

Prova 13 Masc., 400m Livres 13 anos e mais velhos
15/03/2025 Resultados

Recordes Regionais Open	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recordes Regionais Sen.	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras	22/11/2002
Recordes Regionais Jun. 2	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros	21/12/2012
Recordes Regionais Jun. 1	4:05.34	Joao Duarte, SANTOS	CNOL	Silves	03/12/2011
Recordes Regionais Juv. A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes	04/03/2017
Recordes Regionais Juv. B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal	05/12/2015
Recordes Regionais Inf. A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recordes Regionais Inf. B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017

Pontos:

Lugar Nome do nadador Ano Classe Cod Exc Clube Tempo final IPC Pts

Juvenis B

1. Goncalo Alexandre, RETRE	10				Naval de Faro	4:41.85
50m: 32.55 32.55	150m: 1:44.07 35.91	250m: 2:56.20 35.97	350m: 4:07.45 35.78			
100m: 1:08.16 35.61	200m: 2:20.23 36.16	300m: 3:31.67 35.47	400m: 4:41.85 34.40			
2. Hugo Leitao, CONDON	10				Naval de Faro	4:46.11
50m: 32.61 32.61	150m: 1:44.29 35.87	250m: 2:56.91 36.59	350m: 4:10.28 37.16			
100m: 1:08.42 35.81	200m: 2:20.32 36.03	300m: 3:33.12 36.21	400m: 4:46.11 35.83			
3. Rodrigo Ferreira, PLACIDO	10				Naval de Faro	4:49.79
50m: 32.43 32.43	150m: 1:44.59 36.51	250m: 2:58.18 36.97	350m: 4:13.21 37.66			
100m: 1:08.08 35.65	200m: 2:21.21 36.62	300m: 3:35.55 37.37	400m: 4:49.79 36.58			
4. Jose Pedro, MINHALMA	10				N�utico do Guadiana	4:58.83
50m: 32.59 32.59	150m: 1:46.31 37.85	250m: 3:05.07 39.74	350m: 4:20.98 37.26			
100m: 1:08.46 35.87	200m: 2:25.33 39.02	300m: 3:43.72 38.65	400m: 4:58.83 37.85			

Juvenis A

1. Rafael Alexandre, SILVA	09				Louletano / Loule Aqui e Agora	4:22.34
50m: 29.42 29.42	150m: 1:34.07 32.86	250m: 2:41.43 33.88	350m: 3:49.24 33.90			
100m: 1:01.21 31.79	200m: 2:07.55 33.48	300m: 3:15.34 33.91	400m: 4:22.34 33.10			
2. Lourenco Estevao, MADEIRA	09				Tnc	5:57.31
50m: 38.32 38.32	150m: 2:07.23 44.85	250m: 3:40.26 46.34	350m: 5:13.80 46.85			
100m: 1:22.38 44.06	200m: 2:53.92 46.69	300m: 4:26.95 46.69	400m: 5:57.31 43.51			

Juniores

1. Miguel Lourenco, VELHINHO	07				Lagoa Academico Clube	4:06.54
50m: 28.05 28.05	150m: 1:29.79 31.20	250m: 2:32.13 31.15	350m: 3:35.53 32.02			
100m: 58.59 30.54	200m: 2:00.98 31.19	300m: 3:03.51 31.38	400m: 4:06.54 31.01			
2. Pablo Vallecillo, MARIN	07				Louletano / Loule Aqui e Agora	4:20.18
50m: 29.07 29.07	150m: 1:33.65 32.66	250m: 2:40.46 33.58	350m: 3:47.40 33.70			
100m: 1:00.99 31.92	200m: 2:06.88 33.23	300m: 3:13.70 33.24	400m: 4:20.18 32.78			
3. Samuel Gonzalez, GARCIA	07				Louletano / Loule Aqui e Agora	4:28.60
50m: 29.36 29.36	150m: 1:33.66 32.78	250m: 2:41.71 34.52	350m: 3:52.95 36.06			
100m: 1:00.88 31.52	200m: 2:07.19 33.53	300m: 3:16.89 35.18	400m: 4:28.60 35.65			
4. David Luis, SEABRA	07				N�utico do Guadiana	4:35.91
50m: 31.03 31.03	150m: 1:40.22 35.02	250m: 2:51.73 36.00	350m: 4:02.07 34.81			
100m: 1:05.20 34.17	200m: 2:15.73 35.51	300m: 3:27.26 35.53	400m: 4:35.91 33.84			
5. Diogo Jose, MATEUS	08				Lagoa Academico Clube	4:50.30
50m: 31.78 31.78	150m: 1:42.02 35.60	250m: 2:56.40 37.59	350m: 4:12.93 38.51			
100m: 1:06.42 34.64	200m: 2:18.81 36.79	300m: 3:34.42 38.02	400m: 4:50.30 37.37			

Prova 13, Masc., 400m Livres

Seniores

1. Guilherme Salvador, CHAVECA	05				Portinado	4:26.92					
50m:	29.38	29.38	150m:	1:34.91	33.05	250m:	2:43.08	34.32	350m:	3:52.68	34.80
100m:	1:01.86	32.48	200m:	2:08.76	33.85	300m:	3:17.88	34.80	400m:	4:26.92	34.24

Absoluto

1. Miguel Lourenco, VELHINHO	07				Lagoa Academico Clube	4:06.54					
50m:	28.05	28.05	150m:	1:29.79	31.20	250m:	2:32.13	31.15	350m:	3:35.53	32.02
100m:	58.59	30.54	200m:	2:00.98	31.19	300m:	3:03.51	31.38	400m:	4:06.54	31.01

2. Pablo Vallecillo, MARIN	07				Louletano / Loule Aqui e Agora	4:20.18					
50m:	29.07	29.07	150m:	1:33.65	32.66	250m:	2:40.46	33.58	350m:	3:47.40	33.70
100m:	1:00.99	31.92	200m:	2:06.88	33.23	300m:	3:13.70	33.24	400m:	4:20.18	32.78

3. Guilherme Salvador, CHAVECA	05				Portinado	4:26.92					
50m:	29.38	29.38	150m:	1:34.91	33.05	250m:	2:43.08	34.32	350m:	3:52.68	34.80
100m:	1:01.86	32.48	200m:	2:08.76	33.85	300m:	3:17.88	34.80	400m:	4:26.92	34.24

4. Samuel Gonzalez, GARCIA	07				Louletano / Loule Aqui e Agora	4:28.60					
50m:	29.36	29.36	150m:	1:33.66	32.78	250m:	2:41.71	34.52	350m:	3:52.95	36.06
100m:	1:00.88	31.52	200m:	2:07.19	33.53	300m:	3:16.89	35.18	400m:	4:28.60	35.65

5. David Luis, SEABRA	07				Náutico do Guadiana	4:35.91					
50m:	31.03	31.03	150m:	1:40.22	35.02	250m:	2:51.73	36.00	350m:	4:02.07	34.81
100m:	1:05.20	34.17	200m:	2:15.73	35.51	300m:	3:27.26	35.53	400m:	4:35.91	33.84

6. Diogo Jose, MATEUS	08				Lagoa Academico Clube	4:50.30					
50m:	31.78	31.78	150m:	1:42.02	35.60	250m:	2:56.40	37.59	350m:	4:12.93	38.51
100m:	1:06.42	34.64	200m:	2:18.81	36.79	300m:	3:34.42	38.02	400m:	4:50.30	37.37

EXH Bernardo Jose, DIONISIO	99				Gualdim Pais	4:28.35					
50m:	29.55	29.55	150m:	1:36.85	34.21	250m:	2:46.33	34.70	350m:	3:55.33	34.27
100m:	1:02.64	33.09	200m:	2:11.63	34.78	300m:	3:21.06	34.73	400m:	4:28.35	33.02