

Campeonatos Regionais Juv. Jun. Sen.
V R STº Antonio, 16 - 17/3/2024

Prova 13	Masc., 400m Livres					Absolutos
16/03/2024 - 16:00						Resultados
Recordes Regionais Open	3:57.59	Nathan Keith, THEODORIS	LDC	Porto		12/12/2015
Recordes Regionais Sen.	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras		22/11/2002
Recordes Regionais Jun. 2	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros		21/12/2012
Recordes Regionais Jun. 1	4:05.34	Joao Duarte, SANTOS	CNOL	Silves		03/12/2011
Recordes Regionais Juv. A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes		04/03/2017
Recordes Regionais Juv. B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal		05/12/2015
S21 - 25m	5:44.53	Andre Reis, ALMEIDA	SCP	Abrantes		02/07/2022

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
Juvenis B					
1.	Rafael Alexandre, SILVA	09	Louletano / Loule Concelho	4:33.90	465
	50m: 30.97 30.97	150m: 1:40.65 35.53	250m: 2:50.54 34.21	350m: 4:00.33 34.61	
	100m: 1:05.12 34.15	200m: 2:16.33 35.68	300m: 3:25.72 35.18	400m: 4:33.90 33.57	
2.	Diogo Filipe, CARDOSO	09	Natacao de Olhao	4:38.03	444
	50m: 31.11 31.11	150m: 1:42.26 35.16	250m: 2:52.30 35.07	350m: 4:03.43 35.64	
	100m: 1:07.10 35.99	200m: 2:17.23 34.97	300m: 3:27.79 35.49	400m: 4:38.03 34.60	
3.	Tomas Santos, MIGUEL	09	Aquatico Silves	5:10.29	320
	50m: 33.80 33.80	150m: 1:52.49 39.75	250m: 3:12.24 40.50	350m: 4:32.95 39.83	
	100m: 1:12.74 38.94	200m: 2:31.74 39.25	300m: 3:53.12 40.88	400m: 5:10.29 37.34	
4.	Catalin, TIMOTIN	09	Louletano / Loule Concelho	5:12.93	312
	50m: 33.00 33.00	150m: 1:51.00 39.47	250m: 3:11.03 40.35	350m: 4:32.57 40.82	
	100m: 1:11.53 38.53	200m: 2:30.68 39.68	300m: 3:51.75 40.72	400m: 5:12.93 40.36	
5.	Simao Charneca, SOARES	09	Natacao de Olhao	5:21.08	288
	50m: 34.93 34.93	150m: 1:54.96 40.32	250m: 3:18.54 41.54	350m: 4:40.85 41.22	
	100m: 1:14.64 39.71	200m: 2:37.00 42.04	300m: 3:59.63 41.09	400m: 5:21.08 40.23	

Juvenis A

1.	Eugenio, PASECHKO	08	Natação de Lagos	4:24.96	514
	50m: 30.06 30.06	150m: 1:38.25 34.50	250m: 2:46.00 33.50	350m: 3:53.31 33.08	
	100m: 1:03.75 33.69	200m: 2:12.50 34.25	300m: 3:20.23 34.23	400m: 4:24.96 31.65	
2.	Martim Santos, CABRITA	08	Louletano / Loule Concelho	4:25.92	508
	50m: 29.16 29.16	150m: 1:35.59 33.67	250m: 2:44.63 34.73	350m: 3:53.79 34.24	
	100m: 1:01.92 32.76	200m: 2:09.90 34.31	300m: 3:19.55 34.92	400m: 4:25.92 32.13	
3.	Diogo Jose, MATEUS	08	Lagoa AC	4:41.03	430
	50m: 30.79 30.79	150m: 1:40.30 35.32	250m: 2:53.19 36.80	350m: 4:06.78 36.53	
	100m: 1:04.98 34.19	200m: 2:16.39 36.09	300m: 3:30.25 37.06	400m: 4:41.03 34.25	
4.	Gabriel, VASIAN	08	Louletano / Loule Concelho	5:05.75	334
	50m: 34.05 34.05	150m: 1:50.96 38.64	250m: 3:09.07 39.21	350m: 4:27.84 38.96	
	100m: 1:12.32 38.27	200m: 2:29.86 38.90	300m: 3:48.88 39.81	400m: 5:05.75 37.91	
5.	Pedro Correia, MOURA	08	FC Ferreiras/AlgarExperience	5:30.64	264
	50m: 36.22 36.22	150m: 1:59.51 42.42	250m: 3:23.56 42.46	350m: 4:49.66 42.83	
	100m: 1:17.09 40.87	200m: 2:41.10 41.59	300m: 4:06.83 43.27	400m: 5:30.64 40.98	

Juniores

1.	Miguel Lourenco, VELHINHO	07	Lagoa AC	4:12.76	592
	50m: 28.17 28.17	150m: 1:32.26 32.42	250m: 2:36.35 32.27	350m: 3:41.50 32.58	
	100m: 59.84 31.67	200m: 2:04.08 31.82	300m: 3:08.92 32.57	400m: 4:12.76 31.26	
2.	Samuel, GONZALEZ GARCIA	07	Louletano / Loule Concelho	4:22.70	527
	50m: 29.48 29.48	150m: 1:33.79 32.60	250m: 2:41.12 33.90	350m: 3:49.75 34.39	
	100m: 1:01.19 31.71	200m: 2:07.22 33.43	300m: 3:15.36 34.24	400m: 4:22.70 32.95	

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Prova 13, Masc., 400m Livres, Juniores

Lugar			Ano					Tempo final	Pts
3.	Tiago Miguel, COSTA		07	Portinado				4:23.69	521
	50m:	28.97 28.97	150m:	1:35.44	33.89	250m:	2:43.75 33.99	350m:	3:51.87 34.08
	100m:	1:01.55 32.58	200m:	2:09.76	34.32	300m:	3:17.79 34.04	400m:	4:23.69 31.82
4.	David Luis, SEABRA		07	Nautico do Guadiana				4:46.40	407
	50m:	31.76 31.76	150m:	1:42.60	36.25	250m:	2:56.61 36.81	350m:	4:10.41 37.25
	100m:	1:06.35 34.59	200m:	2:19.80	37.20	300m:	3:33.16 36.55	400m:	4:46.40 35.99
5.	Pedro Macara, TRISTAO		06	Portinado				5:22.74	284
	50m:	24.96 24.96	150m:	2:08.70	45.67	250m:	3:28.05 36.06	350m:	4:48.10 42.54
	100m:	1:23.03 58.07	200m:	2:51.99	43.29	300m:	4:05.56 37.51	400m:	5:22.74 34.64

Seniores

1.	Paulo Alexandre, SOUSA		72	Lagoa AC				5:14.54	307
	50m:	35.53 35.53	150m:	1:53.23	39.34	250m:	3:13.09 40.15	350m:	4:35.14 41.03
	100m:	1:13.89 38.36	200m:	2:32.94	39.71	300m:	3:54.11 41.02	400m:	5:14.54 39.40