



CAMPEONATO INTER- REGIONAL DE CLUBES  
Santarem, 25/2/2024

Prova 17  
25/02/2024 - 15:05

Masc., 400m Livres

ABS MASC  
Resultados

Rec Nac 25m Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m 19 +	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nac 25m 17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007
Rec Nac 25m 16	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nac 25m 15	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Rec Nac 25m 14	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac 25m 13	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém	04/04/2003
Recorde Distrital ANDS Open	3:51.74	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS 19 +	3:54.00	Tiago Filipe, CAMPOS	CNRM	Albufeira	13/11/2021
Recorde Distrital ANDS 18	4:02.22	Tiago Filipe, CAMPOS	Sel POR	Felgueiras	22/04/2017
Recorde Distrital ANDS 17	3:51.74	Gustavo Manuel, SANTA	CNLA	Leiria	06/12/2009
Recorde Distrital ANDS 16	3:59.33	Gustavo Manuel, SANTA	CNLA	Entroncamento	16/05/2009
Recorde Distrital ANDS 15	4:09.90	Pedro Diogo, OLIVEIRA	CNRM	Rio Maior	12/07/2003
Recorde Distrital ANDS 14	4:22.64	Pedro Diogo, OLIVEIRA	CNRM	Benavente	26/05/2002
Recorde Distrital ANDS 13	4:32.58	David Filipe, PACHECO	BUZIOS	Lagos	25/03/2023

Pontos: FINA 2023

Lugar	Ano						Tempo final	Pts
1. Rafael Sousa, AZEVEDO	06 Viver Santarem						<b>4:21.71</b>	533
50m:	30.46	150m:	1:37.23	250m:	2:43.81	350m:	3:50.38	
100m:	1:03.67	200m:	2:10.73	300m:	3:16.96	400m:	4:21.71	
2. Tomas Alexandre, SANTOS	07 BUZIOS-Coruche						<b>4:23.59</b>	522
50m:	29.39	150m:	1:35.49	250m:	2:42.94	350m:	3:50.70	
100m:	1:01.82	200m:	2:09.18	300m:	3:16.93	400m:	4:23.59	
3. Antonio Maria, FERREIRA	00 Penta da Covilha						<b>4:38.11</b>	444
50m:	30.29	150m:	1:38.97	250m:	2:50.45	350m:	4:02.91	
100m:	1:04.08	200m:	2:14.60	300m:	3:26.53	400m:	4:38.11	
4. Diogo Miguel, ROSADO	07 Desportivo de Mora						<b>4:39.46</b>	438
50m:	30.68	150m:	1:40.38	250m:	2:52.18	350m:	4:04.50	
100m:	1:04.86	200m:	2:16.65	300m:	3:28.28	400m:	4:39.46	
5. Romulo Artur, SILVA	08 Electrico Clube/ FGil.pt						<b>4:42.44</b>	424
50m:	32.03	150m:	1:42.75	250m:	2:55.26	350m:	4:07.55	
100m:	1:06.87	200m:	2:18.85	300m:	3:31.69	400m:	4:42.44	
6. Manuel Jose, DIAS	05 Natacao do Fundao/GIRASSOL						<b>4:48.93</b>	396
50m:	32.11	150m:	1:41.88	250m:	2:54.62	350m:	4:10.52	
100m:	1:06.50	200m:	2:17.94	300m:	3:32.32	400m:	4:48.93	
7. Joao Maria, SANGUINHO	09 Elvense						<b>5:01.73</b>	348
50m:	33.42	150m:	1:48.86	250m:	3:07.33	350m:	4:25.67	
100m:	1:10.41	200m:	2:27.68	300m:	3:46.72	400m:	5:01.73	
8. Francisco Manuel, CADETE	10 Nautico Abrantes						<b>5:05.69</b>	334
50m:	33.56	150m:	1:49.73	250m:	3:08.54	350m:	4:28.01	
100m:	1:10.69	200m:	2:29.28	300m:	3:48.00	400m:	5:05.69	
9. Afonso Goncalves, LEITE	10 CLAC-Entroncamento						<b>5:35.66</b>	252
50m:	37.20	150m:	2:03.15	250m:	3:31.37	350m:	4:56.79	
100m:	1:19.23	200m:	2:47.55	300m:	4:14.40	400m:	5:35.66	
10. Miguel Barreiros, BAIÃO	10 Portalegre						<b>6:19.80</b>	174
50m:	41.19	150m:	2:14.54	250m:	3:53.01	350m:	5:33.64	
100m:	1:27.03	200m:	3:03.85	300m:	4:43.15	400m:	6:19.80	
11. Maksim, PUDOV	08 Estremoz / Estremozcarnes						<b>6:37.12</b>	152
50m:	43.49	150m:	2:20.67	250m:	4:05.21	350m:	5:48.66	
100m:	1:30.60	200m:	3:12.57	300m:	4:58.74	400m:	6:37.12	