

Torneio de Preparação  
Mealhada, 15 - 16/6/2019

Prova 16	Masc., 400m Livres				Absoluto
16/06/2019 - 11:20					Resultados
Rec Nac 25m Absoluto	3:42.91	NASCIMENTO, Miguel Duarte	SLB	Porto	09/12/2017
Rec Nac 25m Sen	3:42.91	NASCIMENTO, Miguel Duarte	SLB	Porto	09/12/2017
Rec Nac 25m Jun18	3:50.52	NIZ, Adriano Miguel	CFV	Fafe	26/06/2004
Rec Nac 25m Jun17	3:56.54	COSTA, Rui Filipe	VSC	Feigueiras	24/11/2007
Rec Nac 25m Juv A	3:59.31	SANTOS, Joao Carlos	ANAM	Algés	08/07/2012
Rec Nac 25m Juv B	4:03.22	GIL, Joao Pedro	ANAM	Algés	08/07/2012
Rec Nac 25m Inf A	4:12.35	RUIVO, Andre Vilas	DNMG	Campo Maior	29/03/2014
Rec Nac 25m Inf B	4:21.95	OLIVEIRA, Pedro Fontoura	CFB	Santarém	04/04/2003
Recordes Reg ANCNP 25m Absoluto	3:49.02	CARVALHO, Diogo Filipe	CGA	S. Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Sen	3:49.02	CARVALHO, Diogo Filipe	CGA	STº Antonio Cavaleiros	21/12/2012
Recordes Reg ANCNP 25m Jun18	3:59.88	JORGE, Duarte Miguel	CGA	Felgueiras	22/12/2018
Recordes Reg ANCNP 25m Jun17	3:57.30	LEBRE, Diogo Ramos	SCA	Mealhada	17/06/2018
Recordes Reg ANCNP 25m Juv A	4:01.35	CARVALHO, Diogo Filipe	ANCNP	Anadia	28/02/2004
Recordes Reg ANCNP 25m Juv B	4:05.91	CARVALHO, Diogo Filipe	CGA	Braga	01/03/2003
Recordes Reg ANCNP 25m Inf A	4:19.33	JORGE, Duarte Miguel	CGA	Abrantes	21/02/2015
Recordes Reg ANCNP 25m Inf B	4:30.17	TOMÉ, David Emanuel	HCM	Espinho	14/05/2016

Pontos: FINA 2018

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINAPts	Obs
<b>Infantis B</b>							
1.	TAVARES, Daniel Batista	M	202604 06	Algés e Águeda XXI	<b>4:54.29</b>	375	
	50m: 32.89 32.89	150m: 1:45.96 36.88	250m: 3:01.88 38.10		350m: 4:18.26 37.77		
	100m: 1:09.08 36.19	200m: 2:23.78 37.82	300m: 3:40.49 38.61		400m: 4:54.29 36.03		
2.	MARTINS, Henrique Ferreira	M	203907 06	Algés e Águeda XXI	<b>5:08.29</b>	326	
	50m: 35.64 35.64	150m: 1:53.65 38.82	250m: 3:11.92 39.37		350m: 4:30.70 39.79		
	100m: 1:14.83 39.19	200m: 2:32.55 38.90	300m: 3:50.91 38.99		400m: 5:08.29 37.59		
3.	TEIXEIRA, Gabriel Cunha	M	133229 06	Algés e Águeda XXI	<b>5:09.24</b>	323	
	50m: 35.63 35.63	150m: 1:53.81 38.86	250m: 3:12.41 39.36		350m: 4:31.20 39.06		
	100m: 1:14.95 39.32	200m: 2:33.05 39.24	300m: 3:52.14 39.73		400m: 5:09.24 38.04		
4.	ALMEIDA, Afonso Miguel	M	202440 06	Sporting Clube de Aveiro	<b>5:19.80</b>	292	
	50m: 35.34 35.34	150m: 1:55.38 40.66	250m: 3:17.50 41.03		350m: 4:40.02 41.19		
	100m: 1:14.72 39.38	200m: 2:36.47 41.09	300m: 3:58.83 41.33		400m: 5:19.80 39.78		
5.	MENESES, Martim Ribeiro	M	200854 06	O Crasto	<b>5:39.94</b>	243	
	50m: 37.41 37.41	150m: 2:02.38 43.41	250m: 3:32.17 44.09		350m: 4:59.29 42.34		
	100m: 1:18.97 41.56	200m: 2:48.08 45.70	300m: 4:16.95 44.78		400m: 5:39.94 40.65		

**Infantis A**

1.	SILVA, Diogo Miguel	M	133049 05	Galitos / Bresimar	<b>4:29.43</b>	488	
	50m: 31.42 31.42	150m: 1:39.50 34.13	250m: 2:47.34 33.35		350m: 3:56.09 34.47		
	100m: 1:05.37 33.95	200m: 2:13.99 34.49	300m: 3:21.62 34.28		400m: 4:29.43 33.34		
2.	SOUSA, David Joao	M	130931 05	Clube de Vouzela	<b>4:33.26</b>	468	
	50m: 29.73 29.73	150m: 1:38.31 35.36	250m: 2:49.54 34.94		350m: 4:00.40 35.87		
	100m: 1:02.95 33.22	200m: 2:14.60 36.29	300m: 3:24.53 34.99		400m: 4:33.26 32.86		
3.	VIEIRA, Eduardo Gabriel	M	129026 05	Bombeiros Mealhada/ CA	<b>4:35.73</b>	456	
	50m: 30.07 30.07	150m: 1:37.58 34.19	250m: 2:47.56 35.14		350m: 4:00.18 36.73		
	100m: 1:03.39 33.32	200m: 2:12.42 34.84	300m: 3:23.45 35.89		400m: 4:35.73 35.55		
4.	DIAS, Pedro Anselmo	M	200309 05	Ac.Viseu	<b>4:49.69</b>	393	
	50m: 33.01 33.01	150m: 1:45.65 36.79	250m: 2:59.82 37.16		350m: 4:14.12 36.78		
	100m: 1:08.86 35.85	200m: 2:22.66 37.01	300m: 3:37.34 37.52		400m: 4:49.69 35.57		
5.	AMARAL, Francisco Xavier	M	208460 05	Bombeiros Mealhada/ CA	<b>4:54.76</b>	373	
	50m: 33.42 33.42	150m: 1:47.06 37.21	250m: 3:02.55 38.50		350m: 4:19.40 38.41		
	100m: 1:09.85 36.43	200m: 2:24.05 36.99	300m: 3:40.99 38.44		400m: 4:54.76 35.36		
6.	FERREIRA, Abel Renato	M	131149 05	Algés e Águeda XXI	<b>4:55.30</b>	371	
	50m: 32.64 32.64	150m: 1:46.44 37.15	250m: 3:01.92 37.67		350m: 4:18.65 38.19		
	100m: 1:09.29 36.65	200m: 2:24.25 37.81	300m: 3:40.46 38.54		400m: 4:55.30 36.65		
7.	JORGE, Jose Pedro	M	128062 05	Clube Natacao de Vagos	<b>5:01.75</b>	348	
	50m: 34.58 34.58	150m: 1:51.90 38.44	250m: 3:08.08 38.04		350m: 4:24.60 38.07		
	100m: 1:13.46 38.88	200m: 2:30.04 38.14	300m: 3:46.53 38.45		400m: 5:01.75 37.15		
8.	FERNANDES, Dinis Coimbra	M	204381 05	Tondela	<b>5:22.08</b>	286	
	50m: 35.20 35.20	150m: 1:54.29 40.29	250m: 3:17.81 42.02		350m: 4:41.81 42.07		
	100m: 1:14.00 38.80	200m: 2:35.79 41.50	300m: 3:59.74 41.93		400m: 5:22.08 40.27		
9.	PEREIRA, Rodrigo Miguel	M	202091 05	Campinho	<b>5:33.78</b>	257	
	50m: 35.82 35.82	150m: 1:58.83 42.91	250m: 3:25.96 44.24		350m: 4:52.54 43.44		
	100m: 1:15.92 40.10	200m: 2:41.72 42.89	300m: 4:09.10 43.14		400m: 5:33.78 41.24		

Prova 16, Masc., 400m Livres

Juvenis B

1. PEREIRA, Tiago Maia	M	124456	04	Galitos / Bresimar	<b>4:27.06</b>	502		
50m: 30.11		150m: 1:36.66		33.98	250m: 2:44.66	34.12	350m: 3:53.38	34.38
100m: 1:02.68	32.57	200m: 2:10.54		33.88	300m: 3:19.00	34.34	400m: 4:27.06	33.68
2. NEAGU, Tiberius Sebastian	M	124756	04	Ac.Viseu	<b>4:35.03</b>	459		
50m: 31.42	31.42	150m: 1:39.61		34.23	250m: 2:48.89	34.22	350m: 4:00.77	36.39
100m: 1:05.38	33.96	200m: 2:14.67		35.06	300m: 3:24.38	35.49	400m: 4:35.03	34.26
3. JESUS, Pedro Duarte	M	126525	04	Galitos / Bresimar	<b>4:35.51</b>	457		
50m: 31.03	31.03	150m: 1:39.84		34.82	250m: 2:49.79	34.80	350m: 4:01.77	35.61
100m: 1:05.02	33.99	200m: 2:14.99		35.15	300m: 3:26.16	36.37	400m: 4:35.51	33.74
4. CABRAL, Rui Tomas	M	202599	04	Ac.Viseu	<b>4:44.65</b>	414		
50m: 31.07	31.07	150m: 1:41.55		35.73	250m: 2:55.01	36.64	350m: 4:08.52	36.52
100m: 1:05.82	34.75	200m: 2:18.37		36.82	300m: 3:32.00	36.99	400m: 4:44.65	36.13
5. LIMA, Tiago Diniz	M	132172	04	Clube Desportivo Estarreja	<b>4:52.25</b>	383		
50m: 32.49	32.49	150m: 1:46.35		37.44	250m: 3:00.37	36.96	350m: 4:15.78	37.72
100m: 1:08.91	36.42	200m: 2:23.41		37.06	300m: 3:38.06	37.69	400m: 4:52.25	36.47
6. OLIVEIRA, Ricardo Gabriel	M	132171	04	Clube Desportivo Estarreja	<b>5:04.44</b>	338		
50m: 35.25	35.25	150m: 1:52.08		38.39	250m: 3:09.39	38.24	350m: 4:26.52	38.32
100m: 1:13.69	38.44	200m: 2:31.15		39.07	300m: 3:48.20	38.81	400m: 5:04.44	37.92

Juvenis A

1. FERREIRA, Tomas Soares	M	129615	03	Clube Desportivo Estarreja	<b>4:31.35</b>	478		
50m: 31.12	31.12	150m: 1:39.61		34.47	250m: 2:48.05	34.28	350m: 3:57.76	34.74
100m: 1:05.14	34.02	200m: 2:13.77		34.16	300m: 3:23.02	34.97	400m: 4:31.35	33.59
2. OLIVEIRA, Daniel Valente	M	125369	03	Sporting Clube de Aveiro	<b>4:33.51</b>	467		
50m: 30.58	30.58	150m: 1:40.52		35.22	250m: 2:50.96	34.80	350m: 4:01.67	35.31
100m: 1:05.30	34.72	200m: 2:16.16		35.64	300m: 3:26.36	35.40	400m: 4:33.51	31.84
3. FERREIRA, Joao Pedro	M	133209	03	Ac.Viseu	<b>4:36.26</b>	453		
50m: 31.44	31.44	150m: 1:39.18		34.55	250m: 2:49.42	35.04	350m: 4:00.26	36.12
100m: 1:04.63	33.19	200m: 2:14.38		35.20	300m: 3:24.14	34.72	400m: 4:36.26	36.00
4. SOLODYUK, Micael Kovalchuk	M	139552	03	Clube Natacao de Vagos	<b>4:38.49</b>	442		
50m: 30.77	30.77	150m: 1:40.16		34.98	250m: 2:51.84	35.88	350m: 4:03.99	35.93
100m: 1:05.18	34.41	200m: 2:15.96		35.80	300m: 3:28.06	36.22	400m: 4:38.49	34.50
5. CARDOSO, Joao Francisco	M	124552	03	Individual ANCP	<b>4:39.74</b>	436		
50m: 30.55	30.55	150m: 1:39.22		35.14	250m: 2:50.89	35.59	350m: 4:03.98	36.52
100m: 1:04.08	33.53	200m: 2:15.30		36.08	300m: 3:27.46	36.57	400m: 4:39.74	35.76
6. PEREIRA, Igor Branco	M	202602	03	O Crasto	<b>4:43.30</b>	420		
50m: 31.82	31.82	150m: 1:44.27		36.75	250m: 2:56.38	35.08	350m: 4:09.27	36.43
100m: 1:07.52	35.70	200m: 2:21.30		37.03	300m: 3:32.84	36.46	400m: 4:43.30	34.03
7. COELHO, Joao Reis	M	131491	03	Tondela	<b>4:52.17</b>	383		
50m: 32.16	32.16	150m: 1:45.67		35.14	250m: 3:00.79	37.49	350m: 4:17.21	38.65
100m: 1:08.29	36.13	200m: 2:23.30		37.63	300m: 3:38.56	37.77	400m: 4:52.17	34.96

Juniores

1. AMARAL, Francisco Rodriguez	M	122608	02	Campinho	<b>4:08.42</b>	623		
50m: 28.53	28.53	150m: 1:30.56		31.30	250m: 2:33.64	31.40	350m: 3:37.59	32.00
100m: 59.26	30.73	200m: 2:02.24		31.68	300m: 3:05.59	31.95	400m: 4:08.42	30.83
2. SOUSA, Nuno Alexandre	M	126235	02	Clube de Vouzela	<b>4:13.03</b>	590		
50m: 27.44	27.44	150m: 1:30.69		32.33	250m: 2:35.58	32.21	350m: 3:41.33	32.90
100m: 58.36	30.92	200m: 2:03.37		32.68	300m: 3:08.43	32.85	400m: 4:13.03	31.70
3. LOPES, Miguel Sanches	M	125038	01	Ac.Viseu	<b>4:18.26</b>	555		
50m: 29.26	29.26	150m: 1:34.19		32.91	250m: 2:39.86	32.52	350m: 3:46.02	33.33
100m: 1:01.28	32.02	200m: 2:07.34		33.15	300m: 3:12.69	32.83	400m: 4:18.26	32.24
4. PINHO, Manuel Antonio	M	126014	01	Clube Desportivo Feirense	<b>4:21.17</b>	536		
50m: 30.02	30.02	150m: 1:34.79		33.06	250m: 2:41.48	33.45	350m: 3:48.53	33.70
100m: 1:01.73	31.71	200m: 2:08.03		33.24	300m: 3:14.83	33.35	400m: 4:21.17	32.64
5. ACIOLI, Victor Hugo	M	207165	02	Clube Desportivo Feirense	<b>4:21.19</b>	536		
50m: 28.59	28.59	150m: 1:33.30		33.14	250m: 2:40.74	33.94	350m: 3:48.36	33.78
100m: 1:00.16	31.57	200m: 2:06.80		33.50	300m: 3:14.58	33.84	400m: 4:21.19	32.83
6. MO�O, Pedro Ribeiro	M	123844	02	Clube Natacao de Vagos	<b>4:38.27</b>	443		
50m: 30.80	30.80	150m: 1:38.88		34.65	250m: 2:50.32	35.87	350m: 4:02.70	36.31
100m: 1:04.23	33.43	200m: 2:14.45		35.57	300m: 3:26.39	36.07	400m: 4:38.27	35.57
7. FIGUEIREDO, Gustavo Pinto	M	126459	02	O Crasto	<b>4:38.57</b>	442		
50m: 31.60	31.60	150m: 1:42.99		36.08	250m: 2:54.68	35.83	350m: 4:05.27	35.24
100m: 1:06.91	35.31	200m: 2:18.85		35.86	300m: 3:30.03	35.35	400m: 4:38.57	33.30
8. OLIVEIRA, David Miguel	M	125696	01	Clube Desportivo Estarreja	<b>4:39.83</b>	436		
50m: 30.87	30.87	150m: 1:40.58		35.58	250m: 2:51.68	36.05	350m: 4:04.27	36.16
100m: 1:05.00	34.13	200m: 2:15.63		35.05	300m: 3:28.11	36.43	400m: 4:39.83	35.56

Prova 16, Masc., 400m Livres, Juniores

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINAPts	Obs
9.	TAVARES, Licinio Silva	M	126548 01	Clube Desportivo Estarreja	<b>4:42.91</b>	422	
	50m: 30.34 30.34	150m: 1:38.48	34.83	250m: 2:50.97	36.65	350m: 4:04.05	35.97
	100m: 1:03.65 33.31	200m: 2:14.32	35.84	300m: 3:28.08	37.11	400m: 4:42.91	38.86

Seniores

1.	RELVA, Tiago Alexandre	M	125640 96	O Crasto	<b>4:39.03</b>	440	
	50m: 31.93 31.93	150m: 1:41.86	35.76	250m: 2:54.20	35.96	350m: 4:05.32	35.43
	100m: 1:06.10 34.17	200m: 2:18.24	36.38	300m: 3:29.89	35.69	400m: 4:39.03	33.71