



Campeonato Distrital de INF, JUV, JUN, SEN (PC)
Coruche, 1, 2, e 3 Março 2024

Prova 21

Masc., 400m Livres

Infantil B

02/03/2024 - 16:05

Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Inf B	4:32.58	David Filipe Pacheco	BUZIOS	Lagos	25/03/2023

: 6:29.00

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Martim Maria Salvador	11		Nautico Salvaterra Magos	5:14.01		308	
	50m: 33.22 150m: 1:50.97 250m: 3:12.87 350m: 4:35.10							
	100m: 1:10.98 200m: 2:31.89 300m: 3:53.91 400m: 5:14.01							
2.	Francisco Maria Dias	11		Viver Santarem	5:15.32		304	
	50m: 33.25 150m: 1:52.62 250m: 3:13.02 350m: 4:34.79							
	100m: 1:11.66 200m: 2:32.58 300m: 3:54.00 400m: 5:15.32							
3.	Heliodoro Joao Sombreiro	11		BUZIOS-Coruche	5:28.38		270	
	50m: 35.86 150m: 1:58.22 250m: 3:22.81 350m: 4:48.72							
	100m: 1:16.63 200m: 2:39.99 300m: 4:06.01 400m: 5:28.38							
4.	Dinis Oliveira Nunes	11		BUZIOS-Coruche	5:31.46		262	
	50m: 37.72 150m: 2:01.62 250m: 3:26.99 350m: 4:52.27							
	100m: 1:19.12 200m: 2:44.74 300m: 4:09.76 400m: 5:31.46							
5.	Eduardo Domingos Rosa	11		BUZIOS-Coruche	5:37.50		248	
	50m: 37.49 150m: 2:01.76 250m: 3:28.48 350m: 4:55.64							
	100m: 1:19.29 200m: 2:45.09 300m: 4:11.84 400m: 5:37.50							
6.	Duarte Moura Mendes	11		Torres Novas	5:38.71		246	
	50m: 36.43 150m: 2:01.61 250m: 3:27.95 350m: 4:57.97							
	100m: 1:18.16 200m: 2:45.17 300m: 4:12.54 400m: 5:38.71							
7.	Luca Cristian Irimia	11		Uniao Samorense	5:44.43		234	
	50m: 36.45 150m: 2:03.19 250m: 3:33.58 350m: 5:03.29							
	100m: 1:18.48 200m: 2:48.68 300m: 4:18.58 400m: 5:44.43							
8.	Artur Alexandre Silva	11		20Km de Almeirim	5:45.35		232	
	50m: 38.84 150m: 2:07.36 250m: 3:37.10 350m: 5:05.12							
	100m: 1:22.21 200m: 2:51.94 300m: 4:21.87 400m: 5:45.35							
9.	Manuel Maria Moniz	11		20Km de Almeirim	5:46.06		230	
	50m: 38.94 150m: 2:06.48 250m: 3:36.06 350m: 5:04.53							
	100m: 1:21.80 200m: 2:51.08 300m: 4:21.21 400m: 5:46.06							
10.	Martim Miguel Santos	11		Rio Maior	5:51.93		219	
	50m: 39.42 150m: 2:08.41 250m: 3:38.89 350m: 5:09.71							
	100m: 1:23.71 200m: 2:53.23 300m: 4:24.74 400m: 5:51.93							
11.	Tiago Daniel Santos	11		BUZIOS-Coruche	6:00.52		204	
	50m: 41.27 150m: 2:12.43 250m: 3:44.46 350m: 5:16.38							
	100m: 1:26.33 200m: 2:58.54 300m: 4:30.55 400m: 6:00.52							
12.	Tomas Miguel Pedro	11		BUZIOS-Coruche	6:11.92		185	
	50m: 41.04 150m: 2:13.89 250m: 3:50.42 350m: 5:27.96							
	100m: 1:26.60 200m: 3:01.94 300m: 4:39.19 400m: 6:11.92							
13.	Gabriel Antonio Marques	11		Nautico Abrantes	6:22.72		170	
	50m: 44.14 150m: 2:21.44 250m: 3:59.49 350m: 5:35.35							
	100m: 1:32.58 200m: 3:10.44 300m: 4:47.01 400m: 6:22.72							
DSQ	Abel Elias Ramos	11		Gualdim Pais				
	SW 4.4 - Falsa partida							



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Prova 21, Masc., 400m Livres

Prova 21 Masc., 400m Livres Infantil A
02/03/2024 - 16:05 Resultados

Recorde Distrital ANDS Open 3:51.74 Gustavo Manuel Santa CNLA Leiria 06/12/2009
Recorde Distrital ANDS Inf A 4:22.64 Pedro Diogo Oliveira CNRM Benavente 26/05/2002

: 6:06.00

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	David Filipe Pacheco	10		BUZIOS-Coruche	4:34.09		464	
	50m: 31.03	150m: 1:39.99	250m: 2:50.23	350m: 4:00.70				
	100m: 1:05.28	200m: 2:15.15	300m: 3:25.98	400m: 4:34.09				
2.	Daniel Filipe Jorge	10		Rio Maior	4:50.38		390	
	50m: 32.75	150m: 1:45.74	250m: 3:00.63	350m: 4:14.85				
	100m: 1:08.68	200m: 2:22.86	300m: 3:38.19	400m: 4:50.38				
3.	Francisco Manuel Cadete	10		Nautico Abrantes	4:58.35		360	
	50m: 32.56	150m: 1:47.57	250m: 3:05.09	350m: 4:21.63				
	100m: 1:08.63	200m: 2:25.97	300m: 3:43.38	400m: 4:58.35				
4.	Tiago Frazao Barra	10		Rio Maior	4:59.04		357	
	50m: 32.30	150m: 1:46.72	250m: 3:04.32	350m: 4:21.98				
	100m: 1:08.51	200m: 2:25.24	300m: 3:43.48	400m: 4:59.04				
5.	Andre Guilherme Anastacio	10		Nautico Abrantes	5:14.09		308	
	50m: 34.74	150m: 1:53.59	250m: 3:14.25	350m: 4:34.51				
	100m: 1:13.62	200m: 2:33.54	300m: 3:54.22	400m: 5:14.09				
6.	Lourenco Vicente Geada	10		Torres Novas	5:18.24		296	
	50m: 35.31	150m: 1:55.68	250m: 3:17.44	350m: 4:38.98				
	100m: 1:15.40	200m: 2:36.61	300m: 3:58.52	400m: 5:18.24				
7.	Luis Miguel Reis	10		Rio Maior	5:27.51		272	
	50m: 37.54	150m: 2:01.32	250m: 3:26.16	350m: 4:47.72				
	100m: 1:19.63	200m: 2:43.36	300m: 4:07.14	400m: 5:27.51				
8.	Lourenco Manuel Palmeiro	10		BUZIOS-Coruche	5:30.98		263	
	50m: 36.93	150m: 1:59.89	250m: 3:24.92	350m: 4:50.28				
	100m: 1:17.55	200m: 2:42.34	300m: 4:07.60	400m: 5:30.98				
9.	Tiago Goncalves Vieira	10		Gualdim Pais	5:41.33		240	
	50m: 36.12	150m: 1:59.21	250m: 3:26.88	350m: 4:57.99				
	100m: 1:16.48	200m: 2:42.54	300m: 4:11.92	400m: 5:41.33				
10.	Afonso Goncalves Leite	10		CLAC-Entroncamento	5:44.04		234	
	50m: 35.42	150m: 2:01.41	250m: 3:30.72	350m: 5:01.76				
	100m: 1:17.18	200m: 2:45.10	300m: 4:16.56	400m: 5:44.04				
11.	Vicente Jose Carrilho	10		BUZIOS-Coruche	5:51.52		220	
	50m: 39.83	150m: 2:08.71	250m: 3:39.34	350m: 5:09.75				
	100m: 1:23.94	200m: 2:54.19	300m: 4:24.86	400m: 5:51.52				



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Prova 21, Masc., 400m Livres

Prova 21 Masc., 400m Livres Juvenil B
02/03/2024 - 16:05 Resultados

Recorde Distrital ANDS Open 3:51.74 Gustavo Manuel Santa CNLA Leiria 06/12/2009
Recorde Distrital ANDS Juv B 4:09.90 Pedro Diogo Oliveira CNRM Rio Maior 12/07/2003

: 5:36.00

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Stefan Iordan Chele	09	Rio Maior	4:27.70		498	
	50m: 29.50 150m: 1:35.56 250m: 2:44.19 350m: 3:53.42						
	100m: 1:01.95 200m: 2:10.03 300m: 3:18.58 400m: 4:27.70						
2.	Miguel Silva Lima	09	Nautico Abrantes	4:47.93		400	
	50m: 31.15 150m: 1:43.13 250m: 2:57.45 350m: 4:12.02						
	100m: 1:05.95 200m: 2:20.52 300m: 3:35.01 400m: 4:47.93						
3.	Pedro Morgado Costa	09	Rio Maior	5:07.40		329	
	50m: 32.93 150m: 1:48.82 250m: 3:08.99 350m: 4:29.41						
	100m: 1:10.50 200m: 2:28.90 300m: 3:49.53 400m: 5:07.40						
4.	Luis Suissas Rato	09	Nautico Salvaterra Magos	5:09.64		322	
	50m: 32.18 150m: 1:49.64 250m: 3:13.44 350m: 4:34.22						
	100m: 1:09.04 200m: 2:31.20 300m: 3:54.63 400m: 5:09.64						
5.	Gabriel Sa Chambel	09	CLAC-Entroncamento	5:12.99		311	
	50m: 33.88 150m: 1:52.50 250m: 3:12.75 350m: 4:33.49						
	100m: 1:11.95 200m: 2:32.55 300m: 3:53.23 400m: 5:12.99						
6.	Jose Tomas Martins FTL	09	BUZIOS-Coruche	6:02.23		201	
	50m: 40.83 150m: 2:10.86 250m: 3:43.34 350m: 5:16.53						
	100m: 1:25.26 200m: 2:56.47 300m: 4:29.86 400m: 6:02.23						

Prova 21 Masc., 400m Livres Juvenil A
02/03/2024 - 16:05 Resultados

Recorde Distrital ANDS Open 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

: 5:26.00

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Monteiro	08	BUZIOS-Coruche	4:22.22		530	
	50m: 29.19 150m: 1:35.35 250m: 2:41.91 350m: 3:49.75						
	100m: 1:01.97 200m: 2:08.58 300m: 3:15.81 400m: 4:22.22						
2.	Francisco Guilherme Freixieir08		Rio Maior	4:27.18		501	
	50m: 30.25 150m: 1:36.72 250m: 2:45.18 350m: 3:54.06						
	100m: 1:03.33 200m: 2:10.59 300m: 3:19.83 400m: 4:27.18						
3.	Joao Francisco Gaspar	08	BUZIOS-Coruche	5:09.58		322	
	50m: 33.47 150m: 1:49.75 250m: 3:10.60 350m: 4:32.18						
	100m: 1:10.40 200m: 2:29.73 300m: 3:51.73 400m: 5:09.58						



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Prova 21, Masc., 400m Livres

Prova 21 Masc., 400m Livres Junior
02/03/2024 - 16:05 Resultados

Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS Jun18	4:02.22	Tiago Filipe Campos	Sel POR	Felgueiras	22/04/2017
Recorde Distrital ANDS Jun17	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06/12/2009

Jun/Sen: 5:20.00

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jose Maria Temudo	06	Rio Maior	4:11.31		602	
	50m: 28.42 150m: 1:31.03 250m: 2:35.55 350m: 3:40.18						
	100m: 59.42 200m: 2:03.25 300m: 3:07.98 400m: 4:11.31						
2.	Afonso Formigo Pinho	06	Torres Novas	4:20.34		541	
	50m: 30.00 150m: 1:35.94 250m: 2:42.24 350m: 3:48.29						
	100m: 1:02.67 200m: 2:09.58 300m: 3:15.23 400m: 4:20.34						
3.	Rafael Sousa Azevedo	06	Viver Santarem	4:23.13		524	
	50m: 30.83 150m: 1:37.10 250m: 2:43.58 350m: 3:50.16						
	100m: 1:03.55 200m: 2:10.34 300m: 3:16.88 400m: 4:23.13						
4.	Tomas Alexandre Santos	07	BUZIOS-Coruche	4:27.33		500	
	50m: 28.80 150m: 1:34.54 250m: 2:43.21 350m: 3:53.35						
	100m: 1:01.01 200m: 2:08.67 300m: 3:18.35 400m: 4:27.33						
5.	Tiago Miguel Trincao	06	Torres Novas	4:33.36		468	
	50m: 30.83 150m: 1:40.12 250m: 2:51.37 350m: 4:01.79						
	100m: 1:04.90 200m: 2:15.50 300m: 3:27.06 400m: 4:33.36						
6.	Joao Miguel Pinto	07	Viver Santarem	4:33.89		465	
	50m: 30.50 150m: 1:39.56 250m: 2:51.30 350m: 4:01.78						
	100m: 1:04.45 200m: 2:15.28 300m: 3:27.13 400m: 4:33.89						
7.	Simao Rocha Silva	07	Gualdim Pais	4:49.37		394	
	50m: 32.84 150m: 1:44.90 250m: 2:59.22 350m: 4:11.21						
	100m: 1:08.53 200m: 2:22.03 300m: 3:36.56 400m: 4:49.37						

Prova 21 Masc., 400m Livres Senior
02/03/2024 - 16:05 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

Jun/Sen: 5:20.00

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Guilherme Pereira Coutinho	03	Viver Santarem	4:19.33		548	
	50m: 28.94 150m: 1:33.05 250m: 2:39.51 350m: 3:46.24						
	100m: 1:00.63 200m: 2:06.63 300m: 3:13.44 400m: 4:19.33						
2.	Joao Pedro Rosa	90	CLAC-Entroncamento	4:46.47		406	
	50m: 32.47 150m: 1:42.89 250m: 2:56.18 350m: 4:10.45						
	100m: 1:07.15 200m: 2:19.31 300m: 3:33.50 400m: 4:46.47						
3.	Diogo Miguel Balsa	95	BUZIOS-Coruche	5:04.55		338	
	50m: 31.91 150m: 1:43.00 250m: 3:00.44 350m: 4:22.78						
	100m: 1:06.62 200m: 2:20.78 300m: 3:41.25 400m: 5:04.55						