

Prova de Prepar  o de Categorias
Portim o, 9- - 10-3-2013

Prova 9 Masc., 400m Estilos Absoluto
10-03-2013 - 9:55 Resultados

Recordes Algarve Absoluto	4:20.32	Thomas James LITTEN	LDC	S. Antonio Cavaleiros	22-12-2012
Recordes Algarve Inf B	5:34.41	Nathan Keith THEODORIS	LDC	Olhao	21-10-2007
Recordes Algarve Inf A	4:43.39	Nathan Keith THEODORIS	LDC	Portimao	14-02-2009
Recordes Algarve Juv B	4:48.09	Nathan Keith THEODORIS	LDC	Olh�o	20-02-2010
Recordes Algarve Juv A	4:42.38	Hugo Cascais RODRIGUES	LDC	Cantanhede	18-12-2004
Recordes Algarve Jun	4:33.99	Hugo Cascais RODRIGUES	LDC	Tavira	19-11-2006
Recordes Algarve Sen	4:20.32	Thomas James LITTEN	LDC	S. Antonio Cavaleiros	22-12-2012

Pontos: FINA 2012

Lugar Ano Tempo final Pts
Infantis B

1. C�sar Gon�alves OLIVEIRA	00	FC Ferreiras	6:41.01	202
50m: 44.16 44.16	150m: 2:30.56	51.58 250m: 4:15.88	54.06 350m: 5:57.13	46.13
100m: 1:38.98 54.82	200m: 3:21.82	51.26 300m: 5:11.00	55.12 400m: 6:41.01	43.88

Infantis A

1. Gil Magalhaes RAPOSO	99	Lagoa AC	5:30.18	362
50m: 34.15 34.15	150m: 1:55.78	41.83 250m: 3:26.19	48.97 350m: 4:53.79	38.37
100m: 1:13.95 39.80	200m: 2:37.22	41.44 300m: 4:15.42	49.23 400m: 5:30.18	36.39

Juvenis B

1. Pedro Santos MEDEIROS	98	Lagoa AC	5:24.91	380
50m: 33.54 33.54	150m: 1:56.85	42.19 250m: 3:25.46	47.72 350m: 4:50.31	36.36
100m: 1:14.66 41.12	200m: 2:37.74	40.89 300m: 4:13.95	48.49 400m: 5:24.91	34.60
2. Antonio Maria LAMPREIA	98	Beja	5:34.90	347
50m: 35.31 35.31	150m: 2:00.57	42.73 250m: 3:28.58	47.14 350m: 4:56.26	39.46
100m: 1:17.84 42.53	200m: 2:41.44	40.87 300m: 4:16.80	48.22 400m: 5:34.90	38.64
3. Bernardo Gameiro AGAPITO	98	FC Ferreiras	6:29.49	221
50m: 39.27 39.27	150m: 2:20.29	49.77 250m: 4:05.75	56.84 350m: 5:48.17	43.70
100m: 1:30.52 51.25	200m: 3:08.91	48.62 300m: 5:04.47	58.72 400m: 6:29.49	41.32
4. Hugo Filipe GORDINHO	98	Nata��o de Faro	6:43.21	199
50m: 41.25 41.25	150m: 2:25.59	53.09 250m: 4:13.41	56.47 350m: 5:57.72	46.09
100m: 1:32.50 51.25	200m: 3:16.94	51.35 300m: 5:11.63	58.22 400m: 6:43.21	45.49

DSQ Cristian TOMA 98 FC Ferreiras
O atleta fez m os alternadas na viragem do 1  percurso de bra os

50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:

Juvenis A

1. Artiom RADECHI	97	FC Ferreiras	6:07.56	263
50m: 39.62 39.62	150m: 2:19.22	48.05 250m: 3:54.31	47.66 350m: 5:28.07	42.35
100m: 1:31.17 51.55	200m: 3:06.65	47.43 300m: 4:45.72	51.41 400m: 6:07.56	39.49

Juniores

1. Markiyan STRILTSIV	95	FC Ferreiras	6:56.97	180
50m: 40.07 40.07	150m: 2:24.08	53.32 250m: 4:20.93	1:04.19 350m: 6:11.49	48.21
100m: 1:30.76 50.69	200m: 3:16.74	52.66 300m: 5:23.28	1:02.35 400m: 6:56.97	45.48

Prova de Prepara  o de Categorias
Portim o, 9- - 10-3-2013

Prova 9, Masc., 400m Estilos

Seniores

1.	Ricardo Sousa FILIPE				88	Louletano/ Loule Concelho				4:55.41	506	
	50m:	30.52	30.52	150m:	1:43.33	38.03	250m:	3:03.20	42.63	350m:	4:22.59	36.09
	100m:	1:05.30	34.78	200m:	2:20.57	37.24	300m:	3:46.50	43.30	400m:	4:55.41	32.82