

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

Prova 4	Masc., 400m Estilos				Absolutos
06-11-2021 - 9:50					Resultados
Rec Nacional Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nacional Sen	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nacional Jun18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11-12-2015
Rec Nacional Jun17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19-12-2014
Rec Nacional Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13-12-2013
Rec Nacional Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21-03-2003
Rec Reg ANC Absoluto	4:08.36	Gabriel José, LOPES	ALN		14-06-2018
Rec Reg ANC Sen	4:08.36	Gabriel José, LOPES	ALN		13-06-2018
Rec Reg ANC Jun18	4:26.81	Miguel Silva, OLIVEIRA	CNAC		13-06-2008
Rec Reg ANC Jun17	4:23.90	Tomás Miguel, VELOSO	CNAC		13-06-2012
Rec Reg ANC Juv A	4:30.93	Diogo Matos, RIBEIRO	CUC		06-12-2019
Rec Reg ANC Juv B	4:35.32	Diogo Matos, RIBEIRO	CUC	Coimbra	16-06-2019

Pontos: FINA 2021

Lugar	Ano		Tempo final		Pts
Juniores					
1. Dinis Miranda, DIOGO	04	Nautico Academico	4:49.07	535	
50m: 29.59 29.59	150m: 1:42.38	38.45	250m: 3:01.15	41.67	350m: 4:17.48 33.65
100m: 1:03.93 34.34	200m: 2:19.48	37.10	300m: 3:43.83	42.68	400m: 4:49.07 31.59
2. Tomas Carvalho, SANTOS	05	Louzan Natacao	5:02.27	468	
50m: 30.61 30.61	150m: 1:46.65	40.47	250m: 3:09.48	43.71	350m: 4:28.77 35.20
100m: 1:06.18 35.57	200m: 2:25.77	39.12	300m: 3:53.57	44.09	400m: 5:02.27 33.50
Seniores					
1. Gabriel Jose, LOPES	97	Louzan Natacao	4:21.21	726	
50m: 28.24 28.24	150m: 1:35.06	33.94	250m: 2:45.56	36.37	350m: 3:52.12 30.59
100m: 1:01.12 32.88	200m: 2:09.19	34.13	300m: 3:21.53	35.97	400m: 4:21.21 29.09
2. Tomas Miguel, VELOSO	96	Nautico Academico	4:31.92	643	
50m: 29.46 29.46	150m: 1:38.37	35.91	250m: 2:51.75	38.39	350m: 4:01.38 31.55
100m: 1:02.46 33.00	200m: 2:13.36	34.99	300m: 3:29.83	38.08	400m: 4:31.92 30.54
3. Lucas Pereira, BASTOS	00	Nautico Academico	4:38.66	598	
50m: 29.23 29.23	150m: 1:39.08	36.89	250m: 2:54.09	39.04	350m: 4:06.95 32.66
100m: 1:02.19 32.96	200m: 2:15.05	35.97	300m: 3:34.29	40.20	400m: 4:38.66 31.71
4. Joaquim Agra, MERUJE	01	Uniao Coimbra	4:51.62	522	
50m: 29.33 29.33	150m: 1:42.18	38.48	250m: 3:00.86	40.06	350m: 4:16.71 35.04
100m: 1:03.70 34.37	200m: 2:20.80	38.62	300m: 3:41.67	40.81	400m: 4:51.62 34.91
EXH Duarte Jose, FERNANDES	06	Uniao Coimbra	4:57.09	493	
50m: 29.79 29.79	150m: 1:46.57	41.05	250m: 3:04.74	38.75	350m: 4:23.14 36.53
100m: 1:05.52 35.73	200m: 2:25.99	39.42	300m: 3:46.61	41.87	400m: 4:57.09 33.95
EXH Filipe Cruz, SIMOES	06	Miranda do Corvo	5:06.61	449	
50m: 32.11 32.11	150m: 1:46.90	38.44	250m: 3:09.75	44.99	350m: 4:32.03 36.08
100m: 1:08.46 36.35	200m: 2:24.76	37.86	300m: 3:55.95	46.20	400m: 5:06.61 34.58
EXH Tomas Nolan, SANTOS	06	Nautico Academico	5:07.83	443	
50m: 32.19 32.19	150m: 1:49.95	41.29	250m: 3:15.13	43.86	350m: 4:34.67 35.60
100m: 1:08.66 36.47	200m: 2:31.27	41.32	300m: 3:59.07	43.94	400m: 5:07.83 33.16
EXH Jose Miguel, MARQUES	06	Condeixa Clube	5:12.03	426	
50m: 31.51 31.51	150m: 1:49.09	42.30	250m: 3:14.00	43.14	350m: 4:35.87 36.90
100m: 1:06.79 35.28	200m: 2:30.86	41.77	300m: 3:58.97	44.97	400m: 5:12.03 36.16
EXH Alexandre, DZYAKANAU	07	Louzan Natacao	5:14.39	416	
50m: 33.52 33.52	150m: 1:52.14	39.99	250m: 3:17.17	45.86	350m: 4:39.51 36.17
100m: 1:12.15 38.63	200m: 2:31.31	39.17	300m: 4:03.34	46.17	400m: 5:14.39 34.88
EXH Diogo Luis, CANCELA	02	Louzan Natacao	5:31.80	354	
50m: 33.71 33.71	150m: 1:55.20	43.63	250m: 3:25.05	46.05	350m: 4:52.46 41.90
100m: 1:11.57 37.86	200m: 2:39.00	43.80	300m: 4:10.56	45.51	400m: 5:31.80 39.34

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Prova 4, Masc., 400m Estilos

Lugar			Ano				Tempo final		Pts
EXH	Marco Dimitar, OLIVEIRA		07	Nautico Academico		6:02.59		271	
	50m:	38.62 38.62	150m:	2:08.88 45.40	250m:	3:49.06 55.39	350m:	5:24.43 40.59	
	100m:	1:23.48 44.86	200m:	2:53.67 44.79	300m:	4:43.84 54.78	400m:	6:02.59 38.16	