

Prova 14

Masc., 400m Livres

Absolutos

21/12/2024 - 9:22

Resultados

Recordes Regionais Open	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Sen	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recordes Regionais Jun18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recordes Regionais Jun17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recordes Regionais Juv A	4:05.44	CASTRO, Joao Cruz	CDSR	Funchal	09/07/2016
Recordes Regionais Juv B	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recordes Regionais Inf A	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recordes Regionais Inf B	4:27.04	FREITAS, Tomas Miguel	CDN	Funchal	12/07/2003

ZONAL Inf. B Mas. Inf B: 5:09.00 / ZONAL Inf. A Mas. Inf A: 4:57.50 / 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. Sen19: 4:07.64 / Sénior 2º Ano Mas. 20 +: 4:06.41

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
<b>Infantis B, 13 anos</b>			
1. FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	<b>5:51.76</b> 219
50m: 40.90 40.90	150m: 2:09.79	44.79 250m: 3:39.20	45.08 350m: 5:08.43
100m: 1:25.00 44.10	200m: 2:54.12	44.33 300m: 4:24.21	45.01 400m: 5:51.76
<b>Infantis A, 14 anos</b>			
1. FREITAS, Jonas Christian	11	Desportivo Nacional	<b>5:22.21</b> 285
50m: 34.94 34.94	150m: 1:55.65	41.05 250m: 3:18.66	41.12 350m: 4:42.41
100m: 1:14.60 39.66	200m: 2:37.54	41.89 300m: 4:00.83	42.17 400m: 5:22.21
2. CRO, Rodrigo Antonio	11	Desportivo Sao Roque	<b>5:38.01</b> 247
50m: 36.75 36.75	150m: 2:04.33	44.84 250m: 3:30.68	42.51 350m: 4:56.18
100m: 1:19.49 42.74	200m: 2:48.17	43.84 300m: 4:13.44	42.76 400m: 5:38.01
3. FERNANDES, Francisco Miguel	11	Desportivo Sao Roque	<b>5:39.73</b> 243
50m: 36.75 36.75	150m: 2:01.88	43.53 250m: 3:30.19	43.92 350m: 4:58.73
100m: 1:18.35 41.60	200m: 2:46.27	44.39 300m: 4:14.40	44.21 400m: 5:39.73
<b>Juvenis B, 15 anos</b>			
1. LETRA, Francisco Freitas	10	Naval do Funchal	<b>4:49.00</b> 396
50m: 31.99 31.99	150m: 1:43.21	35.72 250m: 2:56.27	36.70 350m: 4:11.80
100m: 1:07.49 35.50	200m: 2:19.57	36.36 300m: 3:33.71	37.44 400m: 4:49.00
2. VIEIRA, Francisco Rodrigues	10	Naval do Funchal	<b>5:21.09</b> 288
50m: 34.65 34.65	150m: 1:53.94	40.24 250m: 3:16.11	41.64 350m: 4:40.98
100m: 1:13.70 39.05	200m: 2:34.47	40.53 300m: 3:58.91	42.80 400m: 5:21.09
3. FERREIRA, Manuel Maria	10	Naval do Funchal	<b>5:37.80</b> 248
50m: 37.89 37.89	150m: 2:07.80	46.74 250m: 3:41.68	46.98 350m: 5:14.48
100m: 1:21.06 43.17	200m: 2:54.70	46.90 300m: 4:28.82	47.14 400m: 5:37.80
4. DUARTE, Nayan Santos	10	Juventude Atlantico	<b>6:12.22</b> 185
50m: 40.02 40.02	150m: 2:14.09	48.47 250m: 3:50.09	48.43 350m: 5:25.54
100m: 1:25.62 45.60	200m: 3:01.66	47.57 300m: 4:38.85	48.76 400m: 6:12.22
<b>Juniores, 17 e 18 anos</b>			
1. MARTINS, Ricardo Manuel	08	Desportiva da Camacha	<b>6:13.74</b> 183
50m: 41.10 41.10	150m: 2:16.83	48.76 250m: 3:56.24	50.05 350m: 5:30.88
100m: 1:28.07 46.97	200m: 3:06.19	49.36 300m: 4:44.69	48.45 400m: 6:13.74

Prova 14, Masc., 400m Livres

Absolutos, 13 anos e mais velhos

1.	LETRA, Francisco Freitas	10	Naval do Funchal	<b>4:49.00</b>	396
	50m: 31.99 31.99	150m: 1:43.21	35.72	250m: 2:56.27	36.70
	100m: 1:07.49 35.50	200m: 2:19.57	36.36	300m: 3:33.71	37.44
				350m: 4:11.80	38.09
				400m: 4:49.00	37.20
2.	VIEIRA, Francisco Rodrigues	10	Naval do Funchal	<b>5:21.09</b>	288
	50m: 34.65 34.65	150m: 1:53.94	40.24	250m: 3:16.11	41.64
	100m: 1:13.70 39.05	200m: 2:34.47	40.53	300m: 3:58.91	42.80
				350m: 4:40.98	42.07
				400m: 5:21.09	40.11
3.	FREITAS, Jonas Christian	11	Desportivo Nacional	<b>5:22.21</b>	285
	50m: 34.94 34.94	150m: 1:55.65	41.05	250m: 3:18.66	41.12
	100m: 1:14.60 39.66	200m: 2:37.54	41.89	300m: 4:00.83	42.17
				350m: 4:42.41	41.58
				400m: 5:22.21	39.80
4.	FERREIRA, Manuel Maria	10	Naval do Funchal	<b>5:37.80</b>	248
	50m: 37.89 37.89	150m: 2:07.80	46.74	250m: 3:41.68	46.98
	100m: 1:21.06 43.17	200m: 2:54.70	46.90	300m: 4:28.82	47.14
				350m: 5:14.48	45.66
				400m: 5:37.80	23.32
5.	CRO, Rodrigo Antonio	11	Desportivo Sao Roque	<b>5:38.01</b>	247
	50m: 36.75 36.75	150m: 2:04.33	44.84	250m: 3:30.68	42.51
	100m: 1:19.49 42.74	200m: 2:48.17	43.84	300m: 4:13.44	42.76
				350m: 4:56.18	42.74
				400m: 5:38.01	41.83
6.	FERNANDES, Francisco Miguel	11	Desportivo Sao Roque	<b>5:39.73</b>	243
	50m: 36.75 36.75	150m: 2:01.88	43.53	250m: 3:30.19	43.92
	100m: 1:18.35 41.60	200m: 2:46.27	44.39	300m: 4:14.40	44.21
				350m: 4:58.73	44.33
				400m: 5:39.73	41.00
7.	FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	<b>5:51.76</b>	219
	50m: 40.90 40.90	150m: 2:09.79	44.79	250m: 3:39.20	45.08
	100m: 1:25.00 44.10	200m: 2:54.12	44.33	300m: 4:24.21	45.01
				350m: 5:08.43	44.22
				400m: 5:51.76	43.33
8.	DUARTE, Nayan Santos	10	Juventude Atlantico	<b>6:12.22</b>	185
	50m: 40.02 40.02	150m: 2:14.09	48.47	250m: 3:50.09	48.43
	100m: 1:25.62 45.60	200m: 3:01.66	47.57	300m: 4:38.85	48.76
				350m: 5:25.54	46.69
				400m: 6:12.22	46.68
9.	MARTINS, Ricardo Manuel	08	Desportiva da Camacha	<b>6:13.74</b>	183
	50m: 41.10 41.10	150m: 2:16.83	48.76	250m: 3:56.24	50.05
	100m: 1:28.07 46.97	200m: 3:06.19	49.36	300m: 4:44.69	48.45
				350m: 5:30.88	46.19
				400m: 6:13.74	42.86