

Prova 10
13/04/2019

Masc., 400m Livres

Absolutos
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
-------	------	-----	------	-------	-------------	-------	----------	-----	-----

Infantis

1.	Jose Pedro, PIRES	05	153157	Louletano / Loule Concelho	4:51.70		385		
	50m: 31.81 31.81		150m: 1:44.71 37.20	250m: 2:59.87 37.90	350m: 4:15.25 37.20				
	100m: 1:07.51 35.70		200m: 2:21.97 37.26	300m: 3:38.05 38.18	400m: 4:51.70 36.45				
2.	Marin, CEPELEAGA	05	200223	Portinado	5:00.42		352		
	50m: 32.46 32.46		150m: 1:47.35 38.30	250m: 3:06.24 39.46	350m: 4:25.80 39.54				
	100m: 1:09.05 36.59		200m: 2:26.78 39.43	300m: 3:46.26 40.02	400m: 5:00.42 34.62				
3.	Goncalo Miguel, SOUSA	05	153162	Natacao de Olhao	5:37.36		249		
	50m: 35.97 35.97		150m: 2:00.61 43.16	250m: 3:26.40 43.00	350m: 4:54.11 43.91				
	100m: 1:17.45 41.48		200m: 2:43.40 42.79	300m: 4:10.20 43.80	400m: 5:37.36 43.25				
4.	Andre Manuel, RIBEIRO	05	207226	Nat��o de Faro	5:40.18		242		
	50m: 36.90 36.90		150m: 2:01.68 43.65	250m: 3:28.50 43.85	350m: 4:56.87 44.59				
	100m: 1:18.03 41.13		200m: 2:44.65 42.97	300m: 4:12.28 43.78	400m: 5:40.18 43.31				
5.	Luca Graca, GABRIELE	06	201868	Lagoa AC	5:44.10		234		
	50m: 35.73 35.73		150m: 1:59.28 43.00	250m: 3:29.15 45.24	350m: 4:58.65 44.37				
	100m: 1:16.28 40.55		200m: 2:43.91 44.63	300m: 4:14.28 45.13	400m: 5:44.10 45.45				

Juvenis

1.	Angelo Miranda, NASCIMENTO	04	153160	Natacao de Olhao	4:23.49		522		
	50m: 30.03 30.03		150m: 1:34.63 33.03	250m: 2:41.41 33.48	350m: 3:49.96 34.43				
	100m: 1:01.60 31.57		200m: 2:07.93 33.30	300m: 3:15.53 34.12	400m: 4:23.49 33.53				
2.	Dario, ENGELEN	03	126816	Louletano / Loule Concelho	4:34.78		460		
	50m: 31.25 31.25		150m: 1:40.46 35.31	250m: 2:50.34 34.90	350m: 4:01.13 35.28				
	100m: 1:05.15 33.90		200m: 2:15.44 34.98	300m: 3:25.85 35.51	400m: 4:34.78 33.65				
3.	Vladislav, GROSHEV	04	132754	FC Ferreiras/AlgarExperience	4:45.06		412		
	50m: 31.11 31.11		150m: 1:42.32 36.07	250m: 2:55.44 36.57	350m: 4:10.01 37.21				
	100m: 1:06.25 35.14		200m: 2:18.87 36.55	300m: 3:32.80 37.36	400m: 4:45.06 35.05				
4.	Hugo Pacheco, CONCEICAO	03	144716	Lagoa AC	5:54.18		215		
	50m: 40.00 40.00		150m: 2:09.06 44.99	250m: 3:40.48 45.83	350m: 5:11.38 45.30				
	100m: 1:24.07 44.07		200m: 2:54.65 45.59	300m: 4:26.08 45.60	400m: 5:54.18 42.80				

Absolutos

1.	Daniel Esmeralda, RIVAS	94	205346	Louletano / Loule Concelho	3:58.71		702		
	50m: 26.92 26.92		150m: 1:27.16 30.18	250m: 2:28.00 29.84	350m: 3:29.31 31.07				
	100m: 56.98 30.06		200m: 1:58.16 31.00	300m: 2:58.24 30.24	400m: 3:58.71 29.40				
2.	Hugo Miguel, VIEGAS	02	125185	Natacao de Olhao	4:19.50		547		
	50m: 28.85 28.85		150m: 1:32.97 32.52	250m: 2:39.24 32.93	350m: 3:46.42 33.63				
	100m: 1:00.45 31.60		200m: 2:06.31 33.34	300m: 3:12.79 33.55	400m: 4:19.50 33.08				
3.	Cesar Goncalves, OLIVEIRA	00	123762	FC Ferreiras/AlgarExperience	4:33.74		466		
	50m: 29.72 29.72		150m: 1:36.38 33.66	250m: 2:46.94 35.52	350m: 3:58.64 35.68				
	100m: 1:02.72 33.00		200m: 2:11.42 35.04	300m: 3:22.96 36.02	400m: 4:33.74 35.10				
4.	Ricardo Jorge, JOSE	02	125208	Nat��o de Faro	4:44.88		413		
	50m: 30.71 30.71		150m: 1:42.58 36.45	250m: 2:56.45 36.92	350m: 4:09.54 36.94				
	100m: 1:06.13 35.42		200m: 2:19.53 36.95	300m: 3:32.60 36.15	400m: 4:44.88 35.34				
5.	Pedro santos, COSTA	02	129458	Lagoa AC	5:06.33		332		
	50m: 32.99 32.99		150m: 1:49.67 38.67	250m: 3:08.81 39.64	350m: 4:28.87 39.88				
	100m: 1:11.00 38.01		200m: 2:29.17 39.50	300m: 3:48.99 40.18	400m: 5:06.33 37.46				