

Campeonato Regional Juvenis, Juniores e Seniores PC
Coimbra, 25- - 26-11-2023

Prova 20 Masc., 400m Estilos Absolutos
25-11-2023 - 17:45 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B			
DSQ	Guilherme Andre, GASPAR	09 Nautico Académico	
<i>SW 8.3 - O/A atleta executou pernadas alternadas durante o percurso.</i>			
Juvenis A			
1.	Rafael Pereira, RODRIGUES	08 Condeixa Clube	4:58.50 486
	50m: 31.83 31.83 150m: 1:47.26 39.10 250m: 3:07.90 42.74 350m: 4:25.53 34.36		
	100m: 1:08.16 36.33 200m: 2:25.16 37.90 300m: 3:51.17 43.27 400m: 4:58.50 32.97		
2.	Samuel Dinis, MAIA	08 Miranda do Corvo	5:11.14 429
	50m: 32.78 32.78 150m: 1:50.68 39.30 250m: 3:14.05 44.11 350m: 4:36.22 36.54		
	100m: 1:11.38 38.60 200m: 2:29.94 39.26 300m: 3:59.68 45.63 400m: 5:11.14 34.92		
3.	Francisco Fernandes, PEREIRA	08 Academica de Coimbra	5:19.46 397
	50m: 33.47 33.47 150m: 1:50.44 39.13 250m: 3:15.64 47.20 350m: 4:42.39 38.94		
	100m: 1:11.31 37.84 200m: 2:28.44 38.00 300m: 4:03.45 47.81 400m: 5:19.46 37.07		
DSQ	Rodrigo Mosca, SILVA	08 Columbofila Cantanhedense	
<i>SW 7.6 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 250 metros.</i>			
Juniores			
1.	Duarte Jose, FERNANDES	06 União de Coimbra	4:47.88 542
	50m: 28.91 28.91 150m: 1:42.96 39.87 250m: 3:00.43 38.85 350m: 4:16.74 34.86		
	100m: 1:03.09 34.18 200m: 2:21.58 38.62 300m: 3:41.88 41.45 400m: 4:47.88 31.14		
2.	Alexandre, DZYAKANAU	07 Louzan Natação	4:52.28 518
	50m: 30.40 30.40 150m: 1:42.32 37.39 250m: 3:02.41 43.02 350m: 4:19.29 33.43		
	100m: 1:04.93 34.53 200m: 2:19.39 37.07 300m: 3:45.86 43.45 400m: 4:52.28 32.99		
3.	Jose Miguel, MARQUES	06 Condeixa Clube	4:56.14 498
	50m: 30.63 30.63 150m: 1:46.46 40.84 250m: 3:07.24 41.22 350m: 4:23.62 34.32		
	100m: 1:05.62 34.99 200m: 2:26.02 39.56 300m: 3:49.30 42.06 400m: 4:56.14 32.52		
4.	Francisco Couto, FRAZAO	06 Academica de Coimbra	5:08.73 439
	50m: 32.31 32.31 150m: 1:47.90 37.79 250m: 3:13.05 47.35 350m: 4:35.36 34.83		
	100m: 1:10.11 37.80 200m: 2:25.70 37.80 300m: 4:00.53 47.48 400m: 5:08.73 33.37		
Seniores			
1.	Joaquim Agra, MERUJE	01 Academica de Coimbra	4:48.75 537
	50m: 30.05 30.05 150m: 1:43.77 38.23 250m: 3:00.81 39.09 350m: 4:15.54 34.78		
	100m: 1:05.54 35.49 200m: 2:21.72 37.95 300m: 3:40.76 39.95 400m: 4:48.75 33.21		