

Prova 24
07/10/2023 - 18:10

Masc., 400m Livres

Absoluto
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

ZONAL Inf. B Mas. Inf B: 5:09.00 / ZONAL Inf. A Mas. Inf A: 4:57.50 / ZONAL Juv. B Mas. Juv B: 4:38.98 /
ZONAL Juv. A Mas. Juv A: 4:33.44 / Infantil B Mas. Inf B: 4:54.87 / Infantil A Mas. Inf A: 4:40.13 / 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
Juvenil B - 15 anos												
1.	MARTINS, Antonio Freitas				09	Desportivo Nacional				4:53.82	376	
	50m:	33.57	33.57	150m:	1:47.73	37.51	250m:	3:03.33	37.85	350m:	4:17.77	37.09
	100m:	1:10.22	36.65	200m:	2:25.48	37.75	300m:	3:40.68	37.35	400m:	4:53.82	36.05
2.	PESTANA, Pedro Correia				09	Desportivo Nacional				4:55.91	369	
	50m:	32.14	32.14	150m:	1:46.39	37.72	250m:	3:02.71	38.38	350m:	4:20.36	39.10
	100m:	1:08.67	36.53	200m:	2:24.33	37.94	300m:	3:41.26	38.55	400m:	4:55.91	35.55
3.	MARTINHO, Joao Miguel				09	Desportivo Nacional				5:02.03	347	
	50m:	33.42	33.42	150m:	1:50.43	38.88	250m:	3:07.90	38.89	350m:	4:25.46	38.81
	100m:	1:11.55	38.13	200m:	2:29.01	38.58	300m:	3:46.65	38.75	400m:	5:02.03	36.57
4.	CRESPO, Joao Jesus				09	Desportivo Nacional				5:29.18	268	
	50m:	37.97	37.97	150m:	2:03.91	42.66	250m:	3:28.72	42.41	350m:	4:51.35	40.71
	100m:	1:21.25	43.28	200m:	2:46.31	42.40	300m:	4:10.64	41.92	400m:	5:29.18	37.83
5.	VELOZA, Tomas Ramos				09	Desportivo Nacional				5:31.51	262	
	50m:	39.15	39.15	150m:	2:03.45	42.41	250m:	3:27.97	42.01	350m:	4:51.86	41.63
	100m:	1:21.04	41.89	200m:	2:45.96	42.51	300m:	4:10.23	42.26	400m:	5:31.51	39.65
6.	ALVES, Mateus Basilio				09	Juventude Atlantico Clube				5:43.58	235	
	50m:	38.31	38.31	150m:	2:05.32	44.30	250m:	3:33.42	44.29	350m:	5:01.52	44.02
	100m:	1:21.02	42.71	200m:	2:49.13	43.81	300m:	4:17.50	44.08	400m:	5:43.58	42.06
7.	FERNANDES, Salvador Freitas				09	Juventude Atlantico Clube				5:59.39	205	
	50m:	36.67	36.67	150m:	2:05.73	46.03	250m:	3:38.61	46.57	350m:	5:12.83	46.84
	100m:	1:19.70	43.03	200m:	2:52.04	46.31	300m:	4:25.99	47.38	400m:	5:59.39	46.56

Juvenil A - 16 anos

1. JESUS, Vasco Franca	08	Naval do Funchal	4:40.30	434	
50m: 30.73 30.73	150m: 1:41.09 35.79	250m: 2:53.24 35.95	350m: 4:05.51 36.00		
100m: 1:05.30 34.57	200m: 2:17.29 36.20	300m: 3:29.51 36.27	400m: 4:40.30 34.79		
2. FERNANDEZ, Henrique Justino	08	Juventude Atlantico Clube	4:50.90	388	
50m: 32.20 32.20	150m: 1:45.89 37.40	250m: 3:01.00 37.65	350m: 4:15.93 37.29		
100m: 1:08.49 36.29	200m: 2:23.35 37.46	300m: 3:38.64 37.64	400m: 4:50.90 34.97		

Juniores - 17, 18 anos

1. OLIVEIRA, Afonso Miguel	07	Juventude Atlantico Clube	4:20.16	543	
50m: 29.45 29.45	150m: 1:33.75 33.05	250m: 2:41.11 33.86	350m: 3:48.81 33.75		
100m: 1:00.70 31.25	200m: 2:07.25 33.50	300m: 3:15.06 33.95	400m: 4:20.16 31.35		
2. COSTA, Guilherme Corte	07	Desportivo Nacional	4:20.26	542	
50m: 29.25 29.25	150m: 1:33.60 33.08	250m: 2:41.01 33.83	350m: 3:48.61 33.60		
100m: 1:00.52 31.27	200m: 2:07.18 33.58	300m: 3:15.01 34.00	400m: 4:20.26 31.65		

Prova 24, Masc., 400m Livres, Juniores - 17, 18 anos

Lugar	Ano									Tempo final	Pts	
3.	JESUS, David Martins			07			Naval do Funchal			4:35.12	459	
	50m:	29.55	29.55	150m:	1:37.00	34.58	250m:	2:47.87	35.41	350m:	4:00.31	36.30
	100m:	1:02.42	32.87	200m:	2:12.46	35.46	300m:	3:24.01	36.14	400m:	4:35.12	34.81
4.	PENSO, Miguel Reigada			07			Desportivo Sao Roque			4:58.30	360	
	50m:	31.78	31.78	150m:	1:47.47	38.57	250m:	3:04.67	38.41	350m:	4:22.98	39.11
	100m:	1:08.90	37.12	200m:	2:26.26	38.79	300m:	3:43.87	39.20	400m:	4:58.30	35.32
5.	NUNES, Duarte Costa			07			Juventude Atlantico Clube			4:58.41	359	
	50m:	32.23	32.23	150m:	1:47.21	37.79	250m:	3:03.98	38.60	350m:	4:21.75	38.99
	100m:	1:09.42	37.19	200m:	2:25.38	38.17	300m:	3:42.76	38.78	400m:	4:58.41	36.66