

Prova 8 Masc., 400m Estilos Juvenis
16/11/2025 - 9:22 JUVENIS A & B Resultados

Recorde Regional Open	4:23.27	FRANCO, Paulo Fragueiro	CDN	Felgueiras	22/11/2002
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

TAC Zonal Juv B: 5:13.39; Juv A: 5:02.58 / TAC Nacional Março Juv B: 5:07.98; Juv A: 4:57.18 / TAC Nacional Julho Juv B: 5:02.58; Juv A: 4:51.77

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
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Juvenis B, 15 anos

1. LUCIO, Lourenco Perestrelo	11	Naval do Funchal	5:06.34	450							
<i>TAC Zonal - Albufeira, 6 a 8 Dezembro 2025, TAC Nacional - Coimbra, 20 a 22 Março 2026</i>											
50m:	32.65	32.65	150m:	1:50.00	39.31	250m:	3:12.09	43.50	350m:	4:33.65	36.23
100m:	1:10.69	38.04	200m:	2:28.59	38.59	300m:	3:57.42	45.33	400m:	5:06.34	32.69
2. RODRIGUES, David Oliveira	11	Naval do Funchal	5:15.86	410							
50m:	33.09	33.09	150m:	1:52.48	40.25	250m:	3:18.56	46.54	350m:	4:41.55	36.70
100m:	1:12.23	39.14	200m:	2:32.02	39.54	300m:	4:04.85	46.29	400m:	5:15.86	34.31
3. FREITAS, Jonas Christian	11	Desportivo Nacional	5:20.36	393							
50m:	31.05	31.05	150m:	1:50.00	41.81	250m:	3:18.75	48.12	350m:	4:44.24	37.27
100m:	1:08.19	37.14	200m:	2:30.63	40.63	300m:	4:06.97	48.22	400m:	5:20.36	36.12
4. ABREU, Pedro Dinis	11	Naval do Funchal	5:21.03	391							
50m:	33.16	33.16	150m:	1:55.53	42.43	250m:	3:23.10	46.07	350m:	4:45.16	36.41
100m:	1:13.10	39.94	200m:	2:37.03	41.50	300m:	4:08.75	45.65	400m:	5:21.03	35.87
5. SILVA, Alexandre Antonio	11	Naval do Funchal	5:23.05	384							
50m:	32.77	32.77	150m:	1:54.94	43.75	250m:	3:24.51	47.79	350m:	4:49.00	35.78
100m:	1:11.19	38.42	200m:	2:36.72	41.78	300m:	4:13.22	48.71	400m:	5:23.05	34.05

Juvenis A, 16 anos

1. GONCALVES, Tomas Figueiredo	10	Naval do Funchal	4:53.13	514							
<i>TAC Zonal - Albufeira, 6 a 8 Dezembro 2025, TAC Nacional - Coimbra, 20 a 22 Março 2026</i>											
50m:	30.09	30.09	150m:	1:43.35	38.68	250m:	3:02.86	40.30	350m:	4:19.12	34.81
100m:	1:04.67	34.58	200m:	2:22.56	39.21	300m:	3:44.31	41.45	400m:	4:53.13	34.01
2. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:57.54	491							
<i>TAC Zonal - Albufeira, 6 a 8 Dezembro 2025</i>											
50m:	30.32	30.32	150m:	1:45.75	39.91	250m:	3:07.81	42.97	350m:	4:25.90	33.94
100m:	1:05.84	35.52	200m:	2:24.84	39.09	300m:	3:51.96	44.15	400m:	4:57.54	31.64
3. GONCALVES, Tiago Mauricio	10	Desportivo Nacional	5:46.61	310							
50m:	34.82	34.82	150m:	2:03.83	46.48	250m:	3:38.49	48.39	350m:	5:08.22	40.26
100m:	1:17.35	42.53	200m:	2:50.10	46.27	300m:	4:27.96	49.47	400m:	5:46.61	38.39