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

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

Série 1 de 1, 10:41

		Ano		
3	GOMES, Gustavo Daniel	12	Desportivo Nacional	5:47.12
4	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	5:19.39
5	LUCIO, Lourenco Perestrelo	11	Naval do Funchal	4:53.53
6	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:57.54
7	FREITAS, Jonas Christian	11	Desportivo Nacional	5:20.36