

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

Prova 34 Masc., 400m Livres 25 - 74 anos
16/07/2022 - 9:20 Resultados

RN A(25-29)	4:12.44	Adriano Miguel, NIZ	GDNVNF	Kazan (RUS)	16/08/2015
RN J(70-74)	5:53.42	Stephen Thomas, DYSON	SAD	Budapeste (HUN)	20/08/2017
RN I(65-69)	5:51.59	Stephen Thomas, DYSON	INDANL	Reguengos de Monsaraz	30/06/2012
RN H(60-64)	5:20.99	Paulo Paula, CARVALHO	SCP	Famalicão	09/07/2021
RN G(55-59)	4:34.69	Jose Carlos, FREITAS	CFP	Loulé	14/07/2018
RN F(50-54)	4:28.97	Jose Carlos, FREITAS	CFP	Kazan (RUS)	16/08/2015
RN E(45-49)	4:27.36	Jose Carlos, FREITAS	CFP	Gotemburgo (SWE)	06/08/2010
RN D(40-44)	4:33.43	Miguel Mendonca, CABRITA	SAD	Évora	05/07/2014
RN B(30-34)	4:10.56	Adriano Miguel, NIZ	GDNVNF	London (GBR)	27/05/2016
RN C(35-39)	4:24.85	Pedro Miguel, SILVA	CFV	Oeiras	02/07/2011

Pontos: FINA 2022

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

Master C

1. Andre Filipe, VIOLA 87 FC Ferreiras/AlgarExperien**5:42.18** 266 1:17.88 1:26.57 1:29.60 1:28.13
50m: 150m: 250m: 350m:
100m: 1:17.88 200m: 2:44.45 300m: 4:14.05 400m: 5:42.18

Master D

1. João Paulo, BACALHAU 81 FC Ferreiras/AlgarExperien**6:38.59** 168 1:26.09 1:41.66 1:47.44 1:43.40
50m: 150m: 250m: 350m:
100m: 1:26.09 200m: 3:07.75 300m: 4:55.19 400m: 6:38.59

Master E

1. Joao Filipe, ROMAO 77 Lagoa AC **5:56.91** 234 1:20.00 1:31.73 1:34.60 1:30.58
50m: 150m: 250m: 350m:
100m: 1:20.00 200m: 2:51.73 300m: 4:26.33 400m: 5:56.91

Master F

1. Paulo Alexandre, SOUSA 72 Lagoa AC **5:35.84** 281 1:16.11 1:23.40 1:27.82 1:28.51
50m: 150m: 250m: 350m:
100m: 1:16.11 200m: 2:39.51 300m: 4:07.33 400m: 5:35.84

Master G

1. J., NASCIMENTO 63 O2-Portimao **8:58.54** 68 1:51.38 2:21.35 2:24.36 2:21.45
50m: 150m: 250m: 350m:
100m: 1:51.38 200m: 4:12.73 300m: 6:37.09 400m: 8:58.54

Master J

1. António Carlos, BATISTA 49 FC Ferreiras/AlgarExperien**6:54.12** 150 1:32.90 1:45.15 1:49.52 1:46.55
50m: 150m: 250m: 350m:
100m: 1:32.90 200m: 3:18.05 300m: 5:07.57 400m: 6:54.12

EXH Jaime Fernando, COSTA 86 Litoral Alentejano **5:13.15** 347 1:12.57 1:21.23 1:20.17 1:19.18
50m: 150m: 250m: 350m:
100m: 1:12.57 200m: 2:33.80 300m: 3:53.97 400m: 5:13.15