

Torneios de Abertura - NP e NA  
Quarteira , 29 - 30/10/2022

Prova 1	Masc., 400m Livres				Absolutos
29/10/2022 - 15:30					Resultados
Rec Nac Adaptada S6	5:22.26	Daniel Carlos, VIDEIRA	GESL	Guarda	17/02/2019
Rec Nac Adaptada S7	5:26.37	Daniel Carlos, VIDEIRA	GESL	Vila Franca de Xira	04/02/2018
Rec Nac Adaptada S14	4:53.21	Samuel Lima, DUARTE	FVCD	Recarei	22/05/2022
Rec Nac Adaptada S17	5:28.05	Joaquim Eduardo, CARVALHO	CNF	Funchal	10/07/2022
Rec Nac Adaptada S21	5:44.53	Andre Reis, ALMEIDA	SCP	Abrantes	02/07/2022
Recordes Regionais Absoluto	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recordes Regionais Sen	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras	22/11/2002
Recordes Regionais Jun 2	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros	21/12/2012
Recordes Regionais Jun 1	4:05.34	Joao Duarte, SANTOS	CNOL	Silves	03/12/2011
Recordes Regionais Juv A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes	04/03/2017
Recordes Regionais Juv B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal	05/12/2015
Recordes Regionais Inf A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recordes Regionais Inf B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017

Pontos: FINA 2022

Lugar			Ano			Tempo final	Pts	
<b>Infantis B</b>								
1.	Hugo Leitao, CONDON		10	Naval de Faro		<b>5:31.68</b>	262	
	50m:	37.89 37.89	150m:	2:02.25 43.14	250m:	3:27.55 42.46	350m:	4:53.84 43.83
	100m:	1:19.11 41.22	200m:	2:45.09 42.84	300m:	4:10.01 42.46	400m:	5:31.68 37.84
2.	Goncalo Alexandre, RETRE		10	Naval de Faro		<b>5:41.58</b>	239	
	50m:	37.95 37.95	150m:	2:03.29 43.60	250m:	3:30.58 43.59	350m:	4:58.31 43.23
	100m:	1:19.69 41.74	200m:	2:46.99 43.70	300m:	4:15.08 44.50	400m:	5:41.58 43.27
3.	Mark, KHALADZHY		10	Lagoa AC		<b>5:49.48</b>	224	
	50m:	39.29 39.29	150m:	2:09.38 45.59	250m:	3:39.67 44.28	350m:	5:09.74 44.41
	100m:	1:23.79 44.50	200m:	2:55.39 46.01	300m:	4:25.33 45.66	400m:	5:49.48 39.74
4.	Rodrigo Ferreira, PLACIDO		10	Naval de Faro		<b>6:03.48</b>	199	
	50m:	38.94 38.94	150m:	2:09.50 46.22	250m:	3:44.79 48.59	350m:	5:18.15 47.32
	100m:	1:23.28 44.34	200m:	2:56.20 46.70	300m:	4:30.83 46.04	400m:	6:03.48 45.33
5.	Afonso Ferreira, ALMEIDA		10	Lagoa AC		<b>6:10.66</b>	187	
	50m:	41.43 41.43	150m:	2:18.36 48.68	250m:	3:54.74 47.48	350m:	5:27.48 46.52
	100m:	1:29.68 48.25	200m:	3:07.26 48.90	300m:	4:40.96 46.22	400m:	6:10.66 43.18

**Infantis A**

1.	Tiago Afonso, COSTA		09	Louletano / Loule Concelho		<b>5:12.41</b>	313	
	50m:	33.09 33.09	150m:	1:51.24 40.27	250m:	3:12.93 40.92	350m:	4:33.78 40.30
	100m:	1:10.97 37.88	200m:	2:32.01 40.77	300m:	3:53.48 40.55	400m:	5:12.41 38.63
2.	Max Faria, BOLOTINHA		09	Louletano / Loule Concelho		<b>5:18.23</b>	296	
	50m:	32.42 32.42	150m:	1:50.64 40.74	250m:	3:13.13 41.47	350m:	4:33.59 39.50
	100m:	1:09.90 37.48	200m:	2:31.66 41.02	300m:	3:54.09 40.96	400m:	5:18.23 44.64
3.	Luis Pedro, PINTO		09	Beja		<b>5:36.83</b>	250	
	50m:	36.06 36.06	150m:	2:00.08 43.19	250m:	3:27.45 43.34	350m:	4:55.90 42.64
	100m:	1:16.89 40.83	200m:	2:44.11 44.03	300m:	4:13.26 45.81	400m:	5:36.83 40.93
4.	Francisco Antonio, ROMAO		09	Naval de Faro		<b>5:52.25</b>	218	
	50m:	37.27 37.27	150m:	2:03.99 43.73	250m:	3:37.03 47.03	350m:	5:10.53 47.27
	100m:	1:20.26 42.99	200m:	2:50.00 46.01	300m:	4:23.26 46.23	400m:	5:52.25 41.72

**Juvenis B**

1.	Martim Santos, CABRITA		08	Louletano / Loule Concelho		<b>4:59.88</b>	354	
	50m:	34.70 34.70	150m:	1:50.35 38.14	250m:	3:07.20 38.37	350m:	4:24.37 38.46
	100m:	1:12.21 37.51	200m:	2:28.83 38.48	300m:	3:45.91 38.71	400m:	4:59.88 35.51
2.	Nestor, KUNYK		08	Lagoa AC		<b>5:11.62</b>	315	
	50m:	33.35 33.35	150m:	1:51.71 39.87	250m:	3:12.51 40.81	350m:	4:33.99 40.45
	100m:	1:11.84 38.49	200m:	2:31.70 39.99	300m:	3:53.54 41.03	400m:	5:11.62 37.63

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Prova 1, Masc., 400m Livres, Juvenis B

Lugar			Ano					Tempo final	Pts
3.	Tomas Mamede, CEGONHO		08	Beja				<b>5:11.72</b>	315
	50m:	33.56 33.56	150m:	1:50.80	39.42	250m:	3:12.54 40.94	350m:	4:33.85 40.18
	100m:	1:11.38 37.82	200m:	2:31.60	40.80	300m:	3:53.67 41.13	400m:	5:11.72 37.87
4.	Gabriel, VASIAN		08	Louletano / Loule Concelho				<b>5:29.45</b>	267
	50m:	35.69 35.69	150m:	1:58.07	42.38	250m:	3:23.82 43.06	350m:	4:49.00 42.53
	100m:	1:15.69 40.00	200m:	2:40.76	42.69	300m:	4:06.47 42.65	400m:	5:29.45 40.45
5.	Rafael Neves, PITEIRA		08	Naval de Faro				<b>5:35.92</b>	252
	50m:	35.62 35.62	150m:	2:00.94	43.77	250m:	3:27.66 43.55	350m:	4:55.99 43.15
	100m:	1:17.17 41.55	200m:	2:44.11	43.17	300m:	4:12.84 45.18	400m:	5:35.92 39.93
6.	Dinis Andre, GONCALVES		08	Aquatico Silves				<b>6:07.37</b>	192
	50m:	35.95 35.95	150m:	1:58.90	41.46	250m:	3:23.53 41.36	350m:	5:28.69 1:27.05
	100m:	1:17.44 41.49	200m:	2:42.17	43.27	300m:	4:01.64 38.11	400m:	6:07.37 38.68

Juvenis A

1.	Tiago Miguel, COSTA		07	Portinado				<b>4:43.47</b>	419
	50m:	30.44 30.44	150m:	1:39.73	35.21	250m:	2:53.03 36.95	350m:	4:08.09 37.93
	100m:	1:04.52 34.08	200m:	2:16.08	36.35	300m:	3:30.16 37.13	400m:	4:43.47 35.38
2.	Dario Cristiano, MARICI		07	Louletano / Loule Concelho				<b>5:00.29</b>	353
	50m:	32.64 32.64	150m:	1:45.47	37.17	250m:	3:02.79 38.75	350m:	4:22.46 40.07
	100m:	1:08.30 35.66	200m:	2:24.04	38.57	300m:	3:42.39 39.60	400m:	5:00.29 37.83

Juniores

1.	Yury, FOMIN		06	Louletano / Loule Concelho				<b>4:08.15</b>	625
	50m:	28.39 28.39	150m:	1:30.56	31.17	250m:	2:33.35 31.19	350m:	3:36.58 31.72
	100m:	59.39 31.00	200m:	2:02.16	31.60	300m:	3:04.86 31.51	400m:	4:08.15 31.57
2.	Hugo Miguel, INACIO		05	Beja				<b>4:46.32</b>	407
	50m:	31.50 31.50	150m:	1:41.30	35.55	250m:	2:54.73 37.01	350m:	4:09.67 37.70
	100m:	1:05.75 34.25	200m:	2:17.72	36.42	300m:	3:31.97 37.24	400m:	4:46.32 36.65
3.	Francisco Pereira, TAVARES		05	Lagoa AC				<b>5:52.74</b>	217
	50m:	36.67 36.67	150m:	2:03.79	43.98	250m:	3:37.23 47.16	350m:	5:09.52 46.06
	100m:	1:19.81 43.14	200m:	2:50.07	46.28	300m:	4:23.46 46.23	400m:	5:52.74 43.22
EXH	Pedro Miguel, PINOTES		89	Sporting				<b>4:08.77</b>	621
	50m:	29.02 29.02	150m:	1:31.28	31.45	250m:	2:34.10 31.09	350m:	3:38.16 32.01
	100m:	59.83 30.81	200m:	2:03.01	31.73	300m:	3:06.15 32.05	400m:	4:08.77 30.61
EXH	Miguel Salomao, TRISTAO		04	Academica de Coimbra				<b>4:14.14</b>	582
	50m:	28.62 28.62	150m:	1:31.78	31.64	250m:	2:36.17 32.29	350m:	3:42.10 33.09
	100m:	1:00.14 31.52	200m:	2:03.88	32.10	300m:	3:09.01 32.84	400m:	4:14.14 32.04