

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

Prova 36	Masc., 400m Livres				Absolutos
24/11/2024 - 15:55					Resultados
Rec Nacional Open	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nacional Sen	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nacional Jun18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26/06/2004
Rec Nacional Jun17	3:56.54	Rui Filipe, COSTA	VSC	Felgueiras	24/11/2007
Rec Nacional Juv A	3:58.45	Rui Silva, PEREIRA	ADRCIMM	Sines	17/12/2023
Rec Nacional Juv B	4:01.42	Rui Silva, PEREIRA	POR	Tomar	15/01/2023
Rec Regional Open	3:45.56	Tomas Miguel, VELOSO	CNAC		01/01/2019
Rec Regional Sen	3:45.56	Tomas Miguel, VELOSO	CNAC		01/01/2019
Rec Regional Jun18	3:56.55	Luis, SILVA	CNAC		01/01/2002
Rec Regional Jun17	3:58.76	Gustavo Pires, MARQUES	IND		01/01/2021
Rec Regional Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC		01/01/2019
Rec Regional Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC		01/01/2019

Pontos: AQUA 2024

Lugar	Ano				Tempo final	Pts
Juvenis B						
1.	Santiago Marques, PEREIRA		10	Columbofila Cantanhedense		4:33.55 467
	50m:	32.00 32.00	150m:	1:41.39 34.68	250m:	2:50.81 34.55
	100m:	1:06.71 34.71	200m:	2:16.26 34.87	300m:	3:25.44 34.63
					350m:	3:59.98 34.54
					400m:	4:33.55 33.57

Juvenis A						
1.	Joao Nuno, GASPAR		09	Condeixa Clube		4:30.56 482
	50m:	29.91 29.91	150m:	1:37.86 34.57	250m:	2:48.13 34.85
	100m:	1:03.29 33.38	200m:	2:13.28 35.42	300m:	3:23.03 34.90
					350m:	3:57.95 34.92
					400m:	4:30.56 32.61

Juniores						
1.	Duarte Cachulo, MARQUES		07	Condeixa Clube		4:08.31 624
	50m:	28.35 28.35	150m:	1:31.31 31.66	250m:	2:33.89 30.74
	100m:	59.65 31.30	200m:	2:03.15 31.84	300m:	3:05.23 31.34
					350m:	3:36.70 31.47
					400m:	4:08.31 31.61
2.	Rafael Pereira, RODRIGUES		08	Condeixa Clube		4:12.08 596
	50m:	29.35 29.35	150m:	1:32.42 31.87	250m:	2:35.82 31.70
	100m:	1:00.55 31.20	200m:	2:04.12 31.70	300m:	3:07.85 32.03
					350m:	3:40.32 32.47
					400m:	4:12.08 31.76
3.	Marco Dimitar, OLIVEIRA		07	Nautico Academico		4:23.03 525
	50m:	29.62 29.62	150m:	1:34.20 33.13	250m:	2:41.87 34.04
	100m:	1:01.07 31.45	200m:	2:07.83 33.63	300m:	3:15.83 33.96
					350m:	3:49.80 33.97
					400m:	4:23.03 33.23
4.	Guilherme Simoes, SOUSA		08	Nautico Academico		4:26.67 504
	50m:	29.42 29.42	150m:	1:34.59 32.87	250m:	2:42.78 34.29
	100m:	1:01.72 32.30	200m:	2:08.49 33.90	300m:	3:17.81 35.03
					350m:	3:53.19 35.38
					400m:	4:26.67 33.48
5.	Joaquim Antonio, CUNHA		08	Nautico Academico		4:31.67 476
	50m:	31.58 31.58	150m:	1:40.47 34.83	250m:	2:49.33 33.95
	100m:	1:05.64 34.06	200m:	2:15.38 34.91	300m:	3:23.40 34.07
					350m:	3:57.66 34.26
					400m:	4:31.67 34.01
6.	Samuel Dinis, MAIA		08	Miranda do Corvo		4:33.31 468
	50m:	29.95 29.95	150m:	1:37.12 34.28	250m:	2:47.50 35.27
	100m:	1:02.84 32.89	200m:	2:12.23 35.11	300m:	3:23.18 35.68
					350m:	3:58.77 35.59
					400m:	4:33.31 34.54

Seniores						
1.	Lucas Pereira, BASTOS		00	Nautico Academico		4:06.18 640
	50m:	28.64 28.64	150m:	1:31.28 31.50	250m:	2:33.59 30.66
	100m:	59.78 31.14	200m:	2:02.93 31.65	300m:	3:04.53 30.94
					350m:	3:35.37 30.84
					400m:	4:06.18 30.81
2.	Tomas Veiga, PEREIRA		06	Nautico Academico		4:25.12 513
	50m:	30.12 30.12	150m:	1:35.05 32.84	250m:	2:42.68 34.25
	100m:	1:02.21 32.09	200m:	2:08.43 33.38	300m:	3:17.13 34.45
					350m:	3:51.49 34.36
					400m:	4:25.12 33.63
3.	Antonio Pedro, MARTINS		05	Condeixa Clube		4:33.23 468
	50m:	32.95 32.95	150m:	1:43.17 35.11	250m:	2:52.27 34.60
	100m:	1:08.06 35.11	200m:	2:17.67 34.50	300m:	3:26.72 34.45
					350m:	4:00.91 34.19
					400m:	4:33.23 32.32