



Jornada Abertura Categorias  
Entroncamento,20-10-2024

Prova 1	400m Estilos				13 anos e mais velhos
19/10/2025 - 9:30					Resultados
Recorde Distrital ANDS Open	4:24.97	Tiago Filipe Campos	CNRM	Santarém	07/03/2020
Recorde Distrital ANDS Sen	4:24.97	Tiago Filipe Campos	CNRM	Santarém	07/03/2020
Recorde Distrital ANDS Jun18	4:34.82	Luis Afonso Lopes	VS	Praia da Vitória	09/04/2021
Recorde Distrital ANDS Jun17	4:35.64	Gustavo Manuel Santa	CNLA	Leiria	04/12/2009
Recorde Distrital ANDS Juv A	4:33.58	Paulo Vakulyuk	CNTN	S Antonio dos Cavaleiros	09/12/2018
Recorde Distrital ANDS Juv B	4:44.55	Paulo Vakulyuk	CNTN	Torres Novas	06/05/2018
Recorde Distrital ANDS Inf A	4:55.60	Paulo Vakulyuk	CNTN	Sines	07/04/2017
Recorde Distrital ANDS Inf B	5:18.20	João José Calado	CNAB	Campo Maior	28/03/2014
Recorde Distrital ANDS Open	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Sen	5:06.58	Júlia Matos Lopes	VS	Torres Novas	28/10/2012
Recorde Distrital ANDS 18	5:06.03	Carolina Silverio Carpinteiro	CNTEJO	Santarém	08/03/2020
Recorde Distrital ANDS 17	5:05.86	cátia Iordan Agostinho	CNRM	Sto António dos Cavaleiros	09/12/2021
Recorde Distrital ANDS Juv A	5:01.38	Ariana Espirito Louro	SFGP	Abrantes	15/05/2021
Recorde Distrital ANDS Juv B	5:12.61	Cátia Iordan Agostinho	CNRM	Guarda	02/12/2016
Recorde Distrital ANDS Inf A	5:16.20	Catia Iordan Agostinho	CNRM	Abrantes	22/11/2015
Recorde Distrital ANDS Inf B	5:21.39	Mariana Veloso Vitoria	CNAB	Coruche	25/02/2011

INF A Inf A Femin.: 7:06.00; Inf A Masc.: 7:00.00 / INF B Inf B Femin.: 7:40.00; Inf B Masc.: 7:28.00 / JUV A Juv A Femin.: 6:45.00;  
Juv A Masc.: 6:35.00 / JUV B Juv B Femin.: 7:00.00; Juv B Masc.: 6:48.00 / JUN+ SEN 17 + Femin.: 6:35.00; Jun/Sen Masc.: 6:30.00

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
<b>Absoluto, Femin.</b>			
1. Leonor Sombreiro Martins	10 BUZIOS - Coruche	<b>5:33.53</b>	449
50m: 33.80 100m: 1:13.54 200m: 2:40.37 300m: 4:19.59 400m: 5:33.53			
2. Alicia Lopes Deep	12 BUZIOS - Coruche	<b>6:15.07</b>	316
50m: 40.44 100m: 1:28.84 200m: 3:06.40 300m: 4:51.71 400m: 6:15.07			
3. Diana Marques Maquilao	12 Nautico Salvaterra Magos	<b>6:23.75</b>	295
50m: 41.54 100m: 1:32.98 200m: 3:09.17 300m: 4:56.92 400m: 6:23.75			
4. Matilde Abelho Vaz	12 CLAC-Entroncamento	<b>6:31.98</b>	276
50m: 46.11 100m: 1:39.67 200m: 3:17.67 300m: 5:03.85 400m: 6:31.98			
5. Valentina Rodrigues Feijao	13 Nautico Salvaterra Magos	<b>6:33.95</b>	272
50m: 40.96 100m: 1:32.75 200m: 3:09.89 300m: 5:01.98 400m: 6:33.95			
6. Ines Santos Pina	12 CLAC-Entroncamento	<b>7:19.79</b>	196
<i>FTLS</i> 50m: 47.61 100m: 1:46.76 200m: 3:41.16 300m: 5:43.05 400m: 7:19.79			
7. Leonor Chambel Santos	13 Nautico Abrantes	<b>7:30.45</b>	182
50m: 53.04 100m: 1:57.55 200m: 3:49.09 300m: 5:57.06 400m: 7:30.45			
8. Mafalda Ines Martinho	13 CLAC-Entroncamento	<b>7:33.20</b>	179
50m: 53.59 100m: 1:55.51 200m: 3:49.67 300m: 5:50.32 400m: 7:33.20			
<b>Absoluto, Masc.</b>			
1. David Filipe Pacheco	10 BUZIOS - Coruche	<b>5:04.26</b>	459
50m: 30.69 100m: 1:06.31 200m: 2:26.18 300m: 3:56.88 400m: 5:04.26			
2. Dinis Maria Garcia	09 Nautico Abrantes	<b>5:27.20</b>	369
50m: 36.32 100m: 1:20.30 200m: 2:44.17 300m: 4:14.17 400m: 5:27.20			
3. Martim Maria Salvador	11 Nautico Salvaterra Magos	<b>5:28.55</b>	365
50m: 31.92 100m: 1:09.79 200m: 2:34.17 300m: 4:14.79 400m: 5:28.55			
4. Guilherme Gomes Nunes	10 Nautico Salvaterra Magos	<b>5:37.26</b>	337
50m: 35.21 100m: 1:16.59 200m: 2:44.03 300m: 4:19.24 400m: 5:37.26			
5. Diogo Chambel Santos	11 Nautico Abrantes	<b>5:53.39</b>	293
50m: 41.53 100m: 1:30.43 200m: 2:57.78 300m: 4:33.43 400m: 5:53.39			
6. Heliodoro Joao Sombreiro	11 BUZIOS - Coruche	<b>6:04.93</b>	266
50m: 36.03 100m: 1:20.55 200m: 2:53.55 300m: 4:44.52 400m: 6:04.93			



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Prova 1, Masc., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
7. Rodrigo Miranda Rosa 50m: 37.36 100m: 1:22.30 200m: 2:55.92 300m: 4:42.61 400m: 6:07.58	12 Uniao Samorense	<b>6:07.58</b>	260
8. Vicente Manuel Nunes 50m: 44.30 100m: 1:37.61 200m: 3:25.33 300m: 5:11.27 400m: 6:44.12	13 Nautico Salvaterra Magos	<b>6:44.12</b>	196
9. Afonso Ferreira Cruz 50m: 46.03 100m: 1:43.50 200m: 3:29.57 300m: 5:27.43 400m: 6:59.36	12 CLAC-Entroncamento	<b>6:59.36</b>	175
10. Hugo Santos Carapeto 50m: 46.30 100m: 1:45.61 200m: 3:32.54 300m: 5:30.54 400m: 7:10.43	13 Nautico Abrantes	<b>7:10.43</b>	162
DSQ Salvador Martim Quiterio <i>SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso</i>	13 Nautico Salvaterra Magos		