

Campeonato Regional de Clubes Infantis e Absolutos
Coimbra, 20 - 21/4/2024

Prova 11 Masc., 400m Livres Absoluto
21/04/2024 - 9:50 Resultados

| | | | | | |
|---------------|---------|--------------------------|---------|-----------------|------------|
| RN 25 m Open | 3:42.57 | Jose Paulo, LOPES | POR | Abu Dhabi (UAE) | 16/12/2021 |
| RN 25 m Sen | 3:42.57 | Jose Paulo, LOPES | POR | Abu Dhabi (UAE) | 16/12/2021 |
| RN 25 m Jun18 | 3:50.52 | Adriano Miguel, NIZ | CFV | Fafe | 26/06/2004 |
| RN 25 m Jun17 | 3:56.54 | Rui Filipe, COSTA | VSC | Felgueiras | 24/11/2007 |
| RN 25 m Juv A | 3:58.45 | Rui Silva, PEREIRA | ADRCIMM | Sines | 17/12/2023 |
| RN 25 m Juv B | 4:01.42 | Rui Silva, PEREIRA | POR | Tomar | 15/01/2023 |
| RN 25 m Inf A | 4:12.35 | Andre Vilas, RUIVO | DNMG | Campo Maior | 29/03/2014 |
| RN 25 m Inf B | 4:21.95 | Pedro Fontoura, OLIVEIRA | CFB | Santarém | 04/04/2003 |

| Lugar | Ano | | Tempo final | | Pts |
|-----------------|-----------------------------|---------------------|---------------------------|---------------------|-------|
| Infantis | | | | | |
| 1. | Goncalo Nunes, MARQUES | 11 | Condeixa Aqua Clube | 4:58.53 | 13,00 |
| | 50m: 33.04 33.04 | 150m: 1:48.15 38.37 | 250m: 3:04.58 38.48 | 350m: 4:21.87 38.87 | |
| | 100m: 1:09.78 36.74 | 200m: 2:26.10 37.95 | 300m: 3:43.00 38.42 | 400m: 4:58.53 36.66 | |
| 2. | Vicente Abrantes, DIOGO | 11 | Columbifila Cantanhedense | 5:15.27 | 11,00 |
| | 50m: 34.32 34.32 | 150m: 1:54.24 40.61 | 250m: 3:14.70 40.08 | 350m: 4:36.14 41.49 | |
| | 100m: 1:13.63 39.31 | 200m: 2:34.62 40.38 | 300m: 3:54.65 39.95 | 400m: 5:15.27 39.13 | |
| 3. | Dinis Goncalves, ARAUJO | 10 | União Coimbra | 5:22.31 | 10,00 |
| | 50m: 37.07 37.07 | 150m: 1:58.83 41.33 | 250m: 3:21.40 40.94 | 350m: 4:42.92 40.79 | |
| | 100m: 1:17.50 40.43 | 200m: 2:40.46 41.63 | 300m: 4:02.13 40.73 | 400m: 5:22.31 39.39 | |
| 4. | Afonso Jose, MIRANDA | 11 | Louzan Natação | 5:24.03 | 9,00 |
| | 50m: 35.95 35.95 | 150m: 1:55.01 40.29 | 250m: 3:17.29 41.52 | 350m: 4:42.46 42.74 | |
| | 100m: 1:14.72 38.77 | 200m: 2:35.77 40.76 | 300m: 3:59.72 42.43 | 400m: 5:24.03 41.57 | |
| 5. | Francisco Duarte, RODRIGUES | 11 | Louzan Natação | 5:39.54 | - |
| | 50m: 38.55 38.55 | 150m: 2:04.60 43.60 | 250m: 3:31.33 42.95 | 350m: 4:58.44 43.34 | |
| | 100m: 1:21.00 42.45 | 200m: 2:48.38 43.78 | 300m: 4:15.10 43.77 | 400m: 5:39.54 41.10 | |
| 6. | Manuel Gaspar, BRANCO | 10 | Caspae | 5:51.61 | 8,00 |
| | 50m: 39.55 39.55 | 150m: 2:07.88 44.06 | 250m: 3:37.98 46.04 | 350m: 5:10.95 46.70 | |
| | 100m: 1:23.82 44.27 | 200m: 2:51.94 44.06 | 300m: 4:24.25 46.27 | 400m: 5:51.61 40.66 | |
| 7. | Jorge Miguel, SANTOS | 10 | Miranda do Corvo | 5:53.67 | 7,00 |
| | 50m: 39.60 39.60 | 150m: 2:06.43 44.02 | 250m: 3:36.80 45.67 | 350m: 5:09.21 45.79 | |
| | 100m: 1:22.41 42.81 | 200m: 2:51.13 44.70 | 300m: 4:23.42 46.62 | 400m: 5:53.67 44.46 | |

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| Absolutos | | | | | |
| 1. | Lucas Pereira, BASTOS | 00 | Nautico Academico | 4:02.14 | 13,00 |
| | 50m: 27.59 27.59 | 150m: 1:28.74 30.75 | 250m: 2:29.95 30.00 | 350m: 3:30.77 30.11 | |
| | 100m: 57.99 30.40 | 200m: 1:59.95 31.21 | 300m: 3:00.66 30.71 | 400m: 4:02.14 31.37 | |
| 2. | Afonso Filipe, COSTA | 03 | Louzan Natação | 4:06.74 | 11,00 |
| | 50m: 27.45 27.45 | 150m: 1:28.32 30.94 | 250m: 2:30.88 30.98 | 350m: 3:34.68 32.22 | |
| | 100m: 57.38 29.93 | 200m: 1:59.90 31.58 | 300m: 3:02.46 31.58 | 400m: 4:06.74 32.06 | |
| 3. | Duarte Cachulo, MARQUES | 07 | Condeixa Aqua Clube | 4:12.64 | 10,00 |
| | 50m: 27.81 27.81 | 150m: 1:29.43 31.21 | 250m: 2:33.39 32.31 | 350m: 3:40.02 33.32 | |
| | 100m: 58.22 30.41 | 200m: 2:01.08 31.65 | 300m: 3:06.70 33.31 | 400m: 4:12.64 32.62 | |
| 4. | Joao Ferreira, MARQUES | 06 | Academica de Coimbra | 4:17.27 | 9,00 |
| | 50m: 28.66 28.66 | 150m: 1:32.35 32.28 | 250m: 2:37.75 32.36 | 350m: 3:44.30 33.41 | |
| | 100m: 1:00.07 31.41 | 200m: 2:05.39 33.04 | 300m: 3:10.89 33.14 | 400m: 4:17.27 32.97 | |
| 5. | Tomas Veiga, PEREIRA | 06 | Nautico Academico | 4:22.07 | - |
| | 50m: 29.83 29.83 | 150m: 1:34.02 32.48 | 250m: 2:40.89 33.33 | 350m: 3:48.48 33.95 | |
| | 100m: 1:01.54 31.71 | 200m: 2:07.56 33.54 | 300m: 3:14.53 33.64 | 400m: 4:22.07 33.59 | |
| 6. | Goncalo Carvalho, SANTOS | 05 | Louzan Natação | 4:23.98 | - |
| | 50m: 29.25 29.25 | 150m: 1:34.96 33.60 | 250m: 2:41.42 33.35 | 350m: 3:49.92 34.61 | |
| | 100m: 1:01.36 32.11 | 200m: 2:08.07 33.11 | 300m: 3:15.31 33.89 | 400m: 4:23.98 34.06 | |
| 7. | Martim Nobre, PASCOAL | 08 | Columbifila Cantanhedense | 4:27.17 | 8,00 |
| | 50m: 29.33 29.33 | 150m: 1:34.83 33.08 | 250m: 2:42.13 33.72 | 350m: 3:51.78 35.31 | |
| | 100m: 1:01.75 32.42 | 200m: 2:08.41 33.58 | 300m: 3:16.47 34.34 | 400m: 4:27.17 35.39 | |

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Prova 11, Masc., 400m Livres, Absolutos

| Lugar | | | Ano | | | | | Tempo final | Pts | | |
|-------|------------------------------|---------------|-------|---------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 8. | Joao Nuno, GASPAR | | 09 | Condeixa Aqua Clube | | | | 4:33.07 | - | | |
| | 50m: | 28.91 28.91 | 150m: | 1:36.80 | 34.73 | 250m: | 2:47.05 | 35.41 | 350m: | 3:59.03 | 36.54 |
| | 100m: | 1:02.07 33.16 | 200m: | 2:11.64 | 34.84 | 300m: | 3:22.49 | 35.44 | 400m: | 4:33.07 | 34.04 |
| 9. | Antonio Pedro, MARTINS | | 05 | União Coimbra | | | | 4:35.33 | 7,00 | | |
| | 50m: | 31.52 31.52 | 150m: | 1:41.57 | 35.79 | 250m: | 2:51.37 | 35.27 | 350m: | 4:01.45 | 35.16 |
| | 100m: | 1:05.78 34.26 | 200m: | 2:16.10 | 34.53 | 300m: | 3:26.29 | 34.92 | 400m: | 4:35.33 | 33.88 |
| 10. | Henrique Figueiredo, FIDALGO | | 08 | Vigor da Mocidade | | | | 5:33.49 | 6,00 | | |
| | 50m: | 36.58 36.58 | 150m: | 1:58.49 | 41.72 | 250m: | 3:23.28 | 42.30 | 350m: | 4:50.41 | 43.14 |
| | 100m: | 1:16.77 40.19 | 200m: | 2:40.98 | 42.49 | 300m: | 4:07.27 | 43.99 | 400m: | 5:33.49 | 43.08 |
| EXH | Jose Pedro, COSTA | | 09 | Nautico Academico | | | | 4:45.07 | - | | |
| | 50m: | 31.83 31.83 | 150m: | 1:42.98 | 35.65 | 250m: | 2:55.40 | 36.10 | 350m: | 4:08.99 | 37.01 |
| | 100m: | 1:07.33 35.50 | 200m: | 2:19.30 | 36.32 | 300m: | 3:31.98 | 36.58 | 400m: | 4:45.07 | 36.08 |
| EXH | Daniel Nunes, FREITAS | | 11 | Columbofila Cantanhedense | | | | 5:44.91 | - | | |
| | 50m: | 38.58 38.58 | 150m: | 2:06.09 | 43.96 | 250m: | 3:34.73 | 44.45 | 350m: | 5:04.00 | 44.25 |
| | 100m: | 1:22.13 43.55 | 200m: | 2:50.28 | 44.19 | 300m: | 4:19.75 | 45.02 | 400m: | 5:44.91 | 40.91 |