

Prova 20 Masc., 400m Livres Absoluto
08/07/2023 - 16:30 Com o apoio da Junta de Freguesia de Santo António Resultados

Recorde Regional Open	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

Infantil B Mas. Inf B: 5:28.62 / Infantil A Mas. Inf A: 5:06.20 / Juv. B Mas. Juv B: 4:28.59 / Juv. 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

Pontos: FINA 2022

Lugar	Ano		Tempo final		Pts
Infantis B, 13 anos					
1.	ROCHA, Tomas Pinto	10	Naval do Funchal	5:14.54	307
<i>TAC Nacional - Famicão, 21 a 23 de julho de 2023</i>					
	50m: 34.67	34.67	150m: 1:54.42	40.73	250m: 3:15.51
	100m: 1:13.69	39.02	200m: 2:33.95	39.53	300m: 3:58.33
				41.56	350m: 4:39.00
				42.82	400m: 5:14.54
					40.67
					35.54
2.	VIEIRA, Francisco Rodrigues	10	Naval do Funchal	5:35.59	252
	50m: 38.27	38.27	150m: 2:02.65	42.67	250m: 3:29.14
	100m: 1:19.98	41.71	200m: 2:45.94	43.29	300m: 4:12.60
				43.20	350m: 4:55.01
				43.46	400m: 5:35.59
					42.41
					40.58
3.	DUARTE, Nayan Santos	10	Juventude Atlantico	6:10.51	187
	50m: 39.75	39.75	150m: 2:14.01	47.53	250m: 3:49.44
	100m: 1:26.48	46.73	200m: 3:01.31	47.30	300m: 4:37.56
				48.13	350m: 5:25.14
				48.12	400m: 6:10.51
					47.58
					45.37
4.	MENDONCA, Florival Rodrigo	10	Juventude Atlantico	6:19.28	175
	50m: 41.45	41.45	150m: 2:15.41	48.16	250m: 3:54.88
	100m: 1:27.25	45.80	200m: 3:04.46	49.05	300m: 4:43.83
				50.42	350m: 5:32.72
				48.95	400m: 6:19.28
					48.89
					46.56

Infantis A, 14 anos

1.	SILVA, Joao Bernardo	09	Desportivo Nacional	4:50.35	390
<i>TAC Nacional - Famicão, 21 a 23 de julho de 2023</i>					
	50m: 32.07	32.07	150m: 1:47.72	38.50	250m: 3:01.64
	100m: 1:09.22	37.15	200m: 2:25.00	37.28	300m: 3:38.21
				36.64	350m: 4:14.68
				36.57	400m: 4:50.35
					36.47
					35.67
2.	FARIA, Afonso Cunha	09	Desportivo Sao Roque	5:06.79	331
	50m: 34.31	34.31	150m: 1:52.02	39.43	250m: 3:10.36
	100m: 1:12.59	38.28	200m: 2:30.97	38.95	300m: 3:49.56
				39.39	350m: 4:28.90
				39.20	400m: 5:06.79
					39.34
					37.89
3.	ABREU, Afonso Henrique	09	Naval do Funchal	5:29.13	268
	50m: 36.57	36.57	150m: 2:00.30	42.87	250m: 3:24.85
	100m: 1:17.43	40.86	200m: 2:42.26	41.96	300m: 4:06.91
				42.59	350m: 4:49.48
				42.06	400m: 5:29.13
					42.57
					39.65
4.	FERNANDES, Salvador Freitas	09	Juventude Atlantico	6:25.57	166
	50m: 38.18	38.18	150m: 2:13.23	49.78	250m: 3:53.66
	100m: 1:23.45	45.27	200m: 3:03.30	50.07	300m: 4:45.42
				50.36	350m: 5:35.92
				51.76	400m: 6:25.57
					50.50
					49.65

Juvenis B, 15 anos

1.	CASTRO, Marco Antonio	08	Naval do Funchal	4:25.28	512
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	50m: 29.12	29.12	150m: 1:36.78	34.52	250m: 2:45.11
	100m: 1:02.26	33.14	200m: 2:11.00	34.22	300m: 3:19.25
				34.11	350m: 3:53.44
				34.14	400m: 4:25.28
					34.19
					31.84
2.	MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:26.52	505
<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>					
	50m: 30.13	30.13	150m: 1:37.48	34.17	250m: 2:45.78
	100m: 1:03.31	33.18	200m: 2:11.56	34.08	300m: 3:20.21
				34.22	350m: 3:53.86
				34.43	400m: 4:26.52
					33.65
					32.66

Prova 20, Masc., 400m Livres, Juvenis B, 15 anos

Lugar	Nome		Ano	Clube		Tempo final				Pts		
3.	RODRIGUES, Guilherme Gomes		08	Desportivo Sao Roque		4:30.13				485		
	50m:	30.81	30.81	150m:	1:39.68	34.50	250m:	2:48.53	34.49	350m:	3:57.08	33.98
	100m:	1:05.18	34.37	200m:	2:14.04	34.36	300m:	3:23.10	34.57	400m:	4:30.13	33.05
4.	JESUS, Vasco Franca		08	Naval do Funchal		4:30.35				483		
	50m:	30.47	30.47	150m:	1:38.27	34.25	250m:	2:48.11	34.81	350m:	3:57.44	34.25
	100m:	1:04.02	33.55	200m:	2:13.30	35.03	300m:	3:23.19	35.08	400m:	4:30.35	32.91

Juvenis A, 16 anos

1.	COSTA, Guilherme Corte		07	Desportivo Nacional		4:25.89				508		
	50m:	29.47	29.47	150m:	1:35.81	34.11	250m:	2:44.61	34.71	350m:	3:53.45	34.41
	100m:	1:01.70	32.23	200m:	2:09.90	34.09	300m:	3:19.04	34.43	400m:	4:25.89	32.44
2.	JESUS, David Martins		07	Desportivo Sao Roque		4:31.08				480		
	50m:	29.81	29.81	150m:	1:37.57	34.44	250m:	2:47.51	35.16	350m:	3:57.54	35.29
	100m:	1:03.13	33.32	200m:	2:12.35	34.78	300m:	3:22.25	34.74	400m:	4:31.08	33.54
3.	NUNES, Duarte Costa		07	Juventude Atlantico		4:51.44				386		
	50m:	31.80	31.80	150m:	1:46.21	37.71	250m:	3:00.99	37.54	350m:	4:15.50	37.00
	100m:	1:08.50	36.70	200m:	2:23.45	37.24	300m:	3:38.50	37.51	400m:	4:51.44	35.94
4.	PEREIRA, Lucas Santos		07	Naval do Funchal		5:05.48				335		
	50m:	27.25	27.25	150m:	1:45.35	47.00	250m:	3:06.53	40.36	350m:	4:26.23	39.88
	100m:	58.35	31.10	200m:	2:26.17	40.82	300m:	3:46.35	39.82	400m:	5:05.48	39.25

Juniores, 17 e 18 anos

1.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal		3:58.34				706		
	<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>											
	50m:	26.81	26.81	150m:	1:26.79	30.22	250m:	2:28.01	30.56	350m:	3:28.81	30.34
	100m:	56.57	29.76	200m:	1:57.45	30.66	300m:	2:58.47	30.46	400m:	3:58.34	29.53

Seniores, 19 e mais velhos

1.	ABREU, Sergio Gomes		96	Naval do Funchal		4:07.33				631		
	50m:	27.76	27.76	150m:	1:29.74	31.26	250m:	2:33.81	32.04	350m:	3:37.31	31.22
	100m:	58.48	30.72	200m:	2:01.77	32.03	300m:	3:06.09	32.28	400m:	4:07.33	30.02
2.	CASTRO, Martim Pereira		02	Escola O Liceu		4:28.51				493		
	50m:	29.28	29.28	150m:	1:35.22	33.81	250m:	2:44.29	34.67	350m:	3:53.94	34.90
	100m:	1:01.41	32.13	200m:	2:09.62	34.40	300m:	3:19.04	34.75	400m:	4:28.51	34.57
3.	FERNANDES, Diogo Henrique		04	Naval do Funchal		4:45.48				410		
	50m:	23.51	23.51	150m:	1:41.52	37.39	250m:	2:56.05	37.12	350m:	4:10.62	37.12
	100m:	1:04.13	40.62	200m:	2:18.93	37.41	300m:	3:33.50	37.45	400m:	4:45.48	34.86

Classificação Geral

1.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal		3:58.34				706		
	<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>											
	50m:	26.81	26.81	150m:	1:26.79	30.22	250m:	2:28.01	30.56	350m:	3:28.81	30.34
	100m:	56.57	29.76	200m:	1:57.45	30.66	300m:	2:58.47	30.46	400m:	3:58.34	29.53
2.	ABREU, Sergio Gomes		96	Naval do Funchal		4:07.33				631		
	50m:	27.76	27.76	150m:	1:29.74	31.26	250m:	2:33.81	32.04	350m:	3:37.31	31.22
	100m:	58.48	30.72	200m:	2:01.77	32.03	300m:	3:06.09	32.28	400m:	4:07.33	30.02
3.	CASTRO, Marco Antonio		08	Naval do Funchal		4:25.28				512		
	<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>											
	50m:	29.12	29.12	150m:	1:36.78	34.52	250m:	2:45.11	34.11	350m:	3:53.44	34.19
	100m:	1:02.26	33.14	200m:	2:11.00	34.22	300m:	3:19.25	34.14	400m:	4:25.28	31.84

Prova 20, Masc., 400m Livres, Classificação Geral

Lugar			Ano						Tempo final	Pts
4.	COSTA, Guilherme Corte		07		Desportivo Nacional				4:25.89	508
	50m:	29.47 29.47	150m:	1:35.81 34.11	250m:	2:44.61 34.71	350m:	3:53.45 34.41		
	100m:	1:01.70 32.23	200m:	2:09.90 34.09	300m:	3:19.04 34.43	400m:	4:25.89 32.44		
5.	MIRANDA, Francisco Guilherme		08		Naval do Funchal				4:26.52	505
	<i>TAC Nacional - Coimbra, 28 a 30 de julho de 2023</i>									
	50m:	30.13 30.13	150m:	1:37.48 34.17	250m:	2:45.78 34.22	350m:	3:53.86 33.65		
	100m:	1:03.31 33.18	200m:	2:11.56 34.08	300m:	3:20.21 34.43	400m:	4:26.52 32.66		
6.	CASTRO, Martim Pereira		02		Escola O Liceu				4:28.51	493
	50m:	29.28 29.28	150m:	1:35.22 33.81	250m:	2:44.29 34.67	350m:	3:53.94 34.90		
	100m:	1:01.41 32.13	200m:	2:09.62 34.40	300m:	3:19.04 34.75	400m:	4:28.51 34.57		
7.	RODRIGUES, Guilherme Gomes		08		Desportivo Sao Roque				4:30.13	485
	50m:	30.81 30.81	150m:	1:39.68 34.50	250m:	2:48.53 34.49	350m:	3:57.08 33.98		
	100m:	1:05.18 34.37	200m:	2:14.04 34.36	300m:	3:23.10 34.57	400m:	4:30.13 33.05		
8.	JESUS, Vasco Franca		08		Naval do Funchal				4:30.35	483
	50m:	30.47 30.47	150m:	1:38.27 34.25	250m:	2:48.11 34.81	350m:	3:57.44 34.25		
	100m:	1:04.02 33.55	200m:	2:13.30 35.03	300m:	3:23.19 35.08	400m:	4:30.35 32.91		
9.	JESUS, David Martins		07		Desportivo Sao Roque				4:31.08	480
	50m:	29.81 29.81	150m:	1:37.57 34.44	250m:	2:47.51 35.16	350m:	3:57.54 35.29		
	100m:	1:03.13 33.32	200m:	2:12.35 34.78	300m:	3:22.25 34.74	400m:	4:31.08 33.54		
10.	FERNANDES, Diogo Henrique		04		Naval do Funchal				4:45.48	410
	50m:	23.51 23.51	150m:	1:41.52 37.39	250m:	2:56.05 37.12	350m:	4:10.62 37.12		
	100m:	1:04.13 40.62	200m:	2:18.93 37.41	300m:	3:33.50 37.45	400m:	4:45.48 34.86		
11.	SILVA, Joao Bernardo		09		Desportivo Nacional				4:50.35	390
	<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>									
	50m:	32.07 32.07	150m:	1:47.72 38.50	250m:	3:01.64 36.64	350m:	4:14.68 36.47		
	100m:	1:09.22 37.15	200m:	2:25.00 37.28	300m:	3:38.21 36.57	400m:	4:50.35 35.67		
12.	NUNES, Duarte Costa		07		Juventude Atlantico				4:51.44	386
	50m:	31.80 31.80	150m:	1:46.21 37.71	250m:	3:00.99 37.54	350m:	4:15.50 37.00		
	100m:	1:08.50 36.70	200m:	2:23.45 37.24	300m:	3:38.50 37.51	400m:	4:51.44 35.94		
13.	PEREIRA, Lucas Santos		07		Naval do Funchal				5:05.48	335
	50m:	27.25 27.25	150m:	1:45.35 47.00	250m:	3:06.53 40.36	350m:	4:26.23 39.88		
	100m:	58.35 31.10	200m:	2:26.17 40.82	300m:	3:46.35 39.82	400m:	5:05.48 39.25		
14.	FARIA, Afonso Cunha		09		Desportivo Sao Roque				5:06.79	331
	50m:	34.31 34.31	150m:	1:52.02 39.43	250m:	3:10.36 39.39	350m:	4:28.90 39.34		
	100m:	1:12.59 38.28	200m:	2:30.97 38.95	300m:	3:49.56 39.20	400m:	5:06.79 37.89		
15.	ROCHA, Tomas Pinto		10		Naval do Funchal				5:14.54	307
	<i>TAC Nacional - Famalicão, 21 a 23 de julho de 2023</i>									
	50m:	34.67 34.67	150m:	1:54.42 40.73	250m:	3:15.51 41.56	350m:	4:39.00 40.67		
	100m:	1:13.69 39.02	200m:	2:33.95 39.53	300m:	3:58.33 42.82	400m:	5:14.54 35.54		
16.	ABREU, Afonso Henrique		09		Naval do Funchal				5:29.13	268
	50m:	36.57 36.57	150m:	2:00.30 42.87	250m:	3:24.85 42.59	350m:	4:49.48 42.57		
	100m:	1:17.43 40.86	200m:	2:42.26 41.96	300m:	4:06.91 42.06	400m:	5:29.13 39.65		
17.	VIEIRA, Francisco Rodrigues		10		Naval do Funchal				5:35.59	252
	50m:	38.27 38.27	150m:	2:02.65 42.67	250m:	3:29.14 43.20	350m:	4:55.01 42.41		
	100m:	1:19.98 41.71	200m:	2:45.94 43.29	300m:	4:12.60 43.46	400m:	5:35.59 40.58		
18.	DUARTE, Nayan Santos		10		Juventude Atlantico				6:10.51	187
	50m:	39.75 39.75	150m:	2:14.01 47.53	250m:	3:49.44 48.13	350m:	5:25.14 47.58		
	100m:	1:26.48 46.73	200m:	3:01.31 47.30	300m:	4:37.56 48.12	400m:	6:10.51 45.37		
19.	MENDONCA, Florival Rodrigo		10		Juventude Atlantico				6:19.28	175
	50m:	41.45 41.45	150m:	2:15.41 48.16	250m:	3:54.88 50.42	350m:	5:32.72 48.89		
	100m:	1:27.25 45.80	200m:	3:04.46 49.05	300m:	4:43.83 48.95	400m:	6:19.28 46.56		

Prova 20, Masc., 400m Livres, Classificação Geral

Lugar			Ano							Tempo final	Pts	
20.	FERNANDES, Salvador Freitas		09	Juventude Atlantico						6:25.57	166	
	50m:	38.18	38.18	150m:	2:13.23	49.78	250m:	3:53.66	50.36	350m:	5:35.92	50.50
	100m:	1:23.45	45.27	200m:	3:03.30	50.07	300m:	4:45.42	51.76	400m:	6:25.57	49.65