



Prova 28 Masc., 400m Estilos Absoluto
09/07/2022 - 16:50 Mónica Freitas Resultados

Recordes Regionais Absoluto	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recordes Regionais Sen	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recordes Regionais Jun18	4:26.56	SILVA, Tomas Antonio	CNF	Felgueiras	21/12/2018
Recordes Regionais Jun17	4:32.64	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018
Recordes Regionais Juv A	4:37.61	GOUVEIA, Luis Galvao	CDN	Funchal	11/07/2021
Recordes Regionais Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recordes Regionais Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004
Recordes Regionais Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003

TAC Nacional Juv B: 5:04.63; Juv A: 4:56.65; Jun17: 4:46.65; Jun18: 4:45.22; Sen19: 4:39.12; 20 +: 4:37.73

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. RODRIGUES, Guilherme Gomes	08 CD São Roque	5:35.74	342
50m: 31.77 31.77 150m: 1:53.98 44.62 250m: 3:28.93 50.27 350m: 4:58.69 38.19			
100m: 1:09.36 37.59 200m: 2:38.66 44.68 300m: 4:20.50 51.57 400m: 5:35.74 37.05			

Juvenis B, 15 anos

1. JESUS, David Martins	07 CD São Roque	5:12.98	422
50m: 29.96 29.96 150m: 1:46.37 41.11 250m: 3:13.12 47.29 350m: 4:38.09 35.75			
100m: 1:05.26 35.30 200m: 2:25.83 39.46 300m: 4:02.34 49.22 400m: 5:12.98 34.89			

Juniores, 17 e 18 anos

1. GOUVEIA, Luis Galvao	05 Desportivo Nacional	4:33.36	633
<i>TAC OPEN de Portugal 27 a 30 Julho 2022</i>			
50m: 27.79 27.79 150m: 1:37.22 37.34 250m: 2:52.18 39.97 350m: 4:02.98 31.14			
100m: 59.88 32.09 200m: 2:12.21 34.99 300m: 3:31.84 39.66 400m: 4:33.36 30.38			

Absolutos, 13 anos e mais velhos

1. GOUVEIA, Luis Galvao	05 Desportivo Nacional	4:33.36	633
<i>TAC OPEN de Portugal 27 a 30 Julho 2022</i>			
50m: 27.79 27.79 150m: 1:37.22 37.34 250m: 2:52.18 39.97 350m: 4:02.98 31.14			
100m: 59.88 32.09 200m: 2:12.21 34.99 300m: 3:31.84 39.66 400m: 4:33.36 30.38			
2. JESUS, David Martins	07 CD São Roque	5:12.98	422
50m: 29.96 29.96 150m: 1:46.37 41.11 250m: 3:13.12 47.29 350m: 4:38.09 35.75			
100m: 1:05.26 35.30 200m: 2:25.83 39.46 300m: 4:02.34 49.22 400m: 5:12.98 34.89			
3. RODRIGUES, Guilherme Gomes	08 CD São Roque	5:35.74	342
50m: 31.77 31.77 150m: 1:53.98 44.62 250m: 3:28.93 50.27 350m: 4:58.69 38.19			
100m: 1:09.36 37.59 200m: 2:38.66 44.68 300m: 4:20.50 51.57 400m: 5:35.74 37.05			