

Prova 2	Masc., 400m Livres				Absoluto
19.06.2025 - 9:42	Absolutos (NP)				Resultados Elimin
Rec Taça Gesloures Sen	4:00.65	Tomas Miguel Veloso	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	3:59.35	Diogo Leal Dantas	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	4:03.31	Rui Silva Pereira	POR	Sto Ant ^o Cavaleiros	30.05.2024
Rec Taça Gesloures Juv B	4:03.15	Bernardo Victorino Almeida	POR	Sto Ant ^o Cavaleiros	20.06.2019
Rec Taça Gesloures Inf A	4:27.14	Goncalo Brites Moita	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:33.78	David Filipe Pacheco	POR	Sto Ant ^o Cavaleiros	08.06.2023
Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017
Rec Nacional Abs	3:42.57	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	16.12.2021

Pontos: AQUA 2024

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Infantis						
1.	Tome Pargana Mendes (Tempo:)	11	União Piedense	4:47.97	4:53.22	379
	50m: 34.62 34.62 150m: 1:49.40 37.65 250m: 3:04.90 37.78 350m: 4:18.00 36.17 100m: 1:11.75 37.13 200m: 2:27.12 37.72 300m: 3:41.83 36.93 400m: 4:53.22 35.22					
2.	Dinis Andrade Cabral (Tempo:)	11	Palmela Desporto	4:52.14	4:54.12	375
	50m: 32.16 32.16 150m: 1:47.12 38.07 250m: 3:03.22 38.06 350m: 4:18.12 37.25 100m: 1:09.05 36.89 200m: 2:25.16 38.04 300m: 3:40.87 37.65 400m: 4:54.12 36.00					
3.	Joao Marcelino Rodrigues (Tempo:)	11	Sporting	4:46.22	4:55.69	369
	50m: 34.37 34.37 150m: 1:49.37 37.75 250m: 3:05.44 38.72 350m: 4:20.30 37.08 100m: 1:11.62 37.25 200m: 2:26.72 37.35 300m: 3:43.22 37.78 400m: 4:55.69 35.39					
4.	David Pacheco Castanheira (Tempo:)	11	Gesloures	5:06.24	5:04.56	338
	50m: 33.00 33.00 150m: 1:49.48 39.42 250m: 3:07.86 39.11 350m: 4:25.78 38.78 100m: 1:10.06 37.06 200m: 2:28.75 39.27 300m: 3:47.00 39.14 400m: 5:04.56 38.78					
5.	Mingxi Guan (Tempo:)	11	Alges	5:09.08	5:04.97	337
	50m: 31.90 31.90 150m: 1:49.15 39.18 250m: 3:08.22 39.47 350m: 4:26.90 38.71 100m: 1:09.97 38.07 200m: 2:28.75 39.60 300m: 3:48.19 39.97 400m: 5:04.97 38.07					
6.	Pedro Pontes Prior (Tempo:)	12	Laranjeiro	4:59.17	5:07.20	329
	50m: 33.47 33.47 150m: 1:50.00 38.60 250m: 3:08.47 39.47 350m: 4:26.90 38.82 100m: 1:11.40 37.93 200m: 2:29.00 39.00 300m: 3:48.08 39.61 400m: 5:07.20 40.30					
7.	Dinis Costa Faria (Tempo:)	12	Nacional de Nataçao	5:13.22	5:18.04	297
	50m: 34.75 34.75 150m: 1:51.53 38.82 250m: 3:11.86 40.61 350m: 4:35.25 42.75 100m: 1:12.71 37.96 200m: 2:31.25 39.72 300m: 3:52.50 40.64 400m: 5:18.04 42.79					
8.	Eduardo Domingos Rosa (Tempo:)	11	BUZIOS - Coruche	5:10.82	5:18.41	296
	50m: 34.28 34.28 150m: 1:53.73 40.57 250m: 3:15.80 41.35 350m: 4:39.34 41.64 100m: 1:13.16 38.88 200m: 2:34.45 40.72 300m: 3:57.70 41.90 400m: 5:18.41 39.07					
9.	Manuel Joao Fonseca (Tempo:)	12	Colegio Int Monte Maior	5:54.40	5:32.57	259
	50m: 36.17 36.17 150m: 2:00.03 42.96 250m: 3:25.81 42.64 350m: 4:50.34 41.26 100m: 1:17.07 40.90 200m: 2:43.17 43.14 300m: 4:09.08 43.27 400m: 5:32.57 42.23					
10.	Tomas Ferreira Carvalho (Tempo:)	11	BA-Leiria	5:55.47	5:42.71	237
	50m: 36.05 36.05 150m: 1:59.49 41.96 250m: 3:27.92 44.58 350m: 4:58.49 45.65 100m: 1:17.53 41.48 200m: 2:43.34 43.85 300m: 4:12.84 44.92 400m: 5:42.71 44.22					
11.	Manuel Araujo Pereira (Tempo:)	11	Fisica Torres Vedras	6:04.75	5:45.16	232
	50m: 37.34 37.34 150m: 2:03.84 44.03 250m: 3:33.26 44.85 350m: 5:02.44 44.53 100m: 1:19.81 42.47 200m: 2:48.41 44.57 300m: 4:17.91 44.65 400m: 5:45.16 42.72					

Resultados online: <http://anlisboa.pt/live>

Prova 2, Masc., 400m Livres, Elimin

Juvenis

1.	David Filipe Pacheco	10	BUZIOS - Coruche	4:16.33	4:18.32	554
	50m: 29.51 29.51		150m: 1:34.43 32.80	33.02 350m: 3:46.44 33.07		
	100m: 1:01.63 32.12		200m: 2:07.44 33.01	32.91 400m: 4:18.32 31.88		
2.	Afonso Santos Carromeu	09	Naval Setubalense	4:23.78	4:25.22	512
	50m: 30.53 30.53		150m: 1:37.64 34.05	33.92 350m: 3:52.81 33.71		
	100m: 1:03.59 33.06		200m: 2:11.45 33.81	33.73 400m: 4:25.22 32.41		
3.	Dinis Aresta Ribeiro	10	Sporting	4:17.24	4:30.11	485
	50m: 31.23 31.23		150m: 1:38.38 33.90	34.20 350m: 3:55.46 34.38		
	100m: 1:04.48 33.25		200m: 2:12.43 34.05	34.45 400m: 4:30.11 34.65		
4.	Xavier Jesus Valente	09	Os Belenenses	4:31.54	4:31.69	476
	50m: 29.10 29.10		150m: 1:33.59 32.94	34.94 350m: 3:55.09 36.12		
	100m: 1:00.65 31.55		200m: 2:08.43 34.84	35.60 400m: 4:31.69 36.60		
5.	Andre Huang	10	Gesloures	4:34.75	4:34.03	464
	50m: 30.24 30.24		150m: 1:37.56 34.12	33.69 350m: 3:58.14 36.31		
	100m: 1:03.44 33.20		200m: 2:12.14 34.58	36.00 400m: 4:34.03 35.89		
6.	Diogo Alves Castro	10	Alges	4:29.14	4:38.91	440
	50m: 31.47 31.47		150m: 1:40.61 35.10	36.27 350m: 4:04.59 35.29		
	100m: 1:05.51 34.04		200m: 2:16.84 36.23	36.19 400m: 4:38.91 34.32		
7.	Miguel Filipe Medronheira	09	Palmela Desporto	4:42.52	4:39.63	437
	50m: 31.18 31.18		150m: 1:41.45 35.47	35.49 350m: 4:04.55 35.91		
	100m: 1:05.98 34.80		200m: 2:17.02 35.57	36.13 400m: 4:39.63 35.08		
8.	Joao Afonso Quaresma	09	Laranjeiro	5:04.79	4:43.07	421
	50m: 30.97 30.97		150m: 1:40.18 35.36	36.19 350m: 4:06.34 36.86		
	100m: 1:04.82 33.85		200m: 2:16.71 36.53	36.58 400m: 4:43.07 36.73		

Juniores & Seniores

1.	Joao Pedro Monteiro	08	BUZIOS - Coruche	NT	4:25.10	513
	50m: 29.77 29.77		150m: 1:35.04 33.21	33.85 350m: 3:51.16 34.22		
	100m: 1:01.83 32.06		200m: 2:08.93 33.89	34.16 400m: 4:25.10 33.94		
2.	Joao Filipe Prazeres	08	Gesloures	4:30.84	4:25.77	509
	50m: 28.55 28.55		150m: 1:32.87 32.79	34.29 350m: 3:52.12 35.41		
	100m: 1:00.08 31.53		200m: 2:06.69 33.82	35.73 400m: 4:25.77 33.65		
3.	Rodrigo Onofre Matos	06	Os Belenenses	4:15.26	4:26.89	502
	50m: 28.88 28.88		150m: 1:32.96 32.68	34.79 350m: 3:51.93 35.72		
	100m: 1:00.28 31.40		200m: 2:06.65 33.69	34.77 400m: 4:26.89 34.96		
4.	Joao Almeida Gomes	06	Nacional de Nataçã	4:07.69	4:27.08	501
	50m: 30.15 30.15		150m: 1:36.45 33.63	34.00 350m: 3:53.34 34.62		
	100m: 1:02.82 32.67		200m: 2:10.12 33.67	34.60 400m: 4:27.08 33.74		
5.	Ricardo Freitas Neto	06	Sporting	4:21.09	4:28.61	493
	50m: 30.40 30.40		150m: 1:37.09 33.68	34.39 350m: 3:54.66 34.80		
	100m: 1:03.41 33.01		200m: 2:11.13 34.04	34.34 400m: 4:28.61 33.95		
6.	Goncalo Gomes Augusto	04	Palmela Desporto	4:41.40	4:36.00	454
	50m: 29.88 29.88		150m: 1:36.41 33.61	35.78 350m: 3:59.79 36.52		
	100m: 1:02.80 32.92		200m: 2:11.16 34.75	36.33 400m: 4:36.00 36.21		
7.	Luis Carlos Correia	03	Laranjeiro	4:32.22	4:37.44	447
	50m: 30.73 30.73		150m: 1:40.45 35.45	34.81 350m: 4:01.00 35.02		
	100m: 1:05.00 34.27		200m: 2:15.03 34.58	36.14 400m: 4:37.44 36.44		

Absoluto

1.	David Filipe Pacheco	10	BUZIOS - Coruche	4:16.33	4:18.32	554
	50m: 29.51 29.51		150m: 1:34.43 32.80	33.02 350m: 3:46.44 33.07		
	100m: 1:01.63 32.12		200m: 2:07.44 33.01	32.91 400m: 4:18.32 31.88		
2.	Joao Pedro Monteiro	08	BUZIOS - Coruche	NT	4:25.10	513
	50m: 29.77 29.77		150m: 1:35.04 33.21	33.85 350m: 3:51.16 34.22		
	100m: 1:01.83 32.06		200m: 2:08.93 33.89	34.16 400m: 4:25.10 33.94		
3.	Afonso Santos Carromeu	09	Naval Setubalense	4:23.78	4:25.22	512
	50m: 30.53 30.53		150m: 1:37.64 34.05	33.92 350m: 3:52.81 33.71		
	100m: 1:03.59 33.06		200m: 2:11.45 33.81	33.73 400m: 4:25.22 32.41		
4.	Joao Filipe Prazeres	08	Gesloures	4:30.84	4:25.77	509
	50m: 28.55 28.55		150m: 1:32.87 32.79	34.29 350m: 3:52.12 35.41		
	100m: 1:00.08 31.53		200m: 2:06.69 33.82	35.73 400m: 4:25.77 33.65		

Prova 2, Masc., 400m Livres, Elimin, Absoluto

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
5.	Rodrigo Onofre Matos 50m: 28.88 28.88 100m: 1:00.28 31.40	06	Os Belenenses 150m: 1:32.96 32.68 200m: 2:06.65 33.69	250m: 2:41.44 34.79 300m: 3:16.21 34.77	350m: 3:51.93 35.72 400m: 4:26.89 34.96	502
6.	Joao Almeida Gomes 50m: 30.15 30.15 100m: 1:02.82 32.67	06	Nacional de Nataçã 150m: 1:36.45 33.63 200m: 2:10.12 33.67	250m: 2:44.12 34.00 300m: 3:18.72 34.60	350m: 3:53.34 34.62 400m: 4:27.08 33.74	501
7.	Ricardo Freitas Neto 50m: 30.40 30.40 100m: 1:03.41 33.01	06	Sporting 150m: 1:37.09 33.68 200m: 2:11.13 34.04	250m: 2:45.52 34.39 300m: 3:19.86 34.34	350m: 3:54.66 34.80 400m: 4:28.61 33.95	493
8.	Dinis Aresta Ribeiro 50m: 31.23 31.23 100m: 1:04.48 33.25	10	Sporting 150m: 1:38.38 33.90 200m: 2:12.43 34.05	250m: 2:46.63 34.20 300m: 3:21.08 34.45	350m: 3:55.46 34.38 400m: 4:30.11 34.65	485
9.	Xavier Jesus Valente 50m: 29.10 29.10 100m: 1:00.65 31.55	09	Os Belenenses 150m: 1:33.59 32.94 200m: 2:08.43 34.84	250m: 2:43.37 34.94 300m: 3:18.97 35.60	350m: 3:55.09 36.12 400m: 4:31.69 36.60	476
10.	Andre Huang 50m: 30.24 30.24 100m: 1:03.44 33.20	10	Gesloures 150m: 1:37.56 34.12 200m: 2:12.14 34.58	250m: 2:45.83 33.69 300m: 3:21.83 36.00	350m: 3:58.14 36.31 400m: 4:34.03 35.89	464
11.	Goncalo Gomes Augusto 50m: 29.88 29.88 100m: 1:02.80 32.92	04	Palmela Desporto 150m: 1:36.41 33.61 200m: 2:11.16 34.75	250m: 2:46.94 35.78 300m: 3:23.27 36.33	350m: 3:59.79 36.52 400m: 4:36.00 36.21	454
12.	Luis Carlos Correia 50m: 30.73 30.73 100m: 1:05.00 34.27	03	Laranjeiro 150m: 1:40.45 35.45 200m: 2:15.03 34.58	250m: 2:49.84 34.81 300m: 3:25.98 36.14	350m: 4:01.00 35.02 400m: 4:37.44 36.44	447
13.	Diogo Alves Castro 50m: 31.47 31.47 100m: 1:05.51 34.04	10	Alges 150m: 1:40.61 35.10 200m: 2:16.84 36.23	250m: 2:53.11 36.27 300m: 3:29.30 36.19	350m: 4:04.59 35.29 400m: 4:38.91 34.32	440
14.	Miguel Filipe Medronheira 50m: 31.18 31.18 100m: 1:05.98 34.80	09	Palmela Desporto 150m: 1:41.45 35.47 200m: 2:17.02 35.57	250m: 2:52.51 35.49 300m: 3:28.64 36.13	350m: 4:04.55 35.91 400m: 4:39.63 35.08	437
15.	Joao Afonso Quaresma 50m: 30.97 30.97 100m: 1:04.82 33.85	09	Laranjeiro 150m: 1:40.18 35.36 200m: 2:16.71 36.53	250m: 2:52.90 36.19 300m: 3:29.48 36.58	350m: 4:06.34 36.86 400m: 4:43.07 36.73	421
16.	Tome Pargana Mendes (Tempo:) 50m: 34.62 34.62 100m: 1:11.75 37.13	11	União Piedense 150m: 1:49.40 37.65 200m: 2:27.12 37.72	250m: 3:04.90 37.78 300m: 3:41.83 36.93	350m: 4:18.00 36.17 400m: 4:53.22 35.22	379
17.	Dinis Andrade Cabral (Tempo:) 50m: 32.16 32.16 100m: 1:09.05 36.89	11	Palmela Desporto 150m: 1:47.12 38.07 200m: 2:25.16 38.04	250m: 3:03.22 38.06 300m: 3:40.87 37.65	350m: 4:18.12 37.25 400m: 4:54.12 36.00	375
18.	Joao Marcelino Rodrigues (Tempo:) 50m: 34.37 34.37 100m: 1:11.62 37.25	11	Sporting 150m: 1:49.37 37.75 200m: 2:26.72 37.35	250m: 3:05.44 38.72 300m: 3:43.22 37.78	350m: 4:20.30 37.08 400m: 4:55.69 35.39	369
19.	David Pacheco Castanheira (Tempo:) 50m: 33.00 33.00 100m: 1:10.06 37.06	11	Gesloures 150m: 1:49.48 39.42 200m: 2:28.75 39.27	250m: 3:07.86 39.11 300m: 3:47.00 39.14	350m: 4:25.78 38.78 400m: 5:04.56 38.78	338
20.	Mingxi Guan (Tempo:) 50m: 31.90 31.90 100m: 1:09.97 38.07	11	Alges 150m: 1:49.15 39.18 200m: 2:28.75 39.60	250m: 3:08.22 39.47 300m: 3:48.19 39.97	350m: 4:26.90 38.71 400m: 5:04.97 38.07	337
21.	Pedro Pontes Prior (Tempo:) 50m: 33.47 33.47 100m: 1:11.40 37.93	12	Laranjeiro 150m: 1:50.00 38.60 200m: 2:29.00 39.00	250m: 3:08.47 39.47 300m: 3:48.08 39.61	350m: 4:26.90 38.82 400m: 5:07.20 40.30	329
22.	Dinis Costa Faria (Tempo:) 50m: 34.75 34.75 100m: 1:12.71 37.96	12	Nacional de Nataçã 150m: 1:51.53 38.82 200m: 2:31.25 39.72	250m: 3:11.86 40.61 300m: 3:52.50 40.64	350m: 4:35.25 42.75 400m: 5:18.04 42.79	297

Prova 2, Masc., 400m Livres, Elimina, Absoluto

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
23.	Eduardo Domingos Rosa (Tempo:)	11	BUZIOS - Coruche	5:10.82	5:18.41	296
	50m: 34.28 34.28 100m: 1:13.16 38.88		150m: 1:53.73 40.57 200m: 2:34.45 40.72	250m: 3:15.80 41.35 300m: 3:57.70 41.90	350m: 4:39.34 41.64 400m: 5:18.41 39.07	
24.	Manuel Joao Fonseca (Tempo:)	12	Colegio Int Monte Maior	5:54.40	5:32.57	259
	50m: 36.17 36.17 100m: 1:17.07 40.90		150m: 2:00.03 42.96 200m: 2:43.17 43.14	250m: 3:25.81 42.64 300m: 4:09.08 43.27	350m: 4:50.34 41.26 400m: 5:32.57 42.23	
25.	Tomas Ferreira Carvalho (Tempo:)	11	BA-Leiria	5:55.47	5:42.71	237
	50m: 36.05 36.05 100m: 1:17.53 41.48		150m: 1:59.49 41.96 200m: 2:43.34 43.85	250m: 3:27.92 44.58 300m: 4:12.84 44.92	350m: 4:58.49 45.65 400m: 5:42.71 44.22	
26.	Manuel Araujo Pereira (Tempo:)	11	Fisica Torres Vedras	6:04.75	5:45.16	232
	50m: 37.34 37.34 100m: 1:19.81 42.47		150m: 2:03.84 44.03 200m: 2:48.41 44.57	250m: 3:33.26 44.85 300m: 4:17.91 44.65	350m: 5:02.44 44.53 400m: 5:45.16 42.72	

Infantis B

1.	Pedro Pontes Prior (Tempo:)	12	Laranjeiro	4:59.17	5:07.20	329
	50m: 33.47 33.47 100m: 1:11.40 37.93		150m: 1:50.00 38.60 200m: 2:29.00 39.00	250m: 3:08.47 39.47 300m: 3:48.08 39.61	350m: 4:26.90 38.82 400m: 5:07.20 40.30	
2.	Dinis Costa Faria (Tempo:)	12	Nacional de Nataçao	5:13.22	5:18.04	297
	50m: 34.75 34.75 100m: 1:12.71 37.96		150m: 1:51.53 38.82 200m: 2:31.25 39.72	250m: 3:11.86 40.61 300m: 3:52.50 40.64	350m: 4:35.25 42.75 400m: 5:18.04 42.79	
3.	Manuel Joao Fonseca (Tempo:)	12	Colegio Int Monte Maior	5:54.40	5:32.57	259
	50m: 36.17 36.17 100m: 1:17.07 40.90		150m: 2:00.03 42.96 200m: 2:43.17 43.14	250m: 3:25.81 42.64 300m: 4:09.08 43.27	350m: 4:50.34 41.26 400m: 5:32.57 42.23	

Infantis A

1.	Tome Pargana Mendes (Tempo:)	11	União Piedense	4:47.97	4:53.22	379
	50m: 34.62 34.62 100m: 1:11.75 37.13		150m: 1:49.40 37.65 200m: 2:27.12 37.72	250m: 3:04.90 37.78 300m: 3:41.83 36.93	350m: 4:18.00 36.17 400m: 4:53.22 35.22	
2.	Dinis Andrade Cabral (Tempo:)	11	Palmela Desporto	4:52.14	4:54.12	375
	50m: 32.16 32.16 100m: 1:09.05 36.89		150m: 1:47.12 38.07 200m: 2:25.16 38.04	250m: 3:03.22 38.06 300m: 3:40.87 37.65	350m: 4:18.12 37.25 400m: 4:54.12 36.00	
3.	Joao Marcelino Rodrigues (Tempo:)	11	Sporting	4:46.22	4:55.69	369
	50m: 34.37 34.37 100m: 1:11.62 37.25		150m: 1:49.37 37.75 200m: 2:26.72 37.35	250m: 3:05.44 38.72 300m: 3:43.22 37.78	350m: 4:20.30 37.08 400m: 4:55.69 35.39	
4.	David Pacheco Castanheira (Tempo:)	11	Gesloures	5:06.24	5:04.56	338
	50m: 33.00 33.00 100m: 1:10.06 37.06		150m: 1:49.48 39.42 200m: 2:28.75 39.27	250m: 3:07.86 39.11 300m: 3:47.00 39.14	350m: 4:25.78 38.78 400m: 5:04.56 38.78	
5.	Mingxi Guan (Tempo:)	11	Alges	5:09.08	5:04.97	337
	50m: 31.90 31.90 100m: 1:09.97 38.07		150m: 1:49.15 39.18 200m: 2:28.75 39.60	250m: 3:08.22 39.47 300m: 3:48.19 39.97	350m: 4:26.90 38.71 400m: 5:04.97 38.07	
6.	Eduardo Domingos Rosa (Tempo:)	11	BUZIOS - Coruche	5:10.82	5:18.41	296
	50m: 34.28 34.28 100m: 1:13.16 38.88		150m: 1:53.73 40.57 200m: 2:34.45 40.72	250m: 3:15.80 41.35 300m: 3:57.70 41.90	350m: 4:39.34 41.64 400m: 5:18.41 39.07	

Resultados online: <http://anlisboa.pt/live>

Prova 2, Masc., 400m Livres, Elimin, Infantis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
7.	Tomas Ferreira Carvalho (Tempo:)	11	BA-Leiria	5:55.47	5:42.71	237
	50m: 36.05 36.05 100m: 1:17.53 41.48	150m: 1:59.49 41.96 200m: 2:43.34 43.85	250m: 3:27.92 300m: 4:12.84	44.58 44.92	350m: 4:58.49 45.65 400m: 5:42.71 44.22	
8.	Manuel Araujo Pereira (Tempo:)	11	Fisica Torres Vedras	6:04.75	5:45.16	232
	50m: 37.34 37.34 100m: 1:19.81 42.47	150m: 2:03.84 44.03 200m: 2:48.41 44.57	250m: 3:33.26 300m: 4:17.91	44.85 44.65	350m: 5:02.44 44.53 400m: 5:45.16 42.72	

Juvenis B

1.	David Filipe Pacheco	10	BUZIOS - Coruche	4:16.33	4:18.32	554
	50m: 29.51 29.51 100m: 1:01.63 32.12	150m: 1:34.43 32.80 200m: 2:07.44 33.01	250m: 2:40.46 300m: 3:13.37	33.02 32.91	350m: 3:46.44 33.07 400m: 4:18.32 31.88	
2.	Dinis Aresta Ribeiro	10	Sporting	4:17.24	4:30.11	485
	50m: 31.23 31.23 100m: 1:04.48 33.25	150m: 1:38.38 33.90 200m: 2:12.43 34.05	250m: 2:46.63 300m: 3:21.08	34.20 34.45	350m: 3:55.46 34.38 400m: 4:30.11 34.65	
3.	Andre Huang	10	Gesloures	4:34.75	4:34.03	464
	50m: 30.24 30.24 100m: 1:03.44 33.20	150m: 1:37.56 34.12 200m: 2:12.14 34.58	250m: 2:45.83 300m: 3:21.83	33.69 36.00	350m: 3:58.14 36.31 400m: 4:34.03 35.89	
4.	Diogo Alves Castro	10	Alges	4:29.14	4:38.91	440
	50m: 31.47 31.47 100m: 1:05.51 34.04	150m: 1:40.61 35.10 200m: 2:16.84 36.23	250m: 2:53.11 300m: 3:29.30	36.27 36.19	350m: 4:04.59 35.29 400m: 4:38.91 34.32	

Juvenis A

1.	Afonso Santos Carromeu	09	Naval Setubalense	4:23.78	4:25.22	512
	50m: 30.53 30.53 100m: 1:03.59 33.06	150m: 1:37.64 34.05 200m: 2:11.45 33.81	250m: 2:45.37 300m: 3:19.10	33.92 33.73	350m: 3:52.81 33.71 400m: 4:25.22 32.41	
2.	Xavier Jesus Valente	09	Os Belenenses	4:31.54	4:31.69	476
	50m: 29.10 29.10 100m: 1:00.65 31.55	150m: 1:33.59 32.94 200m: 2:08.43 34.84	250m: 2:43.37 300m: 3:18.97	34.94 35.60	350m: 3:55.09 36.12 400m: 4:31.69 36.60	
3.	Miguel Filipe Medronheira	09	Palmela Desporto	4:42.52	4:39.63	437
	50m: 31.18 31.18 100m: 1:05.98 34.80	150m: 1:41.45 35.47 200m: 2:17.02 35.57	250m: 2:52.51 300m: 3:28.64	35.49 36.13	350m: 4:04.55 35.91 400m: 4:39.63 35.08	
4.	Joao Afonso Quaresma	09	Laranjeiro	5:04.79	4:43.07	421
	50m: 30.97 30.97 100m: 1:04.82 33.85	150m: 1:40.18 35.36 200m: 2:16.71 36.53	250m: 2:52.90 300m: 3:29.48	36.19 36.58	350m: 4:06.34 36.86 400m: 4:43.07 36.73	

Juniores

1.	Joao Pedro Monteiro	08	BUZIOS - Coruche	NT	4:25.10	513
	50m: 29.77 29.77 100m: 1:01.83 32.06	150m: 1:35.04 33.21 200m: 2:08.93 33.89	250m: 2:42.78 300m: 3:16.94	33.85 34.16	350m: 3:51.16 34.22 400m: 4:25.10 33.94	
2.	Joao Filipe Prazeres	08	Gesloures	4:30.84	4:25.77	509
	50m: 28.55 28.55 100m: 1:00.08 31.53	150m: 1:32.87 32.79 200m: 2:06.69 33.82	250m: 2:40.98 300m: 3:16.71	34.29 35.73	350m: 3:52.12 35.41 400m: 4:25.77 33.65	

Seniores

1.	Rodrigo Onofre Matos	06	Os Belenenses	4:15.26	4:26.89	502
	50m: 28.88 28.88 100m: 1:00.28 31.40	150m: 1:32.96 32.68 200m: 2:06.65 33.69	250m: 2:41.44 300m: 3:16.21	34.79 34.77	350m: 3:51.93 35.72 400m: 4:26.89 34.96	
2.	Joao Almeida Gomes	06	Nacional de Nataçao	4:07.69	4:27.08	501
	50m: 30.15 30.15 100m: 1:02.82 32.67	150m: 1:36.45 33.63 200m: 2:10.12 33.67	250m: 2:44.12 300m: 3:18.72	34.00 34.60	350m: 3:53.34 34.62 400m: 4:27.08 33.74	
3.	Ricardo Freitas Neto	06	Sporting	4:21.09	4:28.61	493
	50m: 30.40 30.40 100m: 1:03.41 33.01	150m: 1:37.09 33.68 200m: 2:11.13 34.04	250m: 2:45.52 300m: 3:19.86	34.39 34.34	350m: 3:54.66 34.80 400m: 4:28.61 33.95	
4.	Goncalo Gomes Augusto	04	Palmela Desporto	4:41.40	4:36.00	454
	50m: 29.88 29.88 100m: 1:02.80 32.92	150m: 1:36.41 33.61 200m: 2:11.16 34.75	250m: 2:46.94 300m: 3:23.27	35.78 36.33	350m: 3:59.79 36.52 400m: 4:36.00 36.21	



TORNEIO ANIVERSÁRIO GESLOURES

19 de junho de 2025
Natação Pura, Adaptada e Masters

Piscinas Municipais
Loures e Sto Ant^o Cavaleiros



Prova 2, Masc., 400m Livres, Elimin, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
5.	Luis Carlos Correia	03	Laranjeiro	4:32.22	4:37.44	447
	50m: 30.73 30.73	150m: 1:40.45 35.45	250m: 2:49.84 34.81	350m: 4:01.00 35.02		
	100m: 1:05.00 34.27	200m: 2:15.03 34.58	300m: 3:25.98 36.14	400m: 4:37.44 36.44		
EXH	Daniel Hutsul Pateiro (Tempo:)	11	Gesloures	5:25.44	5:20.87	289
	50m: 36.13 36.13	150m: 1:57.59 40.96	250m: 3:20.80 41.46	350m: 4:43.38 41.00		
	100m: 1:16.63 40.50	200m: 2:39.34 41.75	300m: 4:02.38 41.58	400m: 5:20.87 37.49		