

Classificação Regional Campeonato Interdistrital de Juvenis, Juniores, Seniores  
Coimbra, 21 - 23/6/2024

Prova 41  
23/06/2024 - 16:40

Masc., 400m Livres

Absolutos  
Resultados

Pontos: FINA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
<b>Juvenis B</b>									
1.	Tiago Joaquim Silva	M	206653	09	Galitos / Bresimar	4:39.80	<b>4:31.76</b>	531	
	50m: 30.81	30.81	150m: 1:40.14	34.68	250m: 2:50.62	34.82	350m: 3:59.54	33.87	
	100m: 1:05.46	34.65	200m: 2:15.80	35.66	300m: 3:25.67	35.05	400m: 4:31.76	32.22	
2.	Alexandre Shubin	M	207643	09	Campinho	4:27.20	<b>4:37.27</b>	500	
	50m: 30.62	30.62	150m: 1:39.83	35.19	250m: 2:51.30	35.92	350m: 4:03.09	36.28	
	100m: 1:04.64	34.02	200m: 2:15.38	35.55	300m: 3:26.81	35.51	400m: 4:37.27	34.18	
3.	Goncalo Malha Neto	M	141256	09	Galitos / Bresimar	4:34.88	<b>4:44.12</b>	464	
	50m: 31.07	31.07	150m: 1:42.13	36.20	250m: 2:54.97	35.92	350m: 4:08.46	36.21	
	100m: 1:05.93	34.86	200m: 2:19.05	36.92	300m: 3:32.25	37.28	400m: 4:44.12	35.66	
4.	Miguel Tome Mateus	M	139761	09	Natação de Vagos	4:41.50	<b>4:54.86</b>	415	
	50m: 32.27	32.27	150m: 1:45.75	37.74	250m: 3:01.68	37.88	350m: 4:18.12	38.64	
	100m: 1:08.01	35.74	200m: 2:23.80	38.05	300m: 3:39.48	37.80	400m: 4:54.86	36.74	

**Juvenis A**

1.	Antonio Cruz Fardilha	M	140216	08	Galitos / Bresimar	4:27.64	<b>4:25.65</b>	568	
	50m: 29.32	29.32	150m: 1:36.54	33.84	250m: 2:45.62	34.11	350m: 3:53.95	33.44	
	100m: 1:02.70	33.38	200m: 2:11.51	34.97	300m: 3:20.51	34.89	400m: 4:25.65	31.70	
2.	Guilherme Martins Silva	M	204688	08	Académico de Viseu	4:20.33	<b>4:27.72</b>	555	
	50m: 30.05	30.05	150m: 1:37.95	34.31	250m: 2:45.76	33.26	350m: 3:54.00	33.64	
	100m: 1:03.64	33.59	200m: 2:12.50	34.55	300m: 3:20.36	34.60	400m: 4:27.72	33.72	
3.	Paulo Jorge Oliveira	M	205716	08	Estarreja	4:27.26	<b>4:28.42</b>	551	
	50m: 29.92	29.92	150m: 1:36.84	33.80	250m: 2:44.88	34.00	350m: 3:54.13	34.80	
	100m: 1:03.04	33.12	200m: 2:10.88	34.04	300m: 3:19.33	34.45	400m: 4:28.42	34.29	
4.	Bernardo Reis Ferreira	M	152333	08	Galitos / Bresimar	4:37.07	<b>4:34.86</b>	513	
	50m: 30.81	30.81	150m: 1:39.52	34.78	250m: 2:49.96	35.18	350m: 4:01.10	35.21	
	100m: 1:04.74	33.93	200m: 2:14.78	35.26	300m: 3:25.89	35.93	400m: 4:34.86	33.76	
5.	Nuno Miguel Anjos	M	140396	08	Galitos / Bresimar	4:29.10	<b>4:35.95</b>	507	
	50m: 30.41	30.41	150m: 1:39.97	35.25	250m: 2:50.71	35.21	350m: 4:01.65	35.29	
	100m: 1:04.72	34.31	200m: 2:15.50	35.53	300m: 3:26.36	35.65	400m: 4:35.95	34.30	
6.	Vicente Ferreira Oliveira	M	213213	08	Estamos Juntos	4:55.26	<b>5:05.46</b>	373	
	50m: 32.23	32.23	150m: 1:48.29	38.22	250m: 3:07.76	39.59	350m: 4:27.22	39.02	
	100m: 1:10.07	37.84	200m: 2:28.17	39.88	300m: 3:48.20	40.44	400m: 5:05.46	38.24	
7.	Francisco Quintino Valente	M	210927	08	UD Oliveirense	4:56.63	<b>5:13.36</b>	346	
	50m: 32.95	32.95	150m: 1:52.25	40.66	250m: 3:13.19	40.14	350m: 4:34.97	40.86	
	100m: 1:11.59	38.64	200m: 2:33.05	40.80	300m: 3:54.11	40.92	400m: 5:13.36	38.39	

**Juniores**

1.	Daniel Kamolov	M	202605	07	Algés e Águeda XXI	4:38.17	<b>4:45.25</b>	459	
	50m: 29.83	29.83	150m: 1:38.84	35.10	250m: 2:50.90	35.91	350m: 4:06.62	38.45	
	100m: 1:03.74	33.91	200m: 2:14.99	36.15	300m: 3:28.17	37.27	400m: 4:45.25	38.63	
2.	Rodrigo Pinto Oliveira	M	205693	07	Sao Joao Ver	4:37.77	<b>4:46.32</b>	454	
	50m: 29.49	29.49	150m: 1:40.34	36.26	250m: 2:54.32	37.27	350m: 4:10.64	37.61	
	100m: 1:04.08	34.59	200m: 2:17.05	36.71	300m: 3:33.03	38.71	400m: 4:46.32	35.68	

**Seniores**

1.	A. Goncalves	M	128601	05	Sao Joao Ver	4:14.94	<b>4:20.74</b>	601	
	50m: 29.51	29.51	150m: 1:34.51	32.60	250m: 2:40.49	32.72	350m: 3:47.72	33.75	
	100m: 1:01.91	32.40	200m: 2:07.77	33.26	300m: 3:13.97	33.48	400m: 4:20.74	33.02	
2.	Abel Renato Ferreira	M	131149	05	Algés e Águeda XXI	4:23.88	<b>4:23.48</b>	582	
	50m: 30.43	30.43	150m: 1:37.01	33.70	250m: 2:43.62	33.04	350m: 3:50.67	33.76	
	100m: 1:03.31	32.88	200m: 2:10.58	33.57	300m: 3:16.91	33.29	400m: 4:23.48	32.81	