

## Prova 16

22/03/2025 - 15:30

## Masc., 400m Livres

## Infantis B

## Resultados

|                            |         |                         |     |                 |            |
|----------------------------|---------|-------------------------|-----|-----------------|------------|
| Recorde Nacional 25m Open  | 3:42.57 | Jose Paulo Lopes        | POR | Abu Dhabi (UAE) | 16/12/2021 |
| Recorde Nacional 25m Inf B | 4:21.95 | Pedro Fontoura Oliveira | CFB | Santar  m       | 04/04/2003 |

TAC-N Masc Inf B : 4:54.87

Pontos: Rudolph Table 2024

| Lugar | Nome                                          | Sexo  | Licen a       | Ano   | Clube                     | Tp. Insc. |               | Tempo Final |  | Pts  | Obs |
|-------|-----------------------------------------------|-------|---------------|-------|---------------------------|-----------|---------------|-------------|--|------|-----|
| 1.    | Joao Oliveira Silva<br><i>TAC Nacional</i>    | M     | 214172        | 13    | Braga                     | 4:52.34   |               | 4:40.39     |  | 11,8 |     |
|       | 50m: 31.49                                    | 31.49 | 150m: 1:41.55 | 35.47 | 250m: 2:53.56             | 36.04     | 350m: 4:05.43 | 35.77       |  |      |     |
|       | 100m: 1:06.08                                 | 34.59 | 200m: 2:17.52 | 35.97 | 300m: 3:29.66             | 36.10     | 400m: 4:40.39 | 34.96       |  |      |     |
| 2.    | Tiago Carvalho Pinto<br><i>TAC Nacional</i>   | M     | 215412        | 13    | FC Porto                  | 4:56.14   |               | 4:43.54     |  | 11,0 |     |
|       | 50m: 33.17                                    | 33.17 | 150m: 1:44.98 | 36.05 | 250m: 2:57.57             | 36.52     | 350m: 4:09.85 | 35.71       |  |      |     |
|       | 100m: 1:08.93                                 | 35.76 | 200m: 2:21.05 | 36.07 | 300m: 3:34.14             | 36.57     | 400m: 4:43.54 | 33.69       |  |      |     |
| 3.    | Tomas Pereira Ferreira<br><i>TAC Nacional</i> | M     | 209360        | 13    | Galitos / Bresimar        | 4:47.24   |               | 4:43.75     |  | 10,9 |     |
|       | 50m: 32.85                                    | 32.85 | 150m: 1:44.04 | 35.60 | 250m: 2:56.81             | 36.63     | 350m: 4:09.20 | 36.41       |  |      |     |
|       | 100m: 1:08.44                                 | 35.59 | 200m: 2:20.18 | 36.14 | 300m: 3:32.79             | 35.98     | 400m: 4:43.75 | 34.55       |  |      |     |
| 4.    | Manuel Gomes Almeida                          | M     | 216982        | 13    | Colegio Efanor            | 4:58.86   |               | 4:54.88     |  | 8,1  |     |
|       | 50m: 32.73                                    | 32.73 | 150m: 1:45.62 | 36.94 | 250m: 3:01.30             | 37.90     | 350m: 4:17.92 | 38.26       |  |      |     |
|       | 100m: 1:08.68                                 | 35.95 | 200m: 2:23.40 | 37.78 | 300m: 3:39.66             | 38.36     | 400m: 4:54.88 | 36.96       |  |      |     |
| 5.    | Francisco Duarte Costa                        | M     | 212460        | 13    | Leix  es Sport Clube      | 5:00.09   |               | 4:55.33     |  | 7,9  |     |
|       | 50m: 33.23                                    | 33.23 | 150m: 1:47.70 | 37.48 | 250m: 3:02.64             | 37.74     | 350m: 4:18.78 | 37.98       |  |      |     |
|       | 100m: 1:10.22                                 | 36.99 | 200m: 2:24.90 | 37.20 | 300m: 3:40.80             | 38.16     | 400m: 4:55.33 | 36.55       |  |      |     |
| 6.    | Danilo Movchan                                | M     | 214029        | 13    | UD Oliveirense/FERSILVA   | 5:05.41   |               | 4:57.49     |  | 7,4  |     |
|       | 50m: 32.32                                    | 32.32 | 150m: 1:47.73 | 38.20 | 250m: 3:05.11             | 38.81     | 350m: 4:21.65 | 37.72       |  |      |     |
|       | 100m: 1:09.53                                 | 37.21 | 200m: 2:26.30 | 38.57 | 300m: 3:43.93             | 38.82     | 400m: 4:57.49 | 35.84       |  |      |     |
| 7.    | Jefferson Felipe Neto                         | M     | 222073        | 13    | FC Porto                  | 5:07.61   |               | 4:59.06     |  | 7,0  |     |
|       | 50m: 33.10                                    | 33.10 | 150m: 1:47.37 | 37.79 | 250m: 3:04.60             | 38.32     | 350m: 4:22.27 | 38.60       |  |      |     |
|       | 100m: 1:09.50                                 | 36.40 | 200m: 2:26.28 | 38.91 | 300m: 3:43.67             | 39.07     | 400m: 4:59.06 | 36.79       |  |      |     |
| 8.    | Jose Maria Dore                               | M     | 212467        | 13    | Colegio Efanor            | 5:03.86   |               | 4:59.36     |  | 6,9  |     |
|       | 50m: 33.55                                    | 33.55 | 150m: 1:48.23 | 38.28 | 250m: 3:03.61             | 38.02     | 350m: 4:20.97 | 38.82       |  |      |     |
|       | 100m: 1:10.44                                 | 36.89 | 200m: 2:25.59 | 37.36 | 300m: 3:42.15             | 38.54     | 400m: 4:59.36 | 38.39       |  |      |     |
| 9.    | Tiago Daniel Goncalves                        | M     | 211683        | 13    | Aquatico Pacense          | 5:02.18   |               | 5:01.36     |  | 6,4  |     |
|       | 50m: 33.25                                    | 33.25 | 150m: 1:47.70 | 37.98 | 250m: 3:05.32             | 38.73     | 350m: 4:24.03 | 39.36       |  |      |     |
|       | 100m: 1:09.72                                 | 36.47 | 200m: 2:26.59 | 38.89 | 300m: 3:44.67             | 39.35     | 400m: 5:01.36 | 37.33       |  |      |     |
| 10.   | Bernardo Pereira Pacheco                      | M     | 213940        | 13    | Foca Quinta da Lixa CNF   | 5:04.87   |               | 5:01.77     |  | 6,3  |     |
|       | 50m: 33.94                                    | 33.94 | 150m: 1:49.43 | 38.20 | 250m: 3:06.87             | 38.99     | 350m: 4:24.46 | 38.79       |  |      |     |
|       | 100m: 1:11.15                                 | 37.21 | 200m: 2:27.88 | 38.45 | 300m: 3:45.67             | 38.80     | 400m: 5:01.77 | 37.31       |  |      |     |
| 11.   | T. Rodrigues                                  | M     | 213218        | 13    | Columbifila Cantanhedense | 5:18.87   |               | 5:02.64     |  | 6,0  |     |
|       | 50m: 33.67                                    | 33.67 | 150m: 1:49.35 | 37.67 | 250m: 3:06.99             | 39.78     | 350m: 4:26.35 | 40.36       |  |      |     |
|       | 100m: 1:11.68                                 | 38.01 | 200m: 2:27.21 | 37.86 | 300m: 3:45.99             | 39.00     | 400m: 5:02.64 | 36.29       |  |      |     |
| 12.   | Afonso Manuel Fernandes                       | M     | 215778        | 13    | Academica de Coimbra      | 5:07.98   |               | 5:06.53     |  | 5,0  |     |
|       | 50m: 35.47                                    | 35.47 | 150m: 1:54.08 | 39.65 | 250m: 3:12.40             | 39.08     | 350m: 4:30.68 | 39.05       |  |      |     |
|       | 100m: 1:14.43                                 | 38.96 | 200m: 2:33.32 | 39.24 | 300m: 3:51.63             | 39.23     | 400m: 5:06.53 | 35.85       |  |      |     |
| 13.   | Ivan Kuzuk                                    | M     | 216710        | 13    | Braga                     | 5:06.69   |               | 5:06.93     |  | 4,9  |     |
|       | 50m: 34.87                                    | 34.87 | 150m: 1:52.46 | 39.05 | 250m: 3:10.82             | 39.31     | 350m: 4:29.72 | 39.28       |  |      |     |
|       | 100m: 1:13.41                                 | 38.54 | 200m: 2:31.51 | 39.05 | 300m: 3:50.44             | 39.62     | 400m: 5:06.93 | 37.21       |  |      |     |
| 14.   | Olavo Tomas Rocha                             | M     | 215276        | 13    | Colegio Efanor            | 5:10.04   |               | 5:07.95     |  | 4,7  |     |
|       | 50m: 34.17                                    | 34.17 | 150m: 1:51.57 | 39.12 | 250m: 3:10.29             | 39.22     | 350m: 4:29.90 | 39.60       |  |      |     |
|       | 100m: 1:12.45                                 | 38.28 | 200m: 2:31.07 | 39.50 | 300m: 3:50.30             | 40.01     | 400m: 5:07.95 | 38.05       |  |      |     |
| 15.   | Tomas Correia Freitas                         | M     | 216444        | 13    | Nata  o Clube de Fafe     | 5:13.46   |               | 5:08.01     |  | 4,6  |     |
|       | 50m: 34.36                                    | 34.36 | 150m: 1:52.69 | 39.22 | 250m: 3:11.71             | 39.51     | 350m: 4:31.03 | 39.57       |  |      |     |
|       | 100m: 1:13.47                                 | 39.11 | 200m: 2:32.20 | 39.51 | 300m: 3:51.46             | 39.75     | 400m: 5:08.01 | 36.98       |  |      |     |
| 16.   | Afonso Novais Mota                            | M     | 216438        | 13    | Nata  o Clube de Fafe     | 5:17.68   |               | 5:08.16     |  | 4,6  |     |
|       | 50m: 35.16                                    | 35.16 | 150m: 1:53.63 | 39.54 | 250m: 3:12.09             | 39.42     | 350m: 4:30.90 | 39.25       |  |      |     |
|       | 100m: 1:14.09                                 | 38.93 | 200m: 2:32.67 | 39.04 | 300m: 3:51.65             | 39.56     | 400m: 5:08.16 | 37.26       |  |      |     |
| 17.   | Tomas Macedo Eusebio                          | M     | 214368        | 13    | Vilacondense              | 5:13.52   |               | 5:08.65     |  | 4,5  |     |
|       | 50m: 34.08                                    | 34.08 | 150m: 1:51.97 | 39.70 | 250m: 3:13.18             | 40.93     | 350m: 4:33.43 | 39.12       |  |      |     |
|       | 100m: 1:12.27                                 | 38.19 | 200m: 2:32.25 | 40.28 | 300m: 3:54.31             | 41.13     | 400m: 5:08.65 | 35.22       |  |      |     |
| 18.   | Joao Santiago Neves                           | M     | 216172        | 13    | FC Porto                  | 5:22.19   |               | 5:08.76     |  | 4,5  |     |
|       | 50m: 35.49                                    | 35.49 | 150m: 1:54.36 | 39.62 | 250m: 3:11.76             | 38.37     | 350m: 4:32.11 | 40.25       |  |      |     |
|       | 100m: 1:14.74                                 | 39.25 | 200m: 2:33.39 | 39.03 | 300m: 3:51.86             | 40.10     | 400m: 5:08.76 | 36.65       |  |      |     |
| 19.   | Lucas Rafael Sa                               | M     | 213807        | 13    | Famalic  o                | 5:17.07   |               | 5:10.37     |  | 4,0  |     |
|       | 50m: 32.74                                    | 32.74 | 150m: 1:49.76 | 39.36 | 250m: 3:10.05             | 40.42     | 350m: 4:31.62 | 40.58       |  |      |     |
|       | 100m: 1:10.40                                 | 37.66 | 200m: 2:29.63 | 39.87 | 300m: 3:51.04             | 40.99     | 400m: 5:10.37 | 38.75       |  |      |     |

Prova 16, Masc., 400m Livres, Infantis B

| Lugar | Nome                     | Sexo | Licen a       | Ano | Clube                         | Tp. Insc.     | Tempo Final    | Pts           | Obs   |
|-------|--------------------------|------|---------------|-----|-------------------------------|---------------|----------------|---------------|-------|
| 20.   | Gabriel Neto Fernandes   | M    | 213545        | 13  | Academico Viseu Futebol Clube | NT            | <b>5:10.46</b> | 4,0           |       |
|       | 50m: 35.10               |      | 150m: 1:55.38 |     | 40.76                         | 250m: 3:15.84 | 39.90          | 350m: 4:32.90 | 37.40 |
|       | 100m: 1:14.62            |      | 200m: 2:35.94 |     | 40.56                         | 300m: 3:55.50 | 39.66          | 400m: 5:10.46 | 37.56 |
| 21.   | Santino Hernan Schaab    | M    | 217374        | 13  | Braga                         | 5:13.10       | <b>5:10.58</b> | 4,0           |       |
|       | 50m: 34.59               |      | 150m: 1:52.18 |     | 38.97                         | 250m: 3:11.42 | 39.78          | 350m: 4:31.59 | 39.86 |
|       | 100m: 1:13.21            |      | 200m: 2:31.64 |     | 39.46                         | 300m: 3:51.73 | 40.31          | 400m: 5:10.58 | 38.99 |
| 22.   | Pedro Leitao Oliveira    | M    | 215408        | 13  | FC Porto                      | 5:33.31       | <b>5:10.96</b> | 3,9           |       |
|       | 50m: 36.26               |      | 150m: 1:57.15 |     | 40.86                         | 250m: 3:15.84 | 39.00          | 350m: 4:33.82 | 39.05 |
|       | 100m: 1:16.29            |      | 200m: 2:36.84 |     | 39.69                         | 300m: 3:54.77 | 38.93          | 400m: 5:10.96 | 37.14 |
| 23.   | Martim Pedroso Fonte     | M    | 217976        | 13  | Vilacondense                  | 5:18.63       | <b>5:11.20</b> | 3,8           |       |
|       | 50m: 34.66               |      | 150m: 1:55.85 |     | 40.69                         | 250m: 3:16.36 | 39.83          | 350m: 4:35.57 | 39.28 |
|       | 100m: 1:15.16            |      | 200m: 2:36.53 |     | 40.68                         | 300m: 3:56.29 | 39.93          | 400m: 5:11.20 | 35.63 |
| 24.   | Martim Neves Caridade    | M    | 218816        | 13  | Condeixa Aqua Clube           | 5:13.25       | <b>5:12.62</b> | 3,4           |       |
|       | 50m: 35.74               |      | 150m: 1:54.21 |     | 39.94                         | 250m: 3:14.21 | 39.93          | 350m: 4:34.98 | 40.06 |
|       | 100m: 1:14.27            |      | 200m: 2:34.28 |     | 40.07                         | 300m: 3:54.92 | 40.71          | 400m: 5:12.62 | 37.64 |
| 25.   | David Oliveira Ferreira  | M    | 216001        | 13  | Braga                         | 5:27.28       | <b>5:13.82</b> | 3,1           |       |
|       | 50m: 34.79               |      | 150m: 1:54.33 |     | 40.42                         | 250m: 3:13.82 | 39.63          | 350m: 4:36.12 | 41.88 |
|       | 100m: 1:13.91            |      | 200m: 2:34.19 |     | 39.86                         | 300m: 3:54.24 | 40.42          | 400m: 5:13.82 | 37.70 |
| 26.   | Miguel Simoes Dias       | M    | 217142        | 13  | Louzan Natacao/EFAPEL         | 5:20.52       | <b>5:14.87</b> | 2,9           |       |
|       | 50m: 34.43               |      | 150m: 1:55.41 |     | 41.10                         | 250m: 3:16.69 | 40.40          | 350m: 4:36.10 | 40.02 |
|       | 100m: 1:14.31            |      | 200m: 2:36.29 |     | 40.88                         | 300m: 3:56.08 | 39.39          | 400m: 5:14.87 | 38.77 |
| 27.   | Rodrigo Silva Almeida    | M    | 215207        | 13  | Sporting de Espinho           | 5:16.24       | <b>5:15.83</b> | 2,6           |       |
|       | 50m: 34.52               |      | 150m: 1:55.79 |     | 41.03                         | 250m: 3:17.11 | 40.04          | 350m: 4:38.66 | 40.28 |
|       | 100m: 1:14.76            |      | 200m: 2:37.07 |     | 41.28                         | 300m: 3:58.38 | 41.27          | 400m: 5:15.83 | 37.17 |
| 28.   | Francisco Noe Ferreira   | M    | 219868        | 13  | Leix es Sport Clube           | 5:45.77       | <b>5:16.65</b> | 2,4           |       |
|       | 50m: 35.26               |      | 150m: 1:54.23 |     | 40.09                         | 250m: 3:14.56 | 40.22          | 350m: 4:36.76 | 41.27 |
|       | 100m: 1:14.14            |      | 200m: 2:34.34 |     | 40.11                         | 300m: 3:55.49 | 40.93          | 400m: 5:16.65 | 39.89 |
| 29.   | Martim Matos Antunes     | M    | 215697        | 13  | Alg s e  gueda XXI            | 5:20.42       | <b>5:17.17</b> | 2,3           |       |
|       | 50m: 34.84               |      | 150m: 1:55.35 |     | 40.50                         | 250m: 3:16.15 | 40.24          | 350m: 4:37.75 | 40.88 |
|       | 100m: 1:14.85            |      | 200m: 2:35.91 |     | 40.56                         | 300m: 3:56.87 | 40.72          | 400m: 5:17.17 | 39.42 |
| 30.   | Sim o Carneiro Aguiar    | M    | 218760        | 13  | FC Porto                      | 5:30.33       | <b>5:18.61</b> | 1,9           |       |
|       | 50m: 36.38               |      | 150m: 1:56.74 |     | 40.66                         | 250m: 3:17.79 | 40.28          | 350m: 4:39.05 | 40.62 |
|       | 100m: 1:16.08            |      | 200m: 2:37.51 |     | 40.77                         | 300m: 3:58.43 | 40.64          | 400m: 5:18.61 | 39.56 |
| 31.   | Francisco Magalhaes Lima | M    | 214764        | 13  | Colegio Efanor                | 5:13.19       | <b>5:22.13</b> |               |       |
|       | 50m: 35.37               |      | 150m: 1:54.37 |     | 39.96                         | 250m: 3:16.11 | 40.89          | 350m: 4:40.62 | 42.41 |
|       | 100m: 1:14.41            |      | 200m: 2:35.22 |     | 40.85                         | 300m: 3:58.21 | 42.10          | 400m: 5:22.13 | 41.51 |
| 32.   | Tiago Magalhaes Santos   | M    | 215413        | 13  | FC Porto                      | 5:32.83       | <b>5:22.32</b> |               |       |
|       | 50m: 36.41               |      | 150m: 1:59.67 |     | 41.83                         | 250m: 3:20.74 | 41.31          | 350m: 4:43.43 | 41.05 |
|       | 100m: 1:17.84            |      | 200m: 2:39.43 |     | 39.76                         | 300m: 4:02.38 | 41.64          | 400m: 5:22.32 | 38.89 |
| 33.   | Gustavo Sousa Oliveira   | M    | 221265        | 13  | Natacao de Valongo            | 5:25.15       | <b>5:22.78</b> |               |       |
|       | 50m: 34.86               |      | 150m: 1:54.98 |     | 40.24                         | 250m: 3:17.94 | 40.85          | 350m: 4:43.25 | 42.76 |
|       | 100m: 1:14.74            |      | 200m: 2:37.09 |     | 42.11                         | 300m: 4:00.49 | 42.55          | 400m: 5:22.78 | 39.53 |
| 34.   | Afonso Sousa Braz        | M    | 214571        | 13  | N utico Acad mico de Coimbra  | 5:32.56       | <b>5:23.44</b> |               |       |
|       | 50m: 35.17               |      | 150m: 1:56.65 |     | 41.56                         | 250m: 3:21.48 | 42.42          | 350m: 4:44.09 | 41.43 |
|       | 100m: 1:15.09            |      | 200m: 2:39.06 |     | 42.41                         | 300m: 4:02.66 | 41.18          | 400m: 5:23.44 | 39.35 |
| 35.   | Lourenco Silva Machado   | M    | 215789        | 13  | Leix es Sport Clube           | 5:27.88       | <b>5:23.70</b> |               |       |
|       | 50m: 35.39               |      | 150m: 1:57.58 |     | 41.60                         | 250m: 3:21.28 | 41.83          | 350m: 4:44.63 | 41.38 |
|       | 100m: 1:15.98            |      | 200m: 2:39.45 |     | 41.87                         | 300m: 4:03.25 | 41.97          | 400m: 5:23.70 | 39.07 |
| 36.   | Martim Nogueira Teixeira | M    | 214376        | 13  | Foca Quinta da Lixa CNF       | 5:44.82       | <b>5:25.93</b> |               |       |
|       | 50m: 37.27               |      | 150m: 2:01.13 |     | 41.91                         | 250m: 3:24.57 | 41.16          | 350m: 4:46.04 | 40.49 |
|       | 100m: 1:19.22            |      | 200m: 2:43.41 |     | 42.28                         | 300m: 4:05.55 | 40.98          | 400m: 5:25.93 | 39.89 |
| 37.   | Raul Mendes Cunha        | M    | 216442        | 13  | Nata  o Clube de Fafe         | 5:46.10       | <b>5:28.09</b> |               |       |
|       | 50m: 34.47               |      | 150m: 1:54.36 |     | 41.11                         | 250m: 3:19.84 | 42.99          | 350m: 4:45.46 | 42.48 |
|       | 100m: 1:13.25            |      | 200m: 2:36.85 |     | 42.49                         | 300m: 4:02.98 | 43.14          | 400m: 5:28.09 | 42.63 |
| 38.   | Rodrigo Coutinho Morais  | M    | 218260        | 13  | Academico Viseu Futebol Clube | 6:36.25       | <b>5:29.56</b> |               |       |
|       | 50m: 37.16               |      | 150m: 2:01.74 |     | 42.37                         | 250m: 3:26.82 | 42.43          | 350m: 4:49.78 | 41.51 |
|       | 100m: 1:19.37            |      | 200m: 2:44.39 |     | 42.65                         | 300m: 4:08.27 | 41.45          | 400m: 5:29.56 | 39.78 |
| 39.   | Duarte Martins Silva     | M    | 213555        | 13  | Academico Viseu Futebol Clube | 6:24.71       | <b>5:42.43</b> |               |       |
|       | 50m: 37.38               |      | 150m: 2:04.49 |     | 44.38                         | 250m: 3:31.45 | 43.55          | 350m: 4:58.69 | 43.96 |
|       | 100m: 1:20.11            |      | 200m: 2:47.90 |     | 43.41                         | 300m: 4:14.73 | 43.28          | 400m: 5:42.43 | 43.74 |