



Campeonatos Distritais de Piscina Curta - JUV/ JUN/ SEN
Leiria, 16 - 17/11/2024

Prova 19 Masc., 400m Livres Juvenil B Masc
16/11/2024 - 15:23 Resultados

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|---------------|---------|--------------------|-----|-----------------|------------|
| 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 |

TAC JUV B MASC 50m: 5:09.69 - 25m: 5:01.30

Pontos: AQUA 2024

| Lugar | Ano | Tempo final | Pts |
|--------------------------------|---------------------------|---------------------|---------------------|
| 1. Francisco Lourenco, PEDROSA | 10 Nautico Marinha Grande | 4:30.56 | 482 |
| 50m: 30.82 30.82 | 150m: 1:39.60 34.70 | 250m: 2:48.95 34.88 | 350m: 3:57.87 34.10 |
| 100m: 1:04.90 34.08 | 200m: 2:14.07 34.47 | 300m: 3:23.77 34.82 | 400m: 4:30.56 32.69 |
| 2. Antonio Antunes, JORGE | 10 Alcobaca | 4:32.59 | 472 |
| 50m: 29.94 29.94 | 150m: 1:37.70 34.23 | 250m: 2:48.18 35.44 | 350m: 3:58.10 35.32 |
| 100m: 1:03.47 33.53 | 200m: 2:12.74 35.04 | 300m: 3:22.78 34.60 | 400m: 4:32.59 34.49 |
| 3. Rodrigo Cardoso, TOMAS | 10 Alcobaca | 4:33.48 | 467 |
| 50m: 31.64 31.64 | 150m: 1:41.75 35.30 | 250m: 2:52.73 35.10 | 350m: 4:01.86 34.25 |
| 100m: 1:06.45 34.81 | 200m: 2:17.63 35.88 | 300m: 3:27.61 34.88 | 400m: 4:33.48 31.62 |
| 4. Joao Piteira, GAIOLAS | 10 Nautico Marinha Grande | 4:39.90 | 436 |
| 50m: 31.83 31.83 | 150m: 1:42.45 35.51 | 250m: 2:54.28 36.08 | 350m: 4:05.62 35.32 |
| 100m: 1:06.94 35.11 | 200m: 2:18.20 35.75 | 300m: 3:30.30 36.02 | 400m: 4:39.90 34.28 |
| 5. Tomas Manuel, PALMEIRO | 10 Nautico Marinha Grande | 4:42.64 | 423 |
| 50m: 30.78 30.78 | 150m: 1:41.95 35.98 | 250m: 2:55.01 36.41 | 350m: 4:08.09 36.46 |
| 100m: 1:05.97 35.19 | 200m: 2:18.60 36.65 | 300m: 3:31.63 36.62 | 400m: 4:42.64 34.55 |
| 6. Brock Ammon, MERRELL | 10 Naval de Peniche | 4:58.21 | 360 |
| 50m: 31.02 31.02 | 150m: 1:45.56 37.72 | 250m: 3:02.38 38.91 | 350m: 4:20.00 38.78 |
| 100m: 1:07.84 36.82 | 200m: 2:23.47 37.91 | 300m: 3:41.22 38.84 | 400m: 4:58.21 38.21 |
| 7. Lucas Costa, JESUS | 10 Nautico Marinha Grande | 5:01.01 | 350 |
| 50m: 31.93 31.93 | 150m: 1:46.72 38.10 | 250m: 3:04.79 39.47 | 350m: 4:22.95 39.17 |
| 100m: 1:08.62 36.69 | 200m: 2:25.32 38.60 | 300m: 3:43.78 38.99 | 400m: 5:01.01 38.06 |

Prova 19 Masc., 400m Livres Juvenil A Masc
16/11/2024 - 15:23 Resultados

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|---------------|---------|--------------------|---------|-----------------|------------|
| 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 |

TAC JUV A MASC 50m: 5:04.16 - 25m: 4:55.32

Pontos: AQUA 2024

| Lugar | Ano | Tempo final | Pts |
|----------------------------|---------------------------|---------------------|---------------------|
| 1. Paulo, KOT | 09 Nautico Marinha Grande | 4:10.50 | 608 |
| 50m: 28.62 28.62 | 150m: 1:31.23 31.64 | 250m: 2:34.64 31.85 | 350m: 3:38.86 32.47 |
| 100m: 59.59 30.97 | 200m: 2:02.79 31.56 | 300m: 3:06.39 31.75 | 400m: 4:10.50 31.64 |
| 2. David Ferrador, PEREIRA | 09 CNLeiria - VOID | 4:29.53 | 488 |
| 50m: 29.47 29.47 | 150m: 1:37.99 34.87 | 250m: 2:47.66 35.04 | 350m: 3:57.23 34.74 |
| 100m: 1:03.12 33.65 | 200m: 2:12.62 34.63 | 300m: 3:22.49 34.83 | 400m: 4:29.53 32.30 |



Campeonatos Distritais de Piscina Curta - JUV/ JUN/ SEN
Leiria, 16 - 17/11/2024

Prova 19, Masc., 400m Livres, Juvenil A Masc

| Lugar | Ano | Tempo final | Pts |
|---------------------------|---------------------|---------------------|---------------------|
| 3. Santiago Jose, PACHECO | 09 Alcobaca | 4:45.89 | 409 |
| 50m: 31.01 31.01 | 150m: 1:42.96 36.58 | 250m: 2:56.36 36.82 | 350m: 4:10.14 36.86 |
| 100m: 1:06.38 35.37 | 200m: 2:19.54 36.58 | 300m: 3:33.28 36.92 | 400m: 4:45.89 35.75 |

Prova 19
16/11/2024 - 15:23 Masc., 400m Livres Junior Masc Resultados

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|--------------|---------|---------------------|-----|-----------------|------------|
| 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 |

TAC JUN2 MASC 18 50m: 4:44.81 - 25m: 4:34.10 / TAC JUN1 MASC 17 50m: 4:46.19 - 25m: 4:35.43

Pontos: AQUA 2024

| Lugar | Ano | Tempo final | Pts |
|---------------------------|---------------------|---------------------|---------------------|
| 1. Francisco Xavier, RITA | 07 Viegrense | 4:17.74 | 558 |
| 50m: 29.47 29.47 | 150m: 1:33.79 32.58 | 250m: 2:39.64 33.13 | 350m: 3:45.32 32.84 |
| 100m: 1:01.21 31.74 | 200m: 2:06.51 32.72 | 300m: 3:12.48 32.84 | 400m: 4:17.74 32.42 |
| 2. Tiago Santos, POMBO | 08 Alcobaca | 4:21.40 | 535 |
| 50m: 29.74 29.74 | 150m: 1:35.14 32.77 | 250m: 2:41.83 33.22 | 350m: 3:48.97 33.51 |
| 100m: 1:02.37 32.63 | 200m: 2:08.61 33.47 | 300m: 3:15.46 33.63 | 400m: 4:21.40 32.43 |
| 3. Santiago Boica, SOUSA | 08 Viegrense | 4:28.25 | 495 |
| 50m: 28.91 28.91 | 150m: 1:35.49 34.00 | 250m: 2:46.59 35.45 | 350m: 3:56.40 34.61 |
| 100m: 1:01.49 32.58 | 200m: 2:11.14 35.65 | 300m: 3:21.79 35.20 | 400m: 4:28.25 31.85 |

Prova 19
16/11/2024 - 15:23 Masc., 400m Livres Senior Masc Resultados

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|--------------|---------|-------------------|-----|-----------------|------------|
| 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 |

TAC SEN2 MASC 20 + 50m: 4:36.51 - 25m: 4:26.12 / TAC SEN1 MASC 19 50m: 4:37.89 - 25m: 4:27.45

Pontos: AQUA 2024

| Lugar | Ano | Tempo final | Pts |
|-------------------------|---------------------|---------------------|---------------------|
| 1. Daniel, TSYKAL | 04 Alcobaca | 4:05.50 | 646 |
| 50m: 28.41 28.41 | 150m: 1:31.33 31.90 | 250m: 2:33.46 30.50 | 350m: 3:35.14 31.09 |
| 100m: 59.43 31.02 | 200m: 2:02.96 31.63 | 300m: 3:04.05 30.59 | 400m: 4:05.50 30.36 |
| DNS Nuno Marques, SILVA | 04 CNLeiria - VOID | | |