

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

Prova 29
03-11-2024 - 9:05

Masc., 400m Estilos

Absolutos
Resultados

Pontos: AQUA 2024

Lugar			Ano					Tempo final	Pts		
1.	Francisco Carvalho, SILVA		09	Naval Praia da Vitoria				5:05.79	452		
	50m:	33.43 33.43	150m:	1:50.04	39.23	250m:	3:11.93	42.65	350m:	4:31.32	34.77
	100m:	1:10.81 37.38	200m:	2:29.28	39.24	300m:	3:56.55	44.62	400m:	5:05.79	34.47
2.	Gil Amaral, MATOS		04	Núcleo Sporting				5:11.19	429		
	50m:	31.04 31.04	150m:	1:50.10	43.76	250m:	3:14.93	43.38	350m:	4:36.11	37.08
	100m:	1:06.34 35.30	200m:	2:31.55	41.45	300m:	3:59.03	44.10	400m:	5:11.19	35.08
3.	Jorge Mare, MEDEIROS		08	Bombeiros Ribeira Grande				5:20.38	393		
	50m:	32.53 32.53	150m:	1:53.77	40.72	250m:	3:19.27	46.50	350m:	4:44.50	37.36
	100m:	1:13.05 40.52	200m:	2:32.77	39.00	300m:	4:07.14	47.87	400m:	5:20.38	35.88
4.	Diogo Silveira, VIEIRA		01	Naval da Horta				5:21.98	387		
	50m:	33.97 33.97	150m:	1:56.67	43.80	250m:	3:25.09	46.21	350m:	4:47.99	35.50
	100m:	1:12.87 38.90	200m:	2:38.88	42.21	300m:	4:12.49	47.40	400m:	5:21.98	33.99
5.	Antonio Luis, REGO		09	Bombeiros de Ponta Delgada				5:32.84	351		
	50m:	34.06 34.06	150m:	1:55.20	41.45	250m:	3:25.73	49.39	350m:	4:54.88	39.27
	100m:	1:13.75 39.69	200m:	2:36.34	41.14	300m:	4:15.61	49.88	400m:	5:32.84	37.96
6.	Daniel Pacheco, SOARES		04	Clube Desportivo Escolar de Ag				5:45.60	313		
	50m:	33.99 33.99	150m:	1:56.80	43.66	250m:	3:31.67	51.70	350m:	5:06.53	42.89
	100m:	1:13.14 39.15	200m:	2:39.97	43.17	300m:	4:23.64	51.97	400m:	5:45.60	39.07
7.	Luis Carlos, MARICATO		85	Clube Naval de Ponta Delgada				6:39.00	203		
	50m:	37.53 37.53	150m:	2:12.92	49.92	250m:	3:59.82	56.98	350m:	5:49.36	51.48
	100m:	1:23.00 45.47	200m:	3:02.84	49.92	300m:	4:57.88	58.06	400m:	6:39.00	49.64