

III Open de Albufeira
Albufeira, 2 - 3-2-2019

Prova 2 Masc., 400m Estilos 13 anos e mais velhos
02-02-2019 Resultados

Recorde Regional Absoluto	4:22.94	Nuno Goncalo, QUINTANILHA	POR	Sines	21-12-2008
Recorde Regional G4	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 2016

Lugar Ano Tempo final Pts

Grupo 2

1. Joao Pedro, CARRASCO	03	Portinado	4:59.64	485
50m: 31.31 31.31 150m: 1:48.74 39.01 250m: 3:06.98 40.53 350m: 4:25.44 36.17				
100m: 1:09.73 38.42 200m: 2:26.45 37.71 300m: 3:49.27 42.29 400m: 4:59.64 34.20				
2. Angelo Miranda, NASCIMENTO	04	Natacao de Olhao	5:06.19	454
50m: 30.85 30.85 150m: 1:48.86 43.02 250m: 3:13.29 42.85 350m: 4:32.38 35.51				
100m: 1:05.84 34.99 200m: 2:30.44 41.58 300m: 3:56.87 43.58 400m: 5:06.19 33.81				
3. Pedro Miguel, BOAVIDA	03	Natacao de Olhao	5:09.93	438
50m: 30.48 30.48 150m: 1:48.09 42.31 250m: 3:13.96 45.10 350m: 4:35.85 35.52				
100m: 1:05.78 35.30 200m: 2:28.86 40.77 300m: 4:00.33 46.37 400m: 5:09.93 34.08				
4. Dario, ENGELEN	03	Louletano / Loule Concelho	5:12.90	426
50m: 33.08 33.08 150m: 1:55.47 42.75 250m: 3:17.70 42.70 350m: 4:39.24 37.62				
100m: 1:12.72 39.64 200m: 2:35.00 39.53 300m: 4:01.62 43.92 400m: 5:12.90 33.66				
5. Miguel Salomao, TRISTAO	04	Portinado	5:24.47	382
50m: 35.19 35.19 150m: 1:58.98 39.94 250m: 3:24.08 45.51 350m: 4:48.23 38.23				
100m: 1:19.04 43.85 200m: 2:38.57 39.59 300m: 4:10.00 45.92 400m: 5:24.47 36.24				
6. Ruben Filipe, FRANCISCO	04	Portinado	5:31.03	360
50m: 32.67 32.67 150m: 1:53.70 40.96 250m: 3:22.77 48.62 350m: 4:52.03 39.20				
100m: 1:12.74 40.07 200m: 2:34.15 40.45 300m: 4:12.83 50.06 400m: 5:31.03 39.00				

Grupo 3

1. Tiago Miguel, VILHENA	01	Natacao de Faro	4:36.13	620
50m: 30.36 30.36 150m: 1:38.34 33.52 250m: 2:52.11 40.22 350m: 4:04.70 32.11				
100m: 1:04.82 34.46 200m: 2:11.89 33.55 300m: 3:32.59 40.48 400m: 4:36.13 31.43				
2. Diogo Martins, SANTOS	02	Portinado	5:06.94	451
50m: 31.93 31.93 150m: 1:50.05 41.01 250m: 3:15.58 44.69 350m: 4:33.70 33.35				
100m: 1:09.04 37.11 200m: 2:30.89 40.84 300m: 4:00.35 44.77 400m: 5:06.94 33.24				
3. Francisco Martins, CHAVEIRO	02	Portinado	5:09.43	440
50m: 32.39 32.39 150m: 1:50.51 39.45 250m: 3:13.29 44.33 350m: 4:34.52 36.36				
100m: 1:11.06 38.67 200m: 2:28.96 38.45 300m: 3:58.16 44.87 400m: 5:09.43 34.91				
4. Diogo Sousa, GOMES	02	Portinado	5:12.04	429
50m: 32.13 32.13 150m: 1:51.12 38.87 250m: 3:14.21 45.70 350m: 4:35.55 37.15				
100m: 1:12.25 40.12 200m: 2:28.51 37.39 300m: 3:58.40 44.19 400m: 5:12.04 36.49				
5. Joao Fernandes, FARINHA	02	Lagoa AC	5:13.24	424
50m: 32.15 32.15 150m: 1:49.63 39.15 250m: 3:14.38 44.53 350m: 4:37.97 38.22				
100m: 1:10.48 38.33 200m: 2:29.85 40.22 300m: 3:59.75 45.37 400m: 5:13.24 35.27				
6. Tomas Galvao, LOURENCO	02	Natacao de Olhao	5:19.44	400
50m: 31.42 31.42 150m: 1:49.58 41.15 250m: 3:19.07 49.16 350m: 4:44.45 36.49				
100m: 1:08.43 37.01 200m: 2:29.91 40.33 300m: 4:07.96 48.89 400m: 5:19.44 34.99				
7. Leandro Dinis, FONSECA	02	Portinado	5:40.38	331
50m: 30.90 30.90 150m: 1:55.34 42.04 250m: 3:29.81 51.79 350m: 5:00.85 39.70				
100m: 1:13.30 42.40 200m: 2:38.02 42.68 300m: 4:21.15 51.34 400m: 5:40.38 39.53				

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Prova 2, Masc., 400m Estilos

Grupo 4

1.	Andre Serro, JOAQUIM	00	Portinado	4:52.26	523
	50m: 30.25 30.25	150m: 1:40.51 35.67	250m: 2:58.69 41.55	350m: 4:17.42 35.44	
	100m: 1:04.84 34.59	200m: 2:17.14 36.63	300m: 3:41.98 43.29	400m: 4:52.26 34.84	
2.	Goncalo Duarte, SANTOS	00	Natacao de Faro	5:01.21	477
	50m: 31.70 31.70	150m: 1:47.18 38.61	250m: 3:08.53 43.83	350m: 4:28.34 35.32	
	100m: 1:08.57 36.87	200m: 2:24.70 37.52	300m: 3:53.02 44.49	400m: 5:01.21 32.87	
3.	Cesar Goncalves, OLIVEIRA	00	FC Ferreiras/AlgarExperience	5:05.08	459
	50m: 32.01 32.01	150m: 1:47.78 37.68	250m: 3:09.99 43.95	350m: 4:30.02 34.82	
	100m: 1:10.10 38.09	200m: 2:26.04 38.26	300m: 3:55.20 45.21	400m: 5:05.08 35.06	