Prova 11 — Masc., 400m Estilos — Absolutos
10/10/2026 - 10:41 — JUNTO COM A PROVA N.º 12 - 400EST FEMININOS — Resultados

Recorde Regional Open	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Sen	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Jun18	4:26.56	SILVA, Tomas Antonio	CNF	Felgueiras	21/12/2018
Recorde Regional Jun17	4:32.64	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018
Recorde Regional Juv A	4:37.61	GOUVEIA, Luis Galvao	CDN	Funchal	11/07/2021
Recorde Regional Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recorde Regional Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004
Recorde Regional Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003

TAC Zonal Inf B: 6:08.32; Inf A: 5:45.99; Juv B: 5:22.08; Juv A: 5:08.19 / TAC Nacional Inf B: 5:57.27; Inf A: 5:35.61; Jun17: 4:49.05; Jun18: 4:40.94; Sub21: 4:38.24 / TAC Nacional Março Juv B: 5:18.89; Juv A: 5:05.14 / TAC Nacional Julho Juv B: 5:14.17; Juv A: 5:00.63 / TAC Nacional Sen. Sen: 4:35.54 / TAC Nacional Abs. Sen: 4:30.16

Pontos: AQUA 2025

Lugar		Ano		Tempo final	Pts

Juvenil B - 15 anos

1. GOMES, Gustavo Daniel — 12 — Desportivo Nacional — **5:19.08** — 398

TAC ZONAL - Leiria, 4 a 6 Dezembro.

50m:	33.66	33.66	150m:	1:55.50	42.22	250m:	3:20.94	42.01	350m:	4:43.30	37.99
100m:	1:13.28	39.62	200m:	2:38.93	43.43	300m:	4:05.31	44.37	400m:	5:19.08	35.78

Juvenil A - 16 anos

1. LUCIO, Lourenco Perestrelo — 11 — Naval do Funchal — **5:00.52** — 477

TAC ZONAL - Leiria, 4 a 6 Dezembro. , TAC NACIONAL - Coimbra, 8 a 11 Abril., TAC NACIONAL - Coimbra, 29 Julho a 1 Agosto.

50m:	30.23	30.23	150m:	1:46.39	39.39	250m:	3:07.08	41.37	350m:	4:27.01	36.30
100m:	1:07.00	36.77	200m:	2:25.71	39.32	300m:	3:50.71	43.63	400m:	5:00.52	33.51

2. FREITAS, Jonas Christian — 11 — Desportivo Nacional — **5:16.88** — 406

50m:	31.65	31.65	150m:	1:51.51	41.49	250m:	3:18.64	47.26	350m:	4:41.78	36.12
100m:	1:10.02	38.37	200m:	2:31.38	39.87	300m:	4:05.66	47.02	400m:	5:16.88	35.10

Juniores - 17, 18 anos

1. RAPOSO, Mateus Medeiros — 10 — Desportivo Nacional — **5:04.42** — 458

50m:	30.58	30.58	150m:	1:47.73	41.12	250m:	3:12.46	44.39	350m:	4:31.60	33.71
100m:	1:06.61	36.03	200m:	2:28.07	40.34	300m:	3:57.89	45.43	400m:	5:04.42	32.82

2. SOUSA, Eduardo Afonseca — 09 — Desportivo Nacional — **5:14.14** — 417

50m:	31.30	31.30	150m:	1:49.79	42.73	250m:	3:16.66	44.88	350m:	4:38.43	37.17
100m:	1:07.06	35.76	200m:	2:31.78	41.99	300m:	4:01.26	44.60	400m:	5:14.14	35.71