

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

Prova 7

22/06/2024 - 9:45

Masc., 400m Estilos

Absolutos
Resultados

Pontos: FINA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
Juvenis B									
1.	Filipe Saldanha Costa	M	203900	09	O Crasto	5:06.07	5:20.23	434	
	50m: 32.07	32.07	150m: 1:56.05	43.81	250m: 3:22.32	44.67	350m: 4:45.37	36.75	
	100m: 1:12.24	40.17	200m: 2:37.65	41.60	300m: 4:08.62	46.30	400m: 5:20.23	34.86	
2.	Manuel Leite Aguiar	M	212217	09	Sanjoanense	5:10.73	5:23.67	420	
	50m: 32.93	32.93	150m: 1:54.53	41.79	250m: 3:23.09	47.25	350m: 4:49.91	37.63	
	100m: 1:12.74	39.81	200m: 2:35.84	41.31	300m: 4:12.28	49.19	400m: 5:23.67	33.76	
3.	Rodrigo Cruz Costa	M	208168	09	Sanjoanense	5:22.69	5:33.20	385	
	50m: 34.97	34.97	150m: 2:00.63	44.82	250m: 3:31.52	48.23	350m: 4:57.15	38.51	
	100m: 1:15.81	40.84	200m: 2:43.29	42.66	300m: 4:18.64	47.12	400m: 5:33.20	36.05	
4.	Alexandre Shubin	M	207643	09	Campinho	5:10.21	5:33.35	384	
	50m: 32.80	32.80	150m: 1:55.67	44.58	250m: 3:30.73	53.78	350m: 4:59.06	36.02	
	100m: 1:11.09	38.29	200m: 2:36.95	41.28	300m: 4:23.04	52.31	400m: 5:33.35	34.29	

Juvenis A

1.	Guilherme Martins Silva	M	204688	08	Académico de Viseu	4:47.38	5:01.97	517	
	50m: 30.69	30.69	150m: 1:46.79	40.40	250m: 3:09.89	42.83	350m: 4:27.59	33.95	
	100m: 1:06.39	35.70	200m: 2:27.06	40.27	300m: 3:53.64	43.75	400m: 5:01.97	34.38	
2.	Miguel Duarte Batista	M	205348	08	Académico de Viseu	4:51.33	5:05.23	501	
	50m: 32.40	32.40	150m: 1:48.22	36.82	250m: 3:09.67	44.93	350m: 4:31.10	37.17	
	100m: 1:11.40	39.00	200m: 2:24.74	36.52	300m: 3:53.93	44.26	400m: 5:05.23	34.13	
3.	Joao Miguel Vitoria	M	204687	08	Académico de Viseu	5:03.17	5:05.77	498	
	50m: 32.35	32.35	150m: 1:49.02	37.95	250m: 3:11.09	44.84	350m: 4:32.48	34.97	
	100m: 1:11.07	38.72	200m: 2:26.25	37.23	300m: 3:57.51	46.42	400m: 5:05.77	33.29	
4.	Antonio Tomas Teixeira	M	212907	08	Gafanha da Encarnacao	5:07.12	5:23.80	420	
	50m: 32.80	32.80	150m: 1:55.20	43.13	250m: 3:23.85	46.65	350m: 4:47.50	37.48	
	100m: 1:12.07	39.27	200m: 2:37.20	42.00	300m: 4:10.02	46.17	400m: 5:23.80	36.30	
5.	Nuno Rodrigo Macedo	M	212239	08	Estamos Juntos	5:20.34	5:40.48	361	
	50m: 31.19	31.19	150m: 1:58.07	45.98	250m: 3:32.68	49.15	350m: 5:03.86	39.29	
	100m: 1:12.09	40.90	200m: 2:43.53	45.46	300m: 4:24.57	51.89	400m: 5:40.48	36.62	
DSQ	Vicente Ferreira Oliveira	M	213213	08	Estamos Juntos	5:32.44			DSQ
	<i>SW 6.4 - O/A atleta após perder a posição de costas não iniciou a viragem imediatamente após ter terminado a braçada, na viragem aos 150 metros.</i>								

Juniores

1.	Ricardo Lima Campos	M	209771	06	Sanjoanense	5:02.98	5:04.97	502	
	50m: 31.42	31.42	150m: 1:49.55	41.81	250m: 3:12.53	42.28	350m: 4:29.98	35.01	
	100m: 1:07.74	36.32	200m: 2:30.25	40.70	300m: 3:54.97	42.44	400m: 5:04.97	34.99	
2.	Daniel Kamolov	M	202605	07	Algés e Águeda XXI	5:02.45	5:27.59	405	
	50m: 32.33	32.33	150m: 1:52.71	41.77	250m: 3:22.31	47.84	350m: 4:49.51	38.58	
	100m: 1:10.94	38.61	200m: 2:34.47	41.76	300m: 4:10.93	48.62	400m: 5:27.59	38.08	

Seniores

1.	Abel Renato Ferreira	M	131149	05	Algés e Águeda XXI	5:02.21	5:09.39	481	
	50m: 31.97	31.97	150m: 1:49.20	40.70	250m: 3:13.70	45.66	350m: 4:34.82	33.86	
	100m: 1:08.50	36.53	200m: 2:28.04	38.84	300m: 4:00.96	47.26	400m: 5:09.39	34.57	
2.	Ruben Ferreira Paiva	M	200075	05	Sanjoanense	4:54.24	5:10.88	474	
	50m: 31.44	31.44	150m: 1:50.53	42.98	250m: 3:13.74	42.46	350m: 4:34.71	37.01	
	100m: 1:07.55	36.11	200m: 2:31.28	40.75	300m: 3:57.70	43.96	400m: 5:10.88	36.17	