

Prova 18 Masc., 400m Livres Absolutos
29/07/2026 - 19:25 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

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Infantis A, 14 anos

1. FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	5:19.36	293
50m: 35.73 35.73 150m: 1:55.92 40.44 250m: 3:18.43 41.35 350m: 4:40.77 40.62				
100m: 1:15.48 39.75 200m: 2:37.08 41.16 300m: 4:00.15 41.72 400m: 5:19.36 38.59				

Juvenis A, 16 anos

1. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:39.41	438
50m: 31.06 31.06 150m: 1:42.09 35.76 250m: 2:54.37 35.62 350m: 4:06.14 35.34				
100m: 1:06.33 35.27 200m: 2:18.75 36.66 300m: 3:30.80 36.43 400m: 4:39.41 33.27				

Juniores, 17 e 18 anos

1. MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:12.86	591
50m: 28.27 28.27 150m: 1:30.89 31.53 250m: 2:35.23 32.37 350m: 3:40.53 32.61				
100m: 59.36 31.09 200m: 2:02.86 31.97 300m: 3:07.92 32.69 400m: 4:12.86 32.33				

Absolutos, 13 anos e mais velhos

1. MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:12.86	591
50m: 28.27 28.27 150m: 1:30.89 31.53 250m: 2:35.23 32.37 350m: 3:40.53 32.61				
100m: 59.36 31.09 200m: 2:02.86 31.97 300m: 3:07.92 32.69 400m: 4:12.86 32.33				
2. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:39.41	438
50m: 31.06 31.06 150m: 1:42.09 35.76 250m: 2:54.37 35.62 350m: 4:06.14 35.34				
100m: 1:06.33 35.27 200m: 2:18.75 36.66 300m: 3:30.80 36.43 400m: 4:39.41 33.27				
3. FERREIRA, Guilherme Nelson	12	Desportivo Sao Roque	5:19.36	293
50m: 35.73 35.73 150m: 1:55.92 40.44 250m: 3:18.43 41.35 350m: 4:40.77 40.62				
100m: 1:15.48 39.75 200m: 2:37.08 41.16 300m: 4:00.15 41.72 400m: 5:19.36 38.59				