

Prova 23

Masc., 400m Livres

Absoluto

14/05/2021 - 20:17

Resultados

Recorde Regional - P25m - Absoluto	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional - P25m - Sen	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional - P25m - Jun18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recorde Regional - P25m - Jun17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recorde Regional - P25m - Juv A	4:05.44	CASTRO, Joao Cruz	CDSR	Penteada	09/07/2016
Recorde Regional - P25m - Juv B	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recorde Regional - P25m - Inf A	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recorde Regional - P25m - Inf B	4:27.04	FREITAS, Tomas Miguel	CDN	Funchal	12/07/2003

TAC Zonais Juv B: 4:38.55; Juv A: 4:33.44; Jun17: 4:19.30; Jun18: 4:10.51; Sen19: 4:09.26; 20 +: 4:02.70

Pontos: Rudolph Table 2020

Lugar	Ano	Tempo final	Pts
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Infantil A - 14 anos

1. NEVES, Tiago Brazao	07	Naval do Funchal	4:56.18	5,6
50m: 32.15 32.15	150m:	250m:	350m:	
100m: 1:09.56 37.41	200m: 2:26.09	300m:	400m: 4:56.18	
2. ALVES, Diogo Basilio	07	Salesianos do Funchal	5:18.43	
50m: 35.34 35.34	150m:	250m:	350m:	
100m: 1:15.46 40.12	200m: 2:36.84	300m:	400m: 5:18.43	

Juvenil B - 15 anos

1. GONCALVES, Martim Luis	06	Desportivo Nacional	4:41.09	7,2
50m: 29.49 29.49	150m:	250m:	350m:	
100m: 1:04.00 34.51	200m: 2:16.69	300m:	400m: 4:41.09	

Juvenil A - 16 anos

1. OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	4:21.10	11,6
<i>Mínimos Torneio Zonal Sul - Rio Maior</i>				
50m: 27.99 27.99	150m:	250m:	350m:	
100m: 59.56 31.57	200m: 2:05.99	300m:	400m: 4:21.10	

Juniores - 17 e 18 anos

1. FERNANDES, Diogo Henrique	04	Naval do Funchal	4:57.51	
50m: 24.39 24.39	150m:	250m:	350m:	
100m: 1:07.37 42.98	200m: 2:26.14	300m:	400m: 4:57.51	

Absolutos, 15 anos e mais velhos

1. OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	4:21.10	11,6
<i>Mínimos Torneio Zonal Sul - Rio Maior</i>				
50m: 27.99 27.99	150m:	250m:	350m:	
100m: 59.56 31.57	200m: 2:05.99	300m:	400m: 4:21.10	
2. GONCALVES, Martim Luis	06	Desportivo Nacional	4:41.09	7,2
50m: 29.49 29.49	150m:	250m:	350m:	
100m: 1:04.00 34.51	200m: 2:16.69	300m:	400m: 4:41.09	
3. FERNANDES, Diogo Henrique	04	Naval do Funchal	4:57.51	
50m: 24.39 24.39	150m:	250m:	350m:	
100m: 1:07.37 42.98	200m: 2:26.14	300m:	400m: 4:57.51	