

Torneio Abertura de Juv_Jun_Sen
Lagoa, 16 - 17/10/2021

Prova 16
17/10/2021 - 10:15

Masc., 400m Estilos

Absolutos
Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Rodrigo Malia, SANTOS	07 Natcao de Lagos	5:21.47	389
50m: 34.00 34.00	150m: 1:55.87 42.03	250m: 3:21.73 44.83	350m: 4:44.76 38.12
100m: 1:13.84 39.84	200m: 2:36.90 41.03	300m: 4:06.64 44.91	400m: 5:21.47 36.71
2. Miguel Lourenco, VELHINHO	07 Lagoa AC	5:59.08	279
50m: 39.29 39.29	150m: 2:12.58 44.51	250m: 3:45.95 50.42	350m: 5:19.51 41.71
100m: 1:28.07 48.78	200m: 2:55.53 42.95	300m: 4:37.80 51.85	400m: 5:59.08 39.57
Juniores			
1. Martim Rodrigues, AFONSO	04 Aquatico Silves	5:17.17	405
50m: 31.66 31.66	150m: 1:51.99 42.31	250m: 3:18.56 45.23	350m: 4:41.23 36.03
100m: 1:09.68 38.02	200m: 2:33.33 41.34	300m: 4:05.20 46.64	400m: 5:17.17 35.94
Seniores			
1. Goncalo Gualberto , BARBARA	00 Lagoa AC	4:43.70	566
50m: 30.92 30.92	150m: 1:43.13 37.79	250m: 2:58.17 38.38	350m: 4:11.12 33.50
100m: 1:05.34 34.42	200m: 2:19.79 36.66	300m: 3:37.62 39.45	400m: 4:43.70 32.58