

Prova 16 Masc., 400m Livres Absoluto
13/11/2021 - 9:42 Resultados

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 - PL (Março) Juv B: 4:27.96; Juv A: 4:21.64; Jun17: 4:10.09; Jun18: 4:04.87; Sen: 4:00.66 / TAC Zonais Inf B: 5:39.38; Inf A: 5:21.39; Juv B: 4:38.55; Juv A: 4:33.44 / 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

Infantil B - 13 anos

1. ANDRADE, Salvador Freitas	09	Naval do Funchal	5:44.36	234
50m: 37.53 37.53 150m: 2:03.79 43.58 250m: 3:32.33 43.89 350m: 5:02.09 45.24				
100m: 1:20.21 42.68 200m: 2:48.44 44.65 300m: 4:16.85 44.52 400m: 5:44.36 42.27				
2. FARIA, Afonso Cunha	09	CD Sao Roque	5:52.75	217
50m: 39.10 39.10 150m: 2:08.39 45.33 250m: 3:38.29 44.36 350m: 5:08.93 44.38				
100m: 1:23.06 43.96 200m: 2:53.93 45.54 300m: 4:24.55 46.26 400m: 5:52.75 43.82				
3. GONCALVES, Joao Guilherme	09	Naval do Funchal	5:53.15	217
50m: 38.01 38.01 150m: 2:08.16 46.15 250m: 3:41.20 46.69 350m: 5:12.48 43.99				
100m: 1:22.01 44.00 200m: 2:54.51 46.35 300m: 4:28.49 47.29 400m: 5:53.15 40.67				
4. PESTANA, Pedro Correia	09	AD Galomar	5:58.02	208
50m: 39.14 39.14 150m: 2:08.21 45.33 250m: 3:42.60 46.64 350m: 5:16.70 47.36				
100m: 1:22.88 43.74 200m: 2:55.96 47.75 300m: 4:29.34 46.74 400m: 5:58.02 41.32				
5. GONCALVES, Pedro Martim	09	Juventude AC	5:59.95	205
50m: 39.05 39.05 150m: 2:11.11 47.54 250m: 3:45.20 47.23 350m: 5:17.74 45.57				
100m: 1:23.57 44.52 200m: 2:57.97 46.86 300m: 4:32.17 46.97 400m: 5:59.95 42.21				
6. SILVA, Joao Bernardo	09	CD Nacional	6:03.91	198
50m: 37.31 37.31 150m: 2:09.74 47.29 250m: 3:45.30 47.45 350m: 5:19.85 47.30				
100m: 1:22.45 45.14 200m: 2:57.85 48.11 300m: 4:32.55 47.25 400m: 6:03.91 44.06				
7. VELOZA, Tomas Ramos	09	CD Nacional	6:11.06	187
50m: 41.71 41.71 150m: 2:16.61 47.63 250m: 3:52.45 47.51 350m: 5:26.79 47.04				
100m: 1:28.98 47.27 200m: 3:04.94 48.33 300m: 4:39.75 47.30 400m: 6:11.06 44.27				
8. PESTANA, Andre Pinto	09	Naval do Funchal	6:25.05	167
50m: 43.14 43.14 150m: 2:22.65 49.88 250m: 4:04.53 51.67 350m: 5:42.75 48.92				
100m: 1:32.77 49.63 200m: 3:12.86 50.21 300m: 4:53.83 49.30 400m: 6:25.05 42.30				
9. RODRIGUES, Goncalo Reis	09	Juventude AC	6:34.53	155
50m: 43.55 43.55 150m: 2:25.28 51.45 250m: 4:05.80 49.36 350m: 5:49.10 51.41				
100m: 1:33.83 50.28 200m: 3:16.44 51.16 300m: 4:57.69 51.89 400m: 6:34.53 45.43				
10. GOMES, Joao Abreu	09	Naval do Funchal	6:49.70	139
50m: 43.41 43.41 150m: 2:23.72 50.12 250m: 4:09.61 53.12 350m: 5:58.20 53.90				
100m: 1:33.60 50.19 200m: 3:16.49 52.77 300m: 5:04.30 54.69 400m: 6:49.70 51.50				

Infantil A - 14 anos

1. MIRANDA, Francisco Guilherme	08	Naval do Funchal	5:12.36	313
<i>Mínimos Zonal - A definir local (25/03 a 27/03), Mínimos Nacional - Famalicão (22/07 a 24/07)</i>				
50m: 34.00 34.00 150m: 1:51.08 39.19 250m: 3:11.36 40.27 350m: 4:32.07 40.68				
100m: 1:11.89 37.89 200m: 2:31.09 40.01 300m: 3:51.39 40.03 400m: 5:12.36 40.29				
2. CASTRO, Marco Antonio	08	Naval do Funchal	5:21.89	286
50m: 35.65 35.65 150m: 1:58.73 41.37 250m: 3:22.48 41.27 350m: 4:44.19 40.12				
100m: 1:17.36 41.71 200m: 2:41.21 42.48 300m: 4:04.07 41.59 400m: 5:21.89 37.70				

Prova 16, Masc., 400m Livres, Infantil A - 14 anos

Lugar			Ano					Tempo final	Pts
3.	RODRIGUES, Guilherme Gomes		08	CD Sao Roque				5:23.89	281
	50m:	36.37 36.37	150m:	2:00.74	42.37	250m:	3:25.04 41.34	350m:	4:47.05 40.66
	100m:	1:18.37 42.00	200m:	2:43.70	42.96	300m:	4:06.39 41.35	400m:	5:23.89 36.84
4.	JESUS, Vasco Franca		08	Naval do Funchal				5:25.49	277
	50m:	34.50 34.50	150m:	1:57.35	42.60	250m:	3:22.65 42.29	350m:	4:46.81 41.74
	100m:	1:14.75 40.25	200m:	2:40.36	43.01	300m:	4:05.07 42.42	400m:	5:25.49 38.68
5.	BARRADAS, Rafael Alves		08	Escola O Liceu				5:34.76	254
	50m:	36.05 36.05	150m:	1:59.76	42.72	250m:	3:26.30 43.03	350m:	4:52.03 42.22
	100m:	1:17.04 40.99	200m:	2:43.27	43.51	300m:	4:09.81 43.51	400m:	5:34.76 42.73
6.	JARDIM, Rodrigo Vieira		08	Naval do Funchal				5:42.45	238
	50m:	36.51 36.51	150m:	2:01.92	43.68	250m:	3:31.27 45.26	350m:	5:01.11 44.95
	100m:	1:18.24 41.73	200m:	2:46.01	44.09	300m:	4:16.16 44.89	400m:	5:42.45 41.34
7.	NOBREGA, Matias Sargo		08	Naval do Funchal				5:45.83	231
	50m:	37.65 37.65	150m:	2:04.40	43.97	250m:	3:32.39 44.05	350m:	5:02.41 45.12
	100m:	1:20.43 42.78	200m:	2:48.34	43.94	300m:	4:17.29 44.90	400m:	5:45.83 43.42
8.	JARDIM, Lourenco Almeida		08	CD Nacional				6:02.29	201
	50m:	41.20 41.20	150m:	2:12.88	46.54	250m:	3:45.47 45.98	350m:	5:19.05 46.90
	100m:	1:26.34 45.14	200m:	2:59.49	46.61	300m:	4:32.15 46.68	400m:	6:02.29 43.24
9.	BARATA, Joao Tomas		08	Juventude AC				6:19.51	174
	50m:	42.32 42.32	150m:	2:18.07	48.71	250m:	3:55.03 47.64	350m:	5:33.20 49.70
	100m:	1:29.36 47.04	200m:	3:07.39	49.32	300m:	4:43.50 48.47	400m:	6:19.51 46.31
10.	FERNANDES, Antonio Maria		08	Naval do Funchal				6:29.76	161
	50m:	43.21 43.21	150m:	2:22.54	49.93	250m:	4:03.07 50.22	350m:	5:42.37 49.84
	100m:	1:32.61 49.40	200m:	3:12.85	50.31	300m:	4:52.53 49.46	400m:	6:29.76 47.39
11.	CORREIA, Joao Luis		08	Juventude AC				6:43.03	146
	50m:	41.21 41.21	150m:	2:22.10	52.10	250m:	4:08.26 52.86	350m:	5:57.10 54.41
	100m:	1:30.00 48.79	200m:	3:15.40	53.30	300m:	5:02.69 54.43	400m:	6:43.03 45.93
12.	SILVA, Francisco Pita		08	Juventude AC				6:43.37	145
	50m:	47.01 47.01	150m:	2:30.13	51.89	250m:	4:13.96 50.74	350m:	5:57.30 50.57
	100m:	1:38.24 51.23	200m:	3:23.22	53.09	300m:	5:06.73 52.77	400m:	6:43.37 46.07
DSQ	ANTUNES, Frederico Luis		08	Juventude AC				6:45.74	
	<i>403 - Falsa partida - SW 4.4</i>								
	50m:	43.49 43.49	150m:	2:26.90	51.68	250m:	4:11.81 53.05	350m:	5:56.20 52.12
	100m:	1:35.22 51.73	200m:	3:18.76	51.86	300m:	5:04.08 52.27	400m:	6:45.74 49.54

Juvenil B - 15 anos

1.	SMIRNOV, Dmytro		07	CD Sao Roque				5:09.71	321
	50m:	34.89 34.89	150m:	1:53.85	39.39	250m:	3:12.90 39.45	350m:	4:32.10 39.28
	100m:	1:14.46 39.57	200m:	2:33.45	39.60	300m:	3:52.82 39.92	400m:	5:09.71 37.61
2.	ALVES, Diogo Basilio		07	Juventude AC				5:11.76	315
	50m:	35.53 35.53	150m:	1:55.83	40.48	250m:	3:15.94 39.77	350m:	4:35.26 39.40
	100m:	1:15.35 39.82	200m:	2:36.17	40.34	300m:	3:55.86 39.92	400m:	5:11.76 36.50
3.	JESUS, David Martins		07	CD Sao Roque				5:11.90	315
	50m:	34.97 34.97	150m:	1:52.70	39.05	250m:	3:11.01 39.73	350m:	4:31.17 40.65
	100m:	1:13.65 38.68	200m:	2:31.28	38.58	300m:	3:50.52 39.51	400m:	5:11.90 40.73
4.	GOUVEIA, Martim Jose		07	CD Sao Roque				5:35.76	252
	50m:	36.27 36.27	150m:	2:01.06	42.78	250m:	3:27.24 42.33	350m:	4:55.26 43.52
	100m:	1:18.28 42.01	200m:	2:44.91	43.85	300m:	4:11.74 44.50	400m:	5:35.76 40.50
5.	CARVALHO, Joaquim Eduardo		07	Naval do Funchal				5:38.56	246
	50m:	37.78 37.78	150m:	2:01.85	42.66	250m:	3:29.77 43.88	350m:	4:56.86 43.76
	100m:	1:19.19 41.41	200m:	2:45.89	44.04	300m:	4:13.10 43.33	400m:	5:38.56 41.70

Prova 16, Masc., 400m Livres, Juvenil B - 15 anos

Lugar	Ano		Tempo final						Pts			
6.	BERENGUER, Santiago Moura		07	Juventude AC						6:17.96	177	
	50m:	42.19	42.19	150m:	2:18.35	48.84	250m:	3:58.46	51.08	350m:	5:34.76	46.76
	100m:	1:29.51	47.32	200m:	3:07.38	49.03	300m:	4:48.00	49.54	400m:	6:17.96	43.20
7.	VIEIRA, Luis Henrique		07	CD Nacional						6:34.20	156	
	50m:	43.27	43.27	150m:	2:25.55	51.87	250m:	4:07.50	49.45	350m:	5:47.05	48.75
	100m:	1:33.68	50.41	200m:	3:18.05	52.50	300m:	4:58.30	50.80	400m:	6:34.20	47.15

Juvenil A - 16 anos

1.	FERRAZ, Luis Afonso		06	Naval do Funchal						4:35.53	457	
	50m:	30.10	30.10	150m:	1:39.74	35.58	250m:	2:50.86	35.50	350m:	4:01.95	35.19
	100m:	1:04.16	34.06	200m:	2:15.36	35.62	300m:	3:26.76	35.90	400m:	4:35.53	33.58
2.	TEMES, Joao Caires		06	Juventude AC						5:03.06	343	
	50m:	35.34	35.34	150m:	1:53.11	39.57	250m:	3:13.07	40.27	350m:	4:29.85	37.68
	100m:	1:13.54	38.20	200m:	2:32.80	39.69	300m:	3:52.17	39.10	400m:	5:03.06	33.21
3.	STEFLEA, Andre Sergio		06	CD Sao Roque						5:34.30	255	
	50m:	35.33	35.33	150m:	1:57.94	42.16	250m:	3:24.09	43.12	350m:	4:51.71	44.11
	100m:	1:15.78	40.45	200m:	2:40.97	43.03	300m:	4:07.60	43.51	400m:	5:34.30	42.59
4.	OLIVEIRA, Bernardo Antonio		06	Naval do Funchal						5:35.43	253	
	50m:	37.10	37.10	150m:	2:01.88	42.51	250m:	3:28.41	43.14	350m:	4:55.00	42.96
	100m:	1:19.37	42.27	200m:	2:45.27	43.39	300m:	4:12.04	43.63	400m:	5:35.43	40.43

Juniores - 17, 18 anos

1.	MARQUES, Gustavo Pires		04	CD Sao Roque						4:04.42	654	
	<i>M�nimos Nacional - Coimbra (30/03 a 03/04), M�nimos Nacional - Leiria (26/11 a 28/11) & OPEN</i>											
	50m:	26.11	26.11	150m:	1:26.32	30.49	250m:	2:28.79	31.25	350m:	3:33.05	32.09
	100m:	55.83	29.72	200m:	1:57.54	31.22	300m:	3:00.96	32.17	400m:	4:04.42	31.37
2.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal						4:17.02	563	
	50m:	28.58	28.58	150m:	1:32.50	32.58	250m:	2:38.59	33.12	350m:	3:44.71	32.90
	100m:	59.92	31.34	200m:	2:05.47	32.97	300m:	3:11.81	33.22	400m:	4:17.02	32.31
3.	FERNANDES, Diogo Henrique		04	Naval do Funchal						4:21.41	535	
	50m:	28.81	28.81	150m:	1:34.32	33.09	250m:	2:41.92	33.91	350m:	3:49.93	33.93
	100m:	1:01.23	32.42	200m:	2:08.01	33.69	300m:	3:16.00	34.08	400m:	4:21.41	31.48
4.	DIAS, Andre Vicente		05	CD Nacional						4:21.71	533	
	50m:	28.87	28.87	150m:	1:34.48	33.18	250m:	2:41.68	33.39	350m:	3:49.13	33.52
	100m:	1:01.30	32.43	200m:	2:08.29	33.81	300m:	3:15.61	33.93	400m:	4:21.71	32.58
5.	ALVES, Paulo Rodrigues		04	CD Nacional						4:24.88	514	
	50m:	27.30	27.30	150m:	1:32.72	33.22	250m:	2:40.58	34.16	350m:	3:50.13	35.11
	100m:	59.50	32.20	200m:	2:06.42	33.70	300m:	3:15.02	34.44	400m:	4:24.88	34.75

Seniores - 19 e mais velhos

1.	RODRIGUES, Pedro Reis		02	CD Sao Roque						4:19.41	547	
	50m:	28.80	28.80	150m:	1:33.65	32.95	250m:	2:39.93	33.11	350m:	3:46.27	33.14
	100m:	1:00.70	31.90	200m:	2:06.82	33.17	300m:	3:13.13	33.20	400m:	4:19.41	33.14
2.	VIEIRA, Emanuel Eloi		03	CD Sao Roque						4:51.78	384	
	50m:	31.92	31.92	150m:	1:44.00	36.80	250m:	2:58.96	37.81	350m:	4:15.48	38.36
	100m:	1:07.20	35.28	200m:	2:21.15	37.15	300m:	3:37.12	38.16	400m:	4:51.78	36.30