

Prova 24 Masc., 400m Livres Absoluto  
08/10/2022 - 18:23 Resultados

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: 5:40.60 / ZONAL Inf. A Mas. Inf A: 5:18.10 / ZONAL Juv. B Mas. Juv B: 4:38.55 /  
ZONAL Juv. A Mas. Juv A: 4:33.44 / Infantil B Mas. Inf B: 5:28.62 / Infantil A Mas. Inf A: 5:06.20 / Juvenil B Mas. Juv B: 4:28.59 /  
Juvenil 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: 4:22.43 /  
OPEN Júnior Mas. Jun: 4:13.80 / OPEN Sénior Mas. Sen: 4:06.41

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
<b>Infantil B - 13 anos</b>			
1. JACINTO, Pedro Freitas	10 Juventude Atlantico	<b>6:06.23</b>	194
50m: 42.28 42.28	150m: 2:17.32 47.29	250m: 3:50.86 47.03	350m: 5:23.47 45.77
100m: 1:30.03 47.75	200m: 3:03.83 46.51	300m: 4:37.70 46.84	400m: 6:06.23 42.76
2. DUARTE, Nayan Santos	10 Juventude Atlantico	<b>6:48.45</b>	140
50m: 45.16 45.16	150m: 2:29.88 51.89	250m: 4:16.39 53.90	350m: 6:00.97 52.14
100m: 1:37.99 52.83	200m: 3:22.49 52.61	300m: 5:08.83 52.44	400m: 6:48.45 47.48
3. BASTOS, Tomas Costa	10 Juventude Atlantico	<b>7:29.79</b>	105
50m: 49.67 49.67	150m: 2:48.77 59.23	250m: 4:45.44 56.75	350m: 6:40.33 56.06
100m: 1:49.54 59.87	200m: 3:48.69 59.92	300m: 5:44.27 58.83	400m: 7:29.79 49.46
<b>Infantil A - 14 anos</b>			
1. FARIA, Afonso Cunha	09 Desportivo Sao Roque	<b>5:23.07</b>	283
50m: 36.30 36.30	150m: 1:59.08 42.10	250m: 3:21.76 41.22	350m: 4:43.88 40.91
100m: 1:16.98 40.68	200m: 2:40.54 41.46	300m: 4:02.97 41.21	400m: 5:23.07 39.19
2. RODRIGUES, Goncalo Reis	09 Juventude Atlantico	<b>5:48.02</b>	226
50m: 35.69 35.69	150m: 2:04.43 45.60	250m: 3:35.29 45.81	350m: 5:05.35 45.25
100m: 1:18.83 43.14	200m: 2:49.48 45.05	300m: 4:20.10 44.81	400m: 5:48.02 42.67
3. ALVES, Mateus Basilio	09 Juventude Atlantico	<b>5:58.78</b>	207
50m: 39.91 39.91	150m: 2:11.14 45.87	250m: 3:43.78 46.05	350m: 5:15.40 45.43
100m: 1:25.27 45.36	200m: 2:57.73 46.59	300m: 4:29.97 46.19	400m: 5:58.78 43.38
<b>Juvenil B - 15 anos</b>			
1. RODRIGUES, Guilherme Gomes	08 Desportivo Sao Roque	<b>4:58.10</b>	360
50m: 33.74 33.74	150m: 1:49.31 38.12	250m: 3:05.71 38.31	350m: 4:22.21 38.28
100m: 1:11.19 37.45	200m: 2:27.40 38.09	300m: 3:43.93 38.22	400m: 4:58.10 35.89
2. FERNANDEZ, Henrique Justino	08 Juventude Atlantico	<b>5:07.63</b>	328
50m: 35.56 35.56	150m: 1:54.62 39.80	250m: 3:13.86 39.66	350m: 4:31.70 38.27
100m: 1:14.82 39.26	200m: 2:34.20 39.58	300m: 3:53.43 39.57	400m: 5:07.63 35.93
3. ANTUNES, Frederico Luis	08 Juventude Atlantico	<b>5:54.35</b>	214
50m: 39.34 39.34	150m: 2:09.48 45.46	250m: 3:40.19 45.81	350m: 5:12.09 45.68
100m: 1:24.02 44.68	200m: 2:54.38 44.90	300m: 4:26.41 46.22	400m: 5:54.35 42.26
4. SILVA, Francisco Pita	08 Juventude Atlantico	<b>5:57.95</b>	208
50m: 40.05 40.05	150m: 2:10.94 45.14	250m: 3:42.94 45.91	350m: 5:14.98 44.98
100m: 1:25.80 45.75	200m: 2:57.03 46.09	300m: 4:30.00 47.06	400m: 5:57.95 42.97
5. CORREIA, Joao Luis	08 Juventude Atlantico	<b>6:25.18</b>	167
50m: 42.49 42.49	150m: 2:19.35 49.02	250m: 3:59.20 50.66	350m: 5:40.71 50.53
100m: 1:30.33 47.84	200m: 3:08.54 49.19	300m: 4:50.18 50.98	400m: 6:25.18 44.47

Prova 24, Masc., 400m Livres

Juvenil A - 16 anos

1.	COSTA, Guilherme Corte		07	Desportivo Nacional				<b>4:36.51</b>	452
	50m:	31.05	31.05	150m:	1:41.20	35.67	250m:	2:52.50	35.86
	100m:	1:05.53	34.48	200m:	2:16.64	35.44	300m:	3:28.32	35.82
							350m:	4:03.43	35.11
							400m:	4:36.51	33.08
2.	JESUS, David Martins		07	Desportivo Sao Roque				<b>4:36.60</b>	451
	50m:	31.22	31.22	150m:	1:41.69	35.31	250m:	2:52.53	35.23
	100m:	1:06.38	35.16	200m:	2:17.30	35.61	300m:	3:28.11	35.58
							350m:	4:03.19	35.08
							400m:	4:36.60	33.41
3.	NUNES, Duarte Costa		07	Juventude Atlantico				<b>5:04.70</b>	338
	50m:	33.69	33.69	150m:	1:51.61	40.00	250m:	3:10.61	39.21
	100m:	1:11.61	37.92	200m:	2:31.40	39.79	300m:	3:49.62	39.01
							350m:	4:27.88	38.26
							400m:	5:04.70	36.82

Juniores - 17, 18 anos

1.	SILVA, Joao Luis		06	Desportivo Sao Roque				<b>4:59.69</b>	355
	50m:	33.33	33.33	150m:	1:49.46	38.66	250m:	3:06.14	38.33
	100m:	1:10.80	37.47	200m:	2:27.81	38.35	300m:	3:44.76	38.62
							350m:	4:23.48	38.72
							400m:	4:59.69	36.21

Seniores - 19 e mais velhos

1.	RODRIGUES, Rodrigo Reis		04	Desportivo Sao Roque				<b>4:21.51</b>	534
	50m:	29.71	29.71	150m:	1:36.32	33.49	250m:	2:43.12	32.98
	100m:	1:02.83	33.12	200m:	2:10.14	33.82	300m:	3:16.40	33.28
							350m:	3:49.70	33.30
							400m:	4:21.51	31.81