



Prova 14 Masc., 400m Livres Absoluto
16/12/2023 - 9:23 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 / 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 / J nior 1  Ano Mas. Jun17: 4:15.03 /
J nior 2  Ano Mas. Jun18: 4:13.80 / S nior 1  Ano Mas. Sen19: 4:07.64 / S nior 2  Ano Mas. 20 +: 4:06.41

Pontos: FINA 2023

Lugar Ano Tempo final Pts

Infantis B, 13 anos

1. PENSO, Tiago Daniel	11	Desportivo Sao Roque	5:31.99	261
50m: 36.24 36.24	150m: 2:01.62	43.66 250m: 3:29.54	44.22 350m: 4:53.59	42.30
100m: 1:17.96 41.72	200m: 2:45.32	43.70 300m: 4:11.29	41.75 400m: 5:31.99	38.40
2. PEREIRA, Duarte Afonso	11	Desportivo Sao Roque	6:03.81	198
50m: 38.33 38.33	150m: 2:12.66	48.32 250m: 3:47.31	47.21 350m: 5:20.45	46.24
100m: 1:24.34 46.01	200m: 3:00.10	47.44 300m: 4:34.21	46.90 400m: 6:03.81	43.36
3. CRO, Rodrigo Antonio	11	Desportivo Sao Roque	6:04.15	198
50m: 38.18 38.18	150m: 2:13.65	48.59 250m: 3:48.36	47.68 350m: 5:21.35	46.24
100m: 1:25.06 46.88	200m: 3:00.68	47.03 300m: 4:35.11	46.75 400m: 6:04.15	42.80

Infantis A, 14 anos

1. OLIVAL, Matias Nicolau	10	Ludens de Machico	6:18.81	175
50m: 40.19 40.19	150m: 2:12.78	47.58 250m: 3:51.16	49.72 350m: 5:31.59	50.68
100m: 1:25.20 45.01	200m: 3:01.44	48.66 300m: 4:40.91	49.75 400m: 6:18.81	47.22
2. OLIVAL, Pedro Ferro	10	Desportivo Sao Roque	6:48.95	139
50m: 43.60 43.60	150m: 2:26.49	51.87 250m: 4:12.70	53.55 350m: 5:59.33	53.28
100m: 1:34.62 51.02	200m: 3:19.15	52.66 300m: 5:06.05	53.35 400m: 6:48.95	49.62

Juvenis B, 15 anos

1. FERNANDES, Salvador Freitas	09	Juventude Atlantico	6:03.87	198
50m: 38.62 38.62	150m: 2:10.35	47.96 250m: 3:45.35	47.63 350m: 5:18.97	46.92
100m: 1:22.39 43.77	200m: 2:57.72	47.37 300m: 4:32.05	46.70 400m: 6:03.87	44.90

Absolutos, 13 anos e mais velhos

1. PENSO, Miguel Reigada	07	Desportivo Sao Roque	4:44.59	414
50m: 31.71 31.71	150m: 1:43.99	36.52 250m: 2:57.45	36.72 350m: 4:10.24	36.20
100m: 1:07.47 35.76	200m: 2:20.73	36.74 300m: 3:34.04	36.59 400m: 4:44.59	34.35
2. NUNES, Duarte Costa	07	Juventude Atlantico	4:54.58	374
50m: 31.69 31.69	150m: 1:44.45	36.42 250m: 2:59.98	38.11 350m: 4:18.44	39.21
100m: 1:08.03 36.34	200m: 2:21.87	37.42 300m: 3:39.23	39.25 400m: 4:54.58	36.14
3. PENSO, Tiago Daniel	11	Desportivo Sao Roque	5:31.99	261
50m: 36.24 36.24	150m: 2:01.62	43.66 250m: 3:29.54	44.22 350m: 4:53.59	42.30
100m: 1:17.96 41.72	200m: 2:45.32	43.70 300m: 4:11.29	41.75 400m: 5:31.99	38.40
4. PEREIRA, Duarte Afonso	11	Desportivo Sao Roque	6:03.81	198
50m: 38.33 38.33	150m: 2:12.66	48.32 250m: 3:47.31	47.21 350m: 5:20.45	46.24
100m: 1:24.34 46.01	200m: 3:00.10	47.44 300m: 4:34.21	46.90 400m: 6:03.81	43.36
5. FERNANDES, Salvador Freitas	09	Juventude Atlantico	6:03.87	198
50m: 38.62 38.62	150m: 2:10.35	47.96 250m: 3:45.35	47.63 350m: 5:18.97	46.92
100m: 1:22.39 43.77	200m: 2:57.72	47.37 300m: 4:32.05	46.70 400m: 6:03.87	44.90



Prova 14, Masc., 400m Livres, Absolutos, 13 anos e mais velhos

Lugar			Ano						Tempo final	Pts
6.	CRO, Rodrigo Antonio		11		Desportivo Sao Roque				6:04.15	198
	50m:	38.18 38.18	150m:	2:13.65 48.59	250m:	3:48.36 47.68	350m:	5:21.35 46.24		
	100m:	1:25.06 46.88	200m:	3:00.68 47.03	300m:	4:35.11 46.75	400m:	6:04.15 42.80		
7.	OLIVAL, Matias Nicolau		10		Ludens de Machico				6:18.81	175
	50m:	40.19 40.19	150m:	2:12.78 47.58	250m:	3:51.16 49.72	350m:	5:31.59 50.68		
	100m:	1:25.20 45.01	200m:	3:01.44 48.66	300m:	4:40.91 49.75	400m:	6:18.81 47.22		
8.	OLIVAL, Pedro Ferro		10		Desportivo Sao Roque				6:48.95	139
	50m:	43.60 43.60	150m:	2:26.49 51.87	250m:	4:12.70 53.55	350m:	5:59.33 53.28		
	100m:	1:34.62 51.02	200m:	3:19.15 52.66	300m:	5:06.05 53.35	400m:	6:48.95 49.62		