



Jornada Apuramento Categorias  
Coruche,19-01-2025

Prova 7  
19/01/2025

400m Estilos

5 anos e mais velhos  
Resultados

Inf B Femin.: 7:40.00; Inf A Femin.: 7:06.00; Juv B Femin.: 7:00.00; Juv A Femin.: 6:45.00; Jun/Sen Femin.: 6:35.00;  
Inf A Masc.: 7:00.00; Inf B Masc.: 7:28.00; Juv A Masc.: 6:35.00; Juv B Masc.: 6:48.00; Jun/Sen Masc.: 6:30.00

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
<b>Absoluto, Femin.</b>			
1. Leonor Sombreiro Martins	10 BUZIOS-Coruche	<b>5:32.55</b>	472
50m: 34.64 100m: 1:16.21 200m: 2:40.76 300m: 4:20.28 400m: 5:32.55			
2. Mariana Mauricio Coelho	07 BUZIOS-Coruche	<b>6:05.26</b>	356
50m: 38.55 100m: 1:26.79 200m: 2:55.72 300m: 4:48.12 400m: 6:05.26			
3. Benedita Maria Lagarinhos	11 Viver Santarem	<b>6:05.30</b>	356
50m: 35.91 100m: 1:18.37 200m: 2:51.29 300m: 4:42.00 400m: 6:05.30			
4. Rita Lino Ferreira	11 BUZIOS-Coruche	<b>6:14.03</b>	331
50m: 41.56 100m: 1:29.77 200m: 3:09.60 300m: 4:50.69 400m: 6:14.03			
5. Alicia Lopes Deep	12 BUZIOS-Coruche	<b>6:24.69</b>	304
50m: 42.98 100m: 1:37.39 200m: 3:17.92 300m: 5:02.60 400m: 6:24.69			
6. Maria Amelia Torres	13 Viver Santarem	<b>6:29.58</b>	293
50m: 41.56 100m: 1:31.19 200m: 3:07.81 300m: 4:59.50 400m: 6:29.58			
7. Catarina Isabel Galvao	09 BUZIOS-Coruche	<b>6:42.03</b>	267
<i>FTL</i>			
50m: 42.20 100m: 1:31.93 200m: 3:18.00 300m: 5:13.62 400m: 6:42.03			
8. Maria Carolina Fidalgo	13 Viver Santarem	<b>7:15.91</b>	209
50m: 50.45 100m: 1:46.98 200m: 3:34.06 300m: 5:37.13 400m: 7:15.91			
9. Joana Ines Antunes	13 CPFZ - Natacao	<b>7:22.50</b>	200
50m: 49.00 100m: 1:49.28 200m: 3:36.38 300m: 5:47.95 400m: 7:22.50			
10. Barbara Godinho Simoes	13 CPFZ - Natacao	<b>7:40.77</b>	177
<i>FTL</i>			
50m: 48.82 100m: 1:51.43 200m: 3:39.12 300m: 6:00.58 400m: 7:40.77			
WDR Carolina Cupertino Marchante	09 CLAC-Entroncamento		
<b>Absoluto, Masc.</b>			
1. Joao Pedro Monteiro	08 BUZIOS-Coruche	<b>5:00.61</b>	476
50m: 30.90 100m: 1:06.40 200m: 2:25.15 300m: 3:50.93 400m: 5:00.61			
2. David Filipe Pacheco	10 BUZIOS-Coruche	<b>5:08.27</b>	441
50m: 31.85 100m: 1:09.05 200m: 2:28.69 300m: 3:59.87 400m: 5:08.27			
3. Artur Rafael Saramago	97 BUZIOS-Coruche	<b>5:09.60</b>	436
50m: 30.31 100m: 1:06.66 200m: 2:28.16 300m: 3:58.07 400m: 5:09.60			
4. Miguel Ferreira Cruz	08 CLAC-Entroncamento	<b>5:30.90</b>	357
50m: 34.67 100m: 1:17.31 200m: 2:39.97 300m: 4:16.87 400m: 5:30.90			
5. Dinis Maria Garcia	09 Nautico Abrantes	<b>5:31.63</b>	354
50m: 38.16 100m: 1:22.91 200m: 2:47.98 300m: 4:17.70 400m: 5:31.63			
6. Afonso Goncalves Leite	10 CLAC-Entroncamento	<b>6:08.29</b>	259
50m: 37.36 100m: 1:22.11 200m: 2:59.37 300m: 4:41.38 400m: 6:08.29			
7. Bernardo Marques Fernandes	07 CLAC-Entroncamento	<b>6:13.56</b>	248
50m: 40.59 100m: 1:31.31 200m: 3:04.14 300m: 4:52.31 400m: 6:13.56			
8. Rodrigo Duque Dias	09 CLAC-Entroncamento	<b>6:24.28</b>	228
50m: 38.68 100m: 1:25.25 200m: 3:02.46 300m: 4:54.50 400m: 6:24.28			

Prova 7, Masc., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
9. Afonso Ferreira Cruz <i>FTL</i>	12 CLAC-Entroncamento	<b>7:46.44</b>	127
50m: 52.23 100m: 1:55.59 200m: 3:50.69 300m: 6:06.87 400m: 7:46.44			
DSQ Rodrigo Miguel Alcobia <i>WPS 11.4.5 - O atleta efetuou movimento vertical de pernas durante o percurso de braços</i>	11 CPFZ - Natacao		
DSQ Gabriel Antonio Marques <i>SW 9.4 - O (a) atleta não executou a viragem dos 250 metros de acordo com as regras aplicadas para esse estilo em particular, , percurso de braços</i>	11 Nautico Abrantes		

S110, Masc.

1. Joao Pedro Monteiro	08 BUZIOS-Coruche	<b>5:00.61</b>	476
50m: 30.90 100m: 1:06.40 200m: 2:25.15 300m: 3:50.93 400m: 5:00.61			
2. David Filipe Pacheco	10 BUZIOS-Coruche	<b>5:08.27</b>	441
50m: 31.85 100m: 1:09.05 200m: 2:28.69 300m: 3:59.87 400m: 5:08.27			
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50m: 52.23 100m: 1:55.59 200m: 3:50.69 300m: 6:06.87 400m: 7:46.44			
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DSQ Gabriel Antonio Marques <i>SW 9.4 - O (a) atleta não executou a viragem dos 250 metros de acordo com as regras aplicadas para esse estilo em particular, , percurso de braços</i>	11 Nautico Abrantes		