

Prova 3

Masc., 400m Livres

13 anos e mais velhos

29/06/2018 - 19:23

Resultados

Recordes Regionais Absoluto	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recordes Regionais 19 +	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recordes Regionais 18	4:07.78	GOUVEIA, Pedro Galvao	CDN	Coimbra	02/04/2017
Recordes Regionais 17	4:07.82	FRANCO, Paulo Fragueiro	CDN	Famalicao	06/08/1999
Recordes Regionais 16	4:14.87	FRANCO, Paulo Fragueiro	CDN	Jamor	31/07/1998
Recordes Regionais 15	4:17.97	FREITAS, Tomas Miguel	CDN	Coimbra	23/07/2005
Recordes Regionais 14	4:25.14	ALMEIDA, Carlos Alexandre	CDN	Restelo	26/07/2003
Recordes Regionais 13	4:37.33	FRANCO, Paulo Fragueiro	CDN	Olivais	28/07/1995

Mínimos 13: 4:59.43; 14: 4:42.05; 15: 4:32.48; 16: 4:25.47; 17 - 18: 4:17.41; 19 +: 4:10.56

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
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Infantil B, 13 anos

1. GOUVEIA, Luis Galvao	05	Clube Desportivo Nacional	4:58.39	401	1:10.38	1:17.49	1:18.10	1:12.42
<i>Mínimos Campeonato Nacional Infantis</i>								
50m:		150m:	250m:		350m:			
100m: 1:10.38		200m: 2:27.87	300m: 3:45.97		400m: 4:58.39			
2. RODRIGUES, Joao Luis	05	Clube Naval do Funchal	4:58.69	399	1:10.28	1:17.64	1:17.92	1:12.85
<i>Mínimos Campeonato Nacional Infantis</i>								
50m:		150m:	250m:		350m:			
100m: 1:10.28		200m: 2:27.92	300m: 3:45.84		400m: 4:58.69			
3. DIAS, Andre Vicente	05	Clube Desportivo Nacional	5:22.58	317	1:11.57	1:23.96	1:25.05	1:22.00
50m:		150m:	250m:		350m:			
100m: 1:11.57		200m: 2:35.53	300m: 4:00.58		400m: 5:22.58			
4. BOULHOSA, Rodrigo Abre	05	Clube Naval do Funchal	5:33.43	287	1:18.19	1:26.36	1:25.49	1:23.39
50m:		150m:	250m:		350m:			
100m: 1:18.19		200m: 2:44.55	300m: 4:10.04		400m: 5:33.43			
5. FREITAS, Diogo Jesus	05	Clube Desportivo Nacional	5:40.22	270	1:17.03	1:28.26	1:27.73	1:27.20
50m:		150m:	250m:		350m:			
100m: 1:17.03		200m: 2:45.29	300m: 4:13.02		400m: 5:40.22			
6. MENDES, Juan Diego	05	Clube Desportivo Nacional	6:47.64	157	1:28.71	1:45.54	1:49.71	1:43.68
50m:		150m:	250m:		350m:			
100m: 1:28.71		200m: 3:14.25	300m: 5:03.96		400m: 6:47.64			
7. NUNES, Andre Maltez	05	Clube Desportivo Nacional	6:51.07	153	1:37.30	1:47.85	1:47.29	1:38.63
50m:		150m:	250m:		350m:			
100m: 1:37.30		200m: 3:25.15	300m: 5:12.44		400m: 6:51.07			
8. CORREIA, Rodrigo Ramo	05	Clube Desportivo Nacional	7:06.22	137	1:35.99	1:50.49	1:53.59	1:46.15
50m:		150m:	250m:		350m:			
100m: 1:35.99		200m: 3:26.48	300m: 5:20.07		400m: 7:06.22			

Infantil A, 14 anos

1. ALVES, Paulo Rodrigues	04	Clube Desportivo Nacional	4:35.22	511	1:04.92	1:09.66	1:10.35	1:10.29
<i>Mínimos Campeonato Nacional Infantis</i>								
50m:		150m:	250m:		350m:			
100m: 1:04.92		200m: 2:14.58	300m: 3:24.93		400m: 4:35.22			
2. BARRY, Rafael Francisco	04	Clube Naval do Funchal	4:48.63	443	1:04.55	1:11.07	1:15.73	1:17.28
50m:		150m:	250m:		350m:			
100m: 1:04.55		200m: 2:15.62	300m: 3:31.35		400m: 4:48.63			
3. SILVA, Eduardo Rodrigues	04	Juventude Atlantico Clube	5:29.64	297	1:22.08	1:25.47	1:23.60	1:18.49
50m:		150m:	250m:		350m:			
100m: 1:22.08		200m: 2:47.55	300m: 4:11.15		400m: 5:29.64			
4. SILVA, Rodrigo Miranda	04	Clube Desportivo Nacional	7:52.17	101	1:42.63	2:00.56	2:09.20	1:59.78
50m:		150m:	250m:		350m:			
100m: 1:42.63		200m: 3:43.19	300m: 5:52.39		400m: 7:52.17			
5. CAFOFO, E.	04	Clube Desportivo Nacional	9:42.12	54	2:09.82	2:32.14	2:33.12	2:27.04
50m:		150m:	250m:		350m:			
100m: 2:09.82		200m: 4:41.96	300m: 7:15.08		400m: 9:42.12			

Prova 3, Masc., 400m Livres

Juvenil B, 15 anos

1. GOMES, Goncalo Camara03	Clube Naval do Funchal	4:34.54 515	1:04.15	1:09.38	1:10.26	1:10.75
50m:	150m:	250m:	350m:			
100m: 1:04.15	200m: 2:13.53	300m: 3:23.79	400m: 4:34.54			
2. LOPES, Pedro Henrique 03	CD Sao Roque	4:39.45 488	1:05.15	1:11.19	1:11.58	1:11.53
50m:	150m:	250m:	350m:			
100m: 1:05.15	200m: 2:16.34	300m: 3:27.92	400m: 4:39.45			

Juvenil A, 16 anos

1. DEUS, Andre Portugal 02	Clube Naval do Funchal	4:23.72 581	1:02.13	1:06.57	1:07.40	1:07.62
<i>Mínimos Camp. JUV e OPEN de Portugal</i>						
50m:	150m:	250m:	350m:			
100m: 1:02.13	200m: 2:08.70	300m: 3:16.10	400m: 4:23.72			
2. RODRIGUES, Pedro Reis02	CD Sao Roque	4:28.62 549	1:02.68	1:08.31	1:09.41	1:08.22
50m:	150m:	250m:	350m:			
100m: 1:02.68	200m: 2:10.99	300m: 3:20.40	400m: 4:28.62			
3. OLIVEIRA, Pedro Freitas 02	Clube Naval do Funchal	4:39.49 488	1:03.57	1:09.85	1:12.01	1:14.06
50m:	150m:	250m:	350m:			
100m: 1:03.57	200m: 2:13.42	300m: 3:25.43	400m: 4:39.49			
4. RAMALHO, Joao Caires 02	Clube Desportivo Nacional	5:19.15 327	1:11.06	1:19.53	1:23.73	1:24.83
50m:	150m:	250m:	350m:			
100m: 1:11.06	200m: 2:30.59	300m: 3:54.32	400m: 5:19.15			
5. DINIS, Fernando Jose 02	CD Sao Roque	6:36.64 170	1:35.21	1:39.88	1:43.38	1:38.17
50m:	150m:	250m:	350m:			
100m: 1:35.21	200m: 3:15.09	300m: 4:58.47	400m: 6:36.64			

Absoluto, 15 anos e mais velhos

1. SILVA, Tomas Antonio 01	Clube Naval do Funchal	4:17.46 624	1:01.95	1:05.71	1:05.50	1:04.30
50m:	150m:	250m:	350m:			
100m: 1:01.95	200m: 2:07.66	300m: 3:13.16	400m: 4:17.46			
2. DEUS, Andre Portugal 02	Clube Naval do Funchal	4:23.72 581	1:02.13	1:06.57	1:07.40	1:07.62
<i>Mínimos Camp. JUV e OPEN de Portugal</i>						
50m:	150m:	250m:	350m:			
100m: 1:02.13	200m: 2:08.70	300m: 3:16.10	400m: 4:23.72			
3. RODRIGUES, Pedro Reis02	CD Sao Roque	4:28.62 549	1:02.68	1:08.31	1:09.41	1:08.22
50m:	150m:	250m:	350m:			
100m: 1:02.68	200m: 2:10.99	300m: 3:20.40	400m: 4:28.62			
4. GOMES, Goncalo Camara03	Clube Naval do Funchal	4:34.54 515	1:04.15	1:09.38	1:10.26	1:10.75
50m:	150m:	250m:	350m:			
100m: 1:04.15	200m: 2:13.53	300m: 3:23.79	400m: 4:34.54			
5. LOPES, Pedro Henrique 03	CD Sao Roque	4:39.45 488	1:05.15	1:11.19	1:11.58	1:11.53
50m:	150m:	250m:	350m:			
100m: 1:05.15	200m: 2:16.34	300m: 3:27.92	400m: 4:39.45			
6. OLIVEIRA, Pedro Freitas 02	Clube Naval do Funchal	4:39.49 488	1:03.57	1:09.85	1:12.01	1:14.06
50m:	150m:	250m:	350m:			
100m: 1:03.57	200m: 2:13.42	300m: 3:25.43	400m: 4:39.49			
7. RAMALHO, Joao Caires 02	Clube Desportivo Nacional	5:19.15 327	1:11.06	1:19.53	1:23.73	1:24.83
50m:	150m:	250m:	350m:			
100m: 1:11.06	200m: 2:30.59	300m: 3:54.32	400m: 5:19.15			
8. GAMA, Ibrahim Jose 01	Juventude Atlantico Clube	5:21.50 320	1:13.93	1:21.34	1:23.50	1:22.73
50m:	150m:	250m:	350m:			
100m: 1:13.93	200m: 2:35.27	300m: 3:58.77	400m: 5:21.50			
9. SILVA, Igor Alexandre 00	Clube Desportivo Nacional	5:33.63 287	1:13.56	1:27.80	1:28.52	1:23.75
50m:	150m:	250m:	350m:			
100m: 1:13.56	200m: 2:41.36	300m: 4:09.88	400m: 5:33.63			
10. VASCONCELOS, S. 01	Clube Desportivo Nacional	6:10.64 209	1:23.65	1:34.78	1:37.64	1:34.57
50m:	150m:	250m:	350m:			
100m: 1:23.65	200m: 2:58.43	300m: 4:36.07	400m: 6:10.64			

Prova 3, Masc., 400m Livres, Absoluto, 15 anos e mais velhos

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m
11. DINIS, Fernando Jose	02	CD Sao Roque	6:36.64	170	1:35.21	1:39.88	1:43.38	1:38.17
		50m:	250m:		350m:			
		100m: 1:35.21	300m: 4:58.47		400m: 6:36.64			
		150m:						
		200m: 3:15.09						