

Prova 9 16/11/2025 - 9:35	Masc., 400m Estilos PC - JUNIORES & SENIORES				Juniores e Seniores 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
TAC Nacional Jun17: 4:46.37; Jun18: 4:40.97; Sub21: 4:38.26 / TAC Nacional Sen. Sen: 4:35.56 / TAC Nacional Abs. Sen: 4:30.16					

Pontos: AQUA 2025

Lugar	Ano		Tempo final				Pts
Juniores, 17 e 18 anos							
1. ANDRADE, Salvador Freitas	09	Naval do Funchal	4:48.69				538
50m: 29.02 29.02	150m: 1:41.99	38.44	250m: 3:00.54	41.37	350m: 4:16.20	33.88	
100m: 1:03.55 34.53	200m: 2:19.17	37.18	300m: 3:42.32	41.78	400m: 4:48.69	32.49	
2. CASTRO, Marco Antonio	08	Naval do Funchal	5:05.59				453
50m: 30.09 30.09	150m: 1:46.99	40.76	250m: 3:12.85	47.18	350m: 4:32.39	33.07	
100m: 1:06.23 36.14	200m: 2:25.67	38.68	300m: 3:59.32	46.47	400m: 5:05.59	33.20	