

LEIRIASWIM 2024
Leiria, 11/5/2024

Prova 19 Grupo B
11/05/2024 - 15:57 Resultados

Masc., 400m Livres

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 14	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac 13	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: FINA 2022

resultados provisórios

Lugar	Ano		Tempo final		Pts
Goncalo Nunes, MARQUES	11	Condeixa Aqua Clube	4:51.13	387	
50m: 34.03 34.03	150m: 1:47.36 37.06	250m: 3:03.19 38.10	350m: 4:17.13 36.29		
100m: 1:10.30 36.27	200m: 2:25.09 37.73	300m: 3:40.84 37.65	400m: 4:51.13 34.00		
Tiago Joao, OLAS	10	Académico de Viseu FC	5:07.61	328	
50m: 35.55 35.55	150m: 1:52.49 38.56	250m: 3:10.61 39.29	350m: 4:29.97 39.73		
100m: 1:13.93 38.38	200m: 2:31.32 38.83	300m: 3:50.24 39.63	400m: 5:07.61 37.64		
Pedro Souza, SILVA	10	Pimpoes/Cimai	5:09.58	322	
50m: 35.36 35.36	150m: 1:52.92 39.25	250m: 3:11.25 39.10	350m: 4:30.99 39.59		
100m: 1:13.67 38.31	200m: 2:32.15 39.23	300m: 3:51.40 40.15	400m: 5:09.58 38.59		
Joao Santos, ALMEIDA	11	Ba-Leiria	5:12.11	314	
50m: 34.90 34.90	150m: 1:52.08 39.46	250m: 3:12.72 40.40	350m: 4:34.19 40.68		
100m: 1:12.62 37.72	200m: 2:32.32 40.24	300m: 3:53.51 40.79	400m: 5:12.11 37.92		

Prova 19 Grupo C
11/05/2024 - 15:57 Resultados

Masc., 400m Livres

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 16	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nac 15	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023

Pontos: FINA 2022

resultados provisórios

Lugar	Ano		Tempo final		Pts
Tomas Pascoal, FERREIRA	09	Ba-Leiria	4:15.03	576	
50m: 29.73 29.73	150m: 1:35.08 33.01	250m: 2:40.61 32.55	350m: 3:45.25 31.98		
100m: 1:02.07 32.34	200m: 2:08.06 32.98	300m: 3:13.27 32.66	400m: 4:15.03 29.78		
Joao Miguel, VITORIA	08	Académico de Viseu FC	4:18.29	554	
50m: 30.22 30.22	150m: 1:35.60 32.79	250m: 2:40.85 32.36	350m: 3:46.71 32.98		
100m: 1:02.81 32.59	200m: 2:08.49 32.89	300m: 3:13.73 32.88	400m: 4:18.29 31.58		
Mikhael, ONUTSKYY	08	Pimpoes/Cimai	4:27.53	499	
50m: 30.83 30.83	150m: 1:38.13 33.72	250m: 2:46.10 34.07	350m: 3:54.28 34.06		
100m: 1:04.41 33.58	200m: 2:12.03 33.90	300m: 3:20.22 34.12	400m: 4:27.53 33.25		
David Ferrador, PEREIRA	09	Nucleo de Pombal	4:35.09	459	
50m: 30.05 30.05	150m: 1:38.94 35.06	250m: 2:50.53 35.76	350m: 4:02.29 35.52		
100m: 1:03.88 33.83	200m: 2:14.77 35.83	300m: 3:26.77 36.24	400m: 4:35.09 32.80		
Antonio Quitar, ANASTACIO	08	Benedita	4:41.62	428	
50m: 31.87 31.87	150m: 1:43.11 35.84	250m: 2:55.16 35.94	350m: 4:06.71 35.90		
100m: 1:07.27 35.40	200m: 2:19.22 36.11	300m: 3:30.81 35.65	400m: 4:41.62 34.91		

LEIRIASWIM 2024
Leiria, 11/5/2024

Prova 19, Masc., 400m Livres, Grupo C

Lugar	Ano	Tempo final	Pts
Gabriel Neto, FERREIRA	08 O Crasto	4:45.41	411
50m: 31.42 31.42	150m: 1:42.71 36.29	250m: 2:55.39 36.44	350m: 4:09.26 37.10
100m: 1:06.42 35.00	200m: 2:18.95 36.24	300m: 3:32.16 36.77	400m: 4:45.41 36.15
Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	4:50.75	389
50m: 31.43 31.43	150m: 1:45.25 37.82	250m: 3:00.76 37.57	350m: 4:15.73 37.08
100m: 1:07.43 36.00	200m: 2:23.19 37.94	300m: 3:38.65 37.89	400m: 4:50.75 35.02

Prova 19 11/05/2024 - 15:57 Masc., 400m Livres Grupo D Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 19 +	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007

Pontos: FINA 2022

resultados provisórios

Lugar	Ano	Tempo final	Pts
Gil Santos, LEMOS	06 Pimpoes/Cimai	4:12.73	592
50m: 29.29 29.29	150m: 1:32.97 32.03	250m: 2:37.74 32.23	350m: 3:40.97 31.13
100m: 1:00.94 31.65	200m: 2:05.51 32.54	300m: 3:09.84 32.10	400m: 4:12.73 31.76
Francisco Xavier, RITA	07 Vieirense	4:17.54	559
50m: 29.85 29.85	150m: 1:35.35 33.10	250m: 2:41.53 32.99	350m: 3:46.28 31.94
100m: 1:02.25 32.40	200m: 2:08.54 33.19	300m: 3:14.34 32.81	400m: 4:17.54 31.26
Martim Nuno, LAVAJO	07 Académico de Viseu FC	4:34.65	461
50m: 30.90 30.90	150m: 1:40.89 35.26	250m: 2:50.38 34.96	350m: 3:58.86 33.48
100m: 1:05.63 34.73	200m: 2:15.42 34.53	300m: 3:25.38 35.00	400m: 4:34.65 35.79
Marco Ribeiro, MENESES	01 O Crasto	4:35.74	456
50m: 31.80 31.80	150m: 1:42.99 35.97	250m: 2:53.16 35.01	350m: 4:02.38 34.56
100m: 1:07.02 35.22	200m: 2:18.15 35.16	300m: 3:27.82 34.66	400m: 4:35.74 33.36
DNS Joao Almeida, GOMES	06 Nacional de Natação		

LEIRIASWIM 2024
Leiria, 11/5/2024

Prova 19, Masc., 400m Livres

Prova 19 Masc., 400m Livres Grupos B,C e D
11/05/2024 - 15:57 Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 19 +	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007
Rec Nac 16	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nac 15	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Rec Nac 14	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac 13	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: FINA 2022

resultados provisórios

Lugar	Ano	Tempo final	Pts
Gil Santos, LEMOS	06 Pimpoes/Cimai	4:12.73	592
50m: 29.29 29.29	150m: 1:32.97 32.03	250m: 2:37.74 32.23	350m: 3:40.97 31.13
100m: 1:00.94 31.65	200m: 2:05.51 32.54	300m: 3:09.84 32.10	400m: 4:12.73 31.76
Tomas Pascoal, FERREIRA	09 Ba-Leiria	4:15.03	576
50m: 29.73 29.73	150m: 1:35.08 33.01	250m: 2:40.61 32.55	350m: 3:45.25 31.98
100m: 1:02.07 32.34	200m: 2:08.06 32.98	300m: 3:13.27 32.66	400m: 4:15.03 29.78
Francisco Xavier, RITA	07 Viegrense	4:17.54	559
50m: 29.85 29.85	150m: 1:35.35 33.10	250m: 2:41.53 32.99	350m: 3:46.28 31.94
100m: 1:02.25 32.40	200m: 2:08.54 33.19	300m: 3:14.34 32.81	400m: 4:17.54 31.26
Joao Miguel, VITORIA	08 Académico de Viseu FC	4:18.29	554
50m: 30.22 30.22	150m: 1:35.60 32.79	250m: 2:40.85 32.36	350m: 3:46.71 32.98
100m: 1:02.81 32.59	200m: 2:08.49 32.89	300m: 3:13.73 32.88	400m: 4:18.29 31.58
Mikhael, ONUTSKYY	08 Pimpoes/Cimai	4:27.53	499
50m: 30.83 30.83	150m: 1:38.13 33.72	250m: 2:46.10 34.07	350m: 3:54.28 34.06
100m: 1:04.41 33.58	200m: 2:12.03 33.90	300m: 3:20.22 34.12	400m: 4:27.53 33.25
Martim Nuno, LAVAJO	07 Académico de Viseu FC	4:34.65	461
50m: 30.90 30.90	150m: 1:40.89 35.26	250m: 2:50.38 34.96	350m: 3:58.86 33.48
100m: 1:05.63 34.73	200m: 2:15.42 34.53	300m: 3:25.38 35.00	400m: 4:34.65 35.79
David Ferrador, PEREIRA	09 Nucleo de Pombal	4:35.09	459
50m: 30.05 30.05	150m: 1:38.94 35.06	250m: 2:50.53 35.76	350m: 4:02.29 35.52
100m: 1:03.88 33.83	200m: 2:14.77 35.83	300m: 3:26.77 36.24	400m: 4:35.09 32.80
Marco Ribeiro, MENESES	01 O Crasto	4:35.74	456
50m: 31.80 31.80	150m: 1:42.99 35.97	250m: 2:53.16 35.01	350m: 4:02.38 34.56
100m: 1:07.02 35.22	200m: 2:18.15 35.16	300m: 3:27.82 34.66	400m: 4:35.74 33.36
Antonio Quitar, ANASTACIO	08 Benedita	4:41.62	428
50m: 31.87 31.87	150m: 1:43.11 35.84	250m: 2:55.16 35.94	350m: 4:06.71 35.90
100m: 1:07.27 35.40	200m: 2:19.22 36.11	300m: 3:30.81 35.65	400m: 4:41.62 34.91
Gabriel Neto, FERREIRA	08 O Crasto	4:45.41	411
50m: 31.42 31.42	150m: 1:42.71 36.29	250m: 2:55.39 36.44	350m: 4:09.26 37.10
100m: 1:06.42 35.00	200m: 2:18.95 36.24	300m: 3:32.16 36.77	400m: 4:45.41 36.15

LEIRIASWIM 2024
Leiria, 11/5/2024

Prova 19, Masc., 400m Livres, Grupos B,C e D

Lugar			Ano					Tempo final	Pts		
Francisco Lourenco, CUSTODIO			09	Naval da Nazaré				4:50.75	389		
50m:	31.43	31.43	150m:	1:45.25	37.82	250m:	3:00.76	37.57	350m:	4:15.73	37.08
100m:	1:07.43	36.00	200m:	2:23.19	37.94	300m:	3:38.65	37.89	400m:	4:50.75	35.02
Goncalo Nunes, MARQUES			11	Condeixa Aqua Clube				4:51.13	387		
50m:	34.03	34.03	150m:	1:47.36	37.06	250m:	3:03.19	38.10	350m:	4:17.13	36.29
100m:	1:10.30	36.27	200m:	2:25.09	37.73	300m:	3:40.84	37.65	400m:	4:51.13	34.00
Tiago Joao, OLAS			10	Académico de Viseu FC				5:07.61	328		
50m:	35.55	35.55	150m:	1:52.49	38.56	250m:	3:10.61	39.29	350m:	4:29.97	39.73
100m:	1:13.93	38.38	200m:	2:31.32	38.83	300m:	3:50.24	39.63	400m:	5:07.61	37.64
Pedro Souza, SILVA			10	Pimpoes/Cimai				5:09.58	322		
50m:	35.36	35.36	150m:	1:52.92	39.25	250m:	3:11.25	39.10	350m:	4:30.99	39.59
100m:	1:13.67	38.31	200m:	2:32.15	39.23	300m:	3:51.40	40.15	400m:	5:09.58	38.59
Joao Santos, ALMEIDA			11	Ba-Leiria				5:12.11	314		
50m:	34.90	34.90	150m:	1:52.08	39.46	250m:	3:12.72	40.40	350m:	4:34.19	40.68
100m:	1:12.62	37.72	200m:	2:32.32	40.24	300m:	3:53.51	40.79	400m:	5:12.11	37.92
DNS Joao Almeida, GOMES			06	Nacional de Natação							