



Prova 10
20-05-2017 - 15:45

Masc., 400m Estilos

12 anos e mais velhos
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
Infantis			
1. Sergio Figueroa, MARIN	03 C.N. Huelva	5:22.81	388
50m: 34.21 34.21 150m: 1:57.20 43.19 250m: 3:25.23 47.62 350m: 4:48.93 34.04			
100m: 1:14.01 39.80 200m: 2:37.61 40.41 300m: 4:14.89 49.66 400m: 5:22.81 33.88			
2. Francisco Miguel, TOMÁS	03 Natacao de Lagos	5:58.76	282
50m: 38.14 38.14 150m: 2:13.32 47.33 250m: 3:48.10 50.34 350m: 5:20.19 39.95			
100m: 1:25.99 47.85 200m: 2:57.76 44.44 300m: 4:40.24 52.14 400m: 5:58.76 38.57			
DSQ Guilherme Sousa, GOMES	04 Armazenenses		
<i>B11 - Efectuou pernada/pernadas de golfinho durante o percurso (SW 7.5)</i>			

Juvenis

1. Pedro Francisco, COSTA	01 Portinado	5:00.97	479
50m: 29.64 29.64 150m: 1:46.27 40.79 250m: 3:10.55 45.35 350m: 4:28.28 32.90			
100m: 1:05.48 35.84 200m: 2:25.20 38.93 300m: 3:55.38 44.83 400m: 5:00.97 32.69			
2. Francisco Martins, CHAVEIRO	02 Portinado	5:39.06	335
50m: 36.41 36.41 150m: 2:03.71 42.01 250m: 3:30.76 46.77 350m: 5:00.03 40.60			
100m: 1:21.70 45.29 200m: 2:43.99 40.28 300m: 4:19.43 48.67 400m: 5:39.06 39.03			
3. Leandro Dinis, FONSECA	02 Portinado	5:41.85	326
50m: 32.69 32.69 150m: 2:01.38 44.66 250m: 3:33.61 48.95 350m: 5:03.38 40.66			
100m: 1:16.72 44.03 200m: 2:44.66 43.28 300m: 4:22.72 49.11 400m: 5:41.85 38.47			
4. Filipe Pires, SOARES	01 Colegio Bernardette Romeira	5:47.12	312
50m: 35.90 35.90 150m: 2:07.95 48.73 250m: 3:41.29 46.20 350m: 5:09.44 41.23			
100m: 1:19.22 43.32 200m: 2:55.09 47.14 300m: 4:28.21 46.92 400m: 5:47.12 37.68			
5. João Pereira, HERMÍNIO	02 Colegio Bernardette Romeira	6:15.62	246
50m: 41.84 41.84 150m: 2:18.26 45.07 250m: 3:58.42 55.08 350m: 5:34.77 41.59			
100m: 1:33.19 51.35 200m: 3:03.34 45.08 300m: 4:53.18 54.76 400m: 6:15.62 40.85			

Juniores

1. Andre Serro, JOAQUIM	00 Portinado	4:46.12	557
50m: 31.54 31.54 150m: 1:44.56 36.85 250m: 3:01.55 40.70 350m: 4:14.91 32.09			
100m: 1:07.71 36.17 200m: 2:20.85 36.29 300m: 3:42.82 41.27 400m: 4:46.12 31.21			
2. Goncalo Gualberto, BARBARA	00 Portinado	4:59.93	484
50m: 31.92 31.92 150m: 1:48.68 39.87 250m: 3:07.51 40.27 350m: 4:25.42 35.79			
100m: 1:08.81 36.89 200m: 2:27.24 38.56 300m: 3:49.63 42.12 400m: 4:59.93 34.51			
3. Miguel Figueroa, MARIN	00 C.N. Huelva	5:09.44	440
50m: 30.02 30.02 150m: 1:46.92 41.88 250m: 3:13.24 44.94 350m: 4:35.13 34.91			
100m: 1:05.04 35.02 200m: 2:28.30 41.38 300m: 4:00.22 46.98 400m: 5:09.44 34.31			
4. Cesar Goncalves, OLIVEIRA	00 FC Ferreiras	5:24.71	381
50m: 34.22 34.22 150m: 1:57.35 42.10 250m: 3:22.98 45.04 350m: 5:24.71 1:15.38			
100m: 1:15.25 41.03 200m: 2:37.94 40.59 300m: 4:09.33 46.35 400m: 5:24.71			
5. Tiago Alexandre, BRANCO	00 Louletano / Loule Concelho	5:33.52	352
50m: 34.60 34.60 150m: 2:03.84 46.02 250m: 3:33.04 45.43 350m: 4:56.35 37.59			
100m: 1:17.82 43.22 200m: 2:47.61 43.77 300m: 4:18.76 45.72 400m: 5:33.52 37.17			

DSQ Bernardo Antonio, ALVES 99 Louletano / Loule Concelho
C32 - Não fez movimento contínuo na viragem aos, 175m



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Senior

1.	Joao Francisco, VAZ			92	Sporting				6:45.86	195		
	50m:	46.00	46.00	150m:	2:31.82	52.72	250m:	4:15.31	51.00	350m:	5:58.42	50.16
	100m:	1:39.10	53.10	200m:	3:24.31	52.49	300m:	5:08.26	52.95	400m:	6:45.86	47.44

Master

1.	Joao Francisco, VAZ			92	Sporting					6:45.86	195	
	50m:	46.00	46.00	150m:	2:31.82	52.72	250m:	4:15.31	51.00	350m:	5:58.42	50.16
	100m:	1:39.10	53.10	200m:	3:24.31	52.49	300m:	5:08.26	52.95	400m:	6:45.86	47.44