



Torneio Zonal Juniores e Seniores (Zona Norte)
Mealhada, 14 e 15 de Novembro de 2020

Prova 19

Masc., 400m Livres

Absoluto

15/11/2020 - 9:35

Resultados

RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09/12/2017
RN25 Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09/12/2017
RN25 Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26/06/2004
RN25 Jun17	3:56.54	COSTA Rui Filipe	VSC	Feigueiras	24/11/2007
RN25 Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07/12/2019
RN25 Juv B	4:02.41	RIBEIRO Diogo Matos	CUC	Lousã	23/06/2019
RN25 Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29/03/2014
RN25 Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04/04/2003

Pontos: FINA 2020

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	LOPES Jose Paulo	00	Braga	3:45.93		829	
	50m: 26.14 26.14	150m: 1:23.40	28.95	250m: 2:20.93	28.55	350m: 3:18.11	28.73
	100m: 54.45 28.31	200m: 1:52.38	28.98	300m: 2:49.38	28.45	400m: 3:45.93	27.82
2.	SANTOS Pedro Miguel	01	Porto	3:55.97		727	
	50m: 27.61 27.61	150m: 1:26.00	29.37	250m: 2:25.92	29.77	350m: 3:26.66	30.24
	100m: 56.63 29.02	200m: 1:56.15	30.15	300m: 2:56.42	30.50	400m: 3:55.97	29.31
3.	VELOSO Tomas Miguel	96	Nautico Academico	3:57.90		710	
	50m: 27.29 27.29	150m: 1:26.05	29.70	250m: 2:25.97	29.96	350m: 3:27.16	30.78
	100m: 56.35 29.06	200m: 1:56.01	29.96	300m: 2:56.38	30.41	400m: 3:57.90	30.74
4.	BASTOS Lucas Pereira	00	Nautico Academico	4:03.46		662	
	50m: 27.75 27.75	150m: 1:28.34	30.69	250m: 2:30.33	30.93	350m: 3:32.84	31.31
	100m: 57.65 29.90	200m: 1:59.40	31.06	300m: 3:01.53	31.20	400m: 4:03.46	30.62
5.	NUNES Diogo Barbosa	00	Porto	4:03.66		660	
	50m: 27.97 27.97	150m: 1:27.92	30.23	250m: 2:29.60	30.86	350m: 3:32.87	31.98
	100m: 57.69 29.72	200m: 1:58.74	30.82	300m: 3:00.89	31.29	400m: 4:03.66	30.79
6.	AMARAL Francisco Rodriguez	02	Porto	4:03.73		660	
	50m: 27.31 27.31	150m: 1:27.98	30.64	250m: 2:30.07	31.11	350m: 3:33.11	31.32
	100m: 57.34 30.03	200m: 1:58.96	30.98	300m: 3:01.79	31.72	400m: 4:03.73	30.62
7.	CARVALHO Daniel Luis	02	Braga	4:08.82		620	
	50m: 28.22 28.22	150m: 1:30.23	31.39	250m: 2:33.43	31.76	350m: 3:37.50	32.10
	100m: 58.84 30.62	200m: 2:01.67	31.44	300m: 3:05.40	31.97	400m: 4:08.82	31.32

DNS LOPES Tomas Teixeira 02 Foca Quinta da Lixa CNF

Juniores

1.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:06.83		635	
	50m: 27.69 27.69	150m: 1:28.66	30.86	250m: 2:31.71	31.66	350m: 3:35.74	32.19
	100m: 57.80 30.11	200m: 2:00.05	31.39	300m: 3:03.55	31.84	400m: 4:06.83	31.09
2.	NUNES Diogo Severino	04	Natacao de Valongo	4:14.53		579	
	50m: 27.92 27.92	150m: 1:30.72	32.17	250m: 2:36.59	33.27	350m: 3:42.84	33.29
	100m: 58.55 30.63	200m: 2:03.32	32.60	300m: 3:09.55	32.96	400m: 4:14.53	31.69
3.	MADUREIRA Rui Pedro	04	Famalicao	4:15.01		576	
	50m: 28.76 28.76	150m: 1:31.88	31.96	250m: 2:36.40	32.41	350m: 3:42.20	33.13
	100m: 59.92 31.16	200m: 2:03.99	32.11	300m: 3:09.07	32.67	400m: 4:15.01	32.81



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Prova 19, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DNS	BARBOSA Pedro Xavier	04	Desportiva de Viana				

