

Prova 2
16/03/2025

Masc., 400m Livres

Cadetes A
Resultados

Pontos: AQUA 2024

Lugar	Nome	Idade	Licença	Clube	Tempo Final				AQUA
1.	Pedro Antonio, Marcelino	12	217753	CCDSerta	6:18.24				176
	50m: 39.64 39.64	150m: 2:16.82 49.29	250m: 3:55.28 49.55	350m: 5:34.17 48.86					
	100m: 1:27.53 47.89	200m: 3:05.73 48.91	300m: 4:45.31 50.03	400m: 6:18.24 44.07					
2.	Santiago Valadas, Belchior	12	217404	Elvense	6:49.02				139
	50m: 45.36 45.36	150m: 2:27.06 51.82	250m: 4:12.96 53.78	350m: 5:59.56 54.09					
	100m: 1:35.24 49.88	200m: 3:19.18 52.12	300m: 5:05.47 52.51	400m: 6:49.02 49.46					
3.	Diego Silva, Castro	12	217752	Elvense	7:01.47				127
	50m: 46.81 46.81	150m: 2:34.07 54.65	250m: 4:22.21 53.91	350m: 6:10.14 53.67					
	100m: 1:39.42 52.61	200m: 3:28.30 54.23	300m: 5:16.47 54.26	400m: 7:01.47 51.33					
4.	Tomas Usta, Melo	12	223556	Eléctrico	7:03.35				126
	50m: 45.44 45.44	150m: 2:28.60 52.83	250m: 4:19.39 55.55	350m: 6:12.25 55.31					
	100m: 1:35.77 50.33	200m: 3:23.84 55.24	300m: 5:16.94 57.55	400m: 7:03.35 51.10					
5.	Manuel Maria, Pereira	12	219343	Eléctrico	7:10.91				119
	50m: 44.79 44.79	150m: 2:34.67 55.88	250m: 4:24.65 55.84	350m: 6:17.65 56.24					
	100m: 1:38.79 54.00	200m: 3:28.81 54.14	300m: 5:21.41 56.76	400m: 7:10.91 53.26					
6.	Afonso Duarte, Silveira	12	222450	AN Albicastrense	7:15.56				115
	50m: 46.18 46.18	150m: 2:35.77 55.72	250m: 4:29.11 56.78	350m: 6:22.56 56.87					
	100m: 1:40.05 53.87	200m: 3:32.33 56.56	300m: 5:25.69 56.58	400m: 7:15.56 53.00					