

Torneio Zonal de Juvenis (Zona Norte)  
Condeixa, 6 - 8/12/2024

Prova 15 Masc., 400m Estilos Juvenis  
07/12/2024 - 10:30 Resultados

|                    |         |                        |         |        |            |
|--------------------|---------|------------------------|---------|--------|------------|
| Rec Nacional Open  | 4:05.87 | Gabriel Jose, LOPES    | ALN     | Leiria | 09/12/2022 |
| Rec Nacional Juv A | 4:25.04 | Joao Alexandre, VITAL  | ADRCIMM | Tomar  | 13/12/2013 |
| Rec Nacional Juv B | 4:35.02 | Diogo Filipe, CARVALHO | CGA     | Braga  | 21/03/2003 |

TAC Zonais Juv A Masc Juv A: 5:14.59 / TAC Zonais Juv B Masc Juv B: 5:19.90

Pontos: AQUA 2024

| Lugar  | Ano | Tempo final    | Pts |
|--|-----|----------------|-----|
| <b>Juvenis B</b>   |     |                |     |
| 1. Afonso Carvalho, MONTEIRO   | 10  | <b>4:47.11</b> | 547 |
| 50m: 29.82 29.82 150m: 1:42.13 37.17 250m: 2:58.54 39.45 350m: 4:13.98 34.56                     |     |                |     |
| 100m: 1:04.96 35.14 200m: 2:19.09 36.96 300m: 3:39.42 40.88 400m: 4:47.11 33.13                  |     |                |     |
| 2. Tomas Alexandre, SOUSA  | 10  | <b>4:53.77</b> | 510 |
| 50m: 31.02 31.02 150m: 1:46.67 39.75 250m: 3:05.94 40.54 350m: 4:22.40 35.15                     |     |                |     |
| 100m: 1:06.92 35.90 200m: 2:25.40 38.73 300m: 3:47.25 41.31 400m: 4:53.77 31.37                  |     |                |     |
| 3. Miguel Santiago, LEMOS  | 10  | <b>5:12.74</b> | 423 |
| 50m: 31.70 31.70 150m: 1:50.82 41.64 250m: 3:15.86 44.72 350m: 4:37.94 36.68                     |     |                |     |
| 100m: 1:09.18 37.48 200m: 2:31.14 40.32 300m: 4:01.26 45.40 400m: 5:12.74 34.80                  |     |                |     |
| DSQ Francisco Vilar, BRITO   | 10  |                |     |
| <i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 275 metros.</i> |     |                |     |

**Juvenis A**

|   |    |                |     |
|---|----|----------------|-----|
| 1. Guilherme Pereira, NOVAIS  | 09 | <b>4:45.44</b> | 556 |
| 50m: 29.16 29.16 150m: 1:39.51 37.20 250m: 2:57.94 41.64 350m: 4:13.27 33.54    |    |                |     |
| 100m: 1:02.31 33.15 200m: 2:16.30 36.79 300m: 3:39.73 41.79 400m: 4:45.44 32.17 |    |                |     |
| 2. Martim Cunha, MACEDO   | 09 | <b>4:46.70</b> | 549 |
| 50m: 30.04 30.04 150m: 1:41.54 37.09 250m: 3:01.27 43.17 350m: 4:46.90 1:01.82  |    |                |     |
| 100m: 1:04.45 34.41 200m: 2:18.10 36.56 300m: 3:45.08 43.81 400m: 4:46.70       |    |                |     |
| 3. Carlos Daniel, FELGUEIRAS  | 09 | <b>5:00.83</b> | 475 |
| 50m: 31.97 31.97 150m: 1:45.16 37.56 250m: 3:07.31 44.65 350m: 4:27.34 35.09    |    |                |     |
| 100m: 1:07.60 35.63 200m: 2:22.66 37.50 300m: 3:52.25 44.94 400m: 5:00.83 33.49 |    |                |     |
| 4. Leonardo Grakhov, MARCAL   | 09 | <b>5:01.65</b> | 471 |
| 50m: 31.58 31.58 150m: 1:48.51 40.69 250m: 3:12.37 46.12 350m: 4:29.79 32.89    |    |                |     |
| 100m: 1:07.82 36.24 200m: 2:26.25 37.74 300m: 3:56.90 44.53 400m: 5:01.65 31.86 |    |                |     |
| 5. Salvador Teixeira, COELHO  | 09 | <b>5:02.27</b> | 468 |
| 50m: 30.53 30.53 150m: 1:44.55 39.46 250m: 3:07.39 43.60 350m: 4:27.70 35.44    |    |                |     |
| 100m: 1:05.09 34.56 200m: 2:23.79 39.24 300m: 3:52.26 44.87 400m: 5:02.27 34.57 |    |                |     |
| 6. Manuel Leite, AGUIAR   | 09 | <b>5:07.56</b> | 445 |
| 50m: 31.95 31.95 150m: 1:49.75 39.92 250m: 3:12.51 44.72 350m: 4:33.45 35.54    |    |                |     |
| 100m: 1:09.83 37.88 200m: 2:27.79 38.04 300m: 3:57.91 45.40 400m: 5:07.56 34.11 |    |                |     |
| 7. Alexandre, SHUBIN  | 09 | <b>5:12.69</b> | 423 |
| 50m: 30.92 30.92 150m: 1:48.09 42.10 250m: 3:16.79 48.76 350m: 4:40.46 34.39    |    |                |     |
| 100m: 1:05.99 35.07 200m: 2:28.03 39.94 300m: 4:06.07 49.28 400m: 5:12.69 32.23 |    |                |     |