

Event 1

Boys, 400m Medley

Juvenis

11/01/2025 - 15:30

Results

Recorde Regional (25m) Open	4:43.54	Bruno Daniel Monteiro	GCVR	Vila Real	11/03/2012
Recorde Regional (25m) Juv A	4:51.57	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	13/07/2019
Recorde Regional (25m) Juv B	4:59.60	Francisco Lopes Afonso	GCVR	Santa Marta de Penaguião	07/07/2018

Points: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Joao Miguel Rocha	205562	09	CMN Peso da Regua	5:30.71	357
	50m: 34.61	34.61	150m: 2:37.56	250m: 4:14.03	350m: 5:30.71	
	100m: 1:13.68	39.07	200m: 2:37.56	300m: 4:14.03	400m: 5:30.71	

Event 1

Men, 400m Medley

Absolutos

11/01/2025 - 15:30

Results

Recorde Regional (25m) Open	4:43.54	Bruno Daniel Monteiro	GCVR	Vila Real	11/03/2012
Recorde Regional (25m) Sen	4:43.54	Bruno Daniel Monteiro	GCVR	Vila Real	11/03/2012
Recorde Regional (25m) 18	5:05.04	Jose Pedro Rocha	CMNPR	Vila Real	15/01/2022
Recorde Regional (25m) 17	4:58.26	Francisco Lopes Afonso	GCVR	Bragança	23/11/2019

Points: FINA 2023

Lugar	Nome	Licença	Ano	Clube	Tempo Final	PtsObs
1.	Jose Pedro Rocha	201748	04	CMN Peso da Regua	5:13.54	420
	50m: 31.69	31.69	150m: 2:30.59	250m: 3:50.26	350m: 5:13.54	
	100m: 1:08.86	37.17	200m: 2:30.59	300m: 3:50.26	400m: 5:13.54	