Prova 10 — Masc., 400m Livres — Absolutos
24/10/2026 - 11:02 — Startlist

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 Zonal Inf B: 5:17.93; Inf A: 4:58.66; Juv B: 4:38.01; Juv A: 4:26.03 / TAC Nacional Inf B: 5:08.39; Inf A: 4:49.70; Jun17: 4:13.47; Jun18: 4:06.36; Sub21: 4:03.99 / TAC Nacional Março Juv B: 4:35.26; Juv A: 4:23.40 / TAC Nacional Julho Juv B: 4:29.86; Juv A: 4:18.23 / TAC Nacional Sen. Sen: 4:01.62 / TAC Nacional Abs. Sen: 3:57.72

	Pista	Nome	Ano	Licença	Clube	Tempo de Inscrição		T. Realizado
Série 1 de 3, 11:02								
EXH	1	FURTADO Martim Sousa	12	223506	Desportivo Nacional	6:48.31	25m	___:___.___
EXH	2	PESSOA Rodrigo Enzo	14	220373	Juventude Atlantico	6:22.04	25m	___:___.___
EXH	3	SOUSA Pedro Henrique	13	214702	Desportivo Nacional	5:32.63	25m	___:___.___
DNS	4	TAVARES Lourenco Carvalhal	10	221320	Naval do Funchal	5:22.74	25m	___:___.___
	5	FREITAS Rafael Gordon	14	217729	Escola O Liceu	5:29.75	25m	___:___.___
EXH	6	QUINTAL Joao Faria	14	223948	Naval do Funchal	5:40.72	25m	___:___.___
EXH	7	VIEIRA Lorenzo Miguel	14	219668	Juventude Atlantico	6:38.29	25m	___:___.___
EXH	8	ALVES Mateus Gabriel	14	220495	Escola O Liceu	6:56.27	25m	___:___.___
Série 2 de 3, 11:09								
EXH	1	MENDONCA Jorge Lourenco	13	214707	Desportivo Nacional	5:14.73	25m	___:___.___
EXH	2	FERREIRA Manuel Maria	10	215316	Naval do Funchal	5:01.47	25m	___:___.___
EXH	3	ABREU Afonso Henrique	09	212014	Naval do Funchal	5:00.63	25m	___:___.___
EXH	4	SOUSA Joao Pedro	12	212719	Desportivo Nacional	4:46.46	25m	___:___.___
EXH	5	CARVALHO Joaquim Eduardo	07	202564	Naval do Funchal	4:53.44	25m	___:___.___
EXH	6	SILVA Pedro Fernandes	11	213394	Naval do Funchal	5:01.14	25m	___:___.___
EXH	7	GOMES Gustavo Daniel	12	213114	Desportivo Nacional	5:04.31	25m	___:___.___
EXH	8	PRUDENTE Cristian	11	221319	Naval do Funchal	5:15.20	25m	___:___.___
Série 3 de 3, 11:15								
EXH	1	FREITAS Jonas Christian	11	213115	Desportivo Nacional	4:41.01	25m	___:___.___
EXH	2	SILVA Alexandre Antonio	11	216245	Naval do Funchal	4:31.05	25m	___:___.___
EXH	3	RAPOSO Mateus Medeiros	10	211338	Desportivo Nacional	4:24.23	25m	___:___.___
EXH	4	MIRANDA Francisco Guilherme	08	206796	Naval do Funchal	4:10.26	25m	___:___.___
EXH	5	ANDRADE Salvador Freitas	09	208851	Naval do Funchal	4:12.09	25m	___:___.___
EXH	6	PENSO Tiago Daniel	11	212425	Naval do Funchal	4:25.02		___:___.___
EXH	7	SOUSA Eduardo Afonseca	09	204365	Desportivo Nacional	4:38.20	25m	___:___.___
	8	BARATA Bernardo Vieira	12	214837	Juventude Atlantico	4:44.72	25m	___:___.___