

Prova 18

Masc., 400m Estilos

Absoluto

23/03/2019 - 10:32

Resultados

Recorde Regional Absoluto	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Sen	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Jun18	4:35.59	FRANCO, Paulo Fragueiro	CDN	Limassol (CYP)	16/04/2000
Recorde Regional Jun17	4:34.60	FRANCO, Paulo Fragueiro	CDN	Famalicao	05/08/1999
Recorde Regional Juv A	4:46.62	FREITAS, Tomas Miguel	CDN	Coimbra	28/07/2006
Recorde Regional Juv B	4:44.63	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	11/03/2005
Recorde Regional Inf A	4:46.20	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	23/07/2004
Recorde Regional Inf B	4:59.28	FREITAS, Tomas Miguel	CDN	Restelo	25/07/2003

TAC Regional Inf B: 7:17.00; Inf A: 7:01.70; Juv B: 6:34.55; Juv A: 6:26.23; Jun: 6:15.96; Sen: 6:06.31 / TAC Nacional Inf B: 5:53.41; Inf A: 5:31.59; Juv B: 5:14.55; Juv A: 5:06.23; Jun: 4:55.96; Sen: 4:46.31

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
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Juvenil B, 15 anos

1. RODRIGUES, Rodrigo Re04	Desportivo Sao Roque	5:18.01	450	1:13.48	1:20.78	1:33.00	1:10.75
50m:	150m:	250m:	350m:	100m:	200m:	300m:	400m:
	1:13.48	2:34.26	4:07.26		5:18.01		

Junior, 17 e 18 anos

1. SILVA, Tomas Antonio 01	Naval do Funchal	4:43.63	635	1:06.28	1:12.67	1:19.81	1:04.87
<i>Minimo Campeonato Nacional</i>							
50m:	150m:	250m:	350m:	100m:	200m:	300m:	400m:
	1:06.28	2:18.95	3:38.76		4:43.63		
2. RODRIGUES, Pedro Reis02	Desportivo Sao Roque	5:05.20	509	1:10.60	1:17.37	1:28.33	1:08.90
50m:	150m:	250m:	350m:	100m:	200m:	300m:	400m:
	1:10.60	2:27.97	3:56.30		5:05.20		

Absoluto, 15 anos e mais velhos

1. SILVA, Tomas Antonio 01	Naval do Funchal	4:43.63	635	1:06.28	1:12.67	1:19.81	1:04.87
<i>Minimo Campeonato Nacional</i>							
50m:	150m:	250m:	350m:	100m:	200m:	300m:	400m:
	1:06.28	2:18.95	3:38.76		4:43.63		
2. RODRIGUES, Pedro Reis02	Desportivo Sao Roque	5:05.20	509	1:10.60	1:17.37	1:28.33	1:08.90
50m:	150m:	250m:	350m:	100m:	200m:	300m:	400m:
	1:10.60	2:27.97	3:56.30		5:05.20		
3. RODRIGUES, Rodrigo Re04	Desportivo Sao Roque	5:18.01	450	1:13.48	1:20.78	1:33.00	1:10.75
50m:	150m:	250m:	350m:	100m:	200m:	300m:	400m:
	1:13.48	2:34.26	4:07.26		5:18.01		