

Prova 15 Masc., 400m Livres Absolutos
08/03/2025 - 16:45 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
Recorde Nacional Nat. Adaptada	4:55.99	CARVALHO, Joaquim Eduardo	CNF	Alcoçaba	15/02/2025

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: 4:28.12 / Juv. A Mas. Juv A: 4:21.37 / Júnior 1º Ano Mas. Jun17: 4:14.62 /
Júnior 2º Ano Mas. Jun18: 4:12.21 / Sénior 1º Ano Mas. Sen19: 4:07.63 / Sénior 2º Ano Mas. 20 +: 4:05.94

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Infantis B, 13 anos			
1. BARATA, Bernardo Vieira	12 Juventude Atlantico	5:06.97	330
<i>TAC ZONAL - Pinhal Novo, 21 a 23 de março de 2025</i>			
50m: 33.06 33.06	150m: 1:50.55 39.47	250m: 3:10.41 40.35	350m: 4:29.74 39.65
100m: 1:11.08 38.02	200m: 2:30.06 39.51	300m: 3:50.09 39.68	400m: 5:06.97 37.23
2. SOUSA, Joao Pedro	12 Desportivo Nacional	5:10.86	318
50m: 33.96 33.96	150m: 1:52.94 40.00	250m: 3:12.48 39.80	350m: 4:32.13 39.95
100m: 1:12.94 38.98	200m: 2:32.68 39.74	300m: 3:52.18 39.70	400m: 5:10.86 38.73
3. ROMAO, Santiago Maio	12 Juventude Atlantico	5:18.06	297
50m: 34.93 34.93	150m: 1:56.24 41.00	250m: 3:18.54 41.19	350m: 4:41.23 41.19
100m: 1:15.24 40.31	200m: 2:37.35 41.11	300m: 4:00.04 41.50	400m: 5:18.06 36.83
4. GOMES, Gustavo Daniel	12 Desportivo Nacional	5:40.54	242
50m: 37.50 37.50	150m: 2:04.29 43.95	250m: 3:32.40 44.06	350m: 5:00.86 44.08
100m: 1:20.34 42.84	200m: 2:48.34 44.05	300m: 4:16.78 44.38	400m: 5:40.54 39.68

Infantis A, 14 anos

1. FREITAS, Jonas Christian	11 Desportivo Nacional	5:06.39	332
50m: 34.19 34.19	150m: 1:50.92 38.52	250m: 3:09.23 38.94	350m: 4:28.45 39.37
100m: 1:12.40 38.21	200m: 2:30.29 39.37	300m: 3:49.08 39.85	400m: 5:06.39 37.94
2. RODRIGUES, David Oliveira	11 Naval do Funchal	5:16.67	301
50m: 33.93 33.93	150m: 1:53.40 40.34	250m: 3:15.12 40.97	350m: 4:37.54 41.16
100m: 1:13.06 39.13	200m: 2:34.15 40.75	300m: 3:56.38 41.26	400m: 5:16.67 39.13
3. NASCIMENTO, Goncalo Damiao	11 Juventude Atlantico	6:17.95	177
50m: 39.86 39.86	150m: 2:15.11 48.65	250m: 3:53.32 50.01	350m: 5:32.49 49.67
100m: 1:26.46 46.60	200m: 3:03.31 48.20	300m: 4:42.82 49.50	400m: 6:17.95 45.46

Juvenis B, 15 anos

1. RAPOSO, Mateus Medeiros	10 Desportivo Nacional	4:25.52	510
<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>			
50m: 29.57 29.57	150m: 1:36.02 33.33	250m: 2:44.46 33.86	350m: 3:53.07 33.66
100m: 1:02.69 33.12	200m: 2:10.60 34.58	300m: 3:19.41 34.95	400m: 4:25.52 32.45
2. JACINTO, Pedro Freitas	10 Juventude Atlantico	5:20.38	290
50m: 35.21 35.21	150m: 1:56.32 41.18	250m: 3:18.18 40.80	350m: 4:40.97 41.73
100m: 1:15.14 39.93	200m: 2:37.38 41.06	300m: 3:59.24 41.06	400m: 5:20.38 39.41
3. GONCALVES, Tiago Mauricio	10 Desportivo Nacional	5:28.30	270
50m: 36.09 36.09	150m: 2:00.75 42.84	250m: 3:25.85 42.95	350m: 4:50.31 41.81
100m: 1:17.91 41.82	200m: 2:42.90 42.15	300m: 4:08.50 42.65	400m: 5:28.30 37.99
4. FERREIRA, Manuel Maria	10 Naval do Funchal	5:42.35	238
50m: 35.63 35.63	150m: 2:01.48 44.98	250m: 3:30.92 45.27	350m: 5:00.91 44.49
100m: 1:16.50 40.87	200m: 2:45.65 44.17	300m: 4:16.42 45.50	400m: 5:42.35 41.44

Prova 15, Masc., 400m Livres, Juvenis B, 15 anos

Lugar	Nome		Ano	Clube				Tempo final	Pts		
5.	SILVA, Francisco Escorcio		10	Desportivo Nacional				5:45.15	232		
	50m:	38.09 38.09	150m:	2:06.40	45.17	250m:	3:36.16	44.56	350m:	5:04.99	43.34
	100m:	1:21.23 43.14	200m:	2:51.60	45.20	300m:	4:21.65	45.49	400m:	5:45.15	40.16
6.	DELGADO, Joao Correia		10	Naval do Funchal				6:06.00	195		
	50m:	37.26 37.26	150m:	2:08.83	47.28	250m:	3:45.40	48.47	350m:	5:21.72	48.25
	100m:	1:21.55 44.29	200m:	2:56.93	48.10	300m:	4:33.47	48.07	400m:	6:06.00	44.28

Juvenis A, 16 anos

1.	ANDRADE, Salvador Freitas		09	Naval do Funchal				4:19.77	545		
	<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>										
	50m:	27.94 27.94	150m:	1:33.45	33.37	250m:	2:41.30	34.05	350m:	3:48.29	33.25
	100m:	1:00.08 32.14	200m:	2:07.25	33.80	300m:	3:15.04	33.74	400m:	4:19.77	31.48
2.	SOUSA, Eduardo Afonseca		09	Desportivo Nacional				4:42.24	425		
	50m:	31.13 31.13	150m:	1:42.21	36.03	250m:	2:53.91	35.87	350m:	4:06.80	36.52
	100m:	1:06.18 35.05	200m:	2:18.04	35.83	300m:	3:30.28	36.37	400m:	4:42.24	35.44
3.	PESTANA, Pedro Correia		09	Desportivo Nacional				4:47.62	401		
	50m:	30.43 30.43	150m:	1:42.51	37.31	250m:	2:57.57	37.39	350m:	4:12.17	37.55
	100m:	1:05.20 34.77	200m:	2:20.18	37.67	300m:	3:34.62	37.05	400m:	4:47.62	35.45
4.	MARTINS, Antonio Freitas		09	Desportivo Nacional				5:05.96	333		
	50m:	34.49 34.49	150m:	1:52.59	39.47	250m:	3:11.54	39.37	350m:	4:29.80	39.02
	100m:	1:13.12 38.63	200m:	2:32.17	39.58	300m:	3:50.78	39.24	400m:	5:05.96	36.16
5.	ABREU, Afonso Henrique		09	Naval do Funchal				5:15.05	305		
	50m:	34.88 34.88	150m:	1:55.32	41.09	250m:	3:16.84	40.60	350m:	4:37.49	40.24
	100m:	1:14.23 39.35	200m:	2:36.24	40.92	300m:	3:57.25	40.41	400m:	5:15.05	37.56

Juniores, 17 e 18 anos

1.	COSTA, Guilherme Corte		07	Desportivo Nacional				4:08.72	621		
	<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>										
	50m:	28.72 28.72	150m:	1:30.37	30.98	250m:	2:34.42	32.22	350m:	3:38.34	31.63
	100m:	59.39 30.67	200m:	2:02.20	31.83	300m:	3:06.71	32.29	400m:	4:08.72	30.38
2.	JESUS, Vasco Franca		08	Naval do Funchal				4:19.12	549		
	50m:	28.34 28.34	150m:	1:31.73	32.04	250m:	2:37.43	33.20	350m:	3:45.49	34.25
	100m:	59.69 31.35	200m:	2:04.23	32.50	300m:	3:11.24	33.81	400m:	4:19.12	33.63
3.	CASTRO, Marco Antonio		08	Naval do Funchal				4:21.04	537		
	50m:	29.62 29.62	150m:	1:34.99	32.87	250m:	2:41.69	33.41	350m:	3:49.09	33.66
	100m:	1:02.12 32.50	200m:	2:08.28	33.29	300m:	3:15.43	33.74	400m:	4:21.04	31.95
4.	PESTANA, Luis Emanuel		07	Desportivo Nacional				4:51.47	386		
	50m:	31.91 31.91	150m:	1:45.03	37.10	250m:	2:59.67	37.30	350m:	4:14.67	37.52
	100m:	1:07.93 36.02	200m:	2:22.37	37.34	300m:	3:37.15	37.48	400m:	4:51.47	36.80
5.	CARVALHO, Joaquim Eduardo		07	Naval do Funchal				4:55.32	371		
	<i>RECORDE NACIONAL NAT. ADAPTADA, S17</i>										
	50m:	32.37 32.37	150m:	1:45.29	37.04	250m:	3:01.06	38.08	350m:	4:17.99	38.64
	100m:	1:08.25 35.88	200m:	2:22.98	37.69	300m:	3:39.35	38.29	400m:	4:55.32	37.33

Seniores, 19 e mais velhos

1.	ABREU, Sergio Gomes		96	Naval do Funchal				4:08.46	623		
	50m:	28.24 28.24	150m:	1:29.55	30.91	250m:	2:33.56	32.43	350m:	3:37.88	32.17
	100m:	58.64 30.40	200m:	2:01.13	31.58	300m:	3:05.71	32.15	400m:	4:08.46	30.58
2.	GOUVEIA, Luis Galvao		05	Desportivo Nacional				4:20.65	539		
	50m:	29.14 29.14	150m:	1:33.50	32.84	250m:	2:40.63	33.65	350m:	3:48.64	33.81
	100m:	1:00.66 31.52	200m:	2:06.98	33.48	300m:	3:14.83	34.20	400m:	4:20.65	32.01

Prova 15, Masc., 400m Livres

Absolutos, 13 anos e mais velhos

1.	ABREU, Sergio Gomes	96	Naval do Funchal	4:08.46	623
	50m: 28.24 28.24	150m: 1:29.55	30.91	250m: 2:33.56	32.43
	100m: 58.64 30.40	200m: 2:01.13	31.58	300m: 3:05.71	32.15
				350m: 3:37.88	32.17
				400m: 4:08.46	30.58
2.	COSTA, Guilherme Corte	07	Desportivo Nacional	4:08.72	621
	<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>				
	50m: 28.72 28.72	150m: 1:30.37	30.98	250m: 2:34.42	32.22
	100m: 59.39 30.67	200m: 2:02.20	31.83	300m: 3:06.71	32.29
				350m: 3:38.34	31.63
				400m: 4:08.72	30.38
3.	JESUS, Vasco Franca	08	Naval do Funchal	4:19.12	549
	50m: 28.34 28.34	150m: 1:31.73	32.04	250m: 2:37.43	33.20
	100m: 59.69 31.35	200m: 2:04.23	32.50	300m: 3:11.24	33.81
				350m: 3:45.49	34.25
				400m: 4:19.12	33.63
4.	ANDRADE, Salvador Freitas	09	Naval do Funchal	4:19.77	545
	<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>				
	50m: 27.94 27.94	150m: 1:33.45	33.37	250m: 2:41.30	34.05
	100m: 1:00.08 32.14	200m: 2:07.25	33.80	300m: 3:15.04	33.74
				350m: 3:48.29	33.25
				400m: 4:19.77	31.48
5.	GOUVEIA, Luis Galvao	05	Desportivo Nacional	4:20.65	539
	50m: 29.14 29.14	150m: 1:33.50	32.84	250m: 2:40.63	33.65
	100m: 1:00.66 31.52	200m: 2:06.98	33.48	300m: 3:14.83	34.20
				350m: 3:48.64	33.81
				400m: 4:20.65	32.01
6.	CASTRO, Marco Antonio	08	Naval do Funchal	4:21.04	537
	50m: 29.62 29.62	150m: 1:34.99	32.87	250m: 2:41.69	33.41
	100m: 1:02.12 32.50	200m: 2:08.28	33.29	300m: 3:15.43	33.74
				350m: 3:49.09	33.66
				400m: 4:21.04	31.95
7.	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:25.52	510
	<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>				
	50m: 29.57 29.57	150m: 1:36.02	33.33	250m: 2:44.46	33.86
	100m: 1:02.69 33.12	200m: 2:10.60	34.58	300m: 3:19.41	34.95
				350m: 3:53.07	33.66
				400m: 4:25.52	32.45
8.	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	4:42.24	425
	50m: 31.13 31.13	150m: 1:42.21	36.03	250m: 2:53.91	35.87
	100m: 1:06.18 35.05	200m: 2:18.04	35.83	300m: 3:30.28	36.37
				350m: 4:06.80	36.52
				400m: 4:42.24	35.44
9.	PESTANA, Pedro Correia	09	Desportivo Nacional	4:47.62	401
	50m: 30.43 30.43	150m: 1:42.51	37.31	250m: 2:57.57	37.39
	100m: 1:05.20 34.77	200m: 2:20.18	37.67	300m: 3:34.62	37.05
				350m: 4:12.17	37.55
				400m: 4:47.62	35.45
10.	PESTANA, Luis Emanuel	07	Desportivo Nacional	4:51.47	386
	50m: 31.91 31.91	150m: 1:45.03	37.10	250m: 2:59.67	37.30
	100m: 1:07.93 36.02	200m: 2:22.37	37.34	300m: 3:37.15	37.48
				350m: 4:14.67	37.52
				400m: 4:51.47	36.80
11.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	4:55.32	371
	<i>RECORDE NACIONAL NAT. ADAPTADA, S17</i>				
	50m: 32.37 32.37	150m: 1:45.29	37.04	250m: 3:01.06	38.08
	100m: 1:08.25 35.88	200m: 2:22.98	37.69	300m: 3:39.35	38.29
				350m: 4:17.99	38.64
				400m: 4:55.32	37.33
12.	MARTINS, Antonio Freitas	09	Desportivo Nacional	5:05.96	333
	50m: 34.49 34.49	150m: 1:52.59	39.47	250m: 3:11.54	39.37
	100m: 1:13.12 38.63	200m: 2:32.17	39.58	300m: 3:50.78	39.24
				350m: 4:29.80	39.02
				400m: 5:05.96	36.16
13.	FREITAS, Jonas Christian	11	Desportivo Nacional	5:06.39	332
	50m: 34.19 34.19	150m: 1:50.92	38.52	250m: 3:09.23	38.94
	100m: 1:12.40 38.21	200m: 2:30.29	39.37	300m: 3:49.08	39.85
				350m: 4:28.45	39.37
				400m: 5:06.39	37.94
14.	BARATA, Bernardo Vieira	12	Juventude Atlantico	5:06.97	330
	<i>TAC ZONAL - Pinhal Novo, 21 a 23 de março de 2025</i>				
	50m: 33.06 33.06	150m: 1:50.55	39.47	250m: 3:10.41	40.35
	100m: 1:11.08 38.02	200m: 2:30.06	39.51	300m: 3:50.09	39.68
				350m: 4:29.74	39.65
				400m: 5:06.97	37.23
15.	SOUSA, Joao Pedro	12	Desportivo Nacional	5:10.86	318
	50m: 33.96 33.96	150m: 1:52.94	40.00	250m: 3:12.48	39.80
	100m: 1:12.94 38.98	200m: 2:32.68	39.74	300m: 3:52.18	39.70
				350m: 4:32.13	39.95
				400m: 5:10.86	38.73

Prova 15, Masc., 400m Livres, Absolutos, 13 anos e mais velhos

Lugar			Ano					Tempo final	Pts		
16.	ABREU, Afonso Henrique		09	Naval do Funchal				5:15.05	305		
	50m:	34.88 34.88	150m:	1:55.32	41.09	250m:	3:16.84	40.60	350m:	4:37.49	40.24
	100m:	1:14.23 39.35	200m:	2:36.24	40.92	300m:	3:57.25	40.41	400m:	5:15.05	37.56
17.	RODRIGUES, David Oliveira		11	Naval do Funchal				5:16.67	301		
	50m:	33.93 33.93	150m:	1:53.40	40.34	250m:	3:15.12	40.97	350m:	4:37.54	41.16
	100m:	1:13.06 39.13	200m:	2:34.15	40.75	300m:	3:56.38	41.26	400m:	5:16.67	39.13
18.	ROMAO, Santiago Maio		12	Juventude Atlantico				5:18.06	297		
	50m:	34.93 34.93	150m:	1:56.24	41.00	250m:	3:18.54	41.19	350m:	4:41.23	41.19
	100m:	1:15.24 40.31	200m:	2:37.35	41.11	300m:	4:00.04	41.50	400m:	5:18.06	36.83
19.	JACINTO, Pedro Freitas		10	Juventude Atlantico				5:20.38	290		
	50m:	35.21 35.21	150m:	1:56.32	41.18	250m:	3:18.18	40.80	350m:	4:40.97	41.73
	100m:	1:15.14 39.93	200m:	2:37.38	41.06	300m:	3:59.24	41.06	400m:	5:20.38	39.41
20.	GONCALVES, Tiago Mauricio		10	Desportivo Nacional				5:28.30	270		
	50m:	36.09 36.09	150m:	2:00.75	42.84	250m:	3:25.85	42.95	350m:	4:50.31	41.81
	100m:	1:17.91 41.82	200m:	2:42.90	42.15	300m:	4:08.50	42.65	400m:	5:28.30	37.99
21.	GOMES, Gustavo Daniel		12	Desportivo Nacional				5:40.54	242		
	50m:	37.50 37.50	150m:	2:04.29	43.95	250m:	3:32.40	44.06	350m:	5:00.86	44.08
	100m:	1:20.34 42.84	200m:	2:48.34	44.05	300m:	4:16.78	44.38	400m:	5:40.54	39.68
22.	FERREIRA, Manuel Maria		10	Naval do Funchal				5:42.35	238		
	50m:	35.63 35.63	150m:	2:01.48	44.98	250m:	3:30.92	45.27	350m:	5:00.91	44.49
	100m:	1:16.50 40.87	200m:	2:45.65	44.17	300m:	4:16.42	45.50	400m:	5:42.35	41.44
23.	SILVA, Francisco Escorcio		10	Desportivo Nacional				5:45.15	232		
	50m:	38.09 38.09	150m:	2:06.40	45.17	250m:	3:36.16	44.56	350m:	5:04.99	43.34
	100m:	1:21.23 43.14	200m:	2:51.60	45.20	300m:	4:21.65	45.49	400m:	5:45.15	40.16
24.	DELGADO, Joao Correia		10	Naval do Funchal				6:06.00	195		
	50m:	37.26 37.26	150m:	2:08.83	47.28	250m:	3:45.40	48.47	350m:	5:21.72	48.25
	100m:	1:21.55 44.29	200m:	2:56.93	48.10	300m:	4:33.47	48.07	400m:	6:06.00	44.28
25.	NASCIMENTO, Goncalo Damiao		11	Juventude Atlantico				6:17.95	177		
	50m:	39.86 39.86	150m:	2:15.11	48.65	250m:	3:53.32	50.01	350m:	5:32.49	49.67
	100m:	1:26.46 46.60	200m:	3:03.31	48.20	300m:	4:42.82	49.50	400m:	6:17.95	45.46