

Campeonato Regional ABS 2024
Horta, 28 - 30/6/2024

Prova 1
28/06/2024 - 15:30

Masc., 400m Estilos

Absolutos
Resultados

Juvenis A Mas Juv A: 5:57.10 / Jun Mas Jun: 5:39.70 / Sen Masc Sen: 5:23.30

Pontos: FINA 2023

Lugar			Ano					Tempo final	Pts			
1.	SILVA, Francisco Carvalho		09	Naval Praia da Vitoria				4:53.06	514			
	50m:	32.22 32.22	150m:	1:47.88	39.04	250m:	3:06.31	39.65	350m:	4:20.33	32.83	
	100m:	1:08.84	36.62	200m:	2:26.66	38.78	300m:	3:47.50	41.19	400m:	4:53.06	32.73
2.	SANTOS, Rodrigo Canedo		08	Bombeiros de Ponta Delgada				4:56.65	495			
	50m:	30.08 30.08	150m:	1:41.52	37.39	250m:	3:04.98	45.38	350m:	4:24.16	32.41	
	100m:	1:04.13	34.05	200m:	2:19.60	38.08	300m:	3:51.75	46.77	400m:	4:56.65	32.49
3.	TOSTE, Martim Candido		06	Naval Praia da Vitoria				4:56.70	495			
	50m:	30.64 30.64	150m:	1:43.34	38.23	250m:	3:05.07	43.37	350m:	4:23.50	34.63	
	100m:	1:05.11	34.47	200m:	2:21.70	38.36	300m:	3:48.87	43.80	400m:	4:56.70	33.20
4.	MEDEIROS, Jorge Mare		08	Bombeiros Ribeira Grande				5:19.29	397			
	50m:	33.76 33.76	150m:	1:56.02	40.91	250m:	3:22.06	45.66	350m:	4:44.51	36.57	
	100m:	1:15.11	41.35	200m:	2:36.40	40.38	300m:	4:07.94	45.88	400m:	5:19.29	34.78
5.	SOUSA, Miguel Carreiro		08	Clube Desportivo Escolar de Ag				5:28.20	366			
	50m:	33.68 33.68	150m:	1:56.64	41.84	250m:	3:27.91	51.22	350m:	4:52.69	35.53	
	100m:	1:14.80	41.12	200m:	2:36.69	40.05	300m:	4:17.16	49.25	400m:	5:28.20	35.51
6.	REGO, Antonio Luis		09	Bombeiros de Ponta Delgada				5:33.50	349			
	50m:	33.26 33.26	150m:	1:54.69	41.91	250m:	3:27.33	50.30	350m:	4:55.52	37.54	
	100m:	1:12.78	39.52	200m:	2:37.03	42.34	300m:	4:17.98	50.65	400m:	5:33.50	37.98