



Prova de Preparação "O Nadador Mais Completo"  
Caldas da Rainha, 2 - 3/11/2024

Prova 22 Masc., 400m Livres Infantil B Masc Resultados  
03/11/2024 - 11:20

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: AQUA 2024

Lugar	Ano	Tempo final	AQUA
DNS Tiago Caixinha, SENICA	12 Ba-Leiria		

Prova 22 Masc., 400m Livres Infantil A Masc Resultados  
03/11/2024 - 11:20

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014

Pontos: AQUA 2024

Lugar	Ano	Tempo final	AQUA
1. Martim Duarte, ROQUE	11 CNLeiria VOID	4:55.22	371
50m: 33.18 33.18	150m: 1:48.26 38.06	250m: 3:04.51 38.02	350m: 4:20.06 37.51
100m: 1:10.20 37.02	200m: 2:26.49 38.23	300m: 3:42.55 38.04	400m: 4:55.22 35.16
2. Martim Cruz, MOURA	11 CNLeiria VOID	5:15.87	303
50m: 35.72 35.72	150m: 1:55.79 40.03	250m: 3:16.79 40.57	350m: 4:37.94 40.50
100m: 1:15.76 40.04	200m: 2:36.22 40.43	300m: 3:57.44 40.65	400m: 5:15.87 37.93
3. Francisco Costa, VALENTIM	11 Óbidos	5:21.72	287
50m: 35.65 35.65	150m: 1:56.72 41.14	250m: 3:20.47 41.92	350m: 4:43.15 41.28
100m: 1:15.58 39.93	200m: 2:38.55 41.83	300m: 4:01.87 41.40	400m: 5:21.72 38.57
4. Martin, SHEVCHUK	11 CNLeiria VOID	5:32.93	259
50m: 36.25 36.25	150m: 2:00.91 42.76	250m: 3:27.56 43.59	350m: 4:51.75 40.98
100m: 1:18.15 41.90	200m: 2:43.97 43.06	300m: 4:10.77 43.21	400m: 5:32.93 41.18
5. Rodrigo Freire, JOAQUIM	11 CNLeiria VOID	6:22.25	171
50m: 42.08 42.08	150m: 2:20.93 51.65	250m: 4:01.97 51.11	350m: 5:40.43 48.50
100m: 1:29.28 47.20	200m: 3:10.86 49.93	300m: 4:51.93 49.96	400m: 6:22.25 41.82

Prova 22 Masc., 400m Livres Juvenil B Masc Resultados  
03/11/2024 - 11:20

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

Pontos: AQUA 2024

Lugar	Ano	Tempo final	AQUA
1. Lucas Ferreira, GASPARG	10 Vieiraense	4:40.31	434
50m: 30.84 30.84	150m: 1:41.31 35.74	250m: 2:53.71 36.25	350m: 4:05.89 35.97
100m: 1:05.57 34.73	200m: 2:17.46 36.15	300m: 3:29.92 36.21	400m: 4:40.31 34.42
2. Pedro Souza, SILVA	10 Pimpoes/Cimai	4:55.48	370
50m: 34.13 34.13	150m: 1:48.56 37.62	250m: 3:04.26 37.88	350m: 4:20.16 37.82
100m: 1:10.94 36.81	200m: 2:26.38 37.82	300m: 3:42.34 38.08	400m: 4:55.48 35.32
3. Dinis Lamas, SANTOS	10 Ba-Leiria	5:01.88	347
50m: 32.73 32.73	150m: 1:49.53 38.94	250m: 3:07.63 39.35	350m: 4:24.80 37.77
100m: 1:10.59 37.86	200m: 2:28.28 38.75	300m: 3:47.03 39.40	400m: 5:01.88 37.08
4. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	5:05.41	335
50m: 33.88 33.88	150m: 1:51.56 39.43	250m: 3:09.41 38.35	350m: 4:27.66 38.75
100m: 1:12.13 38.25	200m: 2:31.06 39.50	300m: 3:48.91 39.50	400m: 5:05.41 37.75
5. Francisco Antonio, SIMOES	10 Ba-Leiria	5:28.47	269
50m: 36.22 36.22	150m: 1:58.97 41.92	250m: 3:23.69 42.64	350m: 4:49.97 43.64
100m: 1:17.05 40.83	200m: 2:41.05 42.08	300m: 4:06.33 42.64	400m: 5:28.47 38.50



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Prova 22, Masc., 400m Livres, Juvenil B Masc

Lugar			Ano					Tempo final	AQUA			
6.	Santiago Neves, SILVA		10	Nucleo de Pombal				5:31.23	263			
	50m:	35.41	35.41	150m:	1:57.91	42.25	250m:	3:23.23	43.14	350m:	4:49.34	43.36
	100m:	1:15.66	40.25	200m:	2:40.09	42.18	300m:	4:05.98	42.75	400m:	5:31.23	41.89

Prova 22 Masc., 400m Livres Juvenil A Masc  
03/11/2024 - 11:20 Resultados

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

Pontos: AQUA 2024

Lugar			Ano					Tempo final	AQUA			
1.	Tomas Pascoal, FERREIRA		09	Ba-Leiria				4:12.60	593			
	50m:	29.60	29.60	150m:	1:34.95	32.82	250m:	2:39.35	32.15	350m:	3:42.81	31.71
	100m:	1:02.13	32.53	200m:	2:07.20	32.25	300m:	3:11.10	31.75	400m:	4:12.60	29.79
2.	Santiago Marques, GOMES		09	Ba-Leiria				4:40.03	435			
	50m:	31.83	31.83	150m:	1:43.25	35.97	250m:	2:54.83	35.83	350m:	4:05.75	34.85
	100m:	1:07.28	35.45	200m:	2:19.00	35.75	300m:	3:30.90	36.07	400m:	4:40.03	34.28
3.	Afonso Matos, CORREIA		09	Nucleo de Pombal				4:55.41	370			
	50m:	32.41	32.41	150m:	1:48.26	38.35	250m:	3:04.55	37.82	350m:	4:20.58	37.85
	100m:	1:09.91	37.50	200m:	2:26.73	38.47	300m:	3:42.73	38.18	400m:	4:55.41	34.83
4.	Luis Pedro, VALERIO		09	Ba-Leiria				5:03.84	340			
	50m:	33.87	33.87	150m:	1:50.95	39.11	250m:	3:09.09	39.42	350m:	4:25.84	38.10
	100m:	1:11.84	37.97	200m:	2:29.67	38.72	300m:	3:47.74	38.65	400m:	5:03.84	38.00

Prova 22 Masc., 400m Livres Junior Masc  
03/11/2024 - 11:20 Resultados

Rec Nac Open	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: AQUA 2024

Lugar			Ano					Tempo final	AQUA			
1.	Santiago Boica, SOUSA		08	Vieirense				4:25.59	510			
	50m:	30.05	30.05	150m:	1:37.30	33.96	250m:	2:45.76	34.04	350m:	3:53.91	33.97
	100m:	1:03.34	33.29	200m:	2:11.72	34.42	300m:	3:19.94	34.18	400m:	4:25.59	31.68
2.	Rodrigo Santos, COUTINHO		08	Pimpoes/Cimai				4:42.08	426			
	50m:	31.61	31.61	150m:	1:42.65	35.62	250m:	2:54.93	35.71	350m:	4:07.78	36.35
	100m:	1:07.03	35.42	200m:	2:19.22	36.57	300m:	3:31.43	36.50	400m:	4:42.08	34.30
3.	Bernardo Nunes, DOMINGUEZ		07	Ba-Leiria				4:42.48	424			
	50m:	31.26	31.26	150m:	1:41.31	35.15	250m:	2:52.59	35.93	350m:	4:06.56	37.43
	100m:	1:06.16	34.90	200m:	2:16.66	35.35	300m:	3:29.13	36.54	400m:	4:42.48	35.92
4.	Antonio Quitarrio, ANASTACIO		08	Benedita				5:07.40	329			
	50m:	32.08	32.08	150m:	1:46.55	38.08	250m:	3:06.22	40.47	350m:	4:27.30	40.58
	100m:	1:08.47	36.39	200m:	2:25.75	39.20	300m:	3:46.72	40.50	400m:	5:07.40	40.10
DNS	Francisco Xavier, RITA		07	Vieirense								



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Prova 22, Masc., 400m Livres

Prova 22	Masc., 400m Livres				Senior Masc
03/11/2024 - 11:20					Resultados
Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021

Pontos: AQUA 2024

Lugar			Ano							Tempo final	AQUA	
1.	Gil Santos, LEMOS		06	Pimpoes/Cimai						4:25.15	512	
	50m:	29.59	29.59	150m:	1:35.11	33.04	250m:	2:42.02	33.87	350m:	3:52.06	35.20
	100m:	1:02.07	32.48	200m:	2:08.15	33.04	300m:	3:16.86	34.84	400m:	4:25.15	33.09
2.	Andre Pedro, FERREIRA		06	Nucleo de Pombal						5:28.94	268	
	50m:	37.40	37.40	150m:	1:58.12	40.87	250m:	3:22.25	42.31	350m:	4:47.33	41.89
	100m:	1:17.25	39.85	200m:	2:39.94	41.82	300m:	4:05.44	43.19	400m:	5:28.94	41.61