

Prova 43
15/12/2024 - 17:25

Masc., 400m Estilos

Absolutos
Resultados

RN25 Open	4:05.87	Gabriel Jose, Lopes	ALN	Leiria	09/12/2022
RN25 Sen	4:05.87	Gabriel Jose, Lopes	ALN	Leiria	09/12/2022
RN25 Jun18	4:11.20	Joao Alexandre, Vital	SCP	Porto	11/12/2015
RN25 Jun17	4:21.93	Joao Alexandre, Vital	ADRCIMM	Porto	19/12/2014

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA
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Seniores

1.	Henrique Gomes, Silva	02	Benfica	4:14.31	+0,59	787	
	50m: 26.13 26.13	150m: 1:29.93	33.06	250m: 2:37.61	35.31	350m: 3:44.81	31.00
	100m: 56.87 30.74	200m: 2:02.30	32.37	300m: 3:13.81	36.20	400m: 4:14.31	29.50
2.	Lucas Pereira, Bastos	00	Cnac	4:17.18	+0,72	761	
	50m: 27.51 27.51	150m: 1:32.17	33.56	250m: 2:41.43	36.55	350m: 3:47.75	29.75
	100m: 58.61 31.10	200m: 2:04.88	32.71	300m: 3:18.00	36.57	400m: 4:17.18	29.43
3.	Tomas Amor, Sarreira	05	Porto	4:27.82	+0,75	673	
	50m: 28.60 28.60	150m: 1:36.01	34.81	250m: 2:48.20	38.97	350m: 3:58.42	31.10
	100m: 1:01.20 32.60	200m: 2:09.23	33.22	300m: 3:27.32	39.12	400m: 4:27.82	29.40
4.	Diogo Santos, Cardoso	01	Sporting	4:28.85	+0,74	666	
	50m: 29.50 29.50	150m: 1:39.44	37.27	250m: 2:52.56	37.51	350m: 4:00.55	30.68
	100m: 1:02.17 32.67	200m: 2:15.05	35.61	300m: 3:29.87	37.31	400m: 4:28.85	28.30
5.	Afonso Carvalho, Silva	05	Famalicao	4:32.68	+0,62	638	
	50m: 28.09 28.09	150m: 1:35.52	35.00	250m: 2:49.10	38.71	350m: 4:00.43	32.13
	100m: 1:00.52 32.43	200m: 2:10.39	34.87	300m: 3:28.30	39.20	400m: 4:32.68	32.25
6.	Goncalo Duarte, Carvalho	05	Benfica	4:36.43	+0,69	612	
	50m: 28.17 28.17	150m: 1:37.79	36.05	250m: 2:51.80	38.26	350m: 4:04.14	33.14
	100m: 1:01.74 33.57	200m: 2:13.54	35.75	300m: 3:31.00	39.20	400m: 4:36.43	32.29
7.	David Ferreira, Relvas	03	Nautico Marinha Grande	4:47.15	+0,83	546	
	50m: 29.30 29.30	150m: 1:39.90	37.60	250m: 2:58.38	42.05	350m: 4:14.61	33.36
	100m: 1:02.30 33.00	200m: 2:16.33	36.43	300m: 3:41.25	42.87	400m: 4:47.15	32.54

DSQ Francisco Araujo, Silva 06 Famalicao
817 - O(a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida - SW 8.5

Juniores

1.	Rafael Miguel, Mimoso	07	Benfica	4:26.53	+0,65	683	
	50m: 28.73 28.73	150m: 1:38.49	36.39	250m: 2:47.80	33.48	350m: 3:55.16	32.55
	100m: 1:02.10 33.37	200m: 2:14.32	35.83	300m: 3:22.61	34.81	400m: 4:26.53	31.37
2.	Guilherme Costa, Soares	08	Vilacondense	4:29.13	+0,76	664	
	50m: 28.96 28.96	150m: 1:36.79	34.56	250m: 2:48.67	38.91	350m: 3:58.94	31.77
	100m: 1:02.23 33.27	200m: 2:09.76	32.97	300m: 3:27.17	38.50	400m: 4:29.13	30.19
3.	Leonardo Conceicao, Reis	07	Sport Alges e Dafundo	4:30.72	+0,65	652	
	50m: 29.03 29.03	150m: 1:37.20	34.55	250m: 2:49.33	37.80	350m: 3:59.83	31.33
	100m: 1:02.65 33.62	200m: 2:11.53	34.33	300m: 3:28.50	39.17	400m: 4:30.72	30.89
4.	Aubry Armada, Bennett	08	Condeixa Aqua Clube	4:37.93	+0,72	603	
	50m: 28.88 28.88	150m: 1:38.44	35.97	250m: 2:51.52	37.70	350m: 4:05.10	33.88
	100m: 1:02.47 33.59	200m: 2:13.82	35.38	300m: 3:31.22	39.70	400m: 4:37.93	32.83

Prova 43, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA	
5.	Gil Afonso, Rodrigues	07	Fluvial Portuense	4:38.24	+0,63	601	
	50m: 28.34 28.34	150m: 1:38.36	36.64	250m: 2:52.99	38.84	350m: 4:05.97	33.44
	100m: 1:01.72 33.38	200m: 2:14.15	35.79	300m: 3:32.53	39.54	400m: 4:38.24	32.27
6.	Antonio Miguel, Costa	07	Fafe	4:38.44	+0,72	599	
	50m: 27.76 27.76	150m: 1:36.99	36.91	250m: 2:52.42	39.67	350m: 4:07.42	33.41
	100m: 1:00.08 32.32	200m: 2:12.75	35.76	300m: 3:34.01	41.59	400m: 4:38.44	31.02
7.	Rafael Pereira, Rodrigues	08	Condeixa Aqua Clube	4:38.72	+0,70	597	
	50m: 29.89 29.89	150m: 1:39.42	35.58	250m: 2:55.06	41.29	350m: 4:08.11	31.67
	100m: 1:03.84 33.95	200m: 2:13.77	34.35	300m: 3:36.44	41.38	400m: 4:38.72	30.61
8.	Miguel Almeida, Bispo	08	Natacao da Maia	4:40.32	+0,73	587	
	50m: 29.35 29.35	150m: 1:40.16	36.23	250m: 2:57.04	41.09	350m: 4:09.85	31.80
	100m: 1:03.93 34.58	200m: 2:15.95	35.79	300m: 3:38.05	41.01	400m: 4:40.32	30.47
9.	Francisco Marques, Simoes	07	CNLeiria - VOID	4:41.38	+0,70	581	
	50m: 28.19 28.19	150m: 1:39.14	36.84	250m: 2:55.36	40.55	350m: 4:10.21	34.06
	100m: 1:02.30 34.11	200m: 2:14.81	35.67	300m: 3:36.15	40.79	400m: 4:41.38	31.17
10.	Tomas Rocha, Dorez	07	Colegio Efanor	4:42.52	+0,67	574	
	50m: 29.05 29.05	150m: 1:38.44	35.86	250m: 2:56.44	41.84	350m: 4:11.19	32.56
	100m: 1:02.58 33.53	200m: 2:14.60	36.16	300m: 3:38.63	42.19	400m: 4:42.52	31.33
11.	Tomas Pinto, Peixoto	08	Porto	4:43.64	+0,73	567	
	50m: 29.95 29.95	150m: 1:38.31	34.68	250m: 2:54.61	41.40	350m: 4:10.75	33.25
	100m: 1:03.63 33.68	200m: 2:13.21	34.90	300m: 3:37.50	42.89	400m: 4:43.64	32.89
12.	Joao Francisco, Almeida	07	Naval Do Funchal	4:45.09	+0,61	558	
	50m: 29.38 29.38	150m: 1:40.53	37.51	250m: 2:58.77	40.20	350m: 4:12.72	33.12
	100m: 1:03.02 33.64	200m: 2:18.57	38.04	300m: 3:39.60	40.83	400m: 4:45.09	32.37
13.	Renato Gouveia, Teixeira	07	Foca Quinta Da Lixa - Cnf	4:45.34	+0,72	557	
	50m: 29.26 29.26	150m: 1:39.75	36.54	250m: 2:57.74	41.67	350m: 4:12.52	32.88
	100m: 1:03.21 33.95	200m: 2:16.07	36.32	300m: 3:39.64	41.90	400m: 4:45.34	32.82
14.	Guilherme Martins, Silva	08	Academico Viseu Futebol Cl	4:45.78	+0,73	554	
	50m: 30.30 30.30	150m: 1:42.56	37.71	250m: 3:00.12	39.94	350m: 4:13.77	32.43
	100m: 1:04.85 34.55	200m: 2:20.18	37.62	300m: 3:41.34	41.22	400m: 4:45.78	32.01
15.	Eduardo Sousa, Saragoga	07	Viana Natacao	4:46.31	+0,78	551	
	50m: 30.62 30.62	150m: 1:43.32	37.31	250m: 3:00.23	40.10	350m: 4:14.58	33.97
	100m: 1:06.01 35.39	200m: 2:20.13	36.81	300m: 3:40.61	40.38	400m: 4:46.31	31.73
16.	Leonardo Jose, Cruz	07	Alcobaca	4:47.52	+0,62	544	
	50m: 28.98 28.98	150m: 1:39.04	36.36	250m: 2:56.40	41.52	350m: 4:13.41	34.46
	100m: 1:02.68 33.70	200m: 2:14.88	35.84	300m: 3:38.95	42.55	400m: 4:47.52	34.11
17.	Francisco Guilherme, Miranda	08	Naval Do Funchal	4:47.86	+0,64	542	
	50m: 30.31 30.31	150m: 1:41.15	36.36	250m: 2:58.92	41.00	350m: 4:14.95	34.41
	100m: 1:04.79 34.48	200m: 2:17.92	36.77	300m: 3:40.54	41.62	400m: 4:47.86	32.91
18.	Alexandre, Dzyakanau	07	Louzan Natacao/EFAPEL	4:48.11	+0,77	541	
	50m: 30.19 30.19	150m: 1:41.64	37.12	250m: 3:00.10	42.25	350m: 4:15.54	33.15
	100m: 1:04.52 34.33	200m: 2:17.85	36.21	300m: 3:42.39	42.29	400m: 4:48.11	32.57

Prova 43, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	AQUA		
DSQ	Pedro Saad, Oliveira	08	Sporting					
<i>718 - Movimento vertical de pernas durante o percurso - SW 7.5, Percurso de braços</i>								
EXH	Yury, Fomin	06	Benfica	4:19.31	+0,75	742		
	50m: 27.05	27.05	150m: 1:31.59	33.53	250m: 2:40.97	36.86	350m: 3:49.17	30.81
	100m: 58.06	31.01	200m: 2:04.11	32.52	300m: 3:18.36	37.39	400m: 4:19.31	30.14