

Prova 2

02/05/2025 - 19:30

Masc., 400m Livres

Absolutos
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	Funchal	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

Infantil B Mas. Inf B: 4:54.87 / Infantil A Mas. Inf A: 4:40.13 / Juv. B Mas. Juv B: 4:25.71 / Juv. A Mas. Juv A: 4:18.48 /
Júnior 1º Ano Mas. Jun17: 4:12.69 / Júnior 2º Ano Mas. Jun18: 4:09.80 / Sénior 1º Ano Mas. Sen19: 4:06.42 /
Sénior 2º Ano Mas. 20 +: 4:04.01

Pontos: AQUA 2024

Lugar	Nome	Ano	Clube	Tempo final	Pts	Torneio
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Infantis (13 and 14 years)

1.	SILVA, Alexandre Antonio	11	Naval do Funchal	4:54.27	375	4,00
	<i>Vencedor do Escalão [Infantil A e B]</i>					
	50m: 32.22 32.22	150m: 1:46.70	37.76	250m: 3:02.61	37.97	350m: 4:18.39 37.70
	100m: 1:08.94 36.72	200m: 2:24.64	37.94	300m: 3:40.69	38.08	400m: 4:54.27 35.88
2.	ROMAO, Santiago Maio	12	Juventude Atlantico	5:13.74	309	2,00
	50m: 35.00 35.00	150m: 1:55.00	40.78	250m: 3:16.87	40.84	350m: 4:37.99 40.76
	100m: 1:14.22 39.22	200m: 2:36.03	41.03	300m: 3:57.23	40.36	400m: 5:13.74 35.75
3.	ABREU, Pedro Dinis	11	Naval do Funchal	5:15.74	303	1,00
	50m: 31.59 31.59	150m: 1:49.89	39.82	250m: 3:11.95	41.29	350m: 4:35.50 41.64
	100m: 1:10.07 38.48	200m: 2:30.66	40.77	300m: 3:53.86	41.91	400m: 5:15.74 40.24

Juvenis (15 and 16 years)

1.	SILVA, Joao Bernardo	09	Desportivo Nacional	4:35.49	457	4,00
	<i>Vencedor do Escalão [Juvenil A e B]</i>					
	50m: 29.17 29.17	150m: 1:36.65	34.66	250m: 2:48.35	36.19	350m: 4:00.46 35.89
	100m: 1:01.99 32.82	200m: 2:12.16	35.51	300m: 3:24.57	36.22	400m: 4:35.49 35.03
2.	SOUSA, Eduardo Afonseca	09	Desportivo Nacional	4:38.39	443	2,00
	50m: 31.24 31.24	150m: 1:41.12	35.31	250m: 2:51.55	35.35	350m: 4:03.20 35.83
	100m: 1:05.81 34.57	200m: 2:16.20	35.08	300m: 3:27.37	35.82	400m: 4:38.39 35.19
3.	MENESES, Miguel Rocha	10	Naval Praia da Vitoria	4:54.29	375	1,00
	50m: 31.80 31.80	150m: 1:45.56	37.72	250m: 3:01.54	38.42	350m: 4:17.30 38.05
	100m: 1:07.84 36.04	200m: 2:23.12	37.56	300m: 3:39.25	37.71	400m: 4:54.29 36.99
4.	ABREU, Afonso Henrique	09	Naval do Funchal	5:00.29	353	-
	50m: 33.66 33.66	150m: 1:50.05	39.24	250m: 3:08.14	38.72	350m: 4:23.70 37.38
	100m: 1:10.81 37.15	200m: 2:29.42	39.37	300m: 3:46.32	38.18	400m: 5:00.29 36.59
5.	MENDES, Artur Bettencourt	10	Naval Praia da Vitoria	5:21.21	288	-
	50m: 34.69 34.69	150m: 1:54.15	40.99	250m: 3:17.44	41.88	350m: 4:41.93 41.99
	100m: 1:13.16 38.47	200m: 2:35.56	41.41	300m: 3:59.94	42.50	400m: 5:21.21 39.28
6.	FERREIRA, Manuel Maria	10	Naval do Funchal	5:32.86	259	-
	50m: 35.40 35.40	150m: 1:59.21	42.31	250m: 3:25.65	43.34	350m: 4:52.66 43.56
	100m: 1:16.90 41.50	200m: 2:42.31	43.10	300m: 4:09.10	43.45	400m: 5:32.86 40.20
7.	DUARTE, Nayan Santos	10	Desportiva Galomar	5:46.44	229	-
	50m: 36.55 36.55	150m: 2:04.35	45.24	250m: 3:34.64	45.76	350m: 5:04.35 46.21
	100m: 1:19.11 42.56	200m: 2:48.88	44.53	300m: 4:18.14	43.50	400m: 5:46.44 42.09

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Absolutos (17+ years)

1.	ABREU, Sergio Gomes	96	Naval do Funchal	4:08.74	621	4,00
	<i>Vencedor do Escalão [Júnior e Sénior]</i>					
	50m:	26.71	26.71	150m:	1:27.01	30.34
	100m:	56.67	29.96	200m:	2:00.12	33.11
				250m:	2:32.20	32.08
				300m:	3:04.76	32.56
				350m:	3:36.45	31.69
				400m:	4:08.74	32.29
2.	MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:11.08	604	2,00
	<i>TAC Nacional Juv Jun e Sen. - Coimbra, 24-27 Julho</i>					
	50m:	28.24	28.24	150m:	1:30.65	31.42
	100m:	59.23	30.99	200m:	2:02.36	31.71
				250m:	2:34.62	32.26
				300m:	3:07.09	32.47
				350m:	3:39.52	32.43
				400m:	4:11.08	31.56
3.	FERNANDES, Afonso Berimbau	07	Juventude Atlantico	4:48.64	397	1,00
	50m:	31.24	31.24	150m:	1:43.18	36.56
	100m:	1:06.62	35.38	200m:	2:20.32	37.14
				250m:	2:57.91	37.59
				300m:	3:36.22	38.31
				350m:	4:14.00	37.78
				400m:	4:48.64	34.64
4.	CARVALHO, Joaquim Eduardo	07	Naval do Funchal	4:58.32	360	-
	50m:	32.05	32.05	150m:	1:45.41	37.27
	100m:	1:08.14	36.09	200m:	2:23.78	38.37
				250m:	3:02.27	38.49
				300m:	3:41.62	39.35
				350m:	4:21.10	39.48
				400m:	4:58.32	37.22
5.	ANTUNES, Frederico Luis	08	Juventude Atlantico	5:21.09	288	-
	50m:	32.60	32.60	150m:	1:50.79	40.33
	100m:	1:10.46	37.86	200m:	2:32.12	41.33
				250m:	3:14.54	42.42
				300m:	3:56.87	42.33
				350m:	4:39.83	42.96
				400m:	5:21.09	41.26