

**Prova 1**  
**18.01.2020 - 15:00**
**Masc., 400m Livres**
**Juvenis**  
**Lista inscritos**

Rec Regional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Regional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
Rec Regional Absoluto	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Nacional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
Rec Nacional Absoluto	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017

Conversão tempo inscrição: Conversão linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
<b>Juvenis A</b>									
1	Andre Azevedo Baraona	04	Juv A	123965	CNMJ	4:23.63 S	19.01.2019	Alapraia (POR)	4:23.63
2	Joao Afonso Santos	04	Juv A	153371	SCP	4:23.73 S	07.12.2019	Sines (POR)	4:23.73
3	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	4:24.79 S	14.07.2019	Alges (POR)	4:24.79
4	Afonso Figueiredo Frasquilho	04	Juv A	153353	SCP	4:26.30 S	13.07.2019	Alges (POR)	4:26.30
5	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	4:29.87 S	14.07.2019	Alges (POR)	4:29.87
6	Miguel Costa Simoes	04	Juv A	132350	CDCP	4:29.92 S	19.01.2019	Alapraia (POR)	4:29.92
7	Francisco Sousa Uva	04	Juv A	201477	SAD	4:30.50 S	14.07.2019	Alges (POR)	4:30.50
8	Victor Bethlem Tigre	04	Juv A	208094	SCP	4:30.71 S	22.11.2019	Alges (POR)	4:30.71
9	Pedro Forjaz Cirurgiao	04	Juv A	132564	SAD	4:34.00 S	22.11.2019	Alges (POR)	4:34.00
10	Alexandre Duarte Morais	04	Juv A	132645	PDEM	4:35.25 S	08.12.2018	S Antonio dos Cavaleiros (POR)	4:35.25
11	Afonso Romao Francisco	04	Juv A	204573	CDCP	4:35.36 S	14.07.2019	Alges (POR)	4:35.36
12	Tiago Fanha Lopes	04	Juv A	129520	CNMJ	4:35.82 S	04.05.2019	Estremoz (POR)	4:35.82
13	Joao Pedro Faustino	04	Juv A	203986	CDCP	4:41.37 S	22.11.2019	Alges (POR)	4:41.37
14	Tomas Martins Mira	04	Juv A	132215	CNS	4:41.56 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:41.56
15	Duarte Cadima Goncalves	04	Juv A	153295	CNMJ	4:42.32 S	24.11.2018	Alges (POR)	4:42.32
16	Afonso Leonel Barreto	04	Juv A	202862	CPCD	4:50.78 S	19.01.2019	Alapraia (POR)	4:50.78
17	Joao Silva Angelino	04	Juv A	132832	PDEM	5:00.92 S	19.01.2019	Alapraia (POR)	5:00.92
18	Miguel Alexandre Araujo	04	Juv A	131174	SFUAP	5:14.57 S	19.01.2019	Alapraia (POR)	5:14.57
19	Tomás Pratas Neto	04	Juv A	132652	PDEM	5:16.45 S	23.11.2018	Alges (POR)	5:16.45
20	Diogo Miguel Monteiro	04	Juv A	147200	DRCN	5:17.00			5:17.00
21	Afonso Miguel Ribeiro	04	Juv A	210966	PDEM	5:17.00			5:17.00
22	Ruben Jose Salgueiro	04	Juv A	133507	SCP	5:17.00			5:17.00
DNS	Guilherme Machado Santos	04	Juv A	200202	SFUAP	4:32.20 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:32.20

**Juvenis B**

1	Pedro Maria Amado	05	Juv B	148286	SAD	4:27.27 S	07.12.2019	Sines (POR)	4:27.27
2	Filipe Simoes Freitas	05	Juv B	202349	SCP	4:27.93 S	07.12.2019	Sines (POR)	4:27.93
3	Tiago Rodrigues Pinto	05	Juv B	132514	SCP	4:28.57 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:28.57
4	Pedro Mahua Alvarez	05	Juv B	208096	SCP	4:36.10 L	26.07.2019	Loule (POR)	4:30.57
5	Andre Henriques Marques	05	Juv B	129665	SLB	4:33.34 S	22.11.2019	Alges (POR)	4:33.34
6	Joao Seixedo Pinheiro	05	Juv B	205374	CNS	4:33.54 S	09.03.2019	Setubal (POR)	4:33.54
7	Afonso Lucio Costa	05	Juv B	202216	SCP	4:33.94 S	22.11.2019	Alges (POR)	4:33.94
8	Jose Manuel Sa	05	Juv B	203114	SCP	4:34.17 S	22.11.2019	Alges (POR)	4:34.17
9	Manuel Angelo Pereira	05	Juv B	151305	SCP	4:34.85 S	22.11.2019	Alges (POR)	4:34.85
10	Diogo Sousa Barbosa	05	Juv B	133332	SLB	4:38.40 S	22.11.2019	Alges (POR)	4:38.40
11	Miguel Cordeiro Almeida	05	Juv B	200392	SAD	4:39.79 S	02.11.2019	Lagoa (POR)	4:39.79
12	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	4:46.99 L	06.07.2019	Setubal (POR)	4:41.25
13	Manuel Pires Oliveira	05	Juv B	201480	PDEM	4:47.57 S	25.04.2019	Sines (POR)	4:47.57
14	Rodrigo Martins Bras	05	Juv B	129806	CFB	4:51.45 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:51.45
15	Diogo Rafael Dias	05	Juv B	202931	DRCN	4:56.73 S	16.12.2018	Sto Antonio Cavaleiros (POR)	4:56.73
16	Simao Lopes Oliveira	05	Juv B	200178	CNS	4:57.04 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:57.04
17	Daniel Pankivskiy	05	Juv B	153427	CPCD	4:58.67 S	12.01.2019	Campo Maior (POR)	4:58.67
18	Tomas Almeida Cordeiro	05	Juv B	125238	SAD	5:08.47 L	06.07.2019	Setubal (POR)	5:02.30
19	Alfredo Cabrita Soudo	05	Juv B	148434	CFB	5:12.80 L	06.07.2019	Setubal (POR)	5:06.54
20	Tiago Romão Lourenço	05	Juv B	202926	PDEM	5:09.18 S	24.02.2019	Loures (POR)	5:09.18
21	Vasco Santos Silva	05	Juv B	153388	SLB	5:20.68 S	16.12.2018	Sto Antonio Cavaleiros (POR)	5:20.68
22	Francisco Fino Motta	05	Juv B	202918	PDEM	5:25.85 S	16.12.2018	Sto Antonio Cavaleiros (POR)	5:25.85
23	Lourenco Matos Perdigo	05	Juv B	130149	CNN	5:26.62 S	19.05.2019	Alges (POR)	5:26.62
24	Miguel Palminha Serafim	05	Juv B	205339	CNMJ	5:31.28 S	04.05.2019	Estremoz (POR)	5:31.28
25	Gonçalo Pires Fialho	05	Juv B	133333	CNA	5:34.68 S	19.01.2019	Alapraia (POR)	5:34.68
26	Simão Matos Mira	05	Juv B	202211	FS	5:35.00			5:35.00
DNS	Pedro Dinis Casquinha	05	Juv B	208656	FS	5:35.00			5:35.00