

Prova 33 Masc., 400m Livres Absolutos
05/07/2026 - 9:20 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

TAC Nacional Inf B: 5:06.66; Inf A: 4:52.40; Jun17: 4:14.36; Jun18: 4:07.23 / TAC Nacional Julho Juv B: 4:31.00; Juv A: 4:19.11 / TAC Nacional Sen. Sen: 4:02.47

Pontos: AQUA 2025

Lugar Ano Tempo final Pts
Infantil B - 13 anos

1. MENDONCA, Jorge Lourenco	13	Desportivo Nacional	5:14.73	306
50m: 34.54 34.54 150m: 1:54.37 40.51 250m: 3:15.31 40.40 350m: 4:36.51 41.04				
100m: 1:13.86 39.32 200m: 2:34.91 40.54 300m: 3:55.47 40.16 400m: 5:14.73 38.22				
2. SOUSA, Pedro Henrique	13	Desportivo Nacional	5:32.63	259
50m: 36.20 36.20 150m: 2:00.43 42.83 250m: 3:25.79 42.88 350m: 4:51.57 43.11				
100m: 1:17.60 41.40 200m: 2:42.91 42.48 300m: 4:08.46 42.67 400m: 5:32.63 41.06				

Infantil A - 14 anos

1. SOUSA, Joao Pedro	12	Desportivo Nacional	4:46.46	406
<i>TAC Nacional Infantis Manteigadas, 17 a 19 Julho</i>				
50m: 32.32 32.32 150m: 1:45.19 36.78 250m: 2:58.25 36.36 350m: 4:12.39 37.55				
100m: 1:08.41 36.09 200m: 2:21.89 36.70 300m: 3:34.84 36.59 400m: 4:46.46 34.07				
2. GOMES, Gustavo Daniel	12	Desportivo Nacional	5:04.31	339
50m: 32.63 32.63 150m: 1:48.14 38.40 250m: 3:06.54 39.24 350m: 4:26.87 39.67				
100m: 1:09.74 37.11 200m: 2:27.30 39.16 300m: 3:47.20 40.66 400m: 5:04.31 37.44				
3. FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	5:17.16	299
50m: 35.38 35.38 150m: 1:55.52 40.08 250m: 3:17.18 40.79 350m: 4:39.06 40.73				
100m: 1:15.44 40.06 200m: 2:36.39 40.87 300m: 3:58.33 41.15 400m: 5:17.16 38.10				

Juvenis - 15 e 16 anos

1. FREITAS, Jonas Christian	11	Desportivo Nacional	4:43.69	418
50m: 31.90 31.90 150m: 1:41.87 35.43 250m: 2:54.17 36.40 350m: 4:07.55 36.40				
100m: 1:06.44 34.54 200m: 2:17.77 35.90 300m: 3:31.15 36.98 400m: 4:43.69 36.14				
2. FERREIRA, Manuel Maria	10	Naval do Funchal	5:01.47	348
50m: 30.97 30.97 150m: 1:45.68 39.16 250m: 3:04.55 39.10 350m: 4:23.57 39.17				
100m: 1:06.52 35.55 200m: 2:25.45 39.77 300m: 3:44.40 39.85 400m: 5:01.47 37.90				
3. GONCALVES, Tiago Mauricio	10	Desportivo Nacional	5:04.99	337
50m: 32.11 32.11 150m: 1:47.08 37.76 250m: 3:05.21 39.63 350m: 4:25.52 40.41				
100m: 1:09.32 37.21 200m: 2:25.58 38.50 300m: 3:45.11 39.90 400m: 5:04.99 39.47				

Juniores - 17 e 18 anos

1. MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:10.75	606
50m: 28.75 28.75 150m: 1:31.12 31.24 250m: 2:35.05 31.99 350m: 3:39.11 32.02				
100m: 59.88 31.13 200m: 2:03.06 31.94 300m: 3:07.09 32.04 400m: 4:10.75 31.64				
2. ANDRADE, Salvador Freitas	09	Naval do Funchal	4:16.66	565
50m: 29.26 29.26 150m: 1:32.82 32.04 250m: 2:37.79 32.73 350m: 3:44.48 33.40				
100m: 1:00.78 31.52 200m: 2:05.06 32.24 300m: 3:11.08 33.29 400m: 4:16.66 32.18				

Prova 33, Masc., 400m Livres, Juniores - 17 e 18 anos

Lugar	Ano								Tempo final		Pts
3. PESTANA, Pedro Correia	09 Desportivo Nacional								4:37.32		448
50m:	30.68	30.68	150m:	1:39.41	34.85	250m:	2:50.75	35.37	350m:	4:02.59	35.71
100m:	1:04.56	33.88	200m:	2:15.38	35.97	300m:	3:26.88	36.13	400m:	4:37.32	34.73