

Prova 7

Masc., 400m Estilos

2009 e mais velhos

01/07/2022 - 19:15

Resultados

Recordes Regionais Masculinos Absoluto	4:42.17	Gustavo Manuel SANTA	CNLA	Coimbra	10/04/2010
Recordes Regionais Masculinos 19 +	5:10.39	Ivo Andre MARGARIDO	CNLA	Rio Maior	07/07/2007
Recordes Regionais Masculinos 18	4:54.31	Joao Pedro NEVES	AMINATA	Oeiras	25/07/2014
Recordes Regionais Masculinos 17	4:42.17	Gustavo Manuel SANTA	CNLA	Coimbra	10/04/2010
Recordes Regionais Masculinos 16	4:42.47	Gustavo Manuel SANTA	CNLA	Povoa de Varzim	13/03/2009
Recordes Regionais Masculinos 15	4:58.90	Gustavo Manuel SANTA	CNLA	Rio Maior	14/03/2008
Recordes Regionais Masculinos 14	5:04.40	Gustavo Manuel SANTA	CNLA	Faro	20/07/2007
Recordes Regionais Masculinos 13	5:21.57	Paulo Bruno JANEIRO	CNLA	Oeiras	29/06/2007

Pontos: FINA 2021

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

1. Antonio Peixe BICAS <i>Campeão Regional</i>	08	Aminata	<b>5:53.15</b>	329	1:17.99	1:29.98	1:44.11	1:21.07
50m:		150m:	250m:		350m:			
100m: 1:17.99		200m: 2:47.97	300m: 4:32.08		400m: 5:53.15			
2. Nikita FOMICHENKO	08	Aminata	<b>6:10.36</b>	285	1:26.66	1:38.01	1:43.63	1:22.06
50m:		150m:	250m:		350m:			
100m: 1:26.66		200m: 3:04.67	300m: 4:48.30		400m: 6:10.36			
3. M. VITORINO	08	Grupo Desportivo Mora	<b>6:25.01</b>	254	1:27.79	1:37.20	1:50.08	1:29.94
50m:		150m:	250m:		350m:			
100m: 1:27.79		200m: 3:04.99	300m: 4:55.07		400m: 6:25.01			
4. G. MARQUES	08	Grupo Desportivo Mora	<b>6:26.56</b>	250	1:19.73	1:39.56	1:54.80	1:32.47
50m:		150m:	250m:		350m:			
100m: 1:19.73		200m: 2:59.29	300m: 4:54.09		400m: 6:26.56			
5. Miguel Martins RATO	08	Estremoz / Estremozcarnes	<b>6:33.62</b>	237	1:24.62	1:44.01	1:56.22	1:28.77
50m:		150m:	250m:		350m:			
100m: 1:24.62		200m: 3:08.63	300m: 5:04.85		400m: 6:33.62			
6. Ricardo Bravo AMIEIRA	08	Acmn	<b>7:04.79</b>	189	1:40.82	1:56.65	1:55.21	1:32.11
50m:		150m:	250m:		350m:			
100m: 1:40.82		200m: 3:37.47	300m: 5:32.68		400m: 7:04.79			

Infantis - AN Interior Centro

1. Guilherme Filipe RATO <i>Campeão Regional</i>	09	AN Albicastrense	<b>6:41.48</b>	224	1:31.47	1:50.48	1:51.92	1:27.61
50m:		150m:	250m:		350m:			
100m: 1:31.47		200m: 3:21.95	300m: 5:13.87		400m: 6:41.48			
DSQ Afonso Maria BENTO	09	AN Albicastrense			1:21.68	1:29.55	1:50.24	
<i>722 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6</i>								
50m:		150m:	250m:		350m:			
100m: 1:21.68		200m: 2:51.23	300m: 4:41.47		400m:			

Juvenis - AN Alentejo

1. Nuno Filipe SARAMAGO <i>Campeão Regional</i>	06	Estremoz / Estremozcarnes	<b>6:00.79</b>	308	1:15.05	1:36.95	1:48.95	1:19.84
50m:		150m:	250m:		350m:			
100m: 1:15.05		200m: 2:52.00	300m: 4:40.95		400m: 6:00.79			
2. S. FALCAO	06	Ndco	<b>6:14.68</b>	275	1:21.65	1:38.79	1:47.18	1:27.06
50m:		150m:	250m:		350m:			
100m: 1:21.65		200m: 3:00.44	300m: 4:47.62		400m: 6:14.68			
3. Andre Filipe PEREIRA	06	GSC Grândola Sports Club	<b>7:12.39</b>	179	1:46.86	1:47.54	1:55.79	1:42.20
50m:		150m:	250m:		350m:			
100m: 1:46.86		200m: 3:34.40	300m: 5:30.19		400m: 7:12.39			

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Juvenis - AN Interior Centro

1. Miguel Eduardo RANGEM 07	Elvense	<b>5:57.76</b>	316	1:22.04	1:40.35	1:34.91	1:20.46
<i>Campeão Regional</i>							
50m:	150m:	250m:		350m:			
100m: 1:22.04	200m: 3:02.39	300m: 4:37.30		400m: 5:57.76			
2. Luis Garrido FRANCO 07	Elvense	<b>6:12.76</b>	279	1:26.10	1:34.88	1:41.92	1:29.86
50m:	150m:	250m:		350m:			
100m: 1:26.10	200m: 3:00.98	300m: 4:42.90		400m: 6:12.76			

Absolutos - AN Alentejo

1. Francisco Alves CORREIA04	Litoral Alentejano	<b>5:22.16</b>	433	1:04.14	1:27.37	1:34.37	1:16.28
<i>Campeão Regional</i>							
50m:	150m:	250m:		350m:			
100m: 1:04.14	200m: 2:31.51	300m: 4:05.88		400m: 5:22.16			
2. Antonio Correia NEVES 03	Ndco	<b>5:39.66</b>	369	1:08.43	1:34.87	1:36.00	1:20.36
50m:	150m:	250m:		350m:			
100m: 1:08.43	200m: 2:43.30	300m: 4:19.30		400m: 5:39.66			
3. R. SANTOS 04	GSC Grândola Sports Club	<b>6:26.05</b>	251	1:26.85	1:35.85	1:50.80	1:32.55
50m:	150m:	250m:		350m:			
100m: 1:26.85	200m: 3:02.70	300m: 4:53.50		400m: 6:26.05			

Absolutos - AN Interior Centro

1. D. GONCALVES 05	Natacao Guarda	<b>5:35.73</b>	383	1:09.02	1:32.45	1:39.09	1:15.17
<i>Campeão Regional</i>							
50m:	150m:	250m:		350m:			
100m: 1:09.02	200m: 2:41.47	300m: 4:20.56		400m: 5:35.73			