

Prova 16	Masc., 400m Estilos				Absolutos
04/03/2023 - 10:36	ABSOLUTO (JUV., JUN. e SEN.)				Resultados
Recorde Regional Absoluto	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Sen	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Jun18	4:34.10	SILVA, Tomas Antonio	CNF	Funchal	02/08/2019
Recorde Regional Jun17	4:34.60	FRANCO, Paulo Fragueiro	CDN	Famalicao	05/08/1999
Recorde Regional Juv A	4:46.62	FREITAS, Tomas Miguel	CDN	Coimbra	28/07/2006
Recorde Regional Juv B	4:44.63	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	11/03/2005

Juv. B Mas. Juv B: 5:15.96 / Juv. A Mas. Juv A: 5:08.71 / Júnior 1º Ano Mas. Jun17: 5:00.02 / Júnior 2º Ano Mas. Jun18: 4:58.57 /
Sénior 1º Ano Mas. Sen19: 4:51.32 / Sénior 2º Ano Mas. 20+: 4:49.87 / OPEN Juvenis Mas. Juv: 5:13.06 /
OPEN Júnior Mas. Jun: 4:58.57 / OPEN Sénior Mas. Sen: 4:49.87

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
Juvenil B - 15 anos			
1. MIRANDA, Francisco Guilherme	08	Naval do Funchal	5:05.47 508
<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>			
50m:	31.57	31.57	150m: 1:47.07 39.21
100m:	1:07.86	36.29	200m: 2:26.10 39.03
			250m: 3:09.65 43.55
			300m: 3:54.16 44.51
			350m: 4:30.43 36.27
			400m: 5:05.47 35.04
2. JESUS, Vasco Franca	08	Naval do Funchal	5:35.81 382
50m:	33.62	33.62	150m: 2:00.30 42.93
100m:	1:17.37	43.75	200m: 2:41.33 41.03
			250m: 3:31.20 49.87
			300m: 4:21.60 50.40
			350m: 4:59.17 37.57
			400m: 5:35.81 36.64
DSQ ANTUNES, Frederico Luis	08	Juventude Atlantico	
<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3, mariposa.</i>			

Juvenil A - 16 anos

1. ALVES, Diogo Basilio	07	Juventude Atlantico	5:42.34 361
50m:	35.12	35.12	150m: 2:02.48 44.72
100m:	1:17.76	42.64	200m: 2:45.29 42.81
			250m: 3:37.27 51.98
			300m: 4:29.72 52.45
			350m: 5:08.26 38.54
			400m: 5:42.34 34.08
2. FERNANDES, Afonso Berimbau	07	Juventude Atlantico	5:44.15 355
50m:	32.99	32.99	150m: 1:58.93 47.32
100m:	1:11.61	38.62	200m: 2:42.41 43.48
			250m: 3:34.39 51.98
			300m: 4:29.50 55.11
			350m: 5:09.65 40.15
			400m: 5:44.15 34.50
3. BERENGUER, Santiago Moura	07	Juventude Atlantico	6:11.96 281
50m:	37.03	37.03	150m: 2:12.82 51.77
100m:	1:21.05	44.02	200m: 3:00.98 48.16
			250m: 3:56.59 55.61
			300m: 4:52.43 55.84
			350m: 5:33.27 40.84
			400m: 6:11.96 38.69
4. NUNES, Duarte Costa	07	Juventude Atlantico	6:21.05 262
50m:	41.22	41.22	150m: 2:21.84 48.58
100m:	1:33.26	52.04	200m: 3:10.24 48.40
			250m: 4:07.65 57.41
			300m: 5:01.82 54.17
			350m: 5:42.15 40.33
			400m: 6:21.05 38.90
DSQ OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	
<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>			

Absolutos - 15 anos e mais velhos

1. RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	5:00.17 536
50m:	29.70	29.70	150m: 1:43.76 40.25
100m:	1:03.51	33.81	200m: 2:22.99 39.23
			250m: 3:06.25 43.26
			300m: 3:50.10 43.85
			350m: 4:24.95 34.85
			400m: 5:00.17 35.22
2. MIRANDA, Francisco Guilherme	08	Naval do Funchal	5:05.47 508
<i>TAC NACIONAL - Coimbra, 28 a 30 Julho 2023, TAC OPEN DE PORTUGAL - Funchal, 30 a 2 Abril 2023</i>			
50m:	31.57	31.57	150m: 1:47.07 39.21
100m:	1:07.86	36.29	200m: 2:26.10 39.03
			250m: 3:09.65 43.55
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50m:	33.62	33.62	150m: 2:00.30 42.93
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			350m: 4:59.17 37.57
			400m: 5:35.81 36.64
4. ALVES, Diogo Basilio	07	Juventude Atlantico	5:42.34 361
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100m:	1:17.76	42.64	200m: 2:45.29 42.81
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			350m: 5:08.26 38.54
			400m: 5:42.34 34.08

Prova 16, Masc., 400m Estilos, Absolutos - 15 anos e mais velhos

Lugar			Ano							Tempo final	Pts	
5.	FERNANDES, Afonso Berimbau		07	Juventude Atlantico						5:44.15	355	
	50m:	32.99	32.99	150m:	1:58.93	47.32	250m:	3:34.39	51.98	350m:	5:09.65	40.15
	100m:	1:11.61	38.62	200m:	2:42.41	43.48	300m:	4:29.50	55.11	400m:	5:44.15	34.50
6.	BERENGUER, Santiago Moura		07	Juventude Atlantico						6:11.96	281	
	50m:	37.03	37.03	150m:	2:12.82	51.77	250m:	3:56.59	55.61	350m:	5:33.27	40.84
	100m:	1:21.05	44.02	200m:	3:00.98	48.16	300m:	4:52.43	55.84	400m:	6:11.96	38.69
7.	NUNES, Duarte Costa		07	Juventude Atlantico						6:21.05	262	
	50m:	41.22	41.22	150m:	2:21.84	48.58	250m:	4:07.65	57.41	350m:	5:42.15	40.33
	100m:	1:33.26	52.04	200m:	3:10.24	48.40	300m:	5:01.82	54.17	400m:	6:21.05	38.90
DSQ	ANTUNES, Frederico Luis		08	Juventude Atlantico								
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3, mariposa.</i>											
DSQ	OLIVEIRA, Afonso Miguel		07	Juventude Atlantico								
	<i>609 - N�o terminou percurso de costas na posi�o dorsal - SW 6.5</i>											