

Campeonato Regional de Inverno  
Quarteira , 3- - 4-3-2018

Prova 40 04-03-2018 - 17:20	Masc., 400m Livres				Absolutos 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 Sen	3:55.02	Miguel Martins, PIRES	POR	Felgueiras	22-11-2002

Pontos: FINA 2017

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
DNS	Tiago Miguel, VICENTE	04			Aquatico Silves		DNS

Juvenis A

1.	Hugo Miguel, VIEGAS	02			Natacao de Olhao	<b>4:18.02</b>	556
	50m: 29.42 29.42	150m: 1:34.66	32.84	250m: 2:40.20	33.02	350m: 3:46.32	33.00
	100m: 1:01.82 32.40	200m: 2:07.18	32.52	300m: 3:13.32	33.12	400m: 4:18.02	31.70
2.	Tomas Galvao, LOURENCO	02			Natacao de Olhao	<b>4:18.63</b>	552
	50m: 29.89 29.89	150m: 1:35.34	33.16	250m: 2:41.29	32.89	350m: 3:47.64	33.12
	100m: 1:02.18 32.29	200m: 2:08.40	33.06	300m: 3:14.52	33.23	400m: 4:18.63	30.99
3.	Ricardo Jorge, JOSE	02			Colegio Bernardette Romeira	<b>4:35.53</b>	457
	50m: 32.07 32.07	150m: 1:41.25	34.78	250m: 2:50.97	34.77	350m: 4:01.09	35.10
	100m: 1:06.47 34.40	200m: 2:16.20	34.95	300m: 3:25.99	35.02	400m: 4:35.53	34.44
4.	Diogo Martins, SANTOS	02			Portinado	<b>4:36.35</b>	453
	50m: 30.06 30.06	150m: 1:37.76	34.66	250m: 2:48.66	35.89	350m: 4:00.63	35.78
	100m: 1:03.10 33.04	200m: 2:12.77	35.01	300m: 3:24.85	36.19	400m: 4:36.35	35.72
5.	Alexandre Joao, JURCA	02			Tavira Natacao	<b>4:52.18</b>	383
	50m: 32.93 32.93	150m: 1:46.27	36.90	250m: 3:01.06	37.51	350m: 4:15.95	37.54
	100m: 1:09.37 36.44	200m: 2:23.55	37.28	300m: 3:38.41	37.35	400m: 4:52.18	36.23
6.	Nuno Pascoa, RIBEIRO	02			Tavira Natacao	<b>4:52.81</b>	380
	50m: 33.00 33.00	150m: 1:45.15	36.27	250m: 2:59.14	37.61	350m: 4:15.68	38.47
	100m: 1:08.88 35.88	200m: 2:21.53	36.38	300m: 3:37.21	38.07	400m: 4:52.81	37.13

Juvenis B

1.	Pedro Pereira, CRUZ	03			Natacao de Olhao	<b>4:31.76</b>	476
	50m: 31.35 31.35	150m: 1:38.62	33.88	250m: 2:48.29	35.08	350m: 3:57.91	34.48
	100m: 1:04.74 33.39	200m: 2:13.21	34.59	300m: 3:23.43	35.14	400m: 4:31.76	33.85
2.	Pedro Miguel, BOAVIDA	03			Natacao de Olhao	<b>4:32.37</b>	473
	50m: 29.50 29.50	150m: 1:36.78	34.46	250m: 2:46.86	35.10	350m: 3:58.01	35.37
	100m: 1:02.32 32.82	200m: 2:11.76	34.98	300m: 3:22.64	35.78	400m: 4:32.37	34.36
3.	Alexandre Afonso, COSTA	03			Louletano / Loule Concelho	<b>4:45.48</b>	410
	50m: 30.62 30.62	150m: 1:39.89	35.18	250m: 2:53.30	37.20	350m: 4:09.00	38.00
	100m: 1:04.71 34.09	200m: 2:16.10	36.21	300m: 3:31.00	37.70	400m: 4:45.48	36.48
4.	Gustavo Calapez, GANHAO	03			Portinado	<b>5:14.16</b>	308
	50m: 32.27 32.27	150m: 1:48.24	39.39	250m: 3:10.56	42.03	350m: 4:33.99	41.29
	100m: 1:08.85 36.58	200m: 2:28.53	40.29	300m: 3:52.70	42.14	400m: 5:14.16	40.17

Juniores

1.	Tomas Alves, COSTA	00			Aquatico Silves	<b>4:17.71</b>	558
	50m: 28.21 28.21	150m: 1:31.89	32.56	250m: 2:39.16	33.14	350m: 3:46.55	33.55
	100m: 59.33 31.12	200m: 2:06.02	34.13	300m: 3:13.00	33.84	400m: 4:17.71	31.16
2.	Goncalo Duarte, SANTOS	00			Natação de Faro	<b>4:23.17</b>	524
	50m: 28.50 28.50	150m: 1:33.46	33.19	250m: 2:40.99	34.14	350m: 3:50.10	34.29
	100m: 1:00.27 31.77	200m: 2:06.85	33.39	300m: 3:15.81	34.82	400m: 4:23.17	33.07

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Prova 40, Masc., 400m Livres, Juniores

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
3.	Alexandre Teixeira, MARCOS00				Louletano / Loule Concelho	<b>4:27.48</b>	499
	50m: 29.11 29.11	150m: 1:33.85	33.15	250m: 2:09.96	2.49	350m: 3:53.25	1:11.02
	100m: 1:00.70 31.59	200m: 2:07.47	33.62	300m: 2:42.23	32.27	400m: 4:27.48	34.23
4.	Miguel Duarte, PEREIRA 00				Natacao de Olhao	<b>4:30.42</b>	483
	50m: 31.17 31.17	150m: 1:39.98	34.70	250m: 2:49.86	34.70	350m: 3:58.24	33.40
	100m: 1:05.28 34.11	200m: 2:15.16	35.18	300m: 3:24.84	34.98	400m: 4:30.42	32.18
5.	Diogo Miguel, VALADARES 01				Tavira Natacao	<b>4:32.07</b>	474
	50m: 30.53 30.53	150m: 1:38.60	34.88	250m: 2:48.93	35.18	350m: 3:58.46	34.82
	100m: 1:03.72 33.19	200m: 2:13.75	35.15	300m: 3:23.64	34.71	400m: 4:32.07	33.61

Seniores

1.	Joao Duarte, SANTOS 95				Natacao de Olhao	<b>4:03.49</b>	662
	50m: 27.30 27.30	150m: 1:28.55	30.91	250m: 2:31.26	31.30	350m: 3:33.39	30.72
	100m: 57.64 30.34	200m: 1:59.96	31.41	300m: 3:02.67	31.41	400m: 4:03.49	30.10
2.	Ricardo Miguel, MATOS 91 S14				Louletano / Loule Concelho	<b>8:45.15</b>	66
	50m: 47.09 47.09	150m: 2:56.39	1:08.25	250m: 5:19.61	1:13.45	350m: 7:38.81	1:09.13
	100m: 1:48.14 1:01.05	200m: 4:06.16	1:09.77	300m: 6:29.68	1:10.07	400m: 8:45.15	1:06.34

Absoluto

1.	Joao Duarte, SANTOS 95				Natacao de Olhao	<b>4:03.49</b>	662
	50m: 27.30 27.30	150m: 1:28.55	30.91	250m: 2:31.26	31.30	350m: 3:33.39	30.72
	100m: 57.64 30.34	200m: 1:59.96	31.41	300m: 3:02.67	31.41	400m: 4:03.49	30.10
2.	Tomas Alves, COSTA 00				Aquatico Silves	<b>4:17.71</b>	558
	50m: 28.21 28.21	150m: 1:31.89	32.56	250m: 2:39.16	33.14	350m: 3:46.55	33.55
	100m: 59.33 31.12	200m: 2:06.02	34.13	300m: 3:13.00	33.84	400m: 4:17.71	31.16
3.	Goncalo Duarte, SANTOS 00				Natação de Faro	<b>4:23.17</b>	524
	50m: 28.50 28.50	150m: 1:33.46	33.19	250m: 2:40.99	34.14	350m: 3:50.10	34.29
	100m: 1:00.27 31.77	200m: 2:06.85	33.39	300m: 3:15.81	34.82	400m: 4:23.17	33.07
4.	Alexandre Teixeira, MARCOS00				Louletano / Loule Concelho	<b>4:27.48</b>	499
	50m: 29.11 29.11	150m: 1:33.85	33.15	250m: 2:09.96	2.49	350m: 3:53.25	1:11.02
	100m: 1:00.70 31.59	200m: 2:07.47	33.62	300m: 2:42.23	32.27	400m: 4:27.48	34.23
5.	Miguel Duarte, PEREIRA 00				Natacao de Olhao	<b>4:30.42</b>	483
	50m: 31.17 31.17	150m: 1:39.98	34.70	250m: 2:49.86	34.70	350m: 3:58.24	33.40
	100m: 1:05.28 34.11	200m: 2:15.16	35.18	300m: 3:24.84	34.98	400m: 4:30.42	32.18
6.	Diogo Miguel, VALADARES 01				Tavira Natacao	<b>4:32.07</b>	474
	50m: 30.53 30.53	150m: 1:38.60	34.88	250m: 2:48.93	35.18	350m: 3:58.46	34.82
	100m: 1:03.72 33.19	200m: 2:13.75	35.15	300m: 3:23.64	34.71	400m: 4:32.07	33.61
7.	Ricardo Miguel, MATOS 91 S14				Louletano / Loule Concelho	<b>8:45.15</b>	66
	50m: 47.09 47.09	150m: 2:56.39	1:08.25	250m: 5:19.61	1:13.45	350m: 7:38.81	1:09.13
	100m: 1:48.14 1:01.05	200m: 4:06.16	1:09.77	300m: 6:29.68	1:10.07	400m: 8:45.15	1:06.34

S14

1.	Ricardo Miguel, MATOS 91 S14				Louletano / Loule Concelho	<b>8:45.15</b>	66
	50m: 47.09 47.09	150m: 2:56.39	1:08.25	250m: 5:19.61	1:13.45	350m: 7:38.81	1:09.13
	100m: 1:48.14 1:01.05	200m: 4:06.16	1:09.77	300m: 6:29.68	1:10.07	400m: 8:45.15	1:06.34

EXH	Joao Nogueira, MENDES 02				Laranjeiro	<b>4:23.98</b>	519	EXH
	50m: 29.83 29.83	150m: 1:35.36	32.97	250m: 2:42.39	33.56	350m: 3:50.95	34.43	
	100m: 1:02.39 32.56	200m: 2:08.83	33.47	300m: 3:16.52	34.13	400m: 4:23.98	33.03	

EXH	Guilherme Sousa, GOMES 04				Aquatico Silves	<b>4:47.40</b>	402	EXH
	50m: 30.52 30.52	150m: 1:41.24	35.78	250m: 2:55.71	37.22	350m: 4:10.94	37.92	
	100m: 1:05.46 34.94	200m: 2:18.49	37.25	300m: 3:33.02	37.31	400m: 4:47.40	36.46	

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Prova 40, Masc., 400m Livres

Lugar	Nome do nadador	Ano	Classes	Cod Exc	Clube	Tempo final	Pts
EXH	Martim Rodrigues, AFONSO 04				Aquatico Silves	<b>5:11.71</b>	315 EXH
	50m: 33.71 33.71	150m: 1:51.48	39.44	250m: 3:11.96	40.19	350m: 4:32.59	40.49
	100m: 1:12.04 38.33	200m: 2:31.77	40.29	300m: 3:52.10	40.14	400m: 5:11.71	39.12
EXH	Salvador Vargas, VELOSA 05				Tavira Natacao	<b>6:02.20</b>	201 EXH
	50m: 39.02 39.02	150m: 2:11.70	46.89	250m: 3:45.51	47.11	350m: 5:19.04	46.45
	100m: 1:24.81 45.79	200m: 2:58.40	46.70	300m: 4:32.59	47.08	400m: 6:02.20	43.16