

Taça ANDS - Cidade de Rio Maior
Rio Maior, 20/4/2024

Prova 24
20/04/2024 - 18:20

Masc., 400m Livres

Absoluto
Resultados

Pontos: FINA 2024

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Francisco Marques Simoes	07	Nautico de Leiria	4:23.31		583	
	50m: 29.20 29.20	150m: 1:35.74	33.14	250m: 2:43.31	33.96	350m: 3:51.20	33.80
	100m: 1:02.60 33.40	200m: 2:09.35	33.61	300m: 3:17.40	34.09	400m: 4:23.31	32.11
2.	Guilherme Pereira Coutinho	03	Viver Santarem	4:31.37		533	
	50m: 29.74 29.74	150m: 1:37.52	34.72	250m: 2:47.74	35.21	350m: 3:56.90	34.13
	100m: 1:02.80 33.06	200m: 2:12.53	35.01	300m: 3:22.77	35.03	400m: 4:31.37	34.47
3.	Joao Pedro Monteiro	08	BUZIOS - Coruche	4:32.18		528	
	50m: 30.22 30.22	150m: 1:39.10	35.05	250m: 2:49.06	34.82	350m: 3:58.92	34.72
	100m: 1:04.05 33.83	200m: 2:14.24	35.14	300m: 3:24.20	35.14	400m: 4:32.18	33.26
4.	Francisco Guilherme Freixieiro	08	Rio Maior	4:32.22		528	
	50m: 31.42 31.42	150m: 1:40.35	34.79	250m: 2:50.04	34.98	350m: 3:59.73	34.70
	100m: 1:05.56 34.14	200m: 2:15.06	34.71	300m: 3:25.03	34.99	400m: 4:32.22	32.49
5.	Santiago Agostinho Parreira	09	Pimpoes/Cimai	4:35.08		512	
	50m: 30.45 30.45	150m: 1:40.04	35.53	250m: 2:51.99	35.98	350m: 4:03.89	35.04
	100m: 1:04.51 34.06	200m: 2:16.01	35.97	300m: 3:28.85	36.86	400m: 4:35.08	31.19
6.	Tomas Alexandre Santos	07	BUZIOS - Coruche	4:35.20		511	
	50m: 30.46 30.46	150m: 1:39.73	35.35	250m: 2:51.14	35.77	350m: 4:01.98	35.42
	100m: 1:04.38 33.92	200m: 2:15.37	35.64	300m: 3:26.56	35.42	400m: 4:35.20	33.22
7.	David Filipe Pacheco	10	BUZIOS - Coruche	4:35.22		511	
	50m: 30.60 30.60	150m: 1:40.46	35.14	250m: 2:51.20	35.52	350m: 4:02.18	35.31
	100m: 1:05.32 34.72	200m: 2:15.68	35.22	300m: 3:26.87	35.67	400m: 4:35.22	33.04
8.	Rafael Sousa Azevedo	06	Viver Santarem	4:35.44		510	
	50m: 31.19 31.19	150m: 1:40.03	34.52	250m: 2:49.97	32.88	350m: 4:02.61	34.67
	100m: 1:05.51 34.32	200m: 2:17.09	37.06	300m: 3:27.94	37.97	400m: 4:35.44	32.83
9.	Miguel Filipe Medronheira	09	Palmela	4:49.49		439	
	50m: 32.06 32.06	200m: 2:23.16	1:14.71	400m: 4:49.49	1:11.07		
	100m: 1:08.45 36.39	300m: 3:38.42	1:15.26				
10.	Bernardo Miguel Oliveira	09	Nacional de Natacao	4:55.46		413	
	50m: 33.41 33.41	150m: 1:48.21	37.55	250m: 3:04.24	37.48	350m: 4:19.94	37.61
	100m: 1:10.66 37.25	200m: 2:26.76	38.55	300m: 3:42.33	38.09	400m: 4:55.46	35.52
11.	Afonso Alves Chocas	04	Electrico Clube/ FGil.pt	4:56.77		407	
	100m: 1:06.85 1:06.85	200m: 2:21.20	1:14.35	300m: 3:38.74	1:17.54	400m: 4:56.77	1:18.03
12.	Joao Pedro Rosa	90	CLAC-Entroncamento	4:58.35		401	
	50m: 33.99 33.99	150m: 1:45.62	33.97	250m: 3:02.53	35.25	350m: 4:20.84	36.91
	100m: 1:11.65 37.66	200m: 2:27.28	41.66	300m: 3:43.93	41.40	400m: 4:58.35	37.51
13.	Tiago Miguel Trincao	06	Torres Novas	5:00.45		392	
	100m: 1:10.65 1:10.65	200m: 2:28.10	1:17.45	300m: 3:46.75	1:18.65	400m: 5:00.45	1:13.70
14.	Simao Rocha Silva	07	Gualdim Pais	5:06.07		371	
	50m: 33.34 33.34	150m: 1:51.22	39.63	250m: 3:10.58	39.77	350m: 4:29.64	38.86
	100m: 1:11.59 38.25	200m: 2:30.81	39.59	300m: 3:50.78	40.20	400m: 5:06.07	36.43
15.	Luis Pedro Pinto	09	Beja	5:12.05		350	
	50m: 33.23 33.23	150m: 1:50.66	39.57	250m: 3:12.06	40.88	350m: 4:32.54	39.39
	100m: 1:11.09 37.86	200m: 2:31.18	40.52	300m: 3:53.15	41.09	400m: 5:12.05	39.51
16.	Rafael Piedade Quaresma	07	Palmela	5:20.07		325	
	50m: 34.14 34.14	150m: 1:51.83	40.25	250m: 3:15.53	42.34	350m: 4:39.08	41.95
	100m: 1:11.58 37.44	200m: 2:33.19	41.36	300m: 3:57.13	41.60	400m: 5:20.07	40.99
17.	Guilherme Rodrigues Cabral	10	Pimpoes/Cimai	5:20.51		323	
	50m: 36.52 36.52	150m: 1:57.73	41.14	250m: 3:20.53	41.26	350m: 4:42.45	40.63
	100m: 1:16.59 40.07	200m: 2:39.27	41.54	300m: 4:01.82	41.29	400m: 5:20.51	38.06

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Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Rafael Sergio Spac	07		Palmela	5:20.67		323	
	50m: 35.13 35.13	150m: 1:56.93		41.29 250m: 3:20.42	41.09 350m: 4:43.59		41.29	
	100m: 1:15.64 40.51	200m: 2:39.33		42.40 300m: 4:02.30	41.88 400m: 5:20.67		37.08	
19.	Andre Guilherme Anastacio	10		Nautico Abrantes	5:30.05		296	
	50m: 36.74 36.74	150m: 2:01.61		43.02 250m: 3:27.11	43.02 350m: 4:52.49		42.77	
	100m: 1:18.59 41.85	200m: 2:44.09		42.48 300m: 4:09.72	42.61 400m: 5:30.05		37.56	
20.	Francisco Maria Dias	11		Viver Santarem	5:30.70		294	
	50m: 36.26 36.26	150m: 2:01.14		42.18 250m: 3:08.07	24.35 350m: 4:52.39		43.00	
	100m: 1:18.96 42.70	200m: 2:43.72		42.58 300m: 4:09.39	1:01.32 400m: 5:30.70		38.31	
21.	Tiago Goncalves Vieira	10		Gualdim Pais	5:41.03		268	
	50m: 37.40 37.40	150m: 2:06.09		45.25 250m: 3:34.48	44.31 350m: 5:02.58		43.54	
	100m: 1:20.84 43.44	200m: 2:50.17		44.08 300m: 4:19.04	44.56 400m: 5:41.03		38.45	
22.	Martim Miguel Santos	11		Rio Maior	5:41.68		267	
	50m: 38.34 38.34	150m: 2:05.96		44.58 250m: 3:34.41	44.00 350m: 5:02.19		43.90	
	100m: 1:21.38 43.04	200m: 2:50.41		44.45 300m: 4:18.29	43.88 400m: 5:41.68		39.49	
23.	Martin Shevchuk	11		Nautico de Leiria	5:42.33		265	
	50m: 39.42 39.42	150m: 2:06.76		42.92 250m: 3:35.54	44.09 350m: 5:03.17		43.18	
	100m: 1:23.84 44.42	200m: 2:51.45		44.69 300m: 4:19.99	44.45 400m: 5:42.33		39.16	
24.	Luis Miguel Reis	10		Rio Maior	5:43.10		263	
	50m: 40.88 40.88	150m: 2:08.11		44.18 250m: 3:35.73	43.61 350m: 5:01.75		42.46	
	100m: 1:23.93 43.05	200m: 2:52.12		44.01 300m: 4:19.29	43.56 400m: 5:43.10		41.35	
25.	Afonso Goncalves Leite	10		CLAC-Entroncamento	5:44.74		260	
	50m: 36.97 36.97	150m: 2:04.28		44.46 250m: 3:34.66	44.83 350m: 5:03.68		44.66	
	100m: 1:19.82 42.85	200m: 2:49.83		45.55 300m: 4:19.02	44.36 400m: 5:44.74		41.06	
26.	Thomas James Barnett	11		Nacional de Natacao	5:48.31		252	
	50m: 39.11 39.11	150m: 2:07.54		44.38 250m: 3:36.57	44.60 350m: 5:05.79		44.36	
	100m: 1:23.16 44.05	200m: 2:51.97		44.43 300m: 4:21.43	44.86 400m: 5:48.31		42.52	
27.	Diogo Chambel Santos	11		Nautico Abrantes	5:48.81		251	
	50m: 40.91 40.91	150m: 2:09.98		44.52 300m: 4:24.29	1:29.48 400m: 5:48.81		40.45	
	100m: 1:25.46 44.55	200m: 2:54.81		44.83 350m: 5:08.36	44.07			
28.	Diogo Alexandre Domingos	07		Grandola Sports	5:59.90		228	
	50m: 36.75 36.75	150m: 2:03.46		44.75 300m: 4:28.58	1:36.25			
	100m: 1:18.71 41.96	200m: 2:52.33		48.87 400m: 5:59.90	1:31.32			
29.	Eduardo Filipe Chainho	10		Grandola Sports	6:30.45		179	
	50m: 40.32 40.32	150m: 2:19.80		51.39 250m: 4:02.97	51.31 350m: 5:47.61		51.67	
	100m: 1:28.41 48.09	200m: 3:11.66		51.86 300m: 4:55.94	52.97 400m: 6:30.45		42.84	
DNS	Romulo Artur Silva	08		Electrico Clube/ FGil.pt				
DNS	Diogo Correia Silva	10		Obidos Criativa				
DNS	Lourenco Vicente Geada	10		Torres Novas				
DNS	Simao Pedro Oliveira	07		Torres Novas				
DNS	Gabriel Sa Chambel	09		CLAC-Entroncamento				
WDR	Loi Marcel Doan	11		Nacional de Natacao				