



Campeonato Distrital de JUV, JUN, SEN)
Tomar, 19 e 20 de Novembro de 2022

Prova 13 Masc., 400m Livres Juvenil
16/11/2024 - 15:30 Resultados

| | | | | | |
|----------------------|---------|------------------------|-----|-----------------|------------|
| Rec Nac Adaptada S10 | 4:23.44 | Emanuel Luis Goncalves | CDN | Funchal | 14/03/2014 |
| Rec Nac 25m Open | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Juv A | 3:58.82 | Diogo Matos Ribeiro | CUC | Mealhada | 07/12/2019 |
| Rec Nac 25m Juv B | 4:01.42 | Rui Silva Pereira | POR | Tomar | 15/01/2023 |

Juv B: 5:36.00; Juv A: 5:26.00

Pontos: AQUA 2024

| Lugar | Nome | Sexo | Licena | Ano | Clube | Tempo Final | Pts | Obs |
|-------|---------------------------------|---------------|---------------|---------------|------------------|-------------|-----|-----|
| 1. | David Filipe Pacheco | M | 205810 | 10 | BUZIOS-Coruche | 4:22.54 | 528 | |
| | 50m: 28.99 | 150m: 1:34.48 | 250m: 2:42.27 | 350m: 3:50.34 | | | | |
| | 100m: 1:01.33 | 200m: 2:08.46 | 300m: 3:16.52 | 400m: 4:22.54 | | | | |
| 2. | Daniel Filipe Jorge | M | 210798 | 10 | Rio Maior | 4:33.48 | 467 | |
| | 50m: 30.48 | 150m: 1:39.54 | 250m: 2:50.32 | 350m: 4:00.04 | | | | |
| | 100m: 1:04.59 | 200m: 2:15.02 | 300m: 3:25.43 | 400m: 4:33.48 | | | | |
| 3. | Tiago Frazao Barra | M | 214568 | 10 | Rio Maior | 4:40.87 | 431 | |
| | 50m: 31.62 | 150m: 1:42.48 | 250m: 2:55.35 | 350m: 4:07.39 | | | | |
| | 100m: 1:06.29 | 200m: 2:18.91 | 300m: 3:31.62 | 400m: 4:40.87 | | | | |
| 4. | Andre Guilherme Anastacio | M | 209988 | 10 | Nautico Abrantes | 4:50.95 | 388 | |
| | 50m: 32.22 | 150m: 1:44.31 | 250m: 2:59.45 | 350m: 4:14.60 | | | | |
| | 100m: 1:07.55 | 200m: 2:22.03 | 300m: 3:37.32 | 400m: 4:50.95 | | | | |
| 5. | Pedro Morgado Costa | M | 216915 | 09 | Rio Maior | 4:51.37 | 386 | |
| | 50m: 32.02 | 150m: 1:44.99 | 250m: 3:00.06 | 350m: 4:15.29 | | | | |
| | 100m: 1:07.57 | 200m: 2:22.36 | 300m: 3:38.15 | 400m: 4:51.37 | | | | |
| 6. | Lourenco Vicente Geada | M | 213355 | 10 | Torres Novas | 4:54.53 | 374 | |
| | 50m: 33.02 | 150m: 1:47.13 | 250m: 3:02.97 | 350m: 4:18.38 | | | | |
| | 100m: 1:09.45 | 200m: 2:25.04 | 300m: 3:40.98 | 400m: 4:54.53 | | | | |
| 7. | Tiago Goncalves Vieira | M | 219468 | 10 | Gualdim Pais | 4:59.79 | 354 | |
| | 50m: 33.46 | 150m: 1:49.06 | 250m: 3:05.07 | 350m: 4:22.71 | | | | |
| | 100m: 1:11.12 | 200m: 2:27.15 | 300m: 3:44.29 | 400m: 4:59.79 | | | | |
| 8. | Gabriel Antunes Ramos | M | 220234 | 09 | Rio Maior | 5:01.15 | 350 | |
| | 50m: 33.85 | 150m: 1:50.07 | 250m: 3:07.96 | 350m: 4:25.48 | | | | |
| | 100m: 1:11.87 | 200m: 2:29.35 | 300m: 3:47.53 | 400m: 5:01.15 | | | | |
| 9. | Luis Miguel Reis | M | 213109 | 10 | Rio Maior | 5:20.05 | 291 | |
| | 50m: 36.39 | 100m: 1:16.90 | 200m: 2:40.09 | 400m: 5:20.05 | | | | |
| 10. | Lourenco Manuel Palmeiro | M | 215507 | 10 | BUZIOS-Coruche | 5:20.18 | 291 | |
| | 50m: 36.24 | 150m: 1:57.23 | 250m: 3:19.43 | 350m: 4:41.42 | | | | |
| | 100m: 1:16.38 | 200m: 2:38.31 | 300m: 4:00.86 | 400m: 5:20.18 | | | | |
| 11. | Francisco Macedo Pereira FTL | M | 218170 | 10 | Nautico Abrantes | 5:48.01 | 226 | |
| | 50m: 35.94 | 100m: 1:17.38 | 200m: 2:44.95 | 300m: 4:16.91 | 400m: 5:48.01 | | | |

Prova 13 Masc., 400m Livres Junior
16/11/2024 - 15:30 Resultados

| | | | | | |
|----------------------|---------|------------------------|-----|-----------------|------------|
| Rec Nac Adaptada S10 | 4:23.44 | Emanuel Luis Goncalves | CDN | Funchal | 14/03/2014 |
| Rec Nac 25m Open | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Jun18 | 3:50.52 | Adriano Miguel Niz | CFV | Fafe | 26/06/2004 |
| Rec Nac 25m Jun17 | 3:56.54 | Rui Filipe Costa | VSC | Felgueiras | 24/11/2007 |

Jun/Sen: 5:20.00

Pontos: AQUA 2024

| Lugar | Nome | Sexo | Licena | Ano | Clube | Tempo Final | Pts | Obs |
|-------|------------------------|---------------|---------------|---------------|----------------|-------------|-----|-----|
| 1. | Joao Pedro Monteiro | M | 203021 | 08 | BUZIOS-Coruche | 4:21.43 | 535 | |
| | 50m: 29.33 | 150m: 1:33.61 | 250m: 2:40.51 | 350m: 3:48.13 | | | | |
| | 100m: 1:01.10 | 200m: 2:06.89 | 300m: 3:14.41 | 400m: 4:21.43 | | | | |
| 2. | Tomas Alexandre Santos | M | 200575 | 07 | BUZIOS-Coruche | 4:25.78 | 509 | |
| | 50m: 29.74 | 150m: 1:36.51 | 250m: 2:44.53 | 350m: 3:52.52 | | | | |
| | 100m: 1:02.50 | 200m: 2:10.76 | 300m: 3:18.56 | 400m: 4:25.78 | | | | |
| 3. | Martim Silva Oliveira | M | 202588 | 08 | Torres Novas | 4:54.25 | 375 | |
| | 50m: 32.45 | 150m: 1:46.20 | 250m: 3:02.54 | 350m: 4:18.16 | | | | |
| | 100m: 1:08.71 | 200m: 2:24.30 | 300m: 3:40.64 | 400m: 4:54.25 | | | | |



Campeonato Distrital de JUV, JUN, SEN)
Tomar, 19 e 20 de Novembro de 2022

Prova 13, Masc., 400m Livres

Prova 13
16/11/2024 - 15:30
Masc., 400m Livres
Senior Resultados

| | | | | | |
|----------------------|---------|------------------------|-----|-----------------|------------|
| Rec Nac Adaptada S10 | 4:23.44 | Emanuel Luis Goncalves | CDN | Funchal | 14/03/2014 |
| Rec Nac 25m Open | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Sen | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |

Jun/Sen: 5:20.00

Pontos: AQUA 2024

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | Pts | Obs |
|-------|---------------------------------|---------------|---------------|---------------|--------------------|----------------|-----|-----|
| 1. | Joao Pedro Rosa | M | 11317 | 90 | CLAC-Entroncamento | 4:48.64 | 397 | |
| | 50m: 31.69 | 150m: 1:43.86 | 250m: 2:56.92 | 350m: 4:11.40 | | | | |
| | 100m: 1:07.29 | 200m: 2:20.39 | 300m: 3:33.80 | 400m: 4:48.64 | | | | |
| 2. | Eliseu Manuel Tavares | M | 118073 | 99 | Uniao Samoreense | 5:10.73 | 318 | |
| | 50m: 30.87 | 150m: 1:45.95 | 250m: 3:07.95 | 350m: 4:31.43 | | | | |
| | 100m: 1:06.97 | 200m: 2:26.87 | 300m: 3:49.52 | 400m: 5:10.73 | | | | |
| 3. | Hugo Miguel Silva <i>FTL</i> | M | 206966 | 77 | BUZIOS-Coruche | 5:24.64 | 279 | |
| | 50m: 35.56 | 150m: 1:58.98 | 250m: 3:23.30 | 350m: 4:47.03 | | | | |
| | 100m: 1:16.57 | 200m: 2:40.56 | 300m: 4:05.87 | 400m: 5:24.64 | | | | |

Prova 13
16/11/2024 - 15:30
Masc., 400m Livres
Juvenil B Resultados

| | | | | | |
|----------------------|---------|------------------------|-----|-----------------|------------|
| Rec Nac Adaptada S10 | 4:23.44 | Emanuel Luis Goncalves | CDN | Funchal | 14/03/2014 |
| Rec Nac 25m Open | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Juv B | 4:01.42 | Rui Silva Pereira | POR | Tomar | 15/01/2023 |

: 5:36.00

Pontos: AQUA 2024

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | Pts | Obs |
|-------|----------------------------------------|---------------|---------------|---------------|------------------|----------------|-----|-----|
| 1. | David Filipe Pacheco | M | 205810 | 10 | BUZIOS-Coruche | 4:22.54 | 528 | |
| | 50m: 28.99 | 150m: 1:34.48 | 250m: 2:42.27 | 350m: 3:50.34 | | | | |
| | 100m: 1:01.33 | 200m: 2:08.46 | 300m: 3:16.52 | 400m: 4:22.54 | | | | |
| 2. | Daniel Filipe Jorge | M | 210798 | 10 | Rio Maior | 4:33.48 | 467 | |
| | 50m: 30.48 | 150m: 1:39.54 | 250m: 2:50.32 | 350m: 4:00.04 | | | | |
| | 100m: 1:04.59 | 200m: 2:15.02 | 300m: 3:25.43 | 400m: 4:33.48 | | | | |
| 3. | Tiago Frazao Barra | M | 214568 | 10 | Rio Maior | 4:40.87 | 431 | |
| | 50m: 31.62 | 150m: 1:42.48 | 250m: 2:55.35 | 350m: 4:07.39 | | | | |
| | 100m: 1:06.29 | 200m: 2:18.91 | 300m: 3:31.62 | 400m: 4:40.87 | | | | |
| 4. | Andre Guilherme Anastacio | M | 209988 | 10 | Nautico Abrantes | 4:50.95 | 388 | |
| | 50m: 32.22 | 150m: 1:44.31 | 250m: 2:59.45 | 350m: 4:14.60 | | | | |
| | 100m: 1:07.55 | 200m: 2:22.03 | 300m: 3:37.32 | 400m: 4:50.95 | | | | |
| 5. | Lourenco Vicente Geada | M | 213355 | 10 | Torres Novas | 4:54.53 | 374 | |
| | 50m: 33.02 | 150m: 1:47.13 | 250m: 3:02.97 | 350m: 4:18.38 | | | | |
| | 100m: 1:09.45 | 200m: 2:25.04 | 300m: 3:40.98 | 400m: 4:54.53 | | | | |
| 6. | Tiago Goncalves Vieira | M | 219468 | 10 | Gualdim Pais | 4:59.79 | 354 | |
| | 50m: 33.46 | 150m: 1:49.06 | 250m: 3:05.07 | 350m: 4:22.71 | | | | |
| | 100m: 1:11.12 | 200m: 2:27.15 | 300m: 3:44.29 | 400m: 4:59.79 | | | | |
| 7. | Luis Miguel Reis | M | 213109 | 10 | Rio Maior | 5:20.05 | 291 | |
| | 50m: 36.39 | 100m: 1:16.90 | 200m: 2:40.09 | 400m: 5:20.05 | | | | |
| 8. | Lourenco Manuel Palmeiro | M | 215507 | 10 | BUZIOS-Coruche | 5:20.18 | 291 | |
| | 50m: 36.24 | 150m: 1:57.23 | 250m: 3:19.43 | 350m: 4:41.42 | | | | |
| | 100m: 1:16.38 | 200m: 2:38.31 | 300m: 4:00.86 | 400m: 5:20.18 | | | | |
| 9. | Francisco Macedo Pereira <i>FTL</i> | M | 218170 | 10 | Nautico Abrantes | 5:48.01 | 226 | |
| | 50m: 35.94 | 100m: 1:17.38 | 200m: 2:44.95 | 300m: 4:16.91 | 400m: 5:48.01 | | | |



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Tomar, 19 e 20 de Novembro de 2022

Prova 13, Masc., 400m Livres

| Prova 13 | Masc., 400m Livres | | | | Juvenil A |
|----------------------|--------------------|------------------------|-----|-----------------|------------|
| 16/11/2024 - 15:30 | | | | | Resultados |
| Rec Nac Adaptada S10 | 4:23.44 | Emanuel Luis Goncalves | CDN | Funchal | 14/03/2014 |
| Rec Nac 25m Open | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Juv A | 3:58.82 | Diogo Matos Ribeiro | CUC | Mealhada | 07/12/2019 |
| : 5:26.00 | | | | | |

Pontos: AQUA 2024

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | Pts | Obs |
|-------|-----------------------|---------------|---------------|---------------|-----------|----------------|-----|-----|
| 1. | Pedro Morgado Costa | M | 216915 | 09 | Rio Maior | 4:51.37 | 386 | |
| | 50m: 32.02 | 150m: 1:44.99 | 250m: 3:00.06 | 350m: 4:15.29 | | | | |
| | 100m: 1:07.57 | 200m: 2:22.36 | 300m: 3:38.15 | 400m: 4:51.37 | | | | |
| 2. | Gabriel Antunes Ramos | M | 220234 | 09 | Rio Maior | 5:01.15 | 350 | |
| | 50m: 33.85 | 150m: 1:50.07 | 250m: 3:07.96 | 350m: 4:25.48 | | | | |
| | 100m: 1:11.87 | 200m: 2:29.35 | 300m: 3:47.53 | 400m: 5:01.15 | | | | |

| Prova 13 | Masc., 400m Livres | | | | Infantil B |
|--------------------|--------------------|--|--|--|------------|
| 16/11/2024 - 15:30 | | | | | Resultados |

| | | | | | |
|----------------------|---------|-------------------------|-----|-----------------|------------|
| Rec Nac Adaptada S10 | 4:23.44 | Emanuel Luis Goncalves | CDN | Funchal | 14/03/2014 |
| Rec Nac 25m Open | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Inf B | 4:21.95 | Pedro Fontoura Oliveira | CFB | Santarém | 04/04/2003 |

Pontos: AQUA 2024

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | Pts | Obs |
|-------|----------------------|---------------|---------------|---------------|--------------------|----------------|-----|-----|
| 1. | Afonso Ferreira Cruz | M | 211280 | 12 | CLAC-Entroncamento | 6:47.31 | 141 | |
| | 50m: 43.84 | 150m: 2:27.75 | 250m: 4:16.91 | 350m: 6:00.26 | | | | |
| | 100m: 1:35.18 | 200m: 3:21.45 | 300m: 5:09.54 | 400m: 6:47.31 | | | | |

| Prova 13 | Masc., 400m Livres | | | | Infantil A |
|--------------------|--------------------|--|--|--|------------|
| 16/11/2024 - 15:30 | | | | | Resultados |

| | | | | | |
|----------------------|---------|------------------------|------|-----------------|------------|
| Rec Nac Adaptada S10 | 4:23.44 | Emanuel Luis Goncalves | CDN | Funchal | 14/03/2014 |
| Rec Nac 25m Open | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Inf A | 4:12.35 | Andre Vilas Ruivo | DNMG | Campo Maior | 29/03/2014 |

Pontos: AQUA 2024

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | Pts | Obs |
|-------|-------------------------|---------------|---------------|---------------|--------------------------|----------------|-----|-----|
| 1. | Martim Maria Salvador | M | 211307 | 11 | Nautico Salvaterra Magos | 4:54.70 | 373 | |
| | 50m: 31.45 | 150m: 1:45.46 | 250m: 3:01.54 | 350m: 4:18.95 | | | | |
| | 100m: 1:08.03 | 200m: 2:23.08 | 300m: 3:40.42 | 400m: 4:54.70 | | | | |
| 2. | Diogo Chambel Santos | M | 209811 | 11 | Nautico Abrantes | 5:14.09 | 308 | |
| | 50m: 34.73 | 150m: 1:54.90 | 250m: 3:15.57 | 350m: 4:35.32 | | | | |
| | 100m: 1:14.42 | 200m: 2:35.13 | 300m: 3:55.95 | 400m: 5:14.09 | | | | |
| 3. | Duarte Moura Mendes | M | 211281 | 11 | Torres Novas | 5:15.18 | 305 | |
| | 50m: 33.90 | 150m: 1:53.22 | 250m: 3:15.03 | 350m: 4:36.56 | | | | |
| | 100m: 1:12.79 | 200m: 2:35.45 | 300m: 3:55.95 | 400m: 5:15.18 | | | | |
| 4. | Gabriel Antonio Marques | M | 219570 | 11 | Nautico Abrantes | 6:02.52 | 200 | |
| | 50m: 38.29 | 100m: 1:21.77 | 200m: 2:54.25 | 400m: 6:02.52 | | | | |
| 5. | Rodrigo Miguel Alcobia | M | 223370 | 11 | CPFZ - Natacao | 7:03.83 | 125 | |
| | 50m: 47.68 | 150m: 2:31.15 | 250m: 4:21.16 | 350m: 6:11.60 | | | | |
| | 100m: 1:38.96 | 200m: 3:26.05 | 300m: 5:16.93 | 400m: 7:03.83 | | | | |



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Tomar, 19 e 20 de Novembro de 2022

Prova 13, Masc., 400m Livres

| Prova 13 | Masc., 400m Livres | | | | S10 |
|----------------------|--------------------|-------------------------|------|-----------------|------------|
| 16/11/2024 - 15:30 | | | | | Resultados |
| Rec Nac Adaptada S10 | 4:23.44 | Emanuel Luis Goncalves | CDN | Funchal | 14/03/2014 |
| Rec Nac 25m Open | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Sen | 3:42.57 | Jose Paulo Lopes | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Jun18 | 3:50.52 | Adriano Miguel Niz | CFV | Fafe | 26/06/2004 |
| Rec Nac 25m Jun17 | 3:56.54 | Rui Filipe Costa | VSC | Felgueiras | 24/11/2007 |
| Rec Nac 25m Juv A | 3:58.82 | Diogo Matos Ribeiro | CUC | Mealhada | 07/12/2019 |
| Rec Nac 25m Juv B | 4:01.42 | Rui Silva Pereira | POR | Tomar | 15/01/2023 |
| Rec Nac 25m Inf A | 4:12.35 | Andre Vilas Ruivo | DNMG | Campo Maior | 29/03/2014 |
| Rec Nac 25m Inf B | 4:21.95 | Pedro Fontoura Oliveira | CFB | Santar m | 04/04/2003 |

Juv B: 5:36.00; Juv A: 5:26.00; Jun/Sen: 5:20.00

Pontos: AQUA 2024

| Lugar | Nome | Sexo | Licena | Ano | Clube | Tempo Final | Pts | Obs |
|-------|------------------------|---------------|---------------|---------------|----------------|----------------|-----|-----|
| 1. | Rodrigo Miguel Alcobia | M | 223370 | 11 | CPFZ - Natacao | 7:03.83 | 125 | |
| | 50m: 47.68 | 150m: 2:31.15 | 250m: 4:21.16 | 350m: 6:11.60 | | | | |
| | 100m: 1:38.96 | 200m: 3:26.05 | 300m: 5:16.93 | 400m: 7:03.83 | | | | |