

Prova 25 Masc., 400m Livres Absoluto  
18/11/2023 - 9:30 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 2023

Lugar			Ano							Tempo final	Pts	
<b>Infantil B - 13 anos</b>												
1.	ABREU, Pedro Dinis		11		Naval do Funchal					<b>5:30.72</b>	264	
	50m:	36.72	36.72	150m:	2:01.16	42.92	250m:	3:27.40	42.56	350m:	4:52.50	42.19
	100m:	1:18.24	41.52	200m:	2:44.84	43.68	300m:	4:10.31	42.91	400m:	5:30.72	38.22
2.	RODRIGUES, David Oliveira		11		Naval do Funchal					<b>5:31.02</b>	263	
	50m:	37.23	37.23	150m:	2:01.65	42.70	250m:	3:27.85	42.89	350m:	4:53.06	42.36
	100m:	1:18.95	41.72	200m:	2:44.96	43.31	300m:	4:10.70	42.85	400m:	5:31.02	37.96
3.	FERNANDES, Francisco Miguel		11		Desportivo Sao Roque					<b>5:52.50</b>	218	
	50m:	38.57	38.57	150m:	2:07.24	45.52	250m:	3:39.31	46.56	350m:	5:10.22	45.56
	100m:	1:21.72	43.15	200m:	2:52.75	45.51	300m:	4:24.66	45.35	400m:	5:52.50	42.28
4.	VARELA, Alvaro Antonio		11		Ginasio de Porto Santo					<b>5:53.62</b>	216	
	50m:	38.48	38.48	150m:	2:07.68	46.35	250m:	3:41.26	46.49	350m:	5:12.25	44.84
	100m:	1:21.33	42.85	200m:	2:54.77	47.09	300m:	4:27.41	46.15	400m:	5:53.62	41.37
5.	SILVA, Alexandre Antonio		11		Naval do Funchal					<b>5:54.42</b>	214	
	50m:	38.85	38.85	150m:	2:08.48	45.90	250m:	3:41.24	46.48	350m:	5:13.13	45.35
	100m:	1:22.58	43.73	200m:	2:54.76	46.28	300m:	4:27.78	46.54	400m:	5:54.42	41.29
6.	PEREIRA, Duarte Afonso		11		Desportivo Sao Roque					<b>5:55.61</b>	212	
	50m:	38.56	38.56	150m:	2:07.84	45.65	250m:	3:39.82	46.36	350m:	5:11.66	45.81
	100m:	1:22.19	43.63	200m:	2:53.46	45.62	300m:	4:25.85	46.03	400m:	5:55.61	43.95
7.	LUCIO, Lourenco Perestrelo		11		Naval do Funchal					<b>5:57.94</b>	208	
	50m:	39.20	39.20	150m:	2:10.96	46.69	250m:	3:43.27	47.75	350m:	5:16.19	46.96
	100m:	1:24.27	45.07	200m:	2:55.52	44.56	300m:	4:29.23	45.96	400m:	5:57.94	41.75
8.	CRO, Rodrigo Antonio		11		Desportivo Sao Roque					<b>6:14.24</b>	182	
	50m:	39.59	39.59	150m:	2:12.39	46.91	250m:	3:48.36	48.28	350m:	5:25.80	48.51
	100m:	1:25.48	45.89	200m:	3:00.08	47.69	300m:	4:37.29	48.93	400m:	6:14.24	48.44
9.	SILVA, Pedro Fernandes		11		Naval do Funchal					<b>6:14.87</b>	181	
	50m:	40.11	40.11	150m:	2:14.79	48.64	250m:	3:52.47	48.89	350m:	5:30.07	48.35
	100m:	1:26.15	46.04	200m:	3:03.58	48.79	300m:	4:41.72	49.25	400m:	6:14.87	44.80
10.	MARTINS, Eduardo Abreu		11		Desportivo Sao Roque					<b>6:22.18</b>	171	
	50m:	41.06	41.06	150m:	2:17.36	48.83	250m:	3:54.91	48.74	350m:	5:33.44	49.74
	100m:	1:28.53	47.47	200m:	3:06.17	48.81	300m:	4:43.70	48.79	400m:	6:22.18	48.74
11.	RODRIGUES, Rodrigo San		11		Juventude Atlantico					<b>7:08.01</b>	121	
	50m:	44.75	44.75	150m:	2:30.63	53.79	250m:	4:23.40	56.74	350m:	6:15.54	55.28
	100m:	1:36.84	52.09	200m:	3:26.66	56.03	300m:	5:20.26	56.86	400m:	7:08.01	52.47
12.	PINTO, Daniel Rodrigues		11		Juventude Atlantico					<b>7:51.71</b>	91	
	50m:	49.96	49.96	150m:	2:47.96	1:00.80	250m:	4:50.31	1:01.12	350m:	6:53.32	1:01.52
	100m:	1:47.16	57.20	200m:	3:49.19	1:01.23	300m:	5:51.80	1:01.49	400m:	7:51.71	58.39

Prova 25, Masc., 400m Livres

Infantil A - 14 anos

1.	LETRA, Francisco Freitas	10	Naval do Funchal	<b>4:59.08</b>	357
	50m: 31.52 31.52	150m: 1:45.13	37.80	250m: 3:02.68	39.31
	100m: 1:07.33 35.81	200m: 2:23.37	38.24	300m: 3:42.22	39.54
				350m: 4:21.41	39.19
				400m: 4:59.08	37.67
2.	MENDES, Salvador Neves	10	Naval do Funchal	<b>5:12.94</b>	312
	50m: 31.98 31.98	150m: 1:49.69	39.77	250m: 3:09.71	40.35
	100m: 1:09.92 37.94	200m: 2:29.36	39.67	300m: 3:50.02	40.31
				350m: 4:32.50	42.48
				400m: 5:12.94	40.44
3.	GARANITO, Mateus Silva	10	Naval do Funchal	<b>5:17.84</b>	297
	50m: 35.69 35.69	150m: 1:55.54	40.58	250m: 3:18.80	41.71
	100m: 1:14.96 39.27	200m: 2:37.09	41.55	300m: 4:00.06	41.26
				350m: 4:41.26	41.20
				400m: 5:17.84	36.58
4.	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	<b>5:18.34</b>	296
	50m: 33.94 33.94	150m: 1:53.87	41.08	250m: 3:16.80	41.46
	100m: 1:12.79 38.85	200m: 2:35.34	41.47	300m: 3:58.09	41.29
				350m: 4:38.52	40.43
				400m: 5:18.34	39.82
5.	ROCHA, Tomas Pinto	10	Naval do Funchal	<b>5:29.32</b>	267
	50m: 33.24 33.24	150m: 1:53.30	41.40	250m: 3:19.93	43.46
	100m: 1:11.90 38.66	200m: 2:36.47	43.17	300m: 4:04.82	44.89
				350m: 4:48.64	43.82
				400m: 5:29.32	40.68
6.	VIEIRA, Francisco Rodrigues	10	Naval do Funchal	<b>5:39.54</b>	244
	50m: 37.79 37.79	150m: 2:03.05	42.80	250m: 3:30.92	44.18
	100m: 1:20.25 42.46	200m: 2:46.74	43.69	300m: 4:15.31	44.39
				350m: 4:58.66	43.35
				400m: 5:39.54	40.88
7.	MENDONCA, Florival Rodrigo	10	Juventude Atlantico	<b>5:39.97</b>	243
	50m: 36.07 36.07	150m: 2:02.14	43.80	250m: 3:31.12	44.50
	100m: 1:18.34 42.27	200m: 2:46.62	44.48	300m: 4:15.24	44.12
				350m: 4:59.30	44.06
				400m: 5:39.97	40.67
8.	SILVA, Samuel Osio	10	Naval do Funchal	<b>6:40.03</b>	149
	50m: 36.88 36.88	150m: 2:12.98	51.37	250m: 4:00.36	53.93
	100m: 1:21.61 44.73	200m: 3:06.43	53.45	300m: 4:54.99	54.63
				350m: 5:48.60	53.61
				400m: 6:40.03	51.43
9.	OLIVAL, Pedro Ferro	10	Desportivo Sao Roque	<b>6:54.57</b>	134
	50m: 42.88 42.88	150m: 2:29.05	53.04	250m: 4:15.90	53.50
	100m: 1:36.01 53.13	200m: 3:22.40	53.35	300m: 5:09.44	53.54
				350m: 6:03.05	53.61
				400m: 6:54.57	51.52

Juvenil B - 15 anos

1.	MARTINS, Antonio Freitas	09	Desportivo Nacional	<b>4:47.93</b>	400
	50m: 33.14 33.14	150m: 1:46.51	36.89	250m: 2:59.71	36.55
	100m: 1:09.62 36.48	200m: 2:23.16	36.65	300m: 3:37.04	37.33
				350m: 4:13.55	36.51
				400m: 4:47.93	34.38
2.	PESTANA, Pedro Correia	09	Desportivo Nacional	<b>4:51.08</b>	387
	50m: 30.74 30.74	150m: 1:43.56	37.45	250m: 2:59.69	37.69
	100m: 1:06.11 35.37	200m: 2:22.00	38.44	300m: 3:37.56	37.87
				350m: 4:14.91	37.35
				400m: 4:51.08	36.17
3.	CRESPO, Joao Jesus	09	Desportivo Nacional	<b>5:05.27</b>	336
	50m: 32.67 32.67	150m: 1:49.94	38.77	250m: 3:08.27	39.27
	100m: 1:11.17 38.50	200m: 2:29.00	39.06	300m: 3:47.69	39.42
				350m: 4:27.14	39.45
				400m: 5:05.27	38.13
4.	JARDIM, Joao Tomas	09	Desportivo Nacional	<b>5:25.74</b>	276
	50m: 35.54 35.54	150m: 1:57.95	41.92	250m: 3:22.12	42.17
	100m: 1:16.03 40.49	200m: 2:39.95	42.00	300m: 4:04.56	42.44
				350m: 4:46.96	42.40
				400m: 5:25.74	38.78

Juvenil A - 16 anos

1.	CASTRO, Marco Antonio	08	Naval do Funchal	<b>4:25.96</b>	508
	<i>Torneio Zonal Juvenis: Sines, 15 a 17 Dezembro</i>				
	50m: 29.24 29.24	150m: 1:35.89	33.21	250m: 2:43.11	34.09
	100m: 1:02.68 33.44	200m: 2:09.02	33.13	300m: 3:17.72	34.61
				350m: 3:52.48	34.76
				400m: 4:25.96	33.48
2.	JESUS, Vasco Franca	08	Naval do Funchal	<b>4:39.28</b>	438
	50m: 29.94 29.94	150m: 1:39.32	35.29	250m: 2:51.78	36.45
	100m: 1:04.03 34.09	200m: 2:15.33	36.01	300m: 3:27.89	36.11
				350m: 4:04.20	36.31
				400m: 4:39.28	35.08

Prova 25, Masc., 400m Livres, Juvenil A - 16 anos

Lugar			Ano					Tempo final	Pts
3.	FERNANDEZ, Henrique Justino		08	Juventude Atlantico				<b>4:47.89</b>	400
	50m:	31.21 31.21	150m:	1:42.21	36.31	250m:	2:56.92 37.44	350m:	4:11.86 37.47
	100m:	1:05.90 34.69	200m:	2:19.48	37.27	300m:	3:34.39 37.47	400m:	4:47.89 36.03

Juniores - 17, 18 anos

1.	COSTA, Guilherme Corte		07	Desportivo Nacional				<b>4:20.48</b>	541
	50m:	29.37 29.37	150m:	1:33.31	32.33	250m:	2:40.37 33.65	350m:	3:48.44 33.86
	100m:	1:00.98 31.61	200m:	2:06.72	33.41	300m:	3:14.58 34.21	400m:	4:20.48 32.04
2.	PENSO, Miguel Reigada		07	Desportivo Sao Roque				<b>4:52.21</b>	383
	50m:	30.30 30.30	150m:	1:42.15	36.81	250m:	2:58.52 38.46	350m:	4:15.69 38.52
	100m:	1:05.34 35.04	200m:	2:20.06	37.91	300m:	3:37.17 38.65	400m:	4:52.21 36.52

Seniores - 19 e mais velhos

1.	ABREU, Sergio Gomes		96	Naval do Funchal				<b>4:16.35</b>	567
	50m:	27.74 27.74	150m:	1:31.60	32.36	250m:	2:37.32 32.89	350m:	3:44.35 33.87
	100m:	59.24 31.50	200m:	2:04.43	32.83	300m:	3:10.48 33.16	400m:	4:16.35 32.00
2.	FERNANDES, Diogo Henrique		04	Naval do Funchal				<b>4:29.52</b>	488
	50m:	29.16 29.16	150m:	1:32.74	32.77	250m:	2:41.84 35.23	350m:	3:54.36 36.40
	100m:	59.97 30.81	200m:	2:06.61	33.87	300m:	3:17.96 36.12	400m:	4:29.52 35.16