

Campeonato Regional Clubes25  
Ponta Delgada, 8 - 9/11/2025

Prova 10  
08/11/2025 - 10:45

Masc., 400m Livres

Absolutos  
Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts		
1.	SANTOS, Rodrigo Canedo		08	Bombeiros de Ponta Delgada				<b>4:21.66</b>			
	50m:	28.92 28.92	150m:	1:32.65	32.21	250m:	2:38.98	33.41	350m:	3:47.68	34.53
	100m:	1:00.44 31.52	200m:	2:05.57	32.92	300m:	3:13.15	34.17	400m:	4:21.66	33.98
2.	PRAZERES, Joao Filipe		08	Naval Praia da Vitoria				<b>4:23.79</b>			
	50m:	29.12 29.12	150m:	1:33.96	33.21	250m:	2:41.85	34.31	350m:	3:50.37	34.14
	100m:	1:00.75 31.63	200m:	2:07.54	33.58	300m:	3:16.23	34.38	400m:	4:23.79	33.42
3.	FERREIRA, Ricardo Regufe		80	Clube Naval de Ponta Delgada				<b>4:32.55</b>			
	50m:	30.69 30.69	150m:	1:38.15	34.18	250m:	2:47.78	35.10	350m:	3:58.21	35.19
	100m:	1:03.97 33.28	200m:	2:12.68	34.53	300m:	3:23.02	35.24	400m:	4:32.55	34.34
4.	VIEIRA, Diogo Silveira		01	Naval da Horta				<b>4:36.44</b>			
	50m:	31.28 31.28	150m:	1:39.70	34.74	250m:	2:50.80	35.83	350m:	4:01.96	35.47
	100m:	1:04.96 33.68	200m:	2:14.97	35.27	300m:	3:26.49	35.69	400m:	4:36.44	34.48
5.	SOARES, Daniel Pacheco		04	Clube Desportivo Escolar de Ag				<b>5:04.44</b>			
	50m:	33.87 33.87	150m:	1:49.26	38.24	250m:	3:06.35	38.54	350m:	4:25.29	39.61
	100m:	1:11.02 37.15	200m:	2:27.81	38.55	300m:	3:45.68	39.33	400m:	5:04.44	39.15
6.	SPINOLA, David Sousa		11	Núcleo Sporting				<b>5:08.40</b>			
	50m:	31.74 31.74	150m:	1:48.64	40.08	250m:	3:09.59	40.77	350m:	4:30.15	40.57
	100m:	1:08.56 36.82	200m:	2:28.82	40.18	300m:	3:49.58	39.99	400m:	5:08.40	38.25