

Prova 16 Masc., 400m Livres Absoluto  
18/12/2021 - 16:45 Resultados

Recordes Regionais Absoluto	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Sen	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Jun18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recordes Regionais Jun17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recordes Regionais Juv A	4:05.44	CASTRO, Joao Cruz	CDSR	Penteada	09/07/2016
Recordes Regionais Juv B	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recordes Regionais Inf A	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recordes Regionais Inf B	4:27.04	FREITAS, Tomas Miguel	CDN	Funchal	12/07/2003

TAC Zonais Inf B: 5:39.38; Inf A: 5:21.39 / 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 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
<b>Infantil B - 13 anos</b>					
1.	ANDRADE, Salvador Freitas	09	Naval do Funchal	<b>5:22.49</b>	285
	<i>Minimos Zonais (Março) - A definir (local), Minimos Nacionais Infantis (Julho) - Famalicão</i>				
	50m: 34.84 34.84	150m: 1:56.57 41.48	250m: 3:19.32 41.21	350m: 4:44.52 42.36	
	100m: 1:15.09 40.25	200m: 2:38.11 41.54	300m: 4:02.16 42.84	400m: 5:22.49 37.97	
2.	GONCALVES, Joao Guilherme	09	Naval do Funchal	<b>5:39.08</b>	245
	<i>Minimos Zonais (Março) - A definir (local)</i>				
	50m: 37.37 37.37	150m: 2:04.32 44.32	250m: 3:33.20 44.68	350m: 5:01.17 43.50	
	100m: 1:20.00 42.63	200m: 2:48.52 44.20	300m: 4:17.67 44.47	400m: 5:39.08 37.91	
3.	SILVA, Joao Bernardo	09	Desportivo Nacional	<b>5:54.22</b>	215
	50m: 38.12 38.12	150m: 2:10.12 45.79	250m: 3:42.96 45.86	350m: 5:13.24 44.05	
	100m: 1:24.33 46.21	200m: 2:57.10 46.98	300m: 4:29.19 46.23	400m: 5:54.22 40.98	
4.	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	<b>6:16.86</b>	178
	50m: 44.06 44.06	150m: 2:21.26 48.66	250m: 3:58.22 48.65	350m: 5:34.81 47.97	
	100m: 1:32.60 48.54	200m: 3:09.57 48.31	300m: 4:46.84 48.62	400m: 6:16.86 42.05	
5.	VELOZA, Tomas Ramos	09	Desportivo Nacional	<b>6:18.42</b>	176
	50m: 44.55 44.55	150m: 2:21.31 49.21	250m: 3:58.63 48.84	350m: 5:35.13 48.45	
	100m: 1:32.10 47.55	200m: 3:09.79 48.48	300m: 4:46.68 48.05	400m: 6:18.42 43.29	
6.	JARDIM, Joao Tomas	09	Desportivo Nacional	<b>6:22.36</b>	171
	50m: 42.29 42.29	150m: 2:20.46 49.53	250m: 4:00.51 50.12	350m: 5:38.91 48.33	
	100m: 1:30.93 48.64	200m: 3:10.39 49.93	300m: 4:50.58 50.07	400m: 6:22.36 43.45	
7.	MARTINS, Antonio Freitas	09	Desportivo Nacional	<b>6:28.30</b>	163
	50m: 47.87 47.87	150m: 2:29.53 50.57	250m: 4:09.35 50.01	350m: 5:44.68 45.38	
	100m: 1:38.96 51.09	200m: 3:19.34 49.81	300m: 4:59.30 49.95	400m: 6:28.30 43.62	
8.	SANTOS, Joao Dinis	09	Desportiva de Machico	<b>6:31.91</b>	158
	50m: 41.45 41.45	150m: 2:19.80 50.69	250m: 4:03.79 52.68	350m: 5:46.46 49.73	
	100m: 1:29.11 47.66	200m: 3:11.11 51.31	300m: 4:56.73 52.94	400m: 6:31.91 45.45	
9.	CRESPO, Joao Jesus	09	Desportivo Nacional	<b>6:36.16</b>	153
	50m: 45.17 45.17	150m: 2:26.77 50.80	250m: 4:08.47 50.61	350m: 5:47.95 48.56	
	100m: 1:35.97 50.80	200m: 3:17.86 51.09	300m: 4:59.39 50.92	400m: 6:36.16 48.21	
10.	ALVES, Francisco Manuel	09	Desportivo Nacional	<b>6:48.29</b>	140
	50m: 46.35 46.35	150m: 2:31.18 52.01	250m: 4:14.82 51.79	350m: 5:59.26 53.07	
	100m: 1:39.17 52.82	200m: 3:23.03 51.85	300m: 5:06.19 51.37	400m: 6:48.29 49.03	
11.	GONCALVES, Jose Bernardo	09	Desportiva de Machico	<b>7:11.78</b>	118
	50m: 48.13 48.13	150m: 2:38.32 56.65	250m: 4:30.26 56.14	350m: 6:20.88 55.28	
	100m: 1:41.67 53.54	200m: 3:34.12 55.80	300m: 5:25.60 55.34	400m: 7:11.78 50.90	

Prova 16, Masc., 400m Livres

Infantil A - 14 anos

1.	RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	<b>5:17.02</b>	300
	<i>Minimos Zonais (Março) - A definir (local)</i>				
	50m: 34.59 34.59	150m: 1:54.80	40.70	250m: 3:15.96	39.80
	100m: 1:14.10 39.51	200m: 2:36.16	41.36	300m: 3:56.73	40.77
				350m: 4:37.66	40.93
				400m: 5:17.02	39.36
2.	JARDIM, Lourenco Almeida	08	Desportivo Nacional	<b>6:07.92</b>	191
	50m: 42.50 42.50	150m: 2:16.17	47.49	250m: 3:50.03	46.50
	100m: 1:28.68 46.18	200m: 3:03.53	47.36	300m: 4:37.71	47.68
				350m: 5:24.44	46.73
				400m: 6:07.92	43.48
3.	SILVA, Francisco Pita	08	Juventude Atlantico	<b>6:51.62</b>	137
	50m: 48.68 48.68	150m: 2:35.40	52.84	250m: 4:23.08	52.17
	100m: 1:42.56 53.88	200m: 3:30.91	55.51	300m: 5:17.62	54.54
				350m: 6:06.61	48.99
				400m: 6:51.62	45.01

Juvenil B - 15 anos

1.	JESUS, David Martins	07	Desportivo Sao Roque	<b>5:04.88</b>	337
	50m: 33.57 33.57	150m: 1:50.23	38.79	250m: 3:09.43	39.84
	100m: 1:11.44 37.87	200m: 2:29.59	39.36	300m: 3:48.47	39.04
				350m: 4:27.37	38.90
				400m: 5:04.88	37.51
2.	PENSO, Miguel Reigada	07	Escola O Liceu	<b>5:24.56</b>	279
	50m: 35.34 35.34	150m: 1:57.16	41.67	250m: 3:20.78	41.30
	100m: 1:15.49 40.15	200m: 2:39.48	42.32	300m: 4:03.69	42.91
				350m: 4:45.32	41.63
				400m: 5:24.56	39.24
3.	GOUVEIA, Martim Jose	07	Desportivo Sao Roque	<b>5:25.59</b>	277
	50m: 35.67 35.67	150m: 1:57.38	41.34	250m: 3:20.76	41.74
	100m: 1:16.04 40.37	200m: 2:39.02	41.64	300m: 4:03.09	42.33
				350m: 4:44.97	41.88
				400m: 5:25.59	40.62
4.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	<b>5:41.23</b>	240
	50m: 36.52 36.52	150m: 2:02.82	44.24	250m: 3:31.52	44.44
	100m: 1:18.58 42.06	200m: 2:47.08	44.26	300m: 4:16.25	44.73
				350m: 5:00.06	43.81
				400m: 5:41.23	41.17

Juvenil A - 16 anos

1.	VIVEIROS, Pedro Perestrelo	06	Desportiva de Machico	<b>5:53.53</b>	216
	50m: 35.75 35.75	150m: 2:02.76	44.84	250m: 3:34.68	46.97
	100m: 1:17.92 42.17	200m: 2:47.71	44.95	300m: 4:23.25	48.57
				350m: 5:12.02	48.77
				400m: 5:53.53	41.51
2.	VIEIRA, Rodrigo Leal	06	Desportiva de Machico	<b>5:55.89</b>	212
	50m: 37.68 37.68	150m: 2:06.41	45.25	250m: 3:38.90	46.71
	100m: 1:21.16 43.48	200m: 2:52.19	45.78	300m: 4:25.00	46.10
				350m: 5:11.31	46.31
				400m: 5:55.89	44.58

Seniores - 19 e mais velhos

1.	PERESTRELO, Pedro Antonio	96	Desportiva de Machico	<b>7:03.72</b>	125
	50m: 44.25 44.25	150m: 2:35.89	58.17	250m: 4:25.73	55.64
	100m: 1:37.72 53.47	200m: 3:30.09	54.20	300m: 5:20.12	54.39
				350m: 6:15.43	55.31
				400m: 7:03.72	48.29

Absoluto - 13 e mais velhos

1.	JESUS, David Martins	07	Desportivo Sao Roque	<b>5:04.88</b>	337
	50m: 33.57 33.57	150m: 1:50.23	38.79	250m: 3:09.43	39.84
	100m: 1:11.44 37.87	200m: 2:29.59	39.36	300m: 3:48.47	39.04
				350m: 4:27.37	38.90
				400m: 5:04.88	37.51
2.	RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	<b>5:17.02</b>	300
	<i>Minimos Zonais (Março) - A definir (local)</i>				
	50m: 34.59 34.59	150m: 1:54.80	40.70	250m: 3:15.96	39.80
	100m: 1:14.10 39.51	200m: 2:36.16	41.36	300m: 3:56.73	40.77
				350m: 4:37.66	40.93
				400m: 5:17.02	39.36
3.	ANDRADE, Salvador Freitas	09	Naval do Funchal	<b>5:22.49</b>	285
	<i>Minimos Zonais (Março) - A definir (local), Minimos Nacionais Infantis (Julho) - Famalicão</i>				
	50m: 34.84 34.84	150m: 1:56.57	41.48	250m: 3:19.32	41.21
	100m: 1:15.09 40.25	200m: 2:38.11	41.54	300m: 4:02.16	42.84
				350m: 4:44.52	42.36
				400m: 5:22.49	37.97

Prova 16, Masc., 400m Livres, Absoluto - 13 e mais velhos

Lugar	Nome		Ano	Local				Tempo final	Pts
4.	PENSO, Miguel Reigada		07	Escola O Liceu				<b>5:24.56</b>	279
	50m:	35.34	35.34	150m:	1:57.16	41.67	250m:	3:20.78	41.30
	100m:	1:15.49	40.15	200m:	2:39.48	42.32	300m:	4:03.69	42.91
				350m:	4:45.32	41.63	400m:	5:24.56	39.24
5.	GOUVEIA, Martim Jose		07	Desportivo Sao Roque				<b>5:25.59</b>	277
	50m:	35.67	35.67	150m:	1:57.38	41.34	250m:	3:20.76	41.74
	100m:	1:16.04	40.37	200m:	2:39.02	41.64	300m:	4:03.09	42.33
				350m:	4:44.97	41.88	400m:	5:25.59	40.62
6.	GONCALVES, Joao Guilherme		09	Naval do Funchal				<b>5:39.08</b>	245
	<i>Minimos Zonais (Março) - A definir (local)</i>								
	50m:	37.37	37.37	150m:	2:04.32	44.32	250m:	3:33.20	44.68
	100m:	1:20.00	42.63	200m:	2:48.52	44.20	300m:	4:17.67	44.47
				350m:	5:01.17	43.50	400m:	5:39.08	37.91
7.	CARVALHO, Joaquim Eduardo		07	Naval do Funchal				<b>5:41.23</b>	240
	50m:	36.52	36.52	150m:	2:02.82	44.24	250m:	3:31.52	44.44
	100m:	1:18.58	42.06	200m:	2:47.08	44.26	300m:	4:16.25	44.73
				350m:	5:00.06	43.81	400m:	5:41.23	41.17
8.	VIVEIROS, Pedro Perestrelo		06	Desportiva de Machico				<b>5:53.53</b>	216
	50m:	35.75	35.75	150m:	2:02.76	44.84	250m:	3:34.68	46.97
	100m:	1:17.92	42.17	200m:	2:47.71	44.95	300m:	4:23.25	48.57
				350m:	5:12.02	48.77	400m:	5:53.53	41.51
9.	SILVA, Joao Bernardo		09	Desportivo Nacional				<b>5:54.22</b>	215
	50m:	38.12	38.12	150m:	2:10.12	45.79	250m:	3:42.96	45.86
	100m:	1:24.33	46.21	200m:	2:57.10	46.98	300m:	4:29.19	46.23
				350m:	5:13.24	44.05	400m:	5:54.22	40.98
10.	VIEIRA, Rodrigo Leal		06	Desportiva de Machico				<b>5:55.89</b>	212
	50m:	37.68	37.68	150m:	2:06.41	45.25	250m:	3:38.90	46.71
	100m:	1:21.16	43.48	200m:	2:52.19	45.78	300m:	4:25.00	46.10
				350m:	5:11.31	46.31	400m:	5:55.89	44.58
11.	JARDIM, Lourenco Almeida		08	Desportivo Nacional				<b>6:07.92</b>	191
	50m:	42.50	42.50	150m:	2:16.17	47.49	250m:	3:50.03	46.50
	100m:	1:28.68	46.18	200m:	3:03.53	47.36	300m:	4:37.71	47.68
				350m:	5:24.44	46.73	400m:	6:07.92	43.48
12.	SOUSA, Eduardo Afonseca		09	Desportivo Nacional				<b>6:16.86</b>	178
	50m:	44.06	44.06	150m:	2:21.26	48.66	250m:	3:58.22	48.65
	100m:	1:32.60	48.54	200m:	3:09.57	48.31	300m:	4:46.84	48.62
				350m:	5:34.81	47.97	400m:	6:16.86	42.05
13.	VELOZA, Tomas Ramos		09	Desportivo Nacional				<b>6:18.42</b>	176
	50m:	44.55	44.55	150m:	2:21.31	49.21	250m:	3:58.63	48.84
	100m:	1:32.10	47.55	200m:	3:09.79	48.48	300m:	4:46.68	48.05
				350m:	5:35.13	48.45	400m:	6:18.42	43.29
14.	JARDIM, Joao Tomas		09	Desportivo Nacional				<b>6:22.36</b>	171
	50m:	42.29	42.29	150m:	2:20.46	49.53	250m:	4:00.51	50.12
	100m:	1:30.93	48.64	200m:	3:10.39	49.93	300m:	4:50.58	50.07
				350m:	5:38.91	48.33	400m:	6:22.36	43.45
15.	MARTINS, Antonio Freitas		09	Desportivo Nacional				<b>6:28.30</b>	163
	50m:	47.87	47.87	150m:	2:29.53	50.57	250m:	4:09.35	50.01
	100m:	1:38.96	51.09	200m:	3:19.34	49.81	300m:	4:59.30	49.95
				350m:	5:44.68	45.38	400m:	6:28.30	43.62
16.	SANTOS, Joao Dinis		09	Desportiva de Machico				<b>6:31.91</b>	158
	50m:	41.45	41.45	150m:	2:19.80	50.69	250m:	4:03.79	52.68
	100m:	1:29.11	47.66	200m:	3:11.11	51.31	300m:	4:56.73	52.94
				350m:	5:46.46	49.73	400m:	6:31.91	45.45
17.	CRESPO, Joao Jesus		09	Desportivo Nacional				<b>6:36.16</b>	153
	50m:	45.17	45.17	150m:	2:26.77	50.80	250m:	4:08.47	50.61
	100m:	1:35.97	50.80	200m:	3:17.86	51.09	300m:	4:59.39	50.92
				350m:	5:47.95	48.56	400m:	6:36.16	48.21
18.	ALVES, Francisco Manuel		09	Desportivo Nacional				<b>6:48.29</b>	140
	50m:	46.35	46.35	150m:	2:31.18	52.01	250m:	4:14.82	51.79
	100m:	1:39.17	52.82	200m:	3:23.03	51.85	300m:	5:06.19	51.37
				350m:	5:59.26	53.07	400m:	6:48.29	49.03
19.	SILVA, Francisco Pita		08	Juventude Atlantico				<b>6:51.62</b>	137
	50m:	48.68	48.68	150m:	2:35.40	52.84	250m:	4:23.08	52.17
	100m:	1:42.56	53.88	200m:	3:30.91	55.51	300m:	5:17.62	54.54
				350m:	6:06.61	48.99	400m:	6:51.62	45.01
20.	PERESTRELO, Pedro Antonio		96	Desportiva de Machico				<b>7:03.72</b>	125
	50m:	44.25	44.25	150m:	2:35.89	58.17	250m:	4:25.73	55.64
	100m:	1:37.72	53.47	200m:	3:30.09	54.20	300m:	5:20.12	54.39
				350m:	6:15.43	55.31	400m:	7:03.72	48.29

Prova 16, Masc., 400m Livres, Absoluto - 13 e mais velhos

Lugar									Ano									Tempo final	Pts
21.	GONCALVES, Jose Bernardo								09	Desportiva de Machico								<b>7:11.78</b>	118
	50m:	48.13	48.13	150m:	2:38.32	56.65	250m:	4:30.26	56.14	350m:	6:20.88	55.28							
	100m:	1:41.67	53.54	200m:	3:34.12	55.80	300m:	5:25.60	55.34	400m:	7:11.78	50.90							