

Prova 42
23/11/2025 - 15:35

Masc., 400m Livres

Absolutos
Resultados

Infantil B INF B: 4:59.53 / Infantil A INF A: 4:45.26 / Juvenil B JUV B: 4:35.76 / Juvenil A JUV A: 4:26.25 /
Junior 17 JUN 17: 4:11.98 / Junior JUN: 4:07.23 / Sub 21 19 - 21: 4:04.85 / Senior SEN: 4:02.47

Pontos: AQUA 2025

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA
Infantis						
1.	Pedro Antonio, Marcelino	13	217753	CCDSerta	5:57.70	208
	50m: 41.41 41.41	150m: 2:13.74	46.26	250m: 3:45.02 45.68	350m: 5:15.30	45.14
	100m: 1:27.48 46.07	200m: 2:59.34	45.60	300m: 4:30.16 45.14	400m: 5:57.70	42.40
2.	Lucas Silva, Farinha	14	216171	Natacao do Fundao/GIRASSOL	6:18.88	175
	50m: 42.32 42.32	150m: 2:16.74	48.28	250m: 3:55.58 49.31	350m: 5:28.48	42.81
	100m: 1:28.46 46.14	200m: 3:06.27	49.53	300m: 4:45.67 50.09	400m: 6:18.88	50.40
3.	Martim Farinha, Nunes	14	220930	CCDSerta	6:19.30	175
	50m: 43.15 43.15	150m: 2:21.93	49.65	250m: 4:01.32 50.08	350m: 5:37.74	47.53
	100m: 1:32.28 49.13	200m: 3:11.24	49.31	300m: 4:50.21 48.89	400m: 6:19.30	41.56
4.	Manuel Maria, Pereira	13	219343	Eléctrico	6:19.56	174
	50m: 44.47 44.47	150m: 2:20.42	48.45	250m: 3:59.80 49.78	350m: 5:35.26	46.85
	100m: 1:31.97 47.50	200m: 3:10.02	49.60	300m: 4:48.41 48.61	400m: 6:19.56	44.30
5.	Tomas Usta, Melo	13	223556	Eléctrico	6:35.92	154
	50m: 43.69 43.69	150m: 2:25.37	51.03	250m: 4:05.94 50.75	350m: 5:48.47	51.50
	100m: 1:34.34 50.65	200m: 3:15.19	49.82	300m: 4:56.97 51.03	400m: 6:35.92	47.45
6.	Joao Pedro, Esteves	14	219240	Natacao do Fundao/GIRASSOL	6:59.99	129
	50m: 47.92 47.92	150m: 2:32.16	52.49	250m: 4:19.49 53.46	350m: 6:07.16	52.93
	100m: 1:39.67 51.75	200m: 3:26.03	53.87	300m: 5:14.23 54.74	400m: 6:59.99	52.83

Absolutos

1.	Romulo Artur, Silva			18	205494	Eléctrico				4:43.85	418	
	50m:	31.77	31.77	150m:	1:43.30	36.78	250m:	2:56.29	36.20	350m:	4:09.58	36.38
	100m:	1:06.52	34.75	200m:	2:20.09	36.79	300m:	3:33.20	36.91	400m:	4:43.85	34.27
2.	Duarte Jose, Matos			16	220426	CCDSerta				4:47.52	402	
	50m:	32.50	32.50	150m:	1:45.06	36.77	250m:	2:58.78	36.71	350m:	4:12.08	36.90
	100m:	1:08.29	35.79	200m:	2:22.07	37.01	300m:	3:35.18	36.40	400m:	4:47.52	35.44
3.	Jose Miguel, Pais			16	208376	Natacao do Fundao/GIRASSOL				4:48.04	400	
	50m:	30.82	30.82	150m:	1:42.79	36.37	250m:	2:57.63	37.08	350m:	4:12.06	37.11
	100m:	1:06.42	35.60	200m:	2:20.55	37.76	300m:	3:34.95	37.32	400m:	4:48.04	35.98
4.	Afonso Ferreira, Filipe			16	214552	CCDSerta				5:04.32	339	
	50m:	33.30	33.30	150m:	1:50.63	39.59	250m:	3:10.10	39.98	350m:	4:28.33	38.76
	100m:	1:11.04	37.74	200m:	2:30.12	39.49	300m:	3:49.57	39.47	400m:	5:04.32	35.99
5.	David Martinho, Vicente			15	219242	Portalegre				5:26.08	275	
	50m:	34.59	34.59	150m:	1:57.46	42.49	250m:	3:21.63	42.05	350m:	4:45.50	41.54
	100m:	1:14.97	40.38	200m:	2:39.58	42.12	300m:	4:03.96	42.33	400m:	5:26.08	40.58
6.	Joao Afonso, Santos			17	225703	Eléctrico				5:38.55	246	
	50m:	35.91	35.91	150m:	1:59.64	43.00	250m:	3:28.96	44.97	350m:	4:57.44	43.97
	100m:	1:16.64	40.73	200m:	2:43.99	44.35	300m:	4:13.47	44.51	400m:	5:38.55	41.11
7.	Gabriel Lourenco, Costa			16	209624	Natacao do Fundao/GIRASSOL				5:48.80	225	
	50m:	37.42	37.42	150m:	2:05.54	44.47	250m:	3:36.78	45.88	350m:	5:06.96	44.67
	100m:	1:21.07	43.65	200m:	2:50.90	45.36	300m:	4:22.29	45.51	400m:	5:48.80	41.84

Prova 42, Masc., 400m Livres, Absolutos

Lugar	Nome	Idade	Licença	Clube	Tempo Final	AQUA
8.	Eduardo Lourenco, Silva	15	213974	AN Albicastrense	5:58.70	207
	50m: 38.29 38.29	150m: 2:07.50	46.16	250m: 3:40.97	46.57	350m: 5:14.53 46.71
	100m: 1:21.34 43.05	200m: 2:54.40	46.90	300m: 4:27.82	46.85	400m: 5:58.70 44.17