

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

Prova 2
02/03/2024 - 16:20

Masc., 400m Livres

13 anos e mais velhos
Resultados

Rec Nac Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Rec Nac 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	14/07/2010
Rec Nac Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006
Rec Nac Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	11/07/2004
Rec Nac Inf B	4:28.42	Pedro Fontoura, OLIVEIRA	CFB	Restelo	26/07/2003

Lugar	Ano		Tempo final				Pts
Inf							
1.	Lourenco Simao, PEREIRA	10	Miranda do Corvo			5:03.00	16,00
	50m: 33.12 33.12	150m: 1:49.22	39.07	250m: 3:07.10	39.02	350m: 4:25.37	39.26
	100m: 1:10.15 37.03	200m: 2:28.08	38.86	300m: 3:46.11	39.01	400m: 5:03.00	37.63
2.	Francisco Laranjeira, MORAIS	10	Algés e Águeda XXI			5:16.75	14,00
	50m: 34.86 34.86	150m: 1:53.18	39.92	250m: 3:14.33	41.68	350m: 4:35.65	41.03
	100m: 1:13.26 38.40	200m: 2:32.65	39.47	300m: 3:54.62	40.29	400m: 5:16.75	41.10
3.	Dinis Goncalves, ARAUJO	10	União de Coimbra			5:28.48	13,00
	50m: 36.49 36.49	150m: 1:59.66	42.25	250m: 3:24.11	42.30	350m: 4:48.01	42.03
	100m: 1:17.41 40.92	200m: 2:41.81	42.15	300m: 4:05.98	41.87	400m: 5:28.48	40.47
4.	David Pereira, MARQUES	11	Columbifila Cantanhedense			5:30.35	12,00
	50m: 36.90 36.90	150m: 2:00.71	42.07	250m: 3:25.10	42.37	350m: 4:49.78	41.54
	100m: 1:18.64 41.74	200m: 2:42.73	42.02	300m: 4:08.24	43.14	400m: 5:30.35	40.57
5.	Pedro Emanuel, PEREIRA	10	Academica de Coimbra			5:44.82	11,00
	50m: 38.60 38.60	150m: 2:05.55	43.97	250m: 3:34.68	44.91	350m: 5:02.95	43.69
	100m: 1:21.58 42.98	200m: 2:49.77	44.22	300m: 4:19.26	44.58	400m: 5:44.82	41.87
6.	Jorge Miguel, SANTOS	10	Miranda do Corvo			6:01.42	-
	50m: 40.37 40.37	150m: 2:10.62	45.37	250m: 3:42.25	45.91	350m: 5:16.31	47.00
	100m: 1:25.25 44.88	200m: 2:56.34	45.72	300m: 4:29.31	47.06	400m: 6:01.42	45.11
7.	Guilherme Goncalves, CHANTRE	11	Miranda do Corvo			6:13.98	-
	50m: 41.69 41.69	150m: 2:14.86	47.25	250m: 3:49.86	47.66	350m: 5:26.53	48.76
	100m: 1:27.61 45.92	200m: 3:02.20	47.34	300m: 4:37.77	47.91	400m: 6:13.98	47.45

Juv							
1.	Guilherme Simoes, SOUSA	08	Nautico Academico			4:28.89	16,00
	50m: 30.82 30.82	150m: 1:37.95	34.15	250m: 2:46.58	34.48	350m: 3:55.77	34.92
	100m: 1:03.80 32.98	200m: 2:12.10	34.15	300m: 3:20.85	34.27	400m: 4:28.89	33.12
2.	Salvador Correia, PEREIRA	08	Condeixa Clube			4:34.57	14,00
	50m: 29.90 29.90	150m: 1:37.28	33.99	250m: 2:48.26	35.65	350m: 3:59.65	35.34
	100m: 1:03.29 33.39	200m: 2:12.61	35.33	300m: 3:24.31	36.05	400m: 4:34.57	34.92
3.	Samuel Dinis, MAIA	08	Miranda do Corvo			4:41.10	13,00
	50m: 31.09 31.09	150m: 1:40.89	35.50	250m: 2:52.35	35.81	350m: 4:05.03	36.63
	100m: 1:05.39 34.30	200m: 2:16.54	35.65	300m: 3:28.40	36.05	400m: 4:41.10	36.07
4.	Francisco Fernandes, PEREIRA	08	Academica de Coimbra			4:48.47	12,00
	50m: 31.65 31.65	150m: 1:42.65	35.94	250m: 2:56.39	36.92	350m: 4:11.84	37.96
	100m: 1:06.71 35.06	200m: 2:19.47	36.82	300m: 3:33.88	37.49	400m: 4:48.47	36.63
5.	Francisco Antunes, SOUSA	09	Columbifila Cantanhedense			4:58.56	11,00
	50m: 33.85 33.85	150m: 1:49.40	38.46	250m: 3:06.34	38.63	350m: 4:22.14	37.69
	100m: 1:10.94 37.09	200m: 2:27.71	38.31	300m: 3:44.45	38.11	400m: 4:58.56	36.42
6.	Joao Rodrigo, COELHO	09	Academica de Coimbra			5:42.41	-
	50m: 40.27 40.27	150m: 2:07.66	43.80	250m: 3:35.68	44.02	350m: 5:01.84	42.49
	100m: 1:23.86 43.59	200m: 2:51.66	44.00	300m: 4:19.35	43.67	400m: 5:42.41	40.57

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Jun

1.	Duarte Jose, FERNANDES	06	União de Coimbra	4:23.70	16,00
	50m: 29.83 29.83	150m: 1:35.63	33.08 250m: 2:43.15	34.07	350m: 3:51.83 34.55
	100m: 1:02.55 32.72	200m: 2:09.08	33.45 300m: 3:17.28	34.13	400m: 4:23.70 31.87
2.	Joao Ferreira, MARQUES	06	Academica de Coimbra	4:25.03	14,00
	50m: 30.62 30.62	150m: 1:37.03	33.69 250m: 2:44.89	33.92	350m: 3:52.53 33.93
	100m: 1:03.34 32.72	200m: 2:10.97	33.94 300m: 3:18.60	33.71	400m: 4:25.03 32.50
3.	Alexandre, DZYAKANAU	07	Louzan Nataçao	4:29.94	13,00
	50m: 29.69 29.69	150m: 1:36.77	34.01 250m: 2:45.93	34.62	350m: 3:55.87 34.94
	100m: 1:02.76 33.07	200m: 2:11.31	34.54 300m: 3:20.93	35.00	400m: 4:29.94 34.07
4.	Henrique Ferreira, MARTINS	06	Algés e Águeda XXI	4:32.35	12,00
	50m: 29.65 29.65	150m: 1:36.30	33.86 250m: 2:44.93	34.42	350m: 3:56.44 36.61
	100m: 1:02.44 32.79	200m: 2:10.51	34.21 300m: 3:19.83	34.90	400m: 4:32.35 35.91
5.	Joao Rafael, FERREIRA	06	Nautico Academico	4:47.53	11,00
	50m: 30.46 30.46	150m: 1:41.34	36.34 250m: 2:53.72	36.02	350m: 4:10.07 38.09
	100m: 1:05.00 34.54	200m: 2:17.70	36.36 300m: 3:31.98	38.26	400m: 4:47.53 37.46
6.	Diogo Fonseca, NEVES	06	Algés e Águeda XXI	5:08.49	-
	50m: 33.03 33.03	150m: 1:50.02	39.26 250m: 3:09.71	39.54	350m: 4:30.12 39.90
	100m: 1:10.76 37.73	200m: 2:30.17	40.15 300m: 3:50.22	40.51	400m: 5:08.49 38.37

Sen

1.	Lucas Pereira, BASTOS	00	Nautico Academico	4:17.34	16,00
	50m: 28.66 28.66	150m: 1:33.43	32.78 250m: 2:38.76	32.53	350m: 3:44.86 33.28
	100m: 1:00.65 31.99	200m: 2:06.23	32.80 300m: 3:11.58	32.82	400m: 4:17.34 32.48
2.	Tomas Coelho, CORDEIRO	04	Individual ANC	4:21.92	14,00
	50m: 30.49 30.49	150m: 1:35.98	32.84 250m: 2:42.10	32.74	350m: 3:49.27 34.27
	100m: 1:03.14 32.65	200m: 2:09.36	33.38 300m: 3:15.00	32.90	400m: 4:21.92 32.65
3.	Abel Renato, FERREIRA	05	Algés e Águeda XXI	4:24.67	13,00
	50m: 30.28 30.28	150m: 1:37.12	33.64 250m: 2:44.55	33.43	350m: 3:51.64 33.55
	100m: 1:03.48 33.20	200m: 2:11.12	34.00 300m: 3:18.09	33.54	400m: 4:24.67 33.03
4.	Miguel Freitas, OVIEDO	02	Academica de Coimbra	4:28.09	12,00
	50m: 29.15 29.15	150m: 1:35.70	33.72 250m: 2:44.52	34.82	350m: 3:54.16 34.34
	100m: 1:01.98 32.83	200m: 2:09.70	34.00 300m: 3:19.82	35.30	400m: 4:28.09 33.93
5.	Tomas Cardoso, GERALDO	05	Condeixa Clube	4:30.73	11,00
	50m: 30.06 30.06	150m: 1:37.53	34.04 250m: 2:47.14	34.84	350m: 3:56.92 34.72
	100m: 1:03.49 33.43	200m: 2:12.30	34.77 300m: 3:22.20	35.06	400m: 4:30.73 33.81
6.	Goncalo Carvalho, SANTOS	05	Louzan Nataçao	4:36.54	10,00
	50m: 29.69 29.69	150m: 1:37.09	34.30 250m: 2:47.47	35.34	350m: 4:00.08 36.05
	100m: 1:02.79 33.10	200m: 2:12.13	35.04 300m: 3:24.03	36.56	400m: 4:36.54 36.46
7.	Antonio Pedro, MARTINS	05	União de Coimbra	4:39.40	9,00
	50m: 31.20 31.20	150m: 1:40.69	35.17 250m: 2:51.99	35.62	350m: 4:03.76 35.82
	100m: 1:05.52 34.32	200m: 2:16.37	35.68 300m: 3:27.94	35.95	400m: 4:39.40 35.64
8.	Renato Maria, FERREIRA	04	União de Coimbra	4:57.70	-
	50m: 32.92 32.92	150m: 1:48.23	38.36 250m: 3:04.90	38.70	350m: 4:21.01 38.06
	100m: 1:09.87 36.95	200m: 2:26.20	37.97 300m: 3:42.95	38.05	400m: 4:57.70 36.69