

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

Prova 11 Masc., 400m Estilos Open  
23/03/2024 - 10:30 Resultados

Rec. Reg. ANMinho Open	4:09.05	Jose Paulo Lopes	SCB	Glasgow (IRL)	05/12/2019
Rec. Reg. ANMinho Sen	4:09.05	Jose Paulo Lopes	SCB	Glasgow (IRL)	05/12/2019
Rec. Reg. ANMinho Jun 2	4:24.17	Jose Paulo Lopes	SCB	Águas Santas	13/01/2018
Rec. Reg. ANMinho Jun 1	4:29.42	Jose Paulo Lopes	SCB	Maia	14/01/2017
Rec. Reg. ANMinho Juv A	4:32.72	Jose Paulo Lopes	SCB	Ponte da Barca	01/07/2016
Rec. Reg. ANMinho Juv B	4:40.84	Jose Paulo Lopes	SCB	Ponte da Barca	03/07/2015
Rec. Reg. ANMinho Inf A	4:42.24	Hugo Miguel Neves	SCB	Ponte da Barca	01/07/2016
Rec. Reg. ANMinho Inf B	5:00.74	Hugo Miguel Neves	SCB	Ponte da Barca	03/07/2015

Pontos: FINA 2023

Lugar Ano Tempo final Pts

Juvenis B

1. Carlos Daniel Felgueiras	09	Viana Natacao	<b>5:02.93</b>	465
50m: 32.48 32.48	200m: 2:26.70 1:17.49	400m: 5:02.93 1:07.50		
100m: 1:09.21 36.73	300m: 3:55.43 1:28.73			

Juvenis A

1. Martim Goncalves Jesus	08	Sporting Caminha	<b>5:14.81</b>	414
50m: 32.13 32.13	200m: 2:27.62 1:18.32	400m: 5:14.81 1:10.78		
100m: 1:09.30 37.17	300m: 4:04.03 1:36.41			

Absolutos (Jun + Sen)

1. Mark Zhukov	06	Braga	<b>4:32.39</b>	640
50m: 29.40 29.40	200m: 2:12.24 1:10.03	400m: 4:32.39 1:03.49		
100m: 1:02.21 32.81	300m: 3:28.90 1:16.66			
2. Joao Pedro Rocha	02	Viana Natacao	<b>4:39.50</b>	592
50m: 28.16 28.16	200m: 2:14.82 1:14.19	400m: 4:39.50 1:05.74		
100m: 1:00.63 32.47	300m: 3:33.76 1:18.94			
3. Eduardo Sousa Saragoca	07	Viana Natacao	<b>4:51.30</b>	523
50m: 31.25 31.25	200m: 2:21.90 1:15.07	400m: 4:51.30 1:06.27		
100m: 1:06.83 35.58	300m: 3:45.03 1:23.13			
4. Afonso Miguel Nogueira	07	Braga	<b>4:53.74</b>	510
50m: 30.26 30.26	200m: 2:21.32 1:16.44	400m: 4:53.74 1:06.45		
100m: 1:04.88 34.62	300m: 3:47.29 1:25.97			

Open

1. Mark Zhukov	06	Braga	<b>4:32.39</b>	640
50m: 29.40 29.40	200m: 2:12.24 1:10.03	400m: 4:32.39 1:03.49		
100m: 1:02.21 32.81	300m: 3:28.90 1:16.66			
2. Joao Pedro Rocha	02	Viana Natacao	<b>4:39.50</b>	592
50m: 28.16 28.16	200m: 2:14.82 1:14.19	400m: 4:39.50 1:05.74		
100m: 1:00.63 32.47	300m: 3:33.76 1:18.94			
3. Eduardo Sousa Saragoca	07	Viana Natacao	<b>4:51.30</b>	523
50m: 31.25 31.25	200m: 2:21.90 1:15.07	400m: 4:51.30 1:06.27		
100m: 1:06.83 35.58	300m: 3:45.03 1:23.13			
4. Afonso Miguel Nogueira	07	Braga	<b>4:53.74</b>	510
50m: 30.26 30.26	200m: 2:21.32 1:16.44	400m: 4:53.74 1:06.45		
100m: 1:04.88 34.62	300m: 3:47.29 1:25.97			
5. Carlos Daniel Felgueiras	09	Viana Natacao	<b>5:02.93</b>	465
50m: 32.48 32.48	200m: 2:26.70 1:17.49	400m: 5:02.93 1:07.50		
100m: 1:09.21 36.73	300m: 3:55.43 1:28.73			
6. Martim Goncalves Jesus	08	Sporting Caminha	<b>5:14.81</b>	414
50m: 32.13 32.13	200m: 2:27.62 1:18.32	400m: 5:14.81 1:10.78		
100m: 1:09.30 37.17	300m: 4:04.03 1:36.41			

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

---

Prova 11, Masc., 400m Estilos

EXH	Vasco Henrique Silva		08	Fafe					<b>5:04.33</b>	459
	50m:	30.76	30.76	200m:	2:24.19	1:18.11	400m:	5:04.33	1:08.00	
	100m:	1:06.08	35.32	300m:	3:56.33	1:32.14				