

Campeonato Regional de Absolutos, Torneio Nadador Completo INF e Torregri I  
23\_24 - 11 - 2024



Prova 22 Masc., 400m Livres Infantis B  
23/11/2024 - 16:55 Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Inf B	4:54.34	Lucas Pinto Ribeiro	GCVR	Peso da Régua	12/03/2023

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Martim Beato Guedes	219121	12	EMNVinhais/FCV	<b>6:07.09</b>	193
	50m: 39.84 39.84	150m: 250m: 350m:			400m: 6:07.09	
	100m: 1:25.59 45.75	200m: 3:00.46		300m: 4:35.57		
2.	Rodrigo Araujo Sousa	214607	12	CMN Peso da Régua	<b>6:23.15</b>	169
	50m: 42.53 42.53	150m: 250m: 350m:			400m: 6:23.15	
	100m: 1:31.90 49.37	200m: 3:11.81		300m: 4:49.81		

Prova 22 Masc., 400m Livres Infantis A  
23/11/2024 - 16:55 Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Inf A	4:39.76	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	01/07/2017

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Filipe Miguel Pires	216137	11	EMNVinhais/FCV	<b>4:48.87</b>	396
	50m: 37.84 37.84	150m: 250m: 350m:			400m: 4:48.87	
	100m: 1:08.70 30.86	200m: 2:22.74		300m: 3:37.12		
2.	Martim Barros Pereira	216554	11	EN Bragança	<b>5:13.76</b>	309
	50m: 34.70 34.70	150m: 250m: 350m:			400m: 5:13.76	
	100m: 1:14.57 39.87	200m: 2:37.13		300m: 3:58.20		
3.	Duarte Ferreira Rosa	209831	11	Flavitus	<b>5:24.63</b>	279
	50m: 37.98 37.98	150m: 250m: 350m:			400m: 5:24.63	
	100m: 1:19.23 41.25	200m: 2:43.19		300m: 4:06.66		
4.	Francisco Maria Igrejas	209416	11	Gcvr	<b>6:05.89</b>	195
	50m: 40.23 40.23	150m: 250m: 350m:			400m: 6:05.89	
	100m: 1:26.45 46.22	200m: 3:01.16		300m: 4:34.95		
5.	Guilherme Alves Horta	222427	11	Flavitus	<b>6:14.00</b>	182
	50m: 43.02 43.02	150m: 250m: 350m:			400m: 6:14.00	
	100m: 1:30.20 47.18	200m: 3:09.57		300m: 4:46.02		
6.	Guilherme Sarmento Borges	218750	11	Flavitus	<b>6:21.50</b>	172
	50m: 42.00 42.00	150m: 250m: 350m:			400m: 6:21.50	
	100m: 1:28.61 46.61	200m: 3:06.07		300m: 4:45.78		
7.	Pedro Martins Valente	222429	11	Flavitus	<b>6:23.83</b>	169
	50m: 43.63 43.63	150m: 250m: 350m:			400m: 6:23.83	
	100m: 1:33.09 49.46	200m: 3:13.09		300m: 4:51.73		

Prova 22 Masc., 400m Livres Juvenis  
23/11/2024 - 16:55 Resultados

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Juv A	4:22.51	João Carlos Ferreira	GCVR	Braga	18/03/2000
Recorde Regional (25m) Juv B	4:29.64	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	07/07/2018

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Joao Miguel Rocha	205562	09	CMN Peso da Régua	<b>4:43.55</b>	419
	50m: 31.16 31.16	150m: 250m: 350m:			400m: 4:43.55	
	100m: 1:06.06 34.90	200m: 2:17.91		300m: 3:30.59		
2.	Diogo Ribeiro Baptista	151944	09	Gcvr	<b>5:09.47</b>	322
	50m: 32.78 32.78	150m: 250m: 350m:			400m: 5:09.47	
	100m: 1:10.61 37.83	200m: 2:30.15		300m: 3:51.07		
3.	Francisco Dinis Pinto	216380	09	Durius Ac Pesqueira	<b>5:43.66</b>	235
	50m: 40.63 40.63	150m: 250m: 350m:			400m: 5:43.66	
	100m: 1:24.98 44.35	200m: 2:55.51		300m: 4:20.66		
4.	Rui Pedro Lopes	216387	10	Durius Ac Pesqueira	<b>6:01.54</b>	202
	50m: 41.60 41.60	150m: 250m: 350m:			400m: 6:01.54	
	100m: 1:25.80 44.20	200m: 2:56.82		300m: 4:29.70		
WDR	Afonso Alexandre Paiga	216385	10	Durius Ac Pesqueira		

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Prova 22, Masc., 400m Livres

Prova 22 Masc., 400m Livres Juniores e Seniores Resultados  
23/11/2024 - 16:55

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Sen	4:12.55	Ivo Emanuel Carneiro	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	Daniel Filipe Lopes	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	Daniel Filipe Lopes	CNIN	Mealhada	15/12/2012

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Hugo Fonseca Goncalves	208561	03	Gcvr	<b>4:17.96</b>	557
	50m: 28.92 28.92	150m: 1:00.51 31.59	200m: 2:06.02	250m: 3:11.89	350m: 4:17.96	400m: 4:17.96
2.	Jose Pedro Rocha	201748	04	CMN Peso da Régua	<b>4:34.25</b>	463
	50m: 30.36 30.36	100m: 1:03.68 33.32	200m: 2:11.89	250m: 3:22.14	350m: 4:34.25	400m: 4:34.25
3.	Pedro Fernando Coelho	208567	08	CMN Peso da Régua	<b>4:56.11</b>	368
	50m: 31.61 31.61	100m: 1:07.89 36.28	200m: 2:23.54	250m: 3:39.42	350m: 4:56.11	400m: 4:56.11
4.	Duarte Filipe Carvalho	216386	07	Durius Ac Pesqueira	<b>5:19.65</b>	292
	50m: 33.53 33.53	100m: 1:12.12 38.59	200m: 2:33.87	250m: 3:57.34	350m: 5:19.65	400m: 5:19.65
WDR	Joao Leonardo Marques	216384	08	Durius Ac Pesqueira		
WDR	Joao Tiago Paiga	216379	08	Durius Ac Pesqueira		

Prova 22 Masc., 400m Livres Absoluto Resultados  
23/11/2024 - 16:55

Recorde Regional (25m) Open	4:12.55	Ivo Emanuel Carneiro	CNVR	Mealhada	08/07/2018
Recorde Regional (25m) Sen	4:12.55	Ivo Emanuel Carneiro	CNVR	Chaves	23/11/2008
Recorde Regional (25m) 18	4:21.63	Daniel Filipe Lopes	CNIN	Coruche	16/11/2013
Recorde Regional (25m) 17	4:22.83	Daniel Filipe Lopes	CNIN	Mealhada	15/12/2012
Recorde Regional (25m) Juv A	4:22.51	João Carlos Ferreira	GCVR	Braga	18/03/2000
Recorde Regional (25m) Juv B	4:29.64	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	07/07/2018

Pontos: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Hugo Fonseca Goncalves	208561	03	Gcvr	<b>4:17.96</b>	557
	50m: 28.92 28.92	100m: 1:00.51 31.59	200m: 2:06.02	250m: 3:11.89	350m: 4:17.96	400m: 4:17.96
2.	Jose Pedro Rocha	201748	04	CMN Peso da Régua	<b>4:34.25</b>	463
	50m: 30.36 30.36	100m: 1:03.68 33.32	200m: 2:11.89	250m: 3:22.14	350m: 4:34.25	400m: 4:34.25
3.	Joao Miguel Rocha	205562	09	CMN Peso da Régua	<b>4:43.55</b>	419
	50m: 31.16 31.16	100m: 1:06.06 34.90	200m: 2:17.91	250m: 3:30.59	350m: 4:43.55	400m: 4:43.55
4.	Pedro Fernando Coelho	208567	08	CMN Peso da Régua	<b>4:56.11</b>	368
	50m: 31.61 31.61	100m: 1:07.89 36.28	200m: 2:23.54	250m: 3:39.42	350m: 4:56.11	400m: 4:56.11
5.	Diogo Ribeiro Baptista	151944	09	Gcvr	<b>5:09.47</b>	322
	50m: 32.78 32.78	100m: 1:10.61 37.83	200m: 2:30.15	250m: 3:51.07	350m: 5:09.47	400m: 5:09.47
6.	Duarte Filipe Carvalho	216386	07	Durius Ac Pesqueira	<b>5:19.65</b>	292
	50m: 33.53 33.53	100m: 1:12.12 38.59	200m: 2:33.87	250m: 3:57.34	350m: 5:19.65	400m: 5:19.65
7.	Francisco Dinis Pinto	216380	09	Durius Ac Pesqueira	<b>5:43.66</b>	235
	50m: 40.63 40.63	100m: 1:24.98 44.35	200m: 2:55.51	250m: 4:20.66	350m: 5:43.66	400m: 5:43.66
8.	Rui Pedro Lopes	216387	10	Durius Ac Pesqueira	<b>6:01.54</b>	202
	50m: 41.60 41.60	100m: 1:25.80 44.20	200m: 2:56.82	250m: 4:29.70	350m: 6:01.54	400m: 6:01.54
WDR	Joao Leonardo Marques	216384	08	Durius Ac Pesqueira		
WDR	Afonso Alexandre Paiga	216385	10	Durius Ac Pesqueira		
WDR	Joao Tiago Paiga	216379	08	Durius Ac Pesqueira		
EXH	Gabriel Neto Ferreira	203901	08	O Crasto	<b>4:49.84</b>	392
	50m: 32.09 32.09	100m: 1:08.00 35.91	200m: 2:22.59	250m: 3:37.43	350m: 4:49.84	400m: 4:49.84