

Campeonato Regional Categorias - 2019  
Praia da Vitória, 15- - 17-3-2019

Prova 1	Masc., 400m Estilos				Absolutos
15-03-2019 - 16:30					Resultados
RR25 Absoluto	4:31.68	Joao Pedro, BRAGA	CNPD	S. António Cavaleiros	22-12-2012
RR25 Sen	4:31.68	Joao Pedro, BRAGA	CNPD	S. António Cavaleiros	22-12-2012
RR25 18	4:37.54	Joao Pedro, BRAGA	CNPD	Mealhada	18-12-2011
RR25 17	4:44.17	Joao Pedro, BRAGA	CNPDL	Horta	09-07-2011
RR25 Juv A	4:48.20	Joao Pedro, BRAGA	CNPD	Ponta Delgada	27-05-2010
RR25 Juv B	4:43.17	Gustavo Carvalho, SILVA	ADA	Tomar	15-12-2018
RR25 Inf A	4:52.65	Gustavo Carvalho, SILVA	ADA	Praia da Vitória	06-07-2018
RR25 Inf B	5:14.07	Gustavo Carvalho, SILVA	ADA	Sines	07-04-2017

Infantis B Masc Inf B: 7:30.00 / Infantis A Masc Inf A: 7:00.00 / Juvenis B Masc Juv B: 6:33.00 / Juvenis A Masc Juv A: 6:10.00 / Juniores Masc Jun: 5:52.00 / Seniores Masc Sen: 5:35.00

Pontos: FINA 2018

Lugar	Ano	Tempo final	Pts
<b>Infantis B</b>			
1. Augusto Bernardo, CASTRO	06	Clube Act. Fisica Bombeiros De	<b>6:08.59</b> 260
50m: 38.72 38.72	150m: 2:13.27 48.20	250m: 3:55.80 54.81	350m: 5:29.82 40.56
100m: 1:25.07 46.35	200m: 3:00.99 47.72	300m: 4:49.26 53.46	400m: 6:08.59 38.77
2. Tomas Araujo, MEDEIROS	06	CDE Agua de Pau	<b>6:55.32</b> 182
50m: 46.21 46.21	150m: 2:36.24 52.19	250m: 4:28.52 59.98	350m: 6:12.73 44.57
100m: 1:44.05 57.84	200m: 3:28.54 52.30	300m: 5:28.16 59.64	400m: 6:55.32 42.59

<b>Infantis A</b>			
1. Diogo Pimentel, MACHADO	05	Clube Act. Fisica Bombeiros De	<b>5:22.87</b> 388
50m: 34.22 34.22	150m: 1:56.62 42.12	250m: 3:24.41 44.75	350m: 4:47.45 36.27
100m: 1:14.50 40.28	200m: 2:39.66 43.04	300m: 4:11.18 46.77	400m: 5:22.87 35.42
2. Afonso Medeiros, SOUSA	05	Clube Act. Fisica Bombeiros De	<b>5:26.30</b> 375
50m: 30.89 30.89	150m: 1:50.56 41.24	250m: 3:21.46 49.55	350m: 4:49.48 38.36
100m: 1:09.32 38.43	200m: 2:31.91 41.35	300m: 4:11.12 49.66	400m: 5:26.30 36.82
3. Tomas Borges, TEIXEIRA	05	Núcleo Sportinguista	<b>5:28.56</b> 368
50m: 33.10 33.10	150m: 1:55.65 41.42	250m: 3:25.38 47.45	350m: 4:52.46 38.21
100m: 1:14.23 41.13	200m: 2:37.93 42.28	300m: 4:14.25 48.87	400m: 5:28.56 36.10
4. Raul Sousa, ANSELMO	05	Clube Act. Fisica Bombeiros De	<b>5:33.20</b> 353
50m: 35.78 35.78	150m: 2:00.12 42.64	250m: 3:30.08 46.67	350m: 4:57.41 38.69
100m: 1:17.48 41.70	200m: 2:43.41 43.29	300m: 4:18.72 48.64	400m: 5:33.20 35.79
5. Tiago Filipe, JESUS	05	Clube Act. Fisica Bombeiros De	<b>6:35.10</b> 211
50m: 43.47 43.47	150m: 2:30.07 47.38	250m: 4:17.65 59.49	350m: 5:56.04 41.43
100m: 1:42.69 59.22	200m: 3:18.16 48.09	300m: 5:14.61 56.96	400m: 6:35.10 39.06
6. Diogo Sousa, OLIVEIRA	05	CDE Agua de Pau	<b>6:43.13</b> 199
50m: 45.28 45.28	150m: 2:32.02 48.73	250m: 4:15.41 53.69	350m: 5:56.76 44.86
100m: 1:43.29 58.01	200m: 3:21.72 49.70	300m: 5:11.90 56.49	400m: 6:43.13 46.37
DSQ Diogo Filipe, VIEIRA	05	Clube Naval de Rabo de Peixe	<b>6:53.10</b>
<i>721 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6</i>			
50m: 39.46 39.46	150m: 2:25.59 52.47	250m: 4:20.83 1:02.34	350m: 6:11.26 44.01
100m: 1:33.12 53.66	200m: 3:18.49 52.90	300m: 5:27.25 1:06.42	400m: 6:53.10 41.84

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Juvenis B

1. Joao Peres, COSTA	04	Naval Praia da Vitoria	<b>4:46.72</b>	554
50m: 29.93 29.93	150m: 1:41.50	37.20 250m: 3:00.20	41.44	350m: 4:14.33
100m: 1:04.30 34.37	200m: 2:18.76	37.26 300m: 3:41.16	40.96	400m: 4:46.72
32.39				
2. Francisco Oliveira, LOPES	04	Clube Act. Fisica Bombeiros De	<b>4:58.74</b>	489
50m: 33.12 33.12	150m: 1:48.84	38.56 250m: 3:07.49	40.84	350m: 4:24.42
100m: 1:10.28 37.16	200m: 2:26.65	37.81 300m: 3:48.80	41.31	400m: 4:58.74
34.32				35.62
				34.32
3. Gil Amaral, MATOS	04	Ada	<b>5:13.93</b>	422
50m: 33.17 33.17	150m: 1:52.28	41.79 250m: 3:17.36	43.55	350m: 4:39.06
100m: 1:10.49 37.32	200m: 2:33.81	41.53 300m: 4:01.62	44.26	400m: 5:13.93
37.44				34.87
4. Romao Noronha, BRAZ	04	Clube Naval de Ponta Delgada	<b>5:24.18</b>	383
50m: 34.62 34.62	150m: 1:58.35	42.42 250m: 3:24.51	45.01	350m: 4:48.49
100m: 1:15.93 41.31	200m: 2:39.50	41.15 300m: 4:10.43	45.92	400m: 5:24.18
38.06				35.69
5. Ismael Medeiros, MONIZ	04	Clube Act. Fisica Bombeiros De	<b>5:56.58</b>	288
50m: 40.13 40.13	150m: 2:14.03	44.72 250m: 3:48.36	49.88	350m: 5:18.56
100m: 1:29.31 49.18	200m: 2:58.48	44.45 300m: 4:39.05	50.69	400m: 5:56.58
39.51				38.02
6. Leonardo Vicencia, ROMEIRO	04	Ada	<b>6:08.49</b>	261
50m: 39.36 39.36	150m: 2:16.57	49.51 250m: 3:57.19	51.34	350m: 5:30.18
100m: 1:27.06 47.70	200m: 3:05.85	49.28 300m: 4:49.09	51.90	400m: 6:08.49
41.09				38.31
7. Daniel Pacheco, SOARES	04	Clube Naval de Ponta Delgada	<b>6:14.77</b>	248
50m: 39.88 39.88	150m: 2:19.33	49.89 250m: 4:00.15	52.76	350m: 5:35.16
100m: 1:29.44 49.56	200m: 3:07.39	48.06 300m: 4:52.76	52.61	400m: 6:14.77
42.40				39.61

Juvenis A

1. Rafael Braga, BORGES	03	Clube Act. Fisica Bombeiros De	<b>5:08.03</b>	446
50m: 31.28 31.28	150m: 1:46.36	39.14 250m: 3:10.39	45.35	350m: 4:33.19
100m: 1:07.22 35.94	200m: 2:25.04	38.68 300m: 3:57.63	47.24	400m: 5:08.03
35.56				34.84
2. David Carlos, ALVES	03	Clube Act. Fisica Bombeiros De	<b>5:22.25</b>	390
50m: 34.56 34.56	150m: 1:56.70	42.08 250m: 3:26.25	48.05	350m: 4:48.43
100m: 1:14.62 40.06	200m: 2:38.20	41.50 300m: 4:13.35	47.10	400m: 5:22.25
35.08				33.82
3. Rodrigo Manuel, AGUIAR	03	Naval Praia da Vitoria	<b>5:54.96</b>	292
50m: 36.43 36.43	150m: 2:02.89	43.58 250m: 3:39.34	53.76	350m: 5:15.52
100m: 1:19.31 42.88	200m: 2:45.58	42.69 300m: 4:34.95	55.61	400m: 5:54.96
40.57				39.44
4. Rodrigo Sousa, PEREIRA	03	Naval da Horta	<b>5:55.14</b>	291
50m: 37.72 37.72	150m: 2:10.31	46.93 250m: 3:47.27	50.71	350m: 5:19.41
100m: 1:23.38 45.66	200m: 2:56.56	46.25 300m: 4:38.69	51.42	400m: 5:55.14
40.72				35.73
5. Tomas Andrade, ORMONDE	03	Naval Praia da Vitoria	<b>6:01.38</b>	276
50m: 35.69 35.69	150m: 2:05.56	45.23 250m: 3:42.52	54.65	350m: 5:20.76
100m: 1:20.33 44.64	200m: 2:47.87	42.31 300m: 4:39.57	57.05	400m: 6:01.38
41.19				40.62

Juniores

1. Manuel Landeiro, ALVES	02	Naval Praia da Vitoria	<b>4:51.70</b>	526
50m: 30.24 30.24	150m: 1:43.33	37.65 250m: 3:02.80	42.74	350m: 4:19.52
100m: 1:05.68 35.44	200m: 2:20.06	36.73 300m: 3:46.15	43.35	400m: 4:51.70
33.37				32.18
2. Tomas Fraga, OLIVEIRA	02	Naval da Horta	<b>5:19.24</b>	401
50m: 32.28 32.28	150m: 1:53.44	42.36 250m: 3:19.99	45.53	350m: 4:43.42
100m: 1:11.08 38.80	200m: 2:34.46	41.02 300m: 4:05.57	45.58	400m: 5:19.24
37.85				35.82
3. Leandro Guilherme, OLIVEIRA	01	Clube Act. Fisica Bombeiros De	<b>5:23.73</b>	384
50m: 32.21 32.21	150m: 1:53.67	43.45 250m: 3:22.06	47.04	350m: 4:47.71
100m: 1:10.22 38.01	200m: 2:35.02	41.35 300m: 4:09.34	47.28	400m: 5:23.73
38.37				36.02

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Lugar			Ano				Tempo final	Pts
4.	Diogo Cabral, CARREIRA		02		Núcleo Sportinguista		<b>6:06.63</b>	265
	<i>FTL</i>							
	50m:	36.29 36.29	150m:	2:03.86 44.06	250m:	3:44.90 55.62	350m:	5:24.21 42.13
	100m:	1:19.80 43.51	200m:	2:49.28 45.42	300m:	4:42.08 57.18	400m:	6:06.63 42.42