



Prova 10 Masc., 400m Estilos Absoluto
11/03/2023 - 11:11 400m Medley Male 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
Rec. Nac. Adaptada - S17	59:00.00	, start			

Juv. B Mas. Juv B: 5:05.79 / Juv. A Mas. Juv A: 4:58.78 / Júnior 1º Ano Mas. Jun17: 4:50.36 / Júnior 2º Ano Mas. Jun18: 4:48.96 / Sénior 1º Ano Mas. Sen19: 4:41.94 / Sénior 2º Ano Mas. 20+: 4:40.54 / OPEN Juvenis Mas. Juv: 5:02.98 / OPEN Júnior Mas. Jun: 4:48.96 / OPEN Sénior Mas. Sen: 4:40.54

Pontos: FINA 2022

Lugar Ano Tempo final Pts
Infantis B, 13 anos

1. MENDES, Salvador Neves	10	Naval do Funchal	5:57.27	283
50m: 35.07 35.07	150m: 2:07.49 47.93	250m: 3:42.11 51.65	350m: 5:17.89 41.69	
100m: 1:19.56 44.49	200m: 2:50.46 42.97	300m: 4:36.20 54.09	400m: 5:57.27 39.38	
2. LETRA, Francisco Freitas	10	Naval do Funchal	6:03.45	269
50m: 39.81 39.81	150m: 2:11.93 44.91	250m: 3:49.82 54.03	350m: 5:24.32 42.30	
100m: 1:27.02 47.21	200m: 2:55.79 43.86	300m: 4:42.02 52.20	400m: 6:03.45 39.13	
3. ROCHA, Tomas Pinto	10	Naval do Funchal	6:05.45	265
50m: 37.94 37.94	150m: 2:13.66 48.11	250m: 3:49.82 49.69	350m: 5:24.56 42.72	
100m: 1:25.55 47.61	200m: 3:00.13 46.47	300m: 4:41.84 52.02	400m: 6:05.45 40.89	

DSQ GONCALVES, Tomas Figueiredo 10 Naval do Funchal
809 - Movimento alternado de pernas durante o percurso - SW 8.3, mariposa.

Infantis A, 14 anos

1. GOMES, Joao Abreu	09	Naval do Funchal	6:00.66	275
50m: 37.17 37.17	150m: 2:10.12 47.85	250m: 3:44.82 49.90	350m: 5:16.30 41.66	
100m: 1:22.27 45.10	200m: 2:54.92 44.80	300m: 4:34.64 49.82	400m: 6:00.66 44.36	
2. PESTANA, Andre Pinto	09	Naval do Funchal	6:02.10	272
50m: 35.38 35.38	150m: 2:08.10 48.29	250m: 3:48.61 52.47	350m: 5:22.74 40.95	
100m: 1:19.81 44.43	200m: 2:56.14 48.04	300m: 4:41.79 53.18	400m: 6:02.10 39.36	

DSQ ANDRADE, Salvador Freitas 09 Naval do Funchal
720 - Toque alternado na viragem aos 50 m - SW 7.6, bruços.

Juvenis B, 15 anos

1. RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	5:11.91	426
50m: 30.86 30.86	150m: 1:47.72 40.82	250m: 3:12.99 45.16	350m: 4:36.79 37.00	
100m: 1:06.90 36.04	200m: 2:27.83 40.11	300m: 3:59.79 46.80	400m: 5:11.91 35.12	

Juvenis A, 16 anos

1. NUNES, Duarte Costa	07	Juventude Atlantico	5:50.27	301
50m: 36.49 36.49	150m: 2:06.42 45.45	250m: 3:42.11 51.22	350m: 5:13.41 38.88	
100m: 1:20.97 44.48	200m: 2:50.89 44.47	300m: 4:34.53 52.42	400m: 5:50.27 36.86	

DSQ CARVALHO, Joaquim Eduardo 07 Naval do Funchal
608 - Não chegou na posição dorsal - SW 6.5, costas.



Prova 10, Masc., 400m Estilos

Absolutos, 13 anos e mais velhos

1.	GOUVEIA, Luis Galvao	05	Desportivo Nacional	4:36.36	613
	<i>TAC Nacional - Coimbra, 28 a 30 de julho, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 de abril</i>				
	50m: 27.97 27.97	150m: 1:37.20 36.60	250m: 2:53.28 40.61	350m: 4:05.34 33.21	
	100m: 1:00.60 32.63	200m: 2:12.67 35.47	300m: 3:32.13 38.85	400m: 4:36.36 31.02	
2.	RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	5:11.91	426
	50m: 30.86 30.86	150m: 1:47.72 40.82	250m: 3:12.99 45.16	350m: 4:36.79 37.00	
	100m: 1:06.90 36.04	200m: 2:27.83 40.11	300m: 3:59.79 46.80	400m: 5:11.91 35.12	
3.	NUNES, Duarte Costa	07	Juventude Atlantico	5:50.27	301
	50m: 36.49 36.49	150m: 2:06.42 45.45	250m: 3:42.11 51.22	350m: 5:13.41 38.88	
	100m: 1:20.97 44.48	200m: 2:50.89 44.47	300m: 4:34.53 52.42	400m: 5:50.27 36.86	
4.	MENDES, Salvador Neves	10	Naval do Funchal	5:57.27	283
	50m: 35.07 35.07	150m: 2:07.49 47.93	250m: 3:42.11 51.65	350m: 5:17.89 41.69	
	100m: 1:19.56 44.49	200m: 2:50.46 42.97	300m: 4:36.20 54.09	400m: 5:57.27 39.38	
5.	GOMES, Joao Abreu	09	Naval do Funchal	6:00.66	275
	50m: 37.17 37.17	150m: 2:10.12 47.85	250m: 3:44.82 49.90	350m: 5:16.30 41.66	
	100m: 1:22.27 45.10	200m: 2:54.92 44.80	300m: 4:34.64 49.82	400m: 6:00.66 44.36	
6.	PESTANA, Andre Pinto	09	Naval do Funchal	6:02.10	272
	50m: 35.38 35.38	150m: 2:08.10 48.29	250m: 3:48.61 52.47	350m: 5:22.74 40.95	
	100m: 1:19.81 44.43	200m: 2:56.14 48.04	300m: 4:41.79 53.18	400m: 6:02.10 39.36	
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	50m: 39.81 39.81	150m: 2:11.93 44.91	250m: 3:49.82 54.03	350m: 5:24.32 42.30	
	100m: 1:27.02 47.21	200m: 2:55.79 43.86	300m: 4:42.02 52.20	400m: 6:03.45 39.13	
8.	ROCHA, Tomas Pinto	10	Naval do Funchal	6:05.45	265
	50m: 37.94 37.94	150m: 2:13.66 48.11	250m: 3:49.82 49.69	350m: 5:24.56 42.72	
	100m: 1:25.55 47.61	200m: 3:00.13 46.47	300m: 4:41.84 52.02	400m: 6:05.45 40.89	
DSQ	ANDRADE, Salvador Freitas	09	Naval do Funchal		
	<i>720 - Toque alternado na viragem aos 50 m - SW 7.6, bruços.</i>				
DSQ	CARVALHO, Joaquim Eduardo	07	Naval do Funchal		
	<i>608 - Não chegou na posição dorsal - SW 6.5, costas.</i>				
DSQ	GONCALVES, Tomas Figueiredo	10	Naval do Funchal		
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3, mariposa.</i>				