

Prova 6 Masc., 400m Estilos Absolutos
28/06/2024 - 18:30 Resultados

Rec Reg AN Alentejo Open	4:51.53	Joao Pedro NEVES	AMINATA	Coimbra	15/03/2014
Rec Reg AN Alentejo Sen	5:13.23	Joao Pedro NEVES	AMINATA	Aljustrel	26/06/2021
Rec Reg AN Alentejo Jun18	4:54.31	Joao Pedro NEVES	AMINATA	Oeiras	25/07/2014
Rec Reg AN Alentejo Jun17	4:51.53	Joao Pedro NEVES	AMINATA	Coimbra	29/03/2013
Rec Reg AN Alentejo Juv A	4:57.42	Joao Pedro NEVES	AMINATA	Povoa de Varzim	23/03/2012
Rec Reg AN Alentejo Juv B	5:10.76	Tomas Antonio AZEVEDO	AMINATA	Povoa de Varzim	05/08/2011

TAC Sêniores Masc Sen 50m: 6:14.86 - 25m: 6:14.86 / TAC Juniores Masc Jun 50m: 6:14.86 - 25m: 6:14.86 /
TAC Juvenis A Masc Juv A 50m: 6:14.86 - 25m: 6:14.86 / TAC Juvenis B Masc Juv B 50m: 6:24.02 - 25m: 6:24.02

Pontos: FINA 2023

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
-------	-------	--	-------------	-----	------	------	------	------

Juvenis AN Alentejo

1. G. MARQUES	16	Grupo Desportivo Mora	5:41.81	363	1:14.38	1:27.35	1:42.75	1:17.33
<i>Campeão Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:14.38		200m: 2:41.73	300m: 4:24.48		400m: 5:41.81			

Juvenis AN Interior Centro

1. Joao Maria SANGUINHO	15	Elvense	6:05.52	296	1:25.02	1:29.88	1:45.48	1:25.14
<i>Campeão Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:25.02		200m: 2:54.90	300m: 4:40.38		400m: 6:05.52			
2. M. SANGUINHO	15	Elvense	6:09.26	287	1:22.51	1:35.39	1:44.97	1:26.39
50m:		150m:	250m:		350m:			
100m: 1:22.51		200m: 2:57.90	300m: 4:42.87		400m: 6:09.26			
3. Guilherme Filipe RATO	15	AN Albicastrense	6:13.68	277	1:27.77	1:36.40	1:46.67	1:22.84
50m:		150m:	250m:		350m:			
100m: 1:27.77		200m: 3:04.17	300m: 4:50.84		400m: 6:13.68			
4. Tiago Maria COSTA	16	Elvense	6:32.57	239	1:29.88	1:45.94	1:57.05	1:19.70
<i>Ftl</i>								
50m:		150m:	250m:		350m:			
100m: 1:29.88		200m: 3:15.82	300m: 5:12.87		400m: 6:32.57			

Absolutos AN Alentejo

1. Guilherme Cotovio ALVES20		Acmn	5:24.86	422	1:09.28	1:29.58	1:35.63	1:10.37
<i>Campeão Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:09.28		200m: 2:38.86	300m: 4:14.49		400m: 5:24.86			
2. Diogo Miguel ROSADO	17	Grupo Desportivo Mora	5:31.63	397	1:11.83	1:22.65	1:42.17	1:14.98
50m:		150m:	250m:		350m:			
100m: 1:11.83		200m: 2:34.48	300m: 4:16.65		400m: 5:31.63			
3. Manuel Francisco SOBRA18		GSC Grândola Sports Club	6:35.15	234	1:32.45	1:42.35	1:54.07	1:26.28
<i>Ftl</i>								
50m:		150m:	250m:		350m:			
100m: 1:32.45		200m: 3:14.80	300m: 5:08.87		400m: 6:35.15			

Absolutos AN Interior Centro

1. Eduardo Pires TAVARES	17	AN Albicastrense	5:50.31	337	1:25.03	1:30.70	1:36.53	1:18.05
<i>Campeão Regional</i>								
50m:		150m:	250m:		350m:			
100m: 1:25.03		200m: 2:55.73	300m: 4:32.26		400m: 5:50.31			