

Torneio Regional de Fundo e Nadador Completo
Odemira, 10/5/2025

Prova 11 Masc., 400m Estilos 13 - 16 anos
10/05/2025 - 15:50 Resultados

Rec Regional Open	4:45.12	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Rec Regional 16	4:56.40	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	23/11/2014
Rec Regional 15	5:01.37	Francisco Alves CORREIA	CNLA	Ponte de Sor	19/03/2019
Rec Regional 14	5:03.68	Tiago Pastor ESCADA	AMINATA	Sto Antonio dos Cavaleiros	15/03/2013
Rec Regional 13	5:18.10	Tiago Pastor ESCADA	AMINATA	Sto Antonio dos Cavaleiros	16/03/2012

Pontos: AQUA 2024

Lugar	Nome	Idade	Clube	Tempo final	Pontos
13 anos					
1.	Tomas Nunes NOGUEIRA	13	Grupo Desportivo Mora	6:26.79	223
	50m: 40.66 40.66	150m: 2:18.34	47.89 250m: 4:02.69	57.55 350m: 5:44.69	45.40
	100m: 1:30.45 49.79	200m: 3:05.14	46.80 300m: 4:59.29	56.60 400m: 6:26.79	42.10
2.	Tiago Torpes PARDAL	13	Litoral Alentejano	6:39.76	202
	50m: 42.48 42.48	150m: 2:29.68	52.53 250m: 4:14.55	54.53 350m: 5:55.87	47.49
	100m: 1:37.15 54.67	200m: 3:20.02	50.34 300m: 5:08.38	53.83 400m: 6:39.76	43.89
3.	Antonio Presado COSTA	13	Estremoz	6:46.19	193
	50m: 45.86 45.86	150m: 2:32.71	56.19 250m: 4:20.54	53.92 350m: 6:01.81	47.36
	100m: 1:36.52 50.66	200m: 3:26.62	53.91 300m: 5:14.45	53.91 400m: 6:46.19	44.38
4.	Tomas OLIVEIRA SANTOS	13	Zona Azul	6:47.25	191
	50m: 47.41 47.41	150m: 2:32.63	49.93 250m: 4:19.52	58.70 350m: 6:04.25	44.54
	100m: 1:42.70 55.29	200m: 3:20.82	48.19 300m: 5:19.71	1:00.19 400m: 6:47.25	43.00
5.	Nelson Manuel FLORINDO	13	Aminata	6:54.26	182
	50m: 47.02 47.02	150m: 2:38.57	54.23 250m: 4:25.55	55.31 350m: 6:10.91	46.31
	100m: 1:44.34 57.32	200m: 3:30.24	51.67 300m: 5:24.60	59.05 400m: 6:54.26	43.35
6.	Roman Perez CRESPO	13	Acmn	7:10.49	162
	50m: 46.95 46.95	150m: 2:36.40	52.64 250m: 4:32.41	1:03.86 350m: 6:25.07	49.62
	100m: 1:43.76 56.81	200m: 3:28.55	52.15 300m: 5:35.45	1:03.04 400m: 7:10.49	45.42

14 anos

1.	Gustavo Cardoso SANTOS	14	Ndco	5:59.29	279
	50m: 41.70 41.70	150m: 2:17.62	45.16 250m: 3:51.47	50.18 350m: 5:21.48	39.40
	100m: 1:32.46 50.76	200m: 3:01.29	43.67 300m: 4:42.08	50.61 400m: 5:59.29	37.81
2.	Bernardo Jose LOUCAO	14	Litoral Alentejano	6:08.42	258
	50m: 41.37 41.37	150m: 2:16.69	46.76 250m: 3:54.02	52.66 350m: 5:28.74	41.86
	100m: 1:29.93 48.56	200m: 3:01.36	44.67 300m: 4:46.88	52.86 400m: 6:08.42	39.68
3.	Antonio Francisco RAMOS	14	Litoral Alentejano	6:15.06	245
	50m: 41.52 41.52	150m: 2:20.12	49.70 250m: 3:58.80	50.36 350m: 5:35.20	44.13
	100m: 1:30.42 48.90	200m: 3:08.44	48.32 300m: 4:51.07	52.27 400m: 6:15.06	39.86
4.	Joao Maria NABAIS	14	Aminata	6:49.63	188
	50m: 46.11 46.11	150m: 2:34.15	51.95 250m: 4:21.65	56.43 350m: 6:05.77	45.29
	100m: 1:42.20 56.09	200m: 3:25.22	51.07 300m: 5:20.48	58.83 400m: 6:49.63	43.86

15 anos

1.	Rodrigo Miguel SILVA	15	Acmn	5:35.35	343
	50m: 34.58 34.58	150m: 1:59.96	44.20 250m: 3:31.44	49.24 350m: 4:58.57	37.62
	100m: 1:15.76 41.18	200m: 2:42.20	42.24 300m: 4:20.95	49.51 400m: 5:35.35	36.78
2.	Luis Carlos VAZ	15	Litoral Alentejano	6:08.31	259
	50m: 42.07 42.07	150m: 2:17.86	46.03 250m: 3:53.77	51.06 350m: 5:27.47	42.36
	100m: 1:31.83 49.76	200m: 3:02.71	44.85 300m: 4:45.11	51.34 400m: 6:08.31	40.84
3.	Rodrigo Alexandre RAPOSO	15	Acmn	6:39.04	203
	50m: 41.33 41.33	150m: 2:18.93	48.41 250m: 4:10.68	1:01.28 350m: 5:56.70	44.44
	100m: 1:30.52 49.19	200m: 3:09.40	50.47 300m: 5:12.26	1:01.58 400m: 6:39.04	42.34
4.	Eduardo Filipe CHAINHO	15	GSC Grândola Sports Club	6:40.03	202
	50m: 43.64 43.64	150m: 2:32.60	52.39 250m: 4:21.60	56.41 350m: 5:59.19	40.83
	100m: 1:40.21 56.57	200m: 3:25.19	52.59 300m: 5:18.36	56.76 400m: 6:40.03	40.84

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16 anos

1.	Afonso Silva RODRIGUES	16	Ndco	5:30.89	357
	50m: 35.26 35.26	150m: 2:00.46 42.84	250m: 3:30.10 48.16	350m: 4:55.58 36.46	
	100m: 1:17.62 42.36	200m: 2:41.94 41.48	300m: 4:19.12 49.02	400m: 5:30.89 35.31	
2.	Dinis Alexandre CAEIRO	16	Grupo Desportivo Mora	5:54.49	290
	50m: 35.28 35.28	150m: 2:04.73 44.27	250m: 3:42.74 54.19	350m: 5:17.27 38.88	
	100m: 1:20.46 45.18	200m: 2:48.55 43.82	300m: 4:38.39 55.65	400m: 5:54.49 37.22	
3.	Joao Pedro PORTO	16	GSC Grândola Sports Club	6:09.82	255
	50m: 39.69 39.69	150m: 2:18.29 50.76	250m: 3:59.10 52.18	350m: 5:31.27 40.50	
	100m: 1:27.53 47.84	200m: 3:06.92 48.63	300m: 4:50.77 51.67	400m: 6:09.82 38.55	
4.	Filipe Seixinha ALMEIDA	16	Estremoz	6:46.16	193
	50m: 43.06 43.06	150m: 2:26.48 54.33	250m: 4:16.36 1:00.16	350m: 6:04.06 44.93	
	100m: 1:32.15 49.09	200m: 3:16.20 49.72	300m: 5:19.13 1:02.77	400m: 6:46.16 42.10	
DSQ	Tiago Alexandre SARAMAGO	16	Estremoz		
	615 - Não efectuou movimento continuo e imediato na viragem aos 150 - SW 6.4				