

Prova 36

Masc., 400m Estilos

Absoluto

24/11/2019 - 9:23

Resultados

Recorde Regional Absoluto	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Sen	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Jun18	4:26.56	SILVA, Tomas Antonio	CNF	Felgueiras	21/12/2018
Recorde Regional Jun17	4:32.64	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018
Recorde Regional Juv A	4:41.24	ALMEIDA, Carlos Alexandre	CDN	Funchal	05/06/2005
Recorde Regional Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recorde Regional Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004
Recorde Regional Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003

TAC Regional Inf B: 7:11.48; Inf A: 6:50.42; Juv B: 6:32.59; Juv A: 6:25.34; Jun17: 6:16.65; Jun18: 6:15.22; Sen19: 6:09.12;  
20+: 6:07.73 / TAC Nacionais Inf B: 5:41.48; Inf A: 5:20.42; Juv B: 5:02.59; Juv A: 4:55.34; Jun17: 4:46.65; Jun18: 4:45.22;  
Sen19: 4:39.12; 20+: 4:37.73 / TAC Zonais Inf B: 5:50.00; Inf A: 5:35.00; Juv B: 5:18.95; Juv A: 5:13.10

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts			
<b>Infantil A - 14 anos</b>												
1.	PITA, Pedro Miguel		06	Naval do Funchal				<b>5:29.28</b>	365			
<i>Minimos Campeonato Zonal - Ponte de Sôr</i>												
	50m:	34.15	34.15	150m:	1:56.12	41.78	250m:	3:25.82	49.04	350m:	4:52.45	37.59
	100m:	1:14.34	40.19	200m:	2:36.78	40.66	300m:	4:14.86	49.04	400m:	5:29.28	36.83
2.	GONCALVES, Martim Luis		06	Desportivo Nacional				<b>5:40.06</b>	332			
	50m:	33.71	33.71	150m:	1:58.26	43.56	250m:	3:31.88	51.50	350m:	5:02.64	39.45
	100m:	1:14.70	40.99	200m:	2:40.38	42.12	300m:	4:23.19	51.31	400m:	5:40.06	37.42
<b>Juvenil A - 16 anos</b>												
1.	ALVES, Paulo Rodrigues		04	Desportivo Nacional				<b>4:53.83</b>	514			
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>												
	50m:	31.63	31.63	150m:	1:48.94	39.30	250m:	3:07.86	40.38	350m:	4:20.98	32.48
	100m:	1:09.64	38.01	200m:	2:27.48	38.54	300m:	3:48.50	40.64	400m:	4:53.83	32.85
2.	NUNES, Afonso Miguel		04	Salesianos do Funchal				<b>5:13.44</b>	424			
	50m:	31.97	31.97	150m:	1:49.64	39.08	250m:	3:14.14	45.98	350m:	4:37.59	37.15
	100m:	1:10.56	38.59	200m:	2:28.16	38.52	300m:	4:00.44	46.30	400m:	5:13.44	35.85
<b>Juniores - 17, 18 anos</b>												
1.	RODRIGUES, Pedro Reis		02	Deportivo Sao Roque				<b>4:48.90</b>	541			
	50m:	31.44	31.44	150m:	1:43.27	35.58	250m:	3:01.82	42.69	350m:	4:17.47	32.91
	100m:	1:07.69	36.25	200m:	2:19.13	35.86	300m:	3:44.56	42.74	400m:	4:48.90	31.43