

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

Prova 7 Masc., 400m Estilos 14 anos e mais velhos
16/03/2024 - 9:45 Resultados

Rec Nacionais Open	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nacionais Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nacionais Jun 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nacionais Jun 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Rec Nacionais Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nacionais Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013
Rec Nacionais Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23/07/2004

TA JUVB-MASC Juv B: 5:53.88 / TA JUVA-MASC Juv A: 5:45.76 / TA JUN-MASC Jun: 5:36.02 / TA SEN-MASC Sen: 5:26.28

Pontos: FINA 2024

Lugar			Ano			Tempo final	Pts	
Juv B								
1.	Guilherme Meireles, MARRAZES		09	Marinha Grande		5:02.75	513	
	50m:	31.05 31.05	150m:	1:47.18 40.78	250m:	3:12.43 45.47	350m:	4:30.52 34.14
	100m:	1:06.40 35.35	200m:	2:26.96 39.78	300m:	3:56.38 43.95	400m:	5:02.75 32.23
2.	Paulo, KOT		09	Marinha Grande		5:04.84	503	
	50m:	29.59 29.59	150m:	1:43.67 39.50	250m:	3:09.85 46.69	350m:	4:31.90 34.87
	100m:	1:04.17 34.58	200m:	2:23.16 39.49	300m:	3:57.03 47.18	400m:	5:04.84 32.94
3.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai		5:12.17	468	
	50m:	32.44 32.44	150m:	1:50.96 41.66	250m:	3:17.87 45.15	350m:	4:38.93 35.41
	100m:	1:09.30 36.86	200m:	2:32.72 41.76	300m:	4:03.52 45.65	400m:	5:12.17 33.24
4.	Guilherme Andre, GASPAR		09	Nautico Academico		5:24.84	416	
	50m:	33.05 33.05	150m:	1:57.89 45.30	250m:	3:25.98 45.40	350m:	4:48.61 37.22
	100m:	1:12.59 39.54	200m:	2:40.58 42.69	300m:	4:11.39 45.41	400m:	5:24.84 36.23
5.	Santiago Jose, PACHECO		09	Alcobaca		5:51.02	329	
	50m:	38.19 38.19	150m:	2:11.81 44.44	250m:	3:45.26 50.18	350m:	5:14.69 39.00
	100m:	1:27.37 49.18	200m:	2:55.08 43.27	300m:	4:35.69 50.43	400m:	5:51.02 36.33
Juv A								
1.	Rafael Pereira, RODRIGUES		08	Condeixa Clube		4:55.02	555	
	50m:	30.92 30.92	150m:	1:44.03 37.76	250m:	3:04.23 43.62	350m:	4:22.07 32.80
	100m:	1:06.27 35.35	200m:	2:20.61 36.58	300m:	3:49.27 45.04	400m:	4:55.02 32.95
2.	Joao Miguel, VITORIA		08	Academico de Viseu		5:03.17	511	
	50m:	31.69 31.69	150m:	1:47.95 38.51	250m:	3:09.61 44.21	350m:	4:29.81 34.48
	100m:	1:09.44 37.75	200m:	2:25.40 37.45	300m:	3:55.33 45.72	400m:	5:03.17 33.36
3.	Guilherme Simoes, SOUSA		08	Nautico Academico		5:12.99	465	
	50m:	33.28 33.28	150m:	1:54.17 41.69	250m:	3:19.61 44.43	350m:	4:40.31 34.96
	100m:	1:12.48 39.20	200m:	2:35.18 41.01	300m:	4:05.35 45.74	400m:	5:12.99 32.68
4.	Tiago Santos, POMBO		08	Alcobaca		5:13.38	463	
	50m:	30.98 30.98	150m:	1:50.34 42.44	250m:	3:18.73 47.09	350m:	4:40.38 33.25
	100m:	1:07.90 36.92	200m:	2:31.64 41.30	300m:	4:07.13 48.40	400m:	5:13.38 33.00
5.	Rodrigo Mosca, SILVA		08	Columbifila Cantanhedense		5:16.59	449	
	50m:	32.69 32.69	150m:	1:53.18 42.51	250m:	3:17.41 44.28	350m:	4:40.46 37.65
	100m:	1:10.67 37.98	200m:	2:33.13 39.95	300m:	4:02.81 45.40	400m:	5:16.59 36.13
6.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai		5:23.76	420	
	50m:	32.13 32.13	150m:	1:53.20 42.86	250m:	3:22.92 48.71	350m:	4:49.81 36.11
	100m:	1:10.34 38.21	200m:	2:34.21 41.01	300m:	4:13.70 50.78	400m:	5:23.76 33.95
7.	Samuel Dinis, MAIA		08	Miranda do Corvo		5:23.95	419	
	50m:	33.66 33.66	150m:	1:55.14 42.69	250m:	3:22.90 46.92	350m:	4:47.96 37.89
	100m:	1:12.45 38.79	200m:	2:35.98 40.84	300m:	4:10.07 47.17	400m:	5:23.95 35.99
DSQ	Miguel Duarte, BATISTA		08	Academico de Viseu				
	<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 250 metros.</i>							

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

Prova 7, Masc., 400m Estilos

Jun

1.	Francisco Marques, SIMOES	07	CNLeiria	4:51.16	577
	50m: 30.01 30.01	150m: 1:43.84	38.12 250m: 3:02.80	42.71 350m: 4:18.23	34.83
	100m: 1:05.72 35.71	200m: 2:20.09	36.25 300m: 3:43.40	40.60 400m: 4:51.16	32.93
2.	Duarte Jose, FERNANDES	06	União de Coimbra	4:59.45	531
	50m: 30.19 30.19	150m: 1:48.17	41.80 250m: 3:07.70	39.24 350m: 4:24.59	35.87
	100m: 1:06.37 36.18	200m: 2:28.46	40.29 300m: 3:48.72	41.02 400m: 4:59.45	34.86
3.	Ricardo Lima, CAMPOS	06	Sanjoanense	5:04.47	505
	50m: 29.47 29.47	150m: 1:45.43	40.59 250m: 3:07.35	41.79 350m: 4:27.98	37.46
	100m: 1:04.84 35.37	200m: 2:25.56	40.13 300m: 3:50.52	43.17 400m: 5:04.47	36.49
4.	Alexandre, DZYAKANAU	07	Louzan Natacao/EFAPEL	5:07.60	489
	50m: 30.34 30.34	150m: 1:45.45	39.81 250m: 3:08.23	44.40 350m: 4:30.79	36.90
	100m: 1:05.64 35.30	200m: 2:23.83	38.38 300m: 3:53.89	45.66 400m: 5:07.60	36.81

Sen

1.	Lucas Pereira, BASTOS	00	Nautico Academico	4:46.24	608
	50m: 29.34 29.34	150m: 1:40.51	37.56 250m: 2:59.15	41.34 350m: 4:14.12	33.15
	100m: 1:02.95 33.61	200m: 2:17.81	37.30 300m: 3:40.97	41.82 400m: 4:46.24	32.12
2.	David Ferreira, RELVAS	03	Marinha Grande	4:48.98	590
	50m: 28.99 28.99	150m: 1:40.76	38.84 250m: 3:01.41	42.72 350m: 4:17.12	32.58
	100m: 1:01.92 32.93	200m: 2:18.69	37.93 300m: 3:44.54	43.13 400m: 4:48.98	31.86
3.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	4:59.29	531
	50m: 30.50 30.50	150m: 1:43.29	35.80 250m: 3:05.66	48.27 350m: 4:26.76	33.95
	100m: 1:07.49 36.99	200m: 2:17.39	34.10 300m: 3:52.81	47.15 400m: 4:59.29	32.53
4.	Abel Renato, FERREIRA	05	Algés e Águeda XXI	5:05.50	500
	50m: 31.23 31.23	150m: 1:46.16	38.78 250m: 3:10.59	45.82 350m: 4:32.26	34.29
	100m: 1:07.38 36.15	200m: 2:24.77	38.61 300m: 3:57.97	47.38 400m: 5:05.50	33.24

Juv B/Abs

1.	Lucas Pereira, BASTOS	00	Nautico Academico	4:46.24	608
	50m: 29.34 29.34	150m: 1:40.51	37.56 250m: 2:59.15	41.34 350m: 4:14.12	33.15
	100m: 1:02.95 33.61	200m: 2:17.81	37.30 300m: 3:40.97	41.82 400m: 4:46.24	32.12
2.	David Ferreira, RELVAS	03	Marinha Grande	4:48.98	590
	50m: 28.99 28.99	150m: 1:40.76	38.84 250m: 3:01.41	42.72 350m: 4:17.12	32.58
	100m: 1:01.92 32.93	200m: 2:18.69	37.93 300m: 3:44.54	43.13 400m: 4:48.98	31.86
3.	Francisco Marques, SIMOES	07	CNLeiria	4:51.16	577
	50m: 30.01 30.01	150m: 1:43.84	38.12 250m: 3:02.80	42.71 350m: 4:18.23	34.83
	100m: 1:05.72 35.71	200m: 2:20.09	36.25 300m: 3:43.40	40.60 400m: 4:51.16	32.93
4.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:55.02	555
	50m: 30.92 30.92	150m: 1:44.03	37.76 250m: 3:04.23	43.62 350m: 4:22.07	32.80
	100m: 1:06.27 35.35	200m: 2:20.61	36.58 300m: 3:49.27	45.04 400m: 4:55.02	32.95
5.	Ricardo Matias, SANTOS	05	Louzan Natacao/EFAPEL	4:59.29	531
	50m: 30.50 30.50	150m: 1:43.29	35.80 250m: 3:05.66	48.27 350m: 4:26.76	33.95
	100m: 1:07.49 36.99	200m: 2:17.39	34.10 300m: 3:52.81	47.15 400m: 4:59.29	32.53
6.	Duarte Jose, FERNANDES	06	União de Coimbra	4:59.45	531
	50m: 30.19 30.19	150m: 1:48.17	41.80 250m: 3:07.70	39.24 350m: 4:24.59	35.87
	100m: 1:06.37 36.18	200m: 2:28.46	40.29 300m: 3:48.72	41.02 400m: 4:59.45	34.86
7.	Guilherme Meireles, MARRAZES	09	Marinha Grande	5:02.75	513
	50m: 31.05 31.05	150m: 1:47.18	40.78 250m: 3:12.43	45.47 350m: 4:30.52	34.14
	100m: 1:06.40 35.35	200m: 2:26.96	39.78 300m: 3:56.38	43.95 400m: 5:02.75	32.23
8.	Joao Miguel, VITORIA	08	Academico de Viseu	5:03.17	511
	50m: 31.69 31.69	150m: 1:47.95	38.51 250m: 3:09.61	44.21 350m: 4:29.81	34.48
	100m: 1:09.44 37.75	200m: 2:25.40	37.45 300m: 3:55.33	45.72 400m: 5:03.17	33.36

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Coimbra, 15 - 17/3/2024

Prova 7, Masc., 400m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts
9.	Ricardo Lima, CAMPOS		06	Sanjoanense				5:04.47	505
	50m: 29.47	29.47	150m: 1:45.43	40.59	250m: 3:07.35	41.79	350m: 4:27.98	37.46	
	100m: 1:04.84	35.37	200m: 2:25.56	40.13	300m: 3:50.52	43.17	400m: 5:04.47	36.49	
10.	Paulo, KOT		09	Marinha Grande				5:04.84	503
	50m: 29.59	29.59	150m: 1:43.67	39.50	250m: 3:09.85	46.69	350m: 4:31.90	34.87	
	100m: 1:04.17	34.58	200m: 2:23.16	39.49	300m: 3:57.03	47.18	400m: 5:04.84	32.94	
11.	Abel Renato, FERREIRA		05	Algés e Águeda XXI				5:05.50	500
	50m: 31.23	31.23	150m: 1:46.16	38.78	250m: 3:10.59	45.82	350m: 4:32.26	34.29	
	100m: 1:07.38	36.15	200m: 2:24.77	38.61	300m: 3:57.97	47.38	400m: 5:05.50	33.24	
12.	Alexandre, DZYAKANAU		07	Louzan Natacao/EFAPEL				5:07.60	489
	50m: 30.34	30.34	150m: 1:45.45	39.81	250m: 3:08.23	44.40	350m: 4:30.79	36.90	
	100m: 1:05.64	35.30	200m: 2:23.83	38.38	300m: 3:53.89	45.66	400m: 5:07.60	36.81	
13.	Santiago Agostinho, PARREIRA		09	Pimpoes/Cimai				5:12.17	468
	50m: 32.44	32.44	150m: 1:50.96	41.66	250m: 3:17.87	45.15	350m: 4:38.93	35.41	
	100m: 1:09.30	36.86	200m: 2:32.72	41.76	300m: 4:03.52	45.65	400m: 5:12.17	33.24	
14.	Guilherme Simoes, SOUSA		08	Nautico Academico				5:12.99	465
	50m: 33.28	33.28	150m: 1:54.17	41.69	250m: 3:19.61	44.43	350m: 4:40.31	34.96	
	100m: 1:12.48	39.20	200m: 2:35.18	41.01	300m: 4:05.35	45.74	400m: 5:12.99	32.68	
15.	Tiago Santos, POMBO		08	Alcobaca				5:13.38	463
	50m: 30.98	30.98	150m: 1:50.34	42.44	250m: 3:18.73	47.09	350m: 4:40.38	33.25	
	100m: 1:07.90	36.92	200m: 2:31.64	41.30	300m: 4:07.13	48.40	400m: 5:13.38	33.00	
16.	Rodrigo Mosca, SILVA		08	Columbofila Cantanhedense				5:16.59	449
	50m: 32.69	32.69	150m: 1:53.18	42.51	250m: 3:17.41	44.28	350m: 4:40.46	37.65	
	100m: 1:10.67	37.98	200m: 2:33.13	39.95	300m: 4:02.81	45.40	400m: 5:16.59	36.13	
17.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai				5:23.76	420
	50m: 32.13	32.13	150m: 1:53.20	42.86	250m: 3:22.92	48.71	350m: 4:49.81	36.11	
	100m: 1:10.34	38.21	200m: 2:34.21	41.01	300m: 4:13.70	50.78	400m: 5:23.76	33.95	
18.	Samuel Dinis, MAIA		08	Miranda do Corvo				5:23.95	419
	50m: 33.66	33.66	150m: 1:55.14	42.69	250m: 3:22.90	46.92	350m: 4:47.96	37.89	
	100m: 1:12.45	38.79	200m: 2:35.98	40.84	300m: 4:10.07	47.17	400m: 5:23.95	35.99	
19.	Guilherme Andre, GASPAR		09	Nautico Academico				5:24.84	416
	50m: 33.05	33.05	150m: 1:57.89	45.30	250m: 3:25.98	45.40	350m: 4:48.61	37.22	
	100m: 1:12.59	39.54	200m: 2:40.58	42.69	300m: 4:11.39	45.41	400m: 5:24.84	36.23	
20.	Santiago Jose, PACHECO		09	Alcobaca				5:51.02	329
	50m: 38.19	38.19	150m: 2:11.81	44.44	250m: 3:45.26	50.18	350m: 5:14.69	39.00	
	100m: 1:27.37	49.18	200m: 2:55.08	43.27	300m: 4:35.69	50.43	400m: 5:51.02	36.33	
DSQ	Miguel Duarte, BATISTA		08	Academico de Viseu					
	<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 250 metros.</i>								
EXH	Yury, FOMIN		06	Louletano / Loule Concelho				4:38.12	662
	50m: 28.43	28.43	150m: 1:37.52	36.23	250m: 2:53.08	39.91	350m: 4:06.47	32.51	
	100m: 1:01.29	32.86	200m: 2:13.17	35.65	300m: 3:33.96	40.88	400m: 4:38.12	31.65	