

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

Prova 36 Masc., 400m Livres Absolutos  
26-11-2023 - 16:25 Resultados

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. Francisco Antunes, SOUSA	09	<b>4:59.93</b>	354
50m: 33.57 33.57 150m: 1:48.64 38.39 250m: 3:05.54 38.69 350m: 4:23.33 39.19			
100m: 1:10.25 36.68 200m: 2:26.85 38.21 300m: 3:44.14 38.60 400m: 4:59.93 36.60			

**Juvenis A**

1. Guilherme Simoes, SOUSA	08	<b>4:25.38</b>	511
50m: 30.45 30.45 150m: 1:37.22 33.77 250m: 2:44.74 33.93 350m: 3:52.72 33.76			
100m: 1:03.45 33.00 200m: 2:10.81 33.59 300m: 3:18.96 34.22 400m: 4:25.38 32.66			
2. Salvador Correia, PEREIRA	08	<b>4:31.40</b>	478
50m: 31.21 31.21 150m: 1:38.87 33.93 250m: 2:48.49 34.59 350m: 3:58.39 35.24			
100m: 1:04.94 33.73 200m: 2:13.90 35.03 300m: 3:23.15 34.66 400m: 4:31.40 33.01			
3. Samuel Dinis, MAIA	08	<b>4:37.10</b>	449
50m: 31.13 31.13 150m: 1:39.76 34.61 250m: 2:50.19 35.45 350m: 4:02.32 36.52			
100m: 1:05.15 34.02 200m: 2:14.74 34.98 300m: 3:25.80 35.61 400m: 4:37.10 34.78			

**Juniores**

1. Joao Ferreira, MARQUES	06	<b>4:16.63</b>	565
50m: 28.74 28.74 150m: 1:34.03 33.13 250m: 2:39.39 32.31 350m: 3:44.85 32.83			
100m: 1:00.90 32.16 200m: 2:07.08 33.05 300m: 3:12.02 32.63 400m: 4:16.63 31.78			
2. Marco Dimitar, OLIVEIRA	07	<b>4:19.28</b>	548
50m: 28.50 28.50 150m: 1:32.78 32.67 250m: 2:38.78 32.99 350m: 3:45.03 33.02			
100m: 1:00.11 31.61 200m: 2:05.79 33.01 300m: 3:12.01 33.23 400m: 4:19.28 34.25			
3. Duarte Cachulo, MARQUES	07	<b>4:19.53</b>	546
50m: 28.15 28.15 150m: 1:31.94 32.27 250m: 2:36.82 32.70 350m: 3:42.12 32.23			
100m: 59.67 31.52 200m: 2:04.12 32.18 300m: 3:09.89 33.07 400m: 4:19.53 37.41			
4. Tomas Veiga, PEREIRA	06	<b>4:20.85</b>	538
50m: 29.18 29.18 150m: 1:33.79 32.71 250m: 2:40.60 33.73 350m: 3:48.37 33.94			
100m: 1:01.08 31.90 200m: 2:06.87 33.08 300m: 3:14.43 33.83 400m: 4:20.85 32.48			
5. David Ferreira, SILVA	07	<b>4:30.11</b>	485
50m: 31.23 31.23 150m: 1:38.41 33.90 250m: 2:47.04 34.54 350m: 3:56.36 34.76			
100m: 1:04.51 33.28 200m: 2:12.50 34.09 300m: 3:21.60 34.56 400m: 4:30.11 33.75			

DNS Francisco Couto, FRAZAO 06 Academica de Coimbra

**Seniores**

1. Tomas Coelho, CORDEIRO	04	<b>4:23.84</b>	520
50m: 30.36 30.36 150m: 1:36.96 33.86 250m: 2:43.32 32.81 350m: 3:50.96 33.72			
100m: 1:03.10 32.74 200m: 2:10.51 33.55 300m: 3:17.24 33.92 400m: 4:23.84 32.88			
2. Tomas Cardoso, GERALDO	05	<b>4:32.30</b>	473
50m: 31.48 31.48 150m: 1:40.46 34.50 250m: 2:48.74 33.87 350m: 3:59.15 35.24			
100m: 1:05.96 34.48 200m: 2:14.87 34.41 300m: 3:23.91 35.17 400m: 4:32.30 33.15			
3. Antonio Pedro, MARTINS	05	<b>4:38.60</b>	442
50m: 33.01 33.01 150m: 1:44.90 35.42 250m: 2:55.99 35.32 350m: 4:06.47 35.20			
100m: 1:09.48 36.47 200m: 2:20.67 35.77 300m: 3:31.27 35.28 400m: 4:38.60 32.13			

DNS Diogo Luis, CANCELA 02 Louzan Natação

DNS Gabriel Jose, LOPES 97 Louzan Natação