha	201748	04	CMN Peso da Régua	4:33.21	468
	50m: 30.76 30.76	200m: 2:19.51 1:14.70		400m: 4:33.21 1:08.84		
	100m: 1:04.81 34.05	300m: 3:24.37 1:04.86				
4.	Goncalo Monteiro Fonseca	208560	05	CMN Peso da Régua	4:33.90	465
	50m: 30.93 30.93	200m: 2:14.59 1:09.75		400m: 4:33.90 1:09.87		
	100m: 1:04.84 33.91	300m: 3:24.03 1:09.44				
5.	Rafael Afonso Fialho	147878	07	Gcvr	4:46.00	408
	50m: 31.71 31.71	200m: 2:20.28 1:13.03		400m: 4:46.00 1:12.97		
	100m: 1:07.25 35.54	300m: 3:33.03 1:12.75				

Prova 22 Masc., 400m Livres Absoluto
04/11/2023 - 16:30 Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Sen	4:12.55	Ivo Emanuel Carneiro	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	Daniel Filipe Lopes	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	Daniel Filipe Lopes	CNIN	Mealhada	15/12/2012
Recorde Regional (25m) Juv A	4:22.51	João Carlos Ferreira	GCVR	Braga	18/03/2000
Recorde Regional (25m) Juv B	4:29.64	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	07/07/2018

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Goncalo Andre Ferreira	151733	07	Gcvr	4:26.50	505
	50m: 29.46 29.46	200m: 2:10.93 1:08.43		400m: 4:26.50 1:06.85		
	100m: 1:02.50 33.04	300m: 3:19.65 1:08.72				
2.	Hugo Fonseca Gonçalves	208561	03	CMN Peso da Régua	4:30.18	484
	50m: 30.93 30.93	200m: 2:14.43 1:09.93		400m: 4:30.18 1:08.22		
	100m: 1:04.50 33.57	300m: 3:21.96 1:07.53				
3.	Jose Pedro Rocha	201748	04	CMN Peso da Régua	4:33.21	468
	50m: 30.76 30.76	200m: 2:19.51 1:14.70		400m: 4:33.21 1:08.84		
	100m: 1:04.81 34.05	300m: 3:24.37 1:04.86				
4.	Goncalo Monteiro Fonseca	208560	05	CMN Peso da Régua	4:33.90	465
	50m: 30.93 30.93	200m: 2:14.59 1:09.75		400m: 4:33.90 1:09.87		
	100m: 1:04.84 33.91	300m: 3:24.03 1:09.44				
5.	Tiago Manuel Fernandes	205831	08	Gcvr	4:45.31	411
	50m: 32.28 32.28	200m: 2:21.28 1:12.53		400m: 4:45.31 1:10.97		
	100m: 1:08.75 36.47	300m: 3:34.34 1:13.06				
6.	Rafael Afonso Fialho	147878	07	Gcvr	4:46.00	408
	50m: 31.71 31.71	200m: 2:20.28 1:13.03		400m: 4:46.00 1:12.97		
	100m: 1:07.25 35.54	300m: 3:33.03 1:12.75				
7.	Miguel Afonso Encarnacao	151821	08	Gcvr	4:51.71	385
	50m: 32.09 32.09	200m: 2:21.75 1:13.85		400m: 4:51.71 1:14.93		
	100m: 1:07.90 35.81	300m: 3:36.78 1:15.03				
8.	Daniel Alexandre Pires	216137	08	EMNVinhais/FCV	6:04.46	197
	50m: 37.15 37.15	200m: 2:55.81 1:34.63		400m: 6:04.46 1:32.21		
	100m: 1:21.18 44.03	300m: 4:32.25 1:36.44				