

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

Prova 40  
26/11/2023 - 16:34

Masc., 400m Estilos

Absolutos  
Resultados

Pontos: FINA 2023

Lugar	Ano	Tempo final	Pts
<b>Absolutos</b>			
1. Marin, CEPELEAGA	05	Portinado	<b>4:50.94</b> 525
50m: 29.33 29.33	150m: 1:42.13	37.90 250m: 3:01.35	40.50 350m: 4:17.98
100m: 1:04.23 34.90	200m: 2:20.85	38.72 300m: 3:43.77	42.42 400m: 4:50.94
2. Pedro Sousa, GONCALVES	06	Natacao de Olhao	<b>4:52.68</b> 516
50m: 31.13 31.13	150m: 1:45.10	37.50 250m: 3:04.15	41.12 350m: 4:19.31
100m: 1:07.60 36.47	200m: 2:23.03	37.93 300m: 3:45.60	41.45 400m: 4:52.68
3. Tiago Miguel, COSTA	07	Portinado	<b>5:02.65</b> 467
50m: 30.37 30.37	150m: 1:46.79	39.81 250m: 3:09.19	43.80 350m: 4:29.59
100m: 1:06.98 36.61	200m: 2:25.39	38.60 300m: 3:54.32	45.13 400m: 5:02.65
4. Vitor, KUNYK	05	Lagoa AC	<b>5:04.83</b> 457
50m: 32.30 32.30	150m: 1:52.32	42.18 250m: 3:14.83	41.58 350m: 4:30.91
100m: 1:10.14 37.84	200m: 2:33.25	40.93 300m: 3:56.34	41.51 400m: 5:04.83
5. Nestor, KUNYK	08	Lagoa AC	<b>5:07.63</b> 444
50m: 32.78 32.78	150m: 1:53.70	41.30 250m: 3:16.93	41.75 350m: 4:34.06
100m: 1:12.40 39.62	200m: 2:35.18	41.48 300m: 3:59.62	42.69 400m: 5:07.63
6. Martim Santos, CABRITA	08	Louletano / Loule Concelho	<b>5:20.66</b> 392
50m: 32.60 32.60	150m: 1:52.38	42.13 250m: 3:19.20	45.11 350m: 4:43.74
100m: 1:10.25 37.65	200m: 2:34.09	41.71 300m: 4:06.48	47.28 400m: 5:20.66
DSQ Iago Valentim, FALEIRO	06	Lagoa AC	
<i>SW 7.6 - O (a) atleta só tocou com uma mão na parede na viragem aos 300 metros</i>			

Juvenis A

1. Nestor, KUNYK	08	Lagoa AC	<b>5:07.63</b> 444
50m: 32.78 32.78	150m: 1:53.70	41.30 250m: 3:16.93	41.75 350m: 4:34.06
100m: 1:12.40 39.62	200m: 2:35.18	41.48 300m: 3:59.62	42.69 400m: 5:07.63
2. Martim Santos, CABRITA	08	Louletano / Loule Concelho	<b>5:20.66</b> 392
50m: 32.60 32.60	150m: 1:52.38	42.13 250m: 3:19.20	45.11 350m: 4:43.74
100m: 1:10.25 37.65	200m: 2:34.09	41.71 300m: 4:06.48	47.28 400m: 5:20.66

Juniores

1. Pedro Sousa, GONCALVES	06	Natacao de Olhao	<b>4:52.68</b> 516
50m: 31.13 31.13	150m: 1:45.10	37.50 250m: 3:04.15	41.12 350m: 4:19.31
100m: 1:07.60 36.47	200m: 2:23.03	37.93 300m: 3:45.60	41.45 400m: 4:52.68
2. Tiago Miguel, COSTA	07	Portinado	<b>5:02.65</b> 467
50m: 30.37 30.37	150m: 1:46.79	39.81 250m: 3:09.19	43.80 350m: 4:29.59
100m: 1:06.98 36.61	200m: 2:25.39	38.60 300m: 3:54.32	45.13 400m: 5:02.65

DSQ Iago Valentim, FALEIRO 06 Lagoa AC  
*SW 7.6 - O (a) atleta só tocou com uma mão na parede na viragem aos 300 metros*

Seniores

1. Marin, CEPELEAGA	05	Portinado	<b>4:50.94</b> 525
50m: 29.33 29.33	150m: 1:42.13	37.90 250m: 3:01.35	40.50 350m: 4:17.98
100m: 1:04.23 34.90	200m: 2:20.85	38.72 300m: 3:43.77	42.42 400m: 4:50.94
2. Vitor, KUNYK	05	Lagoa AC	<b>5:04.83</b> 457
50m: 32.30 32.30	150m: 1:52.32	42.18 250m: 3:14.83	41.58 350m: 4:30.91
100m: 1:10.14 37.84	200m: 2:33.25	40.93 300m: 3:56.34	41.51 400m: 5:04.83