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

Série 1 de 1, 17:38

		Ano		
1	SILVA, Alexandre Antonio	11	Naval do Funchal	NT
2	ANTUNES, Francisco Tomas	13	Juventude Atlantico	5:19.41
3	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	4:34.94
4	MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:10.26
5	CRESPO, Joao Jesus	09	Desportivo Nacional	4:33.41
6	GONCALVES, Tiago Mauricio	10	Desportivo Nacional	5:04.99
7	FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	NT