



XXVII Torneio Taça Cidade de Alcoçaba
Alcoçaba, 15/2/2025



Prova 12

Masc., 400m Livres

OPEN (INF+JUV+JUN+SEN)

15/02/2025 - 18:31

Resultados

Rec. Tor.	3:55.86	João, GIL		Alcoçaba	2017
Rec. Nac. Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	2021
Rec. Nac. SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	2021
Rec. Nac. 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	2004
Rec. Nac. 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	2024
Rec. Nac. JUV A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	2023
Rec. Nac. JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	2023
Rec. Nac. INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	2014
Rec. Nac. INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	2003
R. Nac NA	5:05.44	Joaquim Eduardo, CARVALHO	CNF	Funchal	2024

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts						
1. Gabriel Carvalho, FERRAO	05	Benfica	3:59.46	9,00	696						
50m:	27.19	27.19	150m:	1:29.04	31.19	250m:	2:30.24	30.35	350m:	3:31.10	30.38
100m:	57.85	30.66	200m:	1:59.89	30.85	300m:	3:00.72	30.48	400m:	3:59.46	28.36
2. Rodrigo Costa, BORGES	07	Fluvial Portuense	4:02.34	7,00	671						
50m:	27.97	27.97	150m:	1:29.33	31.19	250m:	2:31.82	31.31	350m:	3:33.39	30.59
100m:	58.14	30.17	200m:	2:00.51	31.18	300m:	3:02.80	30.98	400m:	4:02.34	28.95
3. Lucas Pereira, BASTOS	00	Náutico Académico	4:02.97	6,00	666						
50m:	28.01	28.01	150m:	1:29.79	31.14	250m:	2:31.24	30.28	350m:	3:32.65	30.59
100m:	58.65	30.64	200m:	2:00.96	31.17	300m:	3:02.06	30.82	400m:	4:02.97	30.32
4. Gustavo Pires, MARQUES	04	Condeixa Aqua Clube	4:04.22	5,00	656						
50m:	26.88	26.88	150m:	1:28.09	30.89	250m:	2:31.68	31.82	350m:	3:34.30	30.63
100m:	57.20	30.32	200m:	1:59.86	31.77	300m:	3:03.67	31.99	400m:	4:04.22	29.92
5. Pedro Bethlem, TIGRE	06	Sporting	4:09.67	4,00	614						
50m:	28.10	28.10	150m:	1:30.73	31.68	250m:	2:35.29	32.34	350m:	3:39.29	31.85
100m:	59.05	30.95	200m:	2:02.95	32.22	300m:	3:07.44	32.15	400m:	4:09.67	30.38
6. Tomas Pascoal, FERREIRA	09	Ba-Leiria	4:13.84	3,00	584						
50m:	28.80	28.80	150m:	1:32.78	32.33	250m:	2:37.93	32.84	350m:	3:43.35	32.64
100m:	1:00.45	31.65	200m:	2:05.09	32.31	300m:	3:10.71	32.78	400m:	4:13.84	30.49
7. Joao Ferreira, MARQUES	06	Academica de Coimbra	4:13.92	2,00	584						
50m:	29.53	29.53	150m:	1:33.88	32.49	250m:	2:38.30	32.10	350m:	3:43.34	32.60
100m:	1:01.39	31.86	200m:	2:06.20	32.32	300m:	3:10.74	32.44	400m:	4:13.92	30.58
8. Paulo, KOT	09	Nautico Marinha Grande	4:14.18	1,00	582						
50m:	28.73	28.73	150m:	1:32.01	31.71	250m:	2:37.61	32.82	350m:	3:42.69	32.25
100m:	1:00.30	31.57	200m:	2:04.79	32.78	300m:	3:10.44	32.83	400m:	4:14.18	31.49
9. Tiago Santos, POMBO	08	Alcoçaba	4:21.60	-	534						
50m:	29.00	29.00	150m:	1:35.16	33.08	250m:	2:42.13	33.35	350m:	3:49.69	33.74
100m:	1:02.08	33.08	200m:	2:08.78	33.62	300m:	3:15.95	33.82	400m:	4:21.60	31.91
10. Francisco Xavier, RITA	07	Vieirense	4:21.72	-	533						
50m:	29.22	29.22	150m:	1:33.38	32.42	250m:	2:39.75	33.75	350m:	3:48.22	34.47
100m:	1:00.96	31.74	200m:	2:06.00	32.62	300m:	3:13.75	34.00	400m:	4:21.72	33.50



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Lugar	Ano	Tempo final	Pts
11. Joao Baixinho, ROXO	10 Uni�o Piedense	4:24.90	514
50m: 29.67 29.67	150m: 1:37.27 34.04	250m: 2:44.70 33.76	350m: 3:51.98 33.69
100m: 1:03.23 33.56	200m: 2:10.94 33.67	300m: 3:18.29 33.59	400m: 4:24.90 32.92
12. Luis Pedro, FIGUEIREDO	06 Gesloures	4:27.84	497
50m: 29.00 29.00	150m: 1:34.91 33.27	250m: 2:43.07 33.85	350m: 3:52.27 34.77
100m: 1:01.64 32.64	200m: 2:09.22 34.31	300m: 3:17.50 34.43	400m: 4:27.84 35.57
13. Afonso Santos, CARROMEU	09 Naval Setubalense	4:30.20	484
50m: 31.37 31.37	150m: 1:40.36 34.66	250m: 2:49.33 34.56	350m: 3:58.28 34.66
100m: 1:05.70 34.33	200m: 2:14.77 34.41	300m: 3:23.62 34.29	400m: 4:30.20 31.92
14. Martim Duarte, ROQUE	11 CNLeiria - VOID	4:41.85	427
50m: 31.13 31.13	150m: 1:42.09 36.03	250m: 2:54.24 36.05	350m: 4:07.19 36.45
100m: 1:06.06 34.93	200m: 2:18.19 36.10	300m: 3:30.74 36.50	400m: 4:41.85 34.66
15. Pedro Souza, SILVA	10 Pimpoes/Cimai	4:52.73	381
50m: 33.85 33.85	150m: 1:47.76 37.78	250m: 3:02.40 36.77	350m: 4:16.56 36.74
100m: 1:09.98 36.13	200m: 2:25.63 37.87	300m: 3:39.82 37.42	400m: 4:52.73 36.17
16. Vicente Abrantes, DIOGO	11 Columbofila Cantanhedense	4:53.87	376
50m: 33.23 33.23	150m: 1:47.83 37.64	250m: 3:02.44 37.00	350m: 4:17.85 37.81
100m: 1:10.19 36.96	200m: 2:25.44 37.61	300m: 3:40.04 37.60	400m: 4:53.87 36.02
17. Joaquim Eduardo, CARVALHO <i>Recorde Nacional N.A. S17</i>	07 Naval Do Funchal	4:55.99	368
50m: 32.91 32.91	150m: 1:46.37 37.06	250m: 3:02.06 38.04	350m: 4:18.60 38.16
100m: 1:09.31 36.40	200m: 2:24.02 37.65	300m: 3:40.44 38.38	400m: 4:55.99 37.39
18. Afonso Matos, CORREIA	09 Nucleo de Pombal	5:00.57	352
50m: 31.76 31.76	150m: 1:45.96 37.43	250m: 3:02.40 38.38	350m: 4:21.22 39.66
100m: 1:08.53 36.77	200m: 2:24.02 38.06	300m: 3:41.56 39.16	400m: 5:00.57 39.35
19. Francisco Costa, VALENTIM	11 �bidos	5:14.12	308
50m: 33.57 33.57	150m: 1:51.96 40.08	250m: 3:12.68 40.55	350m: 4:34.60 40.99
100m: 1:11.88 38.31	200m: 2:32.13 40.17	300m: 3:53.61 40.93	400m: 5:14.12 39.52
DNS Gabriel Santiago, FERREIRA	09 Uniao Juncalense	-	
EXH Antonio Antunes, JORGE	10 Alcobaca	4:20.98	537
50m: 28.95 28.95	150m: 1:34.88 33.00	250m: 2:41.97 33.94	350m: 3:49.11 33.11
100m: 1:01.88 32.93	200m: 2:08.03 33.15	300m: 3:16.00 34.03	400m: 4:20.98 31.87
EXH Pedro Fernandes, SILVA	11 Naval Do Funchal	5:33.89	256
50m: 37.40 37.40	150m: 1:59.75 41.62	250m: 3:26.39 42.93	350m: 4:52.63 42.86
100m: 1:18.13 40.73	200m: 2:43.46 43.71	300m: 4:09.77 43.38	400m: 5:33.89 41.26