

Prova 1 Masc., 400m Livres  
17/02/2024 - 9:15 Race 1: 400m Freestyle Male Categorias Resultados

Recorde do Mundo	3:40.07	BIEDERMANN, Paul	GER	Rome (ITA)	26/07/2009
Recorde da Europa	3:40.07	BIEDERMANN, Paul	GER	Rome (ITA)	26/07/2009
Recorde de Portugal Open	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recorde de Portugal Sen	3:50.56	LOPES, Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Recorde de Portugal Jun18	3:53.79	LOPES, Jose Paulo	POR	Oeiras	28/07/2018
Recorde de Portugal Jun17	3:57.15	SANTA, Gustavo Manuel	POR	Helsinquia (FIN)	14/07/2010
Recorde de Portugal Juv A	3:59.38	SANTA, Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
Recorde de Portugal Juv B	4:06.22	COSTA, Rui Filipe	POR	Coimbra	29/07/2006
Recorde de Portugal Inf A	4:15.99	OLIVEIRA, Pedro Fontoura	POR	Badajoz (ESP)	11/07/2004
Recorde de Portugal Inf B	4:28.42	OLIVEIRA, Pedro Fontoura	POR	Restelo	26/07/2003
Recorde do Evento	4:14.08	SANTOS, Pedro Miguel	FCP	Funchal	19/02/2022

ZONAL Inf. B Mas. Inf B: 5:14.10 / ZONAL Inf. A Mas. Inf A: 5:03.37 / Infantil B Mas. Inf B: 5:00.89 /  
Infantil A Mas. Inf A: 4:45.84 / Juv. B Mas. Juv B: 4:39.07 / Juv. A Mas. Juv A: 4:32.67 / Júnior 1º Ano Mas. Jun17: 4:24.99 /  
Júnior 2º Ano Mas. Jun18: 4:23.71 / Sénior 1º Ano Mas. Sen19: 4:17.31 / Sénior 2º Ano Mas. 20+: 4:16.03

Pontos: FINA 2023

Plane	Name	Birth	Club	Time	Points	INFO
<b>Infantil B, 13 anos</b>						
1.	SILVA, Alexandre Antonio	11	Naval do Funchal	<b>5:38.23</b>	275	
	50m: 36.23 36.23	150m: 2:02.13	44.27	250m: 3:30.04	43.63	350m: 4:56.98 43.33
	100m: 1:17.86 41.63	200m: 2:46.41	44.28	300m: 4:13.65	43.61	400m: 5:38.23 41.25
2.	ABREU, Pedro Dinis	11	Naval do Funchal	<b>5:41.98</b>	266	
	50m: 35.50 35.50	150m: 2:02.09	43.97	250m: 3:31.74	44.55	350m: 4:59.78 43.80
	100m: 1:18.12 42.62	200m: 2:47.19	45.10	300m: 4:15.98	44.24	400m: 5:41.98 42.20
3.	LUCIO, Lourenco Perestrelo	11	Naval do Funchal	<b>5:48.20</b>	252	
	50m: 38.52 38.52	150m: 2:07.01	45.06	250m: 3:37.87	45.82	350m: 5:07.62 43.82
	100m: 1:21.95 43.43	200m: 2:52.05	45.04	300m: 4:23.80	45.93	400m: 5:48.20 40.58
4.	FERNANDES, Gustavo Rolim	11	Colegio Efanor	<b>5:55.18</b>	237	
	50m: 39.24 39.24	150m: 2:09.34	45.36	250m: 3:41.39	46.18	350m: 5:12.44 44.94
	100m: 1:23.98 44.74	200m: 2:55.21	45.87	300m: 4:27.50	46.11	400m: 5:55.18 42.74
5.	CRO, Rodrigo Antonio	11	Desportivo Sao Roque	<b>6:02.85</b>	223	
	50m: 38.10 38.10	150m: 2:11.02	46.10	250m: 3:44.43	46.55	350m: 5:17.52 46.21
	100m: 1:24.92 46.82	200m: 2:57.88	46.86	300m: 4:31.31	46.88	400m: 6:02.85 45.33
6.	FERNANDES, Francisco Miguel	11	Desportivo Sao Roque	<b>6:03.65</b>	221	
	50m: 39.43 39.43	150m: 2:13.66	48.28	250m: 3:48.54	47.19	350m: 5:20.30 45.13
	100m: 1:25.38 45.95	200m: 3:01.35	47.69	300m: 4:35.17	46.63	400m: 6:03.65 43.35
7.	SILVA, Pedro Fernandes	11	Naval do Funchal	<b>6:13.01</b>	205	
	50m: 40.50 40.50	150m: 2:15.56	48.79	250m: 3:50.71	47.06	350m: 5:27.38 48.54
	100m: 1:26.77 46.27	200m: 3:03.65	48.09	300m: 4:38.84	48.13	400m: 6:13.01 45.63
8.	PEREIRA, Duarte Afonso	11	Desportivo Sao Roque	<b>6:18.98</b>	195	
	50m: 38.87 38.87	150m: 2:16.04	49.55	250m: 3:56.51	50.43	350m: 5:34.47 50.12
	100m: 1:26.49 47.62	200m: 3:06.08	50.04	300m: 4:44.35	47.84	400m: 6:18.98 44.51
9.	MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	<b>6:37.49</b>	169	
	50m: 42.67 42.67	150m: 2:26.22	51.21	250m: 4:09.70	52.35	350m: 5:50.63 49.78
	100m: 1:35.01 52.34	200m: 3:17.35	51.13	300m: 5:00.85	51.15	400m: 6:37.49 46.86

**Infantil A, 14 anos**

1.	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	<b>4:51.99</b>	428	
	<i>TAC Zonal Infantis - 15 a 17 Março</i>					
	50m: 30.87 30.87	150m: 1:46.39	38.87	250m: 3:02.18	37.27	350m: 4:17.46 37.62
	100m: 1:07.52 36.65	200m: 2:24.91	38.52	300m: 3:39.84	37.66	400m: 4:51.99 34.53
2.	MENDES, Salvador Neves	10	Naval do Funchal	<b>5:07.56</b>	366	
	50m: 33.29 33.29	150m: 1:51.45	39.42	250m: 3:10.81	39.56	350m: 4:29.92 39.13
	100m: 1:12.03 38.74	200m: 2:31.25	39.80	300m: 3:50.79	39.98	400m: 5:07.56 37.64

Prova 1, Masc., 400m Livres, Infantil A, 14 anos

Plane	Name	Birth	Club	Time	Points	INFO
3.	GARANITO, Mateus Silva	10	Naval do Funchal	<b>5:14.37</b>	343	
	50m: 35.12 35.12	150m: 1:53.58	40.01	250m: 3:15.14	40.83	350m: 4:36.22 40.78
	100m: 1:13.57 38.45	200m: 2:34.31	40.73	300m: 3:55.44	40.30	400m: 5:14.37 38.15
4.	LETRA, Francisco Freitas	10	Naval do Funchal	<b>5:18.44</b>	330	
	50m: 32.82 32.82	150m: 1:51.04	40.67	250m: 3:14.54	42.27	350m: 4:37.79 42.07
	100m: 1:10.37 37.55	200m: 2:32.27	41.23	300m: 3:55.72	41.18	400m: 5:18.44 40.65
5.	JACINTO, Pedro Freitas	10	Juventude Atlantico	<b>5:26.97</b>	304	
	50m: 37.14 37.14	150m: 2:00.46	42.13	250m: 3:22.69	40.71	350m: 4:46.78 41.40
	100m: 1:18.33 41.19	200m: 2:41.98	41.52	300m: 4:05.38	42.69	400m: 5:26.97 40.19
6.	MENDONCA, Florival Rodrigo	10	Juventude Atlantico	<b>5:40.20</b>	270	
	50m: 37.11 37.11	150m: 2:01.32	42.93	250m: 3:30.04	44.31	350m: 4:58.33 43.08
	100m: 1:18.39 41.28	200m: 2:45.73	44.41	300m: 4:15.25	45.21	400m: 5:40.20 41.87
7.	VIEIRA, Francisco Rodrigues	10	Naval do Funchal	<b>5:49.67</b>	249	
	50m: 36.17 36.17	150m: 2:04.86	45.47	250m: 3:35.98	45.66	350m: 5:07.62 45.53
	100m: 1:19.39 43.22	200m: 2:50.32	45.46	300m: 4:22.09	46.11	400m: 5:49.67 42.05
8.	BOTELHO, Bernardo Daniel	10	Colegio Efanor	<b>6:13.15</b>	205	
	50m: 37.11 37.11	150m: 2:10.59	46.98	250m: 3:47.56	48.24	350m: 5:26.09 49.04
	100m: 1:23.61 46.50	200m: 2:59.32	48.73	300m: 4:37.05	49.49	400m: 6:13.15 47.06
9.	SILVA, Francisco Escorcio	10	Desportivo Nacional	<b>6:45.06</b>	160	
	50m: 44.33 44.33	150m: 2:27.75	52.97	250m: 4:15.74	53.10	350m: 5:57.99 49.97
	100m: 1:34.78 50.45	200m: 3:22.64	54.89	300m: 5:08.02	52.28	400m: 6:45.06 47.07

Juvenil B, 15 anos

1.	KOT, Paulo	09	Portugal	<b>4:26.78</b>	561	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 28.96 28.96	150m: 1:35.93	33.99	250m: 2:45.07	34.65	350m: 3:53.56 34.09
	100m: 1:01.94 32.98	200m: 2:10.42	34.49	300m: 3:19.47	34.40	400m: 4:26.78 33.22
2.	SAMPAIO, Rafael Rui	09	Portugal	<b>4:32.83</b>	524	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 29.70 29.70	150m: 1:38.28	34.25	250m: 2:48.86	35.18	350m: 3:59.73 34.77
	100m: 1:04.03 34.33	200m: 2:13.68	35.40	300m: 3:24.96	36.10	400m: 4:32.83 33.10
3.	MADEIRA, Xavier Rosa	09	Portugal	<b>4:37.80</b>	497	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 30.67 30.67	150m: 1:39.72	34.88	250m: 2:50.13	34.73	350m: 4:02.14 36.04
	100m: 1:04.84 34.17	200m: 2:15.40	35.68	300m: 3:26.10	35.97	400m: 4:37.80 35.66
4.	SILVA, Joao Bernardo	09	Desportivo Nacional	<b>4:41.15</b>	479	
	50m: 31.73 31.73	150m: 1:42.17	35.47	250m: 2:54.36	36.08	350m: 4:06.28 35.64
	100m: 1:06.70 34.97	200m: 2:18.28	36.11	300m: 3:30.64	36.28	400m: 4:41.15 34.87
5.	SHUBIN, Alexandre	09	Desportivo de Campinho	<b>4:45.67</b>	457	
	50m: 31.43 31.43	150m: 1:41.96	35.65	250m: 2:56.00	36.98	350m: 4:09.95 36.77
	100m: 1:06.31 34.88	200m: 2:19.02	37.06	300m: 3:33.18	37.18	400m: 4:45.67 35.72
6.	PESTANA, Pedro Correia	09	Desportivo Nacional	<b>4:56.28</b>	409	
	50m: 31.27 31.27	150m: 1:45.21	38.19	250m: 3:02.14	38.30	350m: 4:18.97 38.16
	100m: 1:07.02 35.75	200m: 2:23.84	38.63	300m: 3:40.81	38.67	400m: 4:56.28 37.31
7.	MARTINS, Antonio Freitas	09	Desportivo Nacional	<b>4:58.70</b>	399	
	50m: 34.89 34.89	150m: 1:50.24	38.00	250m: 3:06.93	38.18	350m: 4:22.78 37.54
	100m: 1:12.24 37.35	200m: 2:28.75	38.51	300m: 3:45.24	38.31	400m: 4:58.70 35.92
8.	NOGUEIRA, Goncalo Aires	09	Colegio Efanor	<b>5:03.41</b>	381	
	50m: 32.29 32.29	150m: 1:48.29	38.50	250m: 3:07.24	38.90	350m: 4:25.36 38.56
	100m: 1:09.79 37.50	200m: 2:28.34	40.05	300m: 3:46.80	39.56	400m: 5:03.41 38.05

Prova 1, Masc., 400m Livres, Juvenil B, 15 anos

Plane	Name	Birth	Club	Time	Points	INFO
9.	JARDIM, Joao Tomas	09	Desportivo Nacional	<b>5:31.82</b>	291	
	50m: 35.77 35.77	150m: 1:59.81	43.30	250m: 3:26.41	42.70	350m: 4:53.63 42.88
	100m: 1:16.51 40.74	200m: 2:43.71	43.90	300m: 4:10.75	44.34	400m: 5:31.82 38.19
10.	SANTOS, Joao Dinis	09	Desportiva de Machico	<b>5:37.32</b>	277	
	50m: 37.60 37.60	150m: 2:02.59	43.34	250m: 3:30.12	43.45	350m: 4:57.45 43.51
	100m: 1:19.25 41.65	200m: 2:46.67	44.08	300m: 4:13.94	43.82	400m: 5:37.32 39.87
11.	VELOZA, Tomas Ramos	09	Desportivo Nacional	<b>5:43.36</b>	263	
	50m: 39.69 39.69	150m: 2:06.93	43.75	250m: 3:34.71	43.40	350m: 5:02.73 43.67
	100m: 1:23.18 43.49	200m: 2:51.31	44.38	300m: 4:19.06	44.35	400m: 5:43.36 40.63
12.	ABREU, Afonso Henrique	09	Naval do Funchal	<b>5:48.58</b>	251	
	50m: 38.26 38.26	150m: 2:05.57	44.80	250m: 3:35.62	45.22	350m: 5:06.14 44.78
	100m: 1:20.77 42.51	200m: 2:50.40	44.83	300m: 4:21.36	45.74	400m: 5:48.58 42.44

Juvenil A, 16 anos

1.	WEIR, Euan	08	Desportivo Nacional	<b>4:27.12</b>	559	
	50m: 30.51 30.51	150m: 1:36.91	33.53	250m: 2:44.56	33.92	350m: 3:53.60 34.50
	100m: 1:03.38 32.87	200m: 2:10.64	33.73	300m: 3:19.10	34.54	400m: 4:27.12 33.52
2.	MIRANDA, Francisco Guilherme	08	Naval do Funchal	<b>4:32.32</b>	527	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 30.61 30.61	150m: 1:38.78	34.23	250m: 2:48.35	34.80	350m: 3:58.17 34.79
	100m: 1:04.55 33.94	200m: 2:13.55	34.77	300m: 3:23.38	35.03	400m: 4:32.32 34.15
3.	CASTRO, Marco Antonio	08	Naval do Funchal	<b>4:35.41</b>	510	
	50m: 30.31 30.31	150m: 1:39.38	35.12	250m: 2:50.65	35.87	350m: 4:01.23 35.40
	100m: 1:04.26 33.95	200m: 2:14.78	35.40	300m: 3:25.83	35.18	400m: 4:35.41 34.18
4.	JESUS, Vasco Franca	08	Naval do Funchal	<b>4:44.76</b>	461	
	50m: 31.57 31.57	150m: 1:42.73	35.95	250m: 2:56.39	36.93	350m: 4:09.56 36.26
	100m: 1:06.78 35.21	200m: 2:19.46	36.73	300m: 3:33.30	36.91	400m: 4:44.76 35.20
5.	FERNANDEZ, Henrique Justino	08	Juventude Atlantico	<b>4:57.01</b>	406	
	50m: 32.01 32.01	150m: 1:45.87	37.48	250m: 3:02.79	38.59	350m: 4:19.86 38.39
	100m: 1:08.39 36.38	200m: 2:24.20	38.33	300m: 3:41.47	38.68	400m: 4:57.01 37.15

Juniores, 17 e 18 anos

1.	LOUREIRO, Bruno Silva	06	FC Porto	<b>4:17.33</b>	625	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 30.14 30.14	150m: 1:35.86	32.83	250m: 2:41.10	32.09	350m: 3:46.12 32.49
	100m: 1:03.03 32.89	200m: 2:09.01	33.15	300m: 3:13.63	32.53	400m: 4:17.33 31.21
2.	CASTRO, Vasco Monteiro	06	FC Porto	<b>4:17.40</b>	624	
	<i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>					
	50m: 30.33 30.33	150m: 1:36.06	32.65	250m: 2:41.50	32.09	350m: 3:46.41 32.42
	100m: 1:03.41 33.08	200m: 2:09.41	33.35	300m: 3:13.99	32.49	400m: 4:17.40 30.99
3.	FERNANDES, Afonso Berimbau	07	Juventude Atlantico	<b>4:46.76</b>	451	
	50m: 31.85 31.85	150m: 1:44.23	37.00	250m: 2:59.02	37.68	350m: 4:12.62 36.15
	100m: 1:07.23 35.38	200m: 2:21.34	37.11	300m: 3:36.47	37.45	400m: 4:46.76 34.14
4.	ALVES, Diogo Basilio	07	Juventude Atlantico	<b>4:59.37</b>	397	
	50m: 32.98 32.98	150m: 1:48.86	38.91	250m: 3:07.05	39.35	350m: 4:24.45 38.53
	100m: 1:09.95 36.97	200m: 2:27.70	38.84	300m: 3:45.92	38.87	400m: 4:59.37 34.92
5.	BERENQUER, Santiago Moura	07	Juventude Atlantico	<b>5:08.94</b>	361	
	50m: 34.10 34.10	150m: 1:50.26	38.61	250m: 3:10.20	40.08	350m: 4:30.03 38.61
	100m: 1:11.65 37.55	200m: 2:30.12	39.86	300m: 3:51.42	41.22	400m: 5:08.94 38.91

Prova 1, Masc., 400m Livres, Juniores, 17 e 18 anos

Plane	Name	Birth	Club	Time	Points	INFO
6.	CARVALHO, Joaquim Eduardo <i>RECORDE NAC. ADAPTADA, S17.</i>	07	Naval do Funchal	<b>5:11.56</b>	352	
	50m: 33.46 33.46 150m: 1:51.16 39.71 250m: 3:11.11 40.58 350m: 4:31.99 40.56 100m: 1:11.45 37.99 200m: 2:30.53 39.37 300m: 3:51.43 40.32 400m: 5:11.56 39.57					
7.	NASCIMENTO, Luis Carlos <i>RECORDE NAC. ADAPTADA, S5.</i>	06	FC Porto	<b>7:30.57</b>	116	
	50m: 51.77 51.77 150m: 2:43.64 56.57 250m: 4:37.87 57.77 350m: 6:34.10 58.92 100m: 1:47.07 55.30 200m: 3:40.10 56.46 300m: 5:35.18 57.31 400m: 7:30.57 56.47					
DNS	COSTA, Guilherme Corte	07	Desportivo Nacional			

Seniores, 19 anos e mais velhos

1.	CARVALHO, Goncalo Renato <i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>	04	FC Porto	<b>4:15.15</b>	641	
	50m: 30.31 30.31 150m: 1:35.33 32.32 250m: 2:39.89 31.85 350m: 3:44.11 32.01 100m: 1:03.01 32.70 200m: 2:08.04 32.71 300m: 3:12.10 32.21 400m: 4:15.15 31.04					
2.	GOUVEIA, Luis Galvao <i>TAC OPEN DE PORTUGAL: 4 a 7 Abril + 12 a 14 Julho</i>	05	Desportivo Nacional	<b>4:15.51</b>	638	
	50m: 29.02 29.02 150m: 1:34.63 32.97 250m: 2:41.32 32.95 350m: 3:47.14 32.49 100m: 1:01.66 32.64 200m: 2:08.37 33.74 300m: 3:14.65 33.33 400m: 4:15.51 28.37					
3.	ABREU, Sergio Gomes	96	Naval do Funchal	<b>4:22.41</b>	589	
	50m: 28.93 28.93 150m: 1:34.10 33.18 250m: 2:41.48 33.62 350m: 3:48.87 33.57 100m: 1:00.92 31.99 200m: 2:07.86 33.76 300m: 3:15.30 33.82 400m: 4:22.41 33.54					
4.	PAIVA, David Silva	04	FC Porto	<b>6:25.59</b>	185	
	50m: 40.94 40.94 150m: 2:15.70 48.29 250m: 3:55.52 50.14 350m: 5:35.75 50.11 100m: 1:27.41 46.47 200m: 3:05.38 49.68 300m: 4:45.64 50.12 400m: 6:25.59 49.84					