

Campeonato Regional de Juvenis e Absoluto 2024
Braga, 22 - 24/3/2024

Prova 1	Masc., 400m Livres				Absolutos
22/03/2024 - 18:00					Resultados
Rec. Reg. ANMinho Open	3:42.57	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	16/12/2021
Rec. Reg. ANMinho Sen	3:42.57	Jose Paulo Lopes	SCB	Abu Dhabi (UAE)	16/12/2021
Rec. Reg. ANMinho Jun 2	3:52.06	Jose Paulo Lopes	SCB	Porto	09/12/2017
Rec. Reg. ANMinho Jun 1	3:58.55	Jose Paulo Lopes	SCB	Funchal	10/12/2016
Rec. Reg. ANMinho Juv A	4:02.24	Jose Paulo Lopes	SCB	Ponte da Barca	30/06/2016
Rec. Reg. ANMinho Juv B	4:05.48	Jose Paulo Lopes	SCB	Braga	14/06/2015

Pontos: FINA 2023

Lugar	Ano		Tempo final		Pts
Juvenis B					
1. Raul Ventura Barros	09	Braga	4:32.49		472
50m: 31.27 31.27	200m: 2:13.56 1:08.63	400m: 4:32.49 1:09.02			
100m: 1:04.93 33.66	300m: 3:23.47 1:09.91				
2. Denis Yerygin	09	Braga	4:36.97		450
50m: 29.97 29.97	200m: 2:13.96 1:10.32	400m: 4:36.97 1:11.29			
100m: 1:03.64 33.67	300m: 3:25.68 1:11.72				
3. Marc Vedkal	09	Braga	4:39.59		437
50m: 30.07 30.07	200m: 2:15.93 1:11.50	400m: 4:39.59 1:10.92			
100m: 1:04.43 34.36	300m: 3:28.67 1:12.74				
4. Dinis Lima Moreno	09	Braga	4:43.75		418
50m: 31.38 31.38	200m: 2:17.31 1:11.41	400m: 4:43.75 1:13.31			
100m: 1:05.90 34.52	300m: 3:30.44 1:13.13				
5. Manuel Manso Goncalves	09	Desportiva de Viana	4:50.28		390
50m: 33.37 33.37	200m: 2:23.77 1:14.40	400m: 4:50.28 1:11.93			
100m: 1:09.37 36.00	300m: 3:38.35 1:14.58				
Juvenis A					
1. Pedro Malhao Dias	08	Desportiva de Viana	4:27.34		500
50m: 30.35 30.35	200m: 2:10.28 1:06.94	400m: 4:27.34 1:09.00			
100m: 1:03.34 32.99	300m: 3:18.34 1:08.06				
2. Martim Goncalves Jesus	08	Sporting Caminha	4:33.46		467
50m: 30.38 30.38	200m: 2:13.69 1:09.51	400m: 4:33.46 1:09.26			
100m: 1:04.18 33.80	300m: 3:24.20 1:10.51				
3. Rodrigo Peres Escalera	08	Desportiva de Viana	4:38.60		442
50m: 30.92 30.92	200m: 2:16.29 1:11.20	400m: 4:38.60 1:10.59			
100m: 1:05.09 34.17	300m: 3:28.01 1:11.72				
4. Salvador Duarte Gouveia	08	Desportiva de Viana	4:59.57		355
50m: 32.09 32.09	200m: 2:22.18 1:15.05	400m: 4:59.57 1:18.16			
100m: 1:07.13 35.04	300m: 3:41.41 1:19.23				
Absolutos (Jun + Sen)					
1. Filipe Manso Laranjo	07	Desportiva de Viana	4:10.21		610
50m: 28.80 28.80	200m: 2:04.02 1:03.93	400m: 4:10.21 1:02.60			
100m: 1:00.09 31.29	300m: 3:07.61 1:03.59				
2. Mark Zhukov	06	Braga	4:10.31		609
50m: 28.95 28.95	200m: 2:04.09 1:03.75	400m: 4:10.31 1:01.02			
100m: 1:00.34 31.39	300m: 3:09.29 1:05.20				
3. Marcio Fernandes Gomes	04	Braga	4:17.56		559
50m: 30.11 30.11	200m: 2:07.48 1:05.61	400m: 4:17.56 1:04.39			
100m: 1:01.87 31.76	300m: 3:13.17 1:05.69				
4. Afonso Miguel Nogueira	07	Braga	4:18.34		554
50m: 29.82 29.82	200m: 2:09.29 1:06.21	400m: 4:18.34 1:03.58			
100m: 1:03.08 33.26	300m: 3:14.76 1:05.47				

Campeonato Regional de Juvenis e Absoluto 2024
Braga, 22 - 24/3/2024

Prova 1, Masc., 400m Livres, Absolutos (Jun + Sen)

Lugar			Ano			Tempo final	Pts
5.	Eduardo Sousa Saragoca		07	Viana Natacao		4:21.25	536
	50m:	30.10 30.10	200m:	2:09.45 1:06.62	400m:	4:21.25 1:05.62	
	100m:	1:02.83 32.73	300m:	3:15.63 1:06.18			
6.	Carlos Miguel Sotelo		91	Sporting Caminha		4:29.21	490
	50m:	30.40 30.40	200m:	2:11.95 1:08.29	400m:	4:29.21 1:08.39	
	100m:	1:03.66 33.26	300m:	3:20.82 1:08.87			
7.	Yuri Toth Aita		07	Viana Natacao		4:31.37	478
	50m:	30.92 30.92	200m:	2:13.53 1:09.13	400m:	4:31.37 1:09.61	
	100m:	1:04.40 33.48	300m:	3:21.76 1:08.23			
8.	Joao Pedro Tinoco		07	Braga		4:40.59	432
	50m:	32.42 32.42	200m:	2:17.49 1:09.28	400m:	4:40.59 1:11.64	
	100m:	1:08.21 35.79	300m:	3:28.95 1:11.46			
9.	Joao Guilherme Pereira		03	Amigos da Montanha		5:06.68	331
	50m:	32.37 32.37	200m:	2:24.78 1:15.97	400m:	5:06.68 1:21.47	
	100m:	1:08.81 36.44	300m:	3:45.21 1:20.43			
EXH	Vasco Henrique Silva		08	Fafe		4:25.30	512
	50m:	30.04 30.04	200m:	2:10.38 1:07.44	400m:	4:25.30 1:07.11	
	100m:	1:02.94 32.90	300m:	3:18.19 1:07.81			