



Torneios Zonais de Infantis - Zona Sul
Lagos , 24 - 26/3/2023

Prova 14

Masc., 400m Livres

Infantis B
Resultados

25/03/2023 - 15:30

Rec. Nac. 25m Absoluto	3:42.57	LOPES, Jose Paulo	POR	Abu Dhabi (UAE)	16/12/2021
Rec. Nac. 25m Inf. B	4:21.95	OLIVEIRA, Pedro Fontoura	CFB	Santarém	04/04/2003

TAC_INF B_MASC 50m: 5:47.82 - 25m: 5:44.01

Pontos: Rudolph Table 2022

Lugar	Ano		Tempo final		Pts
1. PACHECO, David Filipe	10	BUZIOS-Coruche	4:32.58	13,9	
50m: 30.60 30.60	150m: 1:39.48 34.79	250m: 2:49.79 34.99	350m: 3:59.61 34.53		
100m: 1:04.69 34.09	200m: 2:14.80 35.32	300m: 3:25.08 35.29	400m: 4:32.58 32.97		
2. JORGE, Antonio Antunes	10	Alcobaca	4:39.72	12,0	
50m: 30.43 30.43	150m: 1:39.06 34.95	250m: 2:51.55 36.25	350m: 4:04.65 36.72		
100m: 1:04.11 33.68	200m: 2:15.30 36.24	300m: 3:27.93 36.38	400m: 4:39.72 35.07		
3. PACHON HERRERA, Jesus	10	Louletano / Loule Concelho	4:40.33	11,8	
50m: 30.98 30.98	150m: 1:40.93 35.33	250m: 2:53.15 36.59	350m: 4:05.63 36.15		
100m: 1:05.60 34.62	200m: 2:16.56 35.63	300m: 3:29.48 36.33	400m: 4:40.33 34.70		
4. ALECRIM, Rodolfo Junior	10	Ba-Leiria	4:45.00	10,6	
50m: 32.36 32.36	150m: 1:46.36 37.42	250m: 2:59.05 35.88	350m: 4:10.48 35.56		
100m: 1:08.94 36.58	200m: 2:23.17 36.81	300m: 3:34.92 35.87	400m: 4:45.00 34.52		
5. PINO MUNOZ, David	10	Louletano / Loule Concelho	4:50.98	9,1	
50m: 30.88 30.88	150m: 1:41.17 35.78	250m: 2:56.67 37.95	350m: 4:13.21 37.68		
100m: 1:05.39 34.51	200m: 2:18.72 37.55	300m: 3:35.53 38.86	400m: 4:50.98 37.77		
6. MIMOSO, Renato Ferreira	10	Benfica	4:51.52	8,9	
50m: 32.51 32.51	150m: 1:44.55 36.97	250m: 2:58.89 37.35	350m: 4:15.14 38.50		
100m: 1:07.58 35.07	200m: 2:21.54 36.99	300m: 3:36.64 37.75	400m: 4:51.52 36.38		
7. MELO, Francisco Freitas	10	Bombeiros de Ponta Delgada	4:54.48	8,2	
50m: 32.27 32.27	150m: 1:44.59 36.73	250m: 2:59.58 37.75	350m: 4:15.35 38.05		
100m: 1:07.86 35.59	200m: 2:21.83 37.24	300m: 3:37.30 37.72	400m: 4:54.48 39.13		
8. GODINHO, Antonio Carimbo	10	Fisica Torres Vedras	4:54.74	8,1	
50m: 33.15 33.15	150m: 1:45.76 37.06	250m: 3:01.86 38.58	350m: 4:18.77 38.53		
100m: 1:08.70 35.55	200m: 2:23.28 37.52	300m: 3:40.24 38.38	400m: 4:54.74 35.97		
9. MARQUES, Martim Frederico	10	CPCD-Povoa St Iria	4:55.47	7,9	
50m: 31.43 31.43	150m: 1:43.35 36.79	250m: 3:00.28 38.64	350m: 4:16.38 39.36		
100m: 1:06.56 35.13	200m: 2:21.64 38.29	300m: 3:37.02 36.74	400m: 4:55.47 39.09		
10. RIBEIRO, Dinis Aresta	10	Sporting	4:55.74	7,8	
50m: 35.12 35.12	150m: 1:49.26 37.64	250m: 3:03.60 37.56	350m: 4:19.96 38.61		
100m: 1:11.62 36.50	200m: 2:26.04 36.78	300m: 3:41.35 37.75	400m: 4:55.74 35.78		
11. GONCALVES, Tomas Figueiredo	10	Naval do Funchal	4:56.11	7,7	
50m: 32.03 32.03	150m: 1:43.86 36.71	250m: 2:59.69 38.31	350m: 4:17.93 39.13		
100m: 1:07.15 35.12	200m: 2:21.38 37.52	300m: 3:38.80 39.11	400m: 4:56.11 38.18		
12. SANTOS, Manuel Maria	10	Colegio Monte Maior	4:57.22	7,5	
50m: 32.69 32.69	150m: 1:47.17 37.73	250m: 3:03.06 37.78	350m: 4:19.72 38.72		
100m: 1:09.44 36.75	200m: 2:25.28 38.11	300m: 3:41.00 37.94	400m: 4:57.22 37.50		
13. PEDROSA, Francisco Lourenco	10	Nautico Marinha Grande	4:59.20	6,9	
50m: 34.41 34.41	150m: 1:49.61 37.95	250m: 3:06.35 38.68	350m: 4:23.24 38.28		
100m: 1:11.66 37.25	200m: 2:27.67 38.06	300m: 3:44.96 38.61	400m: 4:59.20 35.96		
14. MARTINHO, Guilherme Bernardo	10	Natacao do Fundao/GIRASSOL	4:59.63	6,8	
50m: 32.90 32.90	150m: 1:47.86 38.49	250m: 3:05.42 38.91	350m: 4:23.01 38.64		
100m: 1:09.37 36.47	200m: 2:26.51 38.65	300m: 3:44.37 38.95	400m: 4:59.63 36.62		
15. ROXO, Joao Baixinho	10	Uniao Piedense	5:01.44	6,4	
50m: 33.41 33.41	150m: 1:48.99 38.25	250m: 3:07.09 39.16	350m: 4:25.12 38.08		
100m: 1:10.74 37.33	200m: 2:27.93 38.94	300m: 3:47.04 39.95	400m: 5:01.44 36.32		



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Prova 14, Masc., 400m Livres, Infantis B

Lugar					Ano					Tempo final	Pts	
16.	PINTO, Francisco Reis				10	Alges				5:02.04	6,2	
	50m:	34.52	34.52	150m:	1:50.81	38.65	250m:	3:08.77	39.47	350m:	4:24.73	37.46
	100m:	1:12.16	37.64	200m:	2:29.30	38.49	300m:	3:47.27	38.50	400m:	5:02.04	37.31
17.	MERAD, Neil				10	Benfica				5:02.54	6,1	
	50m:	33.07	33.07	150m:	1:48.51	38.38	250m:	3:06.49	39.09	350m:	4:25.47	38.91
	100m:	1:10.13	37.06	200m:	2:27.40	38.89	300m:	3:46.56	40.07	400m:	5:02.54	37.07
18.	PALMEIRO, Tomas Manuel				10	Nautico Marinha Grande				5:03.25	5,9	
	50m:	33.86	33.86	150m:	1:50.01	38.42	250m:	3:08.62	39.72	350m:	4:26.90	38.63
	100m:	1:11.59	37.73	200m:	2:28.90	38.89	300m:	3:48.27	39.65	400m:	5:03.25	36.35
19.	JORGE, Daniel Filipe				10	Rio Maior				5:03.53	5,8	
	50m:	34.89	34.89	150m:	1:50.91	38.44	250m:	3:08.19	38.58	350m:	4:25.60	38.73
	100m:	1:12.47	37.58	200m:	2:29.61	38.70	300m:	3:46.87	38.68	400m:	5:03.53	37.93
20.	GASPAR, Lucas Ferreira				10	Vieirense				5:04.12	5,7	
	50m:	33.30	33.30	150m:	1:49.11	38.70	250m:	3:07.23	39.10	350m:	4:26.38	39.35
	100m:	1:10.41	37.11	200m:	2:28.13	39.02	300m:	3:47.03	39.80	400m:	5:04.12	37.74
21.	GOMES, Afonso Manuel				10	Sporting				5:06.68	5,0	
	50m:	35.47	35.47	150m:	1:52.26	38.70	250m:	3:10.88	39.19	350m:	4:29.78	39.10
	100m:	1:13.56	38.09	200m:	2:31.69	39.43	300m:	3:50.68	39.80	400m:	5:06.68	36.90
22.	CONDON, Hugo Leitao				10	Naval de Faro				5:07.24	4,8	
	50m:	35.07	35.07	150m:	1:52.56	38.61	250m:	3:11.60	39.58	350m:	4:31.43	39.73
	100m:	1:13.95	38.88	200m:	2:32.02	39.46	300m:	3:51.70	40.10	400m:	5:07.24	35.81
23.	MARQUES, Goncalo Tapadas				10	Colegio Monte Maior				5:08.95	4,4	
	50m:	33.97	33.97	150m:	1:50.92	38.74	250m:	3:10.61	40.05	350m:	4:29.74	40.05
	100m:	1:12.18	38.21	200m:	2:30.56	39.64	300m:	3:49.69	39.08	400m:	5:08.95	39.21
24.	LETRA, Francisco Freitas				10	Naval do Funchal				5:10.01	4,1	
	50m:	32.48	32.48	150m:	1:50.49	39.56	250m:	3:11.94	40.51	350m:	4:32.95	40.19
	100m:	1:10.93	38.45	200m:	2:31.43	40.94	300m:	3:52.76	40.82	400m:	5:10.01	37.06
25.	OLIVEIRA, Tomas Rodrigues				10	Fisica Torres Vedras				5:10.22	4,1	
	50m:	34.69	34.69	150m:	1:53.28	39.32	250m:	3:14.24	40.41	350m:	4:34.76	39.53
	100m:	1:13.96	39.27	200m:	2:33.83	40.55	300m:	3:55.23	40.99	400m:	5:10.22	35.46
26.	ALVES, Guilherme Costa				10	Benfica				5:10.50	4,0	
	50m:	35.00	35.00	150m:	1:52.64	39.70	250m:	3:12.27	39.90	350m:	4:31.96	39.59
	100m:	1:12.94	37.94	200m:	2:32.37	39.73	300m:	3:52.37	40.10	400m:	5:10.50	38.54
27.	ALMEIDA, David Xavier				10	Ba-Leiria				5:11.03	3,9	
	50m:	34.33	34.33	150m:	1:52.19	40.01	250m:	3:12.35	40.45	350m:	4:32.27	39.00
	100m:	1:12.18	37.85	200m:	2:31.90	39.71	300m:	3:53.27	40.92	400m:	5:11.03	38.76
28.	REBELO, Guilherme Costa				10	Pimpoes/Cimai				5:11.42	3,8	
	50m:	36.85	36.85	150m:	1:56.61	39.88	250m:	3:16.65	38.94	350m:	4:33.95	37.90
	100m:	1:16.73	39.88	200m:	2:37.71	41.10	300m:	3:56.05	39.40	400m:	5:11.42	37.47
29.	DIAS, Rodrigo Ferrao				10	Sporting				5:11.87	3,6	
	50m:	35.35	35.35	150m:	1:54.94	40.33	250m:	3:14.65	39.69	350m:	4:34.65	40.09
	100m:	1:14.61	39.26	200m:	2:34.96	40.02	300m:	3:54.56	39.91	400m:	5:11.87	37.22
30.	FERREIRA, Afonso Rodrigues				10	Desportivo Odemira				5:12.54	3,5	
	50m:	34.90	34.90	150m:	1:52.20	38.75	250m:	3:12.56	42.05	350m:	4:34.72	40.86
	100m:	1:13.45	38.55	200m:	2:30.51	38.31	300m:	3:53.86	41.30	400m:	5:12.54	37.82
31.	TOMAS, Rodrigo Cardoso				10	Uniao Juncalense				5:12.58	3,5	
	50m:	36.79	36.79	150m:	1:57.25	40.22	250m:	3:17.59	40.24	350m:	4:36.61	39.31
	100m:	1:17.03	40.24	200m:	2:37.35	40.10	300m:	3:57.30	39.71	400m:	5:12.58	35.97
32.	MENDONCA, Alexandre Ribeiro				10	Portinado				5:12.79	3,4	
	50m:	33.64	33.64	150m:	1:52.84	40.41	250m:	3:14.75	40.75	350m:	4:35.27	40.55
	100m:	1:12.43	38.79	200m:	2:34.00	41.16	300m:	3:54.72	39.97	400m:	5:12.79	37.52



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Prova 14, Masc., 400m Livres, Infantis B

Lugar					Ano					Tempo final	Pts	
33.	LUCA, Albert				10	Aquatico Silves				5:13.04	3,3	
	50m:	35.01	35.01	150m:	1:53.85	39.88	250m:	3:14.28	40.27	350m:	4:35.36	39.93
	100m:	1:13.97	38.96	200m:	2:34.01	40.16	300m:	3:55.43	41.15	400m:	5:13.04	37.68
34.	RAPOSO, Mateus Medeiros				10	Desportivo Nacional				5:13.40	3,2	
	50m:	34.63	34.63	150m:	1:55.27	40.35	250m:	3:15.97	40.46	350m:	4:39.34	43.27
	100m:	1:14.92	40.29	200m:	2:35.51	40.24	300m:	3:56.07	40.10	400m:	5:13.40	34.06
35.	ROCHA, Tomas Pinto				10	Naval do Funchal				5:14.76	2,9	
	50m:	35.83	35.83	150m:	1:56.83	40.65	250m:	3:17.89	40.97	350m:	4:39.63	40.74
	100m:	1:16.18	40.35	200m:	2:36.92	40.09	300m:	3:58.89	41.00	400m:	5:14.76	35.13
36.	GAIOLAS, Joao Piteira				10	Nautico Marinha Grande				5:16.26	2,5	
	50m:	34.45	34.45	150m:	1:54.06	40.51	250m:	3:14.80	40.32	350m:	4:36.26	40.73
	100m:	1:13.55	39.10	200m:	2:34.48	40.42	300m:	3:55.53	40.73	400m:	5:16.26	40.00
37.	CADETE, Francisco Manuel				10	Nautico Abrantes				5:16.51	2,4	
	50m:	34.17	34.17	150m:	1:53.61	40.70	250m:	3:16.34	41.32	350m:	4:38.39	41.64
	100m:	1:12.91	38.74	200m:	2:35.02	41.41	300m:	3:56.75	40.41	400m:	5:16.51	38.12
38.	MARQUES, Rafael Carreiras				10	Gesloures				5:16.67	2,4	
	50m:	36.28	36.28	150m:	1:56.89	40.91	250m:	3:18.12	40.59	350m:	4:39.92	40.59
	100m:	1:15.98	39.70	200m:	2:37.53	40.64	300m:	3:59.33	41.21	400m:	5:16.67	36.75
39.	MENDES, Salvador Neves				10	Naval do Funchal				5:18.34	2,0	
	50m:	32.62	32.62	150m:	1:51.22	40.04	250m:	3:13.79	40.88	350m:	4:38.24	42.71
	100m:	1:11.18	38.56	200m:	2:32.91	41.69	300m:	3:55.53	41.74	400m:	5:18.34	40.10
40.	TEIXEIRA, Francisco Jose				10	Louletano / Loule Concelho				5:19.15	1,8	
	50m:	35.02	35.02	150m:	1:55.57	40.21	250m:	3:15.95	40.12	350m:	4:38.14	41.25
	100m:	1:15.36	40.34	200m:	2:35.83	40.26	300m:	3:56.89	40.94	400m:	5:19.15	41.01
41.	HUANG, Andre				10	Gesloures				5:19.64	1,6	
	50m:	36.35	36.35	150m:	1:57.95	40.35	250m:	3:20.60	41.84	350m:	4:42.26	40.22
	100m:	1:17.60	41.25	200m:	2:38.76	40.81	300m:	4:02.04	41.44	400m:	5:19.64	37.38
42.	SILVA, Rodrigo Miguel				10	Atletico Montemor				5:20.70	1,4	
	50m:	36.20	36.20	150m:	1:58.13	41.54	250m:	3:20.47	41.40	350m:	4:41.97	40.05
	100m:	1:16.59	40.39	200m:	2:39.07	40.94	300m:	4:01.92	41.45	400m:	5:20.70	38.73
43.	PEREIRA, Guilherme Valente				10	Colegio Monte Maior				5:21.21	1,2	
	50m:	36.54	36.54	150m:	1:57.10	40.75	250m:	3:18.47	40.81	350m:	4:39.83	40.60
	100m:	1:16.35	39.81	200m:	2:37.66	40.56	300m:	3:59.23	40.76	400m:	5:21.21	41.38
44.	PAIS, Jose Miguel				10	Natacao do Fundao/GIRASSOL				5:21.54	1,1	
	50m:	36.18	36.18	150m:	1:58.00	41.10	250m:	3:21.86	41.73	350m:	4:44.38	40.84
	100m:	1:16.90	40.72	200m:	2:40.13	42.13	300m:	4:03.54	41.68	400m:	5:21.54	37.16
45.	CABRAL, Guilherme Rodrigues				10	Pimpoes/Cimai				5:22.39		
	50m:	37.34	37.34	150m:	1:58.65	40.45	250m:	3:20.56	40.66	350m:	4:42.73	40.88
	100m:	1:18.20	40.86	200m:	2:39.90	41.25	300m:	4:01.85	41.29	400m:	5:22.39	39.66
46.	BRILHA, Martim Marino				10	Vikings				5:22.57		
	50m:	36.45	36.45	150m:	1:57.54	41.08	250m:	3:20.58	41.58	350m:	4:42.91	41.02
	100m:	1:16.46	40.01	200m:	2:39.00	41.46	300m:	4:01.89	41.31	400m:	5:22.57	39.66
47.	FRANCISCO, Tomas Marques				10	Nautico de Leiria				5:22.64		
	50m:	35.83	35.83	150m:	1:57.82	41.41	250m:	3:20.33	41.66	350m:	4:43.49	41.01
	100m:	1:16.41	40.58	200m:	2:38.67	40.85	300m:	4:02.48	42.15	400m:	5:22.64	39.15
48.	RETRE, Goncalo Alexandre				10	Naval de Faro				5:23.28		
	50m:	36.46	36.46	150m:	1:58.21	41.94	250m:	3:21.21	40.94	350m:	4:43.57	40.12
	100m:	1:16.27	39.81	200m:	2:40.27	42.06	300m:	4:03.45	42.24	400m:	5:23.28	39.71
49.	FREIRE, Tomas Ricardo				10	Sporting				5:24.48		
	50m:	36.18	36.18	150m:	1:58.62	42.16	250m:	3:21.97	41.73	350m:	4:45.84	41.90
	100m:	1:16.46	40.28	200m:	2:40.24	41.62	300m:	4:03.94	41.97	400m:	5:24.48	38.64



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Prova 14, Masc., 400m Livres, Infantis B

Lugar			Ano					Tempo final	Pts
50.	LOPES, Martim Goncalves		10	Gesloures				5:24.63	
	50m:	37.00 37.00	150m:	2:00.27	42.00	250m:	3:23.71 41.44	350m:	4:45.56 39.77
	100m:	1:18.27 41.27	200m:	2:42.27	42.00	300m:	4:05.79 42.08	400m:	5:24.63 39.07
51.	GEADA, Lourenco Vicente		10	Torres Novas				5:25.01	
	50m:	36.60 36.60	150m:	1:58.56	41.41	250m:	3:22.41 42.22	350m:	4:45.68 41.28
	100m:	1:17.15 40.55	200m:	2:40.19	41.63	300m:	4:04.40 41.99	400m:	5:25.01 39.33
52.	SANTOS, Dinis Lamas		10	Ba-Leiria				5:25.23	
	50m:	36.30 36.30	150m:	2:00.33	42.21	250m:	3:24.76 42.37	350m:	4:47.64 41.14
	100m:	1:18.12 41.82	200m:	2:42.39	42.06	300m:	4:06.50 41.74	400m:	5:25.23 37.59
53.	KHALADZY, Mark		10	Lagoa AC				5:25.48	
	50m:	35.82 35.82	150m:	1:57.69	41.23	250m:	3:22.56 42.63	350m:	4:45.36 41.06
	100m:	1:16.46 40.64	200m:	2:39.93	42.24	300m:	4:04.30 41.74	400m:	5:25.48 40.12
54.	CONCEICAO, Guilherme Martins		10	Viver Santarem				5:25.75	
	50m:	36.61 36.61	150m:	1:59.29	42.14	250m:	3:22.29 41.54	350m:	4:45.66 41.50
	100m:	1:17.15 40.54	200m:	2:40.75	41.46	300m:	4:04.16 41.87	400m:	5:25.75 40.09
55.	SILVA, Santiago Neves		10	Nucleo de Pombal				5:26.31	
	50m:	35.53 35.53	150m:	1:58.71	42.15	250m:	3:22.96 41.68	350m:	4:46.57 41.29
	100m:	1:16.56 41.03	200m:	2:41.28	42.57	300m:	4:05.28 42.32	400m:	5:26.31 39.74
56.	CARNIDE, Simao Almeida		10	Vieirense				5:26.32	
	50m:	36.69 36.69	150m:	2:00.05	41.84	250m:	3:23.29 42.14	350m:	4:46.05 41.18
	100m:	1:18.21 41.52	200m:	2:41.15	41.10	300m:	4:04.87 41.58	400m:	5:26.32 40.27
57.	VARELA, Gabriel Krempel		10	Pimpoes/Cimai				5:27.57	
	50m:	38.89 38.89	150m:	2:02.70	41.76	250m:	3:27.55 42.23	350m:	4:49.79 40.62
	100m:	1:20.94 42.05	200m:	2:45.32	42.62	300m:	4:09.17 41.62	400m:	5:27.57 37.78
58.	NUNES, Guilherme Gomes		10	Salvaterra de Magos				5:27.94	
	50m:	34.88 34.88	150m:	1:55.56	40.91	250m:	3:20.25 42.44	350m:	4:44.91 42.13
	100m:	1:14.65 39.77	200m:	2:37.81	42.25	300m:	4:02.78 42.53	400m:	5:27.94 43.03
59.	JESUS, Simao Sousa		10	Nautico Marinha Grande				5:28.10	
	50m:	35.75 35.75	150m:	1:59.08	42.23	250m:	3:24.52 42.91	350m:	4:47.14 40.57
	100m:	1:16.85 41.10	200m:	2:41.61	42.53	300m:	4:06.57 42.05	400m:	5:28.10 40.96
60.	HORTA, Tomas Maria		10	Gesloures				5:28.48	
	50m:	37.64 37.64	150m:	2:00.30	41.68	250m:	3:24.09 41.53	350m:	4:47.62 41.45
	100m:	1:18.62 40.98	200m:	2:42.56	42.26	300m:	4:06.17 42.08	400m:	5:28.48 40.86
61.	JACINTO, Pedro Freitas		10	Juventude Atlantico				5:30.55	
	50m:	38.42 38.42	150m:	2:02.53	42.58	250m:	3:27.06 42.82	350m:	4:51.31 42.45
	100m:	1:19.95 41.53	200m:	2:44.24	41.71	300m:	4:08.86 41.80	400m:	5:30.55 39.24
62.	SOUSA, Diogo Rodrigues		10	Alges				5:30.72	
	50m:	37.88 37.88	150m:	2:03.70	43.22	250m:	3:25.73 41.83	350m:	4:49.35 41.42
	100m:	1:20.48 42.60	200m:	2:43.90	40.20	300m:	4:07.93 42.20	400m:	5:30.72 41.37
63.	PLACIDO, Rodrigo Ferreira		10	Naval de Faro				5:31.58	
	50m:	36.24 36.24	150m:	1:59.75	42.28	250m:	3:24.60 42.36	350m:	4:49.98 42.34
	100m:	1:17.47 41.23	200m:	2:42.24	42.49	300m:	4:07.64 43.04	400m:	5:31.58 41.60
64.	ALMEIDA, Manuel Mendes		10	Sporting				5:32.36	
	50m:	36.23 36.23	150m:	2:00.83	43.09	250m:	3:26.50 42.76	350m:	4:51.97 42.65
	100m:	1:17.74 41.51	200m:	2:43.74	42.91	300m:	4:09.32 42.82	400m:	5:32.36 40.39
65.	PEREIRA, Afonso Velada		10	Sporting				5:32.71	
	50m:	38.42 38.42	150m:	2:02.00	41.95	250m:	3:26.59 42.36	350m:	4:51.72 42.28
	100m:	1:20.05 41.63	200m:	2:44.23	42.23	300m:	4:09.44 42.85	400m:	5:32.71 40.99
66.	ALMEIDA, Tiago Moreira		10	Salesianos				5:32.98	
	50m:	36.34 36.34	150m:	2:01.46	43.20	250m:	3:27.88 42.91	350m:	4:52.40 41.70
	100m:	1:18.26 41.92	200m:	2:44.97	43.51	300m:	4:10.70 42.82	400m:	5:32.98 40.58



Torneios Zonais de Infantis - Zona Sul
Lagos , 24 - 26/3/2023

Prova 14, Masc., 400m Livres, Infantis B

Lugar			Ano					Tempo final	Pts		
67.	CABRAL, Santiago Nicolau		10	Água de Pau				5:36.23			
	50m:	36.41 36.41	150m:	1:59.99	42.37	250m:	3:26.62	43.99	350m:	4:50.17	41.66
	100m:	1:17.62 41.21	200m:	2:42.63	42.64	300m:	4:08.51	41.89	400m:	5:36.23	46.06
68.	BRITO, Tomas Rocha		10	Naval Praia da Vitoria				5:36.46			
	50m:	37.13 37.13	150m:	2:04.44	44.49	250m:	3:29.99	42.70	350m:	4:53.71	39.69
	100m:	1:19.95 42.82	200m:	2:47.29	42.85	300m:	4:14.02	44.03	400m:	5:36.46	42.75
69.	MENESES, Miguel Rocha		10	Naval Praia da Vitoria				5:36.57			
	50m:	37.13 37.13	150m:	2:01.06	42.56	250m:	3:26.31	42.11	350m:	4:46.51	37.95
	100m:	1:18.50 41.37	200m:	2:44.20	43.14	300m:	4:08.56	42.25	400m:	5:36.57	50.06
70.	SEBROSA, Henrique Matos		10	Geslours				5:36.63			
	50m:	35.51 35.51	150m:	2:01.34	43.86	250m:	3:28.37	43.14	350m:	4:55.06	42.65
	100m:	1:17.48 41.97	200m:	2:45.23	43.89	300m:	4:12.41	44.04	400m:	5:36.63	41.57
71.	ANASTACIO, Andre Guilherme		10	Nautico Abrantes				5:37.64			
	50m:	35.74 35.74	150m:	1:58.28	42.11	250m:	3:26.31	44.57	350m:	4:55.23	43.83
	100m:	1:16.17 40.43	200m:	2:41.74	43.46	300m:	4:11.40	45.09	400m:	5:37.64	42.41
72.	LEITE, Afonso Goncalves		10	CLAC-Entroncamento				5:39.16			
	50m:	37.23 37.23	150m:	2:04.68	44.72	250m:	3:31.07	42.86	350m:	4:58.22	43.56
	100m:	1:19.96 42.73	200m:	2:48.21	43.53	300m:	4:14.66	43.59	400m:	5:39.16	40.94
73.	RIBEIRO, Andre Almeida		10	Uniao Piedense				5:39.62			
	50m:	36.31 36.31	150m:	2:01.10	42.81	250m:	3:27.99	43.96	350m:	4:55.62	44.36
	100m:	1:18.29 41.98	200m:	2:44.03	42.93	300m:	4:11.26	43.27	400m:	5:39.62	44.00
74.	TROVAO, David Branco		10	Alcobaca				5:40.20			
	50m:	36.08 36.08	150m:	2:01.36	43.61	250m:	3:28.42	44.26	350m:	4:56.56	44.38
	100m:	1:17.75 41.67	200m:	2:44.16	42.80	300m:	4:12.18	43.76	400m:	5:40.20	43.64
75.	JESUS, Lucas Costa		10	Nautico Marinha Grande				5:41.98			
	50m:	38.15 38.15	150m:	2:05.29	44.54	250m:	3:34.32	44.52	350m:	5:03.15	44.36
	100m:	1:20.75 42.60	200m:	2:49.80	44.51	300m:	4:18.79	44.47	400m:	5:41.98	38.83
76.	CARVALHAS, Afonso Daniel		10	AONDA-Azeitao				5:42.48			
	50m:	36.81 36.81	150m:	2:02.45	43.78	250m:	3:31.20	44.78	350m:	4:59.03	44.44
	100m:	1:18.67 41.86	200m:	2:46.42	43.97	300m:	4:14.59	43.39	400m:	5:42.48	43.45
77.	PETERSSON, Francisco Reis		10	Naval de Faro				5:47.17			
	<i>FTL</i>										
	50m:	39.74 39.74	150m:	2:08.21	44.56	250m:	3:37.33	45.09	350m:	5:05.88	44.26
	100m:	1:23.65 43.91	200m:	2:52.24	44.03	300m:	4:21.62	44.29	400m:	5:47.17	41.29
78.	GARANITO, Mateus Silva		10	Naval do Funchal				5:49.14			
	<i>FTL</i>										
	50m:	39.63 39.63	150m:	2:06.47	43.68	250m:	3:39.29	46.31	350m:	5:07.87	43.93
	100m:	1:22.79 43.16	200m:	2:52.98	46.51	300m:	4:23.94	44.65	400m:	5:49.14	41.27
79.	LULAK, Tiago Malhador		10	Louletano / Loule Concelho				5:49.98			
	<i>FTL</i>										
	50m:	38.95 38.95	150m:	2:08.62	45.49	250m:	3:38.92	45.75	350m:	5:09.66	44.77
	100m:	1:23.13 44.18	200m:	2:53.17	44.55	300m:	4:24.89	45.97	400m:	5:49.98	40.32
80.	CHISTOL, Cristiano		10	Louletano / Loule Concelho				5:53.21			
	<i>FTL</i>										
	50m:	38.57 38.57	150m:	2:08.62	45.32	250m:	3:39.47	45.31	350m:	5:09.19	44.95
	100m:	1:23.30 44.73	200m:	2:54.16	45.54	300m:	4:24.24	44.77	400m:	5:53.21	44.02
81.	DIOGO, Rui Ferreirinho		10	Albicastrense				5:58.09			
	<i>FTL</i>										
	50m:	39.49 39.49	150m:	2:10.47	46.27	250m:	3:43.04	46.65	350m:	5:14.79	45.71
	100m:	1:24.20 44.71	200m:	2:56.39	45.92	300m:	4:29.08	46.04	400m:	5:58.09	43.30