



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

Prova 22
13/12/2020 - 17:10

Masc., 400m Estilos

Juvenis B
Resultados

Recordes Nacionais 25m Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11/12/2009
Recordes Nacionais 25m Juv B	4:35.02	CARVALHO Diogo Filipe	CGA	Braga	21/03/2003

Pontos: FINA 2020

Lugar			Ano							Tempo final	Pts
1.	BINYAS Eduardo		06	Rio Maior						4:56.02	499
	50m:	30.39 30.39	150m:	1:43.94	39.05	250m:	3:06.32	44.78	350m:	4:24.21	32.86
	100m:	1:04.89 34.50	200m:	2:21.54	37.60	300m:	3:51.35	45.03	400m:	4:56.02	31.81
2.	SILVA Pedro Marques		06	Bairro dos Anjos/ Leiria						4:58.77	485
	50m:	31.83 31.83	150m:	1:47.97	37.68	250m:	3:08.68	43.23	350m:	4:25.84	33.66
	100m:	1:10.29 38.46	200m:	2:25.45	37.48	300m:	3:52.18	43.50	400m:	4:58.77	32.93
3.	JORGE Pedro Crispim		06	Uniao Piedense						5:12.69	423
	50m:	33.44 33.44	150m:	1:51.46	39.28	250m:	3:15.10	45.24	350m:	4:37.48	35.47
	100m:	1:12.18 38.74	200m:	2:29.86	38.40	300m:	4:02.01	46.91	400m:	5:12.69	35.21
4.	MAIO Rodrigo Piteira		06	Belenenses						5:27.25	369
	50m:	33.53 33.53	150m:	1:56.19	43.71	250m:	3:26.90	47.85	350m:	4:51.29	36.34
	100m:	1:12.48 38.95	200m:	2:39.05	42.86	300m:	4:14.95	48.05	400m:	5:27.25	35.96
5.	PINHO Afonso Formigo		06	Torres Novas						5:30.77	357
	50m:	34.16 34.16	150m:	1:58.52	43.29	250m:	3:28.36	47.46	350m:	4:54.17	38.15
	100m:	1:15.23 41.07	200m:	2:40.90	42.38	300m:	4:16.02	47.66	400m:	5:30.77	36.60
6.	CASTRO Augusto Bernardo		06	Bombeiros Ponta Delgada						5:31.13	356
	50m:	34.11 34.11	150m:	1:57.30	43.25	250m:	3:27.16	48.00	350m:	4:54.75	38.62
	100m:	1:14.05 39.94	200m:	2:39.16	41.86	300m:	4:16.13	48.97	400m:	5:31.13	36.38
7.	CALDEIRINHA Joao Canhoto		06	Elvense						5:40.31	328
	50m:	34.22 34.22	150m:	1:59.70	45.86	250m:	3:32.67	47.78	350m:	5:01.99	40.20
	100m:	1:13.84 39.62	200m:	2:44.89	45.19	300m:	4:21.79	49.12	400m:	5:40.31	38.32
8.	TEMUDO Jose Maria		06	Rio Maior						5:46.22	311
	50m:	34.88 34.88	150m:	2:03.32	45.17	250m:	3:38.05	49.09	350m:	5:08.75	39.56
	100m:	1:18.15 43.27	200m:	2:48.96	45.64	300m:	4:29.19	51.14	400m:	5:46.22	37.47
9.	MEDEIROS Tomas Araujo		06	Agua de Pau						6:04.48	267
	50m:	34.95 34.95	150m:	2:10.18	48.68	250m:	3:50.11	54.13	350m:	5:25.30	40.87
	100m:	1:21.50 46.55	200m:	2:55.98	45.80	300m:	4:44.43	54.32	400m:	6:04.48	39.18
DSQ	SIMOES Manuel Costa		06	Cova da Piedade							
	<i>O atleta nas viragens aos 125, 150 e 175 metros não realizou o movimento contínuo.</i>										





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

Prova 22, Masc., 400m Estilos

Prova 22 Masc., 400m Estilos Juvenis A
13/12/2020 - 17:10 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	ADRCIMM	Tomar	13/12/2013

Pontos: FINA 2020

Lugar			Ano			Tempo final	Pts	
1.	OLIVEIRA Miguel Fernandes		05	Nautico Marinha Grande		4:42.93	571	
	50m:	29.28 29.28	150m:	1:38.81 36.02	250m:	2:55.28 40.62	350m:	4:11.70 32.93
	100m:	1:02.79 33.51	200m:	2:14.66 35.85	300m:	3:38.77 43.49	400m:	4:42.93 31.23
2.	AMADO Pedro Maria		05	Alges		4:50.43	528	
	50m:	31.01 31.01	150m:	1:44.82 37.88	250m:	3:04.36 42.10	350m:	4:18.49 32.82
	100m:	1:06.94 35.93	200m:	2:22.26 37.44	300m:	3:45.67 41.31	400m:	4:50.43 31.94
3.	PINTO Tiago Rodrigues		05	Sporting		4:50.87	526	
	50m:	30.34 30.34	150m:	1:44.12 38.55	250m:	3:03.14 41.48	350m:	4:19.51 32.95
	100m:	1:05.57 35.23	200m:	2:21.66 37.54	300m:	3:46.56 43.42	400m:	4:50.87 31.36
4.	PEREIRA Manuel Angelo		05	Sporting		4:54.97	504	
	50m:	31.18 31.18	150m:	1:44.61 37.43	250m:	3:05.90 43.87	350m:	4:23.25 32.99
	100m:	1:07.18 36.00	200m:	2:22.03 37.42	300m:	3:50.26 44.36	400m:	4:54.97 31.72
5.	ANSELMO Raul Sousa		05	Bombeiros Ponta Delgada		4:55.92	499	
	50m:	32.06 32.06	150m:	1:47.19 38.65	250m:	3:08.27 41.78	350m:	4:24.09 32.96
	100m:	1:08.54 36.48	200m:	2:26.49 39.30	300m:	3:51.13 42.86	400m:	4:55.92 31.83
6.	CEPELEAGA Marin		05	Portinado		5:01.56	472	
	50m:	30.99 30.99	150m:	1:44.90 37.91	250m:	3:06.43 44.21	350m:	4:26.10 35.14
	100m:	1:06.99 36.00	200m:	2:22.22 37.32	300m:	3:50.96 44.53	400m:	5:01.56 35.46
7.	CAPRICHIO Diogo Botelho		05	Sporting		5:04.98	456	
	50m:	31.22 31.22	150m:	1:47.89 39.39	250m:	3:07.77 40.80	350m:	4:27.79 36.10
	100m:	1:08.50 37.28	200m:	2:26.97 39.08	300m:	3:51.69 43.92	400m:	5:04.98 37.19
8.	MACHADO Diogo Pimentel		05	Bombeiros Ponta Delgada		5:14.44	416	
	50m:	31.94 31.94	150m:	1:50.21 40.89	250m:	3:16.45 45.13	350m:	4:39.48 36.20
	100m:	1:09.32 37.38	200m:	2:31.32 41.11	300m:	4:03.28 46.83	400m:	5:14.44 34.96
9.	RODRIGUES Miguel Goncalves		05	Naval de Faro		5:22.13	387	
	50m:	33.51 33.51	150m:	1:54.53 41.87	250m:	3:21.97 45.50	350m:	4:46.26 38.50
	100m:	1:12.66 39.15	200m:	2:36.47 41.94	300m:	4:07.76 45.79	400m:	5:22.13 35.87
10.	BRAS Rodrigo Martins		05	Belenenses		5:49.08	304	
	50m:	34.86 34.86	150m:	2:02.88 45.06	250m:	3:36.99 50.21	350m:	5:08.93 40.05
	100m:	1:17.82 42.96	200m:	2:46.78 43.90	300m:	4:28.88 51.89	400m:	5:49.08 40.15

