



Torneio Distrital Nadador Completo
Tomar, 03 e 04 de Fevereiro de 2024

Prova 11	Masc., 400m Livres				Absoluto
04/02/2024 - 9:30					Resultados
Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Sen	3:54.00	Tiago Filipe Campos	CNRM	Albufeira	13/11/2021
Recorde Distrital ANDS 18	4:02.22	Tiago Filipe Campos	Sel POR	Felgueiras	22/04/2017
Recorde Distrital ANDS 17	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16/05/2009
Recorde Distrital ANDS Juv B	4:09.90	Pedro Diogo Oliveira	CNRM	Rio Maior	12/07/2003
Recorde Distrital ANDS Inf A	4:22.64	Pedro Diogo Oliveira	CNRM	Benavente	26/05/2002
Recorde Distrital ANDS Inf B	4:32.58	David Filipe Pacheco	BUZIOS	Lagos	25/03/2023

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
Infantil B							
1.	Martim Maria Salvador	11	Nautico Salvaterra Magos	5:27.79		271	
	50m: 35.29 35.29	100m: 1:15.38 40.09	200m: 2:38.41 1:23.03	400m: 5:27.79		2:49.38	
2.	Francisco Maria Dias	11	Viver Santarem	5:28.97		268	
	50m: 35.97 35.97	100m: 1:16.97 41.00	200m: 2:40.94 1:23.97	400m: 5:28.97		2:48.03	
3.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	5:33.24		258	
	50m: 36.78 36.78	100m: 1:19.11 42.33	200m: 2:44.28 1:25.17	400m: 5:33.24		2:48.96	
4.	Diogo Chambel Santos	11	Nautico Abrantes	5:33.48		257	
	50m: 38.80 38.80	100m: 1:20.48 41.68	200m: 2:46.04 1:25.56	400m: 5:33.48		2:47.44	
5.	Dinis Oliveira Nunes	11	BUZIOS-Coruche	5:33.57		257	
	50m: 37.82 37.82	100m: 1:19.47 41.65	200m: 2:45.65 1:26.18	400m: 5:33.57		2:47.92	
6.	Duarte Moura Mendes	11	Torres Novas	5:34.76		254	
	50m: 36.91 36.91	100m: 1:19.16 42.25	200m: 2:45.59 1:26.43	400m: 5:34.76		2:49.17	
7.	Artur Alexandre Silva	11	20Km de Almeirim	5:46.37		230	
	50m: 39.79 39.79	100m: 1:23.50 43.71	200m: 2:52.83 1:29.33	400m: 5:46.37		2:53.54	
8.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	5:46.42		230	
	50m: 36.29 36.29	100m: 1:18.59 42.30	200m: 2:48.69 1:30.10	400m: 5:46.42		2:57.73	
9.	Manuel Maria Moniz	11	20Km de Almeirim	5:46.64		229	
	50m: 39.04 39.04	100m: 1:22.28 43.24	200m: 2:52.10 1:29.82	400m: 5:46.64		2:54.54	
10.	Luca Cristian Irimia	11	Uniao Samorense	5:52.10		219	
	50m: 37.60 37.60	100m: 1:21.52 43.92	200m: 2:52.03 1:30.51	400m: 5:52.10		3:00.07	
11.	Afonso Joao Bento	11	Rio Maior	5:53.75		216	
	50m: 38.50 38.50	100m: 1:23.33 44.83	200m: 2:54.94 1:31.61	400m: 5:53.75		2:58.81	
12.	Martim Miguel Santos	11	Rio Maior	6:00.23		204	
	50m: 39.82 39.82	100m: 1:24.78 44.96	200m: 2:57.26 1:32.48	400m: 6:00.23		3:02.97	
13.	Tiago Daniel Santos	11	BUZIOS-Coruche	6:22.33		171	
	50m: 43.23 43.23	100m: 1:30.33 47.10	200m: 3:06.61 1:36.28	400m: 6:22.33		3:15.72	
14.	Tomas Miguel Pedro	11	BUZIOS-Coruche	6:22.89		170	
	50m: 43.13 43.13	100m: 1:30.33 47.20	200m: 3:08.41 1:38.08	400m: 6:22.89		3:14.48	
15.	Gabriel Antonio Marques	11	Nautico Abrantes	6:24.65		168	
	50m: 43.50 43.50	100m: 1:31.25 47.75	200m: 3:08.79 1:37.54	400m: 6:24.65		3:15.86	
16.	Martim Cassis Gomes	11	Torres Novas	6:58.86		130	
	50m: 46.66 46.66	100m: 1:38.12 51.46	200m: 3:24.38 1:46.26	400m: 6:58.86		3:34.48	



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Prova 11, Masc., 400m Livres

Infantil A

1.	David Filipe Pacheco	10	BUZIOS-Coruche	4:36.96	450
	50m: 31.09 31.09	100m: 1:05.64 34.55	200m: 2:16.39 1:10.75	400m: 4:36.96 2:20.57	
2.	Daniel Filipe Jorge	10	Rio Maior	4:52.64	381
	50m: 33.18 33.18	100m: 1:10.04 36.86	200m: 2:24.46 1:14.42	400m: 4:52.64 2:28.18	
3.	Tiago Frazao Barra	10	Rio Maior	5:03.03	343
	50m: 33.87 33.87	100m: 1:11.38 37.51	200m: 2:27.74 1:16.36	400m: 5:03.03 2:35.29	
4.	Lourenco Vicente Geada	10	Torres Novas	5:14.00	308
	50m: 34.87 34.87	100m: 1:13.74 38.87	200m: 2:34.89 1:21.15	400m: 5:14.00 2:39.11	
5.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	5:15.64	304
	50m: 33.82 33.82	100m: 1:11.39 37.57	200m: 2:31.42 1:20.03	400m: 5:15.64 2:44.22	
6.	Francisco Manuel Cadete	10	Nautico Abrantes	5:16.15	302
	50m: 35.17 35.17	100m: 1:14.52 39.35	200m: 2:35.72 1:21.20	400m: 5:16.15 2:40.43	
7.	Guilherme Martins Conceicac	10	Viver Santarem	5:17.25	299
	50m: 35.64 35.64	100m: 1:15.43 39.79	200m: 2:36.96 1:21.53	400m: 5:17.25 2:40.29	
8.	Andre Guilherme Anastacio	10	Nautico Abrantes	5:23.76	281
	50m: 34.32 34.32	100m: 1:13.70 39.38	200m: 2:35.39 1:21.69	400m: 5:23.76 2:48.37	
9.	Afonso Goncalves Leite	10	CLAC-Entroncamento	5:30.96	263
	50m: 35.26 35.26	100m: 1:15.88 40.62	200m: 2:40.91 1:25.03	400m: 5:30.96 2:50.05	
10.	Luis Miguel Reis	10	Rio Maior	5:34.16	256
	50m: 38.55 38.55	100m: 1:20.91 42.36	200m: 2:46.44 1:25.53	400m: 5:34.16 2:47.72	
11.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	5:37.60	248
	50m: 37.24 37.24	100m: 1:18.86 41.62	200m: 2:44.64 1:25.78	400m: 5:37.60 2:52.96	
12.	Pedro Figueiredo Ferreira	10	20Km de Almeirim	5:50.15	222
	50m: 36.19 36.19	100m: 1:18.05 41.86	200m: 2:49.25 1:31.20	400m: 5:50.15 3:00.90	
13.	Francisco Sa Lopes	10	Torres Novas	5:52.68	217
	50m: 38.36 38.36	100m: 1:21.28 42.92	200m: 2:52.50 1:31.22	400m: 5:52.68 3:00.18	
14.	Vicente Jose Carrilho	10	BUZIOS-Coruche	5:54.22	215
	50m: 39.83 39.83	100m: 1:23.58 43.75	200m: 2:55.47 1:31.89	400m: 5:54.22 2:58.75	
15.	Tiago Goncalves Vieira	10	Gualdim Pais	5:59.08	206
	50m: 37.44 37.44	100m: 1:22.16 44.72	200m: 2:53.91 1:31.75	400m: 5:59.08 3:05.17	
16.	Afonso Sa Lopes	10	Torres Novas	6:38.03	151
	50m: 44.28 44.28	100m: 1:34.00 49.72	200m: 3:17.53 1:43.53	400m: 6:38.03 3:20.50	

WDR Francisco Jose Trincao 10 Torres Novas

Juvenil B

1.	Stefan Iordan Chele	09	Rio Maior	4:28.80	492
	50m: 30.42 30.42	100m: 1:03.89 33.47	200m: 2:12.30 1:08.41	400m: 4:28.80 2:16.50	
2.	Dinis Maria Garcia	09	Nautico Abrantes	4:49.64	393
	50m: 32.02 32.02	100m: 1:07.39 35.37	200m: 2:20.95 1:13.56	400m: 4:49.64 2:28.69	
3.	Miguel Silva Lima	09	Nautico Abrantes	4:56.30	367
	50m: 31.69 31.69	100m: 1:07.44 35.75	200m: 2:23.76 1:16.32	400m: 4:56.30 2:32.54	
4.	Luis Suissas Rato	09	Nautico Salvaterra Magos	5:06.66	331
	50m: 33.30 33.30	100m: 1:10.12 36.82	200m: 2:27.97 1:17.85	400m: 5:06.66 2:38.69	
5.	Gabriel Sa Chambel	09	CLAC-Entroncamento	5:13.72	309
	50m: 33.05 33.05	100m: 1:11.30 38.25	200m: 2:31.22 1:19.92	400m: 5:13.72 2:42.50	
6.	Pedro Morgado Costa	09	Rio Maior	5:24.45	279
	50m: 35.31 35.31	100m: 1:15.03 39.72	200m: 2:36.94 1:21.91	400m: 5:24.45 2:47.51	



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Prova 11, Masc., 400m Livres, Juvenil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Dinis Rodrigues Inacio	09	Nautico Salvaterra Magos	5:48.84		225	
	50m: 36.77 36.77	100m: 1:18.25 41.48	200m: 2:46.63 1:28.38	400m: 5:48.84		3:02.21	

Juvenil A

1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	4:24.42		517	
	50m: 26.64 26.64	100m: 1:02.04 35.40	200m: 2:09.26 1:07.22	400m: 4:24.42		2:15.16	
2.	Rodolfo Charrua Gago	08	Viver Santarem	4:36.42		452	
	50m: 29.42 29.42	100m: 1:03.67 34.25	200m: 2:14.25 1:10.58	400m: 4:36.42		2:22.17	
3.	Afonso Bernardo Evaristo	08	Gualdim Pais	4:43.31		420	
	50m: 32.25 32.25	100m: 1:07.39 35.14	200m: 2:19.25 1:11.86	400m: 4:43.31		2:24.06	
4.	Leonardo Gomes Silva	08	Rio Maior	4:46.80		405	
	50m: 31.49 31.49	100m: 1:06.81 35.32	200m: 2:18.35 1:11.54	400m: 4:46.80		2:28.45	
5.	Miguel Ferreira Cruz	08	CLAC-Entroncamento	4:48.84		396	
	50m: 32.17 32.17	100m: 1:07.31 35.14	200m: 2:20.59 1:13.28	400m: 4:48.84		2:28.25	
6.	Martim Silva Oliveira	08	Torres Novas	5:31.40		262	
	50m: 36.10 36.10	100m: 1:16.93 40.83	200m: 2:42.57 1:25.64	400m: 5:31.40		2:48.83	
WDR	Joao Francisco Gaspar	08	BUZIOS-Coruche				
WDR	Francisco Guilherme Freixieir	08	Rio Maior				

Junior

1.	Jose Maria Temudo	06	Rio Maior	4:11.10		603	
	50m: 28.02 28.02	100m: 58.57 30.55	200m: 2:01.54 1:02.97	400m: 4:11.10		2:09.56	
2.	Rafael Rodrigues Gomes	06	Natacao do Tejo	4:21.50		534	
	50m: 29.47 29.47	100m: 1:01.55 32.08	200m: 2:08.97 1:07.42	400m: 4:21.50		2:12.53	
3.	Afonso Formigo Pinho	06	Torres Novas	4:21.72		533	
	50m: 30.49 30.49	100m: 1:03.77 33.28	200m: 2:11.03 1:07.26	400m: 4:21.72		2:10.69	
4.	Bernardo Miguel Evaristo	06	Gualdim Pais	4:25.54		510	
	50m: 30.42 30.42	100m: 1:03.92 33.50	200m: 2:12.06 1:08.14	400m: 4:25.54		2:13.48	
5.	Tomas Alexandre Santos	07	BUZIOS-Coruche	4:26.22		506	
	50m: 29.47 29.47	100m: 1:02.22 32.75	200m: 2:10.05 1:07.83	400m: 4:26.22		2:16.17	
6.	Rafael Sousa Azevedo	06	Viver Santarem	4:31.80		476	
	50m: 31.41 31.41	100m: 1:05.73 34.32	200m: 2:15.38 1:09.65	400m: 4:31.80		2:16.42	
7.	Daniel Santos Carapeto	07	Nautico Abrantes	4:37.97		445	
	50m: 31.42 31.42	100m: 1:06.32 34.90	200m: 2:16.85 1:10.53	400m: 4:37.97		2:21.12	
8.	Tiago Miguel Trincao	06	Torres Novas	4:42.31		424	
	50m: 32.10 32.10	100m: 1:07.42 35.32	200m: 2:19.81 1:12.39	400m: 4:42.31		2:22.50	
9.	Simao Pedro Oliveira	07	Torres Novas	4:48.56		397	
	50m: 32.89 32.89	100m: 1:08.99 36.10	200m: 2:22.72 1:13.73	400m: 4:48.56		2:25.84	
10.	Lorenzo Muniz Silva	06	BUZIOS-Coruche	4:50.80		388	
	50m: 32.95 32.95	100m: 1:09.23 36.28	200m: 2:23.24 1:14.01	400m: 4:50.80		2:27.56	
11.	Simao Rocha Silva	07	Gualdim Pais	4:54.83		373	
	50m: 32.91 32.91	100m: 1:09.59 36.68	200m: 2:25.66 1:16.07	400m: 4:54.83		2:29.17	
12.	Rodrigo Alexandre Alves	06	CLAC-Entroncamento	4:59.49		355	
	50m: 33.96 33.96	100m: 1:11.21 37.25	200m: 2:27.49 1:16.28	400m: 4:59.49		2:32.00	
13.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	5:13.79		309	
	50m: 34.50 34.50	100m: 1:11.40 36.90	200m: 2:28.37 1:16.97	400m: 5:13.79		2:45.42	



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Prova 11, Masc., 400m Livres

Senior

1.	Guilherme Pereira Coutinho	03	Viver Santarem	4:18.43	554
	50m: 29.17 29.17	100m: 1:00.54 31.37	200m: 2:05.22 1:04.68	400m: 4:18.43 2:13.21	
2.	Joao Antonio Pires	05	Torres Novas	4:23.71	521
	50m: 30.34 30.34	100m: 1:03.57 33.23	200m: 2:10.84 1:07.27	400m: 4:23.71 2:12.87	
3.	Jose Pinto Cabral	05	Viver Santarem	4:23.98	519
	50m: 30.57 30.57	100m: 1:03.42 32.85	200m: 2:11.51 1:08.09	400m: 4:23.98 2:12.47	
4.	Diogo Miguel Matreno	03	Torres Novas	4:24.14	518
	50m: 30.33 30.33	100m: 1:04.07 33.74	200m: 2:11.70 1:07.63	400m: 4:24.14 2:12.44	
5.	Artur Rafael Saramago	97	BUZIOS-Coruche	4:46.64	406
	50m: 31.82 31.82	100m: 1:07.39 35.57	200m: 2:19.80 1:12.41	400m: 4:46.64 2:26.84	
6.	Joao Pedro Rosa	90	CLAC-Entroncamento	4:55.92	368
	50m: 34.60 34.60	100m: 1:10.81 36.21	200m: 2:25.77 1:14.96	400m: 4:55.92 2:30.15	
7.	Diogo Miguel Balsa	95	BUZIOS-Coruche	4:56.51	366
	50m: 30.63 30.63	100m: 1:04.91 34.28	200m: 2:19.91 1:15.00	400m: 4:56.51 2:36.60	
8.	Eduardo Terekhin Baptista	94	BUZIOS-Coruche	4:57.02	364
	50m: 30.16 30.16	100m: 1:04.39 34.23	200m: 2:19.32 1:14.93	400m: 4:57.02 2:37.70	
9.	Hugo Miguel Silva	77	BUZIOS-Coruche	5:20.97	289
	50m: 36.89 36.89	100m: 1:17.64 40.75	200m: 2:40.82 1:23.18	400m: 5:20.97 2:40.15	

Absoluto

1.	Jose Maria Temudo	06	Rio Maior	4:11.10	603
	50m: 28.02 28.02	100m: 58.57 30.55	200m: 2:01.54 1:02.97	400m: 4:11.10 2:09.56	
2.	Guilherme Pereira Coutinho	03	Viver Santarem	4:18.43	554
	50m: 29.17 29.17	100m: 1:00.54 31.37	200m: 2:05.22 1:04.68	400m: 4:18.43 2:13.21	
3.	Rafael Rodrigues Gomes	06	Natacao do Tejo	4:21.50	534
	50m: 29.47 29.47	100m: 1:01.55 32.08	200m: 2:08.97 1:07.42	400m: 4:21.50 2:12.53	
4.	Afonso Formigo Pinho	06	Torres Novas	4:21.72	533
	50m: 30.49 30.49	100m: 1:03.77 33.28	200m: 2:11.03 1:07.26	400m: 4:21.72 2:10.69	
5.	Joao Antonio Pires	05	Torres Novas	4:23.71	521
	50m: 30.34 30.34	100m: 1:03.57 33.23	200m: 2:10.84 1:07.27	400m: 4:23.71 2:12.87	
6.	Jose Pinto Cabral	05	Viver Santarem	4:23.98	519
	50m: 30.57 30.57	100m: 1:03.42 32.85	200m: 2:11.51 1:08.09	400m: 4:23.98 2:12.47	
7.	Diogo Miguel Matreno	03	Torres Novas	4:24.14	518
	50m: 30.33 30.33	100m: 1:04.07 33.74	200m: 2:11.70 1:07.63	400m: 4:24.14 2:12.44	
8.	Joao Pedro Monteiro	08	BUZIOS-Coruche	4:24.42	517
	50m: 26.64 26.64	100m: 1:02.04 35.40	200m: 2:09.26 1:07.22	400m: 4:24.42 2:15.16	
9.	Bernardo Miguel Evaristo	06	Gualdim Pais	4:25.54	510
	50m: 30.42 30.42	100m: 1:03.92 33.50	200m: 2:12.06 1:08.14	400m: 4:25.54 2:13.48	
10.	Tomas Alexandre Santos	07	BUZIOS-Coruche	4:26.22	506
	50m: 29.47 29.47	100m: 1:02.22 32.75	200m: 2:10.05 1:07.83	400m: 4:26.22 2:16.17	
11.	Stefan Iordan Chele	09	Rio Maior	4:28.80	492
	50m: 30.42 30.42	100m: 1:03.89 33.47	200m: 2:12.30 1:08.41	400m: 4:28.80 2:16.50	
12.	Rafael Sousa Azevedo	06	Viver Santarem	4:31.80	476
	50m: 31.41 31.41	100m: 1:05.73 34.32	200m: 2:15.38 1:09.65	400m: 4:31.80 2:16.42	
13.	Rodolfo Charrua Gago	08	Viver Santarem	4:36.42	452
	50m: 29.42 29.42	100m: 1:03.67 34.25	200m: 2:14.25 1:10.58	400m: 4:36.42 2:22.17	



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Prova 11, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
14.	David Filipe Pacheco	10	BUZIOS-Coruche	4:36.96		450	
	50m: 31.09 31.09	100m: 1:05.64 34.55	200m: 2:16.39 1:10.75	400m: 4:36.96	2:20.57		
15.	Daniel Santos Carapeto	07	Nautico Abrantes	4:37.97		445	
	50m: 31.42 31.42	100m: 1:06.32 34.90	200m: 2:16.85 1:10.53	400m: 4:37.97	2:21.12		
16.	Tiago Miguel Trincao	06	Torres Novas	4:42.31		424	
	50m: 32.10 32.10	100m: 1:07.42 35.32	200m: 2:19.81 1:12.39	400m: 4:42.31	2:22.50		
17.	Afonso Bernardo Evaristo	08	Gualdim Pais	4:43.31		420	
	50m: 32.25 32.25	100m: 1:07.39 35.14	200m: 2:19.25 1:11.86	400m: 4:43.31	2:24.06		
18.	Artur Rafael Saramago	97	BUZIOS-Coruche	4:46.64		406	
	50m: 31.82 31.82	100m: 1:07.39 35.57	200m: 2:19.80 1:12.41	400m: 4:46.64	2:26.84		
19.	Leonardo Gomes Silva	08	Rio Maior	4:46.80		405	
	50m: 31.49 31.49	100m: 1:06.81 35.32	200m: 2:18.35 1:11.54	400m: 4:46.80	2:28.45		
20.	Simao Pedro Oliveira	07	Torres Novas	4:48.56		397	
	50m: 32.89 32.89	100m: 1:08.99 36.10	200m: 2:22.72 1:13.73	400m: 4:48.56	2:25.84		
21.	Miguel Ferreira Cruz	08	CLAC-Entroncamento	4:48.84		396	
	50m: 32.17 32.17	100m: 1:07.31 35.14	200m: 2:20.59 1:13.28	400m: 4:48.84	2:28.25		
22.	Dinis Maria Garcia	09	Nautico Abrantes	4:49.64		393	
	50m: 32.02 32.02	100m: 1:07.39 35.37	200m: 2:20.95 1:13.56	400m: 4:49.64	2:28.69		
23.	Lorenzo Muniz Silva	06	BUZIOS-Coruche	4:50.80		388	
	50m: 32.95 32.95	100m: 1:09.23 36.28	200m: 2:23.24 1:14.01	400m: 4:50.80	2:27.56		
24.	Daniel Filipe Jorge	10	Rio Maior	4:52.64		381	
	50m: 33.18 33.18	100m: 1:10.04 36.86	200m: 2:24.46 1:14.42	400m: 4:52.64	2:28.18		
25.	Simao Rocha Silva	07	Gualdim Pais	4:54.83		373	
	50m: 32.91 32.91	100m: 1:09.59 36.68	200m: 2:25.66 1:16.07	400m: 4:54.83	2:29.17		
26.	Joao Pedro Rosa	90	CLAC-Entroncamento	4:55.92		368	
	50m: 34.60 34.60	100m: 1:10.81 36.21	200m: 2:25.77 1:14.96	400m: 4:55.92	2:30.15		
27.	Miguel Silva Lima	09	Nautico Abrantes	4:56.30		367	
	50m: 31.69 31.69	100m: 1:07.44 35.75	200m: 2:23.76 1:16.32	400m: 4:56.30	2:32.54		
28.	Diogo Miguel Balsa	95	BUZIOS-Coruche	4:56.51		366	
	50m: 30.63 30.63	100m: 1:04.91 34.28	200m: 2:19.91 1:15.00	400m: 4:56.51	2:36.60		
29.	Eduardo Terekhin Baptista	94	BUZIOS-Coruche	4:57.02		364	
	50m: 30.16 30.16	100m: 1:04.39 34.23	200m: 2:19.32 1:14.93	400m: 4:57.02	2:37.70		
30.	Rodrigo Alexandre Alves	06	CLAC-Entroncamento	4:59.49		355	
	50m: 33.96 33.96	100m: 1:11.21 37.25	200m: 2:27.49 1:16.28	400m: 4:59.49	2:32.00		
31.	Tiago Frazao Barra	10	Rio Maior	5:03.03		343	
	50m: 33.87 33.87	100m: 1:11.38 37.51	200m: 2:27.74 1:16.36	400m: 5:03.03	2:35.29		
32.	Luis Suissas Rato	09	Nautico Salvaterra Magos	5:06.66		331	
	50m: 33.30 33.30	100m: 1:10.12 36.82	200m: 2:27.97 1:17.85	400m: 5:06.66	2:38.69		
33.	Gabriel Sa Chambel	09	CLAC-Entroncamento	5:13.72		309	
	50m: 33.05 33.05	100m: 1:11.30 38.25	200m: 2:31.22 1:19.92	400m: 5:13.72	2:42.50		
34.	Bernardo Marques Fernandes	07	CLAC-Entroncamento	5:13.79		309	
	50m: 34.50 34.50	100m: 1:11.40 36.90	200m: 2:28.37 1:16.97	400m: 5:13.79	2:45.42		
35.	Lourenco Vicente Geada	10	Torres Novas	5:14.00		308	
	50m: 34.87 34.87	100m: 1:13.74 38.87	200m: 2:34.89 1:21.15	400m: 5:14.00	2:39.11		
36.	Guilherme Gomes Nunes	10	Nautico Salvaterra Magos	5:15.64		304	
	50m: 33.82 33.82	100m: 1:11.39 37.57	200m: 2:31.42 1:20.03	400m: 5:15.64	2:44.22		
37.	Francisco Manuel Cadete	10	Nautico Abrantes	5:16.15		302	
	50m: 35.17 35.17	100m: 1:14.52 39.35	200m: 2:35.72 1:21.20	400m: 5:16.15	2:40.43		



Torneio Distrital Nadador Completo
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Prova 11, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
38.	Guilherme Martins Conceicao	10	Viver Santarem	5:17.25		299	
	50m: 35.64 35.64	100m: 1:15.43 39.79	200m: 2:36.96 1:21.53	400m: 5:17.25		2:40.29	
39.	Hugo Miguel Silva	77	BUZIOS-Coruche	5:20.97		289	
	50m: 36.89 36.89	100m: 1:17.64 40.75	200m: 2:40.82 1:23.18	400m: 5:20.97		2:40.15	
40.	Andre Guilherme Anastacio	10	Nautico Abrantes	5:23.76		281	
	50m: 34.32 34.32	100m: 1:13.70 39.38	200m: 2:35.39 1:21.69	400m: 5:23.76		2:48.37	
41.	Pedro Morgado Costa	09	Rio Maior	5:24.45		279	
	50m: 35.31 35.31	100m: 1:15.03 39.72	200m: 2:36.94 1:21.91	400m: 5:24.45		2:47.51	
42.	Martim Maria Salvador	11	Nautico Salvaterra Magos	5:27.79		271	
	50m: 35.29 35.29	100m: 1:15.38 40.09	200m: 2:38.41 1:23.03	400m: 5:27.79		2:49.38	
43.	Francisco Maria Dias	11	Viver Santarem	5:28.97		268	
	50m: 35.97 35.97	100m: 1:16.97 41.00	200m: 2:40.94 1:23.97	400m: 5:28.97		2:48.03	
44.	Afonso Goncalves Leite	10	CLAC-Entroncamento	5:30.96		263	
	50m: 35.26 35.26	100m: 1:15.88 40.62	200m: 2:40.91 1:25.03	400m: 5:30.96		2:50.05	
45.	Martim Silva Oliveira	08	Torres Novas	5:31.40		262	
	50m: 36.10 36.10	100m: 1:16.93 40.83	200m: 2:42.57 1:25.64	400m: 5:31.40		2:48.83	
46.	Eduardo Domingos Rosa	11	BUZIOS-Coruche	5:33.24		258	
	50m: 36.78 36.78	100m: 1:19.11 42.33	200m: 2:44.28 1:25.17	400m: 5:33.24		2:48.96	
47.	Diogo Chambel Santos	11	Nautico Abrantes	5:33.48		257	
	50m: 38.80 38.80	100m: 1:20.48 41.68	200m: 2:46.04 1:25.56	400m: 5:33.48		2:47.44	
48.	Dinis Oliveira Nunes	11	BUZIOS-Coruche	5:33.57		257	
	50m: 37.82 37.82	100m: 1:19.47 41.65	200m: 2:45.65 1:26.18	400m: 5:33.57		2:47.92	
49.	Luis Miguel Reis	10	Rio Maior	5:34.16		256	
	50m: 38.55 38.55	100m: 1:20.91 42.36	200m: 2:46.44 1:25.53	400m: 5:34.16		2:47.72	
50.	Duarte Moura Mendes	11	Torres Novas	5:34.76		254	
	50m: 36.91 36.91	100m: 1:19.16 42.25	200m: 2:45.59 1:26.43	400m: 5:34.76		2:49.17	
51.	Lourenco Manuel Palmeiro	10	BUZIOS-Coruche	5:37.60		248	
	50m: 37.24 37.24	100m: 1:18.86 41.62	200m: 2:44.64 1:25.78	400m: 5:37.60		2:52.96	
52.	Artur Alexandre Silva	11	20Km de Almeirim	5:46.37		230	
	50m: 39.79 39.79	100m: 1:23.50 43.71	200m: 2:52.83 1:29.33	400m: 5:46.37		2:53.54	
53.	Heliodoro Joao Sombreiro	11	BUZIOS-Coruche	5:46.42		230	
	50m: 36.29 36.29	100m: 1:18.59 42.30	200m: 2:48.69 1:30.10	400m: 5:46.42		2:57.73	
54.	Manuel Maria Moniz	11	20Km de Almeirim	5:46.64		229	
	50m: 39.04 39.04	100m: 1:22.28 43.24	200m: 2:52.10 1:29.82	400m: 5:46.64		2:54.54	
55.	Dinis Rodrigues Inacio	09	Nautico Salvaterra Magos	5:48.84		225	
	50m: 36.77 36.77	100m: 1:18.25 41.48	200m: 2:46.63 1:28.38	400m: 5:48.84		3:02.21	
56.	Pedro Figueiredo Ferreira	10	20Km de Almeirim	5:50.15		222	
	50m: 36.19 36.19	100m: 1:18.05 41.86	200m: 2:49.25 1:31.20	400m: 5:50.15		3:00.90	
57.	Luca Cristian Irimia	11	Uniao Samorense	5:52.10		219	
	50m: 37.60 37.60	100m: 1:21.52 43.92	200m: 2:52.03 1:30.51	400m: 5:52.10		3:00.07	
58.	Francisco Sa Lopes	10	Torres Novas	5:52.68		217	
	50m: 38.36 38.36	100m: 1:21.28 42.92	200m: 2:52.50 1:31.22	400m: 5:52.68		3:00.18	
59.	Afonso Joao Bento	11	Rio Maior	5:53.75		216	
	50m: 38.50 38.50	100m: 1:23.33 44.83	200m: 2:54.94 1:31.61	400m: 5:53.75		2:58.81	
60.	Vicente Jose Carrilho	10	BUZIOS-Coruche	5:54.22		215	
	50m: 39.83 39.83	100m: 1:23.58 43.75	200m: 2:55.47 1:31.89	400m: 5:54.22		2:58.75	
61.	Tiago Goncalves Vieira	10	Gualdim Pais	5:59.08		206	
	50m: 37.44 37.44	100m: 1:22.16 44.72	200m: 2:53.91 1:31.75	400m: 5:59.08		3:05.17	



Torneio Distrital Nadador Completo
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Prova 11, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
62.	Martim Miguel Santos	11	Rio Maior	6:00.23		204	
	50m: 39.82 39.82	100m: 1:24.78 44.96	200m: 2:57.26 1:32.48	400m: 6:00.23		3:02.97	
63.	Tiago Daniel Santos	11	BUZIOS-Coruche	6:22.33		171	
	50m: 43.23 43.23	100m: 1:30.33 47.10	200m: 3:06.61 1:36.28	400m: 6:22.33		3:15.72	
64.	Tomas Miguel Pedro	11	BUZIOS-Coruche	6:22.89		170	
	50m: 43.13 43.13	100m: 1:30.33 47.20	200m: 3:08.41 1:38.08	400m: 6:22.89		3:14.48	
65.	Gabriel Antonio Marques	11	Nautico Abrantes	6:24.65		168	
	50m: 43.50 43.50	100m: 1:31.25 47.75	200m: 3:08.79 1:37.54	400m: 6:24.65		3:15.86	
66.	Afonso Sa Lopes	10	Torres Novas	6:38.03		151	
	50m: 44.28 44.28	100m: 1:34.00 49.72	200m: 3:17.53 1:43.53	400m: 6:38.03		3:20.50	
67.	Martim Cassis Gomes	11	Torres Novas	6:58.86		130	
	50m: 46.66 46.66	100m: 1:38.12 51.46	200m: 3:24.38 1:46.26	400m: 6:58.86		3:34.48	
WDR	Joao Francisco Gaspar	08	BUZIOS-Coruche				
WDR	Francisco Guilherme Freixieir	08	Rio Maior				
WDR	Francisco Jose Trincao	10	Torres Novas				