

Prova de Preparação PL
Loulé, 1 - 2/6/2024

Prova 22 Masc., 400m Livres Absolutos
02/06/2024 - 10:33 Resultados

Recordes Regionais (PL) Open	3:57.11	Miguel Martins, PIRES	LDC	Jamor	30/07/2004
Recordes Regionais (PL) Sen.	3:57.11	Miguel Martins, PIRES	LDC	Jamor	30/07/2004
Recordes Regionais (PL) Jun. 2	4:05.41	João Duarte, SANTOS	CNOL	Famalicão	20/07/2013
Recordes Regionais (PL) Jun. 1	4:04.65	Joao Duarte, SANTOS	CNOL	Oeiras	28/07/2012
Recordes Regionais (PL) Juv. A	4:10.88	Joao Duarte, SANTOS	CNOL	Paphos (CYP)	25/06/2011
Recordes Regionais (PL) Juv. B	4:09.85	Tiago Miguel, VILHENA	CNFA	Oeiras	23/07/2016
Recordes Regionais (PL) Inf. A	4:20.30	Tiago Miguel, VILHENA	CNFA	Oeiras	18/07/2015
Recordes Regionais (PL) Inf. B	4:33.46	Tiago Miguel, VILHENA	CNFA	Loule	19/07/2014
RN Adaptada 50m S5	7:30.57	Luis Carlos, NASCIMENTO	FCP	Funchal	17/02/2024
RN Adaptada 50m S6	5:15.72	Daniel Carlos, VIDEIRA	POR	Funchal	19/05/2021
RN Adaptada 50m S7	5:31.30	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim	12/05/2018
RN Adaptada 50m S8	4:34.61	Diogo Luis, CANCELA	POR	Funchal	21/04/2024
RN Adaptada 50m S9	4:21.94	David Realista, GRACHAT	POR	Londres (GBR)	04/09/2012
RN Adaptada 50m S10	4:22.05	Tomas Coelho, CORDEIRO	INDANC	Coimbra	04/04/2024
RN Adaptada 50m S11	4:38.25	Marco Ribeiro, MENESES	POR	Funchal	27/04/2024
RN Adaptada 50m S12	6:50.72	Joao Tanica, CRUZ	PDEM	Porto	21/01/2024
RN Adaptada 50m S13	4:31.26	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	10/08/2014
RN Adaptada 50m S14	4:46.25	Samuel Lima, DUARTE	FVCD	Coimbra	02/12/2023
RN Adaptada 50m S15	4:28.84	Miguel Duarte, CRUZ	CFB	Oeiras	20/12/2020
RN Adaptada 50m S16	5:18.51	Andre Camara, JORGE	CEOL	Rio Maior	25/01/2020
RN Adaptada 50m S17	5:11.56	Joaquim Eduardo, CARVALHO	CNF	Funchal	17/02/2024
RN Adaptada 50m S21	5:38.24	Vicente Barros, PEREIRA	POR	Padova (ITA)	08/09/2023

Pontos: FINA 2024

Lugar	Ano		Tempo final	Pts	100m	200m	300m	400m
Infantis B								
1. Daniel, FISTICANU	11	Naval de Faro	5:05.36	374	1:11.11	1:19.34	1:18.53	1:16.38
		50m:	150m:	250m:	350m:			
		100m: 1:11.11	200m: 2:30.45	300m: 3:48.98	400m: 5:05.36			

Infantis A								
1. Hugo Leitao, CONDON	10	Naval de Faro	5:05.26	374	1:13.08	1:18.11	1:18.16	1:15.91
		50m:	150m:	250m:	350m:			
		100m: 1:13.08	200m: 2:31.19	300m: 3:49.35	400m: 5:05.26			
2. Francisco Jose, TEIXEIRA	10	Louletano / Loule Concelhc	5:07.55	366	1:12.37	1:21.31	1:18.67	1:15.20
		50m:	150m:	250m:	350m:			
		100m: 1:12.37	200m: 2:33.68	300m: 3:52.35	400m: 5:07.55			
3. S., ALMEIDA	10	Louletano / Loule Concelhc	5:14.85	341	1:17.28	1:21.45	1:21.09	1:15.03
		50m:	150m:	250m:	350m:			
		100m: 1:17.28	200m: 2:38.73	300m: 3:59.82	400m: 5:14.85			
4. Rodrigo Ferreira, PLACID	10	Naval de Faro	5:15.67	338	1:16.61	1:21.48	1:21.43	1:16.15
		50m:	150m:	250m:	350m:			
		100m: 1:16.61	200m: 2:38.09	300m: 3:59.52	400m: 5:15.67			
5. Tiago Malhador, LULAK	10	Louletano / Loule Concelhc	5:19.72	326	1:19.43	1:24.15	1:19.73	1:16.41
		50m:	150m:	250m:	350m:			
		100m: 1:19.43	200m: 2:43.58	300m: 4:03.31	400m: 5:19.72			
6. Cristiano, CHISTOL	10	Louletano / Loule Concelhc	5:20.39	324	1:18.87	1:25.19	1:19.52	1:16.81
		50m:	150m:	250m:	350m:			
		100m: 1:18.87	200m: 2:44.06	300m: 4:03.58	400m: 5:20.39			
7. A., MENDONCA	10	Portinado	5:24.68	311	1:12.81	1:24.61	1:25.55	1:21.71
		50m:	150m:	250m:	350m:			
		100m: 1:12.81	200m: 2:37.42	300m: 4:02.97	400m: 5:24.68			
8. Jose Pedro, MINHALMA	10	Individual ANALG	5:25.59	308	1:15.77	1:21.57	1:24.58	1:23.67
		50m:	150m:	250m:	350m:			
		100m: 1:15.77	200m: 2:37.34	300m: 4:01.92	400m: 5:25.59			
9. Artur Maffei, MOREIRA	10	Portinado	6:19.95	194	1:33.34	1:38.21	1:36.99	1:31.41
		50m:	150m:	250m:	350m:			
		100m: 1:33.34	200m: 3:11.55	300m: 4:48.54	400m: 6:19.95			

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Loulé, 1 - 2/6/2024

Prova 22, Masc., 400m Livres

Juvenis B

1. Rafael Alexandre, SILVA	09	Louletano / Loule Concelhc	4:34.23	516	1:04.80	1:09.51	1:10.72	1:09.20
50m:		150m:	250m:		350m:			
100m: 1:04.80		200m: 2:14.31	300m: 3:25.03		400m: 4:34.23			
2. Catalin, TIMOTIN	09	Louletano / Loule Concelhc	5:16.65	335	1:14.97	1:22.71	1:20.48	1:18.49
50m:		150m:	250m:		350m:			
100m: 1:14.97		200m: 2:37.68	300m: 3:58.16		400m: 5:16.65			
3. Tomas Santos, MIGUEL	09	Aquatico Silves	5:24.81	311	1:17.45	1:25.43	1:22.54	1:19.39
50m:		150m:	250m:		350m:			
100m: 1:17.45		200m: 2:42.88	300m: 4:05.42		400m: 5:24.81			

Juvenis B

1. Rafael Alexandre, SILVA	09	Louletano / Loule Concelhc	4:34.23	516	1:04.80	1:09.51	1:10.72	1:09.20
50m:		150m:	250m:		350m:			
100m: 1:04.80		200m: 2:14.31	300m: 3:25.03		400m: 4:34.23			
2. Catalin, TIMOTIN	09	Louletano / Loule Concelhc	5:16.65	335	1:14.97	1:22.71	1:20.48	1:18.49
50m:		150m:	250m:		350m:			
100m: 1:14.97		200m: 2:37.68	300m: 3:58.16		400m: 5:16.65			
3. Tomas Santos, MIGUEL	09	Aquatico Silves	5:24.81	311	1:17.45	1:25.43	1:22.54	1:19.39
50m:		150m:	250m:		350m:			
100m: 1:17.45		200m: 2:42.88	300m: 4:05.42		400m: 5:24.81			

Juvenis A

1. Martim Santos, CABRITA	08	Louletano / Loule Concelhc	4:47.62	447	1:06.27	1:14.94	1:14.22	1:12.19
50m:		150m:	250m:		350m:			
100m: 1:06.27		200m: 2:21.21	300m: 3:35.43		400m: 4:47.62			

Juniores

1. Tiago Miguel, COSTA	07	Portinado	4:38.56	493	1:03.94	1:10.72	1:12.23	1:11.67
50m:		150m:	250m:		350m:			
100m: 1:03.94		200m: 2:14.66	300m: 3:26.89		400m: 4:38.56			
2. Cristiano, FISTICAN	07	Aquatico Silves	4:58.87	399	1:08.46	1:16.79	1:18.51	1:15.11
50m:		150m:	250m:		350m:			
100m: 1:08.46		200m: 2:25.25	300m: 3:43.76		400m: 4:58.87			
3. Pedro Mestre, FAISCA	07	Louletano / Loule Concelhc	5:00.37	393	1:07.01	1:15.97	1:18.46	1:18.93
50m:		150m:	250m:		350m:			
100m: 1:07.01		200m: 2:22.98	300m: 3:41.44		400m: 5:00.37			

DSQ Dario Rafael, OLIVEIRA 07 Portinado
SW. 10.4 - O (a) atleta desistiu