

Event 39 Men, 400m Freestyle Absoluto  
06/03/2022 - 10:29 Race 39: 400m Freestyle (Male) Results

Recorde Regional Open	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
Recorde Regional Juv B	4:17.97	FREITAS, Tomas Miguel	CDN	Coimbra	23/07/2005
Recorde Regional Inf A	4:25.14	ALMEIDA, Carlos Alexandre	CDN	Restelo	26/07/2003
Recorde Regional Inf B	4:37.33	FRANCO, Paulo Fragueiro	CDN	Olivais	28/07/1995

TAC Zonais Inf B: 5:51.92; Inf A: 5:33.16 / TAC Nacional - PL (Março) Juv B: 4:37.67; Juv A: 4:31.12; Jun17: 4:18.14; Jun18: 4:15.57; Sen: 4:09.41 / TAC Nacional Inf B: 5:43.92; Inf A: 5:25.16; Juv B: 4:37.67; Juv A: 4:31.12; Jun17: 4:18.77; Jun18 25m: 4:09.26; Sen19: 4:10.91; 20+: 4:09.67

Points: FINA 2021

Rank			YB			Time			Pts			
Infantis B, 13 anos												
1.	VELOZA, Tomas Ramos		09	Desportivo Nacional		<b>5:42.28</b>			265			
	<i>TAC Zonal - Infantis - Março (Manique), TAC Nacional - Infantis - Julho (Famalicao)</i>											
	50m:	38.51	38.51	150m:	2:04.39	43.80	250m:	3:32.62	43.75	350m:	5:01.05	44.27
	100m:	1:20.59	42.08	200m:	2:48.87	44.48	300m:	4:16.78	44.16	400m:	5:42.28	41.23
2.	MARTINS, Antonio Freitas		09	Desportivo Nacional		<b>5:55.36</b>			237			
	50m:	39.86	39.86	150m:	2:11.27	45.83	250m:	3:43.96	46.69	350m:	5:13.77	43.98
	100m:	1:25.44	45.58	200m:	2:57.27	46.00	300m:	4:29.79	45.83	400m:	5:55.36	41.59
3.	PESTANA, Pedro Correia		09	Desportiva Galomar		<b>6:08.23</b>			213			
	50m:	39.15	39.15	150m:	2:11.49	47.48	250m:	3:46.35	47.30	350m:	5:22.89	47.97
	100m:	1:24.01	44.86	200m:	2:59.05	47.56	300m:	4:34.92	48.57	400m:	6:08.23	45.34
4.	PESTANA, Andre Pinto		09	Naval do Funchal		<b>6:09.87</b>			210			
	50m:	39.92	39.92	150m:	2:12.84	48.01	250m:	3:49.56	48.36	350m:	5:27.47	49.03
	100m:	1:24.83	44.91	200m:	3:01.20	48.36	300m:	4:38.44	48.88	400m:	6:09.87	42.40
5.	JARDIM, Joao Tomas		09	Desportivo Nacional		<b>6:10.15</b>			210			
	50m:	39.62	39.62	150m:	2:13.79	48.03	250m:	3:50.87	49.33	350m:	5:27.75	49.14
	100m:	1:25.76	46.14	200m:	3:01.54	47.75	300m:	4:38.61	47.74	400m:	6:10.15	42.40
6.	CRESPO, Joao Jesus		09	Desportivo Nacional		<b>6:10.16</b>			210			
	50m:	41.84	41.84	150m:	2:19.61	49.41	250m:	3:53.83	46.63	350m:	5:27.33	44.00
	100m:	1:30.20	48.36	200m:	3:07.20	47.59	300m:	4:43.33	49.50	400m:	6:10.16	42.83
7.	SOUSA, Eduardo Afonseca		09	Desportivo Nacional		<b>6:15.73</b>			200			
	50m:	41.02	41.02	150m:	2:16.67	47.78	250m:	3:54.86	48.71	350m:	5:31.55	46.72
	100m:	1:28.89	47.87	200m:	3:06.15	49.48	300m:	4:44.83	49.97	400m:	6:15.73	44.18
8.	MARTINHO, Joao Miguel		09	Desportivo Nacional		<b>6:16.58</b>			199			
	50m:	40.04	40.04	150m:	2:13.76	47.32	250m:	3:53.06	49.66	350m:	5:31.71	48.97
	100m:	1:26.44	46.40	200m:	3:03.40	49.64	300m:	4:42.74	49.68	400m:	6:16.58	44.87
9.	GOMES, Joao Abreu		09	Naval do Funchal		<b>6:30.10</b>			179			
	50m:	41.61	41.61	150m:	2:23.45	51.72	250m:	4:05.83	51.22	350m:	5:47.43	50.53
	100m:	1:31.73	50.12	200m:	3:14.61	51.16	300m:	4:56.90	51.07	400m:	6:30.10	42.67
10.	ALVES, Mateus Basilio		09	Juventude Atlantico		<b>6:36.47</b>			171			
	50m:	44.75	44.75	150m:	2:27.97	51.00	250m:	4:09.34	50.51	350m:	5:49.55	49.28
	100m:	1:36.97	52.22	200m:	3:18.83	50.86	300m:	5:00.27	50.93	400m:	6:36.47	46.92
11.	ALVES, Francisco Manuel		09	Desportivo Nacional		<b>6:47.95</b>			156			
	50m:	48.58	48.58	150m:	2:34.81	52.86	250m:	4:17.03	50.28	350m:	5:59.17	49.15
	100m:	1:41.95	53.37	200m:	3:26.75	51.94	300m:	5:10.02	52.99	400m:	6:47.95	48.78
12.	CAMACHO, Santiago Bettencourt		09	Juventude Atlantico		<b>6:56.84</b>			147			
	50m:	47.08	47.08	150m:	2:31.79	52.31	250m:	4:20.76	54.17	350m:	6:07.22	53.13
	100m:	1:39.48	52.40	200m:	3:26.59	54.80	300m:	5:14.09	53.33	400m:	6:56.84	49.62

Event 39, Men, 400m Freestyle

Infantis A, 14 anos

1.	RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	<b>5:08.70</b>	362
<i>TAC Zonal - Infantis - Março (Manique), TAC Nacional - Infantis - Julho (Famalicão)</i>					
	50m: 34.01	34.01	150m: 1:52.77	39.36	250m: 3:12.31
	100m: 1:13.41	39.40	200m: 2:32.78	40.01	300m: 3:51.98
					350m: 4:31.68
					39.70
					400m: 5:08.70
					37.02
2.	NOBREGA, Matias Sargo	08	Naval do Funchal	<b>5:35.85</b>	281
	50m: 34.96	34.96	150m: 1:58.49	42.90	250m: 3:27.68
	100m: 1:15.59	40.63	200m: 2:43.97	45.48	300m: 4:11.73
					43.71
					350m: 4:54.92
					43.19
					400m: 5:35.85
					40.93
3.	SILVA, Francisco Pita	08	Juventude Atlantico	<b>6:29.39</b>	180
	50m: 44.69	44.69	150m: 2:27.52	50.71	250m: 4:08.54
	100m: 1:36.81	52.12	200m: 3:19.54	52.02	300m: 4:58.85
					49.00
					350m: 5:45.18
					46.33
					400m: 6:29.39
					44.21
4.	FERNANDES, Antonio Maria	08	Naval do Funchal	<b>6:39.94</b>	166
	50m: 41.36	41.36	150m: 2:24.95	53.54	250m: 4:13.19
	100m: 1:31.41	50.05	200m: 3:19.53	54.58	300m: 5:05.80
					53.66
					350m: 5:54.95
					49.15
					400m: 6:39.94
					44.99
5.	CORREIA, Joao Luis	08	Juventude Atlantico	<b>6:43.22</b>	162
	50m: 42.37	42.37	150m: 2:24.64	52.06	250m: 4:11.59
	100m: 1:32.58	50.21	200m: 3:17.40	52.76	300m: 5:06.42
					54.19
					350m: 5:55.97
					49.55
					400m: 6:43.22
					47.25

Juvenis B, 15 anos

1.	ALMEIDA, Joao Francisco	07	Naval do Funchal	<b>4:44.53</b>	462
	50m: 30.31	30.31	150m: 1:40.42	35.80	250m: 2:54.84
	100m: 1:04.62	34.31	200m: 2:18.05	37.63	300m: 3:32.30
					36.79
					350m: 4:09.49
					37.19
					400m: 4:44.53
					35.04
2.	COSTA, Guilherme Corte	07	Desportivo Nacional	<b>4:50.39</b>	435
	50m: 31.66	31.66	150m: 1:44.63	37.39	250m: 2:59.80
	100m: 1:07.24	35.58	200m: 2:21.84	37.21	300m: 3:37.52
					37.96
					350m: 4:15.11
					37.59
					400m: 4:50.39
					35.28
3.	JESUS, David Martins	07	Desportivo Sao Roque	<b>5:02.28</b>	385
	50m: 31.95	31.95	150m: 1:45.49	37.57	250m: 3:03.65
	100m: 1:07.92	35.97	200m: 2:24.44	38.95	300m: 3:43.60
					39.21
					350m: 4:23.36
					39.76
					400m: 5:02.28
					38.92
4.	FERNANDES, Afonso Berimbau	07	Juventude Atlantico	<b>5:12.83</b>	348
	50m: 33.03	33.03	150m: 1:53.81	41.36	250m: 3:15.06
	100m: 1:12.45	39.42	200m: 2:34.73	40.92	300m: 3:56.05
					40.33
					350m: 4:36.37
					40.32
					400m: 5:12.83
					36.46
5.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	<b>5:30.54</b>	295
	50m: 37.51	37.51	150m: 2:01.59	42.79	250m: 3:25.76
	100m: 1:18.80	41.29	200m: 2:43.92	42.33	300m: 4:08.25
					41.84
					350m: 4:49.89
					41.64
					400m: 5:30.54
					40.65
6.	BERENGUER, Santiago Moura	07	Juventude Atlantico	<b>5:56.46</b>	235
	50m: 38.96	38.96	150m: 2:10.17	45.80	250m: 3:42.62
	100m: 1:24.37	45.41	200m: 2:56.53	46.36	300m: 4:29.71
					46.09
					350m: 5:14.72
					45.01
					400m: 5:56.46
					41.74

Juvenis A, 16 anos

1.	FERRAZ, Luis Afonso	06	Naval do Funchal	<b>4:41.26</b>	479
	50m: 30.38	30.38	150m: 1:40.39	35.99	250m: 2:53.55
	100m: 1:04.40	34.02	200m: 2:16.51	36.12	300m: 3:30.37
					37.04
					350m: 4:07.36
					36.99
					400m: 4:41.26
					33.90
2.	GARANITO, Simao Silva	06	Naval do Funchal	<b>4:46.36</b>	453
	50m: 30.52	30.52	150m: 1:43.27	36.65	250m: 2:57.35
	100m: 1:06.62	36.10	200m: 2:20.57	37.30	300m: 3:34.24
					36.78
					350m: 4:11.55
					37.31
					400m: 4:46.36
					34.81

Juniores, 17 e 18 anos

1.	FERNANDES, Diogo Henrique	04	Naval do Funchal	<b>4:23.54</b>	582
	50m: 29.34	29.34	150m: 1:35.60	33.42	250m: 2:43.13
	100m: 1:02.18	32.84	200m: 2:09.64	34.04	300m: 3:16.98
					33.49
					350m: 3:50.66
					33.68
					400m: 4:23.54
					32.88
2.	MACHADO, Tiago Magalhaes	04	Desportivo Nacional	<b>5:41.74</b>	267
	50m: 31.75	31.75	150m: 1:54.27	42.58	250m: 3:24.99
	100m: 1:11.69	39.94	200m: 2:38.49	44.22	300m: 4:11.48
					46.50
					350m: 4:56.77
					45.29
					400m: 5:41.74
					44.97

Event 39, Men, 400m Freestyle

Absolutos, 15 anos e mais velhos

1.	FERNANDES, Diogo Henrique	04	Naval do Funchal	<b>4:23.54</b>	582
	50m: 29.34 29.34	150m: 1:35.60	33.42	250m: 2:43.13	33.49
	100m: 1:02.18 32.84	200m: 2:09.64	34.04	300m: 3:16.98	33.85
				350m: 3:50.66	33.68
				400m: 4:23.54	32.88
2.	FERRAZ, Luis Afonso	06	Naval do Funchal	<b>4:41.26</b>	479
	50m: 30.38 30.38	150m: 1:40.39	35.99	250m: 2:53.55	37.04
	100m: 1:04.40 34.02	200m: 2:16.51	36.12	300m: 3:30.37	36.82
				350m: 4:07.36	36.99
				400m: 4:41.26	33.90
3.	ALMEIDA, Joao Francisco	07	Naval do Funchal	<b>4:44.53</b>	462
	50m: 30.31 30.31	150m: 1:40.42	35.80	250m: 2:54.84	36.79
	100m: 1:04.62 34.31	200m: 2:18.05	37.63	300m: 3:32.30	37.46
				350m: 4:09.49	37.19
				400m: 4:44.53	35.04
4.	GARANITO, Simao Silva	06	Naval do Funchal	<b>4:46.36</b>	453
	50m: 30.52 30.52	150m: 1:43.27	36.65	250m: 2:57.35	36.78
	100m: 1:06.62 36.10	200m: 2:20.57	37.30	300m: 3:34.24	36.89
				350m: 4:11.55	37.31
				400m: 4:46.36	34.81
5.	COSTA, Guilherme Corte	07	Desportivo Nacional	<b>4:50.39</b>	435
	50m: 31.66 31.66	150m: 1:44.63	37.39	250m: 2:59.80	37.96
	100m: 1:07.24 35.58	200m: 2:21.84	37.21	300m: 3:37.52	37.72
				350m: 4:15.11	37.59
				400m: 4:50.39	35.28
6.	JESUS, David Martins	07	Desportivo Sao Roque	<b>5:02.28</b>	385
	50m: 31.95 31.95	150m: 1:45.49	37.57	250m: 3:03.65	39.21
	100m: 1:07.92 35.97	200m: 2:24.44	38.95	300m: 3:43.60	39.95
				350m: 4:23.36	39.76
				400m: 5:02.28	38.92
7.	FERNANDES, Afonso Berimbau	07	Juventude Atlantico	<b>5:12.83</b>	348
	50m: 33.03 33.03	150m: 1:53.81	41.36	250m: 3:15.06	40.33
	100m: 1:12.45 39.42	200m: 2:34.73	40.92	300m: 3:56.05	40.99
				350m: 4:36.37	40.32
				400m: 5:12.83	36.46
8.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	<b>5:30.54</b>	295
	50m: 37.51 37.51	150m: 2:01.59	42.79	250m: 3:25.76	41.84
	100m: 1:18.80 41.29	200m: 2:43.92	42.33	300m: 4:08.25	42.49
				350m: 4:49.89	41.64
				400m: 5:30.54	40.65
9.	MACHADO, Tiago Magalhaes	04	Desportivo Nacional	<b>5:41.74</b>	267
	50m: 31.75 31.75	150m: 1:54.27	42.58	250m: 3:24.99	46.50
	100m: 1:11.69 39.94	200m: 2:38.49	44.22	300m: 4:11.48	46.49
				350m: 4:56.77	45.29
				400m: 5:41.74	44.97
10.	BERENQUER, Santiago Moura	07	Juventude Atlantico	<b>5:56.46</b>	235
	50m: 38.96 38.96	150m: 2:10.17	45.80	250m: 3:42.62	46.09
	100m: 1:24.37 45.41	200m: 2:56.53	46.36	300m: 4:29.71	47.09
				350m: 5:14.72	45.01
				400m: 5:56.46	41.74
EXH	KARNYSH, Artem	92	Selecao da Ucrania	<b>4:21.40</b>	596
	50m: 29.47 29.47	150m: 1:35.85	33.54	250m: 2:42.71	32.84
	100m: 1:02.31 32.84	200m: 2:09.87	34.02	300m: 3:15.94	33.23
				350m: 3:48.77	32.83
				400m: 4:21.40	32.63