

Prova 3

Masc., 400m Livres

13 anos e mais velhos

06/07/2018 - 19:23

Resultados

Recorde Regional Absoluto	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional 19 +	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional 18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recorde Regional 17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recorde Regional 16	4:05.44	CASTRO, Joao Cruz	CDSR	Penteada	09/07/2016
Recorde Regional 15	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recorde Regional 14	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recorde Regional 13	4:27.04	FREITAS, Tomas Miguel	CDN	Funchal	12/07/2003

Mínimos 13: 4:48.76; 14: 4:31.93; 15: 4:27.38; 16: 4:19.48; 17 - 18: 4:09.51; 19 +: 4:03.51

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
Infantil B, 13 anos			
1. FREITAS, Diogo Jesus	05	Clube Desportivo Nacional	5:22.44 285
50m: 31.59 31.59	150m:	250m: 350m:	
100m: 1:13.57 41.98	200m: 2:36.16	300m: 3:59.76	400m: 5:22.44
2. ALVES, Andre Camara	05	Clube Desportivo Nacional	5:41.14 240
50m: 37.65 37.65	150m: 2:02.84	43.33 250m: 3:30.09	43.93 350m: 4:59.52
100m: 1:19.51 41.86	200m: 2:46.16	43.32 300m: 4:14.90	44.81 400m: 5:41.14
3. MENDES, Juan Diego	05	Clube Desportivo Nacional	6:39.63 149
50m: 43.02 43.02	150m: 2:23.09	50.85 250m: 4:06.39	51.18 350m: 5:50.98
100m: 1:32.24 49.22	200m: 3:15.21	52.12 300m: 4:58.72	52.33 400m: 6:39.63
4. NUNES, Andre Maltez	05	Clube Desportivo Nacional	6:53.66 135
50m: 45.83 45.83	150m: 2:32.13	53.13 250m:	350m: 6:02.84
100m: 1:39.00 53.17	200m: 3:24.25	52.12 300m: 5:10.01	400m: 6:53.66
Infantil A, 14 anos			
1. FERNANDES, Diogo Henrique	04	Clube Naval do Funchal	4:42.82 422
50m: 31.47 31.47	150m: 1:42.68	36.05 250m: 2:54.08	35.55 350m: 4:07.03
100m: 1:06.63 35.16	200m: 2:18.53	35.85 300m: 3:30.60	36.52 400m: 4:42.82
2. NUNES, Afonso Miguel	04	Juventude Atlantico Clube	5:00.18 353
50m: 32.77 32.77	150m: 1:47.16	38.05 250m: 3:04.43	38.99 350m: 4:22.89
100m: 1:09.11 36.34	200m: 2:25.44	38.28 300m: 3:43.39	38.96 400m: 5:00.18
3. AGUILAR, Luis Santos	04	Clube Desportivo Nacional	5:07.19 329
50m: 32.59 32.59	150m: 1:50.16	39.51 250m: 3:09.60	39.80 350m: 4:29.47
100m: 1:10.65 38.06	200m: 2:29.80	39.64 300m: 3:49.23	39.63 400m: 5:07.19
4. LEAL, Diogo Silva	04	Juventude Atlantico Clube	5:24.77 279
50m: 35.29 35.29	150m: 1:55.78	40.95 250m: 3:20.45	41.82 350m: 4:45.70
100m: 1:14.83 39.54	200m: 2:38.63	42.85 300m: 4:03.36	42.91 400m: 5:24.77
5. SILVA, Rodrigo Miranda	04	Clube Desportivo Nacional	7:20.18 112
50m: 49.29 49.29	150m: 2:37.23	54.43 250m: 4:30.72	57.92 350m: 6:26.97
100m: 1:42.80 53.51	200m: 3:32.80	55.57 300m: 5:28.49	57.77 400m: 7:20.18
Juvenil B, 15 anos			
1. FERNANDES, Goncalo Martim	03	Clube Desportivo Nacional	7:24.41 108
50m: 46.42 46.42	150m: 2:36.81	57.28 250m: 4:31.25	58.08 350m: 6:28.38
100m: 1:39.53 53.11	200m: 3:33.17	56.36 300m: 5:29.11	57.86 400m: 7:24.41
2. KOVAL, Igor	03	Clube Desportivo Nacional	7:25.36 108
50m: 45.68 45.68	150m: 2:36.48	57.13 250m: 4:28.97	55.41 350m: 6:17.96
100m: 1:39.35 53.67	200m: 3:33.56	57.08 300m: 5:25.08	56.11 400m: 7:25.36

Prova 3, Masc., 400m Livres

Juvenil A, 16 anos

1.	SILVA, Joao Jesus		02	Juventude Atlantico Clube		4:36.03	454	
	50m: 29.77	29.77	150m: 1:38.88	35.05	250m: 2:50.18	35.67	350m: 4:01.62	35.71
	100m: 1:03.83	34.06	200m: 2:14.51	35.63	300m: 3:25.91	35.73	400m: 4:36.03	34.41
2.	DINIS, Fernando Jose		02	Desportivo Sao Roque		6:42.86	146	
	50m: 48.65	48.65	150m: 2:30.19	51.47	250m: 4:16.01	53.39	350m: 5:59.49	51.07
	100m: 1:38.72	50.07	200m: 3:22.62	52.43	300m: 5:08.42	52.41	400m: 6:42.86	43.37

Absoluto, 15 anos e mais velhos

1.	SILVA, Joao Jesus		02	Juventude Atlantico Clube		4:36.03	454	
	50m: 29.77	29.77	150m: 1:38.88	35.05	250m: 2:50.18	35.67	350m: 4:01.62	35.71
	100m: 1:03.83	34.06	200m: 2:14.51	35.63	300m: 3:25.91	35.73	400m: 4:36.03	34.41
2.	PRIOSTE, Pedro Danilo		01	Desportivo Sao Roque		4:51.62	385	
	50m: 30.99	30.99	150m: 1:42.06	36.26	250m: 2:57.10	37.66	350m: 4:14.23	38.92
	100m: 1:05.80	34.81	200m: 2:19.44	37.38	300m: 3:35.31	38.21	400m: 4:51.62	37.39
3.	SILVA, Igor Alexandre		00	Clube Desportivo Nacional		5:28.80	268	
	50m: 32.48	32.48	150m: 1:52.93	42.55	250m: 3:20.26	43.80	350m: 4:47.58	43.61
	100m: 1:10.38	37.90	200m: 2:36.46	43.53	300m: 4:03.97	43.71	400m: 5:28.80	41.22
4.	VASCONCELOS, Samuel Antonio		01	Clube Desportivo Nacional		6:03.68	198	
	50m: 36.20	36.20	150m: 2:02.97	45.43	250m: 3:36.23	47.27	350m: 5:15.13	49.94
	100m: 1:17.54	41.34	200m: 2:48.96	45.99	300m: 4:25.19	48.96	400m: 6:03.68	48.55
5.	DINIS, Fernando Jose		02	Desportivo Sao Roque		6:42.86	146	
	50m: 48.65	48.65	150m: 2:30.19	51.47	250m: 4:16.01	53.39	350m: 5:59.49	51.07
	100m: 1:38.72	50.07	200m: 3:22.62	52.43	300m: 5:08.42	52.41	400m: 6:42.86	43.37
6.	FERNANDES, Goncalo Martim		03	Clube Desportivo Nacional		7:24.41	108	
	50m: 46.42	46.42	150m: 2:36.81	57.28	250m: 4:31.25	58.08	350m: 6:28.38	59.27
	100m: 1:39.53	53.11	200m: 3:33.17	56.36	300m: 5:29.11	57.86	400m: 7:24.41	56.03
7.	KOVAL, Igor		03	Clube Desportivo Nacional		7:25.36	108	
	50m: 45.68	45.68	150m: 2:36.48	57.13	250m: 4:28.97	55.41	350m: 6:17.96	52.88
	100m: 1:39.35	53.67	200m: 3:33.56	57.08	300m: 5:25.08	56.11	400m: 7:25.36	1:07.40