

Prova 10 01/07/2023 - 9:26	Masc., 400m Estilos Absoluto (Juvenis, Juniores e Seniores)				Absolutos Resultados
Recorde Regional Open	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 Povia 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					

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
<b>Juvenis B, 15 anos</b>					
1.	MIRANDA, Francisco	Guilherme	08	Naval do Funchal	<b>5:06.65</b> 502
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	50m:	31.65	31.65	150m:	1:47.98 39.43
	100m:	1:08.55	36.90	200m:	2:27.05 39.07
	250m:	3:11.14	44.09	350m:	4:31.77 36.34
	300m:	3:55.43	44.29	400m:	5:06.65 34.88
2.	RODRIGUES, Guilherme	Gomes	08	Desportivo Sao Roque	<b>5:19.95</b> 442
	50m:	31.73	31.73	150m:	1:50.48 41.53
	100m:	1:08.95	37.22	200m:	2:30.70 40.22
	250m:	3:20.10	49.40	350m:	4:45.63 36.61
	300m:	4:09.02	48.92	400m:	5:19.95 34.32
3.	FERNANDEZ, Henrique	Justino	08	Juventude Atlantico	<b>5:44.47</b> 354
	50m:	35.78	35.78	150m:	2:03.65 45.69
	100m:	1:17.96	42.18	200m:	2:47.27 43.62
	250m:	3:37.41	50.14	350m:	5:07.65 38.52
	300m:	4:29.13	51.72	400m:	5:44.47 36.82

**Juvenis A, 16 anos**

1.	OLIVEIRA, Afonso	Miguel	07	Juventude Atlantico	<b>5:15.20</b> 462
	50m:	31.46	31.46	150m:	1:48.21 39.51
	100m:	1:08.70	37.24	200m:	2:28.12 39.91
	250m:	3:15.45	47.33	350m:	4:39.80 36.29
	300m:	4:03.51	48.06	400m:	5:15.20 35.40
DSQ	ALMEIDA, Joao	Francisco	07	Naval do Funchal	
<i>720 - Toque alternado na viragem aos 250 m - SW 7.6, bruços.</i>					

**Absolutos, 15 anos e mais velhos**

1.	MIRANDA, Francisco	Guilherme	08	Naval do Funchal	<b>5:06.65</b> 502
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	50m:	31.65	31.65	150m:	1:47.98 39.43
	100m:	1:08.55	36.90	200m:	2:27.05 39.07
	250m:	3:11.14	44.09	350m:	4:31.77 36.34
	300m:	3:55.43	44.29	400m:	5:06.65 34.88
2.	OLIVEIRA, Afonso	Miguel	07	Juventude Atlantico	<b>5:15.20</b> 462
	50m:	31.46	31.46	150m:	1:48.21 39.51
	100m:	1:08.70	37.24	200m:	2:28.12 39.91
	250m:	3:15.45	47.33	350m:	4:39.80 36.29
	300m:	4:03.51	48.06	400m:	5:15.20 35.40
3.	RODRIGUES, Guilherme	Gomes	08	Desportivo Sao Roque	<b>5:19.95</b> 442
	50m:	31.73	31.73	150m:	1:50.48 41.53
	100m:	1:08.95	37.22	200m:	2:30.70 40.22
	250m:	3:20.10	49.40	350m:	4:45.63 36.61
	300m:	4:09.02	48.92	400m:	5:19.95 34.32
4.	FERNANDEZ, Henrique	Justino	08	Juventude Atlantico	<b>5:44.47</b> 354
	50m:	35.78	35.78	150m:	2:03.65 45.69
	100m:	1:17.96	42.18	200m:	2:47.27 43.62
	250m:	3:37.41	50.14	350m:	5:07.65 38.52
	300m:	4:29.13	51.72	400m:	5:44.47 36.82
DSQ	RODRIGUES, Rodrigo	Reis	04	Desportivo Sao Roque	
<i>720 - Toque alternado na viragem aos 250 m - SW 7.6, bruços.</i>					
DSQ	ALMEIDA, Joao	Francisco	07	Naval do Funchal	
<i>720 - Toque alternado na viragem aos 250 m - SW 7.6, bruços.</i>					