

Prova 12 Masc., 400m Estilos Absolutos
28/07/2026 - 20:05 Resultados

Recorde Regional Open	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Sen	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
Recorde Regional Jun18	4:26.56	SILVA, Tomas Antonio	CNF	Felgueiras	21/12/2018
Recorde Regional Jun17	4:32.64	SILVA, Tomas Antonio	CNF	Funchal	26/03/2018
Recorde Regional Juv A	4:37.61	GOUVEIA, Luis Galvao	CDN	Funchal	11/07/2021
Recorde Regional Juv B	4:37.30	FREITAS, Tomas Miguel	CDN	Funchal	16/07/2005
Recorde Regional Inf A	4:40.32	FREITAS, Tomas Miguel	CDN	Funchal	09/07/2004
Recorde Regional Inf B	4:53.36	FREITAS, Tomas Miguel	CDN	Funchal	11/07/2003
Recorde Nacional Nat. Adaptada	59:00.00	,			

Pontos: AQUA 2025

Lugar	Ano								Tempo final	Pts
Seniores 19 de mais velhos										
1.	DINIS, Tiago Gouveia 96 Desportivo Nacional								8:52.42	85
RECORDE NACIONAL DE NATAÇÃO ADAPTADA S12										
50m:	1:02.29	1:02.29	150m:	3:28.14	1:12.32	250m:	5:51.78	1:08.51	350m:	7:55.94 55.28
100m:	2:15.82	1:13.53	200m:	4:43.27	1:15.13	300m:	7:00.66	1:08.88	400m:	8:52.42 56.48

Absolutos, 13 anos e mais velhos

1.	DINIS, Tiago Gouveia								96	Desportivo Nacional		8:52.42	85
RECORDE NACIONAL DE NATAÇÃO ADAPTADA S12													
50m:	1:02.29	1:02.29	150m:	3:28.14	1:12.32	250m:	5:51.78	1:08.51	350m:	7:55.94	55.28		
100m:	2:15.82	1:13.53	200m:	4:43.27	1:15.13	300m:	7:00.66	1:08.88	400m:	8:52.42	56.48		