

Prova 4 Masc., 400m Livres Absoluto  
09/06/2023 - 19:42 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 |
| Recorde Nacional Nat. Adaptada | 5:09.85 | CARVALHO, Joaquim Eduardo | CNF  | Funchal               | 27/05/2023 |

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 | Nome | Ano | Clube | Tempo final | Pts | Torneio |
|-------|------|-----|-------|-------------|-----|---------|
|-------|------|-----|-------|-------------|-----|---------|

Infantis (13 and 14 years)

|   |                             |               |                     |                |     |      |
|---|-----------------------------|---------------|---------------------|----------------|-----|------|
| 1.  | MARTINS, Antonio Freitas    | 09            | Desportivo Nacional | <b>5:13.11</b> | 311 | 9,00 |
| <i>Vencedor do Escalão [Infantil A e B]</i> |                             |               |                     |                |     |      |
|   | 50m: 35.05 35.05            | 150m: 2:35.16 | 250m: 3:55.35       | 350m: 5:13.11  |     |      |
|   | 100m: 1:15.30 40.25         | 200m: 2:35.16 | 300m: 3:55.35       | 400m: 5:13.11  |     |      |
| 2.  | ABREU, Afonso Henrique      | 09            | Naval do Funchal    | <b>5:22.87</b> | 284 | 7,00 |
|   | 50m: 36.18 36.18            | 150m: 2:40.78 | 250m: 4:03.61       | 350m: 5:22.87  |     |      |
|   | 100m: 1:16.71 40.53         | 200m: 2:40.78 | 300m: 4:03.61       | 400m: 5:22.87  |     |      |
| 3.  | JACINTO, Pedro Freitas      | 10            | Juventude Atlantico | <b>5:33.65</b> | 257 | 6,00 |
|   | 50m: 37.58 37.58            | 150m: 2:44.15 | 250m: 4:09.89       | 350m: 5:33.65  |     |      |
|   | 100m: 1:18.94 41.36         | 200m: 2:44.15 | 300m: 4:09.89       | 400m: 5:33.65  |     |      |
| 4.  | VIEIRA, Francisco Rodrigues | 10            | Naval do Funchal    | <b>5:47.99</b> | 226 | 5,00 |
|   | 50m: 38.89 38.89            | 150m: 2:52.42 | 250m: 4:22.23       | 350m: 5:47.99  |     |      |
|   | 100m: 1:23.20 44.31         | 200m: 2:52.42 | 300m: 4:22.23       | 400m: 5:47.99  |     |      |
| 5.  | CACADOR, Dinis Ferreira     | 10            | Juventude Atlantico | <b>6:58.40</b> | 130 | 4,00 |
|   | 50m: 43.78 43.78            | 150m: 3:24.51 | 250m: 5:13.85       | 350m: 6:58.40  |     |      |
|   | 100m: 1:34.50 50.72         | 200m: 3:24.51 | 300m: 5:13.85       | 400m: 6:58.40  |     |      |

Juvenis (15 and 16 years)

|  |                            |               |                      |                |     |      |
|--|----------------------------|---------------|----------------------|----------------|-----|------|
| 1.   | OLIVEIRA, Afonso Miguel    | 07            | Juventude Atlantico  | <b>4:23.28</b> | 523 | 9,00 |
| <i>Vencedor do Escalão [Juvenil A e B]</i> |                            |               |                      |                |     |      |
|  | 50m: 28.40 28.40           | 150m: 2:08.12 | 250m: 3:16.49        | 350m: 4:23.28  |     |      |
|  | 100m: 1:01.11 32.71        | 200m: 2:08.12 | 300m: 3:16.49        | 400m: 4:23.28  |     |      |
| 2.   | CASTRO, Marco Antonio      | 08            | Naval do Funchal     | <b>4:32.35</b> | 473 | 7,00 |
|  | 50m: 31.18 31.18           | 150m: 2:16.66 | 250m: 3:25.18        | 350m: 4:32.35  |     |      |
|  | 100m: 1:05.03 33.85        | 200m: 2:16.66 | 300m: 3:25.18        | 400m: 4:32.35  |     |      |
| 3.   | RODRIGUES, Guilherme Gomes | 08            | Desportivo Sao Roque | <b>4:34.84</b> | 460 | 6,00 |
|  | 50m: 31.02 31.02           | 150m: 2:15.74 | 250m: 3:25.61        | 350m: 4:34.84  |     |      |
|  | 100m: 1:05.34 34.32        | 200m: 2:15.74 | 300m: 3:25.61        | 400m: 4:34.84  |     |      |
| 4.   | JESUS, David Martins       | 07            | Desportivo Sao Roque | <b>4:39.04</b> | 440 | 5,00 |
|  | 50m: 28.90 28.90           | 150m: 2:13.97 | 250m: 3:25.58        | 350m: 4:39.04  |     |      |
|  | 100m: 1:02.57 33.67        | 200m: 2:13.97 | 300m: 3:25.58        | 400m: 4:39.04  |     |      |
| 5.   | PEREIRA, Lucas Santos      | 07            | Naval do Funchal     | <b>4:43.56</b> | 419 | 4,00 |
|  | 50m: 31.45 31.45           | 150m: 2:18.60 | 250m: 3:31.90        | 350m: 4:43.56  |     |      |
|  | 100m: 1:06.46 35.01        | 200m: 2:18.60 | 300m: 3:31.90        | 400m: 4:43.56  |     |      |
| 6.   | NUNES, Duarte Costa        | 07            | Juventude Atlantico  | <b>5:00.24</b> | 353 | 3,00 |
|  | 50m: 31.81 31.81           | 150m: 2:26.35 | 250m: 3:44.54        | 350m: 5:00.24  |     |      |
|  | 100m: 1:08.72 36.91        | 200m: 2:26.35 | 300m: 3:44.54        | 400m: 5:00.24  |     |      |

Prova 4, Masc., 400m Livres, Juvenis (15 and 16 years)

| Lugar | Nome                 | Ano           | Clube               | Tempo final    | Pts | Torneio |
|-------|----------------------|---------------|---------------------|----------------|-----|---------|
| 7.    | NUNES, Henrique Dias | 07            | Desportivo Nacional | <b>5:12.01</b> | 314 | 2,00    |
|       | 50m: 33.21 33.21     | 150m:         | 250m:               | 350m:          |     |         |
|       | 100m: 1:13.45 40.24  | 200m: 2:35.03 | 300m: 3:55.98       | 400m: 5:12.01  |     |         |

Absolutos (17+ years)

|     |   |               |                     |                |     |      |
|-----|---|---------------|---------------------|----------------|-----|------|
| 1.  | OLIVEIRA, Diogo Alexandre   | 05            | Naval do Funchal    | <b>4:08.72</b> | 621 | 9,00 |
|     | <i>Vencedor do Escalão [Júnior e Sénior], TAC Juv. Jun. e Sen. - Coimbra, 28 a 30 julho</i> |               |                     |                |     |      |
|     | 50m: 27.20 27.20  | 150m:         | 250m:               | 350m:          |     |      |
|     | 100m:   | 200m: 2:01.07 | 300m: 3:04.84       | 400m: 4:08.72  |     |      |
| 2.  | ABREU, Sergio Gomes   | 96            | Naval do Funchal    | <b>4:18.36</b> | 554 | 7,00 |
|     | 50m: 27.36 27.36  | 150m:         | 250m:               | 350m:          |     |      |
|     | 100m: 58.86 31.50   | 200m: 2:04.55 | 300m: 3:11.46       | 400m: 4:18.36  |     |      |
| EXH | JESUS, Vasco Franca   | 08            | Naval do Funchal    | <b>4:40.54</b> | 433 | -    |
|     | 50m: 31.98 31.98  | 150m:         | 250m:               | 350m:          |     |      |
|     | 100m: 1:07.44 35.46   | 200m: 2:19.12 | 300m: 3:31.18       | 400m: 4:40.54  |     |      |
| EXH | CARVALHO, Joaquim Eduardo   | 07            | Naval do Funchal    | <b>5:25.38</b> | 277 | -    |
|     | 50m: 35.64 35.64  | 150m:         | 250m:               | 350m:          |     |      |
|     | 100m: 1:16.56 40.92   | 200m: 2:40.54 | 300m: 4:03.14       | 400m: 5:25.38  |     |      |
| EXH | CORREIA, Joao Luis  | 08            | Juventude Atlantico | <b>6:13.12</b> | 184 | -    |
|     | 50m: 38.82 38.82  | 150m:         | 250m:               | 350m:          |     |      |
|     | 100m: 1:23.49 44.67   | 200m: 2:59.87 | 300m: 4:38.35       | 400m: 6:13.12  |     |      |