

Prova 4
16/11/2024 - 10:10

Masc., 400m Livres

Absolutos
Resultados

Rec Nac 25m Open	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Sen	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Jun18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26/06/2004
Rec Nac 25m Jun17	3:56.54	Rui Filipe Costa	VSC	Felgueiras	24/11/2007
Rec Nac 25m Juv A	3:58.45	Rui Silva Pereira	ADRCIMM	Sines	17/12/2023
Rec Nac 25m Juv B	4:01.42	Rui Silva Pereira	POR	Tomar	15/01/2023
Recordes Reg ANCNP 25m Open	3:49.02	Diogo Filipe Carvalho	CGA	S. Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Sen	3:49.02	Diogo Filipe Carvalho	CGA	STº Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Jun18	3:55.07	Gustavo Carvalhais Ribeiro	CGA	Gafanha de Nazaré	18/07/2021
Recordes Reg ANCNP 25m Jun17	3:56.61	Gustavo Carvalhais Ribeiro	CGA	Leiria	14/12/2019
Recordes Reg ANCNP 25m Juv A	4:01.35	Diogo Filipe Carvalho	ANCNP	Anadia	28/02/2004
Recordes Reg ANCNP 25m Juv B	4:05.91	Diogo Filipe Carvalho	CGA	Braga	01/03/2003

TAC-Z Masc Juv A Juv A: 4:33.44 / TAC-Z Masc Juv B Juv B: 4:38.98 / TAC-N Masc Juv A Juv A: 4:22.43 / TAC-N Masc Juv B Juv B: 4:28.59 / TAC-N Masc Jun 17 Jun17: 4:15.03 / TAC-N Masc Jun 18 Jun18: 4:13.80 / TAC-N Masc Sen 19 19: 4:07.64 / TAC-N Masc Sen 20+ 20 +: 4:06.41 / TFO REGIONAL - JUV A Masc Juv A: 5:07.14 / TFO REGIONAL - JUV B Masc Juv B: 5:17.06 / TFO REGIONAL - JUN Masc Jun: 4:58.36 / TFO REGIONAL - SEN Masc Sen: 4:50.51

Pontos: AQUA 2024

Lugar	Nome	Sexo	Licença	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
Juvenis B									
1.	Andre Ferreira Santos <i>TAC Zonal</i>	M	213542	15	Academico Viseu Futebol Clube	4:50.68	4:34.93	460	
	50m: 31.97 100m: 1:06.88	31.97 34.91	150m: 1:41.96 200m: 2:17.26	35.08 35.30	250m: 2:51.63 300m: 3:26.63	34.37 35.00	350m: 4:01.11 400m: 4:34.93	34.48 33.82	
2.	Ruben Alexandre Venancio	M	210796	15	Clube Desportivo de Estarreja	5:27.27	4:56.33	367	
	50m: 33.30 100m: 1:09.65	33.30 36.35	150m: 1:46.88 200m: 2:24.75	37.23 37.87	250m: 3:02.90 300m: 3:40.98	38.15 38.08	350m: 4:19.12 400m: 4:56.33	38.14 37.21	
3.	Simao Mota Pinho	M	208542	15	Sporting Clube Sao Joao Ver	5:13.42	4:58.39	359	
	50m: 31.71 100m: 1:07.74	31.71 36.03	150m: 1:45.63 200m: 2:24.20	37.89 38.57	250m: 3:03.01 300m: 3:41.86	38.81 38.85	350m: 4:21.07 400m: 4:58.39	39.21 37.32	
4.	Antonio Barros Neves	M	205437	15	Sporting de Espinho	5:10.92	5:01.81	347	
	50m: 33.35 100m: 1:10.39	33.35 37.04	150m: 1:48.84 200m: 2:27.62	38.45 38.78	250m: 3:06.75 300m: 3:45.81	39.13 39.06	350m: 4:24.79 400m: 5:01.81	38.98 37.02	
5.	Joao Saraiva Paixao	M	141305	15	Galitos / Bresimar	5:25.24	5:02.48	345	
	50m: 32.72 100m: 1:10.01	32.72 37.29	150m: 1:48.88 200m: 2:28.21	38.87 39.33	250m: 3:07.06 300m: 3:45.91	38.85 38.85	350m: 4:24.88 400m: 5:02.48	38.97 37.60	
6.	Rodrigo Guedes Ferreira	M	213631	15	Clube Desportivo Feirense	4:59.57	5:11.36	316	
	50m: 33.77 100m: 1:12.91	33.77 39.14	150m: 1:52.72 200m: 2:33.43	39.81 40.71	250m: 3:13.59 300m: 3:53.93	40.16 40.34	350m: 4:33.23 400m: 5:11.36	39.30 38.13	

Juvenis A

1.	Alexandre Shubin <i>TAC Zonal</i>	M	207643	16	Campinho	4:27.20	4:30.37	483	
	50m: 28.80 100m: 1:01.23	28.80 32.43	150m: 1:35.15 200m: 2:09.79	33.92 34.64	250m: 2:45.05 300m: 3:20.37	35.26 35.32	350m: 3:55.76 400m: 4:30.37	35.39 34.61	
2.	Rodrigo Cruz Costa	M	208168	16	Sanjoanense/FEPSA	4:54.01	4:37.90	445	
	50m: 31.52 100m: 1:06.96	31.52 35.44	150m: 1:42.44 200m: 2:18.02	35.48 35.58	250m: 2:52.80 300m: 3:28.28	34.78 35.48	350m: 4:03.28 400m: 4:37.90	35.00 34.62	
3.	Guilherme Neves Martins	M	214025	16	Sporting de Espinho	4:51.90	4:45.46	411	
	50m: 30.25 100m: 1:04.40	30.25 34.15	150m: 1:40.47 200m: 2:17.13	36.07 36.66	250m: 2:53.90 300m: 3:31.07	36.77 37.17	350m: 4:08.60 400m: 4:45.46	37.53 36.86	
4.	Luis Azevedo Pinto	M	210795	16	Clube Desportivo de Estarreja	4:48.39	4:45.94	408	
	50m: 29.96 100m: 1:04.06	29.96 34.10	150m: 1:39.69 200m: 2:16.33	35.63 36.64	250m: 2:53.55 300m: 3:31.44	37.22 37.89	350m: 4:09.24 400m: 4:45.94	37.80 36.70	
5.	Miguel Tome Mateus	M	139761	16	CN Vagos	4:41.50	4:48.31	398	
	50m: 31.93 100m: 1:08.00	31.93 36.07	150m: 1:44.49 200m: 2:20.63	36.49 36.14	250m: 2:57.30 300m: 3:34.77	36.67 37.47	350m: 4:11.95 400m: 4:48.31	37.18 36.36	
DNS	Goncalo Malha Neto	M	141256	16	Galitos / Bresimar	4:32.76			DNS

Prova 4, Masc., 400m Livres

Juniores

1.	Antonio Cruz Fardilha		M	140216	17	Galitos / Bresimar			4:22.52	4:16.81	564	
	50m:	29.27		150m:	1:33.49	32.35	250m:	2:38.87	32.49	350m:	3:44.32	32.64
	100m:	1:01.14	31.87	200m:	2:06.38	32.89	300m:	3:11.68	32.81	400m:	4:16.81	32.49
2.	Guilherme Martins Silva		M	204688	17	Academico Viseu Futebol Clube			4:20.33	4:17.59	589	
	50m:	30.08	30.08	150m:	1:34.79	32.50	250m:	2:40.44	32.38	350m:	3:45.32	32.75
	100m:	1:02.29	32.21	200m:	2:08.06	33.27	300m:	3:12.57	32.13	400m:	4:17.59	32.27
3.	Joao Miguel Vitoria		M	204687	17	Academico Viseu Futebol Clube			4:18.29	4:21.56	534	
	50m:	30.56	30.56	150m:	1:36.16	32.81	250m:	2:42.56	32.95	350m:	3:49.32	33.43
	100m:	1:03.35	32.79	200m:	2:09.61	33.45	300m:	3:15.89	33.33	400m:	4:21.56	32.24
4.	Paulo Jorge Oliveira		M	205716	17	Clube Desportivo de Estarreja			4:19.45	4:25.55	510	
	50m:	29.05	29.05	150m:	1:32.79	32.17	250m:	2:39.55	33.61	350m:	3:49.53	35.52
	100m:	1:00.62	31.57	200m:	2:05.94	33.15	300m:	3:14.01	34.46	400m:	4:25.55	36.02
5.	Bernardo Reis Ferreira		M	152333	17	Galitos / Bresimar			4:35.35	4:27.53	499	
	50m:	30.85	30.85	150m:	1:37.51	33.58	250m:	2:45.01	34.00	350m:	3:54.25	34.69
	100m:	1:03.93	33.08	200m:	2:11.01	33.50	300m:	3:19.56	34.55	400m:	4:27.53	33.28
6.	Rodrigo Pinto Oliveira		M	205693	18	Sporting Clube Sao Joao Ver			4:35.11	4:28.90	491	
	50m:	29.17	29.17	150m:	1:35.36	34.33	250m:	2:43.43	34.05	350m:	3:54.67	36.16
	100m:	1:01.03	31.86	200m:	2:09.38	34.02	300m:	3:18.51	35.08	400m:	4:28.90	34.23
7.	Martim Nuno Lavajo		M	133211	18	Academico Viseu Futebol Clube			4:32.59	4:33.83	465	
	50m:	29.59	29.59	150m:	1:37.12	34.61	250m:	2:47.55	35.05	350m:	3:58.97	35.95
	100m:	1:02.51	32.92	200m:	2:12.50	35.38	300m:	3:23.02	35.47	400m:	4:33.83	34.86
8.	Gabriel Neto Ferreira		M	203901	17	O Crasto			4:45.41	4:47.70	401	
	50m:	31.96	31.96	150m:	1:44.53	37.01	250m:	2:58.52	37.26	350m:	4:12.80	37.05
	100m:	1:07.52	35.56	200m:	2:21.26	36.73	300m:	3:35.75	37.23	400m:	4:47.70	34.90
9.	Mateus Tavares Bastos		M	214438	17	Campinho			4:46.26	4:49.09	395	
	50m:	31.46	31.46	150m:	1:43.27	36.95	250m:	2:58.07	37.39	350m:	4:13.64	37.58
	100m:	1:06.32	34.86	200m:	2:20.68	37.41	300m:	3:36.06	37.99	400m:	4:49.09	35.45
10.	Vicente Ferreira Oliveira		M	213213	17	Estamos Juntos			4:45.78	4:55.52	370	
	50m:	32.23	32.23	150m:	1:45.49	37.02	250m:	3:00.90	38.33	350m:	4:19.31	39.32
	100m:	1:08.47	36.24	200m:	2:22.57	37.08	300m:	3:39.99	39.09	400m:	4:55.52	36.21

Seniores

1.	Filipe Santos Cardoso		M	130500	21	Gafanha da Encarnacao			4:07.32	4:13.13	589	
	50m:	28.79	28.79	150m:	1:32.51	32.21	250m:	2:37.17	32.54	350m:	3:40.94	31.44
	100m:	1:00.30	31.51	200m:	2:04.63	32.12	300m:	3:09.50	32.33	400m:	4:13.13	32.19
2.	A. Goncalves		M	128601	20	Sporting Clube Sao Joao Ver			4:10.69	4:15.45	573	
	50m:	29.16	29.16	150m:	1:32.87	32.24	250m:	2:37.68	32.78	350m:	3:43.28	33.05
	100m:	1:00.63	31.47	200m:	2:04.90	32.03	300m:	3:10.23	32.55	400m:	4:15.45	32.17
3.	Andre Filipe Afonseca		M	117795	27	Gafanha da Encarnacao			4:39.01	4:28.94	491	
	50m:	30.14	30.14	150m:	1:39.05	35.00	250m:	2:47.94	33.73	350m:	3:56.25	34.16
	100m:	1:04.05	33.91	200m:	2:14.21	35.16	300m:	3:22.09	34.15	400m:	4:28.94	32.69
4.	Joao Pedro Guedes FTL		M	119754	28	Sporting Clube Sao Joao Ver			4:47.19	5:00.72	351	
	50m:	32.97	32.97	150m:	1:47.36	37.89	250m:	3:04.15	38.60	350m:	4:22.13	38.92
	100m:	1:09.47	36.50	200m:	2:25.55	38.19	300m:	3:43.21	39.06	400m:	5:00.72	38.59