

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 Startlist

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

Pista	Nome	Ano	clasCod	Exc	Clube	
Série 1 de 1						
	1 João Paulo, BACALHAU	81			FC Ferreiras/AlgarExperience	NT ____:____.____
	2 Joao Carlos, NASCIMENTO	63			O2-Portimao	8:26.71 ____:____.____
	3 Joao Filipe, ROMAO	77			Lagoa AC	6:22.80 ____:____.____
EXH	4 Jaime Fernando, COSTA	86			Litoral Alentejano	5:20.98 ____:____.____
	5 Paulo Alexandre, SOUSA	72			Lagoa AC	5:27.65 ____:____.____
	6 António Carlos, BATISTA	49			FC Ferreiras/AlgarExperience	6:45.55 ____:____.____
	7 Andre Filipe, VIOLA	87			FC Ferreiras/AlgarExperience	NT ____:____.____