

Prova 1	Masc., 400m Livres				Categorias
19/02/2022 - 9:15	Race 1: 400m Freestyle Male				Resultados
World Record	3:40.07	BIEDERMANN, Paul	GER	Rome (ITA)	26/07/2009
European Record	3:40.07	BIEDERMANN, Paul	GER	Rome (ITA)	26/07/2009
Portuguese Record	3:50.56	LOPES, Jose Paulo	SCB	Barcelona (ESP)	06/06/2021
Meeting Record	4:19.27	DEUS, Andre Portugal	POR	Funchal	22/02/2020

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
<b>Infantil B, 13 anos</b>					
1.	CAMACHO, Henrique Mexedo	09	Colegio Efanor	<b>5:24.90</b>	310
	<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>				
	50m: 35.50	35.50	150m: 1:57.98	41.46	250m: 3:21.89
	100m: 1:16.52	41.02	200m: 2:40.44	42.46	300m: 4:04.71
					350m: 4:45.48
					400m: 5:24.90
2.	ANDRADE, Salvador Freitas	09	Naval do Funchal	<b>5:25.96</b>	307
	<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>				
	50m: 35.80	35.80	150m: 1:59.02	42.78	250m: 3:24.32
	100m: 1:16.24	40.44	200m: 2:41.01	41.99	300m: 4:06.45
					350m: 4:47.97
					400m: 5:25.96
3.	NOGUEIRA, Goncalo Aires	09	Colegio Efanor	<b>5:33.95</b>	286
	<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>				
	50m: 36.92	36.92	150m: 2:03.08	44.14	250m: 3:29.27
	100m: 1:18.94	42.02	200m: 2:46.31	43.23	300m: 4:11.46
					350m: 4:53.53
					400m: 5:33.95
4.	FARIA, Afonso Cunha	09	Desportivo Sao Roque	<b>5:38.49</b>	274
	<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>				
	50m: 37.55	37.55	150m: 2:03.49	43.15	250m: 3:30.69
	100m: 1:20.34	42.79	200m: 2:47.61	44.12	300m: 4:15.11
					350m: 4:57.94
					400m: 5:38.49
5.	SILVA, Joao Bernardo	09	Desportivo Nacional	<b>5:39.88</b>	271
	<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>				
	50m: 37.00	37.00	150m: 2:02.75	43.22	250m: 3:31.29
	100m: 1:19.53	42.53	200m: 2:47.12	44.37	300m: 4:15.15
					350m: 4:58.88
					400m: 5:39.88
6.	GONCALVES, Joao Guilherme	09	Naval do Funchal	<b>5:42.42</b>	265
	<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>				
	50m: 36.60	36.60	150m: 2:03.97	43.95	250m: 3:35.00
	100m: 1:20.02	43.42	200m: 2:49.33	45.36	300m: 4:19.21
					350m: 5:03.36
					400m: 5:42.42
7.	GONCALVES, Pedro Martim	09	Juventude Atlantico	<b>5:44.82</b>	259
	<i>POR: Qualificação (TAC) Zonal INF.</i>				
	50m: 36.64	36.64	150m: 2:04.43	45.53	250m: 3:33.22
	100m: 1:18.90	42.26	200m: 2:49.60	45.17	300m: 4:19.10
					350m: 5:03.43
					400m: 5:44.82
8.	JARDIM, Joao Tomas	09	Desportivo Nacional	<b>5:55.29</b>	237
	50m: 39.59	39.59	150m: 2:09.78	45.52	250m: 3:42.53
	100m: 1:24.26	44.67	200m: 2:56.10	46.32	300m: 4:28.02
					350m: 5:13.51
					400m: 5:55.29
9.	VELOZA, Tomas Ramos	09	Desportivo Nacional	<b>5:56.61</b>	235
	50m: 38.62	38.62	150m: 2:08.50	45.43	250m: 3:40.61
	100m: 1:23.07	44.45	200m: 2:54.98	46.48	300m: 4:26.74
					350m: 5:12.04
					400m: 5:56.61
10.	SILVA, Guilherme Ferreira	09	Colegio Efanor	<b>5:56.72</b>	234
	50m: 37.40	37.40	150m: 2:09.81	46.41	250m: 3:41.70
	100m: 1:23.40	46.00	200m: 2:56.56	46.75	300m: 4:28.30
					350m: 5:13.27
					400m: 5:56.72
11.	MARTINS, Antonio Freitas	09	Desportivo Nacional	<b>6:03.93</b>	221
	50m: 41.48	41.48	150m: 2:17.35	48.47	250m: 3:52.80
	100m: 1:28.88	47.40	200m: 3:05.84	48.49	300m: 4:40.37
					350m: 5:23.50
					400m: 6:03.93
12.	MARTINHO, Joao Miguel	09	Desportivo Nacional	<b>6:15.07</b>	201
	50m: 38.70	38.70	150m: 2:15.13	49.45	250m: 3:50.92
	100m: 1:25.68	46.98	200m: 3:03.05	47.92	300m: 4:41.07
					350m: 5:29.13
					400m: 6:15.07

Prova 1, Masc., 400m Livres, Infantil B, 13 anos

Lugar	Ano	Tempo final	Pts
13. PESTANA, Andre Pinto	09 Naval do Funchal	<b>6:16.64</b>	199
50m: 39.12 39.12 150m: 2:14.31 48.55 250m: 3:56.10 50.35 350m: 5:33.57 47.84			
100m: 1:25.76 46.64 200m: 3:05.75 51.44 300m: 4:45.73 49.63 400m: 6:16.64 43.07			
14. RODRIGUES, Goncalo Reis	09 Juventude Atlantico	<b>6:19.31</b>	195
50m: 37.18 37.18 150m: 2:12.18 49.74 250m: 3:51.55 49.14 350m: 5:32.59 50.30			
100m: 1:22.44 45.26 200m: 3:02.41 50.23 300m: 4:42.29 50.74 400m: 6:19.31 46.72			
15. SOUSA, Eduardo Afonseca	09 Desportivo Nacional	<b>6:24.23</b>	187
50m: 41.95 41.95 150m: 2:19.08 49.07 250m: 3:58.96 49.85 350m: 5:38.15 49.18			
100m: 1:30.01 48.06 200m: 3:09.11 50.03 300m: 4:48.97 50.01 400m: 6:24.23 46.08			
16. GOMES, Joao Abreu	09 Naval do Funchal	<b>6:31.08</b>	178
50m: 38.68 38.68 150m: 2:15.75 50.55 250m: 3:59.47 52.44 350m: 5:42.72 51.32			
100m: 1:25.20 46.52 200m: 3:07.03 51.28 300m: 4:51.40 51.93 400m: 6:31.08 48.36			
17. CRESPO, Joao Jesus	09 Desportivo Nacional	<b>6:34.47</b>	173
50m: 43.09 43.09 150m: 2:27.30 53.09 250m: 4:08.89 52.10 350m: 5:49.51 50.43			
100m: 1:34.21 51.12 200m: 3:16.79 49.49 300m: 4:59.08 50.19 400m: 6:34.47 44.96			
18. ALVES, Francisco Manuel	09 Desportivo Nacional	<b>6:36.97</b>	170
50m: 45.40 45.40 150m: 2:28.13 51.12 250m: 4:09.13 50.87 350m: 5:51.40 51.20			
100m: 1:37.01 51.61 200m: 3:18.26 50.13 300m: 5:00.20 51.07 400m: 6:36.97 45.57			

Infantil A, 14 anos

1. MORENITO, Eduardo Ribeiro	08 Colegio Efanor	<b>5:07.69</b>	365
<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>			
50m: 32.65 32.65 150m: 1:48.42 38.75 250m: 3:08.43 40.22 350m: 4:29.00 39.92			
100m: 1:09.67 37.02 200m: 2:28.21 39.79 300m: 3:49.08 40.65 400m: 5:07.69 38.69			
2. MIRANDA, Francisco Guilherme	08 Naval do Funchal	<b>5:12.03</b>	350
<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>			
50m: 33.10 33.10 150m: 1:50.80 39.95 250m: 3:12.21 40.85 350m: 4:33.67 40.09			
100m: 1:10.85 37.75 200m: 2:31.36 40.56 300m: 3:53.58 41.37 400m: 5:12.03 38.36			
3. RODRIGUES, Guilherme Gomes	08 Desportivo Sao Roque	<b>5:16.19</b>	337
<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>			
50m: 33.77 33.77 150m: 1:51.84 39.44 250m: 3:13.71 41.48 350m: 4:36.75 41.08			
100m: 1:12.40 38.63 200m: 2:32.23 40.39 300m: 3:55.67 41.96 400m: 5:16.19 39.44			
4. CASTRO, Marco Antonio	08 Naval do Funchal	<b>5:24.03</b>	313
<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>			
50m: 34.63 34.63 150m: 1:58.17 42.19 250m: 3:21.76 41.80 350m: 4:46.50 41.35			
100m: 1:15.98 41.35 200m: 2:39.96 41.79 300m: 4:05.15 43.39 400m: 5:24.03 37.53			
5. JESUS, Vasco Franca	08 Naval do Funchal	<b>5:24.58</b>	311
<i>POR: Qualificação (TAC) Zonal INF., POR: Qualificação (TAC) Nacional INF.</i>			
50m: 35.30 35.30 150m: 1:58.57 42.58 250m: 3:23.32 42.34 350m: 4:45.65 40.01			
100m: 1:15.99 40.69 200m: 2:40.98 42.41 300m: 4:05.64 42.32 400m: 5:24.58 38.93			
6. JARDIM, Rodrigo Vieira	08 Naval do Funchal	<b>5:32.98</b>	288
<i>POR: Qualificação (TAC) Zonal INF.</i>			
50m: 35.30 35.30 150m: 2:00.14 42.85 250m: 3:27.00 43.28 350m: 4:53.06 43.08			
100m: 1:17.29 41.99 200m: 2:43.72 43.58 300m: 4:09.98 42.98 400m: 5:32.98 39.92			
7. NOBREGA, Matias Sargo	08 Naval do Funchal	<b>5:33.83</b>	286
50m: 35.29 35.29 150m: 1:58.60 43.10 250m: 3:25.62 43.56 350m: 4:53.05 44.46			
100m: 1:15.50 40.21 200m: 2:42.06 43.46 300m: 4:08.59 42.97 400m: 5:33.83 40.78			
8. BARRADAS, Rafael Alves	08 Escola O Liceu	<b>5:40.40</b>	270
50m: 36.71 36.71 150m: 2:00.82 42.70 250m: 3:29.30 44.36 350m: 4:58.92 44.68			
100m: 1:18.12 41.41 200m: 2:44.94 44.12 300m: 4:14.24 44.94 400m: 5:40.40 41.48			

Prova 1, Masc., 400m Livres, Infantil A, 14 anos

Lugar			Ano			Tempo final	Pts	
9.	FERNANDEZ, Henrique Justino		08	Juventude Atlantico		<b>5:48.52</b>	251	
	50m:	38.06 38.06	150m:	2:08.39 45.92	250m:	3:39.89 45.89	350m:	5:08.28 42.84
	100m:	1:22.47 44.41	200m:	2:54.00 45.61	300m:	4:25.44 45.55	400m:	5:48.52 40.24
10.	MENDONCA, Rui Miguel		08	Colegio Efanor		<b>5:54.75</b>	238	
	50m:	34.55 34.55	150m:	2:03.88 45.38	250m:	3:36.07 45.48	350m:	5:09.72 45.86
	100m:	1:18.50 43.95	200m:	2:50.59 46.71	300m:	4:23.86 47.79	400m:	5:54.75 45.03
11.	SILVA, Francisco Pita		08	Juventude Atlantico		<b>6:18.79</b>	196	
	50m:	43.57 43.57	150m:	2:20.03 47.57	250m:	3:58.16 48.03	350m:	5:34.71 47.32
	100m:	1:32.46 48.89	200m:	3:10.13 50.10	300m:	4:47.39 49.23	400m:	6:18.79 44.08
12.	ANTUNES, Frederico Luis		08	Juventude Atlantico		<b>6:47.06</b>	158	
	50m:	41.65 41.65	150m:	2:24.06 52.10	250m:	4:11.88 54.88	350m:	6:00.15 53.60
	100m:	1:31.96 50.31	200m:	3:17.00 52.94	300m:	5:06.55 54.67	400m:	6:47.06 46.91

Juvenil B, 15 anos

1.	SIMOES, Bernardo Pereira		07	Torres Novas		<b>4:49.34</b>	440	
	50m:	32.32 32.32	150m:	1:44.91 36.71	250m:	2:59.06 36.88	350m:	4:13.80 36.78
	100m:	1:08.20 35.88	200m:	2:22.18 37.27	300m:	3:37.02 37.96	400m:	4:49.34 35.54
2.	PEREIRA, Lucas Santos		07	Naval do Funchal		<b>4:54.24</b>	418	
	50m:	32.45 32.45	150m:	1:46.27 37.11	250m:	3:01.56 37.67	350m:	4:17.51 37.91
	100m:	1:09.16 36.71	200m:	2:23.89 37.62	300m:	3:39.60 38.04	400m:	4:54.24 36.73
3.	JESUS, David Martins		07	Desportivo Sao Roque		<b>4:56.42</b>	409	
	50m:	31.44 31.44	150m:	1:44.89 37.74	250m:	3:01.65 38.47	350m:	4:19.07 38.51
	100m:	1:07.15 35.71	200m:	2:23.18 38.29	300m:	3:40.56 38.91	400m:	4:56.42 37.35
4.	FERNANDES, Afonso Berimbau		07	Juventude Atlantico		<b>5:11.03</b>	354	
	50m:	34.82 34.82	150m:	1:52.93 39.62	250m:	3:14.00 40.63	350m:	4:34.73 40.03
	100m:	1:13.31 38.49	200m:	2:33.37 40.44	300m:	3:54.70 40.70	400m:	5:11.03 36.30
5.	PENSO, Miguel Reigada		07	Escola O Liceu		<b>5:21.31</b>	321	
	50m:	33.59 33.59	150m:	1:54.08 41.21	250m:	3:18.13 42.50	350m:	4:42.82 42.08
	100m:	1:12.87 39.28	200m:	2:35.63 41.55	300m:	4:00.74 42.61	400m:	5:21.31 38.49
6.	CARVALHO, Joaquim Eduardo		07	Naval do Funchal		<b>5:36.96</b>	278	
	50m:	36.25 36.25	150m:	2:00.81 43.15	250m:	3:27.01 42.94	350m:	4:54.06 43.42
	100m:	1:17.66 41.41	200m:	2:44.07 43.26	300m:	4:10.64 43.63	400m:	5:36.96 42.90
7.	BARBOSA, Joao Camacho		07	Desportivo Nacional		<b>5:39.09</b>	273	
	50m:	34.69 34.69	150m:	1:59.41 43.72	250m:	3:29.63 44.55	350m:	4:58.31 42.54
	100m:	1:15.69 41.00	200m:	2:45.08 45.67	300m:	4:15.77 46.14	400m:	5:39.09 40.78
8.	VIEIRA, Luis Henrique		07	Desportivo Nacional		<b>6:27.60</b>	183	
	50m:	41.37 41.37	150m:	2:19.01 49.39	250m:	4:01.60 51.62	350m:	5:40.64 49.03
	100m:	1:29.62 48.25	200m:	3:09.98 50.97	300m:	4:51.61 50.01	400m:	6:27.60 46.96

Juvenil A, 16 anos

1.	FERRAZ, Luis Afonso		06	Naval do Funchal		<b>4:40.18</b>	484	
	50m:	30.24 30.24	150m:	1:39.77 35.62	250m:	2:53.83 37.28	350m:	4:07.51 36.75
	100m:	1:04.15 33.91	200m:	2:16.55 36.78	300m:	3:30.76 36.93	400m:	4:40.18 32.67
2.	PINHO, Afonso Formigo		06	Torres Novas		<b>4:44.47</b>	462	
	50m:	31.01 31.01	150m:	1:40.99 36.08	250m:	2:55.19 37.33	350m:	4:09.38 37.35
	100m:	1:04.91 33.90	200m:	2:17.86 36.87	300m:	3:32.03 36.84	400m:	4:44.47 35.09
3.	CALHANDRO, Guilherme Oliveira		06	Colegio Efanor		<b>4:51.91</b>	428	
	50m:	31.47 31.47	150m:	1:45.19 37.67	250m:	2:59.89 36.98	350m:	4:15.17 36.87
	100m:	1:07.52 36.05	200m:	2:22.91 37.72	300m:	3:38.30 38.41	400m:	4:51.91 36.74
4.	TEMES, Joao Caires		06	Juventude Atlantico		<b>5:23.03</b>	316	
	50m:	37.77 37.77	150m:	1:59.59 41.93	250m:	3:23.71 41.28	350m:	4:45.45 40.19
	100m:	1:17.66 39.89	200m:	2:42.43 42.84	300m:	4:05.26 41.55	400m:	5:23.03 37.58

Prova 1, Masc., 400m Livres, Juvenil A, 16 anos

Lugar			Ano					Tempo final	Pts		
5.	STEFLEA, Andre Sergio		06	Desportivo Sao Roque				<b>5:39.03</b>	273		
	50m:	37.42 37.42	150m:	2:02.95	43.52	250m:	3:31.44	44.18	350m:	4:57.39	42.18
	100m:	1:19.43 42.01	200m:	2:47.26	44.31	300m:	4:15.21	43.77	400m:	5:39.03	41.64

Juniores, 17 e 18 anos

1.	CARVALHO, Goncalo Renato		04	Porto				<b>4:17.54</b>	623		
	50m:	30.47 30.47	150m:	1:35.30	32.24	250m:	2:40.46	32.31	350m:	3:45.74	32.59
	100m:	1:03.06 32.59	200m:	2:08.15	32.85	300m:	3:13.15	32.69	400m:	4:17.54	31.80
2.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal				<b>4:26.52</b>	562		
	50m:	29.89 29.89	150m:	1:36.68	34.02	250m:	2:45.63	34.83	350m:	3:54.53	34.15
	100m:	1:02.66 32.77	200m:	2:10.80	34.12	300m:	3:20.38	34.75	400m:	4:26.52	31.99
3.	RODRIGUES, Rodrigo Reis		04	Desportivo Sao Roque				<b>4:27.76</b>	555		
	50m:	29.00 29.00	150m:	1:34.19	33.26	250m:	2:44.07	35.28	350m:	3:54.44	35.20
	100m:	1:00.93 31.93	200m:	2:08.79	34.60	300m:	3:19.24	35.17	400m:	4:27.76	33.32
4.	FERNANDES, Diogo Henrique		04	Naval do Funchal				<b>4:30.79</b>	536		
	50m:	30.49 30.49	150m:	1:37.89	33.80	250m:	2:46.37	34.36	350m:	3:56.69	34.87
	100m:	1:04.09 33.60	200m:	2:12.01	34.12	300m:	3:21.82	35.45	400m:	4:30.79	34.10
5.	ALVES, Paulo Rodrigues		04	Desportivo Nacional				<b>4:36.11</b>	506		
	50m:	29.38 29.38	150m:	1:38.13	34.76	250m:	2:49.08	35.57	350m:	4:00.56	35.07
	100m:	1:03.37 33.99	200m:	2:13.51	35.38	300m:	3:25.49	36.41	400m:	4:36.11	35.55
6.	FERNANDES, Miguel Alves		05	Viana Natacao				<b>4:38.10</b>	495		
	50m:	29.52 29.52	150m:	1:36.39	33.95	250m:	2:47.44	35.96	350m:	4:01.56	36.96
	100m:	1:02.44 32.92	200m:	2:11.48	35.09	300m:	3:24.60	37.16	400m:	4:38.10	36.54

Seniores, 19 anos e mais velhos

1.	SANTOS, Pedro Miguel		01	Porto				<b>4:14.08</b>	649		
	<i>Recorde do Meeting (Absoluto)</i>										
	50m:	29.75 29.75	150m:	1:33.46	31.27	250m:	2:36.97	31.46	350m:	3:41.73	32.34
	100m:	1:02.19 32.44	200m:	2:05.51	32.05	300m:	3:09.39	32.42	400m:	4:14.08	32.35
2.	AMARAL, Francisco Rodriguez		02	Porto				<b>4:17.32</b>	625		
	50m:	30.08 30.08	150m:	1:35.34	32.66	250m:	2:41.40	32.71	350m:	3:46.83	32.53
	100m:	1:02.68 32.60	200m:	2:08.69	33.35	300m:	3:14.30	32.90	400m:	4:17.32	30.49
3.	CASTRO, Martim Pereira		02	Escola O Liceu				<b>4:42.29</b>	473		
	50m:	31.38 31.38	150m:	1:41.71	35.14	250m:	2:54.07	35.90	350m:	4:06.66	36.01
	100m:	1:06.57 35.19	200m:	2:18.17	36.46	300m:	3:30.65	36.58	400m:	4:42.29	35.63
4.	SILVA, Renato Filipe		98	Porto				<b>5:18.90</b>	328		
	50m:	32.83 32.83	150m:	1:52.59	40.91	250m:	3:15.19	41.68	350m:	4:39.06	41.78
	100m:	1:11.68 38.85	200m:	2:33.51	40.92	300m:	3:57.28	42.09	400m:	5:18.90	39.84
5.	REIS, Bruno Ferreira		00	Porto				<b>5:30.46</b>	295		
	50m:	36.71 36.71	150m:	1:59.24	42.06	250m:	3:23.02	41.95	350m:	4:47.62	41.48
	100m:	1:17.18 40.47	200m:	2:41.07	41.83	300m:	4:06.14	43.12	400m:	5:30.46	42.84