

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

Prova 2 Masc., 400m Estilos 13 anos e mais velhos  
23/11/2024 - 10:10 Resultados

Rec Regional Open	4:45.12	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Rec Regional 19 +	4:57.32	Pedro Cunha CAETANO	AMINATA	Grandola	03/03/2012
Rec Regional 18	4:45.12	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Rec Regional 17	4:50.15	Joao Pedro NEVES	AMINATA	Porto	07/12/2012
Rec Regional 16	4:56.40	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	23/11/2014
Rec Regional 15	5:01.37	Francisco Alves CORREIA	CNLA	Ponte de Sor	19/03/2019
Rec Regional 14	5:03.68	Tiago Pastor ESCADA	AMINATA	Sto Antonio dos Cavaleiros	15/03/2013
Rec Regional 13	5:18.10	Tiago Pastor ESCADA	AMINATA	Sto Antonio dos Cavaleiros	16/03/2012

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo final	Pontos
<b>15 anos e mais velhos</b>					
1.	Francisco Alves CORREIA	04	Litoral Alentejano	<b>4:57.63</b>	491
	50m: 28.92 28.92	150m: 1:40.16	37.86	250m: 3:00.42	42.56
	100m: 1:02.30 33.38	200m: 2:17.86	37.70	300m: 3:44.37	43.95
				350m: 4:21.29	36.92
				400m: 4:57.63	36.34
2.	Samuel Andre MARIANO	02	Litoral Alentejano	<b>5:02.19</b>	469
	50m: 30.36 30.36	150m: 1:45.75	39.38	250m: 3:09.85	45.19
	100m: 1:06.37 36.01	200m: 2:24.66	38.91	300m: 3:55.06	45.21
				350m: 4:29.49	34.43
				400m: 5:02.19	32.70
3.	Diogo Miguel ROSADO	07	Grupo Desportivo Mora	<b>5:22.15</b>	387
	50m: 31.98 31.98	150m: 1:49.54	40.13	250m: 3:17.22	48.30
	100m: 1:09.41 37.43	200m: 2:28.92	39.38	300m: 4:06.06	48.84
				350m: 4:44.48	38.42
				400m: 5:22.15	37.67
4.	Guilherme Oliveira MARQUES	08	Grupo Desportivo Mora	<b>5:35.20</b>	343
	50m: 33.96 33.96	150m: 1:56.57	43.47	250m: 3:27.12	49.04
	100m: 1:13.10 39.14	200m: 2:38.08	41.51	300m: 4:17.74	50.62
				350m: 4:56.32	38.58
				400m: 5:35.20	38.88
5.	Edgar Van RAMOS	10	Aminata	<b>5:53.06</b>	294
	50m: 40.11 40.11	150m: 2:11.44	43.07	250m: 3:43.99	50.20
	100m: 1:28.37 48.26	200m: 2:53.79	42.35	300m: 4:33.42	49.43
				350m: 5:14.37	40.95
				400m: 5:53.06	38.69
6.	Mateus Duarte HELENO	10	GSC Grândola Sports Club	<b>5:59.79</b>	277
	50m: 31.05 31.05	150m:		250m:	
	100m: 1:11.35 40.30	200m: 2:41.32		300m: 4:36.88	
				350m:	
				400m: 5:59.79	
7.	Luis Carlos VAZ	10	Litoral Alentejano	<b>6:10.88</b>	253
	50m: 41.15 41.15	150m: 2:17.47	45.48	250m: 3:56.22	53.79
	100m: 1:31.99 50.84	200m: 3:02.43	44.96	300m: 4:49.57	53.35
				350m: 5:31.74	42.17
				400m: 6:10.88	39.14
8.	Rodrigo Alexandre RAPOSO	10	Acmn	<b>6:23.01</b>	230
	50m: 37.66 37.66	150m: 2:08.22	46.07	250m: 3:57.46	1:02.50
	100m: 1:22.15 44.49	200m: 2:54.96	46.74	300m: 5:01.24	1:03.78
				350m: 5:42.07	40.83
				400m: 6:23.01	40.94
9.	Eduardo Filipe CHAINHO	10	GSC Grândola Sports Club	<b>6:42.67</b>	198
	50m: 41.12 41.12	150m: 2:26.31	52.30	250m: 4:16.94	58.53
	100m: 1:34.01 52.89	200m: 3:18.41	52.10	300m: 5:17.06	1:00.12
				350m: 6:01.78	44.72
				400m: 6:42.67	40.89
EXH	Duarte Afonso LEITE	09	Laranjeiro	<b>5:13.91</b>	418
	50m: 32.71 32.71	150m: 1:55.18	43.12	250m: 3:19.69	43.57
	100m: 1:12.06 39.35	200m: 2:36.12	40.94	300m: 4:04.33	44.64
				350m: 4:40.67	36.34
				400m: 5:13.91	33.24