

Prova 9
15.03.2025

Masc., 400m Livres

Cadetes A
Resultados

Pontos: AQUA 2024

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
1.	Ricardo Filipe Martinho 50m: 38.53 38.53 100m: 1:20.31 41.78	13	União Piedense	6:10.00	5:32.00	261
			150m: 2:45.81 250m: 4:10.31 200m: 2:45.81 300m: 4:10.31		350m: 5:32.00 400m: 5:32.00	
2.	Gustavo Gomes Neves 50m: 37.16 37.16 100m: 1:18.02 40.86	13	União Piedense	5:55.00	5:34.44	255
			150m: 2:45.13 250m: 4:11.66 200m: 2:45.13 300m: 4:11.66		350m: 5:34.44 400m: 5:34.44	
3.	Nicolau Pargana Mendes 50m: 37.49 37.49 100m: 1:19.26 41.77	13	União Piedense	5:51.21	5:36.78	250
			150m: 2:45.54 250m: 4:12.78 200m: 2:45.54 300m: 4:12.78		350m: 5:36.78 400m: 5:36.78	
4.	Lourenco Filipe Gomes 50m: 36.84 36.84 100m: 1:17.81 40.97	13	Fisica Torres Vedras	6:01.24	5:41.31	240
			150m: 2:45.17 250m: 4:13.07 200m: 2:45.17 300m: 4:13.07		350m: 5:41.31 400m: 5:41.31	
5.	Davi Pietro Silva 50m: 35.38 35.38 100m: 1:15.48 40.10	13	Benfica	5:40.85	5:41.55	239
			150m: 2:41.73 250m: 4:10.23 200m: 2:41.73 300m: 4:10.23		350m: 5:41.55 400m: 5:41.55	
6.	Mateus Henriques Jorge 50m: 38.43 38.43 100m: 1:22.04 43.61	13	Colegio Int Monte Maior	6:50.00	5:49.04	224
			150m: 2:51.78 250m: 4:22.75 200m: 2:51.78 300m: 4:22.75		350m: 5:49.04 400m: 5:49.04	
7.	Joao Pedro Veiga 50m: 36.00 36.00 100m: 1:17.15 41.15	13	Benfica	6:22.40	5:51.90	219
			150m: 2:47.78 1:30.63 250m: 4:21.50 200m: 2:47.78 300m: 4:21.50		350m: 5:51.90 400m: 5:51.90	
8.	David Sanguinho Duarte 50m: 38.91 38.91 100m: 1:22.87 43.96	13	União Piedense	6:40.00	5:52.98	217
			150m: 2:51.56 250m: 4:22.91 200m: 2:51.56 300m: 4:22.91		350m: 5:52.98 400m: 5:52.98	
9.	Roman Sokolov 50m: 38.85 38.85 100m: 1:24.35 45.50	13	Benfica	6:20.00	5:53.38	216
			150m: 2:55.31 250m: 4:25.10 200m: 2:55.31 300m: 4:25.10		350m: 5:53.38 400m: 5:53.38	
10.	Francisco Pinto Mascarenhas 50m: 40.18 40.18 100m: 1:24.97 44.79	13	Salesianos	6:13.94	5:53.78	215
			150m: 2:57.00 250m: 4:28.53 200m: 2:57.00 300m: 4:28.53		350m: 5:53.78 400m: 5:53.78	
11.	Pedro Nabais Martins 50m: 37.13 37.13 100m: 1:19.44 42.31	13	Geslours	6:03.21	5:55.94	212
			150m: 2:49.16 250m: 4:23.38 200m: 2:49.16 300m: 4:23.38		350m: 5:55.94 400m: 5:55.94	
12.	Lourenco Fonseca Duarte 50m: 39.19 39.19 100m: 1:24.59 45.40	13	Colegio Int Monte Maior	6:50.00	5:57.73	208
			150m: 2:58.41 250m: 4:29.91 200m: 2:58.41 300m: 4:29.91		350m: 5:57.73 400m: 5:57.73	
13.	Francisco Nunes Silva 50m: 1:25.17 100m: 1:25.17	13	Colegio Int Monte Maior	6:05.25	6:02.10	201
			150m: 3:43.99 250m: 5:16.95 200m: 3:43.99 300m: 5:16.95		350m: 6:02.10 400m: 6:02.10	
14.	Joao Costa Pereira 50m: 40.83 40.83 100m: 1:26.97 46.14	13	Sporting	7:15.00	6:03.25	199
			150m: 3:01.08 250m: 4:35.50 200m: 3:01.08 300m: 4:35.50		350m: 6:03.25 400m: 6:03.25	
15.	Afonso Antunes Fiuza 50m: 1:24.97 100m: 1:24.97	13	Colegio Int Monte Maior	7:00.00	6:04.05	198
			150m: 2:59.26 250m: 5:18.94 200m: 2:59.26 300m: 5:18.94		350m: 6:04.05 400m: 6:04.05	
	Tomas Rodrigues Carrico 50m: 39.05 39.05 100m: 1:24.72 45.67	13	Sporting	7:00.00	6:04.05	198
			150m: 2:57.97 250m: 4:32.22 200m: 2:57.97 300m: 4:32.22		350m: 6:04.05 400m: 6:04.05	
17.	Henrique Rodrigues Vilar 50m: 39.95 39.95 100m: 1:24.53 44.58	13	Sporting	6:45.00	6:04.73	197
			150m: 2:56.70 250m: 4:31.38 200m: 2:56.70 300m: 4:31.38		350m: 6:04.73 400m: 6:04.73	
18.	Tiago Ferreira Martins 50m: 41.63 41.63 100m: 1:27.16 45.53	13	Palmela Desporto	6:30.00	6:07.41	192
			150m: 3:01.16 250m: 4:36.48 200m: 3:01.16 300m: 4:36.48		350m: 6:07.41 400m: 6:07.41	
19.	Goncalo Graca Domingues 50m: 41.65 41.65 100m: 1:27.97 46.32	13	Sporting	7:00.00	6:10.97	187
			150m: 3:03.15 250m: 4:37.72 200m: 3:03.15 300m: 4:37.72		350m: 6:10.97 400m: 6:10.97	
20.	Afonso Maria Gomes 50m: 41.39 41.39 100m: 1:27.25 45.86	13	Palmela Desporto	6:27.74	6:11.53	186
			150m: 3:02.31 250m: 4:59.53 200m: 3:02.31 300m: 4:59.53		350m: 6:11.53 400m: 6:11.53	

Prova 9, Masc., 400m Livres, Cadetes A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
21.	Goncalo Raposo Pinheiro 50m: 39.98 39.98 100m: 1:28.28 48.30	13	AONDA-Azeitão	6:20.00	6:12.61	184
			150m: 3:06.58 250m: 4:53.73 200m: 3:06.58 300m: 4:53.73		350m: 6:12.61 400m: 6:12.61	
22.	Vasco Afonso Alves 50m: 37.79 37.79 100m: 1:24.00 46.21	13	Colegio Int Monte Maior	6:50.00	6:12.75	184
			150m: 3:01.31 250m: 4:38.30 200m: 3:01.31 300m: 4:38.30		350m: 6:12.75 400m: 6:12.75	
23.	Andre Gregorio Fonseca 50m: 41.86 41.86 100m: 1:29.15 47.29	13	Colegio Int Monte Maior	7:00.00	6:22.50	170
			150m: 3:07.83 250m: 4:46.93 200m: 3:07.83 300m: 4:46.93		350m: 6:22.50 400m: 6:22.50	
24.	Bruce Jossub Ribeiro 50m: 38.26 38.26 100m: 1:25.44 47.18	13	Alges	7:10.00	6:24.44	168
			150m: 3:03.62 250m: 4:47.09 200m: 3:03.62 300m: 4:47.09		350m: 6:24.44 400m: 6:24.44	
25.	Miguel Marques Pereira 50m: 42.84 42.84 100m: 1:32.05 49.21	13	Geslours	7:30.00	6:25.09	167
			150m: 3:09.62 250m: 4:49.59 200m: 3:09.62 300m: 4:49.59		350m: 6:25.09 400m: 6:25.09	
26.	Tiago Branco Vasques 50m: 40.97 40.97 100m: 1:28.66 47.69	13	Naval Setubalense	6:38.70	6:28.47	163
			150m: 3:07.67 250m: 4:48.84 200m: 3:07.67 300m: 4:48.84		350m: 6:28.47 400m: 6:28.47	
27.	Daniel Dias Miranda 50m: 41.06 41.06 100m: 1:29.78 48.72	13	Fisica Torres Vedras	7:00.00	6:28.53	163
			150m: 3:08.93 250m: 4:47.96 200m: 3:08.93 300m: 4:47.96		350m: 6:28.53 400m: 6:28.53	
28.	Maksym Kravchuk 50m: 39.35 39.35 100m: 1:26.41 47.06	13	Fisica Torres Vedras	7:00.00	6:29.02	162
			150m: 2:15.94 250m: 3:57.89 200m: 2:15.94 300m: 3:57.89		350m: 6:29.02 400m: 6:29.02	
29.	Goncalo Filipe Teles 50m: 43.40 43.40 100m: 1:30.90 47.50	13	Palmela Desporto	6:45.00	6:29.25	162
			150m: 3:07.94 250m: 4:48.83 200m: 3:07.94 300m: 4:48.83		350m: 6:29.25 400m: 6:29.25	
30.	Goncalo Alexandre Lourenco 50m: 41.72 41.72 100m: 1:29.93 48.21	13	Sporting	7:15.00	6:29.65	161
			150m: 3:10.40 250m: 4:51.87 200m: 3:10.40 300m: 4:51.87		350m: 6:29.65 400m: 6:29.65	
31.	Manuel Xavier Pereira 50m: 1:32.37 100m: 1:32.37	13	Alges	7:10.00	6:31.25	159
			150m: 3:14.47 250m: 4:57.15 200m: 3:14.47 300m: 4:57.15		350m: 6:31.25 400m: 6:31.25	
32.	Joao Pedro Hoelzer 50m: 42.56 42.56 100m: 1:29.74 47.18	13	Palmela Desporto	6:42.26	6:33.24	157
			150m: 3:10.70 250m: 4:52.99 200m: 3:10.70 300m: 4:52.99		350m: 6:33.24 400m: 6:33.24	
33.	Andre Tavares Pinho 50m: 42.45 42.45 100m: 1:32.94 50.49	13	Geslours	7:30.00	6:33.90	156
			150m: 2:24.25 51.31 250m: 4:06.55 200m: 3:16.20 51.95 300m: 4:06.55	50.35	350m: 5:48.25 400m: 6:33.90	45.65
34.	Joao Maria Valle 50m: 41.76 41.76 100m: 1:29.05 47.29	13	Clube de Natação e Triatlo de Lisboa	7:00.00	6:34.72	155
			150m: 3:09.26 250m: 4:55.47 200m: 3:09.26 300m: 4:55.47		350m: 6:34.72 400m: 6:34.72	
35.	Duarte Sousa Barreto 50m: 43.31 43.31 100m: 1:32.09 48.78	13	Geslours	7:30.00	6:34.73	155
			150m: 3:13.38 250m: 4:56.38 200m: 3:13.38 300m: 4:56.38		350m: 6:34.73 400m: 6:34.73	
36.	Rafael Gil Francisco 50m: 43.17 43.17 100m: 1:34.96 51.79	13	Geslours	7:30.00	6:34.84	155
			150m: 3:17.46 250m: 4:58.81 200m: 3:17.46 300m: 4:58.81		350m: 6:34.84 400m: 6:34.84	
37.	Makar Nedukha 50m: 40.80 40.80 100m: 1:29.41 48.61	13	Naval Setubalense	6:45.00	6:38.55	151
			150m: 3:12.09 250m: 4:57.31 200m: 3:12.09 300m: 4:57.31		350m: 6:38.55 400m: 6:38.55	
38.	Pedro Lourenco Faria 50m: 1:35.25 100m: 1:35.25	13	Salesianos	6:30.00	6:39.15	150
			150m: 3:18.75 250m: 5:03.36 200m: 3:18.75 300m: 5:03.36		350m: 6:39.15 400m: 6:39.15	
39.	Dionis Daniel Milanov 50m: 42.72 42.72 100m: 1:34.82 52.10	13	Naval Setubalense	7:00.00	6:40.07	149
			150m: 3:20.40 250m: 5:03.37 200m: 3:20.40 300m: 5:03.37		350m: 6:40.07 400m: 6:40.07	
40.	Joao Maria Lopez 50m: 1:31.95 100m: 1:31.95	13	Palmela Desporto	6:45.00	6:44.37	144
			150m: 3:14.60 250m: 5:00.17 200m: 3:14.60 300m: 5:00.17		350m: 6:44.37 400m: 6:44.37	
41.	Miguel Rodrigues Carvalho 50m: 45.79 45.79 100m: 1:35.79 50.00	13	Ginásio Clube Português	7:30.00	6:47.44	141
			150m: 3:19.94 250m: 5:06.37 200m: 3:19.94 300m: 5:06.37		350m: 6:47.44 400m: 6:47.44	

Prova 9, Masc., 400m Livres, Cadetes A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
42.	Erik Minhalov Pereira 50m: 1:33.55 100m: 1:33.55	13	Colegio Int Monte Maior 150m: 3:17.19 200m: 3:17.19 250m: 5:03.02 300m: 5:03.02	7:30.00	6:48.47 350m: 6:48.47 400m: 6:48.47	140
43.	Manuel Gines Lopez 50m: 45.63 45.63 100m: 1:37.98 52.35	13	Palmela Desporto 150m: 3:23.19 200m: 3:23.19 250m: 5:08.02 300m: 5:08.02	6:45.00	6:49.16 350m: 6:49.16 400m: 6:49.16	139
44.	Bernardo Henriques Santos 50m: 45.00 45.00 100m: 1:36.22 51.22	13	Fisica Torres Vedras 150m: 3:23.50 200m: 3:23.50 250m: 5:09.79 300m: 5:09.79	7:30.00	6:51.30 350m: 6:51.30 400m: 6:51.30	137
45.	Frederico Henriques Santos 50m: 46.11 46.11 100m: 1:37.32 51.21	13	Fisica Torres Vedras 150m: 3:24.75 200m: 3:24.75 250m: 5:10.47 300m: 5:10.47	7:30.00	6:52.47 350m: 6:52.47 400m: 6:52.47	136
46.	Pedro Bras Faisca 50m: 43.60 43.60 100m: 1:34.95 51.35	13	Alges 150m: 3:24.03 200m: 3:24.03 250m: 5:13.15 300m: 5:13.15	7:20.00	6:56.72 350m: 6:56.72 400m: 6:56.72	132
47.	Guilherme Miguel Gomes 50m: 44.18 44.18 100m: 1:36.11 51.93	13	Geslours 150m: 2:28.43 52.32 200m: 3:21.65 53.22 250m: 4:15.07 300m: 5:10.32	7:30.00 53.42 55.25	6:58.93 350m: 6:06.00 400m: 6:58.93	130 55.68 52.93
48.	Tommaso Mura 50m: 48.30 48.30 100m: 1:38.75 50.45	13	Salesianos 150m: 3:27.43 200m: 3:27.43 250m: 5:17.47 300m: 5:17.47	6:30.00	6:59.86 350m: 6:59.86 400m: 6:59.86	129
49.	Manuel Maria Fernandes 50m: 41.68 41.68 100m: 1:30.00 48.32	13	Alges 150m: 3:14.53 200m: 3:14.53 250m: 5:12.03 300m: 5:12.03	7:07.30	7:06.40 350m: 7:06.40 400m: 7:06.40	123
50.	Rodrigo Miguel Casares 50m: 46.22 46.22 100m: 1:40.36 54.14	13	Salesianos 150m: 3:33.25 200m: 3:33.25 250m: 5:26.83 300m: 5:26.83	6:30.00	7:19.53 350m: 7:19.53 400m: 7:19.53	112
51.	Santiago Sousa Nabais 50m: 48.07 48.07 100m: 1:43.59 55.52	13	Geslours 150m: 2:41.09 57.50 200m: 3:39.84 58.75 250m: 4:37.67 300m: 5:35.57	7:30.00 57.83 57.90	7:34.53 350m: 6:37.57 400m: 7:34.53	101 1:02.00 56.96