

Campeonato Regional de Asolutos  
Tavira , 25 - 26/11/2023

Prova 36  
26/11/2023 - 15:30

Masc., 400m Livres

Absolutos  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
<b>Absolutos</b>			
1. Miguel Salomao, TRISTAO	04	Portinado	<b>4:14.64</b> 579
50m: 28.06 28.06	150m: 1:32.29	32.66 250m: 2:37.69	32.48 350m: 3:42.98
100m: 59.63 31.57	200m: 2:05.21	32.92 300m: 3:10.28	32.59 400m: 4:14.64
32.70	31.66		
2. Eugenio, PASECHKO	08	Natacao de Lagos	<b>4:33.58</b> 466
50m: 30.83 30.83	150m: 1:38.16	33.43 250m: 2:48.85	34.96 350m: 3:59.47
100m: 1:04.73 33.90	200m: 2:13.89	35.73 300m: 3:23.92	35.07 400m: 4:33.58
35.55	34.11		
3. Diogo Jose, MATEUS	08	Lagoa AC	<b>4:35.01</b> 459
50m: 30.23 30.23	150m: 1:39.00	34.87 250m: 2:49.95	34.78 350m: 4:01.93
100m: 1:04.13 33.90	200m: 2:15.17	36.17 300m: 3:25.68	35.73 400m: 4:35.01
36.25	33.08		
4. David Luis, SEABRA	07	Nautico do Guadiana	<b>4:35.48</b> 457
50m: 29.94 29.94	150m: 1:39.36	35.52 250m: 2:50.91	35.98 350m: 4:02.86
100m: 1:03.84 33.90	200m: 2:14.93	35.57 300m: 3:27.38	36.47 400m: 4:35.48
35.48	32.62		
5. Pedro Mestre, FAISCA	07	Louletano / Loule Concelho	<b>4:41.35</b> 429
50m: 31.90 31.90	150m: 1:41.50	35.30 250m: 2:53.09	36.09 350m: 4:05.76
100m: 1:06.20 34.30	200m: 2:17.00	35.50 300m: 3:29.06	35.97 400m: 4:41.35
36.70	35.59		
6. Rafael Alexandre, SILVA	09	Louletano / Loule Concelho	<b>4:41.45</b> 428
50m: 31.13 31.13	150m: 1:41.73	35.73 250m: 2:53.98	36.30 350m: 4:06.83
100m: 1:06.00 34.87	200m: 2:17.68	35.95 300m: 3:30.55	36.57 400m: 4:41.45
36.28	34.62		
7. Diogo Filipe, CARDOSO	09	Natacao de Olhao	<b>4:44.52</b> 415
50m: 31.06 31.06	150m: 1:43.45	36.26 250m: 2:55.86	36.23 350m: 4:08.96
100m: 1:07.19 36.13	200m: 2:19.63	36.18 300m: 3:32.50	36.64 400m: 4:44.52
36.46	35.56		
8. Max Faria, BOLOTINHA	09	Louletano / Loule Concelho	<b>4:54.34</b> 374
50m: 31.74 31.74	150m: 1:44.18	36.21 250m: 2:58.87	37.67 350m: 4:14.64
100m: 1:07.97 36.23	200m: 2:21.20	37.02 300m: 3:37.74	38.87 400m: 4:54.34
36.90	39.70		
9. Catalin, TIMOTIN	09	Louletano / Loule Concelho	<b>5:11.86</b> 315
50m: 33.28 33.28	150m: 1:51.14	39.77 250m: 3:11.88	40.70 350m: 4:30.76
100m: 1:11.37 38.09	200m: 2:31.18	40.04 300m: 3:51.88	40.00 400m: 5:11.86
38.88	41.10		
10. Simao Charneca, SOARES	09	Natacao de Olhao	<b>5:17.80</b> 297
50m: 34.81 34.81	150m: 1:52.81	39.85 250m: 3:14.28	41.27 350m: 4:37.56
100m: 1:12.96 38.15	200m: 2:33.01	40.20 300m: 3:55.75	41.47 400m: 5:17.80
41.81	40.24		
11. Pedro Correia, MOURA	08	FC Ferreiras/AlgarExperience	<b>5:45.47</b> 231
50m: 39.04 39.04	150m: 2:07.76	44.98 250m: 3:35.83	43.48 350m: 5:03.05
100m: 1:22.78 43.74	200m: 2:52.35	44.59 300m: 4:19.58	43.75 400m: 5:45.47
43.47	42.42		

Juvenis B

1. Rafael Alexandre, SILVA	09	Louletano / Loule Concelho	<b>4:41.45</b> 428
50m: 31.13 31.13	150m: 1:41.73	35.73 250m: 2:53.98	36.30 350m: 4:06.83
100m: 1:06.00 34.87	200m: 2:17.68	35.95 300m: 3:30.55	36.57 400m: 4:41.45
34.62			
2. Diogo Filipe, CARDOSO	09	Natacao de Olhao	<b>4:44.52</b> 415
50m: 31.06 31.06	150m: 1:43.45	36.26 250m: 2:55.86	36.23 350m: 4:08.96
100m: 1:07.19 36.13	200m: 2:19.63	36.18 300m: 3:32.50	36.64 400m: 4:44.52
36.46	35.56		
3. Max Faria, BOLOTINHA	09	Louletano / Loule Concelho	<b>4:54.34</b> 374
50m: 31.74 31.74	150m: 1:44.18	36.21 250m: 2:58.87	37.67 350m: 4:14.64
100m: 1:07.97 36.23	200m: 2:21.20	37.02 300m: 3:37.74	38.87 400m: 4:54.34
36.90	39.70		
4. Catalin, TIMOTIN	09	Louletano / Loule Concelho	<b>5:11.86</b> 315
50m: 33.28 33.28	150m: 1:51.14	39.77 250m: 3:11.88	40.70 350m: 4:30.76
100m: 1:11.37 38.09	200m: 2:31.18	40.04 300m: 3:51.88	40.00 400m: 5:11.86
38.88	41.10		
5. Simao Charneca, SOARES	09	Natacao de Olhao	<b>5:17.80</b> 297
50m: 34.81 34.81	150m: 1:52.81	39.85 250m: 3:14.28	41.27 350m: 4:37.56
100m: 1:12.96 38.15	200m: 2:33.01	40.20 300m: 3:55.75	41.47 400m: 5:17.80
41.81	40.24		

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Juvenis A

1. Eugenio, PASECHKO	08	Natacao de Lagos	<b>4:33.58</b>	466	
50m: 30.83 30.83	150m: 1:38.16	33.43 250m: 2:48.85	34.96	350m: 3:59.47	35.55
100m: 1:04.73 33.90	200m: 2:13.89	35.73 300m: 3:23.92	35.07	400m: 4:33.58	34.11
2. Diogo Jose, MATEUS	08	Lagoa AC	<b>4:35.01</b>	459	
50m: 30.23 30.23	150m: 1:39.00	34.87 250m: 2:49.95	34.78	350m: 4:01.93	36.25
100m: 1:04.13 33.90	200m: 2:15.17	36.17 300m: 3:25.68	35.73	400m: 4:35.01	33.08
3. Pedro Correia, MOURA	08	FC Ferreiras/AlgarExperience	<b>5:45.47</b>	231	
50m: 39.04 39.04	150m: 2:07.76	44.98 250m: 3:35.83	43.48	350m: 5:03.05	43.47
100m: 1:22.78 43.74	200m: 2:52.35	44.59 300m: 4:19.58	43.75	400m: 5:45.47	42.42

Juniores

1. David Luis, SEABRA	07	Nautico do Guadiana	<b>4:35.48</b>	457	
50m: 29.94 29.94	150m: 1:39.36	35.52 250m: 2:50.91	35.98	350m: 4:02.86	35.48
100m: 1:03.84 33.90	200m: 2:14.93	35.57 300m: 3:27.38	36.47	400m: 4:35.48	32.62
2. Pedro Mestre, FAISCA	07	Louletano / Loule Concelho	<b>4:41.35</b>	429	
50m: 31.90 31.90	150m: 1:41.50	35.30 250m: 2:53.09	36.09	350m: 4:05.76	36.70
100m: 1:06.20 34.30	200m: 2:17.00	35.50 300m: 3:29.06	35.97	400m: 4:41.35	35.59

Seniores

1. Miguel Salomao, TRISTAO	04	Portinado	<b>4:14.64</b>	579	
50m: 28.06 28.06	150m: 1:32.29	32.66 250m: 2:37.69	32.48	350m: 3:42.98	32.70
100m: 59.63 31.57	200m: 2:05.21	32.92 300m: 3:10.28	32.59	400m: 4:14.64	31.66