

Prova 38 06/07/2025 - 9:23	Masc., 400m Livres				Absolutos
PROVA Nº 38 (1.ª SERIE) + PROVA Nº 39 (1.ª SERIE)					
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	Funchal	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

Infantil B Mas. Inf B: 4:54.87 / Infantil A Mas. Inf A: 4:40.13 / Juv. B Mas. Juv B: 4:25.71 / Juv. A Mas. Juv A: 4:18.48 /
Júnior 1º Ano Mas. Jun17: 4:12.69 / Júnior 2º Ano Mas. Jun18: 4:09.80 / Sénior 1º Ano Mas. Sen19: 4:06.42 /
Sénior 2º Ano Mas. 20+: 4:04.01

Pontos: AQUA 2024

Lugar	Ano		Tempo final				Pts
Infantil B - 13 anos							
1.	BARATA, Bernardo Vieira	12	Juventude Atlantico	5:11.53			316
	50m: 33.48 33.48	150m: 1:52.28	40.19	250m: 3:13.34	41.16	350m: 4:35.20	40.26
	100m: 1:12.09 38.61	200m: 2:32.18	39.90	300m: 3:54.94	41.60	400m: 5:11.53	36.33
Juvenis - 15 e 16 anos							
1.	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:33.24			468
	50m: 29.12 29.12	150m: 1:36.85	34.62	250m: 2:48.02	35.48	350m: 3:59.22	35.81
	100m: 1:02.23 33.11	200m: 2:12.54	35.69	300m: 3:23.41	35.39	400m: 4:33.24	34.02
2.	PESTANA, Pedro Correia	09	Desportivo Nacional	4:44.87			413
	50m: 30.07 30.07	150m: 1:39.20	35.30	250m: 2:52.64	36.98	350m: 4:08.03	38.02
	100m: 1:03.90 33.83	200m: 2:15.66	36.46	300m: 3:30.01	37.37	400m: 4:44.87	36.84
Juniores - 17 e 18 anos							
1.	MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:11.47			601
	<i>TAC NACIONAL Juv Jun e Sen. Coimbra, 24 a 27 Julho</i>						
	50m: 28.39 28.39	150m: 1:31.51	31.80	250m: 2:36.09	32.51	350m: 3:40.98	32.29
	100m: 59.71 31.32	200m: 2:03.58	32.07	300m: 3:08.69	32.60	400m: 4:11.47	30.49
2.	COSTA, Guilherme Corte	07	Desportivo Nacional	4:12.99			590
	50m: 28.82 28.82	150m: 1:31.44	31.68	250m: 2:35.88	32.39	350m: 3:41.01	32.56
	100m: 59.76 30.94	200m: 2:03.49	32.05	300m: 3:08.45	32.57	400m: 4:12.99	31.98
3.	JESUS, Vasco Franca	08	Naval do Funchal	4:24.71			515
	50m: 28.75 28.75	150m: 1:32.85	32.75	250m: 2:41.46	34.36	350m: 3:50.96	34.87
	100m: 1:00.10 31.35	200m: 2:07.10	34.25	300m: 3:16.09	34.63	400m: 4:24.71	33.75
4.	CASTRO, Marco Antonio	08	Naval do Funchal	4:26.37			505
	50m: 28.58 28.58	150m: 1:30.72	31.19	250m: 2:39.27	38.17	350m: 3:51.71	36.20
	100m: 59.53 30.95	200m: 2:01.10	30.38	300m: 3:15.51	36.24	400m: 4:26.37	34.66
5.	PESTANA, Luis Emanuel	07	Desportivo Nacional	4:47.77			401
	50m: 31.38 31.38	150m: 1:45.65	37.25	250m: 3:00.22	37.41	350m: 4:13.64	36.26
	100m: 1:08.40 37.02	200m: 2:22.81	37.16	300m: 3:37.38	37.16	400m: 4:47.77	34.13
Seniores - 19 anos e mais velhos							
1.	ABREU, Sergio Gomes	96	Naval do Funchal	4:11.68			599
	50m: 28.15 28.15	150m: 1:31.27	31.66	250m: 2:36.28	32.44	350m: 3:41.74	32.50
	100m: 59.61 31.46	200m: 2:03.84	32.57	300m: 3:09.24	32.96	400m: 4:11.68	29.94

Prova 38, Masc., 400m Livres

Absolutos - 13 anos e mais velhos

1.	MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:11.47	601
	<i>TAC NACIONAL Juv Jun e Sen. Coimbra, 24 a 27 Julho</i>				
	50m: 28.39	28.39	150m: 1:31.51	31.80	250m: 2:36.09
	100m: 59.71	31.32	200m: 2:03.58	32.07	300m: 3:08.69
					350m: 3:40.98
					400m: 4:11.47
2.	ABREU, Sergio Gomes	96	Naval do Funchal	4:11.68	599
	50m: 28.15	28.15	150m: 1:31.27	31.66	250m: 2:36.28
	100m: 59.61	31.46	200m: 2:03.84	32.57	300m: 3:09.24
					350m: 3:41.74
					400m: 4:11.68
3.	COSTA, Guilherme Corte	07	Desportivo Nacional	4:12.99	590
	50m: 28.82	28.82	150m: 1:31.44	31.68	250m: 2:35.88
	100m: 59.76	30.94	200m: 2:03.49	32.05	300m: 3:08.45
					350m: 3:41.01
					400m: 4:12.99
4.	JESUS, Vasco Franca	08	Naval do Funchal	4:24.71	515
	50m: 28.75	28.75	150m: 1:32.85	32.75	250m: 2:41.46
	100m: 1:00.10	31.35	200m: 2:07.10	34.25	300m: 3:16.09
					350m: 3:50.96
					400m: 4:24.71
5.	CASTRO, Marco Antonio	08	Naval do Funchal	4:26.37	505
	50m: 28.58	28.58	150m: 1:30.72	31.19	250m: 2:39.27
	100m: 59.53	30.95	200m: 2:01.10	30.38	300m: 3:15.51
					350m: 3:51.71
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	50m: 29.12	29.12	150m: 1:36.85	34.62	250m: 2:48.02
	100m: 1:02.23	33.11	200m: 2:12.54	35.69	300m: 3:23.41
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	100m: 1:12.09	38.61	200m: 2:32.18	39.90	300m: 3:54.94
					350m: 4:35.20
					400m: 5:11.53