



Torneio Zonal de Juvenis (Zona Norte)
Mealhada, 12 - 13/12/2020

Prova 14

Masc., 400m Livres

Juvenis

13/12/2020 - 9:40

Resultados

Recordes Nacionais 25m Absoluto	3:42.91	NASCIMENTO Miguel Duarte	POR	Porto	09/12/2017
Recordes Nacionais 25m Juv A	3:58.82	RIBEIRO Diogo Matos	POR	Mealhada	07/12/2019
Recordes Nacionais 25m Juv B	4:02.41	RIBEIRO Diogo Matos	POR	Lousã	23/06/2019

Pontos: FINA 2020

Lugar			Ano							Tempo final	Pts	
Juvenis B												
1.	JEVIC Milan Santos		06	Braga						4:25.50	510	
	50m:	29.21	29.21	150m:	1:34.92	33.56	250m:	2:43.82	34.73	350m:	3:52.12	33.78
	100m:	1:01.36	32.15	200m:	2:09.09	34.17	300m:	3:18.34	34.52	400m:	4:25.50	33.38
2.	TAVARES Daniel Batista		06	Bombeiros Mealhada/ CA						4:28.22	495	
	50m:	29.66	29.66	150m:	1:36.61	33.78	250m:	2:45.06	34.15	350m:	3:54.21	34.81
	100m:	1:02.83	33.17	200m:	2:10.91	34.30	300m:	3:19.40	34.34	400m:	4:28.22	34.01
3.	SANTOS Rui Miguel		06	Famalicao						4:28.85	492	
	50m:	29.18	29.18	150m:	1:37.16	34.96	250m:	2:46.92	34.22	350m:	3:57.29	35.13
	100m:	1:02.20	33.02	200m:	2:12.70	35.54	300m:	3:22.16	35.24	400m:	4:28.85	31.56
4.	FARIA Eduardo Nuno		06	Braga						4:31.75	476	
	50m:	29.88	29.88	150m:	1:36.78	34.32	250m:	2:47.02	35.26	350m:	3:57.51	35.26
	100m:	1:02.46	32.58	200m:	2:11.76	34.98	300m:	3:22.25	35.23	400m:	4:31.75	34.24
5.	LOUREIRO Bruno Silva		06	Porto						4:33.43	467	
	50m:	29.83	29.83	150m:	1:37.56	34.45	250m:	2:46.98	35.07	350m:	3:58.76	35.84
	100m:	1:03.11	33.28	200m:	2:11.91	34.35	300m:	3:22.92	35.94	400m:	4:33.43	34.67
6.	RAMOS Gustavo Gomes		06	Porto						4:34.30	463	
	50m:	30.04	30.04	150m:	1:36.72	33.50	250m:	2:45.59	35.01	350m:	3:58.57	36.74
	100m:	1:03.22	33.18	200m:	2:10.58	33.86	300m:	3:21.83	36.24	400m:	4:34.30	35.73
7.	ZHUKOV Mark		06	Braga						4:36.13	454	
	50m:	31.27	31.27	150m:	1:39.89	34.90	250m:	2:50.51	35.31	350m:	4:01.18	35.32
	100m:	1:04.99	33.72	200m:	2:15.20	35.31	300m:	3:25.86	35.35	400m:	4:36.13	34.95
8.	DURAO Miguel Costa		06	Braga						4:39.00	440	
	50m:	31.68	31.68	150m:	1:41.62	35.43	250m:	2:53.13	35.99	350m:	4:04.41	35.57
	100m:	1:06.19	34.51	200m:	2:17.14	35.52	300m:	3:28.84	35.71	400m:	4:39.00	34.59
9.	MARQUES Jose Miguel		06	Condeixa Clube						4:41.06	430	
	50m:	30.93	30.93	150m:	1:41.28	35.75	250m:	2:53.86	36.02	350m:	4:06.11	36.17
	100m:	1:05.53	34.60	200m:	2:17.84	36.56	300m:	3:29.94	36.08	400m:	4:41.06	34.95
10.	LUCAS Joao Neves		06	Columbofila Cantanhedense						4:41.85	427	
	50m:	32.46	32.46	150m:	1:42.79	35.32	250m:	2:54.11	35.34	350m:	4:06.73	36.20
	100m:	1:07.47	35.01	200m:	2:18.77	35.98	300m:	3:30.53	36.42	400m:	4:41.85	35.12
DNS	SANTOS Tomas Nolan		06	Beatriz Santos-Clube								





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Juvenis A

1.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:13.70	585
	50m: 29.87 29.87	150m: 1:33.69	32.22	250m: 2:38.86	32.63
	100m: 1:01.47 31.60	200m: 2:06.23	32.54	300m: 3:11.26	32.40
				350m: 3:43.24	31.98
				400m: 4:13.70	30.46
2.	SILVA Afonso Carvalho	05	Famalicao	4:13.85	584
	50m: 28.13 28.13	150m: 1:31.51	32.44	250m: 2:36.96	32.95
	100m: 59.07 30.94	200m: 2:04.01	32.50	300m: 3:10.14	33.18
				350m: 3:42.90	32.76
				400m: 4:13.85	30.95
3.	GONCALVES Alexandre Ramos	05	Colegio SMLamas	4:18.92	550
	50m: 29.04 29.04	150m: 1:32.50	32.06	250m: 2:38.71	33.39
	100m: 1:00.44 31.40	200m: 2:05.32	32.82	300m: 3:13.14	34.43
				350m: 3:46.78	33.64
				400m: 4:18.92	32.14
4.	RIBEIRO Filipe Silva	05	Leixoes	4:22.43	529
	50m: 28.54 28.54	150m: 1:32.97	32.70	250m: 2:40.38	33.68
	100m: 1:00.27 31.73	200m: 2:06.70	33.73	300m: 3:14.32	33.94
				350m: 3:49.13	34.81
				400m: 4:22.43	33.30
5.	NETO Vasco Goncalves	05	Porto	4:22.94	525
	50m: 29.01 29.01	150m: 1:34.48	33.67	250m: 2:42.52	34.48
	100m: 1:00.81 31.80	200m: 2:08.04	33.56	300m: 3:16.58	34.06
				350m: 3:50.70	34.12
				400m: 4:22.94	32.24
6.	ROCHA Jose Miguel	05	Columbofila Cantanhedense	4:24.15	518
	50m: 29.55 29.55	150m: 1:35.64	33.26	250m: 2:42.36	33.69
	100m: 1:02.38 32.83	200m: 2:08.67	33.03	300m: 3:16.57	34.21
				350m: 3:50.81	34.24
				400m: 4:24.15	33.34
7.	SANTOS Goncalo Carvalho	05	Louzan Natacao/EFAPEL	4:27.94	497
	50m: 29.80 29.80	150m: 1:36.36	34.08	250m: 2:45.02	34.39
	100m: 1:02.28 32.48	200m: 2:10.63	34.27	300m: 3:19.57	34.55
				350m: 3:54.27	34.70
				400m: 4:27.94	33.67
8.	GONCALVES Dinis Queiroz	05	Braga	4:28.94	491
	50m: 29.59 29.59	150m: 1:36.90	34.34	250m: 2:46.73	34.96
	100m: 1:02.56 32.97	200m: 2:11.77	34.87	300m: 3:21.85	35.12
				350m: 3:56.18	34.33
				400m: 4:28.94	32.76
9.	SILVA Guilherme Gomes	05	Estamos Juntos	4:30.26	484
	50m: 29.53 29.53	150m: 1:36.26	33.89	250m: 2:46.43	35.15
	100m: 1:02.37 32.84	200m: 2:11.28	35.02	300m: 3:21.87	35.44
				350m: 3:56.75	34.88
				400m: 4:30.26	33.51
10.	TORRES Joao Pedro	05	Porto	4:30.56	482
	50m: 30.15 30.15	150m: 1:37.08	34.61	250m: 2:46.25	34.95
	100m: 1:02.47 32.32	200m: 2:11.30	34.22	300m: 3:21.62	35.37
				350m: 3:56.84	35.22
				400m: 4:30.56	33.72
11.	GONCALVES Jose Luis	05	Fafe	4:35.46	457
	50m: 30.50 30.50	150m: 1:38.47	34.51	250m: 2:49.59	35.04
	100m: 1:03.96 33.46	200m: 2:14.55	36.08	300m: 3:25.16	35.57
				350m: 4:00.93	35.77
				400m: 4:35.46	34.53
12.	VIEIRA Eduardo Gabriel	05	Bombeiros Mealhada/ CA	4:45.98	408
	50m: 30.83 30.83	150m: 1:39.38	34.92	250m: 2:53.18	37.27
	100m: 1:04.46 33.63	200m: 2:15.91	36.53	300m: 3:31.01	37.83
				350m: 4:09.13	38.12
				400m: 4:45.98	36.85
DSQ	CARVALHO Joao Carlos	05	Braga		
	<i>403 - Falsa partida - SW 4.4</i>				