

Prova 4 Masc., 400m Livres Absoluto  
Startlist  
10/06/2022 - 16:32

Recorde Regional Absoluto	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Sen	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Jun18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recorde Regional Jun17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recorde Regional Juv A	4:05.44	CASTRO, Joao Cruz	CDSR	Penteada	09/07/2016
Recorde Regional Juv B	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recorde Regional Inf A	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recorde Regional 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

Ano

Série 1 de 5

2 ABREU, Afonso Henrique	09	Naval do Funchal	6:30.00
3 ANTUNES, Frederico Luis	08	Juventude AC	6:10.00
4 GOMES, Joao Abreu	09	Naval do Funchal	6:16.05
5 CAMACHO, Santiago Bettencourt	09	Juventude AC	7:03.04

Série 2 de 5

1 FERNANDES, Andre Filipe	07	Natacao de Alcobaca	5:50.78
2 PACHECO, Santiago Jose	09	Natacao de Alcobaca	5:30.07
3 CARVALHO, Joaquim Eduardo	07	Naval do Funchal	5:28.90
4 RODRIGUES, Goncalo Reis	09	Juventude AC	5:30.00
5 FERNANDEZ, Henrique Justino	08	Juventude AC	5:47.30
6 BERENGUER, Santiago Moura	07	Juventude AC	5:53.77

Série 3 de 5

1 FARIA, Afonso Cunha	09	CD Sao Roque	5:24.29
2 GONCALVES, Pedro Martim	09	Juventude AC	5:20.00
3 NOBREGA, Matias Sargo	08	Naval do Funchal	5:16.92
4 BARATA, Joao Tomas	08	Juventude AC	5:20.00
5 PENSO, Miguel Reigada	07	Escola O Liceu	5:22.92
6 JARDIM, Rodrigo Vieira	08	Naval do Funchal	5:27.47

Série 4 de 5

1 CASTRO, Marco Antonio	08	Naval do Funchal	5:01.96
2 RODRIGUES, Guilherme Gomes	08	CD Sao Roque	4:47.99
3 COSTA, Guilherme Corte	07	CD Nacional	4:43.72
4 OLIVEIRA, Afonso Miguel	07	Juventude AC	4:47.37
5 ALVES, Diogo Basilio	07	Juventude AC	4:50.00
6 POMBO, Tiago Santos	08	Natacao de Alcobaca	5:04.69

Série 5 de 5

1 ALMEIDA, Joao Francisco	07	Naval do Funchal	4:33.02
2 CRUZ, Leonardo Jose	07	Natacao de Alcobaca	4:15.88
3 OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	4:05.48
4 RODRIGUES, Rodrigo Reis	04	CD Sao Roque	4:14.37
5 DIAS, Andre Vicente	05	CD Nacional	4:20.95
6 JESUS, David Martins	07	CD Sao Roque	4:42.49