



Torneio Zonal de Juvenis (Zona Sul)
Abrantes, 6 - 8/12/2024

Prova 15 Masc., 400m Estilos Juvenis
07/12/2024 - 10:15 Resultados

Rec Nac 25m Open	4:05.87	LOPES Gabriel Jose	ALN	Leiria	09/12/2022
Rec Nac 25m Juv A	4:25.04	VITAL Joao Alexandre	ADRCIMM	Tomar	13/12/2013
Rec Nac 25m Juv B	4:35.02	CARVALHO Diogo Filipe	CGA	Braga	21/03/2003

TAC Juvenil A Masc Juv A 50m: 5:20.86 - 25m: 5:14.59 / TAC Juvenil B Masc Juv B 50m: 5:26.65 - 25m: 5:19.90

Pontos: AQUA 2024

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenil B								
1.	MIMOSO Renato Ferreira	15	211467	Benfica	4:47.28		546	
	50m: 29.66 29.66		150m: 1:39.98	36.67	250m: 2:59.36	42.09	350m: 4:15.17	33.45
	100m: 1:03.31 33.65		200m: 2:17.27	37.29	300m: 3:41.72	42.36	400m: 4:47.28	32.11
2.	SOUZA Diogo Rodrigues	15	214212	Alges	4:54.58		506	
	50m: 31.52 31.52		150m: 1:45.28	38.56	250m: 3:05.25	42.33	350m: 4:21.76	33.23
	100m: 1:06.72 35.20		200m: 2:22.92	37.64	300m: 3:48.53	43.28	400m: 4:54.58	32.82
3.	RIBEIRO Dinis Aresta	15	214312	Sporting	5:00.42		477	
	50m: 32.19 32.19		150m: 1:49.23	39.52	250m: 3:09.25	41.46	350m: 4:27.10	35.25
	100m: 1:09.71 37.52		200m: 2:27.79	38.56	300m: 3:51.85	42.60	400m: 5:00.42	33.32
4.	DIAS Rodrigo Ferrao	15	214314	Sporting	5:04.61		458	
	50m: 31.98 31.98		150m: 1:50.73	41.63	250m: 3:13.43	42.64	350m: 4:31.27	34.11
	100m: 1:09.10 37.12		200m: 2:30.79	40.06	300m: 3:57.16	43.73	400m: 5:04.61	33.34
5.	ALMEIDA David Xavier	15	205547	Bairro dos Anjos/ Leiria	5:08.53		440	
	50m: 31.44 31.44		150m: 1:50.62	41.09	250m: 3:12.41	40.98	350m: 4:32.40	36.78
	100m: 1:09.53 38.09		200m: 2:31.43	40.81	300m: 3:55.62	43.21	400m: 5:08.53	36.13
6.	FREIRE Tomas O'Grady	15	214315	Sporting	5:09.65		436	
	50m: 33.44 33.44		150m: 1:50.15	39.19	250m: 3:12.81	43.01	350m: 4:34.12	36.72
	100m: 1:10.96 37.52		200m: 2:29.80	39.65	300m: 3:57.40	44.59	400m: 5:09.65	35.53
7.	GAIOLAS Joao Piteira	15	144280	Nautico Marinha Grande	5:15.02		414	
	50m: 32.73 32.73		150m: 1:51.19	39.53	250m: 3:15.95	44.90	350m: 4:39.81	36.39
	100m: 1:11.66 38.93		200m: 2:31.05	39.86	300m: 4:03.42	47.47	400m: 5:15.02	35.21
8.	PEREIRA Afonso Velada	15	150821	Sporting	5:15.86		410	
	50m: 33.85 33.85		150m: 1:52.76	40.24	250m: 3:16.70	44.42	350m: 4:39.96	37.23
	100m: 1:12.52 38.67		200m: 2:32.28	39.52	300m: 4:02.73	46.03	400m: 5:15.86	35.90
9.	JORGE Daniel Filipe	15	210798	Rio Maior	5:19.26		397	
	50m: 33.36 33.36		150m: 1:53.15	41.19	250m: 3:19.95	46.37	350m: 4:43.62	36.56
	100m: 1:11.96 38.60		200m: 2:33.58	40.43	300m: 4:07.06	47.11	400m: 5:19.26	35.64
DSQ	JORGE Antonio Antunes	15	206495	Alcobaca				
	<i>10.1 - O(A) nadador(a) não completou o percurso - SW 10.2</i>							

Juvenil A

1.	REIS Diogo Damasceno	16	151317	Sporting	4:42.29		575	
	50m: 29.48 29.48		150m: 1:41.48	37.44	250m: 2:56.09	37.59	350m: 4:09.32	33.70
	100m: 1:04.04 34.56		200m: 2:18.50	37.02	300m: 3:35.62	39.53	400m: 4:42.29	32.97
2.	MARRAZES Guilherme Meirele	16	152840	Nautico Marinha Grande	4:45.56		555	
	50m: 29.46 29.46		150m: 1:39.59	37.48	250m: 2:58.20	42.01	350m: 4:13.83	33.12
	100m: 1:02.11 32.65		200m: 2:16.19	36.60	300m: 3:40.71	42.51	400m: 4:45.56	31.73
3.	MANUEL Tiago Trindade	16	205937	Palmela	4:59.64		481	
	50m: 29.76 29.76		150m: 1:42.67	37.22	250m: 3:04.20	44.77	350m: 4:26.25	34.20
	100m: 1:05.45 35.69		200m: 2:19.43	36.76	300m: 3:52.05	47.85	400m: 4:59.64	33.39
4.	LOURENCO Daniel Alexandre	16	214004	Sporting	5:00.23		478	
	50m: 29.82 29.82		150m: 1:42.84	39.06	250m: 3:03.99	43.20	350m: 4:24.68	36.13
	100m: 1:03.78 33.96		200m: 2:20.79	37.95	300m: 3:48.55	44.56	400m: 5:00.23	35.55
5.	CHENG Xinyang	16	207712	Nautico Marinha Grande	5:02.36		468	
	50m: 30.87 30.87		150m: 1:46.72	39.58	250m: 3:07.38	41.89	350m: 4:27.87	37.12
	100m: 1:07.14 36.27		200m: 2:25.49	38.77	300m: 3:50.75	43.37	400m: 5:02.36	34.49
6.	ROCHA Miguel Ratinho	16	214840	Naval Setubalense	5:04.90		456	
	50m: 31.08 31.08		150m: 1:47.96	40.81	250m: 3:11.28	43.76	350m: 4:31.68	35.82
	100m: 1:07.15 36.07		200m: 2:27.52	39.56	300m: 3:55.86	44.58	400m: 5:04.90	33.22



Torneio Zonal de Juvenis (Zona Sul)
Abrantes, 6 - 8/12/2024

Prova 15, Masc., 400m Estilos, Juvenil A

Lugar	Nome	Idade	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	GOMES Santiago Marques	16	210806	Bairro dos Anjos/ Leiria	5:06.01		451	
	50m: 31.42 31.42		150m: 1:49.62	40.58	250m: 3:11.74	43.92	350m: 4:31.48	36.19
	100m: 1:09.04 37.62		200m: 2:27.82	38.20	300m: 3:55.29	43.55	400m: 5:06.01	34.53
8.	NARIGUETA Rodrigo Duarte	16	208395	Palmela	5:08.17		442	
	50m: 32.75 32.75		150m: 1:49.54	39.68	250m: 3:14.41	46.35	350m: 4:35.03	34.15
	100m: 1:09.86 37.11		200m: 2:28.06	38.52	300m: 4:00.88	46.47	400m: 5:08.17	33.14
9.	SILVA Francisco Carvalho	16	132869	Naval Praia da Vitoria	5:11.15		429	
	50m: 32.28 32.28		150m: 1:48.80	38.77	250m: 3:10.04	42.91	350m: 4:33.30	37.50
	100m: 1:10.03 37.75		200m: 2:27.13	38.33	300m: 3:55.80	45.76	400m: 5:11.15	37.85
10.	MARQUES Diogo Soares	16	212752	Alges	5:13.35		420	
	50m: 32.83 32.83		150m: 1:51.13	39.82	250m: 3:16.18	45.80	350m: 4:37.34	35.67
	100m: 1:11.31 38.48		200m: 2:30.38	39.25	300m: 4:01.67	45.49	400m: 5:13.35	36.01
11.	GARCIA Dinis Maria	16	205671	Nautico Abrantes	5:17.03		406	
	50m: 34.66 34.66		150m: 1:56.82	40.20	250m: 3:19.11	42.70	350m: 4:41.16	37.59
	100m: 1:16.62 41.96		200m: 2:36.41	39.59	300m: 4:03.57	44.46	400m: 5:17.03	35.87
DNS	LEITE Duarte Afonso	16	215645	Laranjeiro				