

Prova 35 Masc., 400m Livres Absoluto
03/07/2022 - 9:15 Categorias (Inf. Juv. Jun. e Sen.) Resultados

Recorde Regional Absoluto	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 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: 4:17.48; Sen19: 4:10.91; 20+: 4:09.67

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Infantis B, 13 anos			
1. FARIA, Afonso Cunha	09	CD São Roque	5:16.92 334
<i>TAC Infantis 22 a 24 Julho 2022</i>			
50m: 35.34 35.34	150m: 1:55.37 39.83	250m: 3:16.39 40.37	350m: 4:38.10 40.53
100m: 1:15.54 40.20	200m: 2:36.02 40.65	300m: 3:57.57 41.18	400m: 5:16.92 38.82
2. SILVA, Joao Bernardo	09	Desportivo Nacional	5:18.79 328
<i>TAC Infantis 22 a 24 Julho 2022</i>			
50m: 34.80 34.80	150m: 1:55.18 40.57	250m: 3:16.66 40.57	350m: 4:38.73 40.72
100m: 1:14.61 39.81	200m: 2:36.09 40.91	300m: 3:58.01 41.35	400m: 5:18.79 40.06
3. PESTANA, Pedro Correia	09	AD Galomar	5:36.13 280
<i>TAC Infantis 22 a 24 Julho 2022</i>			
50m: 36.58 36.58	150m: 2:01.46 43.32	250m: 3:28.59 43.48	350m: 4:55.74 42.77
100m: 1:18.14 41.56	200m: 2:45.11 43.65	300m: 4:12.97 44.38	400m: 5:36.13 40.39
4. MARTINS, Antonio Freitas	09	Desportivo Nacional	5:37.52 277
<i>TAC Infantis 22 a 24 Julho 2022</i>			
50m: 38.54 38.54	150m: 2:04.71 44.10	250m: 3:32.04 43.74	350m: 4:58.24 41.98
100m: 1:20.61 42.07	200m: 2:48.30 43.59	300m: 4:16.26 44.22	400m: 5:37.52 39.28
5. VELOZA, Tomas Ramos	09	Desportivo Nacional	5:46.09 257
50m: 40.27 40.27	150m: 2:09.60 45.27	250m: 3:38.91 44.26	350m: 5:05.14 42.65
100m: 1:24.33 44.06	200m: 2:54.65 45.05	300m: 4:22.49 43.58	400m: 5:46.09 40.95
6. GONCALVES, Joao Guilherme	09	Naval do Funchal	5:59.17 230
50m: 38.53 38.53	150m: 2:09.32 45.07	250m: 3:43.65 46.99	350m: 5:17.51 46.23
100m: 1:24.25 45.72	200m: 2:56.66 47.34	300m: 4:31.28 47.63	400m: 5:59.17 41.66
7. PESTANA, Andre Pinto	09	Naval do Funchal	6:00.64 227
50m: 38.85 38.85	150m: 2:08.20 44.80	250m: 3:43.52 47.75	350m: 5:18.02 46.50
100m: 1:23.40 44.55	200m: 2:55.77 47.57	300m: 4:31.52 48.00	400m: 6:00.64 42.62
8. ABREU, Afonso Henrique	09	Naval do Funchal	6:04.40 220
50m: 39.75 39.75	150m: 2:13.32 47.34	250m: 3:47.42 46.36	350m: 5:21.09 46.95
100m: 1:25.98 46.23	200m: 3:01.06 47.74	300m: 4:34.14 46.72	400m: 6:04.40 43.31
9. CRESPO, Joao Jesus	09	Desportivo Nacional	6:09.11 211
50m: 39.90 39.90	150m: 2:16.67 49.10	250m: 3:52.75 47.51	350m: 5:26.61 46.83
100m: 1:27.57 47.67	200m: 3:05.24 48.57	300m: 4:39.78 47.03	400m: 6:09.11 42.50
10. GOMES, Joao Abreu	09	Naval do Funchal	6:14.57 202
50m: 37.96 37.96	150m: 2:16.67 49.10	250m: 3:52.05 50.19	350m: 5:30.11 49.03
100m: 1:23.56 45.60	200m: 3:01.86 49.03	300m: 4:41.08 49.03	400m: 6:14.57 44.46
11. JARDIM, Joao Tomas	09	Desportivo Nacional	6:23.76 188
50m: 40.94 40.94	150m: 2:17.78 48.77	250m: 3:59.10 50.99	350m: 5:38.35 50.82
100m: 1:29.01 48.07	200m: 3:08.11 50.33	300m: 4:47.53 48.43	400m: 6:23.76 45.41
12. ALVES, Mateus Basilio	09	Juventude Atlantico Clube	6:27.31 183
50m: 41.43 41.43	150m: 2:21.64 49.76	250m: 4:00.72 48.50	350m: 5:39.20 48.55
100m: 1:31.88 50.45	200m: 3:12.22 50.58	300m: 4:50.65 49.93	400m: 6:27.31 48.11

Prova 35, Masc., 400m Livres, Infantis B, 13 anos

Lugar					Ano					Tempo final	Pts	
13.	CAMACHO, Santiago Bettencourt				09	Juventude Atlantico Clube				6:29.72	180	
	50m:	42.24	42.24	150m:	2:21.52	50.03	250m:	4:03.13	50.50	350m:	5:42.64	49.63
	100m:	1:31.49	49.25	200m:	3:12.63	51.11	300m:	4:53.01	49.88	400m:	6:29.72	47.08

Infantis A, 14 anos

1.	RODRIGUES, Guilherme Gomes				08	CD São Roque				4:57.57	404	
	<i>TAC Infantis 22 a 24 Julho 2022</i>											
	50m:	33.84	33.84	150m:	1:49.24	37.66	250m:	3:05.14	37.36	350m:	4:21.04	37.66
	100m:	1:11.58	37.74	200m:	2:27.78	38.54	300m:	3:43.38	38.24	400m:	4:57.57	36.53
2.	CASTRO, Marco Antonio				08	Naval do Funchal				5:02.40	385	
	<i>TAC Infantis 22 a 24 Julho 2022</i>											
	50m:	32.40	32.40	150m:	1:49.06	37.63	250m:	3:08.44	39.71	350m:	4:26.66	38.98
	100m:	1:11.43	39.03	200m:	2:28.73	39.67	300m:	3:47.68	39.24	400m:	5:02.40	35.74
3.	JESUS, Vasco Franca				08	Naval do Funchal				5:12.86	348	
	<i>TAC Infantis 22 a 24 Julho 2022</i>											
	50m:	33.56	33.56	150m:	1:52.68	39.64	250m:	3:14.68	41.31	350m:	4:35.28	39.39
	100m:	1:13.04	39.48	200m:	2:33.37	40.69	300m:	3:55.89	41.21	400m:	5:12.86	37.58
4.	FERNANDEZ, Henrique Justino				08	Juventude Atlantico Clube				5:18.04	331	
	<i>TAC Infantis 22 a 24 Julho 2022</i>											
	50m:	35.03	35.03	150m:	1:54.92	40.38	250m:	3:17.40	41.37	350m:	4:39.80	40.58
	100m:	1:14.54	39.51	200m:	2:36.03	41.11	300m:	3:59.22	41.82	400m:	5:18.04	38.24
5.	NOBREGA, Matias Sargo				08	Naval do Funchal				5:34.26	285	
	50m:	36.31	36.31	150m:	2:00.82	42.91	250m:	3:26.86	42.91	350m:	4:53.87	42.45
	100m:	1:17.91	41.60	200m:	2:43.95	43.13	300m:	4:11.42	44.56	400m:	5:34.26	40.39
6.	BARRADAS, Rafael Alves				08	Escola O Liceu				5:38.07	275	
	50m:	34.90	34.90	150m:	1:59.04	42.69	250m:	3:27.02	43.89	350m:	4:57.09	44.64
	100m:	1:16.35	41.45	200m:	2:43.13	44.09	300m:	4:12.45	45.43	400m:	5:38.07	40.98
7.	GOMES, Guilherme Silva				08	AD Galomar				5:46.76	255	
	50m:	36.15	36.15	150m:	2:00.51	43.77	250m:	3:29.71	44.91	350m:	5:02.60	45.34
	100m:	1:16.74	40.59	200m:	2:44.80	44.29	300m:	4:17.26	47.55	400m:	5:46.76	44.16
8.	BARATA, Joao Tomas				08	Juventude Atlantico Clube				5:47.11	254	
	50m:	35.76	35.76	150m:	2:00.64	43.55	250m:	3:32.25	44.89	350m:	5:03.62	45.31
	100m:	1:17.09	41.33	200m:	2:47.36	46.72	300m:	4:18.31	46.06	400m:	5:47.11	43.49
9.	SILVA, Francisco Pita				08	Juventude Atlantico Clube				6:09.38	211	
	50m:	41.46	41.46	150m:	2:15.98	48.28	250m:	3:52.81	48.89	350m:	5:28.18	47.81
	100m:	1:27.70	46.24	200m:	3:03.92	47.94	300m:	4:40.37	47.56	400m:	6:09.38	41.20

Juvenis B, 15 anos

1.	PEREIRA, Lucas Santos				07	Naval do Funchal				4:50.95	432	
	50m:	31.92	31.92	150m:	1:45.19	36.99	250m:	3:00.65	37.43	350m:	4:15.90	37.30
	100m:	1:08.20	36.28	200m:	2:23.22	38.03	300m:	3:38.60	37.95	400m:	4:50.95	35.05
2.	JESUS, David Martins				07	CD São Roque				4:54.65	416	
	50m:	30.27	30.27	150m:	1:42.08	37.13	250m:	2:59.30	38.52	350m:	4:16.39	38.13
	100m:	1:04.95	34.68	200m:	2:20.78	38.70	300m:	3:38.26	38.96	400m:	4:54.65	38.26
3.	RIBEIRO, Telmo Drumond				07	Naval do Funchal				4:59.14	398	
	50m:	32.79	32.79	150m:	1:46.50	37.58	250m:	3:03.69	38.78	350m:	4:21.53	39.07
	100m:	1:08.92	36.13	200m:	2:24.91	38.41	300m:	3:42.46	38.77	400m:	4:59.14	37.61
4.	PENSO, Miguel Reigada				07	Escola O Liceu				5:02.41	385	
	50m:	31.77	31.77	150m:	1:48.28	39.34	250m:	3:06.79	39.02	350m:	4:26.38	39.05
	100m:	1:08.94	37.17	200m:	2:27.77	39.49	300m:	3:47.33	40.54	400m:	5:02.41	36.03

Prova 35, Masc., 400m Livres, Juvenis B, 15 anos

Lugar	Nome		Ano	Clube		Tempo final				Pts	
5.	NUNES, Henrique Dias		07	Desportivo Nacional		5:35.17				283	
	50m:	36.65 36.65	150m:	2:02.23	43.55	250m:	3:29.50	43.15	350m:	4:55.69	42.72
	100m:	1:18.68 42.03	200m:	2:46.35	44.12	300m:	4:12.97	43.47	400m:	5:35.17	39.48
6.	BARBOSA, Joao Camacho		07	Desportivo Nacional		5:36.77				279	
	50m:	35.77 35.77	150m:	1:59.73	43.47	250m:	3:27.97	44.03	350m:	4:57.16	43.50
	100m:	1:16.26 40.49	200m:	2:43.94	44.21	300m:	4:13.66	45.69	400m:	5:36.77	39.61
7.	SOUSA, Simao Henrique		07	Desportivo Nacional		6:04.09				220	
	50m:	38.94 38.94	150m:	2:12.15	47.10	250m:	3:46.66	47.43	350m:	5:20.87	46.34
	100m:	1:25.05 46.11	200m:	2:59.23	47.08	300m:	4:34.53	47.87	400m:	6:04.09	43.22
8.	VIEIRA, Luis Henrique		07	Desportivo Nacional		6:35.69				172	
	50m:	42.59 42.59	150m:	2:22.91	50.71	250m:	4:04.42	50.43	350m:	5:48.02	51.26
	100m:	1:32.20 49.61	200m:	3:13.99	51.08	300m:	4:56.76	52.34	400m:	6:35.69	47.67

Juniores, 17 e 18 anos

1.	RODRIGUES, Rodrigo Reis		04	CD São Roque		4:25.60				568	
	50m:	30.19 30.19	150m:	1:37.16	33.50	250m:	2:44.82	33.78	350m:	3:52.80	33.56
	100m:	1:03.66 33.47	200m:	2:11.04	33.88	300m:	3:19.24	34.42	400m:	4:25.60	32.80
2.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal		4:27.53				556	
	50m:	28.87 28.87	150m:	1:33.92	33.42	250m:	2:42.39	34.74	350m:	3:53.14	35.56
	100m:	1:00.50 31.63	200m:	2:07.65	33.73	300m:	3:17.58	35.19	400m:	4:27.53	34.39

Absolutos, 15 anos e mais velhos

1.	RODRIGUES, Rodrigo Reis		04	CD São Roque		4:25.60				568	
	50m:	30.19 30.19	150m:	1:37.16	33.50	250m:	2:44.82	33.78	350m:	3:52.80	33.56
	100m:	1:03.66 33.47	200m:	2:11.04	33.88	300m:	3:19.24	34.42	400m:	4:25.60	32.80
2.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal		4:27.53				556	
	50m:	28.87 28.87	150m:	1:33.92	33.42	250m:	2:42.39	34.74	350m:	3:53.14	35.56
	100m:	1:00.50 31.63	200m:	2:07.65	33.73	300m:	3:17.58	35.19	400m:	4:27.53	34.39
3.	PEREIRA, Lucas Santos		07	Naval do Funchal		4:50.95				432	
	50m:	31.92 31.92	150m:	1:45.19	36.99	250m:	3:00.65	37.43	350m:	4:15.90	37.30
	100m:	1:08.20 36.28	200m:	2:23.22	38.03	300m:	3:38.60	37.95	400m:	4:50.95	35.05
4.	JESUS, David Martins		07	CD São Roque		4:54.65				416	
	50m:	30.27 30.27	150m:	1:42.08	37.13	250m:	2:59.30	38.52	350m:	4:16.39	38.13
	100m:	1:04.95 34.68	200m:	2:20.78	38.70	300m:	3:38.26	38.96	400m:	4:54.65	38.26
5.	RIBEIRO, Telmo Drumond		07	Naval do Funchal		4:59.14				398	
	50m:	32.79 32.79	150m:	1:46.50	37.58	250m:	3:03.69	38.78	350m:	4:21.53	39.07
	100m:	1:08.92 36.13	200m:	2:24.91	38.41	300m:	3:42.46	38.77	400m:	4:59.14	37.61
6.	PENSO, Miguel Reigada		07	Escola O Liceu		5:02.41				385	
	50m:	31.77 31.77	150m:	1:48.28	39.34	250m:	3:06.79	39.02	350m:	4:26.38	39.05
	100m:	1:08.94 37.17	200m:	2:27.77	39.49	300m:	3:47.33	40.54	400m:	5:02.41	36.03
7.	NUNES, Henrique Dias		07	Desportivo Nacional		5:35.17				283	
	50m:	36.65 36.65	150m:	2:02.23	43.55	250m:	3:29.50	43.15	350m:	4:55.69	42.72
	100m:	1:18.68 42.03	200m:	2:46.35	44.12	300m:	4:12.97	43.47	400m:	5:35.17	39.48
8.	BARBOSA, Joao Camacho		07	Desportivo Nacional		5:36.77				279	
	50m:	35.77 35.77	150m:	1:59.73	43.47	250m:	3:27.97	44.03	350m:	4:57.16	43.50
	100m:	1:16.26 40.49	200m:	2:43.94	44.21	300m:	4:13.66	45.69	400m:	5:36.77	39.61
9.	SOUSA, Simao Henrique		07	Desportivo Nacional		6:04.09				220	
	50m:	38.94 38.94	150m:	2:12.15	47.10	250m:	3:46.66	47.43	350m:	5:20.87	46.34
	100m:	1:25.05 46.11	200m:	2:59.23	47.08	300m:	4:34.53	47.87	400m:	6:04.09	43.22
10.	VIEIRA, Luis Henrique		07	Desportivo Nacional		6:35.69				172	
	50m:	42.59 42.59	150m:	2:22.91	50.71	250m:	4:04.42	50.43	350m:	5:48.02	51.26
	100m:	1:32.20 49.61	200m:	3:13.99	51.08	300m:	4:56.76	52.34	400m:	6:35.69	47.67

Prova 35, Masc., 400m Livres

EXH	COSTA, Joao Peres	04	Seleção dos Açores	4:21.50	596
	50m: 30.40 30.40	150m: 1:36.62	32.71 250m: 2:41.77	32.02	350m: 3:48.33
	100m: 1:03.91 33.51	200m: 2:09.75	33.13 300m: 3:15.46	33.69	400m: 4:21.50
EXH	ANSELMO, Raul Sousa	05	Seleção dos Açores	4:30.16	540
	50m: 29.81 29.81	150m: 1:37.69	34.51 250m: 2:46.60	34.01	350m: 3:55.91
	100m: 1:03.18 33.37	200m: 2:12.59	34.90 300m: 3:21.54	34.94	400m: 4:30.16
EXH	LOPES, Francisco Oliveira	04	Seleção dos Açores	4:35.80	508
	50m: 30.82 30.82	150m: 1:40.03	34.58 250m: 2:50.38	35.09	350m: 4:01.18
	100m: 1:05.45 34.63	200m: 2:15.29	35.26 300m: 3:25.92	35.54	400m: 4:35.80
EXH	GARCIA, Goncalo Raposo	05	Bombeiros de Ponta Delgada	4:42.15	474
	50m: 30.50 30.50	150m: 1:41.14	35.19 250m: 2:54.20	36.50	350m: 4:07.01
	100m: 1:05.95 35.45	200m: 2:17.70	36.56 300m: 3:30.83	36.63	400m: 4:42.15
EXH	MANES, Bernardo Silva	07	Seleção dos Açores	4:51.15	431
	50m: 31.75 31.75	150m: 1:46.47	37.85 250m: 3:02.18	37.62	350m: 4:16.44
	100m: 1:08.62 36.87	200m: 2:24.56	38.09 300m: 3:39.61	37.43	400m: 4:51.15
EXH	SANTOS, Rodrigo Canedo	08	Seleção dos Açores	5:00.31	393
	<i>TAC Infantis 22 a 24 Julho 2022</i>				
	50m: 34.51 34.51	150m: 1:50.32	38.26 250m: 3:06.83	38.38	350m: 4:24.02
	100m: 1:12.06 37.55	200m: 2:28.45	38.13 300m: 3:45.51	38.68	400m: 5:00.31
EXH	ALVES, Mateus Jose	07	Seleção dos Açores	5:02.56	384
	50m: 32.38 32.38	150m: 1:48.37	38.59 250m: 3:05.64	38.91	350m: 4:24.05
	100m: 1:09.78 37.40	200m: 2:26.73	38.36 300m: 3:44.90	39.26	400m: 5:02.56
EXH	SILVA, Francisco Carvalho	09	Seleção dos Açores	5:11.65	352
	<i>TAC Infantis 22 a 24 Julho 2022</i>				
	50m: 35.14 35.14	150m: 1:53.86	39.78 250m: 3:14.24	40.37	350m: 4:33.24
	100m: 1:14.08 38.94	200m: 2:33.87	40.01 300m: 3:54.57	40.33	400m: 5:11.65
EXH	SOUSA, Miguel Carreiro	08	Seleção dos Açores	5:17.95	331
	<i>TAC Infantis 22 a 24 Julho 2022</i>				
	50m: 33.40 33.40	150m: 1:54.79	41.62 250m: 3:17.54	41.72	350m: 4:39.76
	100m: 1:13.17 39.77	200m: 2:35.82	41.03 300m: 3:58.98	41.44	400m: 5:17.95
EXH	VICENTE, Miguel Chagas	09	Seleção dos Açores	5:27.23	304
	<i>TAC Infantis 22 a 24 Julho 2022</i>				
	50m: 35.67 35.67	150m: 1:58.14	41.77 250m: 3:22.63	42.35	350m: 4:46.56
	100m: 1:16.37 40.70	200m: 2:40.28	42.14 300m: 4:04.49	41.86	400m: 5:27.23
EXH	DIEZ, Tiago Oliveira	08	Seleção dos Açores	5:30.58	295
	50m: 34.21 34.21	150m: 1:56.00	41.80 250m: 3:20.47	41.69	350m: 4:47.47
	100m: 1:14.20 39.99	200m: 2:38.78	42.78 300m: 4:04.51	44.04	400m: 5:30.58
EXH	PEREIRA, Miguel Lima	08	Seleção dos Açores	5:32.18	290
	50m: 35.33 35.33	150m: 1:57.96	41.63 250m: 3:23.71	42.34	350m: 4:50.00
	100m: 1:16.33 41.00	200m: 2:41.37	43.41 300m: 4:06.88	43.17	400m: 5:32.18
EXH	MELO, Rodrigo Paiva	09	Seleção dos Açores	5:36.24	280
	<i>TAC Infantis 22 a 24 Julho 2022</i>				
	50m: 35.49 35.49	150m: 2:00.13	43.06 250m: 3:27.49	44.26	350m: 4:54.80
	100m: 1:17.07 41.58	200m: 2:43.23	43.10 300m: 4:11.65	44.16	400m: 5:36.24
EXH	MEDEIROS, Vasco Andrade	08	Seleção dos Açores	5:39.15	273
	50m: 34.48 34.48	150m: 1:56.78	42.77 250m: 3:25.93	44.79	350m: 4:56.80
	100m: 1:14.01 39.53	200m: 2:41.14	44.36 300m: 4:12.56	46.63	400m: 5:39.15
EXH	CAETANO, Santiago Jorge	08	Bombeiros de Ponta Delgada	5:46.33	256
	50m: 36.26 36.26	150m: 2:03.25	44.36 250m: 3:34.12	45.40	350m: 5:04.73
	100m: 1:18.89 42.63	200m: 2:48.72	45.47 300m: 4:18.77	44.65	400m: 5:46.33
EXH	REGO, Antonio Luis	09	Bombeiros de Ponta Delgada	5:47.88	253
	50m: 36.20 36.20	150m: 2:00.38	43.56 250m: 3:31.74	46.09	350m: 5:04.83
	100m: 1:16.82 40.62	200m: 2:45.65	45.27 300m: 4:18.27	46.53	400m: 5:47.88

Prova 35, Masc., 400m Livres

Lugar			Ano					Tempo final	Pts			
EXH	MEDEIROS, Daniel Bettencourt		09	Seleção dos Açores				5:55.37	237			
	50m:	38.26 38.26	150m:	2:06.53	44.94	250m:	3:39.12	45.00	350m:	5:12.00	46.51	
	100m:	1:21.59	43.33	200m:	2:54.12	47.59	300m:	4:25.49	46.37	400m:	5:55.37	43.37