

Prova 4 Masc., 400m Livres Open
26/01/2025 - 9:46 Resultados

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|----------------------|---------|--------------------------|--------|---------------------|------------|
| Rec Nac Adaptada S5 | 6:29.67 | Ivo Filipe Rocha | FVCD | Lousada | 06/05/2023 |
| Rec Nac Adaptada S6 | 5:22.26 | Daniel Carlos Videira | GESL | Guarda | 17/02/2019 |
| Rec Nac Adaptada S7 | 5:04.97 | Ricardo Aderneira Soares | GESL | Guarda | 07/12/2024 |
| Rec Nac Adaptada S8 | 4:46.57 | Diogo Luis Cancela | ALN | Coimbra | 22/10/2022 |
| Rec Nac Adaptada S9 | 4:20.60 | David Realista Grachat | GESL | Vila Franca de Xira | 04/02/2018 |
| Rec Nac Adaptada S10 | 4:23.44 | Emanuel Luis Goncalves | CDN | Funchal | 14/03/2014 |
| Rec Nac Adaptada S11 | 4:37.96 | Marco Ribeiro Meneses | CRASTO | Abrantes | 02/07/2022 |
| Rec Nac Adaptada S12 | 6:24.01 | Joao Tanica Cruz | PDEM | Recarei | 22/05/2022 |
| Rec Nac Adaptada S13 | 4:24.15 | Vitor Hugo Encarnacao | CDN | Funchal | 05/07/2013 |
| Rec Nac Adaptada S14 | 4:40.53 | Samuel Lima Duarte | FVCD | Guarda | 07/12/2024 |
| Rec Nac Adaptada S15 | 4:20.31 | Tiago Correia Neves | CFB | Vila Franca de Xira | 04/02/2018 |
| Rec Nac Adaptada S16 | 5:03.78 | Andre Camara Jorge | CEOL | Funchal | 01/12/2018 |
| Rec Nac Adaptada S17 | 5:05.44 | Joaquim Eduardo Carvalho | CNF | Funchal | 22/11/2024 |
| Rec Nac Adaptada S21 | 5:44.53 | Andre Reis Almeida | SCP | Abrantes | 02/07/2022 |

Lugar Idade Tempo final

S7

| | | | |
|------------------------|-----------------------|-----------------------|-----------------------|
| 1. Nuno Diogo Alves | 36 | Propaganda da Nataçã | 7:47.23 |
| 50m: 50.65 50.65 | 150m: 2:46.92 1:00.05 | 250m: 4:44.84 59.08 | 350m: 6:46.76 1:00.27 |
| 100m: 1:46.87 56.22 | 200m: 3:45.76 58.84 | 300m: 5:46.49 1:01.65 | 400m: 7:47.23 1:00.47 |
| 2. Tomas Diogo Ribeiro | 13 | FC Porto | 8:00.75 |
| 50m: 53.28 53.28 | 150m: 2:53.21 1:01.50 | 250m: 4:56.97 1:02.11 | 350m: 6:59.76 1:01.28 |
| 100m: 1:51.71 58.43 | 200m: 3:54.86 1:01.65 | 300m: 5:58.48 1:01.51 | 400m: 8:00.75 1:00.99 |

S8

| | | | |
|---------------------------|---------------------|---------------------|---------------------|
| 1. Rodrigo Oliveira Silva | 16 | Feira Viva | 7:14.59 |
| 50m: 46.22 46.22 | 150m: 2:36.71 56.75 | 250m: 4:30.33 57.07 | 350m: 6:22.35 54.80 |
| 100m: 1:39.96 53.74 | 200m: 3:33.26 56.55 | 300m: 5:27.55 57.22 | 400m: 7:14.59 52.24 |

S9

| | | | |
|----------------------------|---------------------|---------------------|---------------------|
| 1. Ricardo Silva Reis | 15 | ADADA Porto | 6:09.45 |
| 50m: 37.69 37.69 | 150m: 2:05.79 45.39 | 250m: 3:40.80 48.29 | 350m: 5:19.67 49.39 |
| 100m: 1:20.40 42.71 | 200m: 2:52.51 46.72 | 300m: 4:30.28 49.48 | 400m: 6:09.45 49.78 |
| 2. Francisco Mario Gouveia | 49 | Feira Viva | 6:40.30 |
| 50m: 42.76 42.76 | 150m: 2:21.15 50.70 | 250m: 4:05.00 51.89 | 350m: 5:49.83 52.58 |
| 100m: 1:30.45 47.69 | 200m: 3:13.11 51.96 | 300m: 4:57.25 52.25 | 400m: 6:40.30 50.47 |

S14-Seniores

| | | | |
|-------------------------|---------------------|---------------------|---------------------|
| 1. Samuel Lima Duarte | 20 | Feira Viva | 4:39.99 |
| <i>Recorde Nacional</i> | | | |
| 50m: 32.15 32.15 | 150m: 1:42.75 35.39 | 250m: 2:54.45 36.04 | 350m: 4:06.03 35.74 |
| 100m: 1:07.36 35.21 | 200m: 2:18.41 35.66 | 300m: 3:30.29 35.84 | 400m: 4:39.99 33.96 |

S17-Esperanças

| | | | |
|--------------------------|-----------------------|-----------------------|-----------------------|
| 1. Nuno Rafael Guimaraes | 15 | ADADA Porto | 9:58.21 |
| 50m: 58.69 58.69 | 150m: 3:18.63 1:12.79 | 250m: 5:51.41 1:18.70 | 350m: 8:41.14 1:28.91 |
| 100m: 2:05.84 1:07.15 | 200m: 4:32.71 1:14.08 | 300m: 7:12.23 1:20.82 | 400m: 9:58.21 1:17.07 |

X Trofeu das Fogaceiras
Santa Maria da Feira, 26/1/2025

Prova 4, Masc., 400m Livres, S17-Esperanç s

| Lugar | Idade | Tempo final |
|--------------------------|-----------------------|------------------------|
| 2. Vasco Paixao Oliveira | 9 ADADA Porto | 11:08.02 |
| 50m: 1:01.41 1:01.41 | 150m: 3:58.33 1:30.07 | 250m: 6:57.52 1:28.51 |
| 100m: 2:28.26 1:26.85 | 200m: 5:29.01 1:30.68 | 300m: 8:22.34 1:24.82 |
| | | 350m: 9:43.72 1:21.38 |
| | | 400m: 11:08.02 1:24.30 |

S17-Seniores

| | | |
|----------------------------|-----------------------------|-----------------------|
| 1. David Silva Paiva | 20 FC Porto | 5:46.79 |
| 50m: 39.98 39.98 | 150m: 2:07.82 44.34 | 250m: 3:35.57 43.85 |
| 100m: 1:23.48 43.50 | 200m: 2:51.72 43.90 | 300m: 4:19.61 44.04 |
| | | 350m: 5:03.78 44.17 |
| | | 400m: 5:46.79 43.01 |
| 2. Jose Viscaya Vieira | 17 Sporting Clube de Aveiro | 6:43.64 |
| 50m: 40.12 40.12 | 150m: 2:21.72 52.11 | 250m: 4:03.67 51.51 |
| 100m: 1:29.61 49.49 | 200m: 3:12.16 50.44 | 300m: 4:57.26 53.59 |
| | | 350m: 5:54.22 56.96 |
| | | 400m: 6:43.64 49.42 |
| 3. Bruno Ricardo Guimaraes | 30 Propaganda da Nataç o | 7:45.93 |
| 50m: 45.36 45.36 | 150m: 2:42.07 59.64 | 250m: 4:42.08 1:00.72 |
| 100m: 1:42.43 57.07 | 200m: 3:41.36 59.29 | 300m: 5:43.55 1:01.47 |
| | | 350m: 6:44.54 1:00.99 |
| | | 400m: 7:45.93 1:01.39 |

S21-Seniores

| | | |
|------------------------------|--------------------------------|-----------------------|
| 1. Francisco Pessanha Montes | 22 ADADA Porto | 6:16.92 |
| 50m: 40.32 40.32 | 150m: 2:13.40 48.07 | 250m: 3:50.71 48.44 |
| 100m: 1:25.33 45.01 | 200m: 3:02.27 48.87 | 300m: 4:40.42 49.71 |
| | | 350m: 5:30.43 50.01 |
| | | 400m: 6:16.92 46.49 |
| 2. Daniel Filipe Moreira | 27 AP Vila D Este/Agua de Gaia | 7:18.14 |
| 50m: 48.26 48.26 | 150m: 2:35.71 54.51 | 250m: 4:28.57 56.54 |
| 100m: 1:41.20 52.94 | 200m: 3:32.03 56.32 | 300m: 5:26.20 57.63 |
| | | 350m: 6:22.75 56.55 |
| | | 400m: 7:18.14 55.39 |
| 3. Joel Alexandre Pereira | 32 APC Coimbra | 7:55.08 |
| 50m: 49.95 49.95 | 150m: 2:50.59 1:01.18 | 250m: 4:53.10 1:00.12 |
| 100m: 1:49.41 59.46 | 200m: 3:52.98 1:02.39 | 300m: 5:54.40 1:01.30 |
| | | 350m: 6:55.14 1:00.74 |
| | | 400m: 7:55.08 59.94 |