

Prova 9
23/11/2024 - 12:05

Masc., 400m Livres

13 anos e mais velhos
Resultados

Pontos: AQUA 2024

Lugar	Nome	Idade	Clube	Tempo Final				AQUA
Infantis								
1.	Dinis Lourenco, Pereira	14	AN Alcabastrense	5:27.02				273
	50m: 33.28 33.28	150m: 1:54.56 42.19	250m: 3:21.24 43.32	350m: 4:47.66 42.85				
	100m: 1:12.37 39.09	200m: 2:37.92 43.36	300m: 4:04.81 43.57	400m: 5:27.02 39.36				
2.	Afonso Jose, Alves	14	CCDSerta	5:33.32				258
	50m: 37.54 37.54	150m: 2:02.64 42.81	250m: 3:28.50 43.46	350m: 4:52.55 41.79				
	100m: 1:19.83 42.29	200m: 2:45.04 42.40	300m: 4:10.76 42.26	400m: 5:33.32 40.77				
3.	Goncalo Maria, Costa	13	Elvense	5:45.13				232
	50m: 39.04 39.04	150m: 2:07.10 44.63	250m: 3:36.45 44.18	350m: 5:04.97 44.01				
	100m: 1:22.47 43.43	200m: 2:52.27 45.17	300m: 4:20.96 44.51	400m: 5:45.13 40.16				
4.	Duarte Belchior, Munhao	13	Elvense	6:12.21				185
	50m: 42.82 42.82	150m: 2:17.14 47.67	250m: 3:54.91 48.88	350m: 5:30.36 47.99				
	100m: 1:29.47 46.65	200m: 3:06.03 48.89	300m: 4:42.37 47.46	400m: 6:12.21 41.85				
5.	Sergio Ricardo, Alves	13	CCDSerta	6:24.27				168
	50m: 44.21 44.21	150m: 2:20.95 49.37	250m: 3:59.97 49.51	350m: 5:38.55 49.56				
	100m: 1:31.58 47.37	200m: 3:10.46 49.51	300m: 4:48.99 49.02	400m: 6:24.27 45.72				
6.	Rodrigo Silvestre, Mesquita	13	Natacao do Fundao/Yes Energy	6:37.95				151
	50m: 43.63 43.63	150m: 2:25.28 51.57	250m: 4:10.32 52.97	350m: 5:57.15 52.43				
	100m: 1:33.71 50.08	200m: 3:17.35 52.07	300m: 5:04.72 54.40	400m: 6:37.95 40.80				
7.	Tomas Silva, Parente	14	SC Campomaiorense	6:44.27				144
	50m: 38.60 38.60	150m: 2:19.93 53.07	250m: 4:05.01 52.81	350m: 5:51.24 52.85				
	100m: 1:26.86 48.26	200m: 3:12.20 52.27	300m: 4:58.39 53.38	400m: 6:44.27 53.03				
8.	Vicente Franca, Moreira	14	Natacao do Fundao/Yes Energy	6:59.77				129
	50m: 45.23 45.23	150m: 2:31.53 53.87	250m: 4:19.78 54.56	350m: 6:02.17 48.20				
	100m: 1:37.66 52.43	200m: 3:25.22 53.69	300m: 5:13.97 54.19	400m: 6:59.77 57.60				
9.	Martim Farinha, Nunes	13	CCDSerta	7:08.08				121
	50m: 48.84 48.84	150m: 2:35.10 53.37	250m: 4:28.24 56.16	350m: 6:18.19 55.25				
	100m: 1:41.73 52.89	200m: 3:32.08 56.98	300m: 5:22.94 54.70	400m: 7:08.08 49.89				
10.	Duarte Filipe, Monraia	13	Elvense	7:37.46				99
	50m: 46.70 46.70	150m: 2:41.19 58.33	250m: 4:41.60 1:00.91	350m: 6:39.67 58.92				
	100m: 1:42.86 56.16	200m: 3:40.69 59.50	300m: 5:40.75 59.15	400m: 7:37.46 57.79				

Absolutos

1.	Afonso Maria, Bento	16	AN Alcabastrense	4:27.52				499
	50m: 28.18 28.18	150m: 1:34.21 34.12	250m: 2:43.80 34.92	350m: 3:54.34 35.47				
	100m: 1:00.09 31.91	200m: 2:08.88 34.67	300m: 3:18.87 35.07	400m: 4:27.52 33.18				
2.	Joao Alexandre, Saraiva	30	Penta Clube Covilha	4:42.53				423
	50m: 30.19 30.19	150m: 1:36.63 33.93	250m: 2:48.62 36.75	350m: 4:04.65 38.48				
	100m: 1:02.70 32.51	200m: 2:11.87 35.24	300m: 3:26.17 37.55	400m: 4:42.53 37.88				
3.	Romulo Artur, Silva	17	Eléctrico	4:50.17				391
	50m: 31.12 31.12	150m: 1:41.50 36.19	250m: 2:57.62 38.13	350m: 4:12.75 37.16				
	100m: 1:05.31 34.19	200m: 2:19.49 37.99	300m: 3:35.59 37.97	400m: 4:50.17 37.42				
4.	Tomas Verissimo, Silva	16	Penta Clube Covilha	5:01.43				349
	50m: 31.84 31.84	150m: 1:45.59 37.86	250m: 3:04.09 39.79	350m: 4:24.46 39.67				
	100m: 1:07.73 35.89	200m: 2:24.30 38.71	300m: 3:44.79 40.70	400m: 5:01.43 36.97				

Prova 9, Masc., 400m Livres, Absolutos

Lugar	Nome	Idade	Clube					Tempo Final	AQUA
5.	Rui Ferreirinho, Diogo	15	AN Alcabastrense					5:06.91	330
	50m: 33.38 33.38	150m: 1:50.10	39.29	250m: 3:09.70	39.76	350m: 4:29.00	39.60		
	100m: 1:10.81 37.43	200m: 2:29.94	39.84	300m: 3:49.40	39.70	400m: 5:06.91	37.91		
6.	Joao Maria, Sanguinho	16	Elvense					5:09.69	321
	50m: 34.47 34.47	150m: 1:50.86	38.97	250m: 3:12.57	40.89	350m: 4:34.60	40.48		
	100m: 1:11.89 37.42	200m: 2:31.68	40.82	300m: 3:54.12	41.55	400m: 5:09.69	35.09		
7.	Tiago Maria, Costa	17	Elvense					5:09.75	321
	50m: 36.34 36.34	150m: 1:54.27	39.58	250m: 3:15.51	40.73	350m: 4:36.17	39.88		
	100m: 1:14.69 38.35	200m: 2:34.78	40.51	300m: 3:56.29	40.78	400m: 5:09.75	33.58		
8.	Rui Lucas, Santos	22	Penta Clube Covilha					5:18.06	297
	50m: 33.90 33.90	150m: 1:51.23	39.58	250m: 3:13.63	41.44	350m: 4:37.19	40.60		
	100m: 1:11.65 37.75	200m: 2:32.19	40.96	300m: 3:56.59	42.96	400m: 5:18.06	40.87		
9.	Guilherme Filipe, Rato	16	AN Alcabastrense					5:26.48	274
	50m: 38.09 38.09	150m: 2:01.07	42.72	250m: 3:22.52	38.94	350m: 4:48.12	43.75		
	100m: 1:18.35 40.26	200m: 2:43.58	42.51	300m: 4:04.37	41.85	400m: 5:26.48	38.36		
10.	Afonso Saragoca, Pilar	17	SC Campomaiorense					7:10.39	119
	50m: 44.95 44.95	150m: 2:31.92	56.57	250m: 4:26.90	57.44	350m: 6:16.07	52.41		
	100m: 1:35.35 50.40	200m: 3:29.46	57.54	300m: 5:23.66	56.76	400m: 7:10.39	54.32		