

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

Prova 38 Masc., 400m Livres Absolutos
24/11/2024 - 16:00 Resultados

Pontos: AQUA 2024

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Goncalo Alexandre, RETRE	10	Naval de Faro	4:45.23 412
50m: 32.68 32.68	150m: 1:44.40	36.41 250m: 2:57.74	36.68 350m: 4:09.85 35.78
100m: 1:07.99 35.31	200m: 2:21.06	36.66 300m: 3:34.07	36.33 400m: 4:45.23 35.38
2. Rodrigo Ferreira, PLACIDO	10	Naval de Faro	4:56.28 367
50m: 33.32 33.32	150m: 1:47.28	37.26 250m: 3:03.53	38.03 350m: 4:19.53 38.12
100m: 1:10.02 36.70	200m: 2:25.50	38.22 300m: 3:41.41	37.88 400m: 4:56.28 36.75
3. José Pedro, MINHALMA	10	Nautico Guadiana	5:02.89 344
50m: 34.23 34.23	150m: 1:51.97	39.39 250m: 3:10.90	39.00 350m: 4:27.98 38.27
100m: 1:12.58 38.35	200m: 2:31.90	39.93 300m: 3:49.71	38.81 400m: 5:02.89 34.91
Juvenis A			
1. Rafael Alexandre, SILVA	09	Louletano / Loule Aqui e Agora	4:23.28 523
50m: 30.41 30.41	150m: 1:36.59	33.43 250m: 2:43.59	33.39 350m: 3:50.97 33.72
100m: 1:03.16 32.75	200m: 2:10.20	33.61 300m: 3:17.25	33.66 400m: 4:23.28 32.31
2. Tiago Afonso, COSTA	09	Louletano / Loule Aqui e Agora	4:38.47 442
50m: 30.89 30.89	150m: 1:41.00	35.55 250m: 2:52.07	35.24 350m: 4:04.30 36.07
100m: 1:05.45 34.56	200m: 2:16.83	35.83 300m: 3:28.23	36.16 400m: 4:38.47 34.17
3. Simao Charneca, SOARES	09	Natacao de Olhao	5:03.99 340
50m: 33.28 33.28	150m: 1:49.28	38.21 250m: 3:08.18	40.34 350m: 4:28.07 39.77
100m: 1:11.07 37.79	200m: 2:27.84	38.56 300m: 3:48.30	40.12 400m: 5:03.99 35.92
4. Owen Thomas, LABUTTA	09	Tavira Natacao	5:50.85 221
50m: 38.19 38.19	150m: 2:06.16	45.21 250m: 3:36.53	45.18 350m: 5:08.59 45.86
100m: 1:20.95 42.76	200m: 2:51.35	45.19 300m: 4:22.73	46.20 400m: 5:50.85 42.26
Juvenis			
1. Rafael Alexandre, SILVA	09	Louletano / Loule Aqui e Agora	4:23.28 523
50m: 30.41 30.41	150m: 1:36.59	33.43 250m: 2:43.59	33.39 350m: 3:50.97 33.72
100m: 1:03.16 32.75	200m: 2:10.20	33.61 300m: 3:17.25	33.66 400m: 4:23.28 32.31
2. Tiago Afonso, COSTA	09	Louletano / Loule Aqui e Agora	4:38.47 442
50m: 30.89 30.89	150m: 1:41.00	35.55 250m: 2:52.07	35.24 350m: 4:04.30 36.07
100m: 1:05.45 34.56	200m: 2:16.83	35.83 300m: 3:28.23	36.16 400m: 4:38.47 34.17
3. Goncalo Alexandre, RETRE	10	Naval de Faro	4:45.23 412
50m: 32.68 32.68	150m: 1:44.40	36.41 250m: 2:57.74	36.68 350m: 4:09.85 35.78
100m: 1:07.99 35.31	200m: 2:21.06	36.66 300m: 3:34.07	36.33 400m: 4:45.23 35.38
4. Rodrigo Ferreira, PLACIDO	10	Naval de Faro	4:56.28 367
50m: 33.32 33.32	150m: 1:47.28	37.26 250m: 3:03.53	38.03 350m: 4:19.53 38.12
100m: 1:10.02 36.70	200m: 2:25.50	38.22 300m: 3:41.41	37.88 400m: 4:56.28 36.75
5. José Pedro, MINHALMA	10	Nautico Guadiana	5:02.89 344
50m: 34.23 34.23	150m: 1:51.97	39.39 250m: 3:10.90	39.00 350m: 4:27.98 38.27
100m: 1:12.58 38.35	200m: 2:31.90	39.93 300m: 3:49.71	38.81 400m: 5:02.89 34.91
6. Simao Charneca, SOARES	09	Natacao de Olhao	5:03.99 340
50m: 33.28 33.28	150m: 1:49.28	38.21 250m: 3:08.18	40.34 350m: 4:28.07 39.77
100m: 1:11.07 37.79	200m: 2:27.84	38.56 300m: 3:48.30	40.12 400m: 5:03.99 35.92
7. Owen Thomas, LABUTTA	09	Tavira Natacao	5:50.85 221
50m: 38.19 38.19	150m: 2:06.16	45.21 250m: 3:36.53	45.18 350m: 5:08.59 45.86
100m: 1:20.95 42.76	200m: 2:51.35	45.19 300m: 4:22.73	46.20 400m: 5:50.85 42.26

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

Prova 38, Masc., 400m Livres

Juniores

1.	Miguel Lourenco, VELHINHO	07	Lagoa AC	4:17.73	558
	50m: 29.67 29.67	150m: 1:34.21	32.59 250m: 2:40.39	33.40 350m: 3:45.55	32.01
	100m: 1:01.62 31.95	200m: 2:06.99	32.78 300m: 3:13.54	33.15 400m: 4:17.73	32.18
2.	Martim Santos, CABRITA	08	Louletano / Loule Aqui e Agora	4:19.10	549
	50m: 29.81 29.81	150m: 1:35.25	33.10 250m: 2:41.33	32.98 350m: 3:47.44	33.01
	100m: 1:02.15 32.34	200m: 2:08.35	33.10 300m: 3:14.43	33.10 400m: 4:19.10	31.66
3.	Dario Cristiano, MARICI	07	Louletano / Loule Aqui e Agora	4:33.10	469
	50m: 32.30 32.30	150m: 1:41.97	35.01 250m: 2:51.39	34.05 350m: 4:01.58	34.85
	100m: 1:06.96 34.66	200m: 2:17.34	35.37 300m: 3:26.73	35.34 400m: 4:33.10	31.52
4.	David Luis, SEABRA	07	Nautico Guadiana	4:33.91	465
	50m: 31.04 31.04	150m: 1:40.23	34.96 250m: 2:51.59	35.84 350m: 4:01.52	34.99
	100m: 1:05.27 34.23	200m: 2:15.75	35.52 300m: 3:26.53	34.94 400m: 4:33.91	32.39
5.	Eugénio, PASECHKO	08	Natação de Lagos	4:39.04	440
	50m: 31.41 31.41	150m: 1:41.18	35.45 250m: 2:52.09	35.04 350m: 4:03.66	35.91
	100m: 1:05.73 34.32	200m: 2:17.05	35.87 300m: 3:27.75	35.66 400m: 4:39.04	35.38
6.	Diogo Jose, MATEUS	08	Lagoa AC	4:41.25	429
	50m: 30.20 30.20	150m: 1:38.68	34.93 250m: 2:50.66	36.45 350m: 4:04.88	37.01
	100m: 1:03.75 33.55	200m: 2:14.21	35.53 300m: 3:27.87	37.21 400m: 4:41.25	36.37
7.	Miguel Palma, MATOS	08	Louletano / Loule Aqui e Agora	4:50.55	389
	50m: 31.19 31.19	150m: 1:42.61	36.33 250m: 2:56.55	37.35 350m: 4:12.53	38.34
	100m: 1:06.28 35.09	200m: 2:19.20	36.59 300m: 3:34.19	37.64 400m: 4:50.55	38.02

Seniores

1.	Guilherme Salvador, CHAVECA	05	Portinado	4:32.64	471
	50m: 30.11 30.11	150m: 1:35.93	33.20 250m: 2:46.29	35.42 350m: 3:57.23	35.53
	100m: 1:02.73 32.62	200m: 2:10.87	34.94 300m: 3:21.70	35.41 400m: 4:32.64	35.41
2.	Jean Claude, VALENTIN	02	Nautico Guadiana	4:40.77	432
	50m: 31.20 31.20	150m: 1:41.38	35.42 250m: 2:52.54	35.71 350m: 4:05.42	36.25
	100m: 1:05.96 34.76	200m: 2:16.83	35.45 300m: 3:29.17	36.63 400m: 4:40.77	35.35
3.	Paulo Alexandre, SOUSA	72	Lagoa AC	5:16.30	302
	50m: 36.45 36.45	150m: 1:54.54	39.71 250m: 3:14.67	40.02 350m: 4:35.92	40.84
	100m: 1:14.83 38.38	200m: 2:34.65	40.11 300m: 3:55.08	40.41 400m: 5:16.30	40.38
4.	Ruslan, MAGIYEV	79	Lagoa AC	6:19.96	174
	50m: 40.68 40.68	150m: 2:15.71	48.73 250m: 3:54.05	48.99 350m: 5:32.46	48.85
	100m: 1:26.98 46.30	200m: 3:05.06	49.35 300m: 4:43.61	49.56 400m: 6:19.96	47.50