

Campeonato Regional ABS 2026
Angra do Heroísmo, 3 - 5/7/2026

Prova 35

Masc., 400m Livres

Absolutos

05/07/2026 - 9:30

Resultados

Infantis B Mas 13: 5:55.10 / Infantis A Masc 14: 5:47.40 / Juvenis B Mas 15: 5:18.50 / Juvenis A Mas 16: 5:00.70 / Jun Mas 17 - 18: 4:49.10 / Sen Masc 19 +: 4:44.20

Pontos: AQUA 2025

Lugar	Ano	Tempo final	Pts
Infantis			
1. FONSECA, Joao Luz	12	Bombeiros de Ponta Delgada	4:59.64 355
50m: 33.85 33.85 150m: 1:50.60 38.67 250m: 3:06.81 37.49 350m: 4:23.00 38.55			
100m: 1:11.93 38.08 200m: 2:29.32 38.72 300m: 3:44.45 37.64 400m: 4:59.64 36.64			
2. CARREIRO, Francisco Leite	12	Bombeiros de Ponta Delgada	5:07.05 330
50m: 32.83 32.83 150m: 1:50.50 39.46 250m: 3:08.73 38.96 350m: 4:28.54 40.29			
100m: 1:11.04 38.21 200m: 2:29.77 39.27 300m: 3:48.25 39.52 400m: 5:07.05 38.51			
3. LEONARDO, Joao Rocha	13	Ada	5:15.12 305
50m: 35.62 35.62 150m: 1:55.07 40.42 250m: 3:15.79 40.66 350m: 4:36.50 40.27			
100m: 1:14.65 39.03 200m: 2:35.13 40.06 300m: 3:56.23 40.44 400m: 5:15.12 38.62			
4. LOPES, Ivo Pacheco	13	Clube Desportivo Escolar de Ag	5:20.79 289
50m: 37.08 37.08 150m: 1:59.73 41.76 250m: 3:23.18 41.39 350m: 4:43.17 39.08			
100m: 1:17.97 40.89 200m: 2:41.79 42.06 300m: 4:04.09 40.91 400m: 5:20.79 37.62			
5. CABRAL, Julio Filipe	12	Bombeiros de Ponta Delgada	5:21.11 288
50m: 35.81 35.81 150m: 1:59.43 42.41 250m: 3:22.79 41.42 350m: 4:44.49 40.44			
100m: 1:17.02 41.21 200m: 2:41.37 41.94 300m: 4:04.05 41.26 400m: 5:21.11 36.62			
6. PACHECO, Tomas Santos	13	Clube Desportivo Escolar de Ag	5:52.95 217
50m: 40.19 40.19 150m: 2:10.07 44.95 250m: 3:41.56 45.44 350m: 5:10.65 44.05			
100m: 1:25.12 44.93 200m: 2:56.12 46.05 300m: 4:26.60 45.04 400m: 5:52.95 42.30			
Absolutos			
1. SANTOS, Rodrigo Canedo	08	Bombeiros de Ponta Delgada	4:22.27 530
50m: 28.79 28.79 150m: 1:32.67 32.45 250m: 2:39.21 33.46 350m: 3:48.23 34.79			
100m: 1:00.22 31.43 200m: 2:05.75 33.08 300m: 3:13.44 34.23 400m: 4:22.27 34.04			
2. TOSTE, Martim Candido	06	Naval Praia da Vitoria	4:31.39 478
50m: 29.58 29.58 150m: 1:35.87 33.85 250m: 2:45.02 34.38 350m: 3:56.90 35.84			
100m: 1:02.02 32.44 200m: 2:10.64 34.77 300m: 3:21.06 36.04 400m: 4:31.39 34.49			
3. VIEIRA, Diogo Silveira	01	Naval da Horta	4:34.94 460
50m: 31.73 31.73 150m: 1:41.02 34.99 250m: 2:51.97 35.31 350m: 4:02.09 34.73			
100m: 1:06.03 34.30 200m: 2:16.66 35.64 300m: 3:27.36 35.39 400m: 4:34.94 32.85			
4. CABRAL, Santiago Nicolau	10	Clube Desportivo Escolar de Ag	4:35.17 458
50m: 30.20 30.20 150m: 1:39.21 35.00 250m: 2:51.21 35.68 350m: 4:02.40 35.37			
100m: 1:04.21 34.01 200m: 2:15.53 36.32 300m: 3:27.03 35.82 400m: 4:35.17 32.77			
5. PIRES, Pedro Maria	11	Bombeiros de Ponta Delgada	4:55.40 370
50m: 32.92 32.92 150m: 1:47.01 37.70 250m: 3:02.54 37.93 350m: 4:18.98 38.25			
100m: 1:09.31 36.39 200m: 2:24.61 37.60 300m: 3:40.73 38.19 400m: 4:55.40 36.42			
EXH MATOS, Gil Amaral	04	Tubaroes de Gaia	5:34.95 254
50m: 28.39 28.39 150m: 1:55.19 53.41 250m: 3:27.66 42.83 350m: 4:53.03 41.78			
100m: 1:01.78 33.39 200m: 2:44.83 49.64 300m: 4:11.25 43.59 400m: 5:34.95 41.92			