

Prova 50	Masc., 400m Estilos				Absolutos
23/11/2025	PROVA EXTRA - TENTATIVA DE MINIMOS				Startlist
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

Ano

S rie 1 de 1

3 SILVA, Tomas Antonio

01 Naval do Funchal

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