



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS  
Leiria, 2 - 3/3/2024

Prova 48	Masc., 400m Estilos				Absolutos (Jun+Sen)
03/03/2024 - 19:02					Resultados
Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac SEN	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Rec Nac 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014

Pontos: FINA 2023

Lugar	Ano				Tempo final	Pts
1. David Ferreira, RELVAS	03	Nautico	Marinha Grande	4:36.16	614	
50m: 29.22 29.22	150m: 1:37.37	35.87	250m: 2:52.03	39.13	350m: 4:04.71	32.60
100m: 1:01.50 32.28	200m: 2:12.90	35.53	300m: 3:32.11	40.08	400m: 4:36.16	31.45
2. Francisco Marques, SIMOES	07	CNLeiria		4:44.09	564	
50m: 29.13 29.13	150m: 1:40.23	37.00	250m: 2:57.34	41.77	350m: 4:11.47	33.68
100m: 1:03.23 34.10	200m: 2:15.57	35.34	300m: 3:37.79	40.45	400m: 4:44.09	32.62
3. Bruno Filipe, TABORDA	95	CNLeiria		5:10.78	431	
50m: 31.58 31.58	150m: 1:50.44	42.14	250m: 3:14.02	43.40	350m: 4:36.36	37.08
100m: 1:08.30 36.72	200m: 2:30.62	40.18	300m: 3:59.28	45.26	400m: 5:10.78	34.42

Prova 48	Masc., 400m Estilos				Juvenis Masculinos (A+B)
03/03/2024 - 19:02					Resultados
Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac JUV A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Rec Nac JUV B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003

Pontos: FINA 2023

Lugar	Ano				Tempo final	Pts
1. Paulo, KOT	09	Nautico	Marinha Grande	4:48.12	541	
50m: 30.07 30.07	150m: 1:41.82	37.39	250m: 3:00.87	42.40	350m: 4:17.10	33.22
100m: 1:04.43 34.36	200m: 2:18.47	36.65	300m: 3:43.88	43.01	400m: 4:48.12	31.02
2. Guilherme Meireles, MARRAZES	09	Nautico	Marinha Grande	4:57.24	492	
50m: 31.10 31.10	150m: 1:45.95	39.53	250m: 3:07.79	43.40	350m: 4:24.76	34.15
100m: 1:06.42 35.32	200m: 2:24.39	38.44	300m: 3:50.61	42.82	400m: 4:57.24	32.48
3. Martim Alexandre, MESQUITA	09	Nautico	Marinha Grande	5:09.95	434	
50m: 31.43 31.43	150m: 1:50.18	42.61	250m: 3:17.48	46.16	350m: 4:38.68	34.05
100m: 1:07.57 36.14	200m: 2:31.32	41.14	300m: 4:04.63	47.15	400m: 5:09.95	31.27
4. Tiago Daniel, POVOA	08	Uniao	Juncalense	6:19.82	236	
50m: 39.87 39.87	150m: 2:21.59	47.91	250m: 4:00.55	52.56	350m: 5:38.81	43.91
100m: 1:33.68 53.81	200m: 3:07.99	46.40	300m: 4:54.90	54.35	400m: 6:19.82	41.01

DSQ Tiago Santos, POMBO 08 Alcobaca  
*O atleta efetuou movimentos verticais de pernas durante o percurso de braços.*