

Prova 18
02/03/2024 - 11:55

Masc., 400m Livres

Absoluto
Resultados

TAC Juvenis B Masc Juv B 50m: 5:28.81 - 25m: 5:28.81 / TAC Juvenis A Masc Juv A 50m: 5:18.19 - 25m: 5:18.19 /
TAC Juniores Masc Jun 50m: 5:18.19 - 25m: 5:18.19 / TAC Sêniores Masc Sen 50m: 5:18.19 - 25m: 5:18.19

Pontos: FINA 2023

Lugar	Nome	Idade	Clube	Tempo Final				FINA
Infantis B ANALEN								
1.	Guilherme Martins CANDEIAS	13	Aminata	5:31.13				263
	50m: 38.42 38.42	150m: 2:04.64	42.83	250m: 3:29.65	42.25	350m: 4:52.97	41.13	
	100m: 1:21.81 43.39	200m: 2:47.40	42.76	300m: 4:11.84	42.19	400m: 5:31.13	38.16	
2.	Vicente Martins GALOPE	13	Aljustrelense	5:36.92				250
	50m: 35.82 35.82	150m: 1:59.17	42.73	250m: 3:25.27	43.56	350m: 4:53.18	44.80	
	100m: 1:16.44 40.62	200m: 2:41.71	42.54	300m: 4:08.38	43.11	400m: 5:36.92	43.74	
3.	Bernardo Jose LOUCAO	13	Litoral Alentejano	6:12.70				184
	50m: 42.82 42.82	150m: 2:17.05	47.58	250m: 3:54.22	48.45	350m: 5:28.63	47.10	
	100m: 1:29.47 46.65	200m: 3:05.77	48.72	300m: 4:41.53	47.31	400m: 6:12.70	44.07	
4.	Gustavo Cardoso SANTOS	13	Ndco	6:29.93				161
	50m: 41.88 41.88	150m: 2:21.30	50.85	250m: 4:02.02	50.24	350m: 5:43.90	50.83	
	100m: 1:30.45 48.57	200m: 3:11.78	50.48	300m: 4:53.07	51.05	400m: 6:29.93	46.03	
Infantis B ANICentro								
1.	Duarte Alexandre CARREIRAS	13	Elvense	7:08.10				121
	50m: 45.95 45.95	150m: 2:36.94	55.47	250m: 4:23.78	53.98	350m: 6:12.63	53.12	
	100m: 1:41.47 55.52	200m: 3:29.80	52.86	300m: 5:19.51	55.73	400m: 7:08.10	55.47	
Infantis A ANALEN								
1.	Afonso Rodrigues FERREIRA	14	Ndco	5:08.68				325
	50m: 34.59 34.59	150m: 1:52.57	39.26	250m: 3:11.14	38.69	350m: 4:32.25	40.54	
	100m: 1:13.31 38.72	200m: 2:32.45	39.88	300m: 3:51.71	40.57	400m: 5:08.68	36.43	
2.	Diogo Miguel CARAVELINHA	14	Aminata	5:20.65				290
	50m: 36.98 36.98	150m: 1:58.78	41.22	250m: 3:22.51	41.81	350m: 4:43.30	39.16	
	100m: 1:17.56 40.58	200m: 2:40.70	41.92	300m: 4:04.14	41.63	400m: 5:20.65	37.35	
3.	Rodrigo Alexandre RAPOSO	14	Acmn	5:51.07				220
	50m: 39.38 39.38	150m: 2:07.95	45.06	250m: 3:36.07	44.34	350m: 5:06.82	46.05	
	100m: 1:22.89 43.51	200m: 2:51.73	43.78	300m: 4:20.77	44.70	400m: 5:51.07	44.25	
4.	Eydan Sayil VAN MELLE	14	Aljustrelense	5:58.78				207
	50m: 36.75 36.75	150m: 2:05.08	45.70	250m: 3:38.55	47.52	350m: 5:13.84	47.12	
	100m: 1:19.38 42.63	200m: 2:51.03	45.95	300m: 4:26.72	48.17	400m: 5:58.78	44.94	
Infantis A ANICentro								
1.	Guilherme Bernardo MARTINHO	14	Natacao do Fundao/Girassol	4:47.83				400
	50m: 30.92 30.92	150m: 1:42.25	36.47	250m: 2:56.62	37.47	350m: 4:11.33	36.96	
	100m: 1:05.78 34.86	200m: 2:19.15	36.90	300m: 3:34.37	37.75	400m: 4:47.83	36.50	
2.	Jose Miguel PAIS	14	Natacao do Fundao/Girassol	5:09.24				323
	50m: 33.90 33.90	150m: 1:51.31	38.75	250m: 3:11.53	40.63	350m: 4:31.70	39.38	
	100m: 1:12.56 38.66	200m: 2:30.90	39.59	300m: 3:52.32	40.79	400m: 5:09.24	37.54	
3.	Rui Ferreirinho DIOGO	14	AN Albicastrense	5:26.06				275
	50m: 36.90 36.90	150m: 1:59.24	41.71	250m: 3:21.91	41.54	350m: 4:46.12	42.08	
	100m: 1:17.53 40.63	200m: 2:40.37	41.13	300m: 4:04.04	42.13	400m: 5:26.06	39.94	

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Juvenis ANALEN

1. Guilherme Oliveira MARQUES	16	Grupo Desportivo Mora	4:58.75	358
50m: 31.42 31.42	150m: 1:43.67 37.05	250m: 3:00.79 38.83	350m: 4:20.16 39.58	
100m: 1:06.62 35.20	200m: 2:21.96 38.29	300m: 3:40.58 39.79	400m: 4:58.75 38.59	
2. Dinis Alexandre CAEIRO	15	Grupo Desportivo Mora	5:09.70	321
50m: 34.50 34.50	150m: 1:51.89 39.17	250m: 3:12.55 40.92	350m: 4:33.57 40.13	
100m: 1:12.72 38.22	200m: 2:31.63 39.74	300m: 3:53.44 40.89	400m: 5:09.70 36.13	

Juvenis ANICentro

1. Afonso Maria BENTO	15	AN Albicastrense	4:27.38	500
50m: 29.03 29.03	150m: 1:35.05 33.78	250m: 2:44.20 34.53	350m: 3:53.91 34.94	
100m: 1:01.27 32.24	200m: 2:09.67 34.62	300m: 3:18.97 34.77	400m: 4:27.38 33.47	
2. Joao Maria SANGUINHO	15	Elvense	5:02.58	345
50m: 32.96 32.96	150m: 1:47.09 37.82	250m: 3:04.60 39.00	350m: 4:25.03 40.46	
100m: 1:09.27 36.31	200m: 2:25.60 38.51	300m: 3:44.57 39.97	400m: 5:02.58 37.55	
3. Manuel Maria SANGUINHO	15	Elvense	5:11.32	316
50m: 34.15 34.15	150m: 1:53.58 40.28	250m: 3:15.19 40.64	350m: 4:36.48 40.16	
100m: 1:13.30 39.15	200m: 2:34.55 40.97	300m: 3:56.32 41.13	400m: 5:11.32 34.84	

Absolutos ANALEN

1. Samuel Andre MARIANO	22	Litoral Alentejano	4:26.61	504
50m: 30.07 30.07	150m: 1:36.11 33.00	250m: 2:44.20 33.95	350m: 3:52.94 34.40	
100m: 1:03.11 33.04	200m: 2:10.25 34.14	300m: 3:18.54 34.34	400m: 4:26.61 33.67	
2. Vasco Francisco PEREIRA	17	Aminata	4:36.23	453
50m: 31.70 31.70	150m: 1:41.21 35.25	250m: 2:50.99 34.41	350m: 4:01.38 34.86	
100m: 1:05.96 34.26	200m: 2:16.58 35.37	300m: 3:26.52 35.53	400m: 4:36.23 34.85	
3. Diogo Miguel ROSADO	17	Grupo Desportivo Mora	4:38.12	444
50m: 30.05 30.05	150m: 1:40.71 35.62	250m: 2:51.74 35.42	350m: 4:03.41 35.45	
100m: 1:05.09 35.04	200m: 2:16.32 35.61	300m: 3:27.96 36.22	400m: 4:38.12 34.71	
4. Ricardo Paixao CANSADO	17	Aminata	4:39.86	436
50m: 31.34 31.34	150m: 1:41.58 35.62	250m: 2:53.17 35.93	350m: 4:06.74 36.68	
100m: 1:05.96 34.62	200m: 2:17.24 35.66	300m: 3:30.06 36.89	400m: 4:39.86 33.12	
5. Francisco Reis MAGUAS	18	Ndco	4:49.45	394
50m: 31.92 31.92	150m: 1:44.16 36.61	250m: 2:57.79 37.34	350m: 4:12.49 37.49	
100m: 1:07.55 35.63	200m: 2:20.45 36.29	300m: 3:35.00 37.21	400m: 4:49.45 36.96	
6. Antonio Correia NEVES	21	Ndco	4:50.94	388
50m: 31.26 31.26	150m: 1:41.29 35.49	250m: 2:55.13 37.09	350m: 4:13.10 39.08	
100m: 1:05.80 34.54	200m: 2:18.04 36.75	300m: 3:34.02 38.89	400m: 4:50.94 37.84	
7. Jorge Manuel NARIGUETA	26	Acmn	4:55.69	369
50m: 30.78 30.78	150m: 1:42.39 37.08	250m: 2:57.64 37.92	350m: 4:16.34 39.29	
100m: 1:05.31 34.53	200m: 2:19.72 37.33	300m: 3:37.05 39.41	400m: 4:55.69 39.35	
8. Diogo Luis PINTO	17	Litoral Alentejano	5:00.51	352
50m: 31.23 31.23	150m: 1:46.18 38.53	250m: 3:03.95 38.21	350m: 4:21.73 39.13	
100m: 1:07.65 36.42	200m: 2:25.74 39.56	300m: 3:42.60 38.65	400m: 5:00.51 38.78	
9. Manuel Francisco SOBRAL	18	GSC Grândola Sports Club	5:13.95	309
50m: 33.43 33.43	150m: 1:50.09 39.19	250m: 3:11.92 40.90	350m: 4:35.00 41.38	
100m: 1:10.90 37.47	200m: 2:31.02 40.93	300m: 3:53.62 41.70	400m: 5:13.95 38.95	
10. Santiago Pinto FALCAO FTL	17	Acmn	5:24.28	280
50m: 37.72 37.72	150m: 1:59.19 41.15	250m: 3:21.26 41.17	350m: 4:43.80 41.71	
100m: 1:18.04 40.32	200m: 2:40.09 40.90	300m: 4:02.09 40.83	400m: 5:24.28 40.48	

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Absolutos ANICentro

1. Antonio Maria FERREIRA	24	Penta Clube Covilha	4:41.65	427
50m: 30.08 30.08	150m: 1:38.82 35.16	250m: 2:51.31 36.41	350m: 4:05.37 36.99	
100m: 1:03.66 33.58	200m: 2:14.90 36.08	300m: 3:28.38 37.07	400m: 4:41.65 36.28	
2. Manuel Jose DIAS	19	Natacao do Fundao/Girassol	4:48.64	397
50m: 32.25 32.25	150m: 1:42.76 35.80	250m: 2:56.24 37.05	350m: 4:11.60 37.77	
100m: 1:06.96 34.71	200m: 2:19.19 36.43	300m: 3:33.83 37.59	400m: 4:48.64 37.04	
3. Eduardo Pires TAVARES	17	AN Albicastrense	4:50.03	391
50m: 30.81 30.81	150m: 1:41.83 36.24	250m: 2:55.98 37.46	350m: 4:12.80 38.69	
100m: 1:05.59 34.78	200m: 2:18.52 36.69	300m: 3:34.11 38.13	400m: 4:50.03 37.23	
4. Francisco Martins RIBEIRO	18	CCDSerta	4:53.94	376
50m: 29.99 29.99	150m: 1:39.76 36.20	250m: 2:57.16 39.55	350m: 4:16.09 39.54	
100m: 1:03.56 33.57	200m: 2:17.61 37.85	300m: 3:36.55 39.39	400m: 4:53.94 37.85	