

Torneio de Fevereiro Categorias e Adaptada  
Lagos, 16/2/2025

Prova 24  
16/02/2025

Masc., 400m Estilos

Absoluto  
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
<b>Infantis A</b>			
1. Pedro Afonso, LOPES	11	<b>5:35.38</b>	343
50m: 35.09 35.09 150m: 2:00.48 43.46 250m: 3:29.44 46.68 350m: 4:57.66 40.53			
100m: 1:17.02 41.93 200m: 2:42.76 42.28 300m: 4:17.13 47.69 400m: 5:35.38 37.72			
2. Yago Samuel, DIAS	11	<b>5:52.32</b>	296
50m: 38.60 38.60 150m: 2:11.77 46.92 250m: 3:43.99 47.74 350m: 5:13.63 40.86			
100m: 1:24.85 46.25 200m: 2:56.25 44.48 300m: 4:32.77 48.78 400m: 5:52.32 38.69			
3. Diogo Kwan, DUARTE	11	<b>5:53.75</b>	292
50m: 35.90 35.90 150m: 2:05.40 47.50 250m: 3:41.25 50.00 350m: 5:13.65 42.00			
100m: 1:17.90 42.00 200m: 2:51.25 45.85 300m: 4:31.65 50.40 400m: 5:53.75 40.10			
4. Francisco Lourenco, VELHINHO	11	<b>5:56.85</b>	284
50m: 38.81 38.81 150m: 2:13.06 47.86 250m: 3:48.06 49.25 350m: 5:19.03 41.78			
100m: 1:25.20 46.39 200m: 2:58.81 45.75 300m: 4:37.25 49.19 400m: 5:56.85 37.82			
<b>Juvenis B</b>			
1. Francisco Reis, PETERSSON	10	<b>5:34.06</b>	347
50m: 35.27 35.27 150m: 1:59.70 44.32 250m: 3:30.03 48.47 350m: 4:57.17 38.36			
100m: 1:15.38 40.11 200m: 2:41.56 41.86 300m: 4:18.81 48.78 400m: 5:34.06 36.89			
<b>Juvenis A</b>			
1. Rafael Alexandre, SILVA	09	<b>4:58.30</b>	487
50m: 31.50 31.50 150m: 1:45.47 38.85 250m: 3:07.47 44.10 350m: 4:25.44 33.54			
100m: 1:06.62 35.12 200m: 2:23.37 37.90 300m: 3:51.90 44.43 400m: 4:58.30 32.86			
<b>Juniores</b>			
1. Georgi Stoyanov, ZELENGOROV	08	<b>5:24.53</b>	378
50m: 32.47 32.47 150m: 1:56.50 45.75 250m: 3:22.90 44.04 350m: 4:46.97 38.47			
100m: 1:10.75 38.28 200m: 2:38.86 42.36 300m: 4:08.50 45.60 400m: 5:24.53 37.56			
<b>Seniores</b>			
1. Goncalo Gualberto, BARBARA	00	<b>4:50.47</b>	528
50m: 30.11 30.11 150m: 1:43.47 38.69 250m: 3:00.50 39.60 350m: 4:16.72 34.82			
100m: 1:04.78 34.67 200m: 2:20.90 37.43 300m: 3:41.90 41.40 400m: 4:50.47 33.75			