

Prova 1
14/06/2025 - 9:15

Masc., 400m Livres
CADETES A + EXH

12 - 14 anos
Resultados

Pontos: AQUA 2024

Lugar	Ano										Tempo final	Pts
Cadete A, 12 anos												
1.	MENDONCA, Jorge Lourenco				13	Desportivo Nacional				6:10.18	188	
	50m:	40.85	40.85	150m:	2:15.02	47.59	250m:	3:51.17	48.52	350m:	5:26.19	46.56
	100m:	1:27.43	46.58	200m:	3:02.65	47.63	300m:	4:39.63	48.46	400m:	6:10.18	43.99
2.	MIRANDA, Henrique Seoane				13	Juventude Atlantico				6:56.24	132	
	50m:	44.32	44.32	150m:	2:28.19	53.21	250m:	4:17.58	54.97	350m:	6:07.21	55.81
	100m:	1:34.98	50.66	200m:	3:22.61	54.42	300m:	5:11.40	53.82	400m:	6:56.24	49.03
3.	ABREU, Leo Matias				13	Escola O Liceu				7:23.15	109	
	50m:	46.55	46.55	150m:	2:40.50	58.68	250m:	4:36.26	57.84	350m:	6:29.76	56.99
	100m:	1:41.82	55.27	200m:	3:38.42	57.92	300m:	5:32.77	56.51	400m:	7:23.15	53.39
4.	DANTAS, Henrique Marques				13	Desportivo Sao Roque				7:59.98	86	
	50m:	49.38	49.38	150m:	2:49.34	1:00.16	250m:	4:56.11	1:03.60	350m:	7:01.57	1:02.52
	100m:	1:49.18	59.80	200m:	3:52.51	1:03.17	300m:	5:59.05	1:02.94	400m:	7:59.98	58.41
5.	FREITAS, Santiago Santollo				13	Desportivo Sao Roque				8:21.56	75	
	50m:	52.80	52.80	150m:	2:59.11	1:04.89	250m:	5:12.82	1:06.48	350m:	7:24.78	1:05.88
	100m:	1:54.22	1:01.42	200m:	4:06.34	1:07.23	300m:	6:18.90	1:06.08	400m:	8:21.56	56.78
EXH	GOMES, Santiago Jesus				12	Desportivo Sao Roque				7:15.01	116	
	50m:	47.40	47.40	150m:	2:35.86	55.25	250m:	4:30.55	57.84	350m:	6:24.37	56.57
	100m:	1:40.61	53.21	200m:	3:32.71	56.85	300m:	5:27.80	57.25	400m:	7:15.01	50.64