

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

Prova 8	Masc., 400m Livres				Juvenis
15/12/2018					Resultados
RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09/12/2017
RN25 Juv A	3:59.31	SANTOS Joao Carlos	ANAM	Algés	08/07/2012
RN25 Juv B	4:03.22	GIL Joao Pedro	ANAM	Algés	08/07/2012
Tac-JUVAMasc Juv A 50m: 4:38.91 - 25m: 4:33.44 / Tac-JUVBMasc Juv B 50m: 4:44.13 - 25m: 4:38.55					
Pontos: FINA 2018					

Lugar			Ano					Tempo final	Pts
<b>Juvenis B</b>									
1.	RIBEIRO Diogo Matos		04	Uniao Coimbra				<b>4:08.70</b>	621
	50m: 28.89 28.89	150m: 1:31.71		31.79	250m: 2:35.18	31.75	350m: 3:38.00	31.25	
	100m: 59.92 31.03	200m: 2:03.43		31.72	300m: 3:06.75	31.57	400m: 4:08.70	30.70	
2.	DIAS Jose Diogo		04	Fundacao Beatriz Santos				<b>4:14.02</b>	583
	50m: 29.01 29.01	150m: 1:32.71		32.01	250m: 2:37.25	32.21	350m: 3:42.79	32.59	
	100m: 1:00.70 31.69	200m: 2:05.04		32.33	300m: 3:10.20	32.95	400m: 4:14.02	31.23	
3.	MARQUES Gustavo Pires		04	Fundacao Beatriz Santos				<b>4:22.49</b>	528
	50m: 29.44 29.44	150m: 1:36.35		33.55	250m: 2:43.23	33.27	350m: 3:50.93	33.87	
	100m: 1:02.80 33.36	200m: 2:09.96		33.61	300m: 3:17.06	33.83	400m: 4:22.49	31.56	
4.	BORGES David Costa		04	Fluvial Portuense				<b>4:23.71</b>	521
	50m: 29.57 29.57	150m: 1:36.59		34.00	250m: 2:44.89	33.91	350m: 3:51.85	32.82	
	100m: 1:02.59 33.02	200m: 2:10.98		34.39	300m: 3:19.03	34.14	400m: 4:23.71	31.86	
5.	SANTOS Gabriel Moreira		04	Famalicao				<b>4:24.99</b>	513
	50m: 29.69 29.69	150m: 1:35.32		32.97	250m: 2:41.89	33.20	350m: 3:50.62	34.28	
	100m: 1:02.35 32.66	200m: 2:08.69		33.37	300m: 3:16.34	34.45	400m: 4:24.99	34.37	
6.	MOREIRA Joao Pedro		04	Fluvial Portuense				<b>4:25.32</b>	511
	50m: 29.71 29.71	150m: 1:36.57		33.95	250m: 2:45.10	34.25	350m: 3:52.74	33.60	
	100m: 1:02.62 32.91	200m: 2:10.85		34.28	300m: 3:19.14	34.04	400m: 4:25.32	32.58	
7.	PEREIRA Jose Goncalo		04	Fafe				<b>4:26.89</b>	502
	50m: 30.10 30.10	150m: 1:37.14		33.82	250m: 2:45.60	34.67	350m: 3:54.75	34.71	
	100m: 1:03.32 33.22	200m: 2:10.93		33.79	300m: 3:20.04	34.44	400m: 4:26.89	32.14	
8.	MADUREIRA Rui Pedro		04	Vitoria Guimaraes				<b>4:27.13</b>	501
	50m: 30.01 30.01	150m: 1:37.05		33.93	250m: 2:45.48	34.22	350m: 3:54.04	34.22	
	100m: 1:03.12 33.11	200m: 2:11.26		34.21	300m: 3:19.82	34.34	400m: 4:27.13	33.09	
9.	OLIVEIRA Joao Campelo		04	Famalicao				<b>4:27.30</b>	500
	50m: 30.41 30.41	150m: 1:36.52		33.35	250m: 2:45.23	34.62	350m: 3:54.31	34.41	
	100m: 1:03.17 32.76	200m: 2:10.61		34.09	300m: 3:19.90	34.67	400m: 4:27.30	32.99	
10.	APSENIECE Kevins Alexandre		04	Porto				<b>4:28.78</b>	492
	50m: 31.21 31.21	150m: 1:38.96		33.99	250m: 2:47.88	34.38	350m: 3:56.50	34.00	
	100m: 1:04.97 33.76	200m: 2:13.50		34.54	300m: 3:22.50	34.62	400m: 4:28.78	32.28	
11.	PEREIRA Tiago Maia		04	Galitos/ Bresimar				<b>4:29.43</b>	488
	50m: 30.59 30.59	150m: 1:38.26		34.34	250m: 2:46.64	34.31	350m: 3:56.14	34.76	
	100m: 1:03.92 33.33	200m: 2:12.33		34.07	300m: 3:21.38	34.74	400m: 4:29.43	33.29	
12.	GUIMARAES Hugo Goncalves		04	Desportiva de Viana				<b>4:30.31</b>	484
	50m: 29.90 29.90	150m: 1:36.94		33.67	250m: 2:46.15	34.65	350m: 3:56.27	35.07	
	100m: 1:03.27 33.37	200m: 2:11.50		34.56	300m: 3:21.20	35.05	400m: 4:30.31	34.04	

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Prova 8, Masc., 400m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts
13.	BARBOSA Pedro Xavier		04	Desportiva de Viana				<b>4:30.79</b>	481
	50m:	29.79 29.79	150m:	1:37.12	34.22	250m:	2:47.34 35.42	350m:	3:58.00 34.90
	100m:	1:02.90 33.11	200m:	2:11.92	34.80	300m:	3:23.10 35.76	400m:	4:30.79 32.79
14.	CARVALHO Goncalo Renato		04	Porto				<b>4:31.68</b>	476
	50m:	30.81 30.81	150m:	1:39.97	35.05	250m:	2:49.40 34.59	350m:	3:58.80 34.63
	100m:	1:04.92 34.11	200m:	2:14.81	34.84	300m:	3:24.17 34.77	400m:	4:31.68 32.88
15.	ANTUNES Joao Afonso		04	Galitos/ Bresimar				<b>4:33.66</b>	466
	50m:	29.24 29.24	150m:	1:34.04	32.70	250m:	2:44.09 35.86	350m:	3:57.75 36.94
	100m:	1:01.34 32.10	200m:	2:08.23	34.19	300m:	3:20.81 36.72	400m:	4:33.66 35.91
16.	OLIVEIRA Goncalo Daniel		04	Fundacao Beatriz Santos				<b>4:34.11</b>	464
	50m:	30.28 30.28	150m:	1:37.98	34.39	250m:	2:49.17 35.85	350m:	4:00.73 35.92
	100m:	1:03.59 33.31	200m:	2:13.32	35.34	300m:	3:24.81 35.64	400m:	4:34.11 33.38
17.	NEAGU Tiberius Sebastian		04	Academico Viseu				<b>4:37.31</b>	448
	50m:	31.31 31.31	150m:	1:39.92	34.78	250m:	2:50.84 35.62	350m:	4:02.53 36.23
	100m:	1:05.14 33.83	200m:	2:15.22	35.30	300m:	3:26.30 35.46	400m:	4:37.31 34.78
18.	QUEIROS Luis Pedro		04	Viana Natacao				<b>4:37.73</b>	446
	50m:	30.07 30.07	150m:	1:38.74	35.03	250m:	2:50.30 35.93	350m:	4:02.55 35.90
	100m:	1:03.71 33.64	200m:	2:14.37	35.63	300m:	3:26.65 36.35	400m:	4:37.73 35.18
19.	POIARES Tiago Andre		04	Fundacao Beatriz Santos				<b>4:39.38</b>	438
	50m:	31.38 31.38	150m:	1:41.53	35.60	250m:	2:53.50 36.05	350m:	4:05.64 35.91
	100m:	1:05.93 34.55	200m:	2:17.45	35.92	300m:	3:29.73 36.23	400m:	4:39.38 33.74
20.	TATO Vitor Pedro		04	Leixoes				<b>4:39.44</b>	438
	50m:	30.54 30.54	150m:	1:40.88	35.84	250m:	2:53.04 36.26	350m:	4:05.48 36.29
	100m:	1:05.04 34.50	200m:	2:16.78	35.90	300m:	3:29.19 36.15	400m:	4:39.44 33.96
21.	PINTO Luis Pedro		04	Sporting de Aveiro				<b>4:43.37</b>	420
	50m:	31.31 31.31	150m:	1:40.88	35.17	250m:	2:53.29 36.30	350m:	4:07.22 36.81
	100m:	1:05.71 34.40	200m:	2:16.99	36.11	300m:	3:30.41 37.12	400m:	4:43.37 36.15

Juvenis A

1.	MACHADO Martim Miranda		03	Uniao Coimbra				<b>4:13.81</b>	584
	50m:	29.03 29.03	150m:	1:32.36	32.05	250m:	2:36.67 32.25	350m:	3:42.89 33.08
	100m:	1:00.31 31.28	200m:	2:04.42	32.06	300m:	3:09.81 33.14	400m:	4:13.81 30.92
2.	CARVALHO Fernando Costa		03	Foca				<b>4:14.05</b>	583
	50m:	28.70 28.70	150m:	1:32.53	32.00	250m:	2:36.81 31.94	350m:	3:41.78 32.82
	100m:	1:00.53 31.83	200m:	2:04.87	32.34	300m:	3:08.96 32.15	400m:	4:14.05 32.27
3.	OLIVEIRA Vitor Teixeira		03	Columbifila Cantanhedense				<b>4:14.70</b>	578
	50m:	29.21 29.21	150m:	1:33.50	32.39	250m:	2:38.76 32.49	350m:	3:44.15 32.50
	100m:	1:01.11 31.90	200m:	2:06.27	32.77	300m:	3:11.65 32.89	400m:	4:14.70 30.55
4.	GOMES Goncalo Andre		03	Fundacao Beatriz Santos				<b>4:16.16</b>	568
	50m:	28.86 28.86	150m:	1:33.48	32.59	250m:	2:39.12 32.79	350m:	3:44.91 32.88
	100m:	1:00.89 32.03	200m:	2:06.33	32.85	300m:	3:12.03 32.91	400m:	4:16.16 31.25
5.	FARDILHA Manuel Cruz		03	Galitos/ Bresimar				<b>4:17.75</b>	558
	50m:	29.46 29.46	150m:	1:34.30	32.70	250m:	2:40.81 33.06	350m:	3:47.07 32.82
	100m:	1:01.60 32.14	200m:	2:07.75	33.45	300m:	3:14.25 33.44	400m:	4:17.75 30.68

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

Lugar			Ano					Tempo final	Pts
6.	LIMÕES Sergio Miguel		03	Galitos/ Bresimar				<b>4:18.05</b>	556
	50m:	30.07 30.07	150m:	1:34.53	32.41	250m:	2:40.76 33.05	350m:	3:46.80 32.69
	100m:	1:02.12 32.05	200m:	2:07.71	33.18	300m:	3:14.11 33.35	400m:	4:18.05 31.25
7.	SANTOS Andre Cardoso		03	Academico Viseu				<b>4:20.91</b>	538
	50m:	28.98 28.98	150m:	1:35.23	33.55	250m:	2:42.52 33.92	350m:	3:49.31 33.11
	100m:	1:01.68 32.70	200m:	2:08.60	33.37	300m:	3:16.20 33.68	400m:	4:20.91 31.60
8.	CARVALHO Renato Miguel		03	Galitos/ Bresimar				<b>4:22.35</b>	529
	50m:	30.10 30.10	150m:	1:35.15	32.92	250m:	2:41.70 33.22	350m:	3:48.85 33.55
	100m:	1:02.23 32.13	200m:	2:08.48	33.33	300m:	3:15.30 33.60	400m:	4:22.35 33.50
9.	ARAUJO Joao Guilherme		03	Natacao da Maia				<b>4:22.72</b>	527
	50m:	29.42 29.42	150m:	1:35.29	33.35	250m:	2:42.64 33.68	350m:	3:49.60 33.40
	100m:	1:01.94 32.52	200m:	2:08.96	33.67	300m:	3:16.20 33.56	400m:	4:22.72 33.12
10.	DIAS Ruben Fonseca		03	Natacao de Valongo				<b>4:22.98</b>	525
	50m:	28.71 28.71	150m:	1:33.70	33.10	250m:	2:40.33 33.50	350m:	3:49.37 34.91
	100m:	1:00.60 31.89	200m:	2:06.83	33.13	300m:	3:14.46 34.13	400m:	4:22.98 33.61
11.	FERREIRA Joao Carlos		03	Porto				<b>4:24.91</b>	514
	50m:	29.95 29.95	150m:	1:36.23	33.64	250m:	2:43.89 33.47	350m:	3:52.27 34.20
	100m:	1:02.59 32.64	200m:	2:10.42	34.19	300m:	3:18.07 34.18	400m:	4:24.91 32.64
12.	NETO Rodrigo Jorge		03	Aquatico Pacense				<b>4:25.17</b>	512
	50m:	29.06 29.06	150m:	1:36.20	34.37	250m:	2:44.38 34.16	350m:	3:52.61 34.43
	100m:	1:01.83 32.77	200m:	2:10.22	34.02	300m:	3:18.18 33.80	400m:	4:25.17 32.56
13.	ROCHA Diogo Joao		03	Fluvial Portuense				<b>4:25.20</b>	512
	50m:	29.78 29.78	150m:	1:36.67	33.84	250m:	2:45.44 34.39	350m:	3:53.95 33.72
	100m:	1:02.83 33.05	200m:	2:11.05	34.38	300m:	3:20.23 34.79	400m:	4:25.20 31.25
14.	PEREIRA Diogo Guimaraes		03	Vitoria Guimaraes				<b>4:29.22</b>	490
	50m:	31.16 31.16	150m:	1:39.66	34.24	250m:	2:49.59 34.87	350m:	3:57.69 33.22
	100m:	1:05.42 34.26	200m:	2:14.72	35.06	300m:	3:24.47 34.88	400m:	4:29.22 31.53
15.	PEREIRA Alexandre Alves		03	Braga				<b>4:29.37</b>	489
	50m:	30.78 30.78	150m:	1:39.24	34.62	250m:	2:48.04 34.39	350m:	3:57.33 34.88
	100m:	1:04.62 33.84	200m:	2:13.65	34.41	300m:	3:22.45 34.41	400m:	4:29.37 32.04
16.	SA Joao Luis		03	Fluvial Portuense				<b>4:30.05</b>	485
	50m:	30.45 30.45	150m:	1:38.16	34.08	250m:	2:46.36 34.20	350m:	3:55.85 34.88
	100m:	1:04.08 33.63	200m:	2:12.16	34.00	300m:	3:20.97 34.61	400m:	4:30.05 34.20
17.	FERREIRA Goncalo Seixas		03	Academico Viseu				<b>4:30.74</b>	481
	50m:	30.65 30.65	150m:	1:37.90	34.36	250m:	2:47.61 35.03	350m:	3:57.03 34.73
	100m:	1:03.54 32.89	200m:	2:12.58	34.68	300m:	3:22.30 34.69	400m:	4:30.74 33.71
18.	FERNANDES Joao Bernardo		03	Naval Povoense				<b>4:31.55</b>	477
	50m:	30.31 30.31	150m:	1:38.06	34.42	250m:	2:46.75 34.35	350m:	3:56.46 35.11
	100m:	1:03.64 33.33	200m:	2:12.40	34.34	300m:	3:21.35 34.60	400m:	4:31.55 35.09
19.	VASCONCELOS Bernardo Nunes		03	Foca				<b>4:37.72</b>	446
	50m:	29.53 29.53	150m:	1:38.83	34.82	250m:	2:50.16 35.66	350m:	4:02.29 36.15
	100m:	1:04.01 34.48	200m:	2:14.50	35.67	300m:	3:26.14 35.98	400m:	4:37.72 35.43
20.	PEREIRA Diogo Pontes		03	Fafe				<b>4:42.36</b>	424
	50m:	29.21 29.21	150m:	1:36.86	35.05	250m:	2:50.33 36.91	350m:	4:06.05 38.05
	100m:	1:01.81 32.60	200m:	2:13.42	36.56	300m:	3:28.00 37.67	400m:	4:42.36 36.31



Torneio Zonal de Juvenis (Zona Norte)  
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Prova 8, Masc., 400m Livres, Juvenis A

Lugar			Ano				Tempo final		Pts
21.	SANTOS Antonio Miguel		03	Vilacondense		<b>4:45.50</b>		410	
	50m:	31.00 31.00	150m:	1:39.98 35.18	250m:	2:52.92 36.66	350m:	4:07.89 37.83	
	100m:	1:04.80 33.80	200m:	2:16.26 36.28	300m:	3:30.06 37.14	400m:	4:45.50 37.61	