



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

Prova 34 Masc., 400m Estilos Infantil (A+B) Masc
26/01/2025 - 18:23 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Vidar Albert, JUNG	11 Nautico Marinha Grande	5:25.85	374	
50m: 32.82 32.82	150m: 1:53.90 41.75	250m: 3:23.68 48.46	350m: 4:50.50 37.75	
100m: 1:12.15 39.33	200m: 2:35.22 41.32	300m: 4:12.75 49.07	400m: 5:25.85 35.35	
2. Vasco Sousa, LEMOS	11 Pimpoes/Cimai	5:55.85	287	
50m: 38.74 38.74	150m: 2:10.21 43.79	250m: 3:46.45 52.68	350m: 5:17.74 39.07	
100m: 1:26.42 47.68	200m: 2:53.77 43.56	300m: 4:38.67 52.22	400m: 5:55.85 38.11	
3. Martim Piedade, SANTOS	12 Pimpoes/Cimai	6:22.13	232	
50m: 41.23 41.23	150m: 2:23.38 49.65	250m: 4:07.91 57.00	350m: 5:45.34 40.71	
100m: 1:33.73 52.50	200m: 3:10.91 47.53	300m: 5:04.63 56.72	400m: 6:22.13 36.79	
4. Roberto Bento, CANAS	12 Pimpoes/Cimai	6:27.81	221	
50m: 46.01 46.01	150m: 2:31.95 47.73	250m: 4:09.06 51.26	350m: 5:45.29 44.80	
100m: 1:44.22 58.21	200m: 3:17.80 45.85	300m: 5:00.49 51.43	400m: 6:27.81 42.52	
5. Tomas Alves, ROCHA	11 Pimpoes/Cimai	6:40.05	202	
50m: 47.77 47.77	150m: 2:36.70 52.14	250m: 4:18.84 51.97	350m: 5:59.52 47.21	
100m: 1:44.56 56.79	200m: 3:26.87 50.17	300m: 5:12.31 53.47	400m: 6:40.05 40.53	
6. Joao Maria, TEMPERO	12 Pimpoes/Cimai	6:47.41	191	
50m: 46.45 46.45	150m: 2:32.70 53.39	250m: 4:21.28 57.97	350m: 6:05.59 46.11	
100m: 1:39.31 52.86	200m: 3:23.31 50.61	300m: 5:19.48 58.20	400m: 6:47.41 41.82	

DSQ Pedro Pereira, OLIVEIRA 11 Nautico Marinha Grande
O atleta tocou com uma mão na parede, nas viragens aos 250 e 300 metros.

Prova 34 Masc., 400m Estilos Juvenil (A+B) Masc
26/01/2025 - 18:23 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Manuel Leite, AGUIAR	09 Sanjoanense/FEPSA	5:17.02	406	
50m: 33.48 33.48	150m: 1:53.23 41.10	250m: 3:18.59 45.65	350m: 4:41.41 36.26	
100m: 1:12.13 38.65	200m: 2:32.94 39.71	300m: 4:05.15 46.56	400m: 5:17.02 35.61	

Prova 34 Masc., 400m Estilos Junior Masc
26/01/2025 - 18:23 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts	Cód Excepção
1. Mikhael, ONUTSKYY	08 Pimpoes/Cimai	4:51.51	522	
50m: 29.60 29.60	150m: 1:44.02 38.39	250m: 3:04.20 43.28	350m: 4:20.09 33.65	
100m: 1:05.63 36.03	200m: 2:20.92 36.90	300m: 3:46.44 42.24	400m: 4:51.51 31.42	
2. Rodrigo Santos, COUTINHO	08 Pimpoes/Cimai	5:10.34	433	
50m: 31.44 31.44	150m: 1:49.30 40.68	250m: 3:15.55 46.11	350m: 4:37.22 34.46	
100m: 1:08.62 37.18	200m: 2:29.44 40.14	300m: 4:02.76 47.21	400m: 5:10.34 33.12	