

Prova 103

14.06.2025 - 16:06

Masc., 400m Livres Extra-Competição

Open Resultados

Rec Nacional Open	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Sen	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Jun 2	3:50.52	Adriano Miguel Niz	CFV	Fafe	2004
Rec Nacional Jun 1	3:52.60	Rui Silva Pereira	ADRCIMM	Tomar	2024
Rec Nacional Juv A	3:58.45	Rui Silva Pereira	ADRCIMM	Sines	2023
Rec Nacional Juv B	4:01.42	Rui Silva Pereira	POR	Tomar	2023
Rec Nacional Inf A	4:12.35	Andre Vilas Ruivo	DNMG	Campo Maior	2014
Rec Nacional Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Regional Absoluto	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017

Pontos: AQUA 2024

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Pedro Maria Amado	05	Alges	4:18.50	4:06.84	635
	50m: 27.41 27.41	150m: 1:27.68 30.53	250m: 2:30.54 31.68	350m: 3:34.96 32.39		
	100m: 57.15 29.74	200m: 1:58.86 31.18	300m: 3:02.57 32.03	400m: 4:06.84 31.88		
2.	Paulo Junio Fernandes	09	Alges	4:22.92	4:12.80	591
	50m: 27.96 27.96	150m: 1:30.95 32.08	250m: 2:36.47 33.16	350m: 3:41.07 31.89		
	100m: 58.87 30.91	200m: 2:03.31 32.36	300m: 3:09.18 32.71	400m: 4:12.80 31.73		
EXH	Rodrigo Onofre Matos	06	Os Belenenses	4:18.02	4:16.58	566
	50m: 28.36 28.36	150m: 1:31.58 32.41	250m: 2:37.40 32.88	350m: 3:43.38 33.03		
	100m: 59.17 30.81	200m: 2:04.52 32.94	300m: 3:10.35 32.95	400m: 4:16.58 33.20		