



Torregri III e Festival Aquático - Vinhais a Nadar  
Vinhais, 15 - 16/6/2024



Prova 30  
16/06/2024

Masc., 400m Livres

Cadetes A  
Resultados

Pontos: FINA 2022

Lugar	Nome	Licença	Ano	Clube	Tempo Final	Pts
1.	Manuel Gomes Almeida	216982	12	Colegio Efanor	<b>5:31.53</b>	262
	50m: 36.46	150m:		250m:	350m:	
	100m: 1:18.21	200m: 2:45.28		300m: 4:12.46	400m: 5:31.53	
2.	Jose Maria Soares	212467	12	Colegio Efanor	<b>5:32.05</b>	261
	50m: 36.66	150m:		250m:	350m:	
	100m: 1:18.38	200m: 2:44.80		300m: 4:12.23	400m: 5:32.05	
3.	Olavo Tomas Rocha	215276	12	Colegio Efanor	<b>5:46.10</b>	230
	50m: 38.87	150m:		250m:	350m:	
	100m: 1:22.06	200m: 2:49.85		300m: 4:18.13	400m: 5:46.10	
4.	Martim Beato Guedes	219121	12	Emnv/FC Vinhais	<b>6:12.93</b>	184
	50m: 39.90	150m:		250m:	350m:	
	100m: 1:26.50	200m: 3:03.09		300m: 4:41.03	400m: 6:12.93	
5.	Francisco Magalhaes Lima	214764	12	Colegio Efanor	<b>6:15.57</b>	180
	50m: 41.00	150m:		250m:	350m:	
	100m: 1:27.06	200m: 3:02.37		300m: 4:40.14	400m: 6:15.57	
6.	Gil Jorge Logarinho	216983	12	Colegio Efanor	<b>6:30.39</b>	160
	50m: 41.50	150m:		250m:	350m:	
	100m: 1:30.31	200m: 3:09.78		300m: 4:51.18	400m: 6:30.39	
7.	Tiago Torrao Macedo	214754	12	Colegio Efanor	<b>6:41.31</b>	147
	50m: 42.34	150m:		250m:	350m:	
	100m: 1:31.45	200m: 3:14.62		300m: 5:00.09	400m: 6:41.31	
DNS	Rodrigo Araujo Sousa	214607	12	CMN Peso da Régua		
WDR	Pedro Filipe Lopes	217386	12	Gcvr		