

Torneio Regional de Velocidade e Preparação  
Grândola, 25/1/2025

Prova 1 400m Estilos 12 - 16 anos  
25/01/2025 Resultados

Rec Regional Open	4:45.12	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Rec Regional 16	4:56.40	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	23/11/2014
Rec Regional 15	5:01.37	Francisco Alves CORREIA	CNLA	Ponte de Sor	19/03/2019
Rec Regional 14	5:03.68	Tiago Pastor ESCADA	AMINATA	Sto Antonio dos Cavaleiros	15/03/2013
Rec Regional 13	5:18.10	Tiago Pastor ESCADA	AMINATA	Sto Antonio dos Cavaleiros	16/03/2012
Rec Regional Open	4:55.96	Ana Reis SOUSA	CNLA	Porto	08/12/2017
Rec Regional 16	4:55.96	Ana Reis SOUSA	CNLA	Porto	08/12/2017
Rec Regional 15	5:28.55	Nicoleta LASCU	CNLA	Sines	12/11/2016
Rec Regional 14	5:29.14	Ana Reis SOUSA	CNLA	Setubal	04/12/2015
Rec Regional 13	5:49.79	Ines Bicho FADISTA	AMINATA	Sto Antonio Cavaleiros	15/03/2013
Rec Regional 12	6:06.33	Carolina Pastor ESCADA	AMINATA	Sto Antonio Cavaleiros	16/03/2012

Pontos: AQUA 2024

Lugar	Nome	Idade	Clube	Tempo final	Pontos
<b>12 - 13 anos, Femin.</b>					
1.	Lara Amorim PEREIRA	12	Litoral Alentejano	<b>6:39.94</b>	271
	50m: 44.55 44.55	150m: 2:29.19	48.79	250m: 4:13.47	55.13
	100m: 1:40.40 55.85	200m: 3:18.34	49.15	300m: 5:11.43	57.96
				350m: 5:56.34	44.91
				400m: 6:39.94	43.60
2.	Ines Borges COSTA	13	Ndco	<b>6:45.00</b>	261
	50m: 45.80 45.80	150m: 2:33.08	49.98	250m: 4:20.30	57.58
	100m: 1:43.10 57.30	200m: 3:22.72	49.64	300m: 5:18.14	57.84
				350m: 6:01.70	43.56
				400m: 6:45.00	43.30
3.	Carolina Paixao CENICO	13	Acmn	<b>7:01.68</b>	231
	50m: 46.09 46.09	150m:		250m:	
	100m: 1:42.27 56.18	200m: 3:34.64		300m:	
				350m:	
				400m: 7:01.68	
4.	Inês ROCHA	13	Seagull Rescue	<b>7:03.04</b>	229
	50m: 40.30 40.30	150m: 2:31.14	1:00.89	250m: 4:24.71	58.95
	100m: 1:30.25 49.95	200m: 3:25.76	54.62	300m: 5:25.18	1:00.47
				350m: 6:15.17	49.99
				400m: 7:03.04	47.87
5.	Ariana Nunes BATISTA	13	GSC Grândola Sports Club	<b>7:21.21</b>	202
	50m: 56.53 56.53	150m: 2:51.69	52.05	250m: 4:45.31	1:04.06
	100m: 1:59.64 1:03.11	200m: 3:41.25	49.56	300m: 5:46.82	1:01.51
				350m: 6:34.94	48.12
				400m: 7:21.21	46.27

**13 - 14 anos, Masc.**

1.	Guilherme Martins CANDEIAS	14	Aminata	<b>5:57.18</b>	284
	50m: 42.09 42.09	150m:		250m:	
	100m: 1:28.67 46.58	200m: 2:58.54		300m:	
				350m:	
				400m: 5:57.18	
2.	Gustavo Cardoso SANTOS	14	Ndco	<b>6:30.78</b>	216
	50m: 45.13 45.13	150m: 2:29.74	50.55	250m: 4:12.17	55.26
	100m: 1:39.19 54.06	200m: 3:16.91	47.17	300m: 5:07.41	55.24
				350m: 5:49.84	42.43
				400m: 6:30.78	40.94

**14 - 15 anos, Femin.**

1.	Margarida Maria BEATO	14	GSC Grândola Sports Club	<b>6:45.09</b>	261
	50m: 43.83 43.83	150m: 2:33.82	51.88	250m: 4:20.67	54.59
	100m: 1:41.94 58.11	200m: 3:26.08	52.26	300m: 5:17.92	57.25
				350m: 6:01.94	44.02
				400m: 6:45.09	43.15
EXH	Pedro Caeiro MARQUES	16	Aminata	<b>5:28.82</b>	364
	50m: 35.47 35.47	150m:		250m:	
	100m: 1:16.83 41.36	200m: 2:41.32		300m:	
				350m:	
				400m: 5:28.82	
EXH	Diogo Miguel CARAVELINHA	15	Aminata	<b>5:44.52</b>	316
	50m: 37.59 37.59	150m:		250m:	
	100m: 1:21.03 43.44	200m: 2:45.83		300m:	
				350m:	
				400m: 5:44.52	
EXH	Pedro Isidoro ARSENIO	16	Aljustrelense	<b>6:26.73</b>	223
	50m: 39.32 39.32	150m: 2:24.71	54.38	250m: 4:04.09	50.70
	100m: 1:30.33 51.01	200m: 3:13.39	48.68	300m: 4:57.22	53.13
				350m: 5:45.21	47.99
				400m: 6:26.73	41.52
EXH	Rita Isabel OLIVEIRA	15	Estremoz	<b>6:37.60</b>	276
	50m: 39.66 39.66	150m:		250m:	
	100m: 1:30.44 50.78	200m: 3:14.36		300m:	
				350m:	
				400m: 6:37.60	

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Prova 1, 400m Estilos

Lugar	Nome			Idade	Clube		Tempo final	Pontos
EXH	Alice Raquel DIAS			14	Grupo Desportivo Mora		<b>6:47.56</b>	256
	50m:	45.70	45.70	150m:		250m:	350m:	
	100m:	1:40.71	55.01	200m:	3:18.15	300m:	400m:	6:47.56