

Taça ANDL "João da Silva Abreu" - CDClubes 2024  
Óbidos, 15 - 16/6/2024

Prova 14	Masc., 400m Estilos				ABSOLUTOS
15/06/2024 - 16:20					Resultados
RD ANDL SEN	4:34.04	Diogo Parrilha, SILVA	Silves	02/12/2011	
RD ANDL JUN	4:29.76	Leonardo José, CRUZ	EStarreja	03/12/2023	
RD ANDL JUV A	4:34.60	Leonardo José, CRUZ	Tomar	14/01/2023	
RD ANDL JUV B	4:37.10	André Vilas, RUIVO	Leiria	12/12/2014	
RD ANDL INF A	4:43.08	André Vilas, RUIVO	Leiria	16/03/2014	
RD ANDL INF B	4:49.65	André Vilas, RUIVO	St.º Antº Cavaleiros	15/03/2013	
RD ANDL ABS	4:29.76	Leonardo José, CRUZ	Estarreja	03/12/2023	

Lugar	Ano				Tempo final											
1. Leonardo Jose, CRUZ	07	Alcobaca	4:33.97	12,00	50m:	28.58	28.58	150m:	1:36.47	34.89	250m:	2:50.16	38.66	350m:	4:01.81	32.92
			100m:	1:01.58	33.00	200m:	2:11.50	35.03	300m:	3:28.89	38.73	400m:	4:33.97	32.16		
2. David Ferreira, RELVAS	03	Nautico Marinha Grande	4:36.31	10,00	50m:	28.89	28.89	150m:	1:37.25	35.74	250m:	2:53.01	40.04	350m:	4:05.08	31.74
			100m:	1:01.51	32.62	200m:	2:12.97	35.72	300m:	3:33.34	40.33	400m:	4:36.31	31.23		
3. Francisco Marques, SIMOES	07	CNLeiria	4:38.22	9,00	50m:	29.97	29.97	150m:	1:39.87	36.17	250m:	2:56.00	40.60	350m:	4:08.06	32.60
			100m:	1:03.70	33.73	200m:	2:15.40	35.53	300m:	3:35.46	39.46	400m:	4:38.22	30.16		
4. Francisco Xavier, RITA	07	Vieirense	4:53.20	8,00	50m:	30.22	30.22	150m:	1:45.17	38.84	250m:	3:07.43	43.04	350m:	4:22.99	32.52
			100m:	1:06.33	36.11	200m:	2:24.39	39.22	300m:	3:50.47	43.04	400m:	4:53.20	30.21		
5. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	4:53.97	7,00	50m:	31.66	31.66	150m:	1:47.05	39.48	250m:	3:08.92	43.30	350m:	4:24.75	32.52
			100m:	1:07.57	35.91	200m:	2:25.62	38.57	300m:	3:52.23	43.31	400m:	4:53.97	29.22		
6. David Ferrador, PEREIRA	09	Nucleo de Pombal	5:19.25	6,00	50m:	31.68	31.68	150m:	1:54.97	42.45	250m:	3:20.93	45.55	350m:	4:45.14	37.05
			100m:	1:12.52	40.84	200m:	2:35.38	40.41	300m:	4:08.09	47.16	400m:	5:19.25	34.11		
7. Pedro Blanc, CAPINHA	09	Óbidos	5:28.95	5,00	50m:	33.19	33.19	150m:	1:53.84	41.80	250m:	3:24.48	48.83	350m:	4:52.06	38.37
			100m:	1:12.04	38.85	200m:	2:35.65	41.81	300m:	4:13.69	49.21	400m:	5:28.95	36.89		
8. David Xavier, ALMEIDA	10	Ba-Leiria	5:34.03	4,00	50m:	34.14	34.14	150m:	2:03.20	46.71	250m:	3:31.81	43.46	350m:	4:57.57	39.85
			100m:	1:16.49	42.35	200m:	2:48.35	45.15	300m:	4:17.72	45.91	400m:	5:34.03	36.46		
9. Tiago Daniel, POVOA	08	Uniao Juncalense	6:21.15	3,00	50m:	40.90	40.90	150m:	2:21.77	46.24	250m:	4:01.10	52.96	350m:	5:37.92	43.29
			100m:	1:35.53	54.63	200m:	3:08.14	46.37	300m:	4:54.63	53.53	400m:	6:21.15	43.23		