Prova 11 — Masc., 400m Livres — Infantis
26/10/2024 - 13:30 — Resultados

Recorde Nacional Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Recorde Nacional Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Recorde Nacional Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003
Recorde Territorial Open	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10/12/2009
Recorde Territorial Inf A	4:13.70	Rui Paulo, BORGES	FCP	Antas	25/07/1981
Recorde Territorial Inf B	4:26.90	Joao Claudio, SOUSA	GESP	Felgueiras	08/04/2006

Pontos: FINA 2023

Infantis B

Lugar	Nome	Licença	Clube	Tempo Final	AQUA
1.	Francisco Duarte, COSTA	212460	Leixões Sport Clube	**5:17.57**	298
	50m: 35.40 (35.40) 150m: 1:57.45 (41.51) 250m: 3:19.30 (40.41) 350m: 4:41.44 (40.70)				
	100m: 1:15.94 (40.54) 200m: 2:38.89 (41.44) 300m: 4:00.74 (41.44) 400m: 5:17.57 (36.13)				
2.	Bernardo Pereira, PACHECO	213940	Foca - Quinta da Lixa cnf	**5:19.53**	293
	50m: 36.38 (36.38) 150m: 1:56.96 (40.99) 250m: 3:18.63 (40.06) 350m: 4:41.21 (40.83)				
	100m: 1:15.97 (39.59) 200m: 2:38.57 (41.61) 300m: 4:00.38 (41.75) 400m: 5:19.53 (38.32)				
3.	Rodrigo Moreira, ENCARNACAO	215411	Porto	**5:31.86**	261
	50m: 36.51 (36.51) 150m: 1:58.58 (41.60) 250m: 3:23.88 (42.91) 350m: 4:49.45 (42.74)				
	100m: 1:16.98 (40.47) 200m: 2:40.97 (42.39) 300m: 4:06.71 (42.83) 400m: 5:31.86 (42.41)				
4.	Tomas Macedo, EUSEBIO	214368	Vilacondense	**5:32.44**	260
	50m: 36.37 (36.37) 150m: 1:59.94 (42.75) 250m: 3:26.61 (43.25) 350m: 4:53.60 (43.22)				
	100m: 1:17.19 (40.82) 200m: 2:43.36 (43.42) 300m: 4:10.38 (43.77) 400m: 5:32.44 (38.84)				
5.	Tiago Carvalho, PINTO	215412	Porto	**5:34.11**	256
	50m: 37.81 (37.81) 150m: 2:01.02 (42.25) 250m: 3:26.61 (43.02) 350m: 4:53.02 (43.04)				
	100m: 1:18.77 (40.96) 200m: 2:43.59 (42.57) 300m: 4:09.98 (43.37) 400m: 5:34.11 (41.09)				
6.	Martim Pedroso, FONTE	217976	Vilacondense	**5:36.16**	251
	50m: 38.70 (38.70) 150m: 2:03.14 (43.40) 250m: 3:28.42 (43.02) 350m: 4:56.50 (44.65)				
	100m: 1:19.74 (41.04) 200m: 2:45.40 (42.26) 300m: 4:11.85 (43.43) 400m: 5:36.16 (39.66)				
7.	Tiago Magalhaes, SANTOS	215413	Porto	**5:40.77**	241
	50m: 38.83 (38.83) 150m: 2:05.02 (43.28) 250m: 3:32.53 (43.36) 350m: 4:59.53 (43.60)				
	100m: 1:21.74 (42.91) 200m: 2:49.17 (44.15) 300m: 4:15.93 (43.40) 400m: 5:40.77 (41.24)				
8.	Lourenco Silva, MACHADO	215789	Leixões Sport Clube	**5:41.48**	240
	50m: 37.76 (37.76) 150m: 2:04.95 (44.22) 250m: 3:31.59 (43.41) 350m: 4:59.41 (43.49)				
	100m: 1:20.73 (42.97) 200m: 2:48.18 (43.23) 300m: 4:15.92 (44.33) 400m: 5:41.48 (42.07)				
9.	Martim Manuel, TEIXEIRA	216231	Porto	**5:47.57**	227
	50m: 39.41 (39.41) 150m: 2:05.93 (43.59) 250m: 3:36.05 (44.54) 350m: 5:05.62 (44.31)				
	100m: 1:22.34 (42.93) 200m: 2:51.51 (45.58) 300m: 4:21.31 (45.26) 400m: 5:47.57 (41.95)				
10.	Pedro Nuno, BRAZ	215409	Porto	**5:48.30**	226
	50m: 39.37 (39.37) 150m: 2:06.90 (44.07) 250m: 3:36.68 (44.75) 350m: 5:06.75 (44.69)				
	100m: 1:22.83 (43.46) 200m: 2:51.93 (45.03) 300m: 4:22.06 (45.38) 400m: 5:48.30 (41.55)				
11.	Francisco Teixeira, PINTO	211984	Foca - Quinta da Lixa cnf	**5:48.86**	225
	50m: 39.61 (39.61) 150m: 2:07.86 (44.33) 250m: 3:36.20 (44.44) 350m: 5:05.43 (44.56)				
	100m: 1:23.53 (43.92) 200m: 2:51.76 (43.90) 300m: 4:20.87 (44.67) 400m: 5:48.86 (43.43)				
12.	Martim Nogueira, TEIXEIRA	214376	Foca - Quinta da Lixa cnf	**5:54.49**	214
	50m: 41.59 (41.59) 150m: 2:11.64 (45.50) 250m: 3:40.51 (43.85) 350m: 5:10.85 (45.25)				
	100m: 1:26.14 (44.55) 200m: 2:56.66 (45.02) 300m: 4:25.60 (45.09) 400m: 5:54.49 (43.64)				
13.	Simao Carneiro, AGUIAR	218760	Porto	**5:57.85**	208
	50m: 40.01 (40.01) 150m: 2:11.52 (45.82) 250m: 3:42.94 (45.65) 350m: 5:13.43 (44.82)				
	100m: 1:25.70 (45.69) 200m: 2:57.29 (45.77) 300m: 4:28.61 (45.67) 400m: 5:57.85 (44.42)				
14.	Gustavo Martins, LOUREIRO	215399	Porto	**5:59.54**	205
	50m: 40.84 (40.84) 150m: 2:12.11 (46.01) 250m: 3:44.88 (46.52) 350m: 5:17.92 (47.30)				
	100m: 1:26.10 (45.26) 200m: 2:58.36 (46.25) 300m: 4:30.62 (45.74) 400m: 5:59.54 (41.62)				
15.	Joao Rosa, LIMA	215401	Porto	**6:19.17**	175
	50m: 42.04 (42.04) 150m: 2:19.34 (48.80) 250m: 3:57.90 (49.08) 350m: 5:35.16 (47.90)				
	100m: 1:30.54 (48.50) 200m: 3:08.82 (49.48) 300m: 4:47.26 (49.36) 400m: 6:19.17 (44.01)				
16.	Afonso Santos, LEAO	221267	Vilacondense	**6:31.05**	159
	50m: 44.22 (44.22) 150m: 2:24.21 (50.41) 250m: 4:05.83 (51.02) 350m: 5:47.12 (50.78)				
	100m: 1:33.80 (49.58) 200m: 3:14.81 (50.60) 300m: 4:56.34 (50.51) 400m: 6:31.05 (43.93)				
WDR	Guilherme Ferraz, PELIZ	217187	Associacao Tubaroes de Gaia		

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Prova 11, Masc., 400m Livres

Infantis A

1.	Goncalo Zamith, PASSOS				210945			Clube Naval Povoense			**4:46.22**				407
	50m:	33.13	33.13	150m:	1:45.22	36.47	250m:	3:00.01	37.43	350m:	4:12.78	35.19			
	100m:	1:08.75	35.62	200m:	2:22.58	37.36	300m:	3:37.59	37.58	400m:	4:46.22	33.44			
2.	Vasco Romero, PONTES				208872			Vilacondense			**4:55.32**				371
	50m:	35.28	35.28	150m:	1:50.30	37.40	250m:	3:05.59	37.49	350m:	4:20.51	37.14			
	100m:	1:12.90	37.62	200m:	2:28.10	37.80	300m:	3:43.37	37.78	400m:	4:55.32	34.81			
3.	Joao Nascimento, SILVA				201825			Porto			**5:05.08**				336
	50m:	35.92	35.92	150m:	1:52.84	38.82	250m:	3:10.02	38.29	350m:	4:27.79	38.46			
	100m:	1:14.02	38.10	200m:	2:31.73	38.89	300m:	3:49.33	39.31	400m:	5:05.08	37.29			
4.	David Marques, SOUSA				209501			Vilacondense			**5:05.36**				335
	50m:	34.48	34.48	150m:	1:50.29	37.94	250m:	3:07.43	38.85	350m:	4:27.67	40.14			
	100m:	1:12.35	37.87	200m:	2:28.58	38.29	300m:	3:47.53	40.10	400m:	5:05.36	37.69			
5.	Vasco Costa, LAPO				211712			Porto			**5:13.19**				311
	50m:	35.78	35.78	150m:	1:56.28	40.62	250m:	3:16.25	40.19	350m:	4:36.77	40.26			
	100m:	1:15.66	39.88	200m:	2:36.06	39.78	300m:	3:56.51	40.26	400m:	5:13.19	36.42			
6.	David Silva, CORREIA				214261			Vilacondense			**5:13.48**				310
	50m:	34.94	34.94	150m:	1:54.05	39.84	250m:	3:15.68	41.38	350m:	4:36.82	40.12			
	100m:	1:14.21	39.27	200m:	2:34.30	40.25	300m:	3:56.70	41.02	400m:	5:13.48	36.66			
7.	Goncalo Paiva, CARDOSO				209269			Fluvial Portuense			**5:14.11**				308
	50m:	34.98	34.98	150m:	1:54.46	40.18	250m:	3:15.73	40.57	350m:	4:35.84	39.89			
	100m:	1:14.28	39.30	200m:	2:35.16	40.70	300m:	3:55.95	40.22	400m:	5:14.11	38.27			
8.	Diogo Costa, LAPO				211704			Porto			**5:14.38**				307
	50m:	33.14	33.14	150m:	1:51.51	40.05	250m:	3:13.02	40.47	350m:	4:35.69	41.39			
	100m:	1:11.46	38.32	200m:	2:32.55	41.04	300m:	3:54.30	41.28	400m:	5:14.38	38.69			
9.	Tiago Alexandre, CARNEIRO				211711			Porto			**5:17.56**				298
	50m:	36.82	36.82	150m:	1:55.82	40.05	250m:	3:16.23	40.24	350m:	4:38.02	40.08			
	100m:	1:15.77	38.95	200m:	2:35.99	40.17	300m:	3:57.94	41.71	400m:	5:17.56	39.54			
10.	Pedro Nuno, PINHO				214672			Porto			**5:17.90**				297
	50m:	35.95	35.95	150m:	1:57.50	40.86	250m:	3:18.01	40.19	350m:	4:38.34	40.06			
	100m:	1:16.64	40.69	200m:	2:37.82	40.32	300m:	3:58.28	40.27	400m:	5:17.90	39.56			
11.	Joao Guilherme, COSTA				210247			Porto			**5:19.55**				293
	50m:	35.96	35.96	150m:	1:57.00	41.02	250m:	3:18.51	40.67	350m:	4:40.57	41.19			
	100m:	1:15.98	40.02	200m:	2:37.84	40.84	300m:	3:59.38	40.87	400m:	5:19.55	38.98			
12.	Daniel Pinheiro, OLIVEIRA				209500			Vilacondense			**5:21.47**				287
	50m:	36.10	36.10	150m:	1:58.12	41.41	250m:	3:20.86	41.59	350m:	4:43.27	40.75			
	100m:	1:16.71	40.61	200m:	2:39.27	41.15	300m:	4:02.52	41.66	400m:	5:21.47	38.20			
13.	Joao Pedro, VENTURA				209132			Foca - Quinta da Lixa cnf			**5:21.89**				286
	50m:	36.00	36.00	150m:	1:58.03	41.50	250m:	3:20.54	42.28	350m:	4:42.92	41.12			
	100m:	1:16.53	40.53	200m:	2:38.26	40.23	300m:	4:01.80	41.26	400m:	5:21.89	38.97			
14.	Joao Daniel, FERREIRA				214369			Vilacondense			**5:27.69**				271
	50m:	37.43	37.43	150m:	2:00.69	41.84	250m:	3:24.94	42.26	350m:	4:48.12	40.93			
	100m:	1:18.85	41.42	200m:	2:42.68	41.99	300m:	4:07.19	42.25	400m:	5:27.69	39.57			
15.	Tomas Oliveira, CUNHA				214371			Vilacondense			**5:29.99**				266
	50m:	37.37	37.37	150m:	2:00.32	41.43	250m:	3:24.76	42.20	350m:	4:47.97	41.77			
	100m:	1:18.89	41.52	200m:	2:42.56	42.24	300m:	4:06.20	41.44	400m:	5:29.99	42.02			
16.	Goncalo Jose, PEIXOTO				215277			Vilacondense			**5:46.73**				229
	50m:	39.16	39.16	150m:	2:08.68	45.30	250m:	3:37.55	44.05	350m:	5:06.84	44.18			
	100m:	1:23.38	44.22	200m:	2:53.50	44.82	300m:	4:22.66	45.11	400m:	5:46.73	39.89			
17.	Rodrigo Granja, SILVA				214361			Vilacondense			**5:50.32**				222
	50m:	38.69	38.69	150m:	2:06.48	44.43	250m:	3:37.22	45.22	350m:	5:08.10	45.12			
	100m:	1:22.05	43.36	200m:	2:52.00	45.52	300m:	4:22.98	45.76	400m:	5:50.32	42.22			
18.	Daniel Dias, FERREIRA				214334			Foca - Quinta da Lixa cnf			**5:51.54**				220
	50m:	40.19	40.19	150m:	2:07.80	44.33	250m:	3:37.41	44.73	350m:	5:07.79	44.48			
	100m:	1:23.47	43.28	200m:	2:52.68	44.88	300m:	4:23.31	45.90	400m:	5:51.54	43.75			
WDR	Aron Coelho, RAMOS				211611			Vilacondense							
WDR	William James, SANBERG				222925			Vilacondense							
EXH	Jefferson Felippe, NETO				222073			Porto			**5:30.46**				264
	50m:	38.57	38.57	150m:	2:02.19	42.33	250m:	3:26.93	42.09	350m:	4:51.42	42.43			
	100m:	1:19.86	41.29	200m:	2:44.84	42.65	300m:	4:08.99	42.06	400m:	5:30.46	39.04			

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