

Prova 2 Masc., 400m Livres Absolutos
21/03/2025 - 19:39 Resultados

Recorde Regional Open	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Sen	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Jun18	4:07.78	GOUVEIA, Pedro Galvao	CDN	Coimbra	02/04/2017
Recorde Regional Jun17	4:07.82	FRANCO, Paulo Fragueiro	CDN	Famalicao	06/08/1999
Recorde Regional Juv A	4:14.87	FRANCO, Paulo Fragueiro	CDN	Jamor	31/07/1998
Recorde Regional Juv B	4:17.97	FREITAS, Tomas Miguel	CDN	Coimbra	23/07/2005
Recorde Regional Inf A	4:25.14	ALMEIDA, Carlos Alexandre	CDN	Restelo	26/07/2003
Recorde Regional Inf B	4:37.33	FRANCO, Paulo Fragueiro	CDN	Olivais	28/07/1995

Infantil B Mas. Inf B: 5:00.89 / Infantil A Mas. Inf A: 4:45.84 / Juv. B Mas. Juv B: 4:38.00 / Juv. A Mas. Juv A: 4:31.00 /
Júnior 1º Ano Mas. Jun17: 4:24.00 / Júnior 2º Ano Mas. Jun18: 4:21.50 / Sénior 1º Ano Mas. Sen19: 4:16.75 /
Sénior 2º Ano Mas. 20+: 4:15.00

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Infantil A - 14 anos

1. SILVA, Pedro Fernandes	11	Naval do Funchal	5:27.30	303	
50m: 36.13 36.13	150m: 1:58.44	41.85 250m: 3:22.81	42.80	350m: 4:48.44	42.43
100m: 1:16.59 40.46	200m: 2:40.01	41.57 300m: 4:06.01	43.20	400m: 5:27.30	38.86
2. NASCIMENTO, Goncalo Damiao	11	Juventude Atlantico	6:08.41	213	
50m: 37.69 37.69	150m: 2:13.84	48.84 250m: 3:50.26	47.50	350m: 5:24.65	45.73
100m: 1:25.00 47.31	200m: 3:02.76	48.92 300m: 4:38.92	48.66	400m: 6:08.41	43.76

Juvenil B - 15 anos

1. LETRA, Francisco Freitas	10	Naval do Funchal	4:55.11	414	
50m: 31.83 31.83	150m: 1:44.00	36.88 250m: 2:59.81	38.19	350m: 4:17.47	38.67
100m: 1:07.12 35.29	200m: 2:21.62	37.62 300m: 3:38.80	38.99	400m: 4:55.11	37.64
2. DUARTE, Nayan Santos	10	Desportiva Galomar	5:53.88	240	
50m: 36.30 36.30	150m: 2:03.30	44.81 250m: 3:36.24	46.73	350m: 5:10.46	46.75
100m: 1:18.49 42.19	200m: 2:49.51	46.21 300m: 4:23.71	47.47	400m: 5:53.88	43.42

Juvenil A - 16 anos

1. SILVA, Joao Bernardo	09	Desportivo Nacional	4:34.45	515	
50m: 29.39 29.39	150m: 1:37.17	34.35 250m: 2:47.96	35.66	350m: 3:59.54	35.62
100m: 1:02.82 33.43	200m: 2:12.30	35.13 300m: 3:23.92	35.96	400m: 4:34.45	34.91
2. PESTANA, Pedro Correia	09	Desportivo Nacional	4:44.29	463	
50m: 30.08 30.08	150m: 1:39.04	35.48 250m: 2:53.54	37.65	350m: 4:08.63	37.36
100m: 1:03.56 33.48	200m: 2:15.89	36.85 300m: 3:31.27	37.73	400m: 4:44.29	35.66
3. ABREU, Afonso Henrique	09	Naval do Funchal	5:11.06	354	
50m: 32.45 32.45	150m: 1:48.73	39.09 250m: 3:08.97	40.46	350m: 4:31.17	41.13
100m: 1:09.64 37.19	200m: 2:28.51	39.78 300m: 3:50.04	41.07	400m: 5:11.06	39.89

Juniores - 17 e 18 anos

1. JESUS, Vasco Franca	08	Naval do Funchal	4:22.82	587	
<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>					
50m: 29.84 29.84	150m: 1:36.43	33.45 250m: 2:44.19	33.91	350m: 3:51.87	33.47
100m: 1:02.98 33.14	200m: 2:10.28	33.85 300m: 3:18.40	34.21	400m: 4:22.82	30.95
2. COSTA, Guilherme Corte	07	Desportivo Nacional	4:23.31	583	
50m: 29.50 29.50	150m: 1:35.14	33.30 250m: 2:43.25	34.21	350m: 3:51.28	33.23
100m: 1:01.84 32.34	200m: 2:09.04	33.90 300m: 3:18.05	34.80	400m: 4:23.31	32.03
3. MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:23.36	583	
<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>					
50m: 30.32 30.32	150m: 1:36.52	33.41 250m: 2:43.90	33.50	350m: 3:51.13	33.65
100m: 1:03.11 32.79	200m: 2:10.40	33.88 300m: 3:17.48	33.58	400m: 4:23.36	32.23

Prova 2, Masc., 400m Livres, Juniores - 17 e 18 anos

Lugar	Nome		Ano	Clube	Tempo final				Pts
4.	ALMEIDA, Joao Francisco		07	Naval do Funchal	4:29.33				545
	50m:	29.27 29.27	150m:	1:36.07 33.94	250m:	2:45.27 34.57	350m:	3:55.15 35.21	
	100m:	1:02.13 32.86	200m:	2:10.70 34.63	300m:	3:19.94 34.67	400m:	4:29.33 34.18	
5.	CASTRO, Marco Antonio		08	Naval do Funchal	4:32.20				528
	50m:	29.30 29.30	150m:	1:36.26 34.04	250m:	2:45.61 35.01	350m:	3:57.23 35.94	
	100m:	1:02.22 32.92	200m:	2:10.60 34.34	300m:	3:21.29 35.68	400m:	4:32.20 34.97	

Absolutos - 15 anos e mais velhos

1.	JESUS, Vasco Franca		08	Naval do Funchal	4:22.82				587
	<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>								
	50m:	29.84 29.84	150m:	1:36.43 33.45	250m:	2:44.19 33.91	350m:	3:51.87 33.47	
	100m:	1:02.98 33.14	200m:	2:10.28 33.85	300m:	3:18.40 34.21	400m:	4:22.82 30.95	
2.	COSTA, Guilherme Corte		07	Desportivo Nacional	4:23.31				583
	50m:	29.50 29.50	150m:	1:35.14 33.30	250m:	2:43.25 34.21	350m:	3:51.28 33.23	
	100m:	1:01.84 32.34	200m:	2:09.04 33.90	300m:	3:18.05 34.80	400m:	4:23.31 32.03	
3.	MIRANDA, Francisco Guilherme		08	Naval do Funchal	4:23.36				583
	<i>TAC NACIONAL - Jamor, 3 a 6 de abril de 2025</i>								
	50m:	30.32 30.32	150m:	1:36.52 33.41	250m:	2:43.90 33.50	350m:	3:51.13 33.65	
	100m:	1:03.11 32.79	200m:	2:10.40 33.88	300m:	3:17.48 33.58	400m:	4:23.36 32.23	
4.	ALMEIDA, Joao Francisco		07	Naval do Funchal	4:29.33				545
	50m:	29.27 29.27	150m:	1:36.07 33.94	250m:	2:45.27 34.57	350m:	3:55.15 35.21	
	100m:	1:02.13 32.86	200m:	2:10.70 34.63	300m:	3:19.94 34.67	400m:	4:29.33 34.18	
5.	CASTRO, Marco Antonio		08	Naval do Funchal	4:32.20				528
	50m:	29.30 29.30	150m:	1:36.26 34.04	250m:	2:45.61 35.01	350m:	3:57.23 35.94	
	100m:	1:02.22 32.92	200m:	2:10.60 34.34	300m:	3:21.29 35.68	400m:	4:32.20 34.97	
6.	SILVA, Joao Bernardo		09	Desportivo Nacional	4:34.45				515
	50m:	29.39 29.39	150m:	1:37.17 34.35	250m:	2:47.96 35.66	350m:	3:59.54 35.62	
	100m:	1:02.82 33.43	200m:	2:12.30 35.13	300m:	3:23.92 35.96	400m:	4:34.45 34.91	
7.	PESTANA, Pedro Correia		09	Desportivo Nacional	4:44.29				463
	50m:	30.08 30.08	150m:	1:39.04 35.48	250m:	2:53.54 37.65	350m:	4:08.63 37.36	
	100m:	1:03.56 33.48	200m:	2:15.89 36.85	300m:	3:31.27 37.73	400m:	4:44.29 35.66	
8.	LETRA, Francisco Freitas		10	Naval do Funchal	4:55.11				414
	50m:	31.83 31.83	150m:	1:44.00 36.88	250m:	2:59.81 38.19	350m:	4:17.47 38.67	
	100m:	1:07.12 35.29	200m:	2:21.62 37.62	300m:	3:38.80 38.99	400m:	4:55.11 37.64	
9.	ABREU, Afonso Henrique		09	Naval do Funchal	5:11.06				354
	50m:	32.45 32.45	150m:	1:48.73 39.09	250m:	3:08.97 40.46	350m:	4:31.17 41.13	
	100m:	1:09.64 37.19	200m:	2:28.51 39.78	300m:	3:50.04 41.07	400m:	5:11.06 39.89	
10.	DUARTE, Nayan Santos		10	Desportiva Galomar	5:53.88				240
	50m:	36.30 36.30	150m:	2:03.30 44.81	250m:	3:36.24 46.73	350m:	5:10.46 46.75	
	100m:	1:18.49 42.19	200m:	2:49.51 46.21	300m:	4:23.71 47.47	400m:	5:53.88 43.42	