

Taça de Meio-Fundo  
Coimbra, 2 - 3/3/2024

Prova 11 Masc., 400m Estilos 13 anos e mais velhos  
03/03/2024 - 10:40 Resultados

Rec Nac Open	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nac 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Rec Nac Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013
Rec Nac Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23/07/2004
Rec Nac Inf B	4:54.87	Andre Vilas, RUIVO	DNMG	S. Joao da Madeira	12/07/2013

Lugar Ano Tempo final Pts  
Inf

1. Hugo Ferreira, SILVA	11	Academica de Coimbra	<b>5:59.86</b>	16,00
50m: 40.33 40.33	150m: 2:13.51 46.15	250m: 3:50.30 52.95	350m: 5:21.82 39.84	
100m: 1:27.36 47.03	200m: 2:57.35 43.84	300m: 4:41.98 51.68	400m: 5:59.86 38.04	
2. Dinis Goncalves, ARAUJO	10	União de Coimbra	<b>6:20.59</b>	14,00
50m: 36.32 36.32	150m: 2:18.82 48.93	250m: 4:01.99 55.52	350m: 5:38.84 42.02	
100m: 1:29.89 53.57	200m: 3:06.47 47.65	300m: 4:56.82 54.83	400m: 6:20.59 41.75	
3. Leonardo Fonseca, FERRAZ	11	Academica de Coimbra	<b>6:29.27</b>	-
50m: 40.07 40.07	150m: 2:21.28 49.42	250m: 4:06.78 58.60	350m: 5:47.50 42.39	
100m: 1:31.86 51.79	200m: 3:08.18 46.90	300m: 5:05.11 58.33	400m: 6:29.27 41.77	

Juv

1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	<b>4:52.87</b>	16,00
50m: 31.46 31.46	150m: 1:44.81 38.10	250m: 3:04.32 42.98	350m: 4:20.30 32.83	
100m: 1:06.71 35.25	200m: 2:21.34 36.53	300m: 3:47.47 43.15	400m: 4:52.87 32.57	
2. Tomas Rafael, PEREIRA	09	Nautico Academico	<b>5:16.59</b>	14,00
50m: 32.72 32.72	150m: 1:51.18 39.16	250m: 3:17.82 47.93	350m: 4:41.04 34.96	
100m: 1:12.02 39.30	200m: 2:29.89 38.71	300m: 4:06.08 48.26	400m: 5:16.59 35.55	
3. Samuel Dinis, MAIA	08	Miranda do Corvo	<b>5:19.04</b>	13,00
50m: 33.11 33.11	150m: 1:52.58 40.60	250m: 3:18.85 46.41	350m: 4:43.19 37.03	
100m: 1:11.98 38.87	200m: 2:32.44 39.86	300m: 4:06.16 47.31	400m: 5:19.04 35.85	
4. Rodrigo Mosca, SILVA	08	Columbofila Cantanhedense	<b>5:19.33</b>	12,00
50m: 33.41 33.41	150m: 1:52.60 41.37	250m: 3:18.31 45.68	350m: 4:42.43 37.47	
100m: 1:11.23 37.82	200m: 2:32.63 40.03	300m: 4:04.96 46.65	400m: 5:19.33 36.90	
5. Jose Pedro, COSTA	09	Nautico Academico	<b>5:59.36</b>	-
50m: 36.03 36.03	150m: 2:07.60 48.45	250m: 3:45.55 52.20	350m: 5:19.55 41.17	
100m: 1:19.15 43.12	200m: 2:53.35 45.75	300m: 4:38.38 52.83	400m: 5:59.36 39.81	

DSQ Nuno Miguel, ANJOS 08 Galitos / Bresimar -  
*SW 8.4 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 100 metros.*

Jun

1. David Duarte, JESUS	07	Nautico Academico	<b>5:22.48</b>	16,00
50m: 31.08 31.08	150m: 1:53.42 43.35	250m: 3:18.82 44.25	350m: 4:45.57 38.53	
100m: 1:10.07 38.99	200m: 2:34.57 41.15	300m: 4:07.04 48.22	400m: 5:22.48 36.91	

Sen

1. Lucas Pereira, BASTOS	00	Nautico Academico	<b>4:47.57</b>	16,00
50m: 29.34 29.34	150m: 1:40.63 37.73	250m: 2:58.92 41.25	350m: 4:14.68 34.25	
100m: 1:02.90 33.56	200m: 2:17.67 37.04	300m: 3:40.43 41.51	400m: 4:47.57 32.89	
2. Antonio Pedro, MARTINS	05	União de Coimbra	<b>5:25.15</b>	14,00
50m: 34.96 34.96	150m: 1:59.78 42.35	250m: 3:28.54 48.70	350m: 4:51.27 34.85	
100m: 1:17.43 42.47	200m: 2:39.84 40.06	300m: 4:16.42 47.88	400m: 5:25.15 33.88	

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Prova 11, Masc., 400m Estilos, Sen

Lugar	Ano						Tempo final	Pts
3. Renato Maria, FERREIRA	04 União de Coimbra						<b>5:35.04</b>	-
50m: 35.51 35.51	150m: 2:03.07	43.38	250m: 3:31.47	48.06	350m: 4:58.49	38.82		
100m: 1:19.69 44.18	200m: 2:43.41	40.34	300m: 4:19.67	48.20	400m: 5:35.04	36.55		