

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

Prova 42 Masc., 400m Livres 13 anos e mais velhos
17/03/2019 Resultados

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

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Infantis B

DSQ Daniel Silva, ROQUE 06 144146 Nautico do Guadiana
403 - Falsa partida - SW 4.4

Juvenis B

1. Angelo Miranda, NASCIMENTO	04	153160	Natacao de Olhao	4:20.56	540
50m: 30.09 30.09	150m: 1:34.96 32.86	250m: 2:41.23 33.08	350m: 3:47.96 33.59		
100m: 1:02.10 32.01	200m: 2:08.15 33.19	300m: 3:14.37 33.14	400m: 4:20.56 32.60		
2. Jose Miguel, RODEIA	04	128116	Natção de Faro	4:30.37	483
50m: 29.80 29.80	150m: 1:34.90 32.88	250m: 2:42.35 33.77	350m: 3:54.18 36.41		
100m: 1:02.02 32.22	200m: 2:08.58 33.68	300m: 3:17.77 35.42	400m: 4:30.37 36.19		
3. Vladislav, GROSHEV	04	132754	FC Ferreiras/AlgarExperience	4:45.61	410
50m: 30.62 30.62	150m: 1:41.06 35.80	250m: 2:55.01 37.37	350m: 4:09.95 37.53		
100m: 1:05.26 34.64	200m: 2:17.64 36.58	300m: 3:32.42 37.41	400m: 4:45.61 35.66		
4. Diogo Xavier, SILVA	04	207274	Natacao de Olhao	4:48.79	397
50m: 32.95 32.95	150m: 1:45.31 36.82	250m: 3:00.46 38.04	350m: 4:14.22 36.94		
100m: 1:08.49 35.54	200m: 2:22.42 37.11	300m: 3:37.28 36.82	400m: 4:48.79 34.57		

Juvenis A

1. Jose Joao, ANTUNES	03	128673	FC Ferreiras/AlgarExperience	4:53.94	376
50m: 33.13 33.13	150m: 1:47.00 37.08	250m: 3:02.04 37.68	350m: 4:17.46 37.78		
100m: 1:09.92 36.79	200m: 2:24.36 37.36	300m: 3:39.68 37.64	400m: 4:53.94 36.48		

Absoluto

1. Hugo Miguel, VIEGAS	02	125185	Natacao de Olhao	4:16.93	563
50m: 29.76 29.76	150m: 1:34.22 32.76	250m: 2:39.08 31.53	350m: 3:44.94 33.17		
100m: 1:01.46 31.70	200m: 2:07.55 33.33	300m: 3:11.77 32.69	400m: 4:16.93 31.99		
2. Alexandre Teixeira, MARCOS	00	122679	Louletano / Loule Concelho	4:18.56	553
50m: 29.26 29.26	150m: 1:34.18 32.67	250m: 2:39.91 32.41	350m: 3:45.90 33.26		
100m: 1:01.51 32.25	200m: 2:07.50 33.32	300m: 3:12.64 32.73	400m: 4:18.56 32.66		
3. Cesar Goncalves, OLIVEIRA	00	123762	FC Ferreiras/AlgarExperience	4:29.93	486
50m: 29.62 29.62	150m: 1:36.53 33.95	250m: 2:45.44 34.56	350m: 3:55.64 35.56		
100m: 1:02.58 32.96	200m: 2:10.88 34.35	300m: 3:20.08 34.64	400m: 4:29.93 34.29		
4. Ricardo Jorge, JOSE	02	125208	Natção de Faro	4:36.80	450
50m: 30.99 30.99	150m: 1:40.58 35.16	250m: 2:51.76 35.89	350m: 4:03.48 35.92		
100m: 1:05.42 34.43	200m: 2:15.87 35.29	300m: 3:27.56 35.80	400m: 4:36.80 33.32		
5. Gabriel Carmo, CENTEIO	02	131727	Portinado	4:37.36	448
50m: 29.53 29.53	150m: 1:38.99 35.51	250m: 2:50.57 35.91	350m: 4:02.97 36.64		
100m: 1:03.48 33.95	200m: 2:14.66 35.67	300m: 3:26.33 35.76	400m: 4:37.36 34.39		
6. Joao Tiago, RAPOSO	01	202628	Natacao de Sao Bras	5:03.22	342
50m: 30.38 30.38	150m: 1:43.59 38.51	250m: 3:04.28 40.84	350m: 4:25.43 40.35		
100m: 1:05.08 34.70	200m: 2:23.44 39.85	300m: 3:45.08 40.80	400m: 5:03.22 37.79		
7. Pedro Santos, COSTA	02	129458	Lagoa AC	5:13.64	309
50m: 34.46 34.46	150m: 1:54.15 40.16	250m: 3:16.07 40.55	350m: 4:37.07 40.76		
100m: 1:13.99 39.53	200m: 2:35.52 41.37	300m: 3:56.31 40.24	400m: 5:13.64 36.57		

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Prova 42, Masc., 400m Livres

EXH	Yury, FOMIN		06	208159	Louletano / Loule Concelho	5:12.91		312				
	50m:	34.81	34.81	150m:	1:53.82	40.18	250m:	3:15.96	41.10	350m:	4:37.42	40.67
	100m:	1:13.64	38.83	200m:	2:34.86	41.04	300m:	3:56.75	40.79	400m:	5:12.91	35.49
EXH	Mark Ronald, PINTO		06	204269	Louletano / Loule Concelho	5:13.49		310				
	50m:	34.95	34.95	150m:	1:54.31	40.35	250m:	3:15.99	40.87	350m:	4:36.99	40.43
	100m:	1:13.96	39.01	200m:	2:35.12	40.81	300m:	3:56.56	40.57	400m:	5:13.49	36.50
EXH	Tiago Batista, OLIVEIRA		05	207966	Natação de Faro	5:13.96		308				
	50m:	34.14	34.14	150m:	1:52.81	39.85	250m:	3:12.27	39.88	350m:	4:34.05	41.25
	100m:	1:12.96	38.82	200m:	2:32.39	39.58	300m:	3:52.80	40.53	400m:	5:13.96	39.91