

Torneio Regional de Fundo e Nadador Completo
Grândola, 18/5/2024

Prova 15 Masc., 400m Estilos 13 - 16 anos
18/05/2024 - 16:15 Resultados

Recordes Regionais Piscina Curta Open	4:45.12	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Recordes Regionais Piscina Curta 16	4:56.40	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	23/11/2014
Recordes Regionais Piscina Curta 15	5:01.37	Francisco Alves CORREIA	CNLA	Ponte de Sor	19/03/2019
Recordes Regionais Piscina Curta 14	5:03.68	Tiago Pastor ESCADA	AMINATA	Sto Antonio dos Cavaleiros	15/03/2013
Recordes Regionais Piscina Curta 13	5:18.10	Tiago Pastor ESCADA	AMINATA	Sto Antonio dos Cavaleiros	16/03/2012

Pontos: FINA 2023

Lugar Nome Idade Clube Tempo final Pts

13 anos

1. Guilherme Martins CANDEIAS	13	Aminata	6:23.38	229
50m: 45.00 45.00	150m:	250m:	350m:	
100m: 1:37.25 52.25	200m: 3:13.48	300m:	400m: 6:23.38	
2. Bernardo Jose LOUCAO	13	Litoral Alentejano	7:00.50	174
50m: 50.06 50.06	150m:	250m:	350m:	
100m: 1:48.50 58.44	200m: 3:30.71	300m:	400m: 7:00.50	
3. Gustavo Cardoso SANTOS	13	Ndco	7:08.40	164
50m: 53.46 53.46	150m:	250m:	350m:	
100m: 1:56.11 1:02.65	200m: 3:36.55	300m:	400m: 7:08.40	

14 anos

1. Afonso Rodrigues FERREIRA	14	Ndco	5:53.96	291
50m: 38.85 38.85	150m:	250m:	350m:	
100m: 1:25.11 46.26	200m: 2:56.65	300m:	400m: 5:53.96	
2. Tiago Romaneiro JANEIRINHO	14	Aminata	6:13.88	247
50m: 44.92 44.92	150m:	250m:	350m:	
100m: 1:38.69 53.77	200m: 3:12.73	300m:	400m: 6:13.88	
3. Rodrigo Santos SOUZA	14	Acmn	6:15.87	243
50m: 43.29 43.29	150m:	250m:	350m:	
100m: 1:34.37 51.08	200m: 3:09.16	300m:	400m: 6:15.87	
4. Mateus HELENO	14	Seagull Rescue	6:15.93	243
50m: 35.97 35.97	150m:	250m:	350m:	
100m: 1:23.68 47.71	200m: 3:00.54	300m:	400m: 6:15.93	
5. Luis Carlos VAZ	14	Litoral Alentejano	6:46.60	192
50m: 46.20 46.20	150m:	250m:	350m:	
100m: 1:44.16 57.96	200m: 3:27.33	300m:	400m: 6:46.60	
6. Rodrigo Alexandre RAPOSO	14	Acmn	7:16.86	155
50m: 47.94 47.94	150m:	250m:	350m:	
100m: 1:42.83 54.89	200m: 3:27.03	300m:	400m: 7:16.86	

DSQ Diogo Miguel CARAVELINHA 14 Aminata
814 - Tocou com uma mão na parede na viragem aos 300 m - SW 8.4

15 anos

1. Dinis Alexandre CAEIRO	15	Grupo Desportivo Mora	6:10.00	255
50m: 37.80 37.80	150m:	250m:	350m:	
100m: 1:28.48 50.68	200m: 2:56.33	300m:	400m: 6:10.00	
2. João PORTO	15	Seagull Rescue	6:35.16	209
50m: 41.25 41.25	150m:	250m:	350m:	
100m: 1:33.75 52.50	200m: 3:20.22	300m:	400m: 6:35.16	
3. Salvador Pinto FALCAO	15	Acmn	7:15.40	156
50m: 46.55 46.55	150m:	250m:	350m:	
100m: 1:41.46 54.91	200m: 3:24.54	300m:	400m: 7:15.40	

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16 anos

1. Miguel Salgueiro VITORINO	16	Grupo Desportivo Mora	5:21.84	388
50m: 33.94 33.94	150m:	250m:	350m:	
100m: 1:14.58 40.64	200m: 2:33.96	300m:	400m: 5:21.84	
2. Guilherme Oliveira MARQUES	16	Grupo Desportivo Mora	5:30.94	357
50m: 33.46 33.46	150m:	250m:	350m:	
100m: 1:12.52 39.06	200m: 2:37.69	300m:	400m: 5:30.94	
3. Miguel Martins RATO	16	Estremoz / Estremozcarnes	5:53.30	293
50m: 34.51 34.51	150m:	250m:	350m:	
100m: 1:15.22 40.71	200m: 2:47.05	300m:	400m: 5:53.30	