

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

Prova 38

Masc., 400m Livres

Juvenis

17/12/2023 - 16:40

Resultados

Rec Nac 25m Open	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Juv A	3:58.82	Diogo Matos RIBEIRO	CUC	Mealhada	07/12/2019
Rec Nac 25m Juv B	4:01.42	Rui Silva PEREIRA	POR	Tomar	15/01/2023

TAC Juvenil A Masc Juv A 50m: 4:41.63 - 25m: 4:33.44 / TAC Juvenil B Masc Juv B 50m: 4:46.75 - 25m: 4:38.98

Pontos: FINA 2023

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

1.	Paulo KOT	15	144468	Nautico Marinha Grande	4:14.70		578	
	50m: 28.72	28.72	150m: 1:32.85	32.35	250m: 2:38.02	32.61	350m: 3:43.65	32.81
	100m: 1:00.50	31.78	200m: 2:05.41	32.56	300m: 3:10.84	32.82	400m: 4:14.70	31.05
2.	Martim Chambel PINTO	15	208969	Colegio Monte Maior	4:20.38		541	
	50m: 29.33	29.33	150m: 1:35.05	32.99	250m: 2:42.15	33.11	350m: 3:48.80	33.24
	100m: 1:02.06	32.73	200m: 2:09.04	33.99	300m: 3:15.56	33.41	400m: 4:20.38	31.58
3.	Xavier Jesus VALENTE	15	206889	Colegio Vasco da Gama	4:22.40		529	
	50m: 29.15	29.15	150m: 1:34.53	33.04	250m: 2:41.62	33.54	350m: 3:49.51	33.81
	100m: 1:01.49	32.34	200m: 2:08.08	33.55	300m: 3:15.70	34.08	400m: 4:22.40	32.89
4.	Paulo Junio FERNANDES	15	212754	Alges	4:22.92		526	
	50m: 29.00	29.00	150m: 1:35.21	33.34	250m: 2:43.13	33.84	350m: 3:50.83	33.25
	100m: 1:01.87	32.87	200m: 2:09.29	34.08	300m: 3:17.58	34.45	400m: 4:22.92	32.09
5.	Martim Guerreiro MARTINS	15	217667	Sporting	4:23.79		520	
	50m: 30.43	30.43	150m: 1:37.77	33.58	250m: 2:45.28	33.58	350m: 3:51.81	33.33
	100m: 1:04.19	33.76	200m: 2:11.70	33.93	300m: 3:18.48	33.20	400m: 4:23.79	31.98
6.	Rafael Lin MONIZ	15	210337	Naval Setubalense	4:25.05		513	
	50m: 29.54	29.54	150m: 1:35.67	33.94	250m: 2:43.08	33.50	350m: 3:51.73	34.13
	100m: 1:01.73	32.19	200m: 2:09.58	33.91	300m: 3:17.60	34.52	400m: 4:25.05	33.32
7.	Guilherme Oliveira RIZZON	15	214294	Sporting	4:29.47		488	
	50m: 29.50	29.50	150m: 1:35.37	33.26	250m: 2:43.23	33.92	350m: 3:54.09	35.66
	100m: 1:02.11	32.61	200m: 2:09.31	33.94	300m: 3:18.43	35.20	400m: 4:29.47	35.38

Juvenil A

1.	Rui Silva PEREIRA <i>Rec Nacional</i>	16	205327	Colegio Monte Maior	3:58.45		705	
	50m: 27.29	27.29	150m: 1:27.34	30.34	250m: 2:28.27	30.04	350m: 3:29.05	30.35
	100m: 57.00	29.71	200m: 1:58.23	30.89	300m: 2:58.70	30.43	400m: 3:58.45	29.40
2.	Afonso Gago GARCIA	16	208743	Benfica	4:14.30		581	
	50m: 28.02	28.02	150m: 1:32.08	32.89	250m: 2:37.52	32.31	350m: 3:42.70	32.50
	100m: 59.19	31.17	200m: 2:05.21	33.13	300m: 3:10.20	32.68	400m: 4:14.30	31.60
3.	Santiago Boica SOUSA	16	212709	Vieirense	4:19.20		549	
	50m: 28.78	28.78	150m: 1:34.20	33.38	250m: 2:41.89	33.70	350m: 3:48.25	32.60
	100m: 1:00.82	32.04	200m: 2:08.19	33.99	300m: 3:15.65	33.76	400m: 4:19.20	30.95
4.	Marco Antonio CASTRO	16	203451	Naval do Funchal	4:19.91		544	
	50m: 28.99	28.99	150m: 1:33.73	32.62	250m: 2:40.86	33.54	350m: 3:47.92	33.30
	100m: 1:01.11	32.12	200m: 2:07.32	33.59	300m: 3:14.62	33.76	400m: 4:19.91	31.99
5.	Vasco Frischknecht OLIVEIRA	16	209456	Benfica	4:22.98		525	
	50m: 30.01	30.01	150m: 1:35.91	33.11	250m: 2:44.25	33.82	350m: 3:51.81	33.51
	100m: 1:02.80	32.79	200m: 2:10.43	34.52	300m: 3:18.30	34.05	400m: 4:22.98	31.17
6.	Afonso Mendonca ORNELAS	16	208752	Geslourses	4:23.96		519	
	50m: 29.08	29.08	150m: 1:36.23	34.29	250m: 2:43.64	32.96	350m: 3:51.90	32.58
	100m: 1:01.94	32.86	200m: 2:10.68	34.45	300m: 3:19.32	35.68	400m: 4:23.96	32.06
7.	Tome Nunes TOME	16	205544	CNLeiria	4:24.54		516	
	50m: 29.11	29.11	150m: 1:34.39	33.24	250m: 2:42.38	34.10	350m: 3:51.01	35.14
	100m: 1:01.15	32.04	200m: 2:08.28	33.89	300m: 3:15.87	33.49	400m: 4:24.54	33.53
8.	Henrique Barros DOMINGOS	16	151201	Sporting	4:26.23		506	
	50m: 29.41	29.41	150m: 1:36.56	34.43	250m: 2:45.45	33.95	350m: 3:53.55	33.55
	100m: 1:02.13	32.72	200m: 2:11.50	34.94	300m: 3:20.00	34.55	400m: 4:26.23	32.68
9.	Eugenio PASECHKO	16	213332	Natacao de Lagos	4:26.98		502	
	50m: 29.76	29.76	150m: 1:35.69	33.39	250m: 2:44.27	34.24	350m: 3:53.67	34.72
	100m: 1:02.30	32.54	200m: 2:10.03	34.34	300m: 3:18.95	34.68	400m: 4:26.98	33.31

ANARA
ASSOCIAÇÃO DE NATADORES DE PORTUGAL

Torneio Zonal de Juvenis (Zona Sul)
Sines, 15 - 17/12/2023

Prova 38, Masc., 400m Livres, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Alexandre Frederico BRAZ	16	151417	Sporting	4:28.05		496	
	50m: 28.35 28.35		150m: 1:35.16 33.85	250m: 2:43.65 34.59	350m: 3:54.17 35.80			
	100m: 1:01.31 32.96		200m: 2:09.06 33.90	300m: 3:18.37 34.72	400m: 4:28.05 33.88			
11.	Joao Pedro MONTEIRO	16	203021	BUZIOS - Coruche	4:28.19		495	
	50m: 29.77 29.77		150m: 1:36.08 33.26	250m: 2:45.61 34.94	350m: 3:55.45 34.65			
	100m: 1:02.82 33.05		200m: 2:10.67 34.59	300m: 3:20.80 35.19	400m: 4:28.19 32.74			
12.	Rafael Ataide DUARTE	16	205919	Benfica	4:29.86		486	
	50m: 30.12 30.12		150m: 1:38.19 34.52	250m: 2:47.46 34.76	350m: 3:56.27 34.65			
	100m: 1:03.67 33.55		200m: 2:12.70 34.51	300m: 3:21.62 34.16	400m: 4:29.86 33.59			
13.	Vasco Franca JESUS	16	207497	Naval do Funchal	4:33.41		467	
	50m: 30.67 30.67		150m: 1:39.60 34.83	250m: 2:50.00 35.04	350m: 3:59.81 34.67			
	100m: 1:04.77 34.10		200m: 2:14.96 35.36	300m: 3:25.14 35.14	400m: 4:33.41 33.60			
14.	Santiago Ganso PERDIGAO	16	207674	Lagoa AC	4:41.78		427	
	<i>Ft</i>							
	50m: 30.59 30.59		150m: 1:39.92 35.49	250m: 2:52.57 36.63	350m: 4:05.94 36.46			
	100m: 1:04.43 33.84		200m: 2:15.94 36.02	300m: 3:29.48 36.91	400m: 4:41.78 35.84			