

Torneio Regional de Cadetes - Verão
Monchique, 13- - 14-7-2013

Prova 15
14-07-2013 - 10:10

Masc., 400m Livres

Cadetes B
Resultados

Pontos: FINA 2012

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Hugo Miguel, VIEGAS	02	Natação de Olhão	5:48.84		226
	50m: 37.34 37.34	150m: 2:07.22 44.84	250m: 3:37.20 44.91	350m: 5:04.86 45.05		
	100m: 1:22.38 45.04	200m: 2:52.29 45.07	300m: 4:19.81 42.61	400m: 5:48.84 43.98		
2.	Tomás Galvão, LOURENÇO	02	Natação de Olhão	6:01.90		203
	50m: 39.10 39.10	150m: 2:11.36 46.38	250m: 3:43.46 45.34	350m: 5:16.66 47.72		
	100m: 1:24.98 45.88	200m: 2:58.12 46.76	300m: 4:28.94 45.48	400m: 6:01.90 45.24		
3.	Afonso Gomes, MESTRE	03	Tavira Natação	6:23.04		171
	50m: 41.95 41.95	150m: 2:18.69 49.49	250m: 3:59.10 50.57	350m: 5:37.95 48.79		
	100m: 1:29.20 47.25	200m: 3:08.53 49.84	300m: 4:49.16 50.06	400m: 6:23.04 45.09		
4.	Alexandre João, JURCA	02	Tavira Natação	6:23.35		170
	50m: 41.43 41.43	150m: 2:17.59 49.16	250m: 3:56.51 48.78	350m: 5:30.99 45.81		
	100m: 1:28.43 47.00	200m: 3:07.73 50.14	300m: 4:45.18 48.67	400m: 6:23.35 52.36		
5.	Ricardo Jorge, JOSE	02	Natação de Olhão	6:38.78		151
	50m: 43.65 43.65	150m: 2:25.69 51.80	250m: 4:06.83 50.08	350m: 5:47.94 50.14		
	100m: 1:33.89 50.24	200m: 3:16.75 51.06	300m: 4:57.80 50.97	400m: 6:38.78 50.84		
6.	Jose Figueira, RODEIA	04	Natação de Faro	6:48.88		140
	50m: 44.76 44.76	150m: 2:29.41 52.68	250m: 4:16.79 54.88	350m: 6:02.02 52.50		
	100m: 1:36.73 51.97	200m: 3:21.91 52.50	300m: 5:09.52 52.73	400m: 6:48.88 46.86		
7.	Lourenco Goncalves, FERREIRA	02	Louletano - Loule Concelho	6:48.97		140
	50m: 45.13 45.13	150m: 2:29.83 52.76	250m: 4:17.63 54.20	350m: 6:04.75 52.81		
	100m: 1:37.07 51.94	200m: 3:23.43 53.60	300m: 5:11.94 54.31	400m: 6:48.97 44.22		
8.	Ramiro Hamilton, MARTINEZ	02	FC Ferreiras	7:07.98		122
	50m: 43.97 43.97	150m: 2:32.50 55.58	250m: 4:25.45 56.61	350m: 6:15.94 55.59		
	100m: 1:36.92 52.95	200m: 3:28.84 56.34	300m: 5:20.35 54.90	400m: 7:07.98 52.04		
9.	Afonso Miguel, SILVA	04	Natação de Faro	7:24.25		109
	50m: 50.84 50.84	150m: 2:45.39 57.99	250m: 4:40.38 57.16	350m: 6:32.18 54.97		
	100m: 1:47.40 56.56	200m: 3:43.22 57.83	300m: 5:37.21 56.83	400m: 7:24.25 52.07		
10.	Rui Lopes, GONCALVES	04	Natação de Faro	7:26.64		108
	50m: 45.49 45.49	150m: 2:38.89 58.15	250m: 4:33.16 56.50	350m: 6:30.29 57.15		
	100m: 1:40.74 55.25	200m: 3:36.66 57.77	300m: 5:33.14 59.98	400m: 7:26.64 56.35		
11.	Joao Fernandes, FARINHA	02	Lagoa AC	7:41.85		97
	50m: 48.94 48.94	150m: 2:45.83 58.66	250m: 4:44.90 59.40	350m: 6:44.88 59.85		
	100m: 1:47.17 58.23	200m: 3:45.50 59.67	300m: 5:45.03 1:00.13	400m: 7:41.85 56.97		
12.	Pedro Henriques, CORREIA	03	Natação de Faro	7:42.53		97
	50m: 49.46 49.46	150m: 2:45.76 58.96	250m: 4:44.86 59.60	350m: 6:44.78 59.26		
	100m: 1:46.80 57.34	200m: 3:45.26 59.50	300m: 5:45.52 1:00.66	400m: 7:42.53 57.75		
13.	Tiago Pina, GUERREIRO	03	Lagoa AC	7:45.71		95
	50m: 50.46 50.46	150m: 2:45.76 58.96	250m: 4:44.86 59.60	350m: 6:44.78 59.26		
	100m: 1:50.21 59.75	200m: 3:48.68 59.75	300m: 5:45.52 1:00.66	400m: 7:45.71 57.75		
14.	José João, ANTUNES	03	FC Ferreiras	7:58.98		87
	50m: 52.89 52.89	150m: 2:56.13 1:01.72	250m: 5:02.72 1:03.08	350m: 7:04.20 1:01.27		
	100m: 1:54.41 1:01.52	200m: 3:59.64 1:03.51	300m: 6:02.93 1:00.21	400m: 7:58.98 54.78		