

Prova 13 Masc., 400m Livres Absoluto
04/12/2021 - 9:30 Resultados

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

TAC Zonais Inf B: 5:39.38; Inf A: 5:21.39; Juv B: 4:38.55; Juv A: 4:33.44 / TAC Nacional - PL (Março) Juv B: 4:27.96; Juv A: 4:21.64; Jun17: 4:10.09; Jun18: 4:04.87; Sen: 4:00.66 / TAC Nacional Inf B: 5:31.38; Inf A: 5:13.39; Juv B: 4:27.96; Juv A: 4:21.64; Jun17: 4:10.51; Jun18: 4:09.26; Sen19: 4:03.91; 20+: 4:02.70

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Infantis B, 13 anos			
1. GONCALVES, Joao Guilherme	09	Naval do Funchal	5:39.80 243
50m: 36.24 36.24 150m: 2:02.40 44.00 250m: 3:31.47 44.81 350m: 4:59.78 43.79			
100m: 1:18.40 42.16 200m: 2:46.66 44.26 300m: 4:15.99 44.52 400m: 5:39.80 40.02			
2. GONCALVES, Pedro Martim	09	Juventude AC	5:49.27 224
50m: 38.67 38.67 150m: 2:10.28 46.36 250m: 3:40.44 45.23 350m: 5:10.82 45.28			
100m: 1:23.92 45.25 200m: 2:55.21 44.93 300m: 4:25.54 45.10 400m: 5:49.27 38.45			
3. FARIA, Afonso Cunha	09	CD Sao Roque	5:54.82 214
50m: 38.99 38.99 150m: 2:07.97 44.45 250m: 3:40.53 46.16 350m: 5:12.36 46.06			
100m: 1:23.52 44.53 200m: 2:54.37 46.40 300m: 4:26.30 45.77 400m: 5:54.82 42.46			
4. SILVA, Joao Bernardo	09	CD Nacional	5:57.52 209
50m: 39.11 39.11 150m: 2:11.74 46.71 250m: 3:43.19 45.16 350m: 5:15.07 45.61			
100m: 1:25.03 45.92 200m: 2:58.03 46.29 300m: 4:29.46 46.27 400m: 5:57.52 42.45			
5. ALVES, Mateus Basilio	09	Juventude AC	6:25.92 166
50m: 43.10 43.10 150m: 2:22.84 50.26 250m: 4:02.41 49.35 350m: 5:39.35 47.64			
100m: 1:32.58 49.48 200m: 3:13.06 50.22 300m: 4:51.71 49.30 400m: 6:25.92 46.57			
6. CAMACHO, Santiago Bettencourt	09	Juventude AC	7:03.04 126
50m: 47.87 47.87 150m: 2:35.34 54.60 250m: 4:25.26 55.44 350m: 6:14.34 52.97			
100m: 1:40.74 52.87 200m: 3:29.82 54.48 300m: 5:21.37 56.11 400m: 7:03.04 48.70			
7. GONCALVES, Jose Bernardo	09	AD Machico	7:16.60 114
50m: 47.24 47.24 150m: 2:37.65 56.82 250m: 4:29.43 55.89 350m: 6:24.06 57.15			
100m: 1:40.83 53.59 200m: 3:33.54 55.89 300m: 5:26.91 57.48 400m: 7:16.60 52.54			
DSQ SANTOS, Joao Dinis	09	AD Machico	
<i>403 - Falsa partida - SW 4.4</i>			

Infantis A, 14 anos

1. RODRIGUES, Guilherme Gomes	08	CD Sao Roque	5:27.15 273
50m: 35.44 35.44 150m: 1:58.72 42.13 250m: 3:23.74 42.00 350m: 4:48.30 41.52			
100m: 1:16.59 41.15 200m: 2:41.74 43.02 300m: 4:06.78 43.04 400m: 5:27.15 38.85			
2. BARRADAS, Rafael Alves	08	Escola O Liceu	5:36.43 251
50m: 36.43 36.43 150m: 2:01.11 42.43 250m: 3:27.48 43.21 350m: 4:55.39 43.55			
100m: 1:18.68 42.25 200m: 2:44.27 43.16 300m: 4:11.84 44.36 400m: 5:36.43 41.04			
3. FERNANDEZ, Henrique Justino	08	Juventude AC	5:47.30 228
50m: 37.77 37.77 150m: 2:06.65 45.51 250m: 3:37.54 45.72 350m: 5:07.23 44.29			
100m: 1:21.14 43.37 200m: 2:51.82 45.17 300m: 4:22.94 45.40 400m: 5:47.30 40.07			
4. ANTUNES, Frederico Luis	08	Juventude AC	6:48.96 139
50m: 44.56 44.56 150m: 2:26.23 51.42 250m: 4:11.70 52.56 350m: 5:58.76 53.42			
100m: 1:34.81 50.25 200m: 3:19.14 52.91 300m: 5:05.34 53.64 400m: 6:48.96 50.20			
5. CORREIA, Joao Luis	08	Juventude AC	7:15.16 116
50m: 43.59 43.59 150m: 2:32.39 54.98 250m: 4:25.59 56.91 350m: 6:20.80 56.81			
100m: 1:37.41 53.82 200m: 3:28.68 56.29 300m: 5:23.99 58.40 400m: 7:15.16 54.36			

Prova 13, Masc., 400m Livres

Juvenis B, 15 anos

1.	NEVES, Tiago Brazao	07	Naval do Funchal	4:37.40	447
	<i>Mínimos Zonais Sul - A definir (local)</i>				
	50m: 30.77 30.77	150m: 1:40.74	35.28	250m: 2:53.31	36.29
	100m: 1:05.46 34.69	200m: 2:17.02	36.28	300m: 3:28.75	35.44
				350m: 4:04.11	35.36
				400m: 4:37.40	33.29
2.	PEREIRA, Lucas Santos	07	Naval do Funchal	4:41.22	429
	50m: 30.58 30.58	150m: 1:41.07	36.52	250m: 2:54.88	36.91
	100m: 1:04.55 33.97	200m: 2:17.97	36.90	300m: 3:31.62	36.74
				350m: 4:07.52	35.90
				400m: 4:41.22	33.70
3.	OLIVEIRA, Afonso Miguel	07	Juventude AC	4:47.37	402
	50m: 30.62 30.62	150m: 1:42.20	36.31	250m: 2:56.73	37.33
	100m: 1:05.89 35.27	200m: 2:19.40	37.20	300m: 3:34.51	37.78
				350m: 4:11.85	37.34
				400m: 4:47.37	35.52
4.	ALVES, Diogo Basilio	07	Juventude AC	5:07.03	330
	50m: 34.65 34.65	150m: 1:52.48	39.27	250m: 3:11.55	39.67
	100m: 1:13.21 38.56	200m: 2:31.88	39.40	300m: 3:51.35	39.80
				350m: 4:30.22	38.87
				400m: 5:07.03	36.81
5.	JESUS, David Martins	07	CD Sao Roque	5:12.30	313
	50m: 34.96 34.96	150m: 1:54.22	40.19	250m: 3:13.92	39.31
	100m: 1:14.03 39.07	200m: 2:34.61	40.39	300m: 3:54.19	40.27
				350m: 4:34.70	40.51
				400m: 5:12.30	37.60
6.	SMIRNOV, Dmytro	07	CD Sao Roque	5:13.17	311
	50m: 34.15 34.15	150m: 1:53.77	40.51	250m: 3:14.38	40.20
	100m: 1:13.26 39.11	200m: 2:34.18	40.41	300m: 3:55.24	40.86
				350m: 4:35.23	39.99
				400m: 5:13.17	37.94
7.	NUNES, Duarte Costa	07	Juventude AC	5:17.62	298
	50m: 34.96 34.96	150m: 1:55.07	40.59	250m: 3:15.70	40.46
	100m: 1:14.48 39.52	200m: 2:35.24	40.17	300m: 3:56.96	41.26
				350m: 4:37.59	40.63
				400m: 5:17.62	40.03
8.	GOUVEIA, Martim Jose	07	CD Sao Roque	5:32.85	259
	50m: 35.04 35.04	150m: 1:57.80	41.97	250m: 3:24.36	43.52
	100m: 1:15.83 40.79	200m: 2:40.84	43.04	300m: 4:07.67	43.31
				350m: 4:51.74	44.07
				400m: 5:32.85	41.11

Juvenis A, 16 anos

1.	VIVEIROS, Pedro Perestrelo	06	AD Machico	5:53.66	216
	50m: 36.04 36.04	150m: 2:01.48	44.13	250m: 3:34.37	46.77
	100m: 1:17.35 41.31	200m: 2:47.60	46.12	300m: 4:21.91	47.54
				350m: 5:09.49	47.58
				400m: 5:53.66	44.17
DSQ	VIEIRA, Rodrigo Leal	06	AD Machico		
	<i>403 - Falsa partida - SW 4.4</i>				

Juniores, 17 e 18 anos

1.	RODRIGUES, Rodrigo Reis	04	CD Sao Roque	4:14.37	580
	50m: 28.65 28.65	150m: 1:33.06	32.63	250m: 2:37.97	32.33
	100m: 1:00.43 31.78	200m: 2:05.64	32.58	300m: 3:10.13	32.16
				350m: 3:42.44	32.31
				400m: 4:14.37	31.93

Seniores, 19 anos e mais velhos

1.	RODRIGUES, Pedro Reis	02	CD Sao Roque	4:14.20	582
	50m: 28.08 28.08	150m: 1:32.15	32.23	250m: 2:37.11	32.46
	100m: 59.92 31.84	200m: 2:04.65	32.50	300m: 3:09.98	32.87
				350m: 3:42.62	32.64
				400m: 4:14.20	31.58