

Campeonatos Regionais PC_NP e NA
Tavira, 23 - 24/11/2024

Prova 15
23/11/2024 - 16:00

Masc., 400m Estilos

Absolutos
Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Mark, KHALADZY	10 Lagoa AC	5:23.12	383
50m: 34.08 34.08	150m: 1:57.53 42.79	250m: 3:22.66 44.44	350m: 4:46.60 38.55
100m: 1:14.74 40.66	200m: 2:38.22 40.69	300m: 4:08.05 45.39	400m: 5:23.12 36.52

Juvenis A

1. Rafael Alexandre, SILVA	09 Louletano / Loule Aqui e Agora	5:00.90	475
50m: 31.54 31.54	150m: 1:46.38 39.98	250m: 3:09.79 44.77	350m: 4:28.85 33.38
100m: 1:06.40 34.86	200m: 2:25.02 38.64	300m: 3:55.47 45.68	400m: 5:00.90 32.05
2. Diogo Filipe, CARDOSO	09 Natacao de Olhao	5:21.35	390
50m: 31.64 31.64	150m: 1:51.42 42.58	250m: 3:20.83 47.80	350m: 4:44.83 36.38
100m: 1:08.84 37.20	200m: 2:33.03 41.61	300m: 4:08.45 47.62	400m: 5:21.35 36.52

Juvenis

1. Rafael Alexandre, SILVA	09 Louletano / Loule Aqui e Agora	5:00.90	475
50m: 31.54 31.54	150m: 1:46.38 39.98	250m: 3:09.79 44.77	350m: 4:28.85 33.38
100m: 1:06.40 34.86	200m: 2:25.02 38.64	300m: 3:55.47 45.68	400m: 5:00.90 32.05
2. Diogo Filipe, CARDOSO	09 Natacao de Olhao	5:21.35	390
50m: 31.64 31.64	150m: 1:51.42 42.58	250m: 3:20.83 47.80	350m: 4:44.83 36.38
100m: 1:08.84 37.20	200m: 2:33.03 41.61	300m: 4:08.45 47.62	400m: 5:21.35 36.52
3. Mark, KHALADZY	10 Lagoa AC	5:23.12	383
50m: 34.08 34.08	150m: 1:57.53 42.79	250m: 3:22.66 44.44	350m: 4:46.60 38.55
100m: 1:14.74 40.66	200m: 2:38.22 40.69	300m: 4:08.05 45.39	400m: 5:23.12 36.52

Juniores

1. Martim Santos, CABRITA	08 Louletano / Loule Aqui e Agora	4:52.85	515
50m: 30.36 30.36	150m: 1:44.09 39.08	250m: 3:04.09 42.37	350m: 4:21.05 34.27
100m: 1:05.01 34.65	200m: 2:21.72 37.63	300m: 3:46.78 42.69	400m: 4:52.85 31.80
2. Nestor, KUNYK	08 Lagoa AC	5:04.75	457
50m: 31.62 31.62	150m: 1:50.82 41.83	250m: 3:13.33 41.38	350m: 4:30.55 34.69
100m: 1:08.99 37.37	200m: 2:31.95 41.13	300m: 3:55.86 42.53	400m: 5:04.75 34.20