



2º Benedita Swim Master
Benedita, 1/12/2024



Prova 20

Masc., 400m Livres

19 anos e mais velhos

01/12/2024 - 16:47

Startlist

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 J	5:55.49	Antonio Bessone, BASTO	SAD	Recarei	16/05/2015

Série 1 de 5

1					
2					
3	Nuno Goncalo, SANTOS	GR A	101865	Vieirense	NT
4	Arthur Fonseca, MIRANDA	GR C	222235	Benedita	NT
5	Marcelo Henriques, MACHADO	GR B	219919	Alcobaca	NT
6					
7					
8					

Série 2 de 5

1	Vitor Santos, REIS	GR F	210274	Alcobaca	8:32.12	25m
2	Luis Javier, MARRERO	GR J	223226	Académica de Coimbra	7:46.78	50m
3	Celso Abreu, FERNANDES	GR G	213521	Sporting Clube de Aveiro	7:14.01	25m
4	Isidro Marcelino, MACEDO	GR G	222747	Vitória Sport Clube	6:50.00	
5	Jorge Alexandre, ANASTACIO	GR F	217759	Benedita	7:03.03	25m
6	Manuel Fernando, SANTOS	GR H	204895	Gafanha da Encarnacao	7:47.21	50m
7	Josephus Stephanus, LOO	GR H	214813	Óbidos	7:32.31	25m
8	Amilcar Filipe, PIRES	GR D	212773	CNLeiria - VOID	9:15.83	25m

Série 3 de 5

1	Paulo Jorge, SILVA	GR F	209019	CNLeiria - VOID	6:35.00	
2	Ricardo Paulo, CARDOSO	GR D	15153	Geslourses	6:30.00	25m
3	Eduardo Jose, AMARAL	GR E	12261	Óbidos	5:55.42	25m
4	Andre Rosado, ROCHA	GR E	221749	Pimpoes/Cimai	5:57.13	50m
5	Bruno Cena, SAEZ	GR E	220964	Lisboa PoolSharks	6:02.33	50m
6	Ricardo Jorge, LETRA	GR C	212130	Vieirense	6:20.18	25m
7	Antonio Coelho, MOURA	GR H	109037	Pimpoes/Cimai	6:47.51	50m
8	Jair Santos, MOREIRA	GR D	219184	Benedita	6:43.73	25m

Série 4 de 5

1	Armando Joao, COSTA	GR H	12262	Sporting de Espinho	5:43.41	25m
2	Carlos Soares, GOULAO	GR E	212344	Galitos / Bresimar	5:38.58	25m
3	Bruno Gil, DIAS	GR E	120174	Benedita	5:22.07	25m
4	Ricardo Luis, TENREIRO	GR A	107285	CNLeiria - VOID	5:00.00	
5	Pedro Lobato, RIJO	GR B	13025	Salesianos	5:01.12	
6	David Piteira, PEREIRA	GR B	26335	Lisboa PoolSharks	5:34.04	50m
7	Joao Pedro, FERREIRA	GR B	221751	Clube Montemor	5:54.67	50m
8	Diogo Marques, PRATAS	GR C	222496	Gafanha da Encarnacao	5:43.96	25m



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1	Pedro Manuel, FERREIRA	GR E	210324	Sporting	5:00.00		_____
2	Luis Daniel, PACHECO	GR E	14613	Alcobaca	5:03.42	50m	_____
3	Filipe Gouveia, GONCALVES	GR C	215265	Lisboa PoolSharks	4:37.05	25m	_____
4	Jorge Manuel, ROQUE	GR B	10760	Porto	4:32.26	25m	_____
5	Bruno Miguel, RUAS	GR C	117081	Sporting	4:43.02	50m	_____
6	David Lopes, CUNHA	GR A	120608	Lisboa PoolSharks	4:57.48	50m	_____
7	Joao Pedro, TARQUINIO	GR A	106738	Benedita	4:53.93	25m	_____
8	Diogo Gil, HENRIQUES	GR C	11629	Salesianos	5:00.00		_____