



Prova 16 Masc., 400m Livres Absoluto Resultados
11/03/2023 - 16:45

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

ZONAL Inf. B Mas. Inf B: 5:44.01 / ZONAL Inf. A Mas. Inf A: 5:21.28 / Infantil B Mas. Inf B: 5:28.62 /
Infantil A Mas. Inf A: 5:06.20 / Juv. B Mas. Juv B: 4:28.59 / Juv. A Mas. Juv A: 4:22.43 / Júnior 1º Ano Mas. Jun17: 4:15.03 /
Júnior 2º Ano Mas. Jun18: 4:13.80 / Sénior 1º Ano Mas. Sen19: 4:07.64 / Sénior 2º Ano Mas. 20 +: 4:06.41 /
OPEN Juvenis Mas. Juv: 4:26.12 / OPEN Júnior Mas. Jun: 4:13.80 / OPEN Sénior Mas. Sen: 4:06.41

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
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Infantis B, 13 anos

1. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	5:18.77	295							
<i>TAC Zonal - Lagos, 24 a 26 de março, TAC Nacional - Famalicão, 21 a 23 de julho</i>											
50m:	35.30	35.30	150m:	1:56.77	41.54	250m:	3:19.64	41.37	350m:	4:42.28	41.19
100m:	1:15.23	39.93	200m:	2:38.27	41.50	300m:	4:01.09	41.45	400m:	5:18.77	36.49

Infantis A, 14 anos

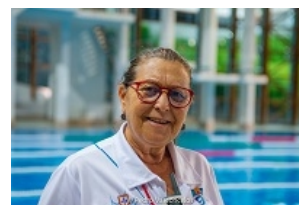
1. SILVA, Joao Bernardo	09	Desportivo Nacional	4:57.53	363							
<i>TAC Zonal - Lagos, 24 a 26 de março, TAC Nacional - Famalicão, 21 a 23 de julho</i>											
50m:	32.72	32.72	150m:	1:47.28	37.85	250m:	3:04.37	38.60	350m:	4:21.20	38.44
100m:	1:09.43	36.71	200m:	2:25.77	38.49	300m:	3:42.76	38.39	400m:	4:57.53	36.33
2. FARIA, Afonso Cunha	09	Desportivo Sao Roque	5:04.09	340							
<i>TAC Zonal - Lagos, 24 a 26 de março, TAC Nacional - Famalicão, 21 a 23 de julho</i>											
50m:	34.54	34.54	150m:	1:50.30	38.21	250m:	3:07.82	39.05	350m:	4:26.16	39.27
100m:	1:12.09	37.55	200m:	2:28.77	38.47	300m:	3:46.89	39.07	400m:	5:04.09	37.93

Juvenis B, 15 anos

1. CASTRO, Marco Antonio	08	Naval do Funchal	4:30.00	485							
50m:	31.20	31.20	150m:	1:40.11	34.64	250m:	2:49.59	34.79	350m:	3:58.01	33.63
100m:	1:05.47	34.27	200m:	2:14.80	34.69	300m:	3:24.38	34.79	400m:	4:30.00	31.99

Juvenis A, 16 anos

1. COSTA, Guilherme Corte	07	Desportivo Nacional	4:21.53	534							
<i>TAC Nacional - Coimbra, 28 a 30 de julho, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 de abril</i>											
50m:	29.52	29.52	150m:	1:34.85	33.06	250m:	2:42.08	33.81	350m:	3:49.70	33.80
100m:	1:01.79	32.27	200m:	2:08.27	33.42	300m:	3:15.90	33.82	400m:	4:21.53	31.83
2. NEVES, Tiago Brazao	07	Naval do Funchal	4:28.18	495							
50m:	29.79	29.79	150m:	1:36.49	33.60	250m:	2:45.92	34.79	350m:	3:55.72	34.89
100m:	1:02.89	33.10	200m:	2:11.13	34.64	300m:	3:20.83	34.91	400m:	4:28.18	32.46
3. JESUS, David Martins	07	Desportivo Sao Roque	4:28.25	495							
50m:	29.68	29.68	150m:	1:37.19	34.15	250m:	2:46.38	34.81	350m:	3:55.37	34.27
100m:	1:03.04	33.36	200m:	2:11.57	34.38	300m:	3:21.10	34.72	400m:	4:28.25	32.88
4. OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	4:37.90	445							
50m:	29.81	29.81	150m:	1:38.63	35.25	250m:	2:50.75	36.55	350m:	4:02.90	35.58
100m:	1:03.38	33.57	200m:	2:14.20	35.57	300m:	3:27.32	36.57	400m:	4:37.90	35.00
5. PEREIRA, Lucas Santos	07	Naval do Funchal	4:38.40	443							
50m:	30.34	30.34	150m:	1:39.77	35.49	250m:	2:51.10	35.47	350m:	4:02.85	36.35
100m:	1:04.28	33.94	200m:	2:15.63	35.86	300m:	3:26.50	35.40	400m:	4:38.40	35.55

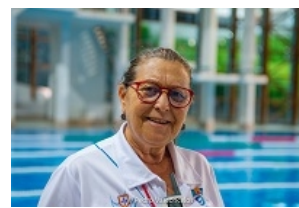


Prova 16, Masc., 400m Livres, Juvenis A, 16 anos

Lugar	Nome		Ano	Equipa	Tempo final	Pts
6.	NUNES, Duarte Costa		07	Juventude Atlantico	4:52.96	380
	50m:	31.98 31.98	150m:	1:46.59 37.90	250m:	3:02.79 37.81
	100m:	1:08.69 36.71	200m:	2:24.98 38.39	300m:	3:40.66 37.87
					350m:	4:18.23 37.57
					400m:	4:52.96 34.73
7.	PENSO, Miguel Reigada		07	Escola O Liceu	4:54.31	375
	50m:	31.74 31.74	150m:	1:45.54 36.96	250m:	3:01.49 38.28
	100m:	1:08.58 36.84	200m:	2:23.21 37.67	300m:	3:40.33 38.84
					350m:	4:18.74 38.41
					400m:	4:54.31 35.57

Absolutos, 13 anos e mais velhos

1.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal	4:09.24	617
	<i>TAC Nacional - Coimbra, 28 a 30 de julho, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 de abril</i>					
	50m:	27.15 27.15	150m:	1:29.12 31.57	250m:	2:33.51 32.30
	100m:	57.55 30.40	200m:	2:01.21 32.09	300m:	3:06.06 32.55
					350m:	3:38.06 32.00
					400m:	4:09.24 31.18
2.	ABREU, Sergio Gomes		96	Naval do Funchal	4:12.08	596
	50m:	27.61 27.61	150m:	1:30.70 32.11	250m:	2:34.97 32.01
	100m:	58.59 30.98	200m:	2:02.96 32.26	300m:	3:07.45 32.48
					350m:	3:40.32 32.87
					400m:	4:12.08 31.76
3.	CASTRO, Martim Pereira		02	Escola O Liceu	4:16.93	563
	50m:	28.52 28.52	150m:	1:32.78 32.80	250m:	2:38.71 33.12
	100m:	59.98 31.46	200m:	2:05.59 32.81	300m:	3:12.06 33.35
					350m:	3:45.40 33.34
					400m:	4:16.93 31.53
4.	RODRIGUES, Rodrigo Reis		04	Desportivo Sao Roque	4:17.96	557
	50m:	28.97 28.97	150m:	1:33.02 32.33	250m:	2:38.90 33.21
	100m:	1:00.69 31.72	200m:	2:05.69 32.67	300m:	3:12.38 33.48
					350m:	3:45.63 33.25
					400m:	4:17.96 32.33
5.	COSTA, Guilherme Corte		07	Desportivo Nacional	4:21.53	534
	<i>TAC Nacional - Coimbra, 28 a 30 de julho, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 de abril</i>					
	50m:	29.52 29.52	150m:	1:34.85 33.06	250m:	2:42.08 33.81
	100m:	1:01.79 32.27	200m:	2:08.27 33.42	300m:	3:15.90 33.82
					350m:	3:49.70 33.80
					400m:	4:21.53 31.83
6.	NEVES, Tiago Brazao		07	Naval do Funchal	4:28.18	495
	50m:	29.79 29.79	150m:	1:36.49 33.60	250m:	2:45.92 34.79
	100m:	1:02.89 33.10	200m:	2:11.13 34.64	300m:	3:20.83 34.91
					350m:	3:55.72 34.89
					400m:	4:28.18 32.46
7.	JESUS, David Martins		07	Desportivo Sao Roque	4:28.25	495
	50m:	29.68 29.68	150m:	1:37.19 34.15	250m:	2:46.38 34.81
	100m:	1:03.04 33.36	200m:	2:11.57 34.38	300m:	3:21.10 34.72
					350m:	3:55.37 34.27
					400m:	4:28.25 32.88
8.	CASTRO, Marco Antonio		08	Naval do Funchal	4:30.00	485
	50m:	31.20 31.20	150m:	1:40.11 34.64	250m:	2:49.59 34.79
	100m:	1:05.47 34.27	200m:	2:14.80 34.69	300m:	3:24.38 34.79
					350m:	3:58.01 33.63
					400m:	4:30.00 31.99
9.	OLIVEIRA, Afonso Miguel		07	Juventude Atlantico	4:37.90	445
	50m:	29.81 29.81	150m:	1:38.63 35.25	250m:	2:50.75 36.55
	100m:	1:03.38 33.57	200m:	2:14.20 35.57	300m:	3:27.32 36.57
					350m:	4:02.90 35.58
					400m:	4:37.90 35.00
10.	PEREIRA, Lucas Santos		07	Naval do Funchal	4:38.40	443
	50m:	30.34 30.34	150m:	1:39.77 35.49	250m:	2:51.10 35.47
	100m:	1:04.28 33.94	200m:	2:15.63 35.86	300m:	3:26.50 35.40
					350m:	4:02.85 36.35
					400m:	4:38.40 35.55
11.	SILVA, Joao Luis		06	Desportivo Sao Roque	4:46.42	406
	50m:	31.30 31.30	150m:	1:43.23 36.51	250m:	2:57.17 37.08
	100m:	1:06.72 35.42	200m:	2:20.09 36.86	300m:	3:34.41 37.24
					350m:	4:11.44 37.03
					400m:	4:46.42 34.98
12.	NUNES, Duarte Costa		07	Juventude Atlantico	4:52.96	380
	50m:	31.98 31.98	150m:	1:46.59 37.90	250m:	3:02.79 37.81
	100m:	1:08.69 36.71	200m:	2:24.98 38.39	300m:	3:40.66 37.87
					350m:	4:18.23 37.57
					400m:	4:52.96 34.73
13.	PENSO, Miguel Reigada		07	Escola O Liceu	4:54.31	375
	50m:	31.74 31.74	150m:	1:45.54 36.96	250m:	3:01.49 38.28
	100m:	1:08.58 36.84	200m:	2:23.21 37.67	300m:	3:40.33 38.84
					350m:	4:18.74 38.41
					400m:	4:54.31 35.57



Prova 16, Masc., 400m Livres, Absolutos, 13 anos e mais velhos

Lugar	Ano		Tempo final						Pts		
14. SILVA, Joao Bernardo	09	Desportivo Nacional	4:57.53						363		
<i>TAC Zonal - Lagos, 24 a 26 de março, TAC Nacional - Famalicão, 21 a 23 de julho</i>											
50m:	32.72	32.72	150m:	1:47.28	37.85	250m:	3:04.37	38.60	350m:	4:21.20	38.44
100m:	1:09.43	36.71	200m:	2:25.77	38.49	300m:	3:42.76	38.39	400m:	4:57.53	36.33
15. FARIA, Afonso Cunha	09	Desportivo Sao Roque	5:04.09						340		
<i>TAC Zonal - Lagos, 24 a 26 de março, TAC Nacional - Famalicão, 21 a 23 de julho</i>											
50m:	34.54	34.54	150m:	1:50.30	38.21	250m:	3:07.82	39.05	350m:	4:26.16	39.27
100m:	1:12.09	37.55	200m:	2:28.77	38.47	300m:	3:46.89	39.07	400m:	5:04.09	37.93
16. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	5:18.77						295		
<i>TAC Zonal - Lagos, 24 a 26 de março, TAC Nacional - Famalicão, 21 a 23 de julho</i>											
50m:	35.30	35.30	150m:	1:56.77	41.54	250m:	3:19.64	41.37	350m:	4:42.28	41.19
100m:	1:15.23	39.93	200m:	2:38.27	41.50	300m:	4:01.09	41.45	400m:	5:18.77	36.49