

Prova 11 Masc., 400m Livres JUV A, JUN, SEN
19/06/2021 - 11:15 Resultados

Recorde Regional Absoluto	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Sen	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Jun18	4:07.78	GOUVEIA, Pedro Galvao	CDN	Coimbra	02/04/2017
Recorde Regional Jun17	4:07.82	FRANCO, Paulo Fragueiro	CDN	Famalicao	06/08/1999
Recorde Regional Juv A	4:14.87	FRANCO, Paulo Fragueiro	CDN	Jamor	31/07/1998

TAC OPEN Juv A: 4:31.12; Jun17: 4:18.14; Jun18: 4:15.57; Sen: 4:09.41

Pontos: FINA 2020

Lugar	Ano		Tempo final				Pts	
Juvenil A, 16 years old								
1.	DIAS, Andre Vicente		05	CD Nacional		4:41.06	480	
	50m: 29.34	29.34	150m: 1:36.78	34.57	250m: 2:49.46	36.69	350m: 4:04.49	38.10
	100m: 1:02.21	32.87	200m: 2:12.77	35.99	300m: 3:26.39	36.93	400m: 4:41.06	36.57

Juniores, 17 and 18 years old

1.	ALVES, Paulo Rodrigues		04	CD Nacional		4:26.66	562	
	50m: 28.58	28.58	150m: 1:36.51	34.37	250m: 2:45.20	34.04	350m: 3:53.40	33.61
	100m: 1:02.14	33.56	200m: 2:11.16	34.65	300m: 3:19.79	34.59	400m: 4:26.66	33.26
2.	CAMACHO, Joao Simao		03	CD Nacional		5:12.07	350	
	50m: 31.63	31.63	150m: 1:46.26	39.19	250m: 3:07.41	41.08	350m: 4:31.22	42.06
	100m: 1:07.07	35.44	200m: 2:26.33	40.07	300m: 3:49.16	41.75	400m: 5:12.07	40.85

Seniores, 19 years and older

1.	RODRIGUES, Pedro Reis		02	CD Sao Roque		4:28.14	552	
	50m: 29.79	29.79	150m: 1:35.40	33.31	250m: 2:44.41	34.61	350m: 3:53.92	34.42
	100m: 1:02.09	32.30	200m: 2:09.80	34.40	300m: 3:19.50	35.09	400m: 4:28.14	34.22
2.	GOUVEIA, Miguel Angelo		95	Escola O Liceu		5:05.54	373	
	50m: 32.68	32.68	150m: 1:48.36	38.33	250m: 3:07.05	39.46	350m: 4:26.65	39.82
	100m: 1:10.03	37.35	200m: 2:27.59	39.23	300m: 3:46.83	39.78	400m: 5:05.54	38.89
3.	JAU, Valter Henriques		01	Escola O Liceu		5:31.75	291	
	50m: 34.46	34.46	150m: 1:52.93	40.03	250m: 3:18.51	43.41	350m: 4:47.71	44.99
	100m: 1:12.90	38.44	200m: 2:35.10	42.17	300m: 4:02.72	44.21	400m: 5:31.75	44.04
4.	FREITAS, Eduardo Luis		99	AD Machico		5:51.84	244	
	50m: 32.95	32.95	150m: 1:56.78	44.82	250m: 3:31.12	46.93	350m: 5:05.49	47.35
	100m: 1:11.96	39.01	200m: 2:44.19	47.41	300m: 4:18.14	47.02	400m: 5:51.84	46.35