

Campeonatos de Regionais de Clubes Inf e Abs  
LAGOS, 25 - 26/5/2024

Prova 20	Masc., 400m Livres				Absolutos
25/05/2024 - 18:15					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 18	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros	21/12/2012
Recordes Regionais 17	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
Recordes Regionais Inf. A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recordes Regionais Inf. B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017

Pontos: FINA 2024

Lugar	Ano				Tempo final	Pts
1. Joao Duarte, SANTOS	95	Natacao de Olhao			<b>4:10.44</b>	
50m: 27.84 27.84	150m: 1:30.00 31.56	250m: 2:34.20 32.19	350m: 3:38.58	32.04		
100m: 58.44 30.60	200m: 2:02.01 32.01	300m: 3:06.54 32.34	400m: 4:10.44	31.86		
2. Miguel Salomao, TRISTAO	04	Portinado			<b>4:14.87</b>	
50m: 28.19 28.19	150m: 1:30.82 31.44	250m: 2:34.78 32.25	350m: 3:41.61	34.00		
100m: 59.38 31.19	200m: 2:02.53 31.71	300m: 3:07.61 32.83	400m: 4:14.87	33.26		
3. Miguel Lourenco, VELHINHO	07	Lagoa AC			<b>4:16.38</b>	
50m: 28.62 28.62	150m: 1:31.69 31.78	250m: 2:37.00 32.92	350m: 3:43.88	33.61		
100m: 59.91 31.29	200m: 2:04.08 32.39	300m: 3:10.27 33.27	400m: 4:16.38	32.50		
4. Samuel, GONZALEZ GARCIA	07	Louletano / Loule Concelho			<b>4:22.27</b>	
50m: 29.52 29.52	150m: 1:33.36 32.49	250m: 2:40.30 33.61	350m: 3:48.64	34.02		
100m: 1:00.87 31.35	200m: 2:06.69 33.33	300m: 3:14.62 34.32	400m: 4:22.27	33.63		
5. Andriy, FEDOROV	08	FC Ferreiras/AlgarExperience			<b>4:26.11</b>	
50m: 29.53 29.53	150m: 1:34.84 33.42	250m: 2:43.43 34.33	350m: 3:53.13	34.51		
100m: 1:01.42 31.89	200m: 2:09.10 34.26	300m: 3:18.62 35.19	400m: 4:26.11	32.98		
6. Owen Thomas, LABUTTA	09	Tavira Natacao			<b>5:58.87</b>	
50m: 38.55 38.55	150m: 2:04.51 43.42	250m: 3:35.76 45.90	350m: 5:11.00	48.15		
100m: 1:21.09 42.54	200m: 2:49.86 45.35	300m: 4:22.85 47.09	400m: 5:58.87	47.87		
EXH Tiago Miguel, COSTA	07	Portinado			<b>4:26.39</b>	
50m: 29.89 29.89	150m: 1:36.35 33.81	250m: 2:44.22 34.09	350m: 3:53.55	34.84		
100m: 1:02.54 32.65	200m: 2:10.13 33.78	300m: 3:18.71 34.49	400m: 4:26.39	32.84		
EXH Guilherme Salvador, CHAVECA	05	Portinado			<b>4:26.46</b>	
50m: 30.50 30.50	150m: 1:36.31 33.50	250m: 2:44.53 33.97	350m: 3:53.71	34.60		
100m: 1:02.81 32.31	200m: 2:10.56 34.25	300m: 3:19.11 34.58	400m: 4:26.46	32.75		
EXH João Pedro, CHAGAS	01	RIA Aqua Tavira			<b>4:27.49</b>	
50m: 31.82 31.82	150m: 1:39.91 33.73	250m: 2:47.98 33.93	350m: 3:55.25	33.45		
100m: 1:06.18 34.36	200m: 2:14.05 34.14	300m: 3:21.80 33.82	400m: 4:27.49	32.24		
EXH Joao Tomas, NUNES	09	Natacao de Olhao			<b>4:29.06</b>	
50m: 30.81 30.81	150m: 1:36.78 33.36	250m: 2:45.21 34.38	350m: 3:55.13	35.02		
100m: 1:03.42 32.61	200m: 2:10.83 34.05	300m: 3:20.11 34.90	400m: 4:29.06	33.93		
EXH Diogo Jose, MATEUS	08	Lagoa AC			<b>4:30.79</b>	
50m: 29.66 29.66	150m: 1:36.73 34.16	250m: 2:46.04 34.91	350m: 3:57.41	35.53		
100m: 1:02.57 32.91	200m: 2:11.13 34.40	300m: 3:21.88 35.84	400m: 4:30.79	33.38		
EXH Diogo Filipe, CARDOSO	09	Natacao de Olhao			<b>4:31.23</b>	
50m: 31.31 31.31	150m: 1:40.67 35.29	250m: 2:50.49 34.70	350m: 3:58.87	33.67		
100m: 1:05.38 34.07	200m: 2:15.79 35.12	300m: 3:25.20 34.71	400m: 4:31.23	32.36		
EXH Tomas Santos, MIGUEL	09	Aquatico Silves			<b>5:04.38</b>	
50m: 33.39 33.39	150m: 1:51.01 38.93	250m: 3:08.61 38.71	350m: 4:27.65	38.85		
100m: 1:12.08 38.69	200m: 2:29.90 38.89	300m: 3:48.80 40.19	400m: 5:04.38	36.73		
EXH Joao Andre, GALHARDO	88	RIA Aqua Tavira			<b>5:08.96</b>	
50m: 34.02 34.02	150m: 1:49.90 38.60	250m: 3:08.54 39.42	350m: 4:29.25	40.09		
100m: 1:11.30 37.28	200m: 2:29.12 39.22	300m: 3:49.16 40.62	400m: 5:08.96	39.71		
EXH Simao Charneca, SOARES	09	Natacao de Olhao			<b>5:15.46</b>	
50m: 34.73 34.73	150m: 1:52.56 39.36	250m: 3:13.38 40.58	350m:			
100m: 1:13.20 38.47	200m: 2:32.80 40.24	300m: 4:35.55 1:22.17	400m: 5:15.46			