

Taça ANDS - Cidade de Rio Maior
Rio Maior, 15/3/2025

Prova 24
15/03/2025 - 17:20

Masc., 400m Livres

Absoluto
Resultados

Pontos: AQUA 2024

Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Pedro Crispim Jorge	06	Uniao Piedense	4:22.78		587	27,00
	50m: 29.79 29.79	150m: 1:35.13	33.28	250m: 2:42.84	34.04	350m: 3:50.22	33.35
	100m: 1:01.85 32.06	200m: 2:08.80	33.67	300m: 3:16.87	34.03	400m: 4:22.78	32.56
2.	David Alexandre Fernandes	06	Nacional de Natacao	4:24.54		575	25,00
	50m: 28.78 28.78	150m: 1:33.85	32.92	250m: 2:41.31	33.70	350m: 3:50.56	34.79
	100m: 1:00.93 32.15	200m: 2:07.61	33.76	300m: 3:15.77	34.46	400m: 4:24.54	33.98
3.	Afonso Gago Garcia	08	Benfica	4:30.62		537	24,00
	50m: 31.33 31.33	150m: 1:40.10	35.07	250m: 2:49.53	34.39	350m: 3:58.81	34.82
	100m: 1:05.03 33.70	200m: 2:15.14	35.04	300m: 3:23.99	34.46	400m: 4:30.62	31.81
4.	David Filipe Pacheco	10	BUZIOS-Coruche	4:30.68		537	23,00
	50m: 31.02 31.02	150m: 1:40.46	35.21	250m: 2:50.02	34.69	350m: 3:58.92	34.47
	100m: 1:05.25 34.23	200m: 2:15.33	34.87	300m: 3:24.45	34.43	400m: 4:30.68	31.76
5.	Xavier Rosa Madeira	09	Laranjeiro	4:31.17		534	22,00
	50m: 30.61 30.61	150m: 1:40.12	35.09	250m: 2:50.23	34.79	350m: 3:58.67	33.92
	100m: 1:05.03 34.42	200m: 2:15.44	35.32	300m: 3:24.75	34.52	400m: 4:31.17	32.50
6.	Tomas Alexandre Santos	07	BUZIOS-Coruche	4:31.51		532	21,00
	50m: 30.26 30.26	150m: 1:38.58	34.62	250m: 2:48.57	34.96	350m: 3:58.16	34.61
	100m: 1:03.96 33.70	200m: 2:13.61	35.03	300m: 3:23.55	34.98	400m: 4:31.51	33.35
7.	Antonio Carimbo Godinho	10	Fisica de Torres Vedras	4:33.27		522	20,00
	50m: 30.77 30.77	150m: 1:39.88	35.59	250m: 2:51.11	35.98	350m: 4:01.24	34.73
	100m: 1:04.29 33.52	200m: 2:15.13	35.25	300m: 3:26.51	35.40	400m: 4:33.27	32.03
8.	Joao Pedro Monteiro	08	BUZIOS-Coruche	4:35.14		511	19,00
	50m: 30.56 30.56	150m: 1:38.51	34.39	250m: 2:48.65	34.90	350m: 4:00.03	35.38
	100m: 1:04.12 33.56	200m: 2:13.75	35.24	300m: 3:24.65	36.00	400m: 4:35.14	35.11
9.	Pedro Guedes Caldas	09	Benfica	4:37.71		497	18,00
	50m: 30.84 30.84	150m: 1:39.89	34.63	250m: 2:50.98	35.88	350m: 4:03.05	35.89
	100m: 1:05.26 34.42	200m: 2:15.10	35.21	300m: 3:27.16	36.18	400m: 4:37.71	34.66
10.	Jose Guilherme Lopes	07	CPCD-Povoa St Iria	4:39.13		490	17,00
	50m: 31.01 31.01	150m: 1:41.75	36.27	250m: 2:53.80	36.02	350m: 4:04.55	35.38
	100m: 1:05.48 34.47	200m: 2:17.78	36.03	300m: 3:29.17	35.37	400m: 4:39.13	34.58
11.	Lourenco Lopes Silva	07	Uniao Piedense	4:39.81		486	16,00
	50m: 30.19 30.19	150m: 1:40.52	35.38	250m: 2:52.39	35.87	350m: 4:04.90	36.00
	100m: 1:05.14 34.95	200m: 2:16.52	36.00	300m: 3:28.90	36.51	400m: 4:39.81	34.91
12.	Duarte Afonso Leite	09	Laranjeiro	4:46.76		451	15,00
	50m: 33.51 33.51	150m: 1:46.93	36.41	250m: 2:58.91	36.27	350m: 4:11.53	35.61
	100m: 1:10.52 37.01	200m: 2:22.64	35.71	300m: 3:35.92	37.01	400m: 4:46.76	35.23
13.	Miguel Silva Lima	09	Nautico Abrantes	4:48.93		441	14,00
	50m: 30.27 30.27	150m: 1:42.42	37.00	250m: 2:57.82	37.92	350m: 4:12.80	37.22
	100m: 1:05.42 35.15	200m: 2:19.90	37.48	300m: 3:35.58	37.76	400m: 4:48.93	36.13
14.	Diogo Francisco Venceslau	06	Palmela	4:49.79		437	13,00
	50m: 31.58 31.58	150m: 1:44.11	36.67	250m: 2:58.25	37.46	350m: 4:13.66	37.52
	100m: 1:07.44 35.86	200m: 2:20.79	36.68	300m: 3:36.14	37.89	400m: 4:49.79	36.13
15.	Francisco Almeida Pereira	07	AONDA-Azeitao	4:50.32		435	12,00
	50m: 32.03 32.03	150m: 1:45.17	37.88	250m: 3:00.69	36.98	350m: 4:16.13	37.69
	100m: 1:07.29 35.26	200m: 2:23.71	38.54	300m: 3:38.44	37.75	400m: 4:50.32	34.19
16.	Simao Pedro Oliveira	07	Torres Novas	4:52.94		423	11,00
	50m: 32.05 32.05	150m: 1:46.46	37.89	250m: 3:02.02	37.61	350m: 4:17.09	37.43
	100m: 1:08.57 36.52	200m: 2:24.41	37.95	300m: 3:39.66	37.64	400m: 4:52.94	35.85
17.	Lourenco Vicente Geada	10	Torres Novas	4:54.60		416	10,00
	50m: 33.23 33.23	150m: 1:48.62	37.68	250m: 3:03.76	37.31	350m: 4:19.06	37.62
	100m: 1:10.94 37.71	200m: 2:26.45	37.83	300m: 3:41.44	37.68	400m: 4:54.60	35.54

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Lugar	Nome	AnoCod	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Tiago Frazao Barra	10	Rio Maior	4:55.28		413	9,00
	50m: 33.07 33.07	150m: 1:47.68	38.05	250m: 3:03.31	37.38	350m: 4:18.67	37.33
	100m: 1:09.63 36.56	200m: 2:25.93	38.25	300m: 3:41.34	38.03	400m: 4:55.28	36.61
19.	Luis Suissas Rato	09	Nautico Salvaterra Magos	4:55.48		413	8,00
	50m: 31.52 31.52	150m: 1:46.05	38.55	250m: 3:02.46	37.80	350m: 4:19.89	38.89
	100m: 1:07.50 35.98	200m: 2:24.66	38.61	300m: 3:41.00	38.54	400m: 4:55.48	35.59
20.	Romulo Artur Silva	08	Electrico Futebol Clube	4:55.91		411	7,00
	50m: 32.19 32.19	150m: 1:45.84	37.73	250m: 3:03.11	38.60	350m: 4:20.52	37.97
	100m: 1:08.11 35.92	200m: 2:24.51	38.67	300m: 3:42.55	39.44	400m: 4:55.91	35.39
21.	Francisco Miguel Santos	09	Nacional de Natacao	4:59.75		395	6,00
	50m: 34.58 34.58	150m: 1:51.25	38.94	250m: 3:08.06	37.97	350m: 4:24.39	36.98
	100m: 1:12.31 37.73	200m: 2:30.09	38.84	300m: 3:47.41	39.35	400m: 4:59.75	35.36
22.	Andrey Ponomarov	10	CPCD-Povoa St Iria	5:01.05		390	5,00
	50m: 34.14 34.14	150m: 1:50.76	38.59	250m: 3:08.27	38.90	350m: 4:25.92	38.76
	100m: 1:12.17 38.03	200m: 2:29.37	38.61	300m: 3:47.16	38.89	400m: 5:01.05	35.13
23.	Andre Guilherme Anastacio	10	Nautico Abrantes	5:06.72		369	4,00
	50m: 33.19 33.19	150m: 1:49.36	38.65	250m: 3:05.66	38.29	350m: 4:26.62	41.78
	100m: 1:10.71 37.52	200m: 2:27.37	38.01	300m: 3:44.84	39.18	400m: 5:06.72	40.10
24.	Rafael Goncalves Sousa	99	CPCD-Povoa St Iria	5:10.50		356	3,00
	50m: 33.74 33.74	150m: 1:52.14	39.39	250m: 3:11.45	39.72	350m: 4:32.03	40.05
	100m: 1:12.75 39.01	200m: 2:31.73	39.59	300m: 3:51.98	40.53	400m: 5:10.50	38.47
25.	Joao Afonso Quaresma	09	Laranjeiro	5:11.01		354	2,00
	50m: 32.77 32.77	150m: 1:50.70	39.84	250m: 3:11.29	40.49	350m: 4:32.42	40.09
	100m: 1:10.86 38.09	200m: 2:30.80	40.10	300m: 3:52.33	41.04	400m: 5:11.01	38.59
26.	Eliseu Manuel Tavares	99	Uniao Samorense	5:17.71		332	1,00
	50m: 32.79 32.79	150m: 1:52.40	40.26	250m: 3:13.93	40.98	350m: 4:37.45	41.57
	100m: 1:12.14 39.35	200m: 2:32.95	40.55	300m: 3:55.88	41.95	400m: 5:17.71	40.26
27.	Bernardo Marques Fernandes07		CLAC-Entroncamento	5:19.06		328	-
	50m: 36.76 36.76	150m: 1:55.63	40.83	250m: 3:17.02	40.92	350m: 4:40.01	41.77
	100m: 1:14.80 38.04	200m: 2:36.10	40.47	300m: 3:58.24	41.22	400m: 5:19.06	39.05
28.	Rodrigo Miguel Alcobia	11 S10	CPFZ - Natacao	5:59.65		229	-
	50m: 39.73 39.73	150m: 2:10.58	46.47	250m: 3:42.46	46.44	350m: 5:15.73	46.46
	100m: 1:24.11 44.38	200m: 2:56.02	45.44	300m: 4:29.27	46.81	400m: 5:59.65	43.92
29.	Gabriel Antonio Marques	11	Nautico Abrantes	6:08.72		212	-
	50m: 42.54 42.54	150m: 2:19.44	48.64	250m: 3:50.66	46.03	350m: 5:23.82	46.40
	100m: 1:30.80 48.26	200m: 3:04.63	45.19	300m: 4:37.42	46.76	400m: 6:08.72	44.90
30.	Salvador Miguel Silva	11	Viver Santarem	6:18.87		195	-
	50m: 42.64 42.64	150m: 2:19.45	49.26	250m: 3:57.30	49.45	350m: 5:33.26	46.79
	100m: 1:30.19 47.55	200m: 3:07.85	48.40	300m: 4:46.47	49.17	400m: 6:18.87	45.61
31.	Afonso Goncalves Leite	10	CLAC-Entroncamento	6:26.72		184	-
	50m: 41.41 41.41	150m: 2:19.69	50.07	250m: 3:59.58	50.31	350m: 5:39.07	50.01
	100m: 1:29.62 48.21	200m: 3:09.27	49.58	300m: 4:49.06	49.48	400m: 6:26.72	47.65
32.	Antonio Beirao Valente	12	Albicastrense	6:39.24		167	-
	50m: 44.61 44.61	150m: 2:28.22	53.24	250m: 4:13.97	53.94	350m: 5:59.74	52.80
	100m: 1:34.98 50.37	200m: 3:20.03	51.81	300m: 5:06.94	52.97	400m: 6:39.24	39.50
DNS	Daniel Filipe Jorge	10	Rio Maior				-
WDR	Dinis Mileu Oliveira	10	AONDA-Azeitao				-
WDR	Miguel Filipe Medronheira	09	Palmela				-
WDR	Rodrigo Duarte Narigueta	09	Palmela				-
WDR	Rodrigo Rosa Fernandes	02	CPCD-Povoa St Iria				-