

Campeonatos Regionais de Inverno
Albufeira, 14- - 15-3-2015

Prova 4 Masc., 400m Estilos Absolutos
14-03-2015 - 9:20 Resultados

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Joao Aragao Barra	00	Portinado	5:11.30 432
50m: 30.28 30.28 150m: 1:44.98 39.02 250m: 3:10.14 45.31 350m: 4:36.39 37.59			
100m: 1:05.96 35.68 200m: 2:24.83 39.85 300m: 3:58.80 48.66 400m: 5:11.30 34.91			
2. Miguel Duarte Pereira	00	Natação de Olhão	5:18.20 405
50m: 31.79 31.79 150m: 1:51.38 43.38 250m: 3:20.74 46.41 350m: 4:43.54 36.47			
100m: 1:08.00 36.21 200m: 2:34.33 42.95 300m: 4:07.07 46.33 400m: 5:18.20 34.66			
3. Goncalo Gualberto Barbara	00	Portinado	5:18.88 402
50m: 33.09 33.09 150m: 1:55.88 43.78 250m: 3:20.04 42.27 350m: 4:43.11 37.98			
100m: 1:12.10 39.01 200m: 2:37.77 41.89 300m: 4:05.13 45.09 400m: 5:18.88 35.77			
4. Diogo Andre Ribeiro	00	Tavira Natação	5:22.08 390
50m: 30.91 30.91 150m: 250m: 350m:			
100m: 1:08.56 37.65 200m: 2:32.58 300m: 4:08.07 400m: 5:22.08			
DSQ Ricardo Jorge Carmo	00	Natação de Faro	
<i>O atleta não fez movimento continuo na viragem dos 150m.</i>			
50m: 150m: 250m: 350m:			
100m: 200m: 300m: 400m:			

Juvenis A

1. Eduardo Cardoso Lopes	99	Louletano / Loule Concelho	4:57.02 498
50m: 30.46 30.46 150m: 1:44.40 37.82 250m: 3:04.74 43.55 350m: 4:23.97 33.95			
100m: 1:06.58 36.12 200m: 2:21.19 36.79 300m: 3:50.02 45.28 400m: 4:57.02 33.05			

Absoluto

1. Nathan Keith Theodoris	95	Louletano / Loule Concelho	4:48.34 544
50m: 30.93 30.93 150m: 1:41.94 36.61 250m: 2:57.97 41.72 350m: 4:15.17 34.25			
100m: 1:05.33 34.40 200m: 2:16.25 34.31 300m: 3:40.92 42.95 400m: 4:48.34 33.17			
2. Ricardo Marreiros	97	Individual do Algarve	5:03.29 468
50m: 31.04 31.04 150m: 1:46.54 38.20 250m: 3:08.59 44.29 350m: 4:27.60 34.45			
100m: 1:08.34 37.30 200m: 2:24.30 37.76 300m: 3:53.15 44.56 400m: 5:03.29 35.69			
3. Bernardo Gameiro Agapito	98	FC Ferreiras	5:07.79 447
50m: 31.00 31.00 150m: 1:44.86 38.05 250m: 3:08.86 46.27 350m: 4:32.19 36.21			
100m: 1:06.81 35.81 200m: 2:22.59 37.73 300m: 3:55.98 47.12 400m: 5:07.79 35.60			

DSQ Mateus Roque Mendes	96	Natação de Faro	
<i>O atleta não fez movimento continuo na viragem dos 175m.</i>			
50m: 150m: 250m: 350m:			
100m: 200m: 300m: 400m:			

EXH Duarte Nunes Sequeira	02	Natacao de Lagos	5:41.08 329
50m: 36.45 36.45 150m: 2:03.17 44.05 250m: 3:34.37 49.61 350m: 5:05.25 39.02			
100m: 1:19.12 42.67 200m: 2:44.76 41.59 300m: 4:26.23 51.86 400m: 5:41.08 35.83			

EXH Tomas Miguel Valente	01	Natação de Olhão	5:46.05 315
50m: 36.54 36.54 150m: 2:04.19 42.92 250m: 3:38.95 52.61 350m: 5:08.13 38.23			
100m: 1:21.27 44.73 200m: 2:46.34 42.15 300m: 4:29.90 50.95 400m: 5:46.05 37.92			