

Prova 19

Masc., 400m Livres

2009 e mais velhos

02/07/2022 - 11:45

Resultados

Recordes Regionais Masculinos Absoluto	3:57.15	Gustavo Manuel SANTA	CNLA	Helsinki (FIN)	14/07/2010
Recordes Regionais Masculinos 19 +	4:26.19	Miguel Maria Vinha Murteira	CARVAAMINATA	Lisboa	27/03/2004
Recordes Regionais Masculinos 18	4:23.12	Andre Filipe PACHECO	CNLA	Lisboa	20/12/2003
Recordes Regionais Masculinos 17	3:57.15	Gustavo Manuel SANTA	CNLA	Helsinki (FIN)	14/07/2010
Recordes Regionais Masculinos 16	3:59.38	Gustavo Manuel SANTA	CNLA	Tampere (FIN)	21/07/2009
Recordes Regionais Masculinos 15	4:12.65	Gustavo Manuel SANTA	CNLA	Madrid (ESP)	05/07/2008
Recordes Regionais Masculinos 14	4:24.78	Gustavo Manuel SANTA	CNLA	Faro	21/07/2007
Recordes Regionais Masculinos 13	4:38.50	Joao Paulo PAIAS	CNLA	Coimbra	23/07/2005

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
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Infantis - AN Alentejo

1. Pedro Caeiro MARQUES	09	Aminata	5:48.24	252	1:20.65	1:30.40	1:30.57	1:26.62
<i>Campeão Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:20.65		200m: 2:51.05	300m: 4:21.62		400m: 5:48.24			
2. G. MARQUES	08	Grupo Desportivo Mora	5:58.61	231	1:21.76	1:32.41	1:33.22	1:31.22
50m:		150m:	250m:		350m:			
100m: 1:21.76		200m: 2:54.17	300m: 4:27.39		400m: 5:58.61			
3. Ricardo Bravo AMIEIRA	08	Acmn	6:14.40	203	1:25.15	1:37.22	1:40.25	1:31.78
50m:		150m:	250m:		350m:			
100m: 1:25.15		200m: 3:02.37	300m: 4:42.62		400m: 6:14.40			
4. Dinis Alexandre CAEIRO	09	Grupo Desportivo Mora	6:37.87	169	1:33.38	1:44.69	1:42.03	1:37.77
50m:		150m:	250m:		350m:			
100m: 1:33.38		200m: 3:18.07	300m: 5:00.10		400m: 6:37.87			
5. M. LOURENÇO	09	GSC Grândola Sports Club	6:55.05	149	1:35.52	1:47.26	1:49.76	1:42.51
50m:		150m:	250m:		350m:			
100m: 1:35.52		200m: 3:22.78	300m: 5:12.54		400m: 6:55.05			

Infantis - AN Interior Centro

1. Romulo Artur SILVA	08	Eléctrico	4:59.70	395	1:11.49	1:17.56	1:16.29	1:14.36
<i>Campeão Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:11.49		200m: 2:29.05	300m: 3:45.34		400m: 4:59.70			
2. Diogo Belchior MUNHAO	08	Elvense	5:19.26	327	1:16.01	1:22.60	1:22.28	1:18.37
50m:		150m:	250m:		350m:			
100m: 1:16.01		200m: 2:38.61	300m: 4:00.89		400m: 5:19.26			
3. Afonso Maria BENTO	09	AN Alcabastrense	5:22.42	317	1:15.91	1:24.26	1:22.62	1:19.63
50m:		150m:	250m:		350m:			
100m: 1:15.91		200m: 2:40.17	300m: 4:02.79		400m: 5:22.42			
4. Diogo Martins SOARES	08	Eléctrico	5:27.68	302	1:16.40	1:25.58	1:25.65	1:20.05
50m:		150m:	250m:		350m:			
100m: 1:16.40		200m: 2:41.98	300m: 4:07.63		400m: 5:27.68			
5. Diogo Daniel MARCO	08	AN Alcabastrense	5:28.27	301	1:16.93	1:23.31	1:24.50	1:23.53
50m:		150m:	250m:		350m:			
100m: 1:16.93		200m: 2:40.24	300m: 4:04.74		400m: 5:28.27			
6. J. CONCEICAO	08	SC Campomaiorense	5:36.11	280	1:15.58	1:25.03	1:28.63	1:26.87
50m:		150m:	250m:		350m:			
100m: 1:15.58		200m: 2:40.61	300m: 4:09.24		400m: 5:36.11			
7. Guilherme Filipe RATO	09	AN Alcabastrense	5:41.56	267	1:24.33	1:30.15	1:28.92	1:18.16
50m:		150m:	250m:		350m:			
100m: 1:24.33		200m: 2:54.48	300m: 4:23.40		400m: 5:41.56			
8. B. CARONHO	09	Clube de Natacao do Fund	5:42.49	265	1:19.74	1:28.52	1:30.05	1:24.18
50m:		150m:	250m:		350m:			
100m: 1:19.74		200m: 2:48.26	300m: 4:18.31		400m: 5:42.49			
9. Manuel Adria CERCA	08	Natacao Guarda	5:44.49	260	1:19.29	1:26.95	1:30.74	1:27.51
50m:		150m:	250m:		350m:			
100m: 1:19.29		200m: 2:46.24	300m: 4:16.98		400m: 5:44.49			
10. M. SANGUINHO	09	Elvense	6:05.61	218	1:27.17	1:31.94	1:34.76	1:31.74
50m:		150m:	250m:		350m:			
100m: 1:27.17		200m: 2:59.11	300m: 4:33.87		400m: 6:05.61			

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Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
11. Joao Maria SANGUINHO	09	6:10.60	209	1:27.55	1:34.19	1:36.47	1:32.39
50m:	150m:	250m:	350m:				
100m: 1:27.55	200m: 3:01.74	300m: 4:38.21	400m: 6:10.60				
12. Afonso MATEUS	09	6:10.65	209	1:29.08	1:36.47	1:37.08	1:28.02
50m:	150m:	250m:	350m:				
100m: 1:29.08	200m: 3:05.55	300m: 4:42.63	400m: 6:10.65				
13. Tiago Maria COSTA	08	6:12.72	205	1:33.10	1:38.74	1:36.26	1:24.62
50m:	150m:	250m:	350m:				
100m: 1:33.10	200m: 3:11.84	300m: 4:48.10	400m: 6:12.72				
14. T. LOURENCO	09	6:23.49	188	1:30.67	1:38.29	1:40.74	1:33.79
50m:	150m:	250m:	350m:				
100m: 1:30.67	200m: 3:08.96	300m: 4:49.70	400m: 6:23.49				
15. Bernardo Amaral PIRES	09	6:45.95	159	1:31.89	1:44.96	1:50.22	1:38.88
50m:	150m:	250m:	350m:				
100m: 1:31.89	200m: 3:16.85	300m: 5:07.07	400m: 6:45.95				

Juvenis - AN Alentejo

1. Francisco Reis MAGUAS	06	5:13.36	346	1:13.55	1:19.95	1:21.90	1:17.96
<i>Campeão Regional</i>							
50m:	150m:	250m:	350m:				
100m: 1:13.55	200m: 2:33.50	300m: 3:55.40	400m: 5:13.36				
2. Guilherme Rosado GOMEZ	07	5:15.41	339	1:11.69	1:21.42	1:23.86	1:18.44
50m:	150m:	250m:	350m:				
100m: 1:11.69	200m: 2:33.11	300m: 3:56.97	400m: 5:15.41				
3. Eduardo Ramos ESTEVA	06	5:19.53	326	1:14.54	1:21.61	1:24.14	1:19.24
50m:	150m:	250m:	350m:				
100m: 1:14.54	200m: 2:36.15	300m: 4:00.29	400m: 5:19.53				
4. S. FALCAO	06	5:27.46	303	1:19.20	1:24.25	1:24.25	1:19.76
50m:	150m:	250m:	350m:				
100m: 1:19.20	200m: 2:43.45	300m: 4:07.70	400m: 5:27.46				
5. Manuel Francisco SOBRA	06	5:40.22	270	1:17.12	1:28.54	1:29.40	1:25.16
50m:	150m:	250m:	350m:				
100m: 1:17.12	200m: 2:45.66	300m: 4:15.06	400m: 5:40.22				
6. F. SOUSA	07	5:54.90	238	1:23.39	1:33.50	1:31.50	1:26.51
50m:	150m:	250m:	350m:				
100m: 1:23.39	200m: 2:56.89	300m: 4:28.39	400m: 5:54.90				

Juvenis - AN Interior Centro

1. Miguel Eduardo RANGEM	07	5:12.88	347	1:13.31	1:19.86	1:21.76	1:17.95
<i>Campeão Regional</i>							
50m:	150m:	250m:	350m:				
100m: 1:13.31	200m: 2:33.17	300m: 3:54.93	400m: 5:12.88				
2. Simao Pedro ANTUNES	06	5:13.23	346	1:12.33	1:20.02	1:22.90	1:17.98
50m:	150m:	250m:	350m:				
100m: 1:12.33	200m: 2:32.35	300m: 3:55.25	400m: 5:13.23				
3. J. CALDEIRINHA	06	5:17.13	334	1:14.33	1:22.92	1:23.11	1:16.77
50m:	150m:	250m:	350m:				
100m: 1:14.33	200m: 2:37.25	300m: 4:00.36	400m: 5:17.13				
4. Eduardo Pires TAVARES	07	5:19.31	327	1:13.42	1:22.91	1:22.80	1:20.18
50m:	150m:	250m:	350m:				
100m: 1:13.42	200m: 2:36.33	300m: 3:59.13	400m: 5:19.31				
5. Edgar Fernandes ALMEID	07	5:32.11	290	1:16.72	1:25.24	1:26.72	1:23.43
50m:	150m:	250m:	350m:				
100m: 1:16.72	200m: 2:41.96	300m: 4:08.68	400m: 5:32.11				
6. Luis Garrido FRANCO	07	5:41.50	267	1:19.89	1:25.60	1:28.87	1:27.14
50m:	150m:	250m:	350m:				
100m: 1:19.89	200m: 2:45.49	300m: 4:14.36	400m: 5:41.50				
7. G. FERNANDES	06	6:25.03	186	1:29.89	1:39.84	3.40	3:11.90
50m:	150m:	250m:	350m:				
100m: 1:29.89	200m: 3:09.73	300m: 3:13.13	400m: 6:25.03				

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Absolutos - AN Alentejo

1. Francisco Alves CORREIA04	Litoral Alentejano	4:43.20	469	1:05.42	1:10.86	1:13.40	1:13.52
<i>Campeão Regional</i>							
50m:	150m:	250m:	350m:				
100m: 1:05.42	200m: 2:16.28	300m: 3:29.68	400m: 4:43.20				
2. David Oliveira GORGULH(82)	Litoral Alentejano	4:46.41	453	1:07.47	1:11.76	1:13.80	1:13.38
50m:	150m:	250m:	350m:				
100m: 1:07.47	200m: 2:19.23	300m: 3:33.03	400m: 4:46.41				
3. R. SANTOS	04 GSC Grândola Sports Club	5:47.09	254	1:18.47	1:31.46	1:32.89	1:24.27
50m:	150m:	250m:	350m:				
100m: 1:18.47	200m: 2:49.93	300m: 4:22.82	400m: 5:47.09				

Absolutos - AN Interior Centro

1. D. GONCALVES	05 Natacao Guarda	4:51.44	430	1:07.97	1:13.86	1:16.18	1:13.43
<i>Campeão Regional</i>							
50m:	150m:	250m:	350m:				
100m: 1:07.97	200m: 2:21.83	300m: 3:38.01	400m: 4:51.44				
2. Manuel Jose DIAS	05 Clube de Natacao do Fund	5:01.18	390	1:08.75	1:15.45	1:18.36	1:18.62
50m:	150m:	250m:	350m:				
100m: 1:08.75	200m: 2:24.20	300m: 3:42.56	400m: 5:01.18				
3. Diogo Filipe LOURENCO	05 CCDSerta	5:18.98	328	1:12.69	1:22.40	1:23.61	1:20.28
50m:	150m:	250m:	350m:				
100m: 1:12.69	200m: 2:35.09	300m: 3:58.70	400m: 5:18.98				
4. Rui Lucas SANTOS	03 Penta Clube da Covilha	5:36.85	278	1:13.76	1:26.22	1:32.14	1:24.73
50m:	150m:	250m:	350m:				
100m: 1:13.76	200m: 2:39.98	300m: 4:12.12	400m: 5:36.85				
5. Pedro Afonso PALHINHA	99 Penta Clube da Covilha	5:36.91	278	1:16.52	1:25.12	1:29.62	1:25.65
50m:	150m:	250m:	350m:				
100m: 1:16.52	200m: 2:41.64	300m: 4:11.26	400m: 5:36.91				
6. Bernardo Miguel AREDE	03 Penta Clube da Covilha	6:37.61	169	1:25.72	1:45.20	1:47.58	1:39.11
50m:	150m:	250m:	350m:				
100m: 1:25.72	200m: 3:10.92	300m: 4:58.50	400m: 6:37.61				
EXH Miguel Ferreira CRUZ	08 CLAC-Entroncamento	5:22.54	317	1:14.79	1:22.77	1:25.18	1:19.80
50m:	150m:	250m:	350m:				
100m: 1:14.79	200m: 2:37.56	300m: 4:02.74	400m: 5:22.54				