

Prova 8  
07/03/2025

Masc., 400m Estilos

15 anos e mais velhos  
Resultados

TAC Juvenis B Masc JUV B 50m: 6:14.02 - 25m: 6:14.02 / TAC Juvenis A Masc JUV A 50m: 6:04.86 - 25m: 6:04.86 /  
TAC Juniores Masc JUN 50m: 6:01.86 - 25m: 6:01.86 / TAC Séniores Masc SEN 50m: 5:58.86 - 25m: 5:58.86 /  
TAC OPEN Portugal 16 JUV A: 4:58.72 / TAC OPEN Portugal 15 JUV B: 5:04.53 / TAC OPEN Portugal JUN 17 JUN 17: 4:52.42 /  
TAC OPEN Portugal JUN 18 JUN 18: 4:47.58 / TAC OPEN Portugal SEN 19 19: 4:41.77 / TAC OPEN Portugal SEN 20 20: 4:38.63

Pontos: AQUA 2024

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA
<b>Juvenis ANALEN</b>						
1.	Pedro Caeiro, Marques	16	212615	Aminata	<b>5:27.27</b>	369
	50m: 34.60 34.60	150m: 1:58.86	43.50	250m: 3:27.94	47.94	350m: 4:52.52 36.56
	100m: 1:15.36 40.76	200m: 2:40.00	41.14	300m: 4:15.96	48.02	400m: 5:27.27 34.75
2.	Diogo Miguel, Caravelinha	15	212614	Aminata	<b>5:39.84</b>	329
	50m: 36.47 36.47	150m: 2:01.86	43.24	250m: 3:32.43	49.29	350m: 5:02.48 39.65
	100m: 1:18.62 42.15	200m: 2:43.14	41.28	300m: 4:22.83	50.40	400m: 5:39.84 37.36
3.	Edgar Van, Ramos	15	209505	Aminata	<b>5:52.07</b>	296
	50m: 37.58 37.58	150m: 2:06.32	44.11	250m: 3:39.77	49.73	350m: 5:10.89 41.57
	100m: 1:22.21 44.63	200m: 2:50.04	43.72	300m: 4:29.32	49.55	400m: 5:52.07 41.18
4.	Mateus Duarte, Heleno	15	218244	GSC Grândola Sports Club	<b>6:11.81</b>	251
	50m: 31.35 31.35	150m: 2:04.41	47.48	250m: 3:50.89	59.67	350m: 5:30.94 41.63
	100m: 1:16.93 45.58	200m: 2:51.22	46.81	300m: 4:49.31	58.42	400m: 6:11.81 40.87
5.	Luis Carlos, Vaz FTL	15	209078	Litoral Alentejano	<b>6:20.52</b>	234
	50m: 41.33 41.33	150m: 2:19.59	47.07	250m: 3:58.86	53.61	350m: 5:37.95 44.39
	100m: 1:32.52 51.19	200m: 3:05.25	45.66	300m: 4:53.56	54.70	400m: 6:20.52 42.57
<b>Juvenis ANICentro</b>						
1.	Joao Maria, Sanguinho	16	209032	Elvense	<b>5:39.63</b>	330
	50m: 35.04 35.04	150m: 2:00.75	43.01	250m: 3:33.54	49.14	350m: 5:04.07 39.48
	100m: 1:17.74 42.70	200m: 2:44.40	43.65	300m: 4:24.59	51.05	400m: 5:39.63 35.56
2.	Manuel Maria, Sanguinho	16	209031	Elvense	<b>5:54.98</b>	289
	50m: 36.96 36.96	150m: 2:09.32	49.50	250m: 3:44.53	52.19	350m: 5:16.84 41.21
	100m: 1:19.82 42.86	200m: 2:52.34	43.02	300m: 4:35.63	51.10	400m: 5:54.98 38.14
3.	Guilherme Filipe, Rato	16	207003	AN Alcabastrense	<b>5:59.82</b>	277
	50m: 36.66 36.66	150m: 2:08.33	49.85	250m: 3:47.11	49.71	350m: 5:20.89 44.77
	100m: 1:18.48 41.82	200m: 2:57.40	49.07	300m: 4:36.12	49.01	400m: 5:59.82 38.93
<b>Absolutos ANALEN</b>						
1.	Samuel Andre, Mariano	23	132931	Litoral Alentejano	<b>5:04.78</b>	457
	50m: 30.77 30.77	150m: 1:45.66	39.30	250m: 3:09.69	44.54	350m: 4:31.21 35.77
	100m: 1:06.36 35.59	200m: 2:25.15	39.49	300m: 3:55.44	45.75	400m: 5:04.78 33.57
2.	Diogo Miguel, Rosado	18	203129	Grupo Desportivo Mora	<b>5:23.20</b>	383
	50m: 31.98 31.98	150m: 1:50.03	39.81	250m: 3:19.25	49.24	350m: 4:46.06 37.83
	100m: 1:10.22 38.24	200m: 2:30.01	39.98	300m: 4:08.23	48.98	400m: 5:23.20 37.14
3.	Guilherme Oliveira, Marques	17	203134	Grupo Desportivo Mora	<b>5:35.27</b>	343
	50m: 33.11 33.11	150m: 1:55.81	43.25	250m: 3:26.28	48.91	350m: 4:55.79 39.38
	100m: 1:12.56 39.45	200m: 2:37.37	41.56	300m: 4:16.41	50.13	400m: 5:35.27 39.48
<b>Absolutos ANICentro</b>						
1.	Eduardo Pires, Tavares	18	205385	AN Alcabastrense	<b>5:27.13</b>	369
	50m: 34.65 34.65	150m: 2:00.18	42.27	250m: 3:27.10	45.13	350m: 4:51.08 37.80
	100m: 1:17.91 43.26	200m: 2:41.97	41.79	300m: 4:13.28	46.18	400m: 5:27.13 36.05