

Prova 23 Masc., 400m Estilos Absolutos  
07/03/2026 - 16:15 Resultados

Recorde Regional Open	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Sen	4:31.80	FRANCO, Paulo Fragueiro	CDN	Jamor	29/07/2004
Recorde Regional Jun18	4:34.10	SILVA, Tomas Antonio	CNF	Funchal	02/08/2019
Recorde Regional Jun17	4:34.60	FRANCO, Paulo Fragueiro	CDN	Famalicao	05/08/1999
Recorde Regional Juv A	4:46.62	FREITAS, Tomas Miguel	CDN	Coimbra	28/07/2006
Recorde Regional Juv B	4:44.63	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	11/03/2005
Recorde Regional Inf A	4:46.20	FREITAS, Tomas Miguel	CDN	Povoa do Varzim	23/07/2004
Recorde Regional Inf B	4:59.28	FREITAS, Tomas Miguel	CDN	Restelo	25/07/2003

TAC Nacional Inf B: 6:06.24; Inf A: 5:49.21; Jun17: 5:03.78; Jun18: 4:55.27; Sub21: 4:52.43 / TAC Nacional Mar o Juv B: 5:29.34; Juv A: 5:15.14 / TAC Nacional Julho Juv B: 5:23.66; Juv A: 5:09.46 / TAC Nacional Sen. Sen: 4:49.59 / TAC Nacional Abs. Sen: 4:43.91

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Infantil B - 13 anos

1. ANTUNES, Francisco Tomas	13	Juventude Atlantico	<b>6:15.48</b>	269
50m: 38.32 38.32 150m: 2:16.14 48.48 250m: 3:58.16 56.01 350m: 5:36.41 42.06				
100m: 1:27.66 49.34 200m: 3:02.15 46.01 300m: 4:54.35 56.19 400m: 6:15.48 39.07				

Juvenil B - 15 anos

1. LUCIO, Lourenco Perestrelo	11	Naval do Funchal	<b>5:12.48</b>	467
<i>TAC NACIONAL - Coimbra, 20 a 22 Mar�o, TAC NACIONAL - Jamor, 23 a 26 Julho</i>				
50m: 31.65 31.65 150m: 1:51.39 42.14 250m: 3:16.12 44.72 350m: 4:38.71 36.25				
100m: 1:09.25 37.60 200m: 2:31.40 40.01 300m: 4:02.46 46.34 400m: 5:12.48 33.77				

Juvenil A - 16 anos

1. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	<b>5:19.57</b>	436
50m: 31.40 31.40 150m: 1:51.63 43.40 250m: 3:21.11 46.75 350m: 4:44.67 35.95				
100m: 1:08.23 36.83 200m: 2:34.36 42.73 300m: 4:08.72 47.61 400m: 5:19.57 34.90				

Absolutos - 15 anos e mais velhos

1. LUCIO, Lourenco Perestrelo	11	Naval do Funchal	<b>5:12.48</b>	467
<i>TAC NACIONAL - Coimbra, 20 a 22 Mar�o, TAC NACIONAL - Jamor, 23 a 26 Julho</i>				
50m: 31.65 31.65 150m: 1:51.39 42.14 250m: 3:16.12 44.72 350m: 4:38.71 36.25				
100m: 1:09.25 37.60 200m: 2:31.40 40.01 300m: 4:02.46 46.34 400m: 5:12.48 33.77				
2. RAPOSO, Mateus Medeiros	10	Desportivo Nacional	<b>5:19.57</b>	436
50m: 31.40 31.40 150m: 1:51.63 43.40 250m: 3:21.11 46.75 350m: 4:44.67 35.95				
100m: 1:08.23 36.83 200m: 2:34.36 42.73 300m: 4:08.72 47.61 400m: 5:19.57 34.90				