

ANARA  
ASSOCIAÇÃO DE NATACÃO DO ALLENTEJOSINES  
MUNICÍPIOTorneio Zonal de Juvenis (Zona Sul)  
Sines, 15 - 17/12/2023

## Prova 15

## Masc., 400m Estilos

## Juvenis

16/12/2023 - 10:10

## Resultados

Rec Nac 25m Open	4:05.87	Gabriel Jose LOPES	ALN	Leiria	09/12/2022
Rec Nac 25m Juv A	4:25.04	Joao Alexandre VITAL	ADRCIMM	Tomar	13/12/2013
Rec Nac 25m Juv B	4:35.02	Diogo Filipe CARVALHO	CGA	Braga	21/03/2003

TAC Juvenil A Masc Juv A 50m: 5:20.86 - 25m: 5:14.59 / TAC Juvenil B Masc Juv B 50m: 5:26.65 - 25m: 5:19.90

Pontos: FINA 2023

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
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## Juvenil B

1.	Diogo Damasceno REIS	15	151317	Sporting	<b>4:46.30</b>		551	
	50m: 29.98 29.98		150m: 1:43.09 37.84	250m: 2:59.77 39.28	350m: 4:13.78 33.09			
	100m: 1:05.25 35.27		200m: 2:20.49 37.40	300m: 3:40.69 40.92	400m: 4:46.30 32.52			
2.	Paulo KOT	15	144468	Nautico Marinha Grande	<b>4:51.61</b>		522	
	50m: 29.99 29.99		150m: 1:43.73 37.77	250m: 3:04.07 42.42	350m: 4:19.92 32.90			
	100m: 1:05.96 35.97		200m: 2:21.65 37.92	300m: 3:47.02 42.95	400m: 4:51.61 31.69			
3.	Guilherme Meireles MARRAZE	15	152840	Nautico Marinha Grande	<b>4:56.39</b>		497	
	50m: 30.53 30.53		150m: 1:43.98 38.47	250m: 3:05.85 44.09	350m: 4:23.89 34.27			
	100m: 1:05.51 34.98		200m: 2:21.76 37.78	300m: 3:49.62 43.77	400m: 4:56.39 32.50			
4.	Paulo Junio FERNANDES	15	212754	Alges	<b>4:56.67</b>		495	
	50m: 29.50 29.50		150m: 1:43.35 38.14	250m: 3:04.98 44.09	350m: 4:23.91 34.03			
	100m: 1:05.21 35.71		200m: 2:20.89 37.54	300m: 3:49.88 44.90	400m: 4:56.67 32.76			
5.	Francisco Nunes ROQUE	15	208764	Benfica	<b>5:03.56</b>		462	
	50m: 32.01 32.01		150m: 1:48.85 40.18	250m: 3:09.83 41.32	350m: 4:28.37 36.20			
	100m: 1:08.67 36.66		200m: 2:28.51 39.66	300m: 3:52.17 42.34	400m: 5:03.56 35.19			
6.	Joao Bernardo SILVA	15	210132	Desportivo Nacional	<b>5:05.94</b>		452	
	50m: 30.83 30.83		150m: 1:45.98 38.74	250m: 3:09.08 43.87	350m: 4:30.09 35.55			
	100m: 1:07.24 36.41		200m: 2:25.21 39.23	300m: 3:54.54 45.46	400m: 5:05.94 35.85			
7.	Santiago Agostinho PARREIRA	15	209481	Pimpoes/Cimai	<b>5:05.96</b>		452	
	50m: 30.11 30.11		150m: 1:44.55 39.41	250m: 3:09.59 46.24	350m: 4:31.27 35.70			
	100m: 1:05.14 35.03		200m: 2:23.35 38.80	300m: 3:55.57 45.98	400m: 5:05.96 34.69			
8.	Dinis Maria GARCIA	15	205671	Nautico Abrantes	<b>5:15.20</b>		413	
	50m: 34.21 34.21		150m: 1:55.33 40.35	250m: 3:18.15 43.48	350m: 4:40.83 38.05			
	100m: 1:14.98 40.77		200m: 2:34.67 39.34	300m: 4:02.78 44.63	400m: 5:15.20 34.37			

## Juvenil A

1.	Rui Silva PEREIRA	16	205327	Colegio Monte Maior	<b>4:34.35</b>		626	
	50m: 29.48 29.48		150m: 1:38.95 35.70	250m: 2:52.80 38.12	350m: 4:03.72 31.72			
	100m: 1:03.25 33.77		200m: 2:14.68 35.73	300m: 3:32.00 39.20	400m: 4:34.35 30.63			
2.	Mikhael ONUTSKYY	16	207253	Pimpoes/Cimai	<b>4:45.66</b>		555	
	50m: 29.78 29.78		150m: 1:39.20 36.43	250m: 2:57.75 43.02	350m: 4:14.50 33.79			
	100m: 1:02.77 32.99		200m: 2:14.73 35.53	300m: 3:40.71 42.96	400m: 4:45.66 31.16			
3.	Afonso Gago GARCIA	16	208743	Benfica	<b>4:48.77</b>		537	
	50m: 31.11 31.11		150m: 1:43.94 36.19	250m: 3:01.23 41.97	350m: 4:17.26 32.82			
	100m: 1:07.75 36.64		200m: 2:19.26 35.32	300m: 3:44.44 43.21	400m: 4:48.77 31.51			
4.	Francisco Guilherme MIRANDA	16	206796	Naval do Funchal	<b>4:49.74</b>		532	
	50m: 31.27 31.27		150m: 1:42.66 36.52	250m: 3:00.55 41.46	350m: 4:16.69 33.75			
	100m: 1:06.14 34.87		200m: 2:19.09 36.43	300m: 3:42.94 42.39	400m: 4:49.74 33.05			
5.	Tiago Santos POMBO	16	206506	Alcobaca	<b>5:01.28</b>		473	
	50m: 30.77 30.77		150m: 1:46.82 40.73	250m: 3:10.23 44.46	350m: 4:28.78 33.50			
	100m: 1:06.09 35.32		200m: 2:25.77 38.95	300m: 3:55.28 45.05	400m: 5:01.28 32.50			
6.	Francisco Rodrigues VILAR	16	208983	Sporting	<b>5:06.61</b>		449	
	50m: 32.01 32.01		150m: 1:47.17 38.54	250m: 3:09.42 43.04	350m: 4:31.06 36.03			
	100m: 1:08.63 36.62		200m: 2:26.38 39.21	300m: 3:55.03 45.61	400m: 5:06.61 35.55			
7.	Joao Terceiro LOPES	16	209300	Portinado	<b>5:11.04</b>		430	
	50m: 31.93 31.93		150m: 1:48.72 38.81	250m: 3:11.30 44.38	350m: 4:34.74 36.96			
	100m: 1:09.91 37.98		200m: 2:26.92 38.20	300m: 3:57.78 46.48	400m: 5:11.04 36.30			
8.	Nestor KUNYK	16	207678	Lagoa AC	<b>5:16.25</b>		409	
	50m: 32.48 32.48		150m: 1:53.50 42.77	250m: 3:19.34 43.10	350m: 4:40.87 35.85			
	100m: 1:10.73 38.25		200m: 2:36.24 42.74	300m: 4:05.02 45.68	400m: 5:16.25 35.38			