

Campeonato Regional Absolutos e Torneio Nadador Completo Infantis
Sines, 23 - 24/11/2024

Prova 14
23/11/2024 - 17:00

Masc., 400m Livres

13 anos e mais velhos
Resultados

Rec Regional Open	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Rec Regional 19 +	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Rec Regional 18	4:17.47	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Rec Regional 17	4:14.22	Nelson Pereira MALHEIROS	CNLA	Caldas da Rainha	28/11/2015
Rec Regional 16	4:13.67	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	14/03/2015
Rec Regional 15	4:18.68	Nelson Pereira MALHEIROS	CNLA	Sines	25/04/2014
Rec Regional 14	4:33.56	Miguel Martins BALTAZAR	ANALEN	Abrantes	14/04/2012
Rec Regional 13	4:39.59	Gustavo Manuel SANTA	Ind ANALEP	Sines	13/05/2006

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo final	Pontos
15 anos e mais velhos					
1.	Tiago Delfim PEREIRA	07	Aminata	4:26.80	503
	50m: 30.01 30.01	150m: 1:36.32	33.21	250m: 2:43.23	33.43
	100m: 1:03.11 33.10	200m: 2:09.80	33.48	300m: 3:16.57	33.34
				350m: 3:51.95	35.38
				400m: 4:26.80	34.85
2.	Samuel Andre MARIANO	02	Litoral Alentejano	4:32.08	474
	50m: 29.93 29.93	150m: 1:36.34	33.06	250m: 2:43.69	33.53
	100m: 1:03.28 33.35	200m: 2:10.16	33.82	300m: 3:19.66	35.97
				350m: 3:56.14	36.48
				400m: 4:32.08	35.94
3.	Tiago Manuel AZINHEIRINHA	98	Acmn	4:35.76	455
	50m: 31.38 31.38	150m: 1:39.23	34.13	250m: 2:49.15	34.78
	100m: 1:05.10 33.72	200m: 2:14.37	35.14	300m: 3:24.68	35.53
				350m: 4:00.36	35.68
				400m: 4:35.76	35.40
4.	Diogo Miguel ROSADO	07	Grupo Desportivo Mora	4:39.34	438
	50m: 30.23 30.23	150m: 1:38.81	34.86	250m: 2:50.50	35.91
	100m: 1:03.95 33.72	200m: 2:14.59	35.78	300m: 3:27.05	36.55
				350m: 4:03.72	36.67
				400m: 4:39.34	35.62
5.	Ricardo Paixao CANSADO	07	Aminata	4:40.65	432
	50m: 31.68 31.68	150m: 1:41.06	35.51	250m: 2:53.72	36.65
	100m: 1:05.55 33.87	200m: 2:17.07	36.01	300m: 3:30.72	37.00
				350m: 4:07.08	36.36
				400m: 4:40.65	33.57
6.	Afonso Silva RODRIGUES	09	Ndco	4:46.73	405
	50m: 31.72 31.72	150m: 1:45.00	37.16	250m: 2:58.42	36.11
	100m: 1:07.84 36.12	200m: 2:22.31	37.31	300m: 3:35.35	36.93
				350m: 4:11.56	36.21
				400m: 4:46.73	35.17
7.	Guilherme Rosado GOMES	07	Aminata	4:47.39	402
	50m: 31.70 31.70	150m: 1:45.43	37.86	250m: 3:00.41	37.28
	100m: 1:07.57 35.87	200m: 2:23.13	37.70	300m: 3:38.24	37.83
				350m: 4:14.76	36.52
				400m: 4:47.39	32.63
8.	Afonso Rodrigues FERREIRA	10	Ndco	4:48.76	397
	50m: 32.17 32.17	150m: 1:45.14	37.13	250m: 2:58.79	35.98
	100m: 1:08.01 35.84	200m: 2:22.81	37.67	300m: 3:36.07	37.28
				350m: 4:13.17	37.10
				400m: 4:48.76	35.59
9.	Ricardo Jorge DIAS	90	Grupo Desportivo Mora	4:50.04	391
	50m: 30.91 30.91	150m: 1:40.46	35.55	250m: 2:54.88	37.72
	100m: 1:04.91 34.00	200m: 2:17.16	36.70	300m: 3:33.46	38.58
				350m: 4:12.97	39.51
				400m: 4:50.04	37.07
10.	Francisco Reis MAGUAS	06	Ndco	4:58.10	360
	50m: 33.22 33.22	150m: 1:47.43	37.94	250m: 3:04.43	38.70
	100m: 1:09.49 36.27	200m: 2:25.73	38.30	300m: 3:43.21	38.78
				350m: 4:22.24	39.03
				400m: 4:58.10	35.86
11.	Dinis Alexandre CAEIRO	09	Grupo Desportivo Mora	5:08.72	324
	50m: 33.14 33.14	150m: 1:50.70	39.27	250m: 3:10.05	39.71
	100m: 1:11.43 38.29	200m: 2:30.34	39.64	300m: 3:50.45	40.40
				350m: 4:30.50	40.05
				400m: 5:08.72	38.22
12.	Diogo Alexandre DOMINGOS	07	GSC Grândola Sports Club	5:18.62	295
	50m: 34.44 34.44	150m: 1:52.74	40.49	250m: 3:15.93	41.82
	100m: 1:12.25 37.81	200m: 2:34.11	41.37	300m: 3:57.78	41.85
				350m: 4:40.02	42.24
				400m: 5:18.62	38.60
13.	Rodrigo Alexandre RAPOSO	10	Acmn	5:19.82	292
	50m: 36.25 36.25	150m: 1:55.42	40.36	250m: 3:16.70	40.86
	100m: 1:15.06 38.81	200m: 2:35.84	40.42	300m: 3:57.46	40.76
				350m: 4:39.19	41.73
				400m: 5:19.82	40.63
14.	Santiago Pinto FALCAO	07	Acmn	5:20.07	291
	50m: 34.86 34.86	150m: 1:54.21	40.36	250m: 3:16.31	41.50
	100m: 1:13.85 38.99	200m: 2:34.81	40.60	300m: 3:58.29	41.98
				350m: 4:39.69	41.40
				400m: 5:20.07	40.38

Campeonato Regional Absolutos e Torneio Nadador Completo Infantis
Sines, 23 - 24/11/2024

Prova 14, Masc., 400m Livres, 15 anos e mais velhos

Lugar	Nome	Ano	Clube	Tempo final	Pontos
15.	Edgar Van RAMOS	10	Aminata	5:31.34	262
	50m: 38.14 38.14	150m: 2:05.92	44.16	250m: 3:31.63	42.67
	100m: 1:21.76 43.62	200m: 2:48.96	43.04	300m: 4:13.96	42.33
				350m: 4:54.82	40.86
				400m: 5:31.34	36.52
16.	Eduardo Filipe CHAINHO	10	GSC Grândola Sports Club	5:48.79	225
	50m: 38.00 38.00	150m: 2:08.40	45.88	250m: 3:41.30	45.91
	100m: 1:22.52 44.52	200m: 2:55.39	46.99	300m: 4:27.21	45.91
				350m: 5:10.34	43.13
				400m: 5:48.79	38.45
EXH	Duarte Afonso LEITE	09	Laranjeiro	4:40.46	433
	50m: 32.48 32.48	150m: 1:44.30	35.81	250m: 2:55.81	35.54
	100m: 1:08.49 36.01	200m: 2:20.27	35.97	300m: 3:30.74	34.93
				350m: 4:06.15	35.41
				400m: 4:40.46	34.31
EXH	Diogo Leote PEDROSA	12	Zona Azul	6:28.13	163
	50m: 41.49 41.49	150m: 2:20.61	50.02	250m: 4:00.36	50.35
	100m: 1:30.59 49.10	200m: 3:10.01	49.40	300m: 4:51.40	51.04
				350m: 5:39.45	48.05
				400m: 6:28.13	48.68