

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

Prova 37 17/03/2024 - 15:49	Masc., 400m Estilos				Absolutos Resultados
Recordes Regionais Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Sen.	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Jun. 2	4:33.99	Hugo Cascais, RODRIGUES	LDC	Tavira	19/11/2006
Recordes Regionais Jun. 1	4:32.43	Tiago Miguel, VILHENA	CNFA	Porto	08/12/2017
Recordes Regionais Juv. A	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02/12/2016
Recordes Regionais Juv. B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015
S21 - 25m	6:20.31	Joao Francisco, VAZ	POR	Ferrara (ITA)	07/10/2021

Pontos: FINA 2023

Lugar	Ano		Tempo final				Pts					
Juvenis B												
1.	Tiago Afonso, COSTA		09	Louletano / Loule Concelho				5:16.03	410			
	50m:	32.91	32.91	150m:	1:51.88	40.15	250m:	3:17.88	46.25	350m:	4:41.41	37.35
	100m:	1:11.73	38.82	200m:	2:31.63	39.75	300m:	4:04.06	46.18	400m:	5:16.03	34.62

Juvenis A												
1.	Martim Santos, CABRITA		08	Louletano / Loule Concelho				5:04.04	460			
	50m:	32.20	32.20	150m:	1:51.00	41.86	250m:	3:14.46	43.67	350m:	4:32.26	33.47
	100m:	1:09.14	36.94	200m:	2:30.79	39.79	300m:	3:58.79	44.33	400m:	5:04.04	31.78
2.	Nestor, KUNYK		08	Lagoa AC				5:17.30	405			
	50m:	32.56	32.56	150m:	1:54.64	43.11	250m:	3:20.40	43.20	350m:	4:42.68	37.33
	100m:	1:11.53	38.97	200m:	2:37.20	42.56	300m:	4:05.35	44.95	400m:	5:17.30	34.62
3.	Georgi Stoyanov, ZELENGOROV		08	Natação de Lagos				5:27.52	368			
	50m:	33.60	33.60	150m:	1:58.50	45.28	250m:	3:28.35	46.72	350m:	4:51.10	36.82
	100m:	1:13.22	39.62	200m:	2:41.63	43.13	300m:	4:14.28	45.93	400m:	5:27.52	36.42

Juniores												
1.	Iago Valentim, FALEIRO		06	Lagoa AC				5:02.93	465			
	50m:	29.30	29.30	150m:	1:45.79	40.81	250m:	3:10.13	44.78	350m:	4:30.92	34.92
	100m:	1:04.98	35.68	200m:	2:25.35	39.56	300m:	3:56.00	45.87	400m:	5:02.93	32.01

Seniores												
1.	Miguel Salomao, TRISTAO		04	Portinado				4:42.69	573			
	50m:	29.75	29.75	150m:	1:40.87	37.11	250m:	2:58.40	41.56	350m:	4:11.73	32.52
	100m:	1:03.76	34.01	200m:	2:16.84	35.97	300m:	3:39.21	40.81	400m:	4:42.69	30.96
2.	Goncalo Gualberto, BARBARA		00	Lagoa AC				4:49.89	531			
	50m:	30.22	30.22	150m:	1:43.44	37.60	250m:	3:00.71	40.04	350m:	4:16.32	34.50
	100m:	1:05.84	35.62	200m:	2:20.67	37.23	300m:	3:41.82	41.11	400m:	4:49.89	33.57

EXH	Yago Rodriguez, SAN JUAN		07	CTD Asturias				4:39.02	595			
	50m:	29.51	29.51	150m:	1:38.82	35.77	250m:	2:55.36	40.85	350m:	4:08.40	31.79
	100m:	1:03.05	33.54	200m:	2:14.51	35.69	300m:	3:36.61	41.25	400m:	4:39.02	30.62