

Prova 17
15/02/2025 - 15:05

Masc., 400m Livres

13 anos e mais velhos
Resultados

Pontos: AQUA 2024

Lugar	Nome	Idade	Licença	Clube	Tempo Final	Pontos	AQUA
Infantis							
1.	Francisco Maria, Dias	14	214981	VS	5:07.37	- 19,00	329
	50m: 33.75 33.75	150m: 1:51.93 39.88	250m: 3:11.63 39.82	350m: 4:30.46 39.28			
	100m: 1:12.05 38.30	200m: 2:31.81 39.88	300m: 3:51.18 39.55	400m: 5:07.37 36.91			
2.	Salvador Henrique, Vieira	13	211387	CNTN	5:20.45	- 17,00	290
	50m: 36.23 36.23	150m: 1:57.44 40.51	250m: 3:18.98 40.38	350m: 4:41.79 41.54			
	100m: 1:16.93 40.70	200m: 2:38.60 41.16	300m: 4:00.25 41.27	400m: 5:20.45 38.66			
3.	Goncalo Maria, Costa	13	207317	CEN	5:33.49	- 16,00	257
	50m: 38.04 38.04	150m: 2:02.07 42.34	250m: 3:27.93 42.88	350m: 4:53.87 42.76			
	100m: 1:19.73 41.69	200m: 2:45.05 42.98	300m: 4:11.11 43.18	400m: 5:33.49 39.62			
4.	Bernardo Jose, Loucao	14	218507	CNLA	5:36.63	- 15,00	250
	50m: 38.53 38.53	150m: 2:03.93 42.68	250m: 3:30.81 43.58	350m: 4:57.03 43.14			
	100m: 1:21.25 42.72	200m: 2:47.23 43.30	300m: 4:13.89 43.08	400m: 5:36.63 39.60			
5.	Dinis Lourenco, Pereira	14	215070	ANAR	5:37.47	- 14,00	248
	50m: 35.59 35.59	150m: 1:57.55 41.77	250m: 3:26.51 45.04	350m: 4:56.57 45.02			
	100m: 1:15.78 40.19	200m: 2:41.47 43.92	300m: 4:11.55 45.04	400m: 5:37.47 40.90			
6.	Sergio Ricardo, Alves	13	220933	CCDSERTA	6:04.96	- 13,00	196
	50m: 40.51 40.51	150m: 2:11.78 46.47	250m: 3:46.39 47.56	350m: 5:20.59 46.27			
	100m: 1:25.31 44.80	200m: 2:58.83 47.05	300m: 4:34.32 47.93	400m: 6:04.96 44.37			
7.	Diogo Leote, Pedrosa	13	218504	ACRZA	6:07.35	- 12,00	192
	50m: 41.08 41.08	150m: 2:15.09 47.59	250m: 3:51.56 48.36	350m: 5:23.75 44.17			
	100m: 1:27.50 46.42	200m: 3:03.20 48.11	300m: 4:39.58 48.02	400m: 6:07.35 43.60			
8.	Francisco Carvalho, Figueira	13	221962	CNP	6:20.42	- 11,00	173
	50m: 42.81 42.81	150m: 2:19.04 48.03	250m: 3:55.53 48.71	350m: 5:31.52 48.25			
	100m: 1:31.01 48.20	200m: 3:06.82 47.78	300m: 4:43.27 47.74	400m: 6:20.42 48.90			
9.	Tomas Oliveira, Marques	13	217541	CNG	6:54.15	- 10,00	134
	50m: 43.74 43.74	150m: 2:27.86 52.84	250m: 4:17.38 55.83	350m: 6:04.07 52.39			
	100m: 1:35.02 51.28	200m: 3:21.55 53.69	300m: 5:11.68 54.30	400m: 6:54.15 50.08			
Absolutos							
1.	Afonso Maria, Bento	16	211118	ANAR	4:26.82	19,00 -	503
	50m: 29.81 29.81	150m: 1:37.37 34.15	250m: 2:45.25 33.39	350m: 3:53.86 34.39			
	100m: 1:03.22 33.41	200m: 2:11.86 34.49	300m: 3:19.47 34.22	400m: 4:26.82 32.96			
2.	Tomas Alexandre, Santos	18	200575	BUZIOS	4:31.50	17,00 -	477
	50m: 29.69 29.69	150m: 1:37.14 34.25	250m: 2:46.62 34.78	350m: 3:57.03 35.21			
	100m: 1:02.89 33.20	200m: 2:11.84 34.70	300m: 3:21.82 35.20	400m: 4:31.50 34.47			
3.	Daniel Filipe, Jorge	15	210798	CNRM	4:34.01	16,00 -	464
	50m: 31.09 31.09	150m: 1:39.72 34.72	250m: 2:49.35 34.76	350m: 4:00.42 35.46			
	100m: 1:05.00 33.91	200m: 2:14.59 34.87	300m: 3:24.96 35.61	400m: 4:34.01 33.59			
4.	Diogo Miguel, Rosado	18	203129	GDRTCCMM	4:38.81	15,00 -	441
	50m: 31.52 31.52	150m: 1:41.71 35.22	250m: 2:53.24 35.72	350m: 4:04.53 35.47			
	100m: 1:06.49 34.97	200m: 2:17.52 35.81	300m: 3:29.06 35.82	400m: 4:38.81 34.28			
5.	Simao Pedro, Oliveira	18	205483	CNTN	4:40.86	14,00 -	431
	50m: 31.44 31.44	150m: 1:42.89 36.02	250m: 2:54.82 36.07	350m: 4:06.40 35.65			
	100m: 1:06.87 35.43	200m: 2:18.75 35.86	300m: 3:30.75 35.93	400m: 4:40.86 34.46			
6.	Tiago Romaneiro, Janeirinho	15	208921	AMINATA	4:43.58	13,00 -	419
	50m: 32.82 32.82	150m: 1:44.14 36.13	250m: 2:58.98 37.64	350m: 4:11.86 35.73			
	100m: 1:08.01 35.19	200m: 2:21.34 37.20	300m: 3:36.13 37.15	400m: 4:43.58 31.72			
7.	Samuel Andre, Mariano	23	132931	CNLA	4:43.82	12,00 -	418
	50m: 31.59 31.59	150m: 1:41.33 34.63	250m: 2:52.97 35.76	350m: 4:06.55 37.25			
	100m: 1:06.70 35.11	200m: 2:17.21 35.88	300m: 3:29.30 36.33	400m: 4:43.82 37.27			

Prova 17, Masc., 400m Livres, Absolutos

Lugar	Nome	Idade	Licença	Clube	Tempo Final	Pontos	AQUA
8.	Rodrigo Miguel, Silva	15	211085	ACMN	4:50.08	11,00	- 391
	50m: 32.03 32.03	150m: 1:45.97 37.14	250m: 3:01.09 37.89	350m: 4:15.30 36.65			
	100m: 1:08.83 36.80	200m: 2:23.20 37.23	300m: 3:38.65 37.56	400m: 4:50.08 34.78			
9.	Jose Miguel, Pais	15	208376	CNFU	4:53.17	10,00	- 379
	50m: 30.66 30.66	150m: 1:43.93 37.09	250m: 3:00.24 38.79	350m: 4:17.20 38.36			
	100m: 1:06.84 36.18	200m: 2:21.45 37.52	300m: 3:38.84 38.60	400m: 4:53.17 35.97			
10.	Bernardo Marques, Fernandes	18	208587	CLAC	5:04.15	9,00	- 339
	50m: 34.92 34.92	150m: 1:49.74 37.93	250m: 3:06.57 38.66	350m: 4:26.20 39.79			
	100m: 1:11.81 36.89	200m: 2:27.91 38.17	300m: 3:46.41 39.84	400m: 5:04.15 37.95			
11.	Joao Maria, Sanguinho	16	209032	CEN	5:16.49	8,00	- 301
	50m: 33.71 33.71	150m: 1:49.70 39.11	250m: 3:11.94 41.79	350m: 4:35.68 42.09			
	100m: 1:10.59 36.88	200m: 2:30.15 40.45	300m: 3:53.59 41.65	400m: 5:16.49 40.81			
12.	Afonso Ferreira, Filipe	15	214552	CCDSERTA	5:48.33	7,00	- 226
	50m: 39.10 39.10	150m: 2:07.77 44.57	250m: 3:40.81 45.73	350m: 5:08.78 41.45			
	100m: 1:23.20 44.10	200m: 2:55.08 47.31	300m: 4:27.33 46.52	400m: 5:48.33 39.55			
13.	Guilherme Serrano, Frois	17	146891	CFE	6:02.58	6,00	- 200
	50m: 40.12 40.12	150m: 2:12.86 47.53	250m: 3:47.82 47.06	350m: 5:19.34 45.20			
	100m: 1:25.33 45.21	200m: 3:00.76 47.90	300m: 4:34.14 46.32	400m: 6:02.58 43.24			