



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

Prova 24	Masc., 400m Livres				ABSOLUTOS
16/06/2024 - 9:30					Resultados
RD ANDL SEN	3:50.00	César Fernando, FÁRIA	ADBA	Istambul (TUR)	10/12/2009
RD ANDL JUN	3:52.28	Guilherme Filipe, PINA	BSCN	Porto	12/12/2015
RD ANDL JUV A	4:05.38	Tomás Gomes, OLIVEIRA	DNMG	Leiria	13/12/2014
RD ANDL JUV B	4:05.75	Tomás Gomes, OLIVEIRA		Nazaré	25/05/2014
RD ANDL INF A	4:12.35	André Vilas, RUIVO		Campo Maior	29/03/2024
RD ANDL INF B	4:26.50	André Vilas, RUIVO		Leiria	02/03/2013
RD ANDL ABS	3:50.00	César Fernando, FÁRIA		Istambul (TUR)	10/12/2009

Lugar	Ano				Tempo final			
1. Tomas Pascoal, FERREIRA	09	Ba-Leiria	4:08.10		12,00			
50m: 28.52 28.52	150m: 1:30.55	31.63	250m: 2:34.69	31.88	350m: 3:38.32	31.38		
100m: 58.92 30.40	200m: 2:02.81	32.26	300m: 3:06.94	32.25	400m: 4:08.10	29.78		
2. Afonso Dinis, ROQUE	07	CNLeiria	4:12.01		10,00			
50m: 29.02 29.02	150m: 1:31.61	31.56	250m: 2:36.27	32.31	350m: 3:40.60	31.82		
100m: 1:00.05 31.03	200m: 2:03.96	32.35	300m: 3:08.78	32.51	400m: 4:12.01	31.41		
3. Gil Santos, LEMOS	06	Pimpoes/Cimai	4:13.94		9,00			
50m: 28.13 28.13	150m: 1:30.20	31.64	250m: 2:34.20	31.52	350m: 3:40.67	33.20		
100m: 58.56 30.43	200m: 2:02.68	32.48	300m: 3:07.47	33.27	400m: 4:13.94	33.27		
4. Paulo, KOT	09	Nautico Marinha Grande	4:18.44		8,00			
50m: 29.38 29.38	150m: 1:33.70	32.66	250m: 2:39.49	32.78	350m: 3:45.75	33.01		
100m: 1:01.04 31.66	200m: 2:06.71	33.01	300m: 3:12.74	33.25	400m: 4:18.44	32.69		
5. Santiago Boica, SOUSA	08	Vieirense	4:20.93		7,00			
50m: 29.70 29.70	150m: 1:36.87	34.11	250m: 2:43.80	33.46	350m: 3:49.51	32.66		
100m: 1:02.76 33.06	200m: 2:10.34	33.47	300m: 3:16.85	33.05	400m: 4:20.93	31.42		
6. Tiago Santos, POMBO	08	Alcobaca	4:24.57		6,00			
50m: 29.60 29.60	150m: 1:36.40	34.10	250m: 2:45.02	33.93	350m: 3:51.92	33.37		
100m: 1:02.30 32.70	200m: 2:11.09	34.69	300m: 3:18.55	33.53	400m: 4:24.57	32.65		
7. David Ferrador, PEREIRA	09	Nucleo de Pombal	4:32.79		5,00			
50m: 29.98 29.98	150m: 1:37.69	33.99	250m: 2:48.15	35.22	350m: 3:59.73	36.27		
100m: 1:03.70 33.72	200m: 2:12.93	35.24	300m: 3:23.46	35.31	400m: 4:32.79	33.06		
8. Rodrigo Cardoso, TOMAS	10	Uniao Juncalense	4:49.16		4,00			
50m: 32.97 32.97	150m: 1:46.95	37.73	250m: 3:01.49	37.30	350m: 4:15.62	36.78		
100m: 1:09.22 36.25	200m: 2:24.19	37.24	300m: 3:38.84	37.35	400m: 4:49.16	33.54		
9. Pedro Blanc, CAPINHA	09	Óbidos	5:12.64		3,00			
50m: 33.14 33.14	150m: 1:48.00	38.58	250m: 3:09.27	41.05	350m: 4:31.75	41.08		
100m: 1:09.42 36.28	200m: 2:28.22	40.22	300m: 3:50.67	41.40	400m: 5:12.64	40.89		
10. Gabriel Lourenco, CUSTODIO	06	Naval da Nazaré	5:28.58		2,00			
50m: 32.77 32.77	150m: 1:55.22	43.18	250m: 3:21.11	42.97	350m: 4:46.92	42.96		
100m: 1:12.04 39.27	200m: 2:38.14	42.92	300m: 4:03.96	42.85	400m: 5:28.58	41.66		
EXH Santiago Jose, PACHECO	09	Alcobaca	4:37.95		-			
50m: 30.51 30.51	150m: 1:40.23	35.32	250m: 2:51.64	35.68	350m: 4:03.48	35.83		
100m: 1:04.91 34.40	200m: 2:15.96	35.73	300m: 3:27.65	36.01	400m: 4:37.95	34.47		
EXH Martin, SHEVCHUK	11	CNLeiria	5:26.63		-			
50m: 35.64 35.64	150m: 1:58.77	42.44	250m: 3:23.55	42.65	350m: 4:47.54	42.37		
100m: 1:16.33 40.69	200m: 2:40.90	42.13	300m: 4:05.17	41.62	400m: 5:26.63	39.09		
EXH Francisco Antonio, SIMOES	10	Ba-Leiria	5:30.47		-			
50m: 39.44 39.44	150m: 2:03.33	42.29	250m: 3:29.17	42.76	350m: 4:54.93	42.77		
100m: 1:21.04 41.60	200m: 2:46.41	43.08	300m: 4:12.16	42.99	400m: 5:30.47	35.54		



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Lugar			Ano							Tempo final		
EXH	Andre Filipe, FERNANDES		07	Alcobaca						5:32.90	-	
	50m:	36.22	36.22	150m:	2:01.39	43.90	250m:	3:28.93	44.15	350m:	4:54.91	42.31
	100m:	1:17.49	41.27	200m:	2:44.78	43.39	300m:	4:12.60	43.67	400m:	5:32.90	37.99