

Prova 10  
26/10/2019 - 10:19

Masc., 400m Livres

Absolutos  
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 Nacionais Inf B: 4:54.07; Inf A: 4:31.75; Juv B: 4:27.09; Juv A: 4:19.30; Jun17: 4:10.51; Jun18: 4:09.26; 19: 4:03.91; 20+: 4:02.70 / TAC Zonais Inf B: 5:05.00; Inf A: 4:53.50; Juv B: 4:38.55; Juv A: 4:33.44

Pontos: FINA 2019

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CASTRO Martim Pereira	02	124907	Escola O Liceu	<b>4:33.94</b>	+0,71	465	23,00
	50m: 29.62 29.62		150m: 1:36.88 34.19	250m: 2:47.65 35.71	350m: 3:59.16 35.86		400m: 4:33.94 34.78	
	100m: 1:02.69 33.07		200m: 2:11.94 35.06	300m: 3:23.30 35.65				
2.	TELES Artur Corte	04	127508	Juventude Atlantico Clube	<b>4:36.21</b>	+0,63	453	21,00
	50m: 30.47 30.47		150m: 1:39.12 34.24	250m: 2:50.20 35.90	350m: 4:01.77 35.50		400m: 4:36.21 34.44	
	100m: 1:04.88 34.41		200m: 2:14.30 35.18	300m: 3:26.27 36.07				
DNS	GOMES Alexandre Monteiro	04	204308	Juventude Atlantico Clube				-
EXH	RODRIGUES Rodrigo Reis <i>Minimos Camp. Zonal - Sines</i>	04	124155	CD Sao Roque	<b>4:28.12</b>	+0,62	496	-
	50m: 29.72 29.72		150m: 1:35.99 33.66	250m: 2:45.41 34.82	350m: 3:54.44 34.23		400m: 4:28.12 33.68	
	100m: 1:02.33 32.61		200m: 2:10.59 34.60	300m: 3:20.21 34.80				
EXH	FERNANDES Diogo Henrique	04	133152	Naval do Funchal	<b>4:33.50</b>	+0,69	467	-
	50m: 29.85 29.85		150m: 1:38.29 34.49	250m: 2:48.48 34.74	350m: 3:58.84 35.50		400m: 4:33.50 34.66	
	100m: 1:03.80 33.95		200m: 2:13.74 35.45	300m: 3:23.34 34.86				
EXH	RODRIGUES Joao Luis	05	130527	Naval do Funchal	<b>4:40.08</b>	+0,62	435	-
	50m: 30.66 30.66		150m: 1:40.43 35.50	250m: 2:52.52 36.25	350m: 4:05.17 36.18		400m: 4:40.08 34.91	
	100m: 1:04.93 34.27		200m: 2:16.27 35.84	300m: 3:28.99 36.47				
EXH	PITA Pedro Miguel	06	201963	Naval do Funchal	<b>4:57.11</b>	+0,66	364	-
	50m: 33.03 33.03		150m: 1:47.73 37.74	250m: 3:03.65 38.34	350m: 4:20.29 38.14		400m: 4:57.11 36.82	
	100m: 1:09.99 36.96		200m: 2:25.31 37.58	300m: 3:42.15 38.50				
EXH	VIEIRA Emanuel Eloi	03	130582	CD Sao Roque	<b>4:58.39</b>	+0,80	359	-
	50m: 32.20 32.20		150m: 1:47.48 38.55	250m: 3:04.56 38.57	350m: 4:20.97 38.14		400m: 4:58.39 37.42	
	100m: 1:08.93 36.73		200m: 2:25.99 38.51	300m: 3:42.83 38.27				
EXH	PAULOS Joao Afonso	06	150813	Naval do Funchal	<b>4:58.82</b>	+0,67	358	-
	50m: 31.67 31.67		150m: 1:46.26 38.17	250m: 3:03.83 38.74	350m: 4:21.98 39.27		400m: 4:58.82 36.84	
	100m: 1:08.09 36.42		200m: 2:25.09 38.83	300m: 3:42.71 38.88				
EXH	FERRAZ Luis Afonso	06	133164	Naval do Funchal	<b>4:59.11</b>	+0,65	357	-
	50m: 33.99 33.99		150m: 1:50.79 39.04	250m: 3:08.11 38.67	350m: 4:23.88 37.65		400m: 4:59.11 35.23	
	100m: 1:11.75 37.76		200m: 2:29.44 38.65	300m: 3:46.23 38.12				
EXH	ABREU Joao Francisco	06	133478	Naval do Funchal	<b>4:59.18</b>	+0,66	357	-
	50m: 34.03 34.03		150m: 1:50.21 38.24	250m: 3:07.20 38.17	350m: 4:23.25 37.94		400m: 4:59.18 35.93	
	100m: 1:11.97 37.94		200m: 2:29.03 38.82	300m: 3:45.31 38.11				
EXH	MAROTE Joao Nuno	03	200969	CD Sao Roque	<b>5:02.92</b>	+0,70	344	-
	50m: 32.79 32.79		150m: 1:48.03 38.08	250m: 3:06.22 39.26	350m: 4:24.15 38.91		400m: 5:02.92 38.77	
	100m: 1:09.95 37.16		200m: 2:26.96 38.93	300m: 3:45.24 39.02				
EXH	ALVES Tiago Pires	05	148362	Juventude Atlantico Clube	<b>5:04.12</b>	+0,76	339	-
	50m: 34.60 34.60		150m: 1:50.18 38.31	250m: 3:08.84 39.51	350m: 4:26.98 39.27		400m: 5:04.12 37.14	
	100m: 1:11.87 37.27		200m: 2:29.33 39.15	300m: 3:47.71 38.87				
EXH	SETIM Joao Oliveira	06	205151	Naval do Funchal	<b>5:20.59</b>	+0,59	290	-
	50m: 35.26 35.26		150m: 1:56.07 41.18	250m: 3:19.17 41.20	350m: 4:41.45 40.78		400m: 5:20.59 39.14	
	100m: 1:14.89 39.63		200m: 2:37.97 41.90	300m: 4:00.67 41.50				
EXH	GARANITO Simao Silva	06	204645	Naval do Funchal	<b>5:31.64</b>	+0,56	262	-
	50m: 35.93 35.93		150m: 2:01.58 43.42	250m: 3:28.08 43.45	350m: 4:50.42 38.56		400m: 5:31.64 41.22	
	100m: 1:18.16 42.23		200m: 2:44.63 43.05	300m: 4:11.86 43.78				
EXH	ARAUJO Joao Caldeira	07	203459	Naval do Funchal	<b>5:37.72</b>	+0,44	248	-
	50m: 36.90 36.90		150m: 2:03.46 43.48	250m: 3:30.67 43.47	350m: 4:57.47 43.21		400m: 5:37.72 40.25	
	100m: 1:19.98 43.08		200m: 2:47.20 43.74	300m: 4:14.26 43.59				



Fase Insular (ANMAD) de Qualificação 3ª Divisão de Clubes  
Funchal, 26/10/2019



Prova 10, Masc., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	NEVES Tiago Brazao	07	204426	Naval do Funchal	<b>5:38.90</b>	+0,71	245	-
	50m: 37.58 37.58		150m: 2:04.97	43.85	250m: 3:33.12	44.41	350m: 5:00.16	43.14
	100m: 1:21.12 43.54		200m: 2:48.71	43.74	300m: 4:17.02	43.90	400m: 5:38.90	38.74
EXH	OLIVEIRA Afonso Miguel	07	148420	Juventude Atlantico Clube	<b>5:42.20</b>	+0,55	238	-
	50m: 38.30 38.30		150m: 2:06.02	44.23	250m: 3:35.72	45.25	350m: 5:05.64	44.75
	100m: 1:21.79 43.49		200m: 2:50.47	44.45	300m: 4:20.89	45.17	400m: 5:42.20	36.56
EXH	PEREIRA Lucas Santos	07	207434	Naval do Funchal	<b>5:42.59</b>	+0,71	237	-
	50m: 39.14 39.14		150m: 2:07.10	44.34	250m: 3:36.87	45.04	350m: 5:06.17	44.82
	100m: 1:22.76 43.62		200m: 2:51.83	44.73	300m: 4:21.35	44.48	400m: 5:42.59	36.42
EXH	ALVES Diogo Basilio	07	201709	Juventude Atlantico Clube	<b>5:59.88</b>	+0,46	205	-
	50m: 40.12 40.12		150m: 2:12.41	46.58	250m: 3:45.73	46.44	350m: 5:17.95	45.83
	100m: 1:25.83 45.71		200m: 2:59.29	46.88	300m: 4:32.12	46.39	400m: 5:59.88	41.93
EXH	ALMEIDA Joao Francisco	07	209787	Naval do Funchal	<b>6:00.89</b>	+0,70	203	-
	50m: 42.04 42.04		150m: 2:14.23	46.59	250m: 3:47.34	46.66	350m: 5:20.19	46.28
	100m: 1:27.64 45.60		200m: 3:00.68	46.45	300m: 4:33.91	46.57	400m: 6:00.89	40.70
EXH	FERNANDES Afonso Freitas	06	148418	Juventude Atlantico Clube	<b>6:59.11</b>	+0,66	129	-
	50m: 45.50 45.50		150m: 2:31.72	53.13	250m: 4:21.32	55.01	350m: 6:09.51	53.17
	100m: 1:38.59 53.09		200m: 3:26.31	54.59	300m: 5:16.34	55.02	400m: 6:59.11	49.60
EXH	FERNANDES Joao Vieira	07	208494	Juventude Atlantico Clube	<b>7:22.99</b>		109	-
	50m: 49.54 49.54		150m: 2:42.72	56.21	250m: 4:38.70	58.26	350m: 6:33.35	54.87
	100m: 1:46.51 56.97		200m: 3:40.44	57.72	300m: 5:38.48	59.78	400m: 7:22.99	49.64
EXH	NUNES Duarte Costa	07	206934	Juventude Atlantico Clube	<b>7:25.49</b>	+0,98	108	-
	50m: 49.68 49.68		150m: 2:42.99	58.54	250m: 4:37.85	56.97	350m: 6:35.19	57.96
	100m: 1:44.45 54.77		200m: 3:40.88	57.89	300m: 5:37.23	59.38	400m: 7:25.49	50.30