

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 19
30-05-2021 - 9:25

Masc., 400m Livres

Absolutos
Resultados

RN50 Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN50 Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN50 Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
RN50 Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14-07-2010
RN50 Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
RN50 Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
RNS15	4:28.84	CRUZ Miguel Duarte	CFB	Oeiras	20-12-2020

TAC Sen20+ 50m: 4:10.91 - 25m: 4:02.70; Sen19 50m: 4:17.48 - 25m: 4:09.26; Jun18 50m: 4:18.77 - 25m: 4:10.51; Jun17 50m: 4:25.74 - 25m: 4:19.30; Juv A 50m: 4:38.91 - 25m: 4:33.44; Juv B 50m: 4:44.13 - 25m: 4:38.55

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juvenis B							
1.	ELACHRAFI Ilias Elfallaki	06	Louletano / Loule Concelho	4:24.00		579	
	50m: 28.86 28.86	150m: 1:33.91	33.25	250m: 2:43.02	34.95	350m: 3:51.00	34.02
	100m: 1:00.66 31.80	200m: 2:08.07	34.16	300m: 3:16.98	33.96	400m: 4:24.00	33.00
2.	BINYAS Eduardo	06	Rio Maior	4:30.83		536	
	50m: 29.88 29.88	150m: 1:35.91	33.53	250m: 2:45.15	34.92	350m: 3:56.33	35.75
	100m: 1:02.38 32.50	200m: 2:10.23	34.32	300m: 3:20.58	35.43	400m: 4:30.83	34.50
3.	BAPTISTA Guilherme Fernandes	06	Benfica	4:30.95		535	
	50m: 30.26 30.26	150m: 1:38.31	34.35	250m: 2:47.37	34.56	350m: 3:56.67	34.65
	100m: 1:03.96 33.70	200m: 2:12.81	34.50	300m: 3:22.02	34.65	400m: 4:30.95	34.28
4.	TIGRE Pedro Bethlem	06	Sporting	4:32.22		528	
	50m: 29.91 29.91	150m: 1:38.09	34.71	250m: 2:48.51	35.19	350m: 3:58.51	34.51
	100m: 1:03.38 33.47	200m: 2:13.32	35.23	300m: 3:24.00	35.49	400m: 4:32.22	33.71
5.	ALVES Andre Correia	06	Uniao Piedense	4:35.00		512	
	50m: 30.17 30.17	150m: 1:39.33	35.11	250m: 2:49.74	34.80	350m: 4:00.51	35.58
	100m: 1:04.22 34.05	200m: 2:14.94	35.61	300m: 3:24.93	35.19	400m: 4:35.00	34.49
6.	CORREIA Tiago Almeida	06	Natacao do Montijo	4:36.15		506	
	50m: 30.47 30.47	150m: 1:40.05	35.36	250m: 2:51.54	35.81	350m: 4:03.13	35.13
	100m: 1:04.69 34.22	200m: 2:15.73	35.68	300m: 3:28.00	36.46	400m: 4:36.15	33.02
7.	FERRAZ Luis Afonso	06	Naval do Funchal	4:37.32		499	
	50m: 30.27 30.27	150m: 1:38.69	34.84	250m: 2:49.55	35.82	350m: 4:02.41	36.60
	100m: 1:03.85 33.58	200m: 2:13.73	35.04	300m: 3:25.81	36.26	400m: 4:37.32	34.91
8.	SIMOES Manuel Costa	06	Cova da Piedade	4:37.52		498	
	50m: 30.71 30.71	150m: 1:39.37	34.94	250m: 2:50.70	35.89	350m: 4:02.98	36.02
	100m: 1:04.43 33.72	200m: 2:14.81	35.44	300m: 3:26.96	36.26	400m: 4:37.52	34.54
9.	ROQUE Tomas Nunes	06	Benfica	4:40.35		483	
	50m: 30.97 30.97	150m: 1:40.40	35.14	250m: 2:52.27	36.01	350m: 4:04.55	35.86
	100m: 1:05.26 34.29	200m: 2:16.26	35.86	300m: 3:28.69	36.42	400m: 4:40.35	35.80

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Rio Maior, 29 e 30 de Maio de 2021

Prova 19, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	GONCALVES Martim Luis	06	Desportivo Nacional	4:42.19		474	
	50m: 30.43 30.43	150m: 1:41.00	36.02 250m: 2:55.06	36.99 350m: 4:08.17	36.53		
	100m: 1:04.98 34.55	200m: 2:18.07	37.07 300m: 3:31.64	36.58 400m: 4:42.19	34.02		
11.	PISSARRA Rodrigo Figueiredo	06	Geslours	4:44.01		465	
	50m: 31.37 31.37	150m: 1:41.39	35.44 250m: 2:54.11	36.49 350m: 4:08.10	37.18		
	100m: 1:05.95 34.58	200m: 2:17.62	36.23 300m: 3:30.92	36.81 400m: 4:44.01	35.91		
12.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	4:47.37		449	
	50m: 30.54 30.54	150m: 1:40.14	35.56 250m: 2:54.97	37.70 350m: 4:11.09	37.99		
	100m: 1:04.58 34.04	200m: 2:17.27	37.13 300m: 3:33.10	38.13 400m: 4:47.37	36.28		

Juvenis A

1.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:14.02		650	
	50m: 29.50 29.50	150m: 1:34.23	32.80 250m: 2:38.84	32.23 350m: 3:42.83	31.89		
	100m: 1:01.43 31.93	200m: 2:06.61	32.38 300m: 3:10.94	32.10 400m: 4:14.02	31.19		
2.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:21.94		593	
	50m: 29.32 29.32	150m: 1:33.62	32.31 250m: 2:40.03	33.34 350m: 3:48.72	34.85		
	100m: 1:01.31 31.99	200m: 2:06.69	33.07 300m: 3:13.87	33.84 400m: 4:21.94	33.22		
3.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:23.40		583	
	50m: 29.10 29.10	150m: 1:34.76	33.47 250m: 2:42.33	34.19 350m: 3:50.59	34.45		
	100m: 1:01.29 32.19	200m: 2:08.14	33.38 300m: 3:16.14	33.81 400m: 4:23.40	32.81		
4.	PEREIRA Manuel Angelo	05	Sporting	4:25.95		566	
	50m: 30.70 30.70	150m: 1:38.28	34.33 250m: 2:46.81	34.07 350m: 3:54.59	33.44		
	100m: 1:03.95 33.25	200m: 2:12.74	34.46 300m: 3:21.15	34.34 400m: 4:25.95	31.36		
5.	PINTO Tiago Rodrigues	05	Sporting	4:26.23		564	
	50m: 30.34 30.34	150m: 1:38.12	34.46 250m: 2:46.86	34.22 350m: 3:54.91	33.60		
	100m: 1:03.66 33.32	200m: 2:12.64	34.52 300m: 3:21.31	34.45 400m: 4:26.23	31.32		
6.	AMADO Pedro Maria	05	Alges	4:26.87		560	
	50m: 29.87 29.87	150m: 1:36.75	34.01 250m: 2:45.02	34.19 350m: 3:53.80	34.35		
	100m: 1:02.74 32.87	200m: 2:10.83	34.08 300m: 3:19.45	34.43 400m: 4:26.87	33.07		
7.	SOUSA Afonso Coelho	05	Nucleo Sporting da Terceira	4:33.19		522	
	50m: 30.83 30.83	150m: 1:38.93	34.65 250m: 2:48.88	34.91 350m: 3:58.98	35.04		
	100m: 1:04.28 33.45	200m: 2:13.97	35.04 300m: 3:23.94	35.06 400m: 4:33.19	34.21		
8.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	4:33.55		520	
	50m: 30.52 30.52	150m: 1:37.27	34.15 250m: 2:47.58	35.42 350m: 3:59.59	36.26		
	100m: 1:03.12 32.60	200m: 2:12.16	34.89 300m: 3:23.33	35.75 400m: 4:33.55	33.96		
9.	OLIVEIRA Jose Francisco	05	Ba-Leiria	4:33.84		519	
	50m: 31.44 31.44	150m: 1:40.51	34.74 250m: 2:50.56	35.16 350m: 4:00.55	35.06		
	100m: 1:05.77 34.33	200m: 2:15.40	34.89 300m: 3:25.49	34.93 400m: 4:33.84	33.29		

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	ASCENSO Afonso Manuel	05	Nautico Marinha Grande	4:38.65		492	
	50m: 30.00 30.00	150m: 1:37.68	34.80	250m: 2:49.40	36.20	350m: 4:02.67	36.51
	100m: 1:02.88 32.88	200m: 2:13.20	35.52	300m: 3:26.16	36.76	400m: 4:38.65	35.98
11.	MORGADO Vasco Alves	05	Alges	4:39.10		490	
	50m: 30.65 30.65	150m: 1:39.64	35.16	250m: 2:51.31	36.27	350m: 4:04.02	36.53
	100m: 1:04.48 33.83	200m: 2:15.04	35.40	300m: 3:27.49	36.18	400m: 4:39.10	35.08
12.	MACHADO Diogo Pimentel	05	Bombeiros Ponta Delgada	4:43.52		467	
	50m: 31.30 31.30	150m: 1:40.73	35.59	250m: 2:53.40	35.34	350m: 4:07.19	36.79
	100m: 1:05.14 33.84	200m: 2:18.06	37.33	300m: 3:30.40	37.00	400m: 4:43.52	36.33

Juniores

1.	ALMEIDA Bernardo Victorino	04	Sporting	4:07.75		700	
	50m: 27.62 27.62	150m: 1:29.61	31.25	250m: 2:32.78	31.60	350m: 3:36.82	32.22
	100m: 58.36 30.74	200m: 2:01.18	31.57	300m: 3:04.60	31.82	400m: 4:07.75	30.93
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	4:09.36		687	
	50m: 28.22 28.22	150m: 1:31.08	31.76	250m: 2:35.29	31.96	350m: 3:38.62	31.33
	100m: 59.32 31.10	200m: 2:03.33	32.25	300m: 3:07.29	32.00	400m: 4:09.36	30.74
3.	LOPES Luis Afonso	03	Viver Santarem	4:10.06		681	
	50m: 29.27 29.27	150m: 1:32.27	31.94	250m: 2:36.12	32.12	350m: 3:40.19	32.20
	100m: 1:00.33 31.06	200m: 2:04.00	31.73	300m: 3:07.99	31.87	400m: 4:10.06	29.87
4.	CARVALHO Martim Henriques	04	Rio Maior	4:14.82		644	
	50m: 30.23 30.23	150m: 1:34.52	32.50	250m: 2:39.43	32.62	350m: 3:44.23	32.59
	100m: 1:02.02 31.79	200m: 2:06.81	32.29	300m: 3:11.64	32.21	400m: 4:14.82	30.59
5.	MENA Jorge Perez	04	Louletano / Loule Concelho	4:17.75		622	
	50m: 30.42 30.42	150m: 1:34.83	32.37	250m: 2:39.97	32.91	350m: 3:45.61	33.25
	100m: 1:02.46 32.04	200m: 2:07.06	32.23	300m: 3:12.36	32.39	400m: 4:17.75	32.14
6.	SIMOES Miguel Costa	04	Cova da Piedade	4:22.31		590	
	50m: 30.12 30.12	150m: 1:36.13	33.11	250m: 2:42.16	32.52	350m: 3:49.70	33.35
	100m: 1:03.02 32.90	200m: 2:09.64	33.51	300m: 3:16.35	34.19	400m: 4:22.31	32.61
7.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	4:26.33		564	
	50m: 29.54 29.54	150m: 1:34.60	32.71	250m: 2:42.12	33.96	350m: 3:51.59	34.87
	100m: 1:01.89 32.35	200m: 2:08.16	33.56	300m: 3:16.72	34.60	400m: 4:26.33	34.74
8.	CARVALHO Antonio Lombardi	04	Sporting	4:26.57		562	
	50m: 28.72 28.72	150m: 1:34.68	33.49	250m: 2:43.70	34.54	350m: 3:52.64	34.49
	100m: 1:01.19 32.47	200m: 2:09.16	34.48	300m: 3:18.15	34.45	400m: 4:26.57	33.93
9.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:27.22		558	
	50m: 30.30 30.30	150m: 1:38.16	34.44	250m: 2:46.72	33.92	350m: 3:55.11	34.30
	100m: 1:03.72 33.42	200m: 2:12.80	34.64	300m: 3:20.81	34.09	400m: 4:27.22	32.11

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Prova 19, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	RODEIA Jose Miguel	04	Naval de Faro	4:34.67		514	
	50m: 30.25 30.25	150m: 1:38.88	34.98	250m: 2:49.42	35.59	350m: 4:01.28	36.06
	100m: 1:03.90 33.65	200m: 2:13.83	34.95	300m: 3:25.22	35.80	400m: 4:34.67	33.39

Absolutos

1.	ALMEIDA Bernardo Victorino	04	Sporting	4:07.75		700	
	50m: 27.62 27.62	150m: 1:29.61	31.25	250m: 2:32.78	31.60	350m: 3:36.82	32.22
	100m: 58.36 30.74	200m: 2:01.18	31.57	300m: 3:04.60	31.82	400m: 4:07.75	30.93
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	4:09.36		687	
	50m: 28.22 28.22	150m: 1:31.08	31.76	250m: 2:35.29	31.96	350m: 3:38.62	31.33
	100m: 59.32 31.10	200m: 2:03.33	32.25	300m: 3:07.29	32.00	400m: 4:09.36	30.74
3.	COSTA Tiago Cunha	99	Sporting	4:09.43		686	
	50m: 28.28 28.28	150m: 1:29.97	31.23	250m: 2:33.56	31.96	350m: 3:37.84	32.44
	100m: 58.74 30.46	200m: 2:01.60	31.63	300m: 3:05.40	31.84	400m: 4:09.43	31.59
4.	LOPES Luis Afonso	03	Viver Santarem	4:10.06		681	
	50m: 29.27 29.27	150m: 1:32.27	31.94	250m: 2:36.12	32.12	350m: 3:40.19	32.20
	100m: 1:00.33 31.06	200m: 2:04.00	31.73	300m: 3:07.99	31.87	400m: 4:10.06	29.87
5.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:14.02		650	
	50m: 29.50 29.50	150m: 1:34.23	32.80	250m: 2:38.84	32.23	350m: 3:42.83	31.89
	100m: 1:01.43 31.93	200m: 2:06.61	32.38	300m: 3:10.94	32.10	400m: 4:14.02	31.19
6.	CARVALHO Martim Henriques	04	Rio Maior	4:14.82		644	
	50m: 30.23 30.23	150m: 1:34.52	32.50	250m: 2:39.43	32.62	350m: 3:44.23	32.59
	100m: 1:02.02 31.79	200m: 2:06.81	32.29	300m: 3:11.64	32.21	400m: 4:14.82	30.59
7.	CRISTINO David Matias	01	Uniao Piedense	4:16.08		634	
	50m: 28.62 28.62	150m: 1:32.46	32.38	250m: 2:37.47	32.30	350m: 3:43.24	32.77
	100m: 1:00.08 31.46	200m: 2:05.17	32.71	300m: 3:10.47	33.00	400m: 4:16.08	32.84
8.	MENA Jorge Perez	04	Louletano / Loule Concelho	4:17.75		622	
	50m: 30.42 30.42	150m: 1:34.83	32.37	250m: 2:39.97	32.91	350m: 3:45.61	33.25
	100m: 1:02.46 32.04	200m: 2:07.06	32.23	300m: 3:12.36	32.39	400m: 4:17.75	32.14
9.	BARROS Bruno Rey	01	Sporting	4:18.38		617	
	50m: 29.28 29.28	150m: 1:33.89	32.98	250m: 2:40.23	33.05	350m: 3:45.77	32.58
	100m: 1:00.91 31.63	200m: 2:07.18	33.29	300m: 3:13.19	32.96	400m: 4:18.38	32.61
10.	JACINTO Rafael Rodrigues	02	Belenenses	4:20.05		606	
	50m: 29.44 29.44	150m: 1:33.43	32.25	250m: 2:38.68	32.76	400m: 4:20.05	1:08.20
	100m: 1:01.18 31.74	200m: 2:05.92	32.49	300m: 3:11.85	33.17		
11.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	4:21.94		593	
	50m: 29.32 29.32	150m: 1:33.62	32.31	250m: 2:40.03	33.34	350m: 3:48.72	34.85
	100m: 1:01.31 31.99	200m: 2:06.69	33.07	300m: 3:13.87	33.84	400m: 4:21.94	33.22

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	SIMÕES Miguel Costa	04	Cova da Piedade	4:22.31		590	
	50m: 30.12 30.12	150m: 1:36.13	33.11	250m: 2:42.16	32.52	350m: 3:49.70	33.35
	100m: 1:03.02 32.90	200m: 2:09.64	33.51	300m: 3:16.35	34.19	400m: 4:22.31	32.61
13.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:23.40		583	
	50m: 29.10 29.10	150m: 1:34.76	33.47	250m: 2:42.33	34.19	350m: 3:50.59	34.45
	100m: 1:01.29 32.19	200m: 2:08.14	33.38	300m: 3:16.14	33.81	400m: 4:23.40	32.81
14.	ELACHRAFI Ilias Elfallaki	06	Louletano / Loule Concelho	4:24.00		579	
	50m: 28.86 28.86	150m: 1:33.91	33.25	250m: 2:43.02	34.95	350m: 3:51.00	34.02
	100m: 1:00.66 31.80	200m: 2:08.07	34.16	300m: 3:16.98	33.96	400m: 4:24.00	33.00
15.	RODRIGUES Pedro Reis	02	Sao Roque	4:24.11		578	
	50m: 29.06 29.06	150m: 1:34.22	33.42	250m: 2:42.90	34.61	350m: 3:51.47	34.17
	100m: 1:00.80 31.74	200m: 2:08.29	34.07	300m: 3:17.30	34.40	400m: 4:24.11	32.64
16.	PEREIRA Manuel Angelo	05	Sporting	4:25.95		566	
	50m: 30.70 30.70	150m: 1:38.28	34.33	250m: 2:46.81	34.07	350m: 3:54.59	33.44
	100m: 1:03.95 33.25	200m: 2:12.74	34.46	300m: 3:21.15	34.34	400m: 4:25.95	31.36
17.	PINTO Tiago Rodrigues	05	Sporting	4:26.23		564	
	50m: 30.34 30.34	150m: 1:38.12	34.46	250m: 2:46.86	34.22	350m: 3:54.91	33.60
	100m: 1:03.66 33.32	200m: 2:12.64	34.52	300m: 3:21.31	34.45	400m: 4:26.23	31.32
18.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	4:26.33		564	
	50m: 29.54 29.54	150m: 1:34.60	32.71	250m: 2:42.12	33.96	350m: 3:51.59	34.87
	100m: 1:01.89 32.35	200m: 2:08.16	33.56	300m: 3:16.72	34.60	400m: 4:26.33	34.74
19.	CARVALHO Antonio Lombardi	04	Sporting	4:26.57		562	
	50m: 28.72 28.72	150m: 1:34.68	33.49	250m: 2:43.70	34.54	350m: 3:52.64	34.49
	100m: 1:01.19 32.47	200m: 2:09.16	34.48	300m: 3:18.15	34.45	400m: 4:26.57	33.93
20.	AMADO Pedro Maria	05	Alges	4:26.87		560	
	50m: 29.87 29.87	150m: 1:36.75	34.01	250m: 2:45.02	34.19	350m: 3:53.80	34.35
	100m: 1:02.74 32.87	200m: 2:10.83	34.08	300m: 3:19.45	34.43	400m: 4:26.87	33.07
21.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:27.22		558	
	50m: 30.30 30.30	150m: 1:38.16	34.44	250m: 2:46.72	33.92	350m: 3:55.11	34.30
	100m: 1:03.72 33.42	200m: 2:12.80	34.64	300m: 3:20.81	34.09	400m: 4:27.22	32.11
22.	BINYAS Eduardo	06	Rio Maior	4:30.83		536	
	50m: 29.88 29.88	150m: 1:35.91	33.53	250m: 2:45.15	34.92	350m: 3:56.33	35.75
	100m: 1:02.38 32.50	200m: 2:10.23	34.32	300m: 3:20.58	35.43	400m: 4:30.83	34.50
23.	BAPTISTA Guilherme Fernandes	06	Benfica	4:30.95		535	
	50m: 30.26 30.26	150m: 1:38.31	34.35	250m: 2:47.37	34.56	350m: 3:56.67	34.65
	100m: 1:03.96 33.70	200m: 2:12.81	34.50	300m: 3:22.02	34.65	400m: 4:30.95	34.28
24.	TIGRE Pedro Bethlem	06	Sporting	4:32.22		528	
	50m: 29.91 29.91	150m: 1:38.09	34.71	250m: 2:48.51	35.19	350m: 3:58.51	34.51
	100m: 1:03.38 33.47	200m: 2:13.32	35.23	300m: 3:24.00	35.49	400m: 4:32.22	33.71

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 19, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
25.	SOUSA Afonso Coelho	05	Nucleo Sporting da Terceira	4:33.19		522	
	50m: 30.83 30.83	150m: 1:38.93	34.65	250m: 2:48.88	34.91	350m: 3:58.98	35.04
	100m: 1:04.28 33.45	200m: 2:13.97	35.04	300m: 3:23.94	35.06	400m: 4:33.19	34.21
26.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	4:33.55		520	
	50m: 30.52 30.52	150m: 1:37.27	34.15	250m: 2:47.58	35.42	350m: 3:59.59	36.26
	100m: 1:03.12 32.60	200m: 2:12.16	34.89	300m: 3:23.33	35.75	400m: 4:33.55	33.96
27.	OLIVEIRA Jose Francisco	05	Ba-Leiria	4:33.84		519	
	50m: 31.44 31.44	150m: 1:40.51	34.74	250m: 2:50.56	35.16	350m: 4:00.55	35.06
	100m: 1:05.77 34.33	200m: 2:15.40	34.89	300m: 3:25.49	34.93	400m: 4:33.84	33.29
28.	RODEIA Jose Miguel	04	Naval de Faro	4:34.67		514	
	50m: 30.25 30.25	150m: 1:38.88	34.98	250m: 2:49.42	35.59	350m: 4:01.28	36.06
	100m: 1:03.90 33.65	200m: 2:13.83	34.95	300m: 3:25.22	35.80	400m: 4:34.67	33.39
29.	ALVES Andre Correia	06	Uniao Piedense	4:35.00		512	
	50m: 30.17 30.17	150m: 1:39.33	35.11	250m: 2:49.74	34.80	350m: 4:00.51	35.58
	100m: 1:04.22 34.05	200m: 2:14.94	35.61	300m: 3:24.93	35.19	400m: 4:35.00	34.49
30.	CORREIA Tiago Almeida	06	Natacao do Montijo	4:36.15		506	
	50m: 30.47 30.47	150m: 1:40.05	35.36	250m: 2:51.54	35.81	350m: 4:03.13	35.13
	100m: 1:04.69 34.22	200m: 2:15.73	35.68	300m: 3:28.00	36.46	400m: 4:36.15	33.02
31.	FERRAZ Luis Afonso	06	Naval do Funchal	4:37.32		499	
	50m: 30.27 30.27	150m: 1:38.69	34.84	250m: 2:49.55	35.82	350m: 4:02.41	36.60
	100m: 1:03.85 33.58	200m: 2:13.73	35.04	300m: 3:25.81	36.26	400m: 4:37.32	34.91
32.	SIMOES Manuel Costa	06	Cova da Piedade	4:37.52		498	
	50m: 30.71 30.71	150m: 1:39.37	34.94	250m: 2:50.70	35.89	350m: 4:02.98	36.02
	100m: 1:04.43 33.72	200m: 2:14.81	35.44	300m: 3:26.96	36.26	400m: 4:37.52	34.54
33.	ASCENSO Afonso Manuel	05	Nautico Marinha Grande	4:38.65		492	
	50m: 30.00 30.00	150m: 1:37.68	34.80	250m: 2:49.40	36.20	350m: 4:02.67	36.51
	100m: 1:02.88 32.88	200m: 2:13.20	35.52	300m: 3:26.16	36.76	400m: 4:38.65	35.98
34.	MORGADO Vasco Alves	05	Alges	4:39.10		490	
	50m: 30.65 30.65	150m: 1:39.64	35.16	250m: 2:51.31	36.27	350m: 4:04.02	36.53
	100m: 1:04.48 33.83	200m: 2:15.04	35.40	300m: 3:27.49	36.18	400m: 4:39.10	35.08
35.	ROQUE Tomas Nunes	06	Benfica	4:40.35		483	
	50m: 30.97 30.97	150m: 1:40.40	35.14	250m: 2:52.27	36.01	350m: 4:04.55	35.86
	100m: 1:05.26 34.29	200m: 2:16.26	35.86	300m: 3:28.69	36.42	400m: 4:40.35	35.80
36.	GONCALVES Martim Luis	06	Desportivo Nacional	4:42.19		474	
	50m: 30.43 30.43	150m: 1:41.00	36.02	250m: 2:55.06	36.99	350m: 4:08.17	36.53
	100m: 1:04.98 34.55	200m: 2:18.07	37.07	300m: 3:31.64	36.58	400m: 4:42.19	34.02
37.	MACHADO Diogo Pimentel	05	Bombeiros Ponta Delgada	4:43.52		467	
	50m: 31.30 31.30	150m: 1:40.73	35.59	250m: 2:53.40	35.34	350m: 4:07.19	36.79
	100m: 1:05.14 33.84	200m: 2:18.06	37.33	300m: 3:30.40	37.00	400m: 4:43.52	36.33

Torneio Zonal Juvenis, Juniores e Absolutos PL (Zona Sul)
Rio Maior, 29 e 30 de Maio de 2021

Prova 19, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
38.	PISSARRA Rodrigo Figueiredo	06	Geslours	4:44.01		465	
	50m: 31.37 31.37	150m: 1:41.39	35.44	250m: 2:54.11	36.49	350m: 4:08.10	37.18
	100m: 1:05.95 34.58	200m: 2:17.62	36.23	300m: 3:30.92	36.81	400m: 4:44.01	35.91
39.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	4:47.37		449	
	50m: 30.54 30.54	150m: 1:40.14	35.56	250m: 2:54.97	37.70	350m: 4:11.09	37.99
	100m: 1:04.58 34.04	200m: 2:17.27	37.13	300m: 3:33.10	38.13	400m: 4:47.37	36.28

Seniores

1.	COSTA Tiago Cunha	99	Sporting	4:09.43		686	
	50m: 28.28 28.28	150m: 1:29.97	31.23	250m: 2:33.56	31.96	350m: 3:37.84	32.44
	100m: 58.74 30.46	200m: 2:01.60	31.63	300m: 3:05.40	31.84	400m: 4:09.43	31.59
2.	CRISTINO David Matias	01	Uniao Piedense	4:16.08		634	
	50m: 28.62 28.62	150m: 1:32.46	32.38	250m: 2:37.47	32.30	350m: 3:43.24	32.77
	100m: 1:00.08 31.46	200m: 2:05.17	32.71	300m: 3:10.47	33.00	400m: 4:16.08	32.84
3.	BARROS Bruno Rey	01	Sporting	4:18.38		617	
	50m: 29.28 29.28	150m: 1:33.89	32.98	250m: 2:40.23	33.05	350m: 3:45.77	32.58
	100m: 1:00.91 31.63	200m: 2:07.18	33.29	300m: 3:13.19	32.96	400m: 4:18.38	32.61
4.	JACINTO Rafael Rodrigues	02	Belenenses	4:20.05		606	
	50m: 29.44 29.44	150m: 1:33.43	32.25	250m: 2:38.68	32.76	400m: 4:20.05	1:08.20
	100m: 1:01.18 31.74	200m: 2:05.92	32.49	300m: 3:11.85	33.17		
5.	RODRIGUES Pedro Reis	02	Sao Roque	4:24.11		578	
	50m: 29.06 29.06	150m: 1:34.22	33.42	250m: 2:42.90	34.61	350m: 3:51.47	34.17
	100m: 1:00.80 31.74	200m: 2:08.29	34.07	300m: 3:17.30	34.40	400m: 4:24.11	32.64
EXH	CRUZ Miguel Duarte	99 S15	Belenenses	4:33.29		522	
	50m: 30.63 30.63	150m: 1:40.14	35.51	250m: 2:50.89	34.86	350m: 3:59.55	34.03
	100m: 1:04.63 34.00	200m: 2:16.03	35.89	300m: 3:25.52	34.63	400m: 4:33.29	33.74