



Prova de Preparação de Categorias
Benedita, 28/1/2024



Prova 22
28/01/2024 - 15:51

Masc., 400m Livres

Senior
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. David Matias, CRISTINO	01 União Piedense	4:14.48	580
50m: 28.85 28.85	150m: 1:32.56 31.90	250m: 2:37.53 31.93	350m: 3:42.27 31.96
100m: 1:00.66 31.81	200m: 2:05.60 33.04	300m: 3:10.31 32.78	400m: 4:14.48 32.21
2. Guilherme Matias, CRISTINO	03 União Piedense	4:21.25	536
50m: 28.57 28.57	150m: 1:32.56 31.90	250m: 2:37.53 31.93	350m: 3:42.27 31.96
100m: 1:00.34 31.77	200m: 2:05.82 33.04	300m: 3:12.64 32.78	400m: 4:21.25 32.21

Prova 22
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Masc., 400m Livres

Junior
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Pedro Crispim, JORGE	06 União Piedense	4:16.76	564
50m: 29.22 29.22	150m: 1:32.56 31.90	250m: 2:37.53 31.93	350m: 3:42.27 31.96
100m: 1:02.33 33.11	200m: 2:08.16 33.04	300m: 3:14.51 32.78	400m: 4:16.76 32.21
2. Francisco Xavier, RITA	07 Veiense	4:17.29	561
50m: 29.65 29.65	150m: 1:36.32 33.70	250m: 2:42.63 33.03	350m: 3:47.00 31.97
100m: 1:02.62 32.97	200m: 2:09.60 33.28	300m: 3:15.03 32.40	400m: 4:17.29 30.29

Prova 22
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Masc., 400m Livres

Juvenil A
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Santiago Boica, SOUSA	08 Veiense	4:29.38	489
50m: 30.01 30.01	150m: 1:41.91 35.77	250m: 2:54.21 36.29	350m: 4:06.62 36.05
100m: 1:04.00 33.99	200m: 2:13.94 36.01	300m: 3:23.07 36.36	400m: 4:29.38 34.61
2. Antonio Quiterio, ANASTACIO	08 Benedita	4:37.13	449
50m: 31.15 31.15	150m: 1:40.67 35.22	250m: 2:52.57 35.69	350m: 4:03.43 35.04
100m: 1:05.45 34.30	200m: 2:16.88 36.21	300m: 3:28.39 35.82	400m: 4:37.13 33.70
3. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	4:41.23	429
50m: 31.20 31.20	150m: 1:41.91 35.77	250m: 2:54.21 36.29	350m: 4:06.62 36.05
100m: 1:06.14 34.94	200m: 2:17.92 36.01	300m: 3:30.57 36.36	400m: 4:41.23 34.61
DNS Diogo Coelho, JORDAO	08 Uniao Juncalense		

Prova 22
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Masc., 400m Livres

Juvenil B
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. David Ferrador, PEREIRA	09 Nucleo de Pombal	4:51.14	387
50m: 32.79 32.79	150m: 1:47.34 37.44	250m: 3:02.93 37.70	350m: 4:17.69 36.97
100m: 1:09.90 37.11	200m: 2:25.23 37.89	300m: 3:40.72 37.79	400m: 4:51.14 33.45
2. Tomas Bento, ANFILOQUIO	09 Pimpoes/Cimai	4:54.33	375
50m: 33.46 33.46	150m: 1:47.34 37.44	250m: 3:02.93 37.70	350m: 4:17.69 36.97
100m: 1:09.78 36.32	200m: 2:24.02 36.28	300m: 3:38.26 36.28	400m: 4:54.33 36.05
3. Isaac Arruda, SARAIVA	09 Veiense	5:04.30	339
50m: 32.96 32.96	150m: 1:50.59 39.78	250m: 3:09.11 39.33	350m: 4:29.32 39.89
100m: 1:10.81 37.85	200m: 2:29.78 39.19	300m: 3:49.43 40.32	400m: 5:04.30 34.98



Prova de Preparação de Categorias
Benedita, 28/1/2024



Prova 22, Masc., 400m Livres, Juvenil B

Lugar	Ano	Tempo final	Pts
4. Hugo Miguel, SANTOS	09 Pimpoes/Cimai	5:05.17	336
50m: 35.16 35.16	150m: 250m:	350m:	
100m: 1:13.17 38.01	200m: 2:28.60	400m: 5:05.17	
300m: 3:45.98			
5. Afonso Matos, CORREIA	09 Nucleo de Pombal	5:25.14	278
50m: 36.32 36.32	150m: 250m:	350m:	
100m: 1:18.84 42.52	200m: 2:43.24	400m: 5:25.14	
300m: 4:06.82			
6. Alexandre Afonso, SANTOS	09 Uniao Juncalense	6:33.38	157
50m: 42.30 42.30	150m: 2:21.16 49.30	250m: 4:02.79 51.27	350m: 5:43.80 50.79
100m: 1:31.86 49.56	200m: 3:11.52 50.36	300m: 4:53.01 50.22	400m: 6:33.38 49.58

Prova 22
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Masc., 400m Livres

Infantil A
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	4:48.41	398
50m: 31.82 31.82	150m: 250m:	350m:	
100m: 1:07.63 35.81	200m: 2:11.87	400m: 4:48.41	
300m: 3:36.50			
2. Lucas Ferreira, GASPAR	10 Vieirense	4:51.21	387
50m: 31.18 31.18	150m: 1:43.80 37.24	250m: 2:59.70 38.00	350m: 4:15.62 37.65
100m: 1:06.56 35.38	200m: 2:21.70 37.90	300m: 3:37.97 38.27	400m: 4:51.21 35.59
3. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	4:51.39	386
50m: 31.03 31.03	150m: 1:44.75 37.12	250m: 3:00.64 37.93	350m: 4:15.79 37.36
100m: 1:07.63 36.60	200m: 2:22.71 37.96	300m: 3:38.43 37.79	400m: 4:51.39 35.60
4. Rodrigo Cardoso, TOMAS	10 Uniao Juncalense	4:52.37	382
50m: 33.47 33.47	150m: 250m:	350m:	
100m: 1:10.44 36.97	200m: 2:26.91	400m: 4:52.37	
300m: 3:41.43			
5. Simao Almeida, CARNIDE	10 Vieirense	4:54.78	373
50m: 32.74 32.74	150m: 1:46.97 37.33	250m: 3:02.28 37.40	350m: 4:17.69 37.73
100m: 1:09.64 36.90	200m: 2:24.88 37.91	300m: 3:39.96 37.68	400m: 4:54.78 37.09
6. Afonso Ferreira, REIS	10 Nautico Marinha Grande	5:05.43	335
50m: 32.31 32.31	150m: 1:49.27 39.61	250m: 3:08.20 39.32	350m: 4:28.20 40.86
100m: 1:09.66 37.35	200m: 2:28.88 39.61	300m: 3:47.34 39.14	400m: 5:05.43 37.23
7. Lucas Costa, JESUS	10 Nautico Marinha Grande	5:08.06	327
50m: 33.16 33.16	150m: 1:50.29 39.34	250m: 3:10.40 40.31	350m: 4:30.31 39.44
100m: 1:10.95 37.79	200m: 2:30.09 39.80	300m: 3:50.87 40.47	400m: 5:08.06 37.75
8. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	5:15.70	303
50m: 36.14 36.14	150m: 1:55.61 40.15	250m: 3:16.62 40.50	350m: 4:37.27 40.31
100m: 1:15.46 39.32	200m: 2:36.12 40.51	300m: 3:56.96 40.34	400m: 5:15.70 38.43
9. David Xavier, ALMEIDA	10 Ba-Leiria	5:19.22	293
50m: 32.31 32.31	150m: 250m:	350m:	
100m: 1:09.69 37.38	200m: 2:31.65	400m: 5:19.22	
300m: 3:54.46			
10. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	5:21.92	286
50m: 35.67 35.67	150m: 250m:	350m:	
100m: 1:15.21 39.54	200m: 2:37.15	400m: 5:21.92	
300m: 3:59.35			
11. Tomas Marques, FRANCISCO	10 CNLeiria	5:28.91	268
50m: 37.39 37.39	150m: 2:01.15 41.75	250m: 3:25.50 41.69	350m: 4:50.60 43.57
100m: 1:19.40 42.01	200m: 2:43.81 42.66	300m: 4:07.03 41.53	400m: 5:28.91 38.31
12. Santiago Neves, SILVA	10 Nucleo de Pombal	5:33.03	258
50m: 36.25 36.25	150m: 2:01.85 43.13	250m: 3:27.69 42.60	350m: 4:52.15 41.12
100m: 1:18.72 42.47	200m: 2:45.09 43.24	300m: 4:11.03 43.34	400m: 5:33.03 40.88



Prova de Preparação de Categorias
Benedita, 28/1/2024



Prova 22, Masc., 400m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
DSQ Dinis Lamas, SANTOS <i>O atleta não completou o percurso (não realizou a prova).</i>	10 Ba-Leiria		
DNS Rodolfo Junior, ALECRIM	10 CNLeiria		
DNS Joao Piteira, GAIOLAS	10 Nautico Marinha Grande		

Prova 22 Masc., 400m Livres Infantil B
28/01/2024 - 15:51 Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
1. Martim Duarte, ROQUE 50m: 37.37 37.37 150m: 250m: 350m: 100m: 1:20.03 42.66 200m: 2:43.20 300m: 4:03.27 400m: 5:20.87	11 CNLeiria	5:20.87	289
2. Martim Cruz, MOURA 50m: 39.74 39.74 150m: 250m: 350m: 100m: 1:22.81 43.07 200m: 2:48.11 300m: 4:11.97 400m: 5:33.03	11 CNLeiria	5:33.03	258
3. Martin, SHEVCHUK 50m: 40.36 40.36 150m: 2:11.40 44.35 250m: 3:43.20 46.35 350m: 5:12.03 44.11 100m: 1:27.05 46.69 200m: 2:56.85 45.45 300m: 4:27.92 44.72 400m: 5:54.14 42.11	11 CNLeiria	5:54.14	215
4. Vasco Sousa, LEMOS 50m: 38.12 38.12 150m: 2:09.27 46.35 250m: 3:42.93 47.00 350m: 5:18.56 47.22 100m: 1:22.92 44.80 200m: 2:55.93 46.66 300m: 4:31.34 48.41 400m: 6:03.96 45.40	11 Pimpoes/Cimai	6:03.96	198
DNS Gabriel Marques, CARREIRA	11 Uniao Juncalense		