



Campeonato Distrital de INF, JUV, JUN, SEN (PC)  
Coruche, 1, 2, e 3 Março 2024

Prova 9  
07/03/2025

Misto, 4 x 100m Livres

Abs  
Resultados

Pontos: AQUA 2024

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	Pts
1. BUZIOS-Coruche 1		BUZIOS-Coruche	<b>4:02.50</b>		509	
50m:	30.44 30.44	150m: 1:33.51 30.00	250m: 2:33.19 27.47	350m: 3:31.62 28.49		
100m:	1:03.51 33.07	200m: 2:05.72 32.21	300m: 3:03.13 29.94	400m: 4:02.50 30.88		
2. Torres Novas 1		Torres Novas	<b>4:07.52</b>		478	
50m:	31.55 31.55	150m: 1:34.42 30.24	250m: 2:34.77 28.14	350m: 3:35.24 29.59		
100m:	1:04.18 32.63	200m: 2:06.63 32.21	300m: 3:05.65 30.88	400m: 4:07.52 32.28		
3. Rio Maior 1		Rio Maior	<b>4:27.54</b>		379	
50m:	28.91 28.91	150m: 1:36.34 34.73	250m: 2:46.57 31.97	350m: 3:52.61 30.88		
100m:	1:01.61 32.70	200m: 2:14.60 38.26	300m: 3:21.73 35.16	400m: 4:27.54 34.93		
4. CLAC-Entroncamento 1		CLAC-Entroncamento	<b>4:32.59</b>		358	
50m:	30.32 30.32	150m: 1:38.73 35.15	250m: 2:52.94 36.63	350m: 4:01.54 27.25		
100m:	1:03.58 33.26	200m: 2:16.31 37.58	300m: 3:34.29 41.35	400m: 4:32.59 31.05		
EXH Nautico Abrantes 2		Nautico Abrantes	<b>5:11.71</b>		239	
50m:	35.18 35.18	150m: 1:54.02 39.76	250m: 3:19.28 40.42	350m: 4:37.09 32.56		
100m:	1:14.26 39.08	200m: 2:38.86 44.84	300m: 4:04.53 45.25	400m: 5:11.71 34.62		