

Torregri II - Torneio de Técnicas Simultâneas
Lagoa, 23/3/2025

Prova 2 Masc., 400m Livres Cadetes A
23/03/2025 Resultados

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	PLACIDO, Duarte Ferreira	13	Naval de Faro					5:29.31	267
	50m: 38.26 38.26	150m: 2:04.12	42.85	250m: 3:29.50	42.98	350m: 4:51.37	40.41		
	100m: 1:21.27 43.01	200m: 2:46.52	42.40	300m: 4:10.96	41.46	400m: 5:29.31	37.94		
2.	ALVES, Gustavo Maria	13	Lagoa Academico Clube					5:58.73	207
	50m: 42.94 42.94	150m: 2:13.37	45.00	250m: 3:45.99	46.07	350m: 5:16.16	45.36		
	100m: 1:28.37 45.43	200m: 2:59.92	46.55	300m: 4:30.80	44.81	400m: 5:58.73	42.57		
3.	MONTEIRO, Pedro Torrinha	13	Clube de Natacao de Faro 1					6:18.23	176
	50m: 41.21 41.21	150m: 2:16.81	48.49	250m: 3:56.42	49.96	350m: 5:34.89	48.63		
	100m: 1:28.32 47.11	200m: 3:06.46	49.65	300m: 4:46.26	49.84	400m: 6:18.23	43.34		
	CONCEICAO, Henrique Jesus	13	Clube Natacao Olhao					6:18.38	176
	50m: 42.02 42.02	150m: 2:16.47	48.01	250m: 3:53.74	49.25	350m: 5:34.14	51.13		
	100m: 1:28.46 46.44	200m: 3:04.49	48.02	300m: 4:43.01	49.27	400m: 6:18.38	44.24		
5.	MITROFAN, Alexandre	13	Louletano / Loule Aqui e Agora					6:22.82	170
	50m: 42.10 42.10	150m: 2:19.65	49.27	250m: 3:58.26	50.16	350m: 5:38.06	50.92		
	100m: 1:30.38 48.28	200m: 3:08.10	48.45	300m: 4:47.14	48.88	400m: 6:22.82	44.76		
6.	SEMIENIUK, Kirill	13	FC Ferreiras/AlgarExperience					6:33.11	157
	50m: 43.29 43.29	150m: 2:22.76	50.86	250m: 4:05.98	50.84	350m: 5:48.62	51.97		
	100m: 1:31.90 48.61	200m: 3:15.14	52.38	300m: 4:56.65	50.67	400m: 6:33.11	44.49		
7.	FURTADO, Miguel Ramalho	13	Portinado					6:35.46	154
	50m: 42.92 42.92	150m: 2:21.27	50.05	250m: 4:04.22	52.75	350m: 5:46.79	51.25		
	100m: 1:31.22 48.30	200m: 3:11.47	50.20	300m: 4:55.54	51.32	400m: 6:35.46	48.67		
8.	SAMPAIO, Luis Jorge	13	Natação de Lagos					6:38.70	150
	50m: 42.55 42.55	150m: 2:22.93	52.01	250m: 4:07.82	53.68	350m: 5:51.77	51.82		
	100m: 1:30.92 48.37	200m: 3:14.14	51.21	300m: 4:59.95	52.13	400m: 6:38.70	46.93		
9.	PINTO, Tiago Custodio	13	Clube de Natacao de Faro 1					6:40.69	148
	50m: 41.45 41.45	150m: 2:20.64	51.22	250m: 4:04.70	52.35	350m: 5:51.57	53.62		
	100m: 1:29.42 47.97	200m: 3:12.35	51.71	300m: 4:57.95	53.25	400m: 6:40.69	49.12		
10.	GORGULHO, Gonzalo Rodriguez	13	Natação de Lagos					6:41.74	147
	50m: 42.94 42.94	150m: 2:21.84	50.43	250m: 4:07.19	53.05	350m: 5:52.91	51.43		
	100m: 1:31.41 48.47	200m: 3:14.14	52.30	300m: 5:01.48	54.29	400m: 6:41.74	48.83		
11.	EVANGELISTA, Tomas Cabrita	13	Cng					6:56.65	132
	50m: 42.64 42.64	150m: 2:25.36	53.16	250m: 4:13.13	53.93	350m: 6:02.79	54.96		
	100m: 1:32.20 49.56	200m: 3:19.20	53.84	300m: 5:07.83	54.70	400m: 6:56.65	53.86		
12.	TAVARES, Jose Manuel	13	Cng					6:57.65	131
	50m: 45.34 45.34	150m: 2:28.65	51.93	250m: 4:17.74	54.73	350m: 6:05.65	53.80		
	100m: 1:36.72 51.38	200m: 3:23.01	54.36	300m: 5:11.85	54.11	400m: 6:57.65	52.00		
13.	CABRITA, Gabriel Duarte	13	FC Ferreiras/AlgarExperience					7:02.65	126
	50m: 45.41 45.41	150m: 2:29.50	52.62	250m: 4:21.88	57.44	350m: 6:09.38	52.63		
	100m: 1:36.88 51.47	200m: 3:24.44	54.94	300m: 5:16.75	54.87	400m: 7:02.65	53.27		
14.	DUARTE, Rodrigo Kwan	13	Portinado					7:05.48	124
	50m: 45.89 45.89	150m: 2:36.31	55.82	250m: 4:27.87	55.67	350m: 6:17.63	53.26		
	100m: 1:40.49 54.60	200m: 3:32.20	55.89	300m: 5:24.37	56.50	400m: 7:05.48	47.85		
	BRAS, Rafael Barracha	13	Louletano / Loule Aqui e Agora					7:05.63	124
	50m: 41.64 41.64	150m: 2:24.67	53.17	250m: 4:17.88	57.07	350m: 6:15.02	59.41		
	100m: 1:31.50 49.86	200m: 3:20.81	56.14	300m: 5:15.61	57.73	400m: 7:05.63	50.61		
16.	MARIS, Denis Gabriel	13	Lagoa Academico Clube					7:15.00	116
	50m: 47.89 47.89	150m: 2:36.31	54.54	250m: 4:28.89	56.39	350m: 6:19.78	55.25		
	100m: 1:41.77 53.88	200m: 3:32.50	56.19	300m: 5:24.53	55.64	400m: 7:15.00	55.22		
17.	MINHALMA, Joao Pedro	13	Cng					7:26.72	107
	50m: 44.00 44.00	150m: 2:32.99	56.45	250m: 4:30.29	59.63	350m: 6:30.51	1:00.34		
	100m: 1:36.54 52.54	200m: 3:30.66	57.67	300m: 5:30.17	59.88	400m: 7:26.72	56.21		