

Prova 17	Masc., 400m Estilos				Absolutos
22/11/2025 - 9:49	PROVA N.º 17 JUNTO COM A PROVA N.º 18				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: 5:40.40; Inf A: 5:24.19; Juv B: 5:13.39; Juv A: 5:02.58 / TAC Nacional Inf B: 5:32.30; Inf A: 5:16.09; Jun17: 4:46.37; Jun18: 4:40.97; Sub21: 4:38.26 / TAC Nacional Maro Juv B: 5:07.98; Juv A: 4:57.18 / TAC Nacional Julho Juv B: 5:02.58; Juv A: 4:51.77 / TAC Nacional Sen. Sen: 4:35.56 / TAC Nacional Abs. Sen: 4:30.16

Pontos: AQUA 2025

Lugar	Ano		Tempo final							Pts		
Juniores - 17, 18 anos												
1.	MIRANDA, Francisco Guilherme		08	Naval do Funchal			<b>4:47.27</b>			546		
	50m:	29.38	29.38	150m:	1:40.01	36.30	250m:	2:58.46	41.95	350m:	4:14.92	33.94
	100m:	1:03.71	34.33	200m:	2:16.51	36.50	300m:	3:40.98	42.52	400m:	4:47.27	32.35

#### Seniores - 19 e mais velhos

1.	SILVA, Tomas Antonio		01	Naval do Funchal			<b>4:37.71</b>			604		
	50m:	28.54	28.54	150m:	1:38.22	35.21	250m:	2:54.15	39.49	350m:	4:05.94	32.60
	100m:	1:03.01	34.47	200m:	2:14.66	36.44	300m:	3:33.34	39.19	400m:	4:37.71	31.77