

TORNEIO DE INVERNO JUV. JUN. SEN.
LAGOS, 24 - 25/2/2024

Prova 8 Masc., 400m Livres 13 anos e mais velhos
24/02/2024 - 16:49 Resultados

Recordes Regionais Open	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recordes Regionais Sen	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras	22/11/2002
Recordes Regionais Jun. 2	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros	21/12/2012
Recordes Regionais Jun. 1	4:05.34	Joao Duarte, SANTOS	CNOL	Silves	03/12/2011
Recordes Regionais Juv. A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes	04/03/2017
Recordes Regionais Juv. B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal	05/12/2015
Recordes Regionais Inf. A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recordes Regionais Inf. B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017

Pontos: FINA 2023

Lugar			Ano			Tempo final	Pts
Juvenis B							
1.	Joao Tomas, NUNES	09	Natacao de Olhao	4:31.40	478		
	50m: 30.80 30.80	150m: 1:39.87 34.02	250m: 2:50.12 34.87	350m: 3:59.03 34.46			
	100m: 1:05.85 35.05	200m: 2:15.25 35.38	300m: 3:24.57 34.45	400m: 4:31.40 32.37			
2.	Rafael Alexandre, SILVA	09	Louletano / Loule Concelho	4:32.91	470		
	50m: 32.18 32.18	150m: 1:42.69 35.63	250m: 2:52.03 33.44	350m: 4:00.19 34.04			
	100m: 1:07.06 34.88	200m: 2:18.59 35.90	300m: 3:26.15 34.12	400m: 4:32.91 32.72			
3.	Tiago Afonso, COSTA	09	Louletano / Loule Concelho	4:50.69	389		
	50m: 32.35 32.35	150m: 1:46.86 37.63	250m: 3:01.09 36.58	350m: 4:15.77 37.11			
	100m: 1:09.23 36.88	200m: 2:24.51 37.65	300m: 3:38.66 37.57	400m: 4:50.69 34.92			
4.	Mateus Inacio, SILVA	09	Portinado	4:52.60	381		
	50m: 30.90 30.90	150m: 1:43.06 37.59	250m: 3:00.08 38.46	350m: 4:16.43 38.43			
	100m: 1:05.47 34.57	200m: 2:21.62 38.56	300m: 3:38.00 37.92	400m: 4:52.60 36.17			
5.	Luis Pedro, PINTO	09	Beja	4:52.75	381		
	50m: 32.09 32.09	150m: 1:45.23 37.57	250m: 3:00.67 37.69	350m: 4:16.60 37.31			
	100m: 1:07.66 35.57	200m: 2:22.98 37.75	300m: 3:39.29 38.62	400m: 4:52.75 36.15			
6.	Tomas Santos, MIGUEL	09	Aquatico Silves	5:06.55	331		
	50m: 34.80 34.80	150m: 1:52.55 39.04	250m: 3:12.02 39.96	350m: 4:30.52 39.39			
	100m: 1:13.51 38.71	200m: 2:32.06 39.51	300m: 3:51.13 39.11	400m: 5:06.55 36.03			
7.	Isaac Manuel, SERRA	09	Nautico do Guadiana	5:08.08	327		
	50m: 34.43 34.43	150m: 1:51.93 39.00	250m: 3:10.75 39.86	350m: 4:29.86 39.87			
	100m: 1:12.93 38.50	200m: 2:30.89 38.96	300m: 3:49.99 39.24	400m: 5:08.08 38.22			
8.	Catalin, TIMOTIN	09	Louletano / Loule Concelho	5:12.75	312		
	50m: 33.56 33.56	150m: 1:51.70 39.81	250m: 3:12.85 40.50	350m: 4:34.60 40.60			
	100m: 1:11.89 38.33	200m: 2:32.35 40.65	300m: 3:54.00 41.15	400m: 5:12.75 38.15			
9.	Simao Charneca, SOARES	09	Natacao de Olhao	5:17.91	297		
	50m: 34.30 34.30	150m: 1:53.24 39.93	250m: 3:14.23 40.99	350m: 4:37.20 41.71			
	100m: 1:13.31 39.01	200m: 2:33.24 40.00	300m: 3:55.49 41.26	400m: 5:17.91 40.71			
10.	Tiago Goncalves, SOUSA	09	Louletano / Loule Concelho	5:19.20	294		
	50m: 34.00 34.00	150m: 1:53.31 40.43	250m: 3:15.15 40.92	350m: 4:38.87 41.61			
	100m: 1:12.88 38.88	200m: 2:34.23 40.92	300m: 3:57.26 42.11	400m: 5:19.20 40.33			
11.	Lucas Andre, PEREIRA	09	Nautico do Guadiana	5:30.89	263		
	50m: 36.22 36.22	150m: 1:57.82 41.19	250m: 3:23.42 42.52	350m: 4:49.49 43.43			
	100m: 1:16.63 40.41	200m: 2:40.90 43.08	300m: 4:06.06 42.64	400m: 5:30.89 41.40			

Juvenis A

1.	Martim Santos, CABRITA	08	Louletano / Loule Concelho	4:31.63	477		
	50m: 29.51 29.51	150m: 1:38.27 35.17	250m: 2:49.63 35.66	350m: 3:59.42 34.68			
	100m: 1:03.10 33.59	200m: 2:13.97 35.70	300m: 3:24.74 35.11	400m: 4:31.63 32.21			
2.	Joao Sena, MURTA	08	Louletano / Loule Concelho	4:36.91	450		
	50m: 30.53 30.53	150m: 1:38.02 34.09	250m: 2:48.51 35.82	350m: 4:01.10 36.24			
	100m: 1:03.93 33.40	200m: 2:12.69 34.67	300m: 3:24.86 36.35	400m: 4:36.91 35.81			
3.	Eugenio, PASECHKO	08	Natacao de Lagos	4:37.15	449		
	50m: 30.72 30.72	150m: 1:39.71 34.94	250m: 2:50.40 35.11	350m: 4:01.79 35.65			
	100m: 1:04.77 34.05	200m: 2:15.29 35.58	300m: 3:26.14 35.74	400m: 4:37.15 35.36			

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Prova 8, Masc., 400m Livres, Juvenis A

Lugar				Ano					Tempo final	Pts		
4.	Diogo Jose, MATEUS			08	Lagoa AC				4:42.77	422		
	50m:	30.63	30.63	150m:	1:41.96	36.63	250m:	2:54.80	36.61	350m:	4:08.68	36.96
	100m:	1:05.33	34.70	200m:	2:18.19	36.23	300m:	3:31.72	36.92	400m:	4:42.77	34.09
5.	Nestor, KUNYK			08	Lagoa AC				4:47.26	403		
	50m:	31.33	31.33	150m:	1:43.04	36.10	250m:	2:56.20	36.59	350m:	4:10.71	37.11
	100m:	1:06.94	35.61	200m:	2:19.61	36.57	300m:	3:33.60	37.40	400m:	4:47.26	36.55
6.	Javier Gamez, LOURIDO			08	Nautico do Guadiana				5:10.11	320		
	50m:	32.84	32.84	150m:	1:50.78	39.23	250m:	3:09.46	39.09	350m:	4:29.89	40.96
	100m:	1:11.55	38.71	200m:	2:30.37	39.59	300m:	3:48.93	39.47	400m:	5:10.11	40.22
7.	Renato Matias, FERREIRA			08	Nautico do Guadiana				5:31.88	261		
	50m:	33.41	33.41	150m:	1:54.70	41.50	250m:	3:04.66	27.51	350m:	4:44.53	41.74
	100m:	1:13.20	39.79	200m:	2:37.15	42.45	300m:	4:02.79	58.13	400m:	5:31.88	47.35

Juniores

1.	Miguel Lourenco, VELHINHO			07	Lagoa AC				4:19.02	550		
	50m:	28.02	28.02	150m:	1:32.12	32.63	250m:	2:39.33	33.62	350m:	3:46.98	33.96
	100m:	59.49	31.47	200m:	2:05.71	33.59	300m:	3:13.02	33.69	400m:	4:19.02	32.04
2.	Tiago Miguel, COSTA			07	Portinado				4:31.75	476		
	50m:	28.75	28.75	150m:	1:36.89	34.96	250m:	2:47.82	35.78	350m:	3:58.35	35.47
	100m:	1:01.93	33.18	200m:	2:12.04	35.15	300m:	3:22.88	35.06	400m:	4:31.75	33.40
3.	Dario Cristiano, MARICI			07	Louletano / Loule Concelho				4:32.64	471		
	50m:	31.30	31.30	150m:	1:39.56	34.62	250m:	2:49.42	34.88	350m:	3:59.54	34.97
	100m:	1:04.94	33.64	200m:	2:14.54	34.98	300m:	3:24.57	35.15	400m:	4:32.64	33.10
4.	Pedro Mestre, FAISCA			07	Louletano / Loule Concelho				4:40.29	434		
	50m:	31.01	31.01	150m:	1:40.22	34.68	250m:	2:51.42	35.59	350m:	4:03.74	36.26
	100m:	1:05.54	34.53	200m:	2:15.83	35.61	300m:	3:27.48	36.06	400m:	4:40.29	36.55
5.	Cristiano, FISTICAN			07	Aquatico Silves				4:43.77	418		
	50m:	29.32	29.32	150m:	1:41.84	37.51	250m:	2:56.44	37.23	350m:	4:10.30	35.93
	100m:	1:04.33	35.01	200m:	2:19.21	37.37	300m:	3:34.37	37.93	400m:	4:43.77	33.47
6.	Yehor, SHANDITSEV			07	Nautico do Guadiana				5:04.90	337		
	50m:	32.30	32.30	150m:	1:47.91	38.71	250m:	3:07.14	40.06	350m:	4:27.72	40.56
	100m:	1:09.20	36.90	200m:	2:27.08	39.17	300m:	3:47.16	40.02	400m:	5:04.90	37.18

Seniores

1.	Joao Duarte, SANTOS			95	Natacao de Olhao				4:08.72	621		
	50m:	27.37	27.37	150m:	1:28.74	30.85	250m:	2:31.45	31.42	350m:	3:36.15	32.73
	100m:	57.89	30.52	200m:	2:00.03	31.29	300m:	3:03.42	31.97	400m:	4:08.72	32.57
2.	Miguel Salomao, TRISTAO			04	Portinado				4:17.62	559		
	50m:	28.52	28.52	150m:	1:32.15	32.11	250m:	2:37.51	33.02	350m:	3:44.87	33.82
	100m:	1:00.04	31.52	200m:	2:04.49	32.34	300m:	3:11.05	33.54	400m:	4:17.62	32.75
3.	Vicente Henriques, VAZ			05	Natacao de Olhao				4:33.40	467		
	50m:	29.96	29.96	150m:	1:37.74	34.90	250m:	2:49.38	35.91	350m:	3:59.56	34.97
	100m:	1:02.84	32.88	200m:	2:13.47	35.73	300m:	3:24.59	35.21	400m:	4:33.40	33.84
4.	Vitor, KUNYK			05	Lagoa AC				4:44.34	415		
	50m:	30.74	30.74	150m:	1:41.19	36.14	250m:	2:54.29	36.72	350m:	4:08.35	37.17
	100m:	1:05.05	34.31	200m:	2:17.57	36.38	300m:	3:31.18	36.89	400m:	4:44.34	35.99
EXH	Francisco Reis, PETERSSON			10	Naval de Faro				5:13.34	310		
	50m:	35.36	35.36	150m:	1:54.60	39.92	250m:	3:14.86	39.72	350m:	4:34.92	39.73
	100m:	1:14.68	39.32	200m:	2:35.14	40.54	300m:	3:55.19	40.33	400m:	5:13.34	38.42