

**TORREGRI II | TORNEIO DE TÉCNICAS SIMULTÂNEAS**  
Lagoa, 1 - 2/4/2023

Prova 2  
01/04/2023 - 15:54

Masc., 400m Livres

Cadetes A  
Resultados

Pontos: FINA 2022

| Lugar                        | Ano           |                              |               |       | Tempo final    |         |  |  | Pts |
|------------------------------|---------------|------------------------------|---------------|-------|----------------|---------|--|--|-----|
| 1. Daniel, FISTICANU         | 11            | Naval de Faro                |               |       | <b>5:36.46</b> |         |  |  | 251 |
| 50m: 36.41 36.41             | 150m: 2:02.90 | 43.21                        | 250m: 3:29.31 | 43.88 | 350m: 4:56.16  | 44.06   |  |  |     |
| 100m: 1:19.69 43.28          | 200m: 2:45.43 | 42.53                        | 300m: 4:12.10 | 42.79 | 400m: 5:36.46  | 40.30   |  |  |     |
| 2. Joao Agueda, MESTRE       | 11            | RIA Aqua Tavira              |               |       | <b>6:08.02</b> |         |  |  | 191 |
| 50m: 38.26 38.26             | 150m: 2:10.41 | 47.43                        | 250m: 3:44.98 | 48.05 | 350m: 5:22.14  | 48.24   |  |  |     |
| 100m: 1:22.98 44.72          | 200m: 2:56.93 | 46.52                        | 300m: 4:33.90 | 48.92 | 400m: 6:08.02  | 45.88   |  |  |     |
| 3. Pedro Afonso, LOPES       | 11            | Portinado                    |               |       | <b>6:08.45</b> |         |  |  | 191 |
| 50m: 38.55 38.55             | 150m: 2:09.72 | 46.09                        | 250m: 3:42.66 | 46.12 | 350m: 5:09.16  | 41.58   |  |  |     |
| 100m: 1:23.63 45.08          | 200m: 2:56.54 | 46.82                        | 300m: 4:27.58 | 44.92 | 400m: 6:08.45  | 59.29   |  |  |     |
| 4. Isaac Salavessa, HORTA    | 11            | Nautico do Guadiana          |               |       | <b>6:12.27</b> |         |  |  | 185 |
| 50m: 38.43 38.43             | 150m: 2:11.62 | 47.35                        | 250m: 3:47.81 | 48.53 | 350m: 5:24.24  | 48.67   |  |  |     |
| 100m: 1:24.27 45.84          | 200m: 2:59.28 | 47.66                        | 300m: 4:35.57 | 47.76 | 400m: 6:12.27  | 48.03   |  |  |     |
| 5. Diogo Kwan, DUARTE        | 11            | Portinado                    |               |       | <b>6:22.47</b> |         |  |  | 170 |
| 50m: 41.33 41.33             | 150m: 2:15.58 | 48.46                        | 250m: 3:54.38 | 49.13 | 350m: 5:33.56  | 50.18   |  |  |     |
| 100m: 1:27.12 45.79          | 200m: 3:05.25 | 49.67                        | 300m: 4:43.38 | 49.00 | 400m: 6:22.47  | 48.91   |  |  |     |
| 6. Artur, BAHNARU            | 11            | Portinado                    |               |       | <b>6:42.74</b> |         |  |  | 146 |
| 50m: 45.70 45.70             | 150m: 2:30.64 | 52.59                        | 250m: 4:15.12 | 50.67 | 350m: 5:55.78  | 49.27   |  |  |     |
| 100m: 1:38.05 52.35          | 200m: 3:24.45 | 53.81                        | 300m: 5:06.51 | 51.39 | 400m: 6:42.74  | 46.96   |  |  |     |
| 7. Goncalo Guritanu, GOMES   | 11            | Portinado                    |               |       | <b>6:43.13</b> |         |  |  | 145 |
| 50m: 41.51 41.51             | 150m: 2:26.25 | 53.25                        | 250m: 4:12.22 | 53.32 | 350m: 5:56.26  | 51.98   |  |  |     |
| 100m: 1:33.00 51.49          | 200m: 3:18.90 | 52.65                        | 300m: 5:04.28 | 52.06 | 400m: 6:43.13  | 46.87   |  |  |     |
| 8. Yago Samuel, DIAS         | 11            | Portinado                    |               |       | <b>6:43.82</b> |         |  |  | 145 |
| 50m: 40.86 40.86             | 150m: 2:26.68 | 54.45                        | 250m: 4:10.30 | 52.73 | 350m: 5:58.04  | 53.62   |  |  |     |
| 100m: 1:32.23 51.37          | 200m: 3:17.57 | 50.89                        | 300m: 5:04.42 | 54.12 | 400m: 6:43.82  | 45.78   |  |  |     |
| 9. Miguel Angelo, HURTADO    | 11            | Portinado                    |               |       | <b>6:49.50</b> |         |  |  | 139 |
| 50m: 43.06 43.06             | 150m: 2:26.57 | 52.73                        | 250m: 4:12.97 | 53.63 | 350m: 6:00.16  | 54.48   |  |  |     |
| 100m: 1:33.84 50.78          | 200m: 3:19.34 | 52.77                        | 300m: 5:05.68 | 52.71 | 400m: 6:49.50  | 49.34   |  |  |     |
| 10. Gustavo Duarte, IRIA     | 11            | Portinado                    |               |       | <b>6:58.75</b> |         |  |  | 130 |
| 50m: 44.45 44.45             | 150m: 2:31.45 | 55.32                        | 250m: 4:19.36 | 54.68 | 350m: 6:07.34  | 53.89   |  |  |     |
| 100m: 1:36.13 51.68          | 200m: 3:24.68 | 53.23                        | 300m: 5:13.45 | 54.09 | 400m: 6:58.75  | 51.41   |  |  |     |
| 11. Qi Sen, CHEN             | 11            | Naval de Faro                |               |       | <b>7:03.55</b> |         |  |  | 125 |
| 50m: 47.49 47.49             | 150m: 2:37.13 | 55.00                        | 250m: 4:26.93 | 54.61 | 350m: 6:12.54  | 51.78   |  |  |     |
| 100m: 1:42.13 54.64          | 200m: 3:32.32 | 55.19                        | 300m: 5:20.76 | 53.83 | 400m: 7:03.55  | 51.01   |  |  |     |
| 12. André Rafael, SANTOS     | 11            | FC Ferreiras/AlgarExperience |               |       | <b>7:04.96</b> |         |  |  | 124 |
| 50m: 48.11 48.11             | 150m: 2:36.98 | 55.25                        | 250m: 4:28.71 | 55.63 | 350m: 6:17.10  | 54.43   |  |  |     |
| 100m: 1:41.73 53.62          | 200m: 3:33.08 | 56.10                        | 300m: 5:22.67 | 53.96 | 400m: 7:04.96  | 47.86   |  |  |     |
| 13. Henrique Afonso, VIEIRA  | 11            | RIA Aqua Tavira              |               |       | <b>7:09.87</b> |         |  |  | 120 |
| 50m: 47.44 47.44             | 150m: 2:37.74 | 55.18                        | 250m: 4:29.70 | 56.00 | 350m: 6:20.32  | 53.88   |  |  |     |
| 100m: 1:42.56 55.12          | 200m: 3:33.70 | 55.96                        | 300m: 5:26.44 | 56.74 | 400m: 7:09.87  | 49.55   |  |  |     |
| 14. Joshua Paulo, FEGAN      | 11            | Louletano / Loule Concelho   |               |       | <b>7:20.67</b> |         |  |  | 111 |
| 50m: 50.95 50.95             | 150m: 2:44.59 | 57.93                        | 250m: 4:38.91 | 56.84 | 350m: 6:30.21  | 55.88   |  |  |     |
| 100m: 1:46.66 55.71          | 200m: 3:42.07 | 57.48                        | 300m: 5:34.33 | 55.42 | 400m: 7:20.67  | 50.46   |  |  |     |
| 15. Alexandre Vitor, FEDORIV | 11            | FC Ferreiras/AlgarExperience |               |       | <b>7:26.36</b> |         |  |  | 107 |
| 50m: 49.65 49.65             | 150m: 2:44.20 | 57.61                        | 250m: 4:42.19 | 58.07 | 350m: 6:36.82  | 1:00.74 |  |  |     |
| 100m: 1:46.59 56.94          | 200m: 3:44.12 | 59.92                        | 300m: 5:36.08 | 53.89 | 400m: 7:26.36  | 49.54   |  |  |     |
| 16. Rafael Palma, MATOS      | 11            | Naval de Faro                |               |       | <b>7:38.83</b> |         |  |  | 98  |
| 50m: 47.80 47.80             | 150m: 2:48.40 | 1:02.11                      | 250m: 4:46.68 | 58.13 | 350m: 6:43.50  | 57.61   |  |  |     |
| 100m: 1:46.29 58.49          | 200m: 3:48.55 | 1:00.15                      | 300m: 5:45.89 | 59.21 | 400m: 7:38.83  | 55.33   |  |  |     |

TORREGRI II | TORNEIO DE T CNICAS SIMULT NEAS  
Lagoa, 1 - 2/4/2023

Prova 2, Masc., 400m Livres, Cadetes A

| Lugar                                                      | Ano         | Tempo final | Pts |
|------------------------------------------------------------|-------------|-------------|-----|
| DSQ Francisco Lourenco, VELHINHO<br>SW 4.4 - Falsa partida | 11 Lagoa AC |             |     |