

Torneios de Abertura - NP e NA
Quarteira , 29 - 30/10/2022

Prova 24 30/10/2022 - 11:25	Masc., 400m Estilos				Absolutos Resultados
Recordes Regionais Absoluto	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Sen	4:22.94	Nuno Goncalo, QUINTANILHA	LDC	Sines	21/12/2008
Recordes Regionais Jun 2	4:33.99	Hugo Cascais, RODRIGUES	LDC	Tavira	19/11/2006
Recordes Regionais Jun 1	4:32.43	Tiago Miguel, VILHENA	CNFA	Porto	08/12/2017
Recordes Regionais Juv A	4:40.70	Tiago Miguel, VILHENA	CNFA	Guarda	02/12/2016
Recordes Regionais Juv B	4:40.24	Tiago Miguel, VILHENA	CNFA	Setubal	04/12/2015
Recordes Regionais Inf A	4:57.24	Tiago Miguel, VILHENA	CNFA	Silves	04/12/2015
Recordes Regionais Inf B	5:21.08	Bernardo Antonio, ALVES	LDC	Sto António Cavaleiros	16/03/2012
Rec Nac Adaptada S21	6:20.31	Joao Francisco, VAZ	POR	Ferrara (ITA)	07/10/2021
Rec Nac Adaptada S17	59:00.00	start,			
Rec Nac Adaptada S14	5:55.17	Samuel Lima, DUARTE	FVCD	Recarei	22/05/2022

Pontos: FINA 2022

Lugar	Ano		Tempo final				Pts	
Infantis B								
1.	Afonso Ferreira, ALMEIDA		10	Lagoa AC		7:01.56	172	
	50m:	47.44 47.44	150m:	2:41.07 57.42	250m:	4:30.45 55.59	350m:	6:16.59 48.71
	100m:	1:43.65 56.21	200m:	3:34.86 53.79	300m:	5:27.88 57.43	400m:	7:01.56 44.97
Juvenis B								
1.	Martim Santos, CABRITA		08	Louletano / Loule Concelho		5:33.69	348	
	50m:	35.54 35.54	150m:	2:00.63 43.79	250m:	3:30.17 48.05	350m:	4:57.30 38.68
	100m:	1:16.84 41.30	200m:	2:42.12 41.49	300m:	4:18.62 48.45	400m:	5:33.69 36.39
2.	Gabriel, VASIAN		08	Louletano / Loule Concelho		6:20.66	234	
	50m:	41.09 41.09	150m:	2:17.02 47.86	250m:	3:57.30 54.60	350m:	5:39.01 45.12
	100m:	1:29.16 48.07	200m:	3:02.70 45.68	300m:	4:53.89 56.59	400m:	6:20.66 41.65
Juvenis A								
1.	Dario Cristiano, MARICI		07	Louletano / Loule Concelho		5:28.95	363	
	50m:	34.43 34.43	150m:	1:57.69 44.13	250m:	3:25.64 45.26	350m:	4:50.13 39.64
	100m:	1:13.56 39.13	200m:	2:40.38 42.69	300m:	4:10.49 44.85	400m:	5:28.95 38.82