



Torneio Nadador Completo de Categorias  
Alcobaca, 21 - 22/12/2024

Prova 14  
22/12/2024 - 11:43

Masc., 400m Livres

Infantil B MASC  
Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: AQUA 2024

Lugar			Ano			Tempo final	Pts	
1.	Joao Daniel, SANTOS		12	Alcobaca		4:46.02	408	
	50m:	29.48 29.48	150m:	1:41.58 37.66	250m:	2:57.44 37.59	350m:	4:11.14 36.44
	100m:	1:03.92 34.44	200m:	2:19.85 38.27	300m:	3:34.70 37.26	400m:	4:46.02 34.88
2.	Vasco Silvestre, ROCHA		12	Nautico Marinha Grande		5:06.42	332	
	50m:	31.75 31.75	150m:	1:45.81 37.93	250m:	3:04.34 39.98	350m:	4:26.19 41.88
	100m:	1:07.88 36.13	200m:	2:24.36 38.55	300m:	3:44.31 39.97	400m:	5:06.42 40.23
3.	Tomas Vieira, FIGUEIREDO		12	Alcobaca		5:29.31	267	
	50m:	35.96 35.96	150m:	1:58.91 42.11	250m:	3:23.86 42.75	350m:	4:49.60 43.75
	100m:	1:16.80 40.84	200m:	2:41.11 42.20	300m:	4:05.85 41.99	400m:	5:29.31 39.71
4.	Eduardo Manuel, FERREIRA		12	Nucleo de Pombal		5:38.90	245	
	50m:	37.74 37.74	150m:	2:05.28 43.67	250m:	3:32.84 43.97	350m:	4:58.65 42.53
	100m:	1:21.61 43.87	200m:	2:48.87 43.59	300m:	4:16.12 43.28	400m:	5:38.90 40.25
5.	Martim Piedade, SANTOS		12	Pimpoes/Cimai		5:43.35	236	
	50m:	37.77 37.77	150m:	2:03.91 43.13	250m:	3:31.97 43.87	350m:	5:01.82 44.55
	100m:	1:20.78 43.01	200m:	2:48.10 44.19	300m:	4:17.27 45.30	400m:	5:43.35 41.53
6.	Tomas Barata, ALVES		12	Nautico Marinha Grande		5:50.25	222	
	50m:	39.16 39.16	150m:	2:08.44 44.59	250m:	3:38.26 44.48	350m:	5:07.74 45.45
	100m:	1:23.85 44.69	200m:	2:53.78 45.34	300m:	4:22.29 44.03	400m:	5:50.25 42.51
7.	Joao Maria, TEMPERO		12	Pimpoes/Cimai		5:52.77	217	
	50m:	41.94 41.94	150m:	2:11.52 45.10	250m:	3:42.46 45.11	350m:	5:11.31 43.72
	100m:	1:26.42 44.48	200m:	2:57.35 45.83	300m:	4:27.59 45.13	400m:	5:52.77 41.46
8.	Roberto Bento, CANAS		12	Pimpoes/Cimai		5:56.24	211	
	50m:	39.90 39.90	150m:	2:11.75 46.41	250m:	3:44.41 46.17	350m:	5:15.68 46.01
	100m:	1:25.34 45.44	200m:	2:58.24 46.49	300m:	4:29.67 45.26	400m:	5:56.24 40.56
9.	Gabriel Sousa, GOMES		12	Óbidos		5:56.57	210	
	50m:	41.61 41.61	150m:	2:13.23 45.91	250m:	3:43.86 45.72	350m:	5:14.09 45.03
	100m:	1:27.32 45.71	200m:	2:58.14 44.91	300m:	4:29.06 45.20	400m:	5:56.57 42.48
10.	Joao Pedro, BELO		12	Nautico Marinha Grande		6:02.02	201	
	50m:	41.88 41.88	150m:	2:14.31 46.55	250m:	3:46.92 45.32	350m:	5:18.15 45.92
	100m:	1:27.76 45.88	200m:	3:01.60 47.29	300m:	4:32.23 45.31	400m:	6:02.02 43.87
11.	Goncalo Nunes, MORAIS		12	Ba-Leiria		6:40.37	148	
	50m:	47.46 47.46	150m:	2:30.64 51.79	250m:	4:12.96 50.52	350m:	5:54.53 49.74
	100m:	1:38.85 51.39	200m:	3:22.44 51.80	300m:	5:04.79 51.83	400m:	6:40.37 45.84
DNS	Duarte Costa, MADEIRA		12	Alcobaca			DNS	



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Prova 14, Masc., 400m Livres

Prova 14  
22/12/2024 - 11:43

Masc., 400m Livres

Infantil A MASC  
Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts		
1.	Martim Duarte, ROQUE		11	CNLeiria - VOID				4:48.78	397		
	50m:	31.76 31.76	150m:	1:44.89	36.64	250m:	2:58.78	37.01	350m:	4:12.94	36.82
	100m:	1:08.25 36.49	200m:	2:21.77	36.88	300m:	3:36.12	37.34	400m:	4:48.78	35.84
2.	Pedro Pereira, OLIVEIRA		11	Nautico Marinha Grande				4:58.75	358		
	50m:	33.59 33.59	150m:	1:49.69	38.24	250m:	3:07.06	38.57	350m:	4:22.12	36.61
	100m:	1:11.45 37.86	200m:	2:28.49	38.80	300m:	3:45.51	38.45	400m:	4:58.75	36.63
3.	Martim Cruz, MOURA		11	CNLeiria - VOID				5:01.39	349		
	50m:	32.82 32.82	150m:	1:47.21	37.64	250m:	3:04.67	39.02	350m:	4:23.81	39.66
	100m:	1:09.57 36.75	200m:	2:25.65	38.44	300m:	3:44.15	39.48	400m:	5:01.39	37.58
4.	Joao Santos, ALMEIDA		11	Ba-Leiria				5:05.86	334		
	50m:	34.00 34.00	150m:	1:50.25	38.76	250m:	3:08.30	39.36	350m:	4:28.02	40.05
	100m:	1:11.49 37.49	200m:	2:28.94	38.69	300m:	3:47.97	39.67	400m:	5:05.86	37.84
5.	Francisco Costa, VALENTIM		11	Óbidos				5:11.69	315		
	50m:	35.70 35.70	150m:	1:54.23	39.91	250m:	3:14.47	40.27	350m:	4:34.68	40.11
	100m:	1:14.32 38.62	200m:	2:34.20	39.97	300m:	3:54.57	40.10	400m:	5:11.69	37.01
6.	Vasco Sousa, LEMOS		11	Pimpoes/Cimai				5:11.71	315		
	50m:	35.12 35.12	150m:	1:54.31	39.65	250m:	3:14.46	39.87	350m:	4:34.90	40.47
	100m:	1:14.66 39.54	200m:	2:34.59	40.28	300m:	3:54.43	39.97	400m:	5:11.71	36.81
7.	Rodrigo Nicolau, RITA		11	Vieirense				5:26.95	273		
	50m:	36.99 36.99	150m:	2:00.98	42.02	250m:	3:24.78	40.97	350m:	4:46.49	40.98
	100m:	1:18.96 41.97	200m:	2:43.81	42.83	300m:	4:05.51	40.73	400m:	5:26.95	40.46
8.	Guilherme Melo, ELIAS		11	Naval da Nazaré				5:33.97	256		
	50m:	37.97 37.97	150m:	2:01.73	43.04	250m:	3:29.78	43.15	350m:	4:54.21	41.03
	100m:	1:18.69 40.72	200m:	2:46.63	44.90	300m:	4:13.18	43.40	400m:	5:33.97	39.76
9.	Dinis Morgado, FERREIRA		11	Ba-Leiria				5:36.27	251		
	50m:	38.24 38.24	150m:	2:03.85	42.85	250m:	3:30.36	42.39	350m:	4:54.73	41.61
	100m:	1:21.00 42.76	200m:	2:47.97	44.12	300m:	4:13.12	42.76	400m:	5:36.27	41.54
10.	Diego Rodrigues, MENDES		11	Nautico Marinha Grande				5:39.34	244		
	50m:	38.66 38.66	150m:	2:05.71	43.67	250m:	3:31.79	43.31	350m:	4:58.98	43.22
	100m:	1:22.04 43.38	200m:	2:48.48	42.77	300m:	4:15.76	43.97	400m:	5:39.34	40.36
11.	Rodrigo Duarte, CARREIRA		11	Alcobaca				5:59.24	206		
	50m:	39.92 39.92	150m:	2:11.81	46.65	250m:	3:45.27	47.08	350m:	5:17.07	44.99
	100m:	1:25.16 45.24	200m:	2:58.19	46.38	300m:	4:32.08	46.81	400m:	5:59.24	42.17
12.	Joao Pedro, CRUZ		11	Naval de Peniche				5:59.95	205		
	50m:	41.70 41.70	150m:	2:14.10	46.23	250m:	3:47.34	45.94	350m:	5:17.81	45.06
	100m:	1:27.87 46.17	200m:	3:01.40	47.30	300m:	4:32.75	45.41	400m:	5:59.95	42.14
13.	Rodrigo Freire, JOAQUIM		11	CNLeiria - VOID				6:07.99	191		
	50m:	41.27 41.27	150m:	2:17.22	48.08	250m:	3:53.54	48.11	350m:	5:27.12	46.71
	100m:	1:29.14 47.87	200m:	3:05.43	48.21	300m:	4:40.41	46.87	400m:	6:07.99	40.87



Torneio Nadador Completo de Categorias  
Alcobaça, 21 - 22/12/2024

Prova 14, Masc., 400m Livres, Infantil A MASC

Lugar	Ano	Tempo final	Pts
14. Joao Rodrigo, BREDA	11 Nautico Marinha Grande	6:10.84	187
50m: 40.80 40.80	150m: 2:14.73 46.87	250m: 3:49.93 47.90	350m: 5:25.55 47.84
100m: 1:27.86 47.06	200m: 3:02.03 47.30	300m: 4:37.71 47.78	400m: 6:10.84 45.29
DNS Valentim Antonio, PEREIRA	11 CNLeiria - VOID		DNS
DNS Martin, SHEVCHUK	11 CNLeiria - VOID		DNS

Prova 14 Masc., 400m Livres Juvenil B MASC  
22/12/2024 - 11:43 Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Rodolfo Junior, ALECRIM	10 CNLeiria - VOID	4:21.97	531
50m: 29.17 29.17	150m: 1:34.31 33.20	250m: 2:41.04 33.09	350m: 3:48.80 33.77
100m: 1:01.11 31.94	200m: 2:07.95 33.64	300m: 3:15.03 33.99	400m: 4:21.97 33.17
2. Antonio Antunes, JORGE	10 Alcobaca	4:25.75	509
50m: 29.49 29.49	150m: 1:36.19 33.84	250m: 2:45.00 34.36	350m: 3:53.03 34.16
100m: 1:02.35 32.86	200m: 2:10.64 34.45	300m: 3:18.87 33.87	400m: 4:25.75 32.72
3. Rodrigo Cardoso, TOMAS	10 Alcobaca	4:28.86	491
50m: 29.84 29.84	150m: 1:38.46 34.67	250m: 2:48.47 34.71	350m: 3:57.40 34.30
100m: 1:03.79 33.95	200m: 2:13.76 35.30	300m: 3:23.10 34.63	400m: 4:28.86 31.46
4. Francisco Lourenco, PEDROSA	10 Nautico Marinha Grande	4:31.60	477
50m: 30.48 30.48	150m: 1:40.00 35.00	250m: 2:49.20 34.64	350m: 3:58.33 34.32
100m: 1:05.00 34.52	200m: 2:14.56 34.56	300m: 3:24.01 34.81	400m: 4:31.60 33.27
5. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	4:33.23	468
50m: 30.17 30.17	150m: 1:39.94 35.57	250m: 2:50.98 35.68	350m: 4:00.62 34.39
100m: 1:04.37 34.20	200m: 2:15.30 35.36	300m: 3:26.23 35.25	400m: 4:33.23 32.61
6. David Xavier, ALMEIDA	10 Ba-Leiria	4:40.01	435
50m: 31.70 31.70	150m: 1:44.03 36.67	250m: 2:55.97 35.24	350m: 4:07.38 34.81
100m: 1:07.36 35.66	200m: 2:20.73 36.70	300m: 3:32.57 36.60	400m: 4:40.01 32.63
7. Afonso Ferreira, REIS	10 Nautico Marinha Grande	4:47.15	403
50m: 32.75 32.75	150m: 1:44.86 36.66	250m: 2:56.93 35.48	350m: 4:10.82 36.86
100m: 1:08.20 35.45	200m: 2:21.45 36.59	300m: 3:33.96 37.03	400m: 4:47.15 36.33
8. Guilherme Rodrigues, CABRAL	10 Pimpoes/Cimai	4:51.28	386
50m: 33.67 33.67	150m: 1:47.98 37.16	250m: 3:02.42 36.72	350m: 4:15.98 35.84
100m: 1:10.82 37.15	200m: 2:25.70 37.72	300m: 3:40.14 37.72	400m: 4:51.28 35.30
9. Lucas Costa, JESUS	10 Nautico Marinha Grande	4:59.11	357
50m: 32.78 32.78	150m: 1:49.20 38.60	250m: 3:06.17 38.45	350m: 4:23.03 38.08
100m: 1:10.60 37.82	200m: 2:27.72 38.52	300m: 3:44.95 38.78	400m: 4:59.11 36.08
10. Tomas Marques, FRANCISCO	10 CNLeiria - VOID	5:01.31	349
50m: 33.35 33.35	150m: 1:50.59 38.92	250m: 3:08.45 38.98	350m: 4:24.94 38.19
100m: 1:11.67 38.32	200m: 2:29.47 38.88	300m: 3:46.75 38.30	400m: 5:01.31 36.37
11. Simao Sousa, JESUS	10 Nautico Marinha Grande	5:07.44	329
50m: 33.68 33.68	150m: 1:50.04 38.85	250m: 3:09.91 40.18	350m: 4:29.78 40.11
100m: 1:11.19 37.51	200m: 2:29.73 39.69	300m: 3:49.67 39.76	400m: 5:07.44 37.66



Torneio Nadador Completo de Categorias  
Alcobaça, 21 - 22/12/2024

Prova 14, Masc., 400m Livres, Juvenil B MASC

Lugar	Ano	Tempo final	Pts
12. Gabriel Krempel, VARELA	10 Pimpoes/Cimai	5:11.16	317
50m: 35.17 35.17	150m: 1:54.16 39.83	250m: 3:13.87 39.51	350m: 4:33.45 39.37
100m: 1:14.33 39.16	200m: 2:34.36 40.20	300m: 3:54.08 40.21	400m: 5:11.16 37.71
13. Francisco Antonio, SIMOES	10 Ba-Leiria	5:14.95	306
50m: 37.07 37.07	150m: 1:59.09 41.19	250m: 3:20.40 40.65	350m: 4:39.24 38.71
100m: 1:17.90 40.83	200m: 2:39.75 40.66	300m: 4:00.53 40.13	400m: 5:14.95 35.71
14. Santiago Neves, SILVA	10 Nucleo de Pombal	5:15.86	303
50m: 37.03 37.03	150m: 1:58.46 40.40	250m: 3:20.53 40.67	350m: 4:39.48 38.58
100m: 1:18.06 41.03	200m: 2:39.86 41.40	300m: 4:00.90 40.37	400m: 5:15.86 36.38
DNS Francisco Enes, ALVES	10 Ba-Leiria		DNS

Prova 14  
22/12/2024 - 11:43

Masc., 400m Livres

Juvenil A MASC  
Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac JUV A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. David Ferrador, PEREIRA	09 CNLeiria - VOID	4:28.97	491
50m: 28.83 28.83	150m: 1:34.76 33.81	250m: 2:44.35 35.18	350m: 3:54.95 35.73
100m: 1:00.95 32.12	200m: 2:09.17 34.41	300m: 3:19.22 34.87	400m: 4:28.97 34.02
2. Martim Alexandre, MESQUITA	09 Nautico Marinha Grande	4:37.67	446
50m: 31.05 31.05	150m: 1:40.73 35.73	250m: 2:53.10 35.99	350m: 4:04.15 35.59
100m: 1:05.00 33.95	200m: 2:17.11 36.38	300m: 3:28.56 35.46	400m: 4:37.67 33.52
3. Santiago Jose, PACHECO	09 Alcobaca	4:39.95	435
50m: 30.06 30.06	150m: 1:41.15 36.22	250m: 2:53.86 36.14	350m: 4:05.61 35.62
100m: 1:04.93 34.87	200m: 2:17.72 36.57	300m: 3:29.99 36.13	400m: 4:39.95 34.34
4. Pedro Fonseca, OLIVEIRA	09 Nautico Marinha Grande	4:55.08	372
50m: 31.83 31.83	150m: 1:44.26 36.70	250m: 3:00.26 38.16	350m: 4:17.80 38.58
100m: 1:07.56 35.73	200m: 2:22.10 37.84	300m: 3:39.22 38.96	400m: 4:55.08 37.28
5. Francisco Lourenco, CUSTODIO	09 Naval da Nazaré	4:58.33	360
50m: 32.09 32.09	150m: 1:46.71 38.17	250m: 3:03.82 38.36	350m: 4:21.06 38.30
100m: 1:08.54 36.45	200m: 2:25.46 38.75	300m: 3:42.76 38.94	400m: 4:58.33 37.27
6. Gabriel Santiago, FERREIRA	09 Uniao Juncalense	4:59.03	357
50m: 33.72 33.72	150m: 1:47.69 36.94	250m: 3:03.80 38.36	350m: 4:20.85 38.62
100m: 1:10.75 37.03	200m: 2:25.44 37.75	300m: 3:42.23 38.43	400m: 4:59.03 38.18
7. Maksym, TYSHCHUK	09 Nautico Marinha Grande	5:03.16	343
50m: 34.74 34.74	150m: 1:52.32 39.14	250m: 3:07.53 37.21	350m: 4:25.19 38.66
100m: 1:13.18 38.44	200m: 2:30.32 38.00	300m: 3:46.53 39.00	400m: 5:03.16 37.97
8. Vladyslav, BABUSHKIN	09 Nautico Marinha Grande	5:04.57	338
50m: 34.16 34.16	150m: 1:51.65 39.11	250m: 3:10.29 39.19	350m: 4:27.49 38.50
100m: 1:12.54 38.38	200m: 2:31.10 39.45	300m: 3:48.99 38.70	400m: 5:04.57 37.08
DNS Rodrigo Oliveira, SANTOS	09 Alcobaca		DNS



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Prova 14  
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Masc., 400m Livres

Junior MASC  
Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts		
1.	Tiago Santos, POMBO		08	Alcobaca				4:25.63	510		
	50m:	29.25 29.25	150m:	1:36.78 34.47	250m:	2:45.45 33.89	350m:	3:53.84 33.95			
	100m:	1:02.31 33.06	200m:	2:11.56 34.78	300m:	3:19.89 34.44	400m:	4:25.63 31.79			
2.	Santiago Boica, SOUSA		08	Vieirense				4:25.96	508		
	50m:	29.43 29.43	150m:	1:35.97 33.81	250m:	2:45.00 34.32	350m:	3:53.63 34.78			
	100m:	1:02.16 32.73	200m:	2:10.68 34.71	300m:	3:18.85 33.85	400m:	4:25.96 32.33			
3.	Diogo Coelho, JORDAO		08	Uniao Juncalense				4:47.93	400		
	50m:	32.78 32.78	150m:	1:45.97 36.45	250m:	2:59.42 36.82	350m:	4:12.70 36.51			
	100m:	1:09.52 36.74	200m:	2:22.60 36.63	300m:	3:36.19 36.77	400m:	4:47.93 35.23			
4.	Diogo Barata, ALVES		08	Nautico Marinha Grande				5:02.37	345		
	50m:	32.70 32.70	150m:	1:47.95 38.40	250m:	3:06.83 39.64	350m:	4:25.66 39.61			
	100m:	1:09.55 36.85	200m:	2:27.19 39.24	300m:	3:46.05 39.22	400m:	5:02.37 36.71			
5.	Andre Filipe, FERNANDES		07	Alcobaca				5:35.09	254		
	50m:	37.85 37.85	150m:	2:01.71 41.84	250m:	3:27.20 43.11	350m:	4:54.24 43.76			
	100m:	1:19.87 42.02	200m:	2:44.09 42.38	300m:	4:10.48 43.28	400m:	5:35.09 40.85			
EXH	Afonso Matos, CORREIA		09	Nucleo de Pombal				5:01.45	349		EXH
	50m:	33.47 33.47	150m:	1:51.08 39.08	250m:	3:09.94 39.09	350m:	4:25.01 36.94			
	100m:	1:12.00 38.53	200m:	2:30.85 39.77	300m:	3:48.07 38.13	400m:	5:01.45 36.44			
EXH	Tomas Ferreira, CARVALHO		11	Ba-Leiria				6:04.45	197		EXH
	50m:	38.69 38.69	150m:	2:11.27 46.76	250m:	3:45.85 47.67	350m:	5:21.52 47.44			
	100m:	1:24.51 45.82	200m:	2:58.18 46.91	300m:	4:34.08 48.23	400m:	6:04.45 42.93			
EXH	Andrey, POGOMIY		11	Ba-Leiria				6:10.89	187		EXH
	50m:	39.62 39.62	150m:	2:14.97 47.99	250m:	3:51.28 48.22	350m:	5:27.51 47.76			
	100m:	1:26.98 47.36	200m:	3:03.06 48.09	300m:	4:39.75 48.47	400m:	6:10.89 43.38			
EXH	Mihail, ONCIU		12	Ba-Leiria				6:56.62	132		EXH
	50m:	45.08 45.08	150m:	2:30.69 53.78	250m:	4:18.54 54.54	350m:	6:06.87 55.89			
	100m:	1:36.91 51.83	200m:	3:24.00 53.31	300m:	5:10.98 52.44	400m:	6:56.62 49.75			