

Prova 28 Masc., 400m Livres Absolutos
22/11/2025 - 16:50 Resultados

Recorde Regional Open	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Sen	3:50.96	FRANCO, Paulo Fragueiro	CDN	S. Antonio Cavaleiros	19/12/2009
Recorde Regional Jun18	3:57.10	CASTRO, Joao Cruz	CDSR	Porto	09/12/2017
Recorde Regional Jun17	3:57.38	CASTRO, Joao Cruz	CDSR	Funchal	26/07/2017
Recorde Regional Juv A	4:05.44	CASTRO, Joao Cruz	CDSR	Funchal	09/07/2016
Recorde Regional Juv B	4:11.24	FREITAS, Tomas Miguel	CDN	Funchal	25/06/2005
Recorde Regional Inf A	4:17.08	FREITAS, Tomas Miguel	CDN	Funchal	10/07/2004
Recorde Regional Inf B	4:27.04	FREITAS, Tomas Miguel	CDN	Funchal	12/07/2003

TAC Zonal Inf B: 4:59.53; Inf A: 4:45.26; Juv B: 4:35.76; Juv A: 4:26.25 / TAC Nacional Inf B: 4:52.40; Inf A: 4:38.13; Jun17: 4:11.98; Jun18: 4:07.23; Sub21: 4:04.85 / TAC Nacional Março Juv B: 4:31.00; Juv A: 4:21.49 / TAC Nacional Julho Juv B: 4:26.25; Juv A: 4:16.74 / TAC Nacional Sen. Sen: 4:02.47 / TAC Nacional Abs. Sen: 3:57.72

Pontos: AQUA 2025

Lugar Ano Tempo final Pts

Infantil B - 13 anos

1. ABREU, Leo Matias	13	Escola O Liceu	6:55.77	133
50m: 45.70 45.70	150m: 2:32.27	54.37 250m: 4:20.36	53.52 350m: 6:06.84	52.20
100m: 1:37.90 52.20	200m: 3:26.84	54.57 300m: 5:14.64	54.28 400m: 6:55.77	48.93
2. CAMACHO, Goncalo Filipe	13	Desportivo Nacional	7:34.05	102
50m: 47.17 47.17	150m: 2:42.39	58.89 250m: 4:41.75	1:00.90 350m: 6:38.51	56.80
100m: 1:43.50 56.33	200m: 3:40.85	58.46 300m: 5:41.71	59.96 400m: 7:34.05	55.54

Infantil A - 14 anos

1. BARATA, Bernardo Vieira	12	Juventude Atlantico	4:59.90	354
50m: 32.93 32.93	150m: 1:49.25	38.81 250m: 3:07.00	38.93 350m: 4:24.01	38.36
100m: 1:10.44 37.51	200m: 2:28.07	38.82 300m: 3:45.65	38.65 400m: 4:59.90	35.89

Juvenil B - 15 anos

1. SILVA, Alexandre Antonio	11	Naval do Funchal	4:31.05	480
<i>TAC Zonal - Albufeira, 6 a 8 Dezembro 2025</i>				
50m: 30.92 30.92	150m: 1:39.93	34.54 250m: 2:49.90	34.96 350m: 3:58.90	34.43
100m: 1:05.39 34.47	200m: 2:14.94	35.01 300m: 3:24.47	34.57 400m: 4:31.05	32.15
2. LUCIO, Lourenco Perestrelo	11	Naval do Funchal	4:42.87	422
50m: 31.01 31.01	150m: 1:41.56	34.94 250m: 2:54.45	36.15 350m: 4:07.91	36.68
100m: 1:06.62 35.61	200m: 2:18.30	36.74 300m: 3:31.23	36.78 400m: 4:42.87	34.96
3. SILVA, Pedro Fernandes	11	Naval do Funchal	5:09.27	323
50m: 34.85 34.85	150m: 1:51.83	38.57 250m: 3:10.94	39.38 350m: 4:30.75	39.55
100m: 1:13.26 38.41	200m: 2:31.56	39.73 300m: 3:51.20	40.26 400m: 5:09.27	38.52

Juvenil A - 16 anos

1. LETRA, Francisco Freitas	10	Naval do Funchal	4:44.33	415
50m: 30.39 30.39	150m: 1:39.72	35.30 250m: 2:52.19	36.57 350m: 4:07.30	37.52
100m: 1:04.42 34.03	200m: 2:15.62	35.90 300m: 3:29.78	37.59 400m: 4:44.33	37.03
2. FERREIRA, Manuel Maria	10	Naval do Funchal	5:44.72	233
50m: 35.23 35.23	150m: 1:58.27	43.36 250m: 3:28.53	45.79 350m: 4:59.96	45.81
100m: 1:14.91 39.68	200m: 2:42.74	44.47 300m: 4:14.15	45.62 400m: 5:44.72	44.76

Prova 28, Masc., 400m Livres

Juniores - 17, 18 anos

1.	CASTRO, Marco Antonio	08	Naval do Funchal					4:05.55	645			
	<i>TAC NAC. - 13 a 16 Dez / 28 a 31 Mar / 23 a 26 Jul</i>											
	50m:	27.84	27.84	150m:	1:29.21	31.02	250m:	2:31.83	31.34	350m:	3:35.30	31.74
	100m:	58.19	30.35	200m:	2:00.49	31.28	300m:	3:03.56	31.73	400m:	4:05.55	30.25
2.	MIRANDA, Francisco Guilherme	08	Naval do Funchal					4:15.43	573			
	50m:	27.83	27.83	150m:	1:30.51	31.81	250m:	2:35.84	32.95	350m:	3:42.49	33.45
	100m:	58.70	30.87	200m:	2:02.89	32.38	300m:	3:09.04	33.20	400m:	4:15.43	32.94
3.	JESUS, Vasco Franca	08	Naval do Funchal					4:21.07	537			
	50m:	27.97	27.97	150m:	1:31.53	32.40	250m:	2:38.62	33.81	350m:	3:47.70	34.72
	100m:	59.13	31.16	200m:	2:04.81	33.28	300m:	3:12.98	34.36	400m:	4:21.07	33.37
4.	PESTANA, Pedro Correia	09	Desportivo Nacional					4:28.99	491			
	50m:	30.15	30.15	150m:	1:36.87	33.74	250m:	2:45.53	34.63	350m:	3:55.28	34.84
	100m:	1:03.13	32.98	200m:	2:10.90	34.03	300m:	3:20.44	34.91	400m:	4:28.99	33.71
5.	ABREU, Afonso Henrique	09	Naval do Funchal					5:01.76	347			
	50m:	33.39	33.39	150m:	1:49.32	38.57	250m:	3:07.14	38.79	350m:	4:24.44	38.70
	100m:	1:10.75	37.36	200m:	2:28.35	39.03	300m:	3:45.74	38.60	400m:	5:01.76	37.32
6.	SANTOS, Joao Dinis	09	Desportiva de Machico					5:11.57	316			
	50m:	32.73	32.73	150m:	1:49.16	39.23	250m:	3:09.50	40.27	350m:	4:32.17	41.97
	100m:	1:09.93	37.20	200m:	2:29.23	40.07	300m:	3:50.20	40.70	400m:	5:11.57	39.40

Seniores - 19 e mais velhos

1.	ABREU, Sergio Gomes	96	Naval do Funchal					4:06.22	640			
	50m:	27.13	27.13	150m:	1:28.56	31.18	250m:	2:32.49	31.91	350m:	3:36.49	31.84
	100m:	57.38	30.25	200m:	2:00.58	32.02	300m:	3:04.65	32.16	400m:	4:06.22	29.73