

Campeonato Regional de Juvenis, Juniores e Seniores
Braga, 22 - 24/11/2024

Prova 13	Masc., 400m Estilos				Absoluto
23/11/2024 - 9:40					Resultados
Rec. Reg. ANMinho Open	4:09.05	Jose Paulo Lopes	SCB	Glasgow (IRL)	05/12/2019
Rec. Reg. ANMinho Sen	4:09.05	Jose Paulo Lopes	SCB	Glasgow (IRL)	05/12/2019
Rec. Reg. ANMinho Jun 2	4:24.17	Jose Paulo Lopes	SCB	Águas Santas	13/01/2018
Rec. Reg. ANMinho Jun 1	4:29.42	Jose Paulo Lopes	SCB	Maia	14/01/2017
Rec. Reg. ANMinho Juv A	4:32.72	Jose Paulo Lopes	SCB	Ponte da Barca	01/07/2016
Rec. Reg. ANMinho Juv B	4:40.84	Jose Paulo Lopes	SCB	Ponte da Barca	03/07/2015
Rec. Reg. ANMinho Inf A	4:42.24	Hugo Miguel Neves	SCB	Ponte da Barca	01/07/2016
Rec. Reg. ANMinho Inf B	5:00.74	Hugo Miguel Neves	SCB	Ponte da Barca	03/07/2015

Pontos: AQUA 2024

Lugar	Ano				Tempo final	Pts
Juvenis B						
1.	Arseniy Vedkal	10	Braga		5:09.68	435
	50m: 33.25 33.25	200m: 2:29.12 1:17.06	400m: 5:09.68 1:09.43			
	100m: 1:12.06 38.81	300m: 4:00.25 1:31.13				
Juvenis A						
1.	Carlos Daniel Felgueiras	09	Viana Natacao		5:02.90	465
	50m: 32.07 32.07	200m: 2:24.06 1:15.51	400m: 5:02.90 1:08.57			
	100m: 1:08.55 36.48	300m: 3:54.33 1:30.27				
2.	Manuel Manso Goncalves	09	Escola Desportiva de Viana		5:22.09	387
	50m: 34.34 34.34	200m: 2:34.55 1:19.34	400m: 5:22.09 1:11.40			
	100m: 1:15.21 40.87	300m: 4:10.69 1:36.14				
Juniores						
1.	Eduardo Sousa Saragoca	07	Viana Natacao		4:52.45	517
	50m: 31.68 31.68	200m: 2:24.31 1:15.98	400m: 4:52.45 1:06.14			
	100m: 1:08.33 36.65	300m: 3:46.31 1:22.00				
2.	Filipe Manso Laranjo	07	Braga		4:54.20	508
	50m: 30.77 30.77	200m: 2:21.04 1:13.43	400m: 4:54.20 1:05.99			
	100m: 1:07.61 36.84	300m: 3:48.21 1:27.17				
3.	Afonso Miguel Nogueira	07	Braga		5:02.41	468
	50m: 31.35 31.35	200m: 2:24.22 1:16.50	400m: 5:02.41 1:09.72			
	100m: 1:07.72 36.37	300m: 3:52.69 1:28.47				
4.	Pedro Malhao Dias	08	Sporting Caminha		5:15.90	410
	50m: 31.50 31.50	200m: 2:32.94 1:25.48	400m: 5:15.90 1:10.22			
	100m: 1:07.46 35.96	300m: 4:05.68 1:32.74				
Seniores						
1.	Jose Paulo Lopes	00	Braga		4:28.54	668
	50m: 28.52 28.52	200m: 2:08.86 1:07.57	400m: 4:28.54 1:01.80			
	100m: 1:01.29 32.77	300m: 3:26.74 1:17.88				
2.	Joao Maria Sousa	05	Braga		4:40.00	589
	50m: 29.63 29.63	200m: 2:14.04 1:10.44	400m: 4:40.00 1:03.31			
	100m: 1:03.60 33.97	300m: 3:36.69 1:22.65				
3.	Diogo Alexandre Oliveira	05	Braga		4:51.79	521
	50m: 29.59 29.59	200m: 2:19.39 1:15.97	400m: 4:51.79 1:08.10			
	100m: 1:03.42 33.83	300m: 3:43.69 1:24.30				
EXH	Diogo Corte-Real Alpoim	11	Viana Natacao		5:29.50	361
	50m: 34.75 34.75	200m: 2:39.45 1:22.36	400m: 5:29.50 1:11.68			
	100m: 1:17.09 42.34	300m: 4:17.82 1:38.37				
EXH	Jose Pedro Martins	11	Viana Natacao		5:51.18	298
	50m: 38.89 38.89	200m: 2:55.74 1:28.31	400m: 5:51.18 1:16.10			
	100m: 1:27.43 48.54	300m: 4:35.08 1:39.34				