

Prova 6

Masc., 400m Estilos

Absolutos
Resultados

01/03/2024 - 19:35

TAC Juvenis B Masc Juv B 50m: 6:24.02 - 25m: 6:24.02 / TAC Juvenis A Masc Juv A 50m: 6:14.86 - 25m: 6:14.86 /
TAC Juniores Masc Jun 50m: 6:14.86 - 25m: 6:14.86 / TAC Séniores Masc Sen 50m: 6:14.86 - 25m: 6:14.86

Pontos: FINA 2023

Lugar	Nome	Idade	Clube	Tempo Final				FINA
Juvenis ANALEN								
1.	Guilherme Oliveira MARQUES	16	Grupo Desportivo Mora	5:31.35				355
	50m: 31.98 31.98	150m: 1:52.59	42.53	250m: 3:22.94	49.79	350m: 4:53.59	40.29	
	100m: 1:10.06 38.08	200m: 2:33.15	40.56	300m: 4:13.30	50.36	400m: 5:31.35	37.76	
2.	Pedro Caeiro MARQUES	15	Aminata	5:35.46				342
	50m: 35.18 35.18	150m: 2:00.56	44.15	250m: 3:31.50	48.06	350m: 4:58.88	37.88	
	100m: 1:16.41 41.23	200m: 2:43.44	42.88	300m: 4:21.00	49.50	400m: 5:35.46	36.58	
Juvenis ANICentro								
1.	Diogo Belchior MUNHAO	16	Elvense	5:27.93				367
	50m: 32.85 32.85	150m: 1:57.59	46.40	250m: 3:28.13	46.28	350m: 4:52.45	38.18	
	100m: 1:11.19 38.34	200m: 2:41.85	44.26	300m: 4:14.27	46.14	400m: 5:27.93	35.48	
2.	Joao Maria SANGUINHO	15	Elvense	5:40.62				327
	50m: 35.25 35.25	150m: 2:00.90	42.88	250m: 3:34.39	50.20	350m: 5:04.60	40.04	
	100m: 1:18.02 42.77	200m: 2:44.19	43.29	300m: 4:24.56	50.17	400m: 5:40.62	36.02	
3.	Manuel Maria SANGUINHO	15	Elvense	5:46.28				311
	50m: 35.77 35.77	150m: 2:01.56	44.04	250m: 3:35.16	50.65	350m: 5:07.74	41.93	
	100m: 1:17.52 41.75	200m: 2:44.51	42.95	300m: 4:25.81	50.65	400m: 5:46.28	38.54	
4.	Tiago Maria COSTA FTL	16	Elvense	6:26.85				223
	50m: 38.26 38.26	150m: 2:15.71	50.81	250m: 4:02.76	57.77	350m: 5:44.40	43.58	
	100m: 1:24.90 46.64	200m: 3:04.99	49.28	300m: 5:00.82	58.06	400m: 6:26.85	42.45	
Absolutos ANALEN								
1.	Guilherme Cotovio ALVES	20	Acmn	4:58.89				484
	50m: 29.83 29.83	150m: 1:45.25	40.22	250m: 3:08.08	43.32	350m: 4:25.80	34.20	
	100m: 1:05.03 35.20	200m: 2:24.76	39.51	300m: 3:51.60	43.52	400m: 4:58.89	33.09	
2.	Samuel Andre MARIANO	22	Litoral Alentejano	5:01.91				470
	50m: 31.01 31.01	150m: 1:46.27	39.37	250m: 3:10.16	43.53	350m: 4:28.97	34.31	
	100m: 1:06.90 35.89	200m: 2:26.63	40.36	300m: 3:54.66	44.50	400m: 5:01.91	32.94	
3.	Diogo Miguel ROSADO	17	Grupo Desportivo Mora	5:22.38				386
	50m: 32.80 32.80	150m: 1:49.91	39.35	250m: 3:18.56	49.72	350m: 4:45.71	37.95	
	100m: 1:10.56 37.76	200m: 2:28.84	38.93	300m: 4:07.76	49.20	400m: 5:22.38	36.67	
4.	Manuel Francisco SOBRAL	18	GSC Grândola Sports Club	6:06.13				263
	50m: 35.65 35.65	150m: 2:06.82	47.07	250m: 3:46.79	55.37	350m: 5:25.51	43.70	
	100m: 1:19.75 44.10	200m: 2:51.42	44.60	300m: 4:41.81	55.02	400m: 6:06.13	40.62	
Absolutos ANICentro								
1.	Eduardo Pires TAVARES	17	AN Albicastrense	5:31.88				354
	50m: 35.20 35.20	150m: 2:04.30	43.97	250m: 3:33.29	45.67	350m: 4:56.86	36.78	
	100m: 1:20.33 45.13	200m: 2:47.62	43.32	300m: 4:20.08	46.79	400m: 5:31.88	35.02	