



Torneio Zonal de Infantis - Zona Norte  
Castro Daire, 15 - 17/3/2024



Prova 16  
16/03/2024 - 15:30

Masc., 400m Livres

Infantis B  
Resultados

Recorde Nacional 25m Open 3:42.57 Jose Paulo Lopes POR Abu Dhabi (UAE) 16/12/2021  
Recorde Nacional 25m Inf B 4:21.95 Pedro Fontoura Oliveira CFB Santarém 04/04/2003

Pontos: Rudolph Table 2023

Lugar	Nome	Sexo	Licença	Ano	Clube	50m:	100m:	150m:	200m:	250m:	300m:	350m:	400m:	Tempo Final	Pts	Obs	
1.	Miguel Miranda Fernandes	M	141320	11	Galitos / Bresimar	30.98	34.48	150m: 1:42.10	200m: 2:18.59	250m: 36.64	300m: 36.49	350m: 2:55.77	400m: 3:31.93	4:49.33	4:41.06	11,6	35.56 33.57
2.	Martim Jorge Cardoso	M	210639	11	Aquatico Pacense	32.55	36.01	150m: 1:46.15	200m: 2:24.15	250m: 37.59	300m: 38.00	350m: 3:02.27	400m: 3:40.30	4:53.89	4:53.38	8,4	37.70 35.38
3.	Goncalo Zamith Passos	M	210945	11	Clube Naval Povoense	31.89	37.70	150m: 1:48.43	200m: 2:27.12	250m: 38.84	300m: 38.69	350m: 3:06.22	400m: 3:45.36	4:57.80	4:53.51	8,4	34.82 33.33
4.	Afonso Silva Cerqueira	M	213934	11	Braga	33.26	36.38	150m: 1:47.13	200m: 2:25.09	250m: 37.49	300m: 37.96	350m: 3:03.32	400m: 3:40.85	4:54.93	4:55.28	8,0	38.14 36.29
5.	Santiago Vagos Valente	M	215177	11	Galitos / Bresimar	32.73	36.87	150m: 1:47.25	200m: 2:25.51	250m: 37.65	300m: 38.26	350m: 3:03.66	400m: 3:41.96	4:58.58	4:55.50	7,9	37.80 35.74
6.	Diogo Corte-Real Alpoim	M	215247	11	Viana Natacao	32.22	37.40	150m: 1:48.07	200m: 2:26.37	250m: 38.45	300m: 38.30	350m: 3:04.95	400m: 3:43.30	4:59.98	4:56.15	7,7	37.09 35.76
7.	Rodrigo Cerquido Pereira	M	209064	11	Leixões Sport Clube	32.25	35.35	150m: 1:45.07	200m: 2:22.87	250m: 37.47	300m: 37.80	350m: 3:01.65	400m: 3:40.18	4:53.46	4:56.36	7,7	38.49 37.69
8.	Pedro Pereira Almeida	M	140409	11	Colegio Efanor	34.61	37.42	150m: 1:50.01	200m: 2:28.19	250m: 37.98	300m: 38.18	350m: 3:06.29	400m: 3:44.03	5:02.22	4:57.02	7,5	37.00 35.99
9.	Goncalo Nunes Marques	M	214563	11	Condeixa Aqua Clube	35.82	38.07	150m: 1:51.57	200m: 2:29.31	250m: 37.68	300m: 37.74	350m: 3:07.77	400m: 3:46.06	5:09.37	4:59.18	6,9	37.29 35.83
10.	Leonardo Silva Antunes	M	211981	11	Famalição	34.93	37.80	150m: 1:51.12	200m: 2:30.19	250m: 38.39	300m: 39.07	350m: 3:08.51	400m: 3:47.28	5:11.28	5:01.25	6,4	38.01 35.96
11.	Hugo Ferreira Silva	M	213944	11	Academica de Coimbra	35.75	38.02	150m: 1:52.11	200m: 2:30.42	250m: 38.34	300m: 38.31	350m: 3:09.08	400m: 3:47.49	5:04.75	5:02.90	6,0	38.54 36.87
12.	Bernardo Bento Dinis	M	213215	11	Condeixa Aqua Clube	35.36	38.52	150m: 1:53.10	200m: 2:32.94	250m: 39.22	300m: 39.84	350m: 3:12.17	400m: 3:51.18	5:12.65	5:05.66	5,3	39.12 35.36
13.	Francisco Felix Vale	M	145453	11	Galitos / Bresimar	34.70	37.81	150m: 1:50.84	200m: 2:29.65	250m: 38.33	300m: 38.81	350m: 3:08.66	400m: 3:48.22	5:20.36	5:06.10	5,1	39.81 38.07
14.	Aron Coelho Ramos	M	211611	11	Vilacondense	34.67	39.18	150m: 1:53.30	200m: 2:31.85	250m: 39.45	300m: 38.55	350m: 3:11.07	400m: 3:51.25	5:04.83	5:07.15	4,9	39.59 36.31
15.	Rodrigo Cunha Mendes	M	211997	11	Lousada Século XXI	35.71	39.35	150m: 1:54.87	200m: 2:34.32	250m: 39.81	300m: 39.45	350m: 3:13.35	400m: 3:52.84	5:13.08	5:07.46	4,8	38.84 35.78
16.	Dinis Vieira Pinto	M	214170	11	Braga	34.40	39.66	150m: 1:53.48	200m: 2:33.07	250m: 39.42	300m: 39.59	350m: 3:12.67	400m: 3:52.00	5:13.15	5:07.55	4,8	39.11 36.44
17.	Vasco Romero Pontes	M	208872	11	Vilacondense	36.33	39.55	150m: 1:55.80	200m: 2:35.29	250m: 39.92	300m: 39.49	350m: 3:15.31	400m: 3:54.78	5:16.80	5:10.54	4,0	39.63 36.13
18.	Pedro Filipe Almeida	M	214493	11	Columbifila Cantanhedense	34.36	39.01	150m: 1:53.10	200m: 2:32.86	250m: 39.73	300m: 39.76	350m: 3:13.04	400m: 3:53.22	5:11.20	5:10.67	4,0	39.59 37.86
19.	Filipe Miguel Pires	M	218010	11	EMN Vinhais/FCV	34.73	38.46	150m: 1:52.06	200m: 2:31.62	250m: 38.87	300m: 39.56	350m: 3:11.76	400m: 3:52.60	5:21.56	5:10.98	3,9	40.82 37.56
20.	Jose Pedro Martins	M	216356	11	Viana Natacao	34.67	38.43	150m: 1:52.73	200m: 2:32.50	250m: 39.63	300m: 39.77	350m: 3:11.33	400m: 3:50.27	5:24.44	5:11.16	3,8	36.86 44.03
21.	Xavier Pinto Pereira	M	209591	11	Galitos / Bresimar	36.26	39.71	150m: 1:56.12	200m: 2:36.21	250m: 40.15	300m: 40.09	350m: 3:15.96	400m: 3:55.95	5:11.21	5:11.76	3,7	39.66 36.15
22.	Diogo Teixeira Lopes	M	213182	11	Columbifila Cantanhedense	35.19	39.21	150m: 1:54.05	200m: 2:33.94	250m: 39.65	300m: 39.89	350m: 3:14.59	400m: 3:55.21	5:12.56	5:12.23	3,6	39.94 37.08
23.	Vicente Abrantes Diogo	M	214495	11	Columbifila Cantanhedense	36.52	40.22	150m: 1:57.19	200m: 2:36.85	250m: 40.45	300m: 39.66	350m: 3:15.99	400m: 3:56.84	5:27.23	5:15.04	2,8	39.62 38.58





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Castro Daire, 15 - 17/3/2024



Prova 16, Masc., 400m Livres, Infantis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.			Tempo Final	Pts	Obs
24.	David Marques Sousa 50m: 34.15 100m: 1:12.62	M	209501	11	Vilacondense	50m: 34.15 100m: 1:12.62	150m: 1:52.33 200m: 2:33.28	250m: 3:14.36 300m: 3:55.75	41.08 41.39	350m: 4:37.10 400m: 5:16.01	26 41.35 38.91
25.	Joao Nascimento Silva 50m: 36.41 100m: 1:16.39	M	201825	11	Porto	50m: 36.41 100m: 1:16.39	150m: 1:56.68 200m: 2:36.69	250m: 3:16.71 300m: 3:57.21	40.02 40.50	350m: 4:37.81 400m: 5:16.96	23 40.60 39.15
26.	Tiago Alexandre Cameiro 50m: 35.49 100m: 1:15.15	M	211711	11	Porto	50m: 35.49 100m: 1:15.15	150m: 1:54.88 200m: 2:35.19	250m: 3:15.86 300m: 3:57.39	40.67 41.53	350m: 4:38.13 400m: 5:17.59	22 40.74 39.46
27.	Leonardo Fonseca Ferraz 50m: 36.34 100m: 1:15.86	M	212171	11	Academica de Coimbra	50m: 36.34 100m: 1:15.86	150m: 1:56.42 200m: 2:37.53	250m: 3:17.52 300m: 3:59.53	39.99 42.01	350m: 4:39.59 400m: 5:17.68	21 40.06 38.09
28.	G. Freixedelo 50m: 35.79 100m: 1:16.58	M	212465	11	Leixões Sport Clube	50m: 35.79 100m: 1:16.58	150m: 1:57.99 200m: 2:39.57	250m: 3:20.52 300m: 4:03.55	40.95 43.03	350m: 4:44.26 400m: 5:20.11	15 40.71 35.85
29.	Afonso Saldanha Costa 50m: 35.21 100m: 1:15.94	M	206672	11	O Crasto	50m: 35.21 100m: 1:15.94	150m: 1:57.32 200m: 2:38.64	250m: 3:18.31 300m: 4:00.74	39.67 42.43	350m: 4:41.69 400m: 5:20.50	14 40.95 38.81
30.	Vasco Alexandre Silva 50m: 35.85 100m: 1:15.40	M	214236	11	Assoc. Desportiva de Fafe	50m: 35.85 100m: 1:15.40	150m: 1:55.88 200m: 2:36.59	250m: 3:18.01 300m: 4:00.35	41.42 42.34	350m: 4:41.93 400m: 5:20.73	13 41.58 38.80
31.	Miguel Marques Jesus 50m: 36.60 100m: 1:19.74	M	140391	11	Galitos / Bresimar	50m: 36.60 100m: 1:19.74	150m: 2:02.40 200m: 2:45.01	250m: 3:26.62 300m: 4:07.58	41.61 40.96	350m: 4:47.36 400m: 5:22.66	39.78 35.30
32.	Francisco Marques Pereira 50m: 36.12 100m: 1:16.60	M	213187	11	Columbofia Cantanhedense	50m: 36.12 100m: 1:16.60	150m: 1:57.67 200m: 2:39.02	250m: 3:19.79 300m: 4:01.73	40.77 41.94	350m: 4:43.40 400m: 5:23.10	41.67 39.70
33.	Gustavo Rolim Fernandes 50m: 36.91 100m: 1:17.90	M	216984	11	Colegio Efanor	50m: 36.91 100m: 1:17.90	150m: 1:59.44 200m: 2:41.42	250m: 3:23.14 300m: 4:04.62	41.72 41.48	350m: 4:46.34 400m: 5:24.63	41.72 38.29
34.	Daniel Volkov 50m: 33.98 100m: 1:14.18	M	214081	11	Sporting Clube de Aveiro	50m: 33.98 100m: 1:14.18	150m: 1:56.94 200m: 2:38.41	250m: 3:21.47 300m: 4:04.68	43.06 43.21	350m: 4:44.93 400m: 5:24.93	40.25 40.00
35.	Goncalo Paiva Cardoso 50m: 36.17 100m: 1:16.99	M	209269	11	Fluvial Portuense	50m: 36.17 100m: 1:16.99	150m: 1:58.41 200m: 2:40.45	250m: 3:22.92 300m: 4:04.60	42.47 41.68	350m: 4:46.14 400m: 5:26.00	41.54 39.86
36.	Afonso Jose Miranda 50m: 37.09 100m: 1:18.12	M	214422	11	Louzan Natacao/EFAPEL	50m: 37.09 100m: 1:18.12	150m: 1:59.44 200m: 2:41.42	250m: 3:23.08 300m: 4:05.04	41.66 41.96	350m: 4:46.82 400m: 5:27.04	41.78 40.22
37.	Joao Guilherme Costa 50m: 37.15 100m: 1:18.28	M	210247	11	Porto	50m: 37.15 100m: 1:18.28	150m: 2:00.20 200m: 2:42.40	250m: 3:24.37 300m: 4:06.20	41.97 41.83	350m: 4:47.12 400m: 5:27.86	40.92 40.74
38.	Duarte Miguel Santos 50m: 36.14 100m: 1:17.11	M	214460	11	Estarreja/PROZINCO	50m: 36.14 100m: 1:17.11	150m: 1:59.92 200m: 2:42.13	250m: 3:25.13 300m: 4:08.57	43.00 43.44	350m: 4:50.05 400m: 5:28.13	41.48 38.08
39.	S. Freixedelo 50m: 35.45 100m: 1:17.28	M	212462	11	Leixões Sport Clube	50m: 35.45 100m: 1:17.28	150m: 2:00.85 200m: 2:43.60	250m: 3:25.26 300m: 4:06.50	41.66 41.24	350m: 4:49.18 400m: 5:28.34	42.68 39.16
40.	Diogo Miranda Castro 50m: 35.88 100m: 1:16.49	M	216835	11	Escola Desportiva de Viana	50m: 35.88 100m: 1:16.49	150m: 1:58.94 200m: 2:41.75	250m: 3:24.24 300m: 4:06.17	42.49 41.93	350m: 4:48.85 400m: 5:29.24	42.68 40.39
41.	Gabriel Cardoso Correia 50m: 37.45 100m: 1:19.02	M	204945	11	Academico Viseu Futebol Clube	50m: 37.45 100m: 1:19.02	150m: 2:01.08 200m: 2:43.08	250m: 3:25.79 300m: 4:07.35	42.71 41.56	350m: 4:49.41 400m: 5:30.22	42.06 40.81
42.	Joao Pedro Ventura 50m: 36.13 100m: 1:16.71	M	209132	11	Foca Quinta da Lixa CNF	50m: 36.13 100m: 1:16.71	150m: 1:58.18 200m: 2:40.76	250m: 3:23.56 300m: 4:06.50	42.80 42.94	350m: 4:48.86 400m: 5:30.75	42.36 41.89
43.	Martim Barros Pereira 50m: 36.54 100m: 1:18.28	M	216554	11	Escola Natacao Braganca	50m: 36.54 100m: 1:18.28	150m: 2:01.32 200m: 2:44.72	250m: 3:26.89 300m: 4:10.08	42.17 43.19	350m: 4:51.96 400m: 5:31.54	41.88 39.58
44.	David Pereira Marques 50m: 38.31 100m: 1:20.34	M	213181	11	Columbofia Cantanhedense	50m: 38.31 100m: 1:20.34	150m: 2:02.08 200m: 2:44.94	250m: 3:26.75 300m: 4:09.03	41.81 42.28	350m: 4:51.14 400m: 5:32.08	42.11 40.94
45.	David Silva Correia 50m: 37.78 100m: 1:20.48	M	214261	11	Vilacondense	50m: 37.78 100m: 1:20.48	150m: 2:04.34 200m: 2:48.59	250m: 3:32.02 300m: 4:13.05	43.43 41.03	350m: 4:56.14 400m: 5:37.62	43.09 41.48
46.	Pietro Cavati Toledo 50m: 36.69 100m: 1:19.44	M	214674	11	Fluvial Portuense	50m: 36.69 100m: 1:19.44	150m: 2:03.41 200m: 2:47.92	250m: 3:31.62 300m: 4:15.67	43.70 44.05	350m: 4:59.80 400m: 5:39.59	44.13 39.79
DNF	Joao Paulo Ferreira 102 - Não completou a prova - SW 10.2 50m: 36.48 100m: 1:17.00	M	214827	11	Estamos Juntos	50m: 36.48 100m: 1:17.00	150m: 1:58.50 200m: 2:41.56	250m: 3:22.89 300m:	41.33	350m: 400m:	DNF





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Castro Daire, 15 - 17/3/2024



Prova 16, Masc., 400m Livres

EXH	Joao Augusto Costa		M	214340	11	Leixões Sport Clube			5:27.94		<b>5:20.16</b>	1,5	EXH
	50m:	35.56		150m:	1:57.38	41.28	250m:	3:18.55	39.42	350m:	4:41.79	40.93	
	100m:	1:16.10		200m:	2:39.13	41.75	300m:	4:00.86	42.31	400m:	5:20.16	38.37	

