

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

Prova 37	Masc., 400m Estilos				Absolutos
13/11/2021 - 16:45					Resultados
Rec. Reg. ANMinho Absoluto	4:09.05	Jose Paulo Lopes	SCB	Glasgow (IRL)	05/12/2019
Rec. Reg. ANMinho Sen	4:09.05	Jose Paulo Lopes	SCB	Glasgow (IRL)	05/12/2019
Rec. Reg. ANMinho Jun 2	4:24.17	Jose Paulo Lopes	SCB	Águas Santas	13/01/2018
Rec. Reg. ANMinho Jun 1	4:29.42	Jose Paulo Lopes	SCB	Maia	14/01/2017
Rec. Reg. ANMinho Juv A	4:32.72	Jose Paulo Lopes	SCB	Ponte da Barca	01/07/2016
Rec. Reg. ANMinho Juv B	4:40.84	Jose Paulo Lopes	SCB	Ponte da Barca	03/07/2015

Pontos: FINA 2021

Lugar	Idade		Tempo final		Pts
<b>Juvenis</b>					
1.	Mark Zhukov	16	Braga	<b>4:42.16</b>	576
	50m: 29.73 29.73	150m:	250m:	350m:	
	100m: 1:03.58 33.85	200m: 2:15.08	300m:	400m: 4:42.16	
2.	Milan Santos Jevic	16	Braga	<b>4:56.04</b>	498
	50m: 31.40 31.40	150m:	250m:	350m:	
	100m: 1:08.03 36.63	200m: 2:24.68	300m:	400m: 4:56.04	
3.	Eduardo Sousa Saragoca	15	Viana Natacao	<b>5:22.71</b>	385
	50m: 34.35 34.35	150m:	250m:	350m:	
	100m: 1:14.62 40.27	200m: 2:37.94	300m:	400m: 5:22.71	
4.	Afonso Miguel Nogueira	15	Braga	<b>5:41.35</b>	325
	50m: 36.85 36.85	150m:	250m:	350m:	
	100m: 1:19.74 42.89	200m: 2:45.13	300m:	400m: 5:41.35	
DSQ	Eduardo Nuno Faria	16	Braga		
	<i>812 - O(A) nadador(a) tocou na parede com toque não simultâneo na chegada – SW 8.4</i>				

**Juniores**

1.	Hugo Goncalves Guimaraes	18	Desportiva de Viana	<b>4:47.94</b>	542
	50m: 30.10 30.10	150m:	250m:	350m:	
	100m: 1:05.56 35.46	200m: 2:20.04	300m:	400m: 4:47.94	
2.	Miguel Alves Fernandes	17	Viana Natacao	<b>4:51.73</b>	521
	50m: 31.08 31.08	150m:	250m:	350m:	
	100m: 1:06.97 35.89	200m: 2:18.89	300m:	400m: 4:51.73	
3.	Joao Anibal Remelhe	17	Braga	<b>4:52.72</b>	516
	50m: 29.69 29.69	150m:	250m:	350m:	
	100m: 1:05.18 35.49	200m: 2:18.94	300m:	400m: 4:52.72	
4.	Goncalo Queiroga Rocha	17	Braga	<b>4:55.90</b>	499
	50m: 31.93 31.93	150m:	250m:	350m:	
	100m: 1:09.42 37.49	200m: 2:24.65	300m:	400m: 4:55.90	
5.	Luis Pedro Queiros	18	Viana Natacao	<b>5:08.09</b>	442
	50m: 30.85 30.85	150m:	250m:	350m:	
	100m: 1:07.57 36.72	200m: 2:25.69	300m:	400m: 5:08.09	
6.	Ivan Manuel Rabeca	17	Desportiva de Viana	<b>5:12.51</b>	424
	50m: 31.89 31.89	150m:	250m:	350m:	
	100m: 1:10.01 38.12	200m: 2:29.58	300m:	400m: 5:12.51	