



Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 8 Masc., 400m Estilos Infantil A Masc
19/10/2024 - 19:07 Resultados

Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac INF A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004

Pontos: AQUA 2024

Lugar	Ano		Tempo final						Pts		
1. Joao Santos, ALMEIDA	11	Ba-Leiria	5:39.09						332		
50m:	35.74	35.74	150m:	2:02.74	45.43	250m:	3:31.99	44.75	350m:	5:00.57	41.04
100m:	1:17.31	41.57	200m:	2:47.24	44.50	300m:	4:19.53	47.54	400m:	5:39.09	38.52
2. Vidar Albert, JUNG	11	Nautico Marinha Grande	5:41.69						324		
50m:	35.68	35.68	150m:	2:01.23	44.07	250m:	3:35.81	52.30	350m:	5:05.71	39.17
100m:	1:17.16	41.48	200m:	2:43.51	42.28	300m:	4:26.54	50.73	400m:	5:41.69	35.98
3. Pedro Pereira, OLIVEIRA	11	Nautico Marinha Grande	5:47.12						309		
50m:	37.55	37.55	150m:	2:06.83	45.28	250m:	3:39.97	50.75	350m:	5:10.50	40.03
100m:	1:21.55	44.00	200m:	2:49.22	42.39	300m:	4:30.47	50.50	400m:	5:47.12	36.62
4. Martim Cruz, MOURA	11	CNLeiria - VOID	5:48.36						306		
50m:	37.46	37.46	150m:	2:06.34	45.94	250m:	3:40.78	50.10	350m:	5:11.04	39.91
100m:	1:20.40	42.94	200m:	2:50.68	44.34	300m:	4:31.13	50.35	400m:	5:48.36	37.32

Prova 8 Masc., 400m Estilos Juvenil B Masc
19/10/2024 - 19:07 Resultados

Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac JUV B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003

Pontos: AQUA 2024

Lugar	Ano		Tempo final						Pts		
1. Guilherme Costa, REBELO	10	Pimpoes/Cimai	5:13.59						419		
50m:	33.98	33.98	150m:	1:55.03	41.69	250m:	3:19.91	45.68	350m:	4:39.84	34.71
100m:	1:13.34	39.36	200m:	2:34.23	39.20	300m:	4:05.13	45.22	400m:	5:13.59	33.75
2. Guilherme Rodrigues, CABRAL	10	Pimpoes/Cimai	5:20.80						392		
50m:	33.80	33.80	150m:	1:55.80	41.68	250m:	3:20.54	45.03	350m:	4:44.18	38.59
100m:	1:14.12	40.32	200m:	2:35.51	39.71	300m:	4:05.59	45.05	400m:	5:20.80	36.62

Prova 8 Masc., 400m Estilos Juvenil A Masc
19/10/2024 - 19:07 Resultados

Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac JUV A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013

Pontos: AQUA 2024

Lugar	Ano		Tempo final						Pts		
1. Tomas Pascoal, FERREIRA	09	Ba-Leiria	4:59.49						481		
50m:	30.81	30.81	150m:	1:44.92	38.85	250m:	3:06.71	44.40	350m:	4:26.78	34.23
100m:	1:06.07	35.26	200m:	2:22.31	37.39	300m:	3:52.55	45.84	400m:	4:59.49	32.71
2. Santiago Marques, GOMES	09	Ba-Leiria	5:08.41						441		
50m:	32.63	32.63	200m:	2:30.94	1:20.03	400m:	5:08.41	1:09.65			
100m:	1:10.91	38.28	300m:	3:58.76	1:27.82						
3. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	5:11.78						427		
50m:	33.62	33.62	150m:	1:53.73	41.58	250m:	3:19.61	46.26	350m:	4:39.31	33.28
100m:	1:12.15	38.53	200m:	2:33.35	39.62	300m:	4:06.03	46.42	400m:	5:11.78	32.47
4. Hugo Miguel, SANTOS	09	Pimpoes/Cimai	5:31.04						356		
50m:	35.37	35.37	150m:	2:01.35	43.39	250m:	3:27.73	44.52	350m:	4:52.85	38.26
100m:	1:17.96	42.59	200m:	2:43.21	41.86	300m:	4:14.59	46.86	400m:	5:31.04	38.19



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Prova 8, Masc., 400m Estilos, Juvenil A Masc

Lugar	Ano	Tempo final	Pts
5. Alexandre Afonso, SANTOS	09 Uniao Juncalense	6:31.91	215
50m: 43.68 43.68	150m: 2:26.37 48.78	250m: 4:08.92 55.28	350m: 5:50.62 47.18
100m: 1:37.59 53.91	200m: 3:13.64 47.27	300m: 5:03.44 54.52	400m: 6:31.91 41.29

Prova 8 Masc., 400m Estilos Junior Masc Resultados

Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Rec Nac 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Bernardo Nunes, DOMINGUEZ	07 Ba-Leiria	5:23.31	383
50m: 33.60 33.60	150m: 1:55.85 43.48	250m: 3:21.81 43.91	350m: 4:46.50 39.38
100m: 1:12.37 38.77	200m: 2:37.90 42.05	300m: 4:07.12 45.31	400m: 5:23.31 36.81
2. Lucas Silva, SANTOS	07 Pimpoes/Cimai	5:31.24	356
50m: 31.46 31.46	150m: 1:52.46 42.82	250m: 3:22.81 49.39	350m: 4:53.49 40.71
100m: 1:09.64 38.18	200m: 2:33.42 40.96	300m: 4:12.78 49.97	400m: 5:31.24 37.75
3. Tiago Daniel, POVOA	08 Uniao Juncalense	6:28.69	220
50m: 42.09 42.09	200m: 3:14.94 1:37.57	400m: 6:28.69 1:27.90	
100m: 1:37.37 55.28	300m: 5:00.79 1:45.85		

DSQ Mikhael, ONUTSKYY 08 Pimpoes/Cimai
Na viragem aos 300 metros, o atleta tocou na parede com as mãos alternadas.

Prova 8 Masc., 400m Estilos ABSOLUTOS MASC Resultados

Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac SEN	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Rec Nac 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Rec Nac JUV A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Rec Nac JUV B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Rec Nac INF A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004
Rec Nac INF B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Tomas Pascoal, FERREIRA	09 Ba-Leiria	4:59.49	481
50m: 30.81 30.81	150m: 1:44.92 38.85	250m: 3:06.71 44.40	350m: 4:26.78 34.23
100m: 1:06.07 35.26	200m: 2:22.31 37.39	300m: 3:52.55 45.84	400m: 4:59.49 32.71
2. Santiago Marques, GOMES	09 Ba-Leiria	5:08.41	441
50m: 32.63 32.63	200m: 2:30.94 1:20.03	400m: 5:08.41 1:09.65	
100m: 1:10.91 38.28	300m: 3:58.76 1:27.82		
3. Santiago Agostinho, PARREIRA	09 Pimpoes/Cimai	5:11.78	427
50m: 33.62 33.62	150m: 1:53.73 41.58	250m: 3:19.61 46.26	350m: 4:39.31 33.28
100m: 1:12.15 38.53	200m: 2:33.35 39.62	300m: 4:06.03 46.42	400m: 5:11.78 32.47
4. Guilherme Costa, REBELO	10 Pimpoes/Cimai	5:13.59	419
50m: 33.98 33.98	150m: 1:55.03 41.69	250m: 3:19.91 45.68	350m: 4:39.84 34.71
100m: 1:13.34 39.36	200m: 2:34.23 39.20	300m: 4:05.13 45.22	400m: 5:13.59 33.75
5. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	5:20.80	392
50m: 33.80 33.80	150m: 1:55.80 41.68	250m: 3:20.54 45.03	350m: 4:44.18 38.59
100m: 1:14.12 40.32	200m: 2:35.51 39.71	300m: 4:05.59 45.05	400m: 5:20.80 36.62

Torneio de Abertura de Categorias
Óbidos, 19 - 20/10/2024

Prova 8, Masc., 400m Estilos, ABSOLUTOS MASC

Lugar			Ano			Tempo final	Pts	
6.	Bernardo Nunes, DOMINGUEZ		07	Ba-Leiria		5:23.31	383	
	50m:	33.60 33.60	150m:	1:55.85 43.48	250m:	3:21.81 43.91	350m:	4:46.50 39.38
	100m:	1:12.37 38.77	200m:	2:37.90 42.05	300m:	4:07.12 45.31	400m:	5:23.31 36.81
7.	Hugo Miguel, SANTOS		09	Pimpoes/Cimai		5:31.04	356	
	50m:	35.37 35.37	150m:	2:01.35 43.39	250m:	3:27.73 44.52	350m:	4:52.85 38.26
	100m:	1:17.96 42.59	200m:	2:43.21 41.86	300m:	4:14.59 46.86	400m:	5:31.04 38.19
8.	Lucas Silva, SANTOS		07	Pimpoes/Cimai		5:31.24	356	
	50m:	31.46 31.46	150m:	1:52.46 42.82	250m:	3:22.81 49.39	350m:	4:53.49 40.71
	100m:	1:09.64 38.18	200m:	2:33.42 40.96	300m:	4:12.78 49.97	400m:	5:31.24 37.75
9.	Joao Santos, ALMEIDA		11	Ba-Leiria		5:39.09	332	
	50m:	35.74 35.74	150m:	2:02.74 45.43	250m:	3:31.99 44.75	350m:	5:00.57 41.04
	100m:	1:17.31 41.57	200m:	2:47.24 44.50	300m:	4:19.53 47.54	400m:	5:39.09 38.52
10.	Vidar Albert, JUNG		11	Nautico Marinha Grande		5:41.69	324	
	50m:	35.68 35.68	150m:	2:01.23 44.07	250m:	3:35.81 52.30	350m:	5:05.71 39.17
	100m:	1:17.16 41.48	200m:	2:43.51 42.28	300m:	4:26.54 50.73	400m:	5:41.69 35.98
11.	Pedro Pereira, OLIVEIRA		11	Nautico Marinha Grande		5:47.12	309	
	50m:	37.55 37.55	150m:	2:06.83 45.28	250m:	3:39.97 50.75	350m:	5:10.50 40.03
	100m:	1:21.55 44.00	200m:	2:49.22 42.39	300m:	4:30.47 50.50	400m:	5:47.12 36.62
12.	Martim Cruz, MOURA		11	CNLeiria - VOID		5:48.36	306	
	50m:	37.46 37.46	150m:	2:06.34 45.94	250m:	3:40.78 50.10	350m:	5:11.04 39.91
	100m:	1:20.40 42.94	200m:	2:50.68 44.34	300m:	4:31.13 50.35	400m:	5:48.36 37.32
13.	Tiago Daniel, POVOA		08	Uniao Juncalense		6:28.69	220	
	50m:	42.09 42.09	200m:	3:14.94 1:37.57	400m:	6:28.69 1:27.90		
	100m:	1:37.37 55.28	300m:	5:00.79 1:45.85				
14.	Alexandre Afonso, SANTOS		09	Uniao Juncalense		6:31.91	215	
	50m:	43.68 43.68	150m:	2:26.37 48.78	250m:	4:08.92 55.28	350m:	5:50.62 47.18
	100m:	1:37.59 53.91	200m:	3:13.64 47.27	300m:	5:03.44 54.52	400m:	6:31.91 41.29
DSQ	Mikhael, ONUTSKYY		08	Pimpoes/Cimai				
	<i>Na viragem aos 300 metros, o atleta tocou na parede com as mãos alternadas.</i>							