

Campeonato Regional Clubes 24
Ponta Delgada, 2- - 3-11-2024

Prova 10
02-11-2024 - 10:55

Masc., 400m Livres

Absolutos
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
1. Rodrigo Canedo, SANTOS	08	4:24.99	513
50m: 28.54 28.54	150m: 1:31.63 31.90	250m: 2:40.14 34.89	350m: 3:50.45 35.22
100m: 59.73 31.19	200m: 2:05.25 33.62	300m: 3:15.23 35.09	400m: 4:24.99 34.54
2. Martim Candido, TOSTE	06	4:33.02	469
50m: 28.50 28.50	150m: 1:34.58 34.08	250m: 2:45.18 35.44	350m: 3:57.42 36.33
100m: 1:00.50 32.00	200m: 2:09.74 35.16	300m: 3:21.09 35.91	400m: 4:33.02 35.60
3. Diogo Silveira, VIEIRA	01	4:40.53	433
50m: 30.93 30.93	150m: 1:40.08 35.23	250m: 2:52.85 36.70	350m: 4:05.19 36.07
100m: 1:04.85 33.92	200m: 2:16.15 36.07	300m: 3:29.12 36.27	400m: 4:40.53 35.34
4. Jorge Mare, MEDEIROS	08	4:43.09	421
50m: 30.12 30.12	150m: 1:38.43 34.63	250m: 2:52.35 37.68	350m: 4:07.05 37.13
100m: 1:03.80 33.68	200m: 2:14.67 36.24	300m: 3:29.92 37.57	400m: 4:43.09 36.04
5. Francisco Silva, PACHECO	04	4:58.72	358
50m: 32.41 32.41	150m: 1:44.73 36.85	250m: 3:02.02 38.90	350m: 4:20.30 38.75
100m: 1:07.88 35.47	200m: 2:23.12 38.39	300m: 3:41.55 39.53	400m: 4:58.72 38.42
6. Miguel Carreiro, SOUSA	08	5:02.25	346
50m: 30.79 30.79	150m: 1:44.83 38.07	250m: 3:03.61 39.47	350m: 4:23.36 40.20
100m: 1:06.76 35.97	200m: 2:24.14 39.31	300m: 3:43.16 39.55	400m: 5:02.25 38.89
7. Joao Correia, PIMENTEL	84	5:45.85	231
50m: 35.72 35.72	150m: 1:58.03 42.24	250m: 3:28.40 45.72	350m: 5:02.41 46.94
100m: 1:15.79 40.07	200m: 2:42.68 44.65	300m: 4:15.47 47.07	400m: 5:45.85 43.44
EXH Miguel Lima, PEREIRA	08	4:52.42	382
50m: 30.57 30.57	150m: 1:41.22 36.22	250m: 2:55.84 37.77	350m: 4:13.74 39.28
100m: 1:05.00 34.43	200m: 2:18.07 36.85	300m: 3:34.46 38.62	400m: 4:52.42 38.68
EXH Ivo Lopes, MONTEIRO	11	5:51.56	220
50m: 36.23 36.23	150m: 2:01.71 43.98	250m: 3:33.79 45.86	350m: 5:07.19 47.31
100m: 1:17.73 41.50	200m: 2:47.93 46.22	300m: 4:19.88 46.09	400m: 5:51.56 44.37