

Campeonatos Regionais de Verão
Loulé, 2 - 3-7-2016



Prova 11
02-07-2016 - 15:30

Masc., 400m Livres

13 anos e mais velhos
Resultados

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m
Juvenis B								
1.	Tomas Miguel, VALENTE 01	Natacao de Olhão	4:40.22	484	1:06.10	1:11.30	1:12.28	1:10.54
	50m:	150m:	250m:			350m:		
	100m: 1:06.10	200m: 2:17.40	300m: 3:29.68			400m: 4:40.22		
2.	Alexandre Pires, SPAGNO01	Louletano / Loule Concelho	4:44.35	463	1:06.66	1:12.92	1:13.70	1:11.07
	50m:	150m:	250m:			350m:		
	100m: 1:06.66	200m: 2:19.58	300m: 3:33.28			400m: 4:44.35		
3.	Diogo Osorio, BONANCA 01	Natação de Faro	5:01.57	388	1:10.49	1:15.24	1:17.46	1:18.38
	50m:	150m:	250m:			350m:		
	100m: 1:10.49	200m: 2:25.73	300m: 3:43.19			400m: 5:01.57		
4.	Francisco Antonio, ALVES01	Louletano / Loule Concelho	5:31.25	293	1:13.91	1:23.63		
	50m:	150m:	250m:			350m:		
	100m: 1:13.91	200m: 2:37.54	300m: 3:51.25			400m: 5:31.25		
5.	Jorge Assuncao, OLIVEIR01	Portinado	5:32.15	290	1:14.90	1:25.89	1:27.94	1:23.42
	50m:	150m:	250m:			350m:		
	100m: 1:14.90	200m: 2:40.79	300m: 4:08.73			400m: 5:32.15		

Juvenis A

1.	Goncalo Duarte, SANTOS 00	Natação de Faro	4:28.27	552	1:04.13	1:07.81		
	50m:	150m:	250m:			350m:		
	100m: 1:04.13	200m: 2:11.94	300m: 4:28.27			400m: 4:28.27		
2.	Alexandre Teixeira, MARC00	Louletano / Loule Concelho	4:43.94	465	1:06.00	1:12.93	1:14.11	1:10.90
	50m:	150m:	250m:			350m:		
	100m: 1:06.00	200m: 2:18.93	300m: 3:33.04			400m: 4:43.94		
3.	G., BARBARA 00	Portinado	4:45.09	459	1:05.34	1:12.23	1:13.82	1:13.70
	50m:	150m:	250m:			350m:		
	100m: 1:05.34	200m: 2:17.57	300m: 3:31.39			400m: 4:45.09		

Juniores

1.	Joao Eduardo, ILHA 98	Natacao de Olhão	4:28.45	550	1:03.17	1:09.24	1:09.29	1:06.75
	50m:	150m:	250m:			350m:		
	100m: 1:03.17	200m: 2:12.41	300m: 3:21.70			400m: 4:28.45		
2.	Bernardo Gameiro, AGAPI98	FC Ferreiras	4:40.32	483	1:05.07	1:11.97	1:12.97	1:10.31
	50m:	150m:	250m:			350m:		
	100m: 1:05.07	200m: 2:17.04	300m: 3:30.01			400m: 4:40.32		
3.	David Rodrigues, TRINDA99	Natacao de Olhão	4:45.75	456	1:08.72	1:12.84	1:14.49	1:09.70
	50m:	150m:	250m:			350m:		
	100m: 1:08.72	200m: 2:21.56	300m: 3:36.05			400m: 4:45.75		
4.	Hugo Filipe, GORDINHO 98	Natação de Faro	5:12.60	348	1:11.00	1:20.16	1:21.76	1:19.68
	50m:	150m:	250m:			350m:		
	100m: 1:11.00	200m: 2:31.16	300m: 3:52.92			400m: 5:12.60		

Absolutos

1.	Goncalo Duarte, SANTOS 00	Natação de Faro	4:28.27	552	1:04.13	1:07.81		
	50m:	150m:	250m:			350m:		
	100m: 1:04.13	200m: 2:11.94	300m: 4:28.27			400m: 4:28.27		
2.	Joao Eduardo, ILHA 98	Natacao de Olhão	4:28.45	550	1:03.17	1:09.24	1:09.29	1:06.75
	50m:	150m:	250m:			350m:		
	100m: 1:03.17	200m: 2:12.41	300m: 3:21.70			400m: 4:28.45		
3.	Tomas Miguel, VALENTE 01	Natacao de Olhão	4:40.22	484	1:06.10	1:11.30	1:12.28	1:10.54
	50m:	150m:	250m:			350m:		
	100m: 1:06.10	200m: 2:17.40	300m: 3:29.68			400m: 4:40.22		
4.	Bernardo Gameiro, AGAPI98	FC Ferreiras	4:40.32	483	1:05.07	1:11.97	1:12.97	1:10.31
	50m:	150m:	250m:			350m:		
	100m: 1:05.07	200m: 2:17.04	300m: 3:30.01			400m: 4:40.32		



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Prova 11, Masc., 400m Livres, Absolutos

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m
5. Alexandre Teixeira, MARC	00	Louletano / Loule Concelho	4:43.94	465	1:06.00	1:12.93	1:14.11	1:10.90
50m:		150m:	250m:			350m:		
100m: 1:06.00		200m: 2:18.93	300m: 3:33.04			400m: 4:43.94		
6. Alexandre Pires, SPAGNO	01	Louletano / Loule Concelho	4:44.35	463	1:06.66	1:12.92	1:13.70	1:11.07
50m:		150m:	250m:			350m:		
100m: 1:06.66		200m: 2:19.58	300m: 3:33.28			400m: 4:44.35		
7. G., BARBARA	00	Portinado	4:45.09	459	1:05.34	1:12.23	1:13.82	1:13.70
50m:		150m:	250m:			350m:		
100m: 1:05.34		200m: 2:17.57	300m: 3:31.39			400m: 4:45.09		
8. David Rodrigues, TRINDA	99	Natacao de Olhão	4:45.75	456	1:08.72	1:12.84	1:14.49	1:09.70
50m:		150m:	250m:			350m:		
100m: 1:08.72		200m: 2:21.56	300m: 3:36.05			400m: 4:45.75		
9. Diogo Osorio, BONANCA	01	Natação de Faro	5:01.57	388	1:10.49	1:15.24	1:17.46	1:18.38
50m:		150m:	250m:			350m:		
100m: 1:10.49		200m: 2:25.73	300m: 3:43.19			400m: 5:01.57		
10. Hugo Filipe, GORDINHO	98	Natação de Faro	5:12.60	348	1:11.00	1:20.16	1:21.76	1:19.68
50m:		150m:	250m:			350m:		
100m: 1:11.00		200m: 2:31.16	300m: 3:52.92			400m: 5:12.60		
11. Francisco Antonio, ALVES	01	Louletano / Loule Concelho	5:31.25	293	1:13.91	1:23.63		
50m:		150m:	250m:			350m:		
100m: 1:13.91		200m: 2:37.54	300m:			400m: 5:31.25		
12. Jorge Assuncao, OLIVEIR	01	Portinado	5:32.15	290	1:14.90	1:25.89	1:27.94	1:23.42
50m:		150m:	250m:			350m:		
100m: 1:14.90		200m: 2:40.79	300m: 4:08.73			400m: 5:32.15		
13. Paulo Alexandre, SOUSA	72	FC Ferreiras	5:35.40	282	1:14.37	1:24.59	1:27.43	1:29.01
50m:		150m:	250m:			350m:		
100m: 1:14.37		200m: 2:38.96	300m: 4:06.39			400m: 5:35.40		
14. Hans Dieter, THIEMANN	66	O2 Portimao	7:38.74	110	1:39.37	1:58.91		
50m:		150m:	250m:			350m:		
100m: 1:39.37		200m: 3:38.28	300m:			400m: 7:38.74		
15. Joao Carlos , NASCIMENT	63	O2 Portimao	9:27.63	58	1:53.74	2:29.72	2:33.94	2:30.23
50m:		150m:	250m:			350m:		
100m: 1:53.74		200m: 4:23.46	300m: 6:57.40			400m: 9:27.63		
EXH Miguel Pessanha, ROSA	02	Nautico do Guadiana	6:01.31	225	1:26.30	1:28.60	1:33.91	1:32.50
50m:		150m:	250m:			350m:		
100m: 1:26.30		200m: 2:54.90	300m: 4:28.81			400m: 6:01.31		
EXH Duarte Nunes, SEQUEIRA	02	Natacao de Lagos	4:45.73	456	1:06.63	1:13.50	1:13.65	1:11.95
50m:		150m:	250m:			350m:		
100m: 1:06.63		200m: 2:20.13	300m: 3:33.78			400m: 4:45.73		
EXH Pedro Pereira, CRUZ	03	Natacao de Olhão	5:07.51	366	1:13.91	1:18.63	1:18.71	1:16.26
50m:		150m:	250m:			350m:		
100m: 1:13.91		200m: 2:32.54	300m: 3:51.25			400m: 5:07.51		
EXH Joao Martins, CRISTINA	03	Louletano / Loule Concelho	4:48.59	443	1:08.73	1:14.14		
50m:		150m:	250m:			350m:		
100m: 1:08.73		200m: 2:22.87	300m:			400m: 4:48.59		
EXH Filipe Cavaco, GUERREIR	02	Louletano / Loule Concelho	5:03.82	380	1:11.35	1:17.69	1:19.53	1:15.25
50m:		150m:	250m:			350m:		
100m: 1:11.35		200m: 2:29.04	300m: 3:48.57			400m: 5:03.82		
EXH Afonso Gomes, MESTRE	03	Tavira Natação	5:07.34	367	1:13.37	1:20.04	1:19.61	1:14.32
50m:		150m:	250m:			350m:		
100m: 1:13.37		200m: 2:33.41	300m: 3:53.02			400m: 5:07.34		
EXH Diogo Martins, SANTOS	02	Portinado	5:03.55	381	1:11.37	1:18.74	1:19.19	1:14.25
50m:		150m:	250m:			350m:		
100m: 1:11.37		200m: 2:30.11	300m: 3:49.30			400m: 5:03.55		
EXH Joao Duarte, SANTOS	95	Benfica	4:12.14	664	59.38	1:04.17	1:04.87	1:03.72
50m:		150m:	250m:			350m:		
100m: 59.38		200m: 2:03.55	300m: 3:08.42			400m: 4:12.14		

