

Prova 13
18/12/2022 - 10:40

Masc., 400m Estilos

Juvenis
Resultados

Rec Nac 25m Absoluto	4:06.83	CARVALHO, Diogo Filipe	POR	Istambul (TUR)	11/12/2009
Rec Nac 25m Juv A	4:25.04	VITAL, Joao Alexandre	ADRCIMM	Tomar	13/12/2013
Rec Nac 25m Juv B	4:35.02	CARVALHO, Diogo Filipe	CGA	Braga	21/03/2003

TAC Zonais Juv B Masc Juv B 50m: 5:25.33 - 25m: 5:18.95 / TAC Zonais Juv A Masc Juv A 50m: 5:19.36 - 25m: 5:13.10

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	RODRIGUES, Rafael Pereira	08	Condeixa Aqua Clube	5:08.41		441	
	50m: 32.63 32.63	150m: 1:49.31	39.14	250m: 3:12.20	44.97	350m: 4:32.83	35.40
	100m: 1:10.17 37.54	200m: 2:27.23	37.92	300m: 3:57.43	45.23	400m: 5:08.41	35.58
2.	VALE, Vicente Sa	08	Galitos / Bresimar	5:09.17		438	
	50m: 32.85 32.85	150m: 1:50.18	39.15	250m: 3:13.61	43.80	350m: 4:34.37	35.32
	100m: 1:11.03 38.18	200m: 2:29.81	39.63	300m: 3:59.05	45.44	400m: 5:09.17	34.80
3.	BARROS, Jose Pedro	08	Assoc. Desportiva de Fafe	5:13.68		419	
	50m: 31.53 31.53	150m: 1:50.11	39.83	250m: 3:15.44	44.76	350m: 4:38.06	35.69
	100m: 1:10.28 38.75	200m: 2:30.68	40.57	300m: 4:02.37	46.93	400m: 5:13.68	35.62
4.	GOMES, Afonso Cruz	08	Aquatico Pacense	5:16.04		410	
	50m: 32.98 32.98	150m: 1:54.35	42.66	250m: 3:18.90	43.68	350m: 4:39.58	36.41
	100m: 1:11.69 38.71	200m: 2:35.22	40.87	300m: 4:03.17	44.27	400m: 5:16.04	36.46
DSQ	PEIXOTO, Diogo Teixeira	08	Foca Quinta Da Lixa - Cnf				
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3</i>						

Juvenis A

1.	LARANJO, Filipe Manso	07	Escola Desportiva de Viana	4:48.90		536	
	50m: 31.61 31.61	150m: 1:45.47	37.65	250m: 3:03.40	42.34	350m: 4:18.18	32.62
	100m: 1:07.82 36.21	200m: 2:21.06	35.59	300m: 3:45.56	42.16	400m: 4:48.90	30.72
2.	TEIXEIRA, Renato Gouveia	07	Foca Quinta Da Lixa - Cnf	4:52.55		517	
	50m: 30.62 30.62	150m: 1:42.35	36.91	250m: 3:01.88	43.29	350m: 4:19.04	33.85
	100m: 1:05.44 34.82	200m: 2:18.59	36.24	300m: 3:45.19	43.31	400m: 4:52.55	33.51
3.	RODRIGUES, Gil Afonso	07	Fluvial Portuense	4:55.24		503	
	50m: 30.18 30.18	150m: 1:44.46	39.76	250m: 3:06.07	42.77	350m: 4:22.28	34.72
	100m: 1:04.70 34.52	200m: 2:23.30	38.84	300m: 3:47.56	41.49	400m: 4:55.24	32.96
4.	DORES, Tomas Rocha	07	Colegio Efanor	4:57.37		492	
	50m: 30.79 30.79	150m: 1:43.00	37.79	250m: 3:06.35	44.89	350m: 4:24.26	33.98
	100m: 1:05.21 34.42	200m: 2:21.46	38.46	300m: 3:50.28	43.93	400m: 4:57.37	33.11
5.	BORGES, Rodrigo Costa	07	Fluvial Portuense	4:57.86		489	
	50m: 30.30 30.30	150m: 1:45.49	38.52	250m: 3:07.72	45.10	350m: 4:25.19	34.34
	100m: 1:06.97 36.67	200m: 2:22.62	37.13	300m: 3:50.85	43.13	400m: 4:57.86	32.67
6.	JESUS, David Duarte	07	Náutico Académico de Coir	5:02.36		468	
	50m: 30.59 30.59	150m: 1:45.19	39.12	250m: 3:06.18	42.92	350m: 4:27.08	35.72
	100m: 1:06.07 35.48	200m: 2:23.26	38.07	300m: 3:51.36	45.18	400m: 5:02.36	35.28
7.	PINTO, Pedro Miguel	07	Assoc. Desportiva de Fafe	5:03.35		463	
	50m: 31.20 31.20	150m: 1:43.95	38.15	250m: 3:06.15	44.80	350m: 4:28.28	36.37
	100m: 1:05.80 34.60	200m: 2:21.35	37.40	300m: 3:51.91	45.76	400m: 5:03.35	35.07
8.	CARREIRA, Duarte Maria	07	Porto	5:04.34		459	
	50m: 32.41 32.41	150m: 1:52.59	42.27	250m: 3:11.87	39.00	350m: 4:29.12	36.34
	100m: 1:10.32 37.91	200m: 2:32.87	40.28	300m: 3:52.78	40.91	400m: 5:04.34	35.22

Prova 13, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	SARAGOCA, Eduardo Sousa	07	Viana Natacao	5:04.49		458	
	50m: 32.15 32.15	150m: 1:50.11	40.54 250m: 3:11.92	42.68	350m: 4:30.71	35.64	
	100m: 1:09.57 37.42	200m: 2:29.24	39.13 300m: 3:55.07	43.15	400m: 5:04.49	33.78	
10.	LAVAJO, Martim Nuno	07	Academico Viseu Futebol	5:05.84		452	
	50m: 31.16 31.16	150m: 1:47.78	39.86 250m: 3:12.07	45.76	350m: 4:32.05	34.67	
	100m: 1:07.92 36.76	200m: 2:26.31	38.53 300m: 3:57.38	45.31	400m: 5:05.84	33.79	
11.	MARTINS, Pedro Lages	07	Algés e Águeda XXI	5:11.63		427	
	50m: 33.77 33.77	150m: 1:50.04	37.93 250m: 3:15.21	46.14	350m: 4:37.01	35.21	
	100m: 1:12.11 38.34	200m: 2:29.07	39.03 300m: 4:01.80	46.59	400m: 5:11.63	34.62	
DNS	DZYAKANAU, Alexandre	07	Louzan Natacao/EFAPEL				