

Prova 10 Masc., 400m Livres Absoluto
23/03/2024 - 9:15 Resultados

Recorde Regional Open	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Sen	3:58.51	FRANCO, Paulo Fragueiro	CDN	Faro	20/07/2009
Recorde Regional Jun18	4:07.78	GOUVEIA, Pedro Galvao	CDN	Coimbra	02/04/2017
Recorde Regional Jun17	4:07.82	FRANCO, Paulo Fragueiro	CDN	Famalicao	06/08/1999
Recorde Regional Juv A	4:14.87	FRANCO, Paulo Fragueiro	CDN	Jamor	31/07/1998
Recorde Regional Juv B	4:17.97	FREITAS, Tomas Miguel	CDN	Coimbra	23/07/2005
Recorde Regional Inf A	4:25.14	ALMEIDA, Carlos Alexandre	CDN	Restelo	26/07/2003
Recorde Regional Inf B	4:37.33	FRANCO, Paulo Fragueiro	CDN	Olivais	28/07/1995

Infantil B Mas. Inf B: 5:00.89 / Infantil A Mas. Inf A: 4:45.84 / Juv. B Mas. Juv B: 4:39.07 / Juv. A Mas. Juv A: 4:32.67 /
Júnior 1º Ano Mas. Jun17: 4:24.99 / Júnior 2º Ano Mas. Jun18: 4:23.71 / Sénior 1º Ano Mas. Sen19: 4:17.31 /
Sénior 2º Ano Mas. 20+: 4:16.03

Pontos: FINA 2024

Lugar Ano Tempo final Pts

Infantil B - 13 anos

1. PENSO, Tiago Daniel	11	Desportivo Sao Roque	5:26.04	307	
50m: 35.47 35.47	150m: 1:58.75	41.97 250m: 3:24.75	42.99	350m: 4:49.46	41.95
100m: 1:16.78 41.31	200m: 2:41.76	43.01 300m: 4:07.51	42.76	400m: 5:26.04	36.58
2. VARELA, Alvaro Antonio	11	Ginasio de Porto Santo	5:38.78	274	
50m: 36.57 36.57	150m: 1:58.73	42.30 250m: 3:27.32	44.47	350m: 4:56.52	44.57
100m: 1:16.43 39.86	200m: 2:42.85	44.12 300m: 4:11.95	44.63	400m: 5:38.78	42.26
3. FERNANDES, Francisco Miguel	11	Desportivo Sao Roque	5:58.55	231	
50m: 38.33 38.33	150m: 2:10.22	46.74 250m: 3:42.63	46.47	350m: 5:14.74	46.35
100m: 1:23.48 45.15	200m: 2:56.16	45.94 300m: 4:28.39	45.76	400m: 5:58.55	43.81
4. CRO, Rodrigo Antonio	11	Desportivo Sao Roque	6:00.75	227	
50m: 39.50 39.50	150m: 2:12.44	46.47 250m: 3:44.93	45.42	350m: 5:16.70	45.29
100m: 1:25.97 46.47	200m: 2:59.51	47.07 300m: 4:31.41	46.48	400m: 6:00.75	44.05
5. MARTINS, Eduardo Abreu	11	Desportivo Sao Roque	6:19.95	194	
50m: 40.58 40.58	150m: 2:19.27	50.04 250m: 3:57.45	48.76	350m: 5:35.14	48.56
100m: 1:29.23 48.65	200m: 3:08.69	49.42 300m: 4:46.58	49.13	400m: 6:19.95	44.81

Infantil A - 14 anos

1. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	5:02.98	383	
50m: 31.76 31.76	150m: 1:48.13	38.97 250m: 3:07.72	39.99	350m: 4:25.24	38.38
100m: 1:09.16 37.40	200m: 2:27.73	39.60 300m: 3:46.86	39.14	400m: 5:02.98	37.74

Juvenil B - 15 anos

1. SILVA, Joao Bernardo	09	Desportivo Nacional	4:39.05	490	
<i>TAC OPEN DE PORTUGAL - 4 a 7 Abril + 12 a 14 Julho</i>					
50m: 30.88 30.88	150m: 1:41.14	35.64 250m: 2:52.67	35.87	350m: 4:04.23	35.85
100m: 1:05.50 34.62	200m: 2:16.80	35.66 300m: 3:28.38	35.71	400m: 4:39.05	34.82
2. MARTINS, Antonio Freitas	09	Desportivo Nacional	4:53.84	420	
50m: 34.02 34.02	150m: 1:47.95	37.49 250m: 3:03.29	37.44	350m: 4:17.80	37.04
100m: 1:10.46 36.44	200m: 2:25.85	37.90 300m: 3:40.76	37.47	400m: 4:53.84	36.04
3. CRESPO, Joao Jesus	09	Desportivo Nacional	4:56.77	407	
50m: 32.15 32.15	150m: 1:47.37	37.48 250m: 3:02.88	37.82	350m: 4:19.88	38.44
100m: 1:09.89 37.74	200m: 2:25.06	37.69 300m: 3:41.44	38.56	400m: 4:56.77	36.89
4. PESTANA, Pedro Correia	09	Desportivo Nacional	4:57.50	404	
50m: 32.27 32.27	150m: 1:46.15	37.25 250m: 3:03.21	38.35	350m: 4:20.58	38.58
100m: 1:08.90 36.63	200m: 2:24.86	38.71 300m: 3:42.00	38.79	400m: 4:57.50	36.92
5. JARDIM, Joao Tomas	09	Desportivo Nacional	5:23.14	315	
50m: 34.69 34.69	150m: 1:55.44	41.60 250m: 3:21.09	43.33	350m: 4:45.60	41.88
100m: 1:13.84 39.15	200m: 2:37.76	42.32 300m: 4:03.72	42.63	400m: 5:23.14	37.54

Prova 10, Masc., 400m Livres, Juvenil B - 15 anos

Lugar	Nome		Ano	Clube	Tempo final				Pts
6.	ABREU, Afonso Henrique		09	Naval do Funchal	5:25.20				309
	50m:	36.05 36.05	150m:	1:58.97 41.96	250m:	3:23.36 42.40	350m:	4:46.24 39.85	
	100m:	1:17.01 40.96	200m:	2:40.96 41.99	300m:	4:06.39 43.03	400m:	5:25.20 38.96	
7.	FERNANDES, Salvador Freitas		09	Juventude Atlantico	5:39.97				271
	50m:	35.67 35.67	150m:	2:00.03 43.60	250m:	3:27.97 44.80	350m:	4:59.07 45.92	
	100m:	1:16.43 40.76	200m:	2:43.17 43.14	300m:	4:13.15 45.18	400m:	5:39.97 40.90	

Juvenil A - 16 anos

1.	CASTRO, Marco Antonio		08	Naval do Funchal	4:30.07				541
	<i>TAC OPEN DE PORTUGAL - 4 a 7 Abril + 12 a 14 Julho</i>								
	50m:	30.05 30.05	150m:	1:37.85 34.24	250m:	2:48.41 35.47	350m:	3:57.71 34.37	
	100m:	1:03.61 33.56	200m:	2:12.94 35.09	300m:	3:23.34 34.93	400m:	4:30.07 32.36	
2.	JESUS, Vasco Franca		08	Naval do Funchal	4:37.22				500
	50m:	30.89 30.89	150m:	1:40.36 35.32	250m:	2:51.45 35.61	350m:	4:02.78 35.82	
	100m:	1:05.04 34.15	200m:	2:15.84 35.48	300m:	3:26.96 35.51	400m:	4:37.22 34.44	
3.	SILVA, Francisco Pita		08	Escola O Liceu	5:59.12				230
	50m:	38.17 38.17	150m:	2:09.22 46.50	250m:	3:42.82 46.72	350m:	5:16.22 45.73	
	100m:	1:22.72 44.55	200m:	2:56.10 46.88	300m:	4:30.49 47.67	400m:	5:59.12 42.90	

Juniores - 17 e 18 anos

1.	COSTA, Guilherme Corte		07	Desportivo Nacional	4:30.41				539
	50m:	30.38 30.38	150m:	1:38.37 34.88	250m:	2:48.78 35.24	350m:	3:57.62 33.35	
	100m:	1:03.49 33.11	200m:	2:13.54 35.17	300m:	3:24.27 35.49	400m:	4:30.41 32.79	
2.	PEREIRA, Lucas Santos		07	Naval do Funchal	5:15.18				340
	50m:	25.64 25.64	150m:	1:52.34 40.29	250m:	3:13.10 40.60	350m:	4:35.08 40.56	
	100m:	1:12.05 46.41	200m:	2:32.50 40.16	300m:	3:54.52 41.42	400m:	5:15.18 40.10	

Absolutos - 13 anos e mais velhos

1.	ABREU, Sergio Gomes		96	Naval do Funchal	4:16.61				630
	50m:	28.87 28.87	150m:	1:33.70 32.52	250m:	2:39.62 32.74	350m:	3:45.60 32.45	
	100m:	1:01.18 32.31	200m:	2:06.88 33.18	300m:	3:13.15 33.53	400m:	4:16.61 31.01	
2.	CASTRO, Marco Antonio		08	Naval do Funchal	4:30.07				541
	<i>TAC OPEN DE PORTUGAL - 4 a 7 Abril + 12 a 14 Julho</i>								
	50m:	30.05 30.05	150m:	1:37.85 34.24	250m:	2:48.41 35.47	350m:	3:57.71 34.37	
	100m:	1:03.61 33.56	200m:	2:12.94 35.09	300m:	3:23.34 34.93	400m:	4:30.07 32.36	
3.	COSTA, Guilherme Corte		07	Desportivo Nacional	4:30.41				539
	50m:	30.38 30.38	150m:	1:38.37 34.88	250m:	2:48.78 35.24	350m:	3:57.62 33.35	
	100m:	1:03.49 33.11	200m:	2:13.54 35.17	300m:	3:24.27 35.49	400m:	4:30.41 32.79	
4.	JESUS, Vasco Franca		08	Naval do Funchal	4:37.22				500
	50m:	30.89 30.89	150m:	1:40.36 35.32	250m:	2:51.45 35.61	350m:	4:02.78 35.82	
	100m:	1:05.04 34.15	200m:	2:15.84 35.48	300m:	3:26.96 35.51	400m:	4:37.22 34.44	
5.	SILVA, Joao Bernardo		09	Desportivo Nacional	4:39.05				490
	<i>TAC OPEN DE PORTUGAL - 4 a 7 Abril + 12 a 14 Julho</i>								
	50m:	30.88 30.88	150m:	1:41.14 35.64	250m:	2:52.67 35.87	350m:	4:04.23 35.85	
	100m:	1:05.50 34.62	200m:	2:16.80 35.66	300m:	3:28.38 35.71	400m:	4:39.05 34.82	
6.	MARTINS, Antonio Freitas		09	Desportivo Nacional	4:53.84				420
	50m:	34.02 34.02	150m:	1:47.95 37.49	250m:	3:03.29 37.44	350m:	4:17.80 37.04	
	100m:	1:10.46 36.44	200m:	2:25.85 37.90	300m:	3:40.76 37.47	400m:	4:53.84 36.04	
7.	CRESPO, Joao Jesus		09	Desportivo Nacional	4:56.77				407
	50m:	32.15 32.15	150m:	1:47.37 37.48	250m:	3:02.88 37.82	350m:	4:19.88 38.44	
	100m:	1:09.89 37.74	200m:	2:25.06 37.69	300m:	3:41.44 38.56	400m:	4:56.77 36.89	

Prova 10, Masc., 400m Livres, Absolutos - 13 anos e mais velhos

Lugar			Ano					Tempo final	Pts		
8.	PESTANA, Pedro Correia		09	Desportivo Nacional				4:57.50	404		
	50m:	32.27 32.27	150m:	1:46.15	37.25	250m:	3:03.21	38.35	350m:	4:20.58	38.58
	100m:	1:08.90 36.63	200m:	2:24.86	38.71	300m:	3:42.00	38.79	400m:	4:57.50	36.92
9.	PEREIRA, Lucas Santos		07	Naval do Funchal				5:15.18	340		
	50m:	25.64 25.64	150m:	1:52.34	40.29	250m:	3:13.10	40.60	350m:	4:35.08	40.56
	100m:	1:12.05 46.41	200m:	2:32.50	40.16	300m:	3:54.52	41.42	400m:	5:15.18	40.10
10.	JARDIM, Joao Tomas		09	Desportivo Nacional				5:23.14	315		
	50m:	34.69 34.69	150m:	1:55.44	41.60	250m:	3:21.09	43.33	350m:	4:45.60	41.88
	100m:	1:13.84 39.15	200m:	2:37.76	42.32	300m:	4:03.72	42.63	400m:	5:23.14	37.54
11.	ABREU, Afonso Henrique		09	Naval do Funchal				5:25.20	309		
	50m:	36.05 36.05	150m:	1:58.97	41.96	250m:	3:23.36	42.40	350m:	4:46.24	39.85
	100m:	1:17.01 40.96	200m:	2:40.96	41.99	300m:	4:06.39	43.03	400m:	5:25.20	38.96
12.	FERNANDES, Salvador Freitas		09	Juventude Atlantico				5:39.97	271		
	50m:	35.67 35.67	150m:	2:00.03	43.60	250m:	3:27.97	44.80	350m:	4:59.07	45.92
	100m:	1:16.43 40.76	200m:	2:43.17	43.14	300m:	4:13.15	45.18	400m:	5:39.97	40.90
13.	SILVA, Francisco Pita		08	Escola O Liceu				5:59.12	230		
	50m:	38.17 38.17	150m:	2:09.22	46.50	250m:	3:42.82	46.72	350m:	5:16.22	45.73
	100m:	1:22.72 44.55	200m:	2:56.10	46.88	300m:	4:30.49	47.67	400m:	5:59.12	42.90