

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

YB

Heat 1 of 2

3 RODRIGUES, Goncalo Reis	09	Juventude Atlantico	7:12.00
4 ANDRADE, Salvador Freitas	09	Naval do Funchal	6:07.68
5 JESUS, Vasco Franca	08	Naval do Funchal	6:07.80

Heat 2 of 2

0 CASTRO, Marco Antonio	08	Naval do Funchal	6:00.00
1 FERNANDES, Afonso Berimbau	07	Juventude Atlantico	6:00.00
2 MIRANDA, Francisco Guilherme	08	Naval do Funchal	5:41.76
3 RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	4:52.83
4 HRITSENKO, Vladyslav	01	Selecao da Ucrania	4:30.00
5 GOUVEIA, Luis Galvao	05	Desportivo Nacional	4:50.39
6 ALMEIDA, Joao Francisco	07	Naval do Funchal	5:20.00
7 JARDIM, Rodrigo Vieira	08	Naval do Funchal	6:00.00
8 RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	6:00.00