

Torneio Zonal de Juvenis (Zona Sul)
Leiria, 12 - 13/12/2020

Prova 14

Masc., 400m Livres

Juvenis

13/12/2020 - 9:15

Resultados

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

Pontos: FINA 2020

Lugar			Ano							Tempo final	Pts	
Juvenis B												
1.	BINYAS Eduardo		06	Rio Maior						4:16.95	563	
	50m:	29.63	29.63	150m:	1:34.03	32.40	300m:	3:11.78	1:04.72	400m:	4:16.95	32.18
	100m:	1:01.63	32.00	200m:	2:07.06	33.03	350m:	3:44.77	32.99			
2.	DENISOV Micael Dmitrievich		06	Bairro dos Anjos/ Leiria						4:23.08	525	
	50m:	28.18	28.18	150m:	1:33.52	33.32	300m:	3:15.55	1:08.33	400m:	4:23.08	33.02
	100m:	1:00.20	32.02	200m:	2:07.22	33.70	350m:	3:50.06	34.51			
3.	SILVA Pedro Marques		06	Bairro dos Anjos/ Leiria						4:24.95	514	
	50m:	30.31	30.31	150m:	1:38.64	34.32	250m:	2:45.52	33.27	350m:	3:52.56	33.42
	100m:	1:04.32	34.01	200m:	2:12.25	33.61	300m:	3:19.14	33.62	400m:	4:24.95	32.39
4.	BAPTISTA Guilherme Fernandes		06	Benfica						4:27.24	501	
	50m:	29.53	29.53	150m:	1:36.24	33.75	250m:	2:44.15	34.10	350m:	3:53.72	34.46
	100m:	1:02.49	32.96	200m:	2:10.05	33.81	300m:	3:19.26	35.11	400m:	4:27.24	33.52
5.	ALMEIDA Afonso Silvestre		06	Amadora						4:32.42	472	
	50m:	30.98	30.98	150m:	1:39.49	34.57	250m:	2:48.52	34.31	350m:	3:58.77	35.29
	100m:	1:04.92	33.94	200m:	2:14.21	34.72	300m:	3:23.48	34.96	400m:	4:32.42	33.65
6.	PISSARRA Rodrigo Figueiredo		06	Geslours						4:33.74	466	
	50m:	30.60	30.60	150m:	1:38.25	34.40	300m:	3:23.87	1:11.04	400m:	4:33.74	33.88
	100m:	1:03.85	33.25	200m:	2:12.83	34.58	350m:	3:59.86	35.99			
7.	SIMOES Manuel Costa		06	Cova da Piedade						4:35.76	455	
	50m:	30.96	30.96	150m:	1:39.67	34.86	250m:	2:50.09	35.08	350m:	4:00.90	35.45
	100m:	1:04.81	33.85	200m:	2:15.01	35.34	300m:	3:25.45	35.36	400m:	4:35.76	34.86
8.	FIGUEIRA Diogo Morgado		06	CPCD-Povoa St Iria						4:40.33	434	
	50m:	31.38	31.38	150m:	1:40.14	35.17	250m:	2:50.95	35.66	350m:	4:03.85	36.59
	100m:	1:04.97	33.59	200m:	2:15.29	35.15	300m:	3:27.26	36.31	400m:	4:40.33	36.48
9.	CARVALHO Afonso Silva		06	Colegio Monte Maior						4:46.76	405	
	50m:	32.51	32.51	150m:	1:45.43	36.94	250m:	2:57.68	35.68	350m:	4:11.32	36.79
	100m:	1:08.49	35.98	200m:	2:22.00	36.57	300m:	3:34.53	36.85	400m:	4:46.76	35.44
10.	PINTO Mark Ronald		06	Louletano / Loule Concelho						4:50.56	389	
	50m:	33.21	33.21	150m:	1:46.07	36.75	250m:	3:00.52	37.33	350m:	4:14.77	36.78
	100m:	1:09.32	36.11	200m:	2:23.19	37.12	300m:	3:37.99	37.47	400m:	4:50.56	35.79
11.	MAIO Rodrigo Piteira		06	Belenenses						4:52.08	383	
	50m:	32.78	32.78	150m:	1:45.85	36.90	250m:	3:00.79	37.51	350m:	4:16.07	37.81
	100m:	1:08.95	36.17	200m:	2:23.28	37.43	300m:	3:38.26	37.47	400m:	4:52.08	36.01
12.	CHAO Tiago Ventura		06	Setubalense						4:52.96	380	
	50m:	33.01	33.01	150m:	1:46.69	37.34	250m:	3:00.43	37.12	350m:	4:14.99	37.39
	100m:	1:09.35	36.34	200m:	2:23.31	36.62	300m:	3:37.60	37.17	400m:	4:52.96	37.97





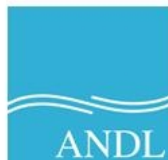
Torneio Zonal de Juvenis (Zona Sul)
Leiria, 12 - 13/12/2020

Prova 14, Masc., 400m Livres, Juvenis B

Lugar	Nome		Ano	Local				Tempo final	Pts
13.	SOARES Joao Pedro		06	Naval de Faro				4:55.04	372
	50m:	32.36 32.36	150m:	1:45.64	37.17	250m:	3:01.60 37.78	350m:	4:18.65 38.34
	100m:	1:08.47 36.11	200m:	2:23.82	38.18	300m:	3:40.31 38.71	400m:	4:55.04 36.39
14.	CASTRO Augusto Bernardo		06	Bombeiros Ponta Delgada				5:05.23	336
	50m:	32.92 32.92	150m:	1:49.12	38.72	250m:	3:08.03 39.72	350m:	4:27.25 39.74
	100m:	1:10.40 37.48	200m:	2:28.31	39.19	300m:	3:47.51 39.48	400m:	5:05.23 37.98
15.	MEDEIROS Tomas Araujo		06	Agua de Pau				5:07.71	328
	50m:	34.00 34.00	150m:	1:52.17	39.91	250m:	3:11.99 40.18	350m:	4:30.78 39.39
	100m:	1:12.26 38.26	200m:	2:31.81	39.64	300m:	3:51.39 39.40	400m:	5:07.71 36.93
16.	TEMUDO Jose Maria		06	Rio Maior				5:11.04	317
	50m:	34.30 34.30	150m:	1:51.98	38.93	250m:	3:11.28 39.53	350m:	4:32.37 40.58
	100m:	1:13.05 38.75	200m:	2:31.75	39.77	300m:	3:51.79 40.51	400m:	5:11.04 38.67

Juvenis A

1.	ANSELMO Raul Sousa		05	Bombeiros Ponta Delgada				4:17.39	560
	50m:	29.30 29.30	150m:	1:33.09	32.29	250m:	2:39.49 33.37	350m:	3:45.55 32.80
	100m:	1:00.80 31.50	200m:	2:06.12	33.03	300m:	3:12.75 33.26	400m:	4:17.39 31.84
2.	PINTO Tiago Rodrigues		05	Sporting				4:24.23	518
	50m:	29.40 29.40	150m:	1:34.24	33.01	300m:	3:16.06 1:08.49	400m:	4:24.23 33.49
	100m:	1:01.23 31.83	200m:	2:07.57	33.33	350m:	3:50.74 34.68		
3.	OLIVEIRA Jose Francisco		05	Bairro dos Anjos/ Leiria				4:25.65	510
	50m:	30.29 30.29	150m:	1:36.42	33.58	250m:	2:44.43 34.20	350m:	3:52.84 33.94
	100m:	1:02.84 32.55	200m:	2:10.23	33.81	300m:	3:18.90 34.47	400m:	4:25.65 32.81
4.	ASCENSO Afonso Manuel		05	Nautico Marinha Grande				4:28.82	492
	50m:	29.95 29.95	150m:	1:36.86	33.92	300m:	3:21.03 1:10.08	400m:	4:28.82 32.89
	100m:	1:02.94 32.99	200m:	2:10.95	34.09	350m:	3:55.93 34.90		
5.	SOUSA Afonso Coelho		05	Nucleo Sporting da Terceira				4:29.84	486
	50m:	30.08 30.08	150m:	1:36.25	33.50	250m:	2:45.82 34.89	350m:	3:55.77 34.68
	100m:	1:02.75 32.67	200m:	2:10.93	34.68	300m:	3:21.09 35.27	400m:	4:29.84 34.07
6.	FRANCISCO Tiago Serradas		05	Nautico Marinha Grande				4:33.02	469
	50m:	30.05 30.05	150m:	1:38.32	34.78	300m:	3:22.48 1:10.11	400m:	4:33.02 34.26
	100m:	1:03.54 33.49	200m:	2:12.37	34.05	350m:	3:58.76 36.28		
7.	MACHADO Diogo Pimentel		05	Bombeiros Ponta Delgada				4:38.98	440
	50m:	30.51 30.51	150m:	1:39.19	35.23	250m:	2:50.30 35.80	350m:	4:03.31 36.61
	100m:	1:03.96 33.45	200m:	2:14.50	35.31	300m:	3:26.70 36.40	400m:	4:38.98 35.67
8.	PIRES Joao Antonio		05	Torres Novas				4:42.72	423
	50m:	30.23 30.23	150m:	1:40.29	35.42	250m:	2:52.40 36.31	350m:	4:06.59 37.40
	100m:	1:04.87 34.64	200m:	2:16.09	35.80	300m:	3:29.19 36.79	400m:	4:42.72 36.13
9.	RODRIGUES Miguel Goncalves		05	Naval de Faro				4:46.22	407
	50m:	31.35 31.35	150m:	1:42.98	36.17	250m:	2:56.10 36.10	350m:	4:11.06 37.28
	100m:	1:06.81 35.46	200m:	2:20.00	37.02	300m:	3:33.78 37.68	400m:	4:46.22 35.16
10.	GARCIA Goncalo Raposo		05	Bombeiros Ponta Delgada				4:47.68	401
	50m:	30.94 30.94	150m:	1:42.40	36.54	250m:	2:56.70 37.30	350m:	4:11.62 37.48
	100m:	1:05.86 34.92	200m:	2:19.40	37.00	300m:	3:34.14 37.44	400m:	4:47.68 36.06





Torneio Zonal de Juvenis (Zona Sul)
Leiria, 12 - 13/12/2020

Prova 14, Masc., 400m Livres, Juvenis A

Lugar			Ano					Tempo final	Pts		
11.	SOU DO Alfredo Cabrita		05	Belenenses				5:07.02	330		
	50m:	33.63 33.63	150m:	1:47.95	37.63	250m:	3:06.29	39.55	350m:	4:27.51	40.90
	100m:	1:10.32 36.69	200m:	2:26.74	38.79	300m:	3:46.61	40.32	400m:	5:07.02	39.51
12.	BRAS Rodrigo Martins		05	Belenenses				5:08.28	326		
	50m:	32.79 32.79	150m:	1:47.44	38.24	250m:	3:06.61	39.87	350m:	4:27.86	40.81
	100m:	1:09.20 36.41	200m:	2:26.74	39.30	300m:	3:47.05	40.44	400m:	5:08.28	40.42
13.	MARTINS Antonio Pedro		05	CPFZ - Natacao				5:22.01	286		
	50m:	37.10 37.10	150m:	1:59.40	41.12	250m:	3:20.68	40.38	350m:	4:41.93	40.26
	100m:	1:18.28 41.18	200m:	2:40.30	40.90	300m:	4:01.67	40.99	400m:	5:22.01	40.08

