

Prova 36
19/12/2022 - 15:40

Masc., 400m Livres

Juvenis
Resultados

| | | | | | |
|----------------------|---------|----------------------|-----|-----------------|------------|
| Rec Nac 25m Absoluto | 3:42.57 | LOPES, Jose Paulo | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Rec Nac 25m Juv A | 3:58.82 | RIBEIRO, Diogo Matos | CUC | Mealhada | 07/12/2019 |
| Rec Nac 25m Juv B | 4:02.41 | RIBEIRO, Diogo Matos | CUC | Lousã | 23/06/2019 |

TAC Zonais Juv B Masc Juv B 50m: 4:44.13 - 25m: 4:38.55 / TAC Zonais Juv A Masc Juv A 50m: 4:38.91 - 25m: 4:33.44

Pontos: FINA 2022

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | FINA | PARA |
|------------------|-----------------------------------|-----|----------------------------|----------------|---------------------|-------|------|
| Juvenis B | | | | | | | |
| 1. | SOARES, Guilherme Costa | 08 | Vilacondense | 4:19.00 | | 550 | |
| | 50m: 29.99 29.99 150m: 1:35.72 | | 33.16 250m: 2:42.48 | | 33.40 350m: 3:48.14 | 32.27 | |
| | 100m: 1:02.56 32.57 200m: 2:09.08 | | 33.36 300m: 3:15.87 | | 33.39 400m: 4:19.00 | 30.86 | |
| 2. | MEDEIROS, Miguel Fragoso | 08 | Porto | 4:20.02 | | 543 | |
| | 50m: 29.66 29.66 150m: 1:35.06 | | 33.09 250m: 2:41.99 | | 33.51 350m: 3:48.56 | 33.03 | |
| | 100m: 1:01.97 32.31 200m: 2:08.48 | | 33.42 300m: 3:15.53 | | 33.54 400m: 4:20.02 | 31.46 | |
| 3. | PEIXOTO, Tomas Pinto | 08 | Porto | 4:21.16 | | 536 | |
| | 50m: 29.59 29.59 150m: 1:34.12 | | 33.08 250m: 2:39.76 | | 33.01 350m: 3:47.48 | 34.38 | |
| | 100m: 1:01.04 31.45 200m: 2:06.75 | | 32.63 300m: 3:13.10 | | 33.34 400m: 4:21.16 | 33.68 | |
| 4. | SOARES, Goncalo Augusto | 08 | Porto | 4:27.58 | | 499 | |
| | 50m: 31.35 31.35 150m: 1:39.73 | | 34.45 250m: 2:47.42 | | 33.86 350m: 3:55.12 | 33.49 | |
| | 100m: 1:05.28 33.93 200m: 2:13.56 | | 33.83 300m: 3:21.63 | | 34.21 400m: 4:27.58 | 32.46 | |
| 5. | LIMA, Eduardo Miguel | 08 | Foca Quinta Da Lixa - Cnf | 4:30.02 | | 485 | |
| | 50m: 29.18 29.18 150m: 1:37.30 | | 34.60 250m: 2:46.00 | | 33.87 350m: 3:56.30 | 35.13 | |
| | 100m: 1:02.70 33.52 200m: 2:12.13 | | 34.83 300m: 3:21.17 | | 35.17 400m: 4:30.02 | 33.72 | |
| 6. | VITORIA, Joao Miguel | 08 | Academico Viseu Futebol | 4:31.45 | | 478 | |
| | 50m: 31.20 31.20 150m: 1:39.73 | | 34.85 250m: 2:48.67 | | 34.48 350m: 3:58.27 | 34.24 | |
| | 100m: 1:04.88 33.68 200m: 2:14.19 | | 34.46 300m: 3:24.03 | | 35.36 400m: 4:31.45 | 33.18 | |
| 7. | CANELAS, Tiago Andre | 08 | Fluvial Portuense | 4:32.02 | | 475 | |
| | 50m: 30.73 30.73 150m: 1:38.48 | | 34.36 250m: 2:48.49 | | 34.76 350m: 3:58.62 | 34.88 | |
| | 100m: 1:04.12 33.39 200m: 2:13.73 | | 35.25 300m: 3:23.74 | | 35.25 400m: 4:32.02 | 33.40 | |
| 8. | OLIVEIRA, Paulo Jorge | 08 | Estarreja/PROZINCO | 4:34.21 | | 463 | |
| | 50m: 30.46 30.46 150m: 1:38.96 | | 34.65 250m: 2:49.09 | | 34.95 350m: 3:59.80 | 35.43 | |
| | 100m: 1:04.31 33.85 200m: 2:14.14 | | 35.18 300m: 3:24.37 | | 35.28 400m: 4:34.21 | 34.41 | |
| 9. | FARDILHA, Antonio Cruz | 08 | Galitos / Bresimar | 4:36.67 | | 451 | |
| | 50m: 31.00 31.00 150m: 1:40.81 | | 35.64 250m: 2:52.41 | | 35.89 350m: 4:03.59 | 35.01 | |
| | 100m: 1:05.17 34.17 200m: 2:16.52 | | 35.71 300m: 3:28.58 | | 36.17 400m: 4:36.67 | 33.08 | |
| 10. | ESCALEIRA, Rodrigo Peres | 08 | Escola Desportiva de Viana | 4:36.77 | | 451 | |
| | 50m: 30.53 30.53 150m: 1:39.96 | | 35.41 250m: 2:51.59 | | 35.71 350m: 4:03.41 | 35.85 | |
| | 100m: 1:04.55 34.02 200m: 2:15.88 | | 35.92 300m: 3:27.56 | | 35.97 400m: 4:36.77 | 33.36 | |
| 11. | RODRIGUES, Rafael Pereira | 08 | Condeixa Aqua Clube | 4:37.39 | | 447 | |
| | 50m: 30.69 30.69 150m: 1:39.74 | | 35.13 250m: 2:51.36 | | 35.66 350m: 4:02.57 | 35.91 | |
| | 100m: 1:04.61 33.92 200m: 2:15.70 | | 35.96 300m: 3:26.66 | | 35.30 400m: 4:37.39 | 34.82 | |
| 12. | PEIXOTO, Diogo Teixeira | 08 | Foca Quinta Da Lixa - Cnf | 4:41.58 | | 428 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 32.85 32.85 150m: 1:43.64 | | 35.35 250m: 2:54.98 | | 35.62 350m: 4:06.57 | 35.31 | |
| | 100m: 1:08.29 35.44 200m: 2:19.36 | | 35.72 300m: 3:31.26 | | 36.28 400m: 4:41.58 | 35.01 | |

Prova 36, Masc., 400m Livres, Juvenis B

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | FINA | PARA |
|-------|---|-----|---------------------------|----------------|-------|------|------|
| 13. | PEREIRA, Santiago Carvalho <i>FTL</i> | 08 | Famalicão | 4:42.59 | | 423 | |
| | 50m: 30.64 30.64 150m: 1:40.59 35.26 250m: 2:54.41 37.11 350m: 4:08.68 37.31 100m: 1:05.33 34.69 200m: 2:17.30 36.71 300m: 3:31.37 36.96 400m: 4:42.59 33.91 | | | | | | |
| 14. | PEREIRA, Salvador Correia <i>FTL</i> | 08 | Condeixa Aqua Clube | 4:45.12 | | 412 | |
| | 50m: 31.59 31.59 150m: 1:41.74 35.29 250m: 2:54.90 36.22 350m: 4:09.27 36.76 100m: 1:06.45 34.86 200m: 2:18.68 36.94 300m: 3:32.51 37.61 400m: 4:45.12 35.85 | | | | | | |
| 15. | SILVA, Vasco Henrique <i>FTL</i> | 08 | Assoc. Desportiva de Fafe | 4:46.47 | | 406 | |
| | 50m: 31.86 31.86 150m: 1:42.86 36.38 250m: 2:56.25 36.92 350m: 4:11.30 37.45 100m: 1:06.48 34.62 200m: 2:19.33 36.47 300m: 3:33.85 37.60 400m: 4:46.47 35.17 | | | | | | |
| 16. | BESSA, Guilherme Simao <i>FTL</i> | 08 | Vilacondense | 4:48.85 | | 396 | |
| | 50m: 32.69 32.69 150m: 1:44.57 36.24 250m: 2:58.59 36.93 350m: 4:12.91 36.87 100m: 1:08.33 35.64 200m: 2:21.66 37.09 300m: 3:36.04 37.45 400m: 4:48.85 35.94 | | | | | | |
| 17. | CUNHA, Joaquim Antonio <i>FTL</i> | 08 | Náutico Académico de Coir | 4:49.48 | | 394 | |
| | 50m: 33.82 33.82 150m: 1:47.22 37.11 250m: 3:01.05 36.79 350m: 4:14.42 36.73 100m: 1:10.11 36.29 200m: 2:24.26 37.04 300m: 3:37.69 36.64 400m: 4:49.48 35.06 | | | | | | |

Juvenis A

| | | | | | | | |
|----|---|----|----------------------------|----------------|--|-----|--|
| 1. | LARANJO, Filipe Manso | 07 | Escola Desportiva de Viana | 4:11.53 | | 600 | |
| | 50m: 29.21 29.21 150m: 1:33.29 32.20 250m: 2:37.20 31.82 350m: 3:40.54 31.76 100m: 1:01.09 31.88 200m: 2:05.38 32.09 300m: 3:08.78 31.58 400m: 4:11.53 30.99 | | | | | | |
| 2. | BORGES, Rodrigo Costa | 07 | Fluvial Portuense | 4:15.72 | | 571 | |
| | 50m: 28.91 28.91 150m: 1:32.57 32.07 250m: 2:38.15 32.98 350m: 3:44.25 33.00 100m: 1:00.50 31.59 200m: 2:05.17 32.60 300m: 3:11.25 33.10 400m: 4:15.72 31.47 | | | | | | |
| 3. | SILVA, Martim Alexandre | 07 | Columbofila Cantanhedens | 4:16.50 | | 566 | |
| | 50m: 29.32 29.32 150m: 1:33.47 32.30 250m: 2:38.90 32.67 350m: 3:44.54 32.72 100m: 1:01.17 31.85 200m: 2:06.23 32.76 300m: 3:11.82 32.92 400m: 4:16.50 31.96 | | | | | | |
| 4. | NUNES, Duarte Ramos | 07 | Galitos / Bresimar | 4:16.80 | | 564 | |
| | 50m: 29.13 29.13 150m: 1:33.15 32.34 250m: 2:38.97 32.91 350m: 3:44.95 33.03 100m: 1:00.81 31.68 200m: 2:06.06 32.91 300m: 3:11.92 32.95 400m: 4:16.80 31.85 | | | | | | |
| 5. | FERREIRA, Miguel Guedes | 07 | Porto | 4:20.78 | | 539 | |
| | 50m: 29.99 29.99 150m: 1:35.64 33.14 250m: 2:42.08 33.31 350m: 3:48.49 33.38 100m: 1:02.50 32.51 200m: 2:08.77 33.13 300m: 3:15.11 33.03 400m: 4:20.78 32.29 | | | | | | |
| 6. | SOARES, Guilherme Mahua | 07 | Porto | 4:20.83 | | 538 | |
| | 50m: 29.58 29.58 150m: 1:34.90 32.35 250m: 2:41.04 33.38 350m: 3:48.49 33.66 100m: 1:02.55 32.97 200m: 2:07.66 32.76 300m: 3:14.83 33.79 400m: 4:20.83 32.34 | | | | | | |
| 7. | COSTA, Antonio Miguel | 07 | Assoc. Desportiva de Fafe | 4:23.05 | | 525 | |
| | 50m: 29.60 29.60 150m: 1:34.17 32.41 250m: 2:40.70 33.38 350m: 3:49.15 34.53 100m: 1:01.76 32.16 200m: 2:07.32 33.15 300m: 3:14.62 33.92 400m: 4:23.05 33.90 | | | | | | |
| 8. | RODRIGUES, Gil Afonso | 07 | Fluvial Portuense | 4:23.69 | | 521 | |
| | 50m: 28.69 28.69 150m: 1:32.67 32.58 250m: 2:39.71 33.64 350m: 3:49.13 35.27 100m: 1:00.09 31.40 200m: 2:06.07 33.40 300m: 3:13.86 34.15 400m: 4:23.69 34.56 | | | | | | |

Prova 36, Masc., 400m Livres, Juvenis A

| Lugar | Nome | Ano | Clube | Tempo Final | TReac | FINA | PARA |
|-------|---------------------------|---------------|----------------------------|---------------------|-------|------|------|
| 9. | SARAGOCA, Eduardo Sousa | 07 | Viana Natacao | 4:26.05 | | 507 | |
| | 50m: 30.25 30.25 | 150m: 1:37.01 | 33.78 250m: 2:45.35 | 34.15 350m: 3:53.64 | 33.68 | | |
| | 100m: 1:03.23 32.98 | 200m: 2:11.20 | 34.19 300m: 3:19.96 | 34.61 400m: 4:26.05 | 32.41 | | |
| 10. | COSTA, Andre Leitao | 07 | Assoc. Desportiva de Fafe | 4:26.07 | | 507 | |
| | 50m: 30.72 30.72 | 150m: 1:38.65 | 34.62 250m: 2:47.77 | 34.59 350m: 3:54.39 | 32.33 | | |
| | 100m: 1:04.03 33.31 | 200m: 2:13.18 | 34.53 300m: 3:22.06 | 34.29 400m: 4:26.07 | 31.68 | | |
| 11. | NOGUEIRA, Afonso Miguel | 07 | Braga | 4:26.34 | | 506 | |
| | 50m: 29.36 29.36 | 150m: 1:37.06 | 34.41 250m: 2:45.55 | 34.24 350m: 3:54.05 | 34.05 | | |
| | 100m: 1:02.65 33.29 | 200m: 2:11.31 | 34.25 300m: 3:20.00 | 34.45 400m: 4:26.34 | 32.29 | | |
| 12. | FERREIRA, Goncalo Andre | 07 | Ginasio Clube de Vila Real | 4:27.52 | | 499 | |
| | 50m: 30.12 30.12 | 150m: 1:36.96 | 33.80 250m: 2:46.29 | 34.33 350m: 3:54.80 | 34.10 | | |
| | 100m: 1:03.16 33.04 | 200m: 2:11.96 | 35.00 300m: 3:20.70 | 34.41 400m: 4:27.52 | 32.72 | | |
| 13. | OLIVEIRA, Marco Dimitar | 07 | Náutico Académico de Coir | 4:31.60 | | 477 | |
| | 50m: 30.80 30.80 | 150m: 1:38.38 | 34.23 250m: 2:47.77 | 34.53 350m: 3:57.37 | 34.76 | | |
| | 100m: 1:04.15 33.35 | 200m: 2:13.24 | 34.86 300m: 3:22.61 | 34.84 400m: 4:31.60 | 34.23 | | |
| 14. | OLIVEIRA, Joaquim Gabriel | 07 | Sporting Clube de Aveiro | 4:33.73 | | 466 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 29.94 29.94 | 150m: 1:36.31 | 33.67 250m: 2:47.25 | 35.98 350m: 3:58.58 | 35.55 | | |
| | 100m: 1:02.64 32.70 | 200m: 2:11.27 | 34.96 300m: 3:23.03 | 35.78 400m: 4:33.73 | 35.15 | | |
| 15. | CARREIRA, Duarte Maria | 07 | Porto | 4:35.48 | | 457 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 31.32 31.32 | 150m: 1:39.88 | 34.57 250m: 2:49.94 | 35.18 350m: 4:00.74 | 35.63 | | |
| | 100m: 1:05.31 33.99 | 200m: 2:14.76 | 34.88 300m: 3:25.11 | 35.17 400m: 4:35.48 | 34.74 | | |
| 16. | SILVA, David Ferreira | 07 | Academica de Coimbra | 4:36.90 | | 450 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 31.52 31.52 | 150m: 1:40.00 | 34.64 250m: 2:50.34 | 35.51 350m: 4:02.01 | 35.89 | | |
| | 100m: 1:05.36 33.84 | 200m: 2:14.83 | 34.83 300m: 3:26.12 | 35.78 400m: 4:36.90 | 34.89 | | |
| 17. | RODRIGUES, Joao Alves | 07 | Famalicão | 4:37.57 | | 447 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 30.31 30.31 | 150m: 1:39.94 | 35.22 250m: 2:50.67 | 35.35 350m: 4:02.06 | 36.02 | | |
| | 100m: 1:04.72 34.41 | 200m: 2:15.32 | 35.38 300m: 3:26.04 | 35.37 400m: 4:37.57 | 35.51 | | |
| 18. | ANTUNES, David Luis | 07 | Fluvial Portuense | 4:40.31 | | 434 | |
| | <i>FTL</i> | | | | | | |
| | 50m: 30.85 30.85 | 150m: 1:41.18 | 35.54 250m: 2:53.92 | 36.36 350m: 4:06.01 | 36.13 | | |
| | 100m: 1:05.64 34.79 | 200m: 2:17.56 | 36.38 300m: 3:29.88 | 35.96 400m: 4:40.31 | 34.30 | | |
| DNS | AITA, Yuri Toth | 07 | Porto | | | | |