

Prova 16	Masc., 400m Estilos				Absoluto
23/03/2024 - 10:28					Startlist
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 / J�nior 1� Ano Mas. Jun17: 5:00.02 / J�nior 2� Ano Mas. Jun18: 4:58.57 / S�nior 1� Ano Mas. Sen19: 4:51.32 / S�nior 2� Ano Mas. 20 +: 4:49.87					

Pista	Nome	Ano	Clube	Tempo de Inscri�o
<b>S�rie 1 de 1</b>				
2	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	6:40.00
3	MIRANDA, Francisco Guilherme	08	Naval do Funchal	5:00.50
4	GOUVEIA, Luis Galvao	05	Desportivo Nacional	4:36.02
5	ALMEIDA, Joao Francisco	07	Naval do Funchal	4:59.12
6	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	5:15.20