

Prova 100

Masc., 400m Livres

Absoluto

18/10/2020 - 12:28

Resultados

Recordes Regionais Absoluto	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Sen	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Jun18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recordes Regionais Jun17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recordes Regionais Juv A	4:05.44	CASTRO, Joao Cruz	CDSR	Penteada	09/07/2016
Recordes Regionais Juv B	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recordes Regionais Inf A	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recordes Regionais 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: FINA 2020

Lugar Ano Tempo final Pts

Juvenil B - 15 anos

1. GONCALVES, Martim Luis	06	CD Nacional	4:52.96	380
50m: 32.12 32.12	150m: 1:45.51 37.62	250m: 3:01.46 37.42	350m: 4:16.64 37.92	
100m: 1:07.89 35.77	200m: 2:24.04 38.53	300m: 3:38.72 37.26	400m: 4:52.96 36.32	
2. ALVES, Pedro Miguel	06	CD Nacional	5:27.12	273
50m: 34.05 34.05	150m: 1:55.09 41.42	250m: 3:20.40 42.53	350m: 4:46.39 43.22	
100m: 1:13.67 39.62	200m: 2:37.87 42.78	300m: 4:03.17 42.77	400m: 5:27.12 40.73	

Juvenil A - 16 anos

1. DIAS, Andre Vicente	05	CD Nacional	4:35.44	457
50m: 29.60 29.60	150m: 1:37.02 34.39	250m: 2:49.01 36.20	350m: 4:00.42 35.92	
100m: 1:02.63 33.03	200m: 2:12.81 35.79	300m: 3:24.50 35.49	400m: 4:35.44 35.02	

Juniores - 17, 18 anos

1. FERNANDES, Diogo Henrique	04	Naval do Funchal	4:31.59	477
50m: 29.40 29.40	150m: 1:35.39 33.63	250m: 2:45.48 35.33	350m: 3:56.51 35.51	
100m: 1:01.76 32.36	200m: 2:10.15 34.76	300m: 3:21.00 35.52	400m: 4:31.59 35.08	
2. AGUILAR, Luis Santos	04	CD Nacional	4:46.61	406
50m: 30.26 30.26	150m: 1:42.23 37.07	250m: 2:56.11 36.79	350m: 4:10.88 38.08	
100m: 1:05.16 34.90	200m: 2:19.32 37.09	300m: 3:32.80 36.69	400m: 4:46.61 35.73	
3. TELES, Artur Corte	04	Salesianos do Funchal	4:50.35	390
50m: 30.79 30.79	150m: 1:41.13 36.05	250m: 2:55.70 38.04	350m: 4:12.31 38.47	
100m: 1:05.08 34.29	200m: 2:17.66 36.53	300m: 3:33.84 38.14	400m: 4:50.35 38.04	
4. MACHADO, Tiago Magalhaes	04	CD Nacional	5:15.52	304
50m: 32.21 32.21	150m: 1:52.20 41.07	250m: 3:15.17 41.23	350m: 4:37.70 39.97	
100m: 1:11.13 38.92	200m: 2:33.94 41.74	300m: 3:57.73 42.56	400m: 5:15.52 37.82	

Seniores - 19 e mais velhos

1. RODRIGUES, Pedro Reis	02	CD Sao Roque	4:08.90	620
<i>Mínimos Torneio Zonal Sul - Leiria</i>				
50m: 28.61 28.61	150m: 1:31.17 31.63	250m: 2:34.30 31.35	350m: 3:37.96 31.76	
100m: 59.54 30.93	200m: 2:02.95 31.78	300m: 3:06.20 31.90	400m: 4:08.90 30.94	
2. VASCONCELOS, Samuel Antonio	01	CD Sao Roque	5:21.85	286
50m: 32.74 32.74	150m: 1:51.00 40.19	250m: 3:15.01 42.49	350m: 4:40.77 42.73	
100m: 1:10.81 38.07	200m: 2:32.52 41.52	300m: 3:58.04 43.03	400m: 5:21.85 41.08	