

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

Prova 3 Masc., 400m Livres 13 anos e mais velhos
19/10/2024 - 15:45 Resultados

Rec Reg Open	3:45.56	Tomas Miguel, VELOSO	POR		01/01/2019
Rec Reg Sen	3:45.56	Tomas Miguel, VELOSO	POR		01/01/2019
Rec Reg Jun 18	3:56.55	Luis, SILVA	POR		01/01/2002
Rec Reg Jun 17	3:58.76	Gustavo Pires, MARQUES	POR		01/01/2021
Rec Reg Juv A	3:58.82	Diogo Matos, RIBEIRO	POR		01/01/2019
Rec Reg Juv B	4:02.41	Diogo Matos, RIBEIRO	POR		01/01/2019
Rec Reg Inf A	4:20.38	Guilherme, CARDOSO	POR		01/01/2019
Rec Reg Inf B	4:35.42	Diogo Matos, RIBEIRO	POR		01/01/2017
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
Rec Nac Jun 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac Jun 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007
Rec Nac Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nac Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Rec Nac Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: AQUA 2024

Lugar Ano Tempo final Pts
Inf B

1.	Tomas Goncalves, RODRIGUES	12	Columbofila Cantanhedense	5:35.37	253
	50m: 37.57 37.57 150m: 2:03.61 43.66 250m: 350m: 4:55.18 1:25.89				
	100m: 1:19.95 42.38 200m: 2:46.50 42.89 300m: 3:29.29 400m: 5:35.37 40.19				
2.	Martim Neves, CARIDADE	12	Condeixa Clube	5:52.90	217
	50m: 41.09 41.09 150m: 2:08.78 44.43 250m: 3:39.21 45.63 350m: 5:09.93 45.05				
	100m: 1:24.35 43.26 200m: 2:53.58 44.80 300m: 4:24.88 45.67 400m: 5:52.90 42.97				
3.	Miguel Simoes, DIAS	12	Louzan Natacao	5:54.70	214
	50m: 39.21 39.21 150m: 2:08.89 45.64 250m: 350m: 5:10.69 44.39				
	100m: 1:23.25 44.04 200m: 2:55.24 46.35 300m: 4:26.30 400m: 5:54.70 44.01				
4.	Rodrigo Miguel, CORDEIRO	12	Condeixa Clube	5:55.57	212
	50m: 38.88 38.88 150m: 2:08.58 45.63 250m: 3:40.73 46.35 350m: 5:13.22 46.07				
	100m: 1:22.95 44.07 200m: 2:54.38 45.80 300m: 4:27.15 46.42 400m: 5:55.57 42.35				
5.	Diogo Cunha, CORTE-REAL	12	Columbofila Cantanhedense	6:05.04	196
	50m: 40.45 40.45 150m: 2:12.34 46.61 250m: 350m: 5:20.83 46.87				
	100m: 1:25.73 45.28 200m: 2:59.19 46.85 300m: 4:33.96 400m: 6:05.04 44.21				
6.	Lourenco Serra, BARATA	12	Louzan Natacao	6:13.52	183
	50m: 40.24 40.24 150m: 2:12.94 47.34 250m: 3:50.34 48.79 350m: 5:27.43 48.15				
	100m: 1:25.60 45.36 200m: 3:01.55 48.61 300m: 4:39.28 48.94 400m: 6:13.52 46.09				
7.	Tomas Dinis, TORRES	12	Columbofila Cantanhedense	6:38.72	150
	50m: 41.38 41.38 150m: 2:21.91 51.05 250m: 350m: 5:48.72 52.46				
	100m: 1:30.86 49.48 200m: 3:12.79 50.88 300m: 4:56.26 400m: 6:38.72 50.00				

Inf A

1.	Goncalo Nunes, MARQUES	11	Condeixa Clube	4:52.28	382
	50m: 33.18 33.18 150m: 1:46.11 36.63 250m: 2:59.86 36.85 350m: 4:16.21 38.57				
	100m: 1:09.48 36.30 200m: 2:23.01 36.90 300m: 3:37.64 37.78 400m: 4:52.28 36.07				
2.	Bernardo Bento, DINIS	11	Condeixa Clube	4:58.85	358
	50m: 33.29 33.29 150m: 1:48.43 38.00 250m: 3:05.50 38.72 350m: 4:22.37 37.96				
	100m: 1:10.43 37.14 200m: 2:26.78 38.35 300m: 3:44.41 38.91 400m: 4:58.85 36.48				
3.	David Pereira, MARQUES	11	Columbofila Cantanhedense	5:09.93	321
	50m: 35.77 35.77 150m: 1:54.34 39.88 250m: 3:13.91 39.67 350m: 4:31.69 38.89				
	100m: 1:14.46 38.69 200m: 2:34.24 39.90 300m: 3:52.80 38.89 400m: 5:09.93 38.24				
4.	Vicente Abrantes, DIOGO	11	Columbofila Cantanhedense	5:10.21	320
	50m: 34.22 34.22 150m: 1:52.11 39.48 250m: 3:12.44 40.53 350m: 4:31.74 39.33				
	100m: 1:12.63 38.41 200m: 2:31.91 39.80 300m: 3:52.41 39.97 400m: 5:10.21 38.47				
5.	Diogo Teixeira, LOPES	11	Columbofila Cantanhedense	5:11.17	317
	50m: 35.41 35.41 150m: 1:54.32 40.13 250m: 3:14.17 40.15 350m: 4:33.69 39.78				
	100m: 1:14.19 38.78 200m: 2:34.02 39.70 300m: 3:53.91 39.74 400m: 5:11.17 37.48				

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Prova 3, Masc., 400m Livres, Inf A

Lugar	Ano	Tempo final	Pts
6. Pedro Filipe, ALMEIDA	11	5:11.48	316
50m: 34.63 34.63	150m: 1:51.22 38.97	250m: 3:11.16 40.62	350m: 4:31.75 40.52
100m: 1:12.25 37.62	200m: 2:30.54 39.32	300m: 3:51.23 40.07	400m: 5:11.48 39.73
7. Afonso Jose, MIRANDA	11	5:11.85	315
50m: 34.94 34.94	150m: 1:53.58 39.47	250m: 3:14.22 40.11	350m: 4:34.06 39.61
100m: 1:14.11 39.17	200m: 2:34.11 40.53	300m: 3:54.45 40.23	400m: 5:11.85 37.79
8. Duarte Santos, MATEUS	11	5:24.76	279
50m: 37.29 37.29	150m: 2:00.35 41.63	250m: 3:23.12 41.59	350m: 4:45.72 40.66
100m: 1:18.72 41.43	200m: 2:41.53 41.18	300m: 4:05.06 41.94	400m: 5:24.76 39.04
9. Francisco Duarte, RODRIGUES	11	5:26.12	275
50m: 36.60 36.60	150m: 1:58.93 41.24	250m: 3:22.27 41.35	350m: 4:46.05 42.02
100m: 1:17.69 41.09	200m: 2:40.92 41.99	300m: 4:04.03 41.76	400m: 5:26.12 40.07
10. Francisco Marques, PEREIRA	11	5:28.19	270
50m: 35.55 35.55	150m: 1:56.37 41.09	250m: 3:21.32 42.44	350m: 4:46.87 42.94
100m: 1:15.28 39.73	200m: 2:38.88 42.51	300m: 4:03.93 42.61	400m: 5:28.19 41.32
11. Ruben Silva, ESTEVES	11	5:32.09	261
50m: 37.68 37.68	150m: 2:01.01 41.86	250m: 3:25.95 42.67	350m: 4:51.03 42.82
100m: 1:19.15 41.47	200m: 2:43.28 42.27	300m: 4:08.21 42.26	400m: 5:32.09 41.06
12. Daniel Nunes, FREITAS	11	5:40.24	242
50m: 37.51 37.51	150m: 2:03.15 43.73	250m: 3:30.53 43.98	350m: 4:59.18 44.73
100m: 1:19.42 41.91	200m: 2:46.55 43.40	300m: 4:14.45 43.92	400m: 5:40.24 41.06

Juv B

1. Santiago Marques, PEREIRA	10	4:45.55	410
50m: 31.91 31.91	150m: 1:44.33 36.86	250m: 2:56.80 37.06	350m: 4:10.26 36.91
100m: 1:07.47 35.56	200m: 2:19.74 35.41	300m: 3:33.35 36.55	400m: 4:45.55 35.29
2. Francisco Martins, SIMOES	10	4:56.19	367
50m: 33.50 33.50	150m: 1:49.70 38.40	250m: 3:04.85 37.28	350m: 4:19.93 37.80
100m: 1:11.30 37.80	200m: 2:27.57 37.87	300m: 3:42.13 37.28	400m: 4:56.19 36.26
3. Dinis Goncalves, ARAUJO	10	5:00.83	351
50m: 34.87 34.87	150m: 1:51.61 38.80	250m: 3:08.27 37.48	350m: 4:23.16 37.42
100m: 1:12.81 37.94	200m: 2:30.79 39.18	300m: 3:45.74 37.47	400m: 5:00.83 37.67
4. Tomas Figueiredo, BRANCO	10	5:02.54	345
50m: 34.36 34.36	150m: 1:50.84 38.55	250m: 3:07.82 38.50	350m: 4:25.18 38.61
100m: 1:12.29 37.93	200m: 2:29.32 38.48	300m: 3:46.57 38.75	400m: 5:02.54 37.36

Juv A

1. Tomas Rafael, PEREIRA	09	4:32.17	474
50m: 29.85 29.85	150m: 1:37.57 34.14	250m:	350m:
100m: 1:03.43 33.58	200m: 2:12.41 34.84	300m:	400m: 4:32.17
2. Goncalo Malha, NETO	09	4:32.76	471
50m: 30.52 30.52	150m: 1:39.19 34.88	250m: 2:49.53 35.02	350m:
100m: 1:04.31 33.79	200m: 2:14.51 35.32	300m:	400m: 4:32.76
3. Tiago Joaquim, SILVA	09	4:33.09	469
50m: 30.74 30.74	150m: 1:39.50 34.87	250m: 2:49.76 35.24	350m: 3:59.46 35.03
100m: 1:04.63 33.89	200m: 2:14.52 35.02	300m: 3:24.43 34.67	400m: 4:33.09 33.63
4. Joao Nuno, GASPAS	09	4:40.53	433
50m: 29.60 29.60	150m: 1:39.56 35.62	250m: 2:52.71 36.36	350m: 4:06.81 36.89
100m: 1:03.94 34.34	200m: 2:16.35 36.79	300m: 3:29.92 37.21	400m: 4:40.53 33.72
5. Guilherme Andre, GASPAS	09	4:41.48	428
50m: 31.60 31.60	150m: 1:43.83 36.42	250m: 2:55.19 35.27	350m: 4:07.29 36.20
100m: 1:07.41 35.81	200m: 2:19.92 36.09	300m: 3:31.09 35.90	400m: 4:41.48 34.19

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

Prova 3, Masc., 400m Livres

Jun

1.	Aubry Armada, BENNETT	08	Condeixa Clube	4:15.73	571
	50m: 28.42 28.42	150m: 1:31.54	32.02 250m: 2:36.72	32.33	350m: 3:42.99
	100m: 59.52 31.10	200m: 2:04.39	32.85 300m: 3:09.87	33.15	400m: 4:15.73
					32.74
2.	Duarte Cachulo, MARQUES	07	Condeixa Clube	4:16.35	567
	50m: 28.99 28.99	150m: 1:34.88	33.11 250m: 2:39.30	31.88	350m: 3:45.35
	100m: 1:01.77 32.78	200m: 2:07.42	32.54 300m: 3:12.42	33.12	400m: 4:16.35
					31.00
3.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:19.28	548
	50m: 29.82 29.82	150m: 1:34.31	32.60 250m: 2:40.83	33.64	350m: 3:46.98
	100m: 1:01.71 31.89	200m: 2:07.19	32.88 300m: 3:14.15	33.32	400m: 4:19.28
					32.30
4.	Marco Dimitar, OLIVEIRA	07	Nautico Academico	4:20.74	539
	50m: 29.65 29.65	150m: 1:34.83	33.09 250m: 2:41.48	33.31	350m: 3:49.00
	100m: 1:01.74 32.09	200m: 2:08.17	33.34 300m: 3:15.26	33.78	400m: 4:20.74
					31.74
5.	Nuno Miguel, ANJOS	08	Galitos / Bresimar	4:23.38	523
	50m: 30.64 30.64	150m: 1:38.23	33.84 250m: 2:44.87	33.01	350m:
	100m: 1:04.39 33.75	200m: 2:11.86	33.63 300m:		400m: 4:23.38
6.	Alexandre, DZYAKANAU	07	Louzan Natacao	4:23.59	522
	50m: 29.71 29.71	150m: 1:35.33	33.26 250m: 2:42.10	33.45	350m: 3:50.28
	100m: 1:02.07 32.36	200m: 2:08.65	33.32 300m:		400m: 4:23.59
					33.31
7.	Antonio Cruz, FARDILHA	08	Galitos / Bresimar	4:26.80	503
	50m: 30.13 30.13	150m: 1:37.72	34.27 250m: 2:45.62	33.79	350m: 3:53.89
	100m: 1:03.45 33.32	200m: 2:11.83	34.11 300m: 3:20.02	34.40	400m: 4:26.80
					32.91
8.	Guilherme Simoes, SOUSA	08	Nautico Academico	4:26.90	502
	50m: 30.44 30.44	150m: 1:37.40	33.88 250m: 2:46.06	34.35	350m: 3:54.41
	100m: 1:03.52 33.08	200m: 2:11.71	34.31 300m: 3:20.46	34.40	400m: 4:26.90
					32.49
9.	Bernardo Reis, FERREIRA	08	Galitos / Bresimar	4:35.35	458
	50m: 31.22 31.22	150m: 1:40.87	35.30 250m:		350m:
	100m: 1:05.57 34.35	200m: 2:15.81	34.94 300m:		400m: 4:35.35
10.	Joaquim Antonio, CUNHA	08	Nautico Academico	4:37.35	448
	50m: 30.64 30.64	150m: 1:39.89	34.98 250m: 2:50.49	35.52	350m: 4:01.95
	100m: 1:04.91 34.27	200m: 2:14.97	35.08 300m: 3:26.29	35.80	400m: 4:37.35
					35.40
11.	Rodrigo Mosca, SILVA	08	Columbifila Cantanhedense	4:37.80	446
	50m: 30.97 30.97	150m: 1:39.73	34.83 250m: 2:49.97	34.50	350m: 4:02.02
	100m: 1:04.90 33.93	200m: 2:15.47	35.74 300m: 3:26.18	36.21	400m: 4:37.80
					35.78

Sen

1.	Lucas Pereira, BASTOS	00	Nautico Academico	4:08.04	626
	50m: 29.26 29.26	150m: 1:33.50	32.02 250m: 2:37.29	31.66	350m: 3:38.86
	100m: 1:01.48 32.22	200m: 2:05.63	32.13 300m: 3:08.71	31.42	400m: 4:08.04
					29.18
	Ricardo Matias, SANTOS	05	Louzan Natacao	4:08.04	626
	50m: 29.06 29.06	150m: 1:32.24	31.75 250m: 2:36.16	31.77	350m: 3:39.23
	100m: 1:00.49 31.43	200m: 2:04.39	32.15 300m: 3:07.85	31.69	400m: 4:08.04
					28.81
3.	Rodrigo Miguel, REIS	04	Nautico Academico	4:14.19	582
	50m: 27.92 27.92	150m: 1:31.64	32.33 250m: 2:36.99	32.95	350m: 3:41.99
	100m: 59.31 31.39	200m: 2:04.04	32.40 300m: 3:09.57	32.58	400m: 4:14.19
					32.20
4.	Joao Ferreira, MARQUES	06	Academica de Coimbra	4:16.63	565
	50m: 29.09 29.09	150m: 1:34.16	32.87 250m: 2:39.46	32.46	350m: 3:45.17
	100m: 1:01.29 32.20	200m: 2:07.00	32.84 300m: 3:12.03	32.57	400m: 4:16.63
					31.46
5.	Afonso Martim, GOUVEIA	05	Academica de Coimbra	4:21.05	537
	50m: 30.65 30.65	150m: 1:36.90	33.23 250m: 2:43.42	32.94	350m: 3:49.03
	100m: 1:03.67 33.02	200m: 2:10.48	33.58 300m: 3:16.44	33.02	400m: 4:21.05
					32.02
6.	Miguel Freitas, OVIEDO	02	Academica de Coimbra	4:24.48	516
	50m: 30.70 30.70	150m: 1:38.84	34.21 250m:		350m:
	100m: 1:04.63 33.93	200m: 2:13.25	34.41 300m:		400m: 4:24.48

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

Prova 3, Masc., 400m Livres, Sen

Lugar			Ano					Tempo final	Pts
7.	Tomas Melo, PEREIRA		06	Nautico Academico				4:26.63	504
	50m:	30.70 30.70	150m:	1:36.72	33.14	250m:	2:44.94 34.31	350m:	3:54.22 34.69
	100m:	1:03.58 32.88	200m:	2:10.63	33.91	300m:	3:19.53 34.59	400m:	4:26.63 32.41
8.	Jose Miguel, MARQUES		06	Condeixa Clube				4:27.52	499
	50m:	30.28 30.28	150m:	1:37.54	33.89	250m:	2:45.11 33.64	350m:	3:53.79 34.13
	100m:	1:03.65 33.37	200m:	2:11.47	33.93	300m:	3:19.66 34.55	400m:	4:27.52 33.73
9.	Goncalo Carvalho, SANTOS		05	Louzan Natacao				4:28.46	494
	50m:	30.00 30.00	150m:	1:36.67	33.77	250m:		350m:	
	100m:	1:02.90 32.90	200m:	2:10.78	34.11	300m:		400m:	4:28.46
10.	Joaquim Agra, MERUJE		01	Academica de Coimbra				4:32.22	474
	50m:	30.25 30.25	150m:	1:39.00	35.08	250m:	2:49.07 34.88	350m:	3:58.91 34.64
	100m:	1:03.92 33.67	200m:	2:14.19	35.19	300m:	3:24.27 35.20	400m:	4:32.22 33.31
11.	António Pedro, MARTINS		05	Condeixa Clube				4:44.64	414
	50m:	32.70 32.70	150m:	1:44.92	36.25	250m:		350m:	4:09.66
	100m:	1:08.67 35.97	200m:	2:21.29	36.37	300m:		400m:	4:44.64 34.98