

Prova 30 Masc., 400m Livres Absolutos
12.03.2023 - 10:56 Resultados

Rec Nacional Absoluto	3:50.56	Jose Paulo Lopes	SCB	Barcelona (ESP)	2021
Rec Regional Absoluto	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018
Rec Regional Sen	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018
Rec Regional Jun 2	3:58.65	Tiago Cunha Costa	SCP	Oeiras	2017
Rec Regional Jun 1	4:01.41	Bernardo Victorino Almeida	SCP	Oeiras	2021
Rec Regional Juv A	4:04.23	Andre Filipe Farinha	SLB	Torre Vieja (ESP)	2012
Rec Regional Juv B	4:08.94	Bernardo Jorge Simoes	CNCVG	Funchal	2019

TAC - Masc Juv B: 4:49.51; Juv A: 4:41.07; Jun 1: 4:35.56; Jun 2: 4:32.83; Sen 19: 4:30.40; Sen 19+: 4:27.70

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
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Juvenis B

1.	Afonso Gago Garcia <i>Campeão Regional Juvenis B</i>	08	SLB	5:07.35	4:34.43	515	1:06.08	1:10.45	1:10.10	1:07.80
2.	Henrique Barros Domingos	08	SCP	4:58.46	4:42.60	472	1:05.35	1:12.23	1:13.39	1:11.63
3.	Francisco Maria Santos	08	SAD	4:36.89	4:43.82	466	1:06.43	1:13.96	1:13.71	1:09.72
4.	Francisco Manuel Bexiga <i>FTL (Fora Tempo Limite)</i>	08	VKGS	5:57.42	5:05.97	372	1:11.39	1:18.58	1:19.02	1:16.98

Juvenis A

1.	Leonardo Conceicao Reis <i>Campeão Regional Juvenis A</i>	07	SCP	4:31.13	4:25.23	571	1:02.43	1:09.39	1:09.27	1:04.14
2.	Axel Guedes Asmar	07	SCP	4:23.08	4:26.51	563	1:03.86	1:07.20	1:09.00	1:06.45
3.	Rafael Miguel Mimoso	07	SLB	4:20.24	4:30.12	540	1:01.93	1:08.85	1:10.25	1:09.09
4.	Bruno Cesar Gouveia	07	SCP	4:22.75	4:32.45	527	1:04.20	1:10.69	1:11.82	1:05.74
5.	Miguel Braga Gomes	07	SCP	4:25.59	4:32.71	525	1:04.09	1:09.72	1:10.37	1:08.53
6.	Joao Dinis Roque	07	SCP	4:37.83	4:37.37	499	1:03.67	1:10.50	1:12.42	1:10.78
7.	Afonso Bjork Freitas	07	CNN	4:34.30	4:41.02	480	1:03.08	1:11.65	1:14.35	1:11.94
8.	Afonso Jose Fernandes <i>FTL (Fora Tempo Limite)</i>	07	SAD	4:33.05	4:41.49	477	1:05.51	1:12.05	1:12.56	1:11.37

Absolutos

1.	Bernardo Jorge Simoes <i>Campeão Regional Absolutos</i>	04	CFB	4:10.42	4:12.88	659	59.23	1:05.29	1:05.24	1:03.12
2.	Gabriel Carvalho Ferrao	05	SLB	4:35.00	4:14.45	646	1:00.26	1:06.23	1:05.25	1:02.71
3.	Nicolas Filip Montfort	05	SAD	4:06.95	4:17.34	625	1:01.92	1:06.29	1:05.90	1:03.23
4.	Kaio Araujo Faftine	06	SCP	4:14.72	4:18.35	618	1:02.37	1:07.63	1:05.08	1:03.27
5.	Ricardo Martins Bras	01	VKGS	4:20.91	4:23.38	583	1:02.46	1:06.61	1:07.98	1:06.33
6.	Luis Emanuel Vaz	91	CNCVG	4:25.24	4:23.48	582	1:03.61	1:07.25	1:07.91	1:04.71
7.	Tiago Barroso Proenca	04	SCP	4:26.00	4:24.60	575	1:03.72	1:07.00	1:07.86	1:06.02
8.	Tomas Nunes Roque	06	SLB	4:15.55	4:26.99	560	1:01.01	1:06.13	1:09.07	1:10.78
9.	Tiago Miguel Trombinhas	04	ADRCIMM	4:25.30	4:28.34	551	1:04.42	1:07.50	1:08.69	1:07.73
10.	Pedro Crispim Jorge	06	SFUAP	4:27.94	4:29.25	546	1:01.48	1:08.74	1:09.21	1:09.82
11.	Afonso Mateus Ribeiro <i>FTL (Fora Tempo Limite)</i>	95	CFB	4:17.37	4:30.71	537	1:04.30	1:08.50	1:09.12	1:08.79
12.	Tiago Ventura Chao	06	CNS	4:27.70	4:31.48	532	1:04.98	1:09.90	1:09.62	1:06.98
13.	Francisco Costa Nunes <i>FTL (Fora Tempo Limite)</i>	02	CFB	4:26.00	4:31.99	529	1:05.27	1:08.35	1:09.45	1:08.92
14.	Andre Correia Alves	06	SFUAP	4:17.48	4:32.64	525	1:03.54	1:09.29	1:10.59	1:09.22
15.	Ricardo Freitas Neto	06	SCP	4:33.55	4:32.75	525	1:03.75	1:09.12	1:10.10	1:09.78
16.	Rodrigo Alexandre Mesquita	06	SCP	4:32.03	4:34.29	516	1:05.44	1:11.07	1:10.10	1:07.68
17.	David Alexandre Fernandes	06	CNN	4:34.74	4:35.43	510	1:02.10	1:10.76	1:12.09	1:10.48
18.	Romao Noronha Braz <i>FTL (Fora Tempo Limite)</i>	04	CNLX	4:21.34	4:46.54	453	1:05.49	1:13.63	1:14.51	1:12.91

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Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
19.	Diogo Francisco Venceslau <i>FTL (Fora Tempo Limite)</i>	06	PDEM	4:51.60	5:07.69	365	1:08.34	1:16.74	1:20.65	1:21.96
DNS	Joao Almeida Gomes	06	CNN	4:20.77						
DNS	Pedro Maria Amado	05	SAD	4:15.22						