

Campeonato Regional Juvenis, Juniores e Seniores PC
Cantanhede, 23 - 24/11/2024

Prova 20 23/11/2024 - 17:20	Masc., 400m Estilos				Absolutos Resultados
Rec Nacional Open	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nacional Sen	4:05.87	Gabriel Jose, LOPES	ALN	Leiria	09/12/2022
Rec Nacional Jun18	4:11.20	Joao Alexandre, VITAL	SCP	Porto	11/12/2015
Rec Nacional Jun17	4:21.93	Joao Alexandre, VITAL	ADRCIMM	Porto	19/12/2014
Rec Nacional Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Rec Nacional Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Rec Regional Open	4:05.87	Gabriel Jose, LOPES	ALN		01/01/2023
Rec Regional Sen	4:05.87	Gabriel Jose, LOPES	ALN		01/01/2023
Rec Regional Jun18	4:26.81	Miguel, OLIVEIRA	CNAC		01/01/2008
Rec Regional Jun17	4:23.90	Tomas Miguel, VELOSO	CNAC		01/01/2012
Rec Regional Juv A	4:30.93	Diogo Matos, RIBEIRO	CUC		01/01/2019
Rec Regional Juv B	4:35.32	Diogo Matos, RIBEIRO	CUC		01/01/2019

Pontos: AQUA 2024

Lugar	Ano		Tempo final		Pts
Juvenis B					
1. Rodrigo Sousa, BRAZ	10	Nautico Academico	5:29.72	361	
50m: 35.42 35.42	150m: 1:57.97 43.16	250m: 3:26.14 46.58	350m: 4:52.04 38.92		
100m: 1:14.81 39.39	200m: 2:39.56 41.59	300m: 4:13.12 46.98	400m: 5:29.72 37.68		
2. Dinis Goncalves, ARAUJO	10	Nautico Academico	5:47.87	307	
50m: 35.99 35.99	150m: 2:03.43 45.55	250m: 3:39.57 51.99	350m: 5:09.08 38.93		
100m: 1:17.88 41.89	200m: 2:47.58 44.15	300m: 4:30.15 50.58	400m: 5:47.87 38.79		
Juniores					
1. Rafael Pereira, RODRIGUES	08	Condeixa Clube	4:43.11	570	
50m: 30.51 30.51	150m: 1:41.68 37.00	250m: 2:58.90 41.20	350m: 4:11.97 31.91		
100m: 1:04.68 34.17	200m: 2:17.70 36.02	300m: 3:40.06 41.16	400m: 4:43.11 31.14		
Seniores					
1. Lucas Pereira, BASTOS	00	Nautico Academico	4:39.25	594	
50m: 29.27 29.27	150m: 1:39.22 36.59	250m: 2:54.30 39.45	350m: 4:07.46 33.10		
100m: 1:02.63 33.36	200m: 2:14.85 35.63	300m: 3:34.36 40.06	400m: 4:39.25 31.79		
DSQ Joaquim Agra, MERUJE	01	Academica de Coimbra			
<i>SW 8.4 - O/A atleta tocou na parede com as mãos alternadamente na viragem aos 100 metros.</i>					
EXH Tomas Figueiredo, BRANCO	10	Galitos / Bresimar	5:23.36	382	
50m: 33.94 33.94	150m: 1:57.28 43.44	250m: 3:23.32 44.28	350m: 4:46.10 37.74		
100m: 1:13.84 39.90	200m: 2:39.04 41.76	300m: 4:08.36 45.04	400m: 5:23.36 37.26		