

Prova 35
25-11-2018 - 11:45

Masc., 400m Estilos

13 anos e mais velhos
Resultados

Recorde Regional Absoluto	4:22.94	Nuno Goncalo, QUINTANILHA	POR	Sines	21-12-2008
Recorde Regional Abs	4:22.94	Nuno Goncalo, QUINTANILHA	POR	Sines	21-12-2008
Recorde Regional Jun. 2	4:33.99	Hugo Cascais, RODRIGUES	POR	Tavira	19-11-2006
Recorde Regional Jun. 1	4:32.43	Tiago Miguel, VILHENA	POR	Porto	08-12-2017
Recorde Regional Juv. A	4:40.70	Tiago Miguel, VILHENA	POR	Guarda	02-12-2016
Recorde Regional Juv. B	4:40.24	Tiago Miguel, VILHENA	POR	Setubal	04-12-2015
Recorde Regional Inf. A	4:57.24	Tiago Miguel, VILHENA	POR	Silves	04-12-2015
Recorde Regional Inf. B	5:21.08	Bernardo Antonio, ALVES	POR	Sto António Cavaleiros	16-03-2012

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
-------	------	-----	------	-------	-------------	-------	----------	-----	-----

Juvenis A

1.	Pedro Miguel, BOAVIDA	03	126750	Natacao de Olhao	5:09.63		439		
	50m: 31.84 31.84			150m: 1:49.42 40.79	250m: 3:15.08 45.67		350m: 4:36.01 35.36		
	100m: 1:08.63 36.79			200m: 2:29.41 39.99	300m: 4:00.65 45.57		400m: 5:09.63 33.62		

Absoluto

1.	Andre Serro, JOAQUIM	00	121096	Portinado	4:49.90		536		
	50m: 31.86 31.86			150m: 1:46.30 38.06	250m: 3:06.22 42.03		350m: 4:19.46 29.98		
	100m: 1:08.24 36.38			200m: 2:24.19 37.89	300m: 3:49.48 43.26		400m: 4:49.90 30.44		
2.	Diogo Martins, SANTOS	02	126751	Portinado	5:01.99		474		
	50m: 30.98 30.98			150m: 1:47.29 39.76	250m: 3:10.90 44.25		350m: 4:28.73 34.28		
	100m: 1:07.53 36.55			200m: 2:26.65 39.36	300m: 3:54.45 43.55		400m: 5:01.99 33.26		
3.	Francisco Martins, CHAVEIRO	02	129457	Portinado	5:07.53		449		
	50m: 32.95 32.95			150m: 1:50.03 39.50	250m: 3:12.20 44.54		350m: 4:33.34 36.56		
	100m: 1:10.53 37.58			200m: 2:27.66 37.63	300m: 3:56.78 44.58		400m: 5:07.53 34.19		
4.	Cesar Goncalves, OLIVEIRA	00	123762	FC Ferreiras/AlgarExperience	5:08.63		444		
	50m: 32.51 32.51			150m: 1:50.45 39.78	250m: 3:13.16 43.59		350m: 4:33.90 36.07		
	100m: 1:10.67 38.16			200m: 2:29.57 39.12	300m: 3:57.83 44.67		400m: 5:08.63 34.73		