

Torneio Regional de Fundo_ Inf_Juv_Abs
Quarteira, 3 - 4/5/2025

Prova 8	Masc., 400m Estilos	Juvenis
04/05/2025 - 9:52		Resultados

Recordes Regionais Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Juv. A	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02/12/2016
Recordes Regionais Juv. B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B			

Juvenis B

1.	Francisco Jose, TEIXEIRA				10	Louletano / Loule Aqui e Agora					5:03.97	460
	50m:	31.84	31.84	150m:	1:46.35	38.37	250m:	3:08.30	44.42	350m:	4:29.57	35.83
	100m:	1:07.98	36.14	200m:	2:23.88	37.53	300m:	3:53.74	45.44	400m:	5:03.97	34.40
2.	Goncalo Alexandre, RETRE				10	Naval de Faro					5:07.84	443
	50m:	33.49	33.49	150m:	1:50.45	37.89	250m:	3:13.17	45.09	350m:	4:34.27	35.21
	100m:	1:12.56	39.07	200m:	2:28.08	37.63	300m:	3:59.06	45.89	400m:	5:07.84	33.57
3.	Alexandre Ribeiro, MENDONCA				10	Portinado					5:09.18	438
	50m:	30.88	30.88	150m:	1:46.54	38.88	250m:	3:10.02	44.27	350m:	4:33.37	37.65
	100m:	1:07.66	36.78	200m:	2:25.75	39.21	300m:	3:55.72	45.70	400m:	5:09.18	35.81
4.	Tiago Malhador, LULAK				10	Louletano / Loule Aqui e Agora					5:10.10	434
	50m:	32.16	32.16	150m:	1:47.44	38.42	250m:	3:12.03	46.58	350m:	4:35.82	36.08
	100m:	1:09.02	36.86	200m:	2:25.45	38.01	300m:	3:59.74	47.71	400m:	5:10.10	34.28
5.	Cristiano, CHISTOL				10	Louletano / Loule Aqui e Agora					5:25.51	375
	50m:	31.11	31.11	150m:	1:48.57	41.49	250m:	3:20.83	52.09	350m:	4:49.20	37.44
	100m:	1:07.08	35.97	200m:	2:28.74	40.17	300m:	4:11.76	50.93	400m:	5:25.51	36.31
6.	Santiago Agostinho, ALMEIDA				10	Louletano / Loule Aqui e Agora					5:29.63	361
	50m:	36.04	36.04	150m:	2:03.21	44.16	250m:	3:30.37	45.27	350m:	4:53.89	38.25
	100m:	1:19.05	43.01	200m:	2:45.10	41.89	300m:	4:15.64	45.27	400m:	5:29.63	35.74
7.	Dinis, OKSENYUK				10	Portinado					5:40.05	329
	50m:	33.73	33.73	150m:	1:58.69	43.95	250m:	3:30.34	49.67	350m:	5:01.27	40.09
	100m:	1:14.74	41.01	200m:	2:40.67	41.98	300m:	4:21.18	50.84	400m:	5:40.05	38.78
8.	Nicu, RUSU				10	Portinado					6:25.21	226
	50m:	38.36	38.36	150m:	2:17.47	47.98	250m:	3:59.09	53.94	350m:	5:40.25	48.56
	100m:	1:29.49	51.13	200m:	3:05.15	47.68	300m:	4:51.69	52.60	400m:	6:25.21	44.96

DSQ	Nazar, SKILKYY	10	FC Ferreiras/AlgarExperience
SW 6.5 - O (a) atleta não concluiu a prova na posição dorsal, na chegada de costas,			

DSQ	Francisco Alfarrá, GUERREIRO	10	RIA Aqua Tavira
	SW 4.4 - Falsa partida		

Juvenis A

1.	Rafael Alexandre, SILVA				09	Louletano / Loule Aqui e Agora					4:55.41	502
	50m:	30.67	30.67	150m:	1:42.69	37.14	250m:	3:04.05	45.13	350m:	4:22.70	33.19
	100m:	1:05.55	34.88	200m:	2:18.92	36.23	300m:	3:49.51	45.46	400m:	4:55.41	32.71
2.	Joao Pedro, ANTONIO				09	Portinado					5:00.58	476
	50m:	31.12	31.12	150m:	1:47.57	41.26	250m:	3:07.79	40.21	350m:	4:25.01	36.18
	100m:	1:06.31	35.19	200m:	2:27.58	40.01	300m:	3:48.83	41.04	400m:	5:00.58	35.57
3.	Lev, SURGUCH				09	Portinado					5:06.03	451
	50m:	31.09	31.09	150m:	1:47.46	40.26	250m:	3:11.11	44.27	350m:	4:30.33	35.92
	100m:	1:07.20	36.11	200m:	2:26.84	39.38	300m:	3:54.41	43.30	400m:	5:06.03	35.70
4.	Francisco Antonio, ROMAO				09	Naval de Faro					5:29.04	363
	50m:	31.74	31.74	150m:	1:52.47	43.78	250m:	3:26.06	50.65	350m:	4:55.92	38.83
	100m:	1:08.69	36.95	200m:	2:35.41	42.94	300m:	4:17.09	51.03	400m:	5:29.04	33.12
5.	Francisco Soares, BACALHAU				09	FC Ferreiras/AlgarExperience					5:29.10	363
	50m:	35.12	35.12	150m:	2:00.57	43.58	250m:	3:27.48	46.31	350m:	4:53.95	39.61
	100m:	1:16.99	41.87	200m:	2:41.17	40.60	300m:	4:14.34	46.86	400m:	5:29.10	35.15

Torneio Regional de Fundo_ Inf_Juv_Abs
Quarteira, 3 - 4/5/2025

Prova 8, Masc., 400m Estilos, Juvenis A

Lugar	Ano				Tempo final				Pts
6.	Mateus Inacio, SILVA	09	Portinado		5:29.82				360
	50m: 31.59 31.59	150m: 1:54.35	42.70	250m: 3:23.10	47.21	350m: 4:51.70	39.07		
	100m: 1:11.65 40.06	200m: 2:35.89	41.54	300m: 4:12.63	49.53	400m: 5:29.82	38.12		
7.	Octavian, MALETCI	09	Portinado		5:47.92				307
	50m: 34.76 34.76	150m: 2:01.67	43.97	250m: 3:33.55	50.00	350m: 5:07.05	42.36		
	100m: 1:17.70 42.94	200m: 2:43.55	41.88	300m: 4:24.69	51.14	400m: 5:47.92	40.87		
DSQ	Joao Manuel, BARRETO	09	Portinado						
	<i>SW 5.2 - O(a) atleta não tocou na parede na viragem aos 100 metros, na chegada de mariposa só tocou com uma mão</i>								
EXH	Francisco Reis, PETERSSON	10	Naval de Faro		5:30.74				357
	50m: 33.47 33.47	150m: 1:53.89	41.89	250m: 3:23.31	48.02	350m: 4:52.19	39.34		
	100m: 1:12.00 38.53	200m: 2:35.29	41.40	300m: 4:12.85	49.54	400m: 5:30.74	38.55		
EXH	Goncalo Joao, DIAS	09	RIA Aqua Tavira		5:57.66				282
	50m: 38.73 38.73	150m: 2:06.42	43.24	250m: 3:40.72	52.53	350m: 5:15.37	43.12		
	100m: 1:23.18 44.45	200m: 2:48.19	41.77	300m: 4:32.25	51.53	400m: 5:57.66	42.29		
EXH	Artur, YELISTRATKIN	10	Naval de Faro		6:06.90				262
	50m: 36.29 36.29	150m: 2:08.69	45.14	250m: 3:47.19	53.10	350m: 5:22.46	41.71		
	100m: 1:23.55 47.26	200m: 2:54.09	45.40	300m: 4:40.75	53.56	400m: 6:06.90	44.44		