



Prova de Preparação de Categorias 2025  
Benedita, 26/1/2025

Prova 22 Masc., 400m Livres Infantil (A+B) Masc  
26/01/2025 - 16:10 Resultados

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Vasco Silvestre, ROCHA		12	Nautico Marinha Grande				5:13.92	309
	50m:	34.24 34.24	150m:	1:53.07	39.93	250m:	3:16.17 42.08	350m:	4:35.78 38.97
	100m:	1:13.14 38.90	200m:	2:34.09	41.02	300m:	3:56.81 40.64	400m:	5:13.92 38.14
2.	Rodrigo Nicolau, RITA		11	Vieirense				5:21.34	288
	50m:	35.67 35.67	150m:	1:56.19	40.88	250m:	3:19.50 41.60	350m:	4:41.45 41.33
	100m:	1:15.31 39.64	200m:	2:37.90	41.71	300m:	4:00.12 40.62	400m:	5:21.34 39.89
3.	Diego Rodrigues, MENDES		11	Nautico Marinha Grande				5:29.12	268
	50m:	36.22 36.22	150m:	1:59.12	44.90	250m:	3:23.69 42.19	350m:	4:47.73 42.11
	100m:	1:14.22 38.00	200m:	2:41.50	42.38	300m:	4:05.62 41.93	400m:	5:29.12 41.39
4.	Sebastian, PACHECO		12	Naval de Peniche				5:31.12	263
	50m:	36.69 36.69	150m:	2:00.12	41.75	250m:	3:25.25 42.70	350m:	4:50.97 43.18
	100m:	1:18.37 41.68	200m:	2:42.55	42.43	300m:	4:07.79 42.54	400m:	5:31.12 40.15
5.	Tomas Barata, ALVES		12	Nautico Marinha Grande				5:35.87	252
	50m:	38.02 38.02	150m:	2:03.66	43.60	250m:	3:30.41 44.00	350m:	4:57.38 43.62
	100m:	1:20.06 42.04	200m:	2:46.41	42.75	300m:	4:13.76 43.35	400m:	5:35.87 38.49
6.	Rodrigo Freire, JOAQUIM		11	CNLeiria - VOID				5:37.86	247
	50m:	38.50 38.50	150m:	2:04.96	44.07	250m:	3:33.04 44.48	350m:	4:58.46 42.53
	100m:	1:20.89 42.39	200m:	2:48.56	43.60	300m:	4:15.93 42.89	400m:	5:37.86 39.40
7.	Rafael Teixeira, MARTINS		11	Naval de Peniche				5:45.50	231
	50m:	40.00 40.00	150m:	2:09.40	45.40	250m:	3:38.03 43.70	350m:	5:04.47 41.39
	100m:	1:24.00 44.00	200m:	2:54.33	44.93	300m:	4:23.08 45.05	400m:	5:45.50 41.03
8.	Joao Pedro, CRUZ		11	Naval de Peniche				5:48.88	225
	50m:	39.88 39.88	150m:	2:07.70	43.92	250m:	3:37.31 45.00	350m:	5:06.31 43.78
	100m:	1:23.78 43.90	200m:	2:52.31	44.61	300m:	4:22.53 45.22	400m:	5:48.88 42.57

Prova 22 Masc., 400m Livres Juvenil (A+B) Masc  
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Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Paulo, KOT		09	Nautico Marinha Grande				4:13.41	587
	50m:	29.17 29.17	150m:	1:32.02	31.90	250m:	2:36.76 32.46	350m:	3:41.69 32.47
	100m:	1:00.12 30.95	200m:	2:04.30	32.28	300m:	3:09.22 32.46	400m:	4:13.41 31.72
2.	Guilherme Meireles, MARRAZES		09	Nautico Marinha Grande				4:17.78	558
	50m:	28.96 28.96	150m:	1:32.81	32.78	250m:	2:39.53 33.64	350m:	3:46.14 33.03
	100m:	1:00.03 31.07	200m:	2:05.89	33.08	300m:	3:13.11 33.58	400m:	4:17.78 31.64
3.	David Ferrador, PEREIRA		09	CNLeiria - VOID				4:29.85	486
	50m:	29.99 29.99	150m:	1:37.92	34.47	250m:	2:47.70 34.85	350m:	3:57.36 34.59
	100m:	1:03.45 33.46	200m:	2:12.85	34.93	300m:	3:22.77 35.07	400m:	4:29.85 32.49
4.	Francisco Lourenco, PEDROSA		10	Nautico Marinha Grande				4:34.01	464
	50m:	30.20 30.20	150m:	1:38.57	34.15	250m:	2:48.65 35.27	350m:	3:59.34 35.52
	100m:	1:04.42 34.22	200m:	2:13.38	34.81	300m:	3:23.82 35.17	400m:	4:34.01 34.67
5.	Martim Alexandre, MESQUITA		09	Nautico Marinha Grande				4:34.63	461
	50m:	30.38 30.38	150m:	1:38.45	34.61	250m:	2:50.20 35.86	350m:	4:01.16 35.12
	100m:	1:03.84 33.46	200m:	2:14.34	35.89	300m:	3:26.04 35.84	400m:	4:34.63 33.47



Prova de Preparação de Categorias 2025  
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Prova 22, Masc., 400m Livres, Juvenil (A+B) Masc

Lugar	Ano	Tempo final	Pts
6. Tomas Manuel, PALMEIRO	10 Nautico Marinha Grande	4:35.59	456
50m: 30.56 30.56	150m: 1:39.41 35.00	250m: 2:50.91 35.78	350m: 4:01.69 35.00
100m: 1:04.41 33.85	200m: 2:15.13 35.72	300m: 3:26.69 35.78	400m: 4:35.59 33.90
7. Afonso Ferreira, REIS	10 Nautico Marinha Grande	4:36.66	451
50m: 31.02 31.02	150m: 1:40.22 35.03	250m: 2:49.87 34.43	350m: 4:01.09 35.72
100m: 1:05.19 34.17	200m: 2:15.44 35.22	300m: 3:25.37 35.50	400m: 4:36.66 35.57
8. Rodrigo Cruz, COSTA	09 Sanjoanense/FEPSA	4:40.97	431
50m: 30.98 30.98	150m: 1:41.23 35.60	250m: 2:53.36 35.73	350m: 4:05.40 36.27
100m: 1:05.63 34.65	200m: 2:17.63 36.40	300m: 3:29.13 35.77	400m: 4:40.97 35.57
9. Joao Piteira, GAIOLAS	10 Nautico Marinha Grande	4:41.67	427
50m: 30.76 30.76	150m: 1:40.75 35.19	250m: 2:52.56 35.86	350m: 4:06.31 36.63
100m: 1:05.56 34.80	200m: 2:16.70 35.95	300m: 3:29.68 37.12	400m: 4:41.67 35.36
10. Xinyang, CHENG	09 Nautico Marinha Grande	4:44.53	415
50m: 30.81 30.81	150m: 1:40.46 35.15	250m: 2:52.81 36.28	350m: 4:07.24 37.53
100m: 1:05.31 34.50	200m: 2:16.53 36.07	300m: 3:29.71 36.90	400m: 4:44.53 37.29
11. Pedro Fonseca, OLIVEIRA	09 Nautico Marinha Grande	4:48.50	398
50m: 31.97 31.97	150m: 1:42.72 36.00	250m: 2:56.97 37.15	350m: 4:12.32 37.71
100m: 1:06.72 34.75	200m: 2:19.82 37.10	300m: 3:34.61 37.64	400m: 4:48.50 36.18
12. Maksym, TYSHCHUK	09 Nautico Marinha Grande	4:59.30	356
50m: 32.16 32.16	150m: 1:46.34 37.58	250m: 3:02.75 38.13	350m: 4:21.02 39.27
100m: 1:08.76 36.60	200m: 2:24.62 38.28	300m: 3:41.75 39.00	400m: 4:59.30 38.28
13. Lucas Costa, JESUS	10 Nautico Marinha Grande	5:00.12	353
50m: 32.47 32.47	150m: 1:48.05 38.75	250m: 3:05.62 38.90	350m: 4:22.75 38.35
100m: 1:09.30 36.83	200m: 2:26.72 38.67	300m: 3:44.40 38.78	400m: 5:00.12 37.37
14. Vladyslav, BABUSHKIN	09 Nautico Marinha Grande	5:02.99	343
50m: 34.31 34.31	150m: 1:50.46 38.50	250m: 3:07.57 38.65	350m: 4:25.07 39.08
100m: 1:11.96 37.65	200m: 2:28.92 38.46	300m: 3:45.99 38.42	400m: 5:02.99 37.92
15. Simao Sousa, JESUS	10 Nautico Marinha Grande	5:07.09	330
50m: 33.87 33.87	150m: 1:50.62 39.28	250m: 3:09.59 39.62	350m: 4:29.62 39.71
100m: 1:11.34 37.47	200m: 2:29.97 39.35	300m: 3:49.91 40.32	400m: 5:07.09 37.47

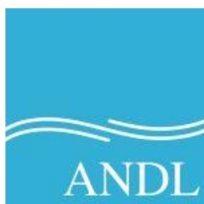
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Masc., 400m Livres

Junior Masc  
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Santiago Boica, SOUSA	08 Vieiraense	4:30.75	481
50m: 29.40 29.40	150m: 1:37.50 35.28	250m: 2:47.83 34.75	350m: 3:58.05 34.83
100m: 1:02.22 32.82	200m: 2:13.08 35.58	300m: 3:23.22 35.39	400m: 4:30.75 32.70
2. Daniel Gomes, SANTOS	08 Nautico Marinha Grande	4:33.92	465
50m: 30.63 30.63	150m: 1:37.74 33.97	250m: 2:47.60 35.15	350m: 3:59.10 36.00
100m: 1:03.77 33.14	200m: 2:12.45 34.71	300m: 3:23.10 35.50	400m: 4:33.92 34.82
3. Diogo Coelho, JORDAO	08 Uniao Juncalense	4:52.91	380
50m: 31.36 31.36	150m: 1:45.18 37.70	250m: 3:01.87 38.39	350m: 4:17.04 37.12
100m: 1:07.48 36.12	200m: 2:23.48 38.30	300m: 3:39.92 38.05	400m: 4:52.91 35.87
4. Diogo Barata, ALVES	08 Nautico Marinha Grande	5:10.84	318
50m: 33.49 33.49	150m: 1:51.31 39.47	250m: 3:10.44 39.55	350m: 4:31.09 39.93
100m: 1:11.84 38.35	200m: 2:30.89 39.58	300m: 3:51.16 40.72	400m: 5:10.84 39.75



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Prova 22  
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Masc., 400m Livres

Senior Masc  
Resultados

Pontos: AQUA 2024

Lugar	Ano								Tempo final	Pts
1. David Ferreira, RELVAS	03 Nautico Marinha Grande								4:14.08	582
50m: 28.75 28.75	150m: 1:31.72	32.25	250m: 2:37.55	32.97	350m: 3:42.65	32.75				
100m: 59.47 30.72	200m: 2:04.58	32.86	300m: 3:09.90	32.35	400m: 4:14.08	31.43				
2. Miguel Vicente, SILVA	02 Nautico Marinha Grande								4:16.76	564
50m: 28.06 28.06	150m: 1:32.16	32.29	250m: 2:37.94	32.78	350m: 3:43.83	32.81				
100m: 59.87 31.81	200m: 2:05.16	33.00	300m: 3:11.02	33.08	400m: 4:16.76	32.93				