

Prova 36 Absolutos
30/06/2024 - 16:24 Resultados

	Masc., 400m Estilos				
Recordes Regionais (PL) Open	4:32.19	Nuno Goncalo, QUINTANILHA	LDC	Mairena Del Aljarafe (ESP)	2010
Recordes Regionais (PL) Sen.	4:32.19	Nuno Goncalo, QUINTANILHA	LDC	Mairena Del Aljarafe (ESP)	2010
Recordes Regionais (PL) Jun. 2	4:39.22	Hugo Cascais, RODRIGUES	LDC	Aveiro	2007
Recordes Regionais (PL) Jun. 1	4:37.10	Hugo Cascais, RODRIGUES	LDC	Coimbra	2006
Recordes Regionais (PL) Juv. A	4:39.46	Tiago Miguel, VILHENA	CNFA	Coimbra	2017
Recordes Regionais (PL) Juv. B	4:43.66	Tiago Miguel, VILHENA	CNFA	Oeiras	2016

Pontos: FINA 2024

Lugar	Ano		Tempo final	Pts
Juvenis B				
1. Lev, SURGUICH	09	Portinado	5:32.45	388
50m:	150m:	250m:	350m:	
100m: 1:14.18	200m: 2:38.76	300m: 4:15.00	400m: 5:32.45	
2. Goncalo Joao, DIAS	09	Tavira de Natacao	6:50.54	206
50m:	150m:	250m:	350m:	
100m: 1:41.61	200m: 3:24.98	300m: 5:21.97	400m: 6:50.54	
Juvenis A				
1. Martim Santos, CABRITA	08	Louletano / Loule Concelho	5:10.96	474
50m:	150m:	250m:	350m:	
100m: 1:07.99	200m: 2:30.34	300m: 4:03.00	400m: 5:10.96	
Absoluto				
1. Afonso Martim, GOUVEIA	05	FC Ferreiras/AlgarExperience	5:01.26	521
50m:	150m:	250m:	350m:	
100m: 1:08.16	200m: 2:29.10	300m: 3:52.21	400m: 5:01.26	
2. Gonalo Gualberto, BARBARA	00	Lagoa AC	5:05.77	498
50m:	150m:	250m:	350m:	
100m: 1:08.87	200m: 2:30.17	300m: 3:54.90	400m: 5:05.77	
3. Marin, CEPELEAGA	05	Portinado	5:15.23	455
50m:	150m:	250m:	350m:	
100m: 1:08.25	200m: 2:28.71	300m: 3:59.95	400m: 5:15.23	