

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 30 Masc., 400m Estilos 14 anos e mais velhos
22/03/2025 - 17:27 Resultados

Rec Nacionais Open	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nacionais Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nacionais Jun 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nacionais Jun 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Rec Nacionais Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nacionais Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013
Rec Nacionais Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23/07/2004

TA JUVB-MASC Juv B: 5:47.56 / TA JUVA-MASC Juv A: 5:39.58 / TA JUN-MASC Jun: 5:30.02 / TA SEN-MASC Sen: 5:20.45

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juv B			
1. Tomas Alexandre, SOUSA	10	Academico de Viseu	5:05.95 497
50m: 31.69 31.69 150m: 1:52.27 43.28 250m: 3:15.49 42.33 350m: 4:34.14 35.46			
100m: 1:08.99 37.30 200m: 2:33.16 40.89 300m: 3:58.68 43.19 400m: 5:05.95 31.81			
2. Guilherme Costa, REBELO	10	Pimpoes/Cimai	5:13.49 462
50m: 33.18 33.18 150m: 1:52.68 40.56 250m: 3:17.98 44.92 350m: 4:39.51 35.50			
100m: 1:12.12 38.94 200m: 2:33.06 40.38 300m: 4:04.01 46.03 400m: 5:13.49 33.98			
3. Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande	5:14.56 458
50m: 31.84 31.84 150m: 1:51.39 41.83 250m: 3:17.95 45.92 350m: 4:40.27 35.57			
100m: 1:09.56 37.72 200m: 2:32.03 40.64 300m: 4:04.70 46.75 400m: 5:14.56 34.29			
4. Guilherme Rodrigues, CABRAL	10	Pimpoes/Cimai	5:18.07 443
50m: 33.69 33.69 150m: 1:54.88 42.21 250m: 3:20.32 44.81 350m: 4:42.67 37.11			
100m: 1:12.67 38.98 200m: 2:35.51 40.63 300m: 4:05.56 45.24 400m: 5:18.07 35.40			
5. Tomas Manuel, PALMEIRO	10	Nautico Marinha Grande	5:18.73 440
50m: 32.20 32.20 150m: 1:52.26 41.18 250m: 3:20.69 47.61 350m: 4:44.26 35.43			
100m: 1:11.08 38.88 200m: 2:33.08 40.82 300m: 4:08.83 48.14 400m: 5:18.73 34.47			
6. Lucas Costa, JESUS	10	Nautico Marinha Grande	5:42.90 353
50m: 36.27 36.27 150m: 2:04.32 43.82 250m: 3:36.65 51.07 350m: 5:05.79 38.96			
100m: 1:20.50 44.23 200m: 2:45.58 41.26 300m: 4:26.83 50.18 400m: 5:42.90 37.11			
Juv A			
1. Guilherme Meireles, MARRAZES	09	Nautico Marinha Grande	4:56.97 544
50m: 30.74 30.74 150m: 1:46.72 40.86 250m: 3:10.39 44.04 350m: 4:25.83 32.55			
100m: 1:05.86 35.12 200m: 2:26.35 39.63 300m: 3:53.28 42.89 400m: 4:56.97 31.14			
2. Paulo, KOT	09	Nautico Marinha Grande	4:57.08 543
50m: 30.08 30.08 150m: 1:44.28 39.33 250m: 3:06.92 45.14 350m: 4:24.84 33.57			
100m: 1:04.95 34.87 200m: 2:21.78 37.50 300m: 3:51.27 44.35 400m: 4:57.08 32.24			
3. Santiago Marques, GOMES	09	Bairro dos Anjos	5:05.35 500
50m: 31.11 31.11 150m: 1:49.91 41.24 250m: 3:12.75 43.91 350m: 4:32.57 36.09			
100m: 1:08.67 37.56 200m: 2:28.84 38.93 300m: 3:56.48 43.73 400m: 5:05.35 32.78			
4. Manuel Leite, AGUIAR	09	Sanjoanense/FEPSA	5:13.87 461
50m: 32.18 32.18 150m: 1:52.23 42.53 250m: 3:18.81 45.87 350m: 4:40.07 34.98			
100m: 1:09.70 37.52 200m: 2:32.94 40.71 300m: 4:05.09 46.28 400m: 5:13.87 33.80			
5. Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai	5:14.92 456
50m: 32.39 32.39 150m: 1:54.19 43.56 250m: 3:19.78 46.15 350m: 4:40.74 35.08			
100m: 1:10.63 38.24 200m: 2:33.63 39.44 300m: 4:05.66 45.88 400m: 5:14.92 34.18			
6. Rodrigo Cruz, COSTA	09	Sanjoanense/FEPSA	5:20.09 434
50m: 32.63 32.63 150m: 1:53.79 42.76 250m: 3:20.77 45.72 350m: 4:44.23 37.41			
100m: 1:11.03 38.40 200m: 2:35.05 41.26 300m: 4:06.82 46.05 400m: 5:20.09 35.86			
7. Pedro Blanc, CAPINHA	09	Obidos Criativa	5:56.85 313
<i>FTL</i>			
50m: 33.18 33.18 150m: 2:02.11 48.92 250m: 3:41.25 52.27 350m: 5:16.06 42.68			
100m: 1:13.19 40.01 200m: 2:48.98 46.87 300m: 4:33.38 52.13 400m: 5:56.85 40.79			

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 30, Masc., 400m Estilos

Jun

1.	Francisco Marques, SIMOES	07	Nautico de Leiria - VOID	4:48.27	595
	50m: 28.98 28.98	150m: 1:41.94	38.43 250m: 3:01.00	41.81 350m: 4:15.55	33.48
	100m: 1:03.51 34.53	200m: 2:19.19	37.25 300m: 3:42.07	41.07 400m: 4:48.27	32.72
2.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:51.30	576
	50m: 30.89 30.89	150m: 1:43.73	37.75 250m: 3:03.50	43.42 350m: 4:19.52	32.97
	100m: 1:05.98 35.09	200m: 2:20.08	36.35 300m: 3:46.55	43.05 400m: 4:51.30	31.78
3.	Samuel Dinis, MAIA	08	Miranda do Corvo	5:00.70	524
	50m: 31.03 31.03	150m: 1:46.40	39.31 250m: 3:07.49	42.62 350m: 4:26.95	35.12
	100m: 1:07.09 36.06	200m: 2:24.87	38.47 300m: 3:51.83	44.34 400m: 5:00.70	33.75
4.	Guilherme Martins, SILVA	08	Academico de Viseu	5:01.23	521
	50m: 30.72 30.72	150m: 1:46.97	39.82 250m: 3:09.23	42.55 350m: 4:27.69	34.11
	100m: 1:07.15 36.43	200m: 2:26.68	39.71 300m: 3:53.58	44.35 400m: 5:01.23	33.54
5.	Miguel Duarte, BATISTA	08	Academico de Viseu	5:06.33	496
	50m: 31.79 31.79	150m: 1:47.16	37.12 250m: 3:08.17	44.41 350m: 4:29.72	35.62
	100m: 1:10.04 38.25	200m: 2:23.76	36.60 300m: 3:54.10	45.93 400m: 5:06.33	36.61
6.	Daniel, KAMOLOV	07	Algés e Águeda XXI	5:17.18	446
	50m: 32.73 32.73	150m: 1:53.51	41.83 250m: 3:19.87	45.81 350m: 4:42.51	37.19
	100m: 1:11.68 38.95	200m: 2:34.06	40.55 300m: 4:05.32	45.45 400m: 5:17.18	34.67
7.	Joaquim Antonio, CUNHA	08	Nautico Academico	5:19.71	436
	50m: 32.48 32.48	150m: 1:54.36	42.95 250m: 3:22.04	47.18 350m: 4:45.19	36.80
	100m: 1:11.41 38.93	200m: 2:34.86	40.50 300m: 4:08.39	46.35 400m: 5:19.71	34.52

Sen

1.	Lucas Pereira, BASTOS	00	Nautico Academico	4:45.37	613
	50m: 29.39 29.39	150m: 1:40.47	37.89 250m: 2:58.28	40.88 350m: 4:12.76	33.71
	100m: 1:02.58 33.19	200m: 2:17.40	36.93 300m: 3:39.05	40.77 400m: 4:45.37	32.61
2.	Gustavo Pires, MARQUES	04	Condeixa Clube	4:49.05	590
	50m: 28.45 28.45	150m: 1:42.56	39.56 250m: 3:03.41	42.55 350m: 4:19.54	32.66
	100m: 1:03.00 34.55	200m: 2:20.86	38.30 300m: 3:46.88	43.47 400m: 4:49.05	29.51
3.	David Ferreira, RELVAS	03	Nautico Marinha Grande	4:57.89	539
	50m: 29.13 29.13	150m: 1:43.89	40.98 250m: 3:07.97	44.20 350m: 4:25.46	34.01
	100m: 1:02.91 33.78	200m: 2:23.77	39.88 300m: 3:51.45	43.48 400m: 4:57.89	32.43
4.	Tiago Maia, PEREIRA	04	Galitos / Bresimar	4:58.82	534
	50m: 28.95 28.95	150m: 1:44.59	40.27 250m: 3:05.23	41.83 350m: 4:23.93	35.99
	100m: 1:04.32 35.37	200m: 2:23.40	38.81 300m: 3:47.94	42.71 400m: 4:58.82	34.89

DSQ Afonso Martim, GOUVEIA 05 Académica de Coimbra
SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 300 metros.

Juv B/Abs

1.	Lucas Pereira, BASTOS	00	Nautico Academico	4:45.37	613
	50m: 29.39 29.39	150m: 1:40.47	37.89 250m: 2:58.28	40.88 350m: 4:12.76	33.71
	100m: 1:02.58 33.19	200m: 2:17.40	36.93 300m: 3:39.05	40.77 400m: 4:45.37	32.61
2.	Francisco Marques, SIMOES	07	Nautico de Leiria - VOID	4:48.27	595
	50m: 28.98 28.98	150m: 1:41.94	38.43 250m: 3:01.00	41.81 350m: 4:15.55	33.48
	100m: 1:03.51 34.53	200m: 2:19.19	37.25 300m: 3:42.07	41.07 400m: 4:48.27	32.72
3.	Gustavo Pires, MARQUES	04	Condeixa Clube	4:49.05	590
	50m: 28.45 28.45	150m: 1:42.56	39.56 250m: 3:03.41	42.55 350m: 4:19.54	32.66
	100m: 1:03.00 34.55	200m: 2:20.86	38.30 300m: 3:46.88	43.47 400m: 4:49.05	29.51
4.	Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:51.30	576
	50m: 30.89 30.89	150m: 1:43.73	37.75 250m: 3:03.50	43.42 350m: 4:19.52	32.97
	100m: 1:05.98 35.09	200m: 2:20.08	36.35 300m: 3:46.55	43.05 400m: 4:51.30	31.78

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 30, Masc., 400m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts
5.	Guilherme Meireles, MARRAZES	09	Nautico Marinha Grande					4:56.97	544
	50m: 30.74	30.74	150m: 1:46.72	40.86	250m: 3:10.39	44.04	350m: 4:25.83	32.55	
	100m: 1:05.86	35.12	200m: 2:26.35	39.63	300m: 3:53.28	42.89	400m: 4:56.97	31.14	
6.	Paulo, KOT	09	Nautico Marinha Grande					4:57.08	543
	50m: 30.08	30.08	150m: 1:44.28	39.33	250m: 3:06.92	45.14	350m: 4:24.84	33.57	
	100m: 1:04.95	34.87	200m: 2:21.78	37.50	300m: 3:51.27	44.35	400m: 4:57.08	32.24	
7.	David Ferreira, RELVAS	03	Nautico Marinha Grande					4:57.89	539
	50m: 29.13	29.13	150m: 1:43.89	40.98	250m: 3:07.97	44.20	350m: 4:25.46	34.01	
	100m: 1:02.91	33.78	200m: 2:23.77	39.88	300m: 3:51.45	43.48	400m: 4:57.89	32.43	
8.	Tiago Maia, PEREIRA	04	Galitos / Bresimar					4:58.82	534
	50m: 28.95	28.95	150m: 1:44.59	40.27	250m: 3:05.23	41.83	350m: 4:23.93	35.99	
	100m: 1:04.32	35.37	200m: 2:23.40	38.81	300m: 3:47.94	42.71	400m: 4:58.82	34.89	
9.	Samuel Dinis, MAIA	08	Miranda do Corvo					5:00.70	524
	50m: 31.03	31.03	150m: 1:46.40	39.31	250m: 3:07.49	42.62	350m: 4:26.95	35.12	
	100m: 1:07.09	36.06	200m: 2:24.87	38.47	300m: 3:51.83	44.34	400m: 5:00.70	33.75	
10.	Guilherme Martins, SILVA	08	Academico de Viseu					5:01.23	521
	50m: 30.72	30.72	150m: 1:46.97	39.82	250m: 3:09.23	42.55	350m: 4:27.69	34.11	
	100m: 1:07.15	36.43	200m: 2:26.68	39.71	300m: 3:53.58	44.35	400m: 5:01.23	33.54	
11.	Santiago Marques, GOMES	09	Bairro dos Anjos					5:05.35	500
	50m: 31.11	31.11	150m: 1:49.91	41.24	250m: 3:12.75	43.91	350m: 4:32.57	36.09	
	100m: 1:08.67	37.56	200m: 2:28.84	38.93	300m: 3:56.48	43.73	400m: 5:05.35	32.78	
12.	Tomas Alexandre, SOUSA	10	Academico de Viseu					5:05.95	497
	50m: 31.69	31.69	150m: 1:52.27	43.28	250m: 3:15.49	42.33	350m: 4:34.14	35.46	
	100m: 1:08.99	37.30	200m: 2:33.16	40.89	300m: 3:58.68	43.19	400m: 5:05.95	31.81	
13.	Miguel Duarte, BATISTA	08	Academico de Viseu					5:06.33	496
	50m: 31.79	31.79	150m: 1:47.16	37.12	250m: 3:08.17	44.41	350m: 4:29.72	35.62	
	100m: 1:10.04	38.25	200m: 2:23.76	36.60	300m: 3:54.10	45.93	400m: 5:06.33	36.61	
14.	Guilherme Costa, REBELO	10	Pimpoes/Cimai					5:13.49	462
	50m: 33.18	33.18	150m: 1:52.68	40.56	250m: 3:17.98	44.92	350m: 4:39.51	35.50	
	100m: 1:12.12	38.94	200m: 2:33.06	40.38	300m: 4:04.01	46.03	400m: 5:13.49	33.98	
15.	Manuel Leite, AGUIAR	09	Sanjoanense/FEPSA					5:13.87	461
	50m: 32.18	32.18	150m: 1:52.23	42.53	250m: 3:18.81	45.87	350m: 4:40.07	34.98	
	100m: 1:09.70	37.52	200m: 2:32.94	40.71	300m: 4:05.09	46.28	400m: 5:13.87	33.80	
16.	Francisco Lourenco, PEDROSA	10	Nautico Marinha Grande					5:14.56	458
	50m: 31.84	31.84	150m: 1:51.39	41.83	250m: 3:17.95	45.92	350m: 4:40.27	35.57	
	100m: 1:09.56	37.72	200m: 2:32.03	40.64	300m: 4:04.70	46.75	400m: 5:14.56	34.29	
17.	Santiago Agostinho, PARREIRA	09	Pimpoes/Cimai					5:14.92	456
	50m: 32.39	32.39	150m: 1:54.19	43.56	250m: 3:19.78	46.15	350m: 4:40.74	35.08	
	100m: 1:10.63	38.24	200m: 2:33.63	39.44	300m: 4:05.66	45.88	400m: 5:14.92	34.18	
18.	Daniel, KAMOLOV	07	Algés e Águeda XXI					5:17.18	446
	50m: 32.73	32.73	150m: 1:53.51	41.83	250m: 3:19.87	45.81	350m: 4:42.51	37.19	
	100m: 1:11.68	38.95	200m: 2:34.06	40.55	300m: 4:05.32	45.45	400m: 5:17.18	34.67	
19.	Guilherme Rodrigues, CABRAL	10	Pimpoes/Cimai					5:18.07	443
	50m: 33.69	33.69	150m: 1:54.88	42.21	250m: 3:20.32	44.81	350m: 4:42.67	37.11	
	100m: 1:12.67	38.98	200m: 2:35.51	40.63	300m: 4:05.56	45.24	400m: 5:18.07	35.40	
20.	Tomas Manuel, PALMEIRO	10	Nautico Marinha Grande					5:18.73	440
	50m: 32.20	32.20	150m: 1:52.26	41.18	250m: 3:20.69	47.61	350m: 4:44.26	35.43	
	100m: 1:11.08	38.88	200m: 2:33.08	40.82	300m: 4:08.83	48.14	400m: 5:18.73	34.47	
21.	Joaquim Antonio, CUNHA	08	Nautico Academico					5:19.71	436
	50m: 32.48	32.48	150m: 1:54.36	42.95	250m: 3:22.04	47.18	350m: 4:45.19	36.80	
	100m: 1:11.41	38.93	200m: 2:34.86	40.50	300m: 4:08.39	46.35	400m: 5:19.71	34.52	
22.	Rodrigo Cruz, COSTA	09	Sanjoanense/FEPSA					5:20.09	434
	50m: 32.63	32.63	150m: 1:53.79	42.76	250m: 3:20.77	45.72	350m: 4:44.23	37.41	
	100m: 1:11.03	38.40	200m: 2:35.05	41.26	300m: 4:06.82	46.05	400m: 5:20.09	35.86	

Campeonato Interdistrital Juvenis, Juniores, Seniores e Absolutos Inverno
Coimbra, 21 - 23/3/2025

Prova 30, Masc., 400m Estilos, Juv B/Abs

Lugar			Ano					Tempo final	Pts
23.	Lucas Costa, JESUS		10	Nautico Marinha Grande				5:42.90	353
	50m:	36.27 36.27	150m:	2:04.32	43.82	250m:	3:36.65 51.07	350m:	5:05.79 38.96
	100m:	1:20.50 44.23	200m:	2:45.58	41.26	300m:	4:26.83 50.18	400m:	5:42.90 37.11
24.	Pedro Blanc, CAPINHA <i>FTL</i>		09	Obidos Criativa				5:56.85	313
	50m:	33.18 33.18	150m:	2:02.11	48.92	250m:	3:41.25 52.27	350m:	5:16.06 42.68
	100m:	1:13.19 40.01	200m:	2:48.98	46.87	300m:	4:33.38 52.13	400m:	5:56.85 40.79
DSQ	Afonso Martim, GOUVEIA		05	Académica de Coimbra					
	<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 300 metros.</i>								
EXH	Xinyang, CHENG		09	Nautico Marinha Grande				5:22.08	426
	50m:	31.87 31.87	150m:	1:55.27	44.43	250m:	3:21.31 44.89	350m:	4:44.28 38.47
	100m:	1:10.84 38.97	200m:	2:36.42	41.15	300m:	4:05.81 44.50	400m:	5:22.08 37.80