

Torneio de Abertura de Categorias
Coimbra, 18 - 19/10/2025

Prova 2
18/10/2025 - 10:40

Masc., 400m Livres

Cad A
Resultados

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts
1.	Gustavo Alexandre, LOPES		14	Academica de Coimbra				6:32.39	158
	50m:	44.43 44.43	150m:	2:24.11	50.53	250m:	4:05.38 50.31	350m:	5:43.98 47.91
	100m:	1:33.58 49.15	200m:	3:15.07	50.96	300m:	4:56.07 50.69	400m:	6:32.39 48.41
2.	Diego Nunes, FREITAS		14	Columbofila Cantanhedense				6:42.92	146
	50m:	43.81 43.81	150m:	2:23.86	51.47	250m:	4:07.66 52.02	350m:	5:50.28 49.77
	100m:	1:32.39 48.58	200m:	3:15.64	51.78	300m:	5:00.51 52.85	400m:	6:42.92 52.64
3.	Gustavo Manuel, PEIXOTO		14	Columbofila Cantanhedense				7:02.46	126
	50m:	48.18 48.18	150m:	2:35.30	53.35	250m:	4:22.20 53.54	350m:	6:10.58 55.00
	100m:	1:41.95 53.77	200m:	3:28.66	53.36	300m:	5:15.58 53.38	400m:	7:02.46 51.88
4.	Santiago Fernandes, GRACA		14	Columbofila Cantanhedense				7:06.43	123
	50m:	48.54 48.54	150m:	2:36.01	53.83	250m:	4:25.53 54.36	350m:	6:13.82 54.13
	100m:	1:42.18 53.64	200m:	3:31.17	55.16	300m:	5:19.69 54.16	400m:	7:06.43 52.61
5.	Goncalo Pires, BARRADAS		14	Columbofila Cantanhedense				7:10.03	120
	50m:	45.67 45.67	150m:	2:31.95	54.20	250m:	4:23.80 55.71	350m:	6:16.28 55.99
	100m:	1:37.75 52.08	200m:	3:28.09	56.14	300m:	5:20.29 56.49	400m:	7:10.03 53.75
6.	Diogo Cunha, LEAL		14	Academica de Coimbra				7:14.75	116
	50m:	49.51 49.51	150m:	2:41.72	57.52	250m:	4:34.53 56.53	350m:	6:23.98 52.53
	100m:	1:44.20 54.69	200m:	3:38.00	56.28	300m:	5:31.45 56.92	400m:	7:14.75 50.77
7.	Pedro Silva, AGOSTINHO		14	Columbofila Cantanhedense				7:26.66	107
	50m:	49.16 49.16	150m:	2:43.29	57.72	250m:	4:38.33 58.53	350m:	6:32.87 57.04
	100m:	1:45.57 56.41	200m:	3:39.80	56.51	300m:	5:35.83 57.50	400m:	7:26.66 53.79
8.	Duarte Gomes, CASTRO		14	Columbofila Cantanhedense				7:33.40	102
	50m:	49.10 49.10	150m:	2:43.67	58.18	250m:	4:41.38 58.42	350m:	6:40.39 59.89
	100m:	1:45.49 56.39	200m:	3:42.96	59.29	300m:	5:40.50 59.12	400m:	7:33.40 53.01
9.	Miguel Vinhas, RIBEIRO		14	Condeixa Clube				7:46.46	94
	50m:	51.32 51.32	150m:	2:50.34	1:00.01	250m:	4:50.74 1:00.10	350m:	6:50.36 59.84
	100m:	1:50.33 59.01	200m:	3:50.64	1:00.30	300m:	5:50.52 59.78	400m:	7:46.46 56.10