

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

Pista	Nadador	Ano	Categ.	NºLic.	Clube	Tempo Inscr.
<u>Série 1 de 3, 15:43</u>						
1	Miguel Duarte Cruz	99	Sen	125797	Belenenses	5:03.56
2	Tiago Miguel Trombinhas	04	Sen	201495	Belenenses	4:56.89
3	Rafael Miguel Mimoso	07	Jun	202973	Benfica	4:40.03
4	David Matias Cristino	01	Sen	127872	União Piedense	4:35.51
5	Rui Silva Pereira	08	Juv A	205327	Colegio Int Monte Maior	4:39.83
6	André Correia Alves	06	Jun	131173	Benfica	4:42.93
7	Paulo Junio Fernandes	09	Juv B	212754	Algés	5:02.60
8	Daniel Casaca Carvalho	07	Jun	205098	Colégio Vasco da Gama	5:05.29
<u>Série 2 de 3, 15:48</u>						
1	Rafael Lin Moniz	09	Juv B	210337	Naval Setubalense	5:29.51
2	Pedro Antonio Pinto	08	Juv A	211958	Palmela Desporto	5:21.83
3	Francisco Nunes Roque	09	Juv B	208764	Benfica	5:09.63
4	Gustavo Carvalhais Ribeiro	03	Sen	121864	Algés	5:06.51
5	Goncalo Morais Gordo	02	Sen	126006	Colegio Int Monte Maior	5:06.51
6	Francisco Rodrigues Vilar	08	Juv A	208983	Sporting	5:12.74
7	Rodrigo Duarte Narigueta	09	Juv B	208395	Palmela Desporto	5:29.27
<u>Série 3 de 3, 15:54</u>						
3	Miguel Ratinho Rocha	09	Juv B	214840	Naval Setubalense	5:49.38
4	Vasco Alexandre Martins	09	Juv B	209406	Colegio Int Monte Maior	5:43.46
5	Daniel Alexandre Lourenço	09	Juv B	214004	Sporting	5:44.62