



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

Prova 4 10/11/2024	Masc., 400m Livres ESA Baterias				OPEN MASC Resultados Final
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			3:59.68	694
50m: 27.76 27.76	150m: 1:27.53 30.11	250m: 2:28.11 30.19	350m: 3:29.39 30.68	400m: 3:59.68 30.29		
100m: 57.42 29.66	200m: 1:57.92 30.39	300m: 2:58.71 30.60				
2. Filipe Manso, LARANJO	07	Sporting de Braga			4:05.24	648
50m: 28.16 28.16	150m: 1:29.72 31.35	250m: 2:33.02 31.16	350m: 3:35.69 31.06	400m: 4:05.24 29.55		
100m: 58.37 30.21	200m: 2:01.86 32.14	300m: 3:04.63 31.61				
3. Joao Ferreira, MARQUES	06	Académica de Coimbra			4:12.02	597
50m: 29.36 29.36	150m: 1:32.50 32.11	250m: 2:36.20 31.86	350m: 3:40.33 31.82	400m: 4:12.02 31.69		
100m: 1:00.39 31.03	200m: 2:04.34 31.84	300m: 3:08.51 32.31				
4. Rafael Pereira, RODRIGUES	08	Condeixa Aqua Clube			4:12.71	592
50m: 29.67 29.67	150m: 1:32.65 31.67	250m: 2:36.79 31.95	350m: 3:41.24 32.31	400m: 4:12.71 31.47		
100m: 1:00.98 31.31	200m: 2:04.84 32.19	300m: 3:08.93 32.14				
5. Afonso Gago, GARCIA	08	Benfica			4:17.16	562
50m: 30.42 30.42	150m: 1:36.81 32.87	250m: 2:41.73 31.98	350m: 3:46.46 31.92	400m: 4:17.16 30.70		
100m: 1:03.94 33.52	200m: 2:09.75 32.94	300m: 3:14.54 32.81				
6. Alexandre Ramos, GONCALVES	05	Sporting São João Ver			4:17.49	560
50m: 29.80 29.80	150m: 1:34.56 32.98	250m: 2:39.83 32.67	350m: 3:45.78 32.91	400m: 4:17.49 31.71		
100m: 1:01.58 31.78	200m: 2:07.16 32.60	300m: 3:12.87 33.04				
7. Afonso Dinis, ROQUE	07	CNLeiria - VOID			4:17.67	558
50m: 28.64 28.64	150m: 1:31.68 32.04	250m: 2:38.43 33.79	350m: 3:46.26 33.77	400m: 4:17.67 31.41		
100m: 59.64 31.00	200m: 2:04.64 32.96	300m: 3:12.49 34.06				
8. Vasco Frischknecht, OLIVEIRA	08	Benfica			4:23.90	520
50m: 30.11 30.11	150m: 1:34.28 32.43	250m: 2:42.64 34.52	350m: 3:51.37 34.51	400m: 4:23.90 32.53		
100m: 1:01.85 31.74	200m: 2:08.12 33.84	300m: 3:16.86 34.22				