

Torneio Internacional Cidade de Bragança  
Bragança, 20/4/2024



Prova 15 Masc., 400m Livres Infantis  
Resultados

Recorde Regional (25m) Open	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 14	4:39.76	AFONSO, Francisco Lopes	GCVR	Santa Marta de Penaguião	01/07/2017
Recorde Regional (25m) 13	4:54.34	RIBEIRO, Lucas Pinto	GCVR	Peso da Régua	12/03/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	MENDES, Rodrigo Cunha	211997	11	Lousada Século XXI	<b>5:08.00</b>	327
	50m: 35.65 35.65	200m: 2:33.00	1:18.44	400m: 5:08.00	1:17.66	
	100m: 1:14.56 38.91	300m: 3:50.34	1:17.34			
2.	PIRES, Filipe Miguel	218010	11	EMNVinhais/FCV	<b>5:16.20</b>	302
	50m: 34.47 34.47	200m: 2:34.65	1:20.78	400m: 5:16.20	1:20.01	
	100m: 1:13.87 39.40	300m: 3:56.19	1:21.54			
3.	CARDOSO, Goncalo Paiva	209269	11	Fluvial Portuense	<b>5:28.32</b>	270
	50m: 36.00 36.00	200m: 2:41.00	1:23.61	400m: 5:28.32	1:22.32	
	100m: 1:17.39 41.39	300m: 4:06.00	1:25.00			
4.	OLIVEIRA, Nuno Pinto	219466	10	Gcvr	<b>6:00.53</b>	204
	50m: 40.87 40.87	200m: 2:59.09	1:32.31	400m: 6:00.53	1:29.85	
	100m: 1:26.78 45.91	300m: 4:30.68	1:31.59			
5.	IGREJAS, Francisco Maria	209416	11	Gcvr	<b>6:14.87</b>	181
	50m: 40.84 40.84	200m: 3:04.68	1:37.28	400m: 6:14.87	1:34.03	
	100m: 1:27.40 46.56	300m: 4:40.84	1:36.16			
6.	LOPES, Rui Pedro	216387	10	Durius Ac Pesqueira	<b>6:40.93</b>	148
	50m: 46.28 46.28	200m: 3:23.62	1:45.75	400m: 6:40.93	1:33.68	
	100m: 1:37.87 51.59	300m: 5:07.25	1:43.63			

Prova 15 Masc., 400m Livres Juenis  
Resultados

Recorde Regional (25m) Open	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 16	4:22.51	FERREIRA, João Carlos	GCVR	Braga	18/03/2000
Recorde Regional (25m) 15	4:29.64	AFONSO, Francisco Lopes	GCVR	Santa Marta de Penaguião	07/07/2018

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	PINTO, Francisco Dinis	216380	09	Durius Ac Pesqueira	<b>6:38.12</b>	151
	50m: 43.46 43.46	100m: 1:33.78	50.32	200m: 3:19.62	1:45.84	3:18.50
				400m: 6:38.12		
DNS	CORREIA, Artur Jose	219186	09	Flavitus		

Prova 15 Masc., 400m Livres Juniore e Seniores  
Resultados

Recorde Regional (25m) Open	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 19 +	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	LOPES, Daniel Filipe	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	LOPES, Daniel Filipe	CNIN	Mealhada	15/12/2012

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	GONCALVES, Hugo Fonseca	208561	03	CMN Peso da Régua	<b>4:27.93</b>	497
	50m: 30.90 30.90	200m: 2:15.68	1:10.68	400m: 4:27.93	1:04.18	
	100m: 1:05.00 34.10	300m: 3:23.75	1:08.07			
2.	ROCHA, Jose Pedro	201748	04	CMN Peso da Régua	<b>4:28.06</b>	496
	50m: 30.65 30.65	200m: 2:15.18	1:10.15	400m: 4:28.06	1:04.56	
	100m: 1:05.03 34.38	300m: 3:23.50	1:08.32			
3.	RIBEIRO, Rui Pedro	219477	01	Lousada Século XXI	<b>5:14.43</b>	307
	50m: 30.78 30.78	200m: 2:26.89	1:20.11	400m: 5:14.43	1:24.18	
	100m: 1:06.78 36.00	300m: 3:50.25	1:23.36			

Torneio Internacional Cidade de Bragança  
Bragança, 20/4/2024



Prova 15, Masc., 400m Livres

Prova 15	Masc., 400m Livres				Absolutos
20/04/2024 - 10:45					Resultados
Recorde Regional (25m) Open	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) 19 +	4:12.55	CARNEIRO, Ivo Emanuel	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	LOPES, Daniel Filipe	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	LOPES, Daniel Filipe	CNIN	Mealhada	15/12/2012
Recorde Regional (25m) 16	4:22.51	FERREIRA, João Carlos	GCVR	Braga	18/03/2000
Recorde Regional (25m) 15	4:29.64	AFONSO, Francisco Lopes	GCVR	Santa Marta de Penaguião	07/07/2018
Recorde Regional (25m) 14	4:39.76	AFONSO, Francisco Lopes	GCVR	Santa Marta de Penaguião	01/07/2017
Recorde Regional (25m) 13	4:54.34	RIBEIRO, Lucas Pinto	GCVR	Peso da Régua	12/03/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	GONCALVES, Hugo Fonseca	208561	03	CMN Peso da Régua	<b>4:27.93</b>	497
	50m: 30.90 30.90	200m: 2:15.68 1:10.68		400m: 4:27.93 1:04.18		
	100m: 1:05.00 34.10	300m: 3:23.75 1:08.07				
2.	ROCHA, Jose Pedro	201748	04	CMN Peso da Régua	<b>4:28.06</b>	496
	50m: 30.65 30.65	200m: 2:15.18 1:10.15		400m: 4:28.06 1:04.56		
	100m: 1:05.03 34.38	300m: 3:23.50 1:08.32				
3.	MENDES, Rodrigo Cunha	211997	11	Lousada Século XXI	<b>5:08.00</b>	327
	50m: 35.65 35.65	200m: 2:33.00 1:18.44		400m: 5:08.00 1:17.66		
	100m: 1:14.56 38.91	300m: 3:50.34 1:17.34				
4.	RIBEIRO, Rui Pedro	219477	01	Lousada Século XXI	<b>5:14.43</b>	307
	50m: 30.78 30.78	200m: 2:26.89 1:20.11		400m: 5:14.43 1:24.18		
	100m: 1:06.78 36.00	300m: 3:50.25 1:23.36				
5.	PIRES, Filipe Miguel	218010	11	EMNVinhais/FCV	<b>5:16.20</b>	302
	50m: 34.47 34.47	200m: 2:34.65 1:20.78		400m: 5:16.20 1:20.01		
	100m: 1:13.87 39.40	300m: 3:56.19 1:21.54				
6.	CARDOSO, Goncalo Paiva	209269	11	Fluvial Portuense	<b>5:28.32</b>	270
	50m: 36.00 36.00	200m: 2:41.00 1:23.61		400m: 5:28.32 1:22.32		
	100m: 1:17.39 41.39	300m: 4:06.00 1:25.00				
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	50m: 40.84 40.84	200m: 3:04.68 1:37.28		400m: 6:14.87 1:34.03		
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	50m: 43.46 43.46	100m: 1:33.78 50.32		200m: 3:19.62 1:45.84	400m: 6:38.12 3:18.50	
10.	LOPES, Rui Pedro	216387	10	Durius Ac Pesqueira	<b>6:40.93</b>	148
	50m: 46.28 46.28	200m: 3:23.62 1:45.75		400m: 6:40.93 1:33.68		
	100m: 1:37.87 51.59	300m: 5:07.25 1:43.63				
DNS	CORREIA, Artur Jose	219186	09	Flavitus		