

Prova de Preparação JUV; JUN e SEN  
Olhão, 23 - 24/10/2021

Prova 14  
24/10/2021 - 10:00

Masc., 400m Livres

Absolutos  
Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. David Martins, CARMO	07 Natacao de Olhao	<b>5:09.44</b>	322
50m: 34.35 34.35	150m: 1:51.89 39.17	250m: 3:10.99 39.75	350m: 4:31.48 40.30
100m: 1:12.72 38.37	200m: 2:31.24 39.35	300m: 3:51.18 40.19	400m: 5:09.44 37.96
2. Alexandre Rijo, ARVELA	07 FC Ferreiras/AlgarExperience	<b>5:41.08</b>	240
50m: 36.16 36.16	150m: 2:45.91	250m: 4:13.73	350m: 5:41.08
100m: 1:18.19 42.03	200m: 2:45.91	300m: 4:13.73	400m: 5:41.08
3. Pedro Afonso, SIMAO	07 FC Ferreiras/AlgarExperience	<b>5:42.51</b>	237
50m: 36.24 36.24	150m: 2:01.06 43.71	250m: 3:29.52 44.44	350m: 4:58.63 44.86
100m: 1:17.35 41.11	200m: 2:45.08 44.02	300m: 4:13.77 44.25	400m: 5:42.51 43.88
DSQ Rafael Sofrino, RODRIGUES	07 Aquatico Silves		
<i>Não termino o percurso</i>			
<b>Juvenis A</b>			
1. Erhan Asanov, DURAKOV	06 Naval de Faro	<b>4:49.18</b>	395
50m: 31.12 31.12	150m: 1:42.26 36.75	250m: 2:57.12 37.47	350m: 4:13.02 38.11
100m: 1:05.51 34.39	200m: 2:19.65 37.39	300m: 3:34.91 37.79	400m: 4:49.18 36.16
2. Iago Valentim, FALEIRO	06 Aquatico Silves	<b>4:50.97</b>	388
50m: 30.92 30.92	150m: 1:43.85 37.06	250m: 2:59.41 38.19	350m: 4:15.45 38.26
100m: 1:06.79 35.87	200m: 2:21.22 37.37	300m: 3:37.19 37.78	400m: 4:50.97 35.52
3. Diogo Guerreiro, DIAS	06 Aquatico Silves	<b>4:56.23</b>	367
50m: 31.73 31.73	150m: 1:45.03 37.60	250m: 3:03.10 38.92	350m: 4:20.47 39.20
100m: 1:07.43 35.70	200m: 2:24.18 39.15	300m: 3:41.27 38.17	400m: 4:56.23 35.76
4. Nicolae, FISTICANU	06 Naval de Faro	<b>5:00.50</b>	352
50m: 33.36 33.36	150m: 1:47.57 37.71	250m: 3:04.78 38.38	350m: 4:22.61 38.86
100m: 1:09.86 36.50	200m: 2:26.40 38.83	300m: 3:43.75 38.97	400m: 5:00.50 37.89
5. Miguel Andre, PONTE	06 Naval de Faro	<b>5:06.09</b>	333
50m: 30.96 30.96	150m: 1:45.50 44.47	250m: 3:05.83 40.62	350m: 4:26.73 40.56
100m: 1:01.03 30.07	200m: 2:25.21 39.71	300m: 3:46.17 40.34	400m: 5:06.09 39.36
6. Alexandre Santos, PIRES	06 Natacao de Olhao	<b>5:06.91</b>	330
50m: 33.34 33.34	150m: 1:50.87 40.13	250m: 3:08.66 39.45	350m: 4:29.13 40.57
100m: 1:10.74 37.40	200m: 2:29.21 38.34	300m: 3:48.56 39.90	400m: 5:06.91 37.78
<b>Juniores</b>			
1. Guilherme Sousa, GOMES	04 Aquatico Silves	<b>4:13.74</b>	585
50m: 28.97 28.97	150m: 1:33.20 32.44	250m: 2:39.38 33.20	350m: 3:45.66 33.06
100m: 1:00.76 31.79	200m: 2:06.18 32.98	300m: 3:12.60 33.22	400m: 4:13.74 28.08
2. Afonso Martim, GOUVEIA	05 FC Ferreiras/AlgarExperience	<b>4:26.41</b>	505
50m: 30.38 30.38	150m: 1:37.72 34.22	250m: 2:46.38 34.36	350m: 3:55.07 34.18
100m: 1:03.50 33.12	200m: 2:12.02 34.30	300m: 3:20.89 34.51	400m: 4:26.41 31.34
3. Tiago Miguel, VICENTE	04 Aquatico Silves	<b>4:28.83</b>	492
50m: 29.02 29.02	150m: 1:34.32 33.44	250m: 2:43.16 34.87	350m: 3:54.39 35.95
100m: 1:00.88 31.86	200m: 2:08.29 33.97	300m: 3:18.44 35.28	400m: 4:28.83 34.44
4. Angelo Miranda, NASCIMENTO	04 Naval de Faro	<b>4:38.24</b>	443
50m: 30.05 30.05	150m: 1:38.54 34.79	250m: 2:49.91 35.85	350m: 4:02.71 36.57
100m: 1:03.75 33.70	200m: 2:14.06 35.52	300m: 3:26.14 36.23	400m: 4:38.24 35.53
5. Artur Osorio, BONANCA	05 Naval de Faro	<b>4:41.16</b>	430
50m: 29.12 29.12	150m: 1:37.32 35.26	250m: 2:50.56 36.89	350m: 4:05.25 37.11
100m: 1:02.06 32.94	200m: 2:13.67 36.35	300m: 3:28.14 37.58	400m: 4:41.16 35.91

Prova de Preparação JUV; JUN e SEN  
Olhão, 23 - 24/10/2021

Prova 14, Masc., 400m Livres, Juniores

Lugar			Ano					Tempo final	Pts
6.	Vitor, KUNYK		05	Lagoa AC				<b>4:53.64</b>	377
	50m:	29.74 29.74	150m:	1:39.24	36.00	250m:	2:57.31 39.60	350m:	4:16.96 39.89
	100m:	1:03.24 33.50	200m:	2:17.71	38.47	300m:	3:37.07 39.76	400m:	4:53.64 36.68
7.	Vicente Henriques, VAZ		05	Natacao de Olhao				<b>5:09.04</b>	323
	50m:	33.29 33.29	150m:	1:50.60	39.70	250m:	3:12.33 40.88	350m:	4:30.98 38.02
	100m:	1:10.90 37.61	200m:	2:31.45	40.85	300m:	3:52.96 40.63	400m:	5:09.04 38.06
8.	Leonardo Manuel, OLIVEIRA		05	Aquatico Silves				<b>5:17.58</b>	298
	50m:	32.14 32.14	150m:	1:49.54	40.28	250m:	3:13.72 42.35	350m:	4:39.00 42.67
	100m:	1:09.26 37.12	200m:	2:31.37	41.83	300m:	3:56.33 42.61	400m:	5:17.58 38.58
9.	Rafael, ALEMAO		04	Portinado				<b>5:26.35</b>	275
	50m:	32.81 32.81	150m:	1:49.27	39.92	250m:	3:15.42 43.57	350m:	4:44.35 44.90
	100m:	1:09.35 36.54	200m:	2:31.85	42.58	300m:	3:59.45 44.03	400m:	5:26.35 42.00
10.	Enzo Dylan, MESSENCE		05	FC Ferreiras/AlgarExperience				<b>5:49.18</b>	224
	50m:	34.58 34.58	150m:	2:00.46	45.05	250m:	3:29.63 43.90	350m:	5:04.86 48.90
	100m:	1:15.41 40.83	200m:	2:45.73	45.27	300m:	4:15.96 46.33	400m:	5:49.18 44.32

Seniores

1.	Gonçalo Gualberto, BARBARA		00	Lagoa AC				<b>4:19.90</b>	544
	50m:	28.82 28.82	150m:	1:32.72	32.51	250m:	2:39.24 33.52	350m:	3:46.26 33.60
	100m:	1:00.21 31.39	200m:	2:05.72	33.00	300m:	3:12.66 33.42	400m:	4:19.90 33.64
2.	Bruno Miguel, CAIRES		96	FC Ferreiras/AlgarExperience				<b>8:46.28</b>	65
	50m:	52.73 52.73	150m:	3:06.37	1:08.10	250m:	5:23.31 1:09.20	350m:	7:42.24 1:10.66
	100m:	1:58.27 1:05.54	200m:	4:14.11	1:07.74	300m:	6:31.58 1:08.27	400m:	8:46.28 1:04.04

DSQ Hugo Miguel, VIEGAS 02 Natacao de Olhao  
*403 - Falsa partida - SW 4.4*

Classe S7

1.	Bruno Miguel, CAIRES		96	FC Ferreiras/AlgarExperience				<b>8:46.28</b>	65
	50m:	52.73 52.73	150m:	3:06.37	1:08.10	250m:	5:23.31 1:09.20	350m:	7:42.24 1:10.66
	100m:	1:58.27 1:05.54	200m:	4:14.11	1:07.74	300m:	6:31.58 1:08.27	400m:	8:46.28 1:04.04

Classe S14

1.	Enzo Dylan, MESSENCE		05	FC Ferreiras/AlgarExperience				<b>5:49.18</b>	224
	50m:	34.58 34.58	150m:	2:00.46	45.05	250m:	3:29.63 43.90	350m:	5:04.86 48.90
	100m:	1:15.41 40.83	200m:	2:45.73	45.27	300m:	4:15.96 46.33	400m:	5:49.18 44.32