



I Leiria OPEN Meeting Clube Náutico de Leiria 2024
Leiria, 9 - 10/11/2024

Prova 4	Masc., 400m Livres				OPEN MASC
09/11/2024 - 15:56	ESA Baterias				Resultados Elimin
Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 19 +	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	Felqueiras	24/11/2007
Rec Nac 16	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nac 15	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Rec Nac 14	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac 13	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: AQUA 2024

Lugar	Ano				Tempo final	Pts
1. Jose Paulo, LOPES	00	Sporting de Braga			4:02.13	673 Q
50m: 28.15 28.15	150m: 1:29.54 30.92	250m: 2:31.20 30.24	350m: 3:32.04 30.50	400m: 4:02.13 30.09		
100m: 58.62 30.47	200m: 2:00.96 31.42	300m: 3:01.54 30.34				
2. Filipe Manso, LARANJO	07	Sporting de Braga			4:11.12	603 Q
50m: 28.76 28.76	150m: 1:32.71 32.29	250m: 2:36.29 31.26	350m: 3:39.92 32.18	400m: 4:11.12 31.20		
100m: 1:00.42 31.66	200m: 2:05.03 32.32	300m: 3:07.74 31.45				
3. Afonso Gago, GARCIA	08	Benfica			4:11.15	603 Q
50m: 29.84 29.84	150m: 1:33.85 31.94	250m: 2:37.48 31.50	350m: 3:40.92 31.24	400m: 4:11.15 30.23		
100m: 1:01.91 32.07	200m: 2:05.98 32.13	300m: 3:09.68 32.20				
4. Joao Ferreira, MARQUES	06	Académica de Coimbra			4:12.11	596 Q
50m: 29.29 29.29	150m: 1:32.73 31.88	250m: 2:36.98 32.09	350m: 3:40.95 31.58	400m: 4:12.11 31.16		
100m: 1:00.85 31.56	200m: 2:04.89 32.16	300m: 3:09.37 32.39				
5. Afonso Dinis, ROQUE	07	CNLeiria - VOID			4:15.21	575 Q
50m: 29.08 29.08	150m: 1:33.01 32.37	250m: 2:37.99 32.54	350m: 3:44.72 33.45	400m: 4:15.21 30.49		
100m: 1:00.64 31.56	200m: 2:05.45 32.44	300m: 3:11.27 33.28				
6. Rafael Pereira, RODRIGUES	08	Condeixa Aqua Clube			4:15.62	572 Q
50m: 29.60 29.60	150m: 1:33.36 32.11	250m: 2:38.38 32.51	350m: 3:43.89 32.65	400m: 4:15.62 31.73		
100m: 1:01.25 31.65	200m: 2:05.87 32.51	300m: 3:11.24 32.86				
7. Alexandre Ramos, GONCALVES	05	Sporting São João Ver			4:15.99	569 Q
50m: 29.38 29.38	150m: 1:33.41 32.20	250m: 2:37.94 32.18	350m: 3:43.53 32.91	400m: 4:15.99 32.46		
100m: 1:01.21 31.83	200m: 2:05.76 32.35	300m: 3:10.62 32.68				
8. Vasco Frischknecht, OLIVEIRA	08	Benfica			4:18.65	552 Q
50m: 28.80 28.80	150m: 1:33.42 32.62	250m: 2:39.86 33.03	350m: 3:46.75 33.42	400m: 4:18.65 31.90		
100m: 1:00.80 32.00	200m: 2:06.83 33.41	300m: 3:13.33 33.47				
9. Afonso Formigo, PINHO	06	Torres Novas			4:20.59	540 R
50m: 29.74 29.74	150m: 1:35.44 33.16	250m: 2:42.78 33.71	350m: 3:49.75 33.23	400m: 4:20.59 30.84		
100m: 1:02.28 32.54	200m: 2:09.07 33.63	300m: 3:16.52 33.74				
10. Francisco Xavier, RITA	07	Vieirense			4:21.98	531 R
50m: 29.92 29.92	150m: 1:34.73 32.77	250m: 2:41.95 33.52	350m: 3:48.97 33.16	400m: 4:21.98 33.01		
100m: 1:01.96 32.04	200m: 2:08.43 33.70	300m: 3:15.81 33.86				

Splash Meet Manager, 11.80519

Registered to Associação de Natação do Distrito de Leiria

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Leiria, 9 - 10/11/2024

Prova 4, Masc., 400m Livres, Elimin, OPEN MASC

Lugar	Ano	Tempo final	Pts
11. Tome Nunes, TOME	08 CNLeiria - VOID	4:23.00	525
50m: 30.19 30.19	150m: 1:35.92 33.04	250m: 2:42.69 33.37	350m: 3:50.40 33.75
100m: 1:02.88 32.69	200m: 2:09.32 33.40	300m: 3:16.65 33.96	400m: 4:23.00 32.60
12. Jose Guilherme, LOPES	07 CPCD	4:26.37	505
50m: 30.10 30.10	150m: 1:37.37 34.09	250m: 2:45.21 33.94	350m: 3:53.34 34.07
100m: 1:03.28 33.18	200m: 2:11.27 33.90	300m: 3:19.27 34.06	400m: 4:26.37 33.03
13. Antonio Pedro, MARTINS	05 Condeixa Aqua Clube	4:28.21	495
50m: 31.59 31.59	150m: 1:39.26 33.90	250m: 2:47.96 34.18	350m: 3:55.38 33.71
100m: 1:05.36 33.77	200m: 2:13.78 34.52	300m: 3:21.67 33.71	400m: 4:28.21 32.83
14. Santiago Boica, SOUSA	08 Vieiraense	4:30.46	483
50m: 30.73 30.73	150m: 1:39.87 35.20	250m: 2:48.66 33.97	350m: 3:57.46 34.23
100m: 1:04.67 33.94	200m: 2:14.69 34.82	300m: 3:23.23 34.57	400m: 4:30.46 33.00
15. Martim Marino, BRILHA	10 CF Os Belenenses	4:35.22	458
50m: 29.94 29.94	150m: 1:36.04 33.37	250m: 2:45.90 35.08	350m: 3:59.14 36.84
100m: 1:02.67 32.73	200m: 2:10.82 34.78	300m: 3:22.30 36.40	400m: 4:35.22 36.08
16. David Ferrador, PEREIRA	09 CNLeiria - VOID	4:35.64	456
50m: 29.66 29.66	150m: 1:37.45 34.55	250m: 2:47.76 35.25	350m: 3:59.32 35.83
100m: 1:02.90 33.24	200m: 2:12.51 35.06	300m: 3:23.49 35.73	400m: 4:35.64 36.32
17. Lucas Ferreira, GASPARGAS	10 Vieiraense	4:39.54	437
50m: 30.72 30.72	150m: 1:40.29 35.19	250m: 2:52.44 36.35	350m: 4:05.35 36.28
100m: 1:05.10 34.38	200m: 2:16.09 35.80	300m: 3:29.07 36.63	400m: 4:39.54 34.19
18. Francisco Manuel, BEXIGA	08 CF Os Belenenses	4:41.36	429
50m: 32.19 32.19	150m: 1:41.33 34.78	250m: 2:52.98 35.91	350m: 4:05.90 36.65
100m: 1:06.55 34.36	200m: 2:17.07 35.74	300m: 3:29.25 36.27	400m: 4:41.36 35.46
19. Rafael Goncalves, SOUSA	99 CPCD	4:46.09	408
50m: 31.78 31.78	150m: 1:44.73 37.37	250m: 2:58.35 36.08	350m: 4:10.74 35.20
100m: 1:07.36 35.58	200m: 2:22.27 37.54	300m: 3:35.54 37.19	400m: 4:46.09 35.35
20. Andrey, PONOMAROV	10 CPCD	4:56.22	367
50m: 33.69 33.69	150m: 1:48.03 37.45	250m: 3:04.21 38.06	350m: 4:19.60 38.07
100m: 1:10.58 36.89	200m: 2:26.15 38.12	300m: 3:41.53 37.32	400m: 4:56.22 36.62
21. Tomas Marques, FRANCISCO	10 CNLeiria - VOID	4:57.51	363
50m: 33.02 33.02	150m: 1:46.98 37.49	250m: 3:03.06 38.10	350m: 4:19.75 39.31
100m: 1:09.49 36.47	200m: 2:24.96 37.98	300m: 3:40.44 37.38	400m: 4:57.51 37.76
22. Martim Silva, OLIVEIRA	08 Torres Novas	5:02.21	346
50m: 33.31 33.31	150m: 1:48.78 38.08	250m: 3:06.17 38.91	350m: 4:24.27 38.91
100m: 1:10.70 37.39	200m: 2:27.26 38.48	300m: 3:45.36 39.19	400m: 5:02.21 37.94
DSQ Jose Miguel, MARQUES	06 Condeixa Aqua Clube		
<i>Falsa partida.</i>			
DNS Nuno Marques, SILVA	04 CNLeiria - VOID		

