

Prova 8
16/11/2025 - 15:20

Masc., 400m Estilos

Juvenis
Resultados

Recordes Reg ANCPN 25m Open	4:06.83	Diogo Filipe Carvalho	CGA	Istambul (TUR)	11/12/2009
Recordes Reg ANCPN 25m Juv A 16	4:28.27	Diogo Filipe Carvalho	CGA	Penafiel	19/03/2004
Recordes Reg ANCPN 25m Juv B 15	4:35.02	Diogo Filipe Carvalho	CGA	Braga	21/03/2003

TAC-N JUL Juv A Juv A 16: 4:51.77 / TAC-N JUL Juv B Juv B 15: 5:02.58 / TAC-N MAR Juv A Juv A 16: 2:18.90 / TAC-N MAR Juv B Juv B 15: 5:07.98 / TAC-Z Juv A Juv A 16: 5:02.58 / TAC-Z Juv B Juv B 15: 5:13.39 / TFO - JUV A Juv A 16: 5:20.34 / TFO - JUV B Juv B 15: 5:50.00

Pontos: AQUA 2025

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINAPts	Obs
Juvenis B								
1.	Miguel Miranda Fernandes	M	141320	11	Galitos / Bresimar	5:14.53	416	
	50m: 31.10 31.10		150m: 1:50.97		42.10 250m: 3:19.41	46.85 350m: 4:41.03		35.26
	100m: 1:08.87 37.77		200m: 2:32.56		41.59 300m: 4:05.77	46.36 400m: 5:14.53		33.50
2.	Afonso Saldanha Costa	M	206672	11	O Crasto	5:15.18	413	
	50m: 34.36 34.36		150m: 1:58.19		42.39 250m: 3:21.30	41.52 350m: 4:39.73		35.96
	100m: 1:15.80 41.44		200m: 2:39.78		41.59 300m: 4:03.77	42.47 400m: 5:15.18		35.45
3.	Santiago Vagos Valente	M	215177	11	Galitos / Bresimar	5:18.46	400	
	50m: 34.54 34.54		150m: 1:55.89		41.08 250m: 3:23.58	47.38 350m: 4:45.16		35.32
	100m: 1:14.81 40.27		200m: 2:36.20		40.31 300m: 4:09.84	46.26 400m: 5:18.46		33.30
4.	Joao Paulo Ferreira	M	214827	11	Estamos Juntos	5:20.52	393	
	50m: 32.96 32.96		150m: 1:55.55		42.02 250m: 3:19.82	44.33 350m: 4:43.49		38.17
	100m: 1:13.53 40.57		200m: 2:35.49		39.94 300m: 4:05.32	45.50 400m: 5:20.52		37.03
5.	Xavier Pinto Pereira	M	209591	11	Galitos / Bresimar	5:26.14	373	
	50m: 33.99 33.99		150m: 1:58.52		43.88 250m: 3:26.87	46.46 350m: 4:51.79		38.03
	100m: 1:14.64 40.65		200m: 2:40.41		41.89 300m: 4:13.76	46.89 400m: 5:26.14		34.35
6.	Duarte Miguel Santos	M	214460	11	Clube Desportivo de Estarreja	5:32.25	352	
	50m: 33.83 33.83		150m: 1:56.58		42.05 250m: 3:27.43	50.52 350m: 4:55.73		38.06
	100m: 1:14.53 40.70		200m: 2:36.91		40.33 300m: 4:17.67	50.24 400m: 5:32.25		36.52
DSQ	Daniel Volkov	M	214081	11	Galitos / Bresimar			DSQ
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3, Bruços</i>							
DSQ	Francisco Felix Vale	M	145453	11	Galitos / Bresimar			DSQ
	<i>724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 275 m - SW 7.6</i>							

Juvenis A

1.	Rafael Pires Parente TAC Zonal	M	213541	10	Academico Viseu Futebol Clube	4:56.01	499	
	50m: 29.30 29.30		150m: 1:42.59		39.20 250m: 3:04.45	43.94 350m: 4:23.35		34.46
	100m: 1:03.39 34.09		200m: 2:20.51		37.92 300m: 3:48.89	44.44 400m: 4:56.01		32.66
2.	Tomas Figueiredo Branco TAC Zonal	M	206651	10	Galitos / Bresimar	5:02.08	469	
	50m: 30.56 30.56		150m: 1:47.60		40.65 250m: 3:08.71	42.28 350m: 4:27.75		36.34
	100m: 1:06.95 36.39		200m: 2:26.43		38.83 300m: 3:51.41	42.70 400m: 5:02.08		34.33
3.	Gabriel Silva Tavares	M	208224	10	Clube Desportivo de Estarreja	5:06.91	447	
	50m: 32.17 32.17		150m: 1:54.40		41.64 250m: 3:16.55	42.69 350m: 4:34.94		34.39
	100m: 1:12.76 40.59		200m: 2:33.86		39.46 300m: 4:00.55	44.00 400m: 5:06.91		31.97
4.	Andre Ferreira Santos	M	213542	10	Academico Viseu Futebol Clube	5:07.54	445	
	50m: 32.35 32.35		150m: 1:50.63		40.00 250m: 3:15.08	45.52 350m: 4:35.01		34.00
	100m: 1:10.63 38.28		200m: 2:29.56		38.93 300m: 4:01.01	45.93 400m: 5:07.54		32.53
5.	Rafael Moreira Assuncao	M	208539	10	Clube Desportivo Feirense	5:09.44	436	
	50m: 31.36 31.36		150m: 1:49.18		41.20 250m: 3:16.48	45.58 350m: 4:36.90		33.61
	100m: 1:07.98 36.62		200m: 2:30.90		41.72 300m: 4:03.29	46.81 400m: 5:09.44		32.54
6.	Francisco Laranjeira Morais	M	208427	10	Algés e Águeda XXI	5:13.29	421	
	50m: 31.13 31.13		150m: 1:49.37		39.58 250m: 3:11.87	42.92 350m: 4:35.21		38.69
	100m: 1:09.79 38.66		200m: 2:28.95		39.58 300m: 3:56.52	44.65 400m: 5:13.29		38.08
7.	Tiago Joao Olas FTL	M	215503	10	Academico Viseu Futebol Clube	5:20.38	393	
	50m: 32.58 32.58		150m: 1:55.33		44.96 250m: 3:24.33	45.56 350m: 4:45.92		36.15
	100m: 1:10.37 37.79		200m: 2:38.77		43.44 300m: 4:09.77	45.44 400m: 5:20.38		34.46

Prova 8, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINAPts	Obs				
8.	Rodrigo Guedes Ferreira <i>FL</i>	M	213631	10	Clube Desportivo Feirense	5:24.14	380					
	50m:	34.71	34.71	150m:	1:57.62	41.96	250m:	3:25.83	47.31	350m:	4:49.82	36.47
	100m:	1:15.66	40.95	200m:	2:38.52	40.90	300m:	4:13.35	47.52	400m:	5:24.14	34.32