

VII Torneio Natação de Conímbriga
Condeixa-a-Nova, 24/5/2025

Prova 14 Masc., 400m Estilos Open
24/05/2025 - 16:15 Resultados

Recordes Nacionais 25m Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Recordes Nacionais 25m 18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Recordes Nacionais 25m 17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Recordes Nacionais 25m Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Recordes Nacionais 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Recordes Nacionais 25m Inf A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004
Recordes Nacionais 25m Inf B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013
Recordes do Torneio Open	4:08.36	Gabriel José, LOPES	ALN		14/06/2018
Recordes do Torneio Sen	4:08.36	Gabriel José, LOPES	ALN		13/06/2018
Recordes do Torneio 18	4:26.81	Miguel Silva, OLIVEIRA	CNAC		13/06/2008
Recordes do Torneio 17	4:23.90	Tomás Miguel, VELOSO	CNAC		13/06/2012
Recordes do Torneio Juv A	4:30.93	Diogo Matos, RIBEIRO	CUC		06/12/2019
Recordes do Torneio Juv B	4:35.32	Diogo Matos, RIBEIRO	CUC	Coimbra	16/06/2019
Recordes do Torneio Inf A	4:53.35	Diogo Matos, RIBEIRO	CUC		13/06/2018
Recordes do Torneio Inf B	5:08.56	Diogo Matos, RIBEIRO	CNAC		13/06/2017

Lugar	Ano	Tempo final	Pts
1. Lucas Pereira, BASTOS	00 Náutico Académico	4:30.23	20,00
50m: 28.98 28.98 150m: 1:36.18 35.27 250m: 2:49.46 39.02 350m: 3:59.65 31.21			
100m: 1:00.91 31.93 200m: 2:10.44 34.26 300m: 3:28.44 38.98 400m: 4:30.23 30.58			
2. Tomas Pascoal, FERREIRA	09 Bairro dos Anjos-Leiria	4:39.87	18,00
50m: 29.61 29.61 150m: 1:39.25 36.14 250m: 2:58.07 42.94 350m: 4:10.66 30.04			
100m: 1:03.11 33.50 200m: 2:15.13 35.88 300m: 3:40.62 42.55 400m: 4:39.87 29.21			
3. Joaquim Agra, MERUJE	01 Academica de Coimbra	4:45.13	17,00
50m: 29.12 29.12 150m: 1:41.38 37.82 250m: 2:57.81 38.94 350m: 4:11.95 35.02			
100m: 1:03.56 34.44 200m: 2:18.87 37.49 300m: 3:36.93 39.12 400m: 4:45.13 33.18			
4. Rafael Pereira, RODRIGUES	08 Condeixa Clube	4:53.31	16,00
50m: 31.02 31.02 150m: 1:43.90 37.50 250m: 3:03.93 43.53 350m: 4:21.03 33.40			
100m: 1:06.40 35.38 200m: 2:20.40 36.50 300m: 3:47.63 43.70 400m: 4:53.31 32.28			
5. Tiago Santos, POMBO	08 Alcobaca	4:57.72	15,00
50m: 30.38 30.38 150m: 1:45.16 39.96 250m: 3:07.44 43.78 350m: 4:25.84 33.87			
100m: 1:05.20 34.82 200m: 2:23.66 38.50 300m: 3:51.97 44.53 400m: 4:57.72 31.88			
6. Diogo Coelho, JORDAO	08 Uniao Juncalense	5:14.98	14,00
50m: 34.47 34.47 150m: 1:57.06 41.52 250m: 3:20.13 42.19 350m: 4:40.43 37.08			
100m: 1:15.54 41.07 200m: 2:37.94 40.88 300m: 4:03.35 43.22 400m: 5:14.98 34.55			
7. Martim Cruz, MOURA	11 CNLeiria - VOID	5:22.35	13,00
50m: 33.85 33.85 150m: 1:56.39 42.74 250m: 3:22.94 45.61 350m: 4:45.86 36.55			
100m: 1:13.65 39.80 200m: 2:37.33 40.94 300m: 4:09.31 46.37 400m: 5:22.35 36.49			
8. Vicente Abrantes, DIOGO	11 Columbofila Cantanhedense	5:33.10	12,00
50m: 36.24 36.24 150m: 2:03.59 42.10 250m: 3:32.68 47.62 350m: 4:58.13 37.77			
100m: 1:21.49 45.25 200m: 2:45.06 41.47 300m: 4:20.36 47.68 400m: 5:33.10 34.97			
9. Afonso Ferreira, CRUZ	12 CLAC-Entroncamento	7:33.99	11,00
50m: 52.43 52.43 150m: 2:51.26 56.44 250m: 4:48.08 1:01.31 350m: 6:44.41 52.14			
100m: 1:54.82 1:02.39 200m: 3:46.77 55.51 300m: 5:52.27 1:04.19 400m: 7:33.99 49.58			
DSQ Rafael Dinis, PACHECO	07 Aquatico Pacense	-	-
SW 7.5 - O/A atleta executou pernadas de golfinho aos 250 metros.			
DSQ Samuel Dinis, MAIA	08 Miranda do Corvo	-	-
SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 300 metros.			
EXH Salvador Teixeira, COELHO	09 Aquatico Pacense	4:55.65	-
50m: 30.24 30.24 150m: 1:42.77 37.94 250m: 3:02.53 42.01 350m: 4:20.68 34.62			
100m: 1:04.83 34.59 200m: 2:20.52 37.75 300m: 3:46.06 43.53 400m: 4:55.65 34.97			
EXH Rodrigo Miguel, CORDEIRO	12 Condeixa Clube	6:03.73	-
50m: 37.85 37.85 150m: 2:12.32 50.46 250m: 3:52.48 51.23 350m: 5:25.98 40.13			
100m: 1:21.86 44.01 200m: 3:01.25 48.93 300m: 4:45.85 53.37 400m: 6:03.73 37.75			