

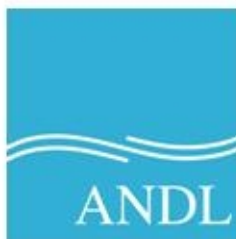


Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 15 - 16/3/2025

Prova 27 16/03/2025	Masc., 400m Livres				Absolutos (Jun+Sen) Resultados
Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac SEN	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 17	3:52.60	Rui Silva, PEREIRA	ADRCIMM	Tomar	14/12/2024

Pontos: AQUA 2024

Lugar	Ano		Tempo final							Pts	
1. Afonso Dinis, ROQUE	07	CNLeiria - VOID	4:07.54	630							
50m:	28.05	28.05	150m:	1:30.83	32.00	250m:	2:35.36	32.15	350m:	3:38.30	31.20
100m:	58.83	30.78	200m:	2:03.21	32.38	300m:	3:07.10	31.74	400m:	4:07.54	29.24
2. Mikhael, ONUTSKYY	08	Pimpoes/Cimai	4:10.32	609							
50m:	28.33	28.33	150m:	1:31.54	31.89	250m:	2:35.52	31.73	350m:	3:40.09	32.00
100m:	59.65	31.32	200m:	2:03.79	32.25	300m:	3:08.09	32.57	400m:	4:10.32	30.23
3. David Ferreira, RELVAS	03	Nautico Marinha Grande	4:13.10	589							
50m:	29.08	29.08	150m:	1:32.54	32.39	250m:	2:37.59	32.47	350m:	3:42.10	32.19
100m:	1:00.15	31.07	200m:	2:05.12	32.58	300m:	3:09.91	32.32	400m:	4:13.10	31.00
4. Francisco Xavier, RITA	07	Vieirense	4:13.23	588							
50m:	29.00	29.00	150m:	1:32.82	32.54	250m:	2:38.04	32.24	350m:	3:42.71	32.31
100m:	1:00.28	31.28	200m:	2:05.80	32.98	300m:	3:10.40	32.36	400m:	4:13.23	30.52
5. Tome Nunes, TOME	08	CNLeiria - VOID	4:23.30	523							
50m:	29.26	29.26	150m:	1:34.00	32.74	250m:	2:42.23	34.61	350m:	3:50.81	34.52
100m:	1:01.26	32.00	200m:	2:07.62	33.62	300m:	3:16.29	34.06	400m:	4:23.30	32.49
6. Santiago Boica, SOUSA	08	Vieirense	4:29.05	490							
50m:	30.36	30.36	150m:	1:37.65	33.78	250m:	2:46.63	34.42	350m:	3:55.72	34.64
100m:	1:03.87	33.51	200m:	2:12.21	34.56	300m:	3:21.08	34.45	400m:	4:29.05	33.33
7. Diogo Filipe, RODRIGUES	98	CNLeiria - VOID	4:31.41	478							
50m:	30.51	30.51	150m:	1:38.64	34.37	250m:	2:48.30	34.81	350m:	4:00.01	35.43
100m:	1:04.27	33.76	200m:	2:13.49	34.85	300m:	3:24.58	36.28	400m:	4:31.41	31.40
8. Andre Filipe, FERNANDES	07	Alcobaca	5:53.46	216							
50m:	35.35	35.35	150m:	2:02.14	45.53	250m:	3:35.61	46.88	350m:	5:09.34	47.16
100m:	1:16.61	41.26	200m:	2:48.73	46.59	300m:	4:22.18	46.57	400m:	5:53.46	44.12
9. Joao Pedro, MENDES	95	CNLeiria - VOID	6:01.37	202							
50m:	35.34	35.34	150m:	2:01.18	44.89	250m:	3:36.24	47.59	350m:	5:13.59	48.57
100m:	1:16.29	40.95	200m:	2:48.65	47.47	300m:	4:25.02	48.78	400m:	6:01.37	47.78



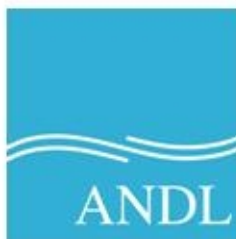
Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 15 - 16/3/2025

Prova 27, Masc., 400m Livres

Prova 27 16/03/2025	Masc., 400m Livres				Juvenis Masculinos (A+B) Resultados	
Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021	
Rec Nac JUV A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023	
Rec Nac JUV B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023	

Pontos: AQUA 2024

Lugar	Ano				Tempo final				Pts		
1. Paulo, KOT	09				Nautico Marinha Grande				4:08.75	621	
50m:	28.46	28.46	150m:	1:30.66	31.68	250m:	2:33.86	31.69	350m:	3:38.17	32.09
100m:	58.98	30.52	200m:	2:02.17	31.51	300m:	3:06.08	32.22	400m:	4:08.75	30.58
2. Santiago Agostinho, PARREIRA	09				Pimpoes/Cimai				4:10.05	611	
50m:	28.88	28.88	150m:	1:32.50	31.89	250m:	2:37.76	32.53	350m:	3:41.50	32.20
100m:	1:00.61	31.73	200m:	2:05.23	32.73	300m:	3:09.30	31.54	400m:	4:10.05	28.55
3. Guilherme Meireles, MARRAZES	09				Nautico Marinha Grande				4:23.72	521	
50m:	27.85	27.85	150m:	1:33.80	33.86	250m:	2:42.40	34.19	350m:	3:51.09	34.10
100m:	59.94	32.09	200m:	2:08.21	34.41	300m:	3:16.99	34.59	400m:	4:23.72	32.63
4. Guilherme Costa, REBELO	10				Pimpoes/Cimai				4:26.54	504	
50m:	30.07	30.07	150m:	1:36.08	33.11	250m:	2:43.29	33.74	350m:	3:52.57	34.75
100m:	1:02.97	32.90	200m:	2:09.55	33.47	300m:	3:17.82	34.53	400m:	4:26.54	33.97
5. Tomas Manuel, PALMEIRO	10				Nautico Marinha Grande				4:30.92	480	
50m:	29.95	29.95	150m:	1:37.87	34.35	250m:	2:48.02	34.93	350m:	3:58.21	35.02
100m:	1:03.52	33.57	200m:	2:13.09	35.22	300m:	3:23.19	35.17	400m:	4:30.92	32.71
6. Afonso Ferreira, REIS	10				Nautico Marinha Grande				4:31.85	475	
50m:	30.20	30.20	150m:	1:39.62	35.03	250m:	2:49.08	34.44	350m:	3:59.26	34.94
100m:	1:04.59	34.39	200m:	2:14.64	35.02	300m:	3:24.32	35.24	400m:	4:31.85	32.59
7. David Ferrador, PEREIRA	09				CNLeiria - VOID				4:33.32	468	
50m:	29.17	29.17	150m:	1:37.11	34.69	250m:	2:47.92	35.44	350m:	3:59.58	35.70
100m:	1:02.42	33.25	200m:	2:12.48	35.37	300m:	3:23.88	35.96	400m:	4:33.32	33.74
8. Martim Alexandre, MESQUITA	09				Nautico Marinha Grande				4:39.26	439	
50m:	30.53	30.53	150m:	1:39.80	35.47	250m:	2:51.77	35.83	350m:	4:04.14	36.05
100m:	1:04.33	33.80	200m:	2:15.94	36.14	300m:	3:28.09	36.32	400m:	4:39.26	35.12
9. Joao Piteira, GAIOLAS	10				Nautico Marinha Grande				4:40.33	434	
50m:	30.97	30.97	150m:	1:41.21	35.41	250m:	2:52.36	35.60	350m:	4:04.68	36.24
100m:	1:05.80	34.83	200m:	2:16.76	35.55	300m:	3:28.44	36.08	400m:	4:40.33	35.65
10. Lucas Costa, JESUS	10				Nautico Marinha Grande				4:52.73	381	
50m:	31.81	31.81	150m:	1:45.57	37.62	250m:	3:01.67	38.14	350m:	4:17.14	37.34
100m:	1:07.95	36.14	200m:	2:23.53	37.96	300m:	3:39.80	38.13	400m:	4:52.73	35.59
11. Vladyslav, BABUSHKIN	09				Nautico Marinha Grande				4:53.21	379	
50m:	31.72	31.72	150m:	1:45.13	37.55	250m:	3:00.62	37.92	350m:	4:16.59	38.07
100m:	1:07.58	35.86	200m:	2:22.70	37.57	300m:	3:38.52	37.90	400m:	4:53.21	36.62
DNS Francisco Lourenco, PEDROSA	10				Nautico Marinha Grande						



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 15 - 16/3/2025

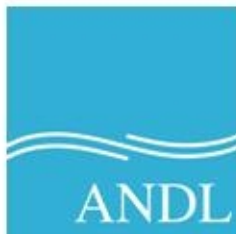
Prova 27, Masc., 400m Livres

Prova 27 Masc., 400m Livres Infantil A
16/03/2025 Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac INF A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Martim Duarte, ROQUE	11 CNLeiria - VOID	4:42.31	424
50m: 31.77 31.77	150m: 1:43.80 36.60	250m: 2:55.99 35.75	350m: 4:08.29 36.10
100m: 1:07.20 35.43	200m: 2:20.24 36.44	300m: 3:32.19 36.20	400m: 4:42.31 34.02
2. Martin, SHEVCHUK	11 CNLeiria - VOID	5:00.40	352
50m: 33.23 33.23	150m: 1:48.78 38.42	250m: 3:05.83 38.36	350m: 4:23.35 38.11
100m: 1:10.36 37.13	200m: 2:27.47 38.69	300m: 3:45.24 39.41	400m: 5:00.40 37.05
3. Rodrigo Nicolau, RITA	11 Vieiraense	5:06.04	333
50m: 34.01 34.01	150m: 1:52.36 39.26	250m: 3:11.12 39.92	350m: 4:28.36 37.65
100m: 1:13.10 39.09	200m: 2:31.20 38.84	300m: 3:50.71 39.59	400m: 5:06.04 37.68
4. Dinis Morgado, FERREIRA	11 Ba-Leiria	5:25.72	276
50m: 34.90 34.90	150m: 1:55.49 41.36	250m: 3:20.74 42.94	350m: 4:46.61 42.86
100m: 1:14.13 39.23	200m: 2:37.80 42.31	300m: 4:03.75 43.01	400m: 5:25.72 39.11
5. Rafael Teixeira, MARTINS	11 Naval de Peniche	5:26.20	275
50m: 36.50 36.50	150m: 1:58.22 42.25	250m: 3:22.94 42.24	350m: 4:49.11 42.28
100m: 1:15.97 39.47	200m: 2:40.70 42.48	300m: 4:06.83 43.89	400m: 5:26.20 37.09
6. Diego Rodrigues, MENDES	11 Nautico Marinha Grande	5:26.41	274
50m: 37.83 37.83	150m: 2:00.78 41.49	250m: 3:24.43 41.83	350m: 4:48.07 41.63
100m: 1:19.29 41.46	200m: 2:42.60 41.82	300m: 4:06.44 42.01	400m: 5:26.41 38.34
7. Joao Pedro, CRUZ	11 Naval de Peniche	5:36.79	250
50m: 38.78 38.78	150m: 2:04.27 42.75	250m: 3:29.52 42.24	350m: 4:56.06 42.95
100m: 1:21.52 42.74	200m: 2:47.28 43.01	300m: 4:13.11 43.59	400m: 5:36.79 40.73
8. Tomas Alves, ROCHA	11 Pimpoes/Cimai	5:37.57	248
50m: 40.50 40.50	150m: 2:06.71 43.00	250m: 3:34.09 43.62	350m: 4:59.91 42.82
100m: 1:23.71 43.21	200m: 2:50.47 43.76	300m: 4:17.09 43.00	400m: 5:37.57 37.66
9. Joao Rodrigo, BREDA	11 Nautico Marinha Grande	5:45.40	232
50m: 36.94 36.94	150m: 2:03.05 44.29	250m: 3:33.44 44.24	350m: 5:03.94 45.26
100m: 1:18.76 41.82	200m: 2:49.20 46.15	300m: 4:18.68 45.24	400m: 5:45.40 41.46
10. Tomas Ferreira, CARVALHO	11 Ba-Leiria	5:55.47	212
50m: 39.53 39.53	150m: 2:10.26 45.90	250m: 3:43.12 46.93	350m: 5:14.92 45.95
100m: 1:24.36 44.83	200m: 2:56.19 45.93	300m: 4:28.97 45.85	400m: 5:55.47 40.55
11. Bruno Garcia, MILITAO	11 Óbidos	5:56.87	210
50m: 37.05 37.05	150m: 2:06.78 46.00	250m: 3:40.53 47.06	400m: 5:56.87 1:28.84
100m: 1:20.78 43.73	200m: 2:53.47 46.69	300m: 4:28.03 47.50	
12. Andrey, POGOMIY	11 Ba-Leiria	6:05.67	195
50m: 41.40 41.40	150m: 2:14.75 47.05	250m: 3:47.46 46.20	350m: 5:20.40 46.04
100m: 1:27.70 46.30	200m: 3:01.26 46.51	300m: 4:34.36 46.90	400m: 6:05.67 45.27



Campeonato Distrital de Inverno da ANDL - INF, JUV e ABS
Leiria, 15 - 16/3/2025

Prova 27, Masc., 400m Livres, Infantil A

Lugar	Ano	Tempo final	Pts
DNS Rodrigo Duarte, CARREIRA	11 Alcobaca		

Prova 27 Masc., 400m Livres Infantil B
16/03/2025 Resultados

Rec Nac Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac INF B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Sebastian, PACHECO	12 Naval de Peniche	5:12.07	314
50m: 34.84 34.84	150m: 1:51.98 39.23	250m: 3:12.99 40.18	350m: 4:34.88 40.97
100m: 1:12.75 37.91	200m: 2:32.81 40.83	300m: 3:53.91 40.92	400m: 5:12.07 37.19
2. Eduardo Manuel, FERREIRA	12 Nucleo de Pombal	5:23.69	281
50m: 36.04 36.04	150m: 1:58.07 40.60	250m: 3:21.03 41.61	350m: 4:43.89 41.03
100m: 1:17.47 41.43	200m: 2:39.42 41.35	300m: 4:02.86 41.83	400m: 5:23.69 39.80
3. Joao Pedro, BELO	12 Nautico Marinha Grande	5:39.00	245
50m: 38.10 38.10	150m: 2:04.82 43.95	250m: 3:32.59 43.18	350m: 4:58.92 43.13
100m: 1:20.87 42.77	200m: 2:49.41 44.59	300m: 4:15.79 43.20	400m: 5:39.00 40.08
4. Duarte Costa, MADEIRA	12 Alcobaca	5:44.88	233
50m: 38.13 38.13	150m: 2:07.06 44.94	250m: 3:36.29 44.62	350m: 5:04.50 43.88
100m: 1:22.12 43.99	200m: 2:51.67 44.61	300m: 4:20.62 44.33	400m: 5:44.88 40.38
5. Afonso Mourao, MIRANDA	12 Ba-Leiria	6:10.01	188
50m: 39.71 39.71	150m: 2:13.77 47.98	250m: 3:50.40 48.74	350m: 5:26.03 47.59
100m: 1:25.79 46.08	200m: 3:01.66 47.89	300m: 4:38.44 48.04	400m: 6:10.01 43.98
6. Goncalo Nunes, MORAIS	12 Ba-Leiria	6:10.47	188
50m: 42.13 42.13	150m: 2:19.31 48.71	250m: 3:53.81 47.34	350m: 5:26.16 46.15
100m: 1:30.60 48.47	200m: 3:06.47 47.16	300m: 4:40.01 46.20	400m: 6:10.47 44.31
7. Duarte Mota, GASPAR	12 Ba-Leiria	7:05.26	124
50m: 45.94 45.94	150m: 2:35.52 54.72	250m: 4:23.47 53.19	350m: 6:16.73 56.85
100m: 1:40.80 54.86	200m: 3:30.28 54.76	300m: 5:19.88 56.41	400m: 7:05.26 48.53
8. Tiago Caixinha, SENICA	12 Ba-Leiria	7:11.10	119
50m: 47.09 47.09	150m: 2:36.22 54.84	250m: 4:29.41 57.40	350m: 6:20.87 56.00
100m: 1:41.38 54.29	200m: 3:32.01 55.79	300m: 5:24.87 55.46	400m: 7:11.10 50.23
EXH Joao Ferreira, MARQUES	06 Académica de Coimbra	4:08.99	619
50m: 28.22 28.22	150m: 1:30.16 31.39	250m: 2:33.57 31.85	350m: 3:38.06 32.08
100m: 58.77 30.55	200m: 2:01.72 31.56	300m: 3:05.98 32.41	400m: 4:08.99 30.93
EXH Afonso Martim, GOUVEIA	05 Académica de Coimbra	4:14.64	579
50m: 28.93 28.93	150m: 1:32.29 32.08	250m: 2:36.98 32.36	350m: 3:42.46 32.73
100m: 1:00.21 31.28	200m: 2:04.62 32.33	300m: 3:09.73 32.75	400m: 4:14.64 32.18