

Prova 2 Masc., 400m Livres Absoluto
23/07/2024 - 19:22 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

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
Infantis B, 13 anos			
1. CRO, Rodrigo Antonio	11	Desportivo Sao Roque	5:34.33 255
50m: 35.26 35.26	150m: 1:59.88 43.03	250m: 3:25.44 42.89	350m: 4:51.49 43.52
100m: 1:16.85 41.59	200m: 2:42.55 42.67	300m: 4:07.97 42.53	400m: 5:34.33 42.84
2. NASCIMENTO, Goncalo Damiao	11	Juventude Atlantico	7:53.53 90
50m: 53.48 53.48	150m: 2:57.60 1:02.52	250m: 5:02.55 1:01.25	350m: 6:59.92 56.35
100m: 1:55.08 1:01.60	200m: 4:01.30 1:03.70	300m: 6:03.57 1:01.02	400m: 7:53.53 53.61

Infantis A, 14 anos			
1. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:46.37 407
50m: 30.38 30.38	150m: 1:42.11 36.81	250m: 2:57.26 37.44	350m: 4:12.29 37.49
100m: 1:05.30 34.92	200m: 2:19.82 37.71	300m: 3:34.80 37.54	400m: 4:46.37 34.08
2. VIEIRA, Francisco Rodrigues	10	Naval do Funchal	5:14.53 307
50m: 34.19 34.19	150m: 1:52.51 39.87	250m: 3:13.47 40.72	350m: 4:36.30 41.37
100m: 1:12.64 38.45	200m: 2:32.75 40.24	300m: 3:54.93 41.46	400m: 5:14.53 38.23
3. DUARTE, Nayan Santos	10	Juventude Atlantico	6:02.10 201
50m: 39.00 39.00	150m: 2:09.93 46.73	250m: 3:43.04 46.73	350m: 5:17.81 46.61
100m: 1:23.20 44.20	200m: 2:56.31 46.38	300m: 4:31.20 48.16	400m: 6:02.10 44.29

Juvenis B, 15 anos			
1. SOUSA, Eduardo Afonseca	09	Desportivo Nacional	4:43.29 420
50m: 30.64 30.64	150m: 1:41.13 36.06	250m: 2:54.09 36.76	350m: 4:08.20 37.00
100m: 1:05.07 34.43	200m: 2:17.33 36.20	300m: 3:31.20 37.11	400m: 4:43.29 35.09
2. FERNANDES, Salvador Freitas	09	Juventude Atlantico	5:39.52 244
50m: 35.87 35.87	150m: 2:00.91 43.07	250m: 3:28.82 43.79	350m: 4:58.00 43.98
100m: 1:17.84 41.97	200m: 2:45.03 44.12	300m: 4:14.02 45.20	400m: 5:39.52 41.52

Juvenis A, 16 anos			
1. CASTRO, Marco Antonio	08	Naval do Funchal	4:29.84 486
50m: 28.30 28.30	150m: 1:34.43 34.04	250m: 2:43.81 35.32	350m: 3:55.28 35.73
100m: 1:00.39 32.09	200m: 2:08.49 34.06	300m: 3:19.55 35.74	400m: 4:29.84 34.56

OPEN, 13 anos e mais velhos			
1. CASTRO, Marco Antonio	08	Naval do Funchal	4:29.84 486
50m: 28.30 28.30	150m: 1:34.43 34.04	250m: 2:43.81 35.32	350m: 3:55.28 35.73
100m: 1:00.39 32.09	200m: 2:08.49 34.06	300m: 3:19.55 35.74	400m: 4:29.84 34.56
2. SOUSA, Eduardo Afonseca	09	Desportivo Nacional	4:43.29 420
50m: 30.64 30.64	150m: 1:41.13 36.06	250m: 2:54.09 36.76	350m: 4:08.20 37.00
100m: 1:05.07 34.43	200m: 2:17.33 36.20	300m: 3:31.20 37.11	400m: 4:43.29 35.09
3. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:46.37 407
50m: 30.38 30.38	150m: 1:42.11 36.81	250m: 2:57.26 37.44	350m: 4:12.29 37.49
100m: 1:05.30 34.92	200m: 2:19.82 37.71	300m: 3:34.80 37.54	400m: 4:46.37 34.08

Prova 2, Masc., 400m Livres, OPEN, 13 anos e mais velhos

Lugar	Ano				Tempo final				Pts
4. VIEIRA, Francisco Rodrigues	10				Naval do Funchal				5:14.53 307
50m:	34.19	34.19	150m:	1:52.51	39.87	250m:	3:13.47	40.72	350m: 4:36.30 41.37
100m:	1:12.64	38.45	200m:	2:32.75	40.24	300m:	3:54.93	41.46	400m: 5:14.53 38.23
5. CRO, Rodrigo Antonio	11				Desportivo Sao Roque				5:34.33 255
50m:	35.26	35.26	150m:	1:59.88	43.03	250m:	3:25.44	42.89	350m: 4:51.49 43.52
100m:	1:16.85	41.59	200m:	2:42.55	42.67	300m:	4:07.97	42.53	400m: 5:34.33 42.84
6. FERNANDES, Salvador Freitas	09				Juventude Atlantico				5:39.52 244
50m:	35.87	35.87	150m:	2:00.91	43.07	250m:	3:28.82	43.79	350m: 4:58.00 43.98
100m:	1:17.84	41.97	200m:	2:45.03	44.12	300m:	4:14.02	45.20	400m: 5:39.52 41.52
7. DUARTE, Nayan Santos	10				Juventude Atlantico				6:02.10 201
50m:	39.00	39.00	150m:	2:09.93	46.73	250m:	3:43.04	46.73	350m: 5:17.81 46.61
100m:	1:23.20	44.20	200m:	2:56.31	46.38	300m:	4:31.20	48.16	400m: 6:02.10 44.29
8. NASCIMENTO, Goncalo Damiao	11				Juventude Atlantico				7:53.53 90
50m:	53.48	53.48	150m:	2:57.60	1:02.52	250m:	5:02.55	1:01.25	350m: 6:59.92 56.35
100m:	1:55.08	1:01.60	200m:	4:01.30	1:03.70	300m:	6:03.57	1:01.02	400m: 7:53.53 53.61