

Campeonato Regional Absolutos e Torneio Nadador Completo Infantis
Grândola, 25 - 26/11/2023

Prova 14 Masc., 400m Livres 13 anos e mais velhos
25/11/2023 - 17:20 Resultados

Rec Reg Open	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Rec Reg 19 +	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Rec Reg 18	4:17.47	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Rec Reg 17	4:14.22	Nelson Pereira MALHEIROS	CNLA	Caldas da Rainha	28/11/2015
Rec Reg 16	4:13.67	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	14/03/2015
Rec Reg 15	4:18.68	Nelson Pereira MALHEIROS	CNLA	Sines	25/04/2014
Rec Reg 14	4:33.56	Miguel Martins BALTAZAR	ANALEN	Abrantes	14/04/2012
Rec Reg 13	4:39.59	Gustavo Manuel SANTA	Ind ANALEP	Sines	13/05/2006

Pontos: FINA 2023

Lugar Nome Idade Clube Tempo final Pts

15 anos e mais velhos

1. Samuel Andre MARIANO	22	Litoral Alentejano	4:34.85	460
50m: 30.92 30.92	150m: 1:38.57 34.35	250m: 2:48.99 35.30	350m: 4:00.34 35.86	
100m: 1:04.22 33.30	200m: 2:13.69 35.12	300m: 3:24.48 35.49	400m: 4:34.85 34.51	
2. Tiago Manuel AZINHEIRINHA	26	Acmn	4:45.26	411
50m: 33.03 33.03	150m: 1:46.99 37.36	250m: 3:00.74 36.27	350m: 4:11.86 35.31	
100m: 1:09.63 36.60	200m: 2:24.47 37.48	300m: 3:36.55 35.81	400m: 4:45.26 33.40	
3. Diogo Miguel ROSADO	17	Grupo Desportivo Mora	4:46.25	407
50m: 31.80 31.80	150m: 1:44.60 36.87	250m: 2:58.50 36.44	350m: 4:11.84 36.57	
100m: 1:07.73 35.93	200m: 2:22.06 37.46	300m: 3:35.27 36.77	400m: 4:46.25 34.41	
4. Daniel Alves MATOS	17	Litoral Alentejano	4:49.39	394
50m: 32.75 32.75	150m: 1:46.65 37.37	250m: 3:00.86 36.72	350m: 4:14.18 36.52	
100m: 1:09.28 36.53	200m: 2:24.14 37.49	300m: 3:37.66 36.80	400m: 4:49.39 35.21	
5. Ricardo Paixao CANSADO	17	Aminata	4:49.56	393
50m: 32.83 32.83	150m: 1:46.68 37.52	250m: 3:00.15 37.47	350m: 4:14.19 36.85	
100m: 1:09.16 36.33	200m: 2:22.68 36.00	300m: 3:37.34 37.19	400m: 4:49.56 35.37	
6. Ricardo Jorge DIAS	34	Grupo Desportivo Mora	4:51.46	386
50m: 31.85 31.85	150m: 1:44.58 36.90	250m: 2:59.05 37.24	350m: 4:14.15 37.37	
100m: 1:07.68 35.83	200m: 2:21.81 37.23	300m: 3:36.78 37.73	400m: 4:51.46 37.31	
7. Francisco Reis MAGUAS	18	Ndco	4:59.57	355
50m: 34.21 34.21	150m: 1:51.25 38.68	250m: 3:07.59 37.92	350m: 4:23.41 37.77	
100m: 1:12.57 38.36	200m: 2:29.67 38.42	300m: 3:45.64 38.05	400m: 4:59.57 36.16	
8. Jorge Manuel NARIGUETA	26	Acmn	5:04.83	337
50m: 34.76 34.76	150m: 1:51.08 38.81	250m: 3:08.47 38.43	350m: 4:26.35 38.73	
100m: 1:12.27 37.51	200m: 2:30.04 38.96	300m: 3:47.62 39.15	400m: 5:04.83 38.48	
9. Afonso Oliveira MARQUES	18	Grupo Desportivo Mora	5:31.27	263
50m: 35.38 35.38	150m: 1:57.07 41.52	250m: 3:23.34 43.21	350m: 4:51.25 44.56	
100m: 1:15.55 40.17	200m: 2:40.13 43.06	300m: 4:06.69 43.35	400m: 5:31.27 40.02	
10. Dinis Alexandre CAEIRO	15	Grupo Desportivo Mora	5:33.45	257
50m: 37.59 37.59	150m: 2:01.99 42.57	250m: 3:29.69 43.86	350m: 4:55.70 42.54	
100m: 1:19.42 41.83	200m: 2:45.83 43.84	300m: 4:13.16 43.47	400m: 5:33.45 37.75	
11. Pedro Rodrigues LANÇA	15	Aljustrelense	5:36.44	251
50m: 36.98 36.98	150m: 2:00.09 42.09	250m: 3:25.28 42.78	350m: 4:53.05 44.26	
100m: 1:18.00 41.02	200m: 2:42.50 42.41	300m: 4:08.79 43.51	400m: 5:36.44 43.39	
Miguel Alexandre PALMA	18	Litoral Alentejano	5:36.44	251
50m: 36.88 36.88	150m: 2:00.09 42.09	250m: 3:25.28 42.78	350m: 4:53.05 44.26	
100m: 1:18.00 41.12	200m: 2:42.50 42.41	300m: 4:08.79 43.51	400m: 5:36.44 43.39	
13. João HORTA PORTO	15	Seagull Rescue	6:19.70	174
50m: 40.81 40.81	150m: 2:18.25 48.56	250m: 3:57.00 49.57	350m: 5:36.94 50.48	
100m: 1:29.69 48.88	200m: 3:07.43 49.18	300m: 4:46.46 49.46	400m: 6:19.70 42.76	
14. Maksim PUDOV	16	Estremoz / Estremozcarnes	6:32.39	158
50m: 41.12 41.12	150m: 2:20.51 51.57	250m: 4:02.72 51.11	350m: 5:44.22 50.72	
100m: 1:28.94 47.82	200m: 3:11.61 51.10	300m: 4:53.50 50.78	400m: 6:32.39 48.17	