

Prova 24 Masc., 400m Livres Absolutos
12/10/2024 - 18:21 Resultados

Recorde Regional Open	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Sen	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Jun18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recorde Regional Jun17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recorde Regional Juv A	4:05.44	CASTRO, Joao Cruz	CDSR	Penteada	09/07/2016
Recorde Regional Juv B	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recorde Regional Inf A	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recorde Regional 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 / 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. Sen19: 4:07.64 / Sénior 2º Ano Mas. 20 +: 4:06.41

Pontos: AQUA 2024

Lugar Ano Tempo final Pts
Infantil B - 13 anos

1. FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	5:57.54	209
50m: 40.55 40.55 150m: 2:10.50 45.43 250m: 3:42.16 45.74 350m: 5:14.12 46.04				
100m: 1:25.07 44.52 200m: 2:56.42 45.92 300m: 4:28.08 45.92 400m: 5:57.54 43.42				

Juvenil B - 15 anos

1. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:52.48	382
50m: 33.49 33.49 150m: 1:47.77 38.00 250m: 3:02.24 36.81 350m: 4:16.31 37.77				
100m: 1:09.77 36.28 200m: 2:25.43 37.66 300m: 3:38.54 36.30 400m: 4:52.48 36.17				
2. NASCIMENTO, Santiago Santos	10	Juventude Atlantico	5:16.28	302
50m: 35.67 35.67 150m: 1:56.04 40.39 250m: 3:18.40 41.52 350m: 4:38.83 39.53				
100m: 1:15.65 39.98 200m: 2:36.88 40.84 300m: 3:59.30 40.90 400m: 5:16.28 37.45				
3. MENDONCA, Florival Rodrigo	10	Juventude Atlantico	5:21.25	288
50m: 36.45 36.45 150m: 1:57.73 41.20 250m: 3:20.03 41.19 350m: 4:42.64 41.17				
100m: 1:16.53 40.08 200m: 2:38.84 41.11 300m: 4:01.47 41.44 400m: 5:21.25 38.61				

Juvenil A - 16 anos

1. GONCALVES, Pedro Martim	09	Juventude Atlantico	4:30.64	482
<i>Tor. Zonal Juvenis - Abrantes, 6 a 8 Dezembro</i>				
50m: 28.97 28.97 150m: 1:36.95 34.97 250m: 2:47.50 35.93 350m: 3:59.29 35.58				
100m: 1:01.98 33.01 200m: 2:11.57 34.62 300m: 3:23.71 36.21 400m: 4:30.64 31.35				
2. SILVA, Joao Bernardo	09	Desportivo Nacional	4:35.16	458
50m: 29.69 29.69 150m: 1:39.40 35.47 250m: 2:49.91 35.50 350m: 4:00.61 34.96				
100m: 1:03.93 34.24 200m: 2:14.41 35.01 300m: 3:25.65 35.74 400m: 4:35.16 34.55				
3. PESTANA, Pedro Correia	09	Desportivo Nacional	4:40.19	434
50m: 30.54 30.54 150m: 1:40.51 35.40 250m: 2:52.63 35.92 350m: 4:05.97 36.63				
100m: 1:05.11 34.57 200m: 2:16.71 36.20 300m: 3:29.34 36.71 400m: 4:40.19 34.22				
4. MARTINS, Antonio Freitas	09	Desportivo Nacional	5:02.67	344
50m: 34.65 34.65 150m: 1:51.54 38.91 250m: 3:09.05 38.93 350m: 4:26.29 38.58				
100m: 1:12.63 37.98 200m: 2:30.12 38.58 300m: 3:47.71 38.66 400m: 5:02.67 36.38				
5. FERNANDES, Salvador Freitas	09	Juventude Atlantico	5:29.29	267
50m: 37.04 37.04 150m: 2:01.21 42.88 250m: 3:24.94 40.14 350m: 4:50.98 43.24				
100m: 1:18.33 41.29 200m: 2:44.80 43.59 300m: 4:07.74 42.80 400m: 5:29.29 38.31				
6. JARDIM, Joao Tomas	09	Desportivo Nacional	5:29.36	267
50m: 34.78 34.78 150m: 1:57.72 41.95 250m: 3:23.41 43.08 350m: 4:49.76 42.89				
100m: 1:15.77 40.99 200m: 2:40.33 42.61 300m: 4:06.87 43.46 400m: 5:29.36 39.60				
7. SANTOS, Daniel Adonis	09	Juventude Atlantico	5:29.46	267
50m: 36.73 36.73 150m: 2:00.01 42.35 250m: 3:25.08 43.04 350m: 4:50.60 43.03				
100m: 1:17.66 40.93 200m: 2:42.04 42.03 300m: 4:07.57 42.49 400m: 5:29.46 38.86				

Prova 24, Masc., 400m Livres

Juniores - 17, 18 anos

1.	COSTA, Guilherme Corte	07	Desportivo Nacional	4:18.51	553
	50m: 29.62 29.62	150m: 1:34.39	32.83 250m: 2:40.86	33.39 350m: 3:47.70	33.10
	100m: 1:01.56 31.94	200m: 2:07.47	33.08 300m: 3:14.60	33.74 400m: 4:18.51	30.81
2.	MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:21.36	535
	50m: 29.75 29.75	150m: 1:35.35	33.02 250m: 2:42.05	33.35 350m: 3:49.07	33.34
	100m: 1:02.33 32.58	200m: 2:08.70	33.35 300m: 3:15.73	33.68 400m: 4:21.36	32.29
3.	OLIVEIRA, Afonso Miguel	07	Juventude Atlantico	4:24.72	515
	50m: 28.56 28.56	150m: 1:33.45	32.87 250m: 2:40.78	33.84 350m: 3:50.15	35.18
	100m: 1:00.58 32.02	200m: 2:06.94	33.49 300m: 3:14.97	34.19 400m: 4:24.72	34.57
4.	PENSO, Miguel Reigada	07	Desportivo Sao Roque	4:48.74	397
	50m: 31.21 31.21	150m: 1:43.84	36.94 250m: 2:59.53	37.76 350m: 4:13.59	36.71
	100m: 1:06.90 35.69	200m: 2:21.77	37.93 300m: 3:36.88	37.35 400m: 4:48.74	35.15
5.	PESTANA, Luis Emanuel	07	Desportivo Nacional	5:10.62	319
	50m: 33.53 33.53	150m: 1:53.44	40.62 250m: 3:15.23	40.76 350m: 4:34.62	39.16
	100m: 1:12.82 39.29	200m: 2:34.47	41.03 300m: 3:55.46	40.23 400m: 5:10.62	36.00
6.	BARATA, Joao Tomas	08	Juventude Atlantico	5:11.41	316
	50m: 34.83 34.83	150m: 1:53.95	40.67 250m: 3:14.29	40.14 350m: 4:34.84	40.02
	100m: 1:13.28 38.45	200m: 2:34.15	40.20 300m: 3:54.82	40.53 400m: 5:11.41	36.57