

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

Prova 8 Masc., 400m Livres Juvenis
15-12-2018 - 10:25 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: 4:33.44 / Tac-JUVBMasc Juv B: 4:38.55

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	SIMOES Bernardo Jorge	04	130250	Colegio Vasco da Gama	4:11.39		601	
	50m: 28.18 28.18		150m: 1:30.83	31.71	250m: 2:35.31	32.28	350m: 3:39.86	32.15
	100m: 59.12 30.94		200m: 2:03.03	32.20	300m: 3:07.71	32.40	400m: 4:11.39	31.53
2.	ALMEIDA Bernardo Victorino	04	153357	Sporting	4:16.38		567	
	50m: 28.08 28.08		150m: 1:31.74	32.44	250m: 2:37.82	32.90	350m: 3:44.39	33.40
	100m: 59.30 31.22		200m: 2:04.92	33.18	300m: 3:10.99	33.17	400m: 4:16.38	31.99
3.	SILVA Nuno Marques	04	127406	Bairro dos Anjos/ Leiria	4:17.84		557	
	50m: 28.84 28.84		150m: 1:33.67	32.75	250m: 2:39.68	32.72	350m: 3:46.25	33.46
	100m: 1:00.92 32.08		200m: 2:06.96	33.29	300m: 3:12.79	33.11	400m: 4:17.84	31.59
4.	CLARA Vitor Belo	04	127243	Bairro dos Anjos/ Leiria	4:20.30		542	
	50m: 28.95 28.95		150m: 1:33.85	32.99	250m: 2:40.66	33.39	350m: 3:47.66	33.25
	100m: 1:00.86 31.91		200m: 2:07.27	33.42	300m: 3:14.41	33.75	400m: 4:20.30	32.64
5.	CARVALHO Antonio Lombardi	04	129886	Belenenses	4:21.37		535	
	50m: 30.06 30.06		150m: 1:37.54	33.94	250m: 2:44.04	33.22	350m: 3:49.98	33.06
	100m: 1:03.60 33.54		200m: 2:10.82	33.28	300m: 3:16.92	32.88	400m: 4:21.37	31.39
6.	REIS Rodrigo Miguel	04	129842	Bairro dos Anjos/ Leiria	4:21.63		533	
	50m: 29.14 29.14		150m: 1:34.75	33.41	250m: 2:42.51	34.01	350m: 3:50.03	32.89
	100m: 1:01.34 32.20		200m: 2:08.50	33.75	300m: 3:17.14	34.63	400m: 4:21.63	31.60
7.	RODEIA Jose Miguel	04	128116	Natacao de Faro	4:22.27		530	
	50m: 29.73 29.73		150m: 1:36.33	33.66	250m: 2:43.19	33.40	350m: 3:50.04	33.26
	100m: 1:02.67 32.94		200m: 2:09.79	33.46	300m: 3:16.78	33.59	400m: 4:22.27	32.23
8.	SANTOS Joao Afonso	04	153371	Sporting	4:27.98		496	
	50m: 30.36 30.36		150m: 1:37.34	33.99	250m: 2:46.16	34.51	350m: 3:55.27	34.07
	100m: 1:03.35 32.99		200m: 2:11.65	34.31	300m: 3:21.20	35.04	400m: 4:27.98	32.71
9.	NASCIMENTO Angelo Miranda	04	153160	Natacao de Olhao	4:28.78		492	
	50m: 29.70 29.70		150m: 1:35.45	33.56	250m: 2:43.93	34.69	350m: 3:54.26	35.56
	100m: 1:01.89 32.19		200m: 2:09.24	33.79	300m: 3:18.70	34.77	400m: 4:28.78	34.52
10.	CHOCAS Afonso Alves	04	126756	Electrico Clube	4:28.79		492	
	50m: 30.14 30.14		150m: 1:37.06	33.63	250m: 2:45.68	34.18	350m: 3:54.94	34.83
	100m: 1:03.43 33.29		200m: 2:11.50	34.44	300m: 3:20.11	34.43	400m: 4:28.79	33.85
11.	CAMACHO Afonso Caires	04	128471	Naval do Funchal	4:28.89		491	
	50m: 28.78 28.78		150m: 1:35.55	34.06	250m: 2:45.09	35.07	350m: 3:54.65	34.99
	100m: 1:01.49 32.71		200m: 2:10.02	34.47	300m: 3:19.66	34.57	400m: 4:28.89	34.24
12.	PACHECO Francisco Silva	04	125117	Nucleo Sportinguista Terceira	4:29.31		489	
	50m: 30.64 30.64		150m: 1:38.00	33.81	250m: 2:46.63	34.51	350m: 3:55.80	34.44
	100m: 1:04.19 33.55		200m: 2:12.12	34.12	300m: 3:21.36	34.73	400m: 4:29.31	33.51
13.	CASTANHEIRA Guilherme Silva	04	131232	Bairro dos Anjos/ Leiria	4:29.78		486	
	50m: 29.39 29.39		150m: 1:36.44	34.21	250m: 2:46.10	34.97	350m: 3:57.11	35.67
	100m: 1:02.23 32.84		200m: 2:11.13	34.69	300m: 3:21.44	35.34	400m: 4:29.78	32.67
14.	PAZ Antonio Manuel	04	119312	Bombeiros Ponta Delgada	4:32.92		470	
	50m: 29.81 29.81		150m: 1:37.73	34.27	250m: 2:46.99	34.71	350m: 3:58.04	35.84
	100m: 1:03.46 33.65		200m: 2:12.28	34.55	300m: 3:22.20	35.21	400m: 4:32.92	34.88

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	TROMBINHAS Tiago Miguel	04	201495	Colegio Monte Maior	4:33.44		467	
	50m: 30.72 30.72		150m: 1:39.30 34.65	250m: 2:48.95 34.95	350m: 3:58.92 35.14			
	100m: 1:04.65 33.93		200m: 2:14.00 34.70	300m: 3:23.78 34.83	400m: 4:33.44 34.52			
16.	MIL-HOMENS Nuno Fontes	04	153364	Sporting	4:37.53		447	
	50m: 30.70 30.70		150m: 1:40.85 35.68	250m: 2:51.55 35.02	350m: 4:02.54 4:02.54			35.61
	100m: 1:05.17 34.47		200m: 2:16.53 35.68	300m: 3:26.93 35.38	400m: 4:37.53 34.99			
17.	GAGO Tiago Charrua	04	200567	Rio Maior	4:38.00		445	
	50m: 30.34 30.34		150m: 1:38.89 34.56	250m: 2:49.79 35.39	350m: 4:02.87 4:02.87			37.08
	100m: 1:04.33 33.99		200m: 2:14.40 35.51	300m: 3:25.79 36.00	400m: 4:38.00 35.13			
18.	SANTOS Francisco Amaro	04	201404	Gesloures	4:44.48		415	
	50m: 31.12 31.12		150m: 1:41.28 35.71	250m: 2:54.85 36.90	350m: 4:08.34 4:08.34			36.62
	100m: 1:05.57 34.45		200m: 2:17.95 36.67	300m: 3:31.72 36.87	400m: 4:44.48 36.14			
DSQ	MATOS Gil Amaral	04	127630	Academia Acores				
	<i>SW 4.4 - Falsa partida</i>							

Juvenis A

1.	VAKULYUK Paulo	03	123668	Torres Novas	4:03.17		664	
	50m: 27.93 27.93		150m: 1:28.61 30.67	250m: 2:30.55 31.08	350m: 3:32.83 31.17			31.17
	100m: 57.94 30.01		200m: 1:59.47 30.86	300m: 3:01.66 31.11	400m: 4:03.17 30.34			
2.	LOPES Luis Afonso	03	127315	Viver Santarem	4:11.83		598	
	50m: 29.32 29.32		150m: 1:33.15 32.11	250m: 2:36.36 30.60	350m: 3:41.01 3:41.01			32.61
	100m: 1:01.04 31.72		200m: 2:05.76 32.61	300m: 3:08.40 32.04	400m: 4:11.83 30.82			
3.	DIAS Rodrigo Reis	03	129003	Belenenses	4:14.03		583	
	50m: 29.52 29.52		150m: 1:35.18 32.77	250m: 2:40.19 31.90	350m: 3:43.43 3:43.43			30.84
	100m: 1:02.41 32.89		200m: 2:08.29 33.11	300m: 3:12.59 32.40	400m: 4:14.03 30.60			
4.	MARTYN David	03	128481	Benedita	4:17.10		562	
	50m: 29.44 29.44		150m: 1:35.60 33.16	250m: 2:41.54 32.65	350m: 3:46.36 3:46.36			32.15
	100m: 1:02.44 33.00		200m: 2:08.89 33.29	300m: 3:14.21 32.67	400m: 4:17.10 30.74			
5.	RELVAS David Ferreira	03	125604	Nautico Marinha Grande	4:17.71		558	
	50m: 29.00 29.00		150m: 1:33.73 32.93	250m: 2:39.34 32.43	350m: 3:45.59 3:45.59			33.07
	100m: 1:00.80 31.80		200m: 2:06.91 33.18	300m: 3:12.52 33.18	400m: 4:17.71 32.12			
6.	DUARTE Pedro Esteves	03	132531	Cova da Piedade	4:20.08		543	
	50m: 29.69 29.69		150m: 1:35.09 33.19	250m: 2:41.99 33.59	350m: 3:48.50 3:48.50			33.01
	100m: 1:01.90 32.21		200m: 2:08.40 33.31	300m: 3:15.49 33.50	400m: 4:20.08 31.58			
7.	JORGE Tiago Miguel	03	130458	Rio Maior	4:21.88		532	
	50m: 29.44 29.44		150m: 1:34.69 33.06	250m: 2:42.62 34.01	350m: 3:49.97 3:49.97			33.43
	100m: 1:01.63 32.19		200m: 2:08.61 33.92	300m: 3:16.54 33.92	400m: 4:21.88 31.91			
8.	SILVA Joao Jose	03	132180	Bairro dos Anjos/ Leiria	4:21.91		532	
	50m: 29.05 29.05		150m: 1:34.72 33.44	250m: 2:42.01 34.38	350m: 3:49.28 3:49.28			33.51
	100m: 1:01.28 32.23		200m: 2:07.63 32.91	300m: 3:15.77 33.76	400m: 4:21.91 32.63			
9.	CRISTINO Guilherme Matias	03	132528	Uniao Piedense	4:22.91		526	
	50m: 29.48 29.48		150m: 1:34.87 33.21	250m: 2:41.85 33.37	350m: 3:49.44 3:49.44			33.46
	100m: 1:01.66 32.18		200m: 2:08.48 33.61	300m: 3:15.98 34.13	400m: 4:22.91 33.47			
10.	COSTA Afonso Filipe	03	126380	Naval da Nazare	4:23.23		524	
	50m: 29.79 29.79		150m: 1:37.22 34.03	250m: 2:44.16 32.77	350m: 3:50.53 3:50.53			33.46
	100m: 1:03.19 33.40		200m: 2:11.39 34.17	300m: 3:17.07 32.91	400m: 4:23.23 32.70			
11.	BORGES Rafael Braga	03	127434	Bombeiros Ponta Delgada	4:23.55		522	
	50m: 29.85 29.85		150m: 1:35.75 33.29	250m: 2:42.91 33.53	350m: 3:50.54 3:50.54			33.93
	100m: 1:02.46 32.61		200m: 2:09.38 33.63	300m: 3:16.61 33.70	400m: 4:23.55 33.01			

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

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	COUTINHO Guilherme Pereira	03	130516	Viver Santarem	4:23.75		521	
	50m: 30.08 30.08		150m: 1:36.55 33.56	250m: 2:43.88 33.48	350m: 3:51.37 33.81			
	100m: 1:02.99 32.91		200m: 2:10.40 33.85	300m: 3:17.56 33.68	400m: 4:23.75 32.38			
13.	NOVIKOV Ricardo	03	129524	Alges	4:24.13		518	
	50m: 29.63 29.63		150m: 1:35.84 33.34	250m: 2:44.00 34.12	350m: 3:51.86 33.79			
	100m: 1:02.50 32.87		200m: 2:09.88 34.04	300m: 3:18.07 34.07	400m: 4:24.13 32.72			
14.	LOPES Pedro Henrique	03	129896	Sao Roque	4:24.42		517	
	50m: 29.62 29.62		150m: 1:36.62 33.81	250m: 2:44.06 33.48	350m: 3:51.56 33.58			
	100m: 1:02.81 33.19		200m: 2:10.58 33.96	300m: 3:17.98 33.92	400m: 4:24.42 32.86			
15.	SOUSA Guilherme Mendes	03	130923	Nautico Marinha Grande	4:24.53		516	
	50m: 27.91 27.91		150m: 1:33.14 33.62	250m: 2:42.17 34.07	350m: 3:50.76 34.69			
	100m: 59.52 31.61		200m: 2:08.10 34.96	300m: 3:16.07 33.90	400m: 4:24.53 33.77			
16.	GOMES Nuno Antonio	03	131884	Bombeiros Ponta Delgada	4:25.67		509	
	50m: 29.60 29.60		150m: 1:35.88 33.37	250m: 2:43.55 33.72	350m: 3:52.72 34.91			
	100m: 1:02.51 32.91		200m: 2:09.83 33.95	300m: 3:17.81 34.26	400m: 4:25.67 32.95			
17.	CANADAS Joao Vasco	03	200650	Rio Maior	4:26.25		506	
	50m: 30.09 30.09		150m: 1:36.56 33.73	250m: 2:44.96 33.92	350m: 3:52.86 33.98			
	100m: 1:02.83 32.74		200m: 2:11.04 34.48	300m: 3:18.88 33.92	400m: 4:26.25 33.39			
18.	VALENTE Henrique Pinheiro	03	130237	Colegio Vasco da Gama	4:26.78		503	
	50m: 30.14 30.14		150m: 1:37.69 34.16	250m: 2:46.64 34.15	350m: 3:54.06 33.66			
	100m: 1:03.53 33.39		200m: 2:12.49 34.80	300m: 3:20.40 33.76	400m: 4:26.78 32.72			
19.	MATOS Joao Luis	03	130239	Colegio Vasco da Gama	4:33.46		467	
	50m: 30.12 30.12		150m: 1:37.80 34.46	250m: 2:47.68 35.01	350m: 3:58.89 35.60			
	100m: 1:03.34 33.22		200m: 2:12.67 34.87	300m: 3:23.29 35.61	400m: 4:33.46 34.57			
20.	BOAVIDA Pedro Miguel	03	126750	Natacao de Olhao	4:34.23		463	
	50m: 30.82 30.82		150m: 1:40.80 35.31	250m: 2:51.31 35.03	350m: 4:00.62 34.27			
	100m: 1:05.49 34.67		200m: 2:16.28 35.48	300m: 3:26.35 35.04	400m: 4:34.23 33.61			
21.	FIDALGO Joao Matos	03	128885	Benfica	4:35.95		455	
	50m: 30.36 30.36		150m: 1:40.58 35.57	250m: 2:51.74 35.10	350m: 4:02.52 35.10			
	100m: 1:05.01 34.65		200m: 2:16.64 36.06	300m: 3:27.42 35.68	400m: 4:35.95 33.43			
22.	TOME Diogo Bernardo	03	124077	Salvaterra de Magos	4:36.51		452	
	50m: 30.45 30.45		150m: 1:39.91 35.25	250m: 2:50.62 35.20	350m: 4:01.48 35.51			
	100m: 1:04.66 34.21		200m: 2:15.42 35.51	300m: 3:25.97 35.35	400m: 4:36.51 35.03			
EXH	VASS Erik Norbert	03	202665	Rio Maior	4:39.38		438	
	50m: 30.98 30.98		150m: 1:40.21 35.25	250m: 2:51.73 35.97	350m: 4:04.48 36.34			
	100m: 1:04.96 33.98		200m: 2:15.76 35.55	300m: 3:28.14 36.41	400m: 4:39.38 34.90			