

Torneio Regional de Fundo_ Inf_Juv_Abs
Quarteira, 3 - 4/5/2025

Prova 9

04/05/2025 - 10:12

Masc.. 400m Estilos

Absoluto

Resultados

Recordes Regionais Open	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Abs	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

Pontos: AOQA 2024

Lugar	Ano								Tempo final		Pts
1. Andriy, FEDOROV	08 FC Ferreiras/AlgarExperience								4:52.95		514
50m:	30.06	30.06	150m:	1:42.76	38.43	250m:	3:01.48	41.91	350m:	4:18.54	34.43
100m:	1:04.33	34.27	200m:	2:19.57	36.81	300m:	3:44.11	42.63	400m:	4:52.95	34.41
2. Miguel Lourenco, VELHINHO	07 Lagoa AC								4:55.25		503
50m:	30.68	30.68	150m:	1:44.28	39.54	250m:	3:06.27	42.90	350m:	4:23.23	32.70
100m:	1:04.74	34.06	200m:	2:23.37	39.09	300m:	3:50.53	44.26	400m:	4:55.25	32.02
3. Iago Valentim, FALEIRO	06 Lagoa AC								4:57.23		493
50m:	29.29	29.29	150m:	1:42.78	38.93	250m:	3:03.60	41.71	350m:	4:22.57	35.24
100m:	1:03.85	34.56	200m:	2:21.89	39.11	300m:	3:47.33	43.73	400m:	4:57.23	34.66
4. Nestor, KUNYK	08 Lagoa AC								5:08.90		439
50m:	31.75	31.75	150m:	1:50.61	41.40	250m:	3:14.27	43.01	350m:	4:34.27	36.47
100m:	1:09.21	37.46	200m:	2:31.26	40.65	300m:	3:57.80	43.53	400m:	5:08.90	34.63
5. Vitor, KUNYK	05 Lagoa AC								5:14.13		417
50m:	32.21	32.21	150m:	1:55.43	44.48	250m:	3:21.26	41.76	350m:	4:40.08	36.52
100m:	1:10.95	38.74	200m:	2:39.50	44.07	300m:	4:03.56	42.30	400m:	5:14.13	34.05
6. Dario, ENGELEN	03 RIA Aqua Tavira								5:14.96		414
50m:	31.80	31.80	150m:	1:52.90	42.99	250m:	3:17.29	41.90	350m:	4:39.42	38.69
100m:	1:09.91	38.11	200m:	2:35.39	42.49	300m:	4:00.73	43.44	400m:	5:14.96	35.54
7. Santiago Ganso, PERDIGAO	08 Lagoa AC								5:17.56		404
50m:	31.91	31.91	150m:	1:49.65	39.48	250m:	3:18.61	50.57	350m:	4:43.15	35.19
100m:	1:10.17	38.26	200m:	2:28.04	38.39	300m:	4:07.96	49.35	400m:	5:17.56	34.41
8. Pedro Afonso, SIMAO	07 FC Ferreiras/AlgarExperience								5:25.39		375
50m:	31.50	31.50	150m:	1:47.19	39.23	250m:	3:18.50	52.01	350m:	4:48.22	37.98
100m:	1:07.96	36.46	200m:	2:26.49	39.30	300m:	4:10.24	51.74	400m:	5:25.39	37.17