

Prova 25 Masc., 400m Livres Absolutos
23/11/2024 - 16:28 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 / ZONAL Juv. B Mas. Juv B: 4:38.98 /
ZONAL Juv. A Mas. Juv A: 4:33.44 / 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 / Júnior 1º Ano Mas. Jun17: 4:15.03 / Júnior 2º Ano Mas. Jun18: 4:13.80 /
Sénior 1º Ano Mas. Sen19: 4:07.64 / Sénior 2º Ano Mas. 20+: 4:06.41

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Infantil B - 13 anos			
1. BARATA, Bernardo Vieira	12	Juventude Atlantico	5:12.05 314
50m: 35.60 35.60	150m: 1:55.02 40.01	250m: 3:16.14 40.80	350m: 4:35.76 39.76
100m: 1:15.01 39.41	200m: 2:35.34 40.32	300m: 3:56.00 39.86	400m: 5:12.05 36.29
2. SOUSA, Joao Pedro	12	Desportivo Nacional	5:19.32 293
50m: 35.11 35.11	150m: 1:56.78 41.39	250m: 3:19.61 40.37	350m: 4:42.11 40.95
100m: 1:15.39 40.28	200m: 2:39.24 42.46	300m: 4:01.16 41.55	400m: 5:19.32 37.21
3. ROMAO, Santiago Maio	12	Juventude Atlantico	5:22.01 286
50m: 35.87 35.87	150m: 1:57.40 41.42	250m: 3:20.24 41.77	350m: 4:42.60 41.19
100m: 1:15.98 40.11	200m: 2:38.47 41.07	300m: 4:01.41 41.17	400m: 5:22.01 39.41
4. FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	6:03.85 198
50m: 41.47 41.47	150m: 2:12.49 45.72	250m: 3:45.32 46.60	350m: 5:18.44 46.41
100m: 1:26.77 45.30	200m: 2:58.72 46.23	300m: 4:32.03 46.71	400m: 6:03.85 45.41

Infantil A - 14 anos

1. LUCIO, Lourenco Perestrelo	11	Naval do Funchal	5:05.93 333
50m: 34.15 34.15	150m: 1:52.42 39.63	250m: 3:10.83 38.83	350m: 4:29.47 39.20
100m: 1:12.79 38.64	200m: 2:32.00 39.58	300m: 3:50.27 39.44	400m: 5:05.93 36.46
2. SILVA, Alexandre Antonio	11	Naval do Funchal	5:06.76 331
50m: 34.87 34.87	150m: 1:53.91 39.54	250m: 3:12.91 39.51	350m: 4:30.07 38.02
100m: 1:14.37 39.50	200m: 2:33.40 39.49	300m: 3:52.05 39.14	400m: 5:06.76 36.69
3. FREITAS, Jonas Christian	11	Desportivo Nacional	5:08.33 326
50m: 34.79 34.79	150m: 1:51.97 38.95	250m: 3:11.10 39.66	350m: 4:30.67 39.17
100m: 1:13.02 38.23	200m: 2:31.44 39.47	300m: 3:51.50 40.40	400m: 5:08.33 37.66
4. ABREU, Pedro Dinis	11	Naval do Funchal	5:14.85 306
50m: 33.69 33.69	150m: 1:51.93 39.78	250m: 3:12.90 40.87	350m: 4:34.98 40.79
100m: 1:12.15 38.46	200m: 2:32.03 40.10	300m: 3:54.19 41.29	400m: 5:14.85 39.87
5. CRO, Rodrigo Antonio	11	Desportivo Sao Roque	5:44.53 233
50m: 36.43 36.43	150m: 2:02.61 44.35	250m: 3:31.22 44.18	350m: 5:01.76 45.42
100m: 1:18.26 41.83	200m: 2:47.04 44.43	300m: 4:16.34 45.12	400m: 5:44.53 42.77
6. MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	5:55.53 212
50m: 38.13 38.13	150m: 2:08.01 45.11	250m: 3:39.04 45.93	350m: 5:11.56 46.82
100m: 1:22.90 44.77	200m: 2:53.11 45.10	300m: 4:24.74 45.70	400m: 5:55.53 43.97
7. NASCIMENTO, Goncalo Damiao	11	Juventude Atlantico	6:29.43 161
50m: 42.82 42.82	150m: 2:24.36 51.64	250m: 4:06.69 51.11	350m: 5:44.48 46.95
100m: 1:32.72 49.90	200m: 3:15.58 51.22	300m: 4:57.53 50.84	400m: 6:29.43 44.95

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Juvenil B - 15 anos

1.	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:36.51	452
<i>TAC ZONAL JUVENIS - Abrantes, 6-8 Dezembro 2024</i>					
	50m: 30.44	30.44	150m: 1:40.54	36.09	250m: 2:53.45
	100m: 1:04.45	34.01	200m: 2:16.99	36.45	300m: 3:29.24
				350m: 4:04.42	35.18
				400m: 4:36.51	32.09
2.	LETRA, Francisco Freitas	10	Naval do Funchal	4:48.02	400
	50m: 32.68	32.68	150m: 1:45.60	36.54	250m: 2:58.49
	100m: 1:09.06	36.38	200m: 2:22.01	36.41	300m: 3:35.12
				350m: 4:11.98	36.86
				400m: 4:48.02	36.04
3.	FERREIRA, Manuel Maria	10	Naval do Funchal	5:48.15	226
	50m: 36.38	36.38	150m: 2:03.93	44.64	250m: 3:33.82
	100m: 1:19.29	42.91	200m: 2:48.83	44.90	300m: 4:19.09
				350m: 5:03.35	44.26
				400m: 5:48.15	44.80
4.	GONCALVES, Tiago Mauricio	10	Desportivo Nacional	5:48.94	225
	50m: 38.04	38.04	150m: 2:06.26	44.98	250m: 3:36.01
	100m: 1:21.28	43.24	200m: 2:51.12	44.86	300m: 4:21.14
				350m: 5:05.57	44.43
				400m: 5:48.94	43.37
5.	CARVALHO, Gustavo Jose	10	Desportiva de Machico	5:50.70	221
	50m: 38.51	38.51	150m: 2:06.27	45.05	250m: 3:37.21
	100m: 1:21.22	42.71	200m: 2:51.32	45.05	300m: 4:22.50
				350m: 5:07.64	45.14
				400m: 5:50.70	43.06
6.	DUARTE, Nayan Santos	10	Juventude Atlantico	5:56.03	211
	50m: 38.61	38.61	150m: 2:10.23	47.06	250m: 3:41.93
	100m: 1:23.17	44.56	200m: 2:55.27	45.04	300m: 4:28.47
				350m: 5:13.60	45.13
				400m: 5:56.03	42.43
7.	SILVA, Francisco Escorcio	10	Desportivo Nacional	5:57.55	209
	50m: 40.82	40.82	150m: 2:13.94	46.98	250m: 3:47.32
	100m: 1:26.96	46.14	200m: 3:02.24	48.30	300m: 4:30.36
				350m: 5:15.32	44.96
				400m: 5:57.55	42.23

Juvenil A - 16 anos

1.	SILVA, Joao Bernardo	09	Desportivo Nacional	4:31.83	476
<i>TAC ZONAL JUVENIS - Abrantes, 6-8 Dezembro 2024</i>					
	50m: 28.75	28.75	150m: 1:34.74	33.77	250m: 2:45.02
	100m: 1:00.97	32.22	200m: 2:09.44	34.70	300m: 3:20.67
				350m: 3:56.75	36.08
				400m: 4:31.83	35.08
2.	PESTANA, Pedro Correia	09	Desportivo Nacional	4:42.54	423
	50m: 30.91	30.91	150m: 1:40.10	34.85	250m: 2:52.45
	100m: 1:05.25	34.34	200m: 2:16.14	36.04	300m: 3:29.91
				350m: 4:06.42	36.51
				400m: 4:42.54	36.12
3.	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	4:44.78	414
	50m: 31.75	31.75	150m: 1:43.88	36.35	250m: 2:56.68
	100m: 1:07.53	35.78	200m: 2:20.29	36.41	300m: 3:33.60
				350m: 4:09.75	36.15
				400m: 4:44.78	35.03
4.	MARTINS, Antonio Freitas	09	Desportivo Nacional	4:50.00	392
	50m: 32.72	32.72	150m: 1:46.63	37.36	250m: 3:01.09
	100m: 1:09.27	36.55	200m: 2:23.81	37.18	300m: 3:38.10
				350m: 4:15.16	37.06
				400m: 4:50.00	34.84
5.	ABREU, Afonso Henrique	09	Naval do Funchal	5:12.43	313
	50m: 35.49	35.49	150m: 1:54.84	40.15	250m: 3:15.27
	100m: 1:14.69	39.20	200m: 2:34.86	40.02	300m: 3:55.22
				350m: 4:34.88	39.66
				400m: 5:12.43	37.55
6.	JARDIM, Joao Tomas	09	Desportivo Nacional	5:22.49	285
	50m: 33.75	33.75	150m: 1:53.00	40.14	250m: 3:18.33
	100m: 1:12.86	39.11	200m: 2:35.05	42.05	300m: 4:01.04
				350m: 4:43.31	42.27
				400m: 5:22.49	39.18

Juniores - 17, 18 anos

1.	MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:12.77	592
<i>TAC's - 13 a 15 Dez. + 21 a 23 Mar. + 24 a 27 Jul.</i>					
	50m: 28.58	28.58	150m: 1:32.23	32.04	250m: 2:36.65
	100m: 1:00.19	31.61	200m: 2:04.67	32.44	300m: 3:08.91
				350m: 3:41.29	32.38
				400m: 4:12.77	31.48

Prova 25, Masc., 400m Livres, Juniores - 17, 18 anos

Lugar	Ano		Tempo final		Pts
2. CASTRO, Marco Antonio	08	Naval do Funchal	4:14.96	576	
<i>TAC's - 13 a 15 Dez. + 21 a 23 Mar. + 24 a 27 Jul.</i>					
50m:	28.65	28.65	150m:	1:32.45	32.12
100m:	1:00.33	31.68	200m:	2:04.92	32.47
			250m:	2:38.03	33.11
			300m:	3:11.04	33.01
			350m:	3:43.40	32.36
			400m:	4:14.96	31.56
3. OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	4:21.31	535	
50m:	28.26	28.26	150m:	1:32.21	32.25
100m:	59.96	31.70	200m:	2:05.21	33.00
			250m:	2:38.85	33.64
			300m:	3:13.13	34.28
			350m:	3:47.81	34.68
			400m:	4:21.31	33.50
4. ALMEIDA, Joao Francisco	07	Naval do Funchal	4:22.46	528	
50m:	28.79	28.79	150m:	1:34.14	32.99
100m:	1:01.15	32.36	200m:	2:07.98	33.84
			250m:	2:41.87	33.89
			300m:	3:16.40	34.53
			350m:	3:49.50	33.10
			400m:	4:22.46	32.96
5. JESUS, Vasco Franca	08	Naval do Funchal	4:23.73	521	
50m:	29.26	29.26	150m:	1:34.59	33.30
100m:	1:01.29	32.03	200m:	2:08.52	33.93
			250m:	2:42.40	33.88
			300m:	3:16.66	34.26
			350m:	3:50.68	34.02
			400m:	4:23.73	33.05
6. GOMES, Guilherme Silva	08	Desportivo Nacional	4:36.44	452	
50m:	31.08	31.08	150m:	1:41.77	35.18
100m:	1:06.59	35.51	200m:	2:17.16	35.39
			250m:	2:52.62	35.46
			300m:	3:27.83	35.21
			350m:	4:03.02	35.19
			400m:	4:36.44	33.42
7. PENSO, Miguel Reigada	07	Desportivo Sao Roque	4:50.42	390	
50m:	31.56	31.56	150m:	1:43.57	36.34
100m:	1:07.23	35.67	200m:	2:20.93	37.36
			250m:	2:59.03	38.10
			300m:	3:37.82	38.79
			350m:	4:14.79	36.97
			400m:	4:50.42	35.63
8. ANTUNES, Frederico Luis	08	Juventude Atlantico	5:16.12	302	
50m:	33.81	33.81	150m:	1:51.27	39.86
100m:	1:11.41	37.60	200m:	2:31.07	39.80
			250m:	3:11.54	40.47
			300m:	3:53.85	42.31
			350m:	4:35.14	41.29
			400m:	5:16.12	40.98

Seniores - 19 e mais velhos

1. ABREU, Sergio Gomes	96	Naval do Funchal	4:07.48	630	
50m:	27.53	27.53	150m:	1:30.44	31.85
100m:	58.59	31.06	200m:	2:02.59	32.15
			250m:	2:34.28	31.69
			300m:	3:05.95	31.67
			350m:	3:37.56	31.61
			400m:	4:07.48	29.92