

Taça Meio-Fundo
Coimbra, 3/11/2024

Prova 2 Masc., 400m Livres 13 anos e mais velhos
03/11/2024 - 9:55 Resultados

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 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 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
Rec Reg Open	3:45.56	Tomas Miguel, VELOSO	CNAC		01/01/2019
Rec Reg Sen	3:45.56	Tomas Miguel, VELOSO	CNAC		01/01/2019
Rec Reg 18	3:56.55	Luis, SILVA	CNAC		01/01/2002
Rec Reg 17	3:58.76	Gustavo Pires, MARQUES	IND		01/01/2021
Rec Reg Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC		01/01/2019
Rec Reg Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC		01/01/2019
Rec Reg Inf A	4:20.38	Guilherme, CARDOSO	SCC		01/01/2019
Rec Reg Inf B	4:35.42	Diogo Matos, RIBEIRO	CNAC		01/01/2017

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
Inf									
1.	Vicente Abrantes, DIOGO		11	Columbofila Cantanhedense				4:59.10	357
	50m:	33.61 33.61	150m:	1:50.08	38.24	250m:	3:04.82 37.47	350m:	4:22.08 38.38
	100m:	1:11.84 38.23	200m:	2:27.35	37.27	300m:	3:43.70 38.88	400m:	4:59.10 37.02
2.	Diogo Teixeira, LOPES		11	Columbofila Cantanhedense				5:09.38	322
	50m:	35.02 35.02	150m:	1:54.01	40.02	250m:	3:13.53 39.79	350m:	4:32.39 39.28
	100m:	1:13.99 38.97	200m:	2:33.74	39.73	300m:	3:53.11 39.58	400m:	5:09.38 36.99
3.	David Pereira, MARQUES		11	Columbofila Cantanhedense				5:10.11	320
	50m:	36.38 36.38	150m:	1:54.84	39.53	250m:	3:14.32 39.69	350m:	4:32.64 38.79
	100m:	1:15.31 38.93	200m:	2:34.63	39.79	300m:	3:53.85 39.53	400m:	5:10.11 37.47
4.	Pedro Filipe, ALMEIDA		11	Columbofila Cantanhedense				5:12.45	313
	50m:	34.68 34.68	150m:	1:51.19	38.55	250m:	3:10.79 39.95	350m:	4:32.57 41.25
	100m:	1:12.64 37.96	200m:	2:30.84	39.65	300m:	3:51.32 40.53	400m:	5:12.45 39.88
5.	Francisco Marques, PEREIRA		11	Columbofila Cantanhedense				5:19.67	292
	50m:	35.92 35.92	150m:	1:55.88	40.23	250m:	3:17.73 41.03	350m:	4:40.91 41.60
	100m:	1:15.65 39.73	200m:	2:36.70	40.82	300m:	3:59.31 41.58	400m:	5:19.67 38.76
6.	Tomas Goncalves, RODRIGUES		12	Columbofila Cantanhedense				5:30.22	265
	50m:	37.17 37.17	150m:	2:02.82	42.91	250m:	3:26.51 41.56	350m:	4:51.00 41.83
	100m:	1:19.91 42.74	200m:	2:44.95	42.13	300m:	4:09.17 42.66	400m:	5:30.22 39.22
7.	Daniel Nunes, FREITAS		11	Columbofila Cantanhedense				5:45.44	231
	50m:	37.99 37.99	150m:	2:04.18	43.43	250m:	3:34.43 46.06	350m:	5:03.66 44.97
	100m:	1:20.75 42.76	200m:	2:48.37	44.19	300m:	4:18.69 44.26	400m:	5:45.44 41.78
8.	Estevao Amado, SANTOS		12	Miranda do Corvo				5:57.50	209
	50m:	39.82 39.82	150m:	2:11.48	47.20	250m:	3:43.41 46.94	350m:	5:15.00 44.91
	100m:	1:24.28 44.46	200m:	2:56.47	44.99	300m:	4:30.09 46.68	400m:	5:57.50 42.50
9.	Afonso Sousa, BRAZ		12	Náutico Academico				6:02.90	200
	50m:	40.32 40.32	150m:	2:11.71	46.52	250m:	3:43.19 46.21	350m:	5:17.16 46.92
	100m:	1:25.19 44.87	200m:	2:56.98	45.27	300m:	4:30.24 47.05	400m:	6:02.90 45.74
10.	Tomas Dinis, TORRES		12	Columbofila Cantanhedense				6:18.77	175
	50m:	39.66 39.66	150m:	2:14.63	48.63	250m:	3:52.58 48.73	350m:	5:31.25 48.82
	100m:	1:26.00 46.34	200m:	3:03.85	49.22	300m:	4:42.43 49.85	400m:	6:18.77 47.52
11.	Diogo Cunha, CORTE-REAL		12	Columbofila Cantanhedense				6:37.25	152
	50m:	43.60 43.60	150m:	2:26.86	51.85	250m:	4:09.20 50.99	350m:	5:50.57 49.65
	100m:	1:35.01 51.41	200m:	3:18.21	51.35	300m:	5:00.92 51.72	400m:	6:37.25 46.68
12.	Joao Martim, SILVA		11	S. Pedro Alva				6:43.98	145
	50m:	39.77 39.77	150m:	2:18.88	51.80	250m:	4:05.27 52.55	350m:	5:49.63 51.39
	100m:	1:27.08 47.31	200m:	3:12.72	53.84	300m:	4:58.24 52.97	400m:	6:43.98 54.35

Taça Meio-Fundo
Coimbra, 3/11/2024

Prova 2, Masc., 400m Livres, Inf

Lugar	Ano	Tempo final	Pts
13. Santiago Cavaleiro, SANTOS	11 S. Pedro Alva	6:48.00	140
50m: 41.18 41.18 150m: 2:21.58 51.16 250m: 4:07.43 53.48		350m: 5:55.97 56.17	
100m: 1:30.42 49.24 200m: 3:13.95 52.37 300m: 4:59.80 52.37		400m: 6:48.00 52.03	
14. Rodrigo Guilherme, MONTEIRO	12 CASPAE	6:56.09	132
50m: 47.10 47.10 150m: 2:31.92 52.80 250m: 4:22.27 54.90		350m: 6:10.92 52.52	
100m: 1:39.12 52.02 200m: 3:27.37 55.45 300m: 5:18.40 56.13		400m: 6:56.09 45.17	
DSQ Tomas Rodrigues, FLORIDO	12 S. Pedro Alva		
<i>SW 5.2 - O/A atleta não tocou na parede na viragem aos 375 metros.</i>			

Juv

1. Rodrigo Miguel, MATIAS	10 Náutico Academico	4:53.39	378
50m: 33.00 33.00 150m: 1:47.10 37.39 250m: 3:02.63 37.31		350m: 4:17.67 37.26	
100m: 1:09.71 36.71 200m: 2:25.32 38.22 300m: 3:40.41 37.78		400m: 4:53.39 35.72	
2. Andre Filipe, COSTA	10 Vigor da Mocidade	5:11.63	315
50m: 35.80 35.80 150m: 1:55.33 40.29 250m: 3:14.94 39.96		350m: 4:33.41 39.17	
100m: 1:15.04 39.24 200m: 2:34.98 39.65 300m: 3:54.24 39.30		400m: 5:11.63 38.22	
3. Pedro Emanuel, PEREIRA	10 Académica Coimbra	5:32.80	259
50m: 37.88 37.88 150m: 2:01.41 42.26 250m: 3:26.99 42.71		350m: 4:52.76 42.84	
100m: 1:19.15 41.27 200m: 2:44.28 42.87 300m: 4:09.92 42.93		400m: 5:32.80 40.04	
4. Manuel Gaspar, BRANCO	10 CASPAE	5:35.59	252
50m: 37.40 37.40 150m: 1:59.40 41.66 250m: 3:25.16 43.22		350m: 4:52.36 43.30	
100m: 1:17.74 40.34 200m: 2:41.94 42.54 300m: 4:09.06 43.90		400m: 5:35.59 43.23	

Jun

1. Marco Dimitar, OLIVEIRA	07 Náutico Academico	4:21.68	533
50m: 29.67 29.67 150m: 1:35.22 33.35 250m: 2:41.26 32.88		350m: 3:48.54 33.75	
100m: 1:01.87 32.20 200m: 2:08.38 33.16 300m: 3:14.79 33.53		400m: 4:21.68 33.14	
2. Guilherme Simoes, SOUSA	08 Náutico Academico	4:24.72	515
50m: 30.28 30.28 150m: 1:36.13 33.32 250m: 2:43.43 33.61		350m: 3:51.55 34.14	
100m: 1:02.81 32.53 200m: 2:09.82 33.69 300m: 3:17.41 33.98		400m: 4:24.72 33.17	
3. Samuel Dinis, MAIA	08 Miranda do Corvo	4:36.45	452
50m: 30.58 30.58 150m: 1:38.17 34.16 250m: 2:49.10 35.55		350m: 4:01.52 36.36	
100m: 1:04.01 33.43 200m: 2:13.55 35.38 300m: 3:25.16 36.06		400m: 4:36.45 34.93	
4. Francisco Fernandes, PEREIRA	08 Académica Coimbra	4:39.13	439
50m: 31.70 31.70 150m: 1:42.03 35.43 250m: 2:53.07 35.83		350m: 4:04.56 36.00	
100m: 1:06.60 34.90 200m: 2:17.24 35.21 300m: 3:28.56 35.49		400m: 4:39.13 34.57	
5. Rodrigo Marques, LIMA	07 CASPAE	4:47.74	401
50m: 31.83 31.83 150m: 1:44.50 36.45 250m: 2:58.34 36.87		350m: 4:12.27 36.79	
100m: 1:08.05 36.22 200m: 2:21.47 36.97 300m: 3:35.48 37.14		400m: 4:47.74 35.47	
6. Pedro Miguel, LEITAO	08 CASPAE	5:11.87	315
50m: 35.80 35.80 150m: 1:55.68 40.29 250m: 3:14.46 39.03		350m: 4:31.00 37.10	
100m: 1:15.39 39.59 200m: 2:35.43 39.75 300m: 3:53.90 39.44		400m: 5:11.87 40.87	
7. Bruno Carpinteiro, FERREIRA	07 S. Pedro Alva	6:05.91	195
50m: 40.05 40.05 150m: 2:07.10 44.88 250m: 3:43.52 49.47		350m: 5:21.14 49.25	
100m: 1:22.22 42.17 200m: 2:54.05 46.95 300m: 4:31.89 48.37		400m: 6:05.91 44.77	

Sen

1. Joao Ferreira, MARQUES	06 Académica Coimbra	4:16.44	567
50m: 29.27 29.27 150m: 1:34.28 32.66 250m: 2:39.86 32.82		350m: 3:45.13 32.53	
100m: 1:01.62 32.35 200m: 2:07.04 32.76 300m: 3:12.60 32.74		400m: 4:16.44 31.31	