

Prova 36 Masc., 400m Estilos Absolutos
08/02/2026 - 10:11 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

TAC Zonal Inf B: 5:56.61; Inf A: 5:35.00 / TAC Nacional Março Juv B: 5:13.39; Juv A: 4:59.88 / TAC Nacional Julho Juv B: 5:07.98; Juv A: 4:54.47 / TAC Nacional Jun17: 4:49.07; Jun18: 4:40.97; Sub21: 4:38.26; Inf B: 5:48.51; Inf A: 5:32.30 / TAC Nacional Sen. Sen: 4:35.56 / TAC Nacional Abs. Sen: 4:30.16

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Infantis B, 13 anos

1. MENDONCA, Jorge Lourenco	13	Desportivo Nacional	6:27.25	222
50m: 43.43 43.43	150m: 2:23.87	50.13 250m: 4:08.47	57.28 350m: 5:47.96	43.16
100m: 1:33.74 50.31	200m: 3:11.19	47.32 300m: 5:04.80	56.33 400m: 6:27.25	39.29

Infantis A, 14 anos

1. GOMES, Gustavo Daniel	12	Desportivo Nacional	5:47.12	309
50m: 37.42 37.42	150m: 2:08.79	45.91 250m: 3:40.11	45.94 350m: 5:09.26	40.48
100m: 1:22.88 45.46	200m: 2:54.17	45.38 300m: 4:28.78	48.67 400m: 5:47.12	37.86

Juvenis B, 15 anos

1. LUCIO, Lourenco Perestrelo	11	Naval do Funchal	5:04.67	457
<i>TAC Nacional - Coimbra, 20 a 22 Março 2026, TAC Nacional - Jamor, 23 a 26 Julho 2026</i>				
50m: 30.36 30.36	150m: 1:46.98	39.98 250m: 3:09.58	42.87 350m: 4:31.09	36.51
100m: 1:07.00 36.64	200m: 2:26.71	39.73 300m: 3:54.58	45.00 400m: 5:04.67	33.58

Absolutos, 13 anos e mais velhos

1. LUCIO, Lourenco Perestrelo	11	Naval do Funchal	5:04.67	457
<i>TAC Nacional - Coimbra, 20 a 22 Março 2026, TAC Nacional - Jamor, 23 a 26 Julho 2026</i>				
50m: 30.36 30.36	150m: 1:46.98	39.98 250m: 3:09.58	42.87 350m: 4:31.09	36.51
100m: 1:07.00 36.64	200m: 2:26.71	39.73 300m: 3:54.58	45.00 400m: 5:04.67	33.58
2. GOMES, Gustavo Daniel	12	Desportivo Nacional	5:47.12	309
50m: 37.42 37.42	150m: 2:08.79	45.91 250m: 3:40.11	45.94 350m: 5:09.26	40.48
100m: 1:22.88 45.46	200m: 2:54.17	45.38 300m: 4:28.78	48.67 400m: 5:47.12	37.86
3. MENDONCA, Jorge Lourenco	13	Desportivo Nacional	6:27.25	222
50m: 43.43 43.43	150m: 2:23.87	50.13 250m: 4:08.47	57.28 350m: 5:47.96	43.16
100m: 1:33.74 50.31	200m: 3:11.19	47.32 300m: 5:04.80	56.33 400m: 6:27.25	39.29