

CAMPEONATOS REGIONAIS DE JUNIORES E SENIORES PC  
Braga, 12 - 14/11/2021

Prova 21 Masc., 400m Livres Absolutos  
13/11/2021 - 15:35 Resultados

Rec. Reg. ANMinho Absoluto	3:45.03	Jose Paulo Lopes	SCB	Glasgow (IRL)	04/12/2019
Rec. Reg. ANMinho Sen	3:45.02	Jose Paulo Lopes	SCB	Glasgow (IRL)	04/12/2019
Rec. Reg. ANMinho Jun 2	3:52.06	Jose Paulo Lopes	SCB	Porto	09/12/2017
Rec. Reg. ANMinho Jun 1	3:58.55	Jose Paulo Lopes	SCB	Funchal	10/12/2016
Rec. Reg. ANMinho Juv A	4:02.24	Jose Paulo Lopes	SCB	Ponte da Barca	30/06/2016
Rec. Reg. ANMinho Juv B	4:05.48	Jose Paulo Lopes	SCB	Braga	14/06/2015

Pontos: FINA 2021

Lugar Idade Tempo final Pts  
Juvenis

1. Milan Santos Jevic	16	Braga	<b>4:17.53</b>	559
50m: 29.09 29.09	150m:	250m:	350m:	
100m: 1:01.28 32.19	200m: 2:07.72	300m:	400m: 4:17.53	
2. Afonso Aires Brandao	16	Desportiva de Viana	<b>4:24.98</b>	513
50m: 29.40 29.40	150m:	250m:	350m:	
100m: 1:02.60 33.20	200m: 2:09.95	300m:	400m: 4:24.98	
3. Miguel Costa Durao	16	Braga	<b>4:30.50</b>	483
50m: 30.46 30.46	150m:	250m:	350m:	
100m: 1:03.26 32.80	200m: 2:11.78	300m:	400m: 4:30.50	
4. Nil Panasyuk	16	Braga	<b>4:47.28</b>	403
50m: 32.64 32.64	150m:	250m:	350m:	
100m: 1:07.79 35.15	200m: 2:20.64	300m:	400m: 4:47.28	
5. Afonso Miguel Nogueira	15	Braga	<b>4:57.12</b>	364
50m: 33.34 33.34	150m:	250m:	350m:	
100m: 1:10.20 36.86	200m: 2:26.65	300m:	400m: 4:57.12	
6. Diogo Filipe Correia	15	Braga	<b>4:57.57</b>	362
50m: 33.88 33.88	150m:	250m:	350m:	
100m: 1:10.89 37.01	200m: 2:27.15	300m:	400m: 4:57.57	
7. João Pedro Tinoco	15	Braga	<b>5:25.93</b>	276
50m: 35.06 35.06	150m:	250m:	350m:	
100m: 1:14.19 39.13	200m: 2:37.00	300m:	400m: 5:25.93	

Juniores

1. Joao Carlos Carvalho	17	Braga	<b>4:19.42</b>	547
50m: 29.43 29.43	150m:	250m:	350m:	
100m: 1:02.40 32.97	200m: 2:08.83	300m:	400m: 4:19.42	
2. Marcio Fernandes Gomes	18	Braga	<b>4:21.78</b>	533
50m: 30.21 30.21	150m:	250m:	350m:	
100m: 1:02.46 32.25	200m: 2:06.45	300m:	400m: 4:21.78	
3. Dinis Queiroz Goncalves	17	Braga	<b>4:24.10</b>	519
50m: 29.31 29.31	150m:	250m:	350m:	
100m: 1:01.29 31.98	200m: 2:08.15	300m:	400m: 4:24.10	
4. Luis Pedro Queiros	18	Viana Natacao	<b>4:26.71</b>	503
50m: 29.02 29.02	150m:	250m:	350m:	
100m: 1:01.01 31.99	200m: 2:08.30	300m:	400m: 4:26.71	
5. Hugo Goncalves Guimaraes	18	Desportiva de Viana	<b>4:28.73</b>	492
50m: 26.77 26.77	150m:	250m:	350m:	
100m: 56.42 29.65	200m: 1:58.39	300m:	400m: 4:28.73	
6. Claudio Filipe Rodrigues	17	Braga	<b>4:56.54</b>	366
50m: 32.97 32.97	150m:	250m:	350m:	
100m: 1:09.49 36.52	200m: 2:25.67	300m:	400m: 4:56.54	

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Seniores

1.	Joao Guilherme Pereira		19	Amigos Montanha		<b>4:58.29</b>	360
	50m:	32.82	32.82	150m:	250m:	350m:	
	100m:	1:08.91	36.09	200m:	300m:	400m:	4:58.29