

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

Prova 38 Masc., 400m Livres Juvenis  
08/12/2024 - 16:15 Resultados

Rec Nacional Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nacional Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nacional Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023

TAC Zonais Juv A Masc Juv A: 4:33.44 / TAC Zonais Juv B Masc Juv B: 4:38.98

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. Tomas Alexandre, SOUSA	10	Academico de Viseu	<b>4:20.13</b> 543
50m: 29.59 29.59	150m: 1:36.09 33.83	250m: 2:43.15 33.54	350m: 3:49.36 33.01
100m: 1:02.26 32.67	200m: 2:09.61 33.52	300m: 3:16.35 33.20	400m: 4:20.13 30.77
2. Pedro Cerejo, CARVALHO	10	Vilacondense	<b>4:30.51</b> 483
50m: 30.31 30.31	150m: 1:38.28 34.10	250m: 2:47.69 34.94	350m: 3:57.57 34.94
100m: 1:04.18 33.87	200m: 2:12.75 34.47	300m: 3:22.63 34.94	400m: 4:30.51 32.94
3. Nicolai, DREYKO	10	Clube Naval Povoense	<b>4:31.87</b> 475
50m: 28.86 28.86	150m: 1:36.95 34.44	250m: 2:46.45 35.18	350m: 3:57.23 34.93
100m: 1:02.51 33.65	200m: 2:11.27 34.32	300m: 3:22.30 35.85	400m: 4:31.87 34.64
4. Andre Ferreira, SANTOS	10	Academico de Viseu	<b>4:35.18</b> 458
50m: 30.83 30.83	150m: 1:39.30 34.68	250m: 2:49.46 34.72	350m: 4:00.73 35.80
100m: 1:04.62 33.79	200m: 2:14.74 35.44	300m: 3:24.93 35.47	400m: 4:35.18 34.45
5. Gustavo Brito, RICARDO	10	Vilacondense	<b>4:35.50</b> 457
50m: 31.93 31.93	150m: 1:42.00 35.08	250m: 2:52.83 35.18	350m: 4:02.76 34.49
100m: 1:06.92 34.99	200m: 2:17.65 35.65	300m: 3:28.27 35.44	400m: 4:35.50 32.74
6. Filipe Antonio, COUTO	10	Porto	<b>4:35.89</b> 455
50m: 31.35 31.35	150m: 1:40.05 34.52	250m: 2:50.62 35.43	350m: 4:02.04 36.06
100m: 1:05.53 34.18	200m: 2:15.19 35.14	300m: 3:25.98 35.36	400m: 4:35.89 33.85
7. Jose Pedro, ALMEIDA	10	Foca Quinta Da Lixa - Cnf	<b>4:38.70</b> 441
50m: 30.85 30.85	150m: 1:39.19 34.82	250m: 2:50.61 35.62	350m: 4:03.52 36.30
100m: 1:04.37 33.52	200m: 2:14.99 35.80	300m: 3:27.22 36.61	400m: 4:38.70 35.18

**Juvenis A**

1. Martim Cunha, MACEDO	09	Natacao da Maia	<b>4:07.59</b> 630
50m: 27.97 27.97	150m: 1:28.42 30.48	250m: 2:31.43 31.64	350m: 3:36.06 32.01
100m: 57.94 29.97	200m: 1:59.79 31.37	300m: 3:04.05 32.62	400m: 4:07.59 31.53
2. Bernardo Silva, DEUS	09	Fluvial Portuense	<b>4:15.34</b> 574
50m: 28.49 28.49	150m: 1:31.84 32.11	250m: 2:37.19 32.70	350m: 3:42.84 32.57
100m: 59.73 31.24	200m: 2:04.49 32.65	300m: 3:10.27 33.08	400m: 4:15.34 32.50
3. Leonardo Grakhov, MARCAL	09	Fluvial Portuense	<b>4:20.68</b> 539
50m: 29.65 29.65	150m: 1:34.99 32.97	250m: 2:41.80 33.29	350m: 3:48.71 33.19
100m: 1:02.02 32.37	200m: 2:08.51 33.52	300m: 3:15.52 33.72	400m: 4:20.68 31.97
4. Tiago Joaquim, SILVA	09	Galitos / Bresimar	<b>4:22.91</b> 526
50m: 29.46 29.46	150m: 1:35.44 33.05	250m: 2:42.56 33.57	350m: 3:50.27 33.77
100m: 1:02.39 32.93	200m: 2:08.99 33.55	300m: 3:16.50 33.94	400m: 4:22.91 32.64
5. Rafael Rui, SAMPAIO	09	Famalicao	<b>4:23.07</b> 525
50m: 29.63 29.63	150m: 1:35.34 33.32	250m: 2:43.52 33.96	350m: 3:51.88 33.61
100m: 1:02.02 32.39	200m: 2:09.56 34.22	300m: 3:18.27 34.75	400m: 4:23.07 31.19
6. Joao Nuno, GASPAS	09	Condeixa Clube	<b>4:24.62</b> 516
50m: 29.13 29.13	150m: 1:35.38 33.65	250m: 2:43.78 34.15	350m: 3:52.86 34.55
100m: 1:01.73 32.60	200m: 2:09.63 34.25	300m: 3:18.31 34.53	400m: 4:24.62 31.76
7. Raul Ventura, BARROS	09	Braga	<b>4:26.79</b> 503
50m: 29.77 29.77	150m: 1:36.42 33.80	250m: 2:45.54 34.37	350m: 3:54.39 34.54
100m: 1:02.62 32.85	200m: 2:11.17 34.75	300m: 3:19.85 34.31	400m: 4:26.79 32.40
8. Jose Pedro, OLIVEIRA	09	Tubaroes de Gaia	<b>4:27.49</b> 499
50m: 30.50 30.50	150m: 1:37.50 33.67	250m: 2:45.17 34.09	350m: 3:53.91 34.63
100m: 1:03.83 33.33	200m: 2:11.08 33.58	300m: 3:19.28 34.11	400m: 4:27.49 33.58

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Prova 38, Masc., 400m Livres, Juvenis A

Lugar	Ano						Tempo final	Pts
9. Alexandre Lima, SANTOS	09 Fluvial Portuense						<b>4:29.26</b>	489
50m: 29.47 29.47	150m: 1:35.44	33.57	250m: 2:43.77	34.28	350m: 3:54.84	35.72		
100m: 1:01.87 32.40	200m: 2:09.49	34.05	300m: 3:19.12	35.35	400m: 4:29.26	34.42		
10. Rodrigo Teixeira, PINTO	09 Foca Quinta Da Lixa - Cnf						<b>4:29.78</b>	486
50m: 30.05 30.05	150m: 1:36.40	33.30	250m: 2:44.90	34.74	350m: 3:55.06	35.29		
100m: 1:03.10 33.05	200m: 2:10.16	33.76	300m: 3:19.77	34.87	400m: 4:29.78	34.72		
11. Alexandre, SHUBIN	09 Campinho						<b>4:30.02</b>	485
50m: 29.72 29.72	150m: 1:36.37	33.93	250m: 2:46.07	34.89	350m: 3:56.66	35.24		
100m: 1:02.44 32.72	200m: 2:11.18	34.81	300m: 3:21.42	35.35	400m: 4:30.02	33.36		
12. Goncalo Malha, NETO	09 Galitos / Bresimar						<b>4:42.11</b>	425
<i>FTL</i>								
50m: 30.62 30.62	150m: 1:40.79	35.78	250m: 2:53.43	36.22	350m: 4:06.89	37.14		
100m: 1:05.01 34.39	200m: 2:17.21	36.42	300m: 3:29.75	36.32	400m: 4:42.11	35.22		
13. Pedro Guedes, FERREIRA	09 Porto						<b>4:42.94</b>	422
<i>FTL</i>								
50m: 32.22 32.22	150m: 1:42.91	35.16	250m: 2:55.03	36.02	350m: 4:07.56	36.49		
100m: 1:07.75 35.53	200m: 2:19.01	36.10	300m: 3:31.07	36.04	400m: 4:42.94	35.38		