

Campeonatos Regionais de Inverno
Silves, 16 - 17/3/2019

Prova 33
17/03/2019

Masc., 400m Estilos

13 anos e mais velhos
Resultados

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
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Juvenis B

1.	Angelo Miranda, NASCIMENTO	04	153160	Natacao de Olhao	5:02.91		469		
	50m: 31.34 31.34	150m: 1:48.50 42.16	250m: 3:10.75 42.44	350m: 4:29.45 35.43					
	100m: 1:06.34 35.00	200m: 2:28.31 39.81	300m: 3:54.02 43.27	400m: 5:02.91 33.46					
2.	Martim Rodrigues, AFONSO	04	205149	Aquatico Silves	5:20.46		396		
	50m: 34.20 34.20	150m: 1:56.95 41.35	250m: 3:22.25 44.49	350m: 4:45.40 36.89					
	100m: 1:15.60 41.40	200m: 2:37.76 40.81	300m: 4:08.51 46.26	400m: 5:20.46 35.06					
3.	Miguel Salomao, TRISTAO	04	129885	Portinado	5:20.64		396		
	50m: 34.27 34.27	150m: 1:55.97 39.49	250m: 3:21.44 45.88	350m: 4:45.70 37.41					
	100m: 1:16.48 42.21	200m: 2:35.56 39.59	300m: 4:08.29 46.85	400m: 5:20.64 34.94					

Juvenis A

1.	Joao Pedro, CARRASCO	03	126780	Portinado	4:56.96		498		
	50m: 30.23 30.23	150m: 1:45.82 37.85	250m: 3:04.97 41.46	350m: 4:23.35 35.48					
	100m: 1:07.97 37.74	200m: 2:23.51 37.69	300m: 3:47.87 42.90	400m: 4:56.96 33.61					

Absoluto

1.	Andre Serro, JOAQUIM	00	121096	Portinado	4:38.58		604		
	50m: 29.30 29.30	150m: 1:39.16 35.95	250m: 2:55.81 40.81	350m: 4:07.49 31.19					
	100m: 1:03.21 33.91	200m: 2:15.00 35.84	300m: 3:36.30 40.49	400m: 4:38.58 31.09					
2.	Francisco Martins, CHAVEIRO	02	129457	Portinado	5:10.83		434		
	50m: 33.55 33.55	150m: 1:53.12 40.24	250m: 3:15.48 43.28	350m: 4:35.70 35.81					
	100m: 1:12.88 39.33	200m: 2:32.20 39.08	300m: 3:59.89 44.41	400m: 5:10.83 35.13					