

Prova 12	Masc., 400m Estilos				Absolutos
20/12/2024 - 20:53	Junto com a prova n.º 11, 400EST femininos.				Resultados
Recordes Regionais Open	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
Recordes Regionais Juv A	4:37.61	GOUVEIA, Luis Galvao	CDN	Funchal	11/07/2021
Recordes Regionais Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recordes Regionais Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004
Recordes Regionais Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003

Juv. B Mas. Juv B: 5:05.79 / Juv. A Mas. Juv A: 4:58.78 / J nior 1º Ano Mas. Jun17: 4:50.36 / J nior 2º Ano Mas. Jun18: 4:48.96 / S nior 1º Ano Mas. Sen19: 4:41.94 / S nior 2º Ano Mas. 20 +: 4:40.54

Pontos: AQUA 2024

Lugar	Ano		Tempo final						Pts	
Infantis A, 14 anos										
1.	LUCIO, Lourenco Perestrelo	11	Naval do Funchal	5:45.01						315
	50m: 37.01 37.01	150m: 2:05.62	43.57	250m: 3:37.05	46.75	350m: 5:05.75	39.65			
	100m: 1:22.05 45.04	200m: 2:50.30	44.68	300m: 4:26.10	49.05	400m: 5:45.01	39.26			
2.	ABREU, Pedro Dinis	11	Naval do Funchal	5:47.68						308
	50m: 35.94 35.94	150m: 2:02.99	43.40	250m: 3:37.64	50.80	350m: 5:07.74	40.18			
	100m: 1:19.59 43.65	200m: 2:46.84	43.85	300m: 4:27.56	49.92	400m: 5:47.68	39.94			
3.	FREITAS, Jonas Christian	11	Desportivo Nacional	6:13.29						248
	50m: 38.22 38.22	150m: 2:17.26	46.93	250m: 3:55.03	49.99	350m: 5:30.65	41.48			
	100m: 1:30.33 52.11	200m: 3:05.04	47.78	300m: 4:49.17	54.14	400m: 6:13.29	42.64			
Juvenis A, 16 anos										
1.	MARTINHO, Joao Miguel	09	Desportivo Nacional	5:07.18						446
	50m: 31.71 31.71	150m: 1:48.57	40.30	250m: 3:12.18	43.88	350m: 4:32.96	36.32			
	100m: 1:08.27 36.56	200m: 2:28.30	39.73	300m: 3:56.64	44.46	400m: 5:07.18	34.22			
Juniores, 17 e 18 anos										
1.	PESTANA, Luis Emanuel	07	Desportivo Nacional	5:21.98						387
	50m: 31.21 31.21	150m: 1:52.25	44.06	250m: 3:20.82	44.62	350m: 4:45.80	39.40			
	100m: 1:08.19 36.98	200m: 2:36.20	43.95	300m: 4:06.40	45.58	400m: 5:21.98	36.18			
Absolutos, 13 anos e mais velhos										
1.	MARTINHO, Joao Miguel	09	Desportivo Nacional	5:07.18						446
	50m: 31.71 31.71	150m: 1:48.57	40.30	250m: 3:12.18	43.88	350m: 4:32.96	36.32			
	100m: 1:08.27 36.56	200m: 2:28.30	39.73	300m: 3:56.64	44.46	400m: 5:07.18	34.22			
2.	PESTANA, Luis Emanuel	07	Desportivo Nacional	5:21.98						387
	50m: 31.21 31.21	150m: 1:52.25	44.06	250m: 3:20.82	44.62	350m: 4:45.80	39.40			
	100m: 1:08.19 36.98	200m: 2:36.20	43.95	300m: 4:06.40	45.58	400m: 5:21.98	36.18			
3.	LUCIO, Lourenco Perestrelo	11	Naval do Funchal	5:45.01						315
	50m: 37.01 37.01	150m: 2:05.62	43.57	250m: 3:37.05	46.75	350m: 5:05.75	39.65			
	100m: 1:22.05 45.04	200m: 2:50.30	44.68	300m: 4:26.10	49.05	400m: 5:45.01	39.26			
4.	ABREU, Pedro Dinis	11	Naval do Funchal	5:47.68						308
	50m: 35.94 35.94	150m: 2:02.99	43.40	250m: 3:37.64	50.80	350m: 5:07.74	40.18			
	100m: 1:19.59 43.65	200m: 2:46.84	43.85	300m: 4:27.56	49.92	400m: 5:47.68	39.94			
5.	FREITAS, Jonas Christian	11	Desportivo Nacional	6:13.29						248
	50m: 38.22 38.22	150m: 2:17.26	46.93	250m: 3:55.03	49.99	350m: 5:30.65	41.48			
	100m: 1:30.33 52.11	200m: 3:05.04	47.78	300m: 4:49.17	54.14	400m: 6:13.29	42.64			