

Prova 17
5.6.16 - 9:15

Masc., 400m Livres

Cadetes A
Resultados

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	4:58.57	4:56.40	367
	50m: 32.15 32.15 100m: 1:08.81 36.66	150m: 2:24.28 200m: 3:40.30	250m: 3:50.30 300m: 4:00.30	350m: 4:10.30 400m: 4:20.30	4:30.30	
2.	Tiago Miguel Trombinhas	04	Colégio Monte Maior	5:47.28	5:18.06	297
	50m: 34.21 34.21 100m: 1:14.08 39.87	150m: 2:36.21 200m: 3:52.21	250m: 4:08.21 300m: 4:24.21	350m: 4:40.21 400m: 4:56.21	5:08.21	
3.	Gonçalo Antunes Gomes Augusto	04	Desporto Setúbal	5:40.00	5:23.45	282
	50m: 35.54 35.54 100m: 1:15.70 40.16	150m: 2:38.41 200m: 3:54.41	250m: 4:10.41 300m: 4:26.41	350m: 4:42.41 400m: 4:58.41	5:14.41	
4.	Afonso Saraiva Santos	04	Desportivo Sesimbra	5:23.85	5:31.97	261
	50m: 35.35 35.35 100m: 1:15.47 40.12	150m: 2:40.62 200m: 3:56.62	250m: 4:12.62 300m: 4:28.62	350m: 4:44.62 400m: 4:56.62	5:00.62	
5.	João Lourenço Rebelo	04	Algés	5:35.78	5:32.60	259
	50m: 35.82 35.82 100m: 1:17.33 41.51	150m: 2:44.33 200m: 3:56.33	250m: 4:12.14 300m: 4:24.14	350m: 4:40.14 400m: 4:52.14	5:00.14	
6.	Duarte Brito Justino	04	Colégio Monte Maior	5:45.70	5:32.74	259
	50m: 38.07 38.07 100m: 1:19.80 41.73	150m: 2:43.96 200m: 3:55.96	250m: 4:09.54 300m: 4:21.54	350m: 4:37.54 400m: 4:49.54	5:05.54	
7.	Tiago Queiroga Amaral	04	Avançado EULx	5:33.06	5:32.82	259
	50m: 36.39 36.39 100m: 1:18.20 41.81	150m: 2:45.00 200m: 3:57.00	250m: 4:11.29 300m: 4:23.29	350m: 4:39.29 400m: 4:51.29	5:03.29	
8.	Miguel Costa Simoes	04	Nautica do Seixal	5:40.44	5:33.48	257
	50m: 36.05 36.05 100m: 1:17.40 41.35	150m: 2:43.14 200m: 3:55.14	250m: 4:09.14 300m: 4:21.14	350m: 4:37.14 400m: 4:49.14	5:05.14	
9.	Gonçalo Filipe Carrapito	04	União Piedense	5:51.90	5:34.94	254
	50m: 37.47 37.47 100m: 1:19.78 42.31	150m: 2:46.34 200m: 3:58.34	250m: 4:11.00 300m: 4:23.00	350m: 4:39.00 400m: 4:51.00	5:03.00	
10.	David Jorge Sequeira	04	Colégio Vasco da Gama	5:45.00	5:40.40	242
	50m: 37.62 37.62 100m: 1:19.87 42.25	150m: 2:46.43 200m: 3:58.43	250m: 4:14.46 300m: 4:26.46	350m: 4:42.46 400m: 4:54.46	5:06.46	
11.	Vasco Melo Pinto	04	Colégio Vasco da Gama	5:50.00	5:46.10	230
	50m: 37.45 37.45 100m: 1:20.70 43.25	150m: 2:49.60 200m: 4:01.60	250m: 4:19.00 300m: 4:31.00	350m: 4:47.00 400m: 4:59.00	5:09.00	
12.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	5:54.21	5:46.20	230
	50m: 38.30 38.30 100m: 1:22.33 44.03	150m: 2:49.84 200m: 4:01.84	250m: 4:18.64 300m: 4:30.64	350m: 4:46.64 400m: 4:58.64	5:06.64	
13.	Tomas Miguel Ferreira	04	Geslours	6:27.90	5:46.71	229
	50m: 38.04 38.04 100m: 1:20.33 42.29	150m: 2:50.36 200m: 4:02.36	250m: 4:20.92 300m: 4:32.92	350m: 4:48.92 400m: 5:00.92	5:10.92	
14.	Guilherme Machado Santos	04	União Piedense	4:40.00	5:50.04	222
	50m: 37.67 37.67 100m: 1:20.79 43.12	150m: 2:50.80 200m: 4:02.80	250m: 4:20.86 300m: 4:32.86	350m: 4:48.86 400m: 5:00.86	5:10.86	
15.	Ruben Jose Salgueiro	04	Estrelas S. Joao Brito	7:00.00	5:52.03	219
	50m: 38.36 38.36 100m: 1:21.48 43.12	150m: 2:51.68 200m: 4:03.68	250m: 4:24.16 300m: 4:36.16	350m: 4:52.16 400m: 5:04.16	5:14.16	
16.	Miguel Alexandre Araujo	04	União Piedense	6:14.30	5:56.71	210
	50m: 38.75 38.75 100m: 1:23.71 44.96	150m: 2:55.90 200m: 4:07.90	250m: 4:28.55 300m: 4:40.55	350m: 4:56.55 400m: 5:08.55	5:18.55	
17.	Joao Pedro Penelas	04	Geslours	6:25.72	6:00.34	204
	50m: 41.57 41.57 100m: 1:27.67 46.10	150m: 3:01.73 200m: 4:13.73	250m: 4:32.72 300m: 4:44.72	350m: 4:54.72 400m: 5:06.72	5:16.72	
18.	Guilherme Pinto Restolho	04	CPCD Póvoa Sta Iria	5:58.64	6:02.42	200
	50m: 39.88 39.88 100m: 1:24.34 44.46	150m: 2:56.98 200m: 4:08.98	250m: 4:31.13 300m: 4:43.13	350m: 4:59.13 400m: 5:11.13	5:21.13	
19.	Francisco Amaro Santos	04	Geslours	6:30.33	6:02.69	200
	50m: 39.22 39.22 100m: 1:24.80 45.58	150m: 2:57.91 200m: 4:09.91	250m: 4:30.88 300m: 4:42.88	350m: 4:58.88 400m: 5:10.88	5:20.88	
20.	Mateus Nunes Magalhães	04	Algés	6:13.40	6:05.78	195
	50m: 40.72 40.72 100m: 1:26.38 45.66	150m: 3:00.06 200m: 4:12.06	250m: 4:33.32 300m: 4:45.32	350m: 4:55.32 400m: 5:07.32	5:17.32	

Prova 17, Masc., 400m Livres, Cadetes A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
21.	Gaspar Otto Carvalho	04	Naval Setubalense	5:57.20	6:09.56	189
	50m: 39.42 39.42 100m: 1:24.98 45.56	150m: 3:03.54 200m: 3:03.54	250m: 4:38.52 300m: 4:38.52	350m: 6:09.56 400m: 6:09.56		
22.	Afonso Gonçalves de Jorge	04	Geslours	7:00.00	6:09.94	188
	50m: 40.48 40.48 100m: 1:27.10 46.62	150m: 3:04.41 200m: 3:04.41	250m: 4:39.29 300m: 4:39.29	350m: 6:09.94 400m: 6:09.94		
23.	Luis Miguel Raposo	04	CPCD Póvoa Sta Iria	5:56.56	6:10.36	188
	50m: 41.21 41.21 100m: 1:27.56 46.35	150m: 3:03.34 200m: 3:03.34	250m: 4:38.79 300m: 4:38.79	350m: 6:10.36 400m: 6:10.36		
24.	João Reis Santos	04	Algés	6:13.33	6:16.34	179
	50m: 40.43 40.43 100m: 1:25.09 44.66	150m: 3:00.43 200m: 3:00.43	250m: 4:37.53 300m: 4:37.53	350m: 6:16.34 400m: 6:16.34		
25.	Rodrigo Alexandre Botas	04	CPCD Póvoa Sta Iria	6:13.16	6:22.13	171
	50m: 42.51 42.51 100m: 1:29.95 47.44	150m: 3:07.80 200m: 3:07.80	250m: 4:47.10 300m: 4:47.10	350m: 6:22.13 400m: 6:22.13		
26.	Tomás Martins Mira	04	Naval Setubalense	6:08.80	6:23.62	169
	50m: 41.06 41.06 100m: 1:28.60 47.54	150m: 3:07.91 200m: 3:07.91	250m: 4:47.94 300m: 4:47.94	350m: 6:23.62 400m: 6:23.62		
27.	Pedro Arsenio Vitorino	04	Nacional Natação	6:43.80	6:25.07	167
	50m: 42.23 42.23 100m: 1:29.74 47.51	150m: 3:08.83 200m: 3:08.83	250m: 4:48.01 300m: 4:48.01	350m: 6:25.07 400m: 6:25.07		
28.	Bernardo Santos Botelho	04	Naval Setubalense	6:30.00	6:30.69	160
	50m: 40.44 40.44 100m: 1:28.91 48.47	150m: 3:10.26 200m: 3:10.26	250m: 4:52.85 300m: 4:52.85	350m: 6:30.69 400m: 6:30.69		
29.	Gianluca Seremi Sousa	04	Nacional Natação	6:30.00	6:31.51	159
	50m: 40.39 40.39 100m: 1:28.57 48.18	150m: 3:09.61 200m: 3:09.61	250m: 4:53.68 300m: 4:53.68	350m: 6:31.51 400m: 6:31.51		
30.	Asif Habibo	04	Odivelas	6:46.79	6:33.97	156
	50m: 41.45 41.45 100m: 1:28.77 47.32	150m: 3:08.74 200m: 3:08.74	250m: 4:51.49 300m: 4:51.49	350m: 6:33.97 400m: 6:33.97		
31.	Pedro Forjaz Cirurgião	04	Algés	6:36.38	6:34.50	155
	50m: 39.94 39.94 100m: 1:27.97 48.03	150m: 3:09.32 200m: 3:09.32	250m: 4:54.32 300m: 4:54.32	350m: 6:34.50 400m: 6:34.50		
32.	Leonardo Branca Azevedo	04	Naval Setubalense	6:02.00	6:35.47	154
	50m: 43.13 43.13 100m: 1:32.22 49.09	150m: 3:13.66 200m: 3:13.66	250m: 4:56.55 300m: 4:56.55	350m: 6:35.47 400m: 6:35.47		
33.	Vicente Portugal Capaz	04	Avançado EULx	6:30.00	6:45.70	143
	50m: 44.54 44.54 100m: 1:35.00 50.46	150m: 3:18.89 200m: 3:18.89	250m: 5:05.45 300m: 5:05.45	350m: 6:45.70 400m: 6:45.70		
34.	Joao Pedro Marques	04	CPCD Póvoa Sta Iria	6:43.95	6:55.16	133
	50m: 40.91 40.91 100m: 1:31.07 50.16	150m: 3:18.94 200m: 3:18.94	250m: 5:08.47 300m: 5:08.47	350m: 6:55.16 400m: 6:55.16		
35.	João Pedro Canilho	04	Alhandra	7:00.00	7:06.20	123
	50m: 43.99 43.99 100m: 1:36.86 52.87	150m: 3:27.90 200m: 3:27.90	250m: 5:19.81 300m: 5:19.81	350m: 7:06.20 400m: 7:06.20		
36.	Yassen Mussa Estanislau	04	Bombeiros Estoris	6:48.36	7:08.26	121
	50m: 43.84 43.84 100m: 1:36.69 52.85	150m: 3:26.28 200m: 3:26.28	250m: 5:18.72 300m: 5:18.72	350m: 7:08.26 400m: 7:08.26		
DSQ	Miguel Reis Teixeira	04	Clube Instrucao Laranjeiro	6:50.00		
	G1 - Efectuou falsa partida (SW 4.4)					