

Prova 21

Masc., 400m Livres

Absoluto

26/01/2019 - 12:02

Resultados

| | | | | | |
|---------------------------|---------|---------------------------|-----|-----------|------------|
| Recorde Regional Absoluto | 3:58.51 | FRANCO, Paulo Fragueiro | CDN | Faro | 20/07/2009 |
| Recorde Regional Sen | 3:58.51 | FRANCO, Paulo Fragueiro | CDN | Faro | 20/07/2009 |
| Recorde Regional Jun18 | 4:07.78 | GOUVEIA, Pedro Galvao | CDN | Coimbra | 02/04/2017 |
| Recorde Regional Jun17 | 4:07.82 | FRANCO, Paulo Fragueiro | CDN | Famalicao | 06/08/1999 |
| Recorde Regional Juv A | 4:14.87 | FRANCO, Paulo Fragueiro | CDN | Jamor | 31/07/1998 |
| Recorde Regional Juv B | 4:17.97 | FREITAS, Tomas Miguel | CDN | Coimbra | 23/07/2005 |
| Recorde Regional Inf A | 4:25.14 | ALMEIDA, Carlos Alexandre | CDN | Restelo | 26/07/2003 |
| Recorde Regional Inf B | 4:37.33 | FRANCO, Paulo Fragueiro | CDN | Olivais | 28/07/1995 |

TAC Zonais 2018 Inf B: 5:11.10; Inf A: 4:59.37; Juv B: 4:44.13; Juv A: 4:38.91 / TAC Nacional Inf B: 5:04.76; Inf A: 4:41.70; Juv B: 4:31.87; Juv A: 4:27.75; Jun: 4:17.70; Sen: 4:10.88

Pontos: FINA 2018

| Lugar | Ano | | Tempo final | Pts | 100m | 200m | 300m | 400m | |
|----------------------------|----------------------------|----|-----------------------|----------------|------|---------------|---------|---------|---------|
| Infantil B, 13 anos | | | | | | | | | |
| 1. | PAULOS, Joao Afonso | 06 | Naval do Funchal | 5:22.06 | 319 | 1:16.48 | 1:24.00 | 1:24.11 | 1:17.47 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:16.48 | | 200m: 2:40.48 | 300m: 4:04.59 | | 400m: 5:22.06 | | | |
| 2. | PITA, Pedro Miguel | 06 | Naval do Funchal | 5:22.84 | 316 | 1:17.37 | 1:23.12 | 1:22.86 | 1:19.49 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:17.37 | | 200m: 2:40.49 | 300m: 4:03.35 | | 400m: 5:22.84 | | | |
| 3. | ABREU, Joao Francisco | 06 | Naval do Funchal | 5:25.53 | 308 | 1:16.40 | 1:23.64 | 1:23.52 | 1:21.97 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:16.40 | | 200m: 2:40.04 | 300m: 4:03.56 | | 400m: 5:25.53 | | | |
| 4. | FERRAZ, Luis Afonso | 06 | Naval do Funchal | 5:43.32 | 263 | 1:20.92 | 1:27.25 | 1:30.59 | 1:24.56 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:20.92 | | 200m: 2:48.17 | 300m: 4:18.76 | | 400m: 5:43.32 | | | |
| 5. | NEVES, Joao Pedro | 06 | Sao Roque | 5:59.90 | 228 | 1:23.69 | 1:33.33 | 1:33.59 | 1:29.29 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:23.69 | | 200m: 2:57.02 | 300m: 4:30.61 | | 400m: 5:59.90 | | | |
| 6. | LOPES, Afonso Manuel | 06 | WOS Team | 6:26.10 | 185 | 1:28.93 | 1:39.77 | 1:40.71 | 1:36.69 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:28.93 | | 200m: 3:08.70 | 300m: 4:49.41 | | 400m: 6:26.10 | | | |
| 7. | TEMES, Joao Caires | 06 | Salesianos do Funchal | 7:01.11 | 142 | 1:44.26 | 1:48.88 | 1:48.55 | 1:39.42 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:44.26 | | 200m: 3:33.14 | 300m: 5:21.69 | | 400m: 7:01.11 | | | |
| 8. | FERNANDES, Afonso Frei06; | | Salesianos do Funchal | 7:02.62 | 141 | 1:41.97 | 1:50.06 | 1:49.85 | 1:40.74 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:41.97 | | 200m: 3:32.03 | 300m: 5:21.88 | | 400m: 7:02.62 | | | |
| 9. | CASTRO, Mateus Pereira | 06 | Escola O Liceu | 7:31.19 | 116 | 1:40.97 | 1:53.86 | 1:57.60 | 1:58.76 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:40.97 | | 200m: 3:34.83 | 300m: 5:32.43 | | 400m: 7:31.19 | | | |
| Infantil A, 14 anos | | | | | | | | | |
| 1. | SANTOS, Nuno Goncalo | 05 | Sao Roque | 5:02.30 | 385 | 1:12.05 | 1:16.93 | 1:17.62 | 1:15.70 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:12.05 | | 200m: 2:28.98 | 300m: 3:46.60 | | 400m: 5:02.30 | | | |
| 2. | SILVA, Tony Stefano | 05 | Naval do Funchal | 6:01.17 | 226 | 1:22.44 | 1:32.45 | 1:33.75 | 1:32.53 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:22.44 | | 200m: 2:54.89 | 300m: 4:28.64 | | 400m: 6:01.17 | | | |
| Juvenil B, 15 anos | | | | | | | | | |
| 1. | FERNANDES, Diogo Henri04;e | | Naval do Funchal | 4:47.88 | 446 | 1:07.98 | 1:13.44 | 1:14.49 | 1:11.97 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:07.98 | | 200m: 2:21.42 | 300m: 3:35.91 | | 400m: 4:47.88 | | | |
| 2. | BARRY, Rafael Francisco | 04 | Naval do Funchal | 4:52.41 | 426 | 1:07.36 | 1:14.80 | 1:16.33 | 1:13.92 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:07.36 | | 200m: 2:22.16 | 300m: 3:38.49 | | 400m: 4:52.41 | | | |
| 3. | TELES, Artur Corte | 04 | Sao Roque | 4:55.68 | 412 | 1:09.22 | 1:14.76 | 1:16.64 | 1:15.06 |
| | 50m: | | 150m: | 250m: | | 350m: | | | |
| | 100m: 1:09.22 | | 200m: 2:23.98 | 300m: 3:40.62 | | 400m: 4:55.68 | | | |

Prova 21, Masc., 400m Livres, Juvenil B, 15 anos

| Lugar | Ano | Tempo final | Pts | 100m | 200m | 300m | 400m |
|-----------------------------|-----|----------------|-----|---------------|---------------|---------|---------|
| 4. NUNES, Afonso Miguel | 04 | 5:00.78 | 391 | 1:10.65 | 1:16.48 | 1:18.16 | 1:15.49 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:10.65 | | 200m: 2:27.13 | | 300m: 3:45.29 | 400m: 5:00.78 | | |
| 5. AGUILAR, Luis Santos | 04 | 5:20.92 | 322 | 1:16.00 | 1:23.70 | 1:23.80 | 1:17.42 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:16.00 | | 200m: 2:39.70 | | 300m: 4:03.50 | 400m: 5:20.92 | | |
| 6. SILVA, Eduardo Rodrigues | 04 | 5:22.64 | 317 | 1:17.52 | 1:23.62 | 1:23.75 | 1:17.75 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:17.52 | | 200m: 2:41.14 | | 300m: 4:04.89 | 400m: 5:22.64 | | |

Juvenil A, 16 anos

| | | | | | | | |
|----------------------------|----|----------------|-----|---------------|---------------|---------|---------|
| 1. LOPES, Pedro Henrique | 03 | 4:45.76 | 456 | 1:07.31 | 1:12.37 | 1:15.07 | 1:11.01 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:07.31 | | 200m: 2:19.68 | | 300m: 3:34.75 | 400m: 4:45.76 | | |
| 2. BAPTISTA, Tiago Ornelas | 03 | 4:53.55 | 421 | 1:10.70 | 1:15.81 | 1:14.73 | 1:12.31 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:10.70 | | 200m: 2:26.51 | | 300m: 3:41.24 | 400m: 4:53.55 | | |
| 3. MATOS, Rodrigo Vieira | 03 | 4:59.41 | 397 | 1:08.64 | 1:16.77 | 1:17.95 | 1:16.05 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:08.64 | | 200m: 2:25.41 | | 300m: 3:43.36 | 400m: 4:59.41 | | |
| 4. ABREU, Nuno Afonso | 03 | 5:17.11 | 334 | 1:13.86 | 1:21.19 | 1:22.78 | 1:19.28 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:13.86 | | 200m: 2:35.05 | | 300m: 3:57.83 | 400m: 5:17.11 | | |

Juniores, 17 e 18 anos

| | | | | | | | |
|----------------------------|-----|----------------|-----|---------------|---------------|---------|---------|
| 1. SILVA, Tomas Antonio | 01 | 4:22.99 | 585 | 1:02.25 | 1:07.39 | 1:09.50 | 1:03.85 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:02.25 | | 200m: 2:09.64 | | 300m: 3:19.14 | 400m: 4:22.99 | | |
| 2. DEUS, Andre Portugal | 02 | 4:23.52 | 582 | 1:02.27 | 1:07.70 | 1:08.92 | 1:04.63 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:02.27 | | 200m: 2:09.97 | | 300m: 3:18.89 | 400m: 4:23.52 | | |
| 3. GRACA, Fernando Guerre | 02 | 4:39.60 | 487 | 1:05.80 | 1:12.82 | 1:12.31 | 1:08.67 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:05.80 | | 200m: 2:18.62 | | 300m: 3:30.93 | 400m: 4:39.60 | | |
| 4. OLIVEIRA, Pedro Freitas | 02 | 4:40.80 | 481 | 1:05.59 | 1:12.41 | 1:13.63 | 1:09.17 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:05.59 | | 200m: 2:18.00 | | 300m: 3:31.63 | 400m: 4:40.80 | | |
| 5. CASTRO, Martim Pereira | 02 | 4:53.43 | 421 | 1:08.87 | 1:15.19 | 1:15.64 | 1:13.73 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:08.87 | | 200m: 2:24.06 | | 300m: 3:39.70 | 400m: 4:53.43 | | |
| 6. BELO, Francisco Miguel | 02 | 5:00.72 | 391 | 1:09.40 | 1:15.54 | 1:18.18 | 1:17.60 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:09.40 | | 200m: 2:24.94 | | 300m: 3:43.12 | 400m: 5:00.72 | | |
| 7. PRIOSTE, Pedro Danilo | 01 | 5:09.49 | 359 | 1:10.93 | 1:17.99 | 1:18.33 | 1:22.24 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:10.93 | | 200m: 2:28.92 | | 300m: 3:47.25 | 400m: 5:09.49 | | |
| 8. GAMA, Ibrahim Jose | 01 | 5:20.34 | 324 | 1:15.58 | 1:21.06 | 1:22.84 | 1:20.86 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:15.58 | | 200m: 2:36.64 | | 300m: 3:59.48 | 400m: 5:20.34 | | |
| 9. FERREIRA, Rodrigo Nobre | 01a | 5:32.33 | 290 | 1:11.56 | 1:28.36 | 1:28.64 | 1:23.77 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:11.56 | | 200m: 2:39.92 | | 300m: 4:08.56 | 400m: 5:32.33 | | |
| 10. VASCONCELOS, S. | 01 | 6:06.72 | 216 | 1:21.10 | 1:33.86 | 1:38.14 | 1:33.62 |
| 50m: | | 150m: | | | 350m: | | |
| 100m: 1:21.10 | | 200m: 2:54.96 | | 300m: 4:33.10 | 400m: 6:06.72 | | |

Prova 21, Masc., 400m Livres

Seniores, 19 e mais velhos

| | | | | | | |
|------------------------------|---------------------|--------------------|---------------|---------|---------|---------|
| 1. QUINTAL, Nuno Alexandre99 | Desportivo Nacional | 4:44.12 464 | 1:07.13 | 1:13.54 | 1:13.71 | 1:09.74 |
| 50m: | 150m: | 250m: | 350m: | | | |
| 100m: 1:07.13 | 200m: 2:20.67 | 300m: 3:34.38 | 400m: 4:44.12 | | | |
| 2. SOUSA, Joao Pedro 74 | Naval do Funchal | 4:57.27 405 | 1:09.15 | 1:16.02 | 1:17.61 | 1:14.49 |
| 50m: | 150m: | 250m: | 350m: | | | |
| 100m: 1:09.15 | 200m: 2:25.17 | 300m: 3:42.78 | 400m: 4:57.27 | | | |