

Prova 16 Masc., 400m Estilos Absoluto
23/03/2024 - 10:28 Resultados

Recorde Regional Open	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Sen	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Jun18	4:34.10	SILVA, Tomas Antonio	CNF	Funchal	02/08/2019
Recorde Regional Jun17	4:34.60	FRANCO, Paulo Fragueiro	CDN	Famalicao	05/08/1999
Recorde Regional Juv A	4:46.62	FREITAS, Tomas Miguel	CDN	Coimbra	28/07/2006
Recorde Regional Juv B	4:44.63	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	11/03/2005
Recorde Regional Inf A	4:46.20	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	23/07/2004
Recorde Regional Inf B	4:59.28	FREITAS, Tomas Miguel	CDN	Restelo	25/07/2003
Recordes Nacional SM8	5:21.82	CANCELA, Diogo Luis	ALN	Coimbra	28/05/2023
Recordes Nacional SM9	59:00.00	,			
Recordes Nacional SM10	59:00.00	,			
Recordes Nacional SM11	59:00.00	,			
Recordes Nacional SM14	5:58.45	DUARTE, Samuel Lima	FVCD	Porto	15/04/2023
Recordes Nacional SM15	4:58.86	CRUZ, Miguel Duarte	CFB	Coimbra	27/03/2021
Recordes Nacional SM17	59:00.00	, start			
Recordes Nacional SM21	6:38.07	ALMEIDA, Andre Reis	POR	Vichy (FRA)	07/06/2023

Juv. B Mas. Juv B: 5:15.96 / Juv. A Mas. Juv A: 5:08.71 / Júnior 1º Ano Mas. Jun17: 5:00.02 / Júnior 2º Ano Mas. Jun18: 4:58.57 / Sénior 1º Ano Mas. Sen19: 4:51.32 / Sénior 2º Ano Mas. 20+: 4:49.87

Pontos: FINA 2024

Lugar	Ano	Tempo final	Pts
Juvenil A - 16 anos			
1. MIRANDA, Francisco Guilherme	08 Naval do Funchal	5:04.27	506
<i>TAC OPEN DE PORTUGAL - 4 a 7 Abril + 12 a 14 Julho</i>			
50m: 31.18 31.18	150m: 1:46.98 39.74	250m: 3:10.06 43.88	350m: 4:29.38 35.91
100m: 1:07.24 36.06	200m: 2:26.18 39.20	300m: 3:53.47 43.41	400m: 5:04.27 34.89

Juniores - 17 e 18 anos			
1. OLIVEIRA, Afonso Miguel	07 Juventude Atlantico	5:09.54	480
50m: 30.65 30.65	150m: 1:46.17 39.93	250m: 3:13.99 47.25	350m: 4:35.66 34.19
100m: 1:06.24 35.59	200m: 2:26.74 40.57	300m: 4:01.47 47.48	400m: 5:09.54 33.88
2. CARVALHO, Joaquim Eduardo	07 Naval do Funchal	6:05.11	292
<i>RECORDE NACIONAL</i>			
50m: 37.29 37.29	150m: 2:11.00 48.16	250m: 3:52.16 54.52	350m: 5:26.32 39.51
100m: 1:22.84 45.55	200m: 2:57.64 46.64	300m: 4:46.81 54.65	400m: 6:05.11 38.79

Absolutos - 13 anos e mais velhos			
1. GOUVEIA, Luis Galvao	05 Desportivo Nacional	4:40.51	646
<i>TAC OPEN DE PORTUGAL - 4 a 7 Abril + 12 a 14 Julho</i>			
50m: 28.06 28.06	150m: 1:38.97 38.29	250m: 2:54.95 40.79	350m: 4:09.84 33.99
100m: 1:00.68 32.62	200m: 2:14.16 35.19	300m: 3:35.85 40.90	400m: 4:40.51 30.67
2. MIRANDA, Francisco Guilherme	08 Naval do Funchal	5:04.27	506
<i>TAC OPEN DE PORTUGAL - 4 a 7 Abril + 12 a 14 Julho</i>			
50m: 31.18 31.18	150m: 1:46.98 39.74	250m: 3:10.06 43.88	350m: 4:29.38 35.91
100m: 1:07.24 36.06	200m: 2:26.18 39.20	300m: 3:53.47 43.41	400m: 5:04.27 34.89
3. OLIVEIRA, Afonso Miguel	07 Juventude Atlantico	5:09.54	480
50m: 30.65 30.65	150m: 1:46.17 39.93	250m: 3:13.99 47.25	350m: 4:35.66 34.19
100m: 1:06.24 35.59	200m: 2:26.74 40.57	300m: 4:01.47 47.48	400m: 5:09.54 33.88
4. CARVALHO, Joaquim Eduardo	07 Naval do Funchal	6:05.11	292
<i>RECORDE NACIONAL</i>			
50m: 37.29 37.29	150m: 2:11.00 48.16	250m: 3:52.16 54.52	350m: 5:26.32 39.51
100m: 1:22.84 45.55	200m: 2:57.64 46.64	300m: 4:46.81 54.65	400m: 6:05.11 38.79