

Prova 4
02-07-2016 - 10:05

Masc., 400m Estilos

13 anos e mais velhos
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
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Juvenis A

1. G., BARBARA	00	Portinado	5:16.08	459	1:09.81	1:26.75	1:26.46	1:13.06
50m:		150m:	250m:		350m:			
100m: 1:09.81		200m: 2:36.56	300m: 4:03.02		400m: 5:16.08			
2. Cesar Goncalves, OLIVEIF00	FC Ferreiras	6:22.93	258	1:25.32	1:40.34	1:47.86	1:29.41	
50m:	150m:	250m:		350m:				
100m: 1:25.32	200m: 3:05.66	300m: 4:53.52		400m: 6:22.93				

DSQ Andre Serro, JOAQUIM 00 Portinado
B30 - Toque n o simult neo das m os na parede na viragem aos (SW 7.6), 250 mts

Juniores

1. Bernardo Gameiro, AGAPI'98	FC Ferreiras	5:41.34	364	1:11.82	1:30.13	1:41.15	1:18.24
50m:	150m:	250m:		350m:			
100m: 1:11.82	200m: 2:41.95	300m: 4:23.10		400m: 5:41.34			

Absolutos

1. G., BARBARA	00	Portinado	5:16.08	459	1:09.81	1:26.75	1:26.46	1:13.06
50m:	150m:	250m:		350m:				
100m: 1:09.81	200m: 2:36.56	300m: 4:03.02		400m: 5:16.08				
2. Renato Filipe , NASCIMEN94	Beja	5:26.23	417	1:08.98	1:22.88	1:36.12	1:18.25	
50m:	150m:	250m:		350m:				
100m: 1:08.98	200m: 2:31.86	300m: 4:07.98		400m: 5:26.23				
3. Bernardo Gameiro, AGAPI'98	FC Ferreiras	5:41.34	364	1:11.82	1:30.13	1:41.15	1:18.24	
50m:	150m:	250m:		350m:				
100m: 1:11.82	200m: 2:41.95	300m: 4:23.10		400m: 5:41.34				
4. Cesar Goncalves, OLIVEIF00	FC Ferreiras	6:22.93	258	1:25.32	1:40.34	1:47.86	1:29.41	
50m:	150m:	250m:		350m:				
100m: 1:25.32	200m: 3:05.66	300m: 4:53.52		400m: 6:22.93				

DSQ Andre Serro, JOAQUIM 00 Portinado
B30 - Toque n o simult neo das m os na parede na viragem aos (SW 7.6), 250 mts

DSQ Paulo Alexandre, SOUSA 72 FC Ferreiras
C32 - N o fez movimento cont nuo na viragem aos, 150 mts