

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 41 Masc., 400m Livres 14 anos e mais velhos
17/03/2024 - 17:15 Resultados

Rec Nacionais Open	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nacionais Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nacionais Jun 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Rec Nacionais Jun 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinquia (FIN)	14/07/2010
Rec Nacionais Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nacionais Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006
Rec Nacionais Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	11/07/2004

TA SEN-MASC Sen: 4:48.19 / TA JUN-MASC Jun: 4:56.79 / TA JUVA-MASC Juv A: 5:05.39 / TA JUVB-MASC Juv B: 5:12.56

Pontos: FINA 2024

Lugar Ano Tempo final Pts

Juv B

1. Tomas Pascoal, FERREIRA	09	Bairro dos Anjos	4:23.02	585
50m: 29.53 29.53	150m: 1:36.30 34.00	250m: 2:44.75 34.20	350m: 3:53.45 34.28	
100m: 1:02.30 32.77	200m: 2:10.55 34.25	300m: 3:19.17 34.42	400m: 4:23.02 29.57	
2. Paulo, KOT	09	Marinha Grande	4:26.01	566
50m: 30.15 30.15	150m: 1:36.92 33.48	250m: 2:45.14 33.86	350m: 3:54.21 34.01	
100m: 1:03.44 33.29	200m: 2:11.28 34.36	300m: 3:20.20 35.06	400m: 4:26.01 31.80	
3. Goncalo Malha, NETO	09	Galitos / Bresimar	4:34.88	513
50m: 30.35 30.35	150m: 1:40.58 35.43	250m: 2:51.77 35.09	350m: 4:02.22 34.95	
100m: 1:05.15 34.80	200m: 2:16.68 36.10	300m: 3:27.27 35.50	400m: 4:34.88 32.66	
4. Alexandre, SHUBIN	09	Campinho	4:39.38	488
50m: 30.83 30.83	150m: 1:40.25 35.35	250m: 2:52.34 36.38	350m: 4:05.17 35.98	
100m: 1:04.90 34.07	200m: 2:15.96 35.71	300m: 3:29.19 36.85	400m: 4:39.38 34.21	
5. Tiago Joaquim, SILVA	09	Galitos / Bresimar	4:39.80	486
50m: 30.67 30.67	150m: 1:40.85 35.46	250m: 2:52.88 36.02	350m: 4:04.47 35.25	
100m: 1:05.39 34.72	200m: 2:16.86 36.01	300m: 3:29.22 36.34	400m: 4:39.80 35.33	
6. David Ferrador, PEREIRA	09	Nucleo de Pombal	4:49.99	437
50m: 31.71 31.71	150m: 1:46.13 37.94	250m: 3:01.06 37.61	350m: 4:15.60 37.06	
100m: 1:08.19 36.48	200m: 2:23.45 37.32	300m: 3:38.54 37.48	400m: 4:49.99 34.39	
7. Francisco Antunes, SOUSA	09	Columbifila Cantanhedense	4:52.80	424
50m: 32.23 32.23	150m: 1:46.33 37.78	250m: 3:01.61 37.71	350m: 4:17.37 36.93	
100m: 1:08.55 36.32	200m: 2:23.90 37.57	300m: 3:40.44 38.83	400m: 4:52.80 35.43	
8. Santiago Jose, PACHECO	09	Alcobaca	4:54.17	418
50m: 32.37 32.37	150m: 1:47.03 38.58	250m: 3:03.00 38.07	350m: 4:18.92 37.75	
100m: 1:08.45 36.08	200m: 2:24.93 37.90	300m: 3:41.17 38.17	400m: 4:54.17 35.25	
9. Gabriel Santiago, FERREIRA	09	Uniao Juncalense	5:01.22	389
50m: 32.57 32.57	150m: 1:46.41 37.16	250m: 3:03.37 38.70	350m: 4:22.47 39.50	
100m: 1:09.25 36.68	200m: 2:24.67 38.26	300m: 3:42.97 39.60	400m: 5:01.22 38.75	
10. Joao Nuno, GASPAS	09	Condeixa Clube	5:06.14	371
50m: 26.64 26.64	150m: 1:52.39 42.72	250m: 3:13.23 39.46	350m: 4:31.88 38.60	
100m: 1:09.67 43.03	200m: 2:33.77 41.38	300m: 3:53.28 40.05	400m: 5:06.14 34.26	

Juv A

1. Guilherme Simoes, SOUSA	08	Nautico Academico	4:28.54	550
50m: 30.19 30.19	150m: 1:37.56 34.07	250m: 2:47.03 34.85	350m: 3:55.78 34.14	
100m: 1:03.49 33.30	200m: 2:12.18 34.62	300m: 3:21.64 34.61	400m: 4:28.54 32.76	
2. Paulo Jorge, OLIVEIRA	08	Estarreja	4:29.38	545
50m: 29.83 29.83	150m: 1:37.36 34.17	250m: 2:45.60 34.00	350m: 3:55.46 35.10	
100m: 1:03.19 33.36	200m: 2:11.60 34.24	300m: 3:20.36 34.76	400m: 4:29.38 33.92	
3. Antonio Cruz, FARDILHA	08	Galitos / Bresimar	4:29.84	542
50m: 29.53 29.53	150m: 1:37.83 34.23	250m: 2:47.78 34.46	350m: 3:57.44 34.35	
100m: 1:03.60 34.07	200m: 2:13.32 35.49	300m: 3:23.09 35.31	400m: 4:29.84 32.40	
4. Salvador Correia, PEREIRA	08	Condeixa Clube	4:32.49	526
50m: 31.23 31.23	150m: 1:40.26 35.08	250m: 2:49.92 34.48	350m: 3:59.58 34.89	
100m: 1:05.18 33.95	200m: 2:15.44 35.18	300m: 3:24.69 34.77	400m: 4:32.49 32.91	

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 41, Masc., 400m Livres, Juv A

Lugar			Ano			Tempo final			Pts			
5.	Santiago Boica, SOUSA		08	Vieirense		4:33.70			519			
	50m:	29.45 29.45	150m:	1:38.64	35.30	250m:	2:49.69	35.54	350m:	4:00.69	34.93	
	100m:	1:03.34	33.89	200m:	2:14.15	35.51	300m:	3:25.76	36.07	400m:	4:33.70	33.01
6.	Tiago Santos, POMBO		08	Alcobaca		4:34.12			517			
	50m:	30.35 30.35	150m:	1:40.75	35.74	250m:	2:51.30	35.11	350m:	4:01.70	35.39	
	100m:	1:05.01	34.66	200m:	2:16.19	35.44	300m:	3:26.31	35.01	400m:	4:34.12	32.42
7.	Bernardo Reis, FERREIRA		08	Galitos / Bresimar		4:37.07			501			
	50m:	30.87 30.87	150m:	1:38.80	34.40	250m:	2:48.79	34.61	350m:	4:01.28	35.64	
	100m:	1:04.40	33.53	200m:	2:14.18	35.38	300m:	3:25.64	36.85	400m:	4:37.07	35.79
8.	Samuel Dinis, MAIA		08	Miranda do Corvo		4:47.48			448			
	50m:	31.05 31.05	150m:	1:42.49	36.48	250m:	2:57.19	37.13	350m:	4:11.48	36.73	
	100m:	1:06.01	34.96	200m:	2:20.06	37.57	300m:	3:34.75	37.56	400m:	4:47.48	36.00
9.	Guilherme Martins, SILVA		08	Academico de Viseu		4:53.44			421			
	50m:	29.13 29.13	150m:	1:34.64	34.11	250m:	2:58.16	48.40	350m:	4:16.05	39.28	
	100m:	1:00.53	31.40	200m:	2:09.76	35.12	300m:	3:36.77	38.61	400m:	4:53.44	37.39
10.	Vicente Ferreira, OLIVEIRA		08	Estamos Juntos		4:55.26			414			
	50m:	32.71 32.71	150m:	1:48.44	39.04	250m:	3:05.05	37.47	350m:	4:19.77	36.47	
	100m:	1:09.40	36.69	200m:	2:27.58	39.14	300m:	3:43.30	38.25	400m:	4:55.26	35.49
11.	Joao Tomas, FERNANDES <i>FTL</i>		08	O Crasto		5:29.02			299			
	50m:	35.53 35.53	150m:	1:58.54	42.44	250m:	3:22.85	42.07	350m:	4:47.81	42.48	
	100m:	1:16.10	40.57	200m:	2:40.78	42.24	300m:	4:05.33	42.48	400m:	5:29.02	41.21
DSQ	Manuel Martins, OLIVEIRA		08	Sporting de Espinho								
	<i>SW 10.2 - O/A atleta não completou o percurso.</i>											

Jun

1.	Duarte Ramos, NUNES		07	Galitos / Bresimar		4:24.55			575			
	50m:	29.09 29.09	150m:	1:34.33	32.99	250m:	2:41.92	33.98	350m:	3:51.08	34.83	
	100m:	1:01.34	32.25	200m:	2:07.94	33.61	300m:	3:16.25	34.33	400m:	4:24.55	33.47
2.	Joao Ferreira, MARQUES		06	Academica de Coimbra		4:25.87			567			
	50m:	29.50 29.50	150m:	1:36.40	33.63	250m:	2:44.12	33.45	350m:	3:52.47	34.35	
	100m:	1:02.77	33.27	200m:	2:10.67	34.27	300m:	3:18.12	34.00	400m:	4:25.87	33.40
3.	Jose Miguel, MARQUES		06	Condeixa Clube		4:26.22			564			
	50m:	30.07 30.07	150m:	1:37.96	34.30	250m:	2:46.18	34.12	350m:	3:54.62	34.14	
	100m:	1:03.66	33.59	200m:	2:12.06	34.10	300m:	3:20.48	34.30	400m:	4:26.22	31.60
4.	Francisco Xavier, RITA		07	Vieirense		4:27.18			558			
	50m:	29.80 29.80	150m:	1:37.35	34.42	250m:	2:46.14	34.51	350m:	3:54.54	33.82	
	100m:	1:02.93	33.13	200m:	2:11.63	34.28	300m:	3:20.72	34.58	400m:	4:27.18	32.64
5.	Tomas Veiga, PEREIRA		06	Nautico Academico		4:28.49			550			
	50m:	30.07 30.07	150m:	1:36.73	33.80	250m:	2:45.32	34.32	350m:	3:54.81	34.72	
	100m:	1:02.93	32.86	200m:	2:11.00	34.27	300m:	3:20.09	34.77	400m:	4:28.49	33.68
6.	Marco Dimitar, OLIVEIRA		07	Nautico Academico		4:30.84			536			
	50m:	29.15 29.15	150m:	1:36.30	34.58	250m:	2:46.36	35.23	350m:	3:57.00	35.39	
	100m:	1:01.72	32.57	200m:	2:11.13	34.83	300m:	3:21.61	35.25	400m:	4:30.84	33.84
7.	Joaquim Gabriel, OLIVEIRA		07	Sporting Aveiro		4:31.74			531			
	50m:	27.89 27.89	150m:	1:34.74	34.22	250m:	2:45.04	35.30	350m:	3:56.83	35.99	
	100m:	1:00.52	32.63	200m:	2:09.74	35.00	300m:	3:20.84	35.80	400m:	4:31.74	34.91
8.	Duarte Cachulo, MARQUES		07	Condeixa Clube		4:39.07			490			
	50m:	28.65 28.65	150m:	1:36.25	35.05	250m:	2:49.46	36.86	350m:	4:03.74	36.89	
	100m:	1:01.20	32.55	200m:	2:12.60	36.35	300m:	3:26.85	37.39	400m:	4:39.07	35.33
9.	Rodrigo Pinto, OLIVEIRA		07	Sao Joao Ver		4:39.40			488			
	50m:	29.24 29.24	150m:	1:39.41	35.71	250m:	2:50.37	35.24	350m:	4:04.48	36.97	
	100m:	1:03.70	34.46	200m:	2:15.13	35.72	300m:	3:27.51	37.14	400m:	4:39.40	34.92

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 41, Masc., 400m Livres, Jun

Lugar			Ano					Tempo final	Pts		
10.	Jose Januario, MARQUES		07	Pimpoes/Cimai				4:46.97	450		
	50m:	31.55 31.55	150m:	1:43.54	36.47	250m:	2:56.63	36.34	350m:	4:10.90	36.58
	100m:	1:07.07 35.52	200m:	2:20.29	36.75	300m:	3:34.32	37.69	400m:	4:46.97	36.07

Sen

1.	Filipe Santos, CARDOSO		04	Gafanha da Encarnacao				4:17.35	625		
	50m:	29.55 29.55	150m:	1:34.29	32.72	250m:	2:40.22	32.99	350m:	3:45.81	32.64
	100m:	1:01.57 32.02	200m:	2:07.23	32.94	300m:	3:13.17	32.95	400m:	4:17.35	31.54
2.	Alexandre Ramos, GONCALVES		05	Sao Joao Ver				4:20.86	600		
	50m:	29.43 29.43	150m:	1:34.92	33.13	250m:	2:41.14	33.10	350m:	3:48.27	33.88
	100m:	1:01.79 32.36	200m:	2:08.04	33.12	300m:	3:14.39	33.25	400m:	4:20.86	32.59
3.	Abel Renato, FERREIRA		05	Algés e Águeda XXI				4:23.88	580		
	50m:	29.70 29.70	150m:	1:35.98	33.70	250m:	2:43.22	33.25	350m:	3:50.98	34.10
	100m:	1:02.28 32.58	200m:	2:09.97	33.99	300m:	3:16.88	33.66	400m:	4:23.88	32.90
4.	Goncalo Carvalho, SANTOS		05	Louzan Natacao/EFAPEL				4:30.12	540		
	50m:	29.88 29.88	150m:	1:37.21	34.15	250m:	2:46.97	34.82	350m:	3:57.21	35.06
	100m:	1:03.06 33.18	200m:	2:12.15	34.94	300m:	3:22.15	35.18	400m:	4:30.12	32.91
5.	Tomas Cardoso, GERALDO		05	Condeixa Clube				4:30.57	538		
	50m:	29.89 29.89	150m:	1:37.03	34.15	250m:	2:46.49	34.75	350m:	3:56.82	35.49
	100m:	1:02.88 32.99	200m:	2:11.74	34.71	300m:	3:21.33	34.84	400m:	4:30.57	33.75
6.	Antonio Pedro, MARTINS		05	União de Coimbra				4:45.06	460		
	50m:	32.11 32.11	150m:	1:45.36	37.12	250m:	2:58.26	36.38	350m:	4:09.65	35.07
	100m:	1:08.24 36.13	200m:	2:21.88	36.52	300m:	3:34.58	36.32	400m:	4:45.06	35.41
7.	Guilherme Sousa, FONTES <i>FTL</i>		04	Sao Joao Ver				4:51.27	431		
	50m:	30.82 30.82	150m:	1:41.87	36.41	250m:	2:56.32	37.60	350m:	4:13.34	38.69
	100m:	1:05.46 34.64	200m:	2:18.72	36.85	300m:	3:34.65	38.33	400m:	4:51.27	37.93

Juv B/Abs

1.	Filipe Santos, CARDOSO		04	Gafanha da Encarnacao				4:17.35	625		
	50m:	29.55 29.55	150m:	1:34.29	32.72	250m:	2:40.22	32.99	350m:	3:45.81	32.64
	100m:	1:01.57 32.02	200m:	2:07.23	32.94	300m:	3:13.17	32.95	400m:	4:17.35	31.54
2.	Alexandre Ramos, GONCALVES		05	Sao Joao Ver				4:20.86	600		
	50m:	29.43 29.43	150m:	1:34.92	33.13	250m:	2:41.14	33.10	350m:	3:48.27	33.88
	100m:	1:01.79 32.36	200m:	2:08.04	33.12	300m:	3:14.39	33.25	400m:	4:20.86	32.59
3.	Tomas Pascoal, FERREIRA		09	Bairro dos Anjos				4:23.02	585		
	50m:	29.53 29.53	150m:	1:36.30	34.00	250m:	2:44.75	34.20	350m:	3:53.45	34.28
	100m:	1:02.30 32.77	200m:	2:10.55	34.25	300m:	3:19.17	34.42	400m:	4:23.02	29.57
4.	Abel Renato, FERREIRA		05	Algés e Águeda XXI				4:23.88	580		
	50m:	29.70 29.70	150m:	1:35.98	33.70	250m:	2:43.22	33.25	350m:	3:50.98	34.10
	100m:	1:02.28 32.58	200m:	2:09.97	33.99	300m:	3:16.88	33.66	400m:	4:23.88	32.90
5.	Duarte Ramos, NUNES		07	Galitos / Bresimar				4:24.55	575		
	50m:	29.09 29.09	150m:	1:34.33	32.99	250m:	2:41.92	33.98	350m:	3:51.08	34.83
	100m:	1:01.34 32.25	200m:	2:07.94	33.61	300m:	3:16.25	34.33	400m:	4:24.55	33.47
6.	Joao Ferreira, MARQUES		06	Academica de Coimbra				4:25.87	567		
	50m:	29.50 29.50	150m:	1:36.40	33.63	250m:	2:44.12	33.45	350m:	3:52.47	34.35
	100m:	1:02.77 33.27	200m:	2:10.67	34.27	300m:	3:18.12	34.00	400m:	4:25.87	33.40
7.	Paulo, KOT		09	Marinha Grande				4:26.01	566		
	50m:	30.15 30.15	150m:	1:36.92	33.48	250m:	2:45.14	33.86	350m:	3:54.21	34.01
	100m:	1:03.44 33.29	200m:	2:11.28	34.36	300m:	3:20.20	35.06	400m:	4:26.01	31.80
8.	Jose Miguel, MARQUES		06	Condeixa Clube				4:26.22	564		
	50m:	30.07 30.07	150m:	1:37.96	34.30	250m:	2:46.18	34.12	350m:	3:54.62	34.14
	100m:	1:03.66 33.59	200m:	2:12.06	34.10	300m:	3:20.48	34.30	400m:	4:26.22	31.60

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 41, Masc., 400m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
9.	Francisco Xavier, RITA		07	Vieirense				4:27.18	558
	50m:	29.80 29.80	150m:	1:37.35	34.42	250m:	2:46.14 34.51	350m:	3:54.54 33.82
	100m:	1:02.93 33.13	200m:	2:11.63	34.28	300m:	3:20.72 34.58	400m:	4:27.18 32.64
10.	Tomas Veiga, PEREIRA		06	Nautico Academico				4:28.49	550
	50m:	30.07 30.07	150m:	1:36.73	33.80	250m:	2:45.32 34.32	350m:	3:54.81 34.72
	100m:	1:02.93 32.86	200m:	2:11.00	34.27	300m:	3:20.09 34.77	400m:	4:28.49 33.68
11.	Guilherme Simoes, SOUSA		08	Nautico Academico				4:28.54	550
	50m:	30.19 30.19	150m:	1:37.56	34.07	250m:	2:47.03 34.85	350m:	3:55.78 34.14
	100m:	1:03.49 33.30	200m:	2:12.18	34.62	300m:	3:21.64 34.61	400m:	4:28.54 32.76
12.	Paulo Jorge, OLIVEIRA		08	Estarreja				4:29.38	545
	50m:	29.83 29.83	150m:	1:37.36	34.17	250m:	2:45.60 34.00	350m:	3:55.46 35.10
	100m:	1:03.19 33.36	200m:	2:11.60	34.24	300m:	3:20.36 34.76	400m:	4:29.38 33.92
13.	Antonio Cruz, FARDILHA		08	Galitos / Bresimar				4:29.84	542
	50m:	29.53 29.53	150m:	1:37.83	34.23	250m:	2:47.78 34.46	350m:	3:57.44 34.35
	100m:	1:03.60 34.07	200m:	2:13.32	35.49	300m:	3:23.09 35.31	400m:	4:29.84 32.40
14.	Goncalo Carvalho, SANTOS		05	Louzan Natacao/EFAPEL				4:30.12	540
	50m:	29.88 29.88	150m:	1:37.21	34.15	250m:	2:46.97 34.82	350m:	3:57.21 35.06
	100m:	1:03.06 33.18	200m:	2:12.15	34.94	300m:	3:22.15 35.18	400m:	4:30.12 32.91
15.	Tomas Cardoso, GERALDO		05	Condeixa Clube				4:30.57	538
	50m:	29.89 29.89	150m:	1:37.03	34.15	250m:	2:46.49 34.75	350m:	3:56.82 35.49
	100m:	1:02.88 32.99	200m:	2:11.74	34.71	300m:	3:21.33 34.84	400m:	4:30.57 33.75
16.	Marco Dimitar, OLIVEIRA		07	Nautico Academico				4:30.84	536
	50m:	29.15 29.15	150m:	1:36.30	34.58	250m:	2:46.36 35.23	350m:	3:57.00 35.39
	100m:	1:01.72 32.57	200m:	2:11.13	34.83	300m:	3:21.61 35.25	400m:	4:30.84 33.84
17.	Joaquim Gabriel, OLIVEIRA		07	Sporting Aveiro				4:31.74	531
	50m:	27.89 27.89	150m:	1:34.74	34.22	250m:	2:45.04 35.30	350m:	3:56.83 35.99
	100m:	1:00.52 32.63	200m:	2:09.74	35.00	300m:	3:20.84 35.80	400m:	4:31.74 34.91
18.	Salvador Correia, PEREIRA		08	Condeixa Clube				4:32.49	526
	50m:	31.23 31.23	150m:	1:40.26	35.08	250m:	2:49.92 34.48	350m:	3:59.58 34.89
	100m:	1:05.18 33.95	200m:	2:15.44	35.18	300m:	3:24.69 34.77	400m:	4:32.49 32.91
19.	Santiago Boica, SOUSA		08	Vieirense				4:33.70	519
	50m:	29.45 29.45	150m:	1:38.64	35.30	250m:	2:49.69 35.54	350m:	4:00.69 34.93
	100m:	1:03.34 33.89	200m:	2:14.15	35.51	300m:	3:25.76 36.07	400m:	4:33.70 33.01
20.	Tiago Santos, POMBO		08	Alcobaca				4:34.12	517
	50m:	30.35 30.35	150m:	1:40.75	35.74	250m:	2:51.30 35.11	350m:	4:01.70 35.39
	100m:	1:05.01 34.66	200m:	2:16.19	35.44	300m:	3:26.31 35.01	400m:	4:34.12 32.42
21.	Goncalo Malha, NETO		09	Galitos / Bresimar				4:34.88	513
	50m:	30.35 30.35	150m:	1:40.58	35.43	250m:	2:51.77 35.09	350m:	4:02.22 34.95
	100m:	1:05.15 34.80	200m:	2:16.68	36.10	300m:	3:27.27 35.50	400m:	4:34.88 32.66
22.	Bernardo Reis, FERREIRA		08	Galitos / Bresimar				4:37.07	501
	50m:	30.87 30.87	150m:	1:38.80	34.40	250m:	2:48.79 34.61	350m:	4:01.28 35.64
	100m:	1:04.40 33.53	200m:	2:14.18	35.38	300m:	3:25.64 36.85	400m:	4:37.07 35.79
23.	Duarte Cachulo, MARQUES		07	Condeixa Clube				4:39.07	490
	50m:	28.65 28.65	150m:	1:36.25	35.05	250m:	2:49.46 36.86	350m:	4:03.74 36.89
	100m:	1:01.20 32.55	200m:	2:12.60	36.35	300m:	3:26.85 37.39	400m:	4:39.07 35.33
24.	Alexandre, SHUBIN		09	Campinho				4:39.38	488
	50m:	30.83 30.83	150m:	1:40.25	35.35	250m:	2:52.34 36.38	350m:	4:05.17 35.98
	100m:	1:04.90 34.07	200m:	2:15.96	35.71	300m:	3:29.19 36.85	400m:	4:39.38 34.21
25.	Rodrigo Pinto, OLIVEIRA		07	Sao Joao Ver				4:39.40	488
	50m:	29.24 29.24	150m:	1:39.41	35.71	250m:	2:50.37 35.24	350m:	4:04.48 36.97
	100m:	1:03.70 34.46	200m:	2:15.13	35.72	300m:	3:27.51 37.14	400m:	4:39.40 34.92
26.	Tiago Joaquim, SILVA		09	Galitos / Bresimar				4:39.80	486
	50m:	30.67 30.67	150m:	1:40.85	35.46	250m:	2:52.88 36.02	350m:	4:04.47 35.25
	100m:	1:05.39 34.72	200m:	2:16.86	36.01	300m:	3:29.22 36.34	400m:	4:39.80 35.33

Campeonato Interdistrital de Juvenis, Juniores, Seniores e Absolutos
Coimbra, 15 - 17/3/2024

Prova 41, Masc., 400m Livres, Juv B/Abs

Lugar			Ano					Tempo final	Pts
27.	Antonio Pedro, MARTINS		05	União de Coimbra				4:45.06	460
	50m: 32.11	32.11	150m: 1:45.36	37.12	250m: 2:58.26	36.38	350m: 4:09.65	35.07	
	100m: 1:08.24	36.13	200m: 2:21.88	36.52	300m: 3:34.58	36.32	400m: 4:45.06	35.41	
28.	Jose Januario, MARQUES		07	Pimpoes/Cimai				4:46.97	450
	50m: 31.55	31.55	150m: 1:43.54	36.47	250m: 2:56.63	36.34	350m: 4:10.90	36.58	
	100m: 1:07.07	35.52	200m: 2:20.29	36.75	300m: 3:34.32	37.69	400m: 4:46.97	36.07	
29.	Samuel Dinis, MAIA		08	Miranda do Corvo				4:47.48	448
	50m: 31.05	31.05	150m: 1:42.49	36.48	250m: 2:57.19	37.13	350m: 4:11.48	36.73	
	100m: 1:06.01	34.96	200m: 2:20.06	37.57	300m: 3:34.75	37.56	400m: 4:47.48	36.00	
30.	David Ferrador, PEREIRA		09	Nucleo de Pombal				4:49.99	437
	50m: 31.71	31.71	150m: 1:46.13	37.94	250m: 3:01.06	37.61	350m: 4:15.60	37.06	
	100m: 1:08.19	36.48	200m: 2:23.45	37.32	300m: 3:38.54	37.48	400m: 4:49.99	34.39	
31.	Guilherme Sousa, FONTES		04	Sao Joao Ver				4:51.27	431
	<i>FTL</i>								
	50m: 30.82	30.82	150m: 1:41.87	36.41	250m: 2:56.32	37.60	350m: 4:13.34	38.69	
	100m: 1:05.46	34.64	200m: 2:18.72	36.85	300m: 3:34.65	38.33	400m: 4:51.27	37.93	
32.	Francisco Antunes, SOUSA		09	Columbofila Cantanhedense				4:52.80	424
	50m: 32.23	32.23	150m: 1:46.33	37.78	250m: 3:01.61	37.71	350m: 4:17.37	36.93	
	100m: 1:08.55	36.32	200m: 2:23.90	37.57	300m: 3:40.44	38.83	400m: 4:52.80	35.43	
33.	Guilherme Martins, SILVA		08	Academico de Viseu				4:53.44	421
	50m: 29.13	29.13	150m: 1:34.64	34.11	250m: 2:58.16	48.40	350m: 4:16.05	39.28	
	100m: 1:00.53	31.40	200m: 2:09.76	35.12	300m: 3:36.77	38.61	400m: 4:53.44	37.39	
34.	Santiago Jose, PACHECO		09	Alcobaca				4:54.17	418
	50m: 32.37	32.37	150m: 1:47.03	38.58	250m: 3:03.00	38.07	350m: 4:18.92	37.75	
	100m: 1:08.45	36.08	200m: 2:24.93	37.90	300m: 3:41.17	38.17	400m: 4:54.17	35.25	
35.	Vicente Ferreira, OLIVEIRA		08	Estamos Juntos				4:55.26	414
	50m: 32.71	32.71	150m: 1:48.44	39.04	250m: 3:05.05	37.47	350m: 4:19.77	36.47	
	100m: 1:09.40	36.69	200m: 2:27.58	39.14	300m: 3:43.30	38.25	400m: 4:55.26	35.49	
36.	Gabriel Santiago, FERREIRA		09	Uniao Juncalense				5:01.22	389
	50m: 32.57	32.57	150m: 1:46.41	37.16	250m: 3:03.37	38.70	350m: 4:22.47	39.50	
	100m: 1:09.25	36.68	200m: 2:24.67	38.26	300m: 3:42.97	39.60	400m: 5:01.22	38.75	
37.	Joao Nuno, GASPAS		09	Condeixa Clube				5:06.14	371
	50m: 26.64	26.64	150m: 1:52.39	42.72	250m: 3:13.23	39.46	350m: 4:31.88	38.60	
	100m: 1:09.67	43.03	200m: 2:33.77	41.38	300m: 3:53.28	40.05	400m: 5:06.14	34.26	
38.	Joao Tomas, FERNANDES		08	O Crasto				5:29.02	299
	<i>FTL</i>								
	50m: 35.53	35.53	150m: 1:58.54	42.44	250m: 3:22.85	42.07	350m: 4:47.81	42.48	
	100m: 1:16.10	40.57	200m: 2:40.78	42.24	300m: 4:05.33	42.48	400m: 5:29.02	41.21	
DSQ	Manuel Martins, OLIVEIRA		08	Sporting de Espinho					
	<i>SW 10.2 - O/A atleta não completou o percurso.</i>								