

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

Prova 24 Masc., 400m Estilos 25 - 74 anos
15/07/2022 - 18:30 Resultados

RN A(25-29)	4:47.39	Andre Bras, GONCALVES	CFB	Loulé	03/07/2015
RN J(70-74)	6:59.74	Antonio Bessone, BASTO	SAD	Loulé	08/07/2016
RN I(65-69)	6:57.05	Antonio Bessone, BASTO	SAD	Loulé	29/06/2013
RN H(60-64)	5:58.46	Paulo Paula, CARVALHO	SCP	Famalicão	11/07/2021
RN G(55-59)	5:40.75	Paulo Paula, CARVALHO	SCP	Budapeste (HUN)	16/08/2017
RN F(50-54)	5:36.42	Paulo Paula, CARVALHO	SFUAP	Loulé	03/07/2015
RN E(45-49)	5:28.81	Jose Carlos, FREITAS	CFP	Oeiras	02/07/2011
RN D(40-44)	5:16.30	Rodolfo Pereira, NUNES	GESP	Montreal (CAN)	05/08/2014
RN B(30-34)	4:43.37	Pedro Miguel, PINOTES	SCP	Reguengos de Monsaraz	19/07/2019
RN C(35-39)	5:11.00	Adriano Miguel, NIZ	GDNFAMA	Famalicão	11/07/2021

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts	100m	200m	300m	400m	
Master F								
1.	Paulo Alexandre, SOUSA 72	Lagoa AC	6:42.34	222	1:32.18	1:45.44	1:58.02	1:26.70
	50m:	150m:	250m:	350m:				
	100m: 1:32.18	200m: 3:17.62	300m: 5:15.64	400m: 6:42.34				