

Prova 5  
17/11/2019 - 9:15

Masc., 400m Estilos

Juvenis  
Resultados

Recordes Regionais Absoluto	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recordes Regionais Juv A	4:41.24	ALMEIDA, Carlos Alexandre	CDN	Funchal	05/06/2005
Recordes Regionais Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005

TAC Nacionais Juv B: 5:02.59; Juv A: 4:55.34 / TAC Zonais Juv B: 5:18.95; Juv A: 5:13.10

Pontos: FINA 2019

Lugar			Ano			Tempo final			Pts			
<b>Juvenil B, 15 anos</b>												
1.	GOUVEIA, Luis Galvao		05	Nacional		<b>4:56.51</b>			501			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>											
	50m:	30.78	30.78	150m:	1:45.82	39.38	250m:	3:05.12	42.28	350m:	4:23.11	34.74
	100m:	1:06.44	35.66	200m:	2:22.84	37.02	300m:	3:48.37	43.25	400m:	4:56.51	33.40
2.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal		<b>5:01.83</b>			474			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>											
	50m:	30.97	30.97	150m:	1:46.91	39.88	250m:	3:09.12	43.48	350m:	4:28.34	34.87
	100m:	1:07.03	36.06	200m:	2:25.64	38.73	300m:	3:53.47	44.35	400m:	5:01.83	33.49
3.	RODRIGUES, Joao Luis		05	Naval do Funchal		<b>5:09.20</b>			441			
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	31.72	31.72	150m:	1:48.73	40.12	250m:	3:12.98	44.57	350m:	4:35.20	36.49
	100m:	1:08.61	36.89	200m:	2:28.41	39.68	300m:	3:58.71	45.73	400m:	5:09.20	34.00
4.	DIAS, Andre Vicente		05	Nacional		<b>5:13.36</b>			424			
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	31.28	31.28	150m:	1:47.00	39.80	250m:	3:11.58	46.36	350m:	4:37.30	38.19
	100m:	1:07.20	35.92	200m:	2:25.22	38.22	300m:	3:59.11	47.53	400m:	5:13.36	36.06
5.	LEITAO, Andre Freitas		05	Naval do Funchal		<b>5:14.91</b>			418			
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	33.32	33.32	150m:	1:49.24	37.99	250m:	3:13.54	46.59	350m:	4:37.96	36.94
	100m:	1:11.25	37.93	200m:	2:26.95	37.71	300m:	4:01.02	47.48	400m:	5:14.91	36.95
6.	VOLOZHENIN, Alexandre		05	Naval do Funchal		<b>5:26.90</b>			373			
	50m:	34.62	34.62	150m:	1:58.84	43.90	250m:	3:26.44	44.49	350m:	4:50.57	38.88
	100m:	1:14.94	40.32	200m:	2:41.95	43.11	300m:	4:11.69	45.25	400m:	5:26.90	36.33
7.	SILVA, Tony Stefano		05	Naval do Funchal		<b>5:41.67</b>			327			
	50m:	35.13	35.13	150m:	2:04.15	44.84	250m:	3:32.47	44.97	350m:	5:02.23	41.50
	100m:	1:19.31	44.18	200m:	2:47.50	43.35	300m:	4:20.73	48.26	400m:	5:41.67	39.44
8.	ALVES, Andre Camara		05	Nacional		<b>5:42.63</b>			324			
	50m:	33.85	33.85	150m:	1:58.39	44.78	250m:	3:30.22	47.81	350m:	5:02.86	44.26
	100m:	1:13.61	39.76	200m:	2:42.41	44.02	300m:	4:18.60	48.38	400m:	5:42.63	39.77
9.	SOUSA, Lourenco Quintas		05	Naval do Funchal		<b>5:44.13</b>			320			
	50m:	35.76	35.76	150m:	2:04.05	45.17	250m:	3:35.22	47.21	350m:	5:06.10	41.26
	100m:	1:18.88	43.12	200m:	2:48.01	43.96	300m:	4:24.84	49.62	400m:	5:44.13	38.03
10.	ALVES, Afonso Pires		05	Salesianos do Funchal		<b>5:44.26</b>			320			
	50m:	36.98	36.98	150m:	2:07.85	45.92	250m:	3:39.38	46.63	350m:	5:07.92	40.25
	100m:	1:21.93	44.95	200m:	2:52.75	44.90	300m:	4:27.67	48.29	400m:	5:44.26	36.34
11.	ALVES, Tiago Pires		05	Salesianos do Funchal		<b>5:44.98</b>			318			
	50m:	36.62	36.62	150m:	2:06.08	47.11	250m:	3:39.28	46.82	350m:	5:07.73	39.85
	100m:	1:18.97	42.35	200m:	2:52.46	46.38	300m:	4:27.88	48.60	400m:	5:44.98	37.25
12.	ALVES, Luis Fernandez		05	Nacional		<b>6:38.88</b>			205			
	50m:	42.62	42.62	150m:	2:27.01	53.36	250m:	4:14.00	56.02	350m:	5:56.52	44.43
	100m:	1:33.65	51.03	200m:	3:17.98	50.97	300m:	5:12.09	58.09	400m:	6:38.88	42.36
13.	MENDES, Juan Diego		05	Nacional		<b>7:04.74</b>			170			
	50m:	43.99	43.99	150m:	2:33.20	55.70	250m:	4:28.59	1:00.64	350m:	6:19.40	50.01
	100m:	1:37.50	53.51	200m:	3:27.95	54.75	300m:	5:29.39	1:00.80	400m:	7:04.74	45.34

Prova 5, Masc., 400m Estilos, Juvenil B, 15 anos

Lugar	Ano	Tempo final	Pts
14. NUNES, Andre Maltez	05 Nacional	<b>7:20.86</b>	152
50m: 47.23 47.23 150m: 2:45.53 1:00.19 250m: 4:45.70 1:00.46 350m: 6:36.55 48.88			
100m: 1:45.34 58.11 200m: 3:45.24 59.71 300m: 5:47.67 1:01.97 400m: 7:20.86 44.31			
DSQ CORREIA, Rodrigo Ramos	05 Nacional		
<i>810 - Movimento alternado de pernas após viragem aos 75 m - SW 8.3</i>			
dsq total SANTOS, Nuno Goncalo	05 Sao Roque		

Juvenil A, 16 anos

1. ALVES, Paulo Rodrigues	04 Nacional	<b>4:49.19</b>	540
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
50m: 29.42 29.42 150m: 1:43.39 39.24 250m: 3:01.10 40.09 350m: 4:16.64 34.54			
100m: 1:04.15 34.73 200m: 2:21.01 37.62 300m: 3:42.10 41.00 400m: 4:49.19 32.55			
2. RODRIGUES, Rodrigo Reis	04 Sao Roque	<b>4:54.99</b>	508
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
50m: 31.85 31.85 150m: 1:45.33 37.52 250m: 3:05.50 42.95 350m: 4:22.53 33.83			
100m: 1:07.81 35.96 200m: 2:22.55 37.22 300m: 3:48.70 43.20 400m: 4:54.99 32.46			
3. FERNANDES, Diogo Henrique	04 Naval do Funchal	<b>5:15.47</b>	416
50m: 32.06 32.06 150m: 1:52.55 42.67 250m: 3:20.48 46.65 350m: 4:42.00 35.30			
100m: 1:09.88 37.82 200m: 2:33.83 41.28 300m: 4:06.70 46.22 400m: 5:15.47 33.47			
4. NUNES, Afonso Miguel	04 Salesianos do Funchal	<b>5:16.88</b>	410
50m: 31.93 31.93 150m: 1:50.40 40.49 250m: 3:17.28 46.78 350m: 4:41.39 36.86			
100m: 1:09.91 37.98 200m: 2:30.50 40.10 300m: 4:04.53 47.25 400m: 5:16.88 35.49			
5. PEREIRA, Jordao Abreu	04 Salesianos do Funchal	<b>5:22.77</b>	388
50m: 33.66 33.66 150m: 1:53.50 40.85 250m: 3:21.12 48.92 350m: 4:47.41 38.14			
100m: 1:12.65 38.99 200m: 2:32.20 38.70 300m: 4:09.27 48.15 400m: 5:22.77 35.36			
6. SILVA, Eduardo Rodrigues	04 Salesianos do Funchal	<b>5:28.56</b>	368
50m: 34.18 34.18 150m: 1:56.40 42.88 250m: 3:26.56 47.64 350m: 4:52.69 38.16			
100m: 1:13.52 39.34 200m: 2:38.92 42.52 300m: 4:14.53 47.97 400m: 5:28.56 35.87			
7. AGUILAR, Luis Santos	04 Nacional	<b>5:35.32</b>	346
50m: 34.34 34.34 150m: 2:02.27 43.88 250m: 3:31.93 47.45 350m: 4:57.54 38.43			
100m: 1:18.39 44.05 200m: 2:44.48 42.21 300m: 4:19.11 47.18 400m: 5:35.32 37.78			
8. MACHADO, Tiago Magalhaes	04 Nacional	<b>6:22.70</b>	233
50m: 32.10 32.10 150m: 2:06.07 51.46 250m: 3:52.92 56.52 350m: 5:38.16 47.03			
100m: 1:14.61 42.51 200m: 2:56.40 50.33 300m: 4:51.13 58.21 400m: 6:22.70 44.54			
9. FERNANDEZ, Joao Guilherme	04 Salesianos do Funchal	<b>6:25.01</b>	228
50m: 38.20 38.20 150m: 2:17.22 52.28 250m: 4:01.50 54.78 350m: 5:43.82 46.60			
100m: 1:24.94 46.74 200m: 3:06.72 49.50 300m: 4:57.22 55.72 400m: 6:25.01 41.19			
DSQ GOMES, Alexandre Monteiro	04 Salesianos do Funchal		
<i>611 - Perdeu posição dorsal antes da viragem aos 200 metros SW 6.2</i>			
DSQ LEAL, Diogo Silva	04 Salesianos do Funchal		
<i>722 - Tocou com uma mão na parede na viragem aos 275 m - SW 7.6</i>			
dsq total URDANETA, Lisandro Alberto	04 Nacional		

Juvenil Geral, 15 e 16 anos

1. ALVES, Paulo Rodrigues	04 Nacional	<b>4:49.19</b>	540
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
50m: 29.42 29.42 150m: 1:43.39 39.24 250m: 3:01.10 40.09 350m: 4:16.64 34.54			
100m: 1:04.15 34.73 200m: 2:21.01 37.62 300m: 3:42.10 41.00 400m: 4:49.19 32.55			
2. RODRIGUES, Rodrigo Reis	04 Sao Roque	<b>4:54.99</b>	508
<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>			
50m: 31.85 31.85 150m: 1:45.33 37.52 250m: 3:05.50 42.95 350m: 4:22.53 33.83			
100m: 1:07.81 35.96 200m: 2:22.55 37.22 300m: 3:48.70 43.20 400m: 4:54.99 32.46			

Prova 5, Masc., 400m Estilos, Juvenil Geral, 15 e 16 anos

Lugar			Ano			Tempo final			Pts			
3.	GOUVEIA, Luis Galvao		05	Nacional		<b>4:56.51</b>			501			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>											
	50m:	30.78	30.78	150m:	1:45.82	39.38	250m:	3:05.12	42.28	350m:	4:23.11	34.74
	100m:	1:06.44	35.66	200m:	2:22.84	37.02	300m:	3:48.37	43.25	400m:	4:56.51	33.40
4.	OLIVEIRA, Diogo Alexandre		05	Naval do Funchal		<b>5:01.83</b>			474			
	<i>Minimos Campeonato Nacional, Minimos Campeonato Zonal - Sines</i>											
	50m:	30.97	30.97	150m:	1:46.91	39.88	250m:	3:09.12	43.48	350m:	4:28.34	34.87
	100m:	1:07.03	36.06	200m:	2:25.64	38.73	300m:	3:53.47	44.35	400m:	5:01.83	33.49
5.	RODRIGUES, Joao Luis		05	Naval do Funchal		<b>5:09.20</b>			441			
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	31.72	31.72	150m:	1:48.73	40.12	250m:	3:12.98	44.57	350m:	4:35.20	36.49
	100m:	1:08.61	36.89	200m:	2:28.41	39.68	300m:	3:58.71	45.73	400m:	5:09.20	34.00
6.	DIAS, Andre Vicente		05	Nacional		<b>5:13.36</b>			424			
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	31.28	31.28	150m:	1:47.00	39.80	250m:	3:11.58	46.36	350m:	4:37.30	38.19
	100m:	1:07.20	35.92	200m:	2:25.22	38.22	300m:	3:59.11	47.53	400m:	5:13.36	36.06
7.	LEITAO, Andre Freitas		05	Naval do Funchal		<b>5:14.91</b>			418			
	<i>Minimos Campeonato Zonal - Sines</i>											
	50m:	33.32	33.32	150m:	1:49.24	37.99	250m:	3:13.54	46.59	350m:	4:37.96	36.94
	100m:	1:11.25	37.93	200m:	2:26.95	37.71	300m:	4:01.02	47.48	400m:	5:14.91	36.95
8.	FERNANDES, Diogo Henrique		04	Naval do Funchal		<b>5:15.47</b>			416			
	50m:	32.06	32.06	150m:	1:52.55	42.67	250m:	3:20.48	46.65	350m:	4:42.00	35.30
	100m:	1:09.88	37.82	200m:	2:33.83	41.28	300m:	4:06.70	46.22	400m:	5:15.47	33.47
9.	NUNES, Afonso Miguel		04	Salesianos do Funchal		<b>5:16.88</b>			410			
	50m:	31.93	31.93	150m:	1:50.40	40.49	250m:	3:17.28	46.78	350m:	4:41.39	36.86
	100m:	1:09.91	37.98	200m:	2:30.50	40.10	300m:	4:04.53	47.25	400m:	5:16.88	35.49
10.	PEREIRA, Jordao Abreu		04	Salesianos do Funchal		<b>5:22.77</b>			388			
	50m:	33.66	33.66	150m:	1:53.50	40.85	250m:	3:21.12	48.92	350m:	4:47.41	38.14
	100m:	1:12.65	38.99	200m:	2:32.20	38.70	300m:	4:09.27	48.15	400m:	5:22.77	35.36
11.	VOLOZHENIN, Alexandre		05	Naval do Funchal		<b>5:26.90</b>			373			
	50m:	34.62	34.62	150m:	1:58.84	43.90	250m:	3:26.44	44.49	350m:	4:50.57	38.88
	100m:	1:14.94	40.32	200m:	2:41.95	43.11	300m:	4:11.69	45.25	400m:	5:26.90	36.33
12.	SILVA, Eduardo Rodrigues		04	Salesianos do Funchal		<b>5:28.56</b>			368			
	50m:	34.18	34.18	150m:	1:56.40	42.88	250m:	3:26.56	47.64	350m:	4:52.69	38.16
	100m:	1:13.52	39.34	200m:	2:38.92	42.52	300m:	4:14.53	47.97	400m:	5:28.56	35.87
13.	AGUILAR, Luis Santos		04	Nacional		<b>5:35.32</b>			346			
	50m:	34.34	34.34	150m:	2:02.27	43.88	250m:	3:31.93	47.45	350m:	4:57.54	38.43
	100m:	1:18.39	44.05	200m:	2:44.48	42.21	300m:	4:19.11	47.18	400m:	5:35.32	37.78
14.	SILVA, Tony Stefano		05	Naval do Funchal		<b>5:41.67</b>			327			
	50m:	35.13	35.13	150m:	2:04.15	44.84	250m:	3:32.47	44.97	350m:	5:02.23	41.50
	100m:	1:19.31	44.18	200m:	2:47.50	43.35	300m:	4:20.73	48.26	400m:	5:41.67	39.44
15.	ALVES, Andre Camara		05	Nacional		<b>5:42.63</b>			324			
	50m:	33.85	33.85	150m:	1:58.39	44.78	250m:	3:30.22	47.81	350m:	5:02.86	44.26
	100m:	1:13.61	39.76	200m:	2:42.41	44.02	300m:	4:18.60	48.38	400m:	5:42.63	39.77
16.	SOUSA, Lourenco Quintas		05	Naval do Funchal		<b>5:44.13</b>			320			
	50m:	35.76	35.76	150m:	2:04.05	45.17	250m:	3:35.22	47.21	350m:	5:06.10	41.26
	100m:	1:18.88	43.12	200m:	2:48.01	43.96	300m:	4:24.84	49.62	400m:	5:44.13	38.03
17.	ALVES, Afonso Pires		05	Salesianos do Funchal		<b>5:44.26</b>			320			
	50m:	36.98	36.98	150m:	2:07.85	45.92	250m:	3:39.38	46.63	350m:	5:07.92	40.25
	100m:	1:21.93	44.95	200m:	2:52.75	44.90	300m:	4:27.67	48.29	400m:	5:44.26	36.34
18.	ALVES, Tiago Pires		05	Salesianos do Funchal		<b>5:44.98</b>			318			
	50m:	36.62	36.62	150m:	2:06.08	47.11	250m:	3:39.28	46.82	350m:	5:07.73	39.85
	100m:	1:18.97	42.35	200m:	2:52.46	46.38	300m:	4:27.88	48.60	400m:	5:44.98	37.25

Prova 5, Masc., 400m Estilos, Juvenil Geral, 15 e 16 anos

Lugar			Ano			Tempo final	Pts
19.	MACHADO, Tiago Magalhaes	04	Nacional			<b>6:22.70</b>	233
	50m: 32.10 32.10	150m: 2:06.07	51.46	250m: 3:52.92	56.52	350m: 5:38.16	47.03
	100m: 1:14.61 42.51	200m: 2:56.40	50.33	300m: 4:51.13	58.21	400m: 6:22.70	44.54
20.	FERNANDEZ, Joao Guilherme	04	Salesianos do Funchal			<b>6:25.01</b>	228
	50m: 38.20 38.20	150m: 2:17.22	52.28	250m: 4:01.50	54.78	350m: 5:43.82	46.60
	100m: 1:24.94 46.74	200m: 3:06.72	49.50	300m: 4:57.22	55.72	400m: 6:25.01	41.19
21.	ALVES, Luis Fernandez	05	Nacional			<b>6:38.88</b>	205
	50m: 42.62 42.62	150m: 2:27.01	53.36	250m: 4:14.00	56.02	350m: 5:56.52	44.43
	100m: 1:33.65 51.03	200m: 3:17.98	50.97	300m: 5:12.09	58.09	400m: 6:38.88	42.36
22.	MENDES, Juan Diego	05	Nacional			<b>7:04.74</b>	170
	50m: 43.99 43.99	150m: 2:33.20	55.70	250m: 4:28.59	1:00.64	350m: 6:19.40	50.01
	100m: 1:37.50 53.51	200m: 3:27.95	54.75	300m: 5:29.39	1:00.80	400m: 7:04.74	45.34
23.	NUNES, Andre Maltez	05	Nacional			<b>7:20.86</b>	152
	50m: 47.23 47.23	150m: 2:45.53	1:00.19	250m: 4:45.70	1:00.46	350m: 6:36.55	48.88
	100m: 1:45.34 58.11	200m: 3:45.24	59.71	300m: 5:47.67	1:01.97	400m: 7:20.86	44.31
DSQ	CORREIA, Rodrigo Ramos	05	Nacional				
	<i>810 - Movimento alternado de pernas após viragem aos 75 m - SW 8.3</i>						
DSQ	GOMES, Alexandre Monteiro	04	Salesianos do Funchal				
	<i>611 - Perdeu posição dorsal antes da viragem aos 200 metros SW 6.2</i>						
DSQ	LEAL, Diogo Silva	04	Salesianos do Funchal				
	<i>722 - Tocou com uma mão na parede na viragem aos 275 m - SW 7.6</i>						
dsq total	URDANETA, Lisandro Alberto	04	Nacional				
dsq total	SANTOS, Nuno Goncalo	05	Sao Roque				