

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

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 Mar o 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

Ano

S rie 1 de 2

1 CAMACHO, Goncalo Filipe	13	Desportivo Nacional	7:25.72
2 FERREIRA, Manuel Maria	10	Naval do Funchal	5:32.86
3 SILVA, Pedro Fernandes	11	Naval do Funchal	5:10.97
4 ABREU, Afonso Henrique	09	Naval do Funchal	5:00.29
5 BARATA, Bernardo Vieira	12	Juventude Atlantico	5:07.30
6 SANTOS, Joao Dinis	09	Desportiva de Machico	5:12.11
7 ABREU, Leo Matias	13	Escola O Liceu	7:16.34

S rie 2 de 2

1 LUCIO, Lourenco Perestrelo	11	Naval do Funchal	4:47.11
2 PESTANA, Pedro Correia	09	Desportivo Nacional	4:38.23
3 JESUS, Vasco Franca	08	Naval do Funchal	4:14.04
4 ABREU, Sergio Gomes	96	Naval do Funchal	4:07.33
5 MIRANDA, Francisco Guilherme	08	Naval do Funchal	4:11.08
6 CASTRO, Marco Antonio	08	Naval do Funchal	4:14.54
7 SILVA, Alexandre Antonio	11	Naval do Funchal	4:42.69
8 LETRA, Francisco Freitas	10	Naval do Funchal	4:48.02