

Campeonato Regional de Juv_Abs_NA_Masters
Loule, 15 - 17/7/2022

Prova 23 Masc., 400m Estilos Absolutos
15/07/2022 - 18:20 Resultados

Recordes Regionais (PL) Absoluto	4:32.19	Nuno Goncalo, QUINTANILHA	LDC	Mairena Del Aljarafe (ESP)	30/05/2010
Recordes Regionais (PL) Sen	4:32.19	Nuno Goncalo, QUINTANILHA	LDC	Mairena Del Aljarafe (ESP)	30/05/2010
Recordes Regionais (PL) 18	4:39.22	Hugo Cascais, RODRIGUES	LDC	Aveiro	27/07/2007
Recordes Regionais (PL) 17	4:37.10	Hugo Cascais, RODRIGUES	LDC	Coimbra	28/07/2006
Recordes Regionais (PL) Juv. A	4:39.46	Tiago Miguel, VILHENA	CNFA	Coimbra	31/03/2017
Recordes Regionais (PL) Juv. B	4:43.66	Tiago Miguel, VILHENA	CNFA	Oeiras	22/07/2016
Rec Nac S21	6:45.48	Joao Francisco, VAZ	SCP	Loulé	08/07/2016
Rec Nac S17	59:00.00	start,			
Rec Nac S14	6:32.66	Pedro Miguel, RIBEIRO	CPN	Povoa de Varzim	19/05/2018
Rec Nac S8	5:46.91	Diogo Luis, CANCELA	CNMC	Coimbra	11/07/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m
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Juvenis B

1. Rodrigo Malia, SANTOS	07	Louletano / Loule Concelhc	5:23.18	429	1:13.42	1:25.26	1:30.16	1:14.34
50m:		150m:	250m:		350m:			
100m: 1:13.42		200m: 2:38.68	300m: 4:08.84		400m: 5:23.18			

Juvenis A

1. Mark Ronald, PINTO	06	Louletano / Loule Concelhc	5:08.16	495	1:07.68	1:22.14	1:27.98	1:10.36
50m:		150m:	250m:		350m:			
100m: 1:07.68		200m: 2:29.82	300m: 3:57.80		400m: 5:08.16			

Absolutos

1. Miguel Salomao, TRISTAC04		Portinado	4:56.50	556	1:05.89	1:15.42	1:24.52	1:10.67
50m:		150m:	250m:		350m:			
100m: 1:05.89		200m: 2:21.31	300m: 3:45.83		400m: 4:56.50			
2. Mark Ronald, PINTO	06	Louletano / Loule Concelhc	5:08.16	495	1:07.68	1:22.14	1:27.98	1:10.36
50m:		150m:	250m:		350m:			
100m: 1:07.68		200m: 2:29.82	300m: 3:57.80		400m: 5:08.16			
3. Marin, CEPELEAGA	05	Portinado	5:14.23	467	1:07.75	1:18.90	1:30.95	1:16.63
50m:		150m:	250m:		350m:			
100m: 1:07.75		200m: 2:26.65	300m: 3:57.60		400m: 5:14.23			
4. Rodrigo Malia, SANTOS	07	Louletano / Loule Concelhc	5:23.18	429	1:13.42	1:25.26	1:30.16	1:14.34
50m:		150m:	250m:		350m:			
100m: 1:13.42		200m: 2:38.68	300m: 4:08.84		400m: 5:23.18			
EXH Pedro Sousa, GONCALVE06		Natacao de Olhao	5:25.13	421	1:09.00	1:27.43	1:33.11	1:15.59
50m:		150m:	250m:		350m:			
100m: 1:09.00		200m: 2:36.43	300m: 4:09.54		400m: 5:25.13			