

Prova 6

Masc., 400m Estilos

17 anos e mais velhos

17/11/2019 - 9:43

Resultados

| | | | | | |
|-----------------------------|---------|-------------------------|-----|------------|------------|
| Recordes Regionais Absoluto | 4:23.27 | FRANCO, Paulo Fragueiro | CDN | Felgueiras | 22/11/2002 |
| Recordes Regionais Sen | 4:23.27 | FRANCO, Paulo Fragueiro | CDN | Felgueiras | 22/11/2002 |
| Recordes Regionais Jun18 | 4:26.56 | SILVA, Tomas Antonio | CNF | Felgueiras | 21/12/2018 |
| Recordes Regionais Jun17 | 4:32.64 | SILVA, Tomas Antonio | CNF | Funchal | 26/03/2018 |

TAC Nacionais Jun17: 4:46.65; Jun18: 4:45.22; Sen19: 4:39.12; 20 +: 4:37.73

Pontos: FINA 2019

| Lugar | Ano | | Tempo final | | | | Pts |
|-------------------------------|------------------------------|---------------|-----------------------|----------------|-------|---------------|-------|
| Juniores, 17 e 18 anos | | | | | | | |
| 1. | RODRIGUES, Pedro Reis | 02 | Sao Roque | 4:51.11 | 529 | | |
| | 50m: 31.89 31.89 | 150m: 1:45.24 | 36.51 | 250m: 3:04.06 | 41.87 | 350m: 4:19.04 | 32.60 |
| | 100m: 1:08.73 36.84 | 200m: 2:22.19 | 36.95 | 300m: 3:46.44 | 42.38 | 400m: 4:51.11 | 32.07 |
| 2. | SILVA, Joao Jesus | 02 | Salesianos do Funchal | 5:00.93 | 479 | | |
| | 50m: 29.49 29.49 | 150m: 1:41.62 | 37.41 | 250m: 3:03.58 | 45.36 | 350m: 4:25.66 | 36.30 |
| | 100m: 1:04.21 34.72 | 200m: 2:18.22 | 36.60 | 300m: 3:49.36 | 45.78 | 400m: 5:00.93 | 35.27 |
| 3. | FREITAS, Joao Tomas | 02 | Salesianos do Funchal | 5:04.06 | 464 | | |
| | 50m: 30.92 30.92 | 150m: 1:45.80 | 38.39 | 250m: 3:07.70 | 44.57 | 350m: 4:30.29 | 36.82 |
| | 100m: 1:07.41 36.49 | 200m: 2:23.13 | 37.33 | 300m: 3:53.47 | 45.77 | 400m: 5:04.06 | 33.77 |
| 4. | MELIM, Bruno Pontes | 03 | Salesianos do Funchal | 5:25.94 | 377 | | |
| | 50m: 32.86 32.86 | 150m: 1:56.49 | 45.14 | 250m: 3:26.17 | 47.46 | 350m: 4:52.40 | 38.44 |
| | 100m: 1:11.35 38.49 | 200m: 2:38.71 | 42.22 | 300m: 4:13.96 | 47.79 | 400m: 5:25.94 | 33.54 |

DSQ LOPES, Pedro Henrique 03 Sao Roque
730 - Vários movimentos verticais de pernas após viragem aos 200 m - SW 7.1

Seniores, 19 anos e mais velhos

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|----|--------------------------------|---------------|-----------------------|----------------|-------|---------------|-------|
| 1. | FERRO, Henrique Martins | 01 | Naval do Funchal | 4:54.85 | 509 | | |
| | 50m: 30.28 30.28 | 150m: 1:43.69 | 39.06 | 250m: 3:04.77 | 42.55 | 350m: 4:22.30 | 34.39 |
| | 100m: 1:04.63 34.35 | 200m: 2:22.22 | 38.53 | 300m: 3:47.91 | 43.14 | 400m: 4:54.85 | 32.55 |
| 2. | VIEIRA, Duarte Nuno | 95 | Salesianos do Funchal | 5:25.71 | 377 | | |
| | 50m: 32.51 32.51 | 150m: 1:54.08 | 42.88 | 250m: 3:24.31 | 47.97 | 350m: 4:50.61 | 37.38 |
| | 100m: 1:11.20 38.69 | 200m: 2:36.34 | 42.26 | 300m: 4:13.23 | 48.92 | 400m: 5:25.71 | 35.10 |