

Prova 84

Masc., 400m Livres

Absoluto

18/10/2020 - 9:36

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
<b>Juvenil B - 15 anos</b>			
1. PITA, Pedro Miguel	06	Naval do Funchal	<b>4:44.03</b> 417
50m: 32.25 32.25	150m: 1:44.88 36.32	250m: 2:57.98 36.12	350m: 4:09.33 35.34
100m: 1:08.56 36.31	200m: 2:21.86 36.98	300m: 3:33.99 36.01	400m: 4:44.03 34.70
2. FERRAZ, Luis Afonso	06	Naval do Funchal	<b>4:44.61</b> 414
50m: 32.69 32.69	150m: 1:44.77 36.40	250m: 2:58.88 36.94	350m: 4:11.14 35.58
100m: 1:08.37 35.68	200m: 2:21.94 37.17	300m: 3:35.56 36.68	400m: 4:44.61 33.47
3. PAULOS, Joao Afonso	06	Naval do Funchal	<b>4:51.14</b> 387
50m: 32.14 32.14	150m: 1:44.69 36.52	250m: 2:58.78 36.79	350m: 4:13.44 37.65
100m: 1:08.17 36.03	200m: 2:21.99 37.30	300m: 3:35.79 37.01	400m: 4:51.14 37.70
<b>Juvenil A - 16 anos</b>			
1. VOLOZHENIN, Alexandre	05	Naval do Funchal	<b>4:52.42</b> 382
50m: 32.26 32.26	150m: 1:44.75 36.83	250m: 2:59.18 36.99	350m: 4:14.57 37.88
100m: 1:07.92 35.66	200m: 2:22.19 37.44	300m: 3:36.69 37.51	400m: 4:52.42 37.85
DSQ NUNES, Andre Maltez	05	CD Nacional	
102 - Não completou a prova - SW 10.2			