



XXXII Taça Vale do Tejo  
Abrantes, 18 de Janeiro de 2025

Prova 10  
18/01/2025

Masc., 400m Livres

Infantis  
Resultados

Rec Nac 25m Open	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29/03/2014
Rec Nac 25m Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04/04/2003
Rec Taça Vale do Tejo	4:14.55	RUIVO Andre Vilas	SANDL	Abrantes	12/04/2014

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	FISTICANU Daniel	11	Seleccao do Algarve	<b>4:32.48</b>		472	14,00
	50m: 30.19 30.19	150m: 1:38.62 34.63	250m: 2:48.92 35.36	350m: 3:58.68 34.57	400m: 4:32.48 33.80		
	100m: 1:03.99 33.80	200m: 2:13.56 34.94	300m: 3:24.11 35.19				
2.	PAULO Bernardo Goncalves	11	Seleccao de Lisboa	<b>4:32.65</b>		471	12,00
	50m: 30.59 30.59	150m: 1:38.92 34.63	250m: 2:49.51 35.40	350m: 3:59.13 34.71	400m: 4:32.65 33.52		
	100m: 1:04.29 33.70	200m: 2:14.11 35.19	300m: 3:24.42 34.91				
3.	PASSOS Goncalo Zamith	11	Seleccao do Norte de Portug	<b>4:37.98</b>		445	11,00
	50m: 30.97 30.97	150m: 1:40.12 35.14	250m: 2:51.49 36.10	350m: 4:02.99 35.53	400m: 4:37.98 34.99		
	100m: 1:04.98 34.01	200m: 2:15.39 35.27	300m: 3:27.46 35.97				
4.	FERNANDES Miguel Miranda	11	Seleccao Centro Norte Portu	<b>4:38.69</b>		441	10,00
	50m: 30.55 30.55	150m: 1:39.56 35.01	250m: 2:51.20 36.35	350m: 4:04.37 36.87	400m: 4:38.69 34.32		
	100m: 1:04.55 34.00	200m: 2:14.85 35.29	300m: 3:27.50 36.30				
5.	SANTOS Joao Daniel	12	Seleccao Distrito Leiria	<b>4:39.55</b>		437	9,00
	50m: 29.49 29.49	150m: 1:39.90 35.96	250m: 2:51.83 35.55	350m: 4:04.49 35.99	400m: 4:39.55 35.06		
	100m: 1:03.94 34.45	200m: 2:16.28 36.38	300m: 3:28.50 36.67				
6.	PIRES Filipe Miguel	11	Seleccao do Nordeste	<b>4:45.37</b>		411	8,00
	50m: 32.22 32.22	150m: 1:43.99 36.26	250m: 2:57.18 36.21	350m: 4:10.86 36.70	400m: 4:45.37 34.51		
	100m: 1:07.73 35.51	200m: 2:20.97 36.98	300m: 3:34.16 36.98				
7.	SILVA Hugo Ferreira	11	Seleccao de Coimbra	<b>4:46.46</b>		406	7,00
	50m: 32.37 32.37	150m: 1:44.23 36.37	250m: 2:57.81 36.90	350m: 4:11.51 36.70	400m: 4:46.46 34.95		
	100m: 1:07.86 35.49	200m: 2:20.91 36.68	300m: 3:34.81 37.00				
8.	PINTO Dinis Vieira	11	Seleccao do Minho	<b>4:53.04</b>		379	6,00
	50m: 32.87 32.87	150m: 1:46.94 37.76	250m: 3:02.73 38.01	350m: 4:17.18 36.30	400m: 4:53.04 35.86		
	100m: 1:09.18 36.31	200m: 2:24.72 37.78	300m: 3:40.88 38.15				
9.	DIAS Francisco Maria	11	Seleccao Distrito Santarem	<b>5:01.85</b>		347	5,00
	50m: 32.88 32.88	150m: 1:47.65 38.17	250m: 3:05.66 39.19	350m: 4:24.36 39.45	400m: 5:01.85 37.49		
	100m: 1:09.48 36.60	200m: 2:26.47 38.82	300m: 3:44.91 39.25				
10.	SILVA Alexandre Antonio	11	Seleccao da Madeira	<b>5:02.53</b>		345	4,00
	50m: 34.82 34.82	150m: 1:51.02 38.72	250m: 3:09.02 39.19	350m: 4:26.60 38.59	400m: 5:02.53 35.93		
	100m: 1:12.30 37.48	200m: 2:29.83 38.81	300m: 3:48.01 38.99				
11.	VIVEIROS Afonso Cordeiro	11	Seleccao dos Acores	<b>5:10.24</b>		320	3,00
	50m: 34.36 34.36	150m: 1:52.28 39.45	250m: 3:12.11 39.71	350m: 4:31.56 39.49	400m: 5:10.24 38.68		
	100m: 1:12.83 38.47	200m: 2:32.40 40.12	300m: 3:52.07 39.96				
12.	PEREIRA Dinis Lourenco	11	Seleccao do Interior Centro	<b>5:25.76</b>		276	2,00
	50m: 34.53 34.53	150m: 1:54.96 40.96	250m: 3:19.57 42.52	350m: 4:46.42 42.28	400m: 5:25.76 39.34		
	100m: 1:14.00 39.47	200m: 2:37.05 42.09	300m: 4:04.14 44.57				
13.	LOUCAO Bernardo Jose	11	Seleccao do Alentejo	<b>5:47.68</b>		227	1,00
	50m: 39.05 39.05	150m: 2:08.15 45.03	250m: 3:37.80 45.19	350m: 5:08.25 45.34	400m: 5:47.68 39.43		
	100m: 1:23.12 44.07	200m: 2:52.61 44.46	300m: 4:22.91 45.11				
DNS	SALVADOR Martim Maria	11	Seleccao Distrito Santarem				-





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Juvenis  
Resultados

Rec Nac 25m Open	3:42.57	LOPES Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Juv A	3:58.45	PEREIRA Rui Silva	ADRCIMM	Sines	17/12/2023
Rec Nac 25m Juv B	4:01.42	PEREIRA Rui Silva	POR	Tomar	15/01/2023
Rec Taça Vale do Tejo	3:59.75	COSTA Rui Filipe	SANNP	Abrantes	21/04/2007

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	MIMOSO Renato Ferreira	10	Seleccao de Lisboa	<b>4:06.41</b>		639	14,00
	50m: 28.17 28.17	150m: 1:29.92 31.25	250m: 2:33.38 31.82	350m: 3:36.75 31.58			
	100m: 58.67 30.50	200m: 2:01.56 31.64	300m: 3:05.17 31.79	400m: 4:06.41 29.66			
2.	MACEDO Martim Cunha	09	Seleccao do Norte de Portug	<b>4:06.55</b>		638	12,00
	50m: 28.29 28.29	150m: 1:29.91 31.30	250m: 2:33.31 31.45	350m: 3:36.32 31.03			
	100m: 58.61 30.32	200m: 2:01.86 31.95	300m: 3:05.29 31.98	400m: 4:06.55 30.23			
3.	KOT Paulo	09	Seleccao Distrito Leiria	<b>4:07.79</b>		628	11,00
	50m: 28.56 28.56	150m: 1:30.22 31.06	250m: 2:33.61 31.82	350m: 3:37.52 32.02			
	100m: 59.16 30.60	200m: 2:01.79 31.57	300m: 3:05.50 31.89	400m: 4:07.79 30.27			
4.	SILVA Rafael Alexandre	09	Seleccao do Algarve	<b>4:19.70</b>		545	10,00
	50m: 29.53 29.53	150m: 1:34.36 32.73	250m: 2:40.62 33.20	350m: 3:47.51 33.49			
	100m: 1:01.63 32.10	200m: 2:07.42 33.06	300m: 3:14.02 33.40	400m: 4:19.70 32.19			
5.	SOUSA Tomas Alexandre	10	Seleccao Centro Norte Portu	<b>4:19.78</b>		545	9,00
	50m: 29.97 29.97	150m: 1:35.68 33.14	250m: 2:43.23 33.70	350m: 3:49.95 33.03			
	100m: 1:02.54 32.57	200m: 2:09.53 33.85	300m: 3:16.92 33.69	400m: 4:19.78 29.83			
6.	PACHECO David Filipe	10	Seleccao Distrito Santarem	<b>4:21.07</b>		537	8,00
	50m: 29.51 29.51	150m: 1:34.63 33.04	250m: 2:42.28 33.86	350m: 3:49.10 33.00			
	100m: 1:01.59 32.08	200m: 2:08.42 33.79	300m: 3:16.10 33.82	400m: 4:21.07 31.97			
7.	BENTO Afonso Maria	09	Seleccao do Interior Centro	<b>4:23.35</b>		523	7,00
	50m: 29.32 29.32	150m: 1:35.03 33.38	250m: 2:42.07 33.36	350m: 3:50.34 34.18			
	100m: 1:01.65 32.33	200m: 2:08.71 33.68	300m: 3:16.16 34.09	400m: 4:23.35 33.01			
8.	GASPAR Joao Nuno	09	Seleccao de Coimbra	<b>4:25.58</b>		510	6,00
	50m: 29.84 29.84	150m: 1:35.62 33.71	250m: 2:44.80 34.78	350m: 3:53.49 34.29			
	100m: 1:01.91 32.07	200m: 2:10.02 34.40	300m: 3:19.20 34.40	400m: 4:25.58 32.09			
9.	SILVA Joao Bernardo	09	Seleccao da Madeira	<b>4:26.52</b>		505	5,00
	50m: 29.12 29.12	150m: 1:35.03 33.79	250m: 2:42.86 33.96	350m: 3:52.50 35.05			
	100m: 1:01.24 32.12	200m: 2:08.90 33.87	300m: 3:17.45 34.59	400m: 4:26.52 34.02			
10.	BARROS Raul Ventura	09	Seleccao do Minho	<b>4:29.76</b>		487	4,00
	50m: 32.04 32.04	150m: 1:40.61 34.36	250m: 2:48.96 33.57	350m: 3:56.26 33.66			
	100m: 1:06.25 34.21	200m: 2:15.39 34.78	300m: 3:22.60 33.64	400m: 4:29.76 33.50			
11.	REGO Antonio Luis	09	Seleccao dos Acores	<b>4:45.81</b>		409	3,00
	50m: 31.83 31.83	150m: 1:43.56 36.22	250m: 2:56.03 36.07	350m: 4:10.71 37.44			
	100m: 1:07.34 35.51	200m: 2:19.96 36.40	300m: 3:33.27 37.24	400m: 4:45.81 35.10			
12.	RODRIGUES Afonso Silva	09	Seleccao do Alentejo	<b>4:50.06</b>		391	2,00
	50m: 31.91 31.91	150m: 1:42.55 36.20	250m: 2:57.24 37.70	350m: 4:12.99 37.77			
	100m: 1:06.35 34.44	200m: 2:19.54 36.99	300m: 3:35.22 37.98	400m: 4:50.06 37.07			
13.	BAPTISTA Diogo Ribeiro	09	Seleccao do Nordeste	<b>5:13.08</b>		311	1,00
	50m: 35.64 35.64	150m: 1:54.11 40.44	250m: 3:14.13 39.61	350m: 4:33.86 39.39			
	100m: 1:13.67 38.03	200m: 2:34.52 40.41	300m: 3:54.47 40.34	400m: 5:13.08 39.22			





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Abrantes, 18 de Janeiro de 2025

Prova 10, Masc., 400m Livres

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
EXH	JORGE Daniel Filipe	10	Seleccao Distrito Santarem	<b>4:35.50</b>		457	-
	50m: 30.22 30.22	150m: 1:38.74 35.07	250m: 2:50.17 35.93	350m: 4:01.37 35.72			
	100m: 1:03.67 33.45	200m: 2:14.24 35.50	300m: 3:25.65 35.48	400m: 4:35.50 34.13			
EXH	RATO Luis Suissas	09	Seleccao Distrito Santarem	<b>4:49.12</b>		395	-
	50m: 30.22 30.22	150m: 1:42.41 37.80	250m: 2:58.46 37.88	350m: 4:13.08 36.60			
	100m: 1:04.61 34.39	200m: 2:20.58 38.17	300m: 3:36.48 38.02	400m: 4:49.12 36.04			

