

Prova 28 Masc., 400m Livres Absoluto  
20/05/2023 - 18:12 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

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 25m: 4:22.43 /  
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 2023

Lugar	Ano		Tempo final				Pts
<b>Infantil B - 13 anos</b>							
1.	JACINTO, Pedro Freitas	10	Juventude Atlantico	<b>5:44.43</b>			260
	50m: 39.86 39.86	150m: 2:08.27	45.12 250m: 3:37.39	44.45	350m: 5:04.63	43.02	
	100m: 1:23.15 43.29	200m: 2:52.94	44.67 300m: 4:21.61	44.22	400m: 5:44.43	39.80	
2.	NASCIMENTO, Santiago Santos	10	Clube Escola O Liceu	<b>6:16.81</b>			199
	50m: 42.72 42.72	150m: 2:17.75	48.35 250m: 3:55.56	49.12	350m: 5:32.97	48.17	
	100m: 1:29.40 46.68	200m: 3:06.44	48.69 300m: 4:44.80	49.24	400m: 6:16.81	43.84	
3.	MENDONCA, Florival Rodrigo	10	Juventude Atlantico	<b>6:51.66</b>			152
	50m: 46.44 46.44	150m: 2:29.92	53.06 250m: 4:18.70	55.27	350m: 6:04.08	52.20	
	100m: 1:36.86 50.42	200m: 3:23.43	53.51 300m: 5:11.88	53.18	400m: 6:51.66	47.58	

**Infantil A - 14 anos**

1.	FARIA, Afonso Cunha	09	Desportivo Sao Roque	<b>5:26.85</b>			305
	50m: 35.28 35.28	150m: 1:56.72	41.22 250m: 3:20.86	41.63	350m: 4:45.70	41.93	
	100m: 1:15.50 40.22	200m: 2:39.23	42.51 300m: 4:03.77	42.91	400m: 5:26.85	41.15	
2.	CAMACHO, Santiago Bettencourt	09	Juventude Atlantico	<b>5:58.38</b>			231
	50m: 40.16 40.16	150m: 2:12.49	46.23 250m: 3:45.04	45.89	350m: 5:16.47	44.48	
	100m: 1:26.26 46.10	200m: 2:59.15	46.66 300m: 4:31.99	46.95	400m: 5:58.38	41.91	

**Juvenil B - 15 anos**

1.	CASTRO, Marco Antonio	08	Naval do Funchal	<b>4:42.66</b>			471
	50m: 31.98 31.98	150m: 1:44.43	36.39 250m: 2:56.97	36.10	350m: 4:09.19	35.74	
	100m: 1:08.04 36.06	200m: 2:20.87	36.44 300m: 3:33.45	36.48	400m: 4:42.66	33.47	
2.	RODRIGUES, Guilherme Gomes	08	Desportivo Sao Roque	<b>4:46.17</b>			454
	50m: 32.85 32.85	150m: 1:45.74	36.59 250m: 2:58.71	36.24	350m: 4:11.63	36.57	
	100m: 1:09.15 36.30	200m: 2:22.47	36.73 300m: 3:35.06	36.35	400m: 4:46.17	34.54	
3.	FERNANDEZ, Henrique Justino	08	Juventude Atlantico	<b>5:03.04</b>			382
	50m: 33.30 33.30	150m: 1:49.93	39.24 250m: 3:08.73	39.08	350m: 4:26.21	38.70	
	100m: 1:10.69 37.39	200m: 2:29.65	39.72 300m: 3:47.51	38.78	400m: 5:03.04	36.83	
4.	GOMES, Guilherme Silva	08	Desportivo Nacional	<b>5:15.19</b>			340
	50m: 34.43 34.43	150m: 1:54.36	40.62 250m: 3:16.07	41.25	350m: 4:38.02	40.76	
	100m: 1:13.74 39.31	200m: 2:34.82	40.46 300m: 3:57.26	41.19	400m: 5:15.19	37.17	
5.	BARRADAS, Rafael Alves	08	Clube Escola O Liceu	<b>5:43.89</b>			262
	50m: 36.26 36.26	150m: 2:00.82	42.85 250m: 3:30.42	44.83	350m: 5:01.67	45.36	
	100m: 1:17.97 41.71	200m: 2:45.59	44.77 300m: 4:16.31	45.89	400m: 5:43.89	42.22	

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Juvenil A - 16 anos

1.	COSTA, Guilherme Corte	07	Desportivo Nacional	<b>4:39.96</b>	485
	50m: 31.02 31.02	150m: 1:40.87	36.22 250m: 2:53.91	36.66 350m: 4:06.39	35.51
	100m: 1:04.65 33.63	200m: 2:17.25	36.38 300m: 3:30.88	36.97 400m: 4:39.96	33.57
2.	JESUS, David Martins	07	Desportivo Sao Roque	<b>4:51.16</b>	431
	50m: 31.86 31.86	150m: 1:44.22	36.52 250m: 2:59.10	37.68 350m: 4:14.73	37.82
	100m: 1:07.70 35.84	200m: 2:21.42	37.20 300m: 3:36.91	37.81 400m: 4:51.16	36.43
3.	NUNES, Duarte Costa	07	Juventude Atlantico	<b>5:16.07</b>	337
	50m: 32.91 32.91	150m: 1:54.99	41.72 250m: 3:17.80	41.24 350m: 4:40.16	40.70
	100m: 1:13.27 40.36	200m: 2:36.56	41.57 300m: 3:59.46	41.66 400m: 5:16.07	35.91
4.	PENSO, Miguel Reigada	07	Clube Escola O Liceu	<b>5:16.23</b>	337
	50m: 33.18 33.18	150m: 1:53.49	41.05 250m: 3:15.92	41.57 350m: 4:38.28	41.02
	100m: 1:12.44 39.26	200m: 2:34.35	40.86 300m: 3:57.26	41.34 400m: 5:16.23	37.95
5.	DRUMOND, Pedro Afonso	07	Clube Escola O Liceu	<b>5:53.69</b>	240
	50m: 38.04 38.04	150m: 2:05.61	44.40 250m: 3:38.04	46.65 350m: 5:11.25	46.77
	100m: 1:21.21 43.17	200m: 2:51.39	45.78 300m: 4:24.48	46.44 400m: 5:53.69	42.44

Juniores - 17, 18 anos

1.	ROJAS, Jean Louis	05	Desportivo Nacional	<b>4:38.79</b>	491
	50m: 31.21 31.21	150m: 1:40.89	35.02 250m: 2:52.35	35.80 350m: 4:04.07	35.96
	100m: 1:05.87 34.66	200m: 2:16.55	35.66 300m: 3:28.11	35.76 400m: 4:38.79	34.72
2.	SILVA, Joao Luis	06	Desportivo Sao Roque	<b>4:55.98</b>	411
	50m: 31.82 31.82	150m: 1:46.38	37.92 250m: 3:03.54	38.54 350m: 4:19.89	37.84
	100m: 1:08.46 36.64	200m: 2:25.00	38.62 300m: 3:42.05	38.51 400m: 4:55.98	36.09

Seniores - 19 e mais velhos

1.	ABREU, Sergio Gomes	96	Naval do Funchal	<b>4:31.03</b>	535
	50m: 29.90 29.90	150m: 1:36.57	33.78 250m: 2:46.27	34.56 350m: 3:57.53	35.42
	100m: 1:02.79 32.89	200m: 2:11.71	35.14 300m: 3:22.11	35.84 400m: 4:31.03	33.50
2.	RODRIGUES, Rodrigo Reis	04	Desportivo Sao Roque	<b>4:31.84</b>	530
	50m: 30.84 30.84	150m: 1:40.22	34.88 250m: 2:50.50	34.74 350m: 3:59.28	33.62
	100m: 1:05.34 34.50	200m: 2:15.76	35.54 300m: 3:25.66	35.16 400m: 4:31.84	32.56