

Prova 20	Masc., 400m Livres				Absoluto
01/07/2023 - 16:30	Categorias (Inf. Juv. Jun. e Abs.)				Resultados
Recorde Regional Open	3:58.51	FRANCO, Paulo	Fragueiro	CDN Faro	20/07/2009
Recorde Regional Sen	3:58.51	FRANCO, Paulo	Fragueiro	CDN Faro	20/07/2009
Recorde Regional Jun18	4:07.78	GOUVEIA, Pedro	Galvao	CDN Coimbra	02/04/2017
Recorde Regional Jun17	4:07.82	FRANCO, Paulo	Fragueiro	CDN Famalicao	06/08/1999
Recorde Regional Juv A	4:14.87	FRANCO, Paulo	Fragueiro	CDN Jamor	31/07/1998
Recorde Regional Juv B	4:17.97	FREITAS, Tomas	Miguel	CDN Coimbra	23/07/2005
Recorde Regional Inf A	4:25.14	ALMEIDA, Carlos	Alexandre	CDN Restelo	26/07/2003
Recorde Regional Inf B	4:37.33	FRANCO, Paulo	Fragueiro	CDN Olivais	28/07/1995
Recorde Nacional Nat. Adaptada	5:21.75	CARVALHO, Joaquim	Eduardo	CNF Vila Franca de Xira	20/05/2023
Infantil B Mas. Inf B: 5:32.38 / Infantil A Mas. Inf A: 5:09.59 / Juv. B Mas. Juv B: 4:39.07 / Juv. A Mas. Juv A: 4:32.67 /					
Júnior 1º Ano Mas. Jun17: 4:24.99 / Júnior 2º Ano Mas. Jun18: 4:23.71 / Sénior 1º Ano Mas. Sen19: 4:17.31 /					
Sénior 2º Ano Mas. 20 +: 4:16.03					

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
Infantis B, 13 anos					
1.	LETRA, Francisco	Freitas	10	Naval do Funchal	5:03.44 381
<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>					
	50m:	34.06	34.06	150m:	1:51.48 39.17 250m: 3:10.52 39.54 350m: 4:28.01 37.65
	100m:	1:12.31	38.25	200m:	2:30.98 39.50 300m: 3:50.36 39.84 400m: 5:03.44 35.43
2.	GONCALVES, Tomas	Figueiredo	10	Naval do Funchal	5:03.63 380
<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>					
	50m:	33.54	33.54	150m:	1:50.11 38.23 250m: 3:09.04 39.26 350m: 4:26.72 38.24
	100m:	1:11.88	38.34	200m:	2:29.78 39.67 300m: 3:48.48 39.44 400m: 5:03.63 36.91
3.	MENDES, Salvador	Neves	10	Naval do Funchal	5:14.90 341
<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>					
	50m:	33.28	33.28	150m:	1:50.33 39.63 250m: 3:12.34 41.73 350m: 4:34.26 40.69
	100m:	1:10.70	37.42	200m:	2:30.61 40.28 300m: 3:53.57 41.23 400m: 5:14.90 40.64
4.	GARANITO, Mateus	Silva	10	Naval do Funchal	5:35.57 282
	50m:	37.63	37.63	150m:	2:04.22 44.16 250m: 3:30.63 42.84 350m: 4:55.78 42.32
	100m:	1:20.06	42.43	200m:	2:47.79 43.57 300m: 4:13.46 42.83 400m: 5:35.57 39.79
5.	VIEIRA, Francisco	Rodrigues	10	Naval do Funchal	5:40.48 270
	50m:	38.80	38.80	150m:	2:06.03 43.84 250m: 3:32.70 43.12 350m: 4:59.05 43.31
	100m:	1:22.19	43.39	200m:	2:49.58 43.55 300m: 4:15.74 43.04 400m: 5:40.48 41.43
6.	DUARTE, Nayan	Santos	10	Juventude Atlantico	6:28.69 181
	50m:	39.91	39.91	150m:	2:20.61 51.44 250m: 4:01.55 50.68 350m: 5:41.23 46.56
	100m:	1:29.17	49.26	200m:	3:10.87 50.26 300m: 4:54.67 53.12 400m: 6:28.69 47.46

Infantis A, 14 anos

1.	ANDRADE, Salvador	Freitas	09	Naval do Funchal	4:56.46 409
<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>					
	50m:	32.42	32.42	150m:	1:46.96 37.65 250m: 3:04.17 38.70 350m: 4:20.41 37.57
	100m:	1:09.31	36.89	200m:	2:25.47 38.51 300m: 3:42.84 38.67 400m: 4:56.46 36.05
2.	GONCALVES, Pedro	Martim	09	Juventude Atlantico	4:57.26 405
<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>					
	50m:	32.30	32.30	150m:	1:47.96 39.01 250m: 3:05.53 38.00 350m: 4:22.38 38.04
	100m:	1:08.95	36.65	200m:	2:27.53 39.57 300m: 3:44.34 38.81 400m: 4:57.26 34.88
3.	SILVA, Joao	Bernardo	09	Desportivo Nacional	5:03.53 381
<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>					
	50m:	33.06	33.06	150m:	1:50.45 39.64 250m: 3:08.95 39.68 350m: 4:26.97 38.66
	100m:	1:10.81	37.75	200m:	2:29.27 38.82 300m: 3:48.31 39.36 400m: 5:03.53 36.56

Prova 20, Masc., 400m Livres, Infantis A, 14 anos

Lugar			Ano			Tempo final			Pts			
4.	PESTANA, Pedro Correia		09	Desportivo Nacional		5:05.99			372			
	<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>											
	50m:	33.69	33.69	150m:	1:50.77	39.06	250m:	3:09.69	39.58	350m:	4:28.62	39.52
	100m:	1:11.71	38.02	200m:	2:30.11	39.34	300m:	3:49.10	39.41	400m:	5:05.99	37.37
5.	MARTINS, Antonio Freitas		09	Desportivo Nacional		5:07.76			365			
	<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>											
	50m:	35.55	35.55	150m:	1:53.46	39.39	250m:	3:12.96	39.52	350m:	4:31.23	38.66
	100m:	1:14.07	38.52	200m:	2:33.44	39.98	300m:	3:52.57	39.61	400m:	5:07.76	36.53
6.	FARIA, Afonso Cunha		09	Desportivo Sao Roque		5:14.13			343			
	50m:	34.92	34.92	150m:	1:54.25	40.20	250m:	3:15.04	40.22	350m:	4:35.04	40.06
	100m:	1:14.05	39.13	200m:	2:34.82	40.57	300m:	3:54.98	39.94	400m:	5:14.13	39.09
7.	PESTANA, Andre Pinto		09	Naval do Funchal		5:22.26			318			
	50m:	35.63	35.63	150m:	1:55.63	40.41	250m:	3:18.79	41.94	350m:	4:42.78	42.11
	100m:	1:15.22	39.59	200m:	2:36.85	41.22	300m:	4:00.67	41.88	400m:	5:22.26	39.48
8.	ABREU, Afonso Henrique		09	Naval do Funchal		5:34.90			283			
	50m:	37.42	37.42	150m:	2:03.22	43.89	250m:	3:30.36	43.33	350m:	4:55.81	41.99
	100m:	1:19.33	41.91	200m:	2:47.03	43.81	300m:	4:13.82	43.46	400m:	5:34.90	39.09
9.	VELOZA, Tomas Ramos		09	Desportivo Nacional		5:48.17			252			
	50m:	41.46	41.46	150m:	2:10.46	44.78	250m:	3:38.90	44.09	350m:	5:06.88	43.82
	100m:	1:25.68	44.22	200m:	2:54.81	44.35	300m:	4:23.06	44.16	400m:	5:48.17	41.29
10.	GOMES, Joao Abreu		09	Naval do Funchal		5:58.16			231			
	50m:	34.87	34.87	150m:	2:01.16	45.01	250m:	3:31.20	44.08	350m:	5:08.04	50.51
	100m:	1:16.15	41.28	200m:	2:47.12	45.96	300m:	4:17.53	46.33	400m:	5:58.16	50.12

Juvenis B, 15 anos

1.	CASTRO, Marco Antonio		08	Naval do Funchal		4:40.13			484			
	50m:	31.08	31.08	150m:	1:43.44	36.25	250m:	2:56.31	36.50	350m:	4:07.53	35.46
	100m:	1:07.19	36.11	200m:	2:19.81	36.37	300m:	3:32.07	35.76	400m:	4:40.13	32.60
2.	RODRIGUES, Guilherme Gomes		08	Desportivo Sao Roque		4:40.57			482			
	50m:	32.21	32.21	150m:	1:44.70	36.35	250m:	2:56.64	35.69	350m:	4:07.87	35.55
	100m:	1:08.35	36.14	200m:	2:20.95	36.25	300m:	3:32.32	35.68	400m:	4:40.57	32.70
3.	JESUS, Vasco Franca		08	Naval do Funchal		4:41.28			478			
	50m:	31.51	31.51	150m:	1:43.52	36.07	250m:	2:56.45	36.17	350m:	4:07.48	34.61
	100m:	1:07.45	35.94	200m:	2:20.28	36.76	300m:	3:32.87	36.42	400m:	4:41.28	33.80
4.	FERNANDEZ, Henrique Justino		08	Juventude Atlantico		4:54.07			419			
	50m:	31.93	31.93	150m:	1:46.03	37.75	250m:	3:02.05	38.04	350m:	4:18.06	37.87
	100m:	1:08.28	36.35	200m:	2:24.01	37.98	300m:	3:40.19	38.14	400m:	4:54.07	36.01

Juvenis A, 16 anos

1.	JESUS, David Martins		07	Desportivo Sao Roque		4:34.04			517			
	50m:	30.01	30.01	150m:	1:38.19	34.24	250m:	2:47.69	34.92	350m:	3:59.57	35.95
	100m:	1:03.95	33.94	200m:	2:12.77	34.58	300m:	3:23.62	35.93	400m:	4:34.04	34.47
2.	COSTA, Guilherme Corte		07	Desportivo Nacional		4:37.79			497			
	50m:	30.21	30.21	150m:	1:38.44	35.24	250m:	2:50.76	36.12	350m:	4:03.97	36.23
	100m:	1:03.20	32.99	200m:	2:14.64	36.20	300m:	3:27.74	36.98	400m:	4:37.79	33.82
3.	CARVALHO, Joaquim Eduardo		07	Naval do Funchal		5:17.75			332			
	<i>Recorde Nacional de Natação Adaptada</i>											
	50m:	34.19	34.19	150m:	1:53.50	39.77	250m:	3:14.42	40.43	350m:	4:37.07	41.03
	100m:	1:13.73	39.54	200m:	2:33.99	40.49	300m:	3:56.04	41.62	400m:	5:17.75	40.68
4.	FREITAS, Joao Pedro		07	Juventude Atlantico		6:56.63			147			
	50m:	45.26	45.26	150m:	2:29.46	53.91	250m:	4:20.48	55.77	350m:	6:08.51	52.54
	100m:	1:35.55	50.29	200m:	3:24.71	55.25	300m:	5:15.97	55.49	400m:	6:56.63	48.12

Prova 20, Masc., 400m Livres

Juniores, 17 e 18 anos

1.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	4:21.49	596
	<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>				
	50m: 29.10 29.10	150m: 1:34.59 33.16	250m: 2:41.75 33.70	350m: 3:49.58 34.01	
	100m: 1:01.43 32.33	200m: 2:08.05 33.46	300m: 3:15.57 33.82	400m: 4:21.49 31.91	

Absolutos, 15 anos e mais velhos

1.	ABREU, Sergio Gomes	96	Naval do Funchal	4:16.36	632
	50m: 28.80 28.80	150m: 1:34.00 32.90	250m: 2:39.79 32.53	350m: 3:45.48 32.57	
	100m: 1:01.10 32.30	200m: 2:07.26 33.26	300m: 3:12.91 33.12	400m: 4:16.36 30.88	
2.	OLIVEIRA, Diogo Alexandre	05	Naval do Funchal	4:21.49	596
	<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>				
	50m: 29.10 29.10	150m: 1:34.59 33.16	250m: 2:41.75 33.70	350m: 3:49.58 34.01	
	100m: 1:01.43 32.33	200m: 2:08.05 33.46	300m: 3:15.57 33.82	400m: 4:21.49 31.91	
3.	JESUS, David Martins	07	Desportivo Sao Roque	4:34.04	517
	50m: 30.01 30.01	150m: 1:38.19 34.24	250m: 2:47.69 34.92	350m: 3:59.57 35.95	
	100m: 1:03.95 33.94	200m: 2:12.77 34.58	300m: 3:23.62 35.93	400m: 4:34.04 34.47	
4.	COSTA, Guilherme Corte	07	Desportivo Nacional	4:37.79	497
	50m: 30.21 30.21	150m: 1:38.44 35.24	250m: 2:50.76 36.12	350m: 4:03.97 36.23	
	100m: 1:03.20 32.99	200m: 2:14.64 36.20	300m: 3:27.74 36.98	400m: 4:37.79 33.82	
5.	CASTRO, Marco Antonio	08	Naval do Funchal	4:40.13	484
	50m: 31.08 31.08	150m: 1:43.44 36.25	250m: 2:56.31 36.50	350m: 4:07.53 35.46	
	100m: 1:07.19 36.11	200m: 2:19.81 36.37	300m: 3:32.07 35.76	400m: 4:40.13 32.60	
6.	RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	4:40.57	482
	50m: 32.21 32.21	150m: 1:44.70 36.35	250m: 2:56.64 35.69	350m: 4:07.87 35.55	
	100m: 1:08.35 36.14	200m: 2:20.95 36.25	300m: 3:32.32 35.68	400m: 4:40.57 32.70	
7.	JESUS, Vasco Franca	08	Naval do Funchal	4:41.28	478
	50m: 31.51 31.51	150m: 1:43.52 36.07	250m: 2:56.45 36.17	350m: 4:07.48 34.61	
	100m: 1:07.45 35.94	200m: 2:20.28 36.76	300m: 3:32.87 36.42	400m: 4:41.28 33.80	
8.	FERNANDEZ, Henrique Justino	08	Juventude Atlantico	4:54.07	419
	50m: 31.93 31.93	150m: 1:46.03 37.75	250m: 3:02.05 38.04	350m: 4:18.06 37.87	
	100m: 1:08.28 36.35	200m: 2:24.01 37.98	300m: 3:40.19 38.14	400m: 4:54.07 36.01	
9.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	5:17.75	332
	<i>Recorde Nacional de Natação Adaptada</i>				
	50m: 34.19 34.19	150m: 1:53.50 39.77	250m: 3:14.42 40.43	350m: 4:37.07 41.03	
	100m: 1:13.73 39.54	200m: 2:33.99 40.49	300m: 3:56.04 41.62	400m: 5:17.75 40.68	
10.	FREITAS, Joao Pedro	07	Juventude Atlantico	6:56.63	147
	50m: 45.26 45.26	150m: 2:29.46 53.91	250m: 4:20.48 55.77	350m: 6:08.51 52.54	
	100m: 1:35.55 50.29	200m: 3:24.71 55.25	300m: 5:15.97 55.49	400m: 6:56.63 48.12	
EXH	SILVA, Francisco Carvalho	09	Selecao dos Acores	4:47.81	447
	<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>				
	50m: 31.89 31.89	150m: 1:43.59 36.36	250m: 2:57.07 36.62	350m: 4:11.33 37.11	
	100m: 1:07.23 35.34	200m: 2:20.45 36.86	300m: 3:34.22 37.15	400m: 4:47.81 36.48	
EXH	MANES, Bernardo Silva	07	Selecao dos Acores	4:50.01	436
	50m: 30.44 30.44	150m: 1:42.41 36.61	250m: 2:57.67 37.76	350m: 4:13.50 37.81	
	100m: 1:05.80 35.36	200m: 2:19.91 37.50	300m: 3:35.69 38.02	400m: 4:50.01 36.51	
EXH	MELO, Francisco Freitas	10	Selecao dos Acores	4:59.12	398
	<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>				
	50m: 32.17 32.17	150m: 1:45.84 37.13	250m: 3:01.92 38.12	350m: 4:20.86 39.24	
	100m: 1:08.71 36.54	200m: 2:23.80 37.96	300m: 3:41.62 39.70	400m: 4:59.12 38.26	

Prova 20, Masc., 400m Livres

Lugar			Ano							Tempo final	Pts	
EXH	VICENTE, Miguel Chagas		09	Selecao dos Acores						5:16.65	335	
	50m:	34.52	34.52	150m:	1:54.81	40.35	250m:	3:17.19	40.97	350m:	4:38.40	39.64
	100m:	1:14.46	39.94	200m:	2:36.22	41.41	300m:	3:58.76	41.57	400m:	5:16.65	38.25
EXH	MELO, Rodrigo Paiva		09	Selecao dos Acores						5:17.38	333	
	50m:	34.16	35.16	150m:	1:55.78	40.57	250m:	3:17.59	40.34	350m:	4:38.95	39.67
	100m:	1:15.21	40.05	200m:	2:37.25	41.47	300m:	3:59.28	41.69	400m:	5:17.38	38.43
EXH	REGO, Antonio Luis		09	Selecao dos Acores						5:21.88	319	
	50m:	34.43	34.43	150m:	1:55.03	41.43	250m:	3:18.04	41.23	350m:	4:41.82	41.58
	100m:	1:13.60	39.17	200m:	2:36.81	41.78	300m:	4:00.24	42.20	400m:	5:21.88	40.06
EXH	MEDEIROS, Daniel Bettencourt		09	Selecao dos Acores						5:26.79	305	
	50m:	35.70	35.70	150m:	1:57.08	41.24	250m:	3:21.17	42.22	350m:	4:46.20	41.73
	100m:	1:15.84	40.14	200m:	2:38.95	41.87	300m:	4:04.47	43.30	400m:	5:26.79	40.59
EXH	CABRAL, Santiago Nicolau		10	Selecao dos Acores						5:30.99	293	
	<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>											
	50m:	35.72	35.72	150m:	1:59.50	42.55	250m:	3:25.64	42.82	350m:	4:51.47	42.42
	100m:	1:16.95	41.23	200m:	2:42.82	43.32	300m:	4:09.05	43.41	400m:	5:30.99	39.52
EXH	MENESES, Miguel Rocha		10	Selecao dos Acores						5:35.70	281	
	50m:	36.10	36.10	150m:	2:00.91	42.77	250m:	3:28.18	43.59	350m:	4:55.71	43.31
	100m:	1:18.14	42.04	200m:	2:44.59	43.68	300m:	4:12.40	44.22	400m:	5:35.70	39.99
EXH	BRITO, Tomas Rocha		10	Selecao dos Acores						5:38.78	274	
	50m:	37.68	37.68	150m:	2:03.80	43.04	250m:	3:31.36	43.58	350m:	4:58.17	42.25
	100m:	1:20.76	43.08	200m:	2:47.78	43.98	300m:	4:15.92	44.56	400m:	5:38.78	40.61