

Campeonato Regional Juniores e Seniores PC  
Cantanhede, 19- - 20-11-2022

Prova 20 Masc., 400m Livres 17 anos e mais velhos  
20-11-2022 - 9:50 Resultados

Rec Nacional Absoluto	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
Rec Nacional Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16-12-2021
Rec Nacional Jun18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Rec Nacional Jun17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24-11-2007

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
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Juniores

1. Guilherme Maia, CARDOSO	05	Columbofila Cantanhedense	<b>4:13.46</b>	587
50m: 29.16 29.16	150m: 1:32.53 31.88	250m: 2:36.91 32.19	350m: 3:42.05 32.70	
100m: 1:00.65 31.49	200m: 2:04.72 32.19	300m: 3:09.35 32.44	400m: 4:13.46 31.41	
2. Francisco Couto, FRAZAO	06	Uniao de Coimbra	<b>4:18.28</b>	554
50m: 29.14 29.14	150m: 1:33.89 32.35	250m: 2:39.45 32.55	350m: 3:45.85 33.24	
100m: 1:01.54 32.40	200m: 2:06.90 33.01	300m: 3:12.61 33.16	400m: 4:18.28 32.43	
3. Duarte Jose, FERNANDES	06	Louzan Natacao/EFAPEL	<b>4:19.91</b>	544
50m: 30.09 30.09	150m: 1:35.02 32.69	250m: 2:41.20 32.96	350m: 3:47.40 33.00	
100m: 1:02.33 32.24	200m: 2:08.24 33.22	300m: 3:14.40 33.20	400m: 4:19.91 32.51	
4. Joao Neves, LUCAS	06	Columbofila Cantanhedense	<b>4:22.44</b>	528
50m: 30.32 30.32	150m: 1:35.46 32.64	250m: 2:41.74 33.13	350m: 3:48.93 33.67	
100m: 1:02.82 32.50	200m: 2:08.61 33.15	300m: 3:15.26 33.52	400m: 4:22.44 33.51	
5. Jose Miguel, MARQUES	06	Condeixa Clube	<b>4:23.60</b>	522
50m: 29.32 29.32	150m: 1:34.03 32.44	250m: 2:41.29 33.89	350m: 3:50.12 34.48	
100m: 1:01.59 32.27	200m: 2:07.40 33.37	300m: 3:15.64 34.35	400m: 4:23.60 33.48	
6. Tomas Veiga, PEREIRA	06	Nautico Academico	<b>4:25.97</b>	508
50m: 30.46 30.46	150m: 1:36.24 33.16	250m: 2:43.74 34.00	350m: 3:52.45 34.07	
100m: 1:03.08 32.62	200m: 2:09.74 33.50	300m: 3:18.38 34.64	400m: 4:25.97 33.52	
7. Antonio, GLAVATSKYY	05	Academica de Coimbra	<b>4:26.49</b>	505
50m: 30.23 30.23	150m: 1:37.07 33.84	250m: 2:44.17 33.58	350m: 3:51.00 33.90	
100m: 1:03.23 33.00	200m: 2:10.59 33.52	300m: 3:17.10 32.93	400m: 4:26.49 35.49	
8. Joao Neves, ALMEIDA	05	Nautico Academico	<b>4:31.02</b>	480
50m: 30.00 30.00	150m: 1:37.52 34.32	250m: 2:47.21 34.87	350m: 3:57.02 34.59	
100m: 1:03.20 33.20	200m: 2:12.34 34.82	300m: 3:22.43 35.22	400m: 4:31.02 34.00	
9. Tomas Cardoso, GERALDO	05	Condeixa Clube	<b>4:51.18</b>	387
50m: 30.94 30.94	150m: 1:41.17 36.29	250m: 2:56.04 37.81	350m: 4:12.94 38.52	
100m: 1:04.88 33.94	200m: 2:18.23 37.06	300m: 3:34.42 38.38	400m: 4:51.18 38.24	

Seniores

1. Gabriel Jose, LOPES	97	Louzan Natacao/EFAPEL	<b>3:49.99</b>	785
50m: 26.46 26.46	150m: 1:25.37 29.78	250m: 2:23.67 28.46	350m: 3:21.67 28.97	
100m: 55.59 29.13	200m: 1:55.21 29.84	300m: 2:52.70 29.03	400m: 3:49.99 28.32	
2. Gustavo Pires, MARQUES	04	Uniao de Coimbra	<b>3:56.83</b>	719
50m: 26.27 26.27	150m: 1:25.44 29.85	250m: 2:24.85 29.32	350m: 3:26.17 30.71	
100m: 55.59 29.32	200m: 1:55.53 30.09	300m: 2:55.46 30.61	400m: 3:56.83 30.66	
3. Lucas Pereira, BASTOS	00	Nautico Academico	<b>4:10.17</b>	610
50m: 28.05 28.05	150m: 1:30.74 32.01	250m: 2:34.29 31.37	350m: 3:38.15 32.14	
100m: 58.73 30.68	200m: 2:02.92 32.18	300m: 3:06.01 31.72	400m: 4:10.17 32.02	
4. Afonso Filipe, COSTA	03	Louzan Natacao/EFAPEL	<b>4:13.26</b>	588
50m: 27.57 27.57	150m: 1:30.25 31.99	250m: 2:34.40 31.85	350m: 3:40.30 33.24	
100m: 58.26 30.69	200m: 2:02.55 32.30	300m: 3:07.06 32.66	400m: 4:13.26 32.96	
5. Miguel Freitas, OVIEDO	02	Academica de Coimbra	<b>4:14.17</b>	582
50m: 28.99 28.99	150m: 1:33.45 32.43	250m: 2:37.91 32.10	350m: 3:42.98 32.56	
100m: 1:01.02 32.03	200m: 2:05.81 32.36	300m: 3:10.42 32.51	400m: 4:14.17 31.19	
6. Renato Maria, FERREIRA	04	Uniao de Coimbra	<b>4:52.33</b>	382
50m: 32.09 32.09	150m: 1:45.53 37.39	250m: 3:00.76 37.54	350m: 4:16.22 37.88	
100m: 1:08.14 36.05	200m: 2:23.22 37.69	300m: 3:38.34 37.58	400m: 4:52.33 36.11	