

Torneio Regional de Velocidade e Preparação
Odemira, 13/1/2024

Prova 10	400m Livres				12 - 16 anos
13/01/2024 - 15:30					Resultados
Rec Reg Open	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Rec Reg 16	4:13.67	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	14/03/2015
Rec Reg 15	4:18.68	Nelson Pereira MALHEIROS	CNLA	Sines	25/04/2014
Rec Reg 14	4:33.56	Miguel Martins BALTAZAR	ANALEN	Abrantes	14/04/2012
Rec Reg 13	4:39.59	Gustavo Manuel SANTA	Ind ANALEP	Sines	13/05/2006
Rec Reg Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Reg 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Reg 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Rec Reg 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Rec Reg 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003
Rec Reg 12	5:16.44	Eliana Vilhena MARTINS	Ind ANALEP	Beja	03/06/2006

Pontos: FINA 2023

Lugar Nome Idade Clube Tempo final Pts

12 - 13 anos, Femin.

1. Ines Diogo MESTRE	13	Aljustrelense					5:39.01	317
50m: 37.21 37.21	150m: 2:02.57	43.81	250m: 3:30.68	44.50	350m: 4:57.53	43.29		
100m: 1:18.76 41.55	200m: 2:46.18	43.61	300m: 4:14.24	43.56	400m: 5:39.01	41.48		
2. Maria Ines LUIS	13	Aljustrelense					5:40.07	314
50m: 36.97 36.97	150m:		250m:		350m:			
100m: 1:19.75 42.78	200m: 2:45.69		300m:		400m: 5:40.07			
3. Maria Goncalves OLIVEIRA	13	Ndco					5:48.06	293
50m: 38.56 38.56	150m:		250m:		350m:			
100m: 1:20.52 41.96	200m: 2:49.17		300m: 4:18.74		400m: 5:48.06			
4. Alice Raquel DIAS	13	Grupo Desportivo Mora					6:19.91	225
50m: 41.87 41.87	150m: 2:16.67	48.46	250m: 3:54.89	49.53	350m: 5:33.04	49.17		
100m: 1:28.21 46.34	200m: 3:05.36	48.69	300m: 4:43.87	48.98	400m: 6:19.91	46.87		
5. Carolina Paixao CENICO	12	Acmn					6:23.57	219
50m: 44.35 44.35	150m:		250m:		350m:			
100m: 1:30.99 46.64	200m: 3:08.53		300m: 4:48.31		400m: 6:23.57			
6. Constanca Alves MATOS	13	Litoral Alentejano					6:42.61	189
50m: 43.53 43.53	150m:		250m:		350m:			
100m: 1:33.78 50.25	200m: 3:16.06		300m: 5:00.28		400m: 6:42.61			
7. Ines Borges COSTA	12	Ndco					6:59.90	167
50m: 50.37 50.37	150m:		250m:		350m:			
100m: 1:43.44 53.07	200m: 3:31.30		300m: 5:19.01		400m: 6:59.90			
8. Filipa Serrao ROSARIO	12	Litoral Alentejano					7:09.25	156
50m: 49.23 49.23	150m: 2:39.96	56.13	250m: 4:28.15	54.08	350m: 6:19.53	53.69		
100m: 1:43.83 54.60	200m: 3:34.07	54.11	300m: 5:25.84	57.69	400m: 7:09.25	49.72		
9. Madalena Santos MACHADO	12	Ndco					7:09.27	156
50m: 43.68 43.68	150m: 2:31.25	54.98	250m: 4:25.61	57.45	350m: 6:14.48	52.55		
100m: 1:36.27 52.59	200m: 3:28.16	56.91	300m: 5:21.93	56.32	400m: 7:09.27	54.79		
10. Teresa Filipe BANHA	12	Acmn					7:18.39	146
50m: 46.56 46.56	150m: 2:37.15	56.87	250m: 4:30.39	56.22	350m: 6:25.64	57.47		
100m: 1:40.28 53.72	200m: 3:34.17	57.02	300m: 5:28.17	57.78	400m: 7:18.39	52.75		
11. Ines Oliveira GOMES	12	Ndco					7:20.04	145
50m: 50.71 50.71	150m: 2:43.04	56.51	250m: 4:35.96	56.96	350m: 6:27.28	55.75		
100m: 1:46.53 55.82	200m: 3:39.00	55.96	300m: 5:31.53	55.57	400m: 7:20.04	52.76		
12. Beatriz Silva MORAIS	12	Ndco					7:21.19	144
50m: 50.18 50.18	150m: 2:41.20	55.77	250m: 4:33.77	57.56	350m: 6:25.74	55.47		
100m: 1:45.43 55.25	200m: 3:36.21	55.01	300m: 5:30.27	56.50	400m: 7:21.19	55.45		
13. Melanie Munha INACIO	13	Litoral Alentejano					7:31.81	134
50m: 52.59 52.59	150m:		250m:		350m:			
100m: 1:50.51 57.92	200m: 3:43.34		300m: 5:38.91		400m: 7:31.81			
14. Mafalda Jesus CALHAU	13	Grupo Desportivo Mora					7:33.98	132
50m: 49.55 49.55	150m: 2:46.08	59.20	250m:		350m: 6:41.82	57.42		
100m: 1:46.88 57.33	200m: 3:44.91	58.83	300m: 5:44.40		400m: 7:33.98	52.16		

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Prova 10, 400m Livres

13 - 14 anos, Masc.

1.	Afonso Rodrigues FERREIRA	14	Ndco						5:56.16	368
	50m: 31.63 31.63	150m:		250m:		350m:				
	100m: 1:07.28 35.65	200m: 2:22.20		300m: 3:40.13		400m: 4:56.16				
2.	Rodrigo Miguel SILVA	14	Acmn						5:17.48	298
	50m: 33.91 33.91	150m:		250m:		350m:				
	100m: 1:12.70 38.79	200m: 2:33.84		300m: 3:57.18		400m: 5:17.48				
3.	Rodrigo Santos SOUZA	14	Acmn						5:23.42	282
	50m: 37.37 37.37	150m: 1:58.61 40.68		250m: 3:21.19 41.19		350m: 4:44.91 41.92				
	100m: 1:17.93 40.56	200m: 2:40.00 41.39		300m: 4:02.99 41.80		400m: 5:23.42 38.51				
4.	Diogo Miguel CARAVELINHA	14	Aminata						5:30.03	266
	50m: 38.50 38.50	150m:		250m:		350m:				
	100m: 1:19.75 41.25	200m: 2:41.96		300m: 4:09.25		400m: 5:30.03				
5.	Edgar Van RAMOS	14	Aminata						5:42.60	237
	50m: 38.77 38.77	150m:		250m:		350m:				
	100m: 1:21.52 42.75	200m: 2:48.95		300m: 4:17.35		400m: 5:42.60				
6.	Luis Carlos VAZ	14	Litoral Alentejano						5:59.87	205
	50m: 43.89 43.89	150m: 2:16.35 44.89		250m: 3:48.02 45.49		350m: 5:18.76 44.89				
	100m: 1:31.46 47.57	200m: 3:02.53 46.18		300m: 4:33.87 45.85		400m: 5:59.87 41.11				
7.	Rodrigo Alexandre RAPOSO	14	Acmn						6:00.42	204
	50m: 39.75 39.75	150m: 2:11.63 46.08		250m: 3:43.42 45.66		350m: 5:15.59 46.26				
	100m: 1:25.55 45.80	200m: 2:57.76 46.13		300m: 4:29.33 45.91		400m: 6:00.42 44.83				
8.	Eydan Ortega VAN MELLE	14	Aljustrelense						6:10.33	188
	50m: 38.83 38.83	150m: 2:10.12 45.57		250m: 3:44.69 47.54		350m: 5:21.97 49.22				
	100m: 1:24.55 45.72	200m: 2:57.15 47.03		300m: 4:32.75 48.06		400m: 6:10.33 48.36				
9.	Bernardo Jose LOUCAO	13	Litoral Alentejano						6:11.35	186
	50m: 42.84 42.84	150m: 2:20.41 49.50		250m: 3:56.04 47.87		350m: 5:27.25 43.75				
	100m: 1:30.91 48.07	200m: 3:08.17 47.76		300m: 4:43.50 47.46		400m: 6:11.35 44.10				
10.	Gustavo Cardoso SANTOS	13	Ndco						6:24.87	167
	50m: 42.78 42.78	150m: 2:21.27 48.91		250m: 4:01.39 50.22		350m: 5:40.84 48.49				
	100m: 1:32.36 49.58	200m: 3:11.17 49.90		300m: 4:52.35 50.96		400m: 6:24.87 44.03				
11.	Tiago Barao GUERREIRO	13	Aljustrelense						6:35.29	154
	50m: 42.19 42.19	150m: 2:19.89 49.84		250m: 4:03.46 51.58		350m: 5:46.64 51.50				
	100m: 1:30.05 47.86	200m: 3:11.88 51.99		300m: 4:55.14 51.68		400m: 6:35.29 48.65				
12.	Rui Pedro BONIFÁCIO	14	Acmn						7:36.61	100
	50m: 49.21 49.21	150m:		250m:		350m:				
	100m: 1:47.14 57.93	200m: 3:40.96		300m: 5:38.89		400m: 7:36.61				
DSQ	Vicente Martins GALOPE	13	Aljustrelense							
	<i>403 - Falsa partida - SW 4.4</i>									
EXH	Dinis Alexandre CAEIRO	15	Grupo Desportivo Mora						5:17.23	299
	50m: 33.41 33.41	150m:		250m:		350m:				
	100m: 1:12.16 38.75	200m: 2:33.16		300m: 3:57.44		400m: 5:17.23				
EXH	Catarina Moreira FERNANDES	15	Aljustrelense						5:30.53	342
	50m: 31.12 31.12	150m:		250m:		350m:				
	100m: 1:07.44 36.32	200m: 2:33.55		300m: 4:01.33		400m: 5:30.53				
EXH	Leonor Barao GUERREIRO	14	Aljustrelense						5:47.12	295
	50m: 37.17 37.17	150m: 2:01.96 43.20		250m: 3:31.05 44.54		350m: 5:01.70 45.96				
	100m: 1:18.76 41.59	200m: 2:46.51 44.55		300m: 4:15.74 44.69		400m: 5:47.12 45.42				
EXH	Gabriel Moreno VIDAL	15	Zona Azul						6:43.41	145
	50m: 43.76 43.76	150m: 2:22.46 50.65		250m: 4:06.72 52.41		350m: 5:51.84 53.74				
	100m: 1:31.81 48.05	200m: 3:14.31 51.85		300m: 4:58.10 51.38		400m: 6:43.41 51.57				