

Torneio Regional Fundo Infantis e Juvenis  
Cantanhede, 18 - 19/5/2024

Prova 3  
19/05/2024 - 10:00

Masc., 400m Estilos

13 anos e mais velhos  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final
<b>Inf B</b>		
1. Hugo Ferreira, SILVA	11 AAC	<b>5:31.06</b>
50m: 37.52 37.52 150m: 2:01.61 41.83 250m: 3:30.58 48.41 350m: 4:55.47 37.48		
100m: 1:19.78 42.26 200m: 2:42.17 40.56 300m: 4:17.99 47.41 400m: 5:31.06 35.59		
2. Goncalo Nunes, MARQUES	11 CAQC	<b>5:44.50</b>
50m: 37.59 37.59 150m: 2:06.15 47.14 250m: 3:39.81 49.99 350m: 5:07.78 37.50		
100m: 1:19.01 41.42 200m: 2:49.82 43.67 300m: 4:30.28 50.47 400m: 5:44.50 36.72		
3. Bernardo Bento, DINIS	11 CAQC	<b>5:51.59</b>
50m: 40.50 40.50 150m: 2:13.01 45.32 250m: 3:45.63 48.64 350m: 5:13.96 39.41		
100m: 1:27.69 47.19 200m: 2:56.99 43.98 300m: 4:34.55 48.92 400m: 5:51.59 37.63		
4. Pedro Filipe, ALMEIDA	11 SCC	<b>5:59.69</b>
50m: 37.18 37.18 150m: 2:09.32 45.94 250m: 3:43.70 49.46 350m: 5:17.95 42.96		
100m: 1:23.38 46.20 200m: 2:54.24 44.92 300m: 4:34.99 51.29 400m: 5:59.69 41.74		
5. Leonardo Fonseca, FERRAZ	11 AAC	<b>6:08.37</b>
50m: 39.16 39.16 150m: 2:10.74 46.36 250m: 3:52.21 56.15 350m: 5:28.48 42.54		
100m: 1:24.38 45.22 200m: 2:56.06 45.32 300m: 4:45.94 53.73 400m: 6:08.37 39.89		
6. Vicente Abrantes, DIOGO	11 SCC	<b>6:10.68</b>
50m: 41.91 41.91 150m: 2:20.24 46.89 250m: 3:58.97 52.68 350m: 5:31.80 40.54		
100m: 1:33.35 51.44 200m: 3:06.29 46.05 300m: 4:51.26 52.29 400m: 6:10.68 38.88		
7. Francisco Marques, PEREIRA	11 SCC	<b>6:13.80</b>
50m: 39.74 39.74 150m: 2:17.03 48.92 250m: 3:58.57 52.98 350m: 5:34.02 41.05		
100m: 1:28.11 48.37 200m: 3:05.59 48.56 300m: 4:52.97 54.40 400m: 6:13.80 39.78		
8. David Pereira, MARQUES	11 SCC	<b>6:14.24</b>
50m: 39.66 39.66 150m: 2:17.76 49.88 250m: 3:57.76 53.20 350m: 5:35.33 43.02		
100m: 1:27.88 48.22 200m: 3:04.56 46.80 300m: 4:52.31 54.55 400m: 6:14.24 38.91		
9. Martim Oliveira, DIAS	11 CNAC	<b>6:25.36</b>
50m: 42.16 42.16 150m: 2:26.34 51.87 250m: 4:08.54 53.35 350m: 5:44.90 44.60		
100m: 1:34.47 52.31 200m: 3:15.19 48.85 300m: 5:00.30 51.76 400m: 6:25.36 40.46		
10. Ruben Silva, ESTEVES	11 CAQC	<b>6:32.83</b>
50m: 49.08 49.08 150m: 2:35.30 49.14 250m: 4:16.78 55.86 350m: 5:53.86 43.20		
100m: 1:46.16 57.08 200m: 3:20.92 45.62 300m: 5:10.66 53.88 400m: 6:32.83 38.97		
11. Duarte Santos, MATEUS	11 CAQC	<b>6:40.76</b>
50m: 48.77 48.77 150m: 2:35.07 48.85 250m: 4:19.41 58.15 350m: 6:00.23 42.95		
100m: 1:46.22 57.45 200m: 3:21.26 46.19 300m: 5:17.28 57.87 400m: 6:40.76 40.53		
12. Daniel Nunes, FREITAS	11 SCC	<b>7:07.41</b>
50m: 44.80 44.80 150m: 2:41.81 53.35 250m: 4:35.85 1:01.08 350m: 6:25.67 46.65		
100m: 1:48.46 1:03.66 200m: 3:34.77 52.96 300m: 5:39.02 1:03.17 400m: 7:07.41 41.74		
DSQ Bernardo Silva, NEVES	11 CNAC	<b>6:27.58</b>
<i>SW 6.4 - O/A atleta após perder a posição de costas efectuou mais do que uma braçada, na viragem aos 150 metros.</i>		
50m: 43.89 43.89 150m: 2:27.17 47.31 250m: 4:06.99 55.44 350m: 5:47.53 43.05		
100m: 1:39.86 55.97 200m: 3:11.55 44.38 300m: 5:04.48 57.49 400m: 6:27.58 40.05		
<b>Inf A</b>		
1. Francisco Martins, SIMOES	10 CNAC	<b>5:24.66</b>
50m: 33.49 33.49 150m: 1:55.53 42.36 250m: 3:22.11 46.61 350m: 4:47.94 38.71		
100m: 1:13.17 39.68 200m: 2:35.50 39.97 300m: 4:09.23 47.12 400m: 5:24.66 36.72		
2. Rodrigo Miguel, MATIAS	10 CNAC	<b>5:35.27</b>
50m: 34.98 34.98 150m: 1:59.39 43.33 250m: 3:30.13 47.81 350m: 4:57.13 38.14		
100m: 1:16.06 41.08 200m: 2:42.32 42.93 300m: 4:18.99 48.86 400m: 5:35.27 38.14		

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Prova 3, Masc., 400m Estilos, Inf A

Lugar			Ano							Tempo final	
3.	Miguel Tomas, GOMES		10	CNAC						<b>5:42.44</b>	
	50m:	38.66 38.66	150m:	2:05.93	44.13	250m:	3:39.10	50.65	350m:	5:05.86	37.27
	100m:	1:21.80 43.14	200m:	2:48.45	42.52	300m:	4:28.59	49.49	400m:	5:42.44	36.58
4.	Dinis Goncalves, ARAUJO		10	CUC						<b>5:52.88</b>	
	50m:	37.79 37.79	150m:	2:06.39	44.91	250m:	3:42.94	53.08	350m:	5:14.30	39.83
	100m:	1:21.48 43.69	200m:	2:49.86	43.47	300m:	4:34.47	51.53	400m:	5:52.88	38.58
5.	Rodrigo Sousa, BRAZ		10	CNAC						<b>5:53.46</b>	
	50m:	35.17 35.17	150m:	2:04.13	45.56	250m:	3:40.32	51.47	350m:	5:13.78	40.87
	100m:	1:18.57 43.40	200m:	2:48.85	44.72	300m:	4:32.91	52.59	400m:	5:53.46	39.68
6.	Andre Filipe, COSTA		10	GRVM						<b>6:05.06</b>	
	50m:	41.06 41.06	150m:	2:15.74	46.08	250m:	3:51.59	50.33	350m:	5:23.01	42.66
	100m:	1:29.66 48.60	200m:	3:01.26	45.52	300m:	4:40.35	48.76	400m:	6:05.06	42.05

Juv B

1.	Guilherme Andre, GASPAR		09	CNAC						<b>5:10.82</b>	
	50m:	31.76 31.76	150m:	1:53.68	43.36	250m:	3:16.38	41.40	350m:	4:35.73	35.78
	100m:	1:10.32 38.56	200m:	2:34.98	41.30	300m:	3:59.95	43.57	400m:	5:10.82	35.09
2.	Joao Nuno, GASPAR		09	CAQC						<b>5:30.57</b>	
	50m:	31.17 31.17	150m:	1:53.04	44.23	250m:	3:25.19	47.55	350m:	4:54.13	38.84
	100m:	1:08.81 37.64	200m:	2:37.64	44.60	300m:	4:15.29	50.10	400m:	5:30.57	36.44
3.	Tiago Janeiro, MOITA		09	CNAC						<b>5:31.73</b>	
	50m:	34.16 34.16	150m:	1:54.93	41.33	250m:	3:24.20	49.00	350m:	4:53.23	39.86
	100m:	1:13.60 39.44	200m:	2:35.20	40.27	300m:	4:13.37	49.17	400m:	5:31.73	38.50

Juv A

1.	Rafael Pereira, RODRIGUES		08	CAQC						<b>4:44.49</b>	
	50m:	30.75 30.75	150m:	1:41.93	36.82	250m:	2:59.37	41.37	350m:	4:13.33	32.28
	100m:	1:05.11 34.36	200m:	2:18.00	36.07	300m:	3:41.05	41.68	400m:	4:44.49	31.16
2.	Rodrigo Mosca, SILVA		08	SCC						<b>4:59.80</b>	
	50m:	31.74 31.74	150m:	1:45.50	38.45	250m:	3:05.78	42.36	350m:	4:25.17	35.62
	100m:	1:07.05 35.31	200m:	2:23.42	37.92	300m:	3:49.55	43.77	400m:	4:59.80	34.63
3.	Samuel Dinis, MAIA		08	CNMC						<b>5:05.61</b>	
	50m:	32.32 32.32	150m:	1:48.37	38.68	250m:	3:10.80	44.21	350m:	4:30.70	35.37
	100m:	1:09.69 37.37	200m:	2:26.59	38.22	300m:	3:55.33	44.53	400m:	5:05.61	34.91
4.	Guilherme Simoes, SOUSA		08	CNAC						<b>5:07.20</b>	
	50m:	32.25 32.25	150m:	1:50.49	40.35	250m:	3:13.57	43.78	350m:	4:33.55	35.34
	100m:	1:10.14 37.89	200m:	2:29.79	39.30	300m:	3:58.21	44.64	400m:	5:07.20	33.65
5.	Francisco Fernandes, PEREIRA		08	AAC						<b>5:09.14</b>	
	50m:	31.46 31.46	150m:	1:44.13	37.84	250m:	3:07.29	46.02	350m:	4:32.64	37.41
	100m:	1:06.29 34.83	200m:	2:21.27	37.14	300m:	3:55.23	47.94	400m:	5:09.14	36.50