

Torneio Zonal de Juvenis (Zona Norte)
Braga, 14 - 16/12/2018

Prova 2	Masc., 400m Estilos				Juvenis
14/12/2018					Resultados
RN25 Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11/12/2009
RN25 Juv A	4:25.04	VITAL Joao Alexandre	ADRCIMM	Tomar	13/12/2013
RN25 Juv B	4:35.02	CARVALHO Diogo Filipe	CGA	Braga	21/03/2003
Tac-JUVAMasc Juv A 50m: 5:19.36 - 25m: 5:13.10 / Tac-JUVBMasc Juv B 50m: 5:25.33 - 25m: 5:18.95					
Pontos: FINA 2018					

Lugar	Ano		Tempo final				Pts	
Juvenis B								
1.	RIBEIRO Diogo Matos	04	Uniao Coimbra	4:36.34				618
	50m: 28.45 28.45	150m: 1:36.13	34.71	250m: 2:51.59	40.09	350m: 4:03.98	32.05	
	100m: 1:01.42 32.97	200m: 2:11.50	35.37	300m: 3:31.93	40.34	400m: 4:36.34	32.36	
2.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	4:50.33				533
	50m: 29.52 29.52	150m: 1:42.77	38.13	250m: 3:01.50	41.75	350m: 4:17.84	33.67	
	100m: 1:04.64 35.12	200m: 2:19.75	36.98	300m: 3:44.17	42.67	400m: 4:50.33	32.49	
3.	CRUZ David Miguel	04	Braga	4:55.95				503
	50m: 31.08 31.08	150m: 1:47.43	40.42	250m: 3:08.71	42.17	350m: 4:23.70	33.45	
	100m: 1:07.01 35.93	200m: 2:26.54	39.11	300m: 3:50.25	41.54	400m: 4:55.95	32.25	
4.	OLIVEIRA Joao Campelo	04	Famalicao	4:56.71				500
	50m: 31.22 31.22	150m: 1:46.15	38.80	250m: 3:06.67	42.35	350m: 4:23.60	34.88	
	100m: 1:07.35 36.13	200m: 2:24.32	38.17	300m: 3:48.72	42.05	400m: 4:56.71	33.11	
5.	SANTOS Gabriel Moreira	04	Famalicao	4:58.18				492
	50m: 29.17 29.17	150m: 1:40.83	37.57	250m: 3:00.97	42.88	350m: 4:22.30	36.42	
	100m: 1:03.26 34.09	200m: 2:18.09	37.26	300m: 3:45.88	44.91	400m: 4:58.18	35.88	
6.	APSENIECE Kevins Alexandre	04	Porto	4:59.54				485
	50m: 30.94 30.94	150m: 1:46.05	39.35	250m: 3:08.56	44.20	350m: 4:26.72	33.88	
	100m: 1:06.70 35.76	200m: 2:24.36	38.31	300m: 3:52.84	44.28	400m: 4:59.54	32.82	
7.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	5:03.51				467
	50m: 30.11 30.11	150m: 1:45.02	38.46	250m: 3:06.67	44.50	350m: 4:28.30	36.55	
	100m: 1:06.56 36.45	200m: 2:22.17	37.15	300m: 3:51.75	45.08	400m: 5:03.51	35.21	
8.	MOUTA Joao Pedro	04	Porto	5:05.10				459
	50m: 32.34 32.34	150m: 1:48.43	38.88	250m: 3:10.51	43.80	350m: 4:31.12	36.10	
	100m: 1:09.55 37.21	200m: 2:26.71	38.28	300m: 3:55.02	44.51	400m: 5:05.10	33.98	
9.	PEREIRA Jose Goncalo	04	Fafe	5:05.20				459
	50m: 31.78 31.78	150m: 1:49.37	39.69	250m: 3:09.55	41.43	350m: 4:30.04	37.45	
	100m: 1:09.68 37.90	200m: 2:28.12	38.75	300m: 3:52.59	43.04	400m: 5:05.20	35.16	
10.	COSTA Afonso Vilhena	04	Vilacondense	5:06.87				451
	50m: 30.89 30.89	150m: 1:47.47	39.67	250m: 3:11.75	44.25	350m: 4:32.71	34.83	
	100m: 1:07.80 36.91	200m: 2:27.50	40.03	300m: 3:57.88	46.13	400m: 5:06.87	34.16	
11.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	5:09.13				442
	50m: 32.06 32.06	150m: 1:50.33	41.07	250m: 3:13.62	43.76	350m: 4:33.87	36.46	
	100m: 1:09.26 37.20	200m: 2:29.86	39.53	300m: 3:57.41	43.79	400m: 5:09.13	35.26	
12.	CARVALHO Goncalo Renato	04	Porto	5:09.19				441
	50m: 34.42 34.42	150m: 1:53.56	40.29	250m: 3:16.33	44.01	350m: 4:36.24	35.05	
	100m: 1:13.27 38.85	200m: 2:32.32	38.76	300m: 4:01.19	44.86	400m: 5:09.19	32.95	

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Prova 2, Masc., 400m Estilos, Juvenis B

Lugar	Nome		Ano	Local		Tempo final				Pts		
13.	GUIMARAES Hugo Goncalves		04	Desportiva de Viana		5:10.07				438		
	50m:	32.73	32.73	150m:	1:51.37	39.12	250m:	3:13.61	43.98	350m:	4:35.07	36.01
	100m:	1:12.25	39.52	200m:	2:29.63	38.26	300m:	3:59.06	45.45	400m:	5:10.07	35.00
14.	NEAGU Tiberius Sebastian		04	Academico Viseu		5:11.92				430		
	50m:	33.61	33.61	150m:	1:53.16	41.00	250m:	3:16.94	43.98	350m:	4:37.63	35.75
	100m:	1:12.16	38.55	200m:	2:32.96	39.80	300m:	4:01.88	44.94	400m:	5:11.92	34.29
15.	SILVA Frederico Ferreira		04	Famalicao		5:12.10				429		
	50m:	32.18	32.18	150m:	1:50.08	39.55	250m:	3:16.05	47.90	350m:	4:38.30	34.07
	100m:	1:10.53	38.35	200m:	2:28.15	38.07	300m:	4:04.23	48.18	400m:	5:12.10	33.80
16.	PINTO Guilherme Lobo		04	Foca		5:12.90				426		
	50m:	33.99	33.99	150m:	1:52.10	39.99	250m:	3:17.61	46.26	350m:	4:37.94	35.03
	100m:	1:12.11	38.12	200m:	2:31.35	39.25	300m:	4:02.91	45.30	400m:	5:12.90	34.96
17.	PEREIRA Diogo Magalhaes		04	Porto		5:16.09				413		
	50m:	35.52	35.52	150m:	1:57.39	40.37	250m:	3:22.92	46.50	350m:	4:42.84	34.70
	100m:	1:17.02	41.50	200m:	2:36.42	39.03	300m:	4:08.14	45.22	400m:	5:16.09	33.25
18.	CORDEIRO Tomas Coelho		04	Fluvial Portuense		5:16.40				412		
	50m:	32.15	32.15	150m:	1:50.10	40.96	250m:	3:17.25	47.47	350m:	4:42.13	37.00
	100m:	1:09.14	36.99	200m:	2:29.78	39.68	300m:	4:05.13	47.88	400m:	5:16.40	34.27
19.	TELES Antonio Carlos		04	Foca		5:17.05				409		
	50m:	32.74	32.74	150m:	1:53.18	42.92	250m:	3:19.32	44.53	350m:	4:41.43	36.41
	100m:	1:10.26	37.52	200m:	2:34.79	41.61	300m:	4:05.02	45.70	400m:	5:17.05	35.62
20.	QUEIROS Luis Pedro		04	Viana Natacao		5:18.87				402		
	50m:	32.84	32.84	150m:	1:54.04	41.12	250m:	3:21.20	47.79	350m:	4:45.55	35.67
	100m:	1:12.92	40.08	200m:	2:33.41	39.37	300m:	4:09.88	48.68	400m:	5:18.87	33.32
21.	TAVARES Bernardo Rodrigues		04	Galitos/ Bresimar		5:19.75				399		
	50m:	32.89	32.89	150m:	1:50.98	39.86	250m:	3:17.85	47.40	350m:	4:43.34	37.84
	100m:	1:11.12	38.23	200m:	2:30.45	39.47	300m:	4:05.50	47.65	400m:	5:19.75	36.41
DSQ	MADUREIRA Rui Pedro		04	Vitoria Guimaraes								
	<i>611 - O(A) nadador(a) não terminou a prova na posição dorsal – SW 6.5, aos 200m</i>											
	50m:	30.82	30.82	150m:	1:46.15	38.90	250m:	3:10.63	45.81	350m:	4:34.54	36.80
	100m:	1:07.25	36.43	200m:	2:24.82	38.67	300m:	3:57.74	47.11	400m:		

Juvenis A

1.	ARAUJO Joao Guilherme		03	Natacao da Maia		4:45.92				558		
	50m:	29.53	29.53	150m:	1:40.81	37.52	250m:	2:57.14	40.33	350m:	4:12.35	34.52
	100m:	1:03.29	33.76	200m:	2:16.81	36.00	300m:	3:37.83	40.69	400m:	4:45.92	33.57
2.	DIAS Ruben Fonseca		03	Natacao de Valongo		4:48.56				543		
	50m:	29.57	29.57	150m:	1:40.09	36.85	250m:	2:59.25	42.40	350m:	4:15.74	33.54
	100m:	1:03.24	33.67	200m:	2:16.85	36.76	300m:	3:42.20	42.95	400m:	4:48.56	32.82
3.	FAIA Mateus Costa		03	Famalicao		4:49.24				539		
	50m:	30.11	30.11	150m:	1:43.79	39.28	250m:	3:01.77	39.96	350m:	4:16.32	34.40
	100m:	1:04.51	34.40	200m:	2:21.81	38.02	300m:	3:41.92	40.15	400m:	4:49.24	32.92
4.	LEAL Dinis Barros		03	Aquatico Pacense		4:52.91				519		
	50m:	29.81	29.81	150m:	1:43.34	39.04	250m:	3:03.10	42.11	350m:	4:19.30	33.14
	100m:	1:04.30	34.49	200m:	2:20.99	37.65	300m:	3:46.16	43.06	400m:	4:52.91	33.61

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Prova 2, Masc., 400m Estilos, Juvenis A

Lugar			Ano			Tempo final				Pts	
5.	FERREIRA Joao Carlos		03	Porto		4:53.71				515	
	50m:	30.38 30.38	150m:	1:42.96	38.23	250m:	3:02.30	41.35	350m:	4:19.84	34.89
	100m:	1:04.73 34.35	200m:	2:20.95	37.99	300m:	3:44.95	42.65	400m:	4:53.71	33.87
6.	MACHADO Martim Miranda		03	Uniao Coimbra		4:53.90				514	
	50m:	29.91 29.91	150m:	1:44.03	39.29	250m:	3:05.15	43.34	350m:	4:21.89	33.16
	100m:	1:04.74 34.83	200m:	2:21.81	37.78	300m:	3:48.73	43.58	400m:	4:53.90	32.01
7.	SANTOS Andre Cardoso		03	Academico Viseu		4:57.58				495	
	50m:	31.77 31.77	150m:	1:48.10	38.36	250m:	3:07.97	43.36	350m:	4:25.32	34.43
	100m:	1:09.74 37.97	200m:	2:24.61	36.51	300m:	3:50.89	42.92	400m:	4:57.58	32.26
8.	COSTA Hugo Alexandre		03	Natacao de Valongo		5:01.76				475	
	50m:	31.07 31.07	150m:	1:46.61	39.86	250m:	3:09.48	42.92	350m:	4:28.17	34.69
	100m:	1:06.75 35.68	200m:	2:26.56	39.95	300m:	3:53.48	44.00	400m:	5:01.76	33.59
9.	MENDES Ricardo Ferreira		03	Colegio SMLamas		5:01.86				474	
	50m:	30.07 30.07	150m:	1:44.42	39.09	250m:	3:05.40	42.35	350m:	4:25.71	36.54
	100m:	1:05.33 35.26	200m:	2:23.05	38.63	300m:	3:49.17	43.77	400m:	5:01.86	36.15
10.	SOUSA Diogo Nunes		03	Vitoria Guimaraes		5:01.99				474	
	50m:	31.01 31.01	150m:	1:44.10	37.77	250m:	3:06.09	44.41	350m:	4:27.03	35.80
	100m:	1:06.33 35.32	200m:	2:21.68	37.58	300m:	3:51.23	45.14	400m:	5:01.99	34.96
11.	PEREIRA Diogo Guimaraes		03	Vitoria Guimaraes		5:06.07				455	
	50m:	32.22 32.22	150m:	1:50.43	41.05	250m:	3:14.14	44.02	350m:	4:33.13	34.89
	100m:	1:09.38 37.16	200m:	2:30.12	39.69	300m:	3:58.24	44.10	400m:	5:06.07	32.94
12.	FERREIRA Goncalo Seixas		03	Academico Viseu		5:06.74				452	
	50m:	31.80 31.80	150m:	1:49.43	40.43	250m:	3:12.75	44.08	350m:	4:32.58	35.80
	100m:	1:09.00 37.20	200m:	2:28.67	39.24	300m:	3:56.78	44.03	400m:	5:06.74	34.16
13.	TEIXEIRA Joao Octavio		03	Galitos/ Bresimar		5:07.14				450	
	50m:	31.78 31.78	150m:	1:51.58	40.50	250m:	3:15.28	44.32	350m:	4:34.74	34.80
	100m:	1:11.08 39.30	200m:	2:30.96	39.38	300m:	3:59.94	44.66	400m:	5:07.14	32.40
14.	AFONSO Francisco Lopes		03	Ginasio de Vila Real		5:08.10				446	
	50m:	31.86 31.86	150m:	1:49.40	40.11	250m:	3:11.97	42.52	350m:	4:32.61	36.19
	100m:	1:09.29 37.43	200m:	2:29.45	40.05	300m:	3:56.42	44.45	400m:	5:08.10	35.49
15.	SANTOS Antonio Miguel		03	Vilacondense		5:10.88				434	
	50m:	31.58 31.58	150m:	1:49.96	42.37	250m:	3:14.74	43.56	350m:	4:35.80	36.36
	100m:	1:07.59 36.01	200m:	2:31.18	41.22	300m:	3:59.44	44.70	400m:	5:10.88	35.08
16.	SA Rafael Domingues		03	Natacao de Vagos		5:11.69				431	
	50m:	32.12 32.12	150m:	1:49.22	39.36	250m:	3:13.31	45.03	350m:	4:36.20	36.81
	100m:	1:09.86 37.74	200m:	2:28.28	39.06	300m:	3:59.39	46.08	400m:	5:11.69	35.49
17.	PEREIRA Alexandre Alves		03	Braga		5:12.57				427	
	50m:	32.70 32.70	150m:	1:54.04	42.68	250m:	3:19.05	43.96	350m:	4:39.79	36.83
	100m:	1:11.36 38.66	200m:	2:35.09	41.05	300m:	4:02.96	43.91	400m:	5:12.57	32.78
18.	VASCONCELOS Bernardo Nunes		03	Foca		5:13.11				425	
	50m:	30.93 30.93	150m:	1:50.58	41.57	250m:	3:16.51	45.65	350m:	4:38.41	34.72
	100m:	1:09.01 38.08	200m:	2:30.86	40.28	300m:	4:03.69	47.18	400m:	5:13.11	34.70



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Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Ano	Tempo final	Pts
DSQ SANTOS Rafael Pinto	03 Feirense		
<i>720 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 300 metros – SW 7.6</i>			
DSQ FARDILHA Manuel Cruz	03 Galitos/ Bresimar		
<i>713 - O(A) nadador(a) n�o realizou movimentos simult�neos de pernas, durante o percurso dos ... metros – SW 7.4</i>			