

Prova 10 Absolutos
02/11/2024 - 10:12 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	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Afonso Miguel	07	148420	Juventude Atlantico	4:16.31	+0,60	567	23,00
	50m: 28.94 28.94		150m: 1:32.28 32.28	250m: 2:38.21 32.97	350m: 3:45.10 33.21		400m: 4:16.31 31.21	
	100m: 1:00.00 31.06		200m: 2:05.24 32.96	300m: 3:11.89 33.68				
2.	SANTOS Joao Dinis	09	206754	Desportiva de Machico	5:25.12	+0,73	278	21,00
	50m: 36.56 36.56		150m: 1:58.44 41.34	250m: 3:22.67 42.18	350m: 4:46.74 42.02		400m: 5:25.12 38.38	
	100m: 1:17.10 40.54		200m: 2:40.49 42.05	300m: 4:04.72 42.05				
3.	GONCALVES Fernando Silva	09	145660	Escola O Liceu	5:34.96	+0,73	254	20,00
	50m: 35.52 35.52		150m: 1:58.77 42.17	250m: 3:24.45 42.79	350m: 4:51.04 43.22		400m: 5:34.96 43.92	
	100m: 1:16.60 41.08		200m: 2:41.66 42.89	300m: 4:07.82 43.37				
DNS	GOMES Luis Filipe	08	206582	Naval do Funchal				-
EXH	COSTA Guilherme Corte	07	132693	Desportivo Nacional	4:16.44	+0,69	567	-
	50m: 29.07 29.07		150m: 1:32.59 32.55	250m: 2:38.70 33.34	350m: 3:45.69 33.45		400m: 4:16.44 30.75	
	100m: 1:00.04 30.97		200m: 2:05.36 32.77	300m: 3:12.24 33.54				
EXH	MIRANDA Francisco Guilherme	08	206796	Naval do Funchal	4:18.01	+0,58	556	-
	50m: 28.77 28.77		150m: 1:32.50 32.45	250m: 2:39.02 33.28	350m: 3:46.02 33.19		400m: 4:18.01 31.99	
	100m: 1:00.05 31.28		200m: 2:05.74 33.24	300m: 3:12.83 33.81				
EXH	JESUS Vasco Franca	08	207497	Naval do Funchal	4:28.70	+0,65	492	-
	50m: 29.38 29.38		150m: 1:34.46 33.09	250m: 2:43.14 34.80	350m: 3:53.86 35.52		400m: 4:28.70 34.84	
	100m: 1:01.37 31.99		200m: 2:08.34 33.88	300m: 3:18.34 35.20				
EXH	RAPOSO Mateus Medeiros <i>Tor. Zonal Juvenis - Abrantes, 6 a 8 Dezembro</i>	10	211338	Desportivo Nacional	4:38.23	+0,79	443	-
	50m: 30.57 30.57		150m: 1:40.16 36.17	250m: 2:52.27 36.67	350m: 4:04.50 35.75		400m: 4:38.23 33.73	
	100m: 1:03.99 33.42		200m: 2:15.60 35.44	300m: 3:28.75 36.48				
EXH	PENSO Miguel Reigada	07	209691	Desportivo Sao Roque	4:47.12	+0,73	403	-
	50m: 31.85 31.85		150m: 1:45.27 36.79	250m: 2:59.57 37.01	350m: 4:13.33 36.73		400m: 4:47.12 33.79	
	100m: 1:08.48 36.63		200m: 2:22.56 37.29	300m: 3:36.60 37.03				
EXH	MARTINS Antonio Freitas	09	209933	Desportivo Nacional	4:47.37	+0,72	402	-
	50m: 33.01 33.01		150m: 1:46.40 37.16	250m: 2:59.46 36.59	350m: 4:12.85 36.77		400m: 4:47.37 34.52	
	100m: 1:09.24 36.23		200m: 2:22.87 36.47	300m: 3:36.08 36.62				
EXH	GOMES Guilherme Silva	08	209488	Desportivo Nacional	4:47.86	+0,73	400	-
	50m: 30.76 30.76		150m: 1:43.03 36.52	250m: 2:57.89 37.74	350m: 4:11.96 36.63		400m: 4:47.86 35.90	
	100m: 1:06.51 35.75		200m: 2:20.15 37.12	300m: 3:35.33 37.44				
EXH	MARTINHO Joao Miguel	09	211722	Desportivo Nacional	4:51.75	+0,75	385	-
	50m: 32.09 32.09		150m: 1:45.40 37.21	250m: 3:00.06 37.37	350m: 4:15.09 37.74		400m: 4:51.75 36.66	
	100m: 1:08.19 36.10		200m: 2:22.69 37.29	300m: 3:37.35 37.29				
EXH	SOUSA Eduardo Afonseca	09	204365	Desportivo Nacional	4:54.47		374	-
	50m: 31.97 31.97		150m: 1:45.62 36.94	250m: 3:01.14 37.79	350m: 4:17.78 38.19		400m: 4:54.47 36.69	
	100m: 1:08.68 36.71		200m: 2:23.35 37.73	300m: 3:39.59 38.45				
EXH	ROJAS Juan Josue	08	217333	Desportivo Nacional	5:12.64		312	-
	50m: 32.72 32.72		150m: 1:49.92 40.76	250m: 3:12.47 42.04	350m: 4:33.33 40.85		400m: 5:12.64 39.31	
	100m: 1:09.16 36.44		200m: 2:30.43 40.51	300m: 3:52.48 40.01				
EXH	LUCIO Lourenco Perestrelo	11	211340	Naval do Funchal	5:12.86		312	-
	50m: 35.48 35.48		150m: 1:56.08 40.21	250m: 3:16.43 39.97	350m: 4:36.17 40.27		400m: 5:12.86 36.69	
	100m: 1:15.87 40.39		200m: 2:36.46 40.38	300m: 3:55.90 39.47				

Prova 10, Masc., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	ABREU Pedro Dinis	11	211341	Naval do Funchal	5:13.11	+0,72	311	-
	50m: 32.96 32.96		150m: 1:50.16	39.62	250m: 3:11.71	41.15	350m: 4:33.78	41.01
	100m: 1:10.54 37.58		200m: 2:30.56	40.40	300m: 3:52.77	41.06	400m: 5:13.11	39.33
EXH	FREITAS Jonas Christian	11	213115	Desportivo Nacional	5:13.31	+0,71	310	-
	50m: 36.23 36.23		150m: 1:55.47	39.64	250m: 3:15.30	39.95	350m: 4:35.77	40.13
	100m: 1:15.83 39.60		200m: 2:35.35	39.88	300m: 3:55.64	40.34	400m: 5:13.31	37.54
EXH	SILVA Alexandre Antonio	11	216245	Naval do Funchal	5:18.48		296	-
	50m: 35.72 35.72		150m: 1:56.43	40.93	250m: 3:19.60	42.10	350m: 4:41.33	40.55
	100m: 1:15.50 39.78		200m: 2:37.50	41.07	300m: 4:00.78	41.18	400m: 5:18.48	37.15
EXH	VIEIRA Francisco Rodrigues	10	212018	Naval do Funchal	5:18.88	+0,71	294	-
	50m: 34.96 34.96		150m: 1:54.05	40.37	250m: 3:17.07	42.01	350m: 4:40.29	41.23
	100m: 1:13.68 38.72		200m: 2:35.06	41.01	300m: 3:59.06	41.99	400m: 5:18.88	38.59
EXH	JACINTO Pedro Freitas	10	206969	Juventude Atlantico	5:20.39	+0,61	290	-
	50m: 35.32 35.32		150m: 1:54.67	40.48	250m: 3:17.55	41.24	350m: 4:41.06	41.54
	100m: 1:14.19 38.87		200m: 2:36.31	41.64	300m: 3:59.52	41.97	400m: 5:20.39	39.33
EXH	ABREU Afonso Henrique	09	212014	Naval do Funchal	5:20.65	+0,81	290	-
	50m: 36.64 36.64		150m: 1:59.16	41.79	250m: 3:21.69	41.22	350m: 4:42.48	39.67
	100m: 1:17.37 40.73		200m: 2:40.47	41.31	300m: 4:02.81	41.12	400m: 5:20.65	38.17
EXH	JARDIM Joao Tomas	09	206449	Desportivo Nacional	5:26.47	+0,65	274	-
	50m: 34.06 34.06		150m: 1:54.94	41.05	250m: 3:20.25	42.33	350m: 4:45.06	42.75
	100m: 1:13.89 39.83		200m: 2:37.92	42.98	300m: 4:02.31	42.06	400m: 5:26.47	41.41
EXH	FERREIRA Manuel Maria	10	215316	Naval do Funchal	5:51.25	+0,76	220	-
	50m: 38.88 38.88		150m: 2:07.66	44.97	250m: 3:39.31	45.90	350m: 5:10.26	44.71
	100m: 1:22.69 43.81		200m: 2:53.41	45.75	300m: 4:25.55	46.24	400m: 5:51.25	40.99
EXH	DUARTE Nayan Santos	10	214148	Juventude Atlantico	5:52.26		218	-
	50m: 37.65 37.65		150m: 2:06.08	45.75	250m: 3:38.53	46.46	350m: 5:09.21	44.35
	100m: 1:20.33 42.68		200m: 2:52.07	45.99	300m: 4:24.86	46.33	400m: 5:52.26	43.05
EXH	RODRIGUES Joao Henrique	09	219984	Naval do Funchal	6:47.73	+0,74	141	-
	50m: 42.54 42.54		150m: 2:23.38	52.27	250m: 4:11.56	54.73	350m: 6:00.06	53.08
	100m: 1:31.11 48.57		200m: 3:16.83	53.45	300m: 5:06.98	55.42	400m: 6:47.73	47.67