

Prova 10 Masc., 400m Livres Absolutos
01/11/2023 - 10:31 Resultados

Recordes Regional Open	3:50.96	FRANCO Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regional Sen	3:50.96	FRANCO Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regional Jun18	3:57.10	CASTRO Joao Cruz	CDSR	Porto	09/12/2017
Recordes Regional Jun17	3:57.38	CASTRO Joao Cruz	CDSR	Funchal	26/07/2017
Recordes Regional Juv A	4:05.44	CASTRO Joao Cruz	CDSR	Penteada	09/07/2016
Recordes Regional Juv B	4:11.24	FREITAS Tomas Miguel	CDN	Funchal	25/06/2005
Recordes Regional Inf A	4:17.08	FREITAS Tomas Miguel	CDN	Funchal	10/07/2004
Recordes Regional Inf B	4:27.04	FREITAS Tomas Miguel	CDN	Funchal	12/07/2003
Rec Nac Adaptada S17	5:09.85	CARVALHO Joaquim Eduardo	CNF	Funchal	27/05/2023

ZONAL Inf. B Mas. Inf B: 5:09.00 / ZONAL Inf. A Mas. Inf A: 4:57.50 / ZONAL Juv. B Mas. Juv B: 4:38.98 /
ZONAL Juv. A Mas. Juv A: 4:33.44 / Infantil B Mas. Inf B: 4:54.87 / Infantil A Mas. Inf A: 4:40.13 / Juv. B Mas. Juv B: 4:28.59 /
Juv. A Mas. Juv A: 4:22.43 / Júnior 1º Ano Mas. Jun17: 4:15.03 / Júnior 2º Ano Mas. Jun18: 4:13.80 /
Sénior 1º Ano Mas. 19: 4:07.64 / Sénior 2º Ano Mas. 20+: 4:06.41

Pontos: FINA 2023

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NUNES Duarte Costa	07	206934	Juventude Atlantico	4:59.26	+0,87	356	23,00
	50m: 31.85 31.85			150m: 1:45.88 37.63	250m: 3:03.11 38.93	350m: 4:21.80 39.48		
	100m: 1:08.25 36.40			200m: 2:24.18 38.30	300m: 3:42.32 39.21	400m: 4:59.26 37.46		
2.	SOL Tomas Sousa	10	212010	Desportiva de Machico	6:05.81	+0,62	195	21,00
	50m: 37.43 37.43			150m: 2:09.48 47.37	250m: 3:46.86 48.64	350m: 5:22.15 47.99		
	100m: 1:22.11 44.68			200m: 2:58.22 48.74	300m: 4:34.16 47.30	400m: 6:05.81 43.66		
DSQ	FREITAS Joao Pedro	07	218531	Juventude Atlantico				-
	<i>102 - Não completou a prova - SW 10.2</i>							
DNS	MARTINS Eduardo Abreu	11	213146	Desportivo Sao Roque				-
DNS	ANTUNES Frederico Luis	08	210551	Juventude Atlantico				-
EXH	GOUVEIA Luis Galvao	05	127884	Desportivo Nacional	4:14.30	+0,70	581	-
	50m: 28.71 28.71			150m: 1:32.97 32.48	250m: 2:39.36 33.27	350m: 3:45.33 32.85		
	100m: 1:00.49 31.78			200m: 2:06.09 33.12	300m: 3:12.48 33.12	400m: 4:14.30 28.97		
EXH	ABREU Sergio Gomes	96	100821	Naval do Funchal	4:15.36	+0,72	574	-
	50m: 28.01 28.01			150m: 1:32.14 32.76	250m: 2:38.33 33.14	350m: 3:45.00 33.25		
	100m: 59.38 31.37			200m: 2:05.19 33.05	300m: 3:11.75 33.42	400m: 4:15.36 30.36		
EXH	ALMEIDA Joao Francisco	07	209787	Naval do Funchal	4:22.07	+0,61	531	-
	50m: 28.90 28.90			150m: 1:34.09 33.20	250m: 2:42.42 34.25	350m: 3:50.14 33.19		
	100m: 1:00.89 31.99			200m: 2:08.17 34.08	300m: 3:16.95 34.53	400m: 4:22.07 31.93		
EXH	COSTA Guilherme Corte	07	132693	Desportivo Nacional	4:22.51	+0,70	528	-
	50m: 29.42 29.42			150m: 1:34.45 33.79	250m: 2:42.45 34.12	350m: 3:51.37 34.33		
	100m: 1:00.66 31.24			200m: 2:08.33 33.88	300m: 3:17.04 34.59	400m: 4:22.51 31.14		
EXH	MIRANDA Francisco Guilherme	08	206796	Naval do Funchal	4:27.02	+0,64	502	-
	<i>Tor. Zonal Juvenis - ANALEN, 15 a 17 Dezembro</i>							
	50m: 30.74 30.74			150m: 1:37.46 33.82	250m: 2:46.19 34.24	350m: 3:53.94 33.68		
	100m: 1:03.64 32.90			200m: 2:11.95 34.49	300m: 3:20.26 34.07	400m: 4:27.02 33.08		
EXH	CASTRO Marco Antonio	08	203451	Naval do Funchal	4:34.15	+0,72	464	-
	50m: 29.85 29.85			150m: 1:38.68 34.68	250m: 2:49.31 35.62	350m: 3:59.99 35.65		
	100m: 1:04.00 34.15			200m: 2:13.69 35.01	300m: 3:24.34 35.03	400m: 4:34.15 34.16		
EXH	SILVA Joao Bernardo	09	210132	Desportivo Nacional	4:34.57	+0,68	461	-
	<i>Tor. Zonal Juvenis - ANALEN, 15 a 17 Dezembro</i>							
	50m: 30.47 30.47			150m: 1:40.07 34.83	250m: 2:50.69 35.70	350m: 4:01.02 34.97		
	100m: 1:05.24 34.77			200m: 2:14.99 34.92	300m: 3:26.05 35.36	400m: 4:34.57 33.55		
EXH	JESUS Vasco Franca	08	207497	Naval do Funchal	4:38.57	+0,66	442	-
	50m: 31.01 31.01			150m: 1:40.77 35.22	250m: 2:52.09 35.67	350m: 4:03.81 35.89		
	100m: 1:05.55 34.54			200m: 2:16.42 35.65	300m: 3:27.92 35.83	400m: 4:38.57 34.76		
EXH	JESUS David Martins	07	213011	Naval do Funchal	4:45.44	+0,57	411	-
	50m: 30.90 30.90			150m: 1:42.86 36.51	250m: 2:56.71 37.18	350m: 4:10.64 36.70		
	100m: 1:06.35 35.45			200m: 2:19.53 36.67	300m: 3:33.94 37.23	400m: 4:45.44 34.80		
EXH	PESTANA Pedro Correia	09	209489	Desportivo Nacional	4:46.00	+0,70	408	-
	50m: 31.08 31.08			150m: 1:43.46 37.14	250m: 2:56.21 36.62	350m: 4:10.39 37.20		
	100m: 1:06.32 35.24			200m: 2:19.59 36.13	300m: 3:33.19 36.98	400m: 4:46.00 35.61		

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Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MARTINS Antonio Freitas	09	209933	Desportivo Nacional	4:46.44	+0,69	406	-
	50m: 33.35 33.35		150m: 1:46.50	36.77	250m: 2:59.39	36.09	350m: 4:12.28	36.25
	100m: 1:09.73 36.38		200m: 2:23.30	36.80	300m: 3:36.03	36.64	400m: 4:46.44	34.16
EXH	GONCALVES Tomas Figueiredo	10	208489	Naval do Funchal	4:50.17	+0,64	391	-
	<i>Torneio Zonal Infantis - Leiria, 15 a 17 Março</i>							
	50m: 32.14 32.14		150m: 1:45.67	36.92	250m: 2:59.62	37.22	350m: 4:14.48	37.12
	100m: 1:08.75 36.61		200m: 2:22.40	36.73	300m: 3:37.36	37.74	400m: 4:50.17	35.69
EXH	PENSO Miguel Reigada	07	209691	Desportivo Sao Roque	4:55.67	+0,70	369	-
	50m: 32.32 32.32		150m: 1:47.37	37.96	250m: 3:04.07	38.07	350m: 4:20.02	37.43
	100m: 1:09.41 37.09		200m: 2:26.00	38.63	300m: 3:42.59	38.52	400m: 4:55.67	35.65
EXH	MARTINHO Joao Miguel	09	211722	Desportivo Nacional	5:00.11	+0,80	353	-
	50m: 32.74 32.74		150m: 1:48.08	38.07	250m: 3:05.64	38.99	350m: 4:22.96	38.49
	100m: 1:10.01 37.27		200m: 2:26.65	38.57	300m: 3:44.47	38.83	400m: 5:00.11	37.15
EXH	LETRA Francisco Freitas	10	208848	Naval do Funchal	5:01.47	+0,64	348	-
	50m: 33.05 33.05		150m: 1:48.28	38.28	250m: 3:06.19	39.37	350m: 4:25.59	39.58
	100m: 1:10.00 36.95		200m: 2:26.82	38.54	300m: 3:46.01	39.82	400m: 5:01.47	35.88
EXH	MENDES Salvador Neves	10	212022	Naval do Funchal	5:01.61	+0,61	348	-
	50m: 33.17 33.17		150m: 1:49.10	38.70	250m: 3:07.10	39.32	350m: 4:25.73	38.92
	100m: 1:10.40 37.23		200m: 2:27.78	38.68	300m: 3:46.81	39.71	400m: 5:01.61	35.88
EXH	SOUSA Eduardo Afonseca	09	204365	Desportivo Nacional	5:02.41	+0,69	345	-
	50m: 34.78 34.78		150m: 1:51.24	38.47	250m: 3:07.91	38.33	350m: 4:25.10	38.69
	100m: 1:12.77 37.99		200m: 2:29.58	38.34	300m: 3:46.41	38.50	400m: 5:02.41	37.31
EXH	RAPOSO Mateus Medeiros	10	211338	Desportivo Nacional	5:17.40	+0,80	299	-
	50m: 34.38 34.38		150m: 1:54.83	40.77	250m: 3:17.90	41.11	350m: 4:39.82	40.58
	100m: 1:14.06 39.68		200m: 2:36.79	41.96	300m: 3:59.24	41.34	400m: 5:17.40	37.58
EXH	VELOZA Tomas Ramos	09	206794	Desportivo Nacional	5:22.74	+0,82	284	-
	50m: 36.96 36.96		150m: 1:58.47	41.04	250m: 3:20.61	41.28	350m: 4:43.25	41.31
	100m: 1:17.43 40.47		200m: 2:39.33	40.86	300m: 4:01.94	41.33	400m: 5:22.74	39.49
EXH	GARANITO Mateus Silva	10	208352	Naval do Funchal	5:23.05	+0,82	283	-
	50m: 34.99 34.99		150m: 1:57.46	42.25	250m: 3:22.39	41.80	350m: 4:44.74	40.59
	100m: 1:15.21 40.22		200m: 2:40.59	43.13	300m: 4:04.15	41.76	400m: 5:23.05	38.31
EXH	ABREU Afonso Henrique	09	212014	Naval do Funchal	5:23.44	+0,86	282	-
	50m: 36.88 36.88		150m: 1:59.60	41.41	250m: 3:22.74	41.68	350m: 4:45.99	40.94
	100m: 1:18.19 41.31		200m: 2:41.06	41.46	300m: 4:05.05	42.31	400m: 5:23.44	37.45
EXH	CARVALHO Joaquim Eduardo	07	202564	Naval do Funchal	5:25.85	+0,69	276	-
	50m: 36.02 36.02		150m: 1:57.14	41.36	250m: 3:20.97	42.00	350m: 4:45.27	42.28
	100m: 1:15.78 39.76		200m: 2:38.97	41.83	300m: 4:02.99	42.02	400m: 5:25.85	40.58
EXH	ROCHA Tomas Pinto	10	209484	Naval do Funchal	5:26.92	+0,78	273	-
	50m: 34.89 34.89		150m: 1:56.20	41.05	250m: 3:21.40	42.71	350m: 4:47.47	42.85
	100m: 1:15.15 40.26		200m: 2:38.69	42.49	300m: 4:04.62	43.22	400m: 5:26.92	39.45
EXH	JARDIM Joao Tomas	09	206449	Desportivo Nacional	5:30.13	+0,72	265	-
	50m: 36.27 36.27		150m: 2:00.75	42.78	250m: 3:26.05	42.84	350m: 4:52.46	43.13
	100m: 1:17.97 41.70		200m: 2:43.21	42.46	300m: 4:09.33	43.28	400m: 5:30.13	37.67
EXH	PENSO Tiago Daniel	11	212425	Desportivo Sao Roque	5:30.33	+0,67	265	-
	50m: 35.71 35.71		150m: 2:00.64	42.67	250m: 3:27.08	43.44	350m: 4:51.97	42.02
	100m: 1:17.97 42.26		200m: 2:43.64	43.00	300m: 4:09.95	42.87	400m: 5:30.33	38.36
EXH	ABREU Pedro Dinis	11	211341	Naval do Funchal	5:33.80	+0,67	257	-
	50m: 35.78 35.78		150m: 2:00.77	43.00	250m: 3:27.52	43.53	350m: 4:53.49	42.81
	100m: 1:17.77 41.99		200m: 2:43.99	43.22	300m: 4:10.68	43.16	400m: 5:33.80	40.31
EXH	VIEIRA Francisco Rodrigues	10	212018	Naval do Funchal	5:36.03	+0,43	252	-
	50m: 37.08 37.08		150m: 2:00.66	42.17	250m: 3:27.64	43.55	350m: 4:54.98	43.33
	100m: 1:18.49 41.41		200m: 2:44.09	43.43	300m: 4:11.65	44.01	400m: 5:36.03	41.05
EXH	FREITAS Jonas Christian	11	213115	Desportivo Nacional	5:39.69	+0,74	243	-
	50m: 37.93 37.93		150m: 2:02.30	42.30	250m: 3:28.76	43.34	350m: 4:56.88	44.23
	100m: 1:20.00 42.07		200m: 2:45.42	43.12	300m: 4:12.65	43.89	400m: 5:39.69	42.81
EXH	RODRIGUES David Oliveira	11	208847	Naval do Funchal	5:40.72	+0,61	241	-
	50m: 36.07 36.07		150m: 2:03.25	44.22	250m: 3:32.16	44.74	350m: 5:01.03	44.87
	100m: 1:19.03 42.96		200m: 2:47.42	44.17	300m: 4:16.16	44.00	400m: 5:40.72	39.69

Prova 10, Masc., 400m Livres

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	MENDONCA Florival Rodrigo	10	216967	Juventude Atlantico	5:43.74	+0,76	235	-
	50m: 36.03 36.03		150m: 2:02.38	44.36	250m: 3:33.25	45.33	350m: 5:03.20	45.22
	100m: 1:18.02 41.99		200m: 2:47.92	45.54	300m: 4:17.98	44.73	400m: 5:43.74	40.54
EXH	LUCIO Lourenco Perestrelo	11	211340	Naval do Funchal	5:59.77	+0,62	205	-
	50m: 37.98 37.98		150m: 2:10.57	46.96	250m: 3:43.07	45.58	350m: 5:16.61	45.78
	100m: 1:23.61 45.63		200m: 2:57.49	46.92	300m: 4:30.83	47.76	400m: 5:59.77	43.16
EXH	SILVA Alexandre Antonio	11	216245	Naval do Funchal	6:01.70	+0,78	202	-
	50m: 40.29 40.29		150m: 2:12.51	46.79	250m: 3:45.82	46.69	350m: 5:18.66	46.60
	100m: 1:25.72 45.43		200m: 2:59.13	46.62	300m: 4:32.06	46.24	400m: 6:01.70	43.04
EXH	FERNANDES Francisco Miguel	11	213036	Desportivo Sao Roque	6:04.62	+0,68	197	-
	50m: 38.59 38.59		150m: 2:10.09	46.23	250m: 3:44.93	47.60	350m: 5:20.17	47.88
	100m: 1:23.86 45.27		200m: 2:57.33	47.24	300m: 4:32.29	47.36	400m: 6:04.62	44.45
EXH	SILVA Francisco Pita	08	214116	Escola O Liceu	6:10.38	+0,73	188	-
	50m: 39.00 39.00		150m: 2:13.94	47.13	250m: 3:49.99	47.33	350m: 5:25.69	46.24
	100m: 1:26.81 47.81		200m: 3:02.66	48.72	300m: 4:39.45	49.46	400m: 6:10.38	44.69
EXH	PEREIRA Duarte Afonso	11	216808	Desportivo Sao Roque	6:16.95	+1,07	178	-
	50m: 40.10 40.10		150m: 2:12.95	47.89	250m: 3:47.55	46.90	350m: 5:20.31	45.12
	100m: 1:25.06 44.96		200m: 3:00.65	47.70	300m: 4:35.19	47.64	400m: 6:16.95	56.64
EXH	PORESHIN Georgii	10	216495	Naval do Funchal	6:17.57	+0,70	177	-
	50m: 38.47 38.47		150m: 2:16.12	50.11	250m: 3:54.65	48.91	350m: 5:32.10	49.35
	100m: 1:26.01 47.54		200m: 3:05.74	49.62	300m: 4:42.75	48.10	400m: 6:17.57	45.47
EXH	SILVA Pedro Fernandes	11	213394	Naval do Funchal	6:17.62	+0,53	177	-
	50m: 41.75 41.75		150m: 2:16.63	48.16	250m: 3:53.80	48.20	350m: 5:31.53	49.39
	100m: 1:28.47 46.72		200m: 3:05.60	48.97	300m: 4:42.14	48.34	400m: 6:17.62	46.09
EXH	CRO Rodrigo Antonio	11	211352	Desportivo Sao Roque	6:21.43	+0,73	172	-
	50m: 39.08 39.08		150m: 2:12.87	48.12	250m: 3:46.11	47.15	350m: 5:16.58	44.65
	100m: 1:24.75 45.67		200m: 2:58.96	46.09	300m: 4:31.93	45.82	400m: 6:21.43	1:04.85