Prova 24 — Masc., 400m Livres — Absolutos
10/10/2026 - 17:38 — 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 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

Pontos: AQUA 2025

Lugar		Ano		Tempo final	Pts

Infantil A - 14 anos

1. ANTUNES, Francisco Tomas — 13 — Juventude Atlantico — **5:12.26** — 314

50m:	33.78	33.78	150m:	1:52.02	39.74	250m:	3:12.25	40.16	350m:	4:33.35	40.21
100m:	1:12.28	38.50	200m:	2:32.09	40.07	300m:	3:53.14	40.89	400m:	5:12.26	38.91

Juvenil B - 15 anos

1. FERREIRA, Guilherme Nelson — 12 — Desportivo Sao Roque — **5:22.48** — 285

50m:	36.26	36.26	150m:	1:57.47	40.72	250m:	3:19.53	41.44	350m:	4:43.75	42.17
100m:	1:16.75	40.49	200m:	2:38.09	40.62	300m:	4:01.58	42.05	400m:	5:22.48	38.73

Juvenil A - 16 anos

1. SILVA, Alexandre Antonio — 11 — Naval do Funchal — **4:33.23** — 468

50m:	30.66	30.66	150m:	1:39.46	34.77	250m:	2:49.55	35.36	350m:	4:00.10	34.95
100m:	1:04.69	34.03	200m:	2:14.19	34.73	300m:	3:25.15	35.60	400m:	4:33.23	33.13

Juniores - 17, 18 anos

1. CRESPO, Joao Jesus — 09 — Desportivo Nacional — **4:29.65** — 487

50m:	29.27	29.27	150m:	1:36.18	34.29	250m:	2:46.54	35.17	350m:	3:56.28	34.67
100m:	1:01.89	32.62	200m:	2:11.37	35.19	300m:	3:21.61	35.07	400m:	4:29.65	33.37

2. SOUSA, Eduardo Afonseca — 09 — Desportivo Nacional — **4:47.23** — 403

50m:	31.78	31.78	150m:	1:44.25	36.65	250m:	2:57.81	36.73	350m:	4:11.34	36.82
100m:	1:07.60	35.82	200m:	2:21.08	36.83	300m:	3:34.52	36.71	400m:	4:47.23	35.89

3. GONCALVES, Tiago Mauricio — 10 — Desportivo Nacional — **4:54.02** — 376

50m:	31.07	31.07	150m:	1:45.29	37.62	250m:	3:01.27	38.31	350m:	4:17.42	37.96
100m:	1:07.67	36.60	200m:	2:22.96	37.67	300m:	3:39.46	38.19	400m:	4:54.02	36.60

Seniores - 19 e mais velhos

1. MIRANDA, Francisco Guilherme — 08 — Naval do Funchal — **4:16.80** — 564

50m:	28.18	28.18	150m:	1:31.91	32.53	250m:	2:38.01	33.27	350m:	3:45.00	33.39
100m:	59.38	31.20	200m:	2:04.74	32.83	300m:	3:11.61	33.60	400m:	4:16.80	31.80