

Prova 30
01/12/2025 - 16:50

Masc., 400m Estilos

2ª Divisão MASC
Resultados

Rec Nac Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nac Jun18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Rec Nac Jun17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Rec Nac Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Rec Nac Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Rec Nac Inf A	4:40.32	Tomas Miguel, FREITAS	CDN	Funchal	09/07/2004
Rec Nac Inf B	4:49.65	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	15/03/2013

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts	
1.	Joao Peres, COSTA	04	130322	Gesloures	4:25.58	+0,71	25,00	
	50m: 27.40 27.40	150m: 1:33.98 34.23	250m: 2:45.94 37.72	350m: 3:55.89 30.97	100m: 59.75 32.35	200m: 2:08.22 34.24	300m: 3:24.92 38.98	400m: 4:25.58 29.69
2.	Rui Silva, PEREIRA	08	205327	Adrcimm	4:31.30	+0,85	23,00	
	50m: 27.49 27.49	150m: 1:36.35 36.24	250m: 2:50.43 38.80	350m: 4:01.68 30.91	100m: 1:00.11 32.62	200m: 2:11.63 35.28	300m: 3:30.77 40.34	400m: 4:31.30 29.62
3.	Gil Afonso, RODRIGUES	07	148683	Fluvial Portuense	4:34.84		22,00	
	50m: 28.28 28.28	150m: 1:37.38 36.16	250m: 2:50.83 37.93	350m: 4:02.50 32.60	100m: 1:01.22 32.94	200m: 2:12.90 35.52	300m: 3:29.90 39.07	400m: 4:34.84 32.34
4.	Luis Galvao, GOUVEIA	05	127884	Clube Desportivo Nacional	4:37.61	+0,67	21,00	
	50m: 28.02 28.02	150m: 1:36.23 35.96	250m: 2:50.57 39.46	350m: 4:05.74 34.34	100m: 1:00.27 32.25	200m: 2:11.11 34.88	300m: 3:31.40 40.83	400m: 4:37.61 31.87
5.	David Ferreira, RELVAS	03	125604	Nautico Marinha Grande	4:38.87	+0,81	20,00	
	50m: 27.96 27.96	150m: 1:36.59 36.17	250m: 2:54.08 41.53	350m: 4:07.56 31.83	100m: 1:00.42 32.46	200m: 2:12.55 35.96	300m: 3:35.73 41.65	400m: 4:38.87 31.31
6.	Miguel Salomao, TRISTAO	04	129885	Portinado	4:38.95	+0,78	19,00	
	50m: 28.23 28.23	150m: 1:35.64 34.64	250m: 2:49.93 39.36	350m: 4:04.76 34.04	100m: 1:01.00 32.77	200m: 2:10.57 34.93	300m: 3:30.72 40.79	400m: 4:38.95 34.19
7.	Francisco Marques, SIMOES	07	205719	CNLeiria - VOID	4:39.10	+0,75	18,00	
	50m: 28.31 28.31	150m: 1:37.17 36.22	250m: 2:54.32 41.52	350m: 4:08.00 33.27	100m: 1:00.95 32.64	200m: 2:12.80 35.63	300m: 3:34.73 40.41	400m: 4:39.10 31.10
8.	Tomas Rocha, DORES	07	200766	Colegio Efanor	4:39.25	+0,71	17,00	
	50m: 28.41 28.41	150m: 1:36.47 34.96	250m: 2:52.97 40.98	350m: 4:07.41 33.25	100m: 1:01.51 33.10	200m: 2:11.99 35.52	300m: 3:34.16 41.19	400m: 4:39.25 31.84
	Martim Machado, SILVA	03	222820	Clube Naval Povoense	4:39.25	+0,67	17,00	
	50m: 29.47 29.47	150m: 1:42.48 38.78	250m: 2:57.22 37.02	350m: 4:08.34 33.07	100m: 1:03.70 34.23	200m: 2:20.20 37.72	300m: 3:35.27 38.05	400m: 4:39.25 30.91
10.	Guilherme Pereira, NOVAIS	09	205195	FOCA Quinta Da Lixa - Cnf	4:39.31		15,00	
	50m: 29.24 29.24	150m: 1:38.30 35.72	250m: 2:54.69 41.12	350m: 4:07.90 32.38	100m: 1:02.58 33.34	200m: 2:13.57 35.27	300m: 3:35.52 40.83	400m: 4:39.31 31.41
11.	Rafael Pereira, RODRIGUES	08	205593	Condeixa Aqua Clube	4:40.99	+0,76	14,00	
	50m: 29.60 29.60	150m: 1:39.53 36.01	250m: 2:55.44 41.22	350m: 4:09.82 32.30	100m: 1:03.52 33.92	200m: 2:14.22 34.69	300m: 3:37.52 42.08	400m: 4:40.99 31.17
12.	Rafael Lin, MONIZ	09	210337	Palmela Desporto	4:42.34	+0,73	13,00	
	50m: 29.18 29.18	150m: 1:39.78 37.38	250m: 2:57.81 41.74	350m: 4:11.89 31.96	100m: 1:02.40 33.22	200m: 2:16.07 36.29	300m: 3:39.93 42.12	400m: 4:42.34 30.45
13.	Rafael Dinis, PACHECO	07	204593	Aquatico Pacense	4:43.13	+0,70	12,00	
	50m: 29.69 29.69	150m: 1:38.46 35.45	250m: 2:54.51 40.31	350m: 4:08.75 33.59	100m: 1:03.01 33.32	200m: 2:14.20 35.74	300m: 3:35.16 40.65	400m: 4:43.13 34.38
14.	Joaquim Agra, MERUJE	01	121807	Aac	4:44.83		11,00	
	50m: 28.40 28.40	150m: 1:41.37 37.88	250m: 2:57.58 38.97	350m: 4:12.04 34.51	100m: 1:03.49 35.09	200m: 2:18.61 37.24	300m: 3:37.53 39.95	400m: 4:44.83 32.79
15.	Joao Almeida, GOMES	06	132828	Nacional de Natacao	4:47.25	+0,73	10,00	
	50m: 29.74 29.74	150m: 1:40.64 36.84	250m: 2:58.61 41.54	350m: 4:15.04 33.66	100m: 1:03.80 34.06	200m: 2:17.07 36.43	300m: 3:41.38 42.77	400m: 4:47.25 32.21

Prova 30, Masc., 400m Estilos, 2ª Divisão MASC

Lugar	Nome	Ano	Licença	Clube	Tempo Final	TReac	Pts
16.	Guilherme Martins, SILVA	08	204688	Academico Viseu Futebol Clube	4:48.04	+0,78	9,00
	50m: 29.55 29.55	150m: 1:40.34 36.28	250m: 2:58.40 41.15	350m: 4:14.30 33.82			
	100m: 1:04.06 34.51	200m: 2:17.25 36.91	300m: 3:40.48 42.08	400m: 4:48.04 33.74			
17.	Diogo Filipe, RIBEIRO	02	124584	Leixoes Sport Clube	4:48.32	+0,81	8,00
	50m: 29.16 29.16	150m: 1:42.55 38.96	250m: 3:01.65 41.35	350m: 4:16.72 33.94			
	100m: 1:03.59 34.43	200m: 2:20.30 37.75	300m: 3:42.78 41.13	400m: 4:48.32 31.60			
18.	Rafael Filipe, NUNES	96	108344	Laranjeiro	4:52.63	+0,70	7,00
	50m: 30.65 30.65	150m: 1:43.44 37.96	250m: 3:03.56 41.77	350m: 4:19.77 33.74			
	100m: 1:05.48 34.83	200m: 2:21.79 38.35	300m: 3:46.03 42.47	400m: 4:52.63 32.86			
19.	Rodrigo Reis, RODRIGUES	04	124155	Clube Desportivo Sao Roque	4:55.09	+0,75	6,00
	50m: 29.53 29.53	150m: 1:42.84 39.45	250m: 3:04.10 42.10	350m: 4:22.06 34.79			
	100m: 1:03.39 33.86	200m: 2:22.00 39.16	300m: 3:47.27 43.17	400m: 4:55.09 33.03			
20.	Duarte Moura, MENDES	11	211281	Torres Novas	4:56.73	+0,66	5,00
	50m: 30.56 30.56	150m: 1:43.91 37.22	250m: 3:02.73 41.84	350m: 4:22.58 36.40			
	100m: 1:06.69 36.13	200m: 2:20.89 36.98	300m: 3:46.18 43.45	400m: 4:56.73 34.15			
21.	Gabriel Silva, TAVARES	10	208224	Clube Desportivo de Estarreja	4:57.13	+0,80	4,00
	50m: 30.49 30.49	150m: 1:47.05 39.33	250m: 3:06.20 41.19	350m: 4:24.36 34.97			
	100m: 1:07.72 37.23	200m: 2:25.01 37.96	300m: 3:49.39 43.19	400m: 4:57.13 32.77			
22.	Francisco Campos, LOURENCO	06	132136	Natacao de Valongo	4:57.44	+0,83	3,00
	50m: 28.39 28.39	150m: 1:42.08 39.92	250m: 3:03.19 41.74	350m: 4:22.54 36.29			
	100m: 1:02.16 33.77	200m: 2:21.45 39.37	300m: 3:46.25 43.06	400m: 4:57.44 34.90			
DSQ	Diogo Filipe, CARDOSO	09	210399	Clube Natacao Olhao			-
	<i>9.4 - O(a) atleta nao executou a viragem aos 150 metros de acordo com as regras aplicadas para esse estilo especifico, (no percurso de costas o atleta não efetuou a viragem após terminar o movimento continuo dos braços)</i>						
DSQ	Guilherme Costa, REBELO	10	214152	Pimpoes/Cimai			-
	<i>9.4 - O(a) atleta nao executou a viragem aos 250 metros de acordo com as regras aplicadas para esse estilo especifico, (toque alternado)</i>						