

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

Prova 29
09/11/2025 - 9:35

Masc., 400m Estilos

Absolutos
Resultados

Pontos: AQUA 2025

Lugar			Ano					Tempo final	Pts
1.	VICENTE, Miguel Chagas		09	Bombeiros de Ponta Delgada				4:56.76	
	50m:	31.06 31.06	150m:	1:43.29	35.77	250m:	3:03.69	44.99	33.64
	100m:	1:07.52 36.46	200m:	2:18.70	35.41	300m:	3:50.41	46.72	32.71
2.	SILVA, Francisco Carvalho		09	Naval Praia da Vitoria				5:05.72	
	50m:	31.76 31.76	150m:	1:50.60	41.14	250m:	3:13.98	43.41	33.83
	100m:	1:09.46 37.70	200m:	2:30.57	39.97	300m:	3:57.60	43.62	34.29
3.	MEDEIROS, Jorge Mare		08	Clube Naval de Ponta Delgada				5:08.04	
	50m:	31.66 31.66	150m:	1:50.36	40.28	250m:	3:12.74	43.96	35.91
	100m:	1:10.08 38.42	200m:	2:28.78	38.42	300m:	3:58.10	45.36	34.03
4.	VIEIRA, Diogo Silveira		01	Naval da Horta				5:18.89	
	50m:	33.62 33.62	150m:	1:55.14	43.69	250m:	3:23.38	46.48	35.30
	100m:	1:11.45 37.83	200m:	2:36.90	41.76	300m:	4:10.91	47.53	32.68
5.	CABRAL, Santiago Nicolau		10	Clube Desportivo Escolar de Ag				5:20.28	
	50m:	33.29 33.29	150m:	1:57.36	44.20	250m:	3:25.53	45.76	35.97
	100m:	1:13.16 39.87	200m:	2:39.77	42.41	300m:	4:10.83	45.30	33.48
6.	EVANGELHO, David Pereira		10	Núcleo Sporting				5:51.72	
	50m:	37.37 37.37	150m:	2:05.59	45.83	250m:	3:40.78	50.52	40.40
	100m:	1:19.76 42.39	200m:	2:50.26	44.67	300m:	4:31.99	51.21	39.33