

Prova 19
08/03/2025

Masc., 400m Livres

13 anos e mais velhos
Resultados

TAC Infantis B Masc INF B 50m: 6:12.00 - 25m: 6:12.00 / TAC Infantis A Masc INF A 50m: 5:52.20 - 25m: 5:52.20 /
TAC Juvenis B Masc JUV B 50m: 5:28.81 - 25m: 5:28.81 / TAC Juvenis A Masc JUV A 50m: 5:18.19 - 25m: 5:18.19 /
TAC Juniores Masc JUN 50m: 5:12.19 - 25m: 5:12.19 / TAC Sêniores Masc SEN 50m: 5:08.19 - 25m: 5:08.19 /
TAC OPEN Portugal 16 JUV A: 4:21.37 / TAC OPEN Portugal 15 JUV B: 4:28.12 / TAC OPEN Portugal JUN 17 JUN 17: 4:14.62 /
TAC OPEN Portugal JUN 18 JUN 18: 4:12.21 / TAC OPEN Portugal SEN 19 19: 4:07.63 / TAC OPEN Portugal SEN 20 20: 4:05.94 /
TAC Zonal Infantis Masc INF A INF A: 4:57.50 / TAC Zonal Infantis INF B: 5:09.00

Pontos: AQUA 2024

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA
Infantis B ANALEN						
1.	Diogo Leote, Pedrosa	13	218504	Zona Azul	5:51.15	220
	50m: 38.04 38.04	150m: 2:07.73	45.34	250m: 3:37.98	44.79	350m: 5:08.59 45.36
	100m: 1:22.39 44.35	200m: 2:53.19	45.46	300m: 4:23.23	45.25	400m: 5:51.15 42.56
Infantis B ANICentro						
1.	Sergio Ricardo, Alves	13	220933	CCDSerta	6:06.61	194
	50m: 41.65 41.65	150m: 2:14.89	47.01	250m: 3:48.68	47.30	350m: 5:22.57 47.00
	100m: 1:27.88 46.23	200m: 3:01.38	46.49	300m: 4:35.57	46.89	400m: 6:06.61 44.04
Infantis A ANALEN						
1.	Guilherme Martins, Candeias	14	214799	Aminata	5:21.42	287
	50m: 36.38 36.38	150m: 1:57.01	41.28	250m: 3:19.50	41.37	350m: 4:41.74 40.99
	100m: 1:15.73 39.35	200m: 2:38.13	41.12	300m: 4:00.75	41.25	400m: 5:21.42 39.68
2.	Gustavo Cardoso, Santos	14	220031	Ndco	5:24.33	280
	50m: 36.89 36.89	150m: 1:58.23	40.99	250m: 3:21.52	41.81	350m: 4:45.01 41.87
	100m: 1:17.24 40.35	200m: 2:39.71	41.48	300m: 4:03.14	41.62	400m: 5:24.33 39.32
Infantis A ANICentro						
1.	Afonso Jose, Alves	14	214560	CCDSerta	5:21.40	288
	50m: 35.63 35.63	150m: 1:55.75	41.20	250m: 3:19.63	41.93	350m: 4:43.38 41.14
	100m: 1:14.55 38.92	200m: 2:37.70	41.95	300m: 4:02.24	42.61	400m: 5:21.40 38.02
Juvenis ANALEN						
1.	Tiago Romaneiro, Janeirinho	15	208921	Aminata	4:42.62	423
	50m: 32.83 32.83	150m: 1:45.05	36.16	250m: 2:57.77	36.21	350m: 4:09.89 35.88
	100m: 1:08.89 36.06	200m: 2:21.56	36.51	300m: 3:34.01	36.24	400m: 4:42.62 32.73
2.	Afonso Silva, Rodrigues	16	208670	Ndco	4:50.17	391
	50m: 32.65 32.65	150m: 1:45.73	36.91	250m: 3:00.21	37.30	350m: 4:14.93 37.35
	100m: 1:08.82 36.17	200m: 2:22.91	37.18	300m: 3:37.58	37.37	400m: 4:50.17 35.24
3.	Rodrigo Miguel, Silva	15	211085	Acmn	4:53.76	377
	50m: 33.30 33.30	150m: 1:48.68	38.61	250m: 3:05.65	38.70	350m: 4:18.72 35.93
	100m: 1:10.07 36.77	200m: 2:26.95	38.27	300m: 3:42.79	37.14	400m: 4:53.76 35.04
4.	Dinis Alexandre, Caeiro	16	208187	Grupo Desportivo Mora	5:05.17	336
	50m: 32.66 32.66	150m: 1:48.05	38.34	250m: 3:07.57	40.29	350m: 4:28.18 39.96
	100m: 1:09.71 37.05	200m: 2:27.28	39.23	300m: 3:48.22	40.65	400m: 5:05.17 36.99
5.	Edgar Van, Ramos	15	209505	Aminata	5:13.15	311
	50m: 35.35 35.35	150m: 1:54.80	39.69	250m: 3:15.99	41.09	350m: 4:35.02 38.68
	100m: 1:15.11 39.76	200m: 2:34.90	40.10	300m: 3:56.34	40.35	400m: 5:13.15 38.13
6.	Rodrigo Alexandre, Raposo	15	211084	Acmn	5:22.61	284
	50m: 36.35 36.35	150m: 1:56.70	40.82	250m: 3:18.76	40.64	350m: 4:42.34 41.93
	100m: 1:15.88 39.53	200m: 2:38.12	41.42	300m: 4:00.41	41.65	400m: 5:22.61 40.27

Prova 19, Masc., 400m Livres

Juvenis ANICentro

1. Tomas Verissimo, Silva	16	220440	Penta Clube Covilha	4:48.73	397
50m: 30.44 30.44	150m: 1:42.22	36.44	250m: 2:57.12	37.42	350m: 4:12.60 37.57
100m: 1:05.78 35.34	200m: 2:19.70	37.48	300m: 3:35.03	37.91	400m: 4:48.73 36.13
2. Joao Maria, Sanguinho	16	209032	Elvense	4:57.20	364
50m: 32.72 32.72	150m: 1:45.92	37.03	250m: 3:02.64	38.84	350m: 4:20.12 38.51
100m: 1:08.89 36.17	200m: 2:23.80	37.88	300m: 3:41.61	38.97	400m: 4:57.20 37.08
3. Jose Miguel, Pais	15	208376	Natacao do Fundao/Yes Energy	4:58.10	360
50m: 32.80 32.80	150m: 1:47.10	37.64	250m: 3:04.25	38.77	350m: 4:21.94 39.04
100m: 1:09.46 36.66	200m: 2:25.48	38.38	300m: 3:42.90	38.65	400m: 4:58.10 36.16

Absolutos ANALEN

1. Vasco Francisco, Pereira	18	204192	Aminata	4:26.09	507
50m: 29.54 29.54	150m: 1:36.96	34.29	250m: 2:44.85	34.12	350m: 3:52.08 34.15
100m: 1:02.67 33.13	200m: 2:10.73	33.77	300m: 3:17.93	33.08	400m: 4:26.09 34.01
2. Tiago Manuel, Azinheirinha	27	123043	Acmn	4:31.91	475
50m: 31.22 31.22	150m: 1:40.07	34.66	250m: 2:48.88	34.11	350m: 3:57.96 34.79
100m: 1:05.41 34.19	200m: 2:14.77	34.70	300m: 3:23.17	34.29	400m: 4:31.91 33.95
3. Diogo Miguel, Rosado	18	203129	Grupo Desportivo Mora	4:35.94	455
50m: 31.00 31.00	150m: 1:38.83	34.05	250m: 2:49.38	35.17	350m: 4:00.80 35.83
100m: 1:04.78 33.78	200m: 2:14.21	35.38	300m: 3:24.97	35.59	400m: 4:35.94 35.14
4. Ricardo Paixao, Cansado	18	208134	Aminata	4:38.91	440
50m: 31.19 31.19	150m: 1:40.22	34.88	250m: 2:51.93	36.13	350m: 4:05.03 36.59
100m: 1:05.34 34.15	200m: 2:15.80	35.58	300m: 3:28.44	36.51	400m: 4:38.91 33.88

Absolutos ANICentro

1. Antonio Maria, Ferreira	25	128468	Penta Clube Covilha	4:45.28	411
50m: 31.58 31.58	150m: 1:41.52	35.65	250m: 2:55.08	37.18	350m: 4:09.77 37.35
100m: 1:05.87 34.29	200m: 2:17.90	36.38	300m: 3:32.42	37.34	400m: 4:45.28 35.51
2. Romulo Artur, Silva	17	205494	Eléctrico	4:46.09	408
50m: 30.74 30.74	150m: 1:41.49	35.77	250m: 2:54.91	36.77	350m: 4:09.59 37.49
100m: 1:05.72 34.98	200m: 2:18.14	36.65	300m: 3:32.10	37.19	400m: 4:46.09 36.50
3. Tiago Maria, Costa FTL	17	200259	Elvense	5:13.17	311
50m: 35.36 35.36	150m: 1:52.39	39.33	250m: 3:14.69	41.56	350m: 4:35.51 40.25
100m: 1:13.06 37.70	200m: 2:33.13	40.74	300m: 3:55.26	40.57	400m: 5:13.17 37.66