



Campeonato Distrital de JUV, JUN, SEN)
Tomar, 19 e 20 de Novembro de 2022

Prova 13 Masc., 400m Livres Juvenil
18/11/2023 - 15:30 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16/05/2009
Recorde Distrital ANDS Juv B	4:09.90	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003

Juv B: 5:36.00; Juv A: 5:26.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Joao Pedro Monteiro	08	BUZIOS - Coruche	4:28.30		495
	50m: 30.59 150m: 1:38.79 250m: 2:47.20 350m: 3:56.36					
	100m: 1:04.29 200m: 2:13.04 300m: 3:21.75 400m: 4:28.30					
2.	Francisco Guilherme Freixieiro	08	Rio Maior	4:40.79		431
	50m: 32.76 150m: 1:43.62 250m: 2:55.93 350m: 4:07.84					
	100m: 1:08.42 200m: 2:19.70 300m: 3:32.05 400m: 4:40.79					
3.	Stefan Iordan Chele	09	Rio Maior	4:43.33		420
	50m: 33.06 150m: 1:43.81 250m: 2:55.75 350m: 4:08.08					
	100m: 1:08.38 200m: 2:19.64 300m: 3:31.96 400m: 4:43.33					
4.	Pedro Morgado Costa	09	Rio Maior	5:04.99		337
	50m: 34.03 150m: 1:51.82 250m: 3:10.01 350m: 4:28.30					
	100m: 1:12.68 200m: 2:31.06 300m: 3:49.41 400m: 5:04.99					
5.	Gabriel Sa Chambel	09	CLAC-Entroncamento	5:35.40		253
	50m: 36.60 150m: 2:00.94 250m: 3:27.82 350m: 4:54.92					
	100m: 1:18.27 200m: 2:44.64 300m: 4:11.65 400m: 5:35.40					
6.	Alexandre Miguel Adriano	09	Nautico Salvaterra Magos	5:36.00		252
	50m: 37.48 150m: 2:02.52 250m: 3:29.91 350m: 4:56.17					
	100m: 1:18.96 200m: 2:45.71 300m: 4:13.39 400m: 5:36.00					
7.	Martim Silva Oliveira FTL	08	Torres Novas	5:44.01		234
	50m: 38.72 150m: 2:05.45 250m: 3:34.80 350m: 5:03.55					
	100m: 1:20.94 200m: 2:50.30 300m: 4:19.86 400m: 5:44.01					

Prova 13 Masc., 400m Livres Junior
18/11/2023 - 15:30 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Jun18	4:02.22	Tiago Filipe Campos	Sel POR	Felgueiras	22/04/2017
Recorde Distrital ANDS Jun17	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009

Jun/Sen: 5:20.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Jose Maria Temudo	06	Rio Maior	4:11.07		604
	50m: 28.63 150m: 1:31.42 250m: 2:35.56 350m: 3:40.42					
	100m: 1:00.11 200m: 2:03.33 300m: 3:08.10 400m: 4:11.07					
2.	Rafael Rodrigues Gomes	06	Natacao do Tejo	4:17.02		563
	50m: 29.12 150m: 1:33.64 250m: 2:39.69 350m: 3:45.53					
	100m: 1:01.29 200m: 2:06.94 300m: 3:13.47 400m: 4:17.02					
3.	Afonso Formigo Pinho	06	Torres Novas	4:17.91		557
	50m: 29.60 150m: 1:34.67 250m: 2:41.26 350m: 3:47.02					
	100m: 1:01.86 200m: 2:08.03 300m: 3:14.56 400m: 4:17.91					
4.	Rafael Sousa Azevedo	06	Viver Santarem	4:25.22		512
	50m: 29.85 150m: 1:35.30 250m: 2:43.05 350m: 3:51.70					
	100m: 1:02.31 200m: 2:08.99 300m: 3:17.18 400m: 4:25.22					
5.	Tomas Alexandre Santos	07	BUZIOS - Coruche	4:27.78		497
	50m: 30.09 150m: 1:38.21 250m: 2:46.10 350m: 3:54.59					
	100m: 1:03.70 200m: 2:12.28 300m: 3:20.28 400m: 4:27.78					



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Prova 13, Masc., 400m Livres, Junior

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Bernardo Pereira Simoes	07	Torres Novas	4:40.36		433
	50m: 31.36 150m: 1:42.16		250m: 2:53.45 350m: 4:06.67			
	100m: 1:06.33 200m: 2:17.06		300m: 3:29.05 400m: 4:40.36			
7.	Simao Pedro Oliveira	07	Torres Novas	4:47.43		402
	50m: 32.91 150m: 1:45.28		250m: 2:58.27 350m: 4:11.44			
	100m: 1:08.79 200m: 2:21.78		300m: 3:34.93 400m: 4:47.43			

Prova 13

Masc., 400m Livres

Senior

18/11/2023 - 15:30

Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Sen	3:54.00	Tiago Filipe Campos	CNRM	Albufeira	13/11/2021
Jun/Sen: 5:20.00					

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Guilherme Pereira Coutinho	03	Viver Santarem	4:18.45		553
	50m: 29.42 150m: 1:33.56		250m: 2:38.38 350m: 3:45.35			
	100m: 1:01.20 200m: 2:06.10		300m: 3:11.99 400m: 4:18.45			
2.	Goncalo Faria Saldida	99	Torres Novas	4:35.58		456
	50m: 33.32 150m: 1:43.30		250m: 2:52.87 350m: 4:02.79			
	100m: 1:08.67 200m: 2:18.13		300m: 3:28.08 400m: 4:35.58			

Prova 13

Masc., 400m Livres

Juvenil B

18/11/2023 - 15:30

Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv B	4:09.90	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003
: 5:36.00					

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Stefan Iordan Chele	09	Rio Maior	4:43.33		420
	50m: 33.06 150m: 1:43.81		250m: 2:55.75 350m: 4:08.08			
	100m: 1:08.38 200m: 2:19.64		300m: 3:31.96 400m: 4:43.33			
2.	Pedro Morgado Costa	09	Rio Maior	5:04.99		337
	50m: 34.03 150m: 1:51.82		250m: 3:10.01 350m: 4:28.30			
	100m: 1:12.68 200m: 2:31.06		300m: 3:49.41 400m: 5:04.99			
3.	Gabriel Sa Chambel	09	CLAC-Entroncamento	5:35.40		253
	50m: 36.60 150m: 2:00.94		250m: 3:27.82 350m: 4:54.92			
	100m: 1:18.27 200m: 2:44.64		300m: 4:11.65 400m: 5:35.40			
4.	Alexandre Miguel Adriano	09	Nautico Salvaterra Magos	5:36.00		252
	50m: 37.48 150m: 2:02.52		250m: 3:29.91 350m: 4:56.17			
	100m: 1:18.96 200m: 2:45.71		300m: 4:13.39 400m: 5:36.00			



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Masc., 400m Livres

Juvenil A
Resultados

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
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	50m: 30.59 150m: 1:38.79 250m: 2:47.20 350m: 3:56.36					
	100m: 1:04.29 200m: 2:13.04 300m: 3:21.75 400m: 4:28.30					
2.	Francisco Guilherme Freixieiro	08	Rio Maior	4:40.79		431
	50m: 32.76 150m: 1:43.62 250m: 2:55.93 350m: 4:07.84					
	100m: 1:08.42 200m: 2:19.70 300m: 3:32.05 400m: 4:40.79					
3.	Martim Silva Oliveira	08	Torres Novas	5:44.01		234
	<i>FTL</i>					
	50m: 38.72 150m: 2:05.45 250m: 3:34.80 350m: 5:03.55					
	100m: 1:20.94 200m: 2:50.30 300m: 4:19.86 400m: 5:44.01					