

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

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

Pista	Nome	Ano	Clube	Tempo de Inscri�o
S�rie 1 de 1				
3	ANTUNES, Francisco Tomas	13	Juventude Atlantico	6:05.00
4	RAPOSO, Mateus Medeiros	10	Desportivo Nacional	4:57.54
5	LUCIO, Lourenco Perestrelo	11	Naval do Funchal	5:03.32