

XV Memorial Luís Lopes da Conceição (Masters)
Coimbra, 17/11/2024

Prova 1 Masc., 400m Livres 25 - 94 anos
17/11/2024 - 16:00 Resultados

Rec Nac A	4:00.23	Adriano Miguel, NIZ	GDNVNF	Funchal	17/01/2015
Rec Nac B	4:01.96	Pedro Miguel, PINOTES	SCP	Albufeira	10/12/2022
Rec Nac C	4:06.32	Pedro Miguel, SILVA	CFV	Ponte de Sor	29/01/2011
Rec Nac D	4:26.18	David Oliveira, GORGULHO	CNLA	Sines	24/04/2022
Rec Nac E	4:19.65	Jose Carlos, FREITAS	CFP	Ponte de Sor	29/01/2011
Rec Nac E	4:19.65	Jose Carlos, FREITAS	CFP	Ponte de Sor	29/01/2011
Rec Nac F	4:22.11	Jose Carlos, FREITAS	CFP	Felgueiras	26/01/2013
Rec Nac G	4:25.70	Jose Carlos, FREITAS	INDNP	Mealhada	18/01/2019
Rec Nac H	4:40.55	Jose Carlos, FREITAS	CNLA	Sines	04/03/2023
Rec Nac I	5:27.24	Vitor Manuel, MAVIOSO	SAD	Albufeira	10/12/2022
Rec Nac J	5:55.49	Antonio Bessone, BASTO	SAD	Recarei	16/05/2015
Rec Nac K	6:23.33	Stephen Thomas, DYSON	SAD	Albufeira	10/12/2022
Rec Nac L	9:18.14	Antonio Alexandre, RODRIGUES	AAC	Mealhada	18/01/2019
Rec Nac M	10:39.47	Joao Rodrigues, TEIXEIRA	AAC	Torres Novas	04/02/2022
Rec Nac N	17:17.49	Virgilio Zacarias, COSTA	AAC	Torres Novas	04/02/2022

Pontos: AQUA 2024

Lugar Ano Tempo final Pts

30 - 34 anos

1. Rui Alberto, MOUTELA	91	Sharks - Adsc	7:40.37	97
50m: 47.16 47.16	150m: 2:39.64 58.47	250m: 4:42.28 1:01.82	350m: 6:44.15	1:00.28
100m: 1:41.17 54.01	200m: 3:40.46 1:00.82	300m: 5:43.87 1:01.59	400m: 7:40.37	56.22

35 - 39 anos

1. Bruno Miguel, RUAS	89	Sporting	4:32.29	473
50m: 30.92 30.92	150m: 1:39.12 34.44	250m: 2:48.74 34.81	350m: 3:59.35	35.42
100m: 1:04.68 33.76	200m: 2:13.93 34.81	300m: 3:23.93 35.19	400m: 4:32.29	32.94
2. Diogo Marques, PRATAS	86	Gafanha da Encarnação	5:55.48	212
50m: 37.88 37.88	150m: 2:03.37 45.01	250m: 3:34.46 46.39	350m: 5:10.71	48.07
100m: 1:18.36 40.48	200m: 2:48.07 44.70	300m: 4:22.64 48.18	400m: 5:55.48	44.77
3. Nuno Ricardo, FERREIRA	85	Estarreja	6:49.03	139
50m: 42.38 42.38	150m: 2:19.18 50.03	250m: 4:05.31 54.44	350m: 5:57.09	56.07
100m: 1:29.15 46.77	200m: 3:10.87 51.69	300m: 5:01.02 55.71	400m: 6:49.03	51.94

40 - 44 anos

1. Joao Luis, PEREIRA	83	Litoral Alentejano	5:42.44	238
50m: 34.65 34.65	150m: 1:53.71 40.86	250m: 3:20.89 44.47	350m: 4:54.66	47.31
100m: 1:12.85 38.20	200m: 2:36.42 42.71	300m: 4:07.35 46.46	400m: 5:42.44	47.78

45 - 49 anos

1. Carlos Soares, GOULAO	75	Galitos / Bresimar	5:46.70	229
50m: 36.80 36.80	150m: 2:01.27 43.03	250m: 3:30.02 45.00	350m: 5:00.39	45.44
100m: 1:18.24 41.44	200m: 2:45.02 43.75	300m: 4:14.95 44.93	400m: 5:46.70	46.31
2. Andre Manuel, TEIXEIRA	78	Estarreja	6:30.14	161
50m: 41.97 41.97	150m: 2:16.53 48.08	250m: 3:57.11 50.97	350m: 5:38.80	51.14
100m: 1:28.45 46.48	200m: 3:06.14 49.61	300m: 4:47.66 50.55	400m: 6:30.14	51.34
3. Nuno Silva, AFONSO	79	Académica de Coimbra	6:47.62	141
50m: 41.51 41.51	150m: 2:19.04 50.01	250m: 4:04.93 53.30	350m: 5:54.76	54.18
100m: 1:29.03 47.52	200m: 3:11.63 52.59	300m: 5:00.58 55.65	400m: 6:47.62	52.86
4. Carlos Miguel, RODRIGUES	76	Algés e Águeda XXI	7:38.52	99
50m: 49.32 49.32	150m: 2:42.68 57.30	250m: 4:41.16 1:00.00	350m: 6:41.42	1:00.13
100m: 1:45.38 56.06	200m: 3:41.16 58.48	300m: 5:41.29 1:00.13	400m: 7:38.52	57.10

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Prova 1, Masc., 400m Livres

55 - 59 anos

1. Rui Miguel, TEJO	69	Académica de Coimbra	5:35.06	254
50m: 38.51 38.51	150m: 2:01.97 42.11	250m: 3:28.14 43.24	350m: 4:53.67 42.82	
100m: 1:19.86 41.35	200m: 2:44.90 42.93	300m: 4:10.85 42.71	400m: 5:35.06 41.39	

60 - 64 anos

1. Paulo Paula, CARVALHO	61	Sporting	5:17.41	299
50m: 35.95 35.95	150m: 1:56.70 41.10	250m: 3:18.26 40.88	350m: 4:38.84 40.41	
100m: 1:15.60 39.65	200m: 2:37.38 40.68	300m: 3:58.43 40.17	400m: 5:17.41 38.57	

65 - 69 anos

1. Vitor Manuel, MAVIOSO	56	Alges	5:43.08	236
50m: 36.80 36.80	150m: 2:01.52 43.50	250m: 3:29.54 44.67	350m: 5:00.19 45.48	
100m: 1:18.02 41.22	200m: 2:44.87 43.35	300m: 4:14.71 45.17	400m: 5:43.08 42.89	
2. Mario Jose, PINTO	57	Sharks - Adsc	6:12.29	185
50m: 42.89 42.89	150m: 2:14.74 46.50	250m: 3:49.25 46.72	350m: 5:26.34 48.52	
100m: 1:28.24 45.35	200m: 3:02.53 47.79	300m: 4:37.82 48.57	400m: 6:12.29 45.95	

70 - 74 anos

1. Luis Javier, MARRERO	52	Académica de Coimbra	7:45.55	94
50m: 44.51 44.51	150m: 2:39.78 59.97	250m: 4:41.96 1:01.52	350m: 6:46.84 1:02.06	
100m: 1:39.81 55.30	200m: 3:40.44 1:00.66	300m: 5:44.78 1:02.82	400m: 7:45.55 58.71	