

Campeonato Regional de Juniores e Seniores de Piscina Curta
Coimbra, 6- - 7-11-2021

Prova 19	Masc., 400m Livres				Absoluto
06-11-2021 - 16:05					Resultados
Rec Nacional Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec Nacional Sen	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto	09-12-2017
Rec Nacional Jun18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Rec Nacional Jun17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24-11-2007
Rec Nacional Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07-12-2019
Rec Nacional Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC	Lousã	23-06-2019
Rec Nacional Inf A	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29-03-2014
Rec Nacional Inf B	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04-04-2003
Rec Reg ANC Absoluto	3:45.21	Tomas Miguel, VELOSO			13-11-2019
Rec Reg ANC Sen	3:45.21	Tomás Miguel, VELOSO	CNAC	Felgueiras	21-12-2019
Rec Reg ANC Jun18	3:56.55	Luís, SILVA	CNAC		13-06-2002
Rec Reg ANC Jun17	3:58.76	Gustavo Pires, MARQUES	INDANC	Coimbra	20-06-2021
Rec Reg ANC Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07-12-2019
Rec Reg ANC Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC		13-06-2019
Rec Reg ANC Inf A	4:20.38	Guilherme Maia, CARDOSO	SCC		20-07-2019
Rec Reg ANC Inf B	4:35.42	Diogo Matos, RIBEIRO	CNAC		13-06-2017

Pontos: FINA 2021

Lugar	Ano				Tempo final	Pts
Juniores						
1.	1. Tiago Andre, POIARES	04	Nautico Academico	4:15.23	575	
	50m: 29.15 29.15 150m: 1:32.76 31.96 250m: 2:37.49 32.42 350m: 3:43.06 33.05					
	100m: 1:00.80 31.65 200m: 2:05.07 32.31 300m: 3:10.01 32.52 400m: 4:15.23 32.17					
2.	Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	4:19.23	548	
	50m: 29.67 29.67 150m: 1:34.85 33.02 250m: 2:41.74 33.76 350m: 3:48.25 33.08					
	100m: 1:01.83 32.16 200m: 2:07.98 33.13 300m: 3:15.17 33.43 400m: 4:19.23 30.98					
3.	Goncalo Daniel, OLIVEIRA	04	Academica de Coimbra	4:19.30	548	
	50m: 29.95 29.95 150m: 1:35.37 33.30 250m: 2:42.39 32.99 350m: 3:49.04 33.28					
	100m: 1:02.07 32.12 200m: 2:09.40 34.03 300m: 3:15.76 33.37 400m: 4:19.30 30.26					
4.	Goncalo Carvalho, SANTOS	05	Louzan Natacao	4:27.50	499	
	50m: 30.83 30.83 150m: 1:38.29 33.78 250m: 2:46.98 33.94 350m: 3:55.23 34.25					
	100m: 1:04.51 33.68 200m: 2:13.04 34.75 300m: 3:20.98 34.00 400m: 4:27.50 32.27					
5.	Joao Neves, ALMEIDA	05	Nautico Academico	4:28.34	494	
	50m: 29.97 29.97 150m: 1:37.15 34.10 250m: 2:45.72 34.22 350m: 3:55.33 34.57					
	100m: 1:03.05 33.08 200m: 2:11.50 34.35 300m: 3:20.76 35.04 400m: 4:28.34 33.01					
Seniores						
1.	Afonso Filipe, COSTA	03	Louzan Natacao	4:07.55	630	
	50m: 28.61 28.61 150m: 1:31.09 31.45 250m: 2:33.64 31.09 350m: 3:36.57 31.81					
	100m: 59.64 31.03 200m: 2:02.55 31.46 300m: 3:04.76 31.12 400m: 4:07.55 30.98					
2.	Lucas Pereira, BASTOS	00	Nautico Academico	4:08.27	624	
	50m: 27.91 27.91 150m: 1:29.57 31.35 250m: 2:32.97 31.64 350m: 3:36.91 31.91					
	100m: 58.22 30.31 200m: 2:01.33 31.76 300m: 3:05.00 32.03 400m: 4:08.27 31.36					
EXH	Joao Rafael, FERREIRA	06	Nautico Academico	4:26.64	504	
	50m: 31.07 31.07 150m: 1:38.83 33.98 250m: 2:45.80 33.17 350m: 3:53.58 34.10					
	100m: 1:04.85 33.78 200m: 2:12.63 33.80 300m: 3:19.48 33.68 400m: 4:26.64 33.06					
EXH	Francisco Couto, FRAZAO	06	Uniao Coimbra	4:27.50	499	
	50m: 30.59 30.59 150m: 1:38.36 34.01 250m: 2:46.63 33.80 350m: 3:54.80 34.18					
	100m: 1:04.35 33.76 200m: 2:12.83 34.47 300m: 3:20.62 33.99 400m: 4:27.50 32.70					
EXH	Joao Neves, LUCAS	06	Columbofila Cantanhedense	4:31.19	479	
	50m: 32.15 32.15 150m: 1:40.38 33.98 250m: 2:49.03 34.02 350m: 3:57.71 33.82					
	100m: 1:06.40 34.25 200m: 2:15.01 34.63 300m: 3:23.89 34.86 400m: 4:31.19 33.48					
EXH	Tomas Veiga, PEREIRA	06	Nautico Academico	4:32.98	470	
	50m: 31.51 31.51 150m: 1:40.35 34.62 250m: 2:49.68 34.35 350m: 3:58.81 34.46					
	100m: 1:05.73 34.22 200m: 2:15.33 34.98 300m: 3:24.35 34.67 400m: 4:32.98 34.17					

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Lugar			Ano					Tempo final	Pts		
EXH	Alexandre, DZYAKANAU		07	Louzan Natacao				4:40.15	434		
	50m:	32.73 32.73	150m:	1:43.19	35.42	250m:	2:54.47	35.56	350m:	4:05.52	35.26
	100m:	1:07.77 35.04	200m:	2:18.91	35.72	300m:	3:30.26	35.79	400m:	4:40.15	34.63
EXH	Diogo Cura, NEVES		06	Condeixa Clube				4:41.94	426		
	50m:	30.33 30.33	150m:	1:41.00	36.36	250m:	2:54.39	36.65	350m:	4:06.76	36.38
	100m:	1:04.64 34.31	200m:	2:17.74	36.74	300m:	3:30.38	35.99	400m:	4:41.94	35.18
EXH	Duarte Cachulo, MARQUES		07	Condeixa Clube				4:44.21	416		
	50m:	32.65 32.65	150m:	1:44.78	36.16	250m:	2:57.13	35.28	350m:	4:09.20	36.31
	100m:	1:08.62 35.97	200m:	2:21.85	37.07	300m:	3:32.89	35.76	400m:	4:44.21	35.01
EXH	David Ferreira, SILVA		07	Academica de Coimbra				4:51.62	385		
	50m:	33.71 33.71	150m:	1:45.83	36.40	250m:	2:59.70	37.17	350m:	4:14.58	37.87
	100m:	1:09.43 35.72	200m:	2:22.53	36.70	300m:	3:36.71	37.01	400m:	4:51.62	37.04
EXH	Rodrigo Neves, DUARTE		06	Louzan Natacao				4:57.82	361		
	50m:	33.54 33.54	150m:	1:48.60	38.15	250m:	3:05.30	38.52	350m:	4:21.87	37.64
	100m:	1:10.45 36.91	200m:	2:26.78	38.18	300m:	3:44.23	38.93	400m:	4:57.82	35.95
EXH	Marco Dimitar, OLIVEIRA		07	Nautico Academico				4:58.51	359		
	50m:	34.04 34.04	150m:	1:49.68	38.55	250m:	3:06.33	38.27	350m:	4:22.76	37.56
	100m:	1:11.13 37.09	200m:	2:28.06	38.38	300m:	3:45.20	38.87	400m:	4:58.51	35.75