

Prova 13 Masc., 400m Estilos Absolutos
16.03.2024 - 15:43 Resultados

Rec Nacional Absoluto	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016
Rec Regional Absoluto	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016
Rec Regional Sen	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016
Rec Regional Jun 2	4:22.25	Joao Alexandre Vital	SCP	Oeiras	2016
Rec Regional Jun 1	4:25.23	Joao Alexandre Vital	ADRCIMM	Singapore	2015
Rec Regional Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	2014
Rec Regional Juv B	4:37.06	Joao Alexandre Vital	ADRCIMM	Utrecht (NED)	2013

TAC - Masc Juv B: 5:31.48; Juv A: 5:21.83; Jun 1: 5:15.52; Jun 2: 5:12.39; Sen 19: 5:09.61; Sen 19+: 5:06.51

Pontos: FINA 2024

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
Juvenis B										
1.	Paulo Junio Fernandes <i>Campeão Regional Juvenis B</i>	09	SAD	5:02.60	5:05.20	501	1:06.61	1:20.97	1:28.61	1:09.01
2.	Rafael Lin Moniz	09	CNS	5:29.51	5:06.83	493	1:06.85	1:21.05	1:30.77	1:08.16
3.	Daniel Alexandre Lourenço	09	SCP	5:44.62	5:16.70	448	1:05.25	1:20.89	1:33.79	1:16.77
4.	Francisco Nunes Roque	09	SLB	5:09.63	5:17.39	446	1:09.66	1:26.53	1:27.82	1:13.38
5.	Miguel Ratinho Rocha	09	CNS	5:49.38	5:18.89	439	1:09.12	1:23.98	1:31.33	1:14.46
6.	Rodrigo Duarte Narigueta	09	PDEM	5:29.27	5:31.17	392	1:14.08	1:24.70	1:39.29	1:13.10
DSQ	Vasco Alexandre Martins <i>Não iniciou o percurso de costas na posição dorsal</i>	09	ADRCIMM	5:43.46						

Juvenis A

1.	Rui Silva Pereira <i>Campeão Regional Juvenis A</i>	08	ADRCIMM	4:39.83	4:46.94	603	1:04.47	1:15.35	1:22.07	1:05.05
2.	Francisco Rodrigues Vilar	08	SCP	5:12.74	5:14.68	457	1:07.80	1:21.00	1:31.05	1:14.83
3.	Pedro Antonio Pinto	08	PDEM	5:21.83	5:21.50	429	1:06.71	1:28.75	1:31.30	1:14.74

Juniiores

1.	Rafael Miguel Mimoso <i>Campeão Regional Juniores</i>	07	SLB	4:40.03	4:53.06	566	1:05.94	1:21.98	1:16.91	1:08.23
2.	André Correia Alves	06	SLB	4:42.93	5:00.78	524	1:06.59	1:17.16	1:28.93	1:08.10
3.	Daniel Casaca Carvalho	07	CNCVG	5:05.29	5:14.12	460	1:07.92	1:23.22	1:32.73	1:10.25

Seniores

1.	Gustavo Carvalhais Ribeiro <i>Campeão Regional Seniores</i>	03	SAD	5:06.51	4:44.60	618	1:03.27	1:17.20	1:21.88	1:02.25
2.	David Matias Cristino	01	SFUAP	4:35.51	4:57.28	542	1:04.56	1:15.23	1:27.84	1:09.65
3.	Goncalo Morais Gordo	02	ADRCIMM	5:06.51	4:59.48	530	1:03.38	1:19.55	1:24.09	1:12.46
4.	Tiago Miguel Trombinhas <i>FTL (Fora Tempo Limite)</i>	04	CFB	4:56.89	5:06.70	494	1:09.51	1:20.64	1:27.70	1:08.85
5.	Miguel Duarte Cruz <i>FTL (Fora Tempo Limite)</i>	99	CFB	5:03.56	5:14.33	459	1:12.06	1:22.09	1:30.17	1:10.01

Absolutos

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