

Prova 2	Masc., 400m Estilos				Absoluto
18-03-2017 - 9:45					Resultados
REC. REG. Absoluto	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21-12-2008
REC. REG. Inf. B	5:11.47	Bernardo Antonio, ALVES	LDC	Faro	09-12-2012
REC. REG. Inf. A	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04-12-2015
REC. REG. Juv. B	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02-12-2016
REC. REG. Juv. A	4:40.33	Hugo Cascais, RODRIGUES	LDC	Tomar	09-12-2005
REC. REG. Jun. 1	4:33.99	Hugo Cascais, RODRIGUES	LDC	Tavira	19-11-2006
REC. REG. Jun. 2	4:42.40	Hugo Cascais, RODRIGUES	LDC	Tavira	09-03-2007
REC. REG. Sen	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21-12-2008

Pontos:

Lugar	Ano								Tempo final		Pts	
Infantis B												
1.	Jose Figueira, RODEIA			04	Natação de Faro					5:44.97		
	50m:	35.37	35.37	150m:	2:05.42	46.16	250m:	3:37.65	48.17	350m:	5:07.83	39.02
	100m:	1:19.26	43.89	200m:	2:49.48	44.06	300m:	4:28.81	51.16	400m:	5:44.97	37.14
2.	Afonso Miguel, SILVA			04	Natação de Faro					6:47.80		
	50m:	43.08	43.08	150m:	2:31.85	55.03	250m:	4:19.60	56.29	350m:	6:03.34	45.22
	100m:	1:36.82	53.74	200m:	3:23.31	51.46	300m:	5:18.12	58.52	400m:	6:47.80	44.46

Infantis A

1. Joao Martins, CRISTINA	03	Louletano / Loule Concelho	5:16.68		
50m: 32.79 32.79	150m: 1:52.83	41.65 250m: 3:18.53	44.54 350m: 4:42.60	39.06	
100m: 1:11.18 38.39	200m: 2:33.99	41.16 300m: 4:03.54	45.01 400m: 5:16.68	34.08	
EXH Duarte Nunes, SEQUEIRA	02	Natacao de Lagos	5:07.46		
50m: 31.02 31.02	150m: 1:46.95	39.86 250m: 3:11.71	46.21 350m: 4:34.49	35.58	
100m: 1:07.09 36.07	200m: 2:25.50	38.55 300m: 3:58.91	47.20 400m: 5:07.46	32.97	
EXH João Pereira, HERMÍNIO	02	Colegio Bernardette Romeira	6:12.22		
50m: 38.92 38.92	150m: 2:14.98	47.59 250m: 3:53.80	53.00 350m: 5:30.73	43.08	
100m: 1:27.39 48.47	200m: 3:00.80	45.82 300m: 4:47.65	53.85 400m: 6:12.22	41.49	