



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

Prova 48 16/03/2025	Masc., 400m Estilos				Absolutos (Jun+Sen) Resultados
Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac SEN	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Rec Nac 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014

Pontos: AQUA 2024

Lugar	Ano		Tempo final							Pts	
1. Francisco Marques, SIMOES	07	CNLeiria - VOID	4:36.98							609	
50m:	28.19	28.19	150m:	1:37.27	36.33	250m:	2:51.97	39.98	350m:	4:05.40	33.06
100m:	1:00.94	32.75	200m:	2:11.99	34.72	300m:	3:32.34	40.37	400m:	4:36.98	31.58
2. Mikhael, ONUTSKYY	08	Pimpoes/Cimai	4:42.84							572	
50m:	29.39	29.39	150m:	1:40.52	36.28	250m:	2:57.76	41.49	350m:	4:11.82	32.57
100m:	1:04.24	34.85	200m:	2:16.27	35.75	300m:	3:39.25	41.49	400m:	4:42.84	31.02
3. David Ferreira, RELVAS	03	Nautico Marinha Grande	4:45.48							556	
50m:	28.95	28.95	150m:	1:39.79	37.81	250m:	2:58.12	41.16	350m:	4:12.31	32.98
100m:	1:01.98	33.03	200m:	2:16.96	37.17	300m:	3:39.33	41.21	400m:	4:45.48	33.17
4. Diogo Filipe, RODRIGUES	98	CNLeiria - VOID	5:05.10							455	
50m:	30.66	30.66	150m:	1:49.20	42.84	250m:	3:12.05	41.27	350m:	4:31.99	37.50
100m:	1:06.36	35.70	200m:	2:30.78	41.58	300m:	3:54.49	42.44	400m:	5:05.10	33.11

Prova 48 16/03/2025	Masc., 400m Estilos				Juvenis Masculinos (A+B) Resultados
Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac JUV A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Rec Nac JUV B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003

Pontos: AQUA 2024

Lugar	Ano		Tempo final							Pts	
1. Paulo, KOT	09	Nautico Marinha Grande	4:44.00							565	
50m:	31.21	31.21	150m:	1:44.20	37.81	250m:	3:02.24	41.86	350m:	4:14.95	31.38
100m:	1:06.39	35.18	200m:	2:20.38	36.18	300m:	3:43.57	41.33	400m:	4:44.00	29.05
2. Guilherme Meireles, MARRAZES	09	Nautico Marinha Grande	4:54.13							508	
50m:	30.64	30.64	150m:	1:44.86	39.54	250m:	3:06.38	43.83	350m:	4:22.33	33.65
100m:	1:05.32	34.68	200m:	2:22.55	37.69	300m:	3:48.68	42.30	400m:	4:54.13	31.80
3. Martim Alexandre, MESQUITA	09	Nautico Marinha Grande	5:04.65							457	
50m:	31.40	31.40	150m:	1:48.21	40.98	250m:	3:13.04	44.90	350m:	4:32.57	34.46
100m:	1:07.23	35.83	200m:	2:28.14	39.93	300m:	3:58.11	45.07	400m:	5:04.65	32.08
4. Guilherme Rodrigues, CABRAL	10	Pimpoes/Cimai	5:04.81							457	
50m:	33.25	33.25	150m:	1:51.92	40.58	250m:	3:14.54	43.17	350m:	4:31.81	34.04
100m:	1:11.34	38.09	200m:	2:31.37	39.45	300m:	3:57.77	43.23	400m:	5:04.81	33.00
5. Tomas Manuel, PALMEIRO	10	Nautico Marinha Grande	5:06.26							450	
50m:	31.45	31.45	150m:	1:48.00	38.88	250m:	3:12.01	45.51	350m:	4:33.37	35.15
100m:	1:09.12	37.67	200m:	2:26.50	38.50	300m:	3:58.22	46.21	400m:	5:06.26	32.89



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Prova 48, Masc., 400m Estilos, Juvenis Masculinos (A+B)

Lugar			Ano					Tempo final	Pts
6.	Joao Piteira, GAIOLAS		10	Nautico Marinha Grande				5:07.39	445
	50m:	31.93 31.93	150m:	1:48.63 39.47	250m:	3:12.81 45.81	350m:	4:33.80 35.31	
	100m:	1:09.16 37.23	200m:	2:27.00 38.37	300m:	3:58.49 45.68	400m:	5:07.39 33.59	
7.	Tomas Marques, FRANCISCO		10	CNLeiria - VOID				5:20.56	393
	50m:	32.39 32.39	150m:	1:50.94 41.45	250m:	3:19.81 49.14	350m:	4:45.90 37.30	
	100m:	1:09.49 37.10	200m:	2:30.67 39.73	300m:	4:08.60 48.79	400m:	5:20.56 34.66	
8.	Gabriel Krempel, VARELA		10	Pimpoes/Cimai				5:28.22	366
	50m:	35.76 35.76	150m:	2:01.44 44.46	250m:	3:29.07 45.04	350m:	4:53.48 37.02	
	100m:	1:16.98 41.22	200m:	2:44.03 42.59	300m:	4:16.46 47.39	400m:	5:28.22 34.74	
9.	Lucas Costa, JESUS		10	Nautico Marinha Grande				5:28.64	364
	50m:	35.17 35.17	150m:	1:59.79 41.28	250m:	3:27.81 48.37	350m:	4:53.04 37.75	
	100m:	1:18.51 43.34	200m:	2:39.44 39.65	300m:	4:15.29 47.48	400m:	5:28.64 35.60	
10.	Francisco Antonio, SIMOES		10	Ba-Leiria				5:31.57	355
	50m:	36.86 36.86	150m:	2:04.22 43.27	250m:	3:31.06 44.87	350m:	4:55.78 38.67	
	100m:	1:20.95 44.09	200m:	2:46.19 41.97	300m:	4:17.11 46.05	400m:	5:31.57 35.79	
DNS	Francisco Lourenco, PEDROSA		10	Nautico Marinha Grande					