

Prova 36 Masc., 400m Estilos Absoluto
14/11/2021 - 9:23 Resultados

Recorde Regional Absoluto	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Sen	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Jun18	4:26.56	SILVA, Tomas Antonio	CNF	Felgueiras	21/12/2018
Recorde Regional Jun17	4:32.64	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018
Recorde Regional Juv A	4:37.61	GOUVEIA, Luis Galvao	CDN	Funchal	11/07/2021
Recorde Regional Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recorde Regional Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004
Recorde Regional Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003

TAC Nacional - PL (Março) Juv B: 5:04.63; Juv A: 4:56.65; Jun17: 4:41.06; Jun18: 4:39.62; Sen: 4:33.15 / TAC Zonais Juv B: 5:18.95; Juv A: 5:13.10 / TAC Nacional Juv B: 5:04.63; Juv A: 4:56.65; Jun17: 4:46.65; Jun18: 4:45.22; Sen19: 4:39.12; 20+: 4:37.73

Pontos: FINA 2021

Lugar Ano Tempo final Pts
Infantil B - 13 anos

1. RODRIGUES, Goncalo Reis	09	Juventude AC	7:12.91	159
50m: 49.54 49.54	150m: 2:50.54 53.93	250m: 4:42.92 58.43	350m: 6:28.76 46.29	
100m: 1:56.61 1:07.07	200m: 3:44.49 53.95	300m: 5:42.47 59.55	400m: 7:12.91 44.15	

Infantil A - 14 anos

1. JARDIM, Lourenco Almeida	08	CD Nacional	6:19.63	236
50m: 38.90 38.90	150m: 2:15.95 51.92	250m: 3:57.03 52.36	350m: 5:36.40 47.60	
100m: 1:24.03 45.13	200m: 3:04.67 48.72	300m: 4:48.80 51.77	400m: 6:19.63 43.23	

Juvenil B - 15 anos

1. COSTA, Guilherme Corte	07	CD Nacional	5:24.55	378
50m: 33.01 33.01	150m: 1:51.48 40.36	250m: 3:20.51 48.82	350m: 4:48.07 38.32	
100m: 1:11.12 38.11	200m: 2:31.69 40.21	300m: 4:09.75 49.24	400m: 5:24.55 36.48	
2. FERNANDES, Afonso Berimbau	07	Juventude AC	5:58.00	282
50m: 35.08 35.08	150m: 2:01.79 45.37	250m: 3:42.16 55.69	350m: 5:19.25 40.60	
100m: 1:16.42 41.34	200m: 2:46.47 44.68	300m: 4:38.65 56.49	400m: 5:58.00 38.75	
3. ALVES, Diogo Basilio	07	Juventude AC	6:05.22	265
50m: 39.46 39.46	150m: 2:12.81 45.57	250m: 3:50.82 53.17	350m: 5:25.26 40.09	
100m: 1:27.24 47.78	200m: 2:57.65 44.84	300m: 4:45.17 54.35	400m: 6:05.22 39.96	

DSQ OLIVEIRA, Afonso Miguel 07 Juventude AC
701 - Mais de uma pernada de golfinho durante a braçada submarina - SW 7.1

Juniores - 17, 18 anos

1. ALVES, Paulo Rodrigues	04	CD Nacional	4:43.76	566
<i>Mínimos Nacional - Leiria (26/11 a 28/11) & OPEN</i>				
50m: 28.98 28.98	150m: 1:40.75 37.52	250m: 2:57.47 40.31	350m: 4:11.15 32.74	
100m: 1:03.23 34.25	200m: 2:17.16 36.41	300m: 3:38.41 40.94	400m: 4:43.76 32.61	
2. GOUVEIA, Luis Galvao	05	CD Nacional	4:46.81	548
50m: 28.32 28.32	150m: 1:39.98 38.33	250m: 2:57.98 41.14	350m: 4:14.20 34.17	
100m: 1:01.65 33.33	200m: 2:16.84 36.86	300m: 3:40.03 42.05	400m: 4:46.81 32.61	
3. RODRIGUES, Rodrigo Reis	04	CD Sao Roque	4:49.15	535
50m: 30.56 30.56	150m: 1:44.07 38.24	250m: 3:03.66 41.61	350m: 4:18.15 32.42	
100m: 1:05.83 35.27	200m: 2:22.05 37.98	300m: 3:45.73 42.07	400m: 4:49.15 31.00	