

Prova 22  
16/03/2019 - 18:37

Masc., 400m Livres

Absoluto  
Resultados

Recorde Regional Absoluto	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Sen	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Jun18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recorde Regional Jun17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recorde Regional Juv A	4:05.44	CASTRO, Joao Cruz	CDSR	Penteada	09/07/2016
Recorde Regional Juv B	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recorde Regional Inf A	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recorde Regional Inf B	4:27.04	FREITAS, Tomas Miguel	CDN	Funchal	12/07/2003

TAC Zonal Inf B: 5:05.00; Inf A: 4:53.50 / TAC Nacional Inf B: 4:54.07; Inf A: 4:31.75; Juv B: 4:27.10; Juv A: 4:20.30; Jun: 4:09.77;

Sen: 4:03.96

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
<b>Infantis B, 13 anos</b>			
1. MACHADO, Bernardo Magalhaes	06 Desportivo Nacional	<b>5:10.25</b>	320
50m: 34.70 34.70 150m: 1:53.61 39.79 250m: 3:12.88 40.10 350m: 4:32.39 39.81			
100m: 1:13.82 39.12 200m: 2:32.78 39.17 300m: 3:52.58 39.70 400m: 5:10.25 37.86			
2. FERRAZ, Luis Afonso	06 Naval do Funchal	<b>5:22.89</b>	284
50m: 36.28 36.28 150m: 1:59.00 42.14 250m: 3:24.21 42.50 350m: 4:45.85 40.17			
100m: 1:16.86 40.58 200m: 2:41.71 42.71 300m: 4:05.68 41.47 400m: 5:22.89 37.04			
3. SETIM, Joao Oliveira	06 Naval do Funchal	<b>5:41.59</b>	239
50m: 38.11 38.11 150m: 2:04.37 43.71 250m: 3:32.56 43.87 350m: 4:59.94 43.39			
100m: 1:20.66 42.55 200m: 2:48.69 44.32 300m: 4:16.55 43.99 400m: 5:41.59 41.65			
4. GARANITO, Simao Silva	06 Naval do Funchal	<b>5:44.93</b>	232
50m: 41.64 41.64 150m: 2:10.98 44.93 250m: 3:41.33 45.40 350m: 5:04.81 38.01			
100m: 1:26.05 44.41 200m: 2:55.93 44.95 300m: 4:26.80 45.47 400m: 5:44.93 40.12			
5. NEVES, Joao Pedro	06 Desportivo Sao Roque	<b>5:46.82</b>	229
50m: 36.57 36.57 150m: 2:03.65 43.84 250m: 3:32.33 44.64 350m: 5:02.24 45.27			
100m: 1:19.81 43.24 200m: 2:47.69 44.04 300m: 4:16.97 44.64 400m: 5:46.82 44.58			
6. REMESSO, Joao Tomas	06 Ludens de Machico	<b>6:28.19</b>	163
50m: 43.47 43.47 150m: 2:19.57 48.87 250m: 3:59.79 51.06 350m: 5:39.97 50.82			
100m: 1:30.70 47.23 200m: 3:08.73 49.16 300m: 4:49.15 49.36 400m: 6:28.19 48.22			
7. GOMES, Joao Tomas	06 Futebol Andorinha	<b>6:46.37</b>	142
50m: 48.85 48.85 150m: 2:30.39 51.25 250m: 4:12.62 51.32 350m: 5:54.38 50.38			
100m: 1:39.14 50.29 200m: 3:21.30 50.91 300m: 5:04.00 51.38 400m: 6:46.37 51.99			
8. TEIXEIRA, Bernardo Figueiroa	06 Futebol Andorinha	<b>6:50.30</b>	138
50m: 43.64 43.64 150m: 2:26.13 52.12 250m: 350m: 5:58.88 51.14			
100m: 1:34.01 50.37 200m: 3:20.92 54.79 300m: 5:07.74 400m: 6:50.30 51.42			
9. FERNANDES, Afonso Freitas	06 Salesianos do Funchal	<b>7:01.88</b>	127
50m: 48.06 48.06 150m: 2:38.12 53.77 250m: 4:25.64 53.90 350m: 6:12.14 53.24			
100m: 1:44.35 56.29 200m: 3:31.74 53.62 300m: 5:18.90 53.26 400m: 7:01.88 49.74			

Infantis A, 14 anos

1. SANTOS, Nuno Goncalo	05 Desportivo Sao Roque	<b>4:52.78</b>	380
<i>Minimos Campeonato Zonal</i>			
50m: 32.56 32.56 150m: 1:45.63 37.06 250m: 3:01.05 37.73 350m: 4:16.20 37.57			
100m: 1:08.57 36.01 200m: 2:23.32 37.69 300m: 3:38.63 37.58 400m: 4:52.78 36.58			
2. GOUVEIA, Luis Galvao	05 Desportivo Nacional	<b>4:53.48</b>	378
<i>Minimos Campeonato Zonal</i>			
50m: 32.49 32.49 150m: 1:46.86 37.70 250m: 3:02.03 37.41 350m: 4:17.20 37.33			
100m: 1:09.16 36.67 200m: 2:24.62 37.76 300m: 3:39.87 37.84 400m: 4:53.48 36.28			
3. SOUSA, Lourenco Quintas	05 Naval do Funchal	<b>5:05.16</b>	336
50m: 33.55 33.55 150m: 1:49.56 38.62 250m: 3:08.42 39.70 350m: 4:28.21 40.09			
100m: 1:10.94 37.39 200m: 2:28.72 39.16 300m: 3:48.12 39.70 400m: 5:05.16 36.95			

Prova 22, Masc., 400m Livres, Infantis A, 14 anos

Lugar	Nome		Ano	Equipa		Tempo final	Pts	
4.	JESUS, Pedro Miguel		05	Salesianos do Funchal		<b>6:05.36</b>	196	
	50m:	40.65 40.65	150m:	2:13.38 47.14	250m:	3:48.69 46.76	350m:	5:21.99 45.98
	100m:	1:26.24 45.59	200m:	3:01.93 48.55	300m:	4:36.01 47.32	400m:	6:05.36 43.37
5.	SOUSA, Luis Miguel		05	Clube Sport Maritimo		<b>7:03.63</b>	125	
	50m:	44.03 44.03	150m:	2:27.16 53.12	250m:	4:19.82 57.75	350m:	6:13.92 56.99
	100m:	1:34.04 50.01	200m:	3:22.07 54.91	300m:	5:16.93 57.11	400m:	7:03.63 49.71

Juvenis B, 15 anos

1.	ALVES, Paulo Rodrigues		04	Desportivo Nacional		<b>4:22.41</b>	529	
	<i>Minimos Campeonato Nacional</i>							
	50m:	29.51 29.51	150m:	1:36.35 33.43	250m:	2:42.63 32.48	350m:	3:48.65 33.67
	100m:	1:02.92 33.41	200m:	2:10.15 33.80	300m:	3:14.98 32.35	400m:	4:22.41 33.76
2.	TELES, Artur Corte		04	Individual Madeira		<b>4:35.80</b>	455	
	50m:	31.08 31.08	150m:	1:40.89 35.49	250m:	2:51.48 35.02	350m:	4:02.57 35.53
	100m:	1:05.40 34.32	200m:	2:16.46 35.57	300m:	3:27.04 35.56	400m:	4:35.80 33.23
3.	FERNANDES, Diogo Henrique		04	Naval do Funchal		<b>4:36.25</b>	453	
	50m:	29.72 29.72	150m:	1:39.39 35.43	250m:	2:50.98 35.86	350m:	4:03.20 36.05
	100m:	1:03.96 34.24	200m:	2:15.12 35.73	300m:	3:27.15 36.17	400m:	4:36.25 33.05
4.	CAMACHO, Afonso Caires		04	Naval do Funchal		<b>4:40.09</b>	435	
	50m:	30.70 30.70	150m:	1:41.70 36.30	250m:	2:52.72 34.61	350m:	4:04.95 36.43
	100m:	1:05.40 34.70	200m:	2:18.11 36.41	300m:	3:28.52 35.80	400m:	4:40.09 35.14
5.	NUNES, Afonso Miguel		04	Salesianos do Funchal		<b>4:59.94</b>	354	
	50m:	33.17 33.17	150m:	1:48.28 38.62	250m:	3:05.68 38.39	350m:	4:22.36 38.27
	100m:	1:09.66 36.49	200m:	2:27.29 39.01	300m:	3:44.09 38.41	400m:	4:59.94 37.58
6.	GONCALVES, Vitor Afonso		04	Salesianos do Funchal		<b>5:06.48</b>	332	
	50m:	33.67 33.67	150m:	1:50.40 38.66	250m:	3:09.83 39.70	350m:	4:29.30 39.73
	100m:	1:11.74 38.07	200m:	2:30.13 39.73	300m:	3:49.57 39.74	400m:	5:06.48 37.18
7.	FARIA, Helder Rafael		04	Salesianos do Funchal		<b>5:50.59</b>	221	
	50m:	39.21 39.21	150m:	2:07.52 44.73	250m:	3:39.29 45.96	350m:	5:11.34 45.27
	100m:	1:22.79 43.58	200m:	2:53.33 45.81	300m:	4:26.07 46.78	400m:	5:50.59 39.25

Juvenis A, 16 anos

1.	GOMES, Goncalo Camara		03	Naval do Funchal		<b>4:17.68</b>	558	
	<i>Minimos Campeonato Nacional</i>							
	50m:	28.85 28.85	150m:	1:33.33 32.29	250m:	2:39.06 32.95	350m:	3:45.42 33.19
	100m:	1:01.04 32.19	200m:	2:06.11 32.78	300m:	3:12.23 33.17	400m:	4:17.68 32.26
2.	FERNANDES, Rui Afonso		03	Desportivo Nacional		<b>4:20.66</b>	539	
	50m:	29.00 29.00	150m:	1:33.50 32.69	250m:	2:40.26 33.62	350m:	3:47.38 33.63
	100m:	1:00.81 31.81	200m:	2:06.64 33.14	300m:	3:13.75 33.49	400m:	4:20.66 33.28
3.	LOPES, Pedro Henrique		03	Desportivo Sao Roque		<b>4:28.76</b>	492	
	50m:	29.13 29.13	150m:	1:33.87 32.85	250m:	2:42.14 34.59	350m:	3:53.31 35.79
	100m:	1:01.02 31.89	200m:	2:07.55 33.68	300m:	3:17.52 35.38	400m:	4:28.76 35.45
4.	BAPTISTA, Tiago Ornelas		03	Naval do Funchal		<b>4:50.79</b>	388	
	50m:	32.65 32.65	150m:	1:46.04 36.81	250m:	3:01.05 37.66	350m:	4:15.22 37.02
	100m:	1:09.23 36.58	200m:	2:23.39 37.35	300m:	3:38.20 37.15	400m:	4:50.79 35.57
5.	MAROTE, Joao Nuno		03	Desportivo Sao Roque		<b>4:51.75</b>	385	
	50m:	31.89 31.89	150m:	1:45.34 37.16	250m:	3:00.15 37.41	350m:	4:15.21 37.42
	100m:	1:08.18 36.29	200m:	2:22.74 37.40	300m:	3:37.79 37.64	400m:	4:51.75 36.54
6.	MELIM, Bruno Pontes		03	Salesianos do Funchal		<b>4:54.77</b>	373	
	50m:	32.07 32.07	150m:	1:47.15 38.18	250m:	3:05.41 39.09	350m:	4:19.05 36.53
	100m:	1:08.97 36.90	200m:	2:26.32 39.17	300m:	3:42.52 37.11	400m:	4:54.77 35.72

Prova 22, Masc., 400m Livres, Juvenis A, 16 anos

Lugar			Ano					Tempo final	Pts		
7.	VIEIRA, Emanuel Eloi		03	Desportivo Sao Roque				<b>4:55.31</b>	371		
	50m:	33.51 33.51	150m:	1:47.68	37.43	250m:	3:03.44	37.91	350m:	4:18.33	37.32
	100m:	1:10.25 36.74	200m:	2:25.53	37.85	300m:	3:41.01	37.57	400m:	4:55.31	36.98
8.	ABREU, Nuno Afonso		03	Naval do Funchal				<b>4:56.95</b>	365		
	50m:	32.19 32.19	150m:	1:46.55	37.51	250m:	3:02.81	37.97	350m:	4:19.66	38.42
	100m:	1:09.04 36.85	200m:	2:24.84	38.29	300m:	3:41.24	38.43	400m:	4:56.95	37.29
9.	FERNANDES, Goncalo Martim		03	Desportivo Nacional				<b>6:00.43</b>	204		
	50m:	39.71 39.71	150m:	2:11.33	45.99	250m:	3:44.47	46.27	350m:	5:19.59	47.71
	100m:	1:25.34 45.63	200m:	2:58.20	46.87	300m:	4:31.88	47.41	400m:	6:00.43	40.84

Juniores, 17 e 18 anos

1.	RODRIGUES, Pedro Reis		02	Desportivo Sao Roque				<b>4:11.45</b>	601		
	50m:	28.88 28.88	150m:	1:32.40	31.93	250m:	2:36.95	32.12	350m:	3:40.07	31.43
	100m:	1:00.47 31.59	200m:	2:04.83	32.43	300m:	3:08.64	31.69	400m:	4:11.45	31.38
2.	DEUS, Andre Portugal		02	Naval do Funchal				<b>4:13.50</b>	586		
	50m:	28.78 28.78	150m:	1:31.81	31.84	250m:	2:36.47	32.39	350m:	3:41.00	32.04
	100m:	59.97 31.19	200m:	2:04.08	32.27	300m:	3:08.96	32.49	400m:	4:13.50	32.50
3.	FREITAS, Joao Tomas		02	Salesianos do Funchal				<b>4:35.43</b>	457		
	50m:	30.99 30.99	150m:	1:41.22	35.51	250m:	2:51.54	34.89	350m:	4:02.92	35.66
	100m:	1:05.71 34.72	200m:	2:16.65	35.43	300m:	3:27.26	35.72	400m:	4:35.43	32.51
4.	BELO, Francisco Miguel		02	Desportivo Nacional				<b>4:52.04</b>	383		
	50m:	33.49 33.49	150m:	1:47.44	37.36	250m:	3:01.97	36.89	350m:	4:15.84	37.38
	100m:	1:10.08 36.59	200m:	2:25.08	37.64	300m:	3:38.46	36.49	400m:	4:52.04	36.20
5.	PRIOSTE, Pedro Danilo		01	Desportivo Sao Roque				<b>4:54.40</b>	374		
	50m:	31.61 31.61	150m:	1:43.81	36.91	250m:	2:59.21	38.18	350m:	4:16.18	38.41
	100m:	1:06.90 35.29	200m:	2:21.03	37.22	300m:	3:37.77	38.56	400m:	4:54.40	38.22
6.	RAMALHO, Joao Caires		02	Desportivo Nacional				<b>5:01.33</b>	349		
	50m:	33.33 33.33	150m:	1:47.04	37.29	250m:	3:02.75	38.45	350m:	4:22.62	40.00
	100m:	1:09.75 36.42	200m:	2:24.30	37.26	300m:	3:42.62	39.87	400m:	5:01.33	38.71
7.	GAMA, Ibrahim Jose		01	Salesianos do Funchal				<b>5:05.06</b>	336		
	50m:	33.70 33.70	150m:	1:49.38	38.23	250m:	3:06.83	38.72	350m:	4:26.02	39.78
	100m:	1:11.15 37.45	200m:	2:28.11	38.73	300m:	3:46.24	39.41	400m:	5:05.06	39.04
8.	CISNEROS, Diego Andres		01	Futebol Andorinha				<b>5:32.31</b>	260		
	50m:	33.96 33.96	150m:	1:53.45	40.70	250m:	3:19.81	43.91	350m:	4:48.98	45.23
	100m:	1:12.75 38.79	200m:	2:35.90	42.45	300m:	4:03.75	43.94	400m:	5:32.31	43.33
9.	FERREIRA, Rodrigo Nobrega		01	Desportiva de Machico				<b>5:38.05</b>	247		
	50m:	29.67 29.67	150m:	1:49.68	45.84	250m:	3:22.07	45.57	350m:	4:53.16	45.53
	100m:	1:03.84 34.17	200m:	2:36.50	46.82	300m:	4:07.63	45.56	400m:	5:38.05	44.89
10.	VASCONCELOS, Samuel Antonio		01	Desportivo Sao Roque				<b>5:50.41</b>	222		
	50m:	37.52 37.52	150m:	2:03.94	43.93	250m:	3:34.84	45.29	350m:	5:06.31	45.59
	100m:	1:20.01 42.49	200m:	2:49.55	45.61	300m:	4:20.72	45.88	400m:	5:50.41	44.10