

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

Prova 5 Masc., 400m Estilos 17 anos e mais velhos
19-11-2022 - 16:35 Resultados

Rec Nacional Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nacional Sen	4:06.83	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	11-12-2009
Rec Nacional Jun18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11-12-2015
Rec Nacional Jun17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19-12-2014

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juniores			
1. Tomas Jose, FRANCISCO	05	Miranda do Corvo	4:52.73 516
50m: 29.77 29.77	150m: 1:45.09 38.46	250m: 3:02.29 39.55	350m: 4:18.58 36.18
100m: 1:06.63 36.86	200m: 2:22.74 37.65	300m: 3:42.40 40.11	400m: 4:52.73 34.15
2. Duarte Jose, FERNANDES	06	Louzan Natacao/EFAPEL	4:54.71 505
50m: 31.25 31.25	150m: 1:48.21 41.14	250m: 3:08.37 40.09	350m: 4:23.29 34.37
100m: 1:07.07 35.82	200m: 2:28.28 40.07	300m: 3:48.92 40.55	400m: 4:54.71 31.42
3. Tomas Carvalho, SANTOS	05	Louzan Natacao/EFAPEL	4:55.01 504
50m: 30.24 30.24	150m: 1:44.52 39.51	250m: 3:05.76 42.51	350m: 4:22.84 34.80
100m: 1:05.01 34.77	200m: 2:23.25 38.73	300m: 3:48.04 42.28	400m: 4:55.01 32.17
4. Diogo Cura, NEVES	06	Condeixa Clube	5:32.30 352
50m: 32.33 32.33	150m: 1:54.84 43.35	250m: 3:24.79 46.88	350m: 4:52.67 40.74
100m: 1:11.49 39.16	200m: 2:37.91 43.07	300m: 4:11.93 47.14	400m: 5:32.30 39.63
DSQ Antonio, GLAVATSKYY	05	Academica de Coimbra	4:58.56
<i>SW 7.5 - O/A atleta executou pernadas de golfinho durante todo o percurso.</i>			
50m: 32.28 32.28	150m: 1:48.63 38.94	250m: 3:08.78 42.36	350m: 4:25.15 34.17
100m: 1:09.69 37.41	200m: 2:26.42 37.79	300m: 3:50.98 42.20	400m: 4:58.56 33.41

Seniores

1. Gabriel Jose, LOPES	97	Louzan Natacao/EFAPEL	4:13.21 797
50m: 27.03 27.03	150m: 1:30.28 31.67	250m: 2:37.70 35.69	350m: 3:44.28 30.63
100m: 58.61 31.58	200m: 2:02.01 31.73	300m: 3:13.65 35.95	400m: 4:13.21 28.93
2. Lucas Pereira, BASTOS	00	Nautico Academico	4:37.45 606
50m: 29.04 29.04	150m: 1:39.27 36.38	250m: 2:54.06 39.35	350m: 4:06.36 32.05
100m: 1:02.89 33.85	200m: 2:14.71 35.44	300m: 3:34.31 40.25	400m: 4:37.45 31.09
3. Miguel Salomao, TRISTAO	04	Academica de Coimbra	4:38.51 599
50m: 29.08 29.08	150m: 1:39.81 36.12	250m: 2:54.65 39.18	350m: 4:06.93 32.72
100m: 1:03.69 34.61	200m: 2:15.47 35.66	300m: 3:34.21 39.56	400m: 4:38.51 31.58
4. Dinis Miranda, DIOGO	04	Nautico Academico	4:48.94 536
50m: 30.30 30.30	150m: 1:43.21 37.93	250m: 3:01.76 41.69	350m: 4:16.38 33.14
100m: 1:05.28 34.98	200m: 2:20.07 36.86	300m: 3:43.24 41.48	400m: 4:48.94 32.56
5. Joaquim Agra, MERUJE	01	Uniao de Coimbra	5:02.29 468
50m: 30.22 30.22	150m: 1:45.85 40.13	250m: 3:06.23 39.65	350m: 4:25.14 37.87
100m: 1:05.72 35.50	200m: 2:26.58 40.73	300m: 3:47.27 41.04	400m: 5:02.29 37.15
6. Diogo Luis, CANCELA	02	Louzan Natacao/EFAPEL	5:15.43 412
50m: 33.67 33.67	150m: 1:52.85 40.52	250m: 3:16.77 44.16	350m: 4:39.38 37.41
100m: 1:12.33 38.66	200m: 2:32.61 39.76	300m: 4:01.97 45.20	400m: 5:15.43 36.05