

Associação de Nataç o do Norte de Portugal  
Campeonatos Regionais Juvenis PC  
Recarei, 19 - 21/11/2021

Prova 43	Masc., 400m Livres				Juvenis
21/11/2021 - 15:20					Resultados
Rec Nac 25m Absoluto	3:42.91	NASCIMENTO, Miguel Duarte	SLB	Porto	09/12/2017
Rec Nac 25m Juv A	3:58.82	RIBEIRO, Diogo Matos	CUC	Mealhada	07/12/2019
Rec Nac 25m Juv B	4:02.41	RIBEIRO, Diogo Matos	CUC	Lous�	23/06/2019
Recorde Regional 25m Absoluto	3:45.58	PEREIRA, Fabio Manuel	FPN	Istanbul (TUR)	10/12/2009
Recorde Regional 25m Juv A	3:59.35	COSTA, Rui Filipe	VSC	Caldas da Rainha	01/12/2006
Recorde Regional 25m Juv B	4:06.60	MONTEIRO, Luis Miguel	FCP	Lousada	28/02/1998

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs	
<b>Juvenis A</b>									
1.	CASTRO, Vasco Monteiro	M	202720	06	Porto	<b>4:22.33</b>	529		
	50m: 29.55 29.55		150m: 1:35.10		33.15	250m: 2:41.53	33.14	350m: 3:48.86	
	100m: 1:01.95 32.40		200m: 2:08.39		33.29	300m: 3:14.97	33.44	400m: 4:22.33	
								33.89	
								33.47	
2.	LOUREIRO, Bruno Silva	M	129872	06	Porto	<b>4:25.28</b>	512		
	50m: 30.46 30.46		150m: 1:35.96		33.07	250m: 2:44.04	34.31	350m: 3:52.50	
	100m: 1:02.89 32.43		200m: 2:09.73		33.77	300m: 3:18.31	34.27	400m: 4:25.28	
								34.19	
								32.78	
3.	CARVALHO, Artur Guterres	M	202266	06	Vilacondense	<b>4:32.46</b>	472		
	50m: 30.83 30.83		150m: 1:39.50		34.28	250m: 2:49.50	34.96	350m: 4:00.28	
	100m: 1:04.93 34.10		200m: 2:14.54		35.04	300m: 3:25.17	35.67	400m: 4:32.46	
								35.11	
								32.18	
4.	CARNEIRO, Jose Pedro	M	201823	06	Natacao de Valongo	<b>4:39.81</b>	436		
	50m: 29.55 29.55		150m: 1:36.55		34.28	250m: 2:49.14	37.01	350m: 4:04.43	
	100m: 1:02.27 32.72		200m: 2:12.13		35.58	300m: 3:26.87	37.73	400m: 4:39.81	
								37.56	
								35.38	
5.	CALHANDRO, Guilherme Oliveira	M	131800	06	Colegio Efanor	<b>4:40.72</b>	432		
	50m: 30.99 30.99		150m: 1:40.99		35.61	250m: 2:52.32	35.80	350m: 4:04.61	
	100m: 1:05.38 34.39		200m: 2:16.52		35.53	300m: 3:28.23	35.91	400m: 4:40.72	
								36.38	
								36.11	
6.	NUNES, Pedro Goncalves	M	204664	06	Penafiel	<b>5:10.24</b>	320		
	50m: 33.84 33.84		150m: 1:50.62		39.22	250m: 3:10.19	39.84	350m: 4:30.83	
	100m: 1:11.40 37.56		200m: 2:30.35		39.73	300m: 3:50.19	40.00	400m: 5:10.24	
								40.64	
								39.41	
7.	SANTOS, Frederico Silva	M	200995	06	Penafiel	<b>5:32.37</b>	260		
	50m: 34.26 34.26		150m: 1:53.82		40.28	250m: 3:19.09	42.69	350m: 4:40.72	
	100m: 1:13.54 39.28		200m: 2:36.40		42.58	300m: 4:03.46	44.37	400m: 5:32.37	
								1:28.91	
WDR	COSTA, Tomas Mendes	M	132343	06	Famalicao				WDR

**Juvenis B**

1.	COSTA, Antonio Miguel	M	202259	07	Assoc. Desportiva de Fafe	<b>4:31.46</b>	477	
	50m: 29.94 29.94		150m: 1:38.74		34.82	250m: 2:48.40	34.67	350m: 3:58.01
	100m: 1:03.92 33.98		200m: 2:13.73		34.99	300m: 3:23.28	34.88	400m: 4:31.46
								34.73
								33.45
2.	MOURA, Leonardo Cunha	M	205462	07	Foca Quinta Da Lixa - Cnf	<b>4:34.06</b>	464	
	50m: 30.77 30.77		150m: 1:38.39		33.72	250m: 2:48.37	35.19	350m: 3:59.73
	100m: 1:04.67 33.90		200m: 2:13.18		34.79	300m: 3:24.30	35.93	400m: 4:34.06
								35.43
								34.33
3.	BORGES, Rodrigo Costa	M	133190	07	Fluvial Portuense	<b>4:34.12</b>	464	
	50m: 30.97 30.97		150m: 1:39.88		34.79	250m: 2:50.23	35.28	350m: 3:59.98
	100m: 1:05.09 34.12		200m: 2:14.95		35.07	300m: 3:24.79	34.56	400m: 4:34.12
								35.19
								34.14
4.	DORES, Tomas Rocha	M	200766	07	Colegio Efanor	<b>4:35.93</b>	455	
	50m: 30.79 30.79		150m: 1:39.66		34.71	250m: 2:50.59	35.73	350m: 4:01.80
	100m: 1:04.95 34.16		200m: 2:14.86		35.20	300m: 3:26.11	35.52	400m: 4:35.93
								35.69
								34.13
5.	CARREIRA, Duarte Maria	M	205865	07	Porto	<b>4:37.45</b>	447	
	50m: 31.36 31.36		150m: 1:40.31		34.78	250m: 2:51.30	35.61	350m: 4:02.40
	100m: 1:05.53 34.17		200m: 2:15.69		35.38	300m: 3:26.82	35.52	400m: 4:37.45
								35.58
								35.05
6.	SOARES, Guilherme Mahua	M	200790	07	Porto	<b>4:39.74</b>	436	
	50m: 30.79 30.79		150m: 1:40.60		35.44	250m: 2:52.78	36.00	350m: 4:04.74
	100m: 1:05.16 34.37		200m: 2:16.78		36.18	300m: 3:28.64	35.86	400m: 4:39.74
								36.10
								35.00
7.	VALES, Paulo Tiago	M	201752	07	Porto	<b>4:43.07</b>	421	
	50m: 31.31 31.31		150m: 1:41.42		35.34	250m: 2:53.55	36.18	350m: 4:06.71
	100m: 1:06.08 34.77		200m: 2:17.37		35.95	300m: 3:29.99	36.44	400m: 4:43.07
								36.72
								36.36
8.	SOUSA, Pedro Barros	M	132893	07	Porto	<b>4:53.67</b>	377	
	50m: 32.71 32.71		150m: 1:46.87		37.18	250m: 3:02.70	37.62	350m: 4:17.81
	100m: 1:09.69 36.98		200m: 2:25.08		38.21	300m: 3:40.66	37.96	400m: 4:53.67
								37.15
								35.86
9.	MONTEIRO, Rodrigo Manuel	M	132895	07	Porto	<b>4:54.05</b>	376	
	50m: 32.84 32.84		150m: 1:47.15		37.49	250m: 3:03.31	38.18	350m: 4:18.32
	100m: 1:09.66 36.82		200m: 2:25.13		37.98	300m: 3:41.27	37.96	400m: 4:54.05
								37.05
								35.73

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.71238

Registered to Associao de Natao do Norte de Portugal

21/11/2021 17:12 - P gina 1

Prova 43, Masc., 400m Livres, Juvenis B

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs
10.	BARROS, Rodrigo Goncalves	M	201802	07	Assoc. Desportiva de Fafe	<b>4:56.65</b>	366	
	50m: 34.49 34.49		150m: 1:50.57		38.14 250m: 3:07.02	37.89	350m: 4:20.71	36.51
	100m: 1:12.43 37.94		200m: 2:29.13		38.56 300m: 3:44.20	37.18	400m: 4:56.65	35.94
11.	ANTUNES, David Luis	M	201934	07	Fluvial Portuense	<b>4:57.78</b>	362	
	50m: 31.95 31.95		150m: 1:47.30		38.58 250m: 3:05.34	39.55	350m: 4:22.02	38.00
	100m: 1:08.72 36.77		200m: 2:25.79		38.49 300m: 3:44.02	38.68	400m: 4:57.78	35.76
12.	VIEIRA, Bruno Emanuel	M	204681	07	Lousada S�culo XXI	<b>4:59.50</b>	355	
	50m: 33.42 33.42		150m: 1:48.81		38.01 250m: 3:06.24	38.68	350m: 4:22.18	37.15
	100m: 1:10.80 37.38		200m: 2:27.56		38.75 300m: 3:45.03	38.79	400m: 4:59.50	37.32
13.	CARVALHO, Martim Goncalves	M	209245	07	Assoc. Desportiva de Fafe	<b>5:02.38</b>	345	
	50m: 34.25 34.25		150m: 1:50.61		38.46 250m: 3:07.76	38.64	350m: 4:24.38	38.11
	100m: 1:12.15 37.90		200m: 2:29.12		38.51 300m: 3:46.27	38.51	400m: 5:02.38	38.00
14.	MIRANDA, Tomas Machado	M	200780	07	Porto	<b>5:03.50</b>	342	
	50m: 34.97 34.97		150m: 1:51.85		38.83 250m: 3:09.10	38.75	350m: 4:26.58	38.75
	100m: 1:13.02 38.05		200m: 2:30.35		38.50 300m: 3:47.83	38.73	400m: 5:03.50	36.92
15.	CARDOSO, Francisco Paiva	M	133188	07	Fluvial Portuense	<b>5:04.31</b>	339	
	50m: 32.92 32.92		150m: 1:49.33		39.15 250m: 3:07.53	39.61	350m: 4:26.80	40.01
	100m: 1:10.18 37.26		200m: 2:27.92		38.59 300m: 3:46.79	39.26	400m: 5:04.31	37.51
16.	BRAGA, Pedro Mendonca	M	203198	07	Vilacondense	<b>5:07.61</b>	328	
	50m: 33.14 33.14		150m: 1:48.52		38.65 250m: 3:07.43	39.81	350m: 4:28.11	40.13
	100m: 1:09.87 36.73		200m: 2:27.62		39.10 300m: 3:47.98	40.55	400m: 5:07.61	39.50
17.	COSTA, Tomas Pinto	M	202820	07	Leix�es Sport Clube	<b>5:20.58</b>	290	
	50m: 35.94 35.94		150m: 1:55.47		40.24 250m: 3:18.33	41.49	350m: 4:40.63	41.58
	100m: 1:15.23 39.29		200m: 2:36.84		41.37 300m: 3:59.05	40.72	400m: 5:20.58	39.95
18.	MENDES, Martim Danilo	M	206619	07	Fluvial Portuense	<b>5:22.65</b>	284	
	50m: 34.98 34.98		150m: 1:54.72		40.35 250m: 3:18.56	42.31	350m: 4:42.29	41.98
	100m: 1:14.37 39.39		200m: 2:36.25		41.53 300m: 4:00.31	41.75	400m: 5:22.65	40.36
19.	PINTO, Francisco Manuel	M	200812	07	Penafiel	<b>5:37.75</b>	248	
	50m: 36.98 36.98		150m: 2:01.60		43.05 250m: 3:28.97	44.32	350m: 4:57.43	44.70
	100m: 1:18.55 41.57		200m: 2:44.65		43.05 300m: 4:12.73	43.76	400m: 5:37.75	40.32
DNS	RODRIGUES, Joao Alves	M	201808	07	Famalio			DNS
WDR	COSTA, Andre Leitao	M	201806	07	Assoc. Desportiva de Fafe			WDR