

Campeonatos Regionais de PC
Lagos , 5 - 6/11/2022

Prova 36 Masc., 400m Livres 13 anos e mais velhos
06/11/2022 - 15:30 Resultados

Recordes Regionais Absoluto	3:57.59	Nathan Keith, THEODORIS	LDC	Porto	12/12/2015
Recordes Regionais Sen	3:55.02	Miguel Martins, PIRES	LDC	Felgueiras	22/11/2002
Recordes Regionais 18	4:01.65	Joao Duarte, SANTOS	CNOL	S. Antonio Cavaleiros	21/12/2012
Recordes Regionais 17	4:05.34	Joao Duarte, SANTOS	CNOL	Silves	03/12/2011
Recordes Regionais Juv. A	4:10.23	Tiago Miguel, VILHENA	SANALG	Abrantes	04/03/2017
Recordes Regionais Juv. B	4:09.85	Tiago Miguel, VILHENA	CNFA	Setubal	05/12/2015
Recordes Regionais Inf. A	4:19.82	Joao Duarte, SANTOS	CNOL	Pinhal Novo	07/03/2009
Recordes Regionais Inf. B	4:37.22	Jose Miguel, RODEIA	CNFA	Sines	08/04/2017

Pontos: FINA 2022

Lugar	Ano	Tempo final	Pts
Juvenis B			
1. Andriy, FEDOROV	08 FC Ferreiras/AlgarExperience	4:43.21	420
50m: 31.96 31.96	150m: 1:42.31 35.75	250m: 2:54.21 36.25	350m: 4:07.09 36.70
100m: 1:06.56 34.60	200m: 2:17.96 35.65	300m: 3:30.39 36.18	400m: 4:43.21 36.12
2. Diogo Jose, MATEUS	08 Lagoa AC	5:16.93	300
50m: 34.34 34.34	150m: 1:53.28 40.48	250m: 3:13.56 40.51	350m: 4:36.59 41.83
100m: 1:12.80 38.46	200m: 2:33.05 39.77	300m: 3:54.76 41.20	400m: 5:16.93 40.34
3. Enzo Leon, COUTINHO	08 Natacao de Olhao	5:31.95	261
50m: 36.30 36.30	150m: 2:00.06 43.22	250m: 3:24.15 42.35	350m: 4:51.61 44.05
100m: 1:16.84 40.54	200m: 2:41.80 41.74	300m: 4:07.56 43.41	400m: 5:31.95 40.34
4. Noe Martim, NUNES	08 Naval de Faro	5:37.69	248
50m: 35.51 35.51	150m: 2:00.14 43.60	250m: 3:27.63 44.34	350m: 4:55.72 43.92
100m: 1:16.54 41.03	200m: 2:43.29 43.15	300m: 4:11.80 44.17	400m: 5:37.69 41.97
5. Rafael Neves, PITEIRA	08 Naval de Faro	5:40.19	242
50m: 36.53 36.53	150m: 2:01.90 42.96	250m: 3:29.11 43.31	350m: 4:58.18 44.53
100m: 1:18.94 42.41	200m: 2:45.80 43.90	300m: 4:13.65 44.54	400m: 5:40.19 42.01
6. Jose Miguel, DOWLING	08 Naval de Faro	5:56.25	211
50m: 37.32 37.32	150m: 2:04.36 45.01	250m: 3:37.66 46.86	350m: 5:11.05 46.87
100m: 1:19.35 42.03	200m: 2:50.80 46.44	300m: 4:24.18 46.52	400m: 5:56.25 45.20

Juvenis A

1. Pablo Vallecillo, MARIN	07 Louletano / Loule Concelho	4:23.32	523
50m: 30.03 30.03	150m: 1:36.00 33.42	250m: 2:43.40 33.78	350m: 3:50.69 33.75
100m: 1:02.58 32.55	200m: 2:09.62 33.62	300m: 3:16.94 33.54	400m: 4:23.32 32.63
2. Joao Valente, MARTINS	07 Louletano / Loule Concelho	4:35.67	456
50m: 31.18 31.18	150m: 1:40.61 35.17	250m: 2:50.37 33.89	350m: 4:00.32 34.91
100m: 1:05.44 34.26	200m: 2:16.48 35.87	300m: 3:25.41 35.04	400m: 4:35.67 35.35
3. Miguel Lourenco, VELHINHO	07 Lagoa AC	4:36.66	451
50m: 31.10 31.10	150m: 1:41.51 35.75	250m: 2:51.07 35.15	350m: 4:02.10 35.74
100m: 1:05.76 34.66	200m: 2:15.92 34.41	300m: 3:26.36 35.29	400m: 4:36.66 34.56
4. David Martins, CARMO	07 Natacao de Olhao	4:39.03	440
50m: 31.38 31.38	150m: 1:40.60 35.04	250m: 2:51.56 35.57	350m: 4:03.58 36.30
100m: 1:05.56 34.18	200m: 2:15.99 35.39	300m: 3:27.28 35.72	400m: 4:39.03 35.45
5. Pedro Mestre, FAISCA	07 Louletano / Loule Concelho	4:45.89	409
50m: 31.34 31.34	150m: 1:42.46 36.33	250m: 2:55.26 36.43	350m:
100m: 1:06.13 34.79	200m: 2:18.83 36.37	300m: 3:32.43 37.17	400m: 4:45.89

Juniores

1. Vitor, KUNYK	05 Lagoa AC	4:29.71	487
50m: 30.65 30.65	150m: 1:38.67 34.44	250m: 2:48.23 34.80	350m: 3:56.69 33.62
100m: 1:04.23 33.58	200m: 2:13.43 34.76	300m: 3:23.07 34.84	400m: 4:29.71 33.02
2. Miguel Goncalves, RODRIGUES	05 Naval de Faro	4:30.70	482
50m: 30.79 30.79	150m: 1:39.30 34.94	250m: 2:49.37 34.76	350m: 3:57.89 33.90
100m: 1:04.36 33.57	200m: 2:14.61 35.31	300m: 3:23.99 34.62	400m: 4:30.70 32.81

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Lugar	Ano	Tempo final	Pts
3. Hugo Miguel, INACIO	05 Beja	4:46.13	408
50m: 32.16 32.16	150m:	250m: 2:55.93 36.73	350m: 4:10.86 37.08
100m: 1:06.73 34.57	200m: 2:19.20	300m: 3:33.78 37.85	400m: 4:46.13 35.27
DSQ Alexandre Santos, PIRES	06 Natacao de Olhao		
<i>SW 10.2 - O (a) atleta desistiu</i>			