



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

Prova 22
13/12/2020 - 16:25

Masc., 400m Estilos

Juvenis
Resultados

Recordes Nacionais 25m Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11/12/2009
Recordes Nacionais 25m Juv A	4:25.04	VITAL Joao Alexandre	POR	Tomar	13/12/2013
Recordes Nacionais 25m Juv B	4:35.02	CARVALHO Diogo Filipe	POR	Braga	21/03/2003

Pontos: FINA 2020

Lugar			Ano							Tempo final	Pts
Juvenis B											
1.	PEREIRA Rodrigo Ferreira		06	Famalicao						4:50.64	527
	50m:	28.66 28.66	150m:	1:42.37	40.02	250m:	3:02.74	40.98	350m:	4:17.92	33.46
	100m:	1:02.35 33.69	200m:	2:21.76	39.39	300m:	3:44.46	41.72	400m:	4:50.64	32.72
2.	FARIA Eduardo Nuno		06	Braga						4:54.60	506
	50m:	31.05 31.05	150m:	1:46.93	39.38	250m:	3:06.55	41.99	350m:	4:21.83	32.59
	100m:	1:07.55 36.50	200m:	2:24.56	37.63	300m:	3:49.24	42.69	400m:	4:54.60	32.77
3.	JEVIC Milan Santos		06	Braga						4:55.70	500
	50m:	30.88 30.88	150m:	1:47.00	40.22	250m:	3:07.31	41.03	350m:	4:24.06	34.47
	100m:	1:06.78 35.90	200m:	2:26.28	39.28	300m:	3:49.59	42.28	400m:	4:55.70	31.64
4.	ZHUKOV Mark		06	Braga						4:59.80	480
	50m:	32.62 32.62	150m:	1:48.29	38.86	250m:	3:09.27	43.30	350m:	4:26.66	34.08
	100m:	1:09.43 36.81	200m:	2:25.97	37.68	300m:	3:52.58	43.31	400m:	4:59.80	33.14
5.	RAMOS Gustavo Gomes		06	Porto						5:02.34	468
	50m:	30.57 30.57	150m:	1:45.66	39.34	250m:	3:10.51	46.63	350m:	4:29.49	33.76
	100m:	1:06.32 35.75	200m:	2:23.88	38.22	300m:	3:55.73	45.22	400m:	5:02.34	32.85
6.	CAMPOS Ricardo Lima		06	Sanjoanense/FEPSA						5:13.20	421
	50m:	32.22 32.22	150m:	1:51.66	41.52	250m:	3:16.81	44.61	350m:	4:37.73	36.47
	100m:	1:10.14 37.92	200m:	2:32.20	40.54	300m:	4:01.26	44.45	400m:	5:13.20	35.47
7.	PIRES Gustavo Teixeira		06	Columbofila Cantanhedense						5:20.51	393
	50m:	33.25 33.25	150m:	1:53.68	42.65	250m:	3:21.15	46.62	350m:	4:45.51	37.45
	100m:	1:11.03 37.78	200m:	2:34.53	40.85	300m:	4:08.06	46.91	400m:	5:20.51	35.00
8.	PEREIRA Pedro Santos		06	Leixoes						5:21.25	390
	50m:	32.51 32.51	150m:	1:53.37	41.58	250m:	3:21.66	47.24	350m:	4:46.31	37.31
	100m:	1:11.79 39.28	200m:	2:34.42	41.05	300m:	4:09.00	47.34	400m:	5:21.25	34.94
9.	LUCAS Joao Neves		06	Columbofila Cantanhedense						5:26.33	372
	50m:	33.88 33.88	150m:	1:56.47	43.54	250m:	3:27.66	48.71	350m:	4:51.73	34.84
	100m:	1:12.93 39.05	200m:	2:38.95	42.48	300m:	4:16.89	49.23	400m:	5:26.33	34.60
DSQ	SANTOS Rui Miguel		06	Famalicao							
	<i>720 - Toque alternado na viragem aos 225 m - SW 7.6</i>										
DNS	SANTOS Tomas Nolan		06	Beatriz Santos-Clube							

Juvenis A

1.	SOUSA Joao Maria		05	Braga						4:48.14	541
	50m:	29.78 29.78	150m:	1:40.33	36.22	250m:	2:59.77	42.89	350m:	4:16.49	32.66
	100m:	1:04.11 34.33	200m:	2:16.88	36.55	300m:	3:43.83	44.06	400m:	4:48.14	31.65
2.	GONCALVES Jose Luis		05	Fafe						4:56.42	497
	50m:	29.44 29.44	150m:	1:42.47	39.45	250m:	3:04.06	42.68	350m:	4:22.69	35.03
	100m:	1:03.02 33.58	200m:	2:21.38	38.91	300m:	3:47.66	43.60	400m:	4:56.42	33.73





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

Prova 22, Masc., 400m Estilos, Juvenis A

Lugar					Ano					Tempo final	Pts	
3.	SANTOS Tomas Carvalho				05	Louzan Natacao/EFAPEL				5:00.11	478	
	50m:	31.25	31.25	150m:	1:47.20	39.21	250m:	3:08.18	44.06	350m:	4:26.44	34.53
	100m:	1:07.99	36.74	200m:	2:24.12	36.92	300m:	3:51.91	43.73	400m:	5:00.11	33.67
4.	RIBEIRO Tomas Carvalhinho				05	Natacao da Maia				5:01.07	474	
	50m:	30.07	30.07	150m:	1:44.68	40.14	250m:	3:08.07	44.65	350m:	4:28.72	34.35
	100m:	1:04.54	34.47	200m:	2:23.42	38.74	300m:	3:54.37	46.30	400m:	5:01.07	32.35
5.	MAGALHAES Andre Lima				05	Porto				5:01.12	474	
	50m:	30.93	30.93	150m:	1:46.16	39.18	250m:	3:09.17	43.99	350m:	4:28.49	34.69
	100m:	1:06.98	36.05	200m:	2:25.18	39.02	300m:	3:53.80	44.63	400m:	5:01.12	32.63
6.	PAIVA Ruben Ferreira				05	Sanjoanense/FEPSA				5:03.68	462	
	50m:	31.68	31.68	150m:	1:48.39	39.86	250m:	3:10.48	43.37	350m:	4:29.66	35.67
	100m:	1:08.53	36.85	200m:	2:27.11	38.72	300m:	3:53.99	43.51	400m:	5:03.68	34.02
7.	ROCHA Jose Miguel				05	Columbifila Cantanhedense				5:03.71	462	
	50m:	30.02	30.02	150m:	1:45.17	39.67	250m:	3:07.94	44.50	350m:	4:29.92	35.42
	100m:	1:05.50	35.48	200m:	2:23.44	38.27	300m:	3:54.50	46.56	400m:	5:03.71	33.79
8.	NETO Vasco Goncalves				05	Porto				5:06.51	449	
	50m:	30.91	30.91	150m:	1:48.15	40.02	250m:	3:12.56	45.91	350m:	4:34.37	34.69
	100m:	1:08.13	37.22	200m:	2:26.65	38.50	300m:	3:59.68	47.12	400m:	5:06.51	32.14
9.	LAFUENTE Miguel Teixeira				05	Porto				5:08.90	439	
	50m:	32.76	32.76	150m:	1:51.41	40.44	250m:	3:14.78	42.75	350m:	4:35.23	37.01
	100m:	1:10.97	38.21	200m:	2:32.03	40.62	300m:	3:58.22	43.44	400m:	5:08.90	33.67
10.	SILVA Tomas Caineta				05	Estarreja				5:09.73	435	
	50m:	31.40	31.40	150m:	1:47.50	39.63	250m:	3:12.04	45.82	350m:	4:35.14	36.42
	100m:	1:07.87	36.47	200m:	2:26.22	38.72	300m:	3:58.72	46.68	400m:	5:09.73	34.59
11.	MOUTELA Dinis Amorim				05	Estarreja				5:09.94	434	
	50m:	31.36	31.36	150m:	1:49.69	41.69	250m:	3:14.89	44.58	350m:	4:35.79	35.92
	100m:	1:08.00	36.64	200m:	2:30.31	40.62	300m:	3:59.87	44.98	400m:	5:09.94	34.15
12.	DIAS Pedro Anselmo				05	Academico Viseu				5:16.43	408	
	50m:	31.82	31.82	150m:	1:48.88	39.49	250m:	3:15.34	47.66	350m:	4:40.33	37.04
	100m:	1:09.39	37.57	200m:	2:27.68	38.80	300m:	4:03.29	47.95	400m:	5:16.43	36.10
DSQ	SILVA Afonso Carvalho				05	Famalicao						
	<i>403 - Falsa partida - SW 4.4</i>											

