



Prova 37 Masc., 400m Livres Absoluto
10/07/2022 - 9:16 Mónica Freitas 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 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. PESTANA, Andre Pinto	09	Naval do Funchal	5:39.48 244
50m: 37.80 37.80	150m: 2:03.88 43.41	250m: 3:31.50 44.29	350m: 4:59.39 43.17
100m: 1:20.47 42.67	200m: 2:47.21 43.33	300m: 4:16.22 44.72	400m: 5:39.48 40.09
2. ABREU, Afonso Henrique	09	Naval do Funchal	5:48.78 225
50m: 39.19 39.19	150m: 2:09.10 45.39	250m: 3:38.93 45.30	350m: 5:07.47 43.43
100m: 1:23.71 44.52	200m: 2:53.63 44.53	300m: 4:24.04 45.11	400m: 5:48.78 41.31
3. SOUSA, Eduardo Afonseca	09	Desportivo Nacional	5:54.16 215
50m: 38.63 38.63	150m: 2:07.43 45.00	250m: 3:40.34 46.35	350m: 5:13.08 45.68
100m: 1:22.43 43.80	200m: 2:53.99 46.56	300m: 4:27.40 47.06	400m: 5:54.16 41.08
4. CRESPO, Joao Jesus	09	Desportivo Nacional	5:55.22 213
50m: 38.68 38.68	150m: 2:08.53 45.43	250m: 3:40.46 46.16	350m: 5:14.96 47.52
100m: 1:23.10 44.42	200m: 2:54.30 45.77	300m: 4:27.44 46.98	400m: 5:55.22 40.26
5. ROCHA, Joao Henrique	09	AD Galomar	5:57.47 209
50m: 39.16 39.16	150m: 2:10.59 45.68	250m: 3:44.26 47.29	350m: 5:16.40 44.14
100m: 1:24.91 45.75	200m: 2:56.97 46.38	300m: 4:32.26 48.00	400m: 5:57.47 41.07
6. JARDIM, Joao Tomas	09	Desportivo Nacional	6:11.82 186
50m: 39.37 39.37	150m: 2:15.08 49.39	250m: 3:52.46 49.69	350m: 5:26.47 44.93
100m: 1:25.69 46.32	200m: 3:02.77 47.69	300m: 4:41.54 49.08	400m: 6:11.82 45.35

Infantis A, 14 anos

1. NOBREGA, Matias Sargo	08	Naval do Funchal	5:17.95 297
50m: 34.82 34.82	150m: 1:56.47 40.83	250m: 3:18.27 40.78	350m: 4:39.67 40.54
100m: 1:15.64 40.82	200m: 2:37.49 41.02	300m: 3:59.13 40.86	400m: 5:17.95 38.28
2. BARRADAS, Rafael Alves	08	Escola O Liceu	5:24.83 278
50m: 33.75 33.75	150m: 1:54.62 41.69	250m: 3:19.25 42.88	350m: 4:45.91 43.63
100m: 1:12.93 39.18	200m: 2:36.37 41.75	300m: 4:02.28 43.03	400m: 5:24.83 38.92
3. ANTUNES, Frederico Luis	08	Juventude AC	6:06.38 194
50m: 39.35 39.35	150m: 2:10.80 46.47	250m: 3:46.71 48.59	350m: 5:23.35 47.58
100m: 1:24.33 44.98	200m: 2:58.12 47.32	300m: 4:35.77 49.06	400m: 6:06.38 43.03

Juvenis B, 15 anos

1. ALMEIDA, Joao Francisco	07	Naval do Funchal	4:35.77 455
50m: 30.24 30.24	150m: 1:39.40 35.17	250m: 2:50.96 35.47	350m: 4:01.90 34.86
100m: 1:04.23 33.99	200m: 2:15.49 36.09	300m: 3:27.04 36.08	400m: 4:35.77 33.87
2. FERNANDES, Afonso Berimbau	07	Juventude AC	4:50.75 389
50m: 32.23 32.23	150m: 1:45.00 37.05	250m: 2:58.84 37.13	350m: 4:14.19 37.84
100m: 1:07.95 35.72	200m: 2:21.71 36.71	300m: 3:36.35 37.51	400m: 4:50.75 36.56
3. PENSO, Miguel Reigada	07	Escola O Liceu	4:51.35 386
50m: 31.54 31.54	150m: 1:44.92 36.91	250m: 3:00.77 38.21	350m: 4:16.34 37.47
100m: 1:08.01 36.47	200m: 2:22.56 37.64	300m: 3:38.87 38.10	400m: 4:51.35 35.01



Prova 37, Masc., 400m Livres, Juvenis B, 15 anos

Lugar		Ano								Tempo final	Pts
4.	ALVES, Diogo Basilio	07	Juventude AC							5:01.10	350
	50m: 32.50 32.50	150m: 1:48.11	38.16	250m: 3:06.15	39.01	350m: 4:24.55	38.97				
	100m: 1:09.95 37.45	200m: 2:27.14	39.03	300m: 3:45.58	39.43	400m: 5:01.10	36.55				
5.	BARBOSA, Joao Camacho	07	Desportivo Nacional							5:24.50	279
	50m: 33.67 33.67	150m: 1:52.77	40.39	250m: 3:18.01	43.92	350m: 4:45.19	43.41				
	100m: 1:12.38 38.71	200m: 2:34.09	41.32	300m: 4:01.78	43.77	400m: 5:24.50	39.31				
6.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal							5:28.05	270
	<i>Recorde Nacional de Natação Adaptada (S17). Recorde Anterior: 5.28.78</i>										
	50m: 36.66 36.66	150m: 1:59.48	42.12	250m: 3:23.75	42.04	350m: 4:47.96	41.83				
	100m: 1:17.36 40.70	200m: 2:41.71	42.23	300m: 4:06.13	42.38	400m: 5:28.05	40.09				
7.	VIEIRA, Luis Henrique	07	Desportivo Nacional							6:21.78	171
	50m: 41.53 41.53	150m: 2:17.44	48.73	250m: 3:58.04	50.37	350m: 5:37.48	49.40				
	100m: 1:28.71 47.18	200m: 3:07.67	50.23	300m: 4:48.08	50.04	400m: 6:21.78	44.30				

Juvenis A, 16 anos

1.	GARANITO, Simao Silva	06	Naval do Funchal							5:09.82	321
	50m: 25.66 25.66	150m: 1:51.22	40.82	250m: 3:11.71	39.99	350m: 4:31.28	40.08				
	100m: 1:10.40 44.74	200m: 2:31.72	40.50	300m: 3:51.20	39.49	400m: 5:09.82	38.54				

Juniores, 17 e 18 anos

1.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal							4:08.03	626
	<i>TAC OPEN de Portugal 27 a 30 Julho 2022</i>										
	50m: 27.00 27.00	150m: 1:29.36	31.99	250m: 2:33.71	32.18	350m: 3:37.88	31.87				
	100m: 57.37 30.37	200m: 2:01.53	32.17	300m: 3:06.01	32.30	400m: 4:08.03	30.15				
2.	RODRIGUES, Rodrigo Reis	04	CD São Roque							4:15.66	572
	50m: 28.84 28.84	150m: 1:32.97	32.45	250m: 2:38.32	32.61	350m: 3:44.35	33.25				
	100m: 1:00.52 31.68	200m: 2:05.71	32.74	300m: 3:11.10	32.78	400m: 4:15.66	31.31				

Seniores, 19 e mais velhos

1.	CASTRO, Martim Pereira	02	Escola O Liceu							4:19.11	549
	50m: 28.92 28.92	150m: 1:34.39	32.97	250m: 2:40.71	33.17	350m: 3:47.63	33.52				
	100m: 1:01.42 32.50	200m: 2:07.54	33.15	300m: 3:14.11	33.40	400m: 4:19.11	31.48				

Absolutos, 13 anos e mais velhos

1.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal							4:08.03	626
	<i>TAC OPEN de Portugal 27 a 30 Julho 2022</i>										
	50m: 27.00 27.00	150m: 1:29.36	31.99	250m: 2:33.71	32.18	350m: 3:37.88	31.87				
	100m: 57.37 30.37	200m: 2:01.53	32.17	300m: 3:06.01	32.30	400m: 4:08.03	30.15				
2.	RODRIGUES, Rodrigo Reis	04	CD São Roque							4:15.66	572
	50m: 28.84 28.84	150m: 1:32.97	32.45	250m: 2:38.32	32.61	350m: 3:44.35	33.25				
	100m: 1:00.52 31.68	200m: 2:05.71	32.74	300m: 3:11.10	32.78	400m: 4:15.66	31.31				
3.	CASTRO, Martim Pereira	02	Escola O Liceu							4:19.11	549
	50m: 28.92 28.92	150m: 1:34.39	32.97	250m: 2:40.71	33.17	350m: 3:47.63	33.52				
	100m: 1:01.42 32.50	200m: 2:07.54	33.15	300m: 3:14.11	33.40	400m: 4:19.11	31.48				
4.	ALMEIDA, Joao Francisco	07	Naval do Funchal							4:35.77	455
	50m: 30.24 30.24	150m: 1:39.40	35.17	250m: 2:50.96	35.47	350m: 4:01.90	34.86				
	100m: 1:04.23 33.99	200m: 2:15.49	36.09	300m: 3:27.04	36.08	400m: 4:35.77	33.87				
5.	FERNANDES, Afonso Berimbau	07	Juventude AC							4:50.75	389
	50m: 32.23 32.23	150m: 1:45.00	37.05	250m: 2:58.84	37.13	350m: 4:14.19	37.84				
	100m: 1:07.95 35.72	200m: 2:21.71	36.71	300m: 3:36.35	37.51	400m: 4:50.75	36.56				



Prova 37, Masc., 400m Livres, Absolutos, 13 anos e mais velhos

Lugar	Ano				Tempo final				Pts
6. PENSO, Miguel Reigada	07	Escola O Liceu			4:51.35				386
50m: 31.54 31.54	150m: 1:44.92	36.91	250m: 3:00.77	38.21	350m: 4:16.34				37.47
100m: 1:08.01 36.47	200m: 2:22.56	37.64	300m: 3:38.87	38.10	400m: 4:51.35				35.01
7. ALVES, Diogo Basilio	07	Juventude AC			5:01.10				350
50m: 32.50 32.50	150m: 1:48.11	38.16	250m: 3:06.15	39.01	350m: 4:24.55				38.97
100m: 1:09.95 37.45	200m: 2:27.14	39.03	300m: 3:45.58	39.43	400m: 5:01.10				36.55
8. GARANITO, Simao Silva	06	Naval do Funchal			5:09.82				321
50m: 25.66 25.66	150m: 1:51.22	40.82	250m: 3:11.71	39.99	350m: 4:31.28				40.08
100m: 1:10.40 44.74	200m: 2:31.72	40.50	300m: 3:51.20	39.49	400m: 5:09.82				38.54
9. NOBREGA, Matias Sargo	08	Naval do Funchal			5:17.95				297
50m: 34.82 34.82	150m: 1:56.47	40.83	250m: 3:18.27	40.78	350m: 4:39.67				40.54
100m: 1:15.64 40.82	200m: 2:37.49	41.02	300m: 3:59.13	40.86	400m: 5:17.95				38.28
10. BARBOSA, Joao Camacho	07	Desportivo Nacional			5:24.50				279
50m: 33.67 33.67	150m: 1:52.77	40.39	250m: 3:18.01	43.92	350m: 4:45.19				43.41
100m: 1:12.38 38.71	200m: 2:34.09	41.32	300m: 4:01.78	43.77	400m: 5:24.50				39.31
11. BARRADAS, Rafael Alves	08	Escola O Liceu			5:24.83				278
50m: 33.75 33.75	150m: 1:54.62	41.69	250m: 3:19.25	42.88	350m: 4:45.91				43.63
100m: 1:12.93 39.18	200m: 2:36.37	41.75	300m: 4:02.28	43.03	400m: 5:24.83				38.92
12. CARVALHO, Joaquim Eduardo	07	Naval do Funchal			5:28.05				270
<i>Recorde Nacional de Natación Adaptada (S17). Recorde Anterior: 5.28.78</i>									
50m: 36.66 36.66	150m: 1:59.48	42.12	250m: 3:23.75	42.04	350m: 4:47.96				41.83
100m: 1:17.36 40.70	200m: 2:41.71	42.23	300m: 4:06.13	42.38	400m: 5:28.05				40.09
13. PESTANA, Andre Pinto	09	Naval do Funchal			5:39.48				244
50m: 37.80 37.80	150m: 2:03.88	43.41	250m: 3:31.50	44.29	350m: 4:59.39				43.17
100m: 1:20.47 42.67	200m: 2:47.21	43.33	300m: 4:16.22	44.72	400m: 5:39.48				40.09
14. ABREU, Afonso Henrique	09	Naval do Funchal			5:48.78				225
50m: 39.19 39.19	150m: 2:09.10	45.39	250m: 3:38.93	45.30	350m: 5:07.47				43.43
100m: 1:23.71 44.52	200m: 2:53.63	44.53	300m: 4:24.04	45.11	400m: 5:48.78				41.31
15. SOUSA, Eduardo Afonseca	09	Desportivo Nacional			5:54.16				215
50m: 38.63 38.63	150m: 2:07.43	45.00	250m: 3:40.34	46.35	350m: 5:13.08				45.68
100m: 1:22.43 43.80	200m: 2:53.99	46.56	300m: 4:27.40	47.06	400m: 5:54.16				41.08
16. CRESPO, Joao Jesus	09	Desportivo Nacional			5:55.22				213
50m: 38.68 38.68	150m: 2:08.53	45.43	250m: 3:40.46	46.16	350m: 5:14.96				47.52
100m: 1:23.10 44.42	200m: 2:54.30	45.77	300m: 4:27.44	46.98	400m: 5:55.22				40.26
17. ROCHA, Joao Henrique	09	AD Galomar			5:57.47				209
50m: 39.16 39.16	150m: 2:10.59	45.68	250m: 3:44.26	47.29	350m: 5:16.40				44.14
100m: 1:24.91 45.75	200m: 2:56.97	46.38	300m: 4:32.26	48.00	400m: 5:57.47				41.07
18. ANTUNES, Frederico Luis	08	Juventude AC			6:06.38				194
50m: 39.35 39.35	150m: 2:10.80	46.47	250m: 3:46.71	48.59	350m: 5:23.35				47.58
100m: 1:24.33 44.98	200m: 2:58.12	47.32	300m: 4:35.77	49.06	400m: 6:06.38				43.03
19. JARDIM, Joao Tomas	09	Desportivo Nacional			6:11.82				186
50m: 39.37 39.37	150m: 2:15.08	49.39	250m: 3:52.46	49.69	350m: 5:26.47				44.93
100m: 1:25.69 46.32	200m: 3:02.77	47.69	300m: 4:41.54	49.08	400m: 6:11.82				45.35
20. VIEIRA, Luis Henrique	07	Desportivo Nacional			6:21.78				171
50m: 41.53 41.53	150m: 2:17.44	48.73	250m: 3:58.04	50.37	350m: 5:37.48				49.40
100m: 1:28.71 47.18	200m: 3:07.67	50.23	300m: 4:48.08	50.04	400m: 6:21.78				44.30