

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

Prova 38 Masc., 400m Estilos 13 anos e mais velhos
06/11/2022 - 15:50 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 18	4:33.99	Hugo Cascais, RODRIGUES	LDC	Tavira	19/11/2006
Recordes Regionais 17	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

Pontos: FINA 2022

Lugar Ano Tempo final Pts

Juvenis B

1. Martim Santos, CABRITA	08	Louletano / Loule Concelho	5:25.60	375
50m: 35.20 35.20	150m: 1:59.39 42.85	250m: 3:27.36 47.16	350m: 4:51.19 37.14	
100m: 1:16.54 41.34	200m: 2:40.20 40.81	300m: 4:14.05 46.69	400m: 5:25.60 34.41	

Juvenis A

1. Rodrigo Malia, SANTOS	07	Louletano / Loule Concelho	5:16.86	406
50m: 32.91 32.91	150m: 1:53.91 41.55	250m: 3:19.05 44.55	350m: 4:40.93 36.76	
100m: 1:12.36 39.45	200m: 2:34.50 40.59	300m: 4:04.17 45.12	400m: 5:16.86 35.93	

Juniores

1. Mark Ronald, PINTO	06	Louletano / Loule Concelho	4:57.42	492
50m: 31.43 31.43	150m: 1:47.32 39.13	250m: 3:07.42 42.34	350m: 4:24.82 34.28	
100m: 1:08.19 36.76	200m: 2:25.08 37.76	300m: 3:50.54 43.12	400m: 4:57.42 32.60	
2. Pedro Sousa, GONCALVES	06	Natacao de Olhao	5:05.52	453
50m: 31.64 31.64	150m: 1:48.96 40.38	250m: 3:11.37 42.61	350m: 4:30.26 35.57	
100m: 1:08.58 36.94	200m: 2:28.76 39.80	300m: 3:54.69 43.32	400m: 5:05.52 35.26	
3. Guilherme Salvador, CHAVECA	05	Portinado	5:11.44	428
50m: 32.98 32.98	150m: 1:49.62 39.20	250m: 3:13.88 45.62	350m: 4:36.48 35.82	
100m: 1:10.42 37.44	200m: 2:28.26 38.64	300m: 4:00.66 46.78	400m: 5:11.44 34.96	