

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 2
14-12-2018 - 16:40

Masc., 400m Estilos

Juvenis
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: 5:13.10 / Tac-JUVBMasc Juv B: 5:18.95

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	SILVA Gustavo Carvalho	04	128796	Academia Acores	4:43.17		575	
	50m: 29.73 29.73		150m: 1:40.16 36.46	250m: 2:55.83 40.45	350m: 4:10.90 33.56			
	100m: 1:03.70 33.97		200m: 2:15.38 35.22	300m: 3:37.34 41.51	400m: 4:43.17 32.27			
2.	SIMOES Bernardo Jorge	04	130250	Colegio Vasco da Gama	4:46.05		558	
	50m: 28.66 28.66		150m: 1:37.17 35.41	250m: 2:55.33 41.92	350m: 4:12.61 32.99			
	100m: 1:01.76 33.10		200m: 2:13.41 36.24	300m: 3:39.62 44.29	400m: 4:46.05 33.44			
3.	COSTA Joao Peres	04	130322	Naval Praia da Vitoria	4:46.85		553	
	50m: 30.27 30.27		150m: 1:41.58 37.45	250m: 2:59.77 41.33	350m: 4:15.79 33.28			
	100m: 1:04.13 33.86		200m: 2:18.44 36.86	300m: 3:42.51 42.74	400m: 4:46.85 31.06			
4.	ALVES Paulo Rodrigues	04	124154	Desportivo Nacional	4:47.32		550	
	50m: 29.47 29.47		150m: 1:43.01 38.19	250m: 2:59.18 39.55	350m: 4:14.14 34.61			
	100m: 1:04.82 35.35		200m: 2:19.63 36.62	300m: 3:39.53 40.35	400m: 4:47.32 33.18			
5.	REBELO Joao Lourenco	04	132558	Alges	4:47.59		549	
	50m: 30.41 30.41		150m: 1:45.86 40.08	250m: 3:03.35 38.53	350m: 4:15.43 32.93			
	100m: 1:05.78 35.37		200m: 2:24.82 38.96	300m: 3:42.50 39.15	400m: 4:47.59 32.16			
6.	ALMEIDA Bernardo Victorino	04	153357	Sporting	4:53.37		517	
	50m: 29.68 29.68		150m: 1:43.42 39.07	250m: 3:03.31 42.64	350m: 4:20.71 33.77			
	100m: 1:04.35 34.67		200m: 2:20.67 37.25	300m: 3:46.94 43.63	400m: 4:53.37 32.66			
7.	NASCIMENTO Angelo Miranda	04	153160	Natacao de Olhao	4:56.56		500	
	50m: 30.05 30.05		150m: 1:45.60 40.82	250m: 3:07.70 41.65	350m: 4:24.49 34.73			
	100m: 1:04.78 34.73		200m: 2:26.05 40.45	300m: 3:49.76 42.06	400m: 4:56.56 32.07			
8.	CARVALHO Antonio Lombardi	04	129886	Belenenses	4:57.04		498	
	50m: 32.43 32.43		150m: 1:49.19 38.75	250m: 3:08.82 41.58	350m: 4:24.97 33.32			
	100m: 1:10.44 38.01		200m: 2:27.24 38.05	300m: 3:51.65 42.83	400m: 4:57.04 32.07			
9.	CARVALHO Martim Henriques	04	148627	Rio Maior	4:58.52		490	
	50m: 31.99 31.99		150m: 1:43.68 37.06	250m: 3:06.34 46.57	350m: 4:25.05 33.19			
	100m: 1:06.62 34.63		200m: 2:19.77 36.09	300m: 3:51.86 45.52	400m: 4:58.52 33.47			
10.	PINTO Afonso Cipriano	04	153352	Sporting	5:00.31		482	
	50m: 31.34 31.34		150m: 1:47.14 38.41	250m: 3:08.07 42.07	350m: 4:26.49 34.55			
	100m: 1:08.73 37.39		200m: 2:26.00 38.86	300m: 3:51.94 43.87	400m: 5:00.31 33.82			
11.	SANTOS Joao Afonso	04	153371	Sporting	5:01.09		478	
	50m: 31.59 31.59		150m: 1:47.66 39.22	250m: 3:09.16 42.63	350m: 4:28.60 34.72			
	100m: 1:08.44 36.85		200m: 2:26.53 38.87	300m: 3:53.88 44.72	400m: 5:01.09 32.49			
12.	SIMOES Miguel Costa	04	132350	Cova da Piedade	5:03.84		465	
	50m: 32.49 32.49		150m: 1:50.63 39.55	250m: 3:13.06 44.49	350m: 4:31.82 34.92			
	100m: 1:11.08 38.59		200m: 2:28.57 37.94	300m: 3:56.90 43.84	400m: 5:03.84 32.02			
13.	OLIVEIRA Pedro Nuno	04	202589	Torres Novas	5:04.01		464	
	50m: 32.78 32.78		150m: 1:49.52 38.89	250m: 3:11.51 42.63	350m: 4:30.39 35.89			
	100m: 1:10.63 37.85		200m: 2:28.88 39.36	300m: 3:54.50 42.99	400m: 5:04.01 33.62			
14.	LOPES Francisco Oliveira	04	120038	Bombeiros Ponta Delgada	5:04.31		463	
	50m: 33.69 33.69		150m: 1:52.14 39.02	250m: 3:11.67 41.30	350m: 4:29.36 36.21			
	100m: 1:13.12 39.43		200m: 2:30.37 38.23	300m: 3:53.15 41.48	400m: 5:04.31 34.95			

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	TROMBINHAS Tiago Miguel	04	201495	Colegio Monte Maior	5:05.08		459	
	50m: 32.63 32.63		150m: 1:49.51	39.36	250m: 3:11.87	43.84	350m: 4:31.85	34.75
	100m: 1:10.15 37.52		200m: 2:28.03	38.52	300m: 3:57.10	45.23	400m: 5:05.08	33.23
16.	AGUIAR Vasco Ormonde	04	126947	Academia Acores	5:06.53		453	
	50m: 31.29 31.29		150m: 1:46.79	38.75	250m: 3:08.58	43.26	350m: 4:30.76	37.20
	100m: 1:08.04 36.75		200m: 2:25.32	38.53	300m: 3:53.56	44.98	400m: 5:06.53	35.77
17.	MIL-HOMENS Nuno Fontes	04	153364	Sporting	5:08.07		446	
	50m: 31.77 31.77		150m: 1:48.20	39.02	250m: 3:12.21	46.01	350m: 4:33.71	34.99
	100m: 1:09.18 37.41		200m: 2:26.20	38.00	300m: 3:58.72	46.51	400m: 5:08.07	34.36
18.	PACHECO Francisco Silva	04	125117	Nucleo Sportinguista Terceira	5:08.26		445	
	50m: 32.02 32.02		150m: 1:50.72	41.80	250m: 3:14.75	43.23	350m: 4:34.02	34.85
	100m: 1:08.92 36.90		200m: 2:31.52	40.80	300m: 3:59.17	44.42	400m: 5:08.26	34.24
19.	MATOS Gil Amaral	04	127630	Academia Acores	5:08.35		445	
	50m: 31.15 31.15		150m: 1:47.80	40.96	250m: 3:10.79	43.14	350m: 4:33.42	38.00
	100m: 1:06.84 35.69		200m: 2:27.65	39.85	300m: 3:55.42	44.63	400m: 5:08.35	34.93
20.	OLIVEIRA Vasco Peixoto	04	132490	Alcobaca	5:09.58		440	
	50m: 31.91 31.91		150m: 1:50.59	41.02	250m: 3:13.20	42.11	350m: 4:33.41	36.85
	100m: 1:09.57 37.66		200m: 2:31.09	40.50	300m: 3:56.56	43.36	400m: 5:09.58	36.17
21.	NOGUEIRA Tiago Morgado	04	202389	Colegio Monte Maior	5:09.60		440	
	50m: 33.54 33.54		150m: 1:50.28	39.71	250m: 3:13.66	44.23	350m: 4:34.42	36.56
	100m: 1:10.57 37.03		200m: 2:29.43	39.15	300m: 3:57.86	44.20	400m: 5:09.60	35.18
22.	TSYKAL Daniel	04	128727	Alcobaca	5:11.26		433	
	50m: 33.32 33.32		150m: 1:54.35	40.67	250m: 3:15.88	43.40	350m: 4:37.05	36.65
	100m: 1:13.68 40.36		200m: 2:32.48	38.13	300m: 4:00.40	44.52	400m: 5:11.26	34.21
23.	RODRIGUES Rodrigo Reis	04	124155	Sao Roque	5:14.32		420	
	50m: 34.05 34.05		150m: 1:51.90	39.97	250m: 3:16.94	44.40	350m: 4:38.77	35.66
	100m: 1:11.93 37.88		200m: 2:32.54	40.64	300m: 4:03.11	46.17	400m: 5:14.32	35.55
24.	MORAIS Alexandre Duarte	04	132645	Palmela	5:22.59		389	
	50m: 31.97 31.97		150m: 1:53.64	43.69	250m: 3:22.30	48.35	350m: 4:47.05	36.15
	100m: 1:09.95 37.98		200m: 2:33.95	40.31	300m: 4:10.90	48.60	400m: 5:22.59	35.54
DSQ	SILVA Nuno Marques	04	127406	Bairro dos Anjos/ Leiria				
	<i>SW 6.5 - O (a) atleta chegou à parede totalmente submerso</i>							
DSQ	ANICETO Joao Gabriel	04	129790	Bairro dos Anjos/ Leiria				
	<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>							

Juvenis A

1.	CARNEIRO Joao Soares	03	205269	Benfica	4:31.75		650	
	50m: 27.68 27.68		150m: 1:35.76	36.48	250m: 2:49.81	38.22	350m: 4:00.32	32.32
	100m: 59.28 31.60		200m: 2:11.59	35.83	300m: 3:28.00	38.19	400m: 4:31.75	31.43
2.	LOPES Luis Afonso	03	127315	Viver Santarem	4:42.39		579	
	50m: 30.70 30.70		150m: 1:42.54	37.47	250m: 2:58.11	39.48	350m: 4:12.01	33.30
	100m: 1:05.07 34.37		200m: 2:18.63	36.09	300m: 3:38.71	40.60	400m: 4:42.39	30.38
3.	RELVAS David Ferreira	03	125604	Nautico Marinha Grande	4:42.74		577	
	50m: 29.74 29.74		150m: 1:39.69	36.21	250m: 2:56.40	40.86	350m: 4:11.18	33.04
	100m: 1:03.48 33.74		200m: 2:15.54	35.85	300m: 3:38.14	41.74	400m: 4:42.74	31.56
4.	DIAS Rodrigo Reis	03	129003	Belenenses	4:44.12		569	
	50m: 30.83 30.83		150m: 1:41.95	35.47	250m: 2:58.08	41.06	350m: 4:12.30	32.49
	100m: 1:06.48 35.65		200m: 2:17.02	35.07	300m: 3:39.81	41.73	400m: 4:44.12	31.82

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Tomar, 14-- 16-12-2018

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	PEREIRA Ricardo Samuel	03	131801	Benfica	4:46.97		552	
	50m: 30.94 30.94		150m: 1:44.00 37.01	250m: 3:00.70 39.51	350m: 4:14.06 4.14.06		34.28	
	100m: 1:06.99 36.05		200m: 2:21.19 37.19	300m: 3:39.78 39.08	400m: 4:46.97 4.46.97		32.91	
6.	CORREIA Pedro Henriques	03	125257	Benfica	4:55.64		505	
	50m: 31.42 31.42		150m: 1:45.16 38.75	250m: 3:04.01 42.85	350m: 4:22.10 4.22.10		34.44	
	100m: 1:06.41 34.99		200m: 2:21.16 36.00	300m: 3:47.66 43.65	400m: 4:55.64 4.55.64		33.54	
7.	CRISTINO Guilherme Matias	03	132528	Uniao Piedense	4:55.93		503	
	50m: 31.83 31.83		150m: 1:47.55 39.37	250m: 3:05.33 40.06	350m: 4:21.89 4.21.89		35.03	
	100m: 1:08.18 36.35		200m: 2:25.27 37.72	300m: 3:46.86 41.53	400m: 4:55.93 4.55.93		34.04	
8.	NOVIKOV Ricardo	03	129524	Alges	4:57.06		498	
	50m: 31.93 31.93		150m: 1:47.57 39.14	250m: 3:10.44 43.33	350m: 4:26.21 4.26.21		31.92	
	100m: 1:08.43 36.50		200m: 2:27.11 39.54	300m: 3:54.29 43.85	400m: 4:57.06 4.57.06		30.85	
9.	COLACO Joao Maria	03	131515	Sporting	4:58.01		493	
	50m: 31.06 31.06		150m: 1:47.15 39.55	250m: 3:09.37 43.03	350m: 4:27.04 4.27.04		34.41	
	100m: 1:07.60 36.54		200m: 2:26.34 39.19	300m: 3:52.63 43.26	400m: 4:58.01 4.58.01		30.97	
10.	FELICIO Tomas Miguel	03	127309	Rio Maior	5:01.83		474	
	50m: 31.28 31.28		150m: 1:48.22 40.92	250m: 3:09.30 42.20	350m: 4:27.23 4.27.23		35.63	
	100m: 1:07.30 36.02		200m: 2:27.10 38.88	300m: 3:51.60 42.30	400m: 5:01.83 5.01.83		34.60	
11.	BOAVIDA Pedro Miguel	03	126750	Natacao de Olhao	5:01.87		474	
	50m: 30.86 30.86		150m: 1:46.76 39.79	250m: 3:09.91 43.69	350m: 4:29.09 4.29.09		34.57	
	100m: 1:06.97 36.11		200m: 2:26.22 39.46	300m: 3:54.52 44.61	400m: 5:01.87 5.01.87		32.78	
12.	LEITAO Tomas Almeida	03	129525	Alges	5:02.44		472	
	50m: 32.53 32.53		150m: 1:50.87 40.94	250m: 3:09.95 39.77	350m: 4:28.01 4.28.01		35.86	
	100m: 1:09.93 37.40		200m: 2:30.18 39.31	300m: 3:52.15 42.20	400m: 5:02.44 5.02.44		34.43	
13.	JUNIOR Luis Cabral	03	129805	Belenenses	5:03.79		465	
	50m: 31.96 31.96		150m: 1:49.38 41.01	250m: 3:10.45 40.28	350m: 4:28.35 4.28.35		36.01	
	100m: 1:08.37 36.41		200m: 2:30.17 40.79	300m: 3:52.34 41.89	400m: 5:03.79 5.03.79		35.44	
14.	BORGES Rafael Braga	03	127434	Bombeiros Ponta Delgada	5:05.06		460	
	50m: 31.73 31.73		150m: 1:47.71 39.21	250m: 3:11.47 45.11	350m: 4:32.07 4.32.07		34.36	
	100m: 1:08.50 36.77		200m: 2:26.36 38.65	300m: 3:57.71 46.24	400m: 5:05.06 5.05.06		32.99	
15.	DURAES Diogo Miguel	03	123448	Natacao do Montijo	5:07.38		449	
	50m: 33.05 33.05		150m: 1:50.29 39.64	250m: 3:12.13 43.59	350m: 4:33.25 4.33.25		36.30	
	100m: 1:10.65 37.60		200m: 2:28.54 38.25	300m: 3:56.95 44.82	400m: 5:07.38 5.07.38		34.13	
DSQ	JORGE Tiago Miguel	03	130458	Rio Maior				
	<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 250 metros</i>							
DSQ	CRISTINA Joao Martins	03	126822	Louletano / Loule Concelho				
	<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 250 metros</i>							
EXH	VASS Erik Norbert	03	202665	Rio Maior	5:04.92		460	
	50m: 31.97 31.97		150m: 1:47.85 39.80	250m: 3:10.09 44.15	350m: 4:30.63 4.30.63		35.38	
	100m: 1:08.05 36.08		200m: 2:25.94 38.09	300m: 3:55.25 45.16	400m: 5:04.92 5.04.92		34.29	