

Prova 42 Masc., 400m Livres 13 anos e mais velhos  
26-11-2017 - 17:25 Resultados

Recorde Regional Absoluto	3:55.02	Miguel Martins, PIRES	POR	Felgueiras	22-11-2002
Recorde Regional Inf. B	4:37.22	Jose Miguel, RODEIA	POR	Sines	08-04-2017
Recorde Regional Inf. A	4:19.82	Joao Duarte, SANTOS	POR	Pinhal Novo	07-03-2009
Recorde Regional Juv. B	4:09.85	Tiago Miguel, VILHENA	POR	Setubal	05-12-2015
Recorde Regional Juv. A	4:10.23	Tiago Miguel, VILHENA	POR	Abrantes	04-03-2017
Recorde Regional Jun. 1	4:05.34	Joao Duarte, SANTOS	POR	Silves	03-12-2011
Recorde Regional Jun. 2	4:01.65	Joao Duarte, SANTOS	POR	S. Antonio Cavaleiros	21-12-2012
Recorde Regional Abs	3:55.02	Miguel Martins, PIRES	POR	Felgueiras	22-11-2002

Pontos: FINA 2017

Lugar	Ano	Tempo final	Pts
<b>Juvenis B</b>			
1. Pedro Pereira, CRUZ	03 Natacao de Olhao	<b>4:34.77</b>	
50m: 31.53 31.53	150m: 1:41.03 35.10	250m: 2:50.96 34.73	350m: 4:01.44 35.05
100m: 1:05.93 34.40	200m: 2:16.23 35.20	300m: 3:26.39 35.43	400m: 4:34.77 33.33
2. Pedro Miguel, BOAVIDA	03 Natacao de Olhao	<b>4:39.87</b>	
50m: 31.68 31.68	150m: 1:43.03 36.10	250m: 2:54.22 35.76	350m: 4:06.11 36.06
100m: 1:06.93 35.25	200m: 2:18.46 35.43	300m: 3:30.05 35.83	400m: 4:39.87 33.76
3. Alexandre Afonso, COSTA	03 Louletano / Loule Concelho	<b>4:45.61</b>	
50m: 31.63 31.63	150m: 1:42.80 35.76	250m: 2:55.14 36.47	350m: 4:09.30 37.07
100m: 1:07.04 35.41	200m: 2:18.67 35.87	300m: 3:32.23 37.09	400m: 4:45.61 36.31
4. Martinus Almeida, BOOM	03 Natacao de Faro	<b>4:50.02</b>	
50m: 31.32 31.32	150m: 1:41.53 35.75	250m: 2:56.45 37.95	350m: 4:13.08 38.24
100m: 1:05.78 34.46	200m: 2:18.50 36.97	300m: 3:34.84 38.39	400m: 4:50.02 36.94

**Juvenis A**

1. Tomas Galvao, LOURENCO	02 Natacao de Olhao	<b>4:23.83</b>	
50m: 29.49 29.49	150m: 1:35.75 33.39	250m: 2:43.82 34.34	350m: 3:51.93 34.07
100m: 1:02.36 32.87	200m: 2:09.48 33.73	300m: 3:17.86 34.04	400m: 4:23.83 31.90
2. Diogo Martins, SANTOS	02 Portinado	<b>4:29.52</b>	
50m: 29.28 29.28	150m: 1:36.00 34.09	250m: 2:45.58 34.95	350m: 3:55.94 34.90
100m: 1:01.91 32.63	200m: 2:10.63 34.63	300m: 3:21.04 35.46	400m: 4:29.52 33.58
3. Ricardo Jorge, JOSE	02 Colegio Bernardette Romeira	<b>4:38.76</b>	
50m: 31.49 31.49	150m: 1:42.13 35.55	250m: 2:53.55 36.16	350m: 4:05.57 36.14
100m: 1:06.58 35.09	200m: 2:17.39 35.26	300m: 3:29.43 35.88	400m: 4:38.76 33.19
4. Rafael Matias, ALMEIDA	02 Portinado	<b>4:52.64</b>	
50m: 32.31 32.31	150m: 1:44.25 36.77	250m: 2:59.39 37.70	350m: 4:16.00 38.39
100m: 1:07.48 35.17	200m: 2:21.69 37.44	300m: 3:37.61 38.22	400m: 4:52.64 36.64
5. Joao Fernandes, FARINHA	02 Lagoa AC	<b>4:53.27</b>	
50m: 32.24 32.24	150m: 1:44.14 36.67	250m: 2:59.41 37.82	350m: 4:16.28 38.21
100m: 1:07.47 35.23	200m: 2:21.59 37.45	300m: 3:38.07 38.66	400m: 4:53.27 36.99
6. Ricardo Daniel, JOSE	02 Colegio Bernardette Romeira	<b>5:15.29</b>	
50m: 35.62 35.62	150m: 1:54.46 39.57	250m: 3:15.24 40.18	350m: 4:36.42 40.47
100m: 1:14.89 39.27	200m: 2:35.06 40.60	300m: 3:55.95 40.71	400m: 5:15.29 38.87

**Absoluto**

1. Tomas Alves, COSTA	00 Aquatico Silves	<b>4:20.65</b>	
50m: 29.76 29.76	150m: 1:35.25 33.37	250m: 2:43.29 34.15	350m: 3:49.25 33.11
100m: 1:01.88 32.12	200m: 2:09.14 33.89	300m: 3:16.14 32.85	400m: 4:20.65 31.40
2. Andre Serro, JOAQUIM	00 Portinado	<b>4:20.85</b>	
50m: 29.93 29.93	150m: 1:35.30 33.23	250m: 2:43.45 33.96	350m: 3:51.02 33.54
100m: 1:02.07 32.14	200m: 2:09.49 34.19	300m: 3:17.48 34.03	400m: 4:20.85 29.83

Prova 42, Masc., 400m Livres, Absoluto

Lugar									Ano									Tempo final	Pts
3.	Rodrigo Martins, GOMES								98	Louletano / Loule Concelho								<b>4:22.20</b>	
	50m:	29.41	29.41	150m:	1:34.99	33.54	250m:	2:43.43	34.29	350m:	3:51.12	33.60							
	100m:	1:01.45	32.04	200m:	2:09.14	34.15	300m:	3:17.52	34.09	400m:	4:22.20	31.08							
4.	Claudio Alexandre, RODRIGUES								00	Louletano / Loule Concelho								<b>4:27.74</b>	
	50m:	30.54	30.54	150m:	1:36.85	33.39	250m:	2:44.65	34.04	350m:	3:53.53	34.58							
	100m:	1:03.46	32.92	200m:	2:10.61	33.76	300m:	3:18.95	34.30	400m:	4:27.74	34.21							
5.	Levi, NASCIMENTO								99	O2 Portim�o								<b>6:05.42</b>	
	50m:	38.77	38.77	150m:	2:09.68	46.75	250m:	3:42.99	47.65	350m:	5:17.42	48.07							
	100m:	1:22.93	44.16	200m:	2:55.34	45.66	300m:	4:29.35	46.36	400m:	6:05.42	48.00							