

3º Trofeu de Natacao de Lagoa
Lagoa, 28- - 29-10-2017

Prova 10
28-10-2017 - 12:40

Masc., 400m Estilos

Absolutos
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Gustavo Calapez, GANHAO	03 Portinado	5:48.13	309
50m: 35.82 35.82	150m: 2:07.51 46.70	250m: 3:37.95 46.03	350m: 5:08.15 43.26
100m: 1:20.81 44.99	200m: 2:51.92 44.41	300m: 4:24.89 46.94	400m: 5:48.13 39.98
Juvenis A			
1. Joao Fernandes, FARINHA	02 Lagoa ac	5:26.08	376
50m: 33.31 33.31	150m: 1:54.57 40.55	250m: 3:21.33 46.27	350m: 4:48.03 39.22
100m: 1:14.02 40.71	200m: 2:35.06 40.49	300m: 4:08.81 47.48	400m: 5:26.08 38.05
2. Francisco Martins, CHAVEIRO	02 Portinado	5:32.95	353
50m: 36.12 36.12	150m: 2:00.96 41.99	250m: 3:28.66 47.25	350m: 4:55.88 41.15
100m: 1:18.97 42.85	200m: 2:41.41 40.45	300m: 4:14.73 46.07	400m: 5:32.95 37.07
Absoluto			
1. Andre Serro, JOAQUIM	00 Portinado	4:48.74	542
50m: 31.17 31.17	150m: 1:42.49 36.57	250m: 3:01.68 42.06	350m: 4:18.71 33.91
100m: 1:05.92 34.75	200m: 2:19.62 37.13	300m: 3:44.80 43.12	400m: 4:48.74 30.03
2. Goncalo Gualberto, BARBARA	00 Rio Maior	4:59.97	483
50m: 31.25 31.25	150m: 1:48.40 40.82	250m: 3:09.18 41.01	350m: 4:26.34 33.64
100m: 1:07.58 36.33	200m: 2:28.17 39.77	300m: 3:52.70 43.52	400m: 4:59.97 33.63
3. Jaime Aguas, RAIMUNDO	01 Portinado	5:29.09	366
50m: 34.00 34.00	150m: 1:59.39 44.51	250m: 3:27.06 44.97	350m: 4:52.48 38.92
100m: 1:14.88 40.88	200m: 2:42.09 42.70	300m: 4:13.56 46.50	400m: 5:29.09 36.61
DSQ Tiago Miguel, VILHENA	01 Natação de Faro		
C32 - Não fez movimento contínuo na viragem aos, 175m			