

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

Prova 10 25/01/2025	400m Livres				12 - 16 anos Resultados
Rec Regional Open	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Rec Regional 16	4:13.67	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	14/03/2015
Rec Regional 15	4:18.68	Nelson Pereira MALHEIROS	CNLA	Sines	25/04/2014
Rec Regional 14	4:33.56	Miguel Martins BALTAZAR	ANALEN	Abrantes	14/04/2012
Rec Regional 13	4:39.59	Gustavo Manuel SANTA	Ind ANALEP	Sines	13/05/2006
Rec Regional Open	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Regional 16	4:13.53	Ana Reis SOUSA	CNLA	Porto	09/12/2017
Rec Regional 15	4:31.62	Ana Reis SOUSA	CNLA	Abrantes	27/11/2016
Rec Regional 14	4:38.31	Ana Reis SOUSA	CNLA	Caldas da Rainha	29/11/2015
Rec Regional 13	4:49.18	Joana ESCARIA	AMINATA	Tomar	11/05/2003
Rec Regional 12	5:16.44	Eliana Vilhena MARTINS	Ind ANALEP	Beja	03/06/2006

Pontos: AQUA 2024

Lugar	Nome	Idade	Clube	Tempo final	Pontos
12 - 13 anos, Femin.					
1.	Mafalda Costa NUNES	13	GSC Grândola Sports Club	5:37.78	321
	50m: 38.96 38.96	150m:	250m:	350m:	
	100m: 1:20.68 41.72	200m: 2:47.03	300m:	400m: 5:37.78	
2.	Ines Borges COSTA	13	Ndco	5:46.18	298
	50m: 39.36 39.36	150m:	250m:	350m:	
	100m: 1:20.70 41.34	200m: 2:47.07	300m:	400m: 5:46.18	
3.	Lara Amorim PEREIRA	12	Litoral Alentejano	5:47.87	293
	50m: 39.41 39.41	150m:	250m:	350m:	
	100m: 1:21.93 42.52	200m: 2:49.65	300m:	400m: 5:47.87	
4.	Mariana Isabel BENTO	13	Aminata	5:57.22	271
	50m: 41.72 41.72	150m:	250m:	350m:	
	100m: 1:27.31 45.59	200m: 2:57.92	300m:	400m: 5:57.22	
5.	Carolina Paixao CENICO	13	Acmn	6:02.25	260
	50m: 39.75 39.75	150m:	250m:	350m:	
	100m: 1:23.85 44.10	200m: 2:55.42	300m:	400m: 6:02.25	
6.	Inês ROCHA	13	Seagull Rescue	6:09.18	245
	50m: 42.38 42.38	150m:	250m:	350m:	
	100m: 1:30.15 47.77	200m: 3:06.55	300m:	400m: 6:09.18	
7.	Ines Oliveira GOMES	13	Ndco	6:10.05	244
	50m: 41.04 41.04	150m:	250m:	350m:	
	100m: 1:26.66 45.62	200m: 2:59.59	300m:	400m: 6:10.05	
8.	Sofia MEDEIRO HORTA	13	Zona Azul	6:13.34	237
	50m: 39.92 39.92	150m:	250m:	350m:	
	100m: 1:25.58 45.66	200m: 3:01.67	300m:	400m: 6:13.34	
9.	Teresa Filipe BANHA	13	Acmn	6:22.50	221
	50m: 41.40 41.40	150m:	250m:	350m:	
	100m: 1:27.69 46.29	200m: 3:04.68	300m:	400m: 6:22.50	
10.	Filipa Serrao ROSARIO	13	Litoral Alentejano	6:27.54	212
	50m: 44.38 44.38	150m:	250m:	350m:	
	100m: 1:32.25 47.87	200m: 3:11.28	300m:	400m: 6:27.54	
11.	Alice Cardoso SILVA	12	Litoral Alentejano	6:45.48	185
	50m: 46.16 46.16	150m:	250m:	350m:	
	100m: 1:35.91 49.75	200m: 3:19.68	300m:	400m: 6:45.48	
12.	Laura Gomes MESTRE	13	Aljustrelense	6:49.41	180
	50m: 44.22 44.22	150m:	250m:	350m:	
	100m: 1:35.00 50.78	200m: 3:21.69	300m:	400m: 6:49.41	
13.	Carolina Neves MESTRE	12	Aljustrelense	6:57.37	170
	50m: 47.73 47.73	150m:	250m:	350m:	
	100m: 1:40.64 52.91	200m: 3:28.23	300m:	400m: 6:57.37	
14.	Maria Leonor FEIJAO	13	Grupo Desportivo Mora	7:53.41	116
	50m: 53.95 53.95	150m:	250m:	350m:	
	100m: 1:54.65 1:00.70	200m: 3:54.68	300m:	400m: 7:53.41	

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Prova 10, Femin., 400m Livres, 12 - 13 anos

Lugar	Nome	Idade	Clube	Tempo final	Pontos
15.	Mafalda Alvaro FRAZAO	12	Aljustrelense	8:04.19	109
	50m: 51.55 51.55	150m:	250m:	350m:	
	100m: 1:53.48 1:01.93	200m: 3:59.44	300m:	400m: 8:04.19	

13 - 14 anos, Masc.

1.	Guilherme Martins CANDEIAS	14	Aminata	5:10.70	318
	50m: 37.00 37.00	150m:	250m:	350m:	
	100m: 1:16.49 39.49	200m: 2:37.10	300m:	400m: 5:10.70	
2.	Gustavo Cardoso SANTOS	14	Ndco	5:37.29	249
	50m: 39.71 39.71	150m:	250m:	350m:	
	100m: 1:20.83 41.12	200m: 2:47.19	300m:	400m: 5:37.29	
3.	Tomas Nunes NOGUEIRA	13	Grupo Desportivo Mora	6:01.18	202
	50m: 39.31 39.31	150m:	250m:	350m:	
	100m: 1:25.71 46.40	200m: 2:59.02	300m:	400m: 6:01.18	
4.	Tiago Barao GUERREIRO	14	Aljustrelense	6:17.25	178
	50m: 40.54 40.54	150m:	250m:	350m:	
	100m: 1:28.07 47.53	200m: 3:05.47	300m:	400m: 6:17.25	
5.	Bernardo Andre SANTOS	14	Aljustrelense	6:18.51	176
	50m: 40.37 40.37	150m:	250m:	350m:	
	100m: 1:26.56 46.19	200m: 2:58.55	300m:	400m: 6:18.51	
6.	Vicente Ataide RAMOS	13	Litoral Alentejano	6:24.08	168
	50m: 44.78 44.78	150m:	250m:	350m:	
	100m: 1:33.69 48.91	200m: 3:11.23	300m:	400m: 6:24.08	
7.	Tiago Torpes PARDAL	13	Litoral Alentejano	6:40.59	148
	50m: 43.63 43.63	150m:	250m:	350m:	
	100m: 1:32.83 49.20	200m: 3:15.61	300m:	400m: 6:40.59	
8.	Miguel Pereira PESSOA	13	Aljustrelense	8:19.14	76
	50m: 50.86 50.86	150m:	250m:	350m:	
	100m: 1:54.27 1:03.41	200m: 4:03.84	300m:	400m: 8:19.14	
EXH	Ines Diogo MESTRE	14	Aljustrelense	5:10.44	413
	50m: 34.47 34.47	150m:	250m:	350m:	
	100m: 1:12.31 37.84	200m: 2:31.45	300m:	400m: 5:10.44	
EXH	Edgar Van RAMOS	15	Aminata	5:11.13	317
	50m: 36.51 36.51	150m:	250m:	350m:	
	100m: 1:16.60 40.09	200m: 2:37.24	300m:	400m: 5:11.13	