

Torneio Inter-Regional de Clubes Infantis e Absolutos
Sines, 20/12/2025

Prova 17 13 anos e mais velhos
20/12/2025 - 15:05 Resultados

Rec Reg ANALEN Open	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Rec Reg ANALEN 19 +	4:12.59	Tomas Antonio AZEVEDO	AMINATA	Caldas da Rainha	28/11/2015
Rec Reg ANALEN 18	4:17.47	Joao Pedro NEVES	AMINATA	Ponte de Sor	15/03/2014
Rec Reg ANALEN 17	4:14.22	Nelson Pereira MALHEIROS	CNLA	Caldas da Rainha	28/11/2015
Rec Reg ANALEN 16	4:13.67	Tiago Pastor ESCADA	AMINATA	Ponte de Sor	14/03/2015
Rec Reg ANALEN 15	4:18.68	Nelson Pereira MALHEIROS	CNLA	Sines	25/04/2014
Rec Reg ANALEN 14	4:33.56	Miguel Martins BALTAZAR	ANALEN	Abrantes	14/04/2012
Rec Reg ANALEN 13	4:39.59	Gustavo Manuel SANTA	Ind ANALEN	Sines	13/05/2006

Pontos: AQUA 2025

Lugar Nome Tempo final Pontos

13 - 14 anos

1. Diogo Leote PEDROSA	14 Zona Azul	4:56.92	365
50m: 31.16 31.16	150m: 1:45.40 38.07	250m: 3:02.79 38.67	350m: 4:19.78 38.33
100m: 1:07.33 36.17	200m: 2:24.12 38.72	300m: 3:41.45 38.66	400m: 4:56.92 37.14
2. Vicente Ataíde RAMOS	14 Litoral Alentejano	5:35.26	253
50m: 38.72 38.72	150m: 2:03.91 42.77	250m: 3:29.64 43.02	350m: 4:56.30 43.04
100m: 1:21.14 42.42	200m: 2:46.62 42.71	300m: 4:13.26 43.62	400m: 5:35.26 38.96
3. Miguel Maria ALVES	13 Aminata	5:45.64	231
50m: 39.88 39.88	150m: 2:08.70 45.15	250m: 3:37.04 44.13	350m: 5:03.91 42.69
100m: 1:23.55 43.67	200m: 2:52.91 44.21	300m: 4:21.22 44.18	400m: 5:45.64 41.73
4. Rafael Jose ISIDORO	13 Rio Maior	5:48.48	225
50m: 37.36 37.36	150m: 2:04.94 44.47	250m: 3:36.28 45.50	350m: 5:06.27 44.68
100m: 1:20.47 43.11	200m: 2:50.78 45.84	300m: 4:21.59 45.31	400m: 5:48.48 42.21
5. Pedro Antonio MARCELINO	13 CCDSerta	5:57.20	209
50m: 40.24 40.24	150m: 2:12.15 46.11	250m: 3:44.08 44.95	350m: 5:15.24 45.30
100m: 1:26.04 45.80	200m: 2:59.13 46.98	300m: 4:29.94 45.86	400m: 5:57.20 41.96
6. Afonso Ferreira CRUZ	14 CLAC-Entroncamento	5:59.98	204
50m: 40.39 40.39	150m: 2:14.49 48.06	250m: 3:48.02 45.79	350m: 5:19.29 44.53
100m: 1:26.43 46.04	200m: 3:02.23 47.74	300m: 4:34.76 46.74	400m: 5:59.98 40.69
7. Manuel Maria PEREIRA	13 Eléctrico	6:12.19	185
50m: 40.62 40.62	150m: 2:11.97 46.81	250m: 3:48.25 48.23	350m: 5:26.09 48.68
100m: 1:25.16 44.54	200m: 3:00.02 48.05	300m: 4:37.41 49.16	400m: 6:12.19 46.10
8. Diogo Salvador SANTOS	13 GSC Grândola Sports Club	6:12.30	185
50m: 37.57 37.57	150m: 2:12.34 48.16	250m: 3:49.21 48.81	350m: 5:27.51 48.43
100m: 1:24.18 46.61	200m: 3:00.40 48.06	300m: 4:39.08 49.87	400m: 6:12.30 44.79
9. Santiago Valadas BELCHIOR	13 Elvense	6:39.13	150
50m: 43.69 43.69	150m:	250m:	350m:
100m: 1:34.44 50.75	200m: 2:25.93	300m: 4:16.48	400m: 6:39.13
10. Gustavo Babo PALHETE	13 Cnbe	7:07.19	122
50m: 46.84 46.84	150m: 2:36.74 55.49	250m:	350m:
100m: 1:41.25 54.41	200m: 3:31.19 54.45	300m: 5:21.44	400m: 7:07.19

15 anos e mais velhos

1. Tomas Alexandre SANTOS	19 BUZIOS - Coruche	4:25.86	508
50m: 28.99 28.99	150m: 1:34.24 33.23	250m: 2:42.92 34.40	350m: 3:51.76 34.24
100m: 1:01.01 32.02	200m: 2:08.52 34.28	300m: 3:17.52 34.60	400m: 4:25.86 34.10
2. Tiago Manuel AZINHEIRINHA	28 Acmn	4:29.57	488
50m: 30.17 30.17	150m: 1:37.44 34.10	250m: 2:46.21 34.21	350m: 3:55.24 34.32
100m: 1:03.34 33.17	200m: 2:12.00 34.56	300m: 3:20.92 34.71	400m: 4:29.57 34.33
3. Gabriel Antunes RAMOS	17 Rio Maior	4:31.04	480
50m: 31.00 31.00	150m: 1:40.68 35.56	250m: 2:50.64 34.65	350m: 3:58.83 33.63
100m: 1:05.12 34.12	200m: 2:15.99 35.31	300m: 3:25.20 34.56	400m: 4:31.04 32.21
4. Tiago Romaneiro JANEIRINHO	16 Aminata	4:35.89	455
50m: 30.60 30.60	150m: 1:38.80 34.36	250m: 2:49.50 35.31	350m: 4:01.10 35.75
100m: 1:04.44 33.84	200m: 2:14.19 35.39	300m: 3:25.35 35.85	400m: 4:35.89 34.79

Torneio Inter-Regional de Clubes Infantis e Absolutos
Sines, 20/12/2025

Prova 17, Masc., 400m Livres, 15 anos e mais velhos

Lugar	Nome	Idad	Clube	Tempo final	Pontos
5.	Romulo Artur SILVA	18	Eléctrico	4:38.93	440
	50m: 29.86 29.86	150m: 1:39.23 35.26	250m: 2:53.12 37.15	350m: 4:06.36 36.13	
	100m: 1:03.97 34.11	200m: 2:15.97 36.74	300m: 3:30.23 37.11	400m: 4:38.93 32.57	
6.	Tomas Verissimo SILVA	17	Natacao do Fundao/ YesEnergy	4:39.21	439
	50m: 29.38 29.38	150m: 1:37.40 34.49	250m: 2:49.93 36.39	350m: 4:03.93 37.15	
	100m: 1:02.91 33.53	200m: 2:13.54 36.14	300m: 3:26.78 36.85	400m: 4:39.21 35.28	
7.	Duarte Jose MATOS	16	CCDSerta	4:47.18	403
	50m: 31.18 31.18	150m: 1:42.69 36.33	250m: 2:57.32 37.62	350m: 4:12.28 37.32	
	100m: 1:06.36 35.18	200m: 2:19.70 37.01	300m: 3:34.96 37.64	400m: 4:47.18 34.90	
8.	Francisco Maria DIAS	15	Viver Santarem	4:51.08	387
	50m: 32.70 32.70	150m: 1:45.84 36.92	250m: 3:00.71 37.38	350m: 4:15.37 37.27	
	100m: 1:08.92 36.22	200m: 2:23.33 37.49	300m: 3:38.10 37.39	400m: 4:51.08 35.71	
9.	António Francisco RAMOS	15	Litoral Alentejano	4:53.05	379
	50m: 32.76 32.76	150m: 1:45.81 37.08	250m: 3:01.25 37.49	350m: 4:16.50 37.66	
	100m: 1:08.73 35.97	200m: 2:23.76 37.95	300m: 3:38.84 37.59	400m: 4:53.05 36.55	
10.	Gustavo Cardoso SANTOS	15	Ndco	4:56.33	367
	50m: 32.77 32.77	150m: 1:46.11 37.37	250m: 3:02.23 37.81	350m: 4:19.10 38.40	
	100m: 1:08.74 35.97	200m: 2:24.42 38.31	300m: 3:40.70 38.47	400m: 4:56.33 37.23	
11.	Manuel Maria SANGUINHO	17	Elvense	5:05.13	336
	50m: 33.33 33.33	150m: 1:48.56 38.30	250m: 3:07.32 39.87	350m: 4:27.95 40.24	
	100m: 1:10.26 36.93	200m: 2:27.45 38.89	300m: 3:47.71 40.39	400m: 5:05.13 37.18	
12.	Joao Pedro PORTO	17	GSC Grândola Sports Club	5:16.00	303
	50m: 35.79 35.79	150m: 1:56.80 41.06	250m: 3:18.63 41.00	350m: 4:38.96 39.89	
	100m: 1:15.74 39.95	200m: 2:37.63 40.83	300m: 3:59.07 40.44	400m: 5:16.00 37.04	
13.	Eydan Sayil VAN MELLE	16	Aljustrelense	5:19.51	293
	50m: 34.63 34.63	150m: 1:52.52 40.11	250m: 3:57.22 40.94	350m: 5:19.51 40.24	
	100m: 1:12.41 37.78	200m: 2:33.46 40.94	300m: 3:57.22 40.94	400m: 5:19.51 37.18	
14.	Guilherme Serrano FROIS	18	Estremoz	5:35.33	253
	50m: 37.93 37.93	150m: 2:04.18 43.32	250m: 3:30.45 42.33	350m: 4:57.43 43.18	
	100m: 1:20.86 42.93	200m: 2:48.12 43.94	300m: 4:14.25 43.80	400m: 5:35.33 37.90	
15.	Joao Dinis GUERREIRO	17	Cnbe	5:46.10	230
	50m: 37.10 37.10	150m: 2:04.54 44.27	250m: 3:34.17 44.30	350m: 5:04.36 44.84	
	100m: 1:20.27 43.17	200m: 2:49.87 45.33	300m: 4:19.52 45.35	400m: 5:46.10 41.74	