

Event 19 Men, 400m Medley Absoluto
05/03/2022 - 10:41 Race 19: 400m Medley (Male) Results

Recorde Regional Open	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Sen	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Jun18	4:34.10	SILVA, Tomas Antonio	CNF	Funchal	02/08/2019
Recorde Regional Jun17	4:34.60	FRANCO, Paulo Fragueiro	CDN	Famalicao	05/08/1999
Recorde Regional Juv A	4:46.62	FREITAS, Tomas Miguel	CDN	Coimbra	28/07/2006
Recorde Regional Juv B	4:44.63	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	11/03/2005
Recorde Regional Inf A	4:46.20	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	23/07/2004
Recorde Regional Inf B	4:59.28	FREITAS, Tomas Miguel	CDN	Restelo	25/07/2003

TAC Nacional - PL (Março) Juv B: 5:20.25; Juv A: 5:11.44; Jun17: 4:51.55; Jun18: 4:49.52; Sen: 4:43.76 / TAC Nacional Juv B: 5:20.25; Juv A: 5:11.44; Jun17: 4:56.61; Jun18 25m: 4:45.22; Sen19: 4:46.41; 20 +: 4:44.98

Points: FINA 2021

Rank	YB		Time				Pts	
Infantis B, 13 anos								
1.	RODRIGUES, Goncalo Reis	09	Juventude Atlantico	7:06.72				186
	50m: 46.78 46.78	150m: 2:43.47	53.71	250m: 4:34.64	57.49	350m: 6:18.42	44.18	
	100m: 1:49.76 1:02.98	200m: 3:37.15	53.68	300m: 5:34.24	59.60	400m: 7:06.72	48.30	
DSQ	ANDRADE, Salvador Freitas	09	Naval do Funchal					
	<i>814 - Tocou com uma mão na parede na viragem aos 50 m - SW 8.4, Mariposa</i>							

Infantis A, 14 anos

1.	MIRANDA, Francisco Guilherme	08	Naval do Funchal	5:54.64				325
	50m: 35.92 35.92	150m: 2:04.29	45.80	250m: 3:41.91	51.78	350m: 5:16.38	42.18	
	100m: 1:18.49 42.57	200m: 2:50.13	45.84	300m: 4:34.20	52.29	400m: 5:54.64	38.26	
2.	RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	5:56.83				319
	50m: 34.00 34.00	150m: 2:06.04	49.95	250m: 3:46.21	53.01	350m: 5:18.83	39.49	
	100m: 1:16.09 42.09	200m: 2:53.20	47.16	300m: 4:39.34	53.13	400m: 5:56.83	38.00	
3.	JESUS, Vasco Franca	08	Naval do Funchal	5:57.48				317
	50m: 36.60 36.60	150m: 2:08.59	45.63	250m: 3:46.30	53.14	350m: 5:20.33	40.81	
	100m: 1:22.96 46.36	200m: 2:53.16	44.57	300m: 4:39.52	53.22	400m: 5:57.48	37.15	
4.	CASTRO, Marco Antonio	08	Naval do Funchal	6:05.27				297
	50m: 37.12 37.12	150m: 2:13.13	47.43	250m: 3:54.07	55.24	350m: 5:27.04	37.54	
	100m: 1:25.70 48.58	200m: 2:58.83	45.70	300m: 4:49.50	55.43	400m: 6:05.27	38.23	
5.	JARDIM, Rodrigo Vieira	08	Naval do Funchal	6:19.78				264
	50m: 37.49 37.49	150m: 2:17.12	48.76	250m: 3:57.43	54.00	350m: 5:37.23	45.95	
	100m: 1:28.36 50.87	200m: 3:03.43	46.31	300m: 4:51.28	53.85	400m: 6:19.78	42.55	

Juvenis B, 15 anos

1.	ALMEIDA, Joao Francisco	07	Naval do Funchal	5:18.69				447
	<i>TAC Nacional - Juv. & Abs. - Março (Coimbra), TAC Nacional - OPEN DE PORTUGAL - Julho (Jamor)</i>							
	50m: 31.38 31.38	150m: 1:51.34	43.13	250m: 3:19.32	45.02	350m: 4:42.31	37.28	
	100m: 1:08.21 36.83	200m: 2:34.30	42.96	300m: 4:05.03	45.71	400m: 5:18.69	36.38	
2.	FERNANDES, Afonso Berimbau	07	Juventude Atlantico	5:57.79				316
	50m: 32.58 32.58	150m: 1:59.68	48.18	250m: 3:42.19	54.91	350m: 5:20.22	40.95	
	100m: 1:11.50 38.92	200m: 2:47.28	47.60	300m: 4:39.27	57.08	400m: 5:57.79	37.57	

Juniores, 17 e 18 anos

1.	GOUVEIA, Luis Galvao	05	Desportivo Nacional	4:53.07				575
	<i>TAC Nacional - OPEN DE PORTUGAL - Julho (Jamor)</i>							
	50m: 29.20 29.20	150m: 1:43.06	39.25	250m: 3:02.46	40.87	350m: 4:21.43	36.11	
	100m: 1:03.81 34.61	200m: 2:21.59	38.53	300m: 3:45.32	42.86	400m: 4:53.07	31.64	

Event 19, Men, 400m Medley

Absolutos, 15 anos e mais velhos

1.	GOUVEIA, Luis Galvao	05	Desportivo Nacional	4:53.07	575
	<i>TAC Nacional - OPEN DE PORTUGAL - Julho (Jamor)</i>				
	50m: 29.20	29.20	150m: 1:43.06	39.25	250m: 3:02.46
	100m: 1:03.81	34.61	200m: 2:21.59	38.53	300m: 3:45.32
					40.87
					350m: 4:21.43
					36.11
					400m: 4:53.07
					31.64
2.	ALMEIDA, Joao Francisco	07	Naval do Funchal	5:18.69	447
	<i>TAC Nacional - Juv. & Abs. - Março (Coimbra), TAC Nacional - OPEN DE PORTUGAL - Julho (Jamor)</i>				
	50m: 31.38	31.38	150m: 1:51.34	43.13	250m: 3:19.32
	100m: 1:08.21	36.83	200m: 2:34.30	42.96	300m: 4:05.03
					45.02
					350m: 4:42.31
					37.28
					400m: 5:18.69
					36.38
3.	FERNANDES, Afonso Berimbau	07	Juventude Atlantico	5:57.79	316
	50m: 32.58	32.58	150m: 1:59.68	48.18	250m: 3:42.19
	100m: 1:11.50	38.92	200m: 2:47.28	47.60	300m: 4:39.27
					54.91
					350m: 5:20.22
					40.95
					400m: 5:57.79
					37.57
DSQ	HRITSENKO, Vladyslav	01	Selecao da Ucrania		
	<i>721 - Na chegada não tocou na parede com as mãos separadas e simultaneamente - SW 7.6, Bruços (Breastroke).</i>				