

Prova 37 Masc., 400m Estilos 13 anos e mais velhos
16/03/2025 Resultados

Recordes Regionais Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Sen.	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Jun. 2	4:33.99	Hugo Cascais, RODRIGUES	LDC	Tavira	19/11/2006
Recordes Regionais Jun. 1	4:32.43	Tiago Miguel, VILHENA	CNFA	Porto	08/12/2017
Recordes Regionais Juv. A	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02/12/2016
Recordes Regionais Juv. B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015
Recordes Regionais Inf. A	4:57.24	Tiago Miguel, VILHENA	CNFA	Silves	04/12/2015
Recordes Regionais Inf. B	5:21.08	Bernardo Antonio, ALVES	LDC	Sto António Cavaleiros	16/03/2012

Pontos: AQUA 2024

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

Juvenis B

1. Mark, KHALADZY	10	Lagoa Academico Clube	5:06.76	448
50m: 32.45 32.45	150m: 1:52.06 40.43	250m: 3:13.38 42.40	350m: 4:32.88 36.24	
100m: 1:11.63 39.18	200m: 2:30.98 38.92	300m: 3:56.64 43.26	400m: 5:06.76 33.88	

Juniores

1. Miguel Lourenco, VELHINHO	07	Lagoa Academico Clube	4:50.21	529
50m: 30.40 30.40	150m: 1:44.72 38.66	250m: 3:04.51 41.96	350m: 4:19.06 32.04	
100m: 1:06.06 35.66	200m: 2:22.55 37.83	300m: 3:47.02 42.51	400m: 4:50.21 31.15	
2. Nestor, KUNYK	08	Lagoa Academico Clube	5:06.53	449
50m: 31.24 31.24	150m: 1:51.45 41.99	250m: 3:14.26 42.02	350m: 4:32.62 35.66	
100m: 1:09.46 38.22	200m: 2:32.24 40.79	300m: 3:56.96 42.70	400m: 5:06.53 33.91	

Seniores

1. Miguel Salomao, TRISTAO	04	Portinado	4:41.31	581
50m: 28.93 28.93	150m: 1:37.98 35.46	250m: 2:54.97 41.28	350m: 4:09.02 32.77	
100m: 1:02.52 33.59	200m: 2:13.69 35.71	300m: 3:36.25 41.28	400m: 4:41.31 32.29	
2. Goncalo Gualberto, BARBARA	00	Lagoa Academico Clube	4:47.18	546
50m: 29.98 29.98	150m: 1:43.65 38.61	250m: 3:00.84 39.66	350m: 4:14.71 33.05	
100m: 1:05.04 35.06	200m: 2:21.18 37.53	300m: 3:41.66 40.82	400m: 4:47.18 32.47	

Absoluto

1. Miguel Salomao, TRISTAO	04	Portinado	4:41.31	581
50m: 28.93 28.93	150m: 1:37.98 35.46	250m: 2:54.97 41.28	350m: 4:09.02 32.77	
100m: 1:02.52 33.59	200m: 2:13.69 35.71	300m: 3:36.25 41.28	400m: 4:41.31 32.29	
2. Goncalo Gualberto, BARBARA	00	Lagoa Academico Clube	4:47.18	546
50m: 29.98 29.98	150m: 1:43.65 38.61	250m: 3:00.84 39.66	350m: 4:14.71 33.05	
100m: 1:05.04 35.06	200m: 2:21.18 37.53	300m: 3:41.66 40.82	400m: 4:47.18 32.47	
3. Miguel Lourenco, VELHINHO	07	Lagoa Academico Clube	4:50.21	529
50m: 30.40 30.40	150m: 1:44.72 38.66	250m: 3:04.51 41.96	350m: 4:19.06 32.04	
100m: 1:06.06 35.66	200m: 2:22.55 37.83	300m: 3:47.02 42.51	400m: 4:50.21 31.15	
4. Nestor, KUNYK	08	Lagoa Academico Clube	5:06.53	449
50m: 31.24 31.24	150m: 1:51.45 41.99	250m: 3:14.26 42.02	350m: 4:32.62 35.66	
100m: 1:09.46 38.22	200m: 2:32.24 40.79	300m: 3:56.96 42.70	400m: 5:06.53 33.91	